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%)

National Adult Nutrition Survey 2010-2011

Adult (aged 18-64) overweight and obesity: BMI ≥ 25kg/m²
Obesity among adults

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

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

National Adult Nutrition Survey 2010-2011

Adult (aged 18-64) obesity: BMI ≥ 30kg/m²
Adult BMI status

- Normal: 39%
- Overweight: 37%
- Obese: 23%
- Underweight: 1%

**BMI thresholds:**
- Underweight: < 18.5 kg/m²
- Normal: 18.5 to < 25 kg/m²
- Overweight: 25 to < 30 kg/m²
- Obese: ≥ 30 kg/m²

Adult (aged 18-64)
Trend in obesity prevalence among adults

Adult (aged 18-64) obesity: BMI ≥ 30kg/m²
Trend in excess weight among adults

Adult (aged 18-64) overweight including obese: BMI ≥ 25kg/m²

Adult obesity prevalence by age

Adult (aged ) obesity: BMI ≥ 30kg/m²

National Adult Nutrition Survey 2010-2011
Male obesity by age and social class

Survey of Lifestyle, Attitudes and Nutrition in Ireland, 2008, Self-reported data, Adult (aged) obesity: BMI ≥ 30kg/m²
Survey of Lifestyle, Attitudes and Nutrition in Ireland, 2008. Self-reported data, Adult (aged) obesity: BMI ≥ 30kg/m²
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)¹

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

¹National Preschool Nutrition Survey 2012 ; ²Growing up in Ireland 9 year old cohort 2011. Using the IOTF thresholds data
Prevalence of obesity among children

About 1 in 30 boys and 1 in 50 girls aged 2-4 are obese (3% boys, 2% girls) \(^1\)

Almost 1 in 20 boys aged 9 years old is obese (5% boys) \(^2\)

Around 1 in 10 girls aged 9 years old is obese (8% girls) \(^2\)

\(^1\) National Preschool Nutrition Survey 2012, \(^2\) Growing up in Ireland 9 year old cohort 2011

Using the IOTF thresholds data
BMI status of children
Aged 2-4 years

National Preschool Nutrition Survey 2012, using IOTF cut-offs by age
BMI status of children
Aged 9 years old

Boys
Normal: 78%
Overweight: 17%
Obese: 5%

Girls
Normal: 70%
Overweight: 22%
Obese: 8%

Growing up in Ireland 9 year old cohort 2011, using IOTF cut-offs by age
Proportion of overweight and obese boys by social class

Aged 9 years old

Growing Up in Ireland; Overweight and Obesity Among 9 year olds 2011. Using IOTF Thresholds
Proportion of overweight and obese girls by social class

Aged 9 years old