



Causes of Excess Weight

The simplest explanation of the cause of excess weight is when energy intake exceeds energy expenditure resulting in an imbalance of calories consumed and calories expended.

It is now generally accepted by health and other professionals that the current prevalence of excess weight in the UK population is primarily caused by people's latent biological susceptibility interacting with a changing environment that includes more sedentary lifestyles and increased dietary abundance.

Human biology, early life development, eating and physical activity, individual beliefs and attitudes and broader economic and social factors all have a role to play in determining obesity. The complex nature and inter-relationship of the variables can be explained in terms of:

1. Human Biology

The inability of the human body to maintain energy balance to keep the body at a constant weight as a result of technological progress



The Worcestershire Picture





Fast Food Density

According to Foresight UK, there is a strong association between food production and consumption and obesity.

In 2014, Worcestershire had a lower density of fast food outlets per head of population than England as a whole (72.6 per 100,000 population vs 88.2 per 100,000 population respectively).

In 2014, Worcester District had a higher density of fast food outlets than the county average (100.2 vs 72.6 per 100,000 population respectively) and Malvern Hills District had a lower density of fast food outlets than both the county and England average (46.1 vs 72.6 and 88.2 per 100,000 population respectively).

Figure 4: Fast Food Density

Source: PHE (2017) Public Health Profiles: <https://fingertips.phe.org.uk/>.

Population Eating the Recommended '5 a day'

In 2016/17 the proportion of the Worcestershire population estimated to be eating the recommended '5 a day' portions of fruit or vegetables was similar to the national average at 57.5% (vs 57.4%).

Of the Worcestershire districts, Wyre Forest performed relatively poorly on this indicator as only 52.1% of adults were estimated to have met the recommendation (I0 TmJlET-3(el)6(ativ)13(el)6(yMe1 0





Obesity





Figure 7 Obesity Projections - percentage change in the number of people who are projected to be obese by 2025







Data Notes

Physical activity/inactivity - It has not been possible to compare results with previous indicators of physical activity/inactivity due to a change in the data source from the 'Active People Survey' to the 'Active Lives Survey'.

Further Information and Feedback

This briefing has been written by Worcestershire County Council's Public Health Team. We welcome your comments on these briefings and how they could better suit your requirements, please do contact us with your ideas.

Email: jfulton@worcestershire.gov.uk Tel: 01905 843359

