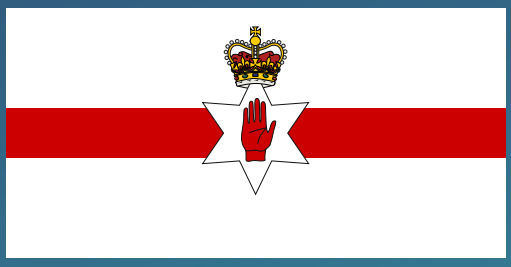
Northern Ireland



Country report card

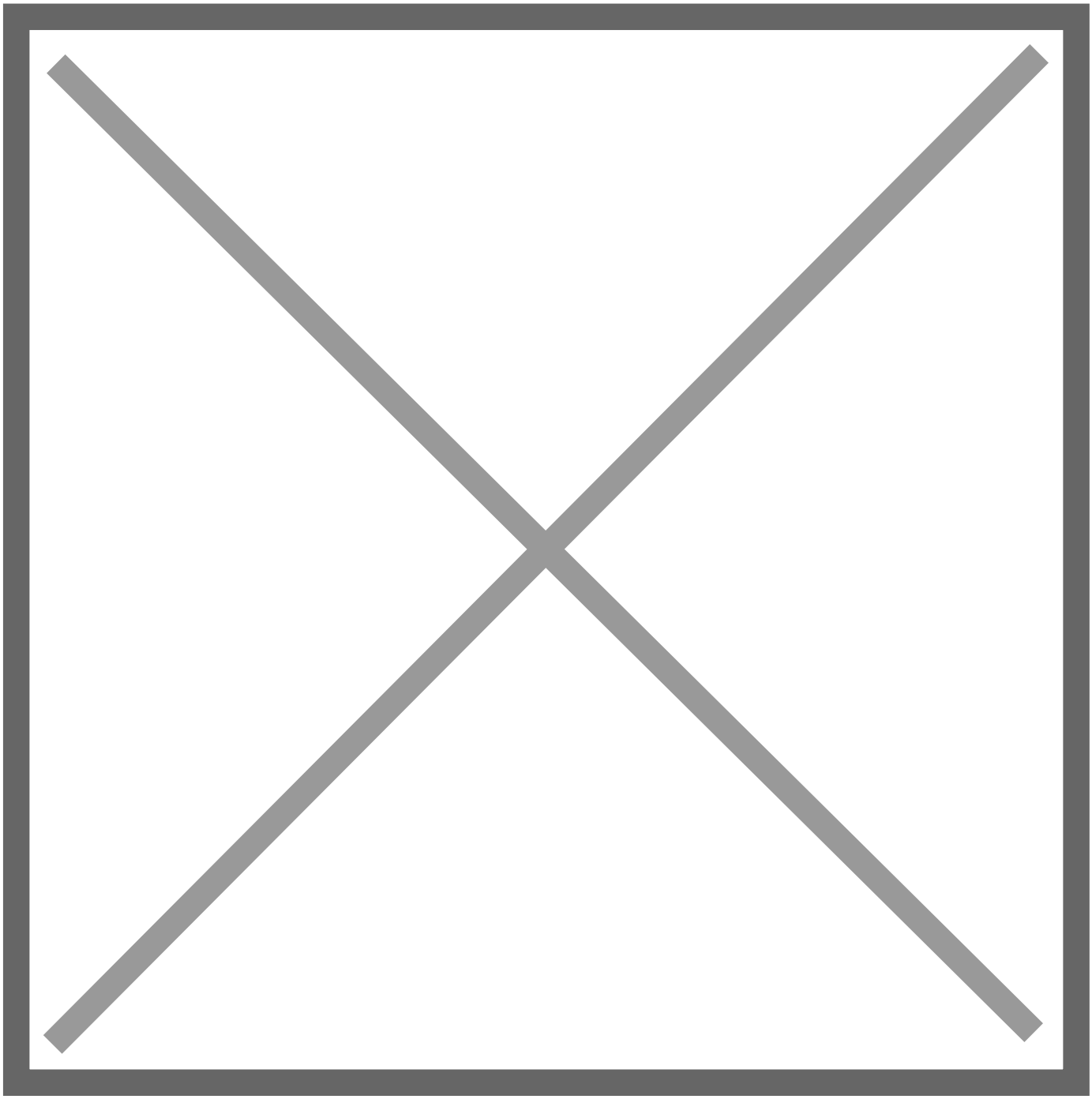
This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity . Where available, data on common and relevant obesity drivers and comorbidities are also presented.

View the latest version of this report on the Global Obesity Observatory at https://data.worldobesity.org/country/northern-ireland-242/.

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Obesity prevalence

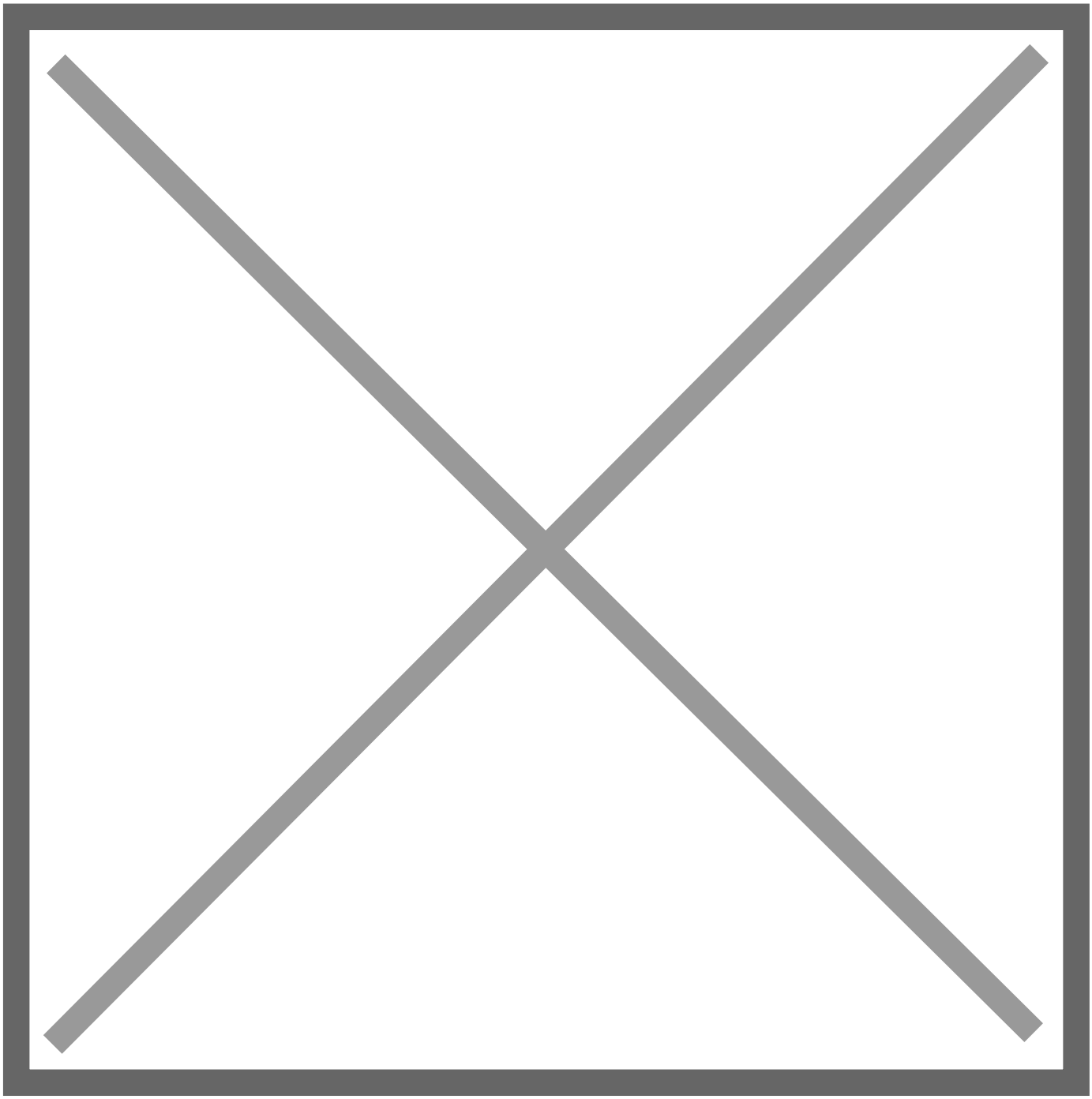
Adults, 2024-2025



Survey type:	Measured
Age:	16+
Sample size:	1381
Area covered:	National
References:	Health Survey Northern Ireland First Results 2024-25. https://www.health-ni.gov.uk/publications/health-survey-northern-ireland-first-results-202425 [Accessed 06.05.26]

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

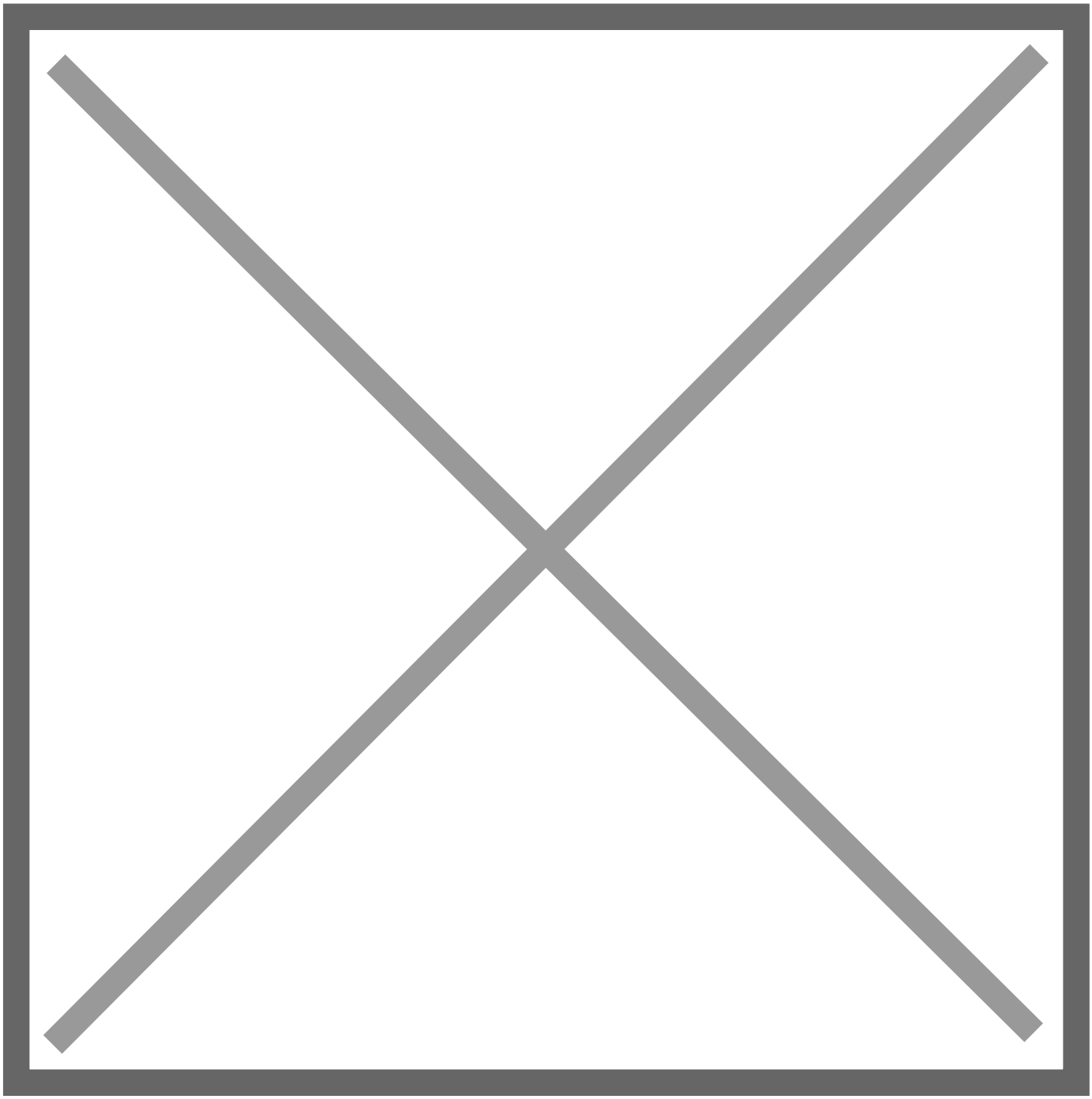


Survey type:	Measured
Age:	2-15
Sample size:	663
Area covered:	National
References:	Northern Ireland Health Survey 2019/20. Available at https://www.health-ni.gov.uk/publications/health-survey-northern-ireland-first-results-201920 (last accessed 02.03.21)

Cutoffs:	IOTF

% Adults living with obesity in Northern Ireland 2010-2024

Men

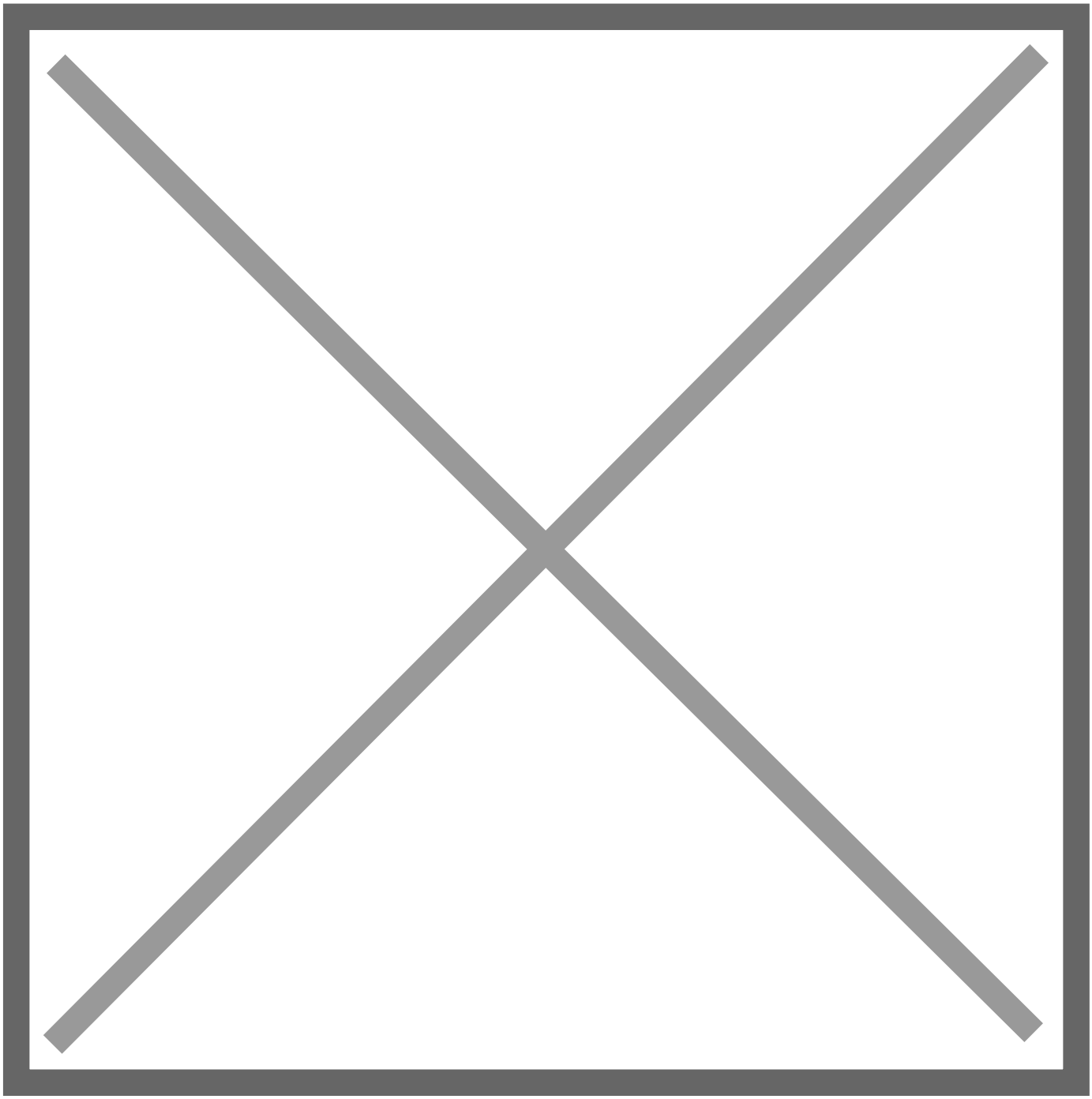


Survey type:	Measured
References:	2010, 2011, 2012, 2013, 2014, 2015, 2016, 2017: Health Survey Northern Ireland 2017/18. https://www.health-ni.gov.uk/publications/health-survey-northern-ireland-first-results-201718(last accessed 14.07.20) 2019: Northern Ireland Health Survey 2019/20. Available at https://www.health-ni.gov.uk/publications/health-survey-northern-ireland-first-results-201920 (last accessed 06.05.26) 2024: Health Survey Northern Ireland First Results 2024-25. https://www.health-ni.gov.uk/publications/health-survey-northern-ireland-first-results-202425 [Accessed 06.05.26]

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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

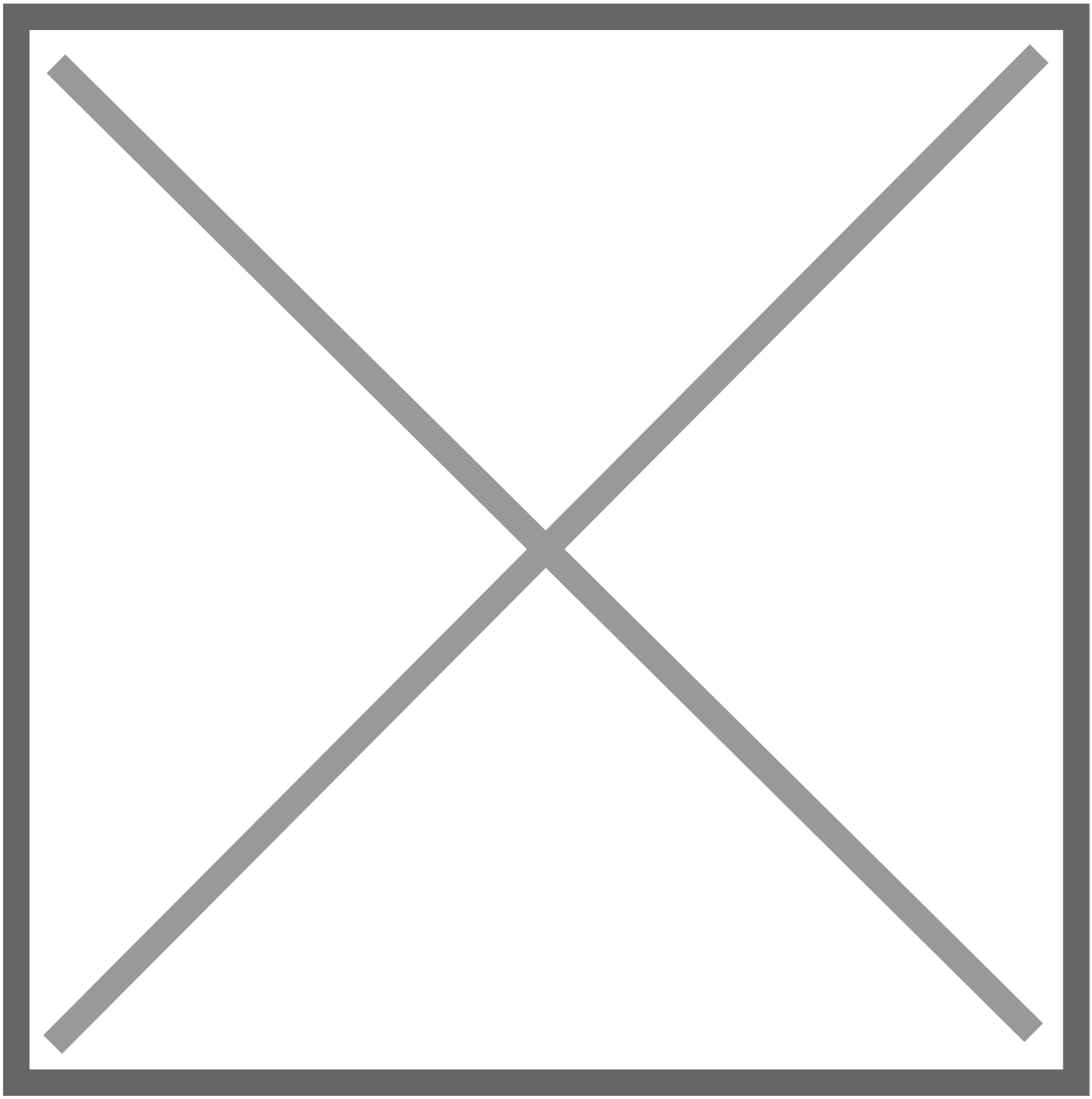


Survey type:	Measured
References:	2010, 2011, 2012, 2013, 2014, 2015, 2016, 2017: Health Survey Northern Ireland 2017/18. https://www.health-ni.gov.uk/publications/health-survey-northern-ireland-first-results-201718(last accessed 14.07.20) 2019: Northern Ireland Health Survey 2019/20. Available at https://www.health-ni.gov.uk/publications/health-survey-northern-ireland-first-results-201920 (last accessed 06.05.26) 2024: Health Survey Northern Ireland First Results 2024-25. https://www.health-ni.gov.uk/publications/health-survey-northern-ireland-first-results-202425 [Accessed 06.05.26]

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Men and women



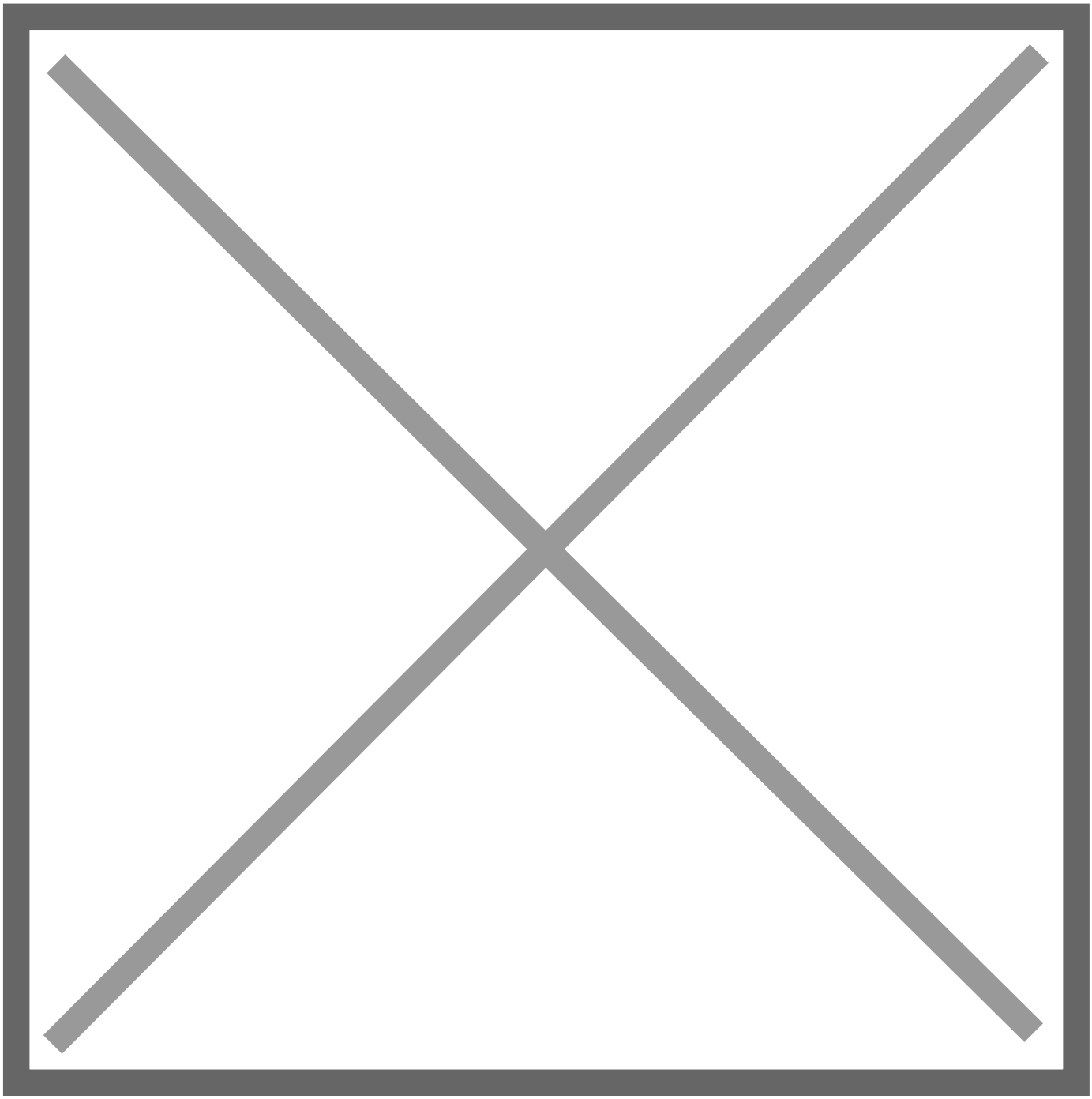
Survey type:	Measured
References:	2010, 2011, 2012, 2013, 2014, 2015, 2016, 2017: Health Survey Northern Ireland 2017/18. https://www.health-ni.gov.uk/publications/health-survey-northern-ireland-first-results-201718(last accessed 14.07.20) 2019: Northern Ireland Health Survey 2019/20. Available at https://www.health-ni.gov.uk/publications/health-survey-northern-ireland-first-results-201920 (last accessed 06.05.26) 2024: Health Survey Northern Ireland First Results 2024-25. https://www.health-ni.gov.uk/publications/health-survey-northern-ireland-first-results-202425 [Accessed 06.05.26]

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% Adults living with overweight or obesity in Northern Ireland 2010-2024

Men

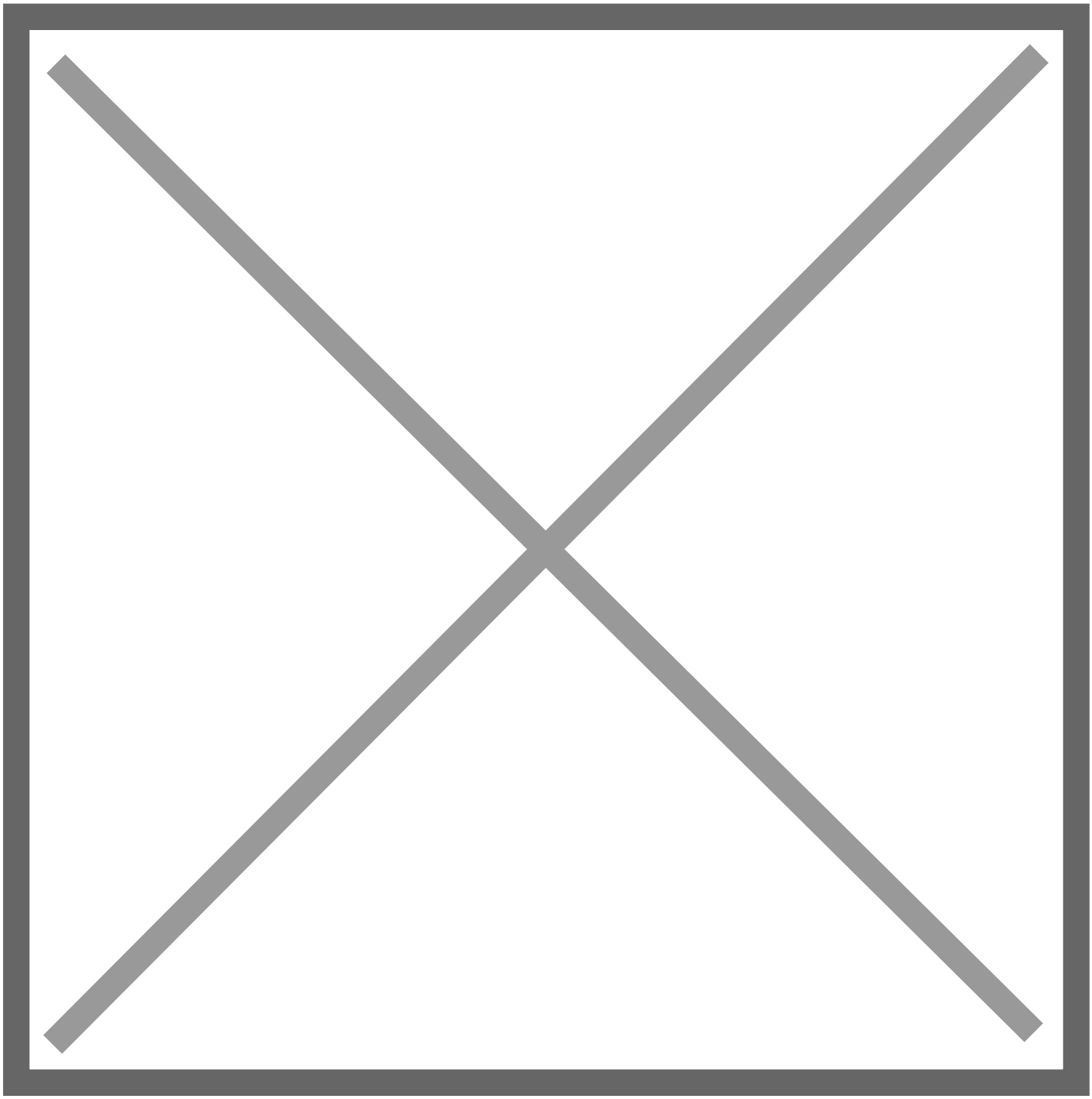


Survey type:	Measured
References:	2010, 2011, 2012, 2013, 2014, 2015, 2016, 2017: Health Survey Northern Ireland 2017/18. https://www.health-ni.gov.uk/publications/health-survey-northern-ireland-first-results-201718(last accessed 14.07.20) 2019: Northern Ireland Health Survey 2019/20. Available at https://www.health-ni.gov.uk/publications/health-survey-northern-ireland-first-results-201920 (last accessed 06.05.26) 2024: Health Survey Northern Ireland First Results 2024-25. https://www.health-ni.gov.uk/publications/health-survey-northern-ireland-first-results-202425 [Accessed 06.05.26]

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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

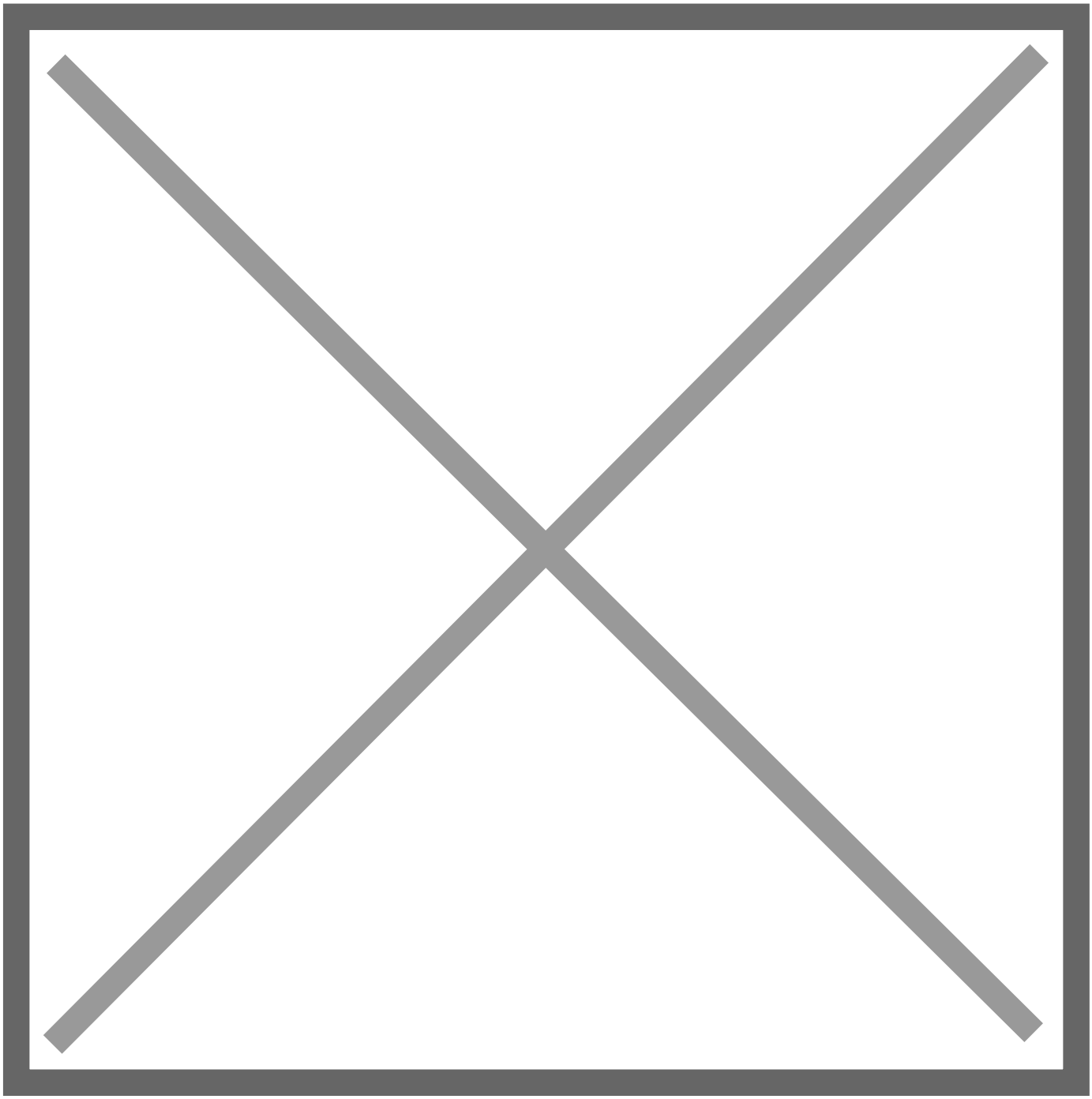


Survey type:	Measured
References:	2010, 2011, 2012, 2013, 2014, 2015, 2016, 2017: Health Survey Northern Ireland 2017/18. https://www.health-ni.gov.uk/publications/health-survey-northern-ireland-first-results-201718(last accessed 14.07.20) 2019: Northern Ireland Health Survey 2019/20. Available at https://www.health-ni.gov.uk/publications/health-survey-northern-ireland-first-results-201920 (last accessed 06.05.26) 2024: Health Survey Northern Ireland First Results 2024-25. https://www.health-ni.gov.uk/publications/health-survey-northern-ireland-first-results-202425 [Accessed 06.05.26]

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Men and women



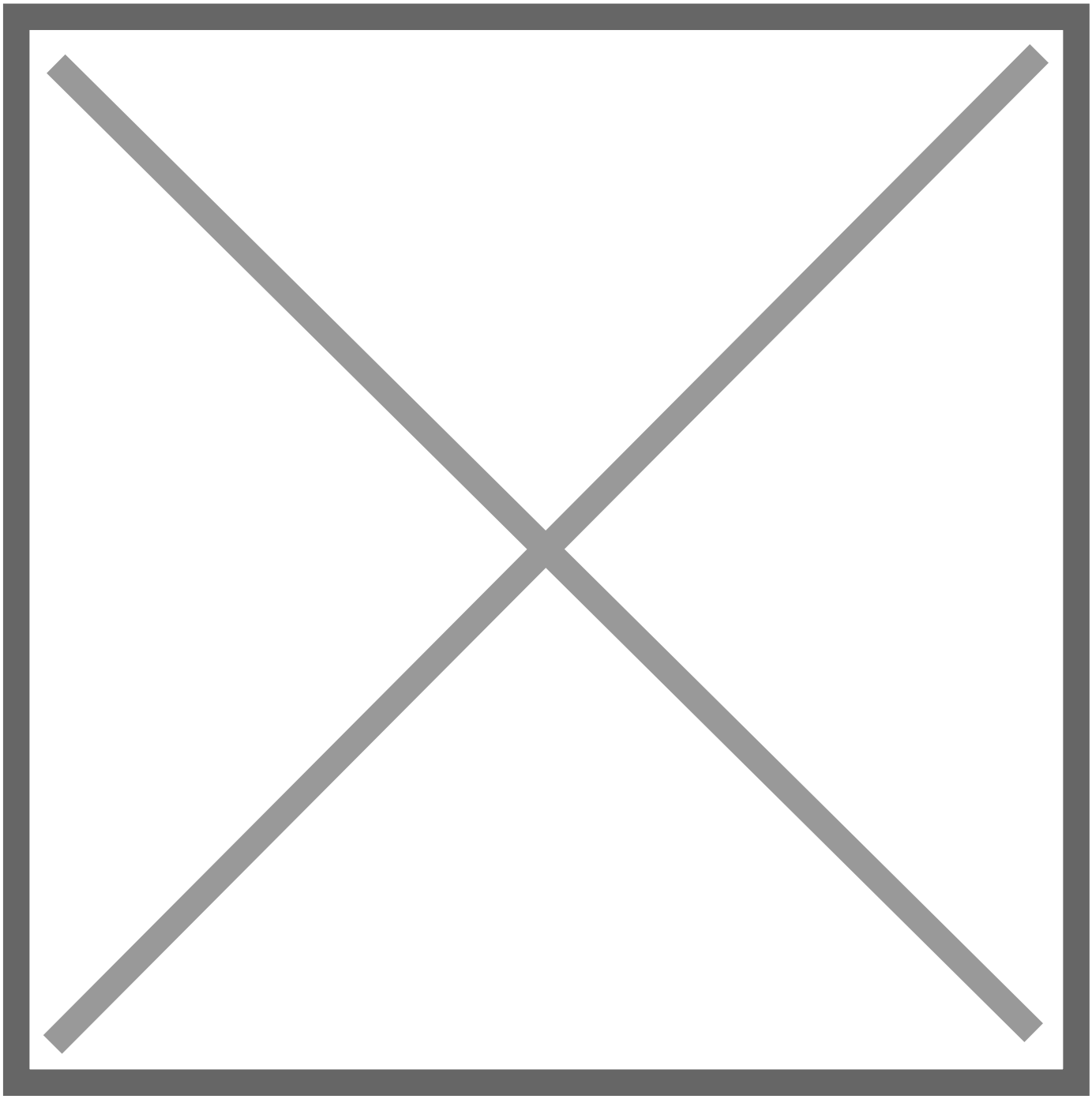
Survey type:	Measured
References:	2010, 2011, 2012, 2013, 2014, 2015, 2016, 2017: Health Survey Northern Ireland 2017/18. https://www.health-ni.gov.uk/publications/health-survey-northern-ireland-first-results-201718(last accessed 14.07.20) 2019: Northern Ireland Health Survey 2019/20. Available at https://www.health-ni.gov.uk/publications/health-survey-northern-ireland-first-results-201920 (last accessed 06.05.26) 2024: Health Survey Northern Ireland First Results 2024-25. https://www.health-ni.gov.uk/publications/health-survey-northern-ireland-first-results-202425 [Accessed 06.05.26]

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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 Northern Ireland 2010-2019

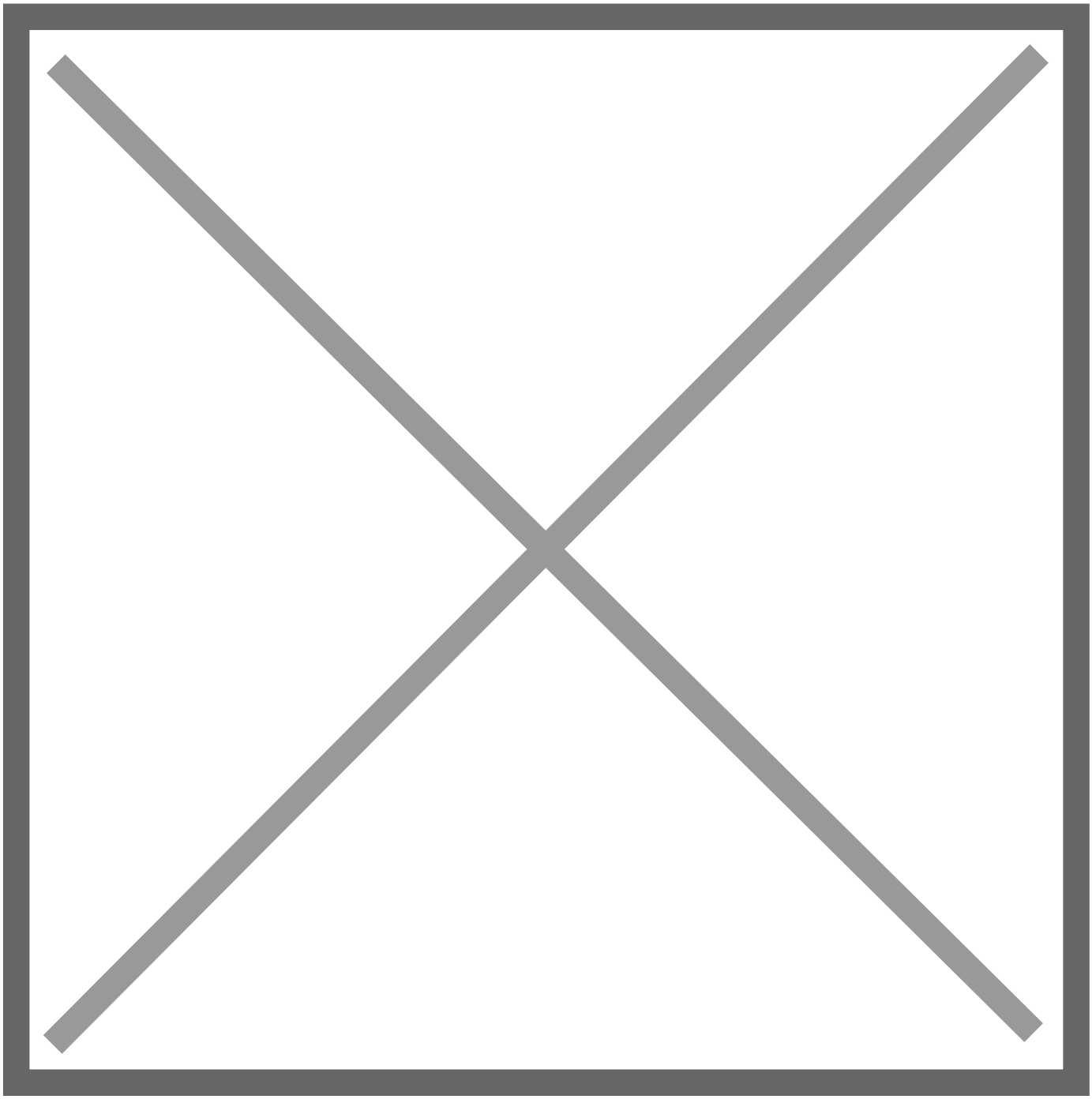
Girls



Survey type:	Measured
References:	Health Survey Northern Ireland 2017/18. https://www.health-ni.gov.uk/publications/health-survey-northern-ireland-first-results-201718(last accessed 14.07.20)
Definitions:	IOTF

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

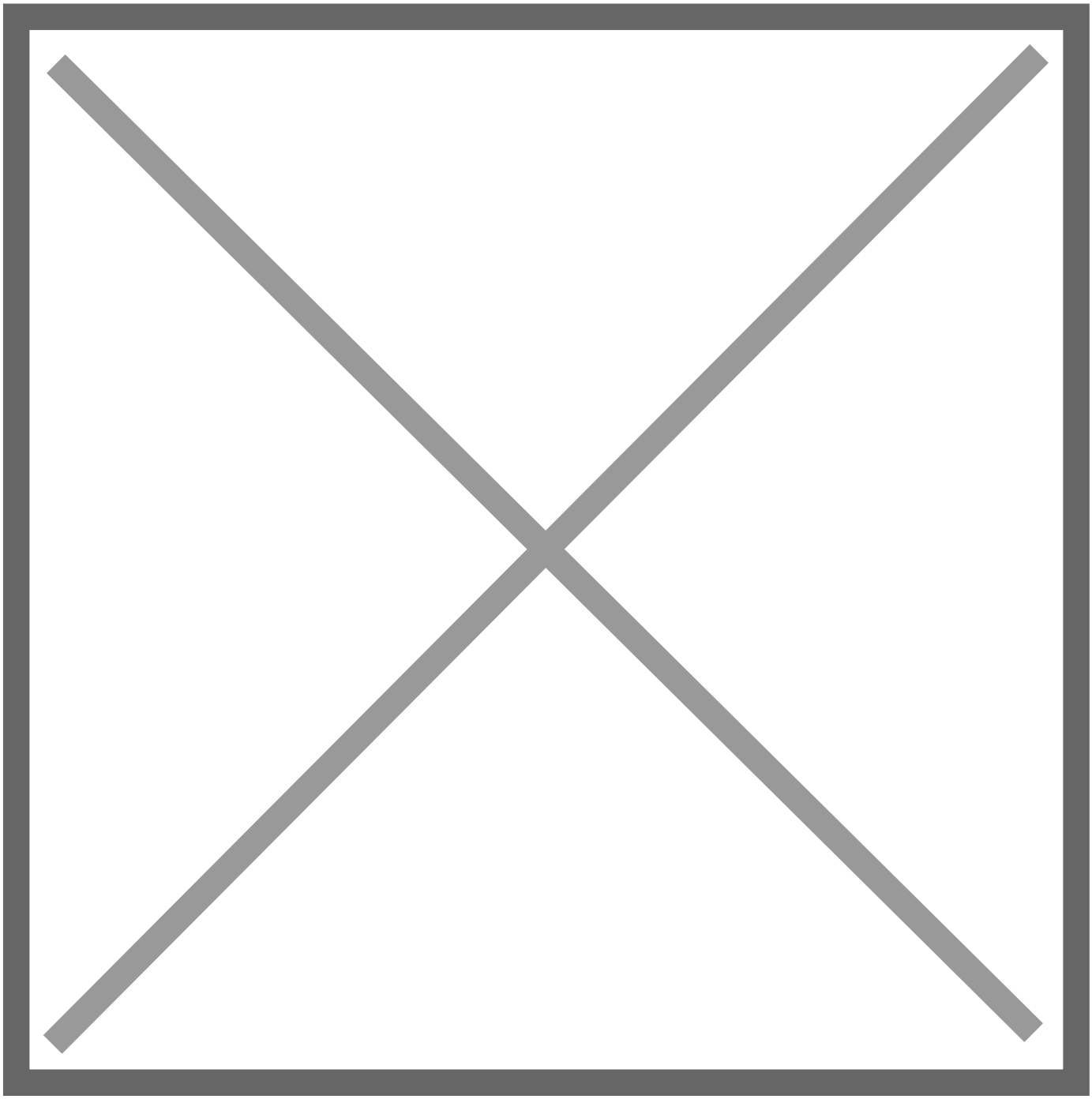


Survey type:	Measured
References:	Health Survey Northern Ireland 2017/18. https://www.health-ni.gov.uk/publications/health-survey-northern-ireland-first-results-201718(last accessed 14.07.20)
Definitions:	IOTF

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, 2007-2008

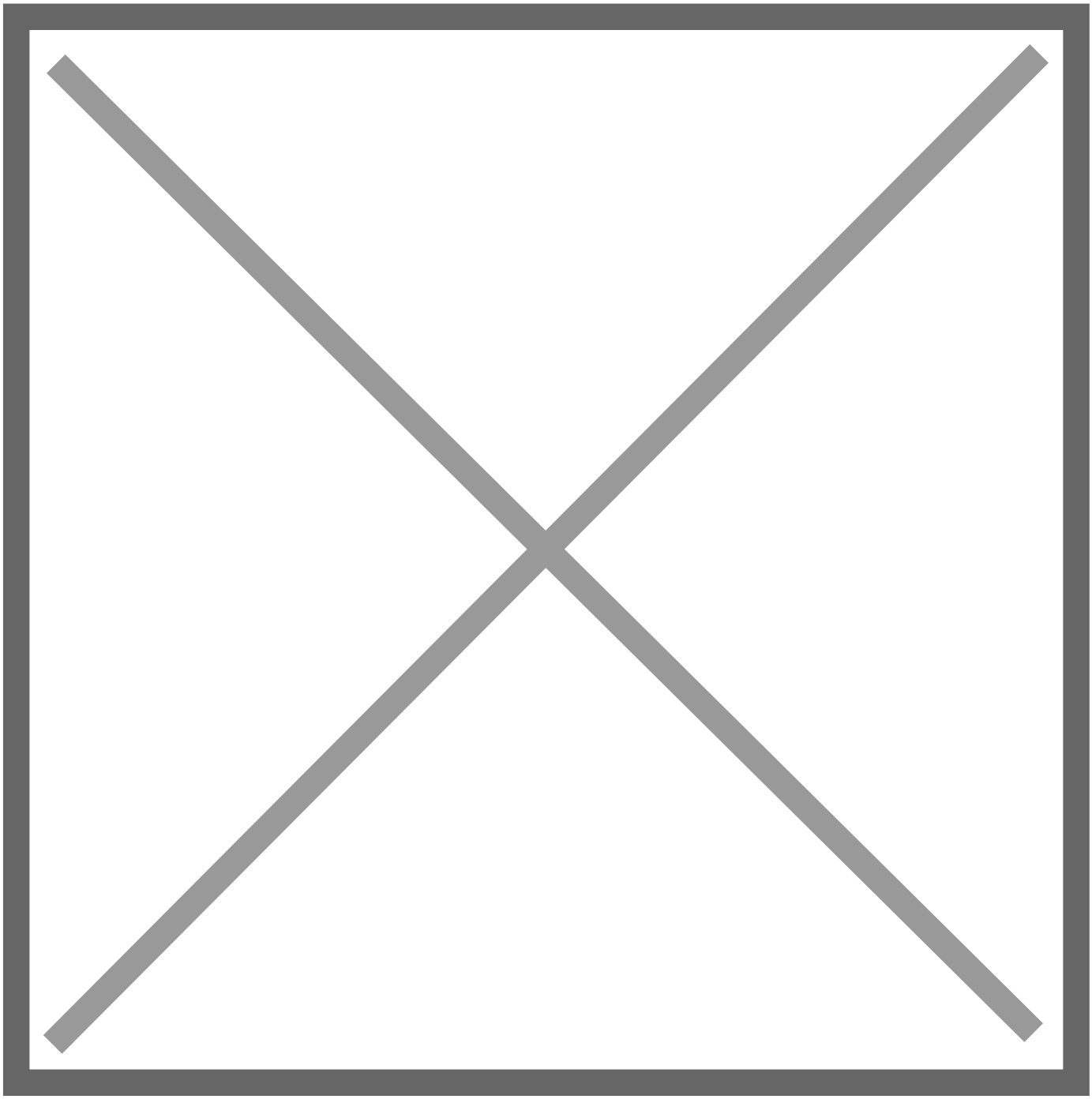


Survey type:	Measured
Age:	9
Sample size:	8568
References:	Walsh, Brendan, and John Cullinan. "Decomposing Socioeconomic Inequalities in Childhood Obesity: Evidence from Ireland." Economics & Human Biology, vol. 16, Jan. 2015, pp. 60–72, 10.1016/j.ehb.2014.01.003. Available at: https://www.sciencedirect.com/science/article/pii/S1570677X14000264. Accessed 25 May 2021.

Notes:	Data from Growing Up in Ireland Study 2007/2008.
Cutoffs:	IOTF

Overweight/obesity by age

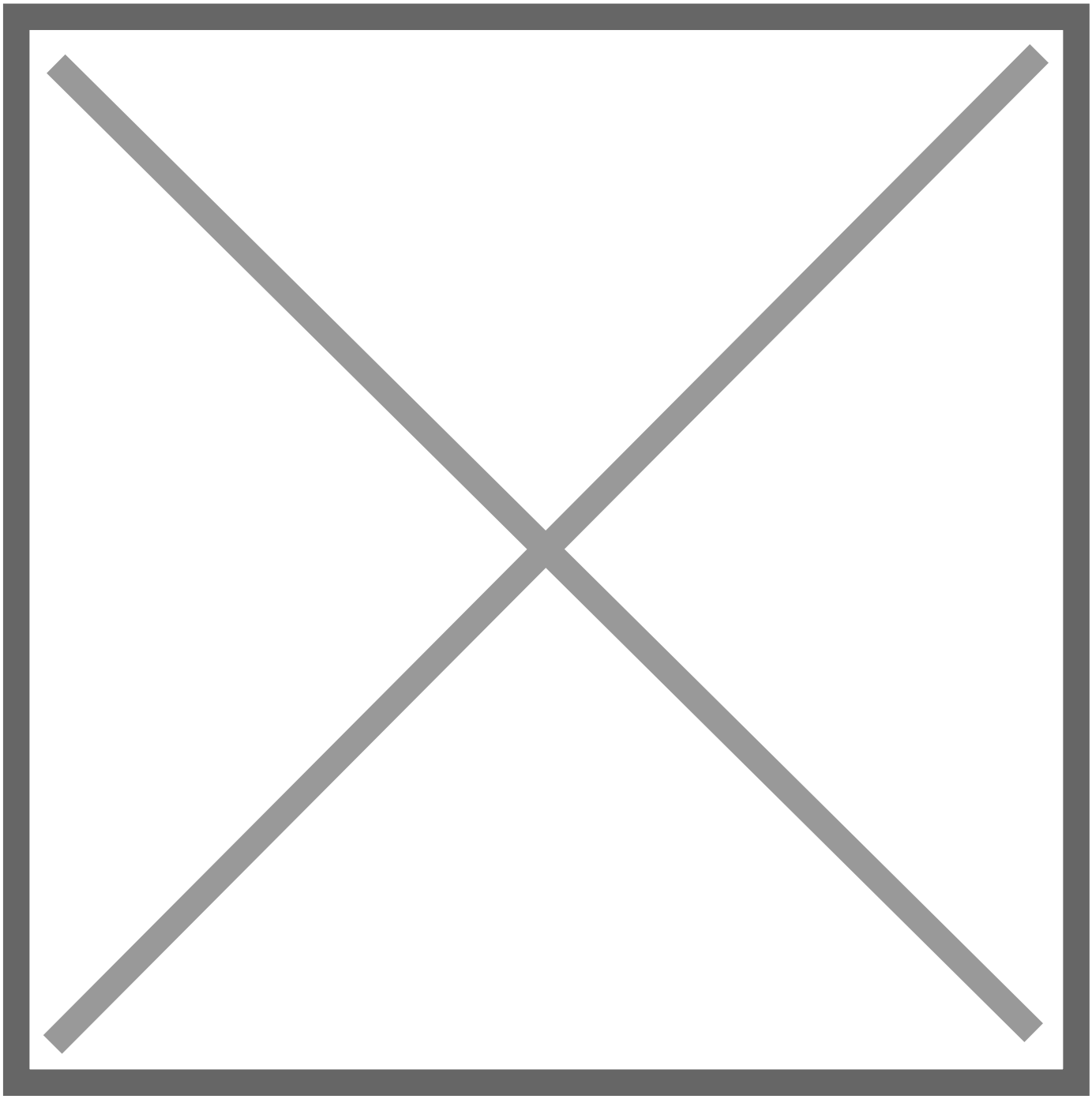
Adults, 2019-2020



Survey type:	Measured
Sample size:	3120
Area covered:	National
References:	Northern Ireland Health Survey 2019/20. Available at https://www.health-ni.gov.uk/publications/health-survey-northern-ireland-first-results-201920 (last accessed 02.03.21)

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Children, 2019-2020

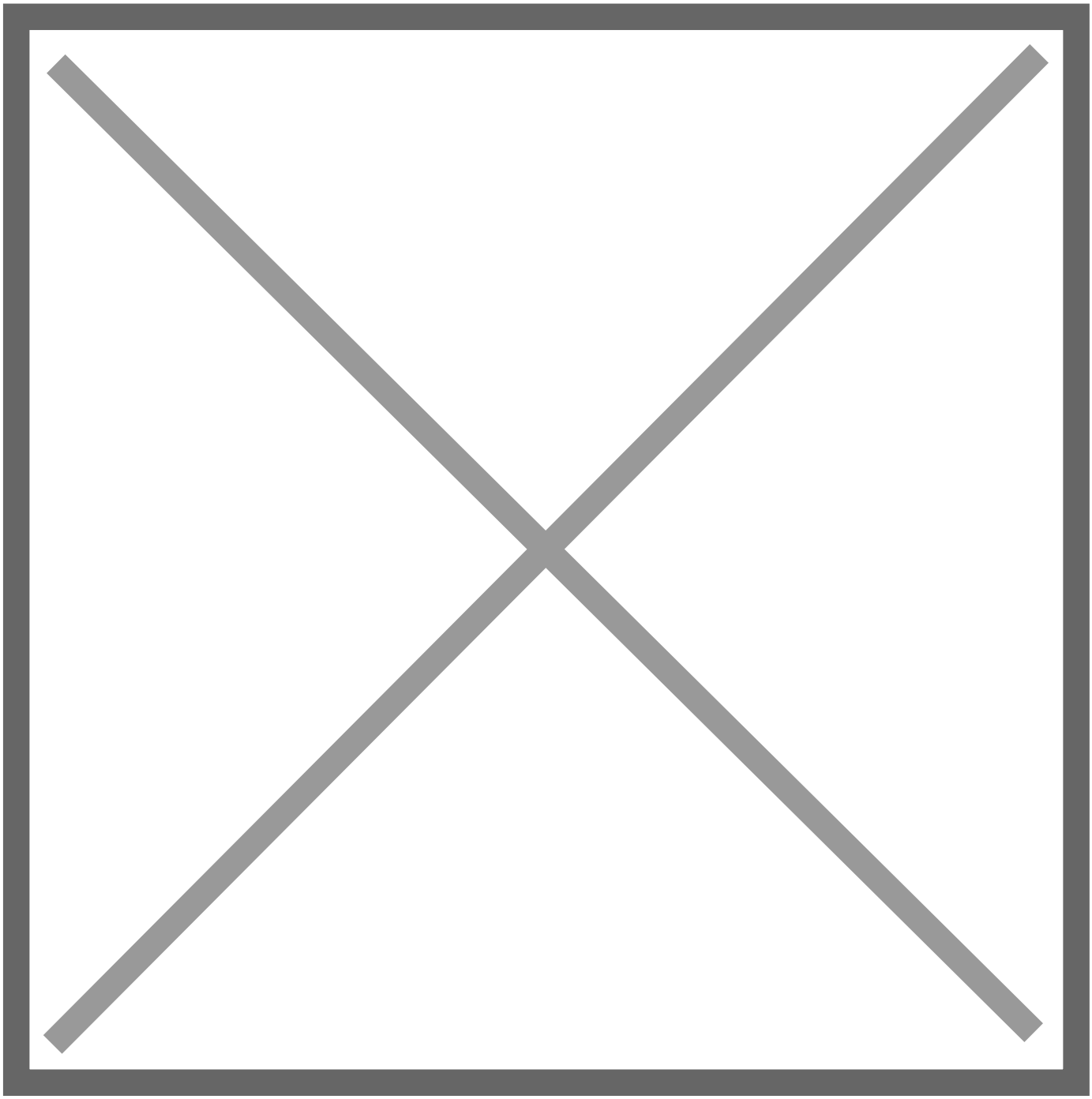


Survey type:	Measured
Sample size:	663
Area covered:	National
References:	Northern Ireland Health Survey 2019/20. Available at https://www.health-ni.gov.uk/publications/health-survey-northern-ireland-first-results-201920 (last accessed 02.03.21)

Cutoffs:	IOTF

Overweight/obesity by region

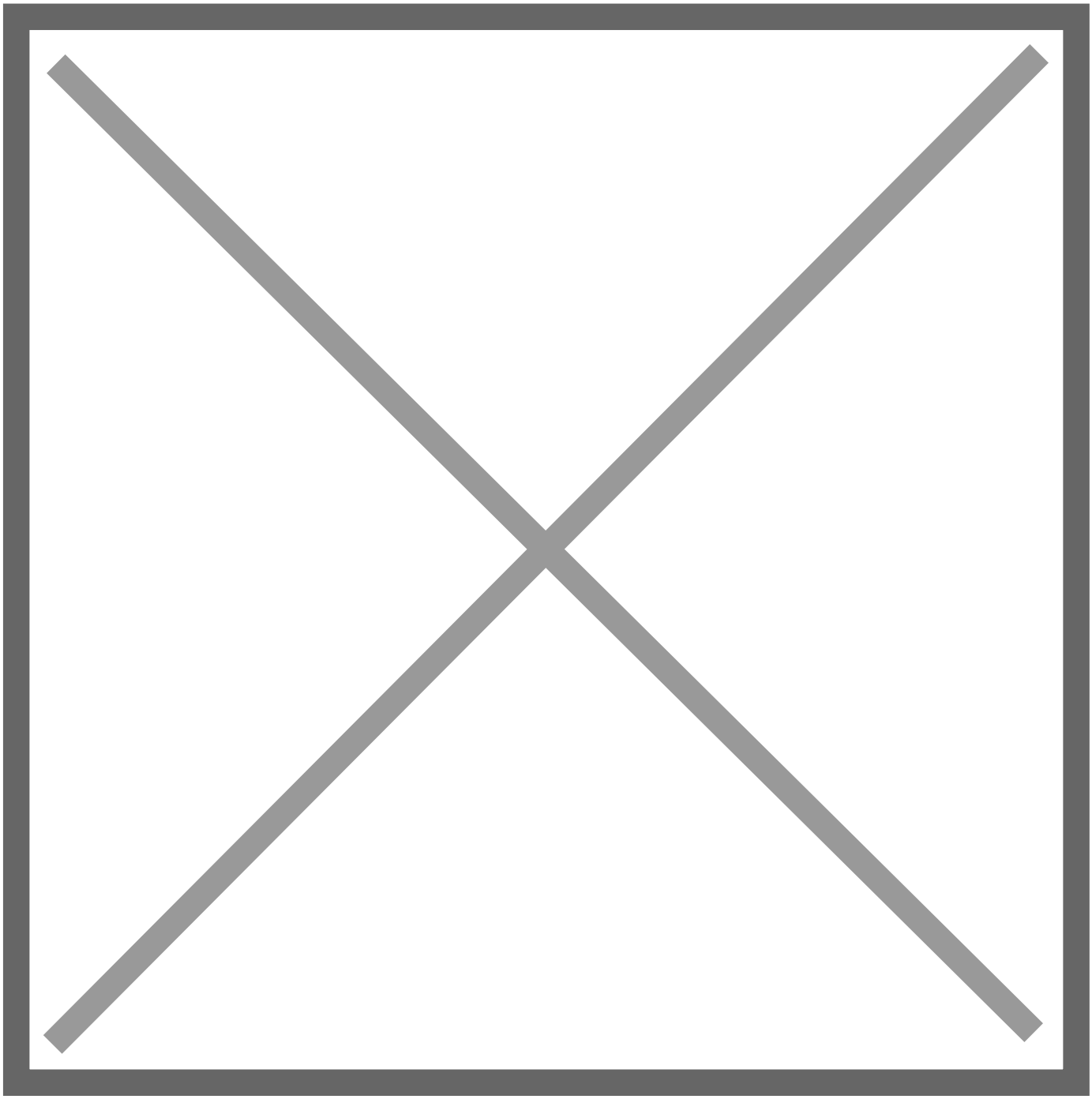
Adults, 2019-2020



Survey type:	Measured
Age:	16+
Sample size:	3120
Area covered:	National
References:	Northern Ireland Health Survey 2019/20. Available at https://www.health-ni.gov.uk/publications/health-survey-northern-ireland-first-results-201920 (last accessed 02.03.21)

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

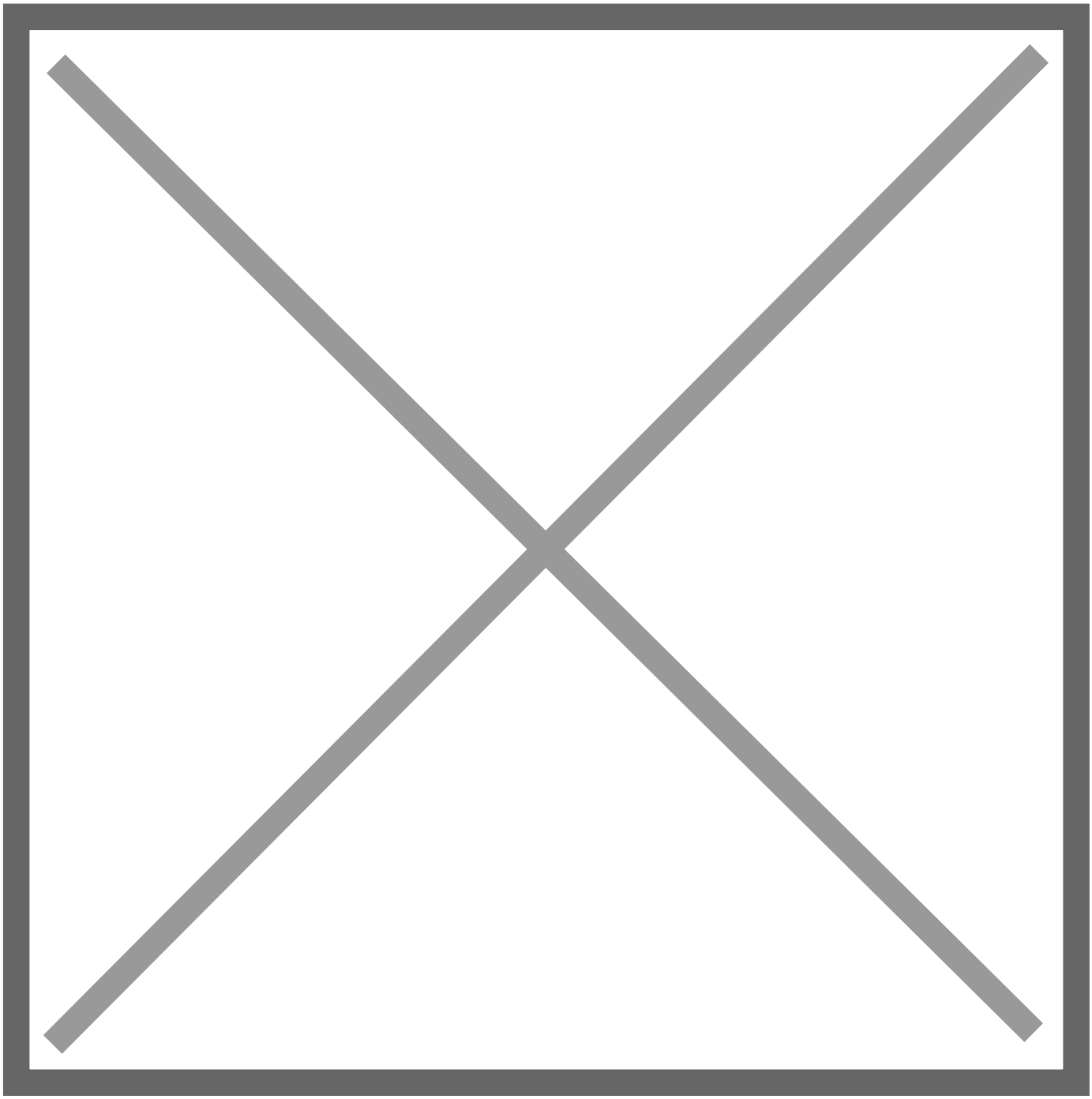
Boys, 2016-2018



Survey type:	Measured
Age:	4-6
Area covered:	National
References:	Northern Ireland Statistics and Research Agency - Childhood BMI (administrative geographies). Available at: https://www.ninis2.nisra.gov.uk/public/PivotGrid.aspx?ds=9971&lh=73&yn=2010-2018&sk=134&sn=Health+and+Social+Care&yearfilter=. Last accessed: 19.04.21.

Cutoffs:	IOTF

Girls, 2016-2018

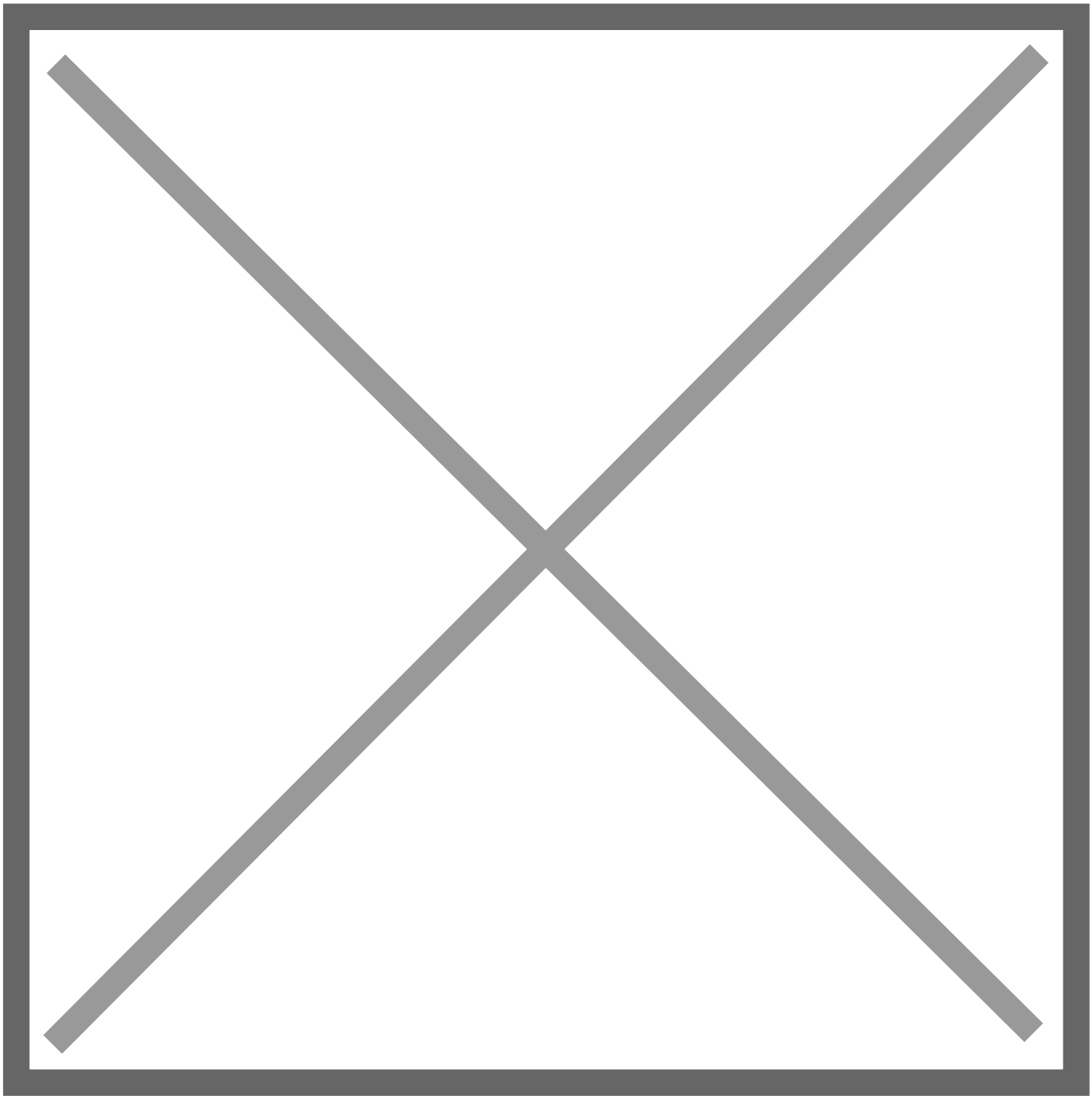


Survey type:	Measured
Age:	4-6
Area covered:	National
References:	Northern Ireland Statistics and Research Agency - Childhood BMI (administrative geographies). Available at: https://www.ninis2.nisra.gov.uk/public/PivotGrid.aspx?ds=9971&lh=73&yn=2010-2018&sk=134&sn=Health+and+Social+Care&yearfilter=. Last accessed: 19.04.21.

Cutoffs:	IOTF

Overweight/obesity by socio-economic group

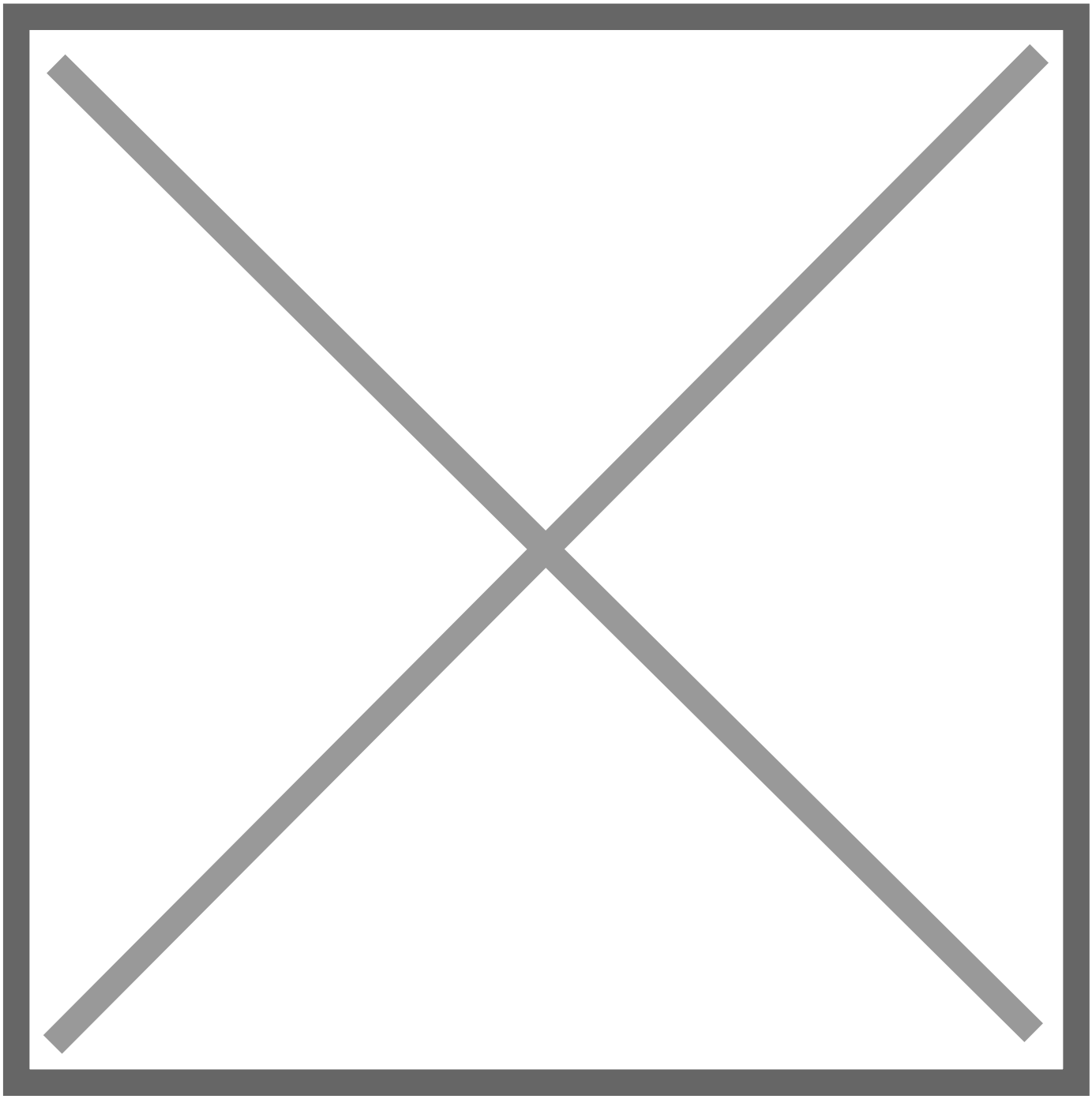
Adults, 2019-2020



Survey type:	Measured
Age:	16+
Sample size:	3120
Area covered:	National
References:	Northern Ireland Health Survey 2019/20. Available at https://www.health-ni.gov.uk/publications/health-survey-northern-ireland-first-results-201920 (last accessed 02.03.21)

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Children, 2012-2013



Survey type:	Measured
Age:	2-10
Area covered:	National
References:	Health Survey Northern Ireland: http://www.dhsspsni.gov.uk/index/statistics/lcb/obesity-and-diet.htm (last accessed 18 June 2015)
Cutoffs:	IOTF

PDF created on October 22, 2026