

## **United Kingdom**



## **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 <u>https://data.worldobesity.org/country/united-</u> kingdom-226/.

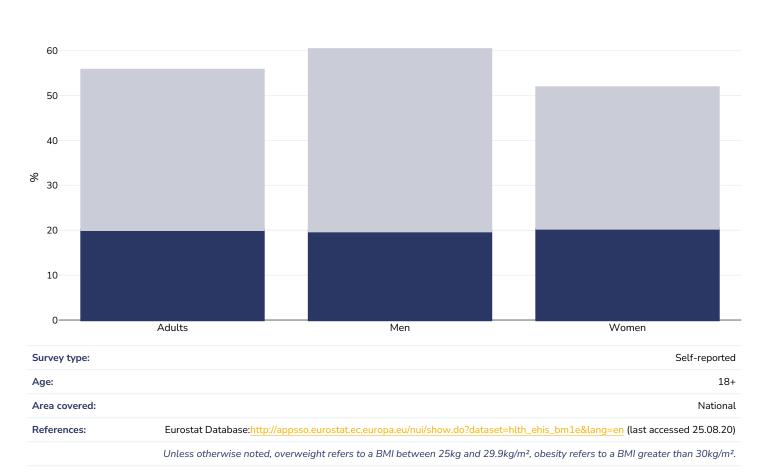


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## **Obesity prevalence**

Obesity Overweight





## Overweight/obesity by age and education

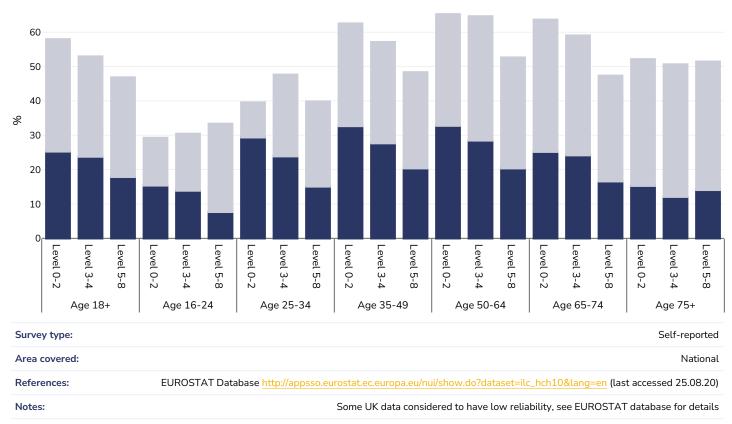
#### Men, 2017

Obesity Overweight 70 60 50 \* 40 30 20 10 0 Level 3-4 Level 5-8 Level 0-2 Level 3-4 Level 5-8 Level 0-2 Level 5-8 Level 0-2 Level 3-4 Age 16-24 Age 25-34 Age 35-49 Age 50-64 Age 65-74 Age 75+ Age 18+ Self-reported Survey type: Area covered: National **References:** EUROSTAT Database http://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=ilc\_hch10&lang=en (last accessed 25.08.20) Some UK data considered to have low reliability, see EUROSTAT database for details Notes:







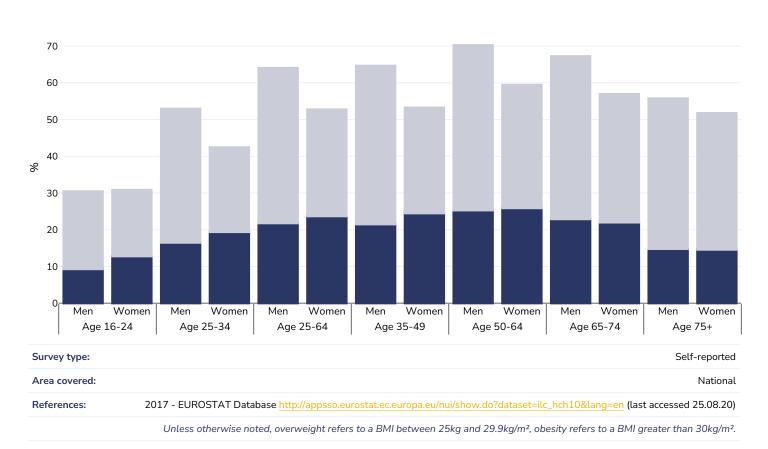




## Overweight/obesity by age

## Adults, 2017

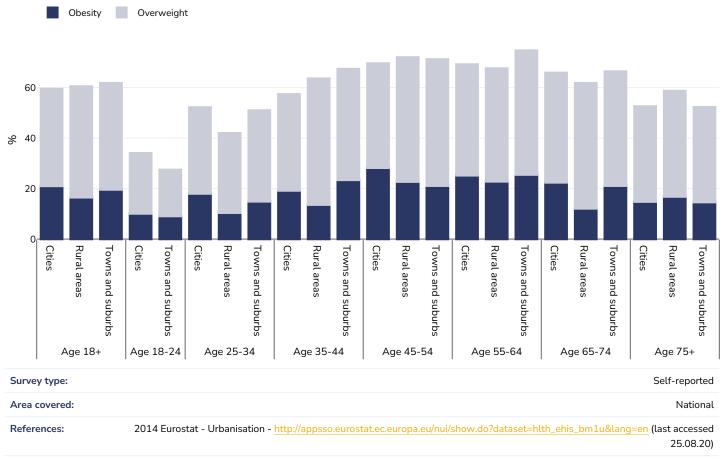
Obesity Overweight





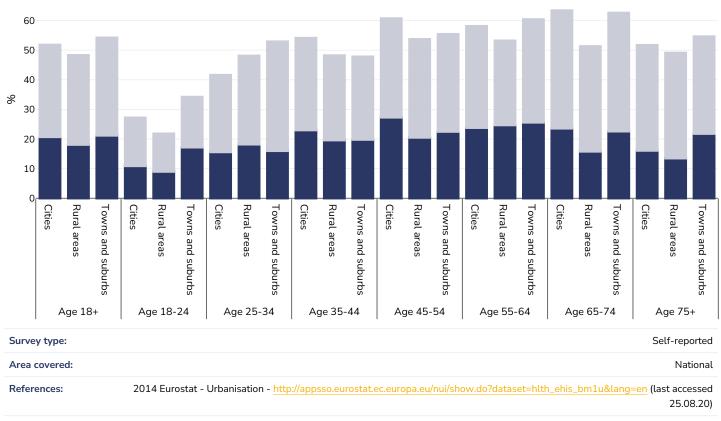
## Overweight/obesity by age and region

#### Men, 2014





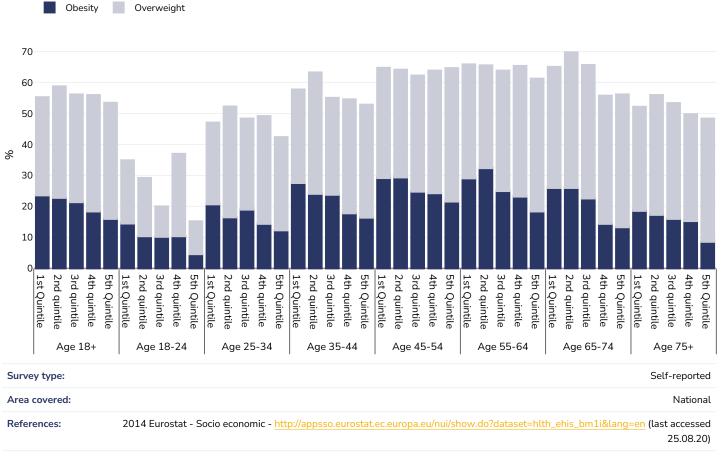
Obesity Overweight





## Overweight/obesity by age and socio-economic group

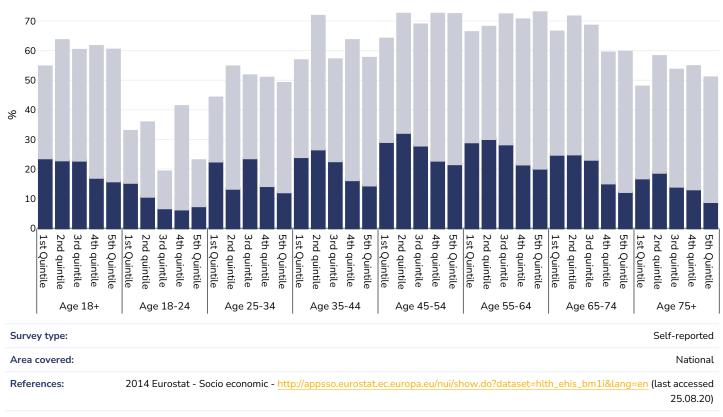
#### Adults, 2014



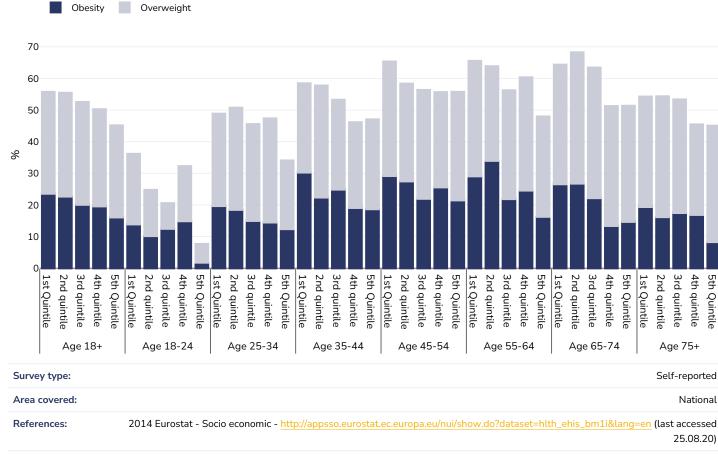


#### Men, 2014

Obesity Overweight



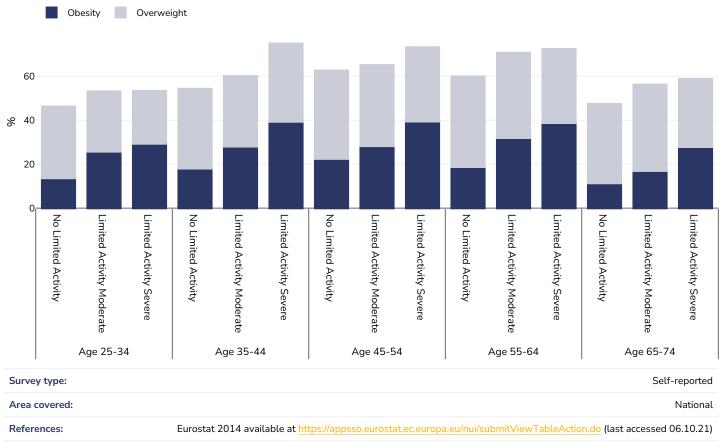






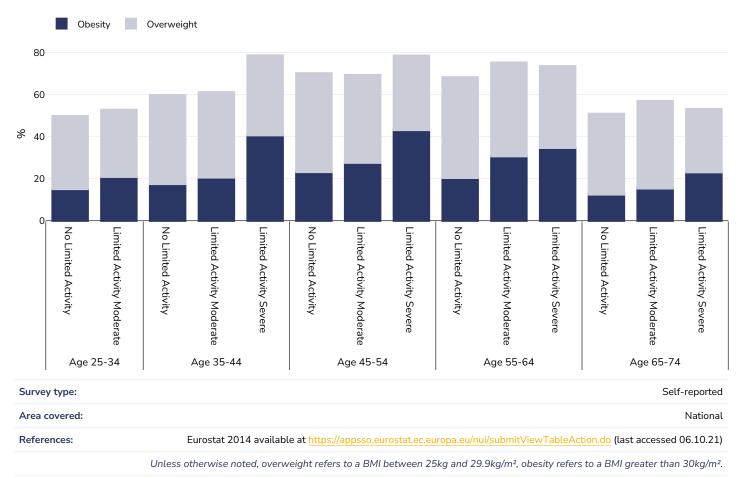
## Overweight/obesity by age and limited activity

#### Adults, 2014

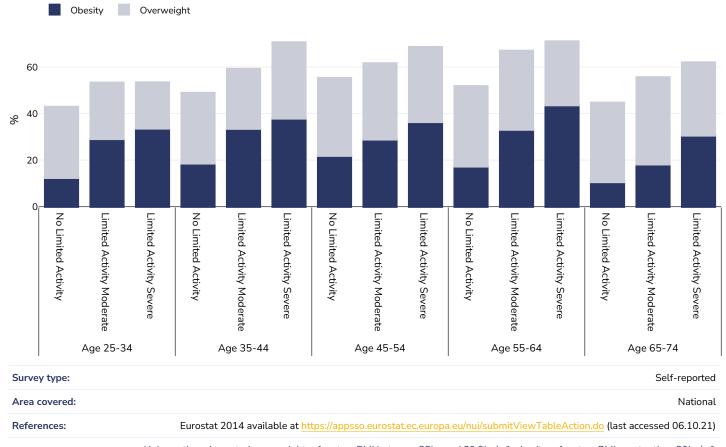




#### Men, 2014

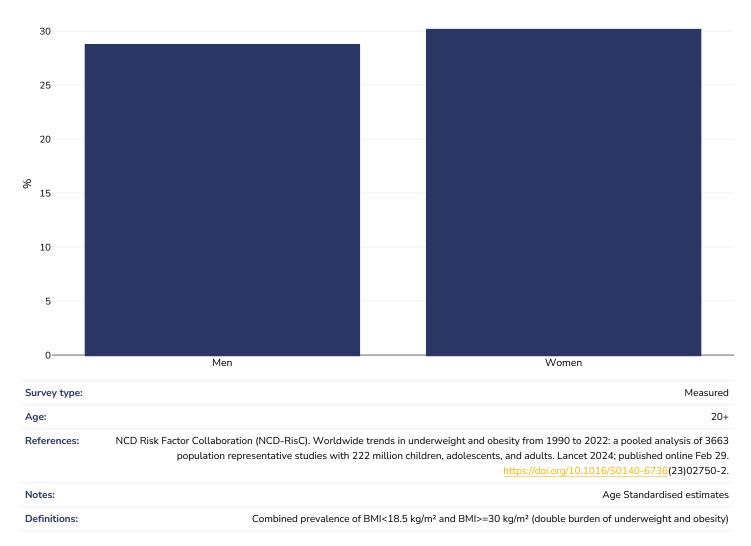






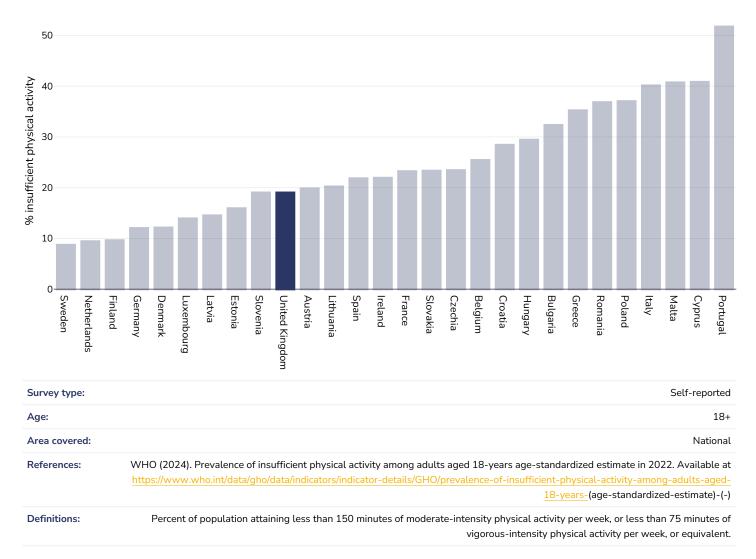


## Double burden of underweight & overweight



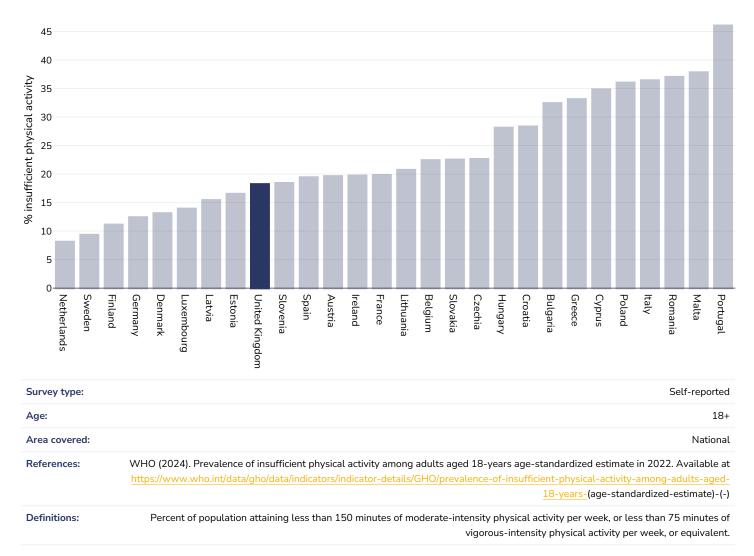


## Insufficient physical activity

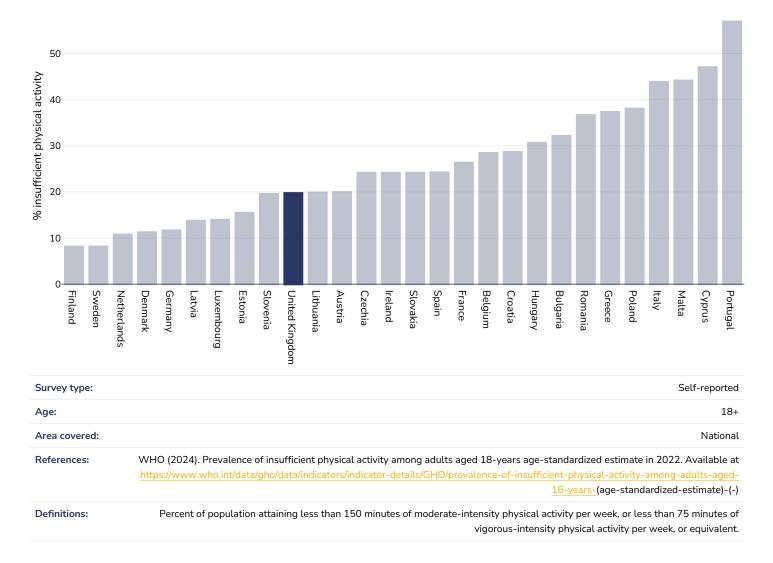


# 

#### Men, 2022

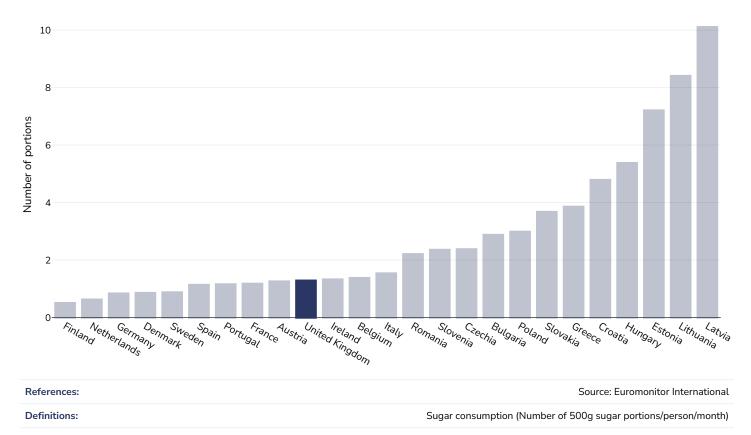








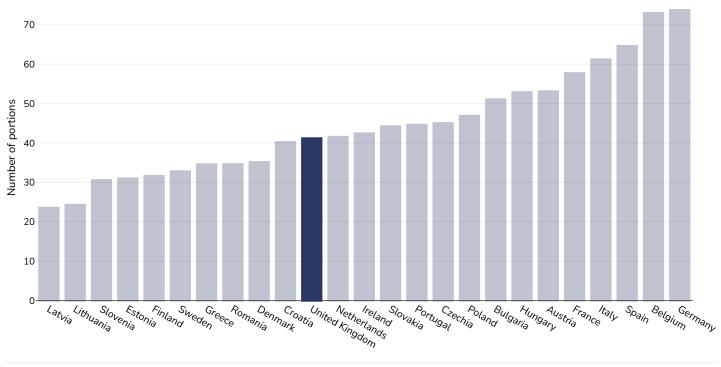
## Sugar consumption





## Estimated per capita sugar sweetened beverages intake

#### Adults, 2016

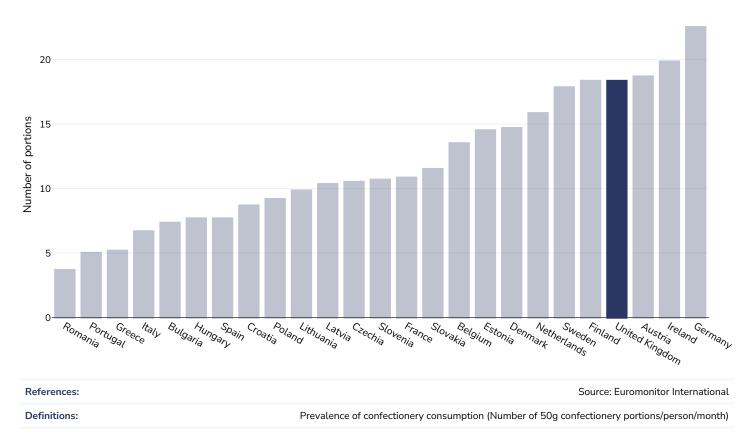


References:

Source: Euromonitor International

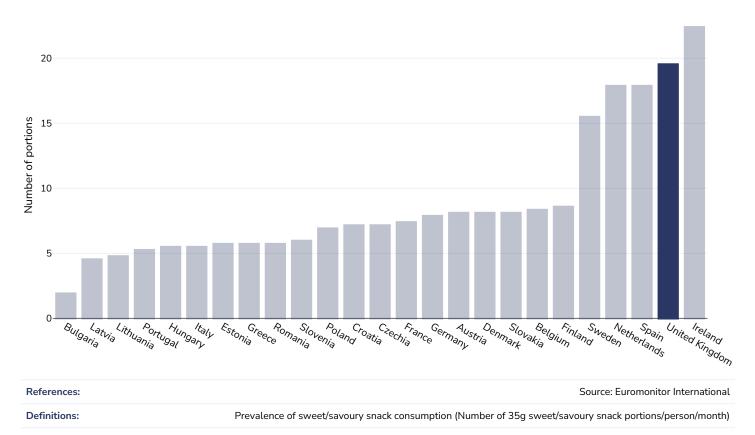


## Prevalence of confectionery consumption



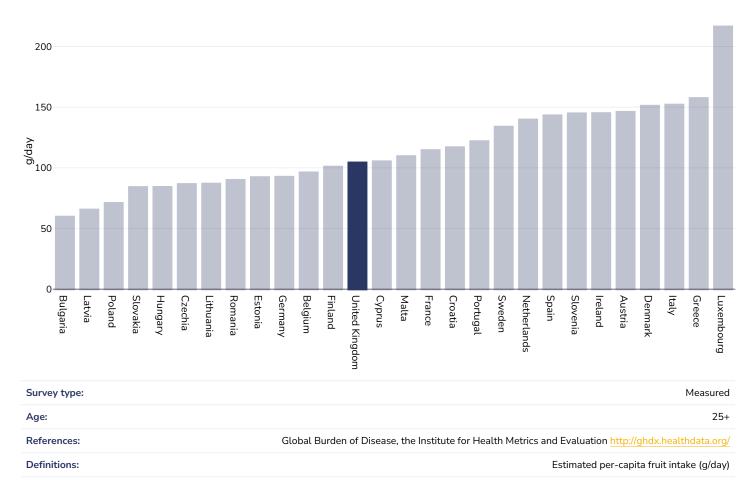


## Prevalence of sweet/savoury snack consumption



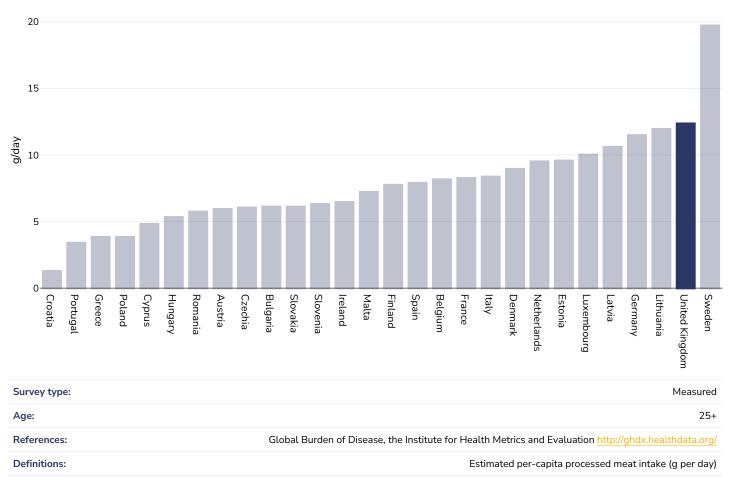


## Estimated per capita fruit intake





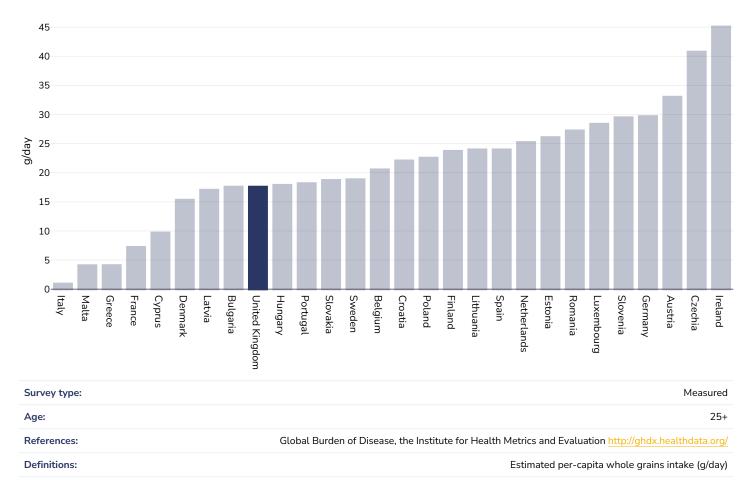
## Estimated per-capita processed meat intake





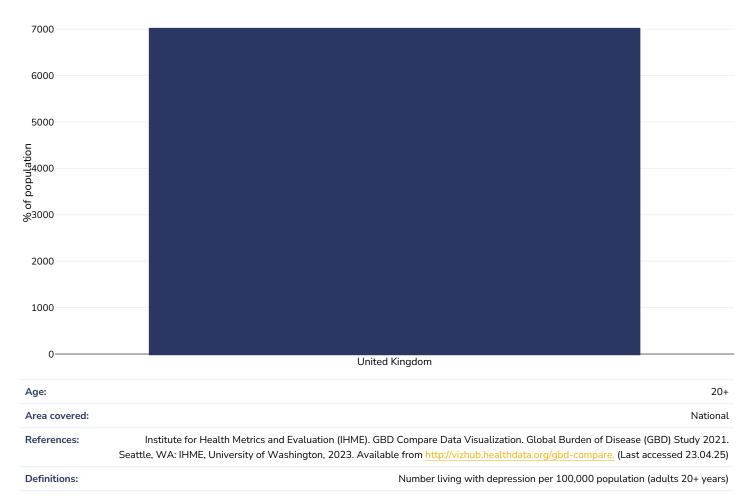


## Estimated per capita whole grains intake



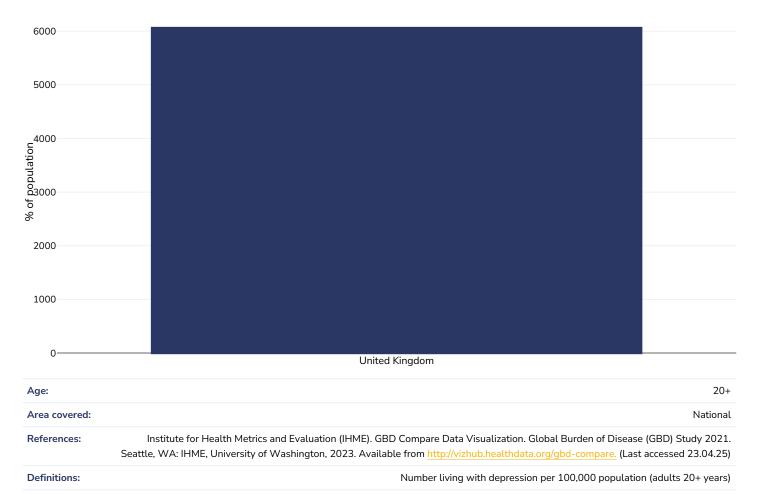


## Mental health - depression disorders





#### Men, 2021





8000		
7000		
,		
6000		
% of population		
දි4000 රි %		
3000		
2000		
1000		
0	United Kingdom	
	Onited Kingdom	
Age:	20+	
Area covered:	National	
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <u>http://vizhub.healthdata.org/gbd-compare.</u> (Last accessed 23.04.25)	
Definitions:	Number living with depression per 100,000 population (adults 20+ years)	

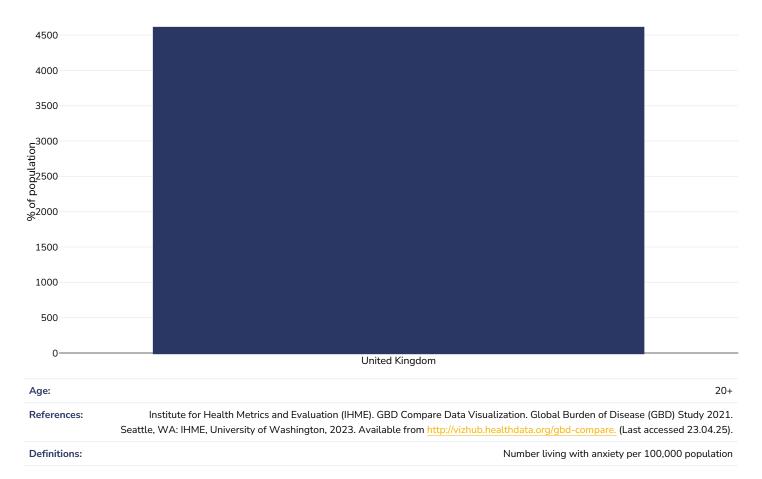


## Mental health - anxiety disorders





#### Men, 2021

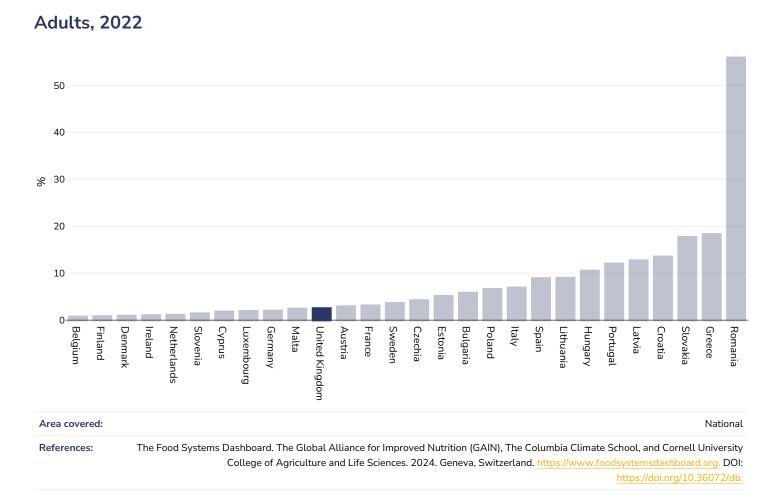




7000			
6000			
5000 notation			
oppulation % of population % of % of population % of % of population % of %			
2000			
1000			
0			
0	United Kingdom		
Age:		20+	
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <u>http://vizhub.healthdata.org/gbd-compare.</u> (Last accessed 23.04.25).		
Definitions:	Number living with anxiety per 100,000 population		



## Percent of population who cannot afford a healthy diet

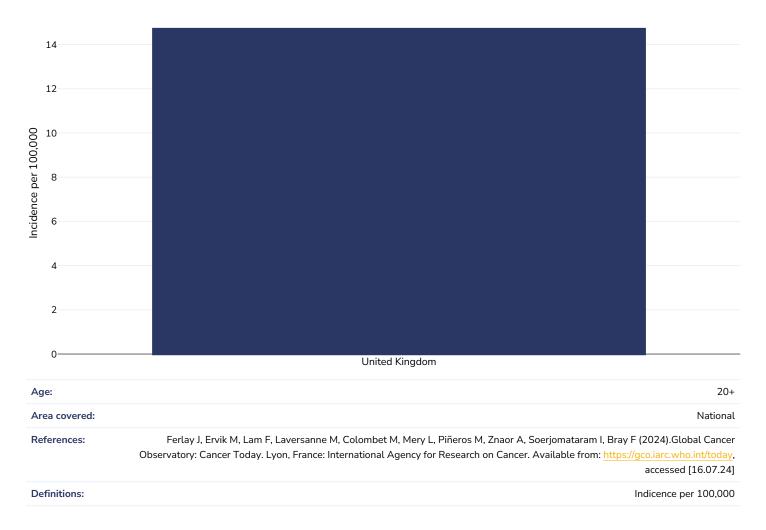


#### 32

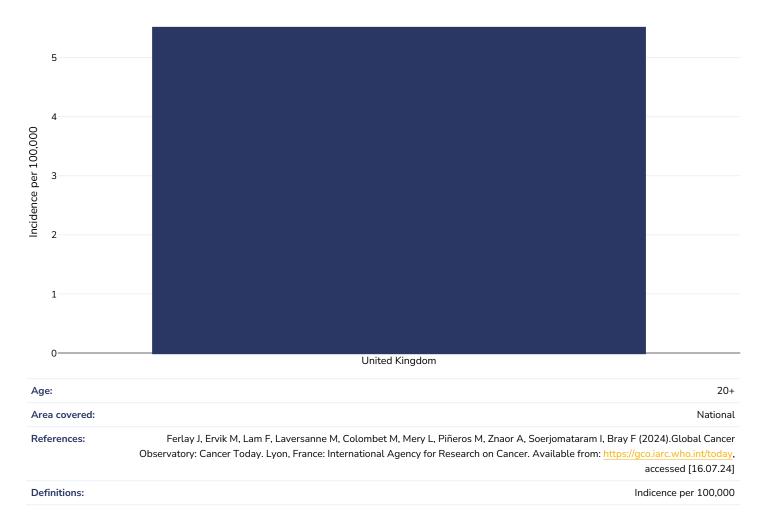


## Oesophageal cancer

#### Men, 2022





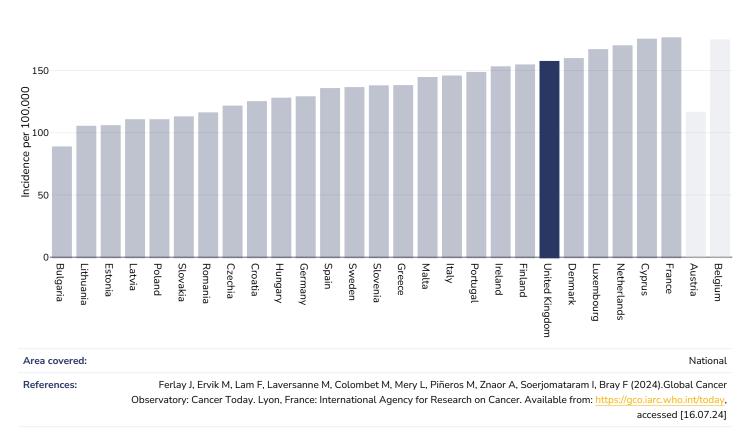




#### **Breast cancer**

#### Women, 2022

Age 20 Age 20+



Definitions:

Incidence per 100,000

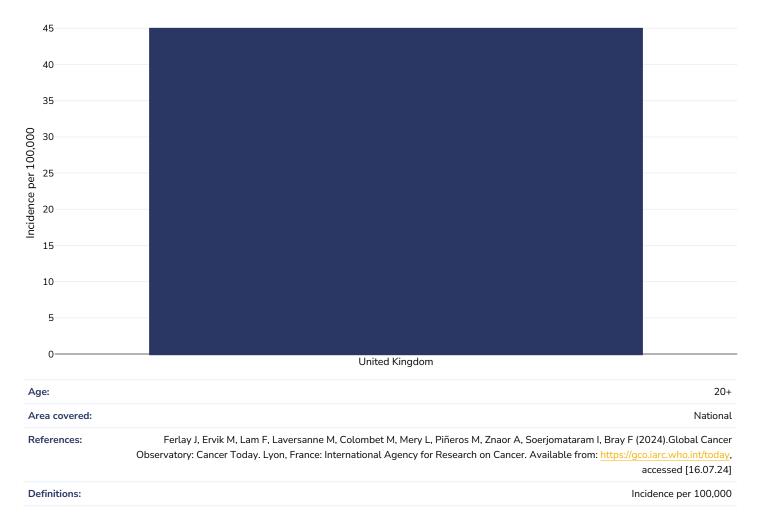


### **Colorectal cancer**

#### Men, 2022

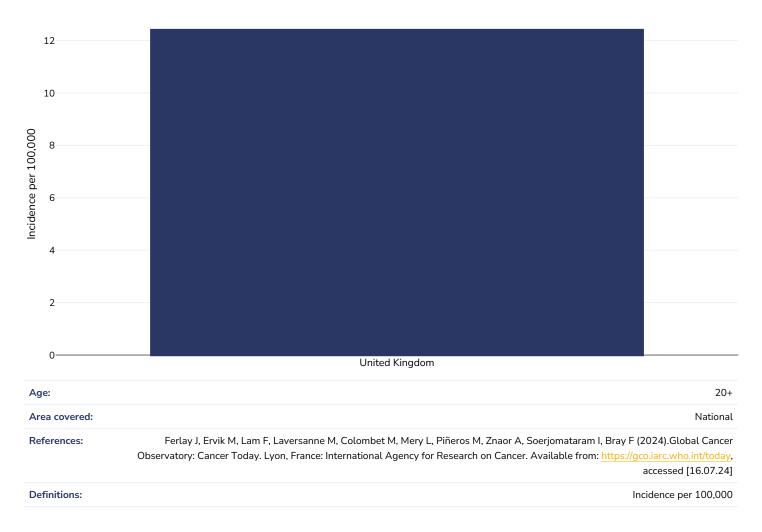








# Pancreatic cancer

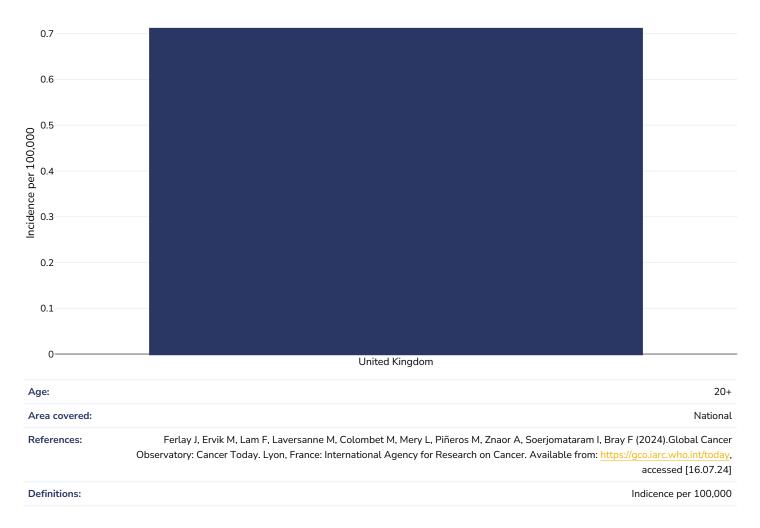




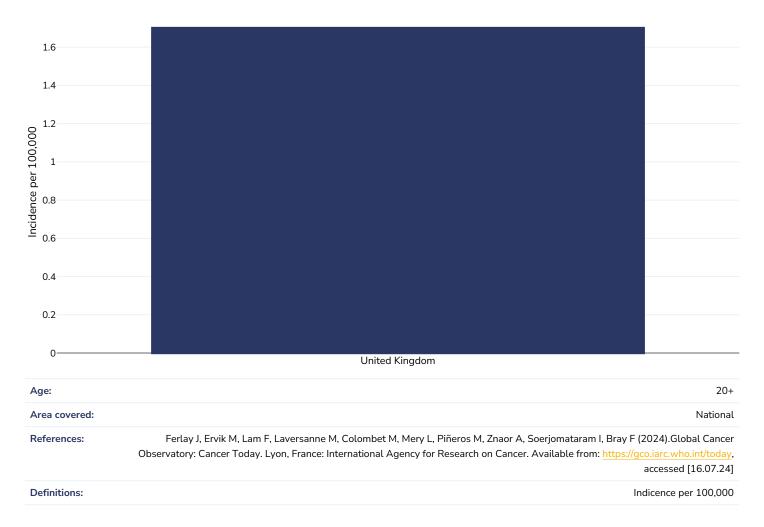




### Gallbladder cancer

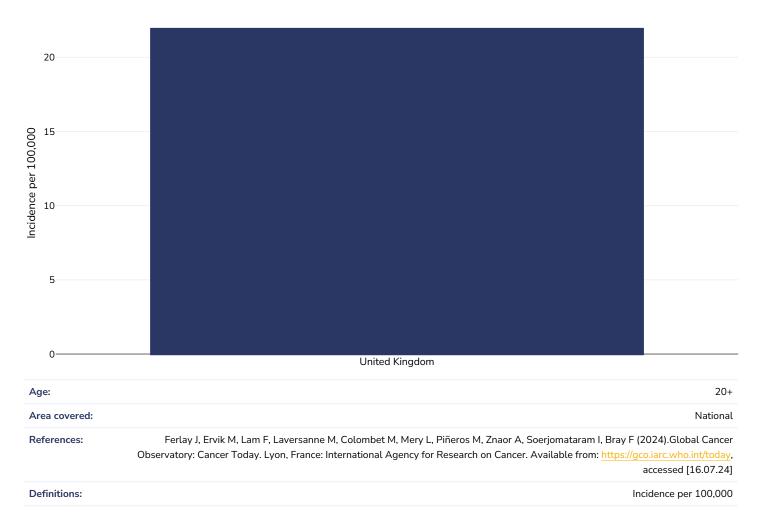




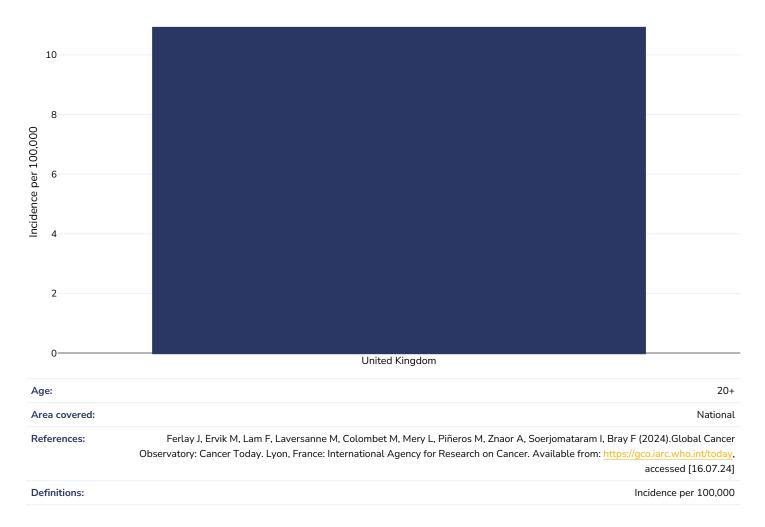




### **Kidney cancer**









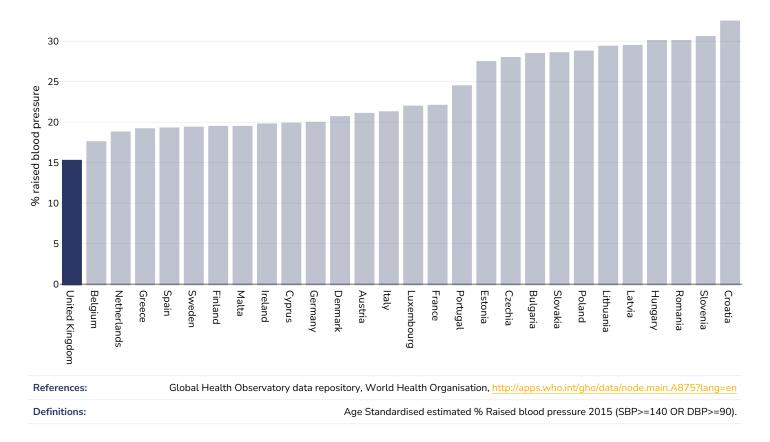
## Cancer of the uterus



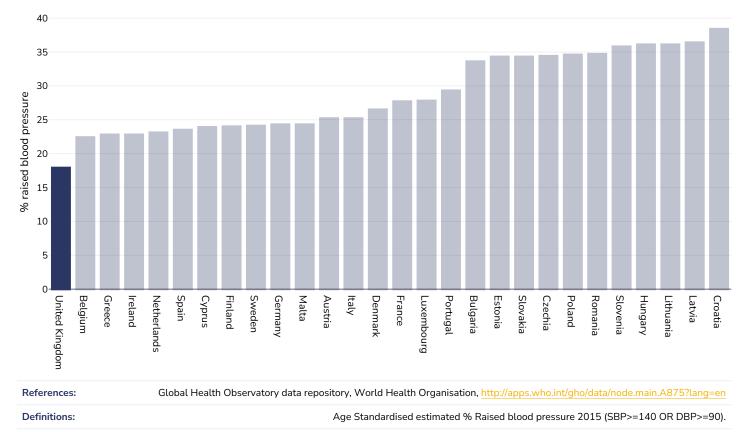


# Raised blood pressure

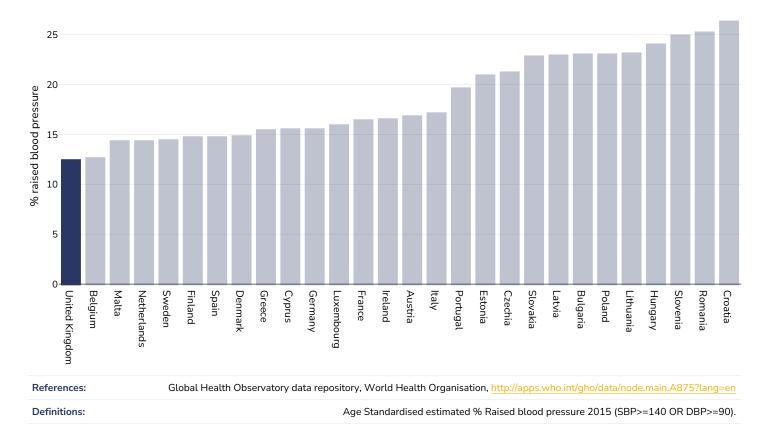
### Adults, 2015







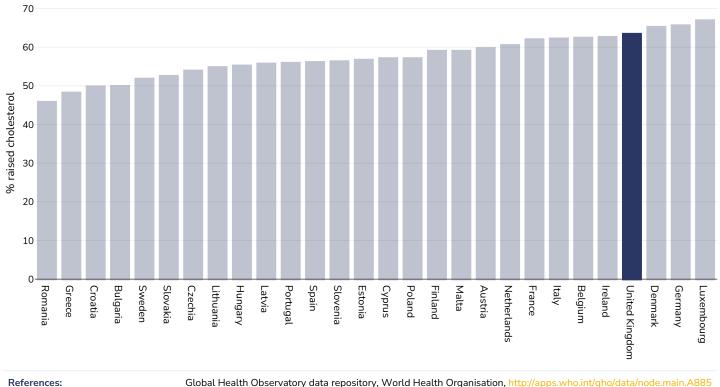






# **Raised cholesterol**

#### Adults, 2008



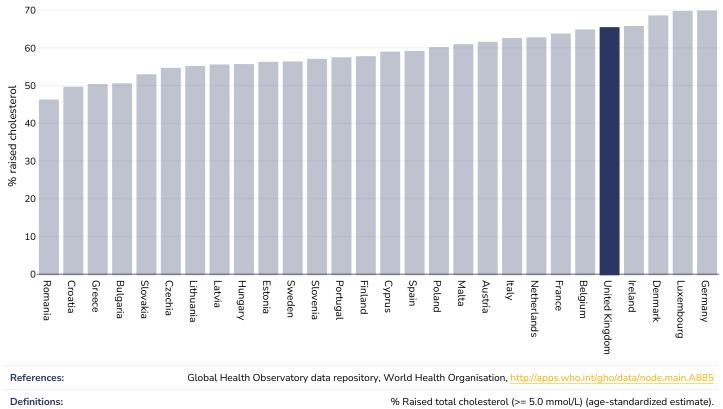
Definitions:

Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A885

% Raised total cholesterol (>= 5.0 mmol/L) (age-standardized estimate).

# WØRLD 'Y

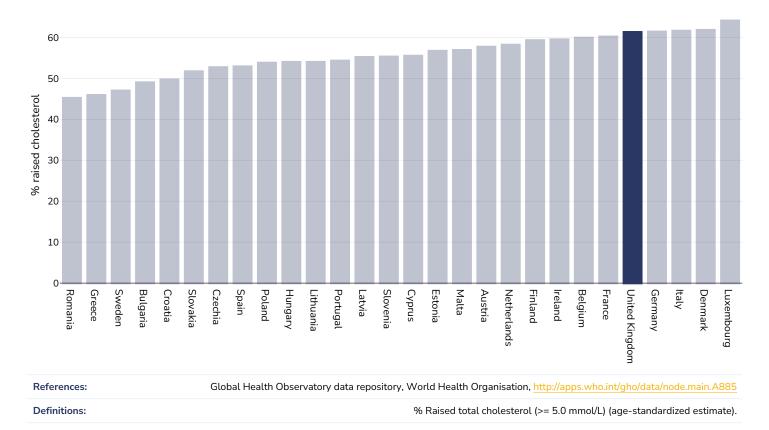
#### Men, 2008



Definitions:

49

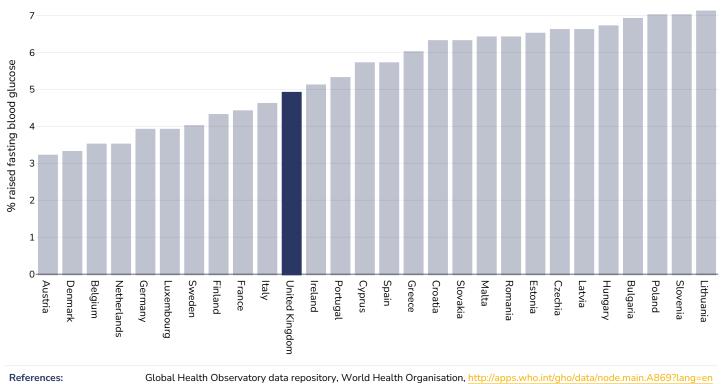






# Raised fasting blood glucose

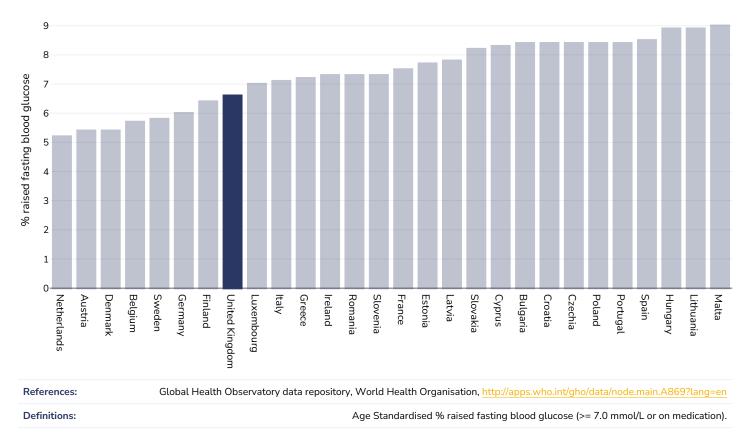




Definitions:

Age Standardised % raised fasting blood glucose (>= 7.0 mmol/L or on medication).

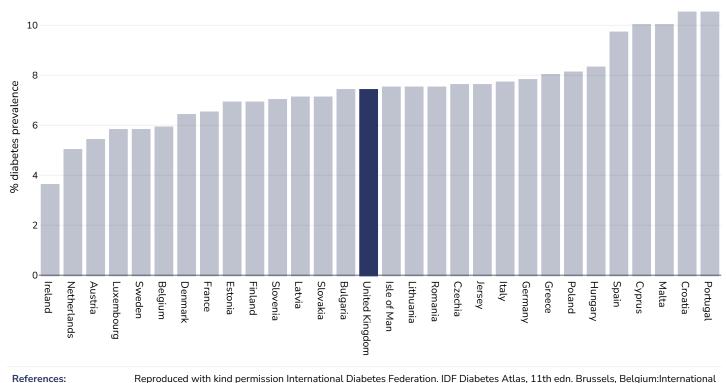
# 





# **Diabetes prevalence**

#### Adults, 2024

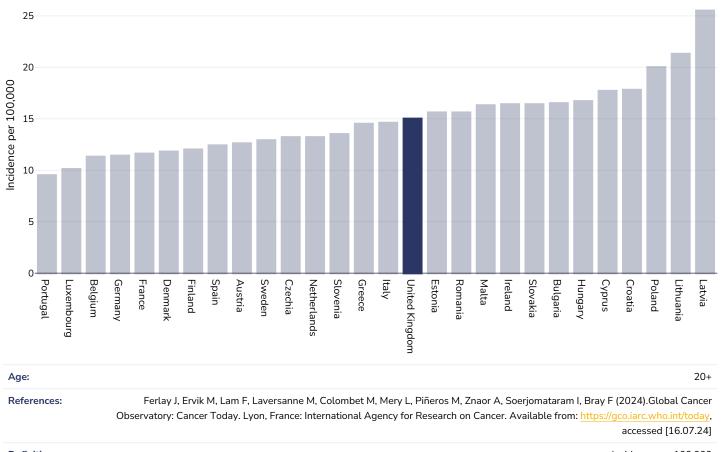


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### **Ovarian Cancer**

### Women, 2022



Definitions:

Incidence per 100,000



# Leukemia

Men, 2022											
4											
3											
2											
1											
0											
-1_1	0	1	2	3	4	5	6				
Age: Area covered:							20+ National				
References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <u>https://gco.iarc.who.int/today</u> , accessed [16.07.24]										
Definitions:						Incidence p	er 100,000				
	Unless ot	herwise noted, overw	reight refers to a BMI b	between 25kg and 29.	.9ka/m². obesitv refer	s to a BMI greater tha	n 30kg/m².				

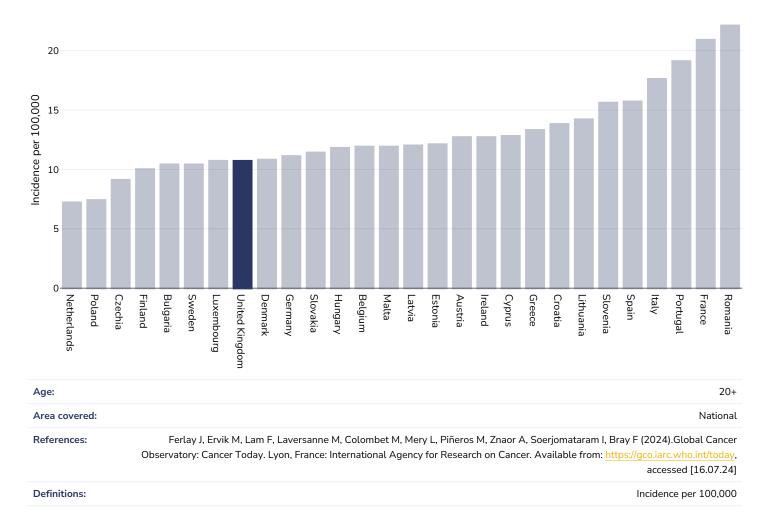


4							
3							
2							
1							
0							
<sup>-1</sup> -1	0	1	2	3	4	5	6
Age:							20+
Area covered:							National
References:					Znaor A, Soerjomatarar n Cancer. Available froi	m: <u>https://gco.iarc.wh</u> g	
Definitions:						Incidence pe	er 100,000
	Unless othe	rwise noted, overw	eight refers to a BMI	between 25kg and 2	9.9kg/m², obesity refers	s to a BMI greater tha	n 30kg/m².

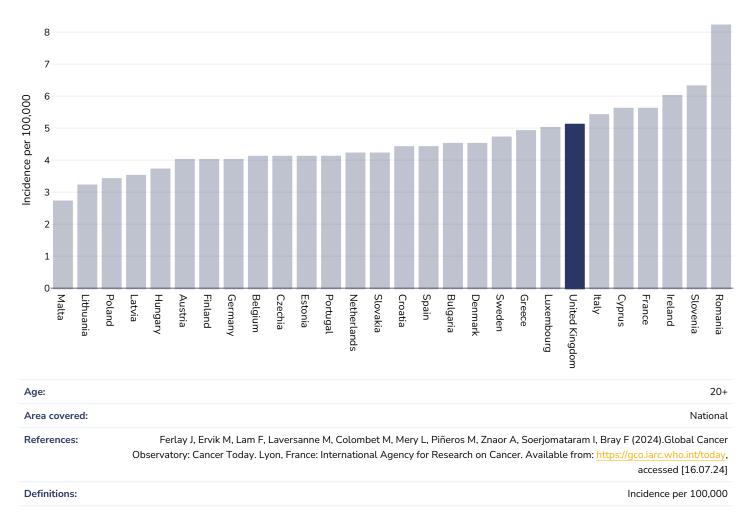




# Liver and intrahepatic bile duct Cancer



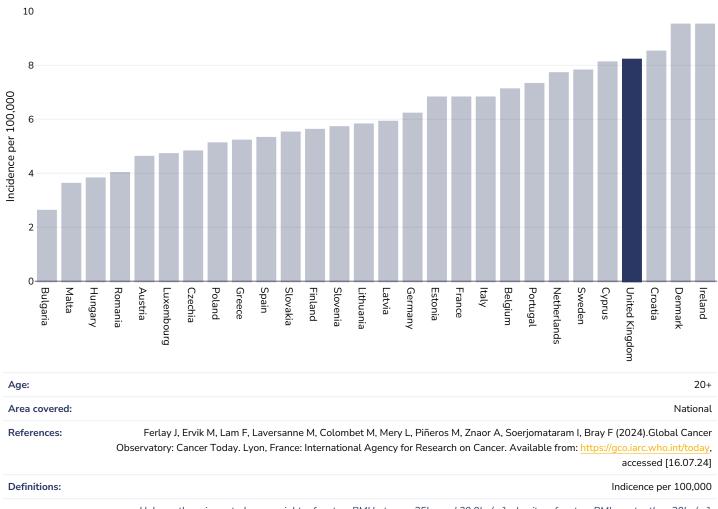






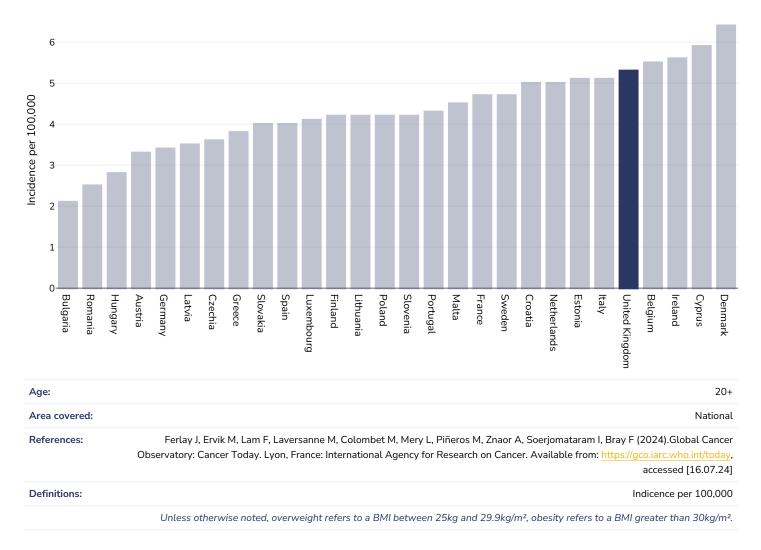
# Multiple Myeloma

#### Men, 2022



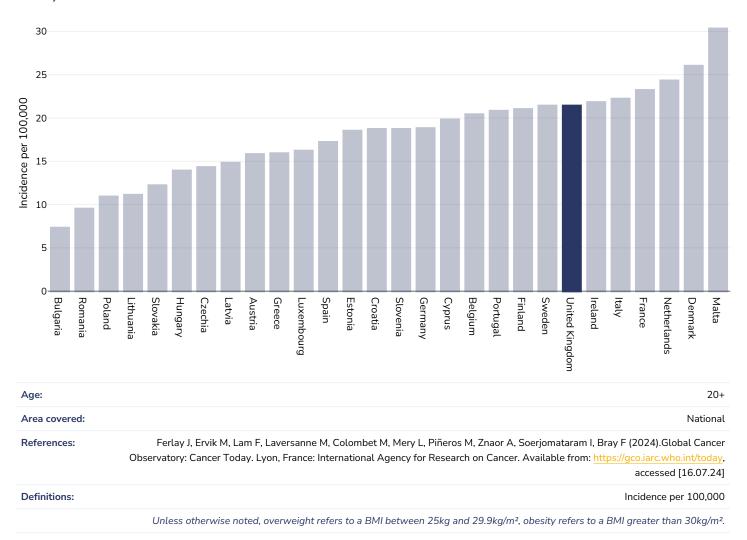
Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m<sup>2</sup>, obesity refers to a BMI greater than 30kg/m<sup>2</sup>.



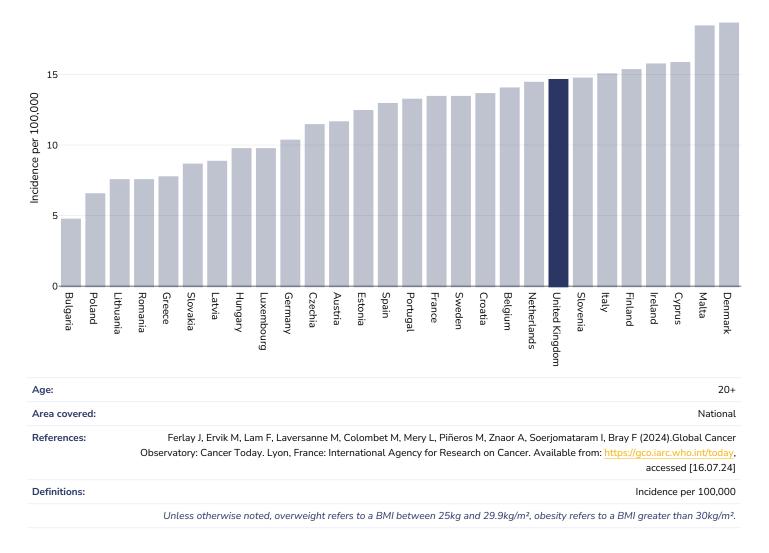




### Non Hodgkin Lymphoma

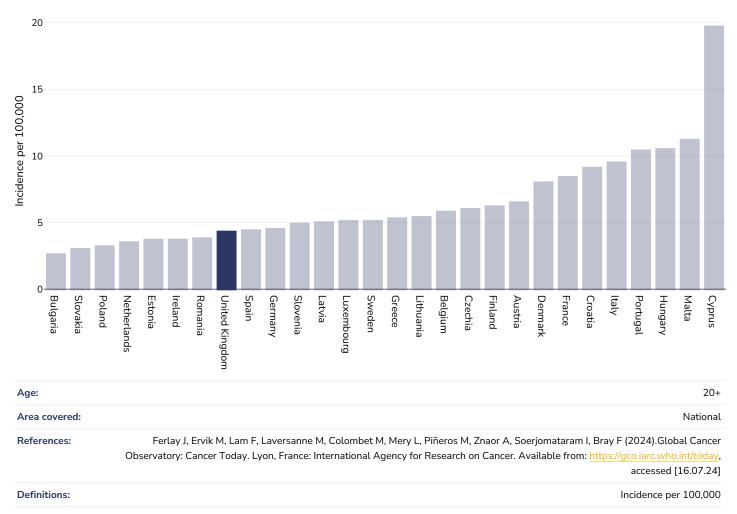






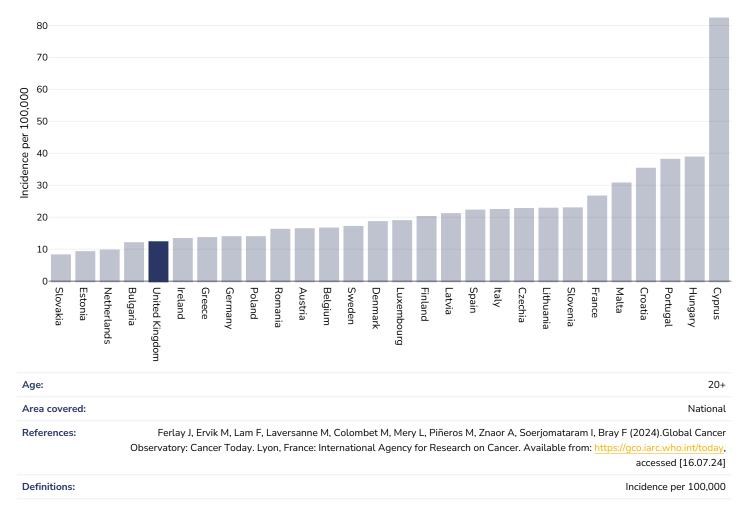


# **Thyroid Cancer**









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