

## APPENDIX 1: District, County and National Obesity / Obesity Related Data

**Table 1: % of RECEPTION AGE CHILDREN who are overweight or obese (2019)**

Cannock	East Staffs	Lichfield	NUL	South Staffs	Stafford	Staffs Moorlands	Tamworth	STAFFS	NAT AVE
24.7%	24%	25%	27.9%	27.6%	22.4%	23.5%	23.4%	24.8%	22.6%

**Table 2: % of YEAR 6 CHILDREN who are overweight or obese (2019)**

Cannock	East Staffs	Lichfield	NUL	South Staffs	Stafford	Staffs Moorlands	Tamworth	STAFFS	NAT AVE
37%	34.4%	32.4%	36.1%	33.3%	33.2%	35%	36%	34.6%	34.3%

**Table 3: % of ADULTS who are overweight or obese (2019)**

Cannock	East Staffs	Lichfield	NUL	South Staffs	Stafford	Staffs Moorlands	Tamworth	STAFFS	NAT AVE
70%	63.5%	68.6%	60.5%	62.7%	60.0%	63.1%	69.5%	64.2%	62.3%

**Table 4: % of physically inactive ADULTS aged 19 and over (2019)**

Cannock	East Staffs	Lichfield	NUL	South Staffs	Stafford	Staffs Moorlands	Tamworth	STAFFS	NAT AVE
21.9%	25.1%	22.7%	22.3%	19.9%	18.7%	19.7%	21.8%	21.4%	21.4%

Data source: Public Health England