

Fact Sheet



Life Education Centres

Childhood Obesity/Obesity Issues December 2008

During 2007 - 2008, nearly one million school children were weighed and measured as part of the National Child Measurement Programme. According to latest figures from the NHS Information Centre:

- **Almost a quarter of four and five year olds in England's primary schools are overweight or obese.**
- **Nearly one in three children in year 6 (aged 10 to 11 years old) are overweight.**
- **There has been little or no change in levels of childhood obesity since 2007.** [However, it is too early to predict that the rates of obesity and being overweight among children have stabilised.]
- Tim Straughan, chief executive of the NHS Information Centre, said: **"Obesity is one of the biggest threats to health of our nation and it is of huge concern that the problem is afflicting so many children and at such an early age."**

Department of Health, 11/12/08; Kirsty McGregor, Children & Young People Now (website), 11/12/08.

- As last year's Foresight report highlighted, nationally **the cost of being overweight or obese cost the NHS £4.2 billion in 2007. This could rise to £6.3 billion in 2015.**
- In England **almost two-thirds of adults and a third of children are either overweight or obese; without effective action this could rise to nine in ten adults and two-thirds of children by 2050.**

"Healthy Weight, Healthy Lives Toolkit: A Toolkit for Developing Local Strategies" for Primary Care Trusts and Local Authorities (Department of Health); 2008/"Cost Of Obesity To Local Health Services Revealed", Department of Health Press Release 7/10/08.

- Just one in nine parents of obese or overweight children believe their child has a weight problem, a poll suggests. **Nearly a quarter of adults and a fifth of children are obese**, according to the latest figures. But a Department of Health survey of nearly 1,200 parents found **only 11.5% recognised weight as an issue when their children were overweight or obese.**

Department of Health, 2008/BBC News 11/11/08.

