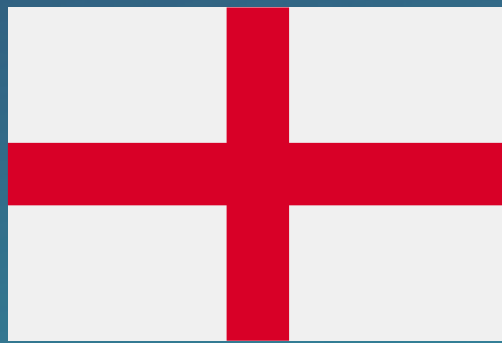




# England



## Country report card

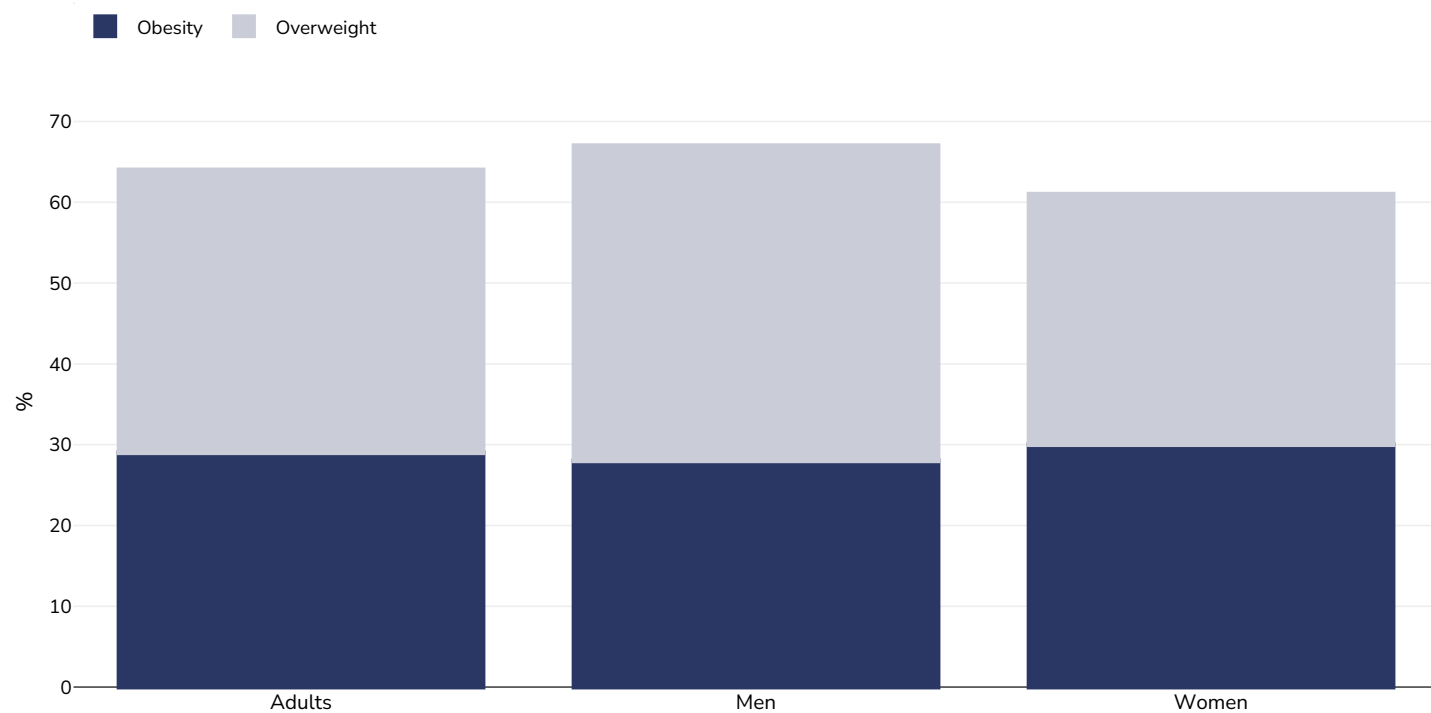
*This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity . Where available, data on common and relevant obesity drivers and comorbidities are also presented.*

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

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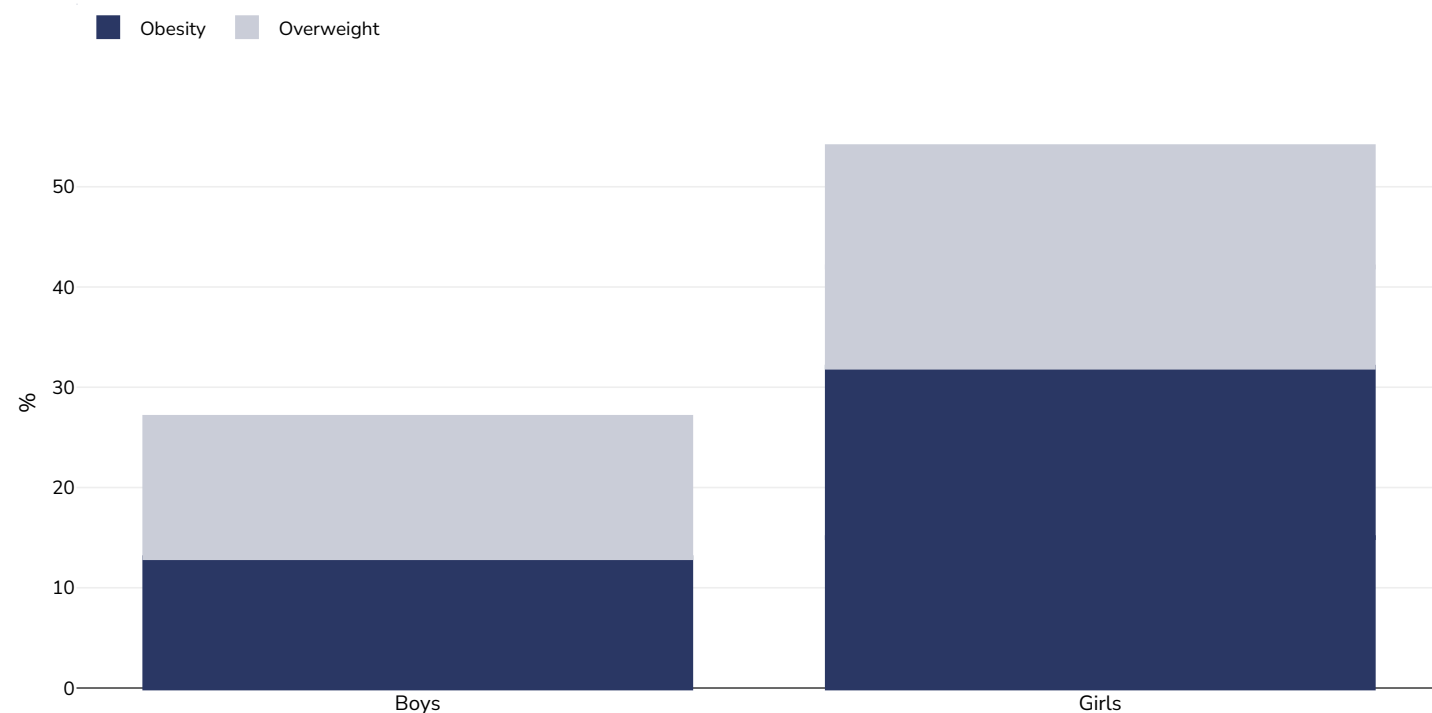
## Obesity prevalence

### Adults, 2022



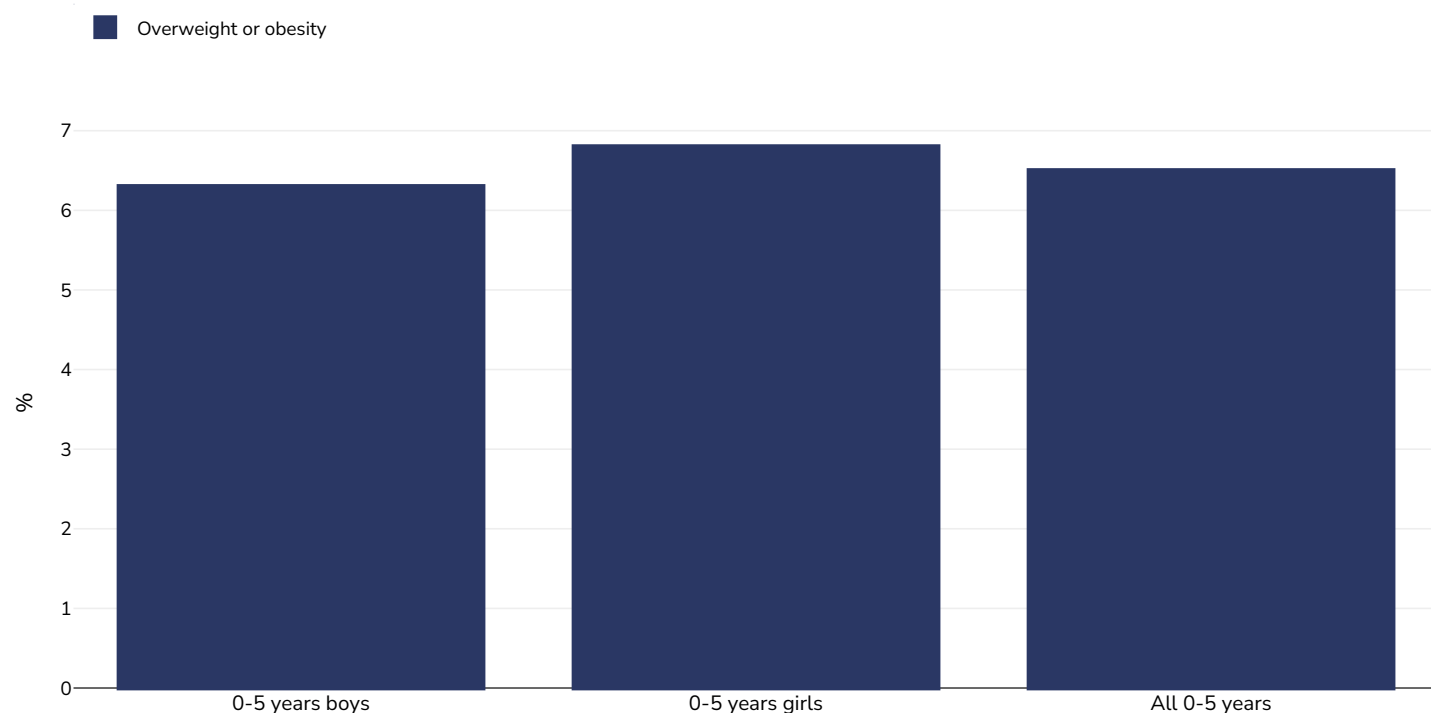
Survey type:	Measured
Age:	16+
Sample size:	4512
Area covered:	National
References:	Health Survey for England 2022. Available at <a href="https://digital.nhs.uk/data-and-information/publications/statistical/health-survey-for-england/2022-part-2">https://digital.nhs.uk/data-and-information/publications/statistical/health-survey-for-england/2022-part-2</a> (last accessed 08.10.24)
Notes:	Weighted sample size
Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m <sup>2</sup> , obesity refers to a BMI greater than 30kg/m <sup>2</sup> .	

## Children, 2022



Survey type:	Measured
Age:	2-15
Sample size:	568
Area covered:	National
References:	Health Survey for England 2022. Available at <a href="https://digital.nhs.uk/data-and-information/publications/statistical/health-survey-for-england/2022-part-2">https://digital.nhs.uk/data-and-information/publications/statistical/health-survey-for-england/2022-part-2</a> (last accessed 08.10.24)
Notes:	Weighted sample size
Cutoffs:	85th/95th Centile

## 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 <a href="https://data.unicef.org/resources/jme/">https://data.unicef.org/resources/jme/</a> . 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, 2013-2022 (By socioeconomic group)

### Women



Survey type:

Measured

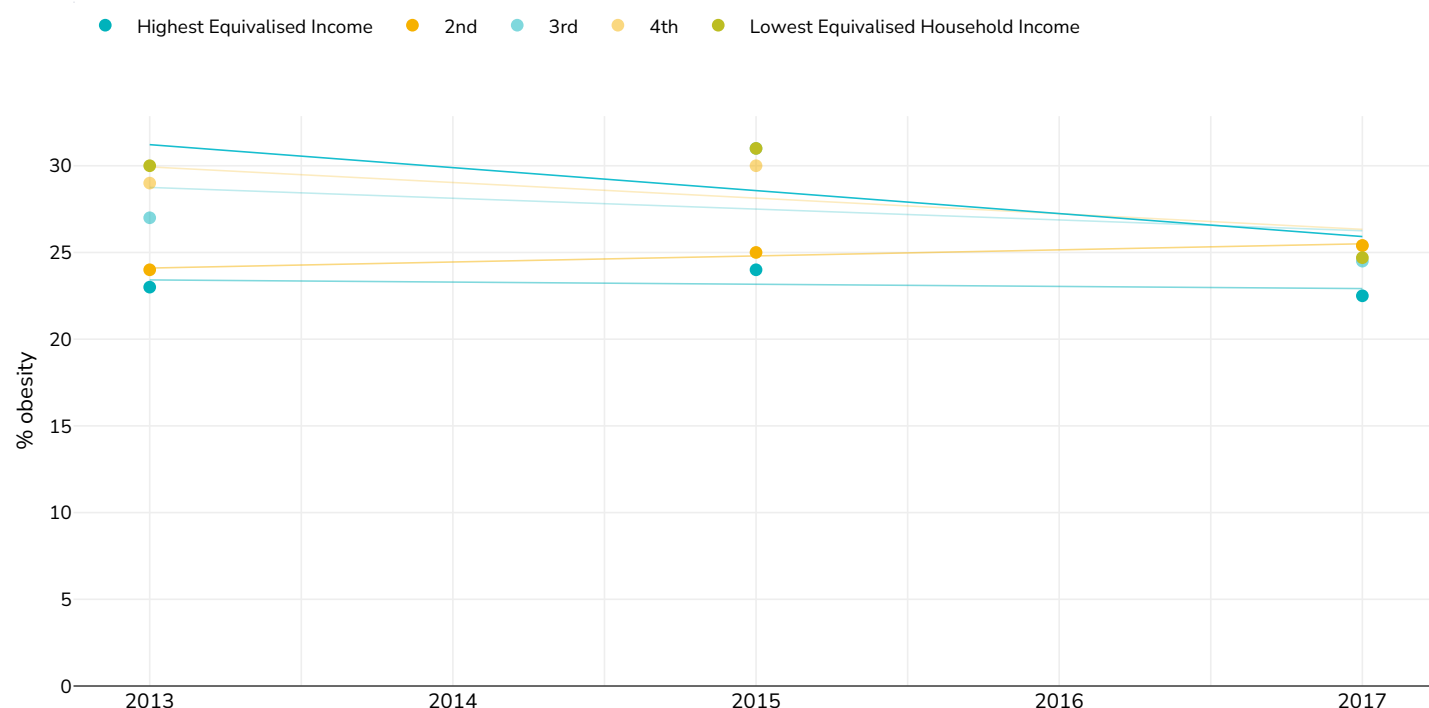
References:

- 2013: HSE 2013. <http://www.hscic.gov.uk/catalogue/PUB16076/HSE2013-Ch10-Adult-anth-meas.pdf> (last accessed 4th June 2015)
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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.

## Men



Survey type: Measured

References: 2013: HSE 2013. <http://www.hscic.gov.uk/catalogue/PUB16076/HSE2013-Ch10-Adult-anth-meas.pdf> (last accessed 4th June 2015)  
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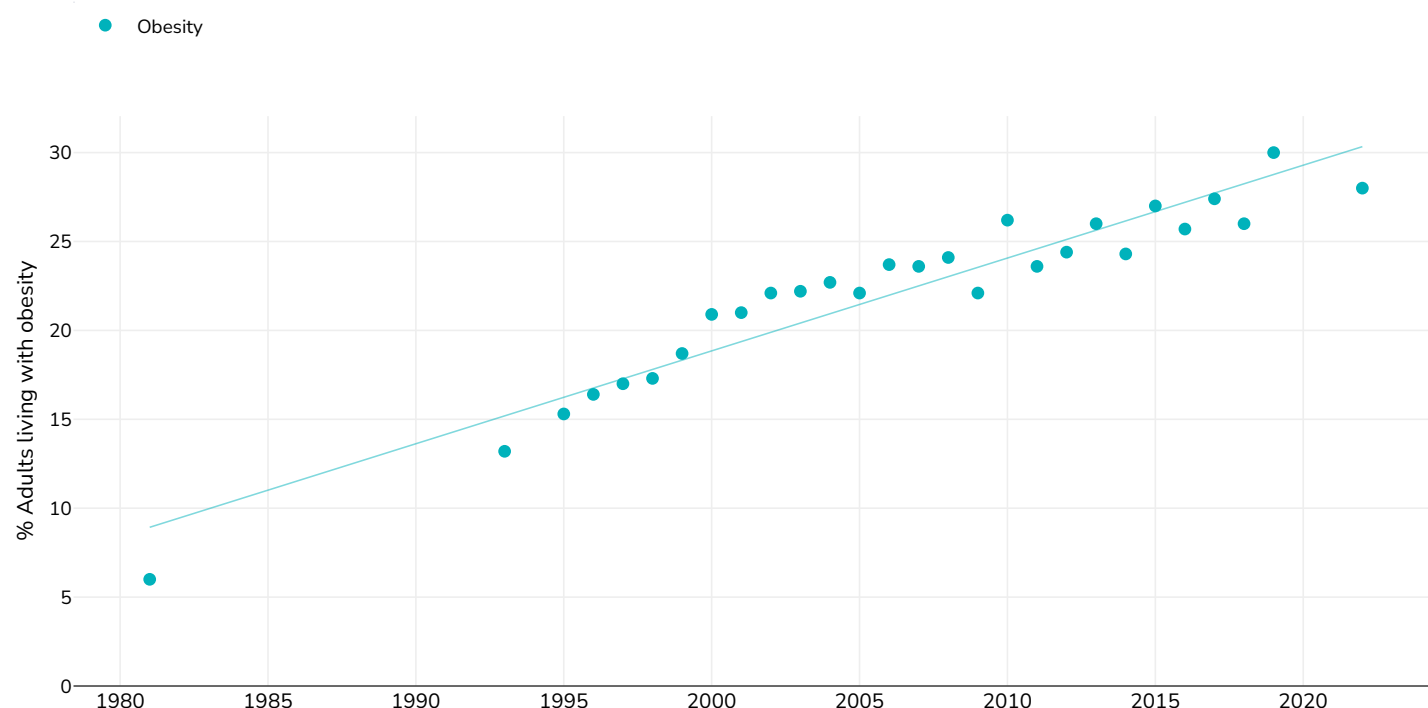
Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m<sup>2</sup>, obesity refers to a BMI greater than 30kg/m<sup>2</sup>.

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## Adults living with obesity in England 1981-2022



## Men



Survey type:

Measured

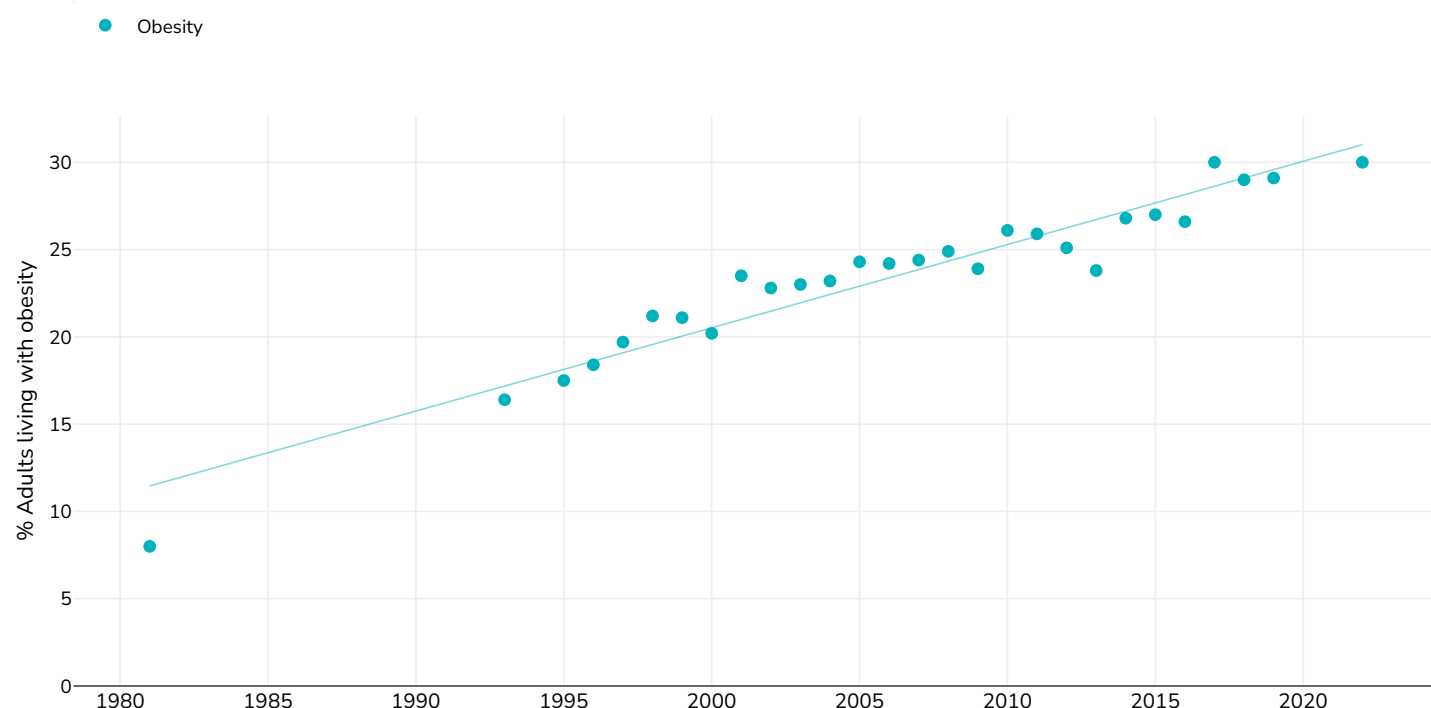
References:

- 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
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## Women



Survey type:

Measured

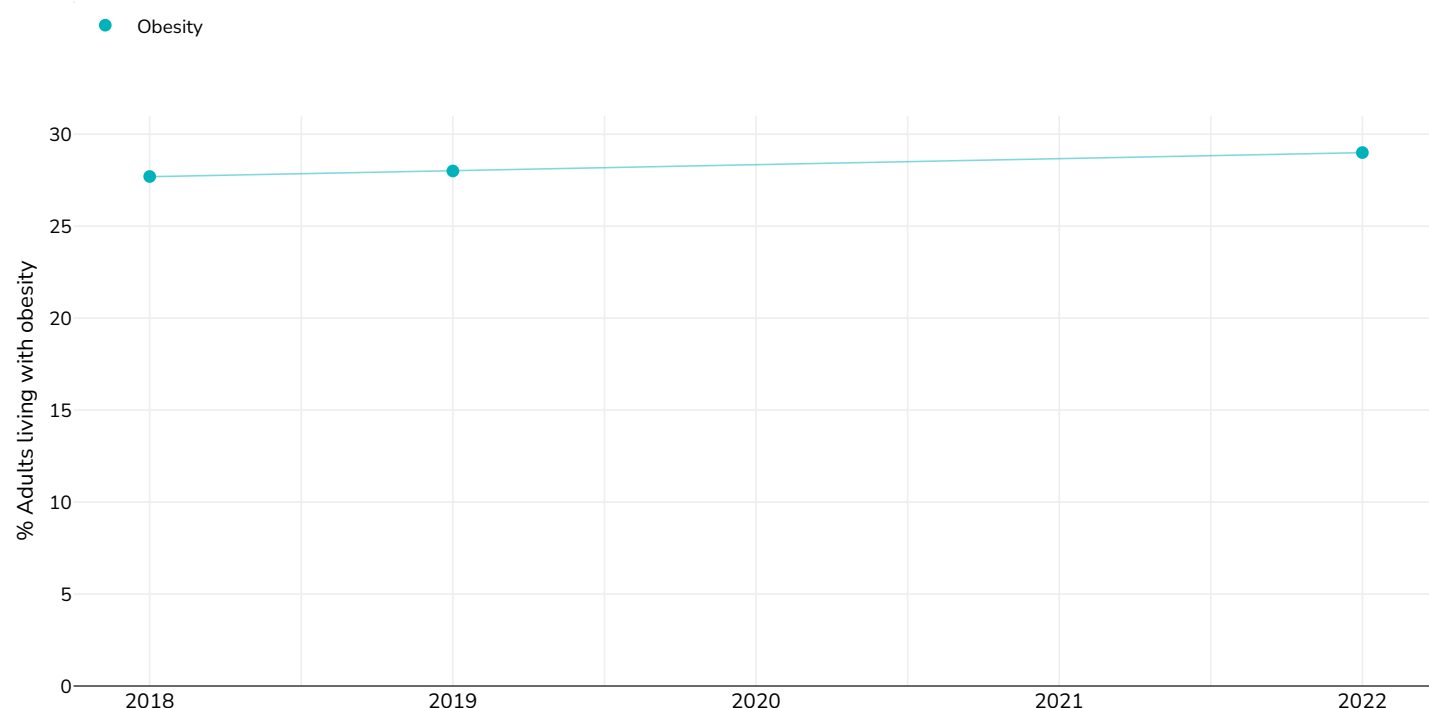
References:

- 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
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## Men and women



Survey type:

Measured

References:

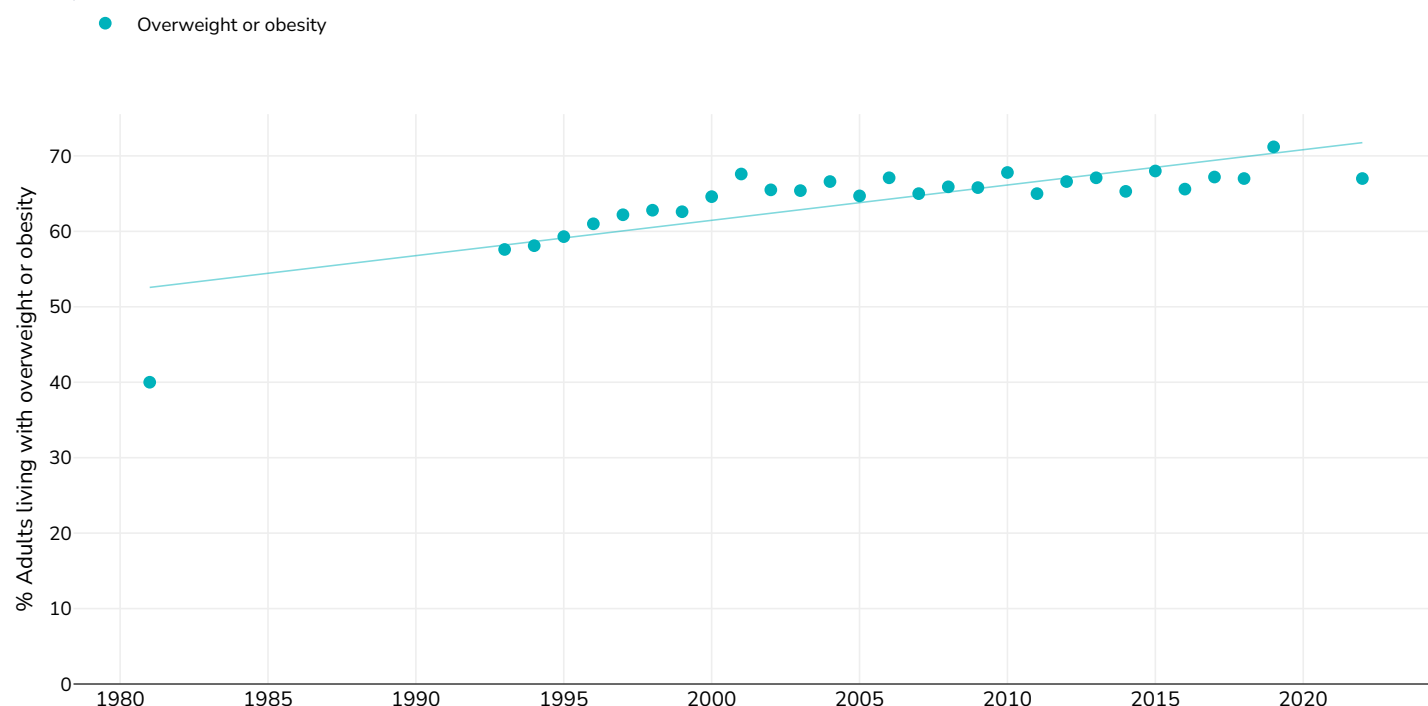
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## Adults living with overweight or obesity in England 1981-2022

## Men



Survey type:

Measured

References:

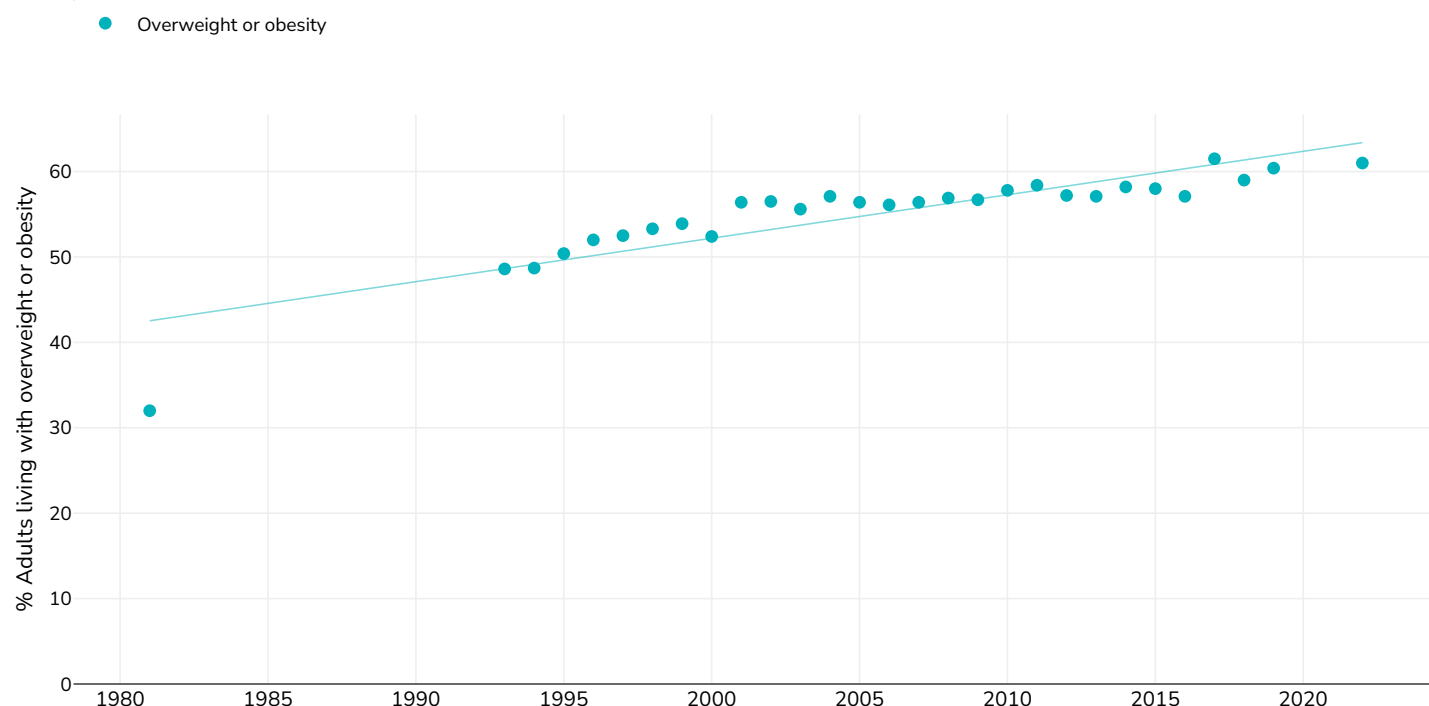
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## Women



Survey type:

Measured

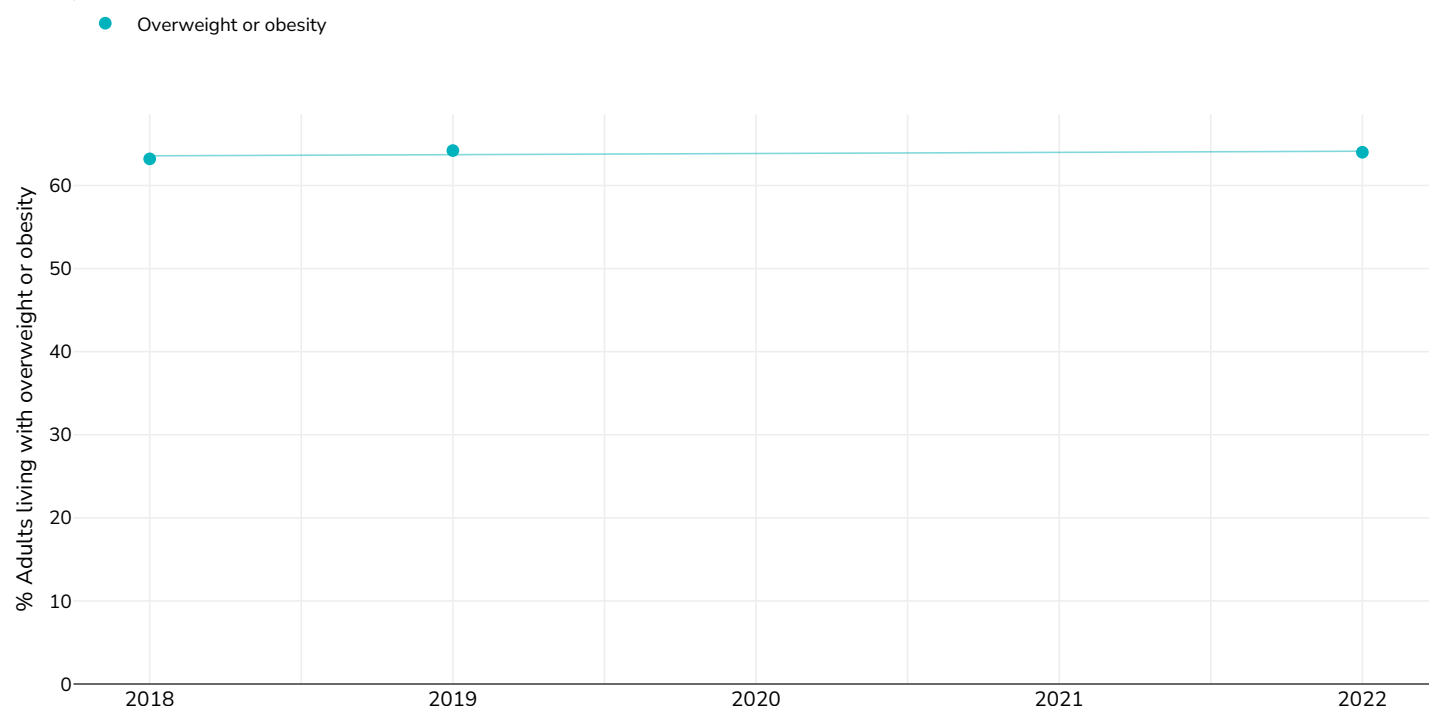
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- 1981: Royal College of Physicians (1983). Obesity. Reprinted from the Journal of the Royal College of Physicians of London Vol 17 (No 1) January 1983
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## Men and women



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

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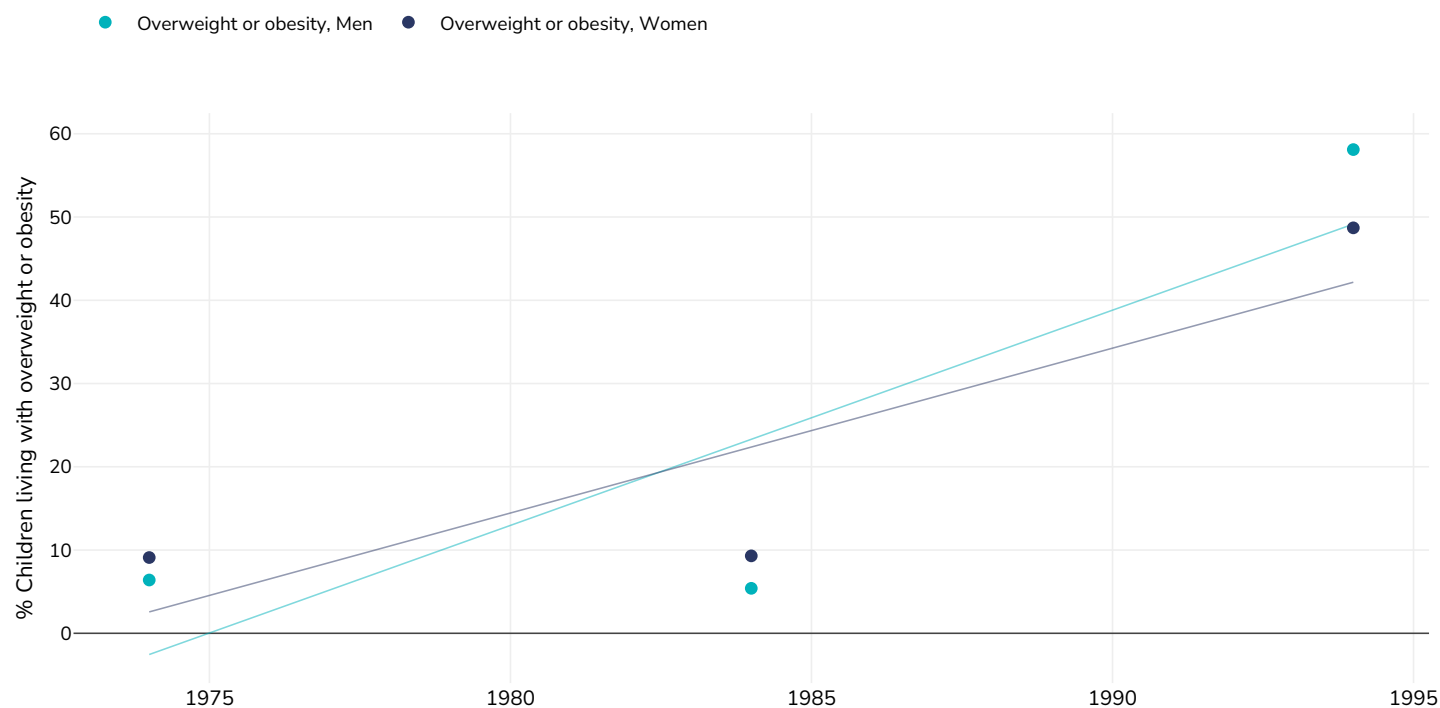
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## Children living with overweight or obesity in England 1974-1994



Survey type:

Measured

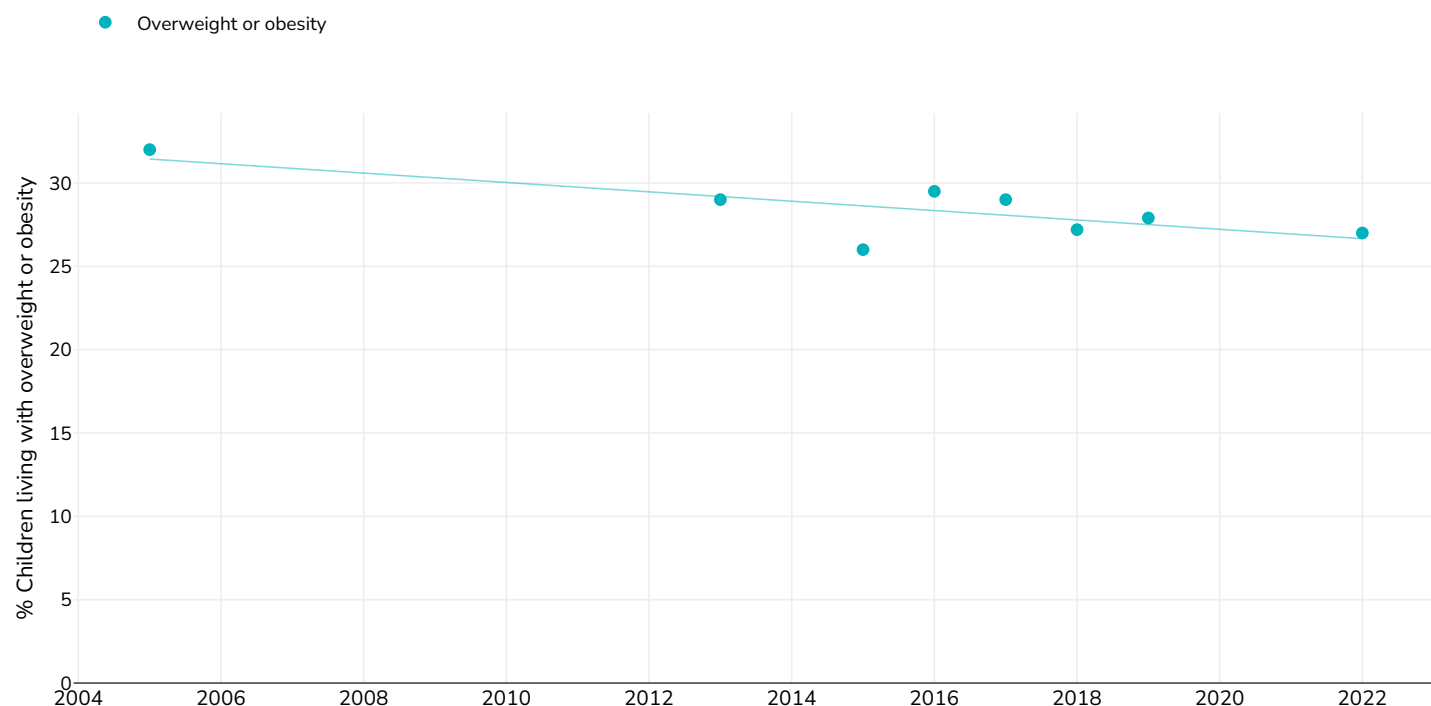
References:

1974, 1984: 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  
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 2005-2022

### Girls



Survey type:

Measured

References:

2005, 2013: HSE 2013. <http://www.hscic.gov.uk/catalogue/PUB16076/HSE2013-Ch11-Child-BMI.pdf>

2015: Health Survey for England 2015

2016: Health Survey for England 2016. Available at: <https://digital.nhs.uk/catalogue/PUB30169> (Last Accessed 13 December 2017)

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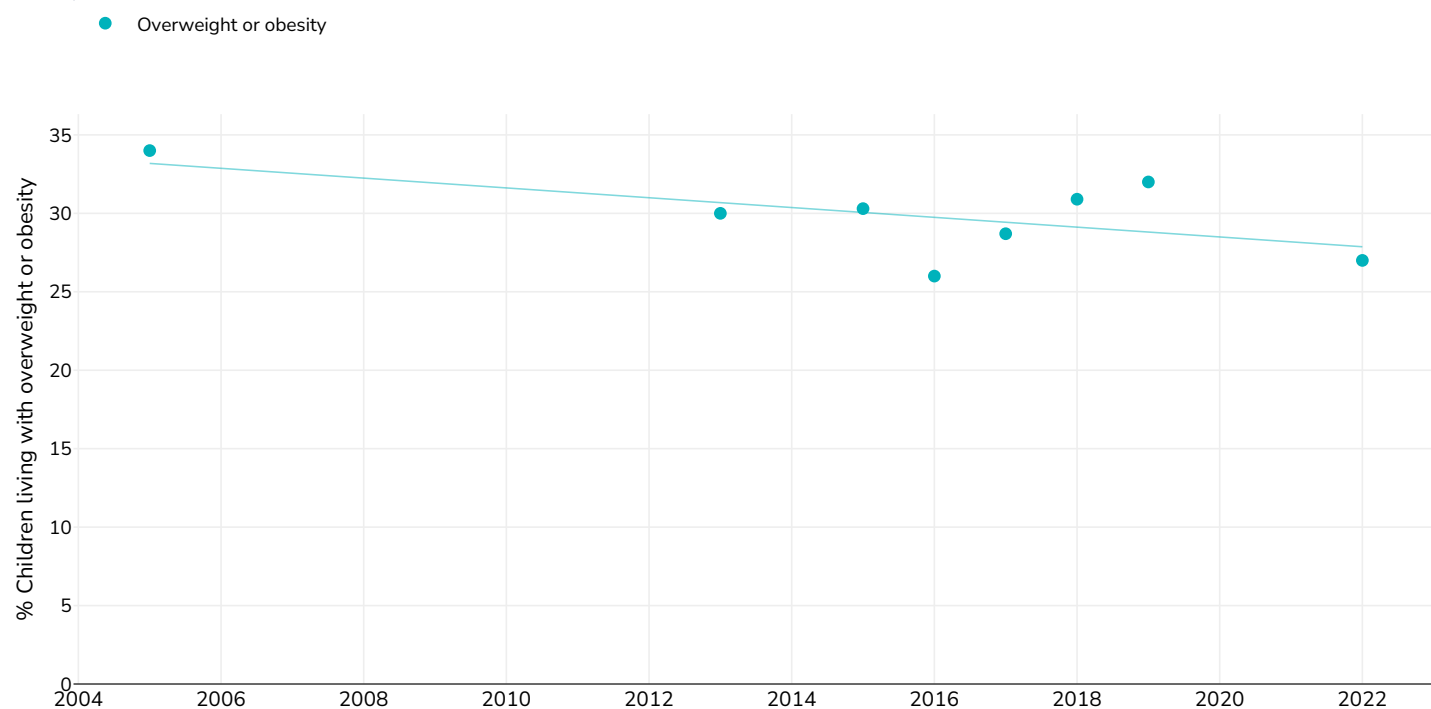
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*Different methodologies may have been used to collect this data and so data from different surveys may not be strictly comparable. Please check with original data sources for methodologies used.*

## Boys



Survey type:

Measured

References:

2005, 2013: HSE 2013. <http://www.hscic.gov.uk/catalogue/PUB16076/HSE2013-Ch11-Child-BMI.pdf>

2015: Health Survey for England 2015

2016: Health Survey for England 2016. Available at: <https://digital.nhs.uk/catalogue/PUB30169> (Last Accessed 13 December 2017)

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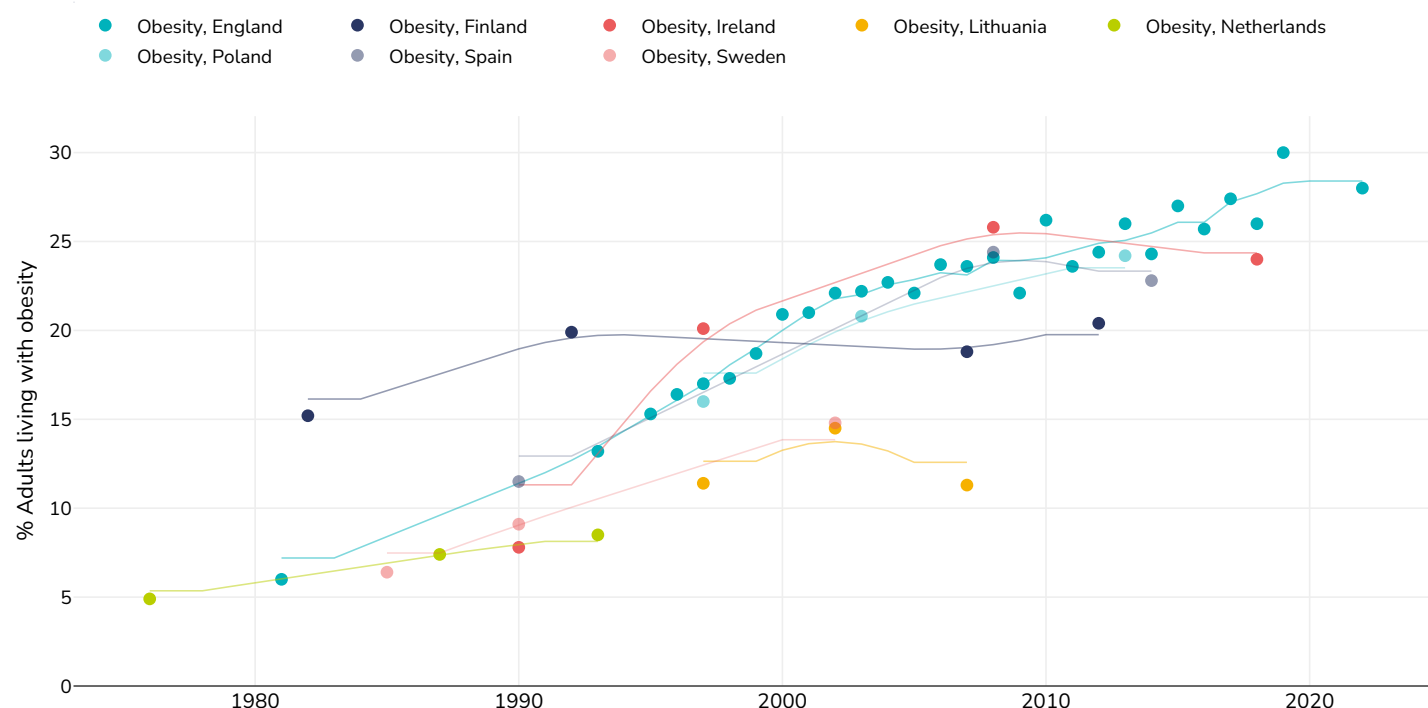
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## % Adults living with obesity in Europe 1976-2018, selected countries

## Men

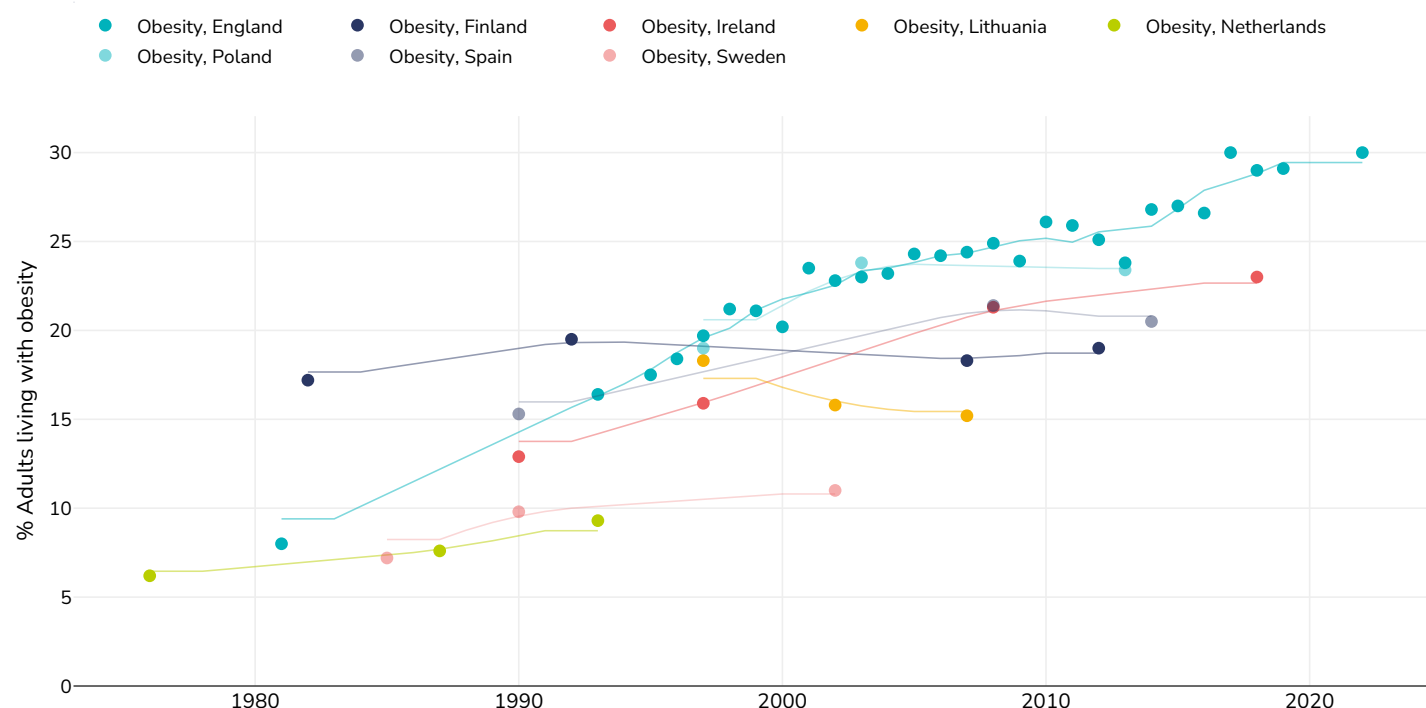


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  - 1992: Lahti-Koski M, Pietinen P, Munnisto S, Vartiainen E. Trends in waist to hip ratio and its determinants in adults in Finland from 1987 to 1997. *American Journal of Clinical Nutrition* 2000;72:1436-1444
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  - 2012: Kansallinen FINRISKI 2012 -terveyystutkimus - Osa 2: Tutkimuksen taulukkoliite. <http://www.julkari.fi/handle/10024/114942> (last accessed 9th November 2017)

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## Women



### References:

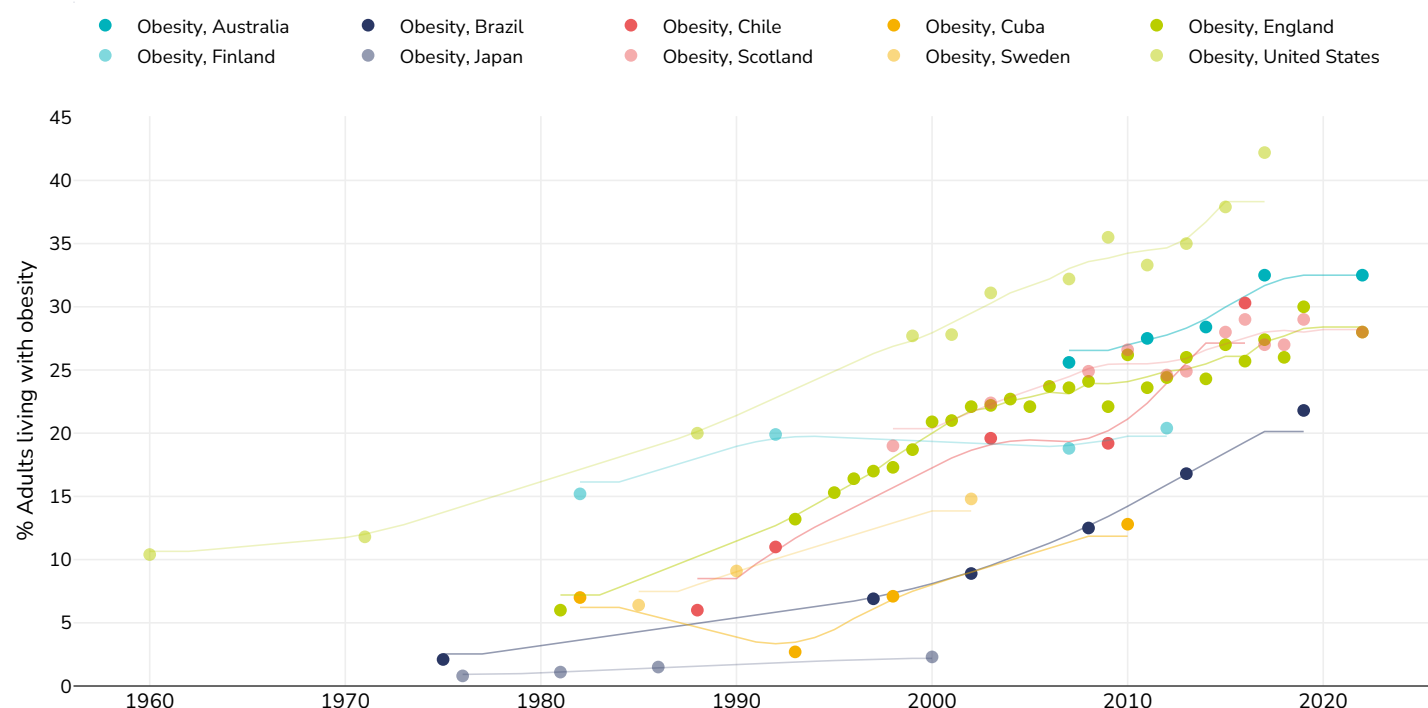
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- 2004: Health Survey for England 2004.
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*Different methodologies may have been used to collect this data and so data from different surveys may not be strictly comparable. Please check with original data sources for methodologies used.*

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**% Adults living with obesity in selected countries worldwide 1976-2018,  
selected countries**

## Men



### References:

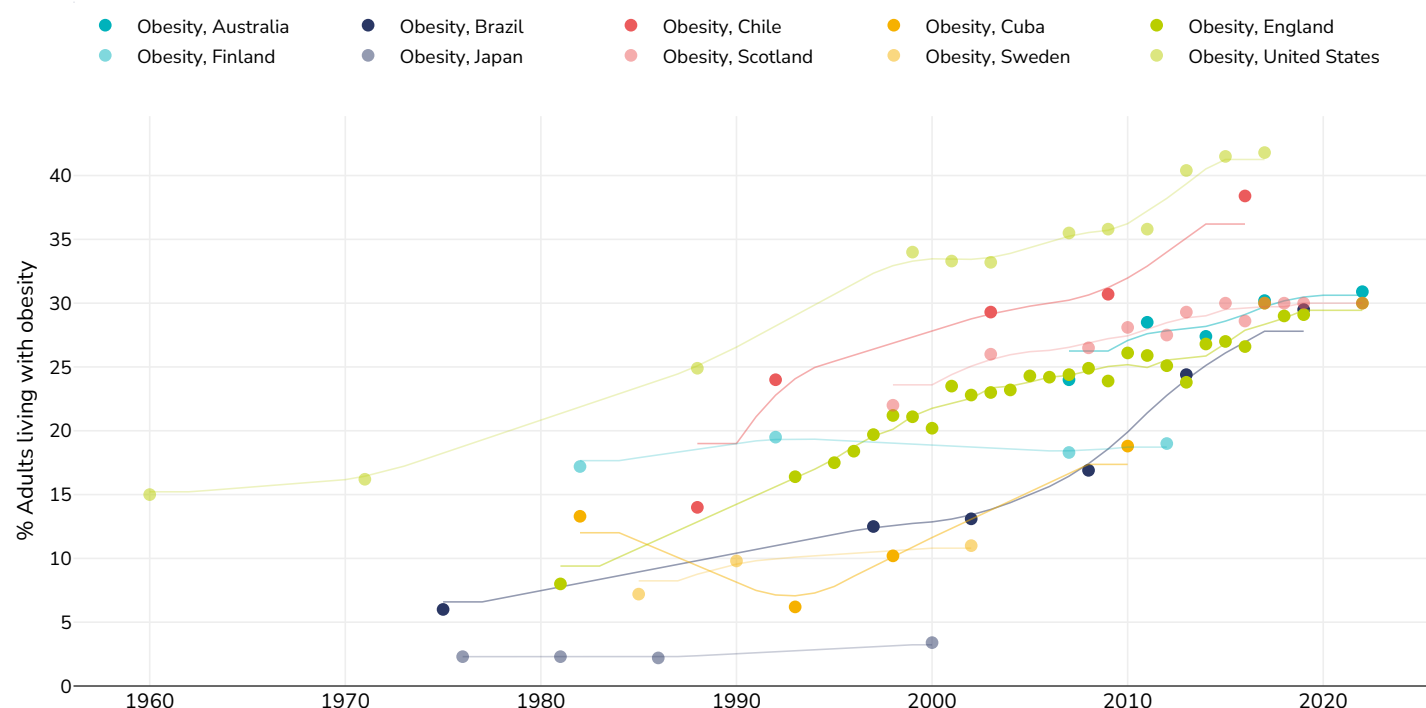
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## Women



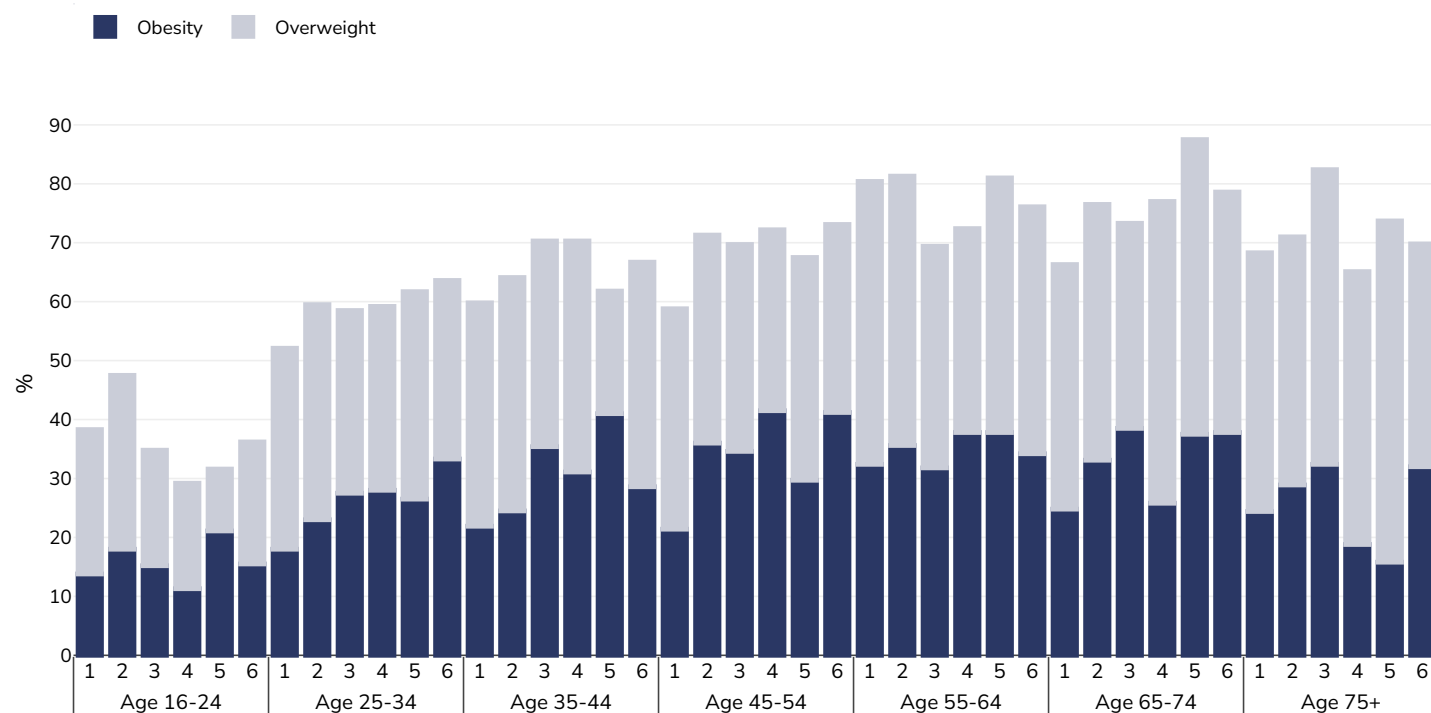
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  - 2009: NHANES Survey - Published in Flegal KM, Carroll MD, Kit BK, Ogden CL. Prevalence of Obesity and Trends in the Distribution of

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## 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.

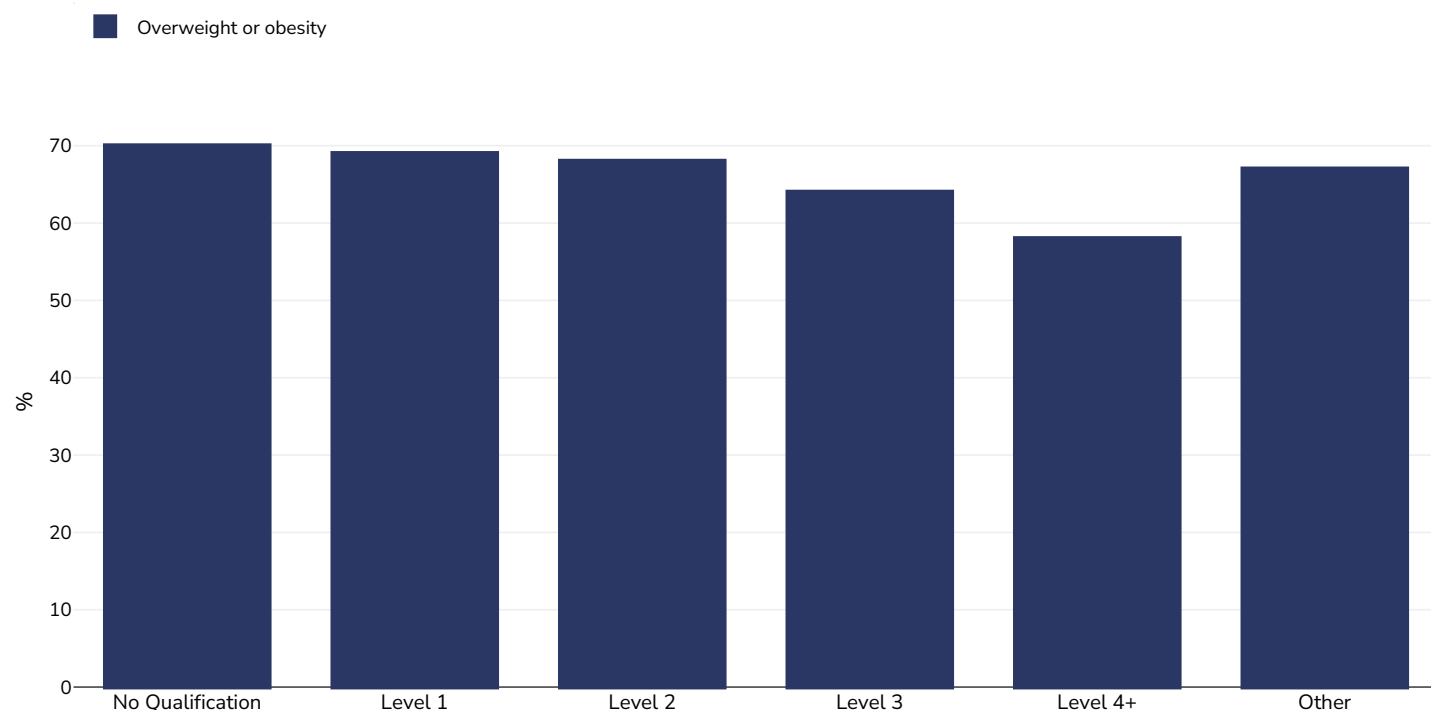
Notes: 1 - NVQ4/NVQ5/Degree equivalent 2 - Higher of below 3 - NVQ3/ GCE A Level equivalent 4 - NVQ2/ GCE O Level equivalent 5 - NVQ1/CSE other grade 6 - No qualification

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/m<sup>2</sup>, obesity refers to a BMI greater than 30kg/m<sup>2</sup>.

## Overweight/obesity by education

Adults, 2018-2019



Survey type: Self-repo

Age:

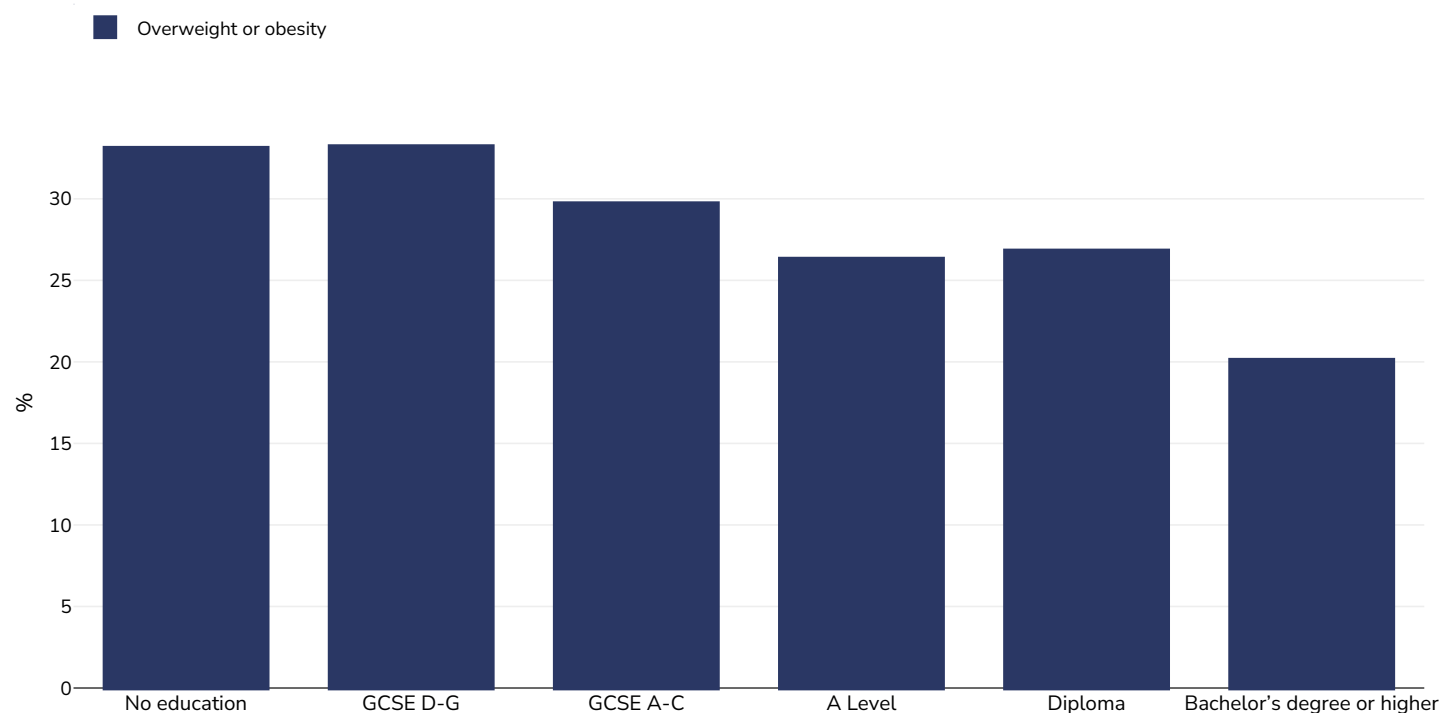
Sample size: 181

Area covered: Nati

References: House of Commons. "Briefing Paper: Obesity Statistics." 2021. Available at: <https://commonslibrary.parliament.uk/research-briefings/sn03336/>. U  
data from from the Active Lives Survey as published via Public Health England's data dashboard - availabl  
<https://fingertips.phe.org.uk/search/overweight#page/7/gid/1/pat/6/par/E12000007/ati/101/are/E09000002/iid/93088/age/168/sex/4/cid/4/tbm/1/pa>  
[options/ine-yo-1:2018:-1:-1\\_ine-pt-0\\_ine-ct-108](https://fingertips.phe.org.uk/search/overweight#page/7/gid/1/pat/6/par/E12000007/ati/101/are/E09000002/iid/93088/age/168/sex/4/cid/4/tbm/1/pa). Last accessed: 13.04

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m<sup>2</sup>, obesity refers to a BMI greater than 30kg

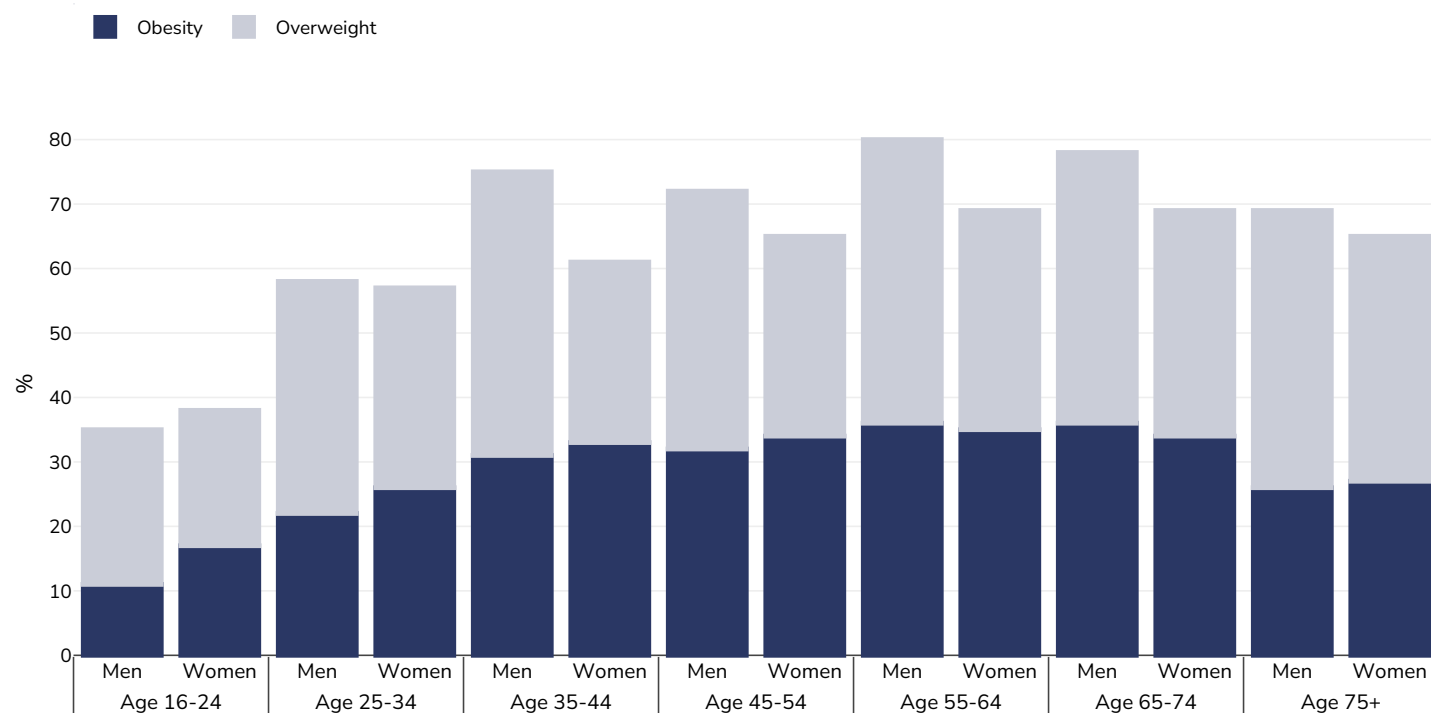
## Children, 2012-2013



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, 2022



Survey type: Measured

Sample size: 4512

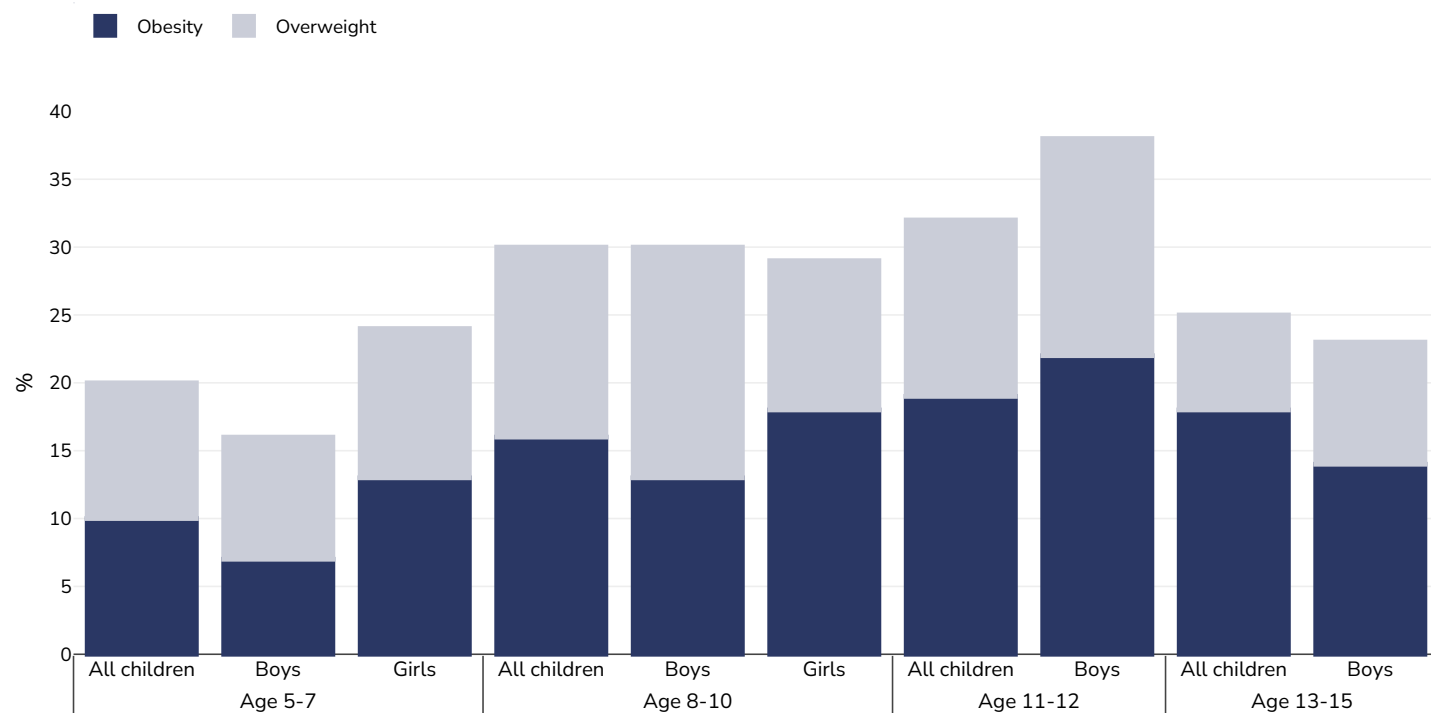
Area covered: National

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

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m<sup>2</sup>, obesity refers to a BMI greater than 30kg/m<sup>2</sup>.

## Children, 2022



Survey type: Measured

Sample size: 568

Area covered: National

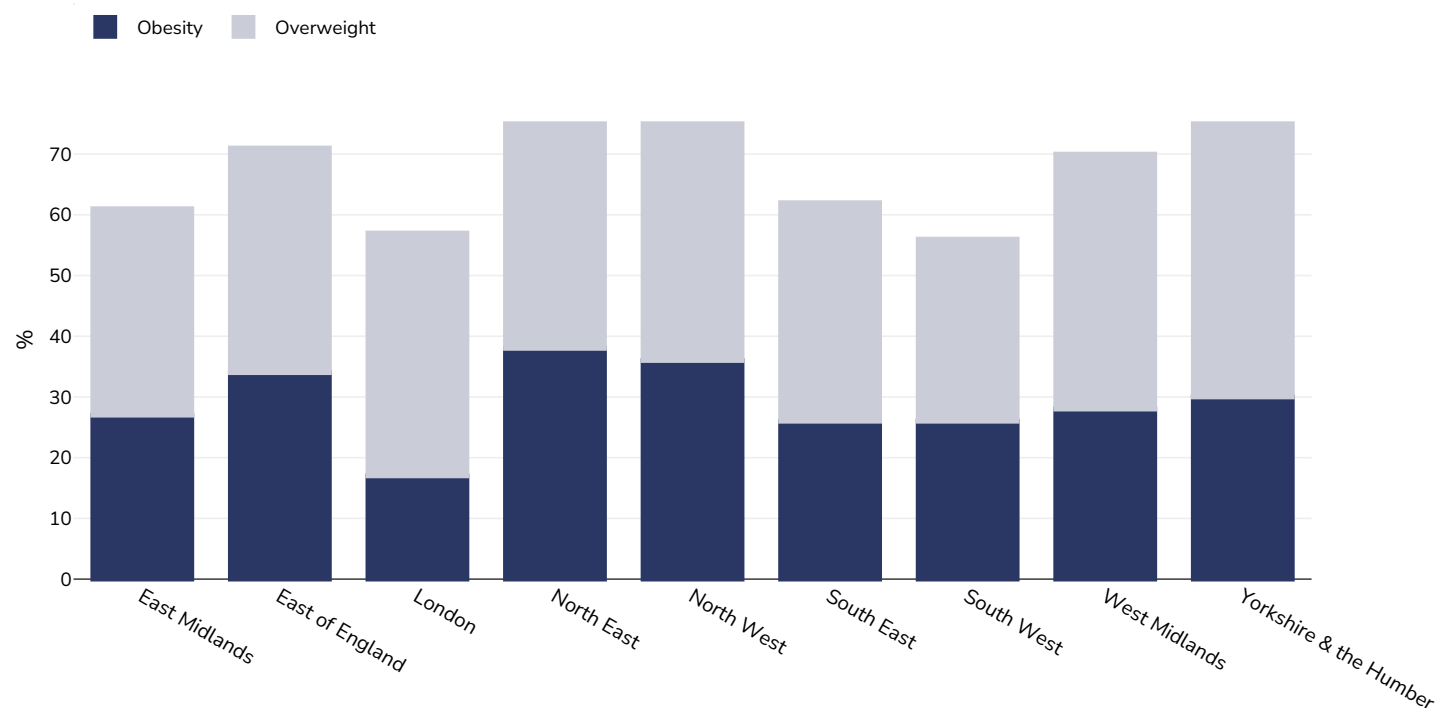
References: Health Survey for England 2022. Available at <https://digital.nhs.uk/data-and-information/publications/statistical/health-survey-for-england/2022-part-2> (last accessed 08.10.24)

Notes: Weighted sample size

Cutoffs: 85th/95th Centile

## Overweight/obesity by region

### Men, 2022

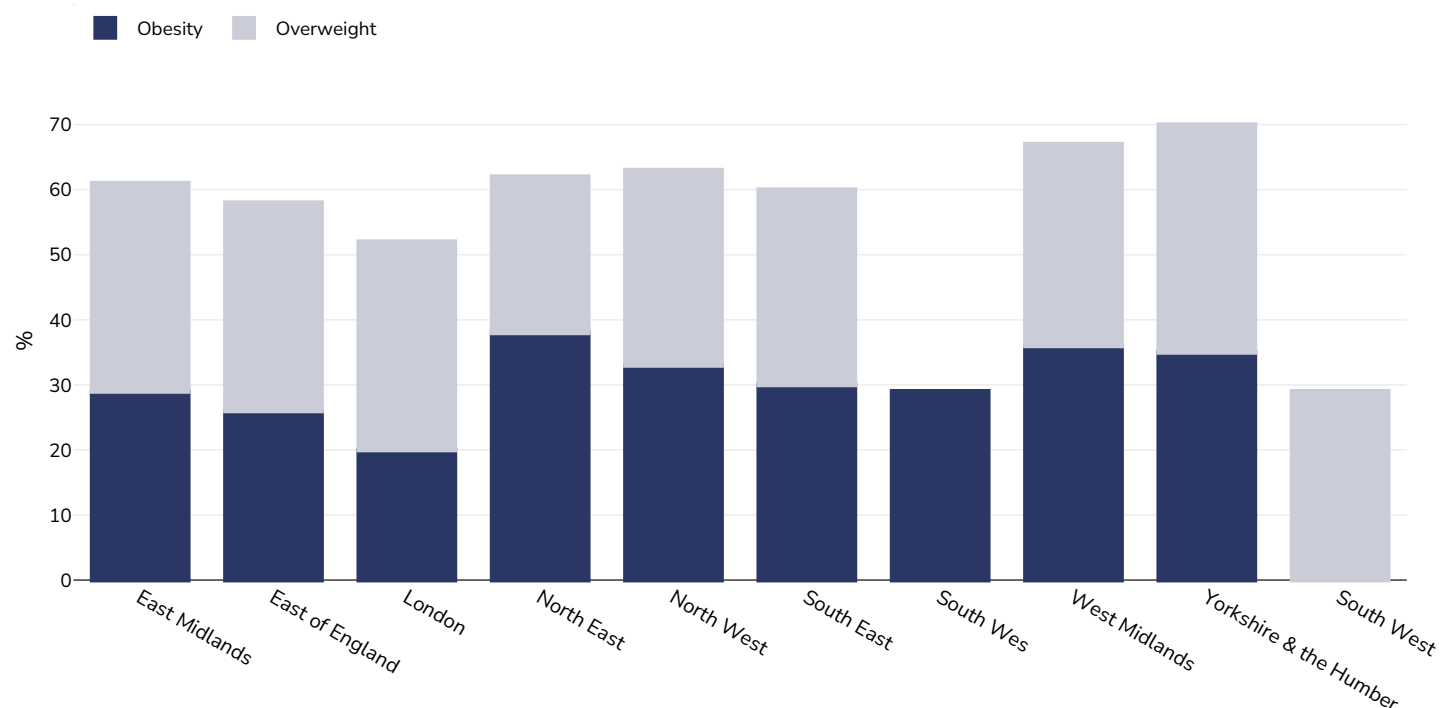


Survey type:	Measured
Age:	16+
Sample size:	4512
Area covered:	National
References:	Health Survey for England 2022. Available at <a href="https://digital.nhs.uk/data-and-information/publications/statistical/health-survey-for-england/2022-part-2">https://digital.nhs.uk/data-and-information/publications/statistical/health-survey-for-england/2022-part-2</a> (last accessed 08.10.24)
Notes:	Observed figures

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m<sup>2</sup>, obesity refers to a BMI greater than 30kg/m<sup>2</sup>.

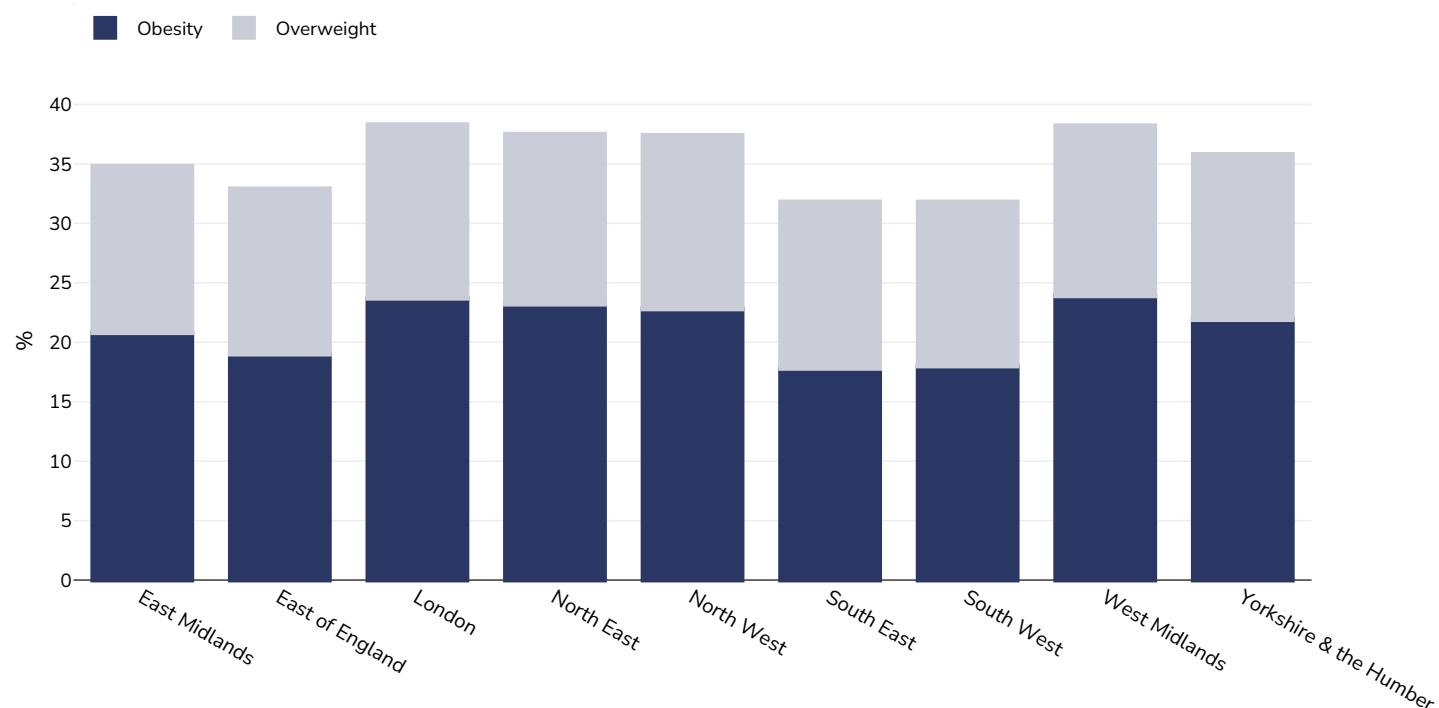


## Women, 2022



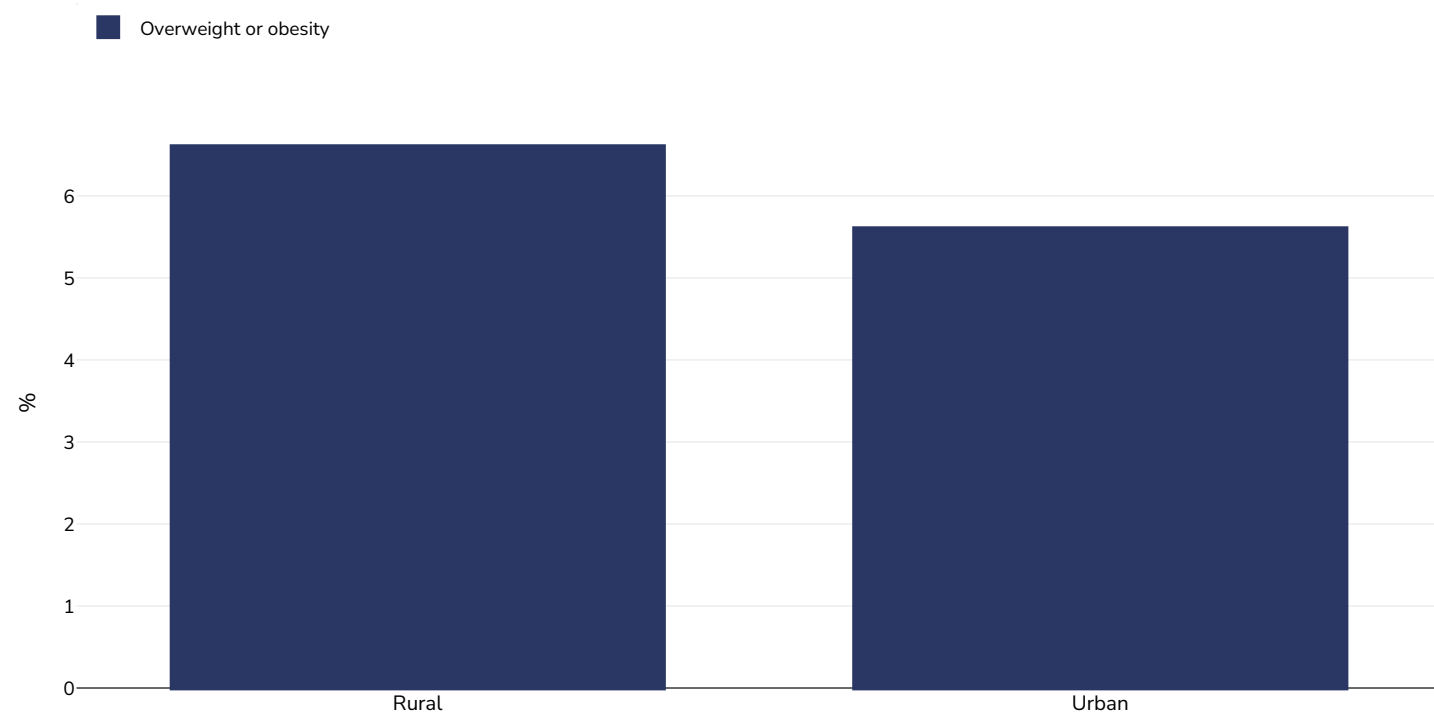
Survey type:	Measured
Age:	16+
Sample size:	4512
Area covered:	National
References:	Health Survey for England 2022. Available at <a href="https://digital.nhs.uk/data-and-information/publications/statistical/health-survey-for-england/2022-part-2">https://digital.nhs.uk/data-and-information/publications/statistical/health-survey-for-england/2022-part-2</a> (last accessed 08.10.24)
Notes:	Observed figures
Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m <sup>2</sup> , obesity refers to a BMI greater than 30kg/m <sup>2</sup> .	

## Children, 2019-2020



Survey type:	Measured
Age:	10-11
Sample size:	491138
Area covered:	National
References:	National Child Measurement Programme, England - 2019/20 School Year (2020). Available at: <a href="https://digital.nhs.uk/data-and-information/publications/statistical/national-child-measurement-programme/2019-20-school-year">https://digital.nhs.uk/data-and-information/publications/statistical/national-child-measurement-programme/2019-20-school-year</a> . Last accessed: 13.04.21
Definitions:	85th centile overweight 95th centile obese

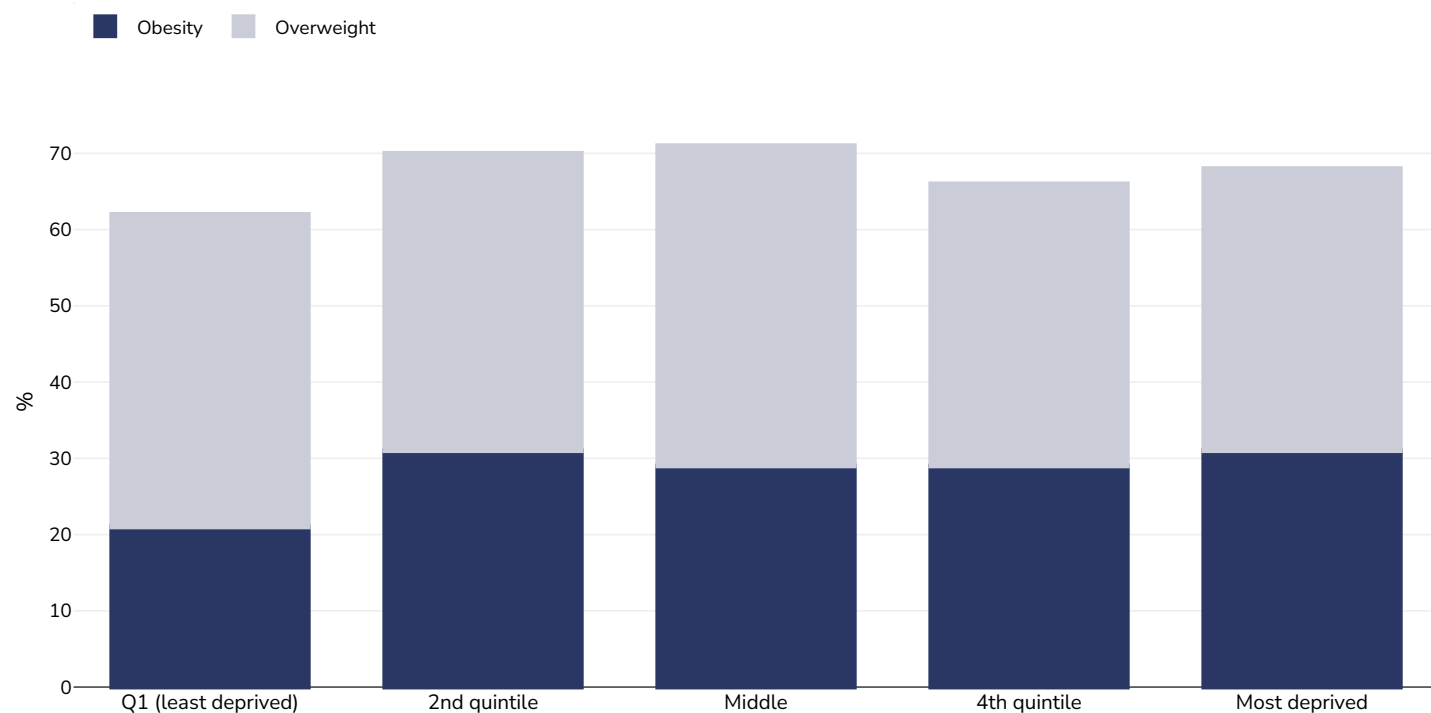
## 0-5 years, 2011-2012



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 <a href="https://data.unicef.org/resources/jme/">https://data.unicef.org/resources/jme/</a> . 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, 2022



Survey type: Measured

Age: 16+

Sample size: 4512

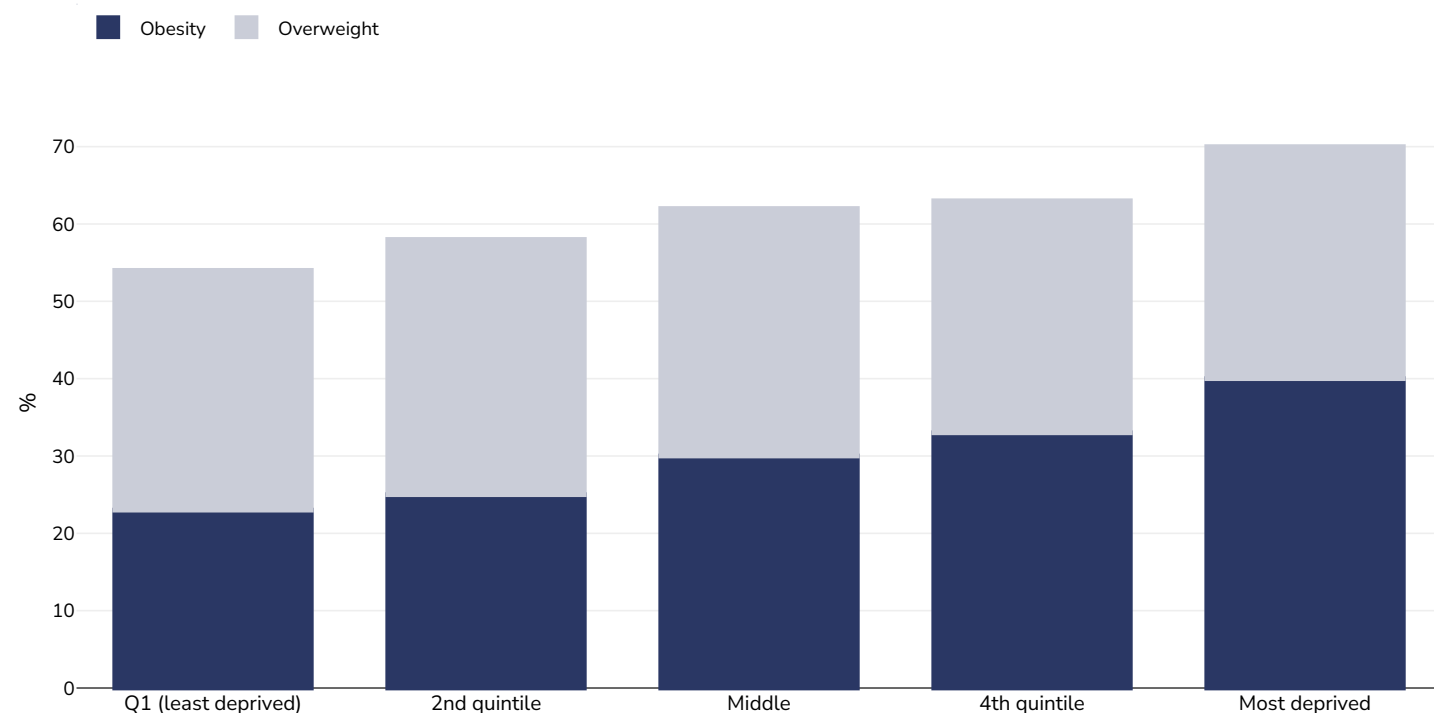
Area covered: National

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 Multiple Deprivation

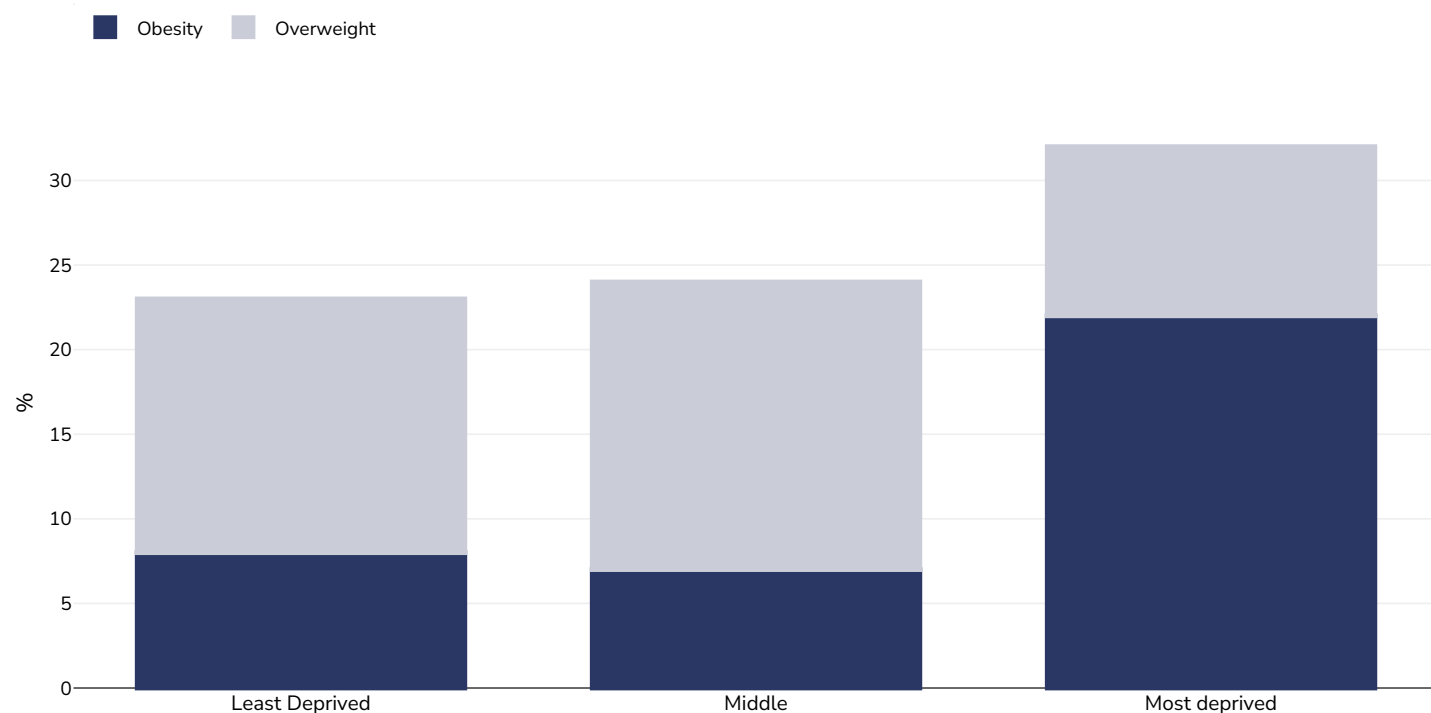
Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m<sup>2</sup>, obesity refers to a BMI greater than 30kg/m<sup>2</sup>.

## Women, 2022



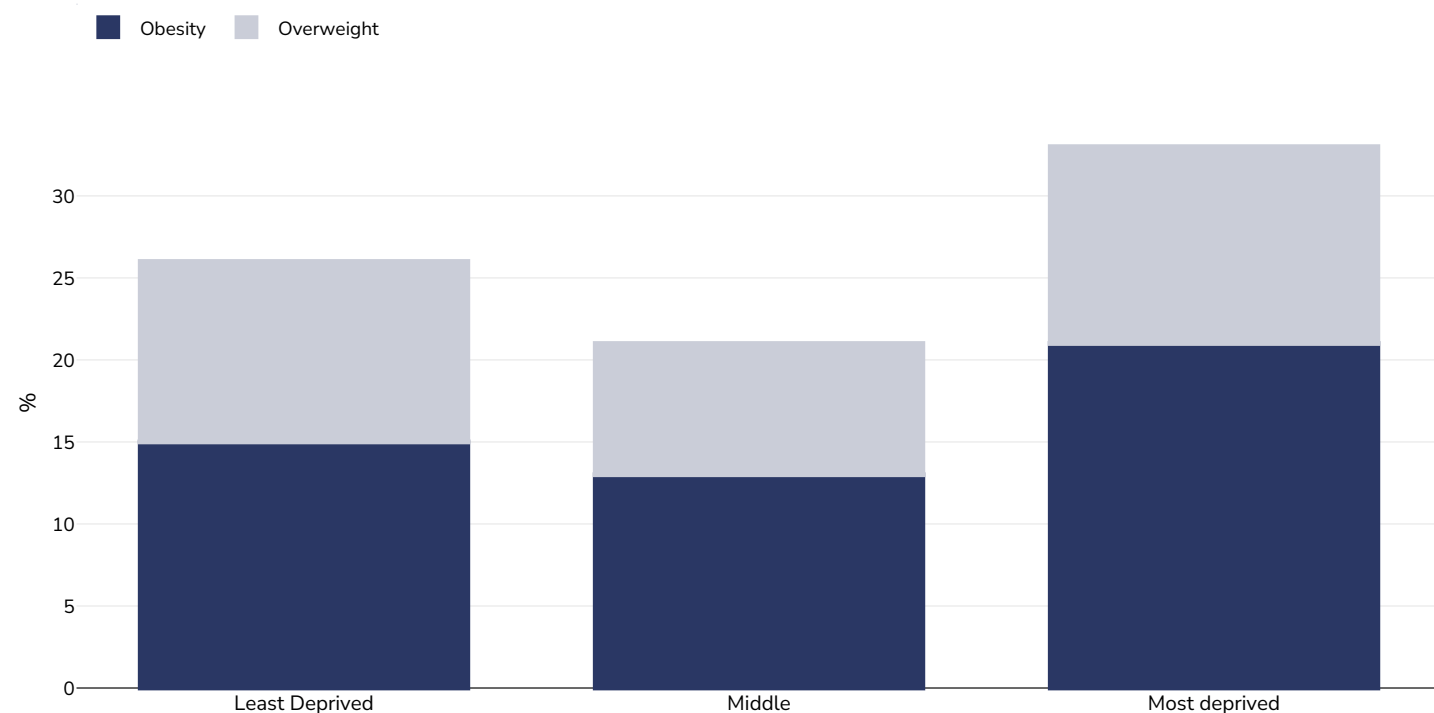
Survey type:	Measured
Age:	16+
Sample size:	4512
Area covered:	National
References:	Health Survey for England 2022. Available at <a href="https://digital.nhs.uk/data-and-information/publications/statistical/health-survey-for-england/2022-part-2">https://digital.nhs.uk/data-and-information/publications/statistical/health-survey-for-england/2022-part-2</a> (last accessed 08.10.24)
Notes:	Weighted sample size Index of Multiple Deprivation
Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m <sup>2</sup> , obesity refers to a BMI greater than 30kg/m <sup>2</sup> .	

## Boys, 2022



Survey type:	Measured
Age:	2-15
Sample size:	568
Area covered:	National
References:	Health Survey for England 2022. Available at <a href="https://digital.nhs.uk/data-and-information/publications/statistical/health-survey-for-england/2022-part-2">https://digital.nhs.uk/data-and-information/publications/statistical/health-survey-for-england/2022-part-2</a> (last accessed 08.10.24)
Notes:	Weighted sample size Index of Multiple Deprivation
Cutoffs:	85th/95th Centile

## Girls, 2022

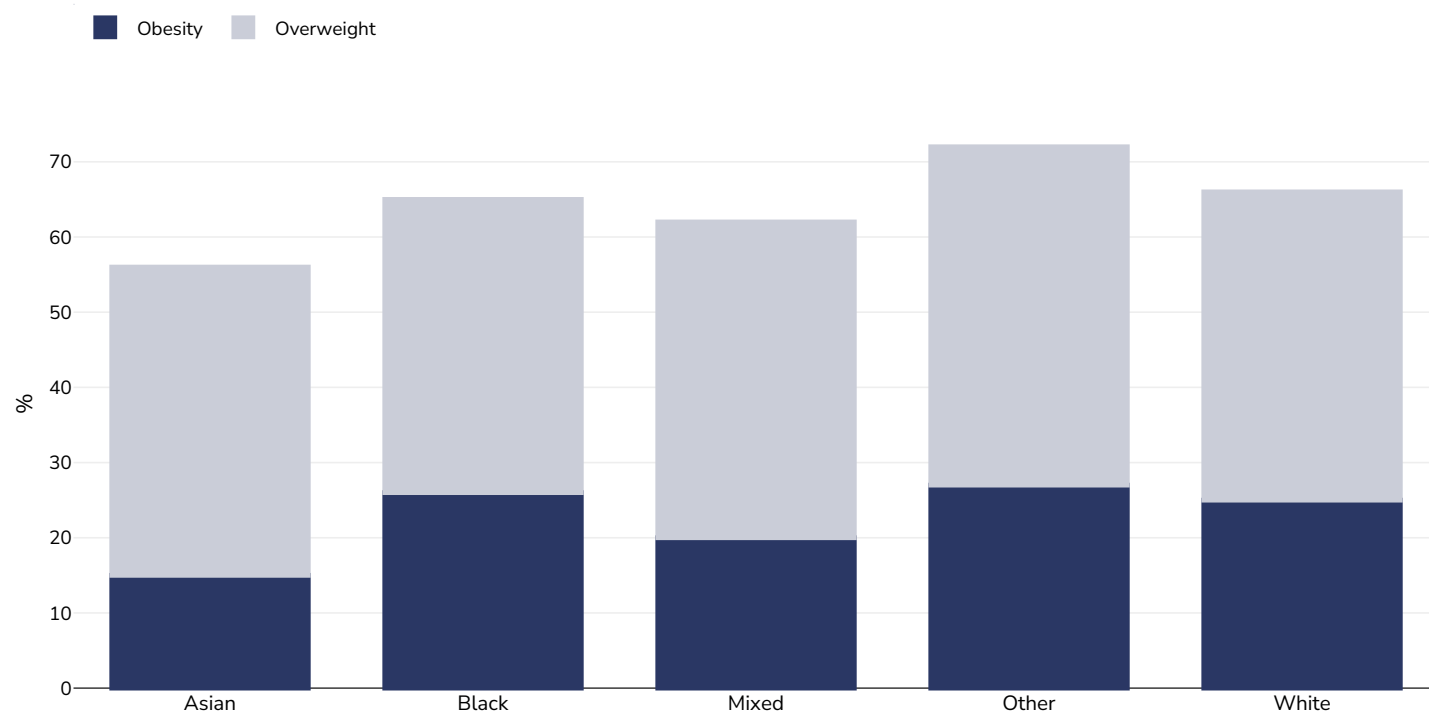


Survey type:	Measured
Age:	2-15
Sample size:	568
Area covered:	National
References:	Health Survey for England 2022. Available at <a href="https://digital.nhs.uk/data-and-information/publications/statistical/health-survey-for-england/2022-part-2">https://digital.nhs.uk/data-and-information/publications/statistical/health-survey-for-england/2022-part-2</a> (last accessed 08.10.24)
Notes:	Weighted sample size Index of Multiple 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.

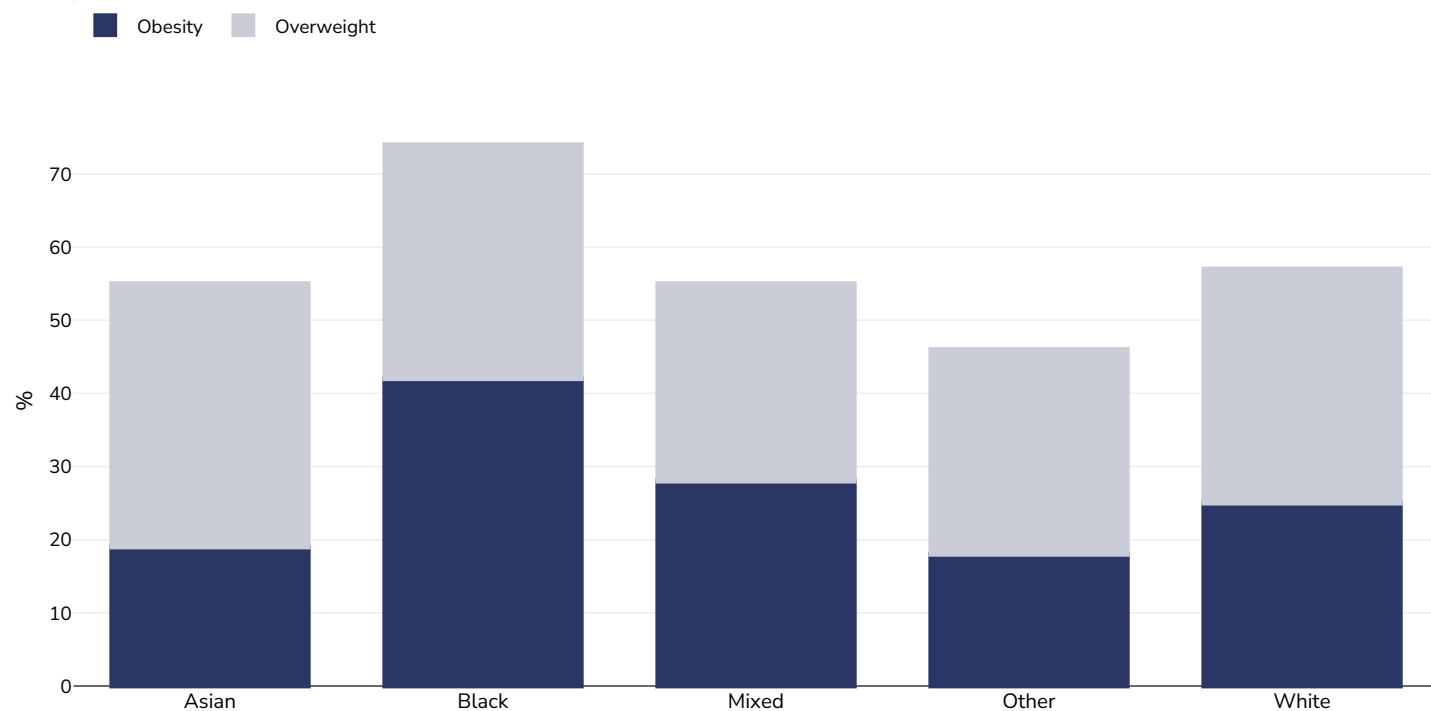
### Men, 2014



Survey type:	Measured
Age:	16+
Sample size:	21439
Area covered:	National
References:	Health Survey for England 2014, (2015). Available at: <a href="https://digital.nhs.uk/data-and-information/publications/statistical/health-survey-for-england/health-survey-for-england-2014">https://digital.nhs.uk/data-and-information/publications/statistical/health-survey-for-england/health-survey-for-england-2014</a> . Last Accessed: 13.04.21.
Notes:	Renanalysis by World Obesity Federation.
Definitions:	Ethnic groups as defined by the survey of origin.
Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m <sup>2</sup> , obesity refers to a BMI greater than 30kg/m <sup>2</sup> .	



## Women, 2014



Survey type: Measured

Age: 16+

Sample size: 21439

Area covered: National

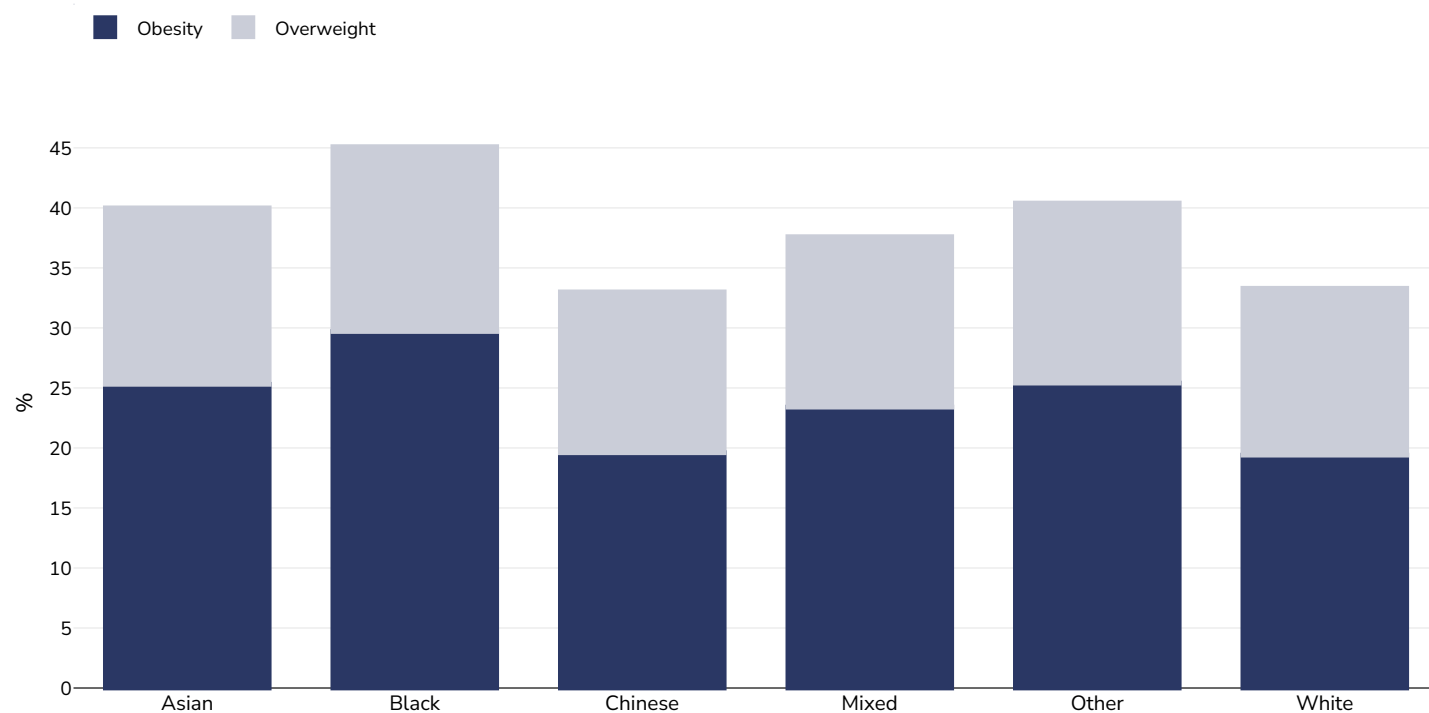
References: Health Survey for England 2014, (2015). Available at: <https://digital.nhs.uk/data-and-information/publications/statistical/health-survey-for-england/health-survey-for-england-2014>. Last Accessed: 13.04.21.

Notes: Renanalysis by World Obesity Federation.

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

*Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m<sup>2</sup>, obesity refers to a BMI greater than 30kg/m<sup>2</sup>.*

## Children, 2019-2020



Survey type: Measured

Age: 10-11

Sample size: 491138

Area covered: National

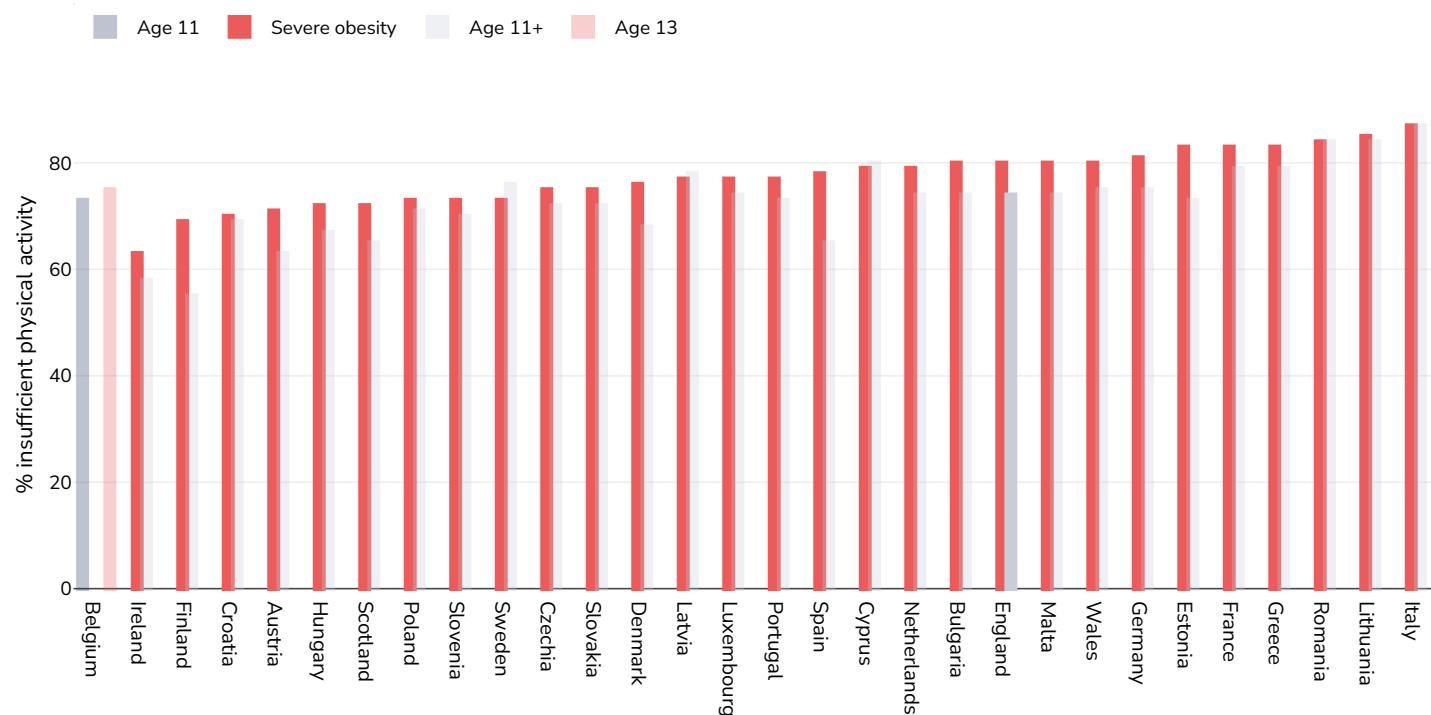
References: National Child Measurement Programme, England - 2019/20 School Year (2020). Available at: <https://digital.nhs.uk/data-and-information/publications/statistical/national-child-measurement-programme/2019-20-school-year>. Last accessed: 13.04.21

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

Definitions: 85th centile overweight 95th centile obese

## Insufficient physical activity

### Boys, 2022

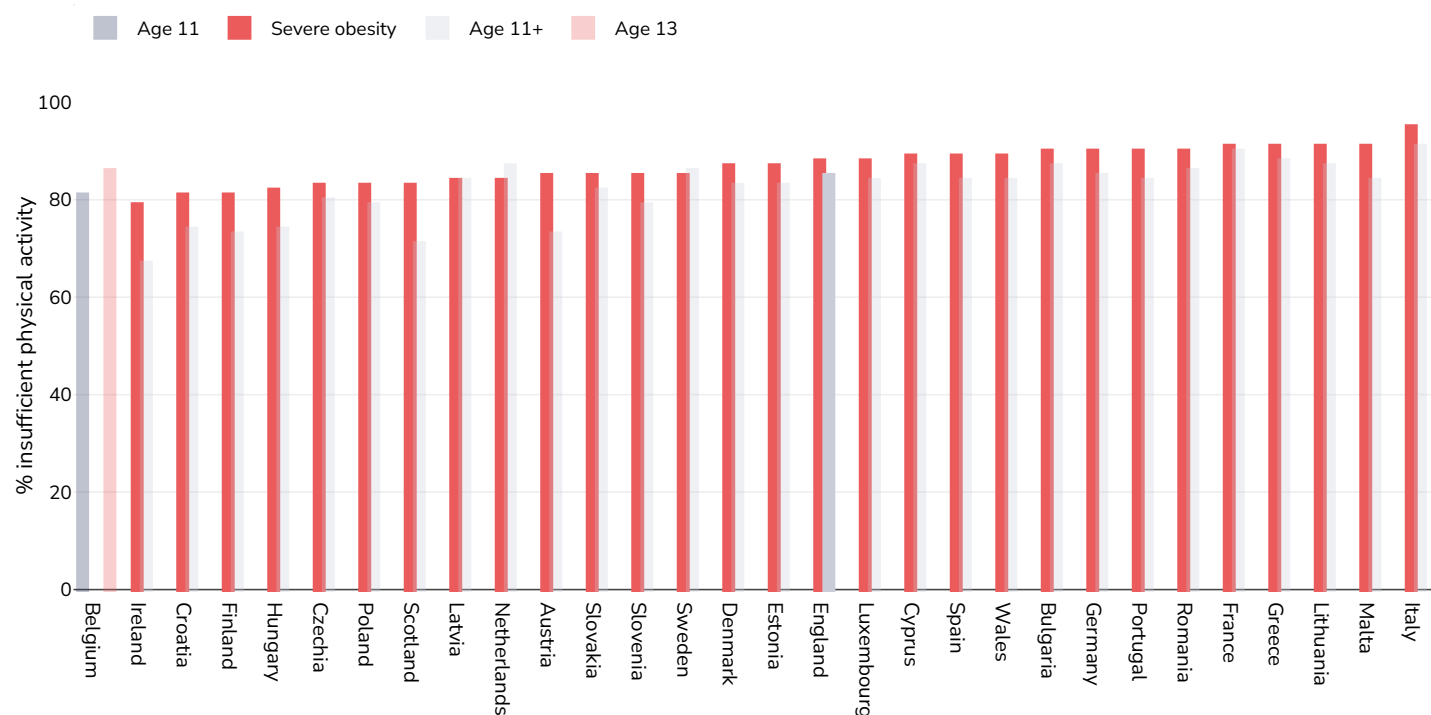


**References:** Rakić JG, Hamrik Z, Dzielska A, Felder-Puig R, Oja L, Bakalár P et al. A focus on adolescent physical activity, eating behaviours, weight status and body image in Europe, central Asia and Canada. Health Behaviour in School-aged Children international report from the 2021/2022 survey. 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.

**Definitions:** % reporting less than 60 minutes of MVPA daily

## Girls, 2022



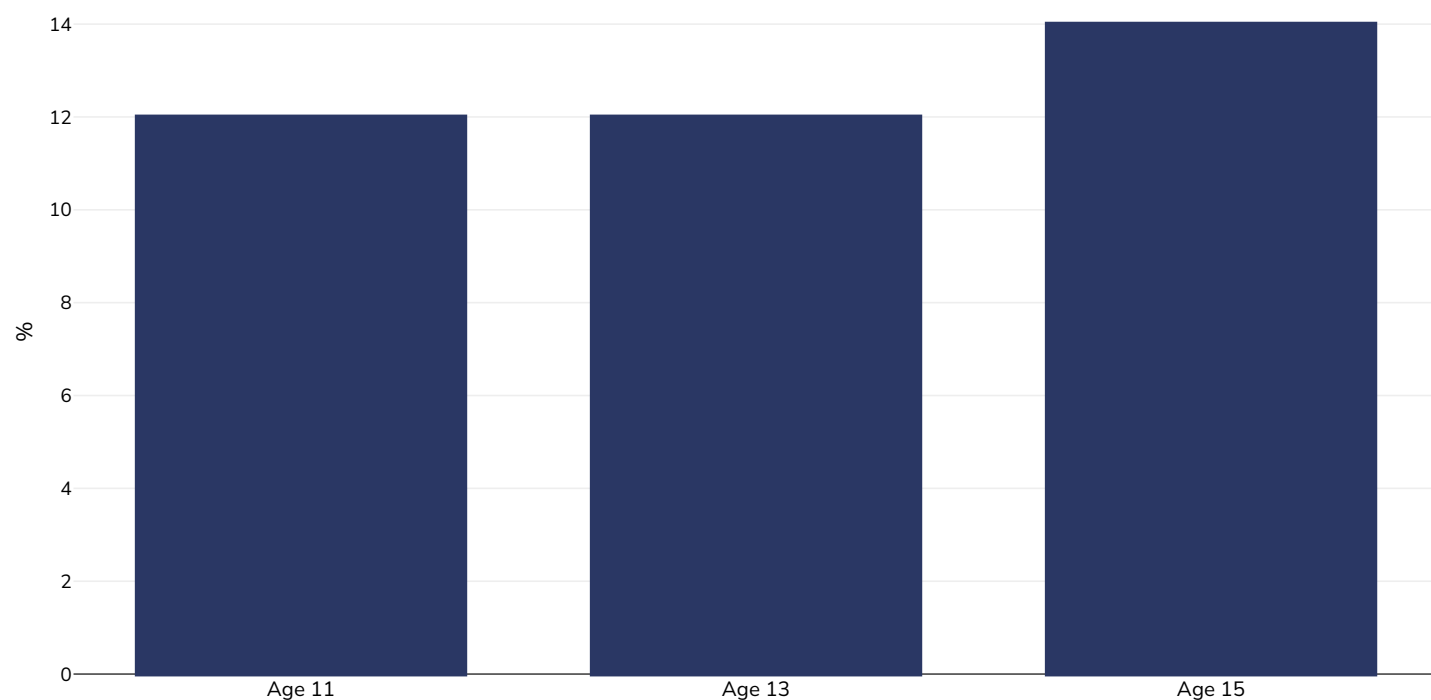
**References:** Rakić JG, Hamrik Z, Dzielska A, Felder-Puig R, Oja L, Bakalár P et al. A focus on adolescent physical activity, eating behaviours, weight status and body image in Europe, central Asia and Canada. Health Behaviour in School-aged Children international report from the 2021/2022 survey. 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>.

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**Definitions:** % reporting less than 60 minutes of MVPA daily

## Prevalence of at least daily carbonated soft drink consumption

### Boys, 2021-2022

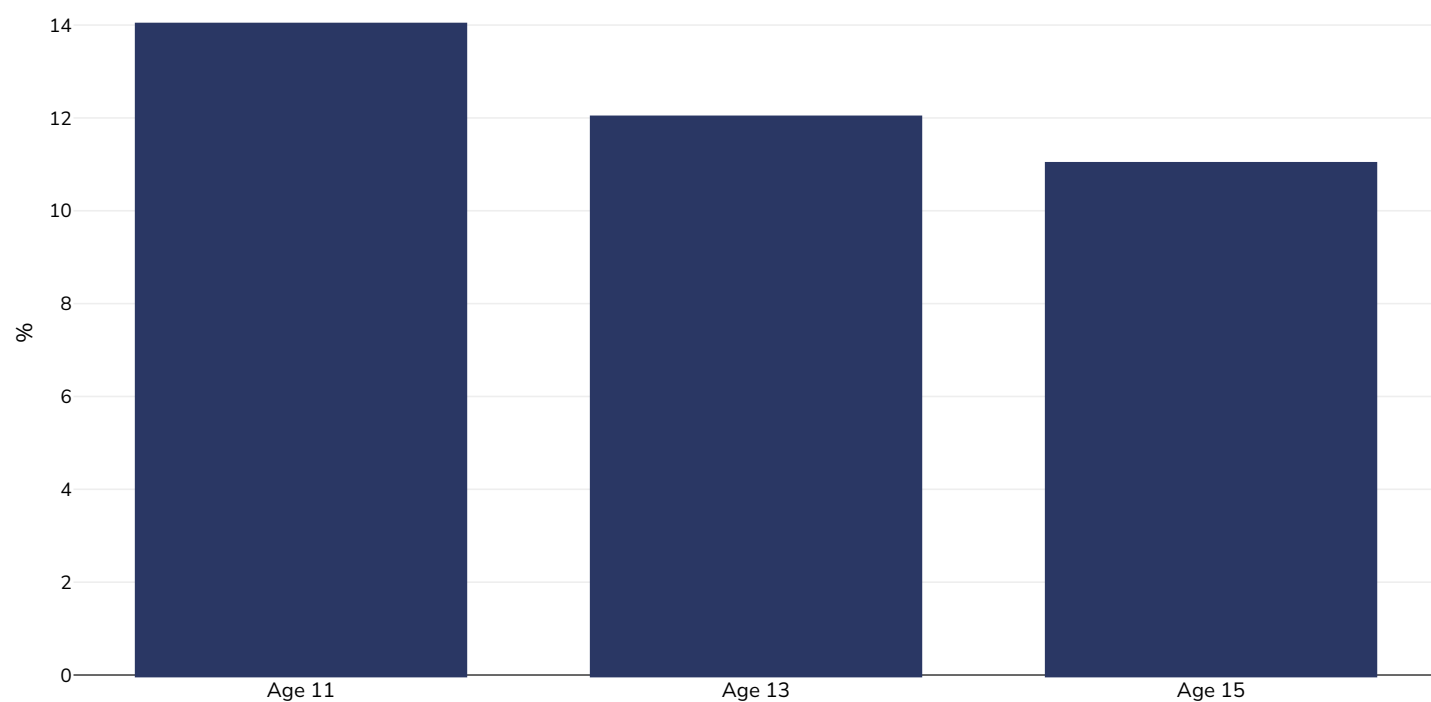


Area covered: National

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:

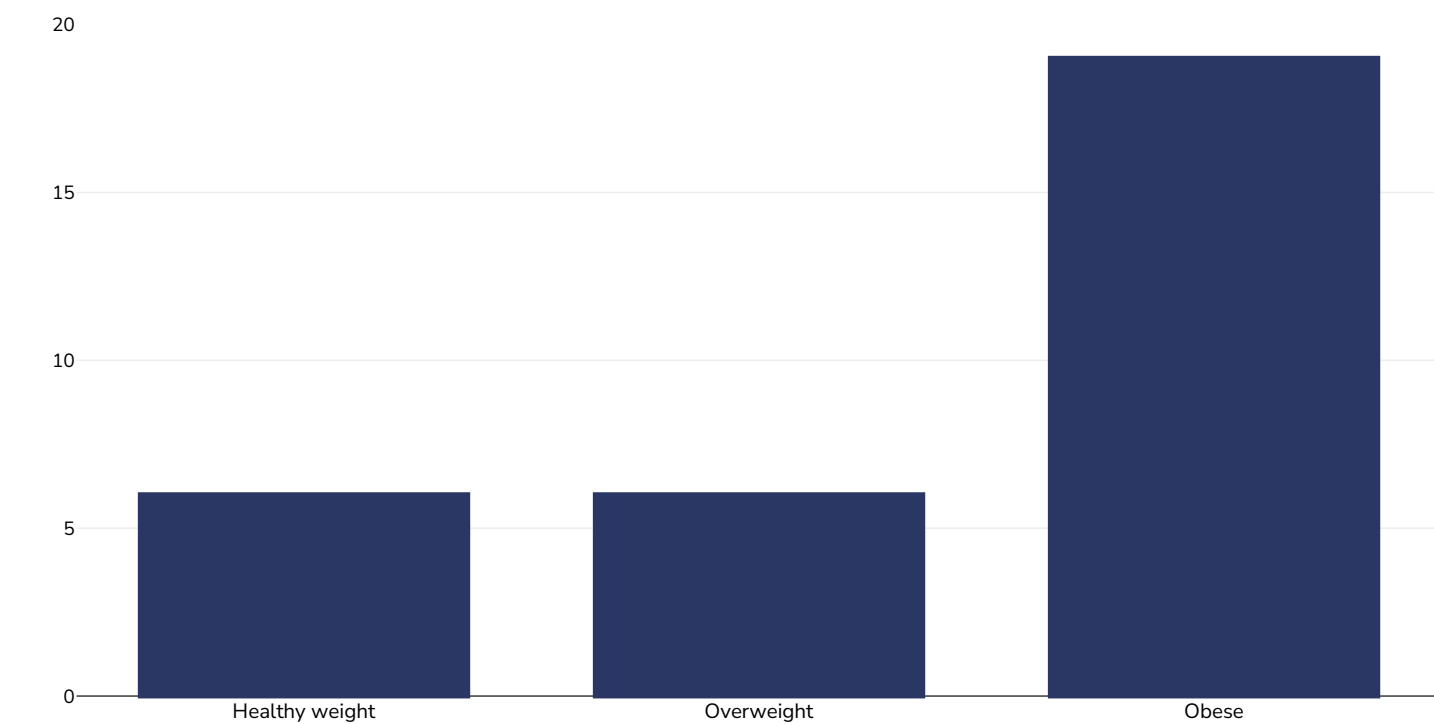
Health Behaviour in School-aged Children study (2023), Data browser (findings from the 2021/22 international HBSC survey):  
<https://data-browser.hbsc.org..>

Definitions:

Proportion who reported drinking sugary soft drinks daily (at least once)

## Diabetes

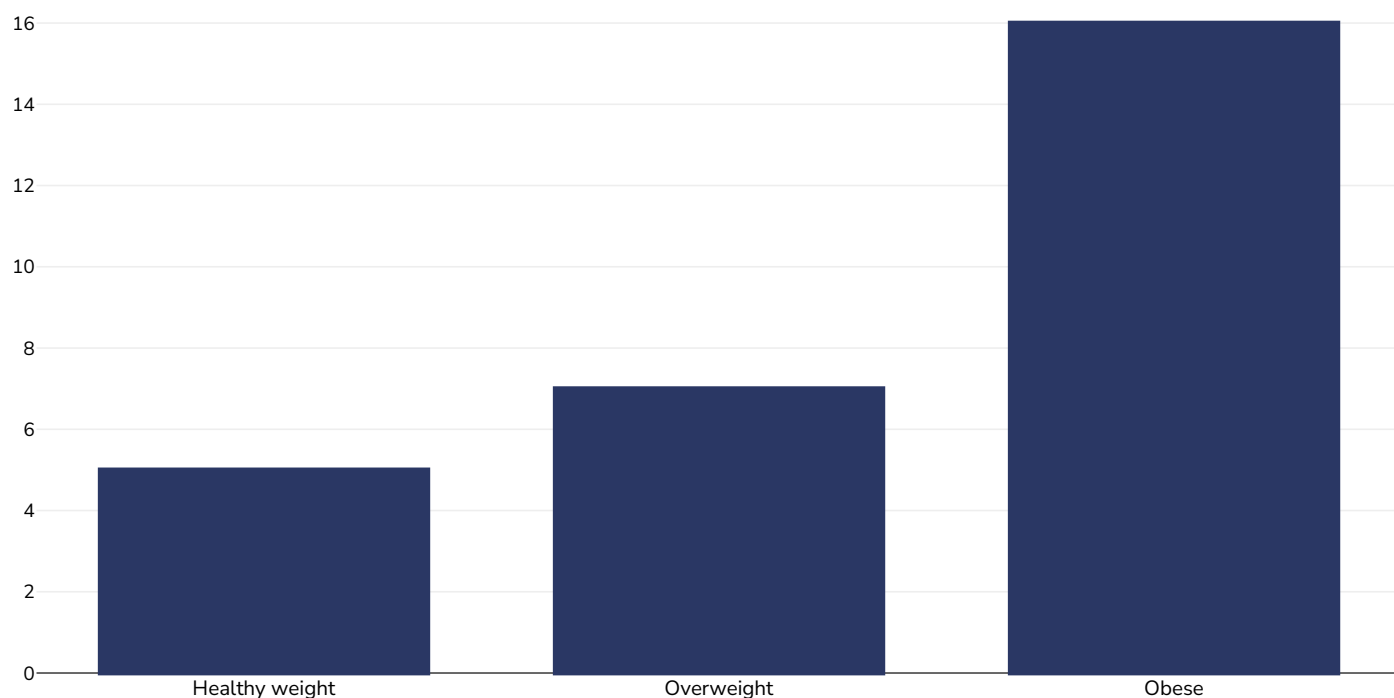
### Men, 2022



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 August 5, 2025