

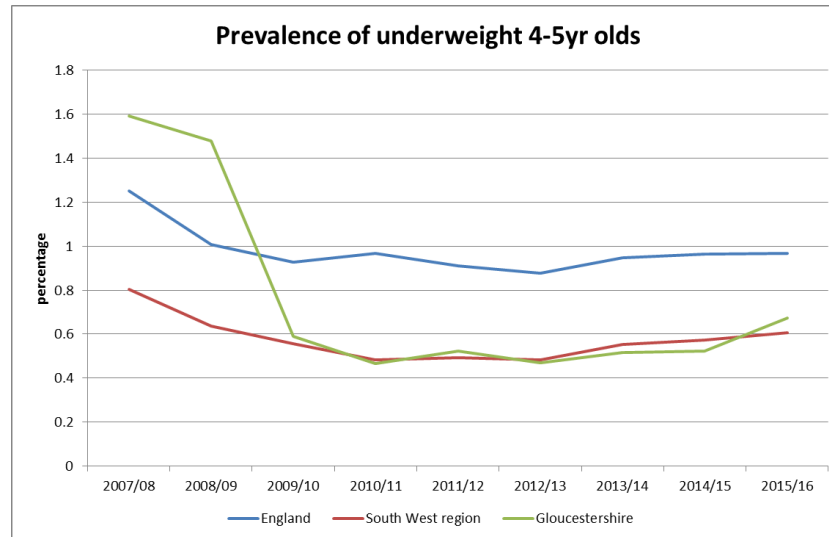
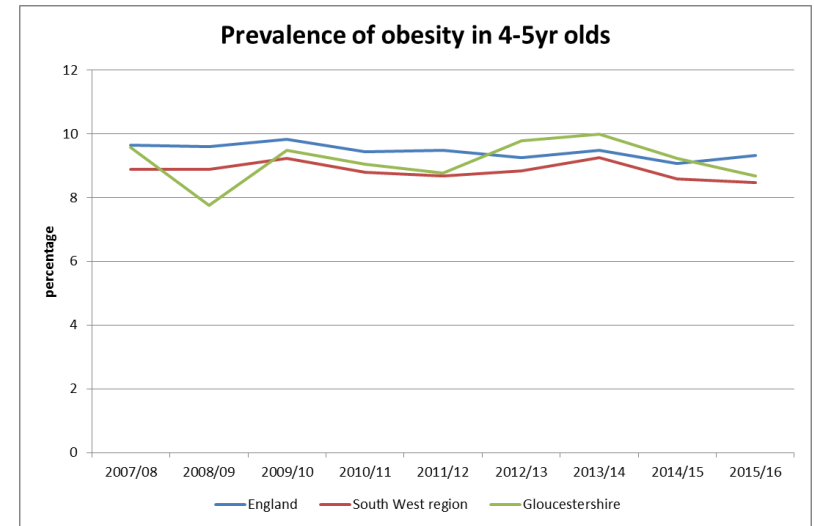
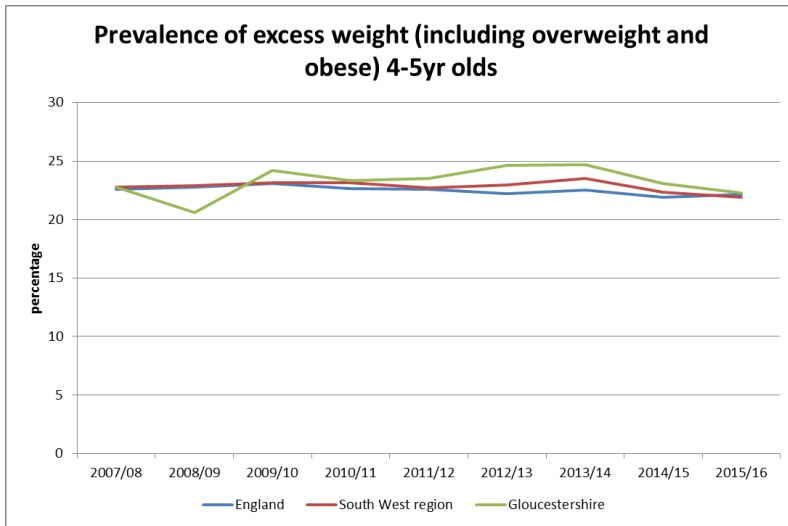
Healthy weight: Gloucestershire key trends

Why is healthy weight important?

Maintaining a healthy weight is important for health. In addition to lowering the risk of heart disease, stroke, diabetes, and high blood pressure, it can also lower the risk of many different cancers.

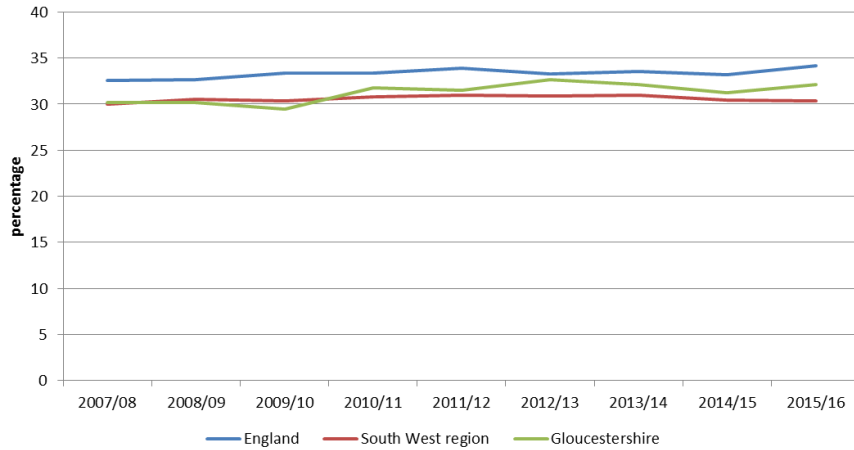
- ❖ Excess weight (overweight or obese) in YR children in Gloucestershire was inline with regional and national levels with 22.2% classified as overweight or obese (2015/16). This has been declining since peaking in 2013/14 (24.6%). 0.6% were classified as underweight, in line with the South West but below the England average.
- ❖ By Y6 excess weight in Gloucestershire increased to 32.1%, above the regional level but below the national level (2015/16). This has risen slowly in recent years. 0.9% were classified as underweight, lower than regional and national averages.
- ❖ 51.2% of 15 year olds in Gloucestershire were happy with their weight (2014-15) however there is no measure to show whether they were a healthy weight.
- ❖ By adulthood the proportion of the Gloucestershire population who are classified as having excess weight (overweight or obese) reached 65.3% (2013-15) which was inline with the England average.
- ❖ The percentage of adults with excess weight in Cheltenham, Cotswold and Stroud was significantly lower than the England average. In Gloucester and Forest of Dean it was significantly higher.

Healthy weight: 4-5 year olds

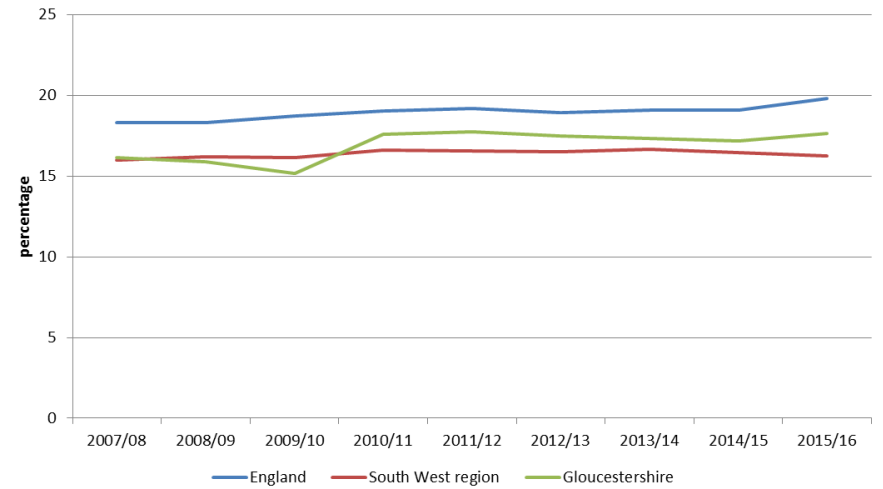


Healthy weight: 10-11 year olds

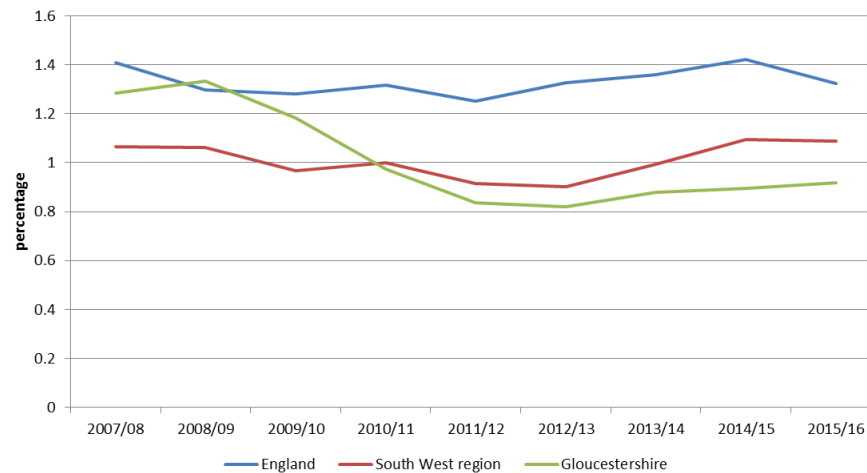
Prevalence of excess weight (including overweight and obese) 10-11yr olds



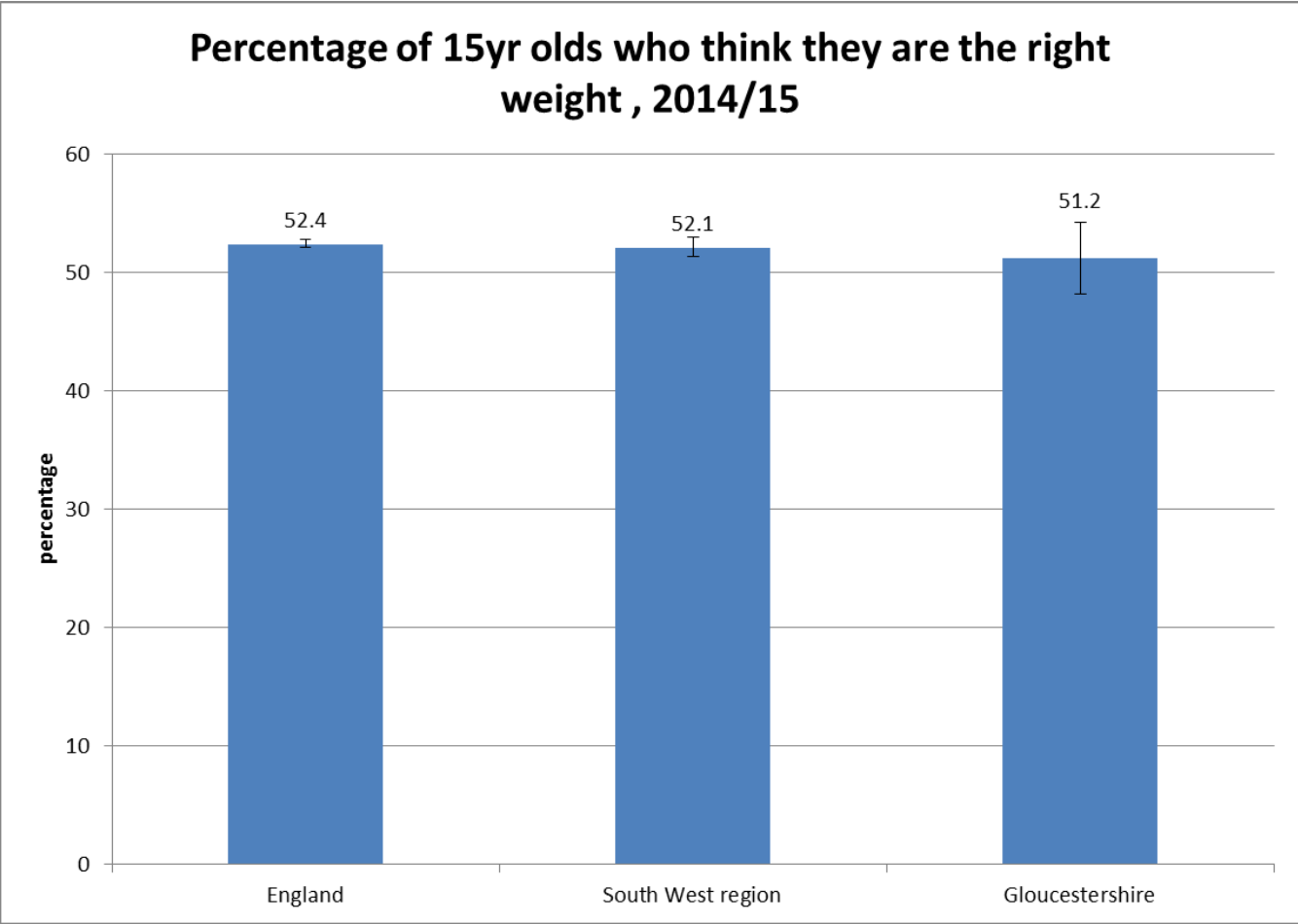
Prevalence of obesity in 10-11yr olds



Prevalence of underweight 10-11yr olds

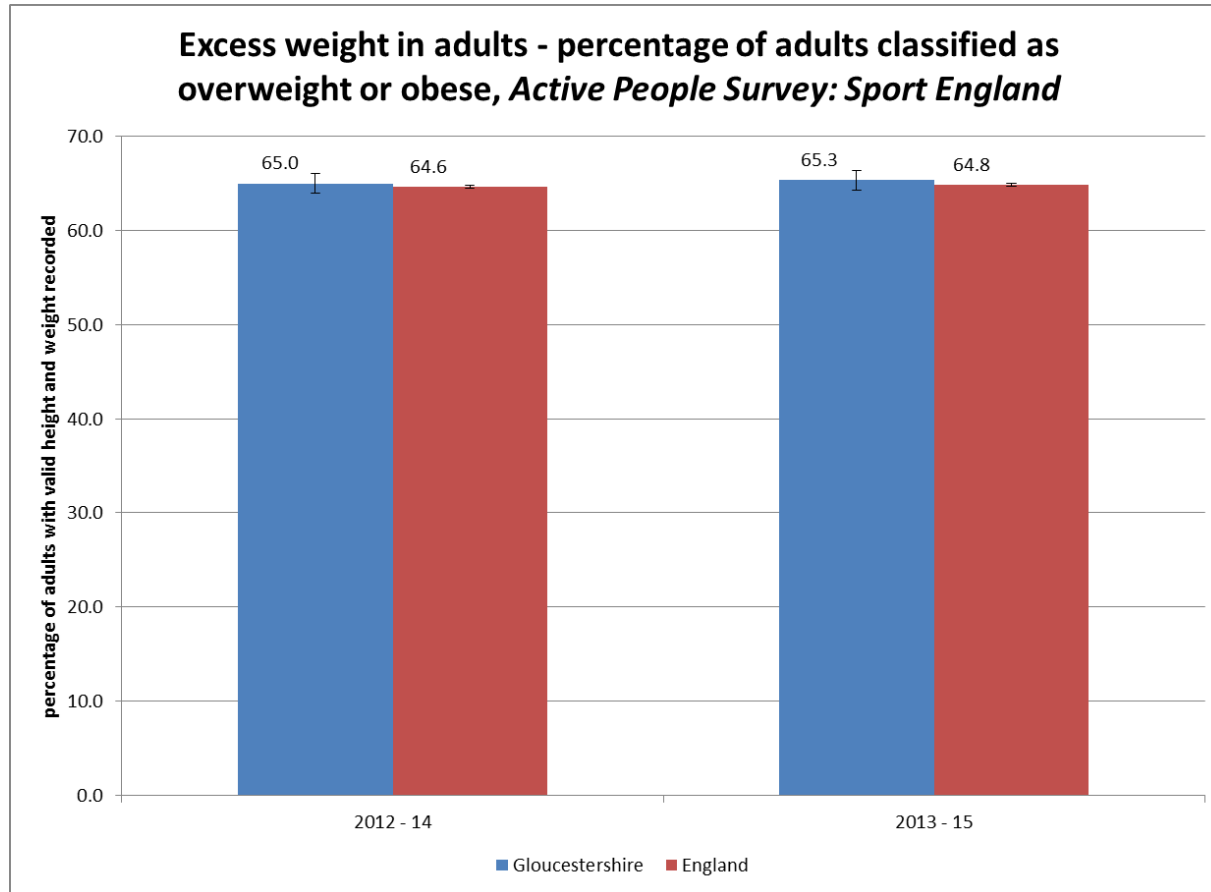


Healthy weight: 15 year olds



Healthy weight: Adults

Adults are defined as overweight (including obese) if their body mass index (BMI) is greater than or equal to 25kg/m².



Healthy weight: Adults (districts)

