



Public Health
England

Protecting and improving the nation's health

Nutrition of the nation

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UK diet compared with recommendations

Nutrient (% food energy)	Target	Children 4-10 yrs	Teenagers 11-18 yrs	Adults 19-64 yrs
Total fat	≤35%	33.4	33.6	34.2
Saturated fat	≤11%	13.3	12.6	12.7
Trans fat	≤2%	0.5	0.5	0.5
Total carbohydrate	≥50%	51.7	51.2	48.5
Sugars*	≤5%	13.4	15.2	12.3
Fibre (g/day) **	≥18g	10.7	12.2	14.0
Salt (g/day)	≤6g	***	6.6	8.0
Fruit & veg	≥5	****	2.8	4.0

* Non milk extrinsic sugars including added sugars and sugars released from cell structure e.g. fruit juice

* Current recommendation ≤5% of food energy previously ≤11% of food energy

** Fibre recommendations relate to adults only

*** Mean salt intake children 4-6 yrs 3.7g (recommendation ≤3g); children 7-10 yrs 5.0g (recommendation ≤5g)

**** Portions not presented for children under 11 years as 80g portion not appropriate for this age group

≥ = more than or equal to; ≤ = less than or equal to

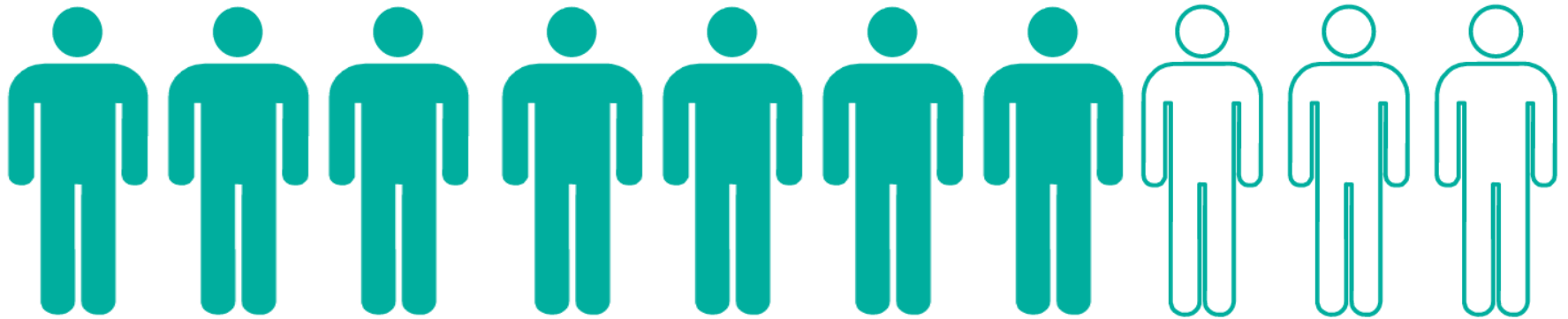
Sources: National Diet and Nutrition Survey (NDNS) years 5 & 6 (2012/13-2013/14)

Salt intakes: adults: NDNS: salt intakes in adults 19-64 years in England 2014; children: NDNS: years 1-4 (2008/09-2011/12)

Overweight and obesity among adults

Health Survey for England 2012 to 2014 (three-year average)

Almost 7 out of 10 **men** are overweight or obese (66.4%)



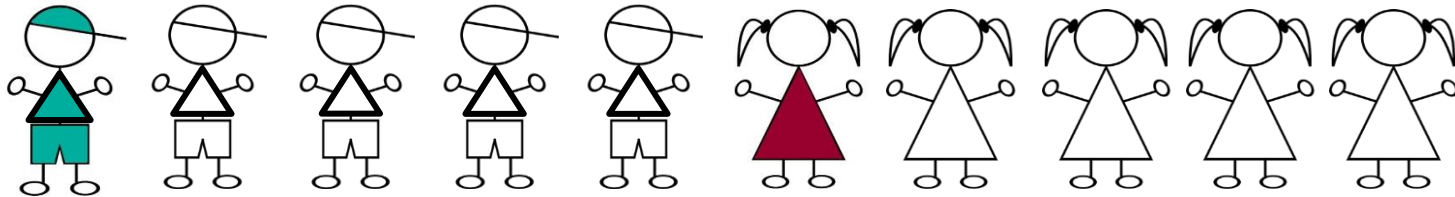
Almost 6 out of 10 **women** are overweight or obese (57.5%)



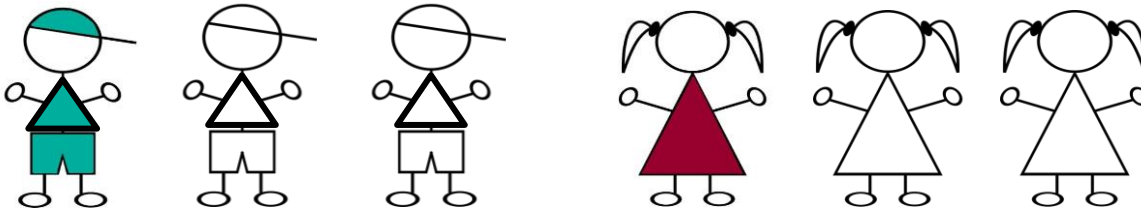
Adult (aged 16+) overweight and obesity: BMI $\geq 25\text{kg/m}^2$

Excess weight and tooth decay

One in five children in Reception is overweight or obese



One in three children in Year 6 is overweight or obese



In 2013 **31%** of children aged 5 years had tooth decay

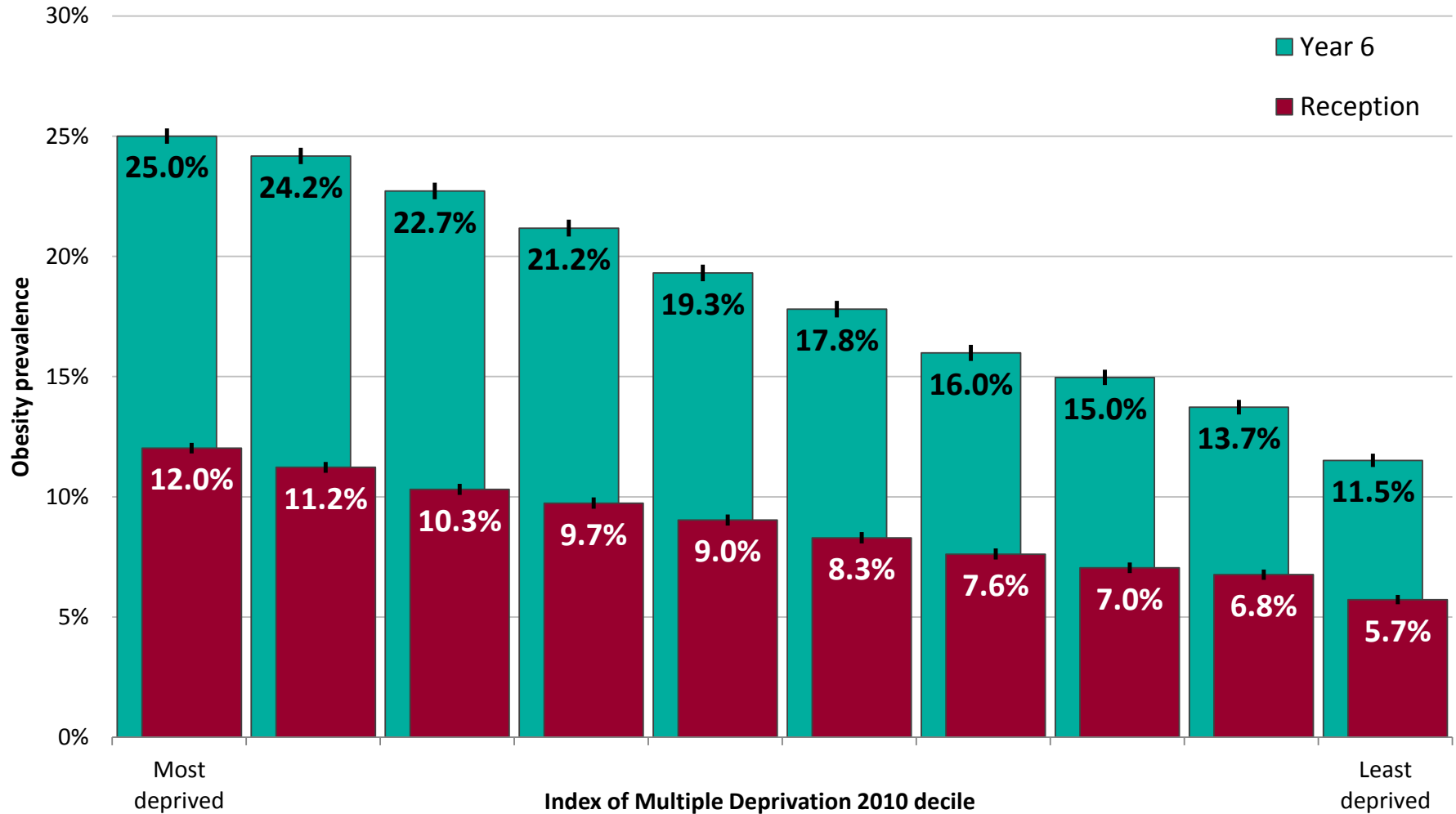
46% of children aged 8 years

34% of children aged 12 years

46% of children aged 15 years

Obesity prevalence by deprivation decile

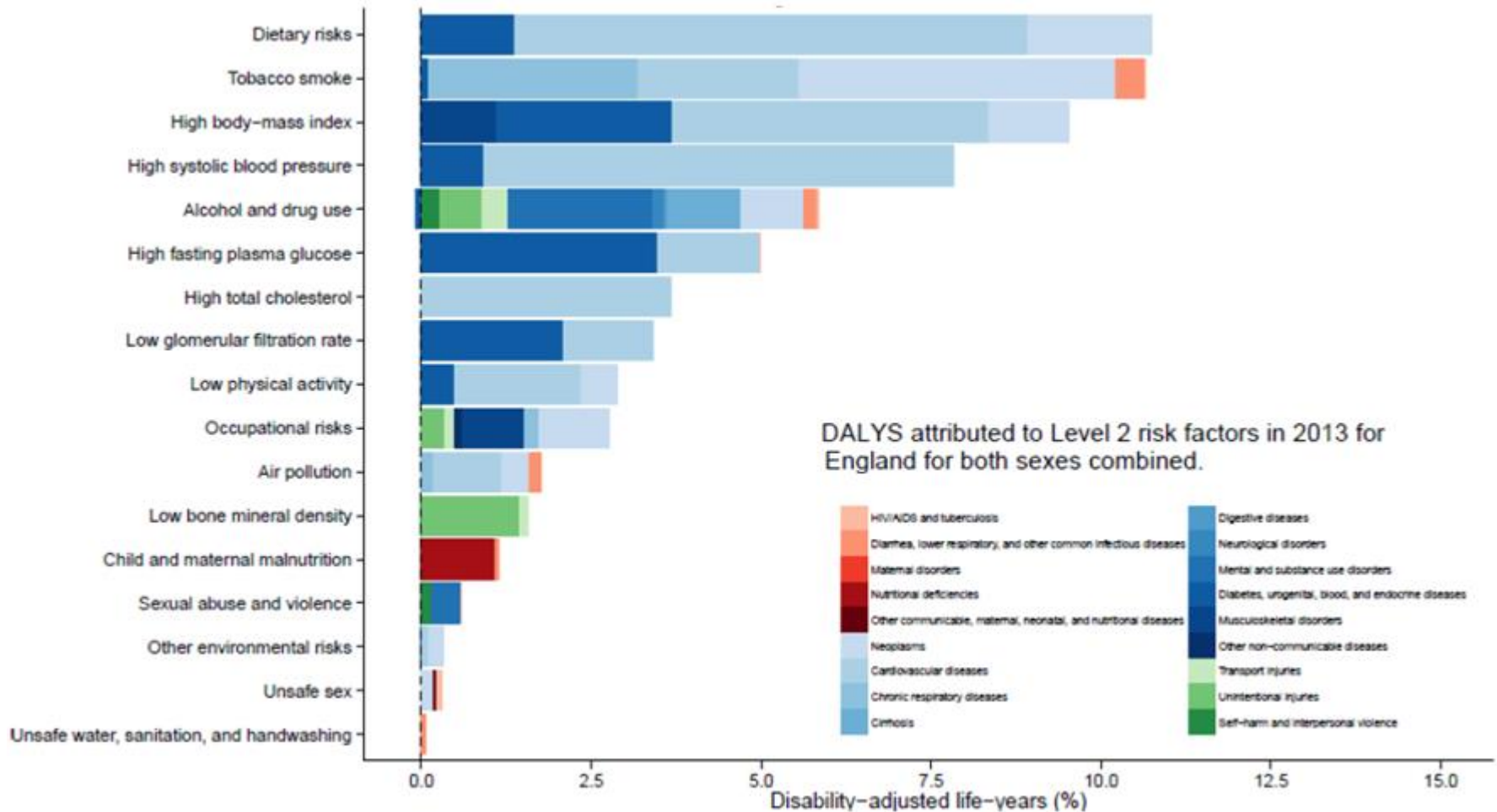
National Child Measurement Programme 2014/15



Child obesity: BMI \geq 95th centile of the UK90 growth reference

Scale of the challenge

Global Burden of Disease: Changes in health in England



Newton JN et al., (2015) Changes in health in England, with analysis by English regions and areas of deprivation, 1990-2013: a systematic analysis for the Global Burden of Disease Study 2013. *Lancet*. S0140-6736(15)00195-6.

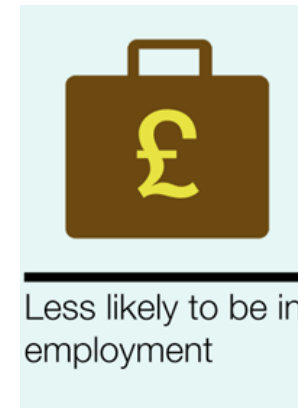
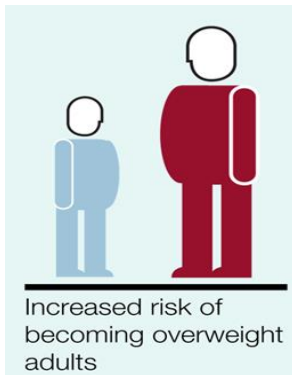
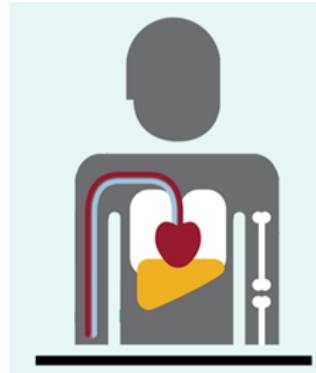


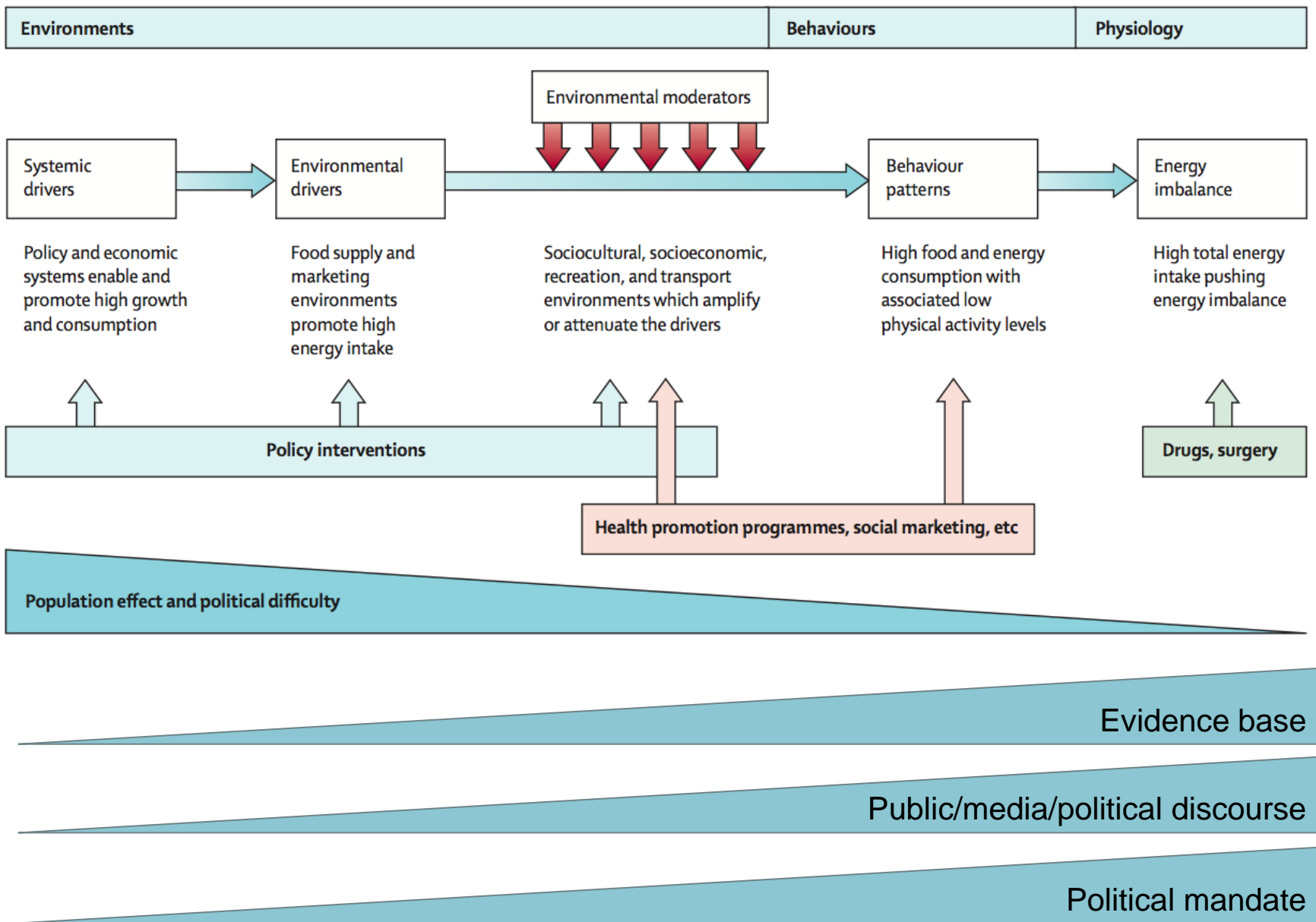
Life course approach



Emotional and
behavioural

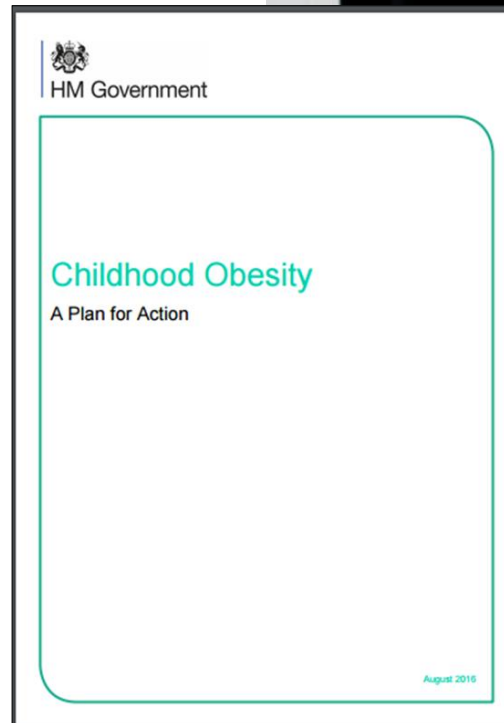
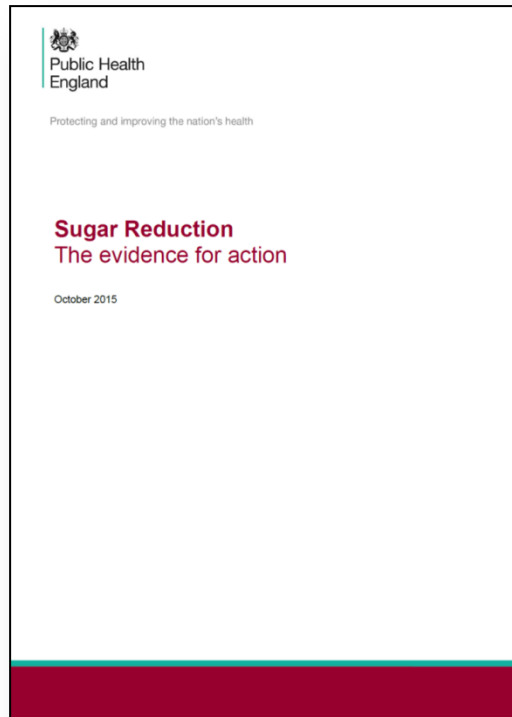
- Stigmatisation
- bullying
- low self-esteem





Swinburn et al, Lancet 2011

Sugar landmarks



Eatwell Guide

Check the label on packaged foods

Each serving (150g) contains

Energy 1046kJ 250kcal	Fat 3.0g	Saturates 1.3g	Sugars 34g	Salt 0.9g
	LOW	LOW	HIGH	MED
13%	4%	7%	38%	15%

of an adult's reference intake

Typical values (as sold) per 100g: 697kJ/ 167kcal

Choose foods lower in fat, salt and sugars

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.



Water, lower fat milk, sugar-free drinks including tea and coffee all count.

Limit fruit juice and/or smoothies to a total of 150ml a day.

Eat at least 5 portions of a variety of fruit and vegetables every day



Choose wholegrain or higher fibre versions with less added fat, salt and sugar



Beans, pulses, fish, eggs, meat and other proteins

Eat more beans and pulses, 2 portions of sustainably sourced fish per week, one of which is oily. Eat less red and processed meat



Dairy and alternatives

Choose lower fat and lower sugar options



Choose unsaturated oils and use in small amounts



Eat less often and in small amounts

Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS

Source: Public Health England in association with the Welsh Government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

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