

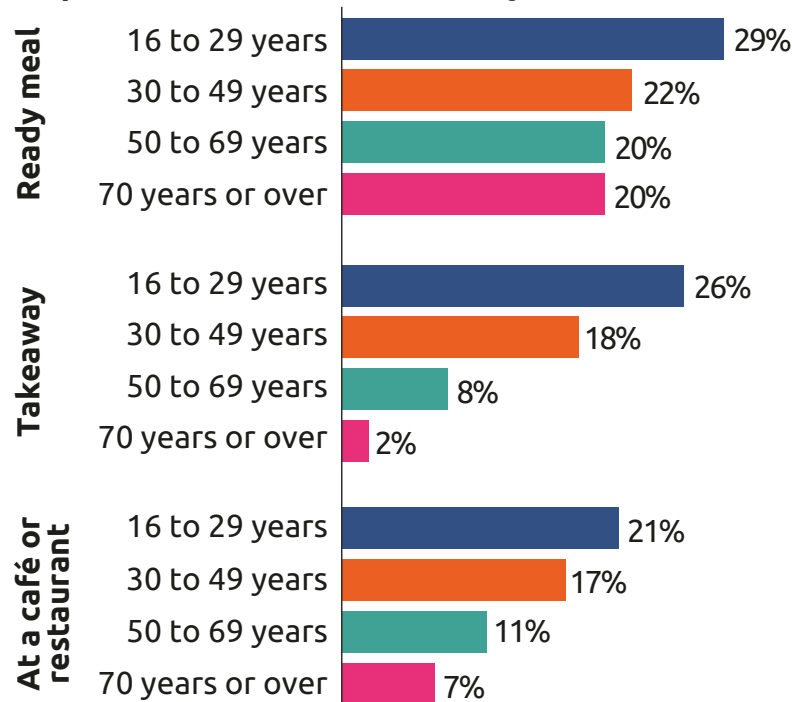
Food environments and portion size behaviours in Wales

A cross-sectional survey was conducted with 1,460 people aged 16 years and over living in Wales, using the Time to Talk Public Health population panel.

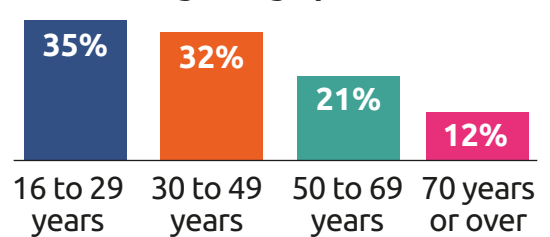


Young adults are a population group requiring urgent intervention

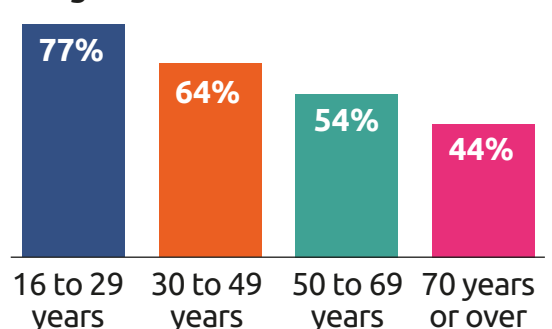
Proportion eaten on 2 or more days in the last week



Self-serving a large portion



Of those who have lunch away from home, proportion that buy lunch on the go at least sometimes

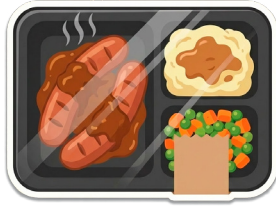


Across the whole sample:



74%

Ate a main meal made from scratch at home on 5 or more days in the last week



22%

Ate a ready meal on 2 or more days in the last week



12%

Ate a takeaway on 2 or more days in the last week



13%

Ate in a café or restaurant on 2 or more days in the last week



53%

Rarely leave food on their plate, even when full



57%

Eat lunch away from their home, of which **60%** buy lunch on the go at least sometimes



24%

Typically self-serve a large portion



32%

Tend to serve large portions so no one feels hungry

Areas for action

Address drivers of eating out behaviours and unhealthy portion sizes

Young adults, males, people living in more deprived areas and people who perceive themselves to be a heavier weight are likely to be eating more takeaways and food out of homes. These foods are often served in larger portions and are higher in calories, fat and salt, which increases the risk of living with overweight or obesity.

Change perceptions of what a healthy portion is

Many people report serving large portions sizes and continuing to eat even when they feel full. Action is needed to shift perspectives on what a healthy portion size looks like and to support changes in eating behaviours.

Further understand factors influencing people to eat more, both at home out of home

We need to better understand the environmental, social and behavioural factors that lead people to eat more than they need, both at home and out-of-home, in order to help shape policies that could tackle these wider influences and make opting for more healthy options in all settings easier.

The sample (N=1,460) was broadly representative of the population of Wales. The survey was completed either online, face-to-face or by telephone in August 2024. It explored i) types of main meals eaten, ii) lunchtime behaviours when away from home, iii) meal finishing behaviours and iv) portion size practices and attitudes. Full study findings and methodology are published in: Sharp CA, Dale C, Welch C, Hughes K, & Johnson I (2026). *Understanding food environments and portion size behaviour in Wales*. Policy and International Health, World Health Organization Collaborating Centre on Investment for Health and Well-being, Public Health Wales.