OBESITY
The scale of the problem in Wales

1 in 8 children aged 4-5 is obese, over 4,000 children

1 in 3 adults aged 45-64 years is obese

600,000 adults aged 16+ are obese, around 1 in 4

10,000 more adults become obese each year*

Around 60,000 adults aged 16+ are severely obese

*On average since 2003.
Sources: National Survey for Wales (formerly the Wales Health Survey), Health Behaviour in School age Children (HBSC) in Wales and Child Measurement Programme for Wales.
For more information please refer to The case for action on obesity in Wales 2018.