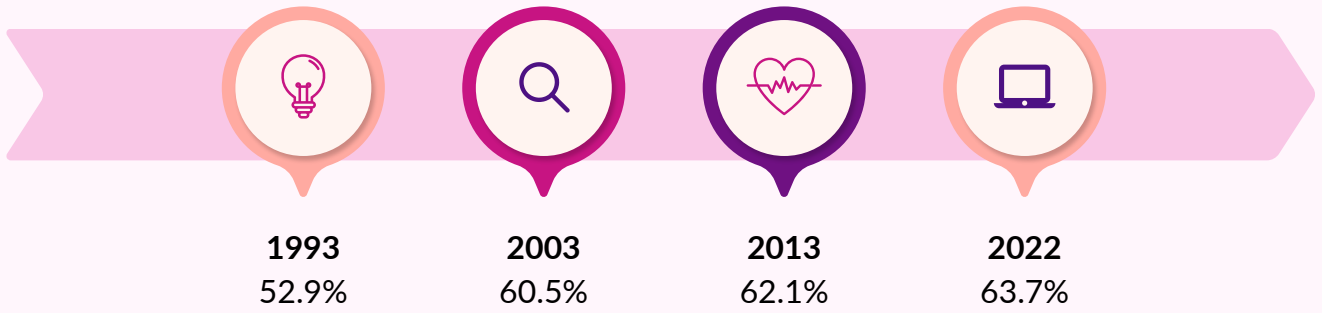


# The Impact of Obesity on Health: 7 Statistics and Trends

## OBESITY THROUGH THE DECADES

Over the past 30 years the proportion of adults who are obese and overweight has risen from 52.9% to 63.7%



## ADULT OBESITY

25.9% of adults in England are obese and a further 37.8% are overweight



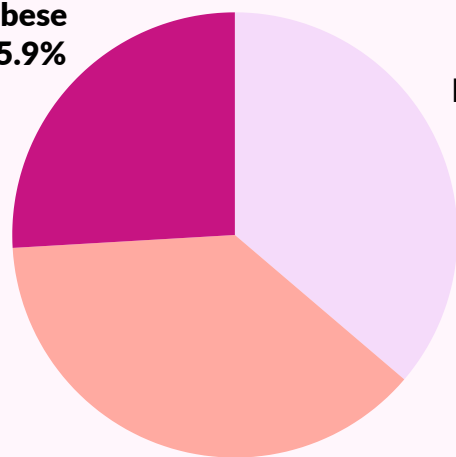
**63.7%**

Adults in England are obese or overweight

## ADULT BMI SPLIT

Obese 25.9%

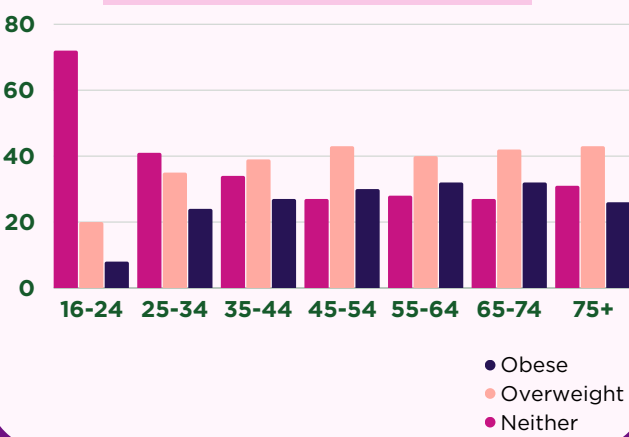
Normal 36.2%



Overweight 37.8%

BMI distribution across the UK in 2022

## THROUGH THE AGES



## THE COST OF OBESITY

The costs at societal level are huge. The Government estimates these at **£6.1 billion** to the NHS and **£27 billion** to the wider society.

Over one in four (**26%**) adults and **23.4% of children** aged 10-11 years in England are living with obesity, placing huge pressure on the health and care system.



## HEALTHCARE UTILISATION

Individuals with obesity have higher healthcare utilisation rates compared to those with normal weight. In England, obese individuals visit their GP about **24%** more often and have about **13%** more hospital admissions.

## HOSPITAL TREATMENTS

**10,780** Hospital admissions directly attributable to obesity

**1million** Hospital admissions where obesity was a factor

**294k** Items prescribed for the treatment of obesity