

Healthy Weight Data Overview - Adults: Nov 2025

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Introduction:

This briefing has been developed to support decisions to prioritise areas of work for the Healthy Weight Partnership (HWP). The purpose of this briefing is to outline key nationally available data to help set the context for local needs and inequalities relating specifically to physical activity. It collates analysis at an East Sussex level for a range of publicly available data and, where possible, this information has been benchmarked nationally. Where local data on health inequalities is not available, national evidence is presented.

Data are drawn from many sources and vary by time period, population and presentation of values, so care should be taken with interpretation - the data is meant as guidance to complement local knowledge and expertise. Where possible the relationships to national or local benchmarks are marked using the following key: amber - similar to benchmark, green - significantly better than benchmark (95% confidence), red - significantly worse than benchmark (95% confidence).

Key Findings:

East Sussex:

- Many areas with a higher rates of takeaways are concentrated along more populated coastal areas and areas of greater deprivation.
- County and District/Borough Prevalence of adult overweight (including obesity) is similar to England, except for Wealden which is significantly lower.
- Except for a slight decline in adult overweight/obesity prevalence in 2021/22, prevalence has been steadily rising in East Sussex since 2015/16.
- A significantly higher proportion of adults in East Sussex meet the recommended '5 a day' fruit and vegetable consumption (39.1%) than nationally (31.3%)

England:

- Food insecurity in England has been rising since 2020/21 for all households, but is consistently higher in households: with children, who rent, younger households (16-24 years), or with one or more disabled or unemployed working age adults.
- There has been an overall upward trend in people who are overweight or living with obesity since 2015/16

- Overweight (including obesity) prevalence is higher in adults: from Asian or Chinese ethnic backgrounds, aged 45-84, male, educated at level 3 or below, economically inactive or working, with a disability, in the most deprived areas.
- Less than a third of adults currently meet the ‘five a day’ target for fruit and vegetables.

Contextual Factors

- The population of East Sussex was estimated to be 560,882 in mid-2024.
- The number of people has increased by 0.8% (4,244 people) since mid-2023 (England and South East both up 1.2%) and by 4.3% since 2014 (England up 7.8%, SE up 8.4%).
- East Sussex has a much older age profile compared to England and the South East. Over a quarter (26.6%) of the county’s population is aged 65 or over (sixth highest of all counties/UAs in the country), compared to 18.7% in England and 19.8% regionally.
- On the other hand, only 16.3% of the county is aged under 16, compared to 18.4% nationally and 18.5% in the South East.
- 52% of the county’s population is estimated to be female and 48% male, similar to nationally.

Our adult population:

Figure 1: East Sussex population age and gender profile, 18+ years, 2024



Source: ONS, Mid-year population estimates, 2024

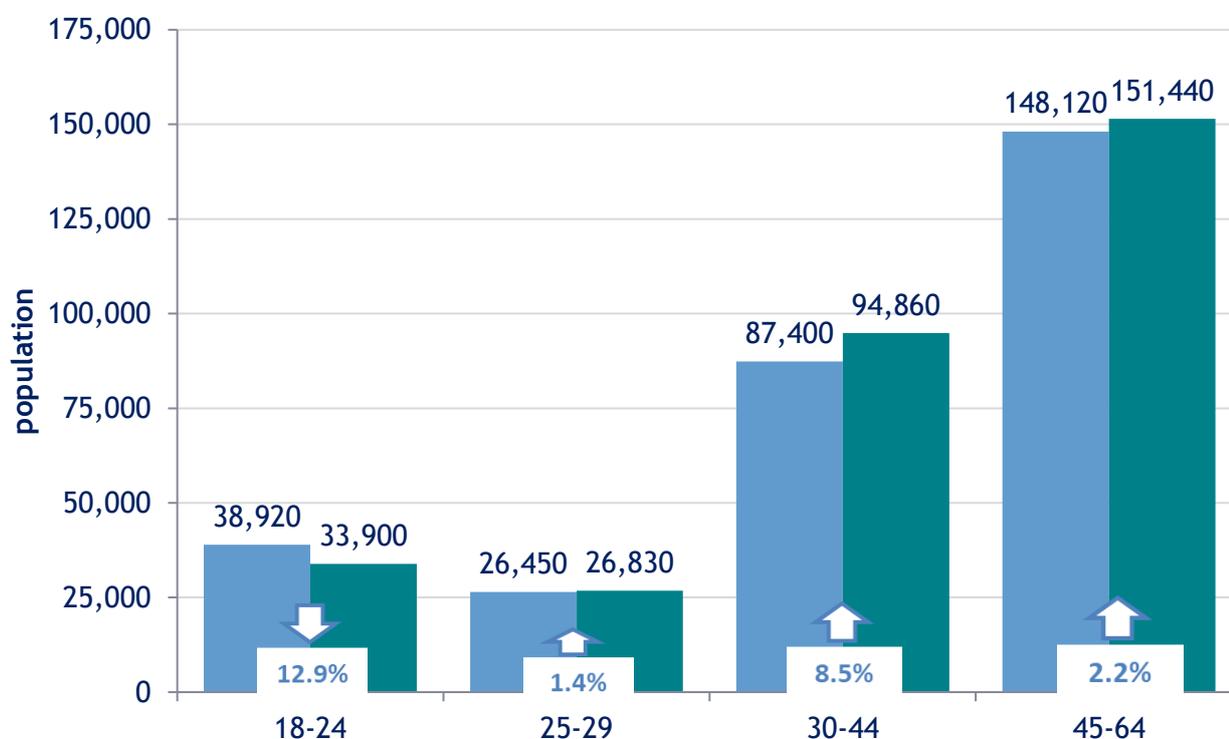
Working Age population (18-64 years old):

- The population of working-age people in East Sussex has increased from 300,885 in 2014 to 307,039 in 2024, an increase of 2% in the decade. This compares to an increase of 6.4% nationally and 6.5% regionally.
- Working-age people make up 54.7% of the total population in East Sussex in 2024. This is

lower than the regional (59.2%) and national (60.5%) averages.

- In East Sussex numbers of young working age adults (aged 18-29) fell by 7.1% in the last decade. The decline was focused on the 18-24 age group which saw a net change of 12.9% over the ten years to 2024.
- The age group to see the biggest rise over the decade (8.5%) is 30 to 44 year olds, with an increase of 1.6% in the year to 2024.

Figure 2: Population change among working age people, 2014-2024

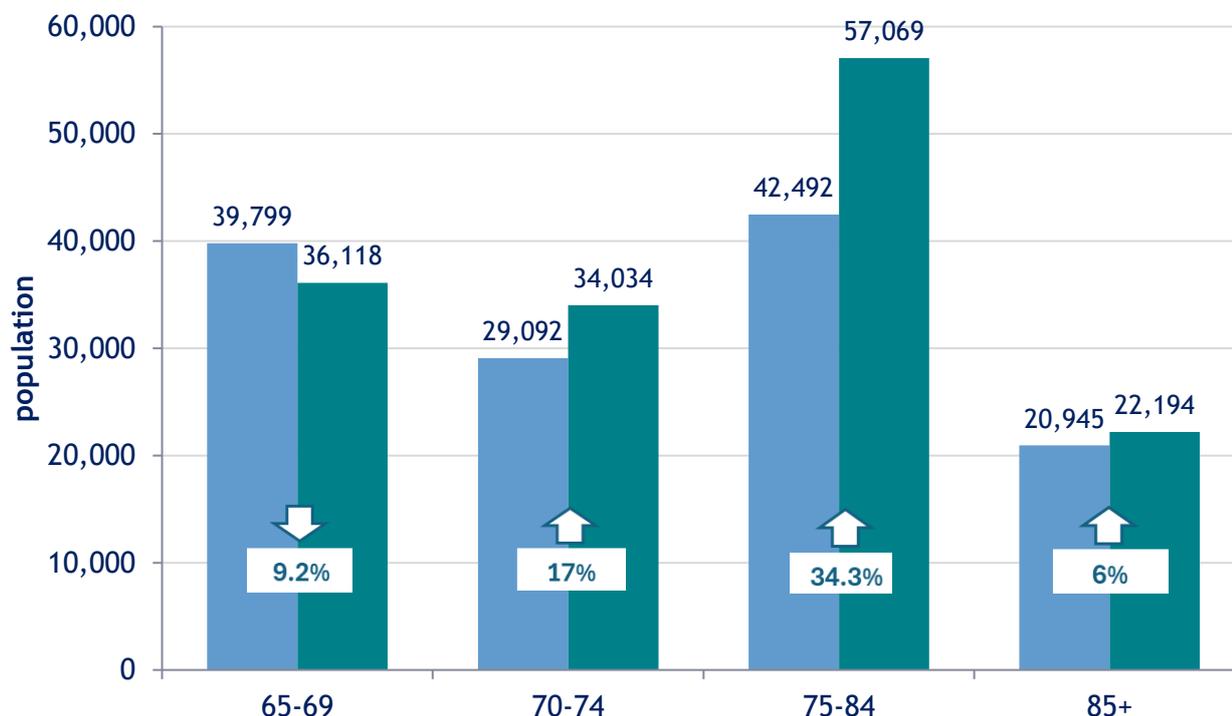


Source: Calculated by East Sussex Research and Intelligence Team, 2025

People aged 65+ in East Sussex:

- The population of people aged 65 and over in East Sussex has increased by 1.5% in the year to 2024 and by 12.9% since 2014, a slightly smaller increase than the change both nationally (15.5%) and regionally (16.2%).
- For those over 65 an estimated 55% of the population is female and 45% male

Figure 3: Population change of over 65s in East Sussex, 2014-2024

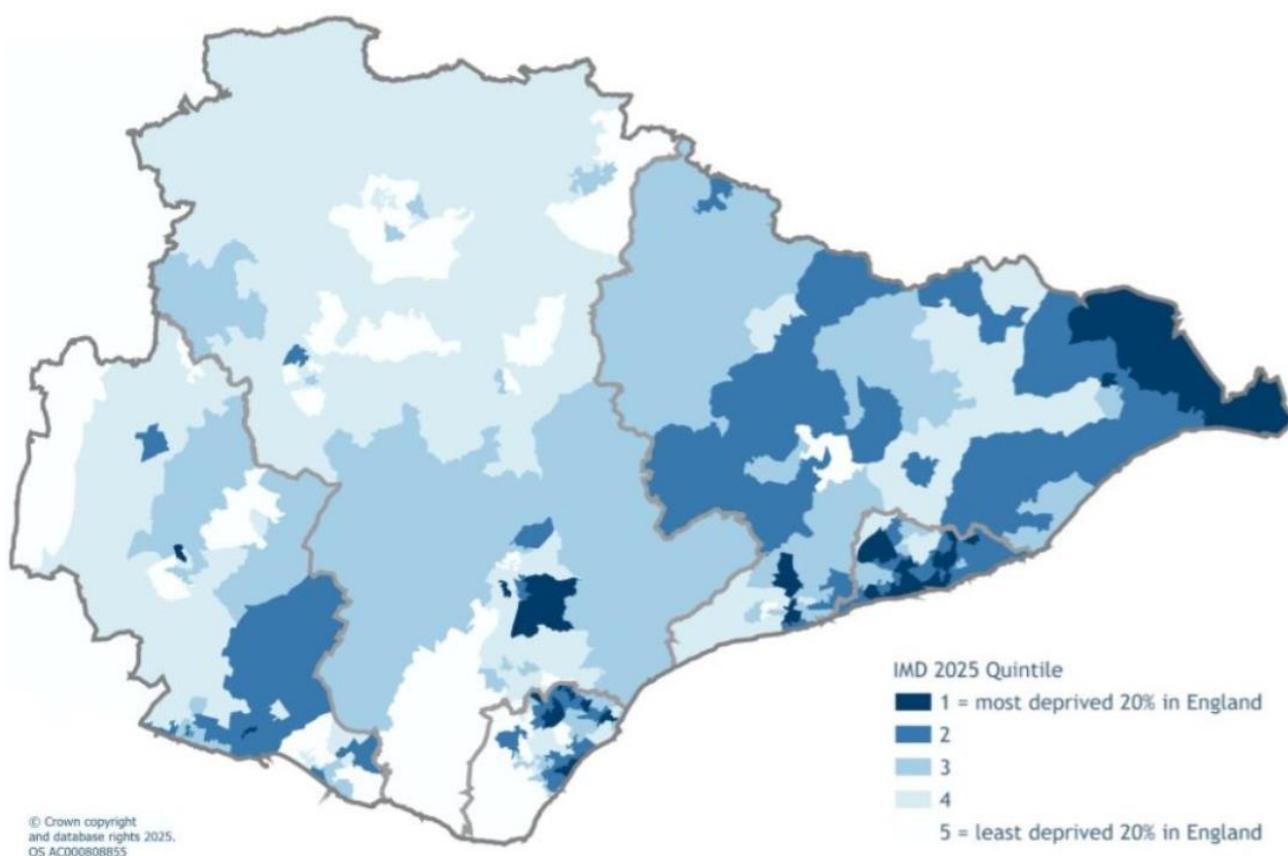


Source: Calculated by East Sussex Research and Intelligence Team, 2025

Deprivation:

- The Index of Multiple Deprivation (IMD) 2025 is the official measure of relative deprivation for small areas (LSOA's, or neighbourhoods) in England. The IMD combines information from seven domains to produce an overall relative measure of deprivation: Income; Employment; Education; Skills and Training; Health and Disability; Crime; Barriers to Housing Services; Living Environment.
- Relative multiple deprivation has risen in East Sussex since 2019, with more neighbourhoods (Lower Super Output Areas or LSOAs) among the most deprived decile (10%) in England.
- East Sussex ranks 91 out of 153 upper tier local authorities (UTLAs) in England as measured by IMD - rank of average rank.
- In East Sussex there are 332 LSOAs. 106 are ranked in a more deprived decile than in 2019. 54 are ranked in a less deprived decile than in 2019 and 172 are in the same decile as in the previous IMD.

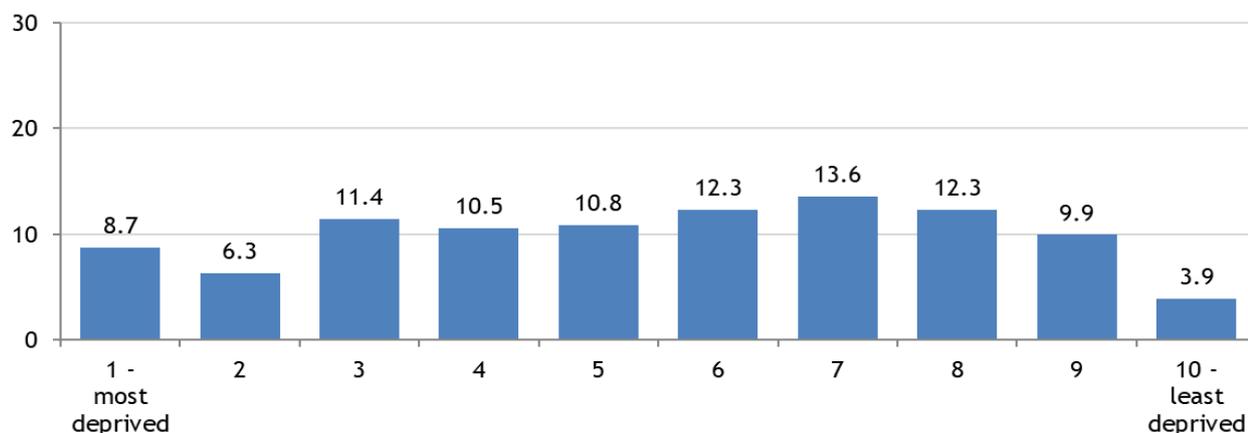
Figure 4: Index of Multiple Deprivation, East Sussex, 2025



Source: MHCLG, 2025

- East Sussex has 29 neighbourhoods out of 332 (8.7%) in the most deprived decile: a further 7 neighbourhoods in addition to the 22 in the last published IMD in 2019. 18 are in Hastings, 8 in Eastbourne and 3 in Rother.
- Hastings now ranks as the third most deprived lower tier local authority (LTLA) in terms of rank of average rank (out of 296 LTLAs), with almost half of LSOAs in Hastings (49%) among the most deprived quintile (20%) nationally. Its most deprived LSOA in Broomgrove, Hastings, is ranked as the seventh most deprived in England, out of 33,755 neighbourhoods.

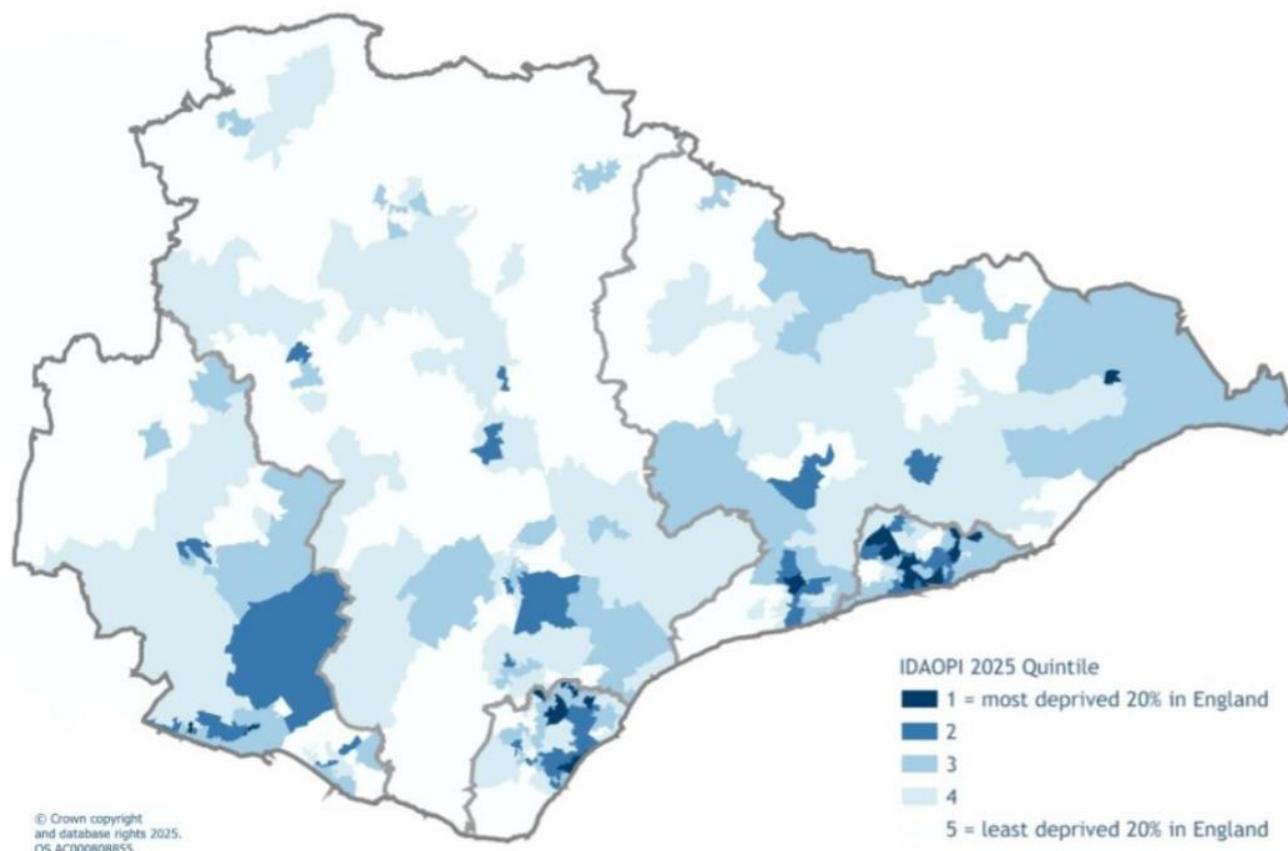
Figure 5: Index of Multiple Deprivation by deciles | 2025



Source: MHCLG, 2025

- The Income Deprivation Affecting Older People Index (IDAOPI) estimates that in East Sussex, 24,971 older people aged 60 and over are living in income deprivation, 14% of all older people.
- The county ranks 109 out of 153 UTLAs for IDAOPI. However, in Hastings nearly a quarter (24%) of all people aged 60+ are living in income deprived households (rank 43 out of 296).
- Only 12 LSOAs in East Sussex fall among the most deprived 10% nationally for the IDAOPI measure. 6 are in Hastings, four in Eastbourne and one each in Lewes and Rother.

Figure 6: Income Deprivation Affecting Older People Index (IDAOPI), East Sussex, 2025



Source: MHCLG, 2025

For more detailed information on deprivation see: [Indices of Deprivation Briefing 2025](#)

Ethnicity:

- 89% of the East Sussex 16+ population identified as White British (White English, Welsh, Scottish, Northern Irish or British) in the 2021 Census, followed by 4.9% White Gypsy or Irish Traveller, Roma or Other White. This compares to 88.3% people of all ages in East Sussex identifying as White British and 4.8% as White Gypsy or Irish Traveller, Roma or Other White.
- A smaller portion of the 16+ population belong to Mixed or Multiple Ethnic groups (1.6%) than in the 0-19 population in East Sussex (5.5%).

Figure 7: East Sussex 16+ population by broad ethnic group, 2021

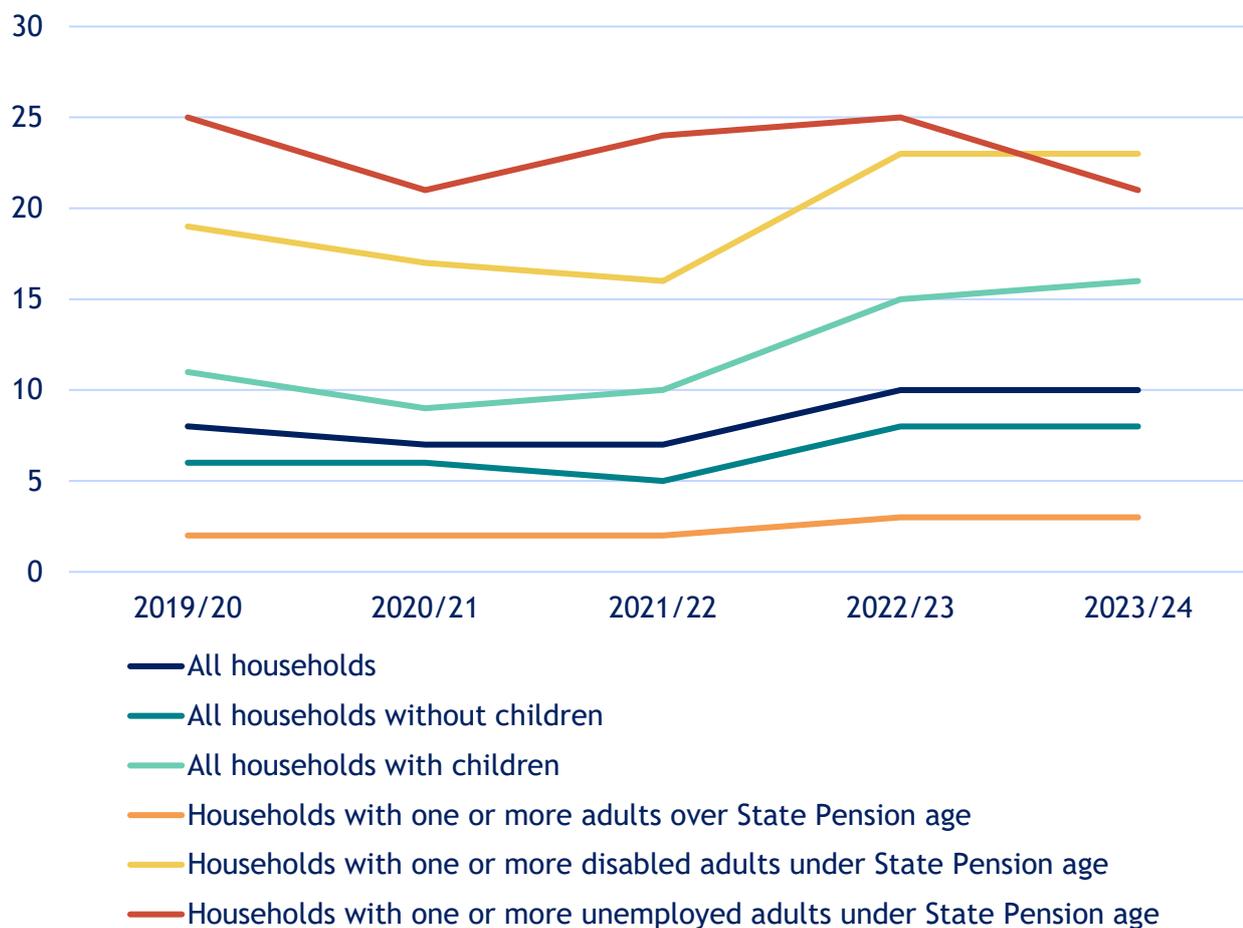


Source: ONS, Census 2021

Food insecurity in England:

- The Department for Work and Pensions has been collecting data on food security since 2019/ 202, and on food bank usage since 2021/22. Food security data measures whether households have sufficient food to facilitate an active and healthy lifestyle.
- In England, 10% of families in 2023/24 were food insecure, compared to 8% in the South East.
- In 2023/24, 16% of households with children were food insecure in England, double the proportion of households without children (8%).
- Food insecurity has been steadily rising since 2020/21 for all households, but the rate of food insecurity in households with children, with one or more disabled adults under state pension age, or with one or more unemployed adults under state pension age has remained consistently higher than the England average for all households.
- Over twice the proportion of households with a working age member experiencing unemployment or disability are food insecure compared to food insecurity across all households.

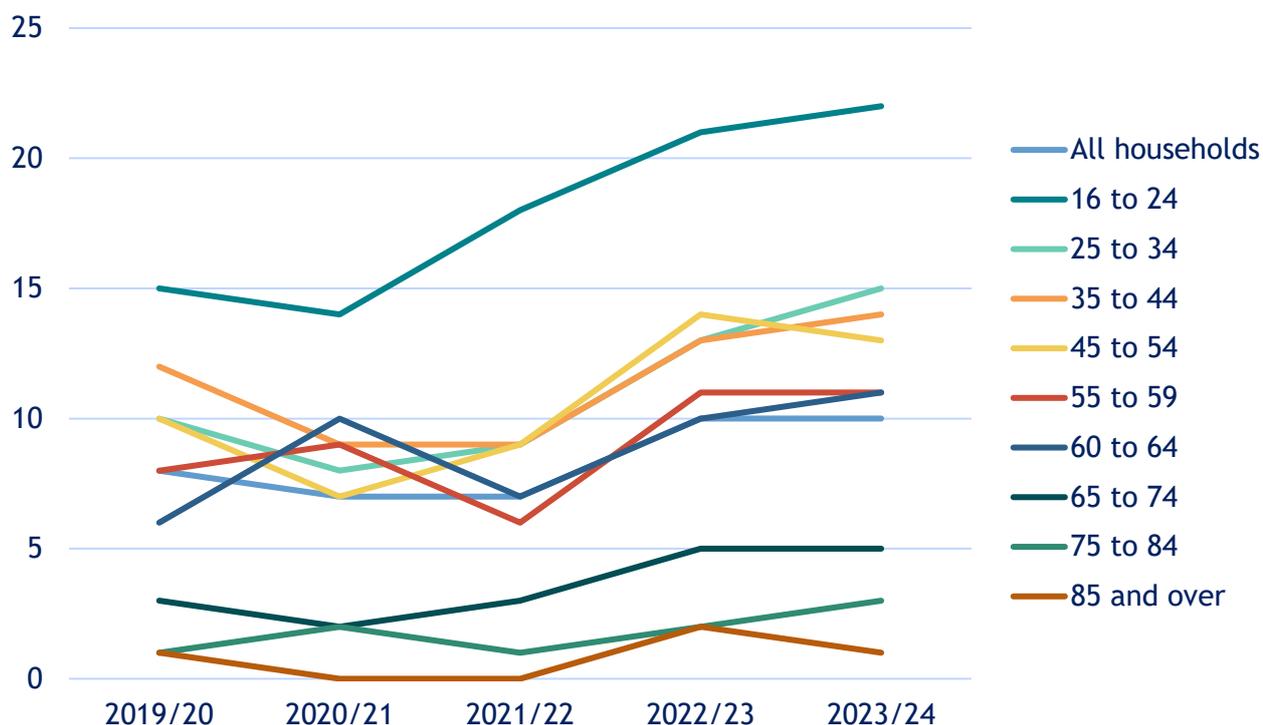
Figure 6: Food insecurity by household composition - England



Source: Department for Work and Pensions

- Food insecurity generally decreases as the age of head of the household increases.
- In 2023/24 compared to the previous year, food insecurity rose in all age groups (measured by age of head of household) with the exception of the 45-54 years, 60-64 years and 85+ year old cohorts.
- Food insecurity is highest in younger households where the head of the household is aged 16-24. This cohort has over twice the food insecurity of any household where the head of the household is aged 55 or over, and is significantly higher than the 25-54 year cohorts.
- Food insecurity in the 16-24 year cohort has risen more than any other age group since 2019/20 (+7%), followed by 25-34 years (+5%) and 55-64 years (+5%).

Figure 8: Food insecurity by age of head of household - England



Source: Department for Work and Pensions

Food insecurity:

- is almost 3x higher in households with one or more disabled adults than in those with none.
- Generally decreases as level of educational attainment increases
- Is markedly higher in those renting compared to home owners.
- Is 3x higher in the social renting sector than the average for all households, and 10x higher than for home owners
- Varies according to ethnicity, ranging from 2% in those of Chinese ethnicity, to 22% of those of Black, African, Caribbean and Black British ethnicity.
- Decreases as gross weekly income increases.

**Food insecurity by household characteristic (measured by head of household) 2023-24,
All households - 10%**

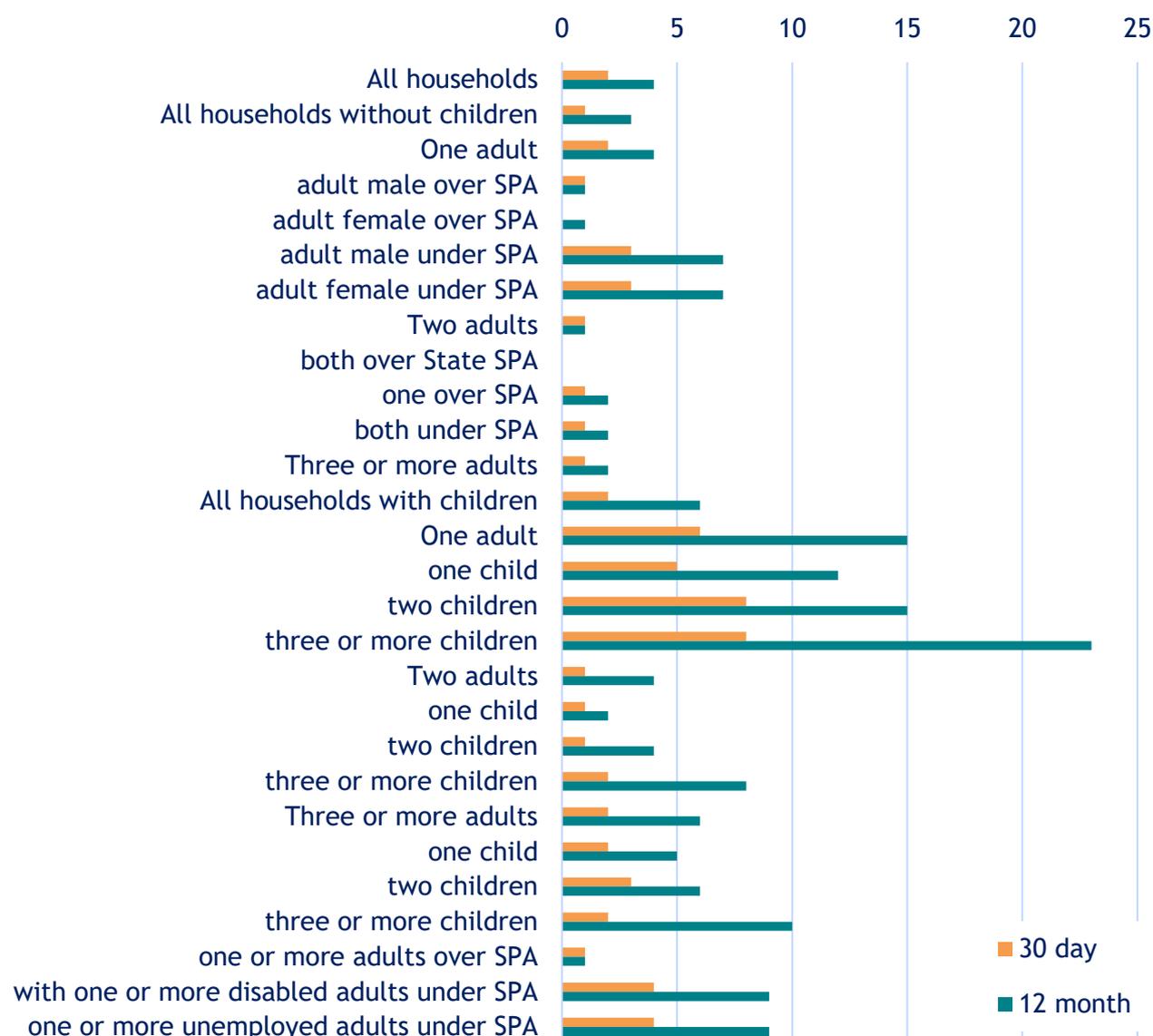
Disability	No disabled adults in household	6
	One or more disabled adults in household	16
Educational Attainment	Entry level	26
	Level 1	14
	Level 2	15
	Level 3	12
	Level 4 or higher	6
	Other qualification	9
	No reported qualifications	17
Tenure of head of household	All owners	3
	Owned outright	2
	Buying with a mortgage	5
	Social renting sector	31
	Private renting sector	17
	Ethnicity	White
	Mixed and multiple ethnic groups	20
	Asian and Asian British	11
	Indian	7
	Pakistani	16
	Bangladeshi	18
	Chinese	2
	Any other Asian background	14
	Black, African, Caribbean and Black British	22
	Arab	21
	Other ethnic group	13
Total gross weekly income	Less than £200	21
	From £200 but less than £400	17
	From £400 but less than £600	17
	From £600 but less than £800	12
	From £800 but less than £1,000	11
	£1,000 or more	3

Source: Department for Work and Pensions

Food bank usage in England:

- In England in 2023/24, 4% of households had used a food bank in the last 12 months: with double the proportion in households with children (6%) than those without (3%).
- Over the last two years food bank usage has increased for all household types.
- The proportion of households who have used a foodbank over the last year is higher among households with: single parents, single parents with two or more children, two adults with three or more children, one or more disabled adults of working age, and those with one or more unemployed adults of working age. This pattern is replicated for food bank usage in the last 30 days
- In 2023/24, 1% of households without children, and 2% of those with children had used a foodbank in the last 30 days.

Figure 9: Food bank use within the last 30 days and 12 months by household composition, England 2023/24



Source: Department for Work and Pensions

NB: SPA = State Pension Age (66 years)

Food bank use:

- is 3x higher in households with one or more disabled adults than in those with none.
- Generally decreases as level of educational attainment increases
- Is markedly higher in those renting compared to home owners.
- Is over 3x higher in the social renting sector than the average for all households, and 14x

higher than for home owners

- Generally decreases as the age of head of the household increases.
- is 2x the national average in younger households where the head of the household is aged 16-24.
- Varies according to ethnicity, ranging from 1% in those of Indian or Chinese ethnicity, to 8% of those of Black, African, Caribbean and Black British ethnicity.
- Decreases as gross weekly income increases.

Food bank use in the last 12 months by household characteristic (measured by head of household) 2023-24, All households - 4%.

All household	2023- 2024	4%
Disability	No disabled adults in household	2
	One or more disabled adults in household	6
Educational Attainment	Entry level	9
	Level 1	6
	Level 2	5
	Level 3	4
	Level 4 or higher	2
	Other qualification	3
	No reported qualifications	6
Tenure of head of household	All owners	1
	Owned outright	1
	Buying with a mortgage	1
	Social renting sector	14
	Private renting sector	5
Age of head of household	16 to 24	9
	25 to 34	5

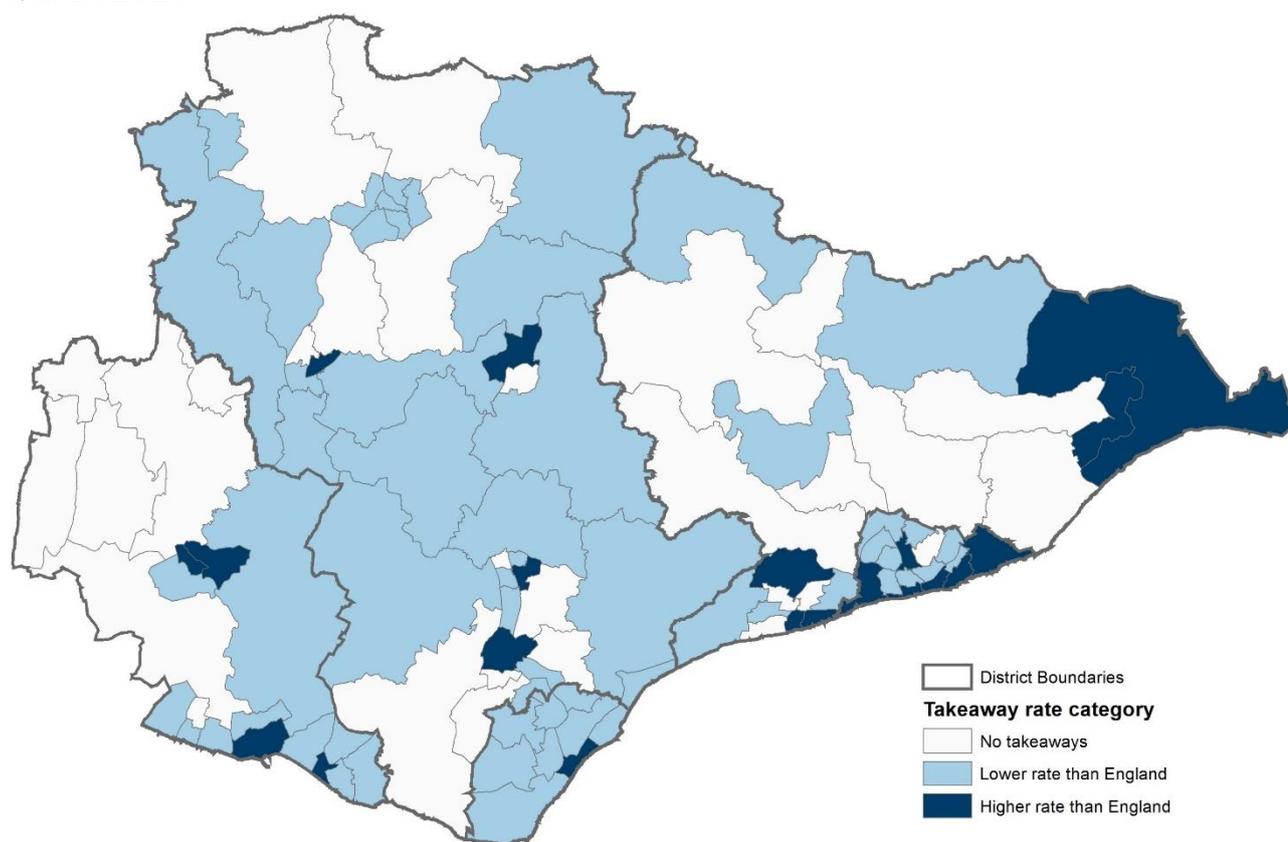
All household	2023- 2024	4%
	35 to 44	5
	45 to 54	5
	55 to 59	4
	60 to 64	4
	65 to 74	1
	75 to 84	1
	85 and over	<1
	Ethnicity	White
Mixed and multiple ethnic groups		7
Asian and Asian British		3
Indian		1
Pakistani		3
Bangladeshi		4
Chinese		1
Any other Asian background		4
Black, African, Caribbean and Black British		8
Arab		6
Other ethnic group		4
Total gross weekly income	Less than £200	9
	From £200 but less than £400	6
	From £400 but less than £600	6
	From £600 but less than £800	4
	From £800 but less than £1,000	3
	£1,000 or more	1

Source: Department for Work and Pensions

Takeaways in East Sussex

- As at September 2025, there were 422 takeaways in East Sussex: 129 in Hastings; 92 in Eastbourne; 90 in Wealden; 56 in Lewes and 55 in Rother. This equates to 0.75 per 1,000 population for the county. However, the rate per 1,000 population varies according to area, from between 0.54 and 0.57 in Lewes, Rother and Wealden, to 0.89 in Eastbourne and 1.39 per 1,000 in Hastings.
- Figure 6 shows the locations within the county where the rate of takeaways per 1,000 population is higher or lower compared to England, along with locations where there are no takeaways. It is notable that many areas with a higher rate of takeaways than England are concentrated along the more populated coastal areas.

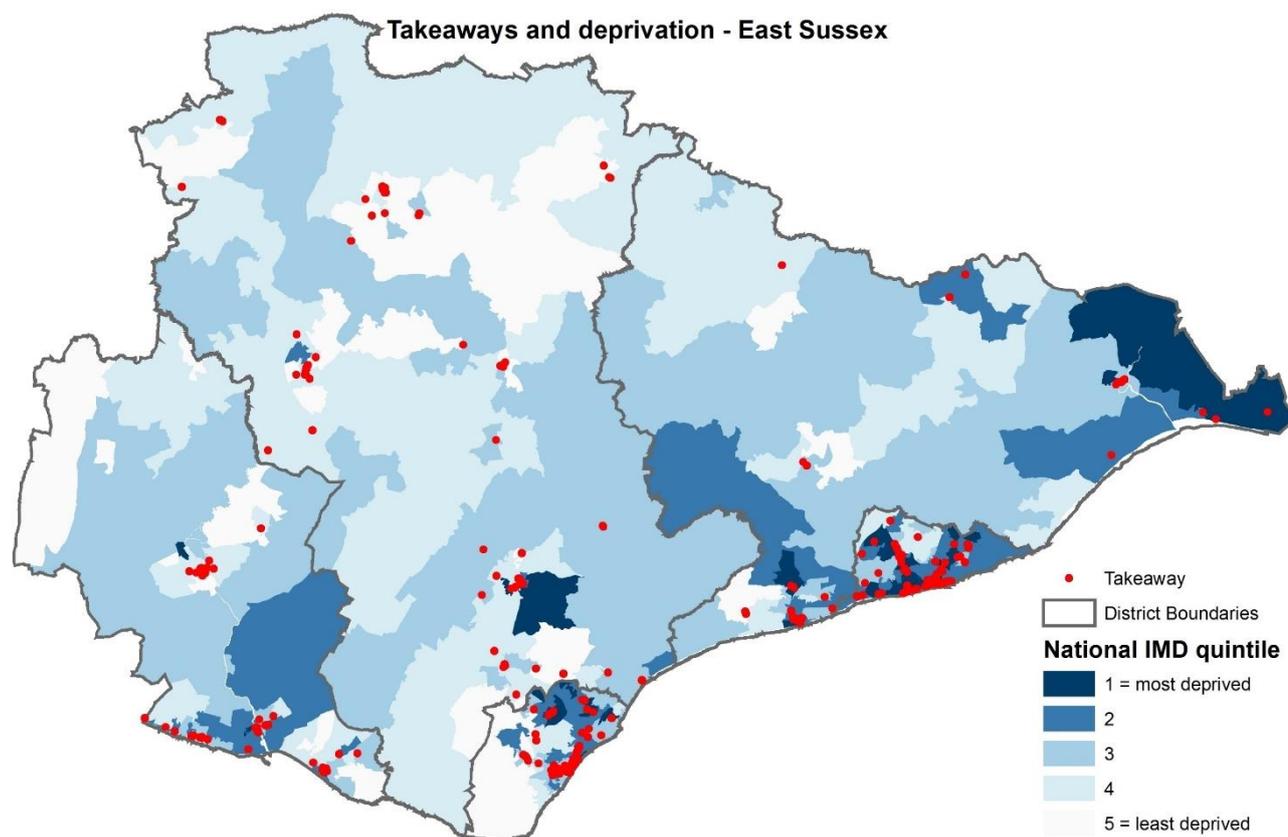
Figure 10: Rate of takeaways (per 1,000 residents) by ward, compared to England, March 2024



- Figure 7 shows the county in terms of deprivation, overlaid with the data on the location of hot food takeaways in the county. Correlation can be seen between the locations of

the areas of highest deprivation, in the dark blue, and the biggest concentrations of HFTs.

Figure 11: Takeaways and deprivation in East Sussex

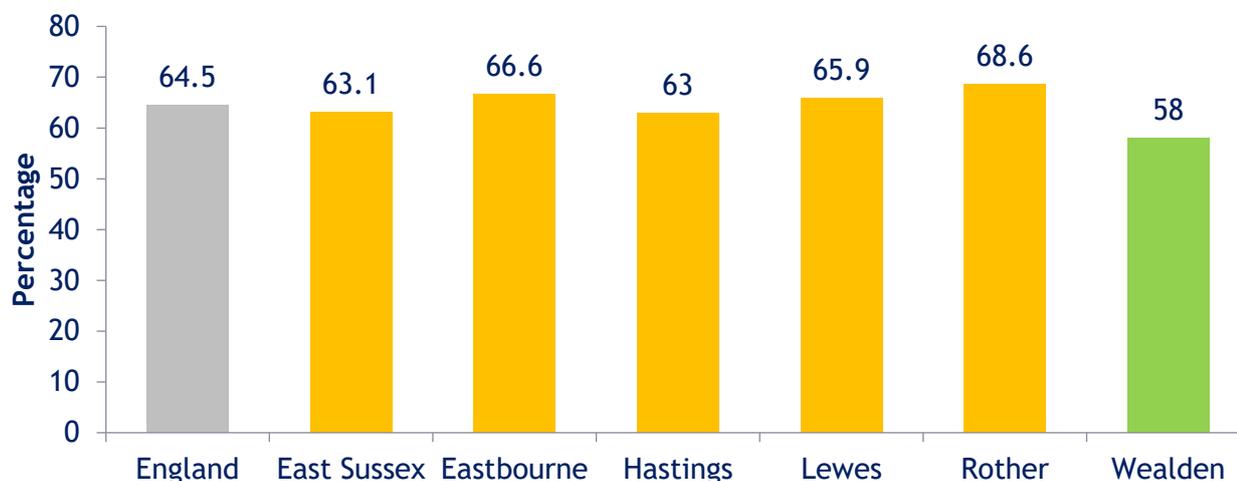


Healthy Weight in East Sussex:

Adult overweight and obesity in East Sussex:

- National data showing adjusted, self-reported height and weight data, indicates that adult overweight (including obesity) in East Sussex is similar to England at County and District/Borough level with the exception of Wealden where it is significantly lower.
- Except for a slight decline in adult overweight/obesity prevalence in 2021/22, prevalence has been steadily rising in East Sussex since 2015/16.
- Compared to the previous year (2022/23 data) obesity has reduced in Hastings and Wealden, and significantly increased in Lewes and Rother.

Figure 12: Overweight (including obesity) prevalence in adults, (using adjusted self-reported height and weight) (18+ years) 2023/24



Source: Active Lives Survey, Sport England

The NHS provide data in the Quality Outcomes Framework (QOF) on the percentage of patients aged 18+ living with obesity (class 1 or greater), as recorded in the previous 12 months on the practice disease register.

- In 2023/24 10.7% adults in all Sussex (NHS Sussex ICB area) met this definition, lower than 12.8% for all of England.

Data from NHS England suggests that approximately a quarter of women in early pregnancy are obese in East Sussex. However, this should be interpreted with caution - there are concerns about the quality of the data due to the data collection methods.

Health inequalities in adult weight in England:

- The [2022 Health Survey for England](#) reported that around two-thirds (64%) of adults are above a healthy weight, and of these half are living with obesity.
- There has been an overall upward trend in people who are overweight or living with obesity since 2015/16
- Adults from Asian or Chinese ethnic backgrounds, aged 45-84, male, educated to level 3 or below, are economically inactive or working, who have a disability, or who are in the most deprived deciles have significantly higher overweight (including obesity)

prevalence compared to the England average.

Table 1: Health inequalities in overweight (including obesity) prevalence in adults, (using adjusted self-reported height and weight) (18+ years) Proportion %, England

England average	2023/24	64.5
Ethnicity	Asian	65.7
	Black	60.2
	Mixed	60.5
	Chinese	73.4
	White British	32.3
	White Other	58.4
	Other	60.3
	Age	18-24
25-34		25.8
35-44		65
45-54		69.9
55-64		73.5
65-74		71.7
75-84		70.7
85+		64.1
Sex	Male	69.7
	Female	59.2
Level of Education	No qualification	69.4
	Another type of qualification	67.2
	Level 1 and below	68.9
	Level 2 and equivalent	68.9
	Level 3 and equivalent	68.3

England average	2023/24	64.5
Working Status	Level 4 and above	60.9
	Inactive	67.5
	Unemployed	65.8
	working	65.3
Disability	Disabled	72.5
	Non-disabled	62.2
Deprivation deciles	Most deprived	71.2
	2 nd most	68.9
	3 rd most	66.3
	4 th most	65.2
	5 th most	65.8
	5 th least	63.4
	4 th least	63.6
	3 rd least	63.2
	2 nd least	62.2
	Least deprived	59.4
Socio-economic class	Managerial, administrative and professional occupations	56.3
	Intermediate occupations	57.2
	Self-employed and small employers	56.9
	Lower supervisory and technical occupations	63.5
	Semi-routine and routine occupations	60.5
	Long term unemployed or never worked	58.2
	Students	47.2
	Other/unclassified	58

Source: Active Lives Survey, Sport England

Healthy eating in East Sussex

- A significantly higher proportion of adults in East Sussex meet the recommended ‘5 a day’ fruit and vegetable consumption (39.1%) than nationally (31.3%). Lewes, Rother and Wealden all have significantly higher proportions than nationally.

Figure 13: Percentage of adults meeting the '5 a day' fruit and vegetable consumption recommendations (New method) 2023/24



Source: Active Lives Survey, Sport England

Healthy eating in England:

In England, the [Health Survey for England](#) reports that less than a third of adults currently meet the ‘five a day’ target for fruit and vegetables.

- Data collated by the Office for Health Improvement and Disparities (OHID) captures the percentage of adults aged 16 and over who reported they had eaten 5 or more portions of fruit and vegetables on the previous day.
- Adults from Asian or Chinese ethnic backgrounds, aged 45-84, male, educated to level 3 or below, are economically inactive or working, who have a disability, or who are in the most deprived deciles have significantly higher overweight (including obesity) prevalence compared to the England average.

Table 2: Health inequalities in prevalence of adults (aged 16+) consuming the recommended ‘5 a day’ fruit and vegetables, England

England average	2023/24	65.5%
Ethnicity	Asian	33.8
	Black	30
	Mixed	18.4
	Chinese	18.5
	White British	21.8
	White Other	27.4
	Other	26.4
	Age	18-24
25-34		22.7
35-44		25.2
45-54		30.1
55-64		35.8
65-74		43.3
75-84		44.2
85+		35.9
Sex	Male	27.6
	Female	34.8
Level of Education	No qualification	24.9
	Another type of qualification	30.2
	Level 1 and below	23.8
	Level 2 and equivalent	27.2
	Level 3 and equivalent	26.6
	Level 4 and above	36.1

England average	2023/24	65.5%
Working Status	Inactive	40
	Unemployed	18.1
	working	29.1
Disability	Disabled	28.9
	Non-disabled	32.2
Deprivation deciles	Most deprived	20
	2 nd most	22.9
	3 rd most	25.3
	4 th most	29.2
	5 th most	32.2
	5 th least	32.4
	4 th least	34.6
	3 rd least	35.2
	2 nd least	35.8
	Least deprived	38.6
Socio-economic class	Managerial, administrative and professional occupations	34.6
	Intermediate occupations	29.2
	Self-employed and small employers	33
	Lower supervisory and technical occupations	25.1
	Semi-routine and routine occupations	21.5
	Long term unemployed or never worked	18.4
	Students	25.8
	Other/unclassified	31.7

Source: Active Lives Survey, Sport England

Key information sources

- East Sussex in Figures - Data Observatory - Population estimates in 2024 (August 2025)
- Obesity, physical activity and nutrition - Data | Fingertips | Department of Health and Social Care <https://fingertips.phe.org.uk/profile/child-health-profiles/data>
- Feat (Food, environment Assessment Tool)
- Family Resources Survey: financial year 2023 to 2024 - GOV.UK
- Health Survey for England