

# Do you KnowFife?

Sharing data & information across the Fife Partnership



## Adult Obesity

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Version 1.0

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**2 out of 3 adults** in Fife are either overweight or obese

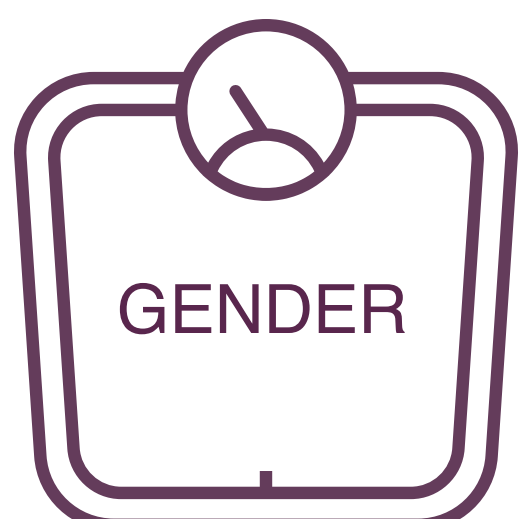
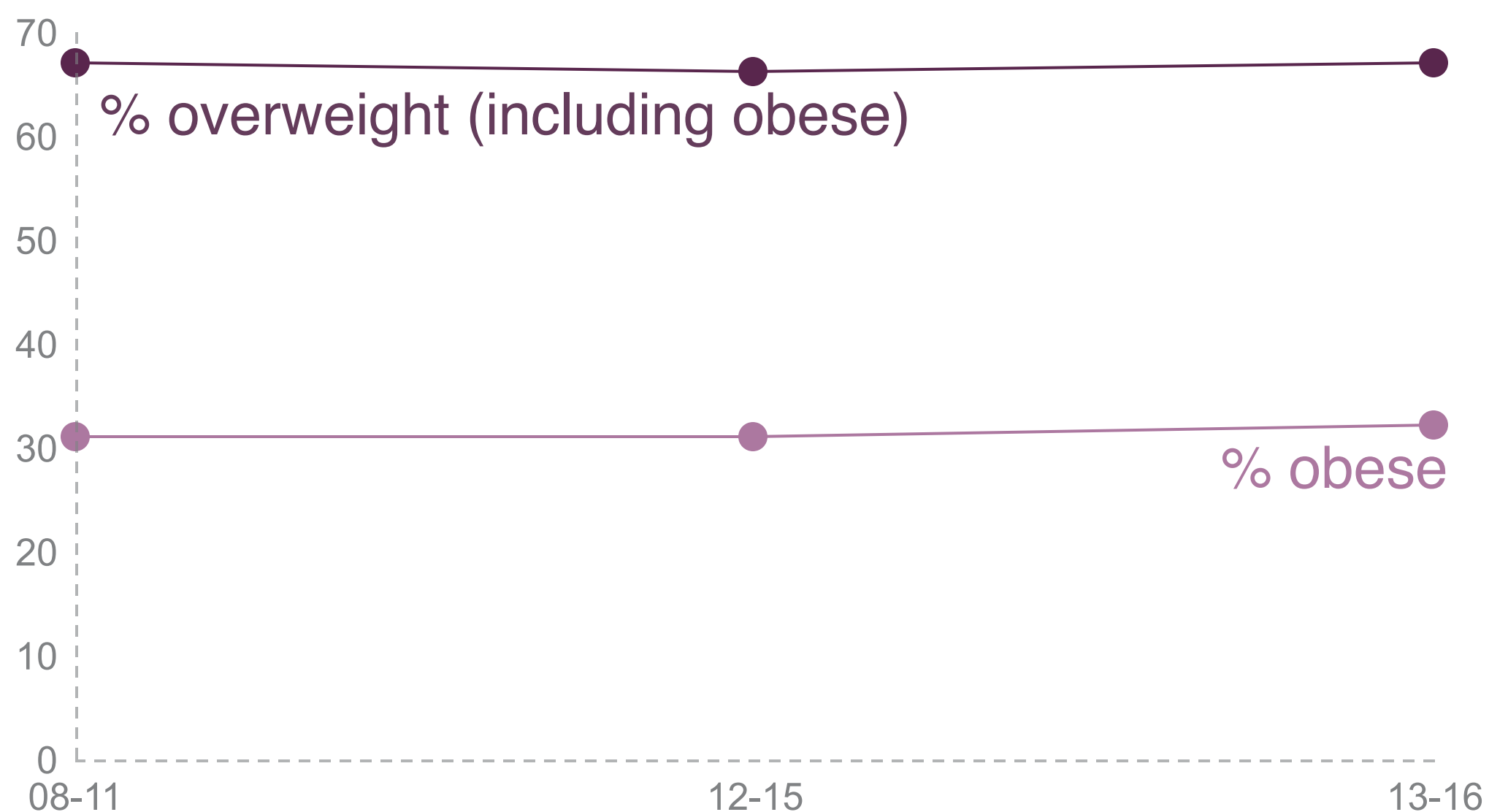
Being overweight or obese increases the risk of a range of health conditions including Type II diabetes, heart disease and stroke and is the biggest cause of cancer after smoking.

67% of adults in Fife are overweight or obese.

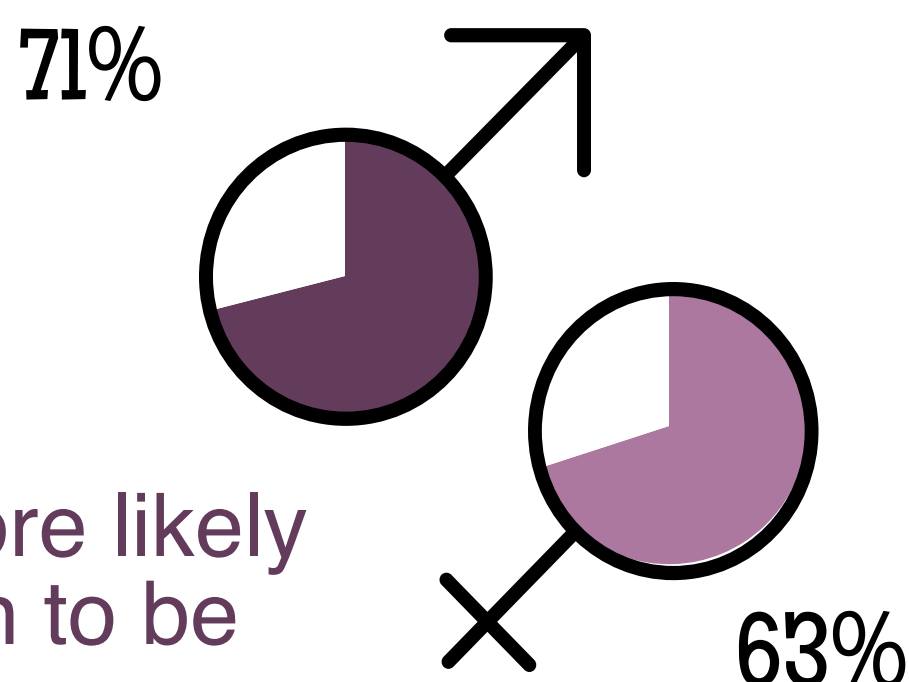
32% of adults in Fife are obese.



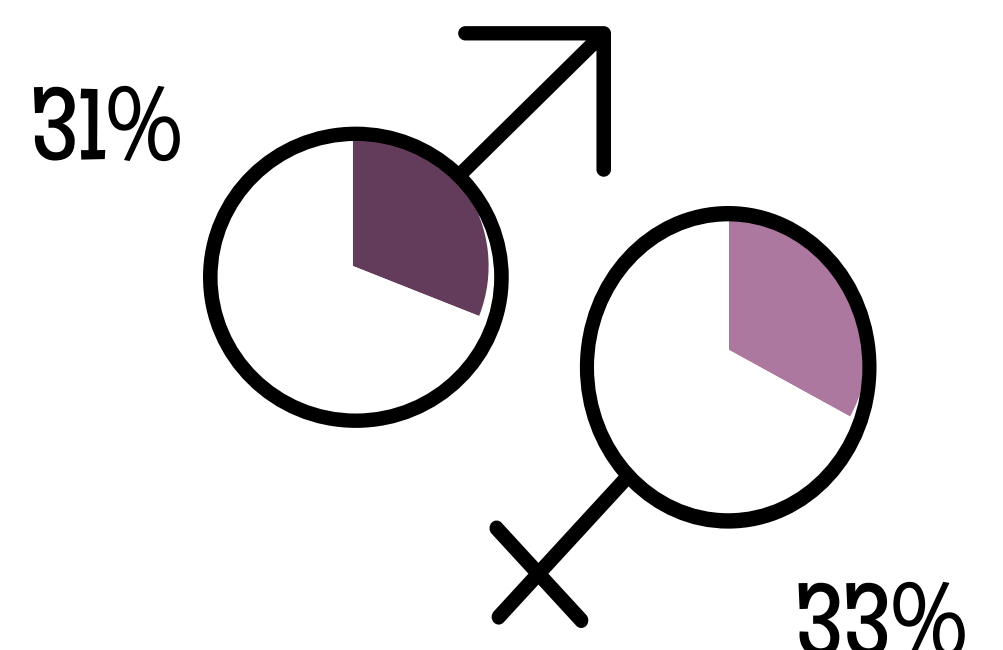
Levels of adult obesity and the proportion of adults overweight in Fife have changed little since 2008.

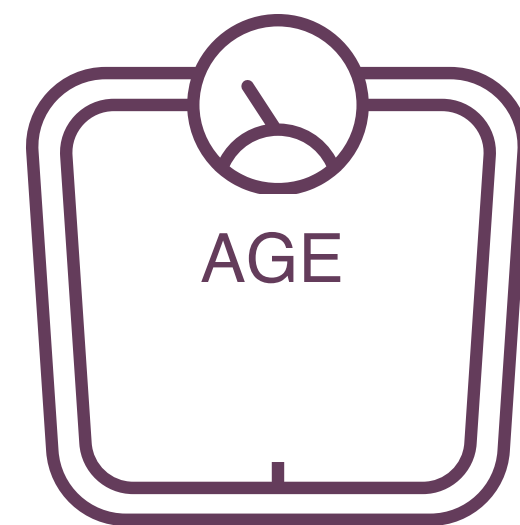
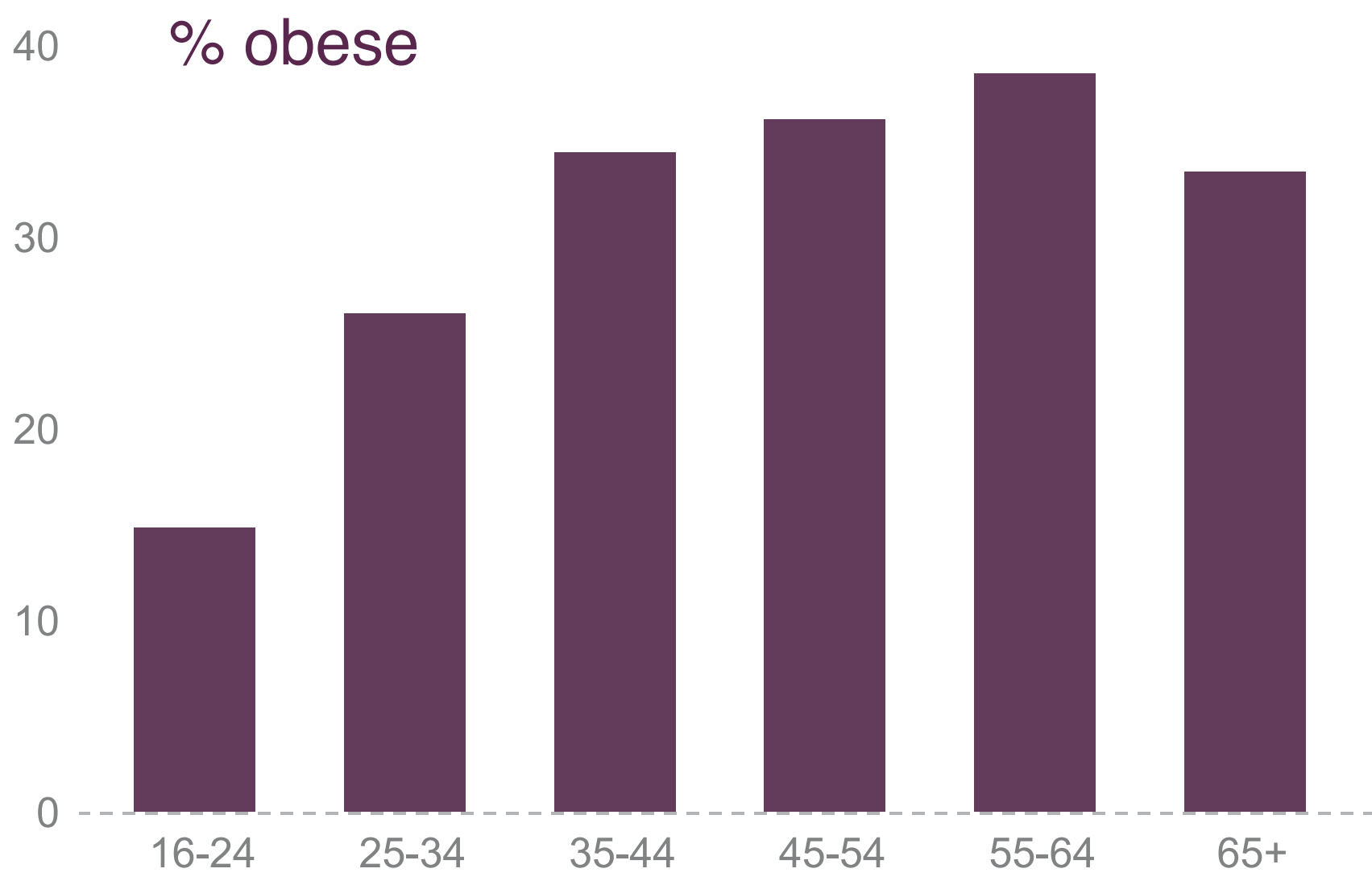


Men are more likely than women to be **overweight**.



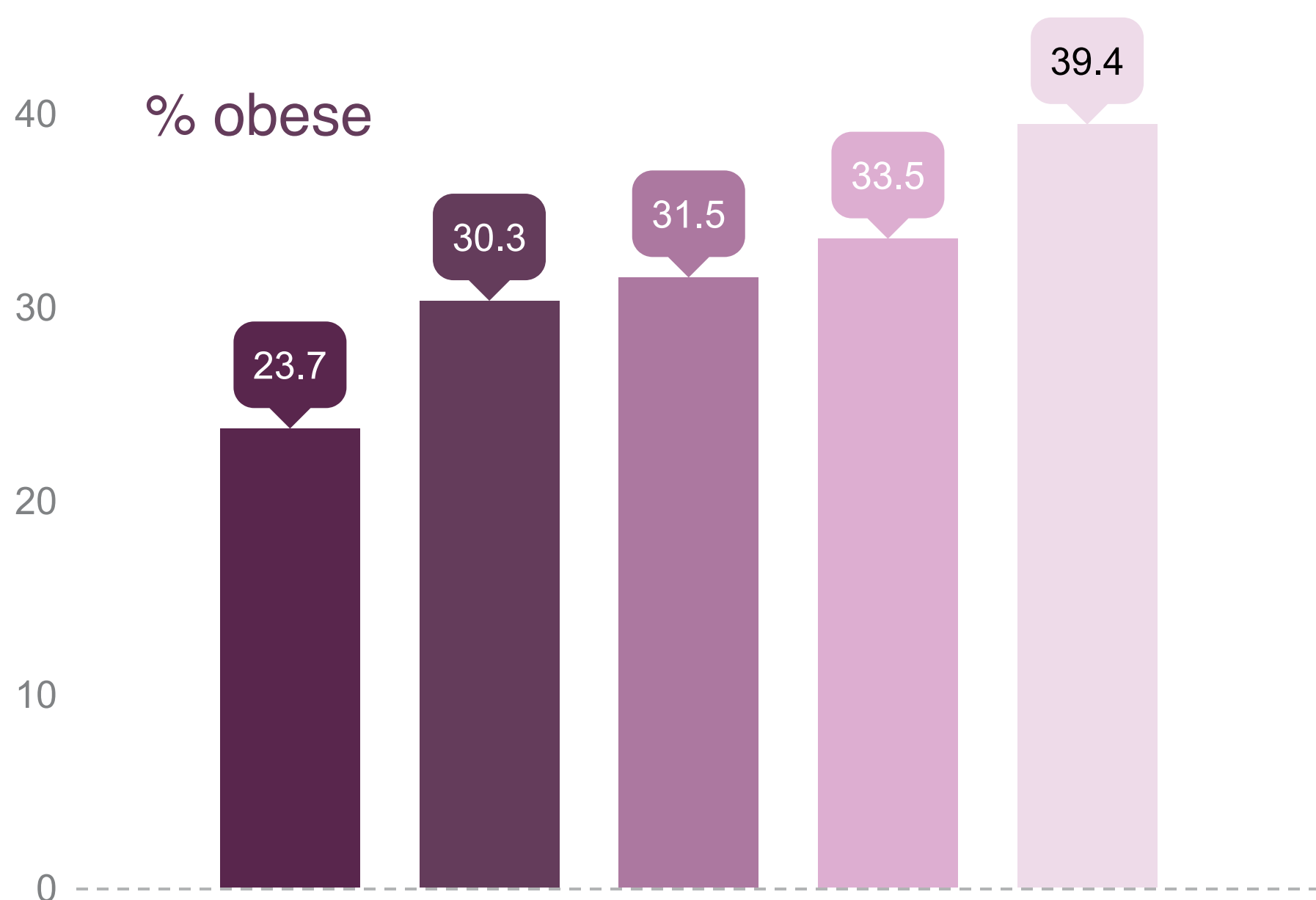
Women are slightly more likely than men to be **obese**.





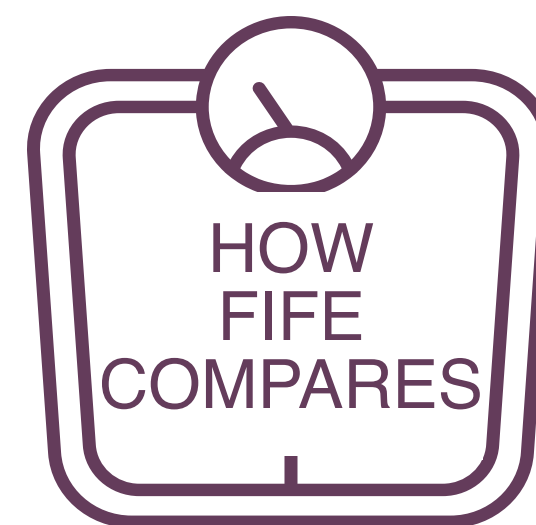
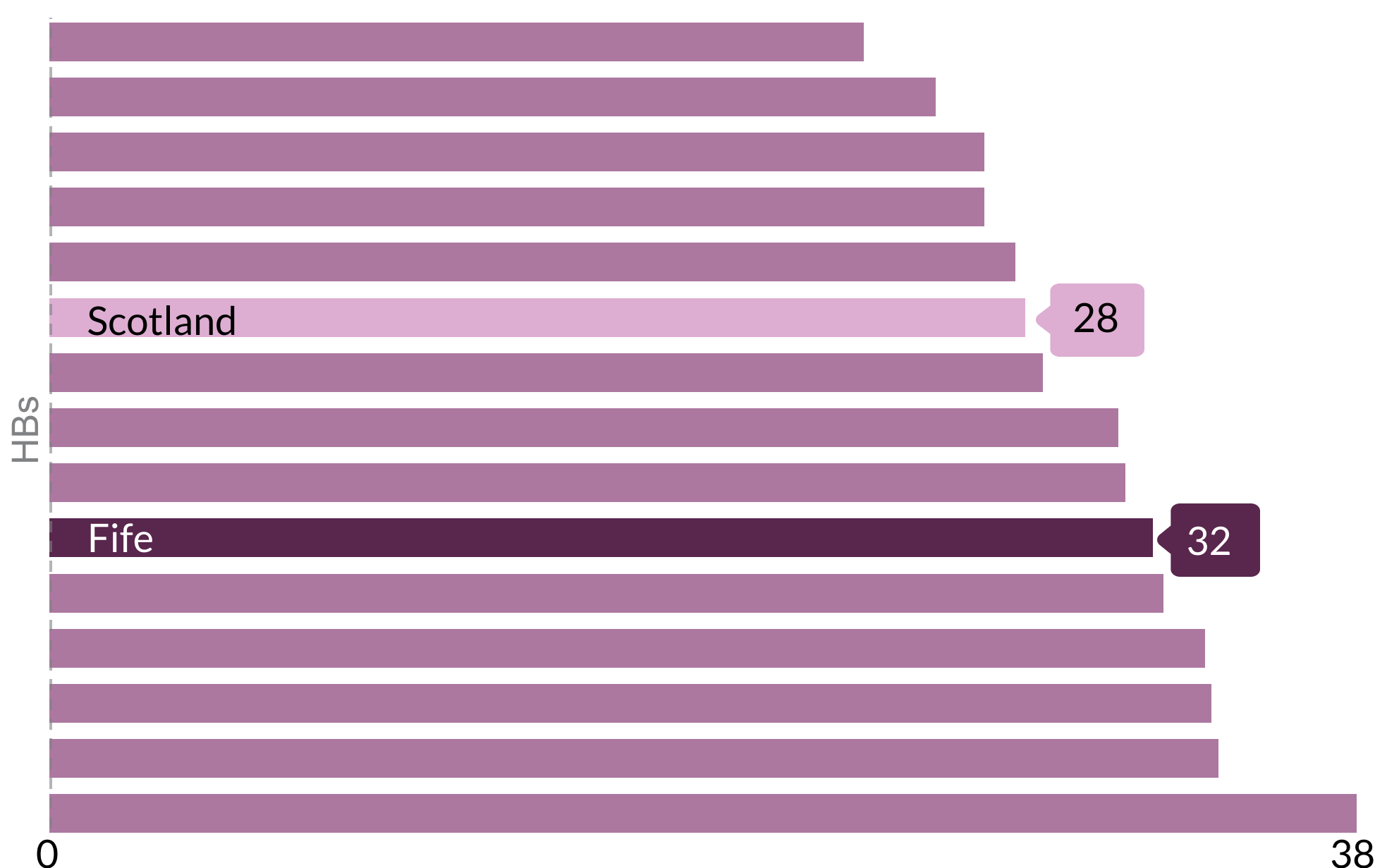
Levels of obesity increase with increasing age, reaching a peak in the age group of 55-64 and then declining again among older adults.

Increasing age →



A clear inequality gradient can be seen in the proportion of adults who are obese with obesity increasing with increasing deprivation.

Increasing deprivation →



Levels of obesity in adults in Fife are higher than the national average and the 6th highest of all Health Board areas across Scotland.

Source: 2013-16 Fife Scottish Health Survey data available from the KnowFife Dataset.