



Llywodraeth Cynulliad Cymru
Welsh Assembly Government

Dr Tony Jewell

Prif Swyddog Meddygol Cymru
Chief Medical Officer for Wales

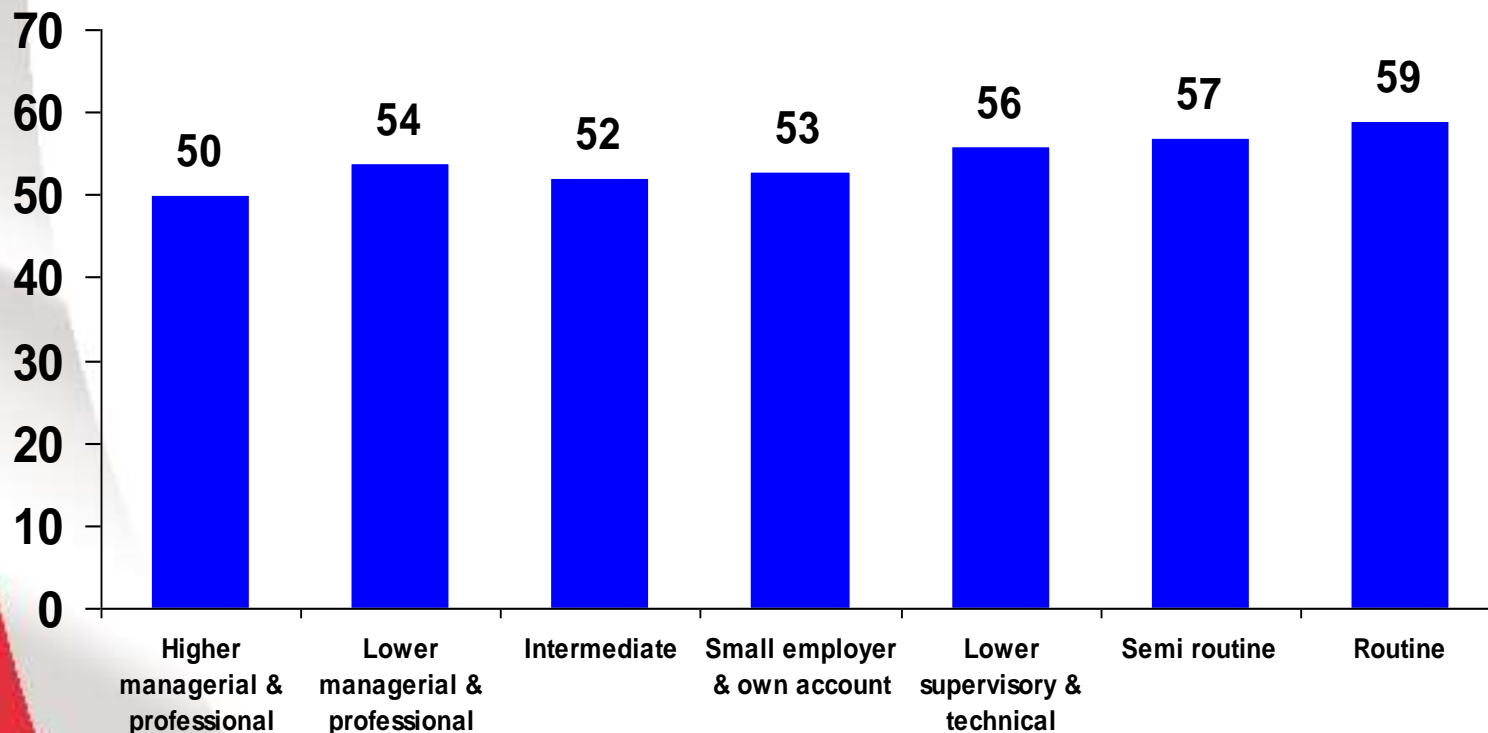


Health consequences of obesity

- **Greatly increased risk (relative risk >3)**
 - Diabetes
 - Hypertension
 - Dislipidaemia
 - Breathlessness
 - Sleep apnoea
 - Gall bladder disease
- **Moderately increased risk (relative risk about 2-3)**
 - CHD or heart failure
 - Osteoarthritis (knees)
 - Hyperuricaemia and gout
 - Complications of pregnancy (e.g. pre-eclampsia)
- **Increased risk (relative risk about 1-2)**
 - Cancer (many cancers in men and women)
 - Impaired fertility/polycystic ovary syndrome
 - Low back pain
 - Increased risk during anaesthesia
 - Fetal defects arising from maternal obesity



Age-standardised percentage of adults who were obese by NS-SEC, Wales, 2003/05



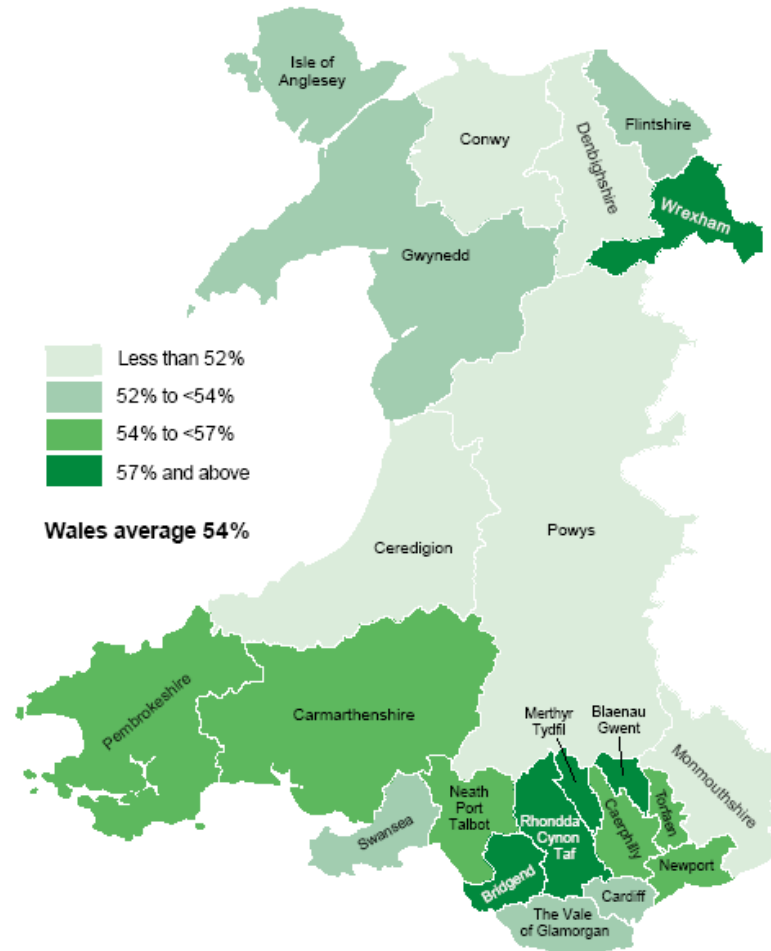
■ Adults 16+

Source: Welsh Health Survey

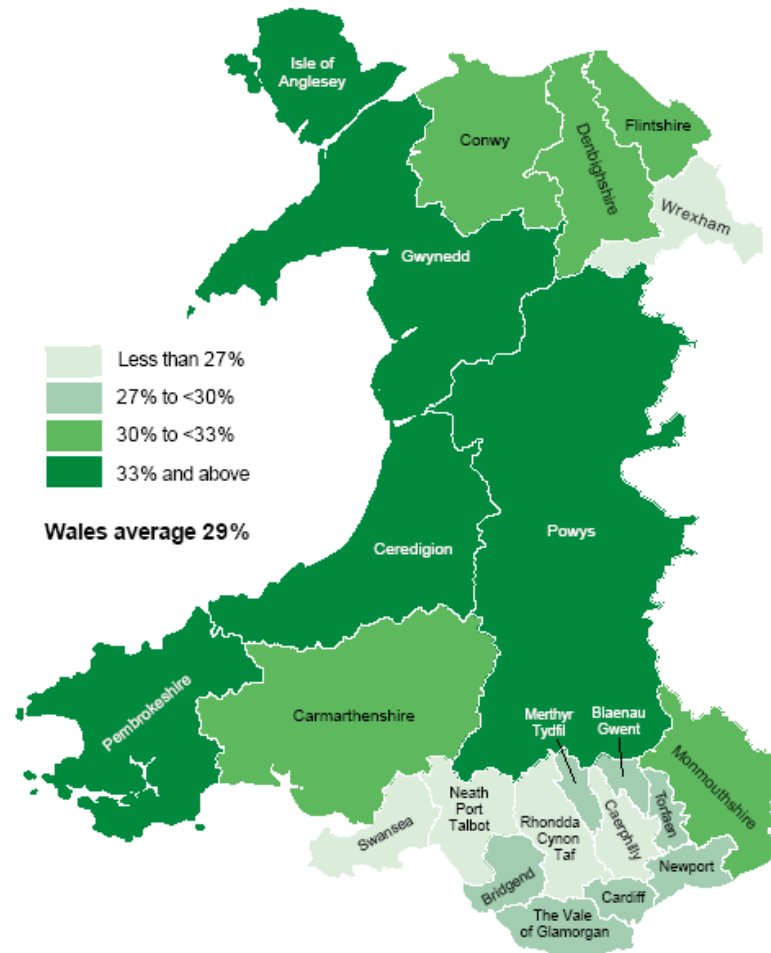


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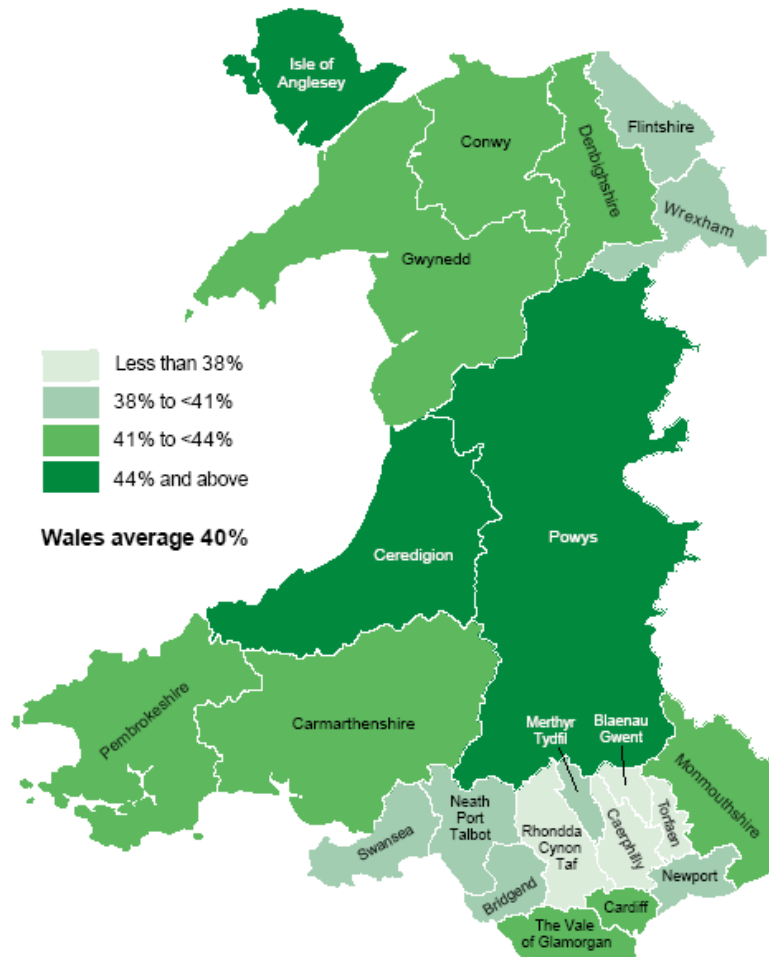
Age-standardised percentage of adults who were overweight or obese



Age-standardised percentage of adults who reported meeting physical activity guidelines in the past week



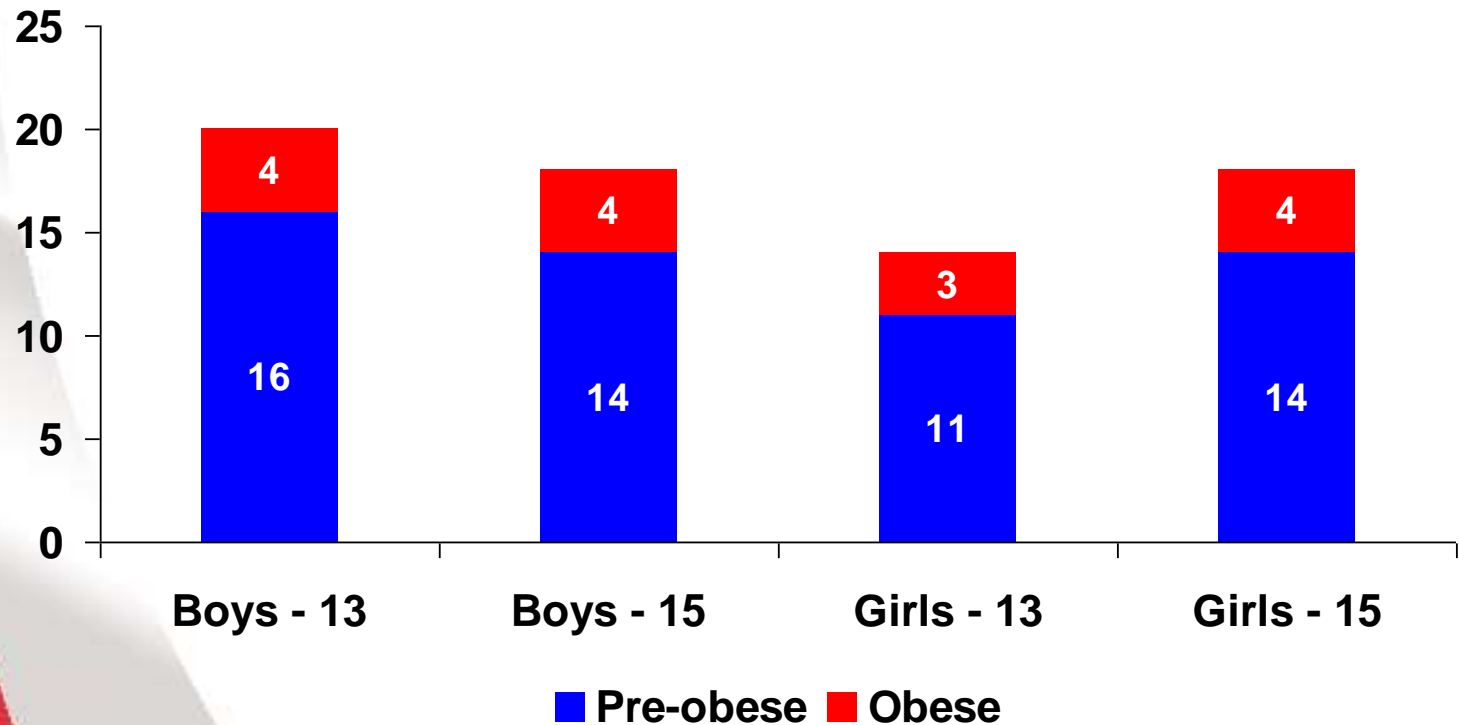
Age-standardised percentage of adults who reported eating five or more portions of fruit and vegetables the previous day



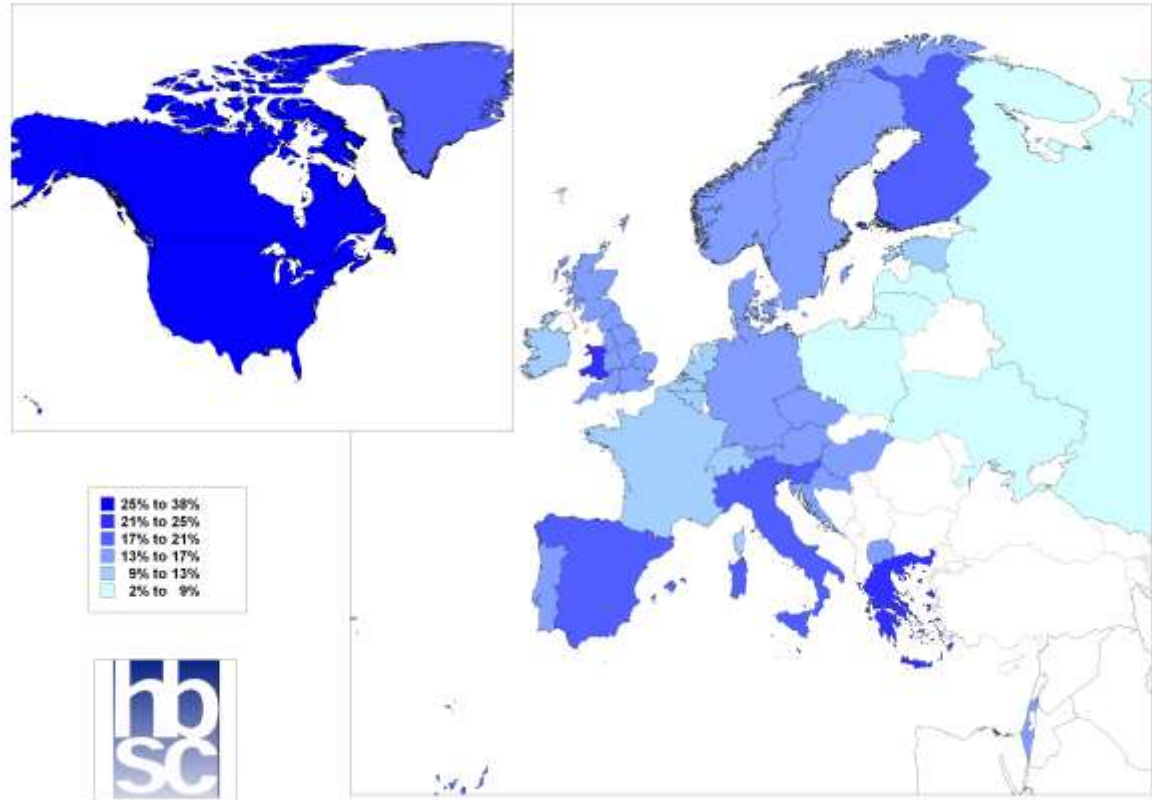
Darker shades represent more favourable rates



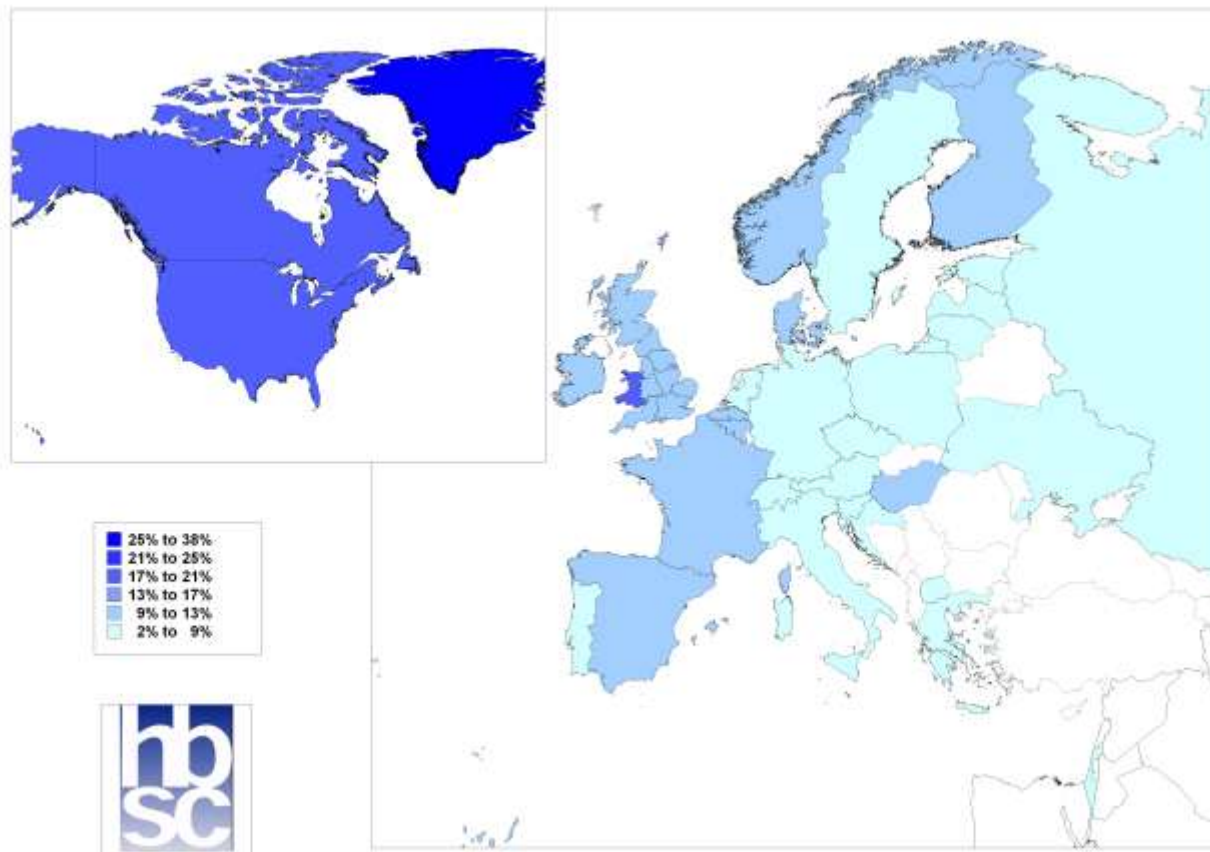
Percentage pre-obese and obese, 13 and 15 year olds, Wales, 2004



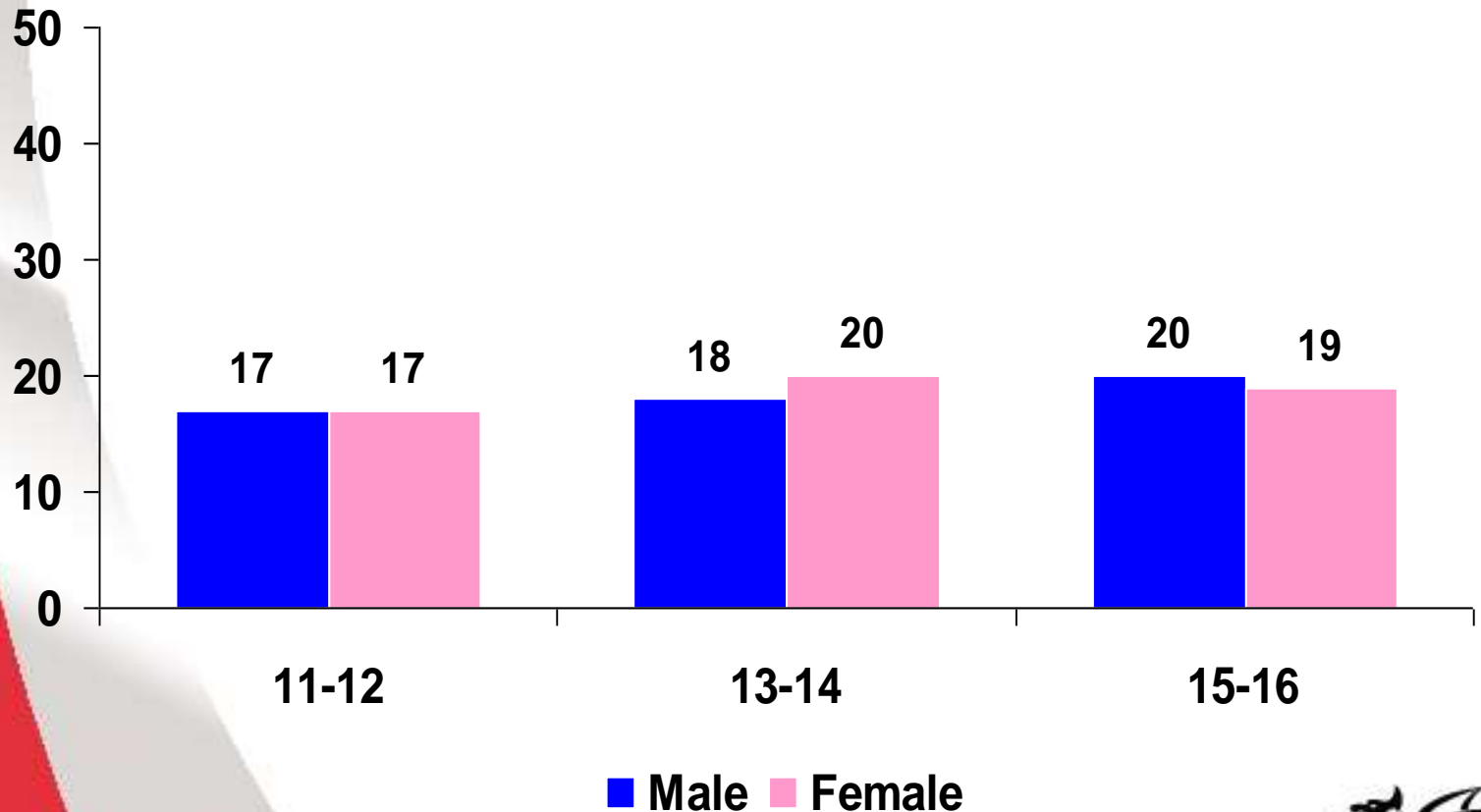
Percentage overweight 15 year old boys, 2001/02



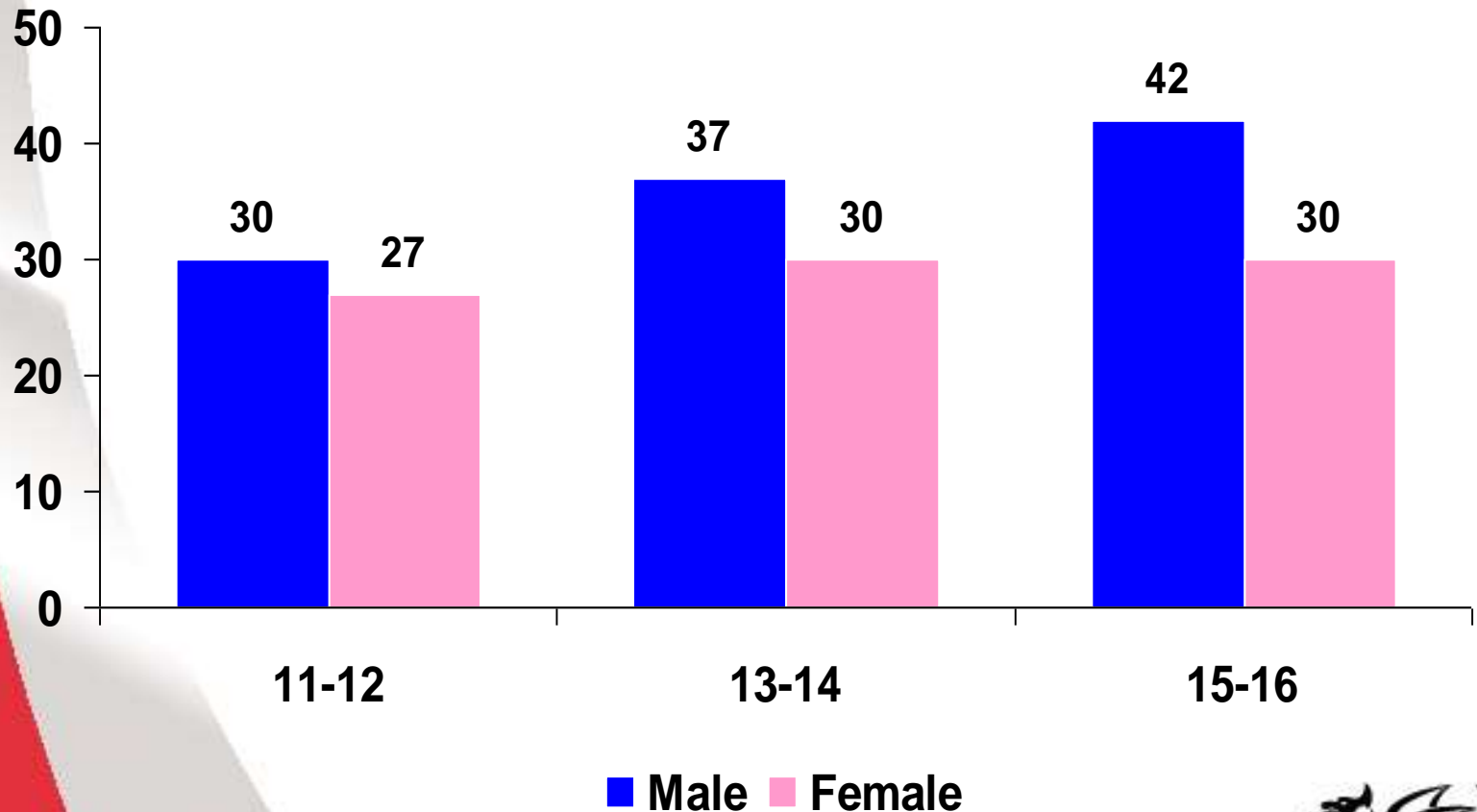
Percentage overweight 15 year old girls, 2001/02



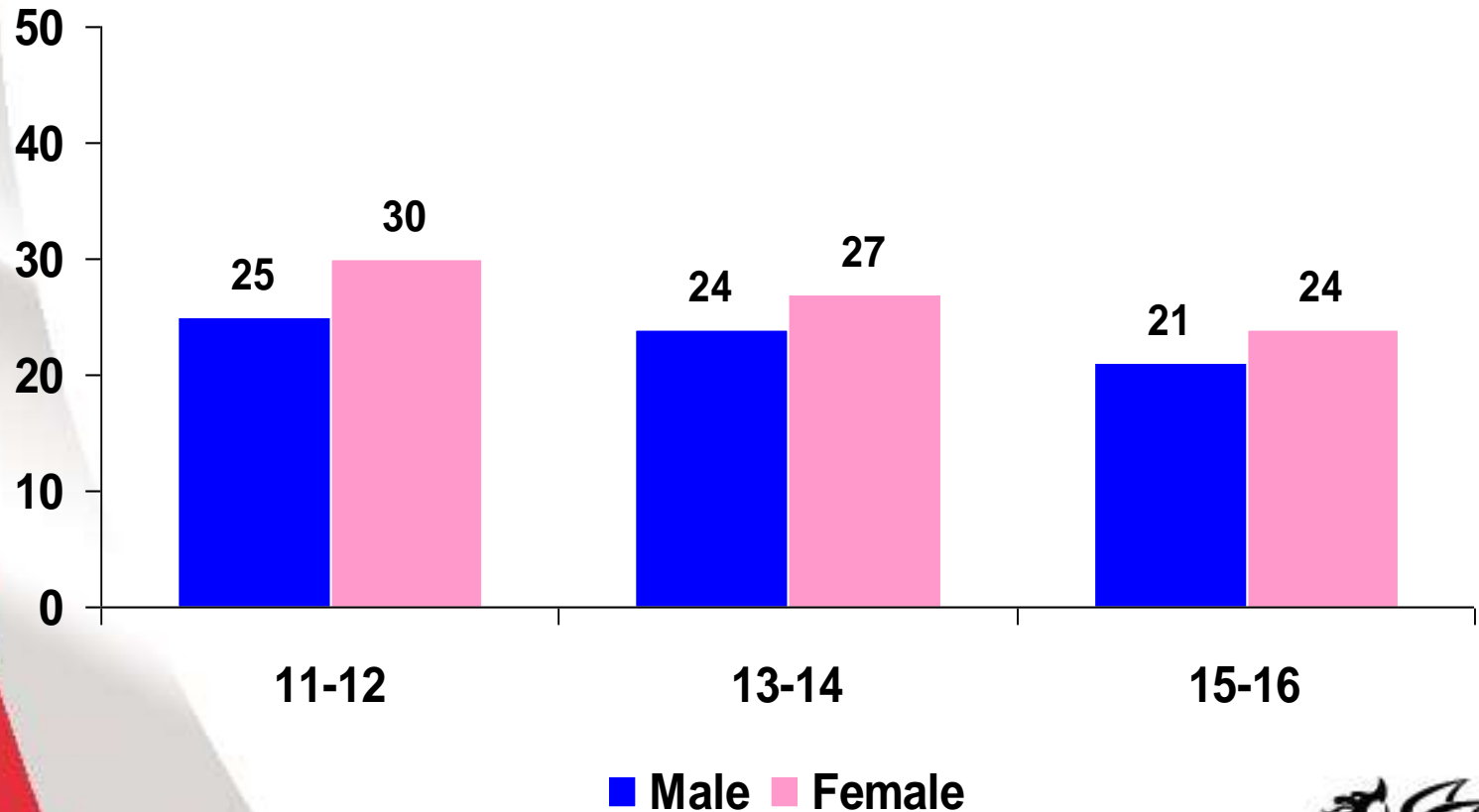
Percentage eating crisps at least daily, 11-16 year olds, Wales, 2004



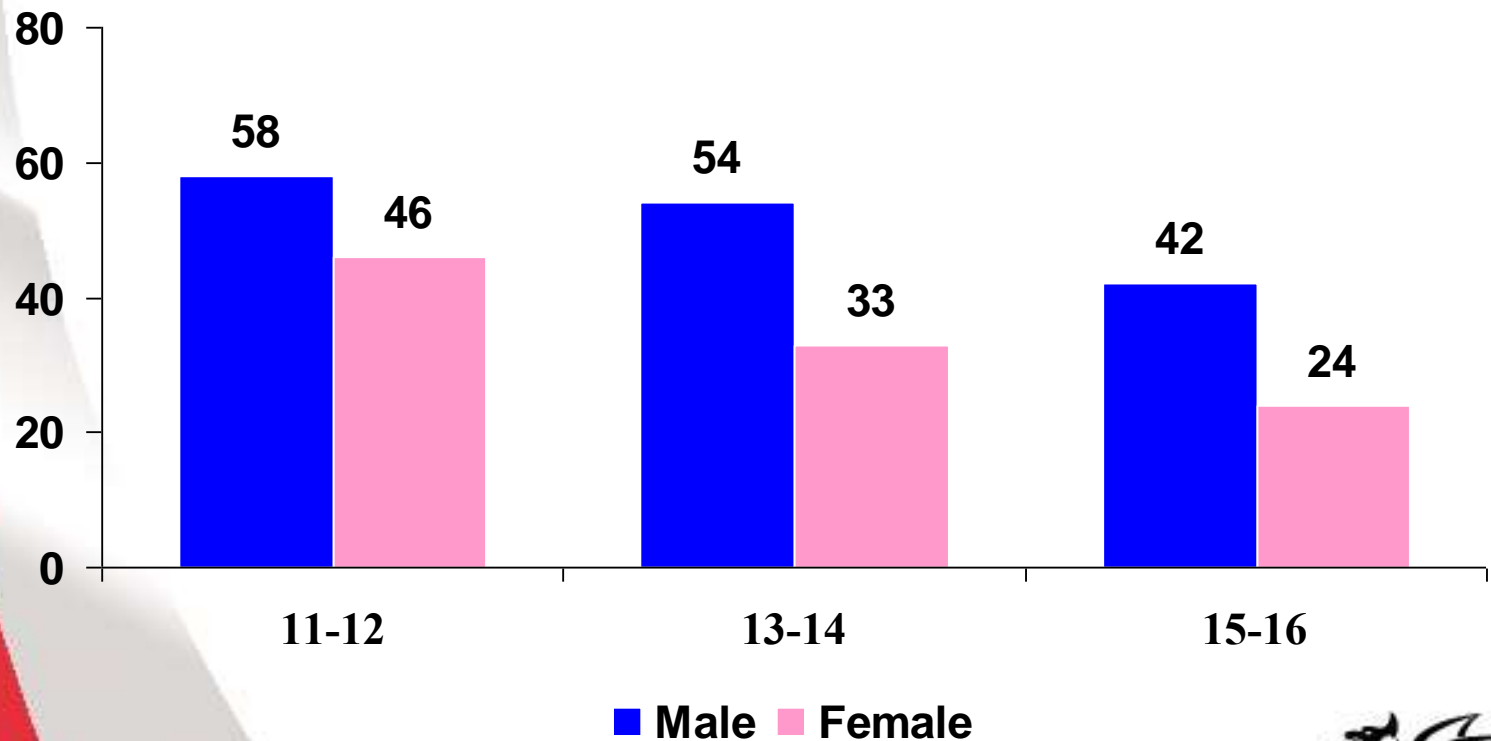
Percentage consuming soft drinks at least daily, 11-16 year olds, Wales, 2004



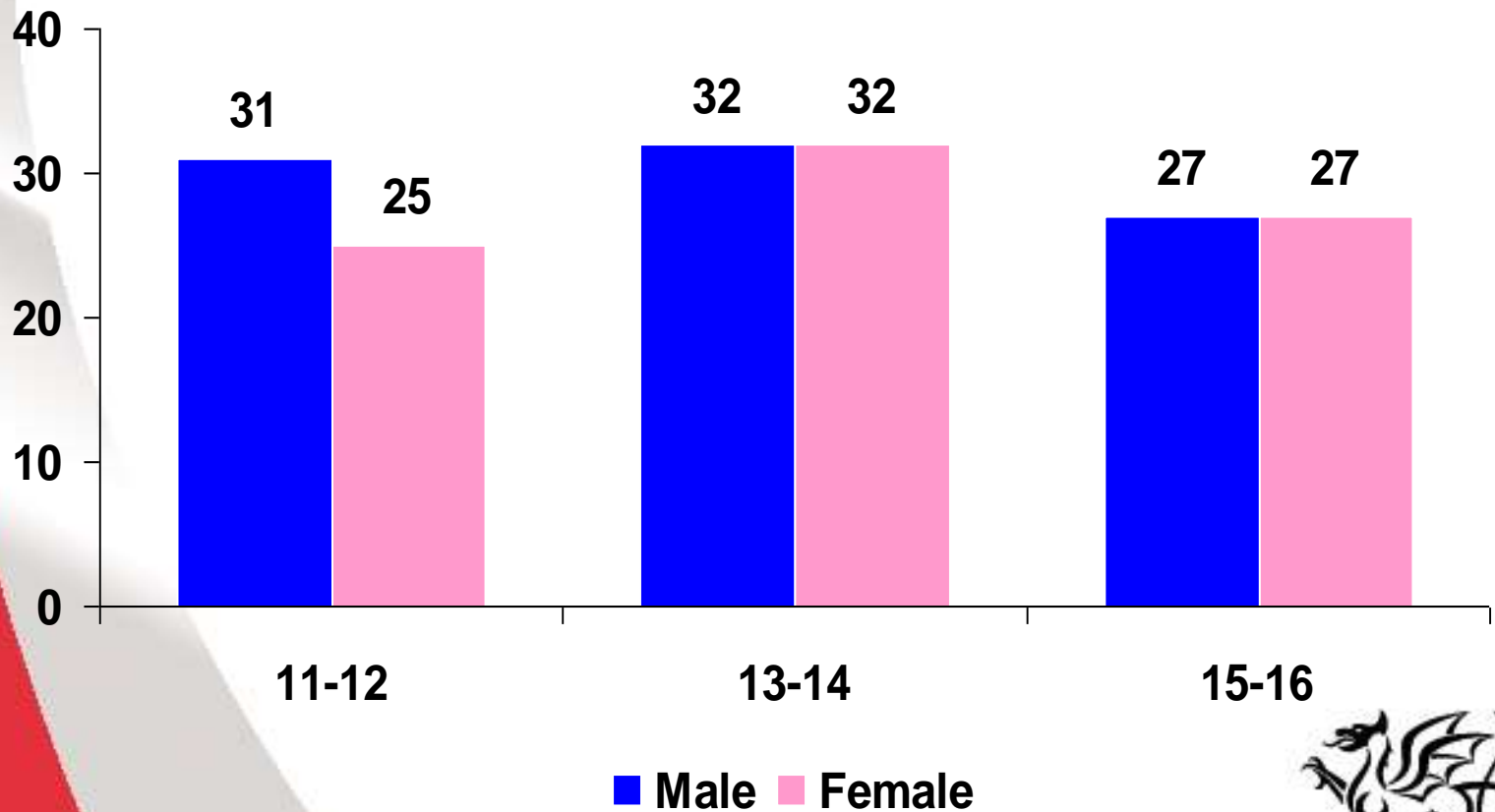
Percentage eating fruit at least daily, 11-16 year olds, Wales, 2004



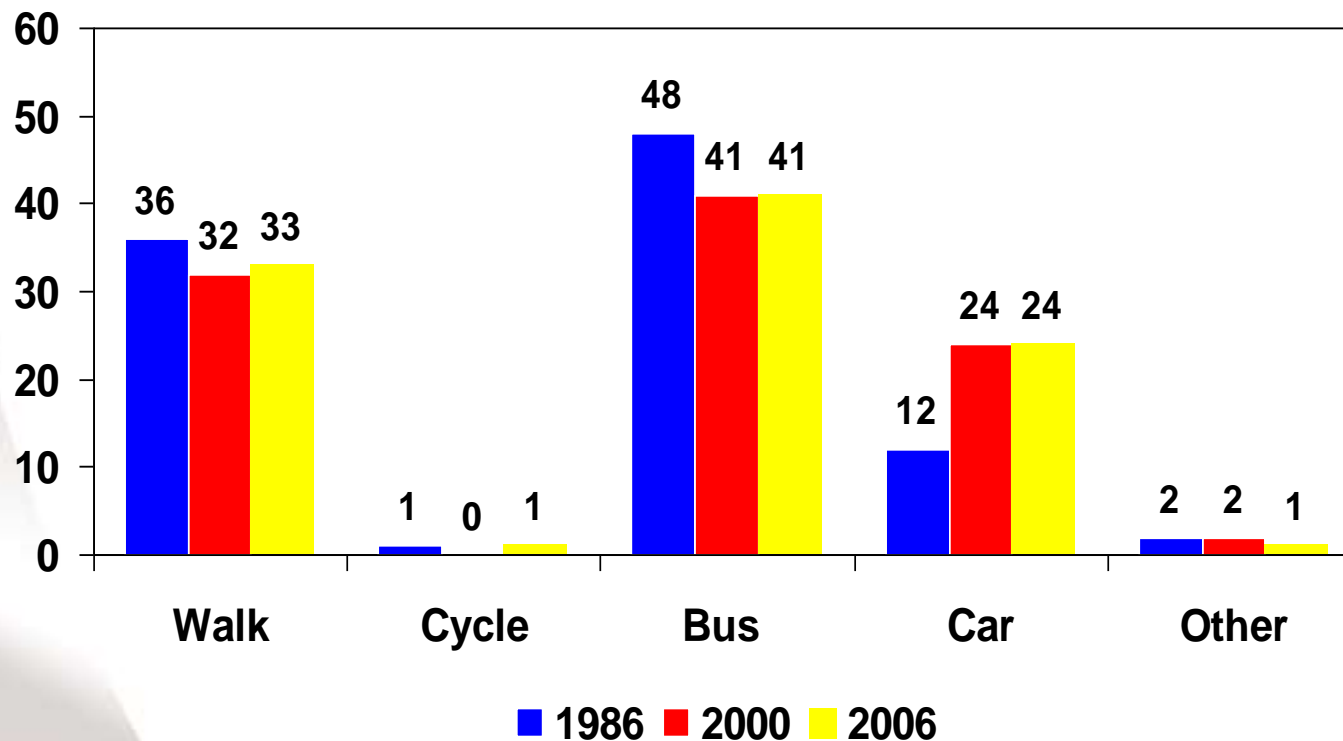
Percentage meeting current activity guidelines, 11-16 year olds, Wales, 2004



Percentage watching TV for four or more hours a day on weekdays, 11-16 year olds, Wales, 2004



Travel to school, 11-12 year-olds, Wales, 1986-2006*



* provisional HBSC data



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Small Change Big Difference

- Moderate exercise – plus 3 years
- 5 portions – plus 3 years
- Giving up smoking – plus 5 years





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