

# Healthy Eating in Knowsley

## Overview

### Health-related Issues



#### Type 2 Diabetes

In Knowsley, type 2 diabetes is more common in women than in men.



#### Heart Health

The Under 75 mortality rate from all cardiovascular diseases in Knowsley (111) is significantly higher than the England rate (76).



#### Obesity

Three quarters of Knowsley residents (74.6%) are classed as overweight or obese and this is higher than the national average (63.8%)



#### Child Obesity

Knowsley has the highest reception obese % in England for upper tier local authorities (14.1%) as well as the highest % of year 6 overweight and obese (50%).



#### Children's Dental Decay

In Knowsley, 31.2% of five-year old children experienced tooth decay compared to an average of 23.7% across England.



#### 5-a-day

In Knowsley, 22% of adults (16+) are meeting the target of eating 5-a-day, this is significantly lower than the national average (32.5%) and is the lowest in the North West.

### Local Factors



#### Cost of Living

The annual rate of UK food price inflation increased to 19.1% by April 2023 – the largest rise for over 40 years.



#### Food Deserts

Knowsley is ranked 10<sup>th</sup> in the ranking of food deserts in the UK.



#### School Meals

Research indicated that almost 80% of calories from school meals are ultra processed, and Knowsley has seen an increase of 53% for Secondary pupils and 40.5% for primary on FSM since 2016.

