



Scotland



Country report card - adults

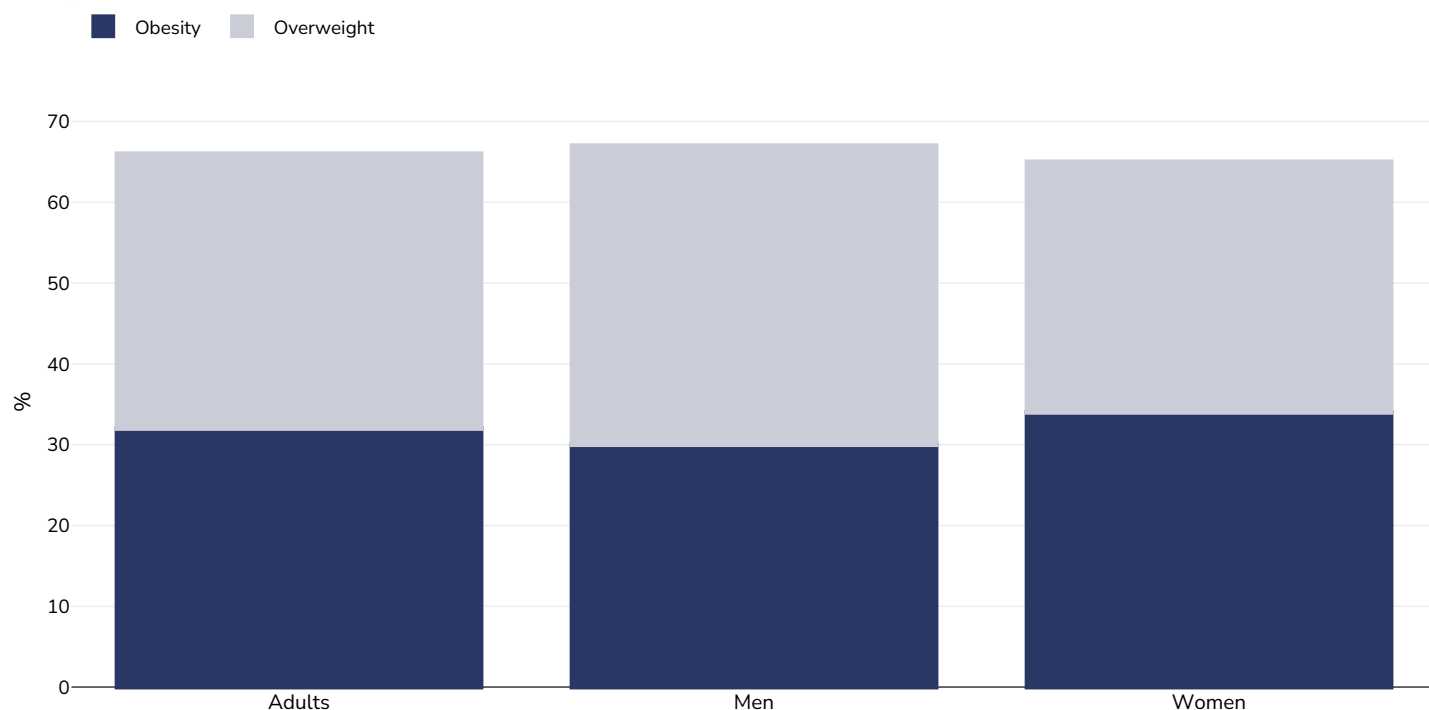
This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity for adults. Where available, data on common and relevant obesity drivers and comorbidities are also presented.

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

Contents	Page
Obesity prevalence	3
Trend: % Adults living with obesity in Scotland 1998-2022	4
Trend: % Adults living with overweight or obesity in Scotland 1998-2022	6
Trend: % Adults living with obesity in selected countries worldwide 1976-2018, selected countries	8
Overweight/obesity by age	13
Overweight/obesity by region	14
Overweight/obesity by socio-economic group	16
Overweight/obesity by ethnicity	18

Obesity prevalence

Adults, 2023

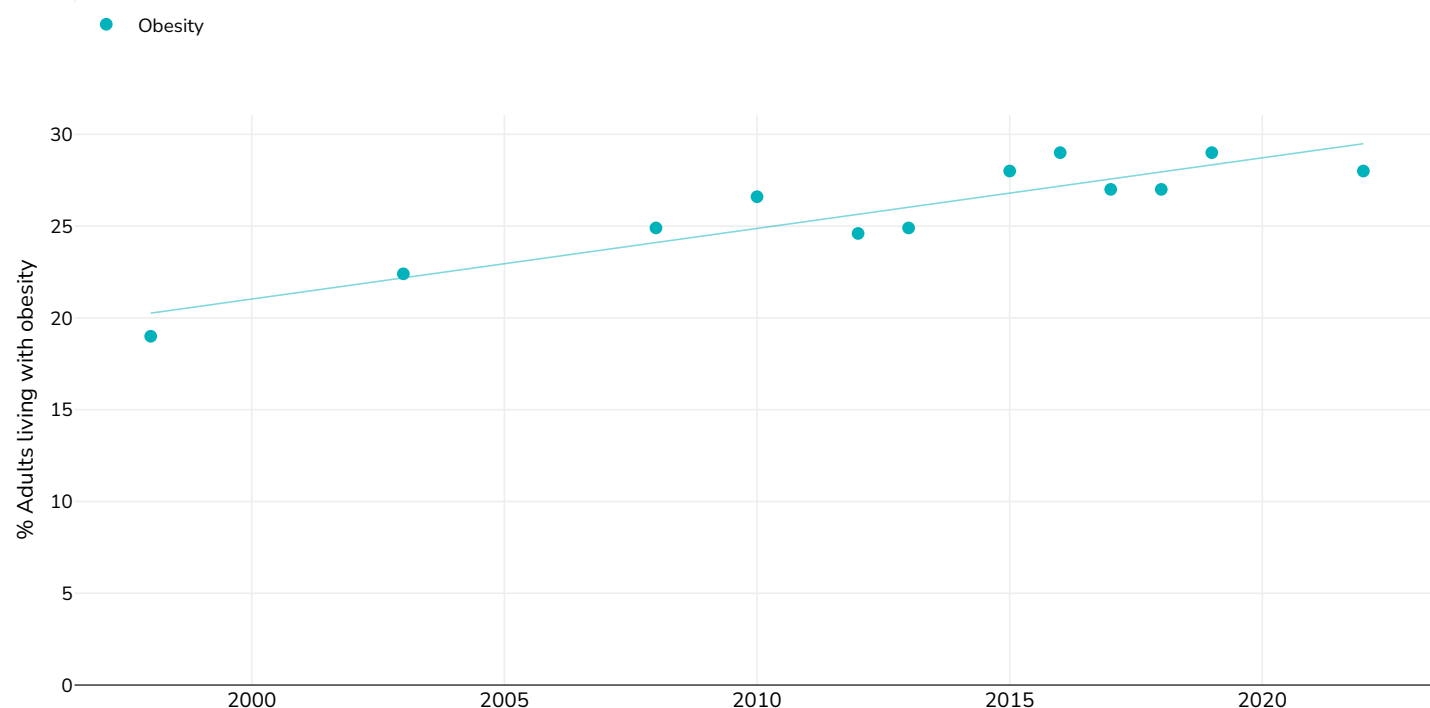


Survey type:	Self-reported
Age:	16+
Sample size:	3654
Area covered:	National
References:	Scottish Health Survey 2023. Available at https://www.gov.scot/publications/scottish-health-survey-2023-volume-1-main-report/documents/ (last accessed 18.11.24)
Notes:	Combination of adjusted self report and measured data

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 Scotland 1998-2022

Men



Survey type:

Measured

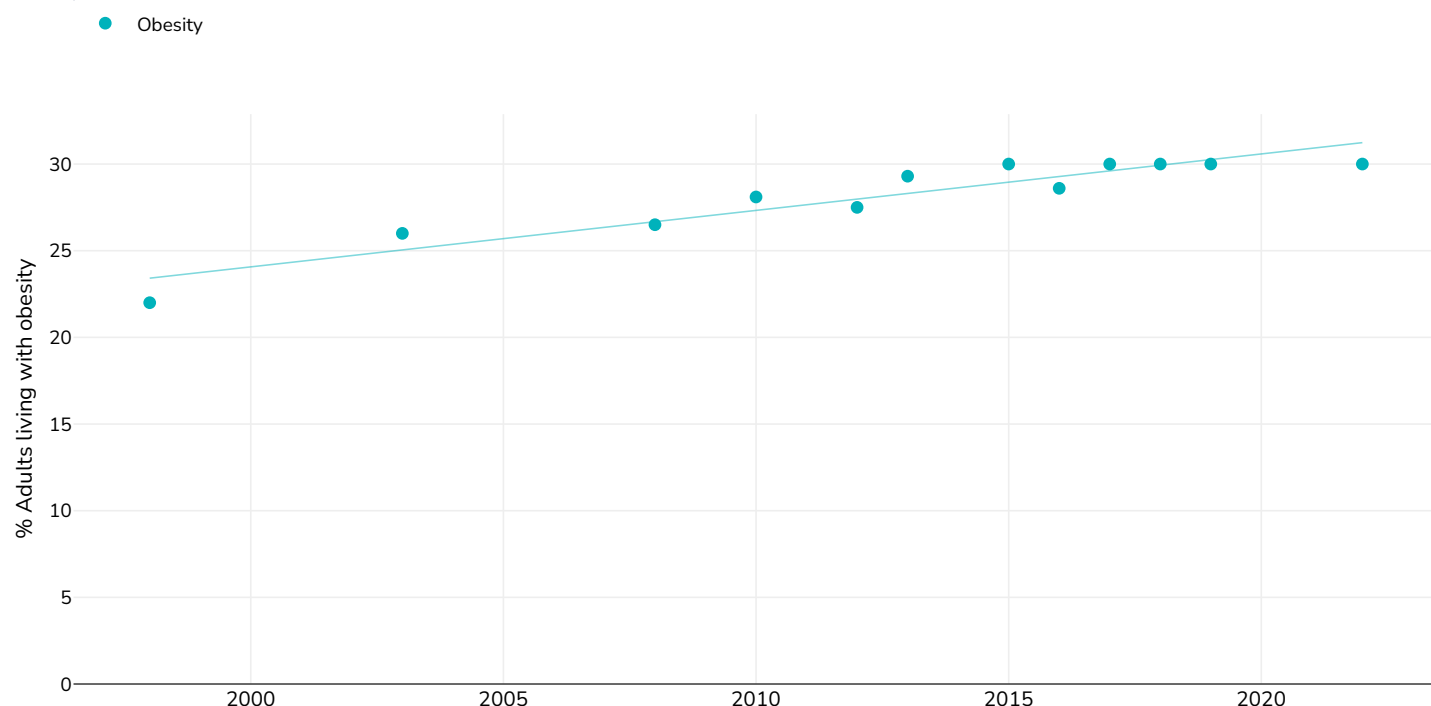
References:

- 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 to Key stats report - <http://www.gov.scot/Resource/0052/00525366.pdf> Link to Main Report - <http://www.gov.scot/Resource/0052/00525472.pdf>
- 2017: Scottish Government. (2017). Scottish Health Survey 2017. Available: <https://www.gov.scot/Resource/0054/00540654.pdf>. Last accessed 3rd Oct 2018.
- 2018: Scottish Government. (2018). Scottish Health Survey 2018. Available: <https://www.gov.scot/publications/scottish-health-survey-2018-volume-1-main-report/> (Last accessed 24.09.19)
- 2019: Scottish Health Survey 2019. <https://www.gov.scot/collections/scottish-health-survey/> (last accessed 30.09.20)
- 2022: 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)

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

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:

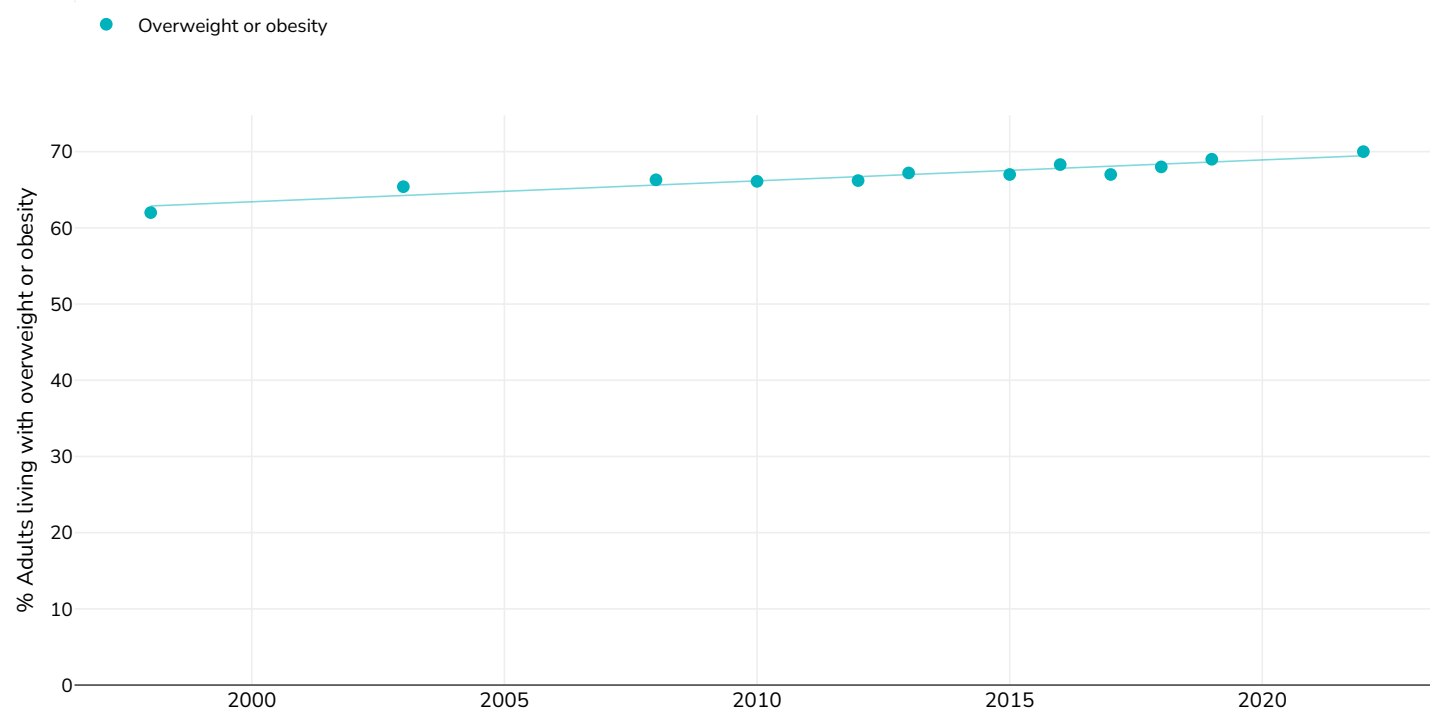
- 1998: Scottish Health Survey 1998
- 2003: <http://www.scotland.gov.uk/Publications/2005/11/25145024/50251>
- 2008: Bromley C, Bradshaw P and Given L. (2009). 2008 Scottish Health Survey, Volume 1. The Scottish Government, Edinburgh.
- 2010: Scottish Health Survey 2010 <http://www.scotland.gov.uk/Publications/2011/09/27084018/0>
- 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 to Key stats report - <http://www.gov.scot/Resource/0052/00525366.pdf> Link to Main Report - <http://www.gov.scot/Resource/0052/00525472.pdf>
- 2017: Scottish Government. (2017). Scottish Health Survey 2017. Available: <https://www.gov.scot/Resource/0054/00540654.pdf>. Last accessed 3rd Oct 2018.
- 2018: Scottish Government. (2018). Scottish Health Survey 2018. Available: <https://www.gov.scot/publications/scottish-health-survey-2018-volume-1-main-report/> (Last accessed 24.09.19)
- 2019: Scottish Health Survey 2019. <https://www.gov.scot/collections/scottish-health-survey/> (last accessed 30.09.20)
- 2022: 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)

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

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 Scotland 1998-2022

Men



Survey type:

Measured

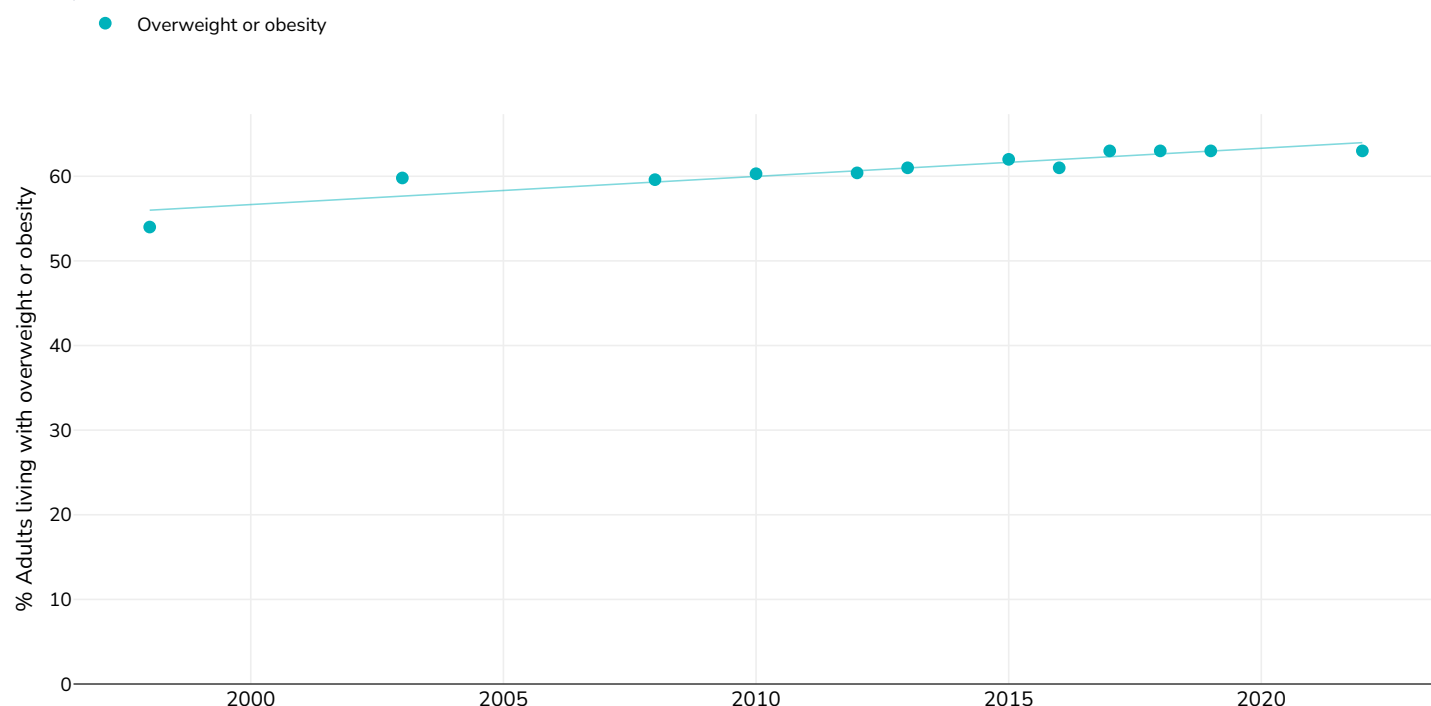
References:

- 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 to Key stats report - <http://www.gov.scot/Resource/0052/00525366.pdf> Link to Main Report - <http://www.gov.scot/Resource/0052/00525472.pdf>
- 2017: Scottish Government. (2017). Scottish Health Survey 2017. Available: <https://www.gov.scot/Resource/0054/00540654.pdf>. Last accessed 3rd Oct 2018.
- 2018: Scottish Government. (2018). Scottish Health Survey 2018. Available: <https://www.gov.scot/publications/scottish-health-survey-2018-volume-1-main-report/> (Last accessed 24.09.19)
- 2019: Scottish Health Survey 2019. <https://www.gov.scot/collections/scottish-health-survey/> (last accessed 30.09.20)
- 2022: 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)

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

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:

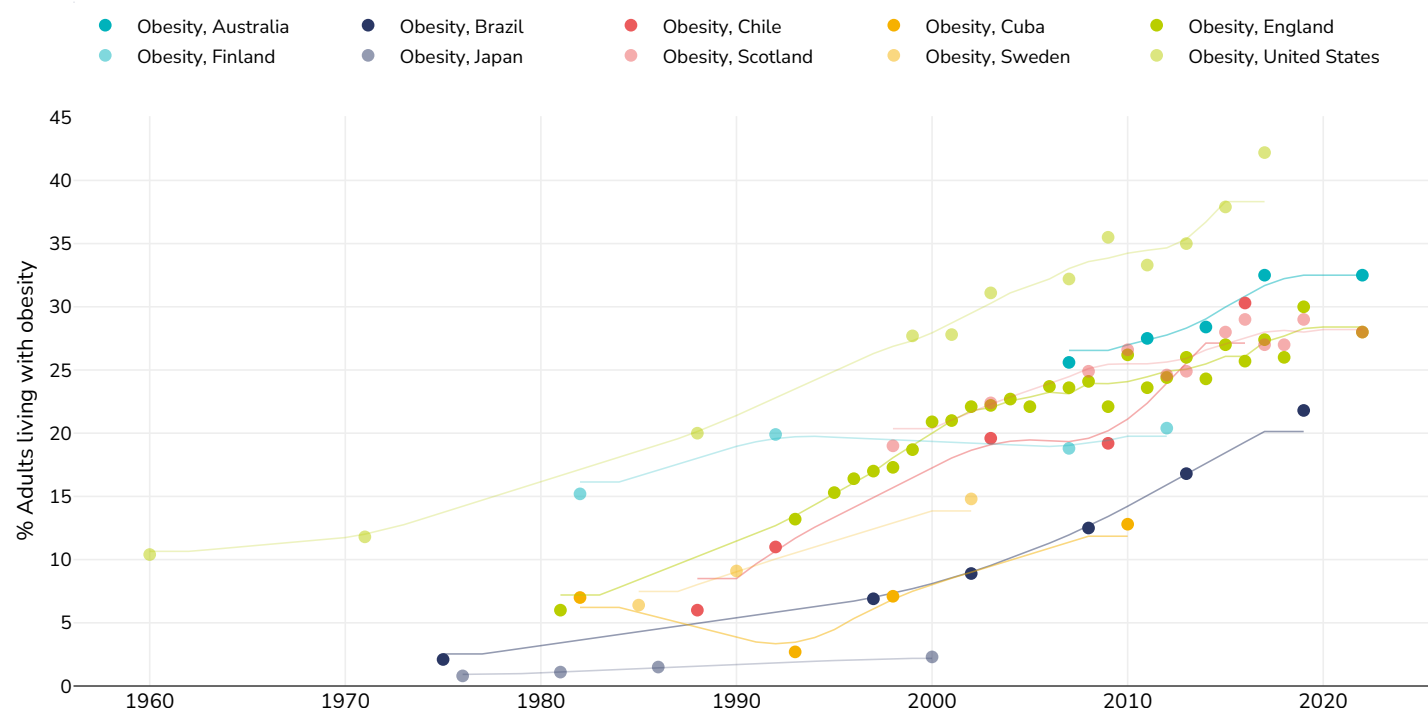
- 1998: Scottish Health Survey 1998
- 2003: <http://www.scotland.gov.uk/Publications/2005/11/25145024/50251>
- 2008: Bromley C, Bradshaw P and Given L. (2009). 2008 Scottish Health Survey, Volume 1. The Scottish Government, Edinburgh.
- 2010: Scottish Health Survey 2010 <http://www.scotland.gov.uk/Publications/2011/09/27084018/0>
- 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 to Key stats report - <http://www.gov.scot/Resource/0052/00525366.pdf> Link to Main Report - <http://www.gov.scot/Resource/0052/00525472.pdf>
- 2017: Scottish Government. (2017). Scottish Health Survey 2017. Available: <https://www.gov.scot/Resource/0054/00540654.pdf>. Last accessed 3rd Oct 2018.
- 2018: Scottish Government. (2018). Scottish Health Survey 2018. Available: <https://www.gov.scot/publications/scottish-health-survey-2018-volume-1-main-report/> (Last accessed 24.09.19)
- 2019: Scottish Health Survey 2019. <https://www.gov.scot/collections/scottish-health-survey/> (last accessed 30.09.20)
- 2022: 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)

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

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 in selected countries worldwide 1976-2018, selected countries

Men

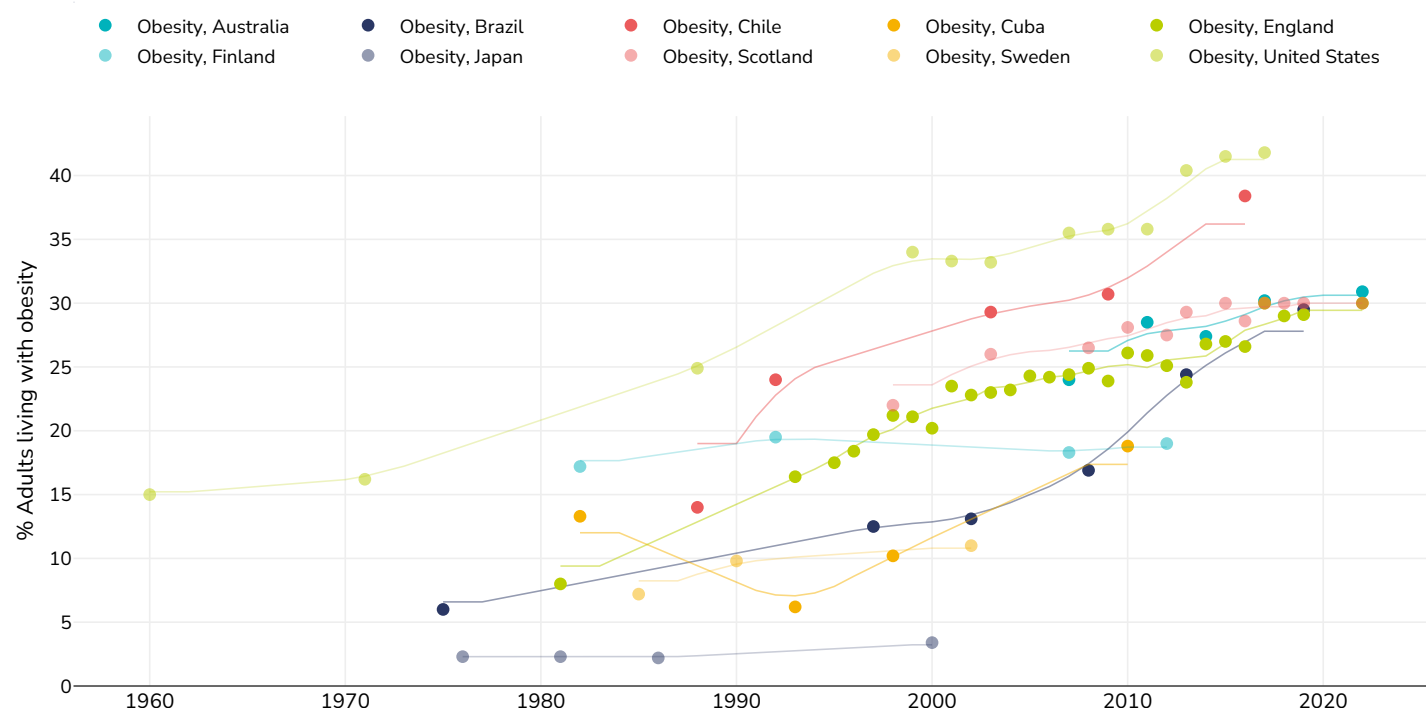


References:

- 1960, 1971, 1973, 1976, 1988, 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, 1986: Yoshiike N, Seino F, Tajima S, Arai Y, Kawano M, Furuhashi T, Inoue S. Twenty-year changes in the prevalence of overweight in Japanese adults: The National Nutrition Survey 1976-95. *Obesity Reviews* 2002;3:183-190
- 1982, 1993: 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
- 1990: 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 online published ahead of print.
- 1992: Uauy R, Albal C, Kain J. Obesity Trends in Latin America: Transiting from Under- to Overweight. *Journal of Nutrition* 2001;131:S893-S899
- 1995: Health Survey for England 1995.
- 1996: Health Survey for England 1996.
- 1997: Filozof C, Gonzales C, Sereday M, Mazza C, Braguinsky J. Obesity prevalence and trends in Latin American countries. *Obesity Reviews*, 2001;2:99-196
- 1998: Scottish Health Survey 1998
- 1999: Health Survey for England 1999.
- 2000: Ogden CL, Carroll MD, Curtin LR, McDowell MA, Tabak CJ, Flegal KM. Prevalence of Overweight and Obesity in the United States, 1999-2004. *JAMA* 2006;295(13):1549-1555
- 2001: Health Survey for England 2001.
- 2002: Monteiro CA, Conde WL and Popkin BA. (2007). Income-specific trends in obesity in Brazil: 1975 - 2003. *American Journal of Public Health*, 97 (10): 1808 - 1812.
- 2003: 2003 ENS Report. Final results on the National Health Survey. <http://epi.minsal.cl/epi/html/invest/ENS/informeFinalENS.pdf>.
- 2004: Health Survey for England 2004.
- 2005: Health Survey for England 2005.
- 2006: Health Survey for England 2006.
- 2007: Peltonen M, Harald K, Männistö S, Saarikoski L, Lund L, Sundvall J, Juolevi A, Laatikainen T, Aldén-Nieminen H, Luoto R, Jousilahti P, Salomaa V, Taimi M, Vartiainen E. Kansallinen FINRISKI 2007 -terveys tutkimus, Tutkimuksen toteutus ja tulokset: Taulukkoliite. Kansanterveyslaitos. Yliopistopaino, Helsinki 2008.
- 2008: Health Survey for England 2008.
- 2009: NHANES Survey - Published in Flegal KM, Carroll MD, Kit BK, Ogden CL. Prevalence of Obesity and Trends in the Distribution of

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

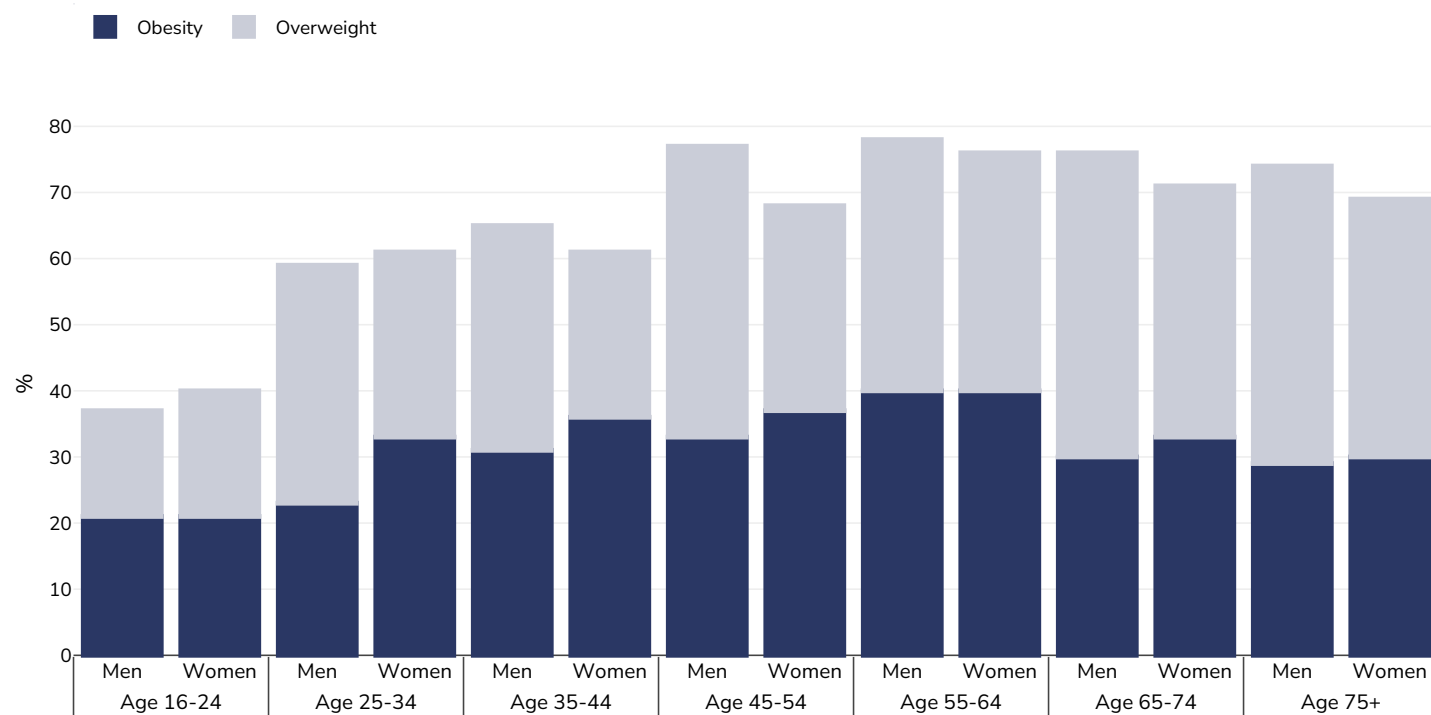


- References:**
- 1960, 1971, 1973, 1976, 1988, 1991: Flegal KM, Carroll MD, Kuczmarski RJ, Johnson CL. Overweight and obesity in the United States: prevalence and trends, 1960-1994. *International Journal of Obesity* (1998);22:39-47
 - 1975: Monteiro CA, Conde WL, Popking BM. Is obesity replacing or adding to undernutrition? Evidence from different social classes in Brazil. 2002. *Public Health Nutrition*:51(1A), 105-112
 - 1981, 1986: Yoshiike N, Seino F, Tajima S, Arai Y, Kawano M, Furuhashi T, Inoue S. Twenty-year changes in the prevalence of overweight in Japanese adults: The National Nutrition Survey 1976-95. *Obesity Reviews* 2002;3:183-190
 - 1982, 1993: 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
 - 1990: 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 online published ahead of print.
 - 1992: Uauy R, Albal C, Kain J. Obesity Trends in Latin America: Transiting from Under- to Overweight. *Journal of Nutrition* 2001;131:S893-S899
 - 1995: Health Survey for England 1995.
 - 1996: Health Survey for England 1996.
 - 1997: Filozof C, Gonzales C, Sereday M, Mazza C, Braguinsky J. Obesity prevalence and trends in Latin American countries. *Obesity Reviews*, 2001;2:99-196
 - 1998: Scottish Health Survey 1998
 - 1999: Health Survey for England 1999.
 - 2000: Ogden CL, Carroll MD, Curtin LR, McDowell MA, Tabak CJ, Flegal KM. Prevalence of Overweight and Obesity in the United States, 1999-2004. *JAMA* 2006;295(13):1549-1555
 - 2001: Health Survey for England 2001.
 - 2002: Monteiro CA, Conde WL and Popkin BA. (2007). Income-specific trends in obesity in Brazil: 1975 - 2003. *American Journal of Public Health*, 97 (10): 1808 - 1812.
 - 2003: 2003 ENS Report. Final results on the National Health Survey. <http://epi.minsal.cl/epi/html/invest/ENS/informeFinalENS.pdf>.
 - 2004: Health Survey for England 2004.
 - 2005: Health Survey for England 2005.
 - 2006: Health Survey for England 2006.
 - 2007: Peltonen M, Harald K, Männistö S, Saarikoski L, Lund L, Sundvall J, Juolevi A, Laatikainen T, Aldén-Nieminen H, Luoto R, Jousilahti P, Salomaa V, Taimi M, Vartiainen E. Kansallinen FINRISKI 2007 -terveys tutkimus, Tutkimuksen toteutus ja tulokset: Taulukkoliite. Kansanterveyslaitos. Yliopistopaino, Helsinki 2008.
 - 2008: Health Survey for England 2008.
 - 2009: NHANES Survey - Published in Flegal KM, Carroll MD, Kit BK, Ogden CL. Prevalence of Obesity and Trends in the Distribution of

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 age

Adults, 2023



Survey type: Self-reported

Sample size: 3654

Area covered: National

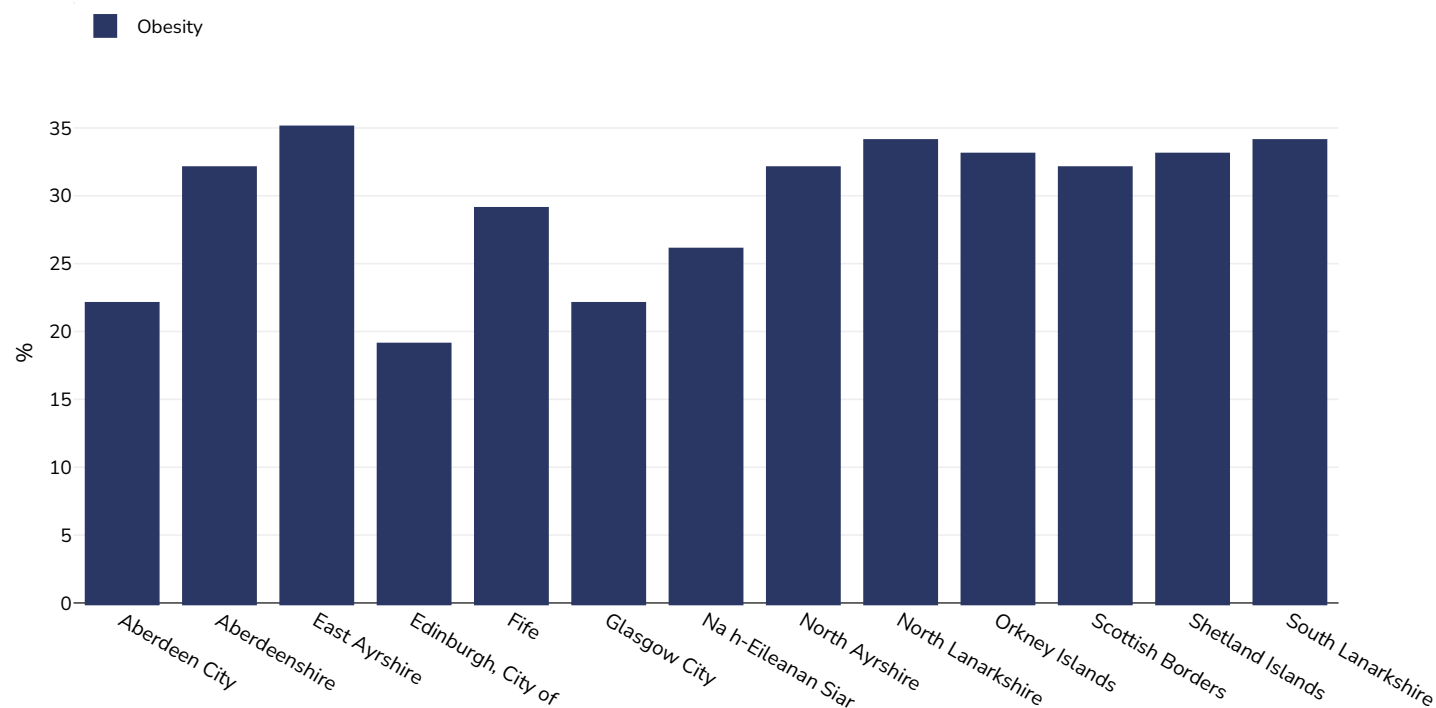
References: Scottish Health Survey 2023. Available at <https://www.gov.scot/publications/scottish-health-survey-2023-volume-1-main-report/documents/>

Notes: Sample contains mix of adjusted self report and measured

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 region

Men, 2016-2019



Survey type: Measured

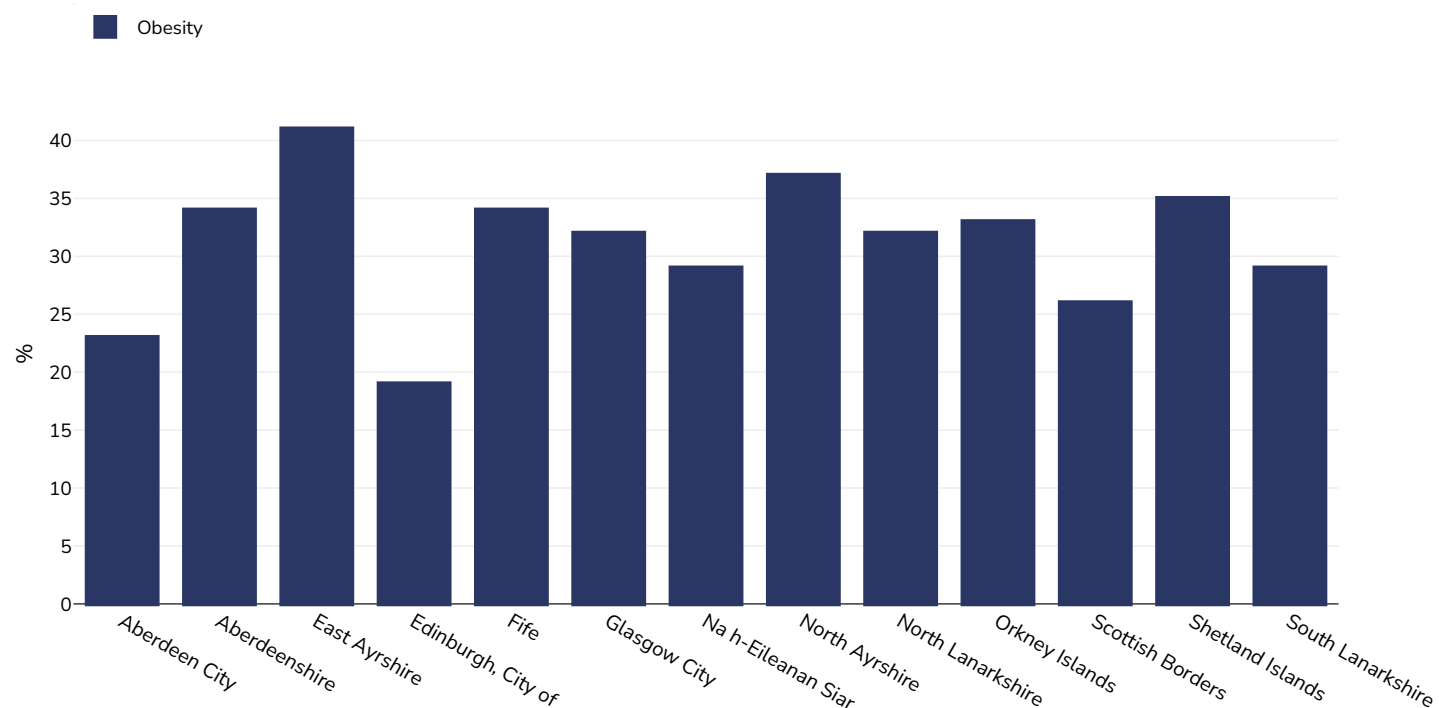
Age: 16+

Area covered: National

References: Scottish Health Survey 2016-2019 <https://scotland.shinyapps.io/sg-scottish-health-survey/> (accessed 16.01.24)

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

Women, 2016-2019

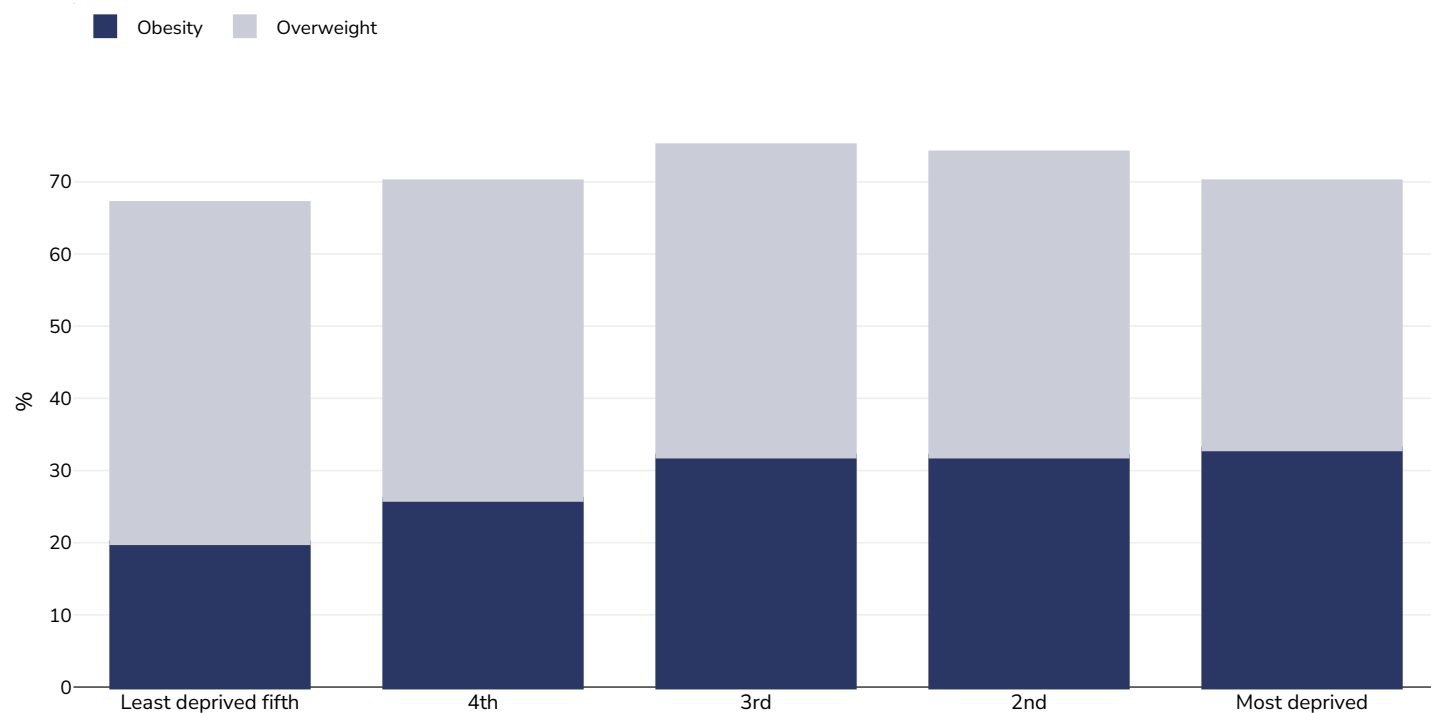


Survey type:	Measured
Age:	16+
Area covered:	National
References:	Scottish Health Survey 2016-2019 https://scotland.shinyapps.io/sg-scottish-health-survey/ (accessed 16.01.24)

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

Men, 2022



Survey type: Measured

Age: 16+

Sample size: 3510

Area covered: National

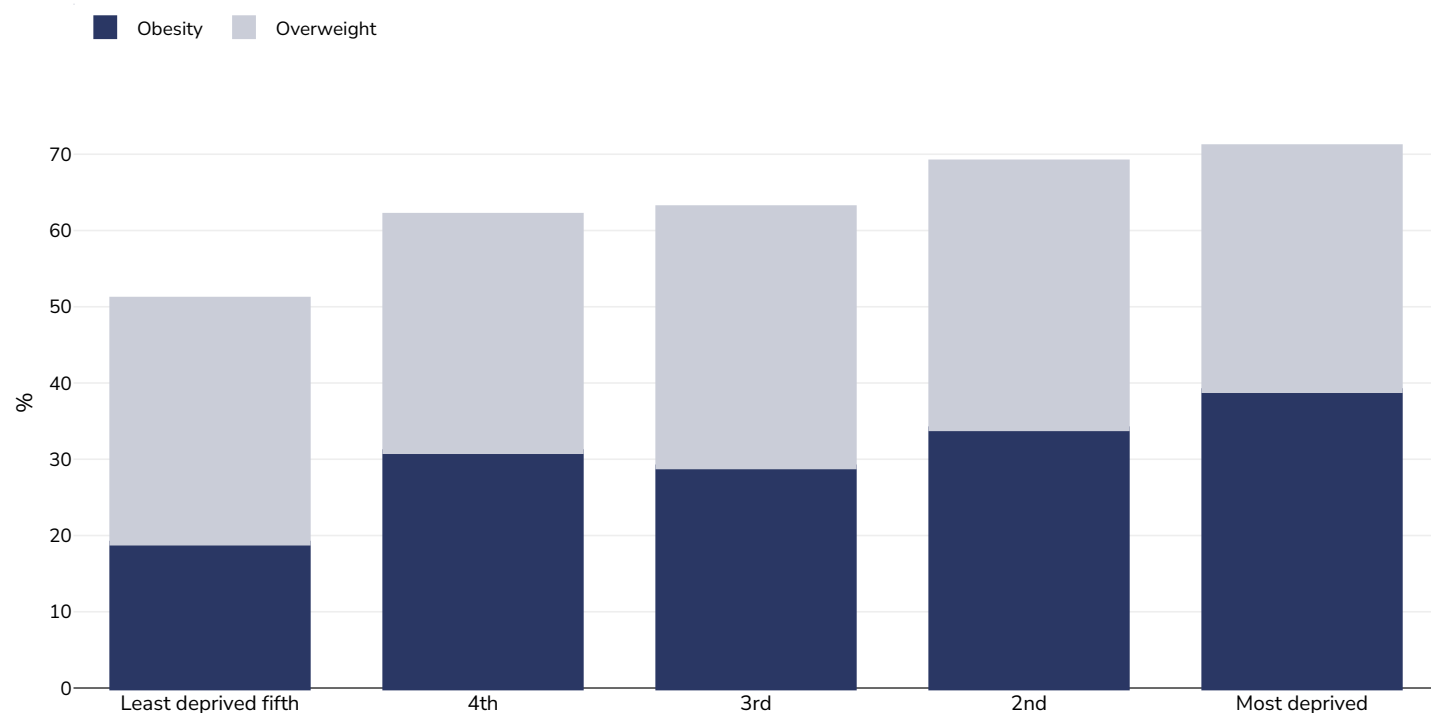
References: Scottish Health Survey 2022. Available at <https://www.gov.scot/publications/scottish-health-survey-2022-volume-1-main-report/pages/12/> (last accessed 05.12.23)

Notes: The first two months of the survey 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

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

Women, 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 survey results were based on interview, the remaining period was measured. A correction formula was put in place to adjust for the self report response.

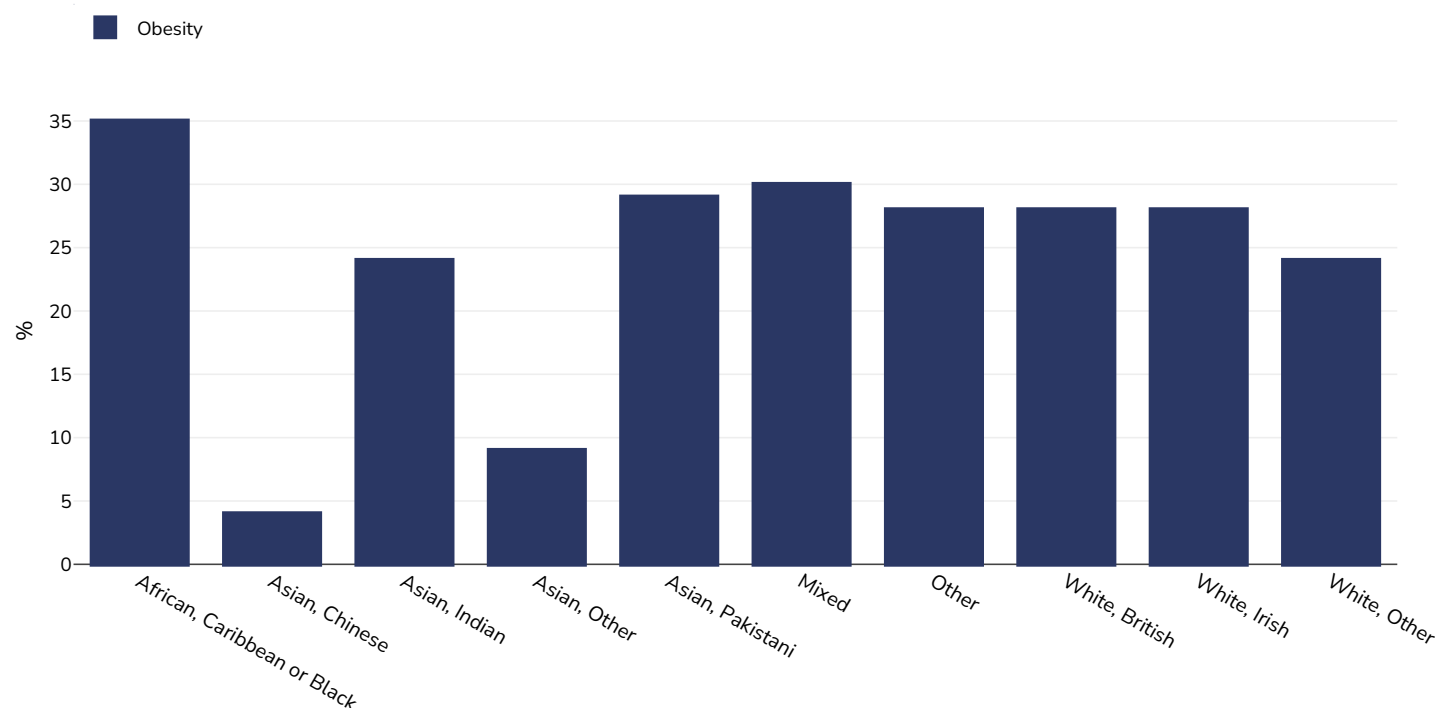
Definitions: Scottish Index of Deprivation 5th Least deprived, 1st Most deprived

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 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/m ² , obesity refers to a BMI greater than 30kg/m ² .	

PDF created on July 7, 2025