

Healthy eating: Gloucestershire key trends

Why is healthy eating important?

Good nutrition is an important part of leading a healthy lifestyle. Combined with physical activity, diet can help reach and maintain a healthy weight, reducing the risk of chronic diseases and promote overall health.

- ❖ In 2016 the percentage of secondary age pupils in Gloucestershire who regularly eat breakfast has increased slightly since 2006, *currently 76% for boys and 62% for girls.*
- ❖ The percentage of pupils who ate 3 or more unhealthy snacks per day increased between Y4 and Y11, *30% to 41% for girls, 37% to 43% for boys.*
- ❖ The percentage of 15 year olds who eat '5-a-day' (*60.3%*) is significantly higher in Gloucestershire than England (*52.4%*).
- ❖ Significantly more 15 year olds were regular drinkers in Gloucestershire (*8.3%*) than the England average (*6.2%*).
- ❖ Consumption of '5-a-day' in adults was inline with the England level (*52.3%*) across all districts except Stroud where it was significantly higher.
- ❖ More portions of vegetables were consumed by adults in Cheltenham, Cotswold, Forest of Dean and Stroud than the England average (*2.2 portions*).
- ❖ The portions of fruit consumed by adults was generally inline with the England average (*2.5 portions*) in all districts apart from Cheltenham where it was higher the England average.
- ❖ The rate of fast food outlets is varied across the districts but generally below the England average (*88 per 100,000*) apart from Gloucester which was above.

Healthy eating: School children

Figure 18: The % of secondary phase who regularly eat breakfast, by gender

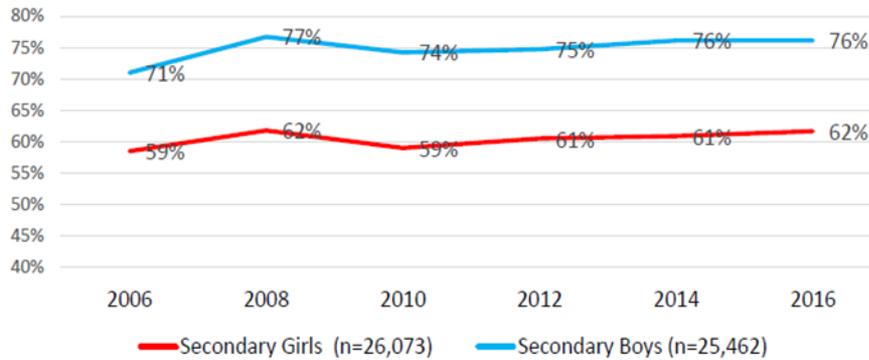
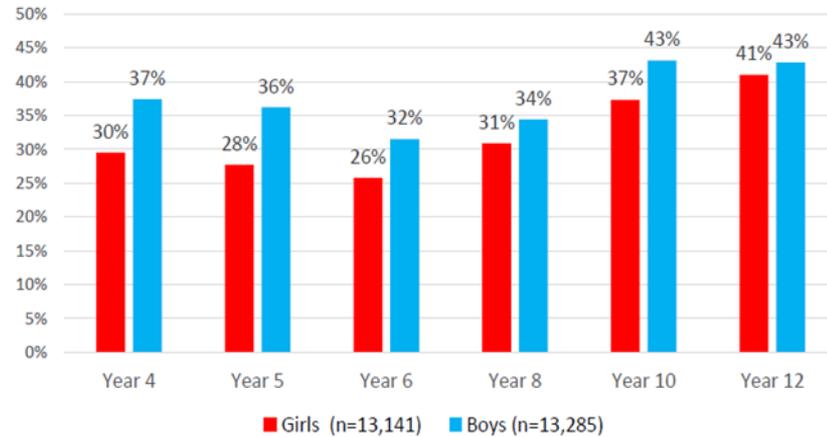
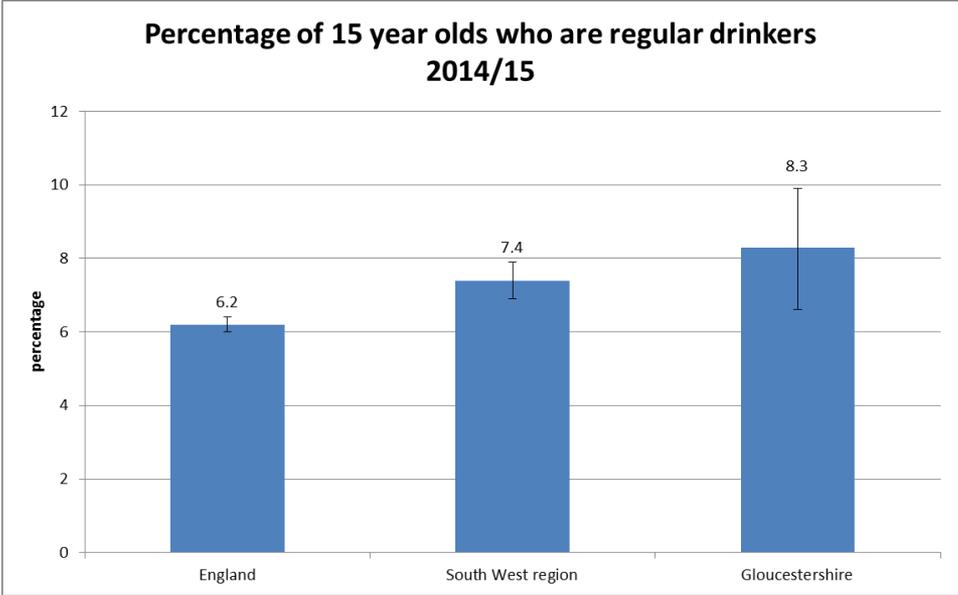
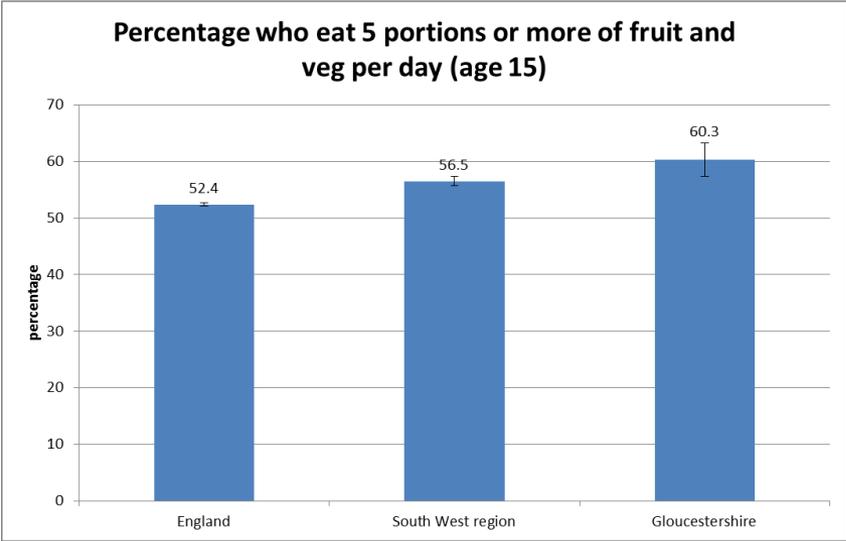


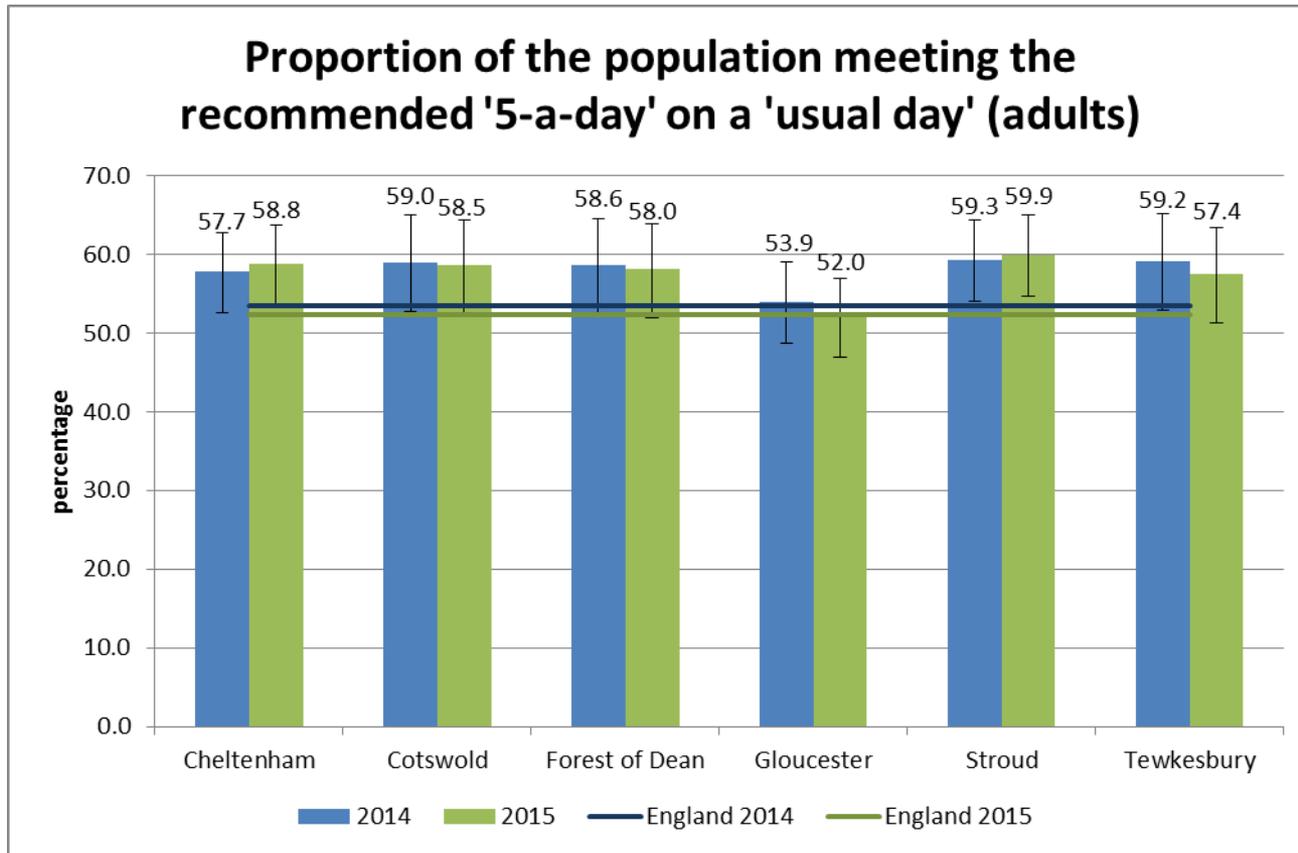
Figure 19: Unhealthy snack consumption; % of pupils who eat 3 or more unhealthy snacks a day illustrating the gender gap



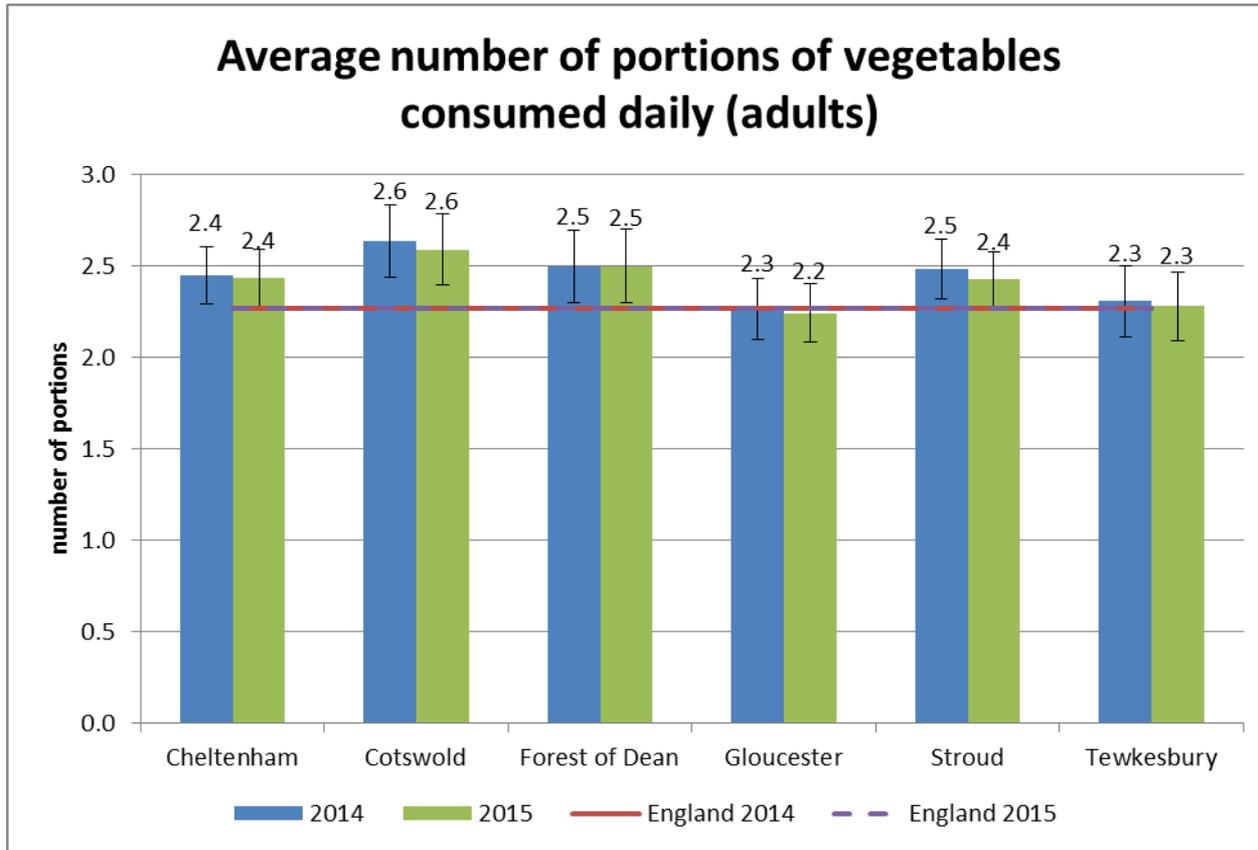
Healthy eating: 15 year olds



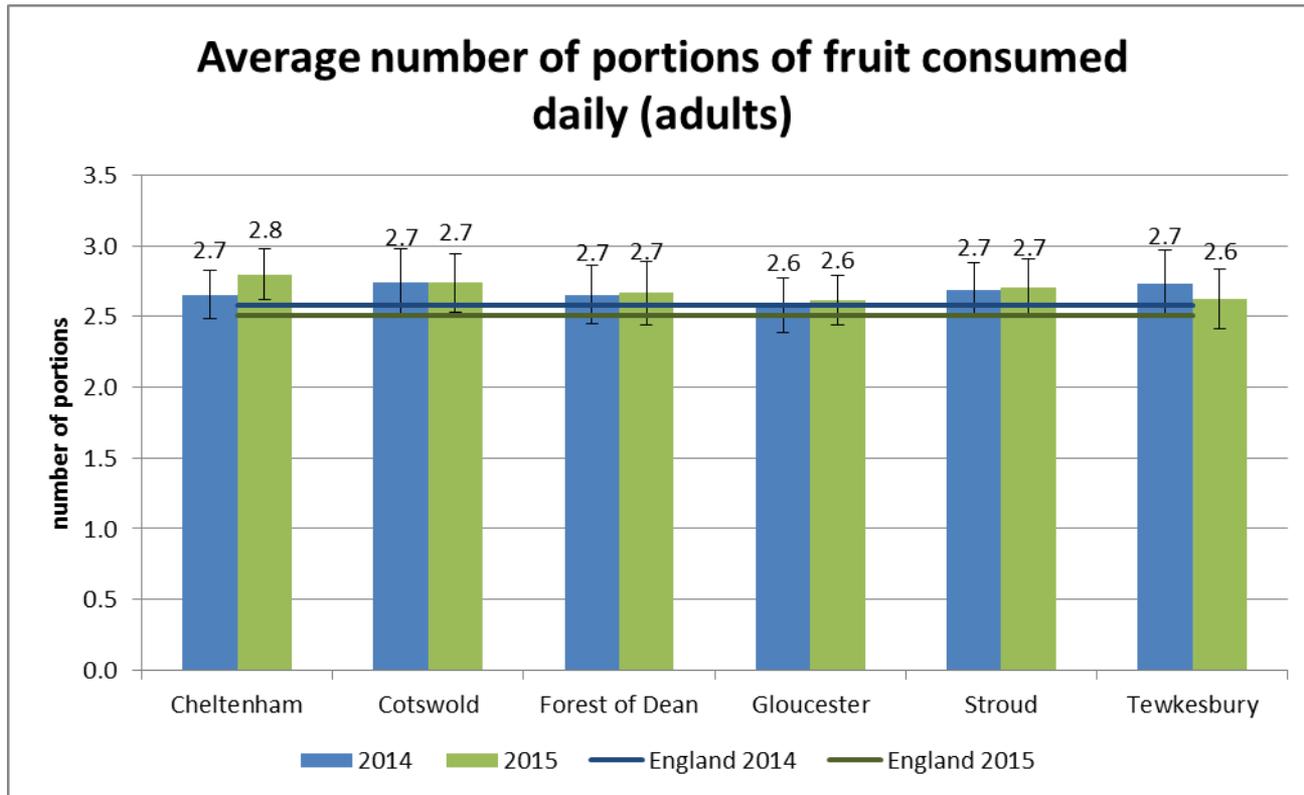
Healthy eating: adults - '5-a-day'



Healthy eating: adults – portions of vegetables



Healthy eating: adults – portions of fruit



Healthy eating: Access to fast food

The availability of fast food has been associated with a range of negative health outcomes. Fast food availability is often greater in areas of higher deprivation. *Fast food outlets includes businesses classified as either 'Fast Food and Takeaway Outlets', 'Fast Food Delivery Services', or 'Fish and Chip Shops'.*

