

Section 1 – Introduction

Context – Obesity

There are significant differences between health outcomes across our city, so any strategic approach must consider how these gaps can be reduced. We recognise that the challenge of improving our children and young people’s lifestyle choices is considerable and requires a step-change in our performance and mind-set.

Obesity is a key concern nationally as well as in Sheffield, with obesity found to be generally on the rise. There is also a marked difference in obesity between the most and least deprived areas of the city. This, among other health indicators has contributed to a life expectancy difference of 10 years between the most and least deprived areas of Sheffield (A Matter of Life and Healthy Life, 2016).

Obesity has risen from 15% in 1993 to 26% in 2016, with a similar story in the category ‘overweight or obese’, from 53% in 1991 to 61% in 2016 (House of Commons, Obesity Statistics, 2018).

One in ten Children are obese by age 5, rising to one in five being obese by the age of 11.

Sheffield year 6 obesity 2017/18 data

