



Global Prevalence of Adult Overweight & Obesity by Region

WORLD
OBESITY

Country	Year of Data Collection	National /Regional	Survey Sample Size	Age Category	Male		Female		
					Overweight % BMI 25-29.9	Obesity % BMI ≥ 30	Overweight % BMI 25-29.9	Obesity % BMI ≥ 30	
					Kg/m²	Kg/m²	Kg/m²	Kg/m²	
European Region					male	male	female	female	
Albania	2008-9	National	10302	15-49	44.8	8.5	29.6	9.7	DHS
Armenia	2005	National	6016	15-49			26.9	15.5	DHS
Austria	2017	National	2127	19-51	37.2	13.4	20.6	10.7	
Azerbaijan	2006	National	9881	15-49	35.8	4.3	29.5	17.9	DHS
Belgium	2014	National	Eurostat	18+	42.4	13.9	28.7	14.2	***
Bosnia & Herzegovina	2002	National	2750	25-64		17		25	
Bulgaria	2004	National	1031	20+	39.6	13.4	32.2	19.2	
Croatia	2014	National	Eurostat	18+	46.8	20.7	31.6	16.8	***
Cyprus	2005/9	National	1001	18-80	26	27	46.9	28.8	
Czech Republic	2008	National	1942	20+	42.8	23.9	29.2	22.3	
Denmark	2014	National	Eurostat	18+	41	14.1	25	15.6	***
England	2017	National	6566	16+	39.8	27.4	31.5	30	
Estonia	2014	National	Eurostat	18+	38.1	19.1	29.6	21.5	***
Finland	2012	National	4399	25-64	45.9	20.4	27.4	19	
Finland	2017	National	6732	20-75+		18.8		20.3	***
France	2015	National	2467	18-74	37.1	16.8	26.8	17.4	
Georgia	2010	National	2010	16-64	36.8	21.8	25.7	28.5	
Germany	2008-11	National	7116	18-79	43.8	23.3	29	23.9	
Greece	2001-3	Regional	915	18-79	50.8	27.9	29.3	25.6	
Hungary	2014	National	Eurostat	18+	40.3	22	28.5	20.4	***
Iceland	1991-6		6178	18+	47.3	17	35.2	18.3	
Israel	1999-2001		2782	25-64	45.8	19.9	33.1	25.7	
Ireland (Republic)	2008-10	National	1500	18-64	43.8	25.8	30.9	21.3	
Ireland (Northern)	2017/18	National	2315	16+	46	26	30	27	
Italy	2008-12	National	8710	35-79	47.5	24.5	31.8	24.9	
Kazakstan	2012	National	3736	15+	36.8	15.9	32.7	30.6	
Kyrgystan	1993	National	4053	18-59	26.4	4.2			DHS
Kyrgystan	2012	National	7423	15-49			23.7	12	DHS
Latvia	2014	National	Eurostat	18+	40	18.8	31.3	23.3	***
Lithuania	2007	National	1936	19-65	48.5	11.3	30.9	15.2	
Luxembourg	2013	National	-	15+	42.2	24.1	27.2	21	OECD
Malta	2014-16	National	3947	18-70	39.4	36.9	31.8	31.3	



Country	Year of Data Collection	National /Regional	Survey Sample Size	Age Category	Male		Female		
					Overweight % BMI 25-29.9 Kg/m ²	Obesity % BMI ≥ 30 Kg/m ²	Overweight % BMI 25-29.9 Kg/m ²	Obesity % BMI ≥ 30 Kg/m ²	
Republic of Moldova	2013	National	4807	18-69	38.2	17.8	27.4	28.5	
Netherlands	1998-2002	National	3691	20-59	43.5	10.4	28.5	10.1	
Norway	2007-8	National	12868	30+	51.2	20.4	38.3	20.2	
Poland	2013/14	National	6164	20-74	43.1	24.2	29.5	23.4	
Portugal	2015	National	4819	25-74	45.2	25.5	33.2	32	
Romania	2012-14	National	2681	20-79	43.7	29.4	26.4	34.1	
Russian Federation	2000	National	9006	19-55	30.7	10.3	27.4	21.6	
Scotland	2017	National	3697	16+	40	27	33	30	
Serbia	2013	National	1246	20+	43.3	21.6	31.1	24.6	
Slovakia	2007	National	-	15+	39.5	18.1	24.4	15.9	
<i>Slovenia</i>	<i>2014</i>	<i>National</i>	<i>Eurostat</i>	<i>18+</i>	<i>44</i>	<i>21</i>	<i>31.1</i>	<i>17.4</i>	***
Spain	2014/15	National	3966	25-64	46.5	22.8	32.1	20.5	
Sweden	2013	National	9552	16-84	43.1	15.5	30.4	14.4	
<i>Switzerland</i>	<i>2007</i>	<i>National</i>	<i>OECD</i>	<i>15+</i>	<i>37.8</i>	<i>8.6</i>	<i>20.9</i>	<i>7.7</i>	***
Switzerland	2011	Regional	930	35-74	42.4	14.7	25.1	12.8	
Tajikistan	2012	National	8800	15-49			20.2	9.5	
Turkey	2011	National	16830	15+	37.4	15.3	28.8	29.3	
Turkmenistan	2000	National	2117	15-49			16	7.8	DHS
<i>Ukraine</i>	<i>2000</i>	<i>National</i>	<i>1635</i>	<i>15-92</i>	<i>39</i>		<i>49</i>		***
Uzbekistan	2014	National	4350	18-64	32	15.7	27.3	25.4	
<i>Wales</i>	<i>2017-18</i>	<i>National</i>	<i>11381</i>	<i>16+</i>	<i>44</i>	<i>22</i>	<i>31</i>	<i>23</i>	***





Country	Year of Data Collection	National /Regional	Survey Sample Size	Age Category	Male		Female		
					Overweight % BMI 25-29.9 Kg/m²	Obesity % BMI ≥ 30 Kg/m²	Overweight % BMI 25-29.9 Kg/m²	Obesity % BMI ≥ 30 Kg/m²	
Africa Region									
Algeria	2005	National	4745	35-70	32.2	9.1	36.4	30.1	
Benin	2011/12	National	14279	15-49			19.7	7.2	DHS
Botswana	2007	National	4003	25-64	16.5	5.6	28.8	24.6	
Burkina Faso	2013	National	4737	25-64	10.8	2.9	7.2	6	
Burundi	2010	National	4015	15-49			5.9	1.6	DHS
Cameroon	2009	National	704	15-49			21.7	10.7	
Cameroon (Urban)	2003	Regional	9454	15+	21.6	6.5	28.6	19.5	
Cape Verde	2007	National	1762	25-64	24.8	6.5	28	14.6	
Central African Republic	2010	National	4029	25-64	10.8	3	16.4	11.6	
Chad	2014/15	National	9530	15-49			9	2.5	DHS
Comoros	2012	National	4737	15-49			24.6	11.8	DHS
Congo (the)	2004	Regional	2100	25+	15.2	2.5	21.8	14.6	
Congo (the)	2011/12	National	4886	15-49			17.3	8.8	DHS
Cote d'Ivoire	2011/12	National	4087	15-49			19	6.6	DHS
Cote d'Ivoire	2005	National	982	15-64	18.6	5.1			
D.R. Congo (the)	2013/4	National	7982	15-49			12.6	3.4	DHS
Eritrea	2004	National	2352	15-64	13.7	3.7	13.7	3.7	[†]
Ethiopia	2016	National	24586	15-49	3.1	0.4	6	1.5	DHS
Gabon	2012	National	4757	15-49			25.4	18.7	DHS
Ghana	2014	National	4268	15-49			24.8	15.3	DHS
Guinea	2012	National	4167	15-49			14.4	4.8	DHS
Kenya	2015	National	6000	18-69	13.2	4.3	24.9	13.7	
Liberia	2013	National	8159	15-49	8.2	1.2	17.9	8.6	DHS
Lesotho	2012	National	2310	18-69	16.9	7.9	26.3	31.9	
Madagascar	2008/9	National	7520	15-49			5.1	1.2	DHS
Malawi	2016	Regional	28891	18+	11	2	22	13	
Malawi	2015/6	National	7180	15-49			15.1	5.6	
Maldives	2011	National	1780	25-64	23.4	8.6	27.8	14.5	
Mali	2012/13	National	4502	15-49			12.9	5.1	DHS
Mauritania	2006	National	2600	15-64	23.2	8.6	27.9	31.5	



Country	Year of Data Collection	National /Regional	Survey Sample Size	Age Category	Male		Female		
					Overweight % BMI 25-29.9 Kg/m ²	Obesity % BMI ≥ 30 Kg/m ²	Overweight % BMI 25-29.9 Kg/m ²	Obesity % BMI ≥ 30 Kg/m ²	
Mauritius	2015	National	3829	18+	38.3	11.1	32.6	25.6	
Mozambique	2011	National	11749	15-49			12.3	4.2	DHS
Namibia	2013	National	7494	15-49	8.1	3.4	18.3	13.2	DHS
Nicaragua	2001	National	11838	15-49			30.2		DHS
Niger	2012	National	4170	15-49			13.9	3.9	DHS
Nigeria	2013	National	32,815	15-49			17.2	7.5	DHS
Rwanda	2012/13	National	7225	15-64	8.3	0.8	14.3	4.7	
Sao Tome & Principe	2008/9	National	2004	15-49			21.5	12.2	DHS
Senegal	2010/11	National	9183	15-49	6.1	1	15.5	5.8	DHS
Seychelles	2013/14	National	1240	25-64	35	22	33	39	
Sierra Leone	2013	National	14038	15-49			13.4	5	DHS
South Africa	2016	National	7767	15+	20.3	11	26.6	41	
Swaziland	2006/7	National	8488	15-49	13.7	3.9	27.5	23.1	
Tanzania	2015/16	National	11634	15-49			18.4	10	DHS
Tanzania	2012	National	5680	25-64	12.6	2.5	22.1	15	
Togo	2010	National	4370	15-64	12	2.3			
Togo	2013/14	National	4316	15-49			19.4	11.1	DHS
Uganda	2011	National	4572	15-49	3.8	0.6	14.6	4.2	DHS
Zambia	2013/14	National	14502	15-49			16.1	6.7	DHS
Zimbabwe	2010/11	National	14669	15-49	7.1	1.8	20.7	10.6	DHS
SE Asia Region									
Bangladesh	2011	National	17416	15-49	5.5	0.7			DHS
Bangladesh	2014	National	16478	15-49			19.4	4.4	DHS
Bhutan	2014	National	2822	18-69	27.3	4.5	40.4	8.5	
India	2015-16	National	754,697	15-49	16.4	3.2	15.5	5.1	
Indonesia	2013	National	649549	18+	16.3	3	24.2	8.2	
Nepal	2016	National	11102	15-49	14.6	2.8	17.1	5.1	
Sri Lanka	2005/6	National	4532	18+	11.7	2.6	14.6	4.8	
Sri Lanka	2006/7	National	12757	15-49			24	7.2	
Thailand	2009	National	19181	20+	23.8	7	28.9	12	
Timor Leste	2014	National	2609	18-69	7.5	0.7	15.4	1.3	



WORLD
OBESITY

Country	Year of Data Collection	National /Regional	Survey Sample Size	Age Category	Male		Female		
					Overweight % BMI 25-29.9 Kg/m²	Obesity % BMI ≥ 30 Kg/m²	Overweight % BMI 25-29.9 Kg/m²	Obesity % BMI ≥ 30 Kg/m²	
Western Pacific Region									
Australia	2017/18	National	21000	18+	42	32.5	29.6	30.2	
Brunei Darussalam	2016	National	2082	18-69	36.3	26.9	33	29.5	
Cambodia	2014	National	10624	15-49			15.2	2.8	DHS
China	2014	National	16,161,982	15-49	29.2	7.2		11 (2011 data)	
Cook Island	2003/4	National	2036	25-64	32.4	57.4	21.4	65.7	
Fiji	1993	National	2573	18+	25	7	29	21	
French Polynesia	1995	National	1273	16+	38.9	36.3	28.2	44.3	
Hong Kong	1995/6	National	2875	25-74	33	5	27	7	
Japan	2012	National	-	15+	25.7	3.8	15.9	3.4	OECD
Kiribati	2004/6	National	1755	15-64	34.9	32.3	30.2	47.2	
Republic of Korea	2013-14	National	3315	25-64	41.4		24.4		
Malaysia	2015	National	-	18+	31.6	15	28.3	20.6	
Marshall Islands	2003[‡]	National	1582	18+	29	21	29	31	
Micronesia	2006	National	2835	15-64	28.2	23.1	26.8	47.3	
Mongolia	2009	National	5314	15-64	26	11.1	28.6	14.1	
Nauru	2004	National	2254	15-64	26.5	55.7	21.8	60.5	
New Zealand	2016/17	National	-	15+	39.9	30	29.9	33.9	
Niue	2011-12	National	916	15+	25.8	59.2	24.1	62.7	
Palau	2011/13	National	2807	25-64	35.1	40.3	30.6	45.4	
Papua New Guinea	2007/8	National	2944	15-64	25.2	5.1	25.2	8.7	
Philippines	2003	National	11696	20+	17.9	3	21.6	5.7	
Samoa	1995	Regional	588	29+		32.9		63	
Singapore	2010	National	-	18-69	34.5	12.1	24.3	9.5	
Solomon Islands	2006	National	2833	15-64	29.4	17.9	33.8	30.1	
Tonga	2004	National	958	15-64	33.4	46.5	21	67.3	
Vanuatu	2011	National	4671	25-64	31.6	13.9	32.6	23.3	
Vietnam	2001/2	National		19+	4.4		6.6		





Country	Year of Data Collection	National /Regional	Survey Sample Size	Age Category	Male		Female		
					Overweight % BMI 25-29.9 Kg/m²	Obesity % BMI ≥ 30 Kg/m²	Overweight % BMI 25-29.9 Kg/m²	Obesity % BMI ≥ 30 Kg/m²	
Eastern Mediterranean Region									
Afghanistan	2013	Regional	1200	20+	34.4	14.8	28.8	13.8	
Afghanistan	2013	National	11124	15-59			29	8.3	
Bahrain	2007	National	1712	20-64	34.8	32.3	31.1	40.3	
Egypt	2015	National	15602	15-59	34.3	26.4	25.7	50.3	
Iran	2011	National	8693	20+		14.7			
Iran	2015	Regional	2818	15-65	42.2	15.1	37.1	32.2	
Iraq	2006	National	4483	25-65	37.4	26.2	31.4	38.2	
Jordan	2017/18	National	10787	15-49			32.2	21.9	DHS
Jordan	2007	National	1939	18+	35.5	27.8			
Kuwait	2014	National	4391	18-69	42.1	36.3	32.1	44	
Lebanon	2009	National	1953	25-64	44.2	28.7	32.9	26.5	
Libya	2009	National	3229	25-64	36.1	21.4	29.7	40.1	
Morocco	2008	National	2891	18+	26.8	6	32.9	20.9	DHS
Oman	2008	National	4717	18+	31.2	22	38	26.1	
Pakistan	2012/13	National	4170	15-49			25.2	15	DHS
Palestine	2010/11	National	6957	15-64	31.9	23.3	29.9	30.8	
Qatar	2012	National	2496	18-64	32.3	39.5	25.1	43.2	
Saudi Arabia	2013	National	10735	15+	33.4	24.1	28	33.5	
Sudan	2005-6	National	1573	25-64	29.8	11.7	31.8	30.7	
Tunisia	2005	National	5343	35-70	38.4	13.3	34.1	37	
UAE	2012-14	National	2724	18-80	44.7	31.4	35.5	36.5	
Yemen	2013	National	22207	15-49			15.7	8	DHS



Country	Year of Data Collection	National /Regional	Survey Sample Size	Age Category	Male		Female		
					Overweight % BMI 25-29.9 Kg/m²	Obesity % BMI ≥ 30 Kg/m²	Overweight % BMI 25-29.9 Kg/m²	Obesity % BMI ≥ 30 Kg/m²	
Americas Region									
Argentina	2012-13	Regional	1195	18-70	43.9	21.6	27.6	24.3	Urban
Bahamas	2001	National	1254	21-60		25.2		37.8	
Barbados	1991				15	10	28	31	
Belize	2003-6	National	1622	20+	35	23.6	30.1	42.6	DHS
Bolivia (Plurinational State of)	2008	National	15325	15-49			32.3	17.4	
Brazil	2008/9	National	121081	20+	37.6	12.5	31.1	16.9	
Canada	2017	National	5071	18-79	38.4	26.9	28.5	27	DHS
Chile	2009/10	National	5416	15+	45.3	19.2	33.6	30.7	
Colombia	2010	National	43723	15-49			31.1	15.2	
Costa Rica	2003/6	Urban	1139	20+	43.1	21.4	28.4	24.9	DHS
Cuba [†]	2010/11	National	8031	15-74	33.2	19.7	33.2	19.7	
Dominica	2007/8	National	1059	15-64	20.9	8.6	29.2	32.7	
Dominican R	2013	National	18558	15-49	27.8	13	29.7	20.8	DHS
Ecuador	2012	National	29475	19-59	43.4	16.6	37.9	27.6	
El Salvador	2003/6	National	1156	20+	44.3	19.9	34.7	27.1	
Grenada	2010/11	National	1129	25-64	34.4	13.9	32.6	36.6	DHS
Guatemala	2014-15	National	23891	15-49			31.9	20	
Guyana	2009	National	7752	15-49	23.5	8.5	26.3	21.7	
Haiti	2012	National	8769	15-49			17.4	7.8	DHS
Honduras	2011/12	National	20803	15-49			29.2	22.1	
Jamaica	2007/8	National	2848	15-74	25.8	12.4	27	37.7	
Mexico	2012	National	38,620	20+	42.6	26.8	35.5	37.5	DHS
Nicaragua	2001	National	11838	15-49			30.2	18	
Panama	2011/12	National	3507	18+		18.4		29.8	
Paraguay	1991/92		1606	20-74	41.6	22.9	36.1	35.7	DHS
Peru	2014	National	23492	15-49			37.3	20.9	
St. Kitts and Nevis	2008	National	1443	25-64	36.2	37.9	30.5	52.5	
St Lucia	2012	National	1834	25-64	36.8	17.1	30.7	46.4	DHS
Trinidad & Tobago	1999	National	803	20+	29.6	10.7	32.6	21.1	



Country	Year of Data Collection	National /Regional	Survey Sample Size	Age Category	Male		Female		
					Overweight % BMI 25-29.9	Obesity % BMI ≥ 30	Overweight % BMI 25-29.9	Obesity % BMI ≥ 30	
					Kg/m ²	Kg/m ²	Kg/m ²	Kg/m ²	
USA	2015/16	National	5406	20+	37.3	38	28.3	41.5	
Uruguay	2013/14	National	2462	15-64	38.6	22.1	31.3	25.1	
Venezuela	2010/11	Regional	2108	18+	38.6	34.2	31.2	32.4	Urban

[*] See notes on survey at www.worldobesity.org. Sample national but not necessarily representative

[†] Results presented for total adults only.

[‡] Year of publication not year of survey

***Survey based on self-reported height and weight

Due to limited data availability not all surveys are directly comparable, see further survey details for information.

Not to be reproduced without permission © World Obesity Federation, London 2019. Sources and references are available from obesity@worldobesity.org.

Date last reviewed March 2019