

## Obesity references to disadvantage

*“Obesity is more common among socially deprived communities, characterized by lower income, education and access to care. It has been suggested that obesity reflects and compounds **inequalities**, and this becomes a vicious circle. Individuals, particularly those in disadvantaged situations, face structural, social, organizational, financial and other constraints in making healthy choices concerning their diet and physical activity” (WHO Europe, 2006)*

*“Obesity is related to a toxic environment “ (Schwartz and Brownell, 2007)*

*“Policy approaches are also highly appropriate for reaching multiple sectors of the community, including socio-economically disadvantaged populations where obesity levels are disproportionately high” (Sacks et al., 2008) (Mishra et al 2002, Monteiro et al 2004.)*

*“Differentials in terms of the prevalence of obesity across ethnicity and social and economic status for both adults and children have also emerged in the most recent Health Survey for England, especially among females. Women and girls of Afro-Caribbean and Pakistani backgrounds show a higher prevalence of obesity than the population in general, as do women and girls of lower social and economic status” (Mohebati et al., 2007)*

## Overweight and Obesity in Adults, Australia, 2004-05.

<http://www.abs.gov.au/Ausstats/abs@.nsf/Latestproducts/4719.0Main%20Features32004-05?opendocument&tabname=Summary&prodno=4719.0&issue=2004-05&num=&view=>

### **“INCOME**

*While fairly similar proportions of adults in low income and high income households were overweight or obese in 2004-05 (56% and 52% respectively), those in low income households were more likely to be obese. Around one fifth (21%) of adults in low income households were obese compared with 16% of adults in high income households.*

### **DISADVANTAGE**

*A higher proportion of adults living in areas with the greatest disadvantage (those in the lowest quintile of the index of socioeconomic disadvantage) were overweight or obese (56%) compared to those living in areas with the least disadvantage (those in the highest quintile of the index of socioeconomic disadvantage)(48%). The proportion of adults living in areas with the greatest disadvantage who were obese (22%) was almost double that of obese adults living in areas with the least disadvantage (13%).”*

**Diet, Nutrition and the Prevention of Chronic Diseases.** Report of the joint WHO/FAO expert consultation, WHO Technical Report Series, No. 916 (TRS 916) 2003 -

<http://www.who.int/dietphysicalactivity/publications/trs916/en/>

**Obesity: Preventing and Managing the Global Epidemic.**

Report on a WHO Consultation WHO Technical Report Series, No. 894 (TRS 894) 2000 -

[http://whqlibdoc.who.int/trs/WHO\\_TRS\\_894.pdf](http://whqlibdoc.who.int/trs/WHO_TRS_894.pdf)

**Global Strategy on Diet, Physical Activity and Health** The strategy to substantially reduce deaths and disease burden worldwide by improving diet and promoting physical activity, WHO adopted in May 2004, the <http://www.who.int/dietphysicalactivity/en/>

MOHEBATI, L., LOBSTEIN, T., MILLSTONE, E. & JACOBS, M. (2007) Policy options for responding to the growing challenge from obesity in the United Kingdom. *Obesity Reviews*, 8, 109-115.

SACKS, G., SWINBURN, B. A. & LAWRENCE, M. A. (2008) A systematic policy approach to changing the food system and physical activity environments to prevent obesity. *Aust New Zealand Health Policy*, 5, 13.

SCHWARTZ, M. B. & BROWNELL, K. D. (2007) Actions Necessary to Prevent Childhood Obesity: Creating the Climate for Change. *The Journal of Law, Medicine & Ethics*, 35, 78-89.

WHO EUROPE (2006) 10 things you need to know about obesity. *WHO European Ministerial Conference on Counteracting Obesity -Diet and physical activity for health*. I s t a n b u l , T u r k e y, WHO Europe,.

Mishra G, Ball K, Arbuckle J, Crawford D: Dietary patterns of Australian adults and their association with socioeconomic status: results from the 1995 National Nutrition Survey. *Eur J Clin Nutr* 2002, 56(7):687-93.

Monteiro CA, Moura EC, Conde WL, Popkin BM: Socioeconomic status and obesity in adult populations of developing countries: a review. *Bull World Health Organ* 2004, 82(12):940-6