

# OBESITY

## The scale of the problem in Wales

**1 in 8**

children aged 4-5 is obese,  
over 4,000 children



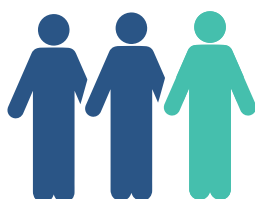
**600,000**

adults aged 16+ are obese,  
around 1 in 4



**1 in 3**

adults aged 45-64 years  
is obese



**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.



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