

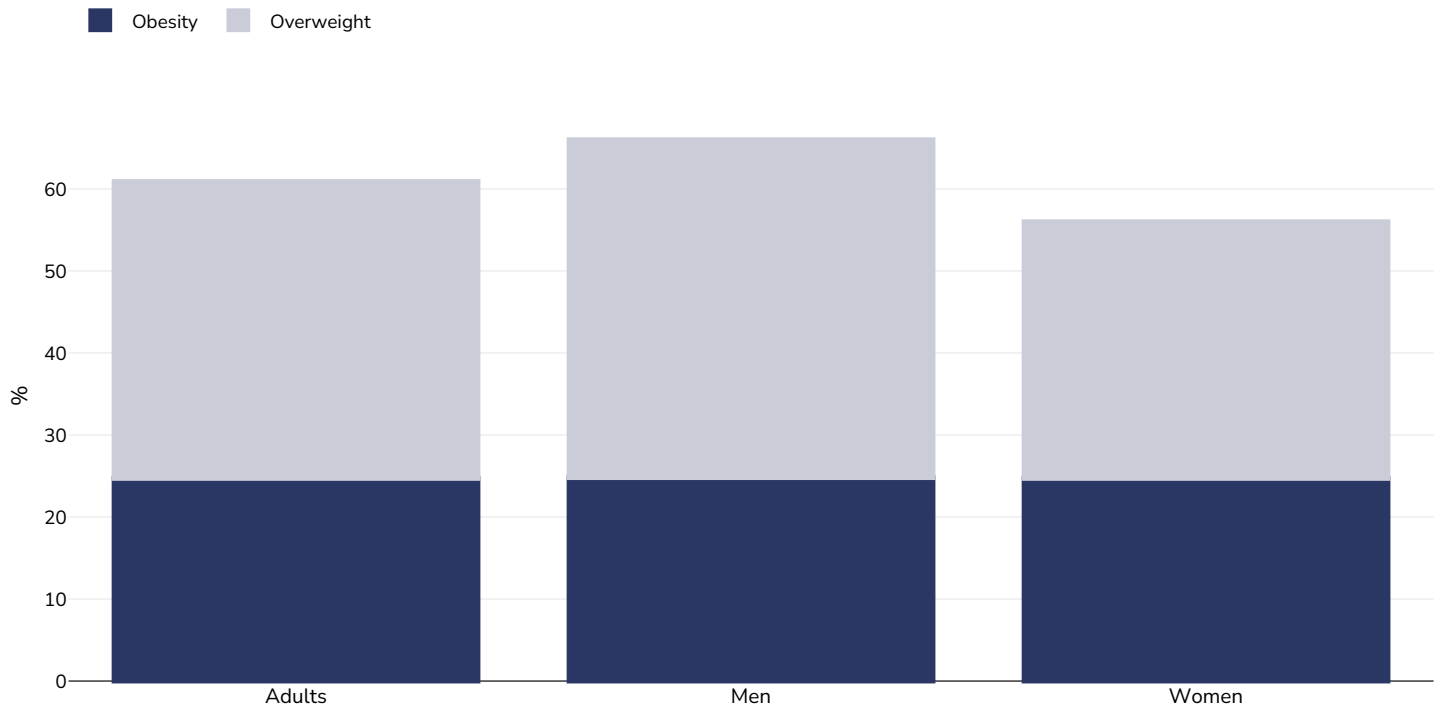
Report card England



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Obesity prevalence

Adults, 2019



Survey type: Measured

Age: 16+

Sample size: 6681

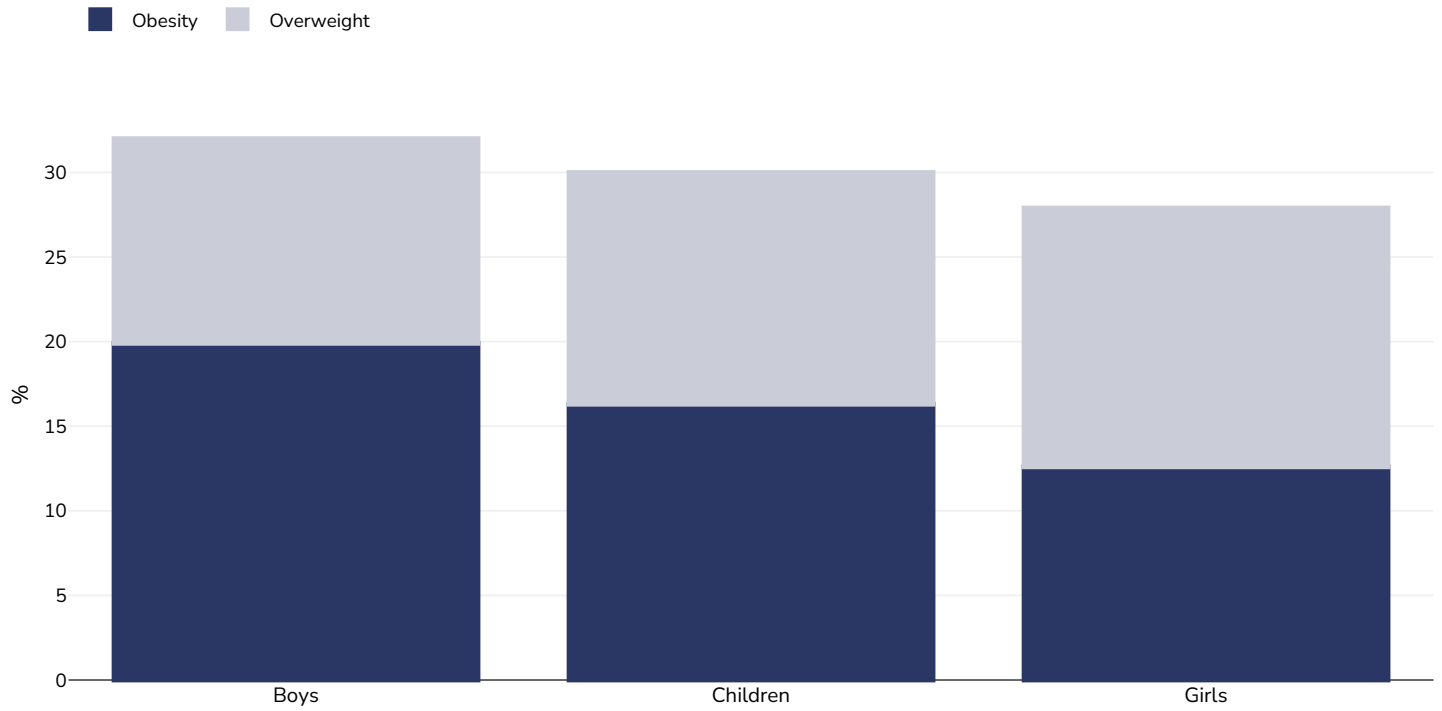
Area covered: National

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/m², obesity refers to a BMI greater than 30kg/m².

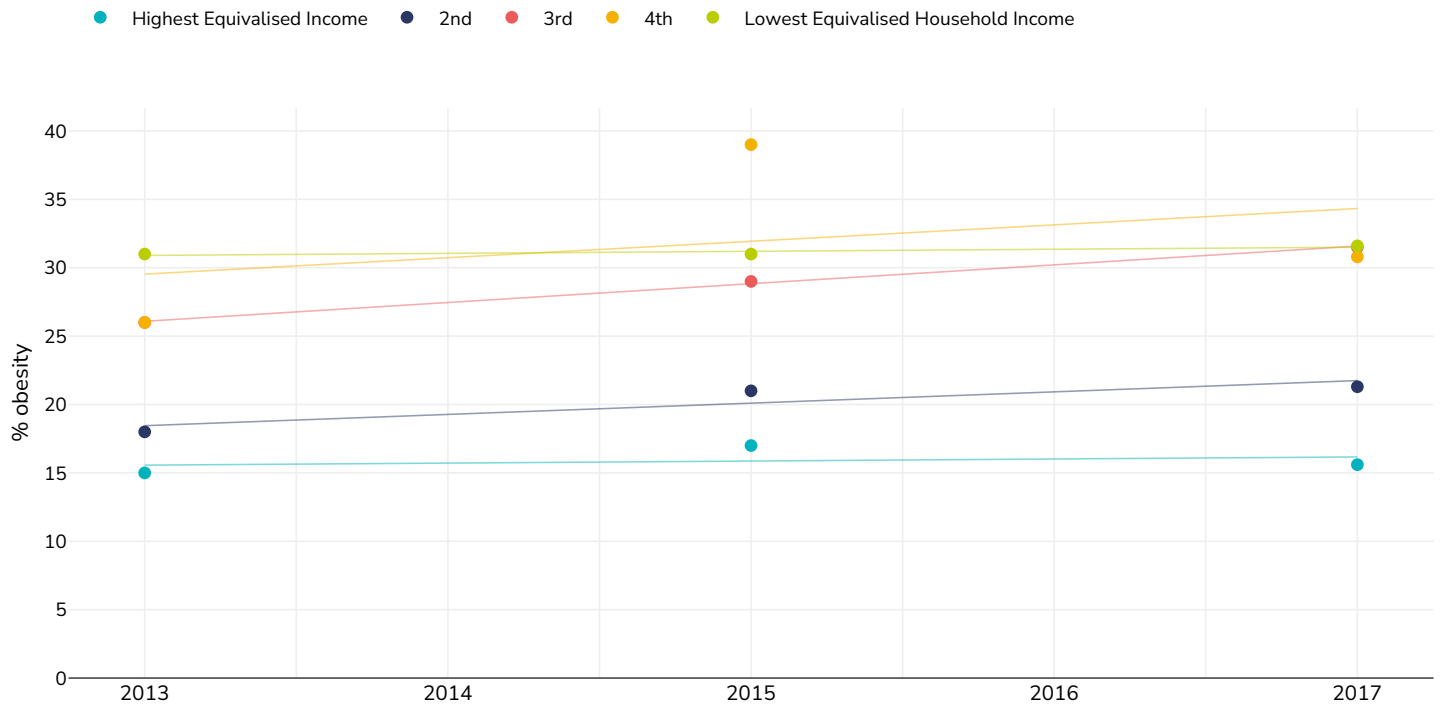
Children, 2019



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

% Adults living with obesity, 2013-2017 (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)

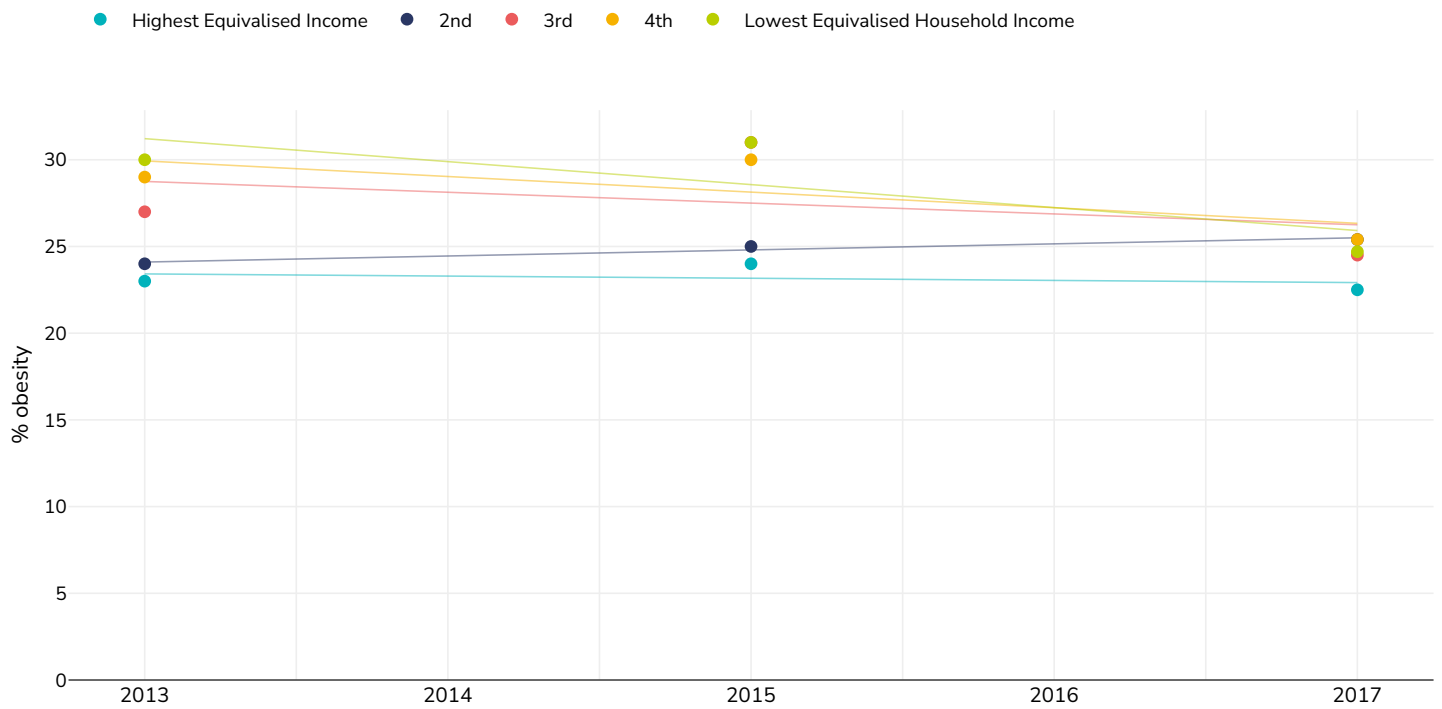
2015: Health Survey for England 2015. Available at: <http://content.digital.nhs.uk/searchcatalogue?productid=23711&returnid=1685> (last accessed 14 December 2016).

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/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.

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).

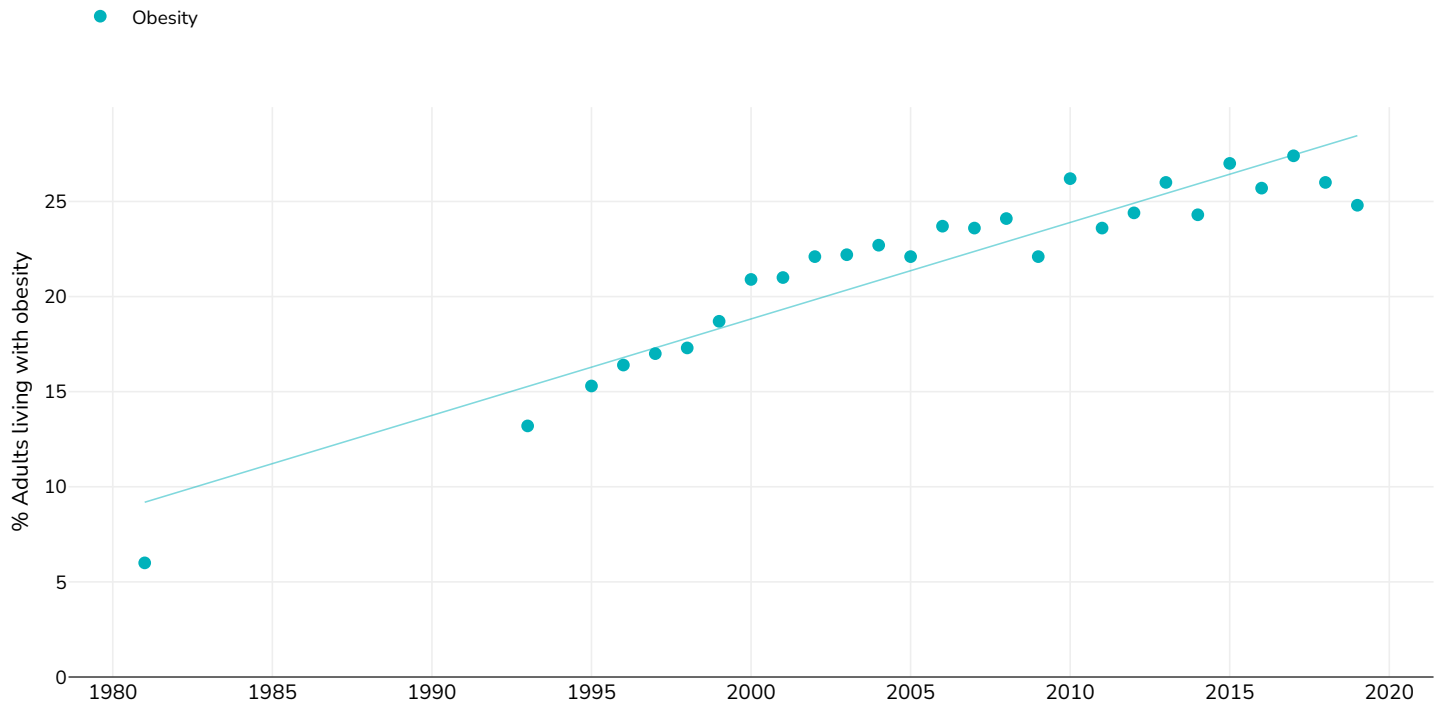
2017: Health Survey for England 2017 <https://digital.nhs.uk/data-and-information/publications/statistical/health-survey-for-england/2017> (last accessed 4.12.18)

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/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 obesity in England 1981-2019

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.

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2001: Health Survey for England 2001.

2002: Health Survey for England 2002.

2003: Health Survey for England 2003.

2004: Health Survey for England 2004.

2005: Health Survey for England 2005.

2006: Health Survey for England 2006.

2007: Craig R and Shelton N. (2008). Health Survey for England 2007. Healthy Lifestyles: Knowledge, attitudes and Behaviour. Volume 1. The NHS Information Centre, Leeds.

2008: Health Survey for England 2008.

2009: Health Survey for England 2009

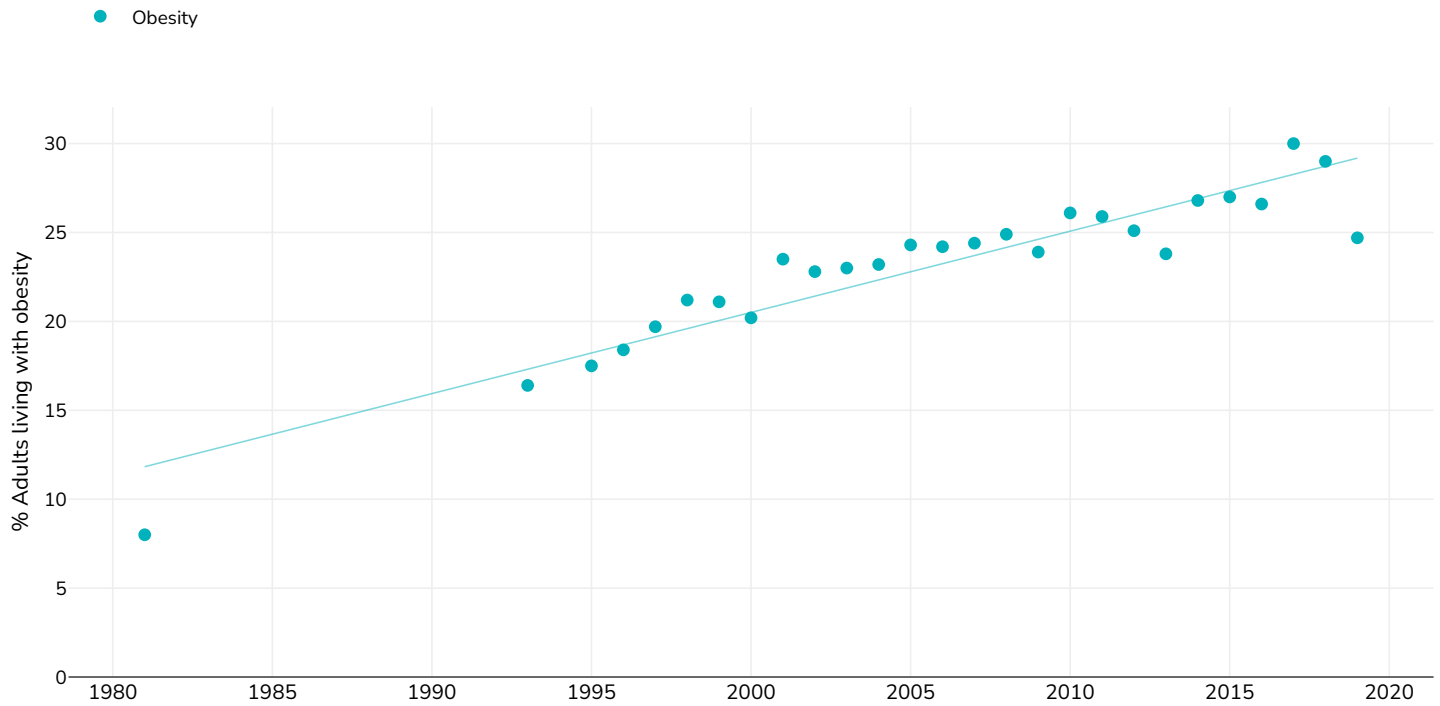
2010: Health Survey for England 2010

2011: Health Survey for England 2011 (<http://www.ic.nhs.uk/searchcatalogue?productid=10152&returnid=1685> last accessed 7th January 2013)

2012: Health survey for England 2012 <http://www.hscic.gov.uk/catalogue/PUB13219>

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.

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2006: Health Survey for England 2006.

2007: Craig R and Shelton N. (2008). Health Survey for England 2007. Healthy Lifestyles: Knowledge, attitudes and Behaviour. Volume 1. The NHS Information Centre, Leeds.

2008: Health Survey for England 2008.

2009: Health Survey for England 2009

2010: Health Survey for England 2010

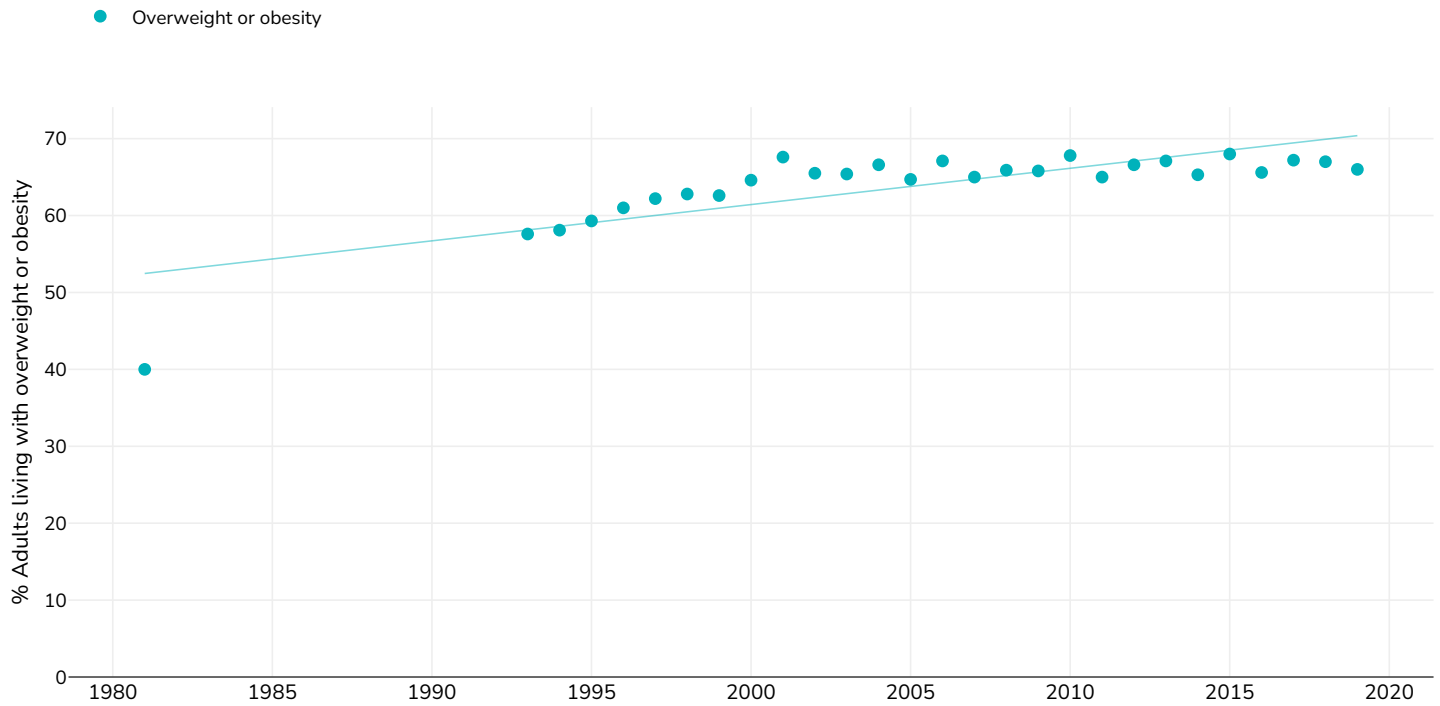
2011: Health Survey for England 2011 (<http://www.ic.nhs.uk/searchcatalogue?productid=10152&returnid=1685> last accessed 7th January 2013)

2012: Health survey for England 2012 <http://www.hscic.gov.uk/catalogue/PUB13219>

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 1981-2019

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.

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1998: Health Survey for England 1998.

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2006: Health Survey for England 2006.

2007: Craig R and Shelton N. (2008). Health Survey for England 2007. Healthy Lifestyles: Knowledge, attitudes and Behaviour. Volume 1. The NHS Information Centre, Leeds.

2008: Health Survey for England 2008.

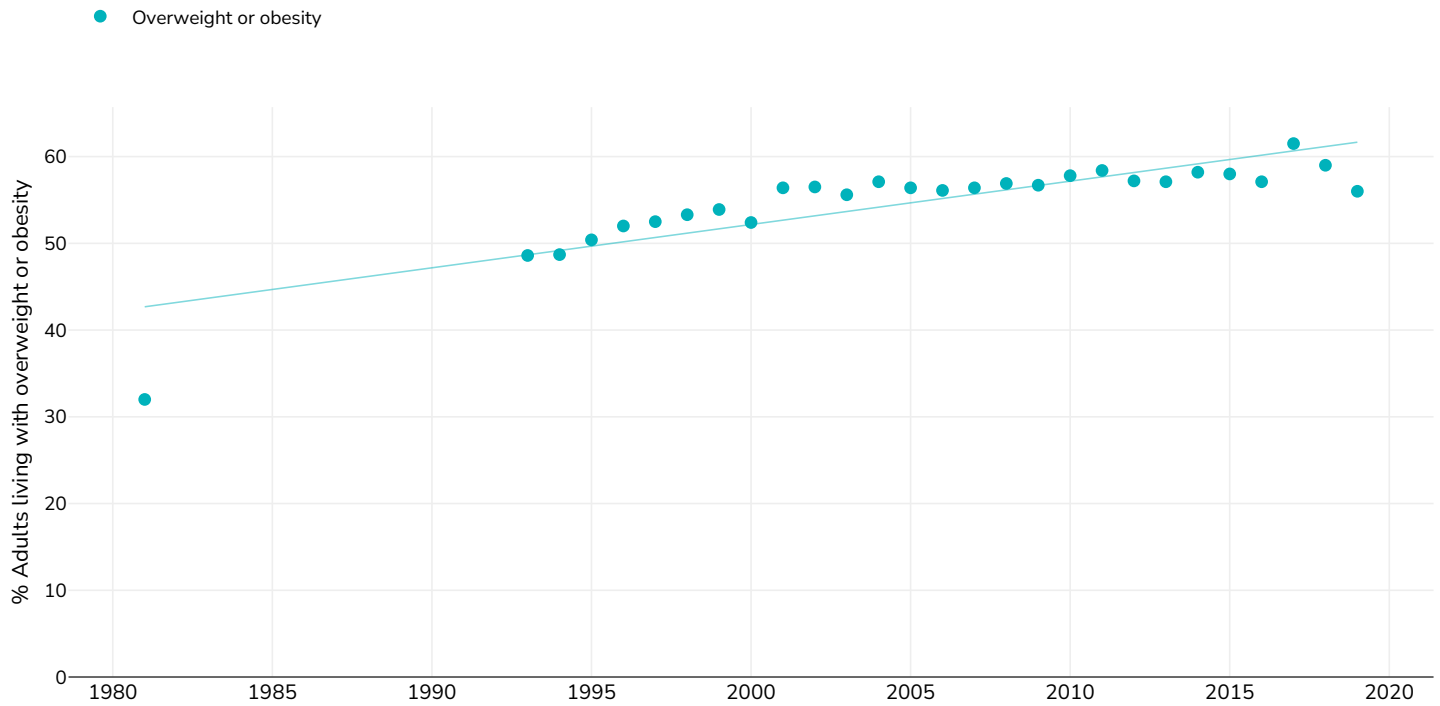
2009: Health Survey for England 2009

2010: Health Survey for England 2010

2011: Health Survey for England 2011 (<http://www.ic.nhs.uk/searchcatalogue?productid=10152&returnid=1685> last accessed 7th January 2013)

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.

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2007: Craig R and Shelton N. (2008). Health Survey for England 2007. Healthy Lifestyles: Knowledge, attitudes and Behaviour. Volume 1. The NHS Information Centre, Leeds.

2008: Health Survey for England 2008.

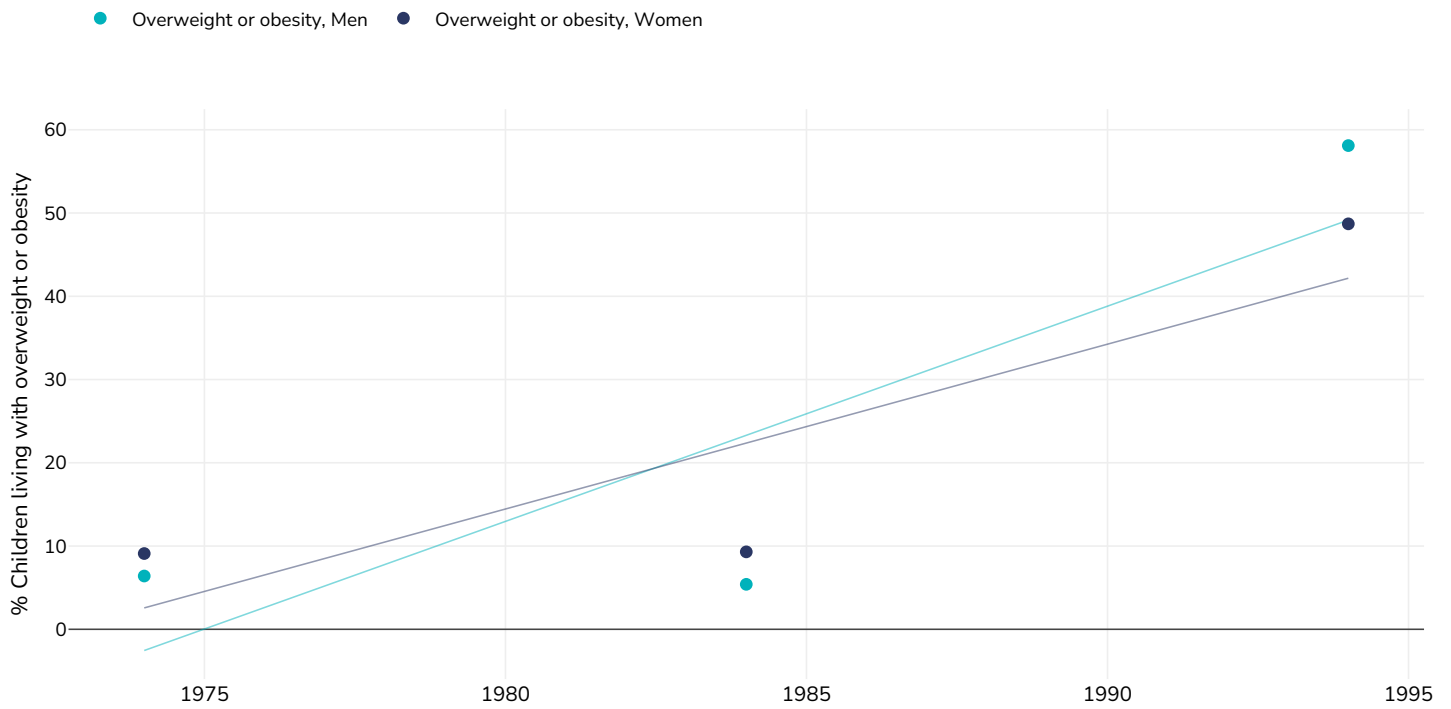
2009: Health Survey for England 2009

2010: Health Survey for England 2010

2011: Health Survey for England 2011 (<http://www.ic.nhs.uk/searchcatalogue?productid=10152&returnid=1685> last accessed 7th January 2013)

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

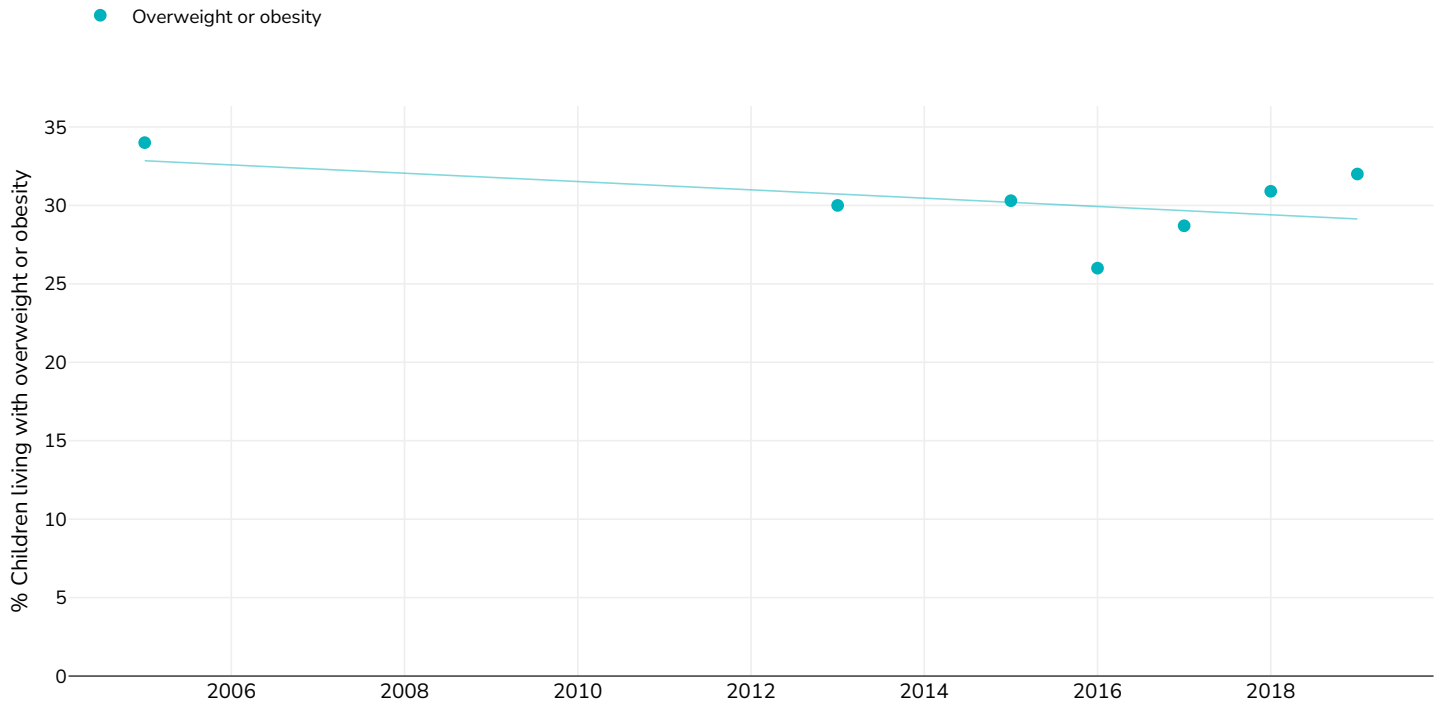
References:

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 in England 2005-2019

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)

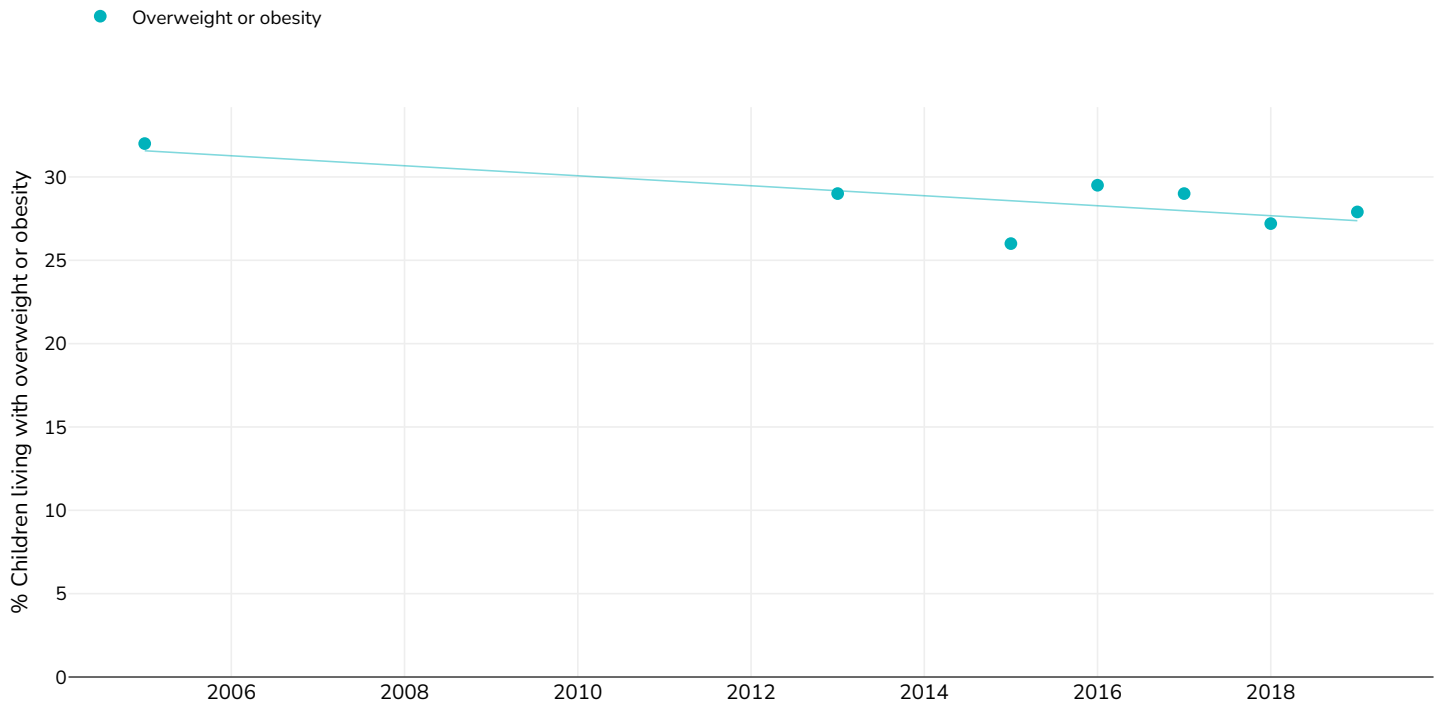
2017: Health Survey for England 2017 <https://digital.nhs.uk/data-and-information/publications/statistical/health-survey-for-england/2017> (last accessed 4.12.18)

2018: Health Survey for England 2018

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

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:

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)

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)

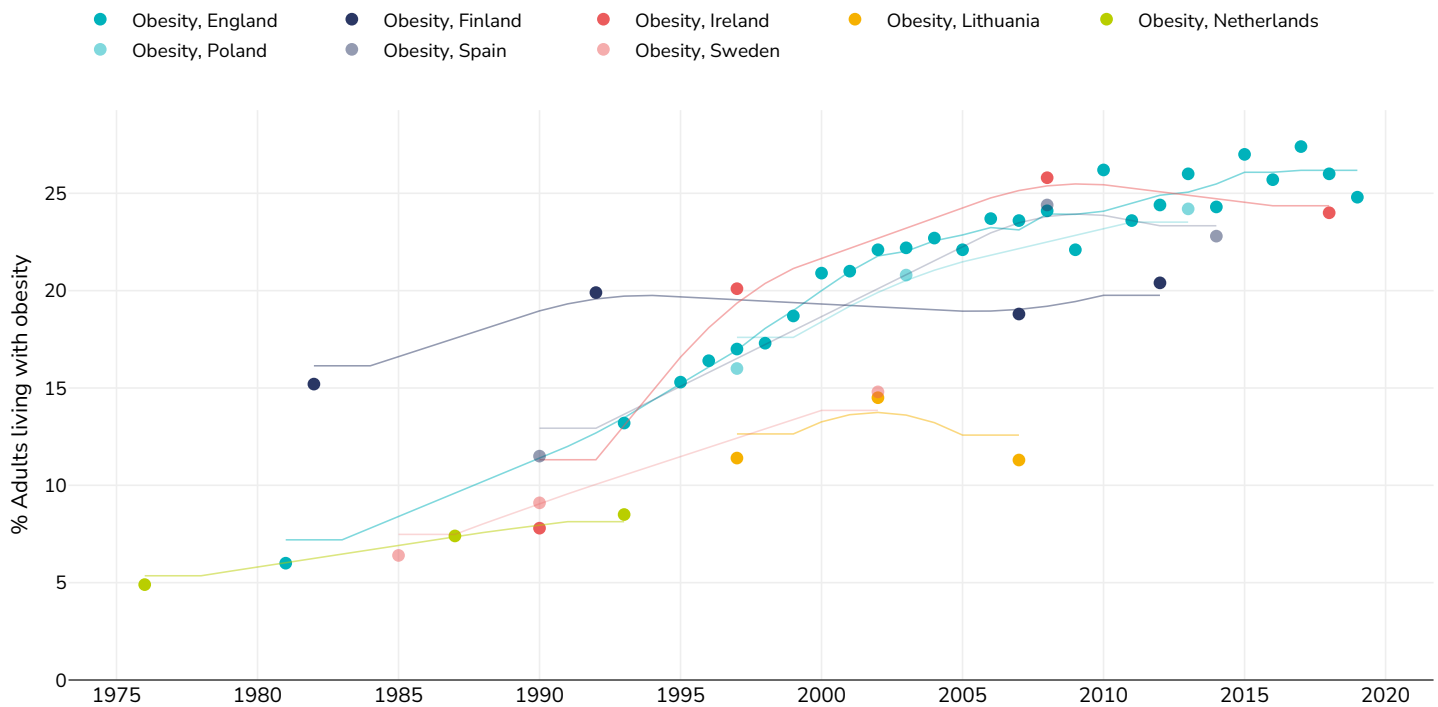
2018: Health Survey for England 2018

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

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, 1993: 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: Aranceta J, Perex Rodrigo C, Serra Majem LI et al. Prevalence od Obesity in Spain: SEEDO'97 study. Spanish Collaborative Group for the Study of Obesity. *Med Clin (Barc)*. 1998;117:441-5

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

1995: Health Survey for England 1995.

1996: Health Survey for England 1996.

1997: Pomerleau J, Pudule I, Grinberga D, Kadziauskiene K, Abaravicius A, Bartkeviciute R, Vaask S, Robertson A, McKee M. Patterns of body weight in the Baltic Republics. *Public Health Nutrition*. 2000;3:3-10

1998: Health Survey for England 1998.

1999: Health Survey for England 1999.

2000: Health Survey for England 2000.

2001: Health Survey for England 2001.

2002, 2007: Barzda A, Bartkevičiūtė R, Stukas R, Ŗatkutė R, Abaravičius JA. Lietuvos gyventojų kūno masės indekso pokyčiai 1997-2007 metais. *Sveikatos mokslai* 2009;3:2406-2410. (no English translation)

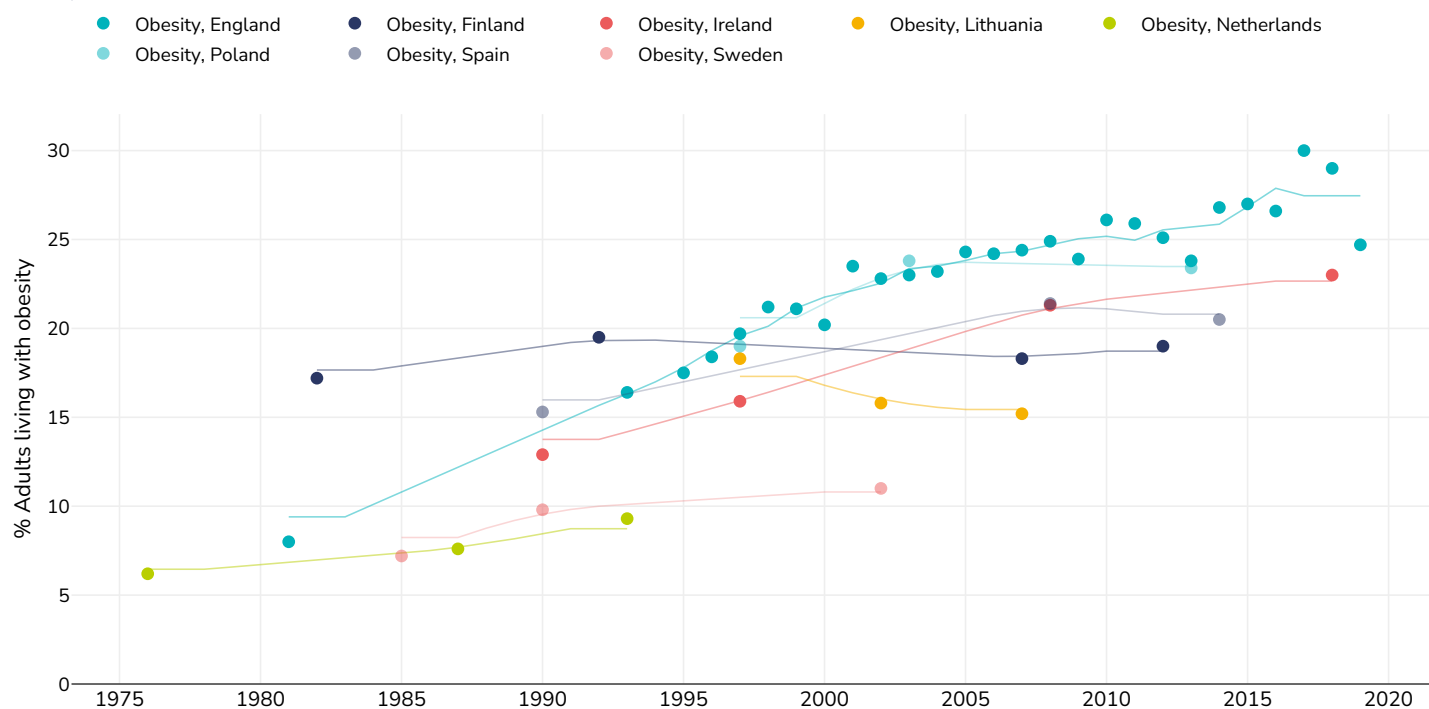
2003: Health Survey for England 2003.

2004: Health Survey for England 2004.

2005: Health Survey for England 2005.

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: 1976, 1987, 1993: 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: Aranceta J, Perex Rodrigo C, Serra Majem LI et al. Prevalence od Obesity in Spain: SEEDO'97 study. Spanish Collaborative Group for the Study of Obesity. *Med Clin (Barc)*. 1998;117:441-5

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

1995: Health Survey for England 1995.

1996: Health Survey for England 1996.

1997: Pomerleau J, Pudule I, Grinberga D, Kadziauskiene K, Abaravicius A, Bartkeviciute R, Vaask S, Robertson A, McKee M. Patterns of body weight in the Baltic Republics. *Public Health Nutrition*. 2000;3:3-10

1998: Health Survey for England 1998.

1999: Health Survey for England 1999.

2000: Health Survey for England 2000.

2001: Health Survey for England 2001.

2002, 2007: Barzda A, Bartkevičiūtė R, Stukas R, Ŗatkutė R, Abaravičius JA. Lietuvos gyventojų kūno masės indekso pokyčiai 1997-2007 metais. *Sveikatos mokslai* 2009;3:2406-2410. (no English translation)

2003: Health Survey for England 2003.

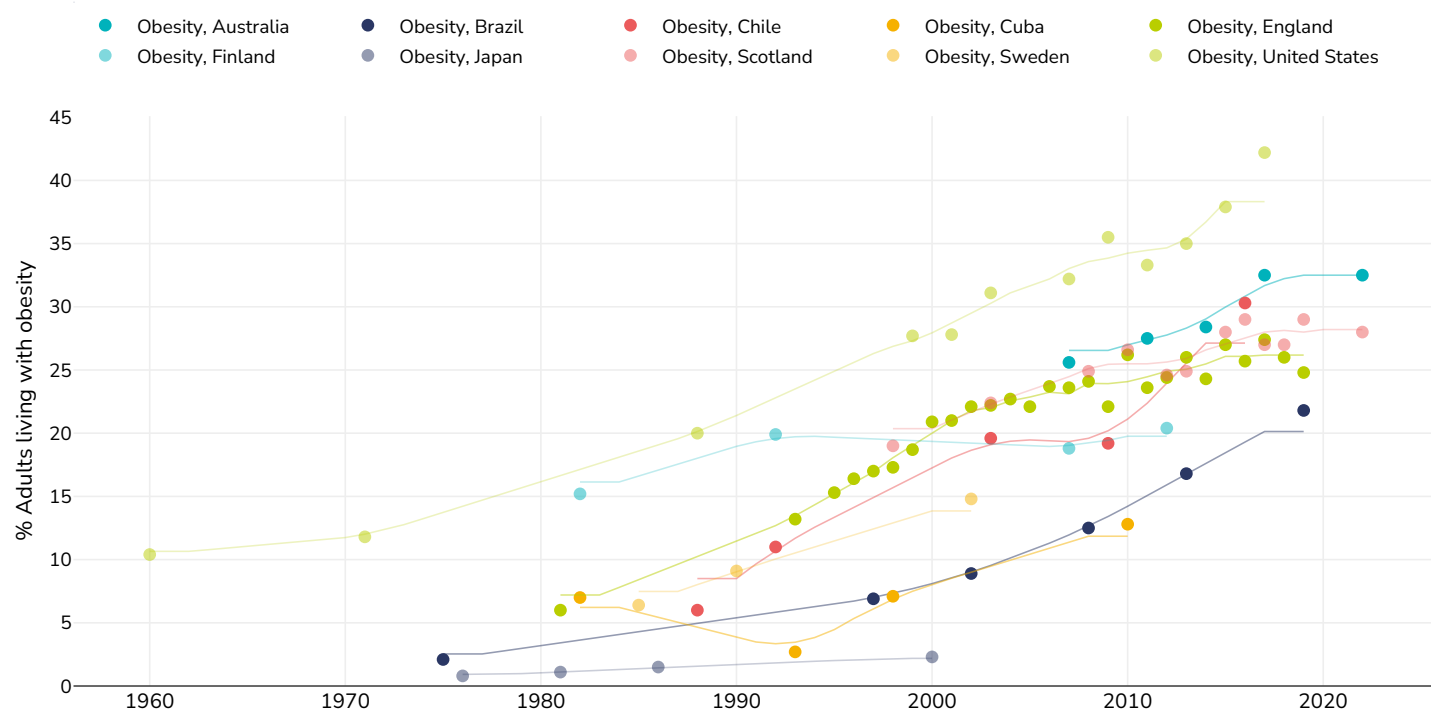
2004: Health Survey for England 2004.

2005: Health Survey for England 2005.

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, 1988, 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, 1986: Yoshiike N, Seino F, Tajima S, Arai Y, Kawano M, Furuhashi T, Inoue S. Twenty-year changes in the prevalence of overweight in Japanese adults: The National Nutrition Survey 1976-95. *Obesity Reviews* 2002;3:183-190

1982, 1993: 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, Pappas 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, Pappas 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: Uauy R, Albal C, Kain J. Obesity Trends in Latin America: Transiting from Under- to Overweight. *Journal of Nutrition* 2001;131:S893-S899

1995: Health Survey for England 1995.

1996: Health Survey for England 1996.

1997: Filozof C, Gonzales C, Sereday M, Mazza C, Braguinsky J. Obesity prevalence and trends in Latin American countries. *Obesity Reviews*, 2001;2:99-196

1998: Scottish Health Survey 1998

1999: Health Survey for England 1999.

2000: Ogden CL, Carroll MD, Curtin LR, McDowell MA, Tabak CJ, Flegal KM. Prevalence of Overweight and Obesity in the United States, 1999-2004. *JAMA* 2006;295(13):1549-1555

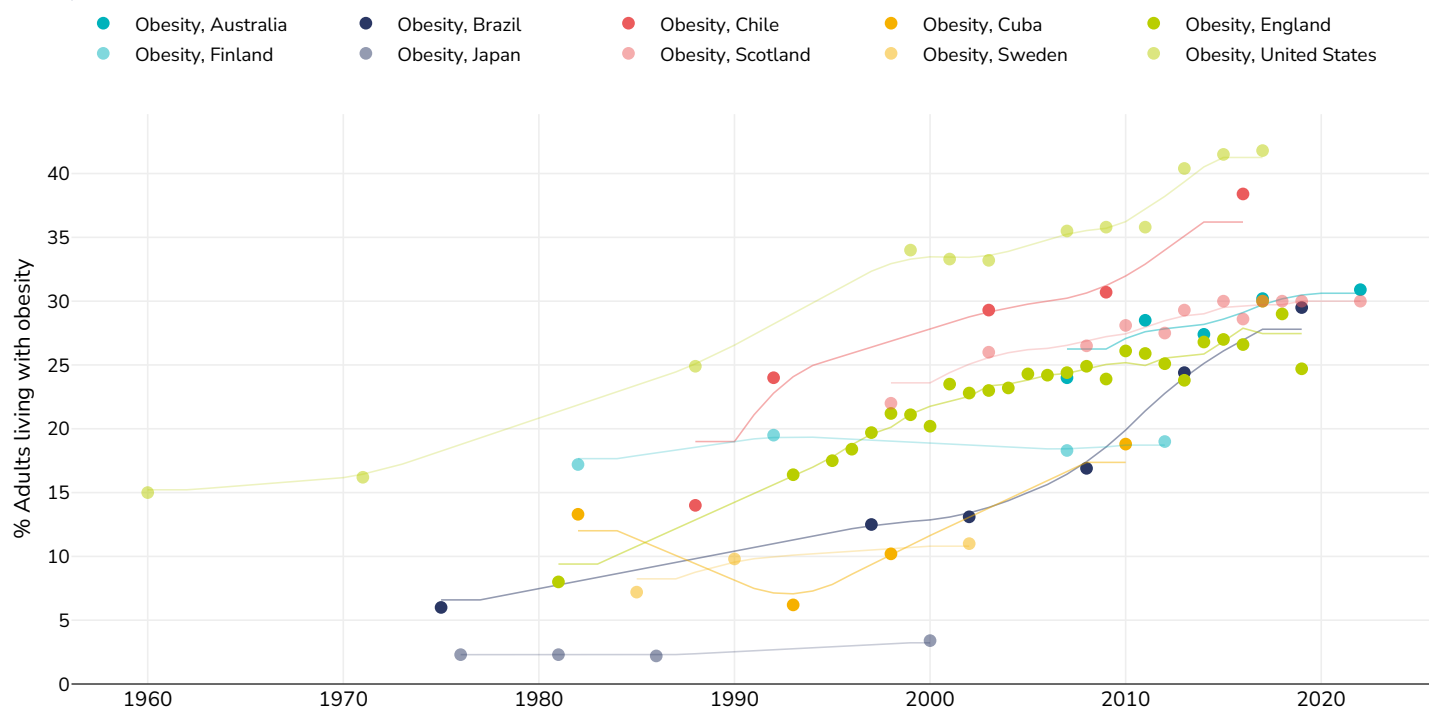
2001: Health Survey for England 2001.

2002: Monteiro CA, Conde WL and Popkin BA. (2007). Income-specific trends in obesity in Brazil: 1975 - 2003. *American Journal of Public Health*, 97 (10): 1808 - 1812.

2002: 2002 FNS Report. Final results on the National Health Survey

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, 1988, 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, 1986: Yoshiike N, Seino F, Tajima S, Arai Y, Kawano M, Furuhashi T, Inoue S. Twenty-year changes in the prevalence of overweight in Japanese adults: The National Nutrition Survey 1976-95. *Obesity Reviews* 2002;3:183-190

1982, 1993: 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, Pappas 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, Pappas 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: Uauy R, Albal C, Kain J. Obesity Trends in Latin America: Transiting from Under- to Overweight. *Journal of Nutrition* 2001;131:S893-S899

1995: Health Survey for England 1995.

1996: Health Survey for England 1996.

1997: Filozof C, Gonzales C, Sereday M, Mazza C, Braguinsky J. Obesity prevalence and trends in Latin American countries. *Obesity Reviews*, 2001;2:99-196

1998: Scottish Health Survey 1998

1999: Health Survey for England 1999.

2000: Ogden CL, Carroll MD, Curtin LR, McDowell MA, Tabak CJ, Flegal KM. Prevalence of Overweight and Obesity in the United States, 1999-2004. *JAMA* 2006;295(13):1549-1555

2001: Health Survey for England 2001.

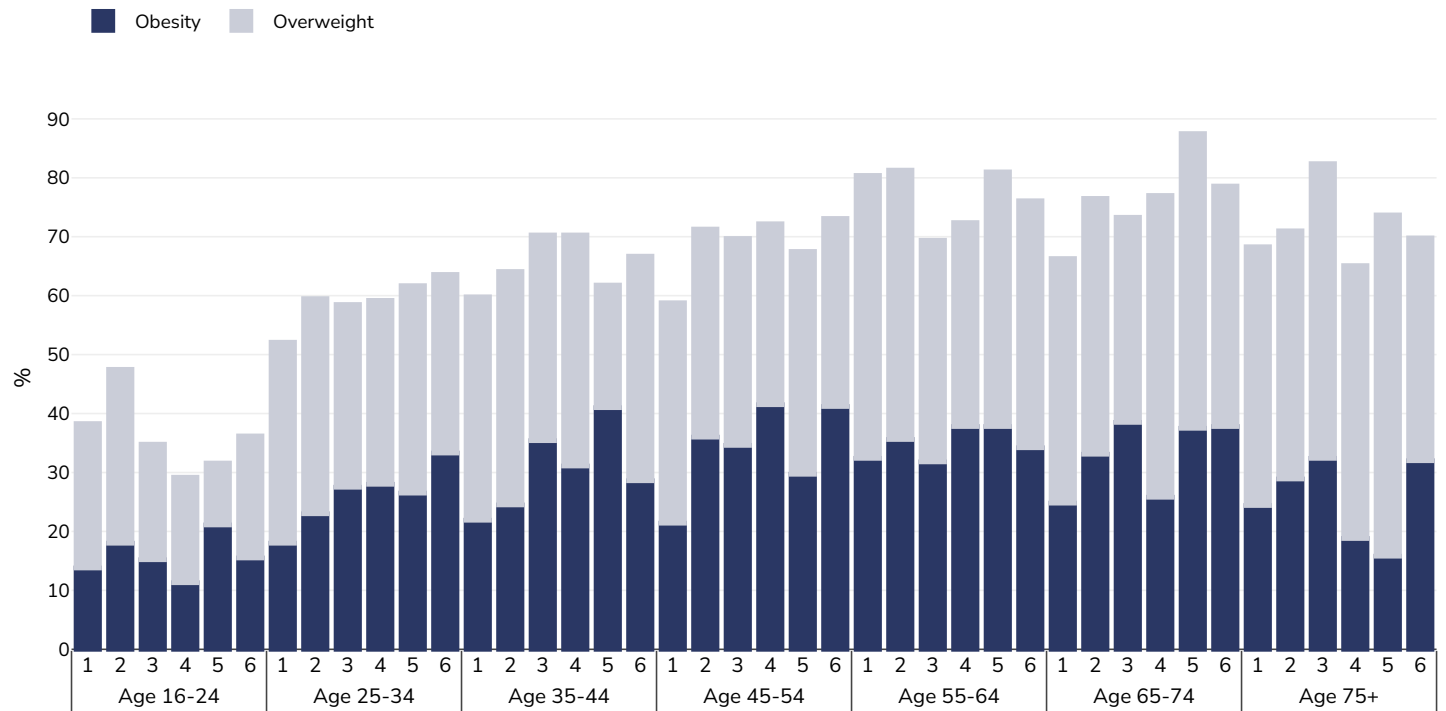
2002: Monteiro CA, Conde WL and Popkin BA. (2007). Income-specific trends in obesity in Brazil: 1975 - 2003. *American Journal of Public Health*, 97 (10): 1808 - 1812.

2002: 2002 FNS Report. Final results on the National Health Survey

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.

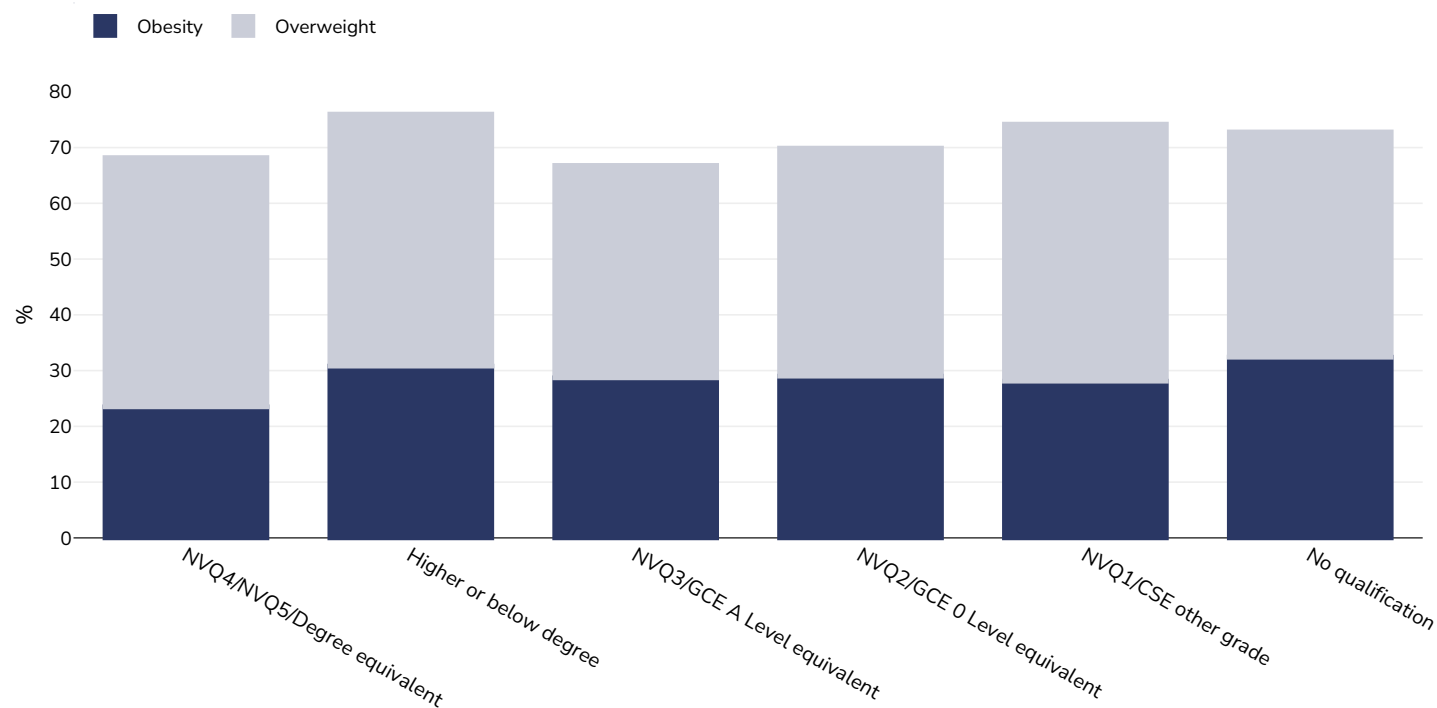
Notes: 1 - NVQ4/NVQ5/Degree equivalent 2 - Higher of below 3 - NVQ3/ GCE A Level equivalent 4 - NVQ2/ GCE O Level equivalent 5 - NVQ1/CSE other grade 6 - No qualification

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

Men, 2018



Survey type: Measured

Age: 16+

Sample size: 6689

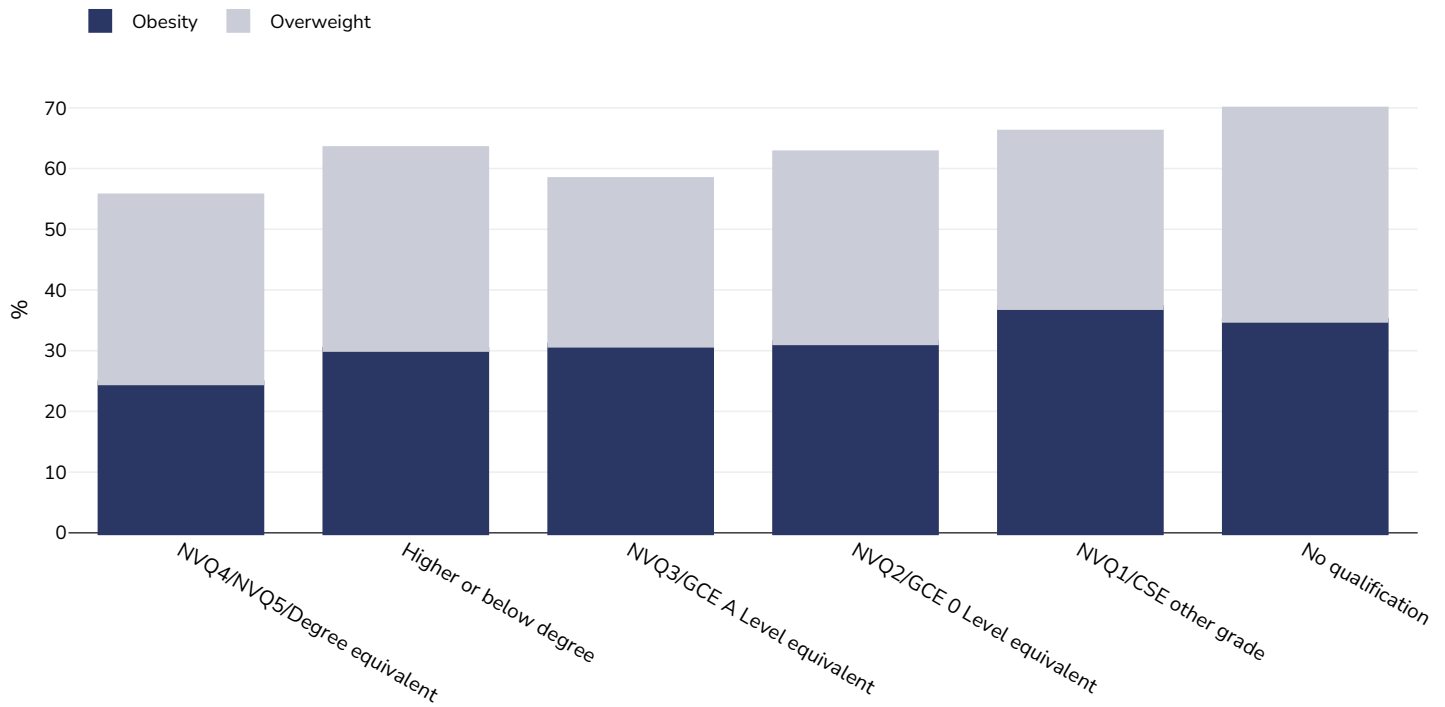
Area covered: National

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

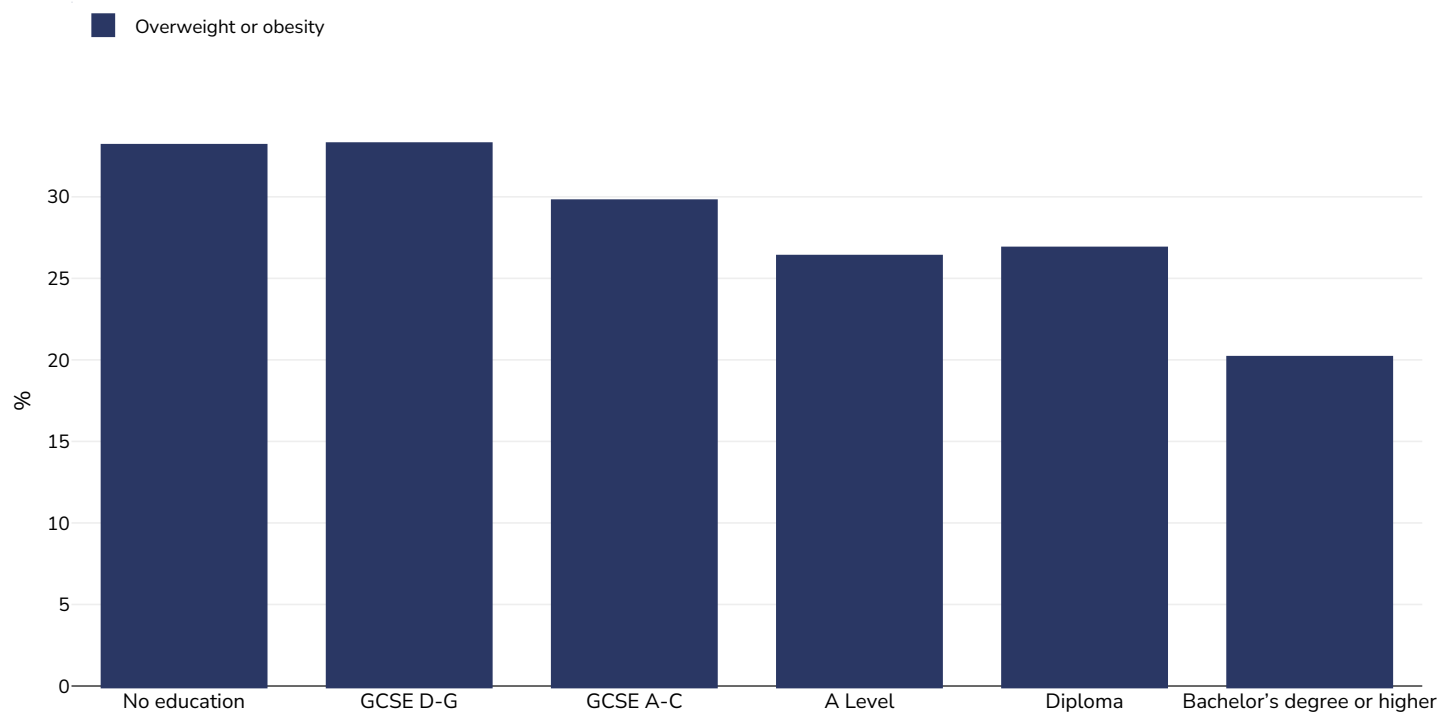
Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².

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/m², obesity refers to a BMI greater than 30kg/m².</i>	

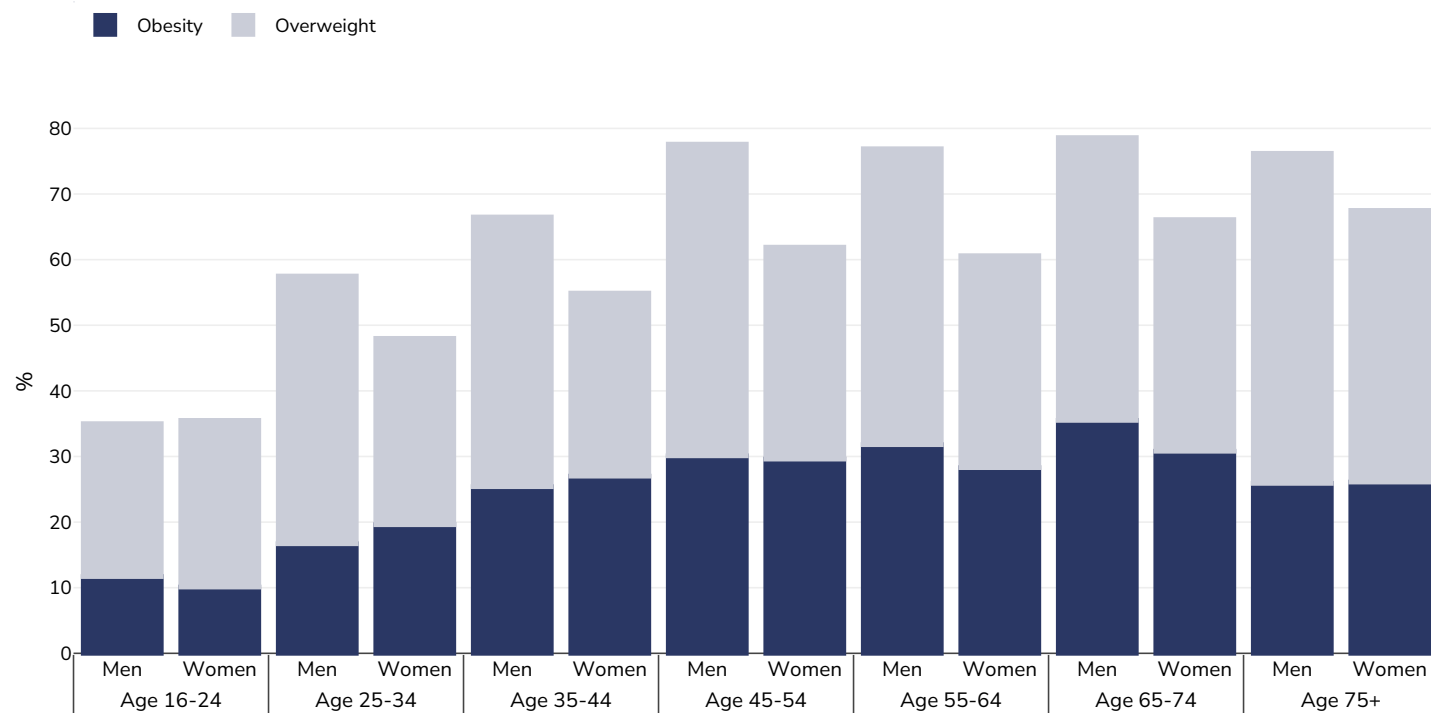
Children, 2012-2013



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

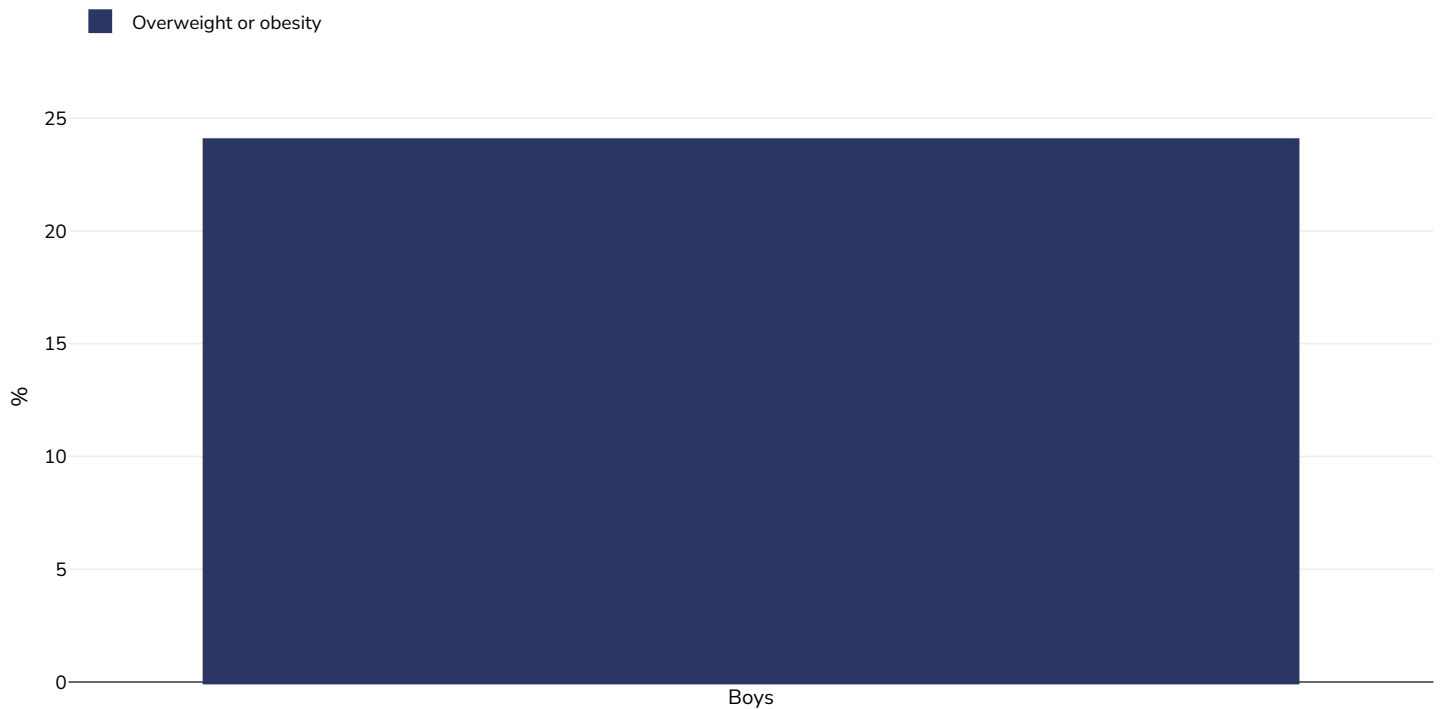
Sample size: 6681

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/m², obesity refers to a BMI greater than 30kg/m².

Boys, 2021-2022



Survey type: Self-reported

Age: 15

Area covered: See Report

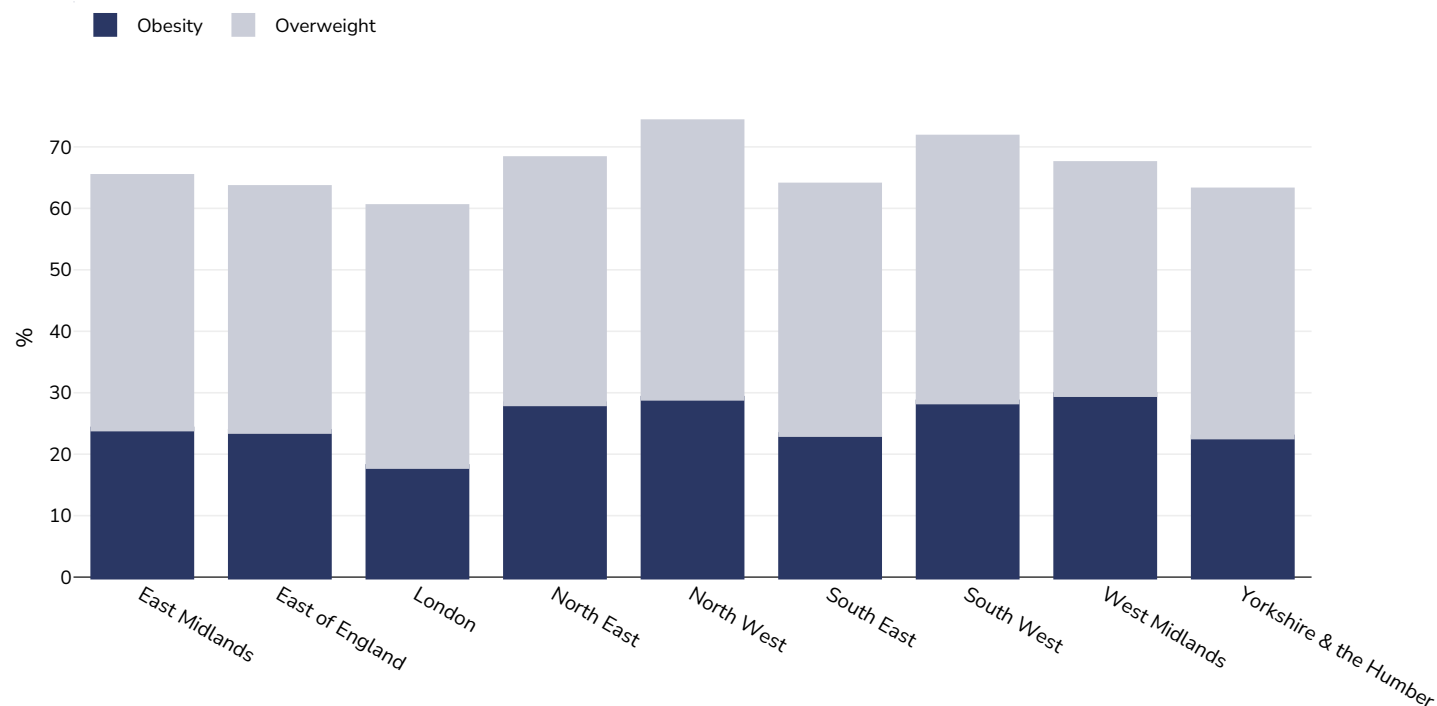
References: Rakić JG, Hamrik Z, Dzielska A, Felder-Puig R, Oja L, Bakalár P et al. A focus on adolescent physical activity, eating behaviours, weight status and body image in Europe, central Asia and Canada. Health Behaviour in School-aged Children (HBSC) international report from the 2021/2022 survey. Volume 4. Copenhagen: WHO Regional Office for Europe; 2024. 'Any translation was not created by the World Health Organization (WHO). WHO is not responsible for the content or accuracy of this translation. The original English edition shall be the binding and authentic edition'

Notes: HBSC aims to survey approximately 1500 pupils per age group in each country or region (totaling around 4500)

Cutoffs: +2SD

Overweight/obesity by region

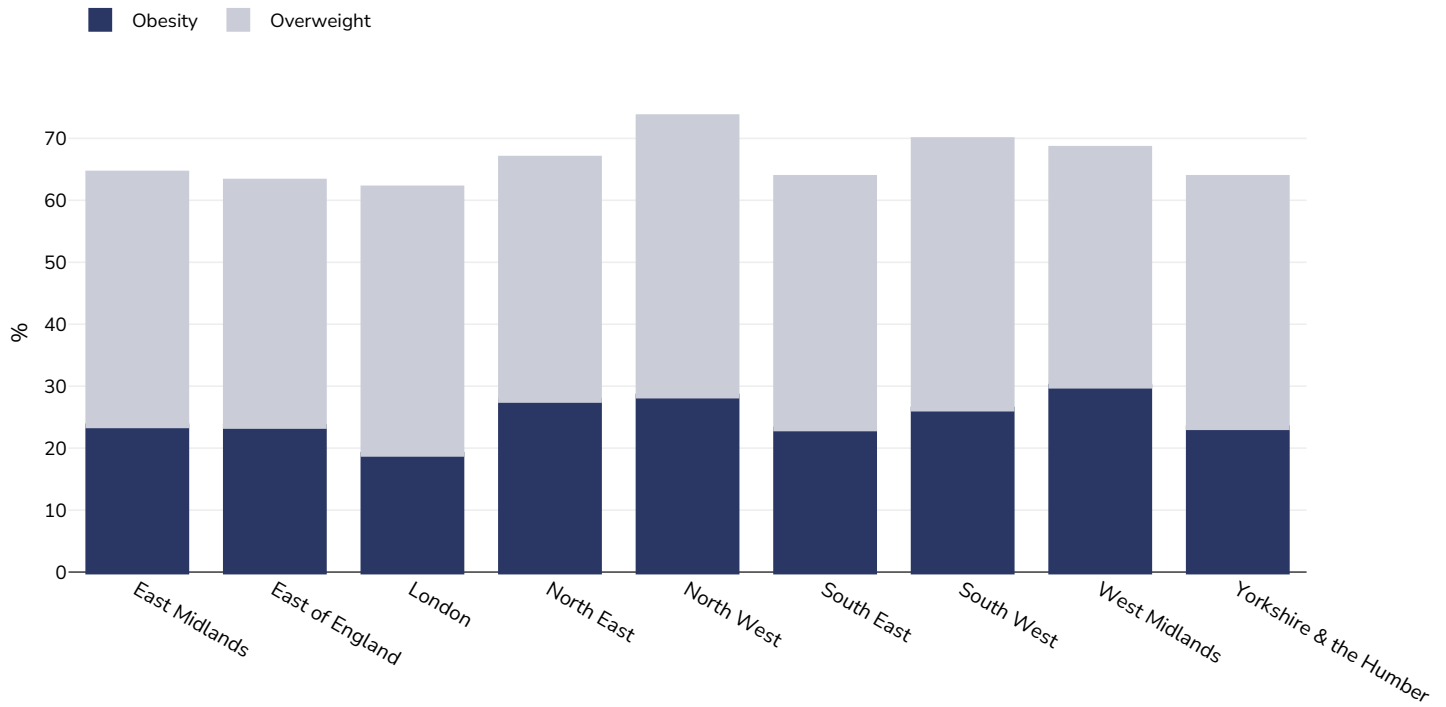
Men, 2019



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

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

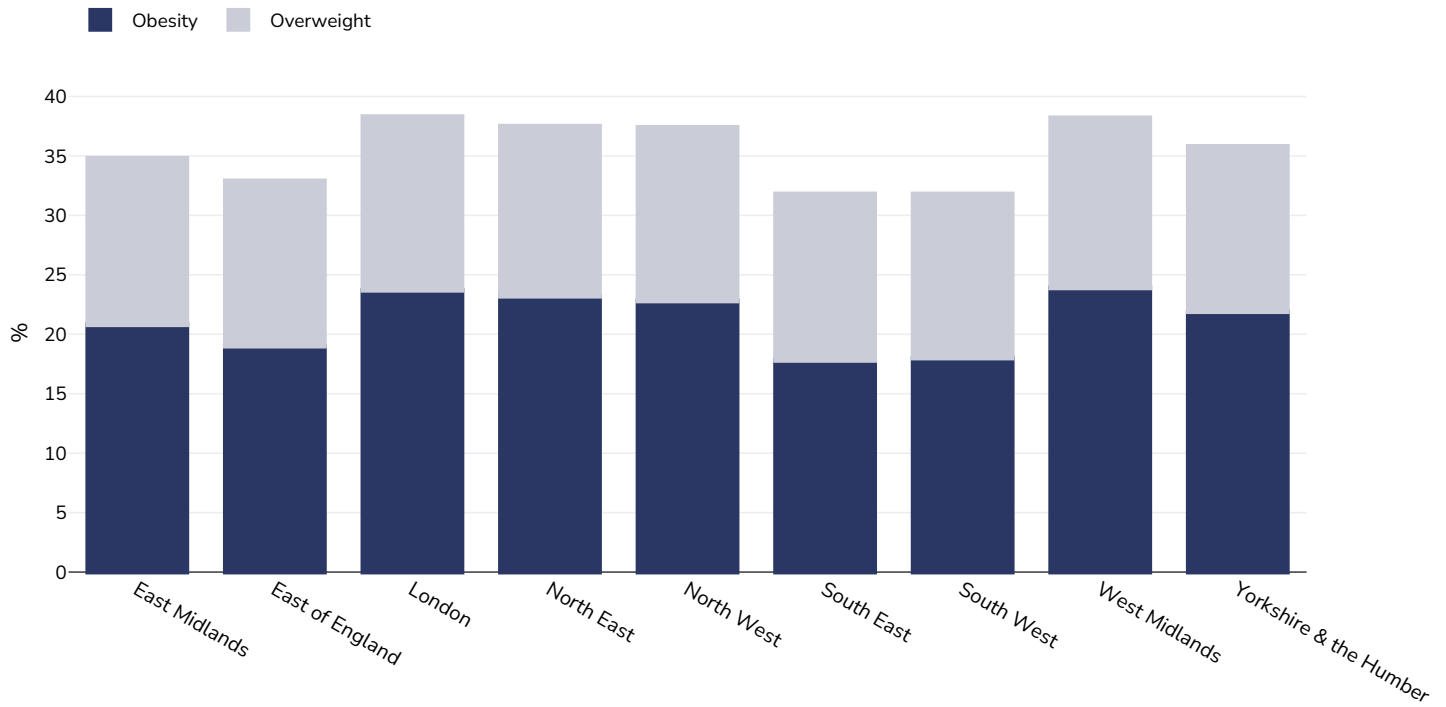
Women, 2019



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/m², obesity refers to a BMI greater than 30kg/m².

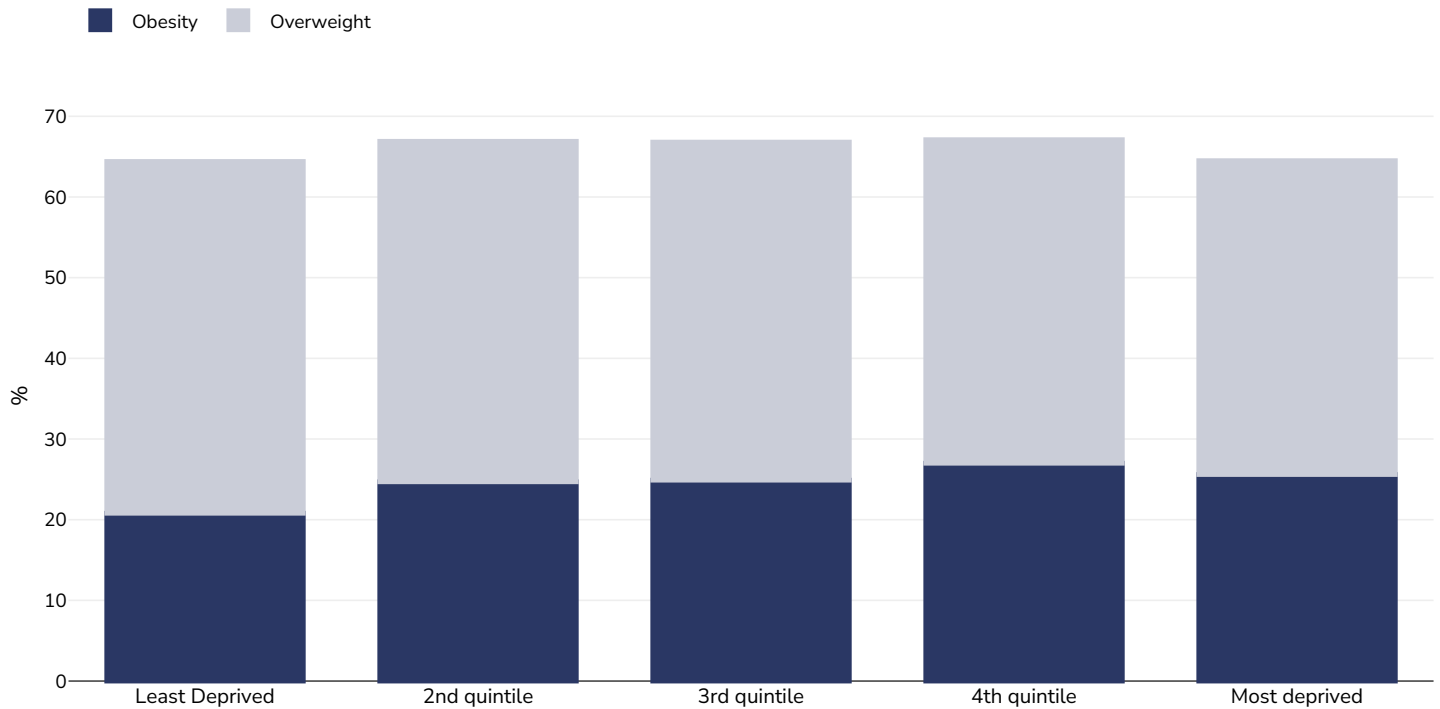
Children, 2019-2020



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

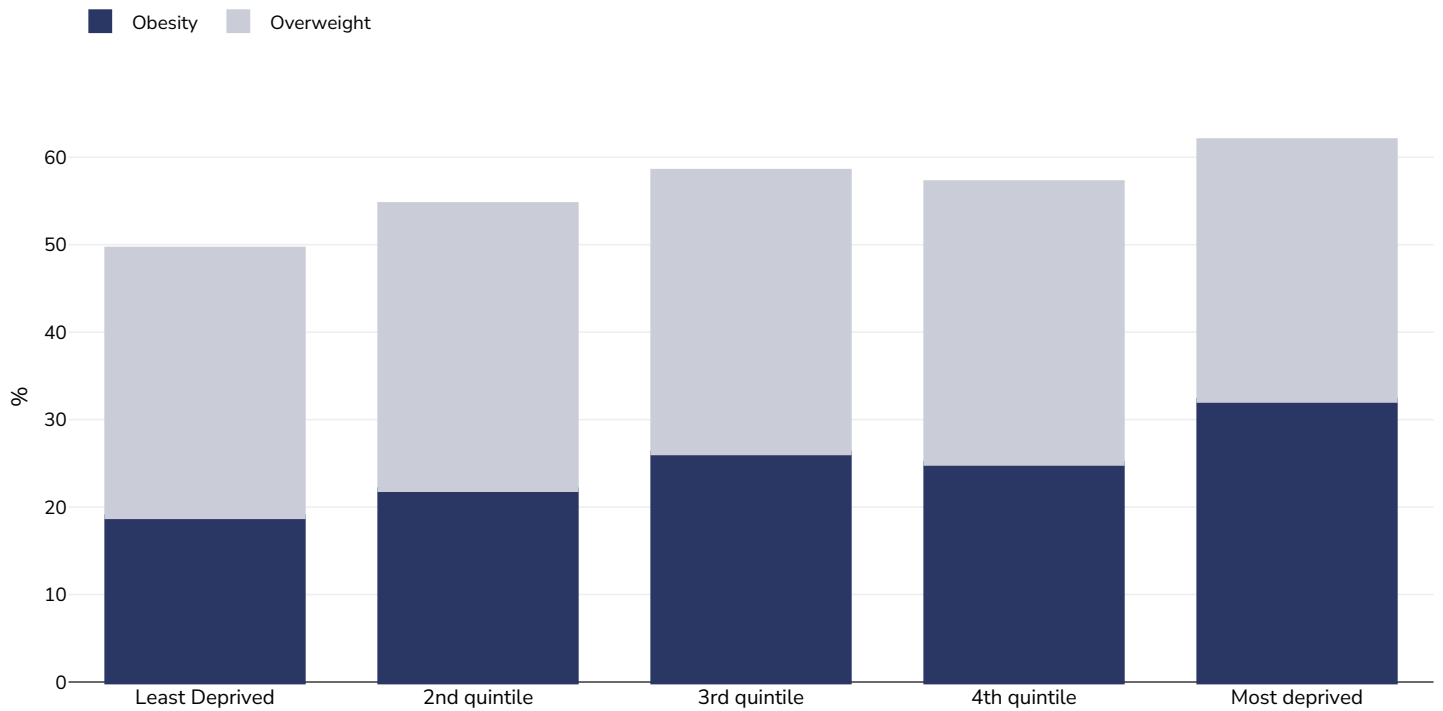
Men, 2019



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

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

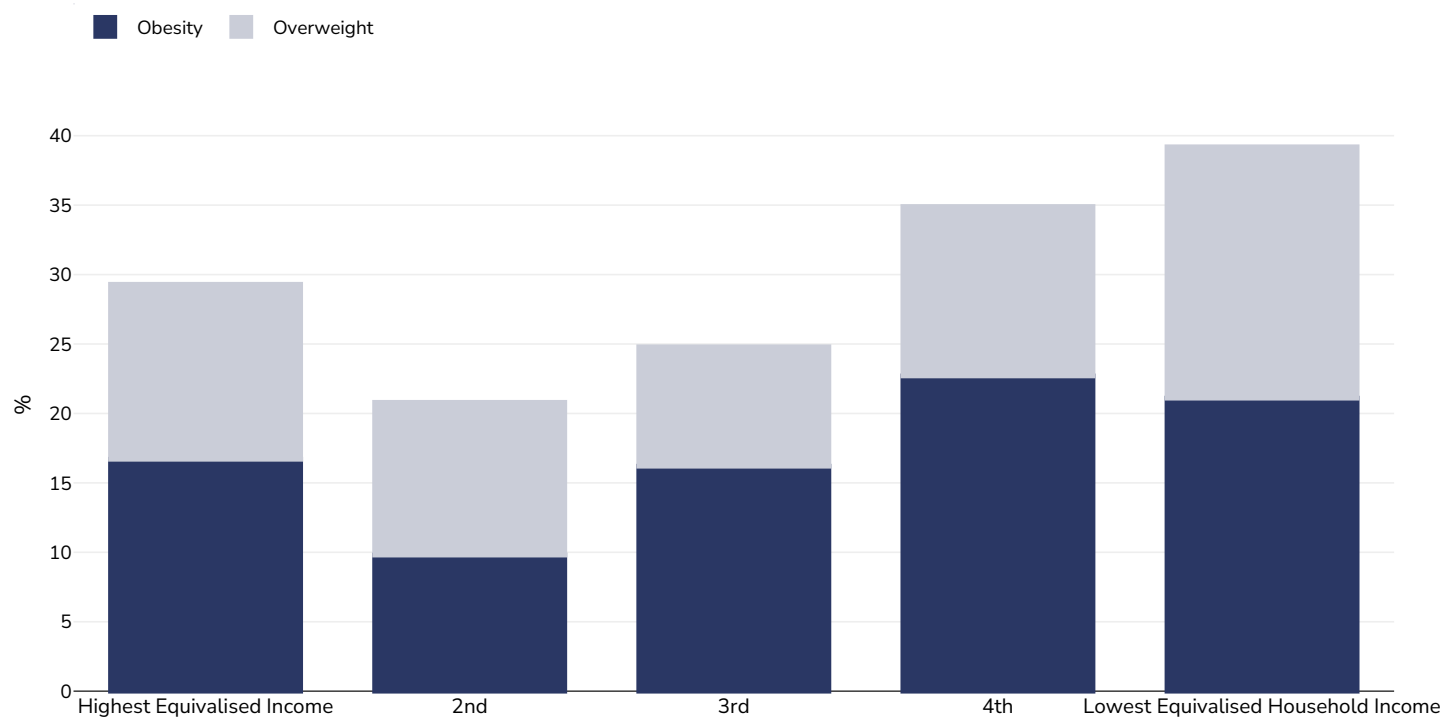
Women, 2019



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)

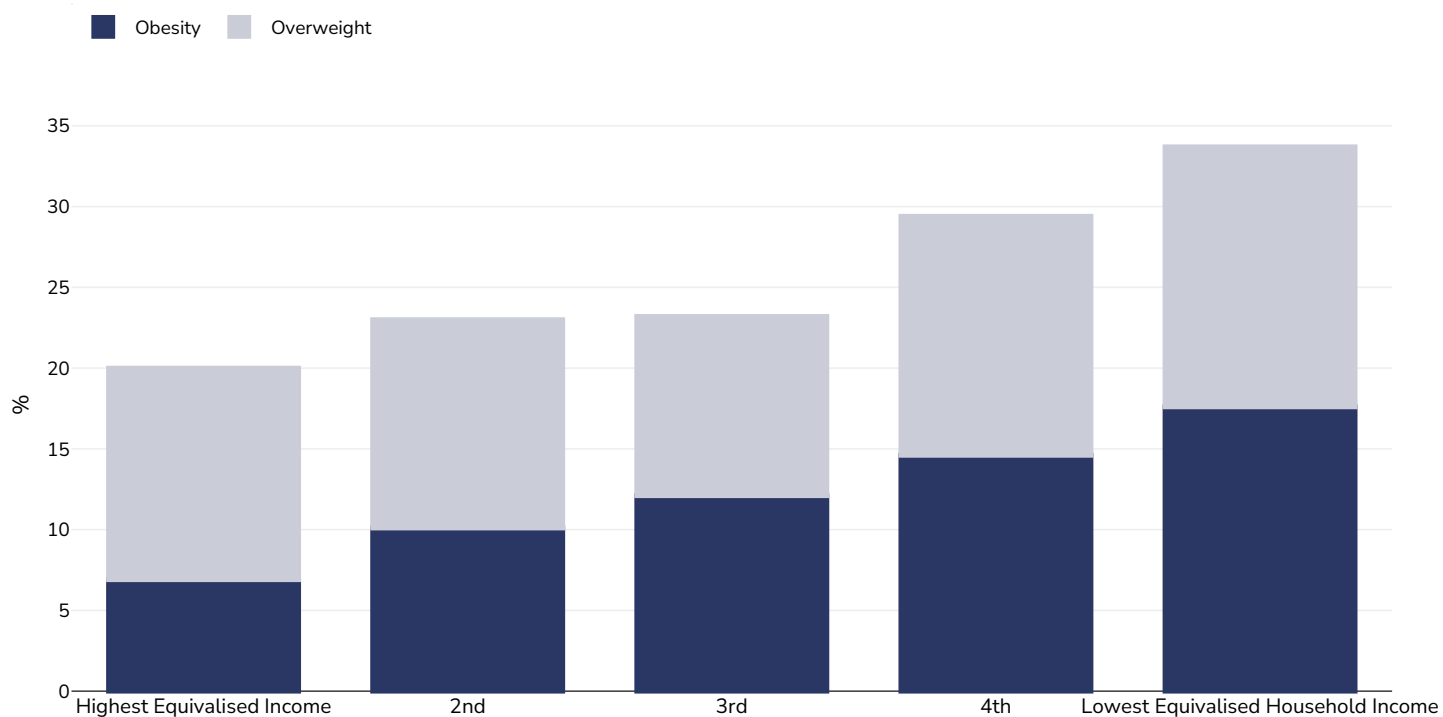
Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².

Boys, 2019



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

Girls, 2019

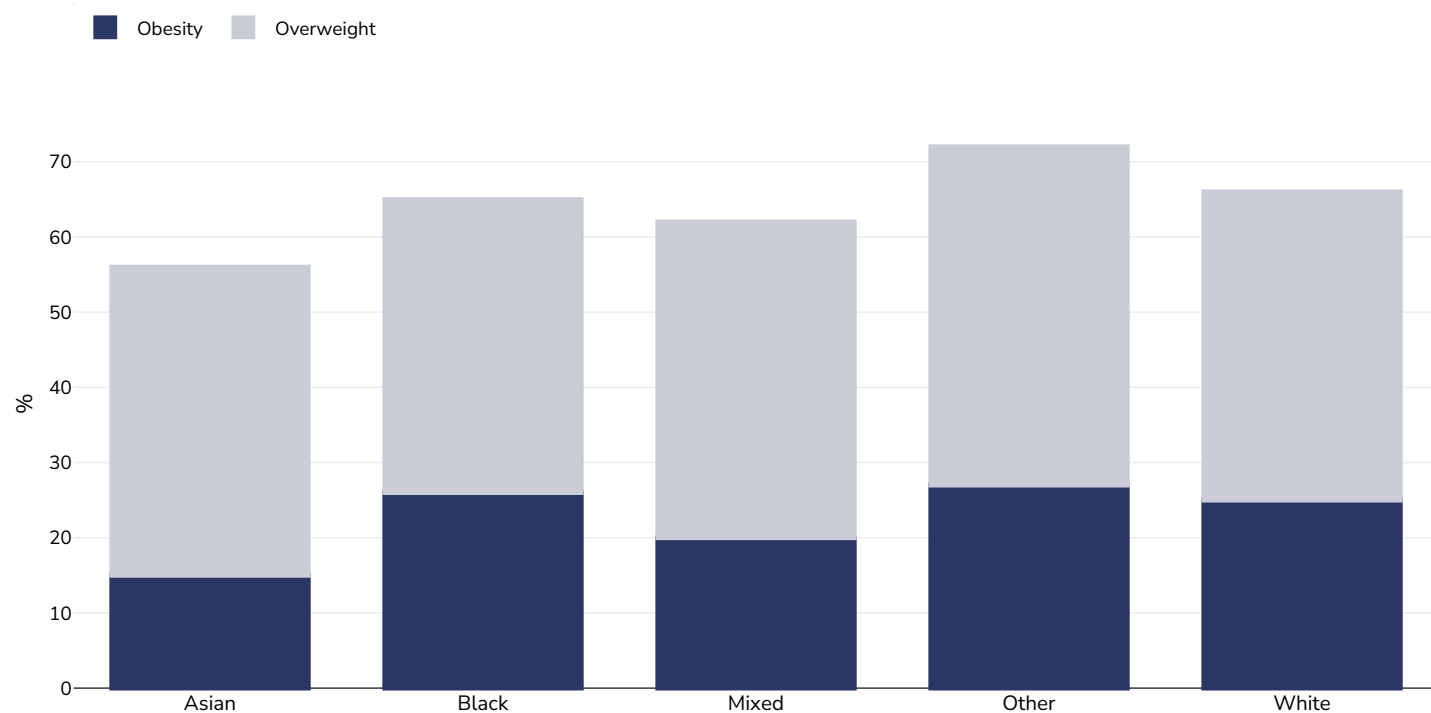


Survey type:	Measured
Age:	2-15
Sample size:	1392
Area covered:	National
References:	Health Survey for England 2019 available at http://digital.nhs.uk/pubs/hse2019 (last accessed 16.12.20)
Definitions:	85/95th UK Centile
Cutoffs:	Other

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

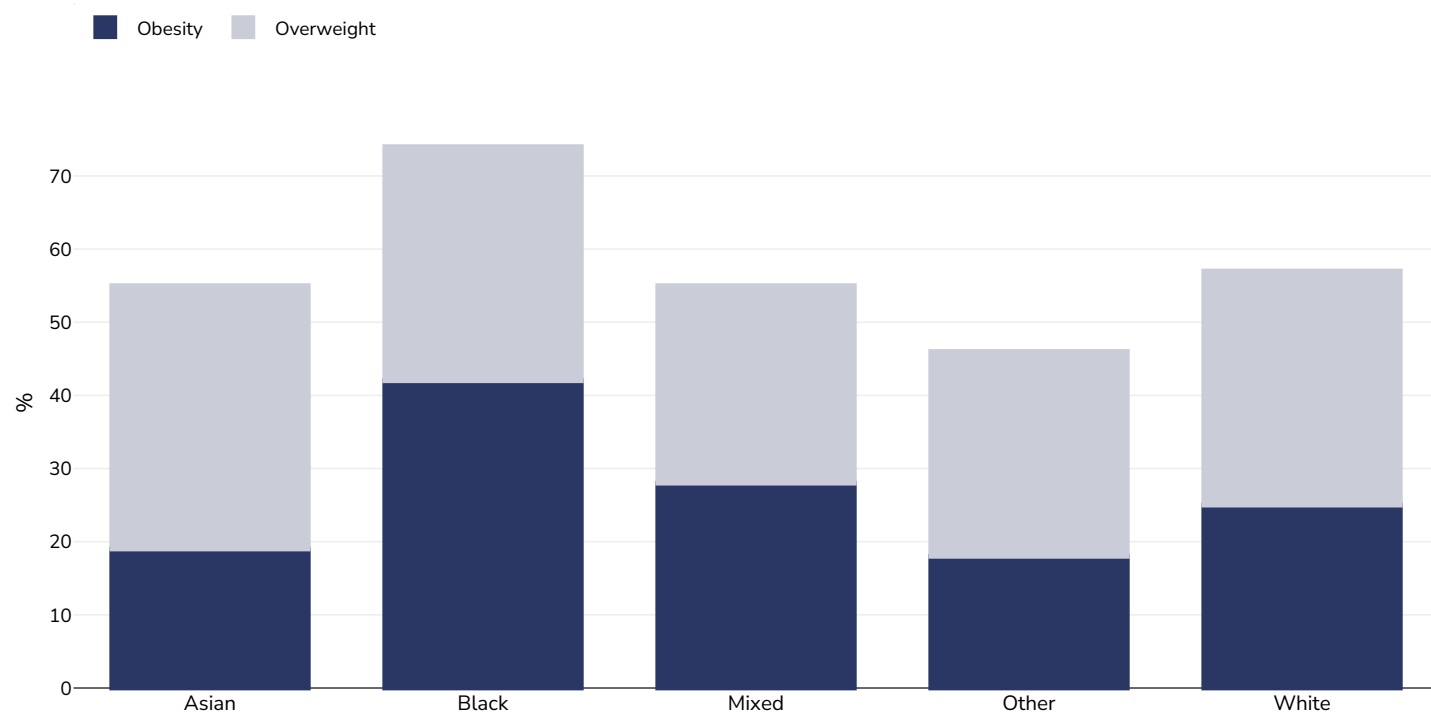
References: Health Survey for England 2014, (2015). Available at: <https://digital.nhs.uk/data-and-information/publications/statistical/health-survey-for-england/health-survey-for-england-2014>. Last Accessed: 13.04.21.

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/m², obesity refers to a BMI greater than 30kg/m².

Women, 2014



Survey type: Measured

Age: 16+

Sample size: 21439

Area covered: National

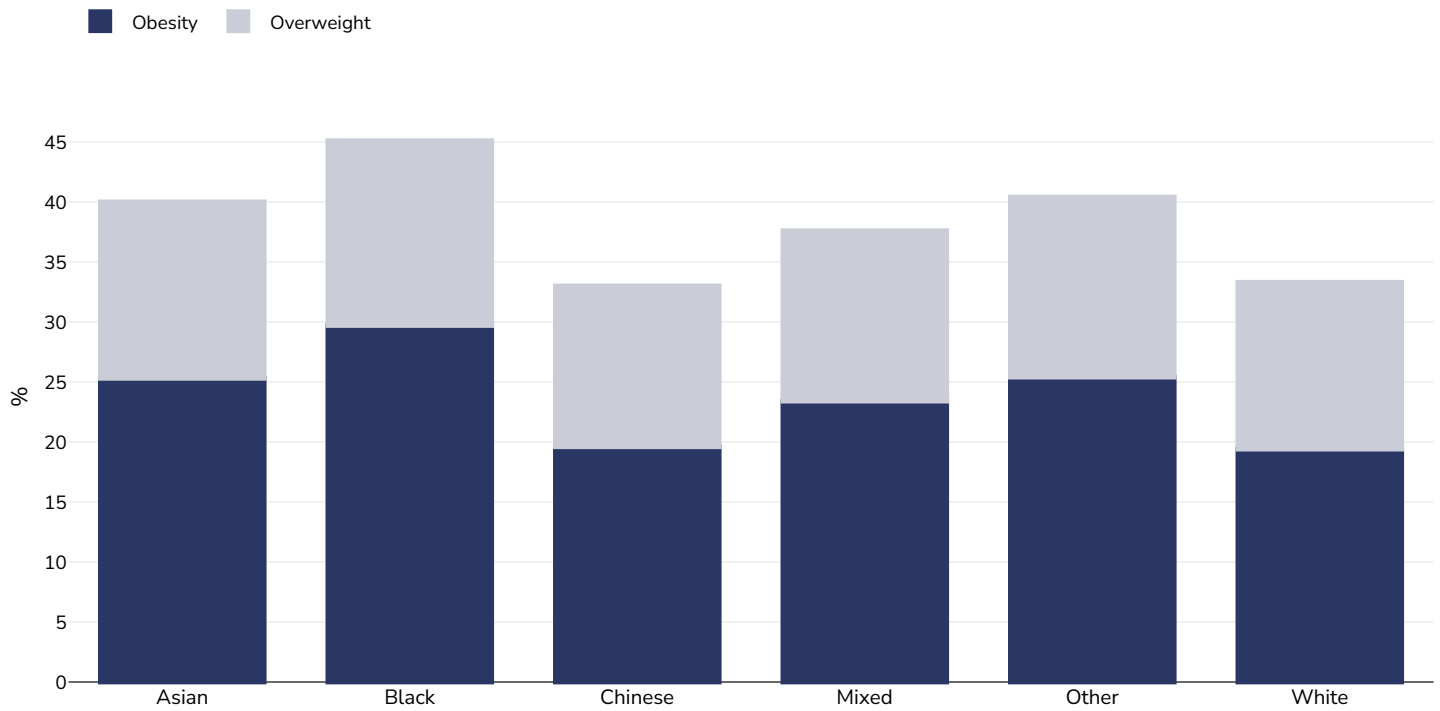
References: Health Survey for England 2014, (2015). Available at: <https://digital.nhs.uk/data-and-information/publications/statistical/health-survey-for-england/health-survey-for-england-2014>. Last Accessed: 13.04.21.

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/m², obesity refers to a BMI greater than 30kg/m².

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

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?	✓
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

✓_v Present
(voluntary)

✓ Incoming

✗ Absent

? Unknown

Last updated September 13, 2022

PDF created on July 7, 2024