Scotland



Country report card - adults

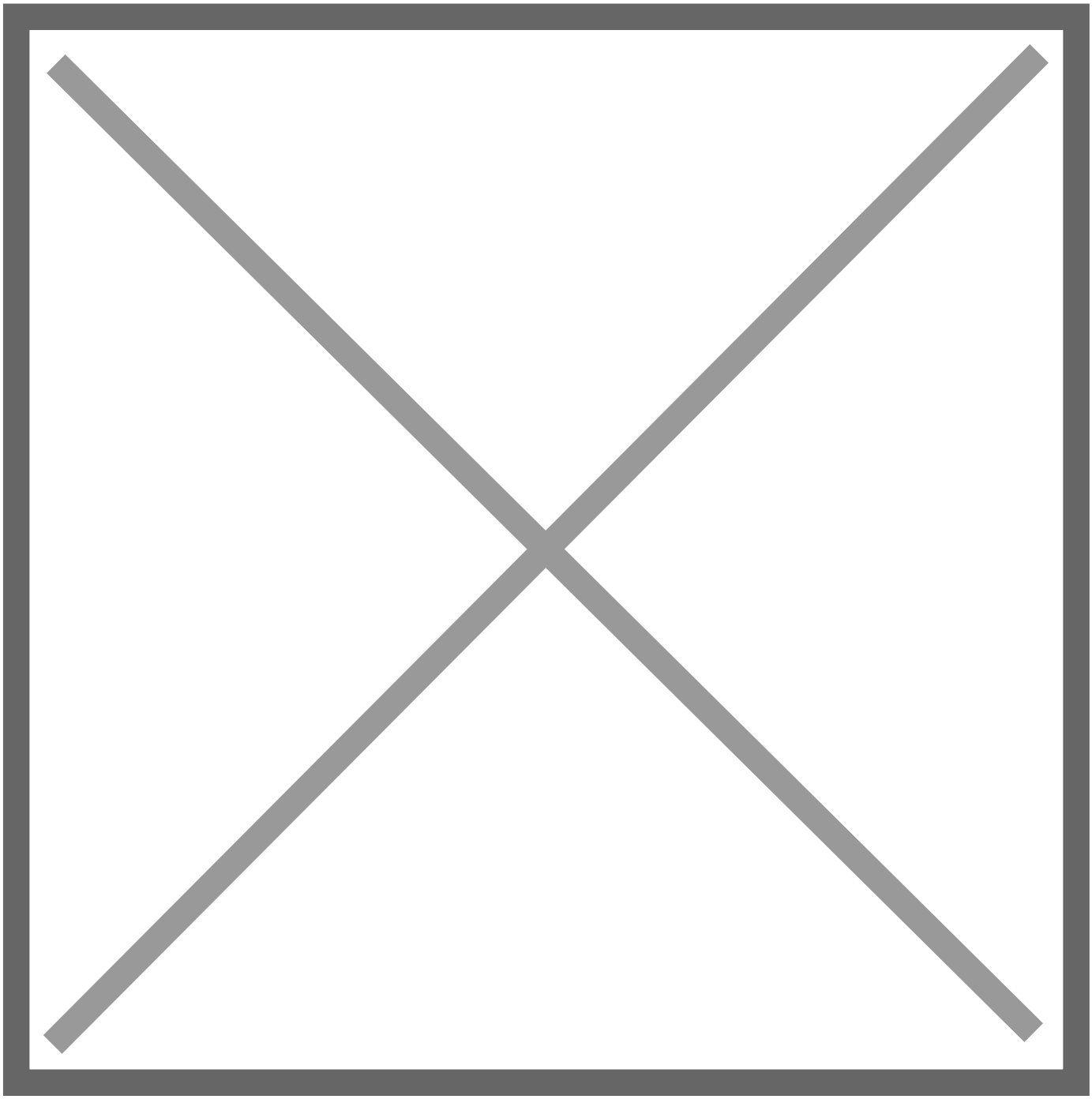
This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity for adults. Where available, data on common and relevant obesity drivers and comorbidities are also presented.

View the latest version of this report on the Global Obesity Observatory at https://data.worldobesity.org/country/scotland-239/.

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Obesity prevalence

Adults, 2024

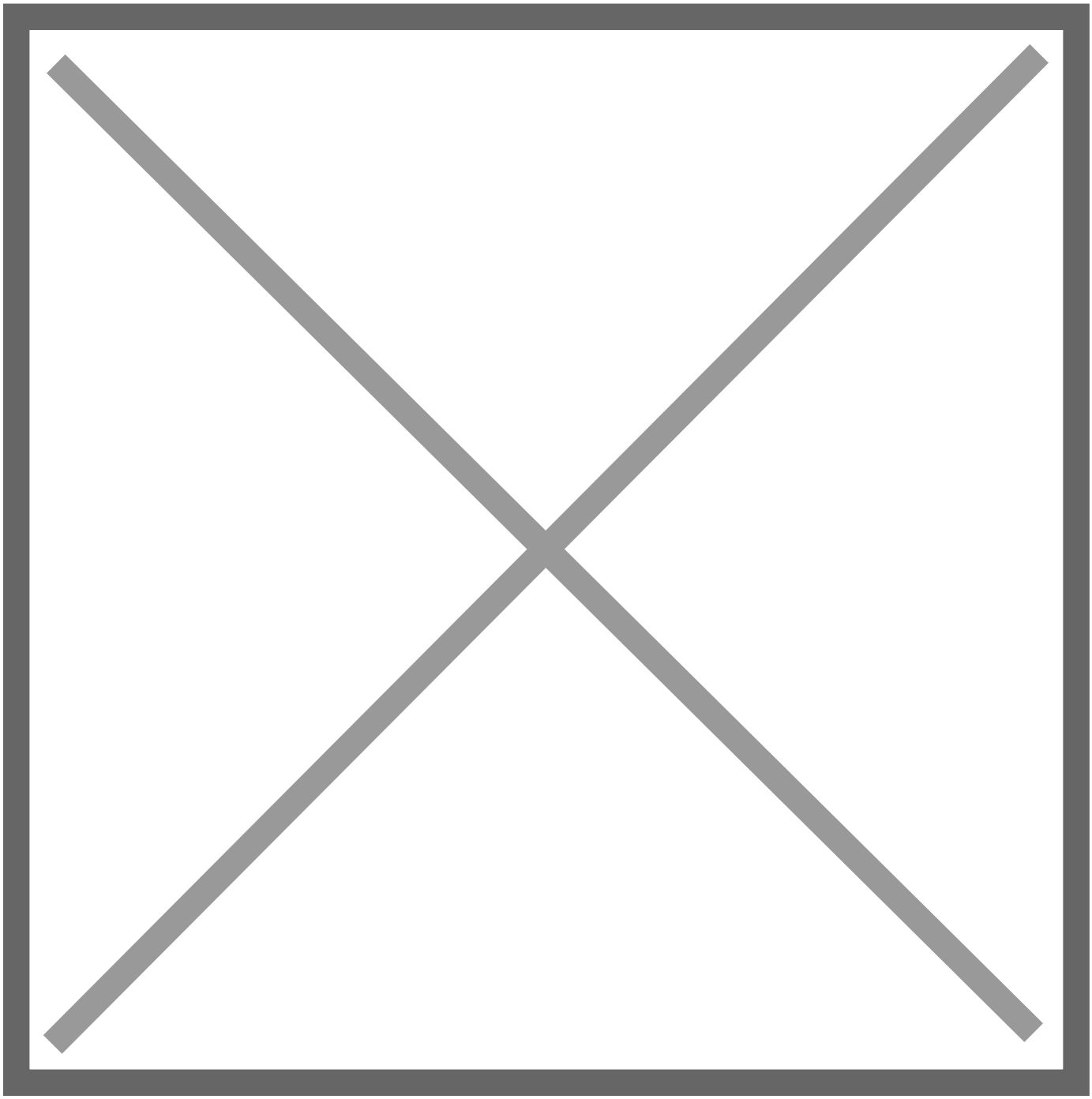


Survey type:	Self-reported
Age:	16+
Sample size:	3627
Area covered:	National
References:	Scottish Health Survey 2024. https://www.gov.scot/publications/scottish-health-survey-2024-volume-1-main-report/documents/ [Accessed 03.02.26]

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% Adults living with obesity in Scotland 1998-2022

Men

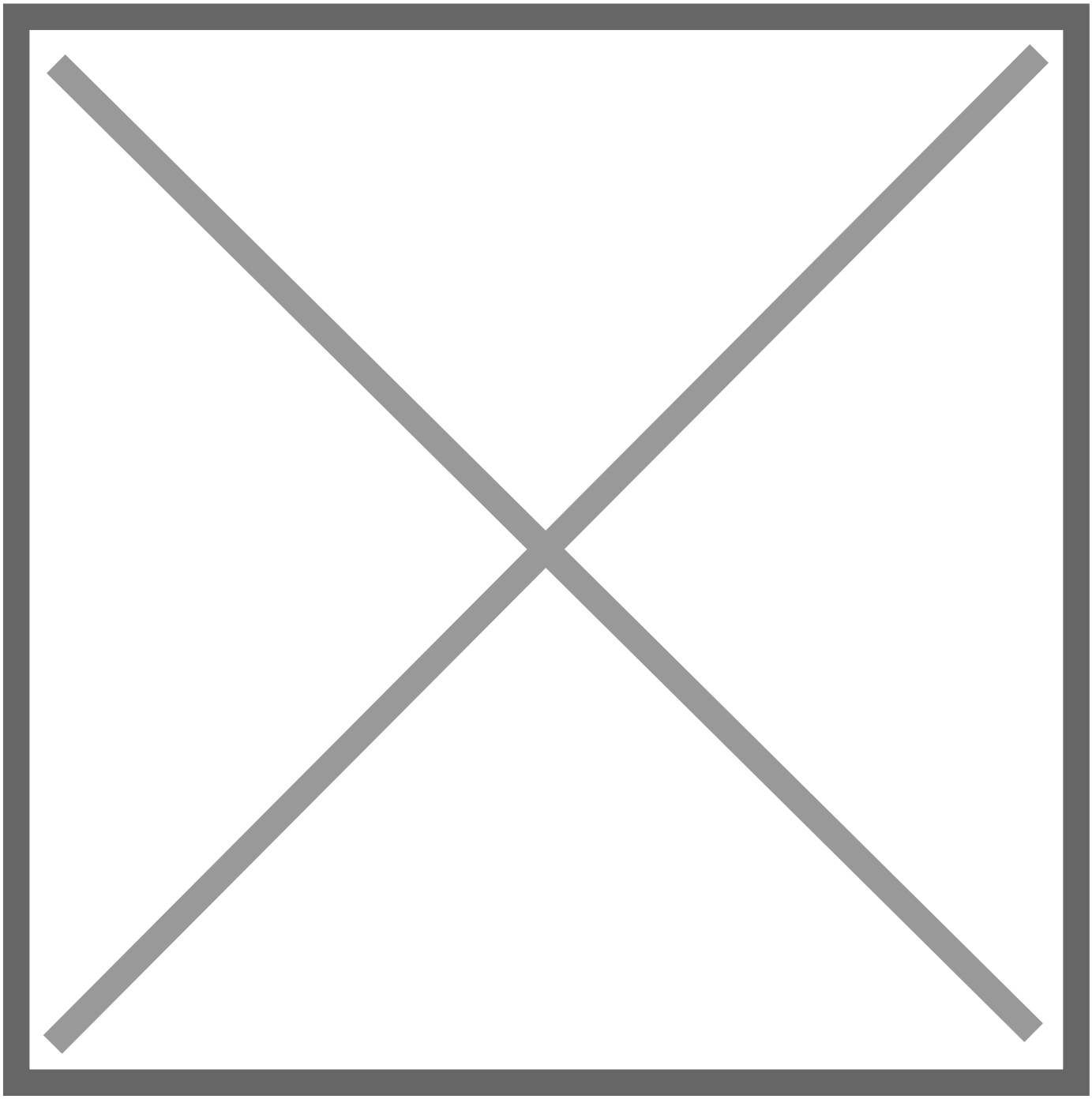


Survey type:	Measured
References:	1998: Scottish Health Survey 1998 2003: http://www.scotland.gov.uk/Publications/2005/11/25145024/50251 2008: Bromley C, Bradshaw P and Given L. (2009). 2008 Scottish Health Survey, Volume 1. The Scottish Government, Edinburgh. 2010: Scottish Health Survey 2010 http://www.scotland.gov.uk/Publications/2011/09/27084018/0 2012: Scottish Health Survey http://www.scotland.gov.uk/Resource/0043/00434590.pdf 2013: Scottish Health Survey http://www.scotland.gov.uk/Publications/2014/12/9982/downloads (last accessed 9th December 2013) 2015: Scottish Health Survey 2015 (https://view.officeapps.live.com/op/view.aspx?src=http://www.gov.scot/Resource/0050/00505713.xls last accessed 8th Jan 2017) 2016: Scottish Health Survey 2016 (http://www.gov.scot/Publications/2017/10/2970/downloads last accessed 3rd October 2017) Link

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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



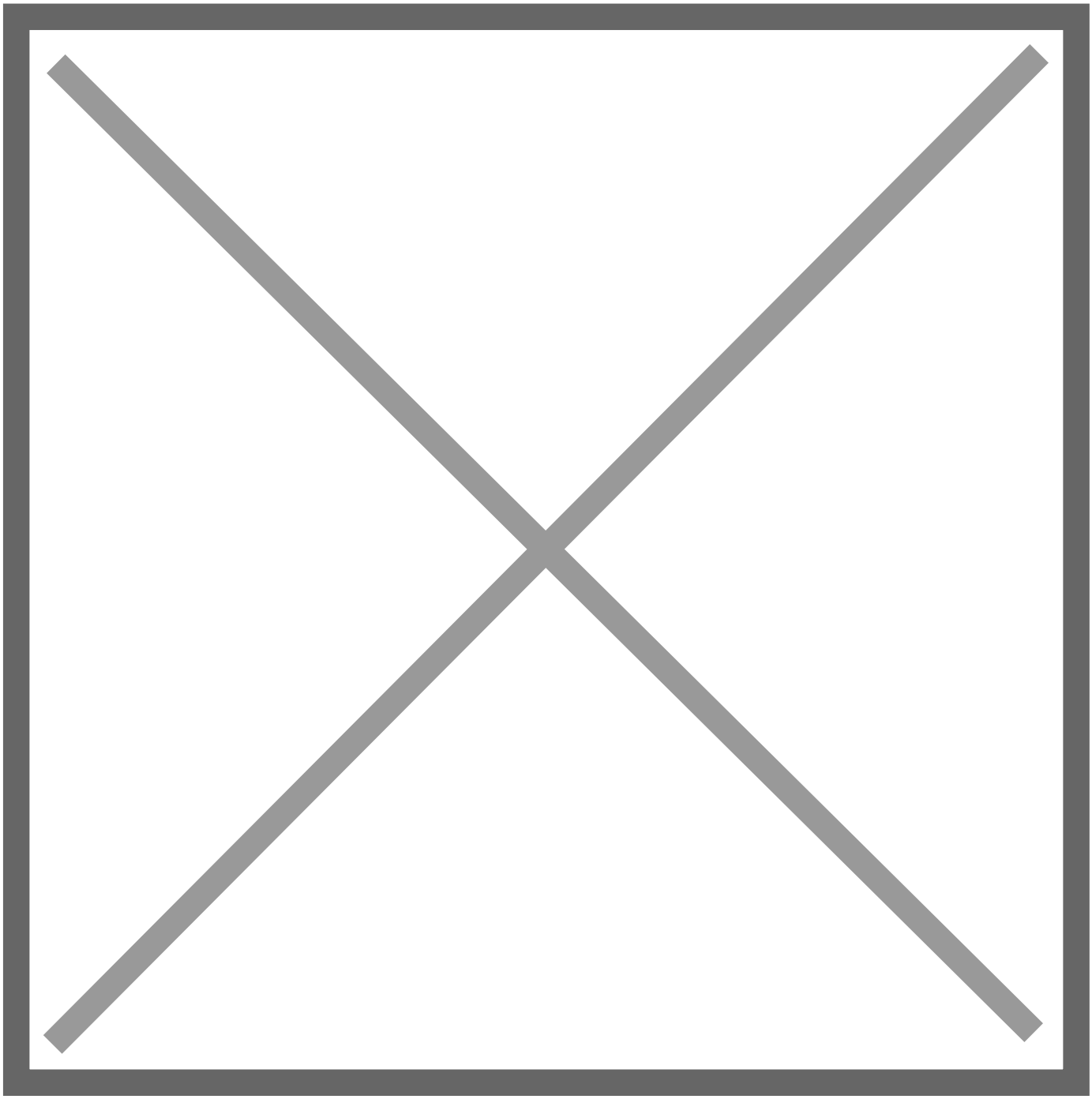
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% Adults living with overweight or obesity in Scotland 1998-2022

Men

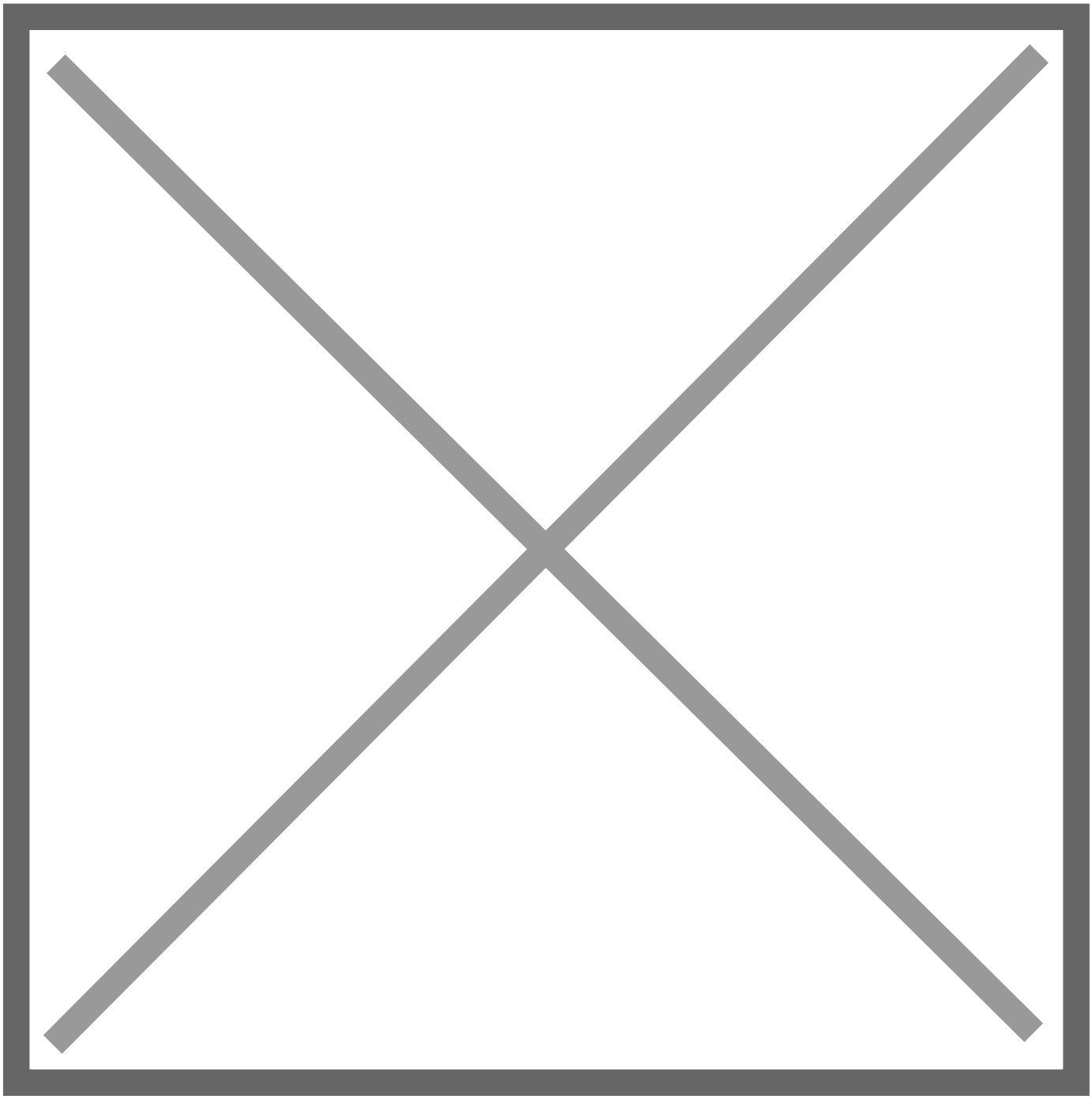


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References:	1998: Scottish Health Survey 1998 2003: http://www.scotland.gov.uk/Publications/2005/11/25145024/50251 2008: Bromley C, Bradshaw P and Given L. (2009). 2008 Scottish Health Survey, Volume 1. The Scottish Government, Edinburgh. 2010: Scottish Health Survey 2010 http://www.scotland.gov.uk/Publications/2011/09/27084018/0 2012: Scottish Health Survey http://www.scotland.gov.uk/Resource/0043/00434590.pdf 2013: Scottish Health Survey http://www.scotland.gov.uk/Publications/2014/12/9982/downloads (last accessed 9th December 2013) 2015: Scottish Health Survey 2015 (https://view.officeapps.live.com/op/view.aspx?src=http://www.gov.scot/Resource/0050/00505713.xls last accessed 8th Jan 2017) 2016: Scottish Health Survey 2016 (http://www.gov.scot/Publications/2017/10/2970/downloads last accessed 3rd October 2017) Link

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Women



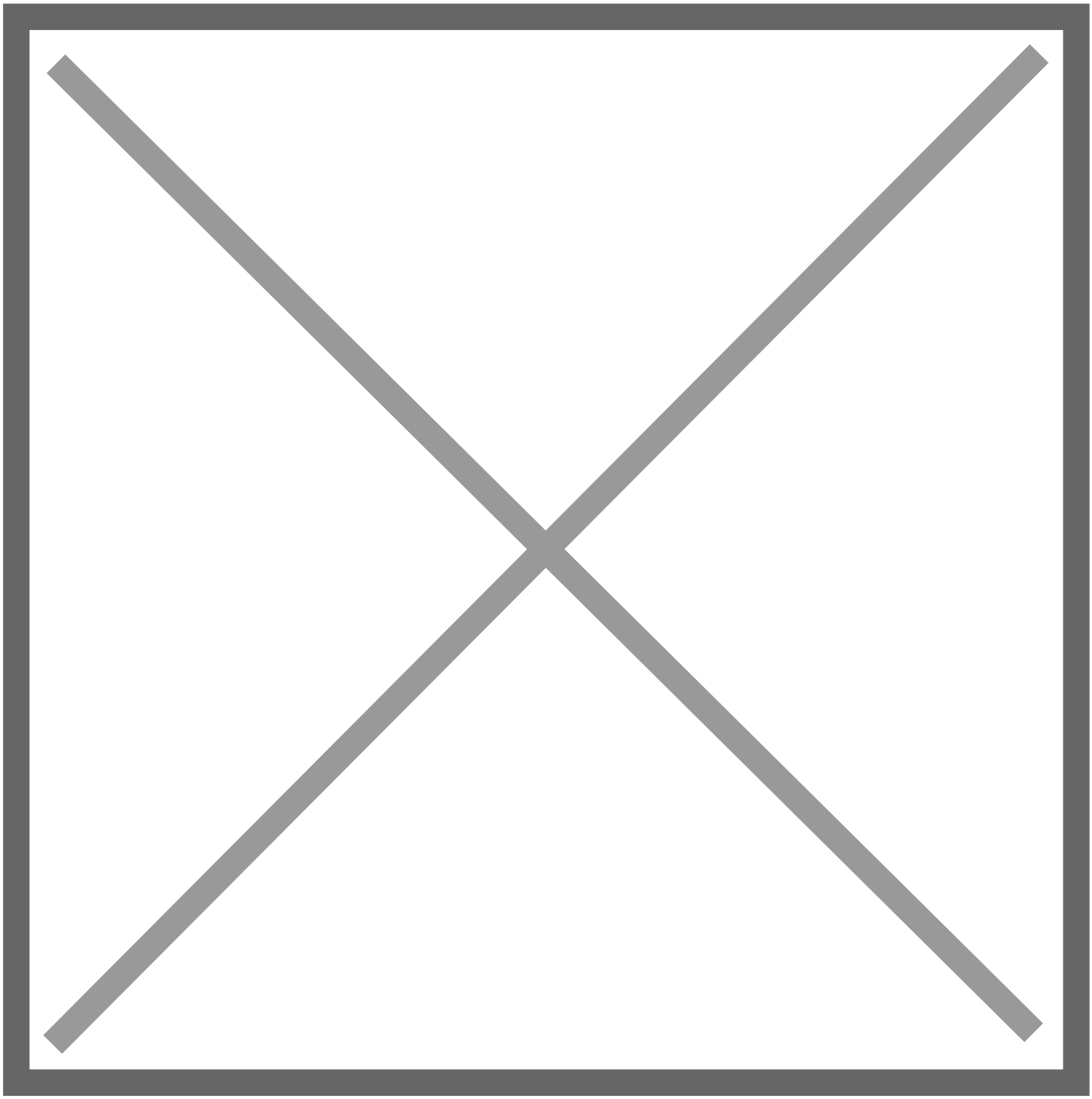
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% Adults living with obesity in selected countries worldwide 1976-2018, selected countries

Men



References:

1960, 1971, 1973, 1976, 1991: Flegal KM, Carroll MD, Kuczmarski RJ, Johnson CL. Overweight and obesity in the United States: prevalence and trends, 1960-1994. International Journal of Obesity (1998);22:39-47

1975: Monteiro CA, Conde WL, Popking BM. Is obesity replacing or adding to undernutrition? Evidence from different social classes in Brazil. 2002. Public Health Nutrition:51(1A), 105-112

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

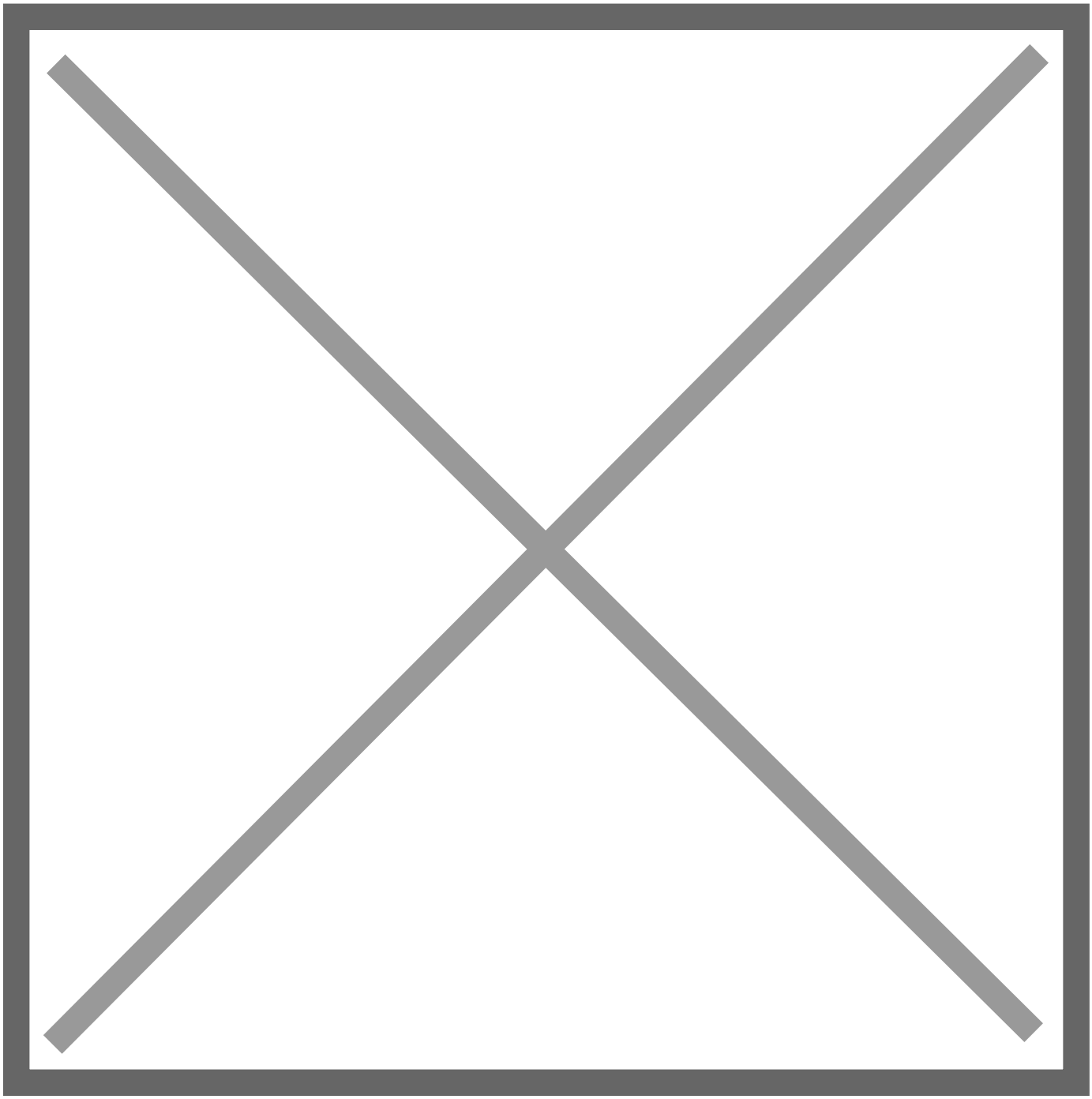
1982: Rodriguez-Ojea A, Jimenez S, Berdasco A, Esquivel M. The nutrition transition in Cuba in the nineties:an overview. Public health Nutrition 2002:5(1A), 129-133

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

1986: Yoshiike N, Seino F, Tajima S, Arai Y, Kawano M, Furuhata T, Inoue S. Twenty-year changes in the prevalence of overweight in

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Women



References:

1960, 1971, 1973, 1976, 1991: Flegal KM, Carroll MD, Kuczmarski RJ, Johnson CL. Overweight and obesity in the United States: prevalence and trends, 1960-1994. International Journal of Obesity (1998);22:39-47

1975: Monteiro CA, Conde WL, Popking BM. Is obesity replacing or adding to undernutrition? Evidence from different social classes in Brazil. 2002. Public Health Nutrition:51(1A), 105-112

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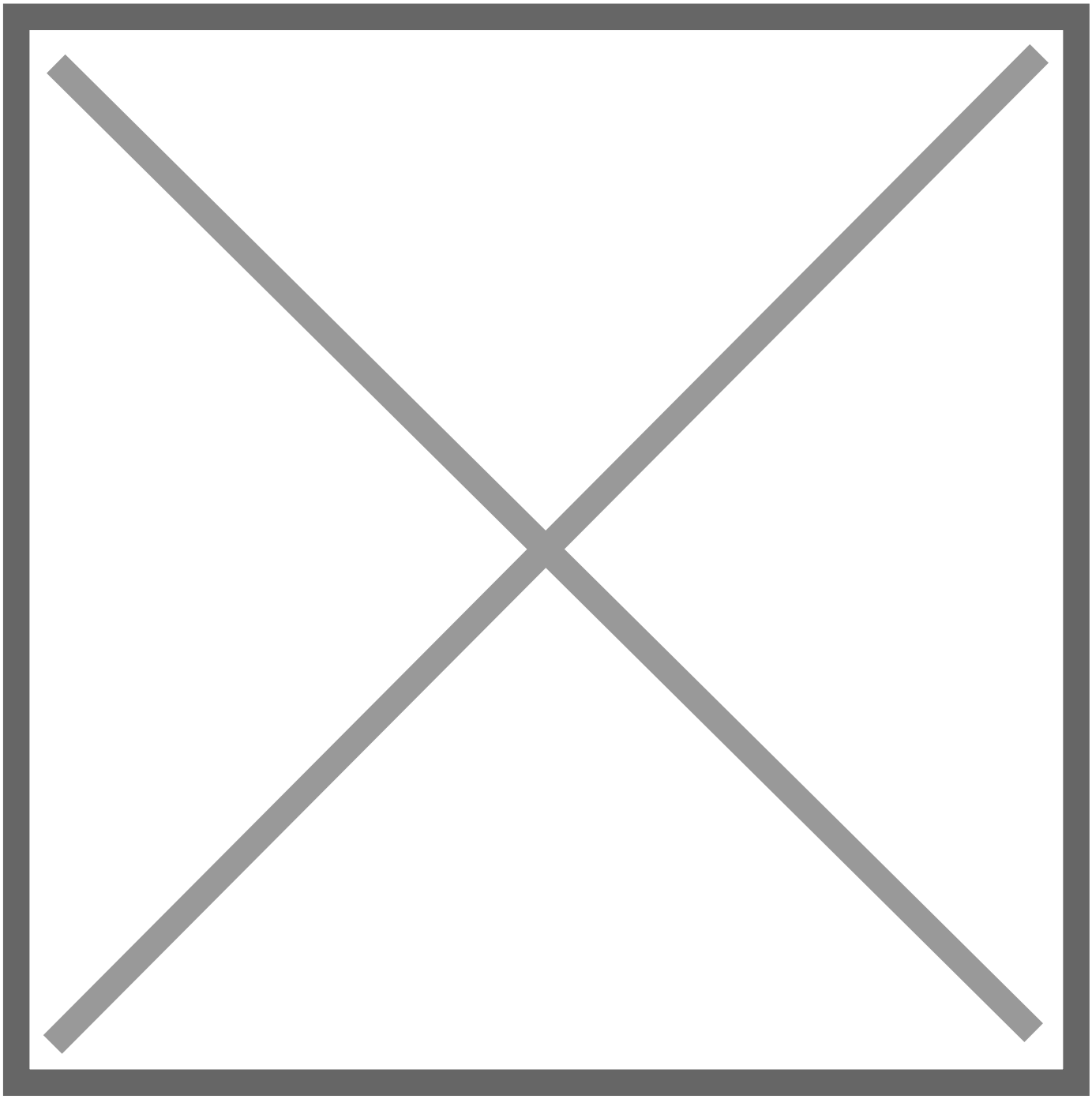
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Overweight/obesity by age

Adults, 2024

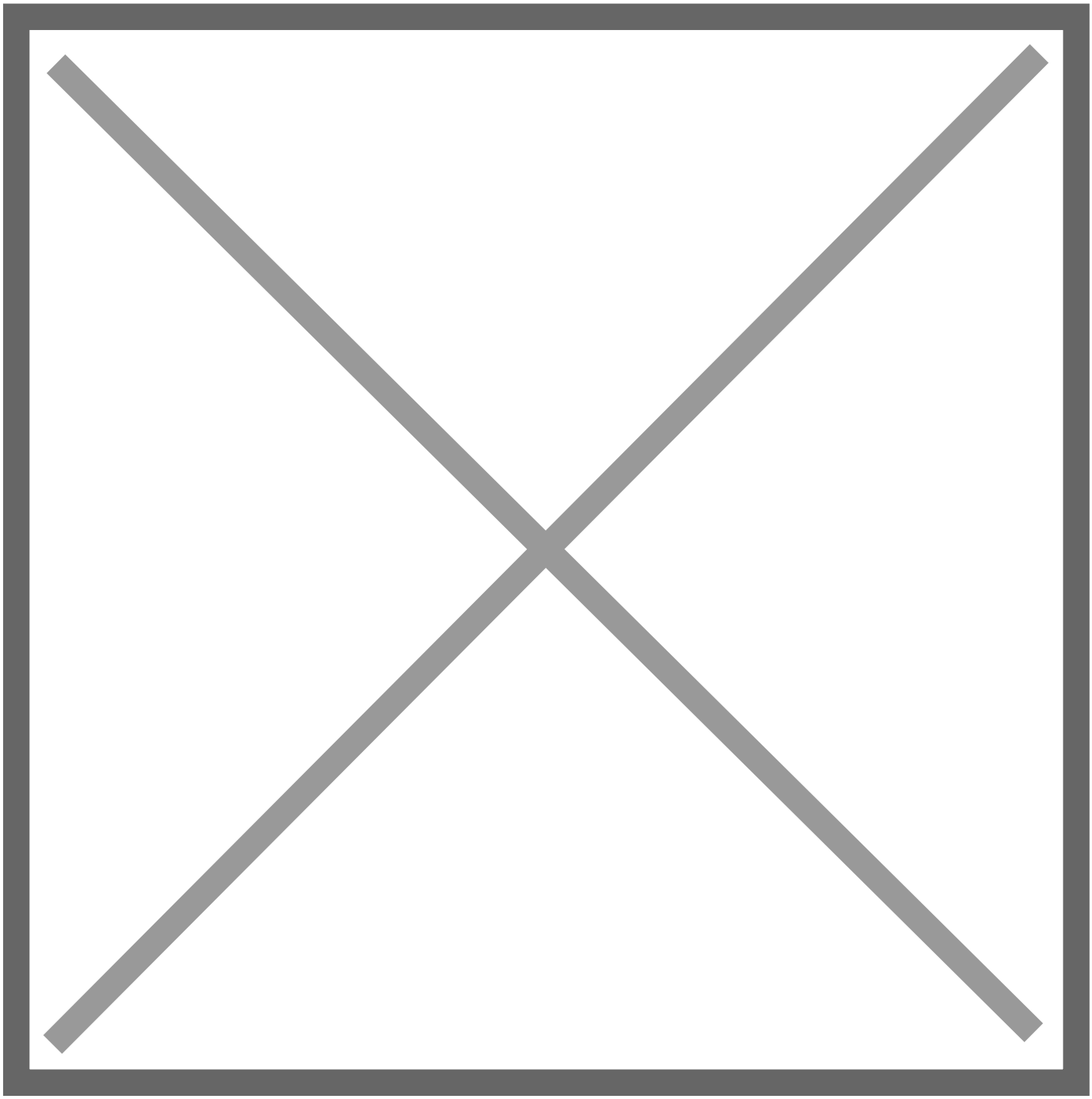


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Overweight/obesity by region

Adults, 2024

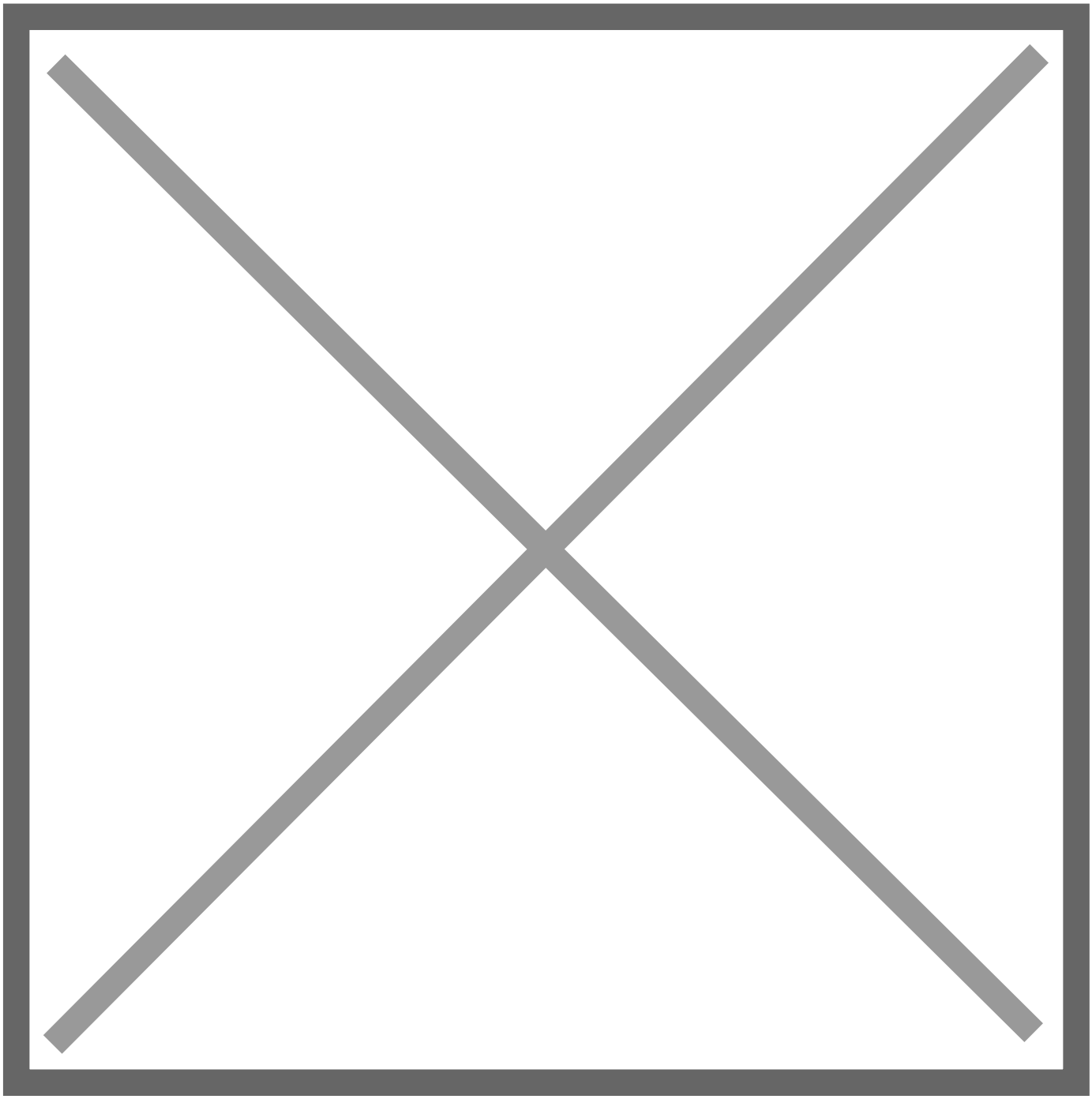


Survey type:	Self-reported
Age:	16+
Sample size:	3617
Area covered:	National
References:	Scottish Health Survey 2024. Data. https://scotland.shinyapps.io/sg-scottish-health-survey/ [Accessed 03.02.26]

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Overweight/obesity by socio-economic group

Men, 2022

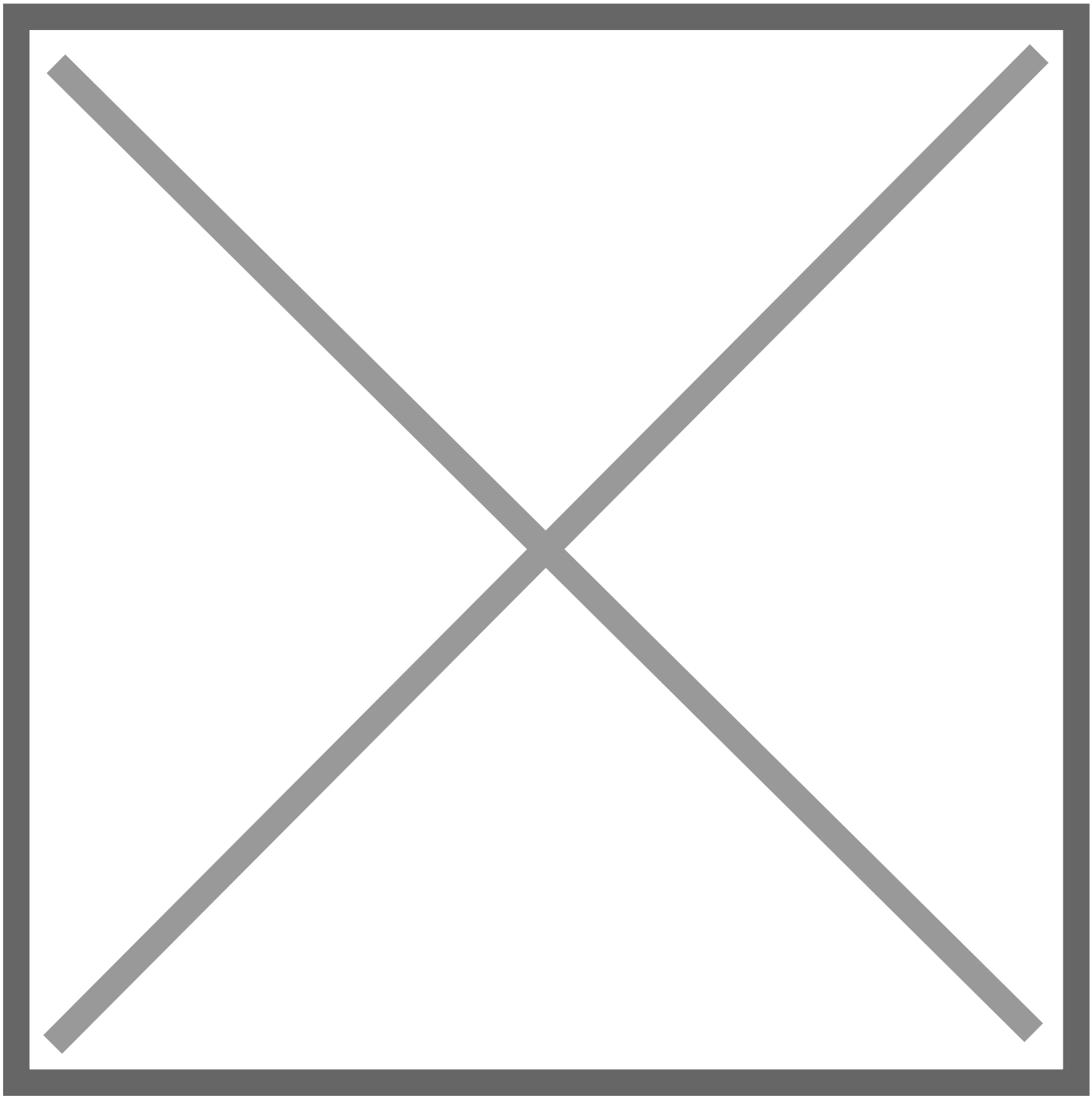


Survey type:	Measured
Age:	16+
Sample size:	3510
Area covered:	National

References:	Scottish Health Survey 2022. Available at https://www.gov.scot/publications/scottish-health-survey-2022-volume-1-main-report/pages/12/ (last accessed 05.12.23)
Notes:	The first two months of the suvey results were based on interview, the remaining period was measured. A correction formula was put in place to adjust for the self report response.
Definitions:	Scottish Index of Deprivation 5th Least deprived, 1st Most deprived

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Women, 2022



Survey type:	Measured
Age:	16+
Sample size:	3510
Area covered:	National

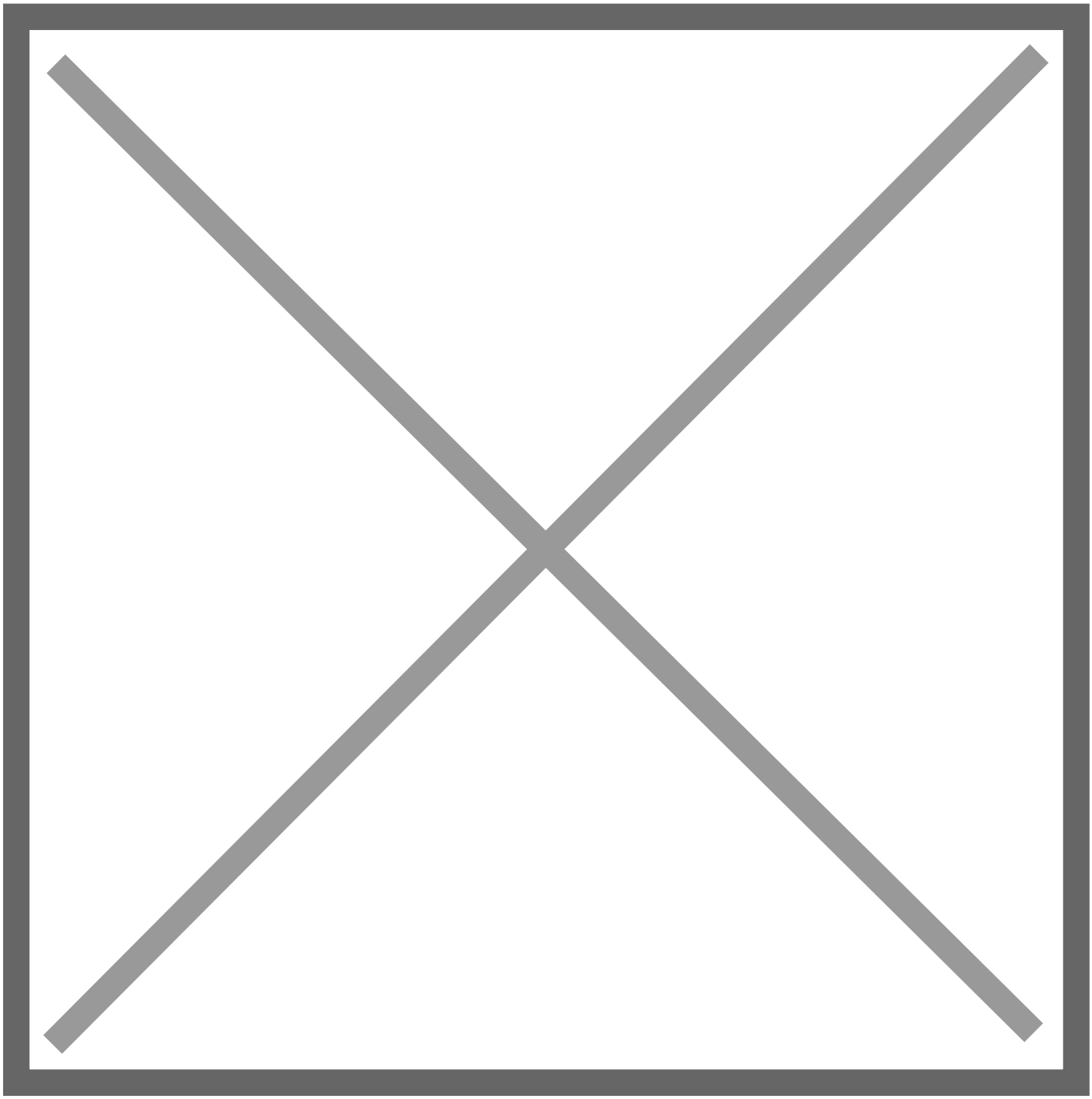
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Overweight/obesity by ethnicity

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.

Adults, 2008-2011



Survey type:	Measured
Age:	16+
Sample size:	23994
Area covered:	National
References:	Scottish Health Survey - topic report: equality groups (2012). Available at: https://www.gov.scot/publications/scottish-health-survey-topic-report-equality-groups/pages/34/. Last Accessed: 14.04.21.

Notes:	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.

PDF created on November 5, 2026