



PRESS RELEASE

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MANY GIBRALTARIANS HAVE POOR LIFESTYLE - MINISTER CORTES PROMISES TO LEAD BY EXAMPLE!

At Tuesday's meeting of the Gibraltar Health Authority, the report by Dr Vijay Kumar, the Director of Public Health, will outline some of the major findings of Gibraltar's first-ever Health and Lifestyle Survey. The data became available last year and has now been professionally analysed. Dr Kumar's report is expected to announce that:

60% of Gibraltar's population are Overweight or Obese

42% of Gibraltarians who are overweight are unaware that they are overweight

75% of men aged 45+ are overweight

75% of Gibraltar people do not eat 5 or more portions of fruit and vegetables a day – a significantly worse figure than in England & Wales.

29% of the population are smokers – a much higher figure than in England & Wales

31% of young people binge drink at least once a week.

'I am very conscious that my own lifestyle is not ideal,' said Minister John Cortes. 'So I have committed myself to reaching a weight and level of fitness which, with the advice of professionals, will be a reflection of a healthy lifestyle.'

Also at Tuesday's meeting, the GHA is expected to confirm that this year has seen a four-fold increase in the equipment budget and that two potential providers have been identified for courses of IVF treatment during the course of the tender process. It will also be reported that excellent feedback has been received from the MOD in regard to the quality of care received by MOD personnel. Authority will be updated on a range of subjects, including the new Mental Health Facility, Seniors' Healthcare Services and renovations at KGV.

The meeting, to be held in the Charles Hunt Room at the John Mackintosh Hall at 2.30pm on Tuesday 17 July, is open to the public.