

Hull Adult Health and Wellbeing Survey Summary: Diet, Physical Activity and Obesity

December 2019

Background

Earlier this year, more than 4,000 Hull residents aged 16 years and older belonging to groups representative of the local population were surveyed about health and lifestyle behaviours. Between March and June, interviewers knocked on doors and asked residents if they would be willing to take part in the comprehensive survey. Participants were left to complete forms in their own time, with interviewers returning to collect them on an agreed date. The response rate was 76 per cent.

Diet, physical activity and obesity and why it matters

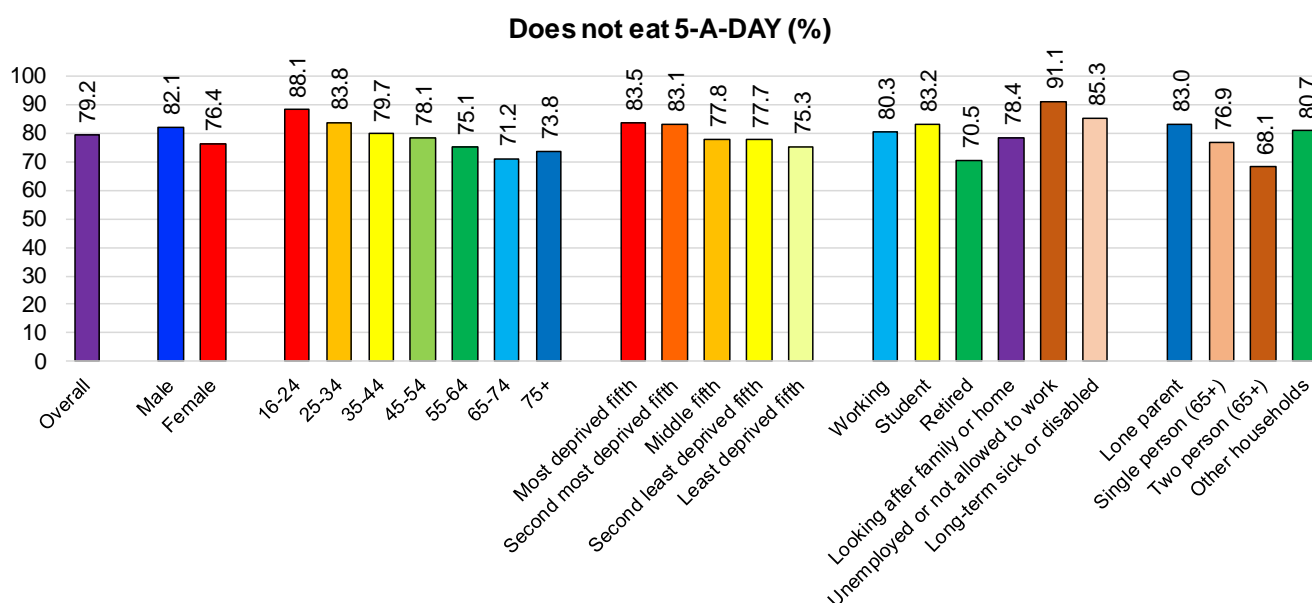
- Poor diet, physical inactivity and obesity all increase the risk of poor health and early death, as well as influence emotional wellbeing.
- Each year in Hull, it is estimated that there are around 150 deaths attributable to obesity and around 75 deaths attributable to physical inactivity (although total will be fewer than 225 as physical inactivity and obesity are related). Figures are not available for poor diet.
- In 2006-07, the cost to the NHS in the UK was estimated to be £5.8 billion for poor diet-related ill health, £5.1 billion for overweight, and £0.9 billion for physical inactivity.

Key Health and Wellbeing Survey findings

- Only 21 per cent ate 5-A-DAY portions of fruit and vegetables, and one in ten people did not know what a healthy diet was. Young people, people living in the most deprived areas of Hull and lone parents had the poorest diet. Over time, the percentages eating no or one portion or two portions of fruit and vegetables per day has increased, and the percentage eating a healthy diet has decreased.
- Overall, 41 per cent of adults fulfilled the national physical activity guidelines of undertaking 150+ minutes of moderate-intensity physical activity per week, but 44 per cent were classified as inactive (undertaking fewer than 30 minutes of such physical activity). There was a strong association with age and deprivation. Between 2014 and 2019, the percentage of adults inactive remained relatively unchanged but the percentage who were physical active decreased slightly.
- Seven in ten people were overweight or obese including 31 per cent who were obese. The prevalence of excess weight was similar across the age groups (except for those aged 16-34 years where it was lower) and across the deprivation groups. However, there was a difference for obesity with the prevalence increasing with age to a peak among those aged 45-54 years before reducing, and a higher prevalence among people living in the most deprived areas. Between 2003 and 2019, the prevalence of excess weight has increased particularly the prevalence of obesity, and particularly over the last five years.

Diet

Just over six in ten (63%) stated they ate a healthy diet, but 10% did not know what a healthy diet was or if they ate a healthy diet, and only 21% ate 5-A-DAY. Younger people, people living in more deprived areas, lone parents and people who were unemployed or not working due to long-term illness and disability were much more likely to not eat 5-A-DAY as were residents of Kingswood and St Andrew's & Docklands (both 85%), Longhill & Bilton Grange and Central (both 84%) wards. The percentage eating 5-A-DAY is higher in England (28%) from the Health Survey for England 2018. It is estimated that 165,400 people in Hull do not eat 5-A-DAY including 83,050 who eat 0-2 portions of fruit and vegetables each day, and including 13,950 eating no portions.



The percentage reporting that they eat a healthy diet has decreased in Hull (from over 70% in 2007, 2009 and 2011). Whilst the percentage eating 5-A-DAY has been relatively constant in Hull between 2011 and 2019, the percentage eating no or one portion, and two portions has increased. So the average portions of fruit and vegetables has decreased, particularly among older people and people living in less deprived areas.

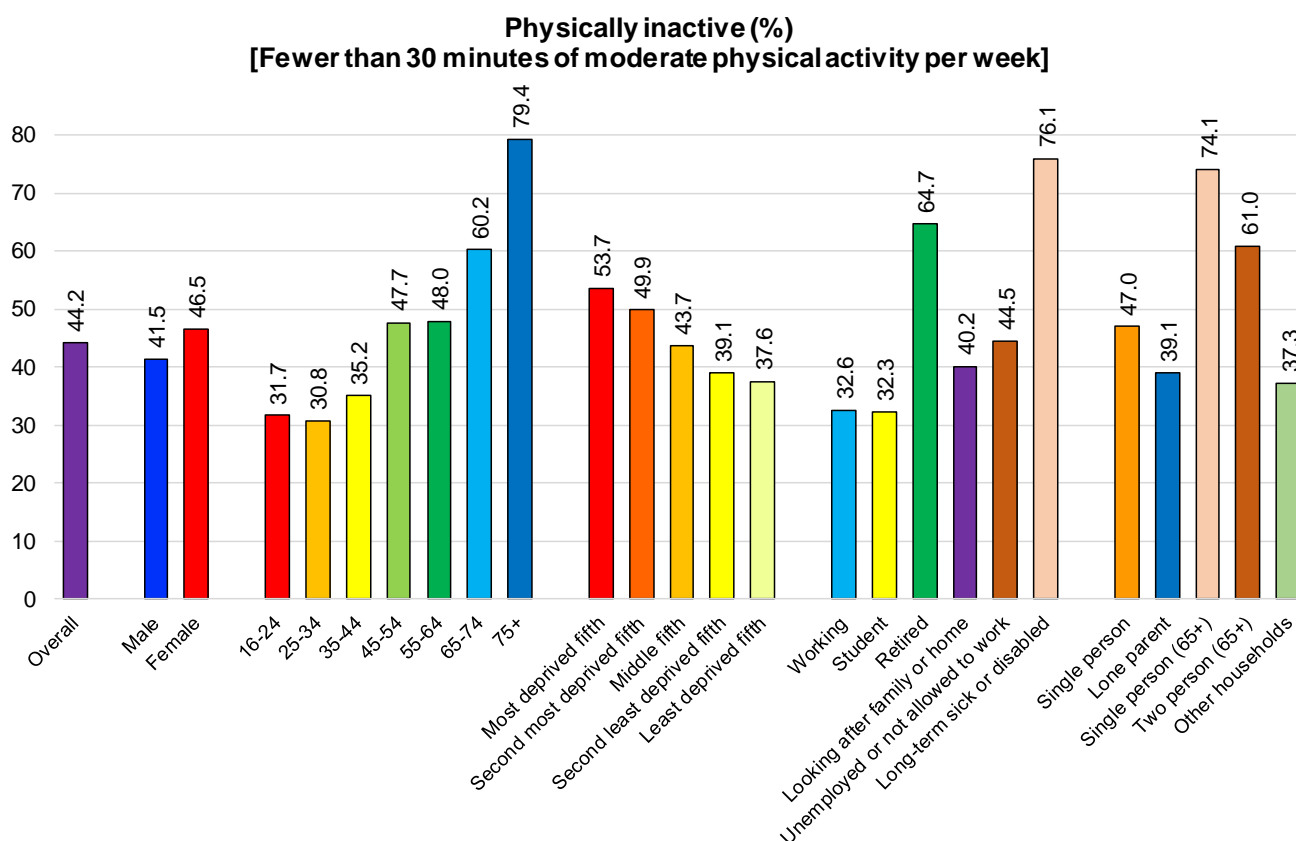
People aged 75+ years, not working due to long-term illness and disability, living in more deprived areas, people who lived alone and Polish people were more likely to eat ready meals. Students, young people, residents of Central ward and households with 4+ children were more likely to eat other convenience foods and takeaway foods. Men, people aged 16-24 and 75+ years, those not working due to unemployment or long-term illness or disability, people living in the most deprived areas, residents of St Andrew's and Docklands ward, and people who lived alone (and aged under 65 years) were less likely to frequently eat cooked meals using some fresh ingredients or from scratch. Overall, one-quarter never or rarely ate breakfast but this was higher among those aged 16-24 years, students, people not working due to long-term illness and disability and unemployment, residents of Pickering ward and lone parents with 3+ children.

Overall, 8.7% worried most days or about once a week about not having enough food to eat due to a lack of money or other resources (see Finance report for more details).

Physical inactivity

The national physical activity guidelines recommend that adults undertake 150 or more minutes of moderate-intensity physical activity per week. There was also a strong association with age and deprivation, and physical activity levels. Overall 41 per cent of people fulfilled the national physical activity guidelines (around half among 16-44s, around 38 per cent for 45-54s, 25 per cent for 65-74s and 13 per cent for those aged 75+ years). People who were aged 65+ years were more likely to fulfil the guidelines if they lived in a two person household (26 per cent) compared to a single person household (16 per cent), but this could be because they were generally younger. Just over one third (35 per cent) fulfilled the national guidelines among people living in the most deprived fifth of areas of Hull but this increased to 45 per cent among those living in the least deprived fifth of areas of Hull. Around half of people who were working or students fulfilled the national guidelines, as did just over 40 per cent of people who were not working as they were looking after the home or family, or were unemployed, but this was much lower among those retired (23 per cent) and who were not working due to long-term illness and disability (16 per cent). The highest percentage of active residents occurred in Beverley & Newland (51 per cent), Avenue (50 per cent), Central (49 per cent) and Kingswood (48 per cent). This equates to around 84,950 adults across Hull fulfilling national guidelines.

Four in eleven people were classified as inactive, with a strong associations with age, deprivation, employment status and household composition. People living in Marfleet (55 per cent), West Carr (54 per cent), St Andrew's & Docklands and Orchard Park (both 53 per cent) were the most likely to be inactive. Across all of Hull, this equates to around 92,300 adults classified as physically inactive.



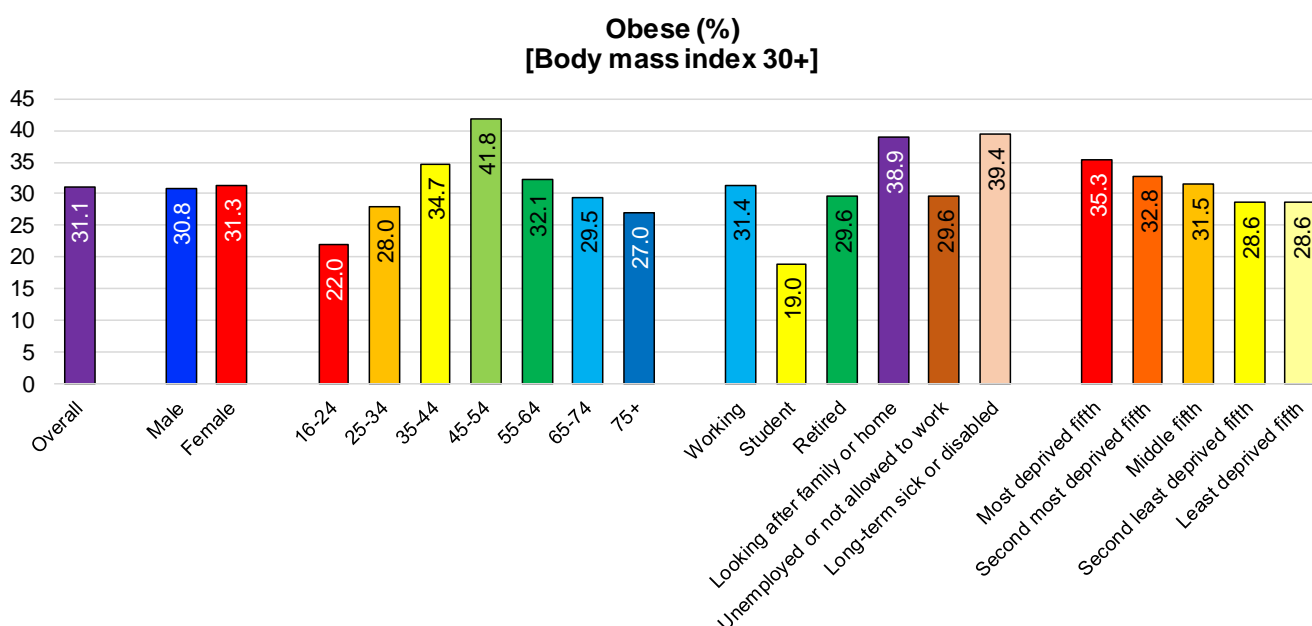
In 2014, 44 per cent were classified as physically active and 43 per cent has physically inactive, so there has been relatively small changes in inactivity but a slight decrease in the percentage

physically active. There are huge differences between Hull and England for physically active (66 per cent from Active Lives Survey and 73 per cent from Health Survey for England) and physically inactive (22 per cent from Active Lives Survey and 27 per cent from Health Survey for England). Some of these differences could be associated with the way the question(s) have been asked as there are differences between these surveys and in the local survey. The Active Lives Survey provides estimates for each local authority and the prevalence estimated for Hull differs substantially from the local estimates although this could be because so few people in Hull are surveyed within the national Active Lives Survey.

Overweight and obesity

Seven in ten adults were classified as overweight or obese (with a body mass index (BMI) of 25 or more), with relatively small differences across the age groups except the youngest (49 per cent among 16-24s, 66 per cent among 25-34s and between 72 per cent and 77 per cent among those aged 35+ years with highest prevalence in middle ages). There was also relatively small differences across the deprivation fifths, although the prevalence was slightly higher among people living in the least (72 per cent) compared to most (68 per cent) deprived fifth of areas of Hull. Slightly more men (73 per cent) were overweight compared to women (67 per cent). The highest prevalence of overweight and obesity occurred in Orchard Park (79 per cent), Boothferry (76 per cent) and Derringham (73 per cent).

Almost one-third of all survey responders were obese (BMI 30+) with the prevalence increasing with age to a peak among those aged 45-54 years before falling with age. In contrast to overweight, a higher percentage were obese in the most deprived areas of Hull compared to the least deprived areas. Residents of Marfleet (39 per cent), Orchard Park (38 per cent) and Boothferry (36 per cent) were the most likely to be classified as obese.



The prevalence of morbidly obese (BMI 40+) was 3.7 per cent overall, being higher among women compared to men (4.2 per cent versus 3.0 per cent). Around 3 per cent were morbidly obese among those aged 16-34 years, just over 5 per cent among those aged 35-64 years, 2.4 per cent among those aged 65-74 and 0.4 per cent among those aged 75+ years. The prevalence was highest among people living in the most deprived fifth of areas of Hull (6.2 per cent) which was considerably higher than those living in the least deprived fifth of areas of Hull

(2.5 per cent). The prevalence was also noticeably higher among people who were not working due to long-term illness and disability where 12 per cent were morbidly obese. The prevalence was highest in Marfleet (6.6 per cent), St Andrew's & Docklands (5.5 per cent) and Orchard Park (5.1 per cent).

This equates to 145,500 adults who are overweight or obese in Hull including 64,850 people who are obese (and including 7,650 who are morbidly obese). The prevalence of overweight and obesity combined has increased in Hull over time from 62 per cent in 2003 to 70 per cent in 2019. The increase is mainly due to an increase in the levels of obesity which increased from 22 per cent in 2003 to 31 per cent in 2019. The prevalence of morbidly obese has also increased considerably from 2.3 per cent in 2003. The prevalence of excess weight

The impact for Hull

It is of concern that the fewer people are reporting they eat a healthy diet, and the percentages eating very few portions of fruit and vegetables per day has increased (even though 5-A-DAY has remained relatively constant over time). Whilst similar percentages are physically inactive in Hull between 2014 and 2019, the percentage who are physically active who meet the national physical activity guidelines has reduced slightly. Furthermore, the levels of overweight and obesity levels have increased in Hull with a marked increase in the prevalence of obesity with around one-third of all adults in Hull currently classified as obese. It is of further concern that there was a shift from overweight to obese between 2003 and 2014, but between 2014 and 2019 there appears to have been both a shift from healthy weight to overweight, and from overweight to obese. Thus a relatively high increase in the prevalence of overweight and obesity in the last five years compared to the previous decade. Levels of poor diet, physical activity, overweight and obesity are all worse in Hull compared to England increasing the risk of poor physical health, mental wellbeing and premature death. Furthermore, existing poor lifestyle behaviours are likely to be replicated within families and in communities, which will exacerbate the problems stored up for the future.

To reduce health inequalities in Hull, it is necessary to target the wards and individuals with the highest prevalence of poor diet, physical inactivity, and overweight and obesity.

However, with so many people from all areas of Hull, a broad range approach is necessary to maximise the impact. Family approaches may be the most appropriate which can encourage young people to eat more healthily, and older people to become more physically active. Education relating to diet may be necessary as significant numbers of adults appear to not know what a healthy diet is or if they have a healthy diet. Older people and people who were not working due to long-term illness and disability had the highest prevalence of inactivity so any approach to increasing activity needs to be appropriate to the physical abilities of that specific group.

Further information

Further survey reports and a copy of the questionnaire are available on request. Please contact us at PublicHealthIntelligence@hullcc.gov.uk for more information.