

**Isle of Wight Joint Strategic Needs Assessment:**

**2011**

Domain: Lifestyles & Health Improvement  
Sub-Domain: Obesity, Physical Activity and Healthy Eating - ADULTS

**please click on number below to go to required dataset**

<b>Dataset Number</b>	<b>Dataset</b>
<a href="#"><u>1</u></a>	Adult Obesity - Estimated Prevalence
<a href="#"><u>2</u></a>	Estimated Numbers of Overweight / Obese Adults by Gender & Age
<a href="#"><u>3</u></a>	Adult Obesity: GP-Recorded Prevalence
<a href="#"><u>4</u></a>	Adult Obesity: Estimated vs GP-Recorded Prevalence
<a href="#"><u>5</u></a>	Adults participating in recommended levels of Physical Activity
<a href="#"><u>6</u></a>	Adult Healthy Eating - Estimated Prevalence

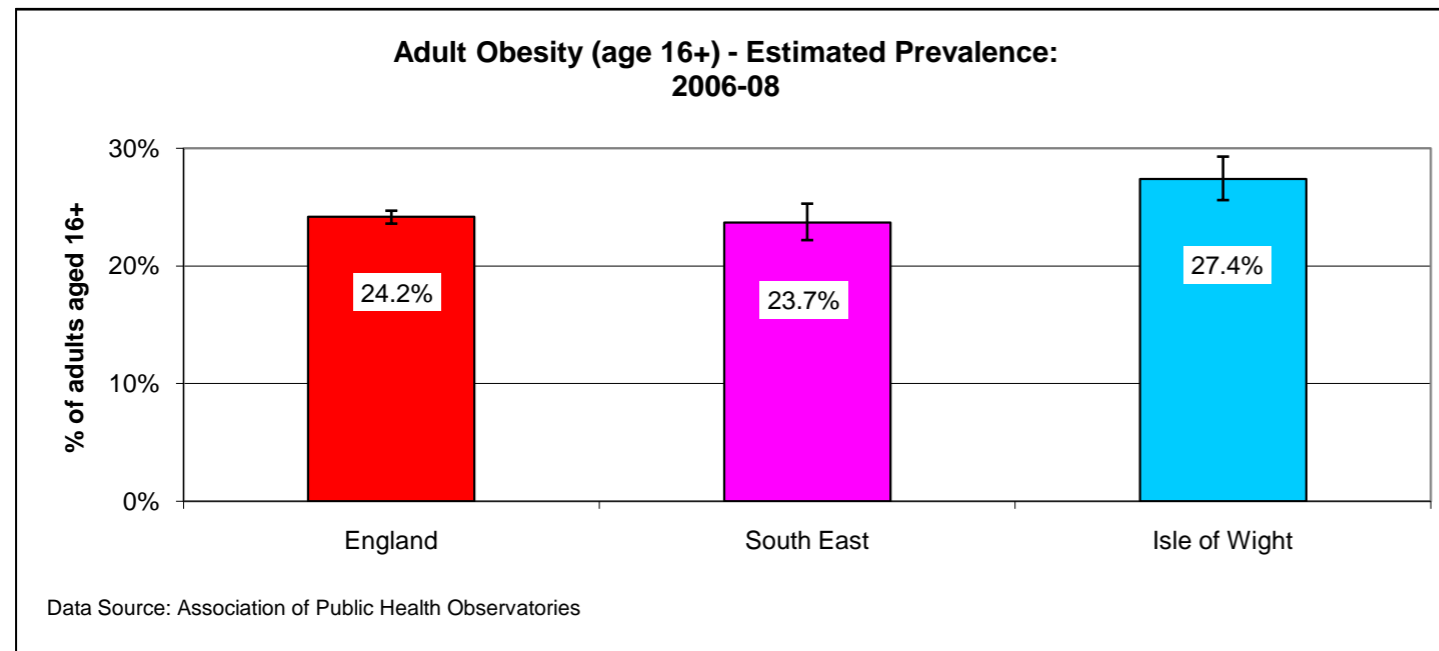
**Isle of Wight Joint Strategic Needs Assessment: 2011**

Domain: Lifestyles & Health Improvement  
Sub-Domain: Obesity, Physical Activity and Healthy Eating - ADULTS  
Indicator: Adult Obesity - Estimated Prevalence

Data Source: Association of Public Health Observatories  
Indicator definition: [see below](#)

**Estimated Prevalence of Obesity (BMI = 30+) among Adults  
(% of Adults aged 16+ who are Obese)**

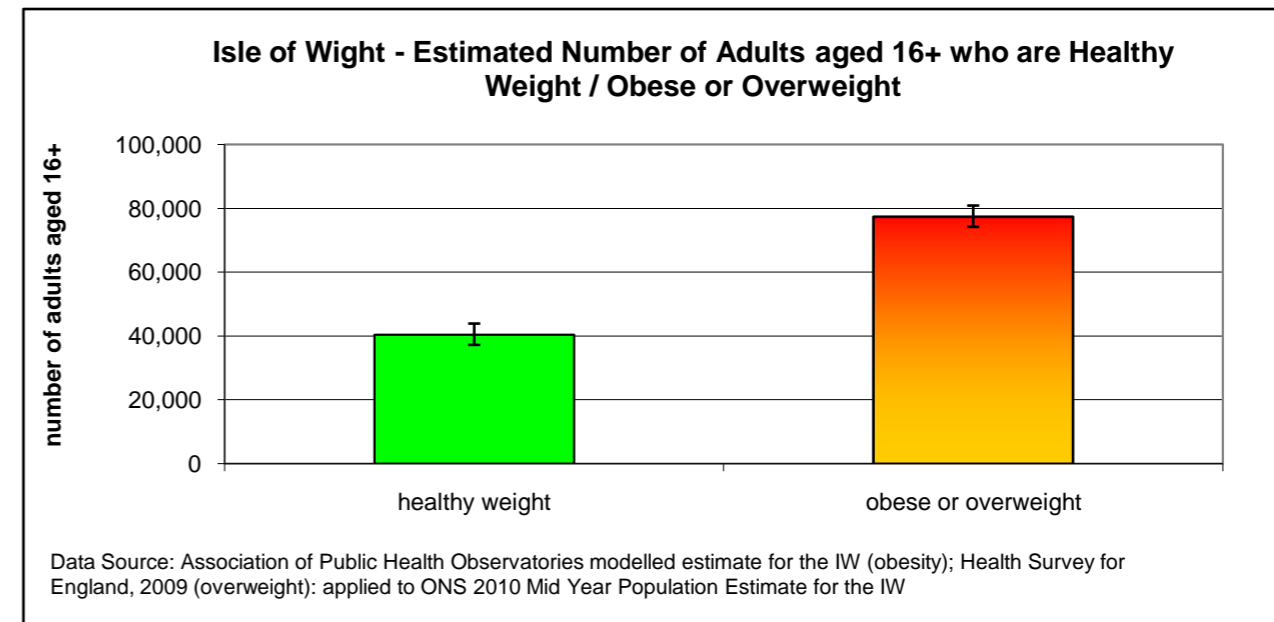
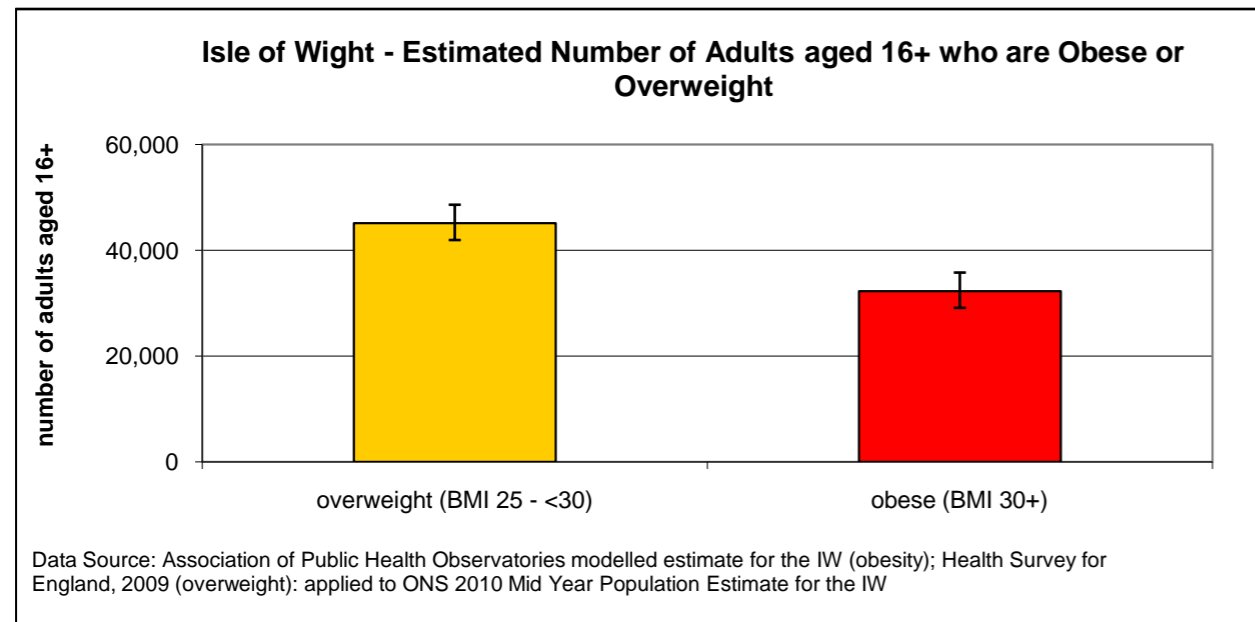
	% of Adults age 16+
England	24.2%
South East	23.7%
Isle of Wight	27.4%



**Isle of Wight: Estimated Number of Adults aged 16+ who are Healthy Weight, Overweight (but not obese) or Obese**

	estimated number of people
Healthy weight	40,394
Overweight (but not obese)	45,070
Obese	32,255
<i>total: Obese or Overweight</i>	<i>77,326</i>
<b>Total 16+ Population</b>	<b>117,720</b>

extrapolated from England prevalence (local area estimates not available)  
 extrapolated from IW estimated obesity prevalence above



INDICATOR DEFINITION	
<b>Indicator:</b>	Estimated prevalence of obese adults
<b>Definition:</b>	Estimated % of adults aged 16+ who are obese
<b>Numerator (number of people or events)</b>	The number of adults aged 16+ who are classified as obese (BMI = 30+). Also shown: the estimated number of adults aged 16+ classified as overweight but not obese (BMI = 25 - <30).
<b>Denominator (total population or events)</b>	Resident Population of the specified area in the specified time period. Persons aged 16+
<b>Geographic Coverage</b>	Local Authority
<b>Time period</b>	2006-08
<b>Data Source(s)</b>	Association of Public Health Observatories - modelled estimates based on Health Survey for England data <a href="http://www.apho.org.uk/resource/item.aspx?RID=97319">http://www.apho.org.uk/resource/item.aspx?RID=97319</a>
<b>Significance for Health</b>	<b>Higher</b> rates indicate <b>worse</b> health. <b>Lower</b> rates indicate <b>better</b> health.
<b>Factors that might affect the Accuracy of this Indicator</b>	These are modelled estimates for local areas based on applying national survey data to the local demographic and socio-economic situation. While the model is based on actual measurement data, and is accurate, at national level, there may be local factors that cannot be taken into account in the model.

**Isle of Wight Joint Strategic Needs Assessment:**

**2011**

Domain: Lifestyles & Health Improvement  
Sub-Domain: Obesity, Physical Activity and Healthy Eating - ADULTS  
Indicator: Estimated Numbers of Overweight / Obese Adults by Gender & Age

Data Source: Health Survey for England  
Indicator definition: [see below](#)

**Isle of Wight: Estimated Number of Adults age 16+ who are Overweight or Obese: by Gender and Age**

**NB: the figures below do not exactly match the totals on the previous worksheet.**

They have been calculated by applying national Health Survey for England data to the IW Mid Year Population Estimate for 2010.

They are shown only to give an indication of how overweight and obesity would be distributed across the IW population if national prevalence by gender and age applied locally.

**Male**

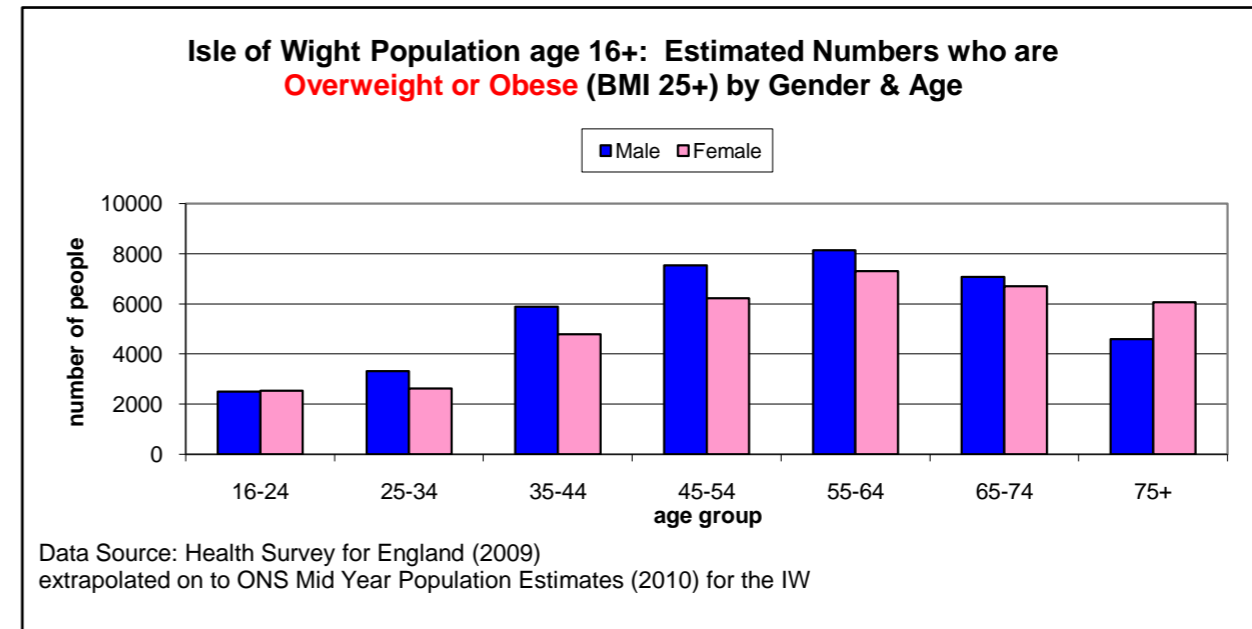
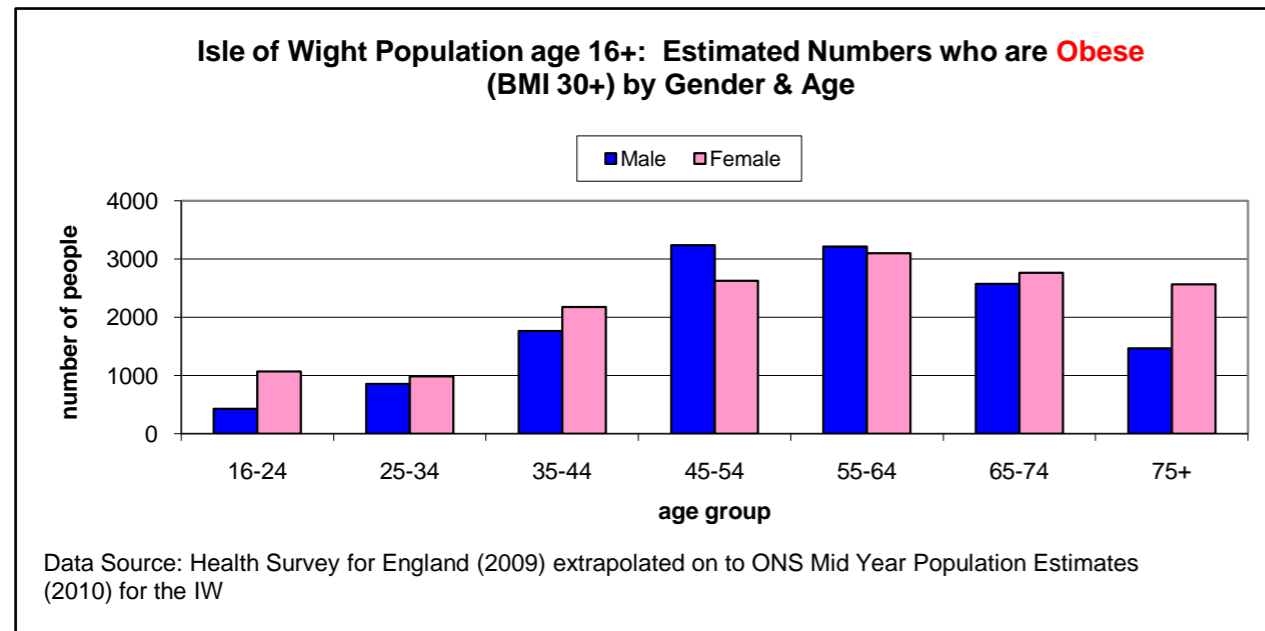
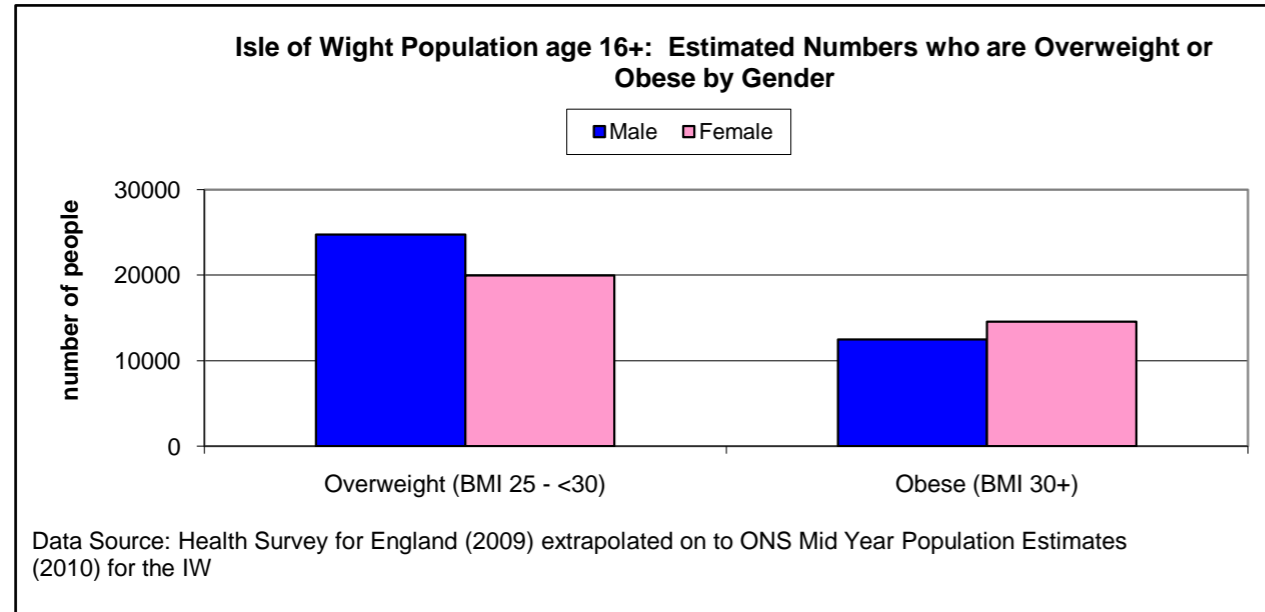
BMI Category	Estimated Number of People							
	16-24	25-34	35-44	45-54	55-64	65-74	75+	Total
Overweight: BMI = 25 - <30	2,080	2,461	4,129	4,295	4,923	4,504	3,130	<b>25,521</b>
Obese: BMI = 30+	425	856	1,763	3,235	3,216	2,575	1,467	<b>13,539</b>
<b>Total</b>	<b>2,505</b>	<b>3,317</b>	<b>5,893</b>	<b>7,530</b>	<b>8,139</b>	<b>7,079</b>	<b>4,597</b>	<b>39,059</b>

**Female**

BMI Category	Estimated Number of People							
	16-24	25-34	35-44	45-54	55-64	65-74	75+	Total
Overweight: BMI = 25 - <30	1,471	1,637	2,623	3,594	4,202	3,939	3,507	<b>20,972</b>
Obese: BMI = 30+	1,065	988	2,174	2,628	3,096	2,765	2,563	<b>15,280</b>
<b>Total</b>	<b>2,536</b>	<b>2,625</b>	<b>4,797</b>	<b>6,222</b>	<b>7,299</b>	<b>6,704</b>	<b>6,070</b>	<b>36,252</b>

**Persons (Male + Female)**

BMI Category	Estimated Number of People							
	16-24	25-34	35-44	45-54	55-64	65-74	75+	Total
Overweight: BMI = 25 - <30	3,551	4,098	6,752	7,888	9,125	8,443	6,637	<b>46,493</b>
Obese: BMI = 30+	1,490	1,844	3,938	5,863	6,313	5,340	4,030	<b>28,818</b>
<b>Total</b>	<b>5,041</b>	<b>5,942</b>	<b>10,689</b>	<b>13,751</b>	<b>15,437</b>	<b>13,783</b>	<b>10,667</b>	<b>75,311</b>



INDICATOR DEFINITION	
<b>Indicator:</b>	Overweight and Obese adults
<b>Definition:</b>	Estimated number of adults aged 16+ who are overweight or obese - by gender and age
<b>Numerator (number of people or events)</b>	The estimated number of adults aged 16+ who are classified as obese (BMI = 30+). The estimated number of adults aged 16+ who are classified as overweight but not obese (BMI = 25 - <30).
<b>Denominator (total population or events)</b>	Resident Population of the specified area in the specified time period. Persons aged 16+
<b>Geographic Coverage</b>	Local Authority
<b>Time period</b>	2009
<b>Data Source(s)</b>	Health Survey for England, 2009, applied to ONS 2010 Mid Year Population Estimate for the IW <a href="http://www.ic.nhs.uk/statistics-and-data-collections/health-and-lifestyles-related-surveys/health-survey-for-england/health-survey-for-england--2009-trend-tables">http://www.ic.nhs.uk/statistics-and-data-collections/health-and-lifestyles-related-surveys/health-survey-for-england/health-survey-for-england--2009-trend-tables</a>
<b>Significance for Health</b>	<b>Higher</b> numbers indicate <b>worse</b> health. <b>Lower</b> rates indicate <b>better</b> health.
<b>Factors that might affect the Accuracy of this Indicator</b>	These figures do not exactly match the totals on the previous worksheet. They are shown only to give an indication of how overweight and obesity would be distributed across the IW population by gender and age if national prevalence by gender and age applied locally, which might not be the case. However there are no alternative local sources of detailed information of this kind.

**Isle of Wight Joint Strategic Needs Assessment: 2011**

Domain: Lifestyles & Health Improvement  
 Sub-Domain: Obesity, Physical Activity and Healthy Eating - ADULTS  
 Indicator: Adult Obesity: GP-Recorded Prevalence

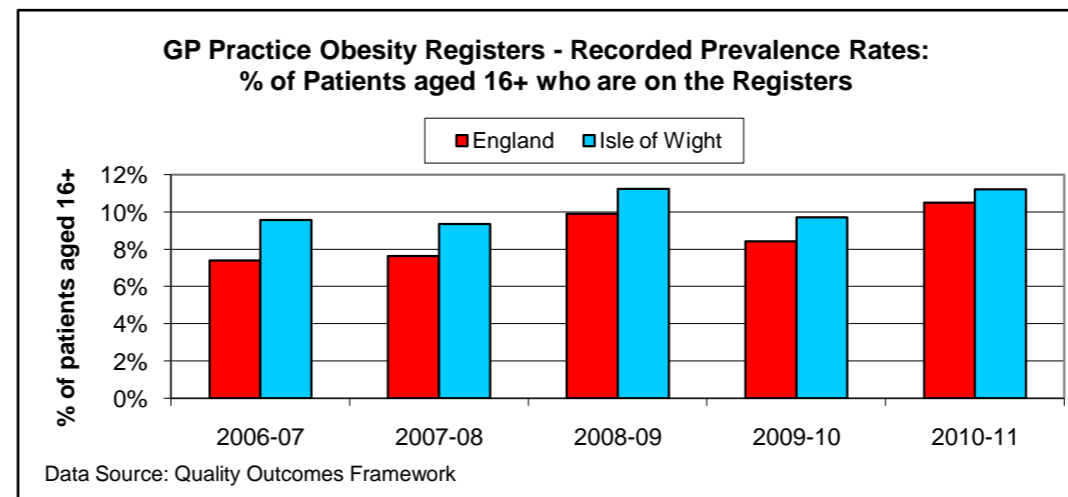
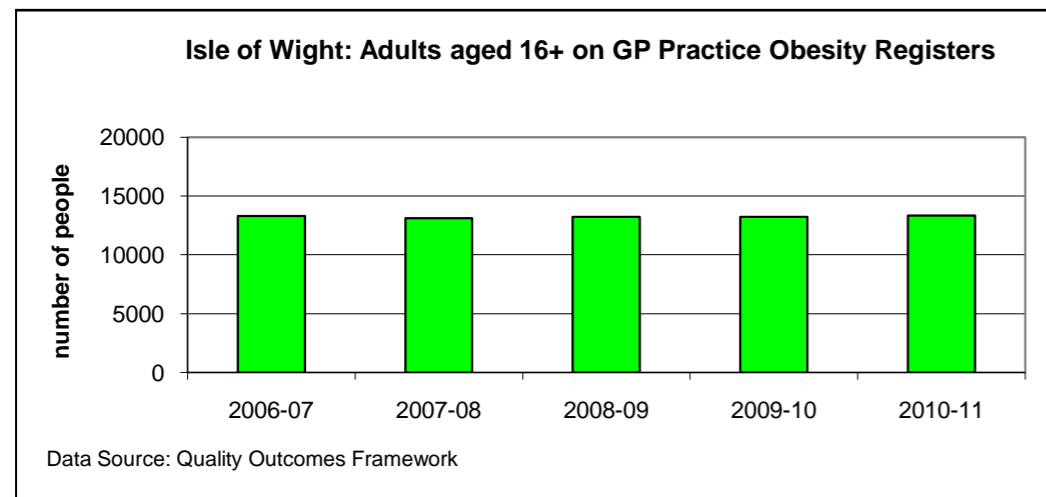
Data Source: Quality Outcomes Framework  
 Indicator definition: [see below](#)

**GP Practice Obesity Registers**  
 Patients aged 16+ with a BMI of 30+ recorded in the previous 15 months

Isle of Wight	2006-07	2007-08	2008-09	2009-10	2010-11
number of people	13326	13122	13266	13258	13366

**% of Practice Population aged 16+**

	2006-07	2007-08	2008-09	2009-10	2010-11
England	7.4%	7.6%	9.9%	8.4%	10.5%
Isle of Wight	9.6%	9.4%	11.2%	9.7%	11.2%





INDICATOR DEFINITION	
<b>Indicator:</b>	GP-Recorded Obesity Prevalence
<b>Definition:</b>	GP Patients aged 16+ with a recorded BMI of 30+
<b>Numerator (number of people or events)</b>	GP Practice Patients aged 16+ with a BMI of 30+ recorded in the previous 15 months
<b>Denominator (total population or events)</b>	GP Practice Patients aged 16+
<b>Geographic Coverage</b>	Primary Care Trust
<b>Time period</b>	2010-11
<b>Data Source(s)</b>	Quality Outcomes Framework <a href="http://www.ic.nhs.uk/statistics-and-data-collections/audits-and-performance/the-quality-and-outcomes-framework/the-quality-and-outcomes-framework-2010-11">http://www.ic.nhs.uk/statistics-and-data-collections/audits-and-performance/the-quality-and-outcomes-framework/the-quality-and-outcomes-framework-2010-11</a>
<b>Significance for Health</b>	<b>Higher</b> numbers / percentages could indicate <b>worse</b> health and/or better recording by GP Practices <b>Lower</b> numbers / percentages could indicate <b>better</b> health and/or worse recording by GP Practices
<b>Factors that might affect the Accuracy of this Indicator</b>	GP Practice data under-records the prevalence of obesity when compared with the estimated true prevalence in the population. This could be because of patients who do not attend their GP practice; whose BMI is not measured when they are at the practice; or whose BMI is measured at the practice but not recorded.

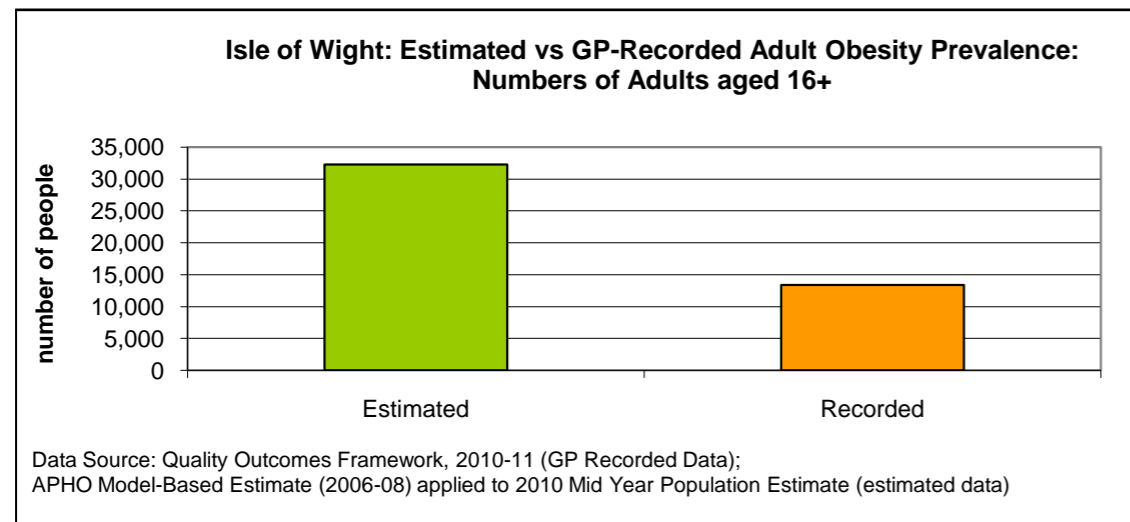
**Isle of Wight Joint Strategic Needs Assessment: 2011**

Domain: Lifestyles & Health Improvement  
 Sub-Domain: Obesity, Physical Activity and Healthy Eating - ADULTS  
 Indicator: Adult Obesity: Estimated vs GP-Recorded Prevalence

Data Source: Association of Public Health Observatories / Quality Outcomes Framework  
 Indicator definition: [see below](#)

**Isle of Wight: Estimated vs GP-Recorded Number of Adults who are Obese**

Obese Adults - age 16+	Number of Obese Adults	% of Obese Adults
Estimated	32,255	
Recorded by GP Practices	13,366	41%
<b>Gap (unrecorded)</b>	<b>18,889</b>	<b>59%</b>



INDICATOR DEFINITION	
<b>Indicator:</b>	Estimated vs GP-Recorded Obese adults
<b>Definition:</b>	Estimated / GP-Recorded number of adults aged 16+ who are obese
<b>Numerator (number of people or events)</b>	Estimated / GP Recorded number of adults aged 16+ who are classified as obese (BMI = 30+).
<b>Denominator (total population or events)</b>	GP Practice Patients aged 16+
<b>Geographic Coverage</b>	Primary Care Trust
<b>Time period</b>	Estimated: 2006-08 GP-Recorded: 2010-11
<b>Data Source(s)</b>	Estimated: Association of Public Health Observatories - modelled estimates based on Health Survey for England data GP-Recorded: Quality Outcomes Framework
<b>Significance for Health</b>	A larger 'gap' indicates more people whose obesity is unknown to and / or unrecorded by their GP, and who therefore might not be receiving appropriate support / interventions.
<b>Factors that might affect the Accuracy of this Indicator</b>	The estimated data is based on applying a national model to the local area's demographic and socio-economic situation. It does not take account of any local factors which might affect the true prevalence in the population.

**Isle of Wight Joint Strategic Needs Assessment: 2011**

Domain:	Lifestyles & Health Improvement	Data Source:	Sport England - Active People Surveys
Sub-Domain:	Obesity, Physical Activity and Healthy Eating - ADULTS	Indicator definition:	<a href="#">see below</a>
Indicator:	Adults participating in recommended levels of physical activity		

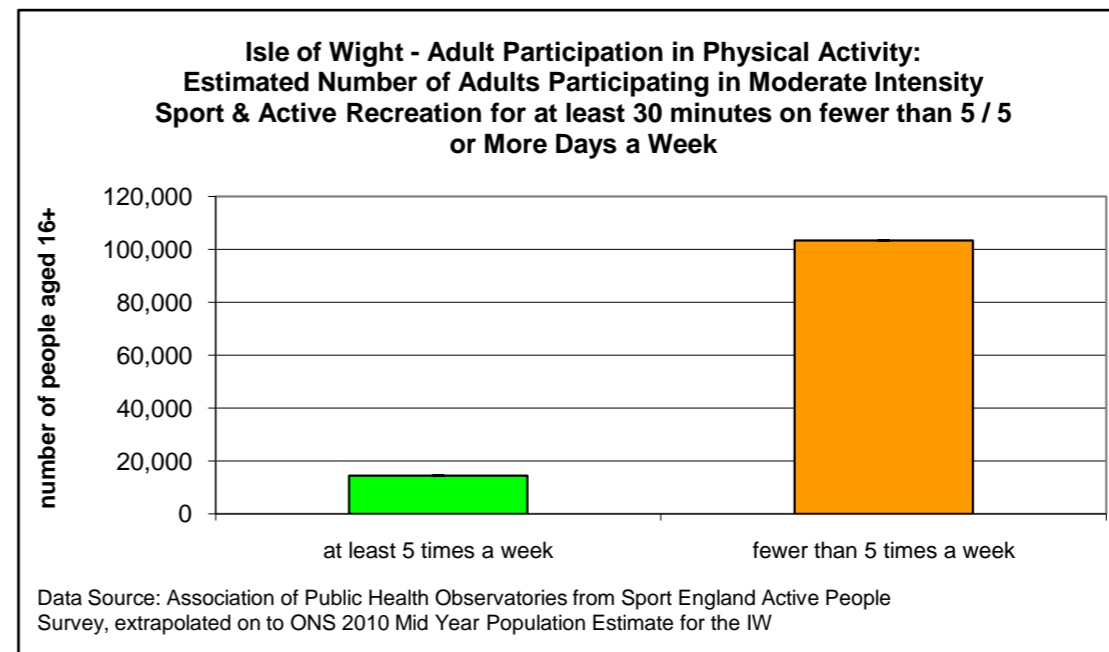
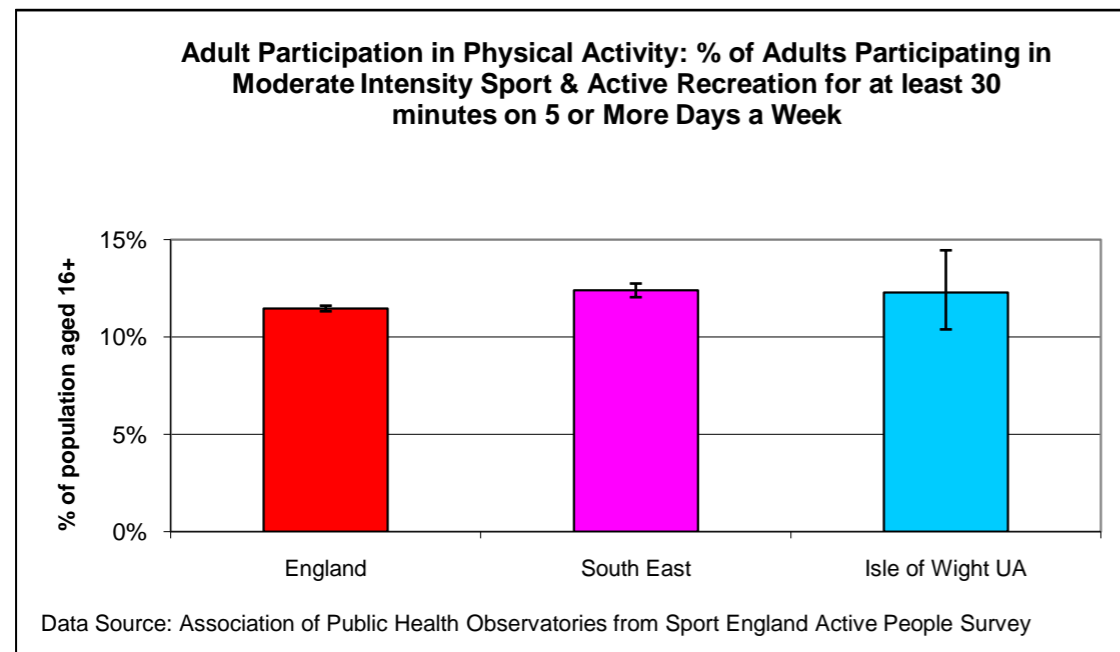
**% of Adults Participating in Moderate Intensity Sport and Active Recreation for 30 minutes on 5 or more days per week**

*NB: this level of physical activity is the level considered necessary to benefit health in the adult population.*

Adults aged 16+	% Participation
England	11.5%
South East	12.4%
Isle of Wight	12.3%

**Isle of Wight: Estimated Number of Adults Participating in Moderate Intensity Sport and Active Recreation for 30 minutes on fewer than 5 / 5 or more days per week**

IW Adults aged 16+	Number of People
at least 5 times a week	14,441
fewer than 5 times a week	103,279
<b>Total Population aged 16+</b>	<b>117,720</b>



INDICATOR DEFINITION	
<b>Indicator:</b>	Adults participating in recommended levels of physical activity
<b>Definitions:</b>	The % of adults aged 16+ participating in moderate intensity sport and active recreation on 20 or more days in the previous 4 weeks, (equivalent to 30 minutes on 5 or more days per week). NB: this level of physical activity is the level considered necessary to benefit health in the adult population.
<b>Numerator (number of people or events)</b>	The % of adults aged 16+ participating in moderate intensity sport and active recreation on 20 or more days in the previous 4 weeks.
<b>Denominator (total population or events)</b>	Resident Population of the specified area in the specified time period. Persons aged 16+.
<b>Geographic Coverage</b>	Local Authority
<b>Time period</b>	Oct 2008 - Oct 2010
<b>Data Source(s)</b>	Association of Public Health Observatories from Sport England - Active People Surveys 3-4 Combined <a href="http://www.apho.org.uk/default.aspx?QN=P_HEALTH_PROFILES">http://www.apho.org.uk/default.aspx?QN=P_HEALTH_PROFILES</a>
<b>Significance for Health</b>	<b>Higher</b> rates indicate <b>more</b> physical activity which is <b>better</b> for health. <b>Lower</b> rates indicates <b>less</b> physical activity which is <b>poorer</b> for health.
<b>Factors that might affect the Accuracy of this Indicator</b>	Sport England survey data are based on observed self-reported physical activity levels in the previous 4 weeks, which might be prone to respondent bias. While the indicator includes recreational and walking/cycling for sport, it does not include active cycling or walking for transport purposes. In addition, other physical activity such as housework, DIY, activity in people's jobs are not included in the survey.

**Isle of Wight Joint Strategic Needs Assessment: 2011**

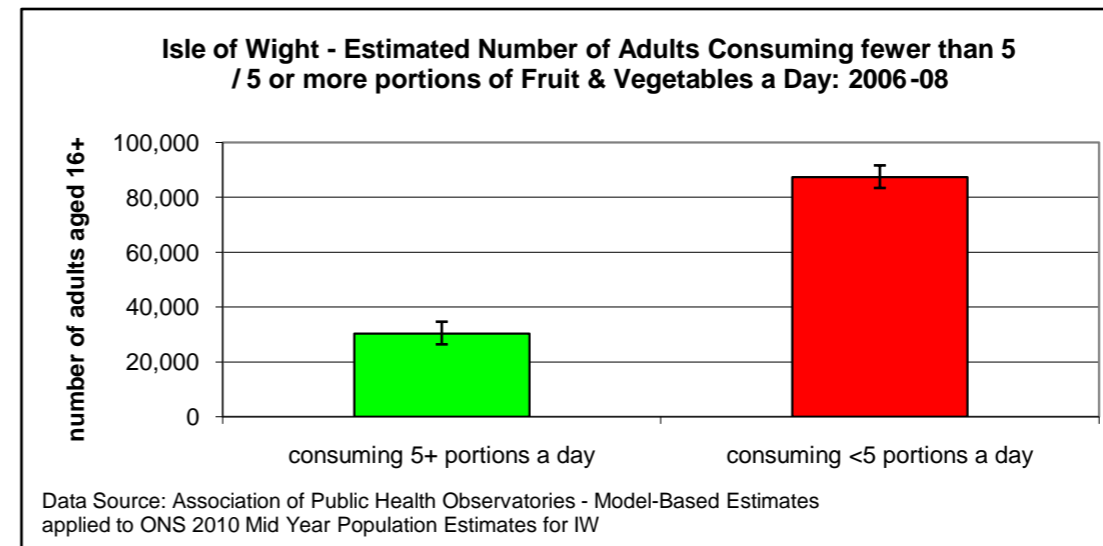
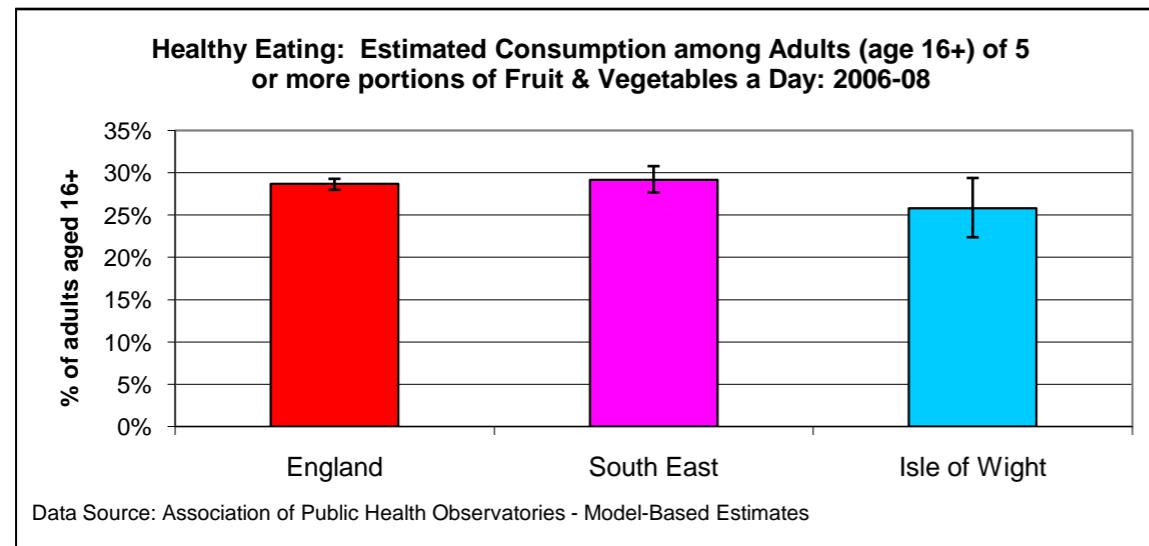
Domain:	Lifestyles & Health Improvement	Data Source:	Association of Public Health Observatories
Sub-Domain:	Obesity, Physical Activity and Healthy Eating - ADULTS	Indicator definition:	<a href="#">see below</a>
Indicator:	Adult Healthy Eating - Estimated Prevalence		

**Estimated Prevalence of Adults Who Eat Healthily**  
 (% of Adults aged 16+ who eat 5 or more Portions of Fruit and Vegetables a Day)

Adults aged 16+	% Consumption
England	11.5%
South East	12.4%
Isle of Wight	12.3%

**Isle of Wight: Estimated Number of Adults aged 16+ who eat fewer than 5 / 5 or more portions of Fruit and Vegetables a Day**

IW Adults aged 16+	estimated number of people
consuming 5 or more portions a day	30,372
consuming fewer than 5 portions a day	87,348
<b>Total Population aged 16+</b>	<b>117,720</b>



INDICATOR DEFINITION	
<b>Indicator:</b>	Estimated prevalence of adult healthy eating
<b>Definitions:</b>	Adults who consume 5 or more portions of fruit and vegetables per day.
<b>Numerator (number of people or events)</b>	The estimated number of adults aged 16+ who are eat 5 or more portions of fruit and vegetables a day
<b>Denominator (total population or events)</b>	Resident Population of the specified area in the specified time period. Persons aged 16+
<b>Geographic Coverage</b>	Local Authority
<b>Time period</b>	2006-08
<b>Data Source(s)</b>	Association of Public Health Observatories - modelled estimates based on Health Survey for England data <a href="http://www.apho.org.uk/resource/item.aspx?RID=97319">http://www.apho.org.uk/resource/item.aspx?RID=97319</a>
<b>Significance for Health</b>	<b>Higher</b> rates of consumption indicate <b>better</b> health. <b>Lower</b> rates of consumption indicate <b>worse</b> health.
<b>Factors that might affect the Accuracy of this Indicator</b>	These are modelled estimates for local areas based on applying national survey data to the local demographic and socio-economic situation. While the model is based on actual measurement data, and is accurate, at national level, there may be local factors that cannot be taken into account in the model.