

## Key Facts: Diet

### Headlines

A healthy diet is critical to preventing the onset of cardiovascular disease, coronary heart disease, overweight and obesity, as well as managing conditions such as type II diabetes and reducing reliance on medication.

On current trends, 90% of men, 80% of women and 66% of children will be obese or overweight by 2050

With regards children, obesity has risen by almost 50% in England since 1997, and the country has the third highest proportion of 13 year olds who are obese out of 35 developed countries

Only 30% of adults and 20% of children eat at least 5-a-day

### Health Costs

Unhealthy diet generates approximately 70,000 premature deaths per year

This equates to the loss of some 660,000 quality adjusted life years

Obesity has trebled in 20 years, and nearly 25% of adults and 10% of children in England are obese

22% of premature deaths in men and 13% of premature deaths in women are caused by coronary heart disease

1.5m people in the UK suffer from type II diabetes

1 in 6 people in the UK have cancer before the age of 75

28% of people (mostly elderly) admitted to hospitals and care homes in the UK in 2007 were malnourished

### Economic Costs

The economic burden of diet-related ill-health are estimated at £6bn in additional costs to the NHS each year

### Social Costs

Research by the FSA has shown that, for many foods, the types and quantities eaten by people on low incomes appear similar to those of the general population. However, differences exist in some key areas with low income groups less likely to eat wholemeal bread and vegetables and more likely to consume non-diet soft drinks, processed meats, whole milk and sugar:

- The average number of fruit and vegetable portions consumed a day by low income groups is 2
- This compares to an average of close to 3.5 for the general population
- On average, children aged between 11 and 18 in low-income households drink between a can and a can-and-a-half a day of non-diet sugary drinks, accounting for about one third of their total added sugar intake

With regards obesity, the biggest immediate risk factor to children is family lifestyle:

- In families where both parents are overweight or obese, children are six times more likely to be overweight or obese when compared with children living with parents of a healthy weight

### Other

Almost 30% of household expenditure on food is now allocated to eating outside of the home, a proportion that continues to rise