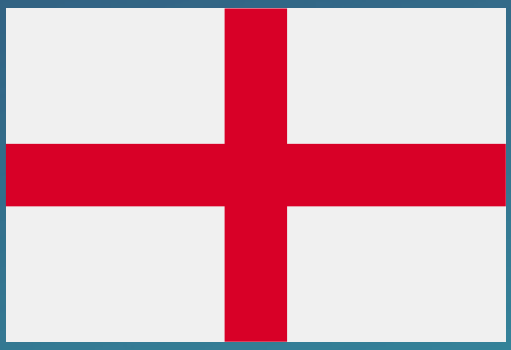
England



Country report card

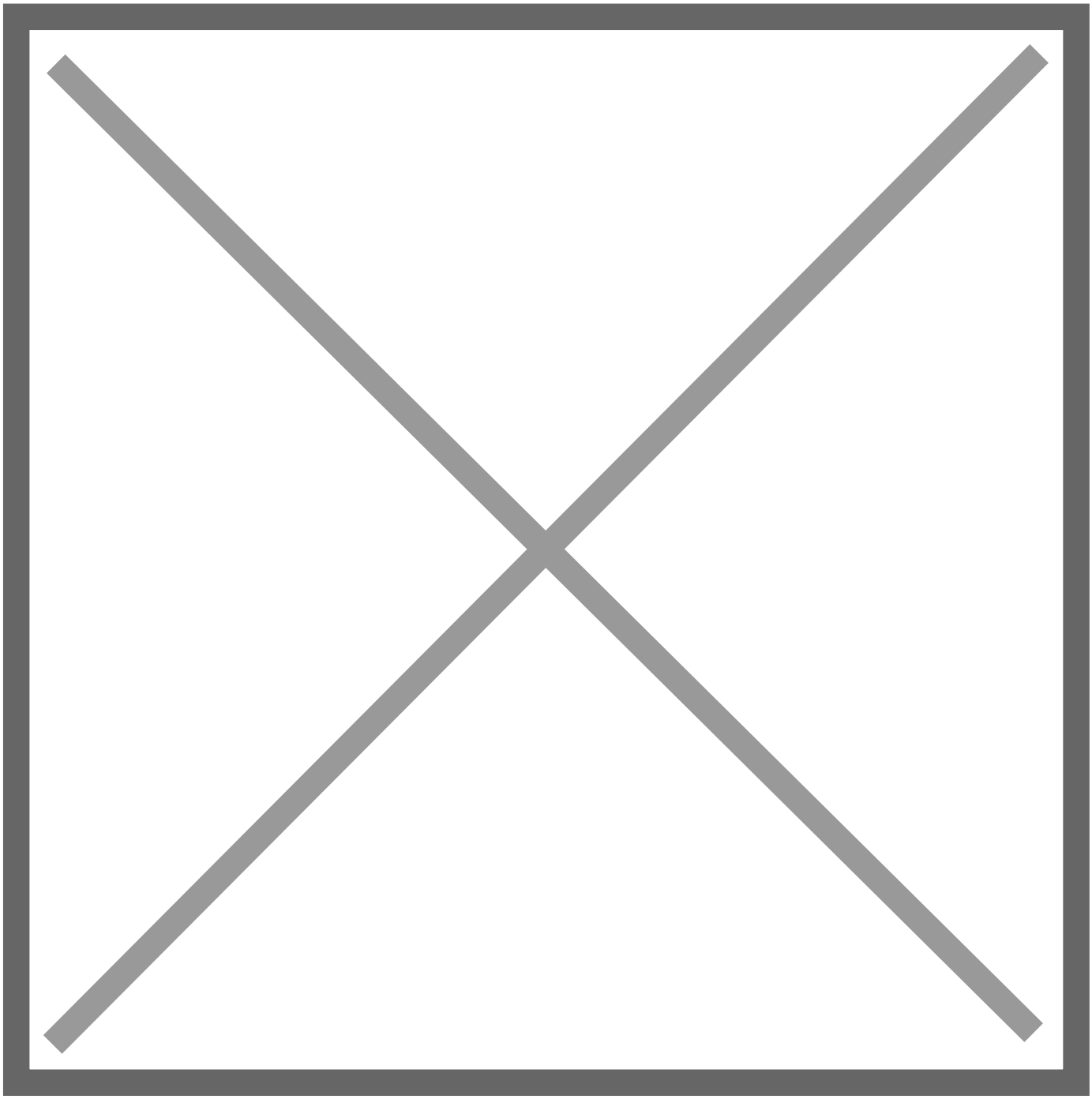
This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity . Where available, data on common and relevant obesity drivers and comorbidities are also presented.

View the latest version of this report on the Global Obesity Observatory at https://data.worldobesity.org/country/england-240/.

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Obesity prevalence

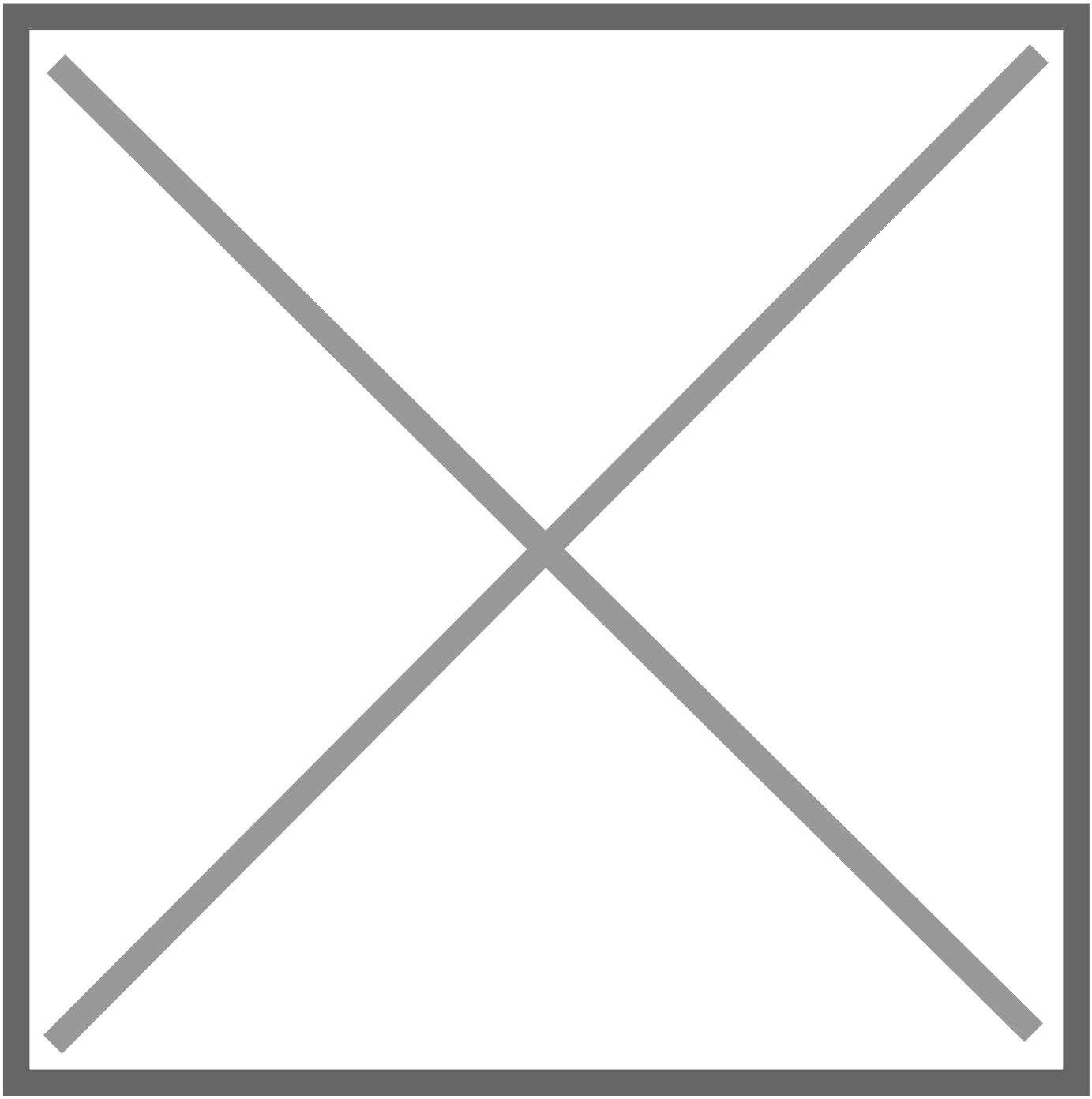
Adults, 2024



Survey type:	Measured
Age:	16+
Sample size:	6500
Area covered:	National
References:	NHS England, Health Survey for England 2024, published 27 January 2026, gov.uk/government/statistics/health-survey-for-england-2024. Data tables available at https://digital.nhs.uk/data-and-information/publications/statistical/health-survey-for-england/2024/health-survey-for-england-2024-data-tables (last accessed 28.04.26)

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

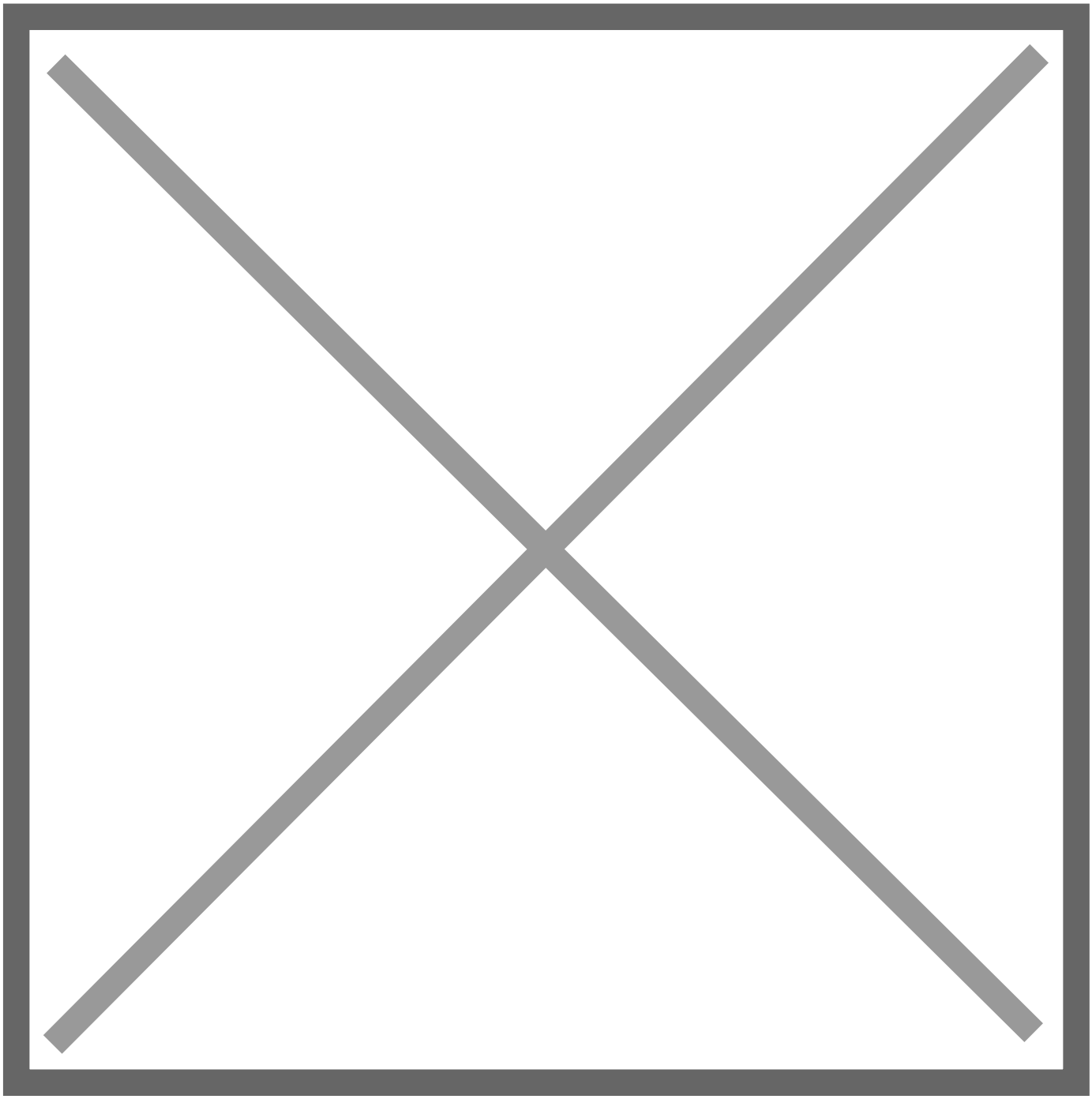
Children, 2024



Survey type:	Measured
Age:	2-15
Sample size:	1021
Area covered:	National
References:	NHS England, Health Survey for England 2024, published 27 January 2026, gov.uk/government/statistics/health-survey-for-england-2024. Data tables available at https://digital.nhs.uk/data-and-information/publications/statistical/health-survey-for-england/2024/health-survey-for-england-2024-data-tables (last accessed 28.04.26)

Notes:	Wieghted sample size
Cutoffs:	85th/95th

0-5 years, 2018-2019

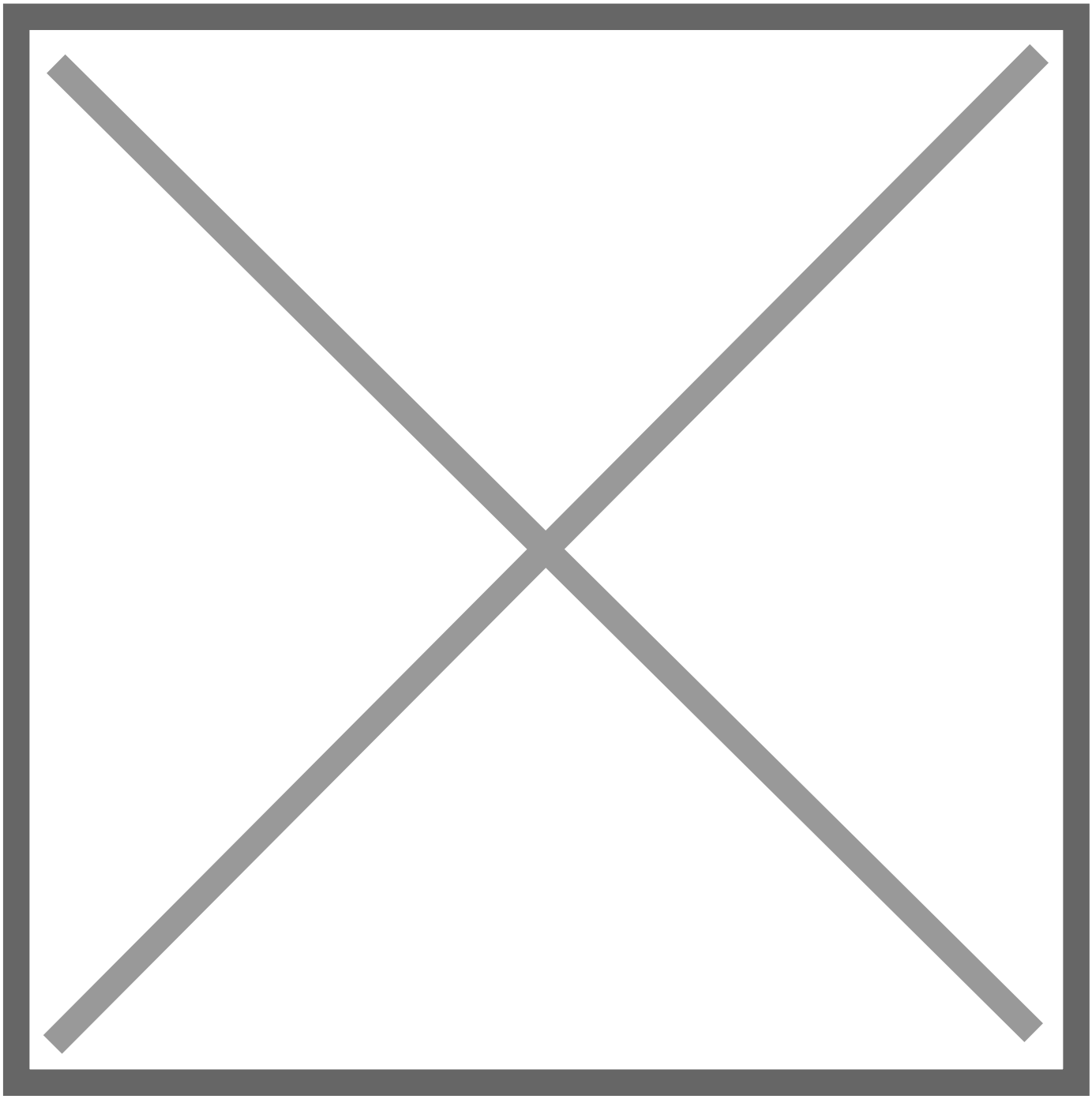


Survey type:	Measured
Age:	4-5
Sample size:	309088
Area covered:	National
References:	National Child Measurement Programme: England, 2018/19 school year

Notes:	UNICEF/WHO/World Bank Joint Child Malnutrition Estimates Expanded Database: Overweight estimates: National and Disaggregated, July 2025, New York. Weighted sample size. For more information, please consult https://data.unicef.org/resources/jme/. NB. Age interval 48-59 months; unadjusted
Definitions:	Percentage of children under 5 years of age falling above 2 standard deviations (moderate and severe) from the median weight-for-height of the reference population.
Cutoffs:	=>+2SD

Adults living with obesity in England 1981-2022

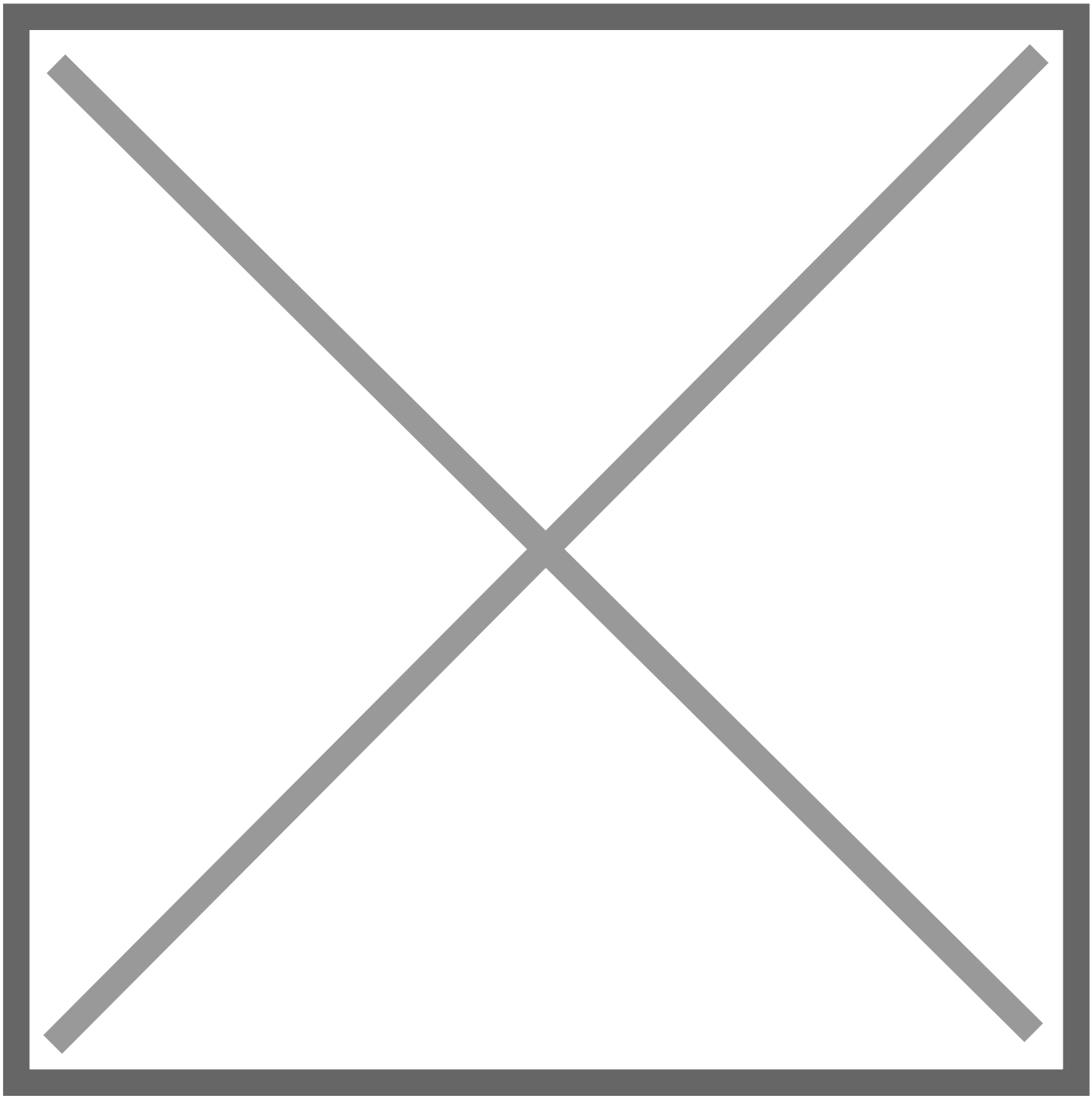
Men



Survey type:	Measured
References:	1981: Royal College of Physicians (1983). Obesity. Reprinted from the Journal of the Royal College of Physicians of London Vol 17 (No 1) January 1983 1993: Health Survey for England 1993. 1995: Health Survey for England 1995. 1996: Health Survey for England 1996. 1997: Health Survey for England 1997. 1998: Health Survey for England 1998. 1999: Health Survey for England 1999. 2000: Health Survey for England 2000.

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.

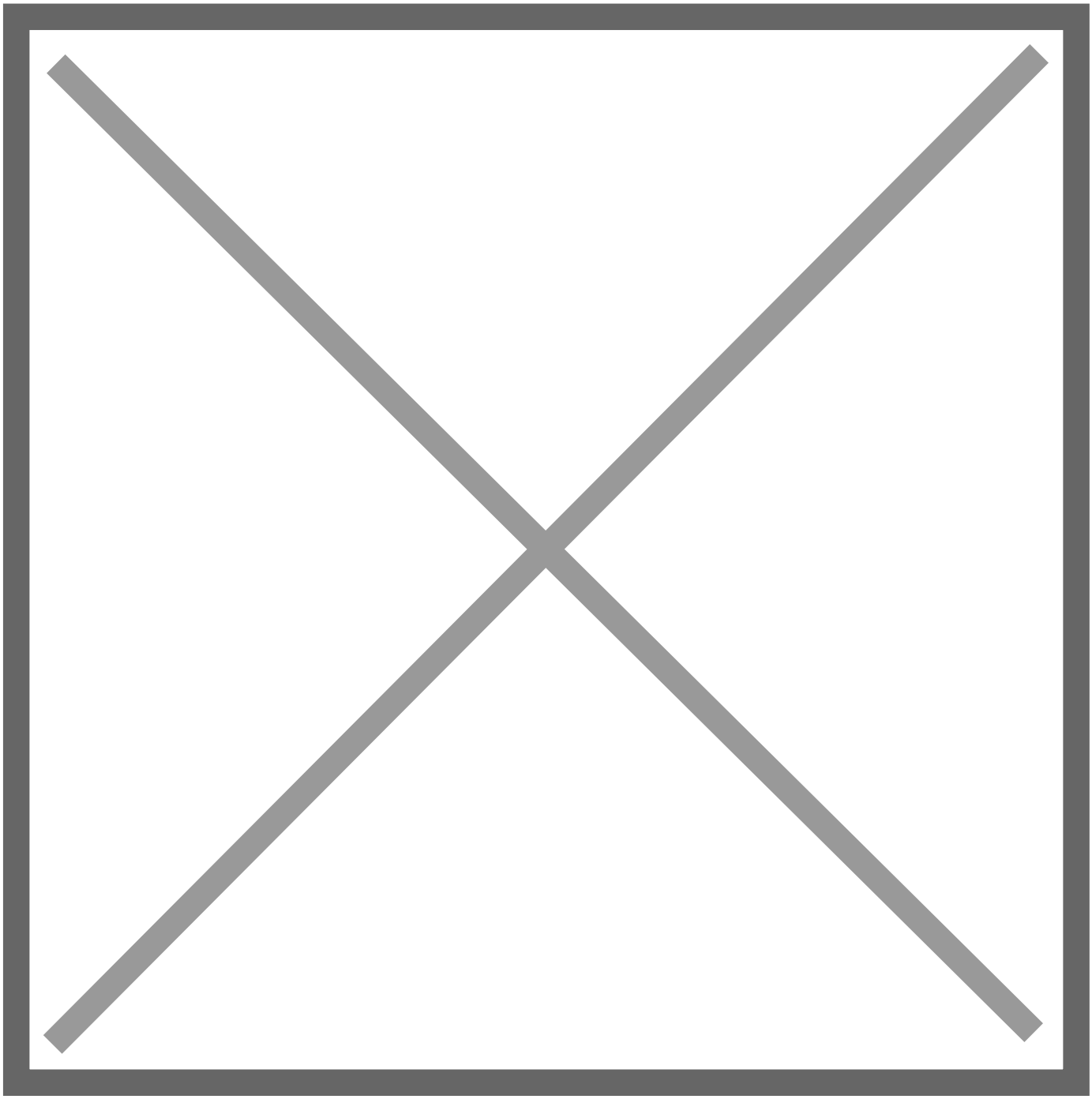
Women



Survey type:	Measured
References:	1981: Royal College of Physicians (1983). Obesity. Reprinted from the Journal of the Royal College of Physicians of London Vol 17 (No 1) January 1983 1993: Health Survey for England 1993. 1995: Health Survey for England 1995. 1996: Health Survey for England 1996. 1997: Health Survey for England 1997. 1998: Health Survey for England 1998. 1999: Health Survey for England 1999. 2000: Health Survey for England 2000.

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.

Men and women

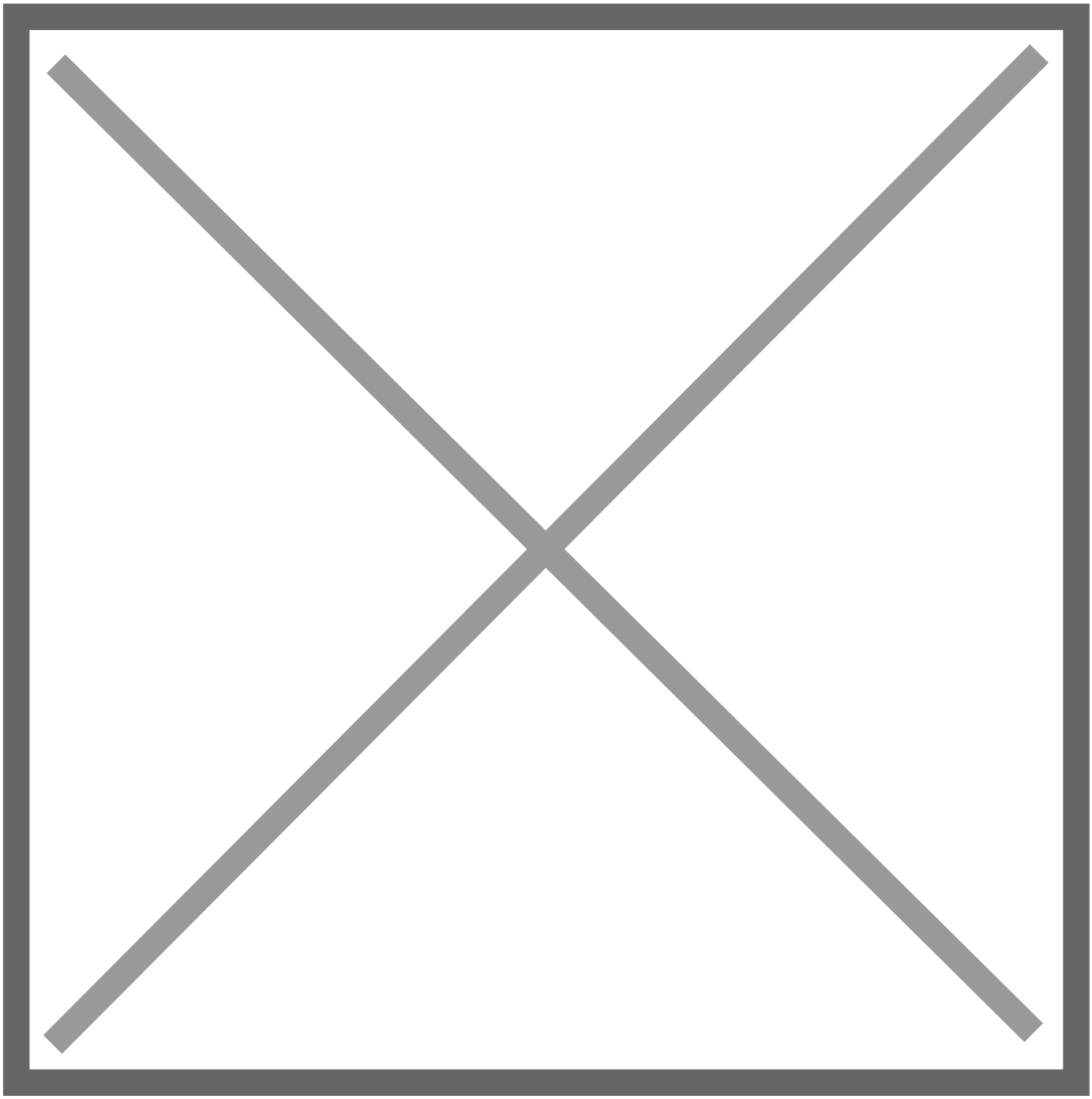


Survey type:	Measured
References:	1981: Royal College of Physicians (1983). Obesity. Reprinted from the Journal of the Royal College of Physicians of London Vol 17 (No 1) January 1983 1993: Health Survey for England 1993. 1995: Health Survey for England 1995. 1996: Health Survey for England 1996. 1997: Health Survey for England 1997. 1998: Health Survey for England 1998. 1999: Health Survey for England 1999. 2000: Health Survey for England 2000.

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 in England 1981-2022

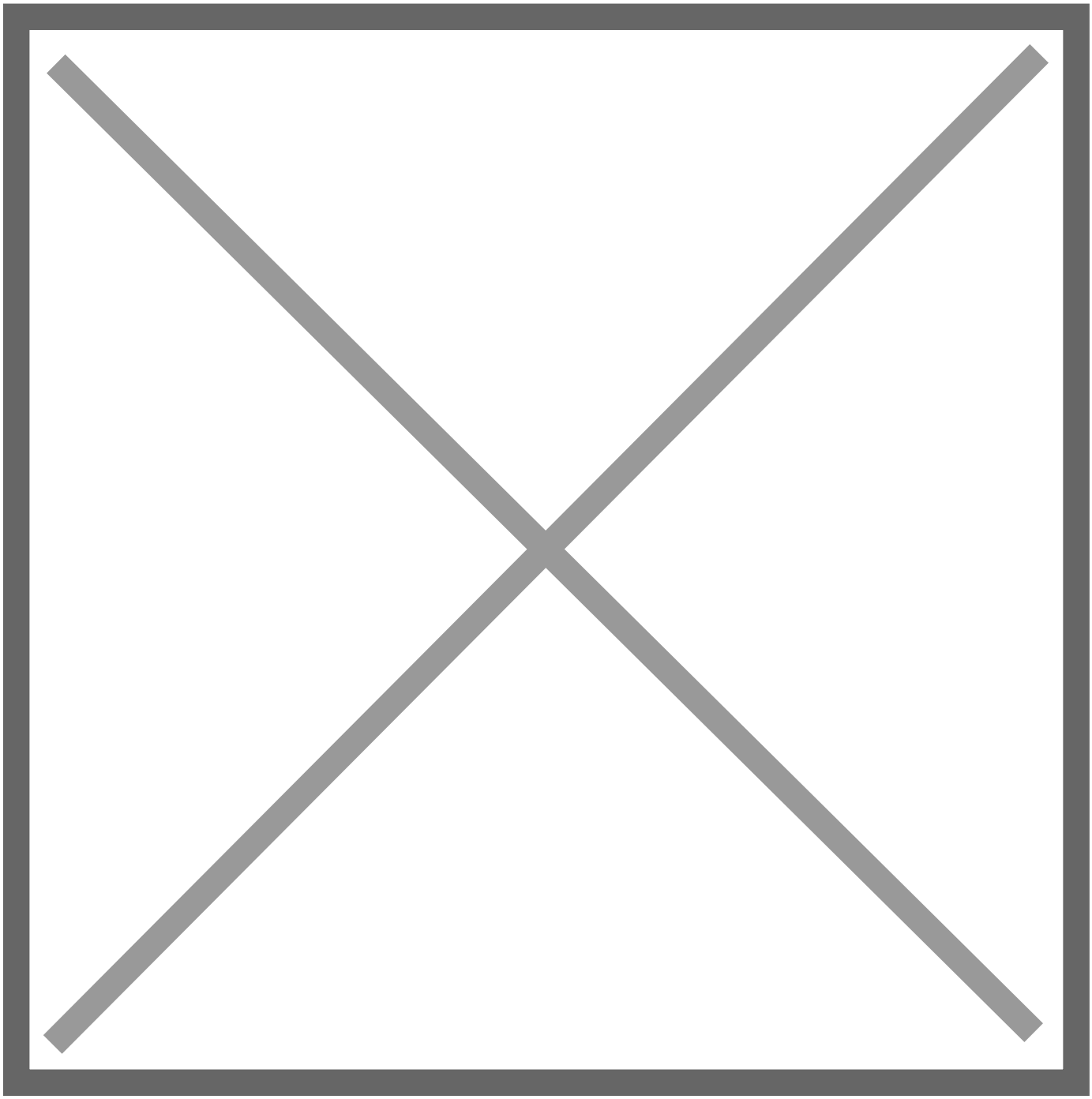
Men



Survey type:	Measured
References:	1981: Royal College of Physicians (1983). Obesity. Reprinted from the Journal of the Royal College of Physicians of London Vol 17 (No 1) January 1983 1993: Health Survey for England 1993. 1994: Health Survey for England 1994. 1995: Health Survey for England 1995. 1996: Health Survey for England 1996. 1997: Health Survey for England 1997. 1998: Health Survey for England 1998. 1999: Health Survey for England 1999.

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

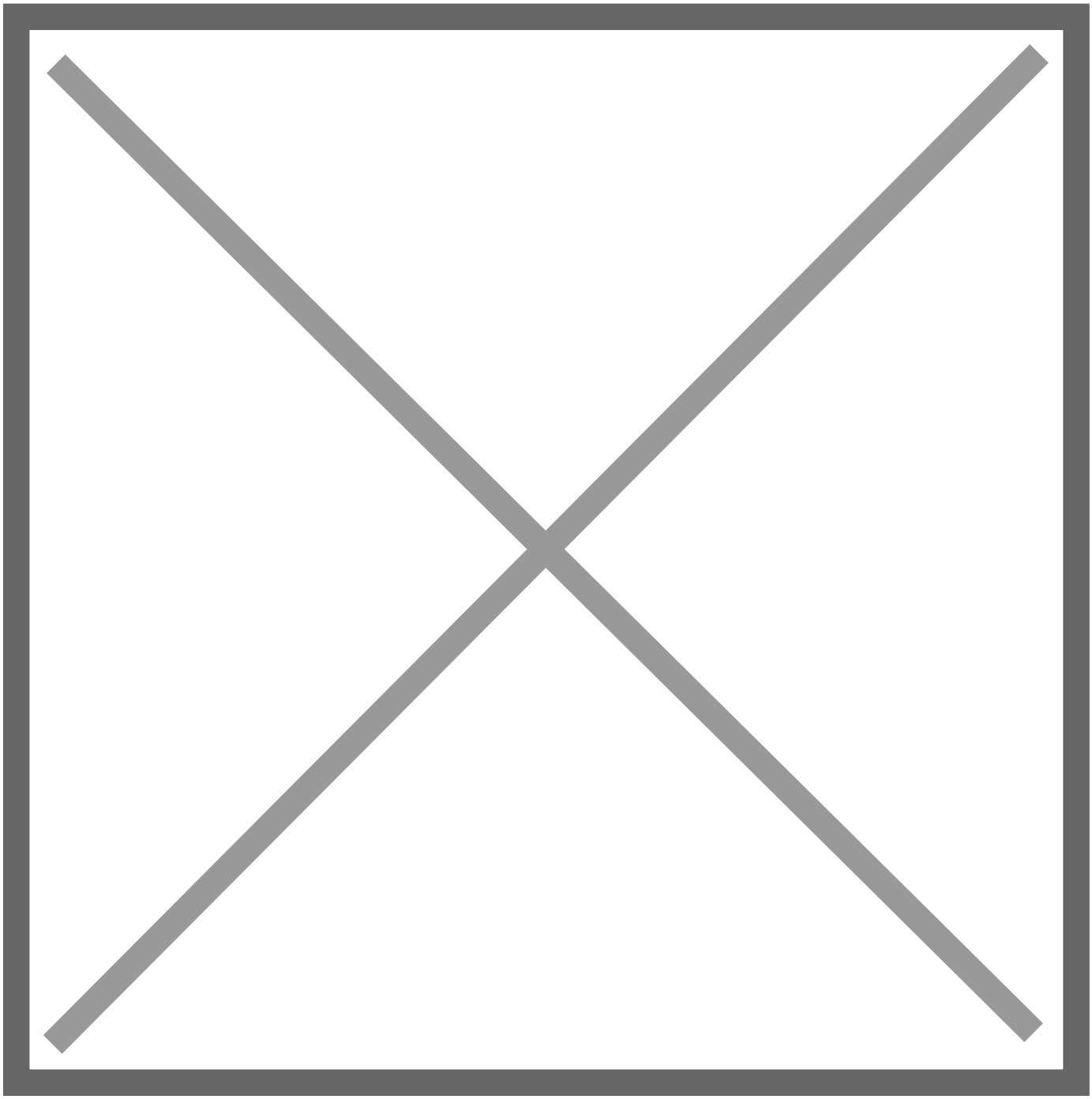


Survey type:	Measured
References:	1981: Royal College of Physicians (1983). Obesity. Reprinted from the Journal of the Royal College of Physicians of London Vol 17 (No 1) January 1983 1993: Health Survey for England 1993. 1994: Health Survey for England 1994. 1995: Health Survey for England 1995. 1996: Health Survey for England 1996. 1997: Health Survey for England 1997. 1998: Health Survey for England 1998. 1999: Health Survey for England 1999.

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 in England 1974-1994

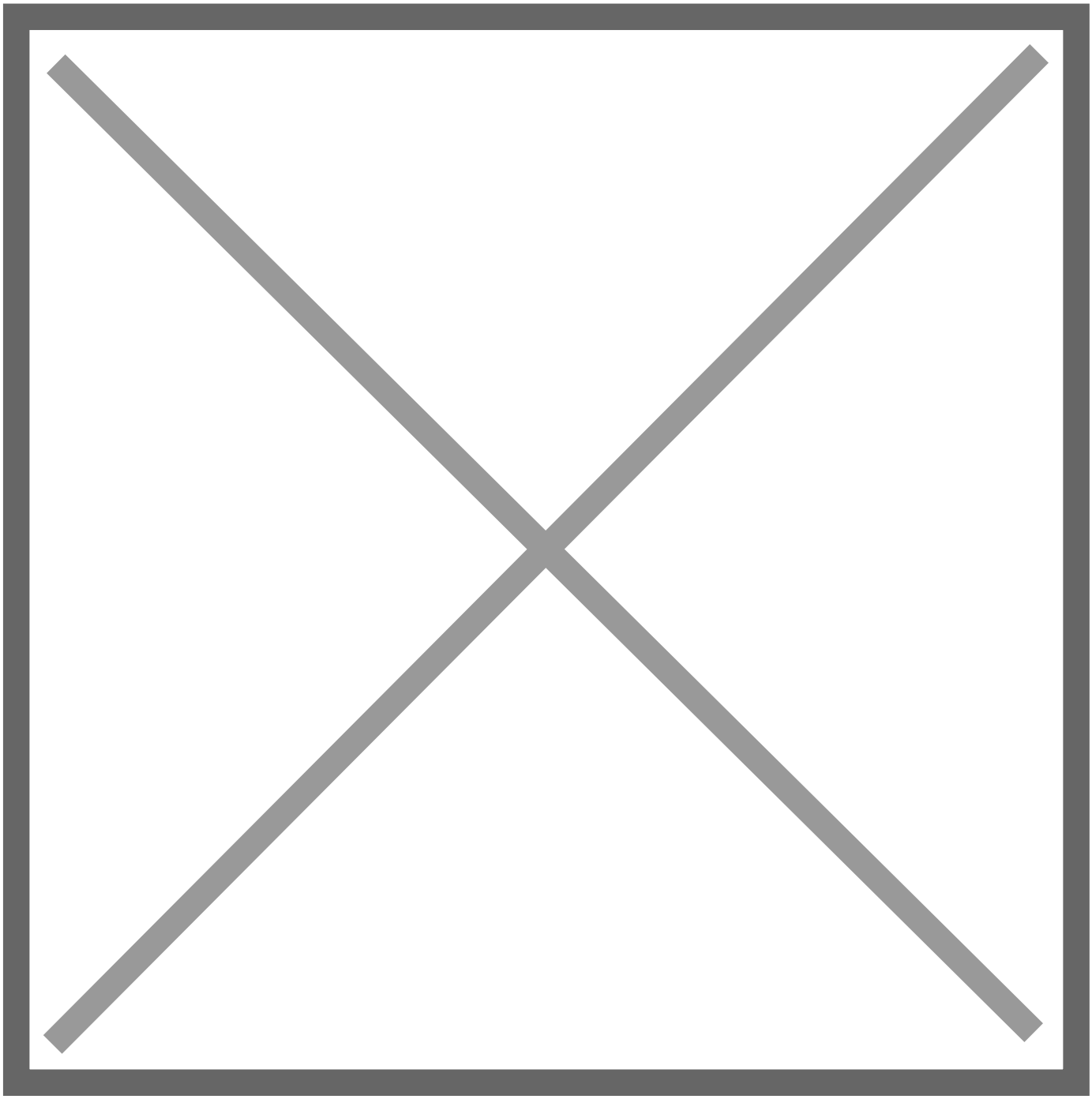
Men



Survey type:	Measured
References:	1974, 1984: Chinn S, Rona RJ. Prevalence and trends inoverweight and obesity in three cross sectional studies of British children, 1974-94. BMJ (2001);322:24-26 1994: Health Survey for England 1994.

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

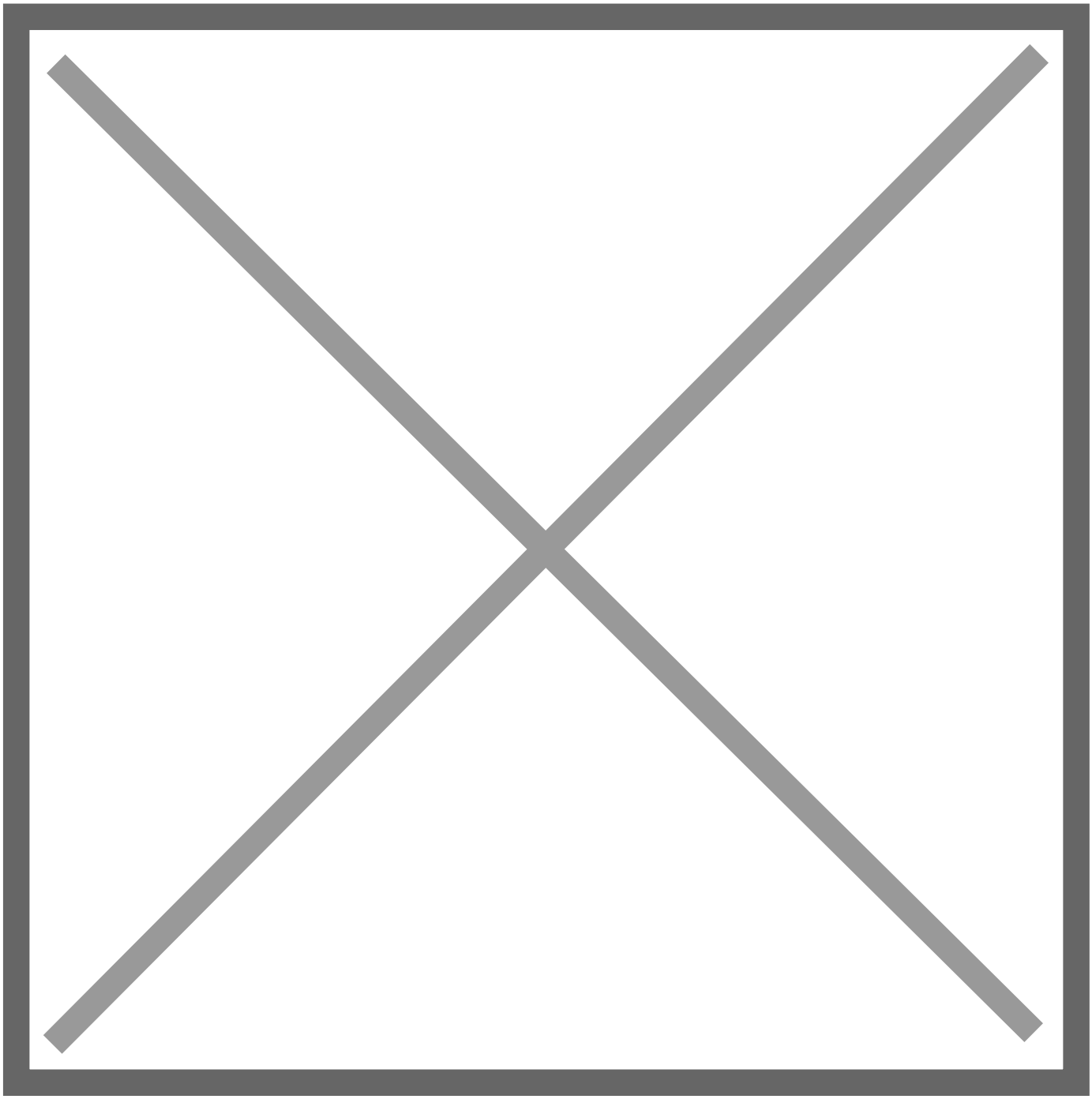


Survey type:	Measured
References:	1974, 1984: Chinn S, Rona RJ. Prevalence and trends inoverweight and obesity in three cross sectional studies of British children, 1974-94. BMJ (2001);322:24-26 1994: Health Survey for England 1994.

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 in England 2003-2022

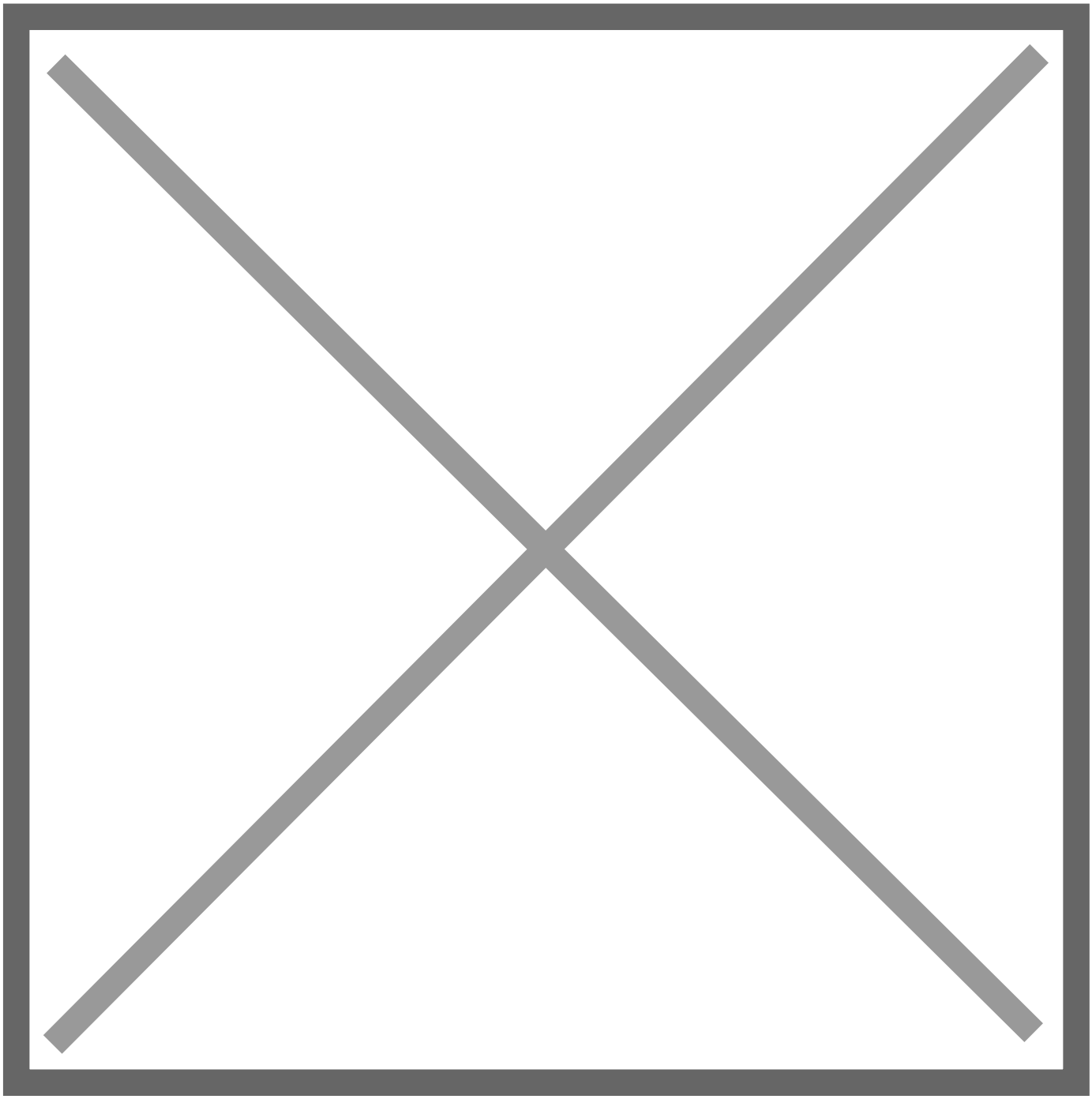
Boys and girls



Survey type:	Measured
References:	2003: Health Survey for England 2003. Obtained from HSE 2022 Adult and Children's overweight and obesity tables. https://digital.nhs.uk/data-and-information/publications/statistical/health-survey-for-england/2022-part-2 [Accessed 11.08.25] 2005: Health Survey for England 2005. Obtained from HSE 2022 Adult and Children's overweight and obesity tables. https://digital.nhs.uk/data-and-information/publications/statistical/health-survey-for-england/2022-part-2 [Accessed 11.08.25] 2008: Health Survey for England 2008. Obtained from HSE 2022 Adult and Children's overweight and obesity tables. https://digital.nhs.uk/data-and-information/publications/statistical/health-survey-for-england/2022-part-2 [Accessed 11.08.25] 2010: Health Survey for England 2010. Obtained from HSE 2022 Adult and Children's overweight and obesity tables. https://digital.nhs.uk/data-and-information/publications/statistical/health-survey-for-england/2022-part-2 [Accessed 11.08.25] 2013: Health Survey for England 2013. Obtained from HSE 2022 Adult and Children's overweight and obesity tables.

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.

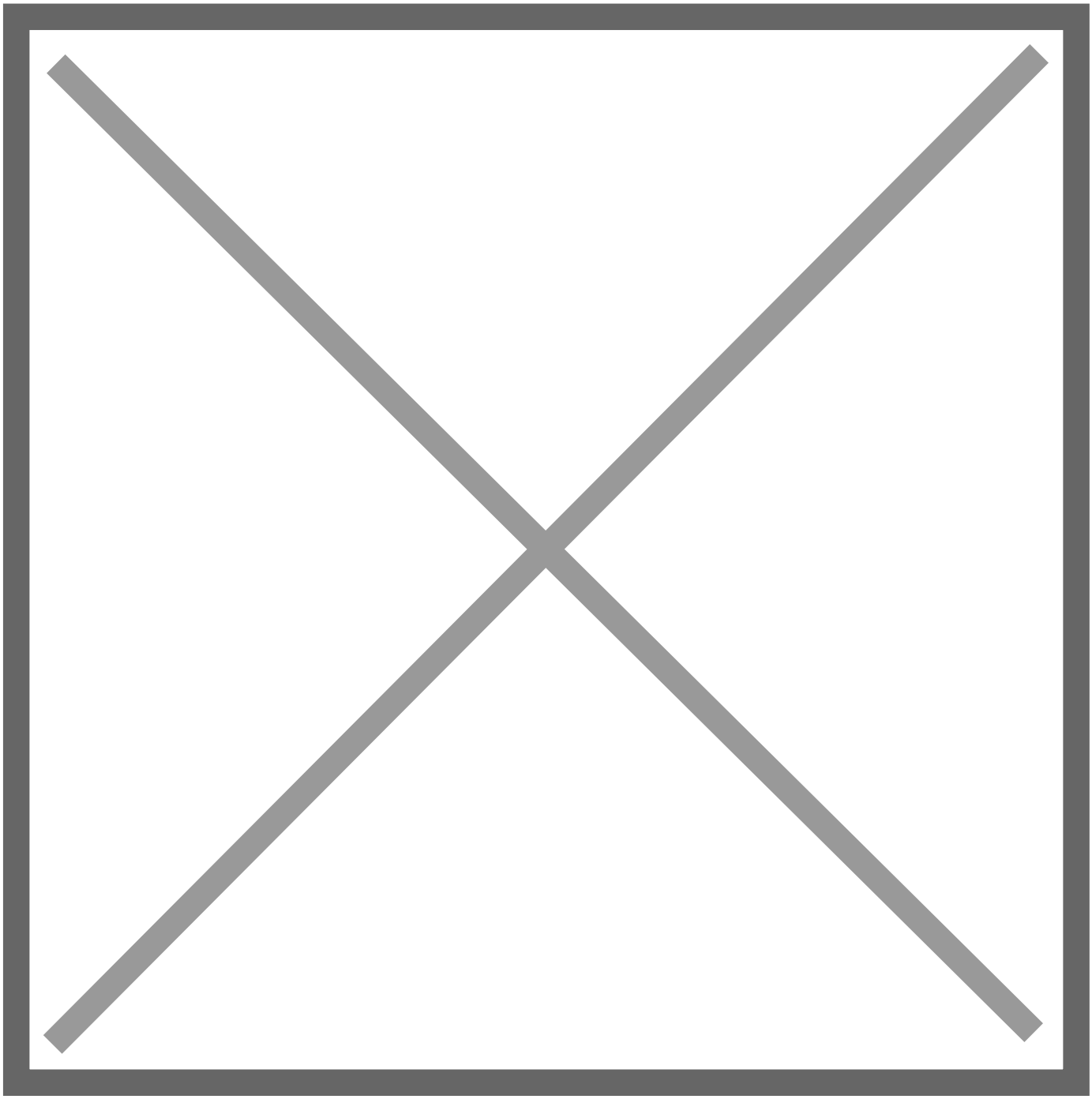
Boys



Survey type:	Measured
References:	2003: Health Survey for England 2003. Obtained from HSE 2022 Adult and Children's overweight and obesity tables. https://digital.nhs.uk/data-and-information/publications/statistical/health-survey-for-england/2022-part-2 [Accessed 11.08.25] 2005: Health Survey for England 2005. Obtained from HSE 2022 Adult and Children's overweight and obesity tables. https://digital.nhs.uk/data-and-information/publications/statistical/health-survey-for-england/2022-part-2 [Accessed 11.08.25] 2008: Health Survey for England 2008. Obtained from HSE 2022 Adult and Children's overweight and obesity tables. https://digital.nhs.uk/data-and-information/publications/statistical/health-survey-for-england/2022-part-2 [Accessed 11.08.25] 2010: Health Survey for England 2010. Obtained from HSE 2022 Adult and Children's overweight and obesity tables. https://digital.nhs.uk/data-and-information/publications/statistical/health-survey-for-england/2022-part-2 [Accessed 11.08.25] 2013: Health Survey for England 2013. Obtained from HSE 2022 Adult and Children's overweight and obesity tables.

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Girls

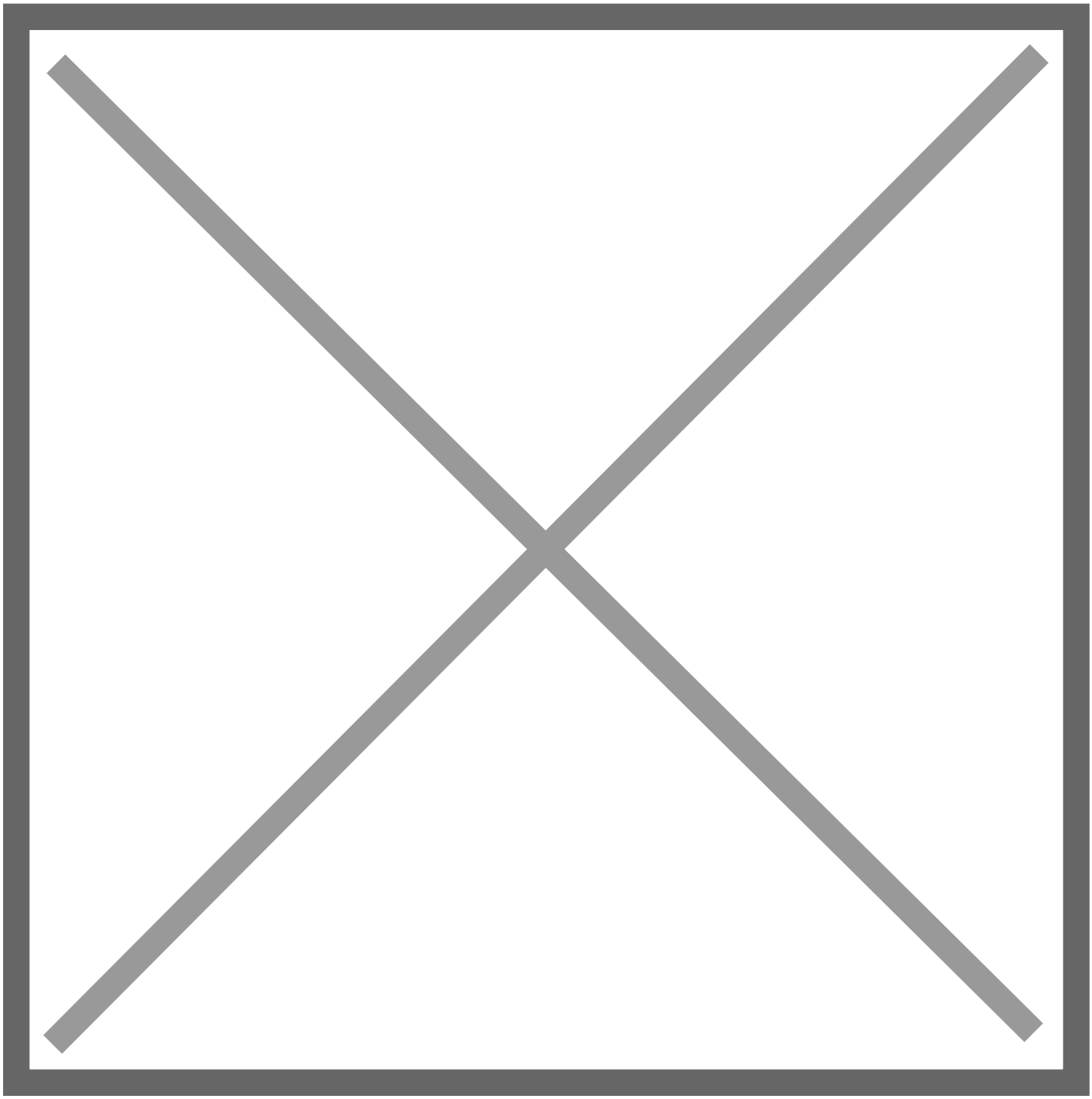


Survey type:	Measured
References:	2003: Health Survey for England 2003. Obtained from HSE 2022 Adult and Children's overweight and obesity tables. https://digital.nhs.uk/data-and-information/publications/statistical/health-survey-for-england/2022-part-2 [Accessed 11.08.25] 2005: Health Survey for England 2005. Obtained from HSE 2022 Adult and Children's overweight and obesity tables. https://digital.nhs.uk/data-and-information/publications/statistical/health-survey-for-england/2022-part-2 [Accessed 11.08.25] 2008: Health Survey for England 2008. Obtained from HSE 2022 Adult and Children's overweight and obesity tables. https://digital.nhs.uk/data-and-information/publications/statistical/health-survey-for-england/2022-part-2 [Accessed 11.08.25] 2010: Health Survey for England 2010. Obtained from HSE 2022 Adult and Children's overweight and obesity tables. https://digital.nhs.uk/data-and-information/publications/statistical/health-survey-for-england/2022-part-2 [Accessed 11.08.25] 2013: Health Survey for England 2013. Obtained from HSE 2022 Adult and Children's overweight and obesity tables.

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 in Europe 1976-2018, selected countries

Men



References:

1976, 1987: Visscher TLS, Kromhout D, Seidell J. Long term and recent time trends in the prevalence of obesity among Dutch men and women. IJO 2002;26:1218-24

1981: Royal College of Physicians (1983). Obesity. Reprinted from the Journal of the Royal College of Physicians of London Vol 17 (No 1) January 1983

1982: Lahti-Koski M, Vartiainen E, Mannisto S, Pietinen P. Age, education and occupation as determinants of trends in body mass index in Finland from 1982 to 1997. International Journal of Obesity (2000);24:1669-1676

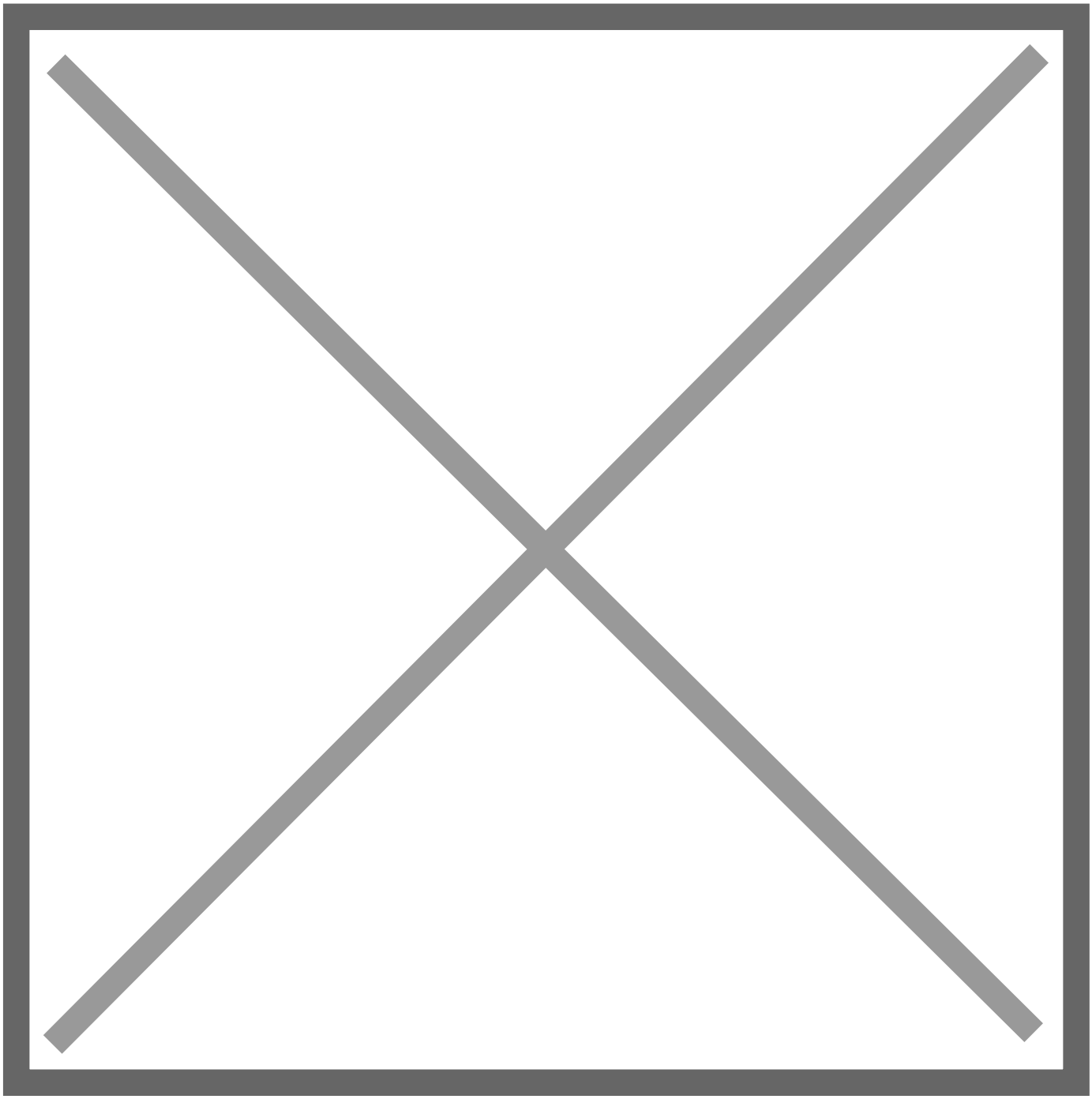
1985: Berg C, Rosengren A, Aires N, :appas G, Toren K, Thelle D, Lissner L. Trends in overweight and obesity from 1985 to 2002 in Goteborg, West Sweden. IJO 2005 Aug;29(8):916-24

1990: Berg C, Rosengren A, Aires N, :appas G, Toren K, Thelle D, Lissner L. Trends in overweight and obesity from 1985 to 2002 in Goteborg, West Sweden. IJO 2005 online published ahead of print.

1992: Lahti-Koski M, Pietinen P, Mannisto S, Vartiainen E. Trends in waist-to-hip ratio and its determinants in adults in Finland from 1987

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Women



References:

1976, 1987: Visscher TLS, Kromhout D, Seidell J. Long term and recent time trends in the prevalence of obesity among Dutch men and women. IJO 2002;26:1218-24

1981: Royal College of Physicians (1983). Obesity. Reprinted from the Journal of the Royal College of Physicians of London Vol 17 (No 1) January 1983

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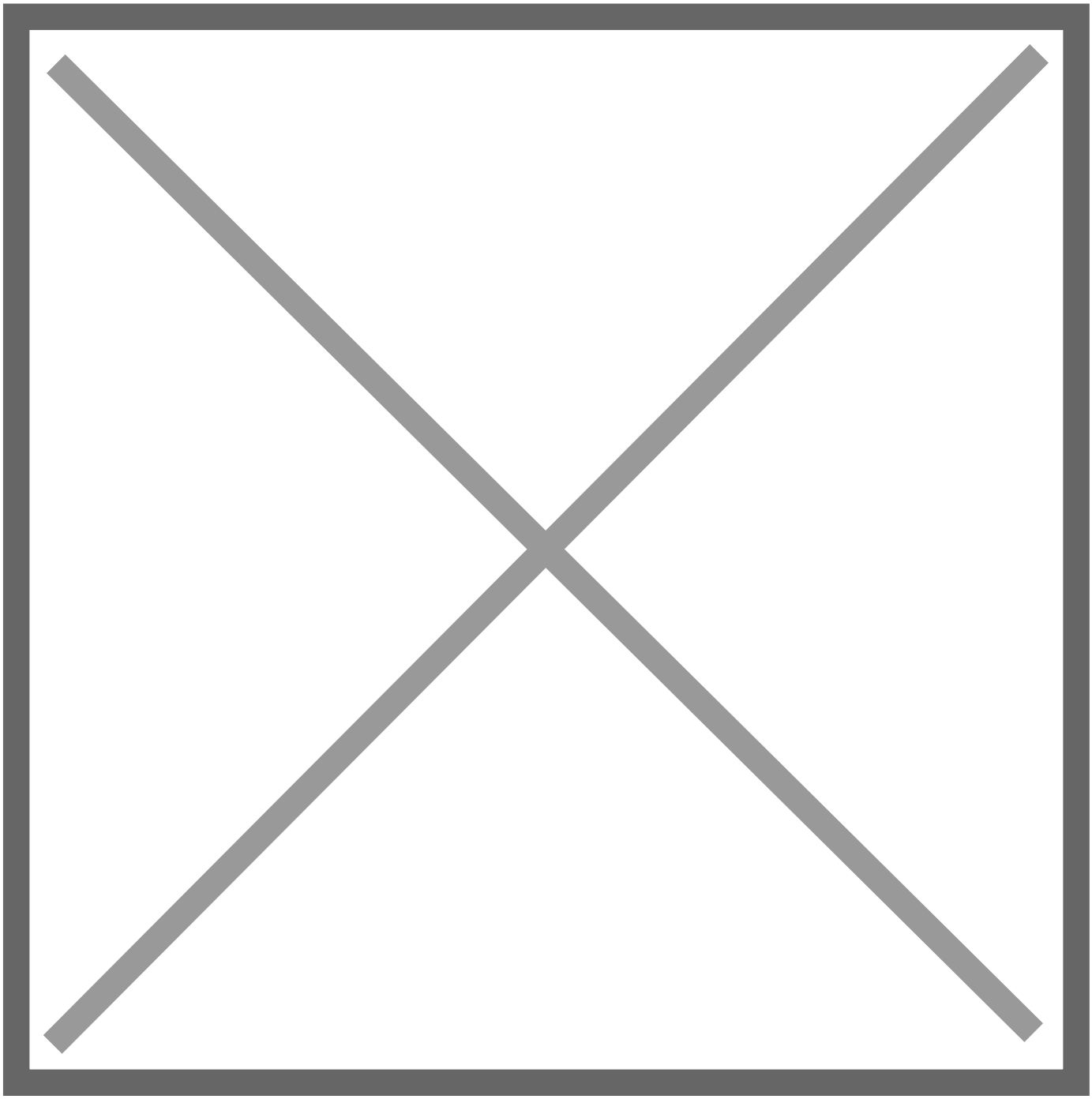
1990: Berg C, Rosengren A, Aires N, :appas G, Toren K, Thelle D, Lissner L. Trends in overweight and obesity from 1985 to 2002 in Goteborg, West Sweden. IJO 2005 online published ahead of print.

1992: Lahti-Koski M, Pietinen P, Mannisto S, Vartiainen E. Trends in waist-to-hip ratio and its determinants in adults in Finland from 1987

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 in selected countries worldwide 1976-2018, selected countries

Men



References:

1960, 1971, 1973, 1976, 1991: Flegal KM, Carroll MD, Kuczmarski RJ, Johnson CL. Overweight and obesity in the United States: prevalence and trends, 1960-1994. International Journal of Obesity (1998);22:39-47

1975: Monteiro CA, Conde WL, Popking BM. Is obesity replacing or adding to undernutrition? Evidence from different social classes in Brazil. 2002. Public Health Nutrition:51(1A), 105-112

1981: Royal College of Physicians (1983). Obesity. Reprinted from the Journal of the Royal College of Physicians of London Vol 17 (No 1) January 1983

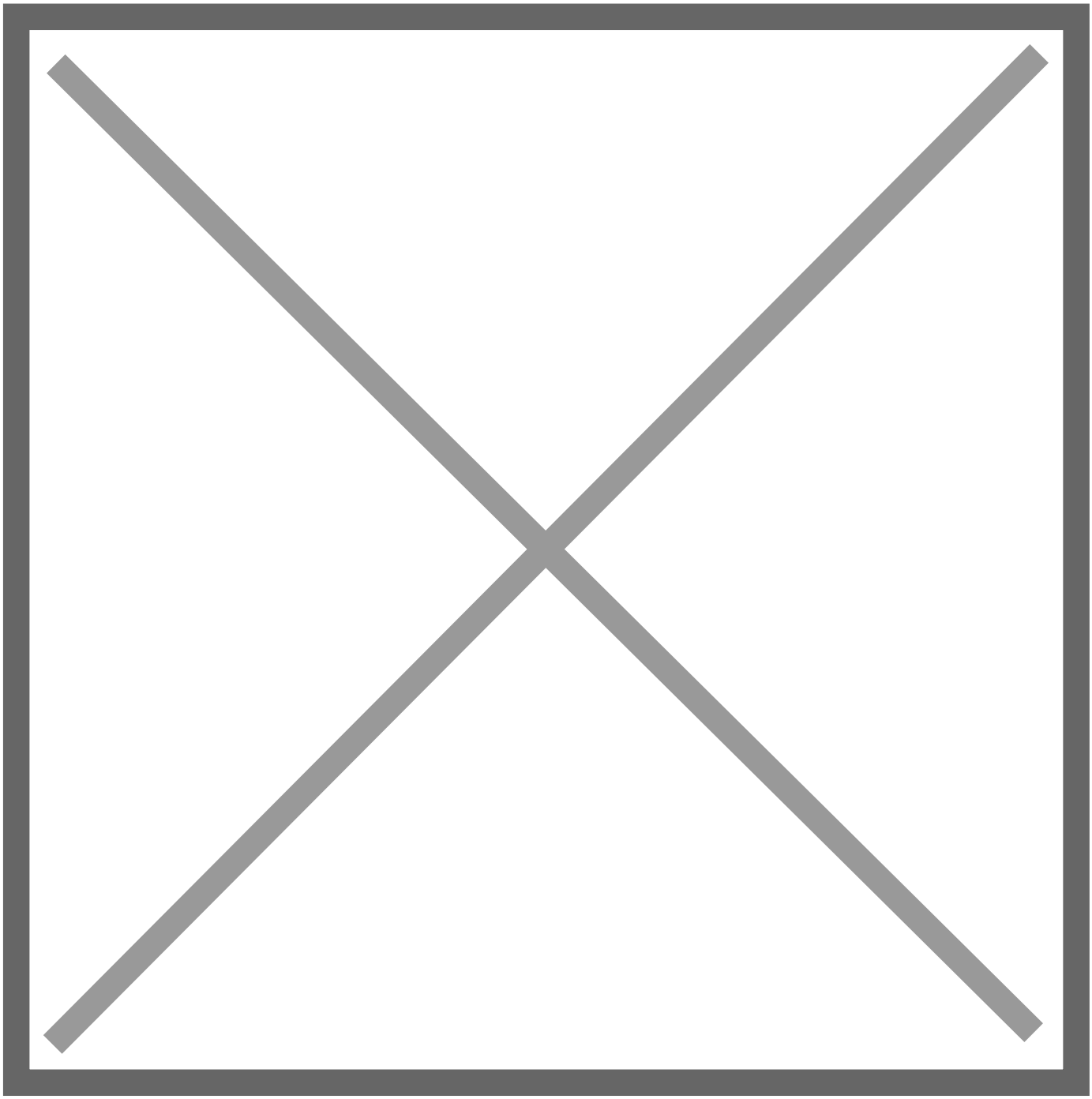
1982: Rodriguez-Ojea A, Jimenez S, Berdasco A, Esquivel M. The nutrition transition in Cuba in the nineties:an overview. Public health Nutrition 2002:5(1A), 129-133

1985: Berg C, Rosengren A, Aires N, :appas G, Toren K, Thelle D, Lissner L. Trends in overweight and obesity from 1985 to 2002 in Goteborg, West Sweden. IJO 2005 Aug;29(8):916-24

1986: Yoshiike N, Seino F, Tajima S, Arai Y, Kawano M, Furuhata T, Inoue S. Twenty-year changes in the prevalence of overweight in

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:

1960, 1971, 1973, 1976, 1991: Flegal KM, Carroll MD, Kuczmarski RJ, Johnson CL. Overweight and obesity in the United States: prevalence and trends, 1960-1994. International Journal of Obesity (1998);22:39-47

1975: Monteiro CA, Conde WL, Popking BM. Is obesity replacing or adding to undernutrition? Evidence from different social classes in Brazil. 2002. Public Health Nutrition:51(1A), 105-112

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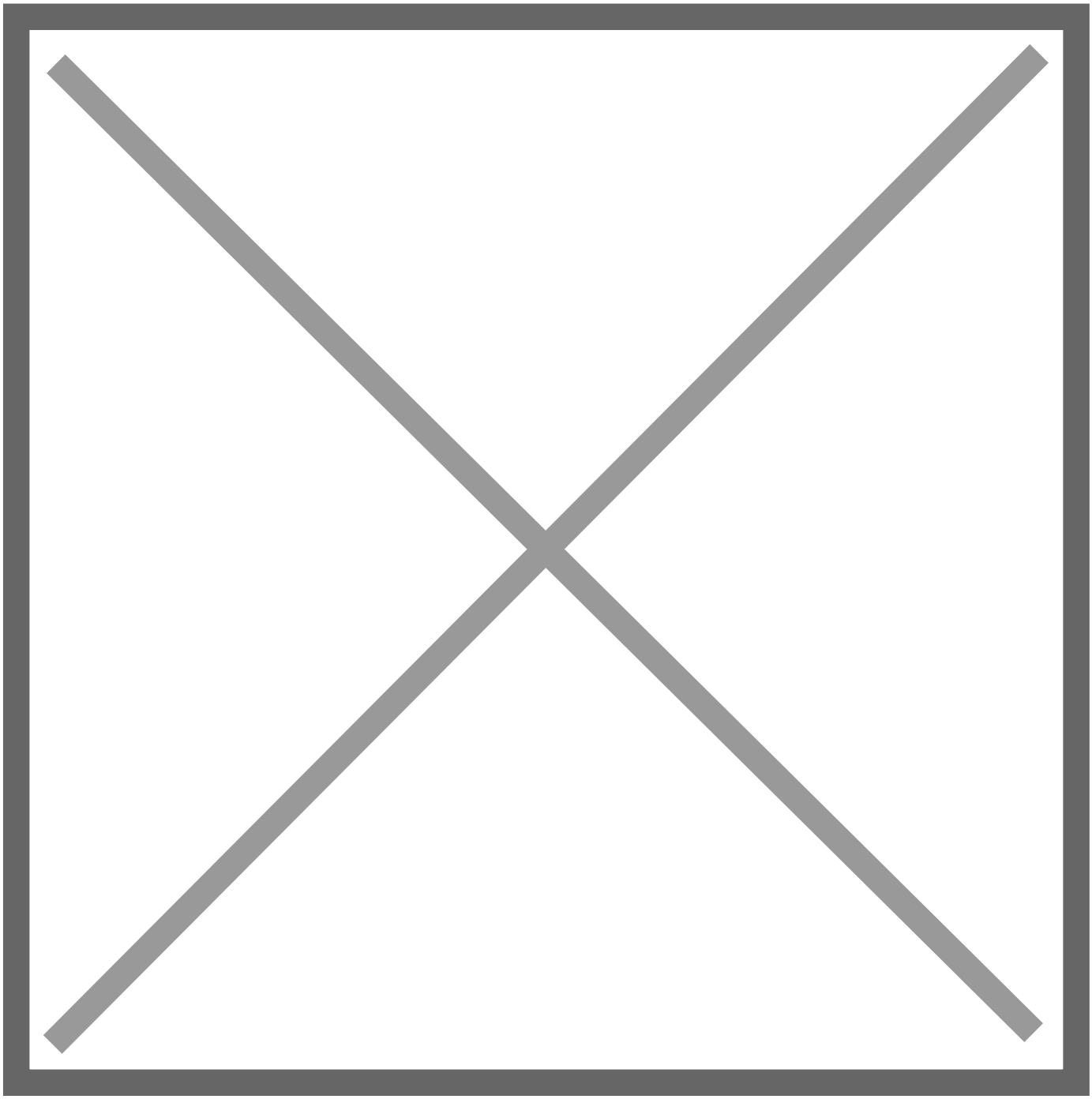
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Different methodologies may have been used to collect this data and so data from different surveys may not be strictly comparable. Please check with original data sources for methodologies used.

Overweight/obesity by age and education

Adults, 2018

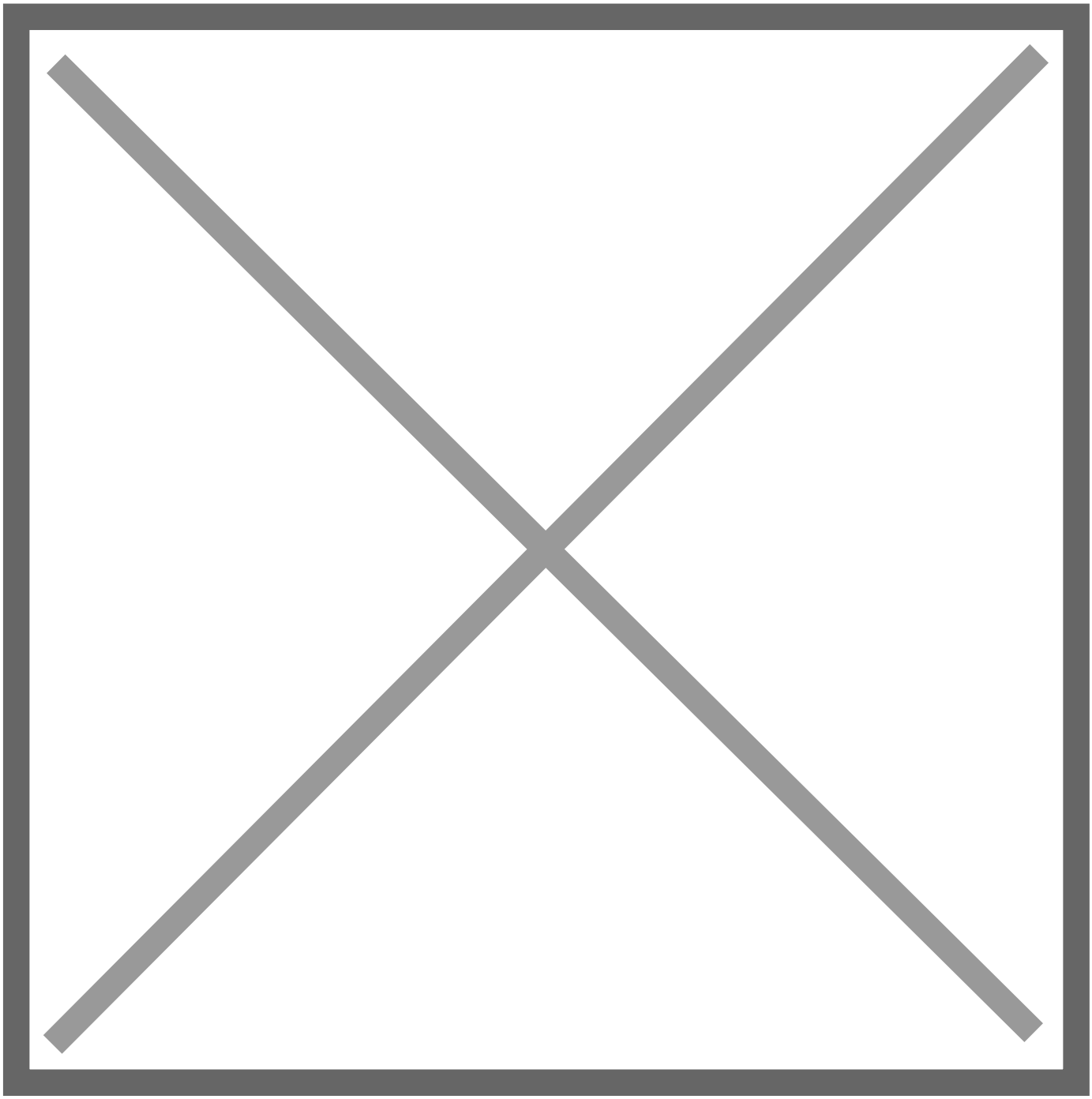


Survey type:	Measured
Sample size:	6689
Area covered:	National
References:	Reanalysis by World Obesity Federation, on the Health Survey for England 2018. Data provided by the UK Data Archive.
Notes:	1 - NVQ4/NVQ5/Degree equivalent 2 - Higher of below 3 - NVQ3/ GCE A Level equivalent 4 - NVQ2/ GCE O Level equivalent 5 - NVQ1/CSE other grade 6 - No qualification

Definitions:	Sample size in NVQ1/CSE other grade is small n=225 care should be taken when interpreting this data
	Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².

Overweight/obesity by education

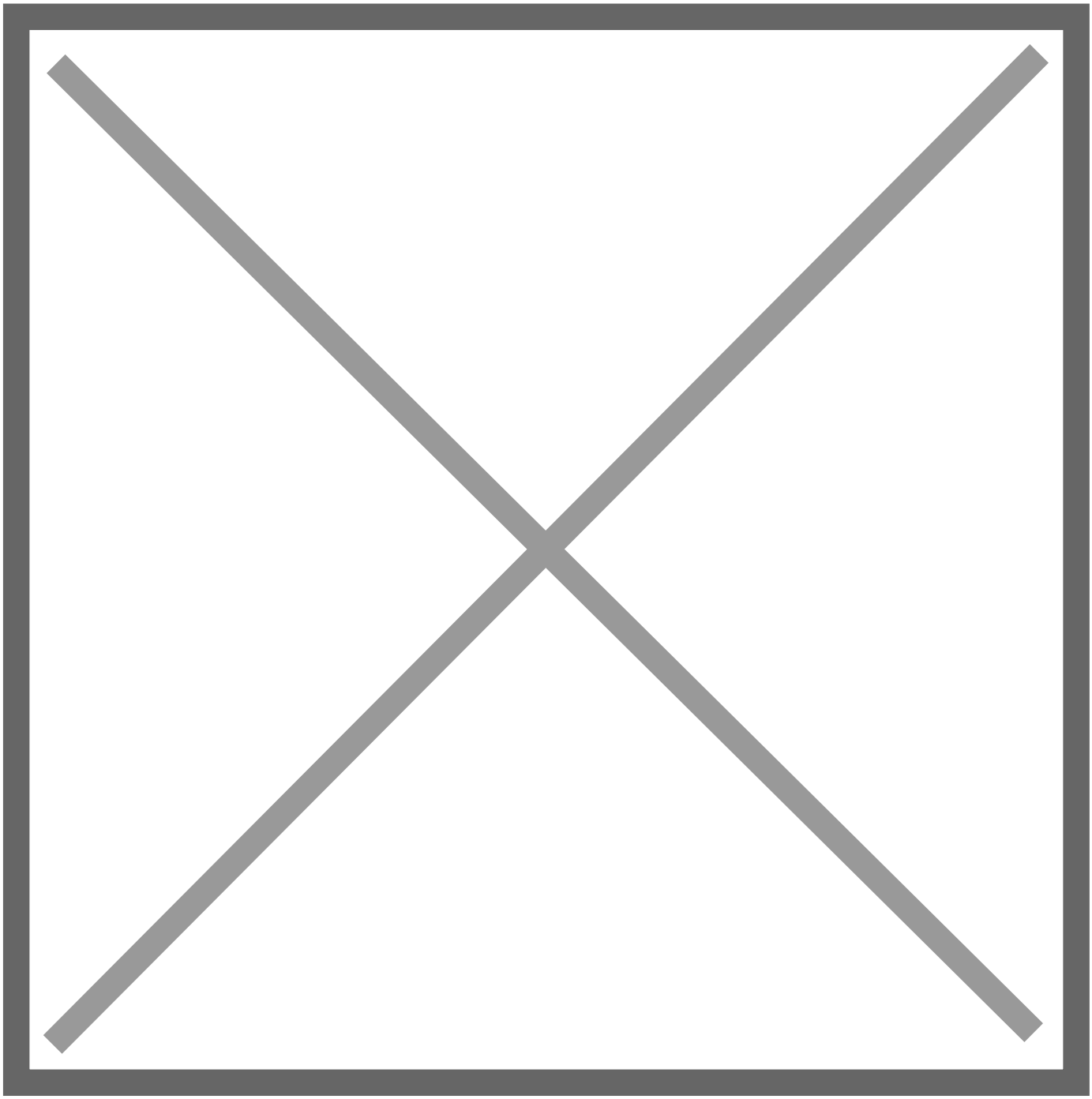
Adults, 2023-2024



Survey type:	Self-reported
Age:	18+
Sample size:	171,926
Area covered:	National
References:	Sport England, Active Lives Survey data 2023/24, extracted from OHID Health Profiles. https://fingertips.phe.org.uk/search/obesity#page/7/gid/1/pat/159/par/K02000001/ati/15/are/E92000001/iid/93088/age/168/sex/4/cat/-1/ctp/-1/yrr/1/cid/4/tbm/1 [Accessed 11.08.25]

Notes:	Sample size listed is for all aged 16+, this data is only for 18+
	Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².

Children, 2012-2013

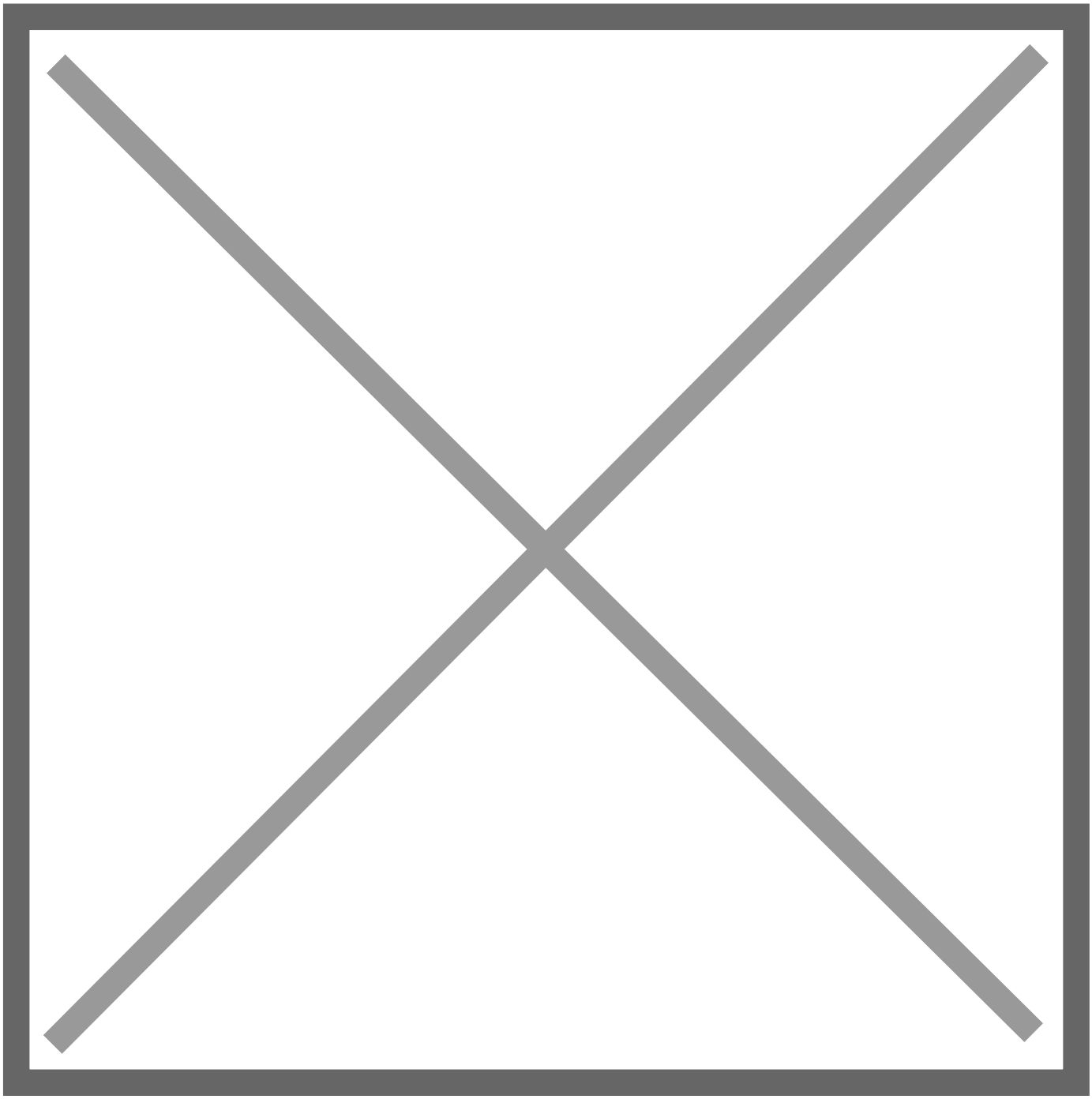


Survey type:	Measured
Age:	11
Sample size:	11764
Area covered:	National
References:	Massion S,Wickham S, Pearce A, et al. Exploring the impact of early life factors on inequalities in risk of overweight in UK children: findings from the UK Millennium Cohort Study. Arch Dis Child Published Online First 9th May 2016

Notes:	IOTF International Cut off point
Cutoffs:	IOTF

Overweight/obesity by age

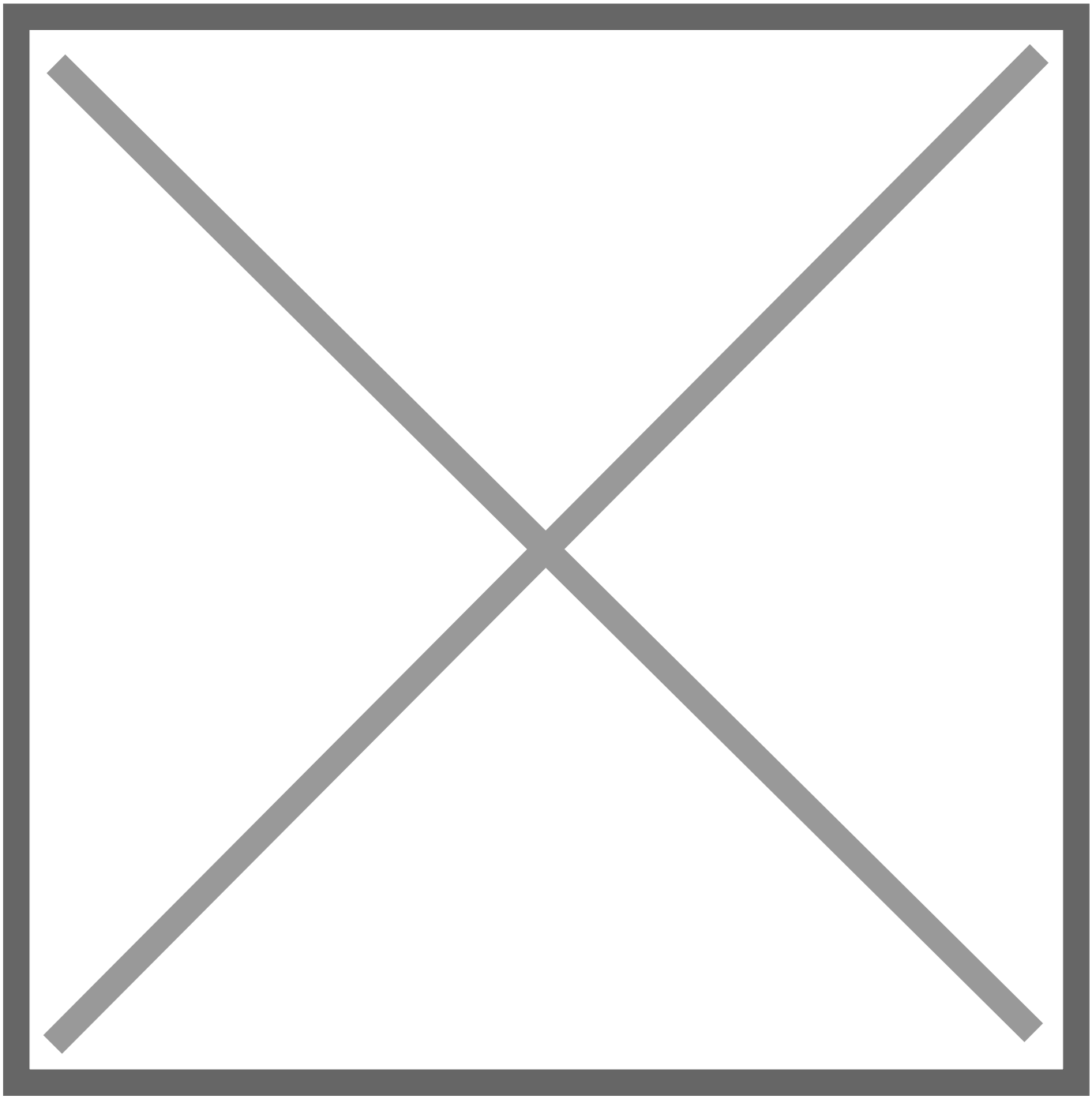
Adults, 2024



Survey type:	Measured
Sample size:	6500
Area covered:	National
References:	NHS England, Health Survey for England 2024, published 27 January 2026, gov.uk/government/statistics/health-survey-for-england-2024. Data tables available at https://digital.nhs.uk/data-and-information/publications/statistical/health-survey-for-england/2024/health-survey-for-england-2024-data-tables (last accessed 28.04.26)

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

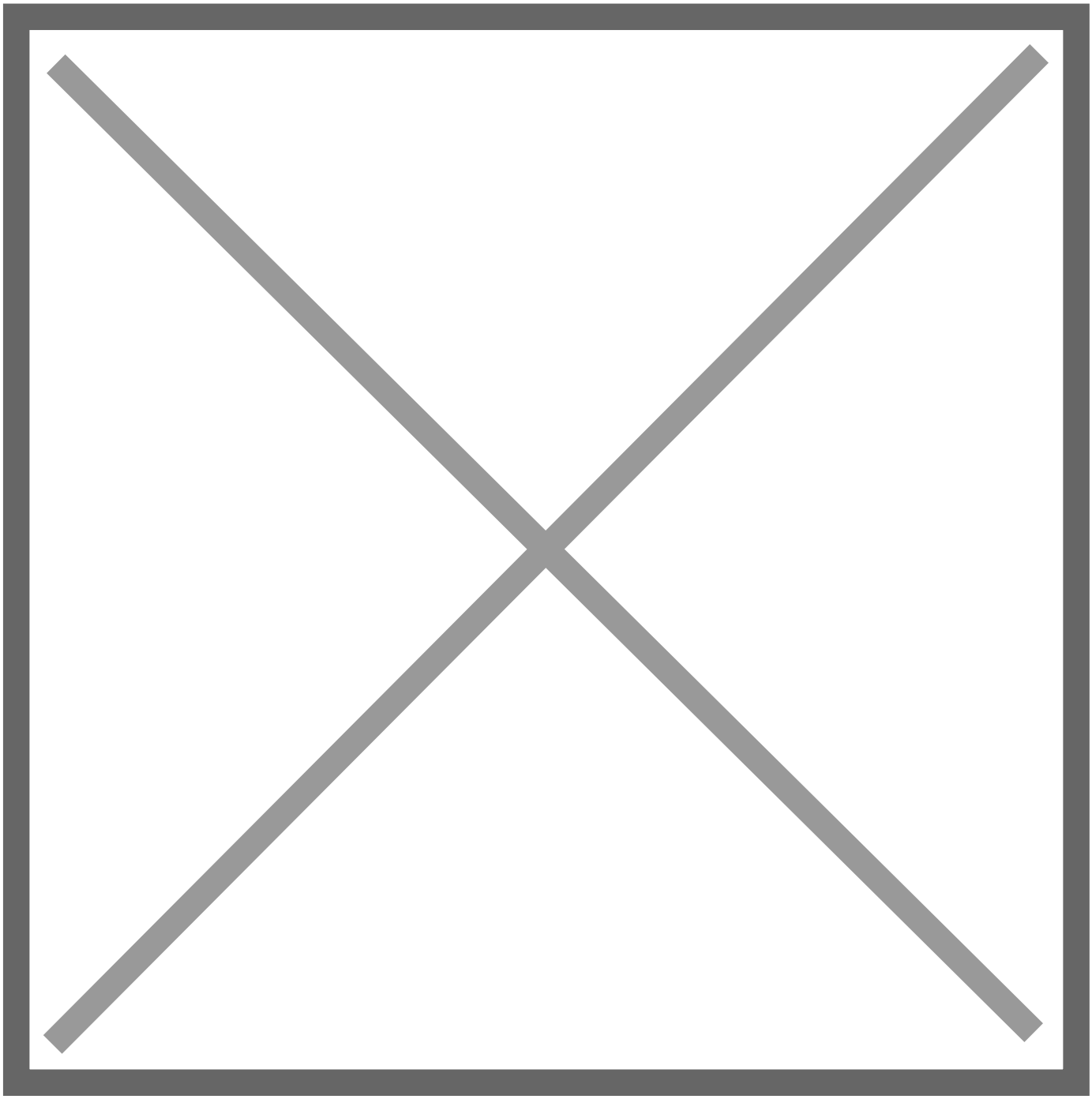


Survey type:	Measured
Sample size:	568
Area covered:	National
References:	Health Survey for England 2022. Available at https://digital.nhs.uk/data-and-information/publications/statistical/health-survey-for-england/2022-part-2 (last accessed 08.10.24)
Notes:	Weighted sample size

Cutoffs:	85th/95th Centile

Overweight/obesity by region

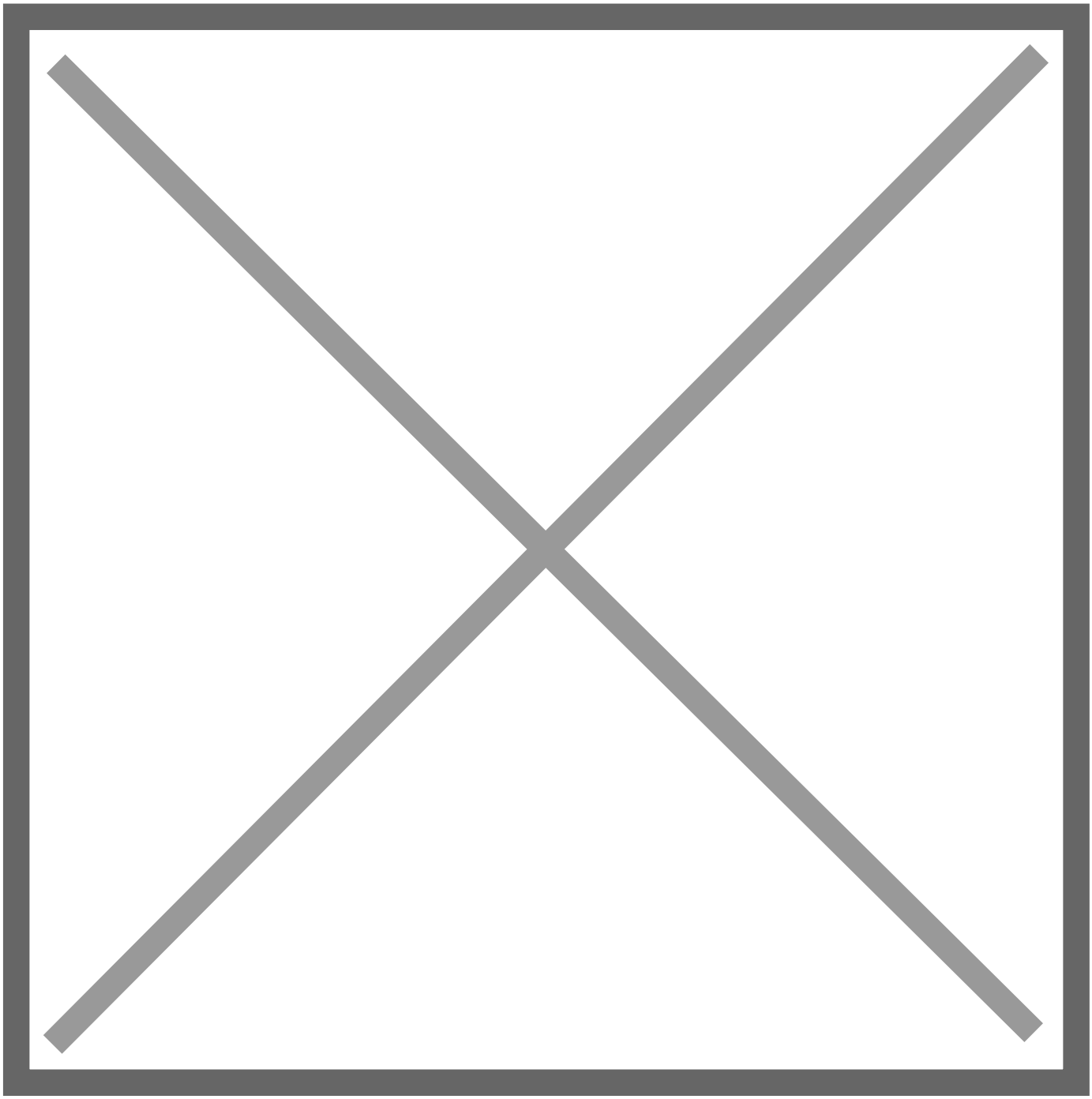
Men, 2024



Survey type:	Measured
Age:	16+
Sample size:	6500
Area covered:	National
References:	NHS England, Health Survey for England 2024, published 27 January 2026, gov.uk/government/statistics/health-survey-for-england-2024. Data tables available at https://digital.nhs.uk/data-and-information/publications/statistical/health-survey-for-england/2024/health-survey-for-england-2024-data-tables (last accessed 28.04.26)

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

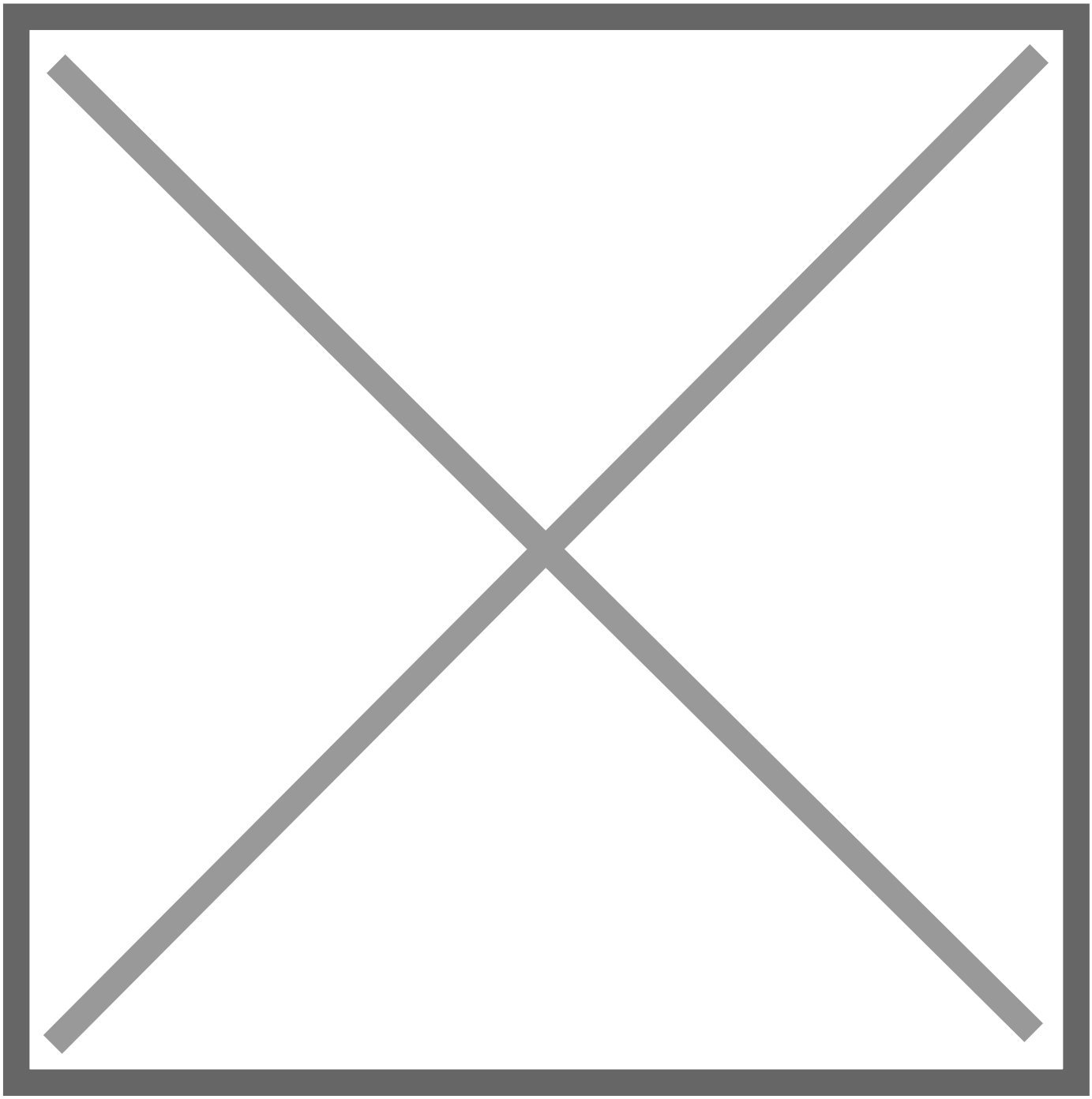
Women, 2024



Survey type:	Measured
Age:	16+
Sample size:	6500
Area covered:	National
References:	NHS England, Health Survey for England 2024, published 27 January 2026, gov.uk/government/statistics/health-survey-for-england-2024. Data tables available at https://digital.nhs.uk/data-and-information/publications/statistical/health-survey-for-england/2024/health-survey-for-england-2024-data-tables (last accessed 28.04.26)

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

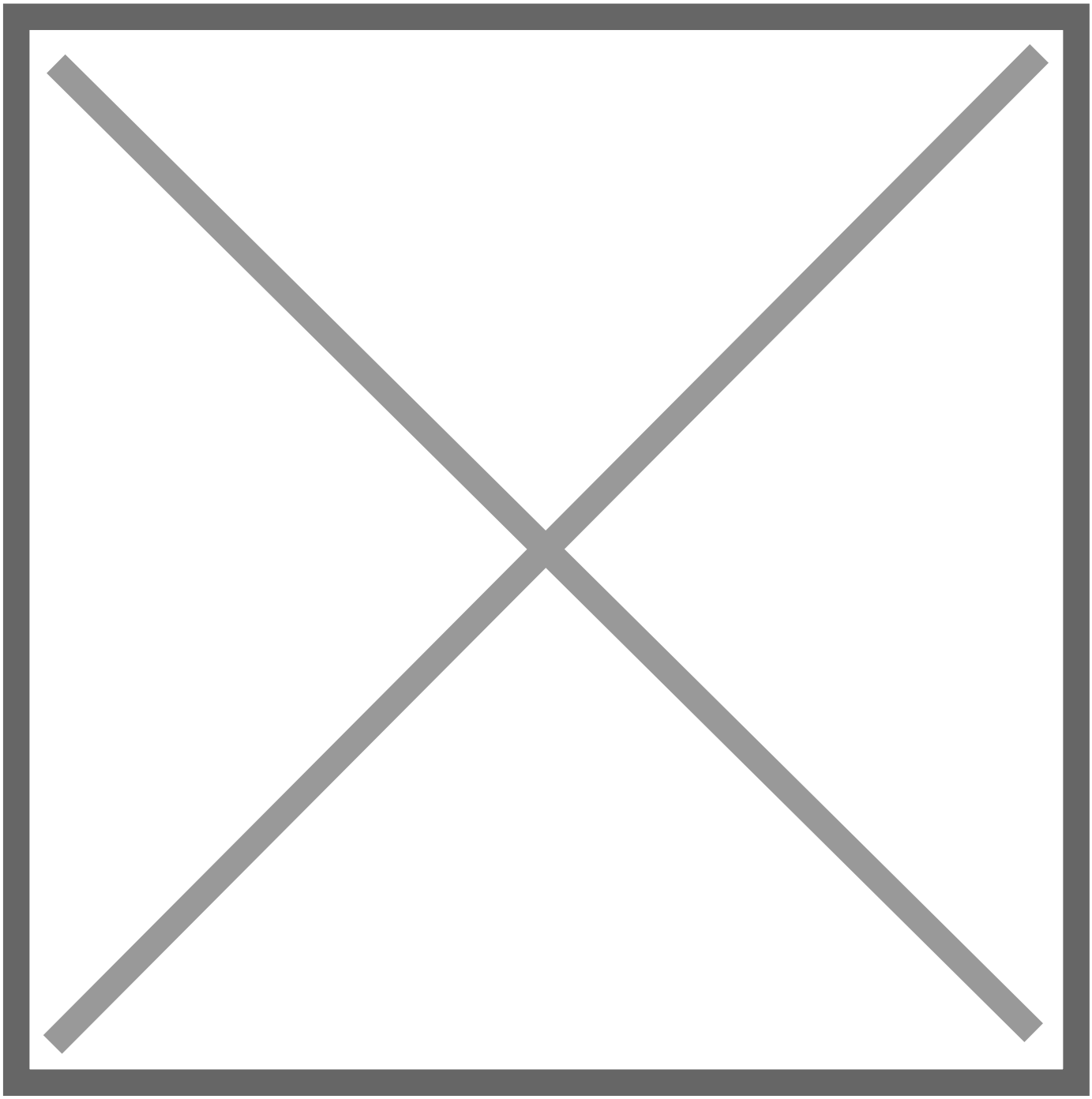
Children, 2023-2024



Survey type:	Measured
Age:	10-11
Sample size:	606,863
Area covered:	National
References:	National Child Measurement Programme, England - 2023/24 School Year (2024). https://digital.nhs.uk/data-and-information/publications/statistical/national-child-measurement-programme/2023-24-school-year [Accessed 11.08.25]

Notes:	Based on the postcode of the school
Definitions:	BMI centile >=85 and <95: Overweight BMI centile >=95 (between 95 and 100): Obesity
Cutoffs:	UK90

0-5 years, 2011-2012

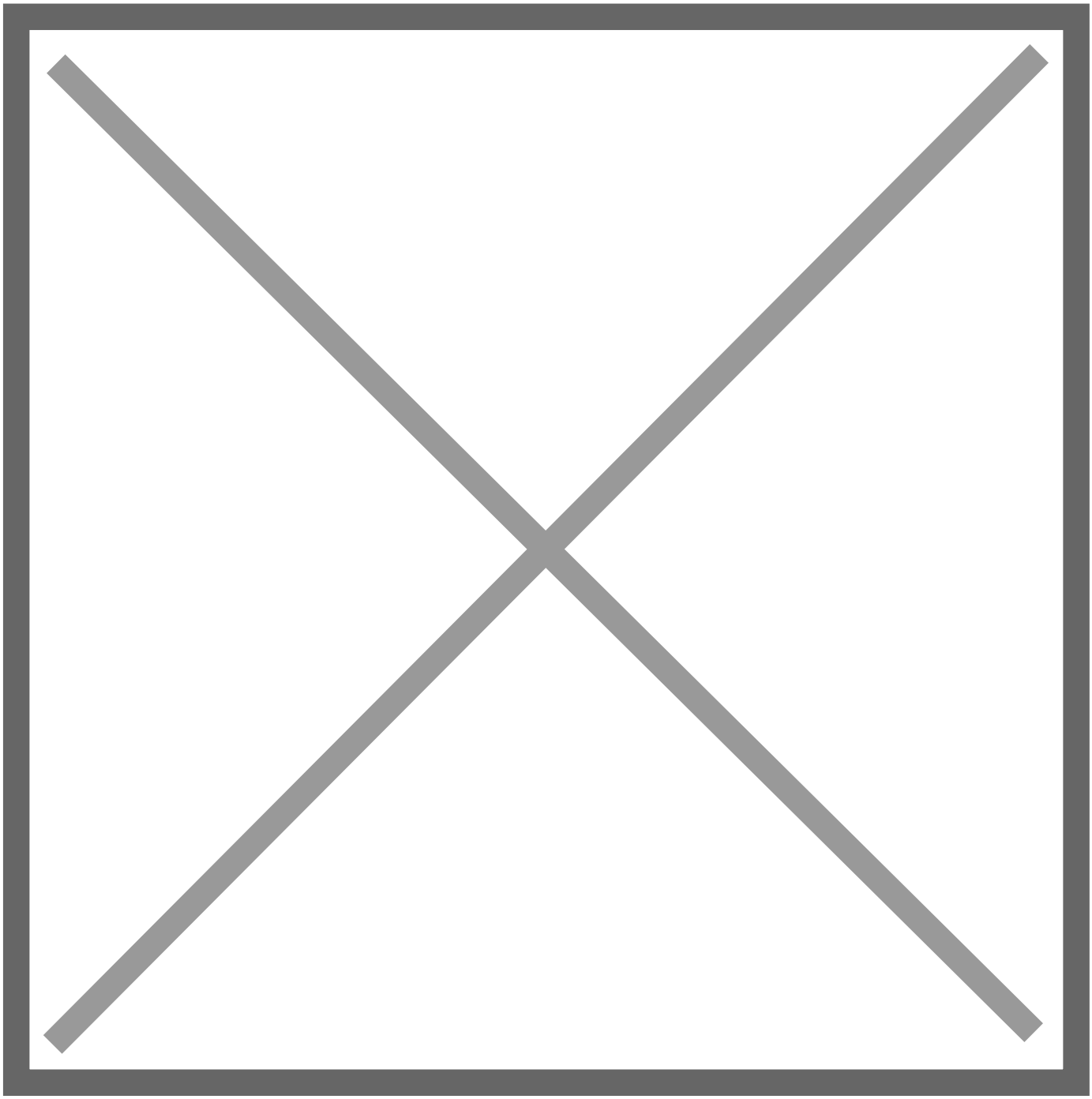


Survey type:	Measured
Age:	4-5
Sample size:	266656
Area covered:	National
References:	National Child Measurement Programme: England, 2011/12 school year

Notes:	UNICEF/WHO/World Bank Joint Child Malnutrition Estimates Expanded Database: Overweight estimates: National and Disaggregated, July 2025, New York. Weighted sample size. For more information, please consult https://data.unicef.org/resources/jme/. NB. Age interval 48-59 months; unadjusted
Definitions:	Percentage of children under 5 years of age falling above 2 standard deviations (moderate and severe) from the median weight-for-height of the reference population.
Cutoffs:	=>+2SD

Overweight/obesity by socio-economic group

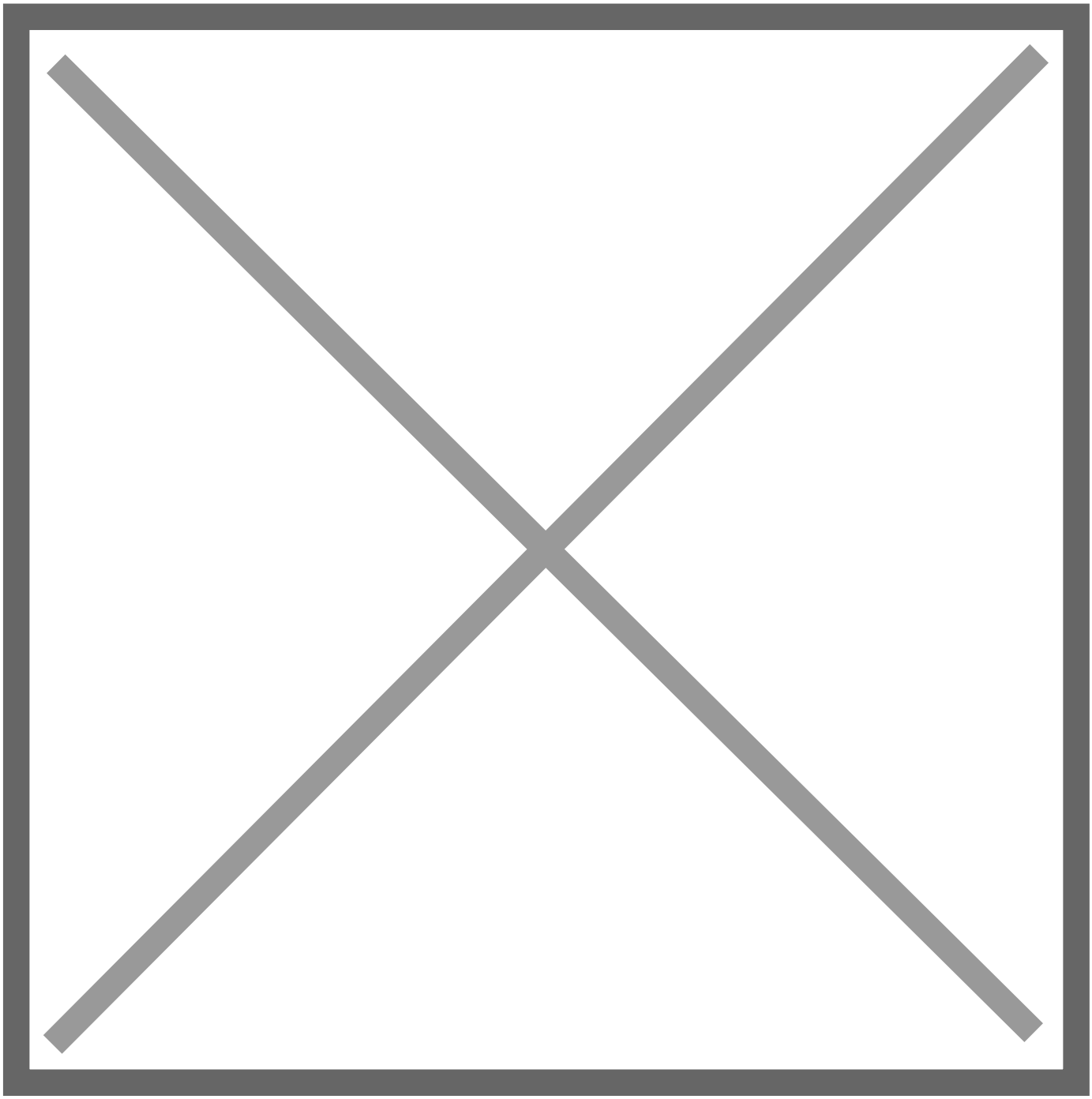
Men, 2024



Survey type:	Measured
Age:	16+
Sample size:	6500
Area covered:	National
References:	NHS England, Health Survey for England 2024, published 27 January 2026, gov.uk/government/statistics/health-survey-for-england-2024. Data tables available at https://digital.nhs.uk/data-and-information/publications/statistical/health-survey-for-england/2024/health-survey-for-england-2024-data-tables (last accessed 28.04.26)

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

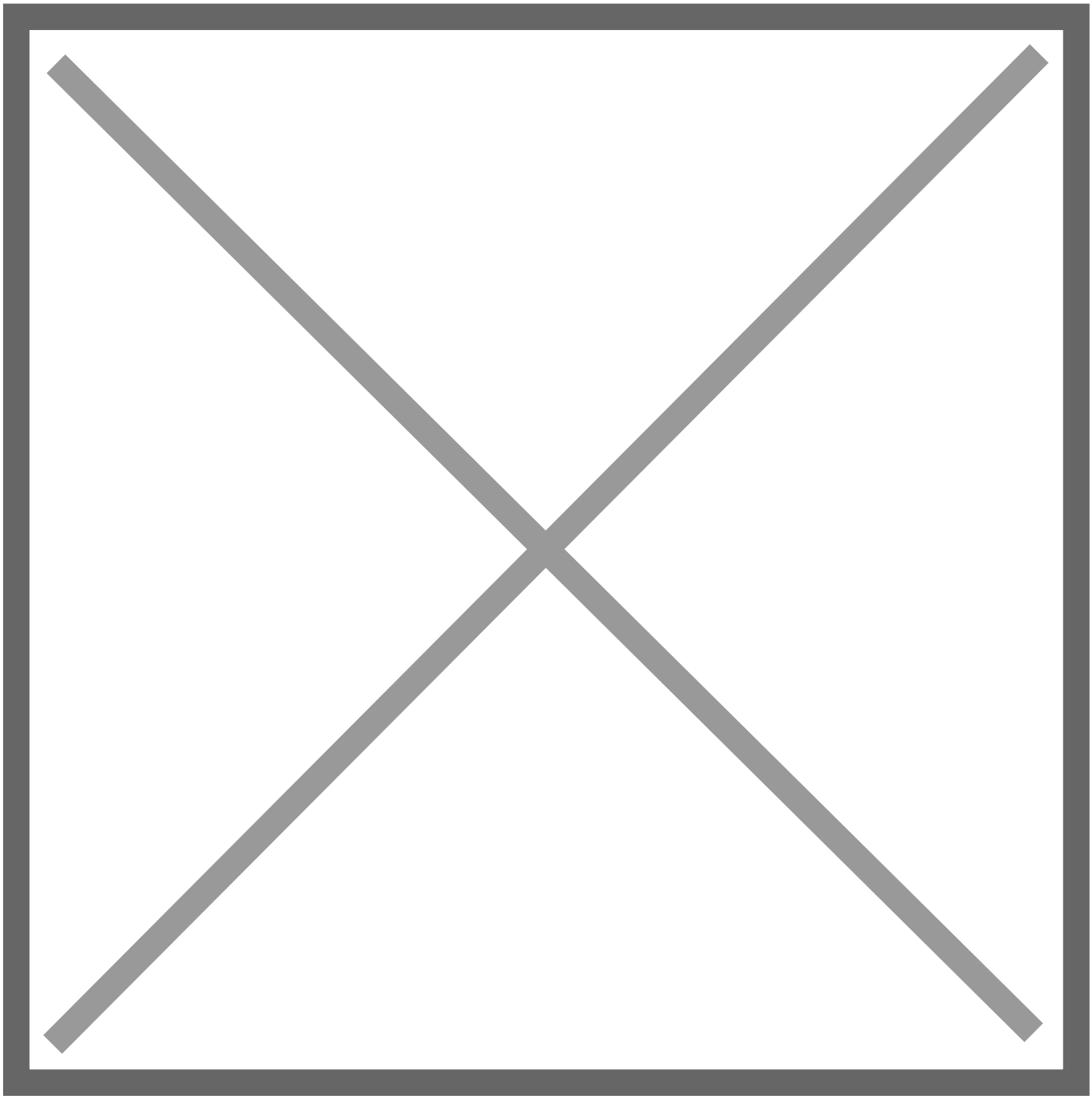
Women, 2024



Survey type:	Measured
Age:	16+
Sample size:	6500
Area covered:	National
References:	NHS England, Health Survey for England 2024, published 27 January 2026, gov.uk/government/statistics/health-survey-for-england-2024. Data tables available at https://digital.nhs.uk/data-and-information/publications/statistical/health-survey-for-england/2024/health-survey-for-england-2024-data-tables (last accessed 28.04.26)

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

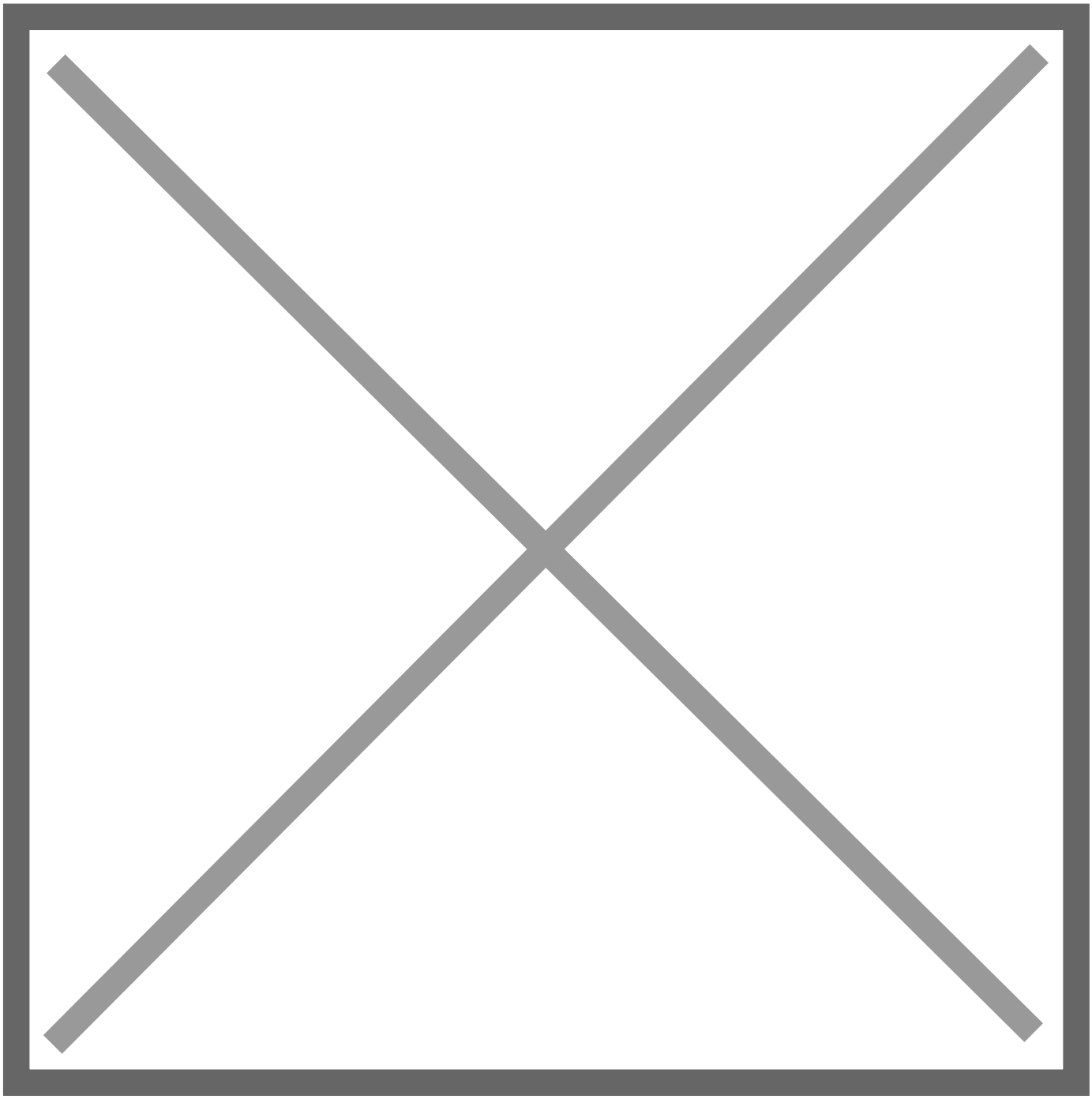
Boys, 2022



Survey type:	Measured
Age:	2-15
Sample size:	568
Area covered:	National
References:	Health Survey for England 2022. Available at https://digital.nhs.uk/data-and-information/publications/statistical/health-survey-for-england/2022-part-2 (last accessed 08.10.24)

Notes:	Weighted sample size Index of Mulitple Deprivation
Cutoffs:	85th/95th Centile

Girls, 2022



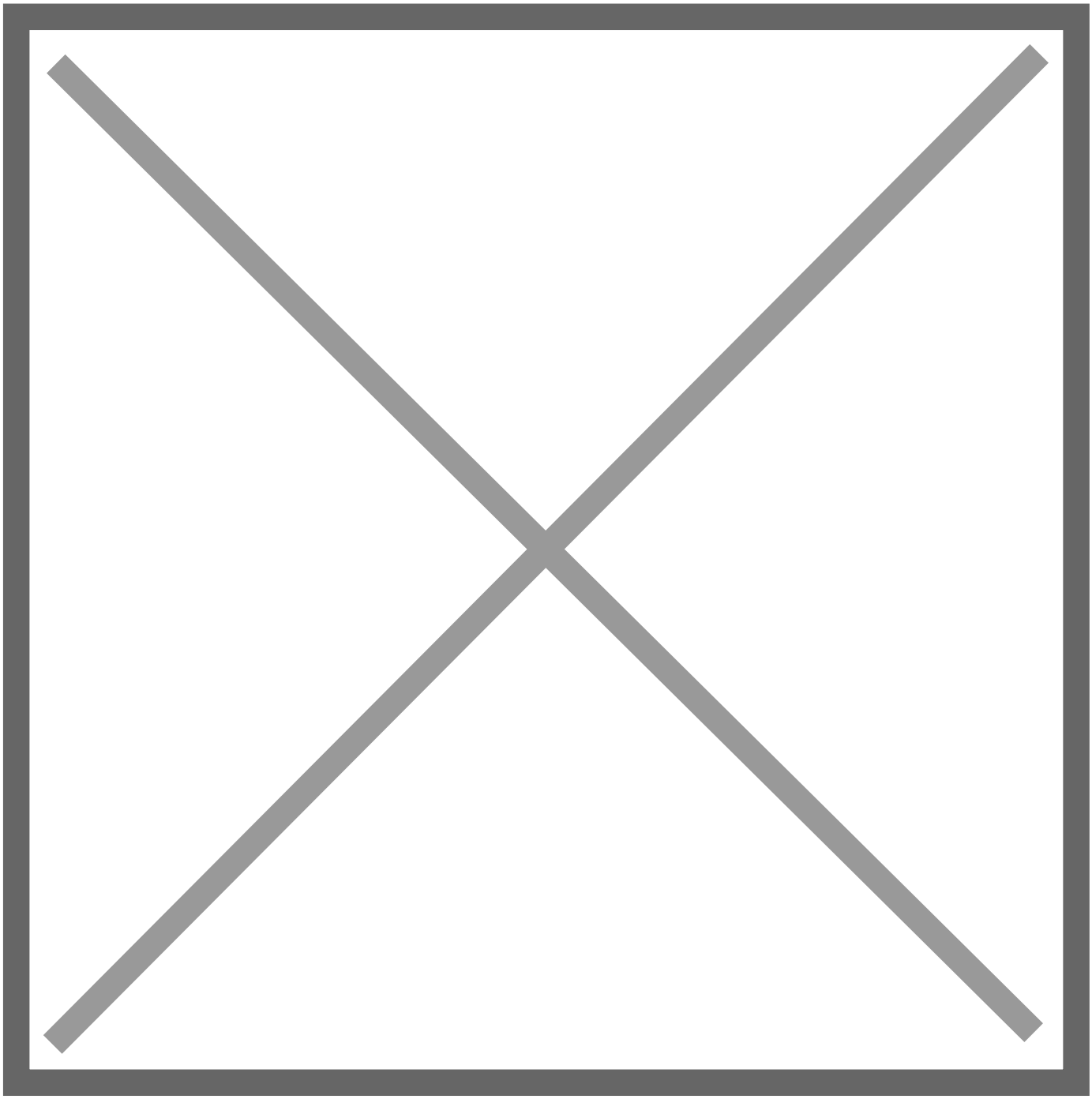
Survey type:	Measured
Age:	2-15
Sample size:	568
Area covered:	National
References:	Health Survey for England 2022. Available at https://digital.nhs.uk/data-and-information/publications/statistical/health-survey-for-england/2022-part-2 (last accessed 08.10.24)

Notes:	Weighted sample size Index of Mulitple Deprivation
Cutoffs:	85th/95th Centile

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.

Men, 2022-2024

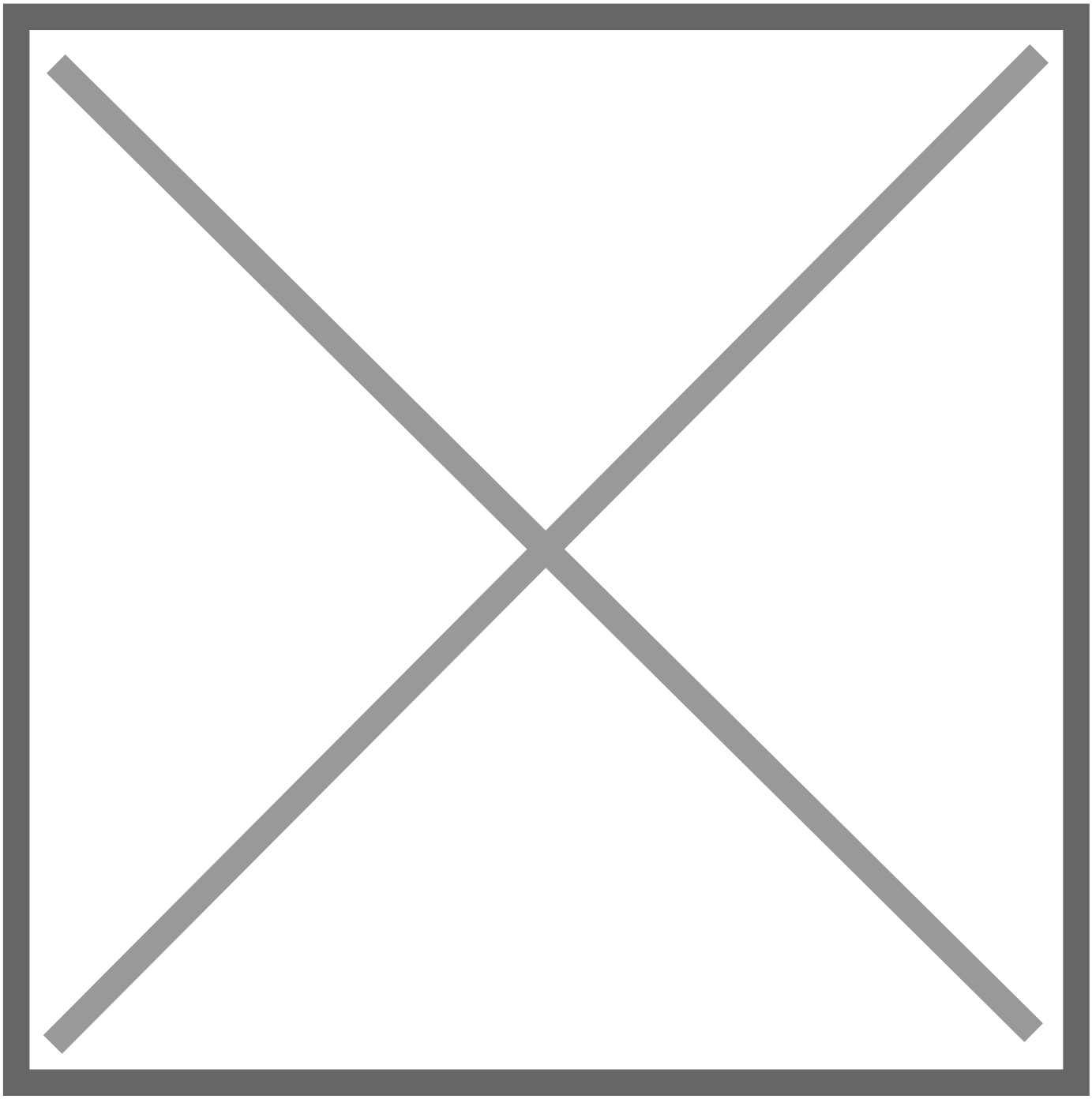


Survey type:	Measured
Age:	16+
Sample size:	10962
Area covered:	National

References: NHS England, Health Survey for England 2024, published 27 January 2026, gov.uk/government/statistics/health-survey-for-england-2024. Data tables available at https://digital.nhs.uk/data-and-information/publications/statistical/health-survey-for-england/2024/health-survey-for-england-2024-data-tables (last accessed 28.04.26)

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

Women, 2022-2024

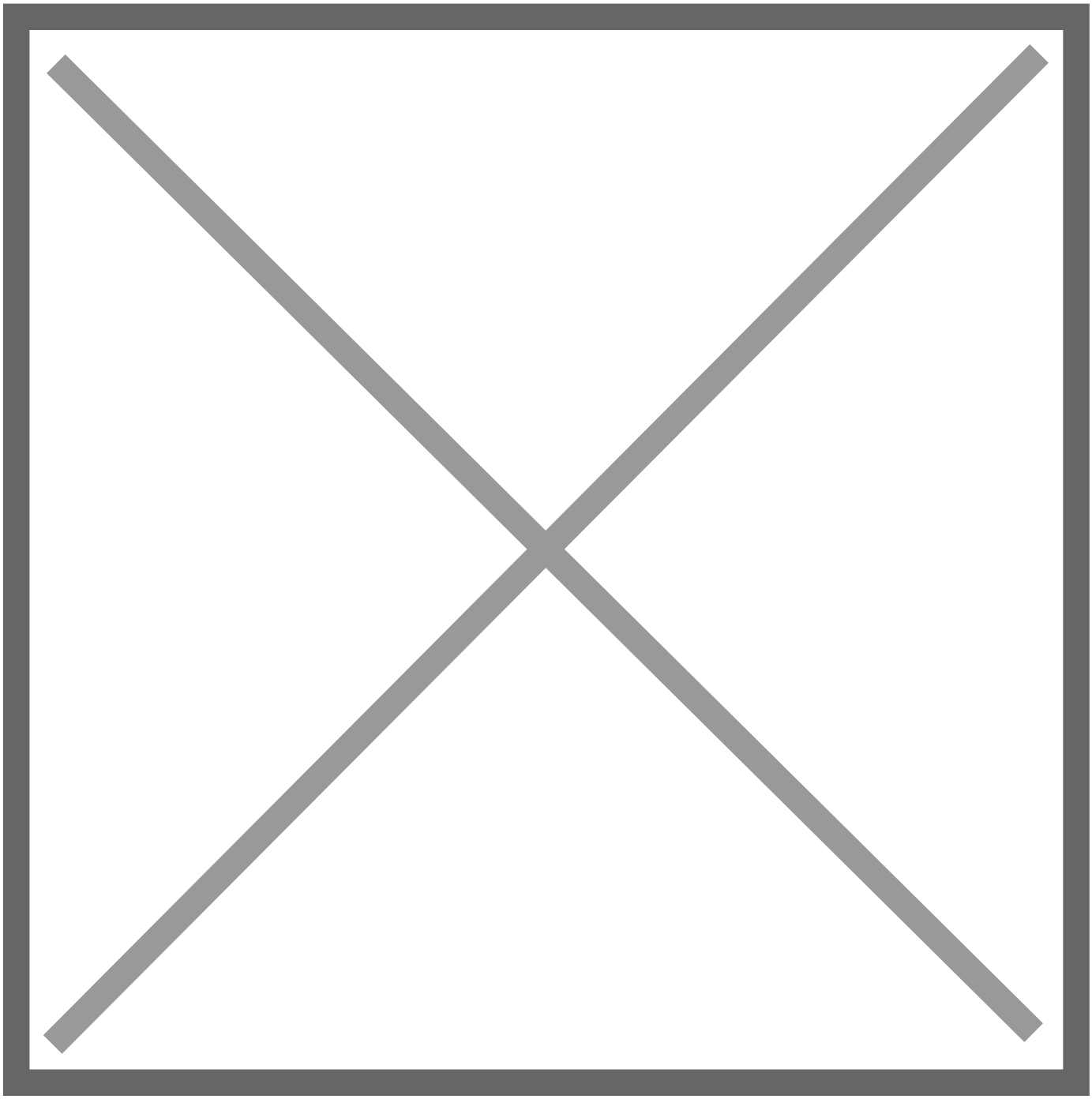


Survey type:	Measured
Age:	16+
Sample size:	10962
Area covered:	National

References: NHS England, Health Survey for England 2024, published 27 January 2026, gov.uk/government/statistics/health-survey-for-england-2024. Data tables available at https://digital.nhs.uk/data-and-information/publications/statistical/health-survey-for-england/2024/health-survey-for-england-2024-data-tables (last accessed 28.04.26)

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

Children, 2023-2024

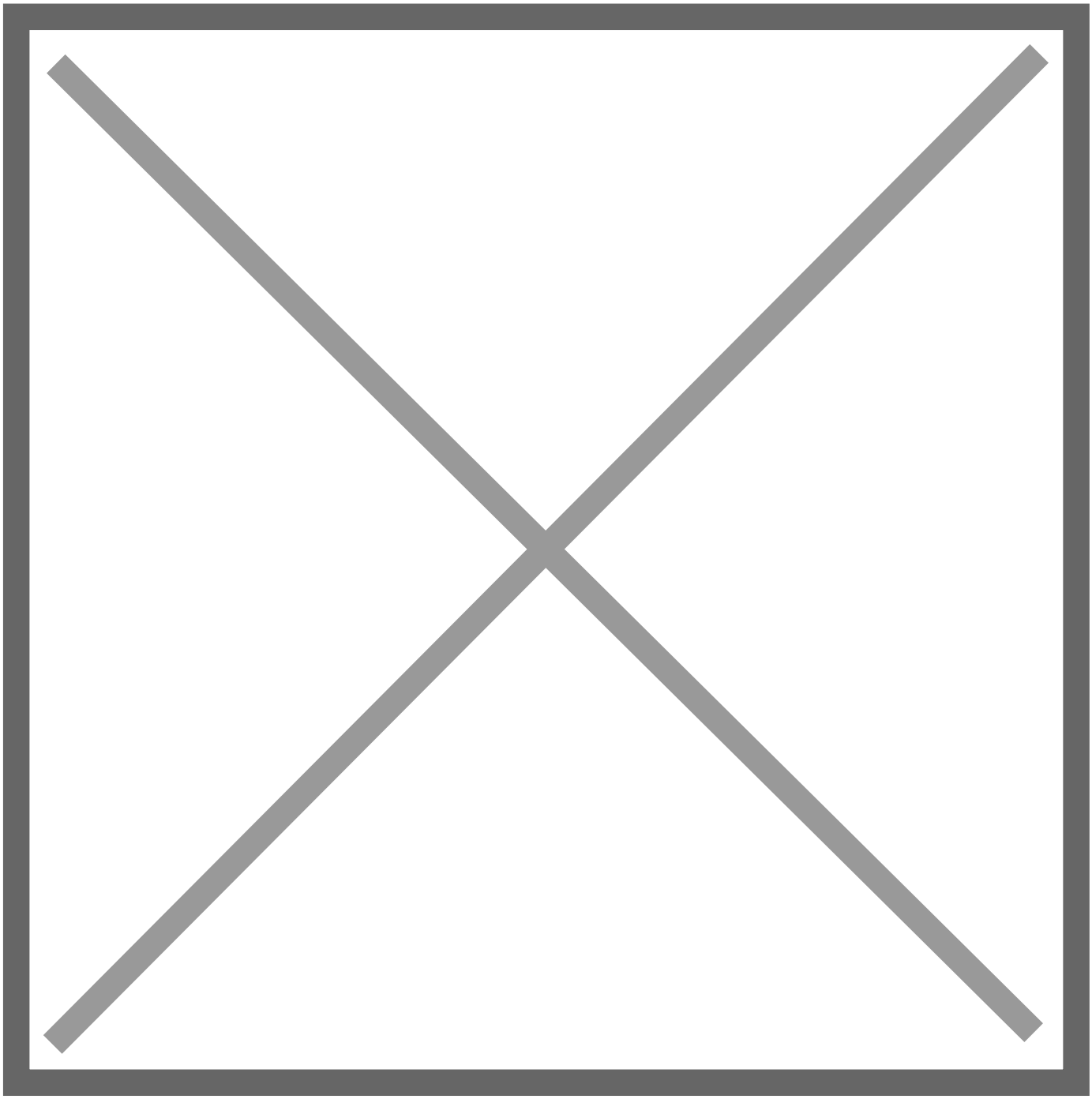


Survey type:	Measured
Age:	10-11
Sample size:	606,863
Area covered:	National
References:	National Child Measurement Programme, England - 2023/24 School Year (2024). https://digital.nhs.uk/data-and-information/publications/statistical/national-child-measurement-programme/2023-24-school-year [Accessed 11.08.25]

Definitions:	BMI centile >=85 and <95: Overweight BMI centile >=95 (between 95 and 100): Obesity
Cutoffs:	UK90

Double burden of underweight & obesity

0-5 years, 2018-2019

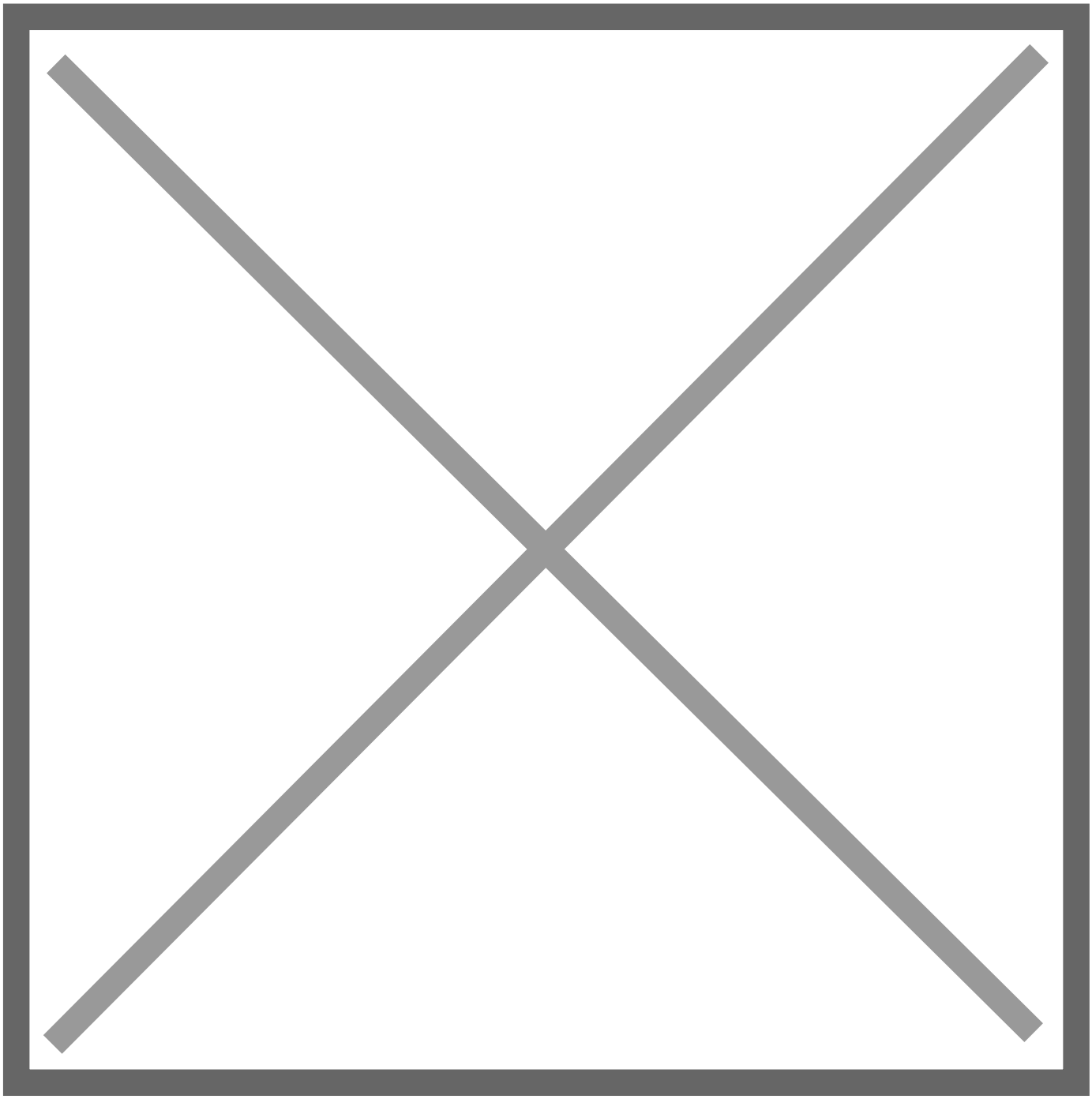


Survey type:	Measured
Age:	0-5
References:	United Nations Children's Fund, Division of Data, Analysis, Planning and Monitoring (2025). Global UNICEF Global Databases: Overlapping Stunting, Wasting and Overweight (Survey Estimates), 2025, New York. For more information, visit: https://data.unicef.org/topic/nutrition/malnutrition/ [Accessed 06.08.25]
Notes:	National Child Measurement Programme: England, 2018/19 school year

Definitions:	Combined percentage of children under 5 years of age who are either wasted, stunted, or overweight (falling below -2 standard deviations from the median weight-for-height, falling below -2 standard deviations from the median height for age, or falling at or above +2 standard deviations from the median weight-for-height of the reference population)
Cutoffs:	WHZ <-2, HAZ <-2 and WHZ >+2

Insufficient physical activity

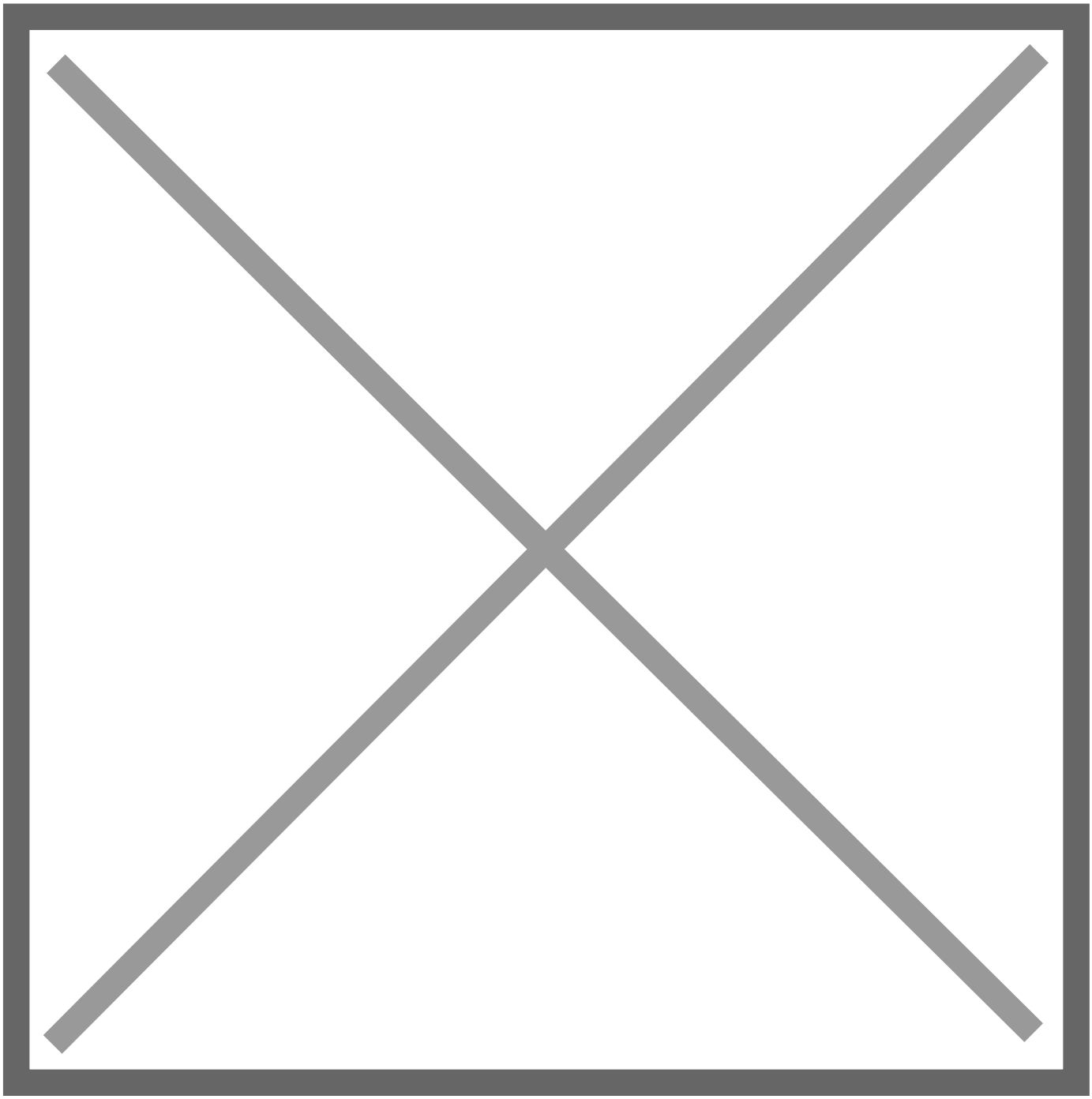
Boys, 2021-2022



Survey type:	Self-reported
Area covered:	National
References:	Rakic JG, Hamrik Z, Dzielska A, Felder-Puig R, Oja L, Bakalár P et al. A focus on adolescent physical activity, eating behaviours, weight status and body image in Europe, central Asia and Canada. Health Behaviour in School-aged Children international report from the 2021/2022 survey. Volume 4. Copenhagen: WHO Regional Office for Europe; 2024. Licence: CC BY-NC-SA 3.0 IGO.Health Behaviour in School-aged Children study (2023), Data browser (findings from the 2021/22 international HBSC survey): https://data-browser.hbsc.org.

Notes:	Young people were asked to report the number of days over the past week during which they were physically active for a total of at least 60 minutes. The question was introduced by text defining moderate-to-vigorous physical activity (MVPA) as any activity that increases the heart rate and makes the person get out of breath some of the time, with examples provided. Findings presented on the Observatory show the proportions who report less than 60 minutes of MVPA daily. NB. National except Belgium (Flemish speaking region only)
Definitions:	% reporting less than 60 minutes of MVPA daily

Girls, 2021-2022

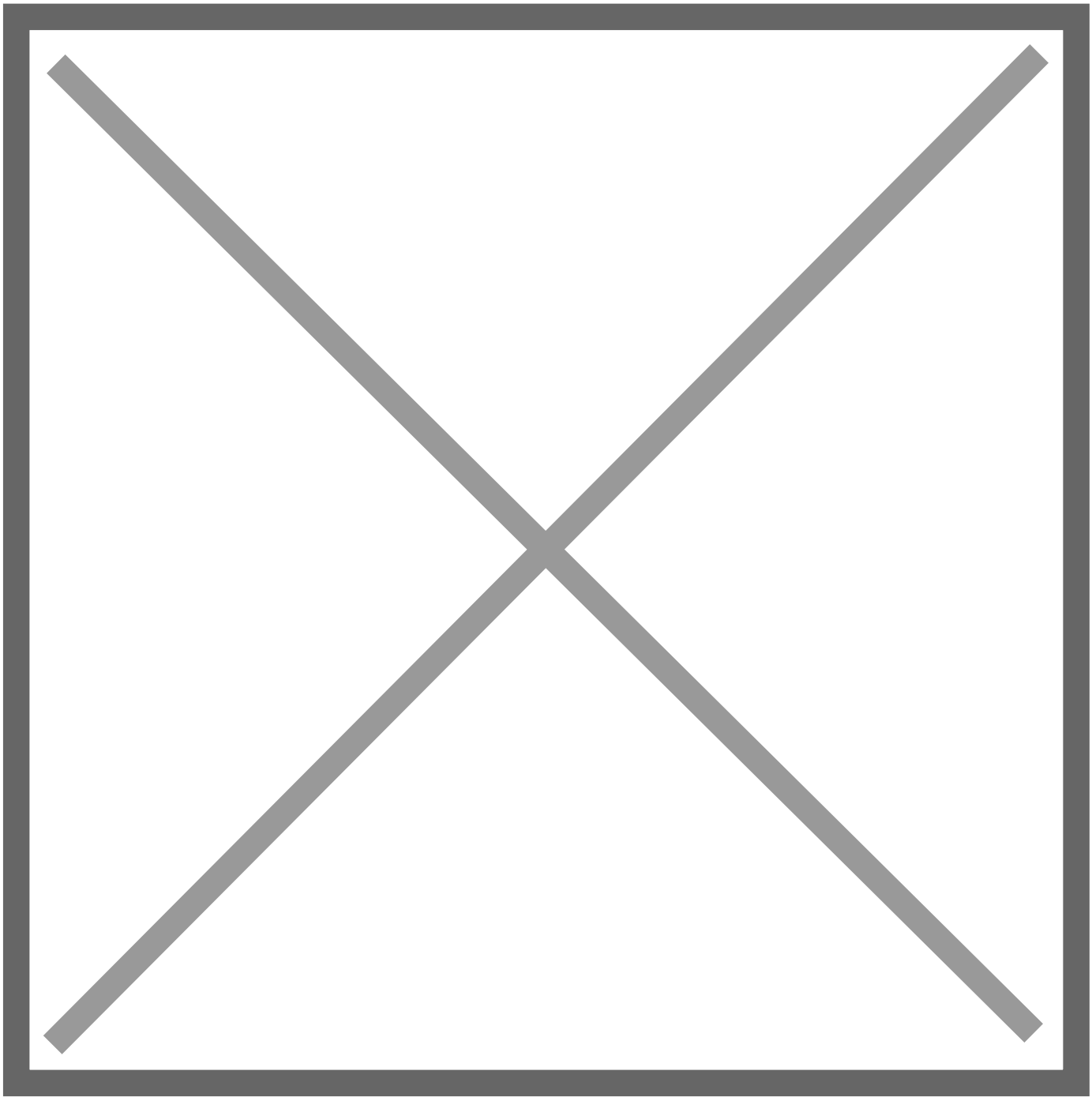


Survey type:	Self-reported
Area covered:	National
References:	Rakic JG, Hamrik Z, Dzielska A, Felder-Puig R, Oja L, Bakalár P et al. A focus on adolescent physical activity, eating behaviours, weight status and body image in Europe, central Asia and Canada. Health Behaviour in School-aged Children international report from the 2021/2022 survey. Volume 4. Copenhagen: WHO Regional Office for Europe; 2024. Licence: CC BY-NC-SA 3.0 IGO.Health Behaviour in School-aged Children study (2023), Data browser (findings from the 2021/22 international HBSC survey): https://data-browser.hbsc.org.

Notes:	Young people were asked to report the number of days over the past week during which they were physically active for a total of at least 60 minutes. The question was introduced by text defining moderate-to-vigorous physical activity (MVPA) as any activity that increases the heart rate and makes the person get out of breath some of the time, with examples provided. Findings presented on the Observatory show the proportions who report less than 60 minutes of MVPA daily. NB. National except Belgium (Flemish speaking region only)
Definitions:	% reporting less than 60 minutes of MVPA daily

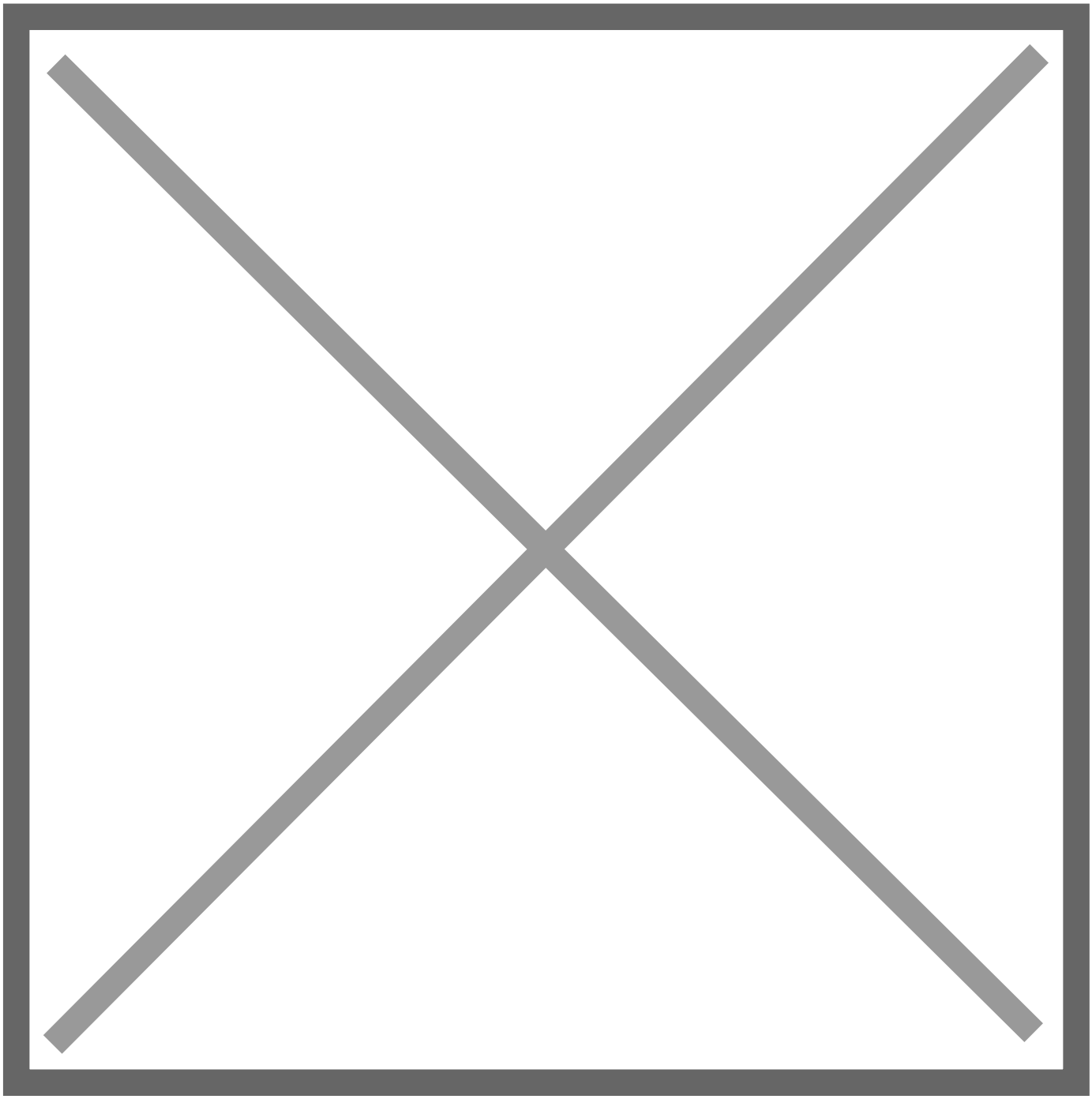
Prevalence of at least daily soft drink consumption

Boys, 2021-2022



Area covered:	National
References:	Health Behaviour in School-aged Children study (2023), Data browser (findings from the 2021/22 international HBSC survey): https://data-browser.hbsc.org..
Definitions:	Proportion who reported drinking sugary soft drinks daily (at least once)

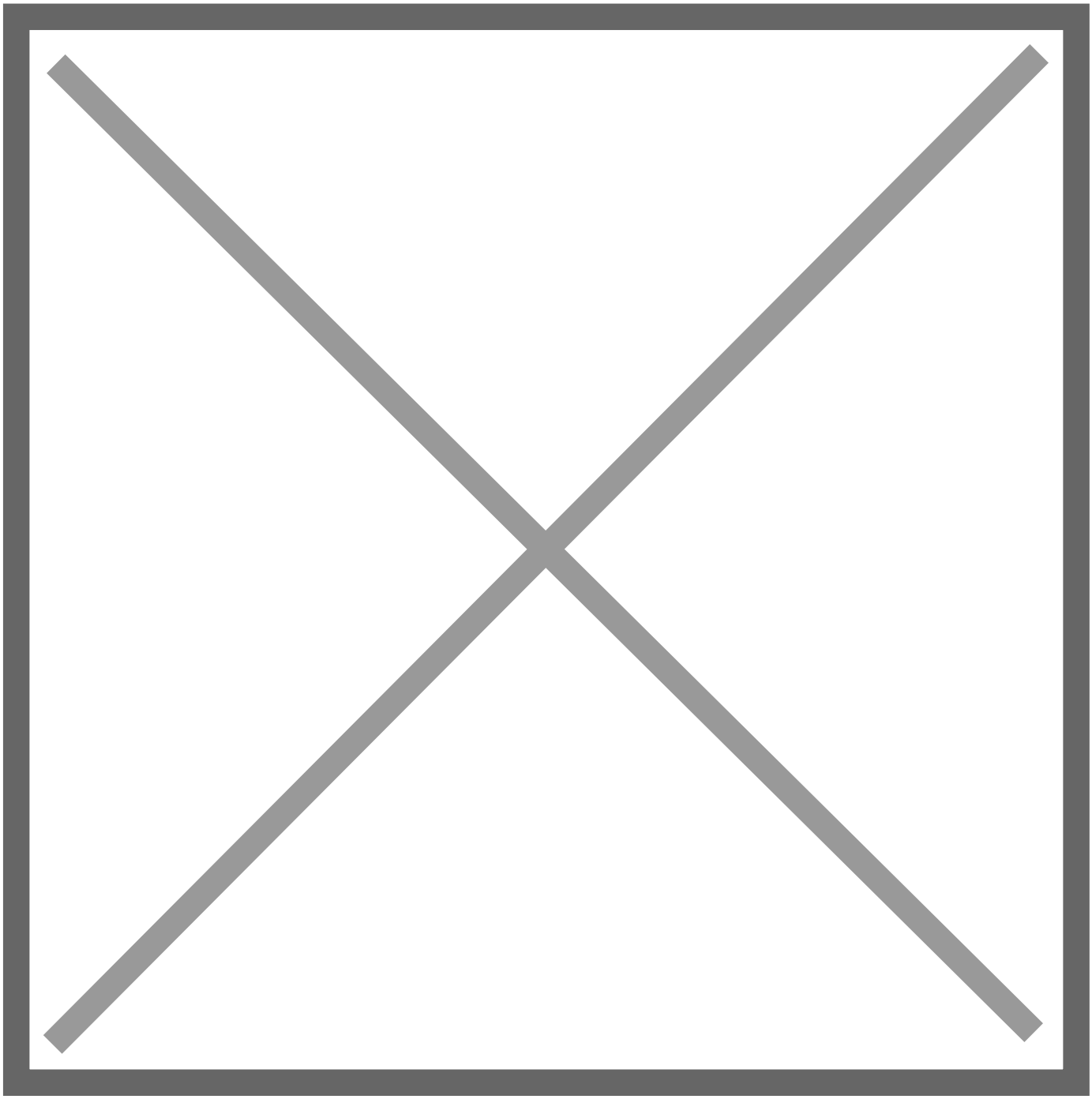
Girls, 2021-2022



Area covered:	National
References:	Health Behaviour in School-aged Children study (2023), Data browser (findings from the 2021/22 international HBSC survey): https://data-browser.hbsc.org..
Definitions:	Proportion who reported drinking sugary soft drinks daily (at least once)

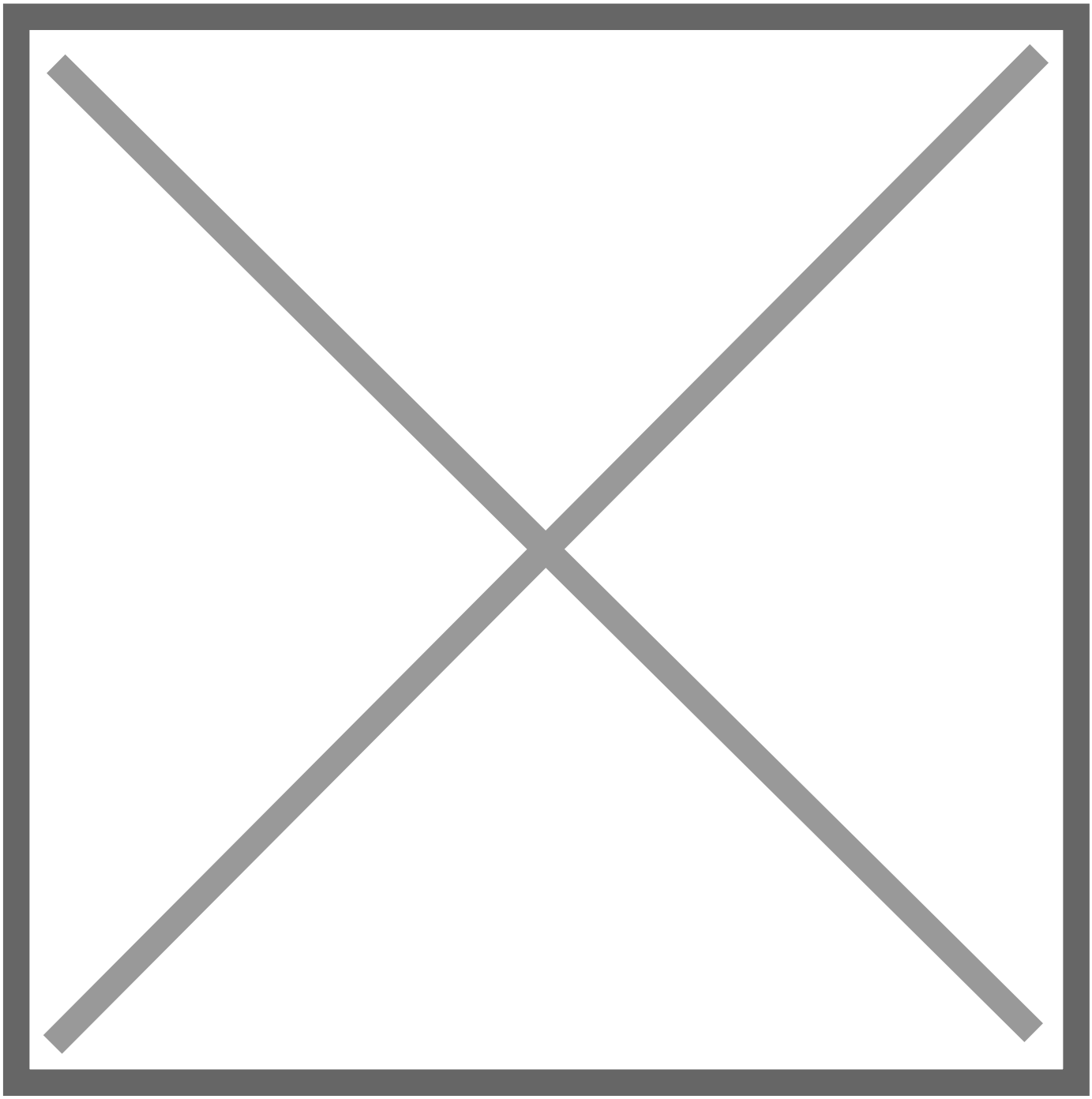
Prevalence of less than daily fruit consumption

Boys, 2021-2022



Survey type:	Self-reported
Area covered:	National
References:	Rakic JG, Hamrik Z, Dzielska A, Felder-Puig R, Oja L, Bakalár P et al. A focus on adolescent physical activity, eating behaviours, weight status and body image in Europe, central Asia and Canada. Health Behaviour in School-aged Children international report from the 2021/2022 survey. Volume 4. Copenhagen: WHO Regional Office for Europe; 2024. Licence: CC BY-NC-SA 3.0 IGO
Definitions:	Proportion who reported eating fruit less than daily

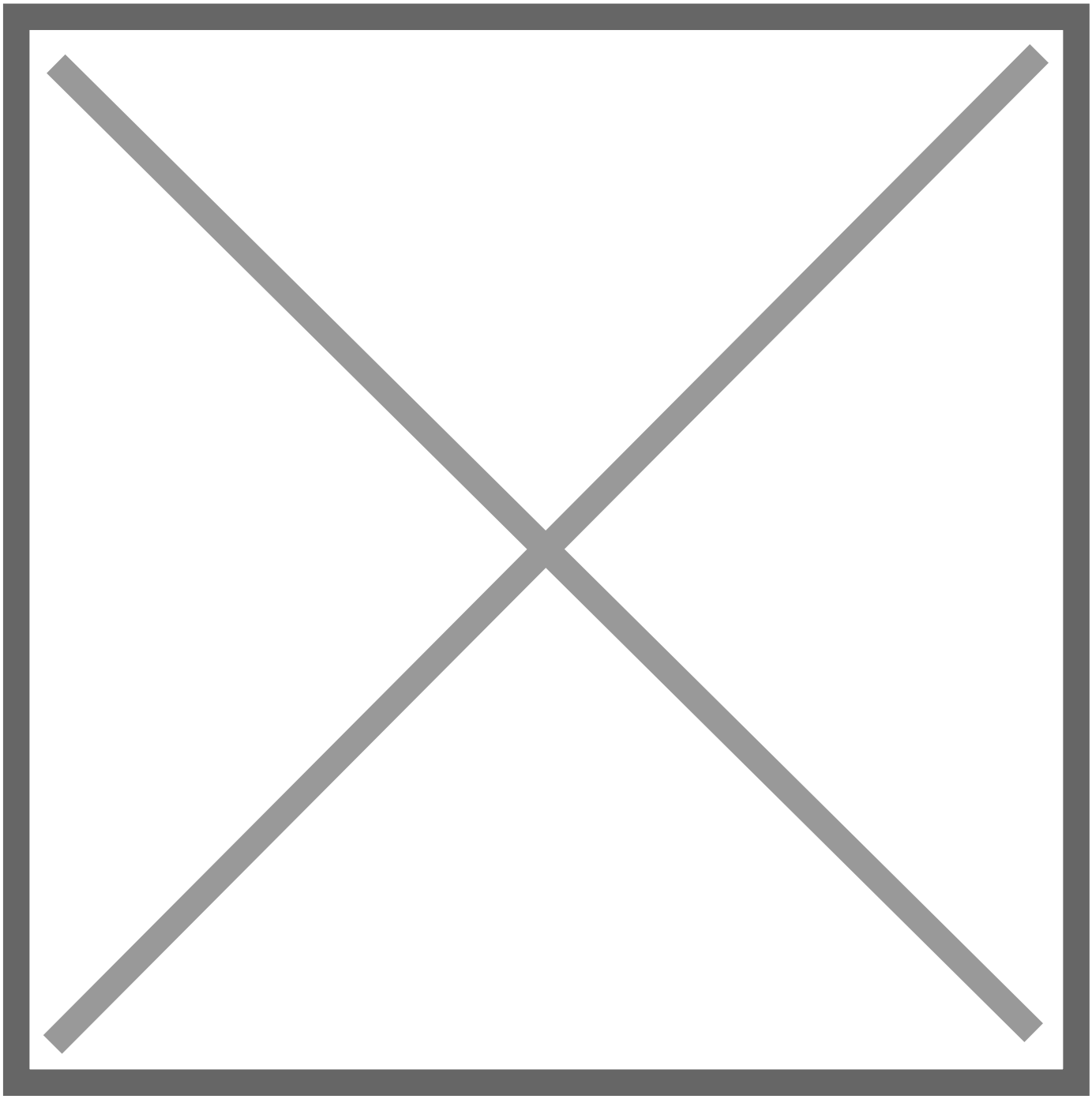
Girls, 2021-2022



Survey type:	Self-reported
Area covered:	National
References:	Rakic JG, Hamrik Z, Dzielska A, Felder-Puig R, Oja L, Bakalár P et al. A focus on adolescent physical activity, eating behaviours, weight status and body image in Europe, central Asia and Canada. Health Behaviour in School-aged Children international report from the 2021/2022 survey. Volume 4. Copenhagen: WHO Regional Office for Europe; 2024. Licence: CC BY-NC-SA 3.0 IGO
Definitions:	Proportion who reported eating fruit less than daily

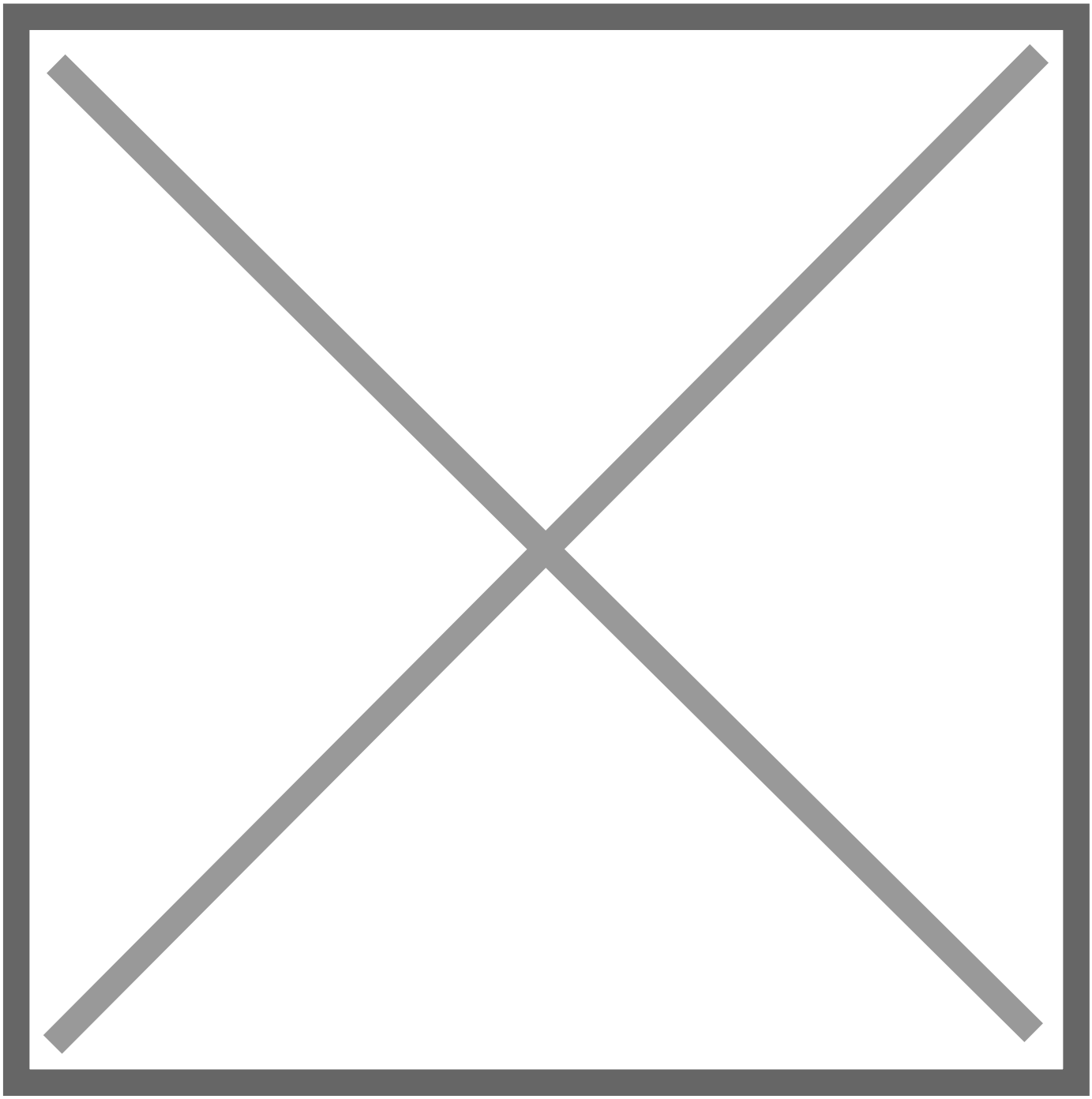
Prevalence of less than daily vegetable consumption

Boys, 2021-2022



Survey type:	Self-reported
Area covered:	National
References:	Rakic JG, Hamrik Z, Dzielska A, Felder-Puig R, Oja L, Bakalár P et al. A focus on adolescent physical activity, eating behaviours, weight status and body image in Europe, central Asia and Canada. Health Behaviour in School-aged Children international report from the 2021/2022 survey. Volume 4. Copenhagen: WHO Regional Office for Europe; 2024. Licence: CC BY-NC-SA 3.0 IGO
Definitions:	Prevalence of less-than-daily vegetable consumption (% less-than-daily vegetable consumption)

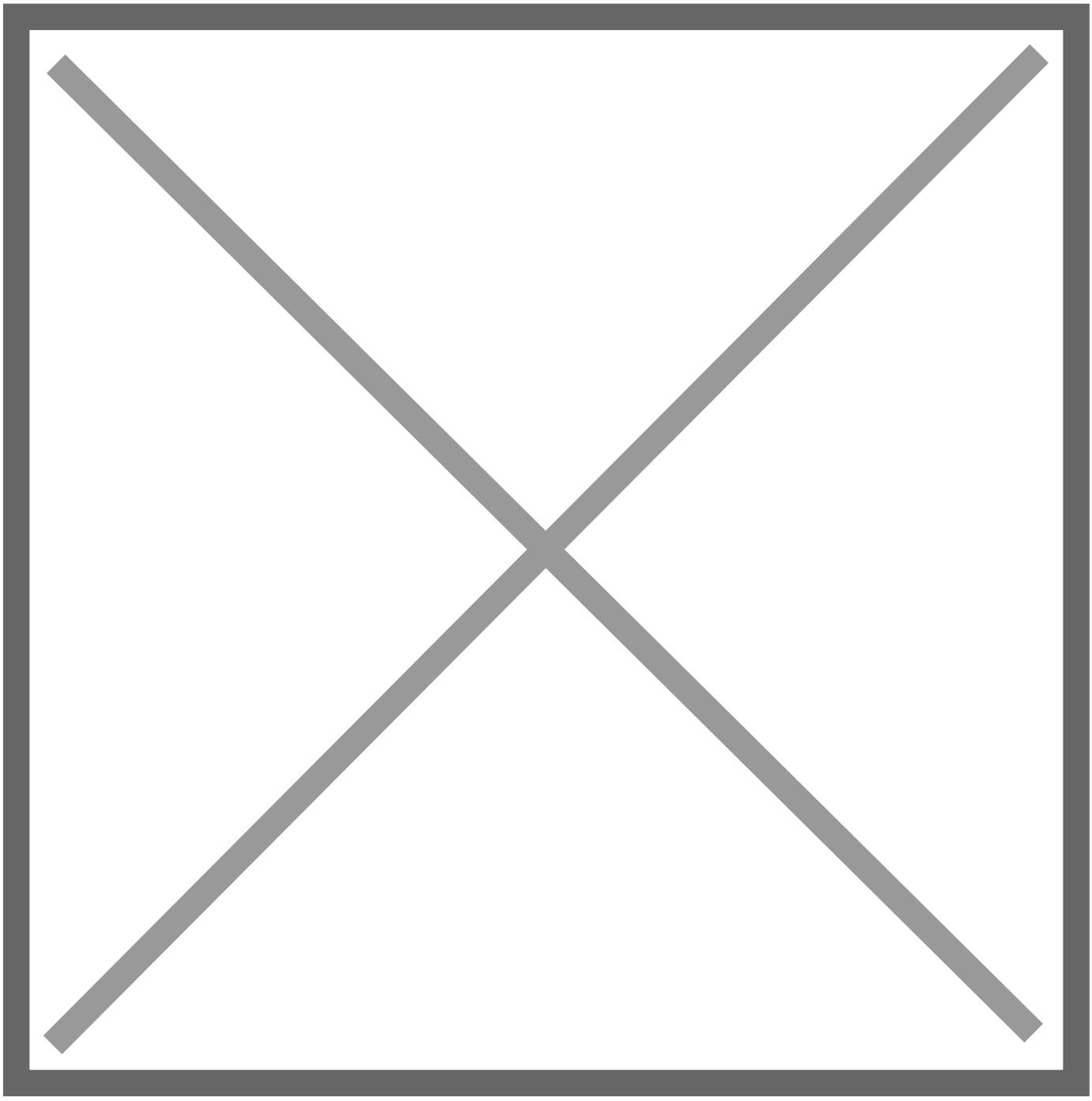
Girls, 2021-2022



Survey type:	Self-reported
Area covered:	National
References:	Rakic JG, Hamrik Z, Dzielska A, Felder-Puig R, Oja L, Bakalár P et al. A focus on adolescent physical activity, eating behaviours, weight status and body image in Europe, central Asia and Canada. Health Behaviour in School-aged Children international report from the 2021/2022 survey. Volume 4. Copenhagen: WHO Regional Office for Europe; 2024. Licence: CC BY-NC-SA 3.0 IGO
Definitions:	Prevalence of less-than-daily vegetable consumption (% less-than-daily vegetable consumption)

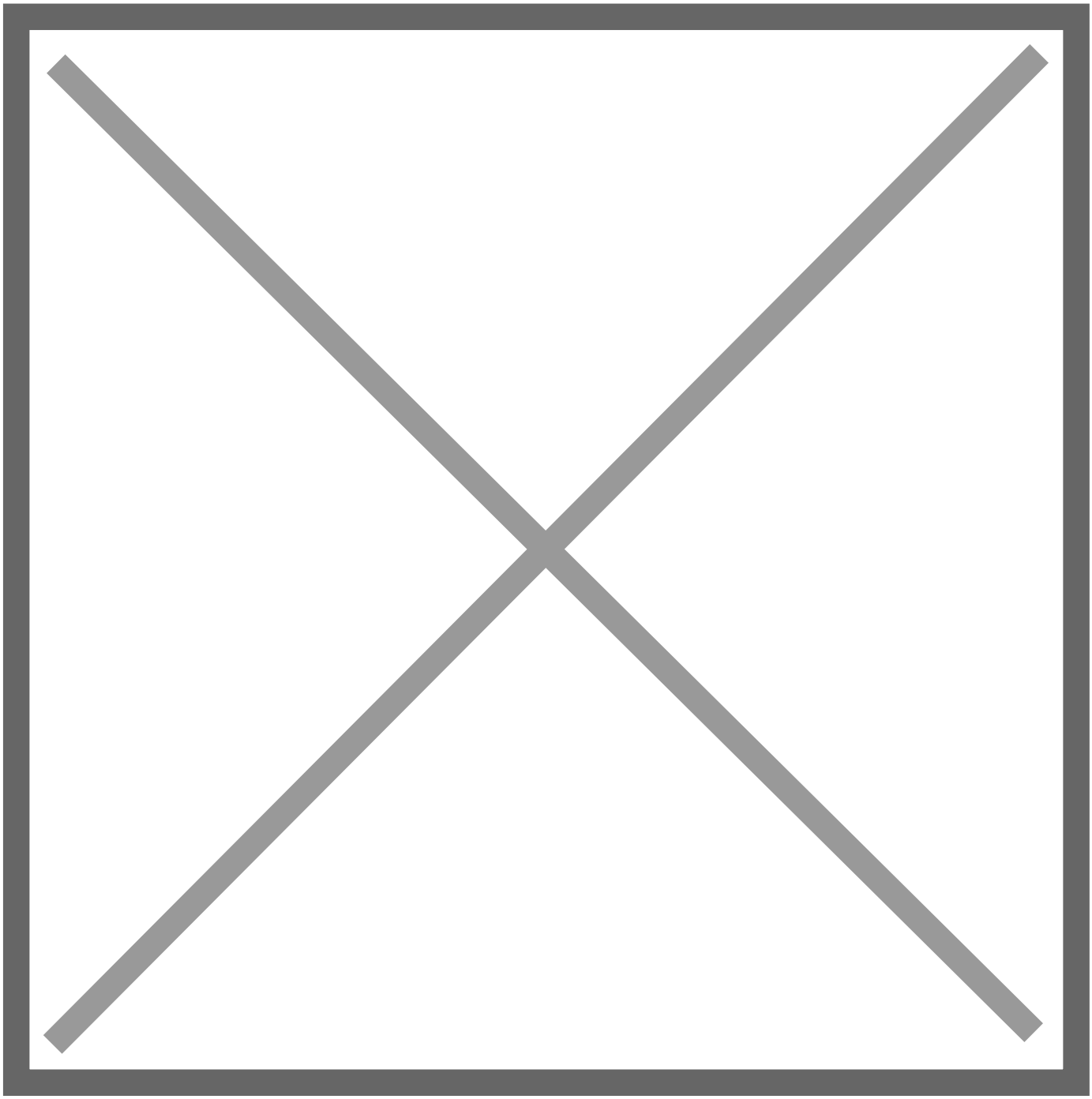
Diabetes

Men, 2022



Age:	16+
References:	Health Survey for England 2022. Adults aged 16 and over with valid height and weight measurements and glycated haemoglobin measurement

Women, 2022



Age:	16+
References:	Health Survey for England 2022. Adults aged 16 and over with valid height and weight measurements and glycated haemoglobin measurement

PDF created on October 22, 2026