

22% of children in Reception are overweight or obese

This rises to 39% in Year 6

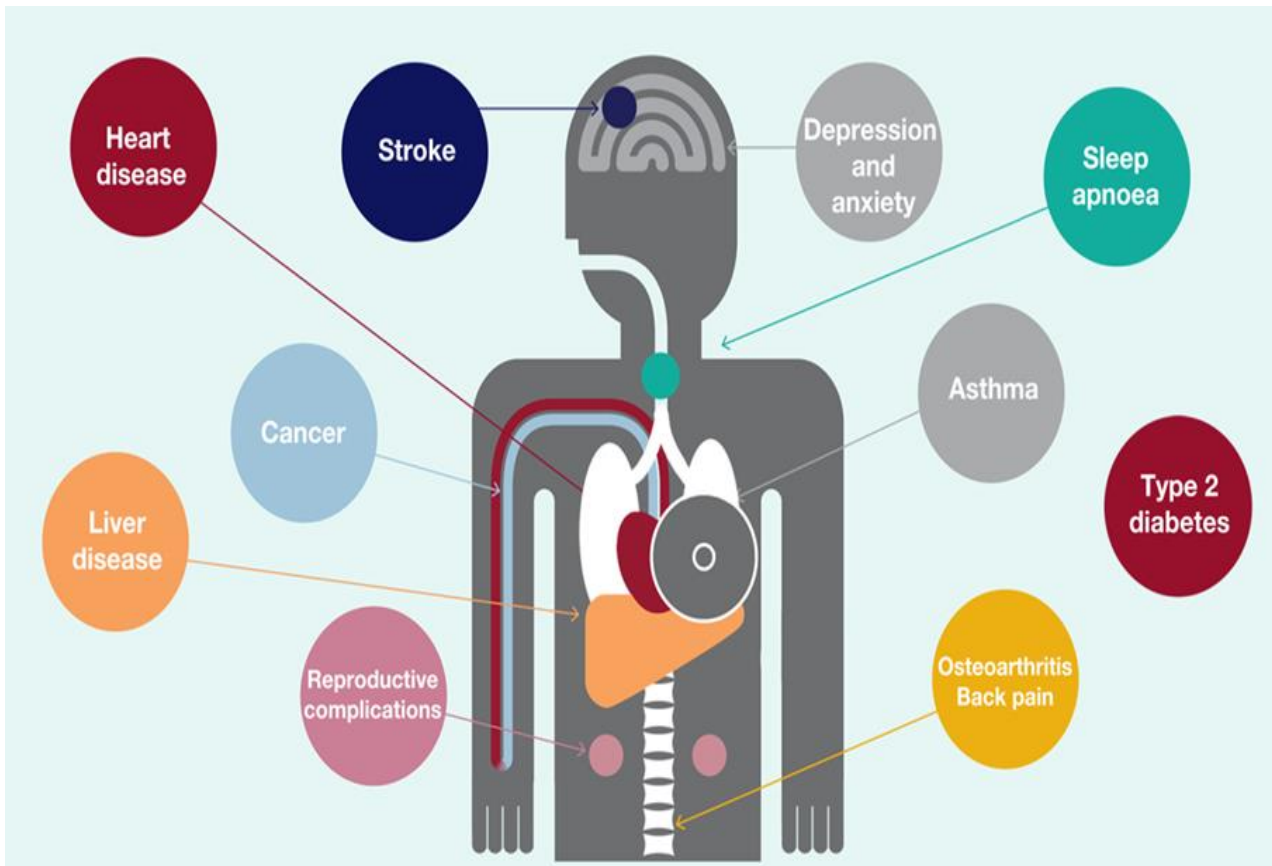
Lewisham has high levels of childhood and adult obesity

For adults the figure is 58%

Physical activity is similar to the national average

Source: NCMP, 2016/17 & Active Lives Survey, 2015/16

Priority 1 - Achieving a Healthy Weight



Obese adults are seven times more likely to become type 2 diabetic than adults of a healthy weight

Obesity is linked to many serious health risks in both children and adults

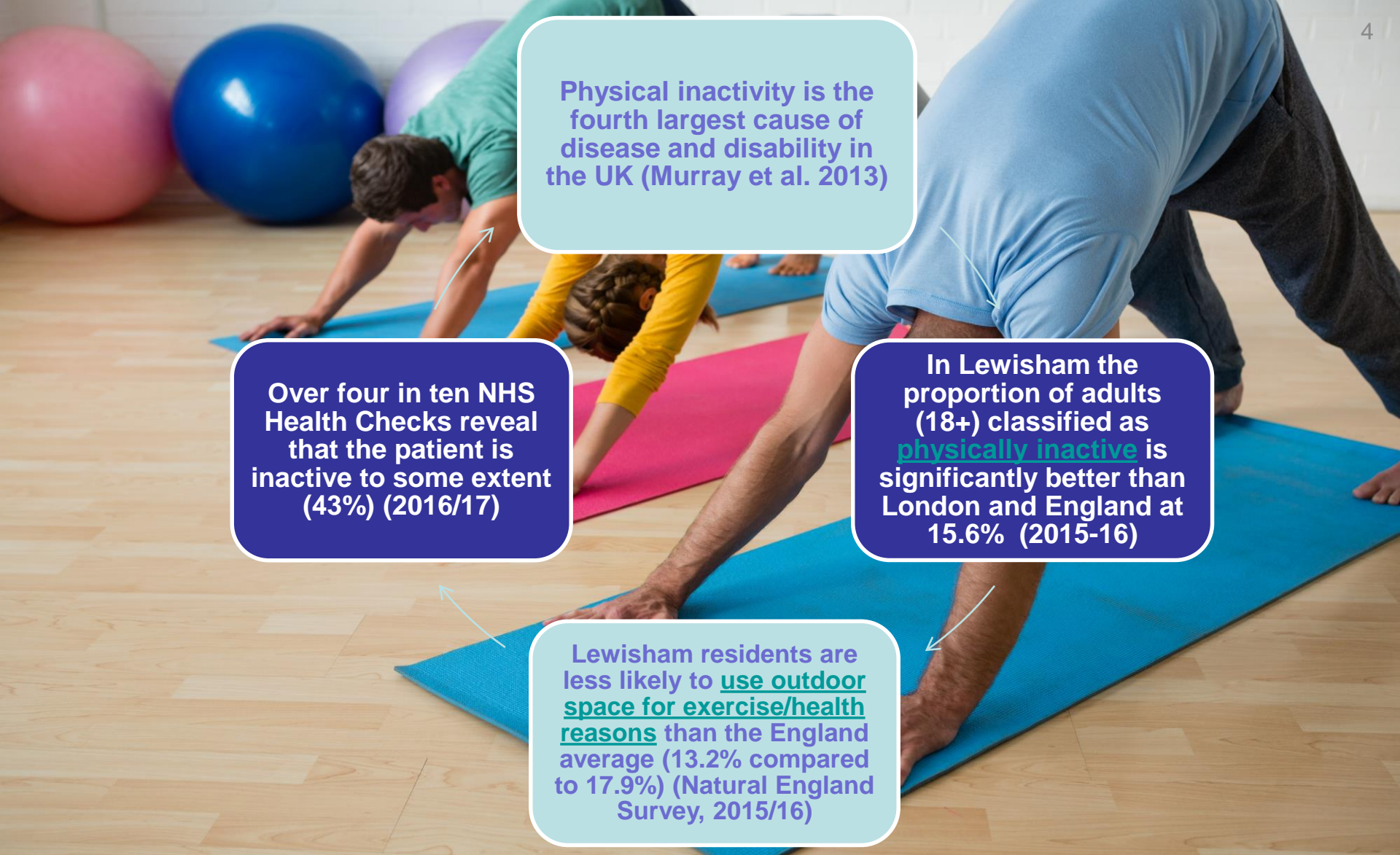
Obesity also doubles the risk of dying prematurely

Impact of Obesity

- Lewisham continues to have high rates of breastfeeding, out-performing both London & England
- Over 8 in 10 mothers initiate breastfeeding
- 3 out of 4 mothers are breastfeeding at 6-8 weeks
- The borough has achieved UNICEF Baby Friendly accreditation and continues work towards increasing rates



Breastfeeding



Physical inactivity is the fourth largest cause of disease and disability in the UK (Murray et al. 2013)

Over four in ten NHS Health Checks reveal that the patient is inactive to some extent (43%) (2016/17)

In Lewisham the proportion of adults (18+) classified as **physically inactive** is significantly better than London and England at 15.6% (2015-16)

Lewisham residents are less likely to **use outdoor space for exercise/health reasons** than the England average (13.2% compared to 17.9%) (Natural England Survey, 2015/16)

Physical Activity

