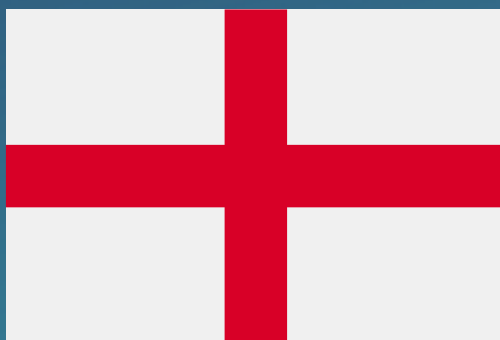




England



Country report card - adults

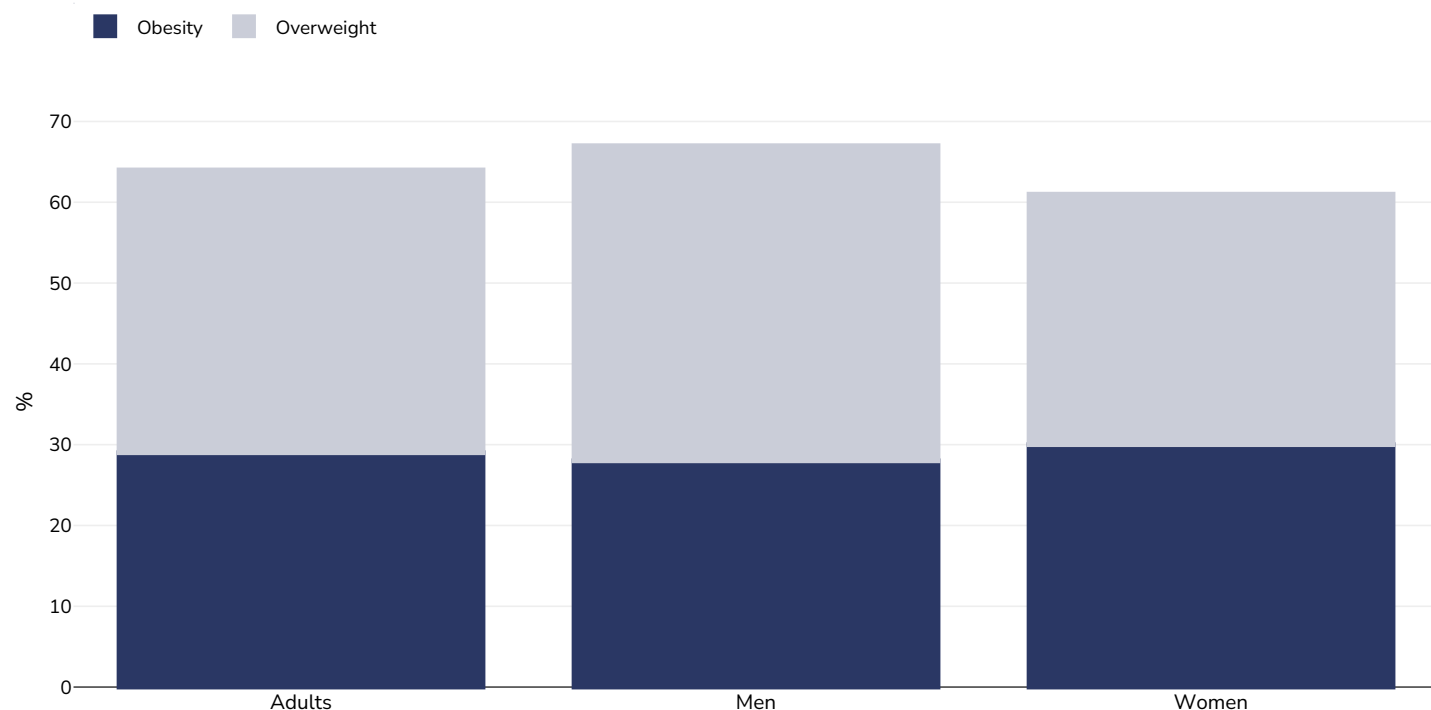
This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity for adults. Where available, data on common and relevant obesity drivers and comorbidities are also presented.

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

% Adults living with obesity, 2013-2022(By socioeconomic group)

Women



Survey type:

Measured

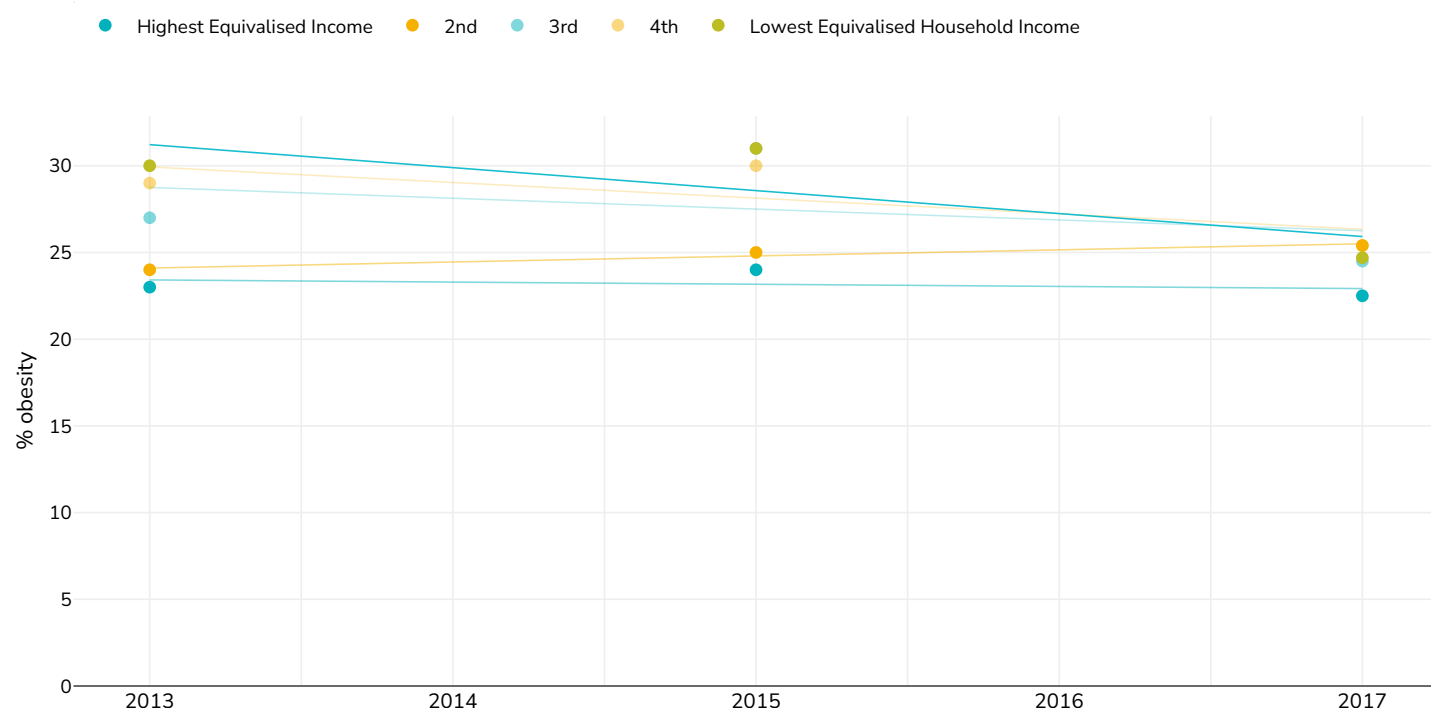
References:

- 2013: HSE 2013. <http://www.hscic.gov.uk/catalogue/PUB16076/HSE2013-Ch10-Adult-anth-meas.pdf> (last accessed 4th June 2015)
- 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)
- 2019: Health Survey for England 2019 available at <http://digital.nhs.uk/pubs/hse2019> (last accessed 16.12.20)
- 2022: 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)

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

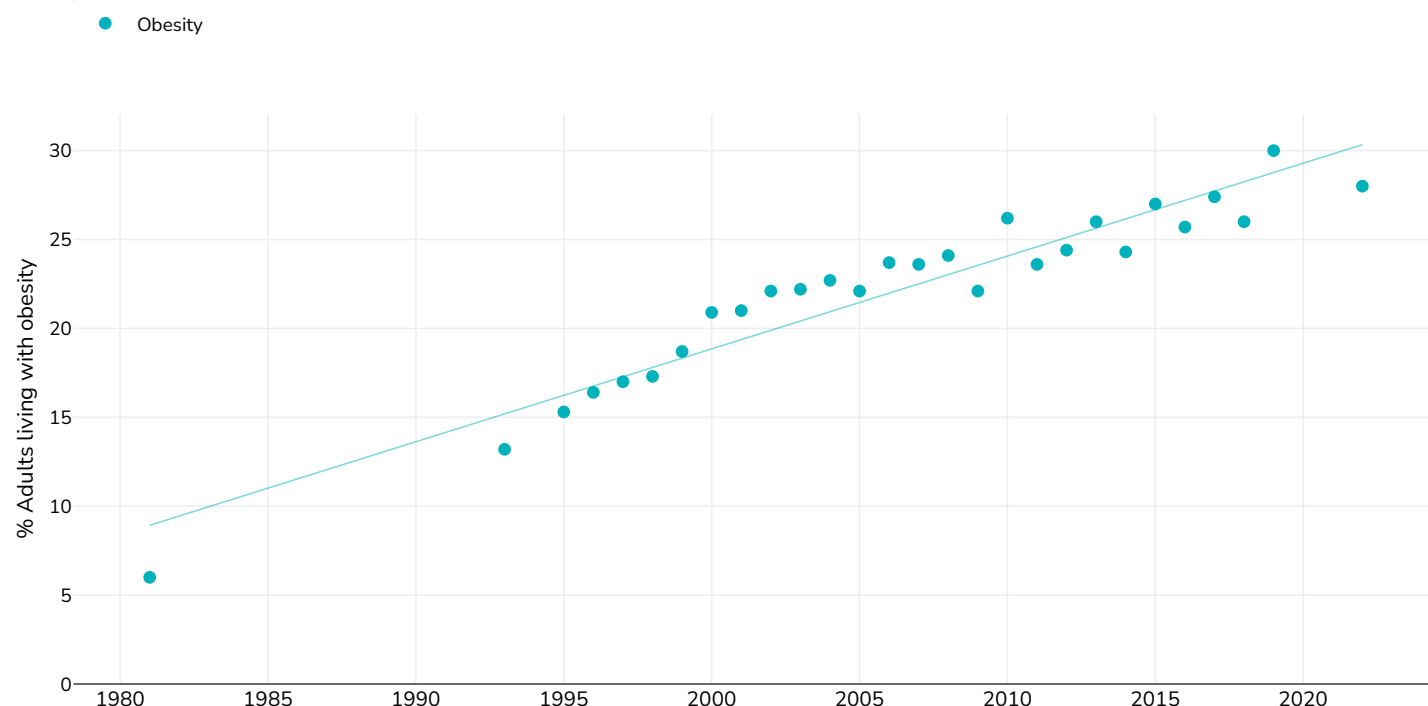
References: 2013: HSE 2013. <http://www.hscic.gov.uk/catalogue/PUB16076/HSE2013-Ch10-Adult-anth-meas.pdf> (last accessed 4th June 2015)
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 2022: Health Survey for England 2022. Available at <https://digital.nhs.uk/data-and-information/publications/statistical/health-survey-for-england/2022-part-2> (last accessed 08.10.24)

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

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Adults living with obesity in England 1981-2022

Men



Survey type:

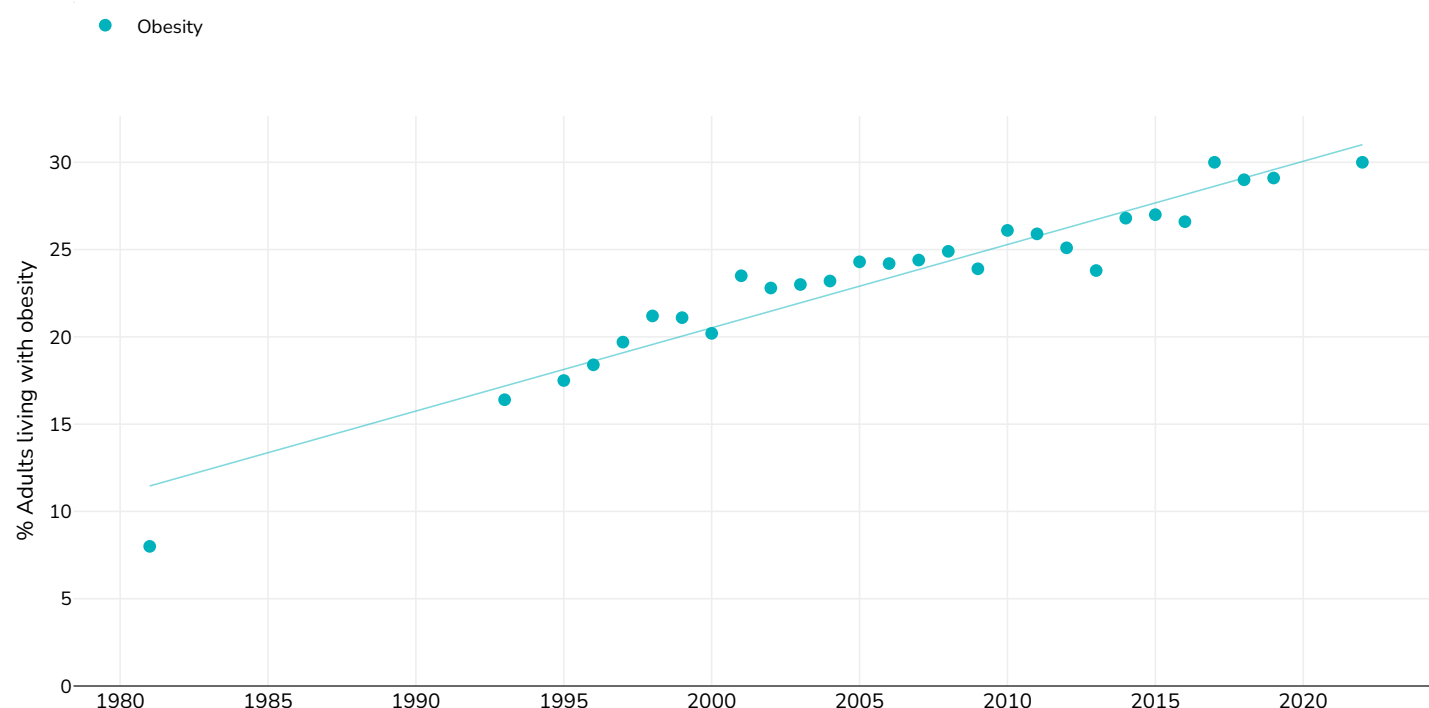
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References:

- 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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- 2018: Health Survey for England 2018. <https://digital.nhs.uk/data-and-information/publications/statistical/health-survey-for-england/2018/health-survey-for-england-2018-data-tables> (last accessed 03.01.19)
- 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.

Women



Survey type:

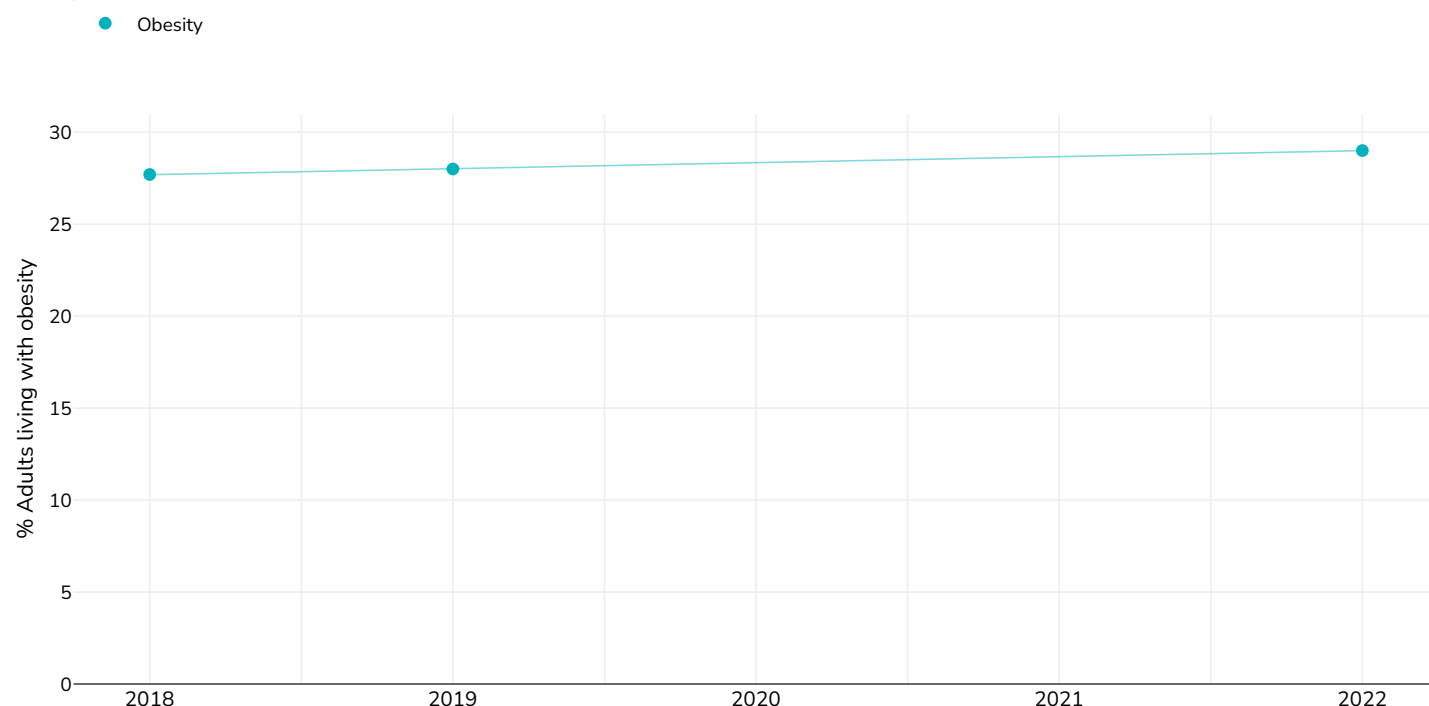
Measured

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:

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.

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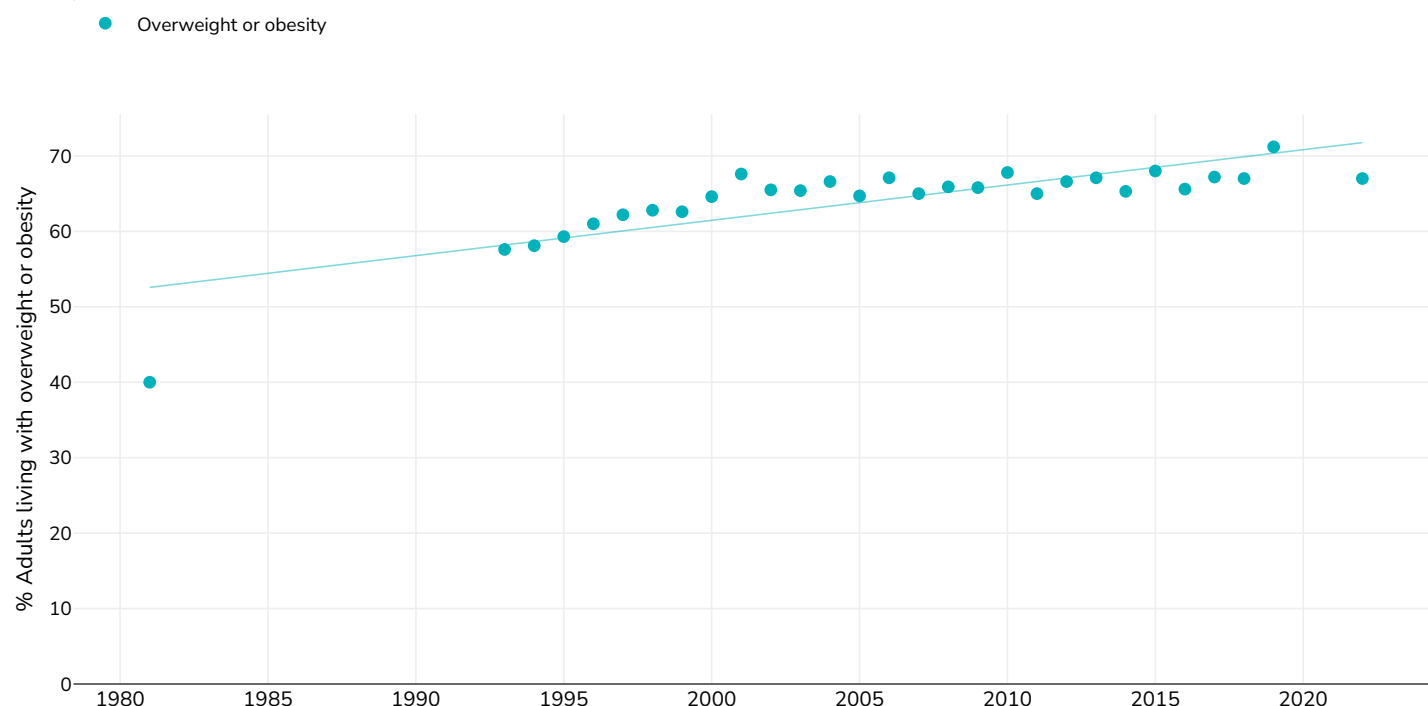
2018: Health Survey for England 2018. <https://digital.nhs.uk/data-and-information/publications/statistical/health-survey-for-england/2018/health-survey-for-england-2018-data-tables> (last accessed 03.01.19)

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Adults living with overweight or obesity in England 1981-2022

Men



Survey type:

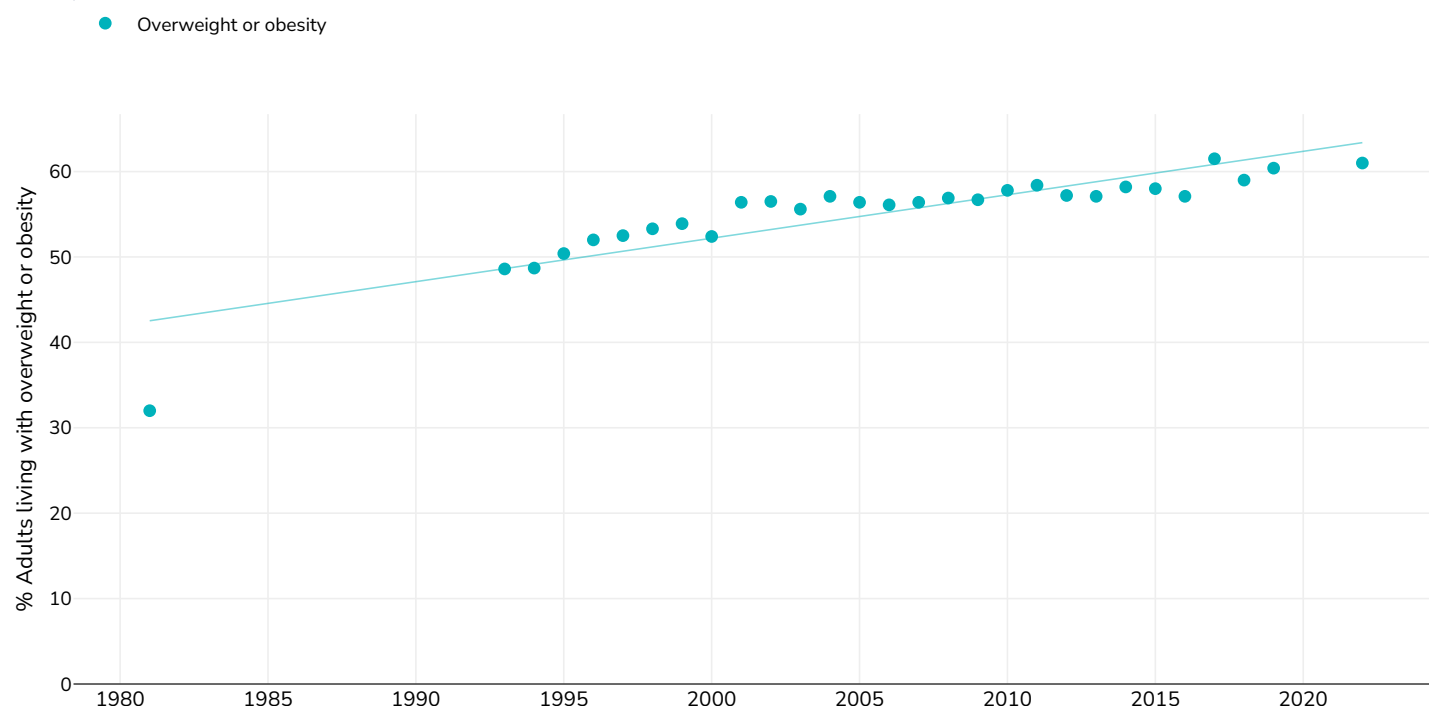
Measured

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
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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.

Women



Survey type:

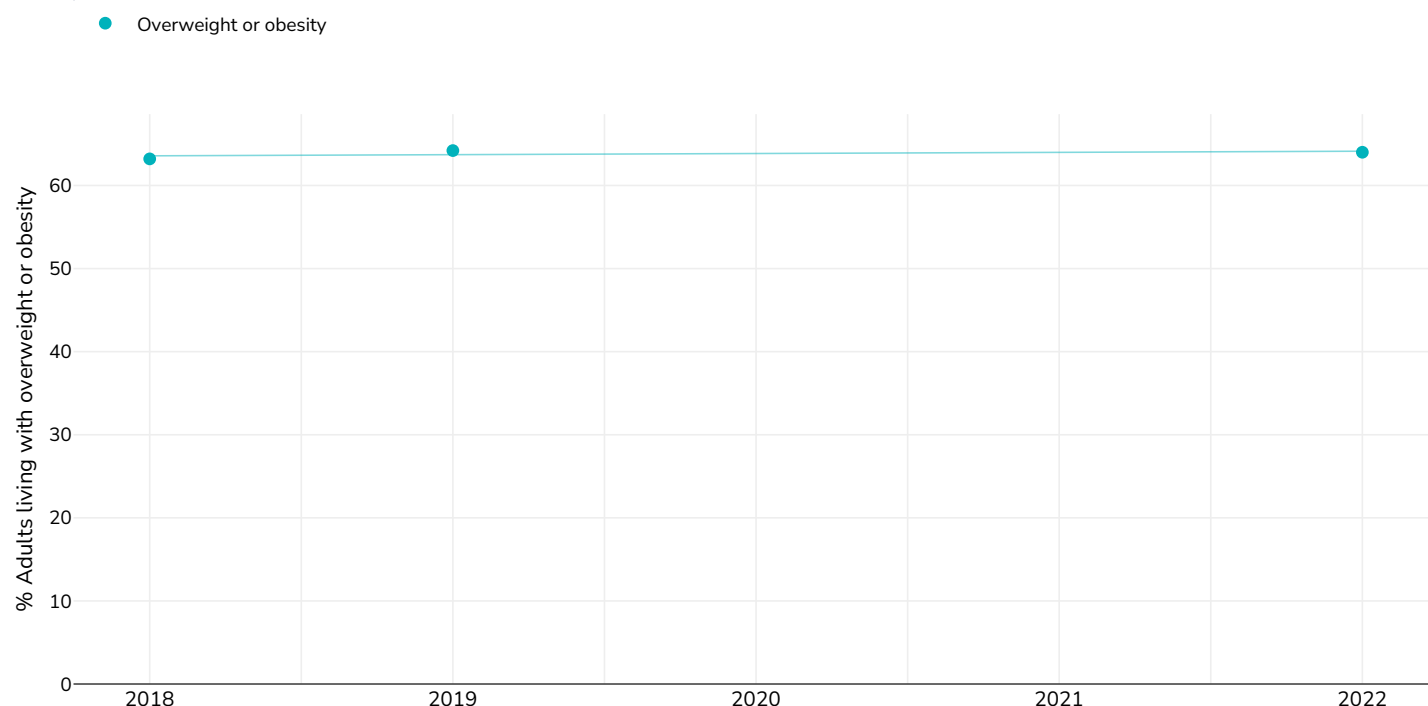
Measured

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.
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Men and women



Survey type:

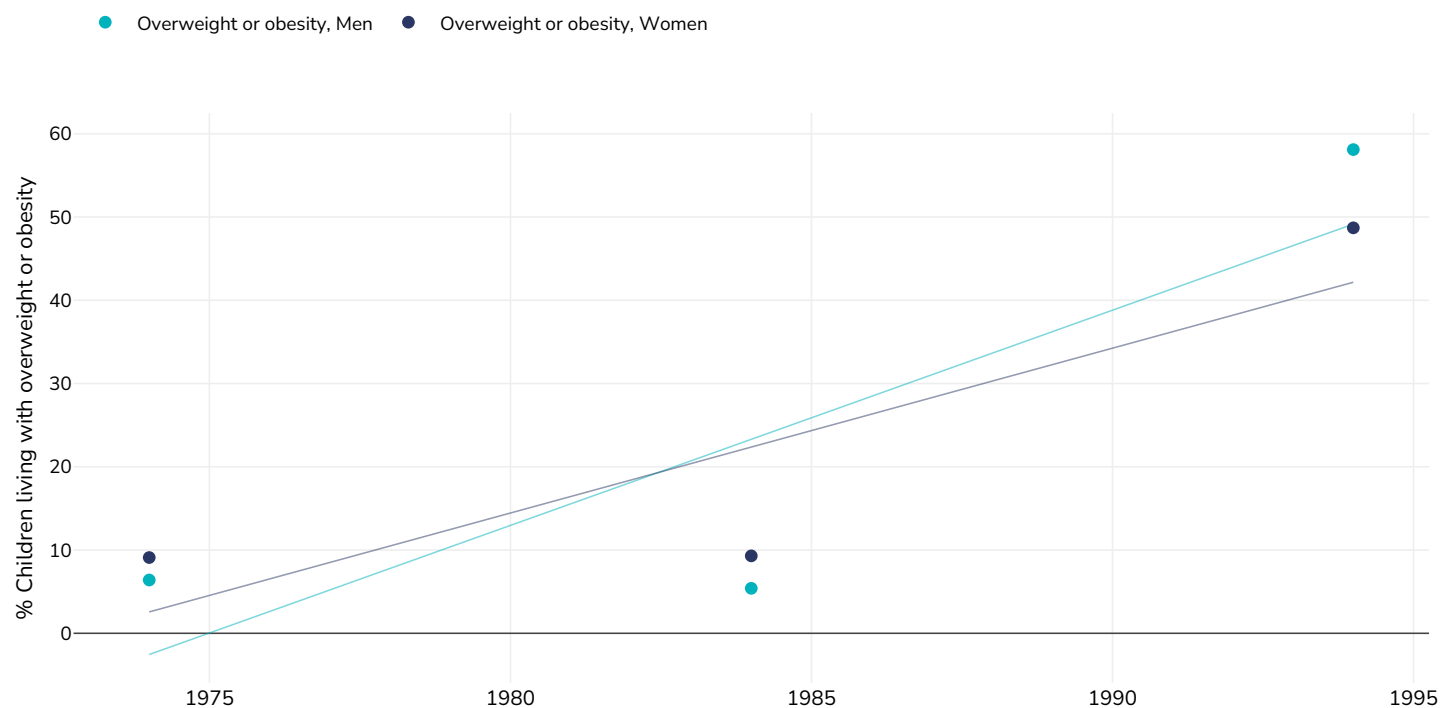
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- 1981: Royal College of Physicians (1983). Obesity. Reprinted from the Journal of the Royal College of Physicians of London Vol 17 (No 1) January 1983
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Different methodologies may have been used 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

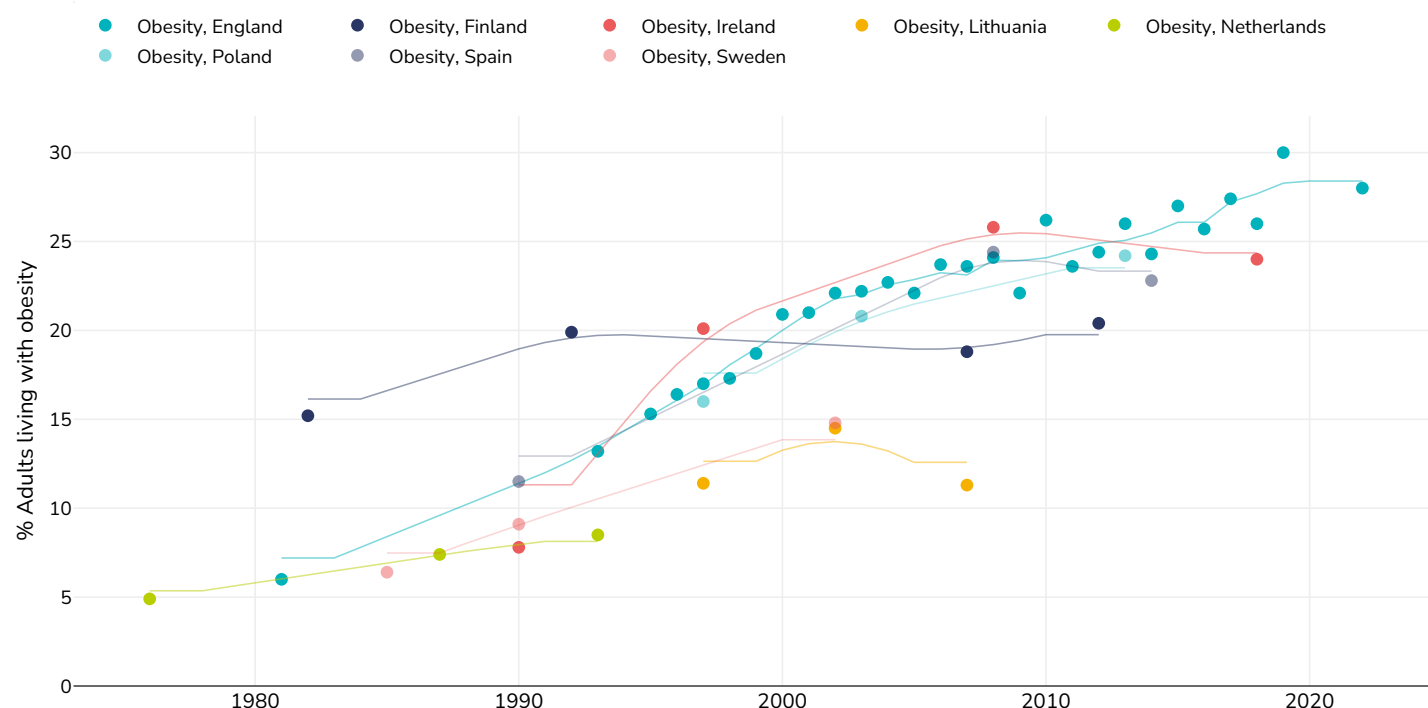
References:

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.

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

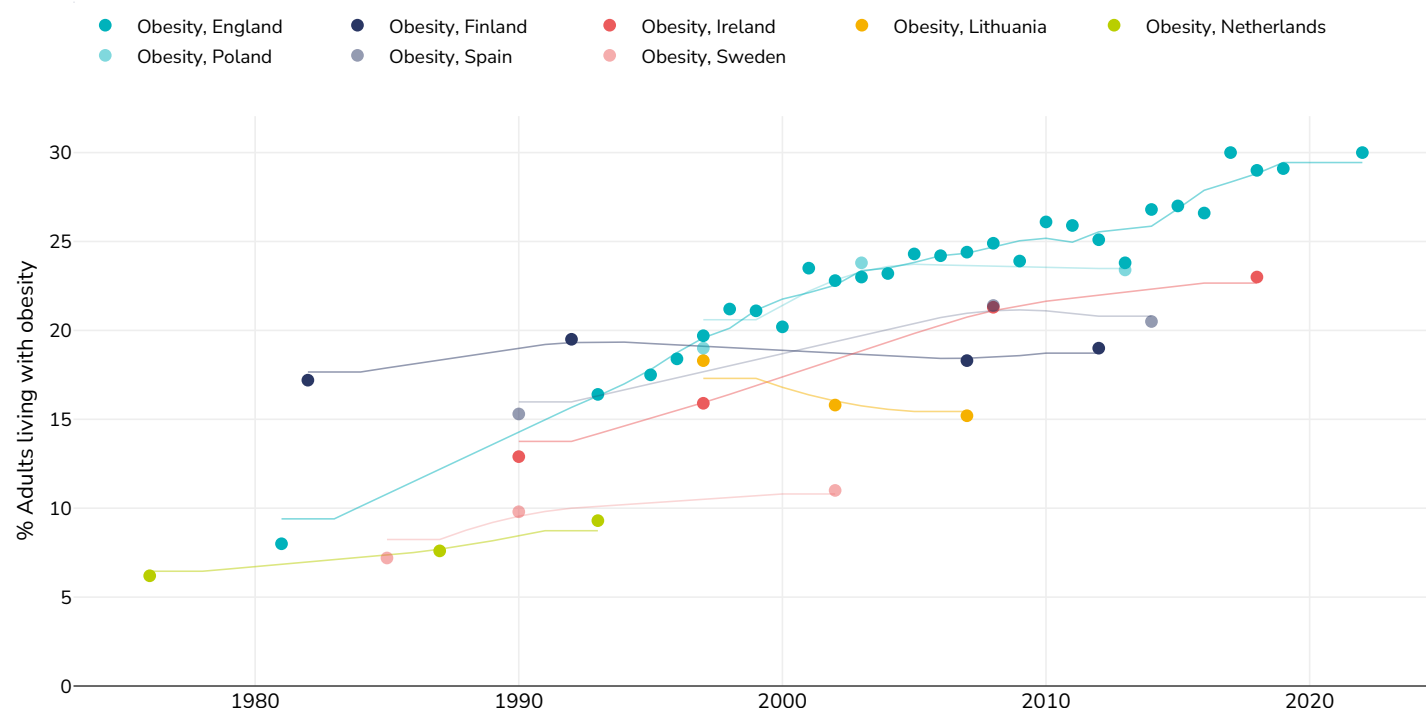
Men



- 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
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 - 1995: Health Survey for England 1995.
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 - 1998: Health Survey for England 1998.
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 - 2002, 2007: Barzda A, Bartkeviciute R, Stukas R, Šatkutis R, Abaravicius JA. Lietuvos gyventojų kūno masės indeksas 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.
 - 2006: Health Survey for England 2006.
 - 2008: Gutierrez-Fisac JL, Guallar-Castillon P, Leon-Munoz LM, Graciani A, Banegas JR & Rodriguez-Artalejo F. Prevalence of general and abdominal obesity in the adult population of Spain, 2008-2010. *Obesity Reviews* early online 12th Dec 2011.
 - 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: Kansallinen FINRISKI 2012 -terveystutkimus - Osa 2: Tutkimuksen taulukkoliite. <http://www.julkari.fi/handle/10024/114942> (last accessed 9th November 2017)

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



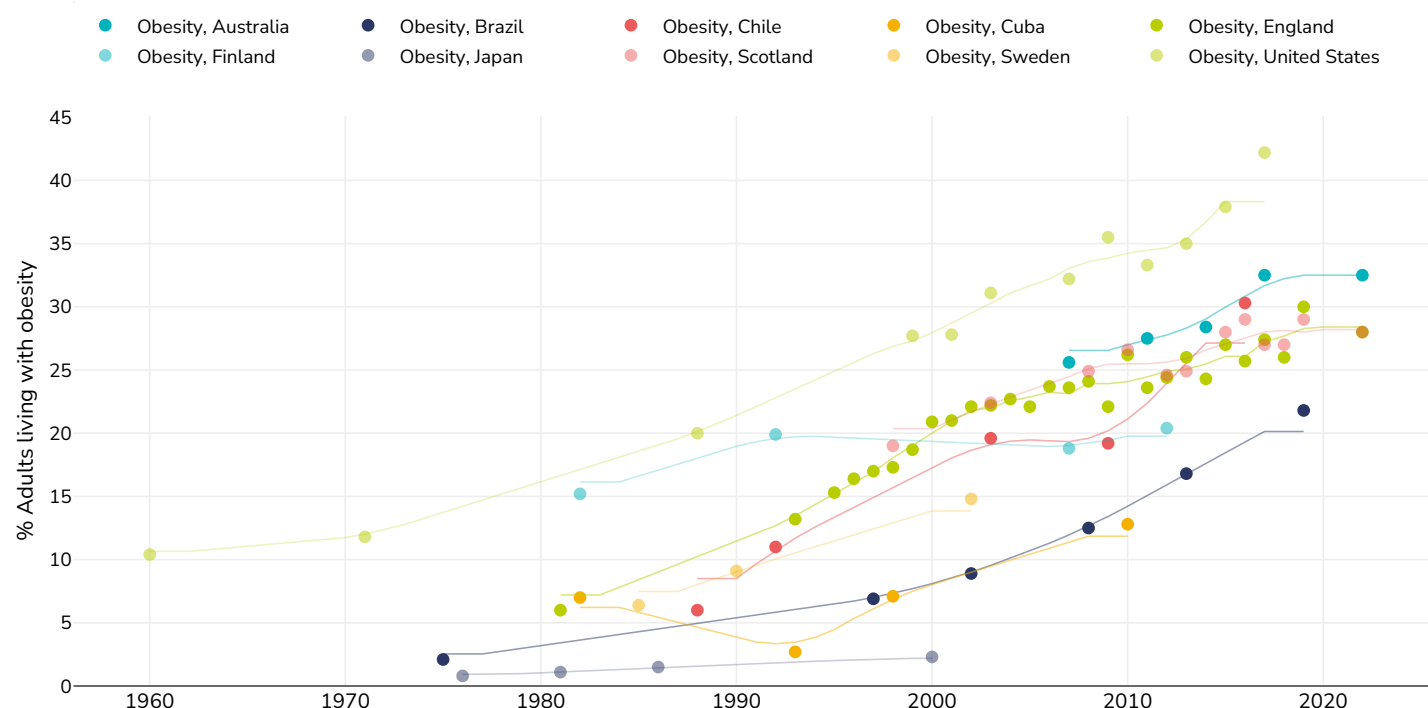
References:

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

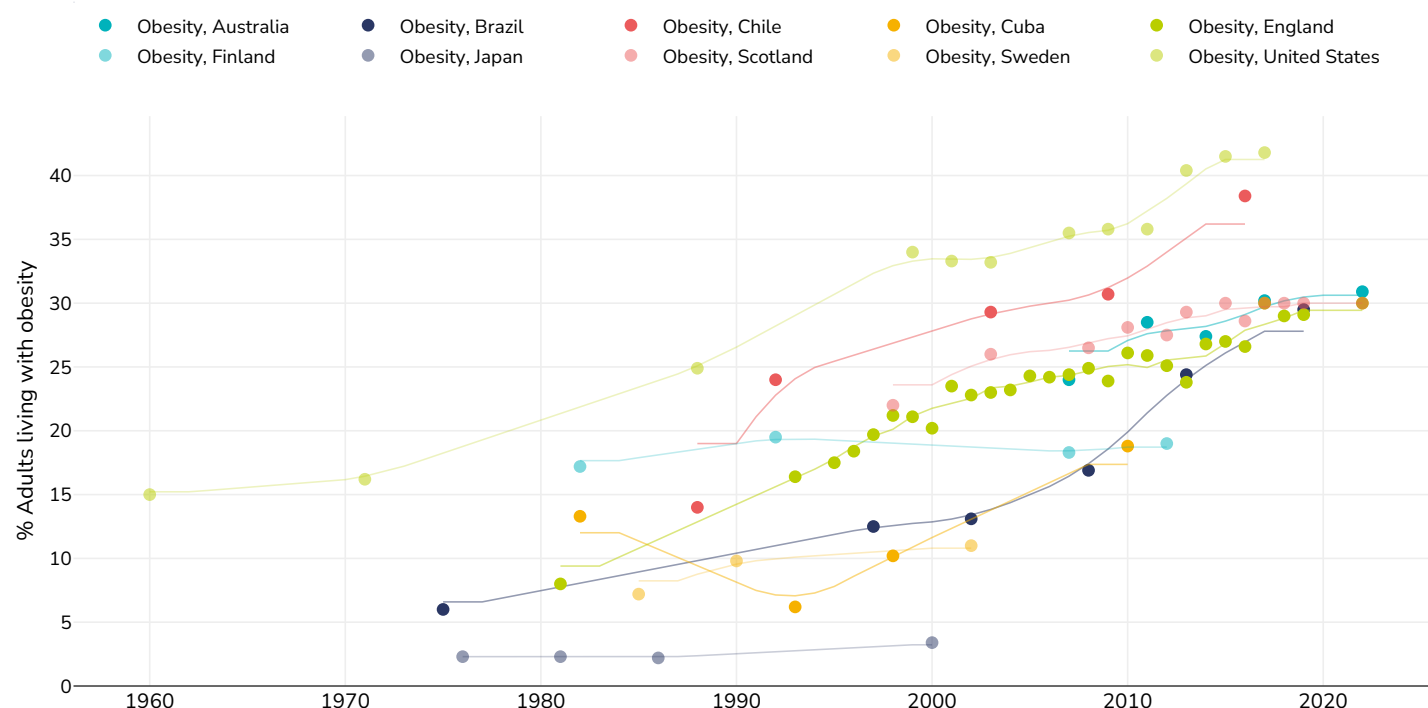
Men



- 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
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 - 1992: Uauy R, Albal C, Kain J. Obesity Trends in Latin America: Transiting from Under- to Overweight. *Journal of Nutrition* 2001;131:S893-S899
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 - 2004: Health Survey for England 2004.
 - 2005: Health Survey for England 2005.
 - 2006: Health Survey for England 2006.
 - 2007: Peltonen M, Harald K, Männistö S, Saarikoski L, Lund L, Sundvall J, Juolevi A, Laatikainen T, Aldén-Nieminen H, Luoto R, Jousilahti P, Salomaa V, Taimi M, Vartiainen E. Kansallinen FINRISKI 2007 -terveys tutkimus, Tutkimuksen toteutus ja tulokset: Taulukkoliite. Kansanterveyslaitos. Yliopistopaino, Helsinki 2008.
 - 2008: Health Survey for England 2008.
 - 2009: NHANES Survey - Published in Flegal KM, Carroll MD, Kit BK, Ogden CL. Prevalence of Obesity and Trends in the Distribution of

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

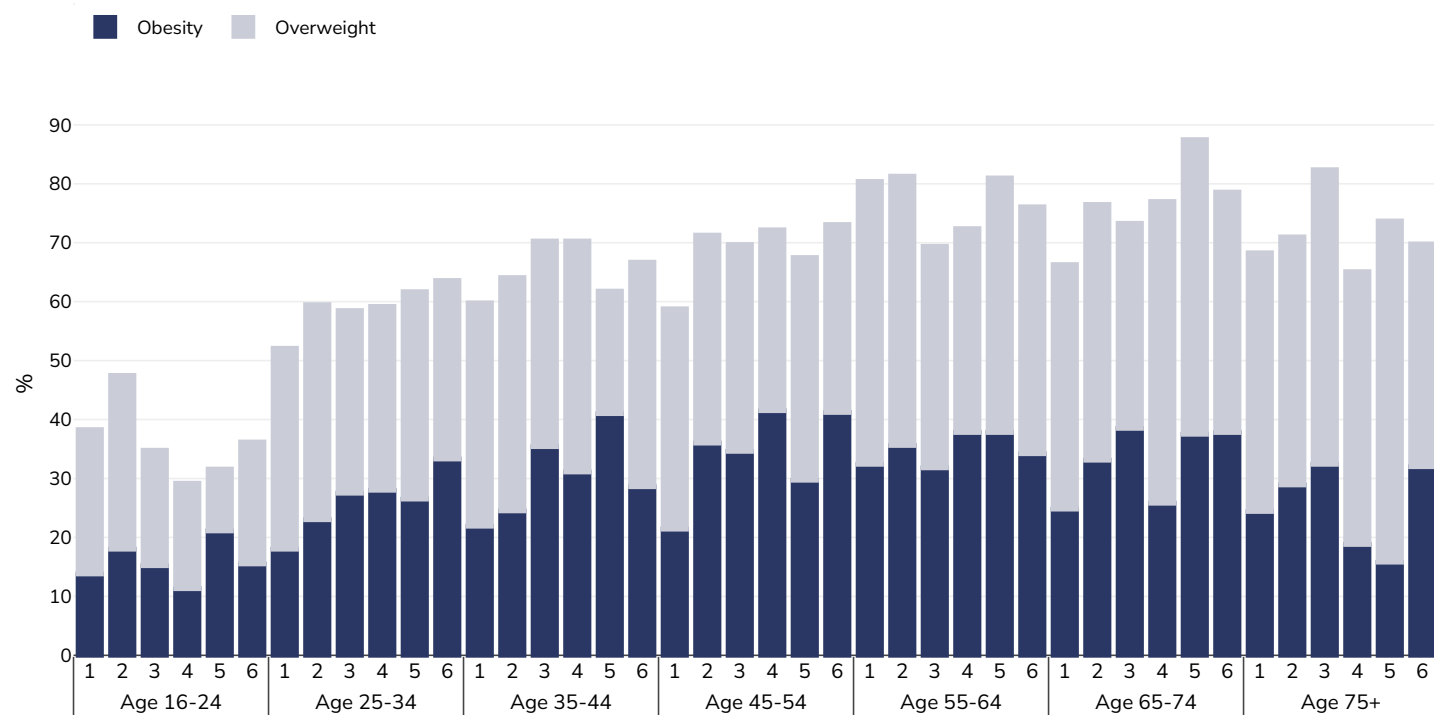


- References:**
- 1960, 1971, 1973, 1976, 1988, 1991: Flegal KM, Carroll MD, Kuczmarski RJ, Johnson CL. Overweight and obesity in the United States: prevalence and trends, 1960-1994. *International Journal of Obesity* (1998);22:39-47
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 - 1992: Uauy R, Albal C, Kain J. Obesity Trends in Latin America: Transiting from Under- to Overweight. *Journal of Nutrition* 2001;131:S893-S899
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 - 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.
 - 2003: 2003 ENS Report. Final results on the National Health Survey. <http://epi.minsal.cl/epi/html/invest/ENS/informeFinalENS.pdf>.
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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.

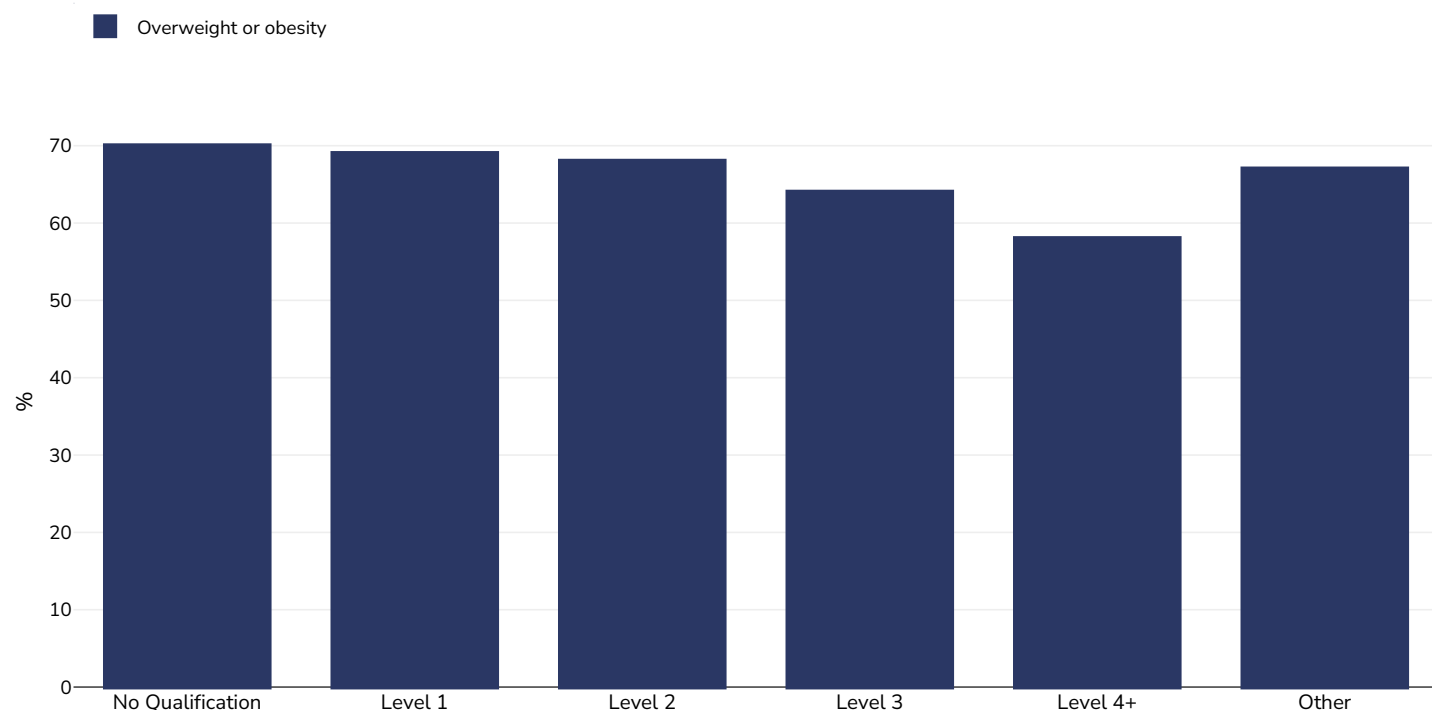
Notes: 1 - NVQ4/NVQ5/Degree equivalent 2 - Higher of below 3 - NVQ3/ GCE A Level equivalent 4 - NVQ2/ GCE O Level equivalent 5 - NVQ1/CSE other grade 6 - No qualification

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

Overweight/obesity by education

Adults, 2018-2019



Survey type: Self-report

Age:

Sample size: 181

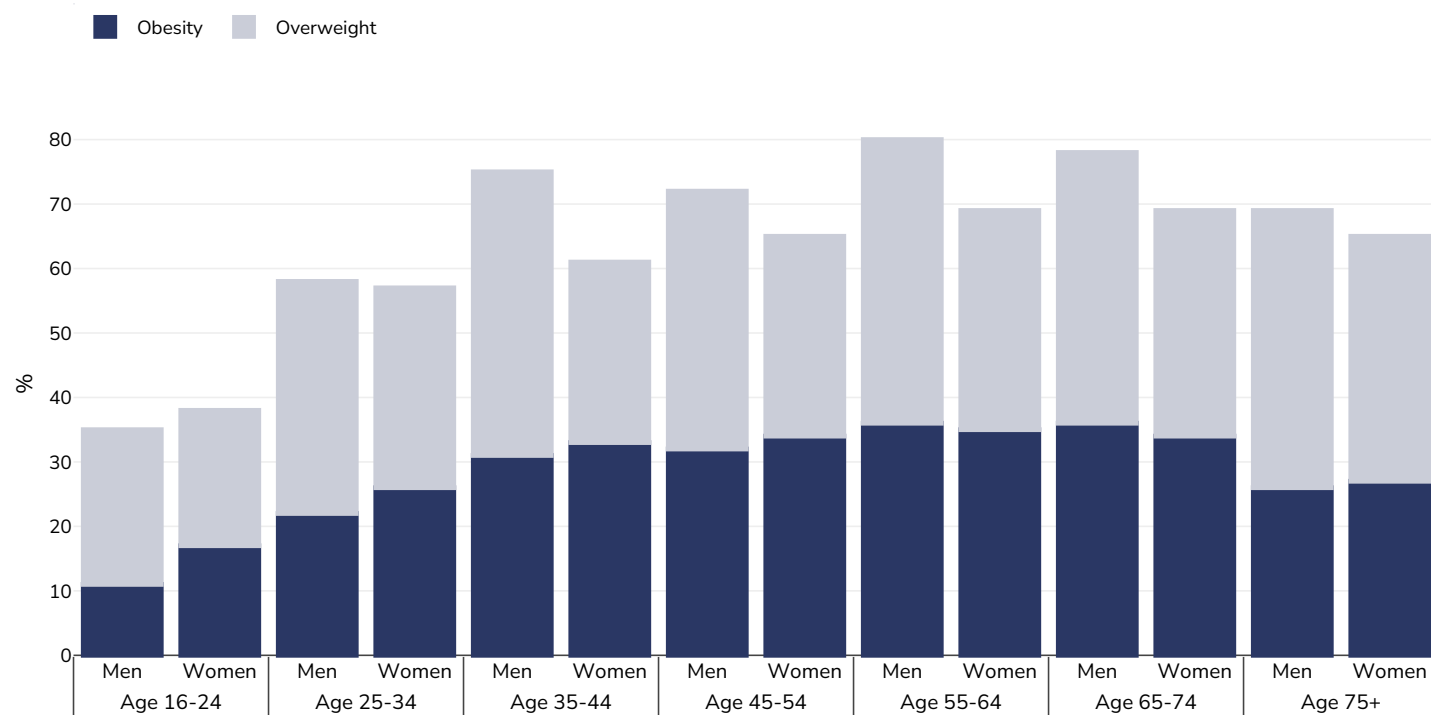
Area covered: National

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

Overweight/obesity by age

Adults, 2022



Survey type: Measured

Sample size: 4512

Area covered: National

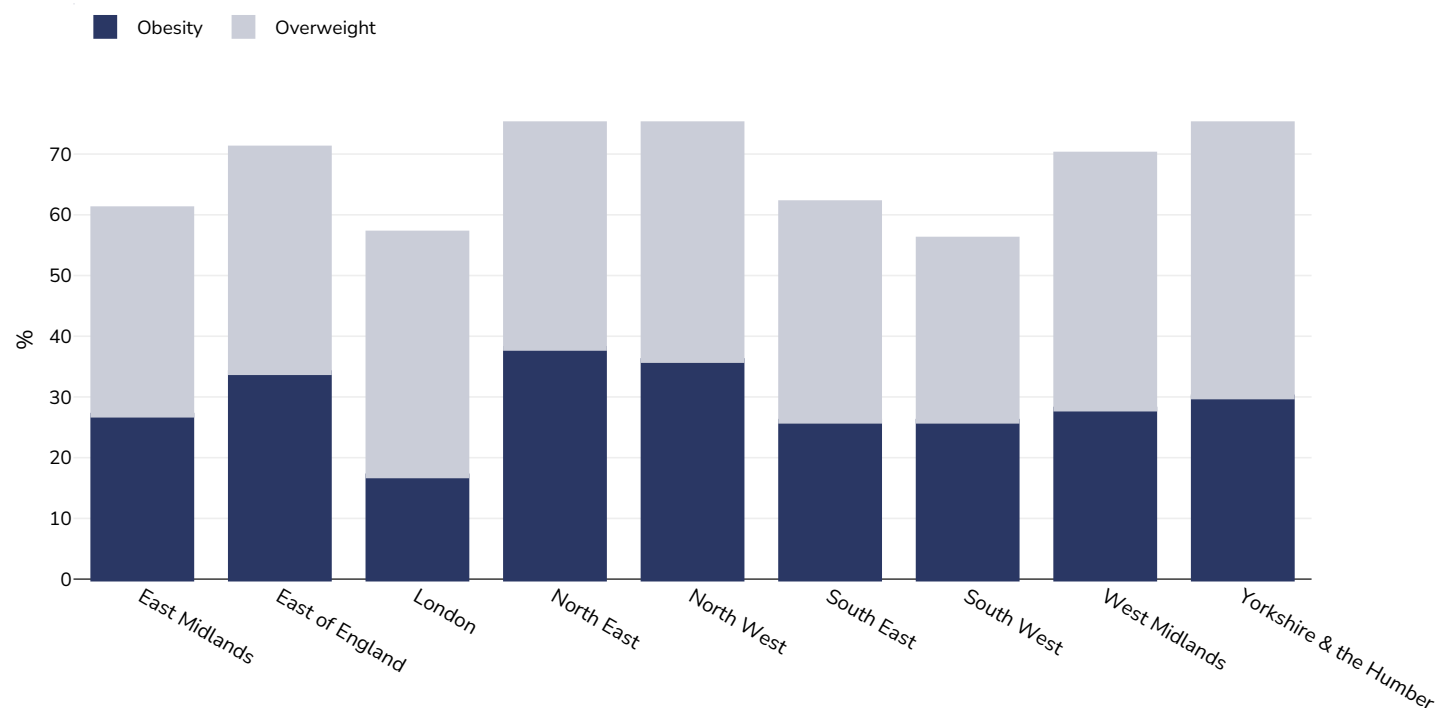
References: Health Survey for England 2022. Available at <https://digital.nhs.uk/data-and-information/publications/statistical/health-survey-for-england/2022-part-2> (last accessed 08.10.24)

Notes: Weighted sample size

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

Overweight/obesity by region

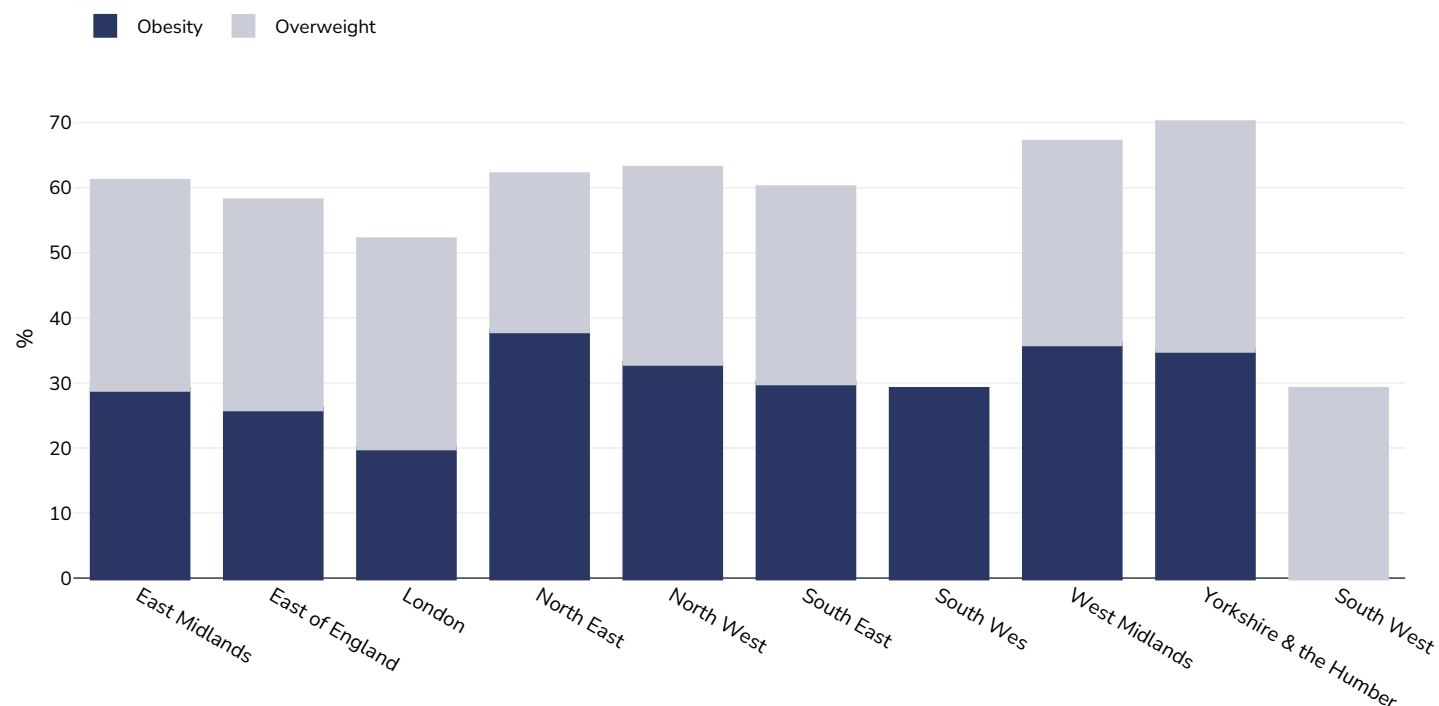
Men, 2022



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

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

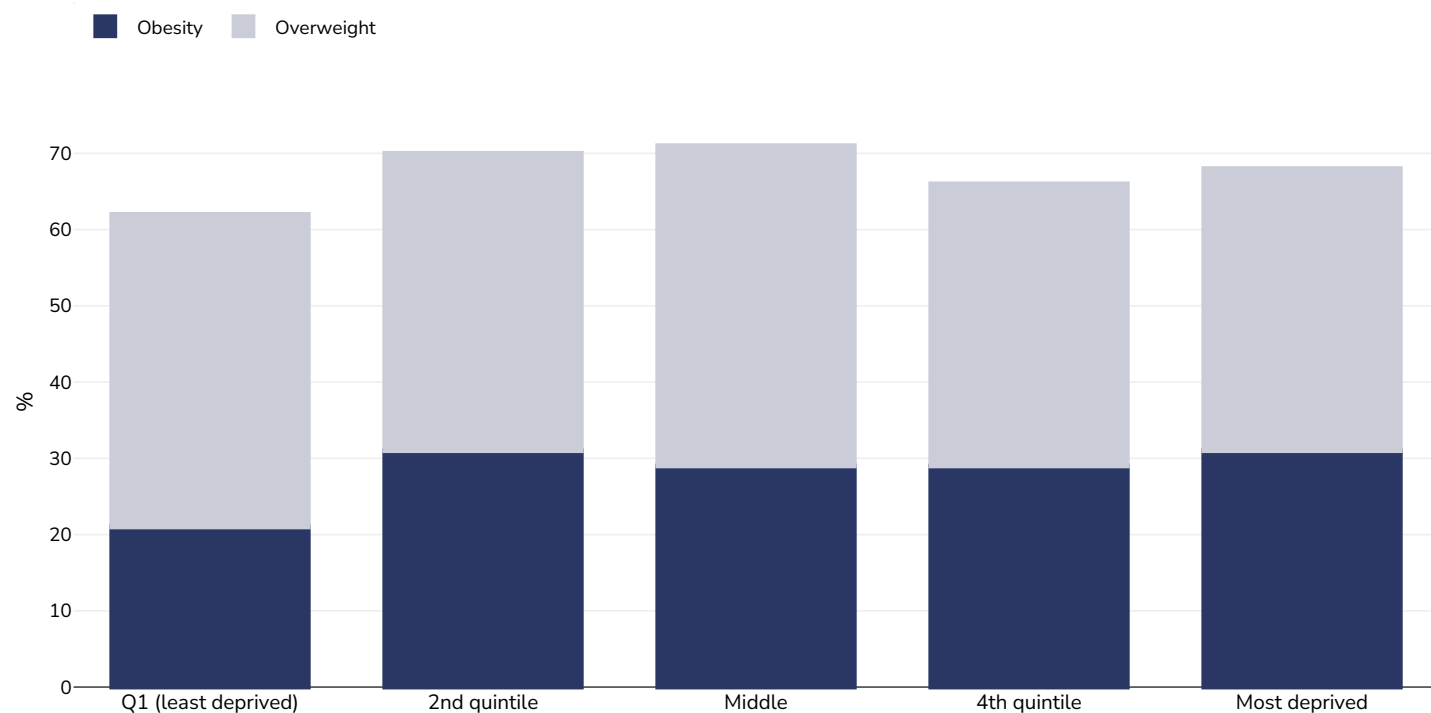
Women, 2022



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:	Observed figures
Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m ² , obesity refers to a BMI greater than 30kg/m ² .	

Overweight/obesity by socio-economic group

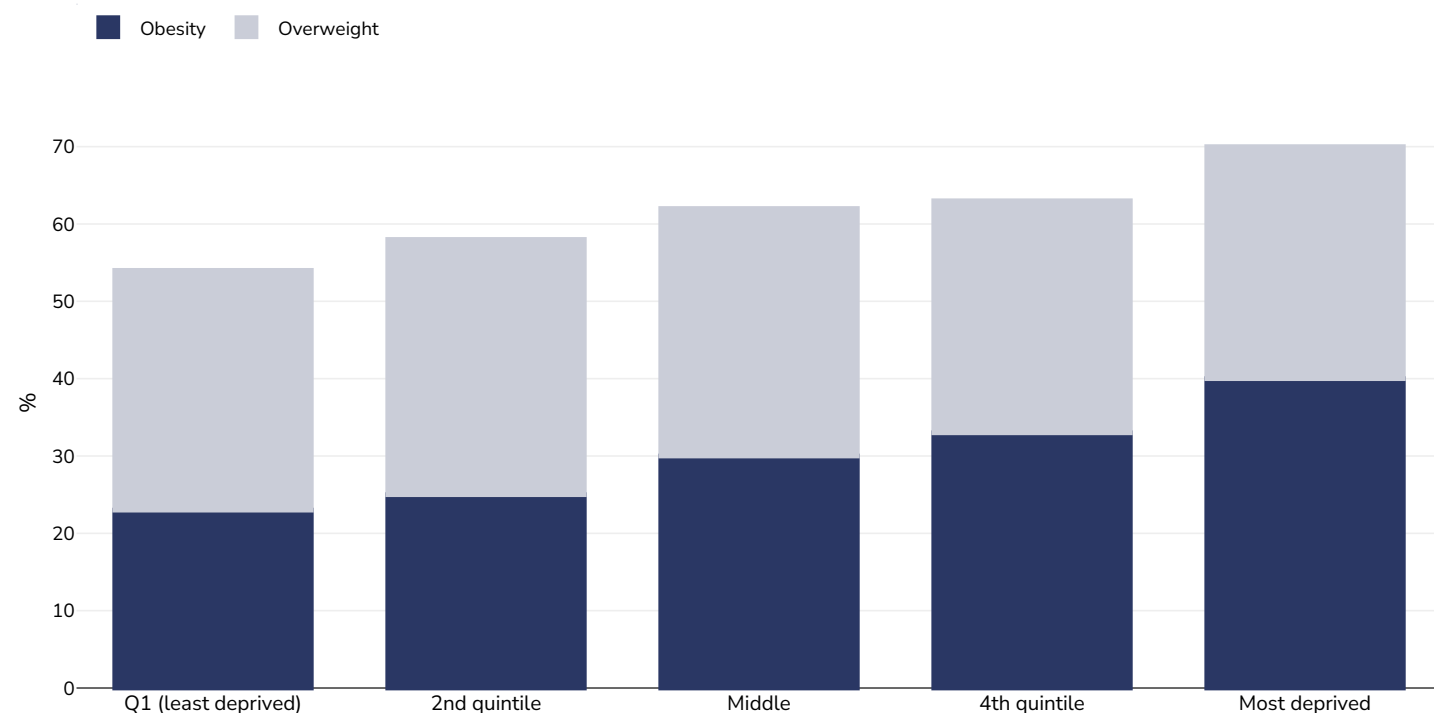
Men, 2022



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

Women, 2022

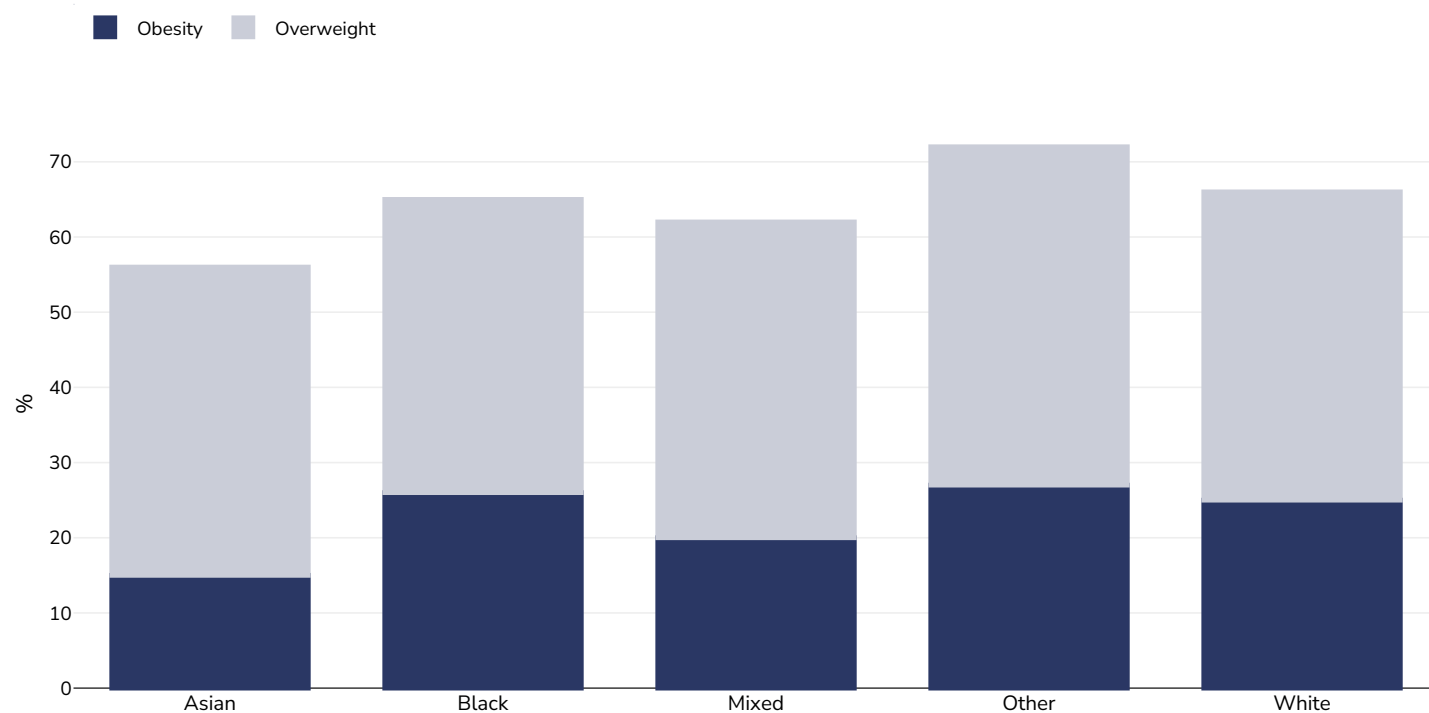


Survey type:	Measured
Age:	16+
Sample size:	4512
Area covered:	National
References:	Health Survey for England 2022. Available at https://digital.nhs.uk/data-and-information/publications/statistical/health-survey-for-england/2022-part-2 (last accessed 08.10.24)
Notes:	Weighted sample size Index of Multiple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

Overweight/obesity by ethnicity

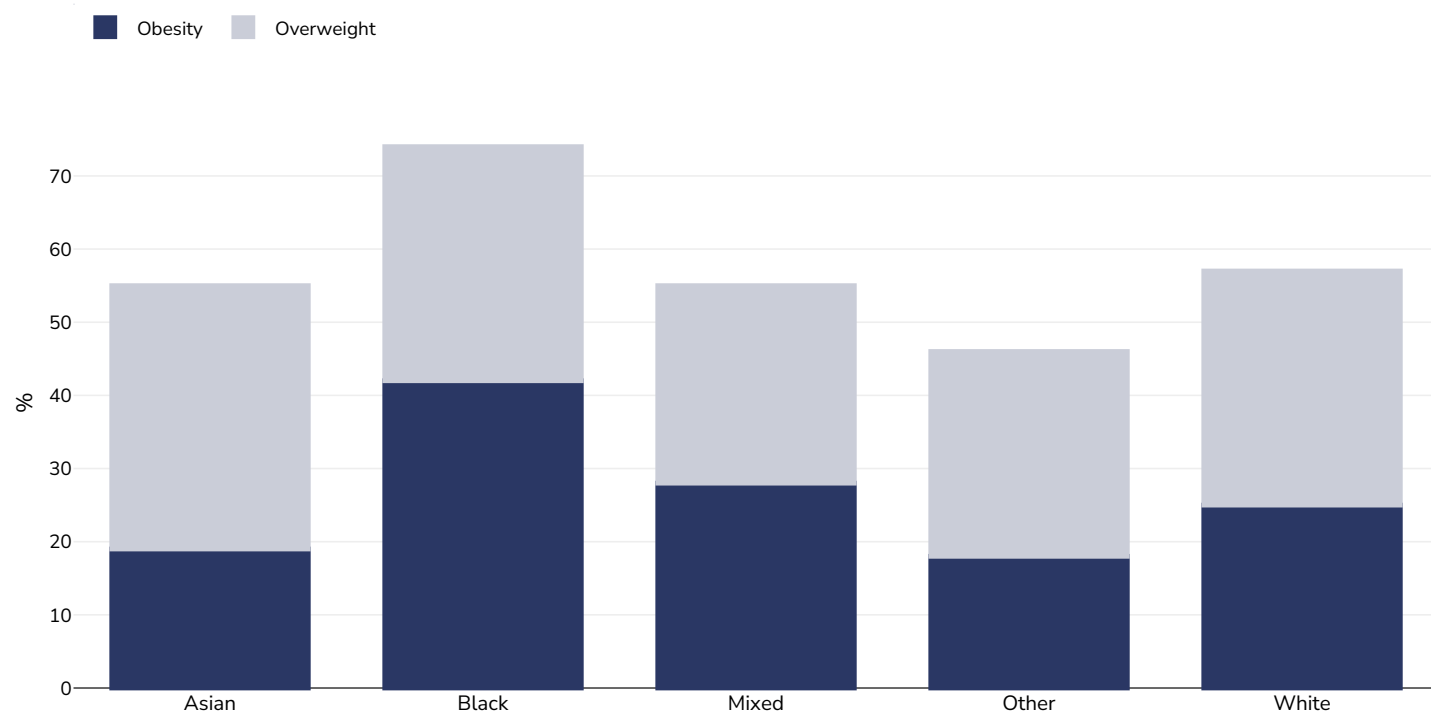
Ethnic groups are as defined by publication of origin and are not as defined by WOF. In some instances ethnicity is conflated with nationality and/or race.

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

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.

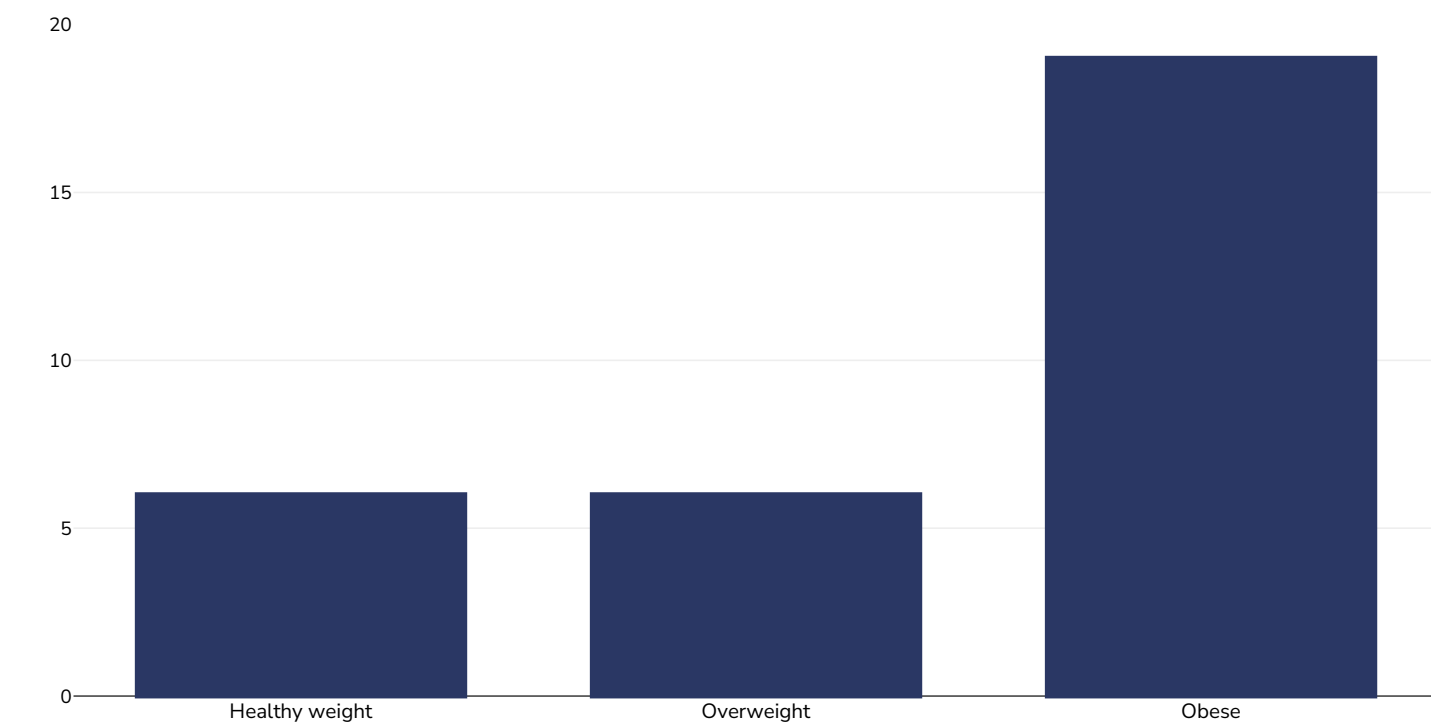
Notes: Renanalysis by World Obesity Federation.

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.

Diabetes

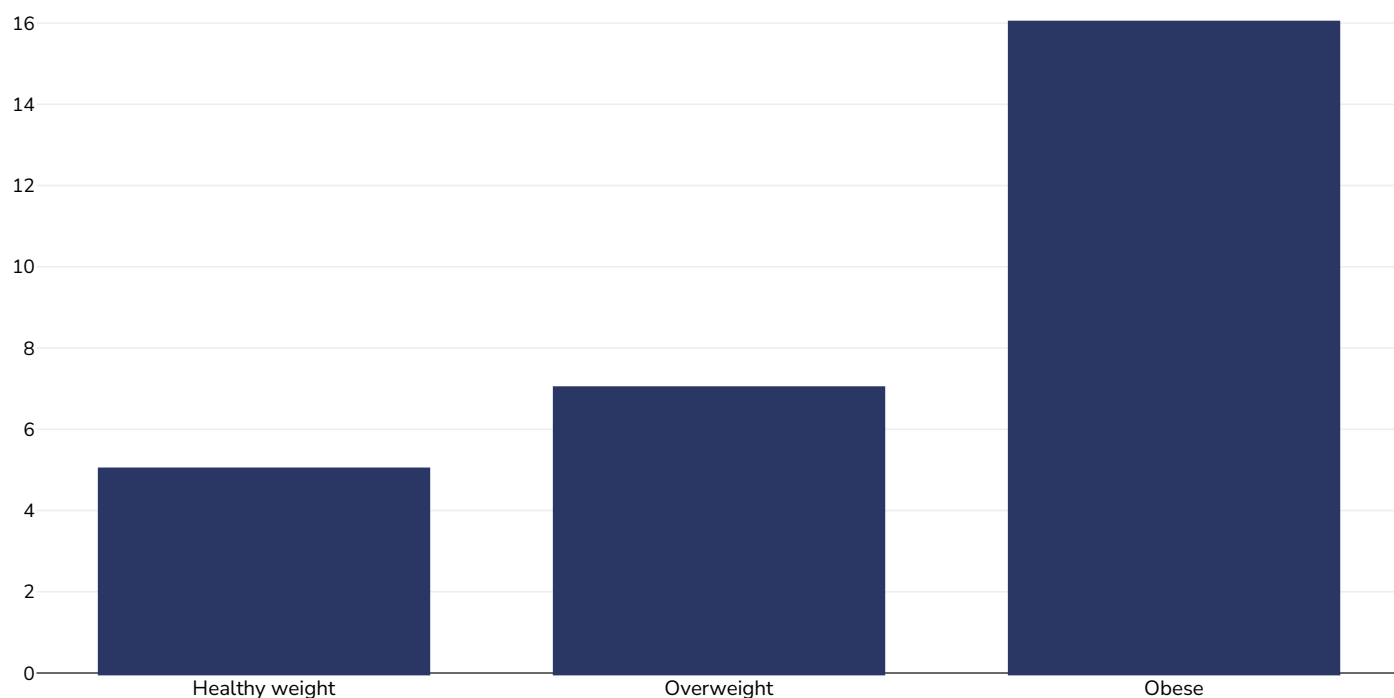
Men, 2022



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 June 25, 2025