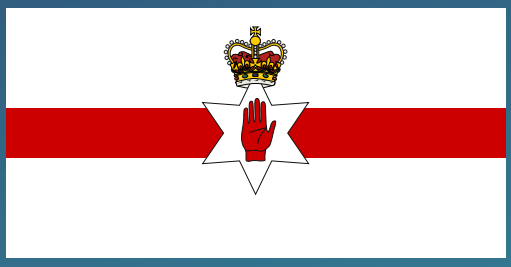
Northern Ireland



Country report card - adults

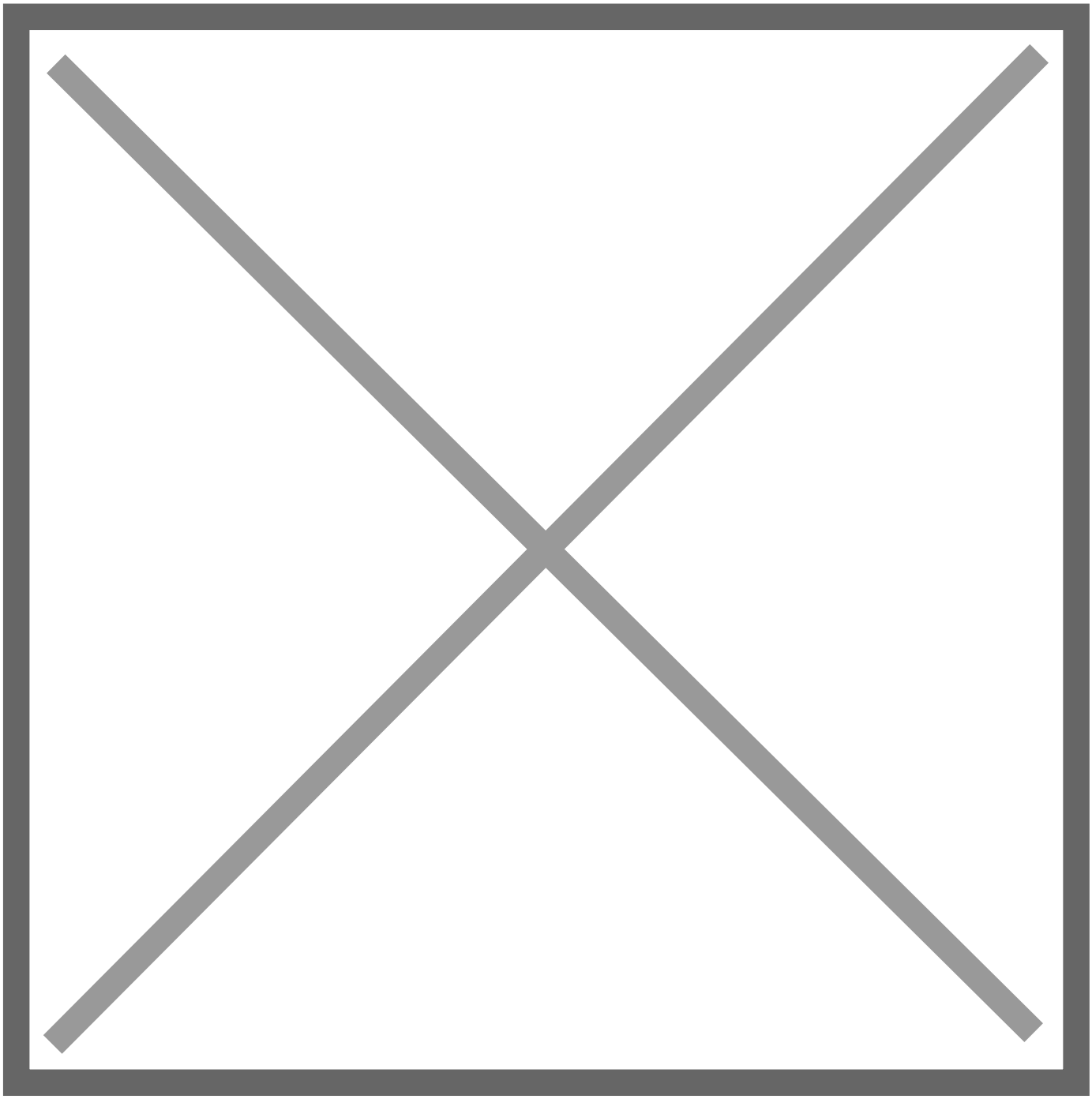
This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity for adults. Where available, data on common and relevant obesity drivers and comorbidities are also presented.

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

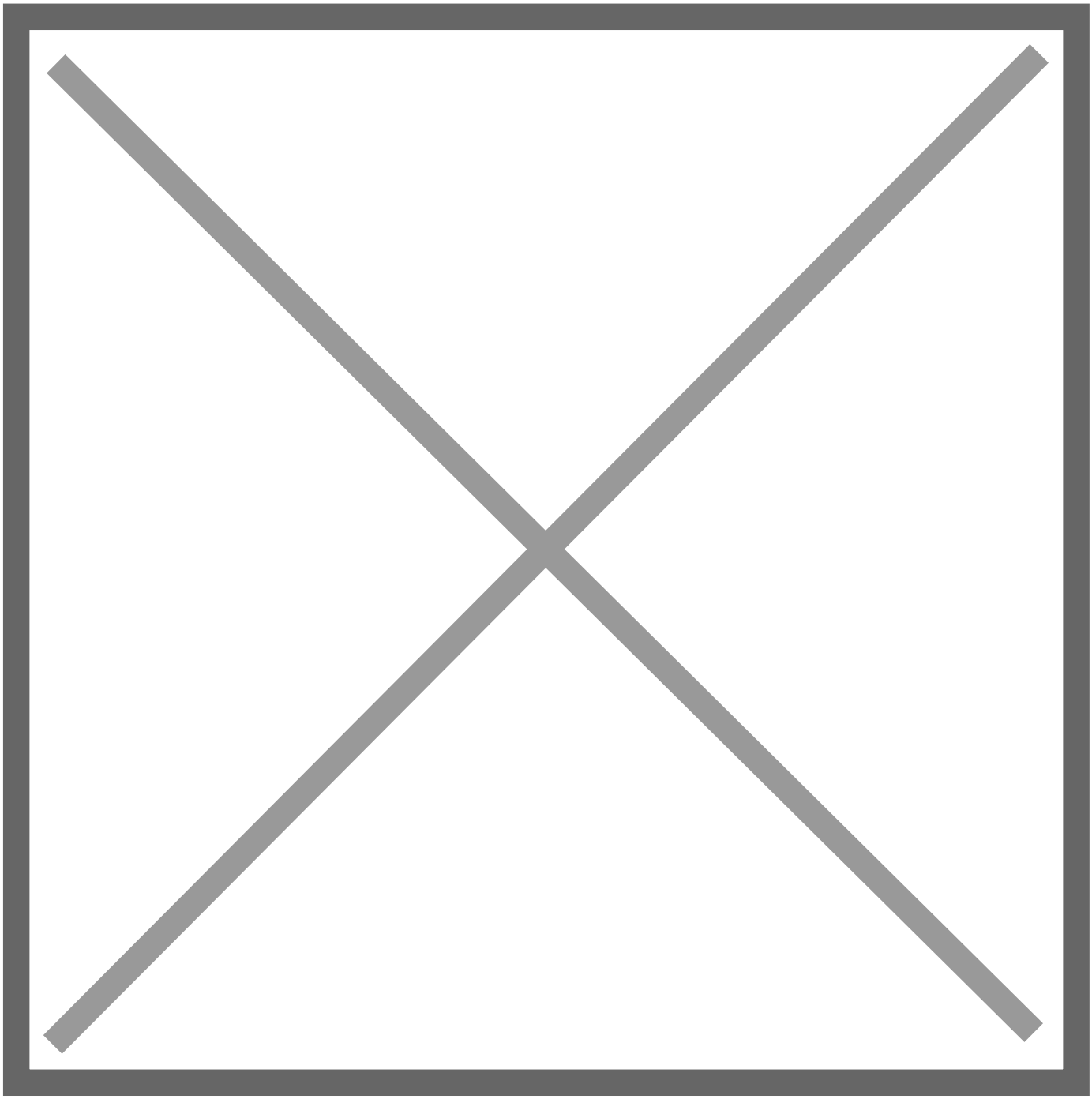


Survey type:	Measured
Age:	16+
Sample size:	1381
Area covered:	National
References:	Health Survey Northern Ireland First Results 2024-25. https://www.health-ni.gov.uk/publications/health-survey-northern-ireland-first-results-202425 [Accessed 06.05.26]

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

% Adults living with obesity in Northern Ireland 2010-2024

Men

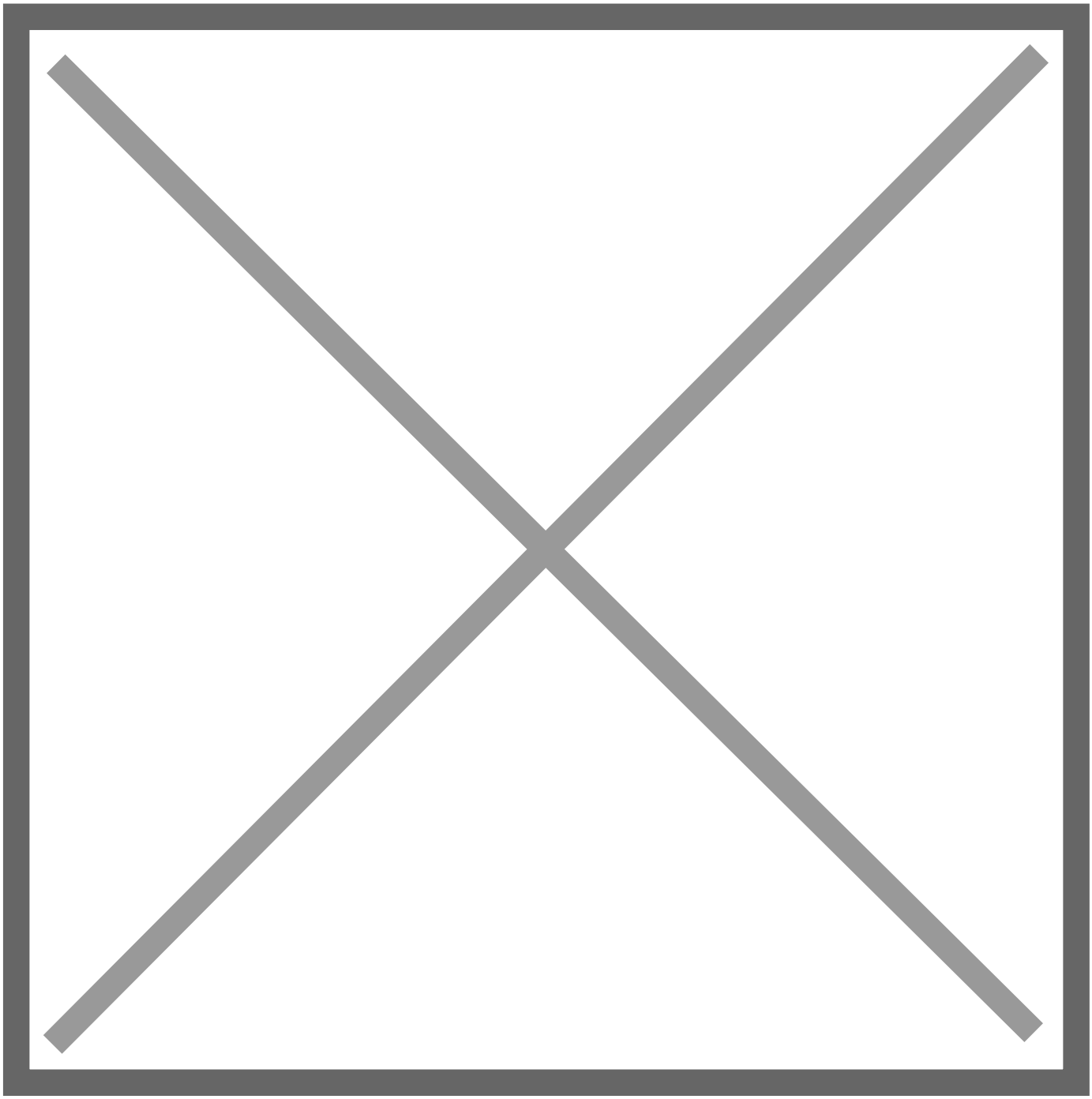


Survey type:	Measured
References:	2010, 2011, 2012, 2013, 2014, 2015, 2016, 2017: Health Survey Northern Ireland 2017/18. https://www.health-ni.gov.uk/publications/health-survey-northern-ireland-first-results-201718(last accessed 14.07.20) 2019: Northern Ireland Health Survey 2019/20. Available at https://www.health-ni.gov.uk/publications/health-survey-northern-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

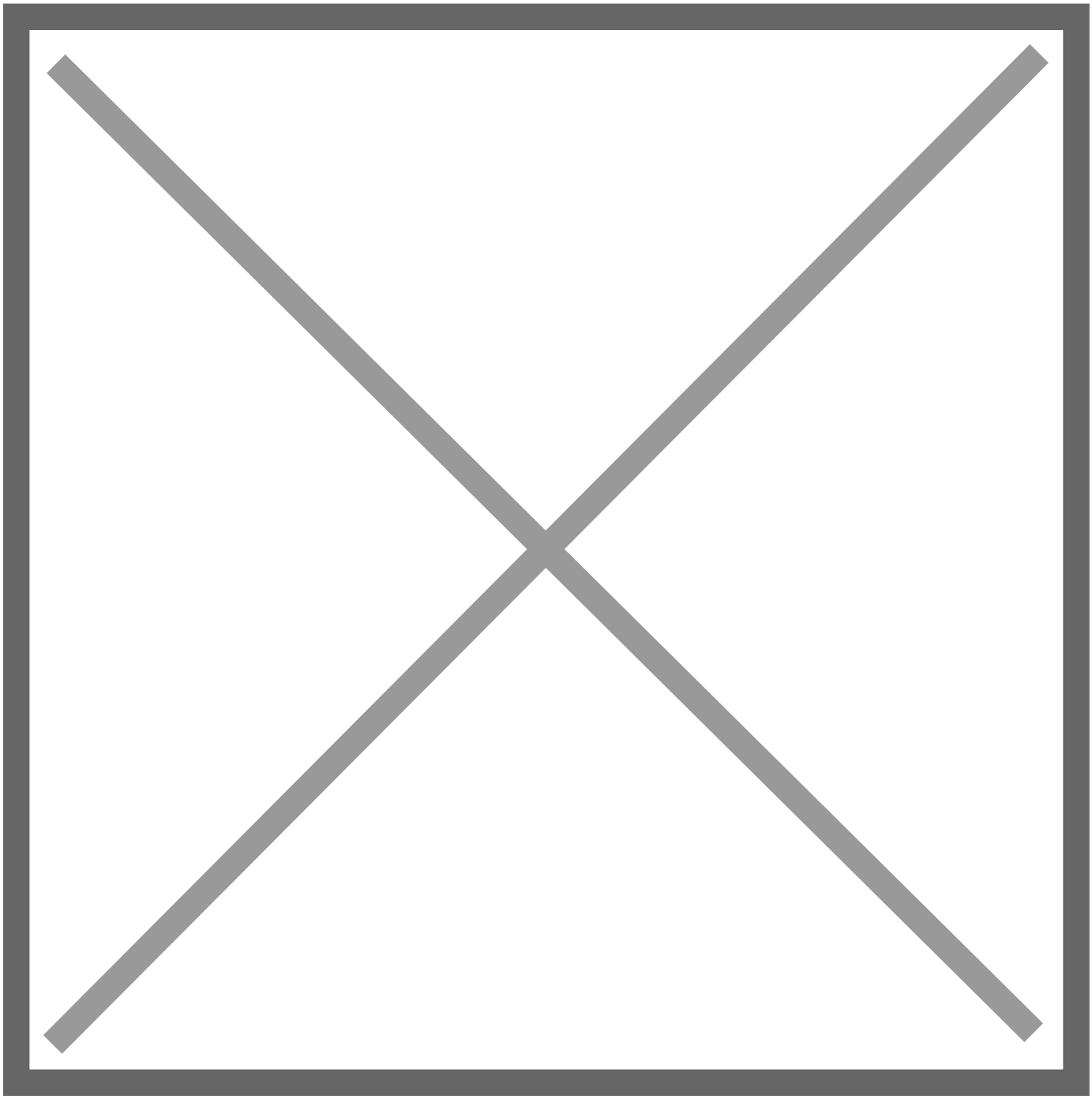


Survey type:	Measured
References:	2010, 2011, 2012, 2013, 2014, 2015, 2016, 2017: Health Survey Northern Ireland 2017/18. https://www.health-ni.gov.uk/publications/health-survey-northern-ireland-first-results-201718(last accessed 14.07.20) 2019: Northern Ireland Health Survey 2019/20. Available at https://www.health-ni.gov.uk/publications/health-survey-northern-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



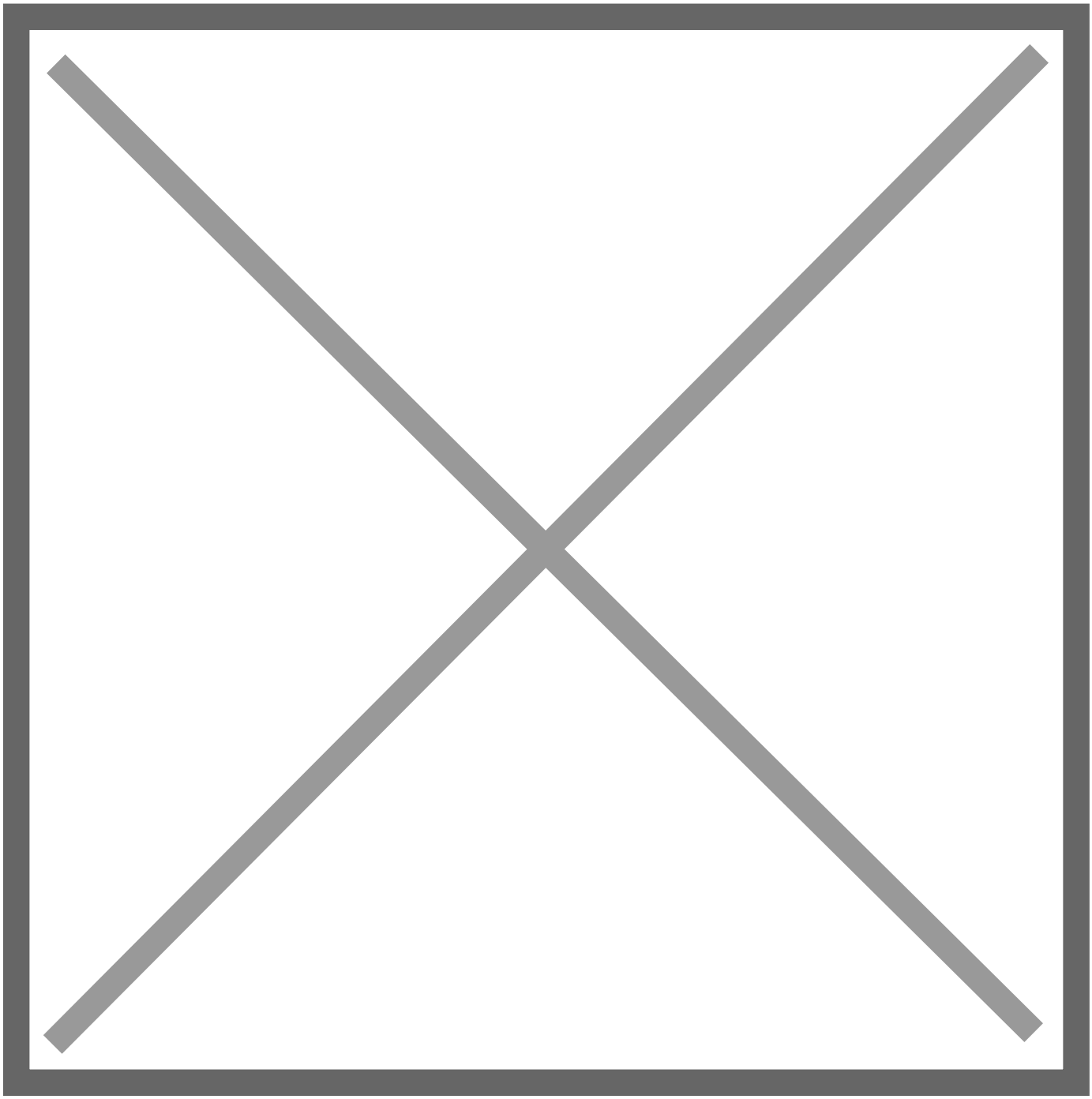
Survey type:	Measured
References:	2010, 2011, 2012, 2013, 2014, 2015, 2016, 2017: Health Survey Northern Ireland 2017/18. https://www.health-ni.gov.uk/publications/health-survey-northern-ireland-first-results-201718(last accessed 14.07.20) 2019: Northern Ireland Health Survey 2019/20. Available at https://www.health-ni.gov.uk/publications/health-survey-northern-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

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

Men

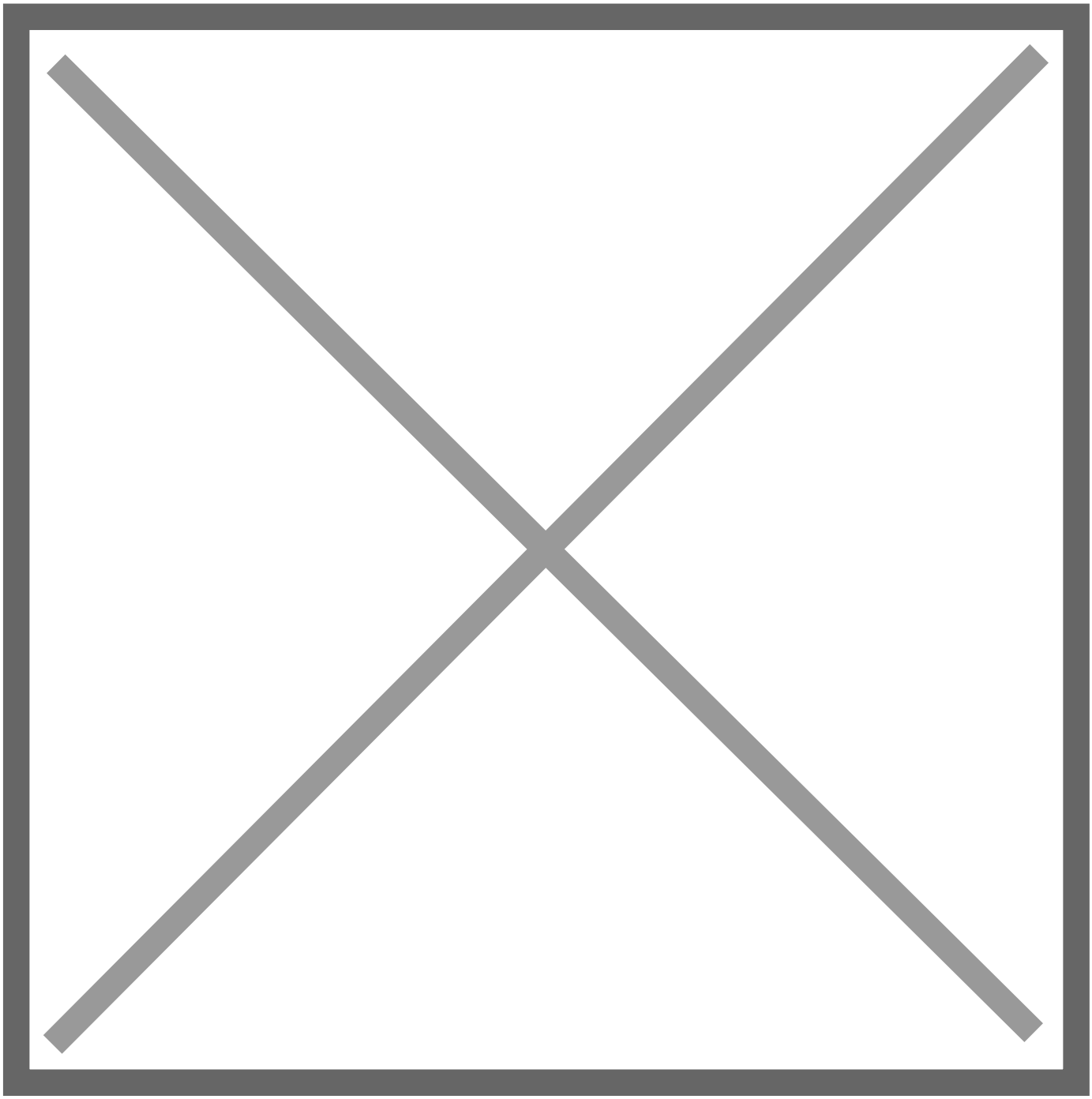


Survey type:	Measured
References:	2010, 2011, 2012, 2013, 2014, 2015, 2016, 2017: Health Survey Northern Ireland 2017/18. https://www.health-ni.gov.uk/publications/health-survey-northern-ireland-first-results-201718(last accessed 14.07.20) 2019: Northern Ireland Health Survey 2019/20. Available at https://www.health-ni.gov.uk/publications/health-survey-northern-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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Women

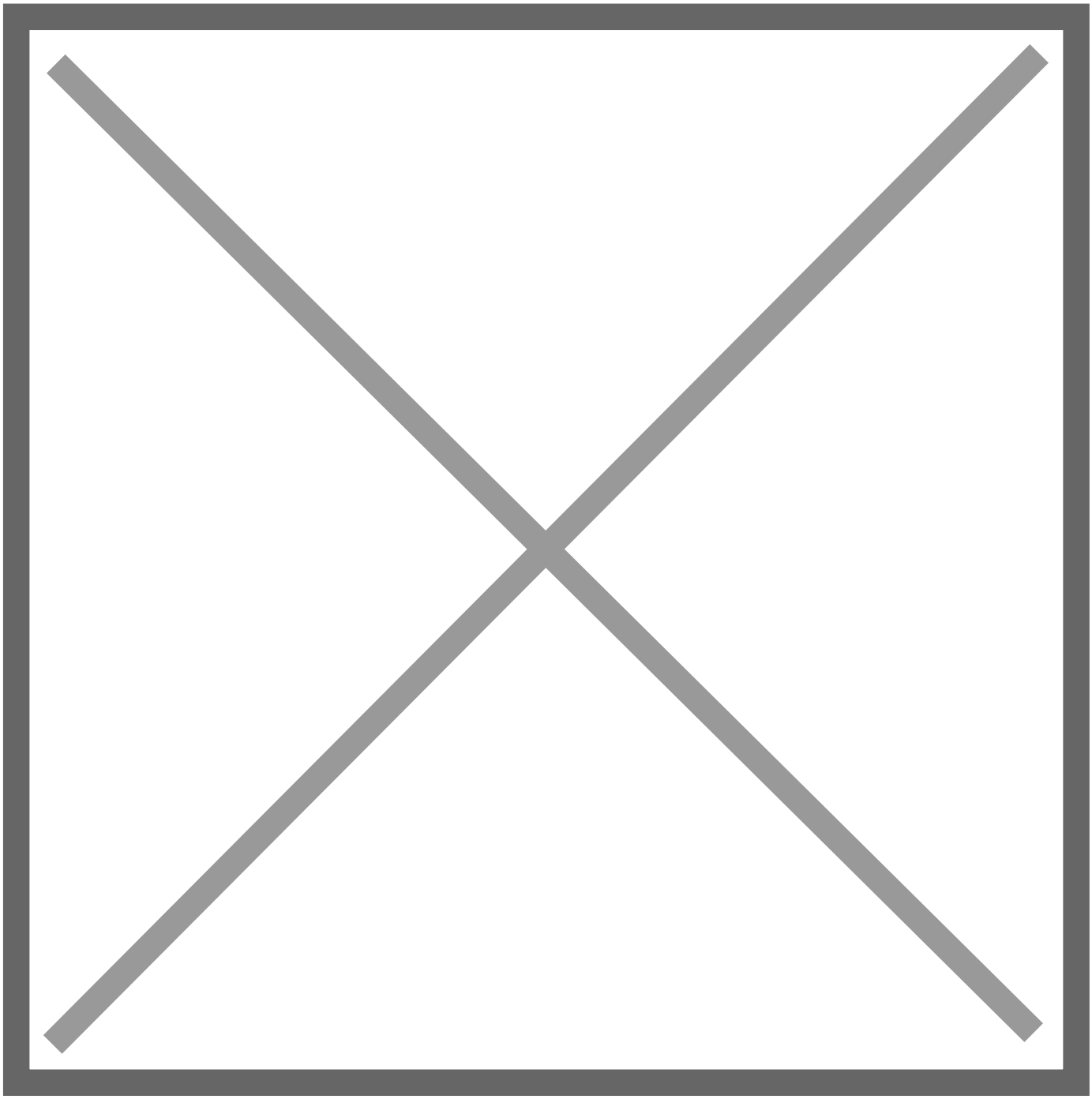


Survey type:	Measured
References:	2010, 2011, 2012, 2013, 2014, 2015, 2016, 2017: Health Survey Northern Ireland 2017/18. https://www.health-ni.gov.uk/publications/health-survey-northern-ireland-first-results-201718(last accessed 14.07.20) 2019: Northern Ireland Health Survey 2019/20. Available at https://www.health-ni.gov.uk/publications/health-survey-northern-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



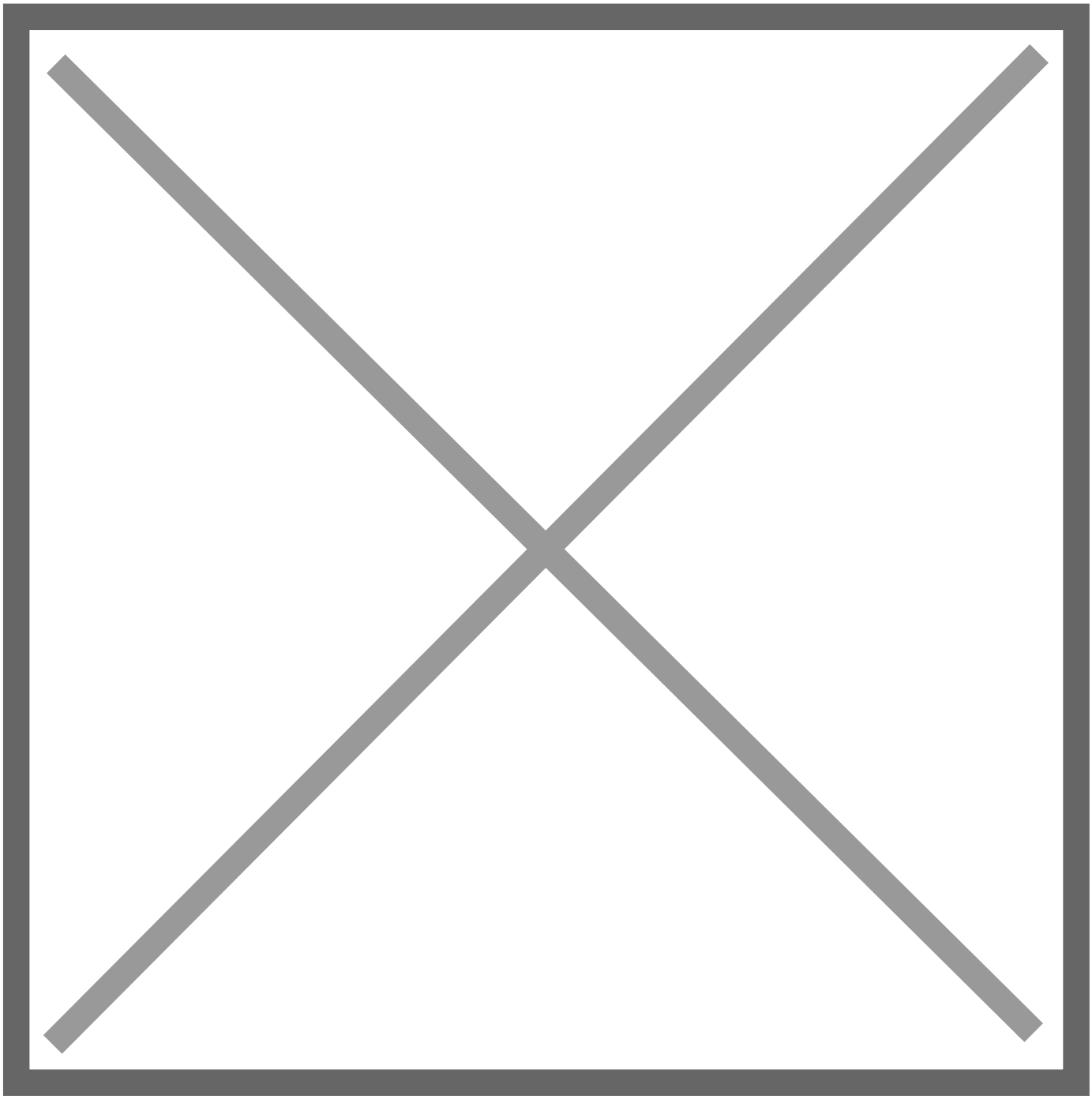
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References:	2010, 2011, 2012, 2013, 2014, 2015, 2016, 2017: Health Survey Northern Ireland 2017/18. https://www.health-ni.gov.uk/publications/health-survey-northern-ireland-first-results-201718(last accessed 14.07.20) 2019: Northern Ireland Health 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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Overweight/obesity by age

Adults, 2019-2020

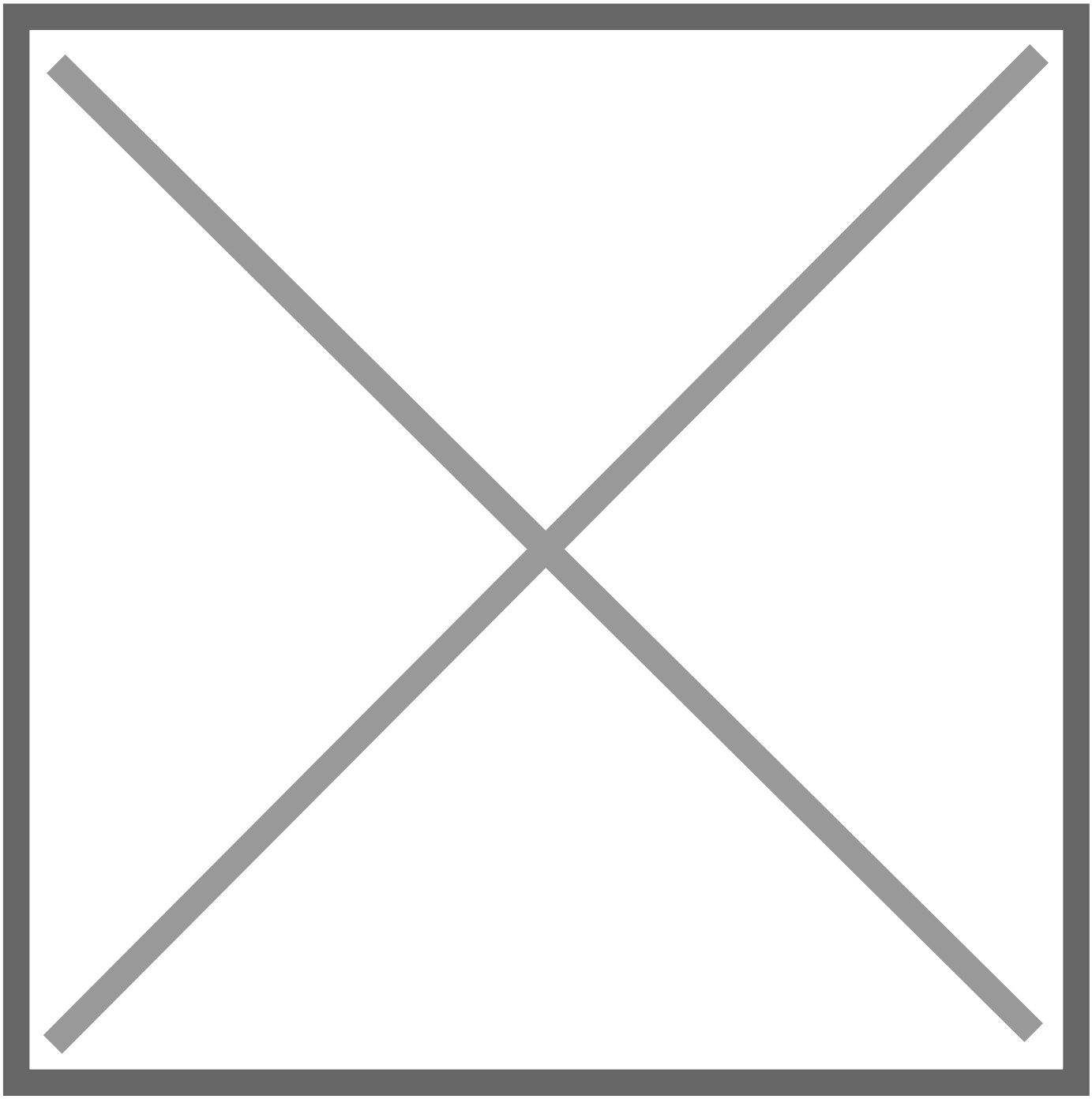


Survey type:	Measured
Sample size:	3120
Area covered:	National
References:	Northern Ireland Health Survey 2019/20. Available at https://www.health-ni.gov.uk/publications/health-survey-northern-ireland-first-results-201920 (last accessed 02.03.21)

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Overweight/obesity by region

Adults, 2019-2020



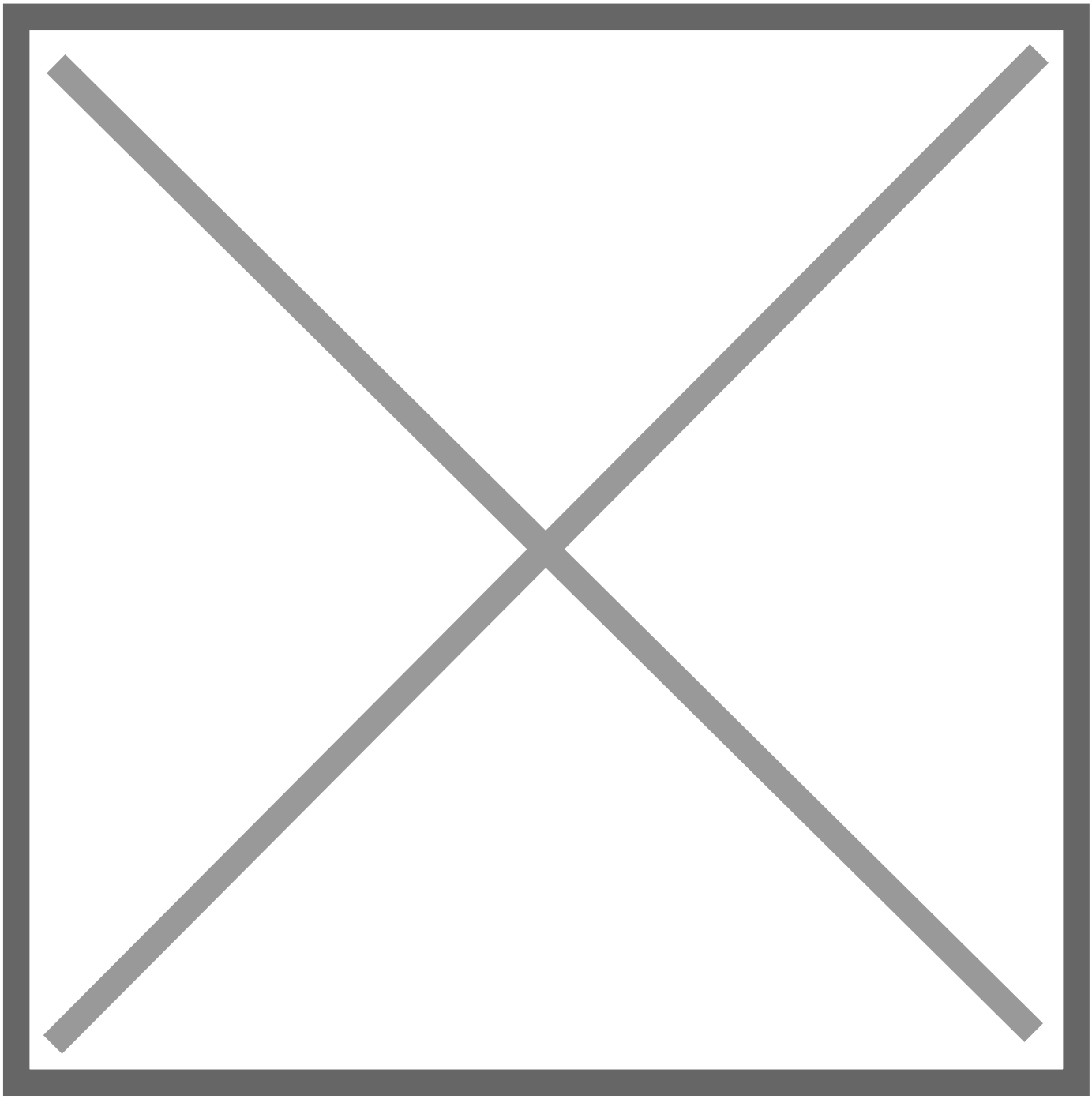
Survey type:	Measured
Age:	16+
Sample size:	3120
Area covered:	National

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.

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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PDF created on October 22, 2026