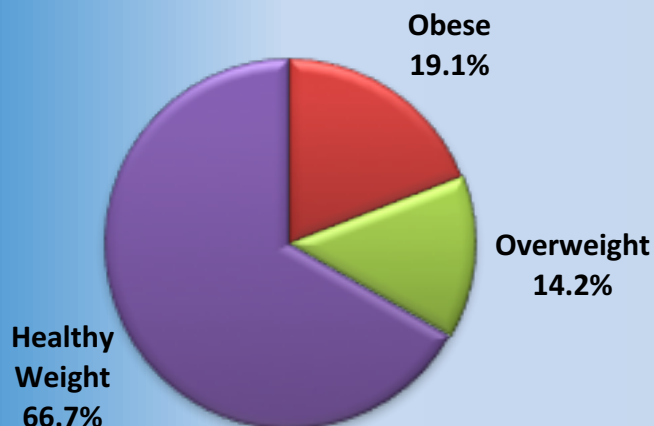


Childhood Overweight Background Information

"40+ million children <5 years are obese in the Western world"

"Childhood obesity is a major public health concern"

National Child Measurement Programme, PHE 2015



1-in-5 people aged 5-17 years are obese in the UK.

Overweight/obesity at all ages increases the risk of cardiovascular disease, diabetes, musculoskeletal disorders, several cancers, depression, social anxiety, the severity of eating disorders and much more.



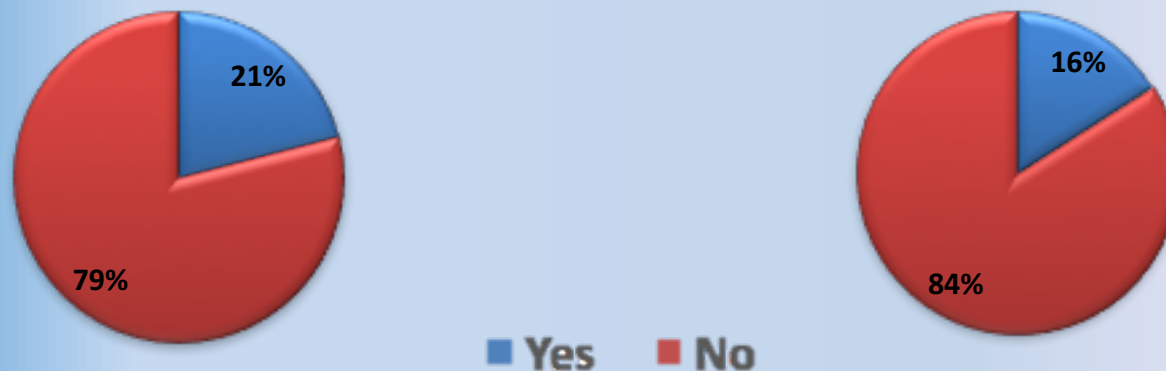
Obesity-related health costs are colossal, with a recorded economic loss of **£45 billion in the UK in 2012**. Unfortunately, this represents a mere fraction of the future expenses, when the outlook of current state of childhood overweight/obesity is considered. For example, type-2 diabetes is becoming more prevalent in young people, of which an estimated 10% are likely to develop renal failure by adulthood resulting in the need for lifelong dialysis, costing £30,800 per person.

“Obesity Prevention is an International Goal”

The **NHS action plan** places emphasis on new initiatives to **prevent rather than treat**. In recent years several obesity prevention schemes have been developed in the UK, targeting children through family and school interventions, offering the education on and persuasion of lifestyle risk factors associated with obesity, to parents.

Examples include the  and **StreetPlay**.

The Percentage of Boys and Girls Meeting the Current Weekly Activity Guidelines



Hscic, 2014

Some successes have been observed in the schemes mentioned; most notably the increased awareness of obesity-related risk factors and general health in parents. However there is no evidence of any long-term behavioural change or of any decrease in childhood overweight/obesity figures. With this in mind, although it is unquestionable that lifestyle factors hold a substantial role in childhood obesity, the degree to which is unknown. **In order to explore this further it is vital to assess all of the known significant risk factors together, including the lesser-researched genetic influences.**