

WEIGHT STATUS OF THE POPULATION IN NORTHERN IRELAND



Adults

Approximately 60% of Northern Ireland adults are carrying excess weight

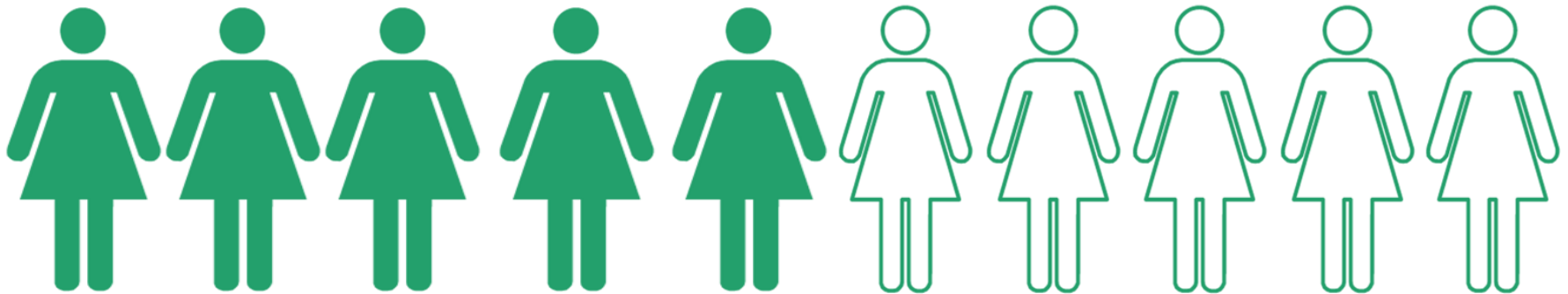
Overweight and obesity among adults 2012/2013

Health Survey NI 2012-2013

Almost 7 out of 10 **men** are overweight or obese (69%)

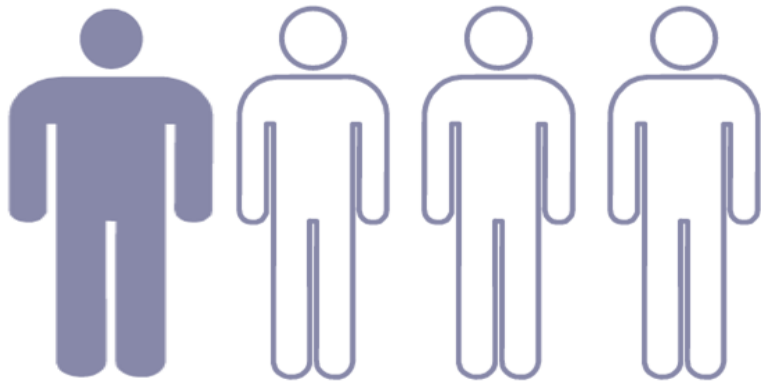


More than 5 out of 10 **women** are overweight or obese (57%)



Obesity among adults 2011/2012

Health Survey NI 2011-2012



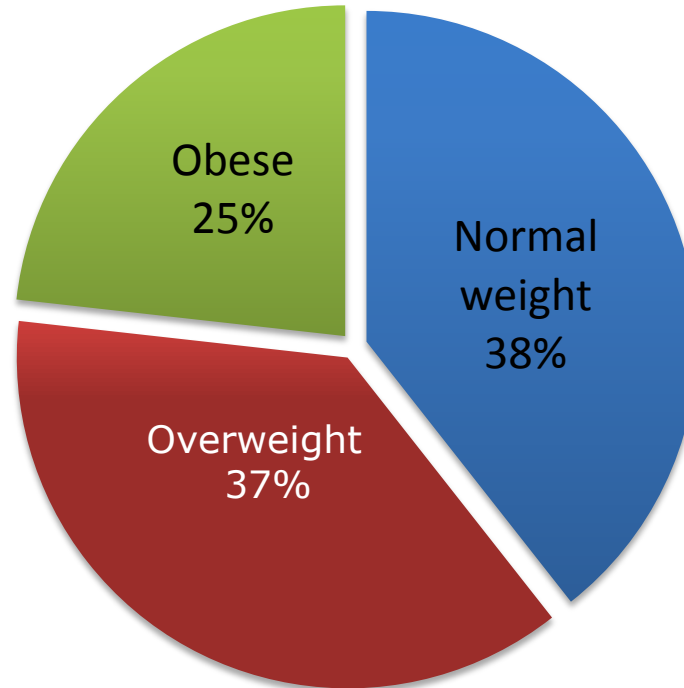
One in every four **men** is obese (25%)



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: $<18.5\text{kg/m}^2$

Healthy weight: 18.5 to $<25\text{kg/m}^2$

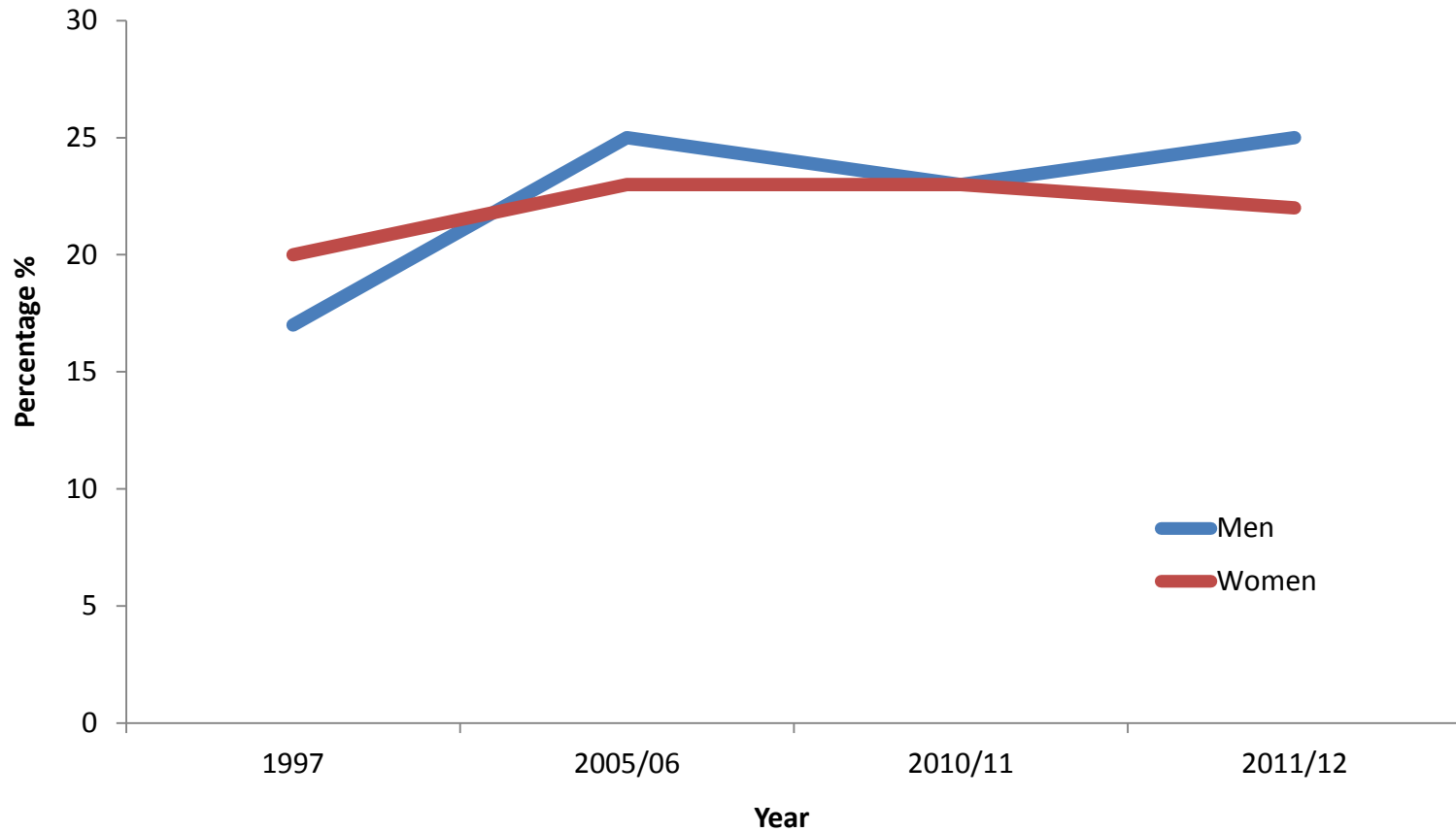
Overweight: 25 to $<30\text{kg/m}^2$

Obese: $\geq 30\text{kg/m}^2$

Prevalence of excess weight among NI adults 1997-2013/13

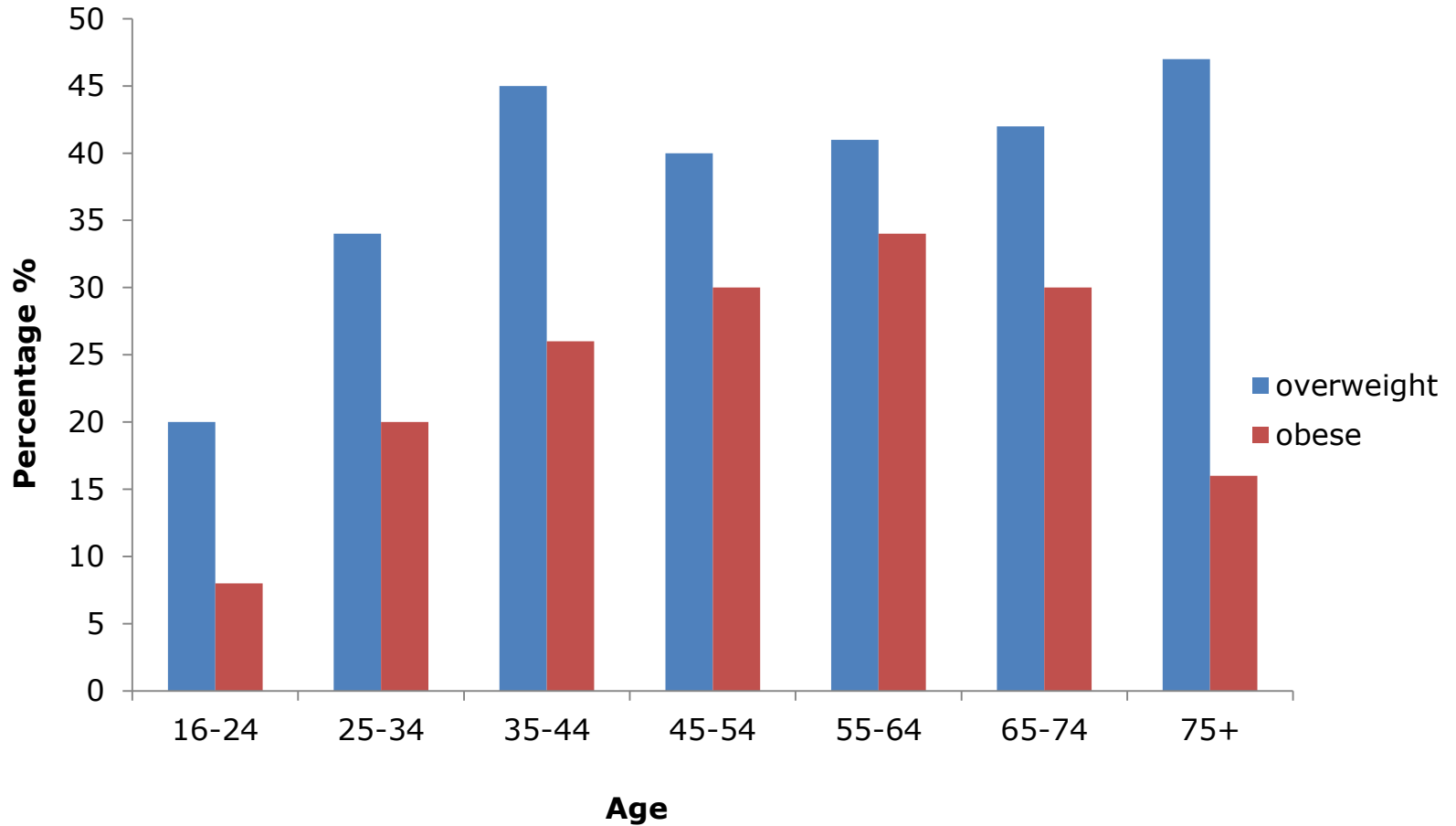


Prevalence of obesity among men & women, 1997 – 2011/12



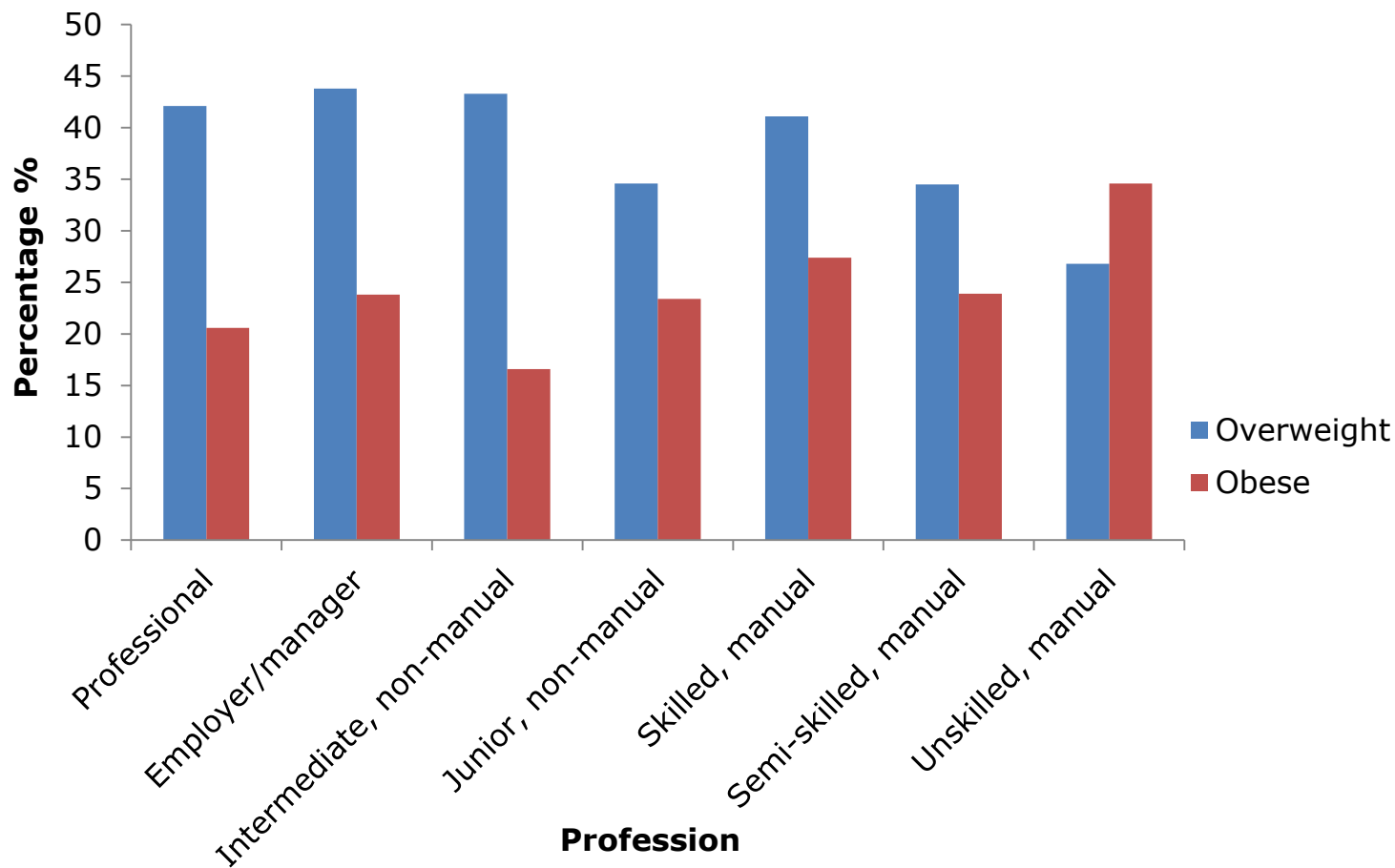
Adult obesity prevalence by age, 2011/2012

Health Survey NI 2011-2012



Prevalence of overweight and obesity in adults by socioeconomic group

Health survey NI 2010/2011



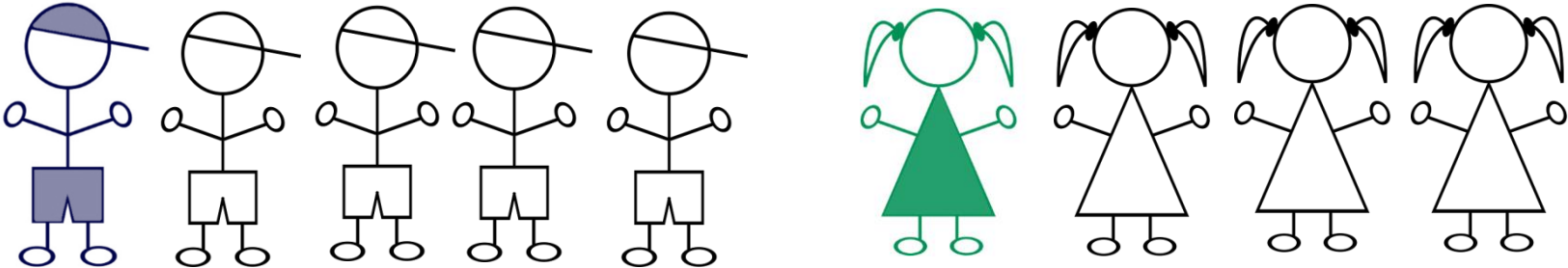
Northern Ireland

Children

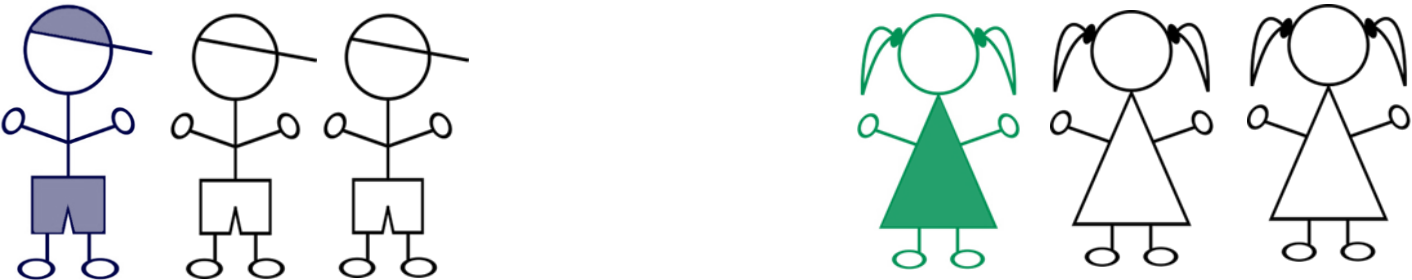
1 in 3 children aged 2-15 years old are carrying excess weight

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

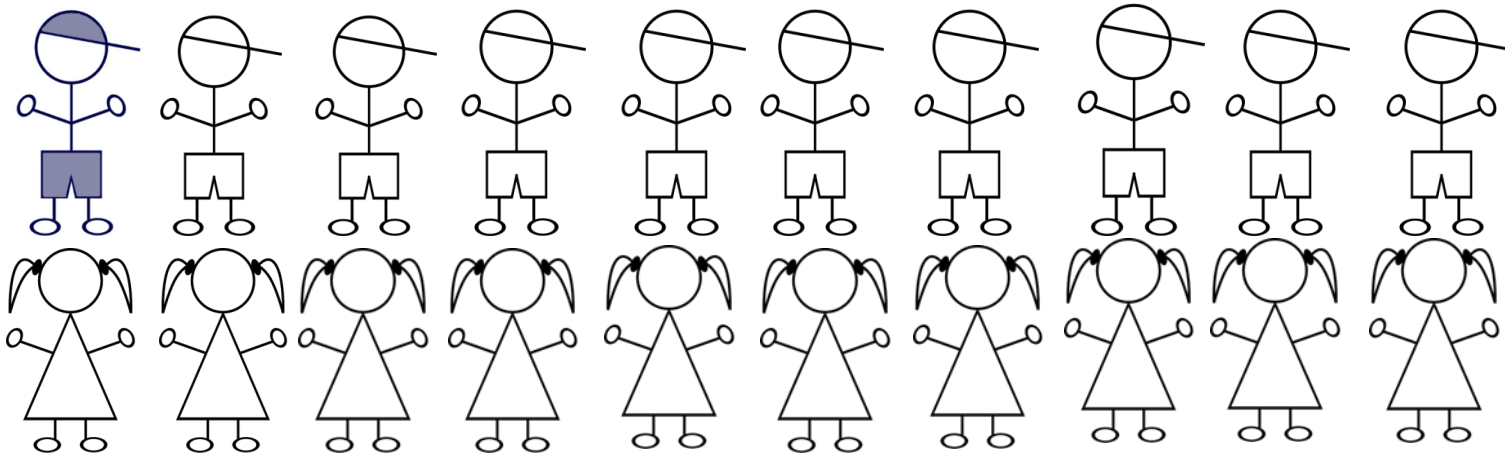


1 in 3 children aged 2-15 are overweight or obese (32%)²

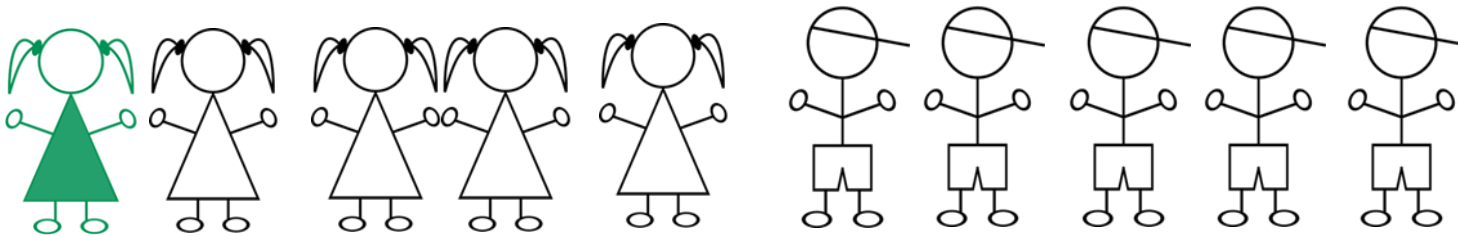


Prevalence of obesity among children

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

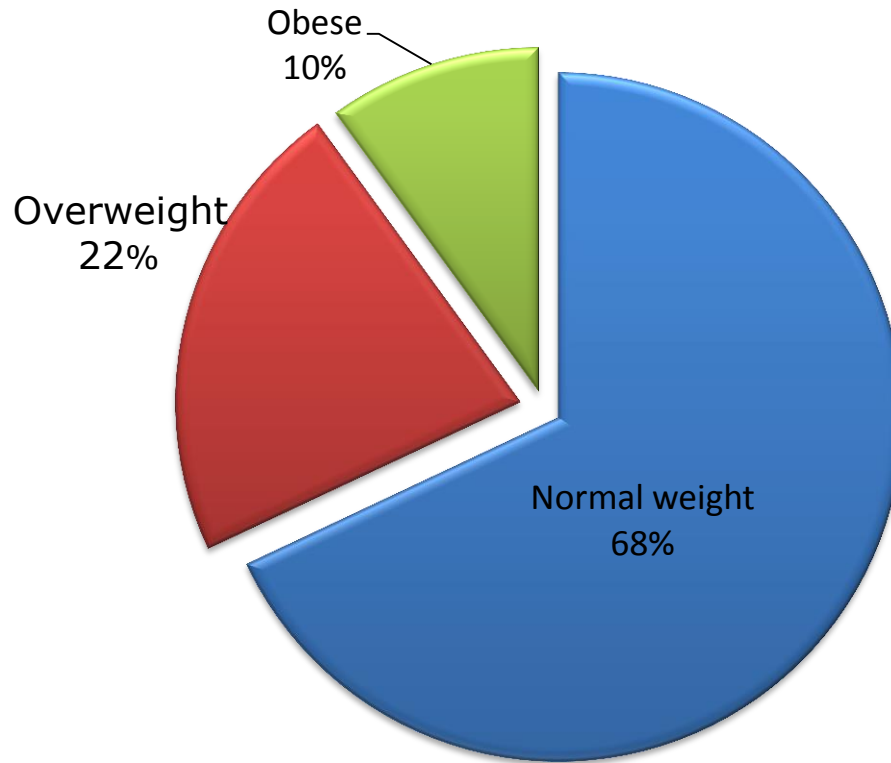


Around 1 in 10 children aged 2-15 is obese (10% boys, 10% girls)²



BMI status of children

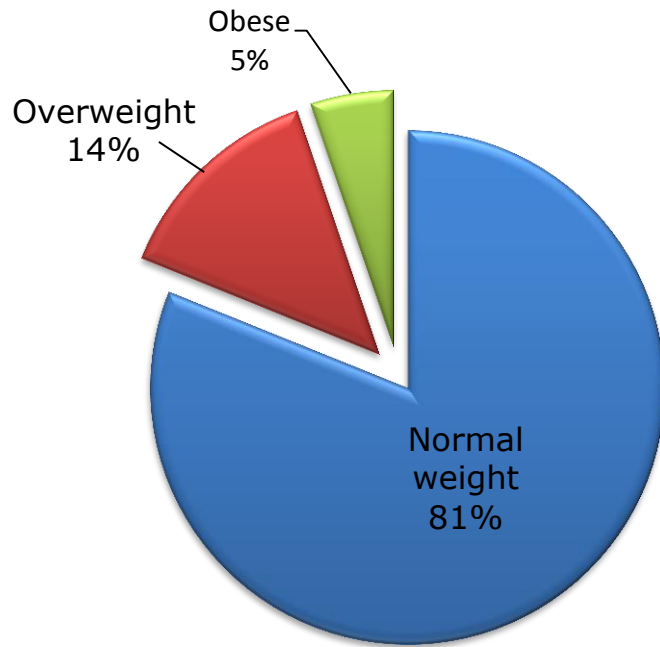
Aged 2-15 years old



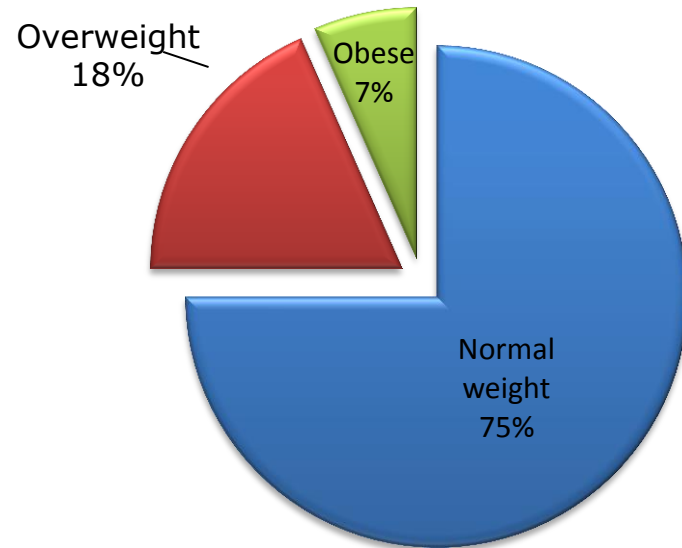
BMI status of children

Aged 4.5 -5.5 years

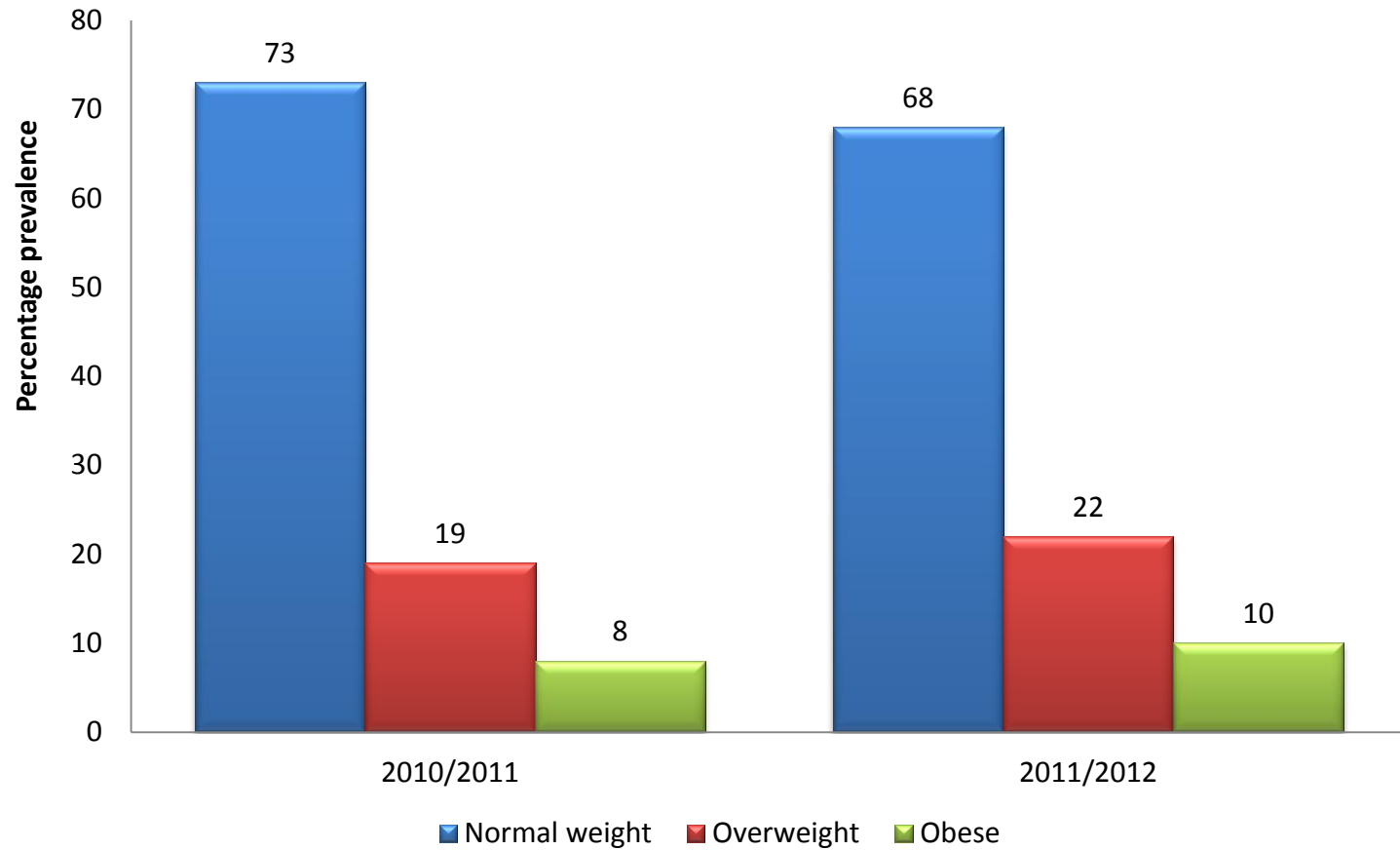
Boys



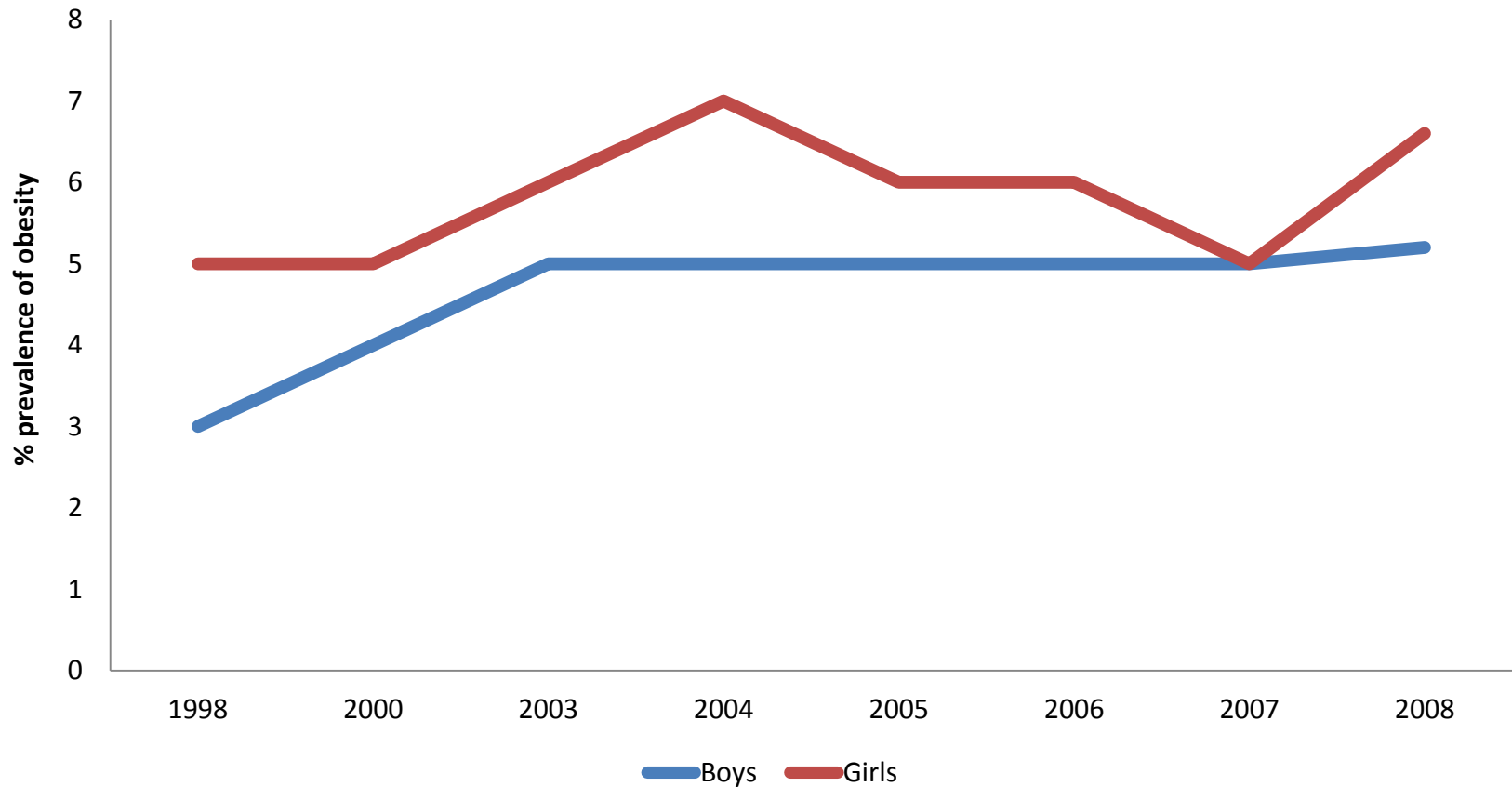
Girls



BMI trends in Children aged 2-15



Trends in the prevalence of obesity (4.5-5.5 year olds)



Trends in the prevalence of overweight and obesity (4.5-5.5 year olds)

