# Report card

## England

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Obesity prevalence

Adults, 2018

Survey type: Measured
Age: 16+
Sample size: 6704
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, 2018

<table>
<thead>
<tr>
<th></th>
<th>Obesity</th>
<th>Overweight</th>
</tr>
</thead>
<tbody>
<tr>
<td>Children</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Boys</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Girls</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Survey type:** Measured  
**Age:** 2-15  
**Sample size:** 2671  
**Area covered:** National  
**References:** Health Survey for England 2018  
**Notes:** Not International IOTF Cut off. Overweight was defined as at or above the 85th but below the 95th UK National BMI percentile. Obesity was defined as at or above the 95th UK National BMI percentile.  
**Cutoffs:** Other
Adults living with obesity in England 1981-2018

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.
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 in England 1981-2018

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


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 2005-2018

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.
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.
Trends in % obesity for adults living in Europe

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

% Adults living with obesity


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.
Worldwide trends in adults living with obesity

Men

% Adults living with obesity

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

% Adults living with obesity

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 education

Men, 2014

Survey type: Measured
Age: 25+
Sample size: 6184
Area covered: National
References: Data from Health Survey for England 2014, reanalysed by Danielle Sharfman from University of Wisconsin-Madison & Rachel Jackson Leach on behalf of World Obesity Federation

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:** 25+

**Sample size:** 6184

**Area covered:** National

**References:** Data from Health Survey for England 2014, reanalysed by Danielle Sharfman from University of Wisconsin-Madison & Rachel Jackson Leach on behalf of World Obesity Federation

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, 2018

<table>
<thead>
<tr>
<th>Age</th>
<th>Men</th>
<th>Women</th>
</tr>
</thead>
<tbody>
<tr>
<td>16-24</td>
<td></td>
<td></td>
</tr>
<tr>
<td>25-34</td>
<td></td>
<td></td>
</tr>
<tr>
<td>35-44</td>
<td></td>
<td></td>
</tr>
<tr>
<td>45-54</td>
<td></td>
<td></td>
</tr>
<tr>
<td>55-64</td>
<td></td>
<td></td>
</tr>
<tr>
<td>65-74</td>
<td></td>
<td></td>
</tr>
<tr>
<td>75+</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Survey type: Measured

Sample size: 6704

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, 2018

Survey type: Measured
Sample size: 2671
Area covered: National
Cutoffs: Other
### Overweight/obesity by region

#### Men, 2017

<table>
<thead>
<tr>
<th>Region</th>
<th>Overweight</th>
<th>Obesity</th>
</tr>
</thead>
<tbody>
<tr>
<td>East Midlands</td>
<td>30%</td>
<td>25%</td>
</tr>
<tr>
<td>East of England</td>
<td>32%</td>
<td>26%</td>
</tr>
<tr>
<td>London</td>
<td>34%</td>
<td>28%</td>
</tr>
<tr>
<td>North East</td>
<td>36%</td>
<td>30%</td>
</tr>
<tr>
<td>North West</td>
<td>38%</td>
<td>32%</td>
</tr>
<tr>
<td>South East</td>
<td>40%</td>
<td>34%</td>
</tr>
<tr>
<td>South West</td>
<td>42%</td>
<td>36%</td>
</tr>
<tr>
<td>West Midlands</td>
<td>44%</td>
<td>38%</td>
</tr>
<tr>
<td>Yorkshire &amp; the Humber</td>
<td>46%</td>
<td>40%</td>
</tr>
</tbody>
</table>

Survey type: Measured  
Age: 16+  
Sample size: 6530  
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, 2017**

Survey type: Measured

Age: 16+

Sample size: 6530

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, 2017-2018

Survey type: Measured
Age: 10-11
Sample size: 576574
Area covered: National


Notes: 85th centile overweight 95th centile obese 99.6 centile severe obesity

Cutoffs: Other
Overweight/obesity by socio-economic group

Men, 2018

Survey type: Measured
Age: 16+
Sample size: 6704
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, 2018

Survey type: Measured
Age: 16+
Sample size: 6704
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, 2018

Survey type: Measured
Age: 2-15
Sample size: 615
Area covered: National
References: Health Survey for England 2018
Notes: 85th/95th Centile Cut off
Cutoffs: Other
Girls, 2018

Survey type: Measured
Age: 2-15
Sample size: 615
Area covered: National
References: Health Survey for England 2018
Notes: 85th/95th Centile Cut off
Cutoffs: Other
Overweight/obesity by ethnicity

Men, 2004

Survey type: Measured
Age: 16+
Sample size: 5443
Area covered: National
References: Health Survey for England 2004

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
Women, 2004

Survey type: Measured
Age: 16+
Sample size: 5443
Area covered: National
References: Health Survey for England 2004

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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