

NEWS IN NUMBERS



20cm

The **gap in height** between **school-age children** in the tallest and shortest nations has indicated **poor diet** as a factor. Weight also varied hugely.

Researchers led by Imperial College London analysed data from more than **65 million** children and adolescents aged **5 to 19** from nearly **200 countries** between **1985 and 2019**.

Global height ranking for the UK fell: **19-year-old boys** were **28th tallest** in **1985** at **176.3 cm**, but **39th** in **2019** at **178.2 cm**. And **19-year-old girls** went from **162.7cm** (42nd) to **163.9 cm** (49th)



x2

The number of young people (aged **27 to 29** years) with **anxiety** doubled from **13% to 24%** during the early stages of the **Covid-19** pandemic and lockdown.

Anxiety remained **high** even when **restrictions eased**, so a **similar** situation may arise this **winter**, say researchers at the University of Bristol

33% to 62%

The **lower lifetime risk** of **depression** associated with **living with a partner** or spouse, according to research from King's College London.

Having **1, or 3 or more, children** was associated with an **increased risk** of depression – between **11% and 27%** – compared with having none.

For **single parents**, having **children** was associated with an overall **increased risk** of depression. More than **52,000** middle-aged and older **adults** took part



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