

# WEIGHT STATUS OF THE POPULATION IN THE REPUBLIC OF IRELAND



# Adult data

## Key message

60% of adults are carrying excess weight or obese

# Overweight and obesity among adults

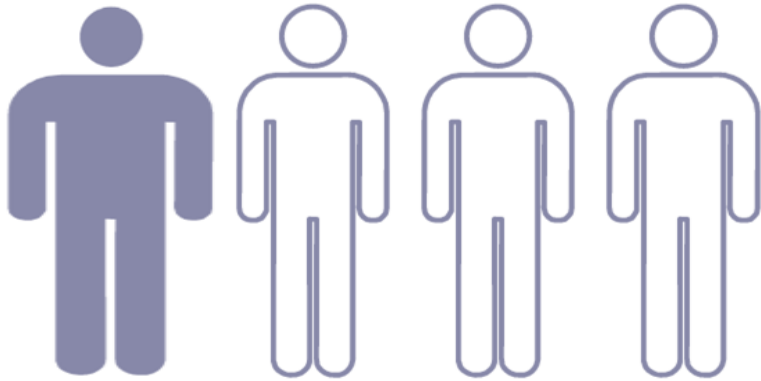
More than 6 out of 10 **men** are overweight or obese (69%)



More than 5 out of 10 **women** are overweight or obese (52%)



## Obesity among adults

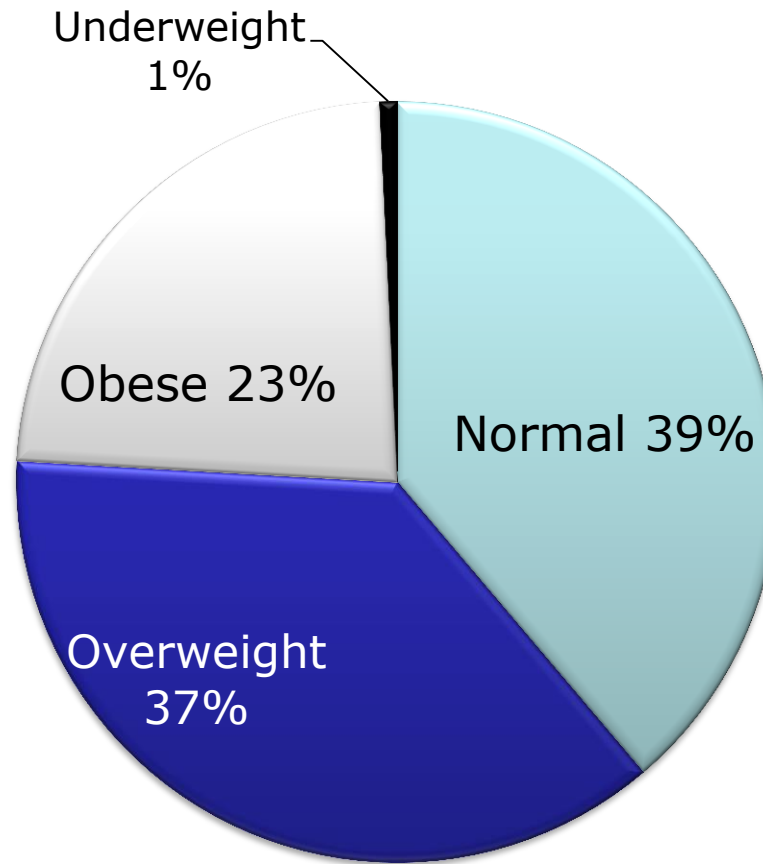


Just over one in every four **men** is obese (26%)

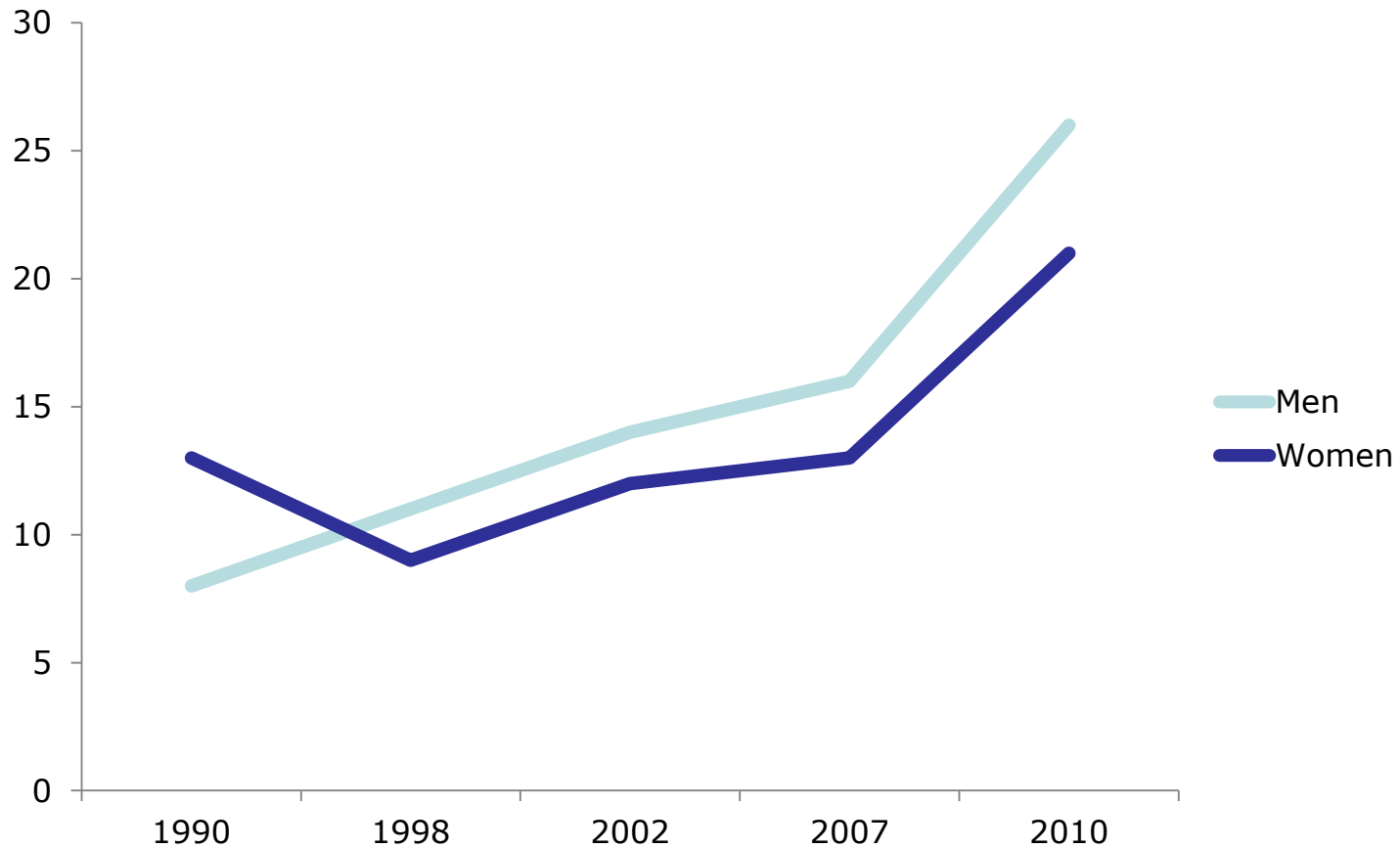


About one in every five **women** is obese (21%)

# Adult BMI status

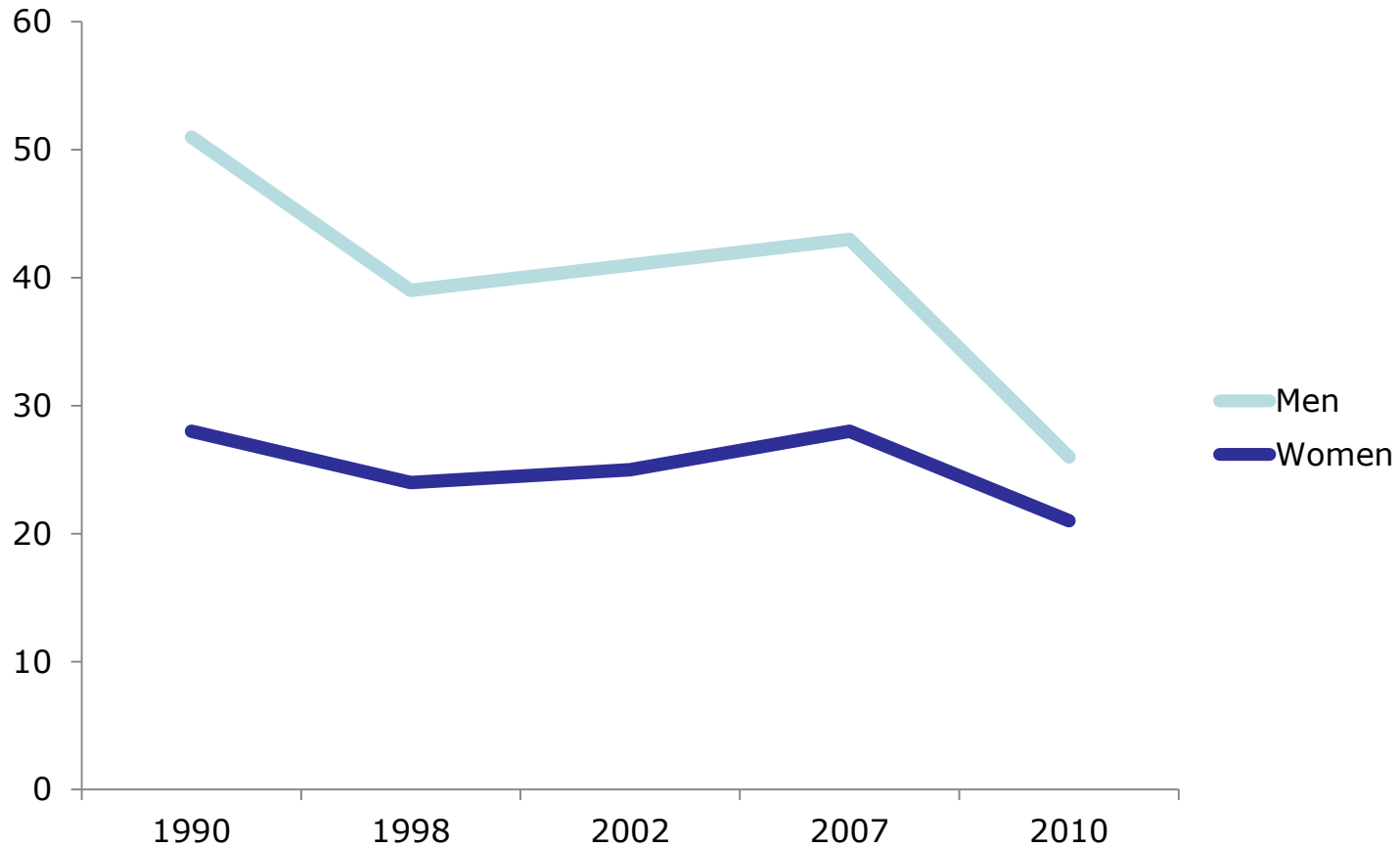


# Trend in obesity prevalence among adults

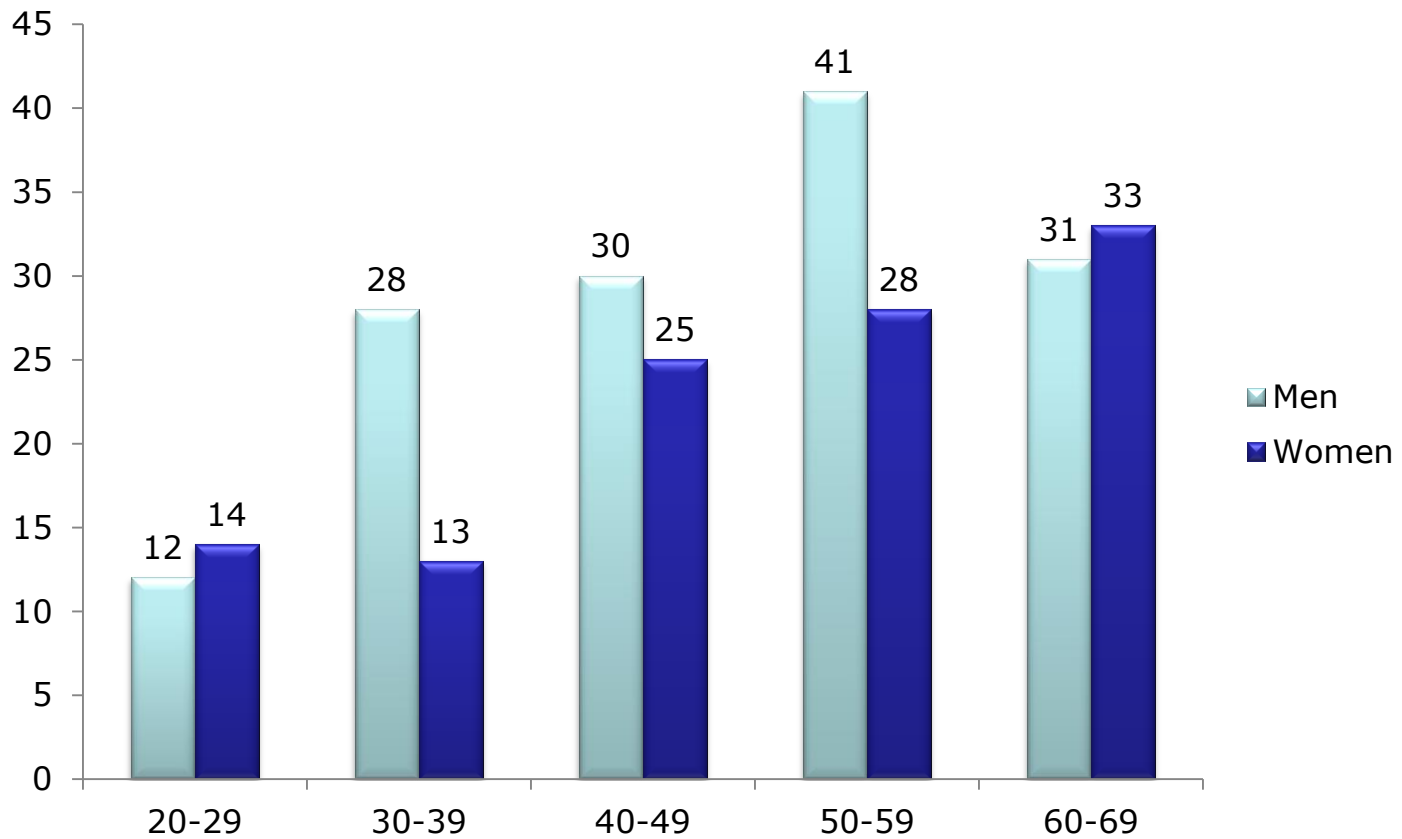


National Adult Nutrition Survey 2010-2011, Survey of Lifestyle, Attitudes and Nutrition 1998, 2002 and 2007. Irish National Nutrition Survey Irish Nutrition and Dietetic Institute 1990

# Trend in excess weight among adults

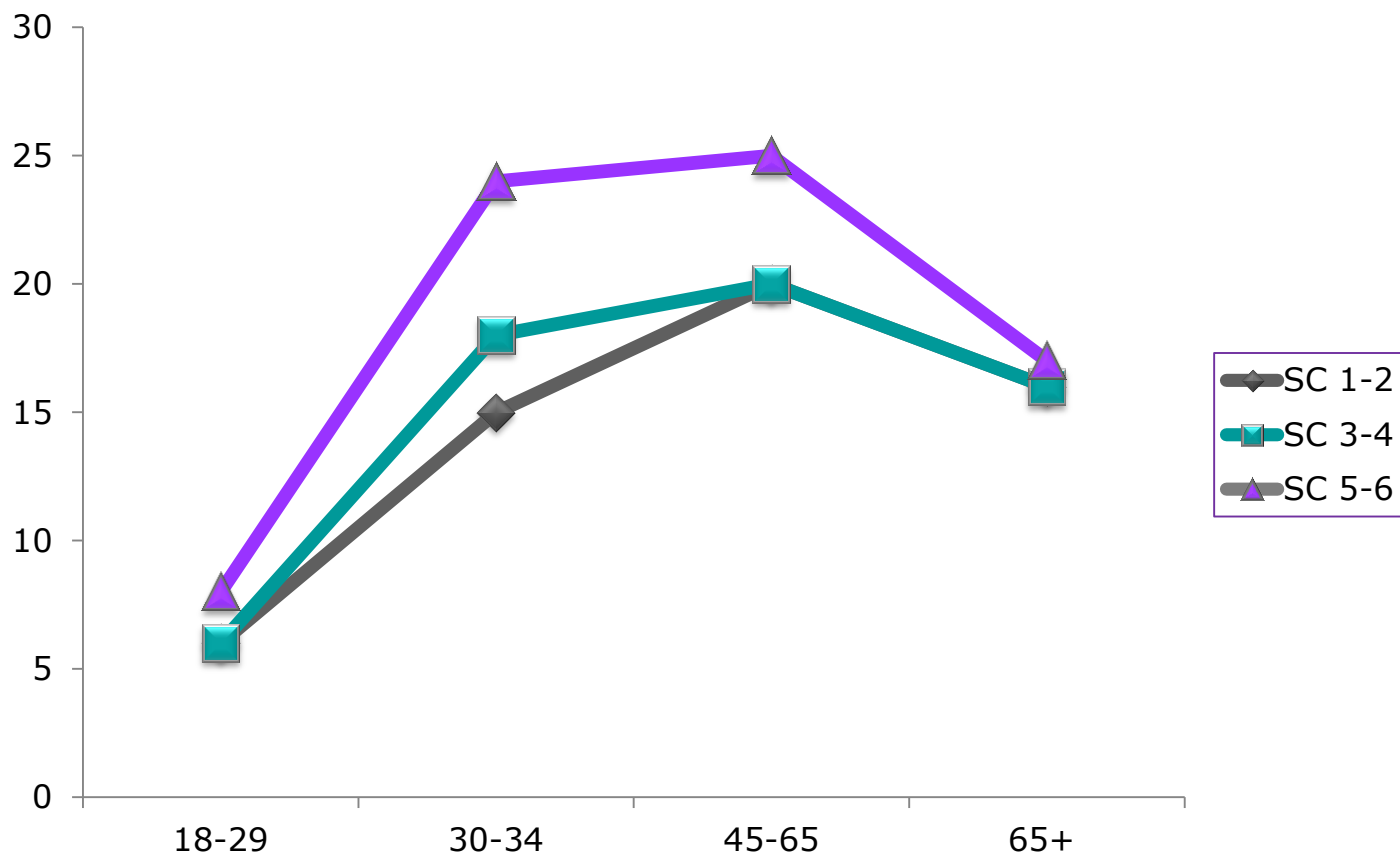


# Adult obesity prevalence by age



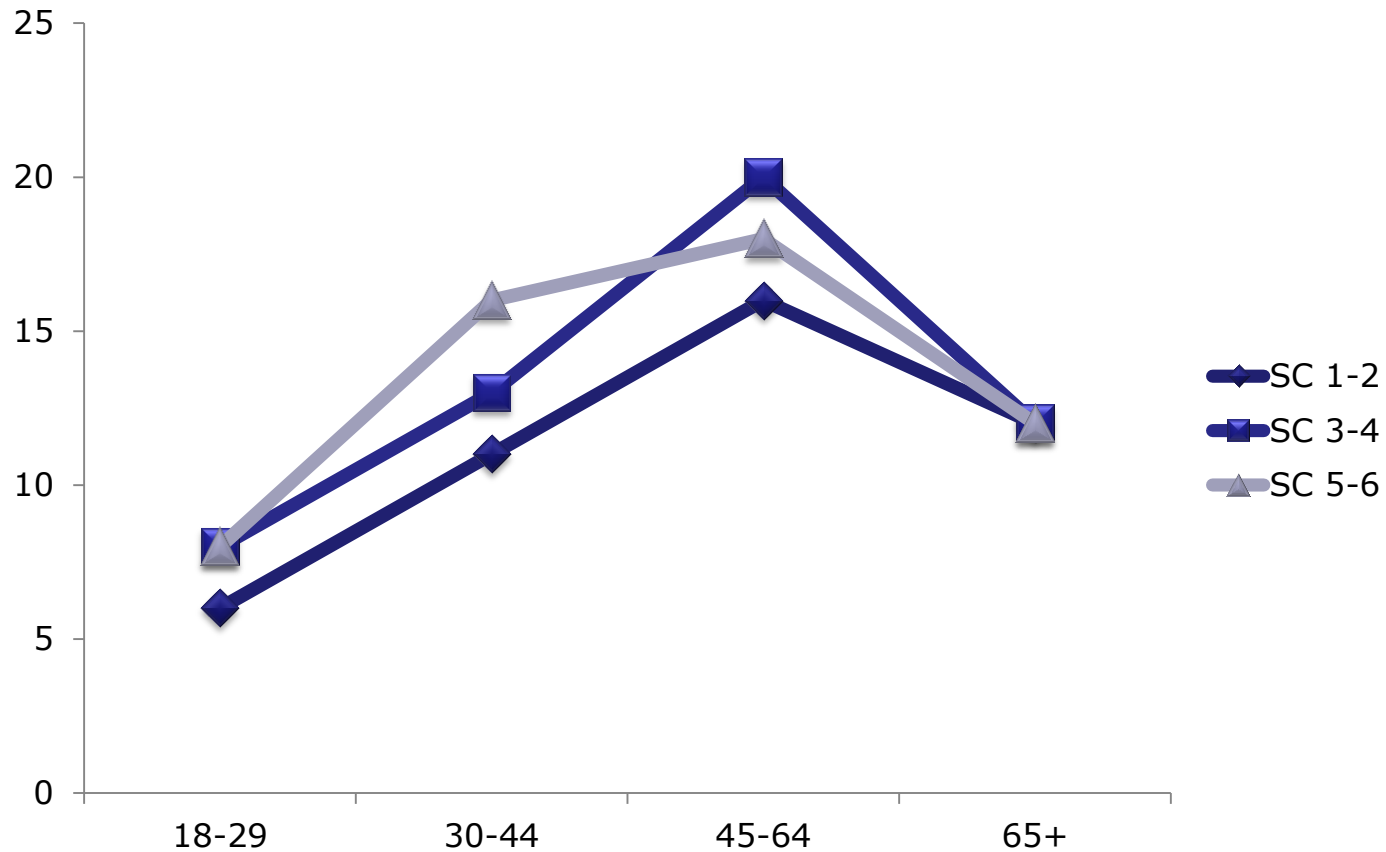


## Male obesity by age and social class



Survey of Lifestyle, Attitudes and Nutrition in Ireland, 2008, Self-reported data, Adult (aged) obesity: BMI  $\geq$  30kg/m<sup>2</sup>

# Female obesity by age and social class



Survey of Lifestyle, Attitudes and Nutrition in Ireland, 2008. Self-reported data, Adult (aged) obesity: BMI  $\geq$  30kg/m<sup>2</sup>

# Republic of Ireland

## Children data

### Key message

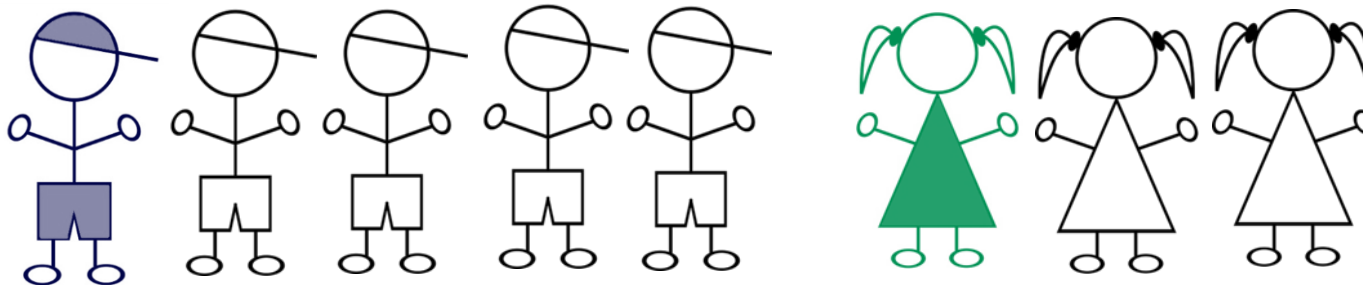
Children (particularly girls) from less socio-economically advantaged households are more likely to be overweight

# Prevalence of excess weight among children

1 in 4 boys and 1 in 5 girls aged 4 -5 are overweight or obese (25% boys, 21% girls)<sup>1</sup>



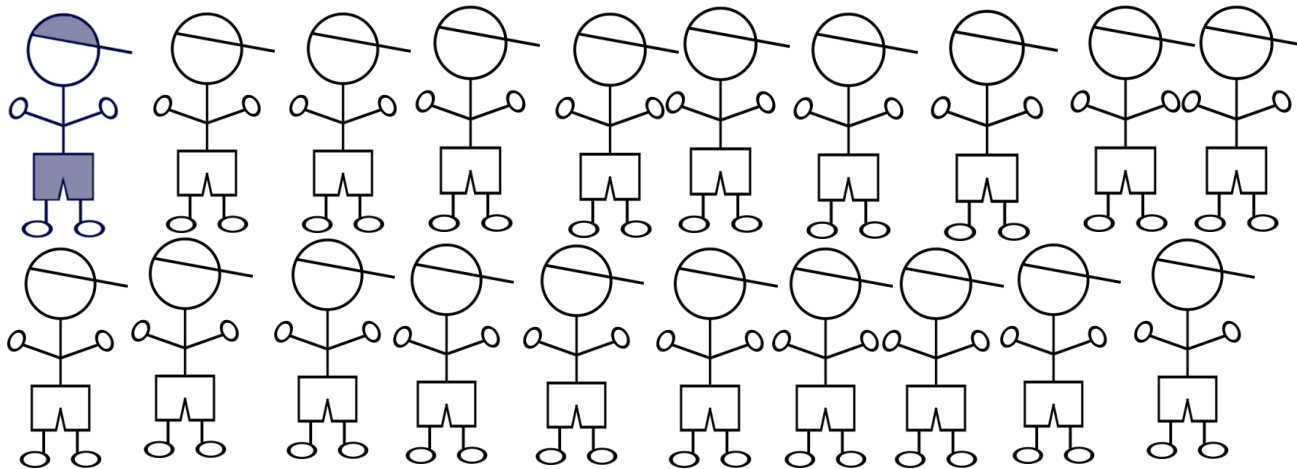
1 in 5 boys and 1 in 3 girls aged 9 are overweight or obese (22% boys, 30% girls)<sup>2</sup>



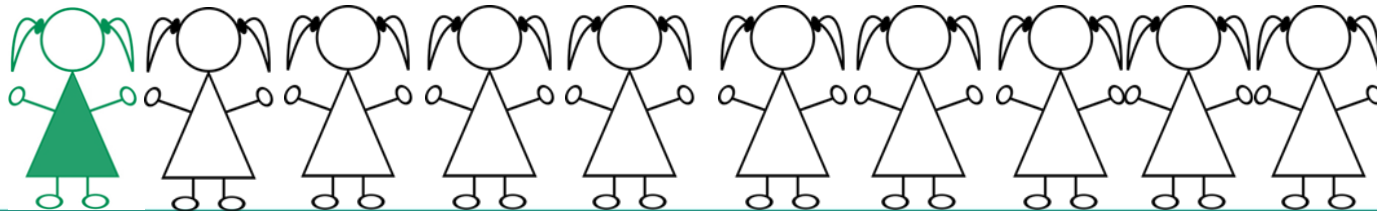
# Prevalence of obesity among children

About 1 in 30 boys and 1 in 50 girls aged 2-4 are obese (3% boys, 2% girls) <sup>1</sup>

Almost 1 in 20 boys aged 9 years old is obese (5% boys) <sup>2</sup>

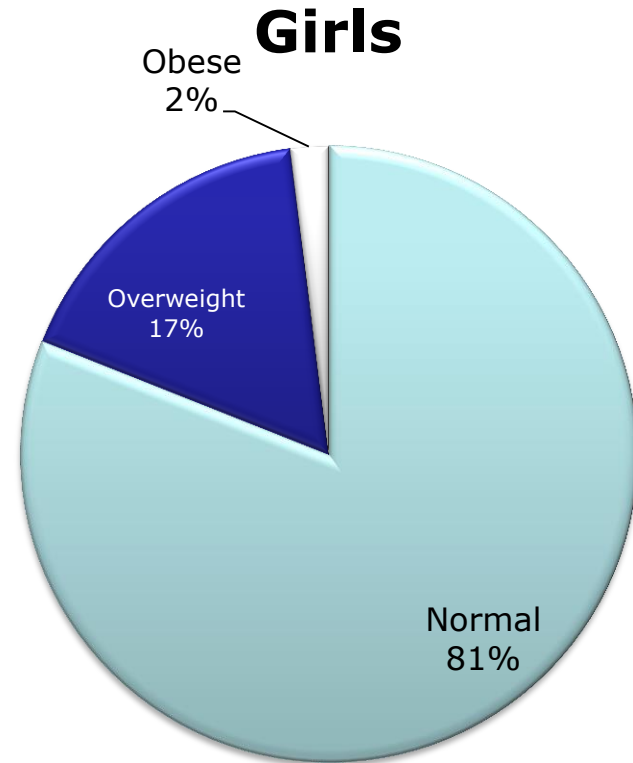
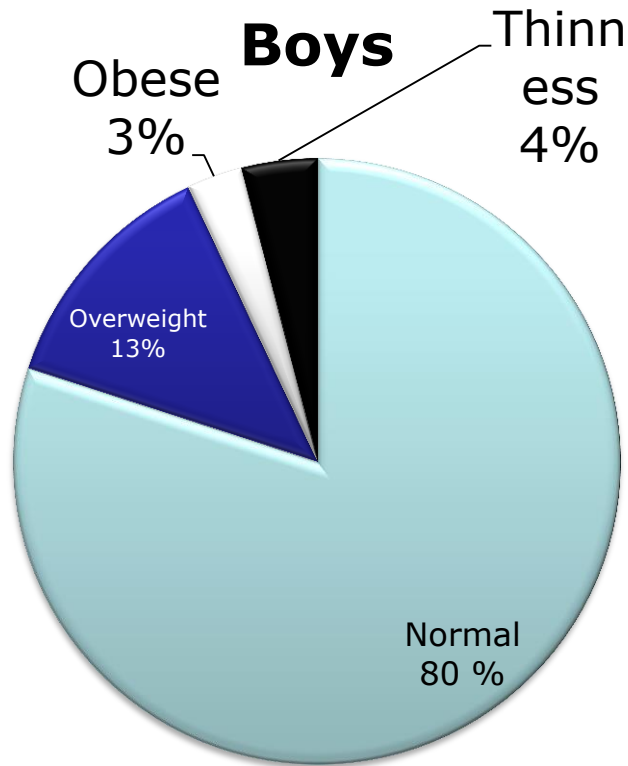


Around 1 in 10 girls aged 9 years old is obese (8% girls) <sup>2</sup>



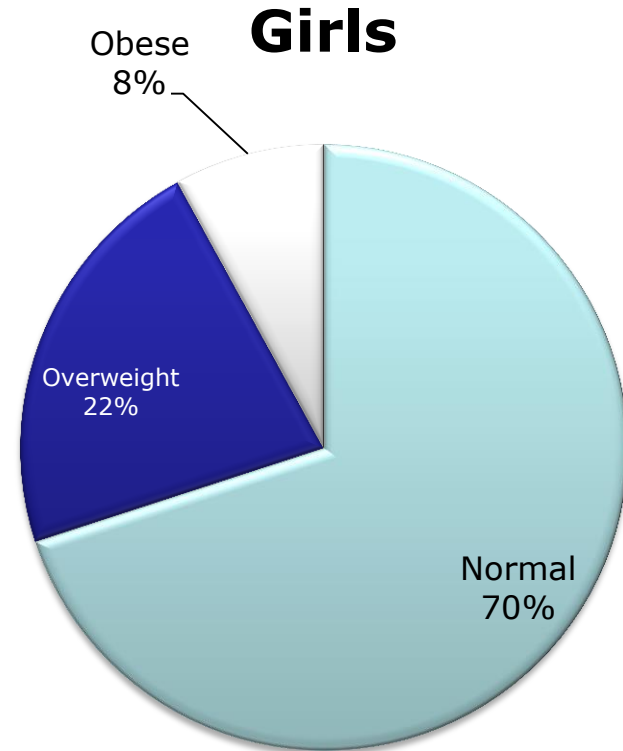
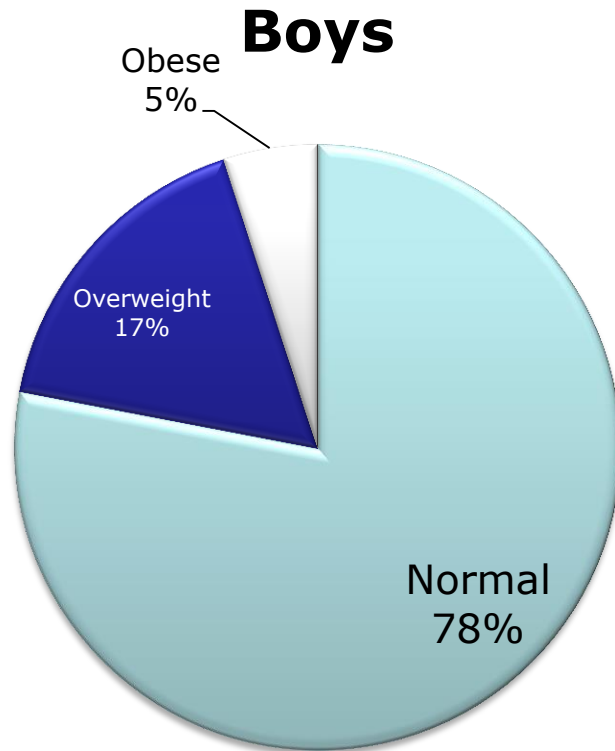
# BMI status of children

Aged 2-4 years



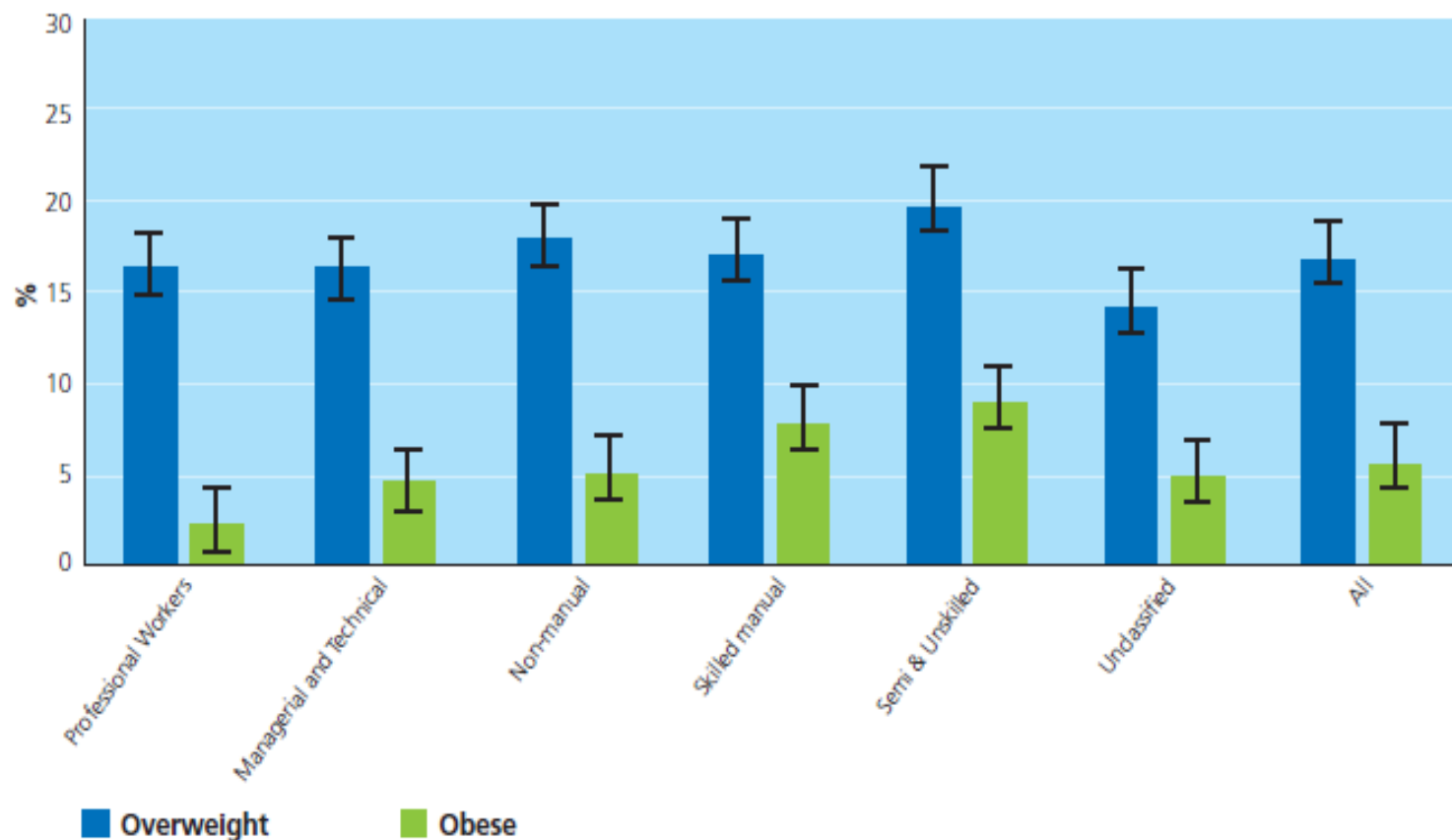
# BMI status of children

## Aged 9 years old



# Proportion of overweight and obese boys by social class

Aged 9 years old





# Proportion of overweight and obese girls by social class

## Aged 9 years old

