

# OBESITY



## Causes of Obesity in Wales

**1 in 3**   

new mothers breastfeed their babies.\*

**Breastfeeding reduces the risk of obesity in childhood**

\*exclusive breast feeding at 10 days and mixed at 6-8 weeks post birth

**3 in 4**     **adults**



**do not eat 5 portions of fruit and vegetables a day**

On average teenagers eat the equivalent of

**15-18**



cubes of sugar daily

**3X the recommended amounts**

On average children and adults eat the equivalent of

**10-12**



cubes of sugar daily

**2X the recommended amounts**

**1 in 5**

boys

aged 11-16 does the minimum recommended level of  
**at least 60 minutes of physical activity every day**



**1 in 10**

girls

aged 11-16 does the minimum recommended level of  
**at least 60 minutes of physical activity every day**



**5 in 10**

primary school aged children  
**travel to school by car**



**1 in 2**

adults does not do the recommended  
**amount of physical activity each week**



Sources: National Survey for Wales (formerly the Wales Health Survey), Health Behaviour in School age Children (HBSC) in Wales, National Nutrition and Diet Survey (Wales) and National Community Child Health Database.  
For more information please refer to The case for action on obesity in Wales 2018.



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