WEIGHT STATUS OF THE POPULATION IN NORTHERN IRELAND
Adults

Approximately 60% of Northern Ireland adults are carrying excess weight
Almost 7 out of 10 men are overweight or obese (69%)

More than 5 out of 10 women are overweight or obese (57%)
Obesity among adults 2011/2012
Health Survey NI 2011-2012

One in every four **men** is obese (25%)

Almost one in every four **women** is obese (22%)
Adult weight status 2012/2013
Health Survey NI 2012-2013

Adult (aged 16+) BMI thresholds:
Underweight: <18.5kg/m²
Healthy weight: 18.5 to <25kg/m²
Overweight: 25 to <30kg/m²
Obese: ≥30kg/m²

- Obese: 25%
- Normal weight: 38%
- Overweight: 37%
- Underweight: 23%
Prevalence of excess weight among NI adults 1997-2013/13

Prevalence of obesity among men & women, 1997 – 2011/12

% Adult (aged 16+) obesity: BMI ≥ 30kg/m²

- 1997
- 2005/06
- 2010/11
- 2011/12

Percentage %

Year

Men

Women

2011/12
Adult obesity prevalence by age, 2011/2012

Health Survey NI 2011-2012

Adult (aged 16+) obesity: BMI ≥ 30kg/m²

<table>
<thead>
<tr>
<th>Age</th>
<th>Overweight</th>
<th>Obese</th>
</tr>
</thead>
<tbody>
<tr>
<td>16-24</td>
<td>18%</td>
<td>7%</td>
</tr>
<tr>
<td>25-34</td>
<td>31%</td>
<td>8%</td>
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<tr>
<td>35-44</td>
<td>43%</td>
<td>13%</td>
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<tr>
<td>45-54</td>
<td>46%</td>
<td>15%</td>
</tr>
<tr>
<td>55-64</td>
<td>43%</td>
<td>14%</td>
</tr>
<tr>
<td>65-74</td>
<td>44%</td>
<td>16%</td>
</tr>
<tr>
<td>75+</td>
<td>46%</td>
<td>18%</td>
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</tbody>
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Percentage %

Age
Prevalence of overweight and obesity in adults by socioeconomic group

Health survey NI 2010/2011
Northern Ireland

Children
1 in 3 children aged 2-15 years old are carrying excess weight
Prevalence of excess weight among children

1 in 5 boys and 1 in 4 girls aged 4.5 - 5.5 years old are overweight or obese (19% boys, 25% girls)\(^1\)

1 in 3 children aged 2-15 are overweight or obese (32\%)\(^2\)
Prevalence of obesity among children

Around 1 in 20 children aged 4.5-5.5 years is obese (5.2% boys, 6.6% girls)\(^1\)

Around 1 in 10 children aged 2-15 is obese (10% boys, 10% girls)\(^2\)
BMI status of children
Aged 2-15 years old

- Normal weight: 68%
- Obese: 10%
- Overweight: 22%

Using International Obesity Task Force classification guidelines
BMI status of children
Aged 4.5 - 5.5 years

Using International Obesity Task Force classification guidelines

Boys
- Normal weight: 81%
- Overweight: 14%
- Obese: 5%

Girls
- Normal weight: 75%
- Overweight: 18%
- Obese: 7%
BMI trends in Children aged 2-15

Using International Obesity Task Force classification guidelines

<table>
<thead>
<tr>
<th></th>
<th>2010/2011</th>
<th>2011/2012</th>
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</thead>
<tbody>
<tr>
<td>Normal weight</td>
<td>73</td>
<td>68</td>
</tr>
<tr>
<td>Overweight</td>
<td>19</td>
<td>22</td>
</tr>
<tr>
<td>Obese</td>
<td>8</td>
<td>10</td>
</tr>
</tbody>
</table>
Trends in the prevalence of obesity (4.5-5.5 year olds)

% prevalence of obesity

Boys
Girls

Using International Obesity Task Force classification guidelines
Trends in the prevalence of overweight and obesity (4.5-5.5 year olds)

% prevalence overweight and obesity

Boys

Girls

Using International Obesity Task Force classification guidelines