

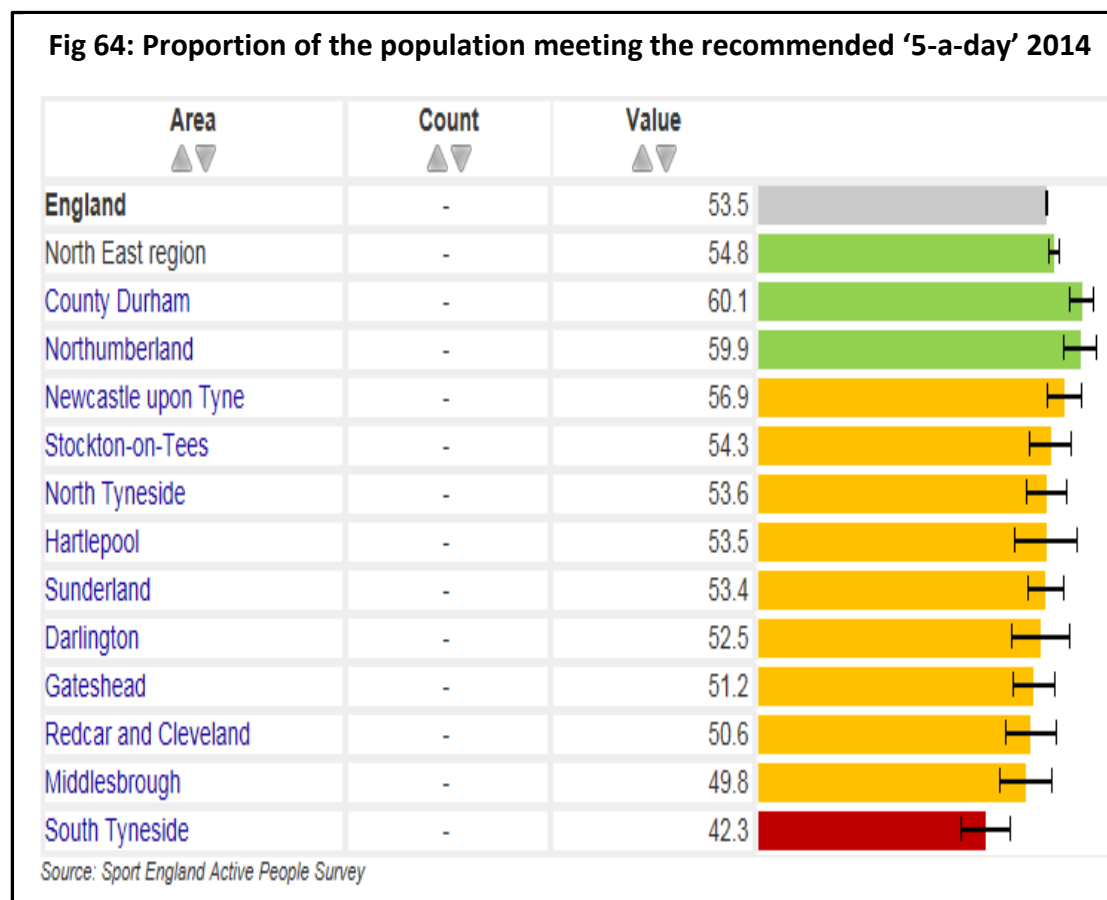
Section 4: BEHAVIOUR AND LIFESTYLE THAT INFLUENCE HEALTH AND WELLBEING

EATING HABITS

Healthy Eating affects all ages of the population from babies to the elderly. A number of national initiatives aimed at helping the population eating healthier have been implemented in recent years such as Five-a-Day and Sugar Swaps.

Five-A-Day

In Darlington, 52.5% of the population are estimated to consume the recommended 5+ portions of fruit and/or vegetables in 2014. This figure is similar to the national and regional averages. This is a newly reported indicator and therefore trend data is not available.



[Source: Public Health England, Public Health Outcomes Framework]

Breastfeeding

Increases in breastfeeding are expected to reduce illness in young children and have health benefits for both the infant and the mother. Observational studies have shown that breastfeeding is associated with lower levels of child obesity.

The charts below show initiation of breastfeeding and the prevalence of breastfeeding at 6-8 weeks in Darlington, the North East and England for the periods of April 2011 – September 2014.

The latest reported rate in Darlington is currently 34.8%, this is lower than the England rate of 43.7% but higher than the North East rate of 22.8%. Rates in Darlington have remained fairly consistent since 2013.

Fig 65: Breastfeeding Initiation as a percentage of maternities 2005-06 to 2013-14

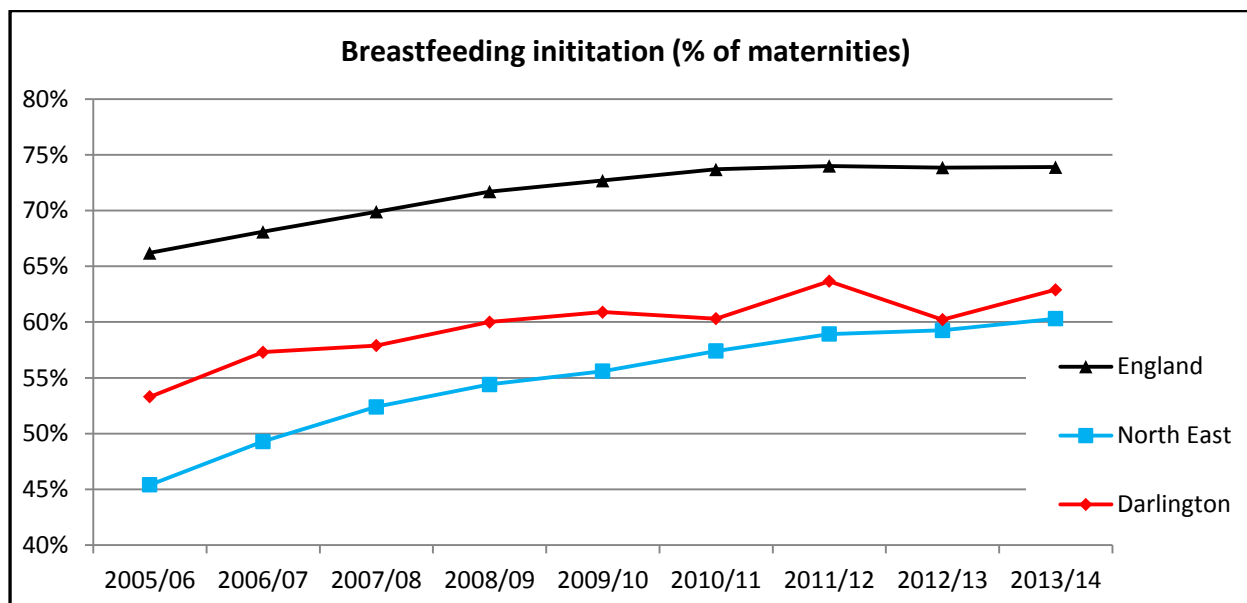
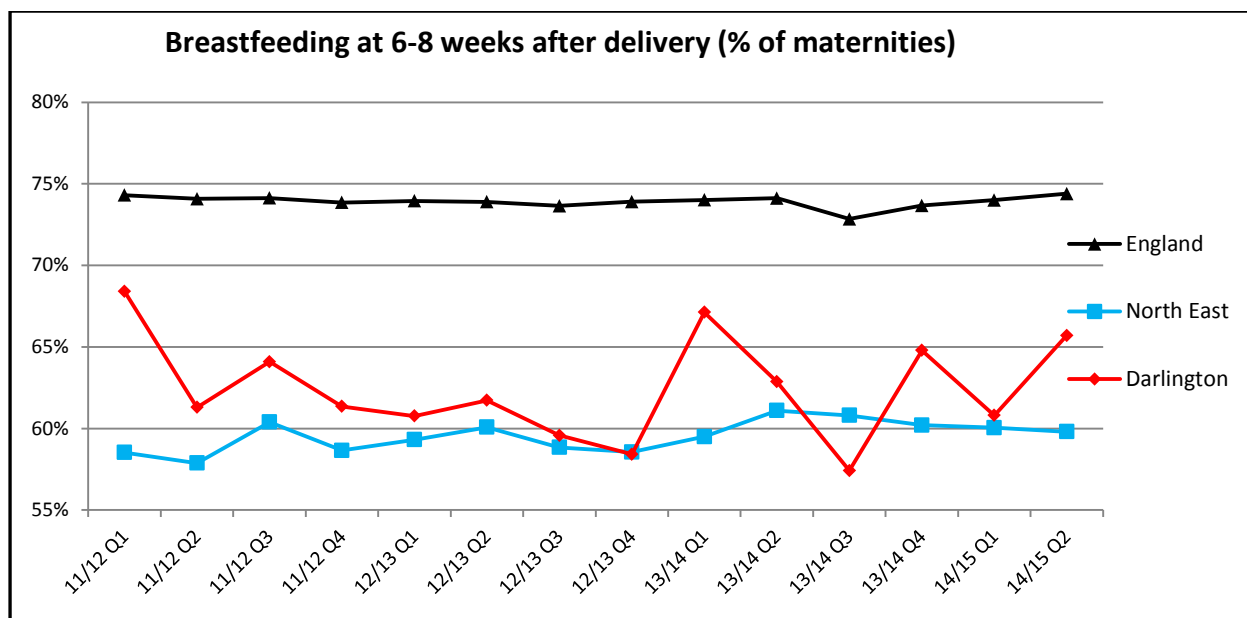


Fig 66: Prevalence of breastfeeding at 6-8 weeks from birth 2011-12 to Q2 2014-15



[Source: Public Health England, Public Health Outcomes Framework]

Childhood Obesity

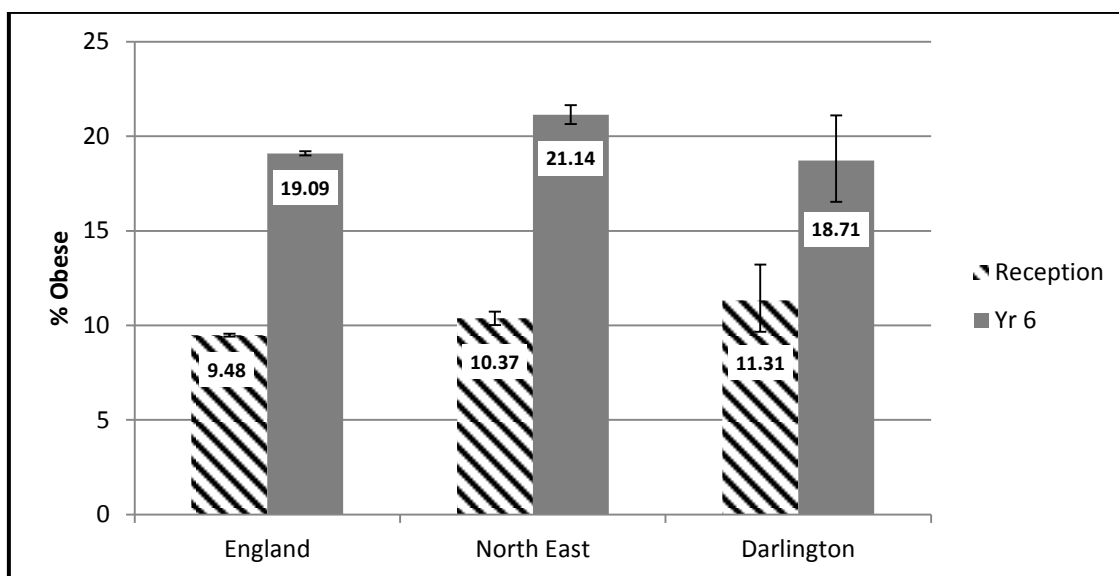
The National Child measurement Programme (NCMP) measures children at two stages;

- Reception Year (aged 4-5years)
- Year 6 (aged 10-11 years)

The following chart shows the percentage of obese children in reception and year 6 in 2013/14. Rates for Darlington, the North East and England are shown. In Darlington 11.3% of children were classified as obese at reception age (4-5 years) and 18.7% of children at year 6 (aged 10-11 years).

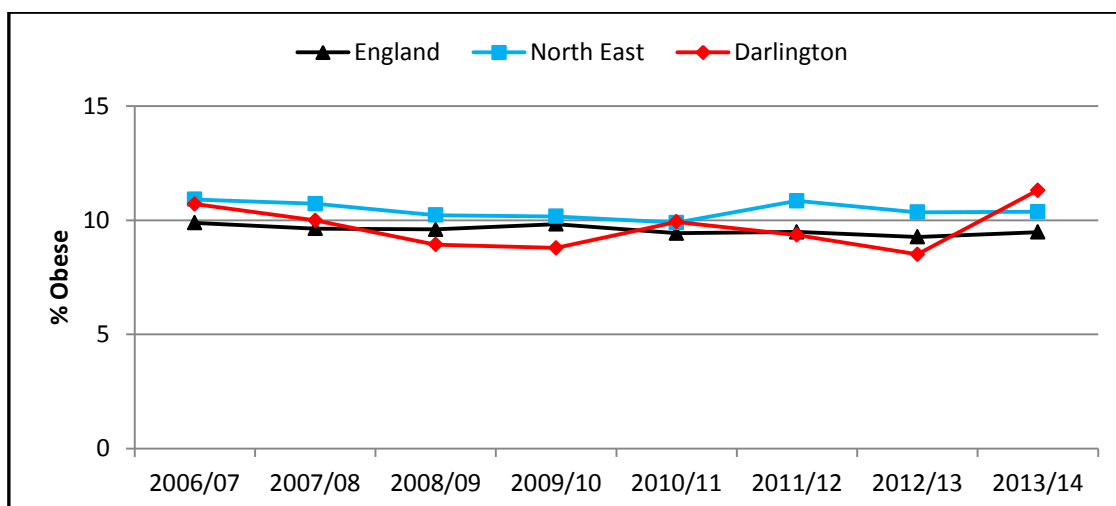
Rates at reception age in Darlington are slightly higher than the England and North East rates. Whilst rates in Year 6 in Darlington are slightly lower than the England and North East rates.

Fig 67: Percentage of Obese Children in Reception and Year 6 (2013/14)



[Source: Public Health England, Public Health Outcomes Framework]

Fig 68: Rates of obesity amongst Reception age children between 2006/07 to 2013/14

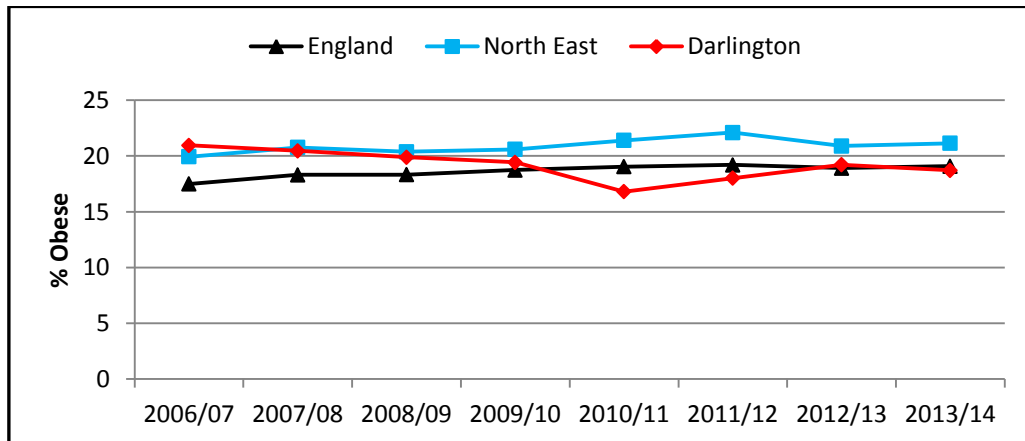


[Source: Public Health England, Public Health Outcomes Framework]

The chart above compares the England, North East and local rates of obesity amongst reception age children between 2006/07 to 2013/14. Rates in all areas have remained fairly similar over the time period with some fluctuation over the years.

Rates in Darlington have increased between 20012/13 to 2013/14 however future data will need to be reviewed to establish if this is due to fluctuation or an established increasing trend.

Fig 69: Rates of obesity amongst Year 6 children between 2006/07 to 2013/14



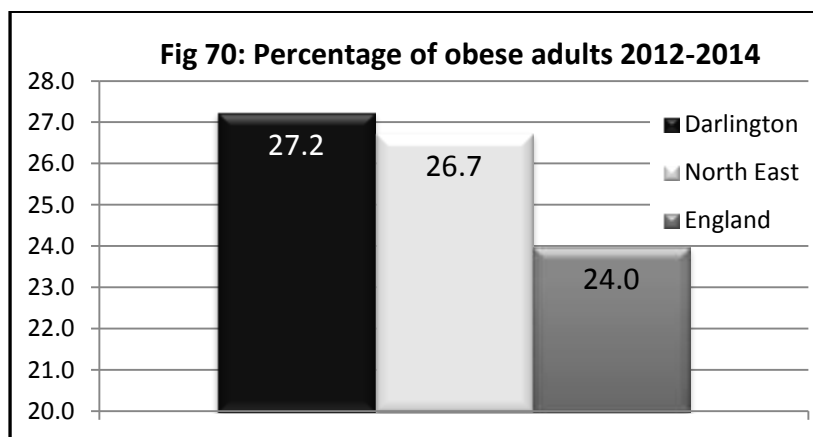
[Source: Public Health England, Public Health Outcomes Framework]

The chart above compares the England, North East and local rates of obesity amongst Year 6 children between 2006/07 to 2013/14. Rates in Darlington for 2013/14 were 18.71% which is lower than rates in 2006/07 (20.95%) whilst rates in England have increased during the same period. However due to the fluctuation in rates review of future data will be required before an established trend can be established.

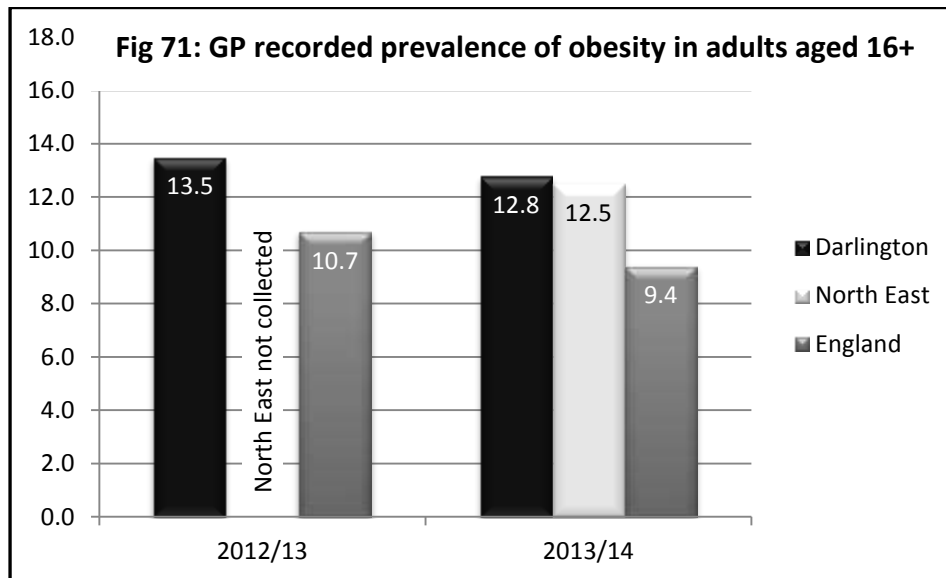
Adult Obesity

Obesity in adults is defined for epidemiological purposes as Body Mass Index (BMI) greater than 30kg/m². There is an association between all causes mortality and obesity. A BMI of 30-35 reduces life expectancy by two to four years while severe obesity is estimated to reduce life expectancy by ten years. It is also a significant contributory factor for diabetes, heart disease, hypertension and stroke.

In Darlington the adult obesity figures are 25.8% similar to the England rate of 24% but lower than the North East rate of 26.7%. These figures shown in the table below cover the period 2012-14. There is earlier data available.



General Practitioners record the prevalence of obesity within the patient population aged over 16. The proportion in Darlington is 12.8% slightly higher than the North East (12.5%) and considerably higher than England at 9.4%. This is a reduction from 2012-13 when the Darlington figure was 13.5% compared to an England rate of 10.7%. The North East figures are not available for this period.



[Source: PHE Obesity Knowledge and Intelligence Team]

Further information about contributory factors in adult obesity can be downloaded from the Public Health Fingertips webpages using the link below.

[Public Health Fingertips](#) [external web link]