

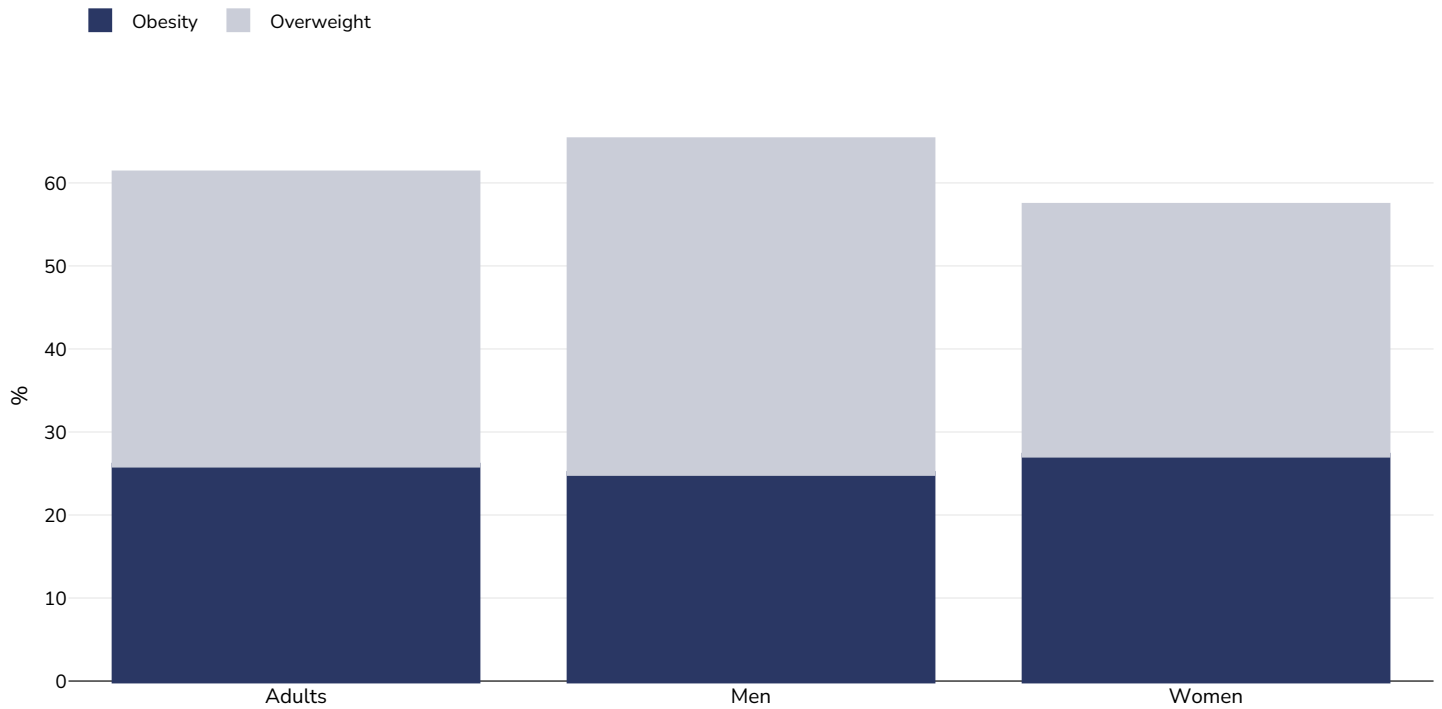
Report card Wales



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Obesity prevalence

Adults, 2022-2023



Survey type: Self-reported

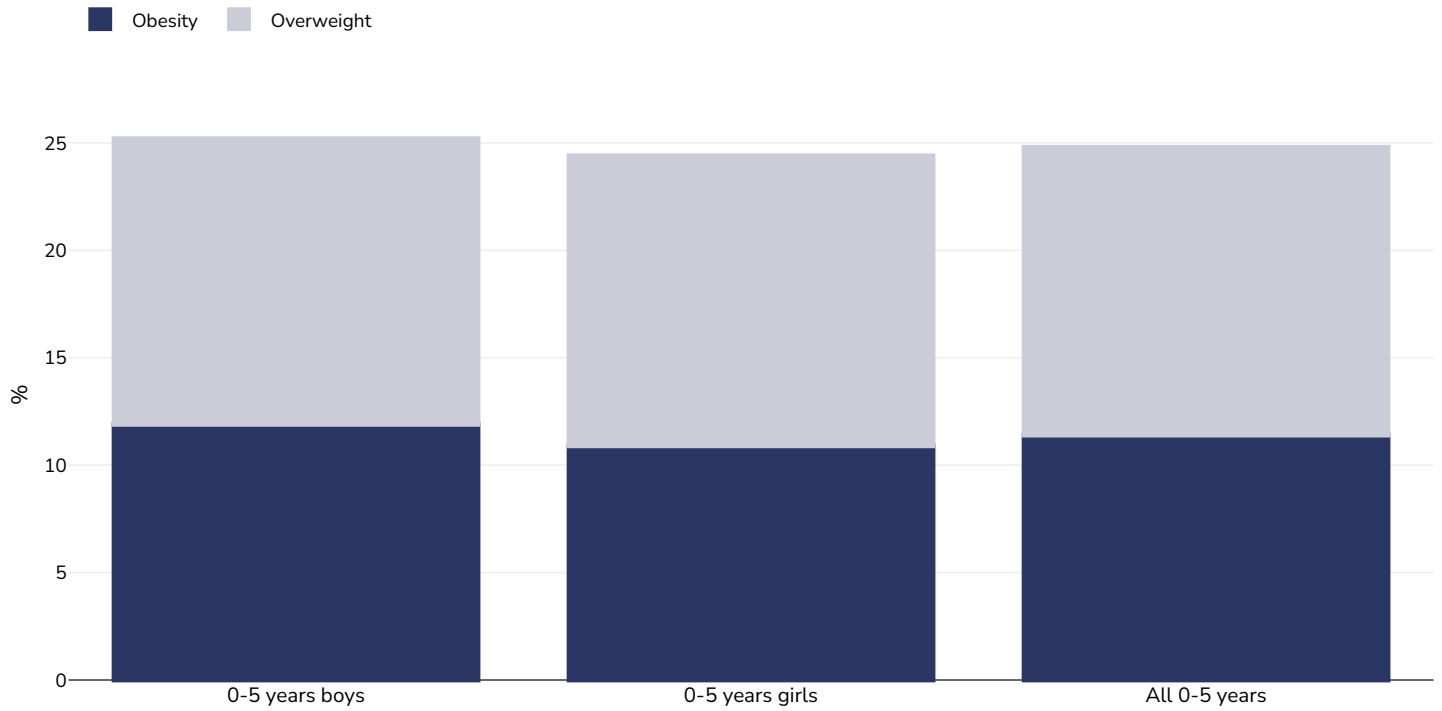
Age: 16+

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)

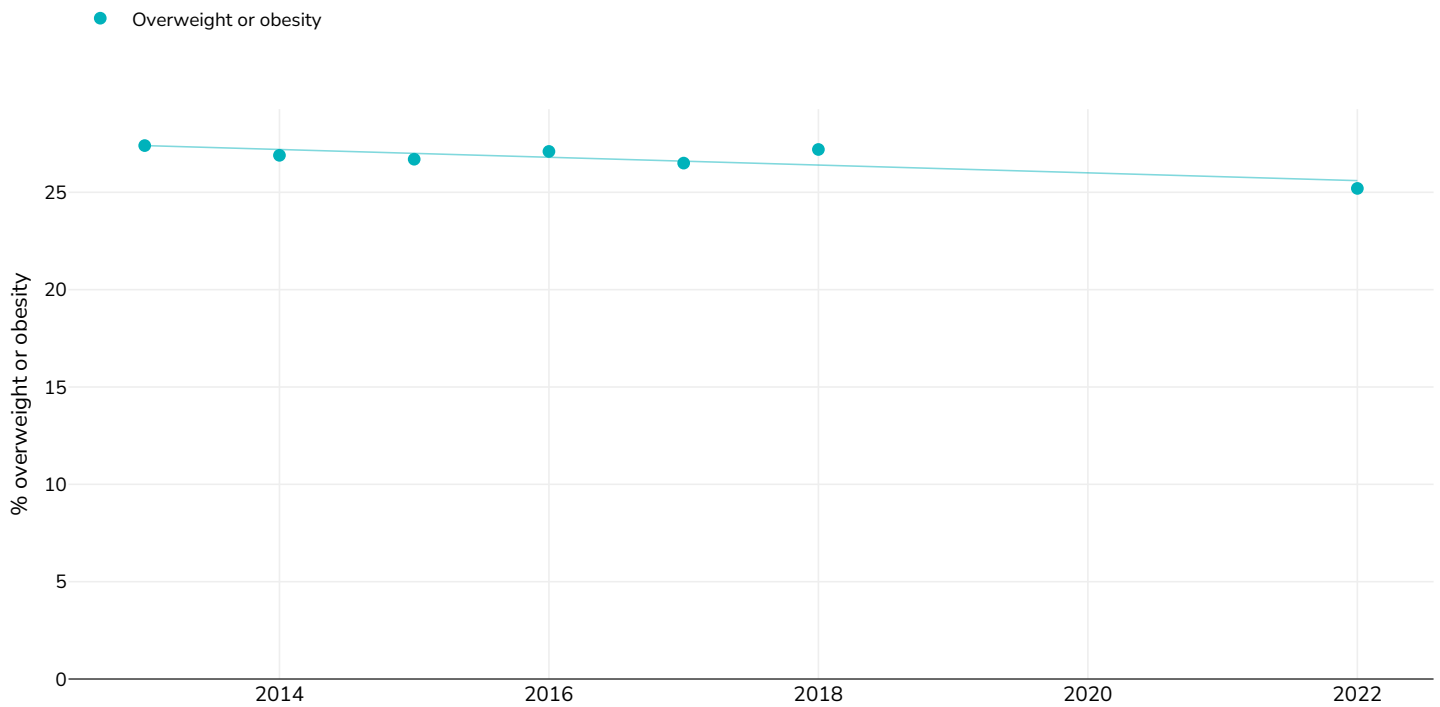
Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².

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



Survey type:

References:

2013: Child Measurement Programme Wales 2013/14. Public Health Wales NHS Trust. [http://www2.nphs.wales.nhs.uk:8080/ChildMeasurementDocs.nsf/85c50756737f79ac80256f2700534ea3/692fe9649b4fc8be80257e9549494949/\\$FILE/ATTOSH7G.pdf](http://www2.nphs.wales.nhs.uk:8080/ChildMeasurementDocs.nsf/85c50756737f79ac80256f2700534ea3/692fe9649b4fc8be80257e9549494949/$FILE/ATTOSH7G.pdf) (last accessed 9th October 2022)

2014: Child Measurement Programme Wales 2014/15. Public Health Wales NHS Trust. <http://www.wales.nhs.uk/sitesplus/documents/888/12318%20PHWO%20Child%20Measurement%20Eng%202014-15.pdf> (last accessed 9th October 2022)

2015: Child Measurement Programme 2015-6. Public Health Wales NHS Trust. <http://www.wales.nhs.uk/sitesplus/documents/888/12743%20PHW%20CMP%20Report%20%28Eng%29.pdf>. Last accessed 9th October 2022

2016: Public Health Wales. (2018). The Child Measurement Programme for Wales 2016/17. Public Health Wales NHS Trust. <http://www.wales.nhs.uk/sitesplus/documents/888/12743%20PHW%20CMP%20Report%20%28Eng%29.pdf>. Last accessed 9th October 2022

2017: Welsh Child Measurement Programme 2017-18 - <http://www.wales.nhs.uk/sitesplus/888/page/67795> (last accessed 9th October 2022)

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 9th October 2022

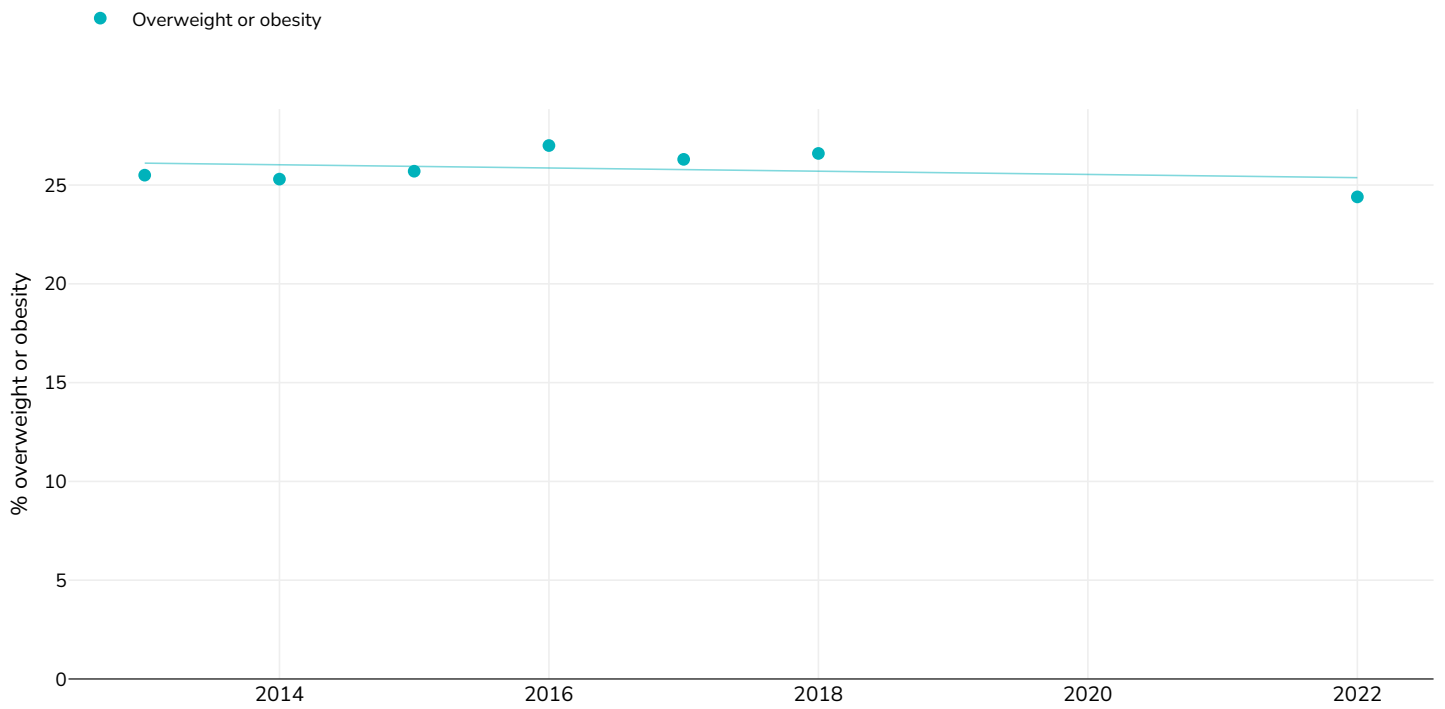
2022: Child Measurement Programme 2022/23. Public Health Wales NHS Trust <https://phw.nhs.wales/services-and-teams/child-measurement-programme/> (Accessed 9th October 2022)

Notes:

Definitions:

85th & 95th centile no

Different methodologies may have been used to collect this data and so data from different surveys may not be strictly comparable. Please check data sources for method



Survey
type:

References:

2013: Child Measurement Programme Wales 2013/14. Public Health Wales NHS Trust. [http://www2.nphs.wales.nhs.uk:8080/ChildMeasurementDocs.nsf/85c50756737f79ac80256f2700534ea3/692fe9649b4fc8be80257e255900000000/\\$FILE/ATTOSH7G.pdf](http://www2.nphs.wales.nhs.uk:8080/ChildMeasurementDocs.nsf/85c50756737f79ac80256f2700534ea3/692fe9649b4fc8be80257e255900000000/$FILE/ATTOSH7G.pdf) (last accessed 9th October 2022)

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2016: Public Health Wales. (2018). The Child Measurement Programme for Wales 2016/17. Public Health Wales NHS Trust. <http://www.wales.nhs.uk/sitesplus/documents/888/12743%20PHW%20CMP%20Report%20%28Eng%29.pdf>. Last accessed 9th October 2022

2017: Welsh Child Measurement Programme 2017-18 - <http://www.wales.nhs.uk/sitesplus/888/page/67795> (last accessed 9th October 2022)

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 9th October 2022

2022: Child Measurement Programme 2022/23. Public Health Wales NHS Trust <https://phw.nhs.wales/services-and-teams/child-measurement-programme/> (Accessed 9th October 2022)

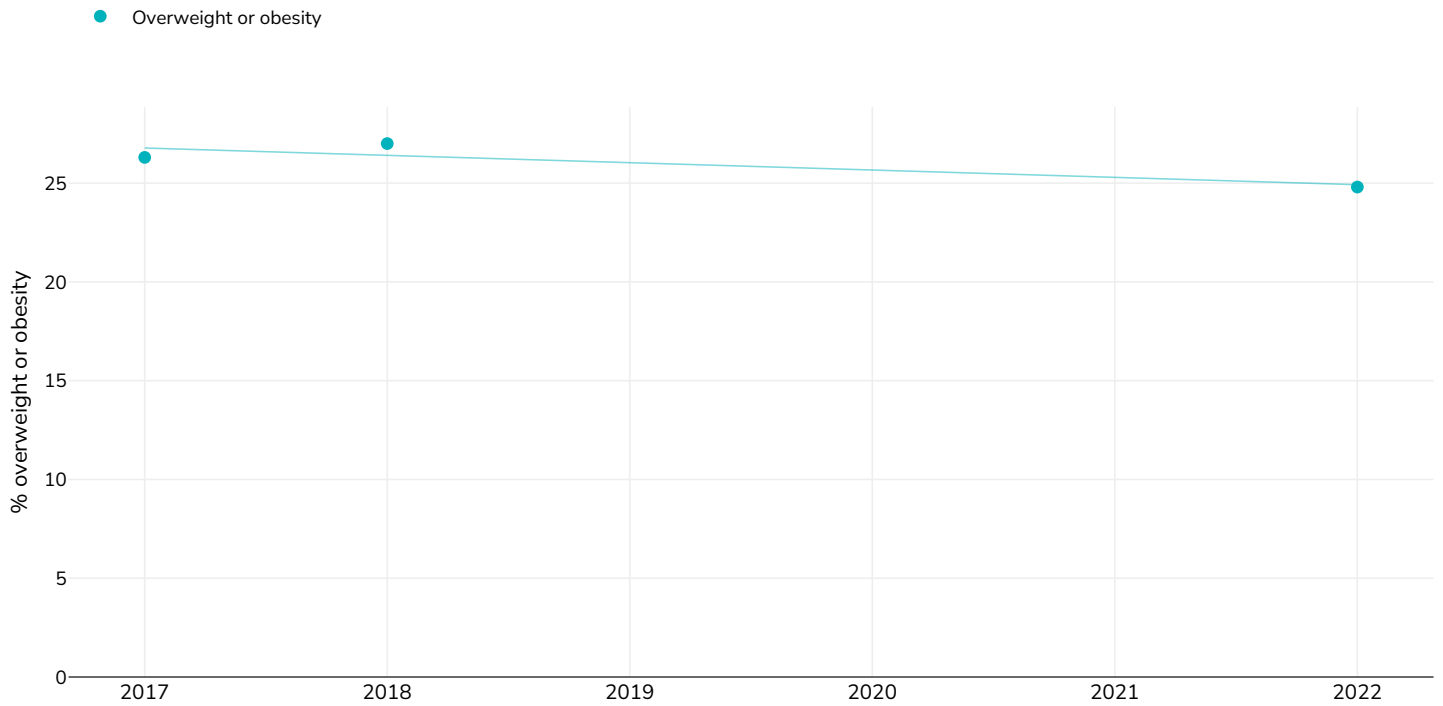
Notes:

Definitions:

85th & 95th centile

Different methodologies may have been used to collect this data and so data from different surveys may not be strictly comparable. Please check the data sources for method

Boys and girls



Survey type:

References:

- 2013: Child Measurement Programme Wales 2013/14. Public Health Wales NHS Trust. [http://www2.nphs.wales.nhs.uk:8080/ChildMeasurementDocs.nsf/85c50756737f79ac80256f2700534ea3/692fe9649b4fc8be80257e9589594959/\\$FILE/ATT0SH7G.pdf](http://www2.nphs.wales.nhs.uk:8080/ChildMeasurementDocs.nsf/85c50756737f79ac80256f2700534ea3/692fe9649b4fc8be80257e9589594959/$FILE/ATT0SH7G.pdf) (last accessed 9th October 2022)
- 2014: Child Measurement Programme Wales 2014/15. Public Health Wales NHS Trust. <http://www.wales.nhs.uk/sitesplus/documents/888/12318%20PHWO%20Child%20Measurement%20Eng%202014-15.pdf> (last accessed 9th October 2022)
- 2015: Child Measurement Programme 2015-6. Public Health Wales NHS Trust. <http://www.wales.nhs.uk/sitesplus/documents/888/12743%20PHW%20CMP%20Report%20%28Eng%29.pdf> (last accessed 9th October 2022)
- 2016: Public Health Wales. (2018). The Child Measurement Programme for Wales 2016/17. Public Health Wales NHS Trust. <http://www.wales.nhs.uk/sitesplus/documents/888/12743%20PHW%20CMP%20Report%20%28Eng%29.pdf>. Last accessed 9th October 2022
- 2017: Welsh Child Measurement Programme 2017-18 - <http://www.wales.nhs.uk/sitesplus/888/page/67795> (last accessed 9th October 2022)
- 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 9th October 2022
- 2022: Child Measurement Programme 2022/23. Public Health Wales NHS Trust <https://phw.nhs.wales/services-and-teams/child-measurement-programme/> (Accessed 9th October 2022)

Notes:

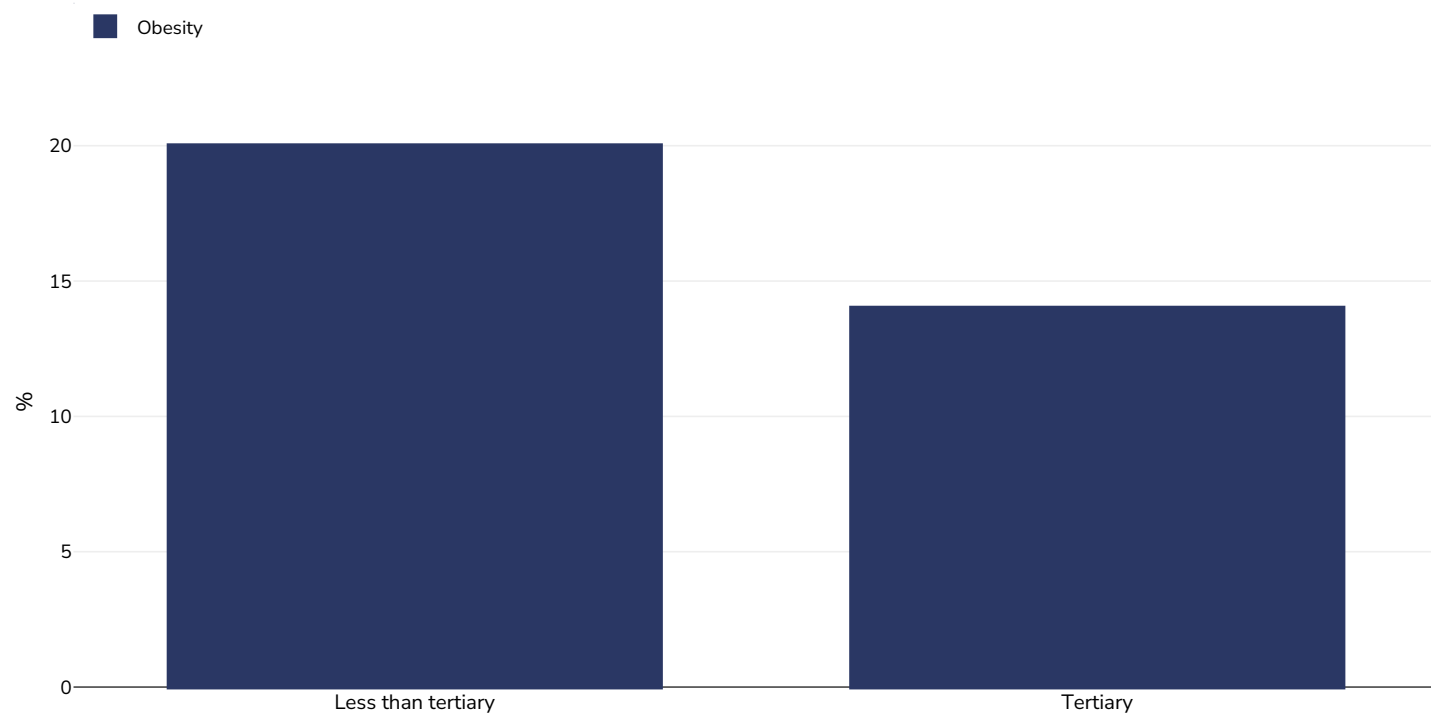
Definitions:

85th & 95th centile

Different methodologies may have been used to collect this data and so data from different surveys may not be strictly comparable. Please check data sources for method

Overweight/obesity by education

Men, 2005



Survey type: Self-reported

Age: 16+

Sample size: 291494

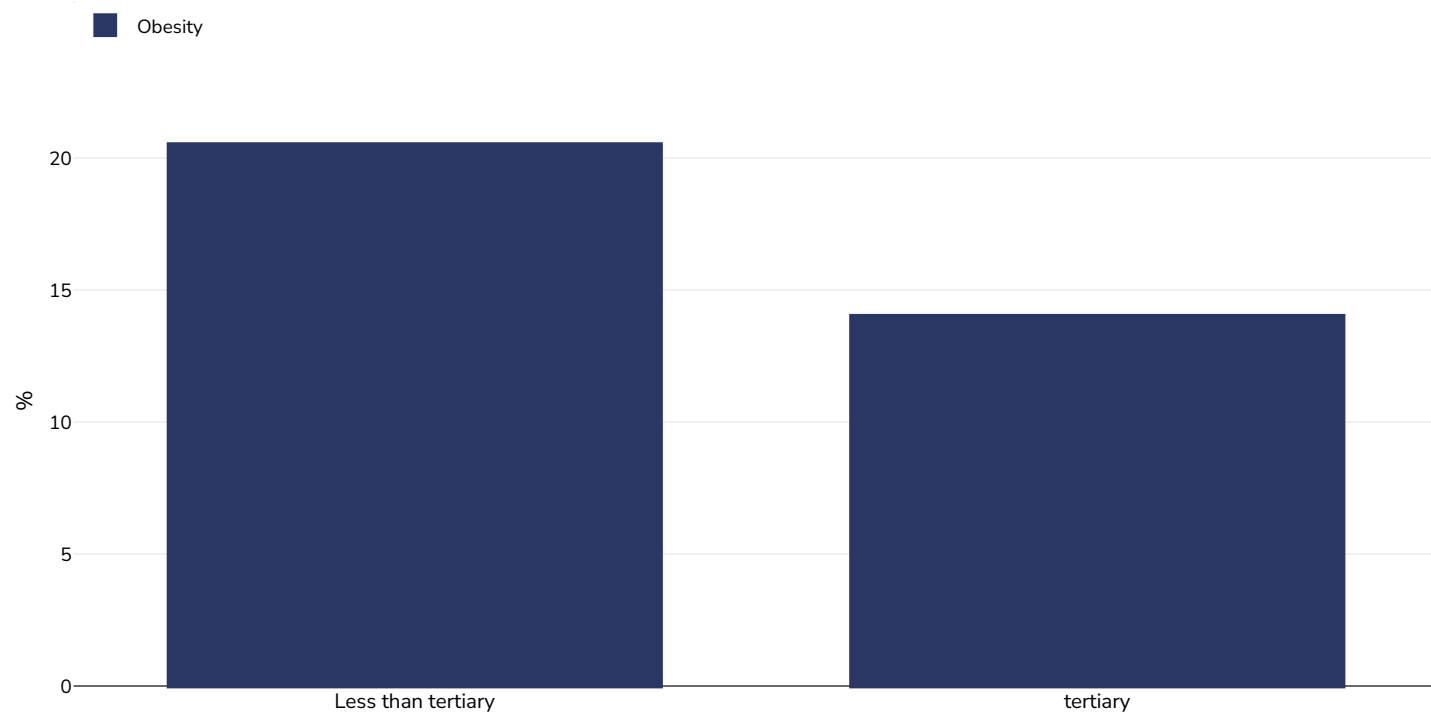
Area covered: National

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

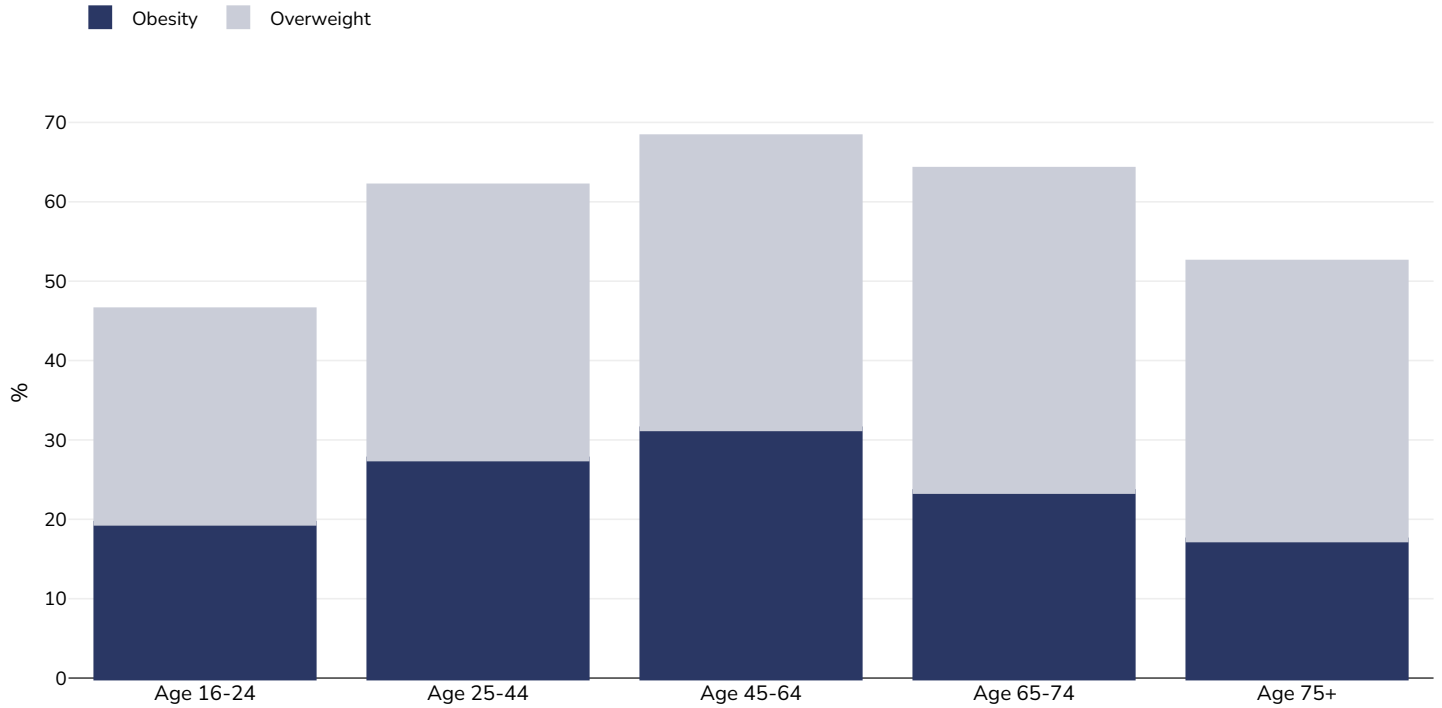
References: Keaver et al (2020). Future trends in social inequalities in obesity in England, Wales and Scotland. Available at: <https://academic.oup.com/jpubhealth/article/42/1/e51/5374486>. Data extracted by author from Welsh Health Survey 2004–14. Last accessed 15/04/21.

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

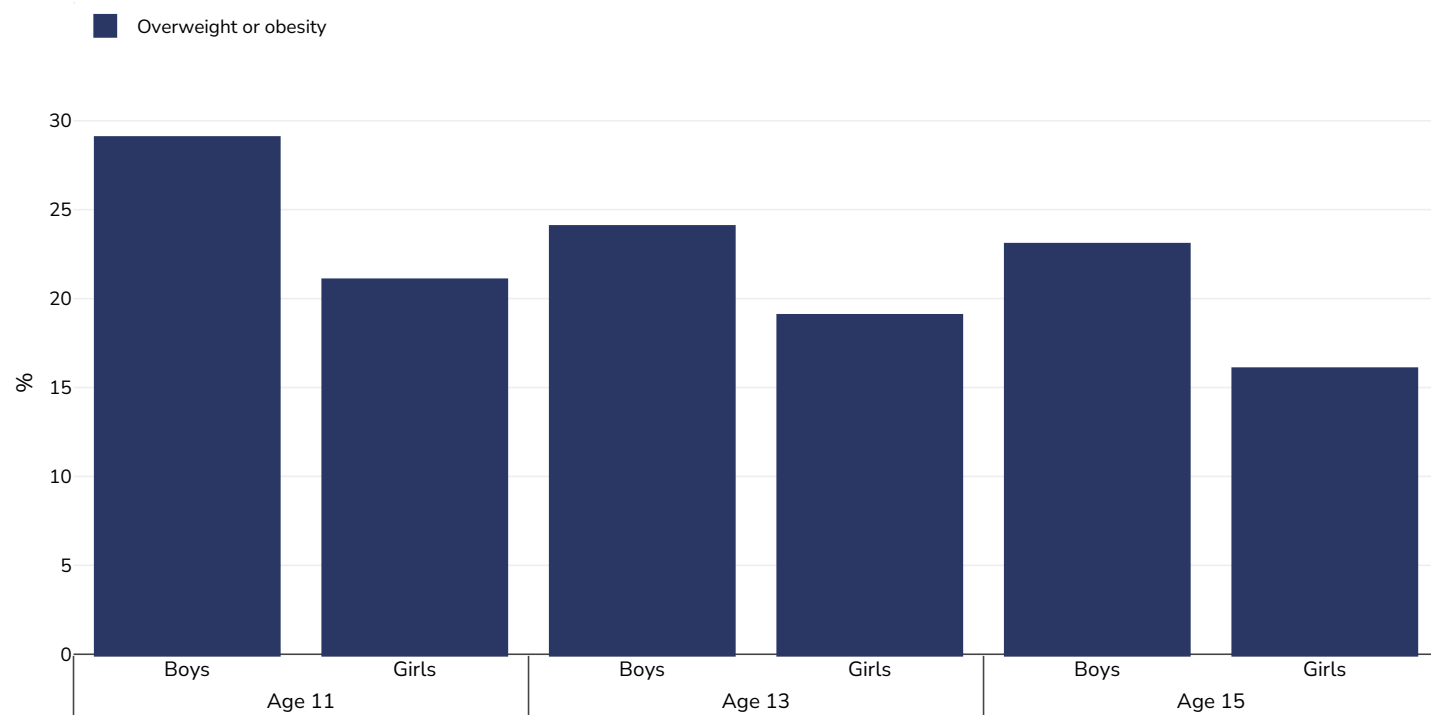
Area covered:

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.

Children, 2017-2018



Survey type: Self-reported

Sample size: 15,763

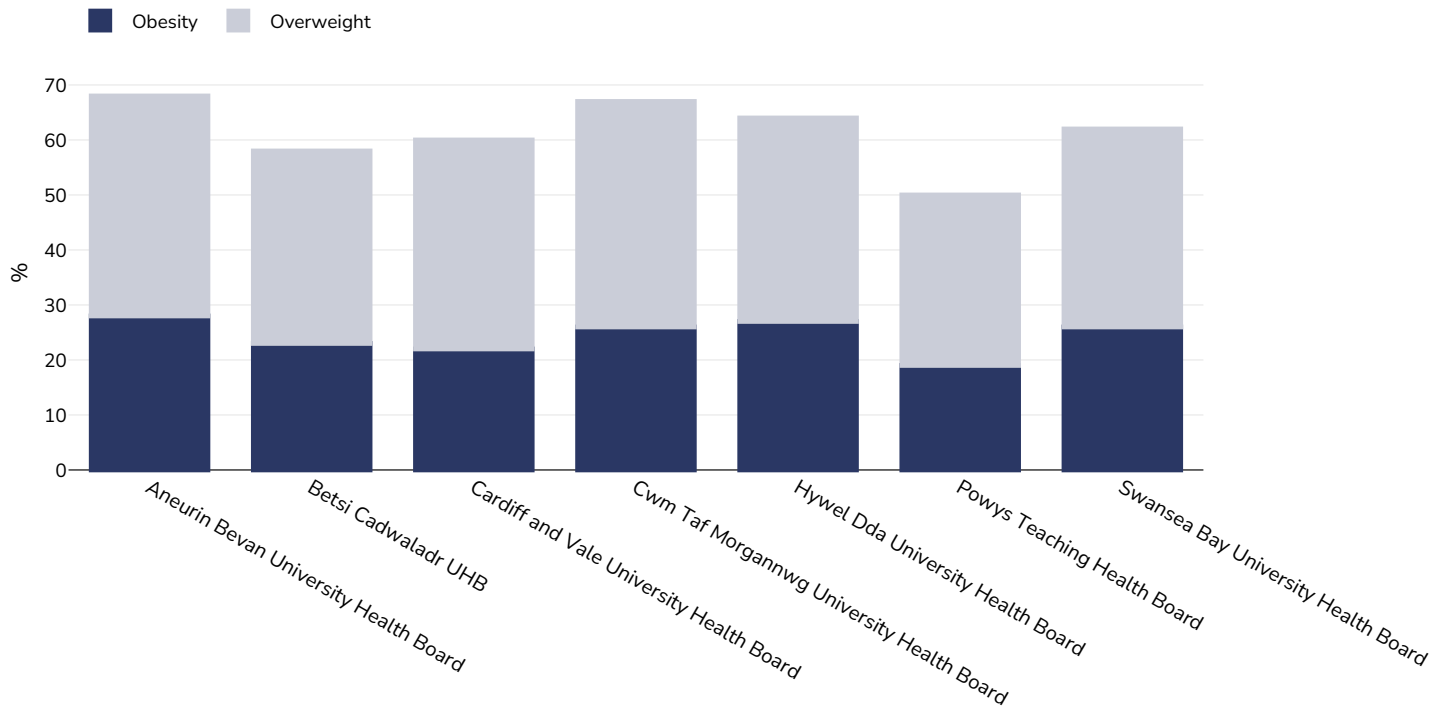
Area covered: National

References: World Health Organization (2020). Spotlight on adolescent health and well-being - Findings from the 2017/2018 Health Behaviour in School-aged Children (HBSC) survey in Europe and Canada. Available at: <https://apps.who.int/iris/bitstream/handle/10665/332091/9789289055000-eng.pdf>. Last accessed: 20.05.21.

Cutoffs: WHO

Overweight/obesity by region

Adults, 2021-2022



Survey type: Self-reported

Age: 16+

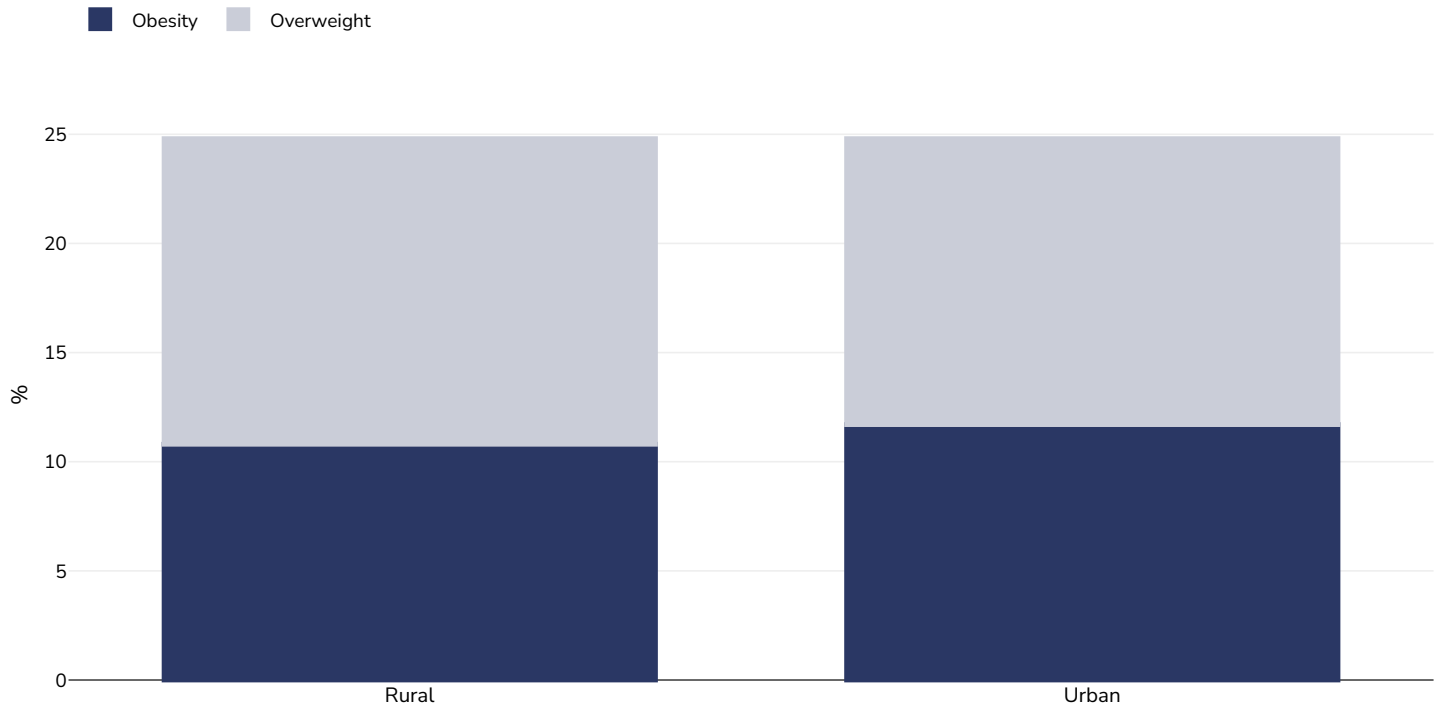
Area covered: National

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.

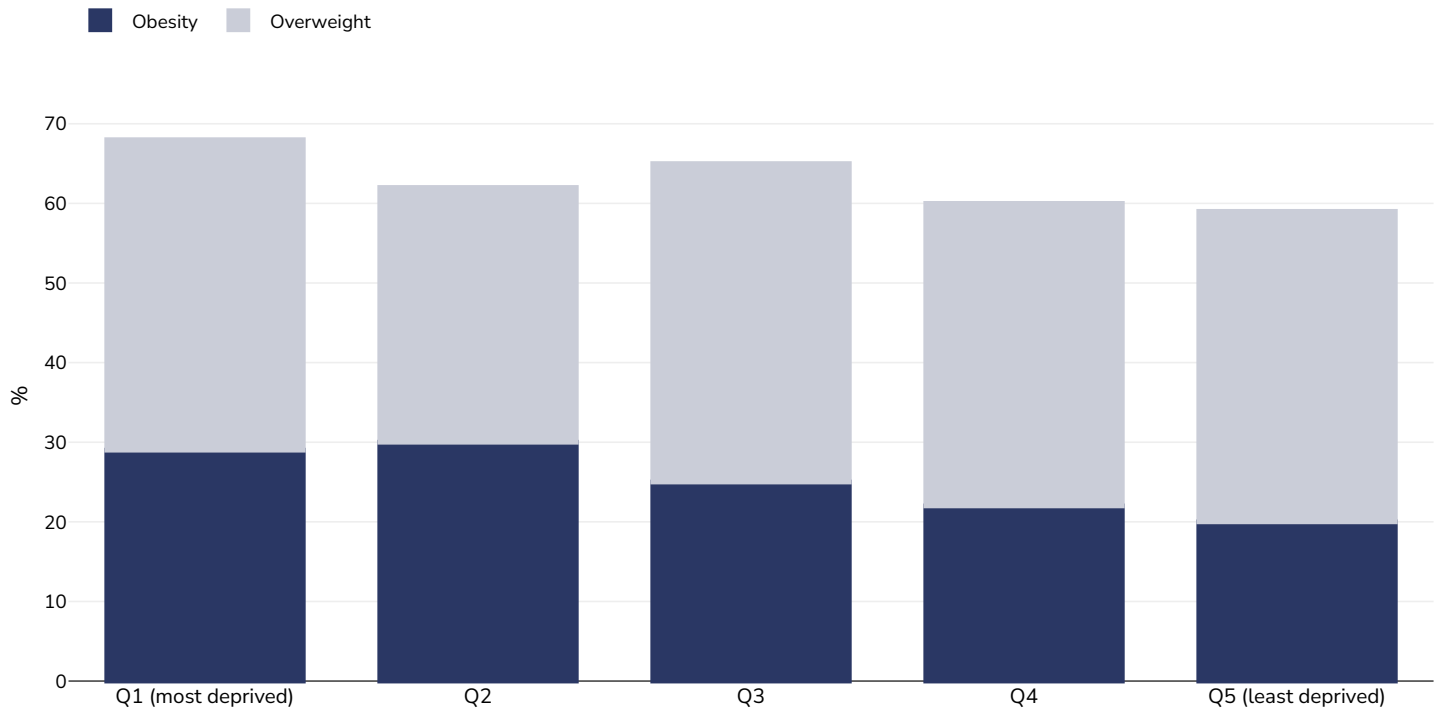
0-5 years, 2022-2023



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

Overweight/obesity by socio-economic group

Adults, 2021-2022



Survey type: Self-reported

Age: 16+

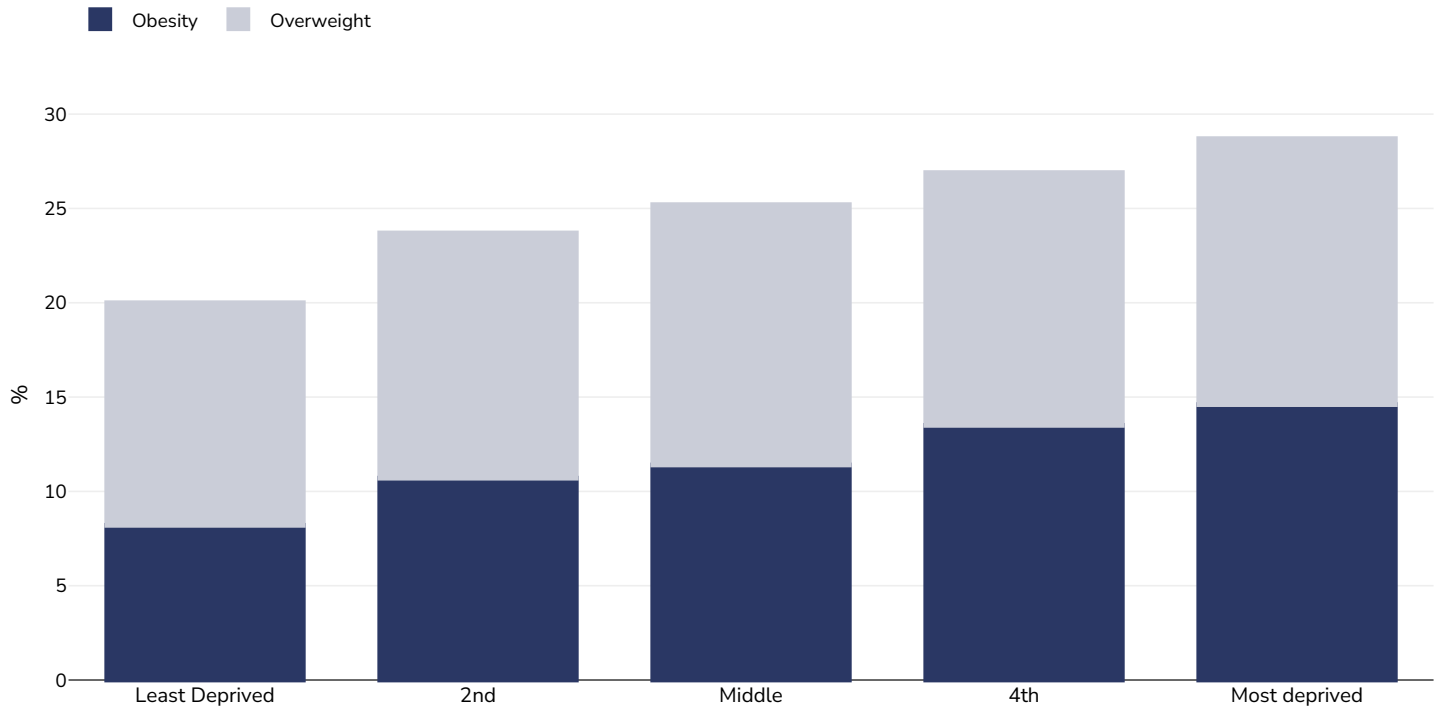
Area covered: National

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

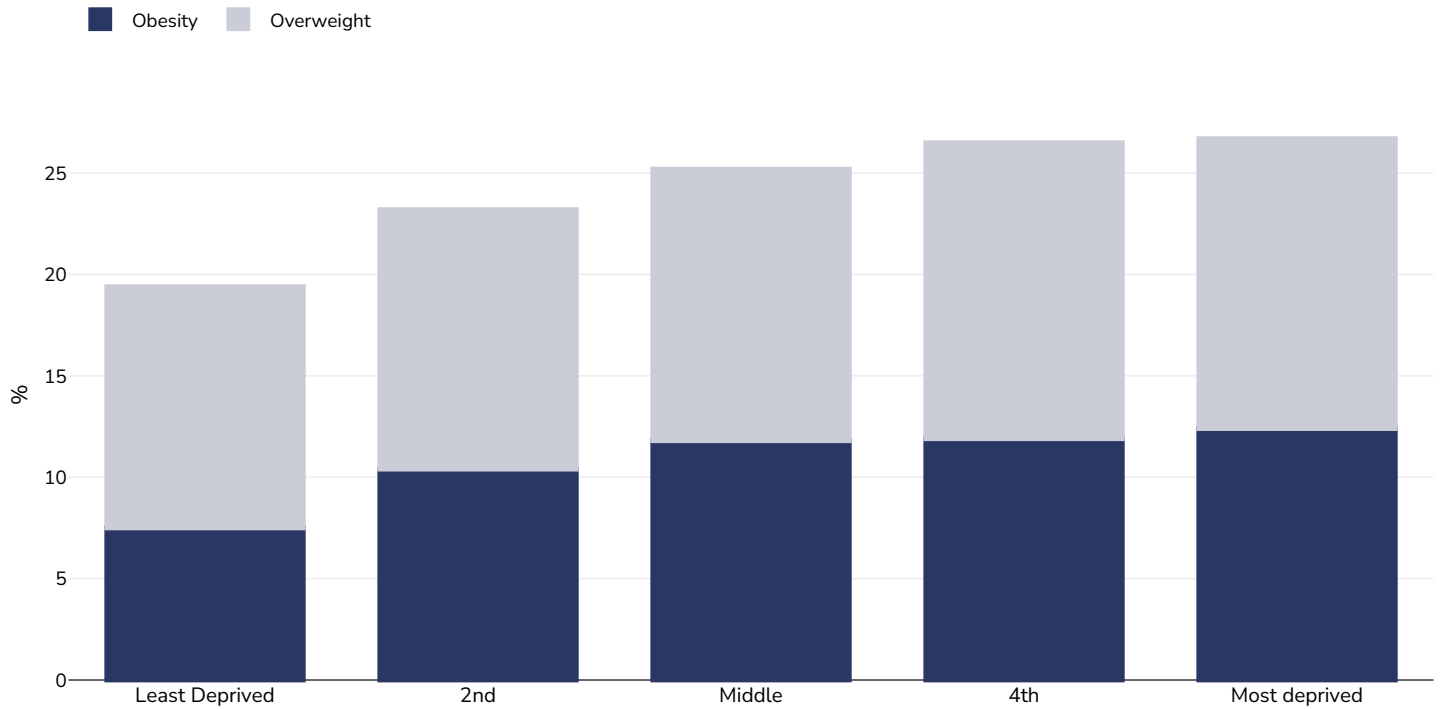
Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².

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

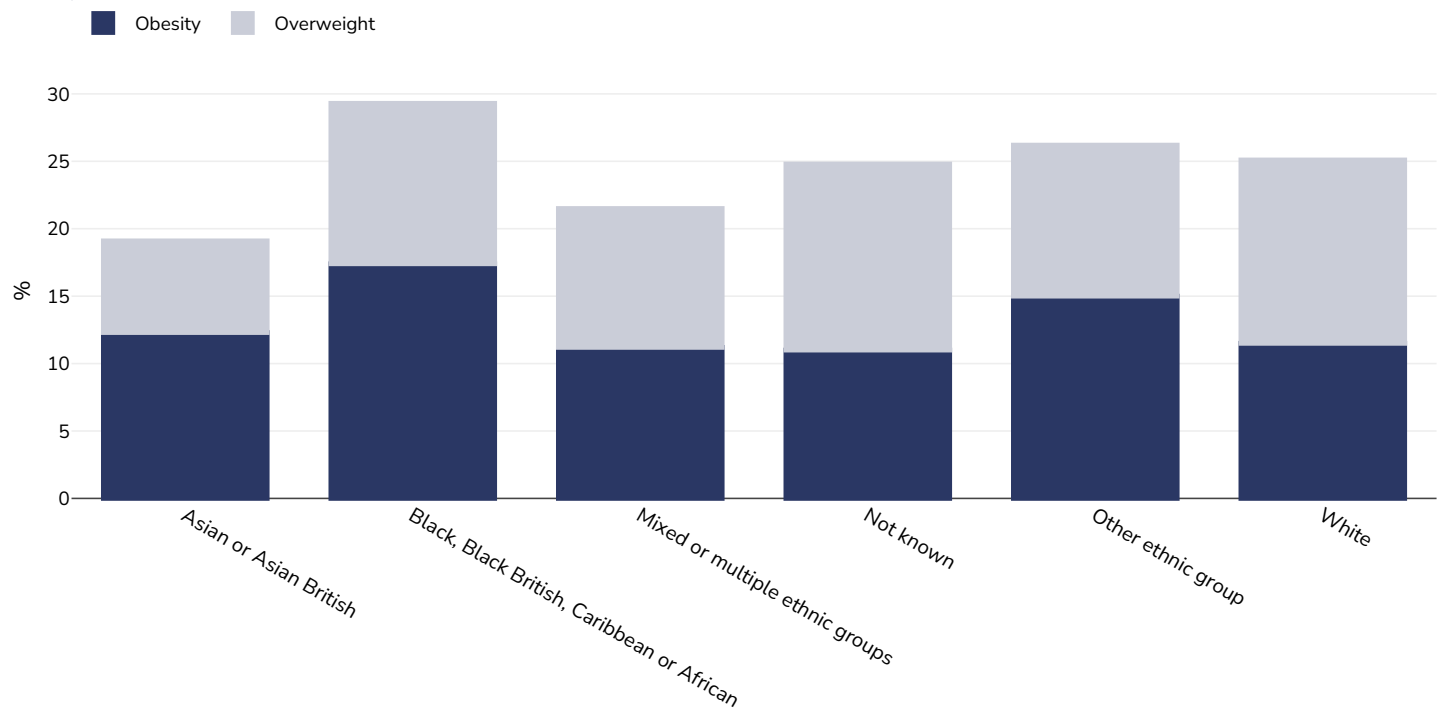


Survey type:	Measured
Age:	4-5
Sample size:	29916
Area covered:	National
References:	Child Measurement Programme 2022/23. Public Health Wales NHS Trust https://phw.nhs.wales/services-and-teams/child-measurement-programme/ (Accessed 22.05.24)
Notes:	For Wales-level reporting, national fifths of deprivation 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

Contextual factors

Disclaimer: These contextual factors should be interpreted with care. Results are updated as regularly as possible and use very specific criteria. The criteria used and full definitions are available for download at the bottom of this page.



Labelling

Is there mandatory nutrition labelling?	
Front-of-package labelling?	
Back-of-pack nutrition declaration?	
Color coding?	
Warning label?	



Regulation and marketing

Are there fiscal policies on unhealthy products?	✓
Tax on unhealthy foods?	✗
Tax on unhealthy drinks?	✓
Are there fiscal policies on healthy products?	✗
Subsidy on fruits?	✗
Subsidy on vegetables?	✗
Subsidy on other healthy products?	✗
Mandatory limit or ban of trans fat (all settings)?	✓
Mandatory limit of trans fats in place (all settings)?	✓
Ban on trans-fats or phos in place (all settings)?	✗
Are there any mandatory policies/marketing restrictions on the promotion of unhealthy food/drinks to children?	✓
Mandatory restriction on broadcast media?	✓
Mandatory restriction on non-broadcast media?	✓
Voluntary policies/marketing restrictions on the promotion of unhealthy food/drinks to children?	✓
Are there mandatory standards for food in schools?	✓
Are there any mandatory nutrient limits in any manufactured food products?	✗
Nutrition standards for public sector procurement?	✗



Political will and support

National obesity strategy or nutrition and physical activity national strategy?	✓
National obesity strategy?	✓
National childhood obesity strategy?	✓
Comprehensive nutrition strategy?	✓
Comprehensive physical activity strategy?	✓
Evidence-based dietary guidelines and/or RDAs?	✓
National target(s) on reducing obesity?	✗
Guidelines/policy on obesity treatment?	✓
Promotion of breastfeeding?	✓



Monitoring and surveillance

Monitoring of the prevalence and incidence for the main obesity-related NCDs and risk factors?	✓
Within 5 years?	✓



Governance and resource

Multi-sectoral national co-ordination mechanism for obesity or nutrition (including obesity)?	✗
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Key

✓ Present	✓ _v Present (voluntary)	✓ Incoming	✗ Absent	? Unknown
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Last updated September 13, 2022

PDF created on October 1, 2024