

# Report card United Kingdom



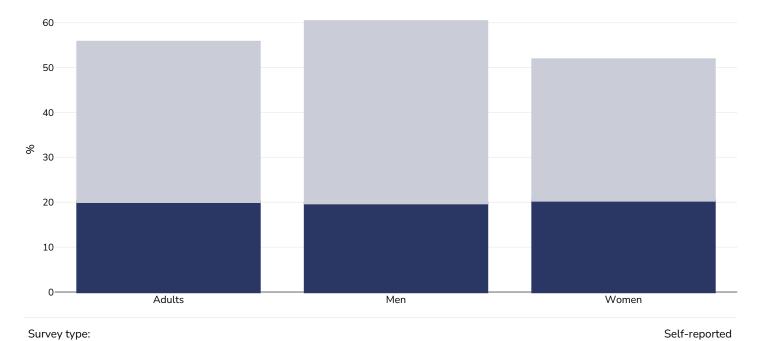
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## **Obesity prevalence**

## Adults, 2014





Age:

Area
Covered:

References:

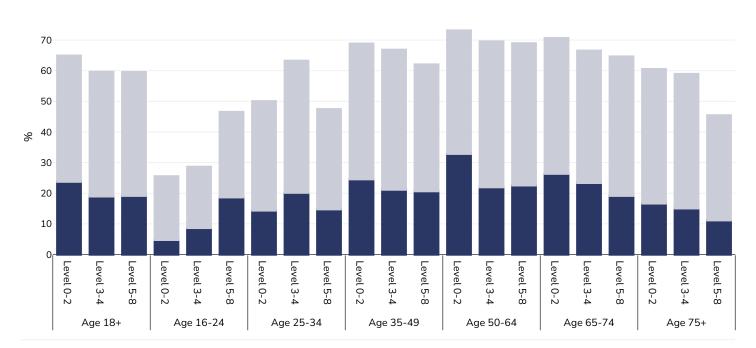
Eurostat Database: <a href="http://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth\_ehis\_bm1e&lang=en">http://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth\_ehis\_bm1e&lang=en</a> (last accessed 25.08.20)



## Overweight/obesity by age and education

#### Men, 2017





Survey type: Self-reported

Area National

covered:

References: EUROSTAT Database <a href="http://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=ilc\_hch10&lang=en">http://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=ilc\_hch10&lang=en</a> (last accessed

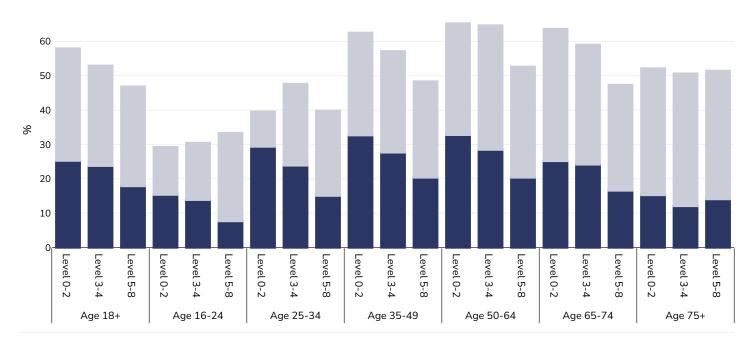
25.08.20)

Notes: Some UK data considered to have low reliability, see EUROSTAT database for details



#### Women, 2017





Survey type: Self-reported

Area National

covered:

References: EUROSTAT Database <a href="http://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=ilc\_hch10&lang=en">http://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=ilc\_hch10&lang=en</a> (last accessed

25.08.20)

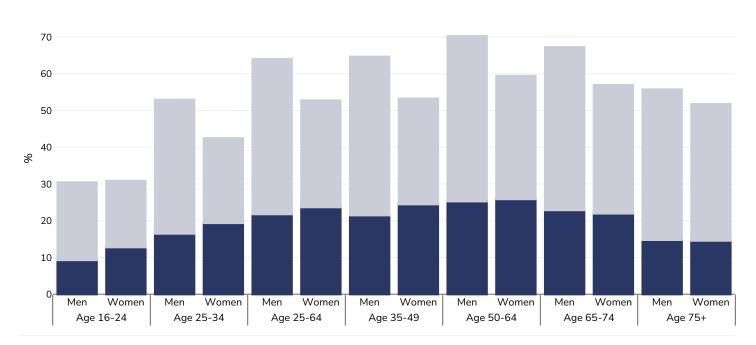
Notes: Some UK data considered to have low reliability, see EUROSTAT database for details



## Overweight/obesity by age

#### Adults, 2017





Survey type: Self-reported

Area National

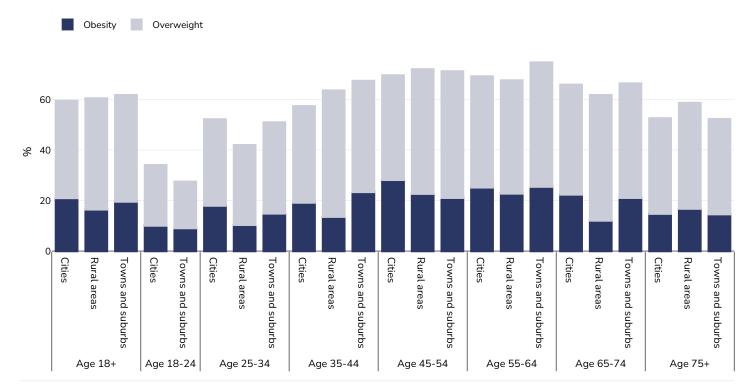
covered:

References: 2017 - EUROSTAT Database <a href="http://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=ilc\_hch10&lang=en">http://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=ilc\_hch10&lang=en</a> (last accessed 25.08.20)



## Overweight/obesity by age and region

#### Men, 2014



Survey type: Self-reported

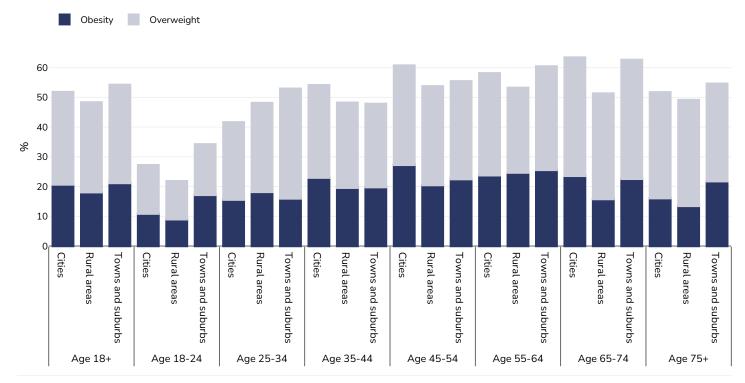
Area National covered:

References: 2014 Eurostat - Urbanisation - <a href="http://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth\_ehis\_bm1u&lang=en">http://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth\_ehis\_bm1u&lang=en</a> (last

accessed 25.08.20)



#### Women, 2014



Survey type: Self-reported

Area National

covered:

References: 2014 Eurostat - Urbanisation - <a href="http://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth\_ehis\_bm1u&lang=en">http://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth\_ehis\_bm1u&lang=en</a> (last

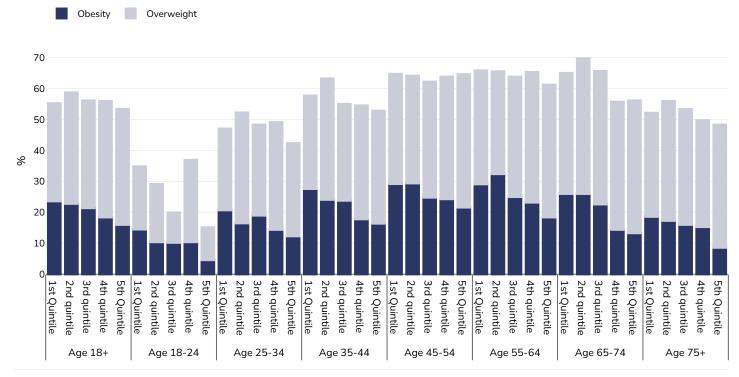
accessed 25.08.20)

 $Unless \ otherwise \ noted, overweight \ refers \ to \ a \ BMI \ between \ 25kg \ and \ 29.9kg/m^2, obesity \ refers \ to \ a \ BMI \ greater \ than \ 30kg/m^2.$ 



### Overweight/obesity by age and socio-economic group

#### Adults, 2014



Survey type: Self-reported

Area National

covered:

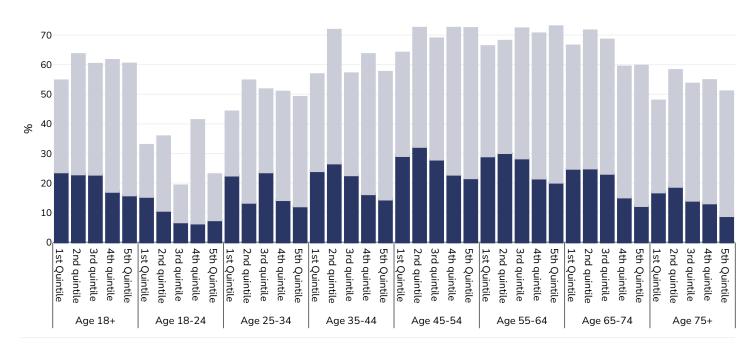
References: 2014 Eurostat - Socio economic - <a href="http://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth\_ehis\_bm1i&lang=en">http://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth\_ehis\_bm1i&lang=en</a> (last

accessed 25.08.20)



#### Men, 2014





Survey type: Self-reported

Area National

covered:

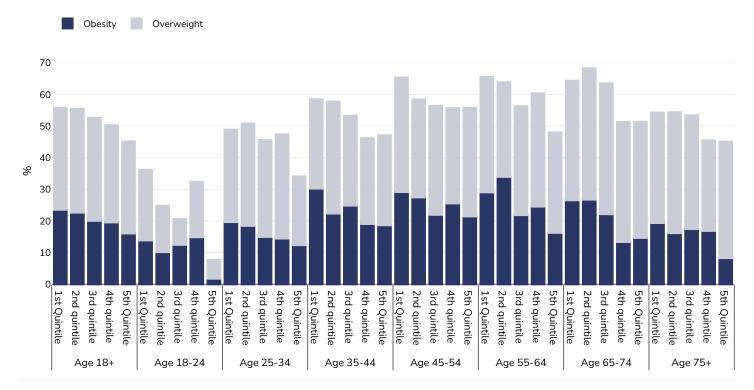
References: 2014 Eurostat - Socio economic - <a href="http://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth\_ehis\_bm1i&lang=en">http://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth\_ehis\_bm1i&lang=en</a> (last

accessed 25.08.20)

 $Unless \ otherwise \ noted, overweight \ refers \ to \ a \ BMI \ between \ 25kg \ and \ 29.9kg/m^2, obesity \ refers \ to \ a \ BMI \ greater \ than \ 30kg/m^2.$ 



#### Women, 2014



Survey type:

Area

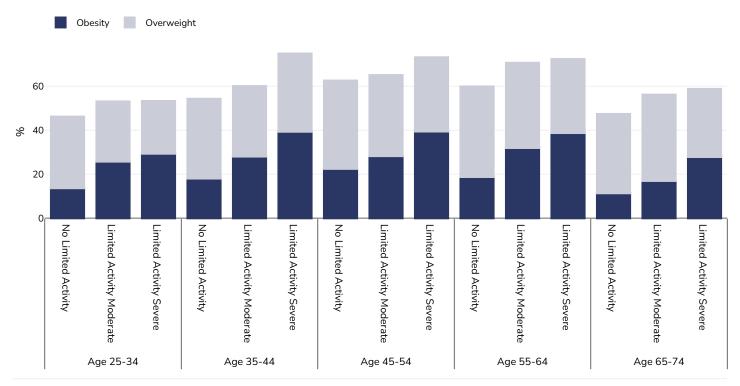
National covered:

References: 2014 Eurostat - Socio economic - <a href="http://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth\_ehis\_bm1i&lang=en">http://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth\_ehis\_bm1i&lang=en</a> (last accessed 25.08.20)



## Overweight/obesity by age and limited activity

#### Adults, 2014



Survey type: Self-reported

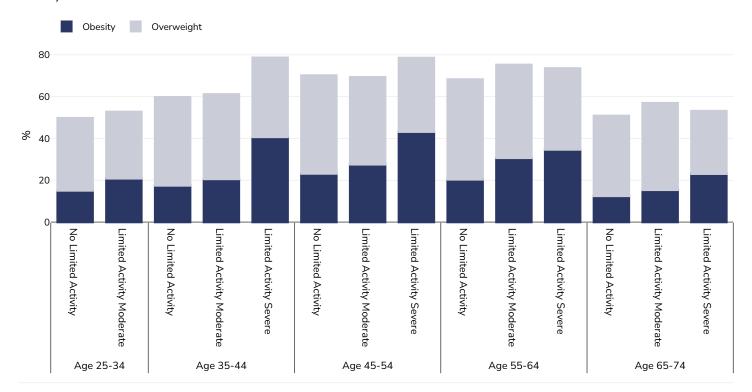
Area covered: National

References:

Eurostat 2014 available at https://appsso.eurostat.ec.europa.eu/nui/submitViewTableAction.do (last accessed 06.10.21)



#### Men, 2014



Survey type: Self-reported

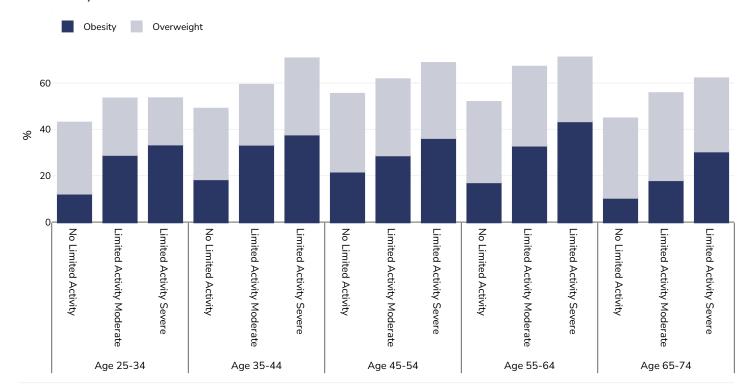
Area covered: National

References:

Eurostat 2014 available at <a href="https://appsso.eurostat.ec.europa.eu/nui/submitViewTableAction.do">https://appsso.eurostat.ec.europa.eu/nui/submitViewTableAction.do</a> (last accessed 06.10.21)



#### Women, 2014



Survey type: Self-reported

Area covered: National

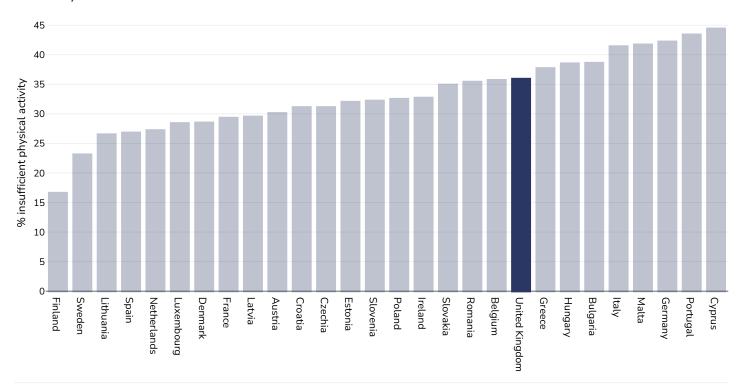
References:

Eurostat 2014 available at <a href="https://appsso.eurostat.ec.europa.eu/nui/submitViewTableAction.do">https://appsso.eurostat.ec.europa.eu/nui/submitViewTableAction.do</a> (last accessed 06.10.21)



## Insufficient physical activity

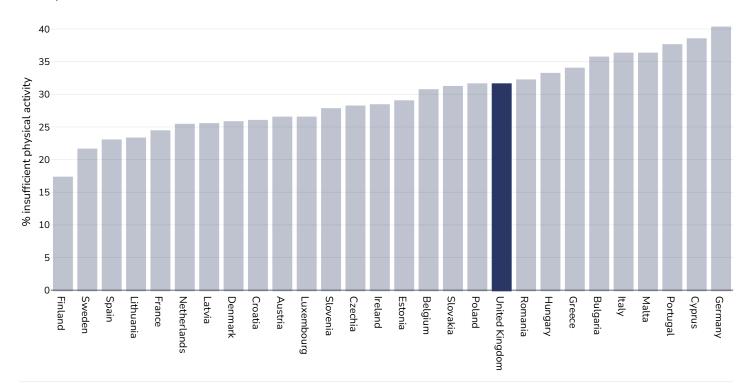
#### Adults, 2016



References: Guthold R, Stevens GA, Riley LM, Bull FC. Worldwide trends in insufficient physical activity from 2001 to 2016: a pooled analysis of 358 population-based surveys with 1.9 million participants. Lancet 2018 <a href="http://dx.doi.org/10.1016/S2214-109X">http://dx.doi.org/10.1016/S2214-109X</a>
(18)30357-7



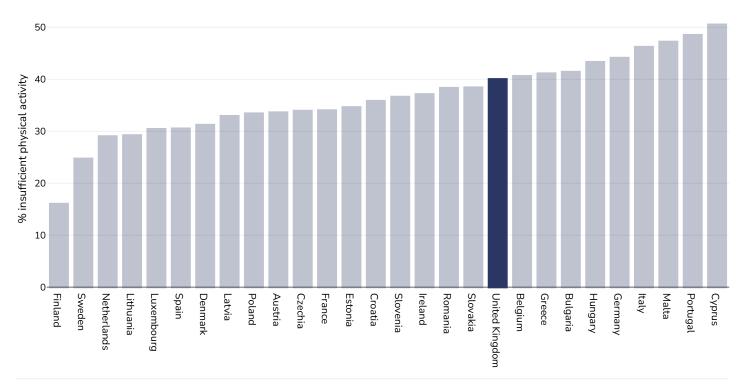
#### Men, 2016



References: Guthold R, Stevens GA, Riley LM, Bull FC. Worldwide trends in insufficient physical activity from 2001 to 2016: a pooled analysis of 358 population-based surveys with 1.9 million participants. Lancet 2018 <a href="http://dx.doi.org/10.1016/S2214-109X">http://dx.doi.org/10.1016/S2214-109X</a>
(18)30357-7



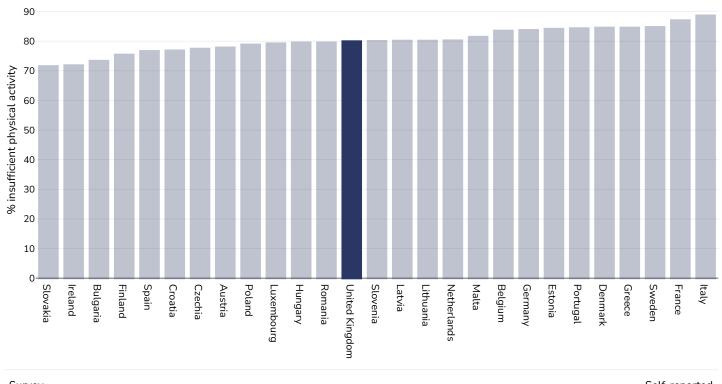
### Women, 2016



References: Guthold R, Stevens GA, Riley LM, Bull FC. Worldwide trends in insufficient physical activity from 2001 to 2016: a pooled analysis of 358 population-based surveys with 1.9 million participants. Lancet 2018 <a href="http://dx.doi.org/10.1016/S2214-109X">http://dx.doi.org/10.1016/S2214-109X</a>
(18)30357-7



### Children, 2016



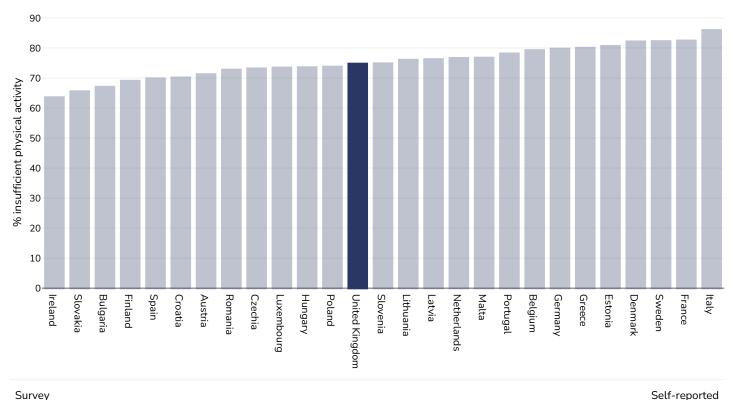
Survey	Self-reported	
type:		
Age:	11-17	
References:	Global Health Observatory data repository, World Health Organisation, <a href="https://apps.who.int/gho/data/node.main.A893ADO?lang=en">https://apps.who.int/gho/data/node.main.A893ADO?lang=en</a> (last accessed 16.03.21)	
Notes:	% of school going adolescents not meeting WHO recommendations on Physical Activity for Health, i.e. doing less than 60 minutes of moderate- to vigorous-intensity physical activity daily.	

Definitions: % Adolescents insufficiently active (age standardised estimate)



## Boys, 2016

Definitions:



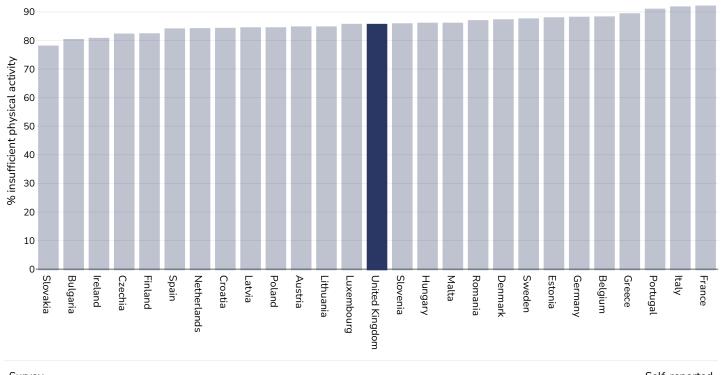
Survey	Sea reported
type:	
Age:	11-17
References:	Global Health Observatory data repository, World Health Organisation, <a href="https://apps.who.int/gho/data/node.main.A893ADO?lang=en">https://apps.who.int/gho/data/node.main.A893ADO?lang=en</a> (last accessed 16.03.21)
Notes:	% of school going adolescents not meeting WHO recommendations on Physical Activity for Health, i.e. doing less than 60 minutes of moderate- to vigorous-intensity physical activity daily.

% Adolescents insufficiently active (age standardised estimate)

18



## Girls, 2016

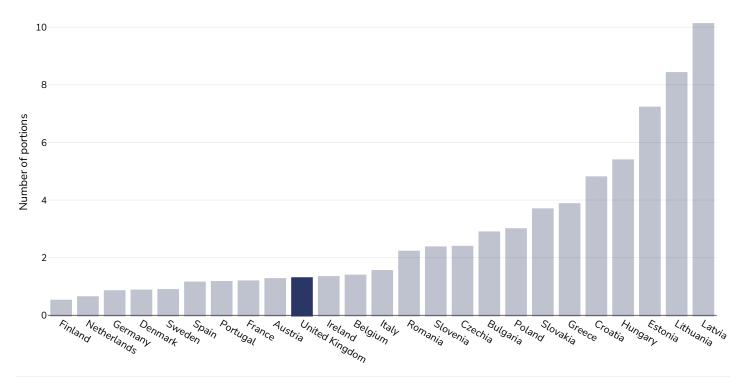


Survey	Self-reported
type:	
Age:	11-17
References:	Global Health Observatory data repository, World Health Organisation, <a href="https://apps.who.int/gho/data/node.main.A893ADO?lang=en">https://apps.who.int/gho/data/node.main.A893ADO?lang=en</a> (last accessed 16.03.21)
Notes:	% of school going adolescents not meeting WHO recommendations on Physical Activity for Health, i.e. doing less than 60 minutes of moderate- to vigorous-intensity physical activity daily.
Definitions:	% Adolescents insufficiently active (age standardised estimate)



## Sugar consumption

#### Adults, 2016



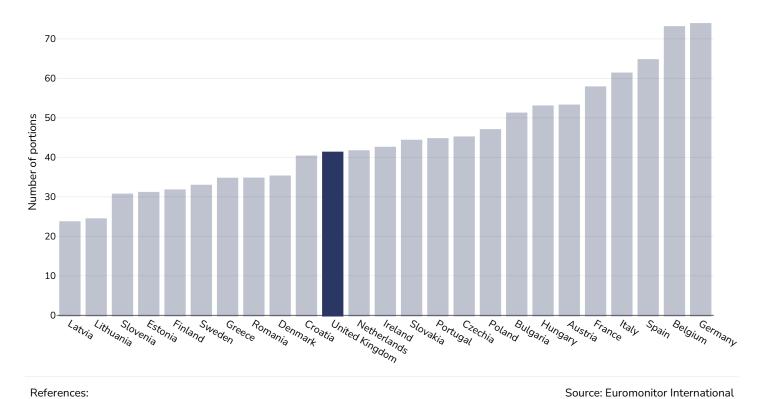
References: Source: Euromonitor International

Definitions: Sugar consumption (Number of 500g sugar portions/person/month)



## Estimated per capita sugar sweetened beverages intake

### Adults, 2016

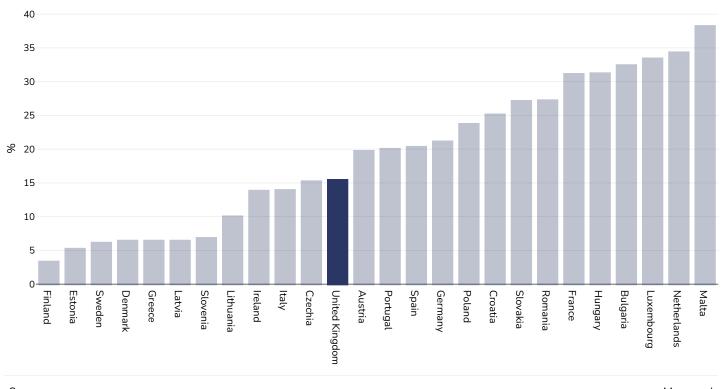


21



### Prevalence of at least daily carbonated soft drink consumption

#### Children, 2014



Survey Measured type:

References:

World Health Organization. (2017). Adolescent obesity and related behaviours: Trends and inequalities in the who european region, 2002-2014: observations from the Health Behavior in School-aged Children (HBSC) WHO collaborative crossnational study (J. Inchley, D. Currie, J. Jewel, J. Breda, & V. Barnekow, Eds.). World Health Organization. Sourced from Food Systems Dashboard <a href="http://www.foodsystemsdashboard.org">http://www.foodsystemsdashboard.org</a>

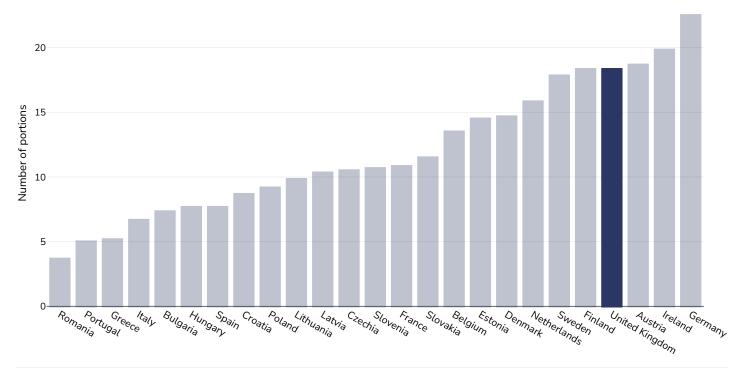
Notes: 15-year-old adolescents

Definitions: Prevalence of at least daily carbonated soft drink consumption (% of at least daily carbonated soft drink consumption)



# Prevalence of confectionery consumption

#### Adults, 2016



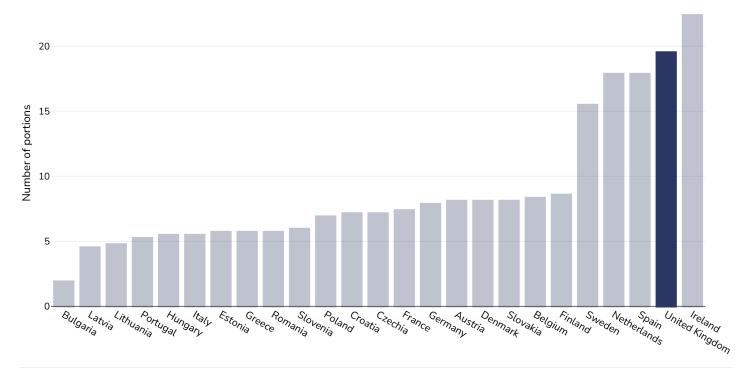
References: Source: Euromonitor International

Definitions: Prevalence of confectionery consumption (Number of 50g confectionery portions/person/month)



## Prevalence of sweet/savoury snack consumption

#### Adults, 2016



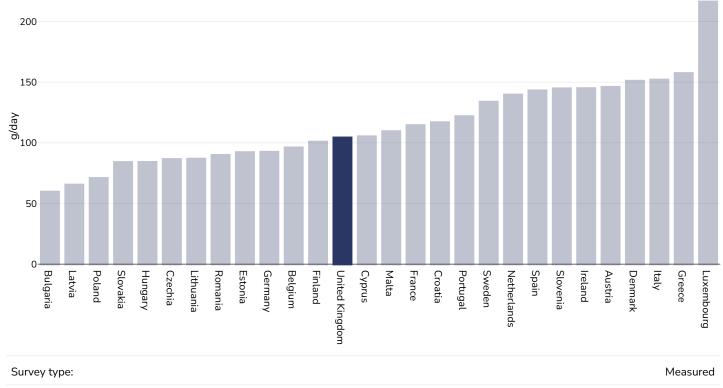
References: Source: Euromonitor International

Definitions: Prevalence of sweet/savoury snack consumption (Number of 35g sweet/savoury snack portions/person/month)



# Estimated per capita fruit intake

#### Adults, 2017



Survey type:

Age:

Clobal Burden of Disease, the Institute for Health Metrics and Evaluation <a href="http://ghdx.healthdata.org/">http://ghdx.healthdata.org/</a>

Definitions:

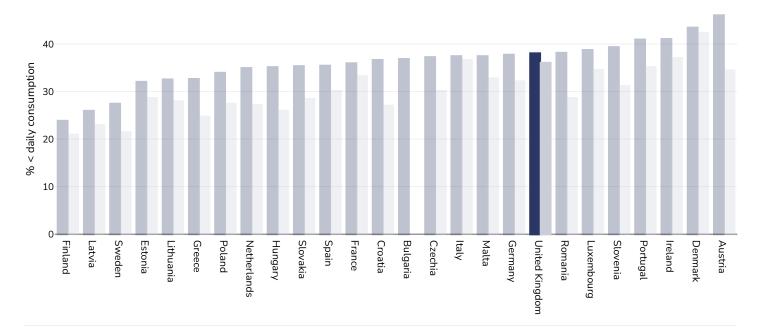
Estimated per-capita fruit intake (g/day)



## Prevalence of less than daily fruit consumption

#### Children, 2014





Survey Measured type:

References:

Global School-based Student Health Surveys. Beal et al (2019). Global Patterns of Adolescent Fruit, Vegetable, Carbonated Soft Drink, and Fast-food consumption: A meta-analysis of global school-based student health surveys. Food and Nutrition Bulletin. <a href="https://doi.org/10.1177/0379572119848287">https://doi.org/10.1177/0379572119848287</a>. Sourced from Food Systems Dashboard

http://www.foodsystemsdashboard.org/food-system

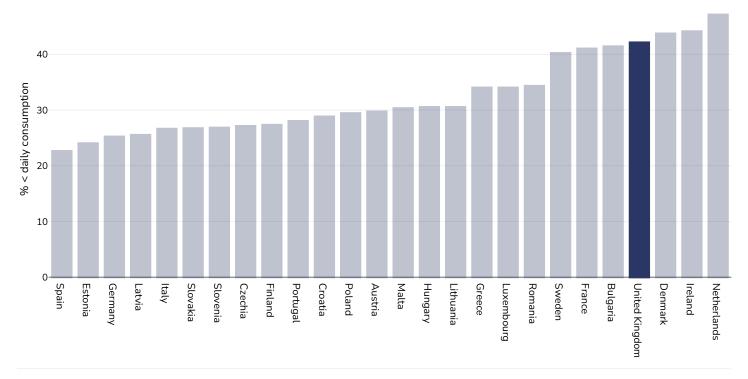
Definitions:

Prevalence of less-than-daily fruit consumption (% less-than-daily fruit consumption)



## Prevalence of less than daily vegetable consumption

#### Children, 2014



Survey Measured

type:

Age: 12-17

References:

Beal et al. (2019). Global Patterns of Adolescent Fruit, Vegetable, Carbonated Soft Drink, and Fast-food consumption: A meta-analysis of global school-based student health surveys. Food and Nutrition Bulletin.

https://doi.org/10.1177/0379572119848287 sourced from Food Systems Dashboard

http://www.foodsystemsdashboard.org/food-system

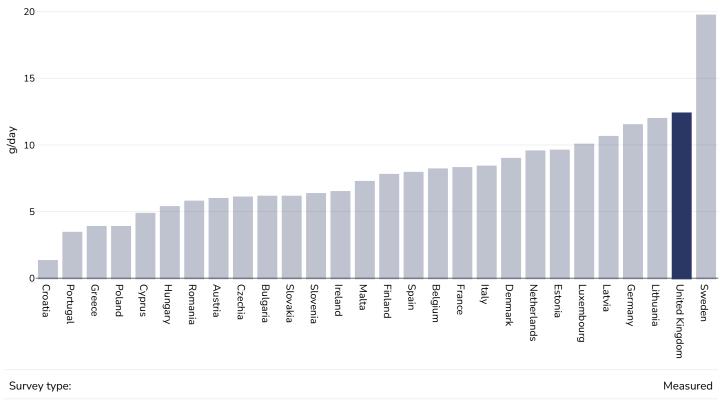
Definitions:

Prevalence of less-than-daily vegetable consumption (% less-than-daily vegetable consumption)



# Estimated per-capita processed meat intake

## Adults, 2017

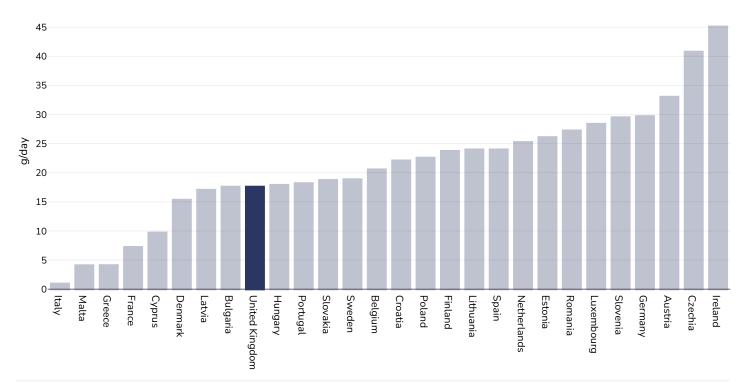


Survey type:	Measured
Age:	25+
References:	Global Burden of Disease, the Institute for Health Metrics and Evaluation <a href="http://ghdx.healthdata.org/">http://ghdx.healthdata.org/</a>
Definitions:	Estimated per-capita processed meat intake (g per day)



# Estimated per capita whole grains intake

## Adults, 2017

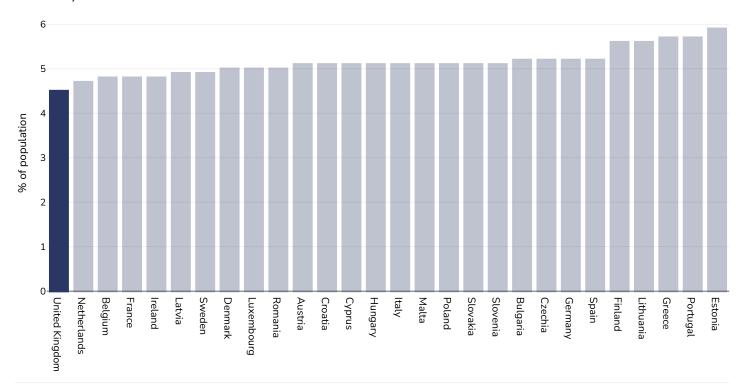


Survey type:	Measured
Age:	25+
References:	Global Burden of Disease, the Institute for Health Metrics and Evaluation <a href="http://ghdx.healthdata.org/">http://ghdx.healthdata.org/</a>
Definitions:	Estimated per-capita whole grains intake (g/day)



## Mental health - depression disorders

#### Adults, 2015



References:

Prevalence data from Global Burden of Disease study 2015 (<a href="http://ghdx.healthdata.org">http://ghdx.healthdata.org</a>) published in: Depression and Other Common Mental Disorders: Global Health Estimates. Geneva: World Health Organization; 2017. Licence: CC BY-NC-SA 3.0 IGO.

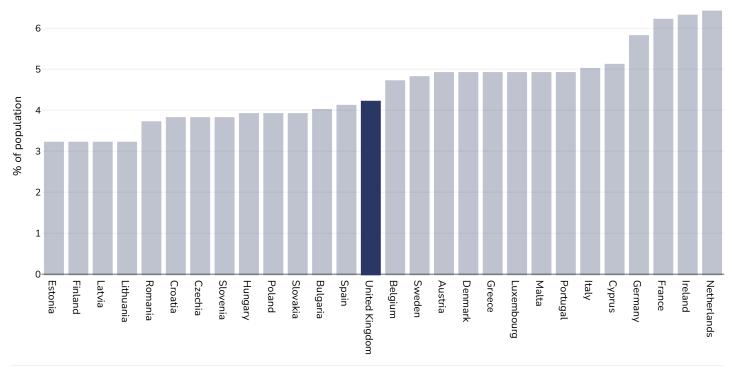
Definitions:

% of population with depression disorders



## Mental health - anxiety disorders

## Adults, 2015



References: Prevalence data from Global Burden of Disease study 2015 (<a href="http://ghdx.healthdata.org">http://ghdx.healthdata.org</a>) published in: Depression and Other Common Mental Disorders: Global Health Estimates. Geneva: World Health Organization; 2017. Licence: CC BY-NC-SA 3.0

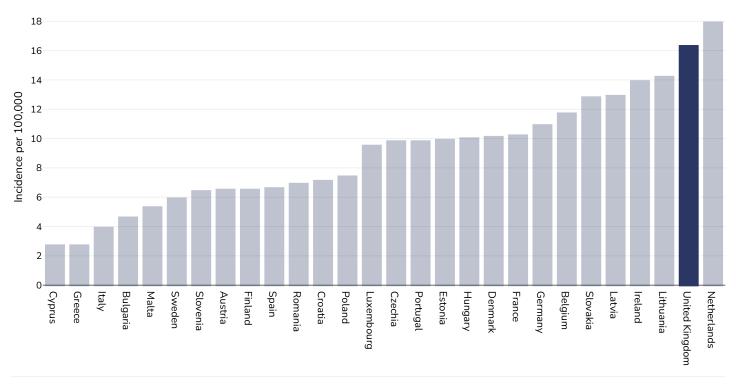
IGO.

Definitions: % of population with anxiety disorders



## Oesophageal cancer

#### Men, 2020



Age: 20+

Area National covered:

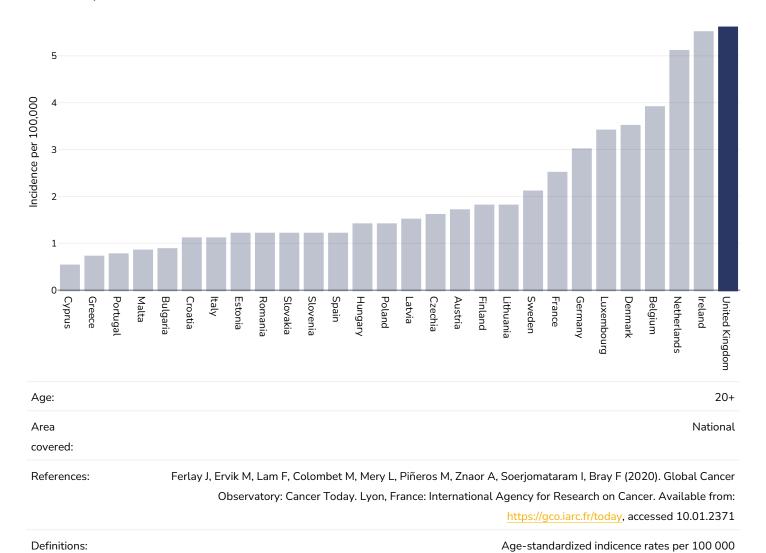
References:

Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from:

https://gco.iarc.fr/today, accessed 10.01.2371



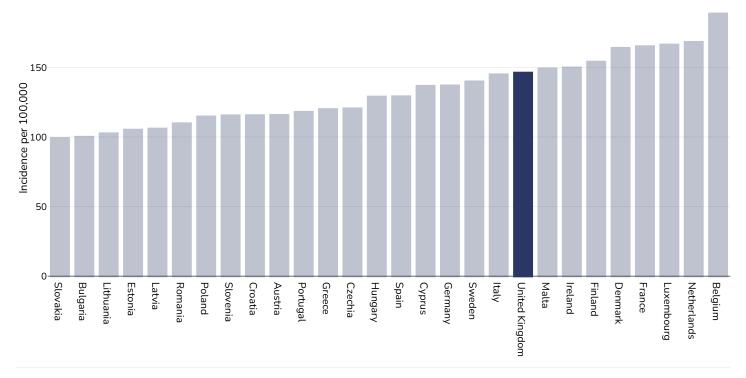
#### Women, 2020





#### **Breast cancer**

#### Women, 2020



Age: 20+

Area National covered:

References:

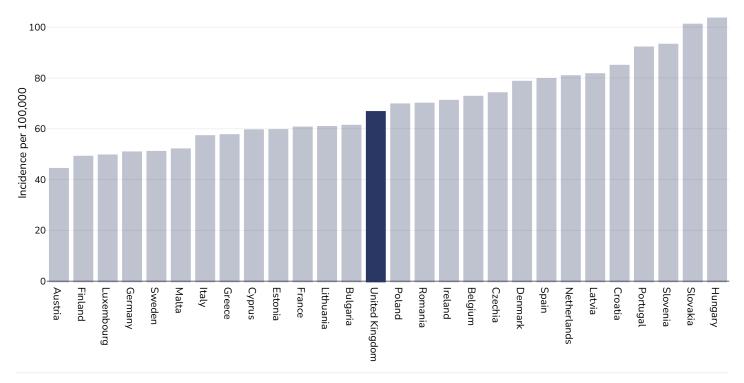
Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from:

https://gco.iarc.fr/today, accessed 10.01.2371



#### Colorectal cancer

#### Men, 2020



Age: 20+

Area National covered:

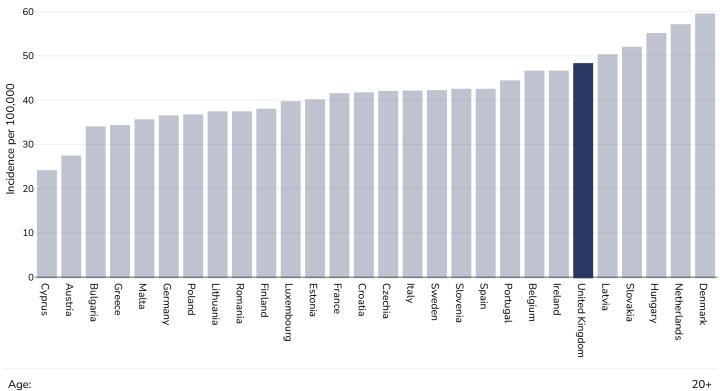
References:

Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from:

https://gco.iarc.fr/today, accessed 10.01.2371



#### Women, 2020



Area National

Area covered:

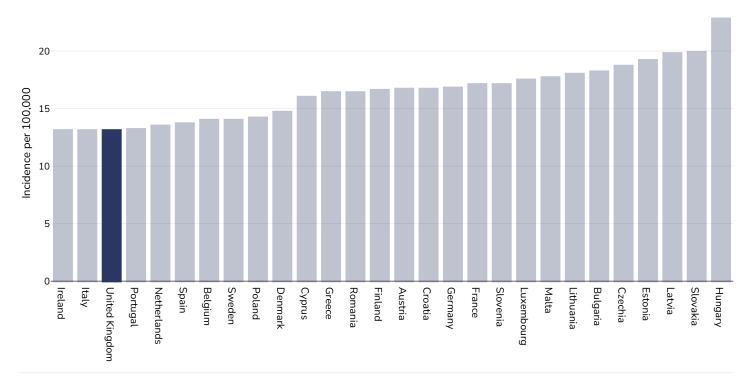
References: Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from:

https://gco.iarc.fr/today, accessed 10.01.2371



#### Pancreatic cancer

#### Men, 2020



Age: 20+

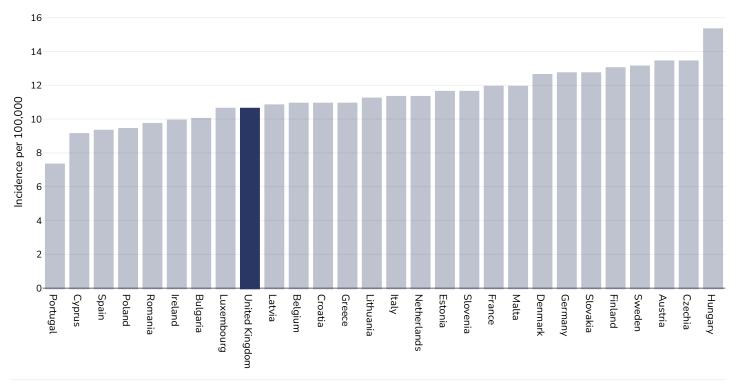
Area National covered:

References:

Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from:

https://gco.iarc.fr/today, accessed 10.01.2371





Age: 20+

Area National

covered:

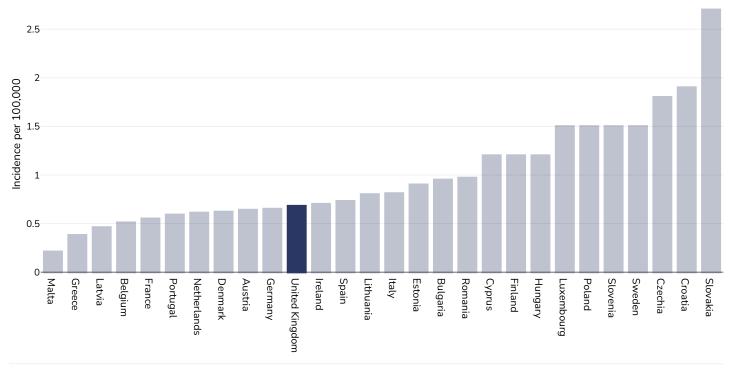
References: Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from:

https://gco.iarc.fr/today, accessed 10.01.2371



## Gallbladder cancer

#### Men, 2020



Age: 20+

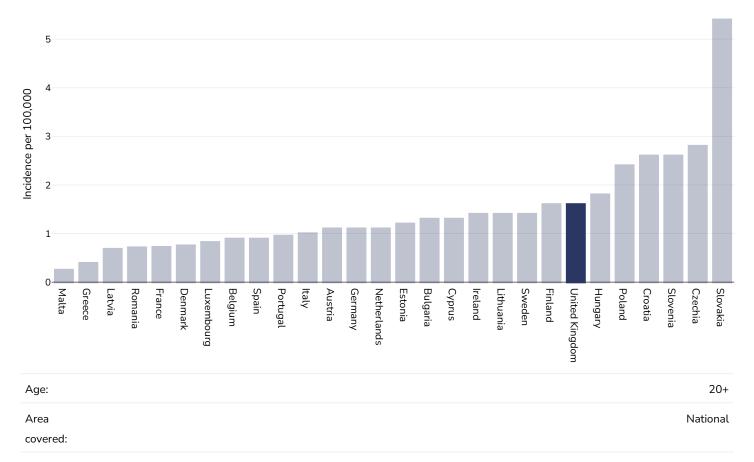
Area National covered:

References:

Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from:

https://gco.iarc.fr/today, accessed 10.01.2371





References:

Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from:

https://gco.iarc.fr/today, accessed 10.01.2371

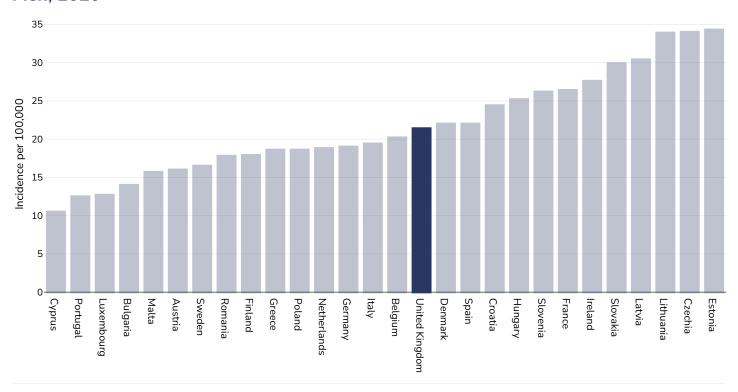
Definitions:

Age-standardized indicence rates per 100 000



## Kidney cancer

#### Men, 2020



Age: 20+

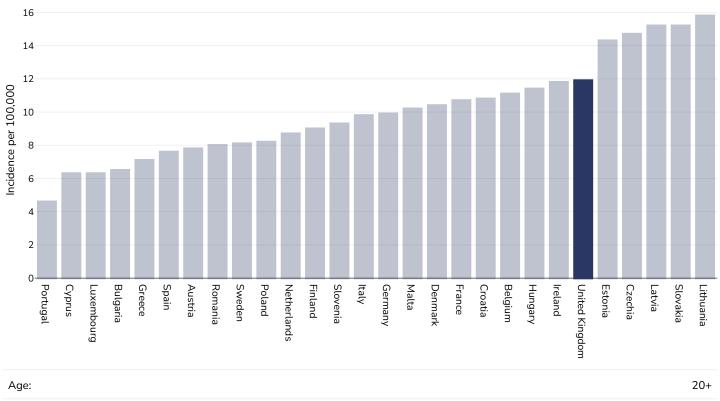
Area National covered:

References:

Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from:

https://gco.iarc.fr/today, accessed 10.01.2371





National Area covered:

References:

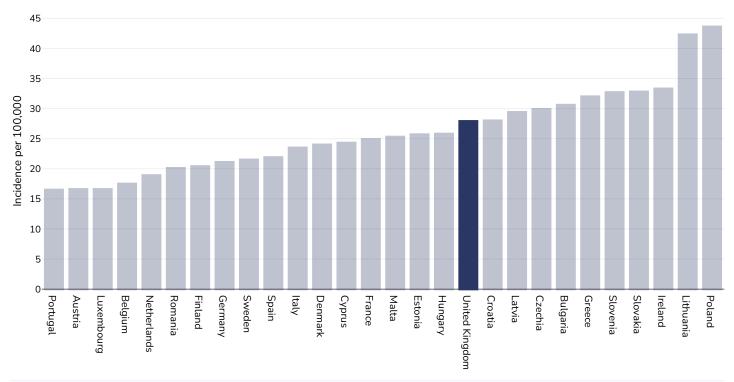
Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from:

https://gco.iarc.fr/today, accessed 10.01.2371



#### Cancer of the uterus

#### Women, 2020



Age: 20+

Area National covered:

References:

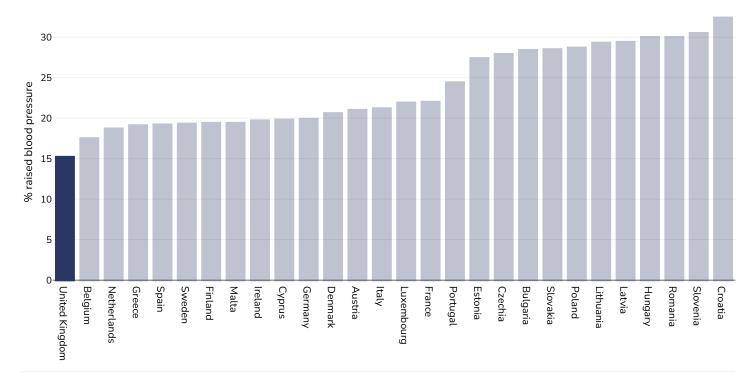
Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from:

https://gco.iarc.fr/today, accessed 10.01.2371



# Raised blood pressure

#### Adults, 2015



References:

Global Health Observatory data repository, World Health Organisation,

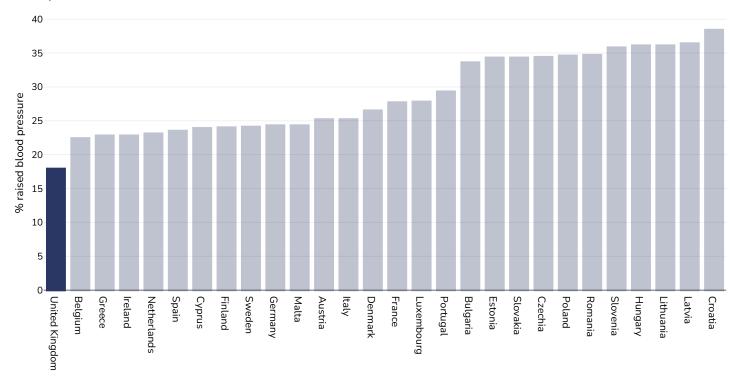
http://apps.who.int/gho/data/node.main.A875?lang=en

Definitions:

Age Standardised estimated % Raised blood pressure 2015 (SBP>=140 OR DBP>=90).



#### Men, 2015



References:

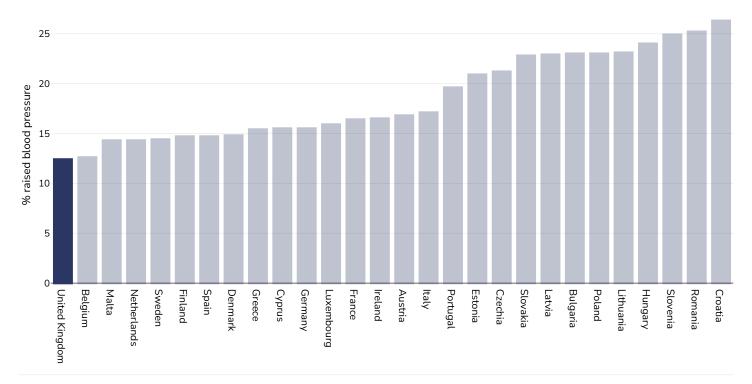
Global Health Observatory data repository, World Health Organisation,

http://apps.who.int/gho/data/node.main.A875?lang=en

Definitions:

Age Standardised estimated % Raised blood pressure 2015 (SBP>=140 OR DBP>=90).





References:

Global Health Observatory data repository, World Health Organisation,

http://apps.who.int/gho/data/node.main.A875?lang=en

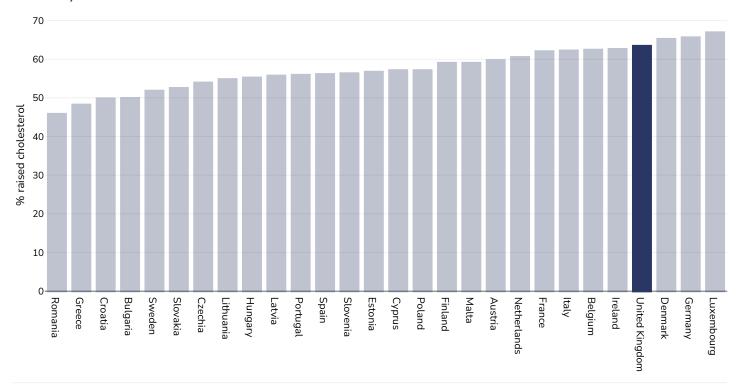
Definitions:

Age Standardised estimated % Raised blood pressure 2015 (SBP>=140 OR DBP>=90).



#### Raised cholesterol

#### Adults, 2008



References:

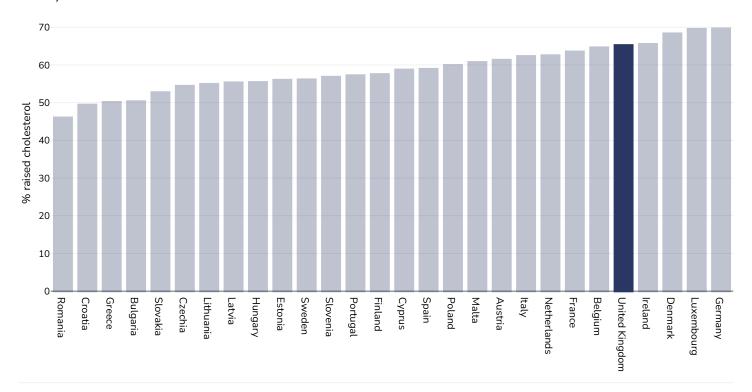
Global Health Observatory data repository, World Health Organisation, <a href="http://apps.who.int/gho/data/node.main.A885">http://apps.who.int/gho/data/node.main.A885</a>

Definitions:

% Raised total cholesterol (>= 5.0 mmol/L) (age-standardized estimate).



#### Men, 2008

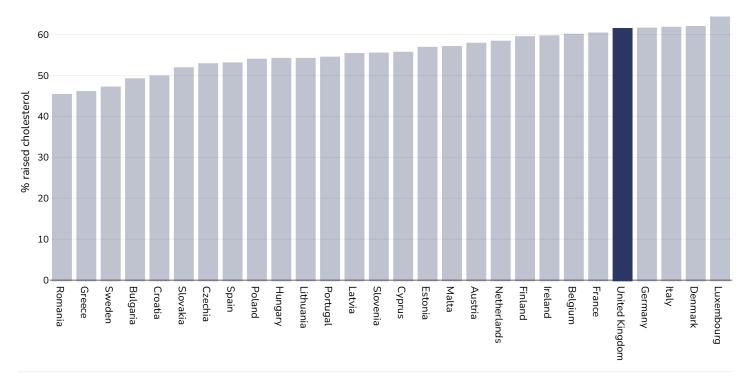


References: Global Health Observatory data repository, World Health Organisation, <a href="http://apps.who.int/gho/data/node.main.A885">http://apps.who.int/gho/data/node.main.A885</a>

Definitions:

% Raised total cholesterol (>= 5.0 mmol/L) (age-standardized estimate).





References: Global Health Observatory data repository, World Health Organisation, <a href="http://apps.who.int/gho/data/node.main.A885">http://apps.who.int/gho/data/node.main.A885</a>

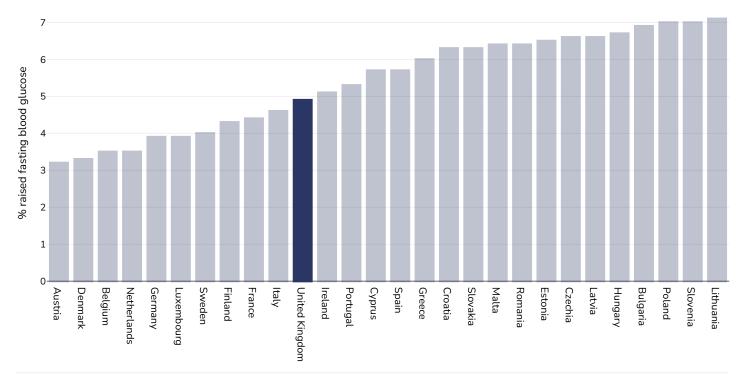
Definitions:

% Raised total cholesterol (>= 5.0 mmol/L) (age-standardized estimate).



# Raised fasting blood glucose

#### Men, 2014



References:

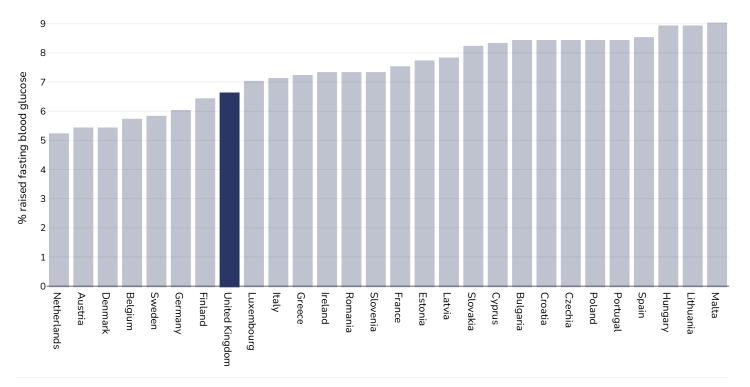
Global Health Observatory data repository, World Health Organisation,

http://apps.who.int/gho/data/node.main.A869?lang=en

Definitions:

Age Standardised % raised fasting blood glucose (>= 7.0 mmol/L or on medication).





References:

Global Health Observatory data repository, World Health Organisation,

http://apps.who.int/gho/data/node.main.A869?lang=en

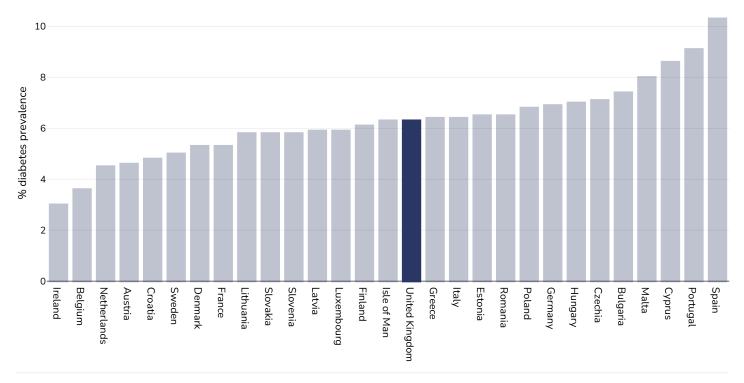
Definitions:

Age Standardised % raised fasting blood glucose (>= 7.0 mmol/L or on medication).



# Diabetes prevalence

#### Adults, 2021



Age: 20-79

Area National covered:

References:

Reproduced with kind permission International Diabetes Federation. IDF Diabetes Atlas, 10th edn. Brussels,

Belgium:International Diabetes Federation, 2021. http://www.diabetesatlas.org

Definitions: Age-adjusted comparative prevalence of diabetes, %



## **Contextual factors**

**Disclaimer:** These contextual factors should be interpreted with care. Results are updated as regularly as possible and use very specific criteria. The criteria used and full definitions are available for download at the bottom of this page.



#### Labelling

Is there mandatory nutrition labelling?	<b>~</b>
Front-of-package labelling?	<b>✓</b> v
Back-of-pack nutrition declaration?	<b>✓</b>
Color coding?	<b>✓</b> v
Warning label?	×





# Regulation and marketing

Are there fiscal policies on unhealthy products?	<b>~</b>
Tax on unhealthy foods?	×
Tax on unhealthy drinks?	<b>~</b>
Are there fiscal policies on healthy products?	X
Subsidy on fruits?	×
Subsidy on vegetables?	X
Subsidy on other healthy products?	X
Mandatory limit or ban of trans fat (all settings)?	<b>~</b>
Mandatory limit of trans fats in place (all settings)?	<b>~</b>
Ban on trans-fats or phos in place (all settings)?	×
Are there any mandatory policies/marketing restrictions on the promotion of unhealthy food/drinks to children?	<b>~</b>
Mandatory restriction on broadcast media?	<b>~</b>
Mandatory restriction on non-broadcast media?	<b>~</b>
Voluntary policies/marketing restrictions on the promotion of unhealthy food/drinks to children?	<b>~</b>
Are there mandatory standards for food in schools?	<b>~</b>
Are there any mandatory nutrient limits in any manufactured food products?	X
Nutrition standards for public sector procurement?	X





# Political will and support

National obesity strategy or nutrition and physical activity national strategy?	<b>/</b>
National obesity strategy?	<b>~</b>
National childhood obesity strategy?	~
Comprehensive nutrition strategy?	X
Comprehensive physical activity strategy?	~
Evidence-based dietary guidelines and/or RDAs?	<b>~</b>
National target(s) on reducing obesity?	<b>~</b>
Guidelines/policy on obesity treatment?	<b>~</b>
Promotion of breastfeeding?	<b>~</b>
Monitoring and surveillance	
Monitoring of the prevalence and incidence for the main obesity-related NCDs and risk factors?	<b>~</b>
Within 5 years?	~
Governance and resource	
Multi-sectoral national co-ordination mechanism for obesity or nutrition (including obesity)?	×
Key	
Present Present Incoming Absent Unknown	
(voluntary)	

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