INTERNATIONAL
FOOD POLICY
STUDY

# TECHNICAL REPORT

## 2025 YOUTH SURVEY

NOVEMBER 12, 2026



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INTERNATIONAL FOOD POLICY STUDY



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# METHODS

The primary objective of the International Food Policy Study (IFPS) is to evaluate the impact of national-level food policies. The IFPS project consists of repeat cross-sectional surveys conducted annually with adults and youth to examine dietary patterns and policy-relevant behaviours across countries. Adult surveys are conducted in five countries (Australia, Canada, Mexico, the United Kingdom (UK), and the United States (US)), whereas youth surveys are conducted in six countries (Australia, Canada, Chile, Mexico, the UK, and the US). In 2023 and 2025, adult surveys were also conducted in Belgium. The study provides a quasi-experimental design for evaluating federal-level policies by providing both 'within' and 'between-country' measures over time. The current report describes methodology for the IFPS Youth Surveys; Technical Reports for the IFPS Adult Surveys are available on the project website (www.foodpolicystudy.com/methods).

## SAMPLE & RECRUITMENT

Online surveys were conducted with youth in 2025 with a total of 10,009 respondents from six countries: Australia (n=1,256), Canada (n=3,267), Chile (n=1,360), Mexico (n=1,425), the UK (n=1,307), and the US (n=1,394). The first wave of the IFPS youth survey was conducted in November-December 2019, with subsequent annual waves conducted in November-December from 2020 to 2025.

Among the Wave 7 (2025) sample, no respondents had previously completed surveys in Wave 6, or in any of Waves 1-3. A total of 26 respondents completed surveys in both Wave 5 and 7 (0.26% of the Wave 7 sample), and a total of 3 respondents completed surveys in both Wave 4 and 7 (0.03% of the Wave 7 sample), but no respondents completed surveys in Waves 4, 5, and 7. Details on returners within earlier waves is available within prior IFPS technical reports.

The sample was recruited through parents/guardians enrolled in the Nielsen Consumer Insights Global Panel, which maintains and/or has partner panels in each country. The panels are recruited using both probability and non-probability sampling methods. The Nielsen panel provides standardized recruitment sampling across countries. For the current study, Nielsen contacted adults from the online panels in each country, using email and panelist dashboard application invitations with unique survey access links. Adult panelists were screened to identify whether they had any children aged 10 to 17 living in their household. Parents/guardians with a potentially eligible child were provided information about the study, and asked for permission for their child to participate. Only one child per household was invited to participate. The child was subsequently screened directly to confirm eligibility based on age and sex. Children aged 10 to 17 years were eligible to participate, with quotas for age and sex in the UK and US. Eligible children were provided study information and asked to provide assent before beginning the survey.

In the UK and US, quotas for age and sex were applied to facilitate recruitment of a diverse sample for males and females in two age groups: 10-13 and 14-17 years of age. These quotas were not applied in other countries due to more limited panel sizes. Sample targets were used to recruit English- and French- speaking respondents in Canada, and English- and Spanish- speaking respondents in USA proportional to the population distribution.

The child's parent/guardian (adult panelist) received remuneration in accordance with their panel's usual incentive structure, which includes points-based or monetary rewards that can be redeemed for e-gift cards, catalog items, cash, donations and/or chances to win monthly prizes. These incentives have been shown to

increase response rates and decrease response bias in sub-groups under-represented in surveys, including disadvantaged subgroups.[1,2,3] Remuneration was provided to the parents/guardians, rather than the children because the children did not have their own panelist accounts, and Nielsen and their partner panels did not have contact information for the children.

All data collection was conducted online, which provides several advantages, including the use of product images to assess beverage consumption and in experimental tasks, and the use of 'skip patterns' and questionnaire routing to account for differential patterns of use. Online surveys can also reduce social desirability bias, compared to in-person and phone surveys, by providing greater anonymity for sensitive topics such as weight bias and stigma.[4,5]

Online survey methods are well-established, and are emerging as the preferred mode for population-based surveys given declining response rates from random digit dialled (RDD) phone surveys.[6,7,8,9] Until recently, online surveys were constrained by limited internet penetration. However, internet penetration now exceeds "landlines", even among lower socioeconomic groups: in Australia, Canada, the UK and the US, internet usage in the population approximates 90% or more.[10,11,12,13] Internet penetration is lower in Mexico, but still widespread with approximately 83% of Mexicans using the internet.[14]

Respondents were permitted to complete the survey on desktop or laptop computers, or mobile devices including smartphones or tablets. Some survey measures rendered differently on devices with smaller screen sizes such as smartphones. Measures involving scales from 0 to 10 displayed the scale horizontally on desktops and laptops, and vertically on smartphones and tablets. Overall, about three-quarters (76.8%) of respondents completed the survey on a smartphone (Australia=75.1%; Canada=71.8%; Chile=85.1%; Mexico=83.1%; UK=76.8%; US=75.3%).

## PARTICIPATION RATES

Table 1 indicates the number of youth survey invitations sent in each country. The youth survey was 'closed' when target quotas were met.

For commercial panels that include non-probability based sample, the American Association for Public Opinion Research (AAPOR) recommends reporting the 'participation rate', also referred to a 'completion rate'. The participation rate is defined as "the number of respondents who have provided a usable response divided by the total number of initial personal invitations requesting participation".[15] Participation rates are largely a product of sample management and the amount of sample that is 'released' prior to reaching target quotas.

Participation rates for eligible participants were calculated for the current study as follows:

> Participation Rate = Completes / Total Eligible Invites
>
> Total Eligible Invites = Unknown Eligible - [Unknown Eligible * (Ineligible / (Known Eligible + Unknown Eligible + Ineligible))] + Eligible, no consent + Completes
>
> Unknown Eligible = Did not access survey + Accessed survey, unknown eligibility

The total participation rate was 4.0%. As shown in Table 1, 293,215 invitations were sent to panelists; 14,599 potential respondents (5.0%) accessed the survey link; and 10,009 respondents (3.4%) completed the IFPS survey and were retained in the sample.

The cooperation rate represents "the proportion of all cases interviewed of all eligible units ever contacted".[15] Across all countries, the cooperation rate was 70.2%, which was calculated based on AAPOR Cooperation Rate #2, as the percentage of respondents who completed the survey (10,009) of those eligible who accessed the survey link (14,240).

TABLE 1: Dispositions of potential respondents for the IFPS Youth Survey, by country, 2025

| Disposition | Total | | Australia | | Canada | | Chile | | Mexico | | United Kingdom | | United States | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | n | % | n | % | n | % | n | % | n | % | n | % | n | % |
| Invitations sent | 293,215 | | 33,735 | | 84,713 | | 45,979 | | 38,106 | | 35,876 | | 54,806 | |
| Did not access survey | 278,616 | 95.0 | 31,872 | 94.5 | 80,109 | 94.6 | 44,011 | 95.7 | 36,149 | 94.9 | 33,932 | 94.6 | 52,543 | 95.9 |
| Total accessed survey | 14,599 | 5.0 | 1,863 | 5.5 | 4,604 | 5.4 | 1,968 | 4.3 | 1,957 | 5.1 | 1,944 | 5.4 | 2,263 | 4.1 |
| Accessed survey link, unknown eligibility[a] | 1,157 | 0.4 | 122 | 0.4 | 404 | 0.5 | 192 | 0.4 | 136 | 0.4 | 119 | 0.3 | 184 | 0.3 |
| Ineligible[b] | 331 | 0.1 | 38 | 0.1 | 81 | 0.1 | 46 | 0.1 | 36 | 0.1 | 32 | 0.1 | 98 | 0.2 |
| Eligible, no consent | 126 | 0.0 | 20 | 0.1 | 38 | 0.0 | 16 | 0.0 | 14 | 0.0 | 19 | 0.1 | 19 | 0.0 |
| Eligible, partial[c] | 1,166 | 0.4 | 130 | 0.4 | 323 | 0.4 | 232 | 0.5 | 167 | 0.4 | 142 | 0.4 | 172 | 0.3 |
| Completes | 11,819 | 4.0 | 1,553 | 4.6 | 3,758 | 4.4 | 1,482 | 3.2 | 1,604 | 4.2 | 1,632 | 4.5 | 1,790 | 3.3 |
| Excluded, data quality[d] | 1,810 | 0.6 | 297 | 0.9 | 491 | 0.6 | 122 | 0.3 | 179 | 0.5 | 325 | 0.9 | 396 | 0.7 |
| Age discrepancy | 1,238 | 0.4 | 216 | 0.6 | 327 | 0.4 | 88 | 0.2 | 114 | 0.3 | 216 | 0.6 | 277 | 0.5 |
| No / ineligible region | 12 | 0.0 | 0 | 0.0 | 7 | 0.0 | 1 | 0.0 | 1 | 0.0 | 2 | 0.0 | 1 | 0.0 |
| Failed data quality check | 461 | 0.2 | 72 | 0.2 | 134 | 0.2 | 27 | 0.1 | 52 | 0.1 | 90 | 0.3 | 86 | 0.2 |
| Speeding | 63 | 0.0 | 4 | 0.0 | 17 | 0.0 | 5 | 0.0 | 12 | 0.0 | 12 | 0.0 | 13 | 0.0 |
| Other issue | 36 | 0.0 | 5 | 0.0 | 6 | 0.0 | 1 | 0.0 | 0 | 0.0 | 5 | 0.0 | 19 | 0.0 |
| Complete, retained | 10,009 | 3.4 | 1,256 | 3.7 | 3,267 | 3.9 | 1,360 | 3.0 | 1,425 | 3.7 | 1,307 | 3.6 | 1,394 | 2.5 |

[a] Parent/guardian did not provide consent, or respondent closed the survey link before the age question (in all countries) and sex screening question (in the US and UK) were completed and eligibility determined

[b] Respondent screened ineligible due to ineligible age (<10 or >17)

[c] Respondent quit the survey before finishing

[d] Respondent provided discrepant age and year of birth responses, and/or failed to state their region or stated their region as in another country or an ineligible region (i.e., a territory in Canada), and/or failed to answer or incorrectly answered the data quality check question, "Which of these foods is a fruit?", and/or completed the survey in less than 8 minutes in Australia, Canada EN and FR, UK, and USA EN or 10 minutes in Chile, USA SP, and Mexico, indicating "speeding" and presumably lack of attention, and/or provided unrelated responses to at least two open-ended questions, or nonsensical typing and/or unrelated responses in three open-ended questions.

## SURVEY CONTENT AND DEVELOPMENT

The study assessed five primary policy domains: school nutrition environments, sugary drink policies, food packaging and labelling, food marketing, and food guide/dietary recommendations. The study has a particular focus on consumer perceptions and behaviours, including dietary patterns, beverage intake, sources of food purchases, food preparation, weight loss behaviour, weight perceptions, sugary drink perceptions, nutrition knowledge, and food security.

Where possible, questionnaire items were drawn or adapted from national surveys and the adult IFPS survey or selected based on previous research. Several new measures were also developed by the research team. Cognitive interviewing was previously conducted with 50 young adults aged 16-30 years in Canada to evaluate the adult version of the beverage frequency measures.[16,17] Cognitive interviewing was also conducted with 8 children aged 10-13 years in Canada to evaluate and improve several new items in the youth survey, including measures on food sources, beverage intake, food security, and food marketing.

Surveys were conducted in English in Australia and the UK; Spanish in Mexico and Chile; English or French in Canada; and English or Spanish in the US (based on the panelist's known language preference). The 2019 and 2020 youth questionnaires were professionally translated into French survey by Sirois French Translation Services (Montreal, Canada), and into Spanish by Communications Parisella, etc. Inc (Montreal, Canada), with French and Spanish updates to the 2021-2024 surveys completed by Communications Parisella, etc. Inc. In 2025, updates to the French translations were completed by bilingual research team members from Universite Laval, and to the Spanish translations by the Mexican National Institute of Public Health. Some measures were incorporated from the adult IFPS survey which was previously translated into French by Communications Parisella, etc. Inc, and Spanish by Benton & Associates (Mexico City, Mexico). Translations were reviewed by bilingual research team members who were native in each language and content experts, confirming nutrition-related terminology and adapting country-specific content where necessary, while aiming to maximize comparability across countries. Surveys were adapted for country-specific terminology (e.g., "soda or pop" in Canada vs. "fizzy drinks" in the UK). Survey teams in each country also reviewed beverage and food lists and images to ensure that the measures were representative of the products available in each market.

The median youth survey completion time across countries was 23 minutes (see Table 2 for time, by country).

TABLE 2: Median youth survey time, by country, 2025

| Country | Median survey time |
|---|---|
| | minutes |
| Australia | 23 |
| Canada – overall | 21 |
| Canada – English | 21 |
| Canada – French | 22 |
| Chile | 25 |
| Mexico | 26 |
| United Kingdom | 21 |
| United States - overall | 22 |
| United States – English | 21 |
| United States – Spanish | 29 |
| OVERALL | 23 |

## DATA INTEGRITY

As a data integrity check, approximate two-thirds through the survey, respondents were asked "Which of these foods is a fruit", with a list of five food items (bread, carrot, egg, apple, or milk). Respondents who failed to select the correct answer (apple) were excluded from the analytic sample.

Respondents who completed surveys below a minimum survey completion time based on median survey time were considered "speeders" and were excluded from the analytic sample. Specifically, respondents who completed surveys that had a country/language median completion time of less than 24 minutes *before* exclusions based on data integrity checks (Australia, Canada EN and FR, UK and USA EN) were considered "speeders" if they finished the survey in less than 8 minutes. Respondents who completed surveys that had a country/language median completion time of ≥24 minutes (Chile, Mexico, USA SP) were considered "speeders" if they finished the survey in less than 10 minutes.

Beginning in 2025, an additional data integrity check was incorporated such that respondents were asked to report not only asked their age in years, but also their year of birth, and the responses were compared. Respondents who provided a discrepant response were excluded from the analytic sample, unless the difference was ±1 (i.e., assuming their birthday may be late in the year, or they might have rounded their age up).

The surveys contained a few open-ended measures which were also reviewed during data cleaning and problematic responses flagged. These measures included city, beverage brand recall, favourite social media influencers, and school name. Respondents were excluded from the analytic sample if their response content was unrelated to the question in at least two of the three variables, or if their response included nonsensical typing and/or unrelated content in three variables.

## ETHICS CLEARANCE

The study was reviewed by and received ethics clearance through a University of Waterloo Research Ethics Board (REB # 41477).

## SURVEY WEIGHTS

Post-stratification sample weights were constructed for each country separately based on known population totals by age, sex, region, and ethnicity (except in Canada). Respondents were classified into sex-by-age-by-region groups (with four age categories in Canada and two age categories in other countries), sex-by-age groups (except in Canada; with four age categories in other countries), and ethnicity-by-region groups (except in Canada). Countries other than Canada didn't have large enough samples to use four 2-year age categories in the sex-by-age-by-region groups. In 2021, the sex-by-age groups (with 4 age categories) were added for all countries, except Canada where it would have been redundant. Correspondingly grouped population count and proportion estimates (sex, age, region populations) from each country were obtained.[18,19,20,21,22,23,24] Population data on ethnicity from each country were also obtained.[20,24,25,26,27,28,29] Separately by country, a raking algorithm was applied to compute weights that are calibrated to these groupings. The SAS macro "RAKE_AND_TRIM_G4_V5" was used, with trimming to 5 (rescaled) if necessary.[30,31] Finally, the weights were rescaled to sum to the sample size in each country. Note: the approach to weighting ethnicity in the United States was enhanced beginning in 2020, as described below.

The tables below indicate the age, sex at birth, region, and ethnicity categories used for weighting by country.

## AUSTRALIA

| Age groups | Sex at birth | Regions | Ethnicity |
|---|---|---|---|
| *Sex-by-age-by-region*<br>1) 10-13 years<br>2) 14-17 years<br><br>*Sex-by-age*<br>1) 10-11 years<br>2) 12-13 years<br>3) 14-15 years<br>4) 16-17 years | 1) Male<br>2) Female | 1) New South Wales<br>2) Victoria<br>3) Queensland<br>4) Western Australia<br>5) South Australia<br>6) Tasmania/Australian Capital Territory/ Northern Territory | 1) Speak language other than English in the home<br>2) Speak English only in the home |

Note: Respondents from Tasmania, Australian Capital Territory and Northern Territory were collapsed into one category due to small sample sizes. This means that the Australian data are adjusted to the age, sex and ethnicity of the five larger states but not to Tasmania, Australian Capital Territory, nor Northern Territory individually. Additionally, ethnicity was not used in the 2020 or 2021 weights for the Tasmania/Australian Capital Territory/Northern Territory group due to small numbers.

The survey weights for Australia ranged from 0.52 to 2.81.

## CANADA

| Age groups | Sex at birth | Regions |
|---|---|---|
| 1) 10-11 years<br>2) 12-13 years<br>3) 14-15 years<br>4) 16-17 years | 1) Male<br>2) Female | 1) Atlantic Provinces<br>2) Quebec<br>3) Ontario<br>4) Prairie Provinces<br>5) British Columbia |

Note: Canada had a sample size that was more than double that of the other countries which allowed for a finer age breakdown. Ethnicity was not incorporated in the development of weights for Canada due to inconsistent collection methods/response options used in national surveys/census.

The survey weights in Canada ranged from 0.63 to 1.87.

## CHILE

| Age groups | Sex at birth | Regions | Ethnicity |
|---|---|---|---|
| *Sex-by-age-by-region*<br>1) 10-13 years<br>2) 14-17 years<br><br>*Sex-by-age*<br>1) 10-11 years<br>2) 12-13 years<br>3) 14-15 years<br>4) 16-17 years | 1) Male<br>2) Female | 1) North region<br>2) Centre region<br>3) South region<br>4) Santiago region | 1) Indigenous<br>2) Not Indigenous |

The survey weights for Chile ranged from 0.58 to 2.97.

## MEXICO

| Age groups | Sex at birth | Regions | Ethnicity |
|---|---|---|---|
| *Sex-by-age-by-region* | 1) Male | 1) North region | 1) Indigenous |
| 1) 10-13 years | 2) Female | 2) South region | 2) Not Indigenous |
| 2) 14-17 years | | 3) Centre region | |
| | | 4) Mexico City region | |
| *Sex-by-age* | | | |
| 1) 10-11 years | | | |
| 2) 12-13 years | | | |
| 3) 14-15 years | | | |
| 4) 16-17 years | | | |

Note: In 2019, the Mexico population data used to create the weights was provided in 5-year age group segments with 10-14 years being one of the groups, so the age groups used for weights were adjusted from 10-13 years (used in other countries) to 10-14 years to align with the data. Starting in 2020, the 10-13 and 14-17 age groups were able to be used in Mexico.

The survey weights for Mexico ranged from 0.08 to 2.99.

## UNITED KINGDOM

| Age groups | Sex at birth | Regions | Ethnicity |
|---|---|---|---|
| *Sex-by-age-by-region* | 1) Male | 1) North East | 1) White alone |
| 1) 10-13 years | 2) Female | 2) North West | 2) Other |
| 2) 14-17 years | | 3) Yorkshire and the Humber | |
| *Sex-by-age* | | 4) East Midlands | |
| 1) 10-11 years | | 5) West Midlands | |
| 2) 12-13 years | | 6) East of England | |
| 3) 14-15 years | | 7) London | |
| 4) 16-17 years | | 8) South East | |
| | | 9) South West | |
| | | 10) Scotland | |
| | | 11) Wales | |
| | | 12) Northern Ireland | |

Note: North East, South West, Scotland, Wales, and Northern Ireland were collapsed together and East Midlands and East of England were collapsed together for the ethnicity-by-region groups due to low numbers in the 'Other' ethnicity cells.

The survey weights for the UK ranged from 0.23 to 3.21.

## UNITED STATES

| Age groups | Sex at birth | Regions | Ethnicity |
|---|---|---|---|
| *Sex-by-age-by-region* | 1) Male | 1) New England | 1) White alone and not Hispanic |
| 1) 10-13 years | 2) Female | 2) Middle Atlantic | 2) Other |
| 2) 14-17 years | | 3) East North Central | |
| | | 4) West North Central | |
| *Sex-by-age* | | 5) South Atlantic | |
| 1) 10-11 years | | 6) East South Central | |
| 2) 12-13 years | | 7) West South Central | |
| 3) 14-15 years | | 8) Mountain | |
| 4) 16-17 years | | 9) Pacific | |

The survey weights for the US ranged from 0.41 to 2.48.

Beginning in the 2020 survey wave, the method previously used to construct weights for US respondents was revised. Papers completed before 2022 using data from the 2019 youth survey employed weights for US respondents where ethnicity was categorized as 'White alone' (regardless of Hispanic status) or 'Other'. In the 2020 and 2021 waves, ethnicity was instead categorized as 'White alone and not Hispanic' or 'Other' to better align with census estimates. Revised weights were also constructed retroactively for the 2019 US dataset; any new papers using the 2019 US data should use these revised weights.

## SAMPLE CHARACTERISTICS

The demographic characteristics of the youth sample, by country, are shown in Table 3.

TABLE 3: Sample Demographics, by country, IFPS Youth Survey, 2025 n=10,009

| Disposition | Australia n=1,256 | | Canada n=3,267 | | Chile n=1,360 | | Mexico n=1,425 | | United Kingdom n=1,307 | | United States n=1,394 | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Unweighted % (n) | Weighted % (n) | Unweighted % (n) | Weighted % (n) | Unweighted % (n) | Weighted % (n) | Unweighted % (n) | Weighted % (n) | Unweighted % (n) | Weighted % (n) | Unweighted % (n) | Weighted % (n) |
| **Sex** | | | | | | | | | | | | |
| Male | 54.5% (684) | 51.4% (646) | 52.2% (1,707) | 51.2% (1673) | 55.6% (756) | 51.1% (695) | 56.6% (806) | 50.8% (724) | 48.9% (639) | 51.3% (670) | 47.6% (664) | 51.2% (714) |
| Female | 45.5% (572) | 48.6% (610) | 47.8% (1,560) | 48.8% (1594) | 44.4% (604) | 48.9% (665) | 43.4% (619) | 49.2% (701) | 51.1% (668) | 48.7% (637) | 52.4% (730) | 48.8% (680) |
| **Age** | | | | | | | | | | | | |
| (mean; SD) | 13.5 years (SD=2.2) | 13.5 years (SD=2.3) | 13.8 years (SD=2.2) | 13.6 years (SD=2.3) | 13.8 years (SD=2.2) | 13.5 years (SD=2.3) | 13.7 years (SD=2.1) | 13.5 years (SD=2.3) | 13.5 years (SD=2.1) | 13.5 years (SD=2.3) | 13.6 years (SD=2.2) | 13.6 years (SD=2.3) |
| **Ethnicity** | | | | | | | | | | | | |
| Majority | 70.8% (889) | 64.5% (810) | 65.7% (2,148) | 64.5% (2106) | 86.6% (1,178) | 83.9% (1142) | 82.4% (1,174) | 78.8% (1123) | 76.2% (996) | 75.6% (989) | 58.0% (809) | 48.5% (677) |
| Minority | 29.1% (365) | 35.4% (444) | 32.8% (1,073) | 34.1% (1114) | 11.1% (151) | 13.4% (183) | 14.9% (212) | 18.2% (259) | 23.5% (307) | 24.1% (315) | 41.5% (578) | 50.8% (709) |
| Not stated | 0.2% (2) | 0.1% (2) | 1.4% (46) | 1.5% (48) | 2.3% (31) | 2.6% (35) | 2.7% (39) | 3.0% (43) | 0.3% (4) | 0.3% (4) | 0.5% (7) | 0.6% (9) |
| **BMI** | | | | | | | | | | | | |
| Severe thinness or thinness | 2.7% (34) | 3.0% (38) | 3.6% (116) | 3.6% (118) | 0.7% (9) | 0.6% (8) | 1.8% (25) | 1.7% (24) | 3.2% (42) | 2.8% (37) | 3.0% (42) | 2.9% (41) |
| Normal | 38.8% (487) | 39.4% (495) | 48.7% (1591) | 47.5% (1552) | 44.8% (609) | 42.8% (582) | 48.6% (692) | 48.7% (695) | 35.8% (468) | 35.2% (460) | 43.6% (608) | 43.2% (602) |
| Overweight | 14.3% (179) | 13.7% (172) | 14.9% (487) | 14.9% (486) | 22.6% (308) | 23.1% (314) | 26.0% (371) | 25.4% (362) | 9.8% (128) | 9.3% (122) | 18.4% (257) | 18.8% (262) |
| Obesity | 9.2% (116) | 8.9% (112) | 7.4% (241) | 7.8% (255) | 9.7% (132) | 10.5% (143) | 8.9% (127) | 8.5% (121) | 5.7% (74) | 5.5% (72) | 13.6% (189) | 13.2% (184) |
| Missing – not stated | 31.4% (395) | 31.5% (396) | 23.5% (767) | 24.2% (791) | 20.7% (282) | 21.6% (293) | 11.8% (168) | 12.6% (179) | 39.9% (522) | 42.6% (557) | 17.9% (249) | 18.5% (258) |
| Missing – extreme values | 3.6% (45) | 3.5% (44) | 2.0% (65) | 2.0% (65) | 1.5% (20) | 1.4% (19) | 2.9% (42) | 3.0% (43) | 5.6% (73) | 4.5% (59) | 3.5% (49) | 3.4% (47) |
| **Perceived Income Adequacy** | | | | | | | | | | | | |
| Not enough money | 5.3% (67) | 5.3% (67) | 5.2% (171) | 5.3% (172) | 5.6% (76) | 6.0% (82) | 3.4% (49) | 3.9% (55) | 4.6% (60) | 4.7% (61) | 7.2% (100) | 7.1% (99) |
| Barely enough money | 20.6% (259) | 20.8% (261) | 20.8% (679) | 21.3% (694) | 28.2% (383) | 29.6% (402) | 29.5% (421) | 32.9% (469) | 18.9% (247) | 19.8% (259) | 25.3% (352) | 26.5% (369) |
| Enough money | 60.3% (757) | 60.6% (761) | 61.3% (2003) | 60.7% (1984) | 61.3% (833) | 59.6% (811) | 59.4% (847) | 56.3% (802) | 63.7% (833) | 63.7% (832) | 52.6% (733) | 51.4% (716) |
| More than enough money | 12.7% (159) | 12.0% (151) | 10.9% (355) | 10.8% (354) | 3.2% (43) | 3.0% (41) | 7.0% (100) | 6.3% (90) | 11.2% (146) | 10.2% (133) | 13.2% (184) | 13.0% (181) |
| Not stated | 1.1% (14) | 1.2% (16) | 1.8% (59) | 1.9% (62) | 1.8% (25) | 1.8% (24) | 0.6% (8) | 0.6% (8) | 1.6% (21) | 1.7% (22) | 1.8% (25) | 2.0% (28) |

## COMPARISONS WITH NATIONAL BENCHMARK SURVEYS

### Australia

Table 4 compares weighted estimates of ethnicity and BMI from the 2025 IFPS Youth Survey with Australian estimates from the Australian Census of Population and Housing conducted in 2021 and the National Health Survey collected in 2022.

TABLE 4: Prevalence estimates for ethnicity and BMI in Australia

| Table 4a. Ethnicity | Census of Population and Housing 2021, ages 10-17 [a, b] | IFPS Youth 2025, ages 10-17 (n=1,256) |
|---|---|---|
| | % | Weighted % |
| Only speaks English at home | 77.3 | 81.2 |
| Speaks a language besides English at home | 17.7 | 18.6 |
| Not stated | 5.0 | 0.1 |

[a] Australian Bureau of Statistics. Census of Population and Housing, 2021, Table Builder – Cultural Diversity (LANP and ENGLP). 2023. Accessed September 18, 2023. Available from: https://www.abs.gov.au/statistics/microdata-tablebuilder/tablebuilder
[b] Excludes repondents from 'Other Territories'.

| Table 4b. BMI | National Health Survey, age 5-17, 2022, self-reported [b] | IFPS Youth 2025, ages 10-17, self-reported |
|---|---|---|
| | % | Weighted % |
| Overweight or obese | 27.7 [c] | 34.7 excluding missing/not stated (n=817) |
| | -- | 22.6 including missing/not stated (n=1,256) |

[b] Australian Bureau of Statistics. National Health Survey, 2022 - Australia. Table 17: Children's Body Mass Index, waist circumference, height and weight, by age and sex – Children aged 2-17 years. Available at: https://www.abs.gov.au/statistics/health/health-conditions-and-risks/waist-circumference-and-bmi/2022. Source data obtained from 2022 National Health Survey.
[c] A total of 56.8% of respondents aged 2-17 did not have their height, weight or both measured. For these respondents, imputation was used to obtain height, weight and BMI scores.

## Canada

Table 5 compares weighted estimates of ethnicity and BMI from the 2025 IFPS Youth Survey with Canadian estimates from the Canadian Community Health Survey (CCHS) conducted in 2015 and 2022.

### TABLE 5: Prevalence estimates for ethnicity and BMI in Canada

| Table 5a. Ethnicity | CCHS 2015, age 12+ [a] | IFPS Youth 2025, ages 10-17 (n=3,267) |
|---|---|---|
| | % | Weighted % |
| White only | 77.0 | 64.5 |
| Chinese only [b] | 3.3 | 7.0 |
| South Asian only | 3.4 | 5.0 |
| Black only | 2.0 | 6.6 |
| Indigenous inclusive [c] | 4.7 | 5.9 |
| Mixed/other/not stated/missing | 9.6 | 11.0 |

[a] Statistics Canada. 2015 Canadian Community Health Survey (CCHS): Ethnic origin, 2015.

[b] IFPS estimate includes 'East/Southeast Asian (Chinese, Korean, Japanese, Taiwanese descent; Filipino, Vietnamese, Cambodian, Thai, Indonesian, other Southeast Asian descent)'.

[c] IFPS estimate includes respondents who selected 'Indigenous (First Nations, Metis, Inuit descent)' alone, or in combination with other race categories.

| Table 5b. BMI | CHMS 2024, age 12-17, directly measured [d] | CCHS 2022, age 12-17 adjusted self-report [e] | IFPS Youth 2025, ages 10-17, self-reported |
|---|---|---|---|
| | % | % | Weighted % |
| Overweight or obese | 31.4 | 30.1 [f] | 30.8 of those with valid BMI (n=2,411) |
| | -- | -- | 22.7 of the entire sample, including those with missing/not stated BMI (n=3,267) |

[d] Statistics Canada. Table 13-10- 0373-01 Overweight and obesity based on measured body mass index, by age group and sex, Canadian Health Measures Survey. DOI: 10.25318/1310037301-eng. Available at: https://www150.statcan.gc.ca/t1/tbl1/en/tv.action?pid=1310037301.

[e] Statistics Canada. Table 13-10-0096-21 Body mass index, overweight or obese, self reported, youth (12 to 17 years old). DOI: https://doi.org/10.25318/1310009601-eng. Available at: https://www150.statcan.gc.ca/t1/tbl1/en/tv.action?pid=1310009621

[f] Non-responses were removed from the CCHS self-reported calculation. CCHS estimates were calculated excluding non-response categories ("refusal", "don't know", and "not stated") in the denominator.

## Chile

Table 6 compares weighted estimates of ethnicity and BMI from the 2025 IFPS Youth Survey with Chilean estimates from the census conducted in 2024, and the Mapa Nutricional Junaeb conducted in 2020.

### TABLE 6: Prevalence estimates for ethnicity and BMI in Chile

| Table 6a. Ethnicity | Censos 2024, ages 10-17[a] | IFPS Youth 2025, ages 10-17 (n=1,360) |
|---|---|---|
| | % | Weighted % |
| Indigenous | 14.0 | 13.4 |
| Not indigenous | 86.0 | 83.9 |
| Not Stated | --[b] | 2.6 |

[a] Instituto Nacional de Estadísticas (INE). Censo de Población y Vivienda, 2024. Available at https://censo2024.ine.gob.cl/.
[B] Not stated values were excluded but the percentage was not reported for ages 10-17 (<1% over all ages).

| Table 6b. BMI | JUNAEB 2025, ages 12-17, directly measured [b] | IFPS Youth 2025, ages 10-17, self-reported |
|---|---|---|
| | % | Weighted % |
| Overweight or obese | 47.4 | 43.7 of those with valid BMI (n=1,048)<br>33.6 of the entire sample, including those with missing/not stated BMI (n=1,360) |

[b] JUNAEB. Mapa Nutricional Resultados 2025. Available at: https://www.sochob.cl/web1/wp-content/uploads/2026/03/Informe-Ejecutivo-Mapa-Nutricional-2025.pdf. Source data obtained from Encuesta de Vulnerabilidad.

## Mexico

Table 7 compares weighted estimates of ethnicity and BMI from the 2025 IFPS Youth Survey with Mexican estimates from the Instituto Nacional de Estadística y Geografía (INEGI) collected in 2020, and ENSANUT collected in 2020-2023.

### TABLE 7: Prevalence estimates for ethnicity and BMI in Mexico

| Table 7a. Ethnicity | INEGI 2025, age 12-17[a] | IFPS Youth 2025, ages 10-17 (n=1,425) |
|---|---|---|
| | % | Weighted % |
| Indigenous | 18.6 | 18.2 |
| Not indigenous/not stated | 81.4 | 81.8 |

[a] Instituto Nacional de Estadística y Geografía (INEGI): Encuesta Intercensal 2025: Tabulados de la Encuesta Intercensal 2025. Tabulado 2: Estimadores de la población total en viviendas particulares habitadas y su distribución porcentual según autoadscripción indígena por entidad federativa, sexo. Fecha de elaboración: 22/09/2026. Accessed September 22, 2026. Available at: https://www.inegi.org.mx/programas/eic/2025/#tabulados

| Table 7b. BMI | ENSANUT 2020-2023, ages 12-19, directly measured [b] | IFPS Youth 2025, ages 10-17, self-reported |
|---|---|---|
| | % | Weighted % |
| Overweight or obese | 40.4 | 40.2 of those with valid BMI (n=1,203) |
| | -- | 33.9 of the entire sample, including those with missing/not stated BMI (n=1,425) |

[b] Shamah-Levy T, et al. Sobrepeso y obesidad en población escolar y adolescente. Ensanut 2020-2023. Salud Publica Mexi. 2024; 66(4): 404-413. Available at: https://ensanut.insp.mx/encuestas/ensanutcontinua2023/doctos/analiticos/15842-Texto%20del%20art%C3%ADculo-82492-3-10-20240822.pdf. Source data obtained from Encuesta Nacional de Salud y Nutrición 2020-2023.

## United Kingdom

Table 8 compares weighted estimates of ethnicity and BMI from the 2025 IFPS Youth Survey with combined estimates from the England and Wales 2021 Census, Scotland 2022 Census, and Northern Ireland 2021 Census, as well as the Health Survey for England in 2018/2019 and National Child Measurement Programme in 2022/2023.

### TABLE 8: Prevalence estimates for ethnicity and BMI in the United Kingdom

| Table 8a. Ethnicity | UK Census 2021, ages 10-17 [a,b,c] | IFPS Youth 2025, ages 10-17 (n=1,307) |
|---|---|---|
| | % | Weighted % |
| White (including Gypsy/Traveller/Irish Traveller) | 75.7 | 75.6 |
| Mixed/Multiple Ethnic Groups | 5.5 | 7.6 |
| Asian/Asian British | 11.0 | 5.3 |
| Black/African/Caribbean/Black British | 5.5 | 10.6 |
| Other Ethnic Group | 2.4 | 0.5 |
| Not stated | -- | 0.3 |

[a] Office for National Statistics. Census 2021: Census 2021 estimates that classify usual residents in England and Wales by ethnic group, by sex and by age. Accessed October 19, 2023. Available from: https://www.ons.gov.uk/datasets/RM032/editions/2021/versions/1
[b] National Records of Scotland. Scotland's Census 2022: UV201a – Ethnic group by sex by age. Accessed June 26, 2024. Available from: https://www.scotlandscensus.gov.uk/search-the-census#/search-by
[c] Northern Ireland Statistics and Research Agency. Census 2021: MS-B01 – Ethnic group by age– 86 categories. Accessed August 9, 2023. Available from https://build.nisra.gov.uk/en/custom/data?d=PEOPLE&v=ETHNIC_GROUP_INTERMEDIATE&v=AGE_SYOA_85

| Table 8b. BMI | National Child Measurement Programme 2024/25, ages 10-11, directly measured [d] | Health Survey for England 2022, ages 13-15, directly measured [e,f] | IFPS Youth 2025, ages 10-17, self-reported |
|---|---|---|---|
| | % | % | Weighted % |
| Overweight or obese | 36.2 | 24.9 | 28.1 of those with valid BMI (n=690) |
| | -- | -- | 14.8 of the entire sample, including those with missing/ not stated BMI (n=1,307) |

[d] NHS Digital. National Child Measurement Programme annual report, academic year 2024 to 2025, England. Table 1: Prevalence and number of children by BMI category, school year and sex, England 2024- to 2025. Accessed November 7, 2025. Available at: https://www.gov.uk/government/statistics/national-child-measurement-programme-ncmp-annual-report-academic-year-2024-to-2025-england. Source data obtained from the National Child Measurement Programme Dataset, 2024/2025.
[e] NHS Digital. Health Survey for England, 2022: Adult and child overweight and obesity. Table 17: Children's overweight and obesity prevalence, by age and sex. Available at: https://digital.nhs.uk/data-and-information/publications/statistical/health-survey-for-england/2022-part-2/health-survey-for-england-hse-2022-part-2-data-tables. Source data obtained from the Health Survey for England 2022.
[e] Height and weight measurements were taken by interviewer, with an option for self-report if participant preferred a telephone interview.

## United States

Table 9 compares weighted estimates of ethnicity and BMI from the 2025 IFPS Youth Survey with American estimates from the United States Census Bureau population estimates for 2021 and the Youth Risk Behavior Survey (YRBS) collected in 2021.

### TABLE 9: Prevalence estimates for ethnicity and BMI in the United States

| Table 9a. Ethnicity | US Census 2024, ages 10-17 [a] | IFPS Youth 2025, ages 10-17 (n=1,394) |
|---|---|---|
| | % | Weighted % |
| White only (and not Hispanic) | 48.5 | 48.5 |
| Black or African American only (and not Hispanic) | 13.8 | 14.9 |
| Other race only (and not Hispanic) | 6.7 | 3.2 |
| Two or more races, and/or Hispanic | 31.0 | 32.8 |
| Not stated | -- | 0.6 |

[a] United States Census Bureau, Population Division. Annual State Resident Population Estimates for 6 Race Groups (5 Race Alone Groups and Two or More Races) by Age, Sex, and Hispanic Origin: April 1, 2020 to July 1, 2024. June 2025. July 2024 estimate. Accessed June 24, 2026. Available from https://www.census.gov/data/tables/time-series/demo/popest/2020s-state-detail.html

| Table 9b. BMI | YRBS 2023, grades 9-12 (ages 14-18) self-reported [b] | IFPS Youth 2025, ages 10-17, self-reported |
|---|---|---|
| | % | Weighted % |
| Overweight or obese | 30.6 [c] | 40.9 of those with valid BMI (n=1,090) |
| | -- | 32.0 of the entire sample, including those with missing/ not stated BMI (n=1,394) |

[b] Centers for Disease Control and Prevention (CDC). 1991-2023 High School Youth Risk Behavior Survey Data. Accessed on November 7, 2025. Available at http://yrbs-explorer.services.cdc.gov/.

[c] Estimates were weighted to represent all students in grades 9-12 in each jurisdiction.

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