

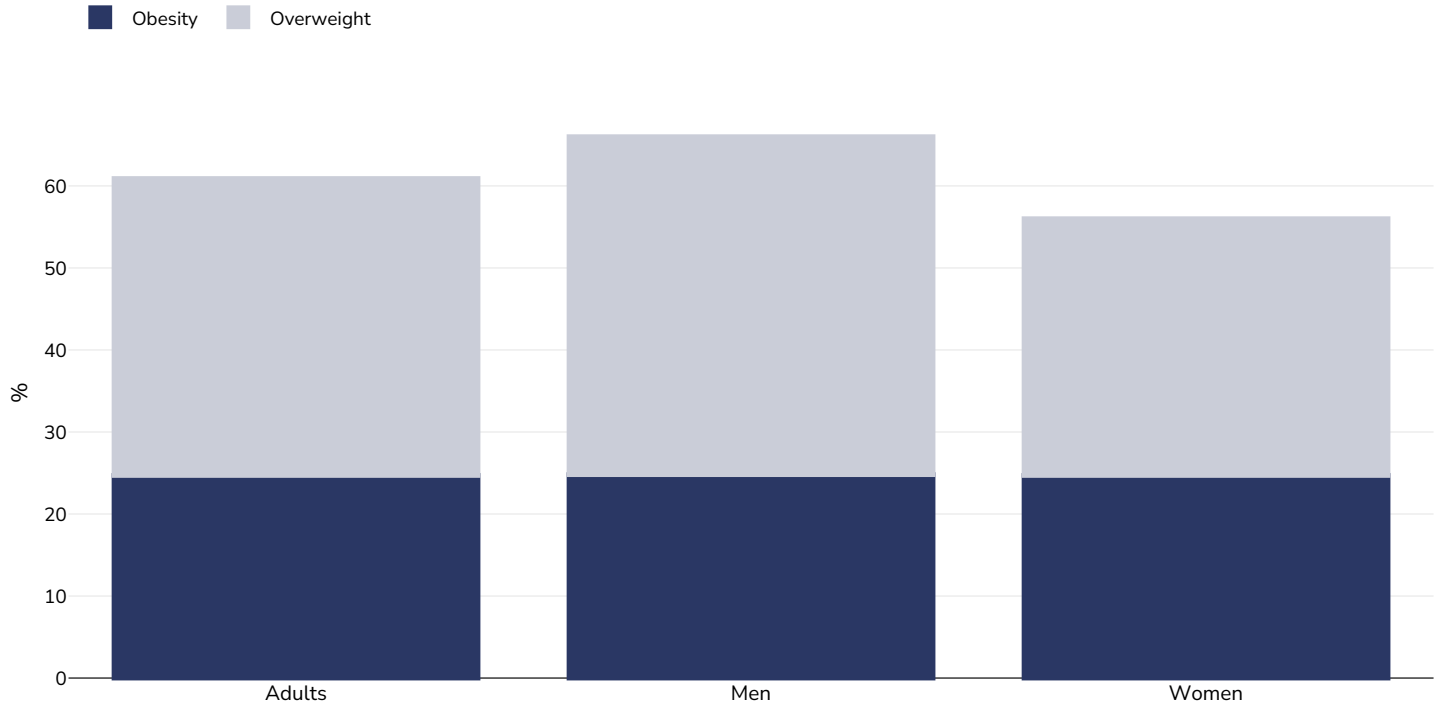
# Report card England



Contents	Page
Obesity prevalence	2
Trend: % Adults living with obesity, 2013-2017	4
Trend: % Adults living with obesity, 1981-2019	6
Trend: % Adults living with overweight or obesity, 1981-2019	8
Trend: Children living with overweight or obesity in England 1974-1994	10
Trend: % Children living with overweight or obesity, 2005-2019	11
Trend: % Adults living with obesity, selected countries, 1976-2019	13
Trend: % Adults living with obesity, selected countries, 1960-2023	15
Overweight/obesity by age and education	17
Overweight/obesity by education	18
Overweight/obesity by age	21
Overweight/obesity by region	23
Overweight/obesity by socio-economic group	26
Overweight/obesity by ethnicity	30
Contextual factors	33

## Obesity prevalence

### Adults, 2019



Survey type: Measured

Age: 16+

Sample size: 6681

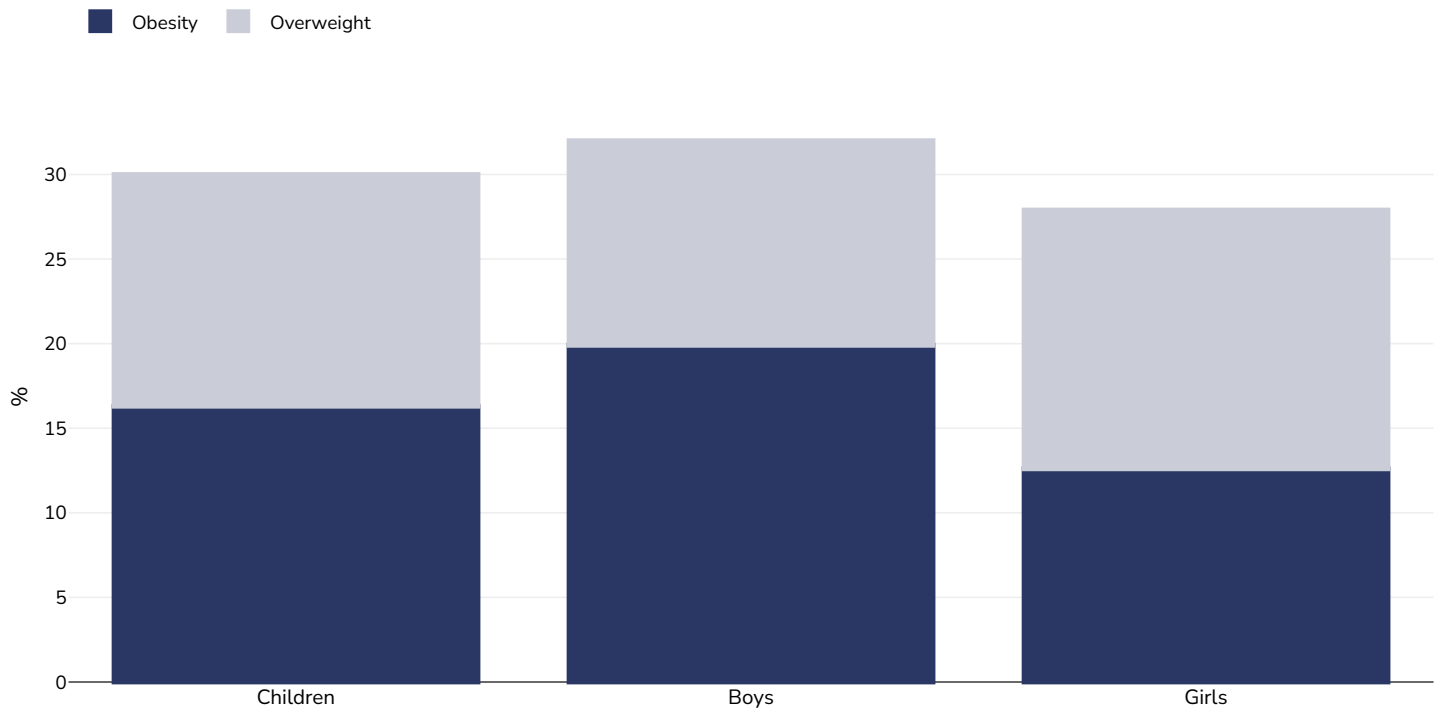
Area covered: National

References: Health Survey for England 2019 available at <http://digital.nhs.uk/pubs/hse2019> (last accessed 16.12.20)

Notes: The Health Survey for England 2021 data for adults is now available. However, as the data was self-report it has not been uploaded on the Observatory. The data can be accessed here <https://digital.nhs.uk/data-and-information/publications/statistical/health-survey-for-england/2021>

*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>.*

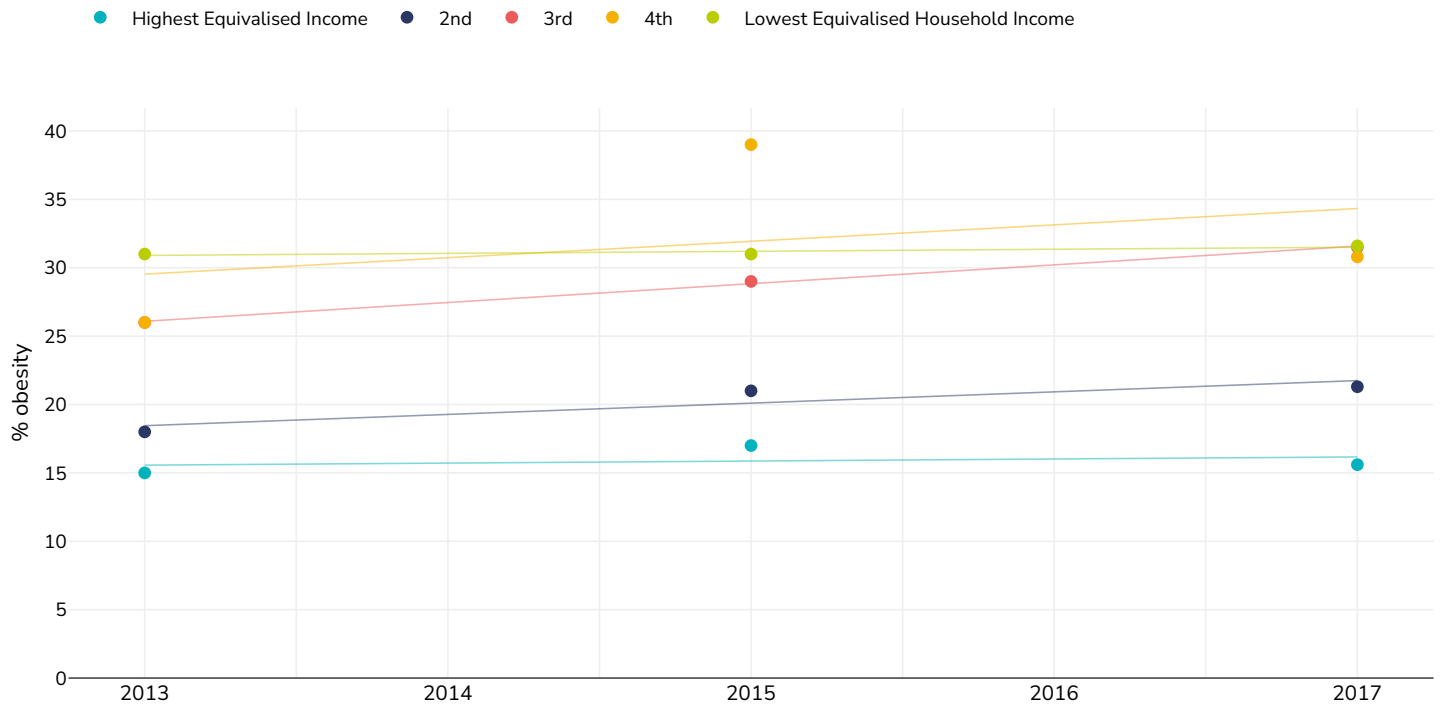
## Children, 2019



Survey type:	Measured
Age:	2-15
Sample size:	1392
Area covered:	National
References:	Health Survey for England 2019 available at <a href="http://digital.nhs.uk/pubs/hse2019">http://digital.nhs.uk/pubs/hse2019</a> (last accessed 16.12.20)
Definitions:	85/95th UK Centiles
Cutoffs:	Other

## % Adults living with obesity, 2013-2017

### 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)

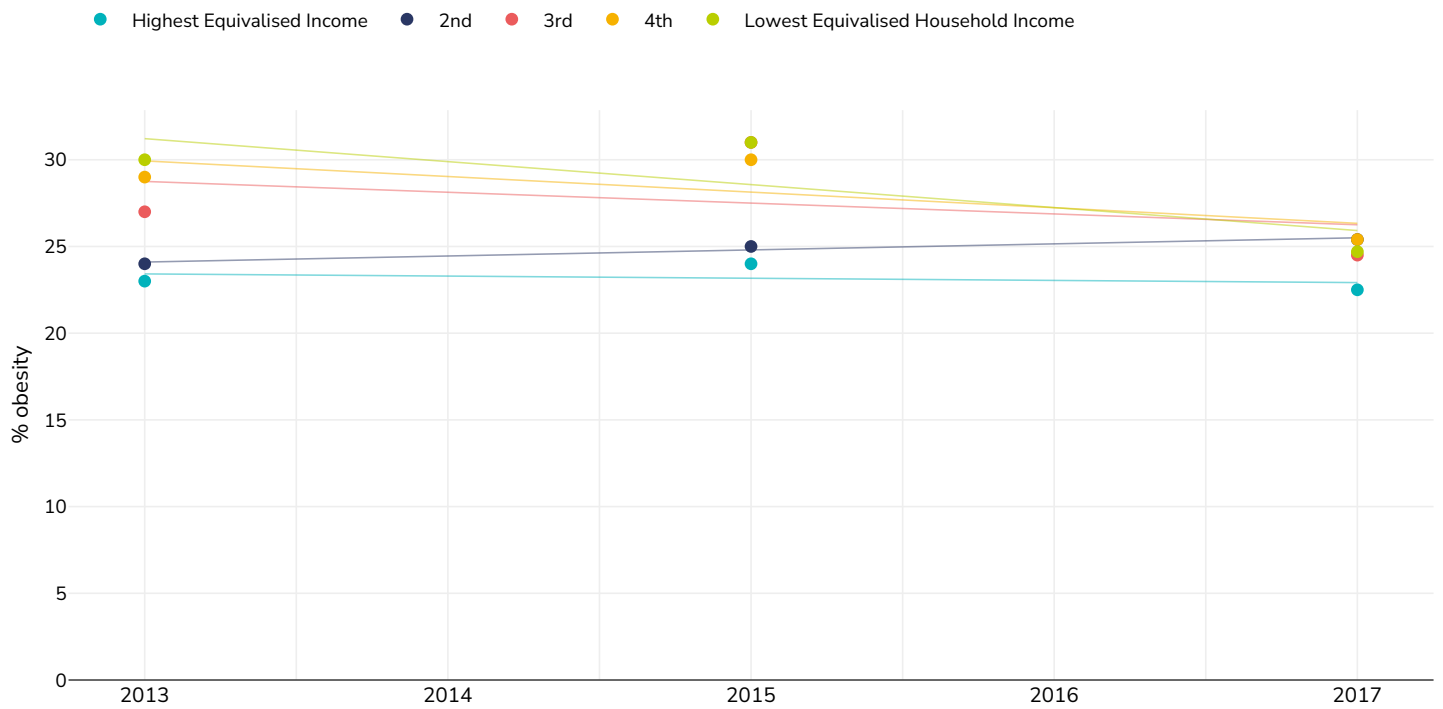
2015: Health Survey for England 2015. Available at: <http://content.digital.nhs.uk/searchcatalogue?productid=23711&returnid=1685> (last accessed 14 December 2016).

2017: Health Survey for England 2017 <https://digital.nhs.uk/data-and-information/publications/statistical/health-survey-for-england/2017> (last accessed 4.12.18)

*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>.*

*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)

2015: Health Survey for England 2015. Available at: <http://content.digital.nhs.uk/searchcatalogue?productid=23711&returnid=1685> (last accessed 14 December 2016).

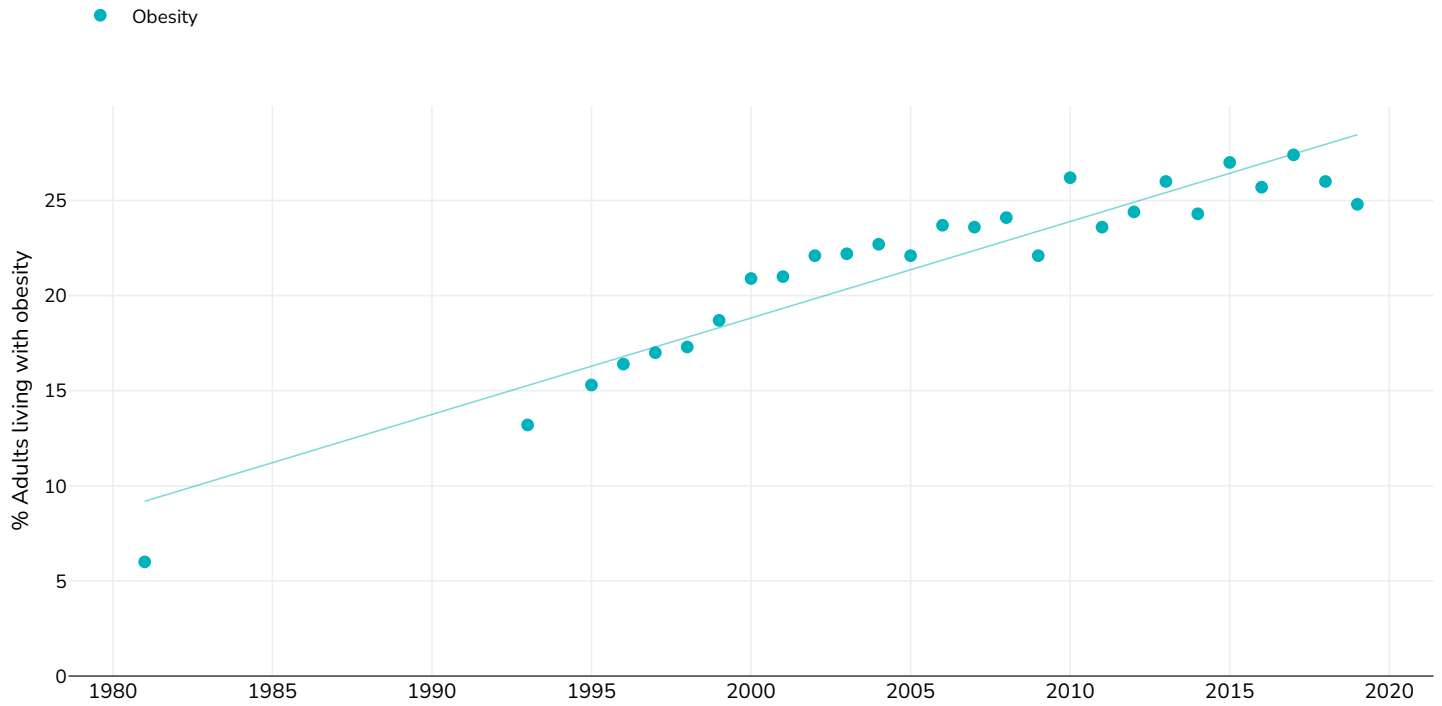
2017: Health Survey for England 2017 <https://digital.nhs.uk/data-and-information/publications/statistical/health-survey-for-england/2017> (last accessed 4.12.18)

*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>.*

*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, 1981-2019

### Men



Survey type:

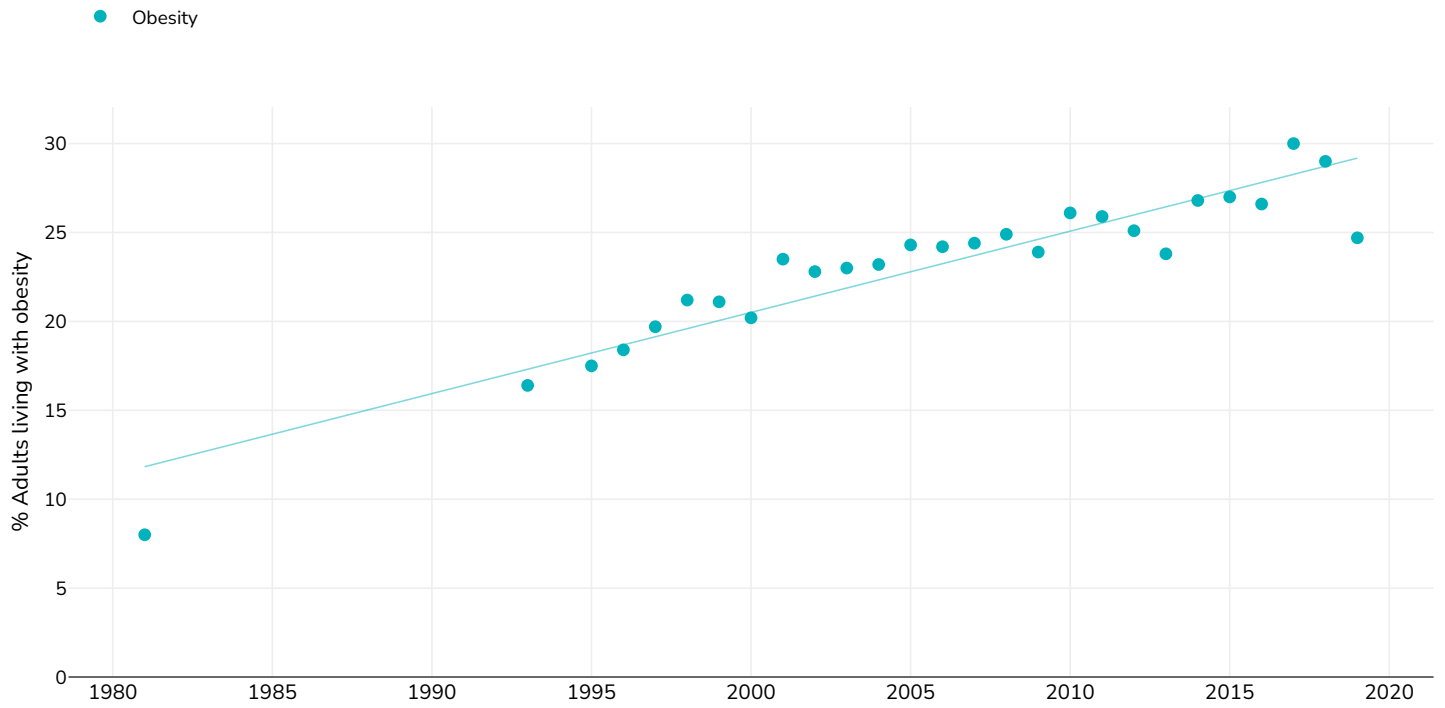
Measured

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



Survey type:

Measured

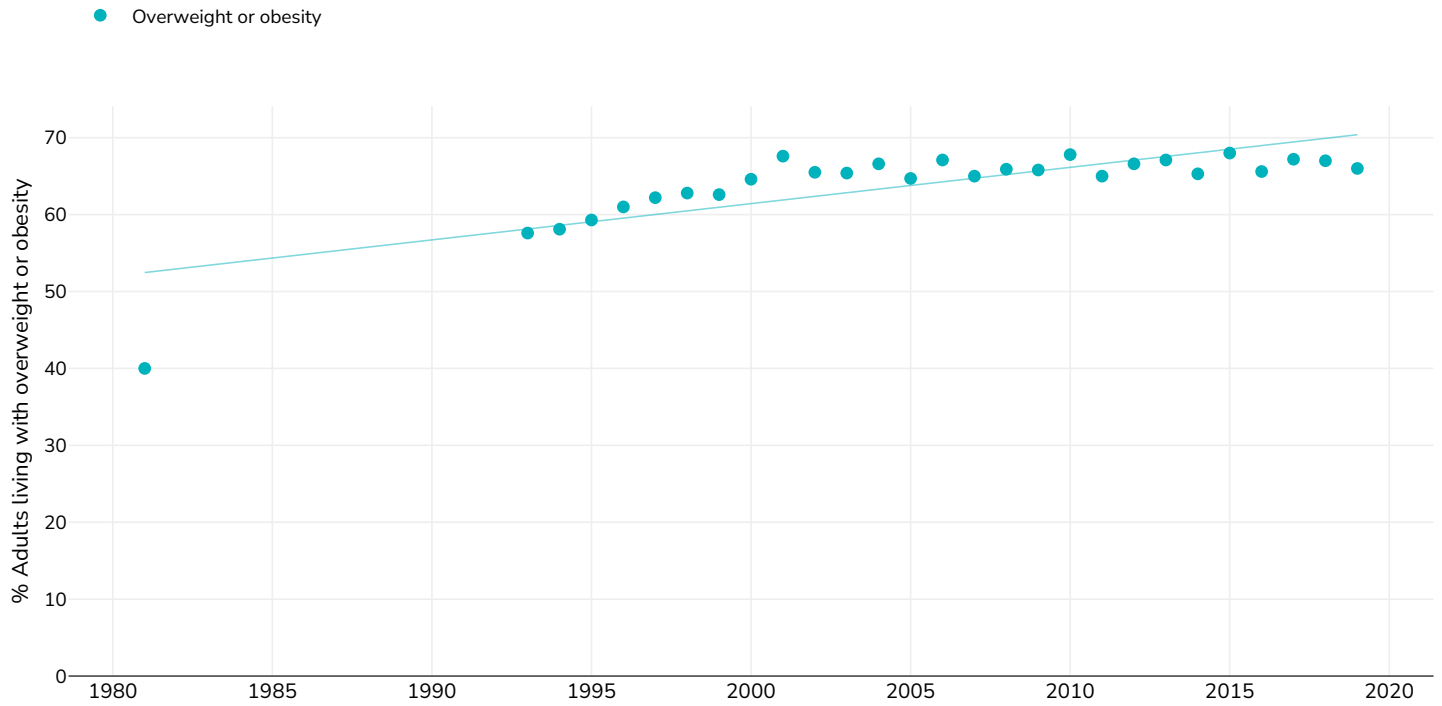
References:

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.*

## % Adults living with overweight or obesity, 1981-2019

### Men



Survey type:

Measured

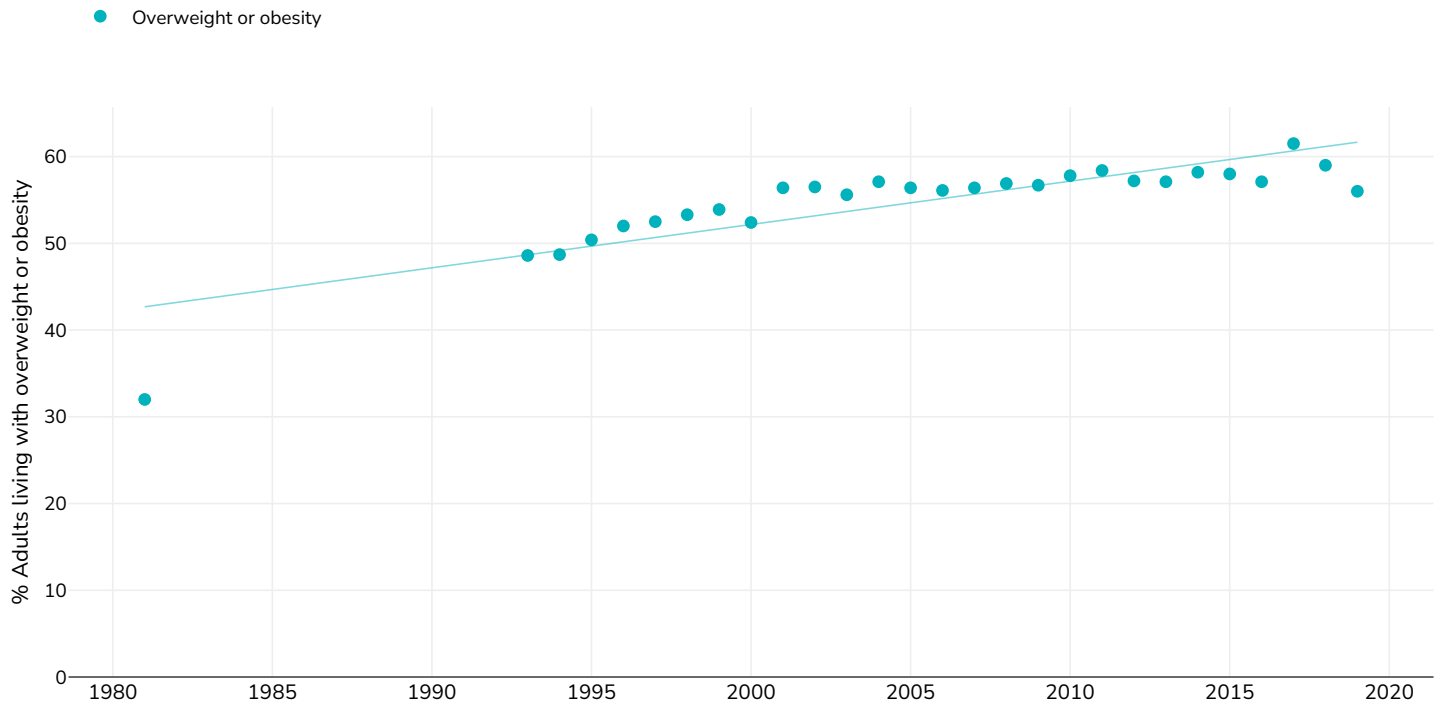
References:

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



Survey type:

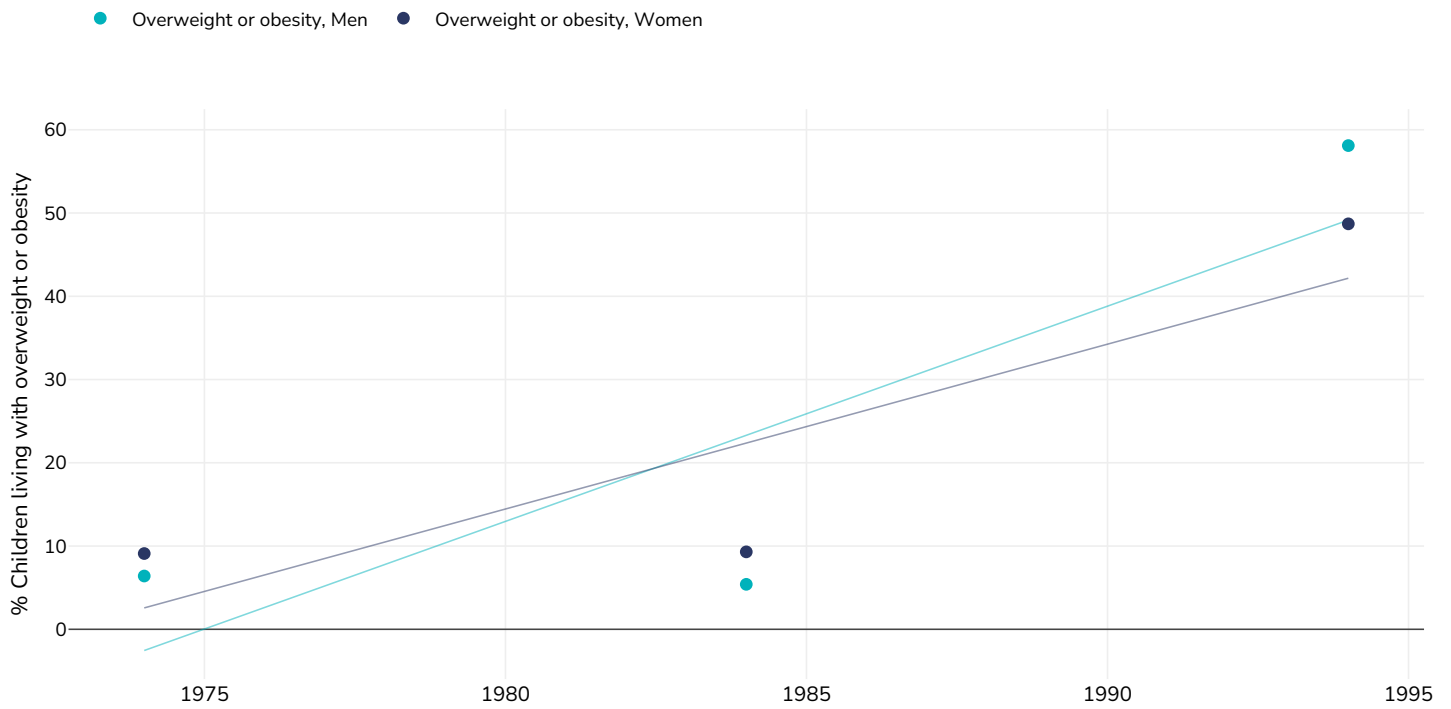
Measured

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 in England 1974-1994



Survey type:

Measured

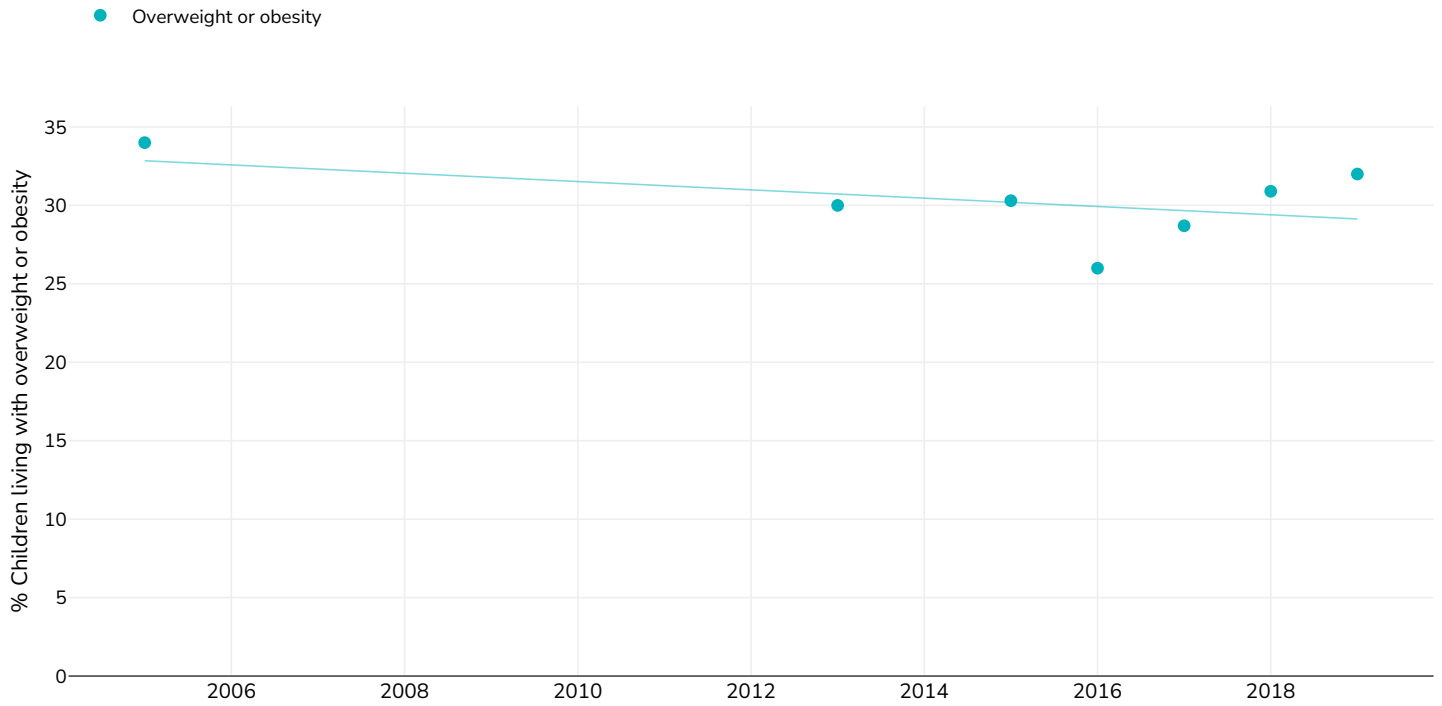
References:

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, 2005-2019

### Boys



Survey type:

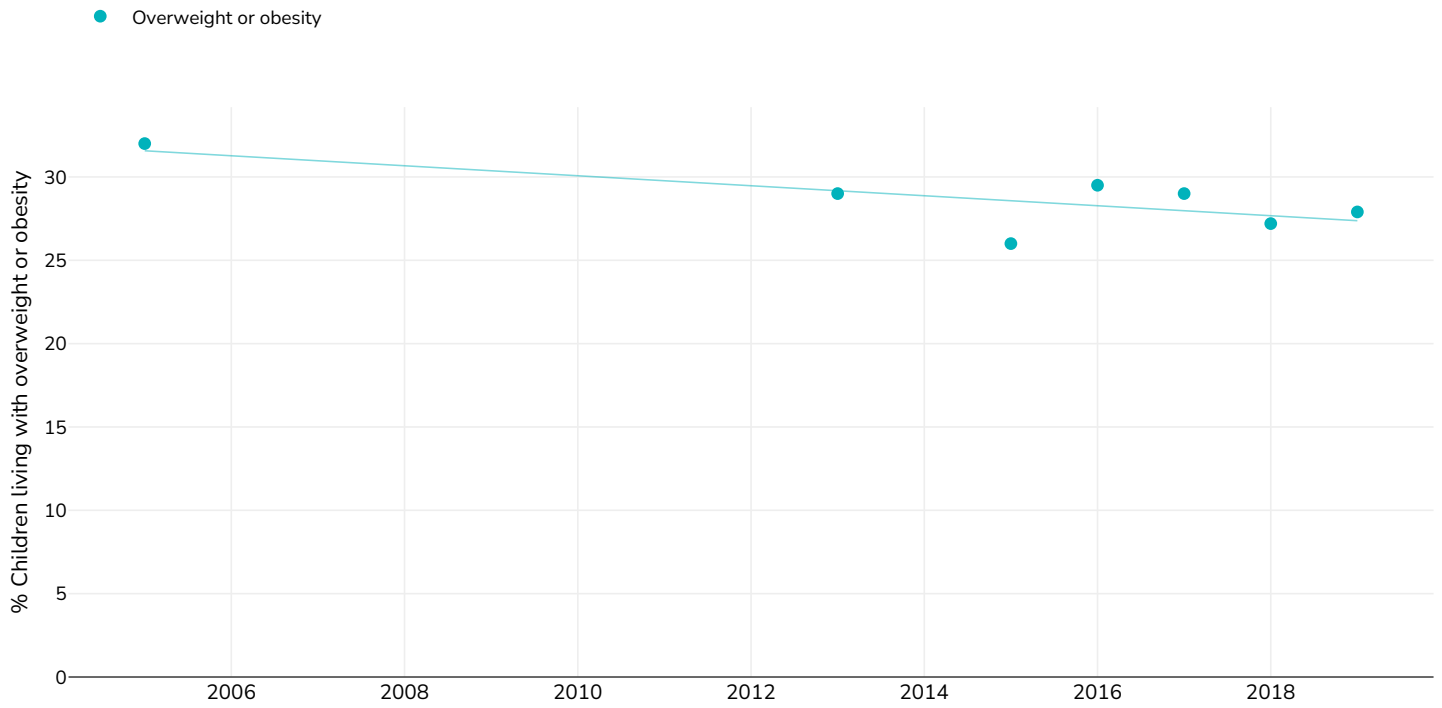
Measured

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.*

## Girls



Survey type:

Measured

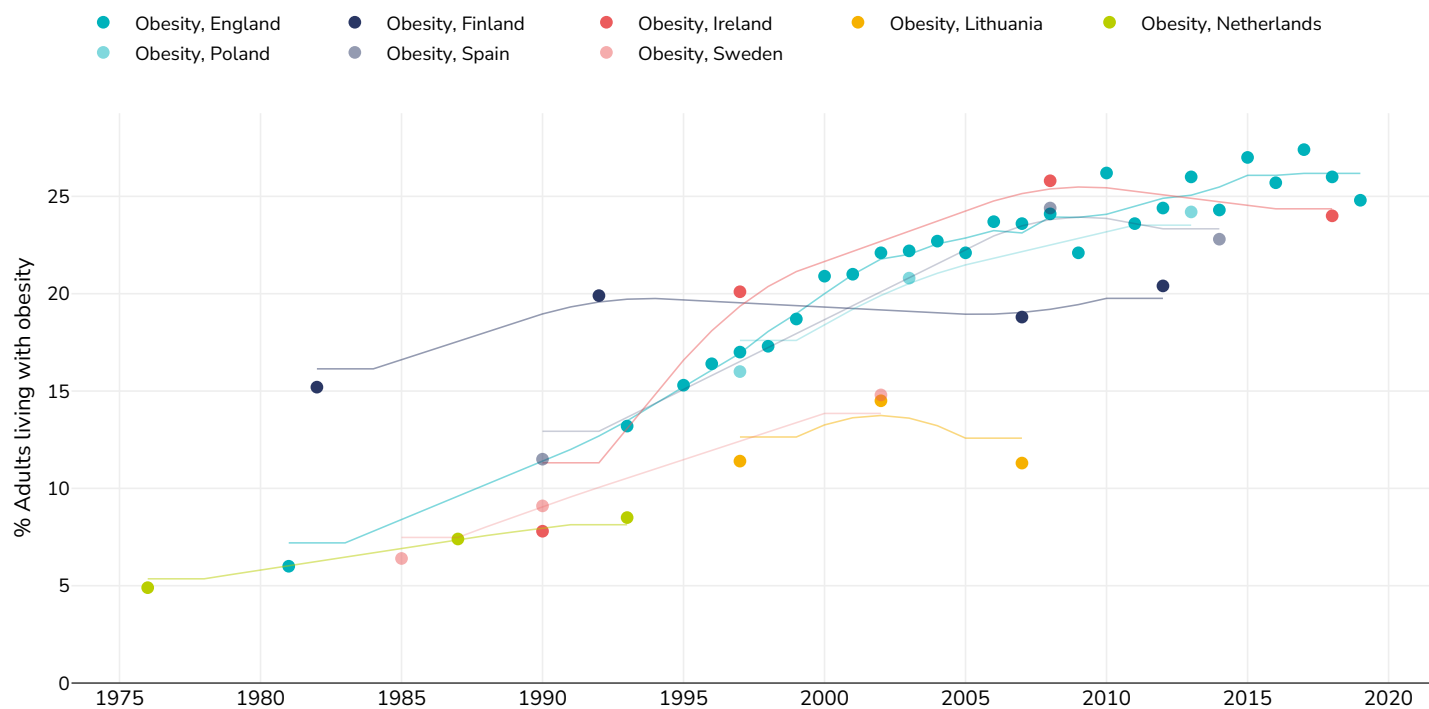
References:

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.*

## % Adults living with obesity, selected countries, 1976-2019

### Men

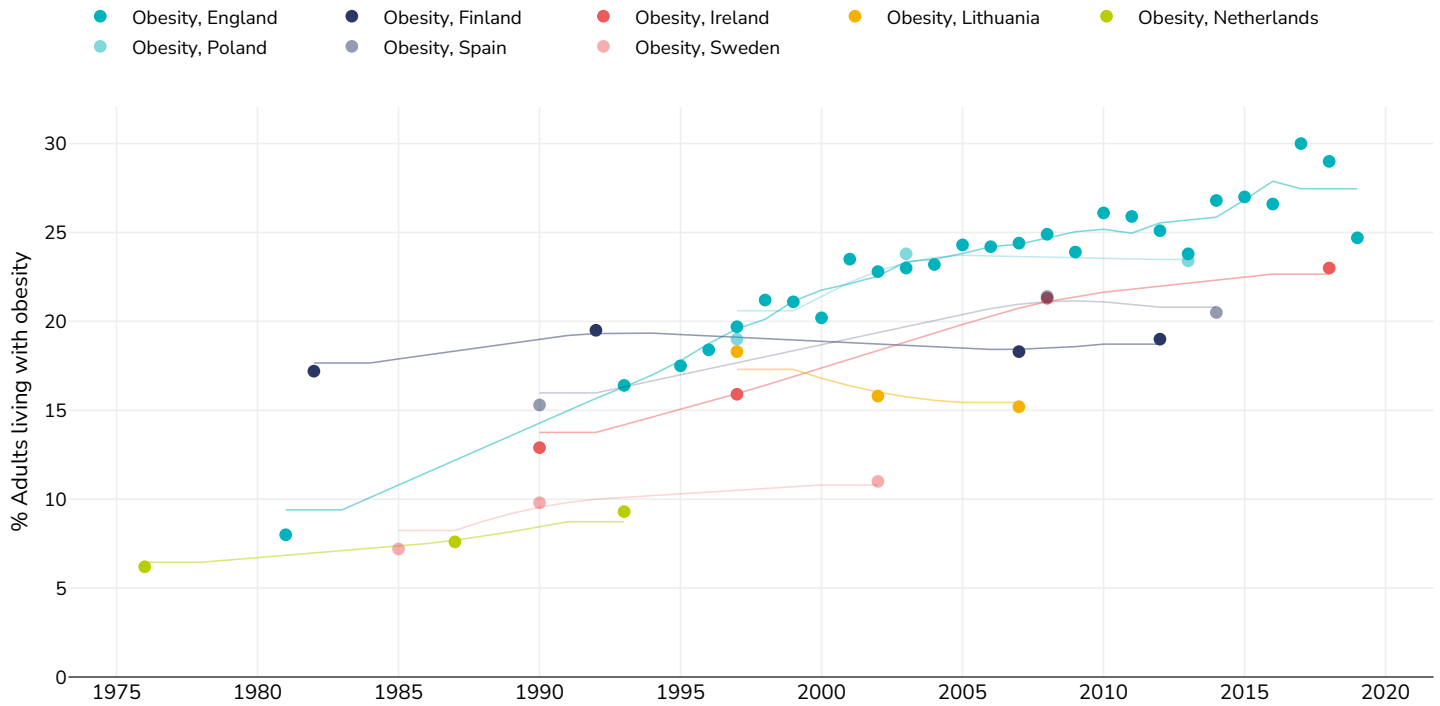


References:

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



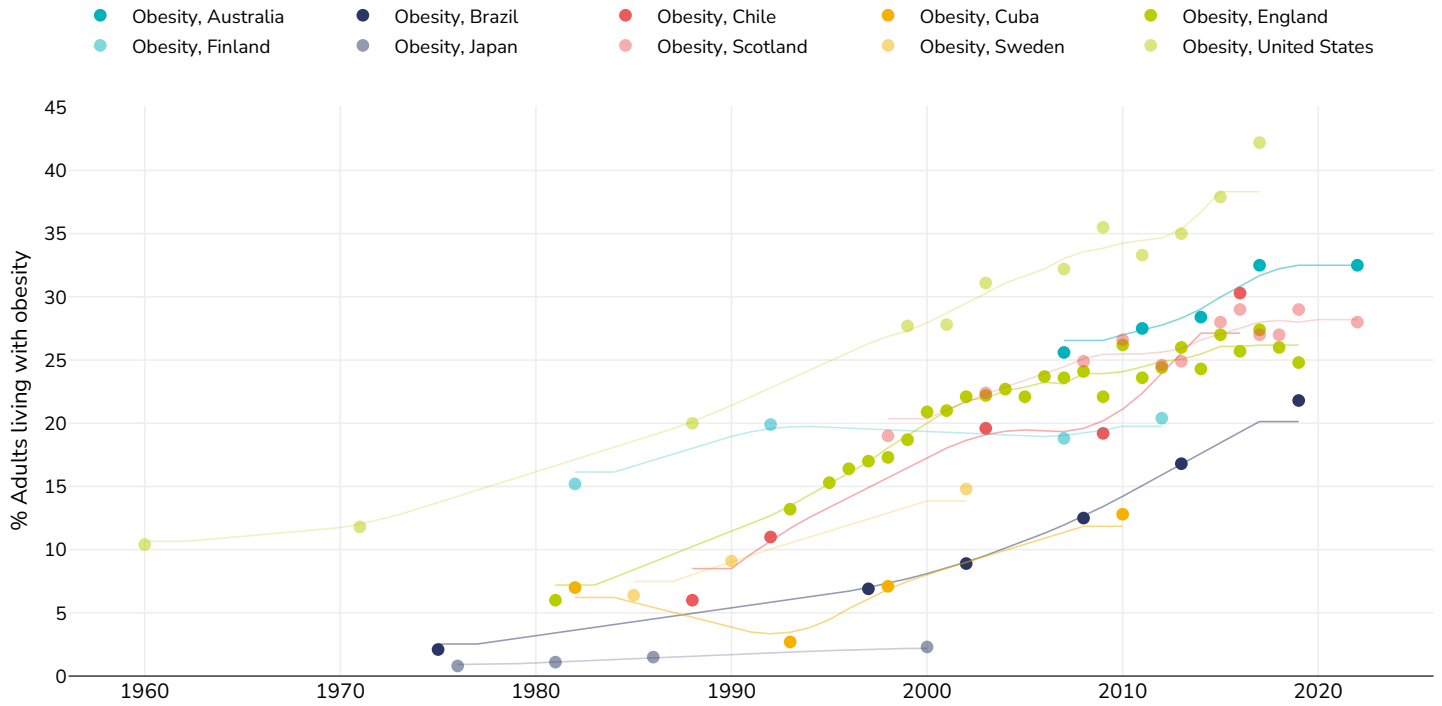
References:

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.*

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

### Men

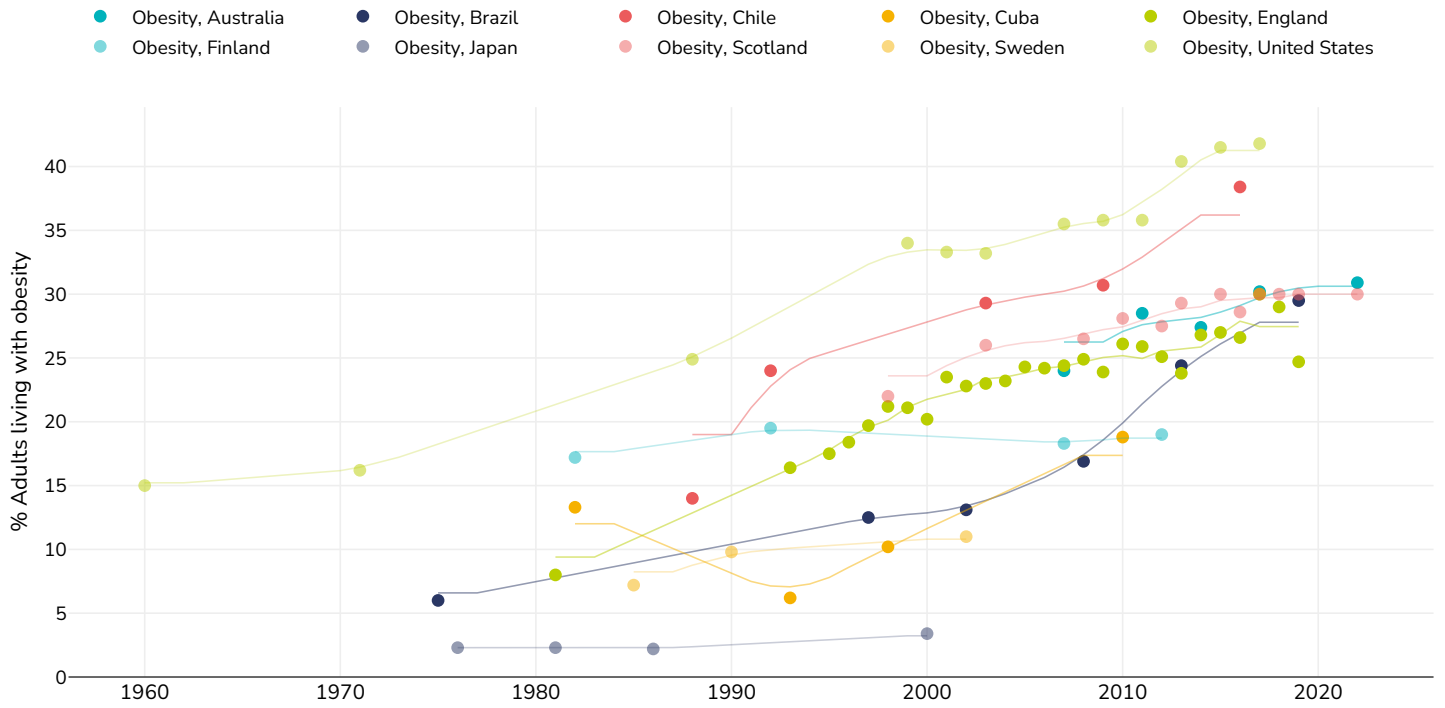


References:

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:

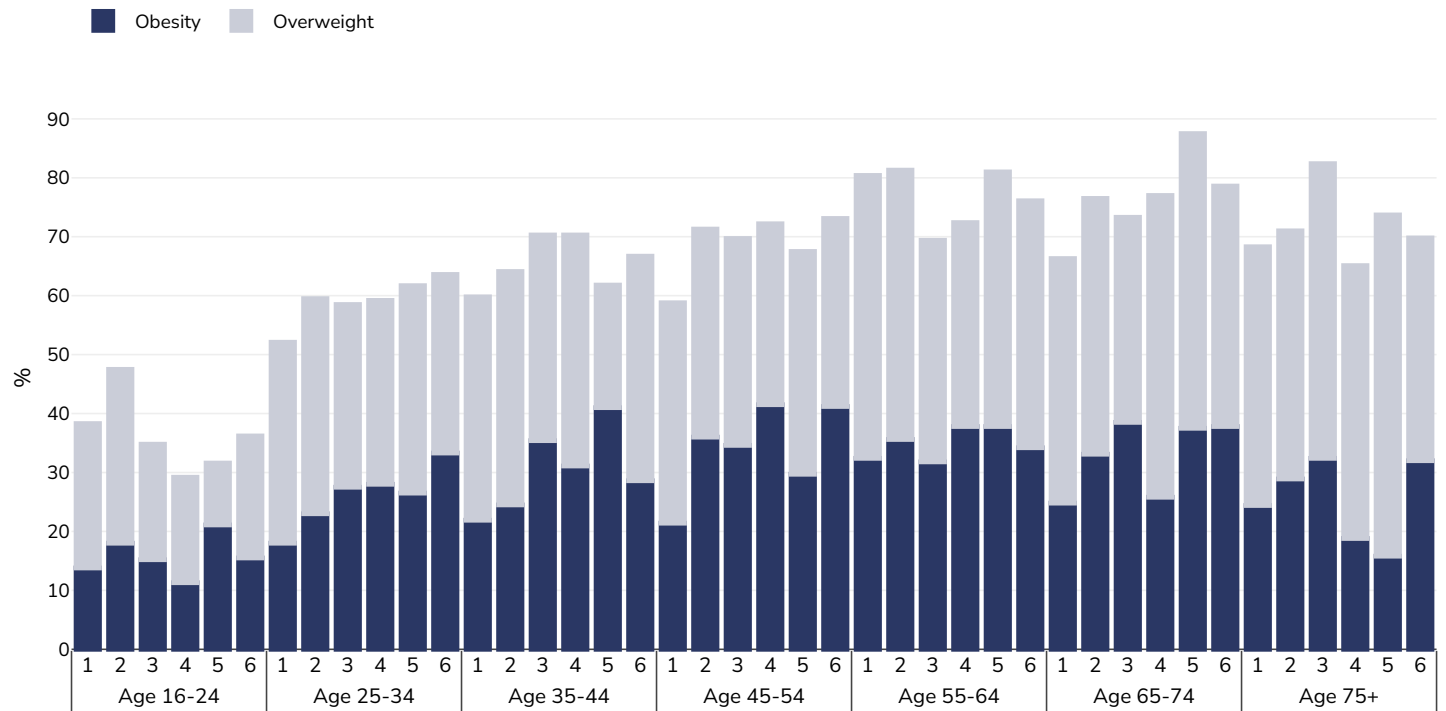
For full details of references visit <https://data.worldobesity.org/>

*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 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.

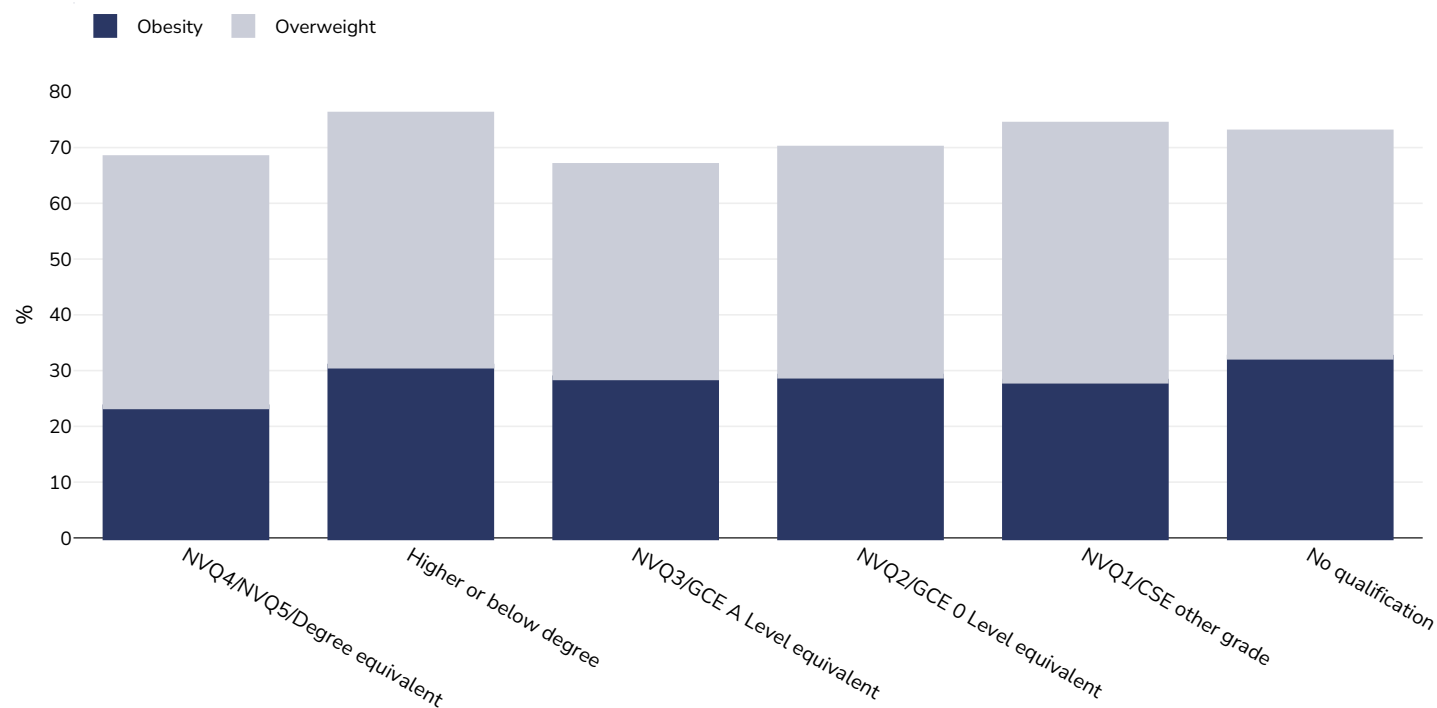
Notes: 1 - NVQ4/NVQ5/Degree equivalent 2 - Higher of below 3 - NVQ3/ GCE A Level equivalent 4 - NVQ2/ GCE O Level equivalent 5 - NVQ1/CSE other grade 6 - No qualification

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

Men, 2018



Survey type: Measured

Age: 16+

Sample size: 6689

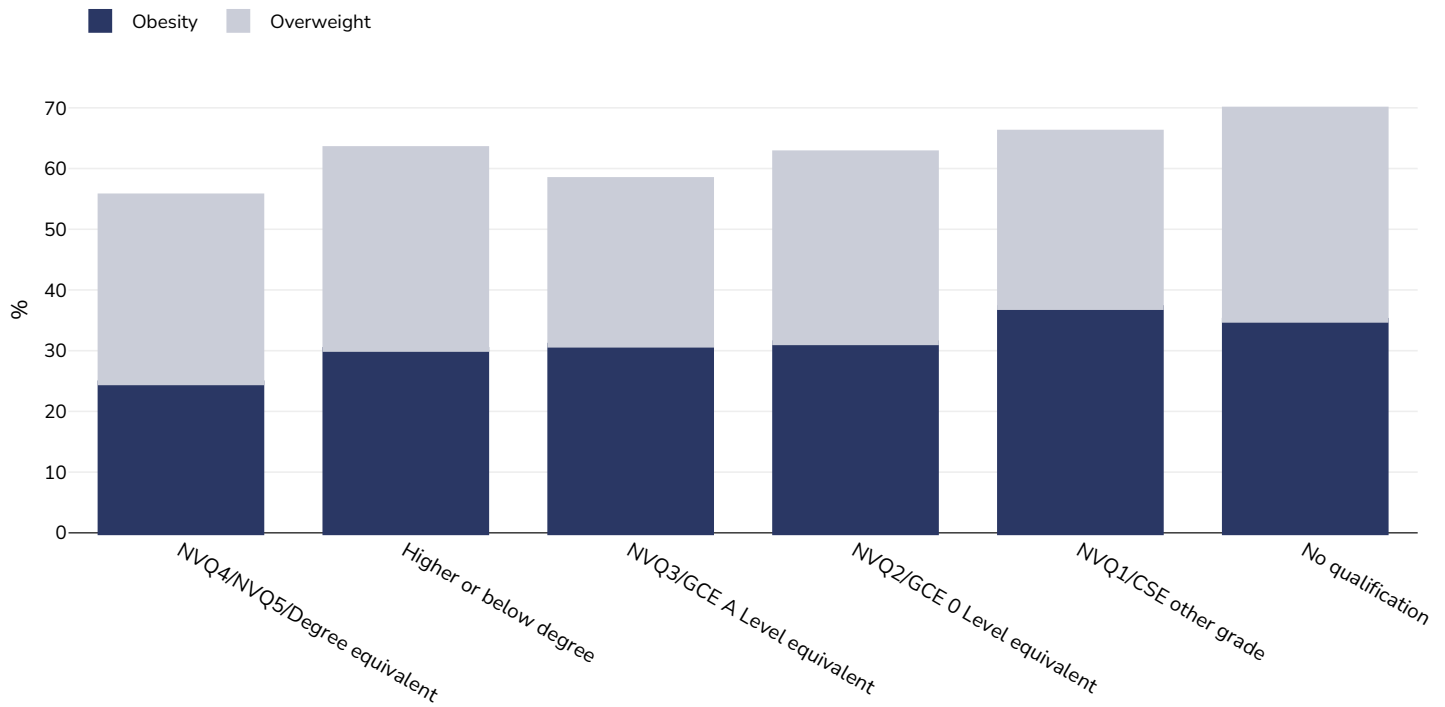
Area covered: National

References: Reanalysis by World Obesity Federation, on the Health Survey for England 2018. Data provided by the UK Data Archive.

Notes: Those with Foreign or 'other' qualifications are not presented in the chart

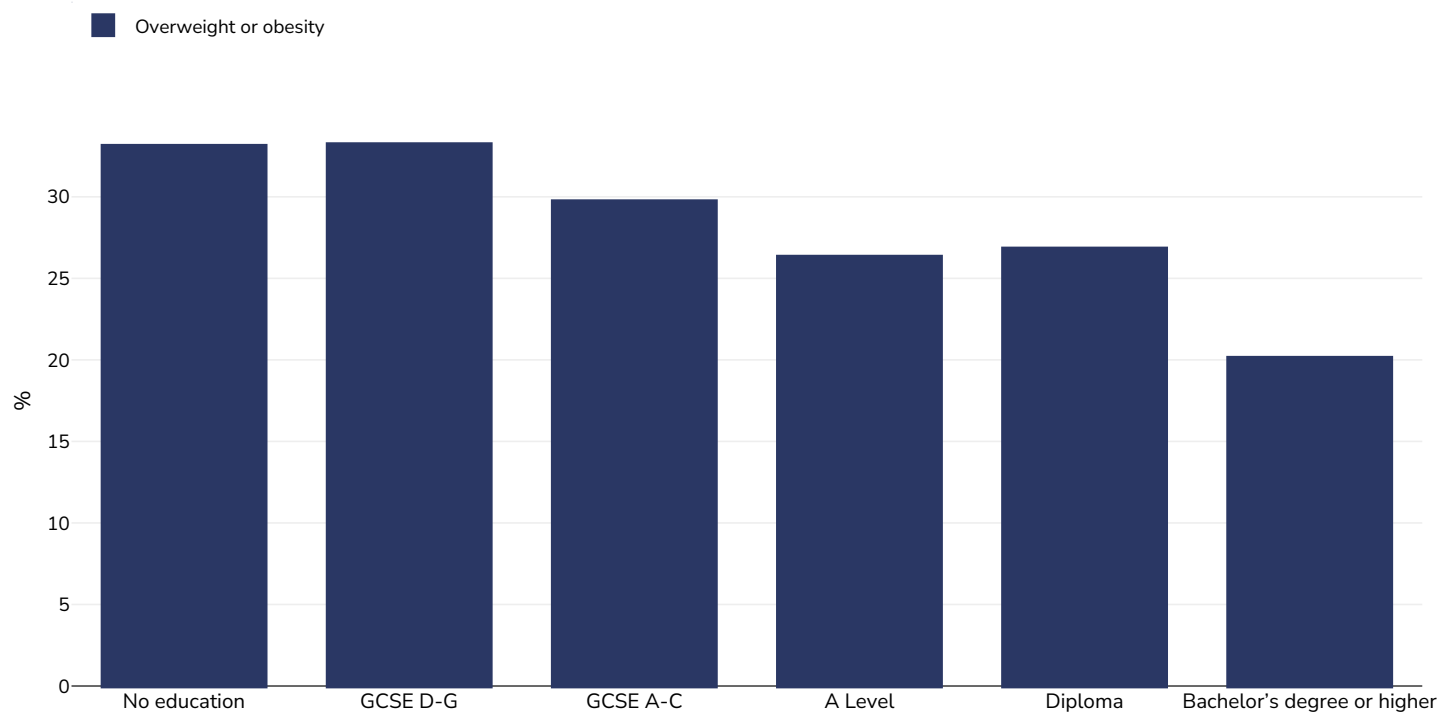
*Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m<sup>2</sup>, obesity refers to a BMI greater than 30kg/m<sup>2</sup>.*

## Women, 2018



Survey type:	Measured
Age:	16+
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:	Those with Foreign or 'other' qualifications are not presented in the chart
<i>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>.</i>	

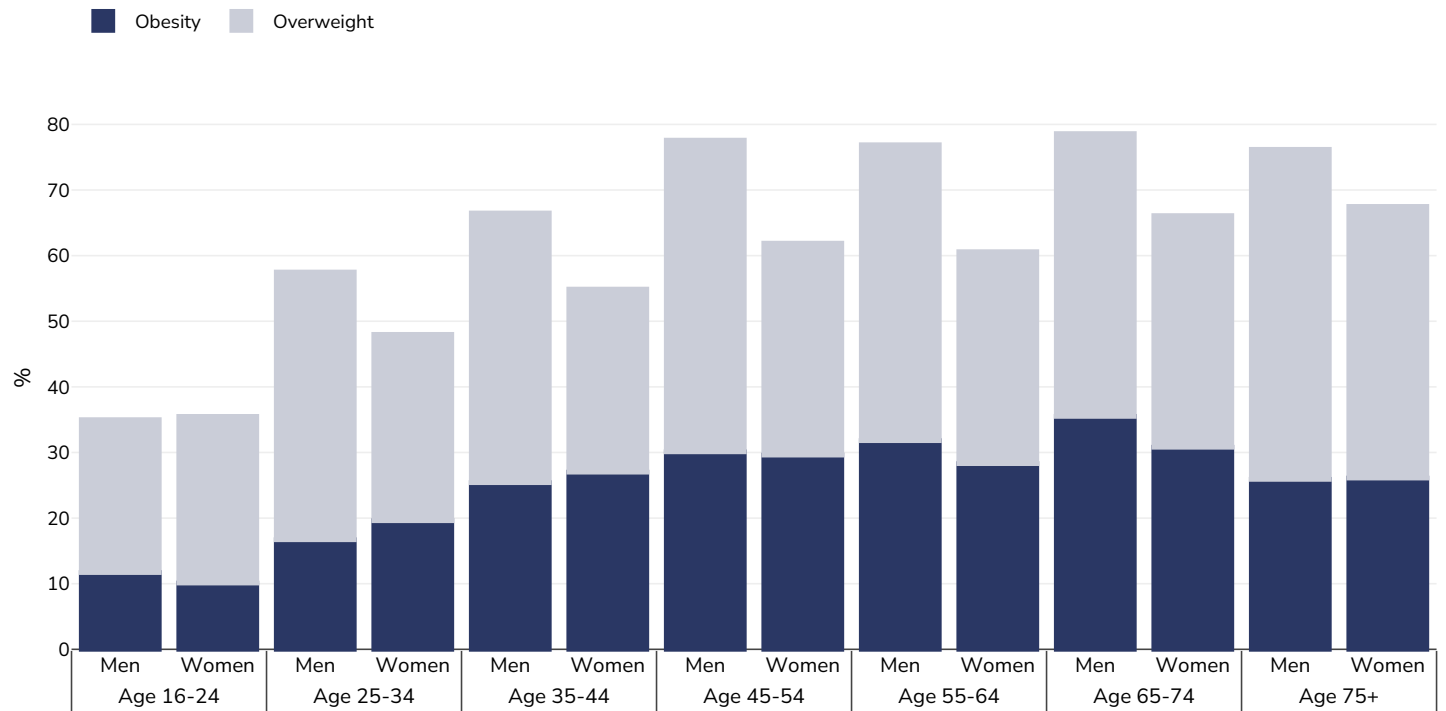
## Children, 2012-2013



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, 2019



Survey type: Measured

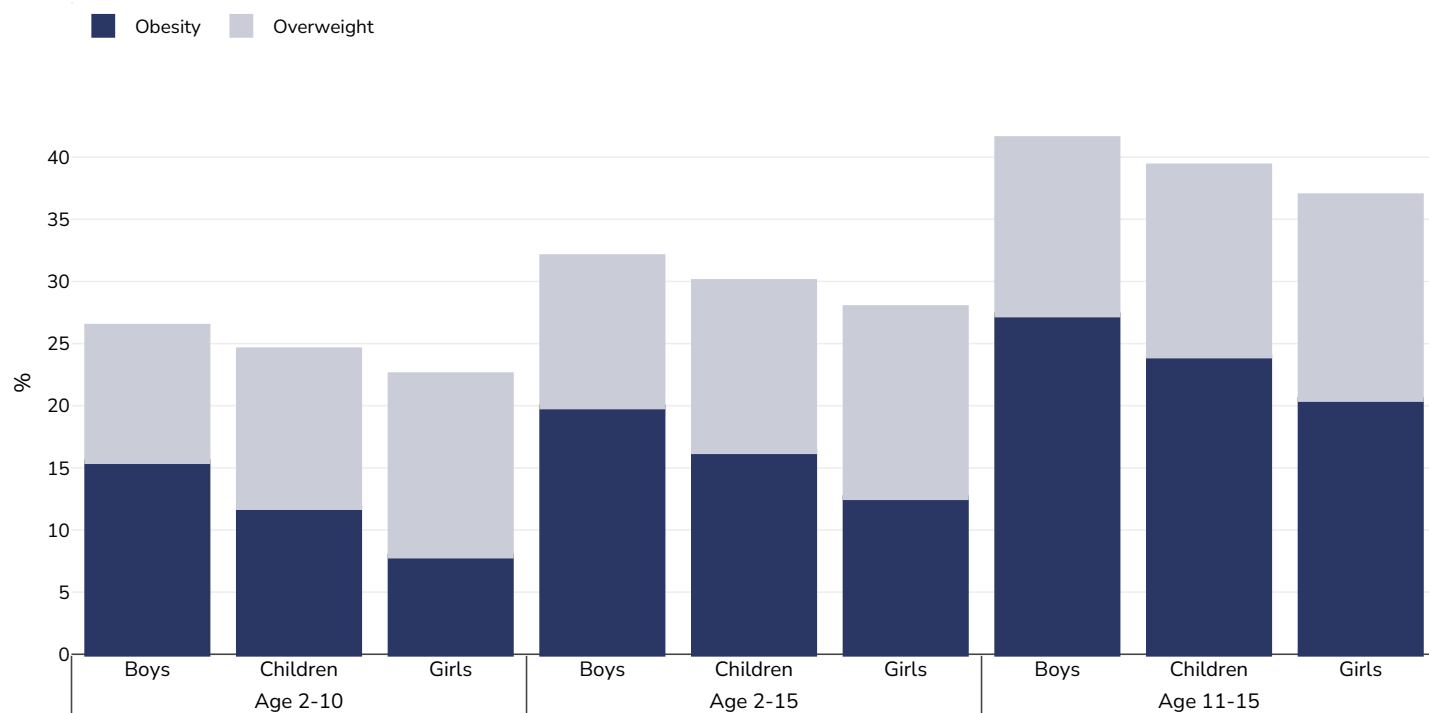
Sample size: 6681

Area covered: National

References: Health Survey for England 2019 available at <http://digital.nhs.uk/pubs/hse2019> (last accessed 16.12.20)

*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>.*

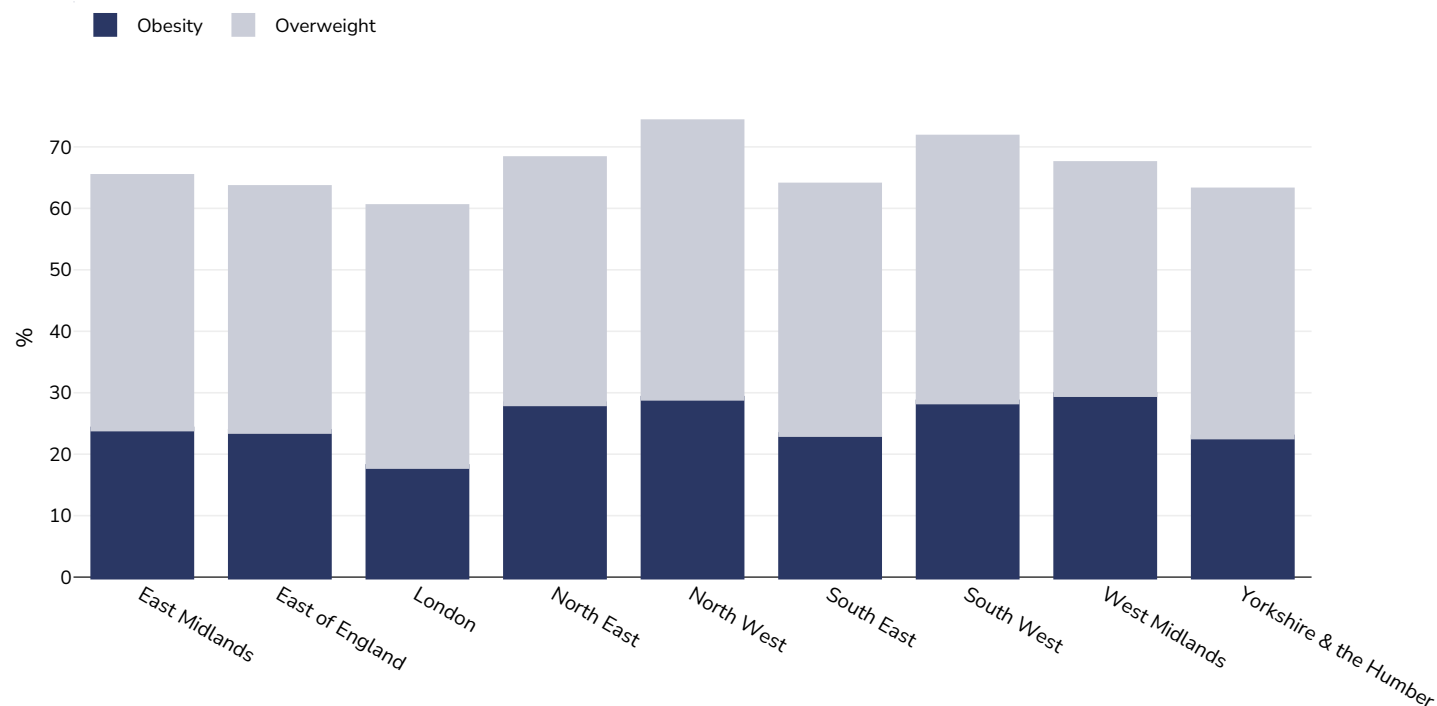
## Children, 2019



Survey type:	Measured
Sample size:	1392
Area covered:	National
References:	Health Survey for England 2019 available at <a href="http://digital.nhs.uk/pubs/hse2019">http://digital.nhs.uk/pubs/hse2019</a> (last accessed 16.12.20)
Definitions:	85th/95th UK Centiles
Cutoffs:	Other

## Overweight/obesity by region

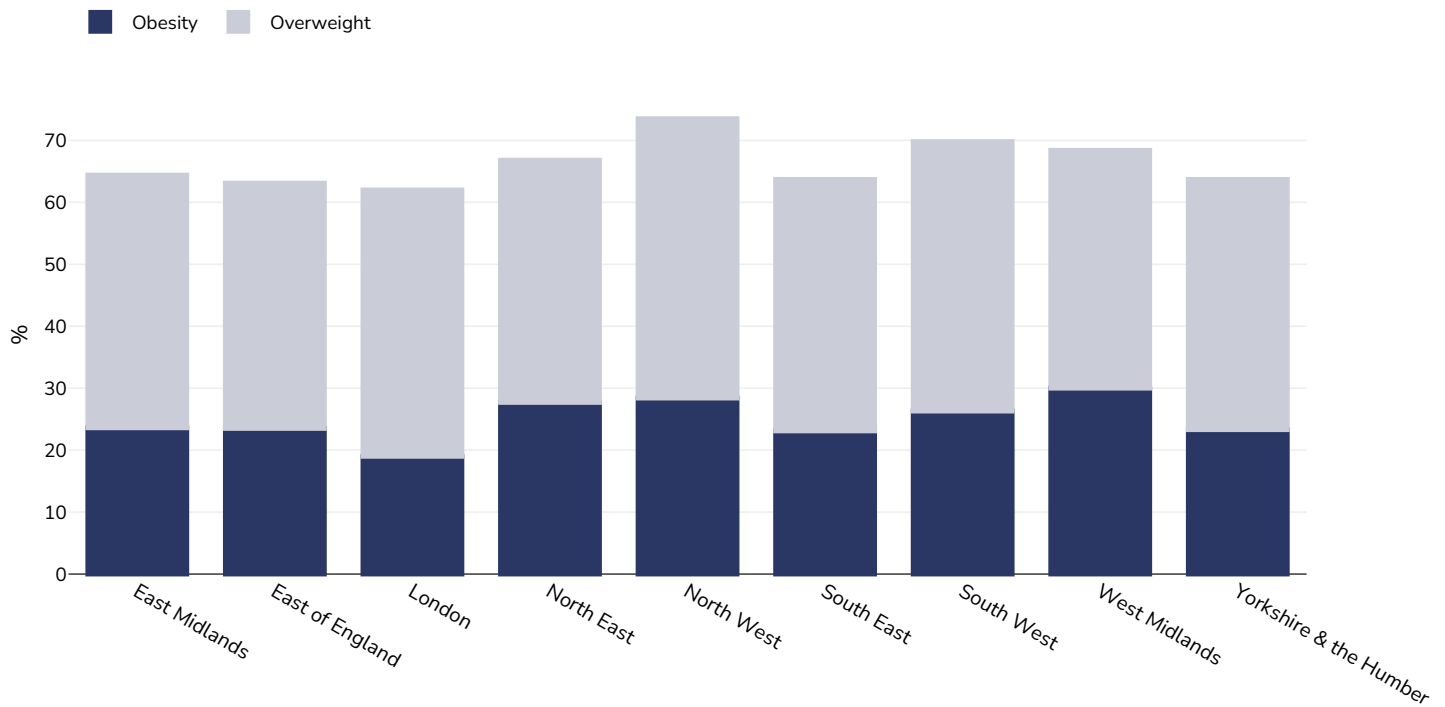
### Men, 2019



Survey type:	Measured
Age:	16+
Sample size:	6681
Area covered:	National
References:	Health Survey for England 2019 available at <a href="http://digital.nhs.uk/pubs/hse2019">http://digital.nhs.uk/pubs/hse2019</a> (last accessed 16.12.20)

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, 2019

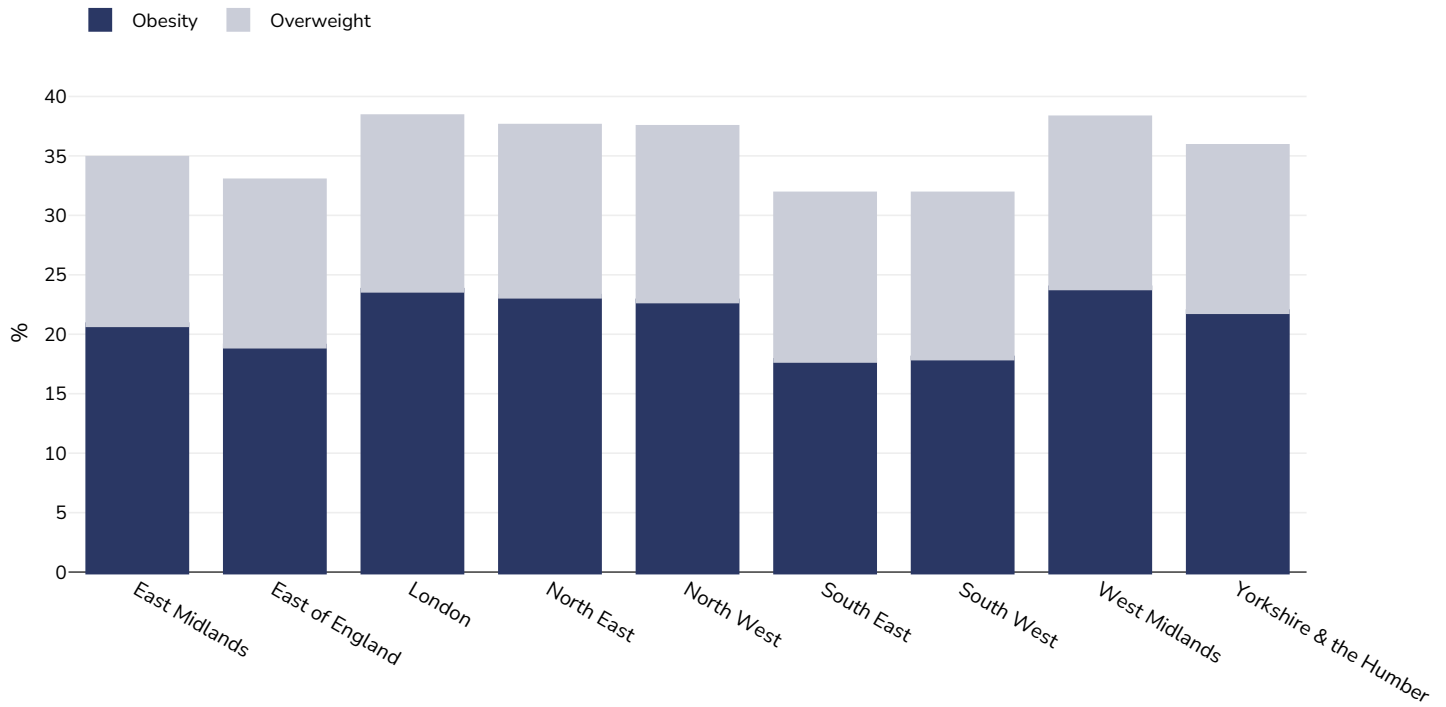


Survey type:	Measured
Age:	16+
Sample size:	6681
Area covered:	National
References:	Health Survey for England 2019 available at <a href="http://digital.nhs.uk/pubs/hse2019">http://digital.nhs.uk/pubs/hse2019</a> (last accessed 16.12.20)

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

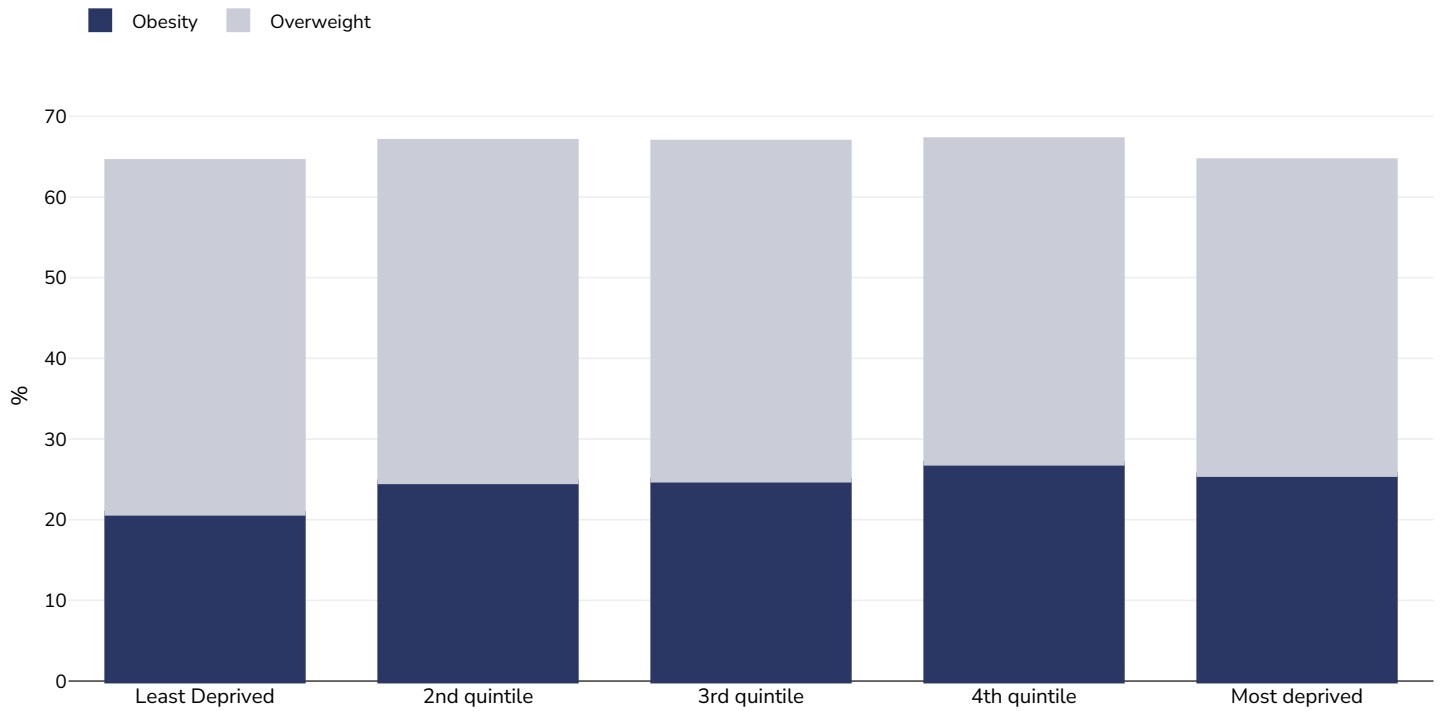
Area covered: National

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

Definitions: 85th centile overweight 95th centile obese

## Overweight/obesity by socio-economic group

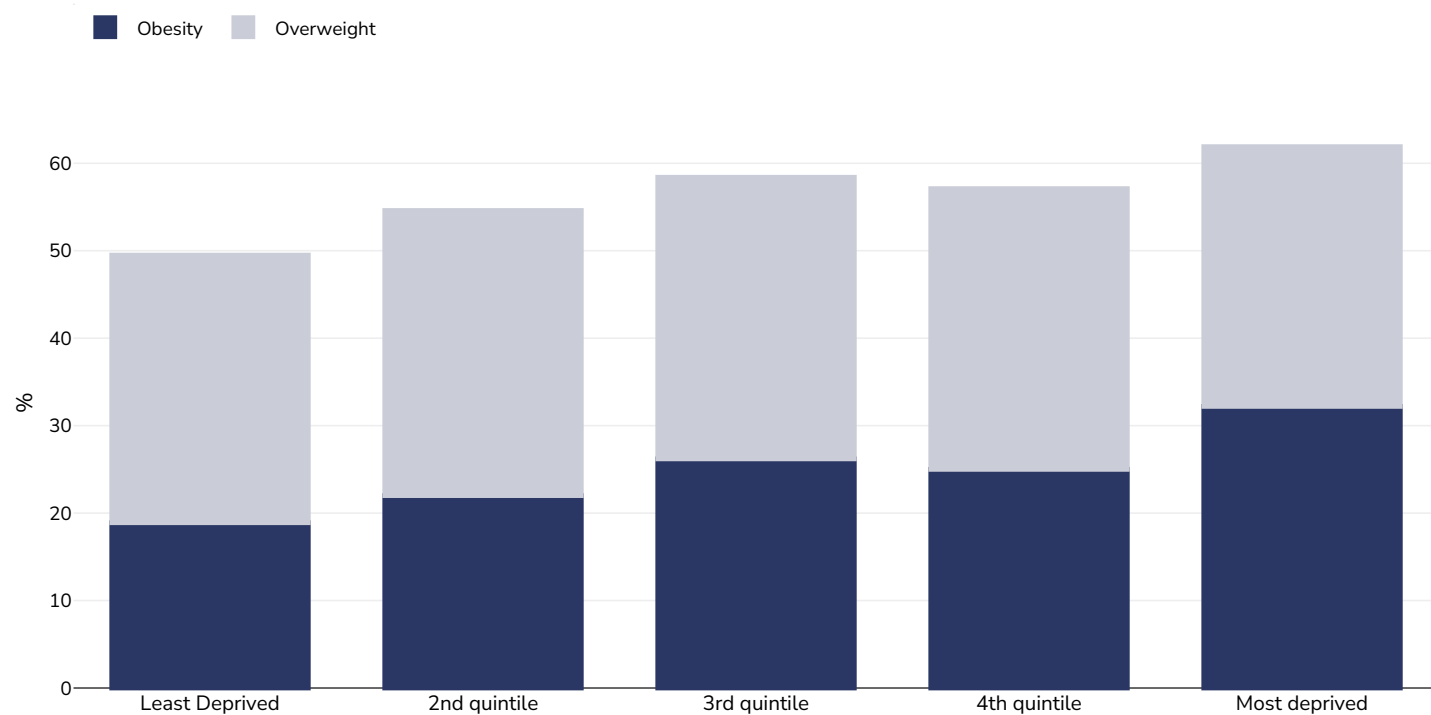
### Men, 2019



Survey type:	Measured
Age:	16+
Sample size:	6681
Area covered:	National
References:	Health Survey for England 2019 available at <a href="http://digital.nhs.uk/pubs/hse2019">http://digital.nhs.uk/pubs/hse2019</a> (last accessed 16.12.20)

*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, 2019



Survey type: Measured

Age: 16+

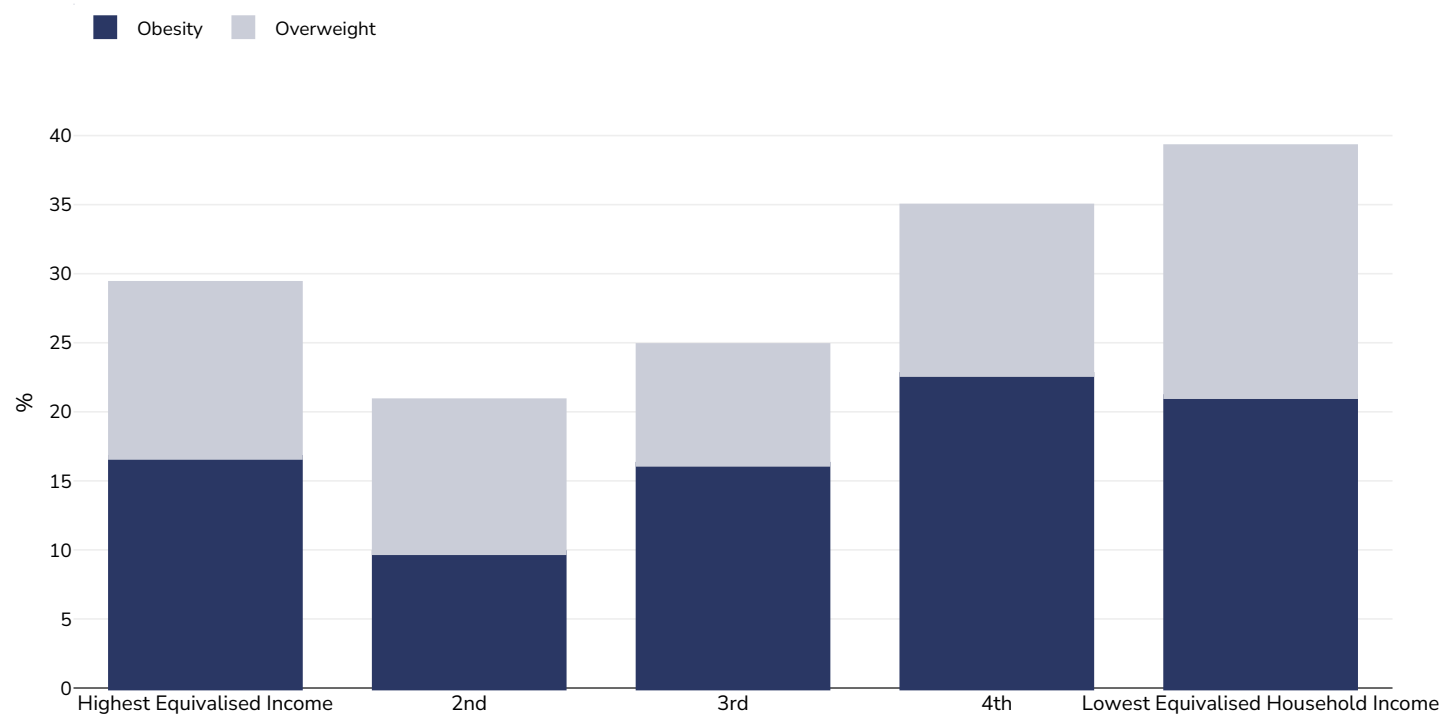
Sample size: 6681

Area covered: National

References: Health Survey for England 2019 available at <http://digital.nhs.uk/pubs/hse2019> (last accessed 16.12.20)

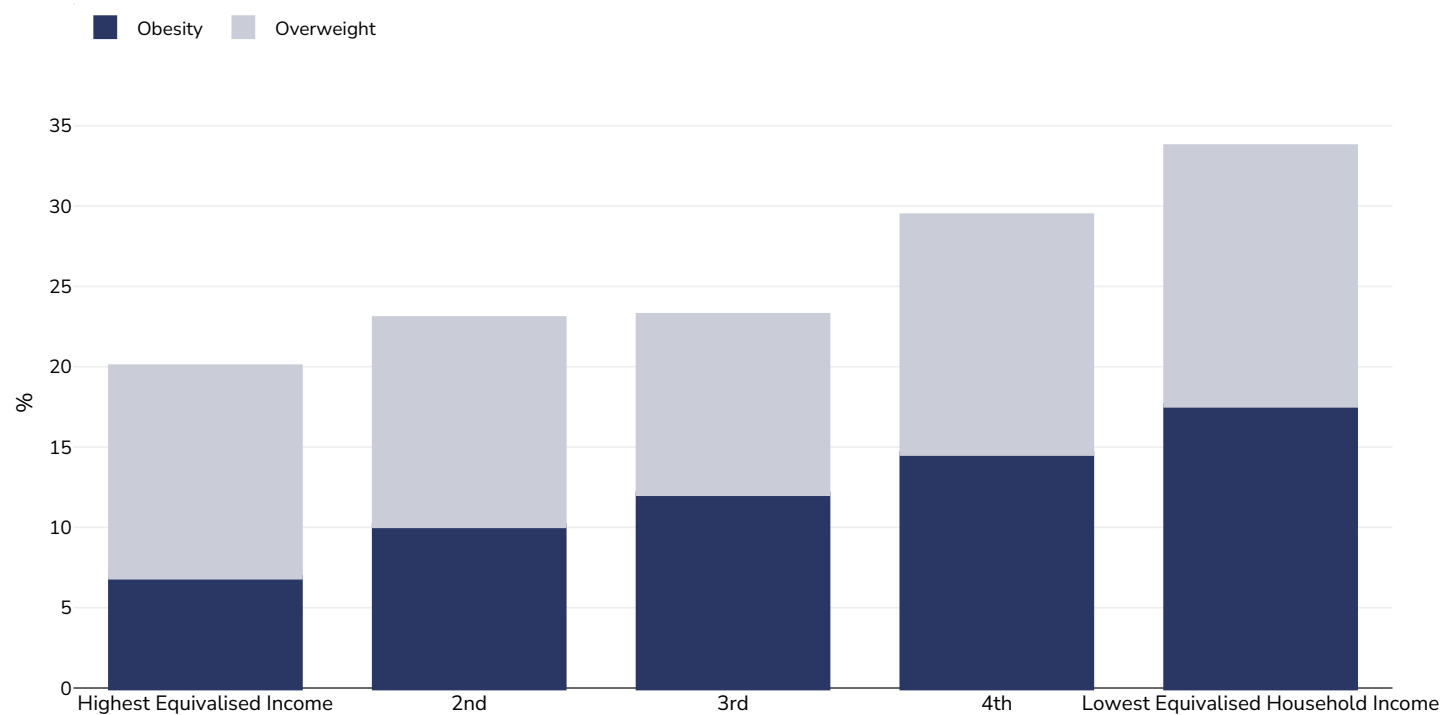
*Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m<sup>2</sup>, obesity refers to a BMI greater than 30kg/m<sup>2</sup>.*

## Boys, 2019



Survey type:	Measured
Age:	2-15
Sample size:	1392
Area covered:	National
References:	Health Survey for England 2019 available at <a href="http://digital.nhs.uk/pubs/hse2019">http://digital.nhs.uk/pubs/hse2019</a> (last accessed 16.12.20)
Definitions:	85/95th UK Centile
Cutoffs:	Other

## Girls, 2019

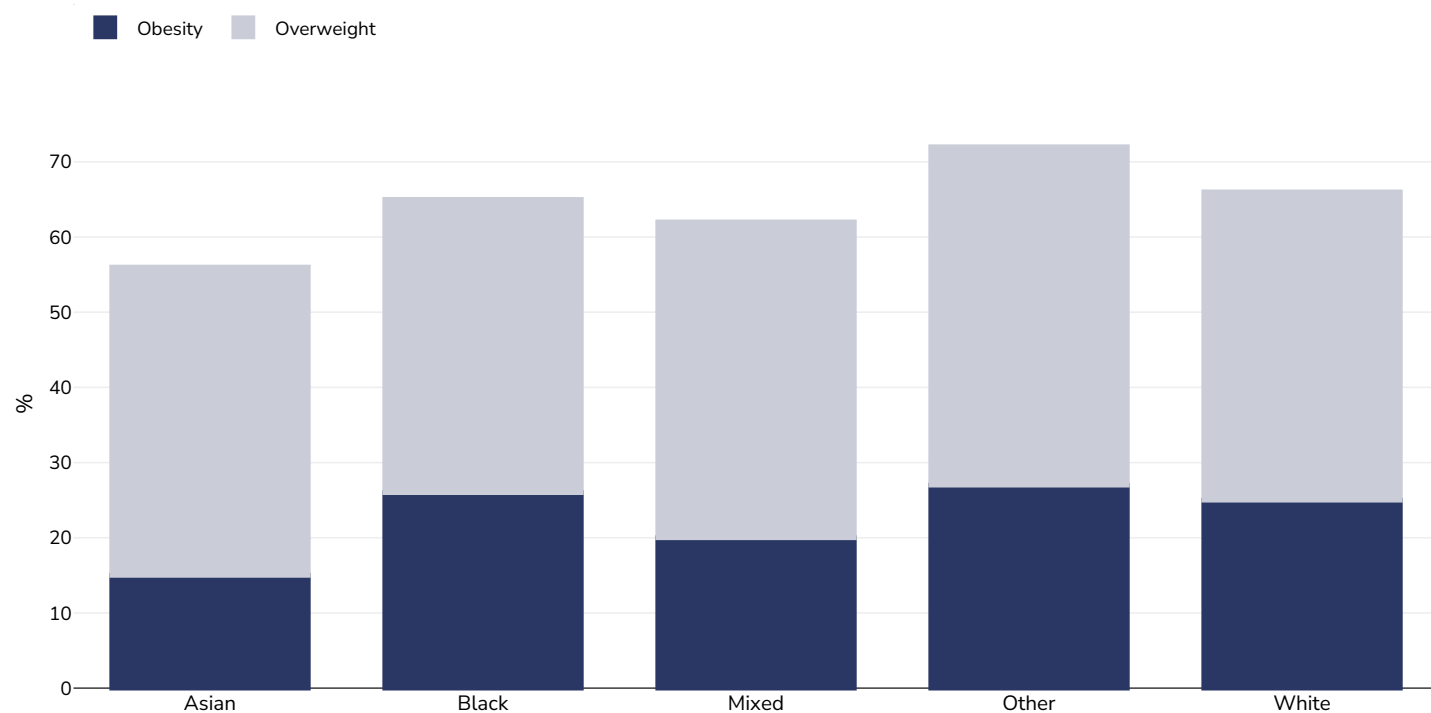


Survey type:	Measured
Age:	2-15
Sample size:	1392
Area covered:	National
References:	Health Survey for England 2019 available at <a href="http://digital.nhs.uk/pubs/hse2019">http://digital.nhs.uk/pubs/hse2019</a> (last accessed 16.12.20)
Definitions:	85/95th UK Centile
Cutoffs:	Other

## 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

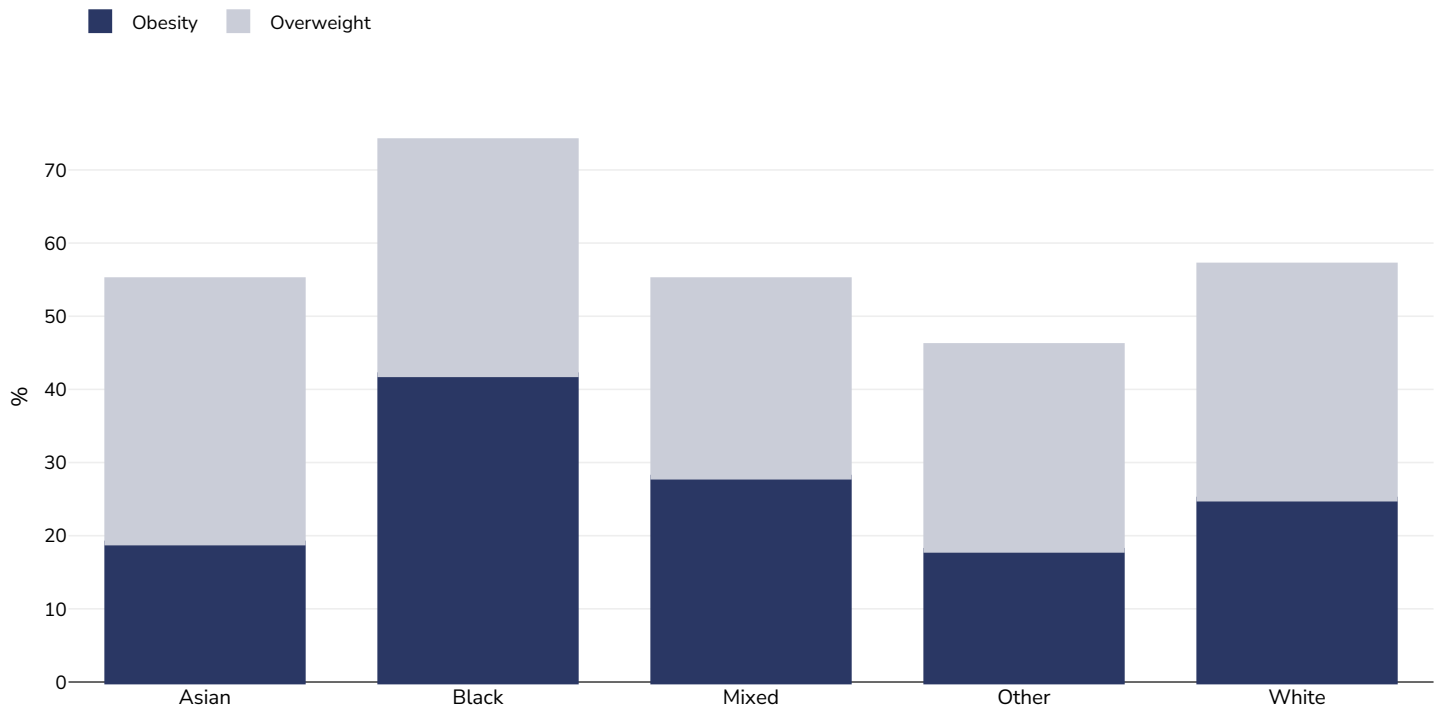
References: Health Survey for England 2014, (2015). Available at: <https://digital.nhs.uk/data-and-information/publications/statistical/health-survey-for-england/health-survey-for-england-2014>. Last Accessed: 13.04.21.

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>.*

## Women, 2014



Survey type: Measured

Age: 16+

Sample size: 21439

Area covered: National

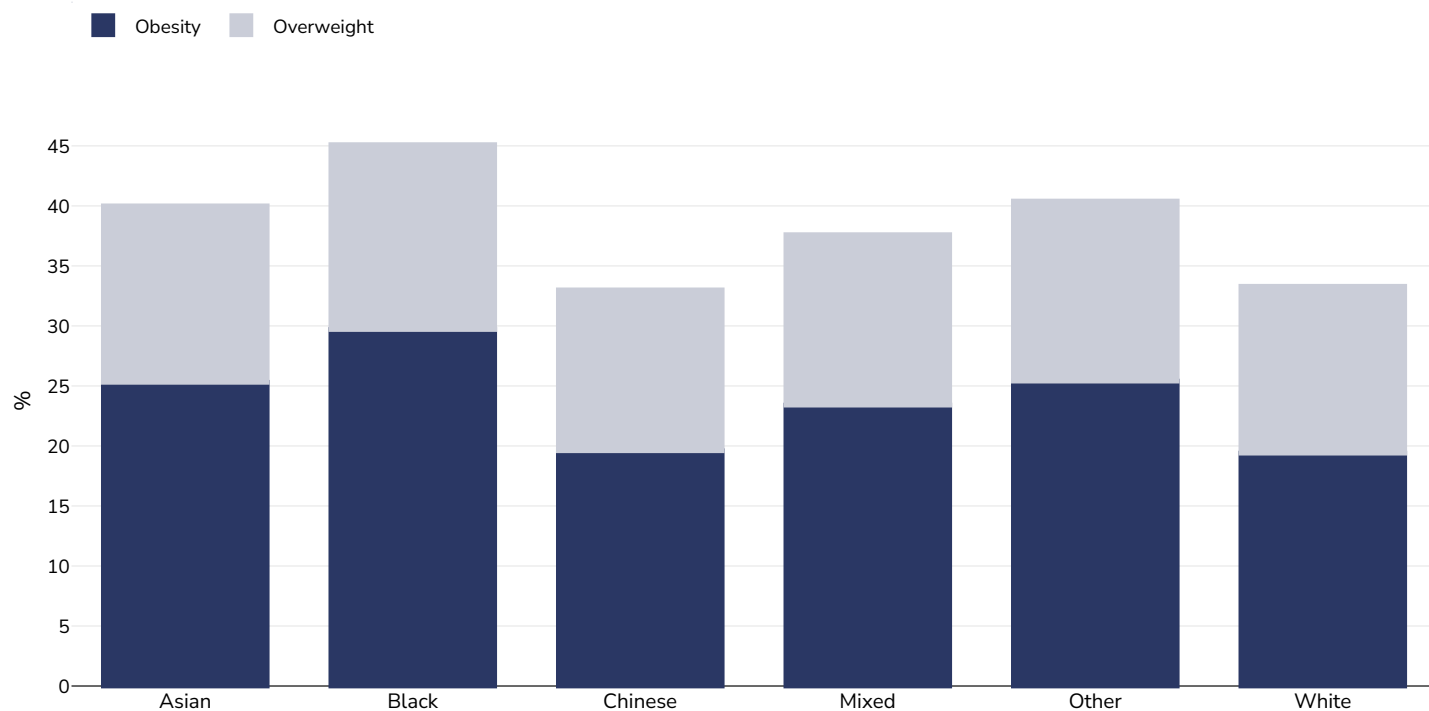
References: Health Survey for England 2014, (2015). Available at: <https://digital.nhs.uk/data-and-information/publications/statistical/health-survey-for-england/health-survey-for-england-2014>. Last Accessed: 13.04.21.

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








## 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

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



## Regulation and marketing

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



## Political will and support

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



## Monitoring and surveillance

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



## Governance and resource

<b>Multi-sectoral national co-ordination mechanism for obesity or nutrition (including obesity)?</b>	✗
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### Key

✓ Present

✓<sub>v</sub> Present

(voluntary)

✓ Incoming

✗ Absent

? Unknown

Last updated September 13, 2022

PDF created on May 27, 2024