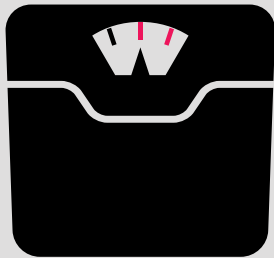


SCIENCE NEWS IN NUMBERS



Primary pupils in England's poorest areas are 4 times more likely to be severely obese than those in the wealthiest.

Overall, the proportion of severely obese Year 6 pupils has risen from 3.6% in 2009-10 to 4.2% in 2017-18.



12.5%

In Reception, in the most deprived areas, 12.5% of children are obese

5.7%

Compared with 5.7% of those in the richest areas.

The figures come from the National Child Measurement Programme.

1/3 of "gluten-free" foods in restaurants in the US are not actually gluten-free, according to a new study.

5,600 Based on more than 5,600 gluten tests over 18 months, the investigators determined that 27% of gluten-free breakfast meals actually contained gluten. At dinner time, this figure hit 34%.



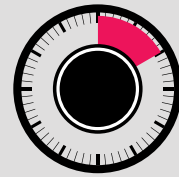
9,000

There are believed to be nearly 9,000 fax machines still in use across the NHS.



16-24 YEAR-OLDS

The young are turning their backs on booze. Almost a third of 16- to 24-year-olds in 2015 said they don't drink, compared with around one in five in 2005. Binge drinking rates also decreased, from 27% in 2005 to 18% in 2015.



**10
MINUTES**



Practising mindfulness meditation for 10 minutes a day improves concentration

and the ability to keep information active in one's mind, which is known as "working memory". The claim is based on a study that followed 34 participants for 8 weeks.

Newcastle upon Tyne NHS Trust topped the list, with 603 machines.



The figures come from a poll by the Royal College of Surgeons, to which 3 in 4 trusts responded.