

Childhood Obesity

Facts and Figures



WORLD HEALTH ORGANIZATION

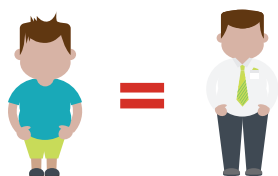
The World Health Organization (WHO) calls childhood obesity 'one of the most serious global public health challenges for the 21st century'¹



Secretary of State for Health **Jeremy Hunt** has described childhood obesity as a '**national emergency**'² and **NHS Chief Simon Stevens** has dubbed obesity '**the new smoking**'³

£588-686 MILLION

The long-term costs of childhood obesity are estimated to be £588-686 million⁴



Obese children are **more likely to become obese adults** and have a **higher risk of morbidity, disability and premature mortality in adulthood**⁵



Currently, **one in five children in the UK starts school overweight or obese**⁶



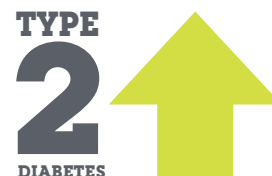
Children living in **deprived areas** are **twice as likely to be obese**⁷



Obesity in children and young people is associated with **bullying, discrimination by peers and low self-esteem**⁵



Childhood obesity is associated with health risks including **high cholesterol and blood pressure, bone and joint problems and asthma**⁸



Type 2 diabetes, dubbed '**diabesity**' is increasingly seen in overweight young people and has been seen in children as young as 5⁹

"It is in the **very early stages of life** that **dietary habits are ingrained**, which gives us a **window of time** when something can be done to improve nutrition. It is imperative that we **deploy early intervention strategies** to ensure the prevention of obesity."

Professor Christine Pascal, OBE, Director, Centre for Research in Early Childhood⁹

"The early years are a **crucial** time for children's development."

Childhood Obesity. A Plan for Action. August 2016¹⁰

1 Public Health England. About Obesity. Child Obesity. Available at: https://www.noo.org.uk/NOO_about_obesity/obesity_and_health/health_risk_child
 2 Childhood obesity is a national emergency says Jeremy Hunt. Sunday 7th February 2016. As reported by Andrew Sparrow, The Guardian. <https://www.theguardian.com/society/2016/feb/07/childhood-obesity-national-emergency-jeremy-hunt-health-sugar-tax-jamie-oliver>
 3 Obesity is the new smoking says NHS England's chief executive. Sunday 31st May 2015. As reported by Jessica Elgot, The Guardian. <https://www.theguardian.com/society/2015/may/31/obesity-new-smoking-nhs-england-chief-executive>
 4 Annual Report of the Chief Medical Officer 2012. Our Children Deserve Better: Prevention Pays. Chapter 3.

The economic case for a shift to prevention. Dr Jason Strelitz, RAND Europe. Available at: https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/252653/33571_2901304_CMO_Chapter_3.pdf
 5 Public Health England. About Obesity. Child Obesity. Health Risks. Available at: https://www.noo.org.uk/NOO_about_obesity/child_obesity/Health_risks
 6 Health and Social Care Information Centre. National Child Measurement Programme - England, 2014-15 report. Available at: <https://www.hscic.gov.uk/catalogue/PUB19109>
 7 Public Health England. About Obesity. Health Inequalities. Available at http://www.noo.org.uk/NOO_about_obesity/inequalities
 8 Public Health England. About Obesity. Obesity and

Health. Health Risks of Childhood Obesity. Available at https://www.noo.org.uk/NOO_about_obesity/obesity_and_health/health_risk_child
 9 Professor Christine Pascale, OBE, Director, Centre for Research in Early Childhood. Research in Early Childhood. In EYN Partnership: A Collection of Views from Partners: Bringing Young Children Brighter Futures Through Better Nutrition, 2.2 May 2016. Available at: http://www.eynpartnership.org/sites/default/files/eyn_partnership_-_a_collection_of_views_from_partners_may_2016_online.pdf
 10 Childhood Obesity. A Plan for Action. HM Government. August 2016. Available at: https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/546588/Childhood_obesity_2016_2_acc.pdf