Report card
Scotland

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Obesity prevalence

Adults, 2022

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


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.

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
Children, 2022

Survey type: Measured
Age: 2-15
Sample size: 712
Area covered: National
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.
Cutoffs: 85th/95th Centile
% Adults living with obesity, 1998-2022

Men

Survey type: Measured

References: For full details of references visit https://data.worldobesity.org/

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: For full details of references visit https://data.worldobesity.org/

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, 1998-2022

Men

Survey type: Measured

References: For full details of references visit https://data.worldobesity.org/

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: For full details of references visit https://data.worldobesity.org/

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.
% Children living with overweight or obesity, 2013-2022

Girls

References:

For full details of references visit https://data.worldobesity.org/

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

References: For full details of references visit https://data.worldobesity.org/

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, 1974-1994

Survey type: Measured

References: Chinn S, Rona RJ. Prevalence and trends in overweight 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.
% Children living with overweight or obesity, 2012-2022

Boys

Survey type: Measured

References: For full details of references visit https://data.worldobesity.org/

Notes: Aged 2-15.

Definitions: 85th & 95th Percentiles

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: For full details of references visit https://data.worldobesity.org/

Notes: Aged 2-15.

Definitions: 85th & 95th Percentiles

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, selected countries, 1960-2023

Men

References:
For full details of references visit https://data.worldobesity.org/

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.
References:

For full details of references visit https://data.worldobesity.org/

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


Notes: At or above 85th percentile and below 95th percentile: overweight At or above 95th percentile: obesity
Overweight/obesity by age

Adults, 2022

Survey type: Measured
Sample size: 3510
Area covered: National
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.

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
**Children, 2022**

Survey type: Measured

Sample size: 712

Area covered: National


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.

Cutoffs: 85th/95th Centile
Overweight/obesity by region

Men, 2016-2019

Survey type: Measured
Age: 16+
Area covered: National

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


Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
### Children, 2018-2019

**Survey type:** Measured

**Age:** 4-5

**Sample size:** 44789

**Area covered:** National


**Definitions:** At risk of overweight (BMI>=85th and <95th centile) At risk of obesity (BMI>=95th)
Overweight/obesity by socio-economic group

Men, 2022

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


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


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.
### Boys, 2019

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


**Notes:** SIMD (Scottish Index of Multiple Deprivation) Quintiles 5 Least Deprived - 1 Most Deprived

**Cutoffs:** UK90

<table>
<thead>
<tr>
<th>Quintile</th>
<th>Obesity (%)</th>
<th>Overweight (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Least Deprived</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4th</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3rd</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2nd</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Most Deprived</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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<tr>
<th>Quintile</th>
<th>Obesity (%)</th>
<th>Overweight (%)</th>
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<tbody>
<tr>
<td>Least Deprived</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4th</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3rd</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2nd</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Most Deprived</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Girls, 2019

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


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.

Adults, 2008-2011

- African, Caribbean or Black
- Asian Chinese
- Asian, Indian
- Asian, Other
- Asian, Pakistani
- Mixed
- Other
- White, British
- White, Irish
- White, Other

Survey type: Measured
Age: 16+
Sample size: 23994
Area covered: National
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.
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: 

Notes: Ethnic groups as defined by survey of origin.

Cutoffs: UK90
Contextual factors

**Disclaimer:** These contextual factors should be interpreted with care. Results are updated as regularly as possible and use very specific criteria. The criteria used and full definitions are available for download at the bottom of this page.

### Labelling

<table>
<thead>
<tr>
<th>Question</th>
<th>Status</th>
</tr>
</thead>
<tbody>
<tr>
<td>Is there mandatory nutrition labelling?</td>
<td>✔</td>
</tr>
<tr>
<td>Front-of-package labelling?</td>
<td>✔</td>
</tr>
<tr>
<td>Back-of-pack nutrition declaration?</td>
<td>✔</td>
</tr>
<tr>
<td>Color coding?</td>
<td>✔</td>
</tr>
<tr>
<td>Warning label?</td>
<td>✗</td>
</tr>
<tr>
<td>Regulation and marketing</td>
<td></td>
</tr>
<tr>
<td>--------------------------</td>
<td></td>
</tr>
<tr>
<td>Are there fiscal policies on unhealthy products?</td>
<td>✓</td>
</tr>
<tr>
<td>Tax on unhealthy foods?</td>
<td>✗</td>
</tr>
<tr>
<td>Tax on unhealthy drinks?</td>
<td>✓</td>
</tr>
<tr>
<td>Are there fiscal policies on healthy products?</td>
<td>✗</td>
</tr>
<tr>
<td>Subsidy on fruits?</td>
<td>✗</td>
</tr>
<tr>
<td>Subsidy on vegetables?</td>
<td>✗</td>
</tr>
<tr>
<td>Subsidy on other healthy products?</td>
<td>✗</td>
</tr>
<tr>
<td>Mandatory limit or ban of trans fat (all settings)?</td>
<td>✓</td>
</tr>
<tr>
<td>Mandatory limit of trans fats in place (all settings)?</td>
<td>✓</td>
</tr>
<tr>
<td>Ban on trans-fats or phos in place (all settings)?</td>
<td>✗</td>
</tr>
<tr>
<td>Are there any mandatory policies/marketing restrictions on the promotion of unhealthy food/drinks to children?</td>
<td>✓</td>
</tr>
<tr>
<td>Mandatory restriction on broadcast media?</td>
<td>✓</td>
</tr>
<tr>
<td>Mandatory restriction on non-broadcast media?</td>
<td>✓</td>
</tr>
<tr>
<td>Voluntary policies/marketing restrictions on the promotion of unhealthy food/drinks to children?</td>
<td>✓</td>
</tr>
<tr>
<td>Are there mandatory standards for food in schools?</td>
<td>✓</td>
</tr>
<tr>
<td>Are there any mandatory nutrient limits in any manufactured food products?</td>
<td>✗</td>
</tr>
<tr>
<td>Nutrition standards for public sector procurement?</td>
<td>✗</td>
</tr>
</tbody>
</table>
Political will and support

National obesity strategy or nutrition and physical activity national strategy? ✓
National obesity strategy? ✓
National childhood obesity strategy? ✓
Comprehensive nutrition strategy? ✓
Comprehensive physical activity strategy? ✓
Evidence-based dietary guidelines and/or RDAs? ✓
National target(s) on reducing obesity? ✓
Guidelines/policy on obesity treatment? ✓
Promotion of breastfeeding? ✓

Monitoring and surveillance

Monitoring of the prevalence and incidence for the main obesity-related NCDs and risk factors? ✓
Within 5 years? ✓

Governance and resource

Multi-sectoral national co-ordination mechanism for obesity or nutrition (including obesity)? ✗

Key

✓ Present ✓ Present (voluntary) ✓ Incoming ✗ Absent ? Unknown

Last updated September 13, 2022