

# Determinants and Public Health Responses to Obesity Among Young Adults Aged 18–24 in the UK

BISMA AMIN | [2435002@student.uwtsd.ac.uk](mailto:2435002@student.uwtsd.ac.uk) | Muhammed Khan | MSc Public Health & Social Care in Practice

## Prevalence

**Obesity** is a major public health concern in the **UK**, with **26%** of adults in England classified as obese, and rates continuing to rise (**NHS England, 2023**). Data from the **Office for National Statistics (2022)** show increasing levels of overweight and obesity among individuals aged **18–24**, particularly those from lower socio-economic backgrounds.

The **World Health Organization (2023)** identifies obesity as a significant risk factor for non-communicable diseases, including type 2 diabetes, cardiovascular disease and certain cancers.

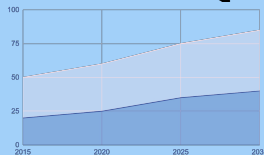
Young adulthood is a critical transitional stage associated with

- Increased fast-food consumption
- Reduced physical activity
- Higher alcohol intake
- Mental health stress
- Financial constraints

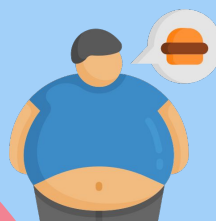
This research could:

- Contribute to the creation of age-specific obesity treatments
- Support policymakers in improving national obesity policies.
- Enhance targeted assistance within universities & communities services.
- Reduce the long term healthcare cost within the NHS

Ultimately, research could support proactive public health strategies for young adults..



## Impact



## Rationale

Research on **obesity** often ignores young adults (**18–24**), preferring to concentrate on children or older adults. However, gaining weight during this period of transition is a strong predictor of chronic illness and long-term **obesity**.

### Why concentrate on this age group?

- What social and behavioural elements specifically affect them?
- Do the present public health policies in the **UK** actually address their needs?
- Where are the support and service accessibility gaps?

By focusing on obesity among young adults in **UK** public health and social care practice, this study fills a significant gap.

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## Questions, Aims & Objectives

### Research Question

What are the main causes of obesity in young adults in the **UK** between the ages of **18 and 24**, and how successful are the public health initiatives currently in place to address this problem?

### Aim

To investigate the determinants of obesity in **UK** young adults (**18–24**) and evaluate the effectiveness of existing public health interventions.

### Objectives

- Focus at obesity trends and prevalence in this age group.
- Determine the economic, social, behavioural, and environmental factors.
- Assess relevant **UK obesity** policies and initiatives critically.
- Make recommendations for better preventative techniques based on evidence.

