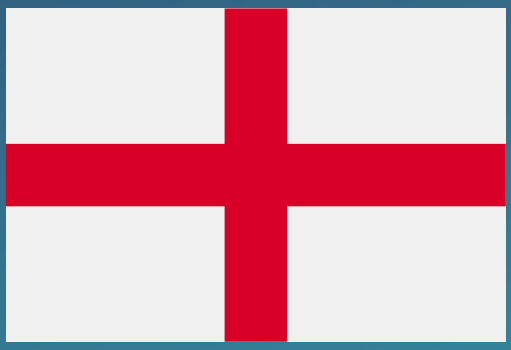
England



Country report card - adults

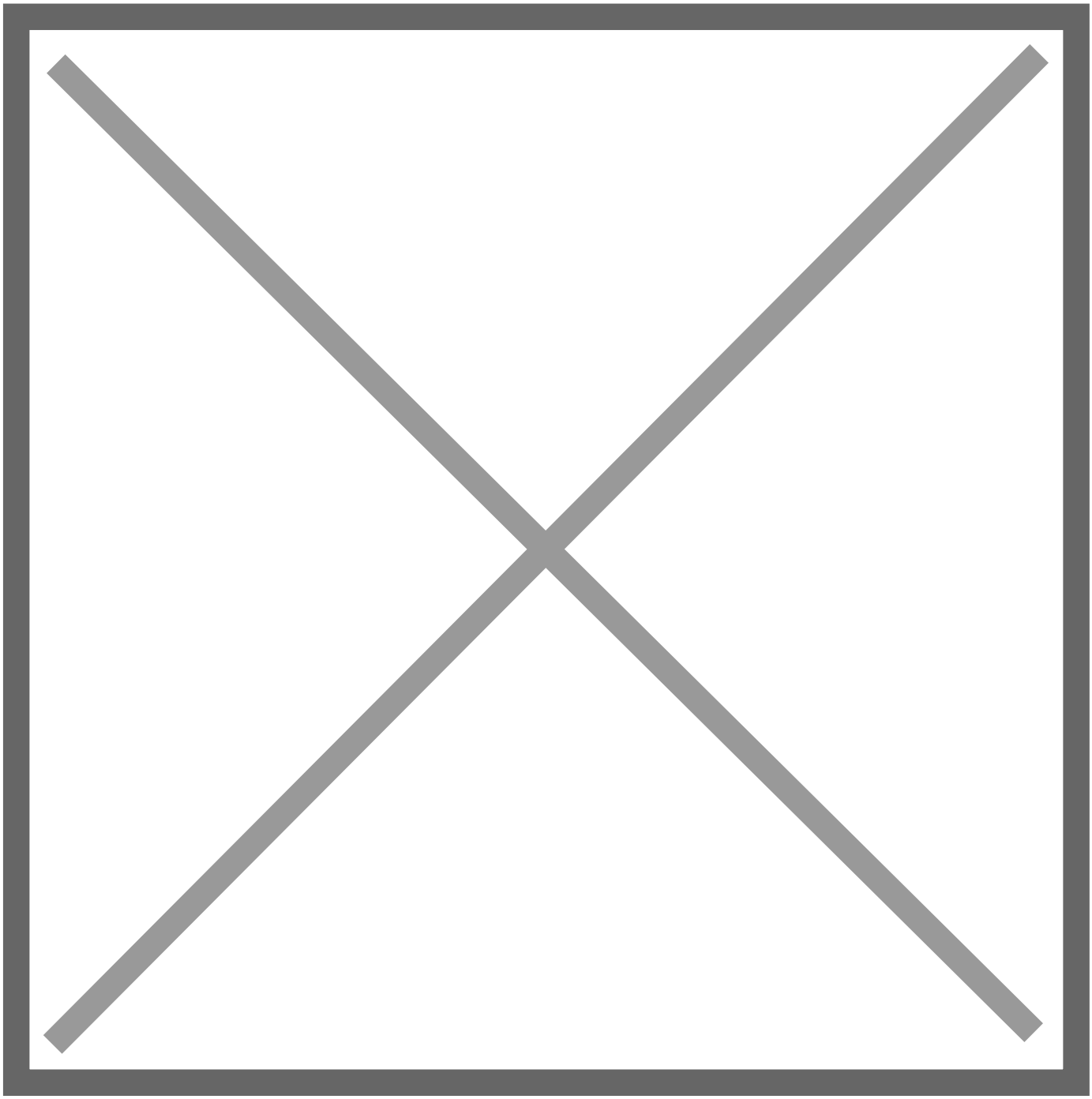
This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity for adults. Where available, data on common and relevant obesity drivers and comorbidities are also presented.

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

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Trend: Adults living with overweight or obesity in England 1981-2022	13
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Obesity prevalence

Adults, 2024

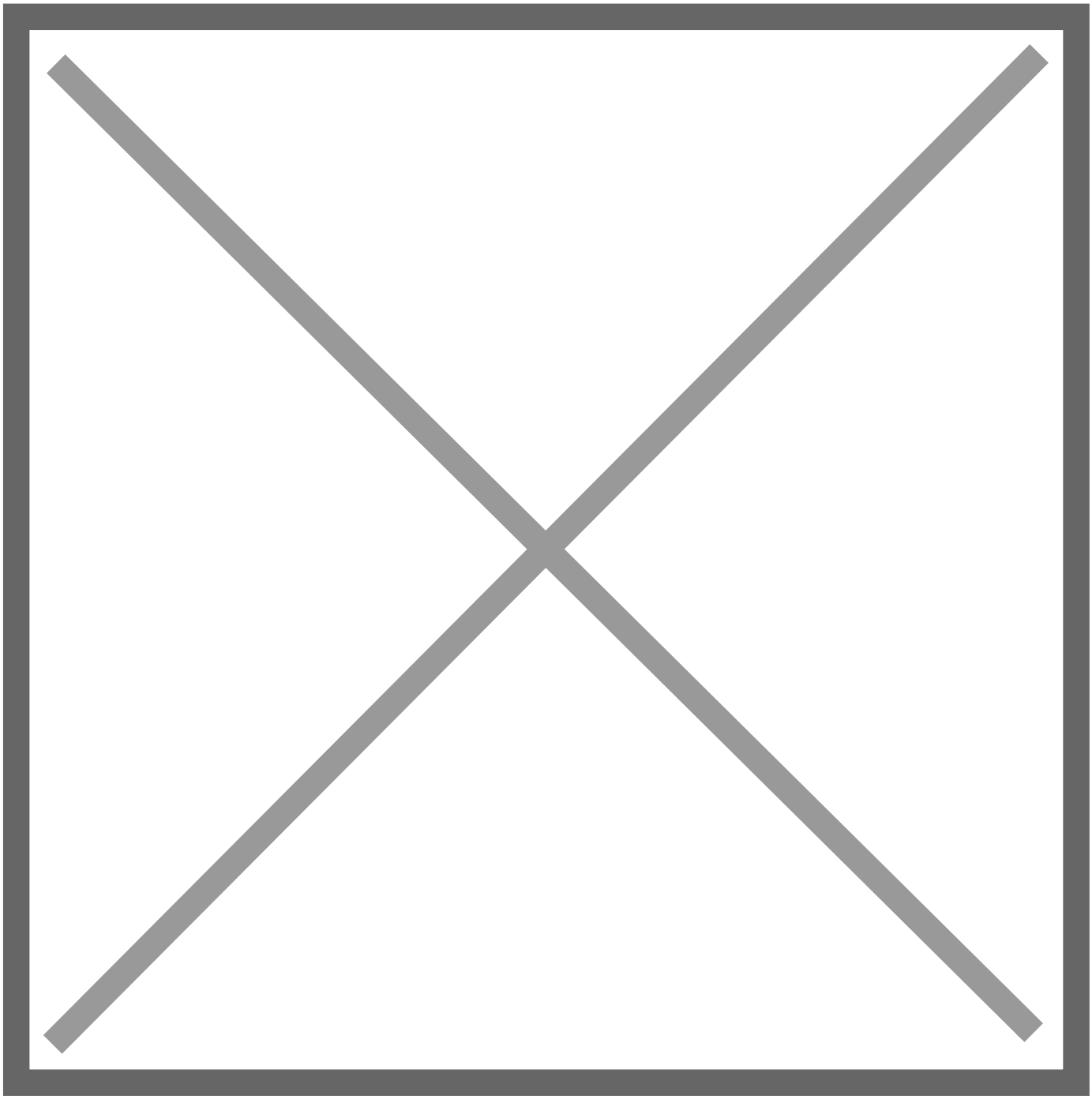


Survey type:	Measured
Age:	16+
Sample size:	6500
Area covered:	National
References:	NHS England, Health Survey for England 2024, published 27 January 2026, gov.uk/government/statistics/health-survey-for-england-2024. Data tables available at https://digital.nhs.uk/data-and-information/publications/statistical/health-survey-for-england/2024/health-survey-for-engl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

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

Adults living with obesity in England 1981-2022

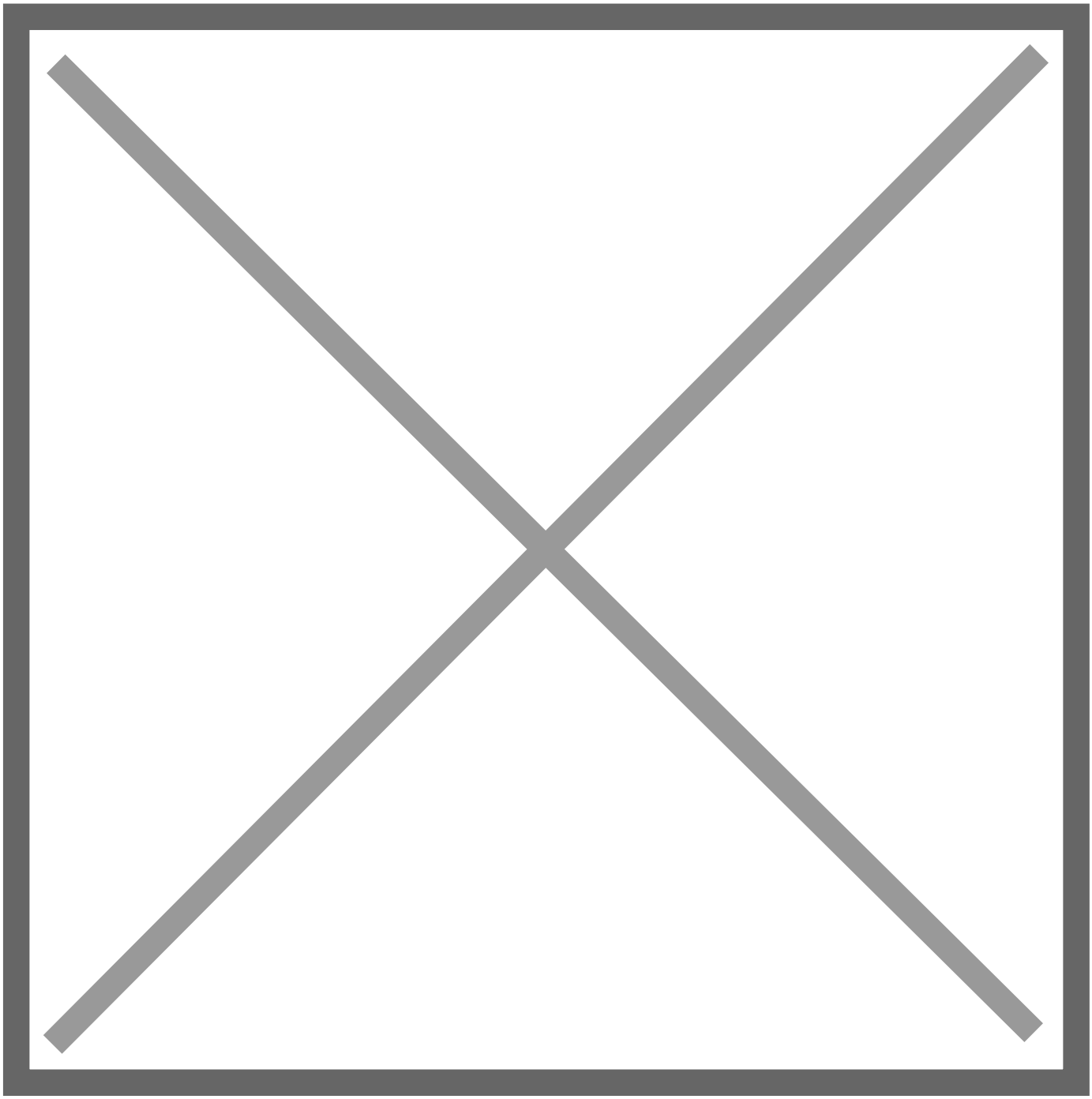
Men



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

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

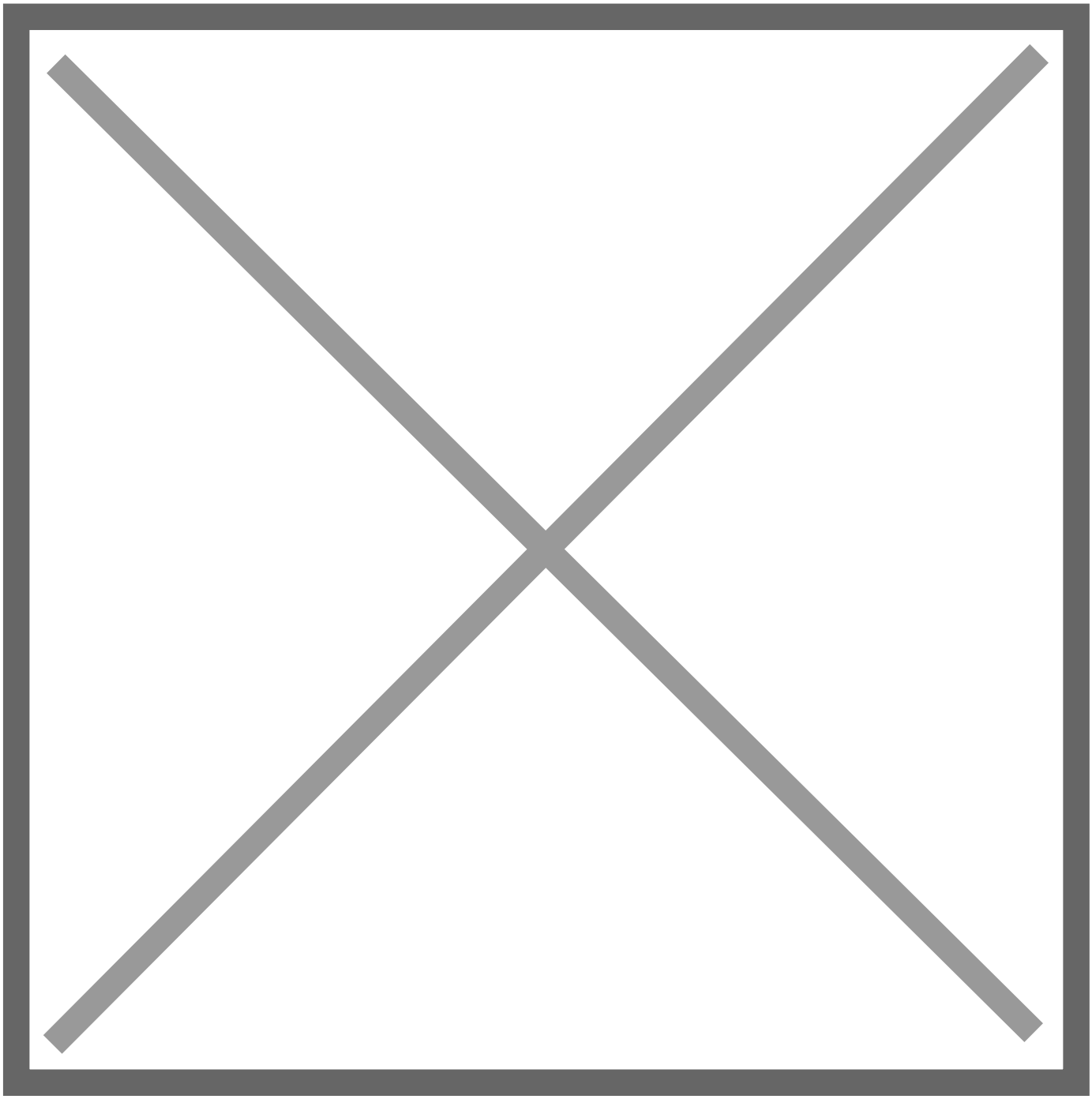
Women



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

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

Men and women

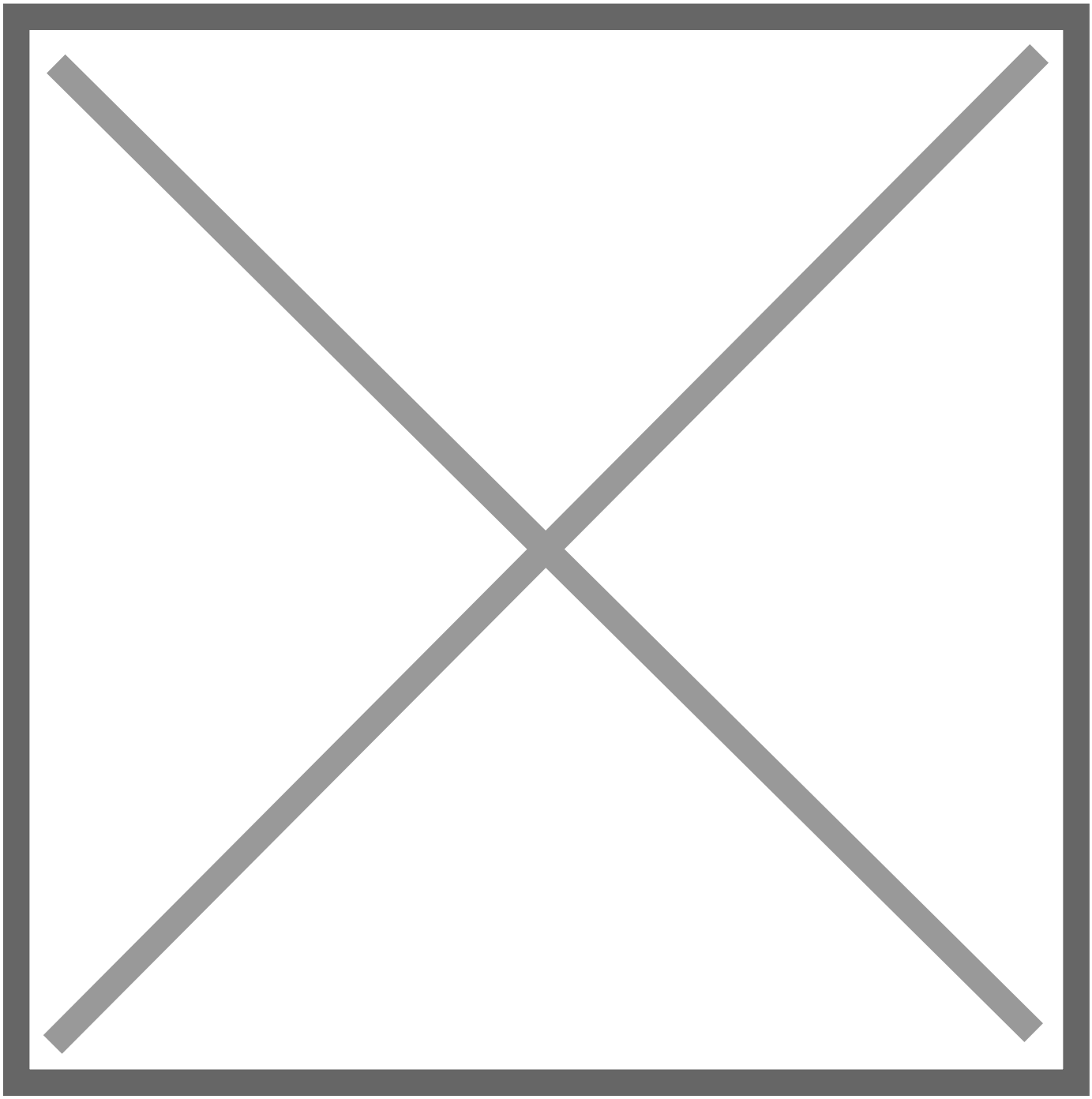


Survey type:	Measured
References:	1981: Royal College of Physicians (1983). Obesity. Reprinted from the Journal of the Royal College of Physicians of London Vol 17 (No 1) January 1983 1993: Health Survey for England 1993. 1995: Health Survey for England 1995. 1996: Health Survey for England 1996. 1997: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

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

Adults living with overweight or obesity in England 1981-2022

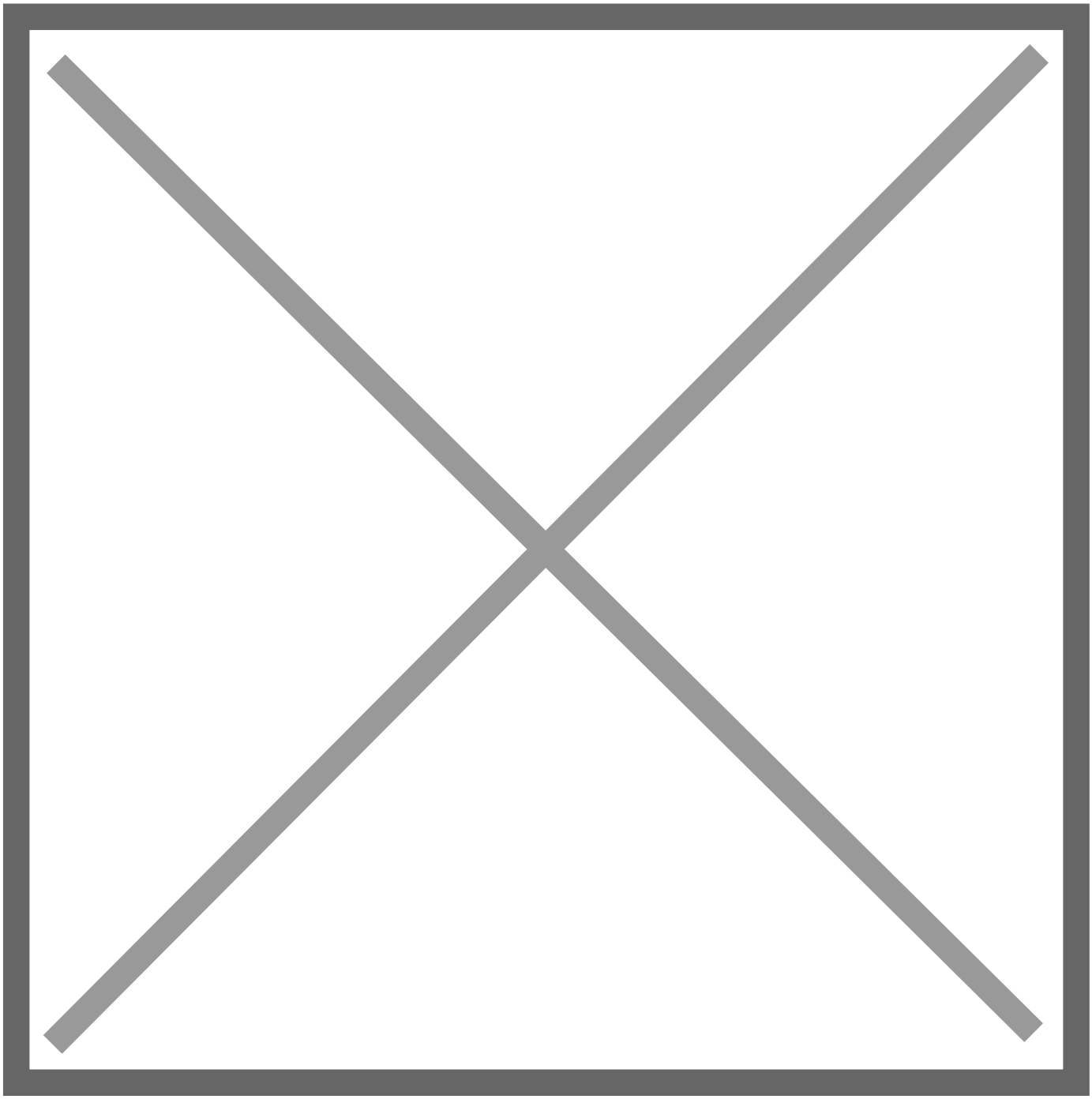
Men



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

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

Women

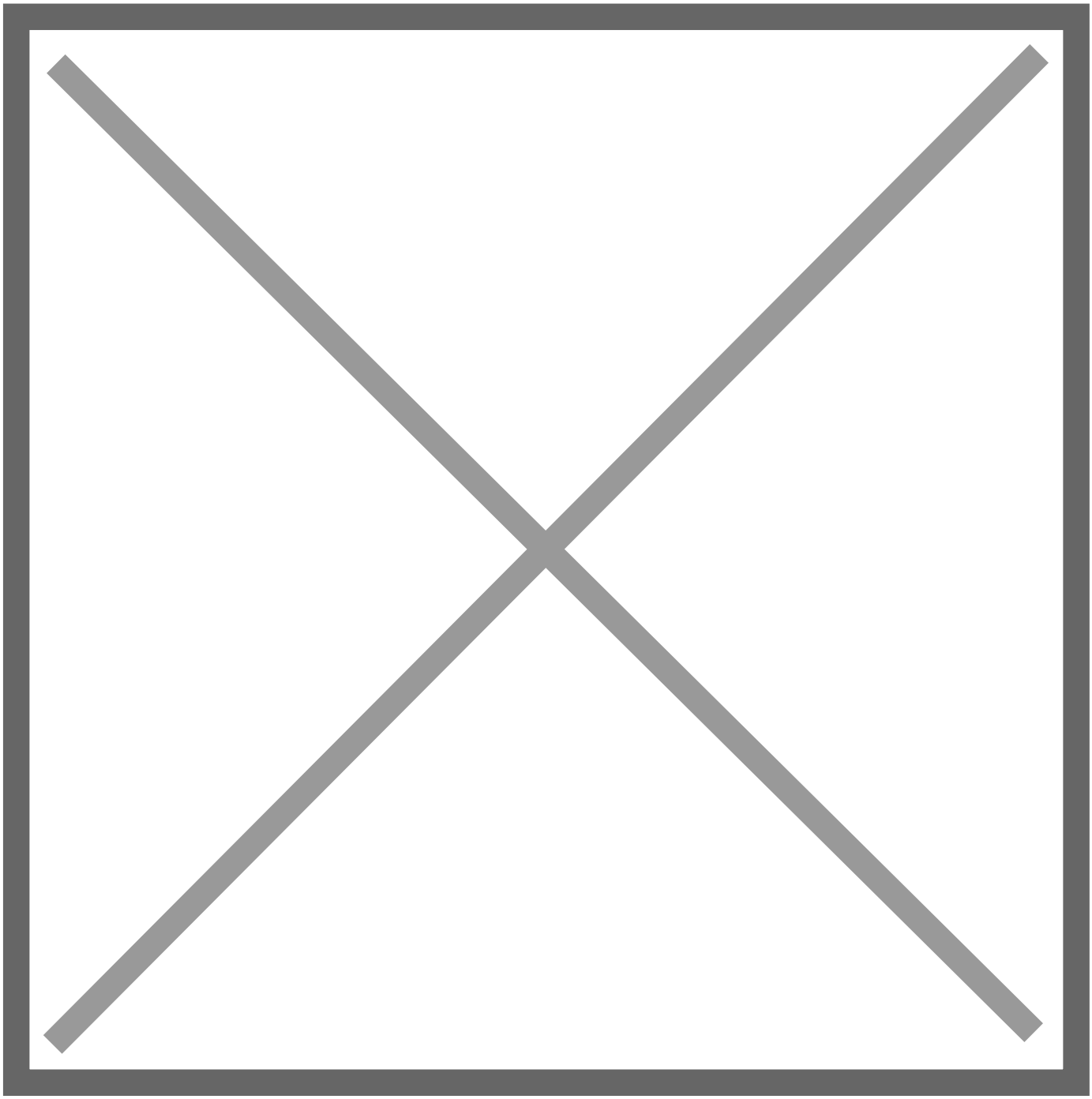


Survey type:	Measured
References:	1981: Royal College of Physicians (1983). Obesity. Reprinted from the Journal of the Royal College of Physicians of London Vol 17 (No 1) January 1983 1993: Health Survey for England 1993. 1994: Health Survey for England 1994. 1995: Health Survey for England 1995. 1996: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

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

Children living with overweight or obesity in England 1974-1994

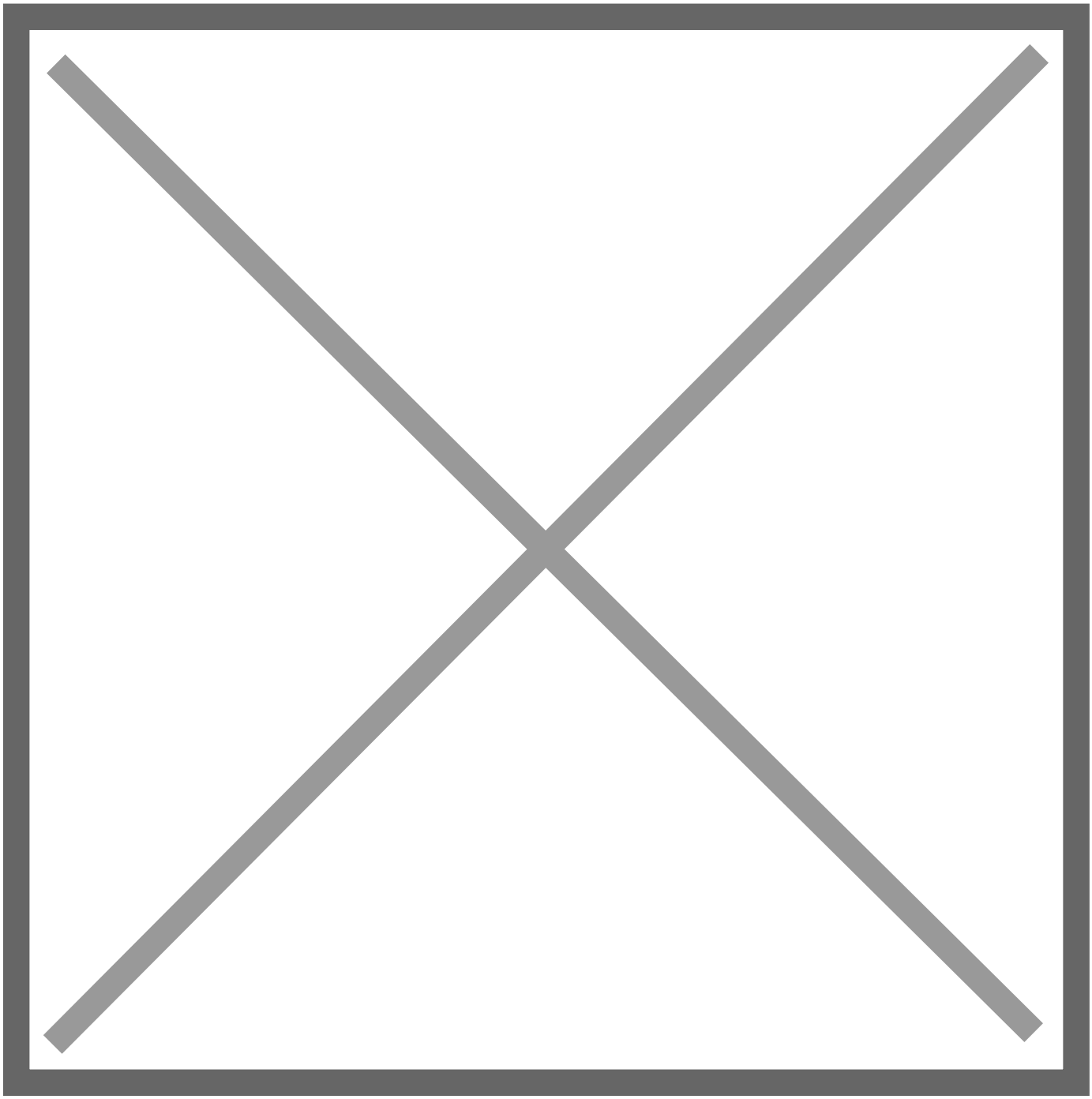
Men



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

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

Women

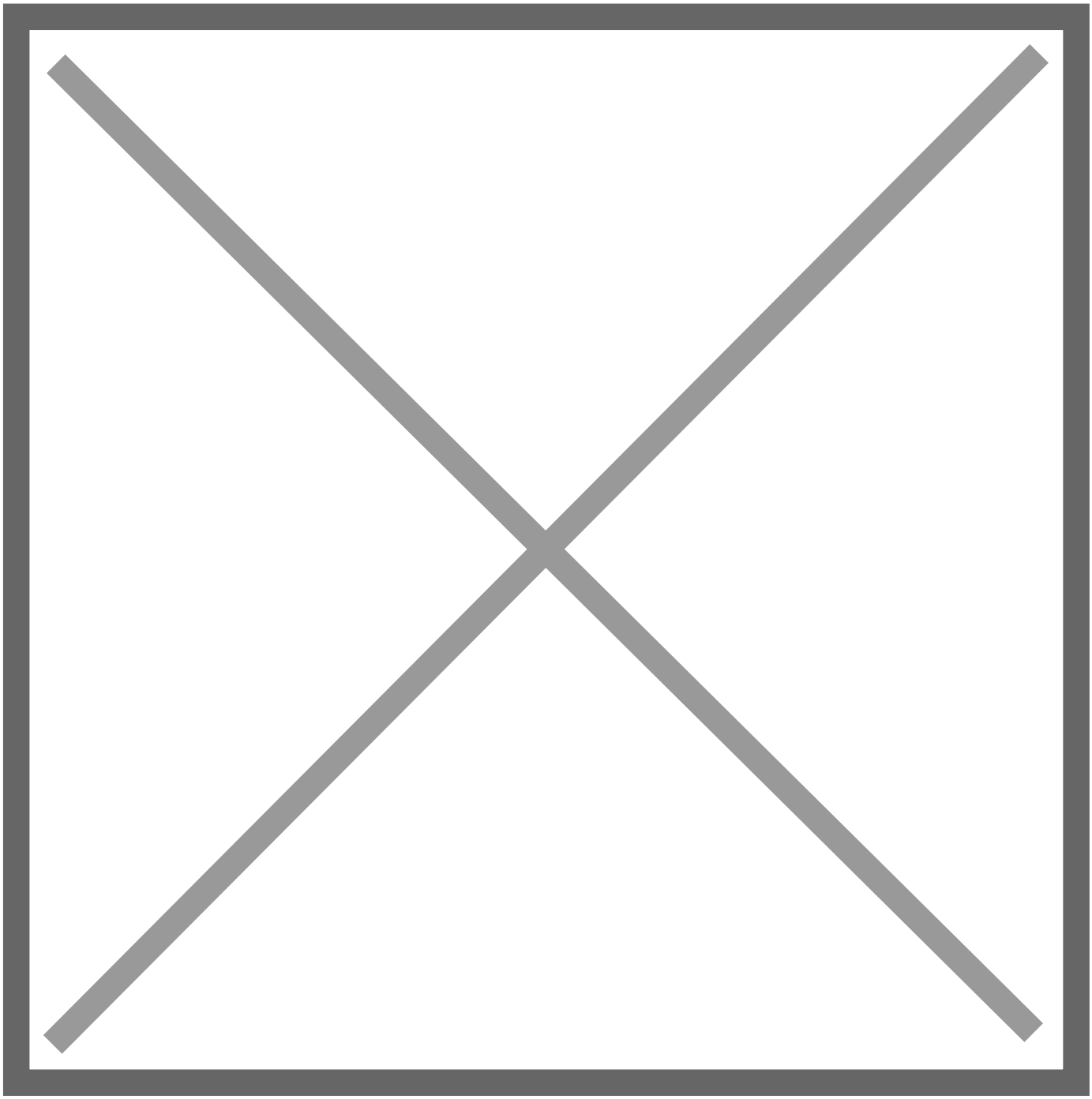


Survey type:	Measured
References:	1974, 1984: Chinn S, Rona RJ. Prevalence and trends inoverweight and obesity in three cross sectional studies of British children, 1974-94. BMJ (2001);322:24-26 1994: Health Survey for England 1994.

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

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

Men



References:

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

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

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

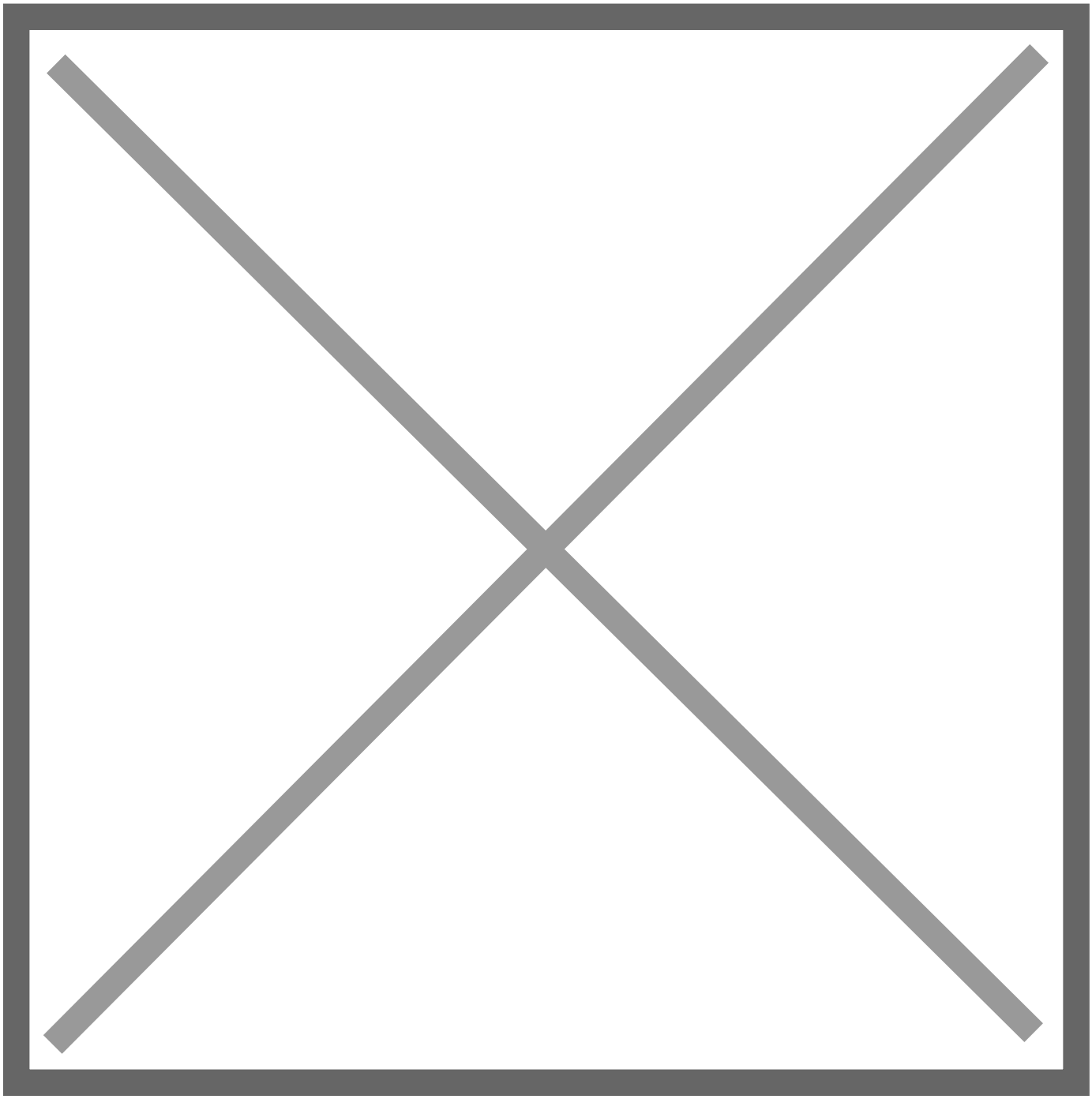
1985: Berg C, Rosengren A, Aires N, :appas G, Toren K, Thelle D, Lissner L. Trends in overweight and obesity from 1985 to 2002 in Goteborg, West Sweden. IJO 2005 Aug;29(8):916-24

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

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

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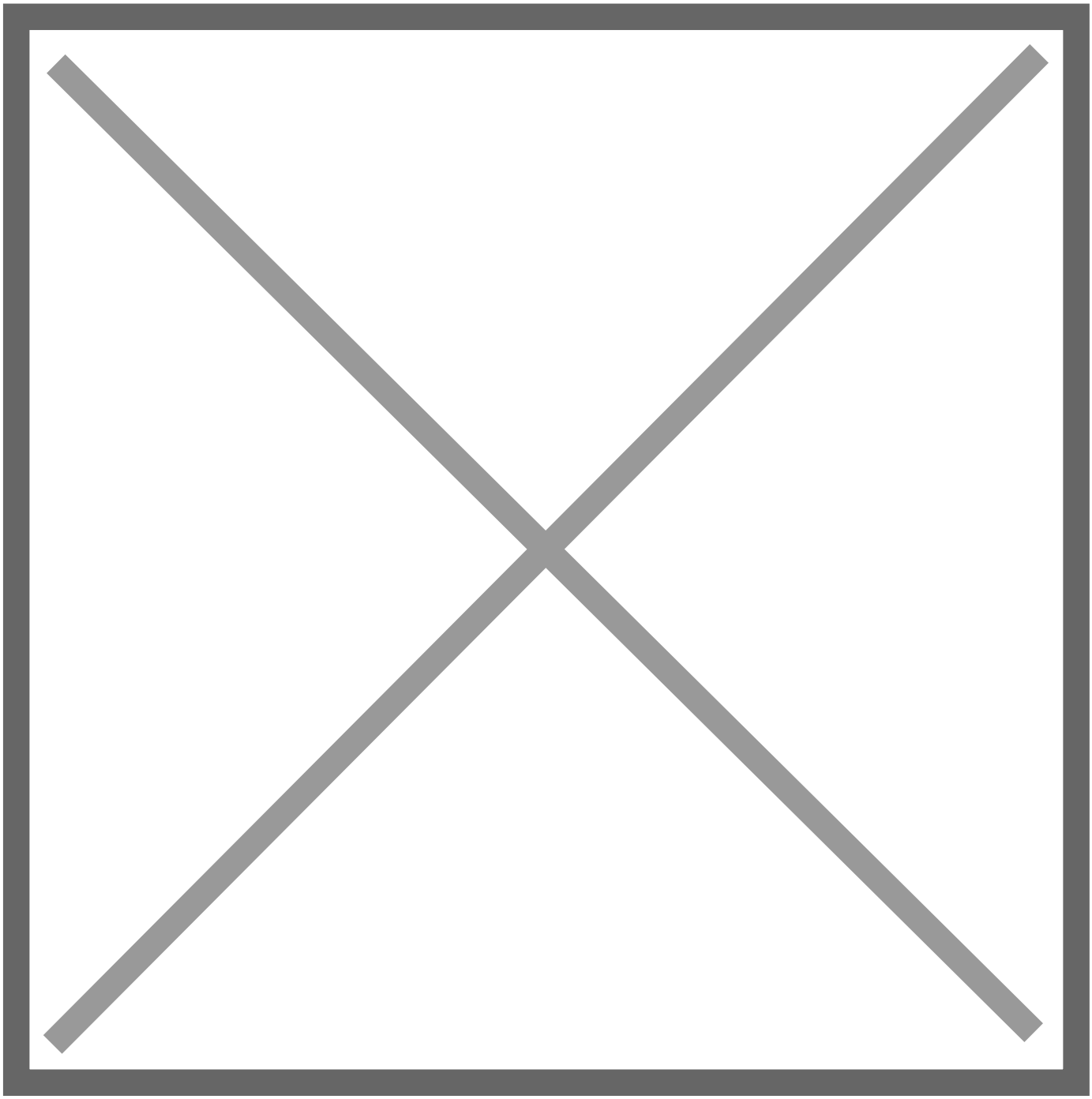
1990: Berg C, Rosengren A, Aires N, :appas G, Toren K, Thelle D, Lissner L. Trends in overweight and obesity from 1985 to 2002 in Goteborg, West Sweden. IJO 2005 online published ahead of print.

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

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

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

Men



References:

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

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

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

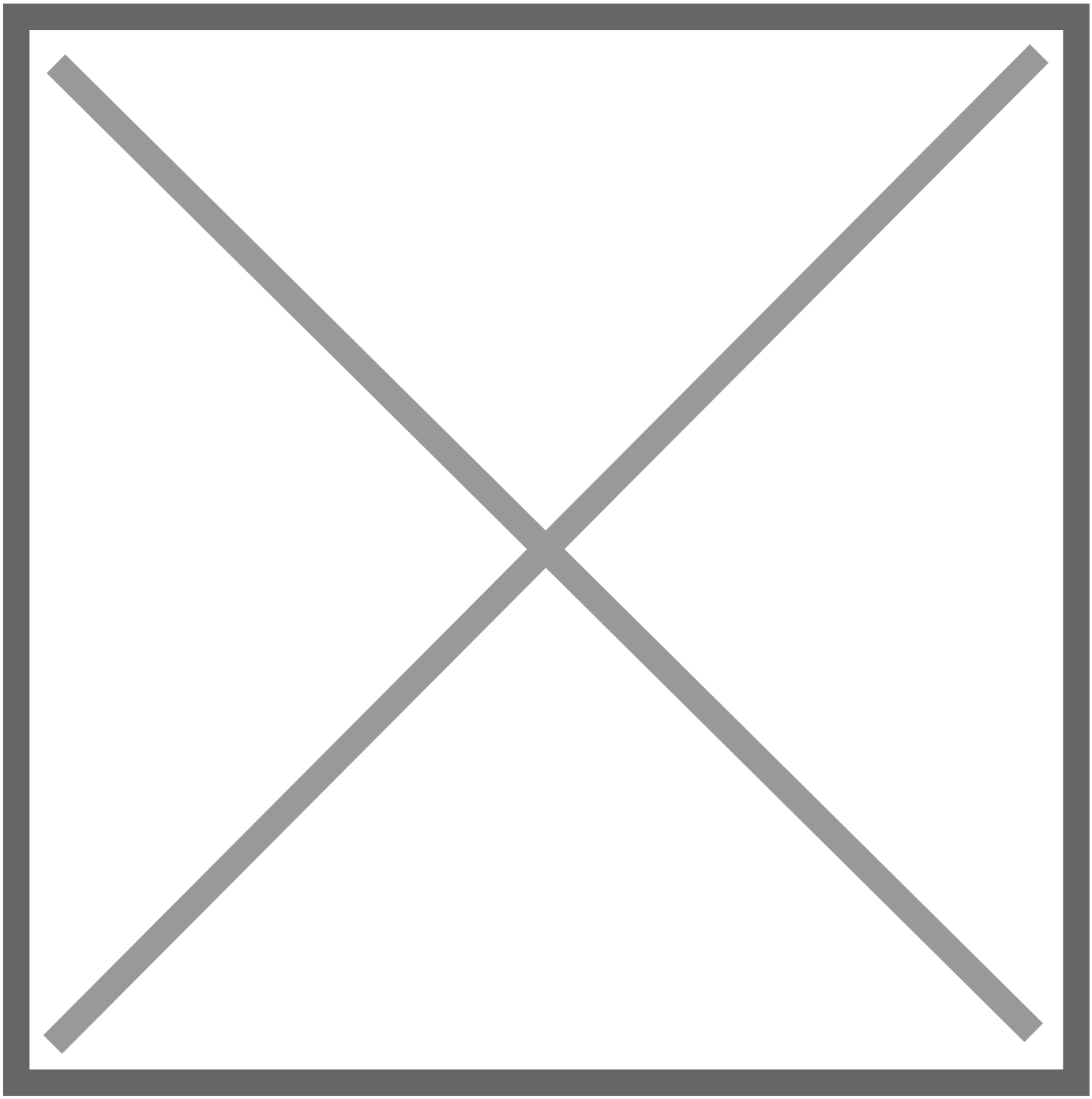
1982: Rodriguez-Ojea A, Jimenez S, Berdasco A, Esquivel M. The nutrition transition in Cuba in the nineties:an overview. Public health Nutrition 2002:5(1A), 129-133

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

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

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

Women



References:

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

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

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

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

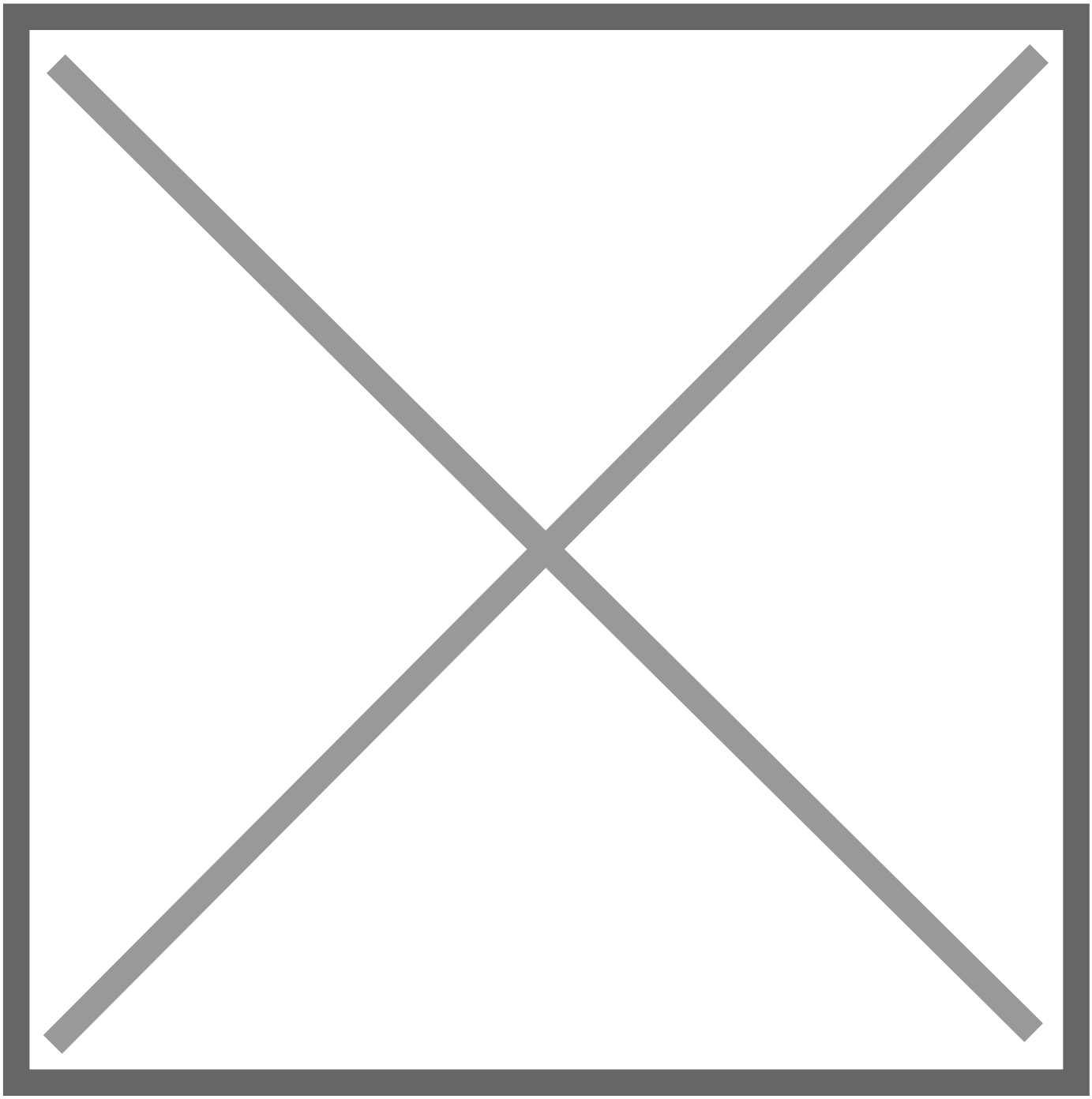
1985: Berg C, Rosengren A, Aires N, :appas G, Toren K, Thelle D, Lissner L. Trends in overweight and obesity from 1985 to 2002 in Goteborg, West Sweden. IJO 2005 Aug;29(8):916-24

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

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

Overweight/obesity by age and education

Adults, 2018

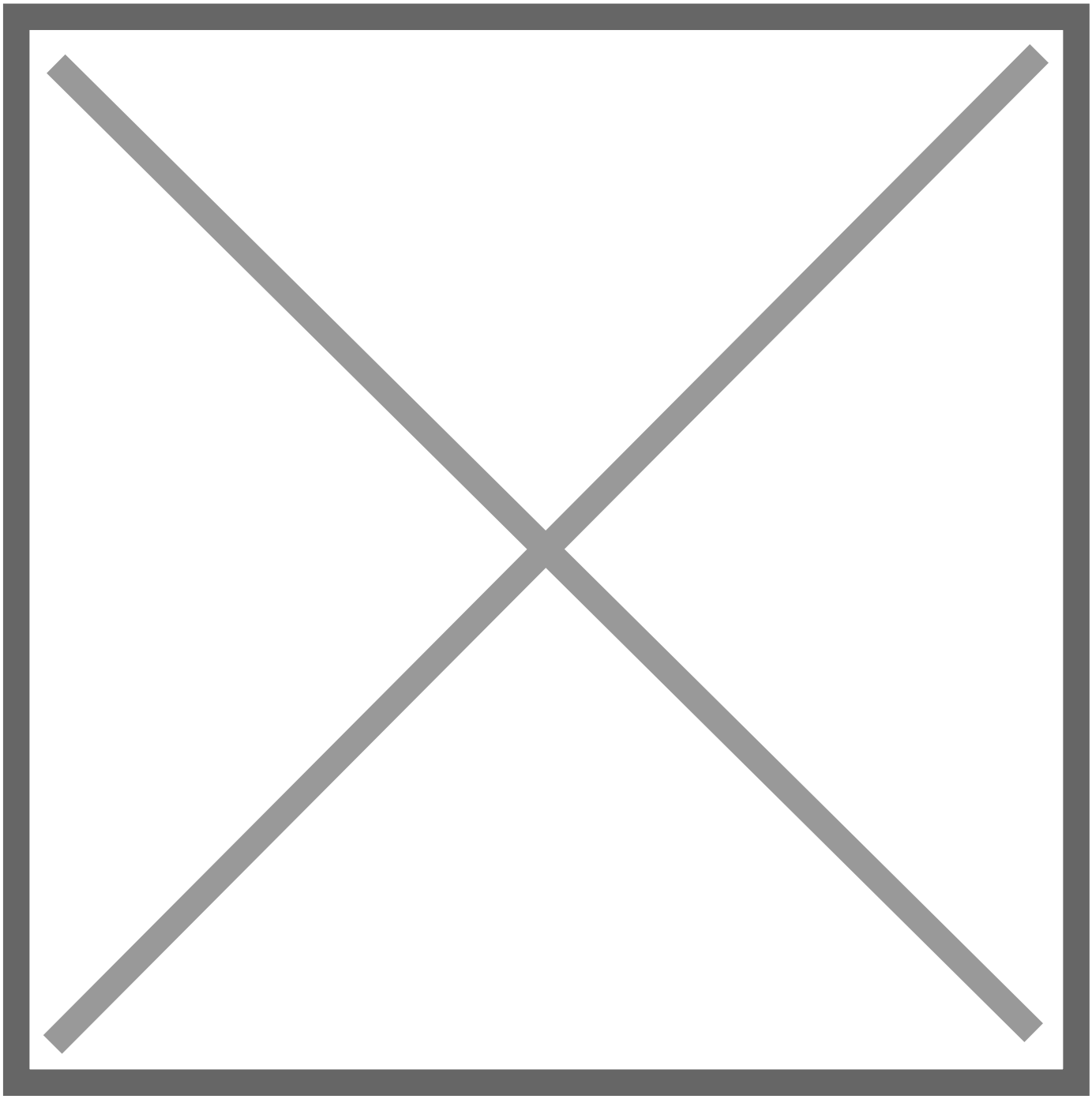


Survey type:	Measured
Sample size:	6689
Area covered:	National
References:	Reanalysis by World Obesity Federation, on the Health Survey for England 2018. Data provided by the UK Data Archive.
Notes:	1 - NVQ4/NVQ5/Degree equivalent 2 - Higher of below 3 - NVQ3/ GCE A Level equivalent 4 - NVQ2/ GCE O Level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

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

Overweight/obesity by education

Adults, 2023-2024

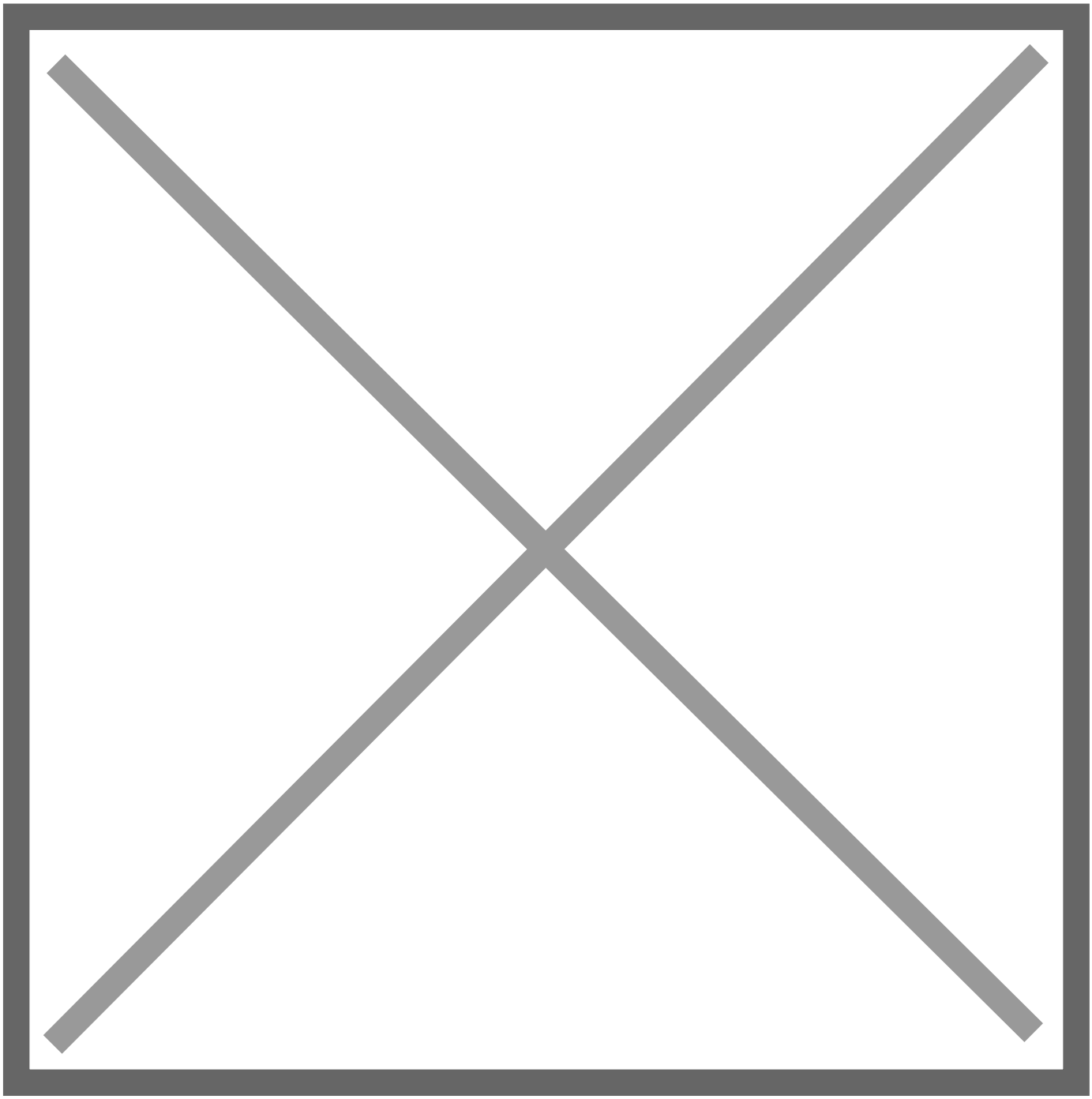


Survey type:	Self-reported
Age:	18+
Sample size:	171,926
Area covered:	National

References:	Sport England, Active Lives Survey data 2023/24, extracted from OHID Health Profiles. https://fingertips.phe.org.uk/search/obesity#page/7/gid/1/pat/159/par/K02000001/ati/15/are/E92000001/iid/93088/age/168/sex/4/cat/-1/ctp/-1/yrr/1/cid/4/tbm/1 [Accessed 11.08.25]
Notes:	Sample size listed is for all aged 16+, this data is only for 18+
	Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².

Overweight/obesity by age

Adults, 2024

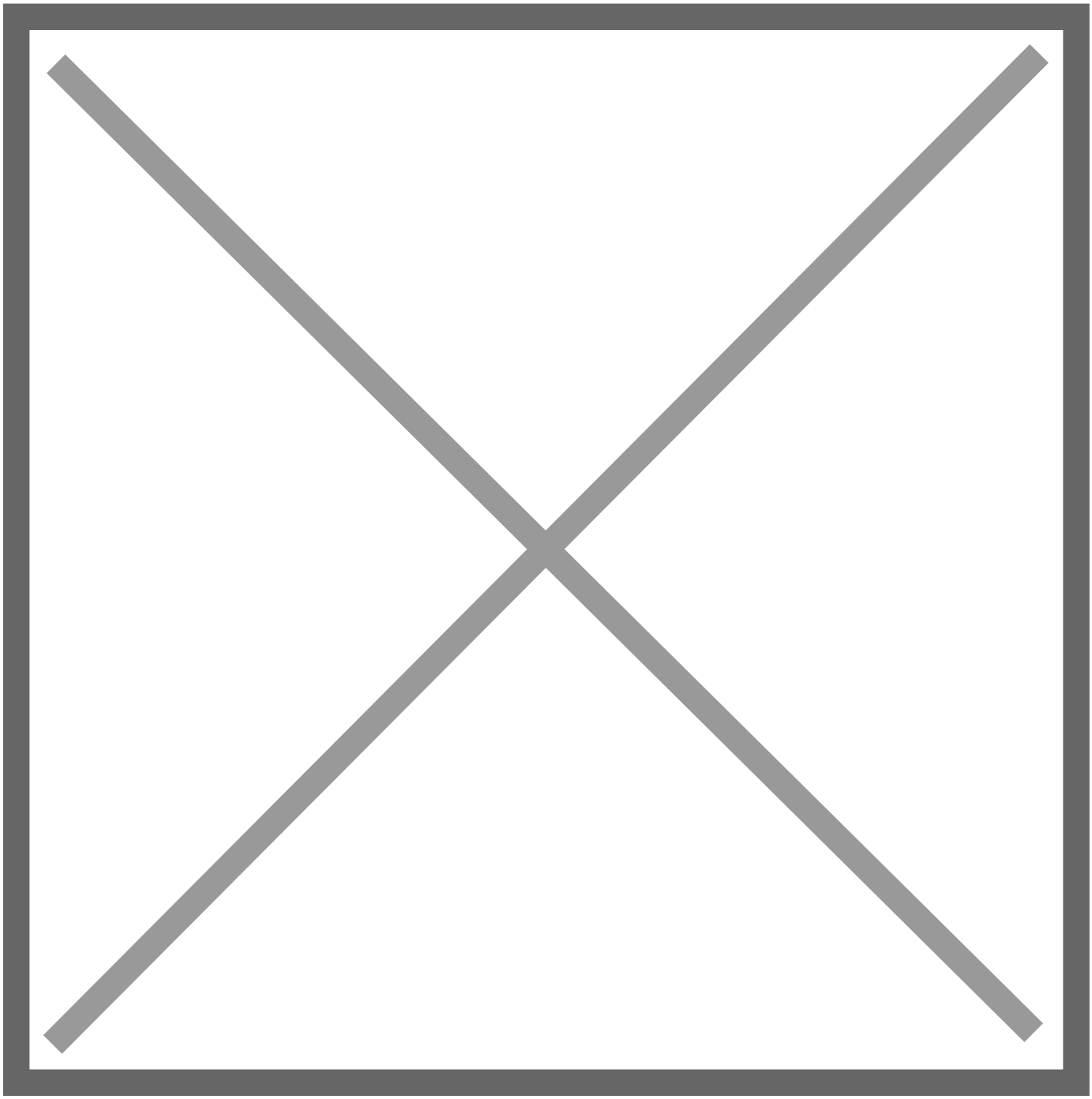


Survey type:	Measured
Sample size:	6500
Area covered:	National
References:	NHS England, Health Survey for England 2024, published 27 January 2026, gov.uk/government/statistics/health-survey-for-england-2024. Data tables available at https://digital.nhs.uk/data-and-information/publications/statistical/health-survey-for-england/2024/health-survey-for-england-2024-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

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

Overweight/obesity by region

Men, 2024

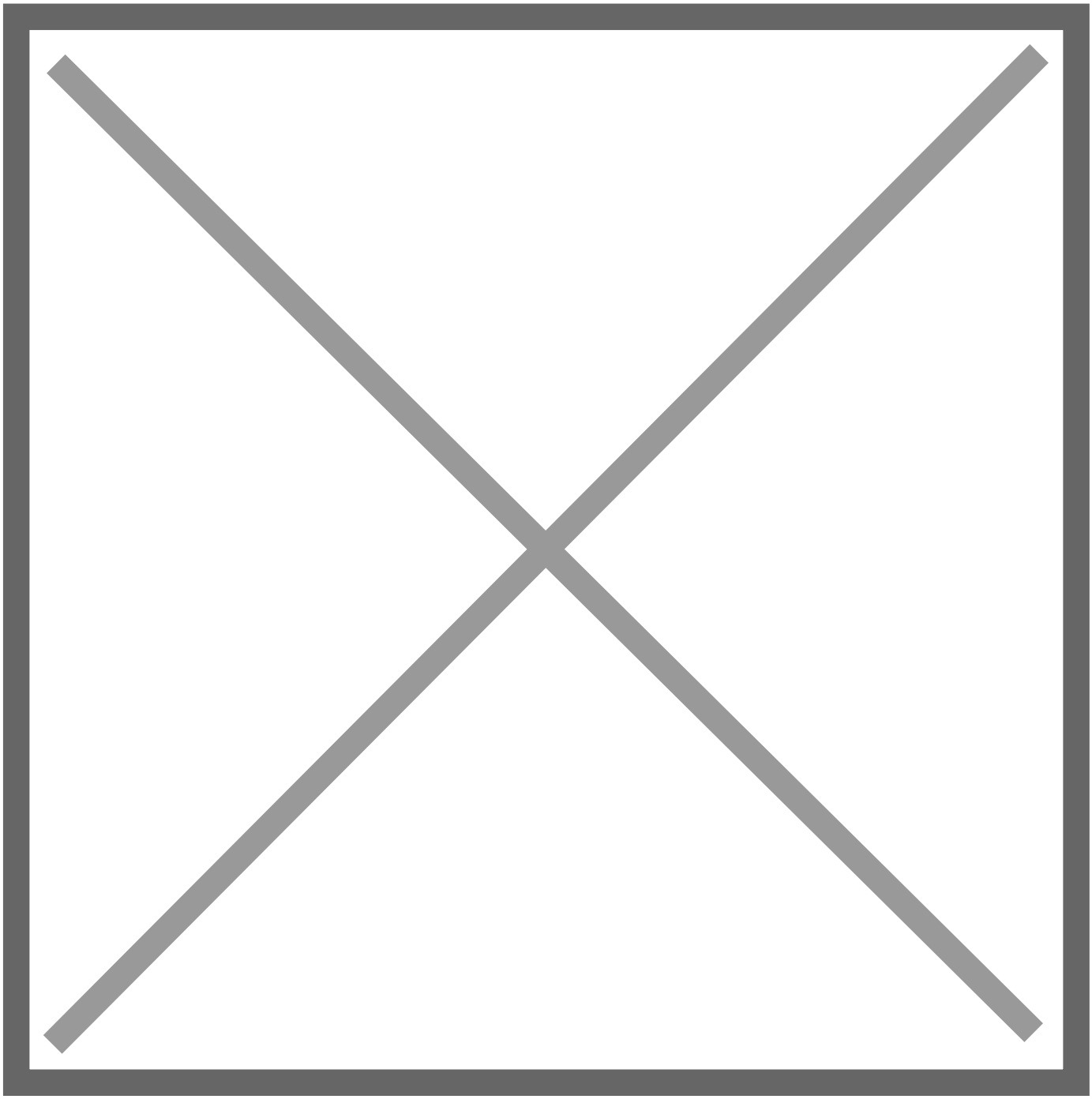


Survey type:	Measured
Age:	16+
Sample size:	6500
Area covered:	National

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

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

Women, 2024



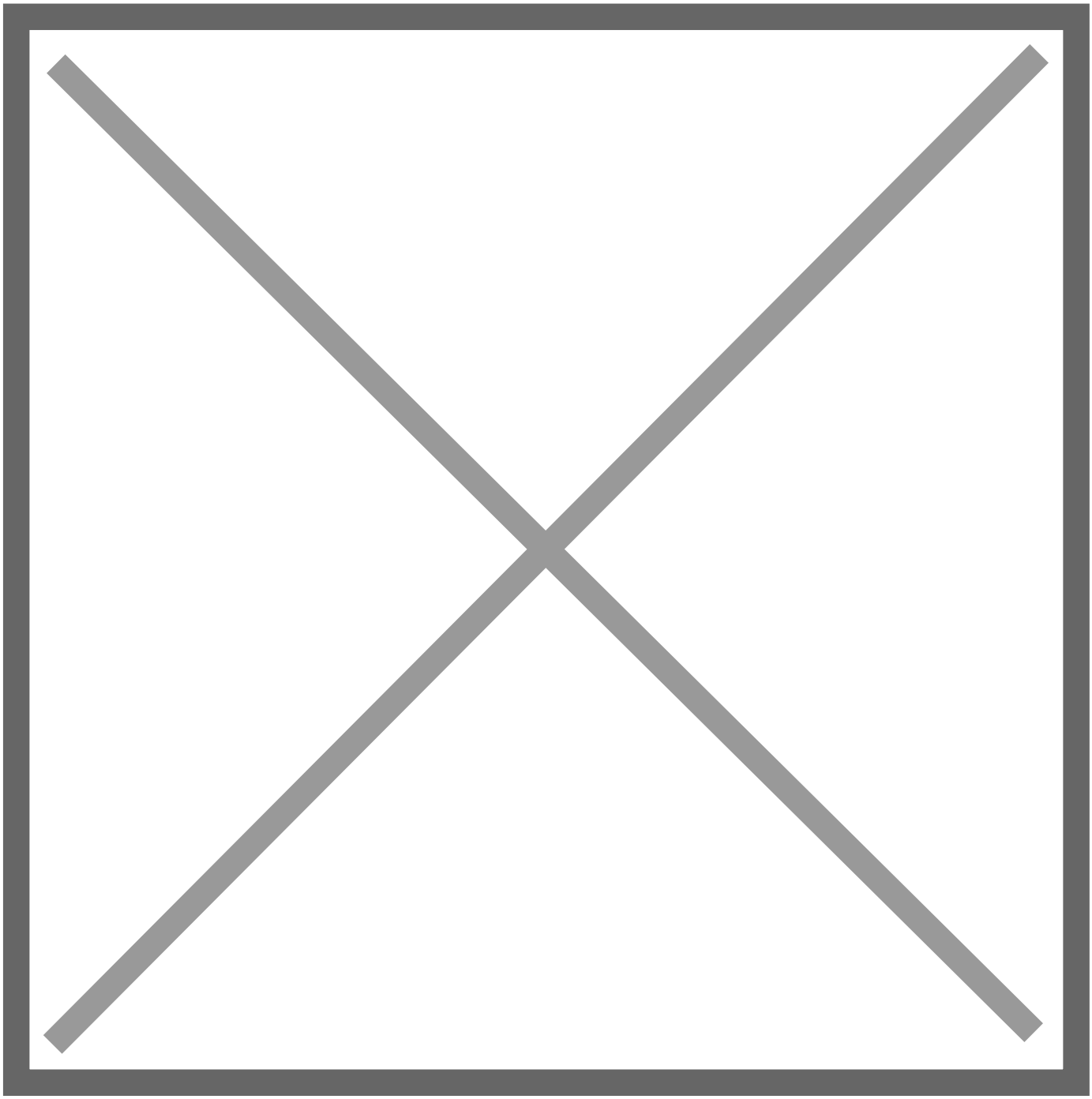
Survey type:	Measured
Age:	16+
Sample size:	6500
Area covered:	National

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

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

Overweight/obesity by socio-economic group

Men, 2024

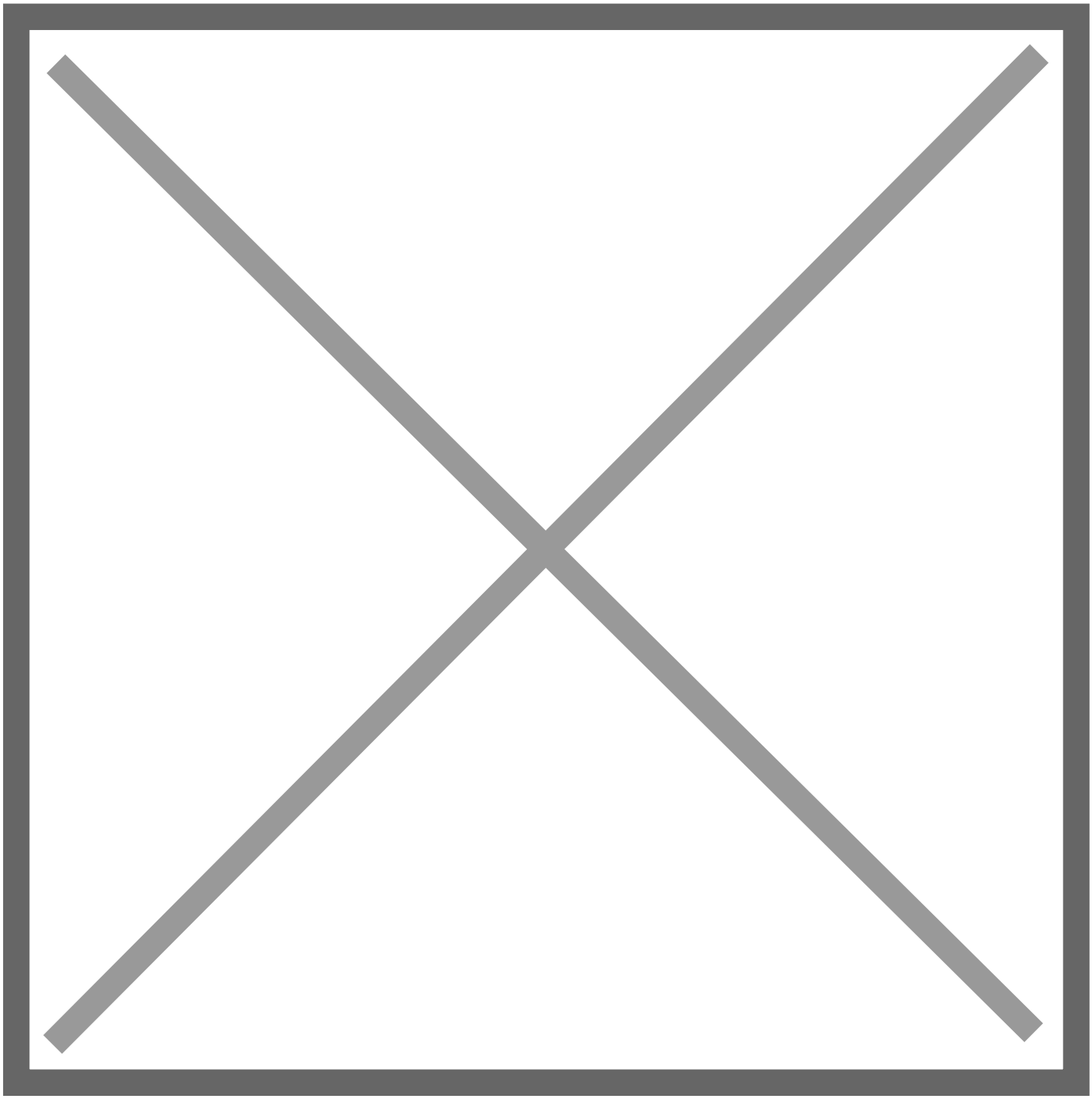


Survey type:	Measured
Age:	16+
Sample size:	6500
Area covered:	National

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

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

Women, 2024



Survey type:	Measured
Age:	16+
Sample size:	6500
Area covered:	National

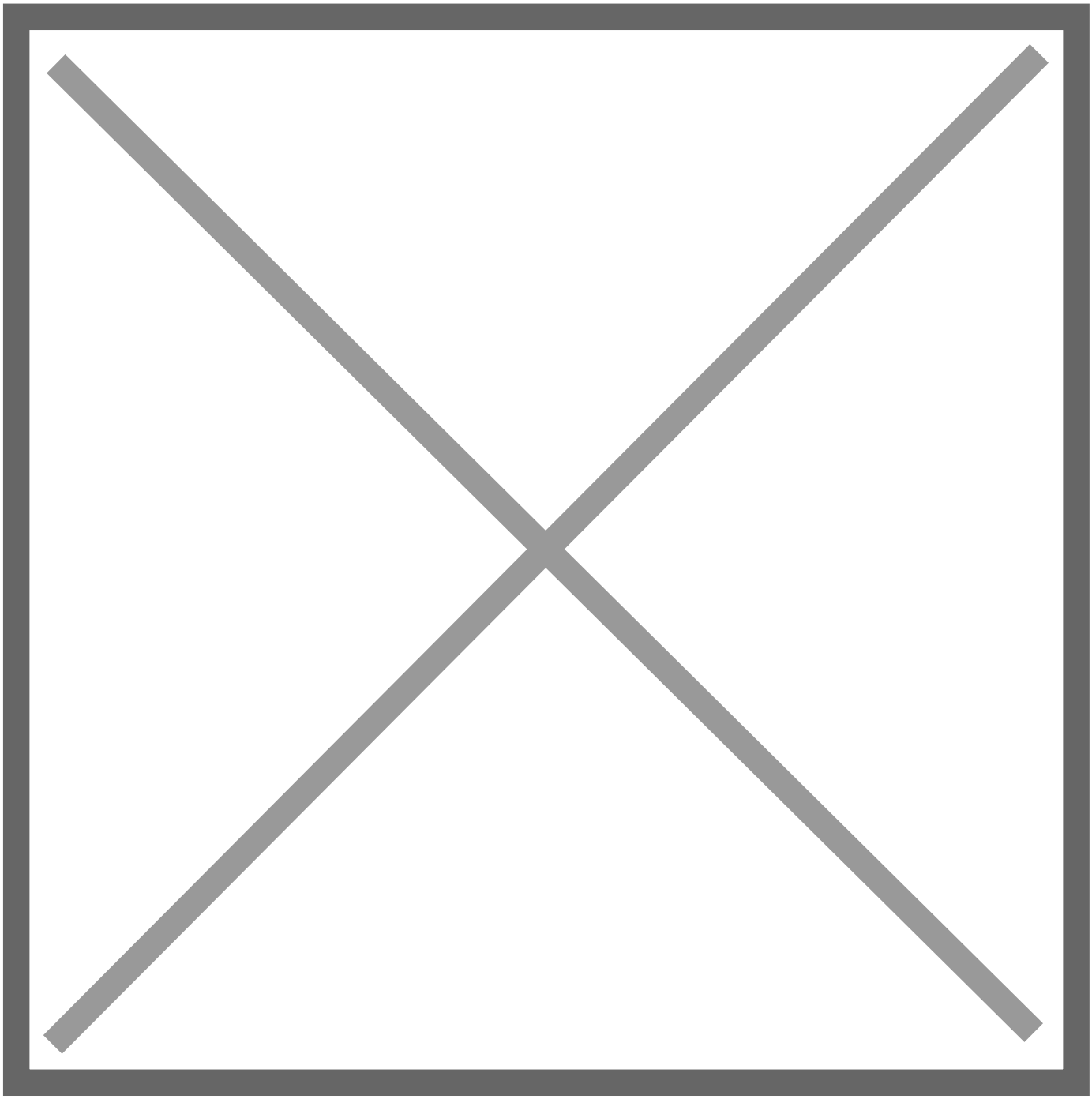
References: NHS England, Health Survey for England 2024, published 27 January 2026, gov.uk/government/statistics/health-survey-for-england-2024. Data tables available at https://digital.nhs.uk/data-and-information/publications/statistical/health-survey-for-england/2024/health-survey-for-england-2024-data-tables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

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

Overweight/obesity by ethnicity

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

Men, 2022-2024

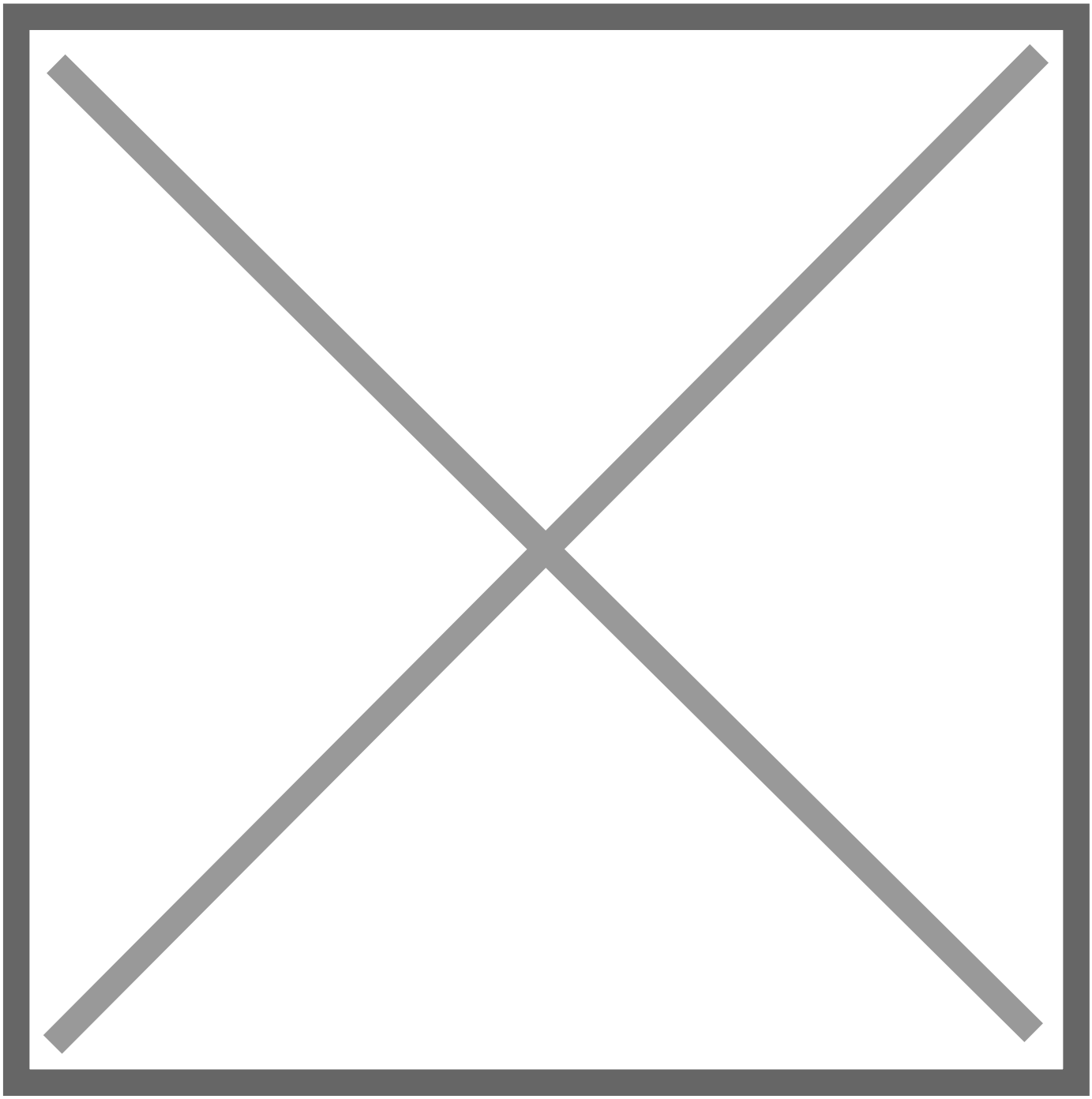


Survey type:	Measured
Age:	16+
Sample size:	10962
Area covered:	National

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

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

Women, 2022-2024



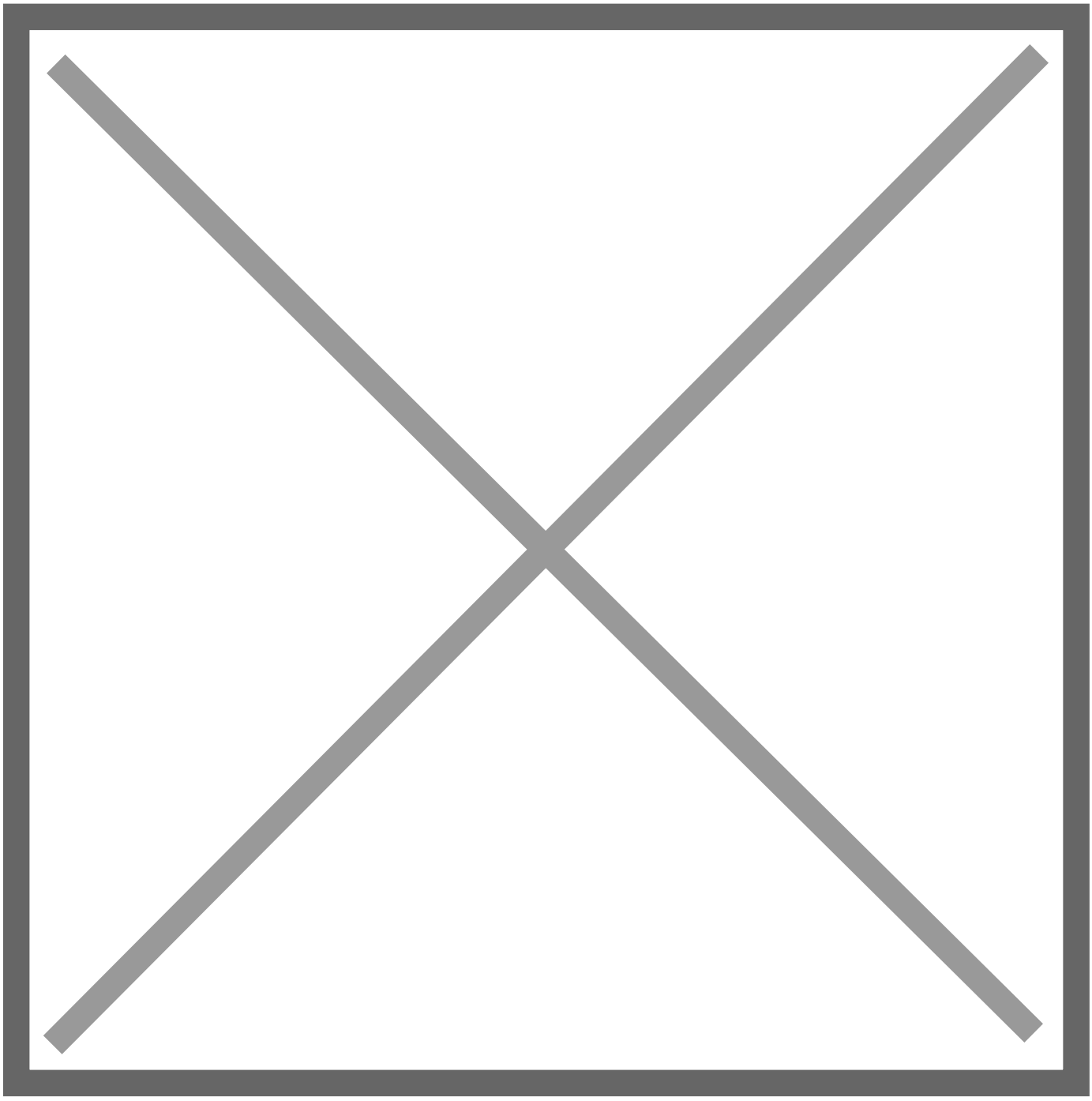
Survey type:	Measured
Age:	16+
Sample size:	10962
Area covered:	National

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

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

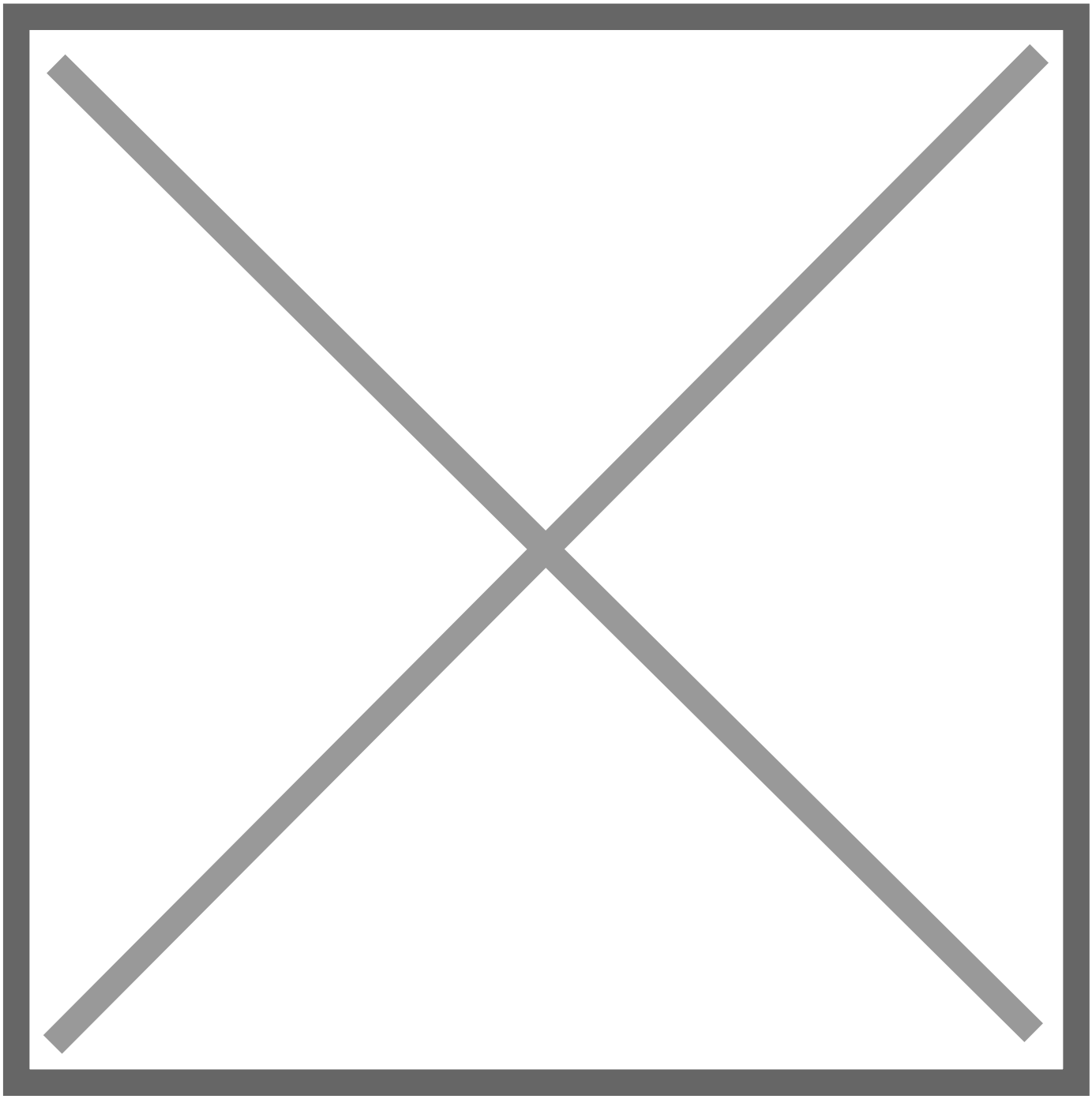
Diabetes

Men, 2022



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

Women, 2022



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

PDF created on October 22, 2026