

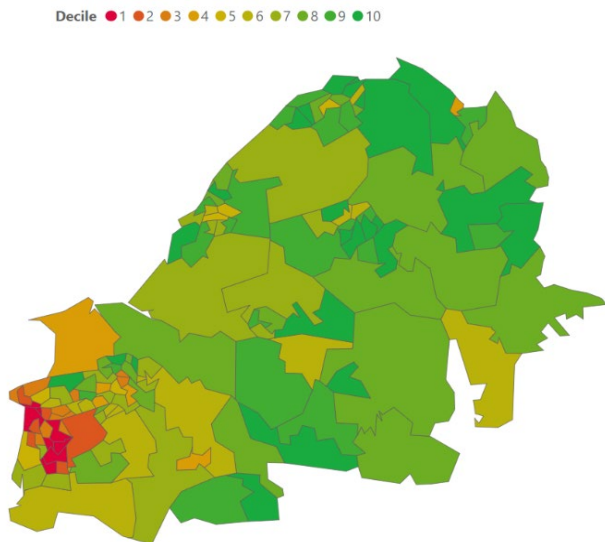
Spotlight report: food, diet and nutrition

Food insecurity

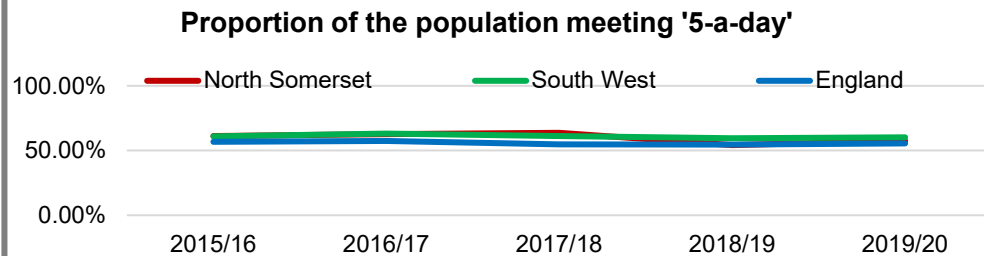
Food insecurity is an important measure of severe material deprivation. It contributes not only to health inequalities and healthy life expectancy but also social wellbeing. Food insecurity can be considered as **limited access to food due to lack of money or other resources**. The level of food insecurity can be measured on the Food Insecurity and Experience Scale (FEIS).



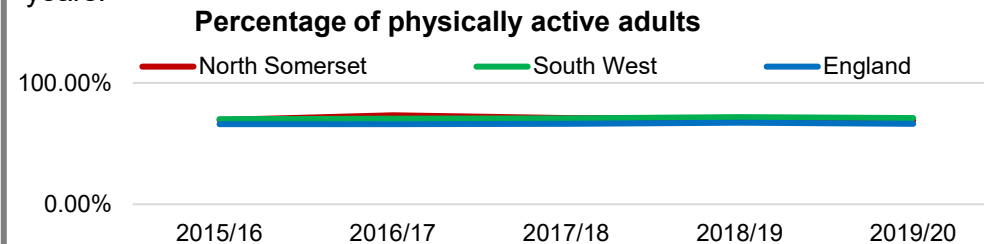
A 2018 report by the Food and Agriculture Organisation (FAO), averaging data from [2015 to 2017](#), estimated that 2.2 million people in the UK were severely food insecure, much of this linked to areas of deprivation. Research via [The Food Foundation](#) also shows that there are significant geographical inequalities in food insecurity. In North Somerset the deprivation profile shows that the most deprived areas are in Weston-super-Mare ([Indices of Multiple Deprivation](#) decile 1, RED) and therefore most likely to suffer food insecurity.



Diet: Based on latest data (2019/20), 57.5% of the adult population of North Somerset meet the recommended '5-a-day' consumption of fruit and vegetables on a usual day, similar to regional and national averages and with little change on this measure over recent years.



Physical activity: Based on latest data (2020/21) 71.2% of adults in North Somerset are physically active based on the latest [Active Lives Survey](#) (self-reported and doing at least 150 [moderate intensity minutes](#) a week). This is similar to regional and national averages and has not increased in recent years.



Weight: Based on latest data (2020/21), 64.2% of adults in North Somerset are classified as overweight or obese, similar to regional and national averages and with little change on this measure over recent years.

