

Obesity

P Zaninotto et al. Department of Health July 2006
Forecasting Obesity to 2010

Levels of obesity look set to continue to rise over the next 4 years. The report attempts to quantify the trend.

Definitions

Adults:

Description	BMI (kg/m ²)
Not overweight/obese	25 or less
Overweight	Over 25 to 30
Obese	Over 30



Children aged 2 – 15:

Description	BMI centile for child's exact age
Not overweight/obese	85th centile or below
Overweight	Over 85th to 95th centile
Obese	Over 95th centile

Current situation

In 2003 around 8,403,365 men aged 16 and over within the English population were overweight. A further 4,302,588 were obese. For women, it is estimated that approximately 6,772,757 were overweight and a further 4,754,080 were obese. In 2003 643,513 boys and 613,048 girls were overweight, 746,662 boys and 675,983 girls were obese.

Prediction for 2010

Predictions were made using an actuarial retrospective data fitting approach.

It is estimated that in 2010 around 6,658,953 men and 5,984,653 women will be obese; the numbers who are overweight (but not obese) will stay roughly the same as in 2003.

It is estimated that in 2010 around 792,321 boys and 910,630 girls will be obese. Obesity in children is strongly associated with obesity in one or both parents.

Comment

Data could be used for risk modelling purposes.