



England



Country report card - children

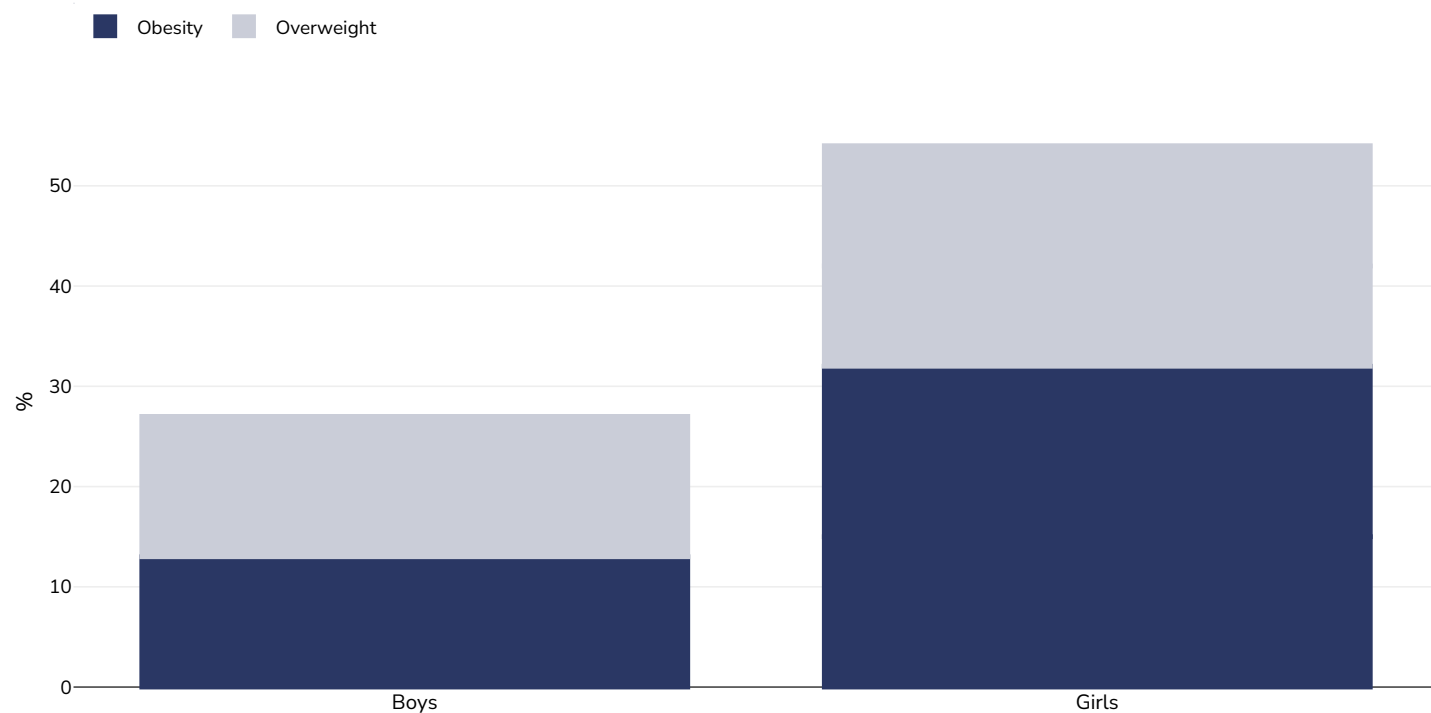
This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity for children, including adolescents (aged 5 to 18 years). Where available, data on common and relevant obesity drivers and comorbidities are also presented.

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

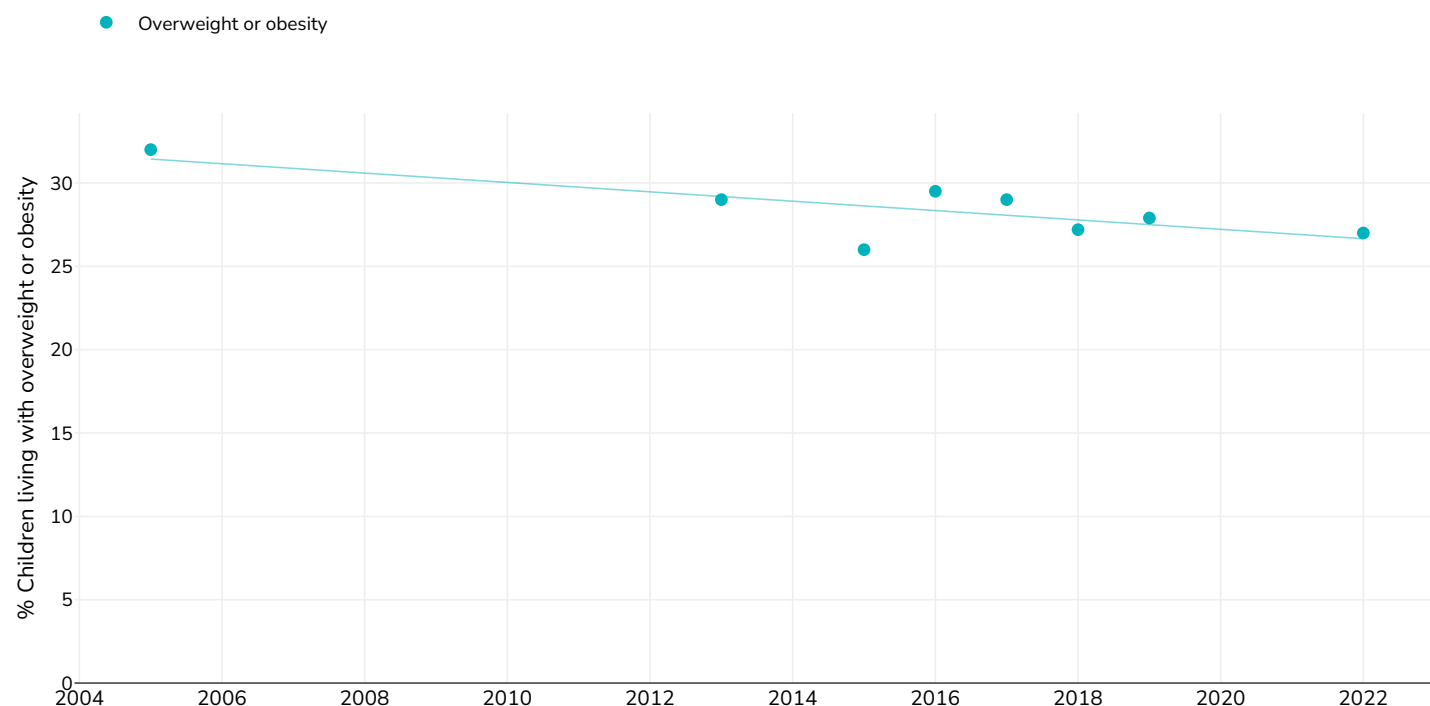
Children, 2022



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

Children living with overweight or obesity in England 2005-2022

Girls



Survey type:

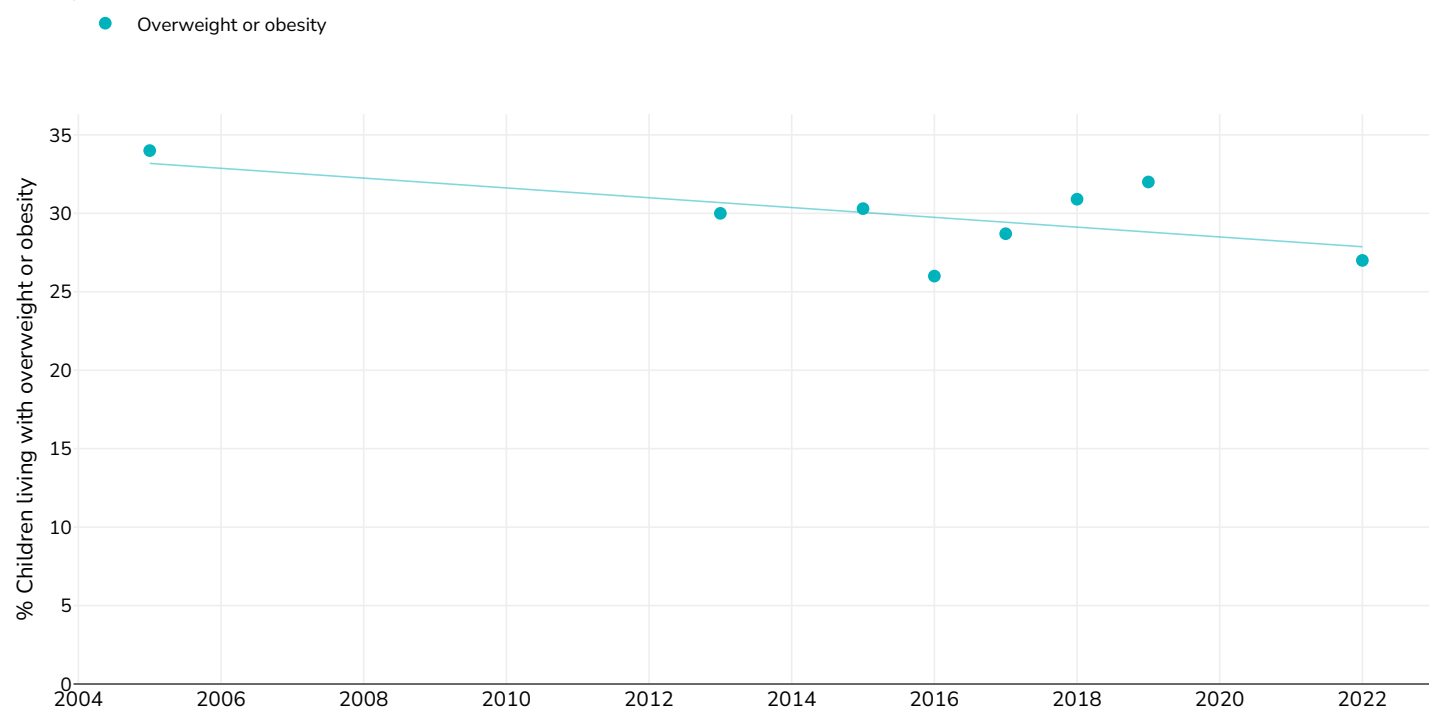
Measured

References:

- 2005, 2013: HSE 2013. <http://www.hscic.gov.uk/catalogue/PUB16076/HSE2013-Ch11-Child-BMI.pdf>
- 2015: Health Survey for England 2015
- 2016: Health Survey for England 2016. Available at: <https://digital.nhs.uk/catalogue/PUB30169> (Last Accessed 13 December 2017)
- 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)
- 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)

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

Boys



Survey type:

Measured

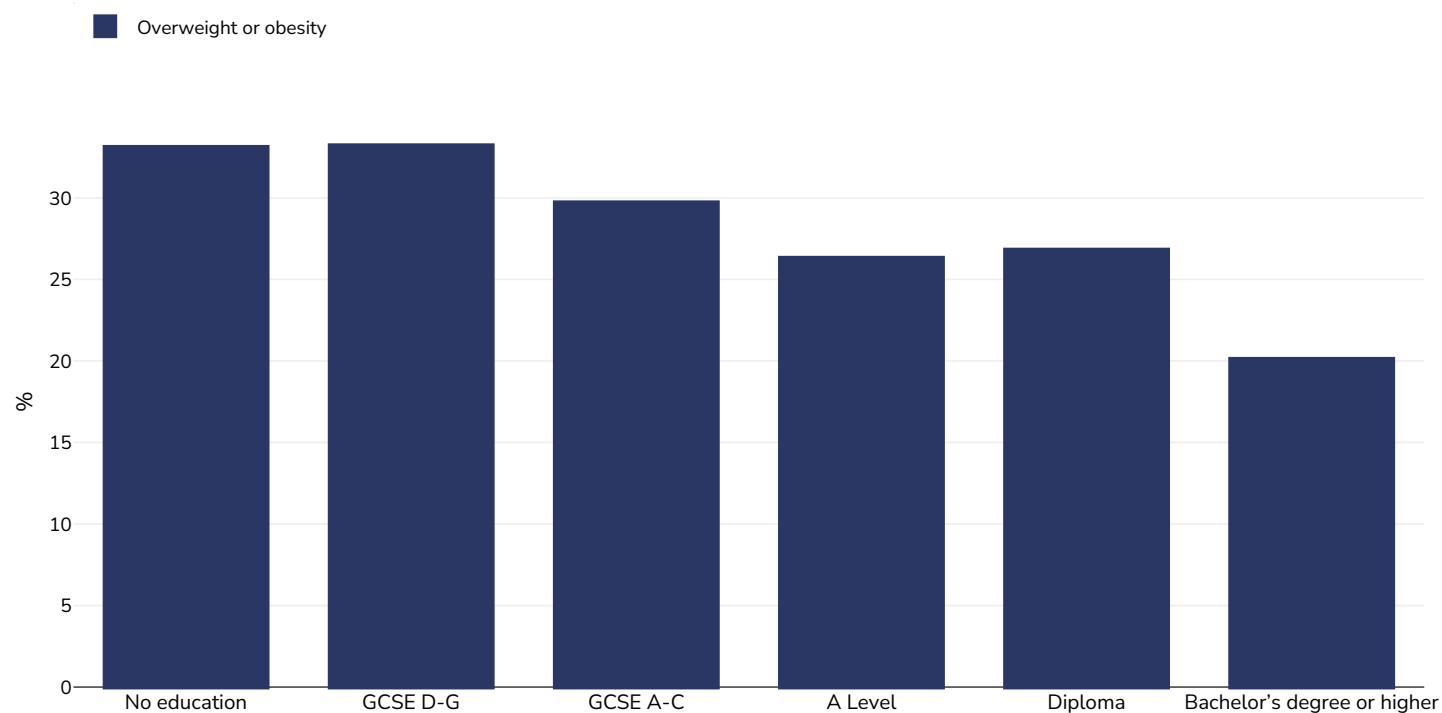
References:

- 2005, 2013: HSE 2013. <http://www.hscic.gov.uk/catalogue/PUB16076/HSE2013-Ch11-Child-BMI.pdf>
- 2015: Health Survey for England 2015
- 2016: Health Survey for England 2016. Available at: <https://digital.nhs.uk/catalogue/PUB30169> (Last Accessed 13 December 2017)
- 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)
- 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)

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 education

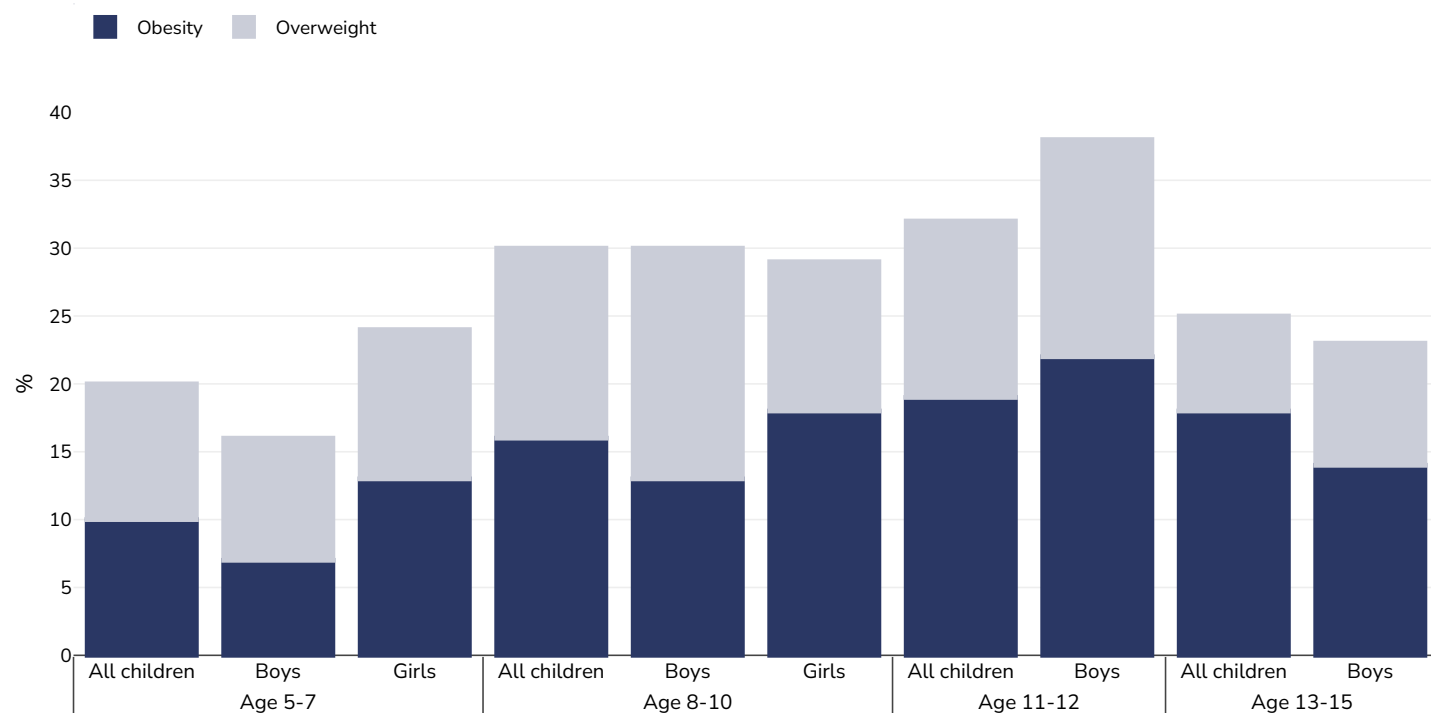
Children, 2012-2013



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

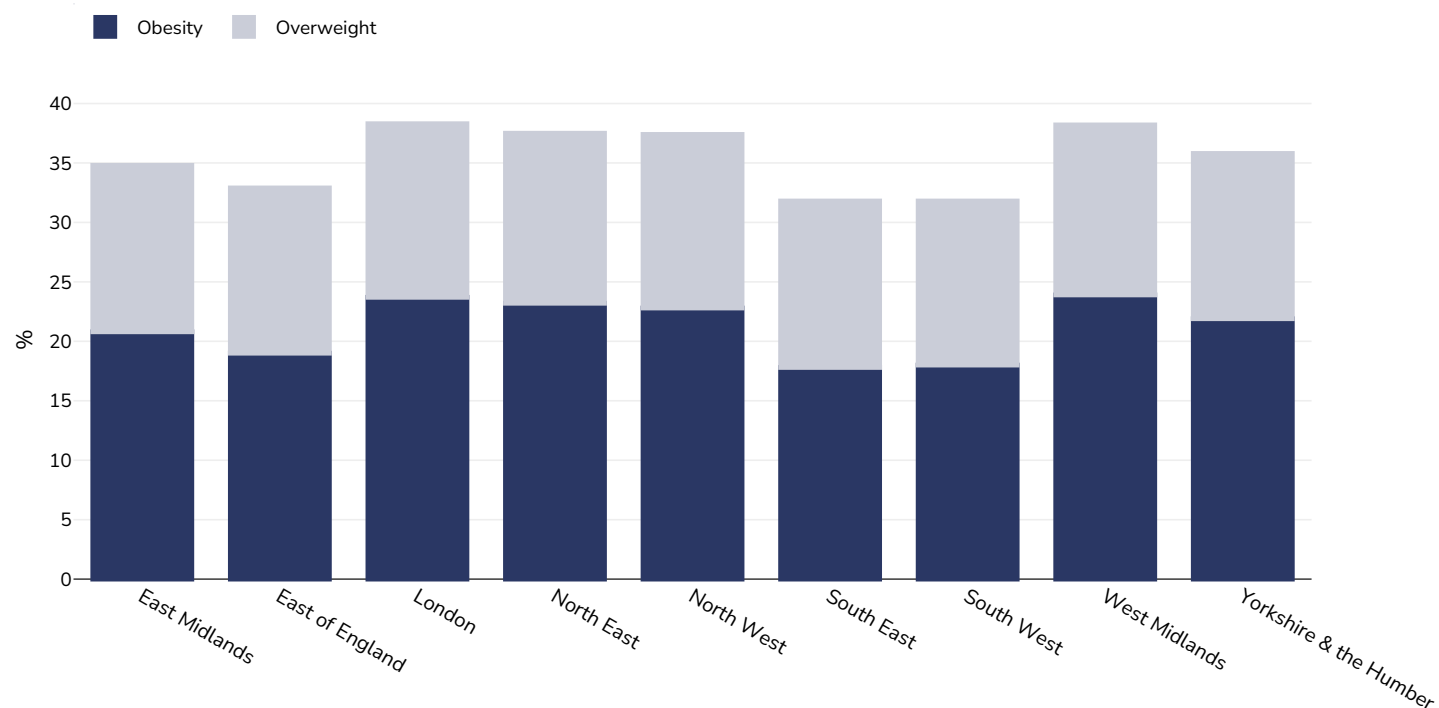
Children, 2022



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

Overweight/obesity by region

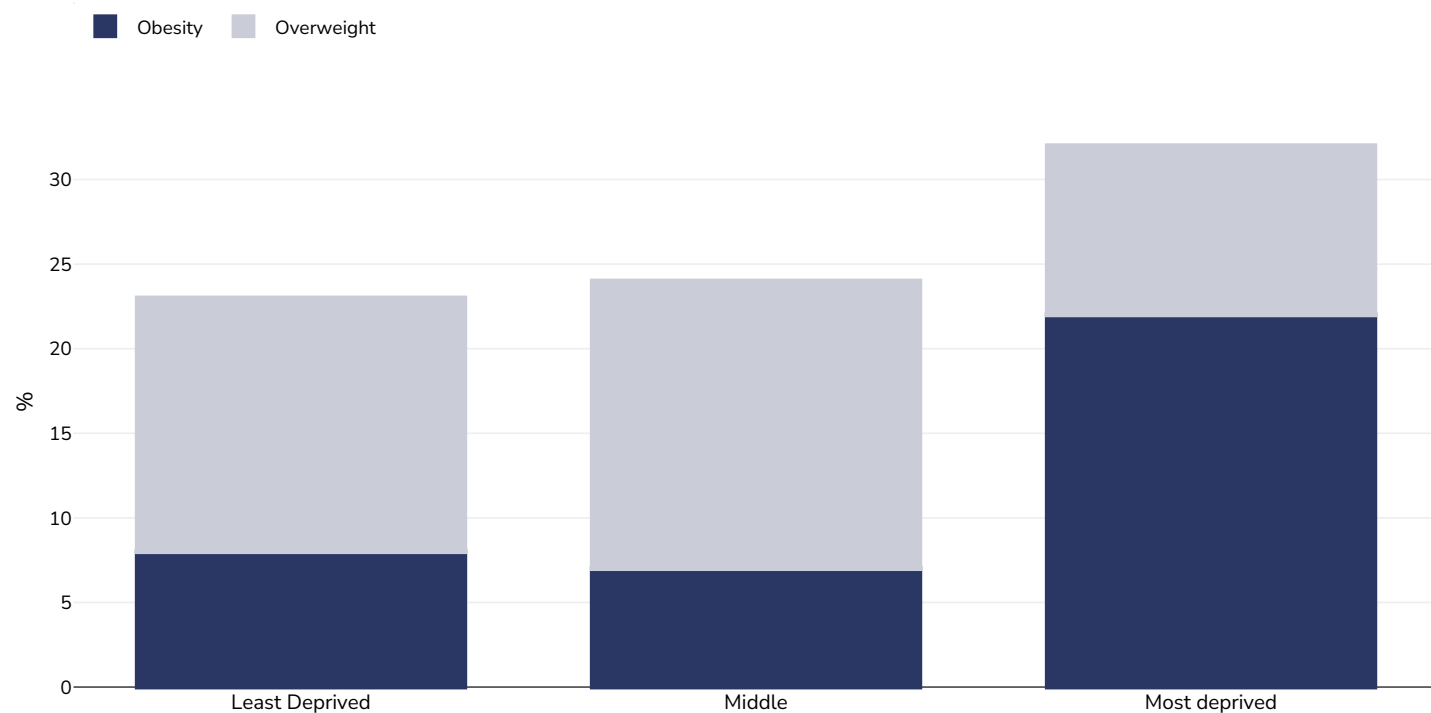
Children, 2019-2020



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

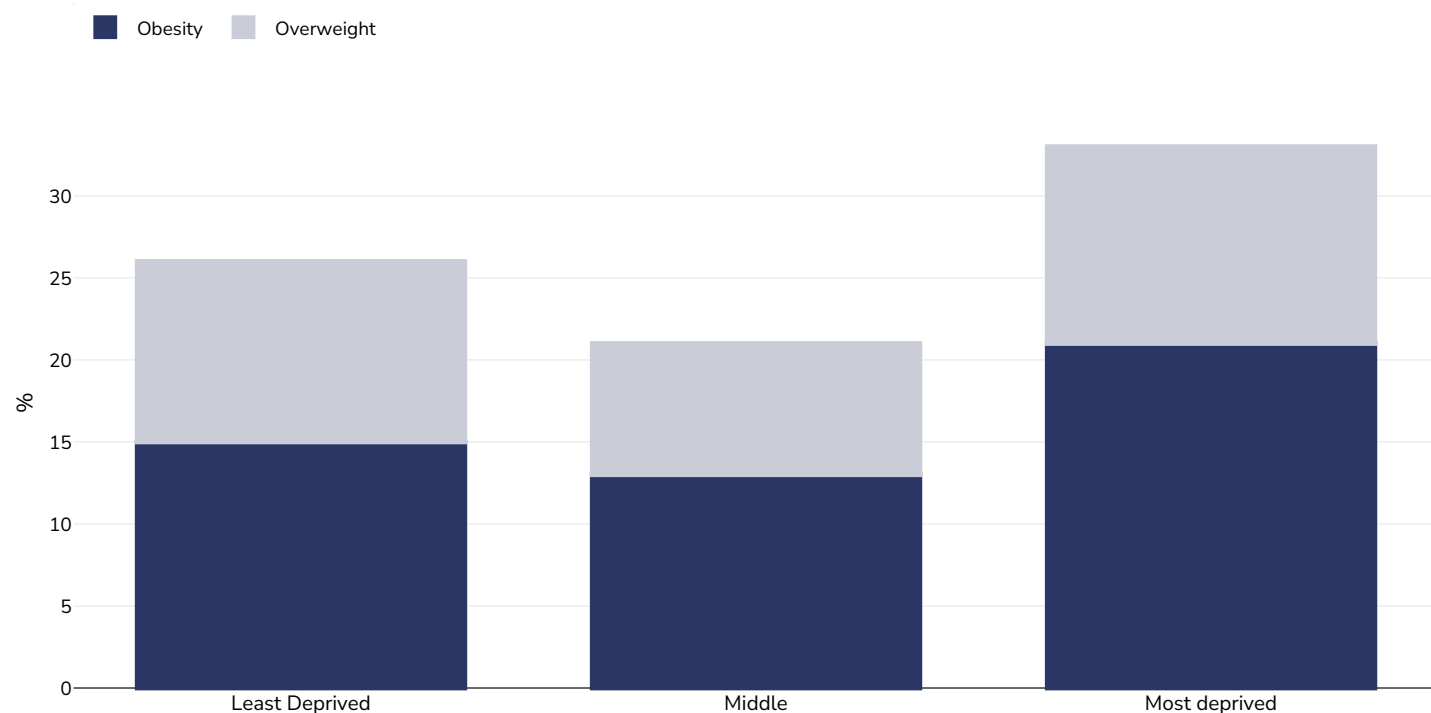
Overweight/obesity by socio-economic group

Boys, 2022



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

Girls, 2022

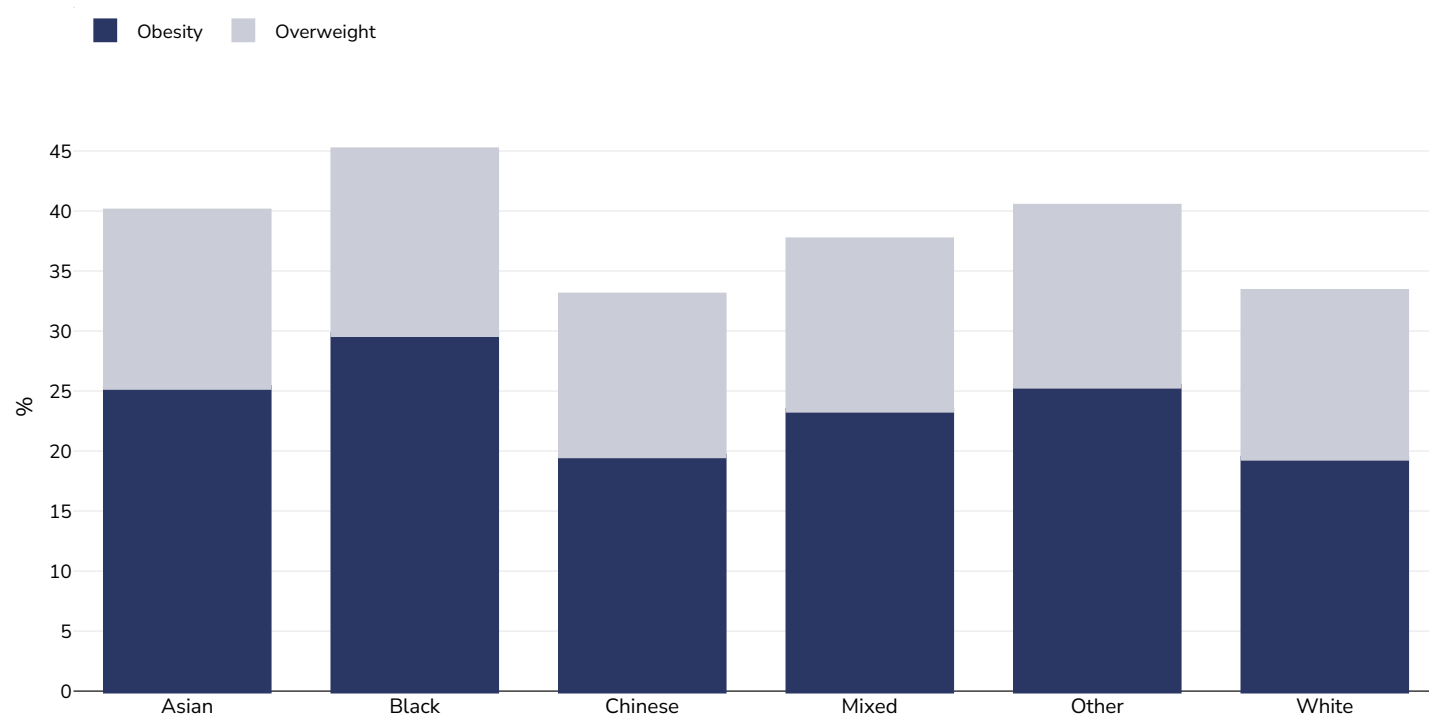


Survey type:	Measured
Age:	2-15
Sample size:	568
Area covered:	National
References:	Health Survey for England 2022. Available at https://digital.nhs.uk/data-and-information/publications/statistical/health-survey-for-england/2022-part-2 (last accessed 08.10.24)
Notes:	Weighted sample size Index of Multiple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

Overweight/obesity by ethnicity

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

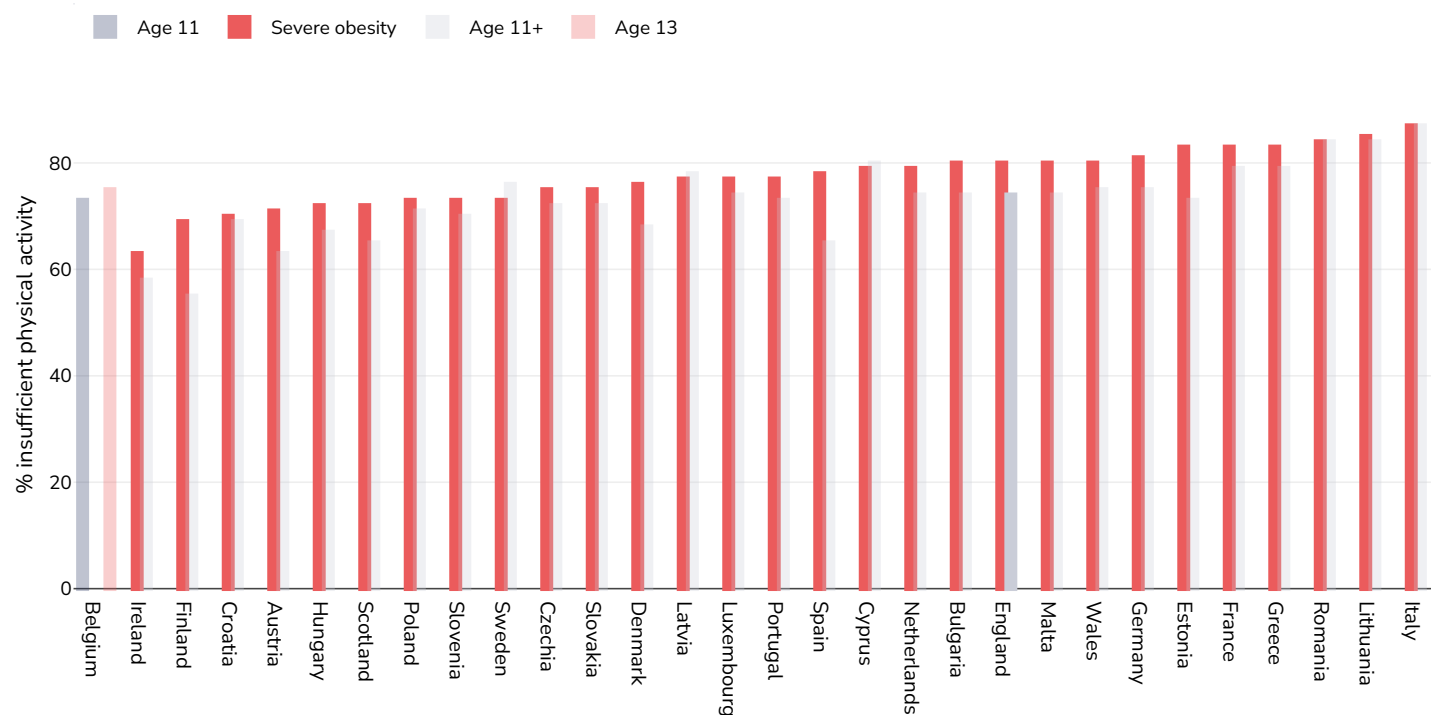
Children, 2019-2020



Survey type:	Measured
Age:	10-11
Sample size:	491138
Area covered:	National
References:	National Child Measurement Programme, England - 2019/20 School Year (2020). Available at: https://digital.nhs.uk/data-and-information/publications/statistical/national-child-measurement-programme/2019-20-school-year . Last accessed: 13.04.21
Notes:	Ethnic groups as defined by the survey of origin.
Definitions:	85th centile overweight 95th centile obese

Insufficient physical activity

Boys, 2022

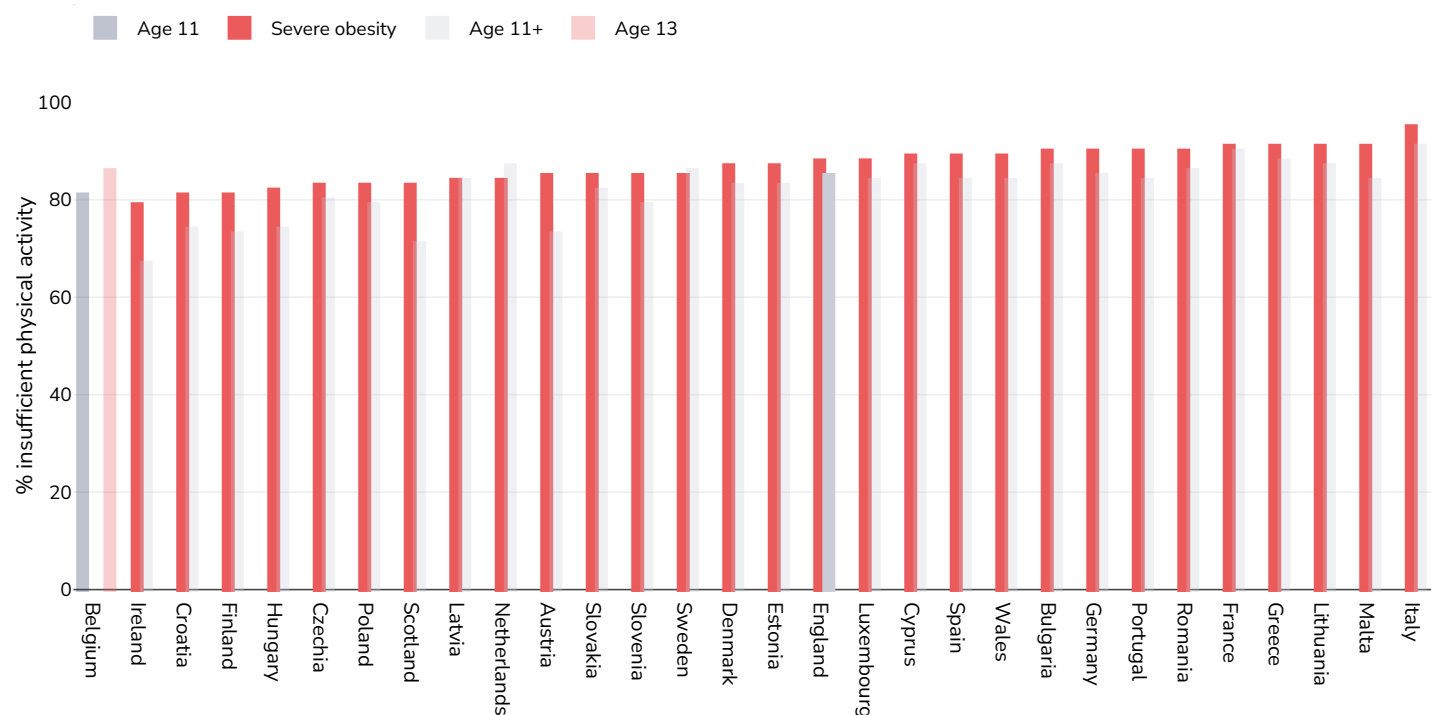


References: Rakić JG, Hamrik Z, Dzielska A, Felder-Puig R, Oja L, Bakalár P et al. A focus on adolescent physical activity, eating behaviours, weight status and body image in Europe, central Asia and Canada. Health Behaviour in School-aged Children international report from the 2021/2022 survey. Volume 4. Copenhagen: WHO Regional Office for Europe; 2024. Licence: CC BY-NC-SA 3.0 IGO. Health Behaviour in School-aged Children study (2023), Data browser (findings from the 2021/22 international HBSC survey): <https://data-browser.hbsc.org>.

Notes: Young people were asked to report the number of days over the past week during which they were physically active for a total of at least 60 minutes. The question was introduced by text defining moderate-to-vigorous physical activity (MVPA) as any activity that increases the heart rate and makes the person get out of breath some of the time, with examples provided. Findings presented on the Observatory show the proportions who report less than 60 minutes of MVPA daily.

Definitions: % reporting less than 60 minutes of MVPA daily

Girls, 2022



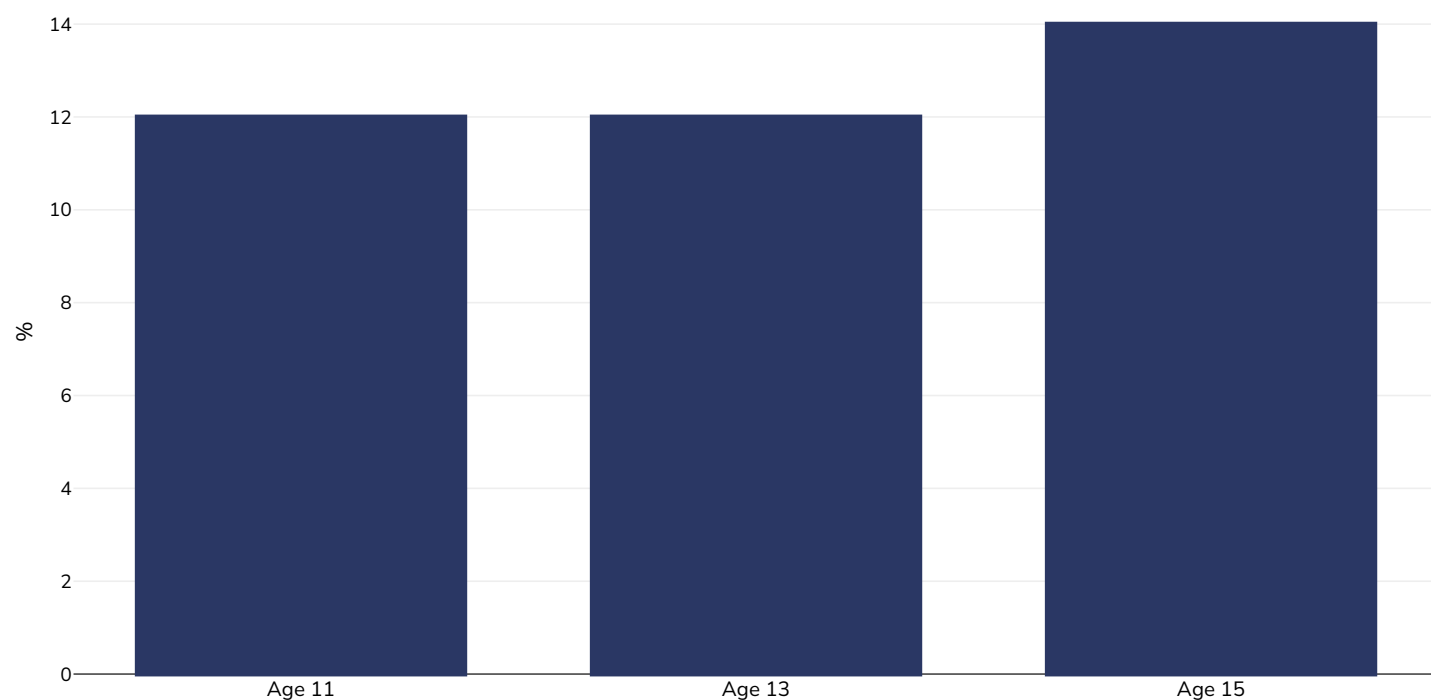
References: Rakić JG, Hamrik Z, Dzielska A, Felder-Puig R, Oja L, Bakalár P et al. A focus on adolescent physical activity, eating behaviours, weight status and body image in Europe, central Asia and Canada. Health Behaviour in School-aged Children international report from the 2021/2022 survey. Volume 4. Copenhagen: WHO Regional Office for Europe; 2024. Licence: CC BY-NC-SA 3.0 IGO. Health Behaviour in School-aged Children study (2023), Data browser (findings from the 2021/22 international HBSC survey): <https://data-browser.hbsc.org>.

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Definitions: % reporting less than 60 minutes of MVPA daily

Prevalence of at least daily carbonated soft drink consumption

Boys, 2021-2022

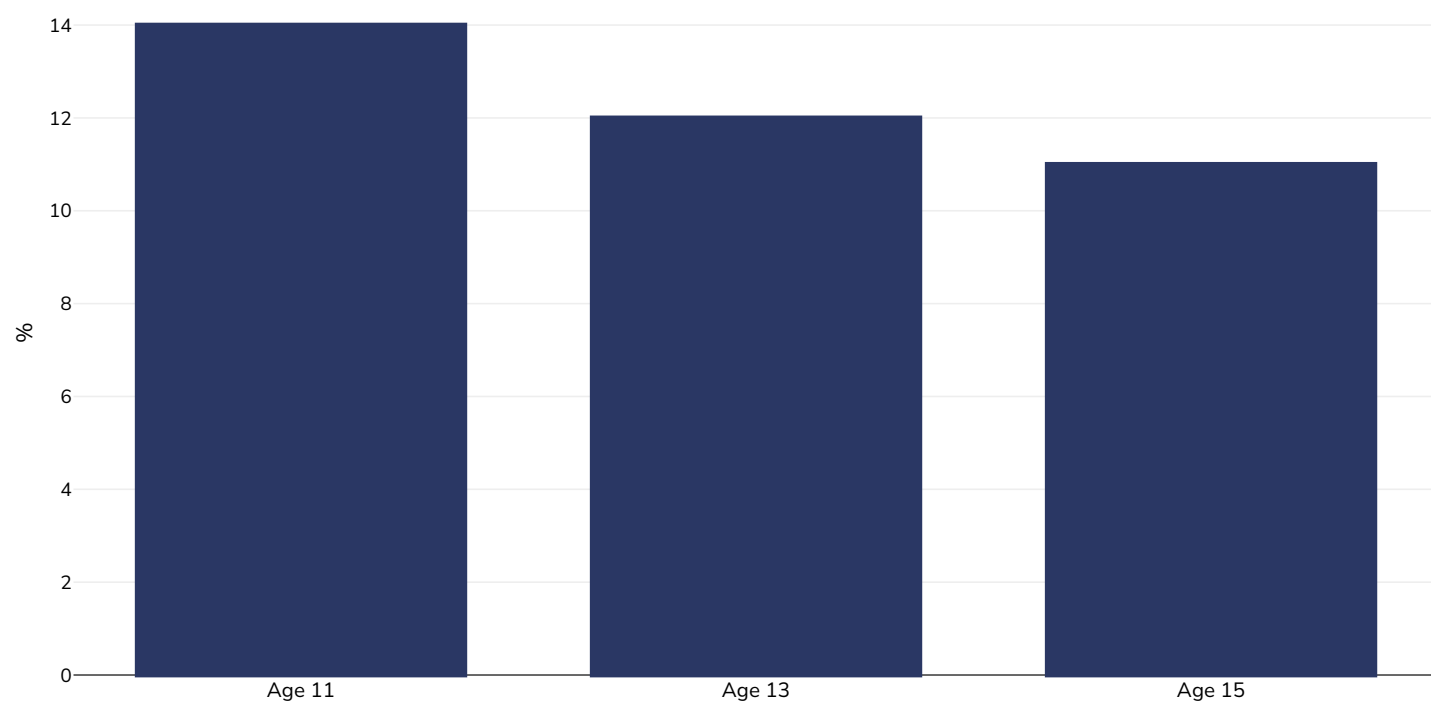


Area covered: National

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

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

Girls, 2021-2022



Area covered:

National

References:

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

Definitions:

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

PDF created on August 5, 2025