

Promoting healthy behaviours update – risk factors annex

KRIC September 2024

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Risk factors annex

This annex sets out:

- An overview of the data and analysis on obesity, smoking and physical activity

Behavioural risk factor summary

- Smoking prevalence has declined since 2003/04. Further work is needed to meet the 2030 Welsh Government target of 5%.
- Adults in the most deprived fifth are over 4 times more likely to smoke (22%) than the least deprived fifth (5%).
- Almost 1 in 3 (30%) of males and females aged 45-64 reported as having obesity in 2021/22
- Adults in the most deprived fifth are approximately 50% more likely to be living with obesity than the least deprived fifth.
- Around 40% of females aged 45+ and 30% of males aged 45+ reported to be physically inactive in 2021/22. Adults in the most deprived fifth almost twice as likely to be physically inactive than the least deprived fifth.
- More adults in the least deprived fifth (16%) drink above guidelines than the most deprived fifth (12%).



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Obesity

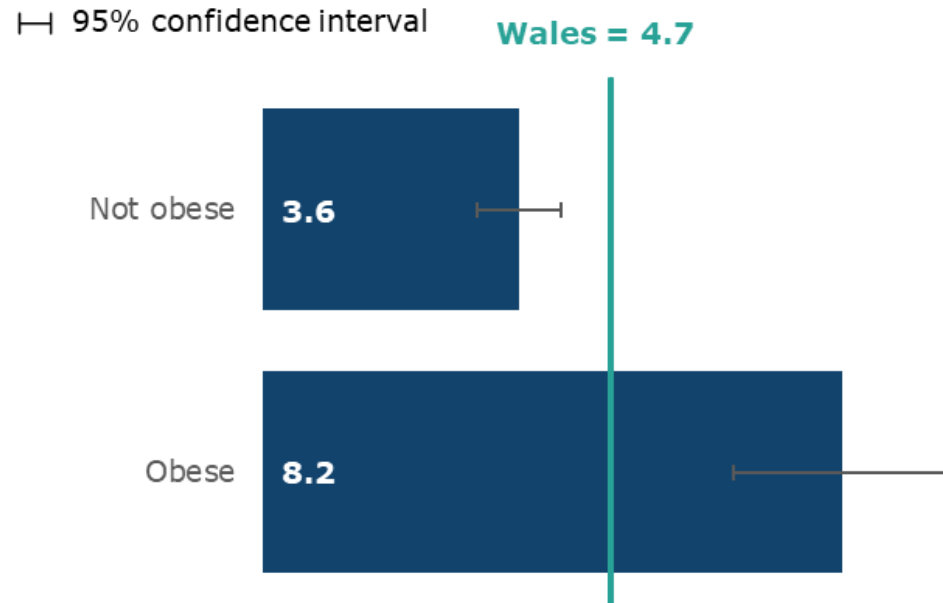


Adults reporting obesity (BMI 30+) are more than twice as likely (8.2%) to have diabetes as those who are not (3.6%)

Risk factors for type 2 diabetes:

- living with overweight or obesity do not have a healthy diet
- family history of type 2 diabetes
- Asian, Black African or African Caribbean origin
- taking certain medicines such as steroids for a long time
- high blood pressure
- gestational diabetes during pregnancy

Adults reporting to have diabetes by obesity, observed percentage, persons aged 16+, Wales, 2022/23
Produced by PHW, using NSW (WG)



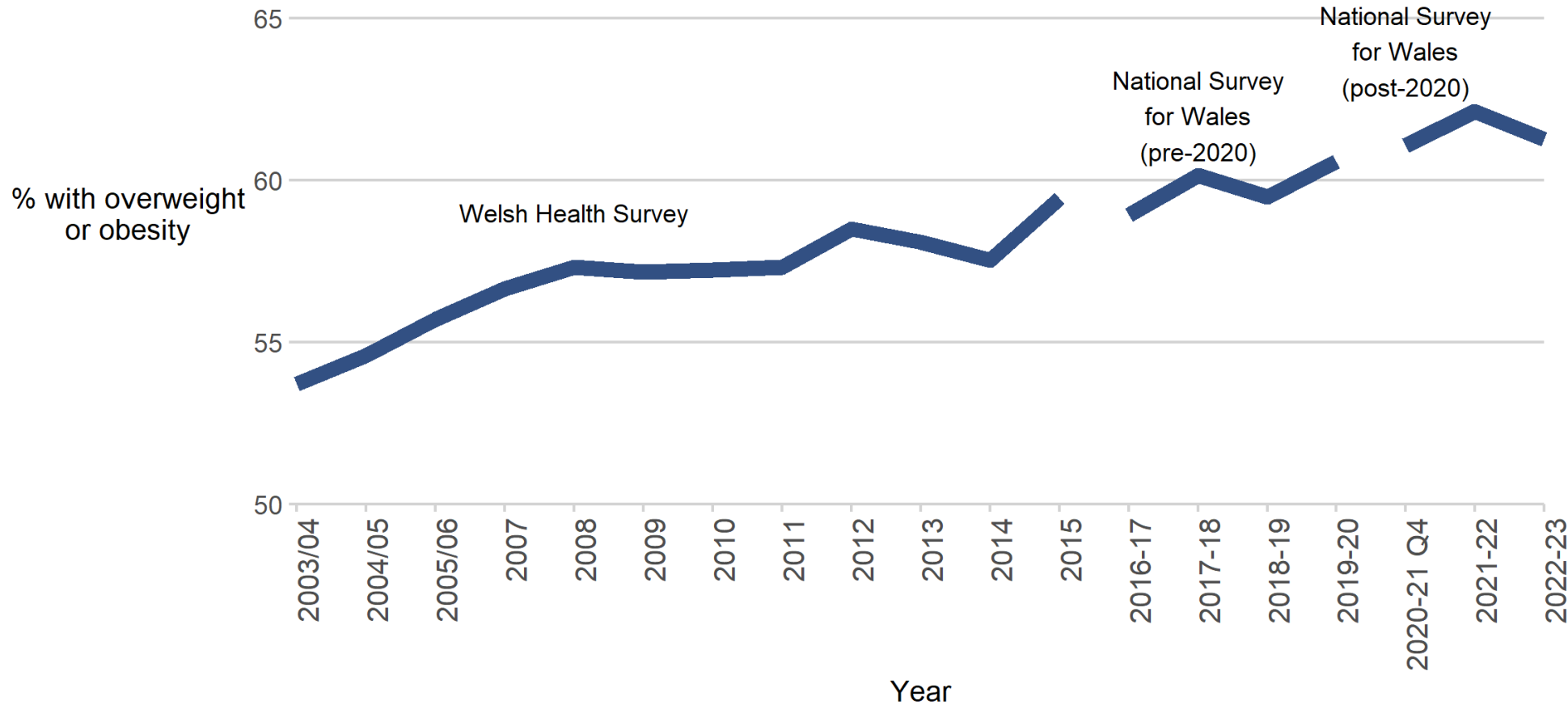
Adults reporting obesity (BMI 30+) are more susceptible to cardiovascular disease, respiratory disease, and musculoskeletal conditions

- Adults reporting obesity (a body mass index, BMI, of 30 or more) are more likely to:
 - have a **cardiovascular** disease (14.8%) than those who do not (10.4%),
 - have a **respiratory** disease (10.9%) than those who have a lower BMI (8.0%)
 - have a **musculoskeletal** condition (22.3%) than those who do not (14.1%)

(National Survey for Wales, 2022/23, Welsh Government)

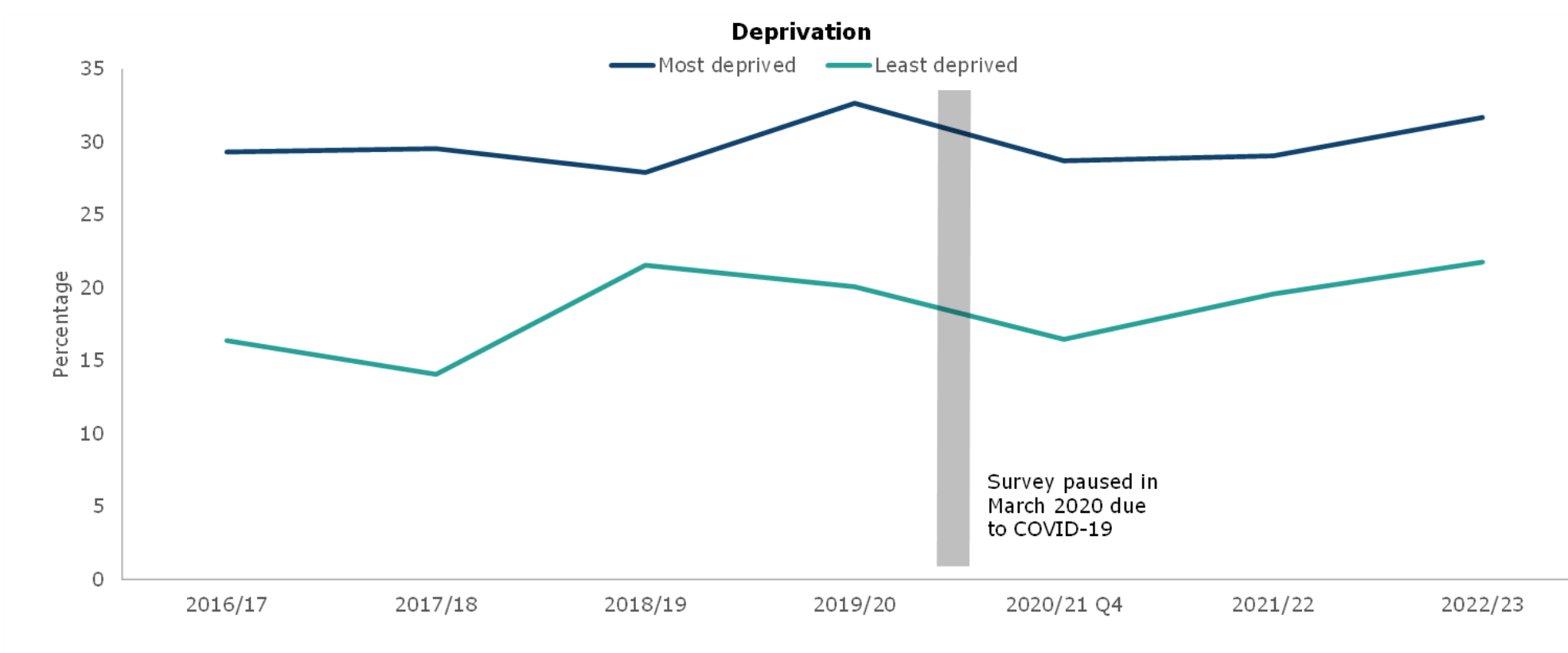
In 2022/3, nearly 2/3 of adults aged 16+ in Wales were living with obesity / overweight

This is an increase of around 15% since 2003/4



Adults in the most deprived 5th are ~50% more likely to be living with obesity than the least deprived 5th

Adults reporting to be living with obesity (BMI 30+), percentage, persons aged 16+, Wales
 2003/04 to 2015 Welsh Health Survey
 2016/17 to 2021/22 National Survey for Wales

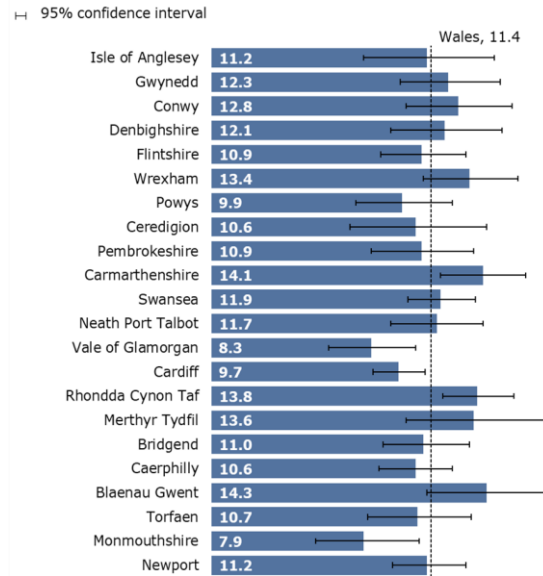


Percentage of children aged 4 to 5 years with obesity, local authorities, Wales Child Measurement Programme, 2022/23.

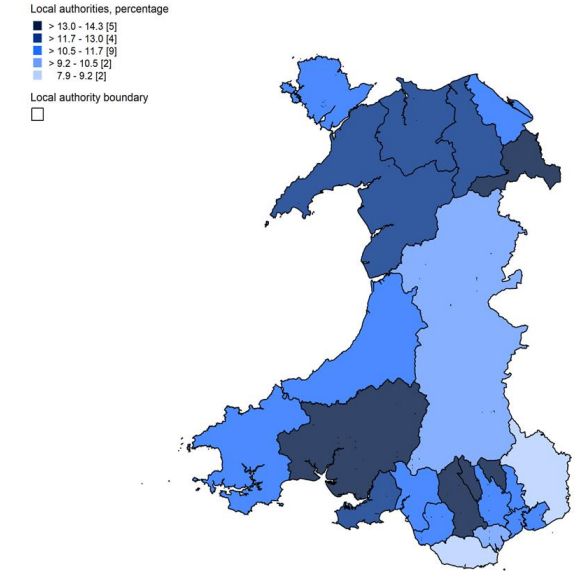
Map to go here

Proportion with obesity varies by LA.
 Largest variation across Wales within same LHB
 From
 Monmouthshire - 7.9% (95% CI 6.2-9.9)
 to
 Blaenau Gwent - 14.3% (95% CI 12.0-17.1)

Percentage of children aged 4 to 5 years with obesity, Child Measurement Programme, Wales and local authorities, 2022/23
 Produced by Public Health Wales, using CMP data (DHCW)



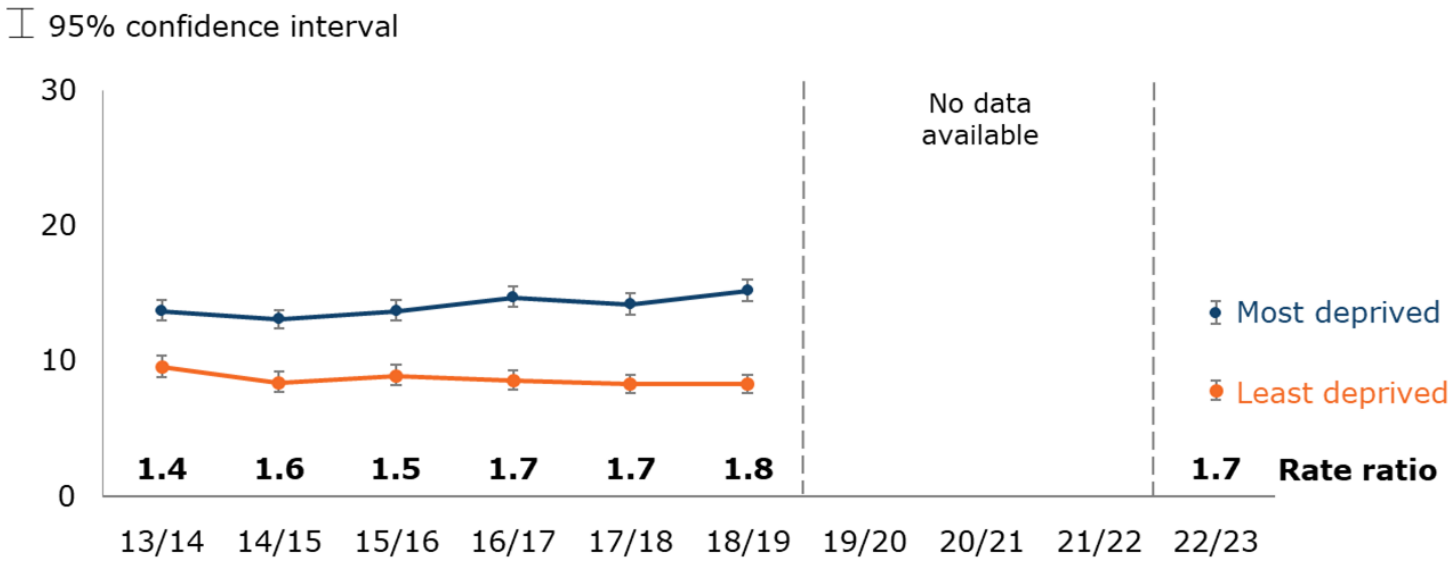
Percentage of children aged 4 to 5 years with obesity, local authorities, Wales, Child Measurement Programme, 2022/23



Produced by Public Health Wales, using CMP data (DHCW)
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About twice as many children live with obesity in the most deprived 5th compared with the least deprived 5th in Wales

Proportion of children with obesity Wales 2022/23
 Most deprived WIMD fifth - 13.6%
 Least deprived WIMD fifth - 7.8%



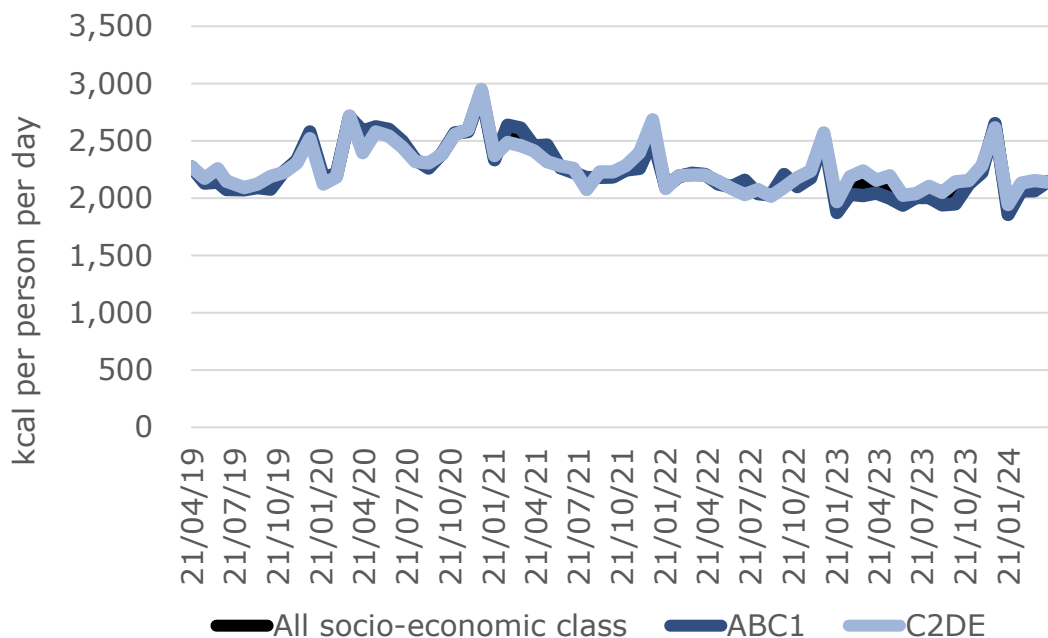
*Reporting of the Child Measurement Programme was severely affected due to the COVID-19 pandemic. Data is not available for all periods.

Source: Child Measurement Programme data (Digital Health and Care Wales (DHCW)), Welsh Index of Multiple Deprivation (WIMD) 2019 (Welsh Government (WG))
 National Child Measurement Programme England 2022/23 School Year, NHS England.
 Primary 1 Body Mass Index (BMI) statistics Scotland – School year 2022 to 2023, Public Health Scotland.

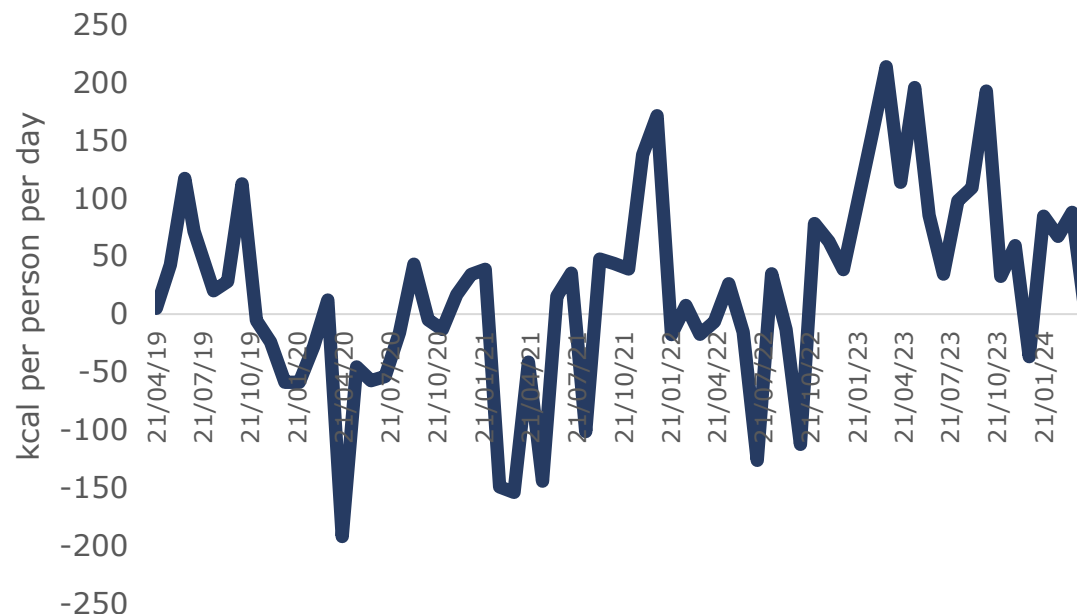
The calories we consume at home do not seem to be driving the deprivation gap in obesity

Kantar World Panel data, nutrition consumed in the home, Wales, April 2019 to April 2024

Average energy consumed per person, per day, kcal



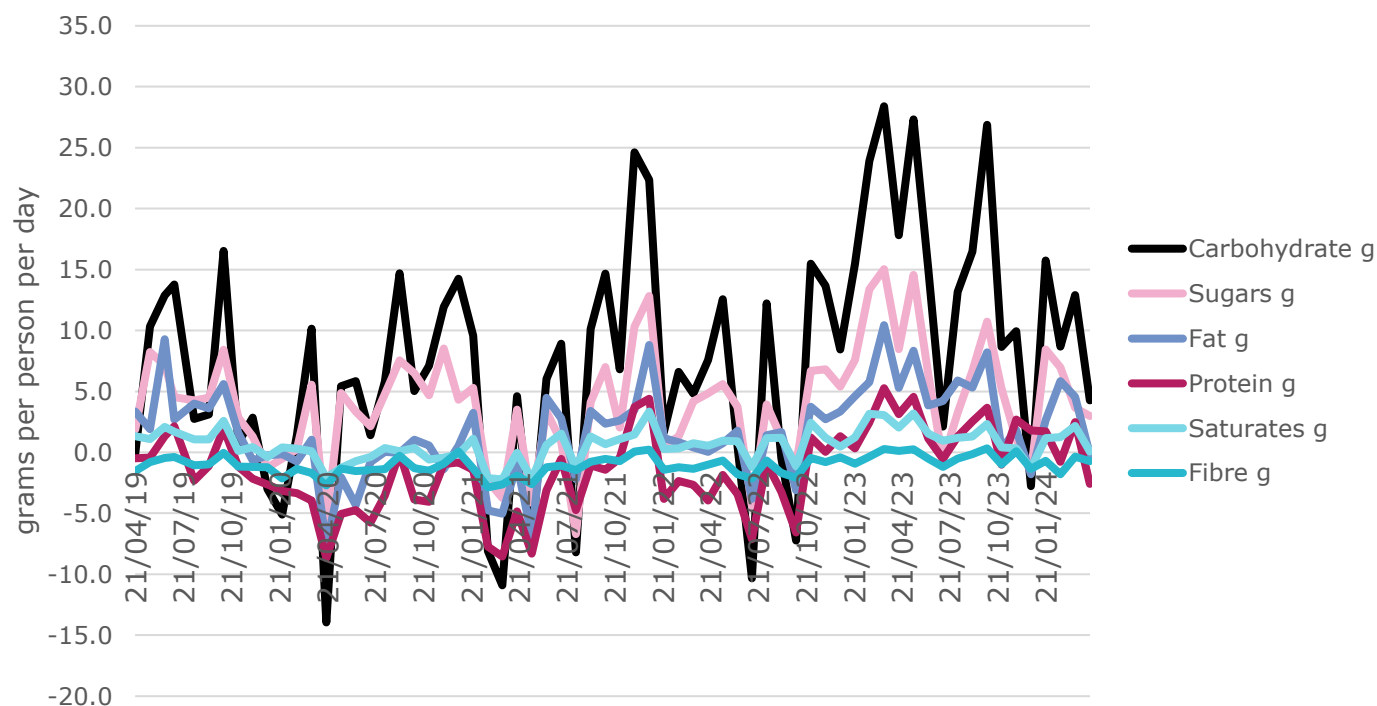
Difference in average energy consumed per person, per day, per person, kcal, C2DE – ABC1



The difference in consumption by C2DE compared with ABC1 is largely from higher consumption of carbohydrates, sugars and fats

Kantar World Panel data, nutrition consumed in the home, Wales, April 2019 to April 2024

Difference in average consumption per day, per person, gram, C2DE – ABC1



[Fat: the facts, NHS](#)

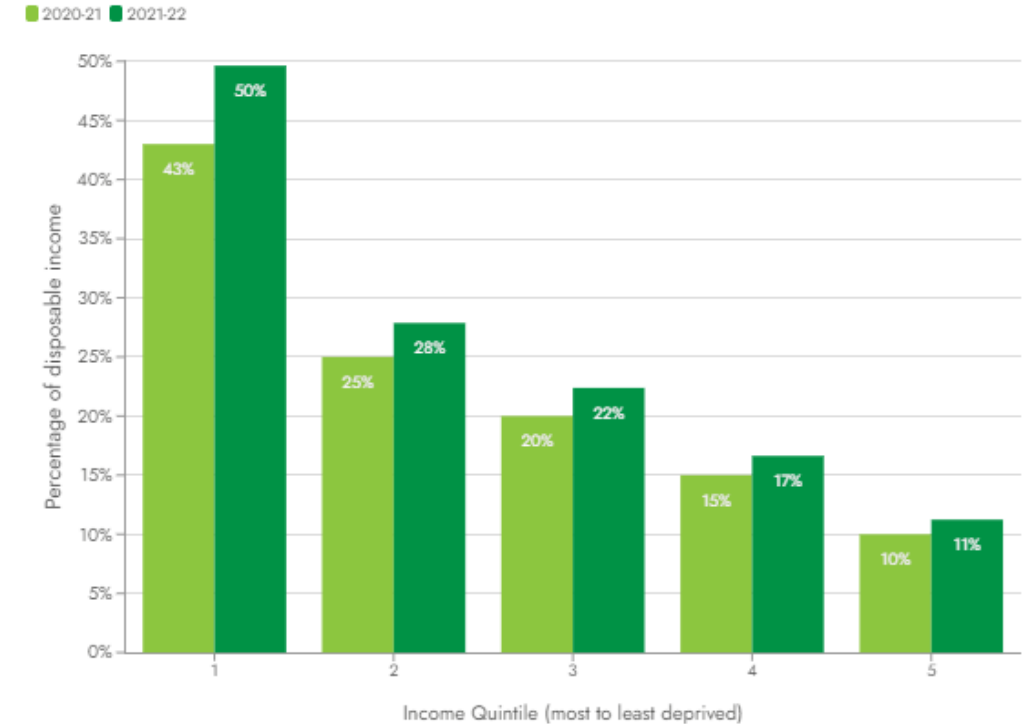
- 1g fat = 9 kcal
- 1g carb = 4 kcal
- 1g protein = 4 kcal

Affordability of a healthy diet

The most deprived 5th of the UK population would need to spend 50% of their disposable income on food to meet the cost of the Govt-recommended healthy diet.

This compares to just 11% for the least deprived fifth.

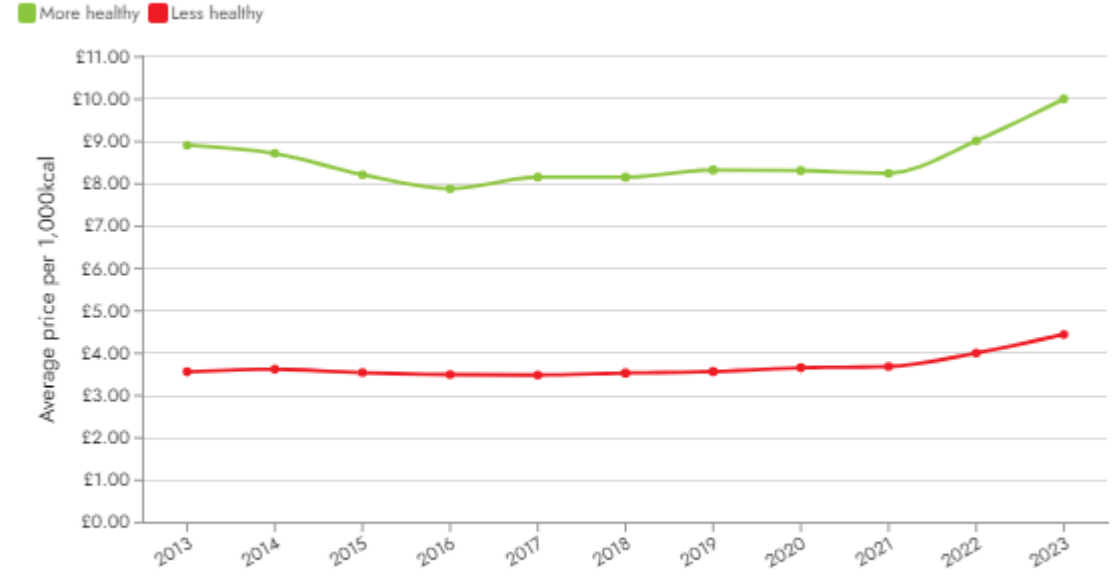
Percentage of disposable income required to afford the Eatwell Guide by income quintile



Cost of healthy food

More healthy foods are over twice as expensive per calorie as less healthy foods.

Average price of food and drink by Nutrient Profile Modelling score category



Source: MRC Epidemiology Unit (University of Cambridge) analysis of the Consumer Price Index, ONS



The Broken Plate Report, 2023, Food Foundation

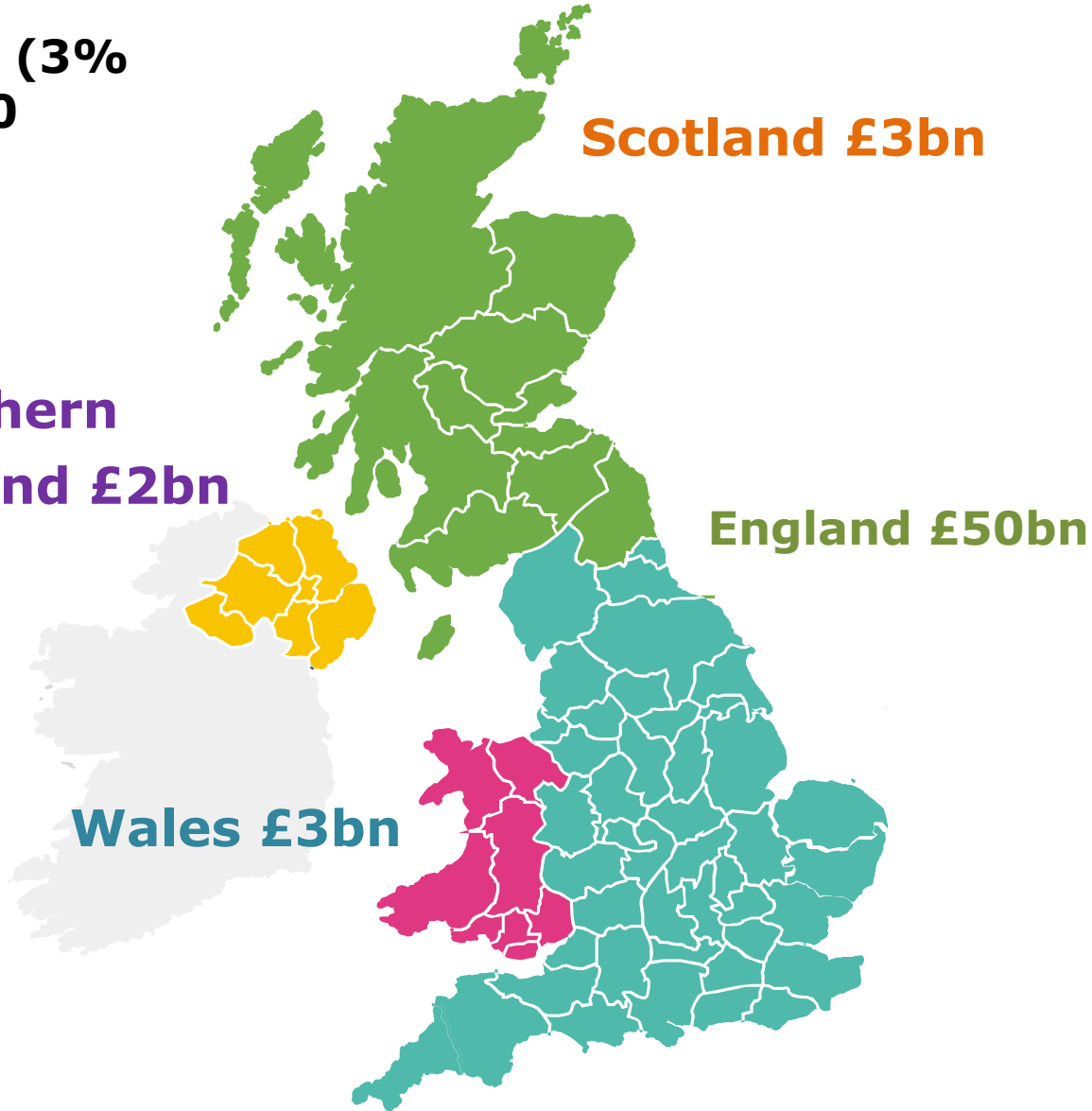
£58bn (3% of 2020 GDP)

Northern Ireland £2bn

Scotland £3bn

England £50bn

Wales £3bn



£58bn (3% of 2020 GDP)

Excluded from £58bn figure:

1. Unemployment benefit payments UK are estimated annual £3.6bn but they are not included (deemed a social transfer)
2. The loss in tax revenues due to obesity-related unemployment
3. Four percentage points of difference in prevalence increase annual costs by £35m



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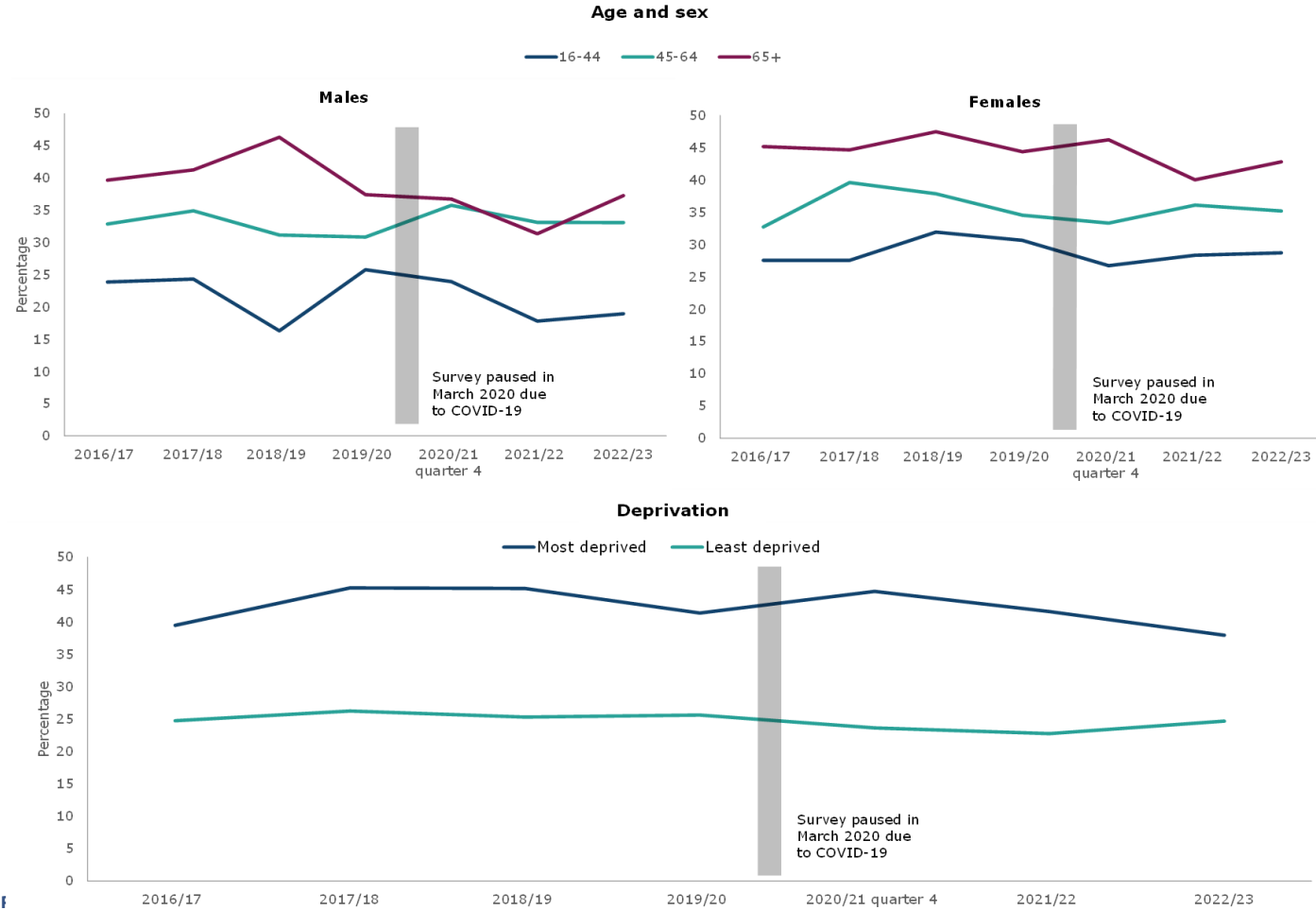
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Physical activity



Around 40% of females aged 45+ and 30% of males aged 45+ reported fewer than 30 minutes exercise per week in 2021/22.

Adults in the most deprived fifth were almost twice as likely to be physically inactive than the least deprived fifth



Adults reporting being physically active less than 30 minutes in the previous week, by

- age & sex
- deprivation, percentage

males and females aged 16+, Wales, 2016/17 to 2021/22



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Smoking

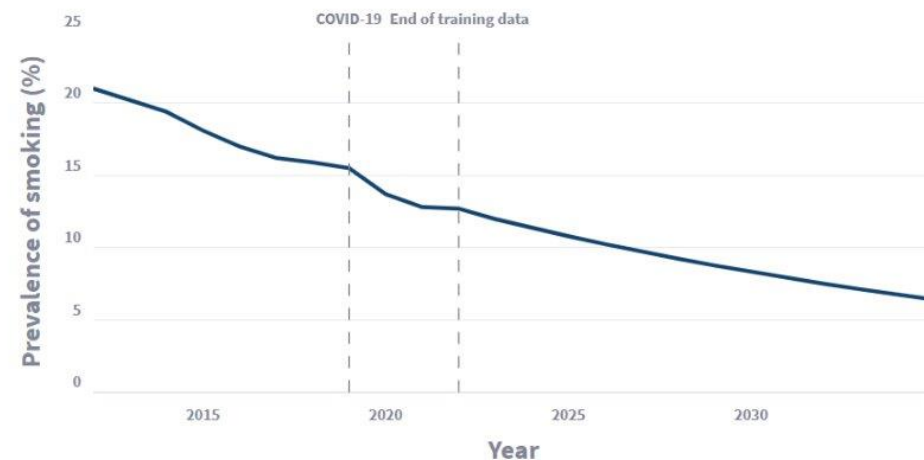


Projections

Overall projections indicate a prevalence level of 8.3% by 2030, missing Welsh Government's 5% target

A prevalence of 6.4% in 2035 is projected if current trends continue

Smoking prevalence projections - Overall



Risk factors for smoking prevalence

Smoking prevalence is higher in certain demographics of the UK population

Deprivation, mental health and social housing stand out as risk factors for smoking prevalence.

The ONS Annual Population Survey includes demographic data such as Ethnicity, Sexual orientation, Geographic deprivation levels, Disability, and Use of social housing.

Historic Smoking prevalence - Social Housing

