## Report card

### England

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<td>Trend: % Adults living with overweight or obesity, 1981-2019</td>
<td>8</td>
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<td>Trend: Children living with overweight or obesity in England 1974-1994</td>
<td>10</td>
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<tr>
<td>Trend: % Children living with overweight or obesity, 2005-2019</td>
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</table>
Obesity prevalence

Adults, 2019

Survey type: Measured
Age: 16+
Sample size: 6681
Area covered: National
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
Definitions: 85/95th UK Centiles
Cutoffs: Other
% Adults living with obesity, 2013-2017

Women

Survey type: Measured

References:

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:


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, 1981-2019

Men

Survey type: Measured

References: For full details of references visit https://data.worldobesity.org/

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: For full details of references visit https://data.worldobesity.org/

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, 1981-2019

Men

Survey type: Measured

References: For full details of references visit https://data.worldobesity.org/

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: For full details of references visit https://data.worldobesity.org/

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:**

*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.*

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**Graph:**

- **Data Points:**
  - 1975: Overweight or obesity, Men = 10, Overweight or obesity, Women = 5
  - 1980: Overweight or obesity, Men = 20, Overweight or obesity, Women = 10
  - 1985: Overweight or obesity, Men = 30, Overweight or obesity, Women = 15
  - 1990: Overweight or obesity, Men = 40, Overweight or obesity, Women = 20
  - 1995: Overweight or obesity, Men = 50, Overweight or obesity, Women = 25

---

**Legend:**

- **Markers:**
  - Overweight or obesity, Men
  - Overweight or obesity, Women
% Children living with overweight or obesity, 2005-2019

Boys

Survey type: Measured

References: For full details of references visit https://data.worldobesity.org/

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

<table>
<thead>
<tr>
<th>Year</th>
<th>Overweight or obesity</th>
</tr>
</thead>
<tbody>
<tr>
<td>2006</td>
<td>31.5%</td>
</tr>
<tr>
<td>2008</td>
<td>28.9%</td>
</tr>
<tr>
<td>2010</td>
<td>26.2%</td>
</tr>
<tr>
<td>2012</td>
<td>23.9%</td>
</tr>
<tr>
<td>2014</td>
<td>22.0%</td>
</tr>
<tr>
<td>2016</td>
<td>20.6%</td>
</tr>
<tr>
<td>2018</td>
<td>19.1%</td>
</tr>
</tbody>
</table>

Survey type: Measured

References: For full details of references visit https://data.worldobesity.org/

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, selected countries, 1976-2019

Men

References:
For full details of references visit https://data.worldobesity.org/

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:

For full details of references visit
https://data.worldobesity.org/

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, selected countries, 1960-2019

Men

References:

For full details of references visit
https://data.worldobesity.org/

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.
References:

For full details of references visit https://data.worldobesity.org/

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.
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.
Children, 2012-2013

Survey type: Measured
Age: 11
Sample size: 11764
Area covered: National
Notes: IOTF International Cut off point
Cutoffs: IOTF
Overweight/obesity by age

Adults, 2019

Survey type: Measured
Sample size: 6681
Area covered: National

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
Sample size: 1392
Area covered: National
Definitions: 85th/95th UK Centiles
Cutoffs: Other
Overweight/obesity by region

Men, 2019

Survey type: Measured
Age: 16+
Sample size: 6681
Area covered: National

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

<table>
<thead>
<tr>
<th>Survey type:</th>
<th>Measured</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age:</td>
<td>16+</td>
</tr>
<tr>
<td>Sample size:</td>
<td>6681</td>
</tr>
<tr>
<td>Area covered:</td>
<td>National</td>
</tr>
</tbody>
</table>

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
Survey type: Measured
Age: 10-11
Sample size: 491138
Area covered: National
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

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

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

<table>
<thead>
<tr>
<th>Income Level</th>
<th>Obesity %</th>
<th>Overweight %</th>
</tr>
</thead>
<tbody>
<tr>
<td>Highest Equivalised Income</td>
<td>15</td>
<td>12</td>
</tr>
<tr>
<td>2nd</td>
<td>10</td>
<td>15</td>
</tr>
<tr>
<td>3rd</td>
<td>12</td>
<td>20</td>
</tr>
<tr>
<td>4th</td>
<td>22</td>
<td>18</td>
</tr>
<tr>
<td>Lowest Equivalised Household Income</td>
<td>25</td>
<td>35</td>
</tr>
</tbody>
</table>

**Survey type:** Measured

**Age:** 2-15

**Sample size:** 1392

**Area covered:** National


**Definitions:** 85/95th UK Centile

**Cutoffs:** Other
Girls, 2019

Survey type: Measured
Age: 2-15
Sample size: 1392
Area covered: National
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

<table>
<thead>
<tr>
<th>Ethnicity</th>
<th>Obesity</th>
<th>Overweight</th>
</tr>
</thead>
<tbody>
<tr>
<td>Asian</td>
<td>10</td>
<td>50</td>
</tr>
<tr>
<td>Black</td>
<td>20</td>
<td>60</td>
</tr>
<tr>
<td>Mixed</td>
<td>20</td>
<td>60</td>
</tr>
<tr>
<td>Other</td>
<td>30</td>
<td>70</td>
</tr>
<tr>
<td>White</td>
<td>20</td>
<td>60</td>
</tr>
</tbody>
</table>

Survey type: Measured
Age: 16+
Sample size: 21439
Area covered: National


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


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

<table>
<thead>
<tr>
<th>Ethnic Group</th>
<th>Obesity</th>
<th>Overweight</th>
</tr>
</thead>
<tbody>
<tr>
<td>Asian</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Black</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chinese</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mixed</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Other</td>
<td></td>
<td></td>
</tr>
<tr>
<td>White</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Survey type: Measured
Age: 10-11
Sample size: 491,138
Area covered: National


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

<table>
<thead>
<tr>
<th>Question</th>
<th>Answer</th>
</tr>
</thead>
<tbody>
<tr>
<td>Is there mandatory nutrition labelling?</td>
<td>✓</td>
</tr>
<tr>
<td>Front-of-package labelling?</td>
<td>✓</td>
</tr>
<tr>
<td>Back-of-pack nutrition declaration?</td>
<td>✓</td>
</tr>
<tr>
<td>Color coding?</td>
<td>✓</td>
</tr>
<tr>
<td>Warning label?</td>
<td>✗</td>
</tr>
<tr>
<td>Regulation and marketing</td>
<td>Yes/No</td>
</tr>
<tr>
<td>----------------------------------------------------------------------------------------</td>
<td>--------</td>
</tr>
<tr>
<td>Are there fiscal policies on unhealthy products?</td>
<td>✔</td>
</tr>
<tr>
<td>Tax on unhealthy foods?</td>
<td>✗</td>
</tr>
<tr>
<td>Tax on unhealthy drinks?</td>
<td>✔</td>
</tr>
<tr>
<td>Are there fiscal policies on healthy products?</td>
<td>✗</td>
</tr>
<tr>
<td>Subsidy on fruits?</td>
<td>✗</td>
</tr>
<tr>
<td>Subsidy on vegetables?</td>
<td>✗</td>
</tr>
<tr>
<td>Subsidy on other healthy products?</td>
<td>✗</td>
</tr>
<tr>
<td>Mandatory limit or ban of trans fat (all settings)?</td>
<td>✔</td>
</tr>
<tr>
<td>Mandatory limit of trans fats in place (all settings)?</td>
<td>✔</td>
</tr>
<tr>
<td>Ban on trans-fats or phos in place (all settings)?</td>
<td>✗</td>
</tr>
<tr>
<td>Are there any mandatory policies/marketing restrictions on the promotion of unhealthy food/drinks to children?</td>
<td>✔</td>
</tr>
<tr>
<td>Mandatory restriction on broadcast media?</td>
<td>✔</td>
</tr>
<tr>
<td>Mandatory restriction on non-broadcast media?</td>
<td>✔</td>
</tr>
<tr>
<td>Voluntary policies/marketing restrictions on the promotion of unhealthy food/drinks to children?</td>
<td>✔</td>
</tr>
<tr>
<td>Are there mandatory standards for food in schools?</td>
<td>✔</td>
</tr>
<tr>
<td>Are there any mandatory nutrient limits in any manufactured food products?</td>
<td>✗</td>
</tr>
<tr>
<td>Nutrition standards for public sector procurement?</td>
<td>✔</td>
</tr>
</tbody>
</table>
### Political will and support

<table>
<thead>
<tr>
<th>Question</th>
<th>Status</th>
</tr>
</thead>
<tbody>
<tr>
<td>National obesity strategy or nutrition and physical activity national strategy?</td>
<td>Yes</td>
</tr>
<tr>
<td>National obesity strategy?</td>
<td>Yes</td>
</tr>
<tr>
<td>National childhood obesity strategy?</td>
<td>Yes</td>
</tr>
<tr>
<td>Comprehensive nutrition strategy?</td>
<td>Yes</td>
</tr>
<tr>
<td>Comprehensive physical activity strategy?</td>
<td>Yes</td>
</tr>
<tr>
<td>Evidence-based dietary guidelines and/or RDAs?</td>
<td>Yes</td>
</tr>
<tr>
<td>National target(s) on reducing obesity?</td>
<td>Yes</td>
</tr>
<tr>
<td>Guidelines/policy on obesity treatment?</td>
<td>Yes</td>
</tr>
<tr>
<td>Promotion of breastfeeding?</td>
<td>Yes</td>
</tr>
</tbody>
</table>

### Monitoring and surveillance

<table>
<thead>
<tr>
<th>Question</th>
<th>Status</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monitoring of the prevalence and incidence for the main obesity-related NCDs and risk factors?</td>
<td>Yes</td>
</tr>
<tr>
<td>Within 5 years?</td>
<td>Yes</td>
</tr>
</tbody>
</table>

### Governance and resource

<table>
<thead>
<tr>
<th>Question</th>
<th>Status</th>
</tr>
</thead>
<tbody>
<tr>
<td>Multi-sectoral national co-ordination mechanism for obesity or nutrition (including obesity)?</td>
<td>No</td>
</tr>
</tbody>
</table>

### Key

- **Present**: Present
- **Present (voluntary)**: Present (voluntary)
- **Incoming**: Incoming
- **Absent**: Absent
- **Unknown**: Unknown

Last updated September 13, 2022

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