

killer facts about our weight problem

obesity

Do our kids have a weight problem?

In the last decade, the number of school children who are overweight or obese has nearly doubled. One third of our kids are now too fat.

One quarter of teenagers are already obese.

14% of boys and 17% of girls between the ages of two and 15 are overweight. 19% of boys and 18% of girls the same age are obese.

How about adults?

Nearly one quarter, 24%, of adults are already obese.

Fat chance

Kids with fat parents are twice as likely to become obese.

Kids who are obese by the age of 12 are 85% more likely to remain obese into adult life.

Kids who are obese in their early teens are twice as likely to die by the age of 50.

What's the government definition of "obese"?

Someone with a BMI (body mass index) of over 30.

What's the definition of "overweight"?

Someone with a BMI of over 25.

Check out your BMI

Go to the Food Standards Agency website
<http://www.eatwell.gov.uk/healthydiet/healthyweight/bmicalculator>

bad habits

Junk

The foods most commonly eaten by over 80% of kids are white bread, savoury snacks, chips, biscuits, boiled/mashed/baked potatoes and chocolate confectionery.

Fruit and veg

One in five kids don't eat any fruit at all. Overall, kids eat about half the recommended five portions of fruit and vegetables a day.

Fat

90% of children eat more than the recommended intake of saturated fat every day.

Sugar

80% of children eat more than the recommended amount of sugar. Sugar should only provide 11% of the

energy in the diet but kids get 17% – this mostly comes from soft drinks and confectionery.

Salt

Kids are eating over 40% more salt than they should.

Breakfast

10% of kids don't eat breakfast; over 16% for teenage girls.

What's in the lunchbox?

55% get crisps

40% get a chocolate bar

33% get a carton drink

What about spending money?

Kids get about £1.75 to spend on snacks: 70% buy fizzy drinks, 60% buy crisps and nearly 50% buy chocolate.

bad health

- An estimated one third of all deaths from cancer and heart disease are attributable to bad diet.
- Half of teenage girls are deficient in **iron** which exposes them to the risk of anaemia and can also have an impact on IQ and the ability to learn.
- 19% of teenage girls don't eat enough **calcium** which puts them at risk of osteoporosis later in life. Rickets, a disease hardly seen for 100 years, is starting to re-emerge in some groups.
- 13% of teenagers have low levels of **vitamin D** which affects bone health.
- Poor **fibre** intake, reflected in rising levels of constipation amongst children, increases the risk of bowel diseases including colon cancer.
 - **Dental decay** is a real problem. Over 50% of kids have problems with their teeth as a result of too many sugary foods and drinks. Acidic fizzy drinks increase the risk of dental erosion by 220%.
 - **Obesity** in adolescence is associated with the premature onset of type 2 diabetes, a condition which until only recently was rarely seen in children. It also increases the risk of heart disease and several cancers including bowel, stomach, oesophageal, kidney, womb and breast cancer.

SOURCES

Health Survey for England (2004).

www.ic.nhs.uk/pubs/hsechildobesityupdate

Sodexo School Meals and Lifestyle Survey 2005

www.sodexo.co.uk/segments/final%20summary.pdf

National Diet and Nutrition Survey 2001: young people aged 4 – 19 years.

Parents' Attitudes to School Food, School Food Trust, August 2006. www.schoolfoodtrust.org.uk

overweight and malnourished

What happens if you eat too much junk
We asked the [British Nutrition Foundation](#) to help us find out what happens to kids who eat junk food every day – crisps, sweets and fizzy drinks and other staples high in saturated fats and low in nutrition. The cumulative effect over a year is frightening.

It nearly doubles consumption of salt, sugar and fat and will be making a significant contribution to them getting fat. But equally importantly, it means that these kids are getting a third to a half of the essential nutrients they need for healthy growth.

This type of poor diet is becoming increasingly recognised as a form of malnutrition. Nutritional scientists beginning to look into how it affects our minds, bodies and general health.

Here's the menu, typical of a poor convenience diet that many kids could be eating in an average week:

	Lunch	Snack
Monday	Sausage roll Chocolate biscuit Crisps Milkshake	Corn puffs Chocolate bar
Tuesday	Chocolate spread sandwich Chocolate mini roll Crisps Fizzy drink	Sweet Fizzy drink
Wednesday	Mini pork pie Doughnut Soft drink Crisps	Puffed snacks Chocolate bar
Thursday	Meat snack Chocolate cup cake Fizzy drink Crisps	Sweets Fizzy drink
Friday	Marmite sandwich Soft drink Crispie cake Crisps	Sweets Fizzy drink

overweight

Over a school year, these kids will be eating way too much the amount of salt, sugar and fat they need for a healthy diet:

- Enough surplus **calories** to put on stone and half in weight.
- 88% more **fat**, the equivalent of nearly 20 packs of butter.
- SEVEN times more **sugar**, the equivalent of more than 2,600 teaspoons.
- Nearly 75% more **salt**, the equivalent of nearly 43 teaspoons (it doesn't sound a lot, but we only need 6g of salt a day and young children need even less).

	Excess over term (average of 65 days)	Excess over a school year (average of 195 days)
Energy (kcal)	22,815	68,445
Fat (g)	1248	3744
Saturates (g)	651	1951
NMES (g)	4355	13065
Salt (g)	71.5	214.5

malnourished

Just as worrying is how significantly this affects their nutritional intake:

	Deficiency over term (average of 65 days)	Deficiency over a school year (average of 195 days)	% deficiency over RDA
Fibre (g)	104	312	-35%
Calcium (mg)	455	1365	-3.5%
Iron (mg)	58.5	175.5	-30%
Zinc (mg)	91	273	-50%
Vitamin A (mcg)	5655	16965	-48%
Vitamin C (mg)	37.5	97.5	-4%

Not getting enough nutrients, apart from laying down health problems for later in life, means that kids aren't getting enough of the right minerals and vitamins to be doing their best.

Check out the British Nutrition Foundation's great teaching stuff on www.foodafactoflife.org.uk



September 2006