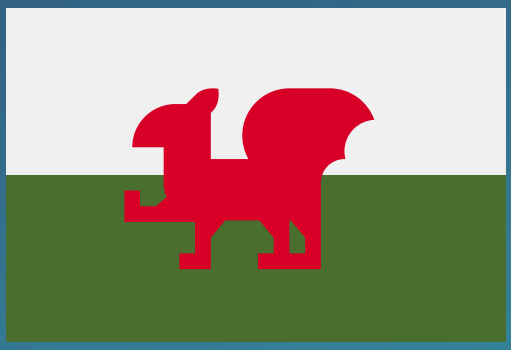
Wales



Country report card

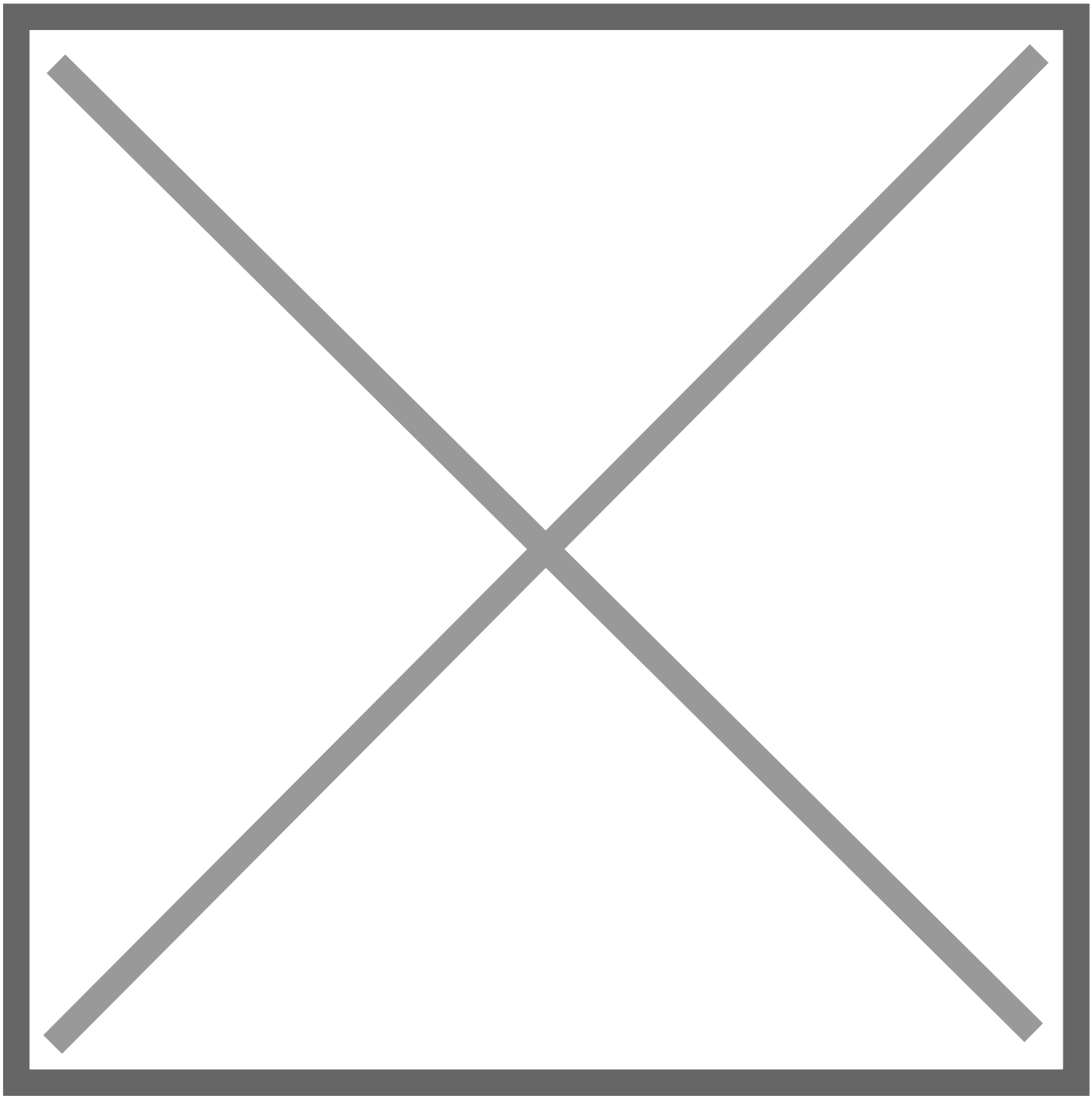
This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity . Where available, data on common and relevant obesity drivers and comorbidities are also presented.

View the latest version of this report on the Global Obesity Observatory at https://data.worldobesity.org/country/wales-241/.

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Obesity prevalence

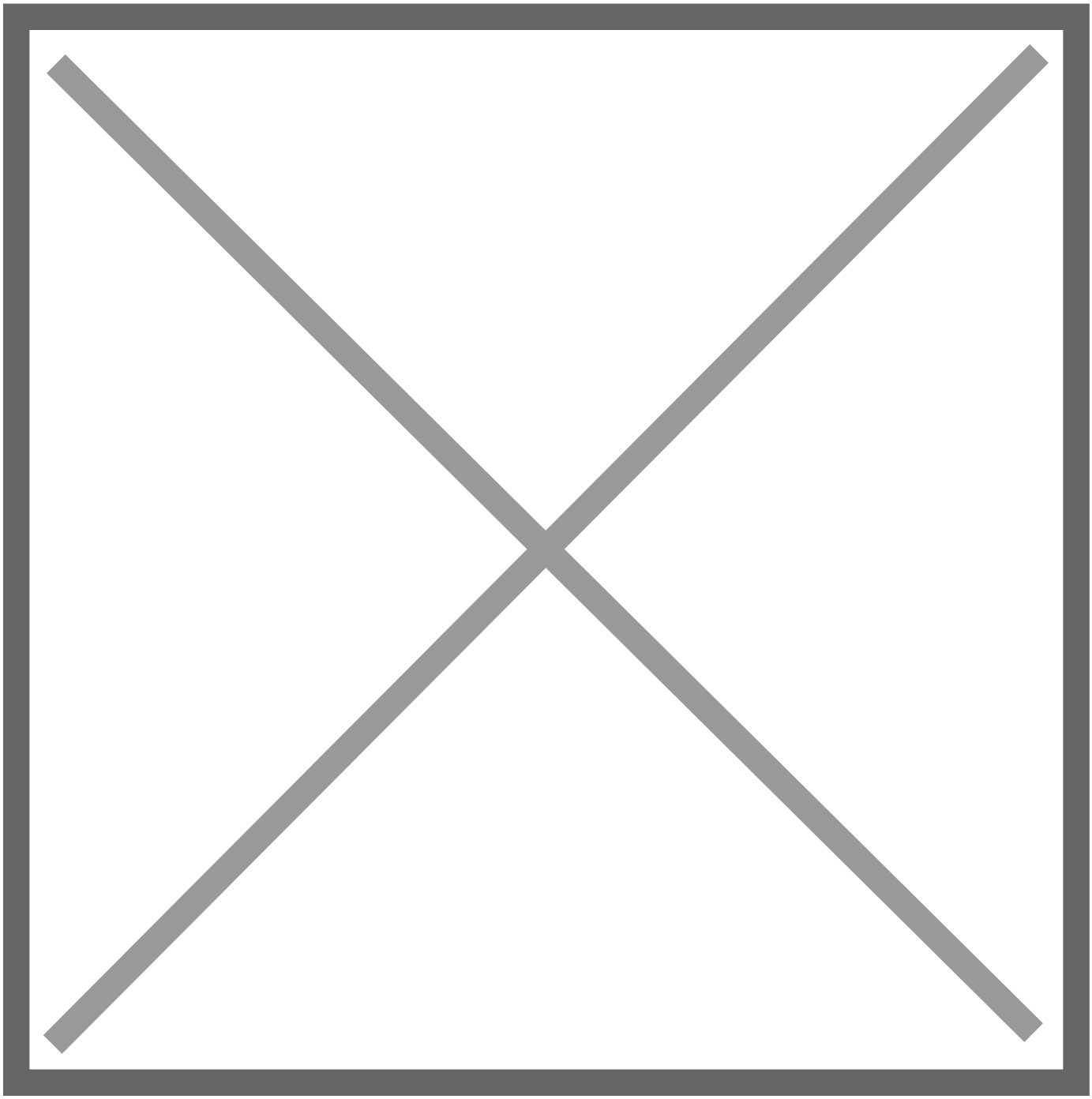
Adults, 2024-2025



Survey type:	Self-reported
Age:	16+
Sample size:	~6,000
Area covered:	National
References:	National Survey for Wales 2024-2025. https://www.gov.wales/national-survey-wales-headline-results-april-2024-march-2025 [Accessed 03.02.35]

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

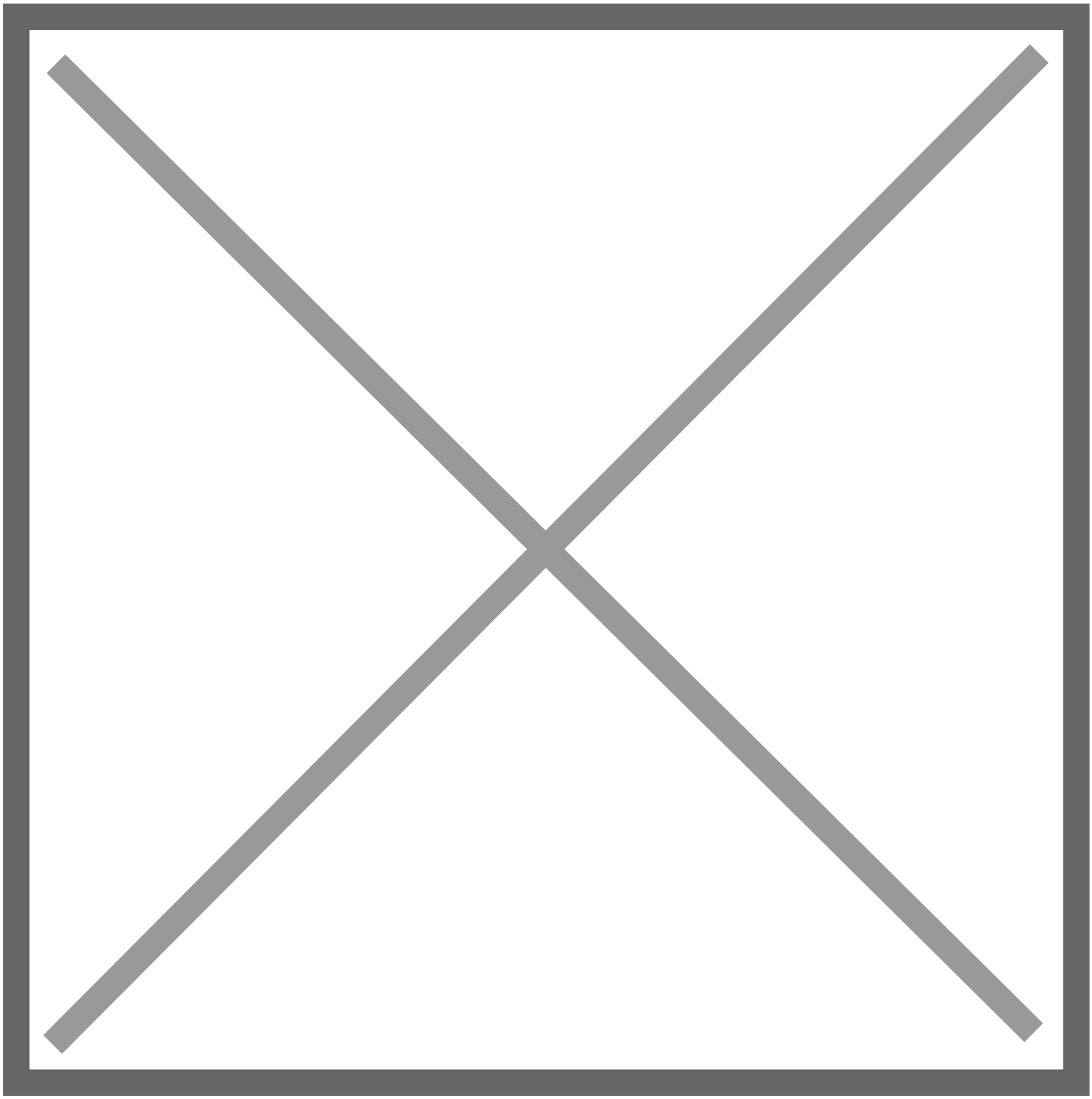
Children, 2021-2022



Survey type:	Self-reported
Age:	11-16
Sample size:	15,234
Area covered:	National
References:	Student Health and Wellbeing in Wales: Report of the 2021/22 Health Behaviour in School-aged Children Survey and School Health Research Network Student Health and Wellbeing Survey. Available at: https://www.hbsc.org/network/countries/wales/ [Accessed 06.05.26]

Notes:	NOTE: High level of non-response for height/weight questions, so much smaller sample size than for whole survey (123,204). Interpret with caution.
Cutoffs:	IOTF

0-5 years, 2024-2025

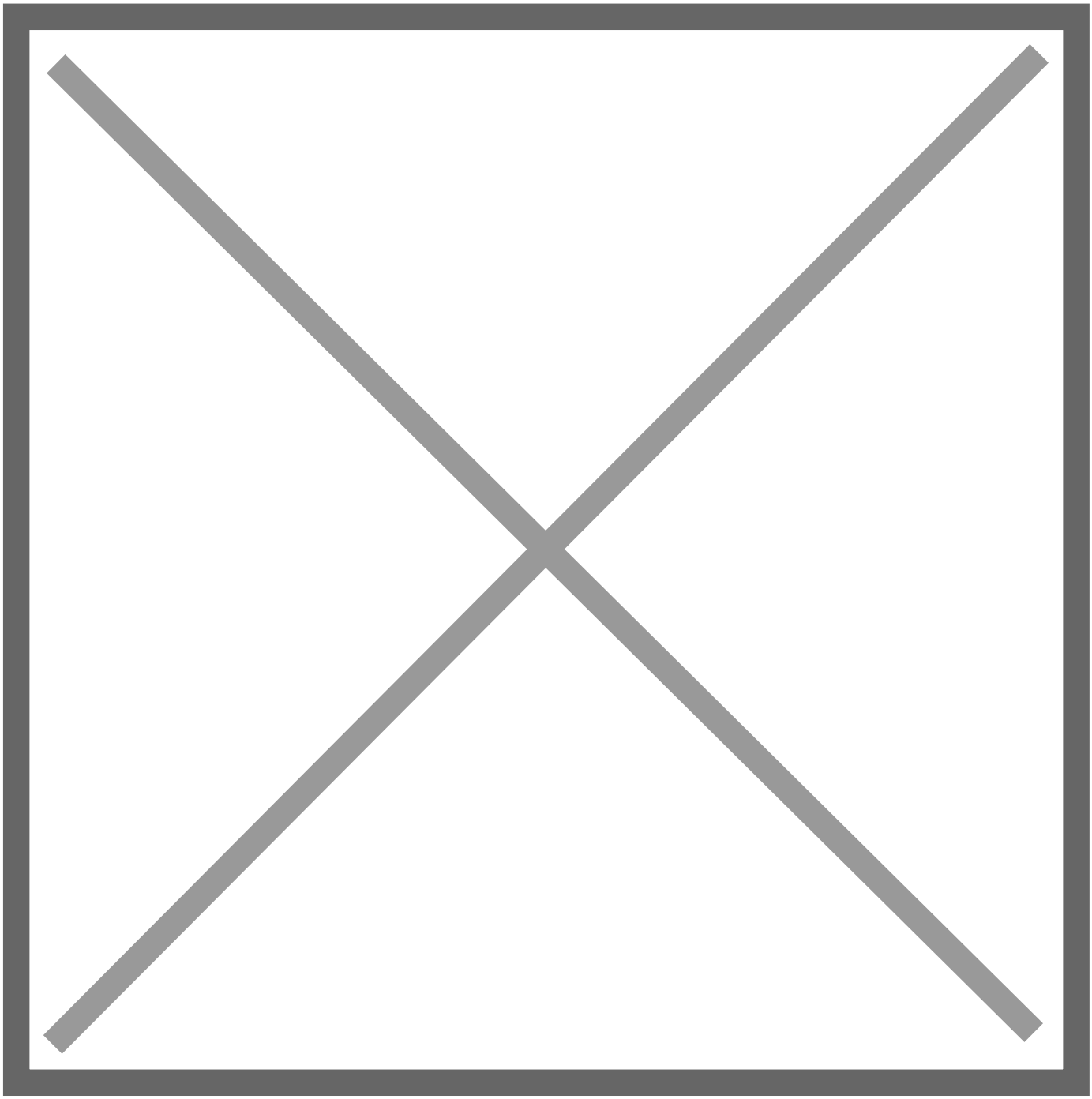


Survey type:	Measured
Age:	4-5
Sample size:	28,512
Area covered:	National
References:	Public Health Wales NHS Trust. (2026). Child Measurement Programme 2024/25. Available at: https://phw.nhs.wales/services-and-teams/child-measurement-programme/ [Accessed 19.05.26]

Definitions:	85th/95th centiles
Cutoffs:	UK90

% Adults living with obesity 2017-2024

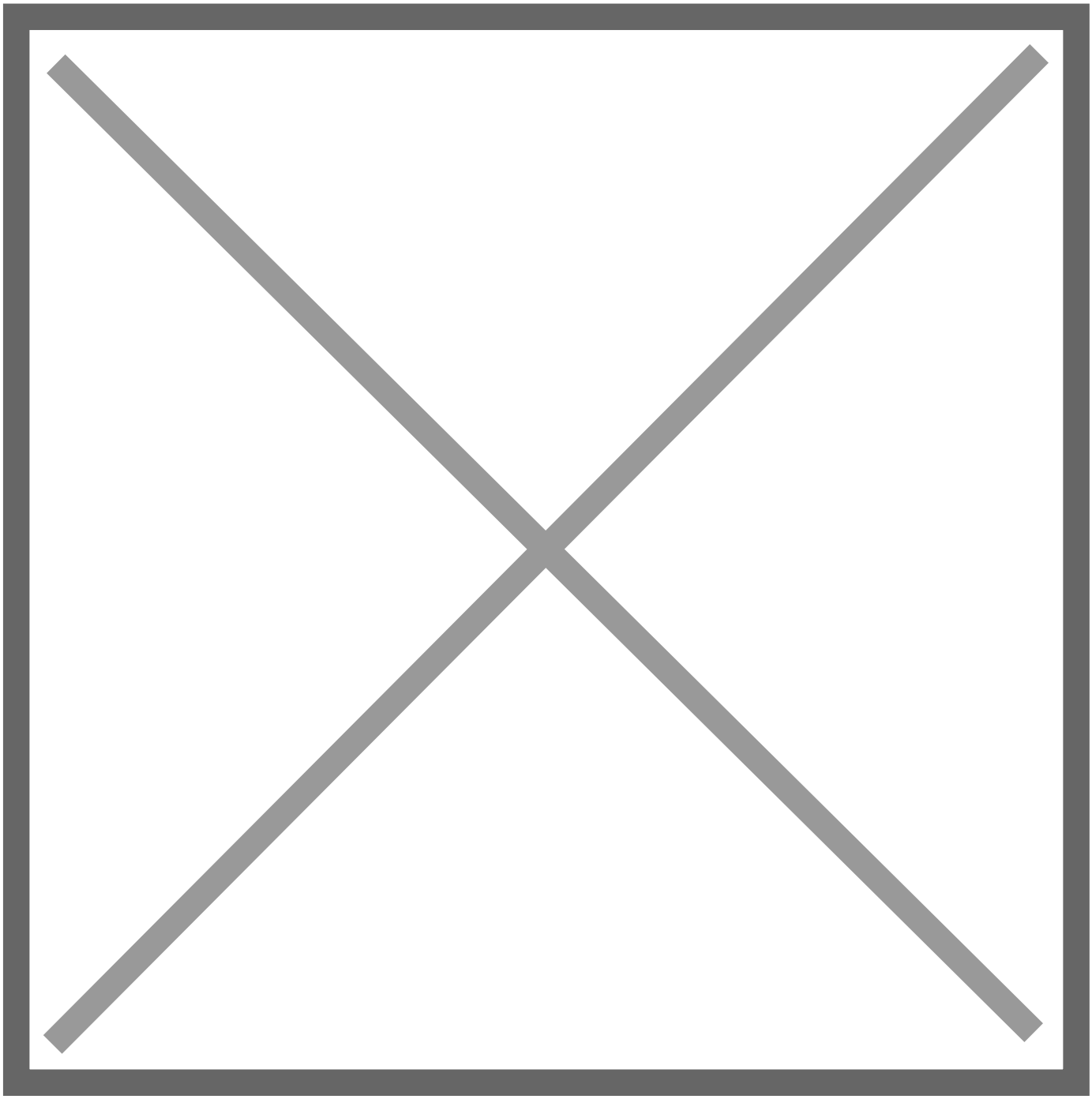
Men



Survey type:	Self-reported
References:	2017: National Health Survey for Wales 2017 2018. Available at https://www.gov.wales/population-health-lifestyle-national-survey-wales-april-2017-march-2018 (last accessed 06.05.26) 2019: National Health Survey for Wales 2019-20. https://statswales.gov.wales/Catalogue/National-Survey-for-Wales/Population-Health/Adult-Lifestyles (last accessed 30.09.20) 2021: Welsh Health Survey, available at https://statswales.gov.wales/Catalogue/National-Survey-for-Wales/Population-Health/Adult-Lifestyles/adultlifestyles-by-year-from202021 (last accessed 25.04.23) 2022: National Survey for Wales 2022-2023. Available at https://www.gov.wales/national-survey-wales-april-2022-march-2023 (last accessed 06.11.23) 2024: National Survey for Wales 2024-2025. https://www.gov.wales/national-survey-wales-headline-results-april-2024-march-2025

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.

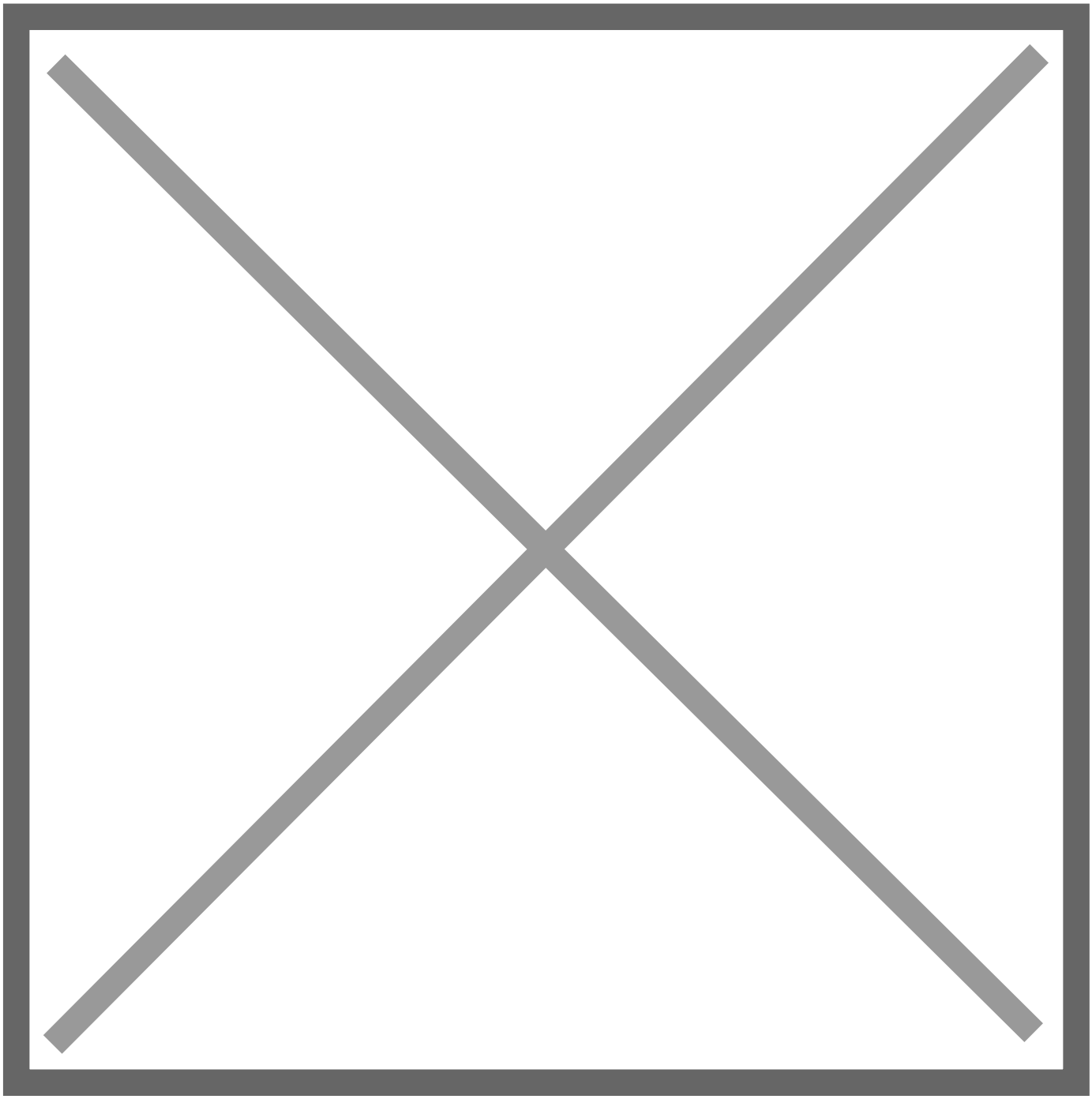
Women



Survey type:	Self-reported
References:	2017: National Health Survey for Wales 2017 2018. Available at https://www.gov.wales/population-health-lifestyle-national-survey-wales-april-2017-march-2018 (last accessed 06.05.26) 2019: National Health Survey for Wales 2019-20. https://statswales.gov.wales/Catalogue/National-Survey-for-Wales/Population-Health/Adult-Lifestyles (last accessed 30.09.20) 2021: Welsh Health Survey, available at https://statswales.gov.wales/Catalogue/National-Survey-for-Wales/Population-Health/Adult-Lifestyles/adultlifestyles-by-year-from202021 (last accessed 25.04.23) 2022: National Survey for Wales 2022-2023. Available at https://www.gov.wales/national-survey-wales-april-2022-march-2023 (last accessed 06.11.23) 2024: National Survey for Wales 2024-2025. https://www.gov.wales/national-survey-wales-headline-results-april-2024-march-2025

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.

Men and women

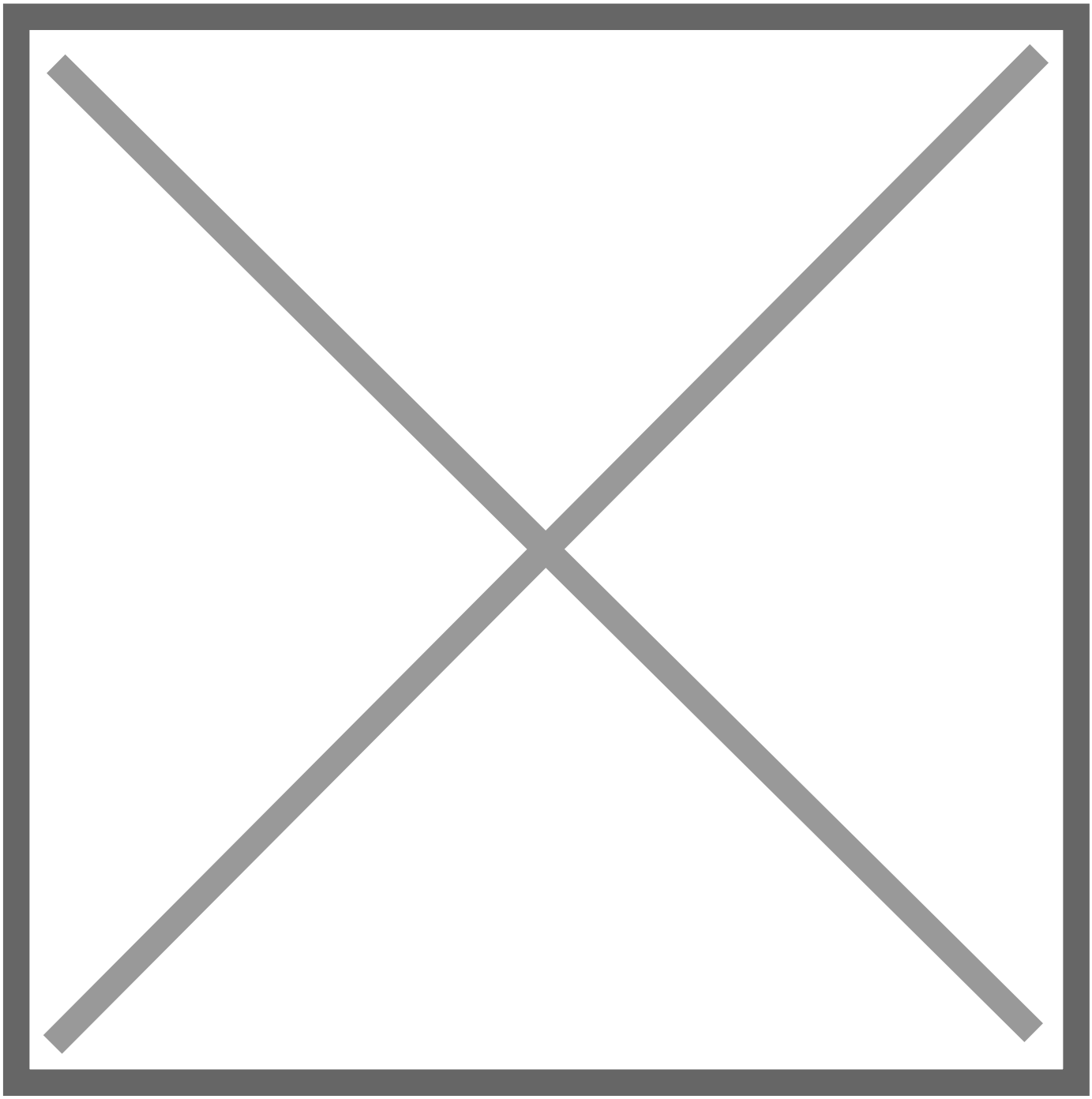


Survey type:	Self-reported
References:	2017: National Health Survey for Wales 2017 2018. Available at https://www.gov.wales/population-health-lifestyle-national-survey-wales-april-2017-march-2018 (last accessed 06.05.26) 2019: National Health Survey for Wales 2019-20. https://statswales.gov.wales/Catalogue/National-Survey-for-Wales/Population-Health/Adult-Lifestyles (last accessed 30.09.20) 2021: Welsh Health Survey, available at https://statswales.gov.wales/Catalogue/National-Survey-for-Wales/Population-Health/Adult-Lifestyles/adultlifestyles-by-year-from202021 (last accessed 25.04.23) 2022: National Survey for Wales 2022-2023. Available at https://www.gov.wales/national-survey-wales-april-2022-march-2023 (last accessed 06.11.23) 2024: National Survey for Wales 2024-2025. https://www.gov.wales/national-survey-wales-headline-results-april-2024-march-2025

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 in Wales 2013-2017

Boys under 5

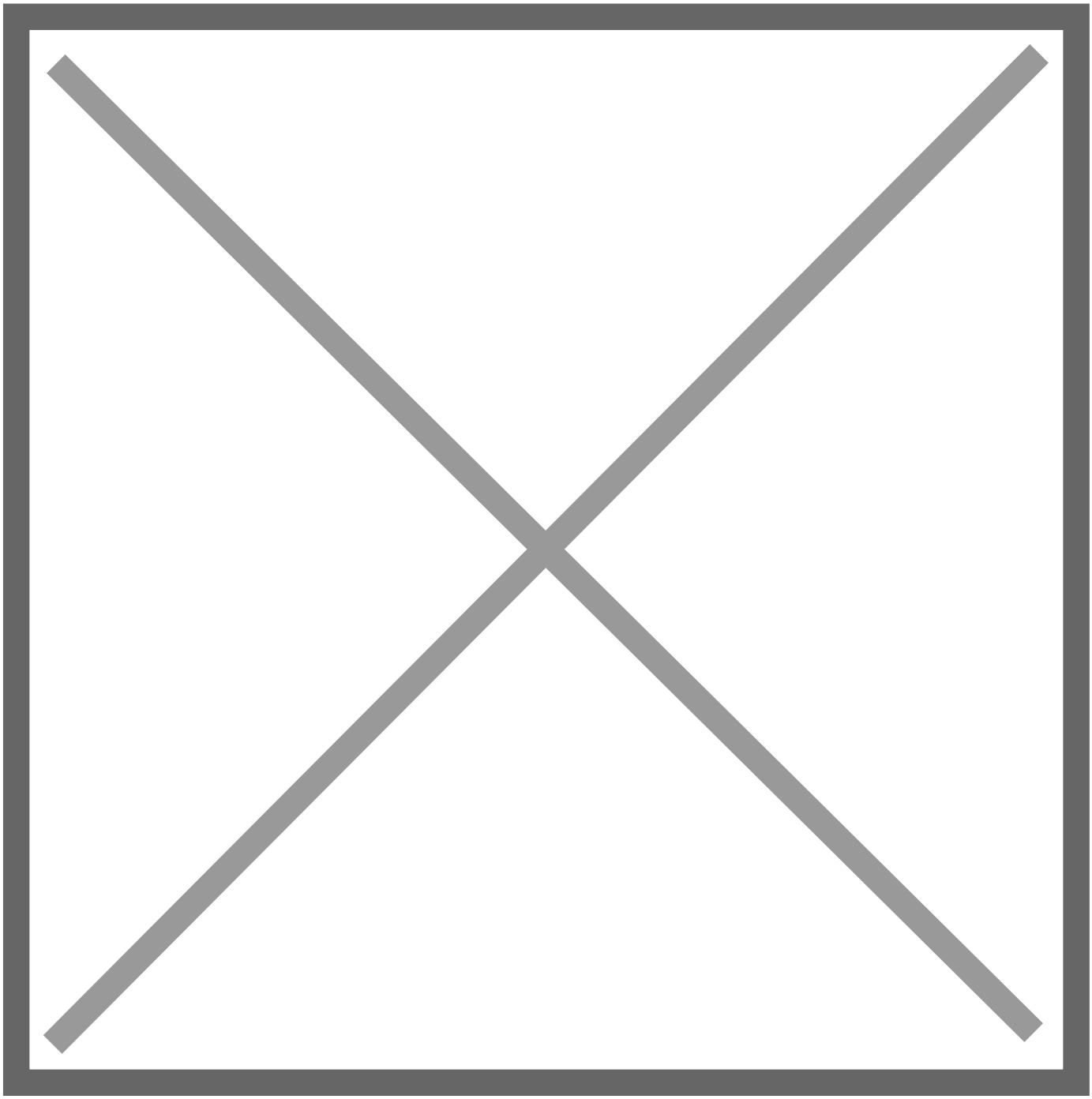


Survey type:	Measure
References:	2013: Child Measurement Programme 2013/ http://www2.nphs.wales.nhs.uk:8080/ChildMeasurementDocs.nsf/85c50756737f79ac80256f2700534ea3/692fe9649b4fc8be80257e49002a4bc $FILE/ATT0SH7G.pdf (last accessed 9th June 201 2014: Child Measurement Programme 2014- http://www.wales.nhs.uk/sitesplus/documents/888/12318%20PHWO%20Child%20Measurement%20Eng%20August.p 2015: Child Measurement Programme 2015-6 http://www.wales.nhs.u 2016: Public Health Wales. (2018). The Child Measurement Programme for Wales 2016/17. Availabl http://www.wales.nhs.uk/sitesplus/documents/888/12743%20PHW%20CMP%20Report%20%28Eng%29.pdf. Last accessed 9th Oct 201 2017: Welsh Child Measurement Programme 2017-18 - http://www.wales.nhs.uk/sitesplus/888/page/67795 (last accessed 8.03.1

Notes:	Aged 4-
Definitions:	85th & 95th centile not IOTF cut o

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 dat sources for methodologies use

Girls under 5

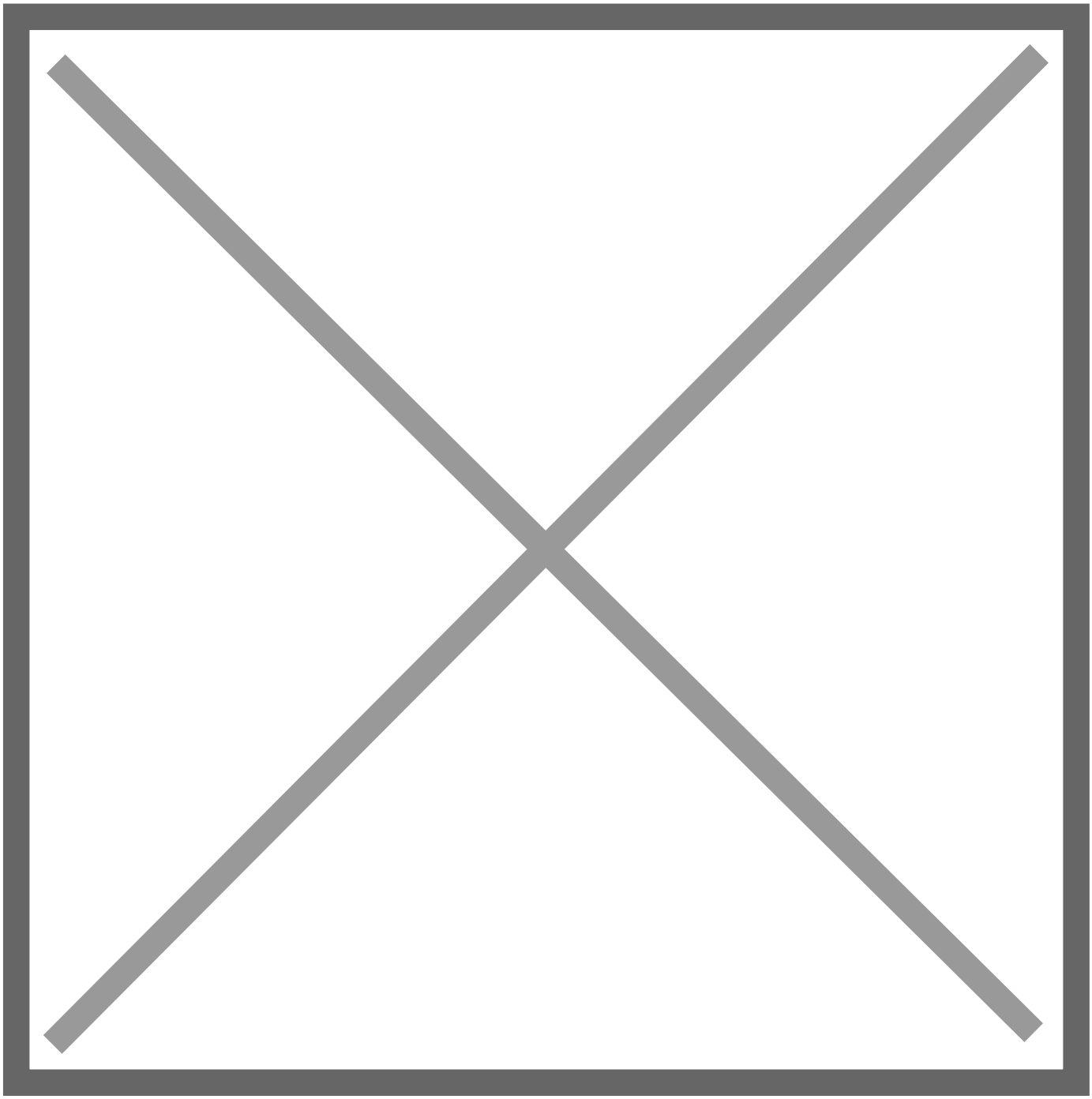


Survey type:	Measure
References:	2013: Child Measurement Programme 2013/
	http://www2.nphs.wales.nhs.uk:8080/ChildMeasurementDocs.nsf/85c50756737f79ac80256f2700534ea3/692fe9649b4fc8be80257e49002a4bc
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	2014: Child Measurement Programme 2014-
	http://www.wales.nhs.uk/sitesplus/documents/888/12318%20PHWO%20Child%20Measurement%20Eng%20August.pd
	2015: Child Measurement Programme 2015-6 http://www.wales.nhs.u
	2016: Public Health Wales. (2018). The Child Measurement Programme for Wales 2016/17. Availabl
	http://www.wales.nhs.uk/sitesplus/documents/888/12743%20PHW%20CMP%20Report%20%28Eng%29.pdf. Last accessed 9th Oct 201
	2017: Welsh Child Measurement Programme 2017-18 - http://www.wales.nhs.uk/sitesplus/888/page/67795 (last accessed 8.03.1

Notes:	Aged 4-
Definitions:	85th & 95th centile not IOTF cut o

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 dat sources for methodologies use

Boys and girls under 5



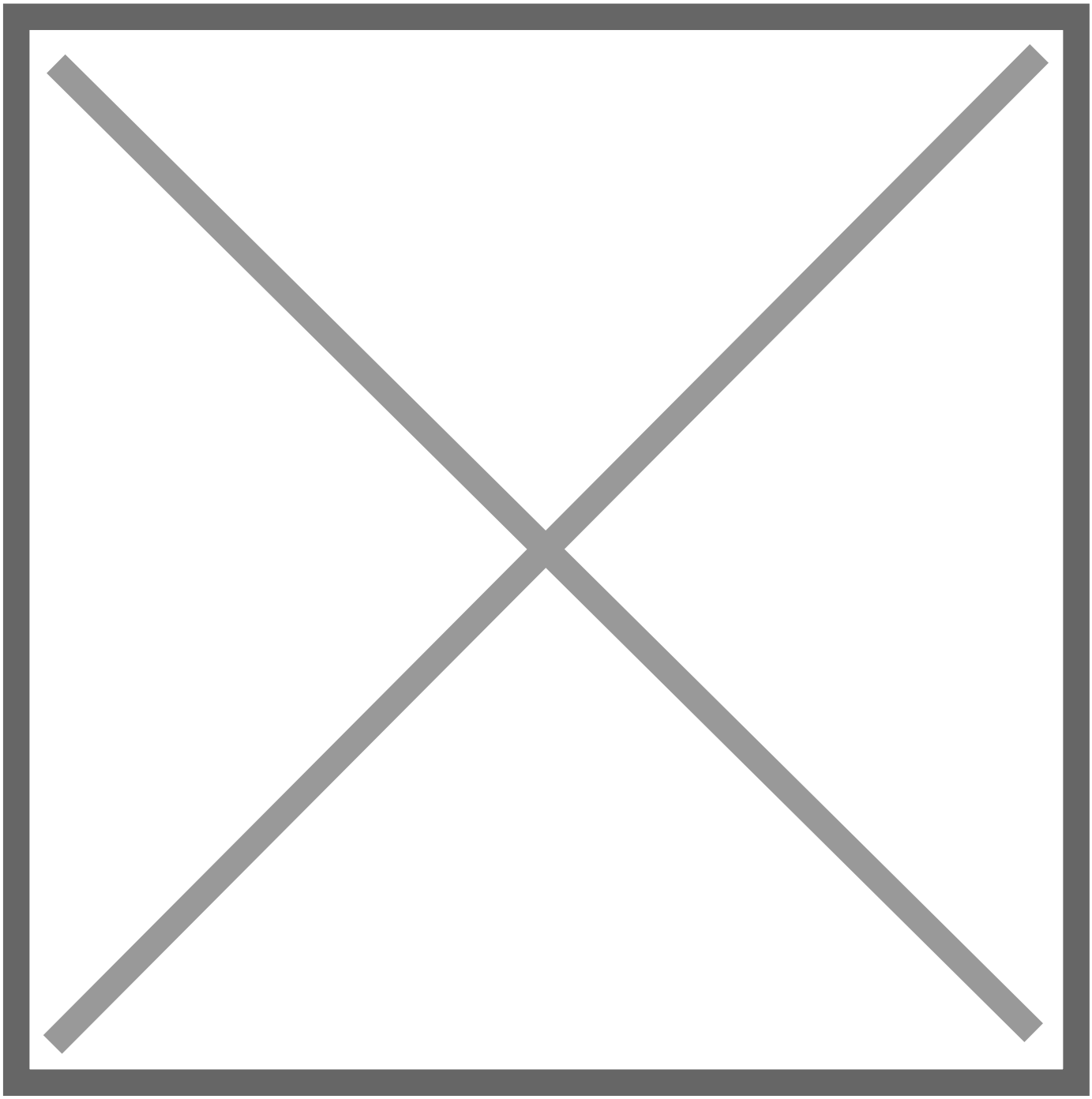
Survey type:	Measure
References:	2013: Child Measurement Programme 2013/ http://www2.nphs.wales.nhs.uk:8080/ChildMeasurementDocs.nsf/85c50756737f79ac80256f2700534ea3/692fe9649b4fc8be80257e49002a4bc $FILE/ATT0SH7G.pdf (last accessed 9th June 201 2014: Child Measurement Programme 2014- http://www.wales.nhs.uk/sitesplus/documents/888/12318%20PHWO%20Child%20Measurement%20Eng%20August.p 2015: Child Measurement Programme 2015-6 http://www.wales.nhs.u 2016: Public Health Wales. (2018). The Child Measurement Programme for Wales 2016/17. Availabl http://www.wales.nhs.uk/sitesplus/documents/888/12743%20PHW%20CMP%20Report%20%28Eng%29.pdf. Last accessed 9th Oct 201 2017: Welsh Child Measurement Programme 2017-18 - http://www.wales.nhs.uk/sitesplus/888/page/67795 (last accessed 8.03.1

Notes:	Aged 4-
Definitions:	85th & 95th centile not IOTF cut o

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% of adults living with either overweight or obesity in Wales 2017-2024

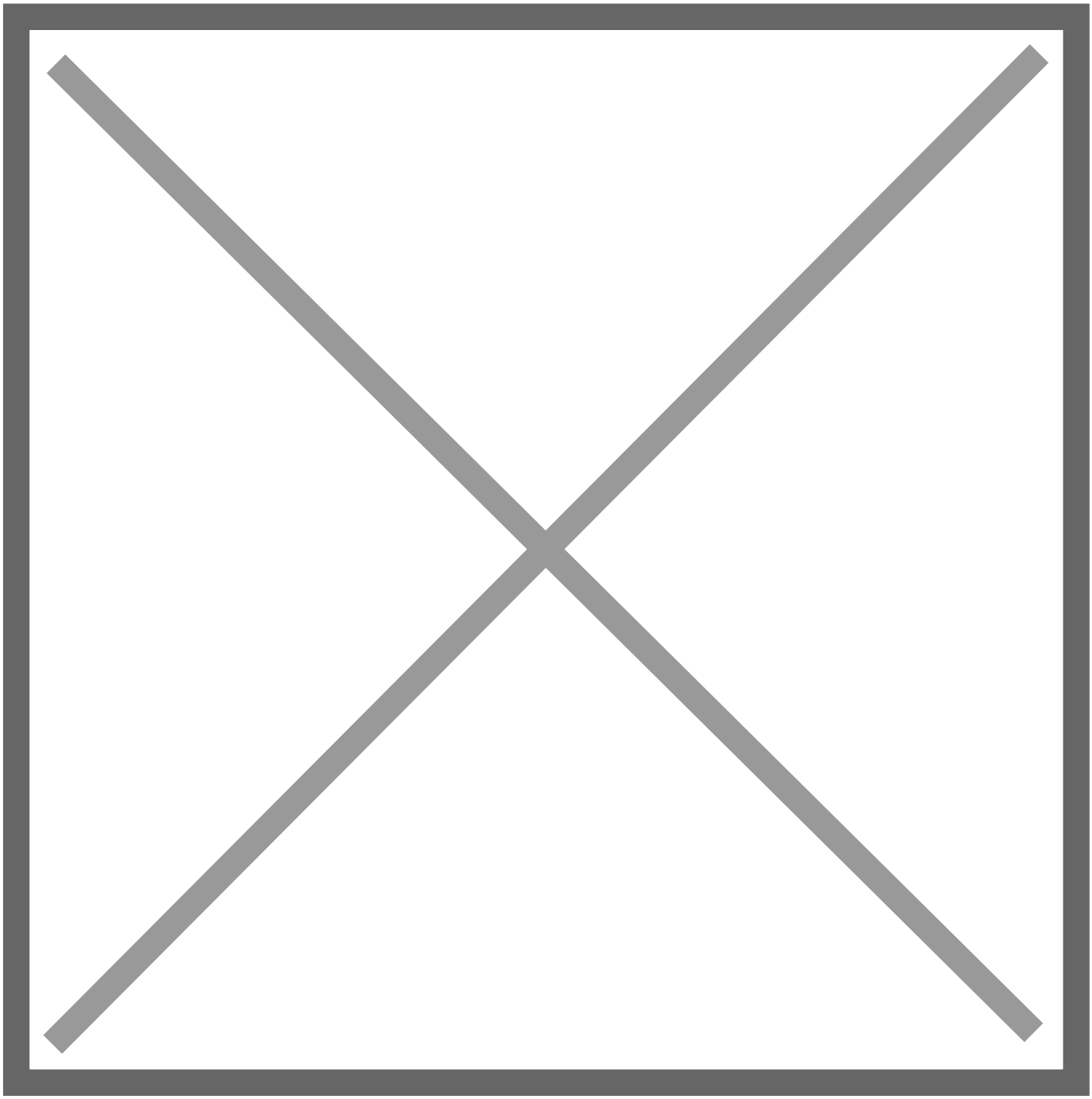
Men



Survey type:	Self-reported
References:	2017: National Health Survey for Wales 2017 2018. Available at https://www.gov.wales/population-health-lifestyle-national-survey-wales-april-2017-march-2018 (last accessed 06.05.26) 2019: National Health Survey for Wales 2019-20. https://statswales.gov.wales/Catalogue/National-Survey-for-Wales/Population-Health/Adult-Lifestyles (last accessed 30.09.20) 2021: Welsh Health Survey, available at https://statswales.gov.wales/Catalogue/National-Survey-for-Wales/Population-Health/Adult-Lifestyles/adultlifestyles-by-year-from202021 (last accessed 25.04.23) 2022: National Survey for Wales 2022-2023. Available at https://www.gov.wales/national-survey-wales-april-2022-march-2023 (last accessed 06.11.23) 2024: National Survey for Wales 2024-2025. https://www.gov.wales/national-survey-wales-headline-results-april-2024-march-2025

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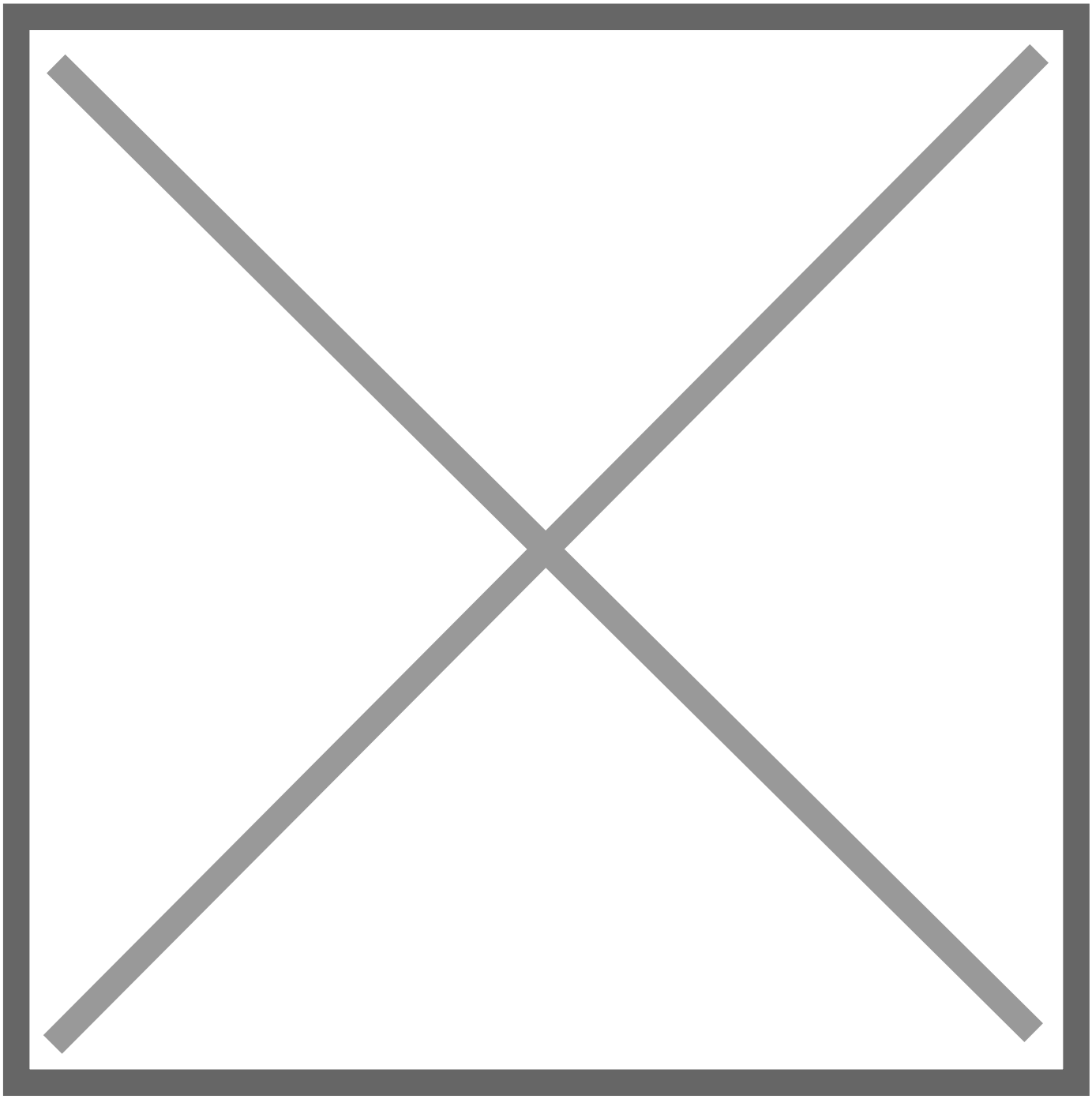
Women



Survey type:	Self-reported
References:	2017: National Health Survey for Wales 2017 2018. Available at https://www.gov.wales/population-health-lifestyle-national-survey-wales-april-2017-march-2018 (last accessed 06.05.26) 2019: National Health Survey for Wales 2019-20. https://statswales.gov.wales/Catalogue/National-Survey-for-Wales/Population-Health/Adult-Lifestyles (last accessed 30.09.20) 2021: Welsh Health Survey, available at https://statswales.gov.wales/Catalogue/National-Survey-for-Wales/Population-Health/Adult-Lifestyles/adultlifestyles-by-year-from202021 (last accessed 25.04.23) 2022: National Survey for Wales 2022-2023. Available at https://www.gov.wales/national-survey-wales-april-2022-march-2023 (last accessed 06.11.23) 2024: National Survey for Wales 2024-2025. https://www.gov.wales/national-survey-wales-headline-results-april-2024-march-2025

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.

Men and women

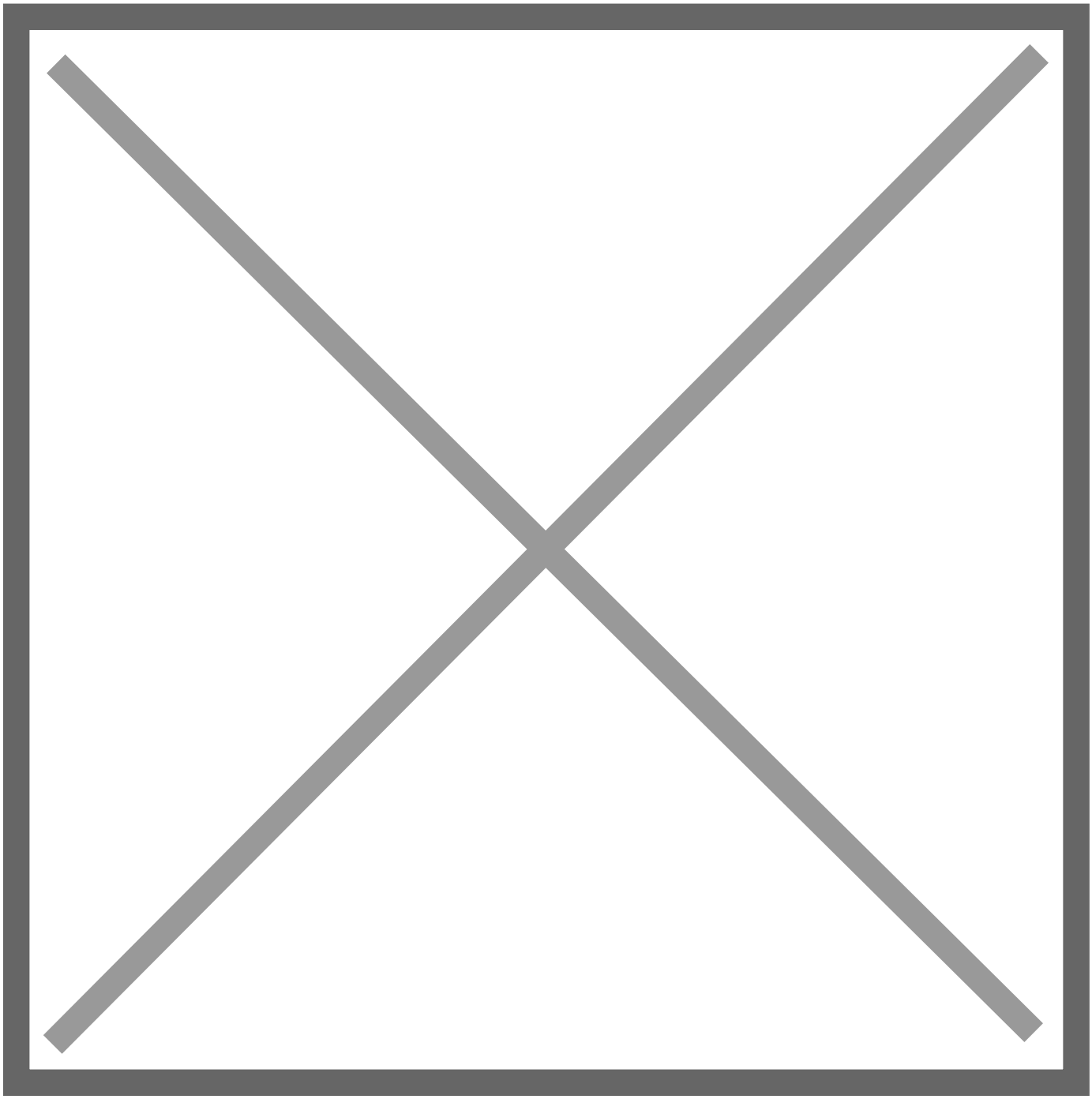


Survey type:	Self-reported
References:	2017: National Health Survey for Wales 2017 2018. Available at https://www.gov.wales/population-health-lifestyle-national-survey-wales-april-2017-march-2018 (last accessed 06.05.26) 2019: National Health Survey for Wales 2019-20. https://statswales.gov.wales/Catalogue/National-Survey-for-Wales/Population-Health/Adult-Lifestyles (last accessed 30.09.20) 2021: Welsh Health Survey, available at https://statswales.gov.wales/Catalogue/National-Survey-for-Wales/Population-Health/Adult-Lifestyles/adultlifestyles-by-year-from202021 (last accessed 25.04.23) 2022: National Survey for Wales 2022-2023. Available at https://www.gov.wales/national-survey-wales-april-2022-march-2023 (last accessed 06.11.23) 2024: National Survey for Wales 2024-2025. https://www.gov.wales/national-survey-wales-headline-results-april-2024-march-2025

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

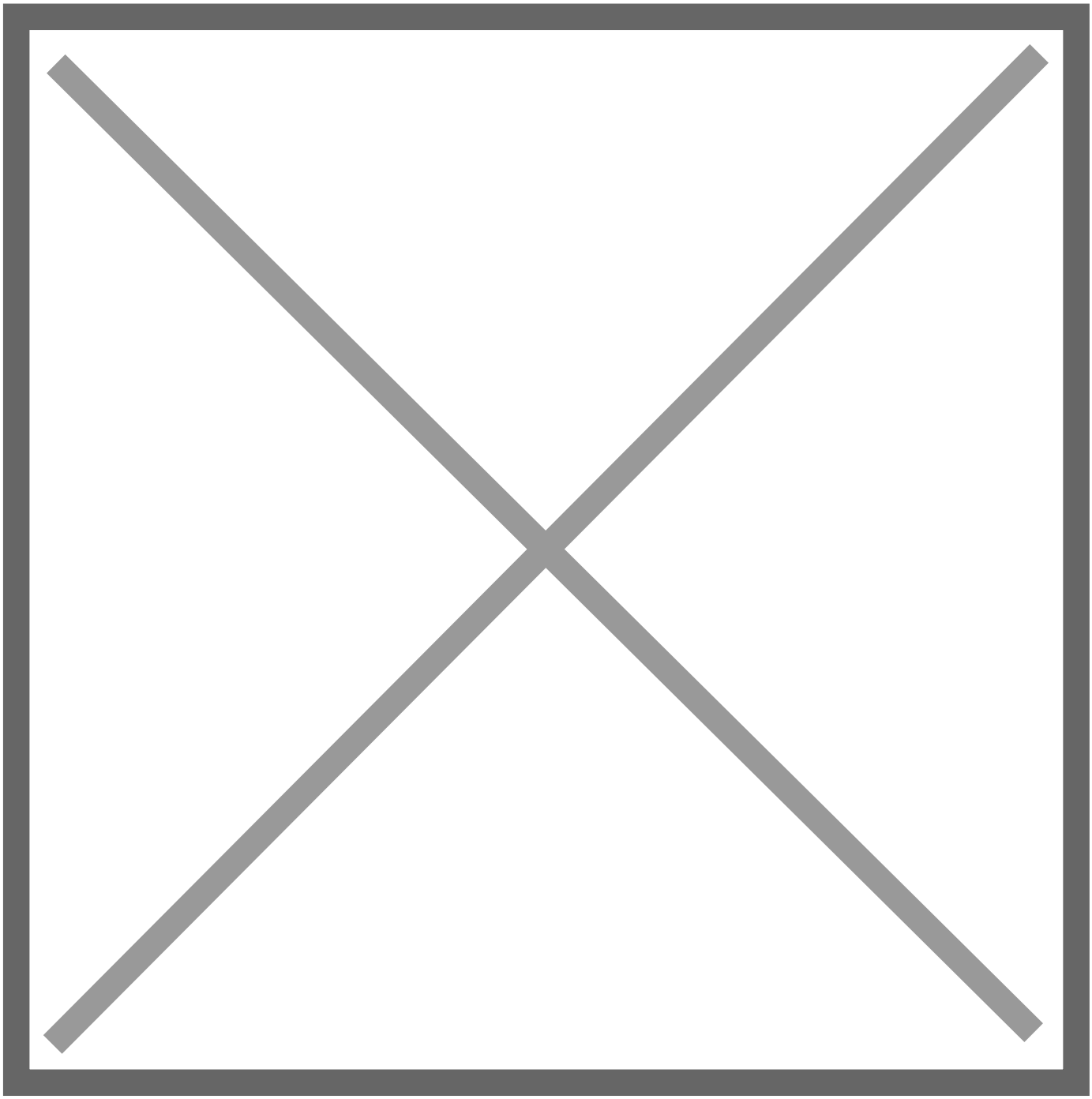
Men, 2005



Survey type:	Self-reported
Age:	16+
Sample size:	291494
Area covered:	National

References:	Keaver et al (2020). Future trends in social inequalities in obesity in England, Wales and Scotland. Available at: https://academic.oup.com/jpubhealth/article/42/1/e51/5374486. Data extracted by author from Welsh Health Survey 2004–14. Last accessed 15/04/21.
Notes:	Based on Welsh Health Survey 2005 data.
	Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².

Women, 2005

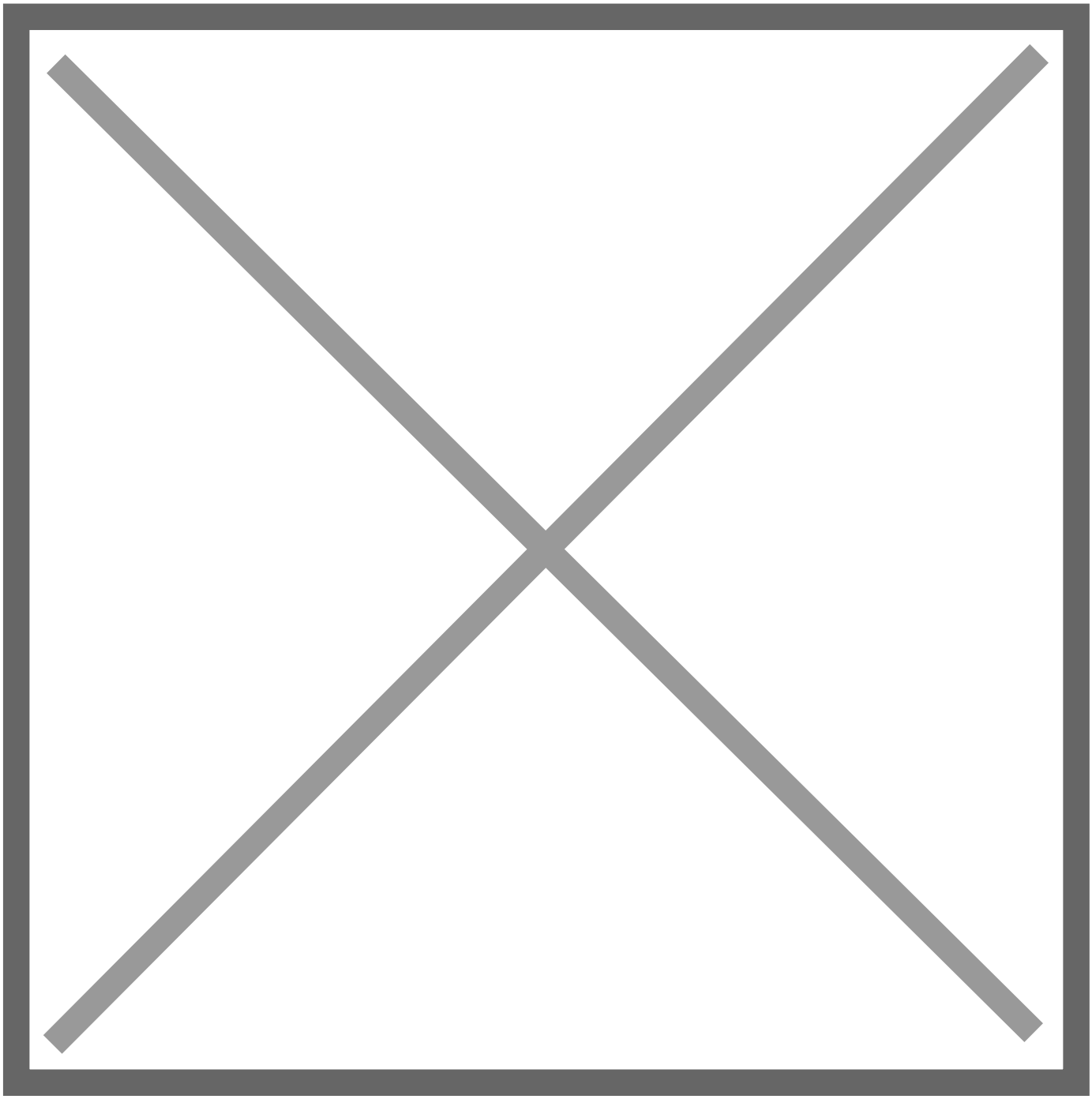


Survey type:	Self-reported
Age:	16+
Sample size:	291494
Area covered:	National

References:	Keaver et al (2020). Future trends in social inequalities in obesity in England, Wales and Scotland. Available at: https://academic.oup.com/jpubhealth/article/42/1/e51/5374486. Data extracted by author from Welsh Health Survey 2004–14. Last accessed 15/04/21.
Notes:	Based on Welsh Health Survey 2005 data.
	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 age

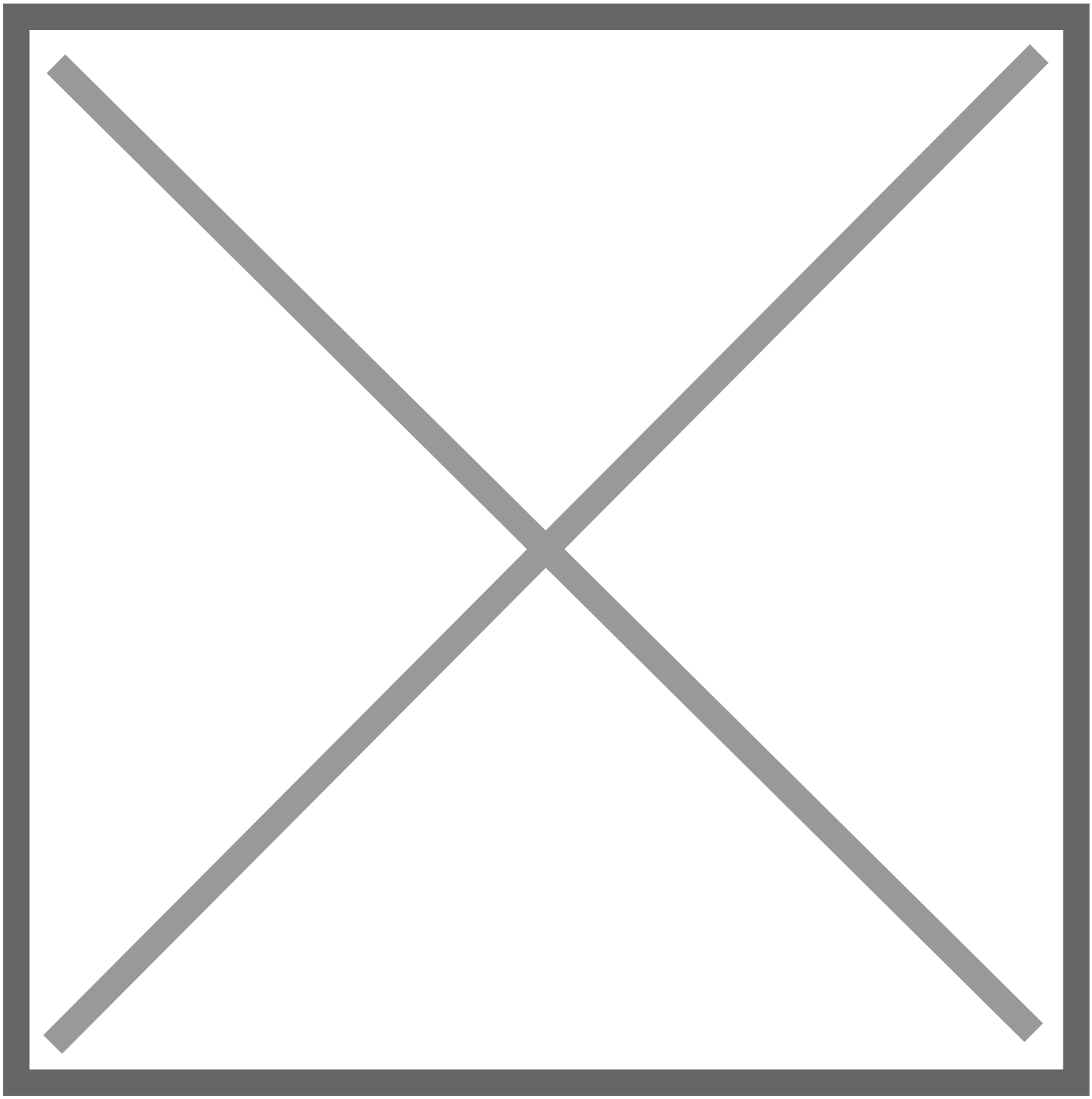
Adults, 2024-2025



Survey type:	Self-reported
Sample size:	~6,000
Area covered:	National
References:	National Survey for Wales 2024-2025. https://www.gov.wales/national-survey-wales-headline-results-april-2024-march-2025 [Accessed 03.02.35]
Notes:	Values for 16-24 age group suppressed due to small sample size

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

Children, 2021-2022

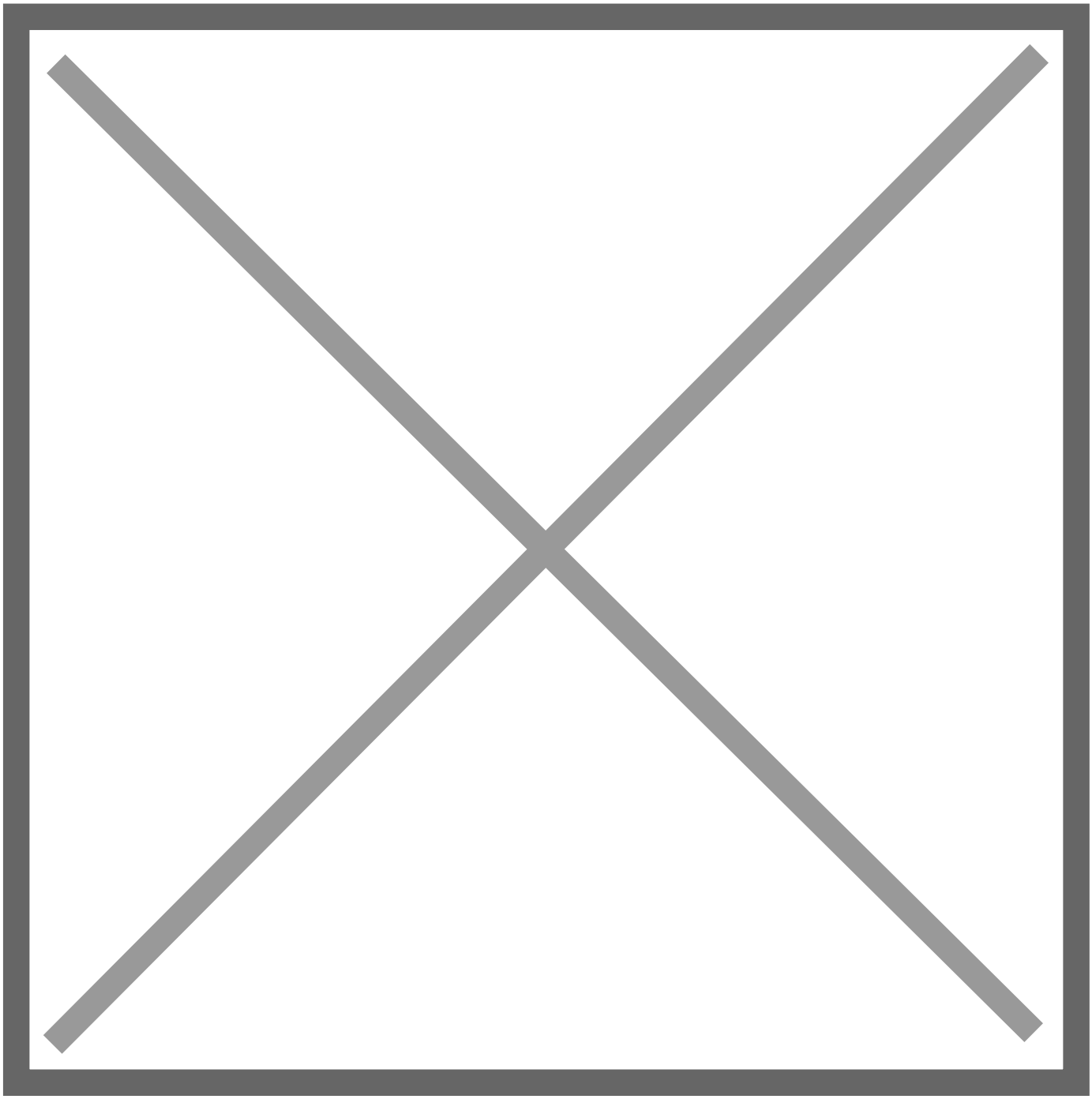


Survey type:	Self-reported
Sample size:	15,234
Area covered:	National
References:	Student Health and Wellbeing in Wales: Report of the 2021/22 Health Behaviour in School-aged Children Survey and School Health Research Network Student Health and Wellbeing Survey. Available at: https://www.hbsc.org/network/countries/wales/ [Accessed 06.05.26]

Notes:	NOTE: High level of non-response for height/weight questions, so much smaller sample size than for whole survey (123,204).
Definitions:	By year group: Year 7 (age 11-12); Year 8 (age 12-13); Year 9 (age 13-14); Year 10 (age 14-15); and Year 11 (age 15-16).
Cutoffs:	IOTF

Overweight/obesity by region

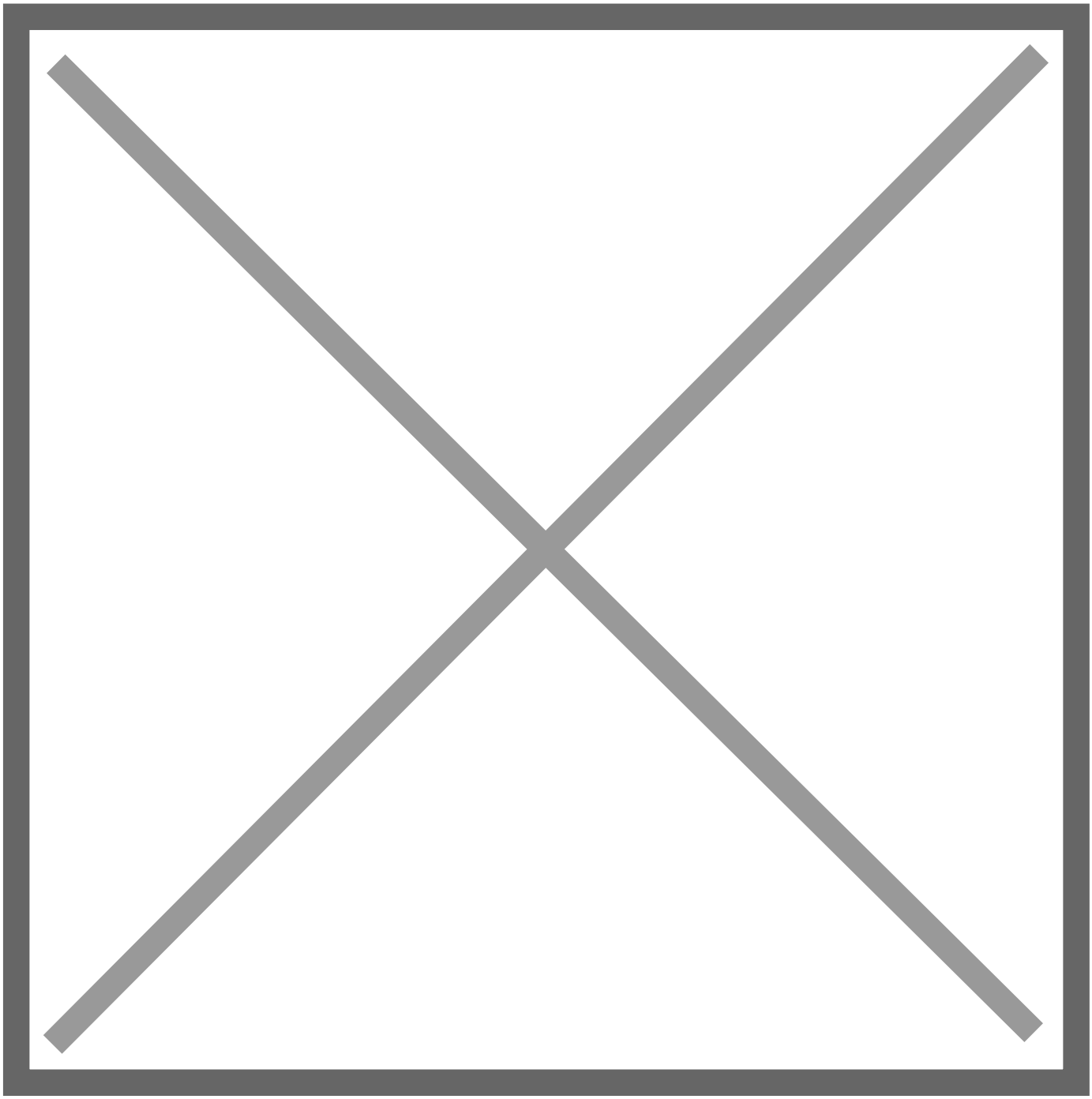
Adults, 2021-2022



Survey type:	Self-reported
Age:	16+
Area covered:	National
References:	Welsh Health Survey, available at https://statswales.gov.wales/Catalogue/National-Survey-for-Wales/Population-Health/Adult-Lifestyles/adultlifestyles-by-year-from202021 (last accessed 25.04.23)
Notes:	Not comparable with earlier surveys as involved telephone rather than face to face interview

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

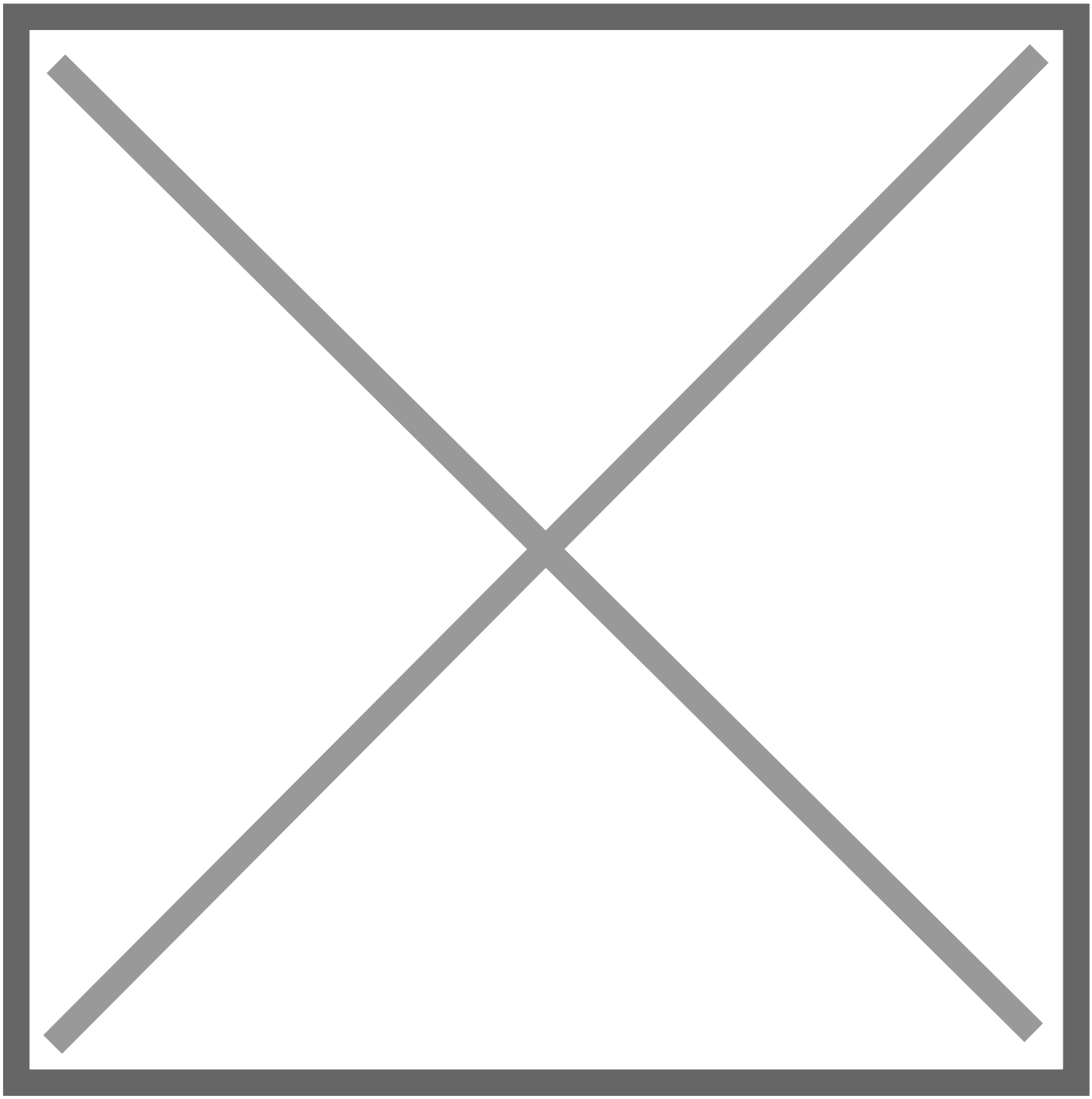
Children, 2017-2018



Survey type:	Self-reported
Age:	11-16
Sample size:	7,139
Area covered:	National
References:	Student Health and Wellbeing In Wales: Report of the 2017/18 Health Behaviour in School-aged Children Survey and School Health Research Network Student Health and Wellbeing Survey. Available at: https://www.hbsc.org/network/countries/wales/ [Accessed 06.05.26]

Notes:	NOTE: High level of non-response for height/weight questions, so much smaller sample size than for whole survey (103,971). Interpret with caution.
Definitions:	By local health board
Cutoffs:	IOTF

0-5 years, 2024-2025

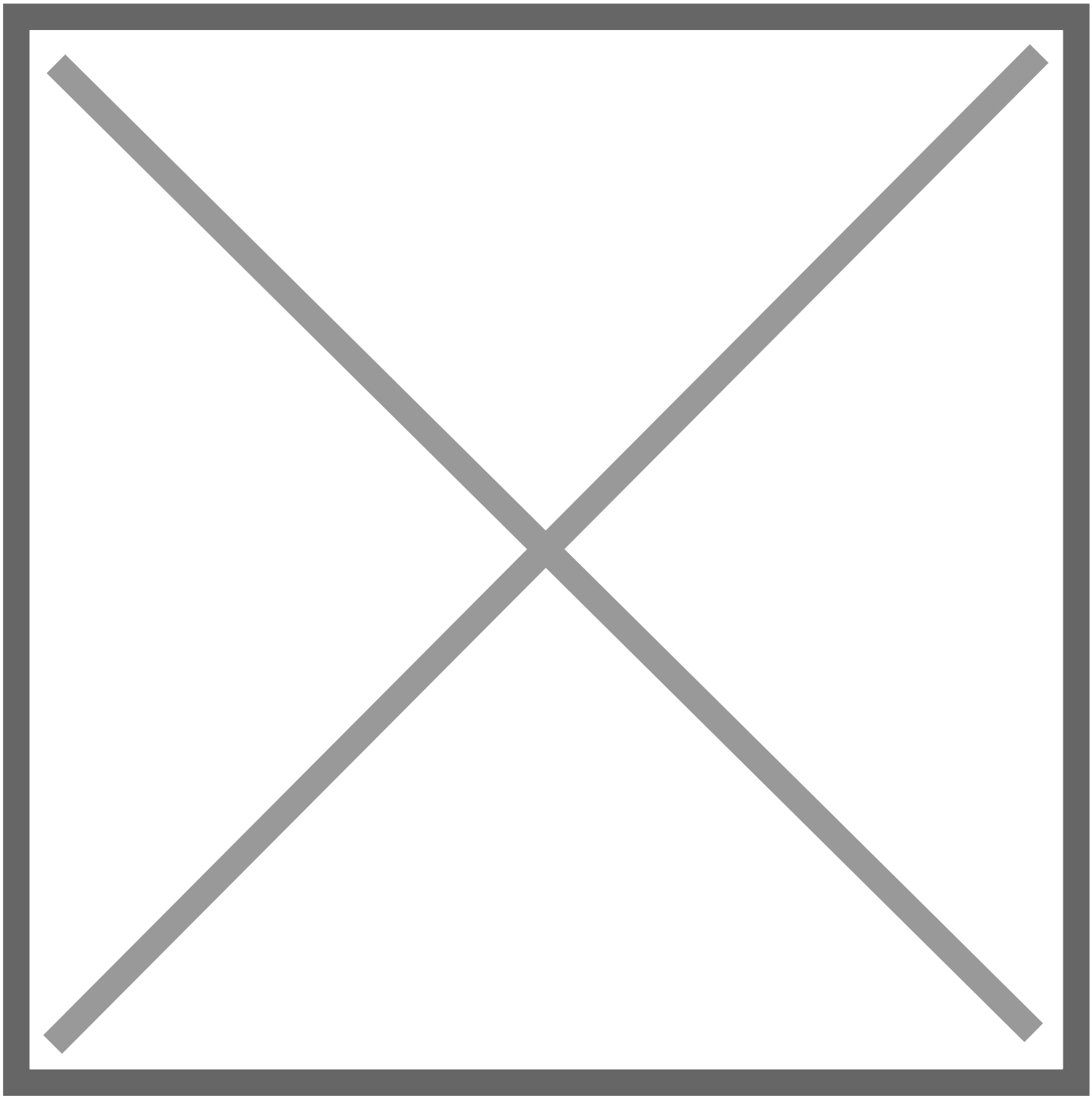


Survey type:	Measured
Age:	4-5
Sample size:	28,512
Area covered:	National
References:	Public Health Wales NHS Trust. (2026). Child Measurement Programme 2024/25. Available at: https://phw.nhs.wales/services-and-teams/child-measurement-programme/ [Accessed 19.05.26]

Definitions:	85th/95th centiles
Cutoffs:	UK90

Overweight/obesity by socio-economic group

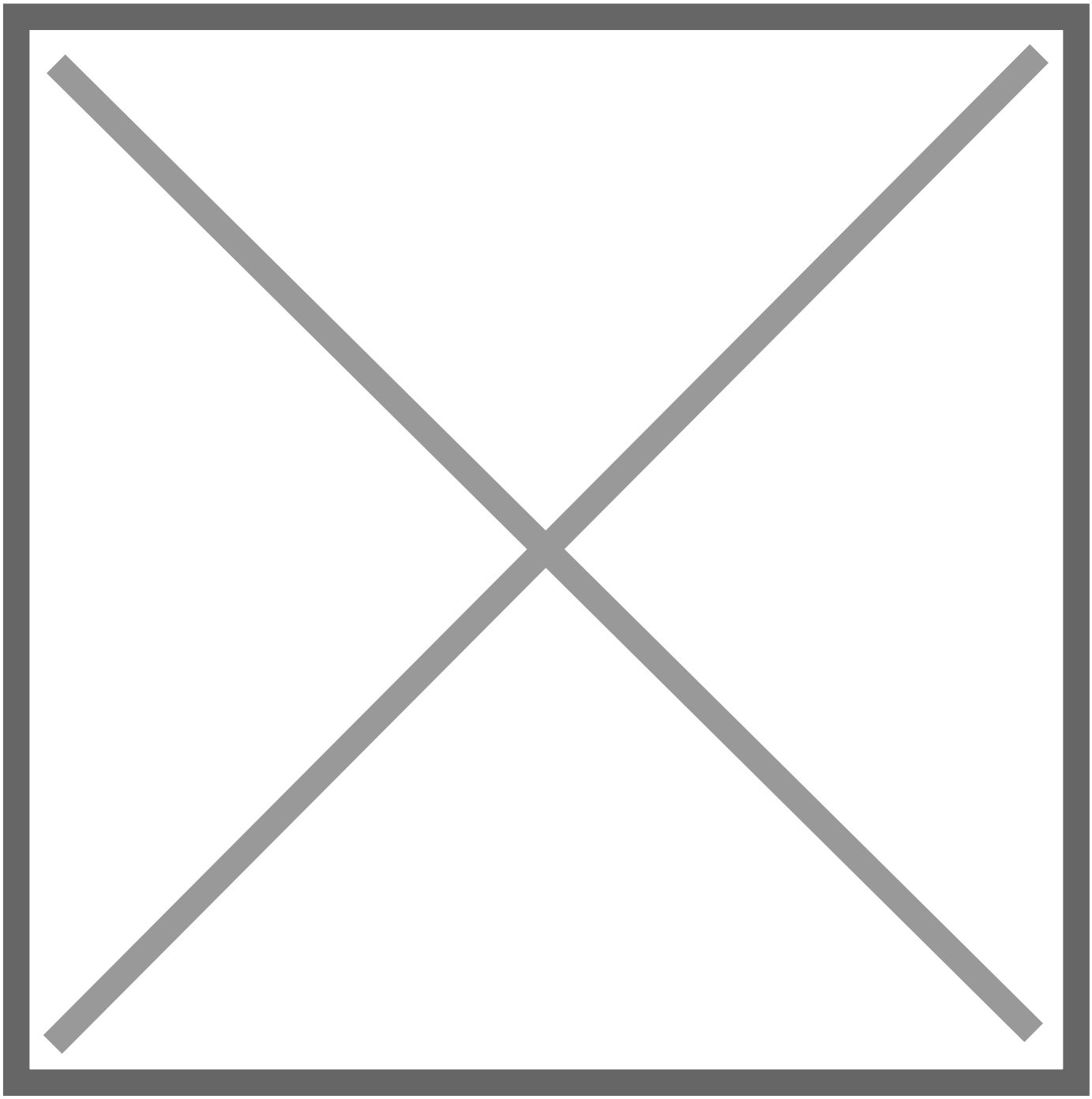
Adults, 2024-2025



Survey type:	Measured
Age:	16+
Sample size:	~6,000
Area covered:	National
References:	National Survey for Wales 2024-2025. https://www.gov.wales/national-survey-wales-headline-results-april-2024-march-2025 [Accessed 03.02.35]

Notes:	Household material deprivation (FG indicator)
	Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².

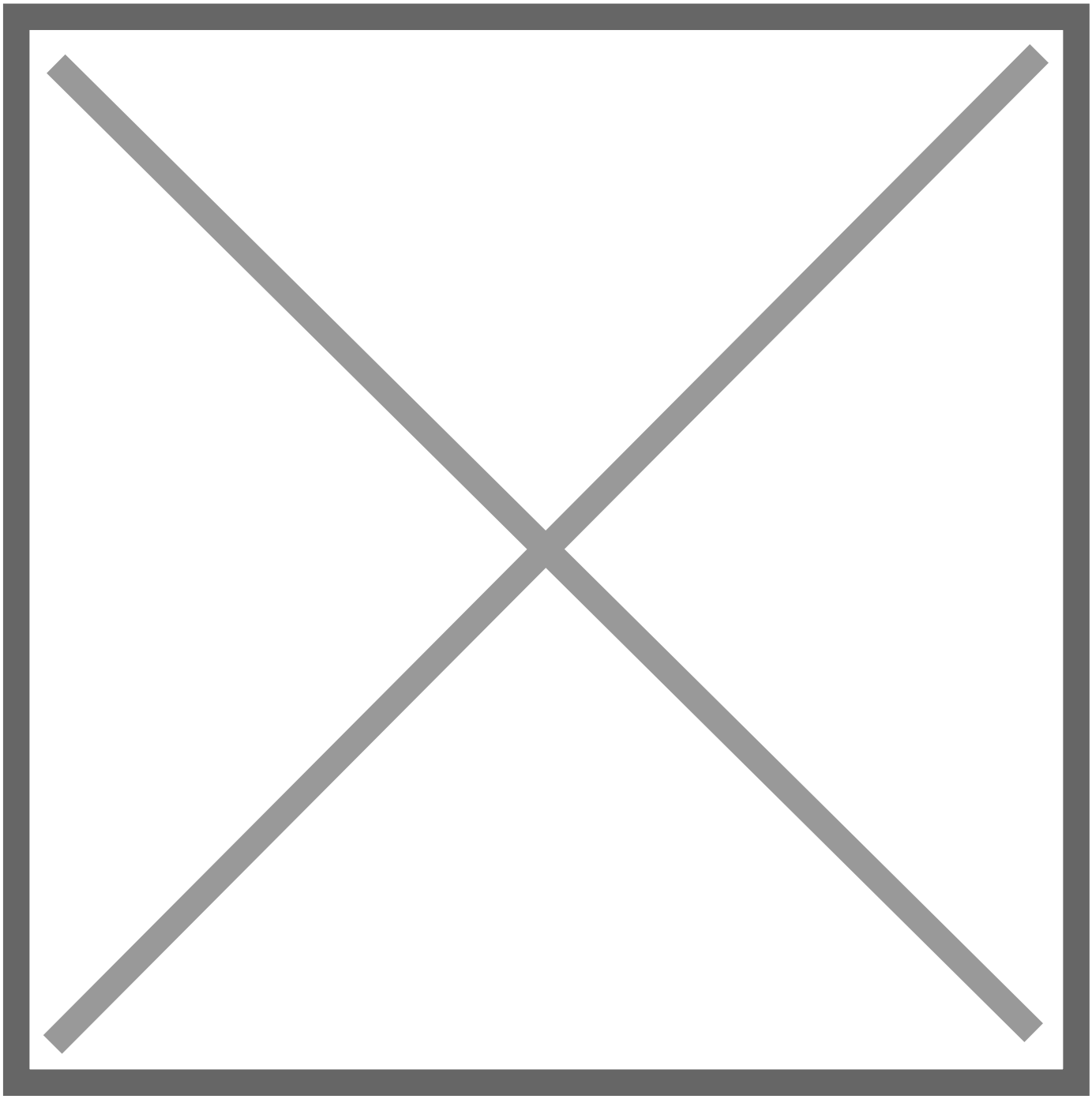
Children, 2021-2022



Survey type:	Self-reported
Age:	11-16
Sample size:	14,976
Area covered:	National
References:	Student Health and Wellbeing in Wales: Report of the 2021/22 Health Behaviour in School-aged Children Survey and School Health Research Network Student Health and Wellbeing Survey. Available at: https://www.hbsc.org/network/countries/wales/ [Accessed 06.05.26]

Notes:	NOTE: High level of non-response for height/weight questions, so smaller sample size than for whole survey (123,204)
Definitions:	Family Affluence Scale (FAS) - 1 (low), 2 (medium), 3 (high)
Cutoffs:	IOTF

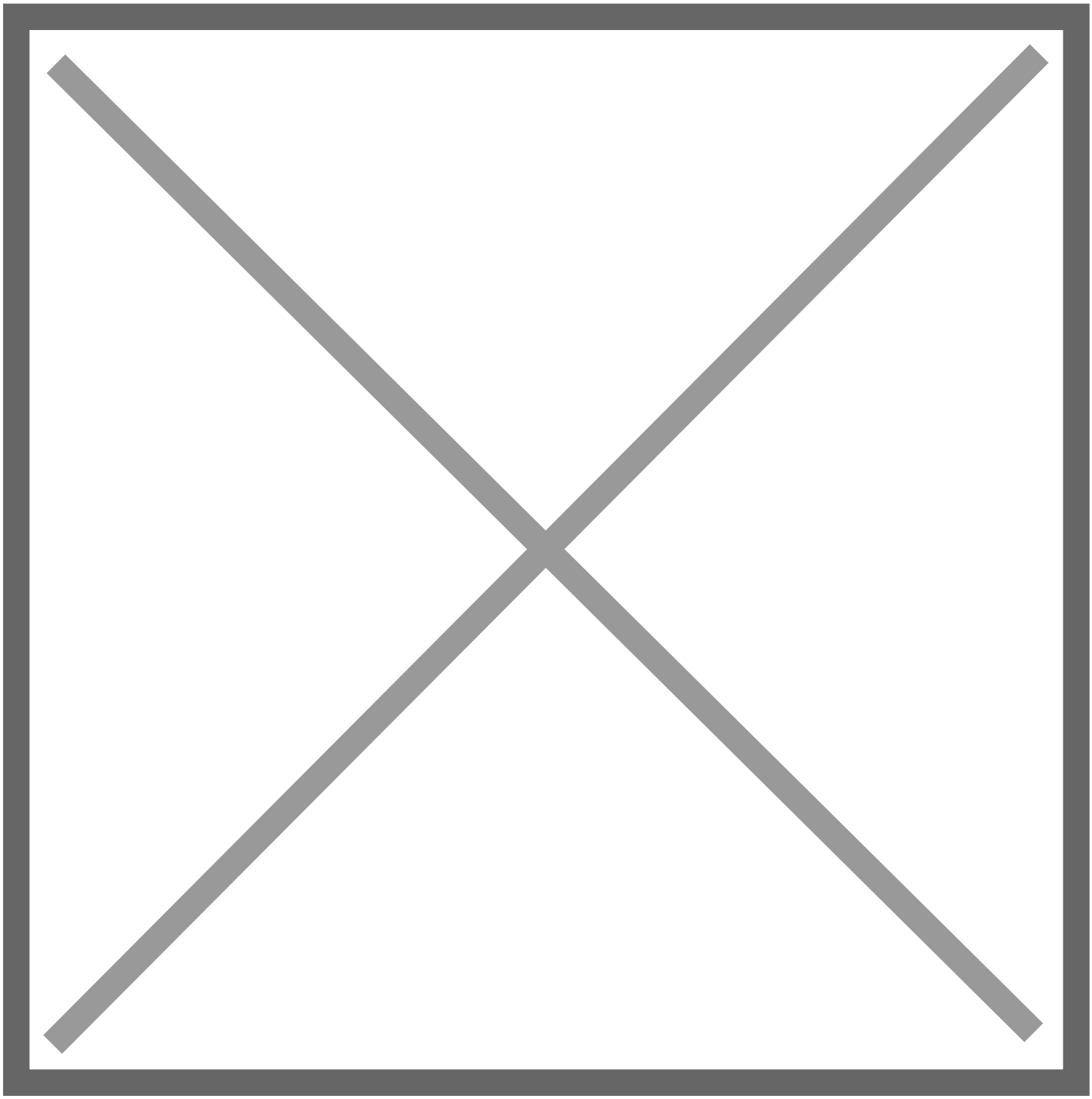
0-5 years, 2024-2025



Survey type:	Measured
Age:	4-5
Sample size:	28,512
Area covered:	National
References:	Public Health Wales NHS Trust. (2026). Child Measurement Programme 2024/25. Available at: https://phw.nhs.wales/services-and-teams/child-measurement-programme/ [Accessed 19.05.26]

Definitions:	85th/95th centiles
Cutoffs:	UK90

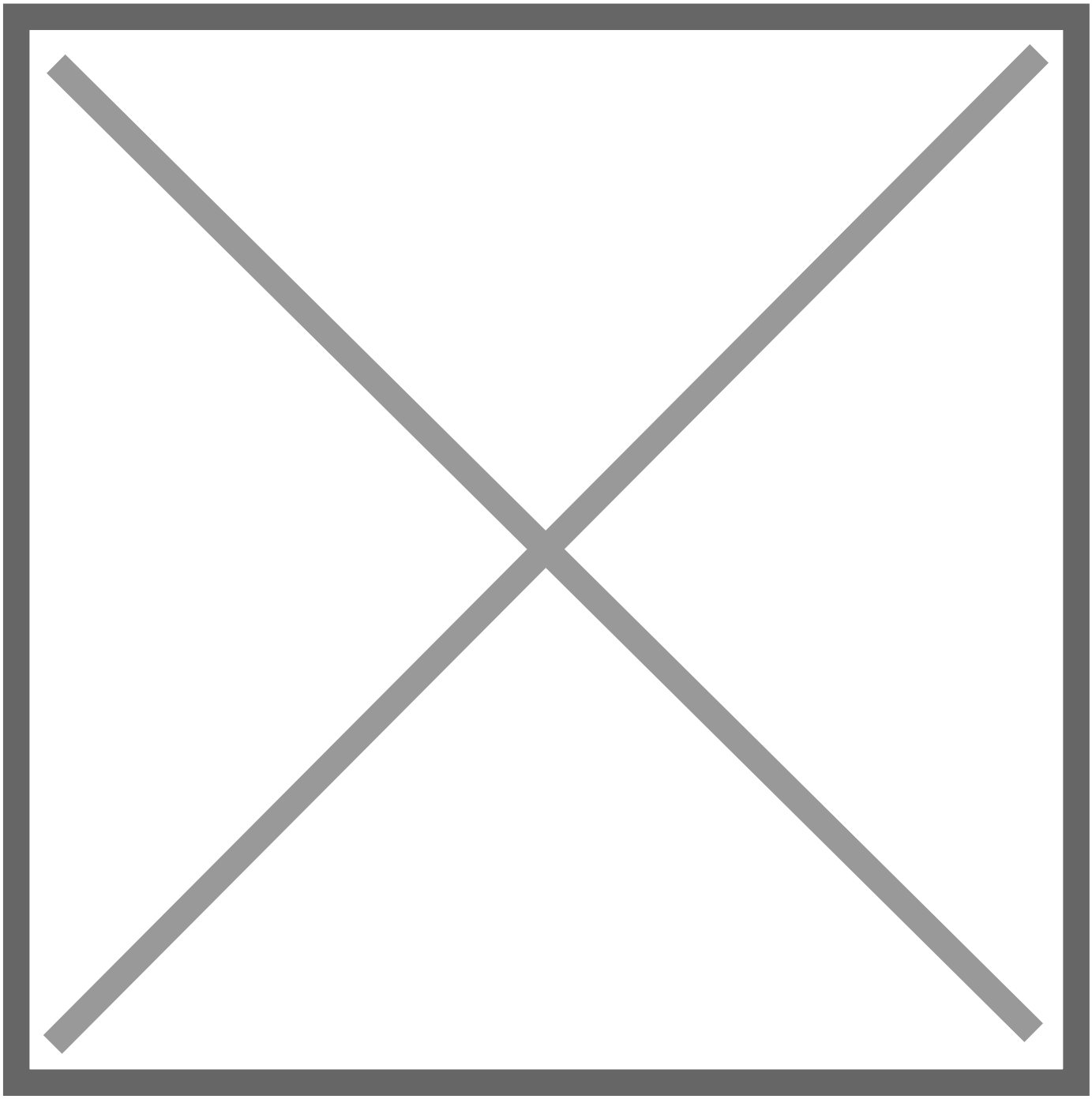
0-5 years boys, 2024-2025



Survey type:	Measured
Age:	4-5
Sample size:	28,512
Area covered:	National
References:	Public Health Wales NHS Trust. (2026). Child Measurement Programme 2024/25. Available at: https://phw.nhs.wales/services-and-teams/child-measurement-programme/ [Accessed 19.05.26]

Definitions:	85th/95th centiles
Cutoffs:	UK90

0-5 years girls, 2024-2025



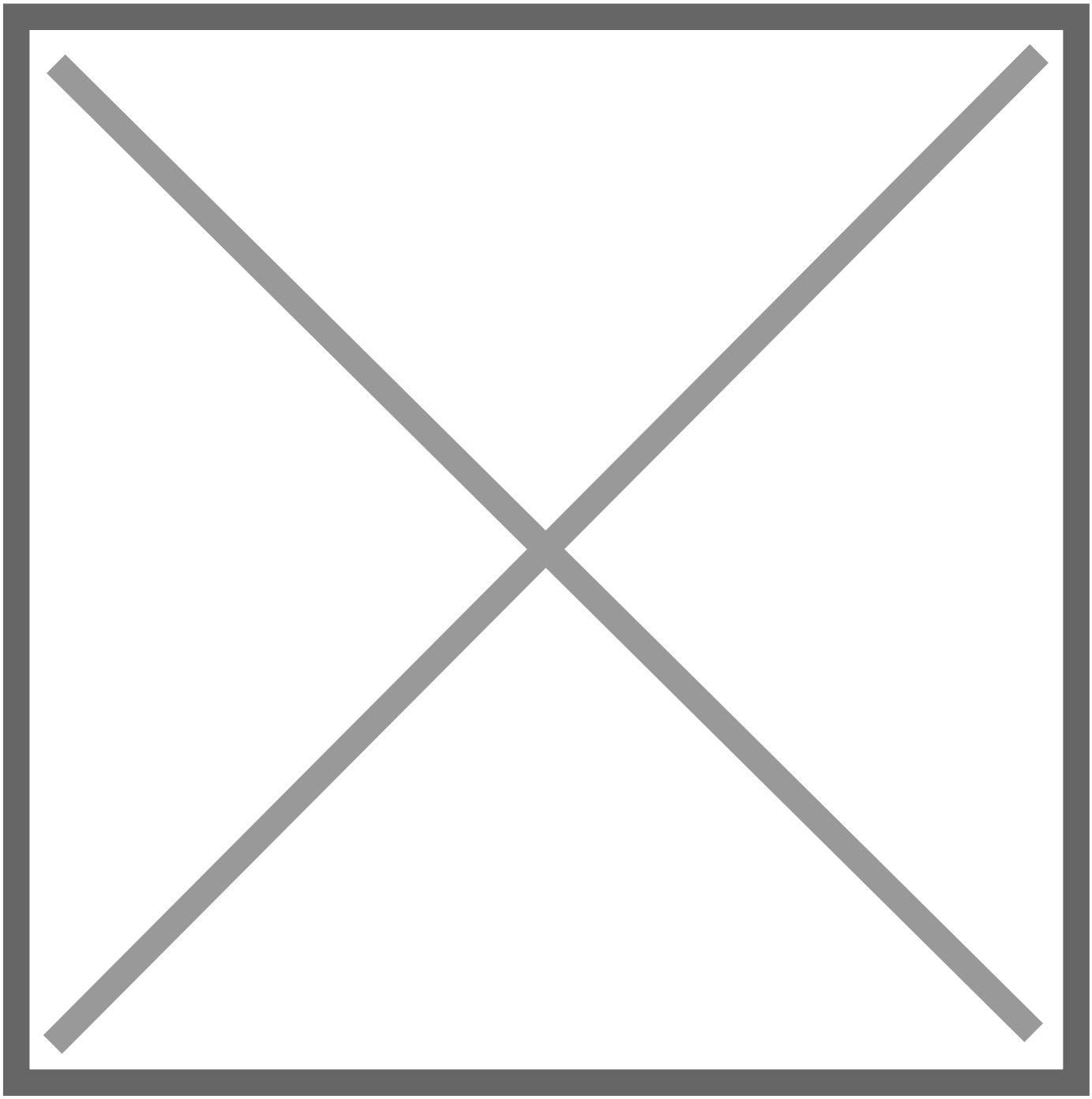
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Definitions:	85th/95th centiles
Cutoffs:	UK90

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.

0-5 years, 2024-2025

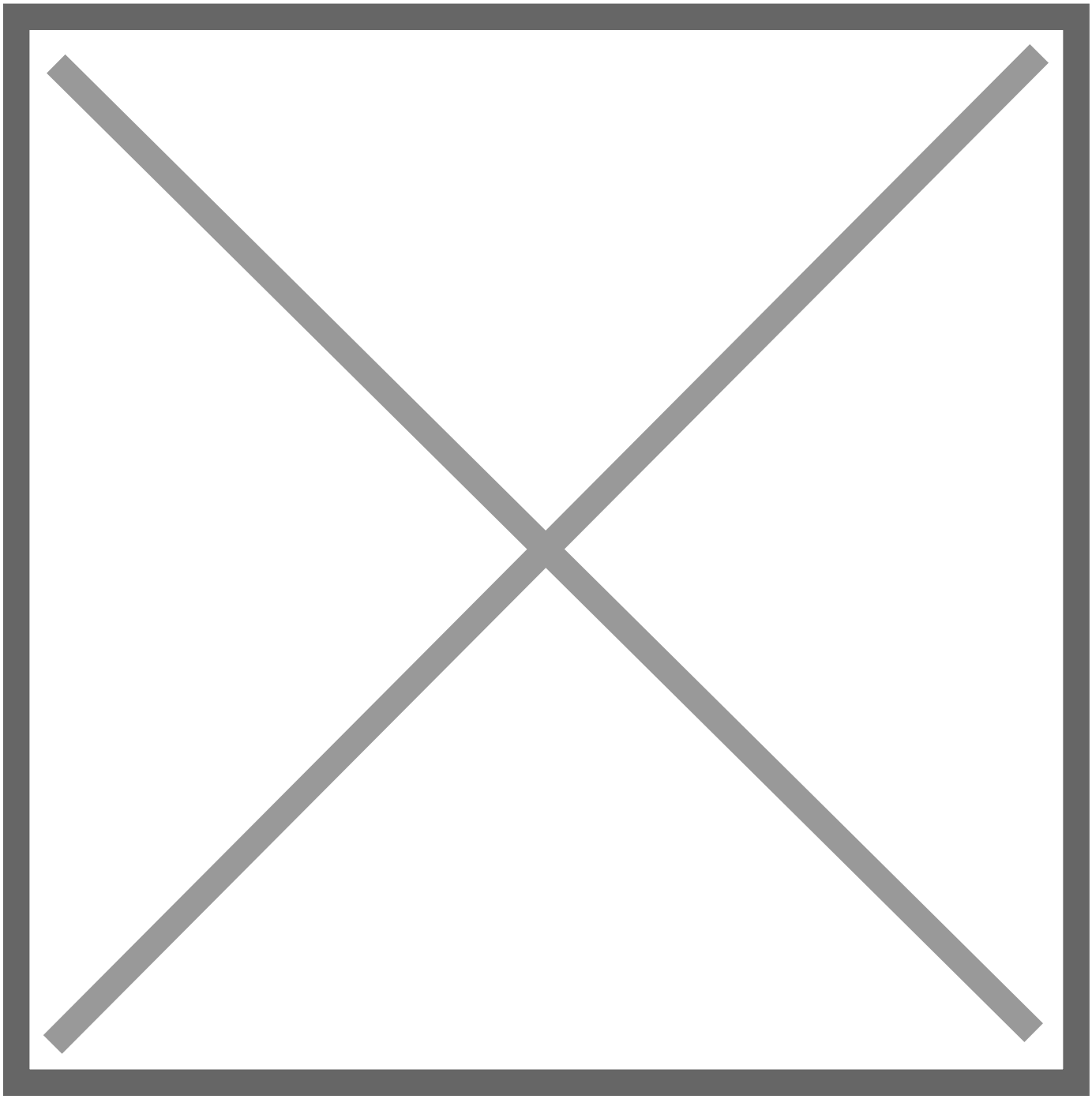


Survey type:	Measured
Age:	4-5
Sample size:	28,512
Area covered:	National
References:	Public Health Wales NHS Trust. (2026). Child Measurement Programme 2024/25. Available at: https://phw.nhs.wales/services-and-teams/child-measurement-programme/ [Accessed 19.05.26]

Notes:	NB. More than one third of children were categorised as 'not known', data should be interpreted with caution
Definitions:	85th/95th centiles
Cutoffs:	UK90

Insufficient physical activity

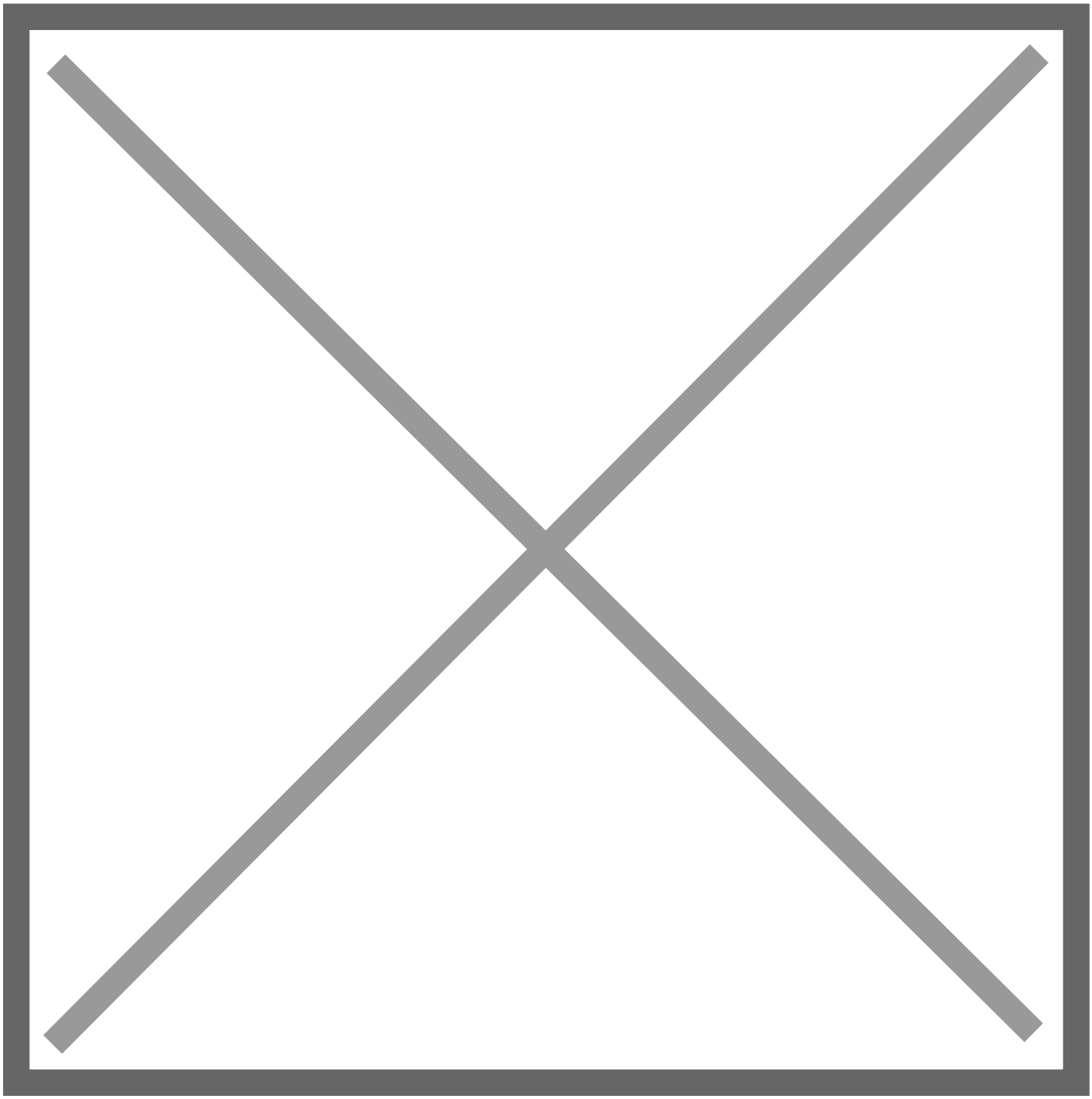
Boys, 2021-2022



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

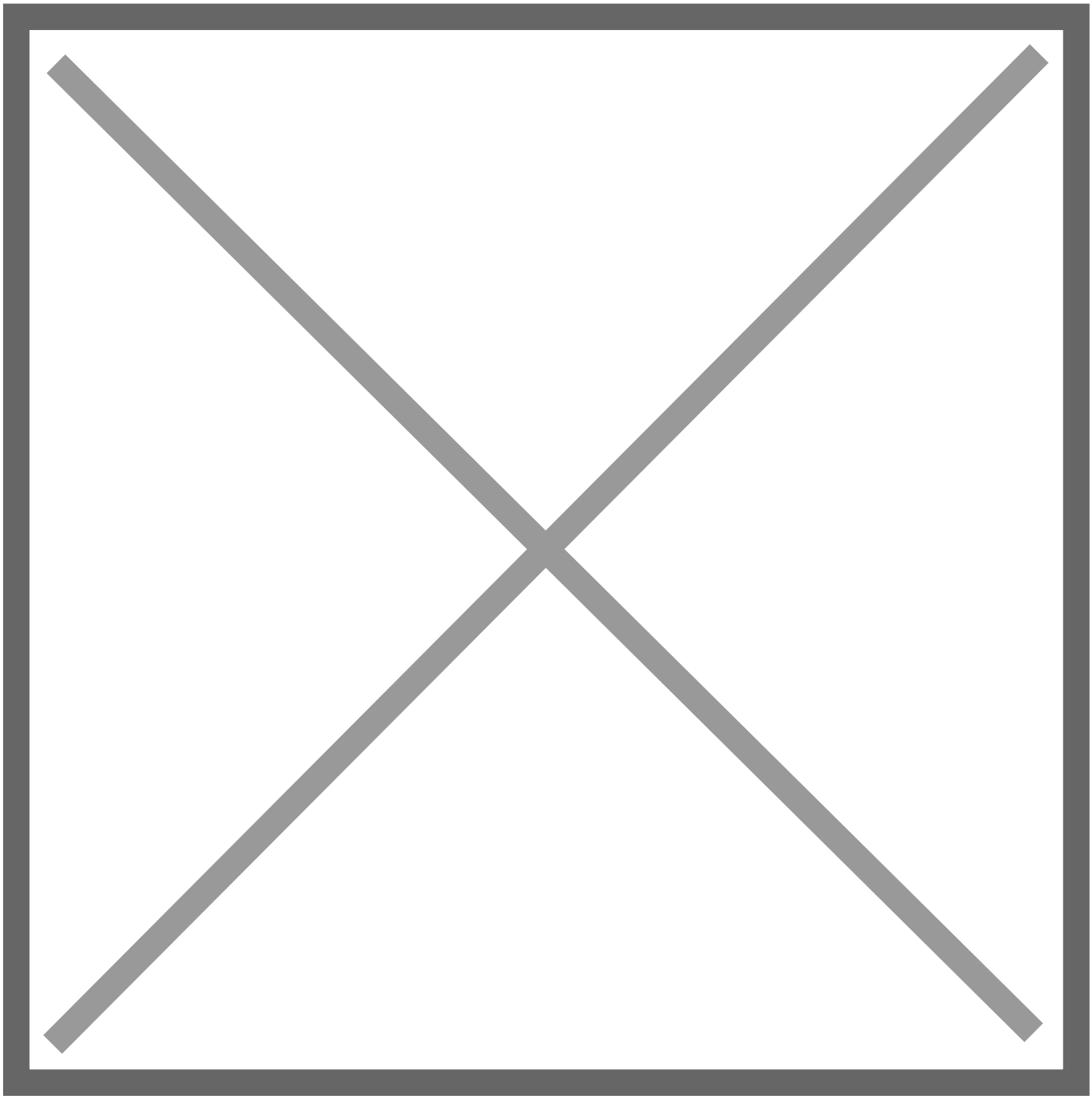


Survey type:	Self-reported
Area covered:	National
References:	Rakic JG, Hamrik Z, Dzielska A, Felder-Puig R, Oja L, Bakalár P et al. A focus on adolescent physical activity, eating behaviours, weight status and body image in Europe, central Asia and Canada. Health Behaviour in School-aged Children international 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.

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

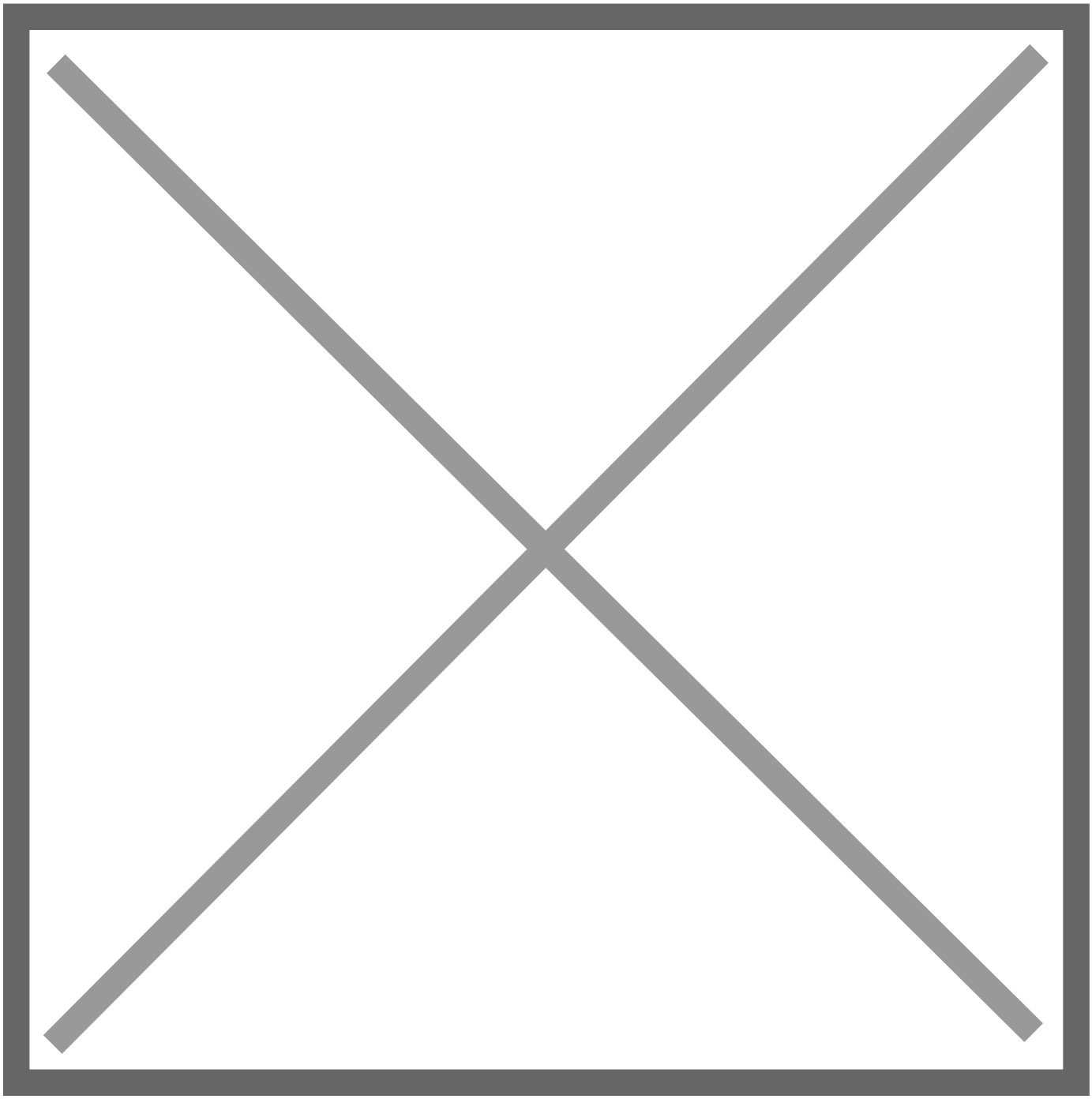
Prevalence of at least daily soft drink consumption

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)

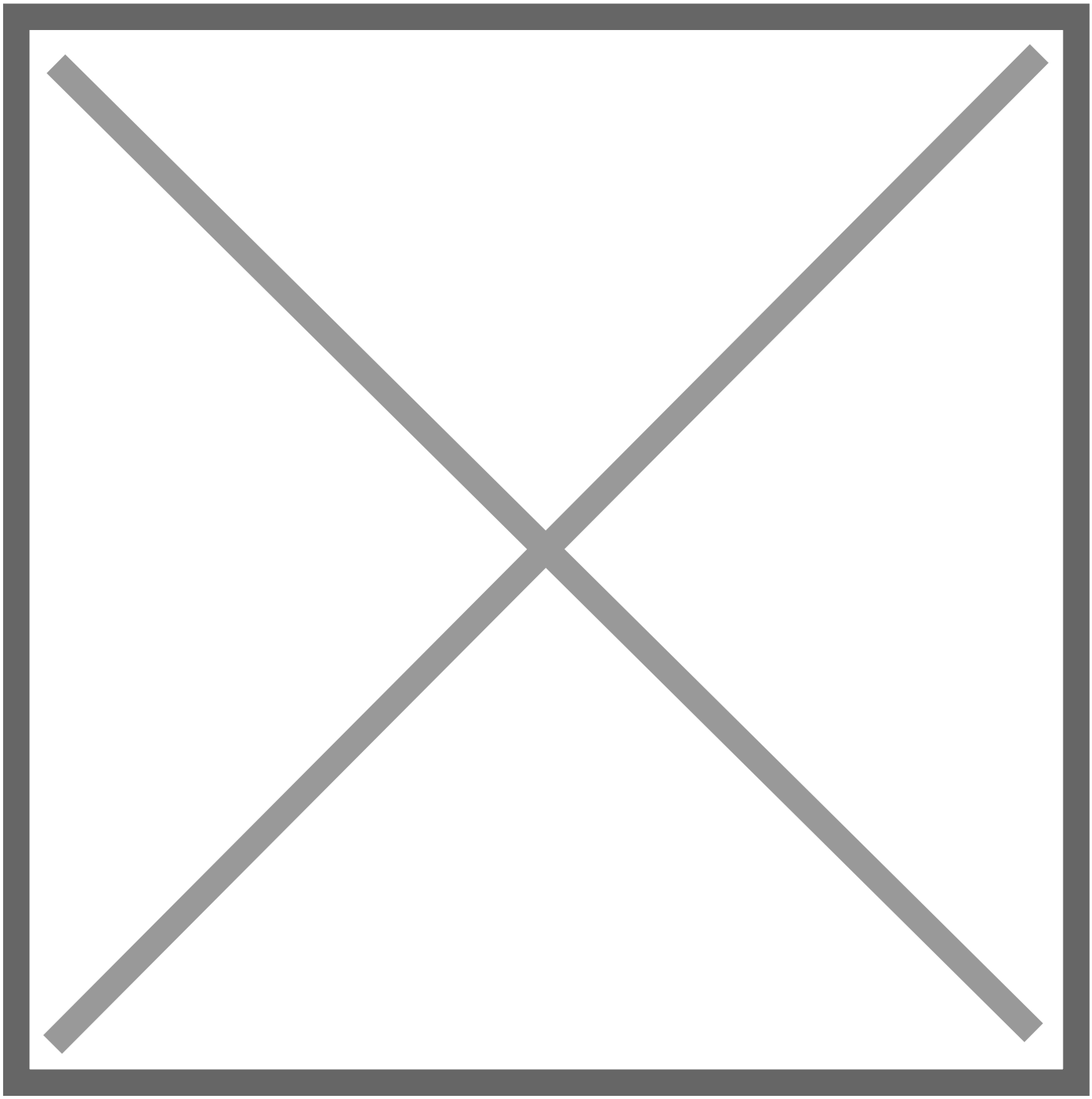
Girls, 2021-2022



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)

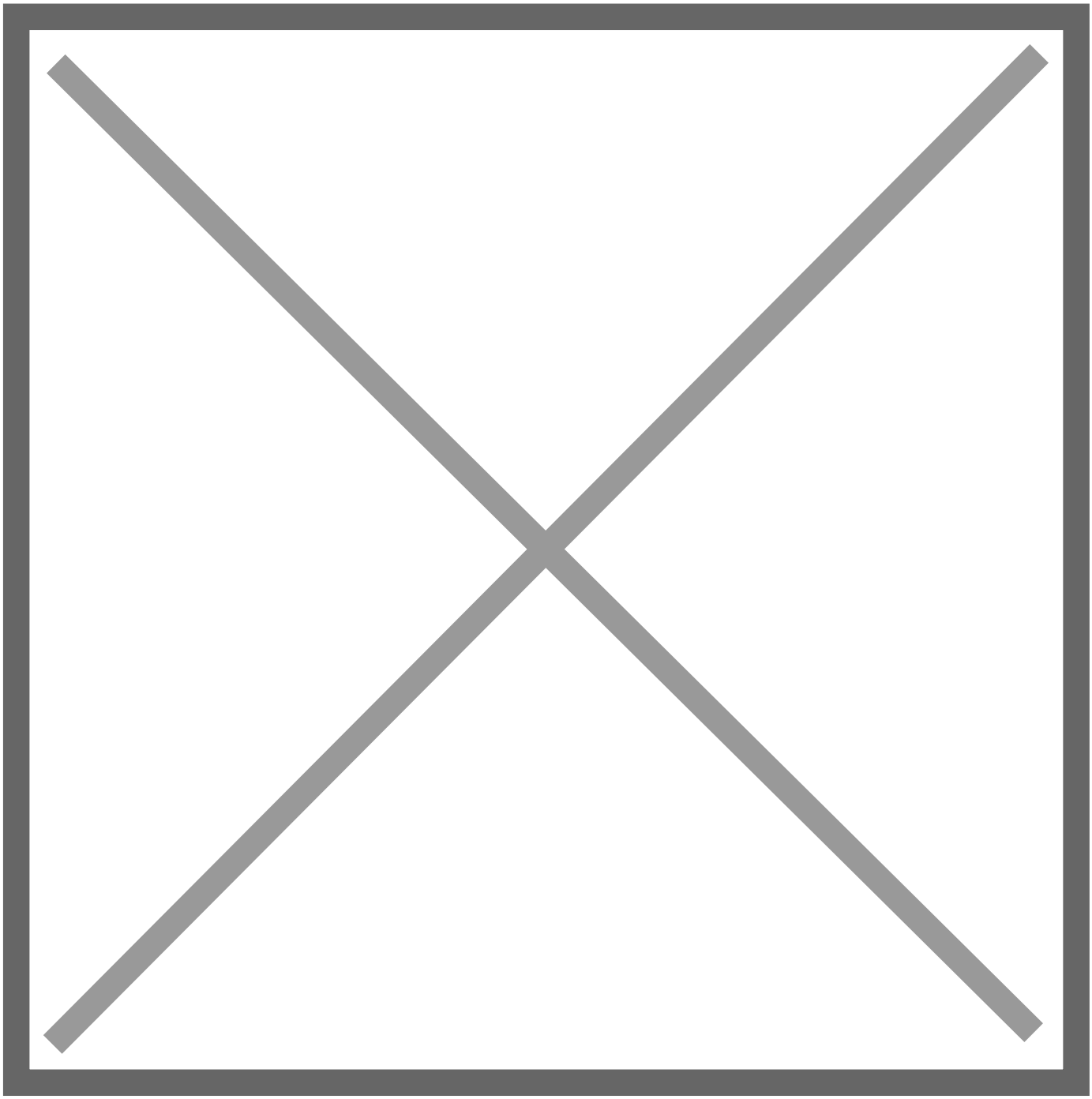
Prevalence of less than daily fruit consumption

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

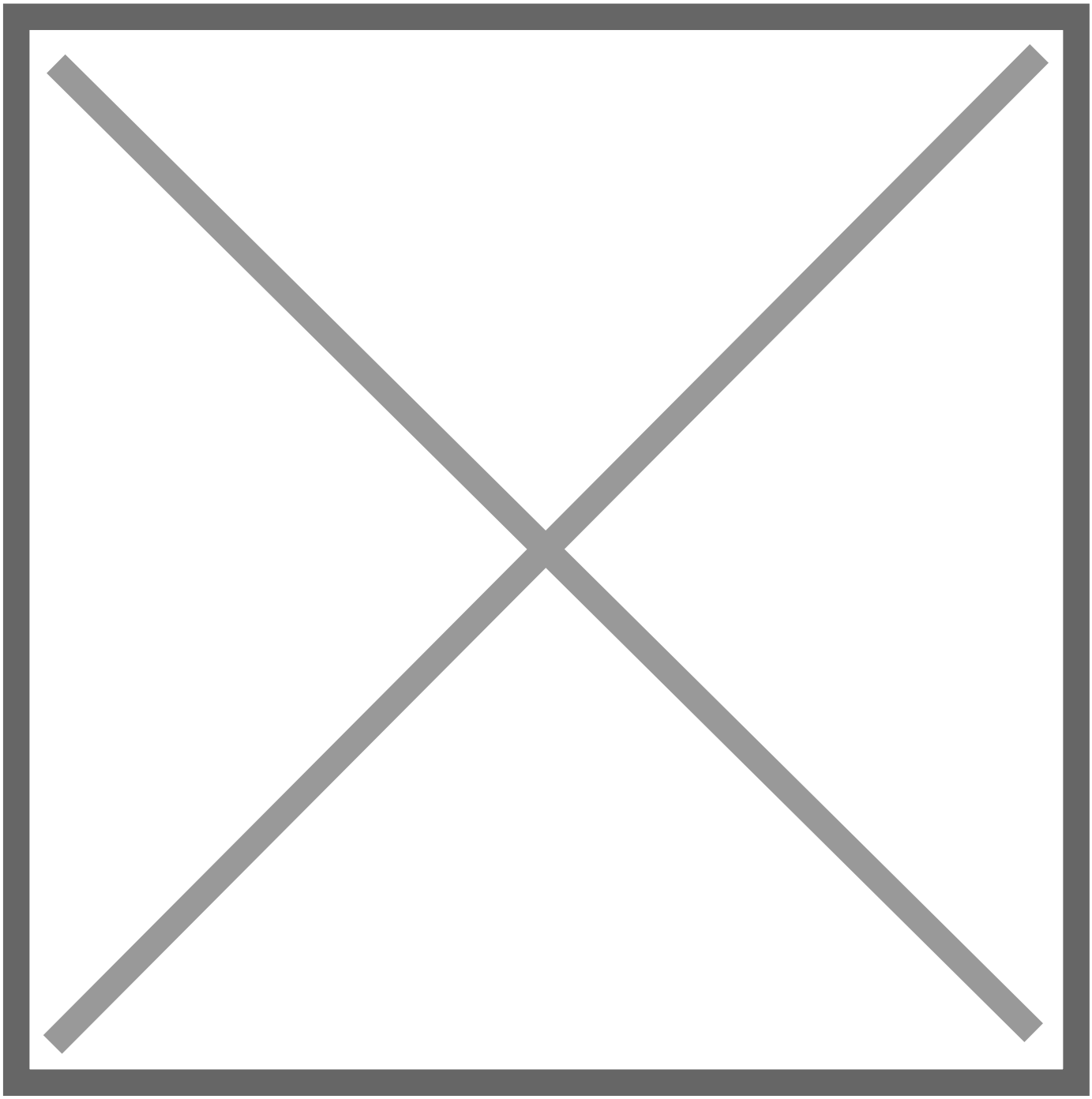
Girls, 2021-2022



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
Definitions:	Proportion who reported eating fruit less than daily

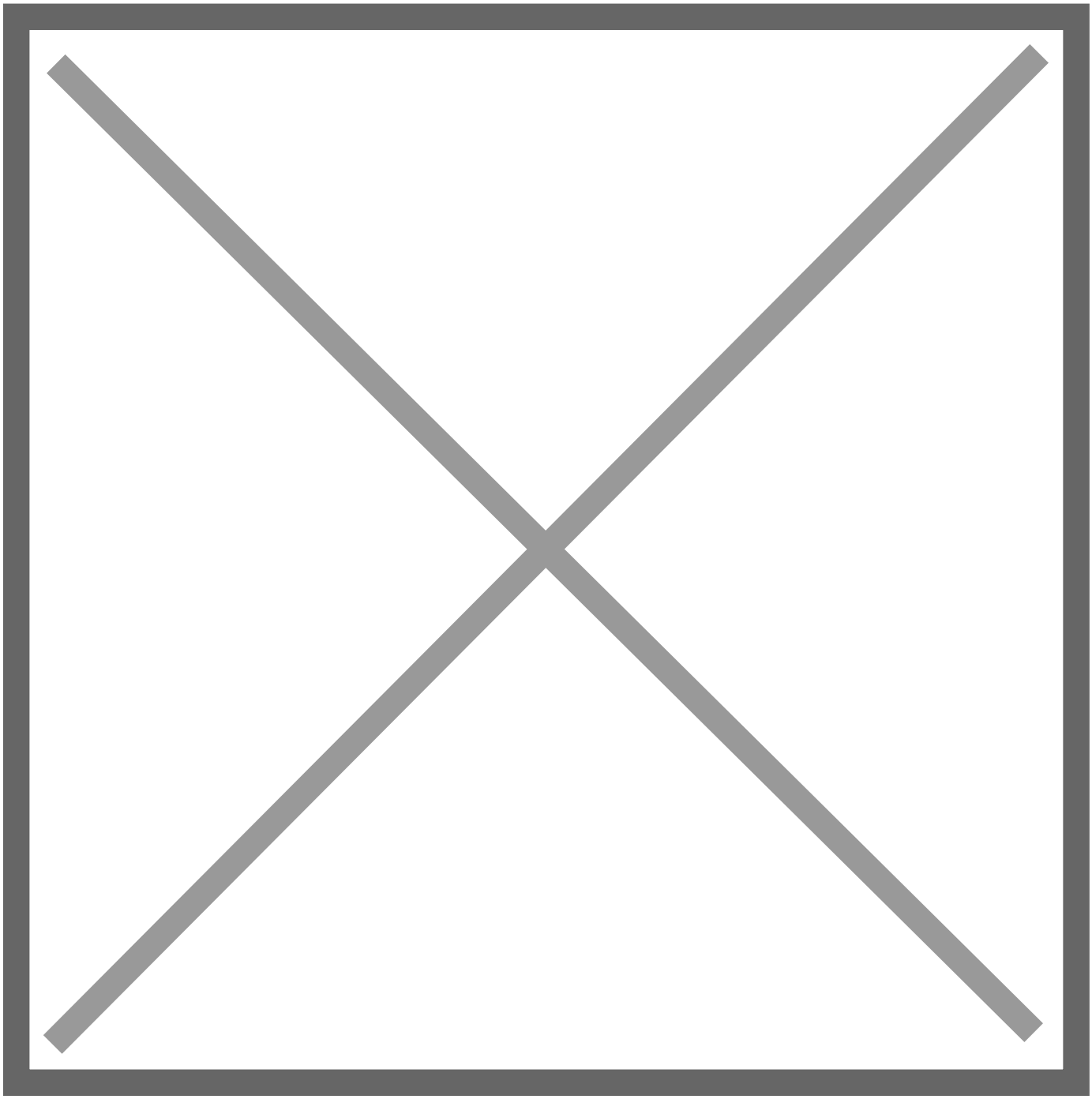
Prevalence of less than daily vegetable consumption

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)

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