Scotland



Country report card - children

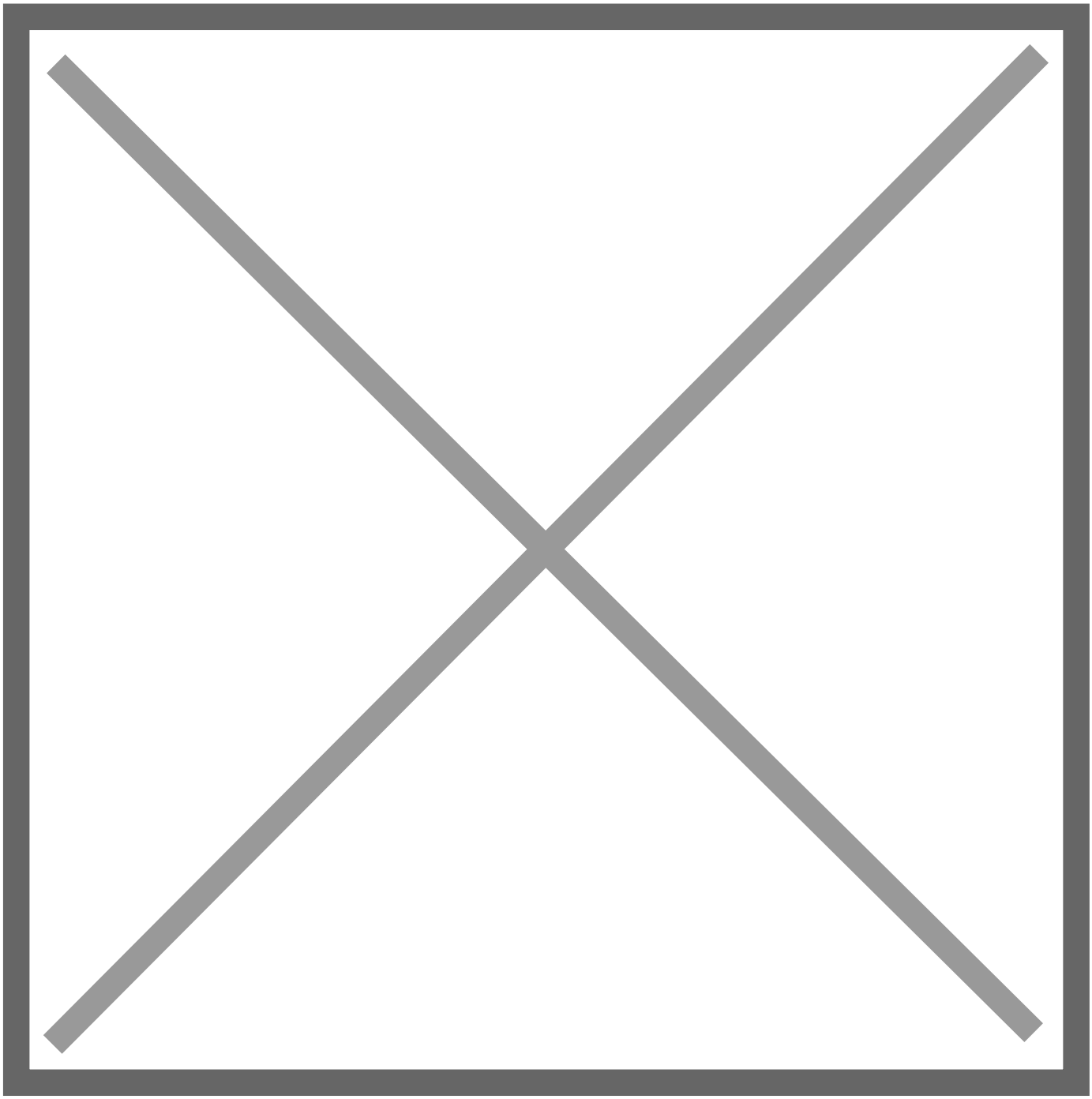
This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity for children, including adolescents (aged 5 to 18 years). Where available, data on common and relevant obesity drivers and comorbidities are also presented.

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

Children, 2024

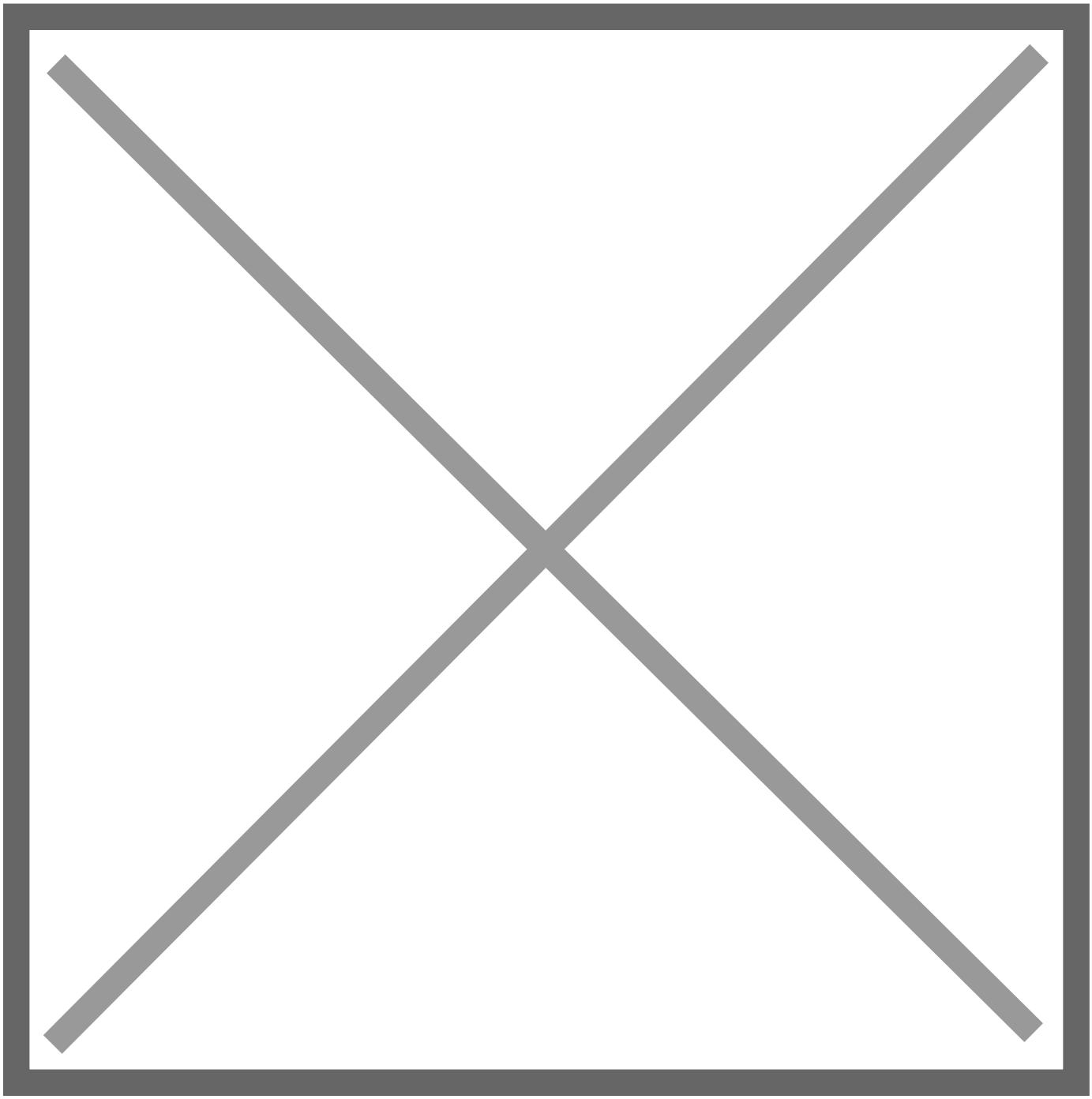


Survey type:	Measured
Age:	2-15
Sample size:	1239
Area covered:	National
References:	Scottish Health Survey 2024. https://www.gov.scot/publications/scottish-health-survey-2024-volume-1-main-report/documents/ [Accessed 03.02.26]

Cutoffs:	85th/95th

% Children living with overweight or obesity in Scotland 1974-1994

Boys

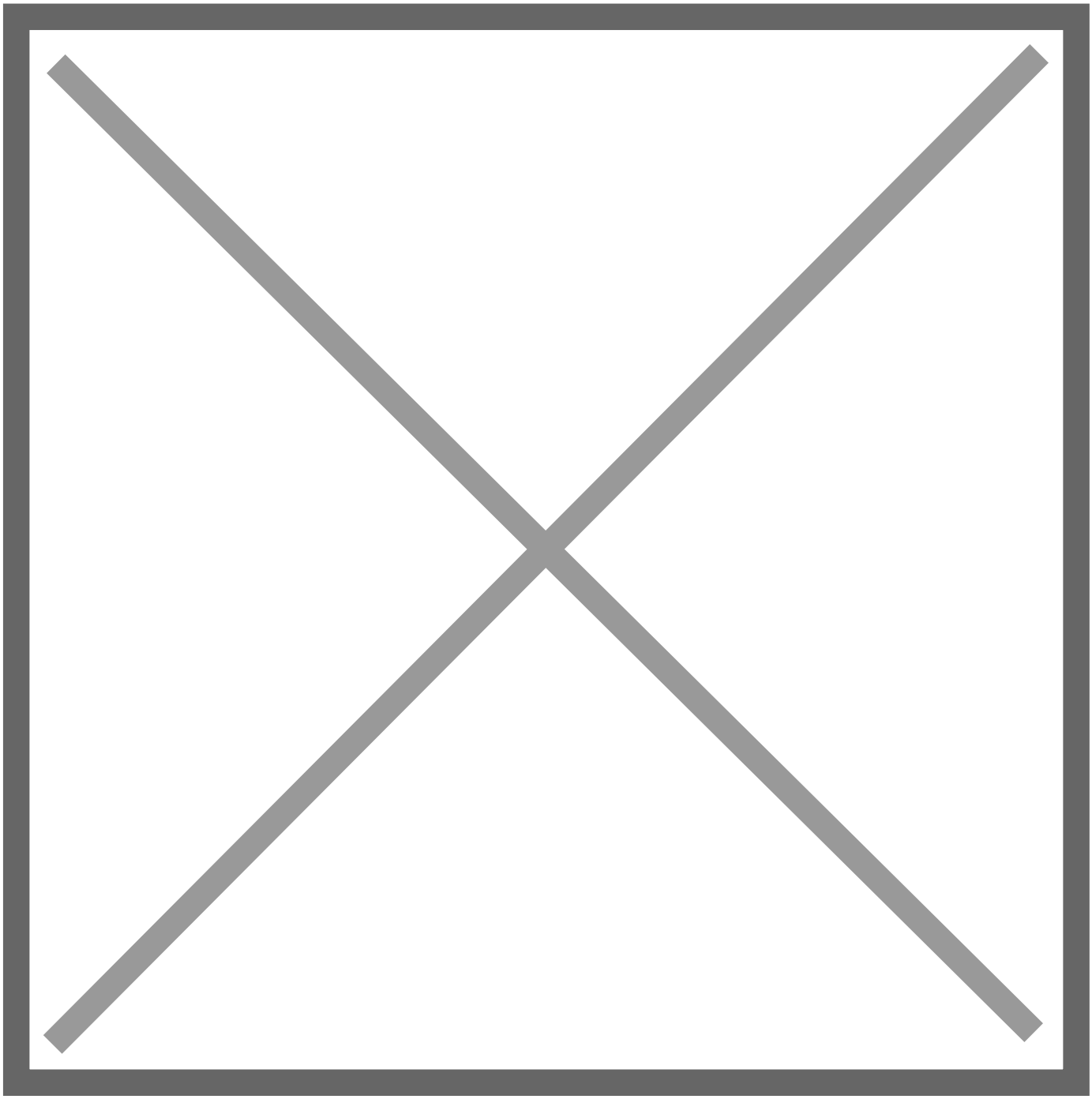


Survey type:	Measured
References:	Chinn S, Rona RJ. Prevalence and trends inoverweight and obesity in three cross sectional studies of British children, 1974-94. BMJ (2001);322:24-26Chinn S, Rona RJ. Prevalence and trends inoverweight and obesity in three cross sectional studies of British children, 1974-94. BMJ (2001);322:24-26Chinn S, Rona RJ. Prevalence and trends inoverweight and obesity in three cross sectional studies of British children, 1974-94. BMJ (2001);322:24-26

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.

Girls



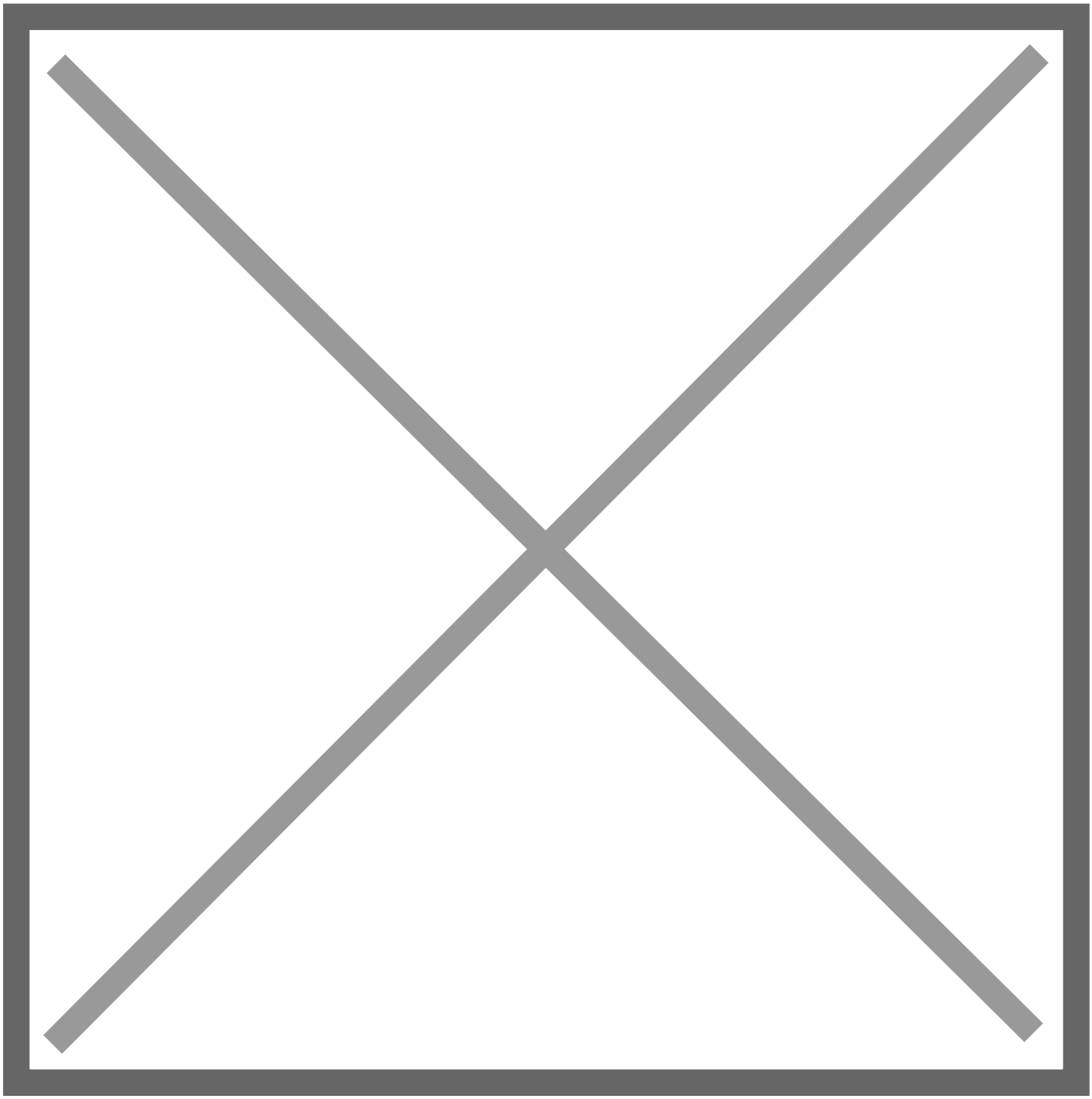
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% Children living with overweight or obesity in Scotland 2012-2024

Boys

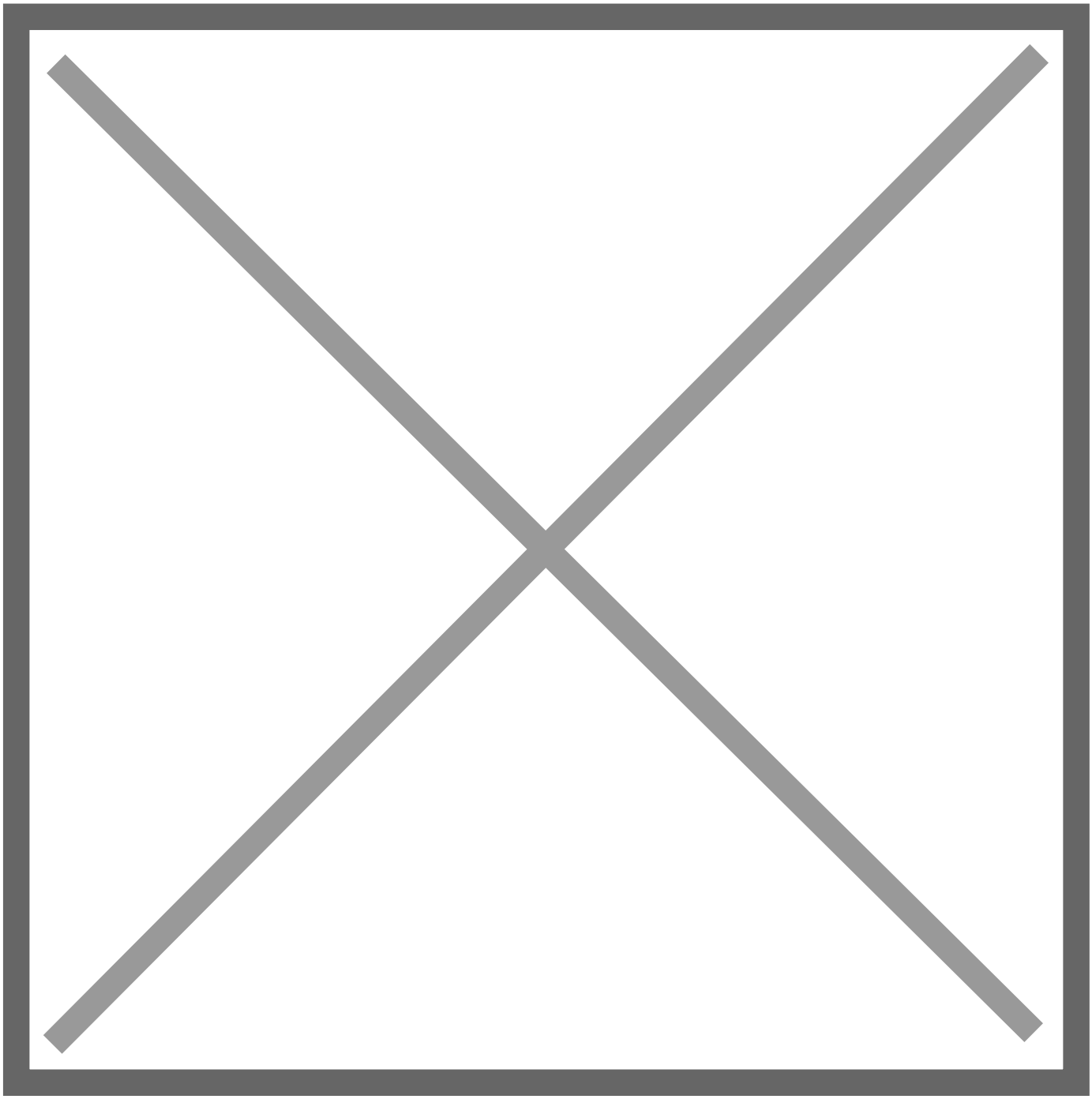


Survey type:	Measured
References:	2012: Scottish Health Survey 2012 http://www.scotland.gov.uk/Resource/0043/00434590.pdf 2015: Scottish Health Survey 2015. (http://www.gov.scot/Topics/Statistics/Browse/Health/scottish-health-survey/Publications/Supplementary2015) 2016: Scottish Health Survey 2016, Statistics available online at http://www.gov.scot/Topics/Statistics/Browse/Health/scottish-health-survey/Publications/Supplementary2015/Supplementary2016 (last accessed 2nd November 2017) 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)

Notes:	Aged 2-15.
Definitions:	Overweight refers to BMI at or above 85th percentile, below 95th percentile. Obesity refers to BMI at or above 95th percentile.

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.

Girls

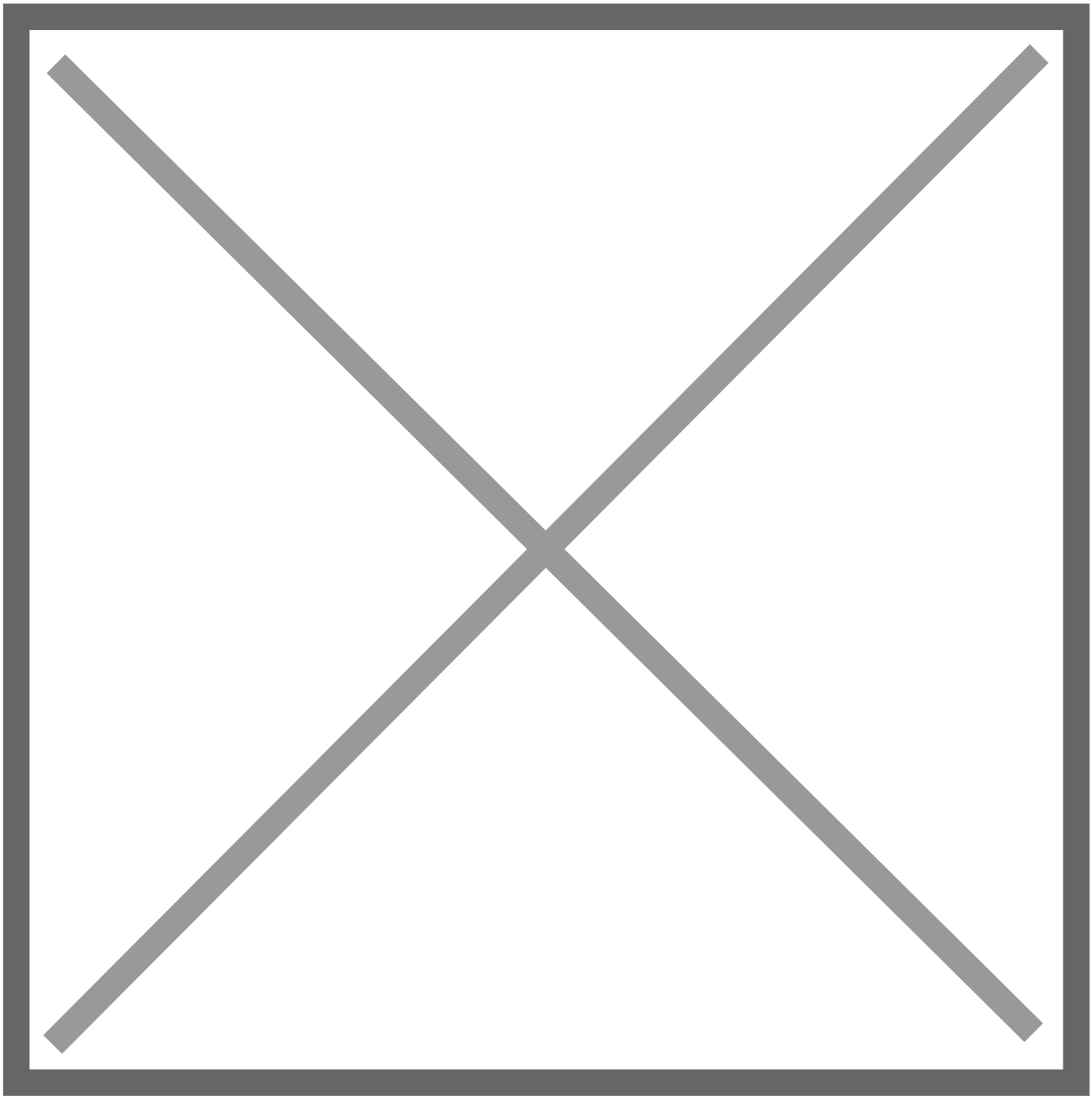


Survey type:	Measured
References:	2012: Scottish Health Survey 2012 http://www.scotland.gov.uk/Resource/0043/00434590.pdf 2015: Scottish Health Survey 2015. (http://www.gov.scot/Topics/Statistics/Browse/Health/scottish-health-survey/Publications/Supplementary2015) 2016: Scottish Health Survey 2016, Statistics available online at http://www.gov.scot/Topics/Statistics/Browse/Health/scottish-health-survey/Publications/Supplementary2015/Supplementary2016 (last accessed 2nd November 2017) 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)

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Boys and girls



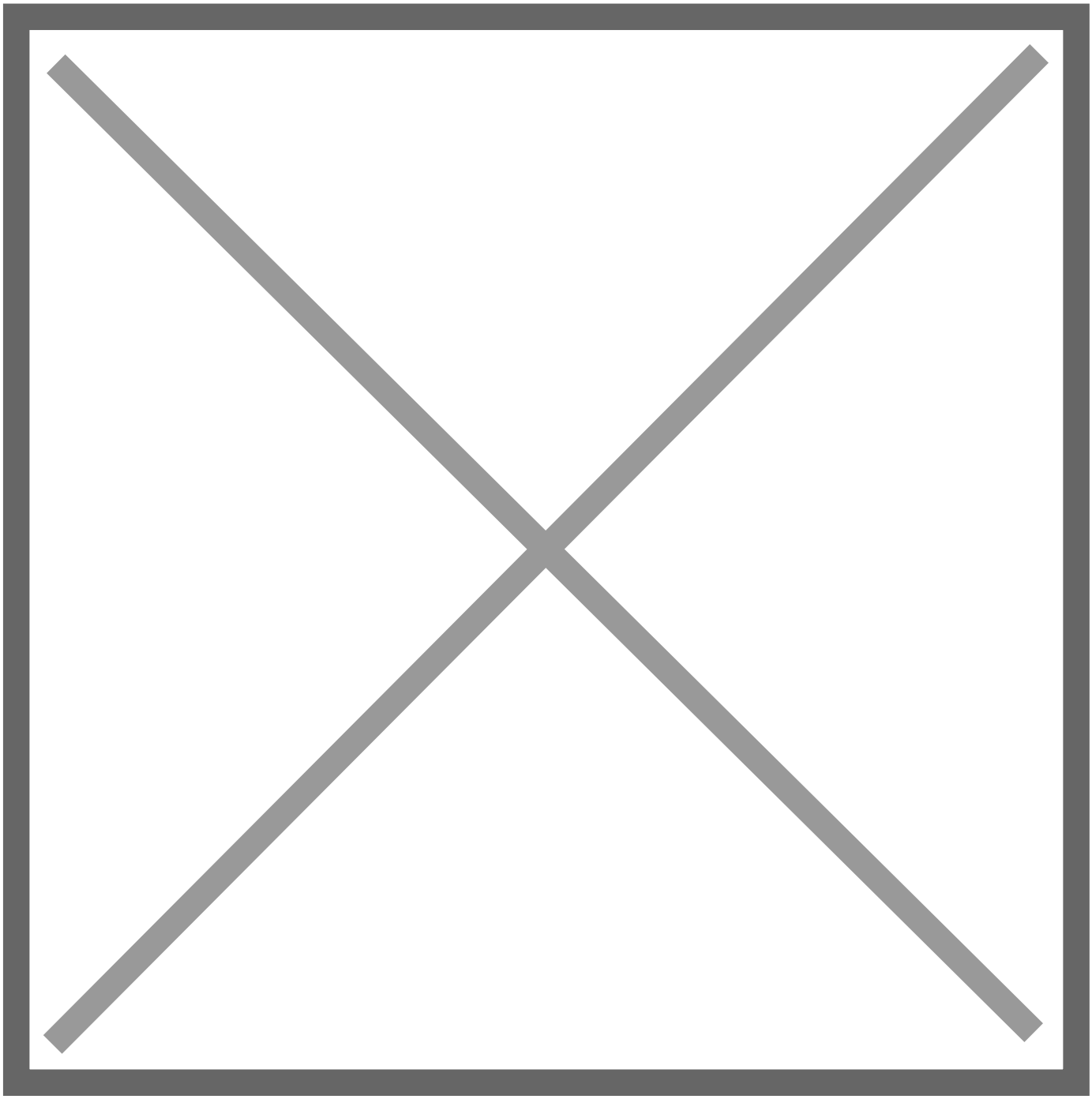
Survey type:	Measured
References:	2012: Scottish Health Survey 2012 http://www.scotland.gov.uk/Resource/0043/00434590.pdf 2015: Scottish Health Survey 2015. (http://www.gov.scot/Topics/Statistics/Browse/Health/scottish-health-survey/Publications/Supplementary2015) 2016: Scottish Health Survey 2016, Statistics available online at http://www.gov.scot/Topics/Statistics/Browse/Health/scottish-health-survey/Publications/Supplementary2015/Supplementary2016 (last accessed 2nd November 2017) 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)

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Definitions:	Overweight refers to BMI at or above 85th percentile, below 95th percentile. Obesity refers to BMI at or above 95th percentile.

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, 2014-2015

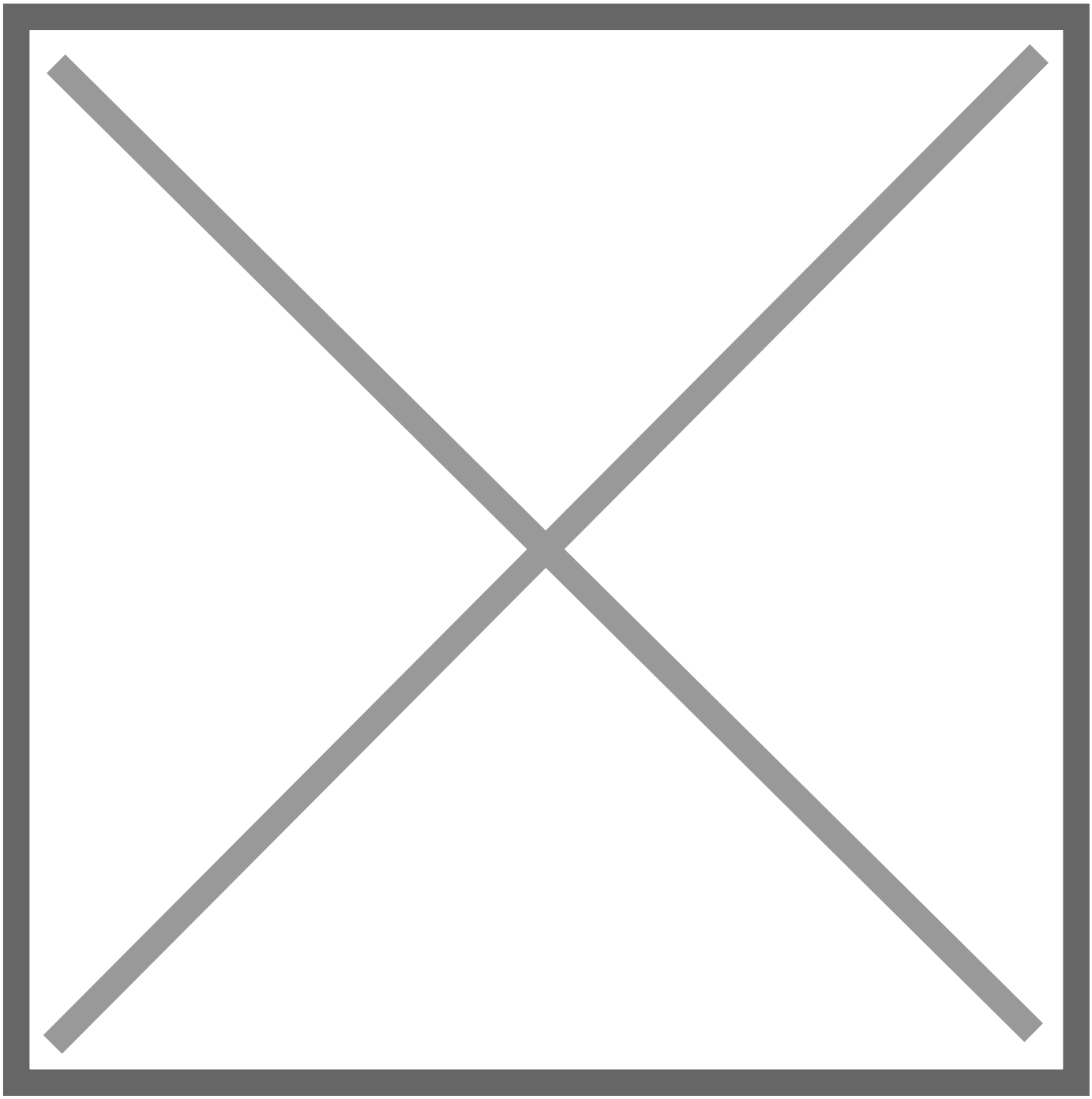


Survey type:	Measured
Age:	10
Sample size:	2750
Area covered:	National
References:	Growing up in Scotland: overweight and obesity at age 10 (2018). Available at: https://www.gov.scot/publications/growing-up-scotland-overweight-obesity-age-10/. Last accessed: 14.04.21.

Notes:	At or above 85th percentile and below 95th percentile: overweight At or above 95th percentile: obesity

Overweight/obesity by age

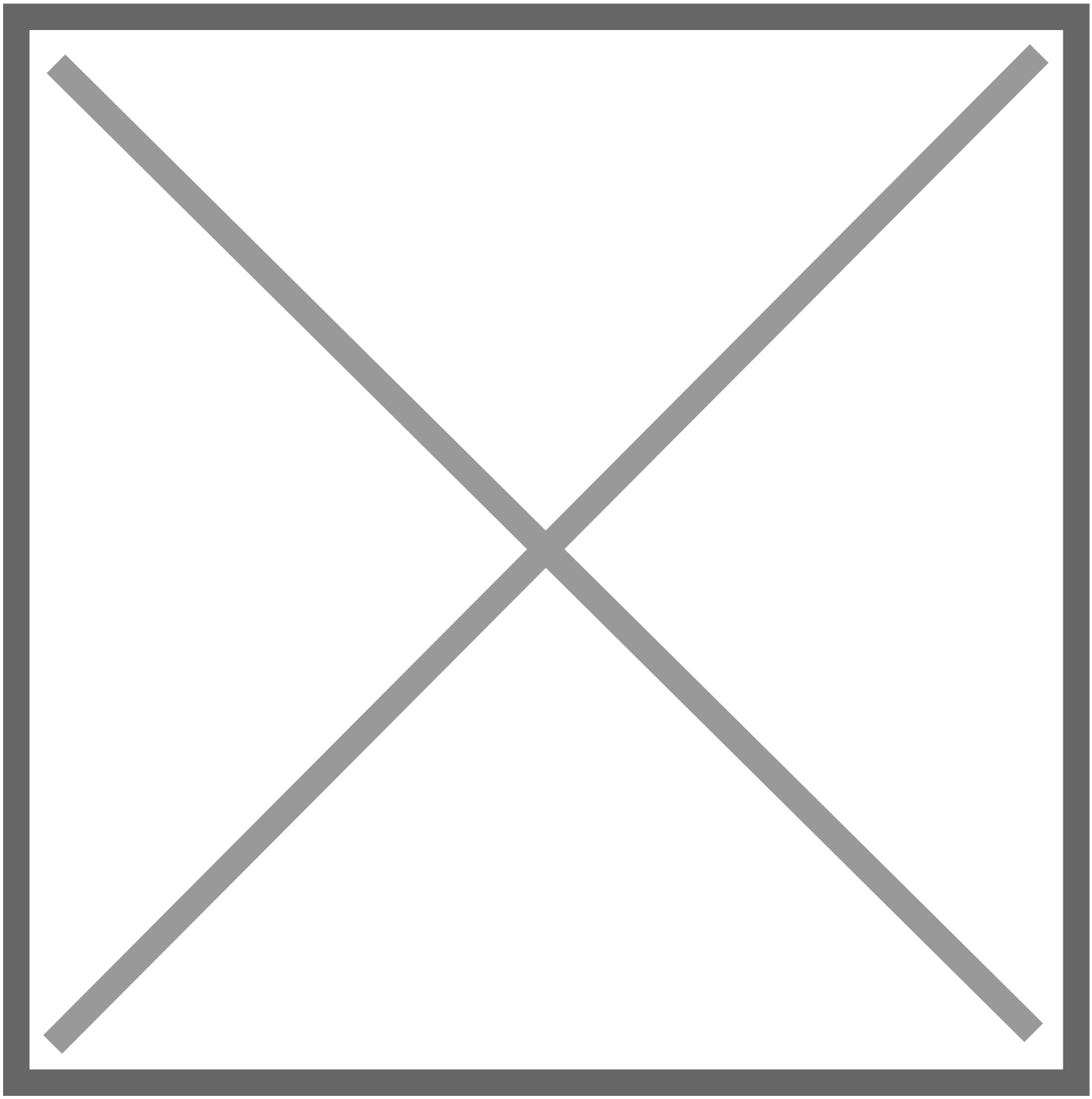
Children, 2024



Survey type:	Measured
Sample size:	1239
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]
Cutoffs:	85th/95th

Overweight/obesity by region

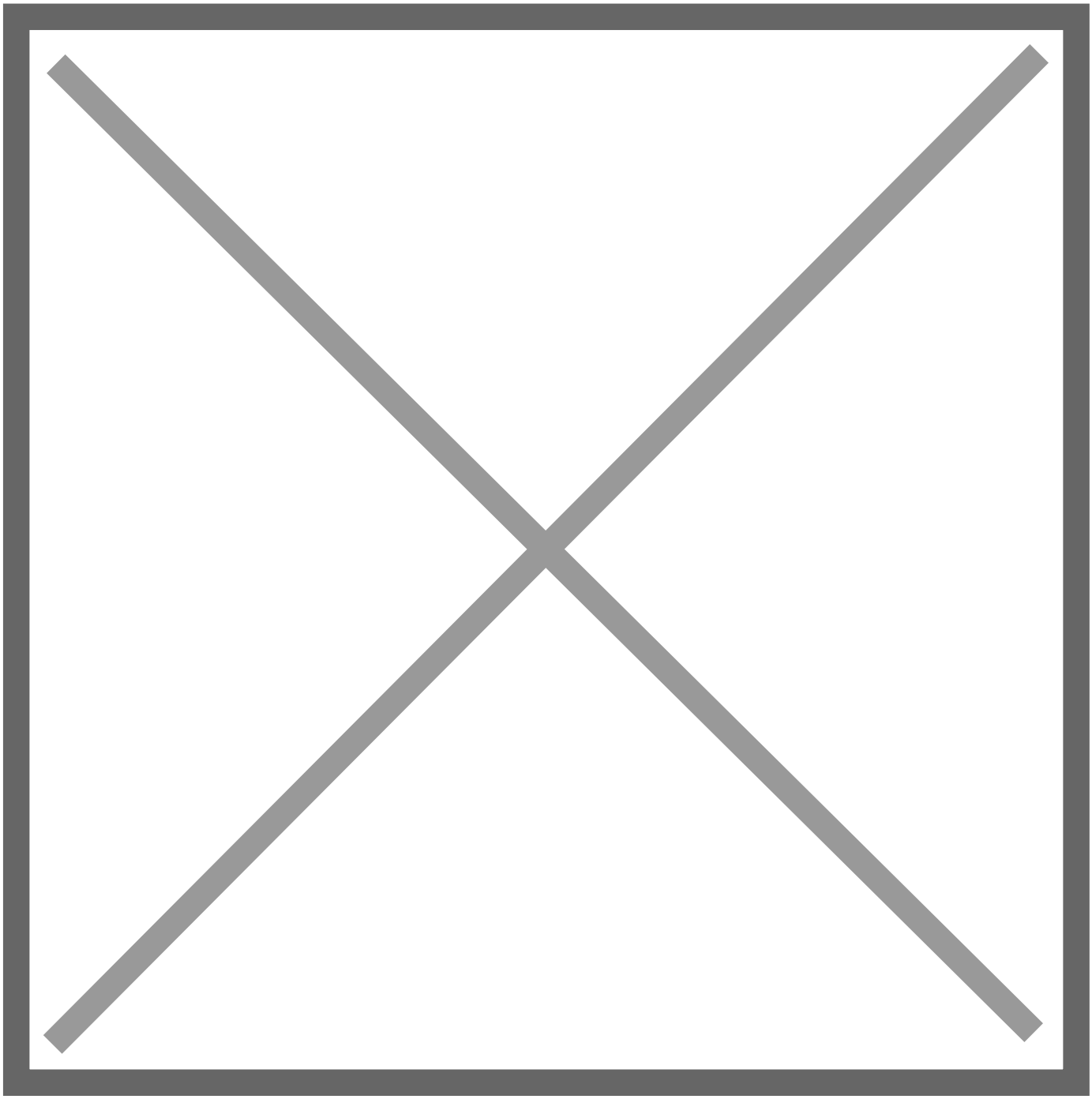
Boys, 2015



Survey type:	Measured
Age:	2-17
Sample size:	1018
Area covered:	National (but small sample)
References:	Scottish Health Survey 2015, Renanalysis by R Jackson Leach of the World Obesity Federation

Notes:	IOTF International cut off NB SMALL SAMPLE SIZES & COMBINED REGIONS
Cutoffs:	IOTF

Girls, 2015

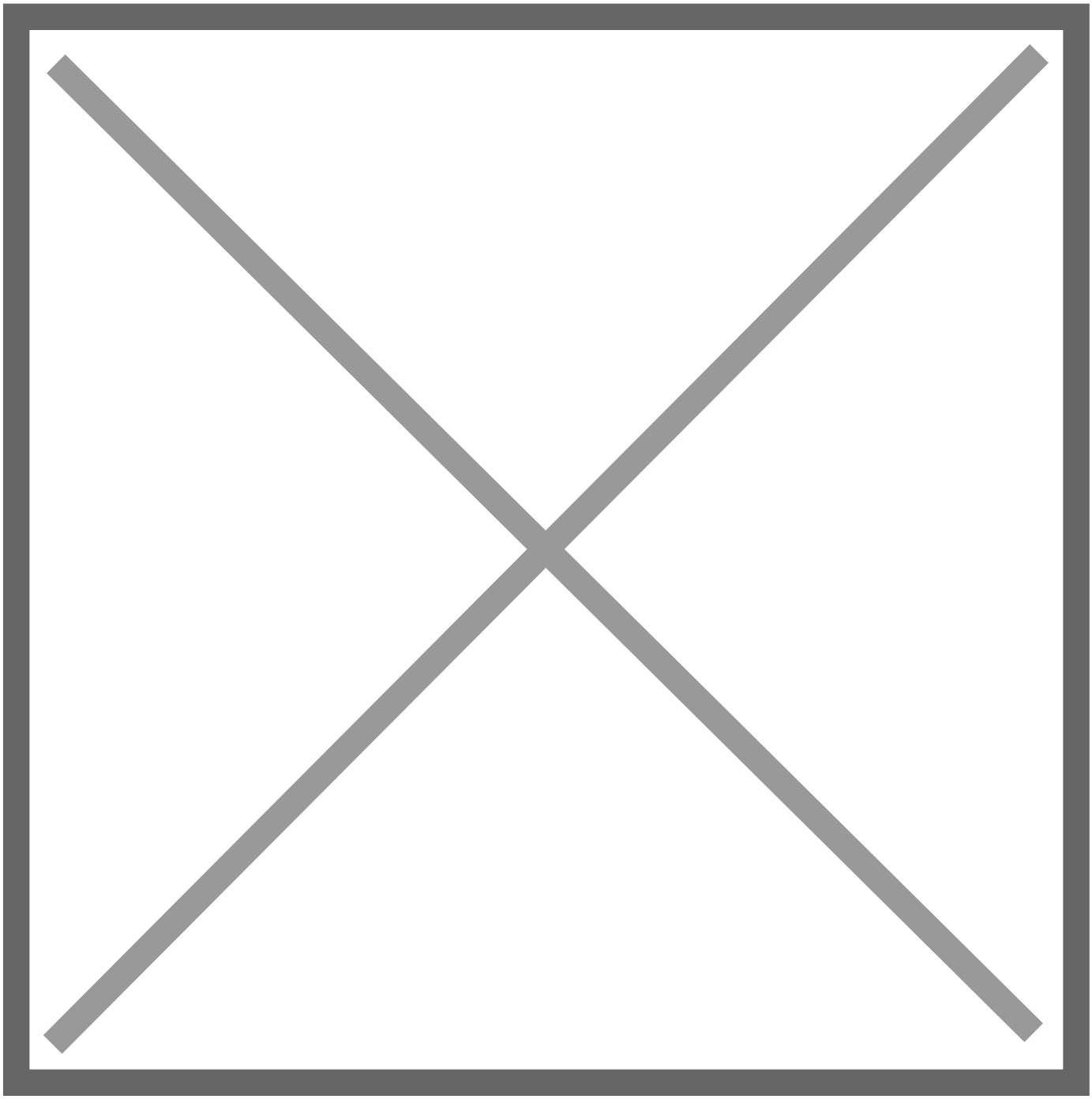


Survey type:	Measured
Age:	2-17
Sample size:	1018
Area covered:	National (but small sample)
References:	Scottish Health Survey 2015, Renanalysis by R Jackson Leach of the World Obesity Federation

Notes:	IOTF International cut off NB SMALL SAMPLE SIZES & COMBINED REGIONS
Cutoffs:	IOTF

Overweight/obesity by socio-economic group

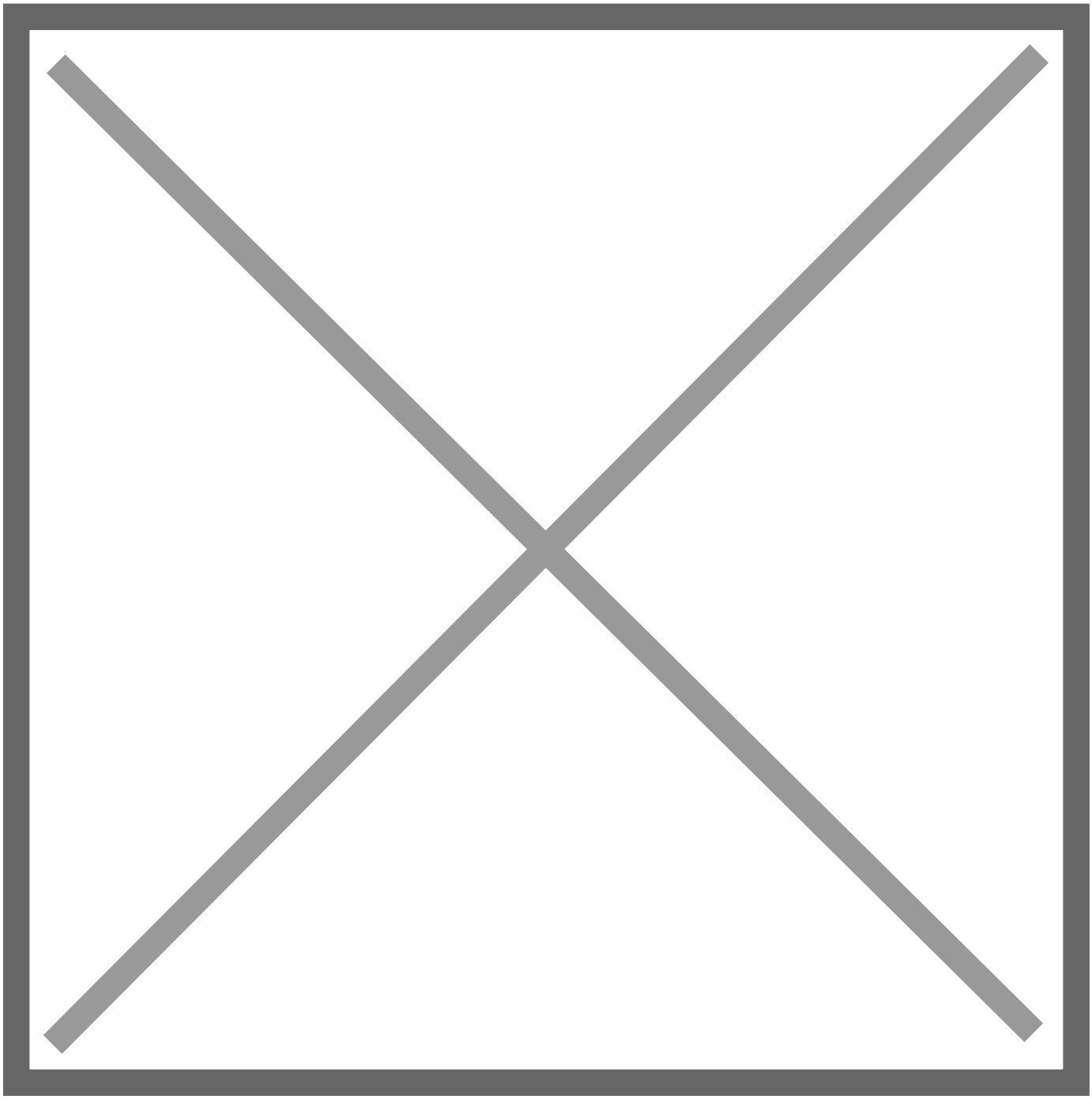
Boys, 2019



Survey type:	Measured
Age:	2-15
Sample size:	1345
Area covered:	National

References:	Scottish Health Survey 2019. Available at: https://www.gov.scot/publications/scottish-health-survey-2019-volume-1-main-report/. Data from Scottish Health Survey 2019 supplementary tables. Available at: https://www.gov.scot/publications/scottish-health-survey-2019-supplementary-tables/. Last accessed 14.04.21.
Notes:	SIMD (Scottish Index of Multiple Deprivation) Quintiles 5 Least Deprived - 1 Most Deprived
Cutoffs:	UK90

Girls, 2019



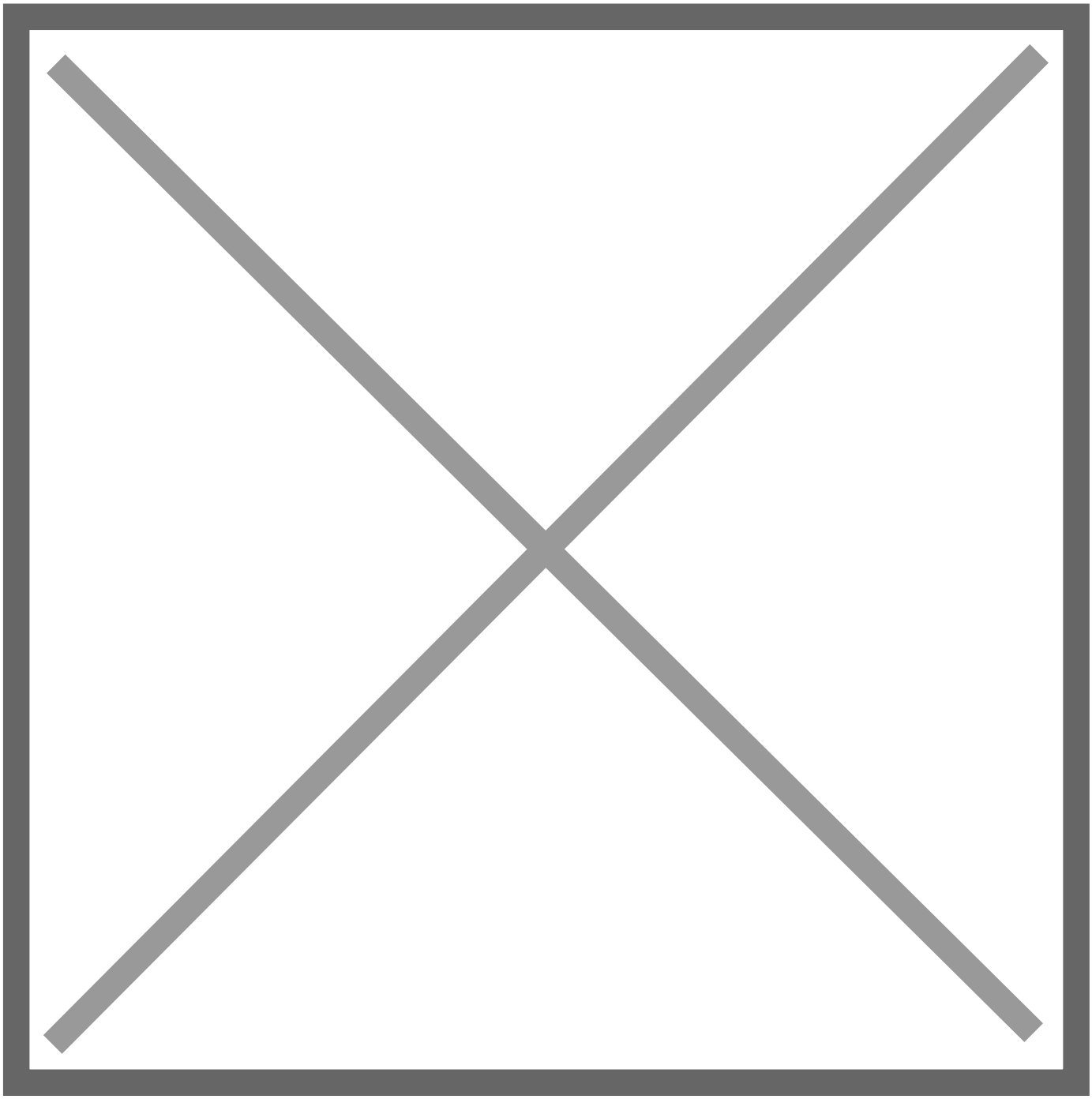
Survey type:	Measured
Age:	2-15
Sample size:	1345
Area covered:	National

References:	Scottish Health Survey 2019. Available at: https://www.gov.scot/publications/scottish-health-survey-2019-volume-1-main-report/. Data from Scottish Health Survey 2019 supplementary tables. Available at: https://www.gov.scot/publications/scottish-health-survey-2019-supplementary-tables/. Last accessed 14.04.21.
Notes:	SIMD (Scottish Index of Multiple Deprivation) Quintiles 5 Least Deprived - 1 Most Deprived
Cutoffs:	UK90

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.

Children, 2010-2011

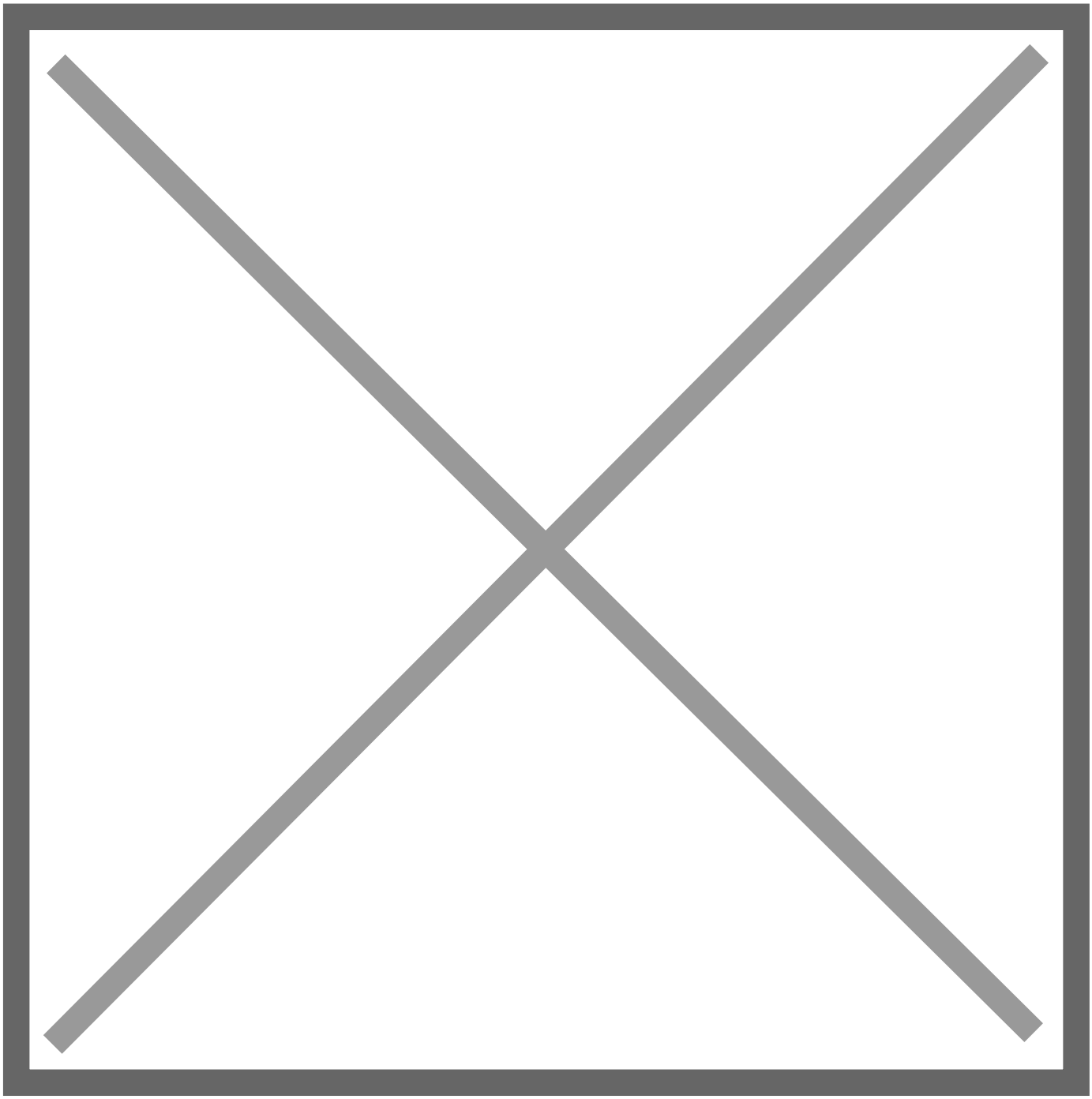


Survey type:	Measured
Age:	5-6
Sample size:	2931
Area covered:	National
References:	Growing up in Scotland: overweight obesity and activity (2012). Available at: https://www.gov.scot/publications/growing-up-scotland-report-overweight-obesity-activity/pages/8/. Last accessed: 26.04.21.

Notes:	Ethnic groups as defined by survey of origin.
Cutoffs:	UK90

Insufficient physical activity

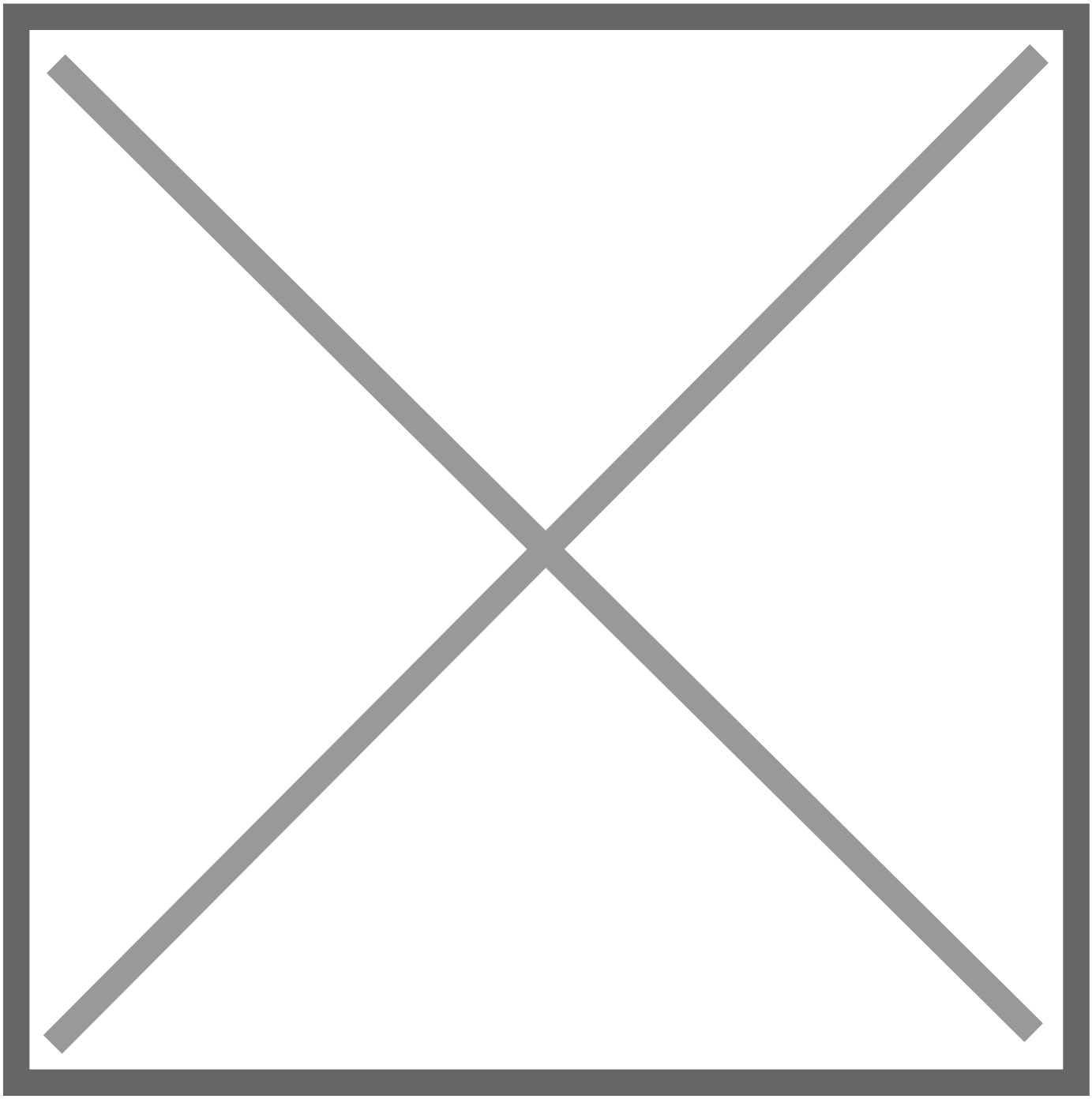
Boys, 2021-2022



Survey type:	Self-reported
Area covered:	National
References:	Rakic JG, Hamrik Z, Dzielska A, Felder-Puig R, Oja L, Bakalár P et al. A focus on adolescent physical activity, eating behaviours, weight status and body image in Europe, central Asia and Canada. Health Behaviour in School-aged Children international report from the 2021/2022 survey. Volume 4. Copenhagen: WHO Regional Office for Europe; 2024. Licence: CC BY-NC-SA 3.0 IGO.Health Behaviour in School-aged Children study (2023), Data browser (findings from the 2021/22 international HBSC survey): https://data-browser.hbsc.org.

Notes:	Young people were asked to report the number of days over the past week during which they were physically active for a total of at least 60 minutes. The question was introduced by text defining moderate-to-vigorous physical activity (MVPA) as any activity that increases the heart rate and makes the person get out of breath some of the time, with examples provided. Findings presented on the Observatory show the proportions who report less than 60 minutes of MVPA daily. NB. National except Belgium (Flemish speaking region only)
Definitions:	% reporting less than 60 minutes of MVPA daily

Girls, 2021-2022

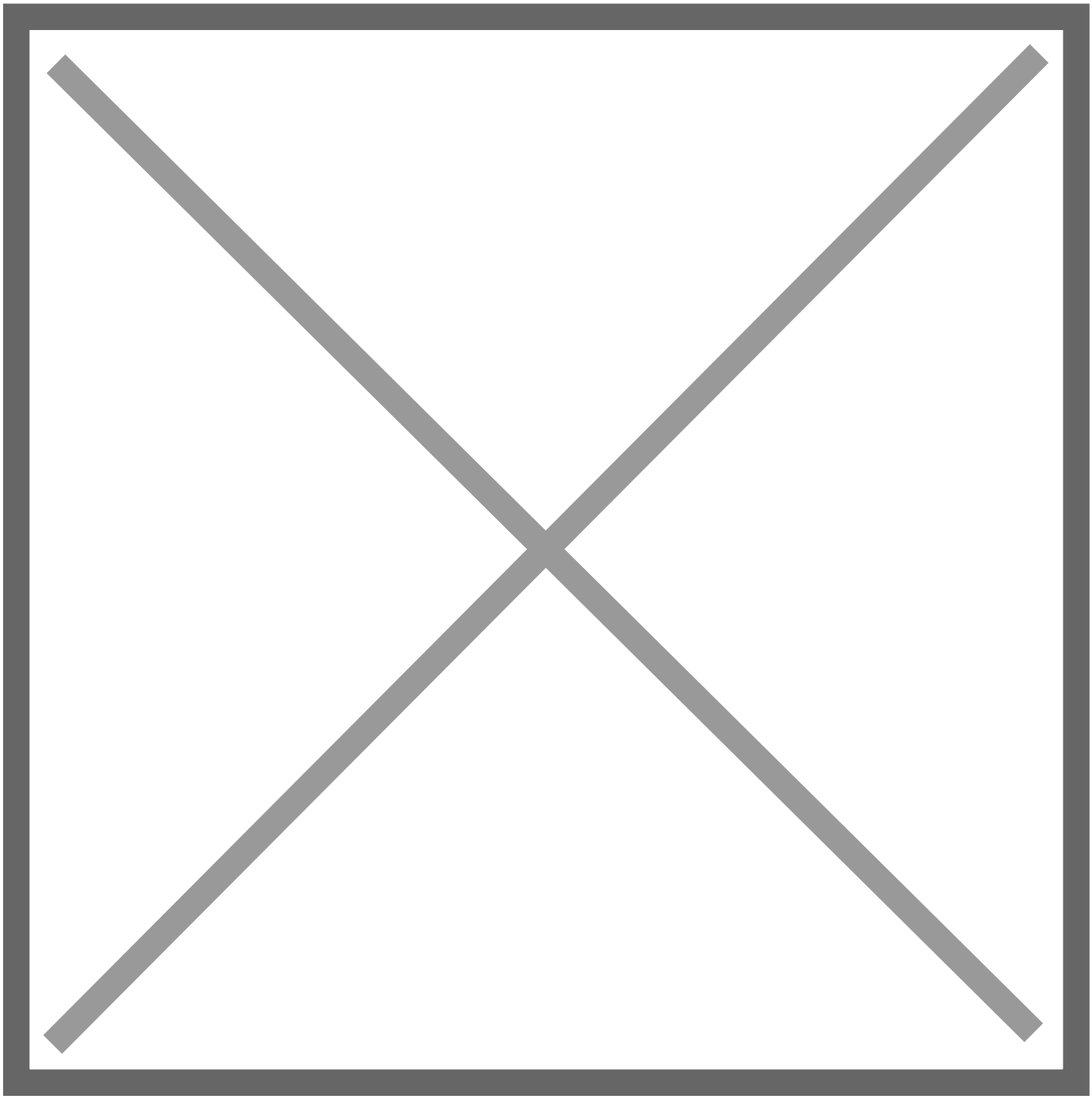


Survey type:	Self-reported
Area covered:	National
References:	Rakic JG, Hamrik Z, Dzielska A, Felder-Puig R, Oja L, Bakalár P et al. A focus on adolescent physical activity, eating behaviours, weight status and body image in Europe, central Asia and Canada. Health Behaviour in School-aged Children international report from the 2021/2022 survey. Volume 4. Copenhagen: WHO Regional Office for Europe; 2024. Licence: CC BY-NC-SA 3.0 IGO.Health Behaviour in School-aged Children study (2023), Data browser (findings from the 2021/22 international HBSC survey): https://data-browser.hbsc.org.

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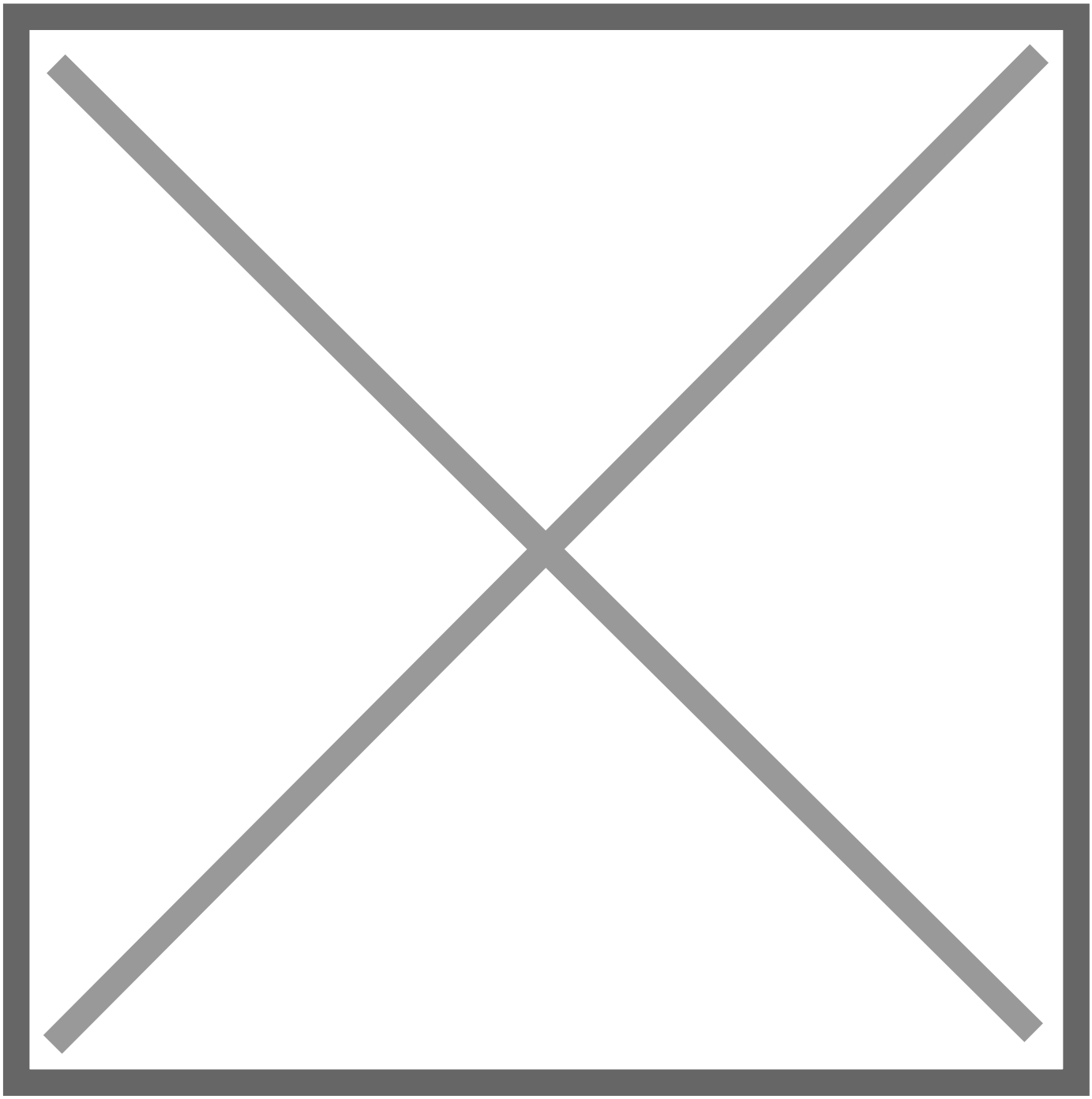
Prevalence of at least daily soft drink consumption

Boys, 2021-2022



Area covered:	National
References:	Health Behaviour in School-aged Children study (2023), Data browser (findings from the 2021/22 international HBSC survey): https://data-browser.hbsc.org
Definitions:	Proportion who reported drinking sugary soft drinks daily (at least once)

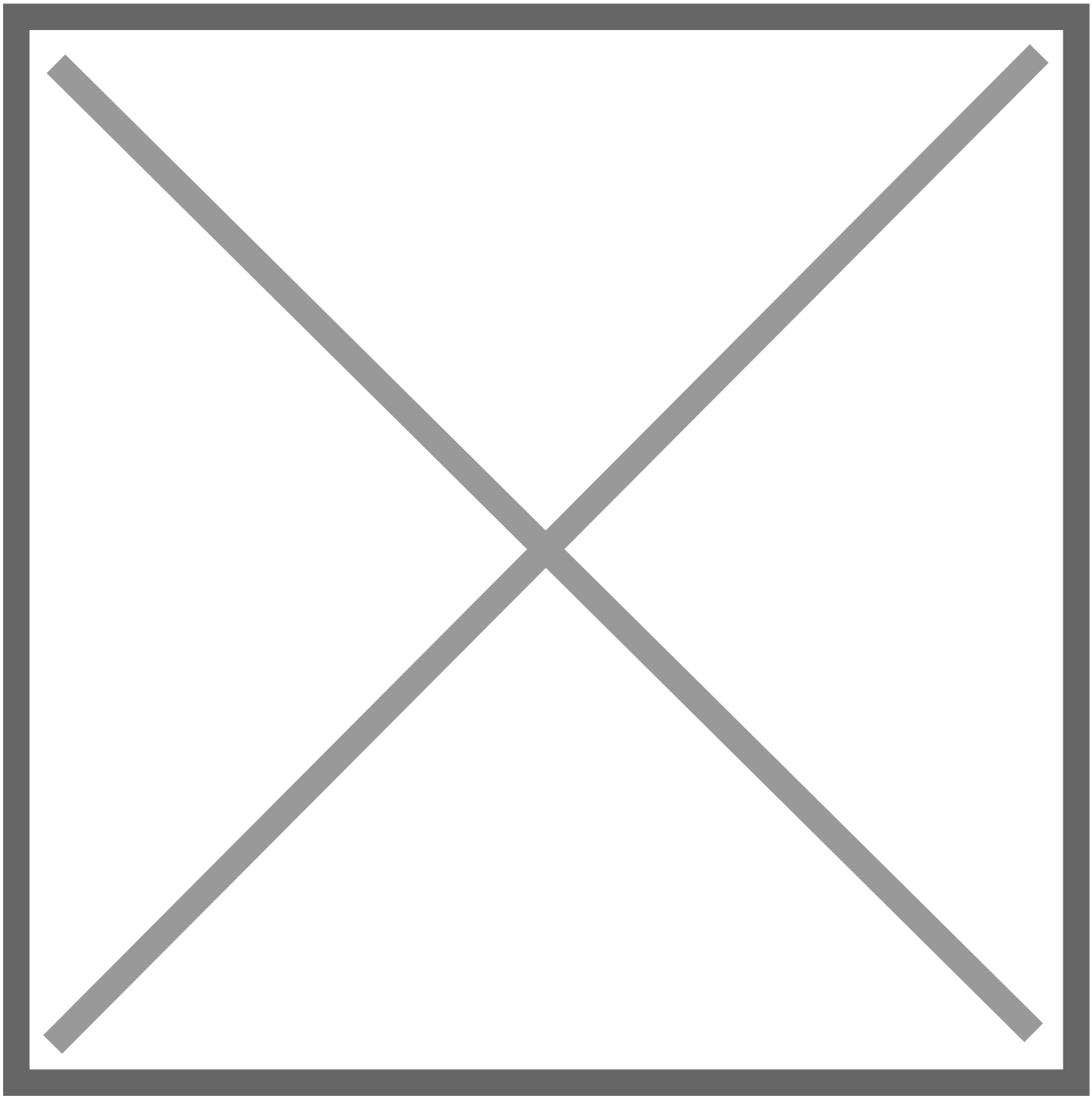
Girls, 2021-2022



Area covered:	National
References:	Health Behaviour in School-aged Children study (2023), Data browser (findings from the 2021/22 international HBSC survey): https://data-browser.hbsc.org
Definitions:	Proportion who reported drinking sugary soft drinks daily (at least once)

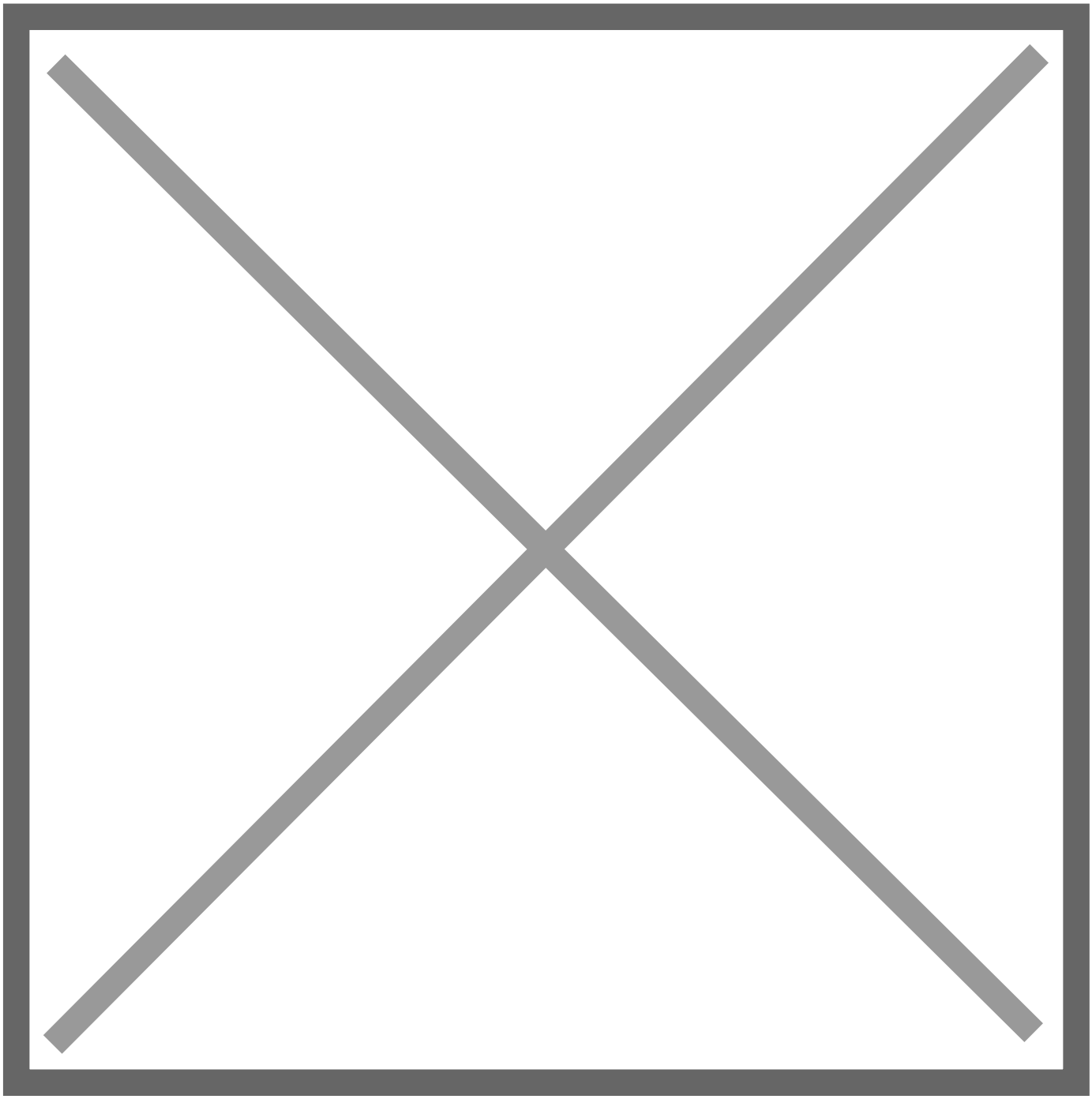
Prevalence of less than daily fruit consumption

Boys, 2021-2022



Survey type:	Self-reported
Area covered:	National
References:	Rakic JG, Hamrik Z, Dzielska A, Felder-Puig R, Oja L, Bakalár P et al. A focus on adolescent physical activity, eating behaviours, weight status and body image in Europe, central Asia and Canada. Health Behaviour in School-aged Children international report from the 2021/2022 survey. Volume 4. Copenhagen: WHO Regional Office for Europe; 2024. Licence: CC BY-NC-SA 3.0 IGO
Definitions:	Proportion who reported eating fruit less than daily

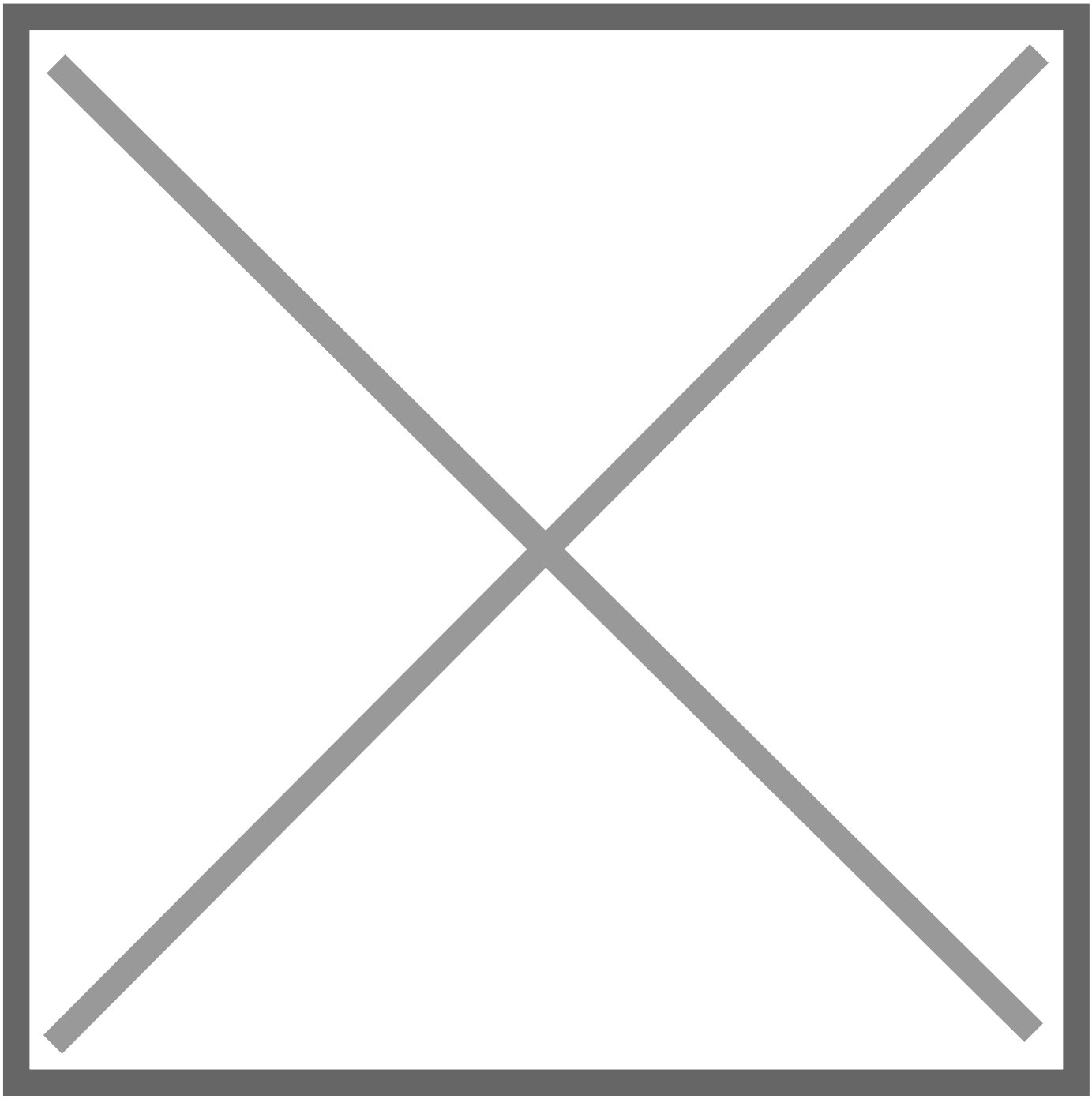
Girls, 2021-2022



Survey type:	Self-reported
Area covered:	National
References:	Rakic JG, Hamrik Z, Dzielska A, Felder-Puig R, Oja L, Bakalár P et al. A focus on adolescent physical activity, eating behaviours, weight status and body image in Europe, central Asia and Canada. Health Behaviour in School-aged Children international report from the 2021/2022 survey. Volume 4. Copenhagen: WHO Regional Office for Europe; 2024. Licence: CC BY-NC-SA 3.0 IGO
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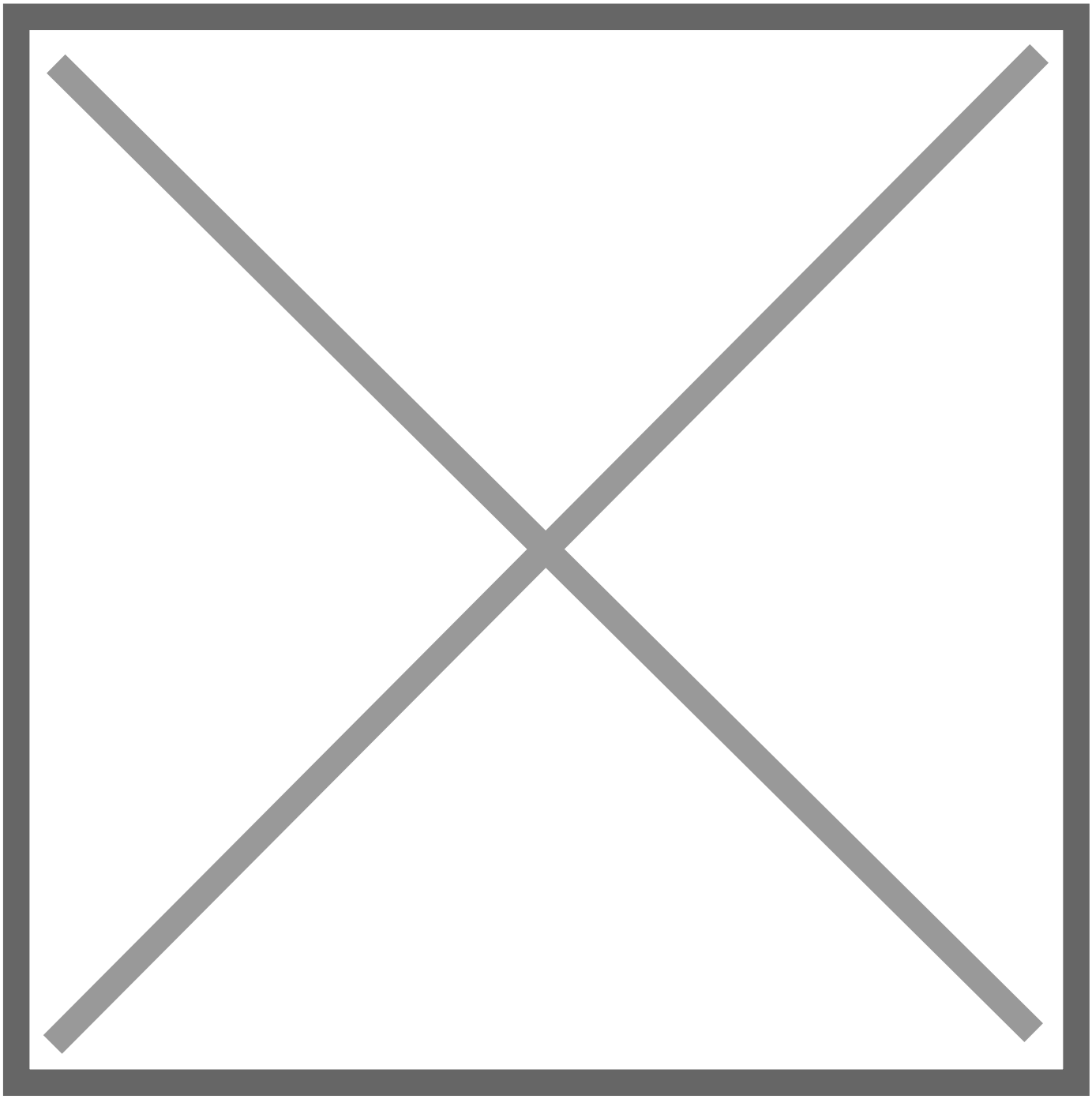
Prevalence of less than daily vegetable consumption

Boys, 2021-2022



Survey type:	Self-reported
Area covered:	National
References:	Rakic JG, Hamrik Z, Dzielska A, Felder-Puig R, Oja L, Bakalár P et al. A focus on adolescent physical activity, eating behaviours, weight status and body image in Europe, central Asia and Canada. Health Behaviour in School-aged Children international report from the 2021/2022 survey. Volume 4. Copenhagen: WHO Regional Office for Europe; 2024. Licence: CC BY-NC-SA 3.0 IGO
Definitions:	Prevalence of less-than-daily vegetable consumption (% less-than-daily vegetable consumption)

Girls, 2021-2022



Survey type:	Self-reported
Area covered:	National
References:	Rakic JG, Hamrik Z, Dzielska A, Felder-Puig R, Oja L, Bakalár P et al. A focus on adolescent physical activity, eating behaviours, weight status and body image in Europe, central Asia and Canada. Health Behaviour in School-aged Children international report from the 2021/2022 survey. Volume 4. Copenhagen: WHO Regional Office for Europe; 2024. Licence: CC BY-NC-SA 3.0 IGO
Definitions:	Prevalence of less-than-daily vegetable consumption (% less-than-daily vegetable consumption)

PDF created on November 5, 2026