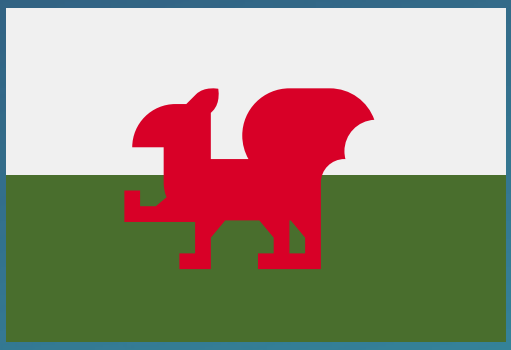
Wales



Country report card - adults

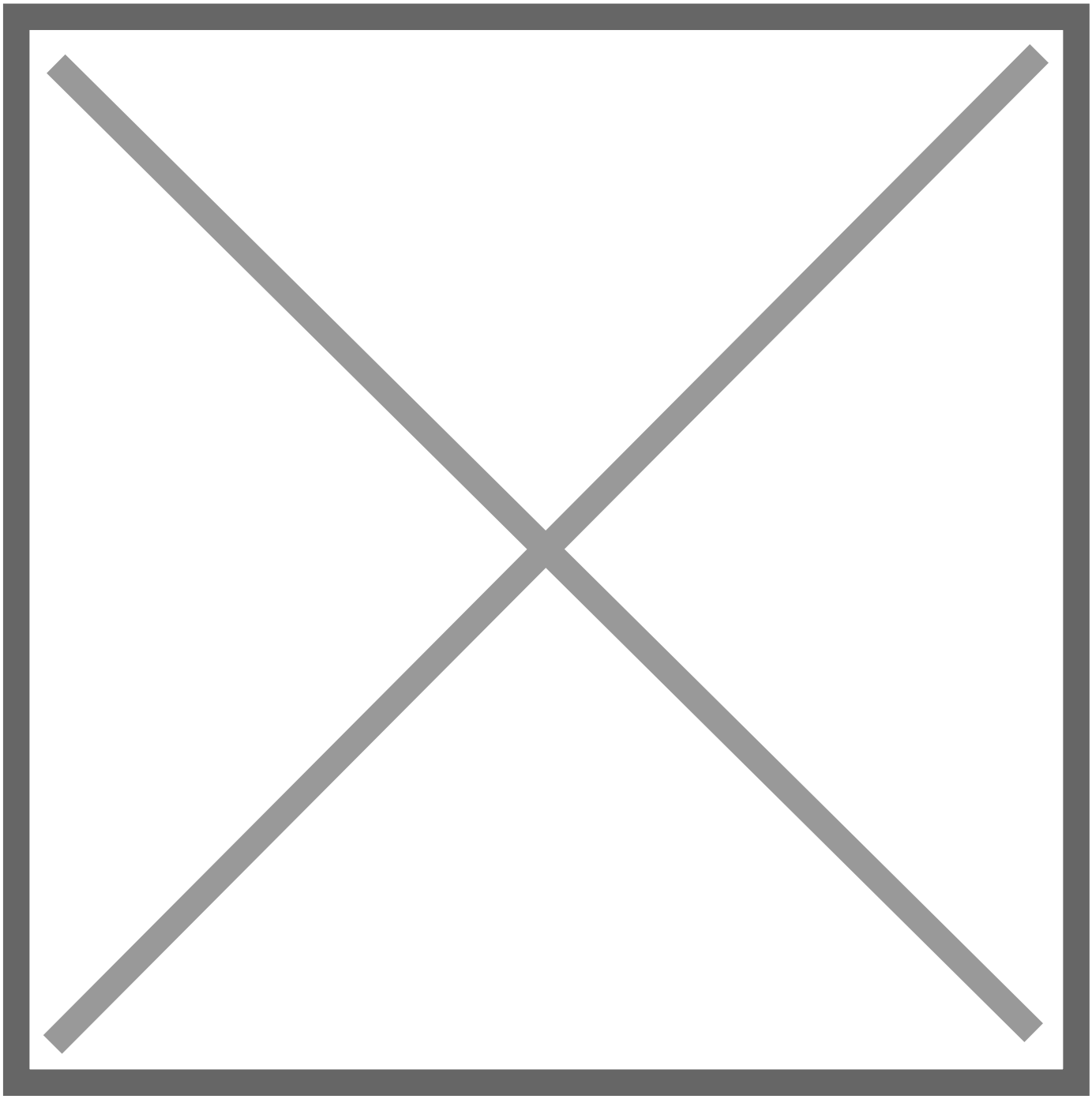
This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity for adults. Where available, data on common and relevant obesity drivers and comorbidities are also presented.

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

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Obesity prevalence

Adults, 2024-2025

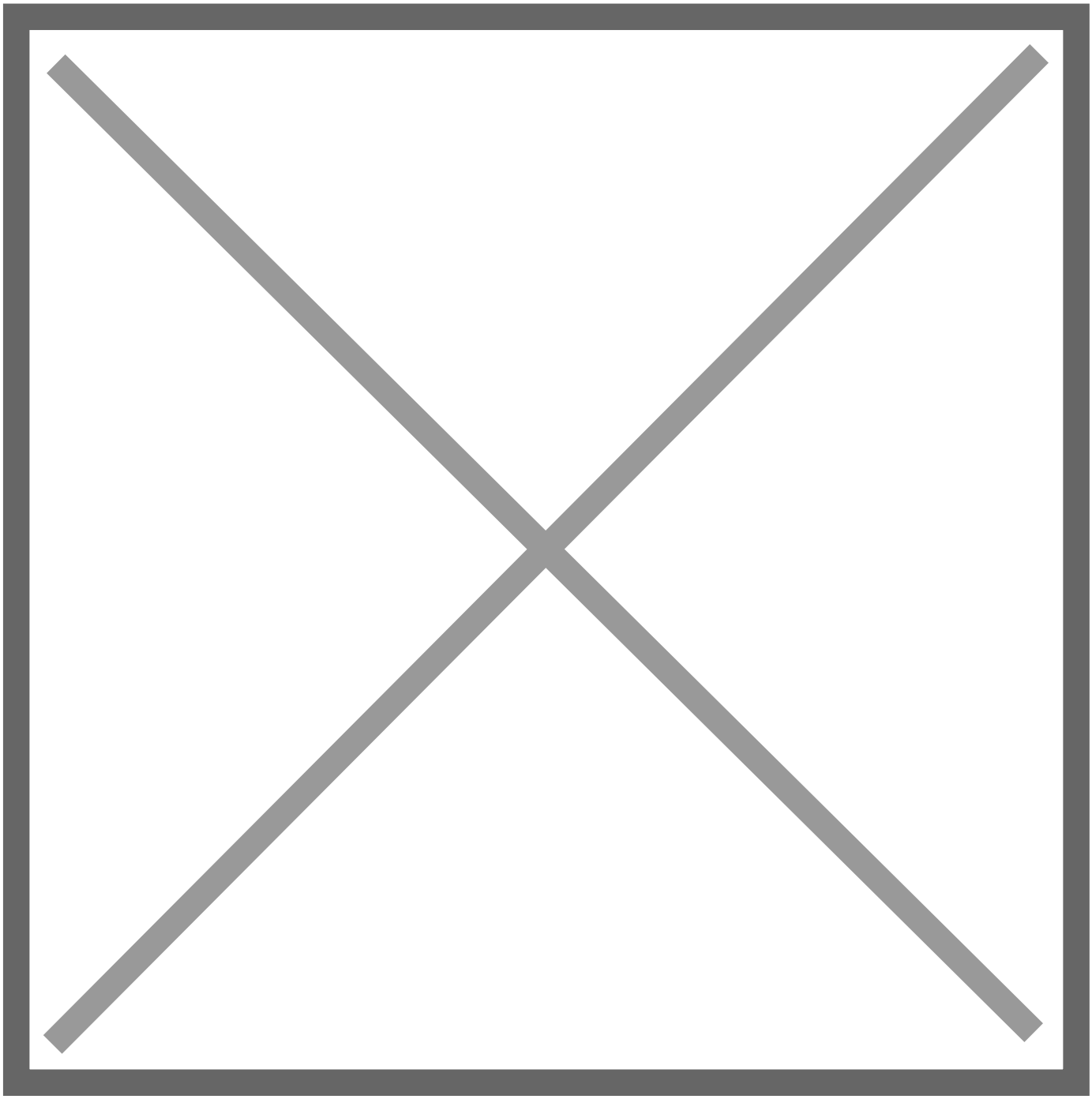


Survey type:	Self-reported
Age:	16+
Sample size:	~6,000
Area covered:	National
References:	National Survey for Wales 2024-2025. https://www.gov.wales/national-survey-wales-headline-results-april-2024-march-2025 [Accessed 03.02.35]

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

% Adults living with obesity 2017-2024

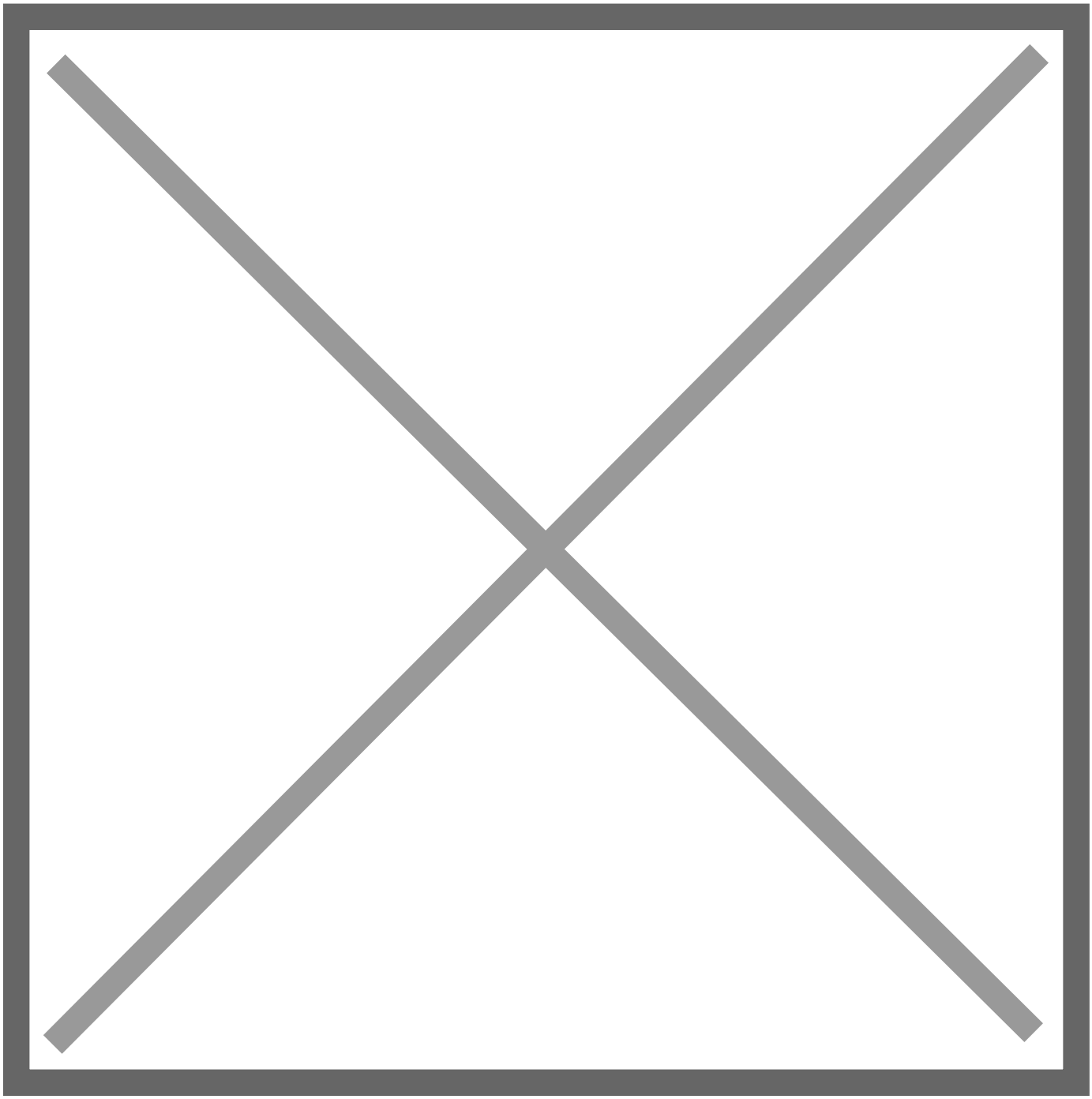
Men



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.

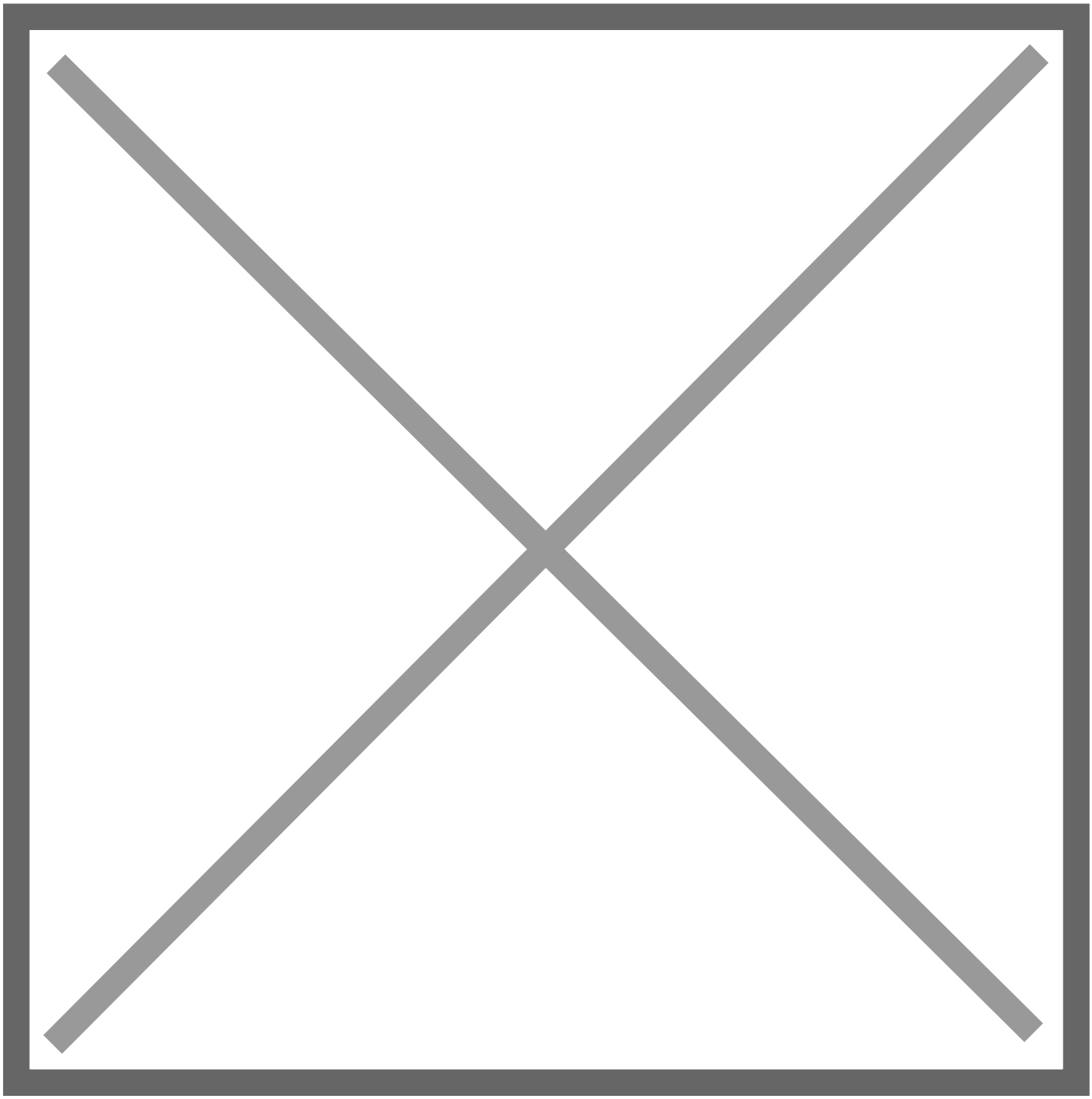
Women



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

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Men and women

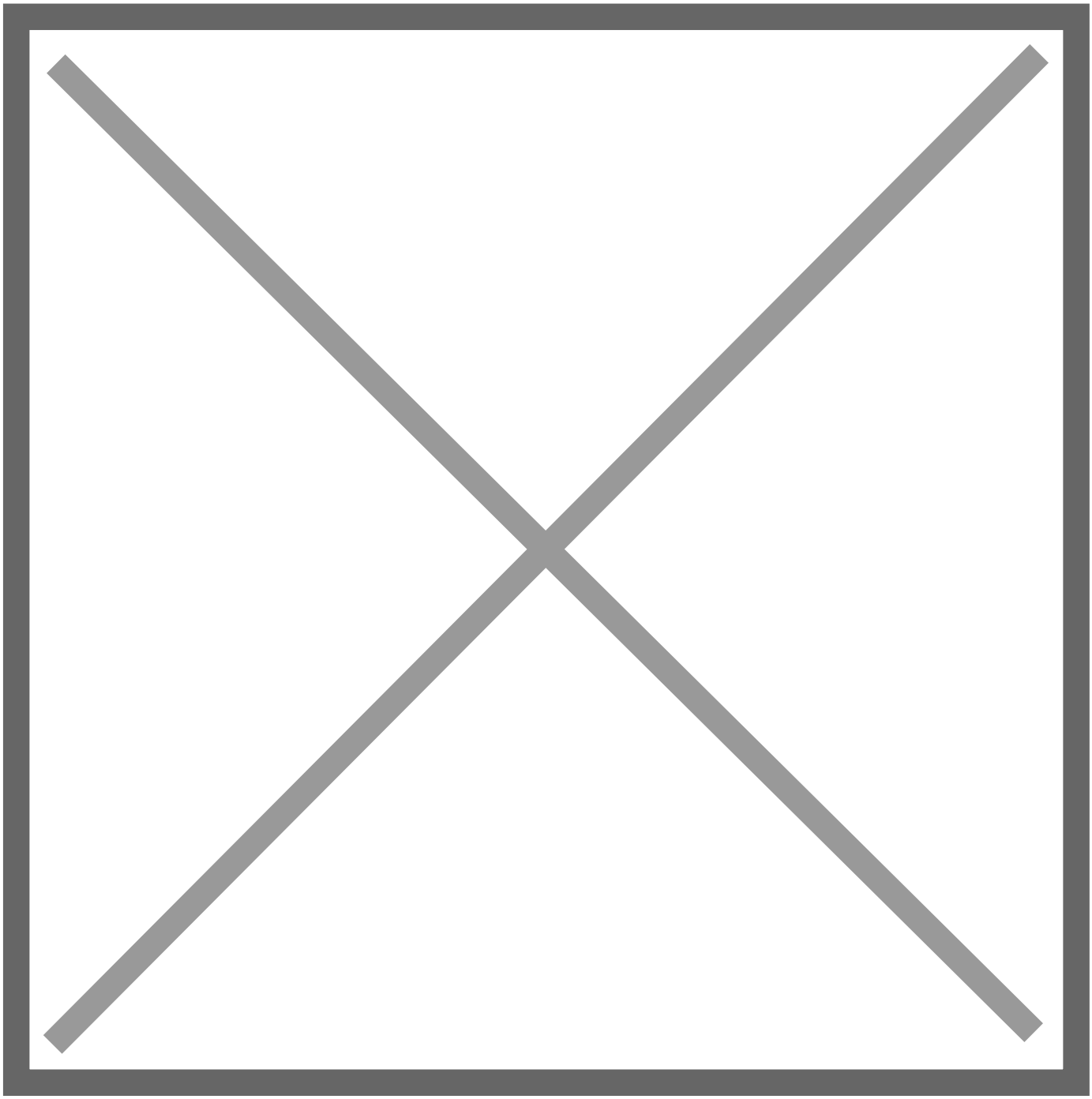


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% of adults living with either overweight or obesity in Wales 2017-2024

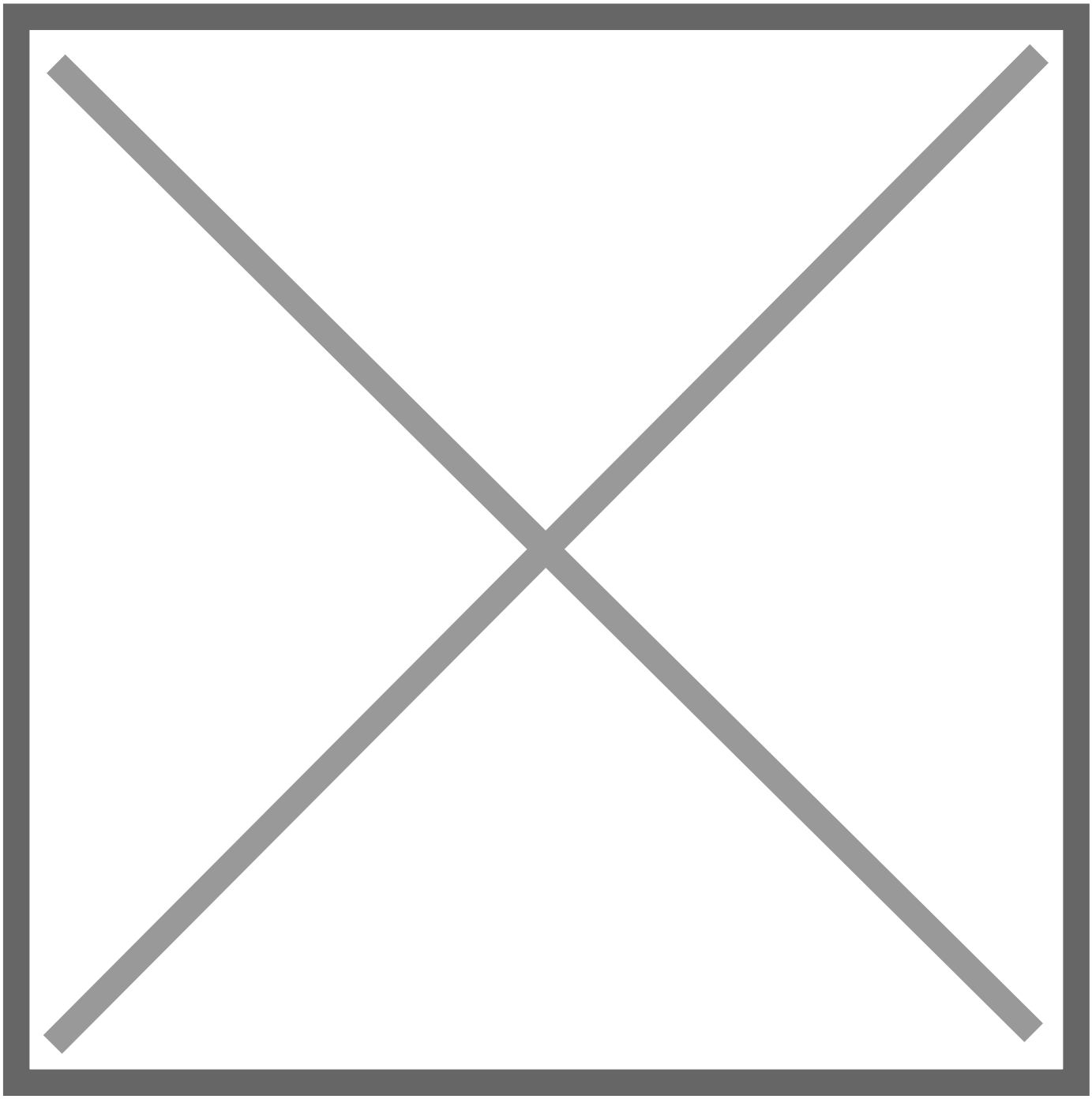
Men



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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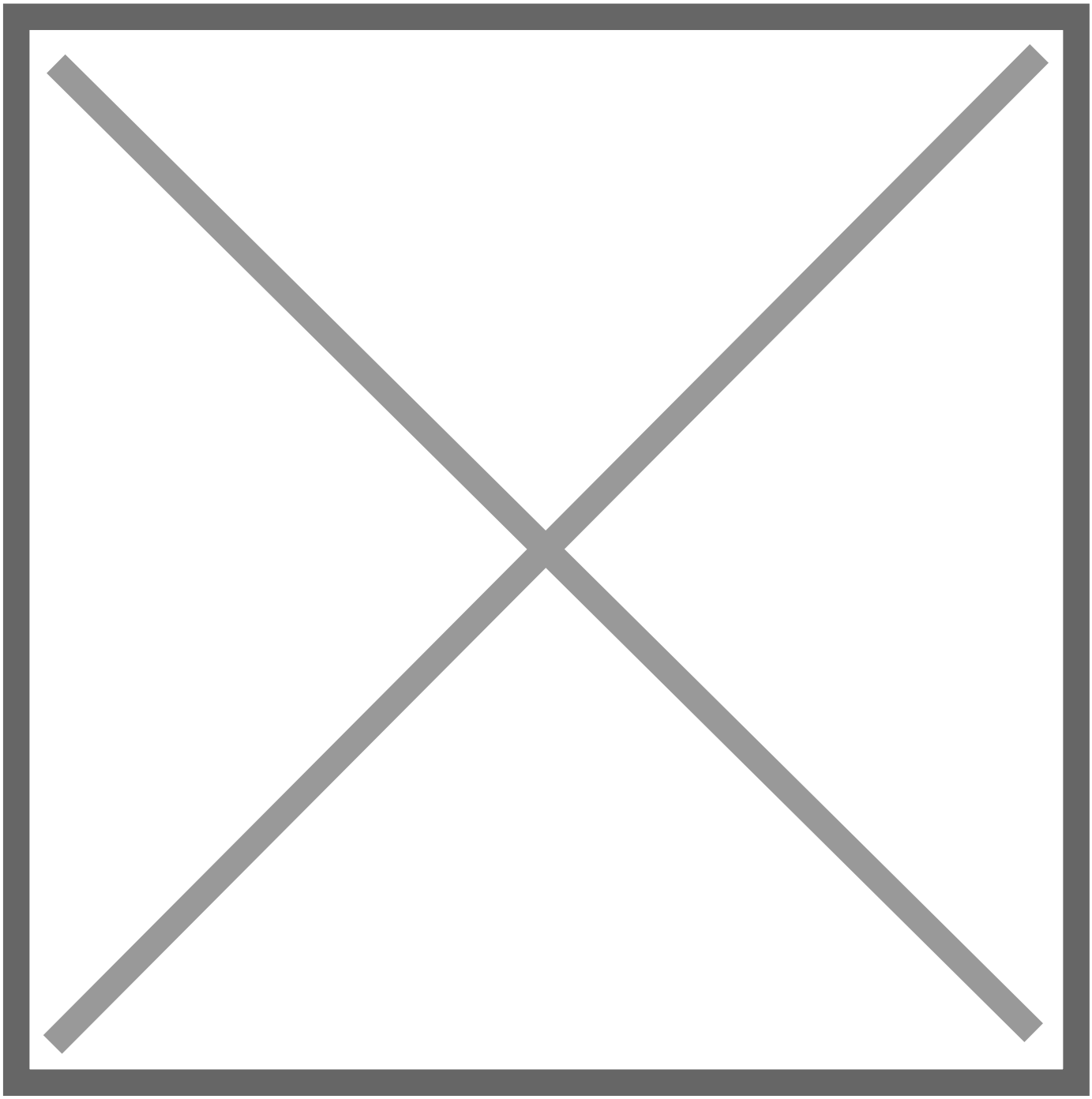
Women



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

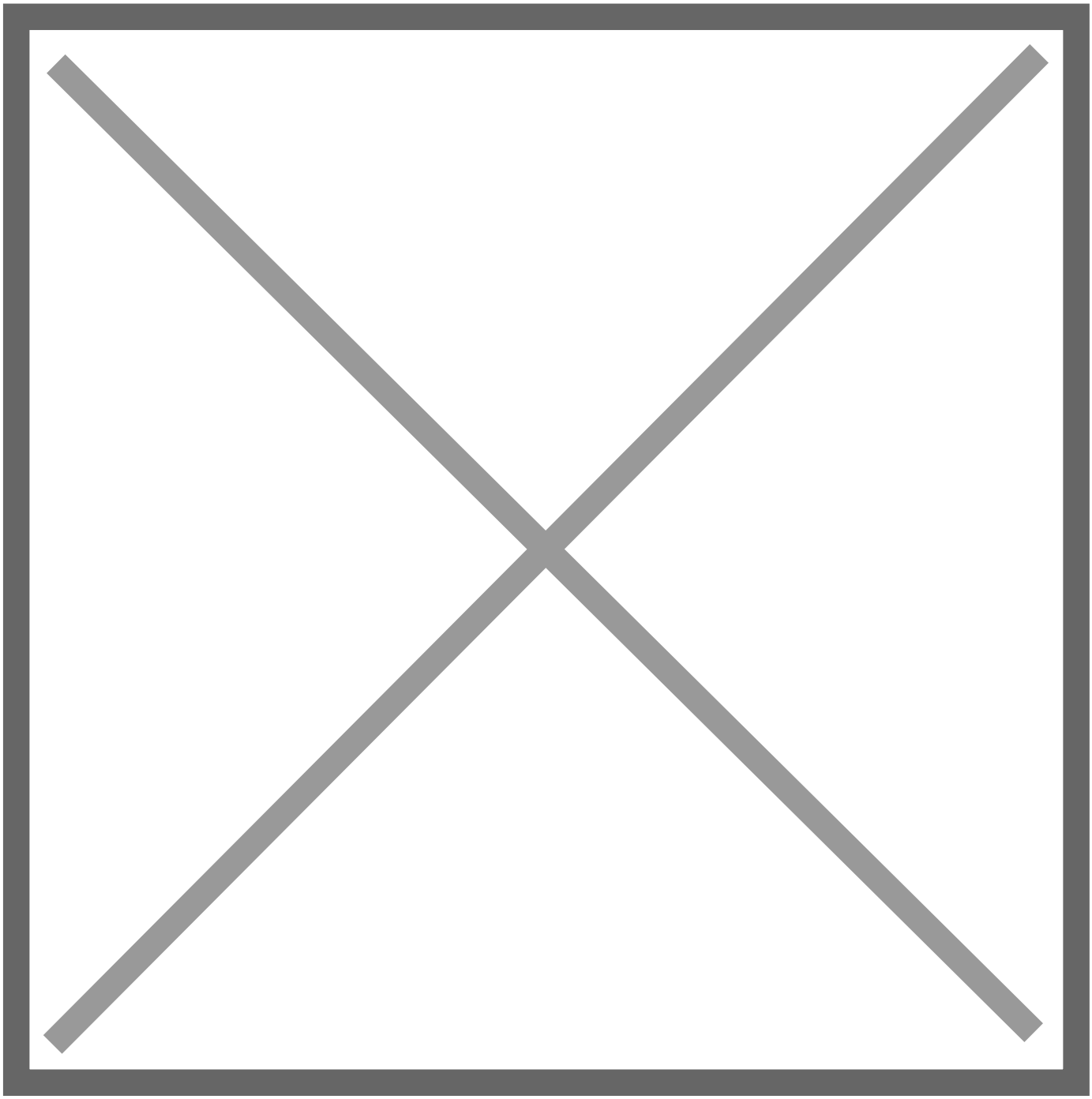


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	2019: National Health Survey for Wales 2019-20. https://statswales.gov.wales/Catalogue/National-Survey-for-Wales/Population-Health/Adult-Lifestyles (last accessed 30.09.20)
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Different methodologies 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

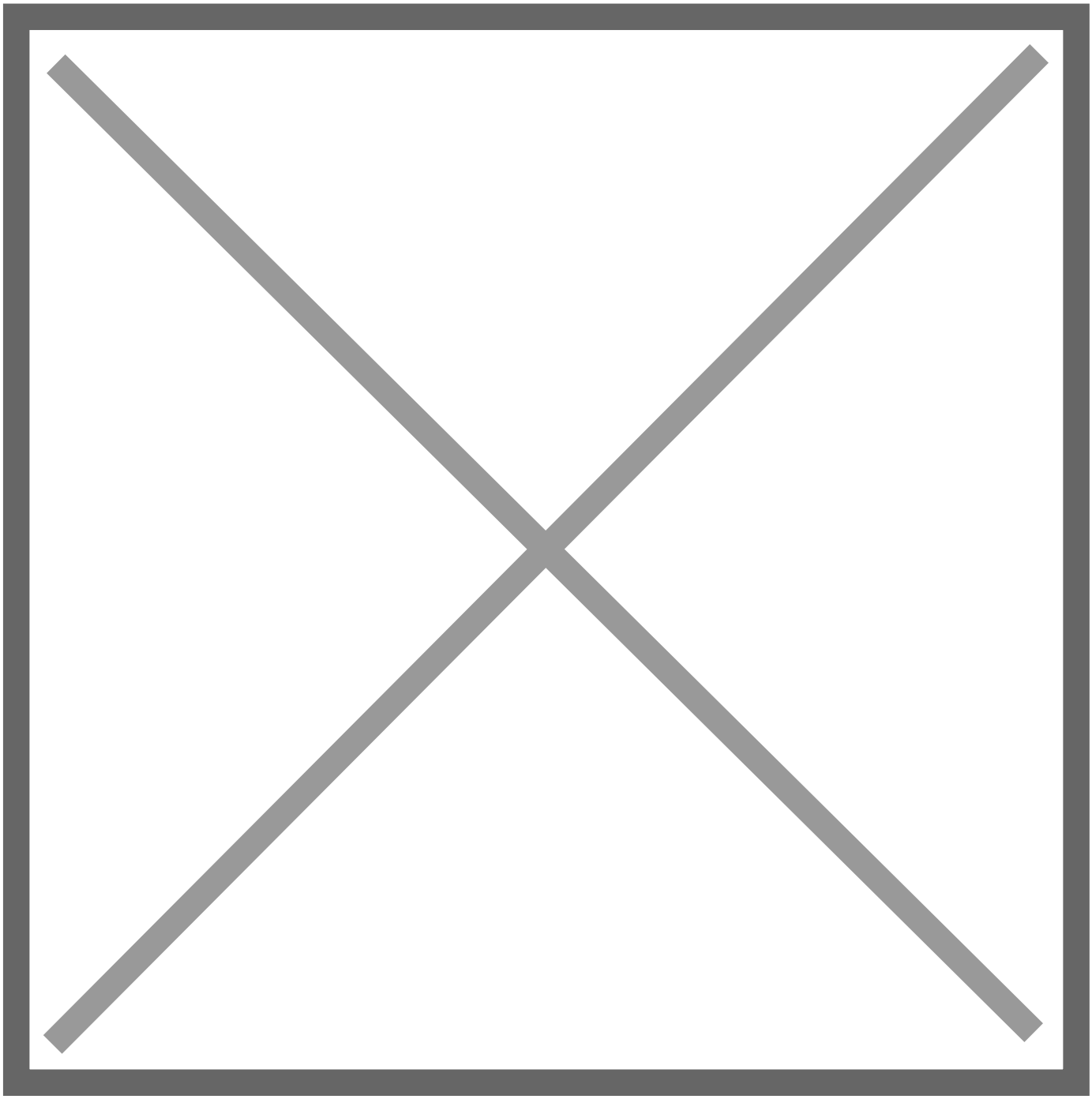
Men, 2005



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

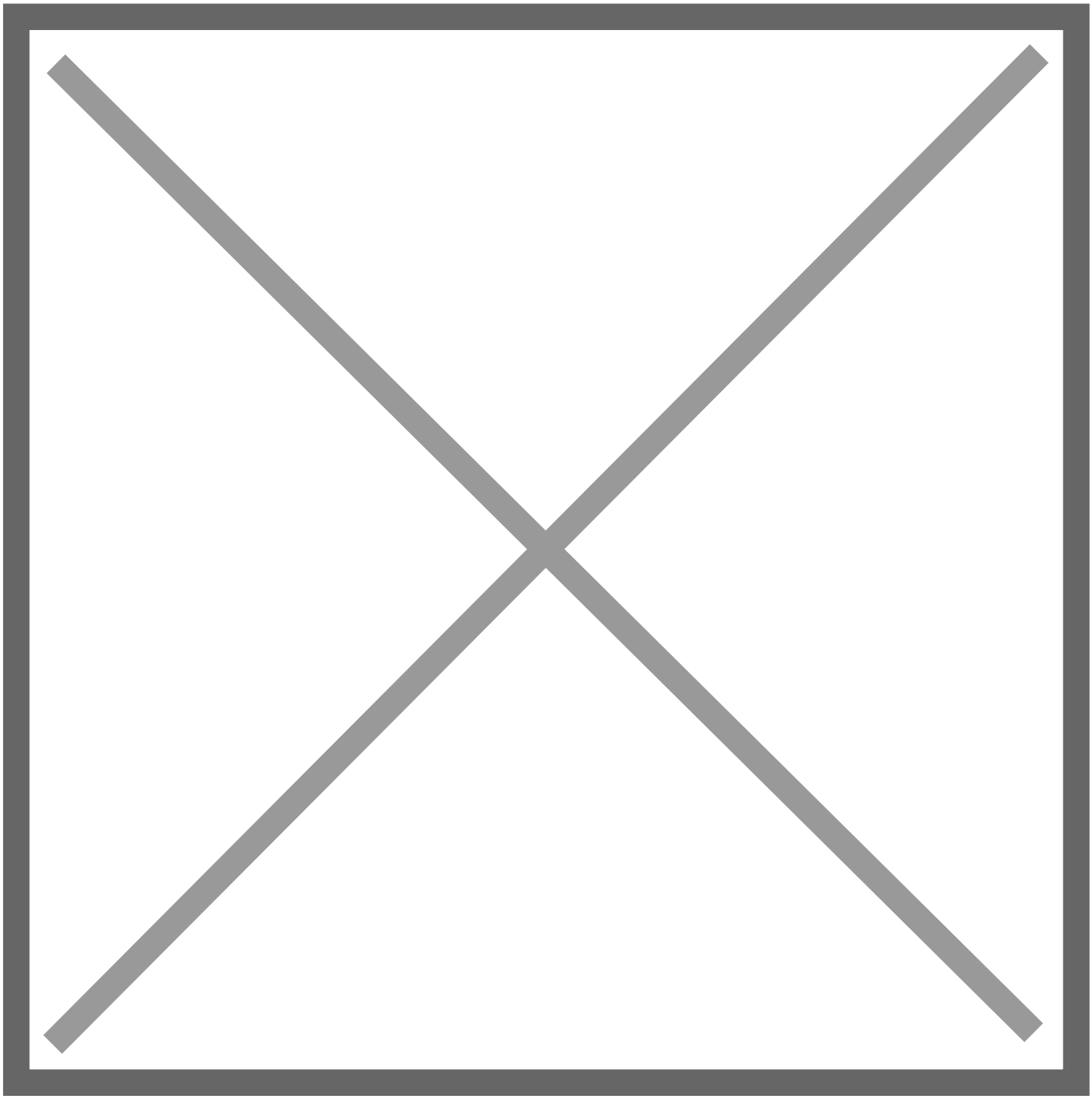


Survey type:	Self-reported
Age:	16+
Sample size:	291494
Area covered:	National

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

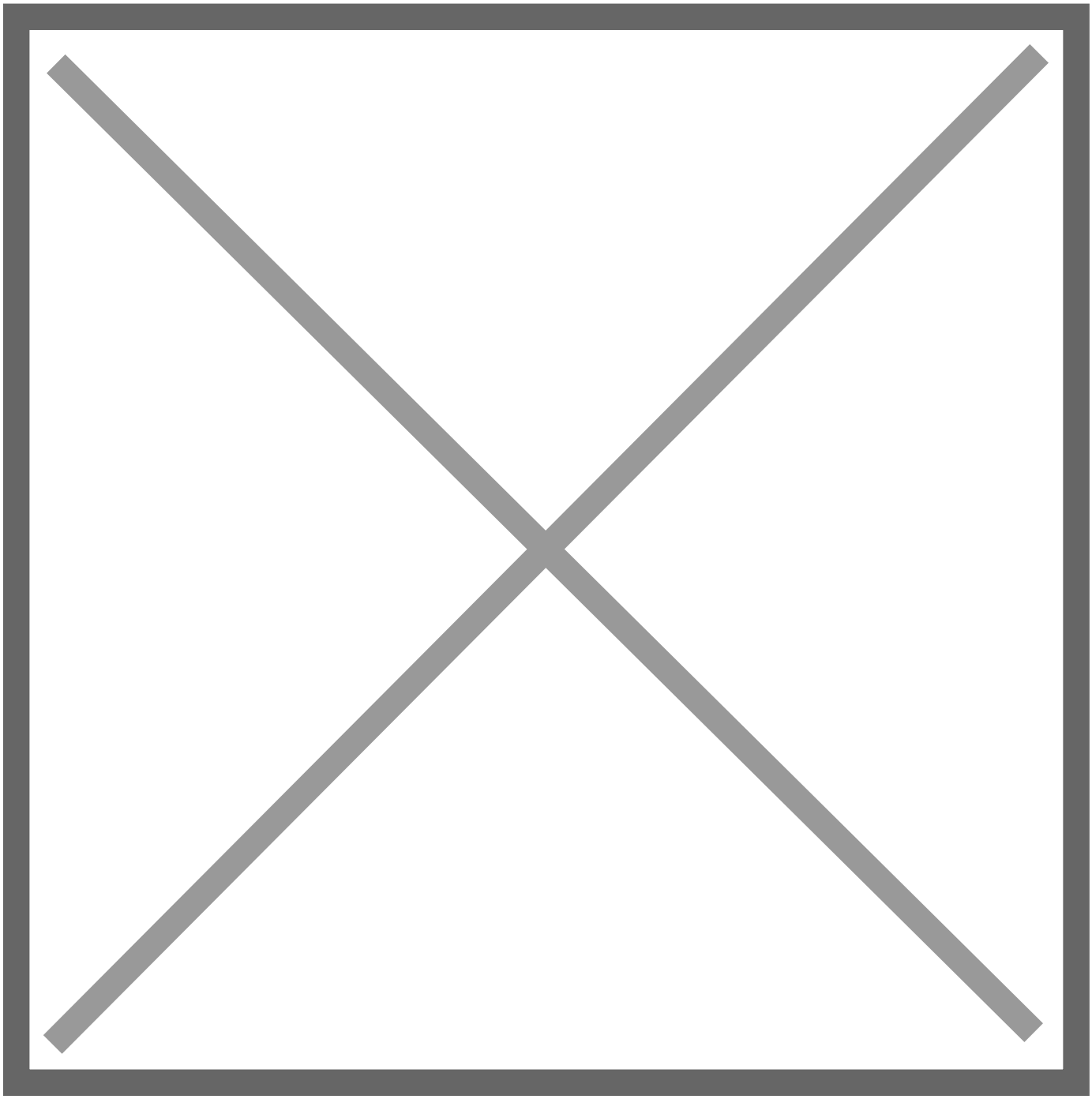


Survey type:	Self-reported
Sample size:	~6,000
Area covered:	National
References:	National Survey for Wales 2024-2025. https://www.gov.wales/national-survey-wales-headline-results-april-2024-march-2025 [Accessed 03.02.35]

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.

Overweight/obesity by region

Adults, 2021-2022



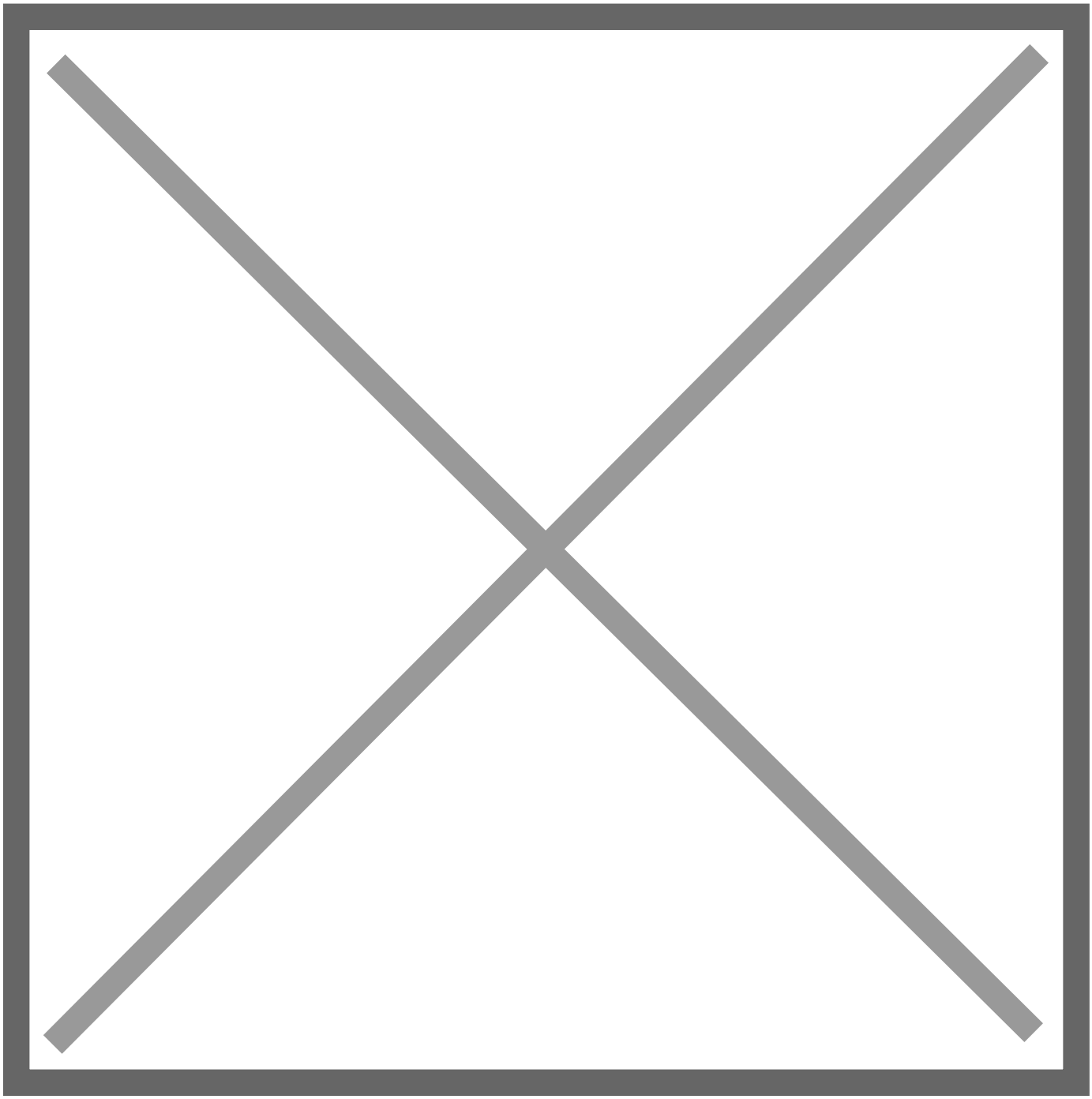
Survey type:	Self-reported
Age:	16+
Area covered:	National
References:	Welsh Health Survey, available at https://statswales.gov.wales/Catalogue/National-Survey-for-Wales/Population-Health/Adult-Lifestyles/adultlifestyles-by-year-from202021 (last accessed 25.04.23)

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.

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.

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.

PDF created on November 2, 2026