



# THE GROWTH OF OBESITY IN THE UK



\*A consequence of the abundance and convenience of modern life\*

The rapid growth of fast food consumption in the world has triggered a pandemic of obesity. More adults are indulging in sweets, salts, carbohydrates and sugar filled drinks while neglecting the lasting effects.

In England the obesity rate is rising with different regions falling victim with more people neglecting healthier options for cheap and easy foods. In 2013/2014 figures carried out by Health and Social Care Information Centre displayed the rising numbers of obesity in each region. In the North of England more people are overweight and obese compared to the South, London, Midland and East. This can be a result of geographical influences and the income of the area.

*"The figures do not come as a surprise as the North East has had high levels of obesity for a number of years"*

The North is more likely to be admitted to hospital for obesity with more than 100 admissions per 100,000 was related to Dur-

ham, with 90 reported in Sunderland and just over 80 in South Tyneside. A spokesman for Public Health England said: "The figures do not come as a surprise as the North East has had high levels of obesity for a number of years."

There's evidence showing some of the country's poorest people balloon in weight on a diet of cheap junk food, alcohol and little or no exercise. The North is exposed to more takeaways, Dr Pablo Monsivais, of Cambridge's Centre for Diet and Activity Research (CEDAR), said: "The growing concentration of takeaway outlets in poorer areas might be reinforcing inequalities in diet and obesity, with unhealthy neighbourhoods

making it more difficult to make healthy food choices.

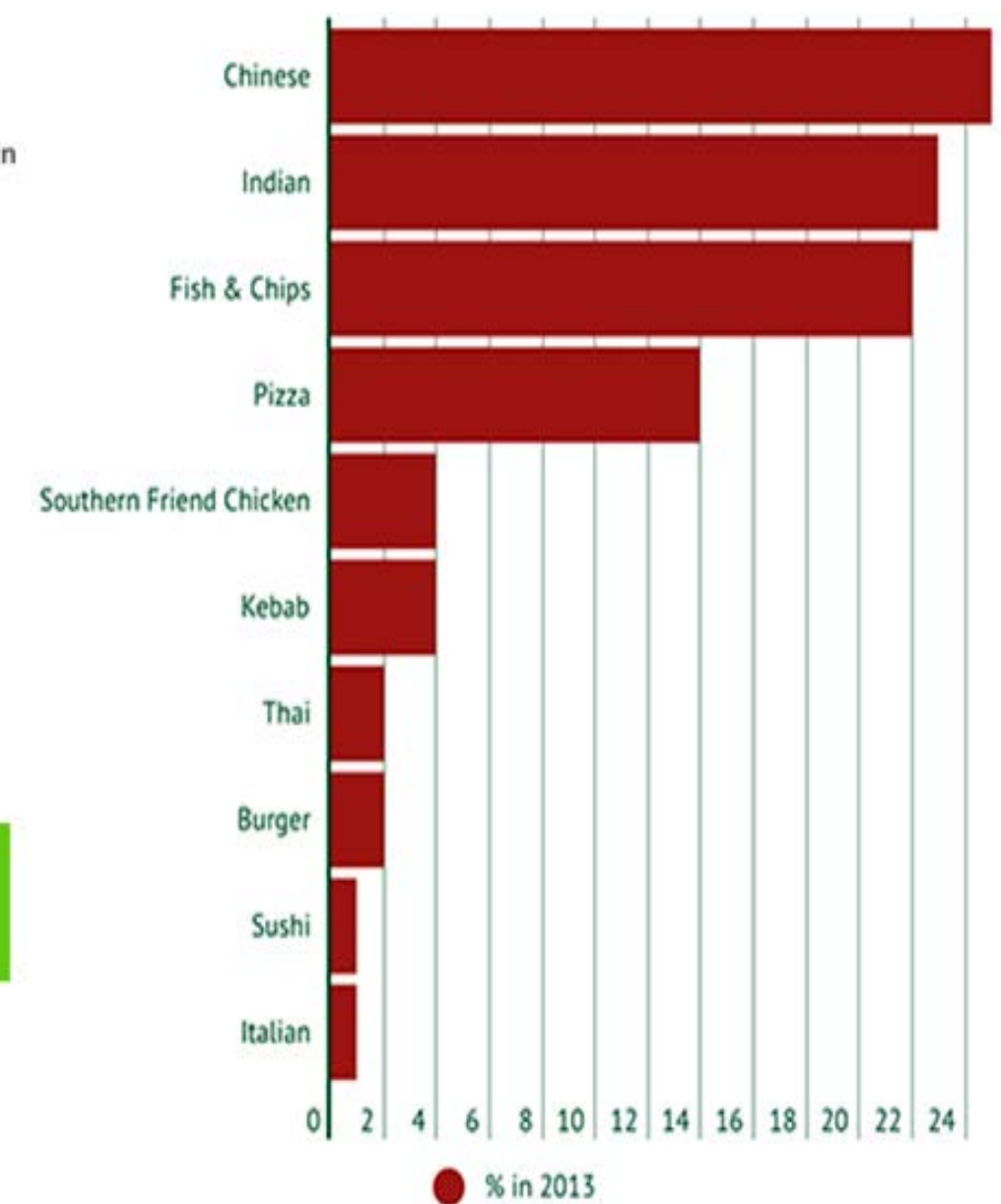
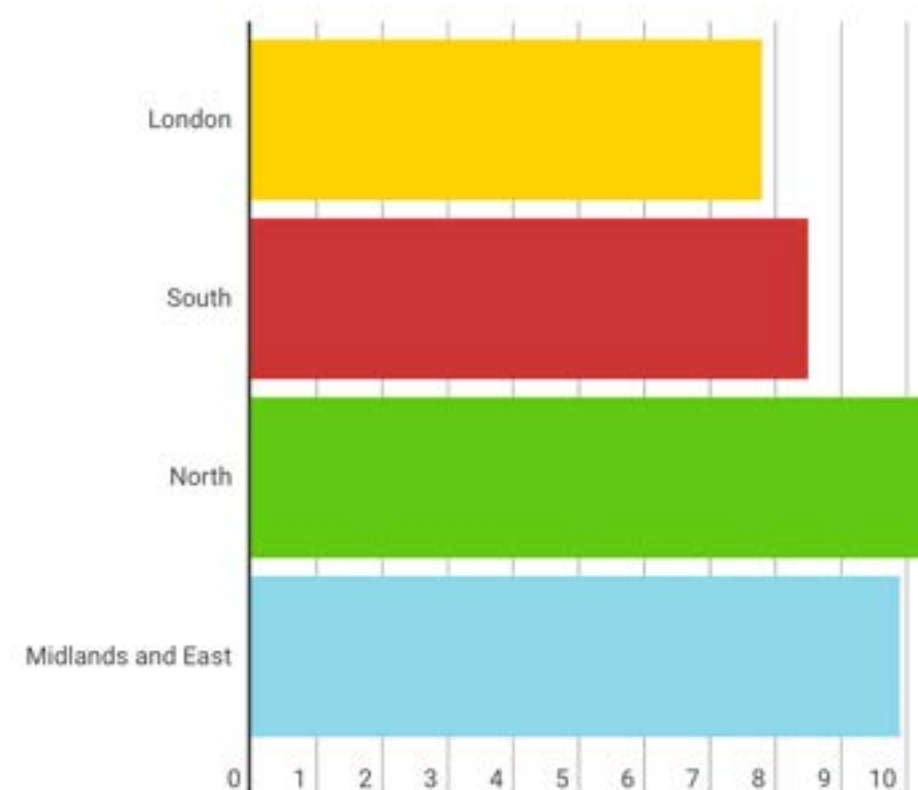
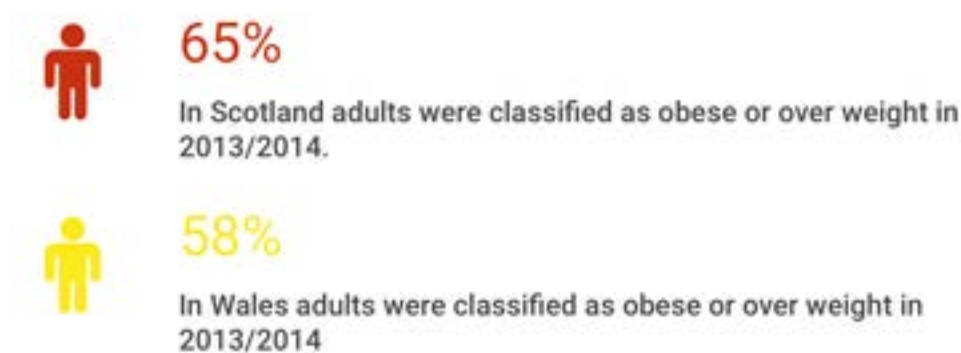
Where as the nations capital London are able to pick and choose from a range of foods, outlets and sources that contribute to a higher rate of healthy and fit people. The economical structure is different as they can access ways to improve their health and maintain that change. In the London Boroughs of Kensington and Chelsea only over a tenth of adults are obese, more adults take part in physical recreation, with a sixth engaging in physical activity 20 days out of every four weeks.

"Obesity is a consequence of the abundance and convenience of modern life as well as the human body's propensity to store fat," says Profes-

sor Lebb. The nation lifestyle is contributing to the obesity pandemic as more people are doing fewer activities, buying junk food and sedentary pursuits e.g. watching TV and other screen time, reading and other low-energy activities.

On average, men and women spend 2.8 hours watching television per weekday and this rises to about three hours on weekends. In 2012, only 67% of men and 55% of women aged 16 and over met the government's recommendations for physical activity of 150 minutes a week. According to a report that was written in 2013 about obesity, UK has the highest level of obesity in Western Europe.

## Obesity in different regions



Source: Health and Social Care Information Centre, Public Health England, NHS, Independent, Chronicle and the Journal