

Leading risk factors for Disability and Death In Wales

What risk factors drive the most death and disability combined?

- Metabolic risks
- Environmental/occupational risks
- Behavioral risks

Risk	2011 rank	2021 rank	Change in DALYs per 100k, 2011-2021
Tobacco	1	1	↓ -501.1
High body-mass index	4	2	↑ +183.8
High blood pressure	2	3	↓ -333.6
Dietary risks	3	4	↓ -153.8
High fasting plasma glucose	5	5	↑ +236.7
High alcohol use	6	6	↓ -17.2
High LDL	7	7	↓ -198.3
Occupational risks	8	8	↓ -33.7
Kidney dysfunction	9	9	↓ -35.3
Drug use	11	10	↑ +109.6

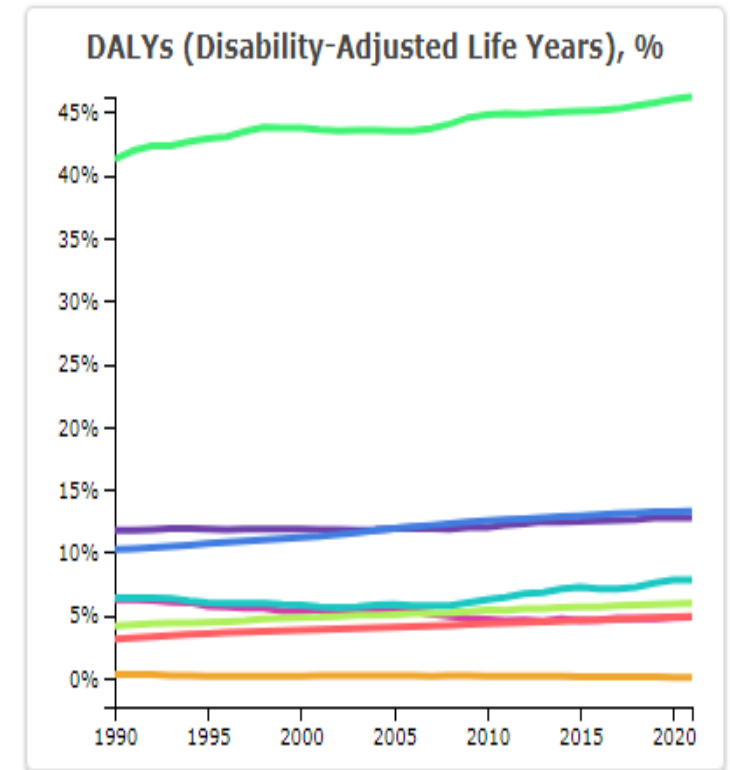
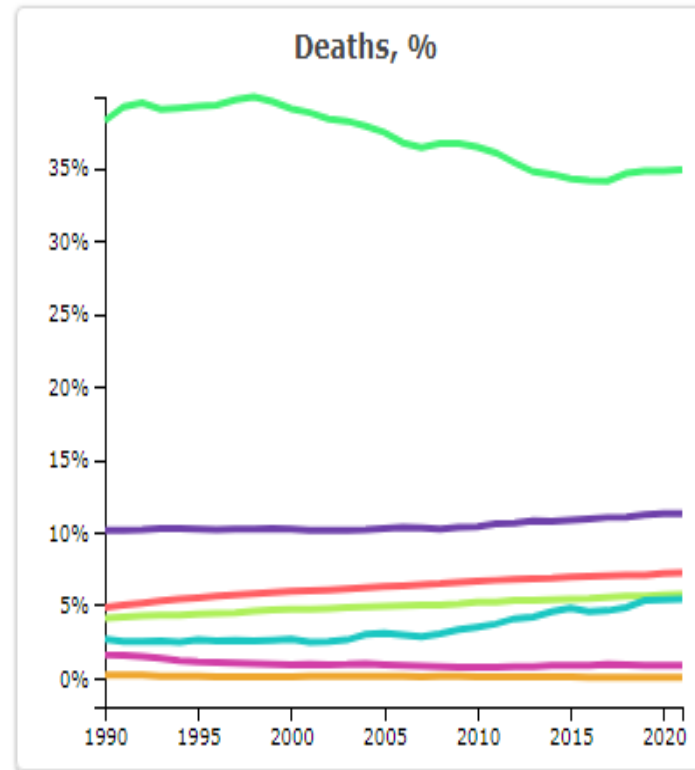
Top 10 risks contributing to Disability-Adjusted Life Years (DALYs) per 100k in 2021 and rate change 2011–2021, all ages combined

See related publication: [Global incidence, prevalence, years lived with disability \(YLDs\), disability-adjusted life-years \(DALYs\), and healthy life expectancy \(HALE\) for 371 diseases and injuries in 204 countries and territories and 811 subnational locations, 1990-2021: a systematic analysis for the Global Burden of Disease Study 2021](#)

High BMI is associated with a range of health conditions

- Wales, Both sexes, All ages, Cardiovascular diseases, risk: High body-mass index
- Wales, Both sexes, All ages, Chronic respiratory diseases, risk: High body-mass index
- Wales, Both sexes, All ages, Neurological disorders, risk: High body-mass index
- Wales, Both sexes, All ages, Respiratory infections and tuberculosis, risk: High body-mass index
- Wales, Both sexes, All ages, Neoplasms, risk: High body-mass index
- Wales, Both sexes, All ages, Diabetes and kidney diseases, risk: High body-mass index
- Wales, Both sexes, All ages, Digestive diseases, risk: High body-mass index
- Wales, Both sexes, All ages, Musculoskeletal disorders, risk: High body-mass index

30-50% of diabetes attributable to overweight and obesity (Cameron et al 2021¹)



1990 and 2021 (Global Burden of Disease Study, IHME ,
University of Washington, 2021)

NESTA/ Frontier Economic Findings

Majority of productivity costs stem from obesity rather than overweight – £24 billion compared with £6.9 billion.

Overall, the economic costs are concentrated more in poorer areas.

The cost of obesity is £440,000 per 1,000 people in the most deprived 20% of neighbourhoods compared with £360,000 per 1,000 people in the least deprived 20% of places.

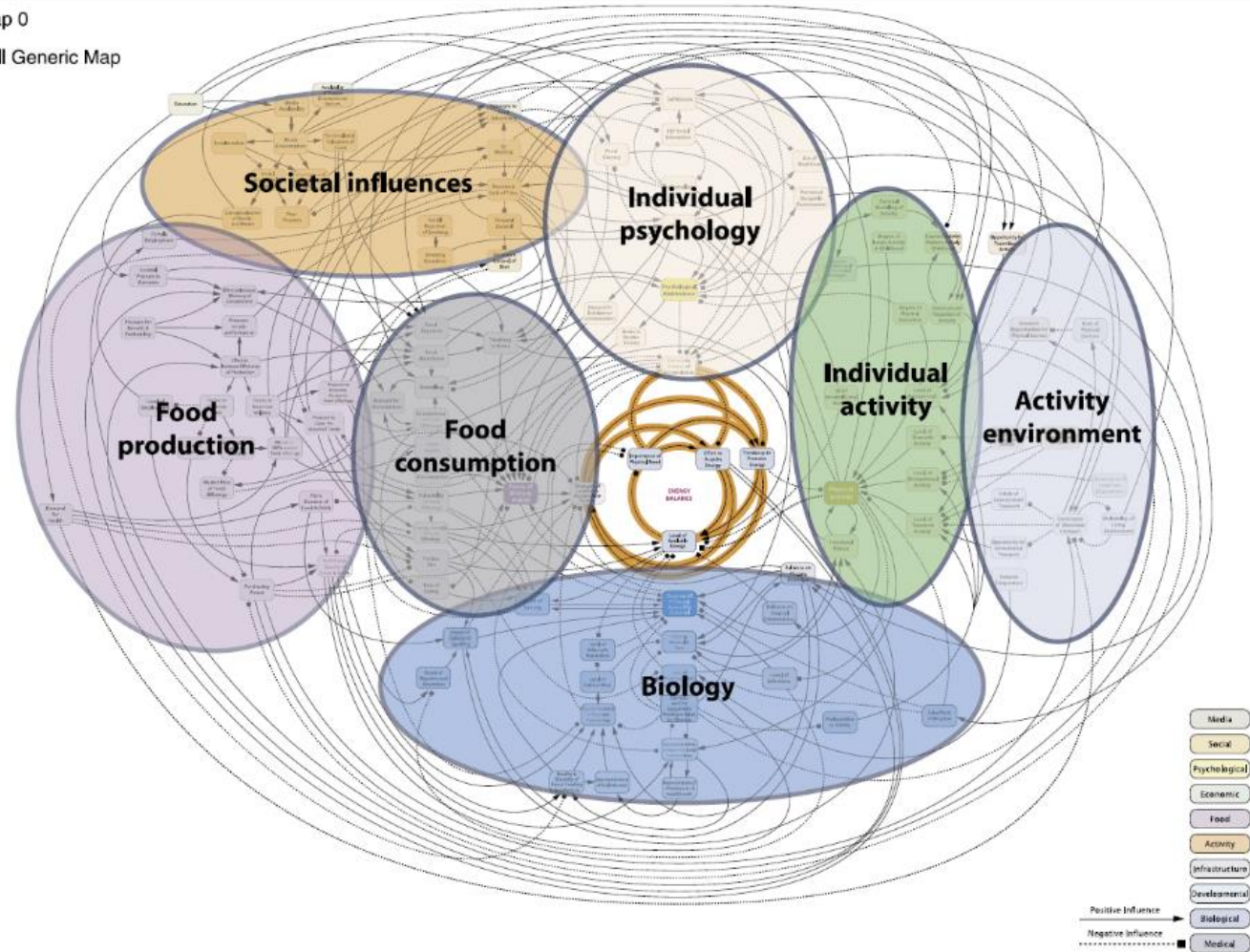
Medication may help individuals but will not stop the problem

Complex cause

Significant changes to food and active environments

e.g. advertising, promotion, formulation of food

Map 0
Full Generic Map



Current food environment

Current: Overwhelm of less healthy foods, crowding out the healthier options

- Many corner shops prioritise processed foods, such as crisps and biscuits over fruit
- Special offers focus on ultra processed foods
- Supermarkets promote less healthy foods over healthier foods via placement and offers via, eg, end of aisle displays; pallet displays; touch level; eye level, etc
- Work canteen offers make it almost as cheap to buy a coffee and a muffin as coffee alone
- Meal deals promote extra calories, eg, crisps to go with sandwich
- Lunch time meal deals encourage crisps, fizzy drinks, cake
- Food Advertising on TV, billboards, social media

NDNS: Energy (calories from Out of Home)

	11 to 18 years	19 to 64 years
% for all surveyed	15	14
% for OOH consumers	25	24

Higher calories in Takeaways

Average of 1,289 calories.

99% of meals exceeded 600kcal

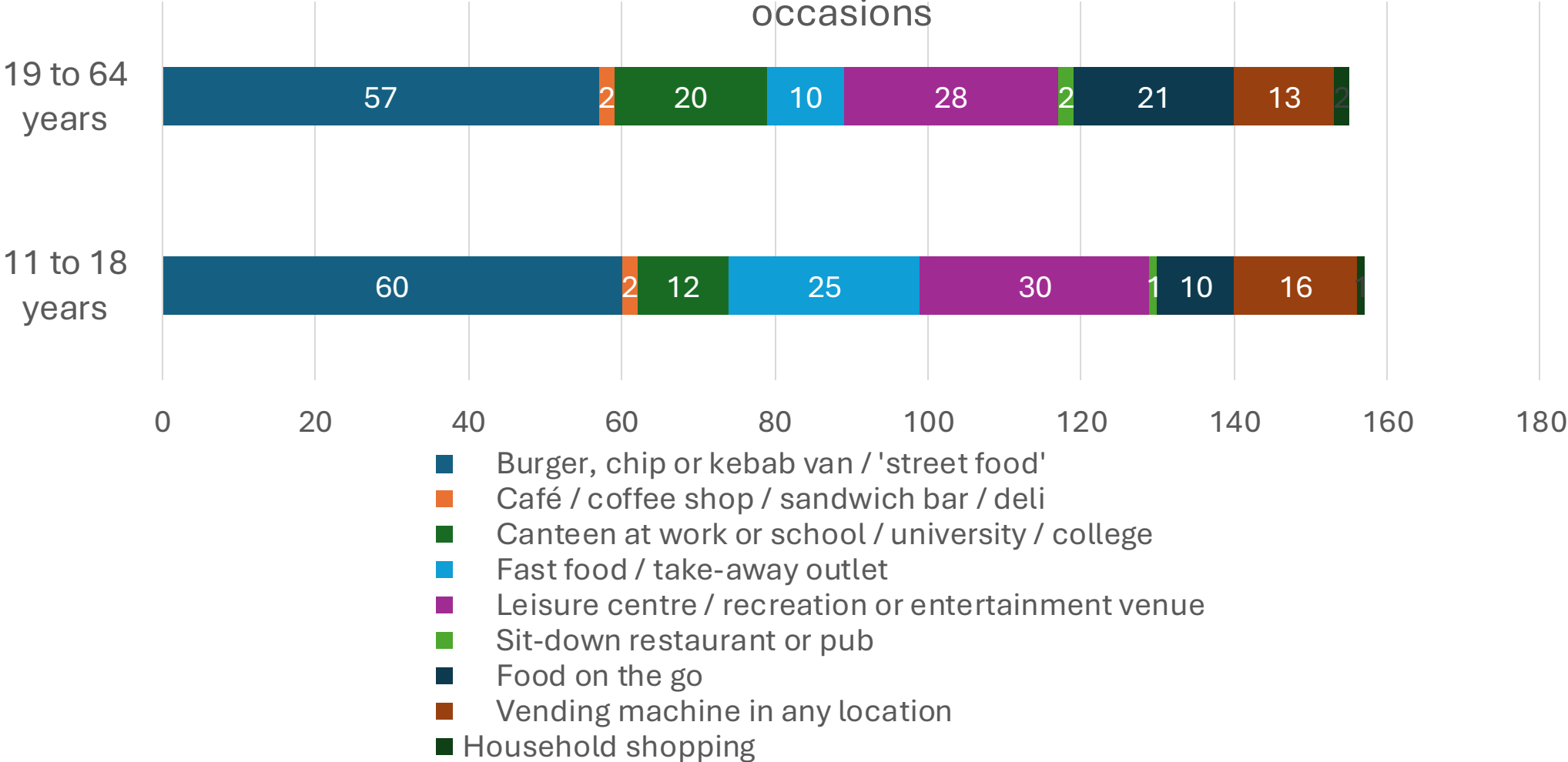
57% more than double of 600kcal

2% exceeded daily food recommendations

([Testing the calories of the UK's favourite takeaway foods | Nesta](#))

E.g. Out of home food (food prepared eaten out of home)

NDNS -Intake 24 data: Percent of participants reporting OOH eating occasions





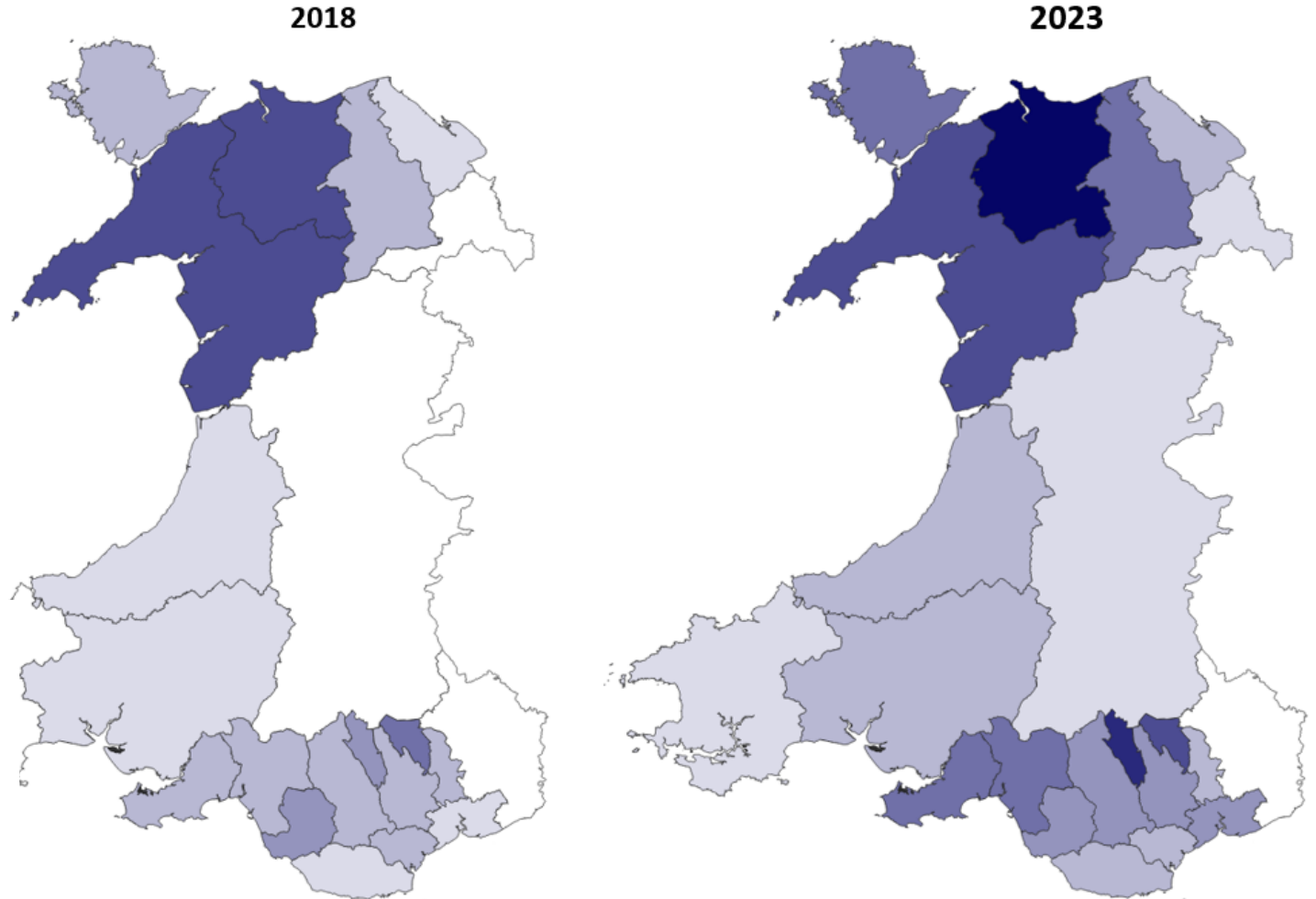
Fast Food Outlet Density, Wales, 2018 and 2023

Local authority, rate per 100,000 population*

Fast Food Density per Local Authority

- 73.7 - 85.5
- 85.6 - 97.3
- 97.4 - 109
- 109.1 - 120.8
- 120.9 - 132.6
- 132.7 - 144.3
- 144.4 - 156.0
- 156.1 - 166.7

Local authority boundary



Increased availability with significant online delivery growth

UK food delivery market continues to expand, with projected growth of 3.1% to reach a market size of £14.3bn in 2025

* Rate calculated using 2021 Census Age by Single Year populations, Office of National Statistics Mid-year Population Estimates for 2017 and data on fast food outlets provided by the UK Food Standards Agency in November 2016 and April 2023

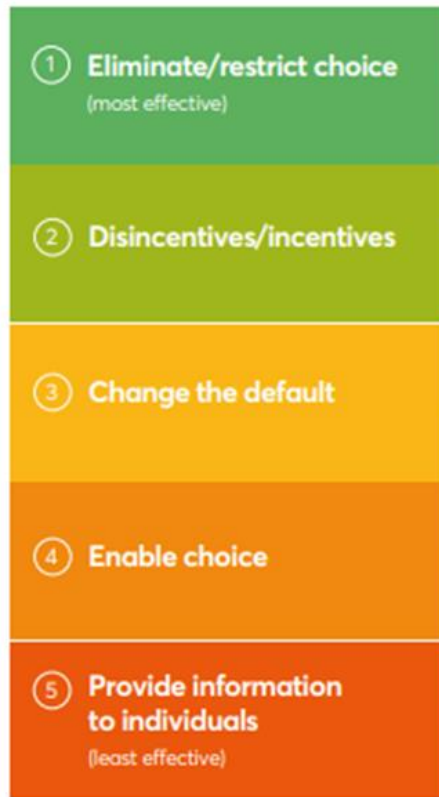
Headlines

1. Obesity is worsening and worsening most in most deprived populations
2. Second largest cause of cancer
3. A risk factor for and exacerbation factor in most long term conditions
4. Economic consequences – loss of productivity
5. Most OECD Countries increasing for 20+ years
6. Multiple causes, multiple solutions
7. Short, medium and long term action lenses – all are necessary none are sufficient
8. Those nations finding movement have multi-factorial strategies across short, medium and long-terms

Interventions: Effectiveness and perceptions, example of diet

How effective the interventions are

(by intervention type)*



How effective We perceive interventions to be

(by intervention)



Perceived as very effective

Average perceived effectiveness

(How effective they think each intervention is at tackling obesity)

Perceived as not very effective