# Report card

## Wales

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Obesity prevalence

Adults, 2017-2018

Survey type: Self-reported
Age: 16+
Sample size: 11381
Area covered: National
References: Self-reported

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
Children, 2017-2018

Survey type: Measured
Age: 4-5
Sample size: 32160
Area covered: National
Notes: UK 90 Growth Reference. 85th & 95th Centile
Cutoffs: Other
% Children living with overweight or obesity in Wales 2013-2017

Survey type: Measured

References: For full details of references visit https://data.worldobesity.org/

Notes: Aged 4-5

Definitions: 85th & 95th centile not IOTF cut off

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 age

Adults, 2017-2018

Survey type: Self-reported
Sample size: 2354 Male, 2718 Female
Area covered: National

Notes: This data is Self-Report.

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

Boys, 2017-2018

Survey type: Measured
Age: 4-5
Sample size: 32160
Area covered: National


Notes: UK 90 Growth Reference. 85th & 95th Centile

Cutoffs: Other
## Girls, 2017-2018

<table>
<thead>
<tr>
<th>Hospital Area</th>
<th>Obesity</th>
<th>Overweight</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aneurin Bevan UHB</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Betsi Cadwaladr UHB</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cardiff and Vale UHB</td>
<td></td>
<td></td>
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<tr>
<td>Cwm Taf UHB</td>
<td></td>
<td></td>
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<tr>
<td>Hywel Dda UHB</td>
<td></td>
<td></td>
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<tr>
<td>Powys THB</td>
<td></td>
<td></td>
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<tr>
<td>Swansea Bay UHB</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Survey type:** Measured

**Age:** 4-5

**Sample size:** 32160

**Area covered:** National


**Notes:** UK 90 Growth Reference. 85th & 95th Centile

**Cutoffs:** Other
Overweight/obesity by socio-economic group

Adults, 2014

Survey type: Self-reported
Age: 16+
Sample size: 14170
Area covered: National

Notes: Age standardised trends by Welsh Index of Multiple Deprivation quintile (WIMD) (d) Trend data available from 2003-2014

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m². obesity refers to a BMI greater than 30kg/m².
Boys, 2017-2018

Survey type: Measured
Age: 4-5
Sample size: 32160
Area covered: National
Notes: UK 90 Growth Reference. 85th & 95th Centile
Cutoffs: Other
### Girls, 2017-2018

The diagram below shows the prevalence of obesity and overweight among girls in different levels of deprivation. The data is based on a survey conducted from 2017 to 2018. The survey type was measured, the age group was 4-5 years, and the sample size was 32,160. The area covered was national. The references are from the Welsh Child Measurement Programme 2017-18, available at [http://www.wales.nhs.uk/sitesplus/888/page/67795](http://www.wales.nhs.uk/sitesplus/888/page/67795) (last accessed 8.03.19).

#### Survey Details
- **Survey type:** Measured
- **Age:** 4-5
- **Sample size:** 32,160
- **Area covered:** National
- **Notes:** UK 90 Growth Reference, 85th & 95th Centile
- **Cutoffs:** Other

<table>
<thead>
<tr>
<th>Level</th>
<th>Obesity</th>
<th>Overweight</th>
</tr>
</thead>
<tbody>
<tr>
<td>Least Deprived</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Level 2</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Middle</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Level 4</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Most deprived</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
## Overweight/obesity by ethnicity

### Children, 2013-2014

<table>
<thead>
<tr>
<th>Ethnicity</th>
<th>Overweight or obesity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Asian</td>
<td>20%</td>
</tr>
<tr>
<td>Black</td>
<td>35%</td>
</tr>
<tr>
<td>Chinese or other</td>
<td>27%</td>
</tr>
<tr>
<td>Mixed</td>
<td>25%</td>
</tr>
<tr>
<td>White</td>
<td>26%</td>
</tr>
</tbody>
</table>

**Survey type:** Measured  
**Age:** 4-5  
**Sample size:** 30669  
**Area covered:** National  
**References:**  
Child Measurement Programme 2013/4  
[Cutoffs](http://www2.nphs.wales.nhs.uk:8080/ChildMeasurementDocs.nsf/85c50756737f79ac80256f2700534ea3/692fe9649b4fc8be80257e49002a4bcb/$FILE/ATT0SH7G.pdf) (last accessed 9th June 2015)