

Report card

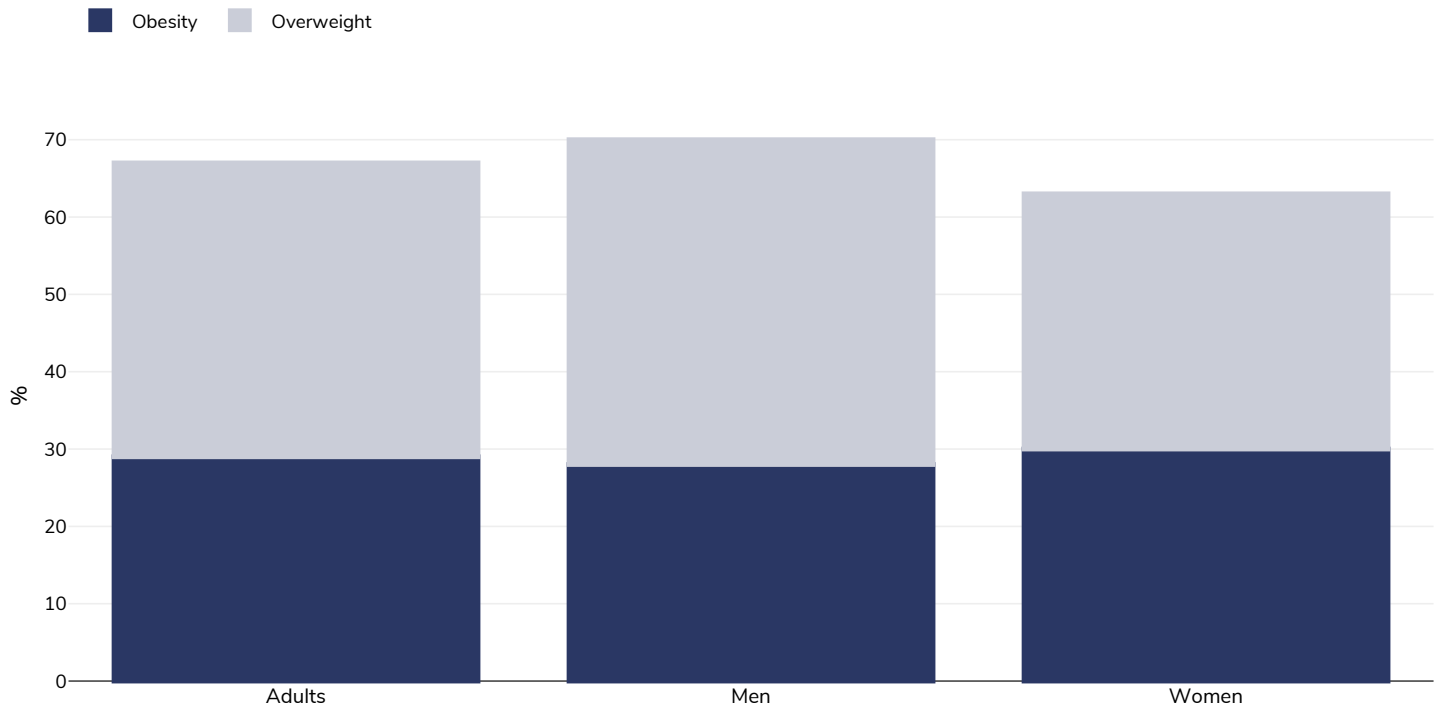
Scotland



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Obesity prevalence

Adults, 2022



Survey type: Measured

Age: 16+

Sample size: 3510

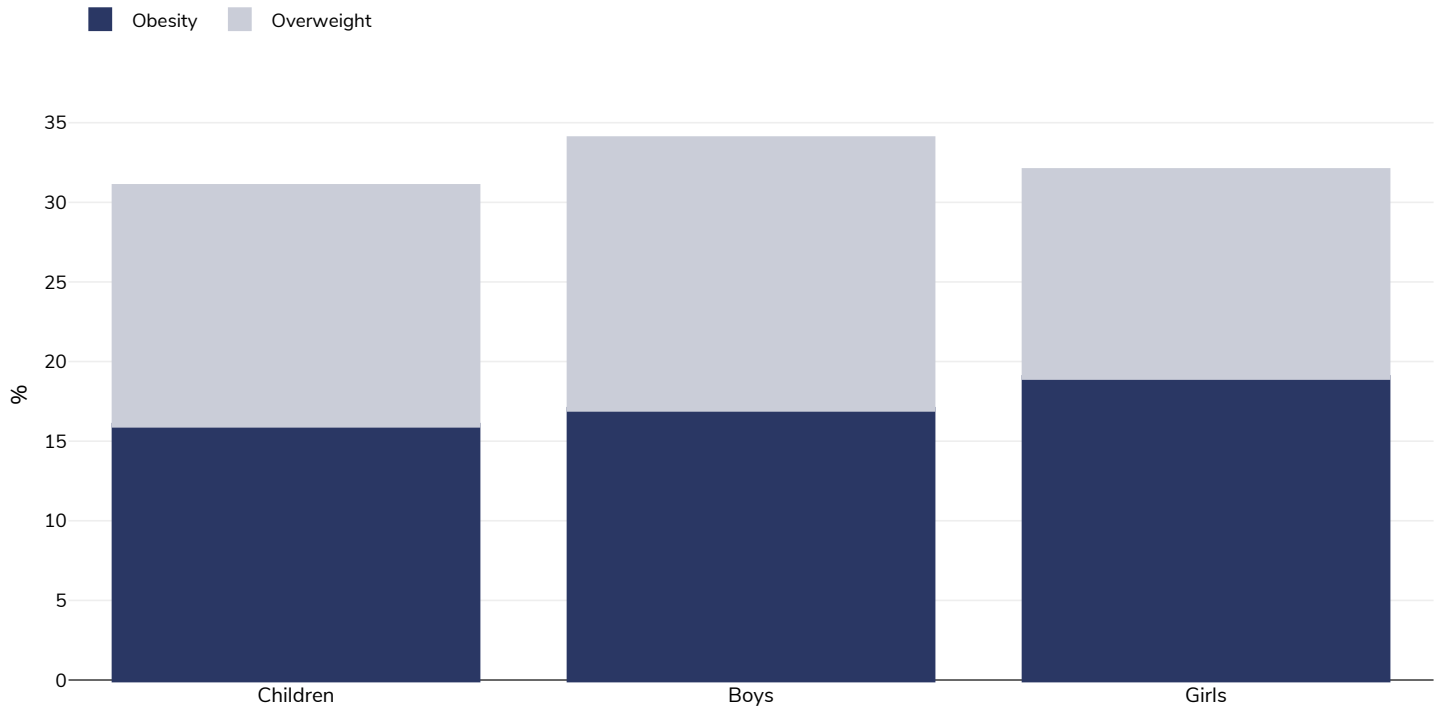
Area covered: National

References: Scottish Health Survey 2022. Available at <https://www.gov.scot/publications/scottish-health-survey-2022-volume-1-main-report/pages/12/> (last accessed 05.12.23)

Notes: The first two months of the survey results were based on interview, the remaining period was measured. A correction formula was put in place to adjust for the self report response.

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².

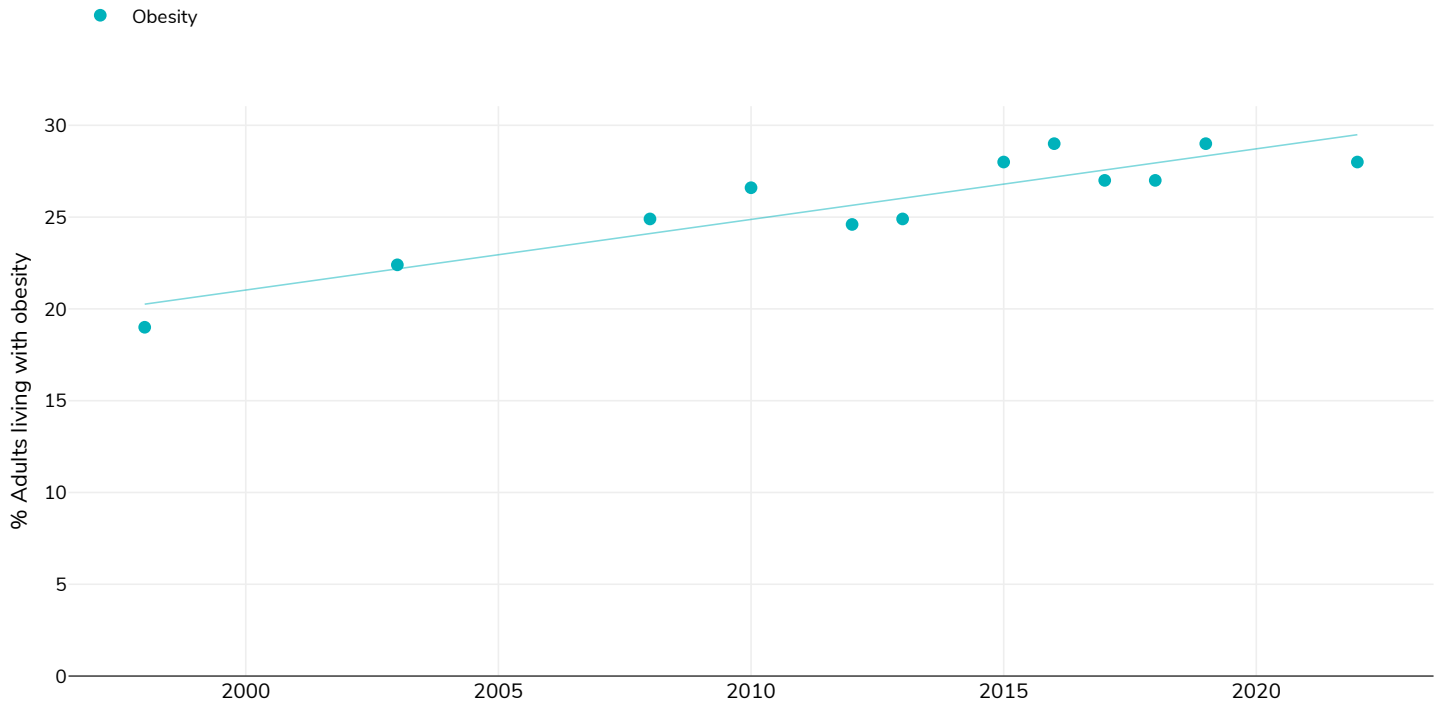
Children, 2022



Survey type:	Measured
Age:	2-15
Sample size:	712
Area covered:	National
References:	Scottish Health Survey 2022. Available at https://www.gov.scot/publications/scottish-health-survey-2022-volume-1-main-report/pages/12/ (last accessed 05.12.23)
Notes:	The first two months of the survey results were based on interview, the remaining period was measured. A correction formula was put in place to adjust for the self report response.
Cutoffs:	85th/95th Centile

% Adults living with obesity, 1998-2022

Men



Survey type:

Measured

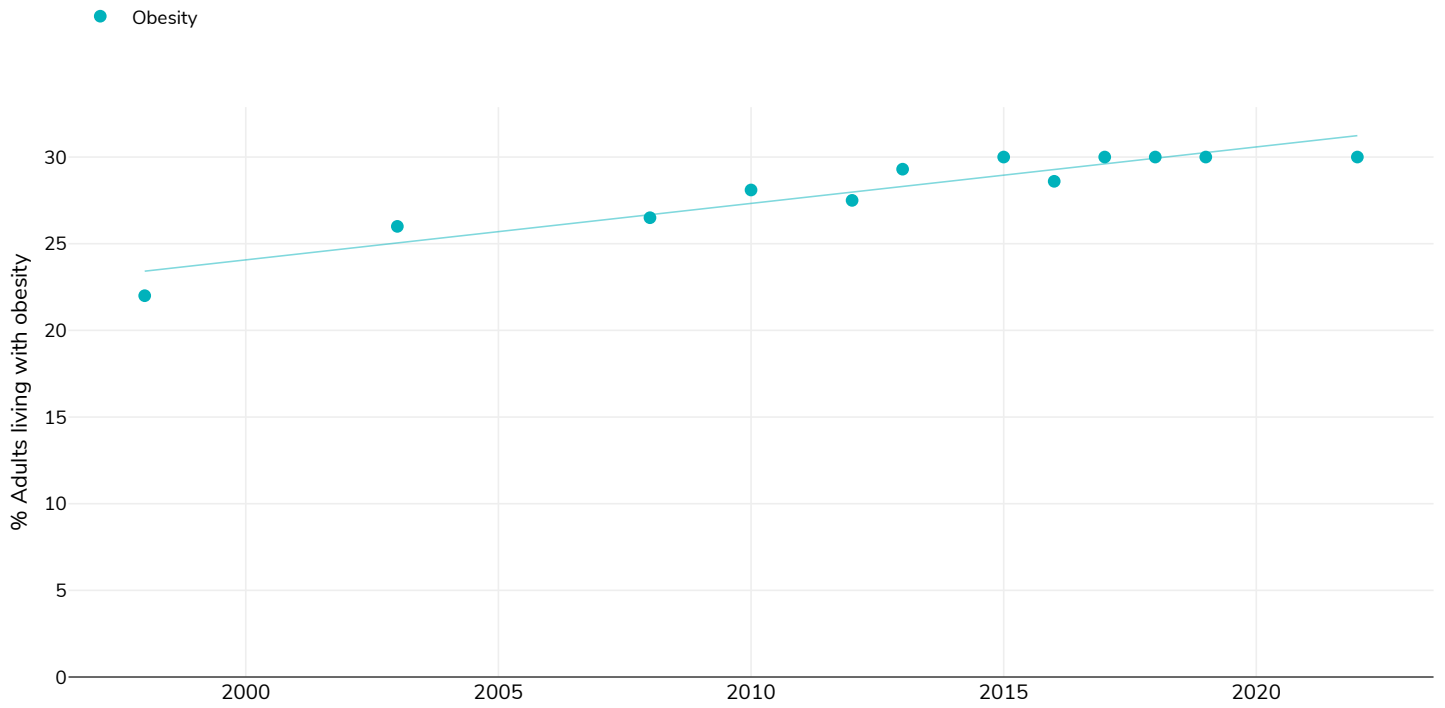
References:

For full details of references visit <https://data.worldobesity.org/>

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².

Different methodologies may have been used to collect this data and so data from different surveys may not be strictly comparable. Please check with original data sources for methodologies used.

Women



Survey type:

Measured

References:

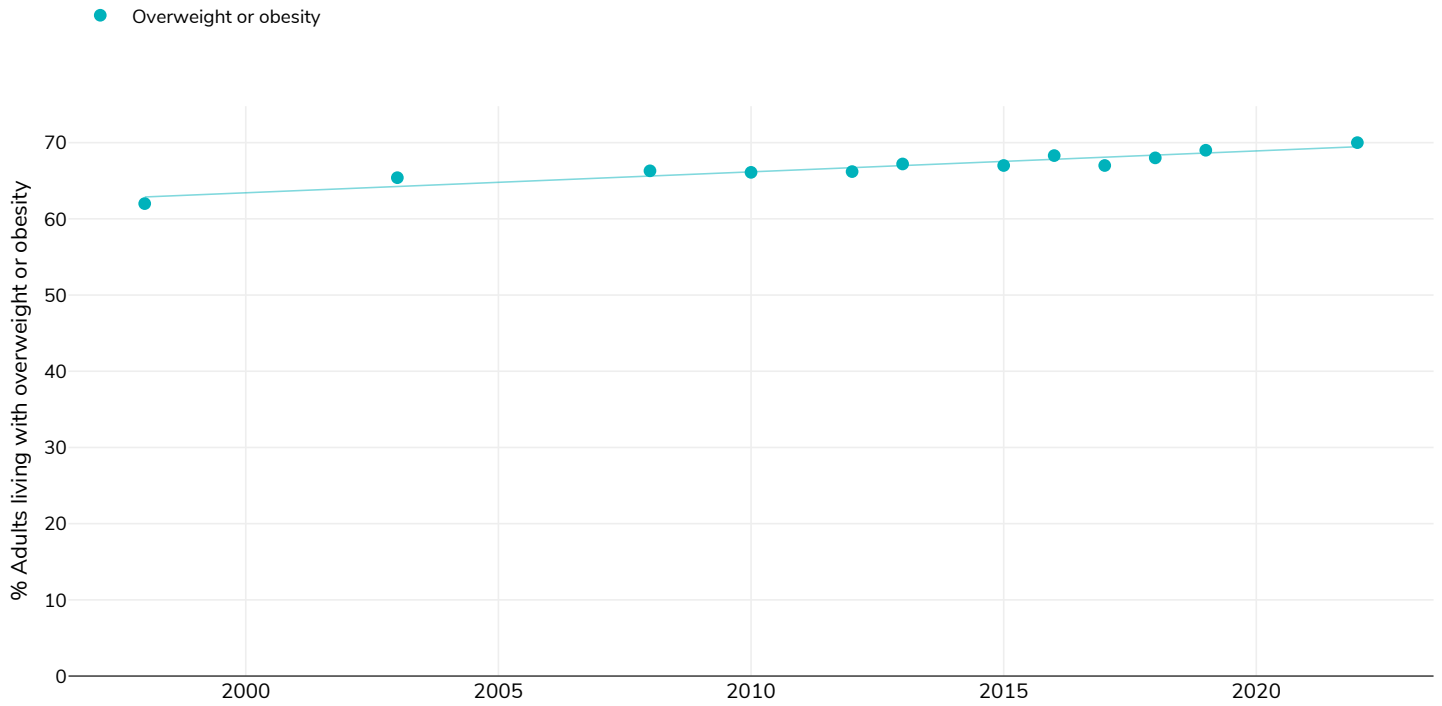
For full details of references visit <https://data.worldobesity.org/>

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².

Different methodologies may have been used to collect this data and so data from different surveys may not be strictly comparable. Please check with original data sources for methodologies used.

% Adults living with overweight or obesity, 1998-2022

Men



Survey type:

Measured

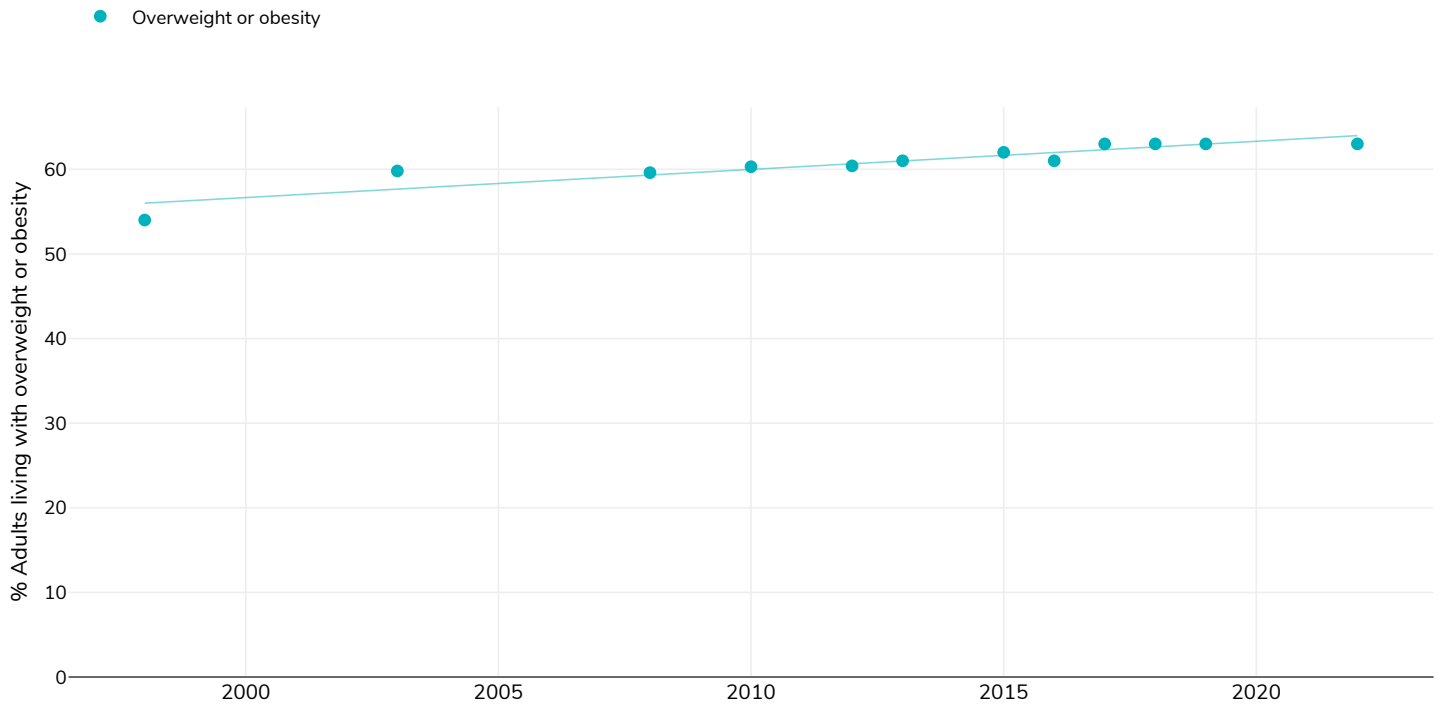
References:

For full details of references visit <https://data.worldobesity.org/>

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².

Different methodologies may have been used to collect this data and so data from different surveys may not be strictly comparable. Please check with original data sources for methodologies used.

Women



Survey type:

Measured

References:

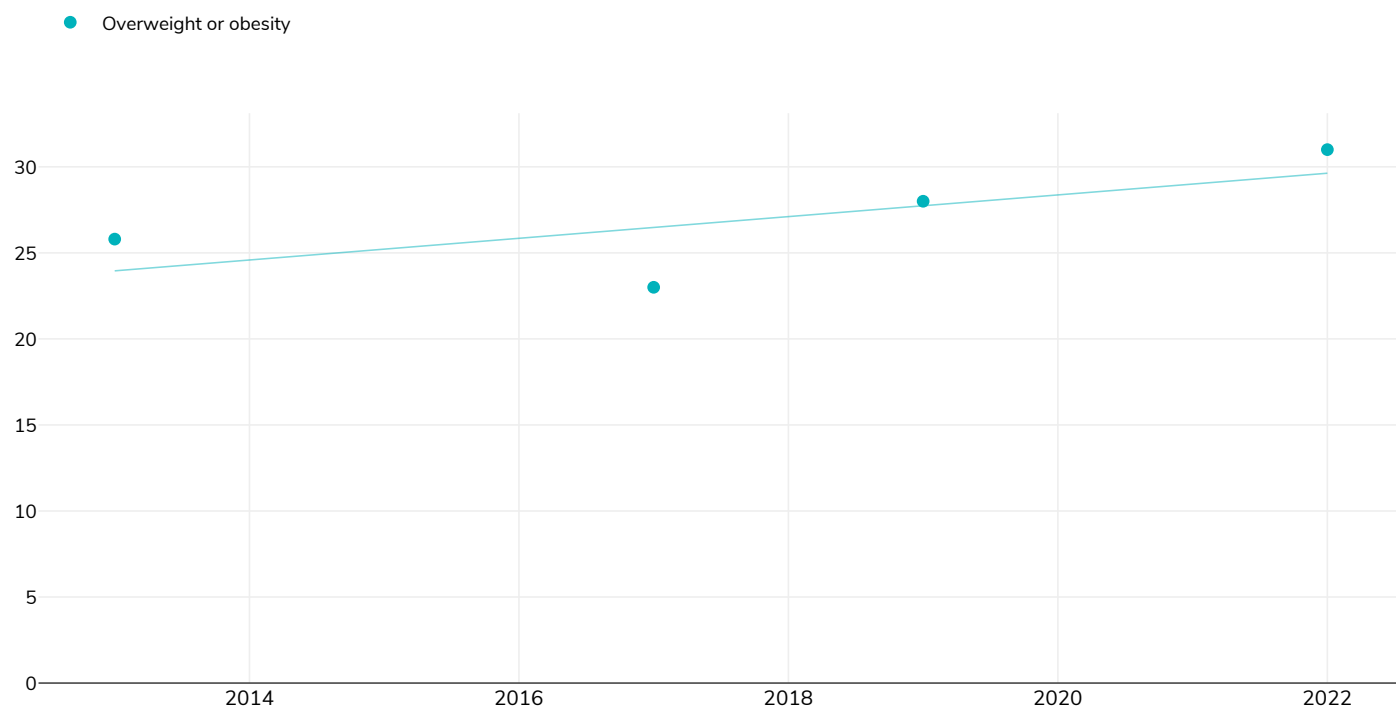
For full details of references visit <https://data.worldobesity.org/>

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².

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% Children living with overweight or obesity, 2013-2022

Girls

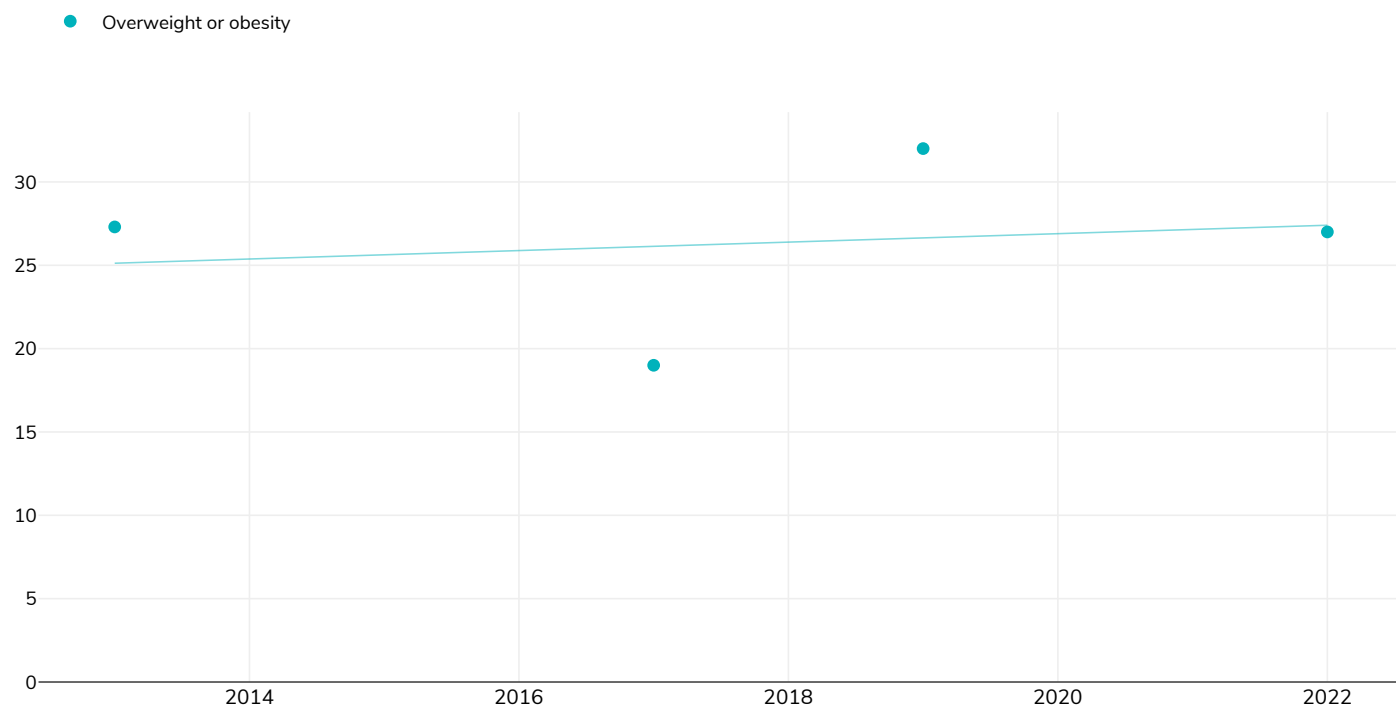


References:

For full details of references visit
<https://data.worldobesity.org/>

Different methodologies may have been used to collect this data and so data from different surveys may not be strictly comparable. Please check with original data sources for methodologies used.

Boys

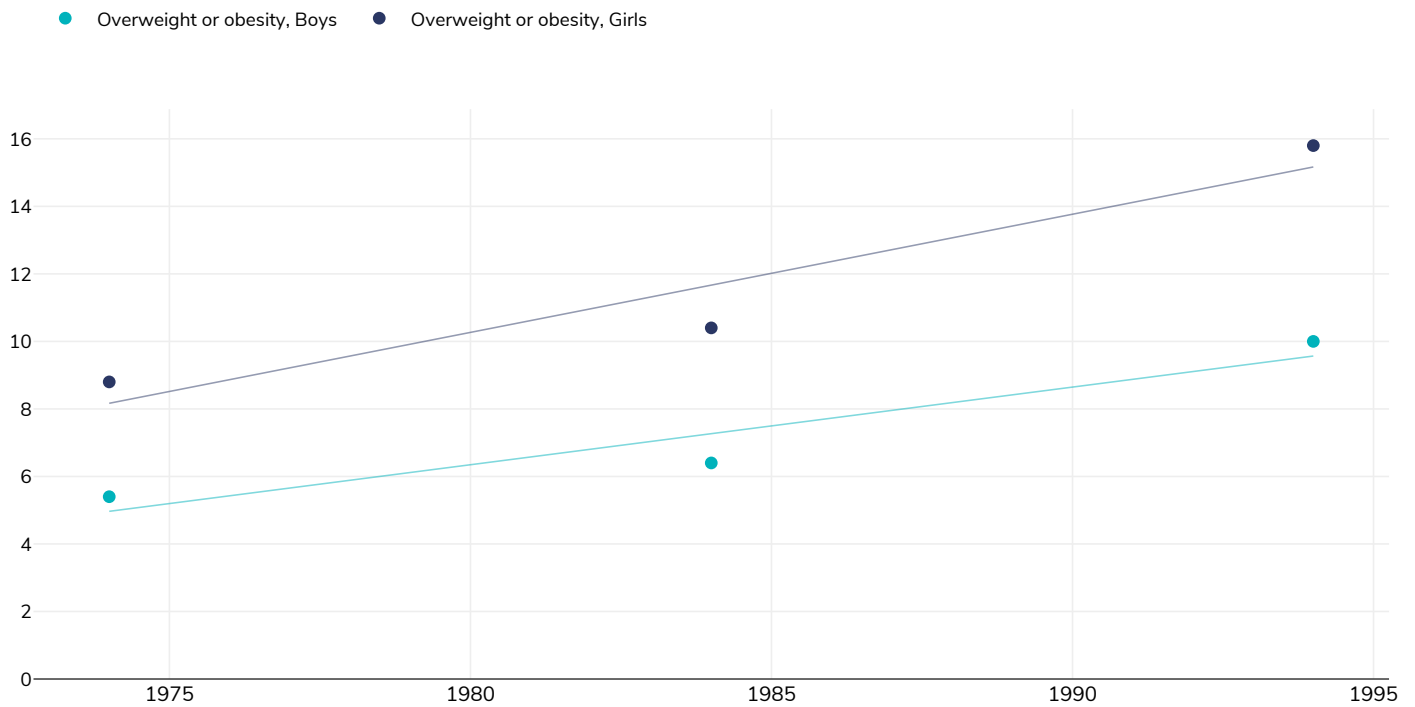


References:

For full details of references visit
<https://data.worldobesity.org/>

Different methodologies may have been used to collect this data and so data from different surveys may not be strictly comparable. Please check with original data sources for methodologies used.

% Children living with overweight or obesity, 1974-1994



Survey type:

Measured

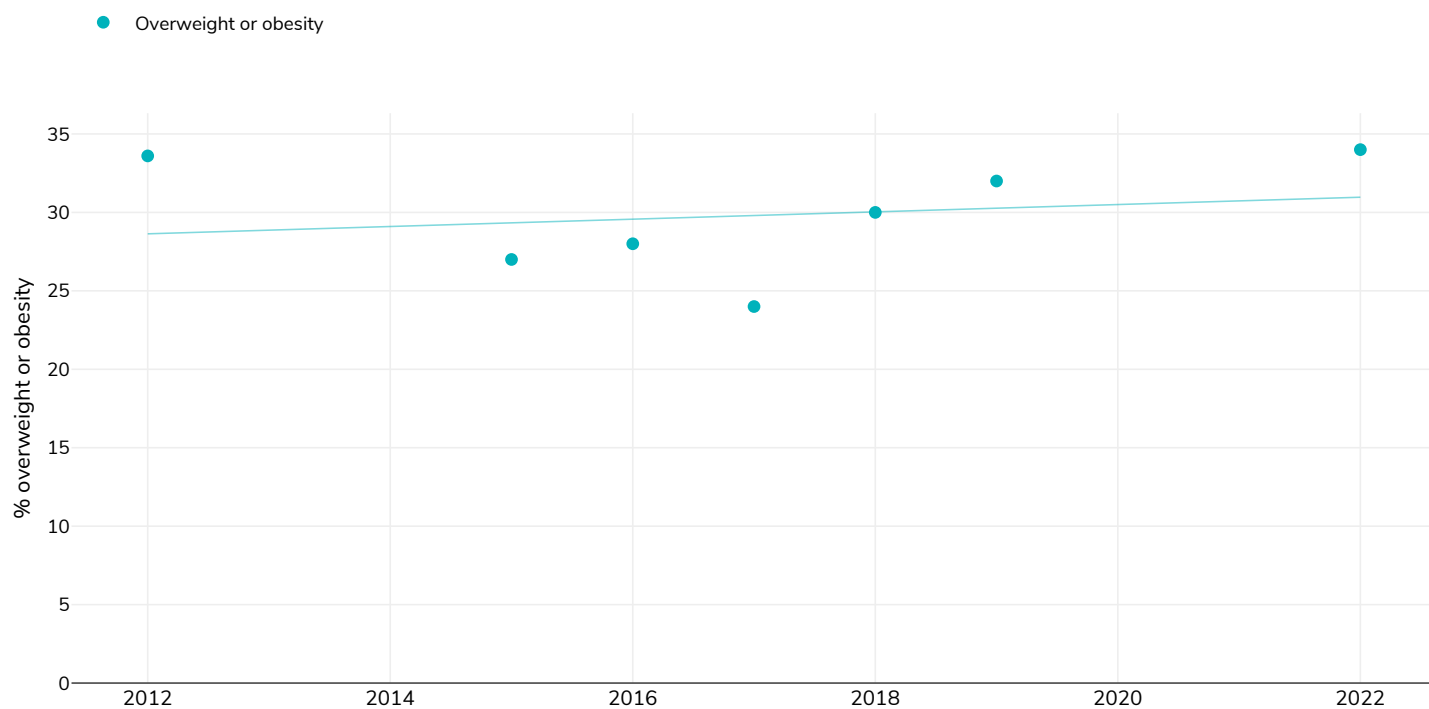
References: Chinn S, Rona RJ. Prevalence and trends in overweight and obesity in three cross sectional studies of British children, 1974-94. *BMJ* (2001);322:24-26
 Chinn S, Rona RJ. Prevalence and trends in overweight and obesity in three cross sectional studies of British children, 1974-94. *BMJ* (2001);322:24-26
 Chinn S, Rona RJ. Prevalence and trends in overweight and obesity in three cross sectional studies of British children, 1974-94. *BMJ* (2001);322:24-26

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².

Different methodologies may have been used to collect this data and so data from different surveys may not be strictly comparable. Please check with original data sources for methodologies used.

% Children living with overweight or obesity, 2012-2022

Boys



Survey type: Measured

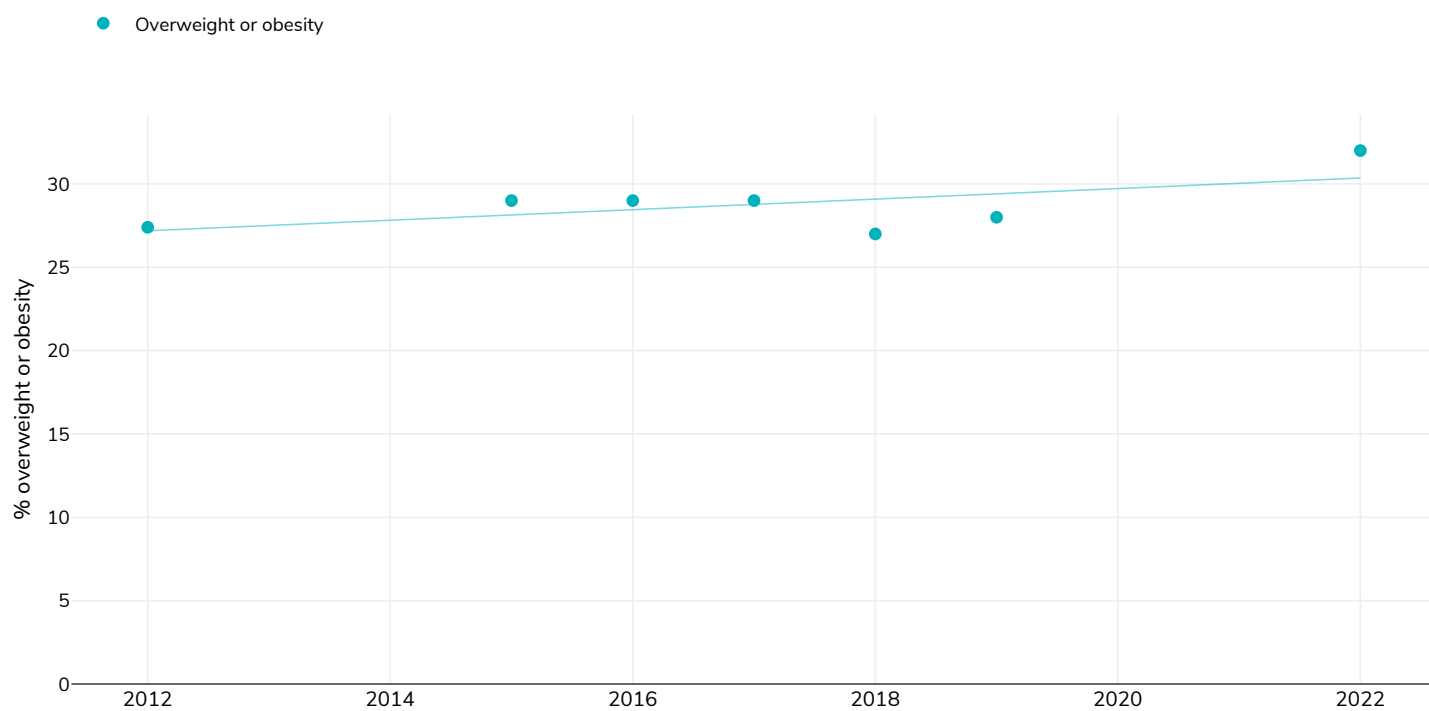
References: For full details of references visit <https://data.worldobesity.org/>

Notes: Aged 2-15.

Definitions: 85th & 95th Percentiles

Different methodologies may have been used to collect this data and so data from different surveys may not be strictly comparable. Please check with original data sources for methodologies used.

Girls



Survey type: Measured

References: For full details of references visit <https://data.worldobesity.org/>

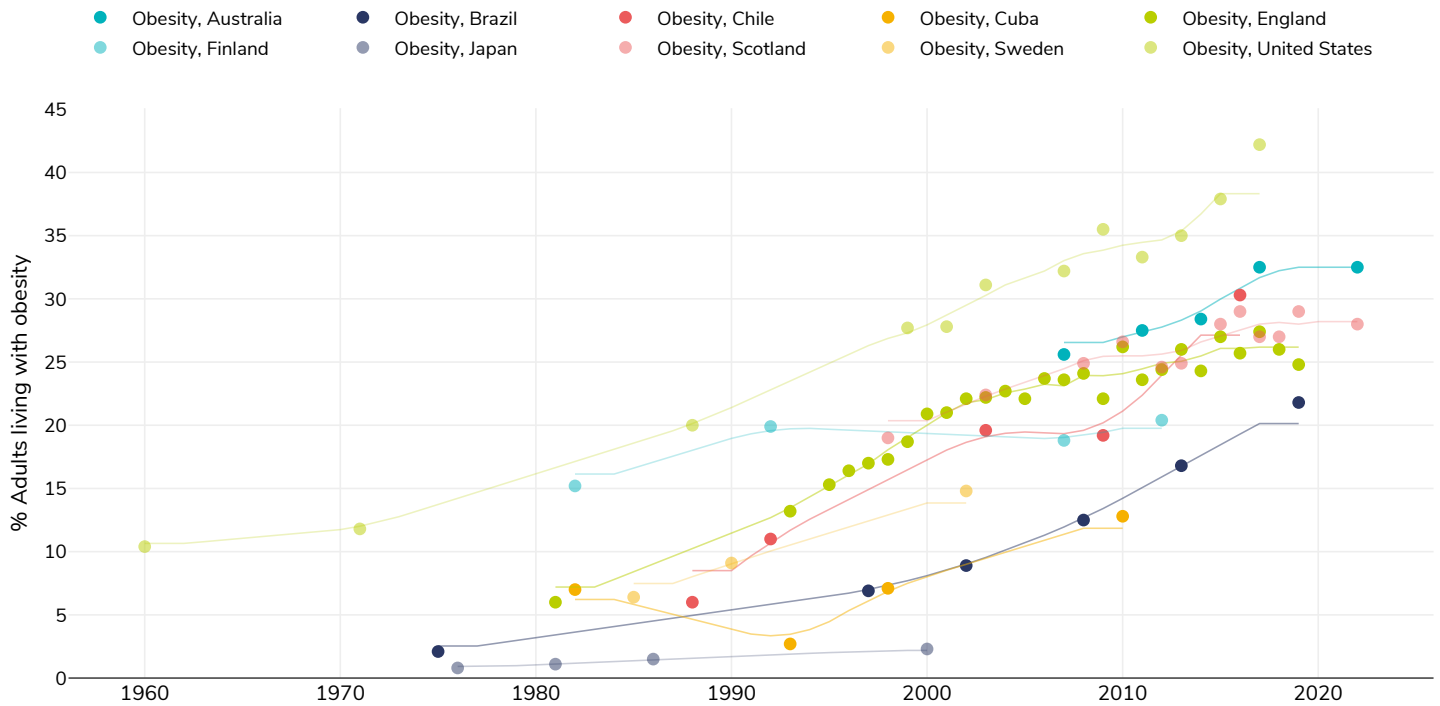
Notes: Aged 2-15.

Definitions: 85th & 95th Percentiles

Different methodologies may have been used to collect this data and so data from different surveys may not be strictly comparable. Please check with original data sources for methodologies used.

% Adults living with obesity, selected countries, 1960-2023

Men

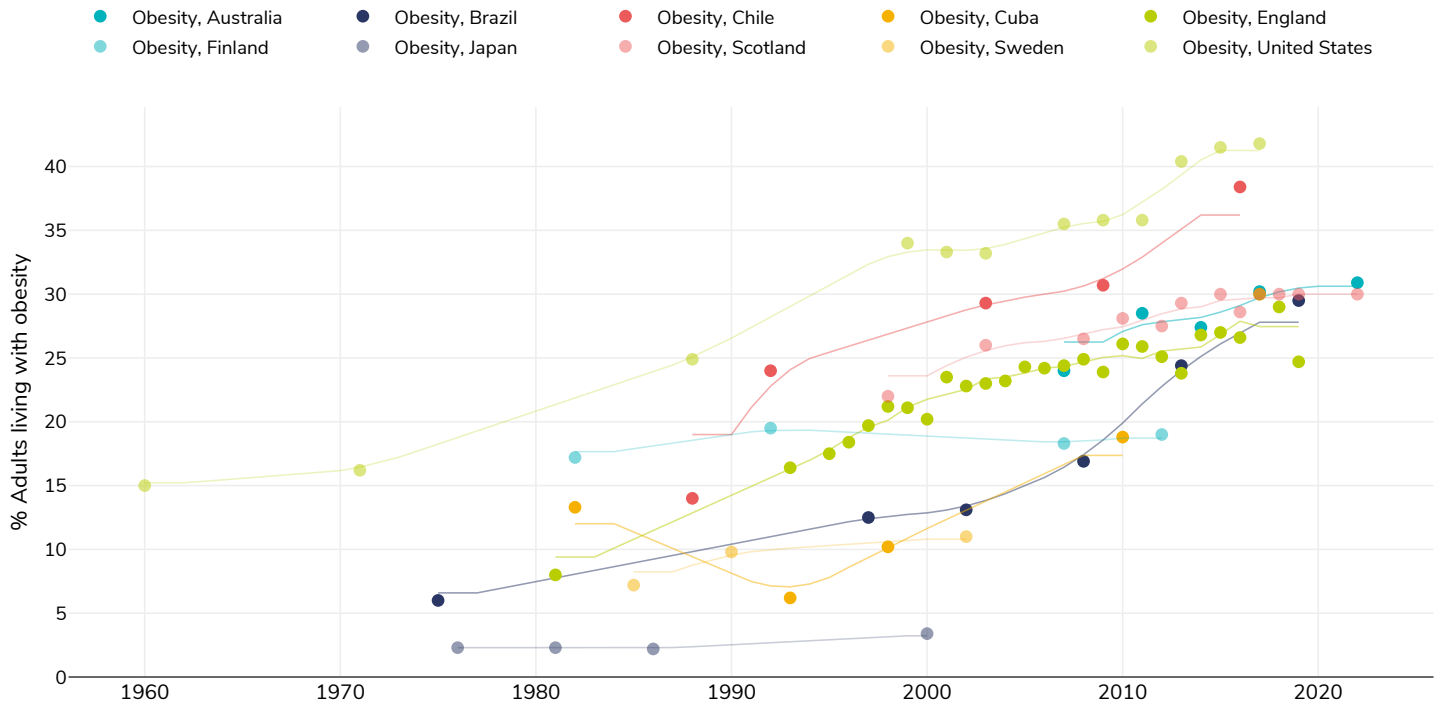


References:

For full details of references visit
<https://data.worldobesity.org/>

Different methodologies may have been used to collect this data and so data from different surveys may not be strictly comparable. Please check with original data sources for methodologies used.

Women



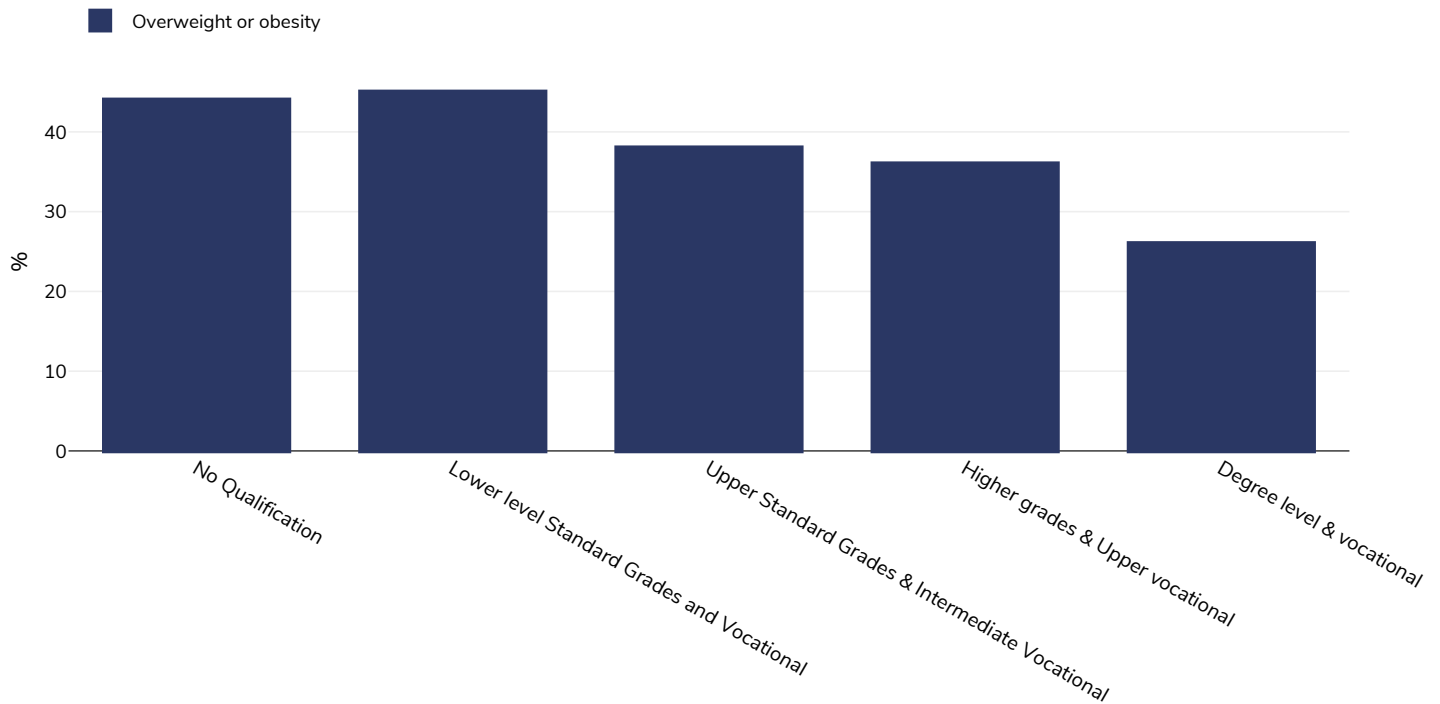
References:

For full details of references visit
<https://data.worldobesity.org/>

Different methodologies may have been used to collect this data and so data from different surveys may not be strictly comparable. Please check with original data sources for methodologies used.

Overweight/obesity by education

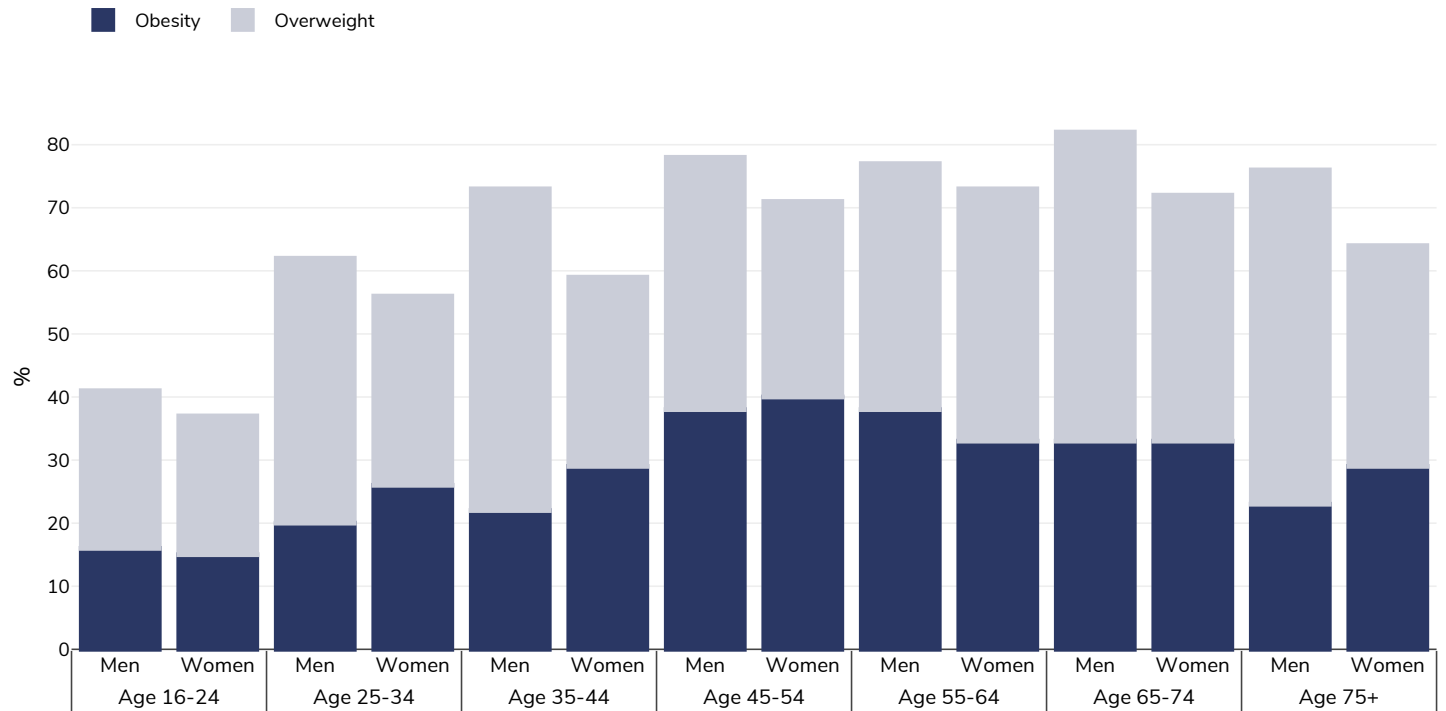
Children, 2014-2015



Survey type:	Measured
Age:	10
Sample size:	2750
Area covered:	National
References:	Growing up in Scotland: overweight and obesity at age 10 (2018). Available at: https://www.gov.scot/publications/growing-up-scotland-overweight-obesity-age-10/ . Last accessed: 14.04.21.
Notes:	At or above 85th percentile and below 95th percentile: overweight At or above 95th percentile: obesity

Overweight/obesity by age

Adults, 2022



Survey type: Measured

Sample size: 3510

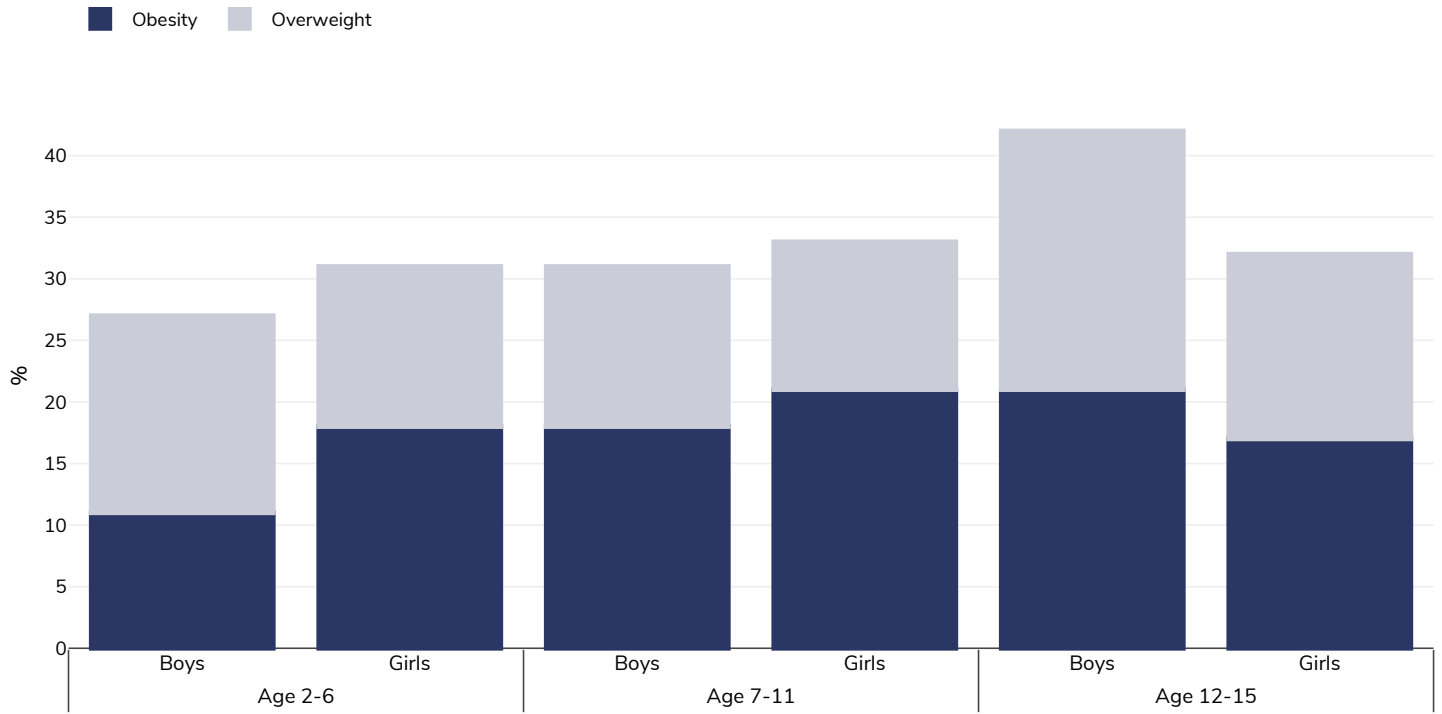
Area covered: National

References: Scottish Health Survey 2022. Available at <https://www.gov.scot/publications/scottish-health-survey-2022-volume-1-main-report/pages/12/> (last accessed 05.12.23)

Notes: The first two months of the survey results were based on interview, the remaining period was measured. A correction formula was put in place to adjust for the self report response.

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².

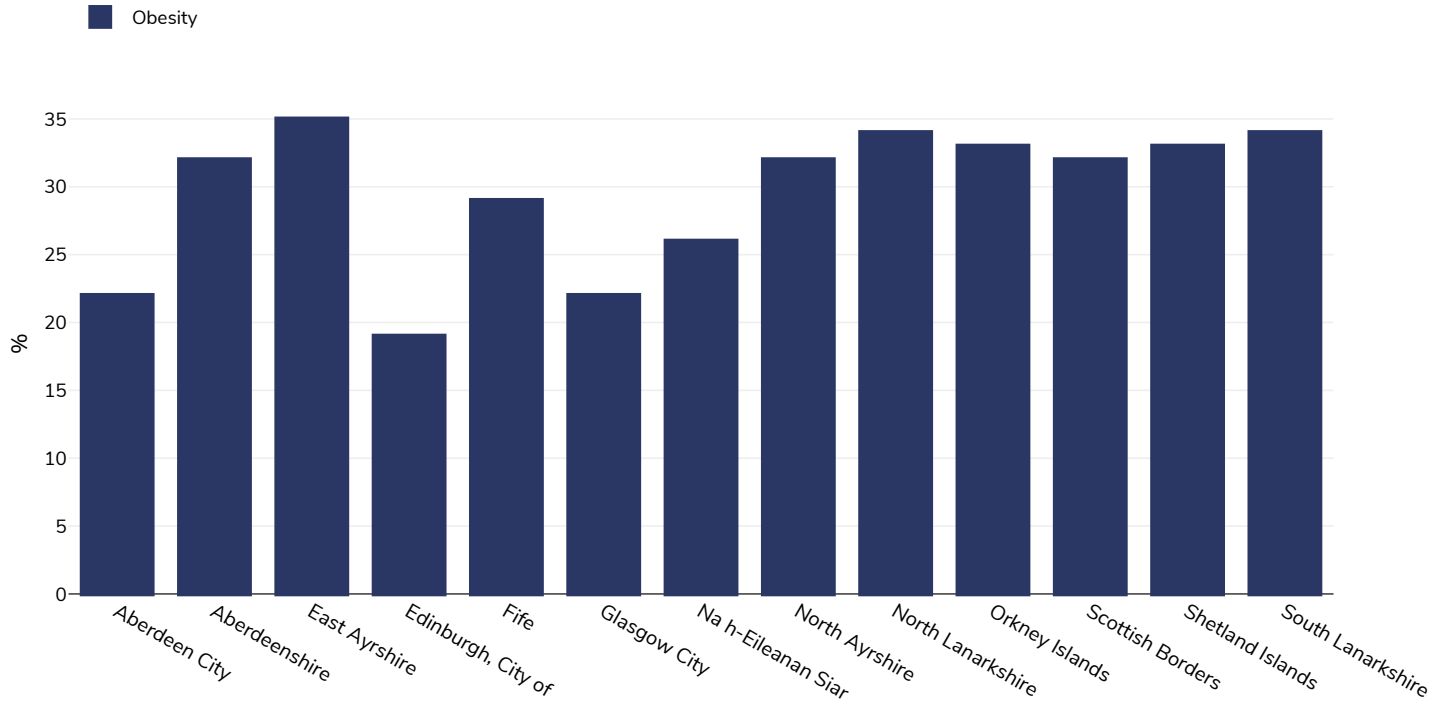
Children, 2022



Survey type:	Measured
Sample size:	712
Area covered:	National
References:	Scottish Health Survey 2022. Available at https://www.gov.scot/publications/scottish-health-survey-2022-volume-1-main-report/pages/12/ (last accessed 05.12.23)
Notes:	The first two months of the survey results were based on interview, the remaining period was measured. A correction formula was put in place to adjust for the self report response.
Cutoffs:	85th/95th Centile

Overweight/obesity by region

Men, 2016-2019



Survey type: Measured

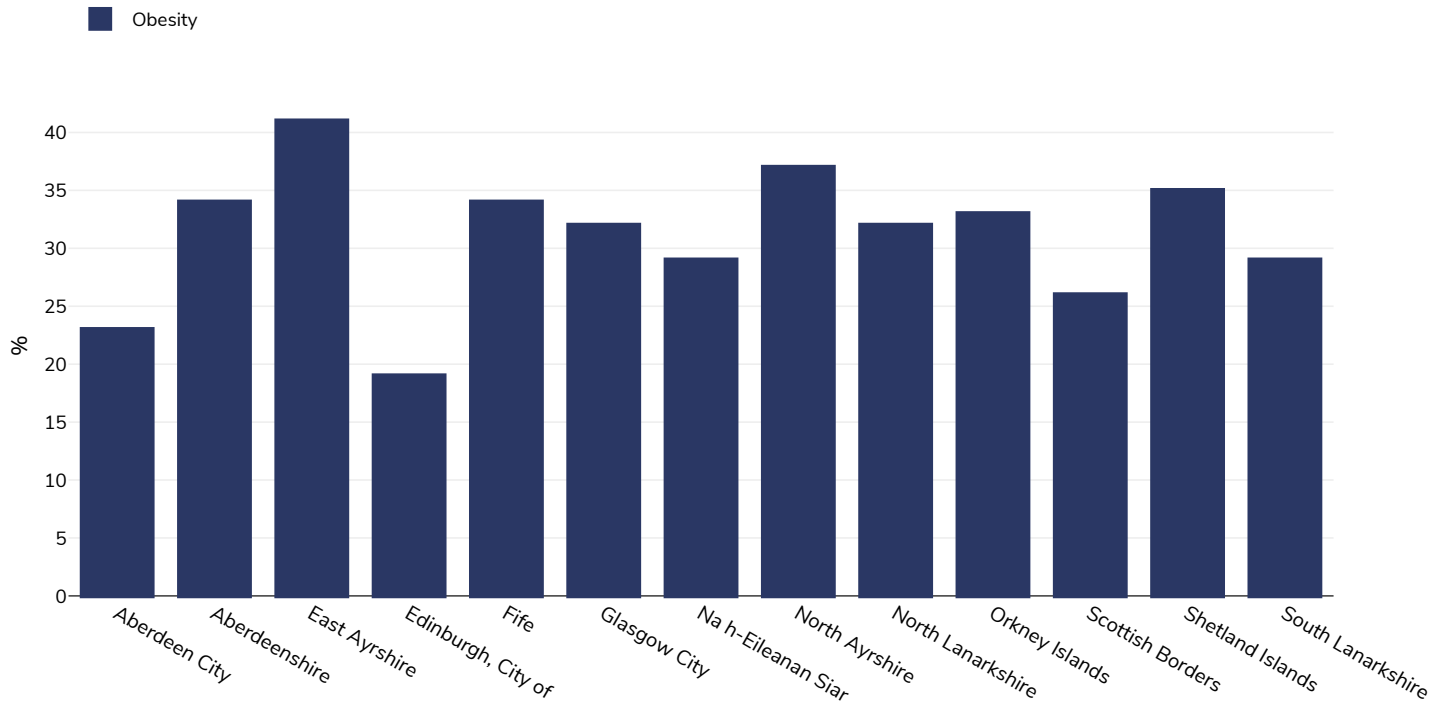
Age: 16+

Area covered: National

References: Scottish Health Survey 2016-2019 <https://scotland.shinyapps.io/sg-scottish-health-survey/> (accessed 16.01.24)

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².

Women, 2016-2019



Survey type: Measured

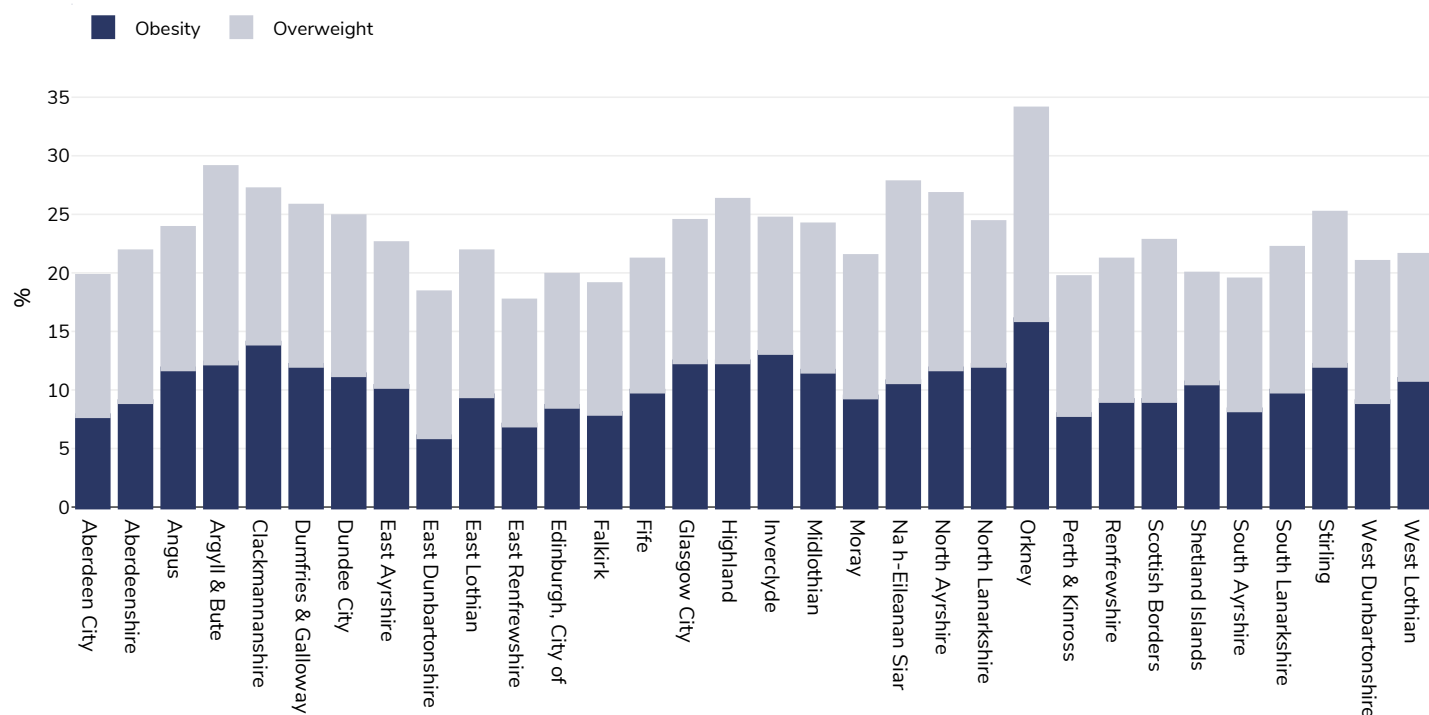
Age: 16+

Area covered: National

References: Scottish Health Survey 2016-2019 <https://scotland.shinyapps.io/sg-scottish-health-survey/> (accessed 16.01.24)

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².

Children, 2018-2019



Survey type: Measured

Age: 4-5

Sample size: 44789

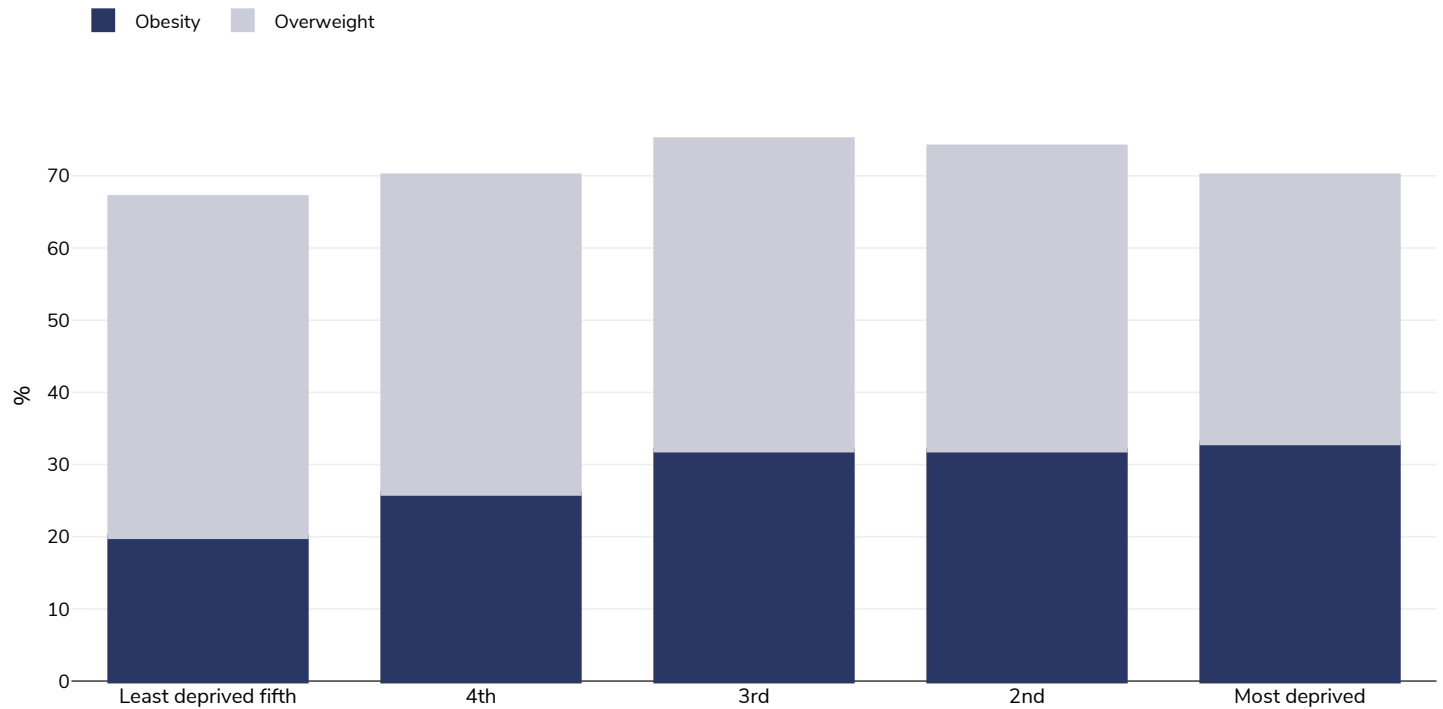
Area covered: National

References: NHS Scotland. Body Mass Index of Primary 1 Children in Scotland School Year 2018/19, (2019). Available at: <https://www.isdscotland.org/Health-Topics/Child-Health/Publications/2019-12-10/2019-12-10-P1-BMI-Statistics-Publication-Report.pdf?> (Data extracted from supplementary table). Last accessed: 15.04.21.

Definitions: At risk of overweight (BMI>=85th and <95th centile) At risk of obesity (BMI>=95th)

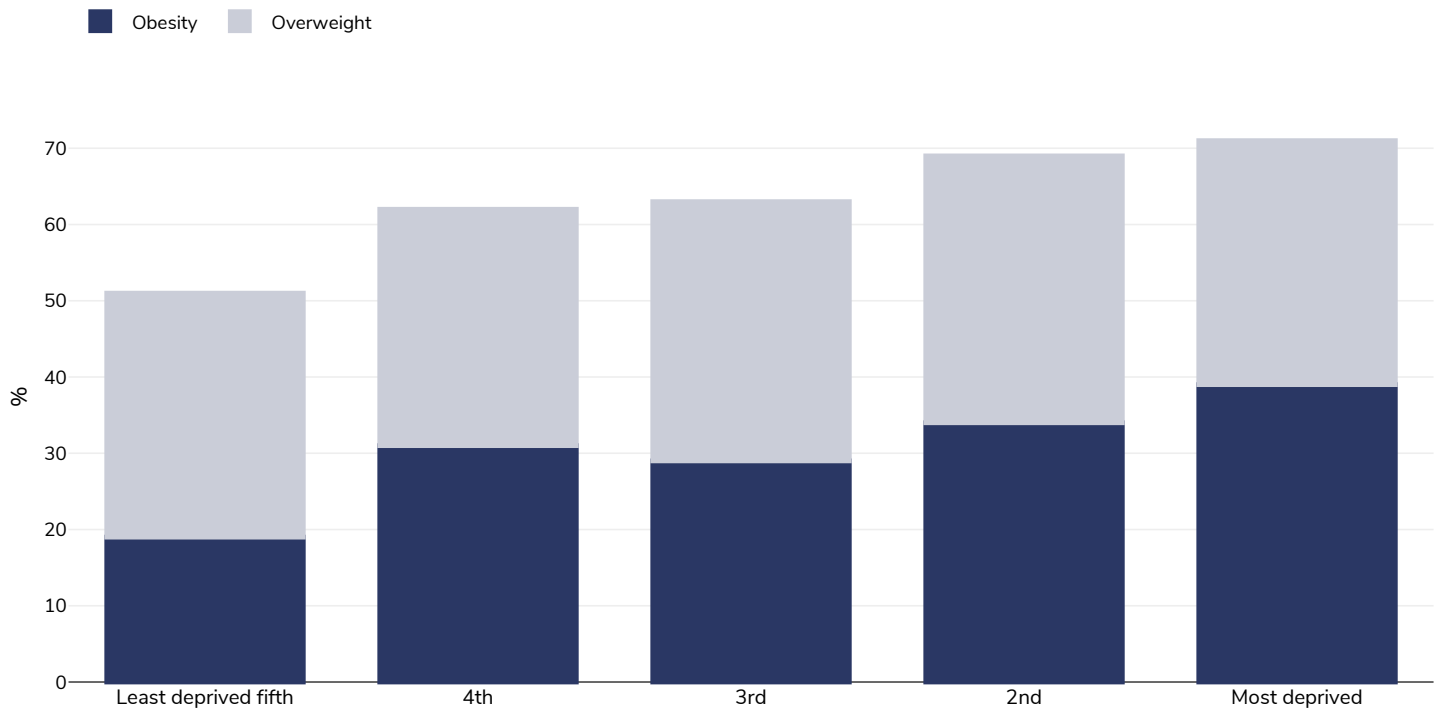
Overweight/obesity by socio-economic group

Men, 2022



Survey type:	Measured
Age:	16+
Sample size:	3510
Area covered:	National
References:	Scottish Health Survey 2022. Available at https://www.gov.scot/publications/scottish-health-survey-2022-volume-1-main-report/pages/12/ (last accessed 05.12.23)
Notes:	The first two months of the survey results were based on interview, the remaining period was measured. A correction formula was put in place to adjust for the self report response.
Definitions:	Scottish Index of Deprivation 5th Least deprived, 1st Most deprived
Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m ² , obesity refers to a BMI greater than 30kg/m ² .	

Women, 2022



Survey type: Measured

Age: 16+

Sample size: 3510

Area covered: National

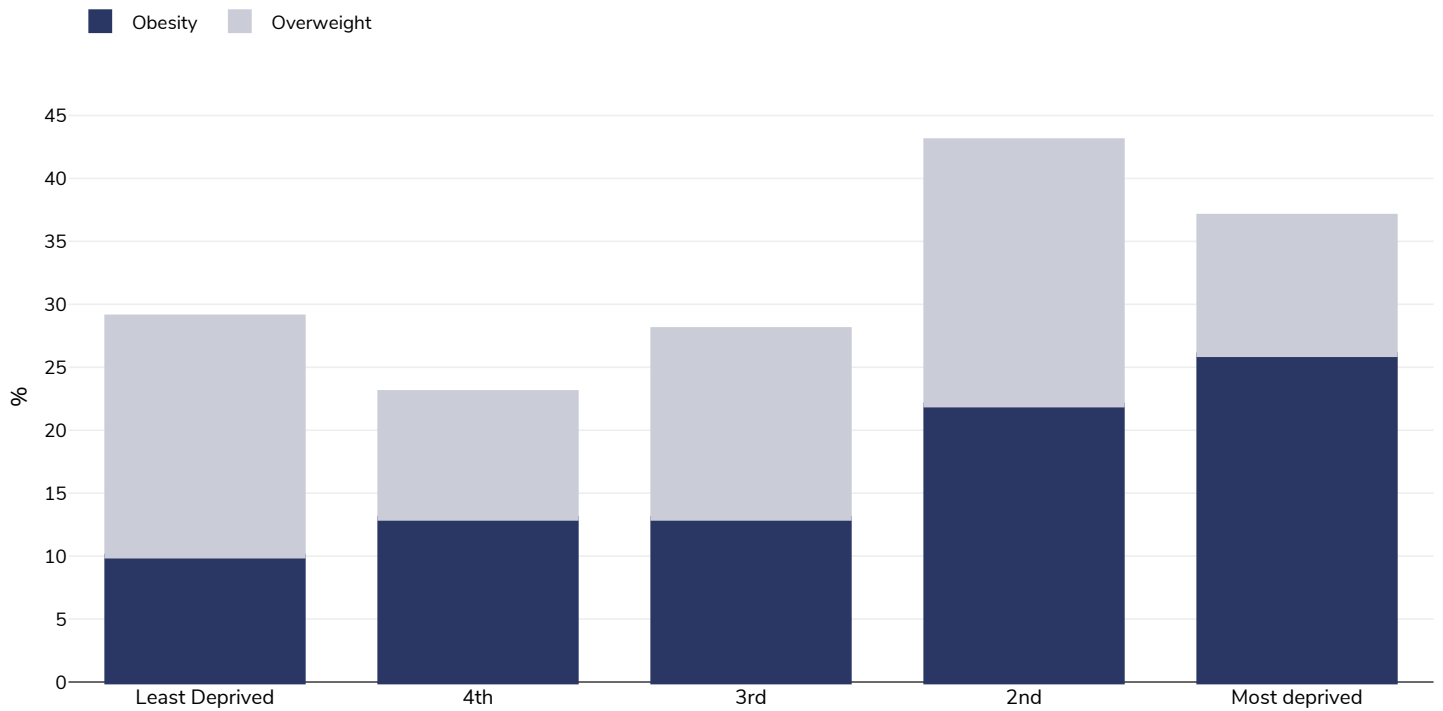
References: Scottish Health Survey 2022. Available at <https://www.gov.scot/publications/scottish-health-survey-2022-volume-1-main-report/pages/12/> (last accessed 05.12.23)

Notes: The first two months of the survey results were based on interview, the remaining period was measured. A correction formula was put in place to adjust for the self report response.

Definitions: Scottish Index of Deprivation 5th Least deprived, 1st Most deprived

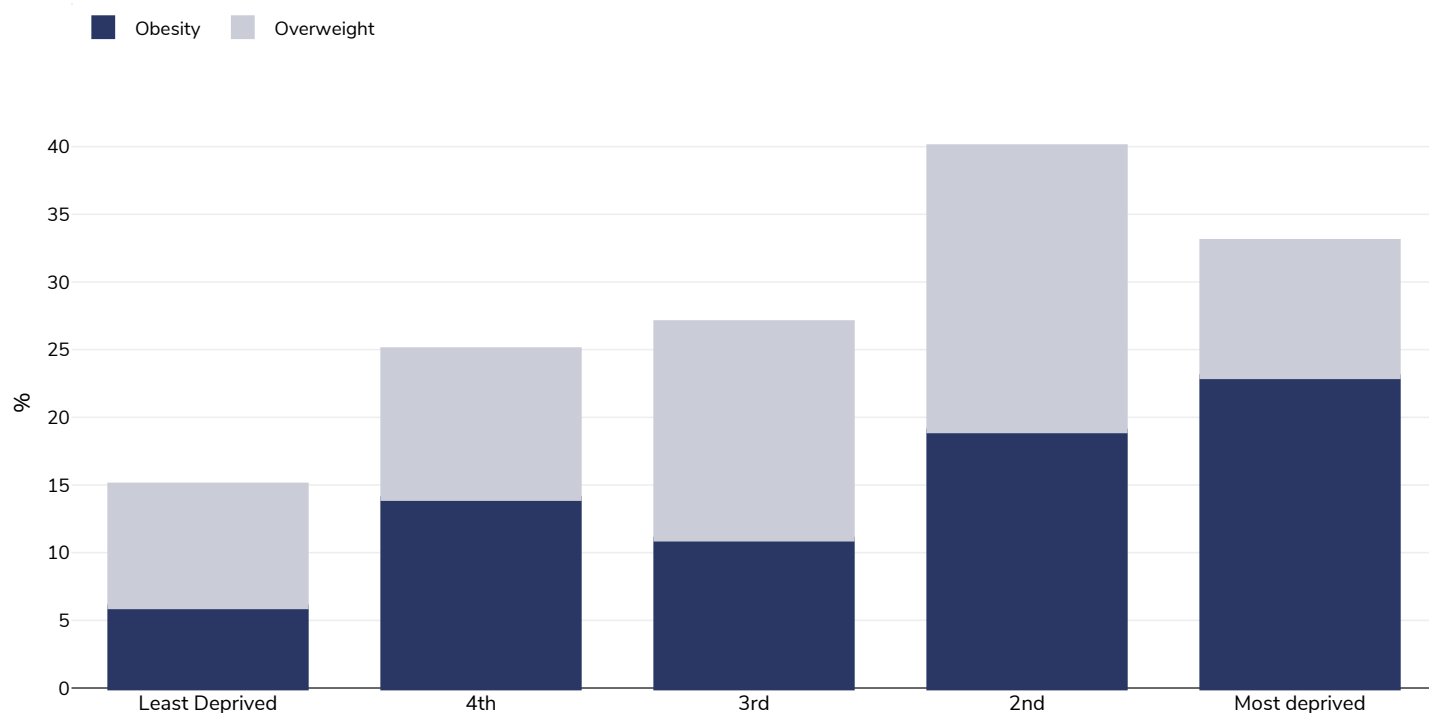
Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².

Boys, 2019



Survey type:	Measured
Age:	2-15
Sample size:	1345
Area covered:	National
References:	Scottish Health Survey 2019. Available at: https://www.gov.scot/publications/scottish-health-survey-2019-volume-1-main-report/ . Data from Scottish Health Survey 2019 supplementary tables. Available at: https://www.gov.scot/publications/scottish-health-survey-2019-supplementary-tables/ . Last accessed 14.04.21.
Notes:	SIMD (Scottish Index of Multiple Deprivation) Quintiles 5 Least Deprived - 1 Most Deprived
Cutoffs:	UK90

Girls, 2019

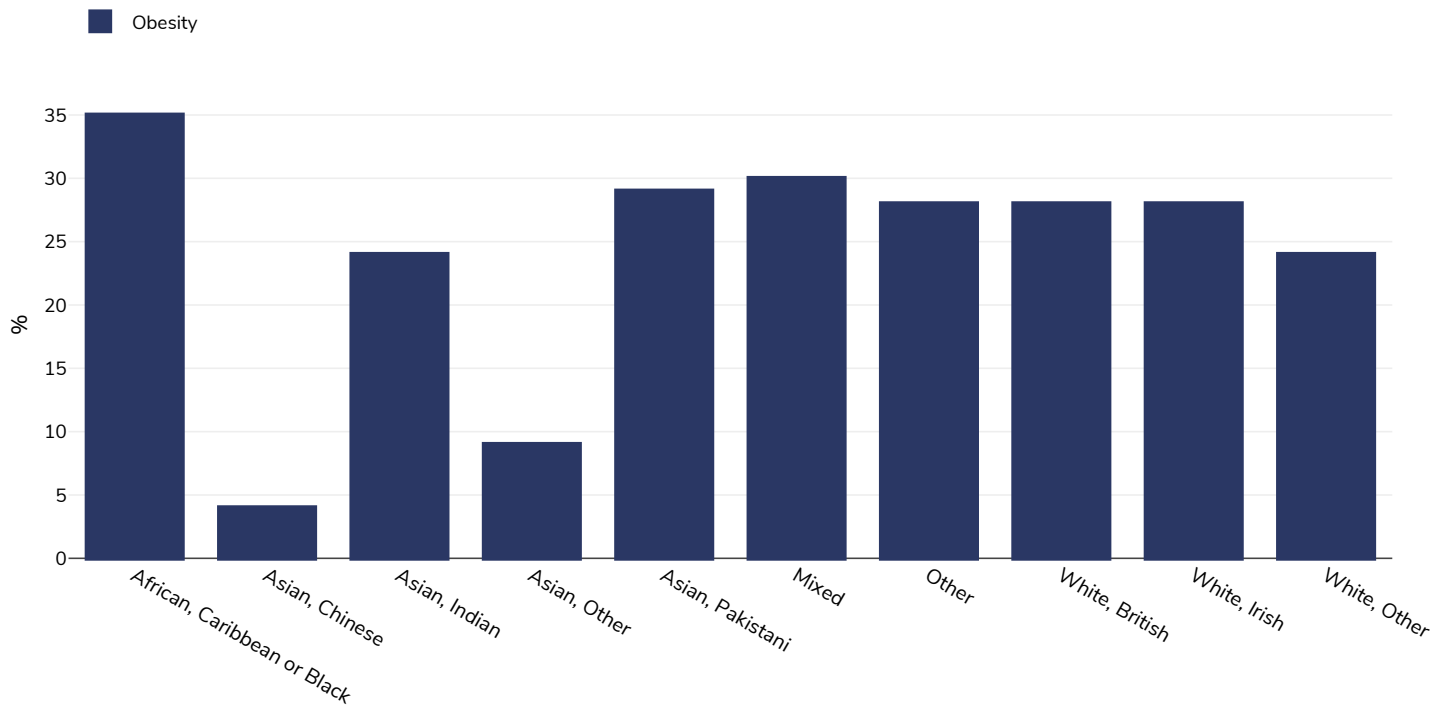


Survey type:	Measured
Age:	2-15
Sample size:	1345
Area covered:	National
References:	Scottish Health Survey 2019. Available at: https://www.gov.scot/publications/scottish-health-survey-2019-volume-1-main-report/ . Data from Scottish Health Survey 2019 supplementary tables. Available at: https://www.gov.scot/publications/scottish-health-survey-2019-supplementary-tables/ . Last accessed 14.04.21.
Notes:	SIMD (Scottish Index of Multiple Deprivation) Quintiles 5 Least Deprived - 1 Most Deprived
Cutoffs:	UK90

Overweight/obesity by ethnicity

Ethnic groups are as defined by publication of origin and are not as defined by WOF. In some instances ethnicity is conflated with nationality and/or race.

Adults, 2008-2011



Survey type: Measured

Age: 16+

Sample size: 23994

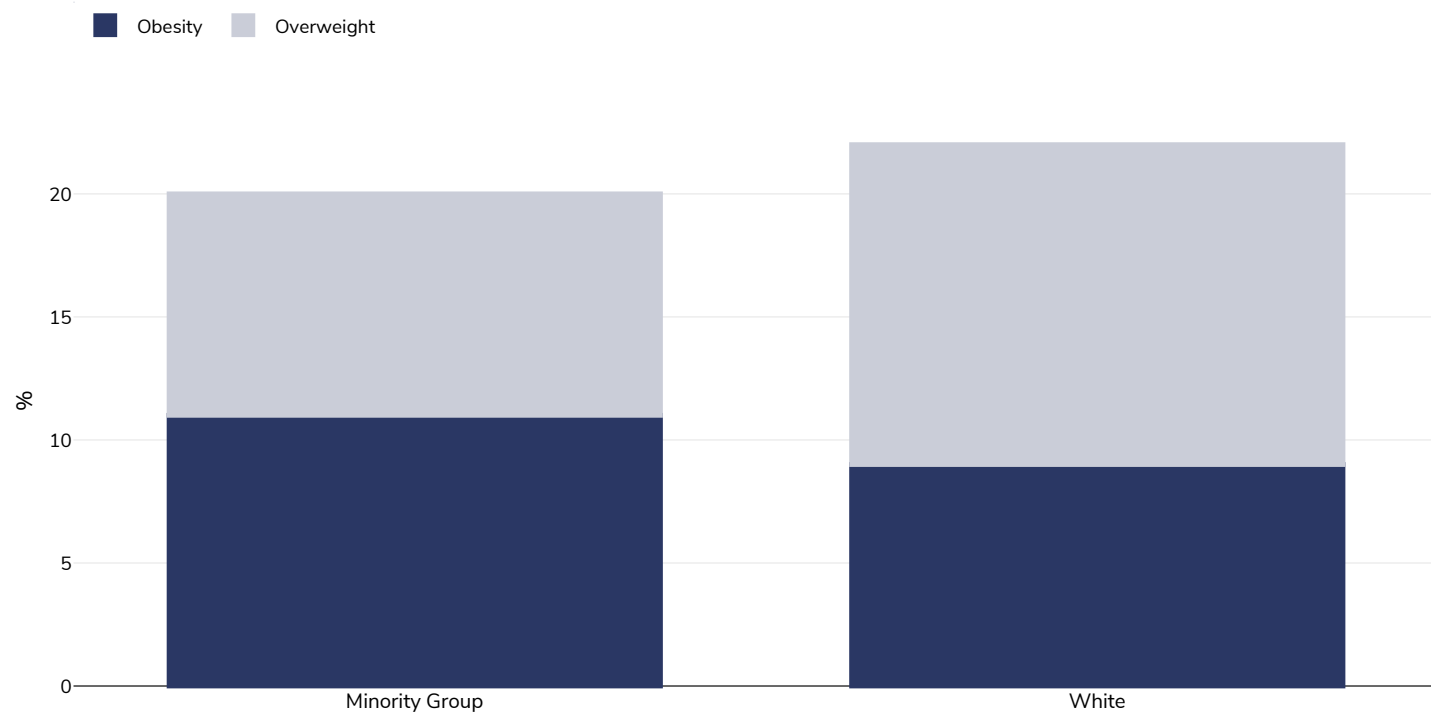
Area covered: National

References: Scottish Health Survey - topic report: equality groups (2012). Available at: <https://www.gov.scot/publications/scottish-health-survey-topic-report-equality-groups/pages/34/>. Last Accessed: 14.04.21.

Notes: Ethnic groups as defined by the survey of origin.

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².

Children, 2010-2011








Survey type:	Measured
Age:	5-6
Sample size:	2931
Area covered:	National
References:	Growing up in Scotland: overweight obesity and activity (2012). Available at: https://www.gov.scot/publications/growing-up-scotland-report-overweight-obesity-activity/pages/8/ . Last accessed: 26.04.21.
Notes:	Ethnic groups as defined by survey of origin.
Cutoffs:	UK90

Contextual factors

Disclaimer: These contextual factors should be interpreted with care. Results are updated as regularly as possible and use very specific criteria. The criteria used and full definitions are available for download at the bottom of this page.



Labelling

Is there mandatory nutrition labelling?	
Front-of-package labelling?	
Back-of-pack nutrition declaration?	
Color coding?	
Warning label?	



Regulation and marketing

Are there fiscal policies on unhealthy products?	✓
Tax on unhealthy foods?	✗
Tax on unhealthy drinks?	✓
Are there fiscal policies on healthy products?	✗
Subsidy on fruits?	✗
Subsidy on vegetables?	✗
Subsidy on other healthy products?	✗
Mandatory limit or ban of trans fat (all settings)?	✓
Mandatory limit of trans fats in place (all settings)?	✓
Ban on trans-fats or phos in place (all settings)?	✗
Are there any mandatory policies/marketing restrictions on the promotion of unhealthy food/drinks to children?	✓
Mandatory restriction on broadcast media?	✓
Mandatory restriction on non-broadcast media?	✓
Voluntary policies/marketing restrictions on the promotion of unhealthy food/drinks to children?	✓ _v
Are there mandatory standards for food in schools?	✓
Are there any mandatory nutrient limits in any manufactured food products?	✗
Nutrition standards for public sector procurement?	✗



Political will and support

National obesity strategy or nutrition and physical activity national strategy?	✓
National obesity strategy?	✓
National childhood obesity strategy?	✓
Comprehensive nutrition strategy?	✓
Comprehensive physical activity strategy?	✓
Evidence-based dietary guidelines and/or RDAs?	✓
National target(s) on reducing obesity?	✓
Guidelines/policy on obesity treatment?	✓
Promotion of breastfeeding?	✓



Monitoring and surveillance

Monitoring of the prevalence and incidence for the main obesity-related NCDs and risk factors?	✓
Within 5 years?	✓



Governance and resource

Multi-sectoral national co-ordination mechanism for obesity or nutrition (including obesity)?	✗
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Key

Present
 Present (voluntary)
 Incoming
 Absent
 Unknown

Last updated September 13, 2022

PDF created on May 15, 2024