

# Differences in the prevalence of obesity between men and women in the United Kingdom

K P <sup>1</sup> J W <sup>1\*</sup>

<sup>1</sup>ICRF Health Behaviour Unit, University College London

**O**bjective: To examine the prevalence of obesity in men and women in the United Kingdom in 1994. It is hypothesized that the prevalence of obesity will be higher in men than in women.

**St**udy: Data from the 1994 National Diet and Nutrition Survey (NDNS) are used. The sample size is 168.

**R**esults: The prevalence of obesity (BMI  $\geq 30$ ) is 16.7% in men and 10.7% in women. The difference is statistically significant ( $F(1,167) = 200.5, P < 0.001$ ). The prevalence of obesity increases with age in both men and women.

**C**onclusions: The prevalence of obesity is higher in men than in women in the United Kingdom. This difference is statistically significant.

**S**ources: National Diet and Nutrition Survey (NDNS), 1994.

**D**ifferences: The prevalence of obesity is higher in men than in women in the United Kingdom.

**I**t is estimated that in 1950, 10% of the population were obese (WHO, 1990). In the United Kingdom, the prevalence of obesity has increased to 16.7% in men and 10.7% in women in 1994. This increase is consistent with the trend seen in other developed countries.





M... 0.7 (K... 1993).

S...

P...

T...

Q...

T...

P...

D...

T...

Construct validity

T... 4... (P < 0.001).

@...

R...

At... 168... 74... 94... 105... 52... (53... 90%... 84%... Diff... T... 3.





7 Do the following foods have high or low in saturated fat? (tick one box per food)

H	L	N	
Milk	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Wheat	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Oil	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Rice	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sugar	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cheese	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

8 Some foods are high in fat. Tick the ones that are high in fat.

( )

( )

( )

9 Do the following foods make a healthy alternative to red meat? (tick one box per food)

Y	N	N	
Eggs	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Lentils	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Beans	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Nuts	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Leafy greens	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Quinoa	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

10 A diet high in fat is not healthy. Tick the foods that are high in fat.

( )

( )

19 Which one of the following is the correct order of the following words? (tick one)

- (a) ...
  - (b) ...
  - (c) ...
  - (d) ...
- 

20 How many ...

---

  

---

  

---



9 What is the most common type of fat? (tick one)

- ( ) Saturated  
 ( ) Unsaturated  
 ( ) Trans  
 ( ) Polyunsaturated

If you eat a lot of saturated fat, it can increase your risk of heart disease.

.....  
 .....  
 .....

10 If you eat a lot of trans fat, it can increase your risk of heart disease. (tick one)

- ( ) Yes  
 ( ) No  
 ( ) Sometimes

4 How much salt should you eat each day?

- ( ) Less than 5g  
 ( ) 5-6g  
 ( ) More than 6g

11 How often should you eat fruits and vegetables?

- ( ) Less than 5 times a week  
 ( ) 5-6 times a week  
 ( ) More than 6 times a week

If you eat a lot of trans fat, it can increase your risk of heart disease.

.....  
 .....  
 .....

If you eat a lot of trans fat, it can increase your risk of heart disease.

.....  
 .....

5 How much fat should you eat each day?

- ( ) Less than 5g  
 ( ) 5-6g  
 ( ) More than 6g

2 How often should you eat fruits and vegetables?

- ( ) Less than 5 times a week  
 ( ) 5-6 times a week  
 ( ) More than 6 times a week

If you eat a lot of trans fat, it can increase your risk of heart disease.

.....  
 .....

If you eat a lot of trans fat, it can increase your risk of heart disease.

.....  
 .....

6 Do you eat a lot of saturated fat? (answer each one)

	Yes	No	Not sure
How often do you eat red meat?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
How often do you eat processed meat?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
How often do you eat full-fat dairy products?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
How often do you eat fried foods?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
How often do you eat fast food?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

3 How much sugar should you eat each day?

- ( ) Less than 5g  
 ( ) 5-6g  
 ( ) More than 6g

7 Do you eat a lot of saturated fat? (answer each one)

	Yes	No	Not sure
How often do you eat red meat?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
How often do you eat processed meat?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
How often do you eat full-fat dairy products?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
How often do you eat fried foods?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
How often do you eat fast food?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

8 Which one of the following is an antioxidant? (tick one)

- (a) Vitamin A
  - (b) Vitamin C
  - (c) Vitamin E
  - (d) Vitamin K
  - (e) Vitamin D
- 

9 Which of the following is an antioxidant?

- (a) Vitamin A
  - (b) Vitamin C
- 

10 If YES to 9, tick the antioxidant(s) (answer each one)

	Yes	No	No tick
Vitamin A	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Vitamin C	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Vitamin E	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Vitamin K	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

---

11 Which of the following is an antioxidant?

- (a) Vitamin A
  - (b) Vitamin C
  - (c) Vitamin E
  - (d) Vitamin K
  - (e) Vitamin D
- 

12 How many antioxidants are there?

- (a) 18
  - (b) 24
  - (c) 25
  - (d) 34
-

