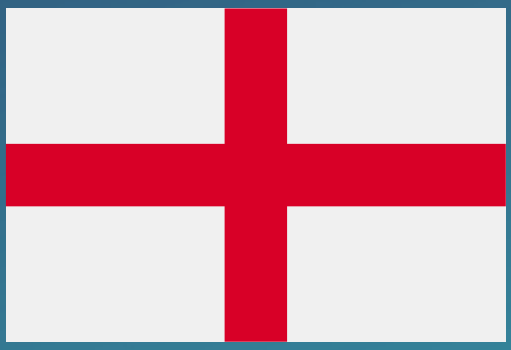
England



Country report card - children

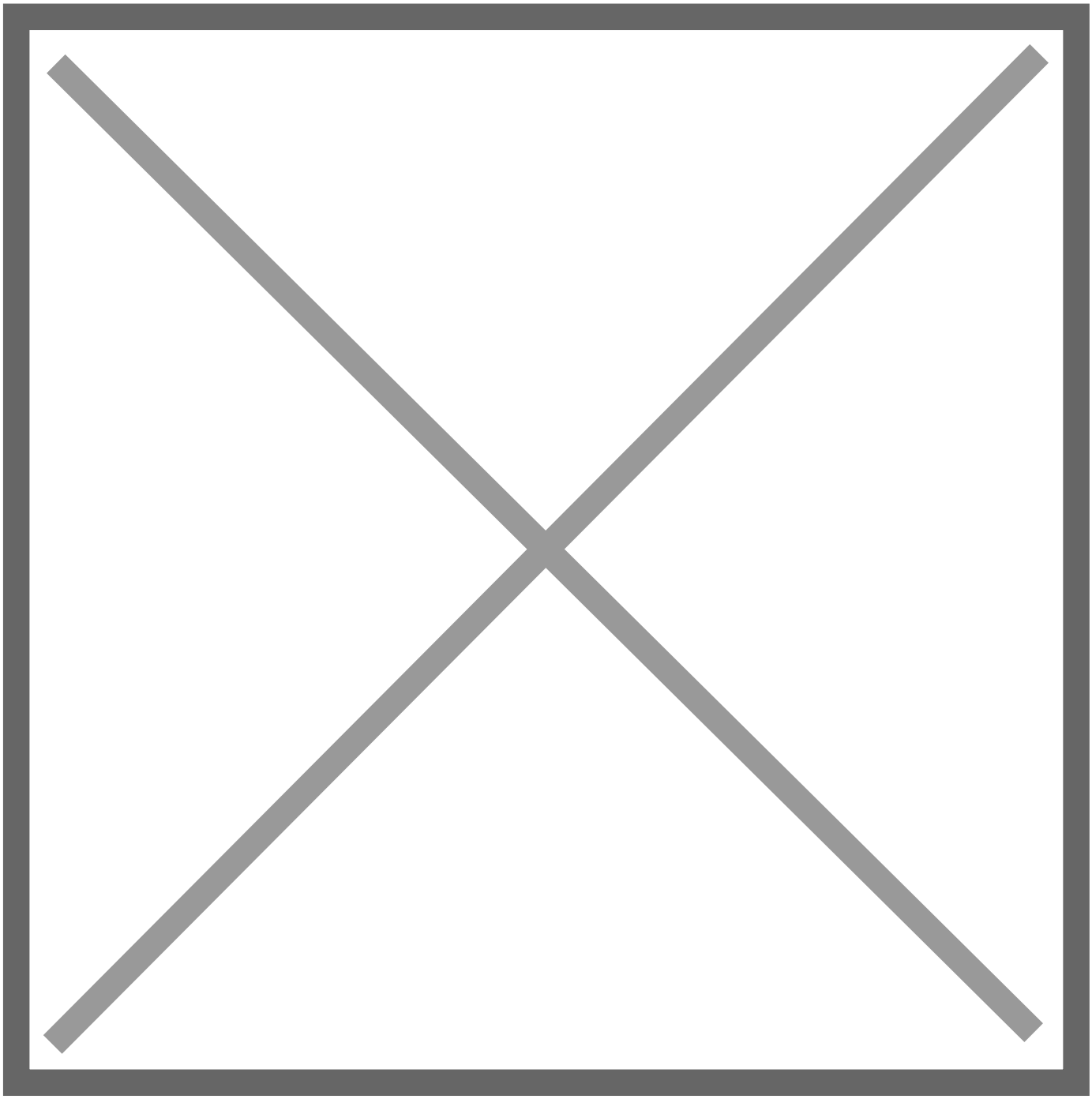
This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity for children, including adolescents (aged 5 to 18 years). Where available, data on common and relevant obesity drivers and comorbidities are also presented.

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, 2024

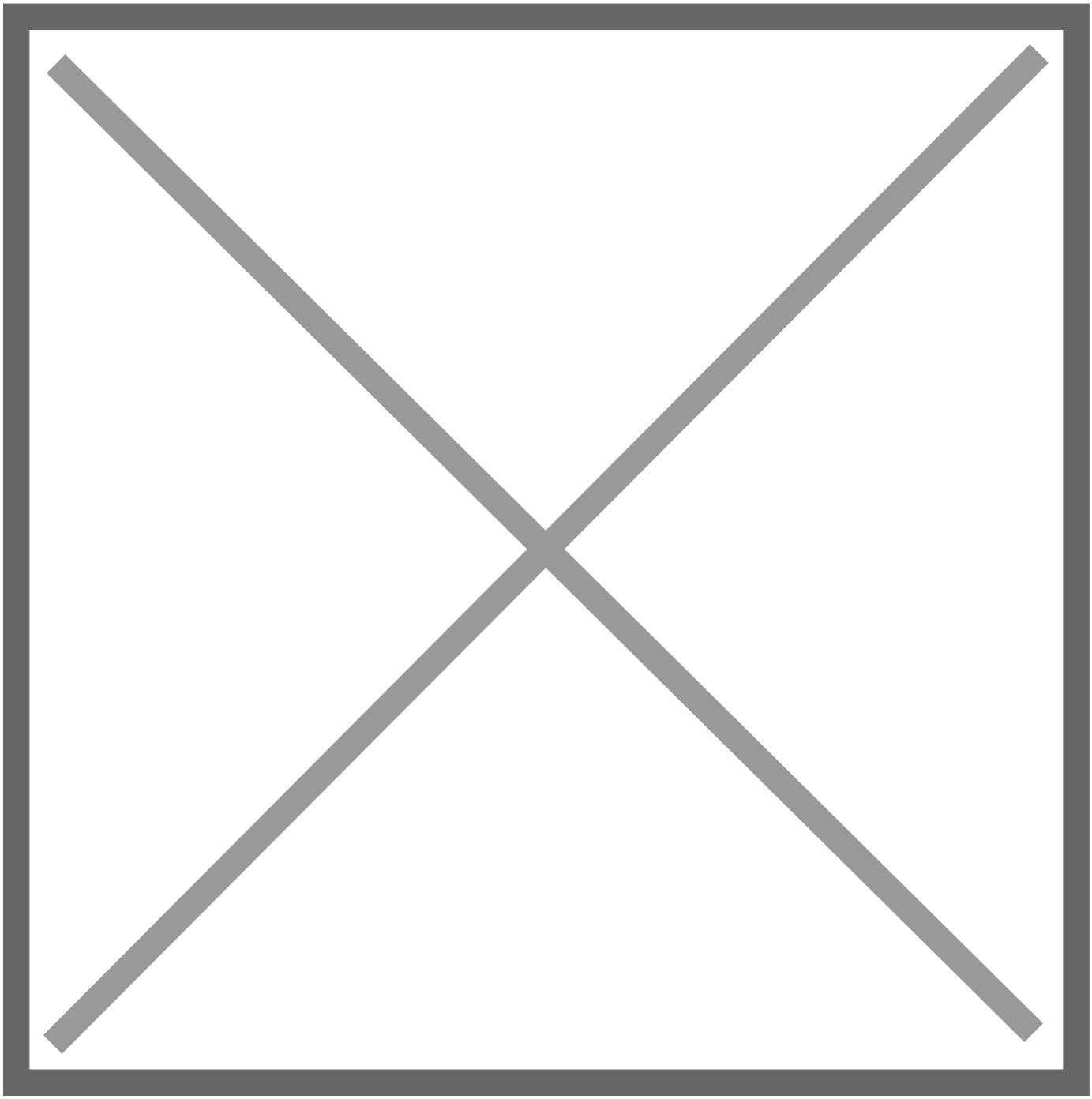


Survey type:	Measured
Age:	2-15
Sample size:	1021
Area covered:	National
References:	NHS England, Health Survey for England 2024, published 27 January 2026, gov.uk/government/statistics/health-survey-for-england-2024. Data tables available at https://digital.nhs.uk/data-and-information/publications/statistical/health-survey-for-england/2024/health-survey-for-england-2024-data-tables (last accessed 28.04.26)

Notes:	Wieghted sample size
Cutoffs:	85th/95th

Children living with overweight or obesity in England 2003-2022

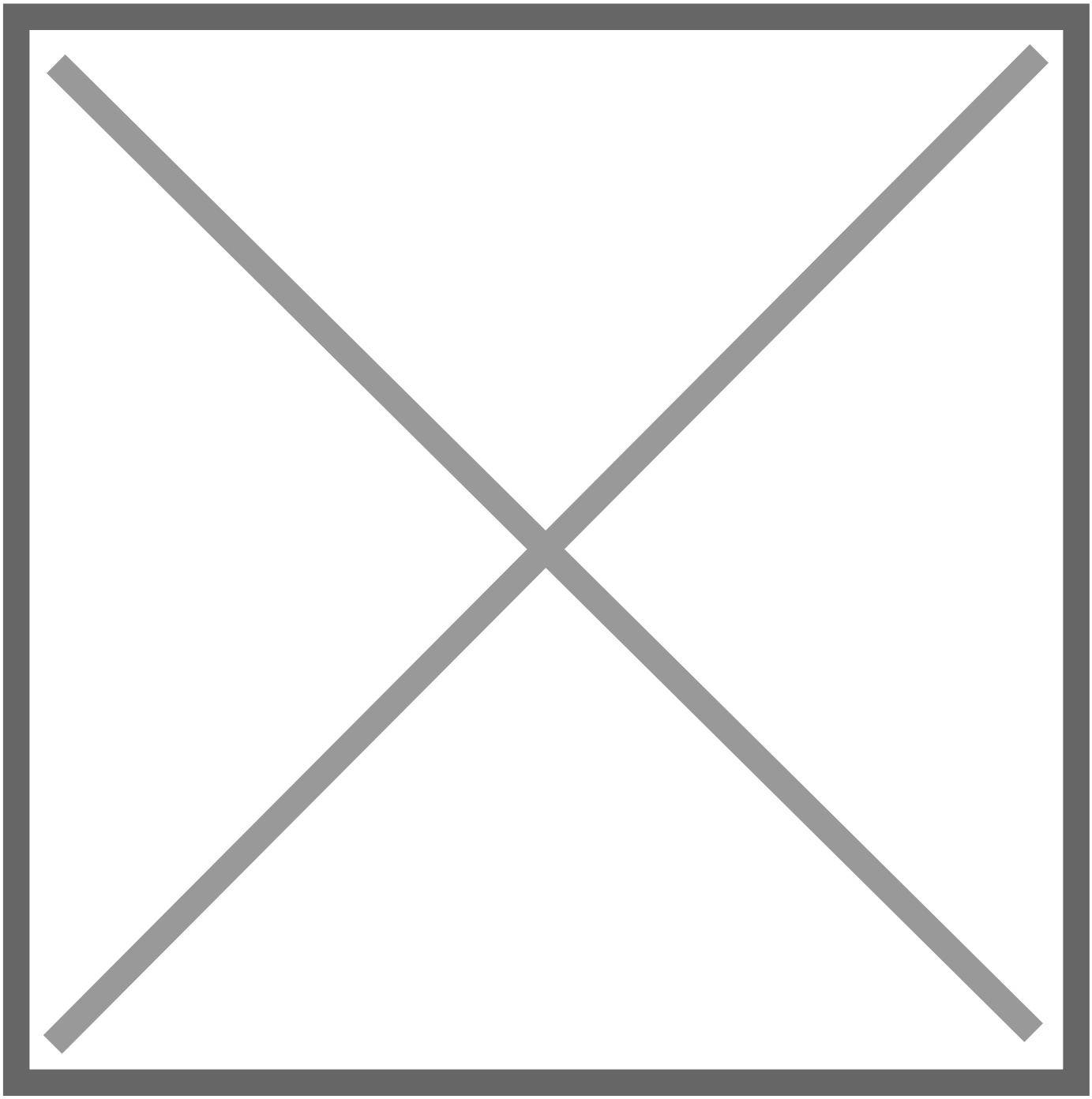
Boys and girls



Survey type:	Measured
References:	2003: Health Survey for England 2003. Obtained from HSE 2022 Adult and Children's overweight and obesity tables. https://digital.nhs.uk/data-and-information/publications/statistical/health-survey-for-england/2022-part-2 [Accessed 11.08.25] 2005: Health Survey for England 2005. Obtained from HSE 2022 Adult and Children's overweight and obesity tables. https://digital.nhs.uk/data-and-information/publications/statistical/health-survey-for-england/2022-part-2 [Accessed 11.08.25] 2008: Health Survey for England 2008. Obtained from HSE 2022 Adult and Children's overweight and obesity tables. https://digital.nhs.uk/data-and-information/publications/statistical/health-survey-for-england/2022-part-2 [Accessed 11.08.25] 2010: Health Survey for England 2010. Obtained from HSE 2022 Adult and Children's overweight and obesity tables. https://digital.nhs.uk/data-and-information/publications/statistical/health-survey-for-england/2022-part-2 [Accessed 11.08.25] 2013: Health Survey for England 2013. Obtained from HSE 2022 Adult and Children's overweight and obesity tables.

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.

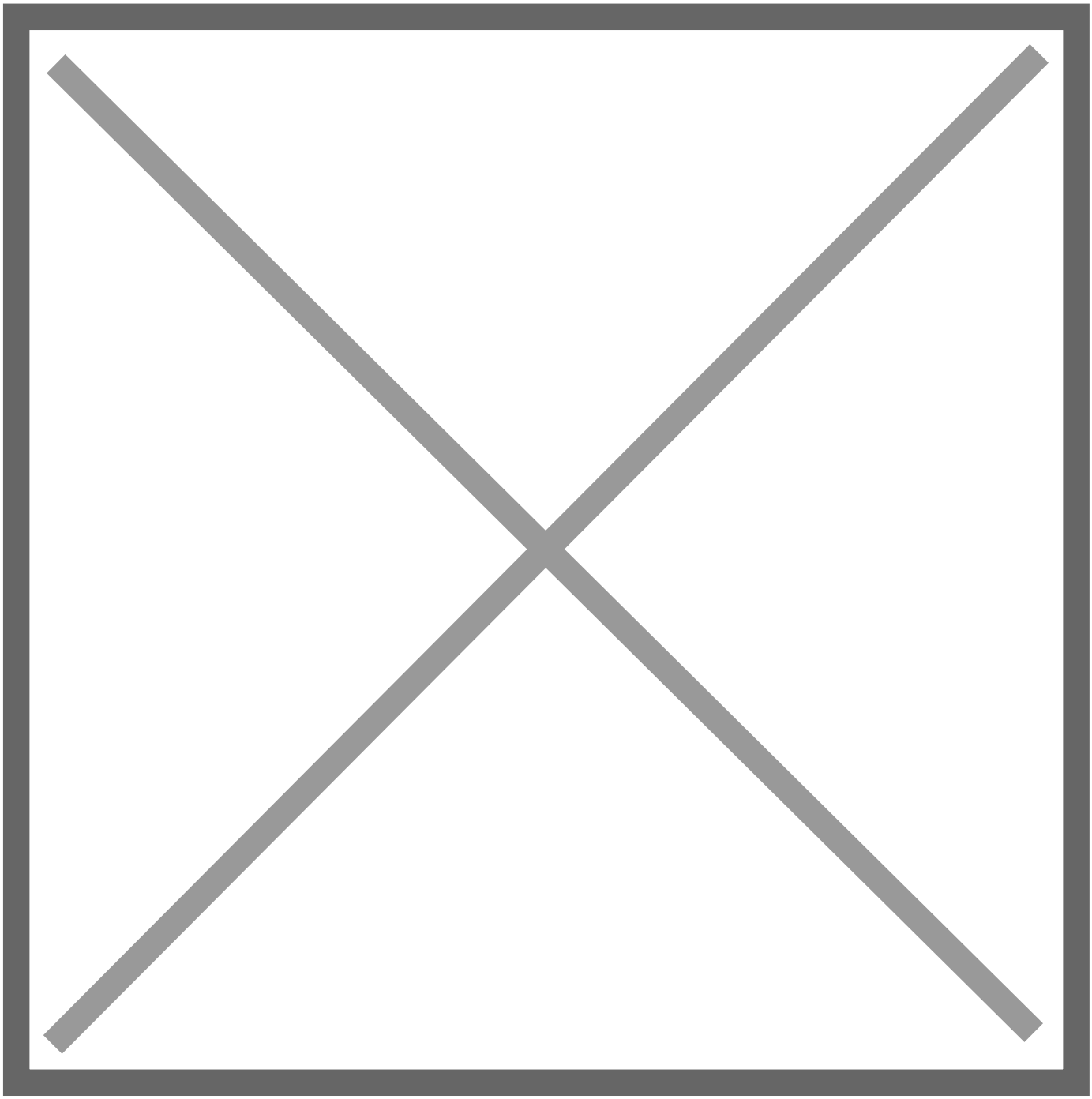
Boys



Survey type:	Measured
References:	2003: Health Survey for England 2003. Obtained from HSE 2022 Adult and Children's overweight and obesity tables. https://digital.nhs.uk/data-and-information/publications/statistical/health-survey-for-england/2022-part-2 [Accessed 11.08.25] 2005: Health Survey for England 2005. Obtained from HSE 2022 Adult and Children's overweight and obesity tables. https://digital.nhs.uk/data-and-information/publications/statistical/health-survey-for-england/2022-part-2 [Accessed 11.08.25] 2008: Health Survey for England 2008. Obtained from HSE 2022 Adult and Children's overweight and obesity tables. https://digital.nhs.uk/data-and-information/publications/statistical/health-survey-for-england/2022-part-2 [Accessed 11.08.25] 2010: Health Survey for England 2010. Obtained from HSE 2022 Adult and Children's overweight and obesity tables. https://digital.nhs.uk/data-and-information/publications/statistical/health-survey-for-england/2022-part-2 [Accessed 11.08.25] 2013: Health Survey for England 2013. Obtained from HSE 2022 Adult and Children's overweight and obesity tables.

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

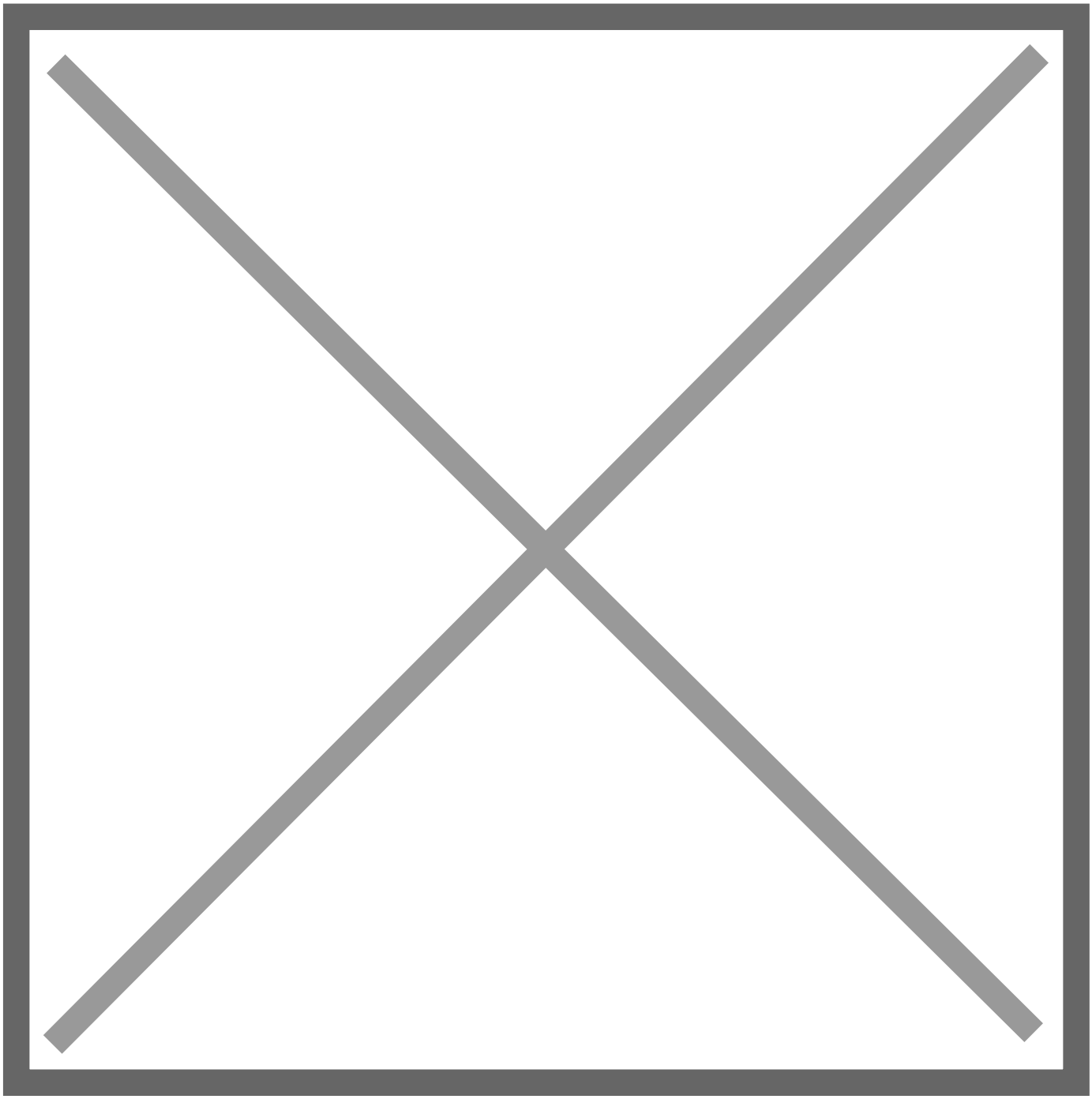


Survey type:	Measured
References:	2003: Health Survey for England 2003. Obtained from HSE 2022 Adult and Children's overweight and obesity tables. https://digital.nhs.uk/data-and-information/publications/statistical/health-survey-for-england/2022-part-2 [Accessed 11.08.25] 2005: Health Survey for England 2005. Obtained from HSE 2022 Adult and Children's overweight and obesity tables. https://digital.nhs.uk/data-and-information/publications/statistical/health-survey-for-england/2022-part-2 [Accessed 11.08.25] 2008: Health Survey for England 2008. Obtained from HSE 2022 Adult and Children's overweight and obesity tables. https://digital.nhs.uk/data-and-information/publications/statistical/health-survey-for-england/2022-part-2 [Accessed 11.08.25] 2010: Health Survey for England 2010. Obtained from HSE 2022 Adult and Children's overweight and obesity tables. https://digital.nhs.uk/data-and-information/publications/statistical/health-survey-for-england/2022-part-2 [Accessed 11.08.25] 2013: Health Survey for England 2013. Obtained from HSE 2022 Adult and Children's overweight and obesity tables.

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

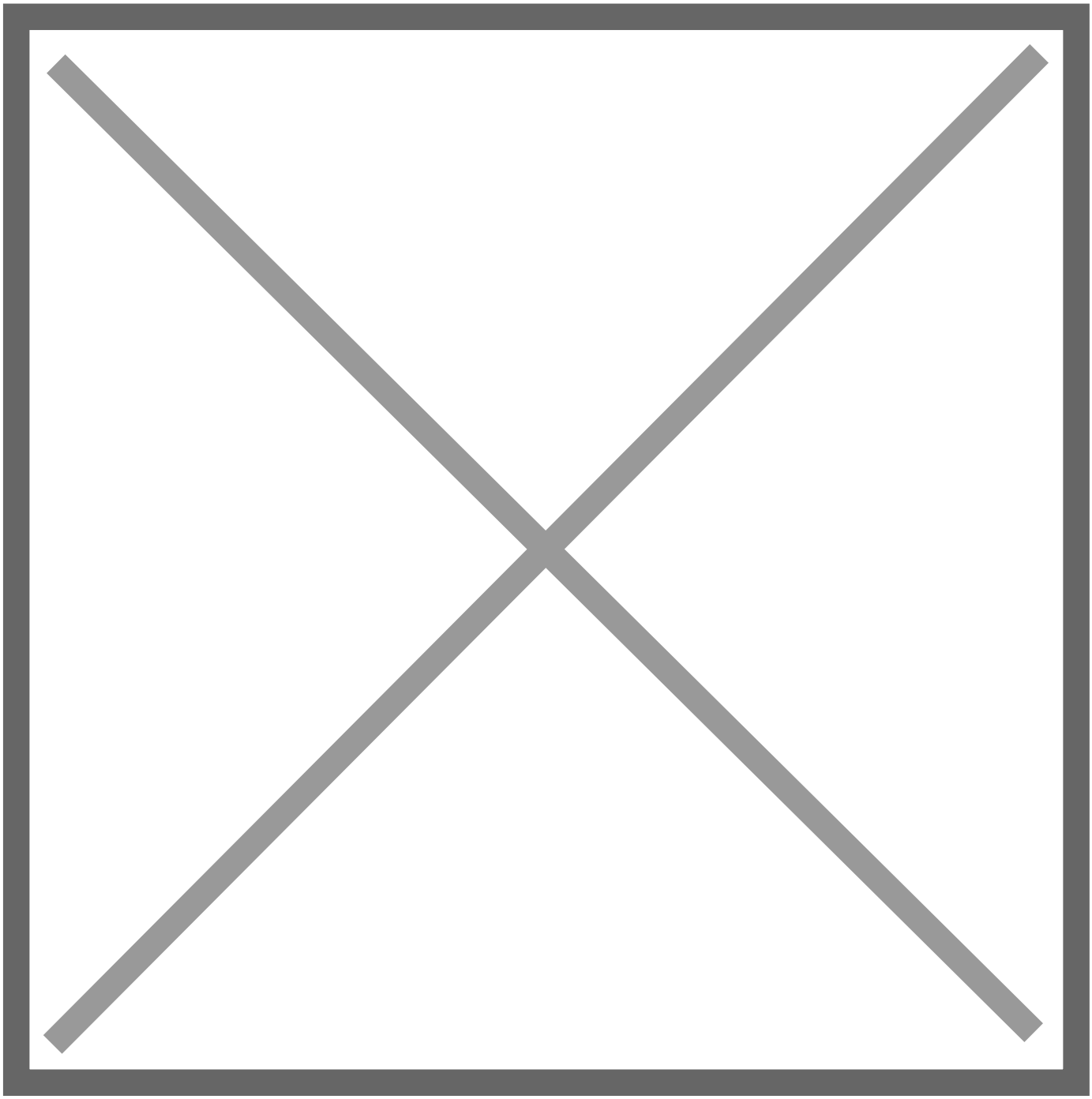


Survey type:	Measured
Age:	11
Sample size:	11764
Area covered:	National
References:	Massion S,Wickham S, Pearce A, et al. Exploring the impact of early life factors on inequalities in risk of overweight in UK children: findings from the UK Millennium Cohort Study. Arch Dis Child Published Online First 9th May 2016

Notes:	IOTF International Cut off point
Cutoffs:	IOTF

Overweight/obesity by age

Children, 2022

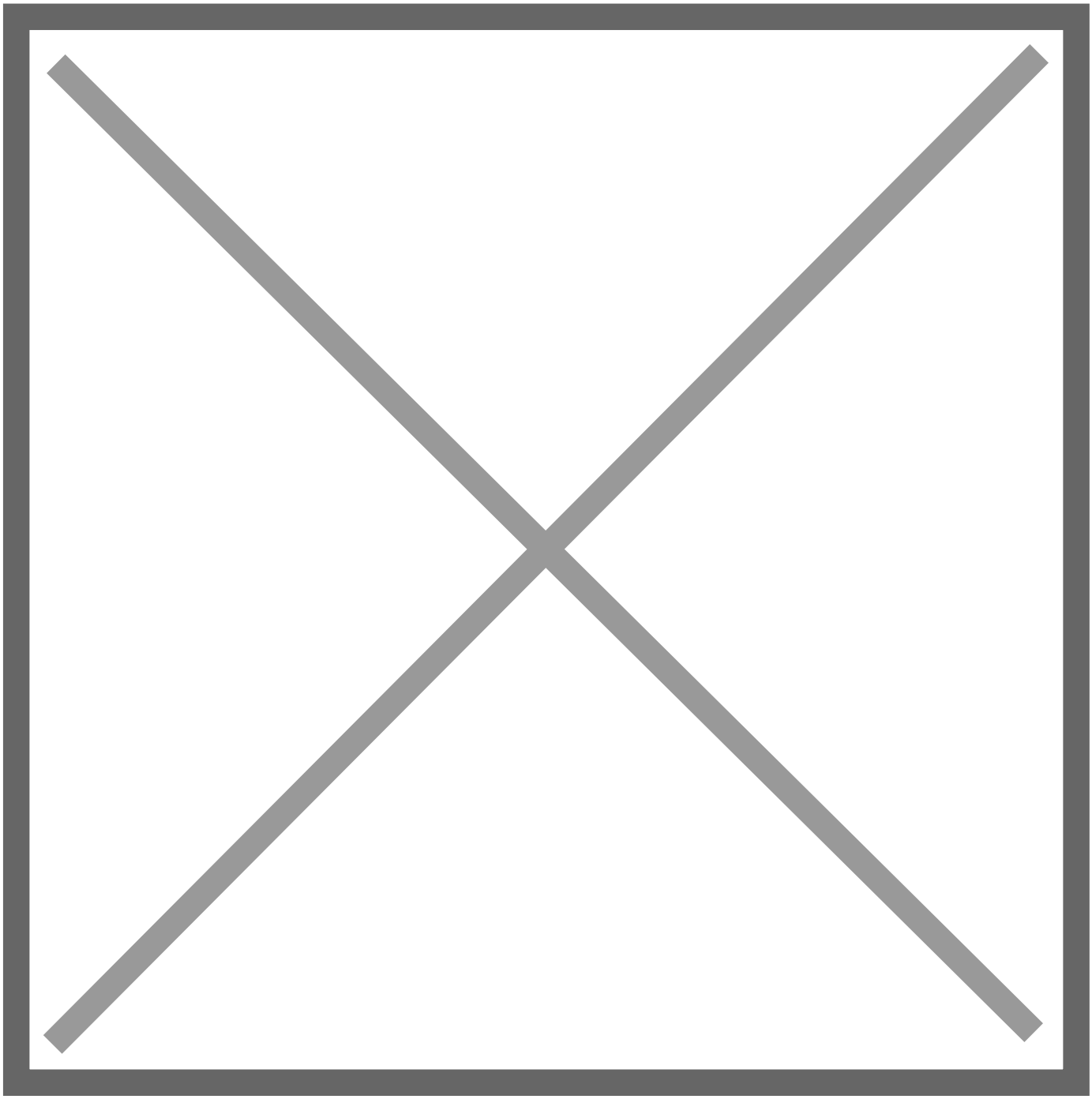


Survey type:	Measured
Sample size:	568
Area covered:	National
References:	Health Survey for England 2022. Available at https://digital.nhs.uk/data-and-information/publications/statistical/health-survey-for-england/2022-part-2 (last accessed 08.10.24)
Notes:	Weighted sample size

Cutoffs:	85th/95th Centile

Overweight/obesity by region

Children, 2023-2024

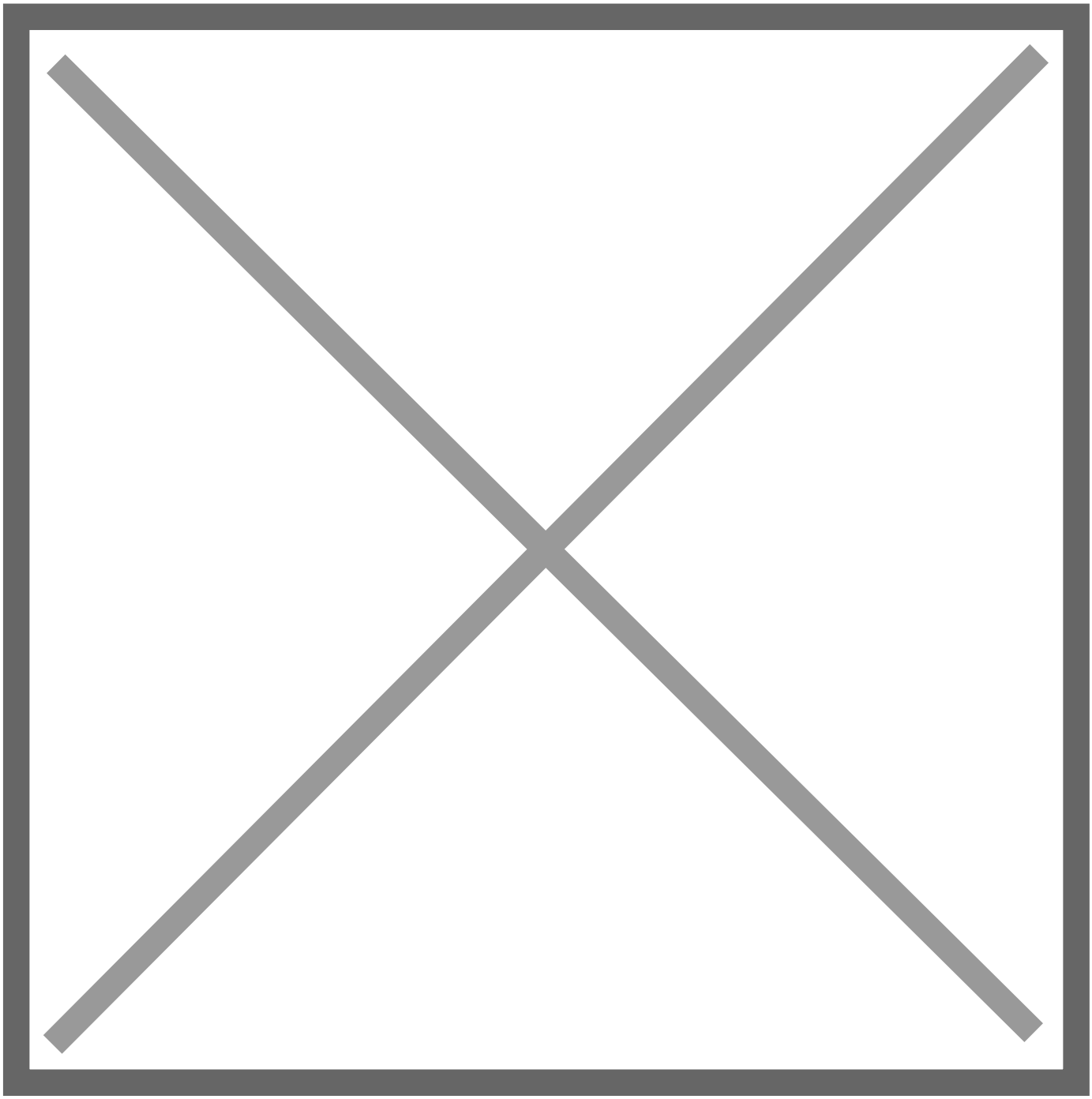


Survey type:	Measured
Age:	10-11
Sample size:	606,863
Area covered:	National
References:	National Child Measurement Programme, England - 2023/24 School Year (2024). https://digital.nhs.uk/data-and-information/publications/statistical/national-child-measurement-programme/2023-24-school-year [Accessed 11.08.25]

Notes:	Based on the postcode of the school
Definitions:	BMI centile >=85 and <95: Overweight BMI centile >=95 (between 95 and 100): Obesity
Cutoffs:	UK90

Overweight/obesity by socio-economic group

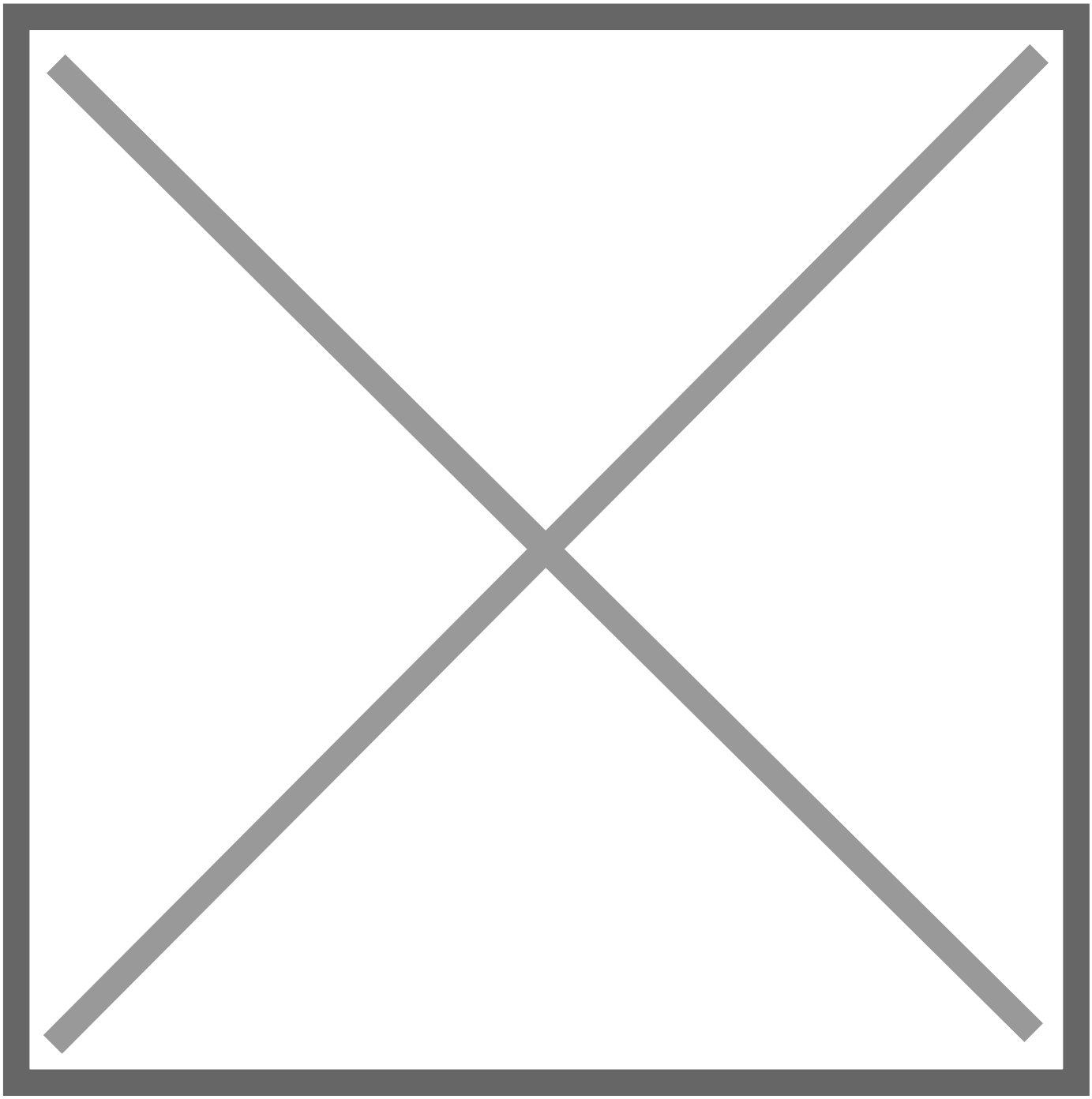
Boys, 2022



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 Mulitple Deprivation
Cutoffs:	85th/95th Centile

Girls, 2022



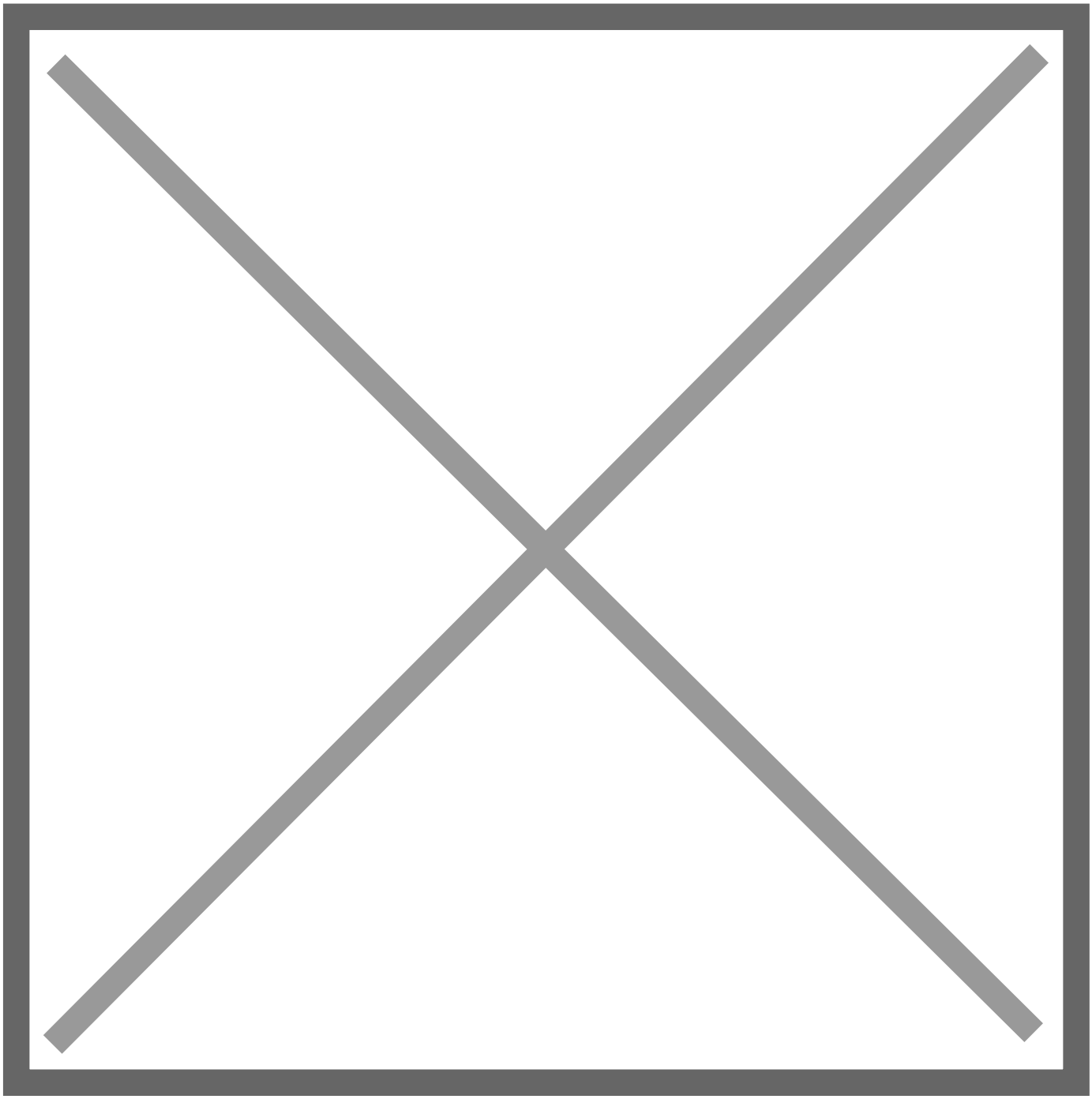
Survey type:	Measured
Age:	2-15
Sample size:	568
Area covered:	National
References:	Health Survey for England 2022. Available at https://digital.nhs.uk/data-and-information/publications/statistical/health-survey-for-england/2022-part-2 (last accessed 08.10.24)

Notes:	Weighted sample size Index of Mulitple 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, 2023-2024

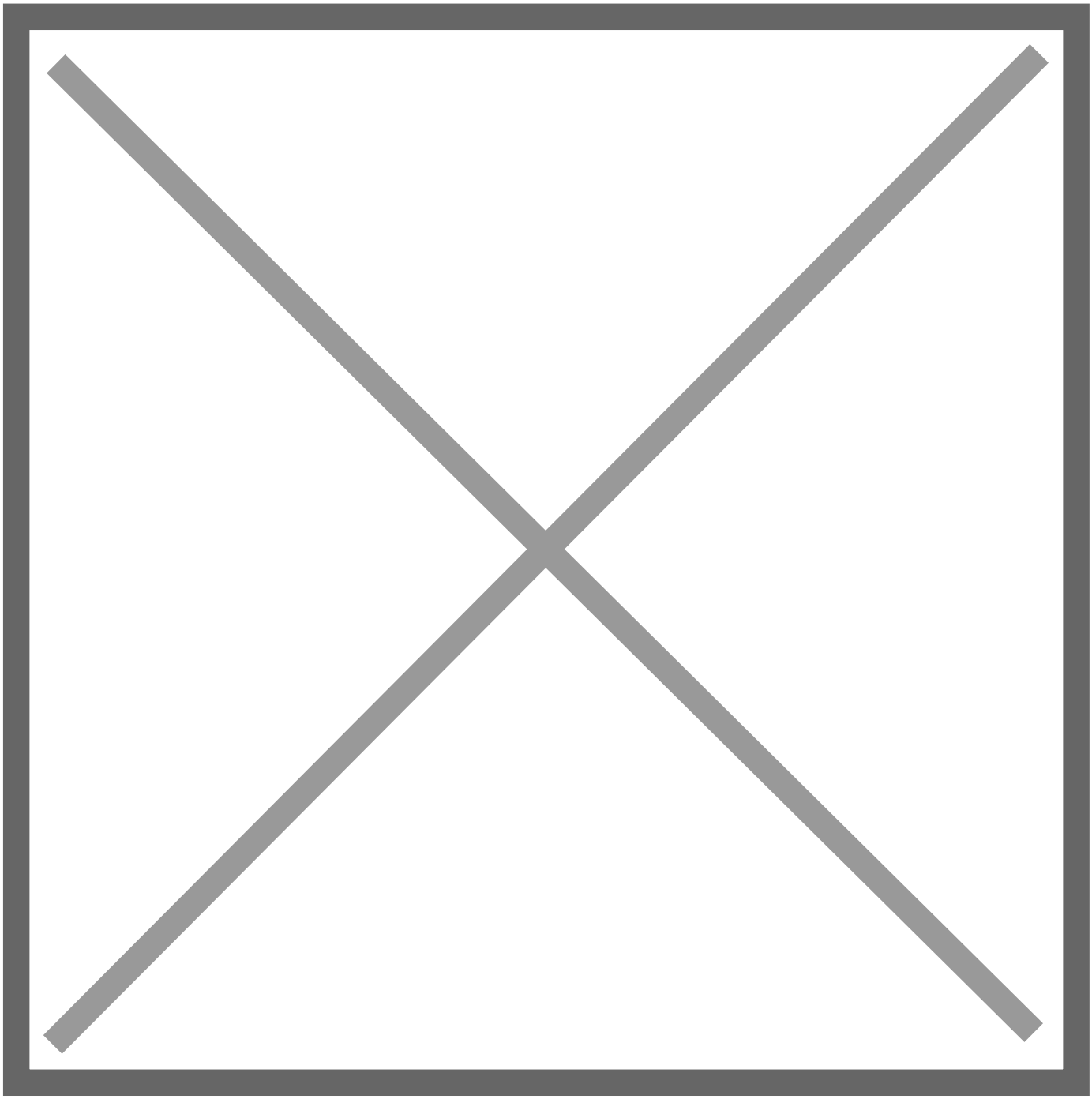


Survey type:	Measured
Age:	10-11
Sample size:	606,863
Area covered:	National
References:	National Child Measurement Programme, England - 2023/24 School Year (2024). https://digital.nhs.uk/data-and-information/publications/statistical/national-child-measurement-programme/2023-24-school-year [Accessed 11.08.25]

Definitions:	BMI centile >=85 and <95: Overweight BMI centile >=95 (between 95 and 100): Obesity
Cutoffs:	UK90

Insufficient physical activity

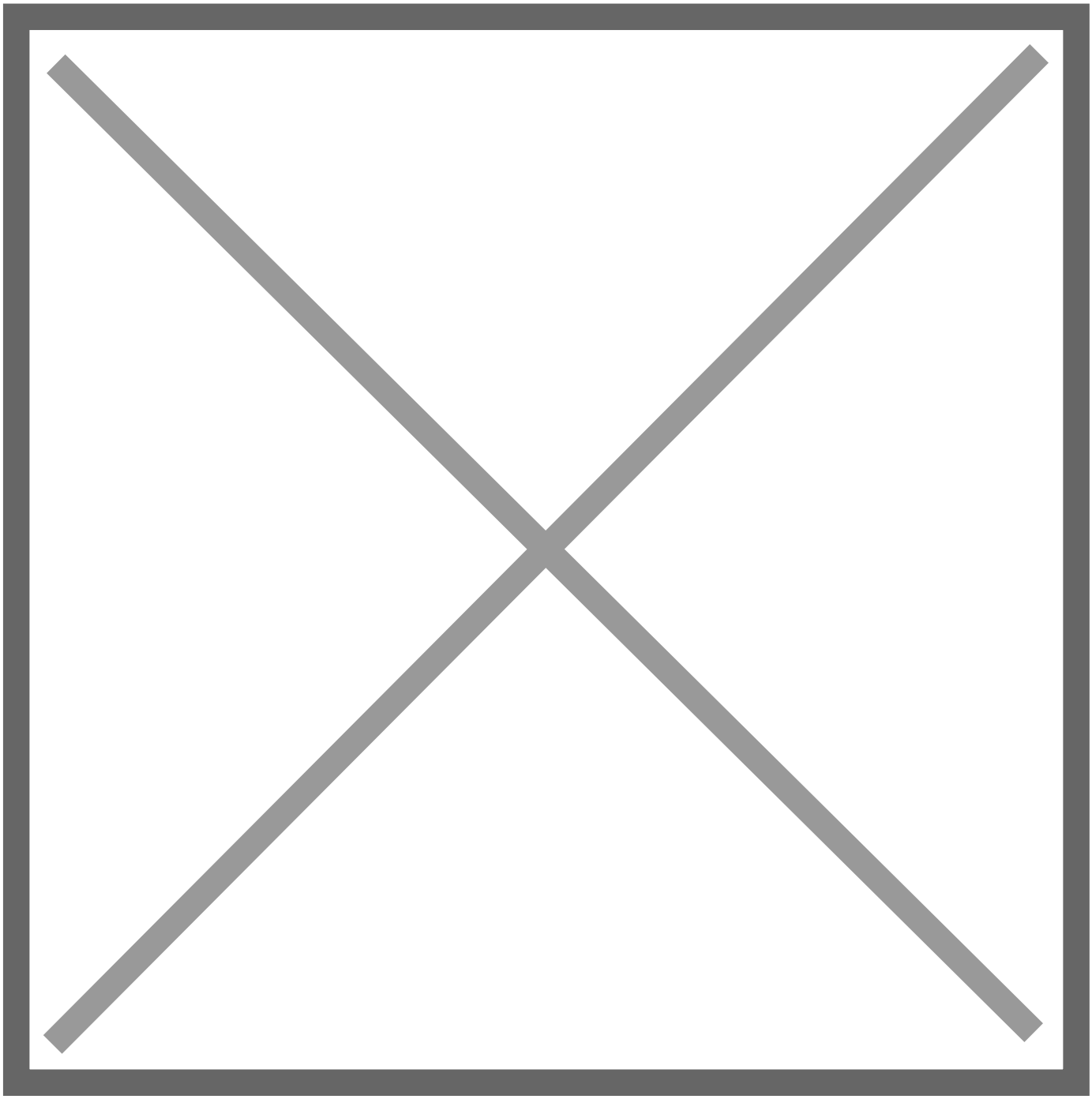
Boys, 2021-2022



Survey type:	Self-reported
Area covered:	National
References:	Rakic 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. NB. National except Belgium (Flemish speaking region only)
Definitions:	% reporting less than 60 minutes of MVPA daily

Girls, 2021-2022

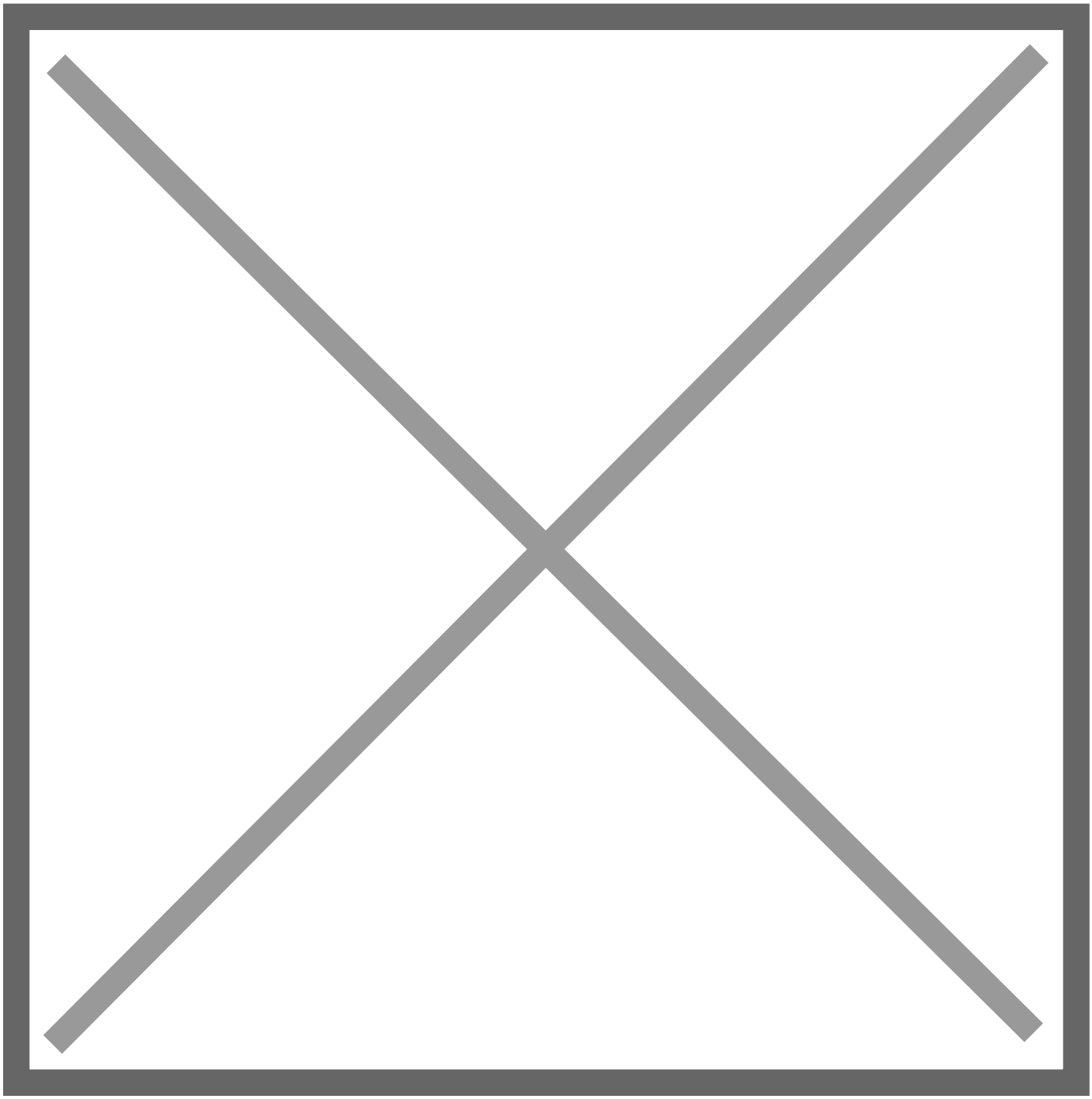


Survey type:	Self-reported
Area covered:	National
References:	Rakic JG, Hamrik Z, Dzielska A, Felder-Puig R, Oja L, Bakalár P et al. A focus on adolescent physical activity, eating behaviours, weight status and body image in Europe, central Asia and Canada. Health Behaviour in School-aged Children international 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. NB. National except Belgium (Flemish speaking region only)
Definitions:	% reporting less than 60 minutes of MVPA daily

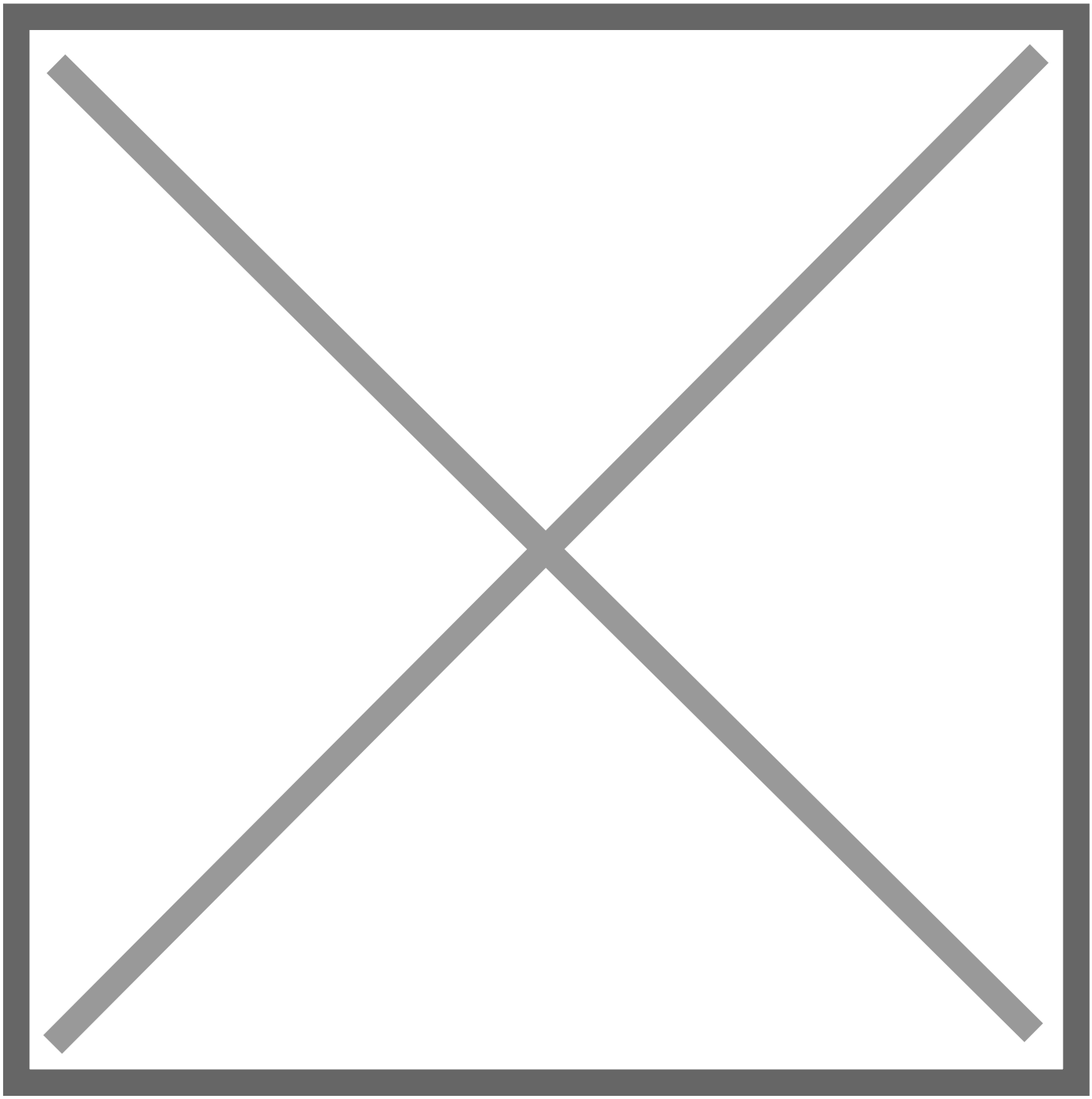
Prevalence of at least daily soft drink consumption

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)

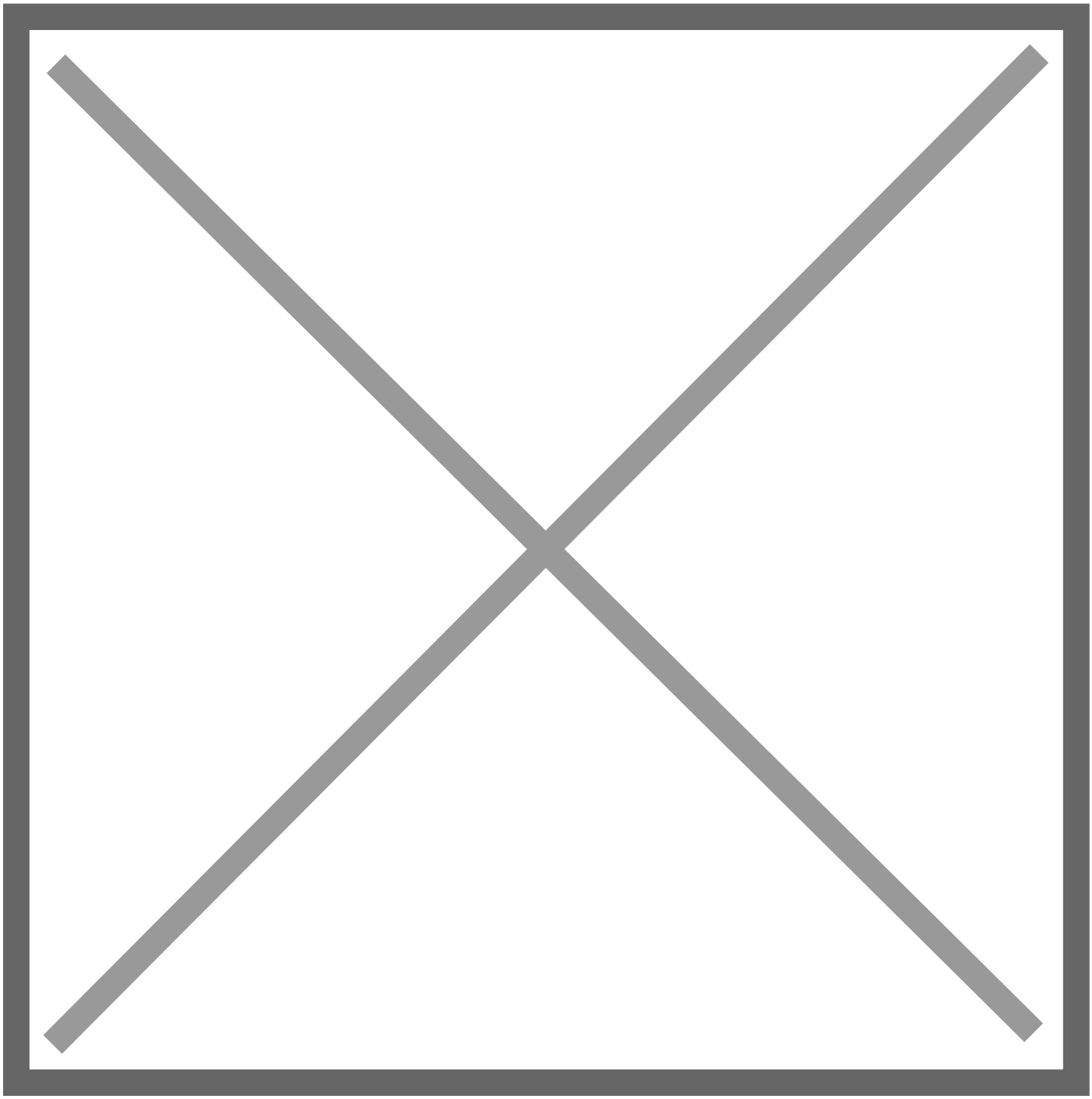
Girls, 2021-2022



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)

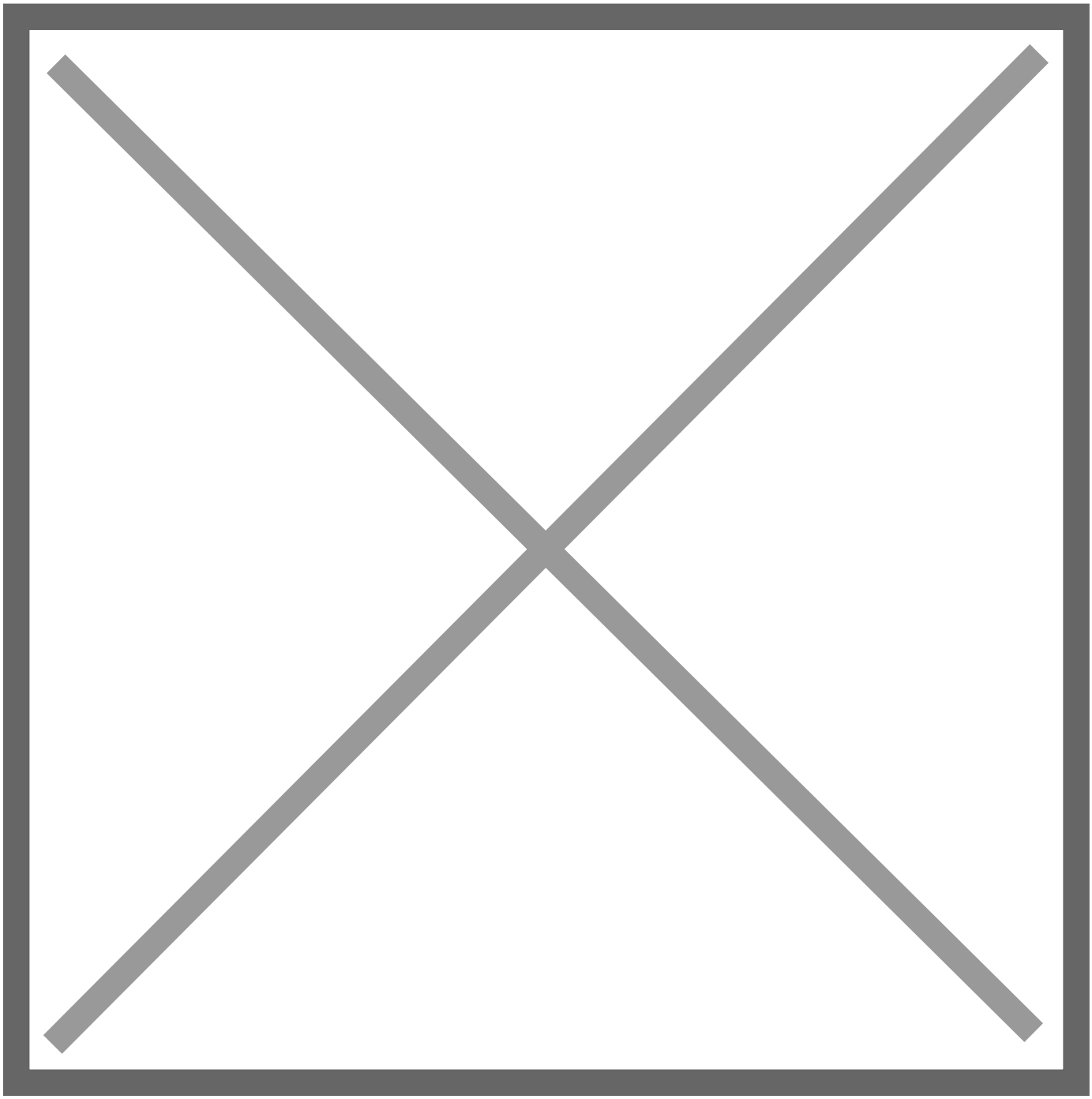
Prevalence of less than daily fruit consumption

Boys, 2021-2022



Survey type:	Self-reported
Area covered:	National
References:	Rakic 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
Definitions:	Proportion who reported eating fruit less than daily

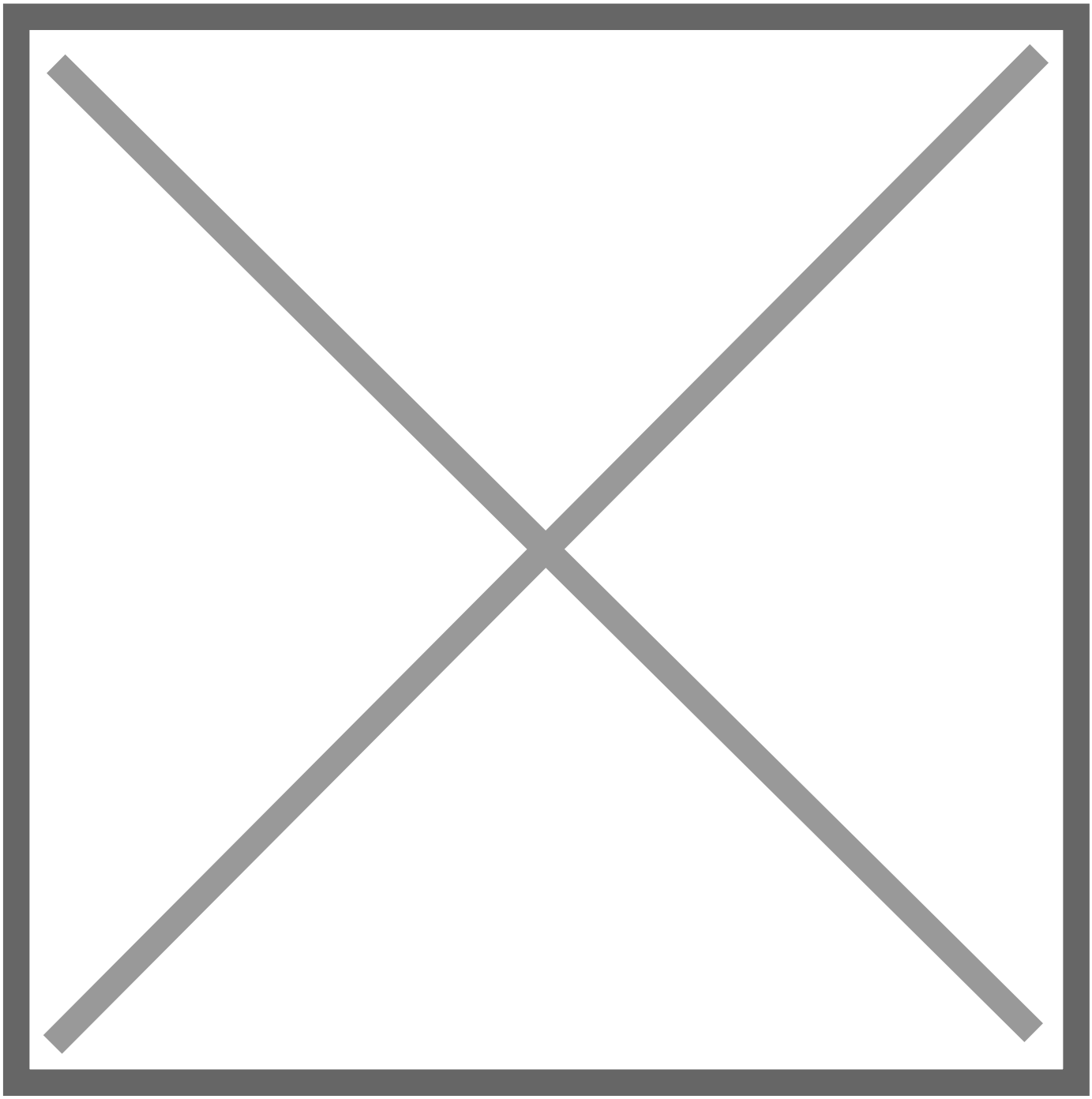
Girls, 2021-2022



Survey type:	Self-reported
Area covered:	National
References:	Rakic 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
Definitions:	Proportion who reported eating fruit less than daily

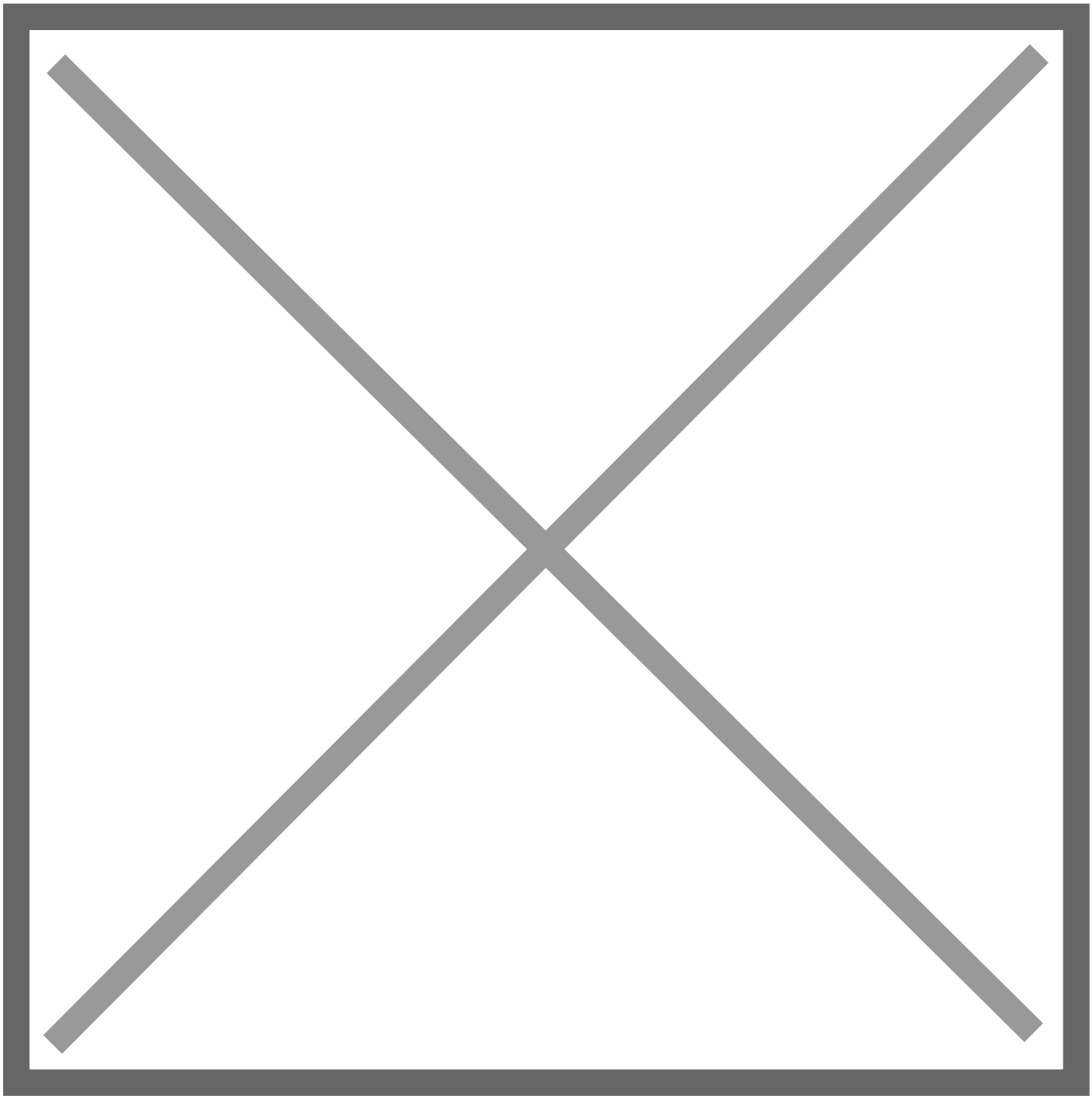
Prevalence of less than daily vegetable consumption

Boys, 2021-2022



Survey type:	Self-reported
Area covered:	National
References:	Rakic 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
Definitions:	Prevalence of less-than-daily vegetable consumption (% less-than-daily vegetable consumption)

Girls, 2021-2022



Survey type:	Self-reported
Area covered:	National
References:	Rakic 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
Definitions:	Prevalence of less-than-daily vegetable consumption (% less-than-daily vegetable consumption)

PDF created on October 22, 2026