

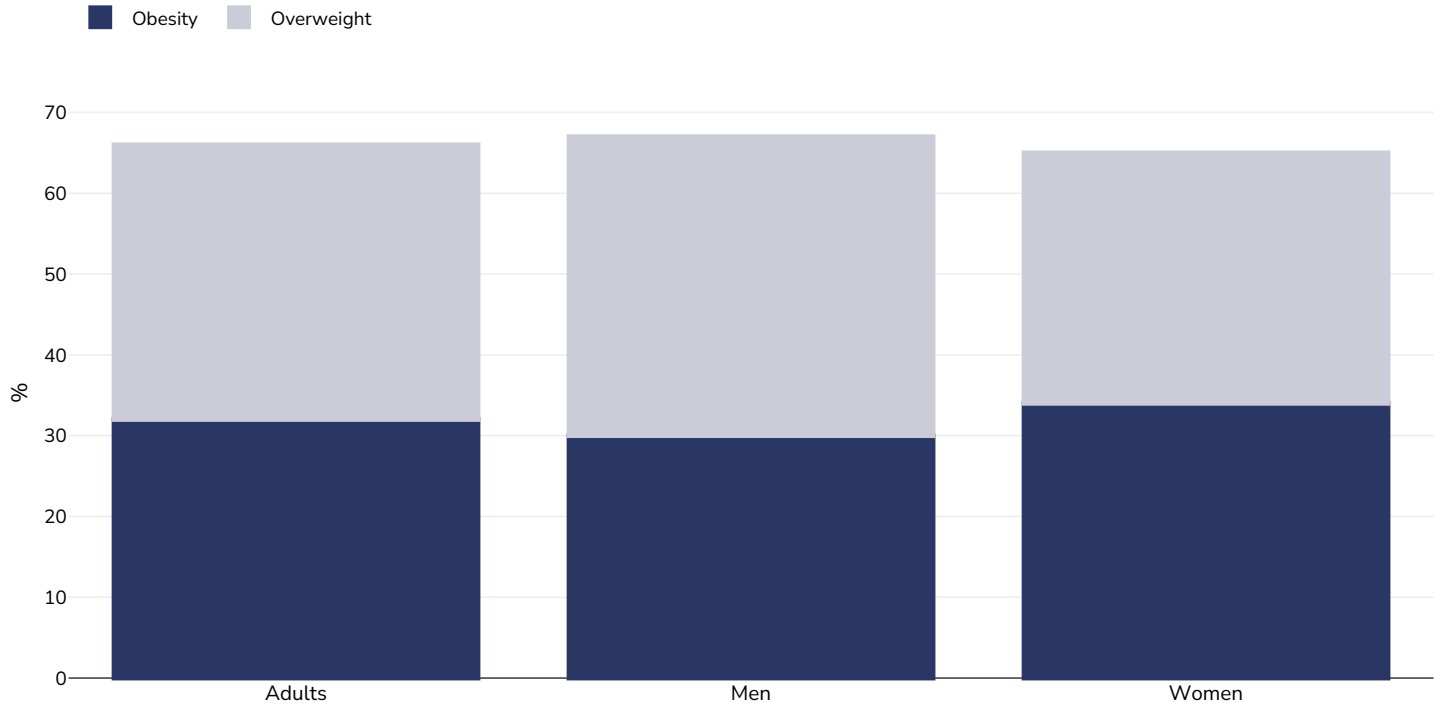
# Report card Scotland



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## Obesity prevalence

### Adults, 2023



Survey type: Self-reported

Age: 16+

Sample size: 3654

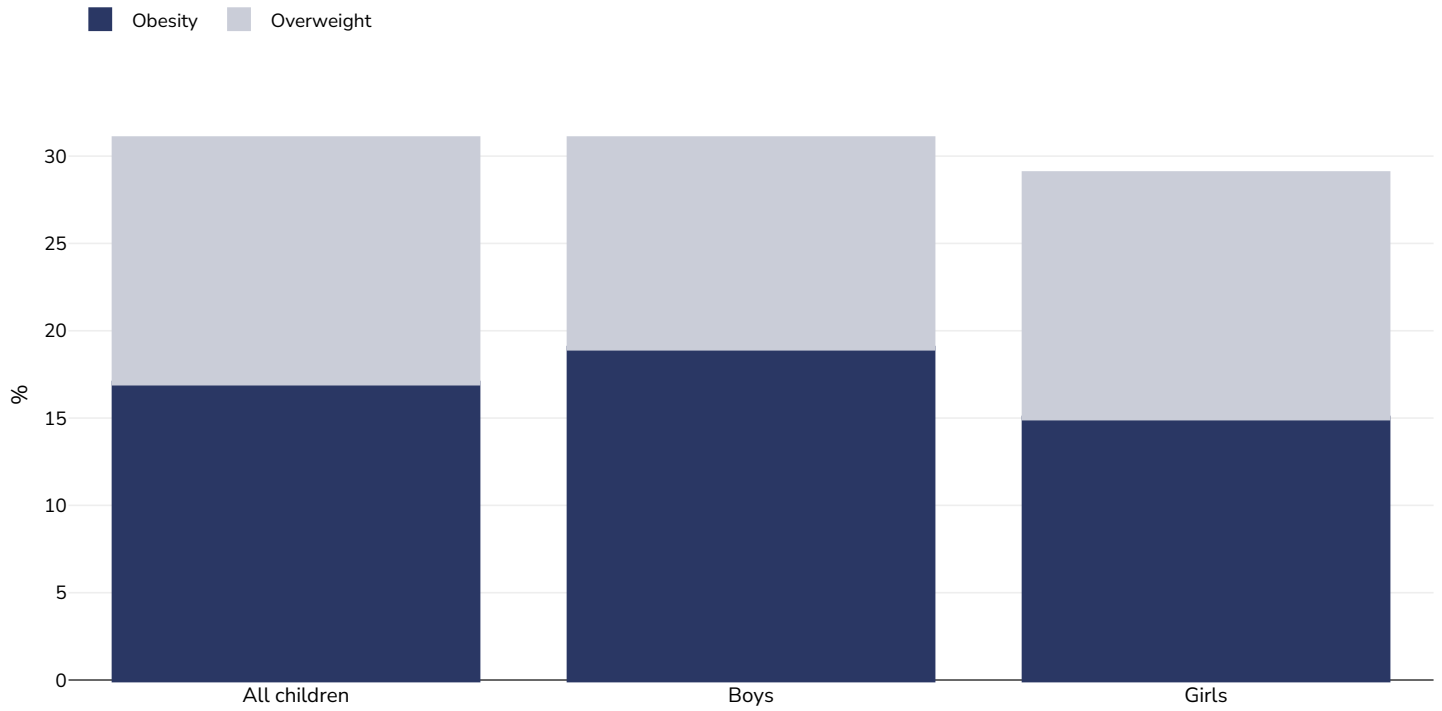
Area covered: National

References: Scottish Health Survey 2023. Available at <https://www.gov.scot/publications/scottish-health-survey-2023-volume-1-main-report/documents/> (last accessed 18.11.24)

Notes: Combination of adjusted self report and measured data

*Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m<sup>2</sup>, obesity refers to a BMI greater than 30kg/m<sup>2</sup>.*

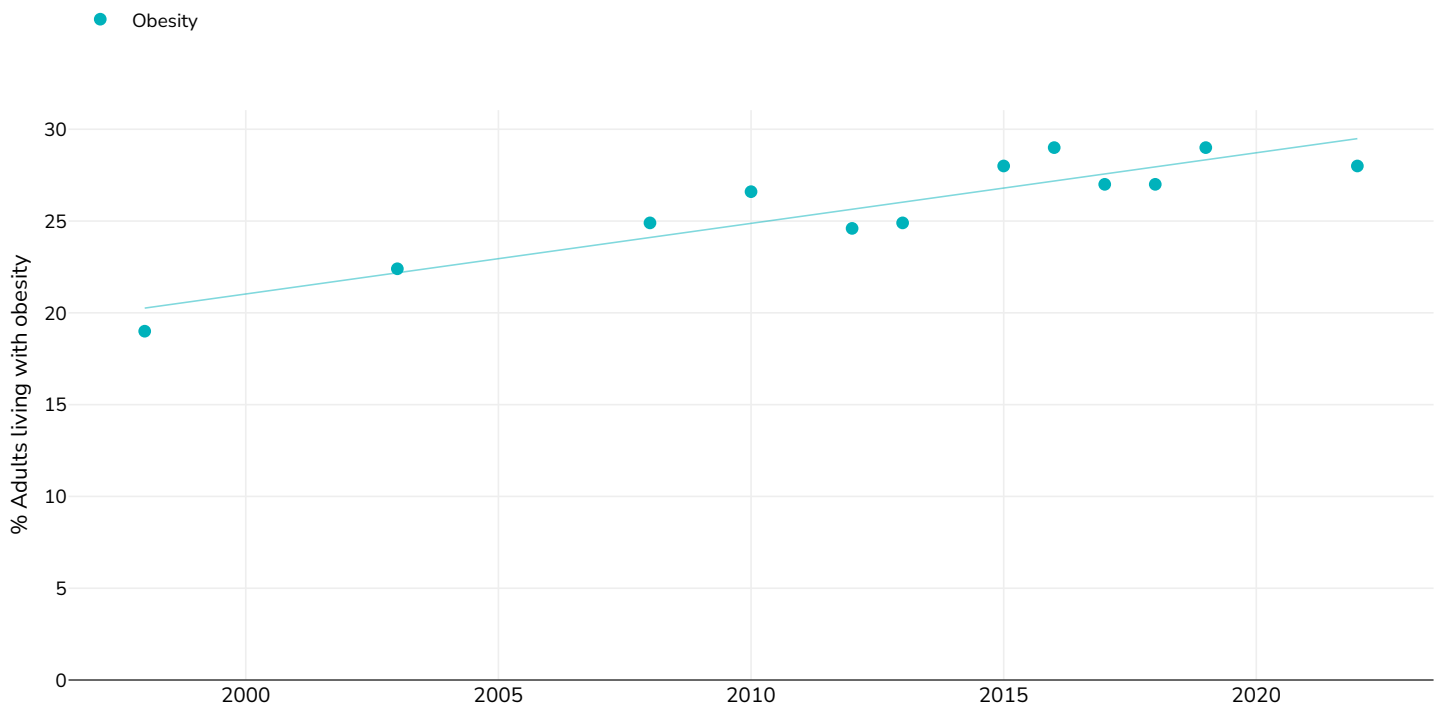
## Children, 2023



Survey type:	Measured
Age:	2-15
Sample size:	1365
Area covered:	National
References:	Scottish Health Survey 2023. Available at <a href="https://www.gov.scot/publications/scottish-health-survey-2023-volume-1-main-report/documents/">https://www.gov.scot/publications/scottish-health-survey-2023-volume-1-main-report/documents/</a> (last accessed 18.11.24)
Cutoffs:	85th/95th Centile

## **% Adults living with obesity in Scotland 1998-2022**

## Men



Survey  
type:

Measured

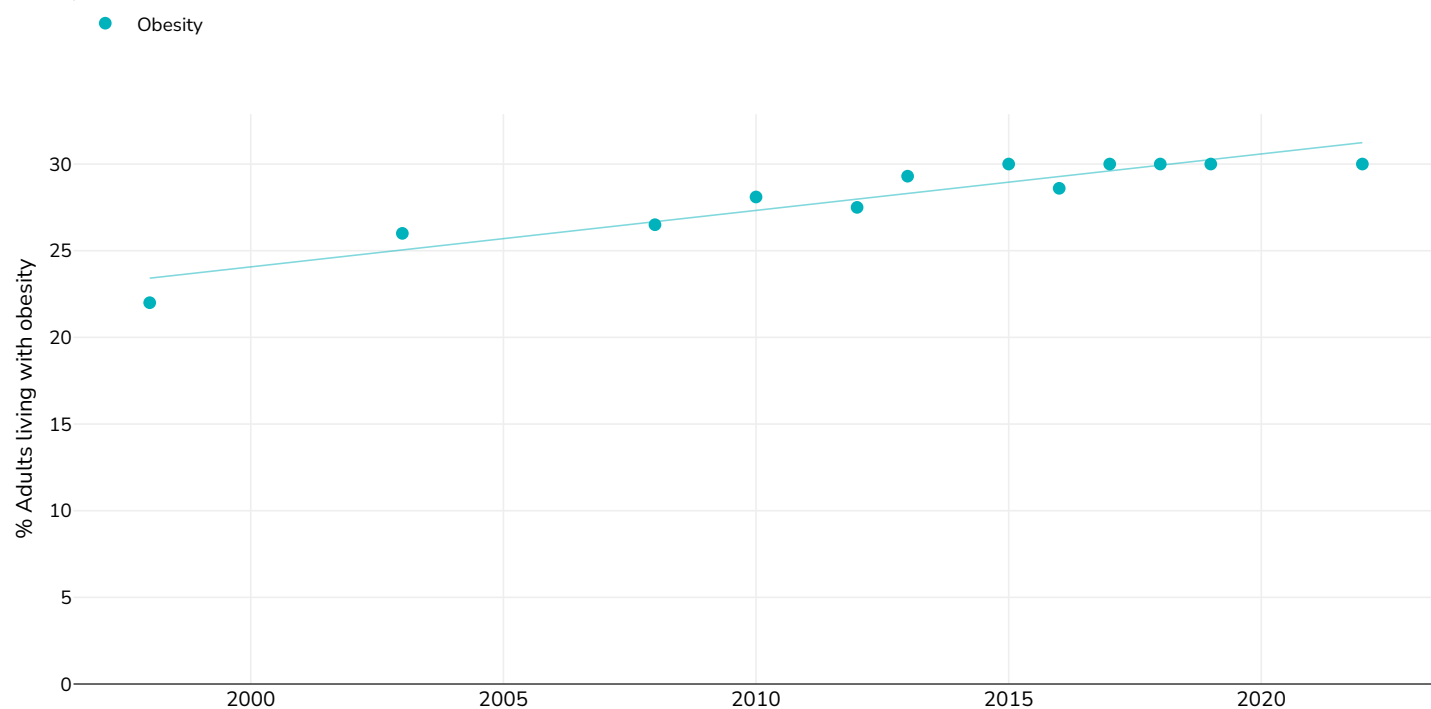
References:

- 1998: Scottish Health Survey 1998
- 2003: <http://www.scotland.gov.uk/Publications/2005/11/25145024/50251>
- 2008: Bromley C, Bradshaw P and Given L. (2009). 2008 Scottish Health Survey, Volume 1. The Scottish Government, Edinburgh.
- 2010: Scottish Health Survey 2010 <http://www.scotland.gov.uk/Publications/2011/09/27084018/0>
- 2012: Scottish Health Survey <http://www.scotland.gov.uk/Resource/0043/00434590.pdf>
- 2013: Scottish Health Survey <http://www.scotland.gov.uk/Publications/2014/12/9982/downloads> (last accessed 9th December 2013)
- 2015: Scottish Health Survey 2015 (<https://view.officeapps.live.com/op/view.aspx?src=http://www.gov.scot/Resource/0050/00505713.xls> last accessed 8th Jan 2017)
- 2016: Scottish Health Survey 2016 (<http://www.gov.scot/Publications/2017/10/2970/downloads> last accessed 3rd October 2017) Link to Key stats report - <http://www.gov.scot/Resource/0052/00525366.pdf> Link to Main Report - <http://www.gov.scot/Resource/0052/00525472.pdf>
- 2017: Scottish Government. (2017). Scottish Health Survey 2017. Available: <https://www.gov.scot/Resource/0054/00540654.pdf>. Last accessed 3rd Oct 2018.
- 2018: Scottish Government. (2018). Scottish Health Survey 2018. Available: <https://www.gov.scot/publications/scottish-health-survey-2018-volume-1-main-report/> (Last accessed 24.09.19)
- 2019: Scottish Health Survey 2019. <https://www.gov.scot/collections/scottish-health-survey/> (last accessed 30.09.20)
- 2022: Scottish Health Survey 2022. Available at <https://www.gov.scot/publications/scottish-health-survey-2022-volume-1-main-report/pages/12/> (last accessed 05.12.23)

*Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m<sup>2</sup>, obesity refers to a BMI greater than 30kg/m<sup>2</sup>.*

*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.*

## Women



Survey  
type:

Measured

References:

- 1998: Scottish Health Survey 1998
- 2003: <http://www.scotland.gov.uk/Publications/2005/11/25145024/50251>
- 2008: Bromley C, Bradshaw P and Given L. (2009). 2008 Scottish Health Survey, Volume 1. The Scottish Government, Edinburgh.
- 2010: Scottish Health Survey 2010 <http://www.scotland.gov.uk/Publications/2011/09/27084018/0>
- 2012: Scottish Health Survey <http://www.scotland.gov.uk/Resource/0043/00434590.pdf>
- 2013: Scottish Health Survey <http://www.scotland.gov.uk/Publications/2014/12/9982/downloads> (last accessed 9th December 2013)
- 2015: Scottish Health Survey 2015 (<https://view.officeapps.live.com/op/view.aspx?src=http://www.gov.scot/Resource/0050/00505713.xls> last accessed 8th Jan 2017)
- 2016: Scottish Health Survey 2016 (<http://www.gov.scot/Publications/2017/10/2970/downloads> last accessed 3rd October 2017) Link to Key stats report - <http://www.gov.scot/Resource/0052/00525366.pdf> Link to Main Report - <http://www.gov.scot/Resource/0052/00525472.pdf>
- 2017: Scottish Government. (2017). Scottish Health Survey 2017. Available: <https://www.gov.scot/Resource/0054/00540654.pdf>. Last accessed 3rd Oct 2018.
- 2018: Scottish Government. (2018). Scottish Health Survey 2018. Available: <https://www.gov.scot/publications/scottish-health-survey-2018-volume-1-main-report/> (Last accessed 24.09.19)
- 2019: Scottish Health Survey 2019. <https://www.gov.scot/collections/scottish-health-survey/> (last accessed 30.09.20)
- 2022: Scottish Health Survey 2022. Available at <https://www.gov.scot/publications/scottish-health-survey-2022-volume-1-main-report/pages/12/> (last accessed 05.12.23)

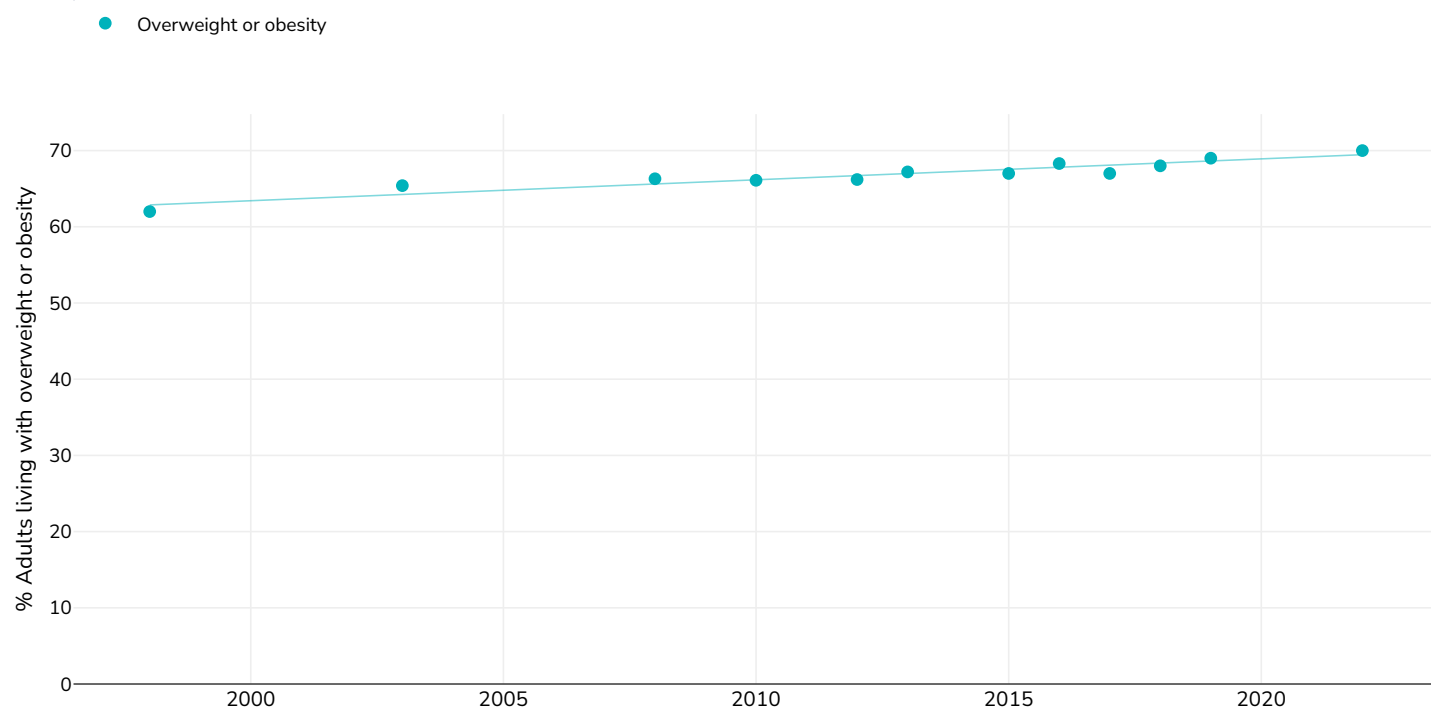
*Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m<sup>2</sup>, obesity refers to a BMI greater than 30kg/m<sup>2</sup>.*

*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.*



## **% Adults living with overweight or obesity in Scotland 1998-2022**

## Men



Survey  
type:

Measured

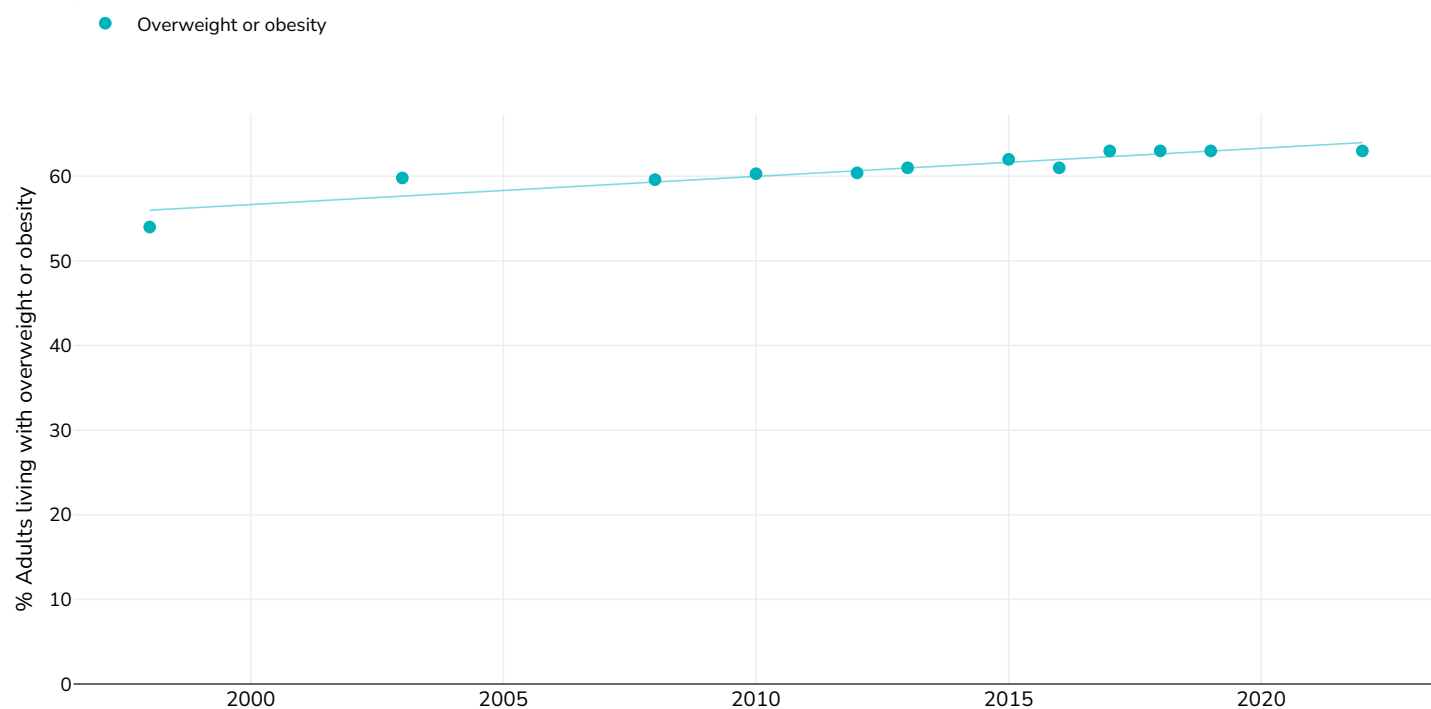
References:

- 1998: Scottish Health Survey 1998
- 2003: <http://www.scotland.gov.uk/Publications/2005/11/25145024/50251>
- 2008: Bromley C, Bradshaw P and Given L. (2009). 2008 Scottish Health Survey, Volume 1. The Scottish Government, Edinburgh.
- 2010: Scottish Health Survey 2010 <http://www.scotland.gov.uk/Publications/2011/09/27084018/0>
- 2012: Scottish Health Survey <http://www.scotland.gov.uk/Resource/0043/00434590.pdf>
- 2013: Scottish Health Survey <http://www.scotland.gov.uk/Publications/2014/12/9982/downloads> (last accessed 9th December 2013)
- 2015: Scottish Health Survey 2015 (<https://view.officeapps.live.com/op/view.aspx?src=http://www.gov.scot/Resource/0050/00505713.xls> last accessed 8th Jan 2017)
- 2016: Scottish Health Survey 2016 (<http://www.gov.scot/Publications/2017/10/2970/downloads> last accessed 3rd October 2017) Link to Key stats report - <http://www.gov.scot/Resource/0052/00525366.pdf> Link to Main Report - <http://www.gov.scot/Resource/0052/00525472.pdf>
- 2017: Scottish Government. (2017). Scottish Health Survey 2017. Available: <https://www.gov.scot/Resource/0054/00540654.pdf>. Last accessed 3rd Oct 2018.
- 2018: Scottish Government. (2018). Scottish Health Survey 2018. Available: <https://www.gov.scot/publications/scottish-health-survey-2018-volume-1-main-report/> (Last accessed 24.09.19)
- 2019: Scottish Health Survey 2019. <https://www.gov.scot/collections/scottish-health-survey/> (last accessed 30.09.20)
- 2022: Scottish Health Survey 2022. Available at <https://www.gov.scot/publications/scottish-health-survey-2022-volume-1-main-report/pages/12/> (last accessed 05.12.23)

*Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m<sup>2</sup>, obesity refers to a BMI greater than 30kg/m<sup>2</sup>.*

*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.*

## Women



Survey  
type:

Measured

References:

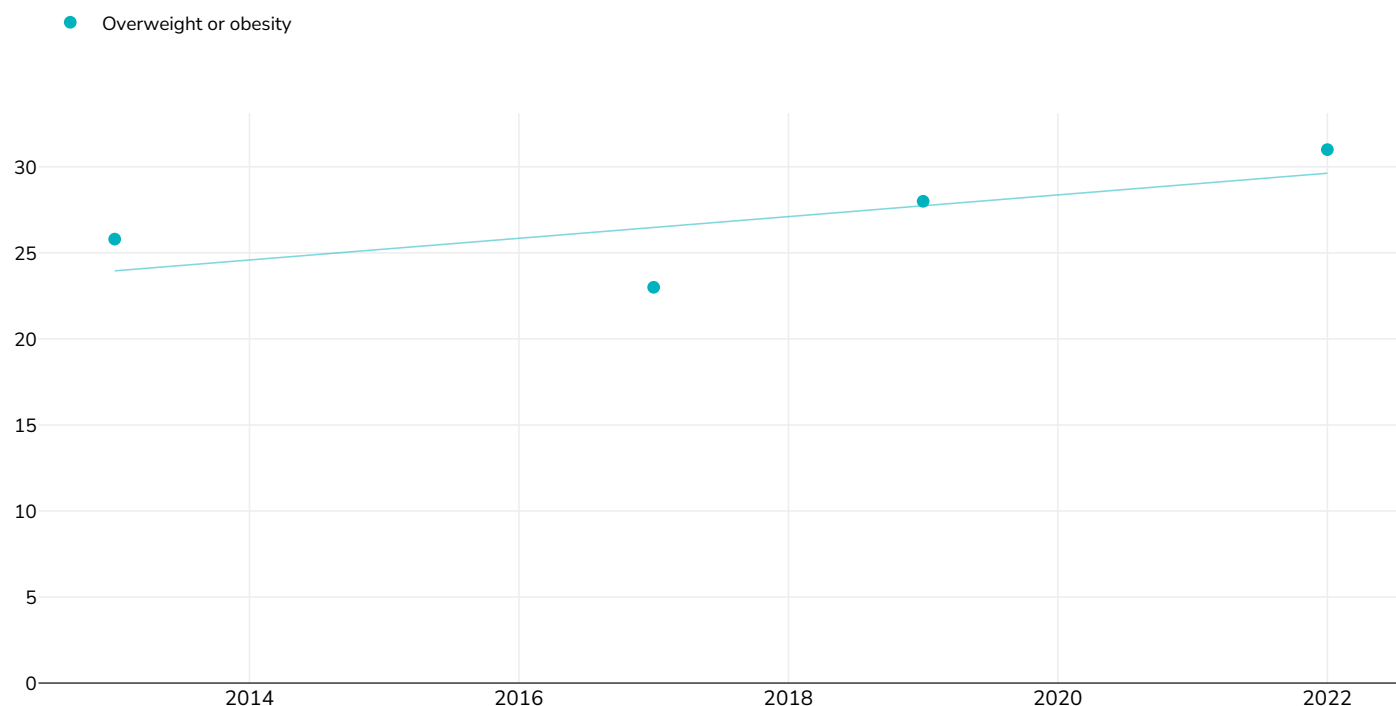
- 1998: Scottish Health Survey 1998
- 2003: <http://www.scotland.gov.uk/Publications/2005/11/25145024/50251>
- 2008: Bromley C, Bradshaw P and Given L. (2009). 2008 Scottish Health Survey, Volume 1. The Scottish Government, Edinburgh.
- 2010: Scottish Health Survey 2010 <http://www.scotland.gov.uk/Publications/2011/09/27084018/0>
- 2012: Scottish Health Survey <http://www.scotland.gov.uk/Resource/0043/00434590.pdf>
- 2013: Scottish Health Survey <http://www.scotland.gov.uk/Publications/2014/12/9982/downloads> (last accessed 9th December 2013)
- 2015: Scottish Health Survey 2015 (<https://view.officeapps.live.com/op/view.aspx?src=http://www.gov.scot/Resource/0050/00505713.xls> last accessed 8th Jan 2017)
- 2016: Scottish Health Survey 2016 (<http://www.gov.scot/Publications/2017/10/2970/downloads> last accessed 3rd October 2017) Link to Key stats report - <http://www.gov.scot/Resource/0052/00525366.pdf> Link to Main Report - <http://www.gov.scot/Resource/0052/00525472.pdf>
- 2017: Scottish Government. (2017). Scottish Health Survey 2017. Available: <https://www.gov.scot/Resource/0054/00540654.pdf>. Last accessed 3rd Oct 2018.
- 2018: Scottish Government. (2018). Scottish Health Survey 2018. Available: <https://www.gov.scot/publications/scottish-health-survey-2018-volume-1-main-report/> (Last accessed 24.09.19)
- 2019: Scottish Health Survey 2019. <https://www.gov.scot/collections/scottish-health-survey/> (last accessed 30.09.20)
- 2022: Scottish Health Survey 2022. Available at <https://www.gov.scot/publications/scottish-health-survey-2022-volume-1-main-report/pages/12/> (last accessed 05.12.23)

*Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m<sup>2</sup>, obesity refers to a BMI greater than 30kg/m<sup>2</sup>.*

*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.*

## % children living with overweight or obesity by age in Scotland 2013 - 2019

### Girls



References:

2013: Scottish Health Survey 2013

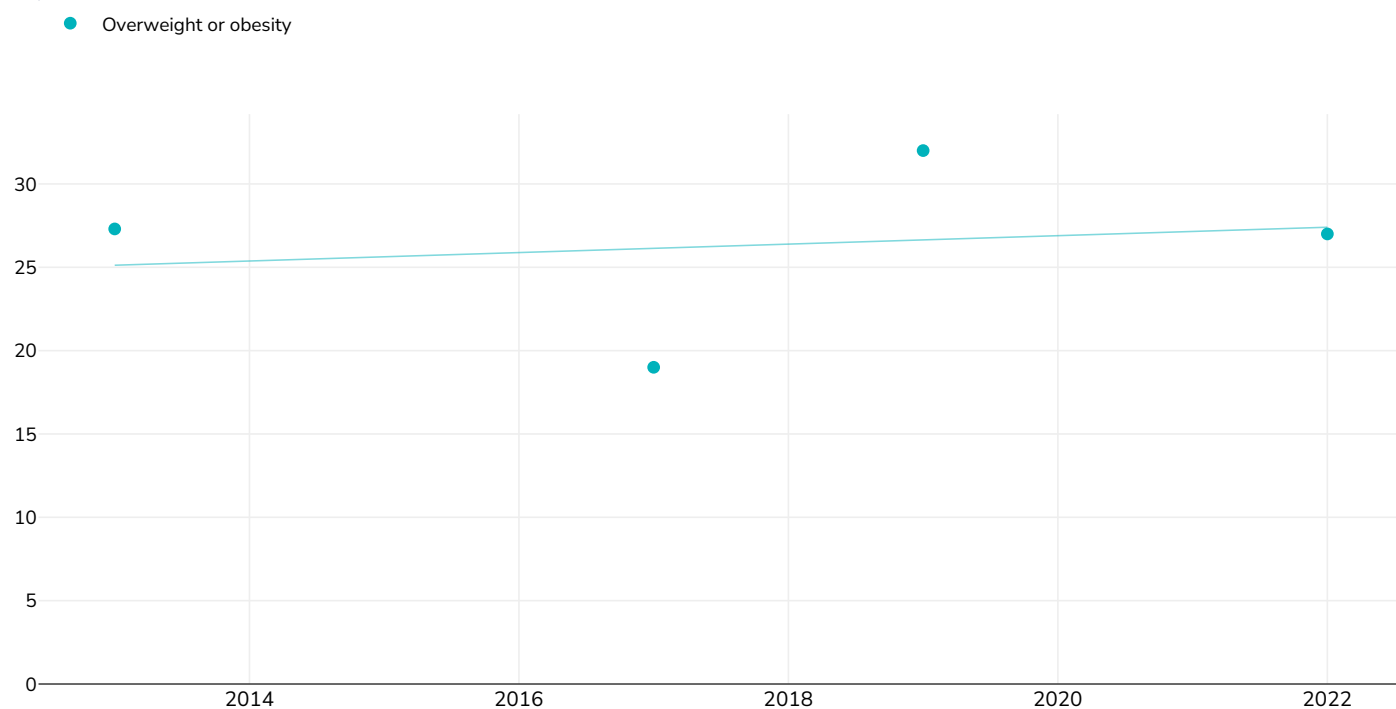
2017: Scottish Government. (2017). Scottish Health Survey 2017. Available: <https://www.gov.scot/Resource/0054/00540654.pdf>. Last accessed 3rd Oct 2018.

2019: Scottish Health Survey 2019. Scottish Health Survey 2019. <https://www.gov.scot/collections/scottish-health-survey/>. Last accessed: 13.05.21.

2022: Scottish Health Survey 2022. Available at <https://www.gov.scot/publications/scottish-health-survey-2022-volume-1-main-report/pages/12/> (last accessed 05.12.23)

*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



References:

2013: Scottish Health Survey 2013

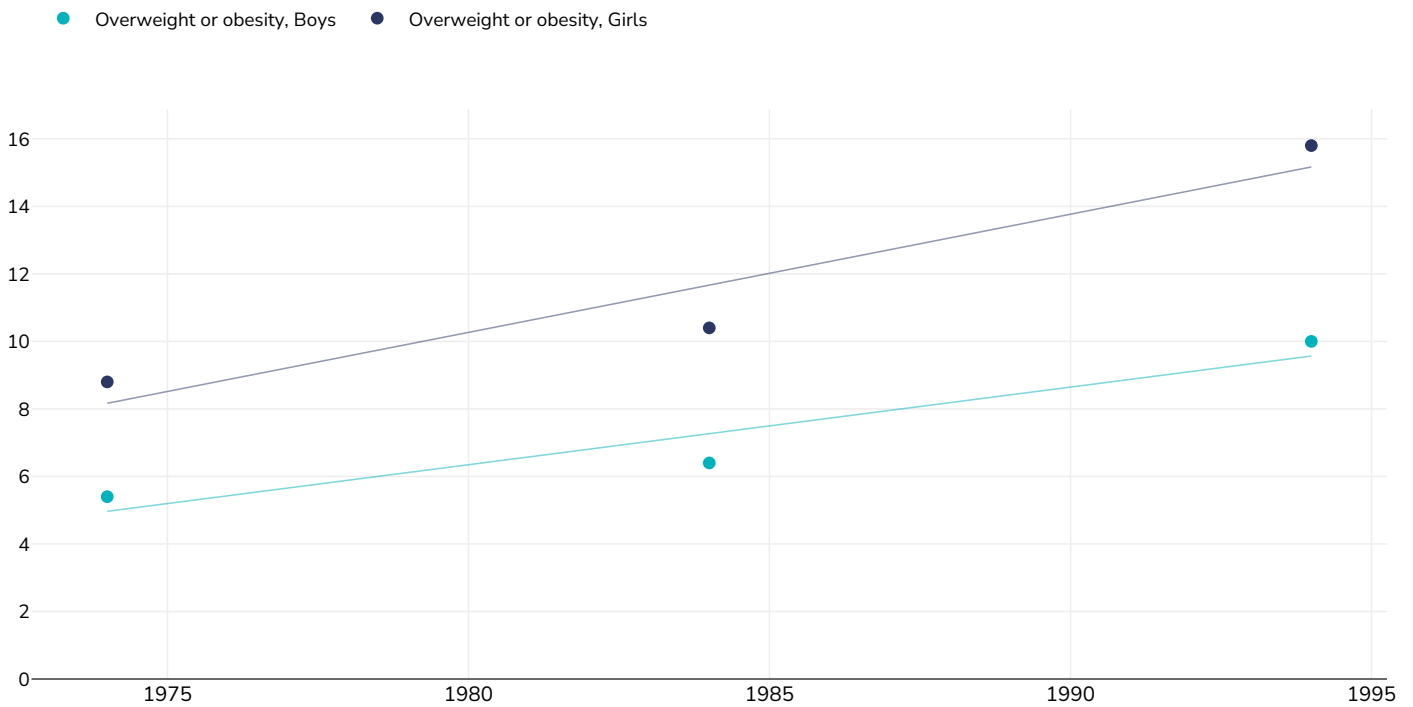
2017: Scottish Government. (2017). Scottish Health Survey 2017. Available: <https://www.gov.scot/Resource/0054/00540654.pdf>. Last accessed 3rd Oct 2018.

2019: Scottish Health Survey 2019. Scottish Health Survey 2019. <https://www.gov.scot/collections/scottish-health-survey/>. Last accessed: 13.05.21.

2022: Scottish Health Survey 2022. Available at <https://www.gov.scot/publications/scottish-health-survey-2022-volume-1-main-report/pages/12/> (last accessed 05.12.23)

*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.*

## % Children living with overweight or obesity in Scotland 1974-1994



Survey type:

Measured

References: Chinn S, Rona RJ. Prevalence and trends in overweight and obesity in three cross sectional studies of British children, 1974-94. *BMJ* (2001);322:24-26  
 Chinn S, Rona RJ. Prevalence and trends in overweight and obesity in three cross sectional studies of British children, 1974-94. *BMJ* (2001);322:24-26  
 Chinn S, Rona RJ. Prevalence and trends in overweight and obesity in three cross sectional studies of British children, 1974-94. *BMJ* (2001);322:24-26

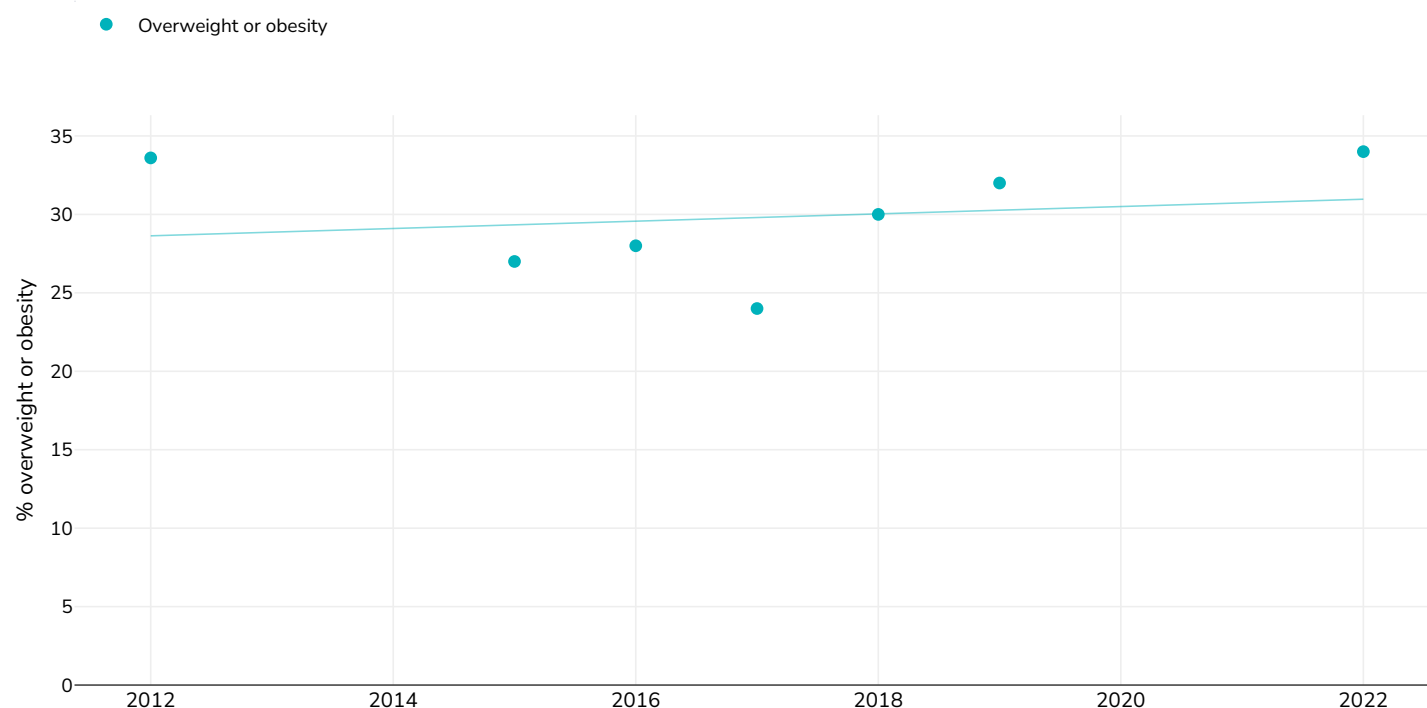
*Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m<sup>2</sup>, obesity refers to a BMI greater than 30kg/m<sup>2</sup>.*

*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.*



## % Children living with overweight or obesity in Scotland 2012-2022

### Boys



Survey type: Measured

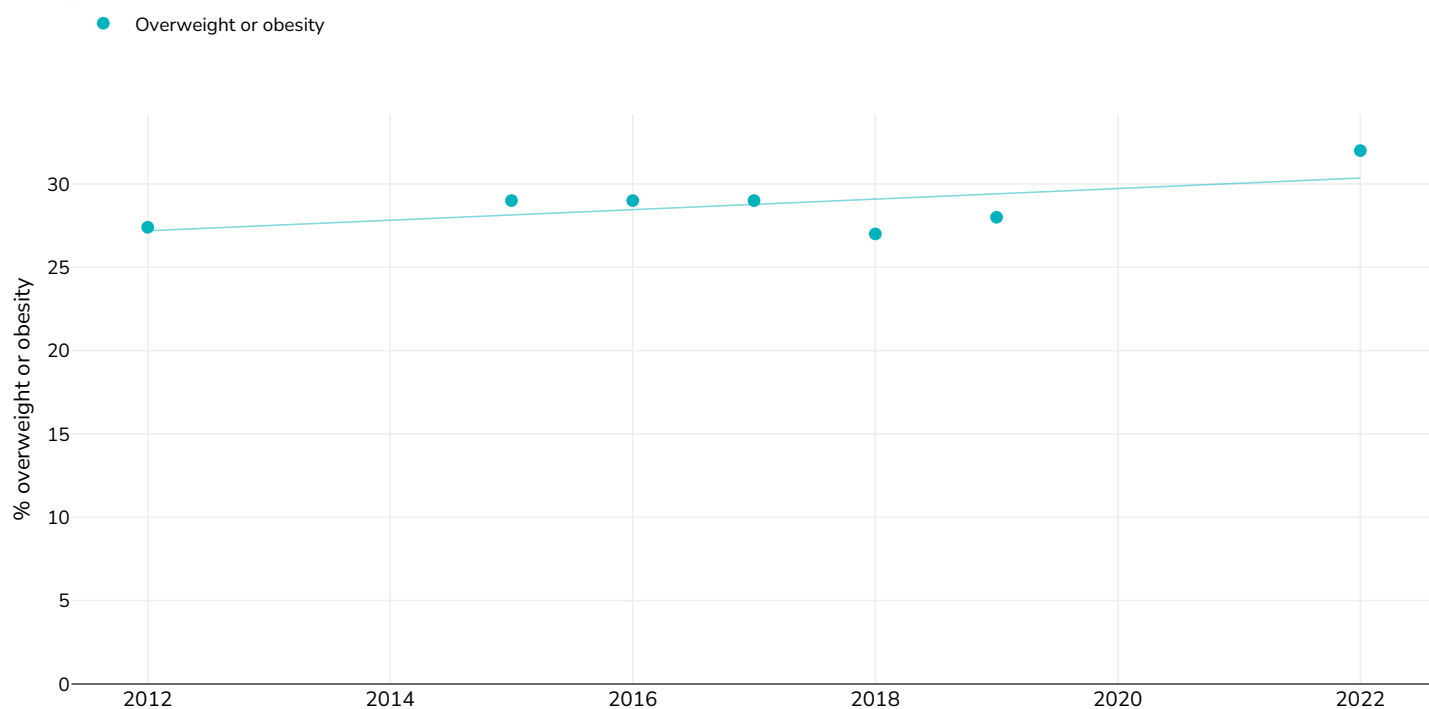
- References:
- 2012: Scottish Health Survey 2012 <http://www.scotland.gov.uk/Resource/0043/00434590.pdf>
  - 2015: Scottish Health Survey 2015. (<http://www.gov.scot/Topics/Statistics/Browse/Health/scottish-health-survey/Publications/Supplementary2015>)
  - 2016: Scottish Health Survey 2016, Statistics available online at <http://www.gov.scot/Topics/Statistics/Browse/Health/scottish-health-survey/Publications/Supplementary2015/Supplementary2016> (last accessed 2nd November 2017)
  - 2017: Scottish Government. (2017). Scottish Health Survey 2017. Available: <https://www.gov.scot/Resource/0054/00540654.pdf>. Last accessed 3rd Oct 2018.
  - 2018: Scottish Government. (2018). Scottish Health Survey 2018. Available: <https://www.gov.scot/publications/scottish-health-survey-2018-volume-1-main-report/> (Last accessed 24.09.19)
  - 2019: Scottish Health Survey 2019. <https://www.gov.scot/collections/scottish-health-survey/>. Last accessed: 13.05.21.
  - 2022: Scottish Health Survey 2022. Available at <https://www.gov.scot/publications/scottish-health-survey-2022-volume-1-main-report/pages/12/> (last accessed 05.12.23)

Notes: Aged 2-15.

Definitions: 85th & 95th Percentiles

*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



Survey type: Measured

References:

2012: Scottish Health Survey 2012 <http://www.scotland.gov.uk/Resource/0043/00434590.pdf>

2015: Scottish Health Survey 2015. (<http://www.gov.scot/Topics/Statistics/Browse/Health/scottish-health-survey/Publications/Supplementary2015>)

2016: Scottish Health Survey 2016, Statistics available online at <http://www.gov.scot/Topics/Statistics/Browse/Health/scottish-health-survey/Publications/Supplementary2015/Supplementary2016> (last accessed 2nd November 2017)

2017: Scottish Government. (2017). Scottish Health Survey 2017. Available: <https://www.gov.scot/Resource/0054/00540654.pdf>. Last accessed 3rd Oct 2018.

2018: Scottish Government. (2018). Scottish Health Survey 2018. Available: <https://www.gov.scot/publications/scottish-health-survey-2018-volume-1-main-report/> (Last accessed 24.09.19)

2019: Scottish Health Survey 2019. <https://www.gov.scot/collections/scottish-health-survey/>. Last accessed: 13.05.21.

2022: Scottish Health Survey 2022. Available at <https://www.gov.scot/publications/scottish-health-survey-2022-volume-1-main-report/pages/12/> (last accessed 05.12.23)

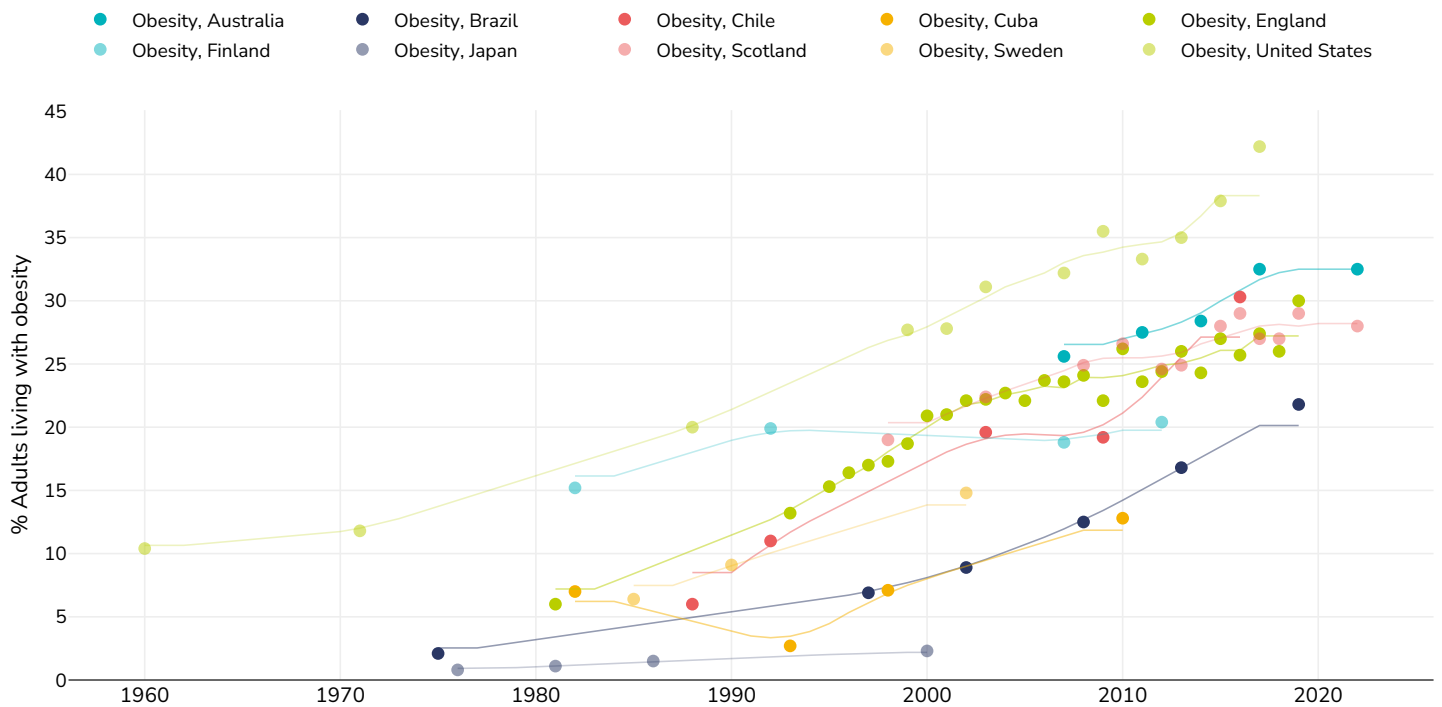
Notes: Aged 2-15.

Definitions: 85th & 95th Percentiles

*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.*

**% Adults living with obesity in selected countries worldwide 1976-2018,  
selected countries**

**Men**



References:

1960, 1971, 1973, 1976, 1988, 1991: Flegal KM, Carroll MD, Kuczmarski RJ, Johnson CL. Overweight and obesity in the United States: prevalence and trends, 1960-1994. *International Journal of Obesity* (1998);22:39-47

1975: Monteiro CA, Conde WL, Popking BM. Is obesity replacing or adding to undernutrition? Evidence from different social classes in Brazil. 2002. *Public Health Nutrition*:51(1A), 105-112

1981, 1986: Yoshiike N, Seino F, Tajima S, Arai Y, Kawano M, Furuhashi T, Inoue S. Twenty-year changes in the prevalence of overweight in Japanese adults: The National Nutrition Survey 1976-95. *Obesity Reviews* 2002;3:183-190

1982, 1993: Rodriguez-Ojea A, Jimenez S, Berdasco A, Esquivel M. The nutrition transition in Cuba in the nineties:an overview. *Public health Nutrition* 2002;5(1A), 129-133

1985: Berg C, Rosengren A, Aires N, :appas G, Toren K, Thelle D, Lissner L. Trends in overweight and obesity from 1985 to 2002 in Goteborg, West Sweden. *IJO* 2005 Aug;29(8):916-24

1990: Berg C, Rosengren A, Aires N, :appas G, Toren K, Thelle D, Lissner L. Trends in overweight and obesity from 1985 to 2002 in Goteborg, West Sweden. *IJO* 2005 online published ahead of print.

1992: Uauy R, Albal C, Kain J. Obesity Trends in Latin America: Transiting from Under- to Overweight. *Journal of Nutrition* 2001;131:S893-S899

1995: Health Survey for England 1995.

1996: Health Survey for England 1996.

1997: Filozof C, Gonzales C, Sereday M, Mazza C, Braguinsky J. Obesity prevalence and trends in Latin American countries. *Obesity Reviews*, 2001;2:99-196

1998: Scottish Health Survey 1998

1999: Health Survey for England 1999.

2000: Ogden CL, Carroll MD, Curtin LR, McDowell MA, Tabak CJ, Flegal KM. Prevalence of Overweight and Obesity in the United States, 1999-2004. *JAMA* 2006;295(13):1549-1555

2001: Health Survey for England 2001.

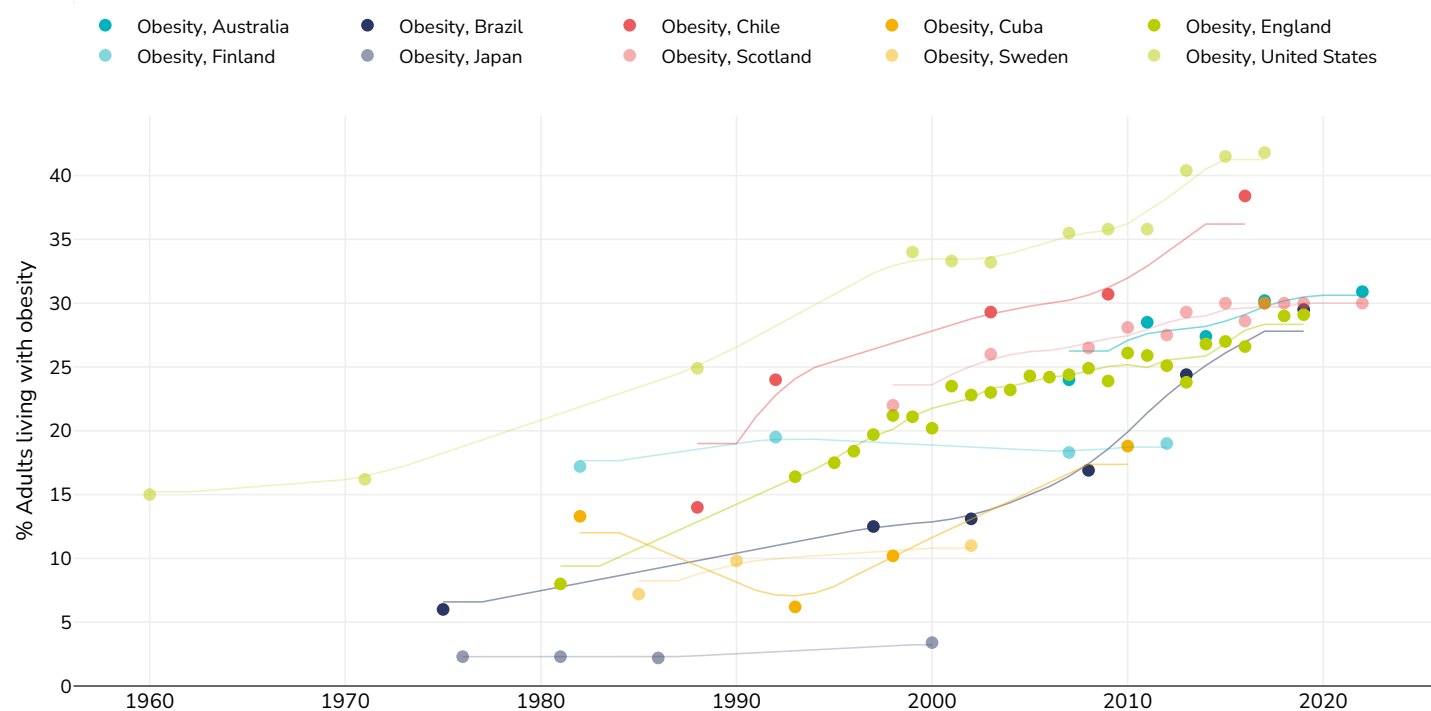
2002: Monteiro CA, Conde WL and Popkin BA. (2007). Income-specific trends in obesity in Brazil: 1975 - 2003. *American Journal of Public Health*, 97 (10): 1808 - 1812.

2002: 2002 FNS Report. Final results on the National Health Survey

*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.*

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## Women



References:

1960, 1971, 1973, 1976, 1988, 1991: Flegal KM, Carroll MD, Kuczmarski RJ, Johnson CL. Overweight and obesity in the United States: prevalence and trends, 1960-1994. *International Journal of Obesity* (1998);22:39-47

1975: Monteiro CA, Conde WL, Popking BM. Is obesity replacing or adding to undernutrition? Evidence from different social classes in Brazil. *2002. Public Health Nutrition*:51(1A), 105-112

1981, 1986: Yoshiike N, Seino F, Tajima S, Arai Y, Kawano M, Furuhashi T, Inoue S. Twenty-year changes in the prevalence of overweight in Japanese adults: The National Nutrition Survey 1976-95. *Obesity Reviews* 2002;3:183-190

1982, 1993: Rodriguez-Ojea A, Jimenez S, Berdasco A, Esquivel M. The nutrition transition in Cuba in the nineties: an overview. *Public Health Nutrition* 2002;5(1A), 129-133

1985: Berg C, Rosengren A, Aires N, Pappas G, Toren K, Thelle D, Lissner L. Trends in overweight and obesity from 1985 to 2002 in Goteborg, West Sweden. *IJO* 2005 Aug;29(8):916-24

1990: Berg C, Rosengren A, Aires N, Pappas G, Toren K, Thelle D, Lissner L. Trends in overweight and obesity from 1985 to 2002 in Goteborg, West Sweden. *IJO* 2005 online published ahead of print.

1992: Uauy R, Albal C, Kain J. Obesity Trends in Latin America: Transiting from Under- to Overweight. *Journal of Nutrition* 2001;131:S893-S899

1995: Health Survey for England 1995.

1996: Health Survey for England 1996.

1997: Filozof C, Gonzales C, Sereday M, Mazza C, Braguinsky J. Obesity prevalence and trends in Latin American countries. *Obesity Reviews*, 2001;2:99-196

1998: Scottish Health Survey 1998

1999: Health Survey for England 1999.

2000: Ogden CL, Carroll MD, Curtin LR, McDowell MA, Tabak CJ, Flegal KM. Prevalence of Overweight and Obesity in the United States, 1999-2004. *JAMA* 2006;295(13):1549-1555

2001: Health Survey for England 2001.

2002: Monteiro CA, Conde WL and Popkin BA. (2007). Income-specific trends in obesity in Brazil: 1975 - 2003. *American Journal of Public Health*, 97 (10): 1808 - 1812.

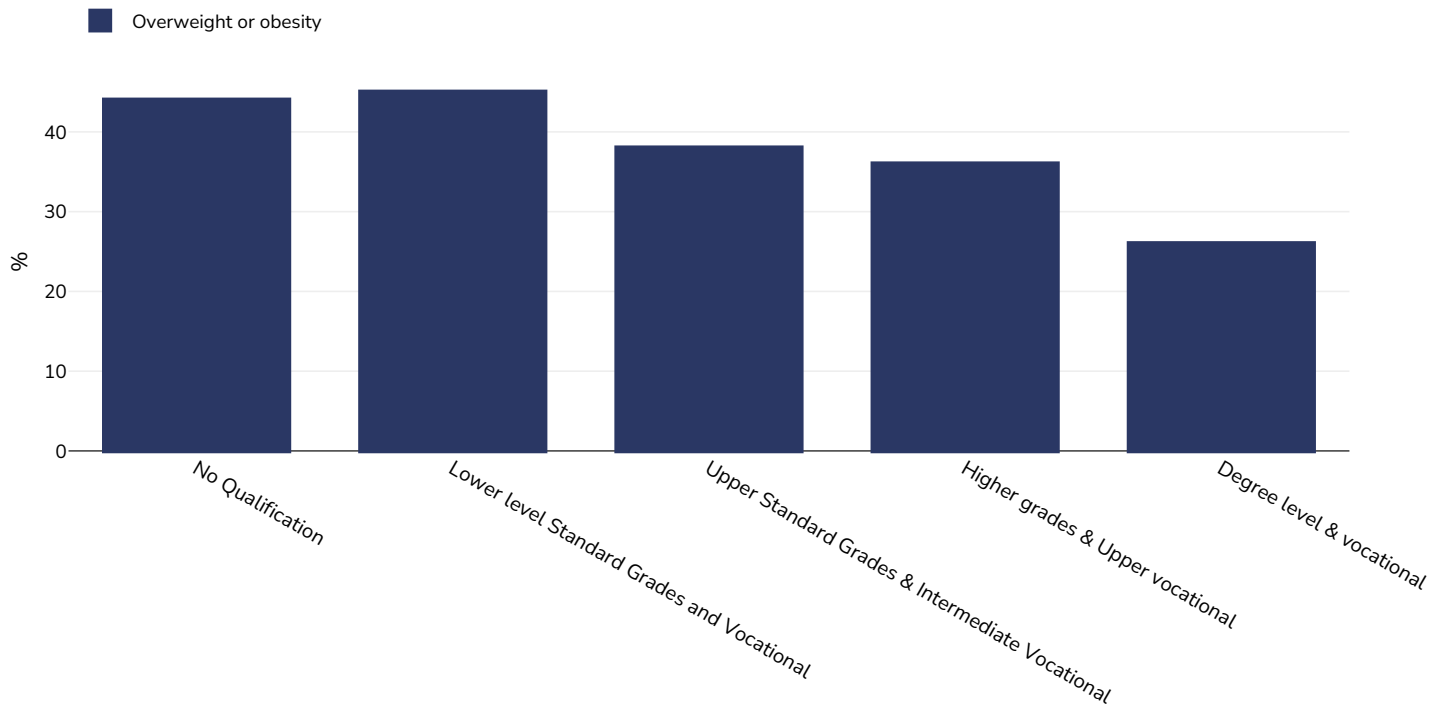
2002: 2002 FNS Report. Final results on the National Health Survey

*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.*

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## Overweight/obesity by education

### Children, 2014-2015

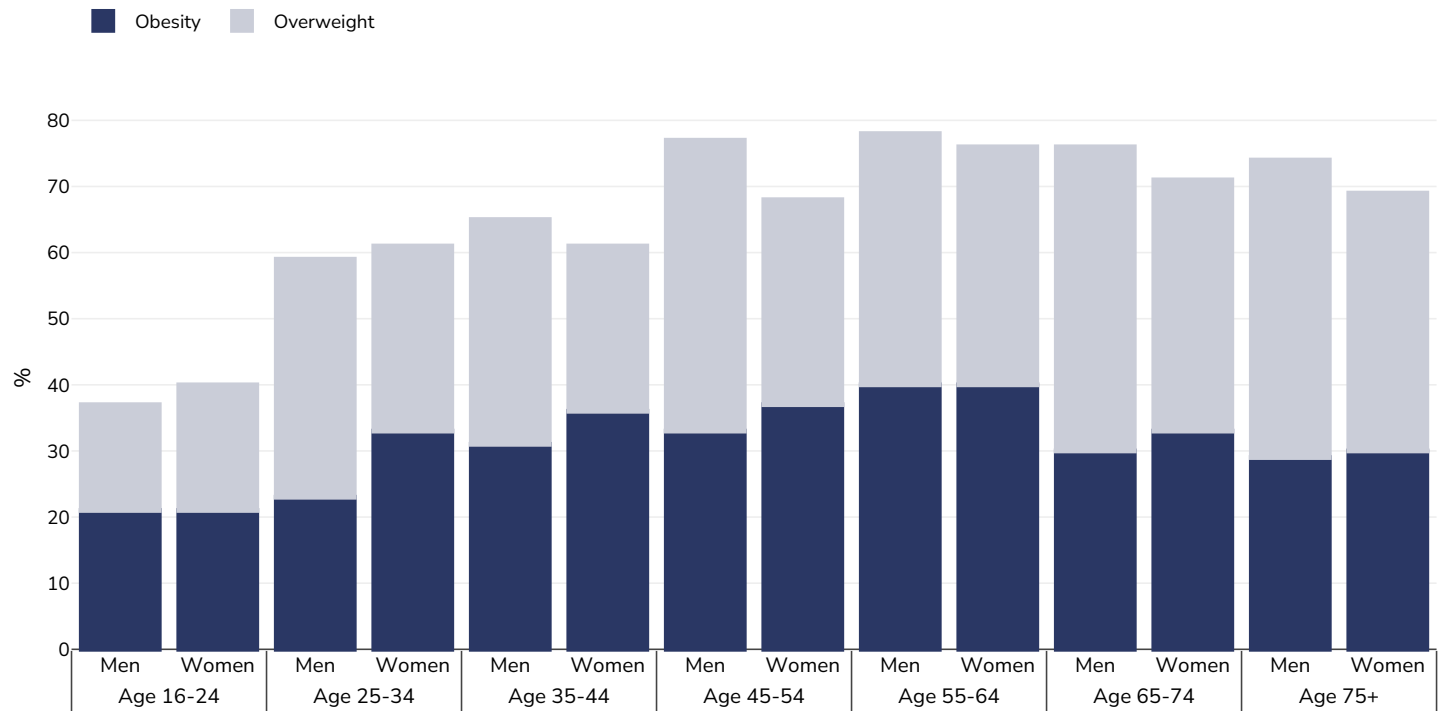


Survey type:	Measured
Age:	10
Sample size:	2750
Area covered:	National
References:	Growing up in Scotland: overweight and obesity at age 10 (2018). Available at: <a href="https://www.gov.scot/publications/growing-up-scotland-overweight-obesity-age-10/">https://www.gov.scot/publications/growing-up-scotland-overweight-obesity-age-10/</a> . Last accessed: 14.04.21.
Notes:	At or above 85th percentile and below 95th percentile: overweight At or above 95th percentile: obesity



## Overweight/obesity by age

### Adults, 2023



Survey type: Self-reported

Sample size: 3654

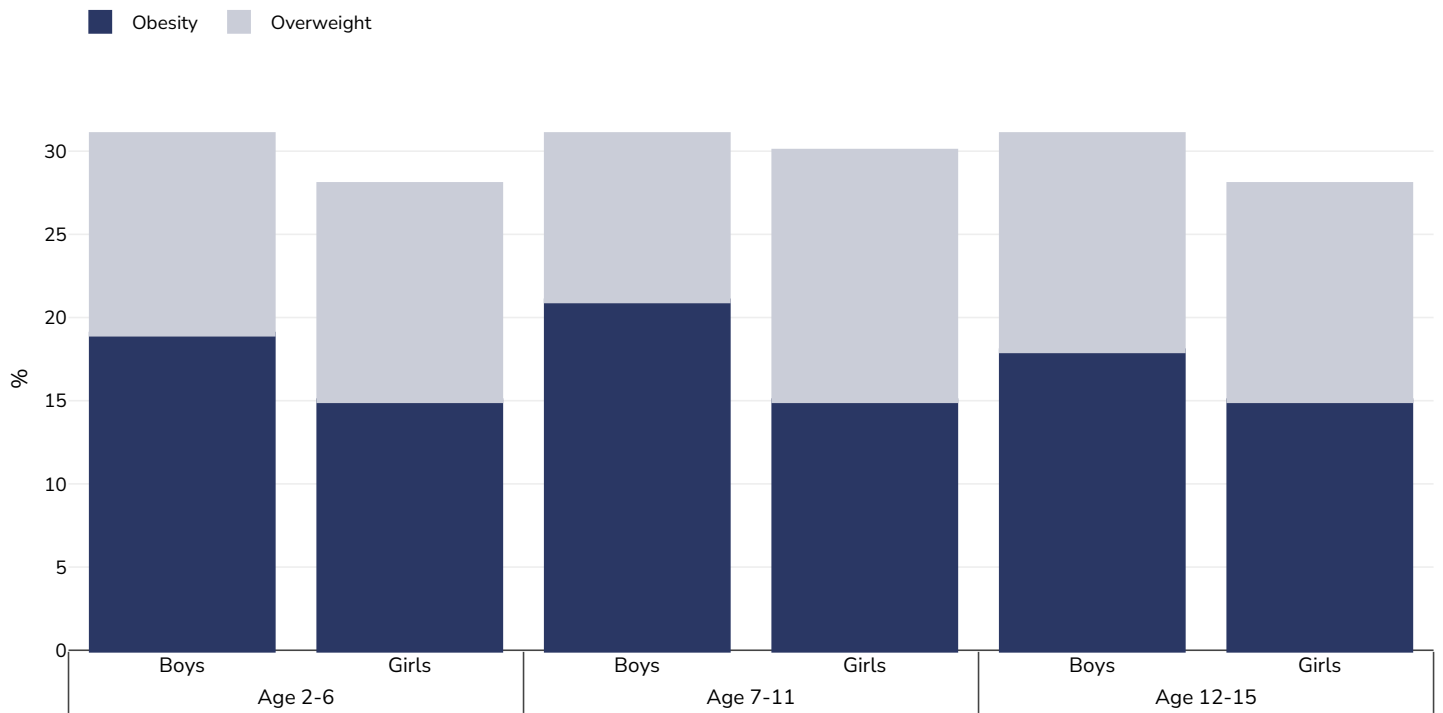
Area covered: National

References: Scottish Health Survey 2023. Available at <https://www.gov.scot/publications/scottish-health-survey-2023-volume-1-main-report/documents/>

Notes: Sample contains mix of adjusted self report and measured

*Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m<sup>2</sup>, obesity refers to a BMI greater than 30kg/m<sup>2</sup>.*

## Children, 2023



Survey type: Measured

Sample size: 1365

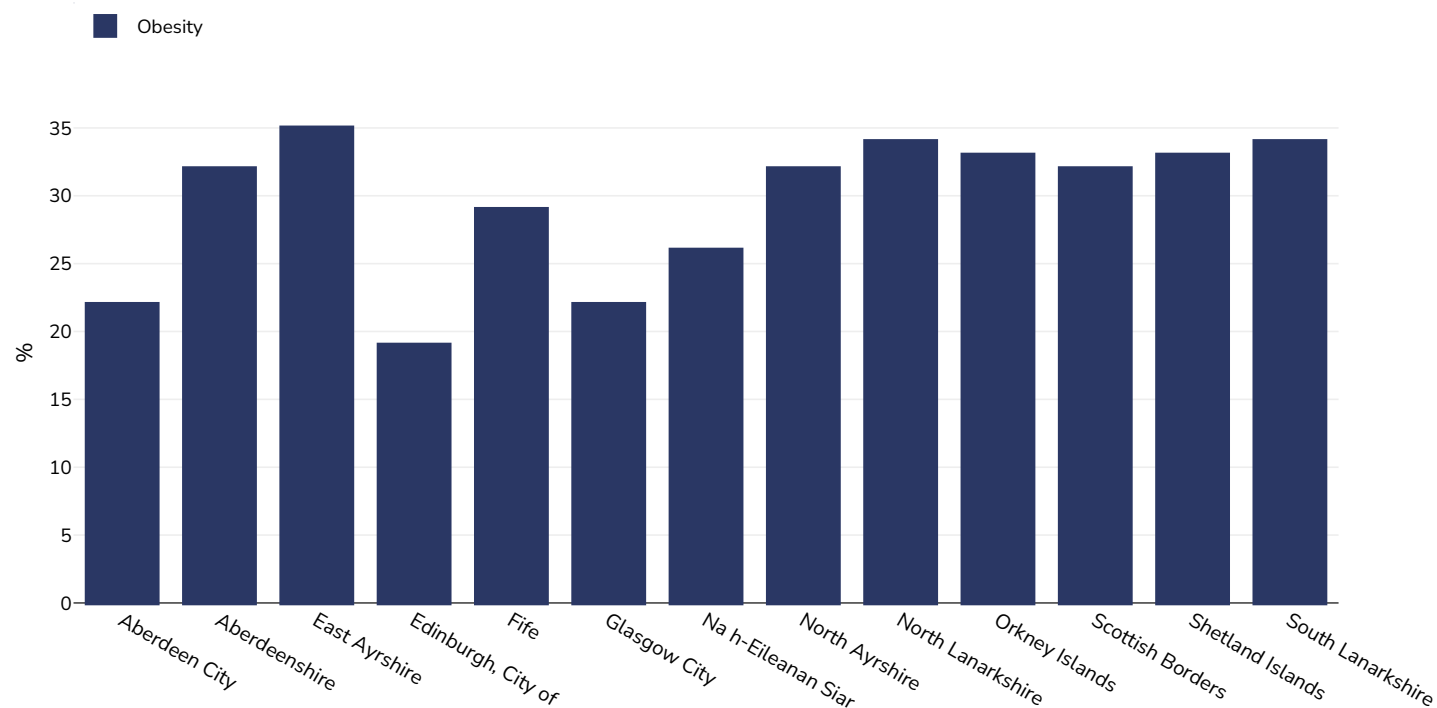
Area covered: National

References: Scottish Health Survey 2023. Available at <https://www.gov.scot/publications/scottish-health-survey-2023-volume-1-main-report/documents/> (last accessed 18.11.24)

Cutoffs: 85th/95th Centile

## Overweight/obesity by region

### Men, 2016-2019



Survey type: Measured

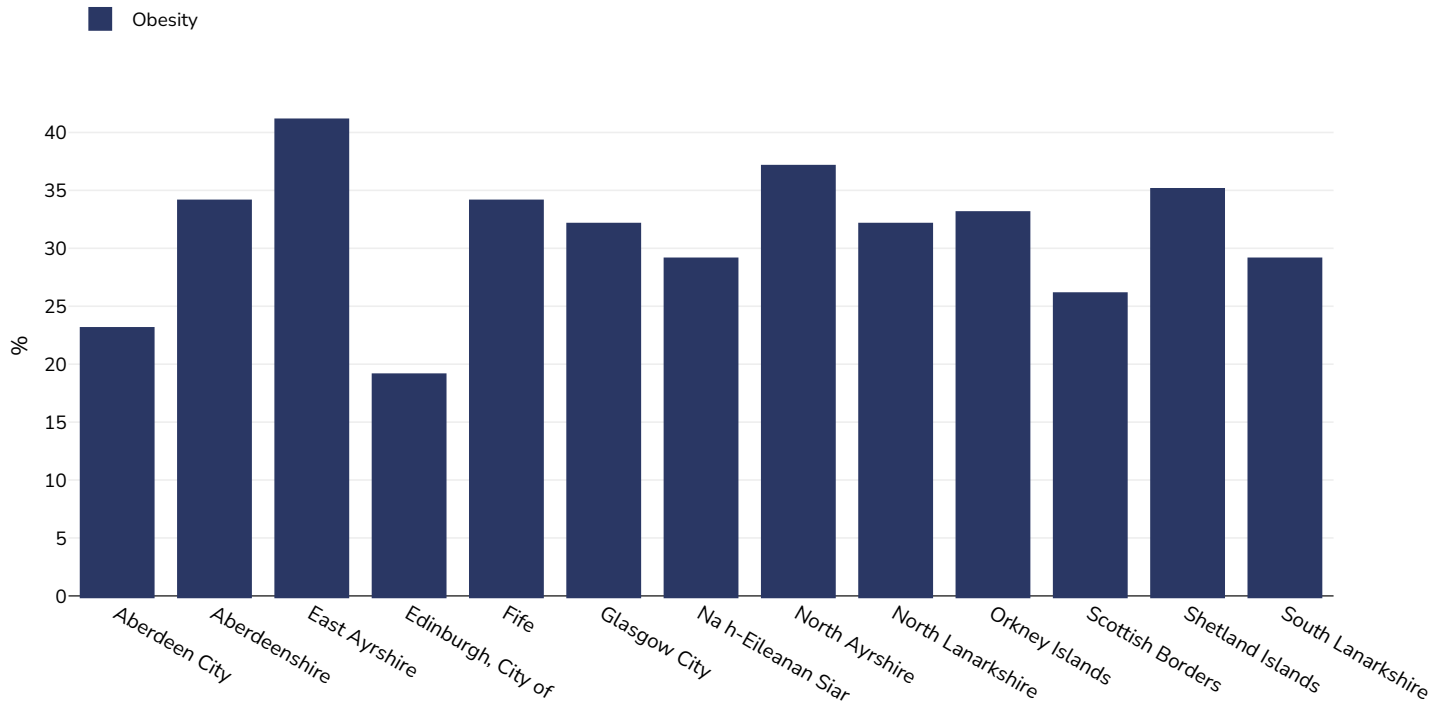
Age: 16+

Area covered: National

References: Scottish Health Survey 2016-2019 <https://scotland.shinyapps.io/sg-scottish-health-survey/> (accessed 16.01.24)

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m<sup>2</sup>, obesity refers to a BMI greater than 30kg/m<sup>2</sup>.

## Women, 2016-2019



Survey type: Measured

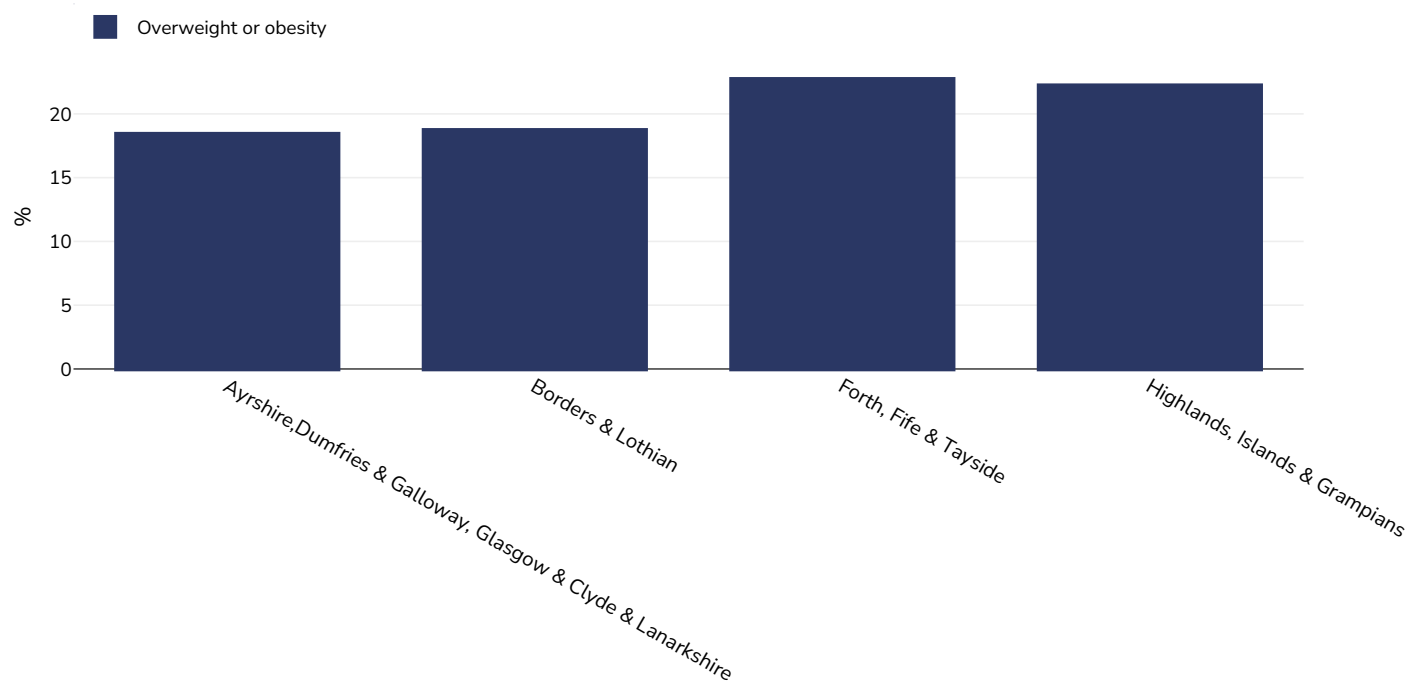
Age: 16+

Area covered: National

References: Scottish Health Survey 2016-2019 <https://scotland.shinyapps.io/sg-scottish-health-survey/> (accessed 16.01.24)

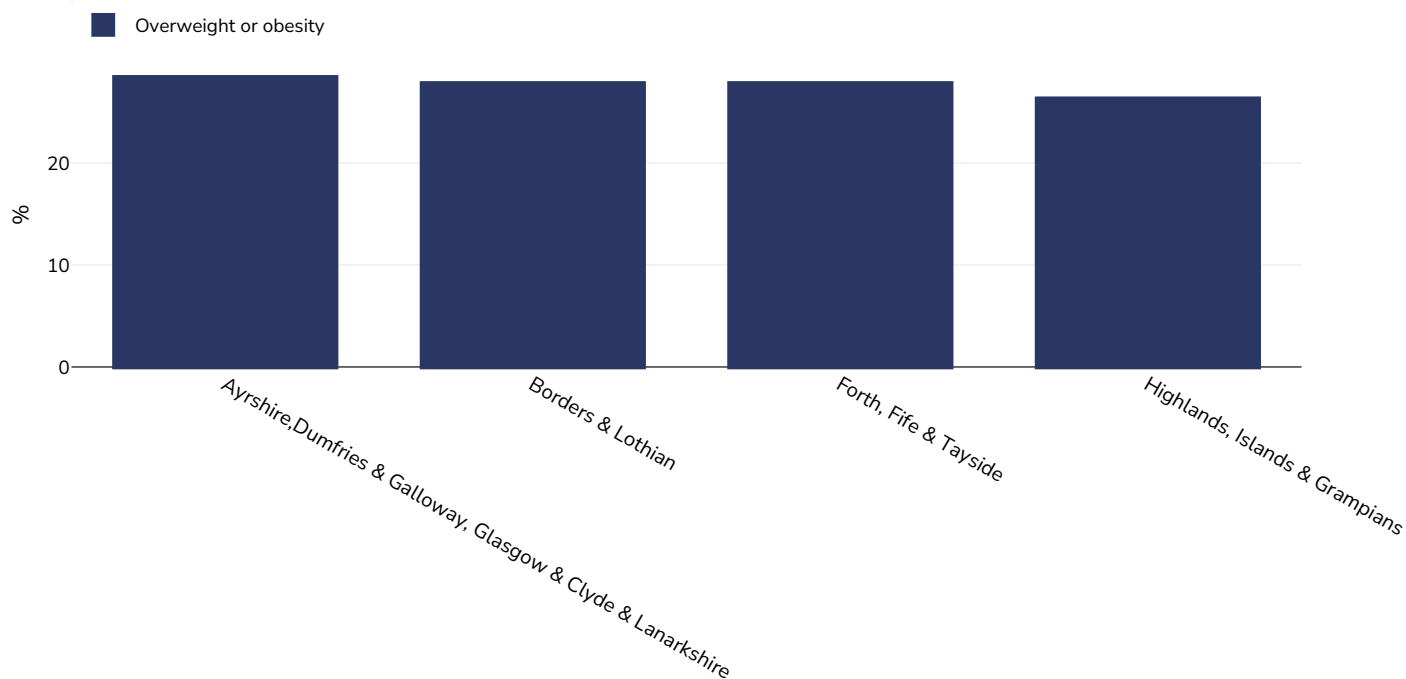
*Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m<sup>2</sup>, obesity refers to a BMI greater than 30kg/m<sup>2</sup>.*

## Boys, 2015



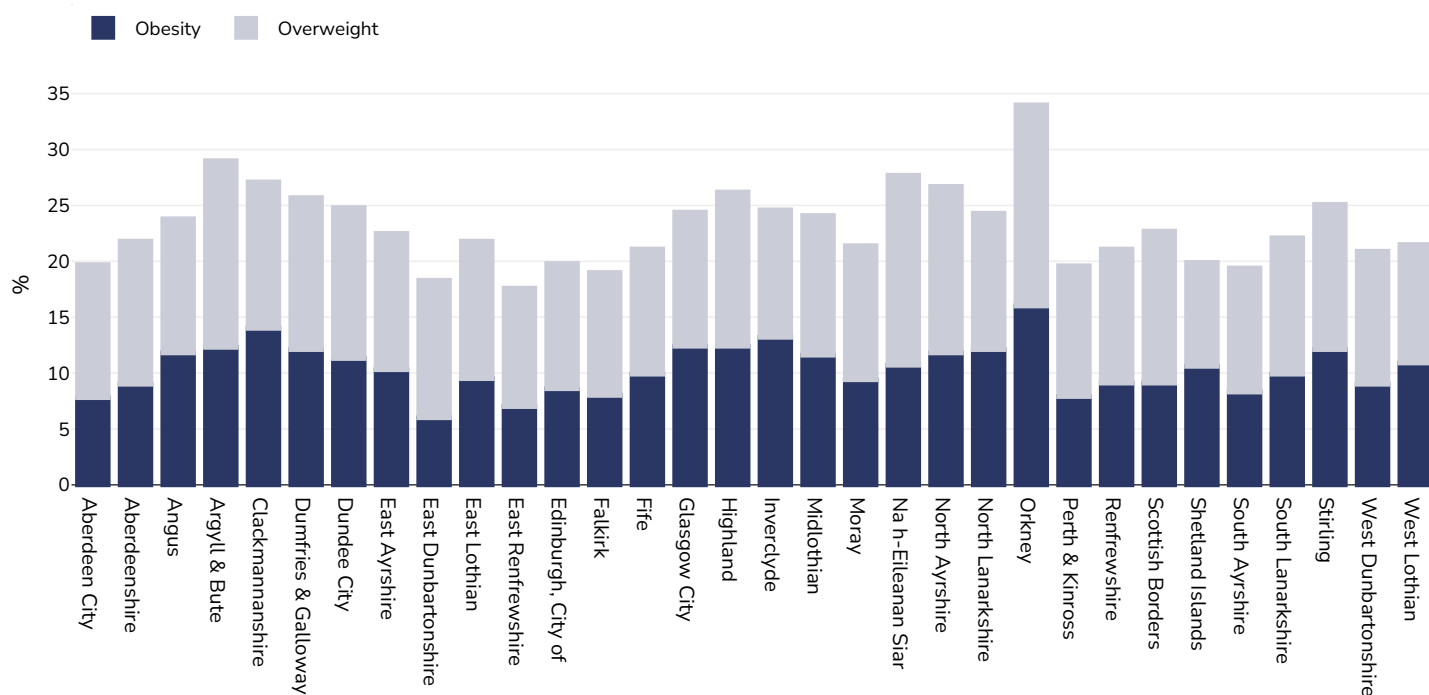
Survey type:	Measured
Age:	2-17
Sample size:	1018
Area covered:	National (but small sample)
References:	Scottish Health Survey 2015, Renanalysis by R Jackson Leach of the World Obesity Federation
Notes:	IOTF International cut off NB SMALL SAMPLE SIZES & COMBINED REGIONS
Cutoffs:	IOTF

## Girls, 2015



Survey type:	Measured
Age:	2-17
Sample size:	1018
Area covered:	National (but small sample)
References:	Scottish Health Survey 2015, Renanalysis by R Jackson Leach of the World Obesity Federation
Notes:	IOTF International cut off NB SMALL SAMPLE SIZES & COMBINED REGIONS
Cutoffs:	IOTF

## 0-5 years, 2018-2019



Survey type: Measured

Age: 4-5

Sample size: 44789

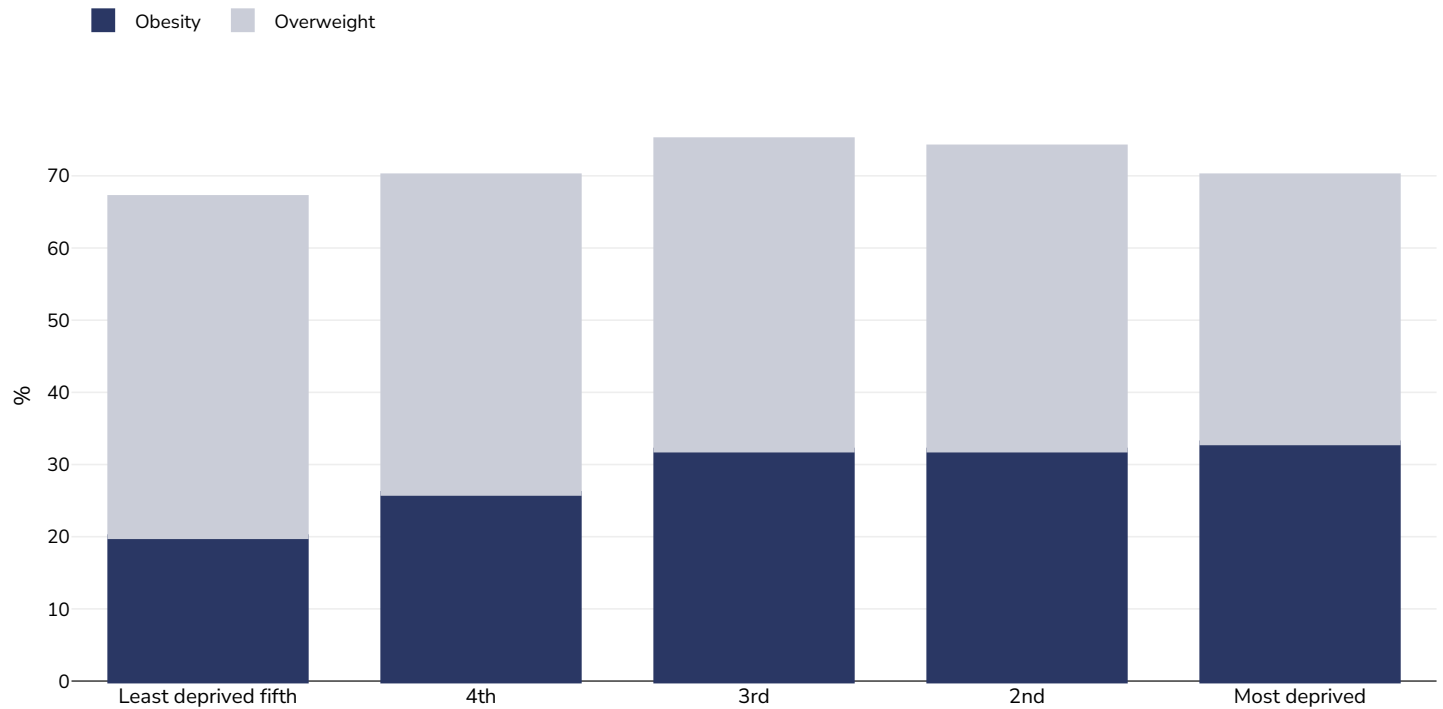
Area covered: National

References: NHS Scotland. Body Mass Index of Primary 1 Children in Scotland School Year 2018/19, (2019). Available at: <https://www.isdscotland.org/Health-Topics/Child-Health/Publications/2019-12-10/2019-12-10-P1-BMI-Statistics-Publication-Report.pdf?> (Data extracted from supplementary table). Last accessed: 15.04.21.

Definitions: At risk of overweight (BMI)≥85th and <95th centile) At risk of obesity (BMI)≥95th)

## Overweight/obesity by socio-economic group

### Men, 2022



Survey type: Measured

Age: 16+

Sample size: 3510

Area covered: National

References: Scottish Health Survey 2022. Available at <https://www.gov.scot/publications/scottish-health-survey-2022-volume-1-main-report/pages/12/> (last accessed 05.12.23)

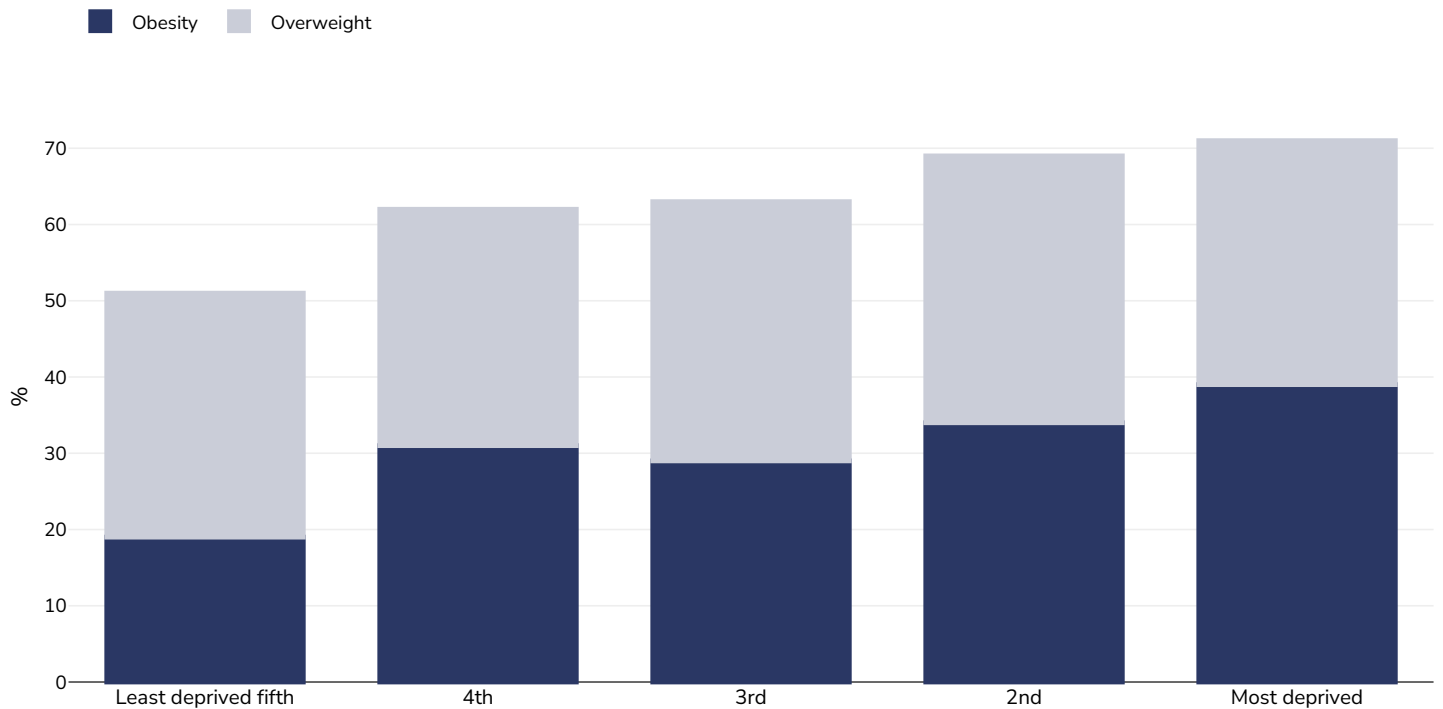
Notes: The first two months of the survey results were based on interview, the remaining period was measured. A correction formula was put in place to adjust for the self report response.

Definitions: Scottish Index of Deprivation 5th Least deprived, 1st Most deprived

*Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m<sup>2</sup>, obesity refers to a BMI greater than 30kg/m<sup>2</sup>.*



## Women, 2022



Survey type: Measured

Age: 16+

Sample size: 3510

Area covered: National

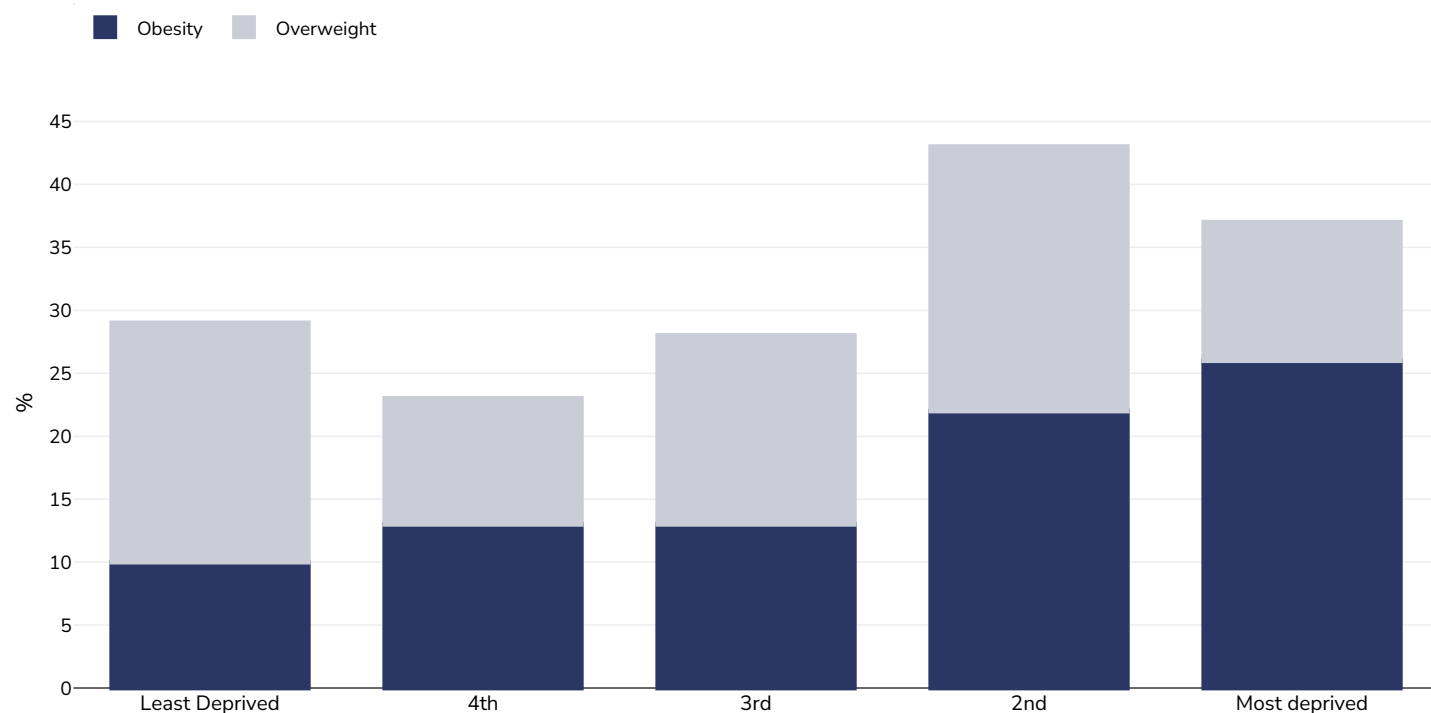
References: Scottish Health Survey 2022. Available at <https://www.gov.scot/publications/scottish-health-survey-2022-volume-1-main-report/pages/12/> (last accessed 05.12.23)

Notes: The first two months of the survey results were based on interview, the remaining period was measured. A correction formula was put in place to adjust for the self report response.

Definitions: Scottish Index of Deprivation 5th Least deprived, 1st Most deprived

*Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m<sup>2</sup>, obesity refers to a BMI greater than 30kg/m<sup>2</sup>.*

## Boys, 2019



Survey type: Measured

Age: 2-15

Sample size: 1345

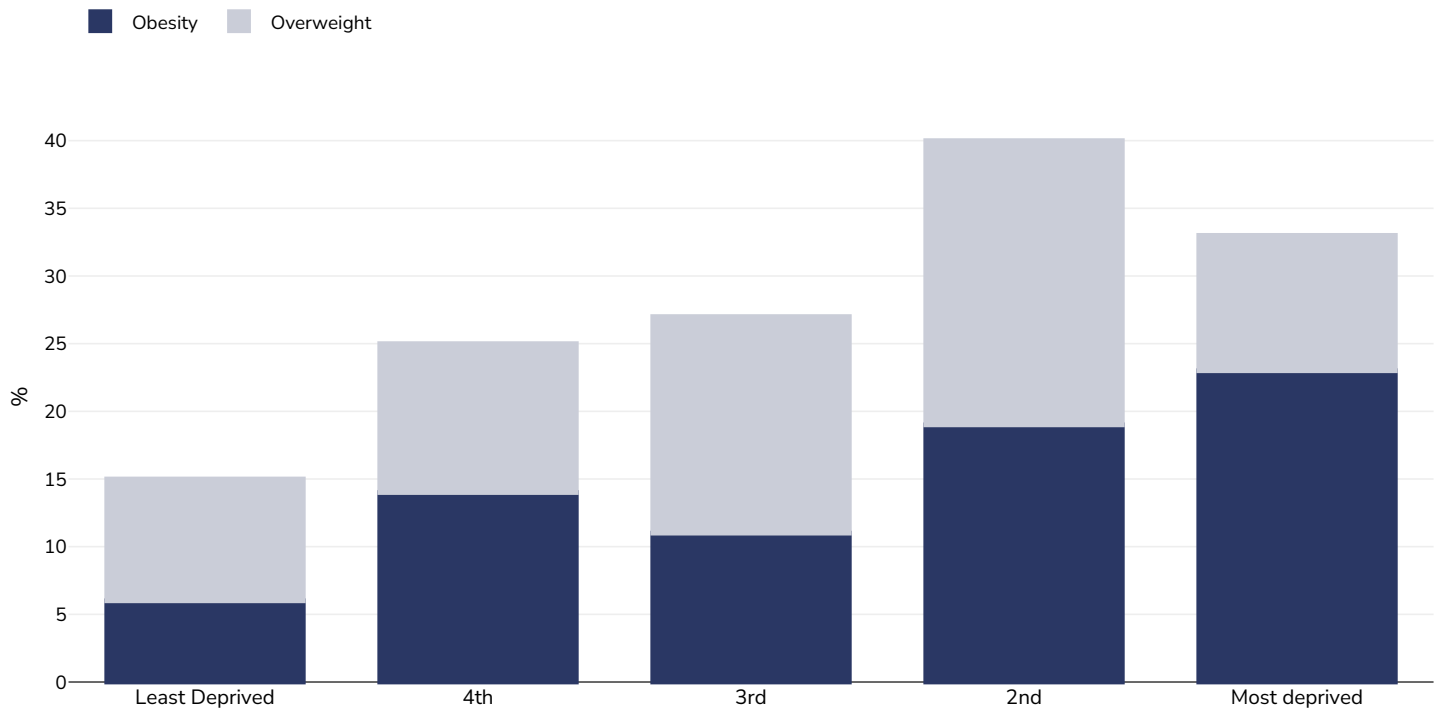
Area covered: National

References: Scottish Health Survey 2019. Available at: <https://www.gov.scot/publications/scottish-health-survey-2019-volume-1-main-report/>. Data from Scottish Health Survey 2019 supplementary tables. Available at: <https://www.gov.scot/publications/scottish-health-survey-2019-supplementary-tables/>. Last accessed 14.04.21.

Notes: SIMD (Scottish Index of Multiple Deprivation) Quintiles 5 Least Deprived - 1 Most Deprived

Cutoffs: UK90

## Girls, 2019



Survey type: Measured

Age: 2-15

Sample size: 1345

Area covered: National

References: Scottish Health Survey 2019. Available at: <https://www.gov.scot/publications/scottish-health-survey-2019-volume-1-main-report/>. Data from Scottish Health Survey 2019 supplementary tables. Available at: <https://www.gov.scot/publications/scottish-health-survey-2019-supplementary-tables/>. Last accessed 14.04.21.

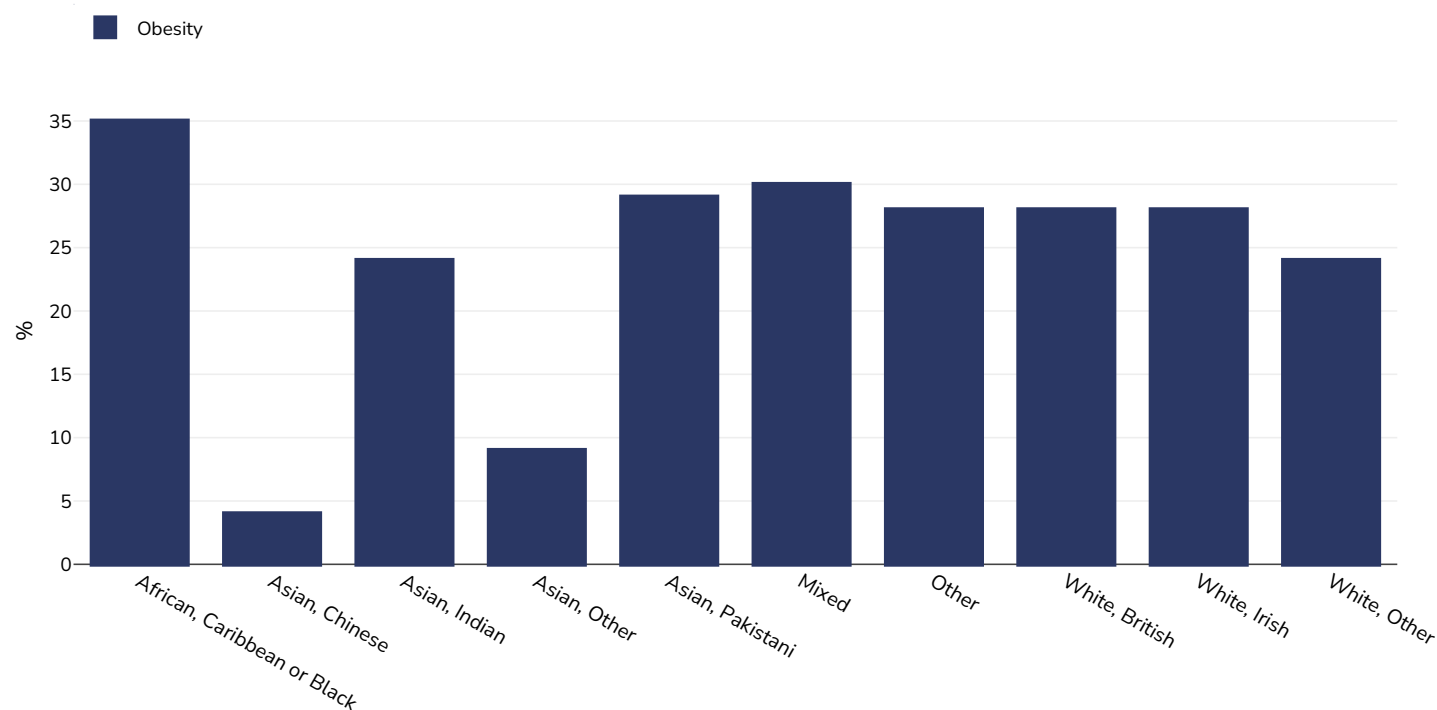
Notes: SIMD (Scottish Index of Multiple Deprivation) Quintiles 5 Least Deprived - 1 Most Deprived

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.

### Adults, 2008-2011



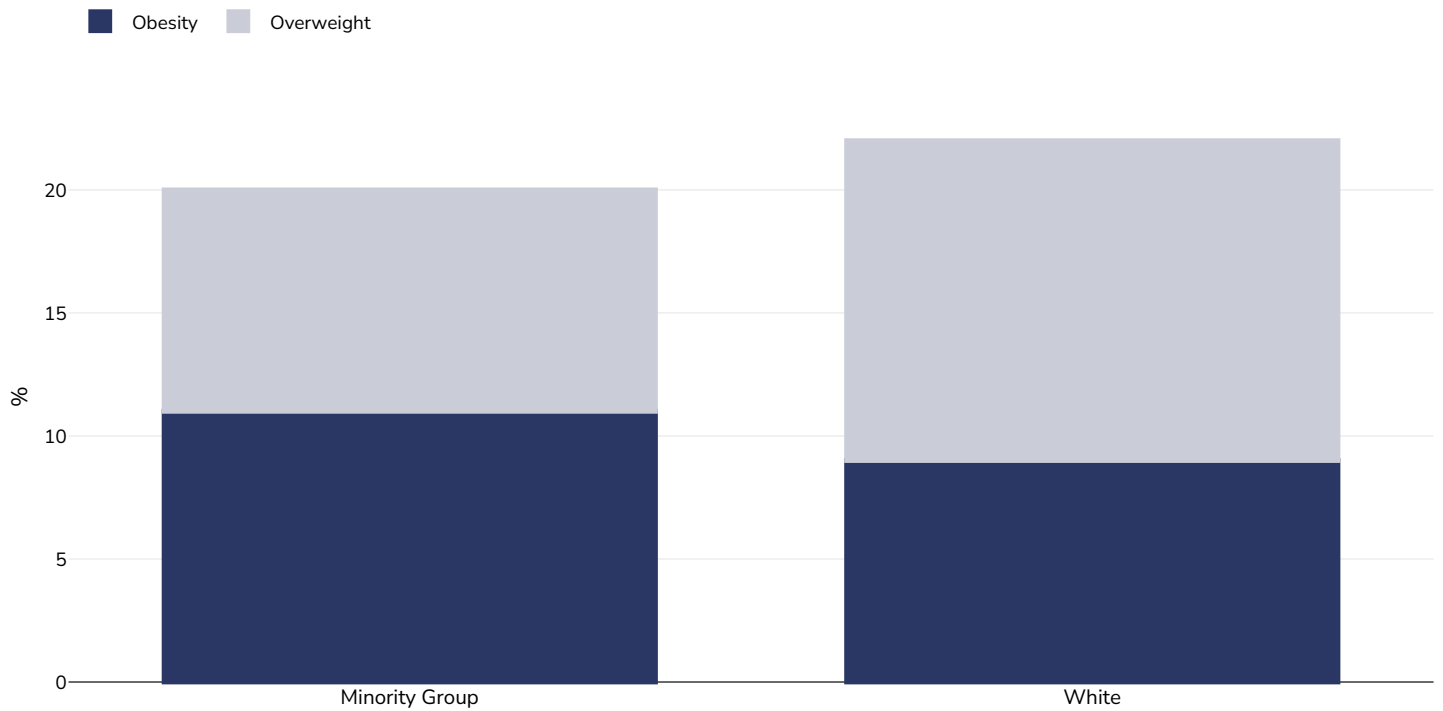
Survey type:	Measured
Age:	16+
Sample size:	23994
Area covered:	National

References: Scottish Health Survey - topic report: equality groups (2012). Available at: <https://www.gov.scot/publications/scottish-health-survey-topic-report-equality-groups/pages/34/>. Last Accessed: 14.04.21.

Notes: Ethnic groups as defined by the survey of origin.

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m<sup>2</sup>, obesity refers to a BMI greater than 30kg/m<sup>2</sup>.

## Children, 2010-2011



Survey type:	Measured
Age:	5-6
Sample size:	2931
Area covered:	National
References:	Growing up in Scotland: overweight obesity and activity (2012). Available at: <a href="https://www.gov.scot/publications/growing-up-scotland-report-overweight-obesity-activity/pages/8/">https://www.gov.scot/publications/growing-up-scotland-report-overweight-obesity-activity/pages/8/</a> . Last accessed: 26.04.21.
Notes:	Ethnic groups as defined by survey of origin.
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

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



## Regulation and marketing

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



## Political will and support

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



## Monitoring and surveillance

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



## Governance and resource

<b>Multi-sectoral national co-ordination mechanism for obesity or nutrition (including obesity)?</b>	✗
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### Key

✓ Present

✓<sub>v</sub> Present

(voluntary)

✓ Incoming

✗ Absent

? Unknown

Last updated September 13, 2022

PDF created on November 18, 2024