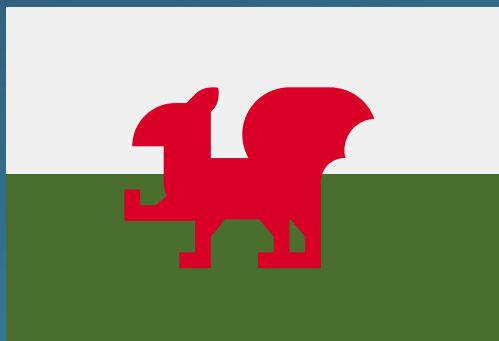




# Wales



## Country report card

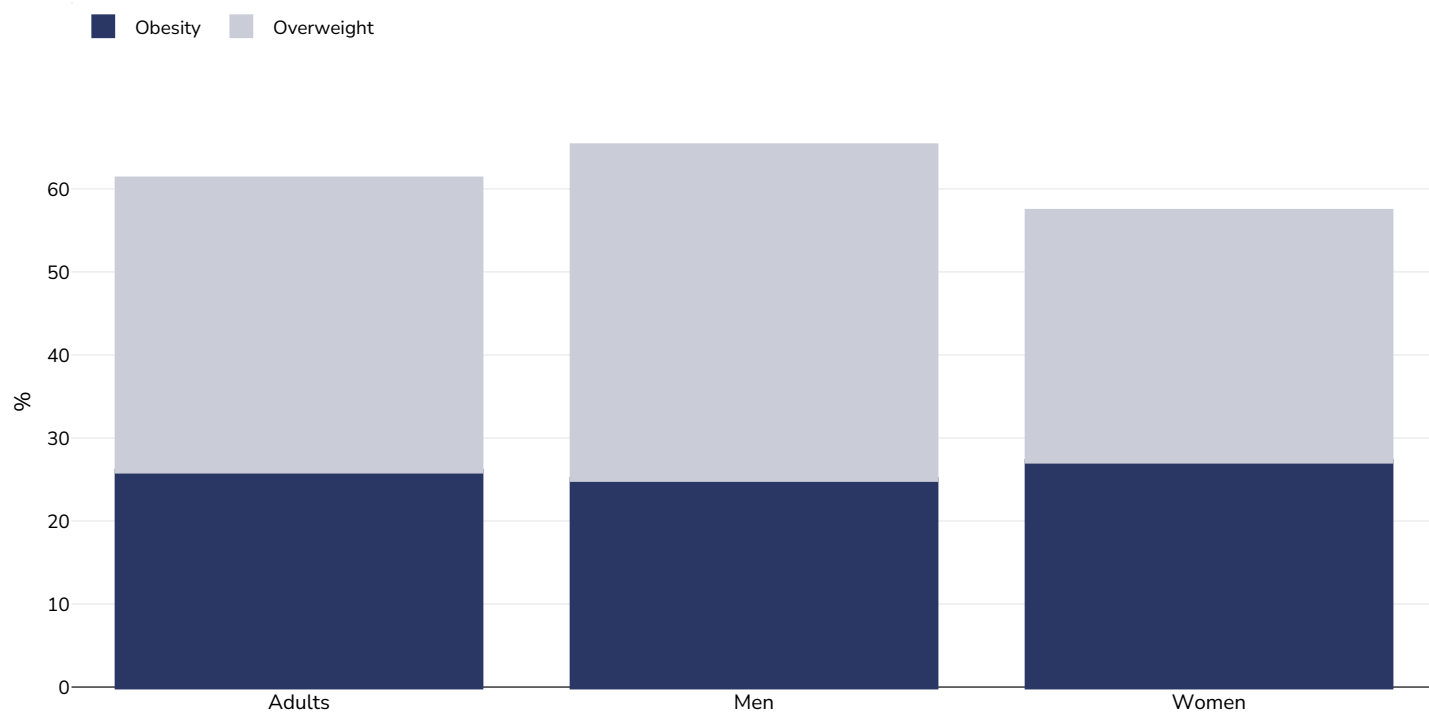
*This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity . Where available, data on common and relevant obesity drivers and comorbidities are also presented.*

*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, 2022-2023



Survey type: Self-reported

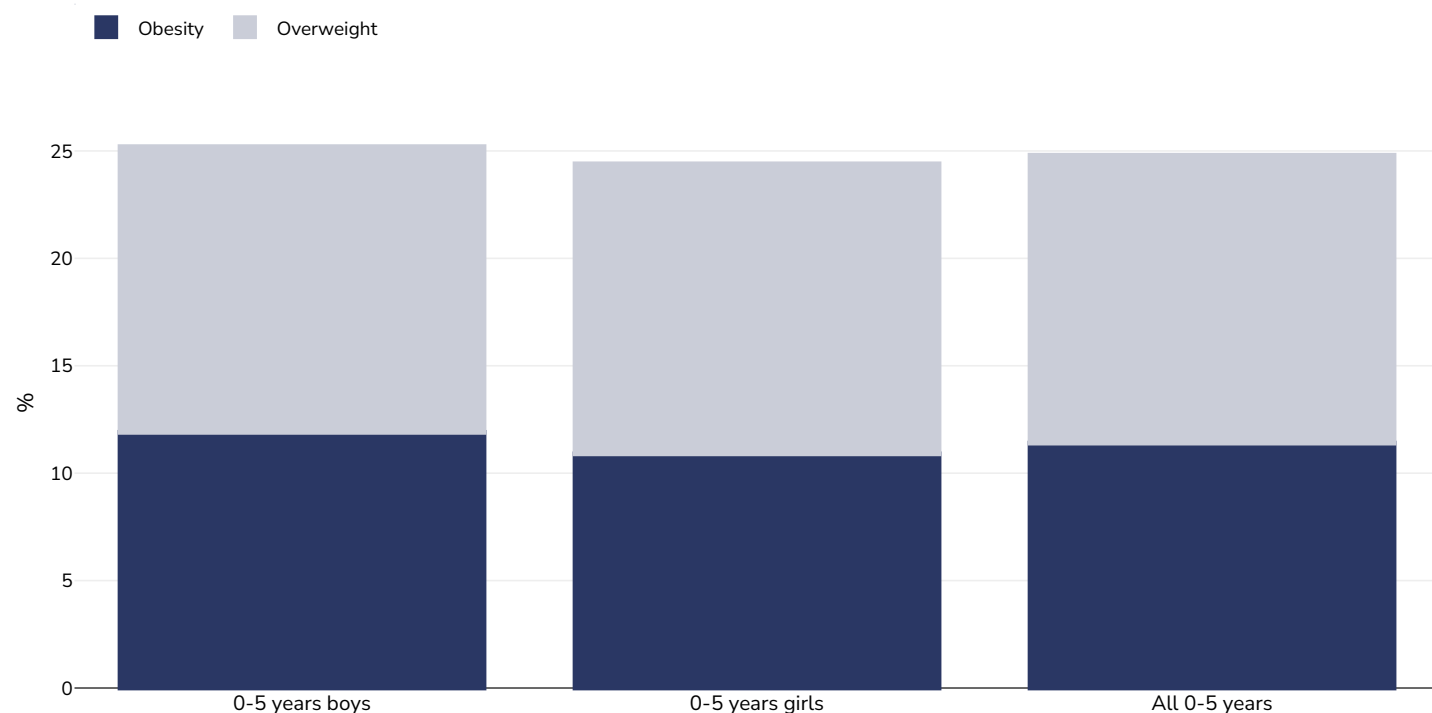
Age: 16+

Area covered: National

References: National Survey for Wales 2022-2023. Available at <https://www.gov.wales/national-survey-wales-april-2022-march-2023> (last accessed 06.11.23)

*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>.*

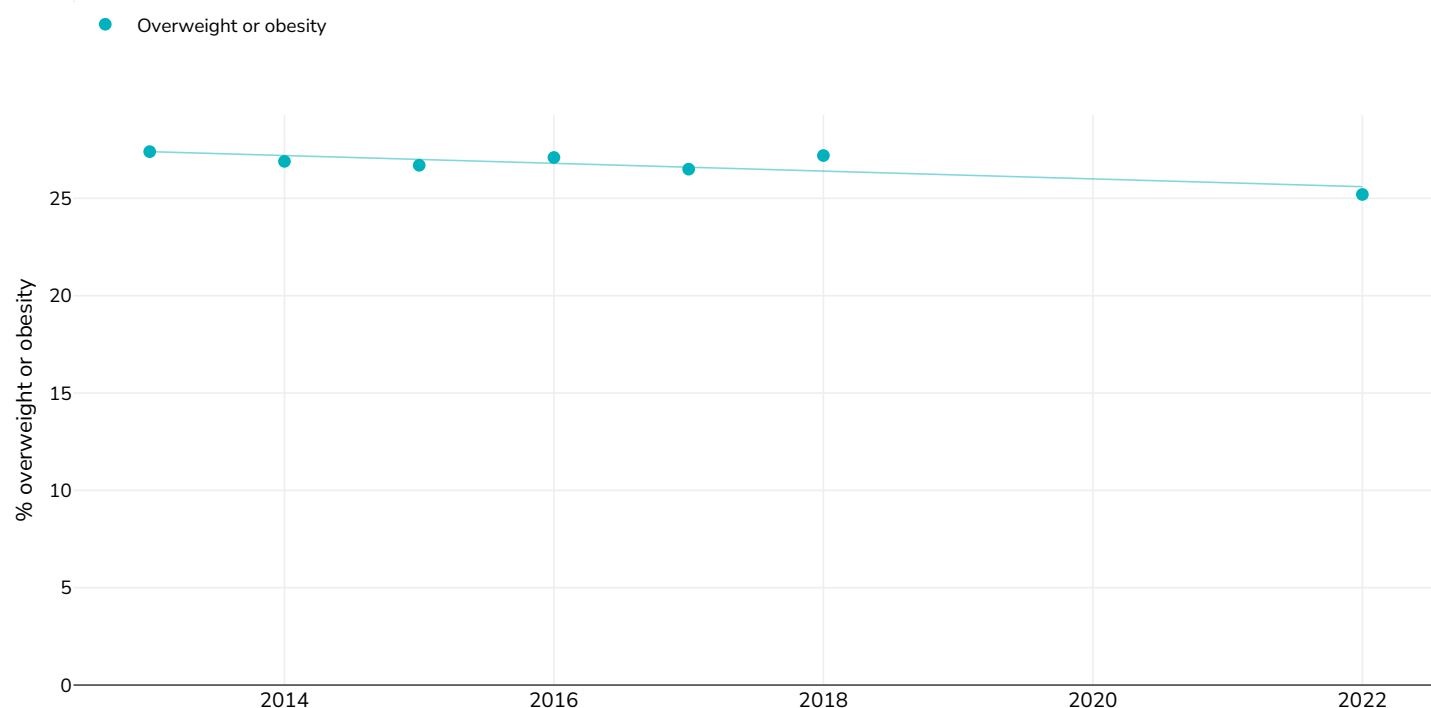
## 0-5 years, 2022-2023



Survey type:	Measured
Age:	4-5
Sample size:	29916
Area covered:	National
References:	Child Measurement Programme 2022/23. Public Health Wales NHS Trust <a href="https://phw.nhs.wales/services-and-teams/child-measurement-programme/">https://phw.nhs.wales/services-and-teams/child-measurement-programme/</a> (Accessed 22.05.24)
Cutoffs:	UK90

## % Children living with overweight or obesity in Wales 2013-2017

### Boys under 5



#### Survey type:

Measure

#### References:

- 2013: Child Measurement Programme 2013/14. Public Health Wales NHS Trust. <http://www2.nphs.wales.nhs.uk:8080/ChildMeasurementDocs.nsf/85c50756737f79ac80256f2700534ea3/692fe9649b4fc8be80257e49002a4bcb?open&file=ATT0SH7G.pdf> (last accessed 9th June 2018)
- 2014: Child Measurement Programme 2014/15. Public Health Wales NHS Trust. <http://www.wales.nhs.uk/sitesplus/documents/888/12318%20PHWO%20Child%20Measurement%20Eng%20August.pdf>
- 2015: Child Measurement Programme 2015/16. Public Health Wales NHS Trust. <http://www.wales.nhs.uk/sitesplus/documents/888/12743%20PHW%20CMP%20Report%20%28Eng%29.pdf>. Last accessed 9th Oct 2018
- 2016: Public Health Wales. (2018). The Child Measurement Programme for Wales 2016/17. Available at: <http://www.wales.nhs.uk/sitesplus/documents/888/12743%20PHW%20CMP%20Report%20%28Eng%29.pdf>. Last accessed 9th Oct 2018
- 2017: Welsh Child Measurement Programme 2017-18 - <http://www.wales.nhs.uk/sitesplus/888/page/67795> (last accessed 8.03.19)
- 2018: Child Measurement Programme Wales 2018/19 (2021). Public Health Wales NHS Trust. <https://phw.nhs.wales/services-and-teams/child-measurement-programme/#data> Last accessed (01.04.21)
- 2022: Child Measurement Programme 2022/23. Public Health Wales NHS Trust <https://phw.nhs.wales/services-and-teams/child-measurement-programme/> (Accessed 22.05.22)

#### Notes:

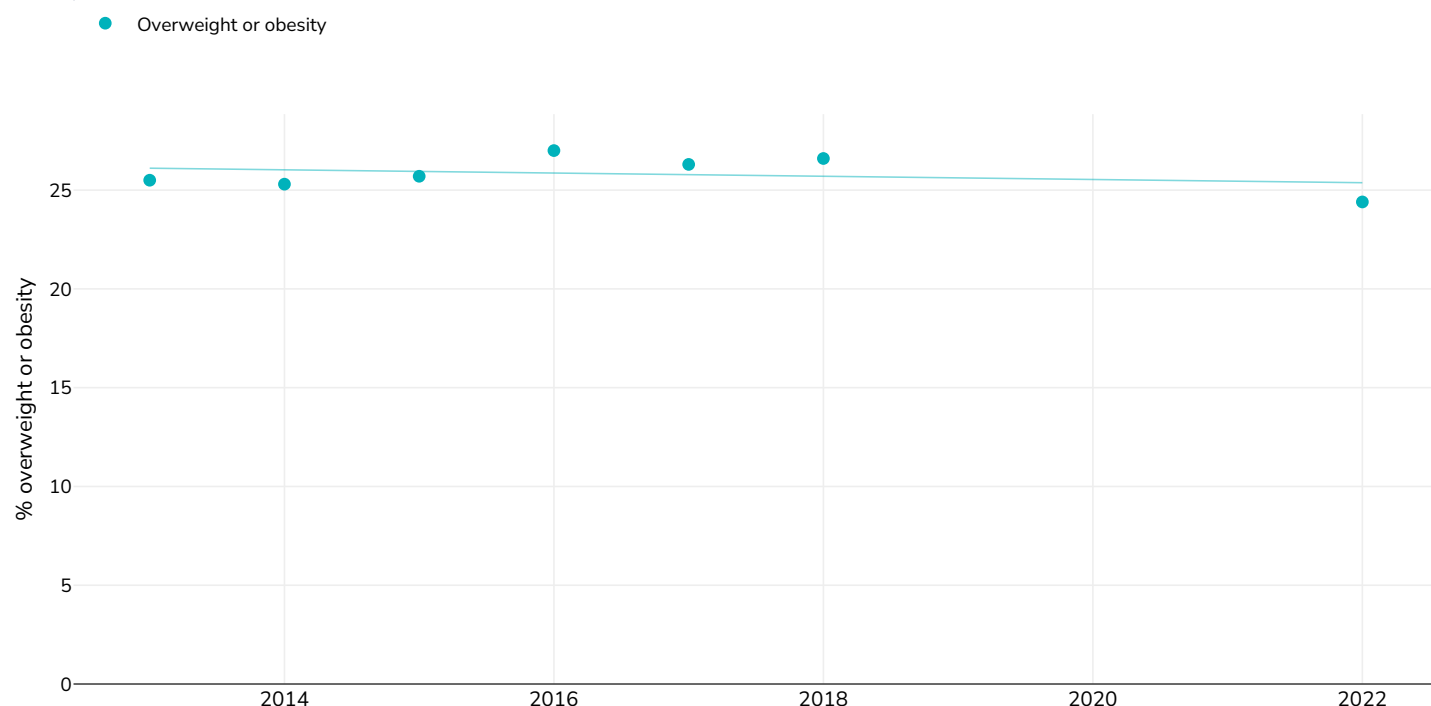
Aged 4-

#### 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 data sources for methodologies used*

## Girls under 5



Survey type:

Measure

References:

- 2013: Child Measurement Programme 2013/14. Public Health Wales NHS Trust. <http://www2.nphs.wales.nhs.uk:8080/ChildMeasurementDocs.nsf/85c50756737f79ac80256f2700534ea3/692fe9649b4fc8be80257e49002a4bcb4?open&jsessionid=80256f2700534ea3/692fe9649b4fc8be80257e49002a4bcb4?FILE/ATT0SH7G.pdf> (last accessed 9th June 2019)
- 2014: Child Measurement Programme 2014/15. Public Health Wales NHS Trust. <http://www.wales.nhs.uk/sitesplus/documents/888/12318%20PHWO%20Child%20Measurement%20Eng%20August.pdf>
- 2015: Child Measurement Programme 2015-6. Public Health Wales NHS Trust. <http://www.wales.nhs.uk/sitesplus/documents/888/12743%20PHW%20CMP%20Report%20%28Eng%29.pdf>
- 2016: Public Health Wales. (2018). The Child Measurement Programme for Wales 2016/17. Available at: <http://www.wales.nhs.uk/sitesplus/documents/888/12743%20PHW%20CMP%20Report%20%28Eng%29.pdf>. Last accessed 9th Oct 2019
- 2017: Welsh Child Measurement Programme 2017-18 - <http://www.wales.nhs.uk/sitesplus/888/page/67795> (last accessed 8.03.19)
- 2018: Child Measurement Programme Wales 2018/19 (2021). Public Health Wales NHS Trust. <https://phw.nhs.wales/services-and-teams/child-measurement-programme/#data> Last accessed (01.04.21)
- 2022: Child Measurement Programme 2022/23. Public Health Wales NHS Trust <https://phw.nhs.wales/services-and-teams/child-measurement-programme/> (Accessed 22.05.22)

Notes:

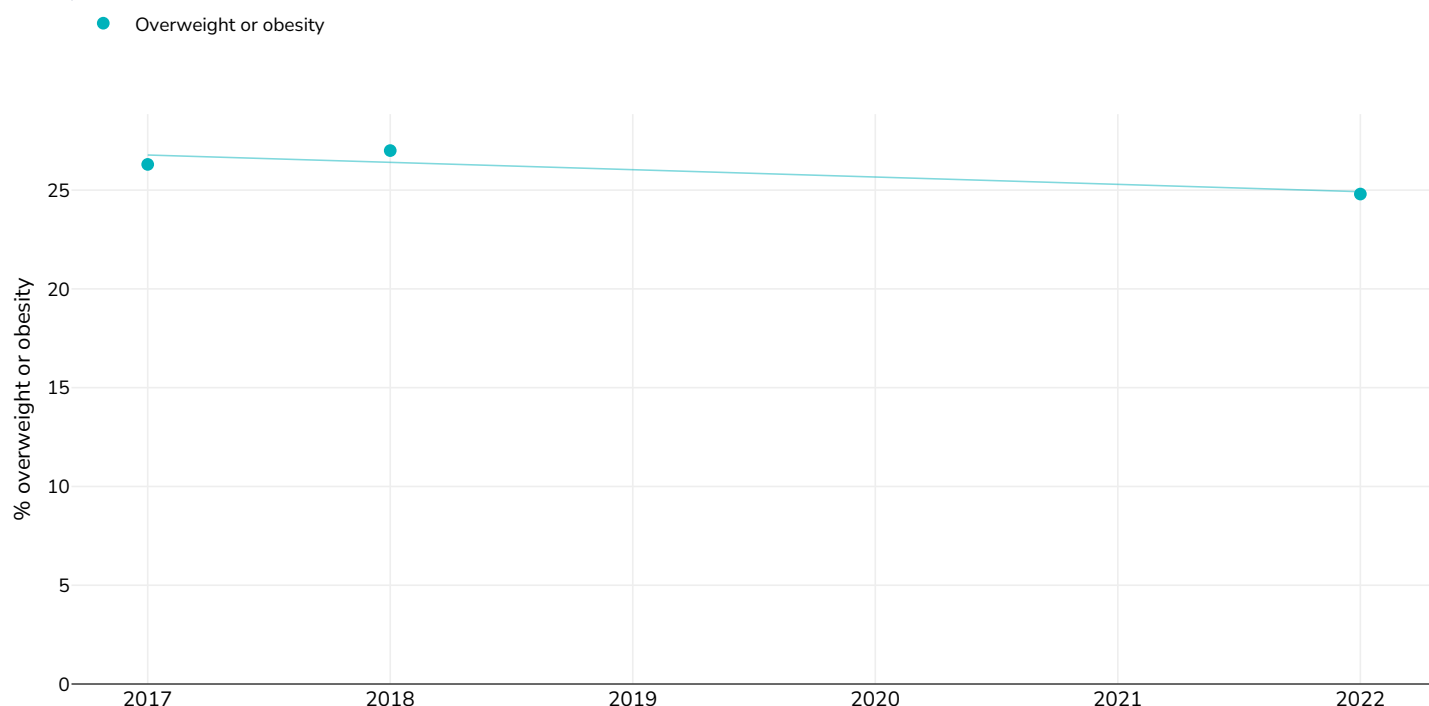
Aged 4

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 data sources for methodologies used*

## Boys and girls under 5



Survey type:

Measure

References:

- 2013: Child Measurement Programme 2013/14. Public Health Wales NHS Trust. [http://www2.nphs.wales.nhs.uk:8080/ChildMeasurementDocs.nsf/85c50756737f79ac80256f2700534ea3/692fe9649b4fc8be80257e49002a4bcb/\\$FILE/ATT0SH7G.pdf](http://www2.nphs.wales.nhs.uk:8080/ChildMeasurementDocs.nsf/85c50756737f79ac80256f2700534ea3/692fe9649b4fc8be80257e49002a4bcb/$FILE/ATT0SH7G.pdf) (last accessed 9th June 2015)
- 2014: Child Measurement Programme 2014/15. Public Health Wales NHS Trust. <http://www.wales.nhs.uk/sitesplus/documents/888/12318%20PHWO%20Child%20Measurement%20Eng%20August.pdf>
- 2015: Child Measurement Programme 2015-6. Public Health Wales NHS Trust. <http://www.wales.nhs.uk/sitesplus/documents/888/12743%20PHW%20CMP%20Report%20%28Eng%29.pdf> Last accessed 9th Oct 2015
- 2016: Public Health Wales. (2018). The Child Measurement Programme for Wales 2016/17. Available at: <http://www.wales.nhs.uk/sitesplus/documents/888/12743%20PHW%20CMP%20Report%20%28Eng%29.pdf> Last accessed 9th Oct 2015
- 2017: Welsh Child Measurement Programme 2017-18 - <http://www.wales.nhs.uk/sitesplus/888/page/67795> (last accessed 8.03.18)
- 2018: Child Measurement Programme Wales 2018/19 (2021). Public Health Wales NHS Trust. <https://phw.nhs.wales/services-and-teams/child-measurement-programme/#data> Last accessed (01.04.21)
- 2022: Child Measurement Programme 2022/23. Public Health Wales NHS Trust <https://phw.nhs.wales/services-and-teams/child-measurement-programme/> (Accessed 22.05.22)

Notes:

Aged 4

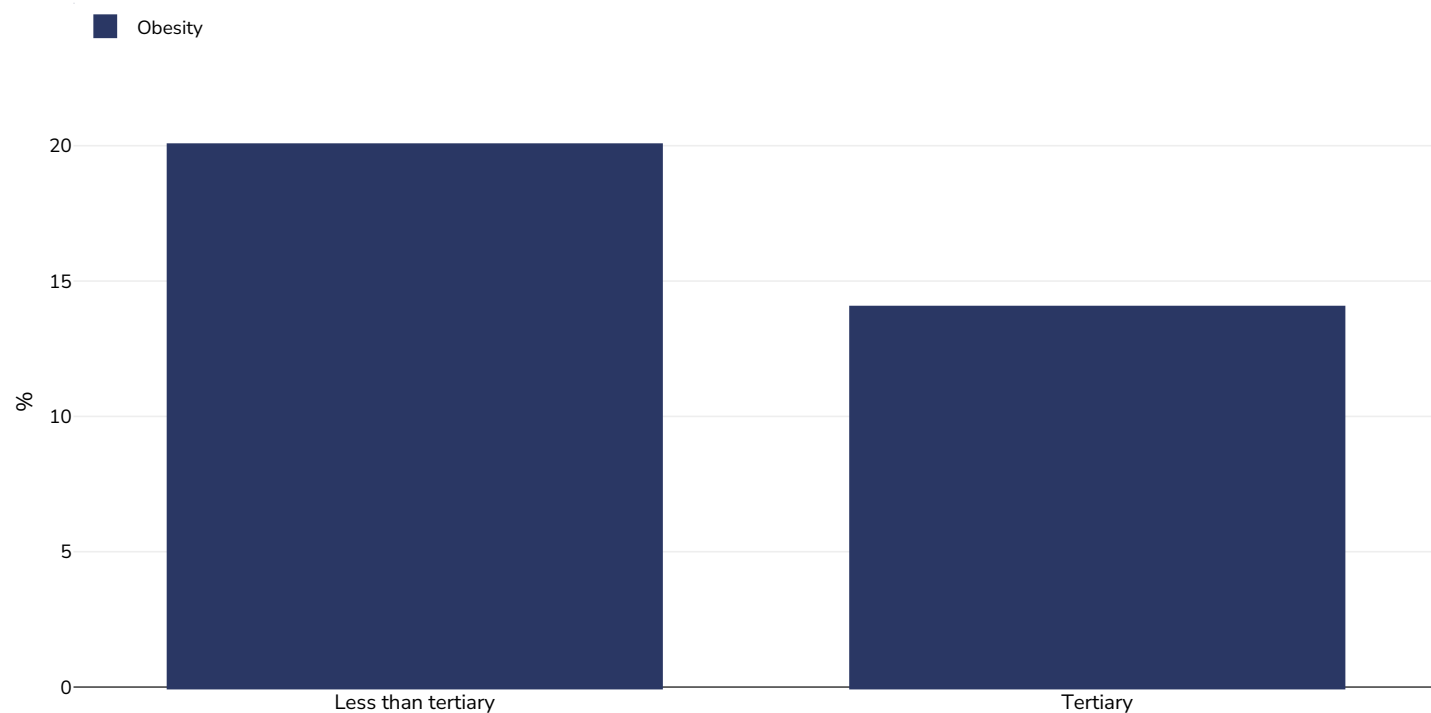
Definitions:

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 data sources for methodologies used*

## Overweight/obesity by education

Men, 2005



Survey type: Self-reported

Age: 16+

Sample size: 291494

Area covered: National

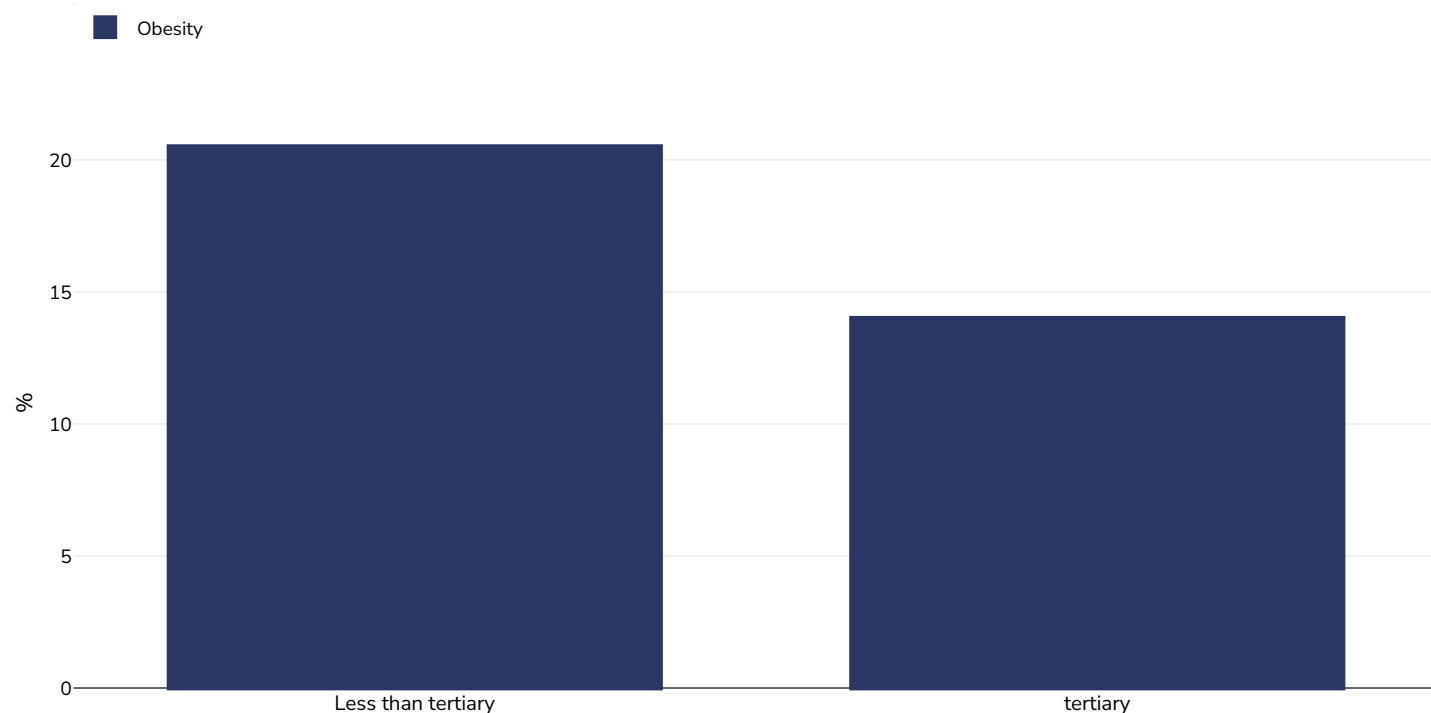
References: Keaver et al (2020). Future trends in social inequalities in obesity in England, Wales and Scotland. Available at: <https://academic.oup.com/jpubhealth/article/42/1/e51/5374486>. Data extracted by author from Welsh Health Survey 2004–14. Last accessed 15/04/21.

Notes: Based on Welsh Health Survey 2005 data.

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



## Women, 2005



Survey type: Self-reported

Age: 16+

Sample size: 291494

Area covered: National

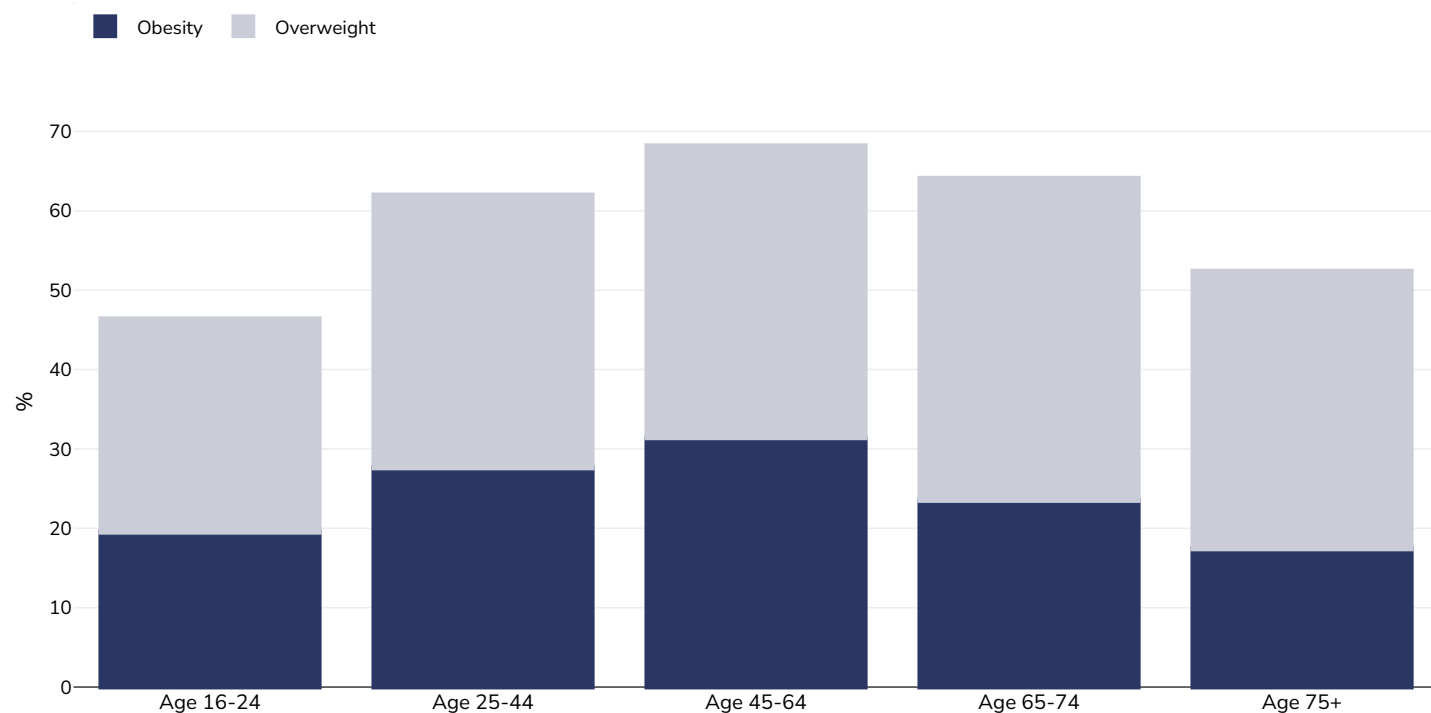
References: Keaver et al (2020). Future trends in social inequalities in obesity in England, Wales and Scotland. Available at: <https://academic.oup.com/jpubhealth/article/42/1/e51/5374486>. Data extracted by author from Welsh Health Survey 2004–14. Last accessed 15/04/21.

Notes: Based on Welsh Health Survey 2005 data.

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

## Overweight/obesity by age

### Adults, 2022-2023



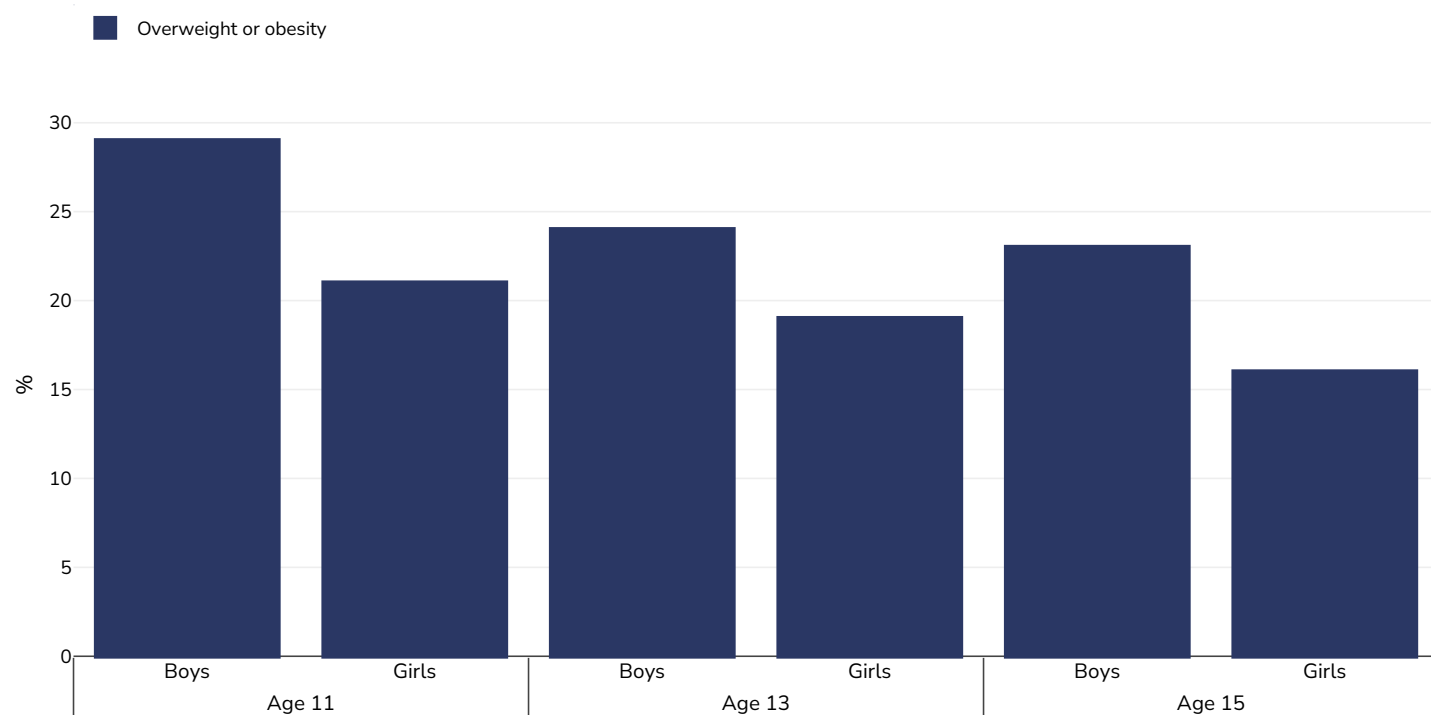
Survey type: Self-reported

Area covered: National

References: National Survey for Wales 2022-2023. Available at <https://www.gov.wales/national-survey-wales-april-2022-march-2023> (last accessed 06.11.23)

*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>.*

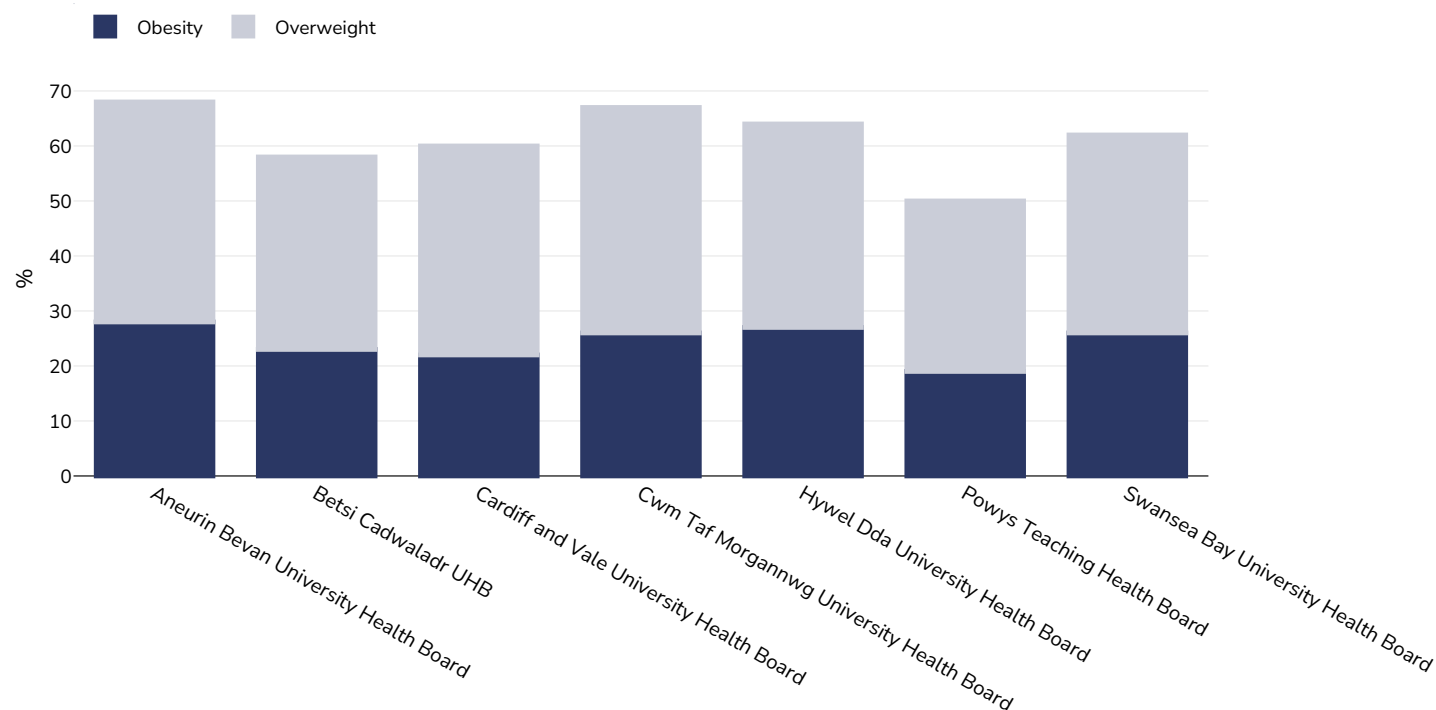
## Children, 2017-2018



Survey type:	Self-reported
Sample size:	15,763
Area covered:	National
References:	World Health Organization (2020). Spotlight on adolescent health and well-being - Findings from the 2017/2018 Health Behaviour in School-aged Children (HBSC) survey in Europe and Canada. Available at: <a href="https://apps.who.int/iris/bitstream/handle/10665/332091/9789289055000-eng.pdf">https://apps.who.int/iris/bitstream/handle/10665/332091/9789289055000-eng.pdf</a> . Last accessed: 20.05.21.
Cutoffs:	WHO

## Overweight/obesity by region

### Adults, 2021-2022



Survey type: Self-reported

Age: 16+

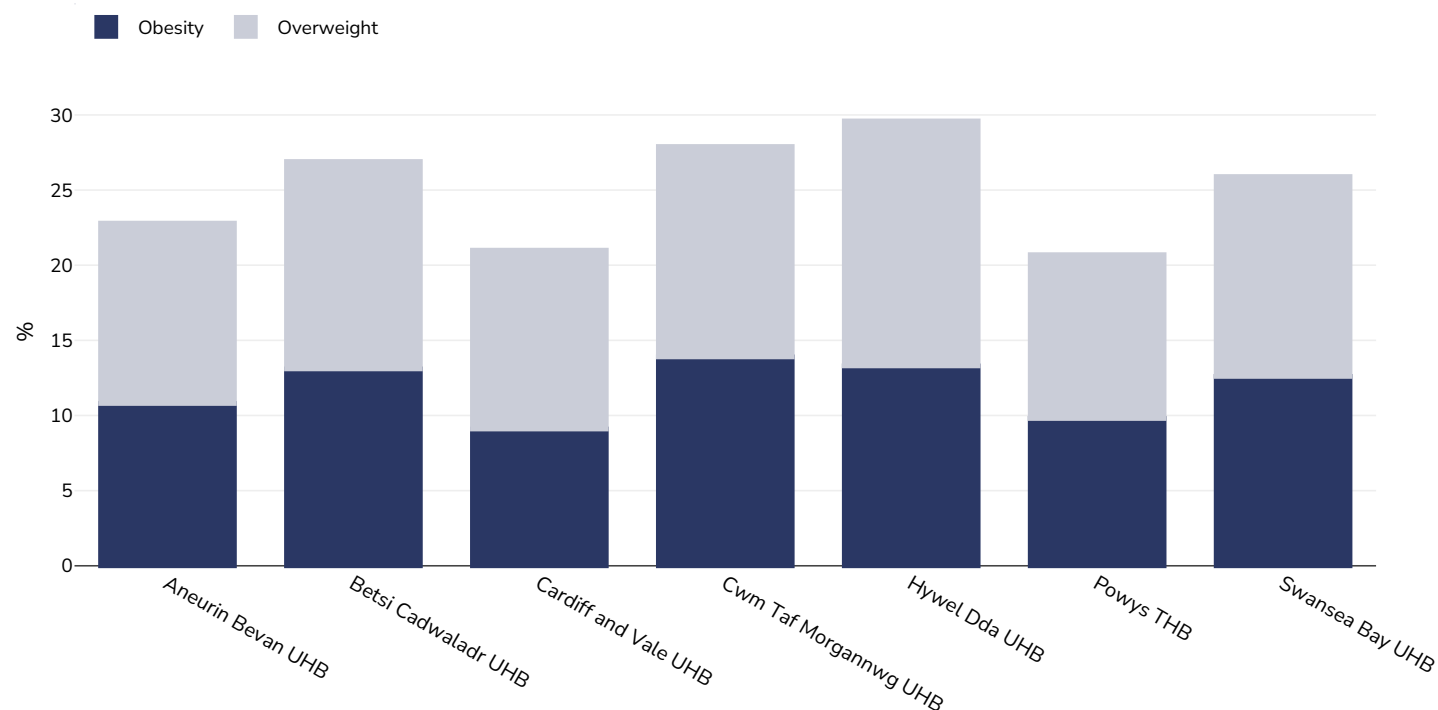
Area covered: National

References: Welsh Health Survey, available at <https://statswales.gov.wales/Catalogue/National-Survey-for-Wales/Population-Health/Adult-Lifestyles/adultlifestyles-by-year-from20202021> (last accessed 25.04.23)

Notes: Not comparable with earlier surveys as involved telephone rather than face to face interview

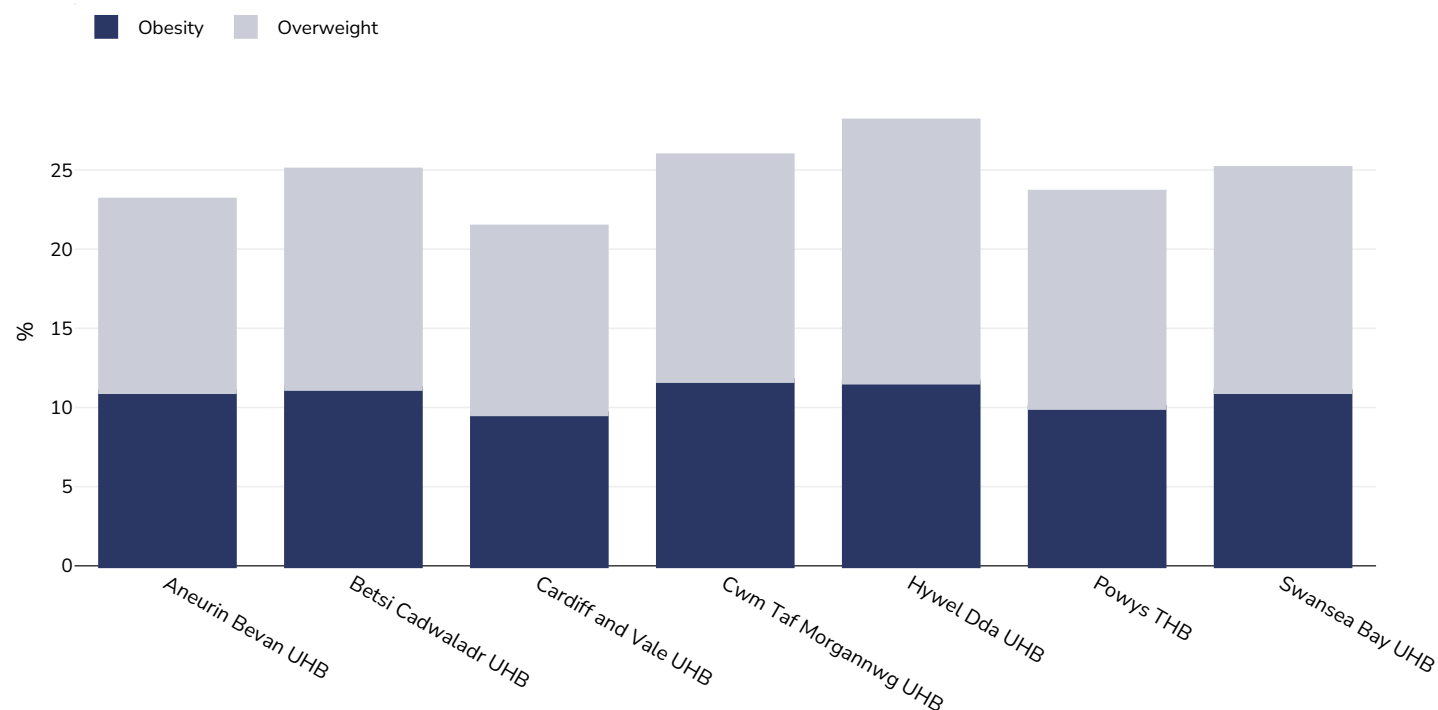
Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m<sup>2</sup>, obesity refers to a BMI greater than 30kg/m<sup>2</sup>.

## 0-5 years boys, 2022-2023



Survey type:	Measured
Age:	4-5
Sample size:	29916
Area covered:	National
References:	Child Measurement Programme 2022/23. Public Health Wales NHS Trust <a href="https://phw.nhs.wales/services-and-teams/child-measurement-programme/">https://phw.nhs.wales/services-and-teams/child-measurement-programme/</a> (Accessed 22.05.24)
Cutoffs:	UK90

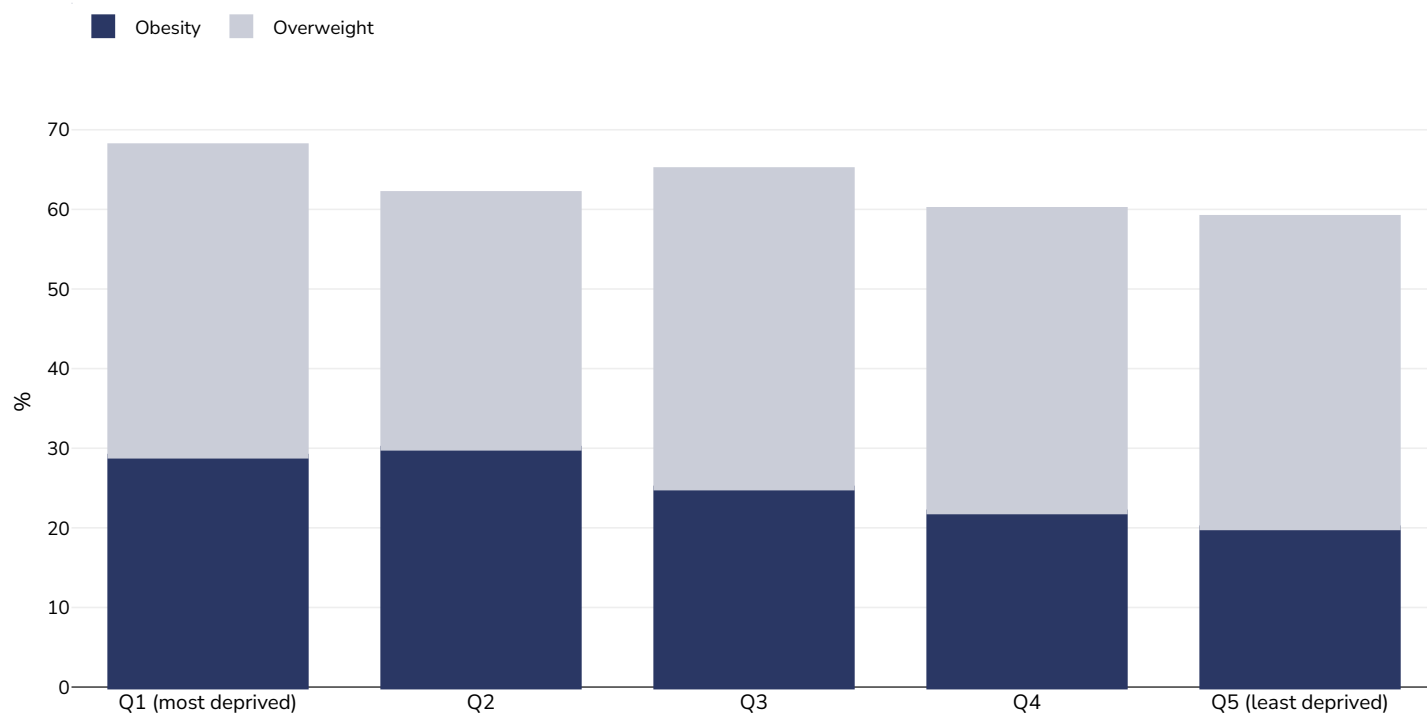
## 0-5 years girls, 2022-2023



Survey type:	Measured
Age:	4-5
Sample size:	29916
Area covered:	National
References:	Child Measurement Programme 2022/23. Public Health Wales NHS Trust <a href="https://phw.nhs.wales/services-and-teams/child-measurement-programme/">https://phw.nhs.wales/services-and-teams/child-measurement-programme/</a> (Accessed 22.05.24)
Cutoffs:	UK90

## Overweight/obesity by socio-economic group

### Adults, 2021-2022



Survey type: Self-reported

Age: 16+

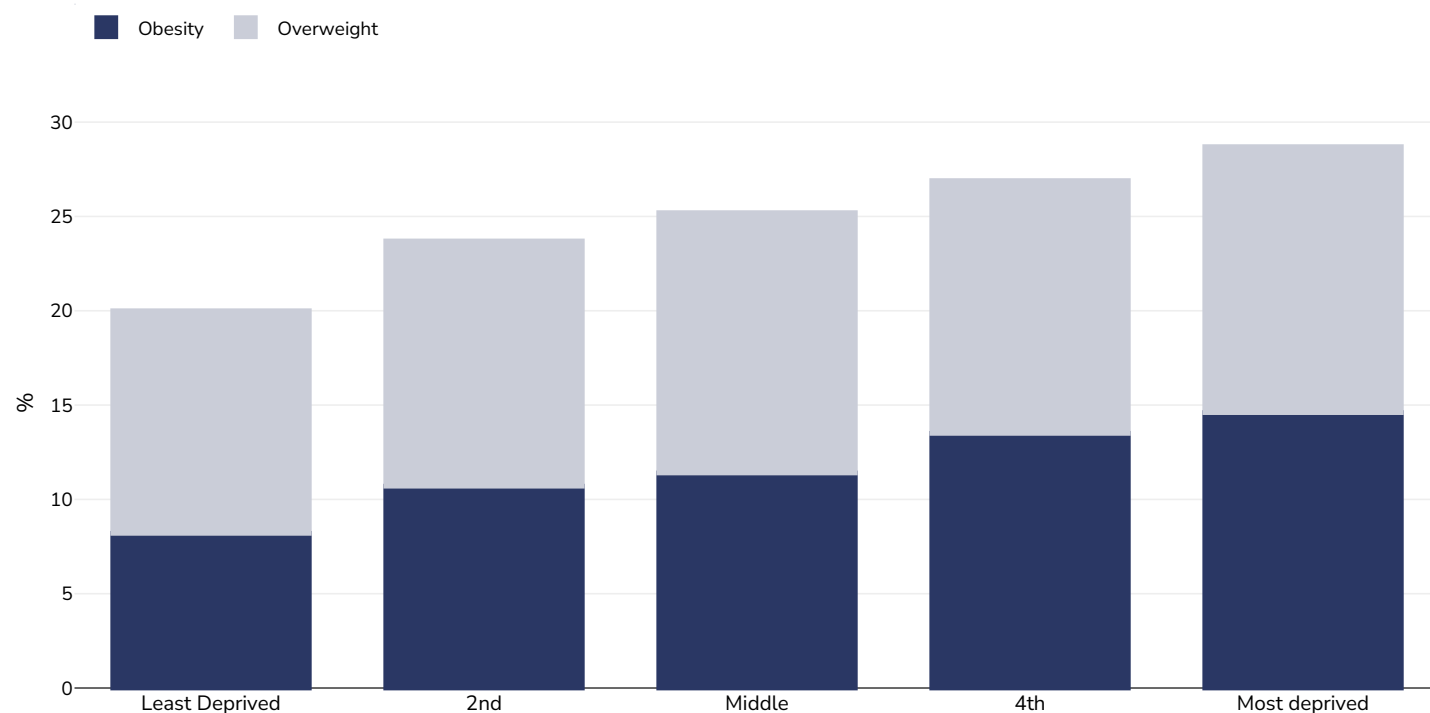
Area covered: National

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

## 0-5 years boys, 2022-2023



Survey type: Measured

Age: 4-5

Sample size: 29916

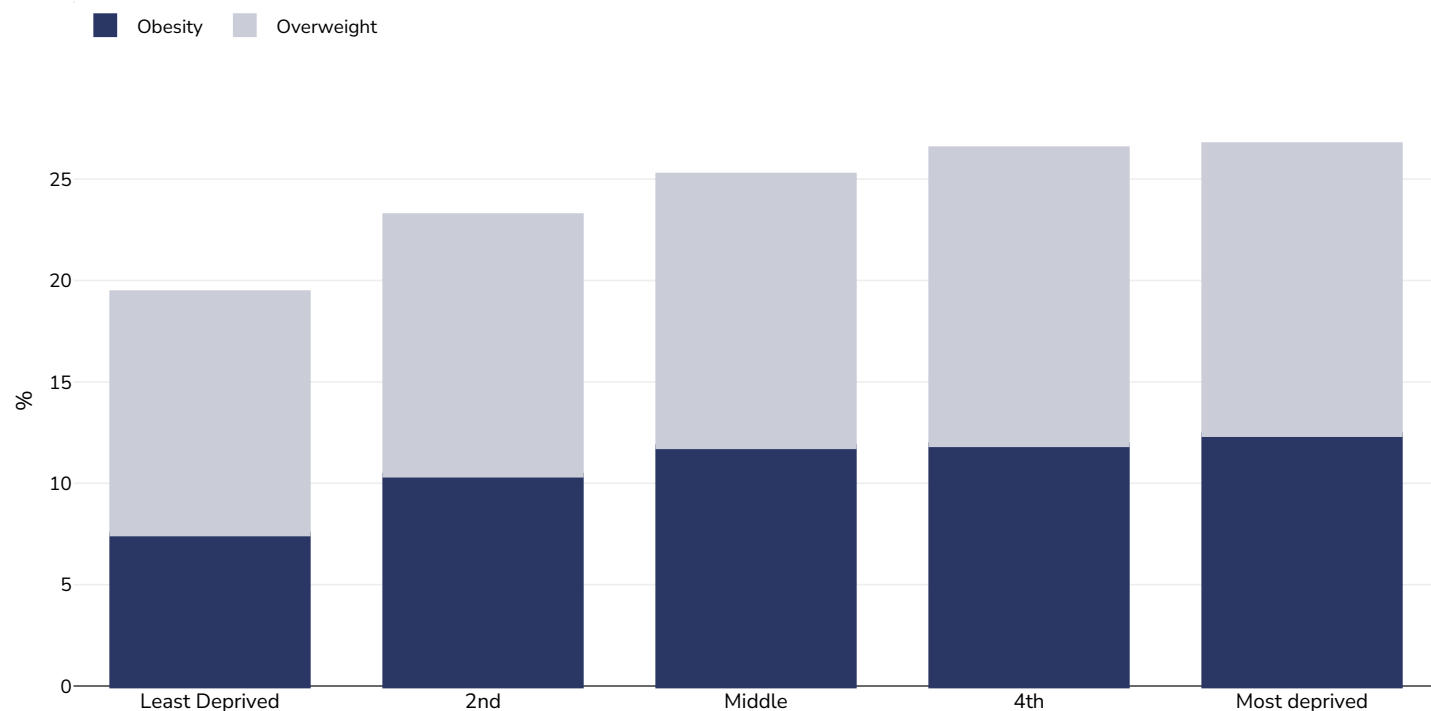
Area covered: National

References: Child Measurement Programme 2022/23. Public Health Wales NHS Trust <https://phw.nhs.wales/services-and-teams/child-measurement-programme/> (Accessed 22.05.24)

Notes: For Wales-level reporting, national fifths of deprivation are used. These split all small areas in Wales into five equal bands of deprivation.



## 0-5 years girls, 2022-2023



Survey type: Measured

Age: 4-5

Sample size: 29916

Area covered: National

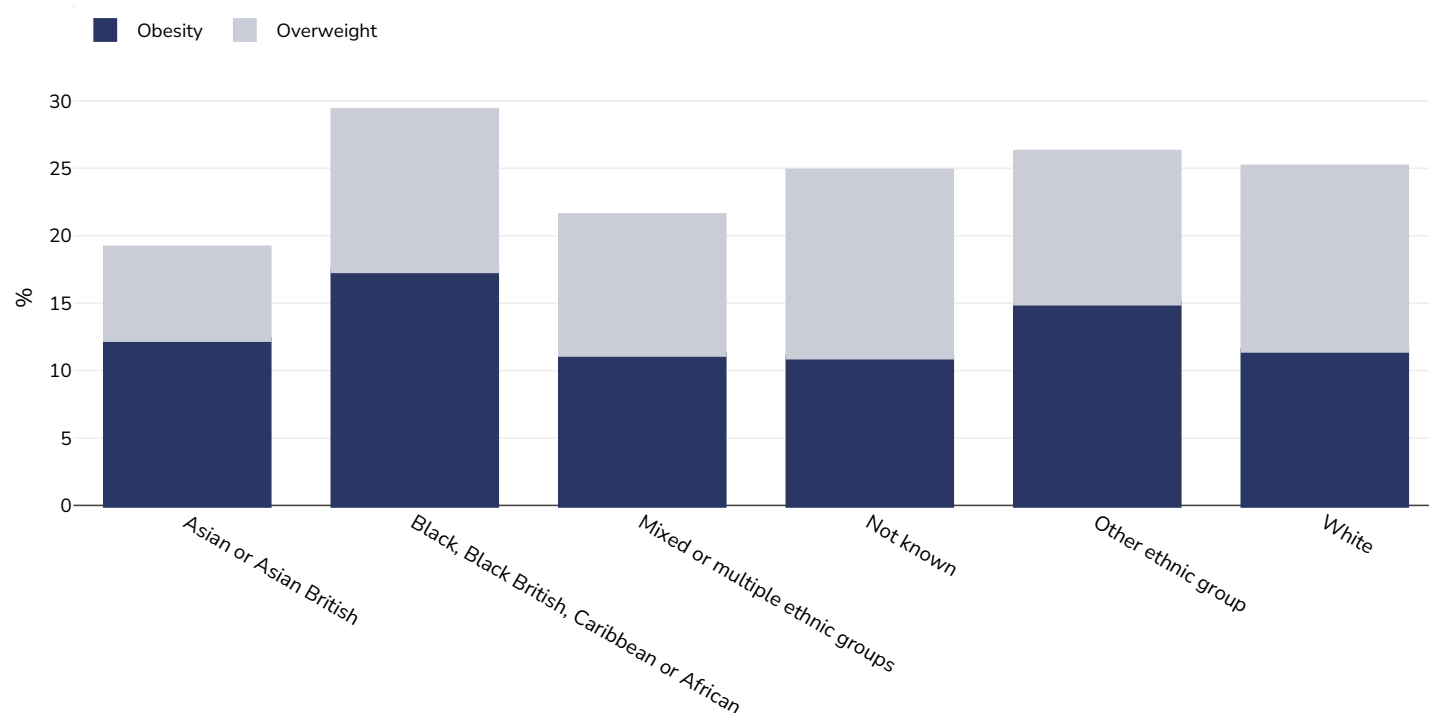
References: Child Measurement Programme 2022/23. Public Health Wales NHS Trust <https://phw.nhs.wales/services-and-teams/child-measurement-programme/> (Accessed 22.05.24)

Notes: For Wales-level reporting, national fifths of deprivation are used. These split all small areas in Wales into five equal bands of deprivation.

## 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.

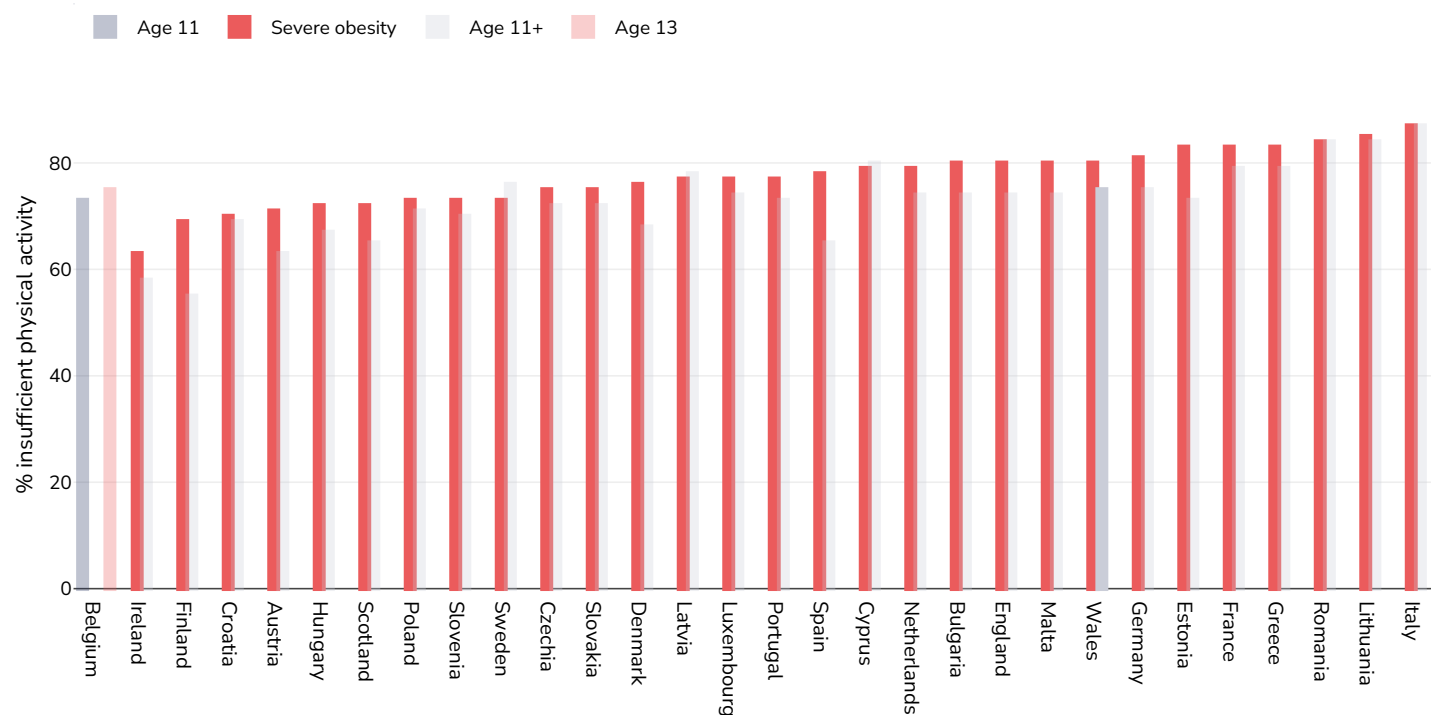
### 0-5 years, 2022-2023



Survey type:	Measured
Age:	4-5
Sample size:	29916
Area covered:	National
References:	Child Measurement Programme 2022/23. Public Health Wales NHS Trust <a href="https://phw.nhs.wales/services-and-teams/child-measurement-programme/">https://phw.nhs.wales/services-and-teams/child-measurement-programme/</a> (Accessed 22.05.24)
Cutoffs:	UK90

## Insufficient physical activity

### Boys, 2022



Area covered:

National

References:

Rakić 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>.

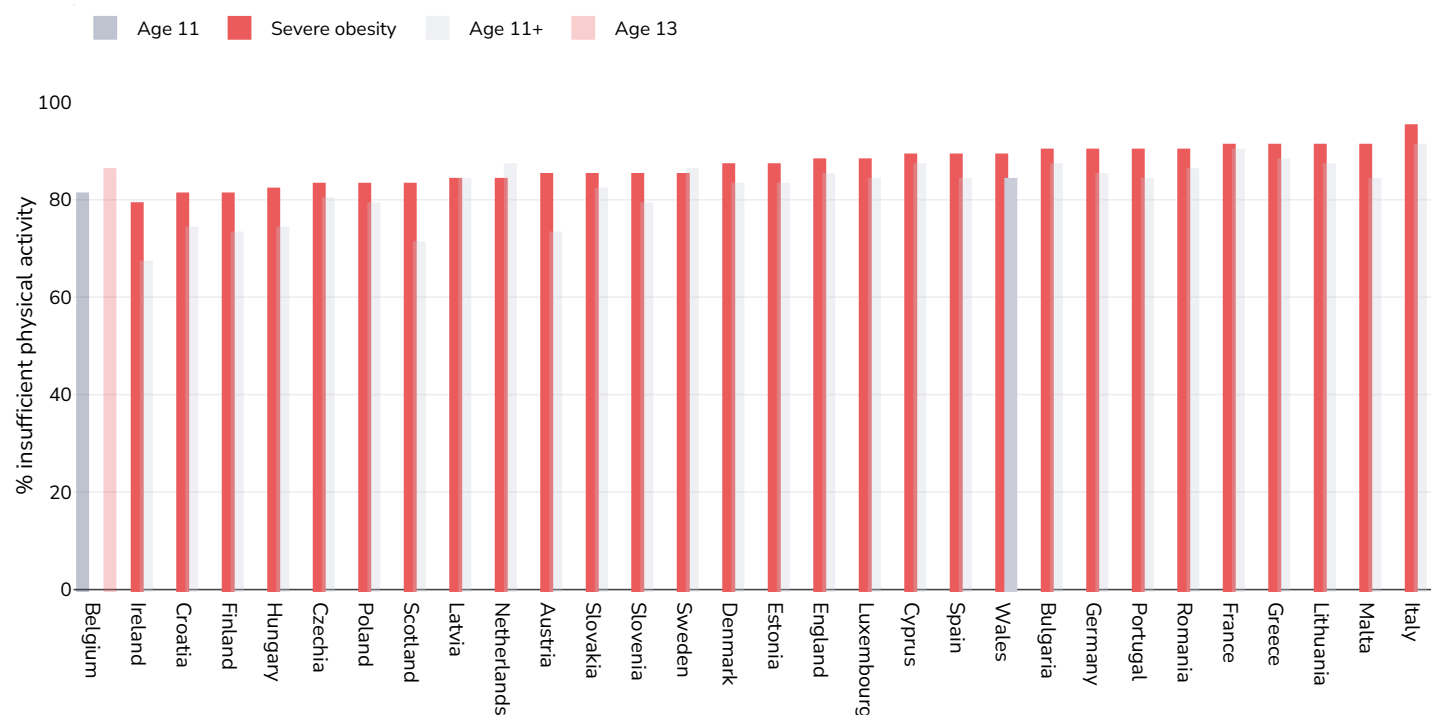
Notes:

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.

Definitions:

% reporting less than 60 minutes of MVPA daily

## Girls, 2022



Area covered:

National

References:

Rakić 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:

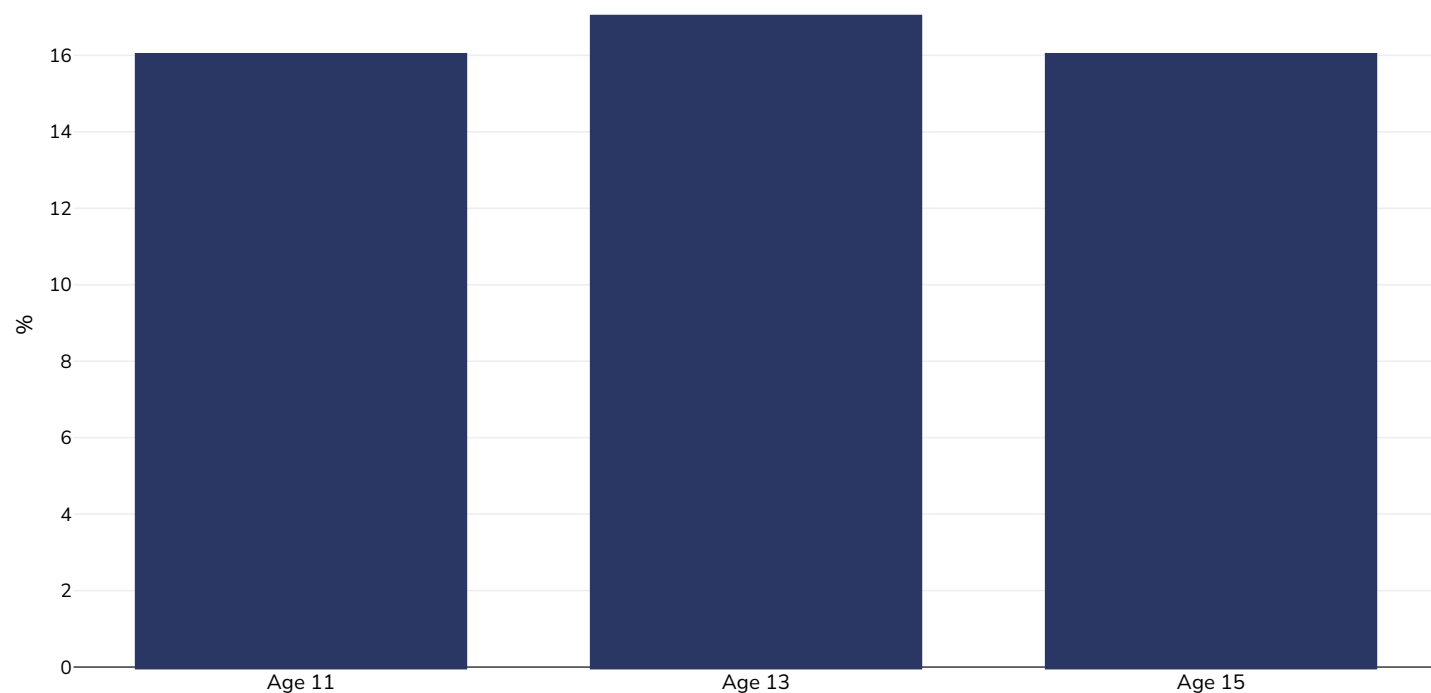
Young people were asked to report the number of days over the past week during which they were physically active for a total of at least 60 minutes. The question was introduced by text defining moderate-to-vigorous physical activity (MVPA) as any activity that increases the heart rate and makes the person 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.

Definitions:

% reporting less than 60 minutes of MVPA daily

## Prevalence of at least daily carbonated soft drink consumption

### Boys, 2021-2022

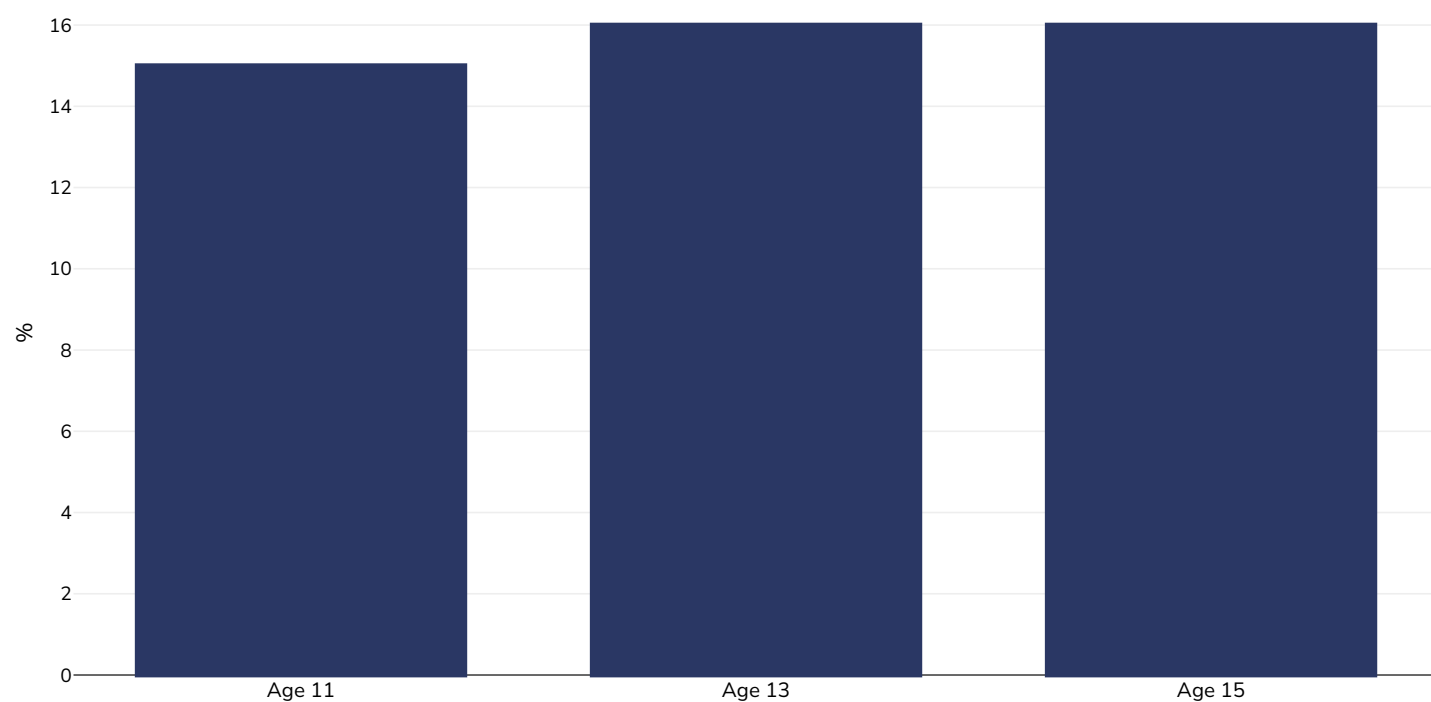


**Area covered:** National

**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)

PDF created on June 25, 2025