The NHS employs 1.35 million staff, let’s lead by example to be healthier and physically active.

Obesity and weight management are a direct cause of many health problems.

Obesity represents the greatest threat to health worldwide with poor diet contributing to more disease than physical inactivity, smoking and alcohol combined.

The NHS spends between £5 billion and £9 billion treating obese patients and related complications such as type 2 diabetes.

Around 75% of NHS trusts do not have an obesity plan or policy in place.

Almost 1 in 3 of NHS trusts do not offer similar healthy food options in the evenings compared with the daytime.

...and almost 1 in 4 do not offer such choices overnight.

Of the 1.2 million staff in the NHS, it is likely that around 300,000 would be classified as obese and a further 400,000 as overweight.

The majority of the adult obese population of Great Britain do not identify themselves as either ‘obese’ or even ‘very overweight’.

Public health initiatives to tackle obesity are likely to be hampered by this lack of recognition of weight status.

WE ARE NOT OBSESSED!!

HOSPITAL ADMISSIONS

Hospital admissions with a primary diagnosis of obesity among people of all ages rose from 1,019 to 11,763 in a decade.

Just under 1 in 3 women and 1 in 4 men get their five portions of fruit and vegetables a day – the figures for children are less than 1 in 5.

It is suggested that 60% of men, 50% of women and 25% of children could be obese by 2050 at an annual cost to the nation of nearly £50 billion pounds.

Obesity represents the greatest threat to health worldwide with poor diet contributing to more disease than physical inactivity, smoking and alcohol combined.

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