

# Report card

## Ireland

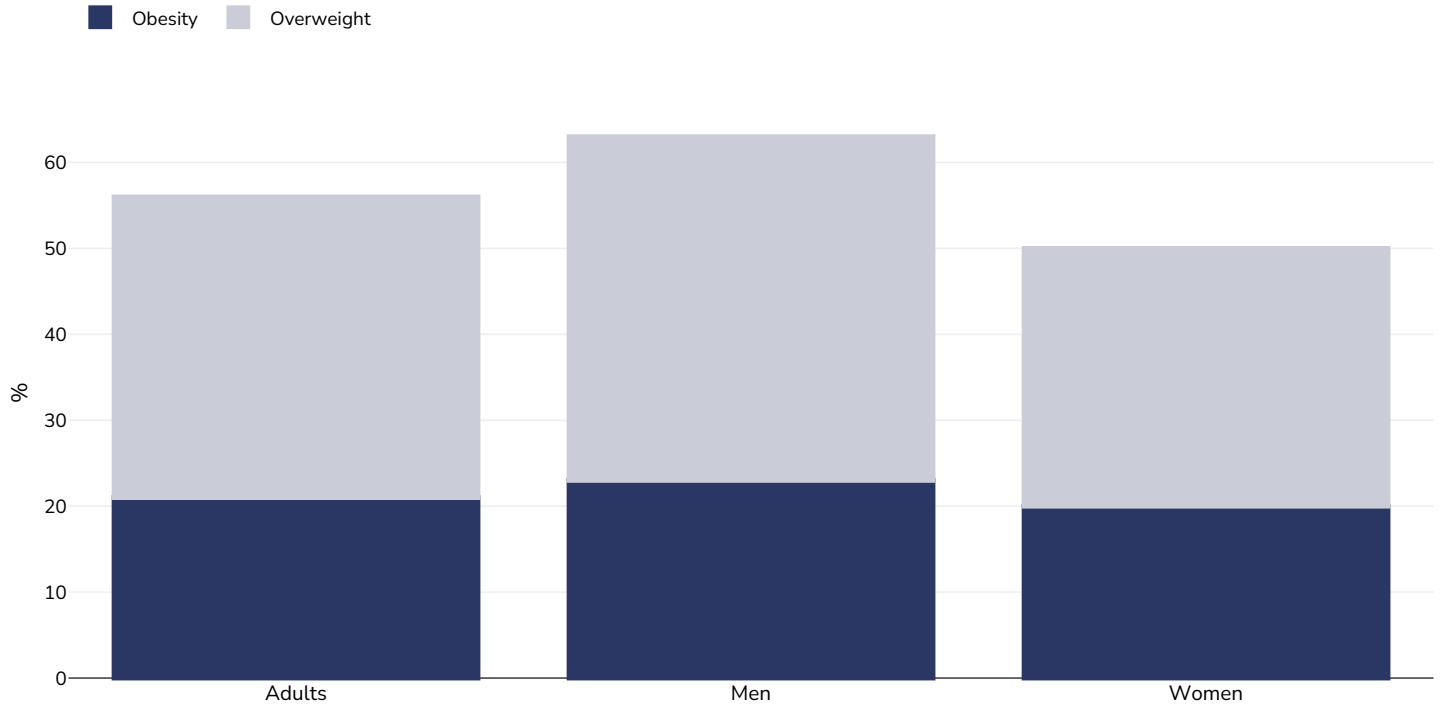


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## Obesity prevalence

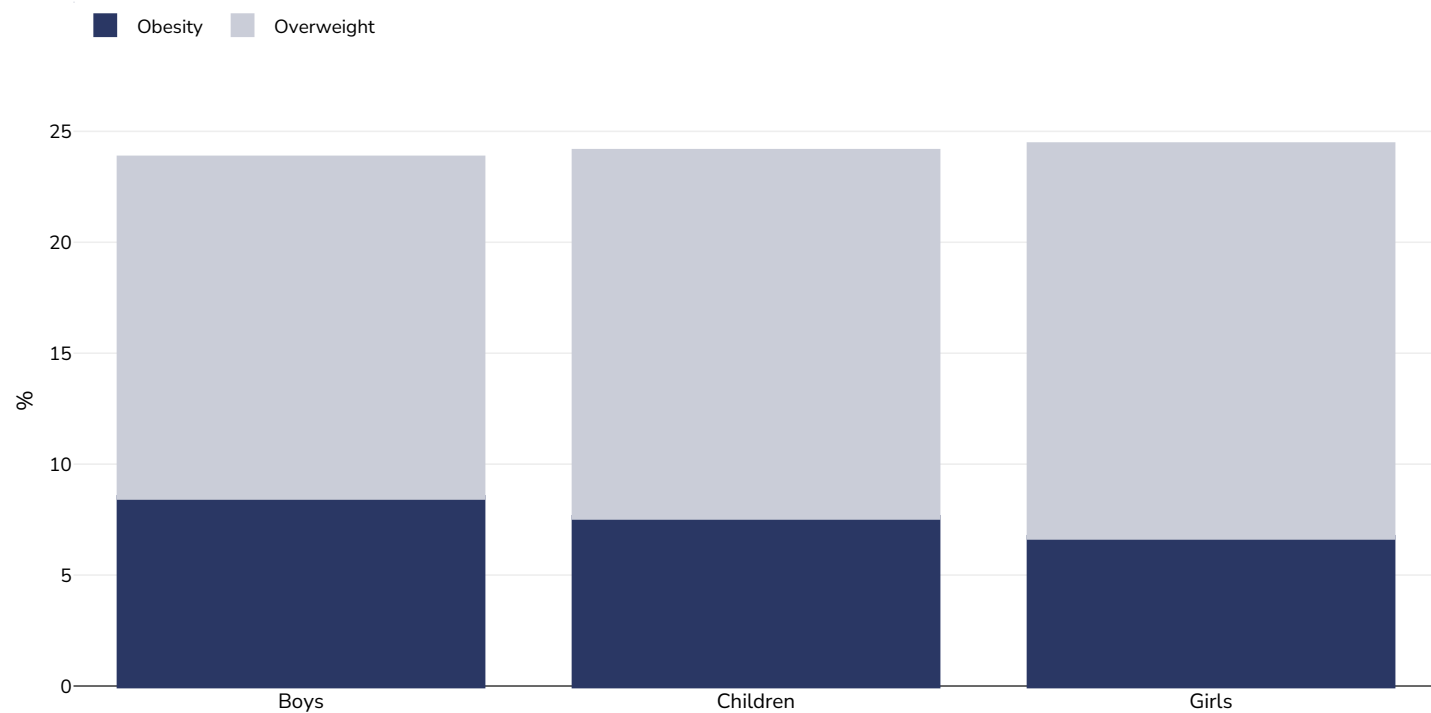
### Adults, 2021-2022



Survey type:	Self-reported
Age:	15+
Sample size:	7192
Area covered:	National
References:	Healthy Ireland Survey 2022 Summary Report. <a href="https://assets.gov.ie/241111/e31b2aaa-a8d7-411d-8b62-02cca079c741.pdf">https://assets.gov.ie/241111/e31b2aaa-a8d7-411d-8b62-02cca079c741.pdf</a> (Accessed 14.12.2022)

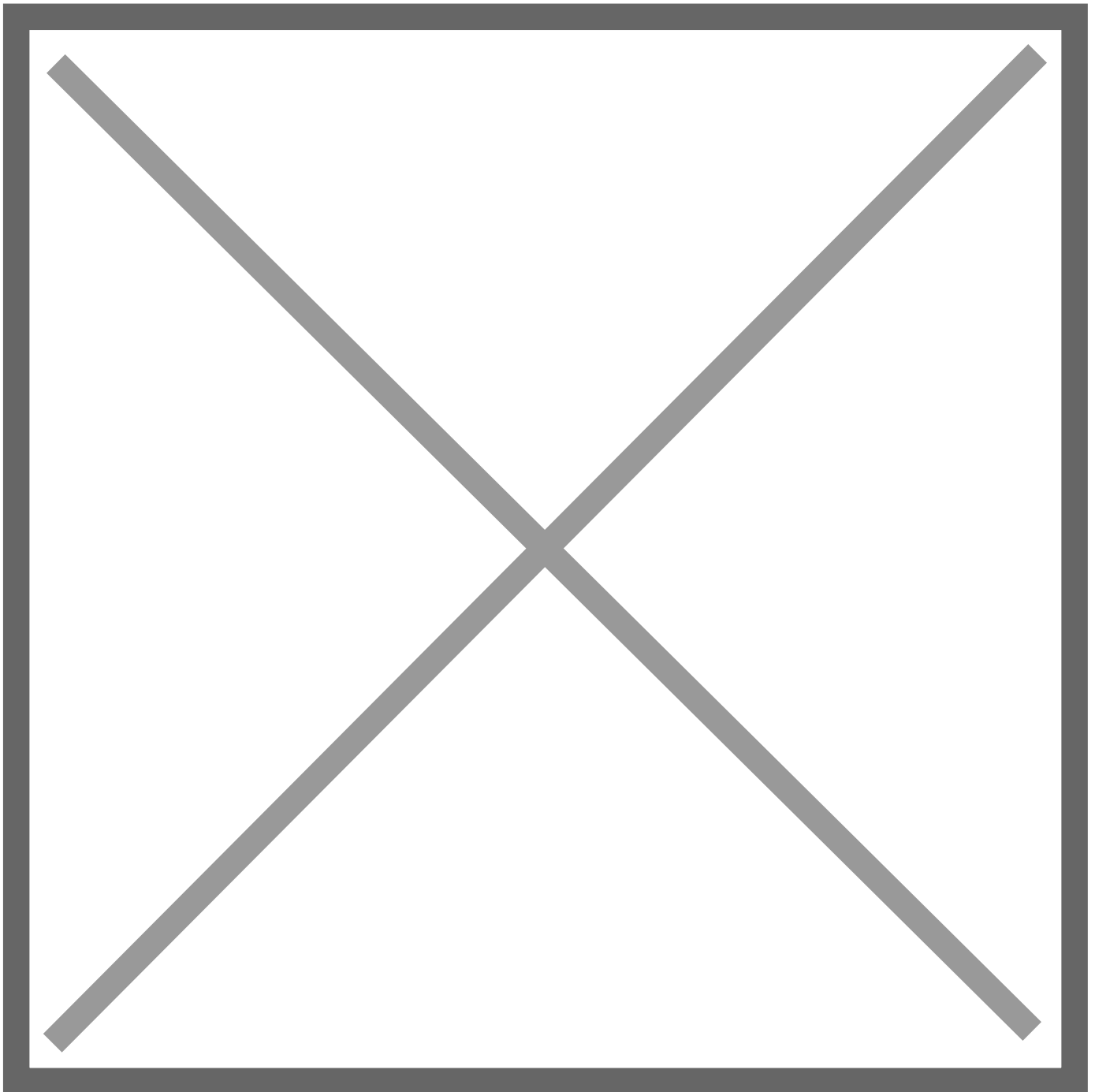
*Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m<sup>2</sup>, obesity refers to a BMI greater than 30kg/m<sup>2</sup>.*

## Children, 2018-2020



Survey type:	Measured
Age:	7
Sample size:	1412
Area covered:	National
References:	Report on the fifth round of data collection, 2018–2020: WHO European Childhood Obesity Surveillance Initiative (COSI). Copenhagen: WHO Regional Office for Europe; 2022. Licence: CC BY-NC-SA 3.0 IGO.
Cutoffs:	WHO 2007

Infants, 2010-2011

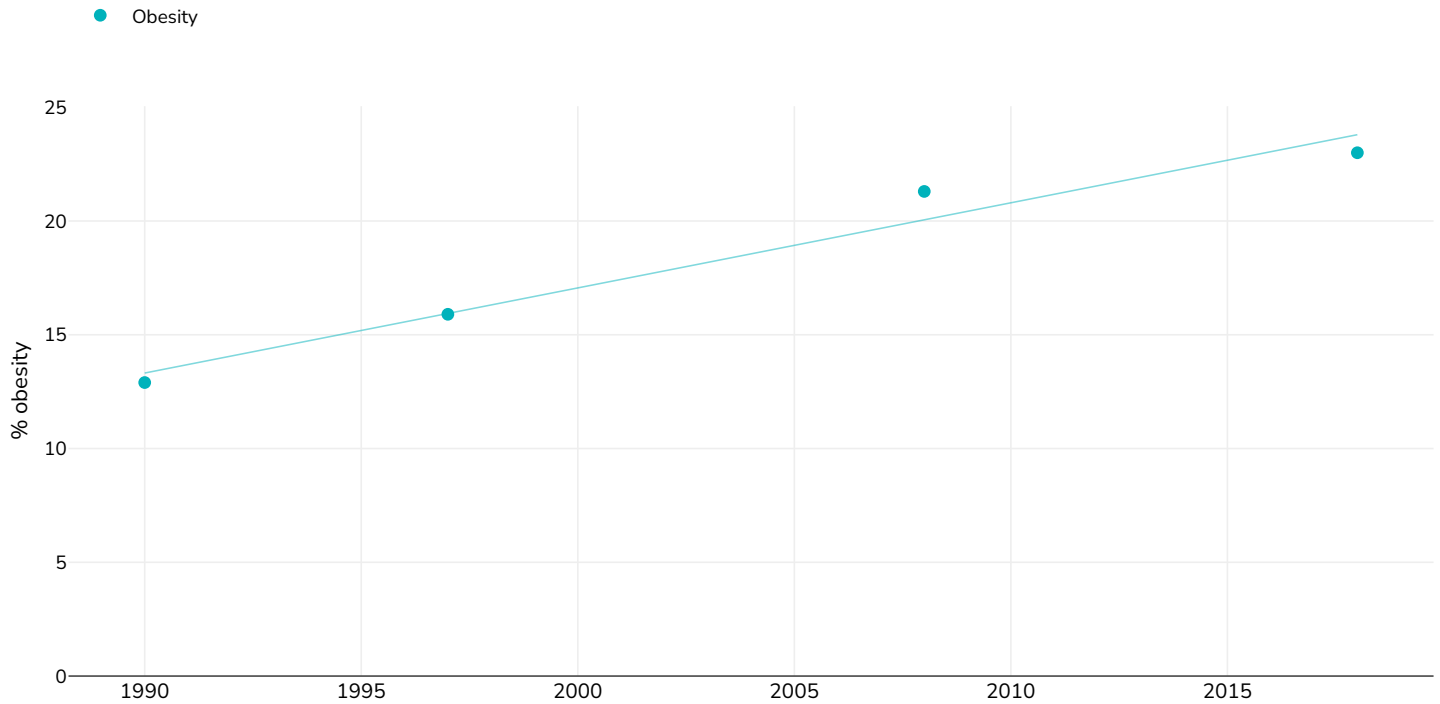


Survey type:	Measured
Age:	2-4
Sample size:	371

Area covered:	National
References:	Irish universities nutrition alliance. (2012). National Nutrition pre-school survey. Available: <a href="https://irp-cdn.multiscreensite.com/46a7ad27/files/uploaded/The%20National%20Pre-School%20Nutrition%20Survey%20Summary%20Report%20June%202012.pdf">https://irp-cdn.multiscreensite.com/46a7ad27/files/uploaded/The%20National%20Pre-School%20Nutrition%20Survey%20Summary%20Report%20June%202012.pdf</a> . Last accessed 20th September 2018.
Definitions:	WHO cut-offs available from survey.
Cutoffs:	IOTF

## % Adults living with obesity, 1990-2019

### Women



Survey  
type:

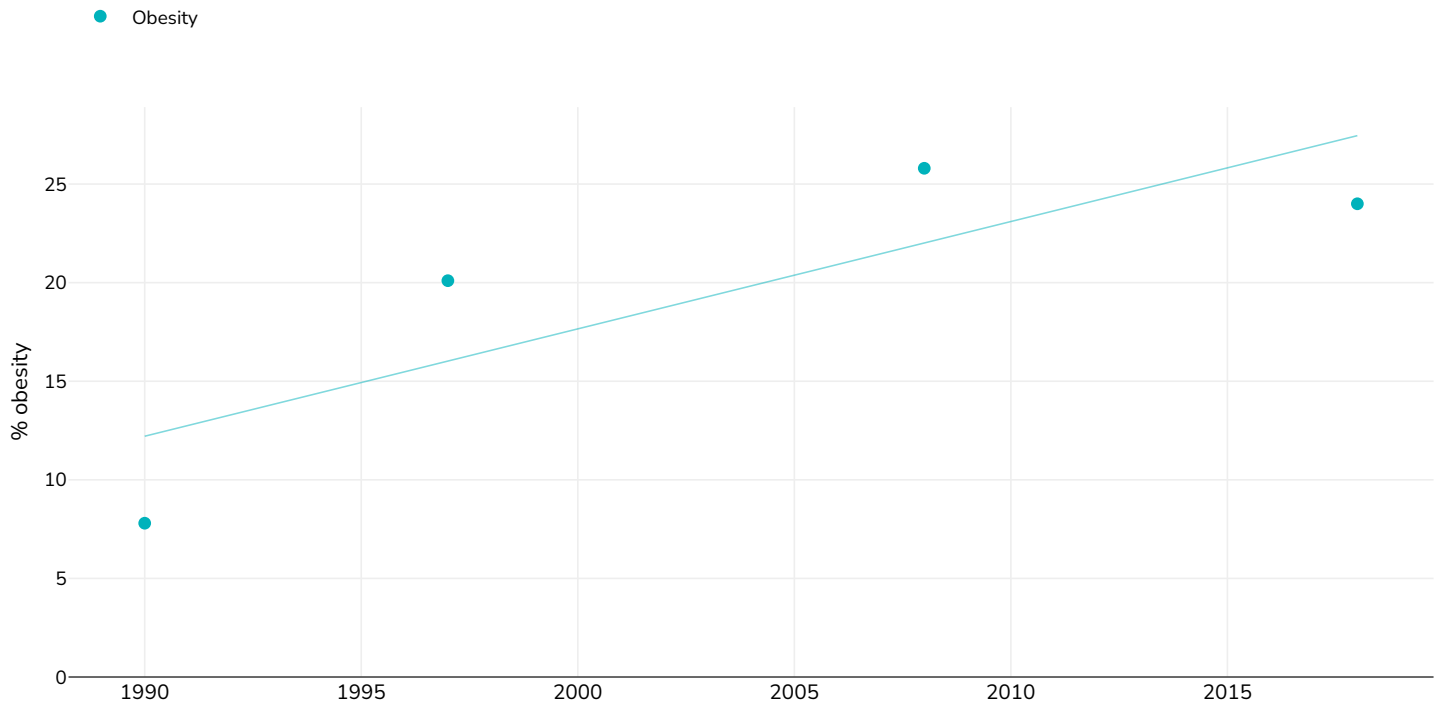
Measured

- References:
- 1990: North/South Ireland Food Consumption Survey, 2000. Irish Universities Nutrition Alliance Summary Report
  - 1997: McCarthy SN, Harrington KE, Kiely M et al. Analyses of the anthropometric data from the North/South Ireland Food Consumption Survey. Public Health Nutrition 2001;4 (5(A):1099-1106
  - 2008: National Adult Nutrition Survey, Irish Universities Nutrition Alliance, Published 2011 <http://www.iuna.net/wp-content/uploads/2010/12/National-Adult-Nutrition-Survey-Summary-Report-March-2011.pdf>
  - 2018: Irish Government Department of Health. "Healthy Ireland Survey, Summary Report 2019." 2019. Available at: <https://assets.gov.ie/41141/e5d6fea3a59a4720b081893e11fe299e.pdf>. (Last accessed: 07/04/21)

*Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m<sup>2</sup>, obesity refers to a BMI greater than 30kg/m<sup>2</sup>.*

*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:
- 1990: North/South Ireland Food Consumption Survey, 2000. Irish Universities Nutrition Alliance Summary Report
  - 1997: McCarthy SN, Harrington KE, Kiely M et al. Analyses of the anthropometric data from the North/South Ireland Food Consumption Survey. Public Health Nutrition 2001;4 (5(A):1099-1106
  - 2008: National Adult Nutrition Survey, Irish Universities Nutrition Alliance, Published 2011 <http://www.iuna.net/wp-content/uploads/2010/12/National-Adult-Nutrition-Survey-Summary-Report-March-2011.pdf>
  - 2018: Irish Government Department of Health. "Healthy Ireland Survey, Summary Report 2019." 2019. Available at: <https://assets.gov.ie/41141/e5d6fea3a59a4720b081893e11fe299e.pdf>. (Last accessed: 07/04/21)

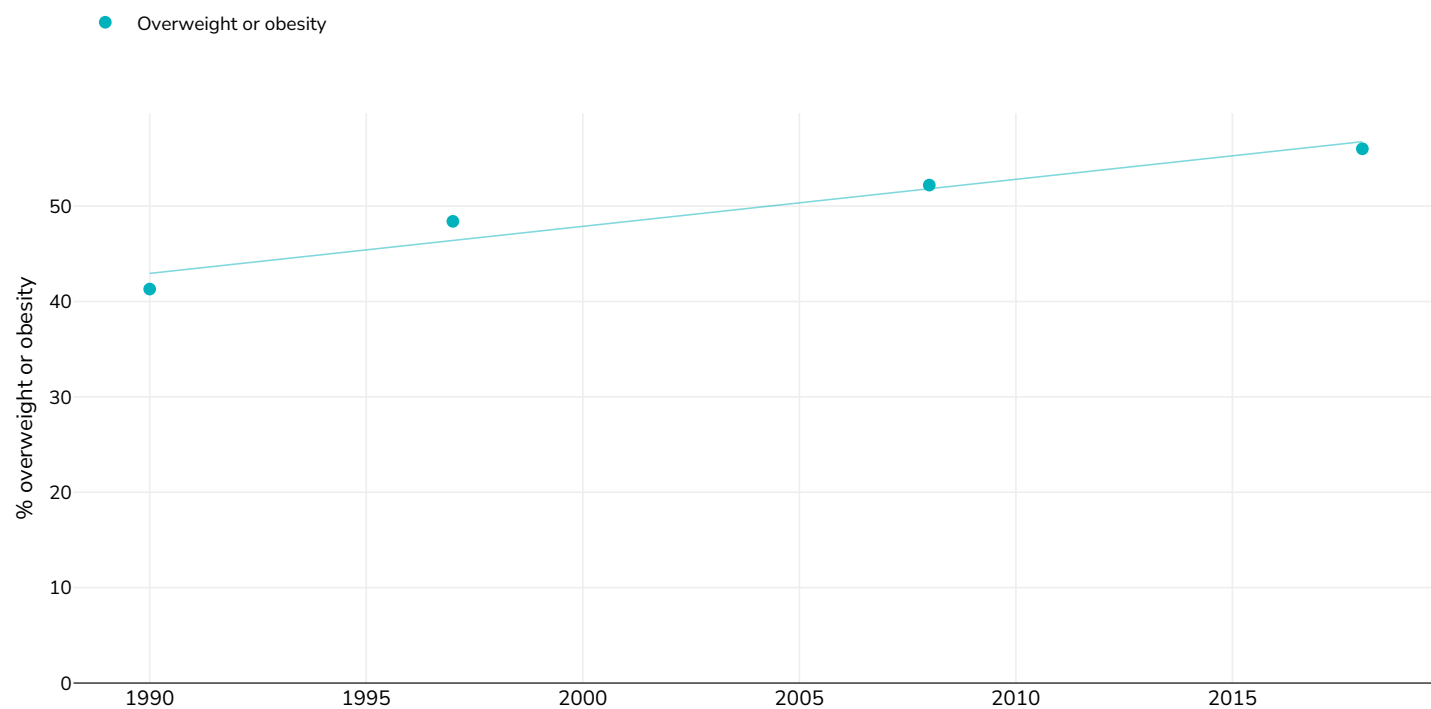
*Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m<sup>2</sup>, obesity refers to a BMI greater than 30kg/m<sup>2</sup>.*

*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, 1990-2019

### Women



Survey type:

Measured

References:

- 1990: North/South Ireland Food Consumption Survey, 2000. Irish Universities Nutrition Alliance Summary Report
- 1997: McCarthy SN, Harrington KE, Kiely M et al. Analyses of the anthropometric data from the North/South Ireland Food Consumption Survey. *Public Health Nutrition* 2001;4 (5(A):1099-1106
- 2008: National Adult Nutrition Survey, Irish Universities Nutrition Alliance, Published 2011 <http://www.iuna.net/wp-content/uploads/2010/12/National-Adult-Nutrition-Survey-Summary-Report-March-2011.pdf>
- 2018: Irish Government Department of Health. "Healthy Ireland Survey, Summary Report 2019." 2019. Available at: <https://assets.gov.ie/41141/e5d6fea3a59a4720b081893e11fe299e.pdf>. (Last accessed: 07/04/21)

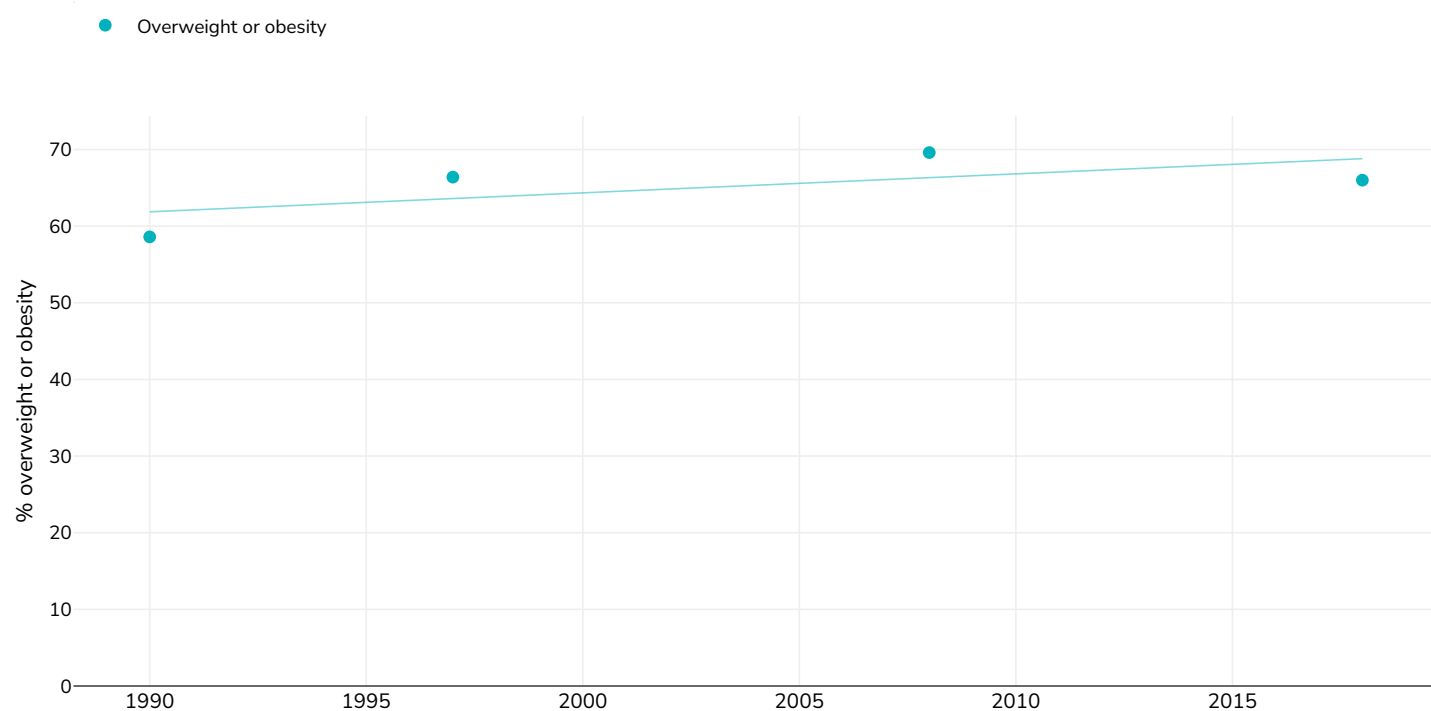
Notes:

Adults aged 18-64

*Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m<sup>2</sup>, obesity refers to a BMI greater than 30kg/m<sup>2</sup>.*

*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:

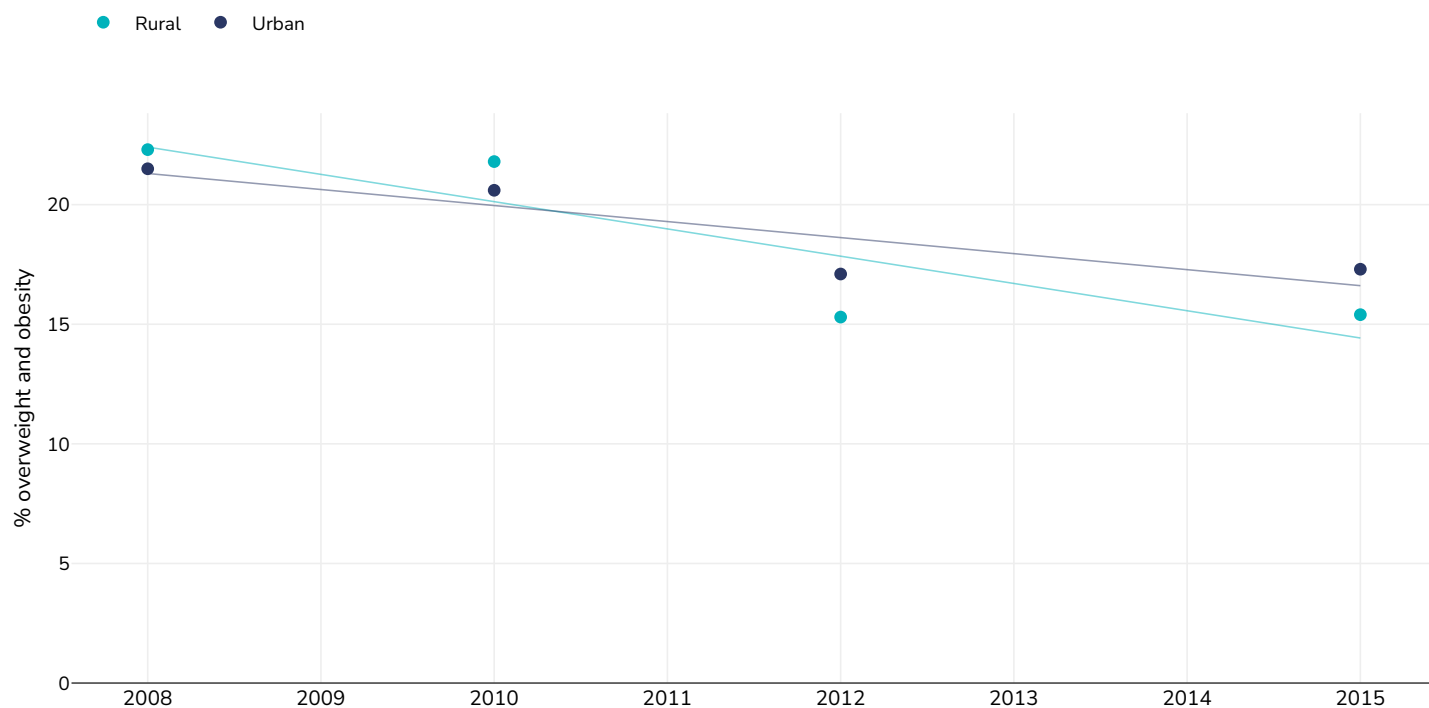
- 1990: North/South Ireland Food Consumption Survey, 2000. Irish Universities Nutrition Alliance Summary Report
- 1997: McCarthy SN, Harrington KE, Kiely M et al. Analyses of the anthropometric data from the North/South Ireland Food Consumption Survey. *Public Health Nutrition* 2001;4 (5(A):1099-1106
- 2008: National Adult Nutrition Survey, Irish Universities Nutrition Alliance, Published 2011 <http://www.iuna.net/wp-content/uploads/2010/12/National-Adult-Nutrition-Survey-Summary-Report-March-2011.pdf>
- 2018: Irish Government Department of Health. "Healthy Ireland Survey, Summary Report 2019." 2019. Available at: <https://assets.gov.ie/41141/e5d6fea3a59a4720b081893e11fe299e.pdf>. (Last accessed: 07/04/21)

Notes: Adults aged 18-64

*Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m<sup>2</sup>, obesity refers to a BMI greater than 30kg/m<sup>2</sup>.*

*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 by urbanisation in Ireland 2008-2015



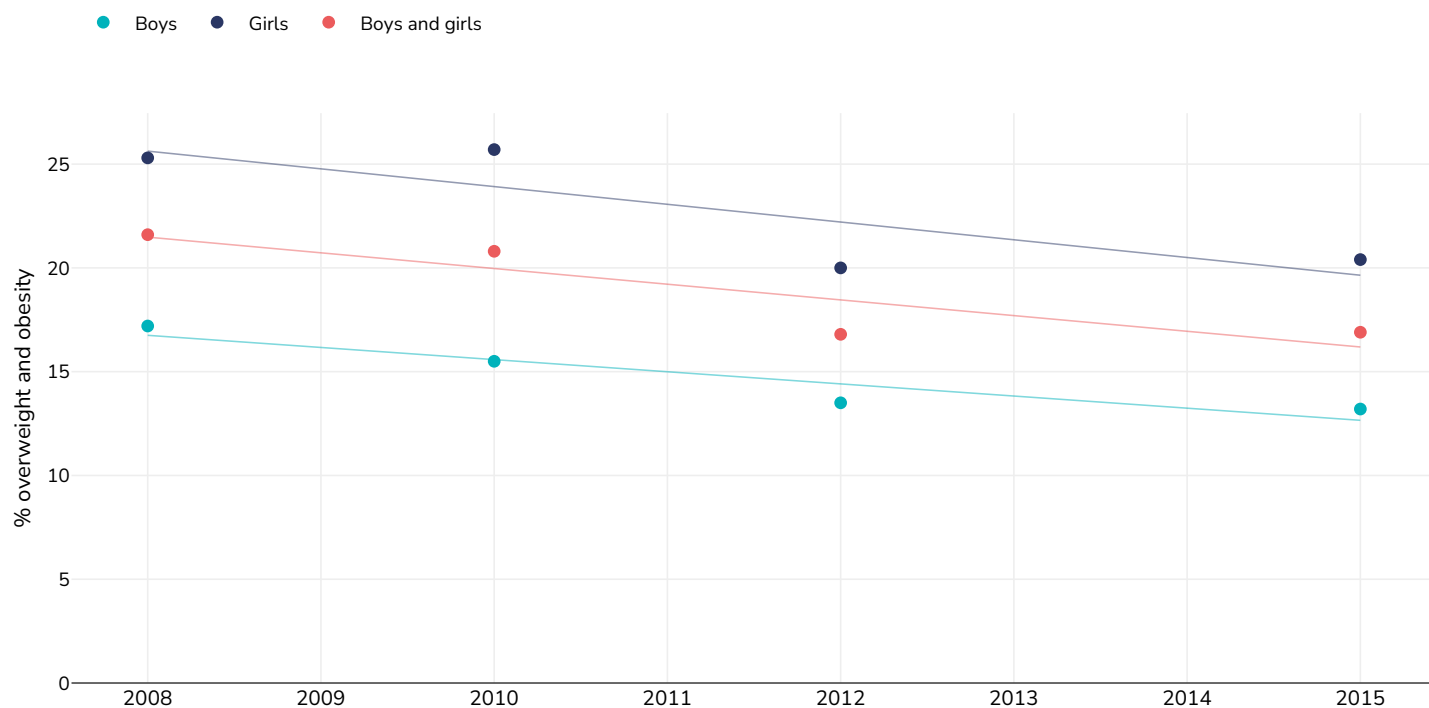
Survey type: Measured

References: Bel-Serrat S, Heinen MM, Murrin CM, Daly L, Mehegan J, Concannon M, Flood C, Farrell D, O'Brien S, Eldin N, Kelleher CC [2017]. The Childhood Obesity Surveillance Initiative (COSI) in the Republic of Ireland: Findings from 2008, 2010, 2012 and 2015. Dublin: Health Service Executive.

Notes: Aged 6-7. IOTF International Cut off point

*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 Ireland 2008-2015



Survey type: Measured

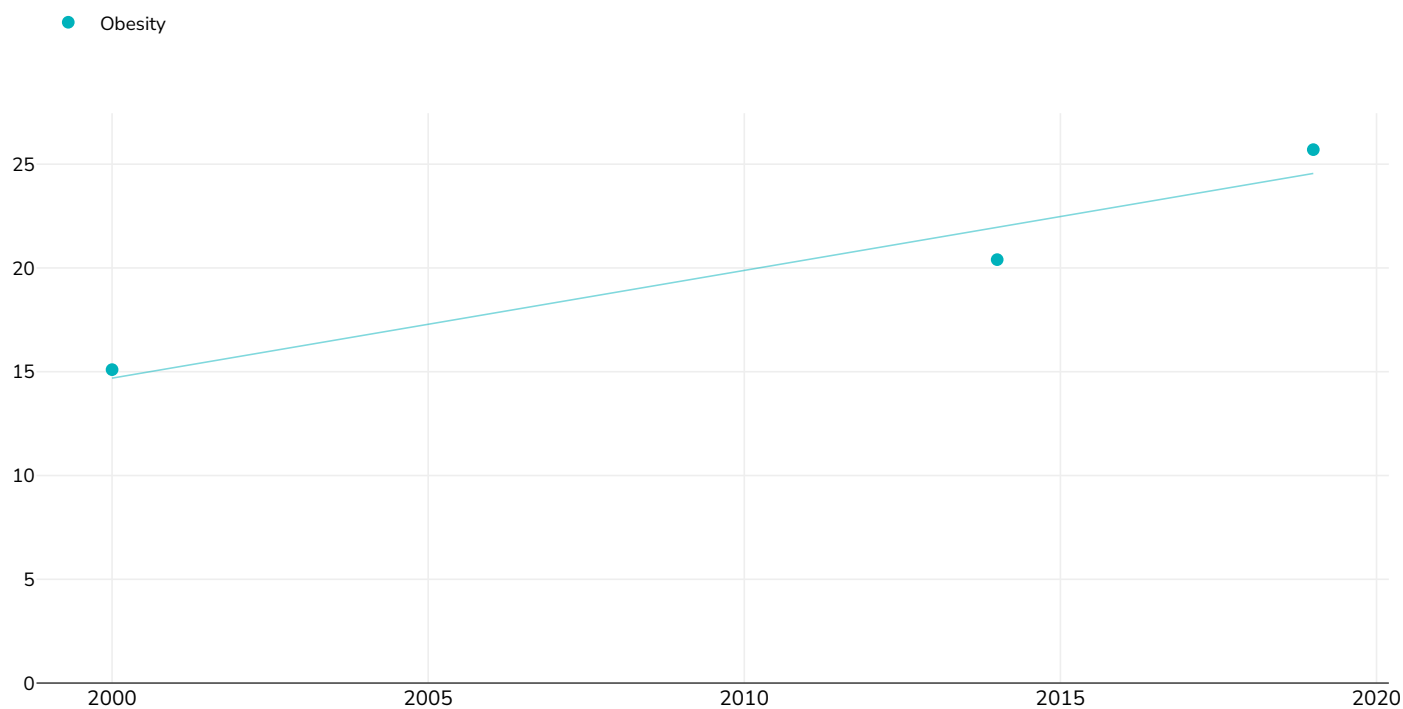
References: Bel-Serrat S, Heinen MM, Murrin CM, Daly L, Mehegan J, Concannon M, Flood C, Farrell D, O'Brien S, Eldin N, Kelleher CC [2017]. The Childhood Obesity Surveillance Initiative (COSI) in the Republic of Ireland: Findings from 2008, 2010, 2012 and 2015. Dublin: Health Service Executive.

Notes: Aged 6-7. IOTF International Cut off point

*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, 2000-2019

### Men

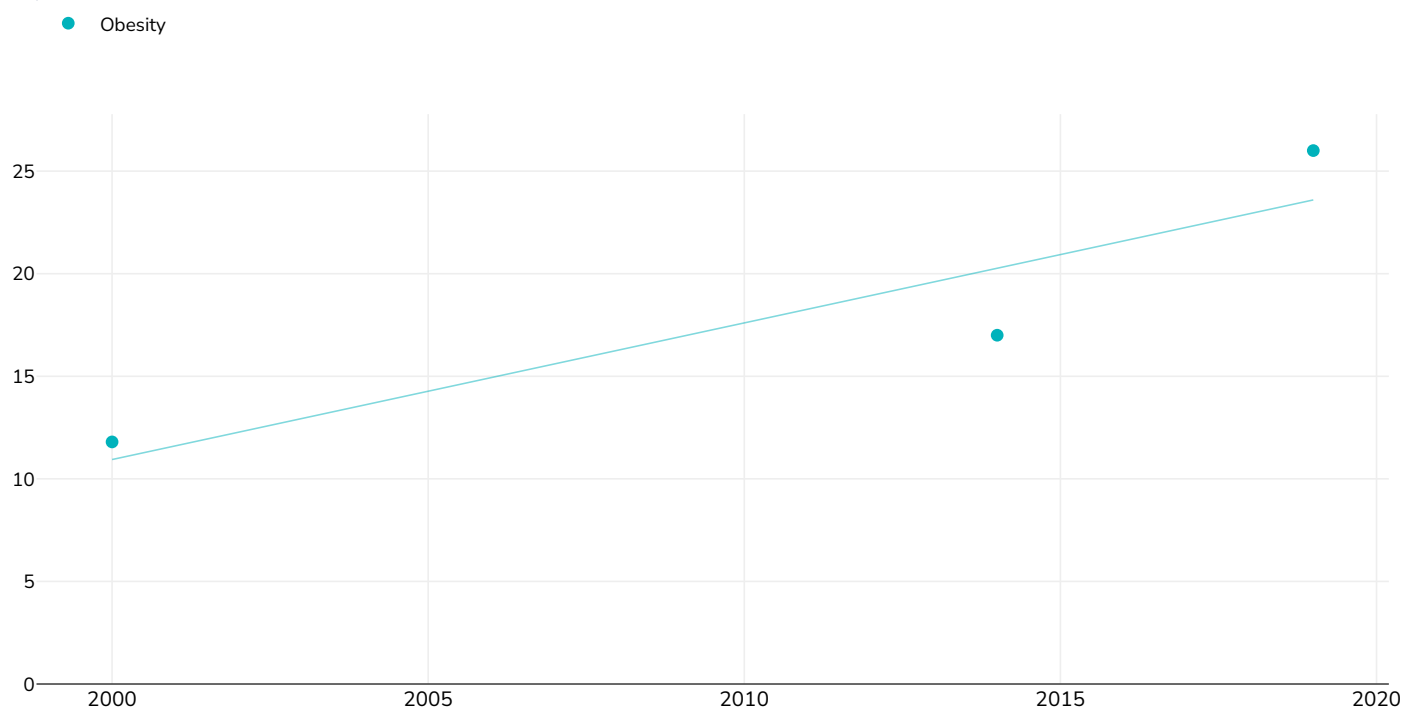


Survey type: Self-reported

- References:
- 2000: Eurostat Yearbook 2006/07. A goldmine of statistical information. Available at <https://ec.europa.eu/eurostat/documents/2995521/5059290/1-20022007-BP-EN.PDF.pdf/edab8c31-b9f3-4c8e-b4db-4137bd045efa?t=1414683510000> (last accessed 04.11.21)
  - 2014: Eurostat Database: [http://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth\\_ehis\\_bm1e&lang=en](http://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1e&lang=en) (last accessed 25.08.20)
  - 2019: Eurostat 2019. Data available at [https://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth\\_ehis\\_bm1i&lang=en](https://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1i&lang=en) (last accessed 09.08.21)

*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: Self-reported

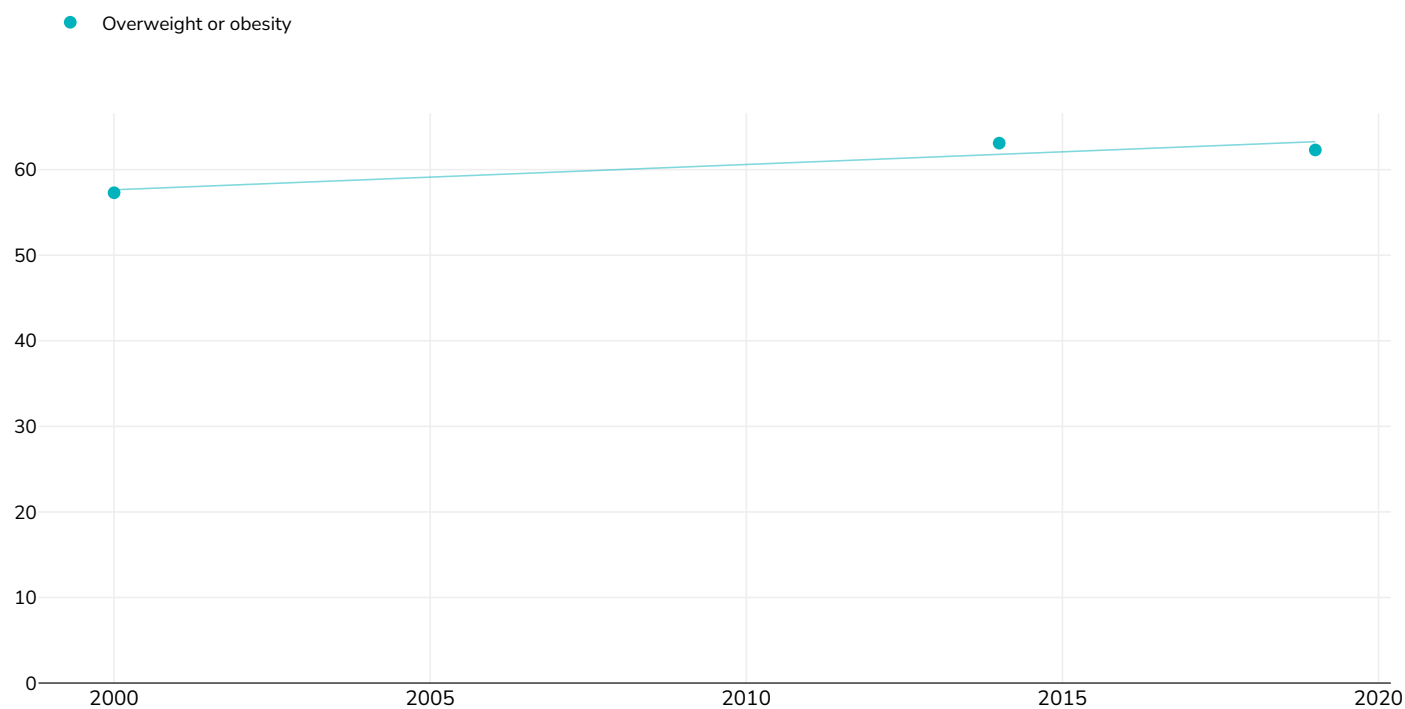
References:

- 2000: Eurostat Yearbook 2006/07. A goldmine of statistical information. Available at <https://ec.europa.eu/eurostat/documents/2995521/5059290/1-20022007-BP-EN.PDF.pdf/edab8c31-b9f3-4c8e-b4db-4137bd045efa?t=1414683510000> (last accessed 04.11.21)
- 2014: Eurostat Database: [http://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth\\_ehis\\_bm1e&lang=en](http://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1e&lang=en) (last accessed 25.08.20)
- 2019: Eurostat 2019. Data available at [https://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth\\_ehis\\_bm1i&lang=en](https://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1i&lang=en) (last accessed 09.08.21)

*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, 2000-2019

### Men



Survey type:

Self-reported

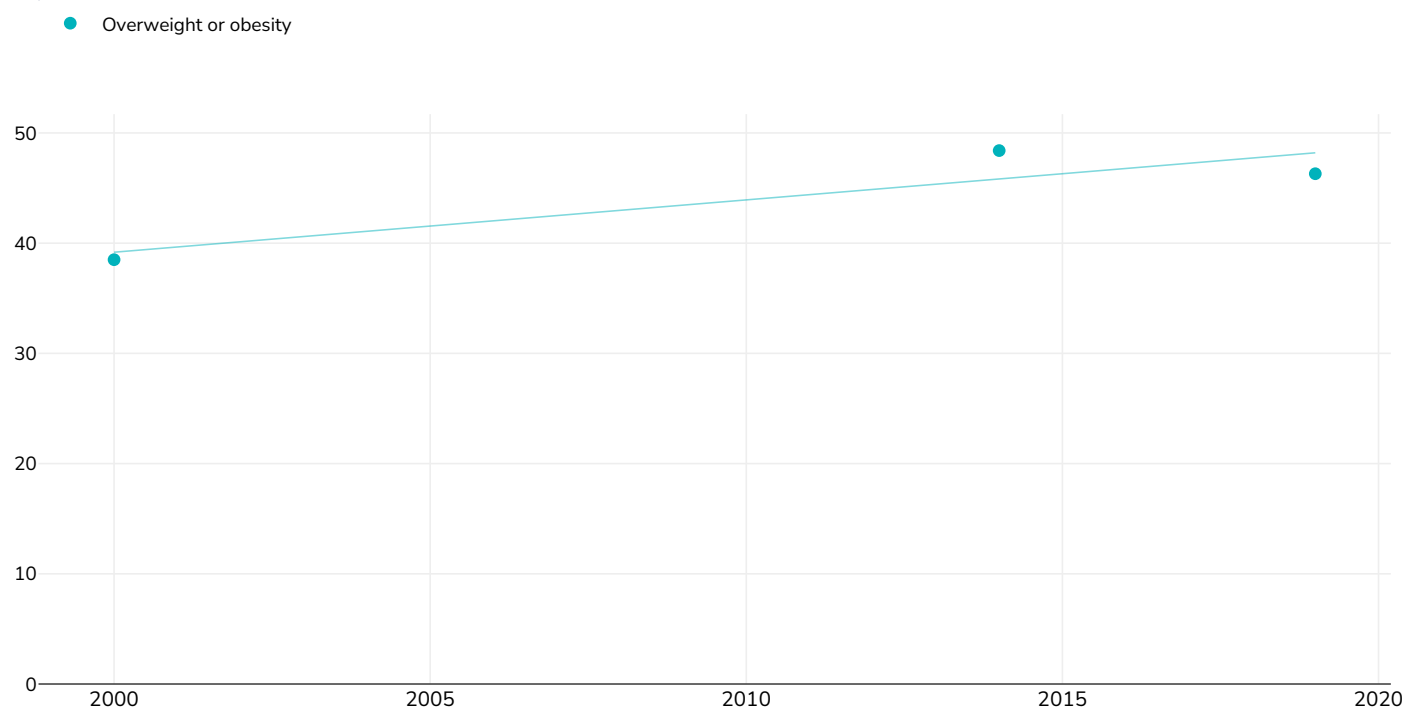
References:

Eurostat Yearbook 2006/07. A goldmine of statistical information. Available at

<https://ec.europa.eu/eurostat/documents/2995521/5059290/1-20022007-BP-EN.PDF.pdf/edab8c31-b9f3-4c8e-b4db-4137bd045efa?t=1414683510000> (last accessed 04.11.21)

*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:

Self-reported

References:

Eurostat Yearbook 2006/07. A goldmine of statistical information. Available at

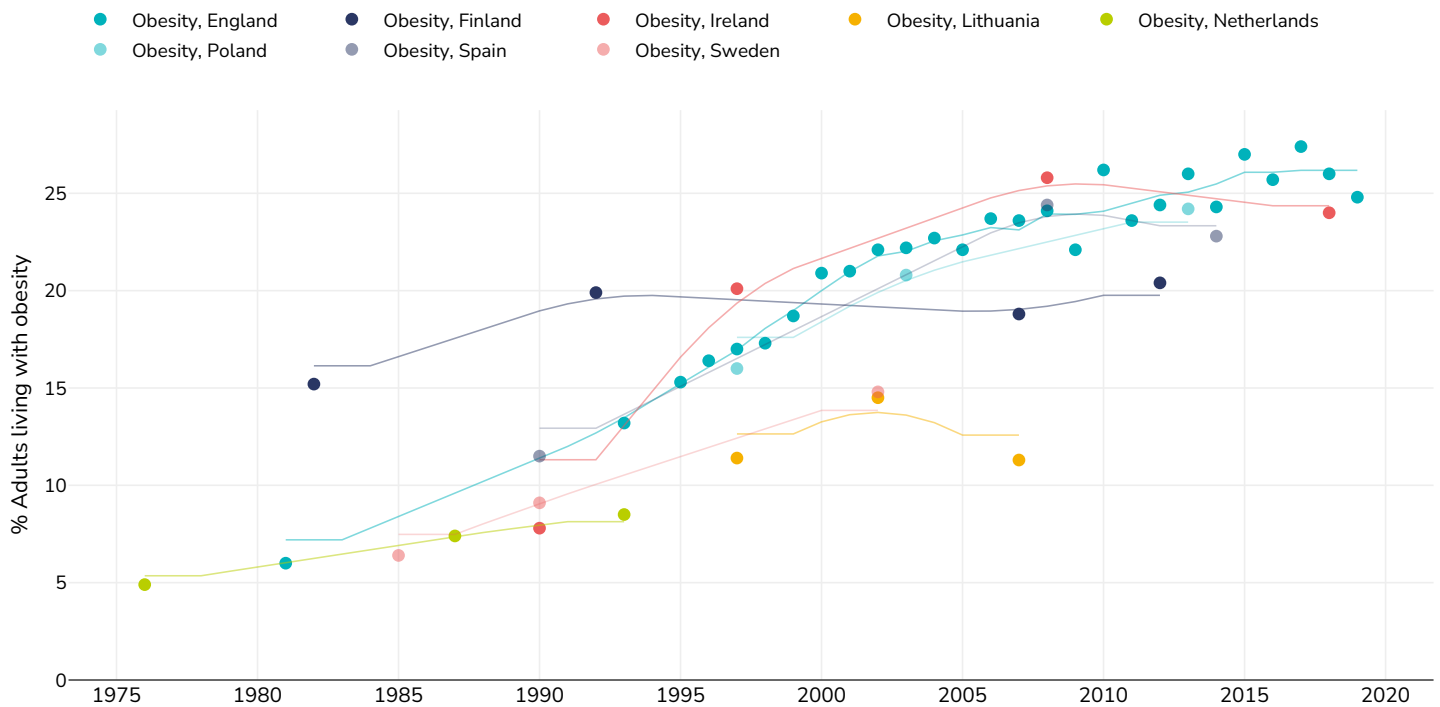
<https://ec.europa.eu/eurostat/documents/2995521/5059290/1-20022007-BP-EN.PDF.pdf/edab8c31-b9f3-4c8e-b4db-4137bd045efa?t=1414683510000> (last accessed 04.11.21)

*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: 1976, 1987, 1993: 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: Aranceta J, Perex Rodrigo C, Serra Majem LI et al. Prevalence of Obesity in Spain: SEEDO'97 study. Spanish Collaborative Group for the Study of Obesity. *Med Clin (Barc)*. 1998;117:441-5

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 to 1997. *American Journal of Clinical Nutrition* 2000;72:1436-1444

1995: Health Survey for England 1995.

1996: Health Survey for England 1996.

1997: Pomerleau J, Pudule I, Grinberga D, Kadziauskiene K, Abaravicius A, Bartkeviciute R, Vaask S, Robertson A, McKee M. Patterns of body weight in the Baltic Republics. *Public Health Nutrition*. 2000;3:3-10

1998: Health Survey for England 1998.

1999: Health Survey for England 1999.

2000: Health Survey for England 2000.

2001: Health Survey for England 2001.

2002, 2007: Barzda A, Bartkevicius R, Stukas R, Šatkute R, Abaravicius JA. Lietuvos gyventojų kūno masės indeksų pokyčiai 1997-2007 metais. *Sveikatos mokslai* 2009;3:2406-2410. (no English translation)

2003: Health Survey for England 2003.

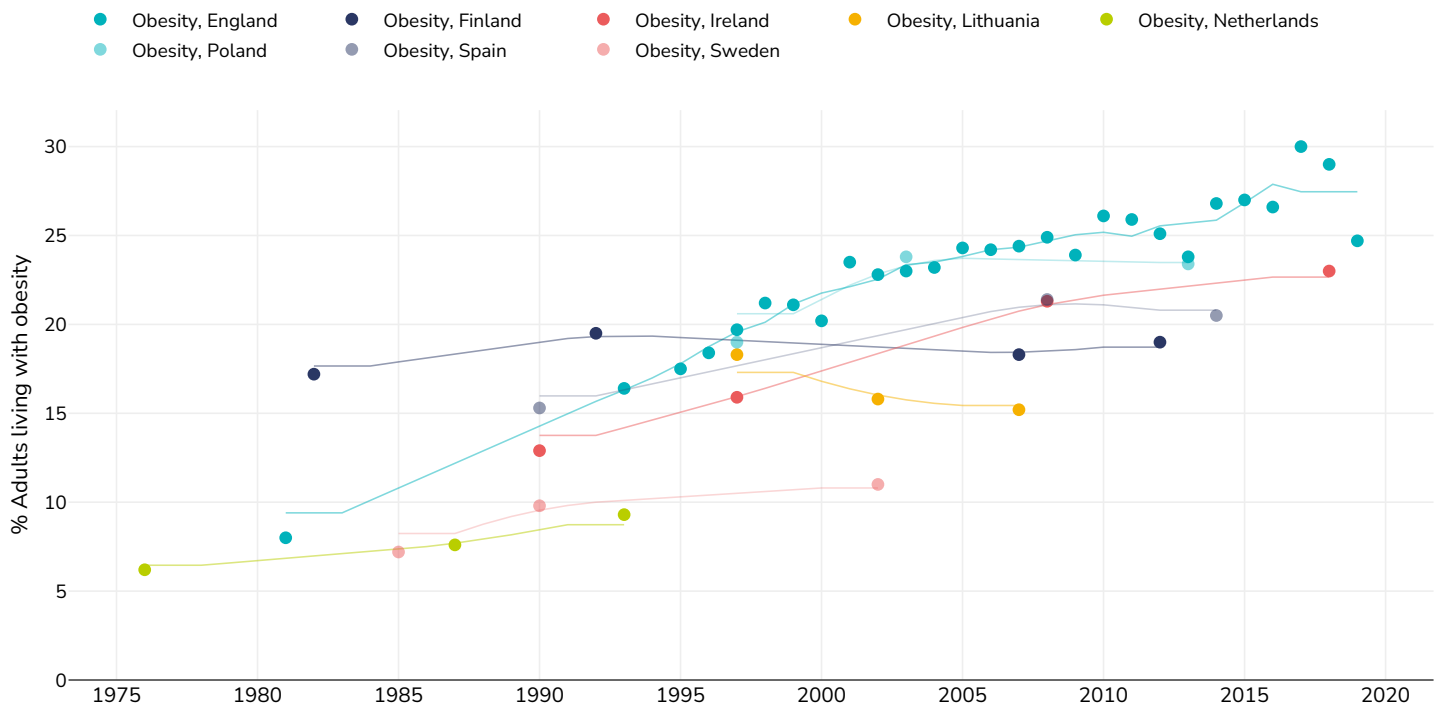
2004: Health Survey for England 2004.

2005: Health Survey for England 2005.

*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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## Women



References: 1976, 1987, 1993: 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: Aranceta J, Perex Rodrigo C, Serra Majem LI et al. Prevalence od Obesity in Spain: SEEDO'97 study. Spanish Collaborative Group for the Study of Obesity. *Med Clin (Barc)*. 1998;117:441-5

1992: Lahti-Koski M, Pietinen P, Munnisto S, Vartiainen E. Trends in waist to hip ratio and its determinants in adults in Finland from 1987 to 1997. *American Journal of Clinical Nutrition* 2000;72:1436-1444

1995: Health Survey for England 1995.

1996: Health Survey for England 1996.

1997: Pomerleau J, Pudule I, Grinberga D, Kadziauskiene K, Abaravicius A, Bartkeviciute R, Vaask S, Robertson A, McKee M. Patterns of body weight in the Baltic Republics. *Public Health Nutrition*. 2000;3:3-10

1998: Health Survey for England 1998.

1999: Health Survey for England 1999.

2000: Health Survey for England 2000.

2001: Health Survey for England 2001.

2002, 2007: Barzda A, Bartkevi&ccaron;i&umacr;t&edot; R, Stukas R, Šatkut&edot; R, Abaravi&ccaron;ius JA. Lietuvos gyventoj&uogon; k&umacr;no mas&edot;s indekso poky&ccaron;iai 1997-2007 metais. *Sveikatos mokslai* 2009;3:2406-2410. (no English translation)

2003: Health Survey for England 2003.

2004: Health Survey for England 2004.

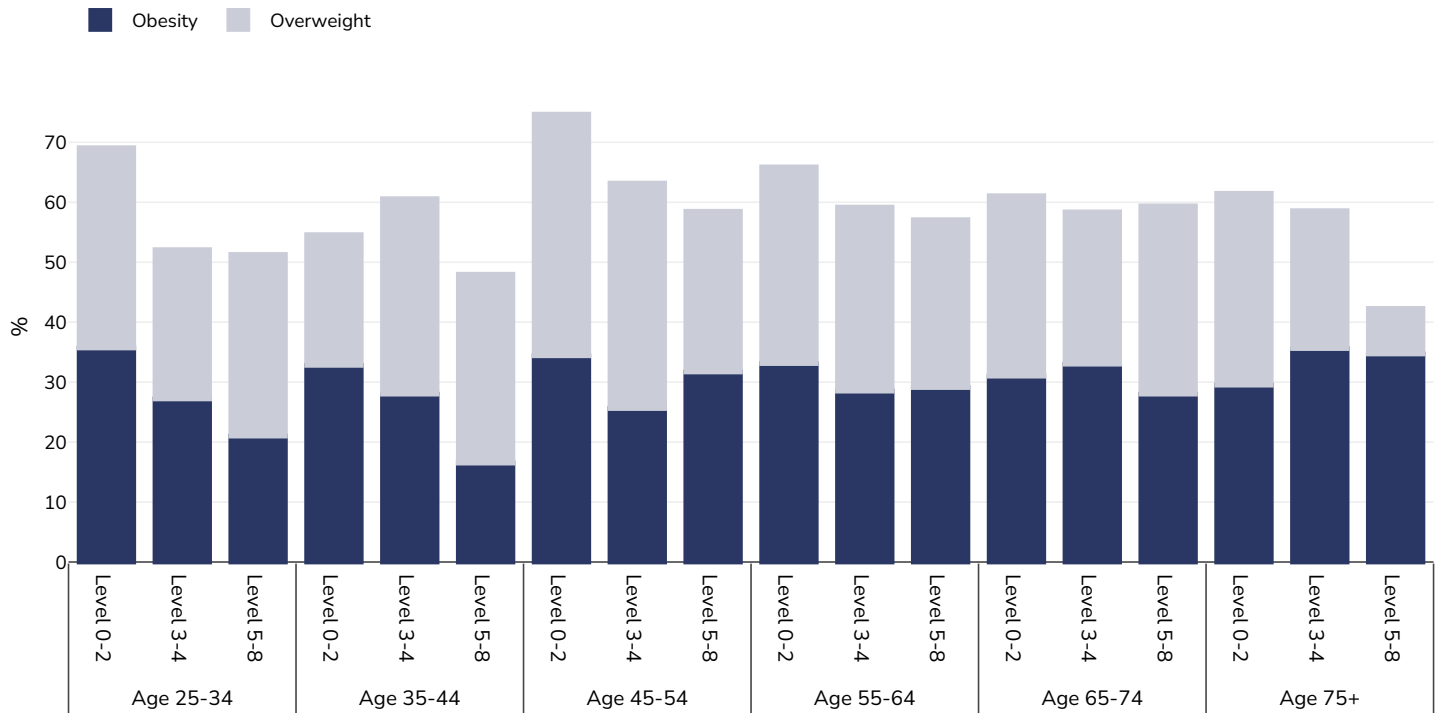
2005: Health Survey for England 2005.

*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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## Overweight/obesity by age and education

### Adults, 2019



Survey type:

Self-reported

Area covered:

National

References:

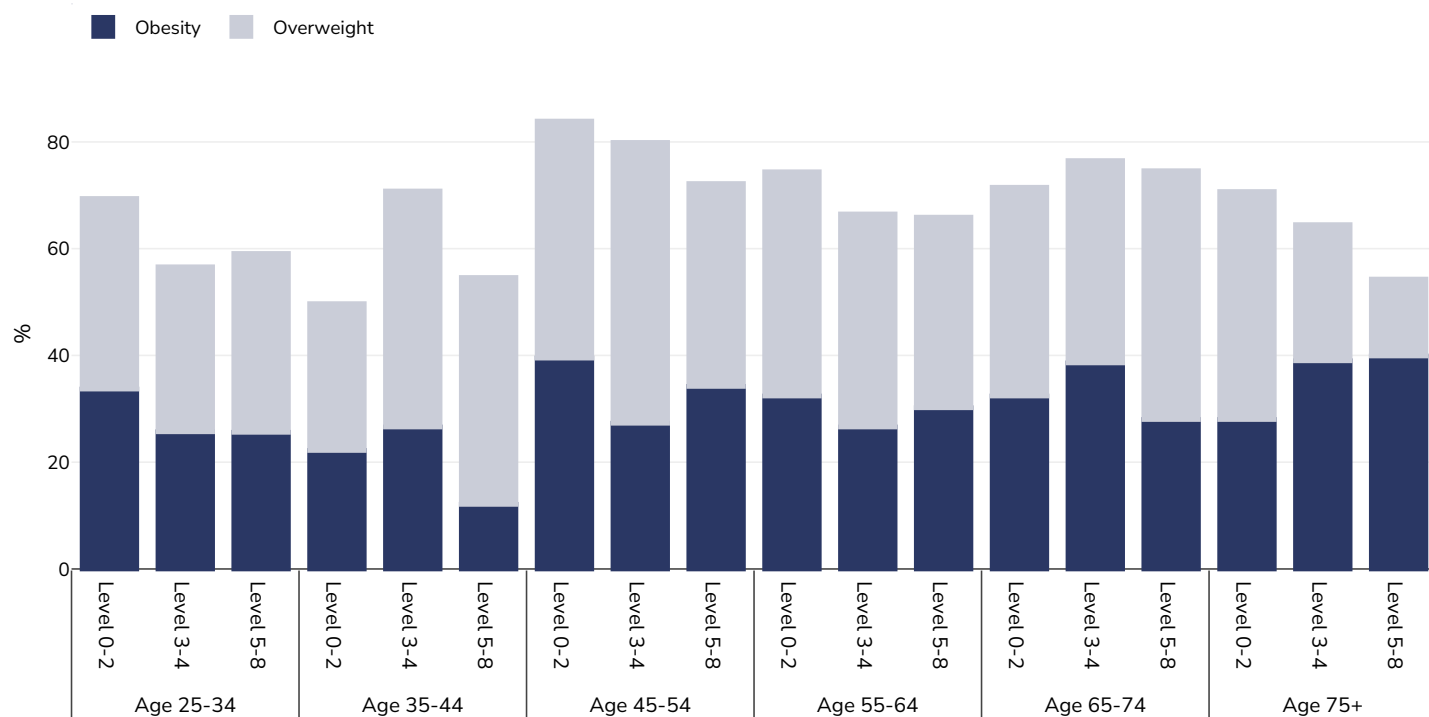
Eurostat 2019. Available at [https://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth\\_ehis\\_bm1e&lang=en](https://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1e&lang=en) (last accessed 09.08.21).

Notes:

NB. Some age ranges missing due to insufficient data to display by age & educational status

*Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m<sup>2</sup>, obesity refers to a BMI greater than 30kg/m<sup>2</sup>.*

## Men, 2019



Survey type:

Self-reported

Area covered:

National

References:

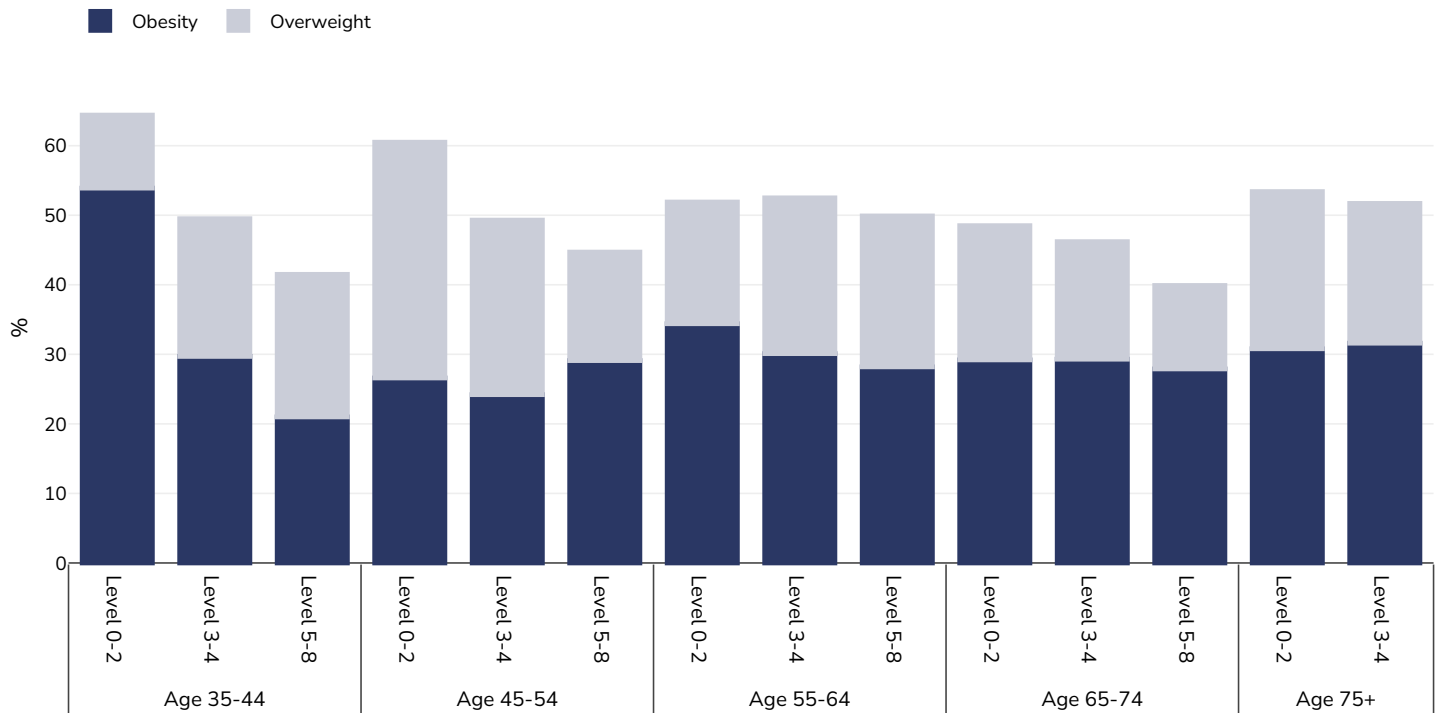
Eurostat 2019. Available at [https://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth\\_ehis\\_bm1e&lang=en](https://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1e&lang=en) (last accessed 09.08.21).

Notes:

NB. Some age ranges missing due to insufficient data to display by age & educational status

*Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m<sup>2</sup>, obesity refers to a BMI greater than 30kg/m<sup>2</sup>.*

## Women, 2019



Survey type:

Self-reported

Area covered:

National

References:

Eurostat 2019. Available at [https://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth\\_ehis\\_bm1e&lang=en](https://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1e&lang=en) (last accessed 09.08.21).

Notes:

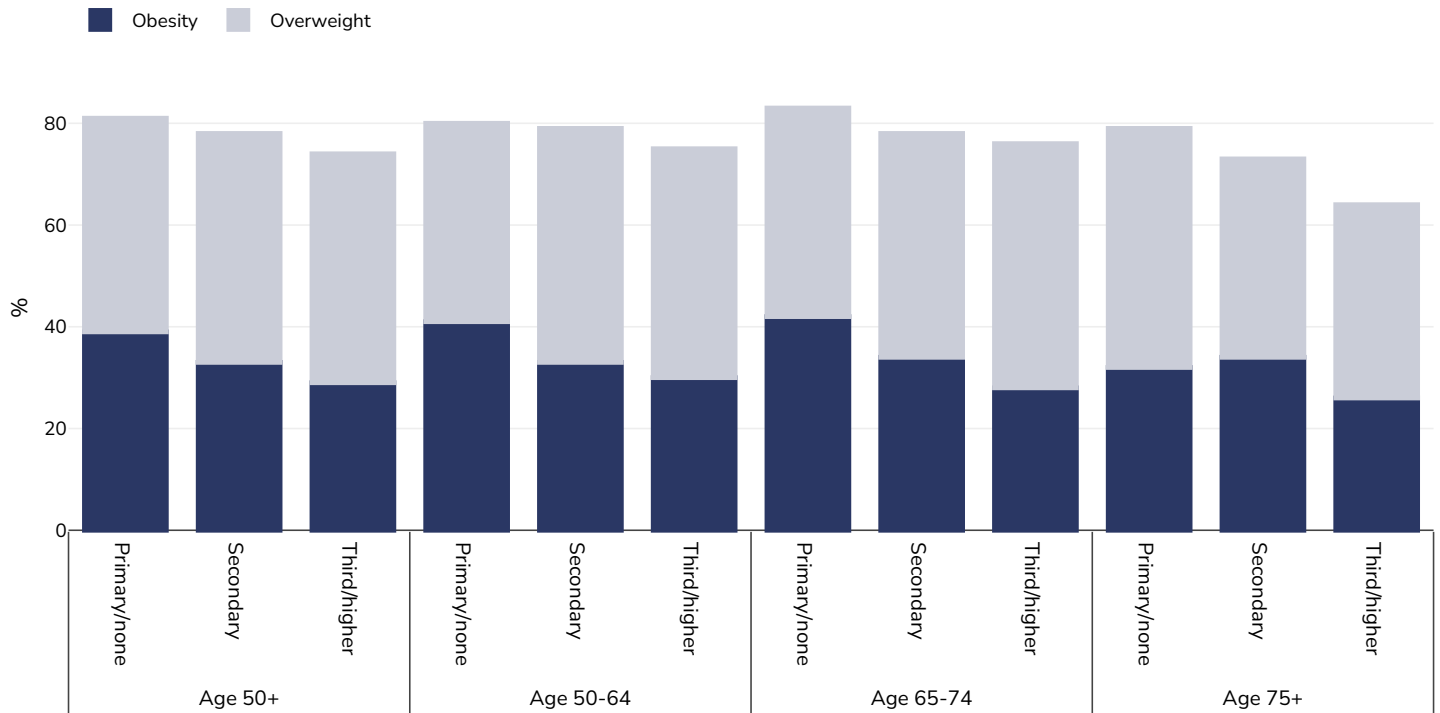
NB. Some age ranges missing due to insufficient data to display by age & educational status

*Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m<sup>2</sup>, obesity refers to a BMI greater than 30kg/m<sup>2</sup>.*



## Overweight/obesity by education

### Adults, 2009-2010



Survey type: Measured

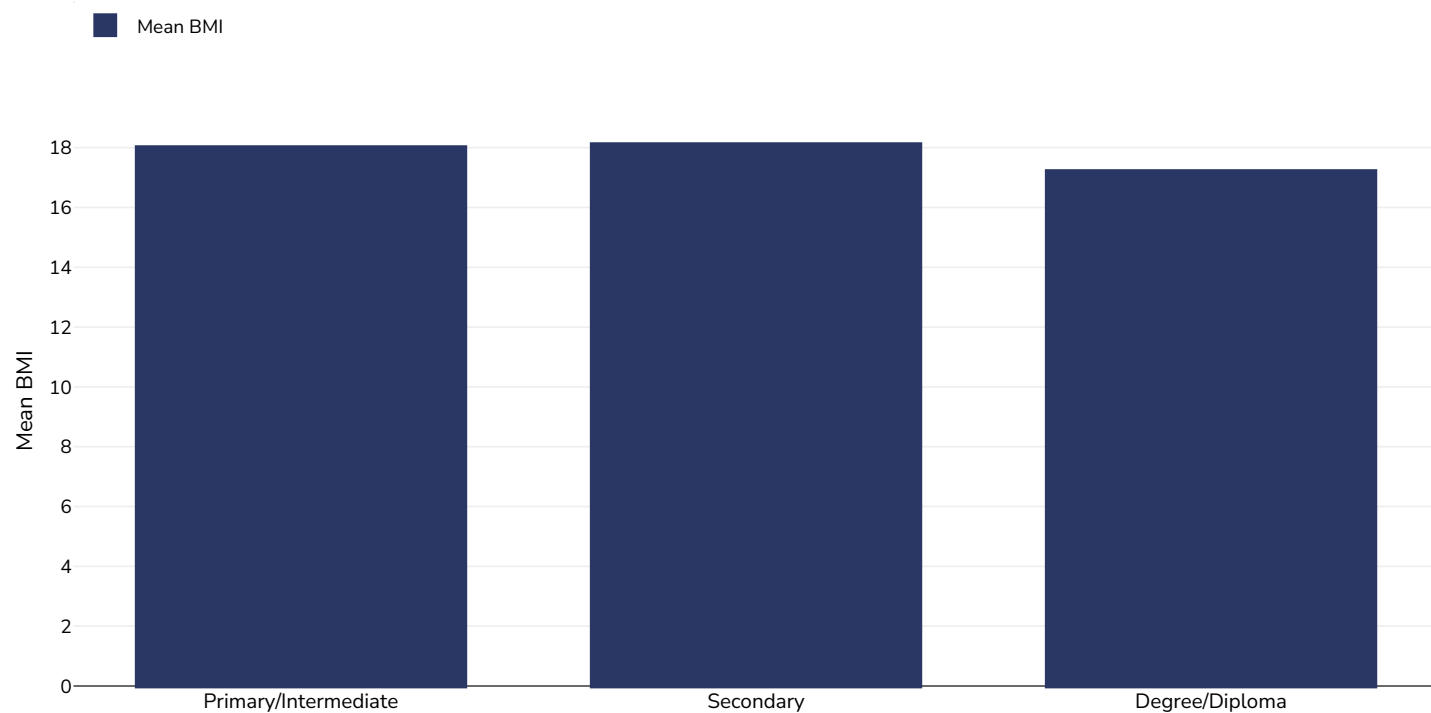
Sample size: 4348

Area covered: National

References: Fifty Plus in Ireland 2011. Results from the Irish Longitudinal Study on Ageing (TILDA). [http://www.tilda.tcd.ie/assets/pdf/glossy/Tilda\\_Master\\_First\\_Findings\\_Report.pdf](http://www.tilda.tcd.ie/assets/pdf/glossy/Tilda_Master_First_Findings_Report.pdf) (last accessed on 9.6.15)

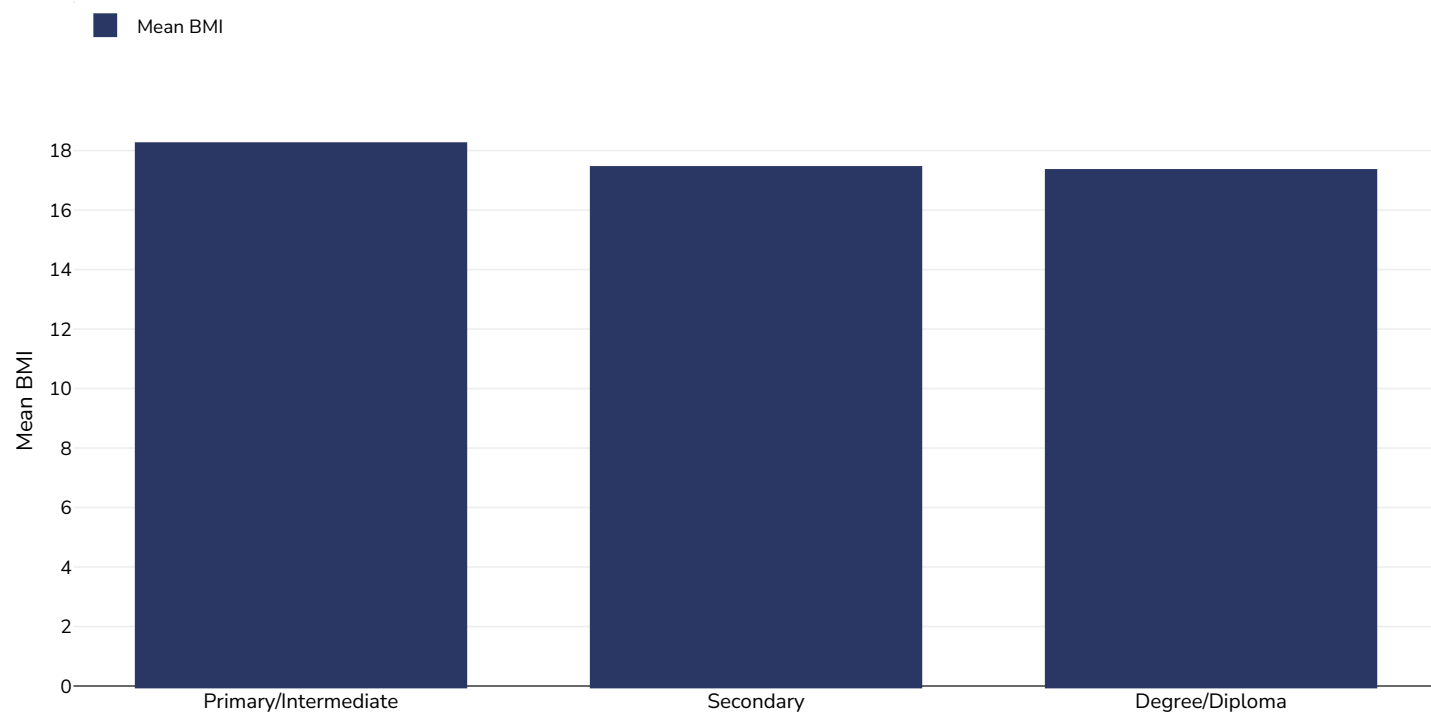
*Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m<sup>2</sup>, obesity refers to a BMI greater than 30kg/m<sup>2</sup>.*

## Children, 2017-2018



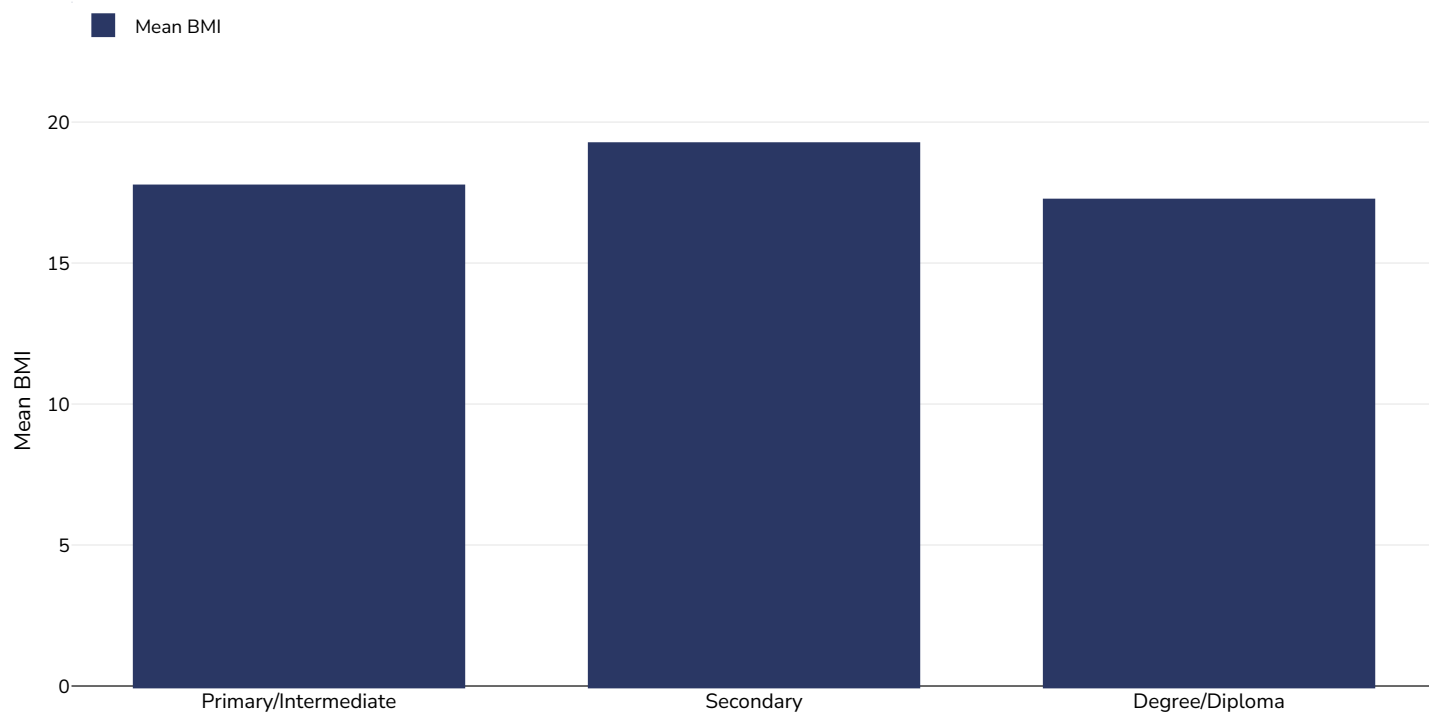
Survey type:	Measured
Age:	5-12
Sample size:	596
Area covered:	National
References:	Irish Universities Nutrition Alliance (IUNA) (2019) National Children's Food Survey II: Summary Report. Available online at <a href="http://www.iuna.net">www.iuna.net</a> . Last accessed: 12.05.21
Notes:	Education & SC level relates to that of the parents/guardians of participants
Cutoffs:	IOTF

## Boys, 2017-2018



Survey type:	Measured
Age:	5-12
Sample size:	596
Area covered:	National
References:	Irish Universities Nutrition Alliance (IUNA) (2019) National Children's Food Survey II: Summary Report. Available online at <a href="http://www.iuna.net">www.iuna.net</a> . Last accessed: 12.05.21
Notes:	Education & SC level relates to that of the parents/guardians of participants
Cutoffs:	IOTF

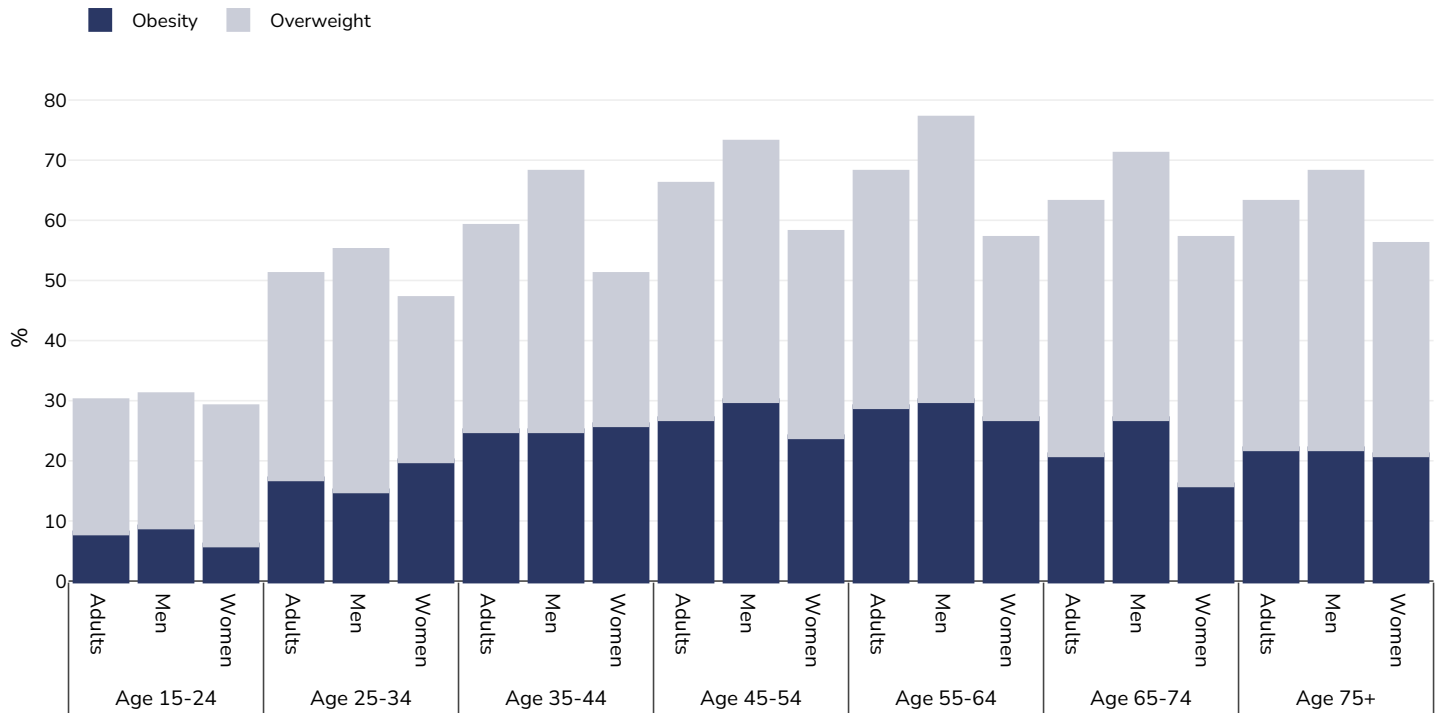
## Girls, 2017-2018



Survey type:	Measured
Age:	5-12
Sample size:	596
Area covered:	National
References:	Irish Universities Nutrition Alliance (IUNA) (2019) National Children's Food Survey II: Summary Report. Available online at <a href="http://www.iuna.net">www.iuna.net</a> . Last accessed: 12.05.21
Notes:	Education & SC level relates to that of the parents/guardians of participants
Cutoffs:	IOTF

## Overweight/obesity by age

### Adults, 2021-2022



Survey type:

Self-reported

Sample size:

7192

Area covered:

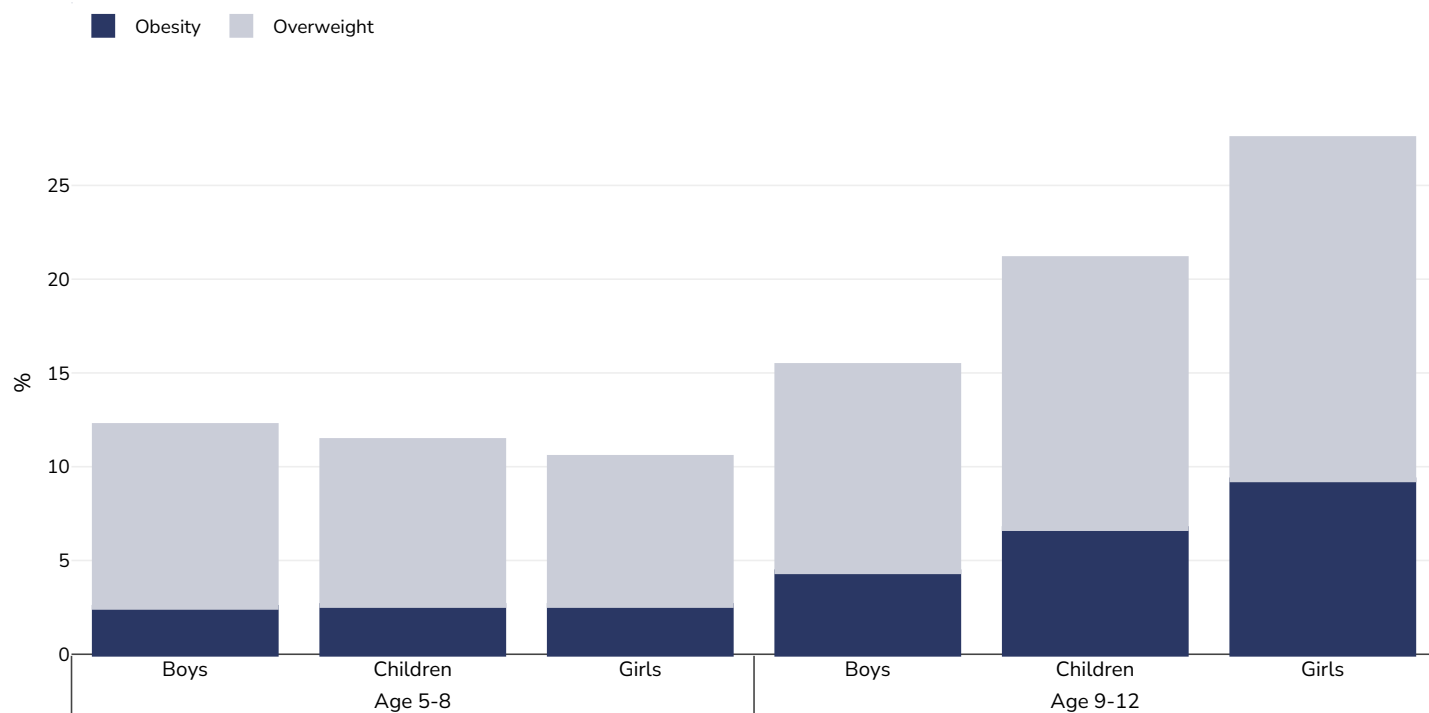
National

References:

Healthy Ireland Survey 2022 Summary Report. <https://assets.gov.ie/241111/e31b2aaa-a8d7-411d-8b62-02cca079c741.pdf> (Accessed 14.12.2022)

*Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m<sup>2</sup>, obesity refers to a BMI greater than 30kg/m<sup>2</sup>.*

## Children, 2017-2018



Survey type: Measured

Sample size: 596

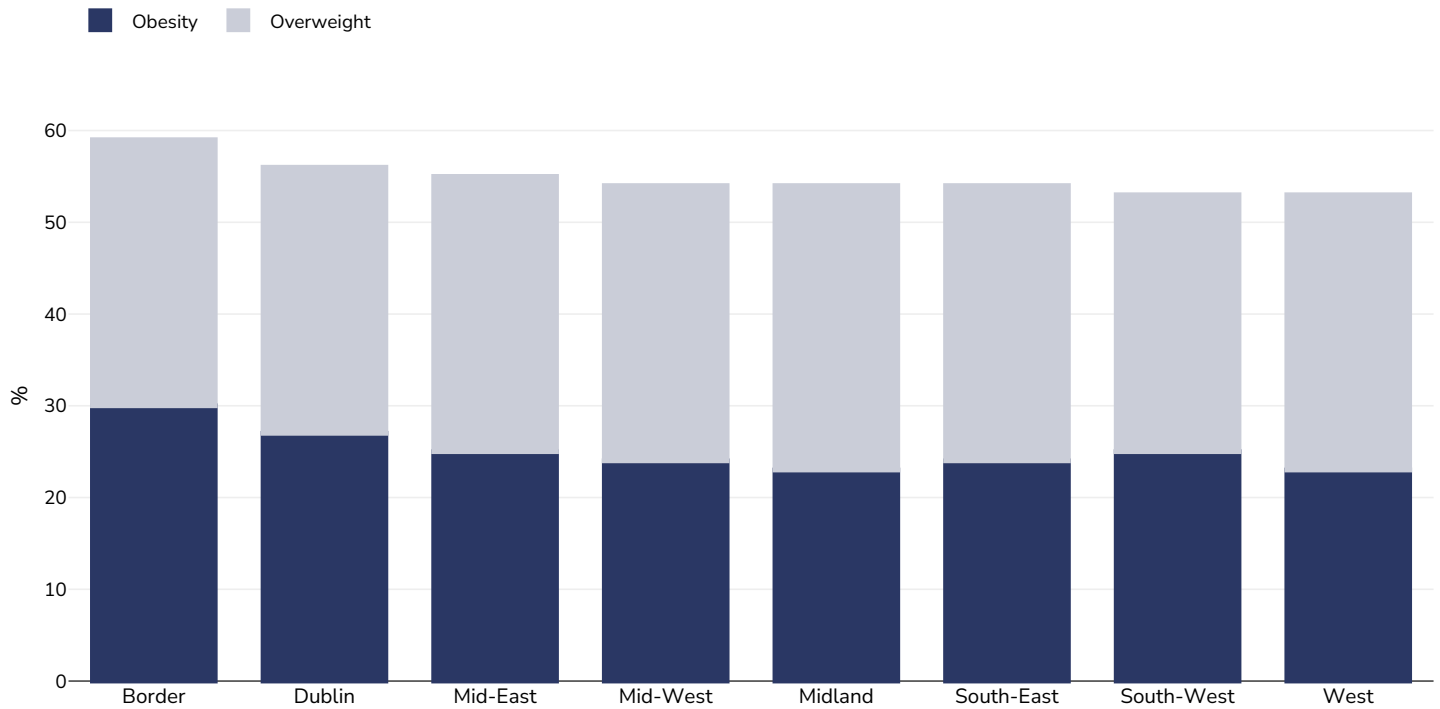
Area covered: National

References: Irish Universities Nutrition Alliance (IUNA) (2019) National Children's Food Survey II: Summary Report. Available online at [www.iuna.net](http://www.iuna.net). Last accessed: 12.05.21.

Cutoffs: IOTF

## Overweight/obesity by region

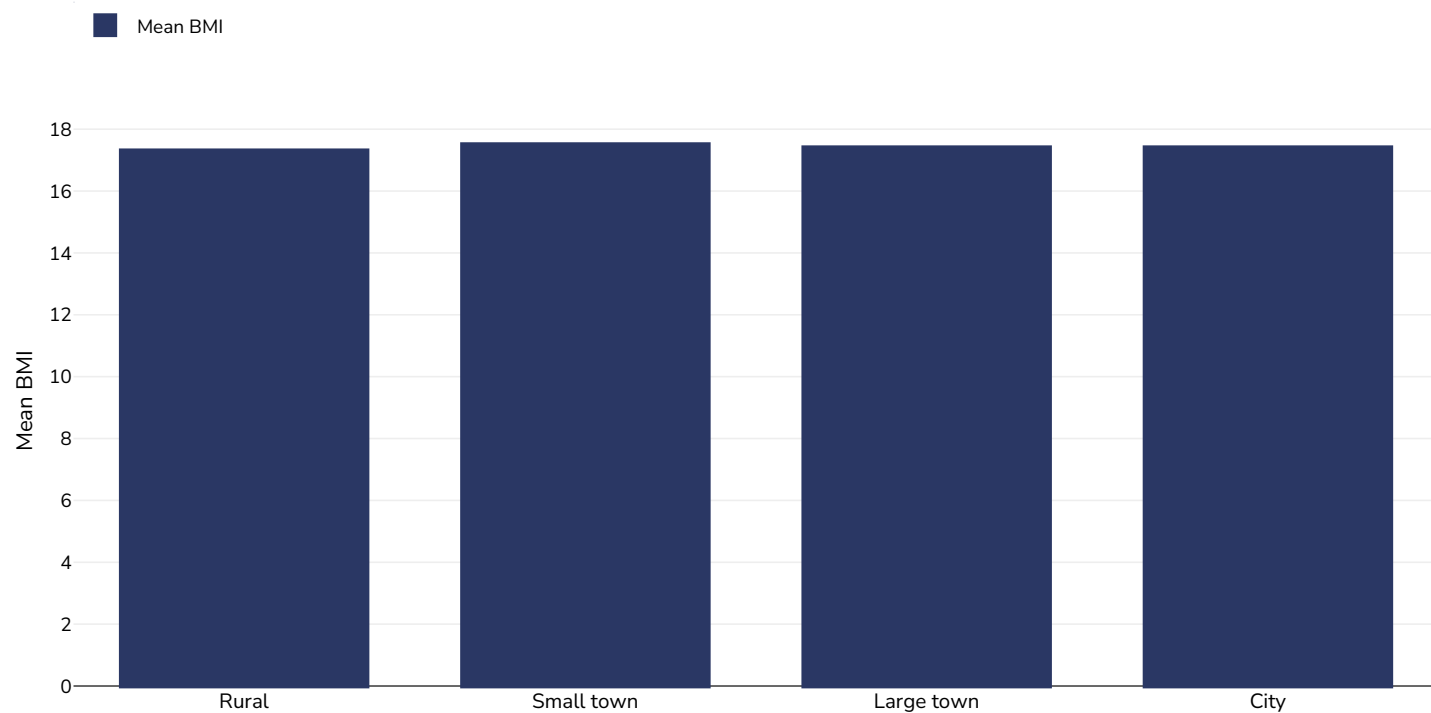
### Adults, 2019



Survey type:	Self-reported
Age:	15+
Sample size:	7621
Area covered:	National
References:	Central Statistics Office, Ireland (2019). Results of Irish Health Survey 2019. Data available at: <a href="https://data.cso.ie/#">https://data.cso.ie/#</a> . Last accessed: 02.06.21.

*Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m<sup>2</sup>, obesity refers to a BMI greater than 30kg/m<sup>2</sup>.*

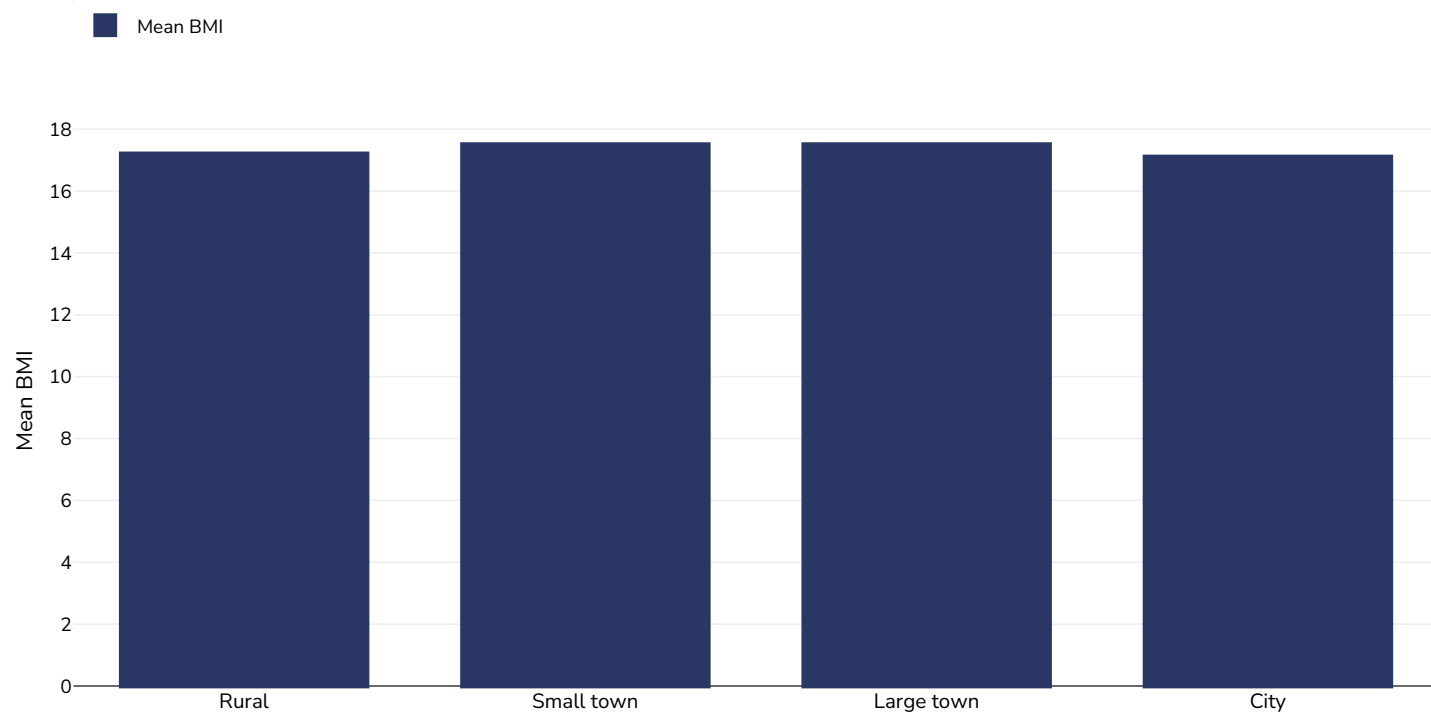
## Children, 2017-2018



Survey type:	Measured
Age:	5-12
Sample size:	596
Area covered:	National
References:	Irish Universities Nutrition Alliance (IUNA) (2019) National Children's Food Survey II: Summary Report. Available online at <a href="http://www.iuna.net">www.iuna.net</a> . Last accessed: 12.05.21.
Cutoffs:	IOTF

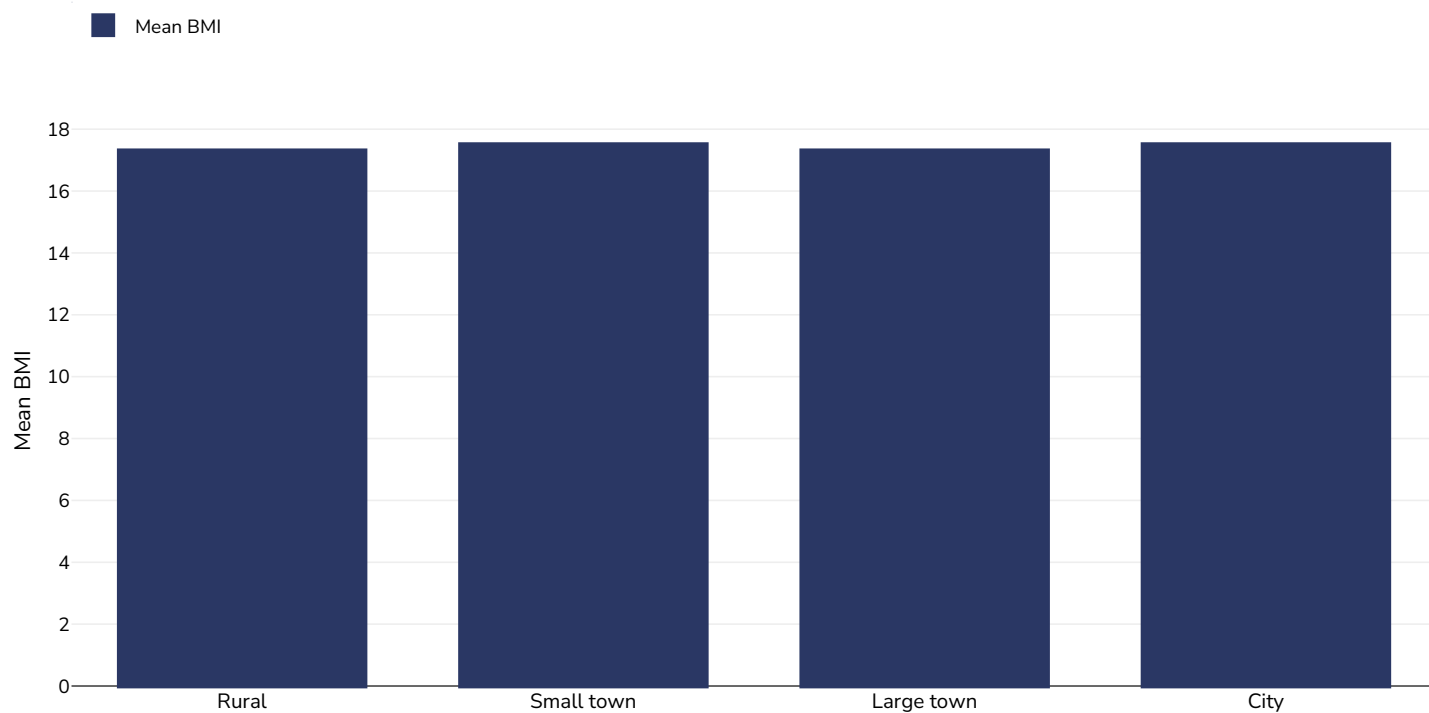


## Boys, 2017-2018



Survey type:	Measured
Age:	5-12
Sample size:	596
Area covered:	National
References:	Irish Universities Nutrition Alliance (IUNA) (2019) National Children's Food Survey II: Summary Report. Available online at <a href="http://www.iuna.net">www.iuna.net</a> . Last accessed: 12.05.21.
Cutoffs:	IOTF

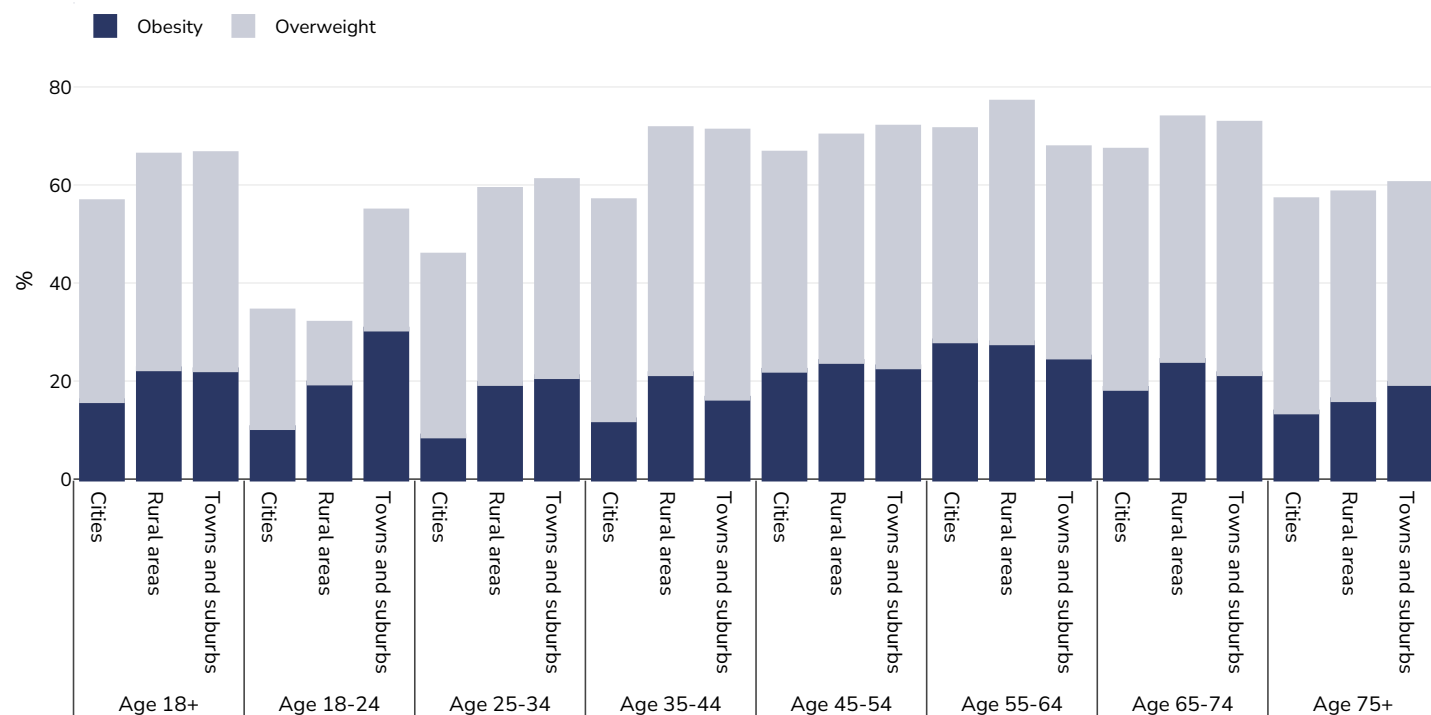
## Girls, 2017-2018



Survey type:	Measured
Age:	5-12
Sample size:	596
Area covered:	National
References:	Irish Universities Nutrition Alliance (IUNA) (2019) National Children's Food Survey II: Summary Report. Available online at <a href="http://www.iuna.net">www.iuna.net</a> . Last accessed: 12.05.21.
Cutoffs:	IOTF

## Overweight/obesity by age and region

### Men, 2014



Survey type:

Self-reported

Area covered:

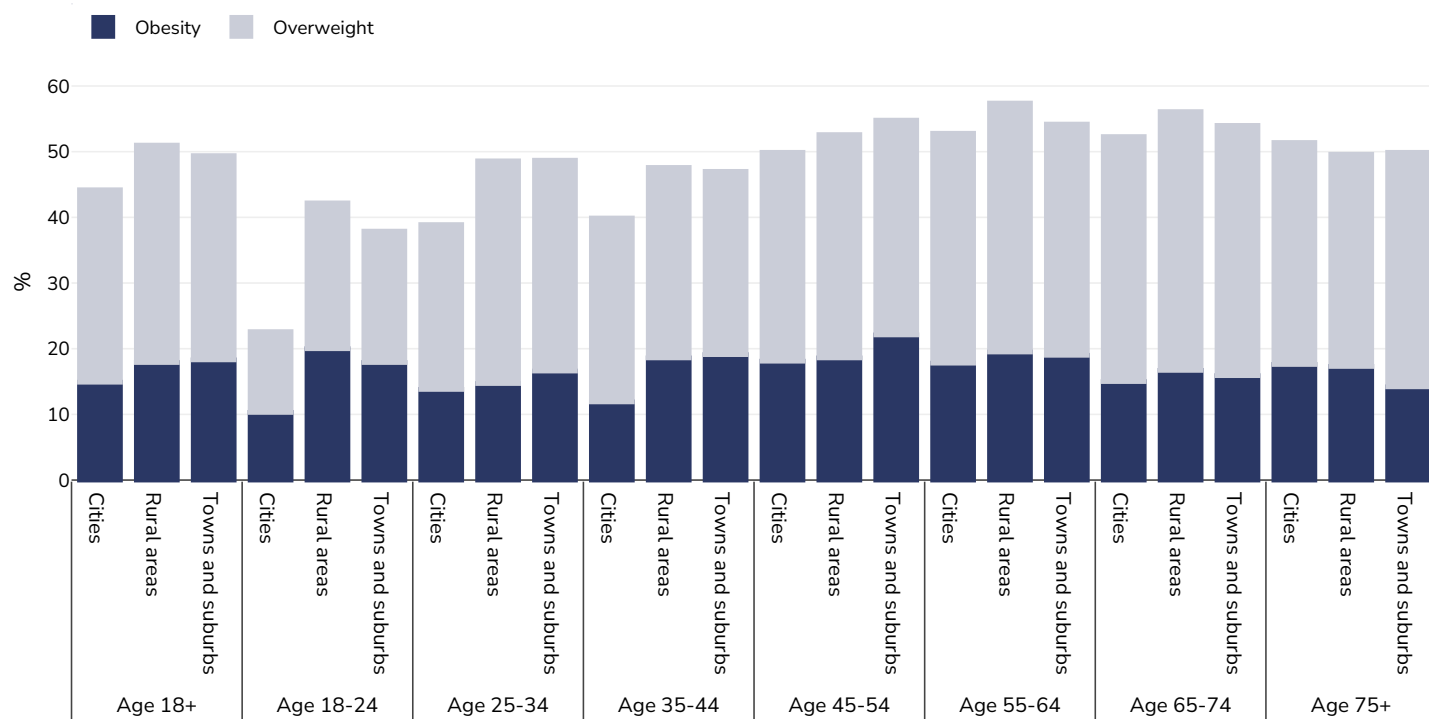
National

References:

Eurostat [http://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth\\_ehis\\_bm1u&lang=en](http://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1u&lang=en) (last accessed 25.08.20)

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m<sup>2</sup>, obesity refers to a BMI greater than 30kg/m<sup>2</sup>.

## Women, 2014



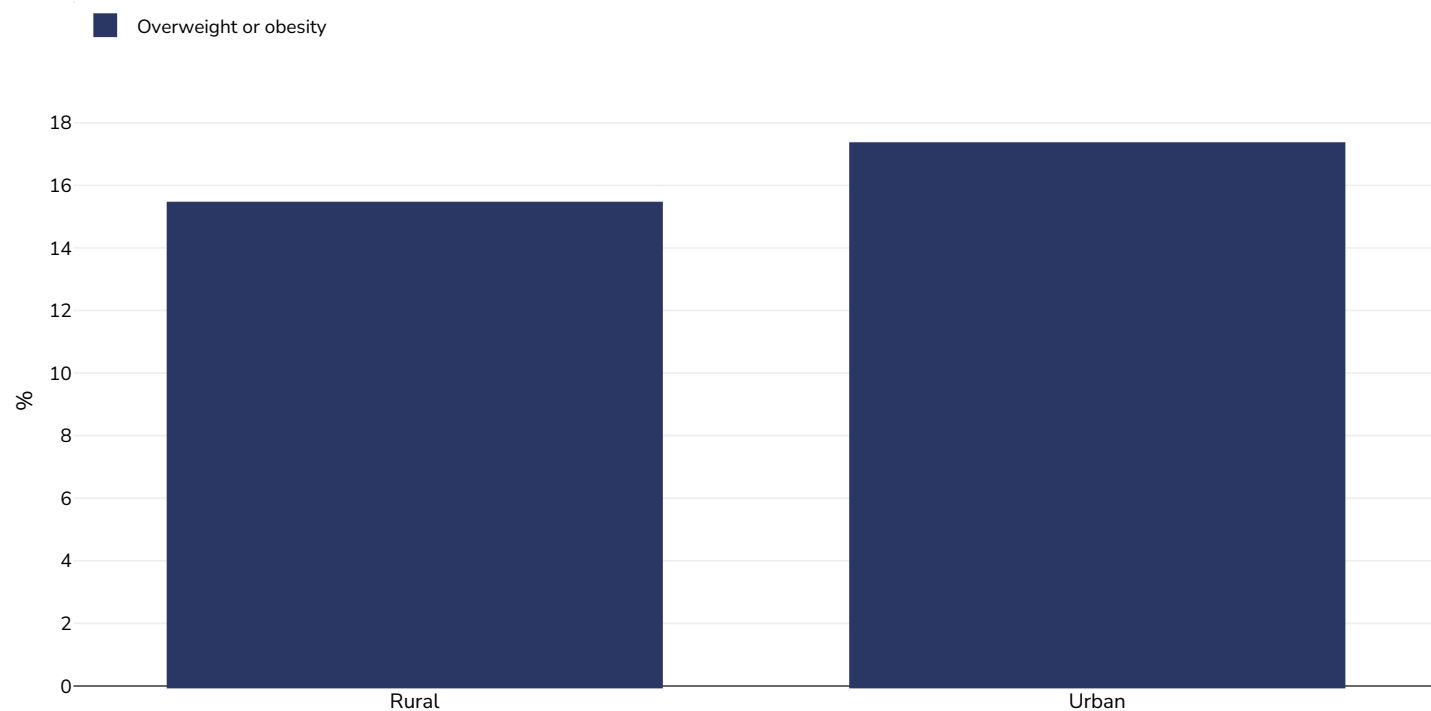
Survey type: Self-reported

Area covered: National

References: Eurostat [http://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth\\_ehis\\_bm1u&lang=en](http://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1u&lang=en) (last accessed 25.08.20)

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m<sup>2</sup>, obesity refers to a BMI greater than 30kg/m<sup>2</sup>.

## Children, 2015



Survey type: Measured

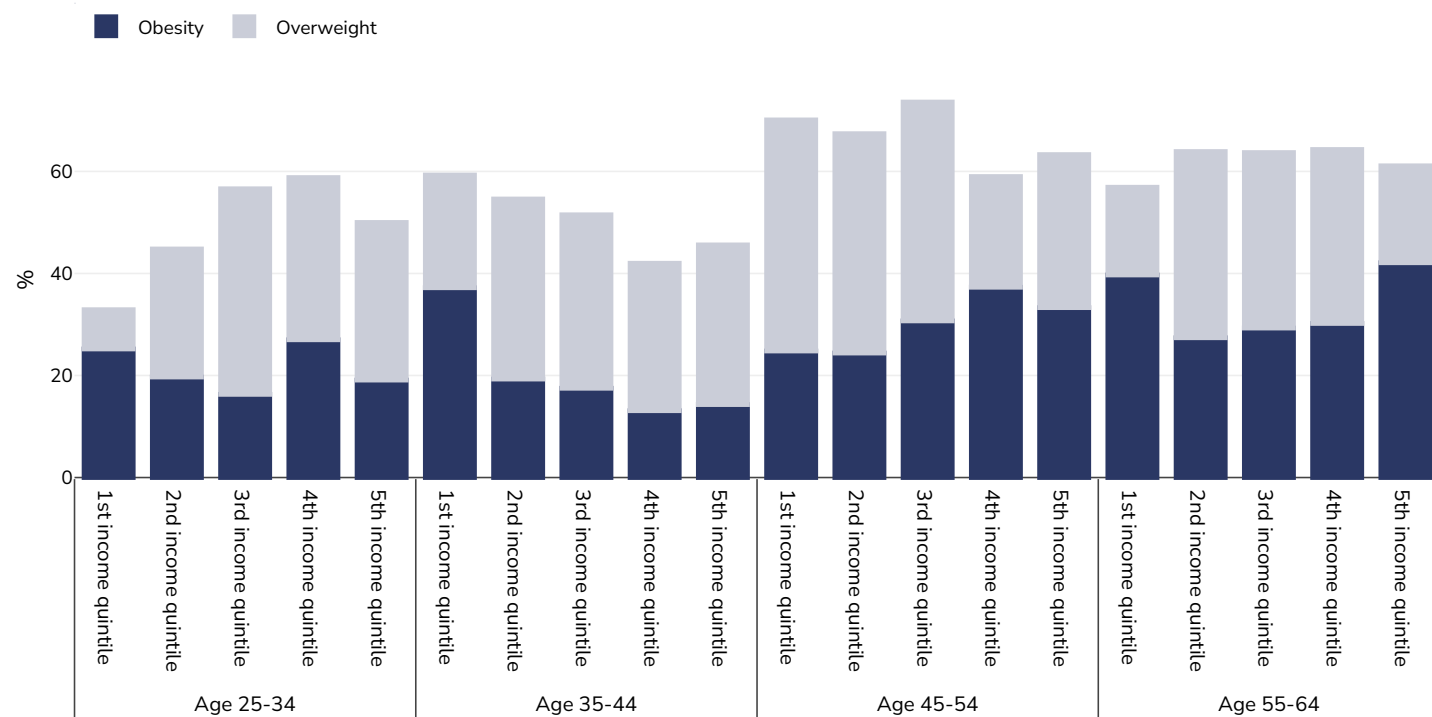
Age: 6-7

References: Bel-Serrat S, Heinen MM, Murrin CM, Daly L, Mehegan J, Concannon M, Flood C, Farrell D, O'Brien S, Eldin N, Kelleher CC [2017]. The Childhood Obesity Surveillance Initiative (COSI) in the Republic of Ireland: Findings from 2008, 2010, 2012 and 2015. Dublin: Health Service Executive.

Notes: IOTF International Cut off point

## Overweight/obesity by age and socio-economic group

### Adults, 2019



Survey type:

Self-reported

Area covered:

National

References:

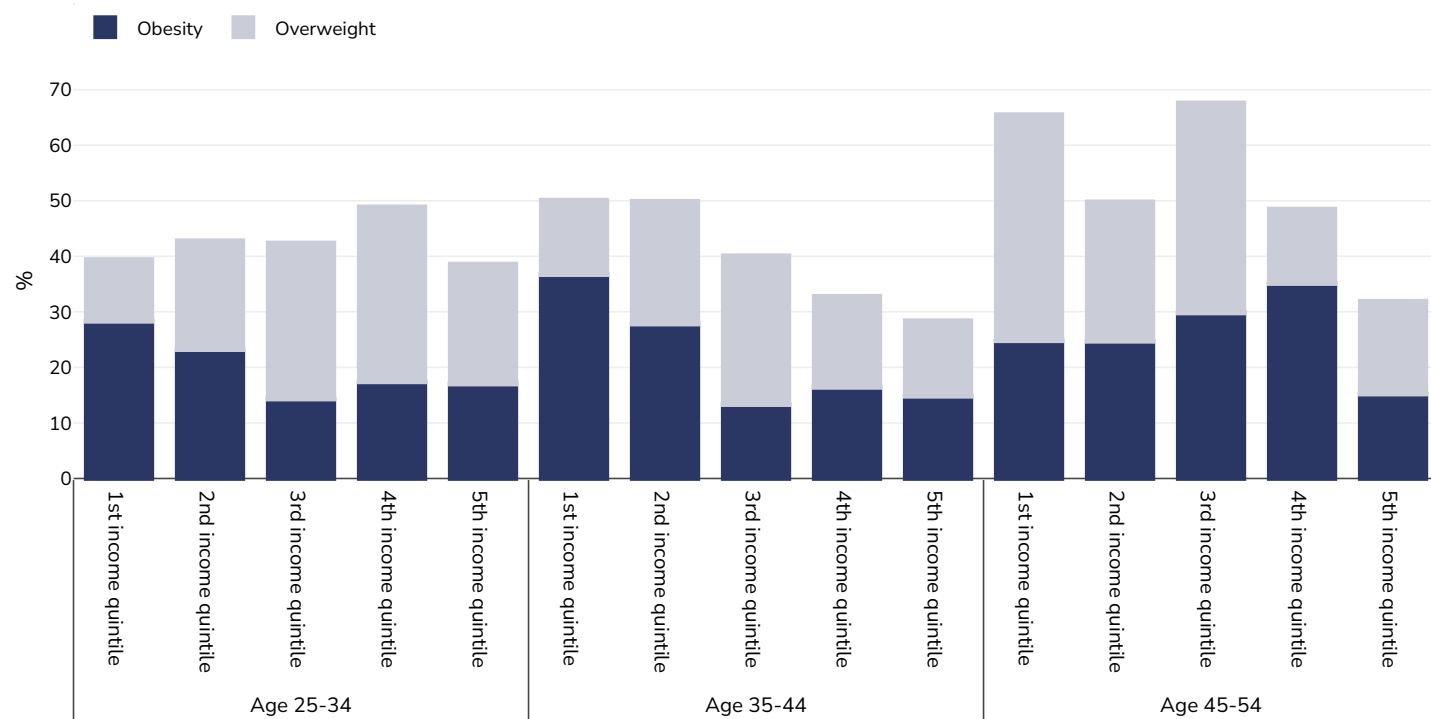
Eurostat 2019. Available at [https://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth\\_ehis\\_bm1i&lang=en](https://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1i&lang=en) (last accessed 09.08.21).

Notes:

NB. Some age ranges missing due to insufficient data to display by age & income quintile

*Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m<sup>2</sup>, obesity refers to a BMI greater than 30kg/m<sup>2</sup>.*

## Women, 2019



Survey type:

Self-reported

Area covered:

National

References:

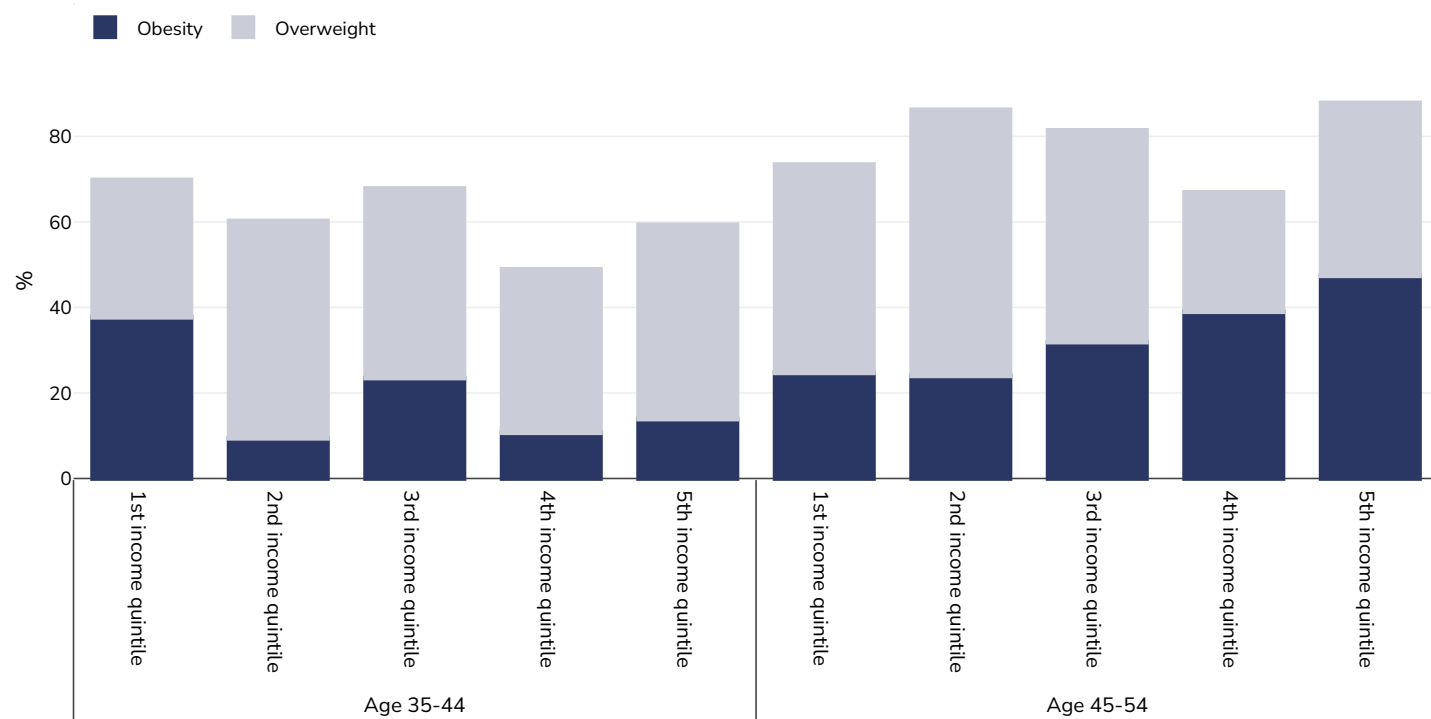
Eurostat 2019. Available at [https://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth\\_ehis\\_bm1i&lang=en](https://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1i&lang=en) (last accessed 09.08.21).

Notes:

NB. Some age ranges missing due to insufficient data to display by age & income quintile

*Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m<sup>2</sup>, obesity refers to a BMI greater than 30kg/m<sup>2</sup>.*

## Men, 2019



Survey type:

Self-reported

Area covered:

National

References:

Eurostat 2019. Available at [https://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth\\_ehis\\_bm1i&lang=en](https://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1i&lang=en) (last accessed 09.08.21).

Notes:

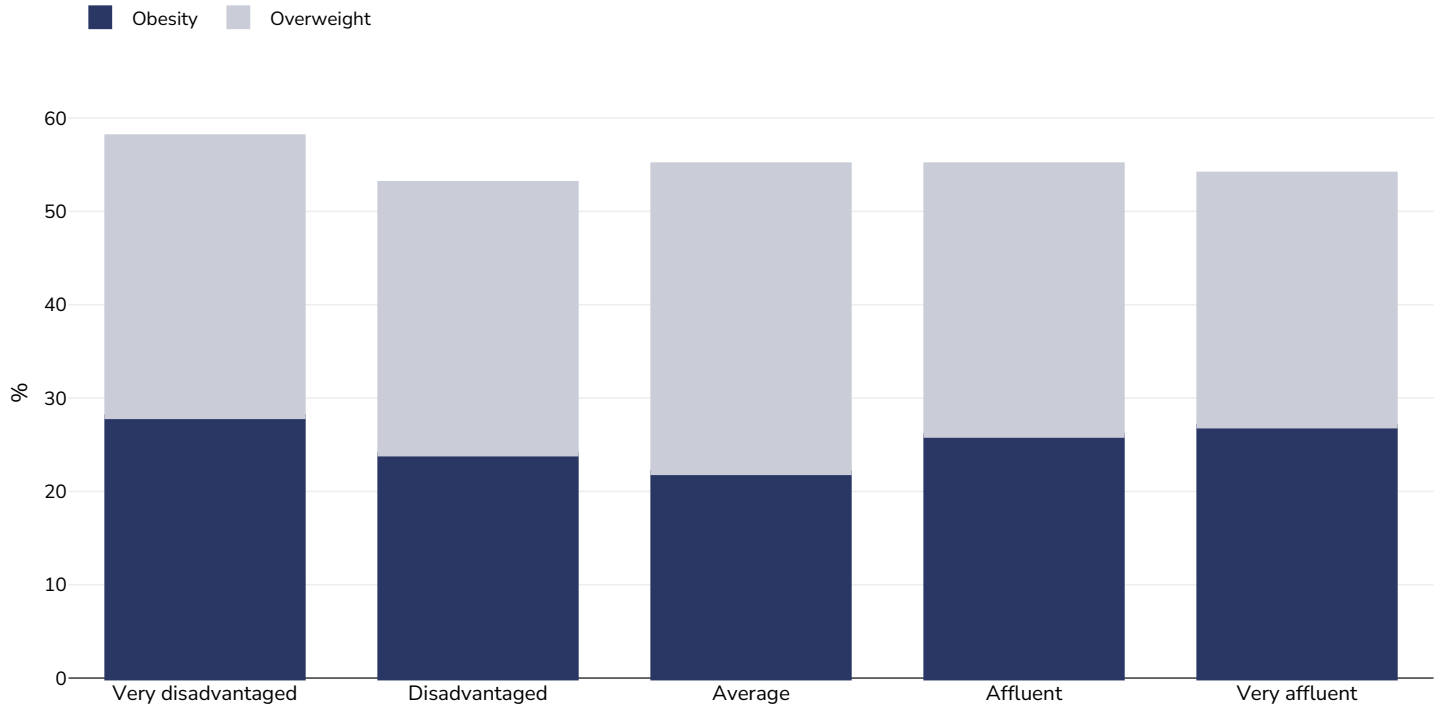
NB. Some age ranges missing due to insufficient data to display by age & income quintile

*Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m<sup>2</sup>, obesity refers to a BMI greater than 30kg/m<sup>2</sup>.*



## Overweight/obesity by socio-economic group

### Adults, 2019

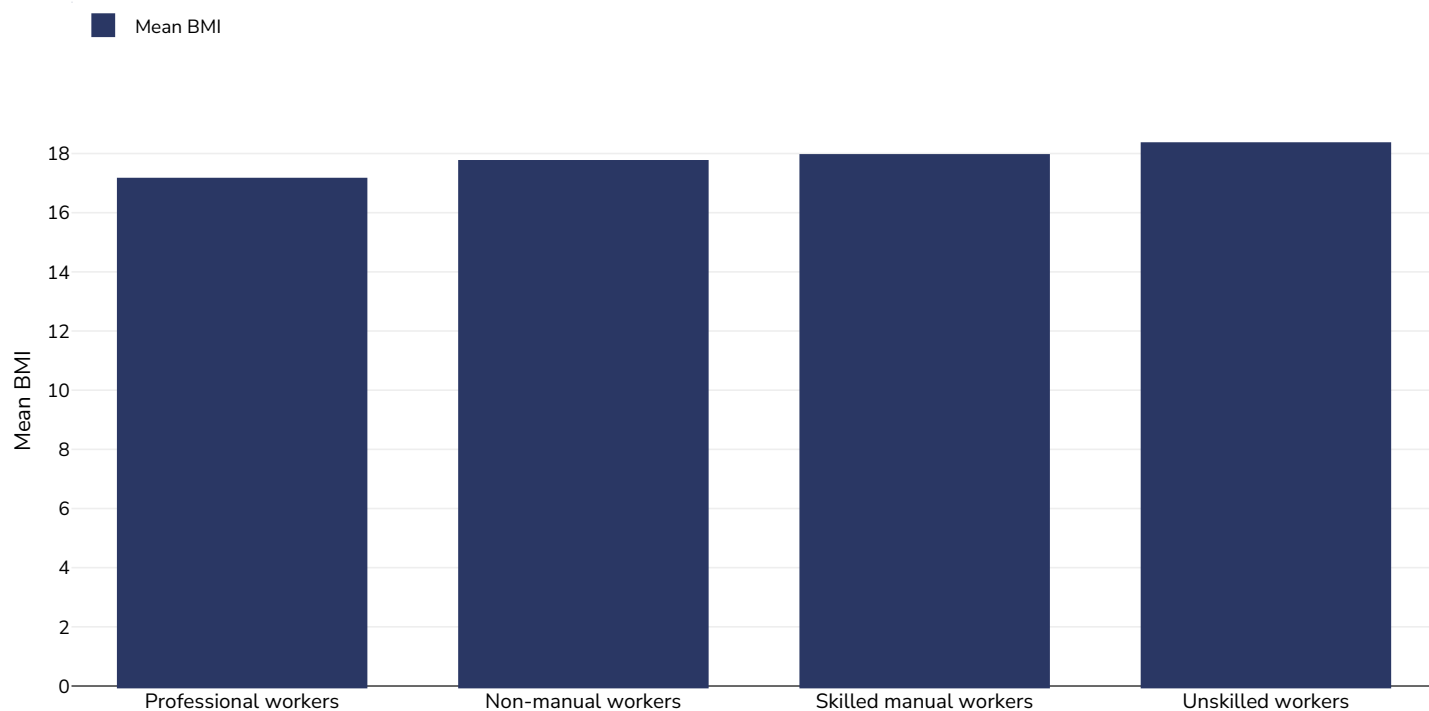


Survey type:	Self-reported
Age:	15+
Sample size:	7621
Area covered:	National

References: Central Statistics Office, Ireland (2019). Results of Irish Health Survey 2019. Data available at: <https://data.cso.ie/#>. Last accessed: 02.06.21.

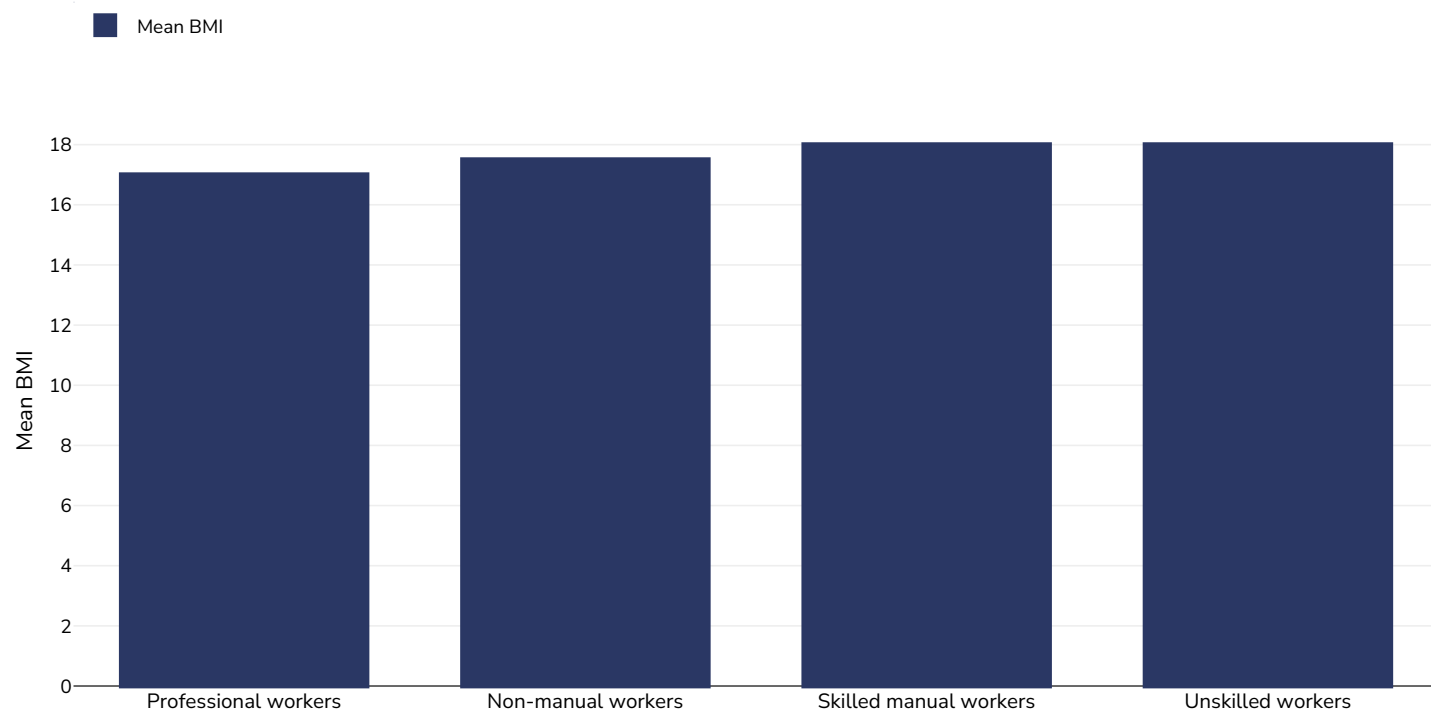
*Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m<sup>2</sup>, obesity refers to a BMI greater than 30kg/m<sup>2</sup>.*

## Children, 2017-2018



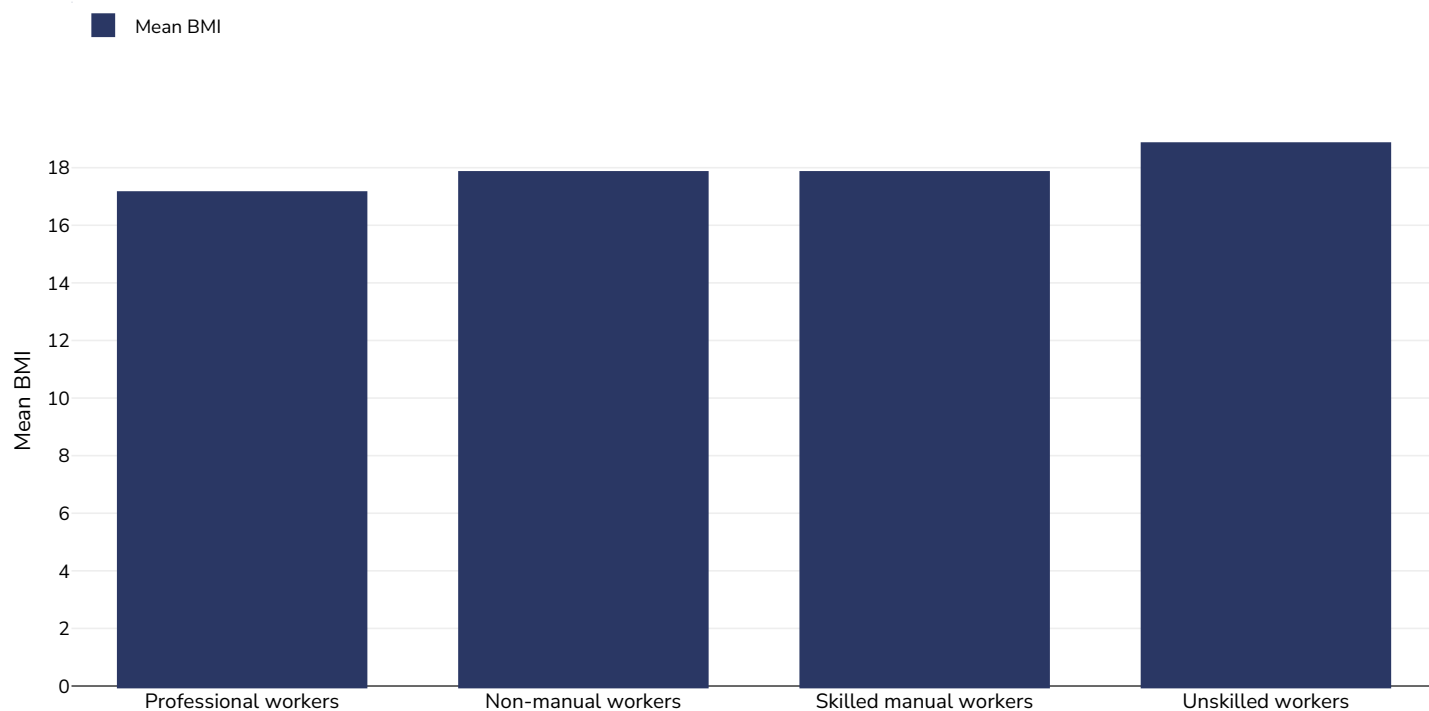
Survey type:	Measured
Age:	5-12
Sample size:	596
Area covered:	National
References:	Irish Universities Nutrition Alliance (IUNA) (2019) National Children's Food Survey II: Summary Report. Available online at <a href="http://www.iuna.net">www.iuna.net</a> . Last accessed: 12.05.21.
Notes:	Groupings as defined by publication of origin.
Cutoffs:	IOTF

## Boys, 2017-2018



Survey type:	Measured
Age:	5-12
Sample size:	596
Area covered:	National
References:	Irish Universities Nutrition Alliance (IUNA) (2019) National Children's Food Survey II: Summary Report. Available online at <a href="http://www.iuna.net">www.iuna.net</a> . Last accessed: 12.05.21.
Notes:	Groupings as defined by publication of origin.
Cutoffs:	IOTF

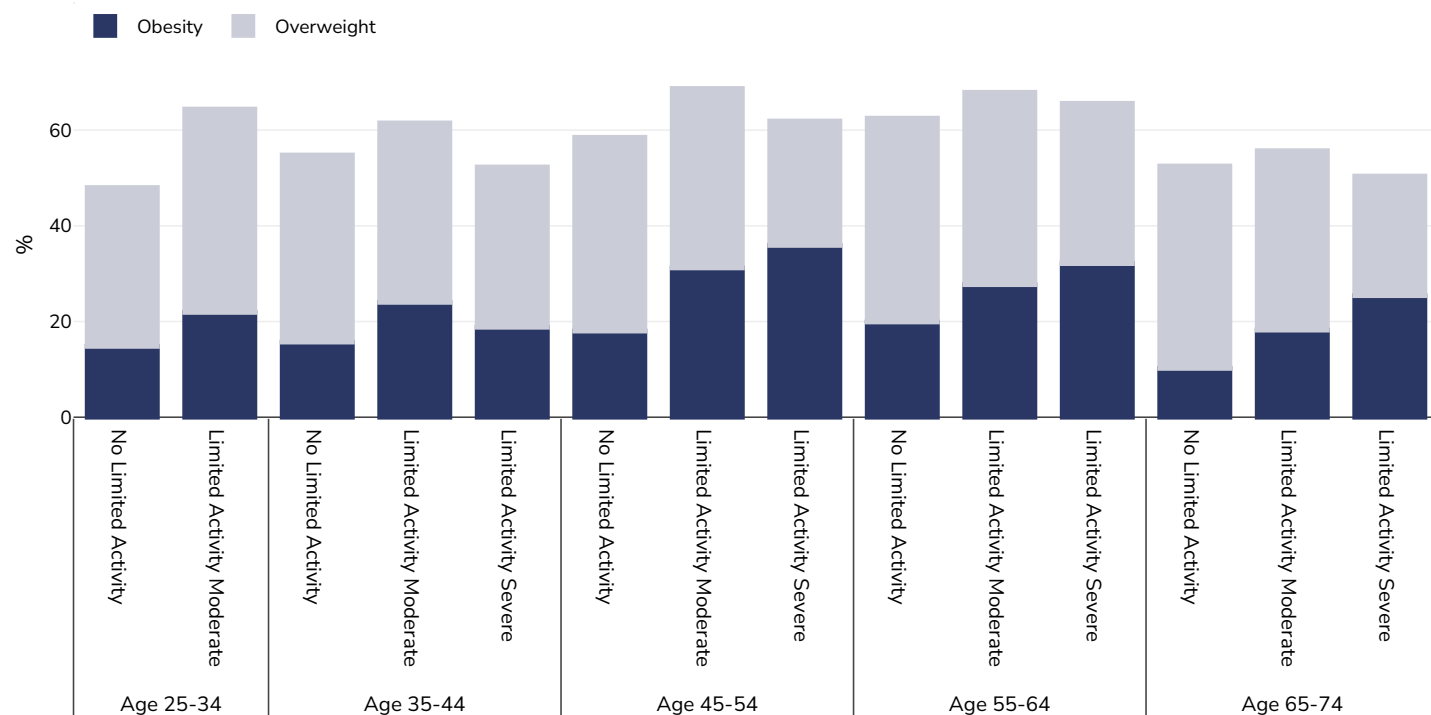
## Girls, 2017-2018



Survey type:	Measured
Age:	5-12
Sample size:	596
Area covered:	National
References:	Irish Universities Nutrition Alliance (IUNA) (2019) National Children's Food Survey II: Summary Report. Available online at <a href="http://www.iuna.net">www.iuna.net</a> . Last accessed: 12.05.21.
Notes:	Groupings as defined by publication of origin.
Cutoffs:	IOTF

## Overweight/obesity by age and limited activity

### Adults, 2014



Survey type:

Self-reported

Area covered:

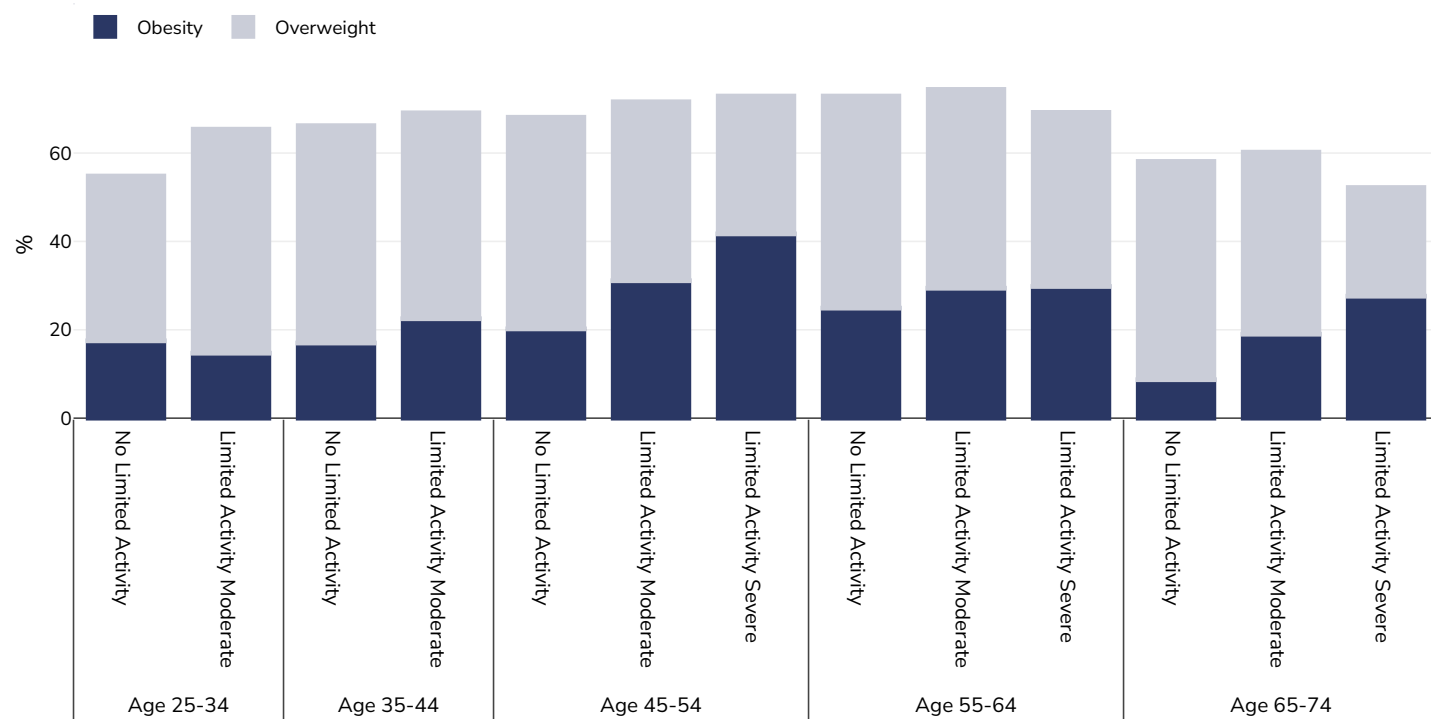
National

References:

Eurostat 2014 available at <https://appsso.eurostat.ec.europa.eu/nui/submitViewTableAction.do> (last accessed 06.10.21)

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m<sup>2</sup>, obesity refers to a BMI greater than 30kg/m<sup>2</sup>.

## Men, 2014



Survey type:

Self-reported

Area covered:

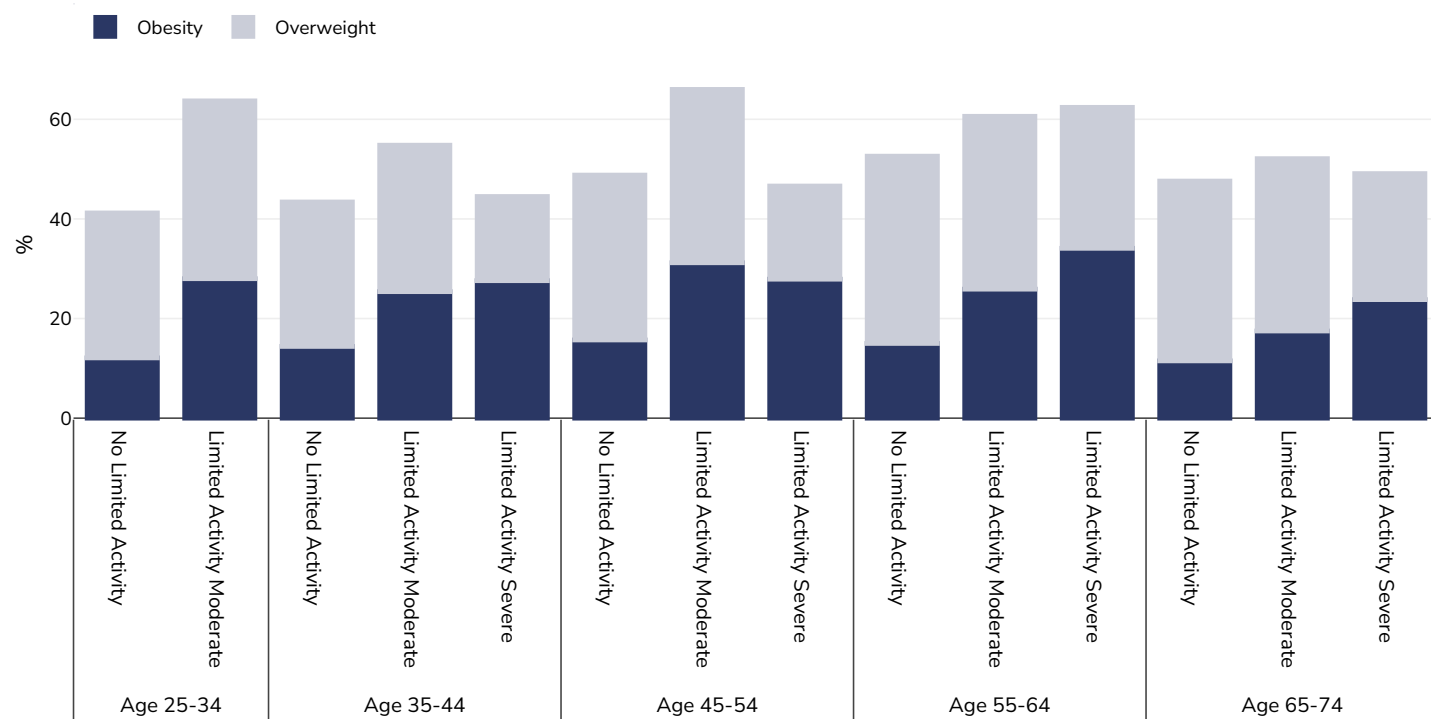
National

References:

Eurostat 2014 available at <https://appsso.eurostat.ec.europa.eu/nui/submitViewTableAction.do> (last accessed 06.10.21)

*Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m<sup>2</sup>, obesity refers to a BMI greater than 30kg/m<sup>2</sup>.*

## Women, 2014



Survey type:

Self-reported

Area covered:

National

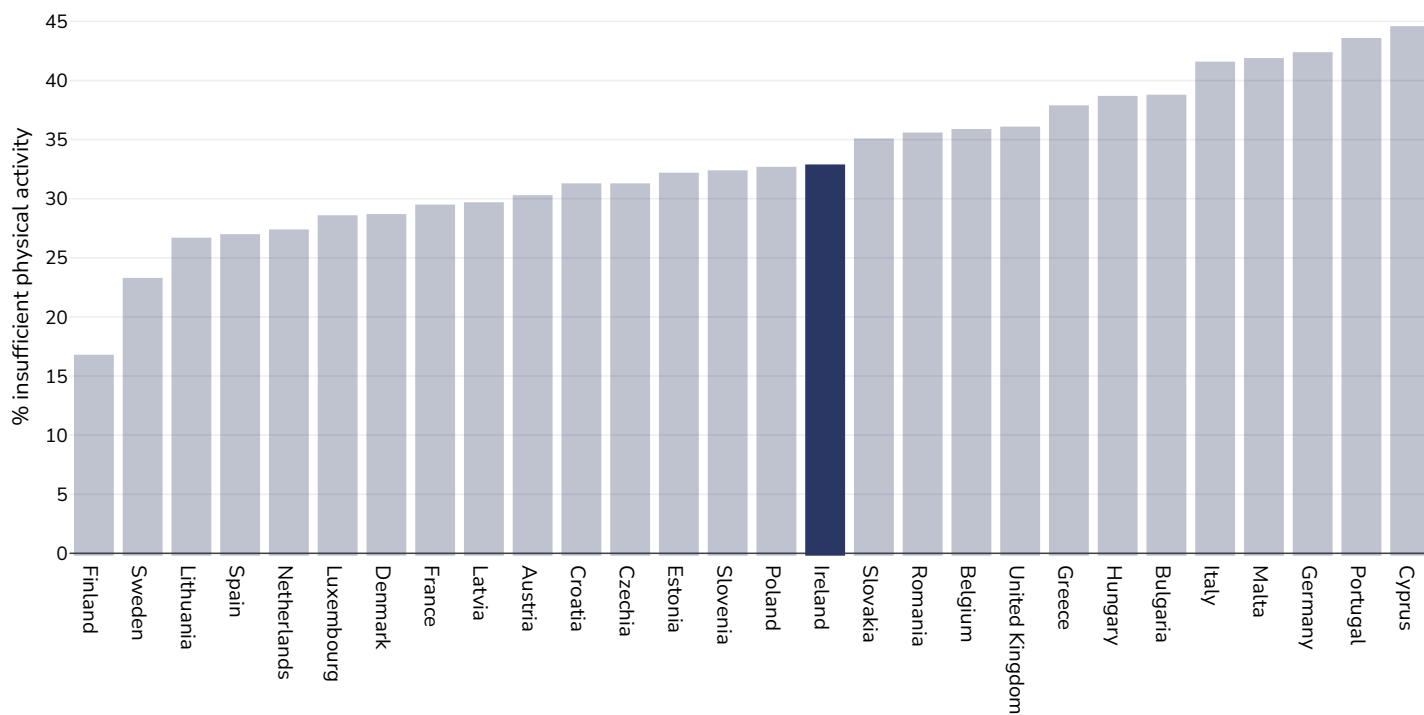
References:

Eurostat 2014 available at <https://appsso.eurostat.ec.europa.eu/nui/submitViewTableAction.do> (last accessed 06.10.21)

*Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m<sup>2</sup>, obesity refers to a BMI greater than 30kg/m<sup>2</sup>.*

## Insufficient physical activity

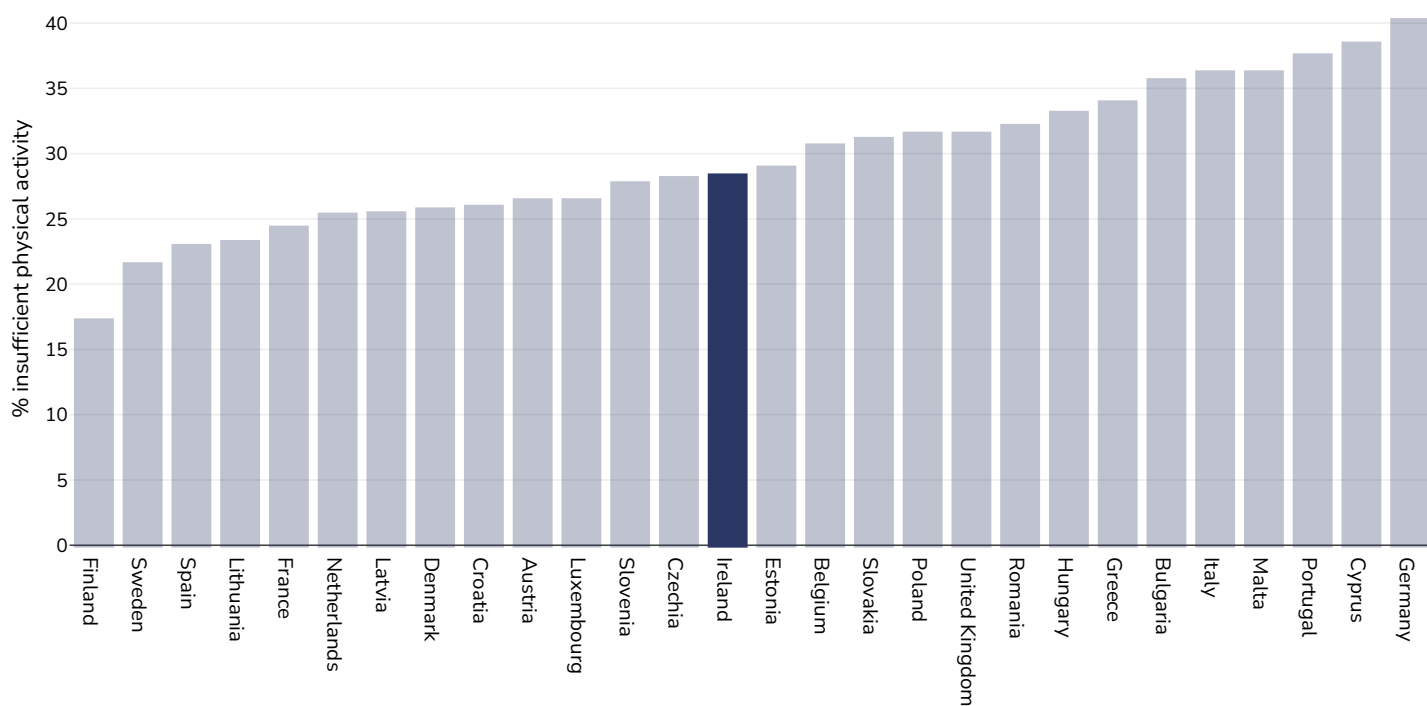
### Adults, 2016



References: Guthold R, Stevens GA, Riley LM, Bull FC. Worldwide trends in insufficient physical activity from 2001 to 2016: a pooled analysis of 358 population-based surveys with 1.9 million participants. *Lancet* 2018 [http://dx.doi.org/10.1016/S2214-109X\(18\)30357-7](http://dx.doi.org/10.1016/S2214-109X(18)30357-7)

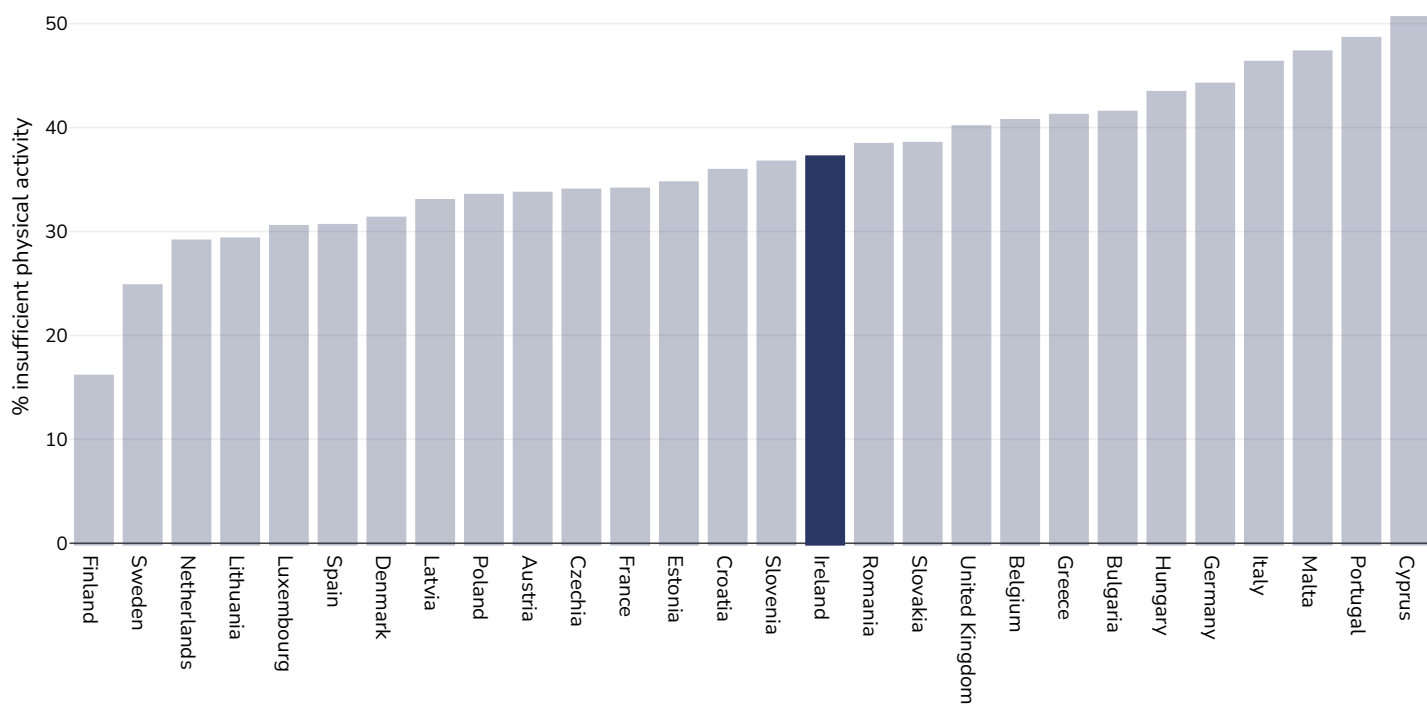


## Men, 2016



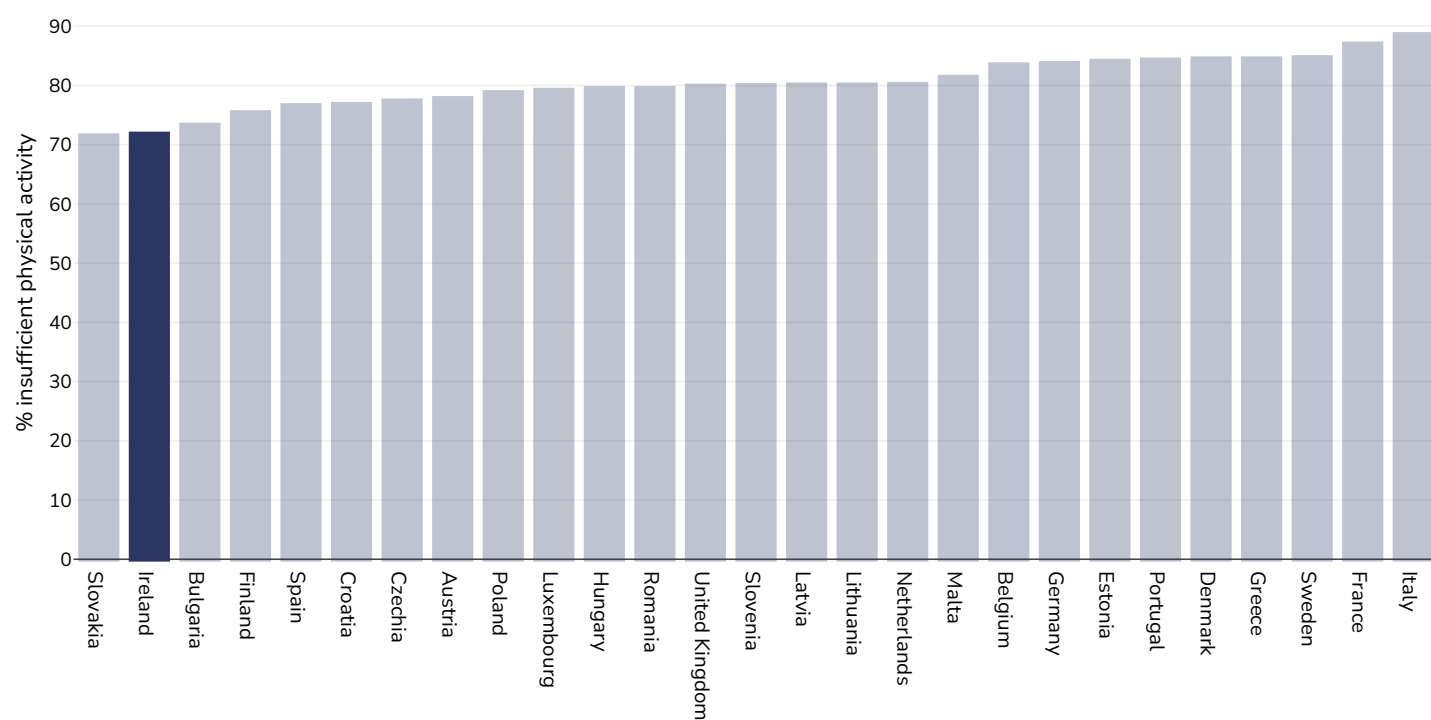
References: Guthold R, Stevens GA, Riley LM, Bull FC. Worldwide trends in insufficient physical activity from 2001 to 2016: a pooled analysis of 358 population-based surveys with 1.9 million participants. Lancet 2018 [http://dx.doi.org/10.1016/S2214-109X\(18\)30357-7](http://dx.doi.org/10.1016/S2214-109X(18)30357-7)

## Women, 2016



References: Guthold R, Stevens GA, Riley LM, Bull FC. Worldwide trends in insufficient physical activity from 2001 to 2016: a pooled analysis of 358 population-based surveys with 1.9 million participants. Lancet 2018 [http://dx.doi.org/10.1016/S2214-109X\(18\)30357-7](http://dx.doi.org/10.1016/S2214-109X(18)30357-7)

## Children, 2016



Survey type: Self-reported

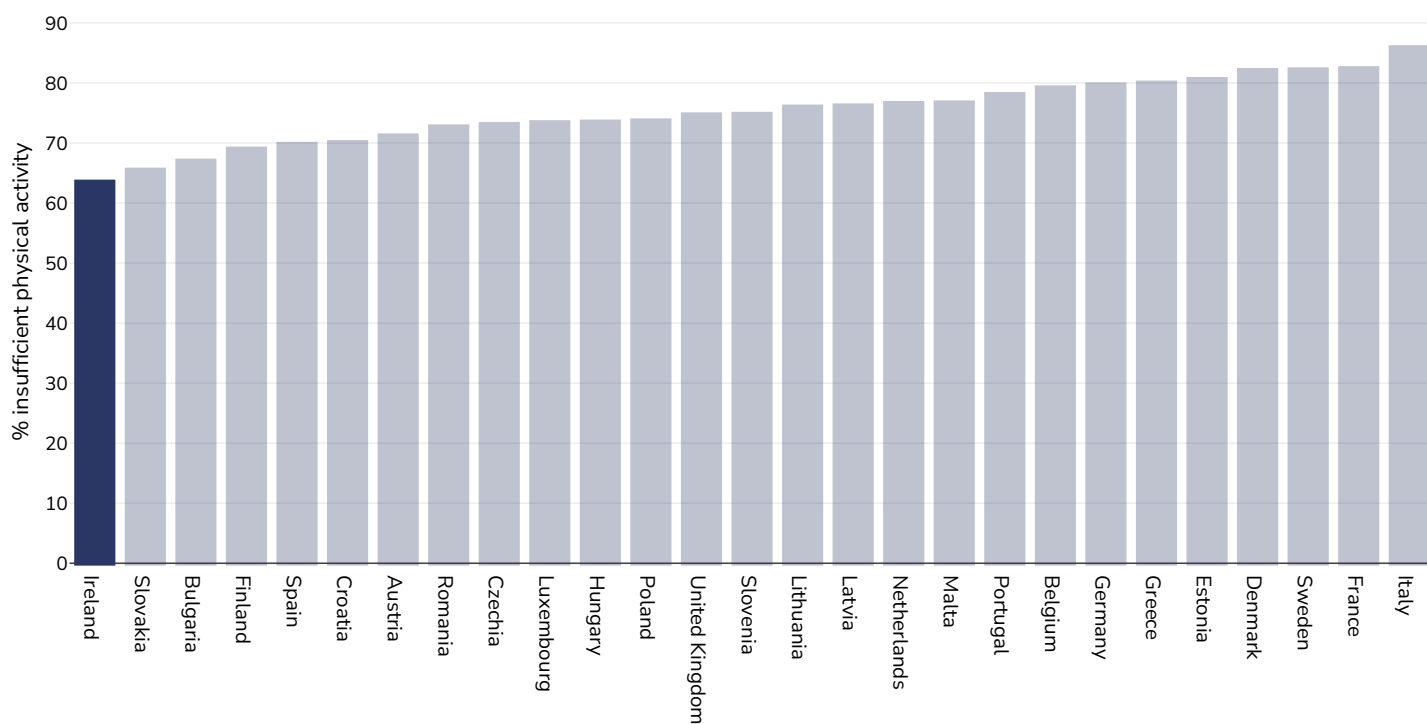
Age: 11-17

References: Global Health Observatory data repository, World Health Organisation, <https://apps.who.int/gho/data/node.main.A893ADO?lang=en> (last accessed 16.03.21)

Notes: % of school going adolescents not meeting WHO recommendations on Physical Activity for Health, i.e. doing less than 60 minutes of moderate- to vigorous-intensity physical activity daily.

Definitions: % Adolescents insufficiently active (age standardised estimate)

## Boys, 2016



Survey type:

Self-reported

Age:

11-17

References:

Global Health Observatory data repository, World Health Organisation, <https://apps.who.int/gho/data/node.main.A893ADO?lang=en> (last accessed 16.03.21)

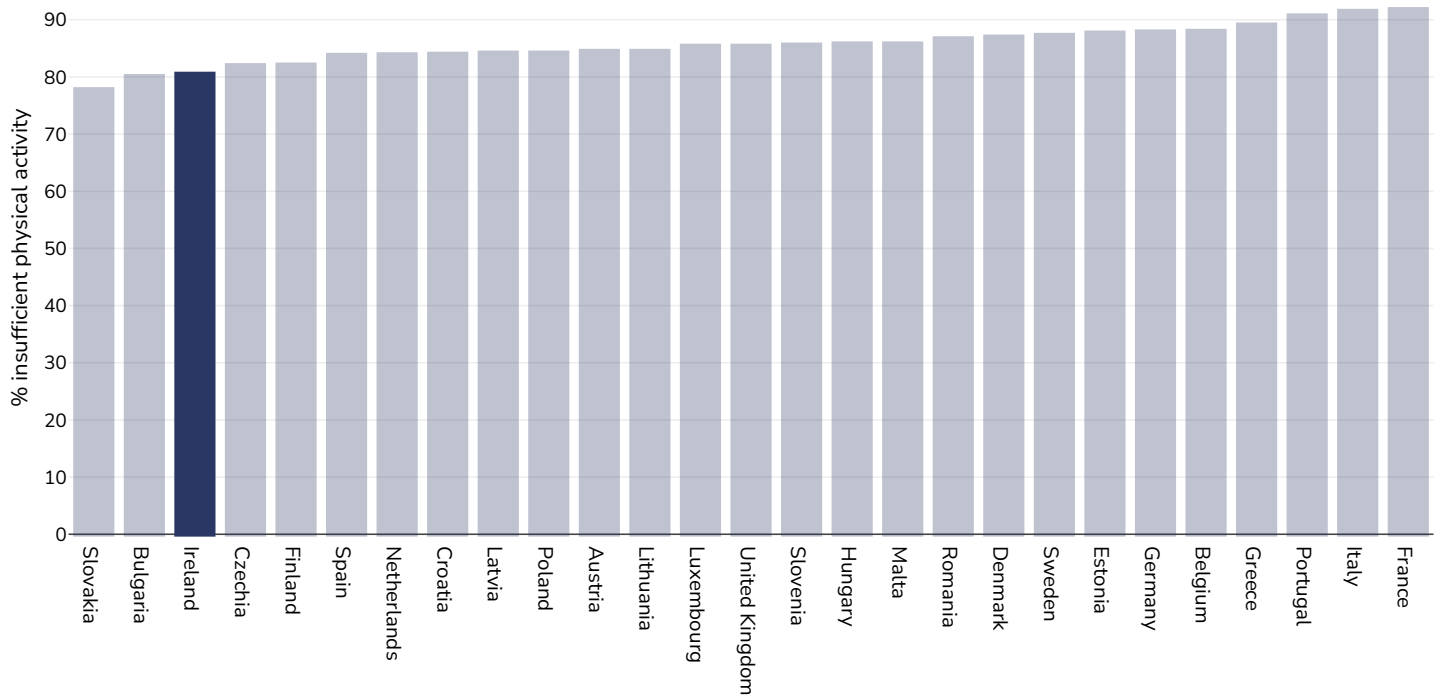
Notes:

% of school going adolescents not meeting WHO recommendations on Physical Activity for Health, i.e. doing less than 60 minutes of moderate- to vigorous-intensity physical activity daily.

Definitions:

% Adolescents insufficiently active (age standardised estimate)

## Girls, 2016



Survey type:

Self-reported

Age:

11-17

References:

Global Health Observatory data repository, World Health Organisation, <https://apps.who.int/gho/data/node.main.A893ADO?lang=en> (last accessed 16.03.21)

Notes:

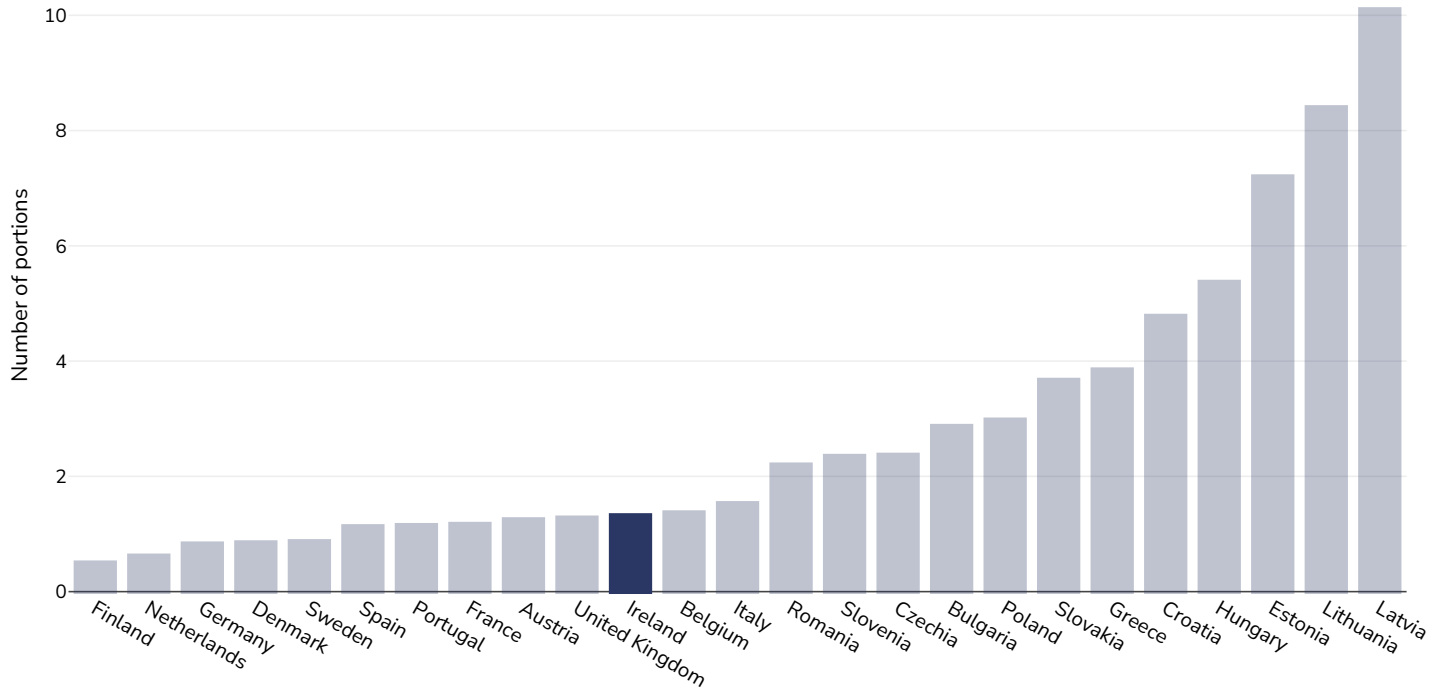
% of school going adolescents not meeting WHO recommendations on Physical Activity for Health, i.e. doing less than 60 minutes of moderate- to vigorous-intensity physical activity daily.

Definitions:

% Adolescents insufficiently active (age standardised estimate)

## Sugar consumption

Adults, 2016



References:

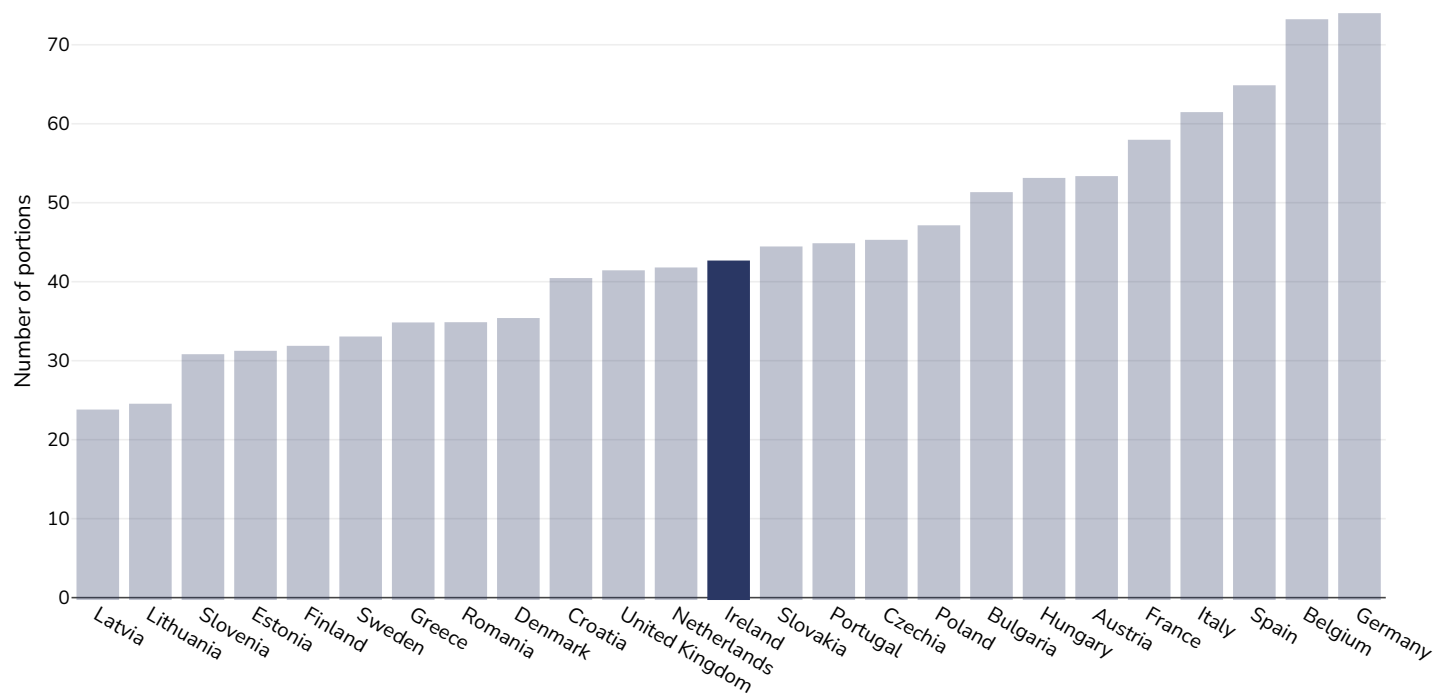
Source: Euromonitor International

Definitions:

Sugar consumption (Number of 500g sugar portions/person/month)

## Estimated per capita sugar sweetened beverages intake

Adults, 2016

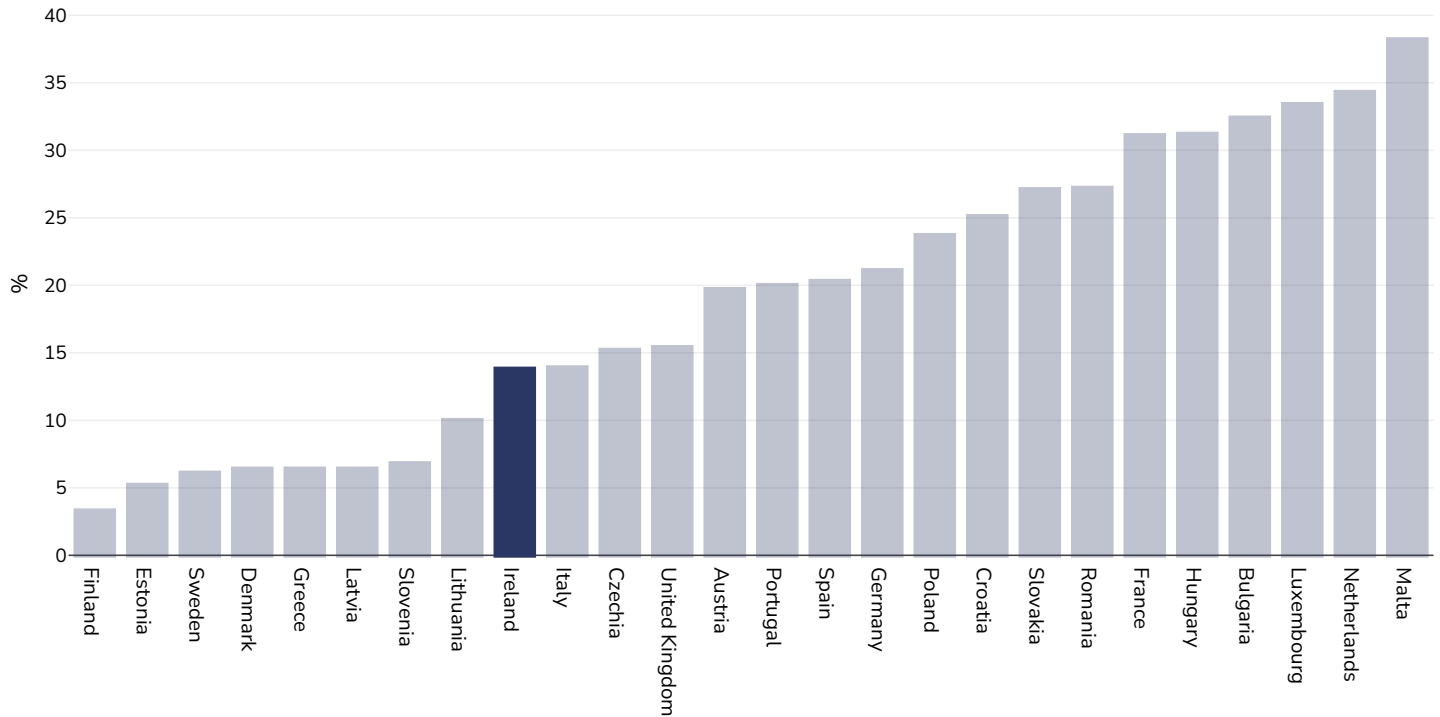


References:

Source: Euromonitor International

## Prevalence of at least daily carbonated soft drink consumption

### Children, 2014



Survey type:

Measured

References: World Health Organization. (2017). Adolescent obesity and related behaviours: Trends and inequalities in the who european region, 2002-2014: observations from the Health Behavior in School-aged Children (HBSC) WHO collaborative cross-national study (J. Inchley, D. Currie, J. Jewel, J. Breda, & V. Barnekow, Eds.). World Health Organization. Sourced from Food Systems Dashboard <http://www.foodsystemsdashboard.org>

Notes:

15-year-old adolescents

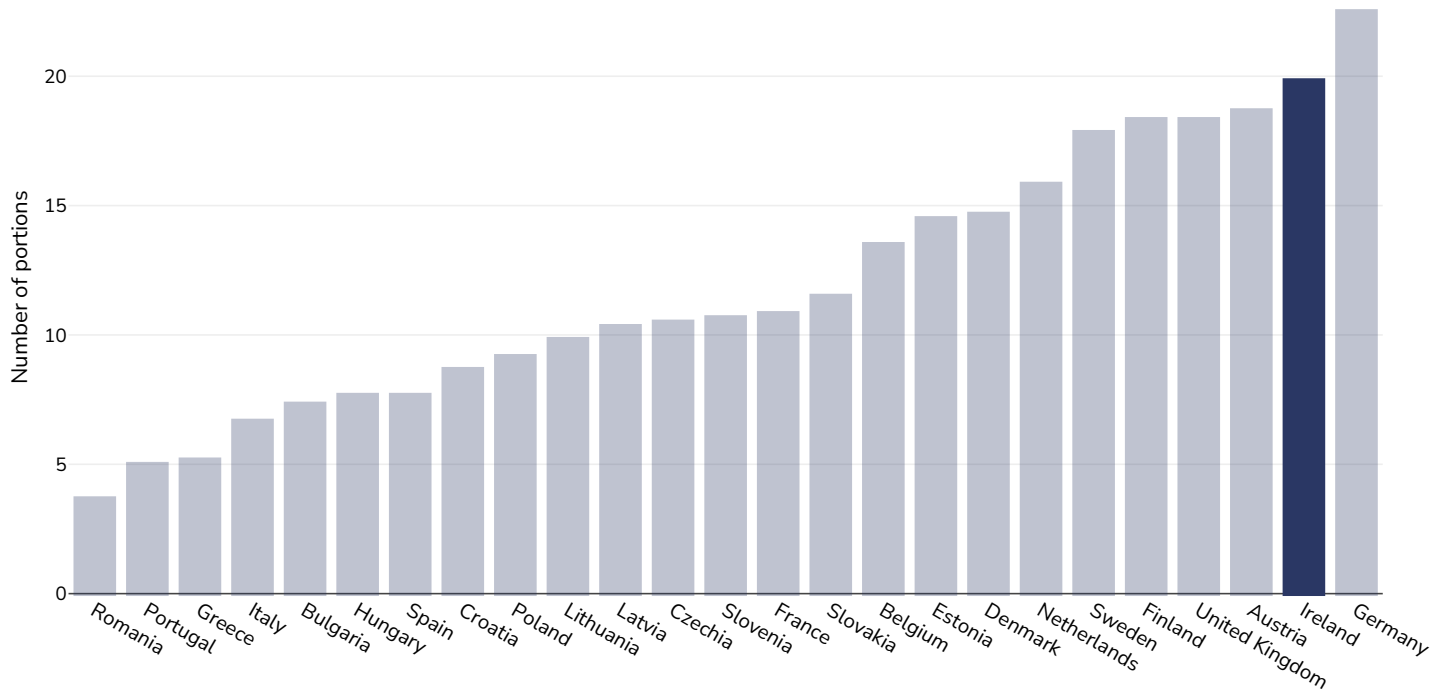
Definitions:

Prevalence of at least daily carbonated soft drink consumption (% of at least daily carbonated soft drink consumption)



## Prevalence of confectionery consumption

Adults, 2016



References:

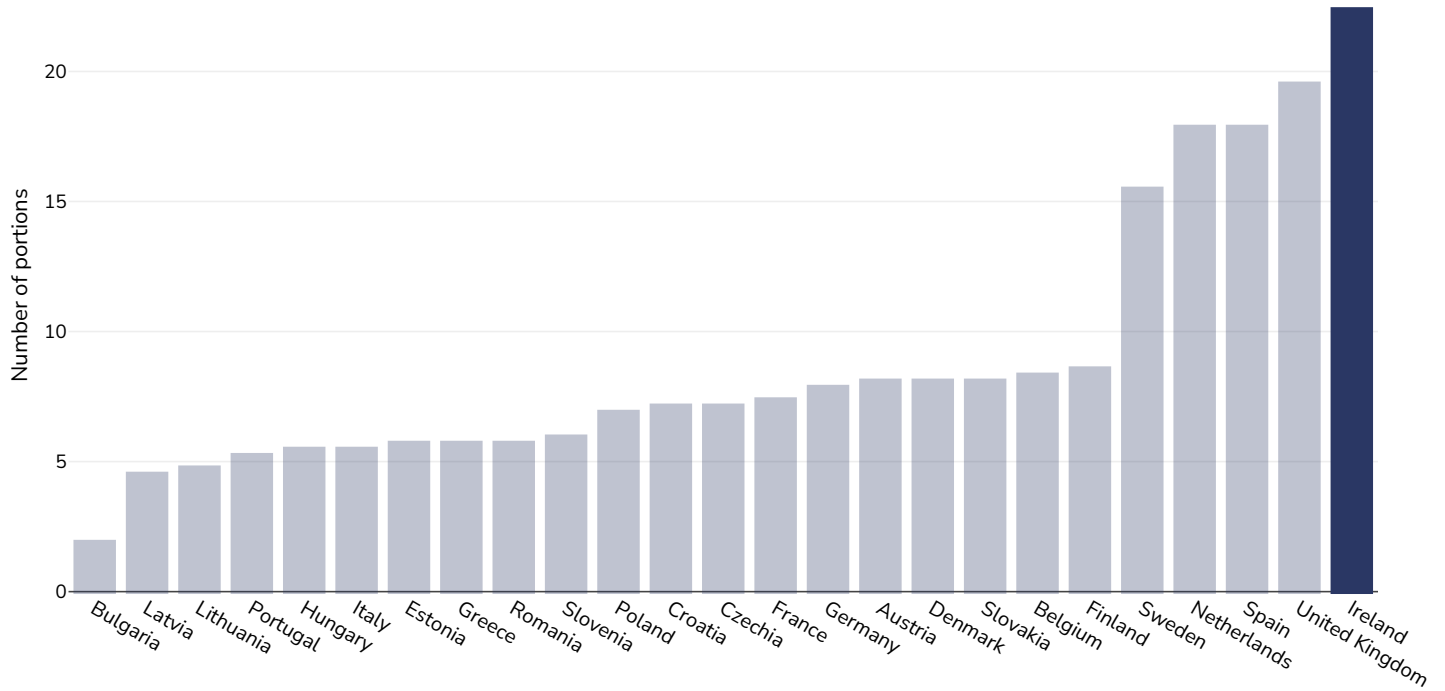
Source: Euromonitor International

Definitions:

Prevalence of confectionery consumption (Number of 50g confectionery portions/person/month)

## Prevalence of sweet/savoury snack consumption

Adults, 2016



References:

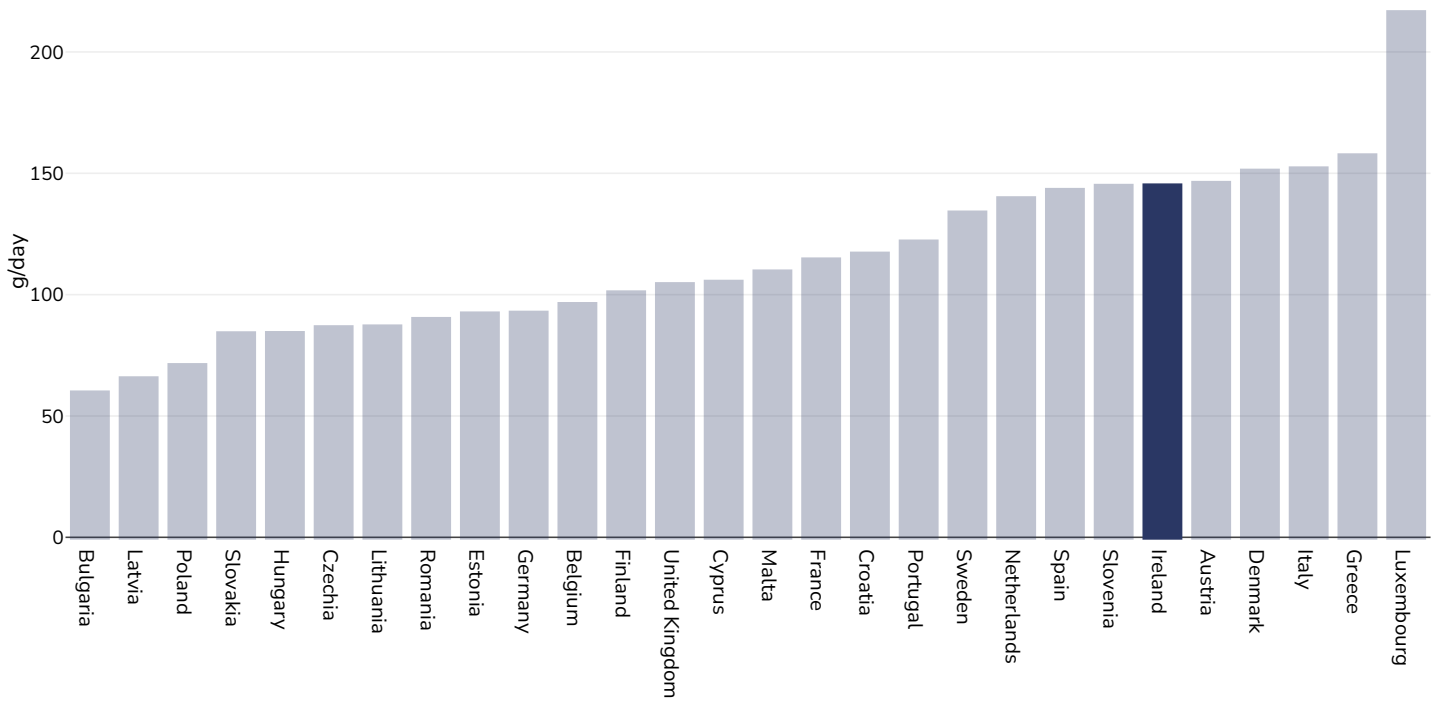
Source: Euromonitor International

Definitions:

Prevalence of sweet/savoury snack consumption (Number of 35g sweet/savoury snack portions/person/month)

## Estimated per capita fruit intake

### Adults, 2017



Survey type:

Measured

Age:

25+

References:

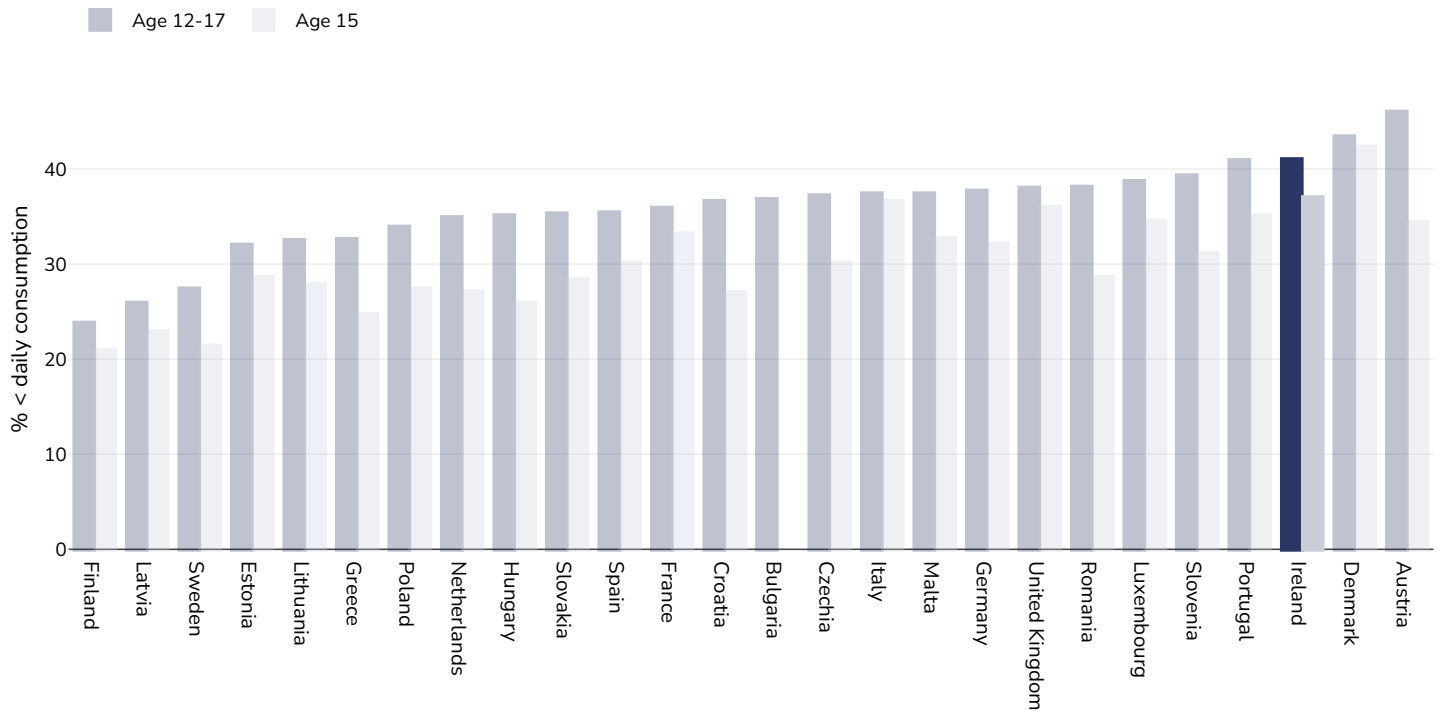
Global Burden of Disease, the Institute for Health Metrics and Evaluation <http://ghdx.healthdata.org/>

Definitions:

Estimated per-capita fruit intake (g/day)

## Prevalence of less than daily fruit consumption

### Children, 2014



Survey type:

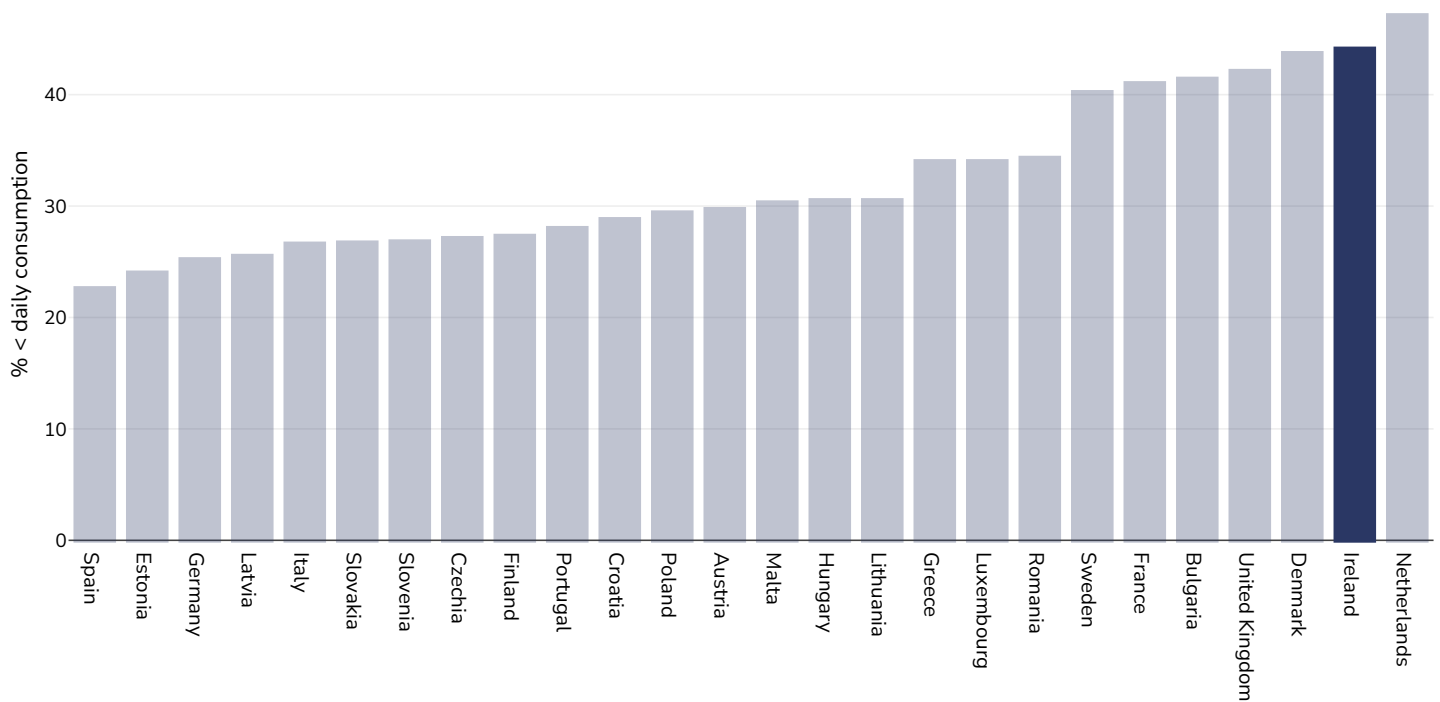
Measured

References: Global School-based Student Health Surveys. Beal et al (2019). Global Patterns of Adolescent Fruit, Vegetable, Carbonated Soft Drink, and Fast-food consumption: A meta-analysis of global school-based student health surveys. Food and Nutrition Bulletin. <https://doi.org/10.1177/0379572119848287>. Sourced from Food Systems Dashboard <http://www.foodsystemsdashboard.org/food-system>

Definitions: Prevalence of less-than-daily fruit consumption (% less-than-daily fruit consumption)

## Prevalence of less than daily vegetable consumption

### Children, 2014



Survey type:

Measured

Age:

12-17

References:

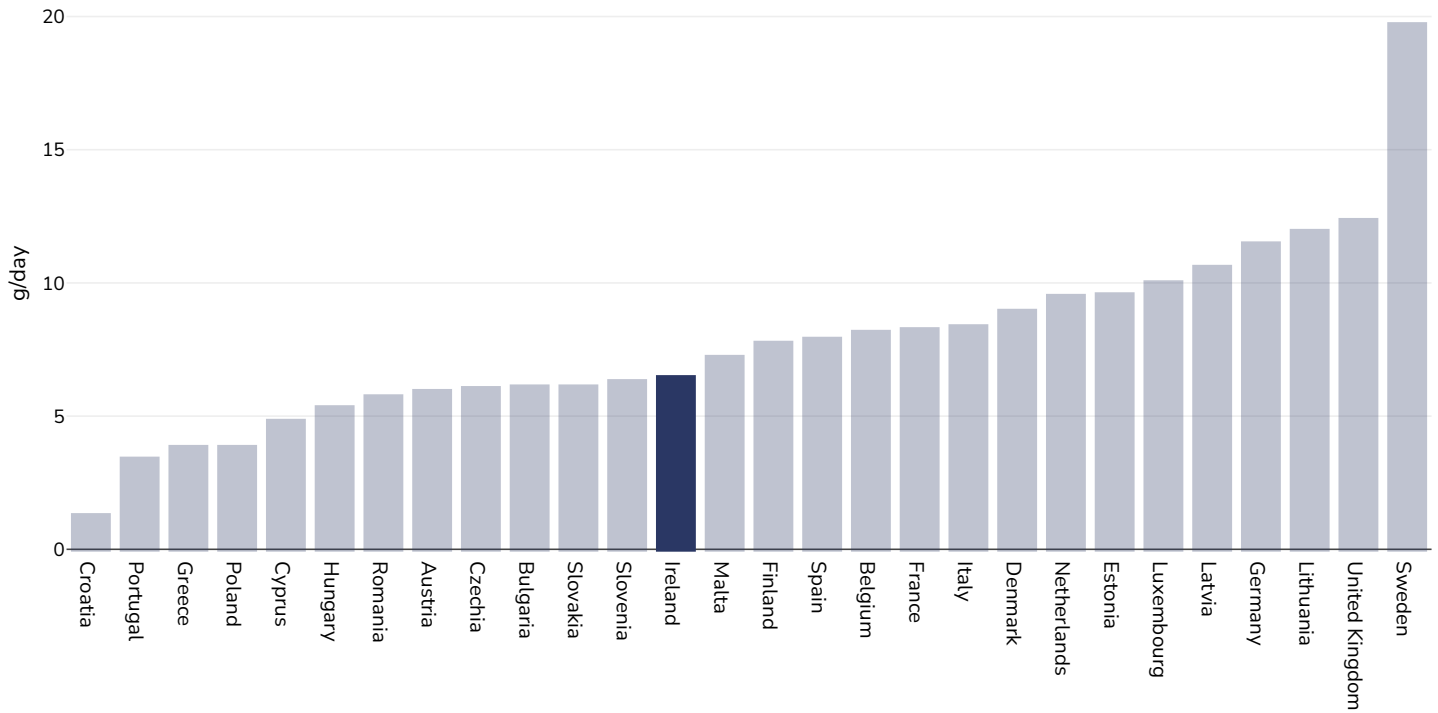
Beal et al. (2019). Global Patterns of Adolescent Fruit, Vegetable, Carbonated Soft Drink, and Fast-food consumption: A meta-analysis of global school-based student health surveys. Food and Nutrition Bulletin. <https://doi.org/10.1177/0379572119848287> sourced from Food Systems Dashboard <http://www.foodsystemsdashboard.org/food-system>

Definitions:

Prevalence of less-than-daily vegetable consumption (% less-than-daily vegetable consumption)

## Estimated per-capita processed meat intake

### Adults, 2017



Survey type:

Measured

Age:

25+

References:

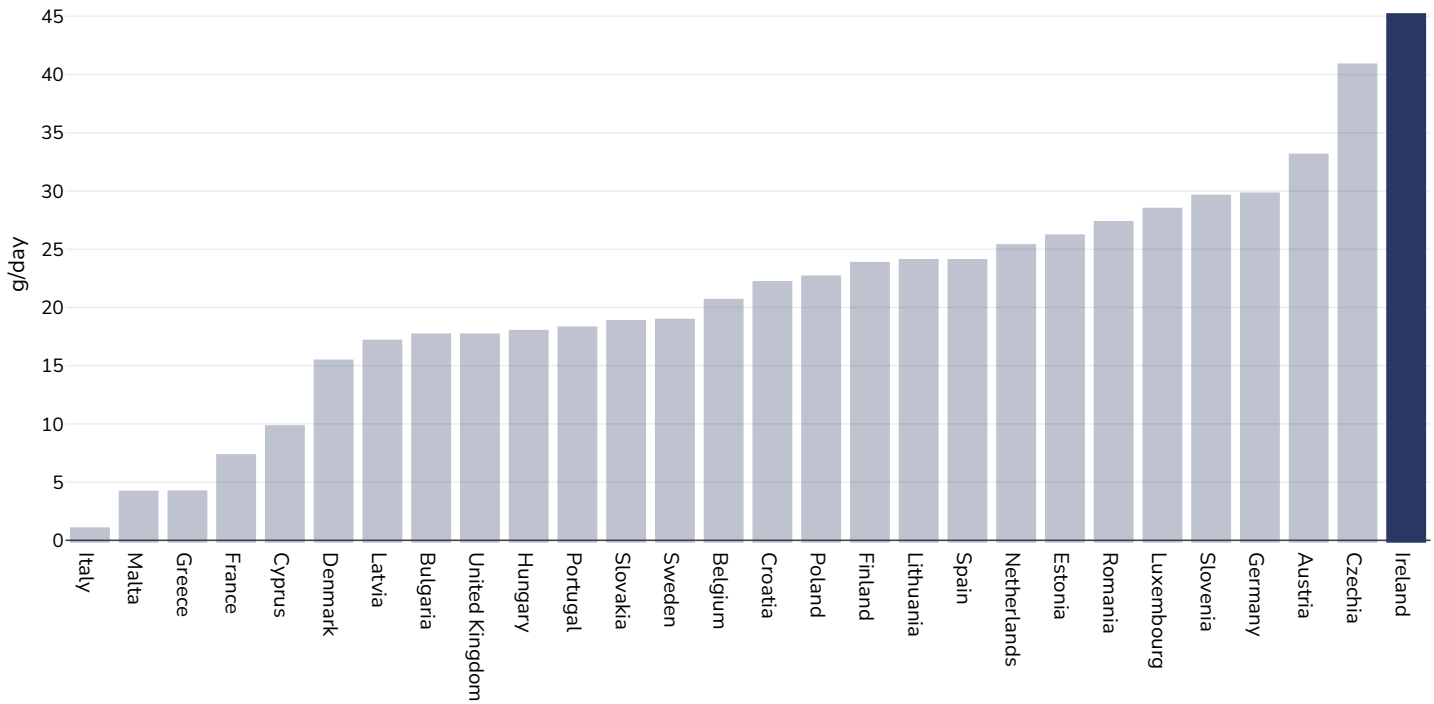
Global Burden of Disease, the Institute for Health Metrics and Evaluation <http://ghdx.healthdata.org/>

Definitions:

Estimated per-capita processed meat intake (g per day)

## Estimated per capita whole grains intake

### Adults, 2017



Survey type:

Measured

Age:

25+

References:

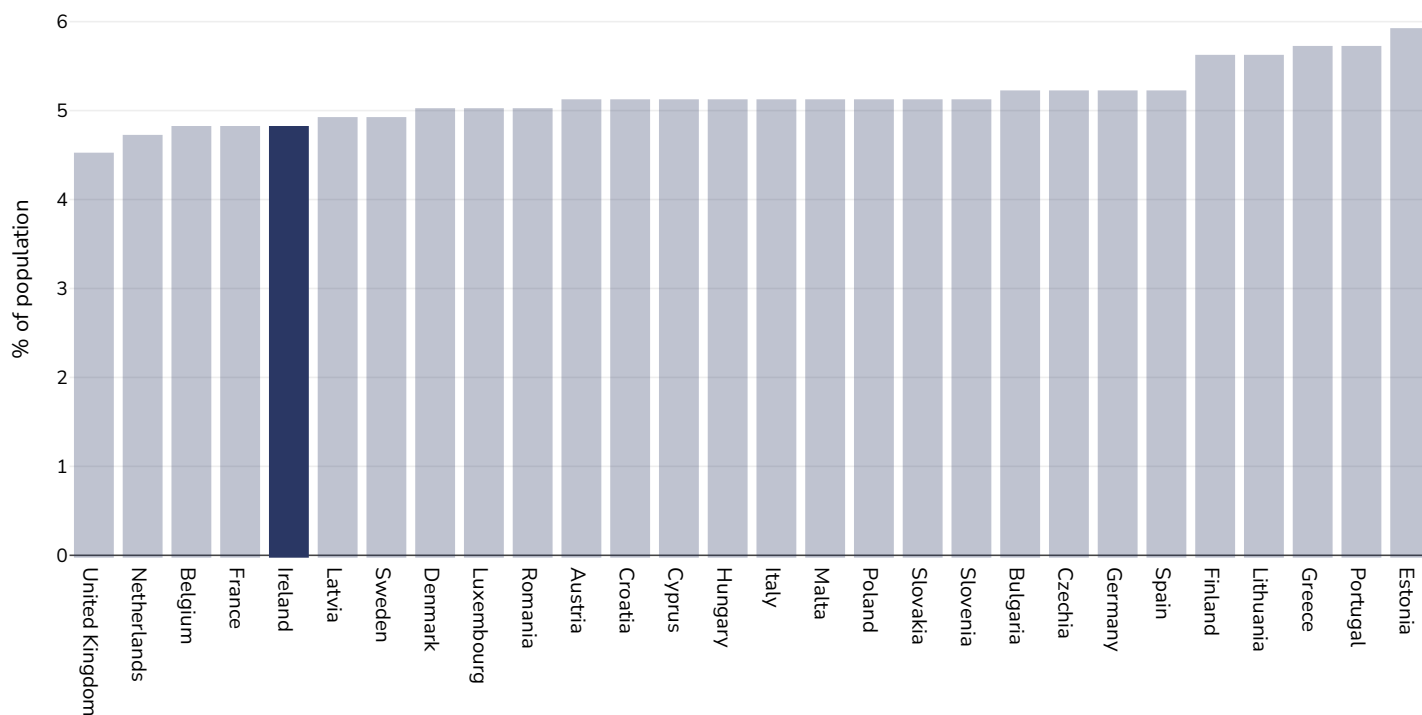
Global Burden of Disease, the Institute for Health Metrics and Evaluation <http://ghdx.healthdata.org/>

Definitions:

Estimated per-capita whole grains intake (g/day)

## Mental health - depression disorders

### Adults, 2015



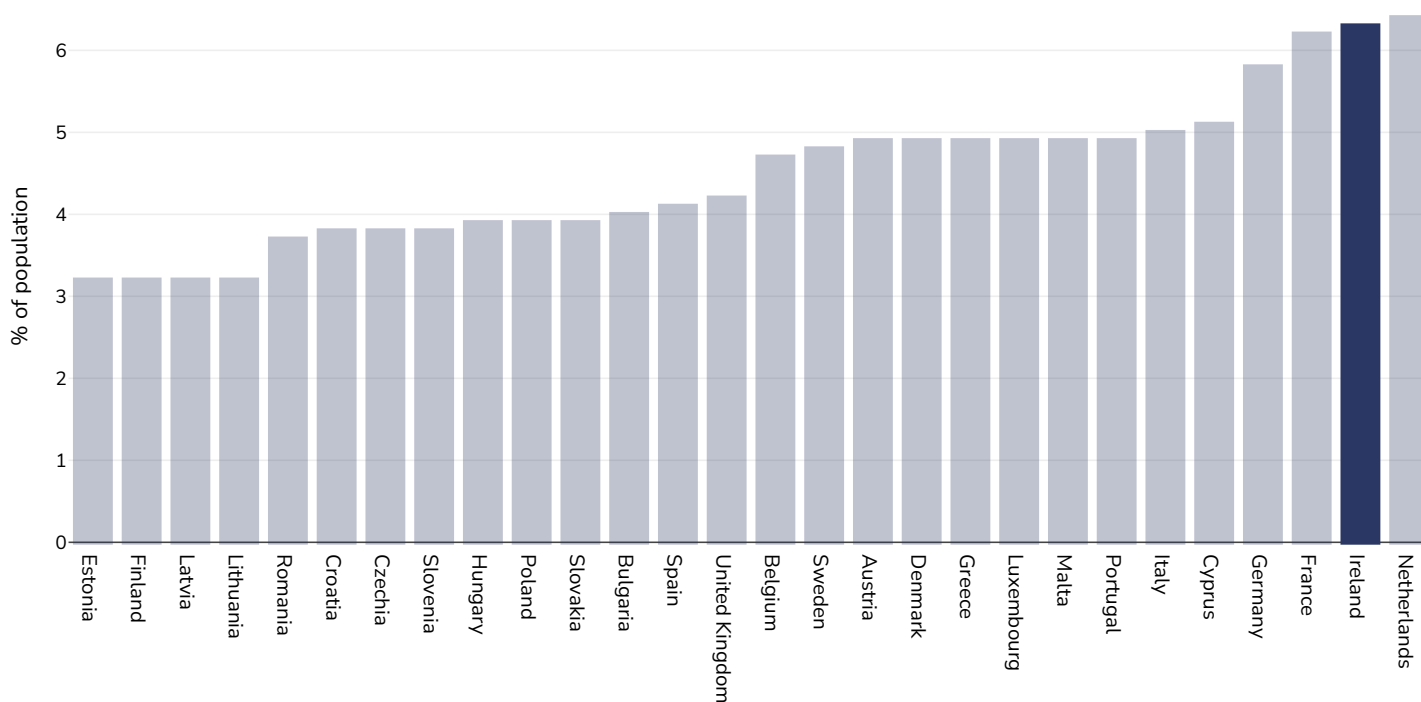
References: Prevalence data from Global Burden of Disease study 2015 (<http://ghdx.healthdata.org>) published in: Depression and Other Common Mental Disorders: Global Health Estimates. Geneva:World Health Organization; 2017. Licence: CC BY-NC-SA 3.0 IGO.

Definitions: % of population with depression disorders



## Mental health - anxiety disorders

Adults, 2015

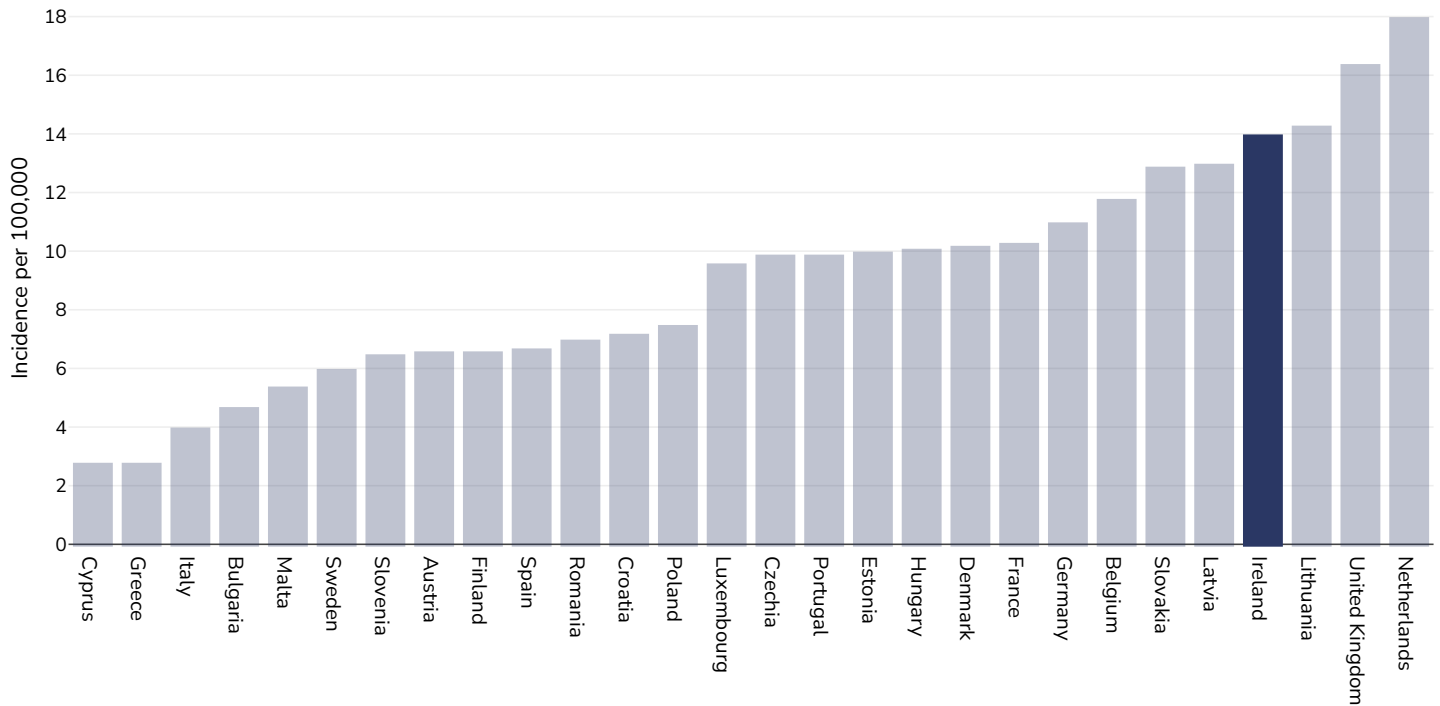


References: Prevalence data from Global Burden of Disease study 2015 (<http://ghdx.healthdata.org>) published in: Depression and Other Common Mental Disorders: Global Health Estimates. Geneva:World Health Organization; 2017. Licence: CC BY-NC-SA 3.0 IGO.

Definitions: % of population with anxiety disorders

## Oesophageal cancer

### Men, 2020



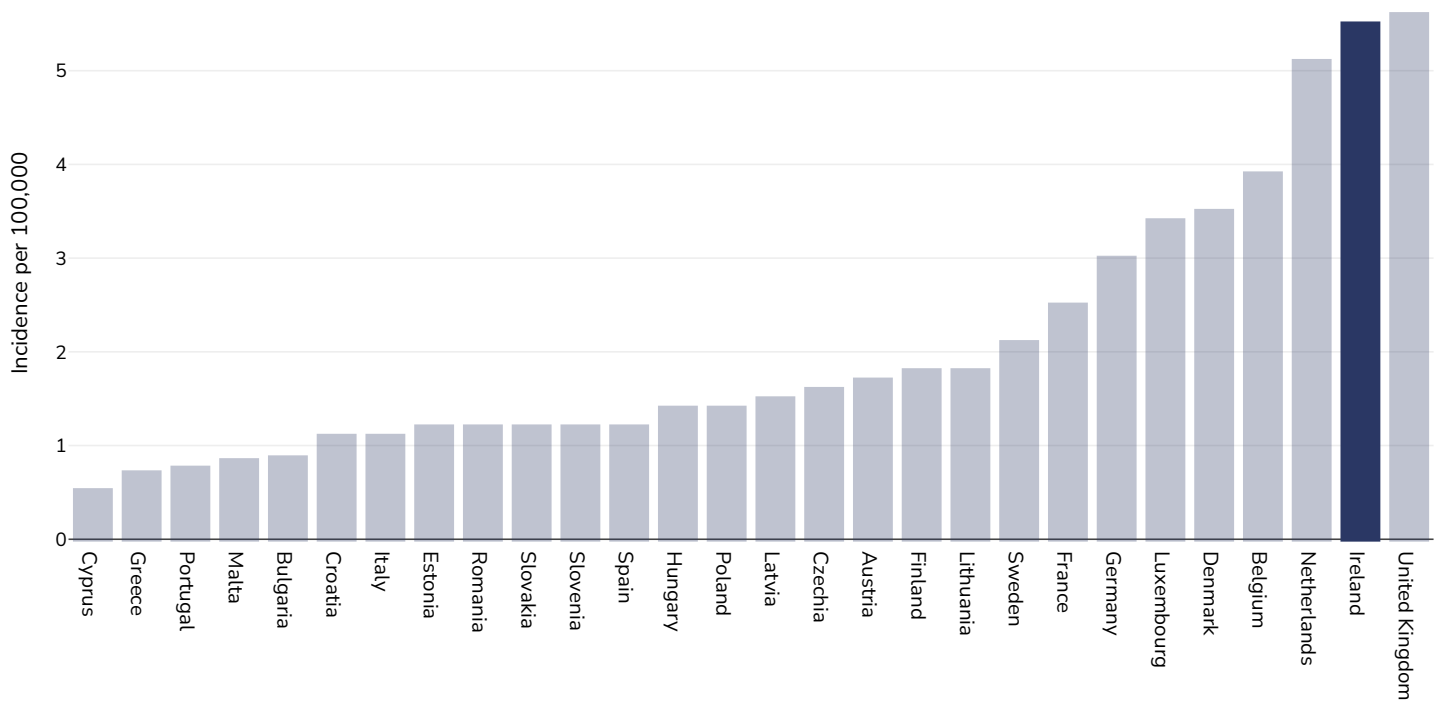
Age: 20+

Area covered: National

References: Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.fr/today>, accessed 10.01.2187

Definitions: Age-standardized incidence rates per 100 000

## Women, 2020



Age: 20+

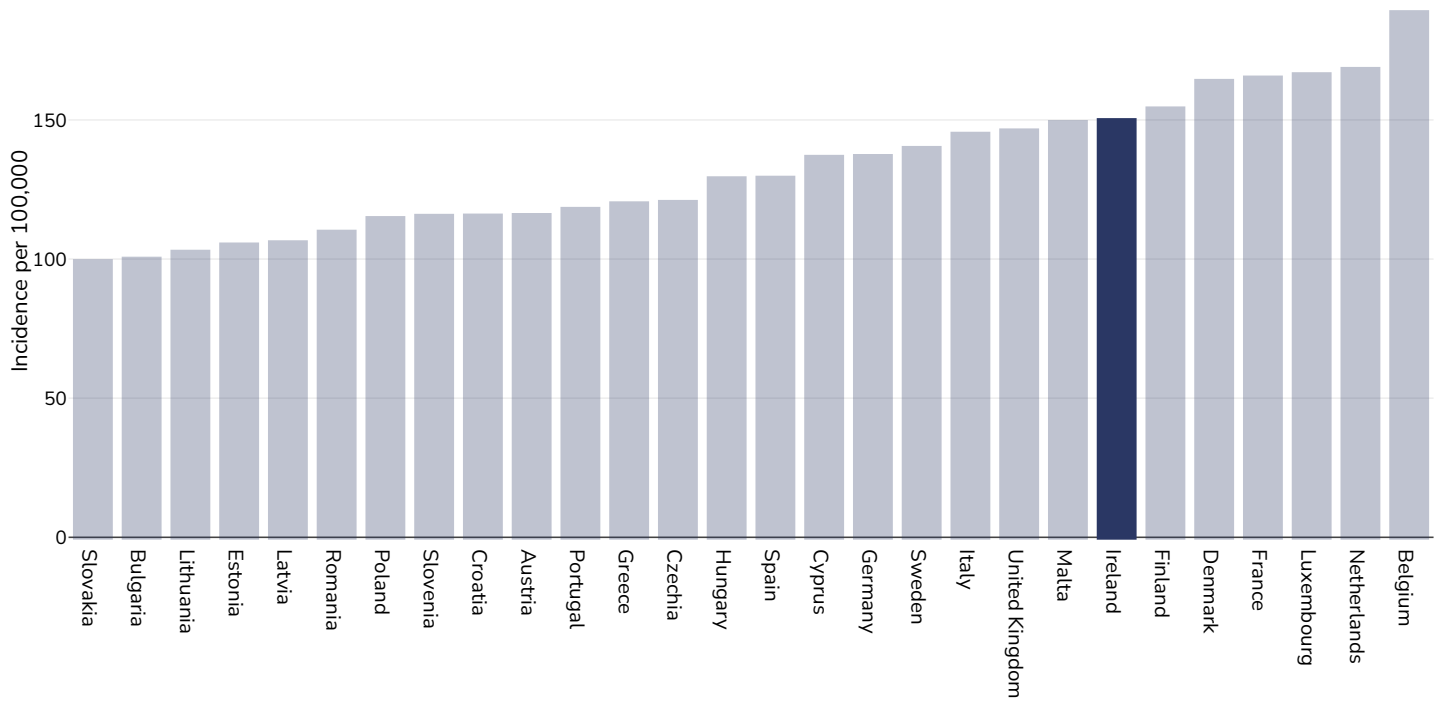
Area covered: National

References: Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.fr/today>, accessed 10.01.2187

Definitions: Age-standardized incidence rates per 100 000

## Breast cancer

### Women, 2020



Age: 20+

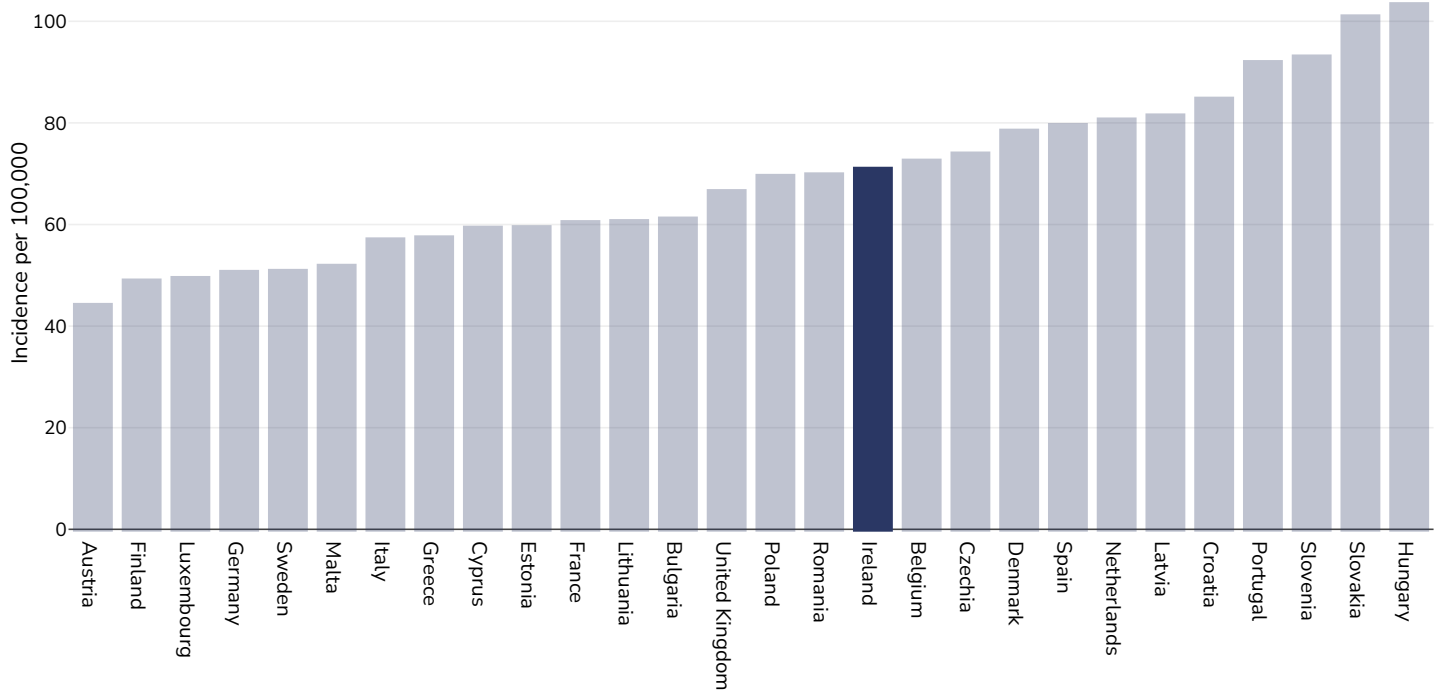
Area covered: National

References: Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.fr/today>, accessed 10.01.2187

Definitions: Age-standardized incidence rates per 100 000

## Colorectal cancer

### Men, 2020



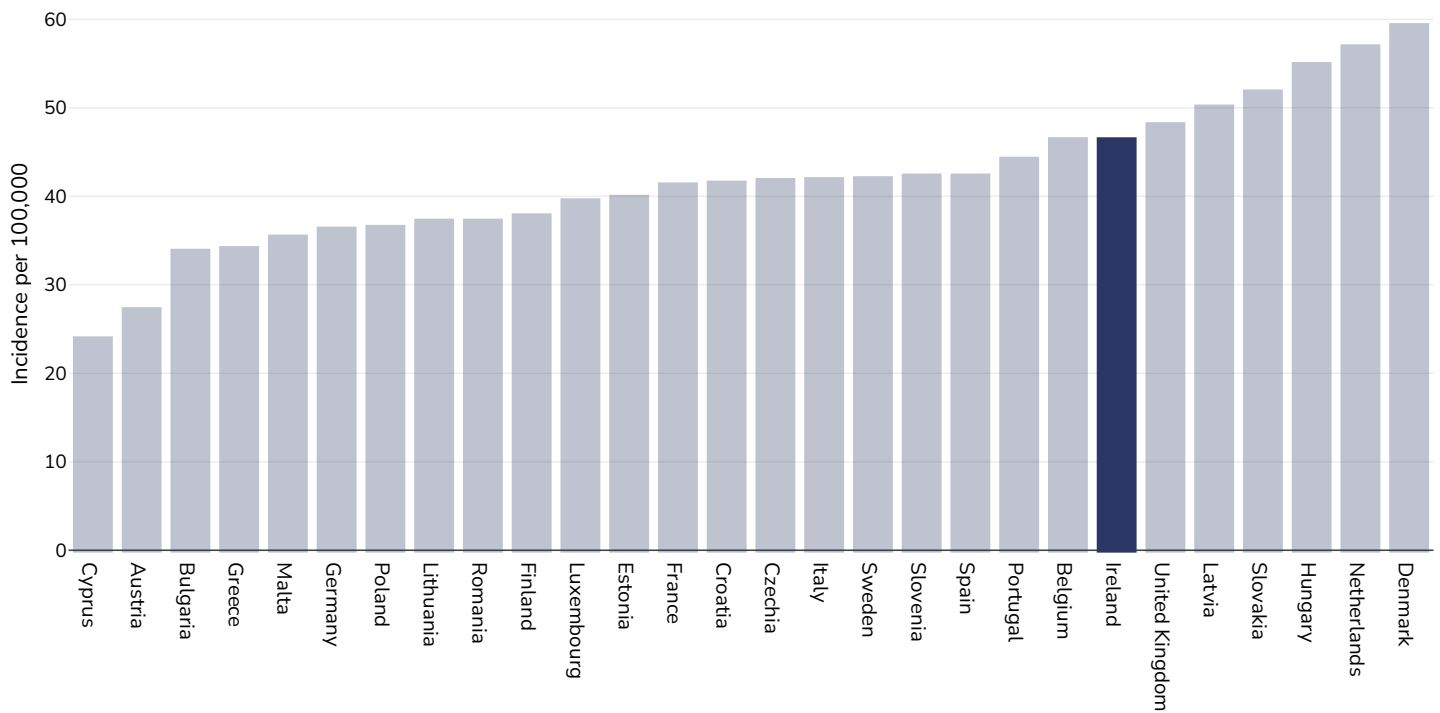
Age: 20+

Area covered: National

References: Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.fr/today>, accessed 10.01.2187

Definitions: Age-standardized incidence rates per 100 000

## Women, 2020



Age: 20+

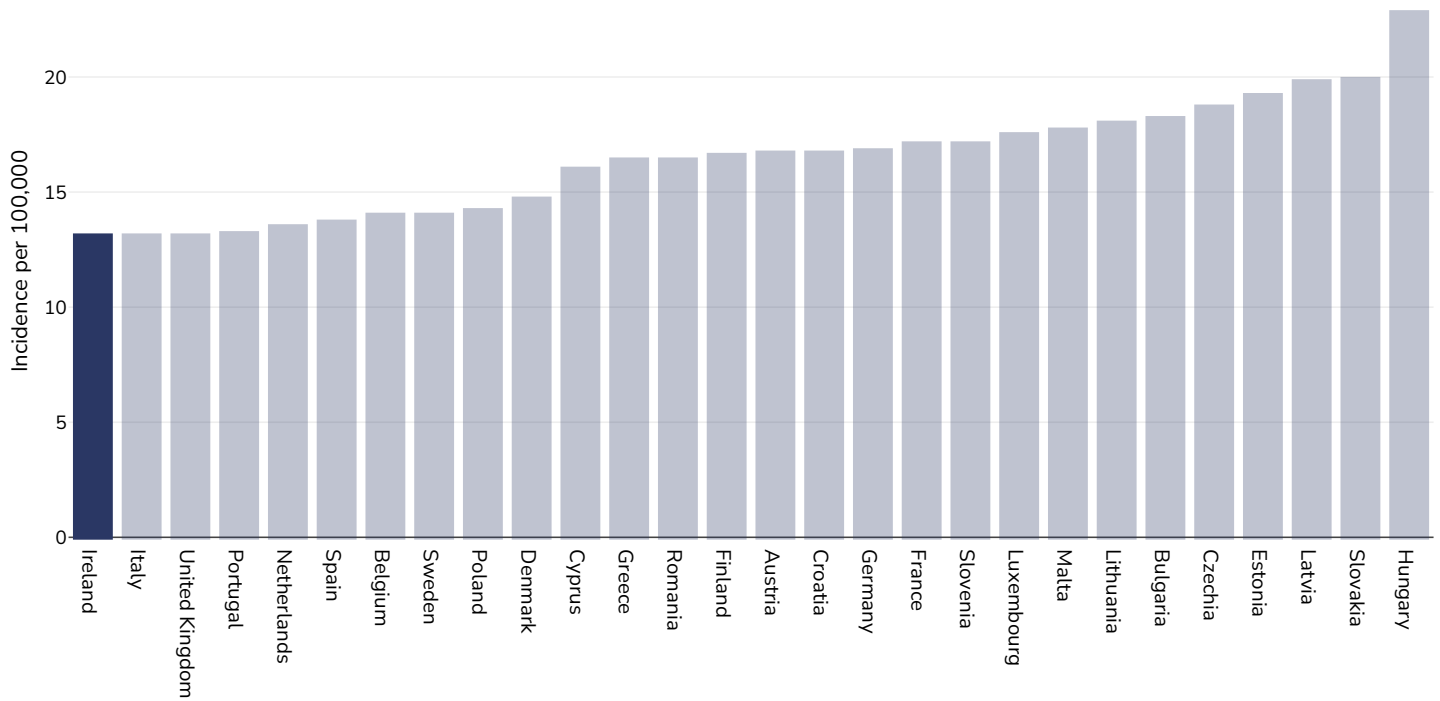
Area covered: National

References: Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.fr/today>, accessed 10.01.2187

Definitions: Age-standardized incidence rates per 100 000

## Pancreatic cancer

### Men, 2020



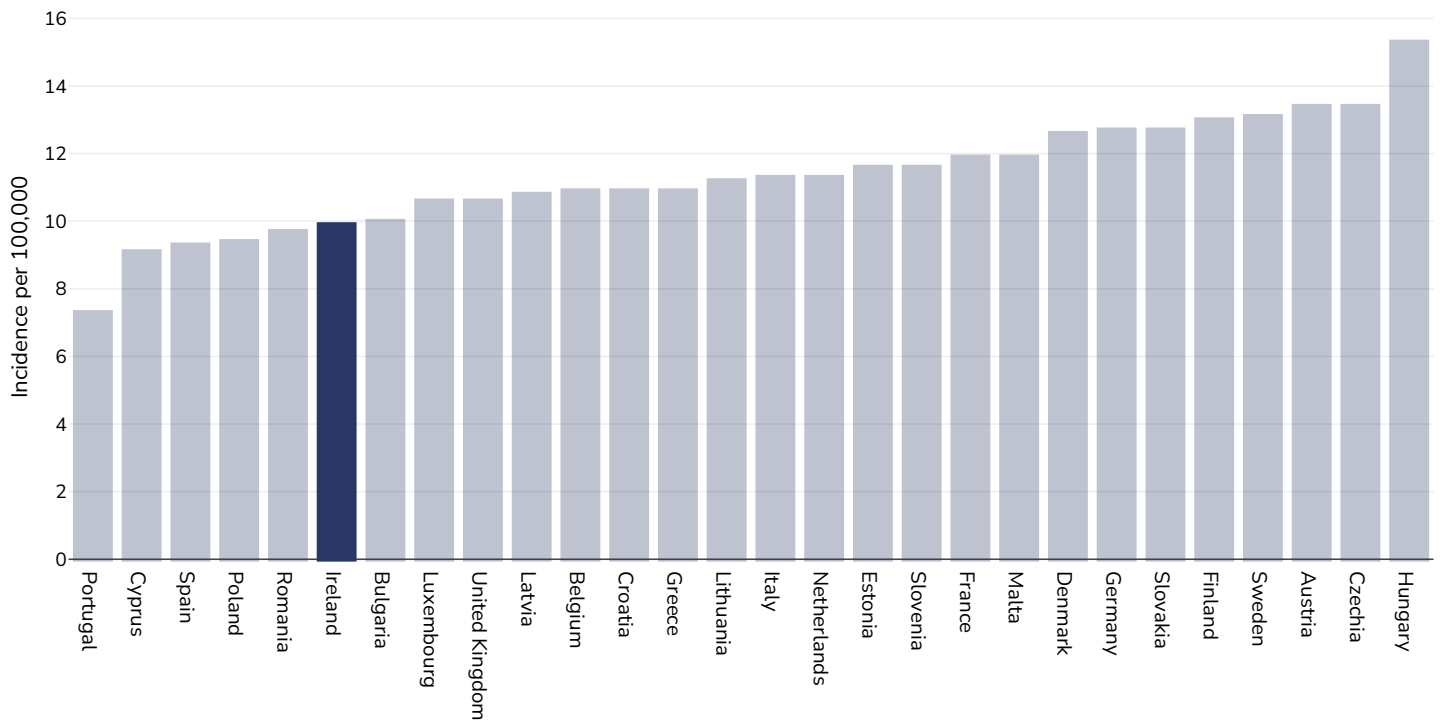
Age: 20+

Area covered: National

References: Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.fr/today>, accessed 10.01.2187

Definitions: Age-standardized incidence rates per 100 000

## Women, 2020



Age: 20+

Area covered: National

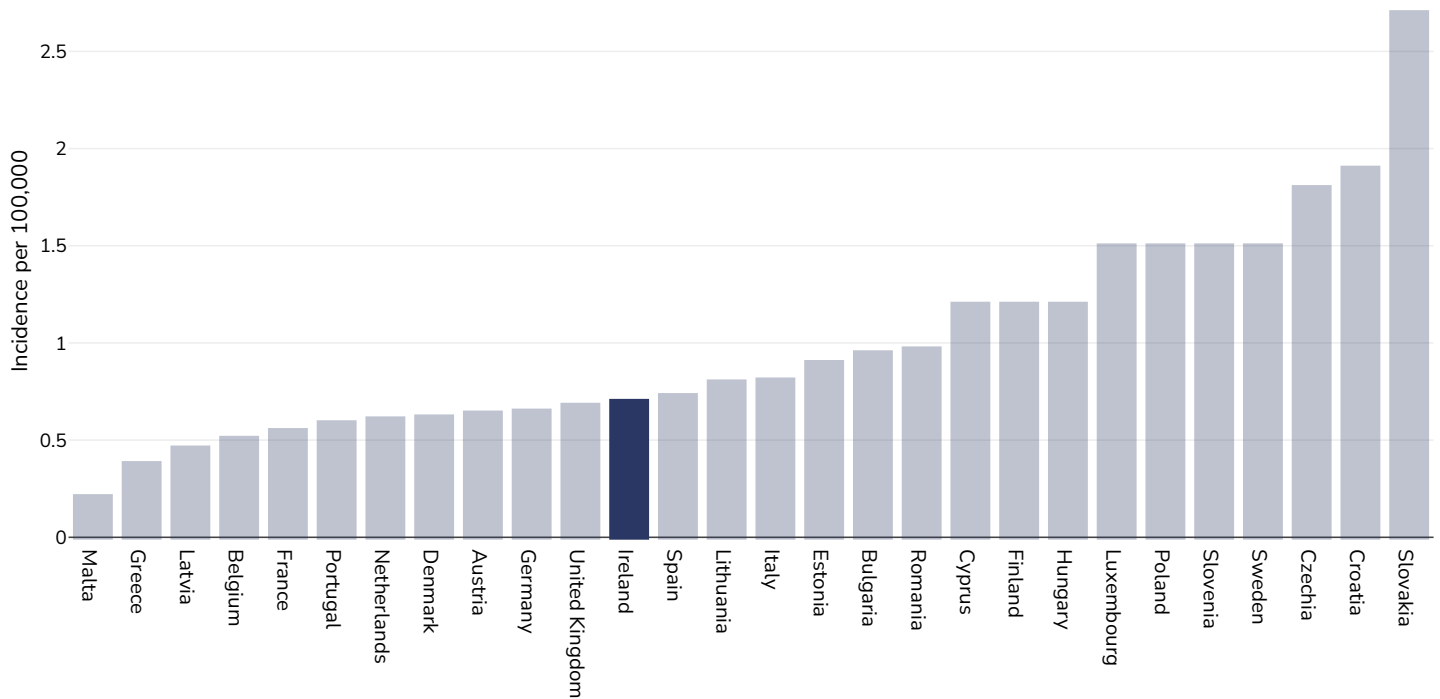
References: Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.fr/today>, accessed 10.01.2187

Definitions: Age-standardized incidence rates per 100 000



## Gallbladder cancer

### Men, 2020



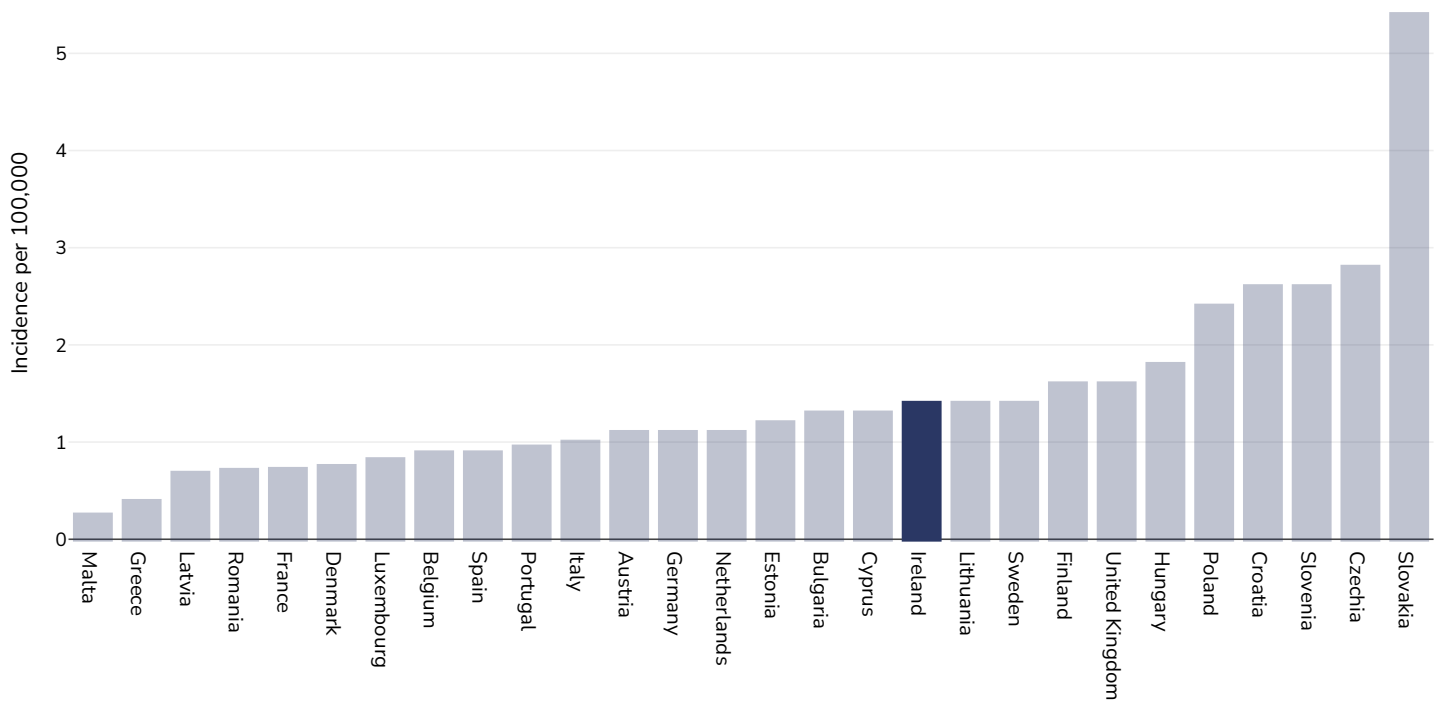
Age: 20+

Area covered: National

References: Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.fr/today>, accessed 10.01.2187

Definitions: Age-standardized incidence rates per 100 000

## Women, 2020



Age: 20+

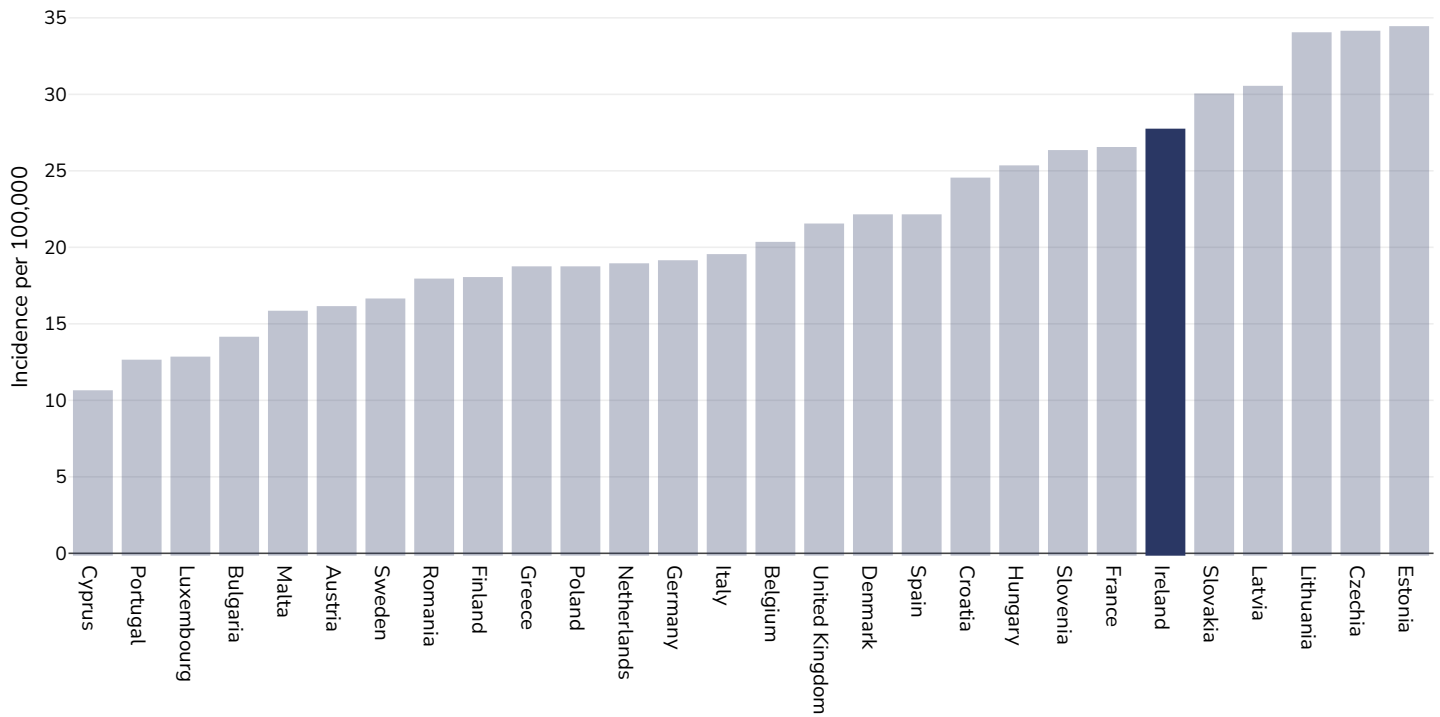
Area covered: National

References: Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.fr/today>, accessed 10.01.2187

Definitions: Age-standardized incidence rates per 100 000

## Kidney cancer

### Men, 2020



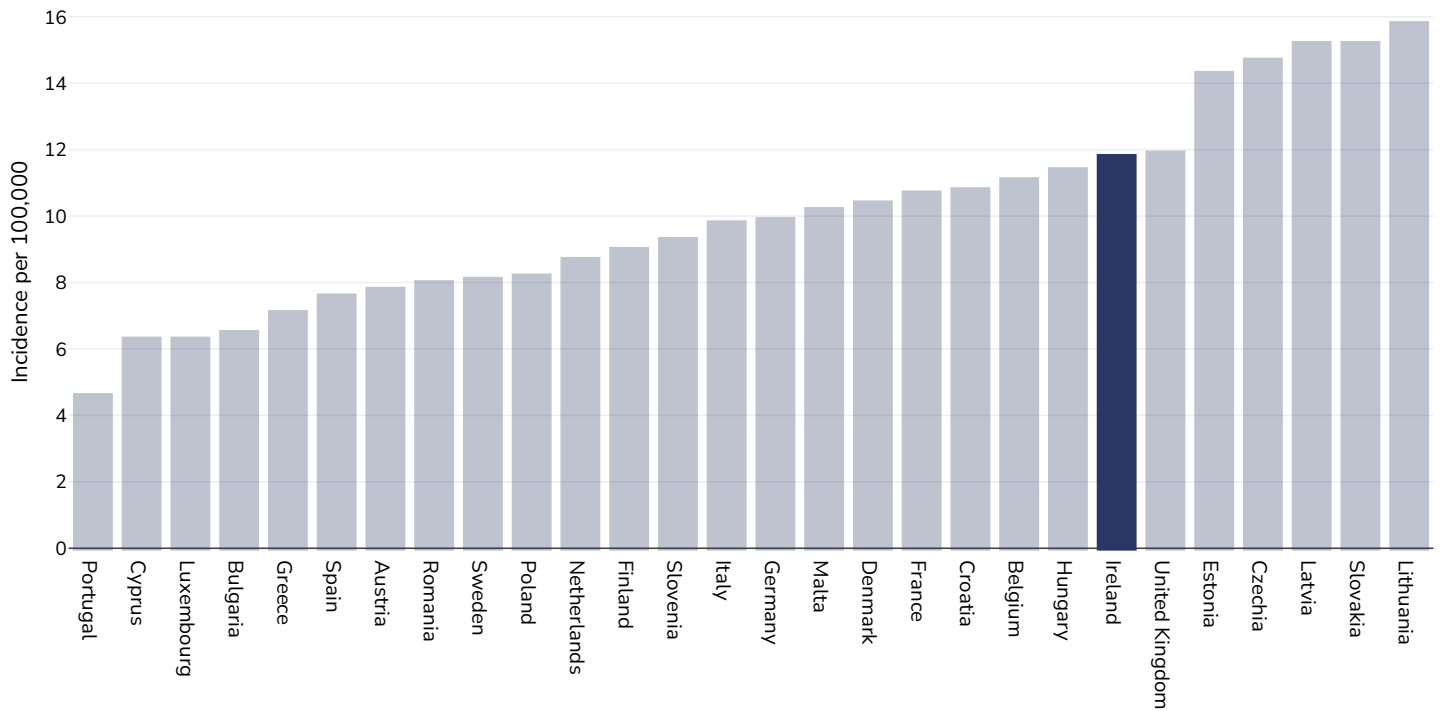
Age: 20+

Area covered: National

References: Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.fr/today>, accessed 10.01.2187

Definitions: Age-standardized incidence rates per 100 000

## Women, 2020



Age: 20+

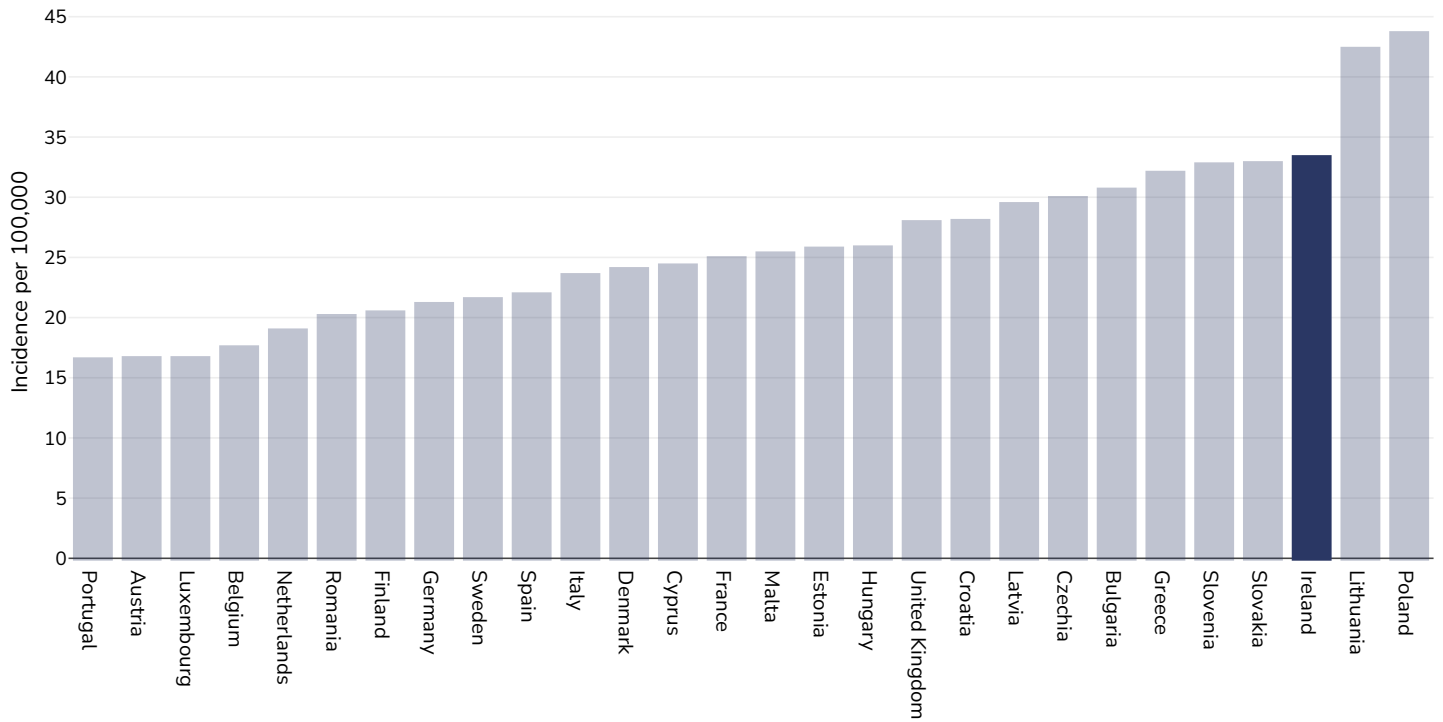
Area covered: National

References: Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.fr/today>, accessed 10.01.2187

Definitions: Age-standardized incidence rates per 100 000

## Cancer of the uterus

### Women, 2020



Age: 20+

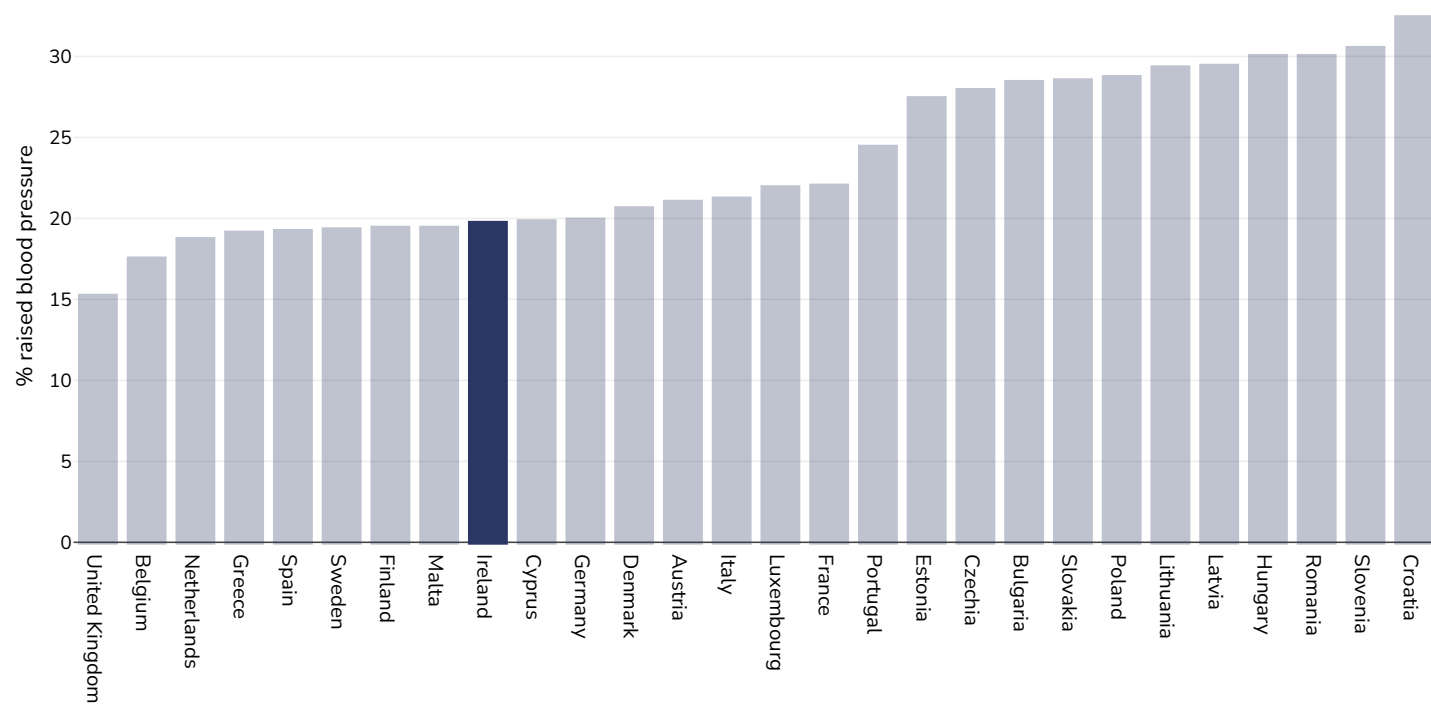
Area covered: National

References: Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.fr/today>, accessed 10.01.2187

Definitions: Age-standardized incidence rates per 100 000

## Raised blood pressure

### Adults, 2015



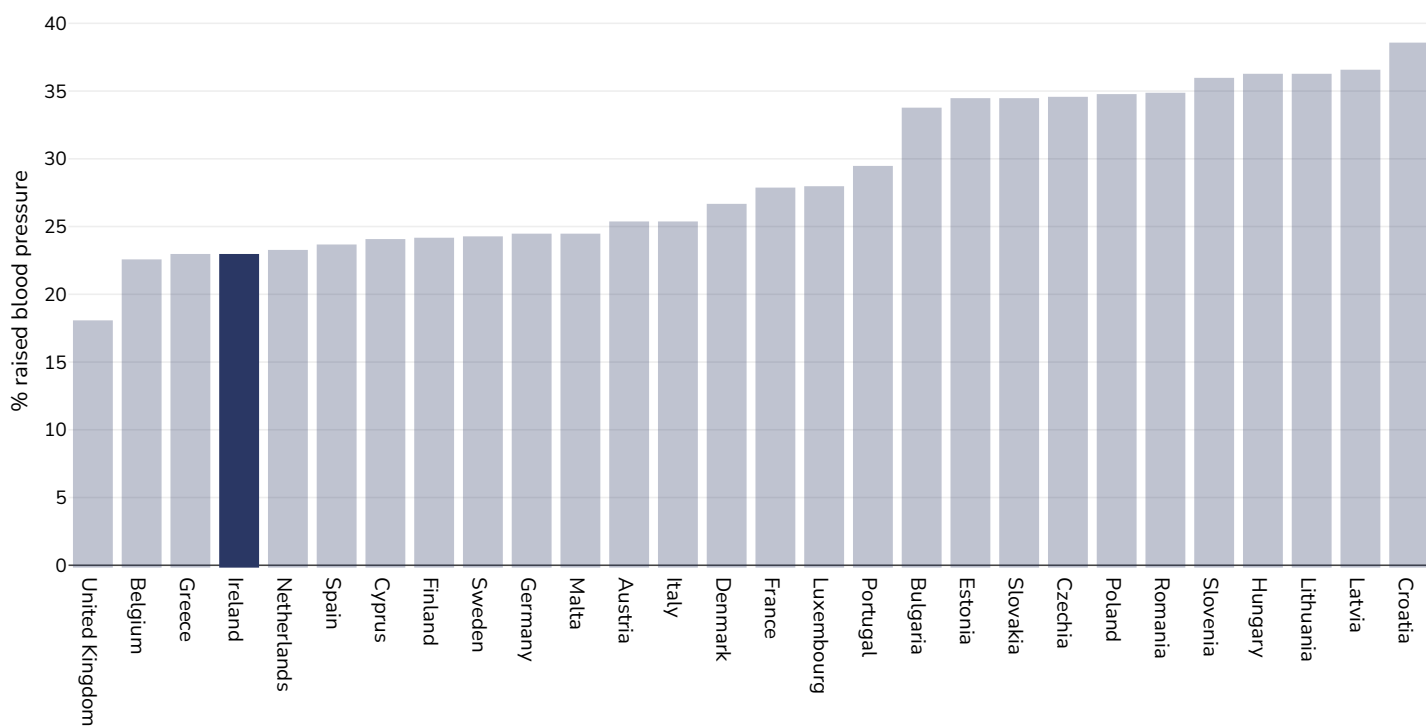
References:

Global Health Observatory data repository, World Health Organisation,  
<http://apps.who.int/gho/data/node.main.A875?lang=en>

Definitions:

Age Standardised estimated % Raised blood pressure 2015 (SBP $\geq$ 140 OR DBP $\geq$ 90).

## Men, 2015



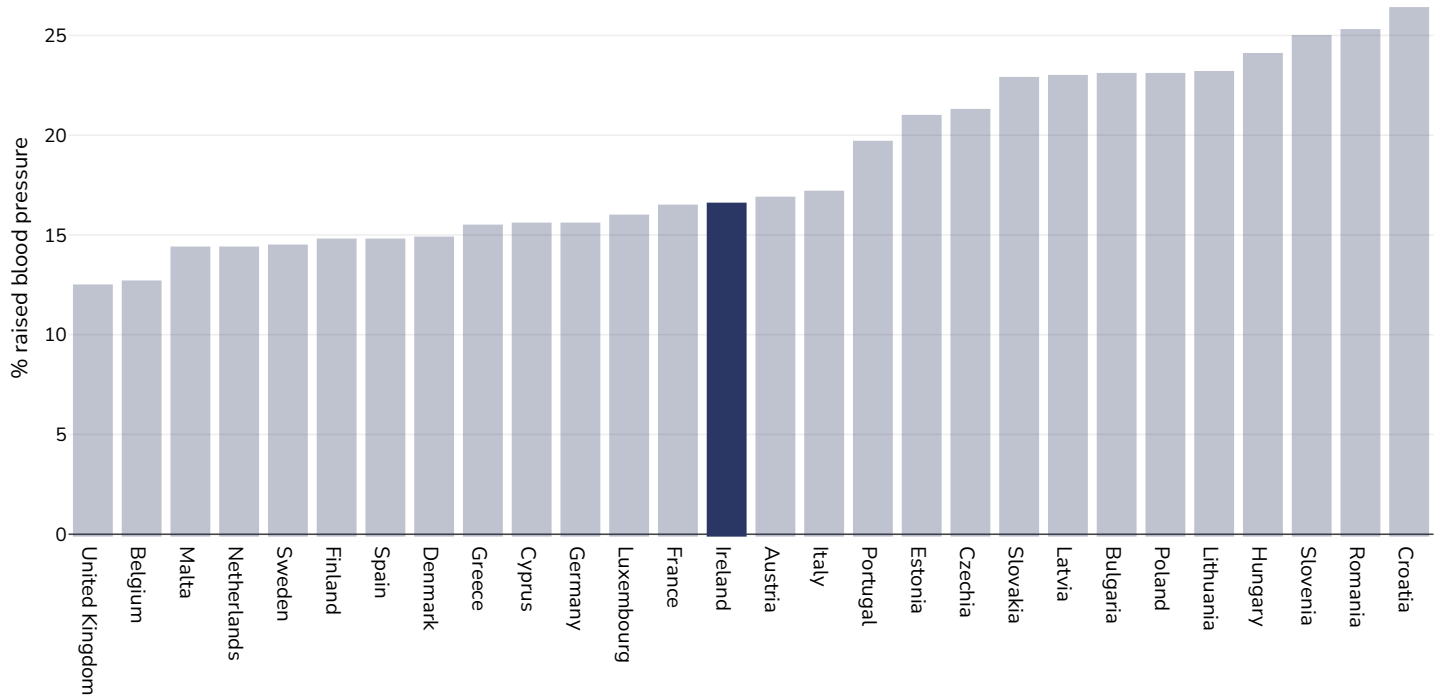
References:

Global Health Observatory data repository, World Health Organisation,  
<http://apps.who.int/gho/data/node.main.A875?lang=en>

Definitions:

Age Standardised estimated % Raised blood pressure 2015 (SBP $\geq$ 140 OR DBP $\geq$ 90).

## Women, 2015



References:

Global Health Observatory data repository, World Health Organisation,  
<http://apps.who.int/gho/data/node.main.A875?lang=en>

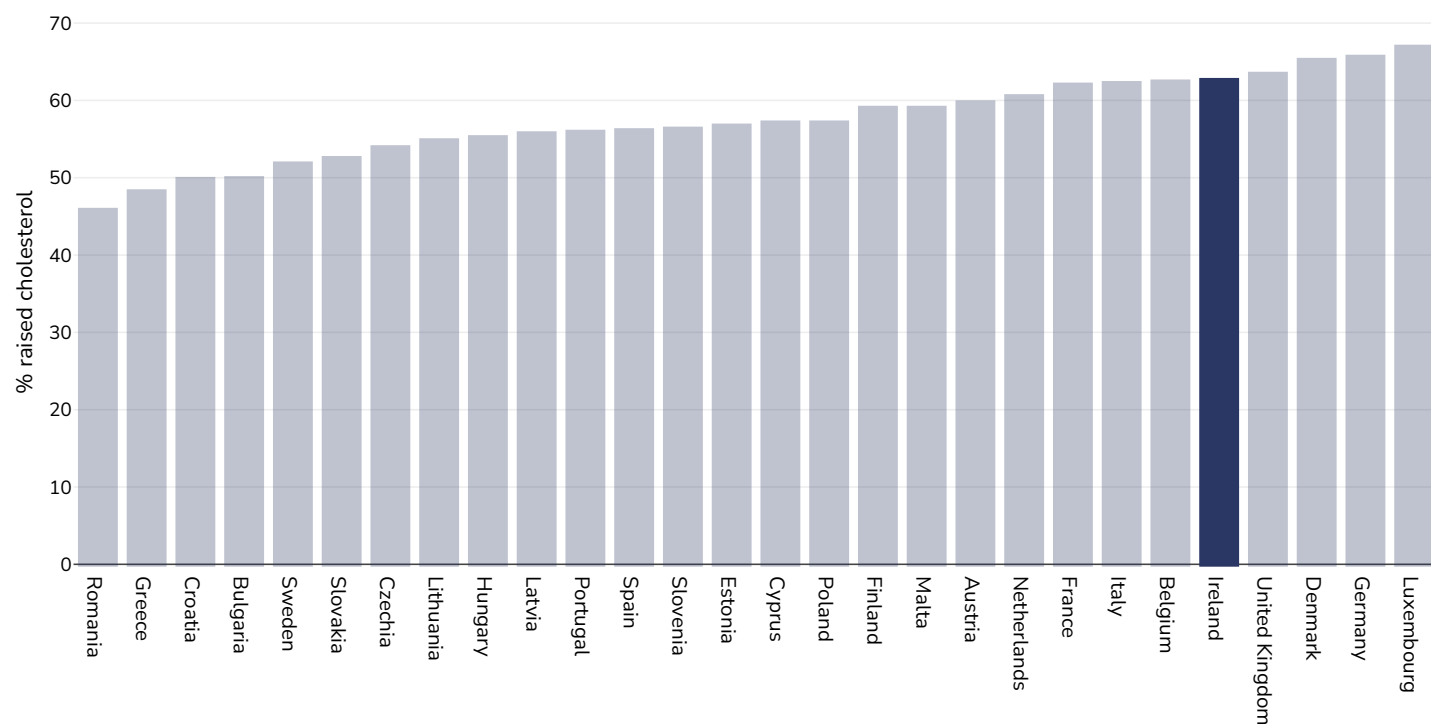
Definitions:

Age Standardised estimated % Raised blood pressure 2015 (SBP $\geq$ 140 OR DBP $\geq$ 90).



## Raised cholesterol

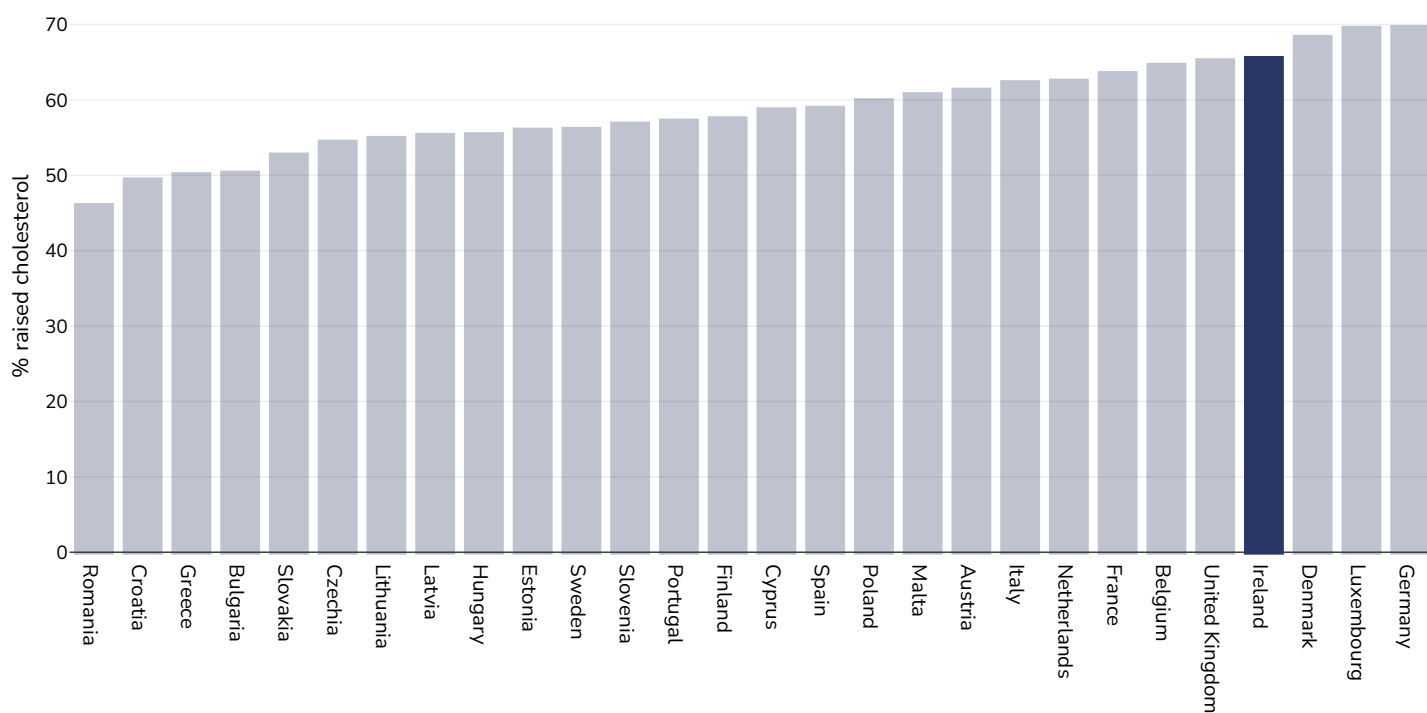
### Adults, 2008



References: Global Health Observatory data repository, World Health Organisation, <http://apps.who.int/gho/data/node.main.A885>

Definitions: % Raised total cholesterol ( $\geq 5.0$  mmol/L) (age-standardized estimate).

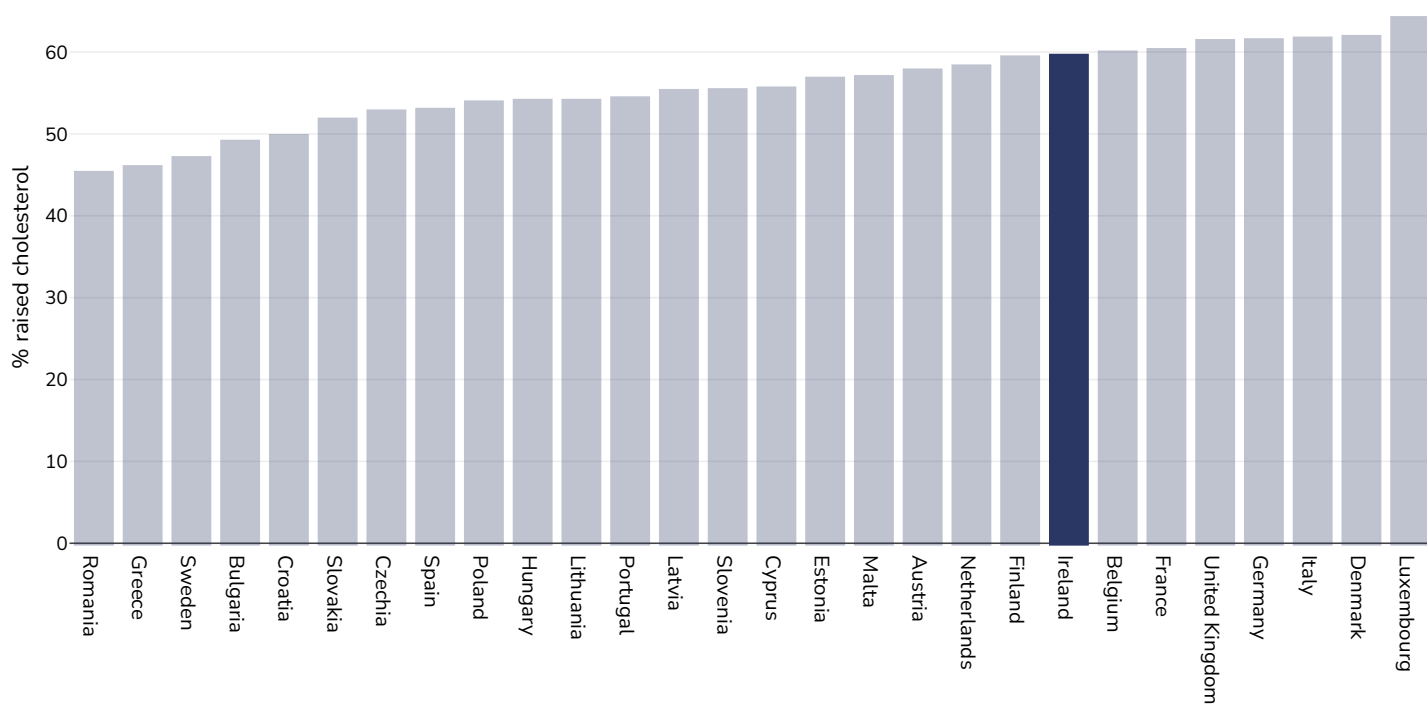
## Men, 2008



References: Global Health Observatory data repository, World Health Organisation, <http://apps.who.int/gho/data/node.main.A885>

Definitions: % Raised total cholesterol ( $\geq 5.0$  mmol/L) (age-standardized estimate).

## Women, 2008

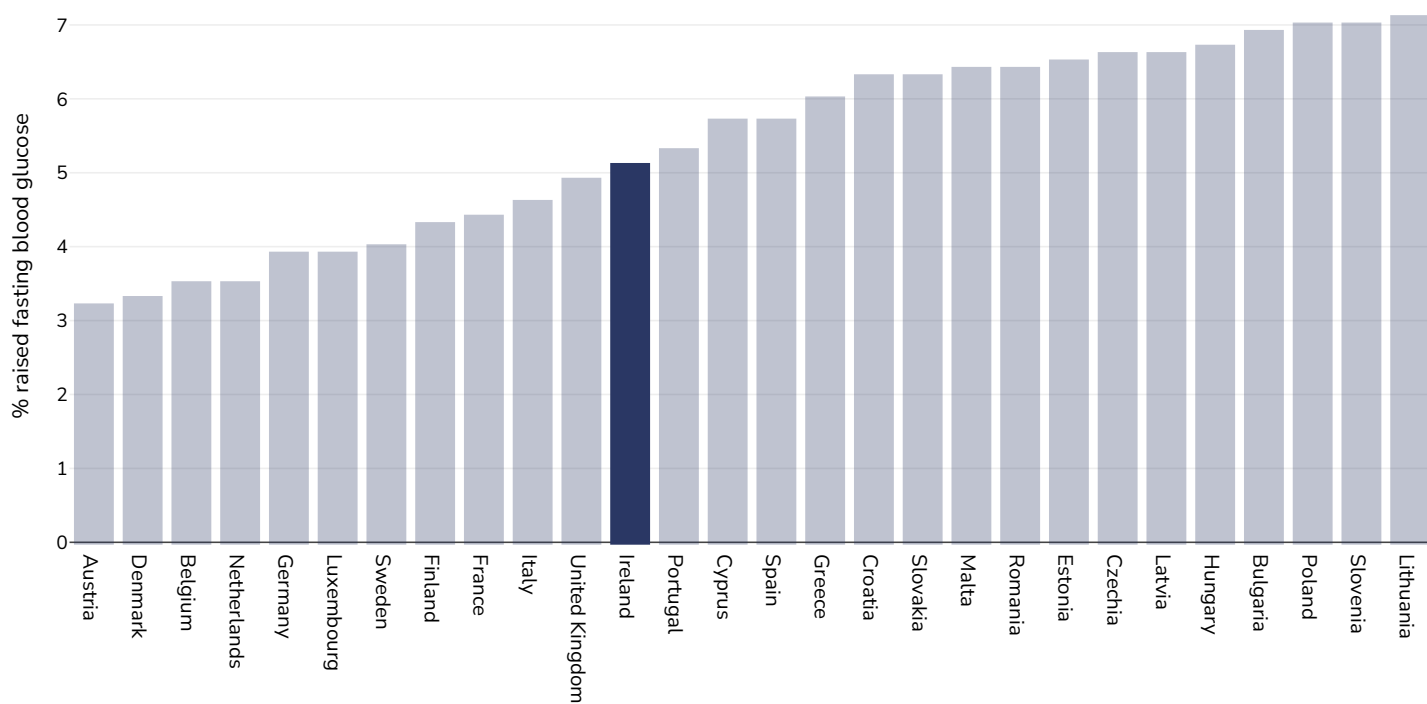


References: Global Health Observatory data repository, World Health Organisation, <http://apps.who.int/gho/data/node.main.A885>

Definitions: % Raised total cholesterol ( $\geq 5.0$  mmol/L) (age-standardized estimate).

## Raised fasting blood glucose

Men, 2014



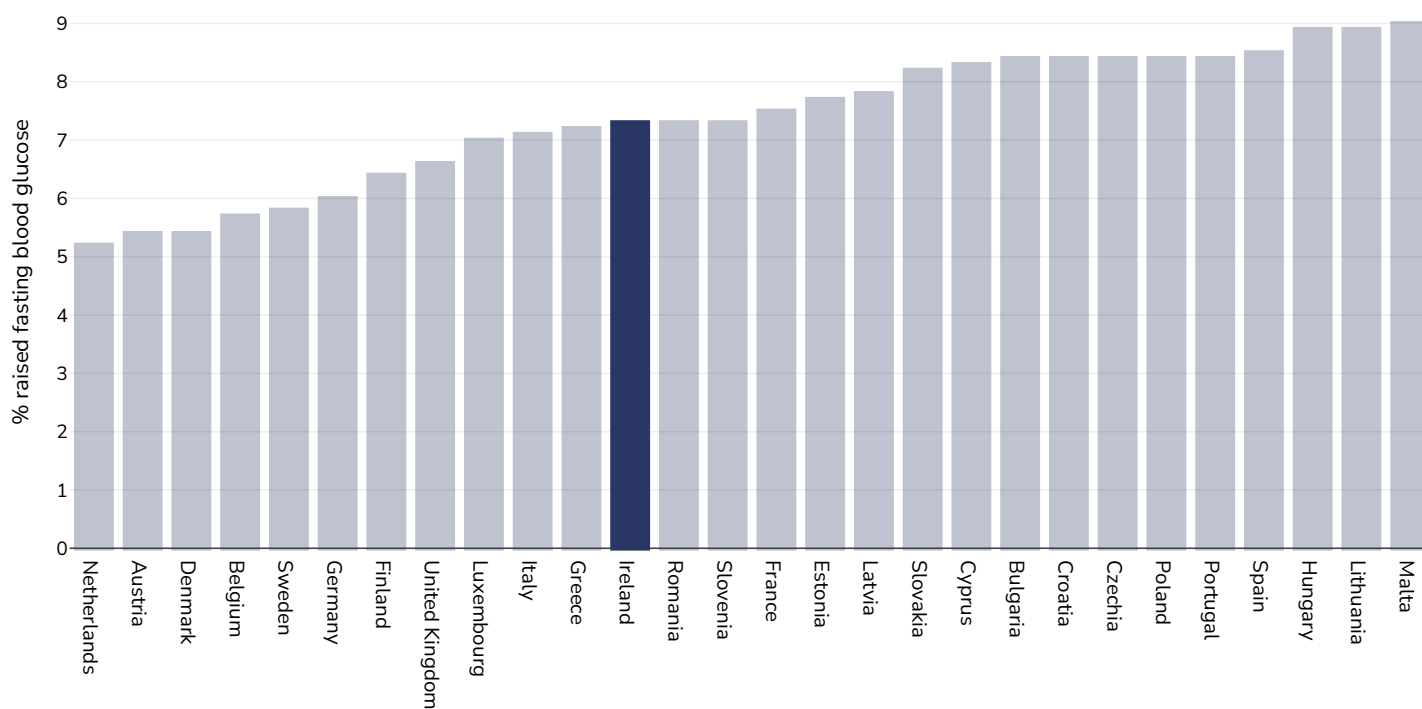
References:

Global Health Observatory data repository, World Health Organisation,  
<http://apps.who.int/gho/data/node.main.A869?lang=en>

Definitions:

Age Standardised % raised fasting blood glucose ( $\geq 7.0$  mmol/L or on medication).

## Women, 2014



References:

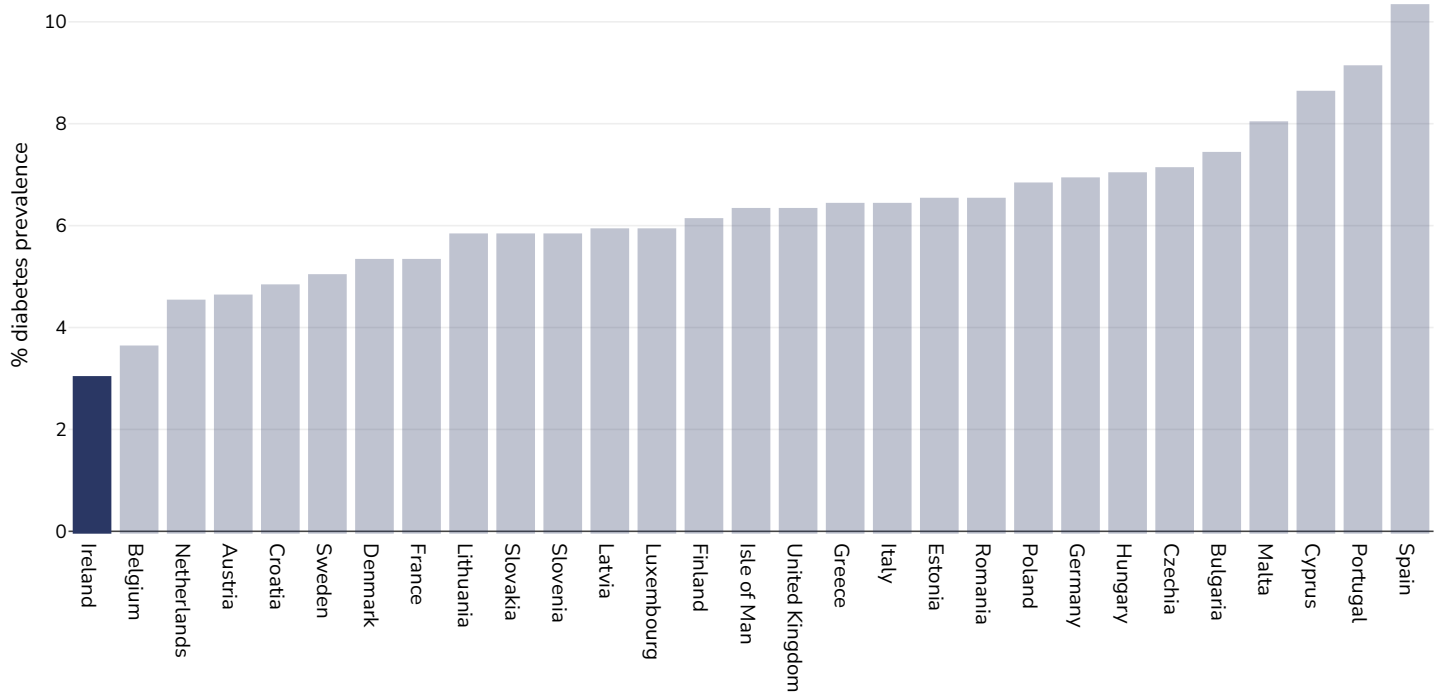
Global Health Observatory data repository, World Health Organisation,  
<http://apps.who.int/gho/data/node.main.A869?lang=en>

Definitions:

Age Standardised % raised fasting blood glucose ( $\geq 7.0$  mmol/L or on medication).

## Diabetes prevalence

### Adults, 2021



Age: 20-79

Area covered: National

References: Reproduced with kind permission International Diabetes Federation. IDF Diabetes Atlas, 10th edn. Brussels, Belgium:International Diabetes Federation, 2021. <http://www.diabetesatlas.org>






Definitions: Age-adjusted comparative prevalence of diabetes, %

## 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

<b>Is there mandatory nutrition labelling?</b>	
Front-of-package labelling?	
Back-of-pack nutrition declaration?	
Color coding?	
Warning label?	



## Regulation and marketing

<b>Are there fiscal policies on unhealthy products?</b>	✓
Tax on unhealthy foods?	✗
Tax on unhealthy drinks?	✓
<b>Are there fiscal policies on healthy products?</b>	✗
Subsidy on fruits?	✗
Subsidy on vegetables?	✗
Subsidy on other healthy products?	✗
<b>Mandatory limit or ban of trans fat (all settings)?</b>	✓
Mandatory limit of trans fats in place (all settings)?	✓
Ban on trans-fats or phos in place (all settings)?	✗
<b>Are there any mandatory policies/marketing restrictions on the promotion of unhealthy food/drinks to children?</b>	✓
Mandatory restriction on broadcast media?	✓
Mandatory restriction on non-broadcast media?	✓
Voluntary policies/marketing restrictions on the promotion of unhealthy food/drinks to children?	✓
<b>Are there mandatory standards for food in schools?</b>	✓
<b>Are there any mandatory nutrient limits in any manufactured food products?</b>	✗
<b>Nutrition standards for public sector procurement?</b>	✗





## Political will and support

<b>National obesity strategy or nutrition and physical activity national strategy?</b>	✓
National obesity strategy?	✓
National childhood obesity strategy?	✓
Comprehensive nutrition strategy?	✓
Comprehensive physical activity strategy?	✓
<b>Evidence-based dietary guidelines and/or RDAs?</b>	✓
<b>National target(s) on reducing obesity?</b>	✓
<b>Guidelines/policy on obesity treatment?</b>	✓
<b>Promotion of breastfeeding?</b>	✓



## Monitoring and surveillance

<b>Monitoring of the prevalence and incidence for the main obesity-related NCDs and risk factors?</b>	✓
Within 5 years?	✓



## Governance and resource

<b>Multi-sectoral national co-ordination mechanism for obesity or nutrition (including obesity)?</b>	✗
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### Key

✓ Present

✓<sub>v</sub> Present

(voluntary)

✓ Incoming

✗ Absent

? Unknown

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