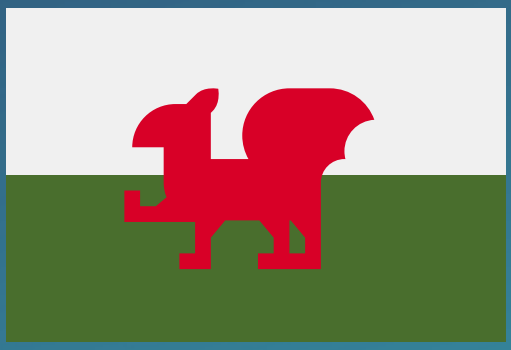
Wales



Country report card - under-5s

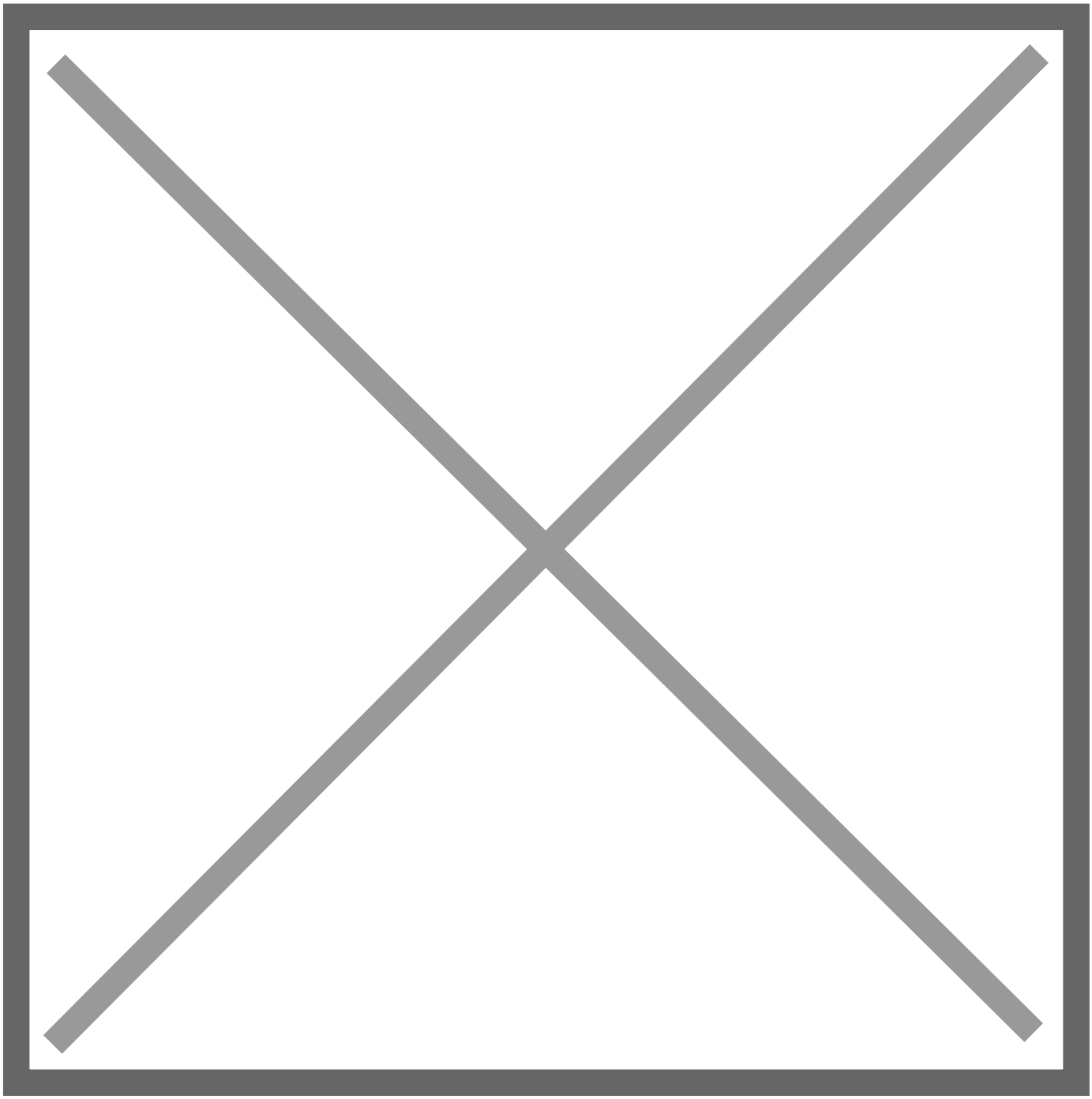
This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity for children under 5. Where available, data on common and relevant obesity drivers and comorbidities are also presented.

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

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Trend: % Children living with overweight or obesity in Wales 2013-2017	6
Overweight/obesity by region	13
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Overweight/obesity by ethnicity	23

Obesity prevalence

0-5 years, 2024-2025

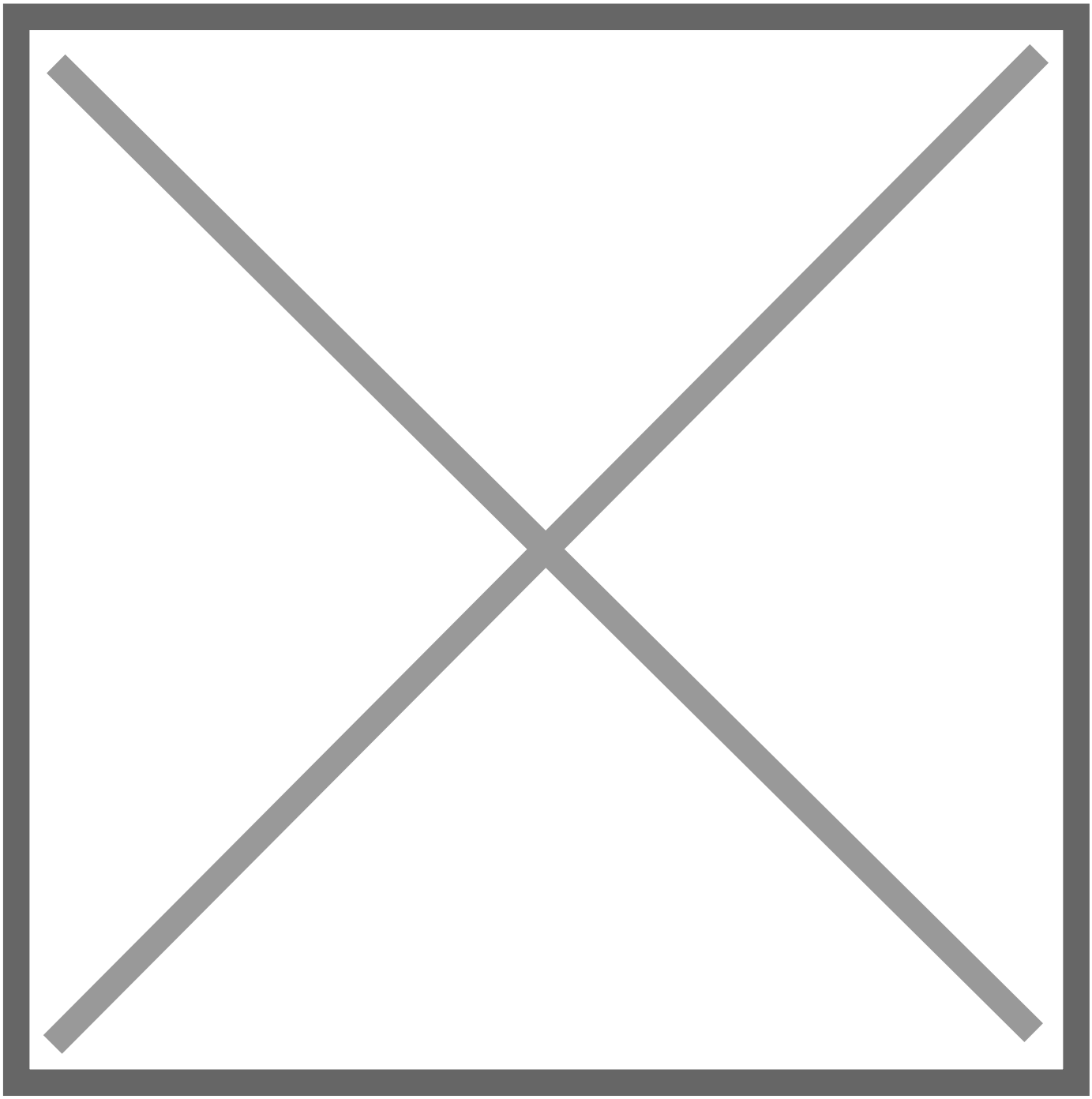


Survey type:	Measured
Age:	4-5
Sample size:	28,512
Area covered:	National
References:	Public Health Wales NHS Trust. (2026). Child Measurement Programme 2024/25. Available at: https://phw.nhs.wales/services-and-teams/child-measurement-programme/ [Accessed 19.05.26]

Definitions:	85th/95th centiles
Cutoffs:	UK90

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

Boys under 5

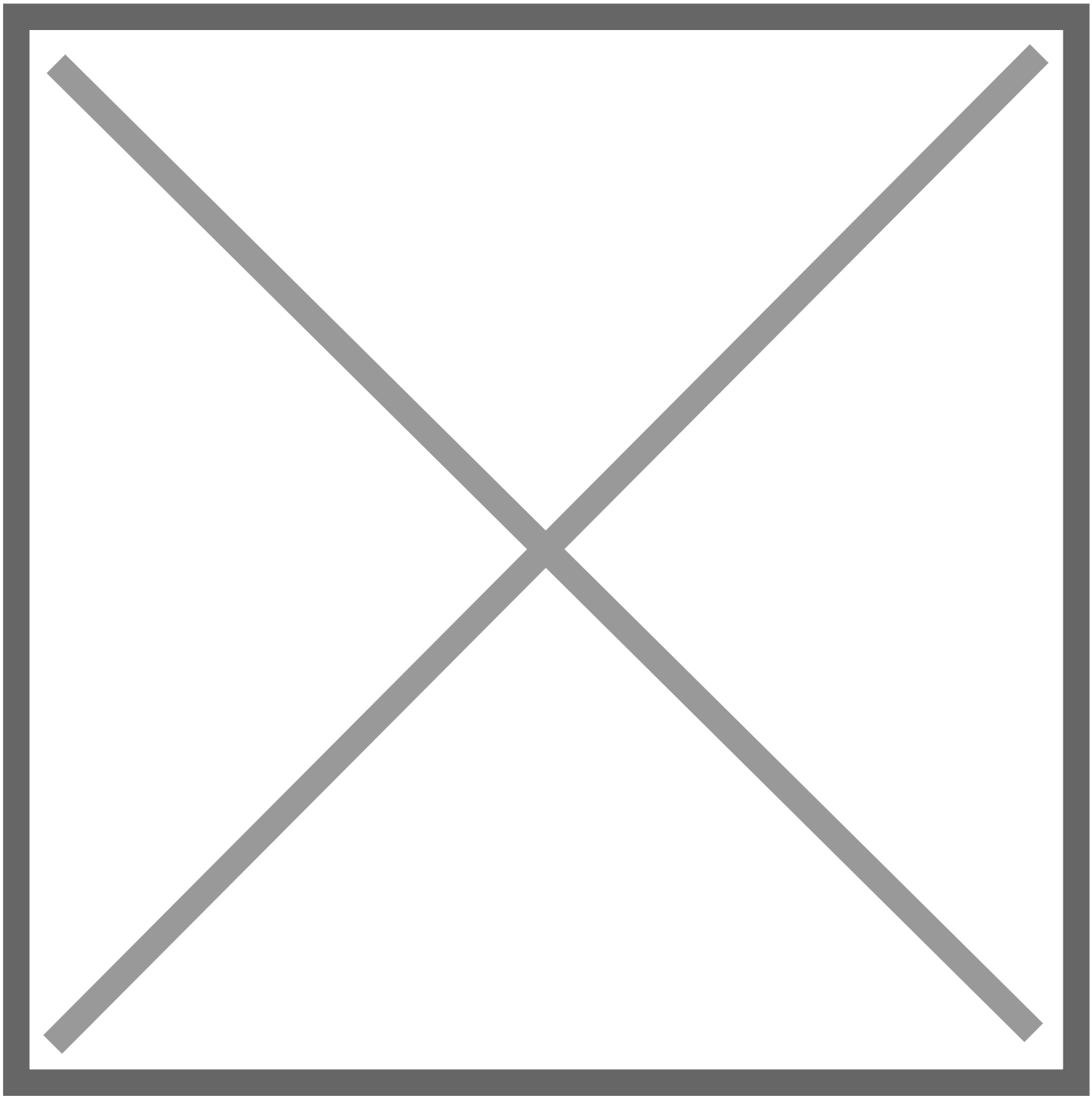


Survey type:	Measure
References:	2013: Child Measurement Programme 2013/ http://www2.nphs.wales.nhs.uk:8080/ChildMeasurementDocs.nsf/85c50756737f79ac80256f2700534ea3/692fe9649b4fc8be80257e49002a4bc $FILE/ATT0SH7G.pdf (last accessed 9th June 201 2014: Child Measurement Programme 2014- http://www.wales.nhs.uk/sitesplus/documents/888/12318%20PHWO%20Child%20Measurement%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

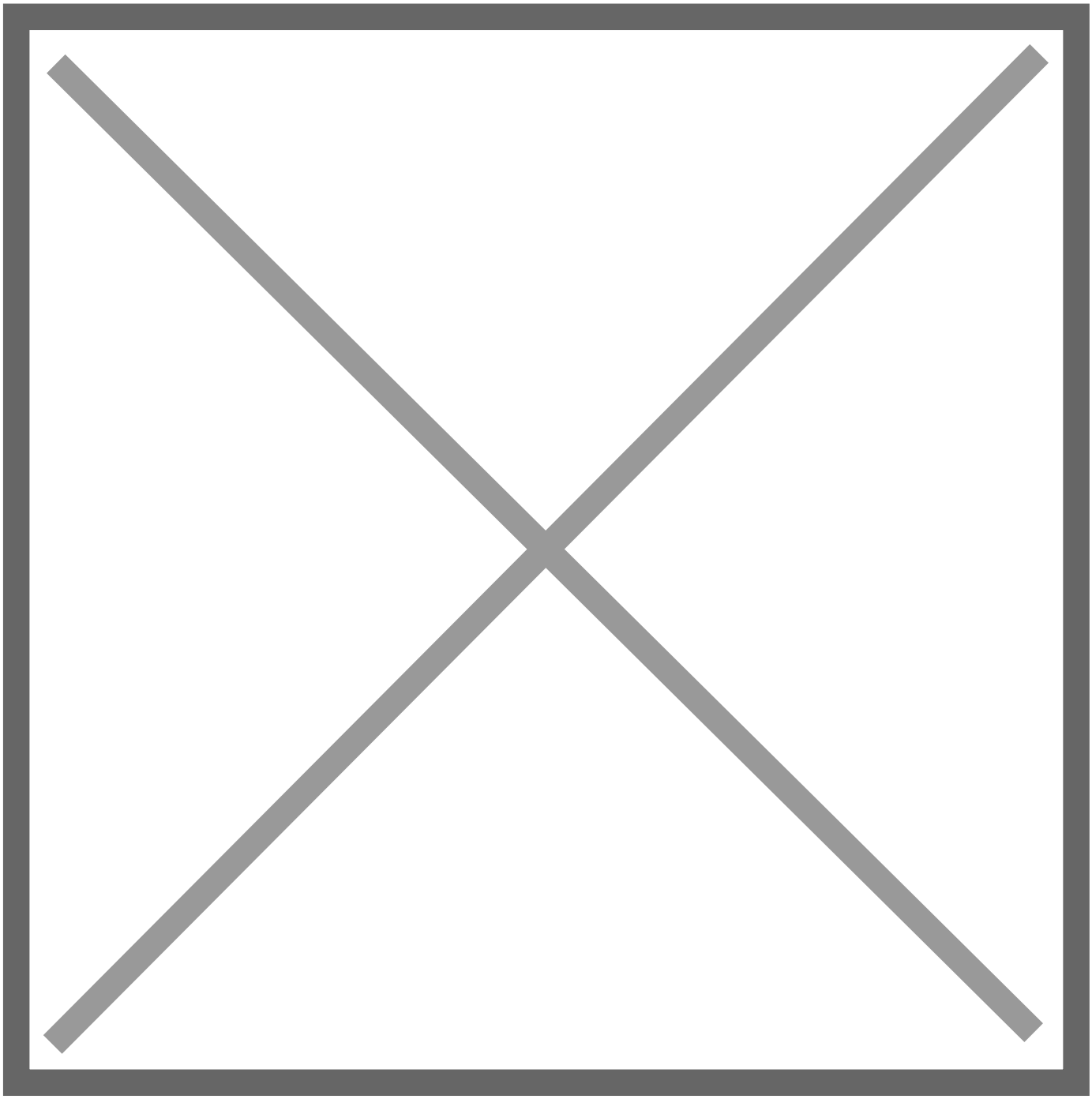


Survey type:	Measure
References:	2013: Child Measurement Programme 2013/ http://www2.nphs.wales.nhs.uk:8080/ChildMeasurementDocs.nsf/85c50756737f79ac80256f2700534ea3/692fe9649b4fc8be80257e49002a4bc $FILE/ATT0SH7G.pdf (last accessed 9th June 201 2014: Child Measurement Programme 2014- http://www.wales.nhs.uk/sitesplus/documents/888/12318%20PHWO%20Child%20Measurement%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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Boys and girls under 5



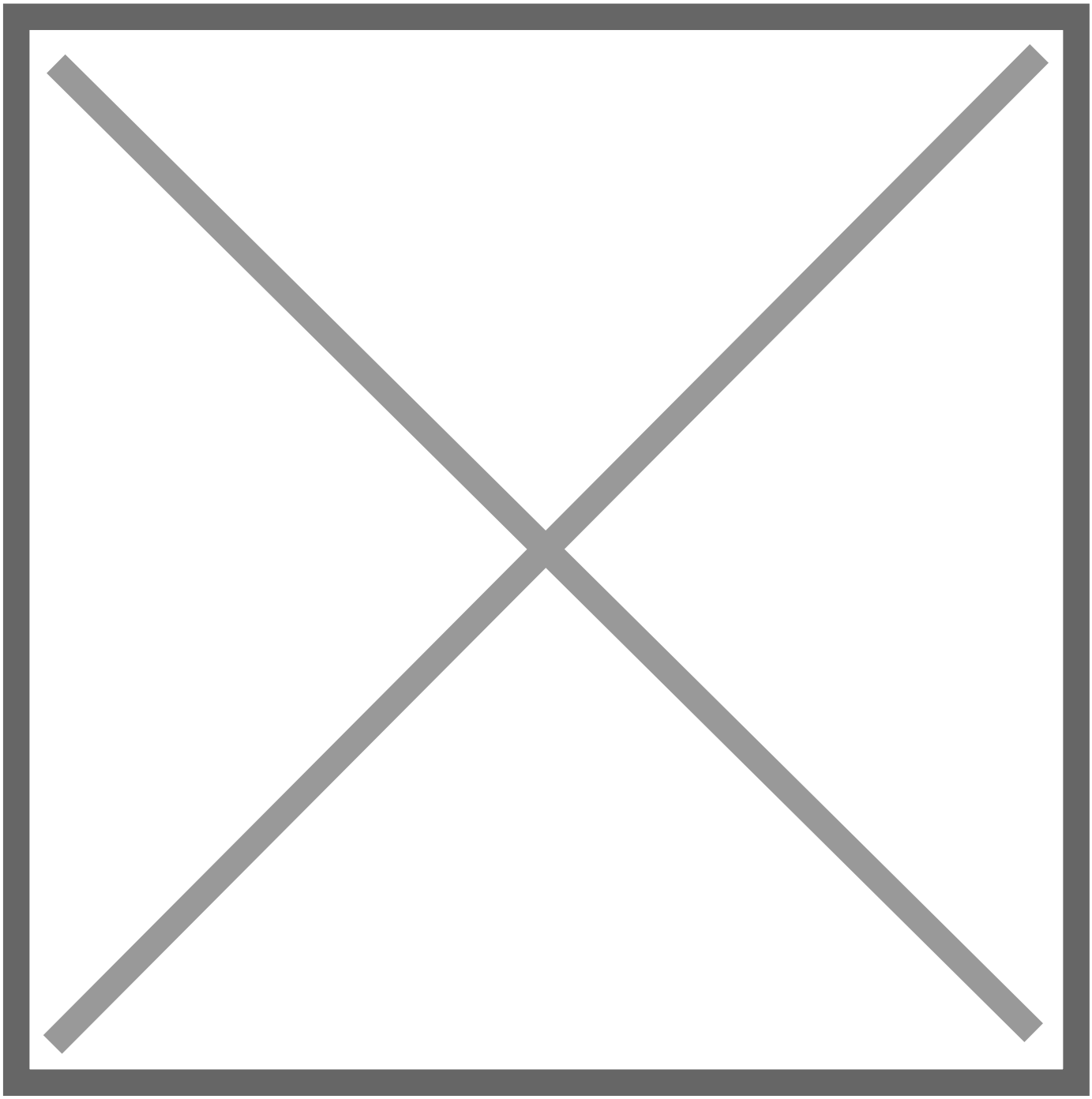
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References:	2013: Child Measurement Programme 2013/ http://www2.nphs.wales.nhs.uk:8080/ChildMeasurementDocs.nsf/85c50756737f79ac80256f2700534ea3/692fe9649b4fc8be80257e49002a4bc $FILE/ATT0SH7G.pdf (last accessed 9th June 201 2014: Child Measurement 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

Overweight/obesity by region

0-5 years, 2024-2025

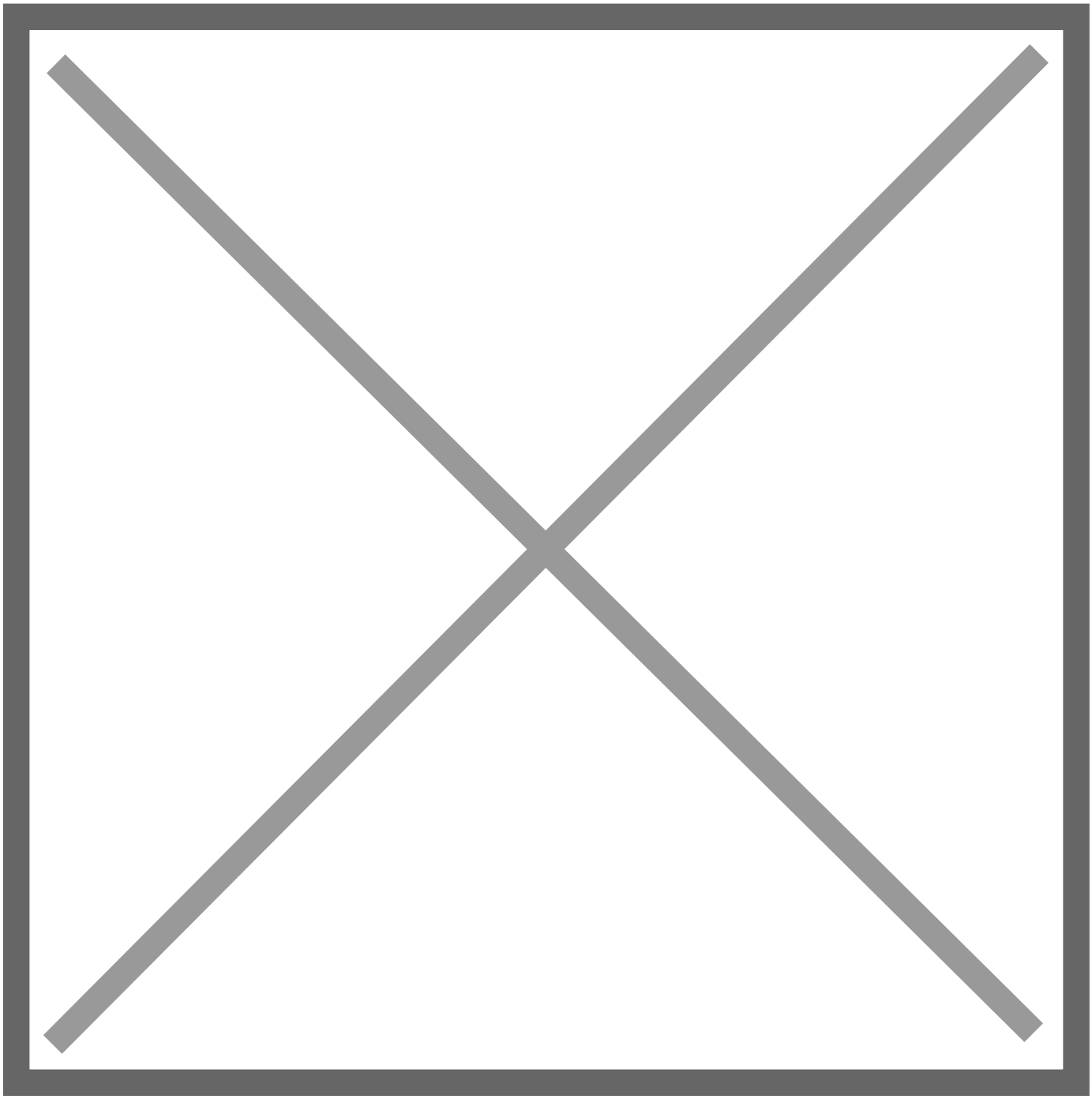


Survey type:	Measured
Age:	4-5
Sample size:	28,512
Area covered:	National

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

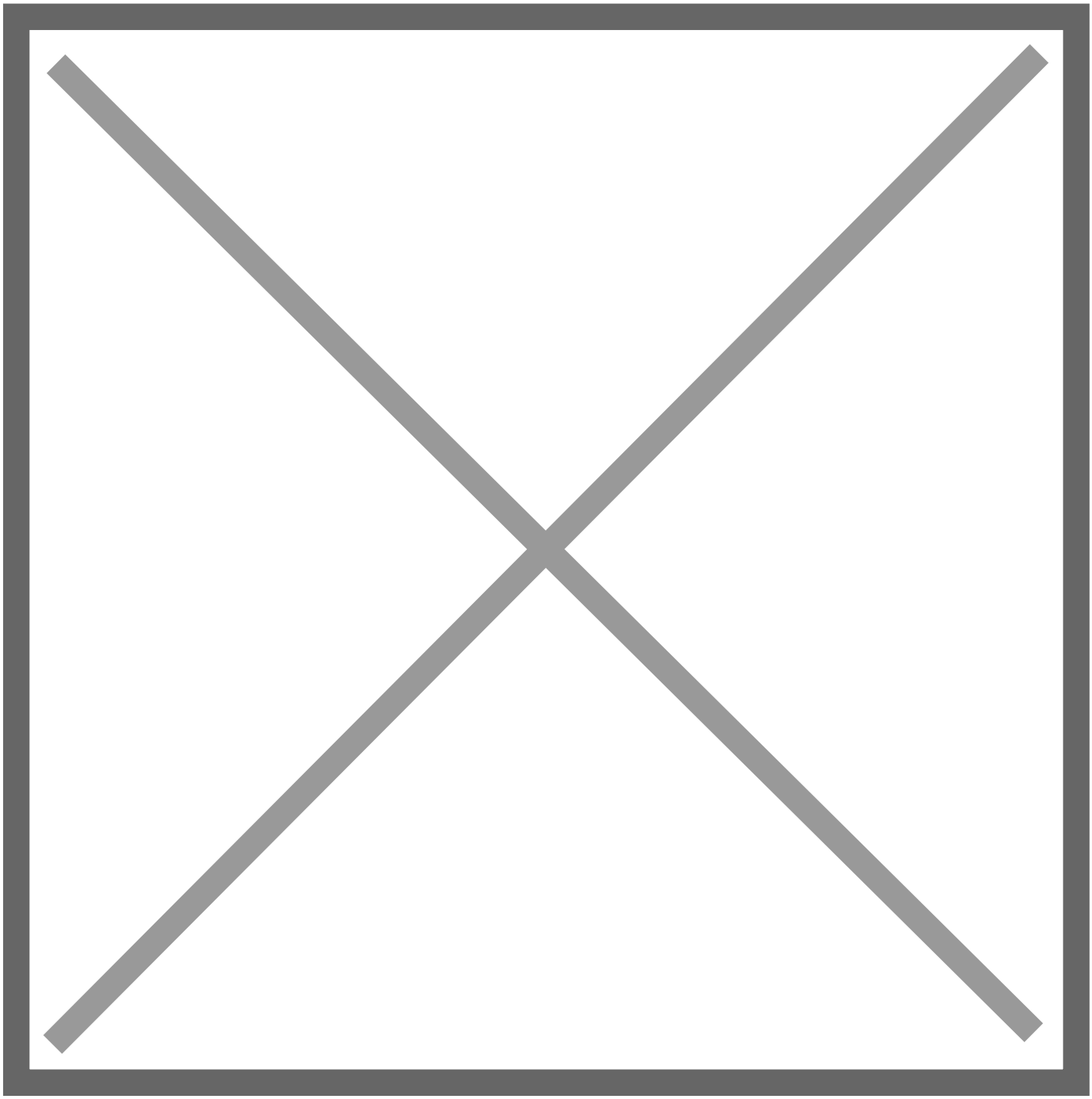
0-5 years, 2024-2025



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

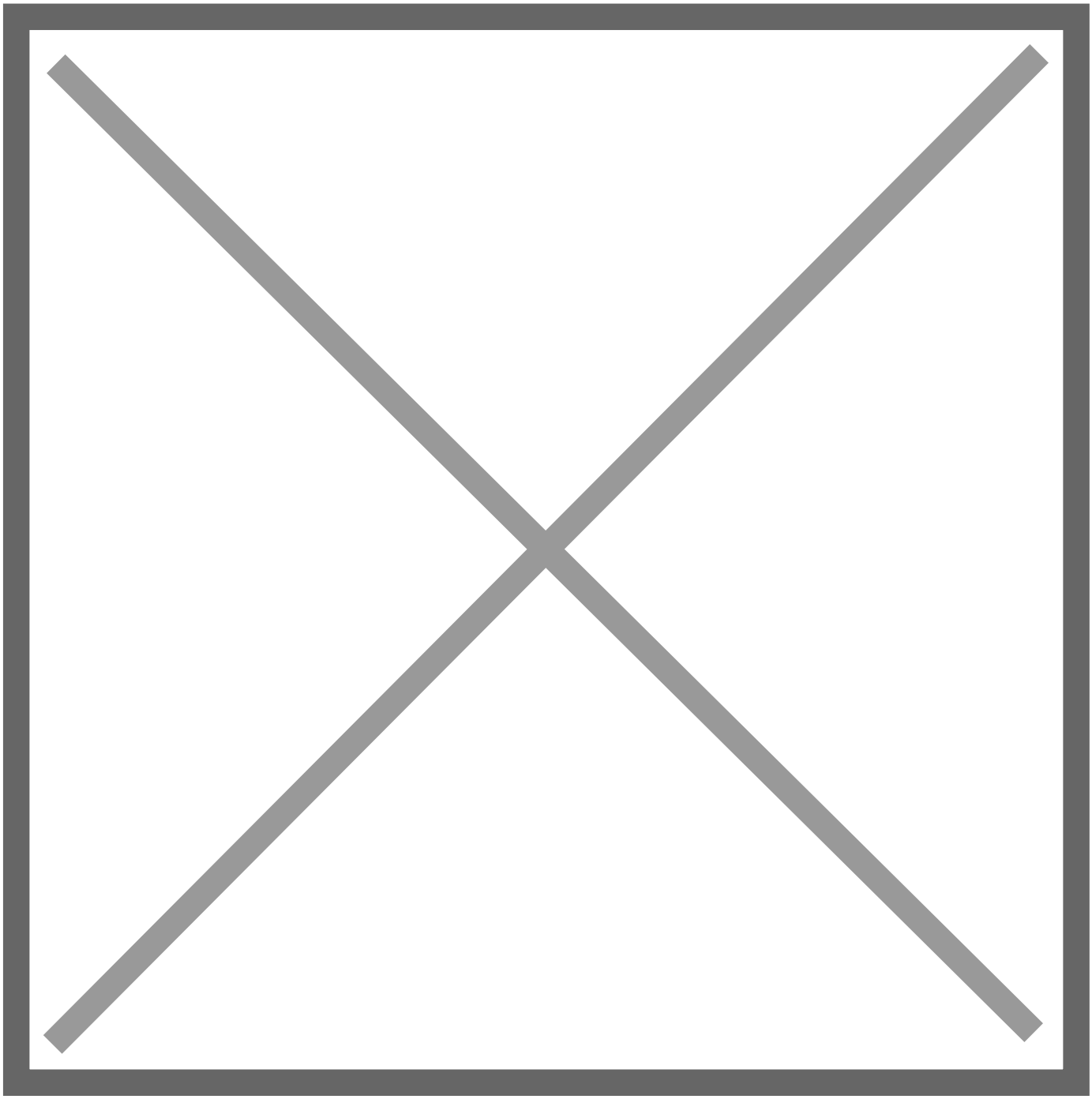
0-5 years boys, 2024-2025



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



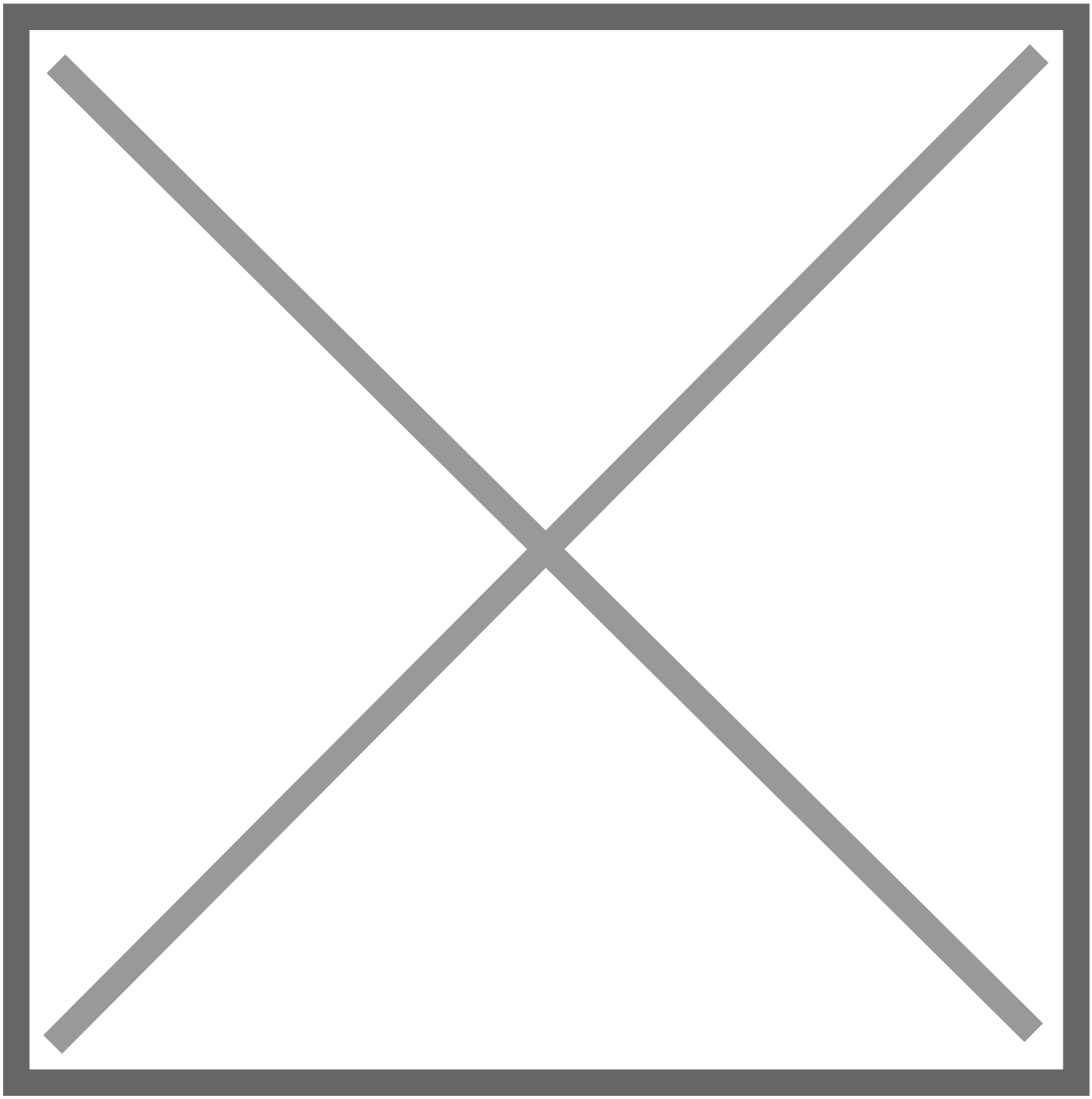
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Definitions:	85th/95th centiles
Cutoffs:	UK90

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

PDF created on November 2, 2026