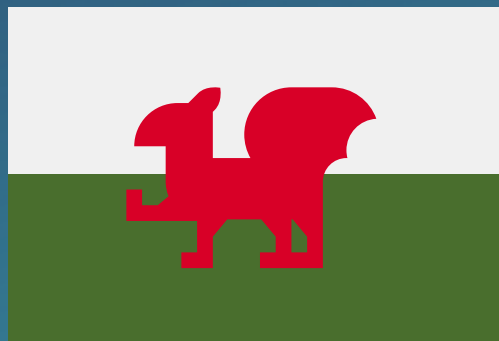




Wales



Country report card - under-5s

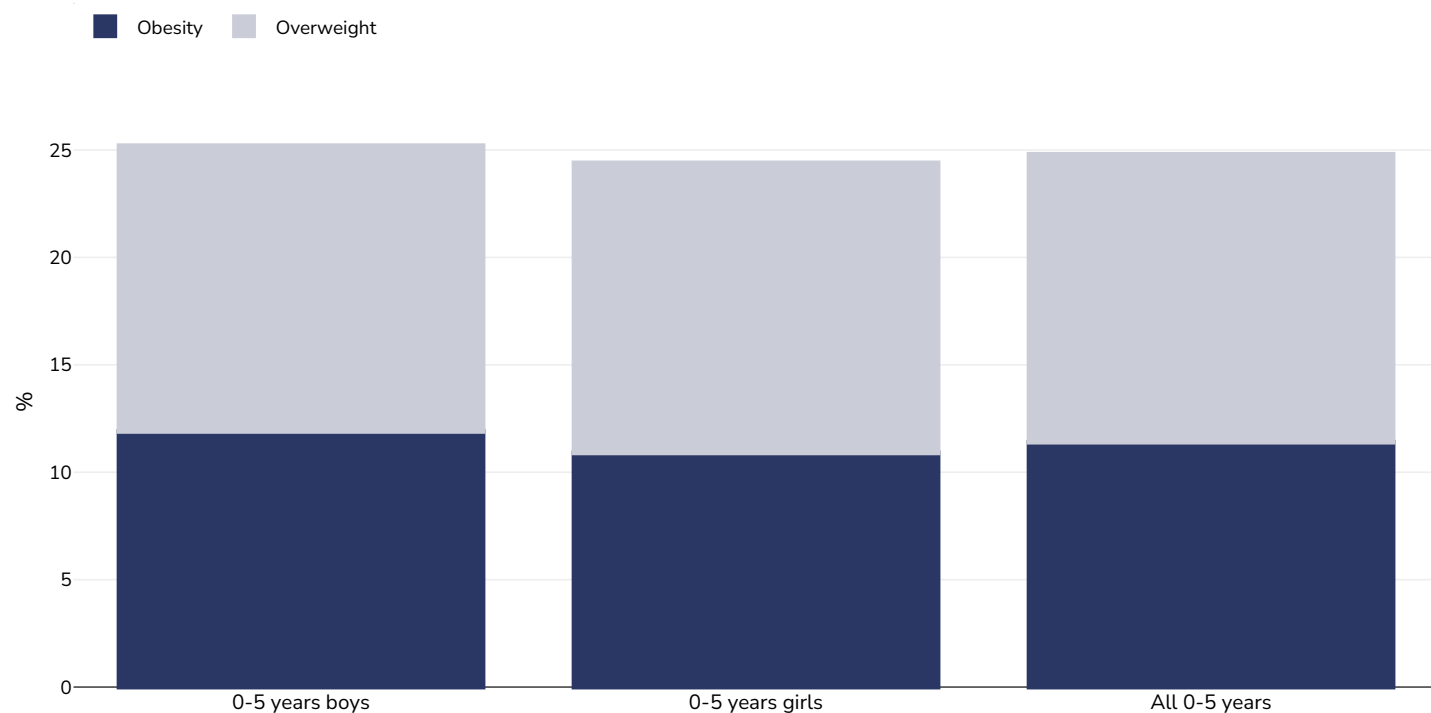
This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity for children under 5. Where available, data on common and relevant obesity drivers and comorbidities are also presented.

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

Contents	Page
Obesity prevalence	3
Trend: % Children living with overweight or obesity in Wales 2013-2017	4
Overweight/obesity by region	7
Overweight/obesity by socio-economic group	9
Overweight/obesity by ethnicity	11

Obesity prevalence

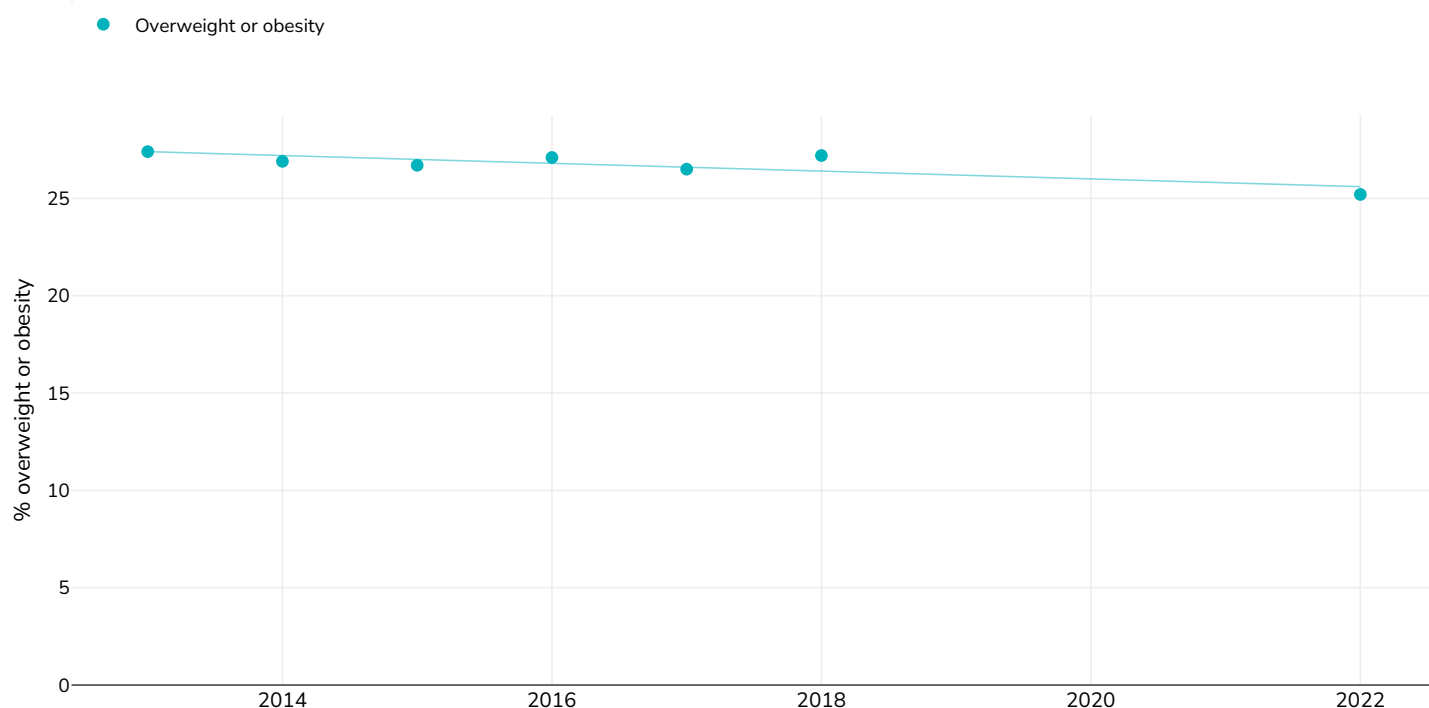
0-5 years, 2022-2023



Survey type:	Measured
Age:	4-5
Sample size:	29916
Area covered:	National
References:	Child Measurement Programme 2022/23. Public Health Wales NHS Trust https://phw.nhs.wales/services-and-teams/child-measurement-programme/ (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/\\$FILE/ATT0SH7G.pdf](http://www2.nphs.wales.nhs.uk:8080/ChildMeasurementDocs.nsf/85c50756737f79ac80256f2700534ea3/692fe9649b4fc8be80257e49002a4bcb/$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 8.03.18)
- 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:

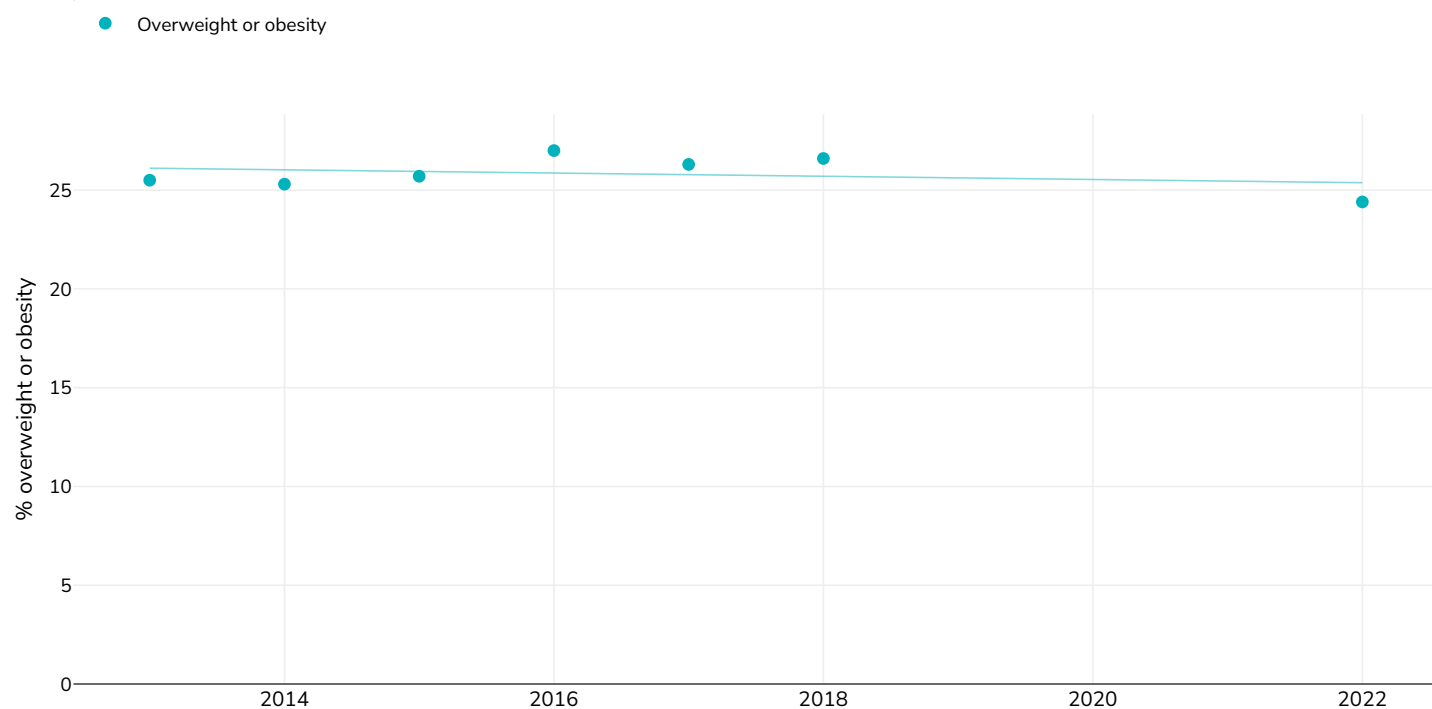
Aged 4-

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

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 2015/16. 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 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:

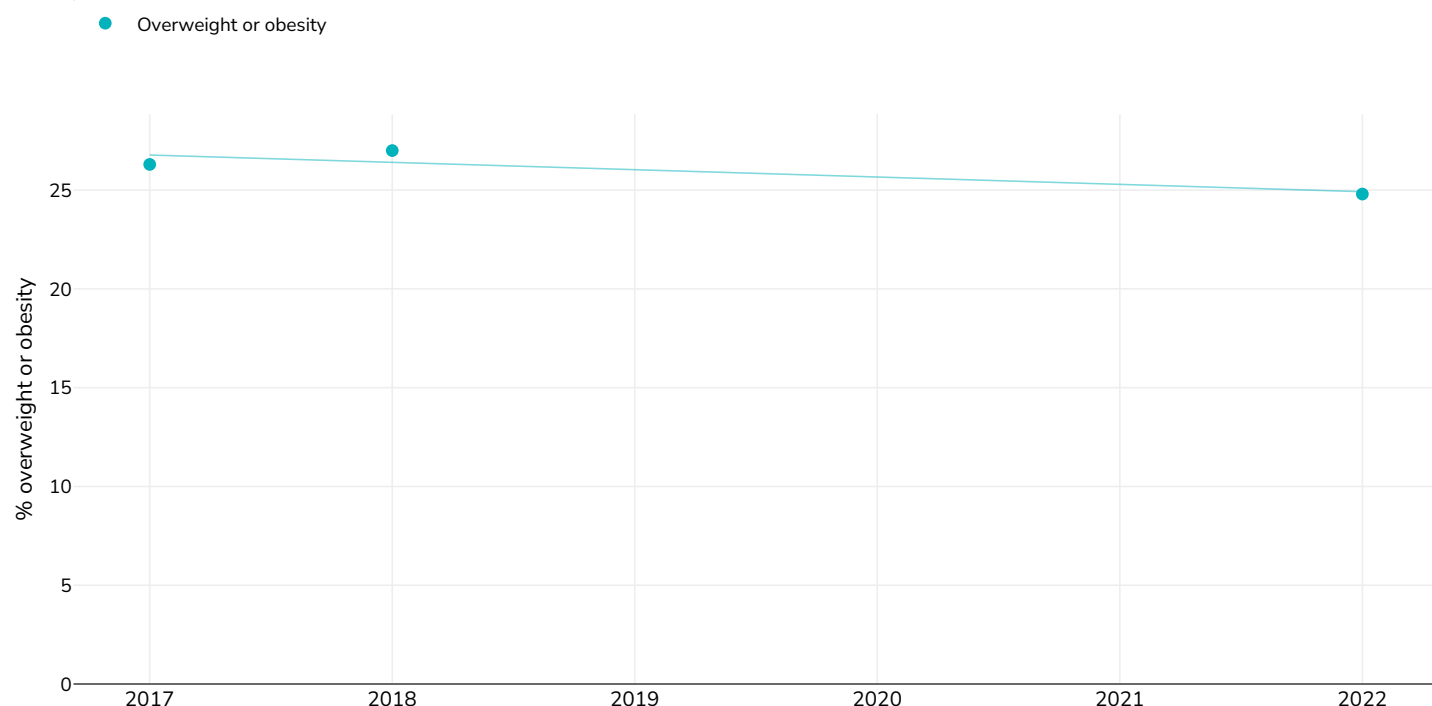
Aged 4

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

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 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 2015-6. <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 8.03.18)
- 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

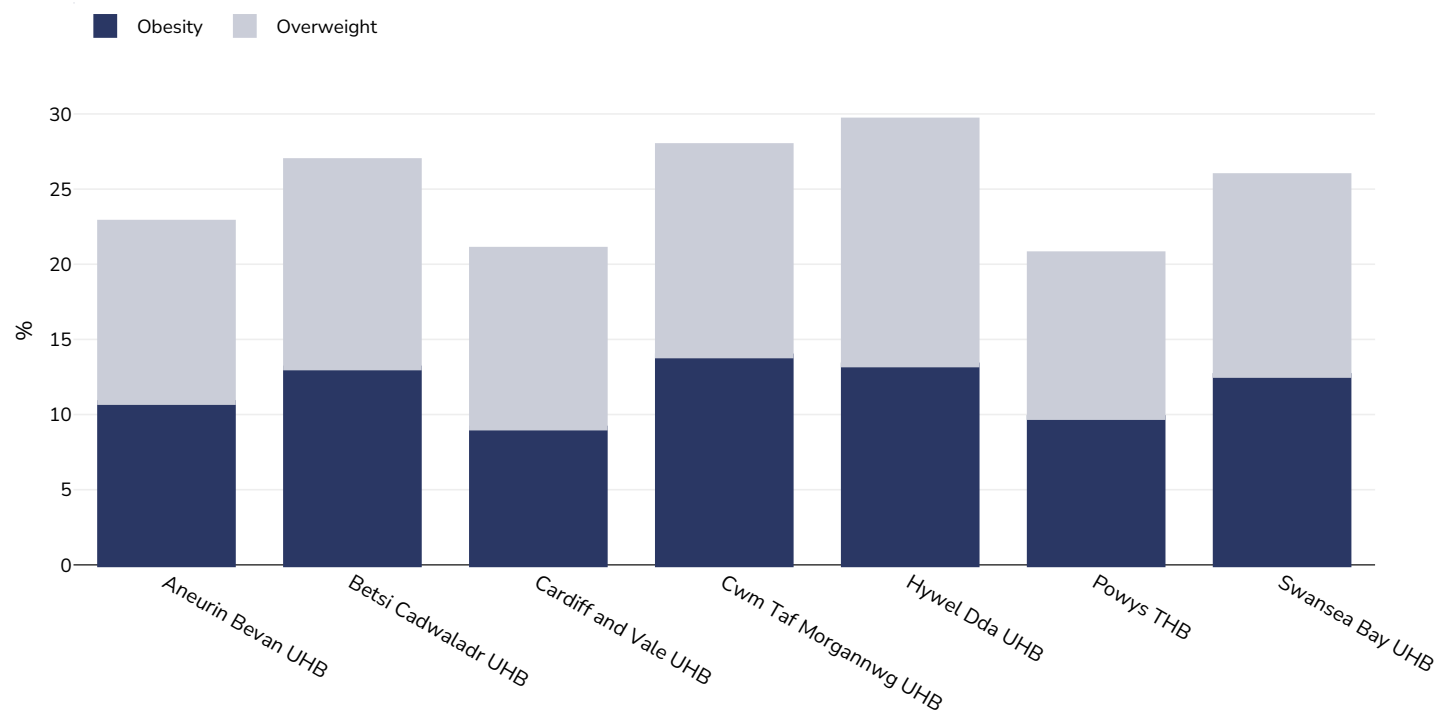
Definitions:

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

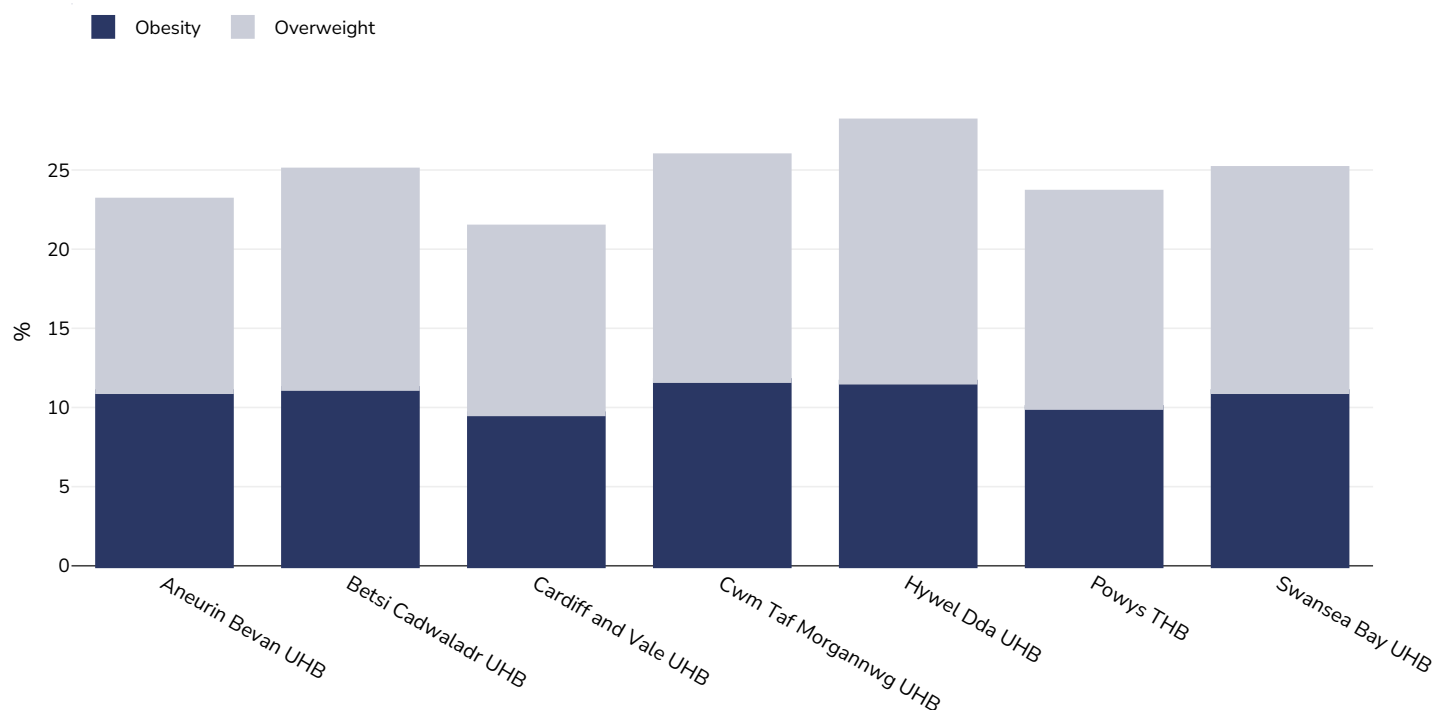
Overweight/obesity by region

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)
Cutoffs:	UK90

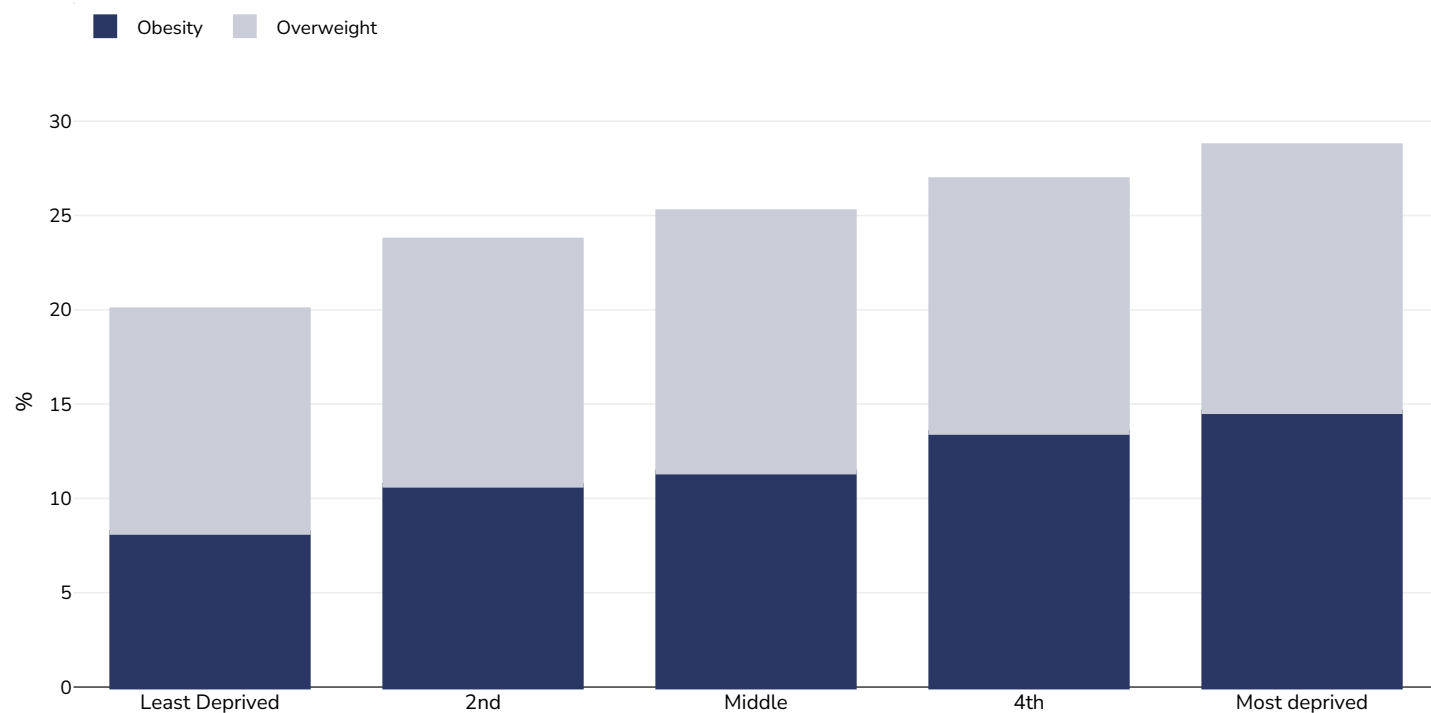
0-5 years girls, 2022-2023



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

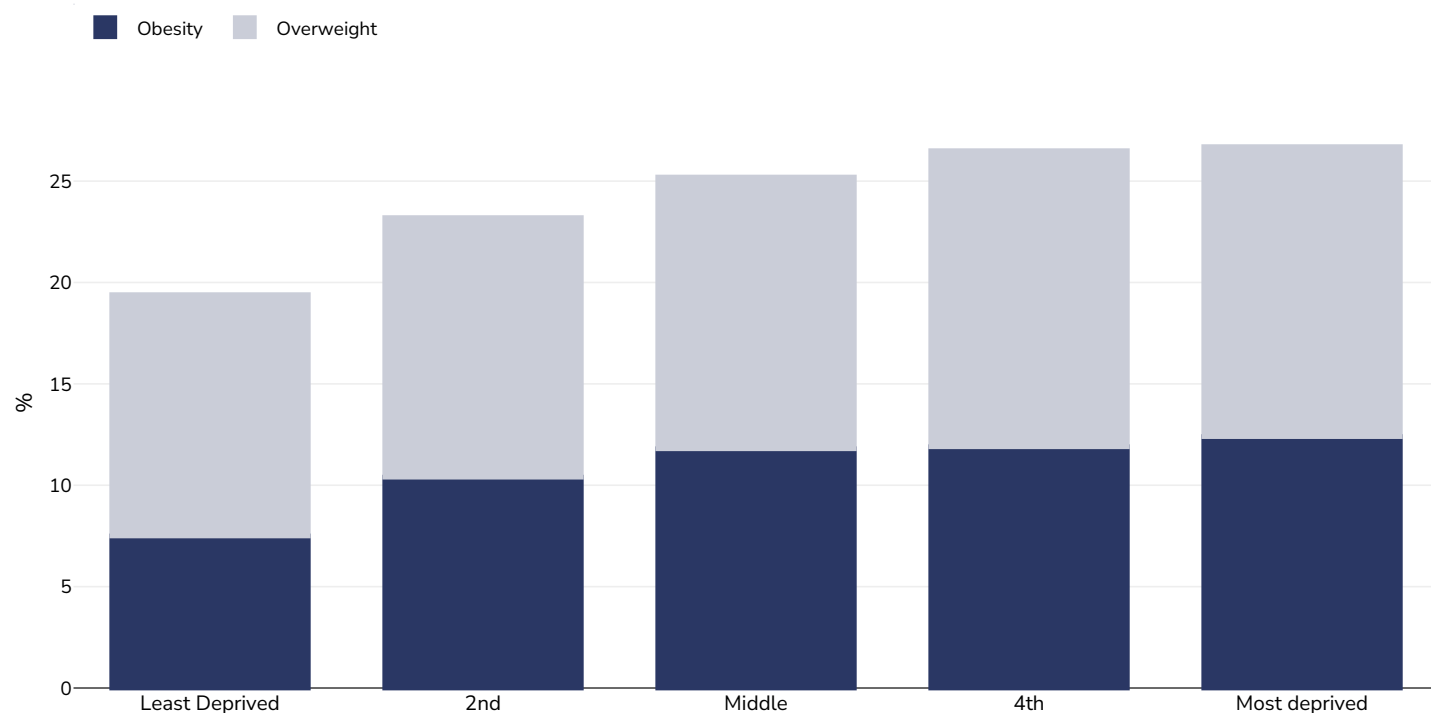
Overweight/obesity by socio-economic group

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

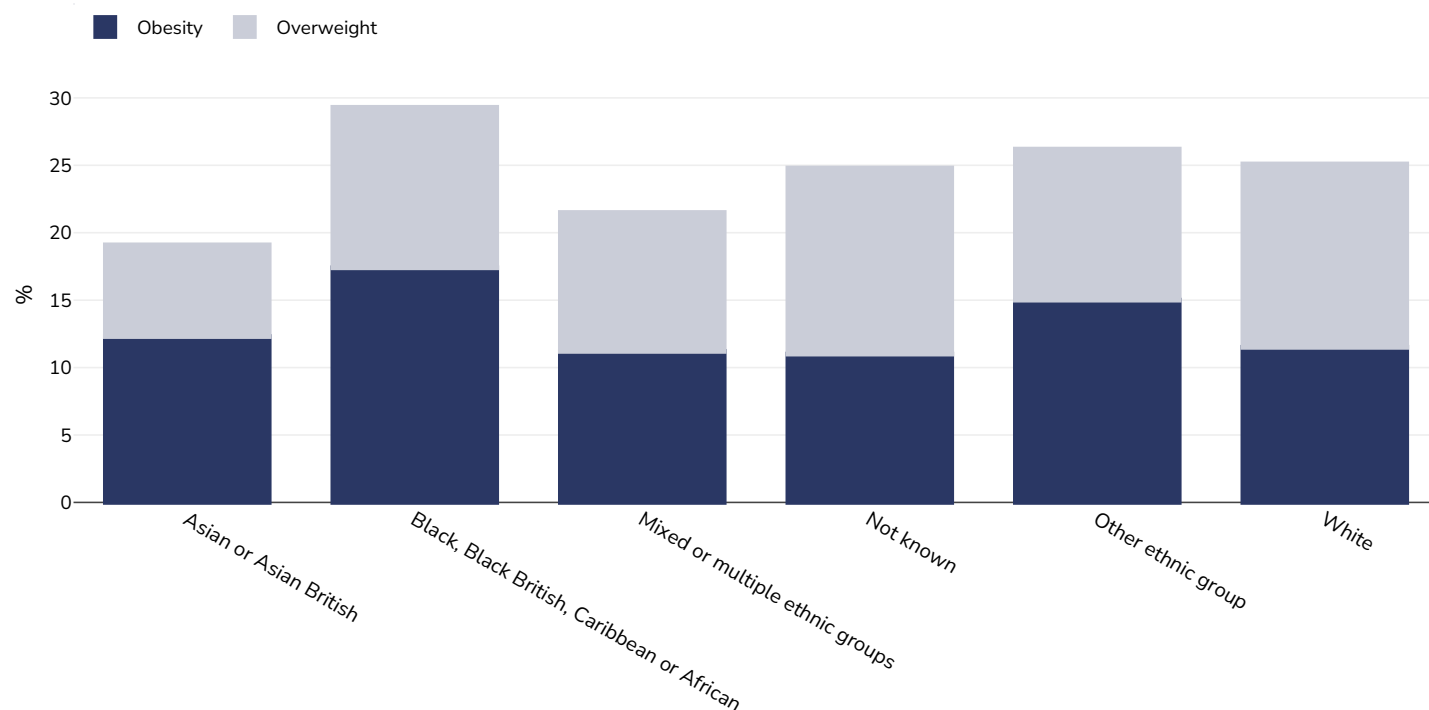
References: Child Measurement Programme 2022/23. Public Health Wales NHS Trust <https://phw.nhs.wales/services-and-teams/child-measurement-programme/> (Accessed 22.05.24)

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 https://phw.nhs.wales/services-and-teams/child-measurement-programme/ (Accessed 22.05.24)
Cutoffs:	UK90

PDF created on September 9, 2025