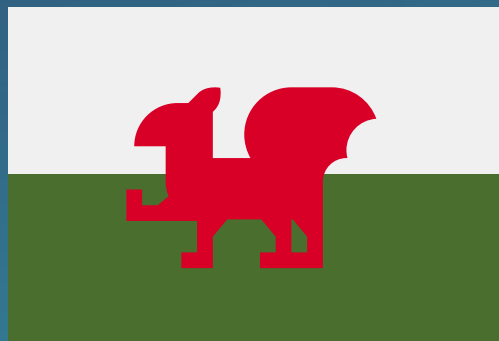




Wales



Country report card - adults

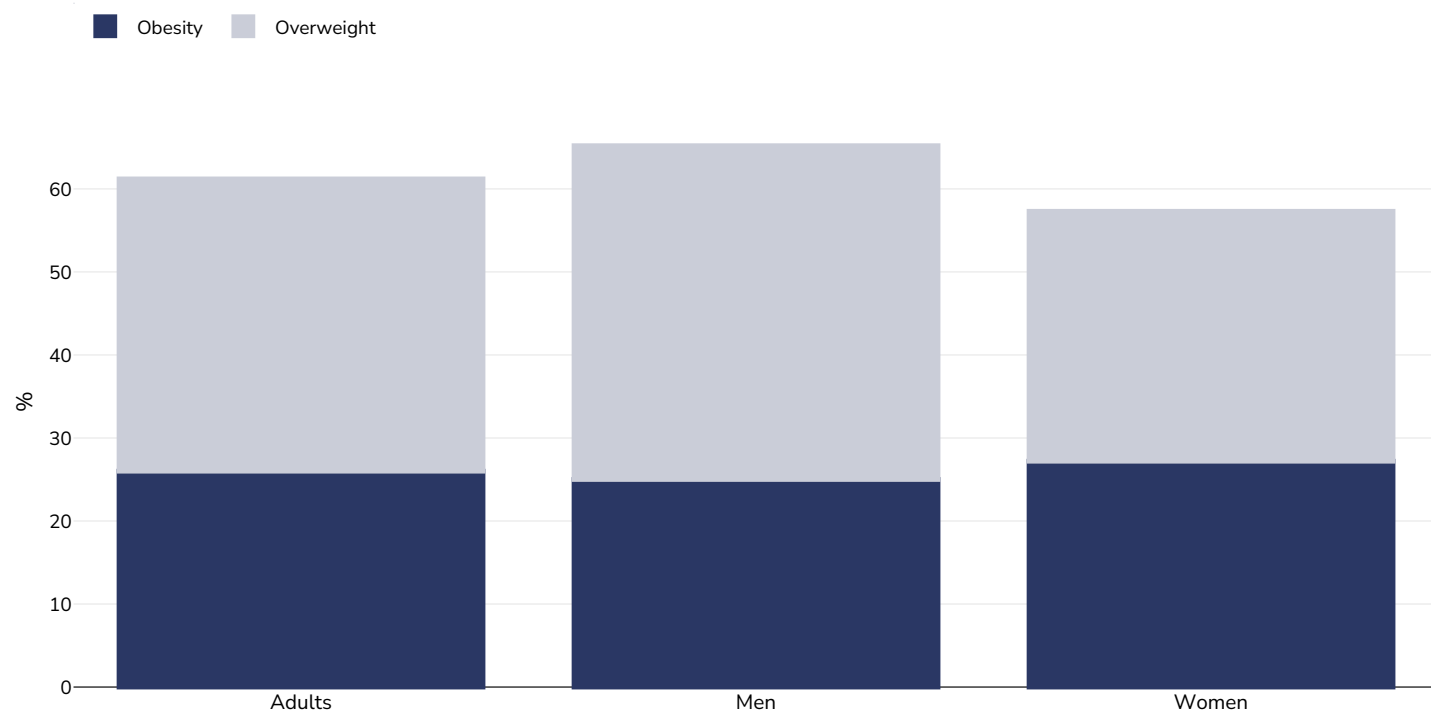
This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity for adults. Where available, data on common and relevant obesity drivers and comorbidities are also presented.

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, 2022-2023



Survey type: Self-reported

Age: 16+

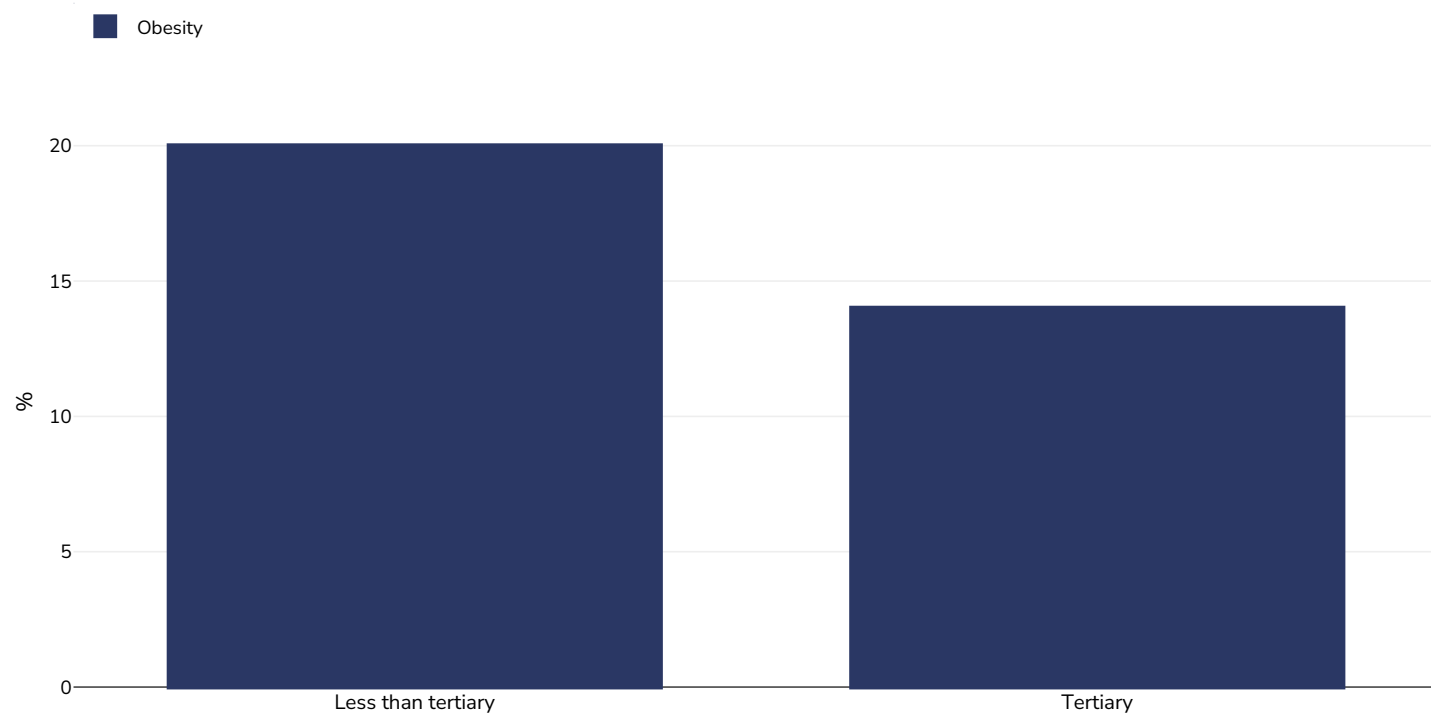
Area covered: National

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/m², obesity refers to a BMI greater than 30kg/m².

Overweight/obesity by education

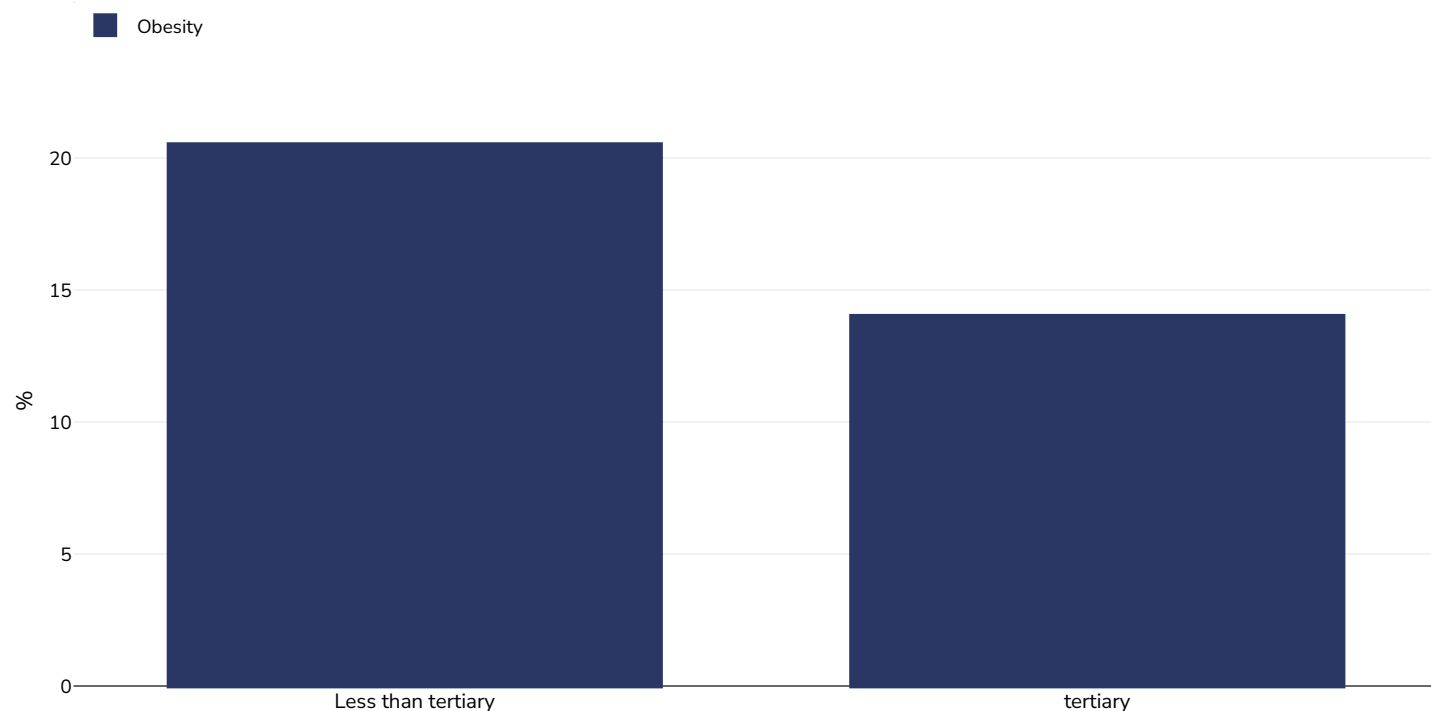
Men, 2005



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

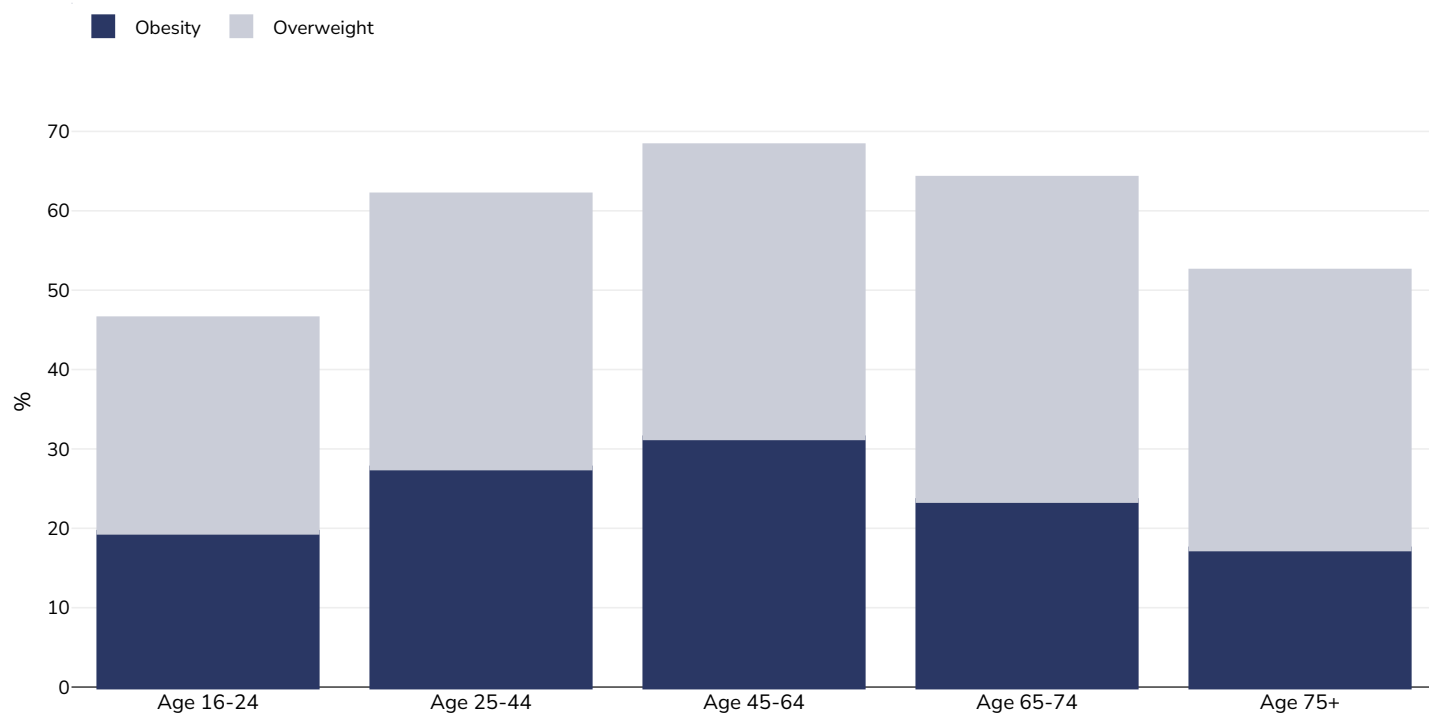
References: Keaver et al (2020). Future trends in social inequalities in obesity in England, Wales and Scotland. Available at: <https://academic.oup.com/jpubhealth/article/42/1/e51/5374486>. Data extracted by author from Welsh Health Survey 2004–14. Last accessed 15/04/21.

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, 2022-2023



Survey type: Self-reported

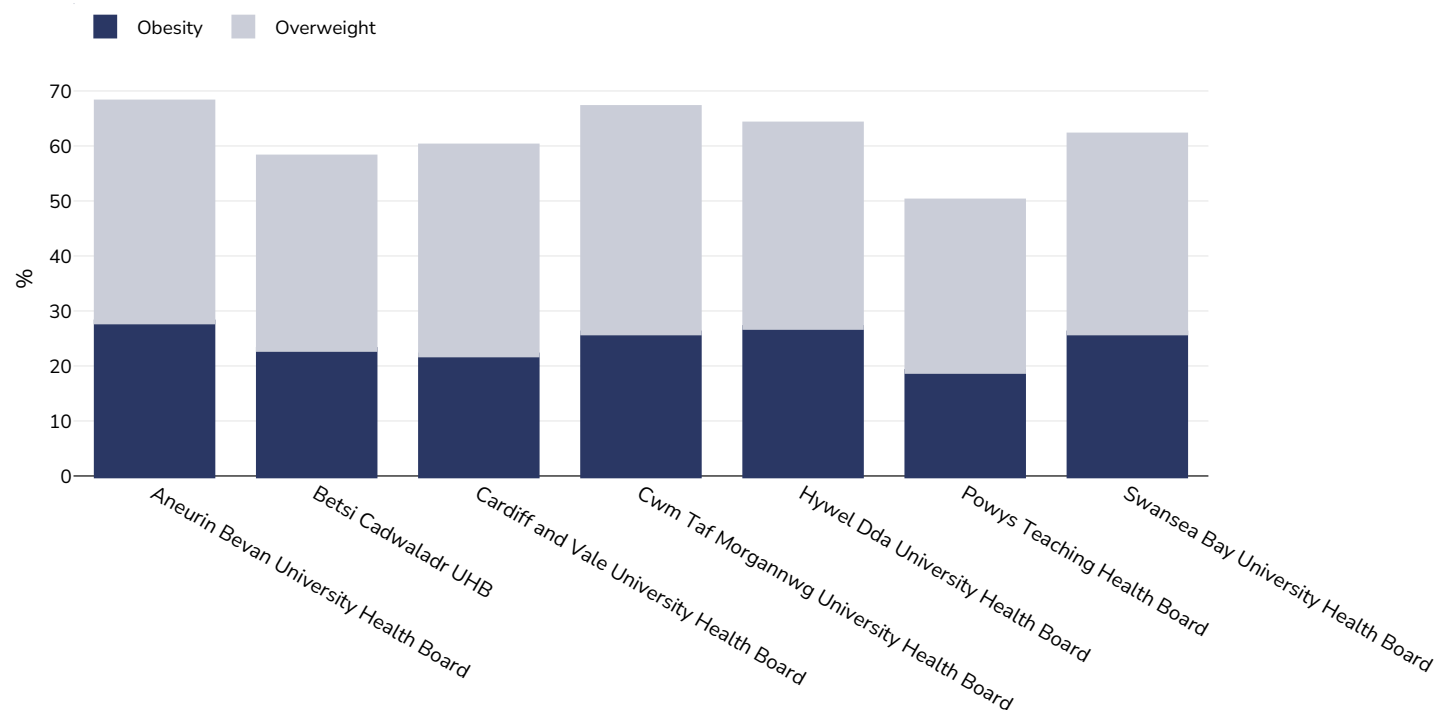
Area covered: National

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/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

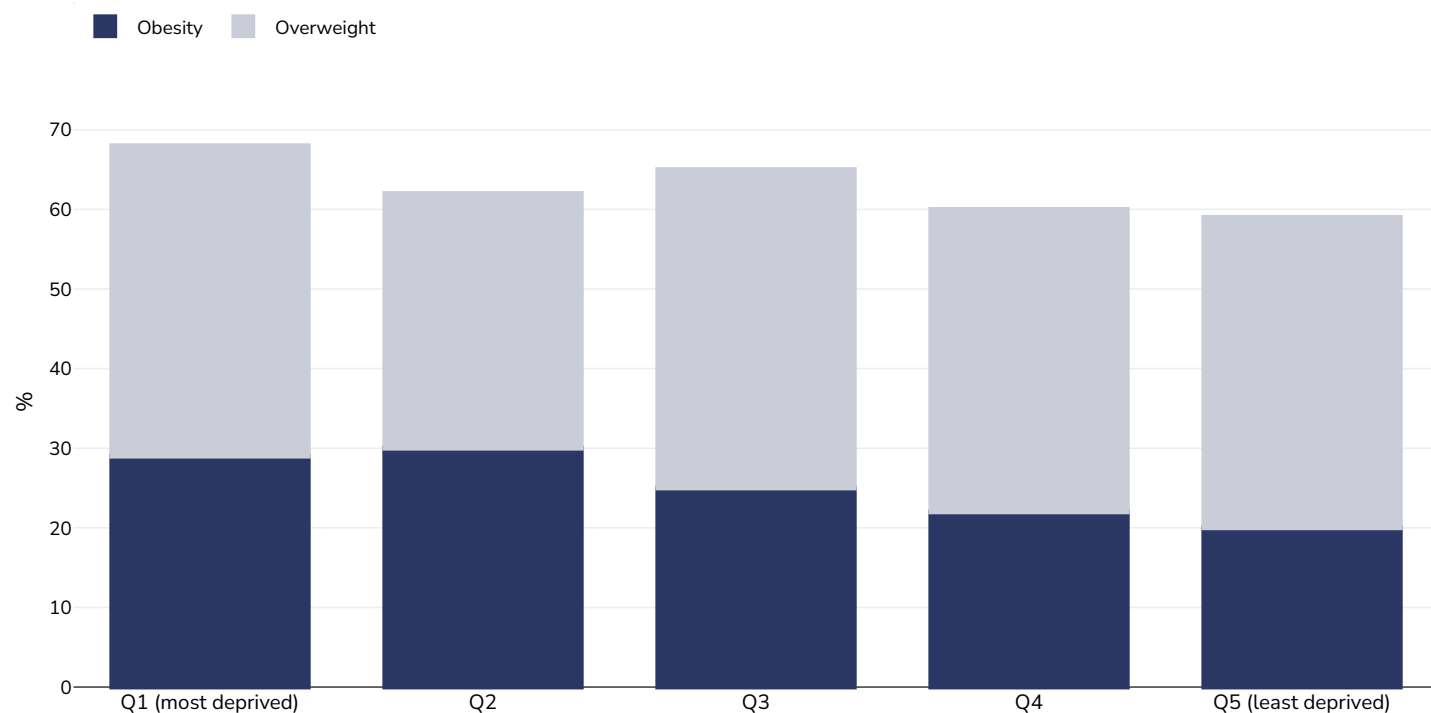
References: Welsh Health Survey, available at <https://statswales.gov.wales/Catalogue/National-Survey-for-Wales/Population-Health/Adult-Lifestyles/adultlifestyles-by-year-from202021> (last accessed 25.04.23)

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, 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 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 September 9, 2025