Is Wales Weaned onto a Winning Diet

Judith John
Is Wales weaned onto a winning diet?
Overview

• Links between diet and disease risk
• Healthy lifestyle behaviours
  – Obesity rates
  – Diet and nutrient intakes
• Food, diet, nutrition & health – now and the future
The link between food, nutrition, diet & non-communicable diseases

- Foods, diets and nutritional status are important determinants of non-communicable disease (NCDs).
- NCDs affects people everywhere in the world ... Including UK & Wales.
- There is increased exposure to foods and diets that influence risk of developing NCDs.
- Under nutrition places people at risk.
- Food systems present challenges to the prevention and control of NCDs as well as under nutrition.
- More concrete response is needed for policy, governance and monitoring.

Ref WCRF 2014
Dietary pattern - is the type of diet and the balance of foods

Food and nutrients – specific food groups and nutrients have an effect

Body composition – e.g. obesity

Life course – how this impacts on future generations
Macro or micro nutrition?

- Poor dietary choices not only manifest in obesity, which is currently the main public health focus in the UK, but can also lead to inadequate micronutrient intakes, with long term implications for health*
- Should we be shifting the focus on obesity and macronutrients i.e. sugar and fat towards the need for a focus on nutrient density

*Ref: Miller, Spiro & Stanner, Nutrition Bulletin 2016 Micronutrient status and intake in the UK – where might we be in 10 years' time?
How this relates to Wales

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How healthy are the population of Wales?

Figure 1: Healthy life expectancy, at birth in Wales, 2000-02 to 2009-11

Source: Office for National Statistics

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Preventive diseases

Figure 10: Main causes of preventable mortality, 2001 and 2013

- Ischaemic heart disease
- Neoplasm - trachea, bronchus and lung
- Accidental injury
- Chronic obstructive pulmonary disorder
- Neoplasm - colon and rectum
- Alcohol-related disease
- Suicides
- Neoplasm - breast
- Neoplasm - oesophagus
- Neoplasm - liver
- Other causes

Source: Office for National Statistics
### Lifestyle factors

<table>
<thead>
<tr>
<th>Lifestyle factor</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>High blood pressure</td>
<td>20%</td>
</tr>
<tr>
<td>Respiratory illness</td>
<td>13%</td>
</tr>
<tr>
<td>Arthritis</td>
<td>12%</td>
</tr>
<tr>
<td>Mental illness</td>
<td>12%</td>
</tr>
<tr>
<td>Heart condition</td>
<td>9%</td>
</tr>
<tr>
<td>Diabetes</td>
<td>7%</td>
</tr>
</tbody>
</table>

And harmful behaviours are still too frequent:

<table>
<thead>
<tr>
<th>Behaviour</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Smoked</td>
<td>20%</td>
</tr>
<tr>
<td>Drank above daily guidelines the previous week</td>
<td>40%</td>
</tr>
<tr>
<td>Binge drank (twice daily guidelines) the previous week</td>
<td>24%</td>
</tr>
<tr>
<td>Ate fewer than five portions fruit &amp; vegetables the previous day</td>
<td>68%</td>
</tr>
<tr>
<td>Physically active fewer than five days the previous week</td>
<td>69%</td>
</tr>
<tr>
<td>Not physically active any day the previous week</td>
<td>34%</td>
</tr>
<tr>
<td>Overweight or obese</td>
<td>58%</td>
</tr>
<tr>
<td>Obese</td>
<td>22%</td>
</tr>
</tbody>
</table>

Chronic conditions are common – about half of adults report being treated for a condition.

Ref: CMO Report Wales 201-15
Healthy Lifestyle behaviours,* percentages,** persons aged 16 and over, Wales 2013-2014

Figure 6: Number of healthy lifestyle behaviours

- 0 behaviours: 3%
- 1 behaviour: 17%
- 2 behaviours: 34%
- 3 behaviours: 31%
- 4 behaviours: 12%
- 5 behaviours: 3%

*not smoking, not drinking above guidelines, eating 5 or more portions of fruit and vegetables a day, physically active at least five days a week, healthy weight

Source: Welsh Health Survey 2014

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The national picture
Where do you live?

% Adults in Wales achieving their 5-a-day portions of fruit and vegetables

All Wales average of adults achieving their 5-a-day portions of fruit and vegetables = 36%

Source: Welsh Health Survey

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Obesity Video Map
Trends in adult obesity in Wales

http://www.wales.nhs.uk/sitesplus/922/page/74114
Adult Obesity in Wales

Percentage of adults reporting to be obese, age-standardised percentage, persons, Betsi Cadwaladr UHB and Wales, 2003/04-2014

Produced by Public Health Wales Observatory, using Welsh Health Survey (WG)

Child growth in Wales
Children aged 4-5 2013/2014

Healthy weight 72.7%
Overweight 14.6%
Obese 11.8%
Underweight 0.8%

What is Wales eating?

National Diet and Nutrition Survey Rolling Programme (NDNS RP)
Results from Years 2-5 (combined) for Wales (2009/10-2012/13)
A survey carried out on behalf of the Food Standards Agency in Wales, Welsh Government and Public Health England


NatCen
Social Research that works for society

GIG Cymru
Iechyd Cyhoeddus Cymru
Public Health Wales

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What should we be eating

<table>
<thead>
<tr>
<th>Food</th>
<th>Recommendations</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fruit and Vegetables</td>
<td>At least 5 portions per day aged 11 and over</td>
</tr>
<tr>
<td>Red and Processed meat</td>
<td>Should not exceed 70g per day per adult</td>
</tr>
<tr>
<td>Oily Fish</td>
<td>At least 1 portion per day for all ages (140g)</td>
</tr>
</tbody>
</table>
## What should we be eating

<table>
<thead>
<tr>
<th>Macronutrient</th>
<th>Dietary Reference Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total fat</td>
<td>Population average no more than 35% of food energy for age 5 and over</td>
</tr>
<tr>
<td>Saturated Fatty Acids</td>
<td>Population average no more than 11% of food energy for age 5 and over</td>
</tr>
<tr>
<td>Trans fatty Acids</td>
<td>Population average no more than 2% of food energy for all ages</td>
</tr>
<tr>
<td>Free Sugars</td>
<td>Population average no more than 5% of total food energy</td>
</tr>
<tr>
<td>Dietary Fibre</td>
<td>Adult population average at least 30g per day</td>
</tr>
</tbody>
</table>
What are we eating?

Table 1.4 Average daily intake of selected foods, for NDNS RP Wales Years 2-5 combined

<table>
<thead>
<tr>
<th>Food</th>
<th>NDNS age group (years)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>1.5-3</td>
</tr>
<tr>
<td>&quot;5-a-day&quot; portions (portions/day)(^a)</td>
<td>-</td>
</tr>
<tr>
<td>Fruit g/day(^b)</td>
<td>119</td>
</tr>
<tr>
<td>Vegetables g/day(^c)</td>
<td>77</td>
</tr>
<tr>
<td>Oily fish g/day(^d)</td>
<td>2</td>
</tr>
<tr>
<td>Red and processed meat g/day(^e)</td>
<td>31</td>
</tr>
<tr>
<td>Bases (unweighted)</td>
<td>67</td>
</tr>
</tbody>
</table>
Free Sugar intakes

% contribution of food groups to average daily non-milk extrinsic sugars (NMES) intake (g) in Wales, persons aged 1.5 years and over, Wales 2009/0-2012/13
Source: National Diet & Nutrition Survey

Produced by Public Health Wales Observatory, using NDNS (WG)
Intakes and income

Average daily intake of energy and selected macronutrients in Wales, by equivalised household income, 4-64 years, 2009/10-2012/13
Produced by Public Health Wales Observatory, using National Diet and Nutrition Survey, 2009/10-2012/13, Wales

- **Non-starch polysaccharide (NSP) g**
  - Tertile 1 (lowest): 10.4, 11.8, 12.2
  - Tertile 2: 10.9, 10.7, 12.7
  - Tertile 3 (highest): 10.9, 13.3, 15.2

- **Non-milk extrinsic sugars (NMES) % food energy**
  - Tertile 1 (lowest): 12.1, 15.2, 13.4
  - Tertile 2: 14.2, 13.9, 12.0
  - Tertile 3 (highest): 13.7, 15.6, 10.3

- **5-a-day portions of fruit & veg**
  - Tertile 1 (lowest): 2.7, 2.8
  - Tertile 2: 2.6, 3.7
  - Tertile 3 (highest): 3.3, 4.6

* data not available for 4-10 year olds

Produced by Public Health Wales Observatory, using NDNS (WG)

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