Global Prevalence of Adult Overweight & Obesity by Region

Country	Year of Data Collection	National /Regional	Survey Sample Size	Age Category	Male Overweight % BMI 25-29.9 Kg/m²	Male Obesity % BMI ≥ 30 Kg/m²	Female Overweight % BMI 25-29.9 Kg/m²	Female Obesity % BMI ≥ 30 Kg/m²	
European Region					male	male	female	female	
Albania	2017/18	National	20053	15-59	41.7	18.1	30.8	24.4	DHS
Armenia	2015/16	National	5675	15-49			29.9	15.1	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
Azerbaijan	2013	National	2845	15-49			28.9	24.1	DHS
Belgium	2018	National	1152	18+	39.6	19.6	29.1	22.6	
Bosnia & Herzegovina	2002	National	2750	25-64		17		25	
Bulgaria	*2017*	*Eurostat*	*Eurostat*	*18+*	*54.5*	*15.4*	*36.9*	*12.9*	***
Croatia	*2017*	*Eurostat*	*Eurostat*	*18+*	*50.2*	*20.8*	*35.7*	*15.9*	***
Cyprus	*2017*	*Eurostat*	*Eurostat*	*18+*	*48.2*	*16.9*	*28.5*	*12.6*	***
Czech Republic	2014	National	1220	18+	43.3	29.1	30.5	24.7	
Denmark	*2014*	*National*	*Eurostat*	*18+*	*41*	*14.1*	*25*	*15.6*	***
England	2018	National	6704	16+	41	26	30	29	
Estonia	*2014*	*National*	*Eurostat*	*18+*	*38.1*	*19.1*	*29.6*	*21.5*	***
Finland	2017	National	9288	30+	45.8	26.1	35.8	27.5	
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	*2017*	*National*	*Eurostat*	*18+*	*42.5*	*20.4*	*30.8*	*19.7*	***
Iceland	1991-6		6178	18+	47.3	17	35.2	18.3	
Ireland (Northern)	2017/18	National	2315	16+	46	26	30	27	
Ireland (Republic)	2008-10	National	1500	18-64	43.8	25.8	30.9	21.3	
Israel	1999-2001		2782	25-64	45.8	19.9	33.1	25.7	
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	2012	National	7423	15-49			23.7	12	DHS
Kyrgystan	1993	National	4053	18-59	26.4	4.2			DHS
Latvia	*2017*	*Eurostat*	*Eurostat*	*18+*	*41*	*18.4*	*31.1*	*24.1*	***
Lithuania	*2017*	*Eurostat*	*Eurostat*	*18+*	*45.3*	*15.5*	*33.6*	*18.9*	***
Luxembourg	2013-15	National	1484	25-64	46.8	21.7	28.5	19.6	
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 Overweight % BMI 25-29.9 Kg/m²	Male Obesity % BMI ≥ 30 Kg/m²	Female Overweight % BMI 25-29.9 Kg/m²	Female Obesity % BMI ≥ 30 Kg/m²	
Netherlands	*2017*	*Eurostat*	*Eurostat*	*18+*	*39*	*11.3*	*29.5*	*14.1*	***
North Macedonia	*2017*	*Eurostat*	*Eurostat*	*18+*	*8.8*	*1.9*	*5.8*	*1.4*	***
Norway	*2017*	*Eurostat*	*Eurostat*	*18+*	*42.5*	*15.7*	*30*	*12.7*	***
Poland	*2017*	*Eurostat*	*Eurostat*	*18+*	*47.3*	*17.9*	*32.2*	*16.1*	***
Portugal	2015	National	4819	25-74	45.2	25.5	33.2	32	
Republic of Moldova	2013	National	4807	18-69	38.2	17.8	27.4	28.5	
Romania	*2017*	*Eurostat*	*Eurostat*	*18+*	*59.2*	*10.4*	*46.3*	*10.4*	***
Russian Federation	2012-14	National	20332	25-64	42.3	27.5	28.7	31.4	
Scotland	2018	National	3726	16+	41	27	33	30	
Serbia	2013	National	1246	20+	43.3	21.6	31.1	24.6	
Slovakia	*2017*	*Eurostat*	*Eurostat*	*18+*	*50*	*15.3*	*30.7*	*13.6*	***
Slovenia	*2017*	*Eurostat*	*Eurostat*	*18+*	*42.6*	*18.9*	*30.1*	*13.6*	***
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	
Switzerland	2014-15	National	2085	18-75	41.6	13.9	19.7	11.3	
Tajikistan	2017	National	9677	15-49			23.7	13.4	DHS
Turkey	2017	National	6053	15+	41.2	21.6	30.1	35.9	
Turkmenistan	2000	National	2117	15-49			16	7.8	DHS
Ukraine	*2000*	*National*	*1635*	*15-92*	*39*		*49*		***
Uzbekistan	2014	National	4350	18-64	32	15.7	27.3	25.4	
Uzbekistan	2017	National	2217	15-49			25.2	15.5	DHS
Wales	*2017-18*	*National*	*11381*	*16+*	*44*	*22*	*31*	*23*	***

Country	Year of Data Collection	National /Regional	Survey Sample Size	Age Category	Male Overweight % BMI 25-29.9 Kg/m²	Male Obesity % BMI ≥ 30 Kg/m²	Female Overweight % BMI 25-29.9 Kg/m²	Female Obesity % BMI ≥ 30 Kg/m²	
Africa Region									
Algeria	2005	National	4745	35-70	32.2	9.1	36.4	30.1	
Benin	2017/18	National	6946	15-49			16.4	9.4	DHS
Botswana	2014	National	3881	15-69	14.7	5.1	23.2	19.1	
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	2018	National	6088	15-49			23.5	13.6	DHS
Cameroon	2003	Urban	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
Gambia (The)	2010	National	5280	25-64	25.8	7.9	28.8	16.5	
Gambia (The)	2018	National	1651	15-49			18.3	11.1	DHS
Ghana	2017	National	1002	15-49			24.7	14.3	DHS
Guinea	2018	National	4721	15-49			18.2	8.4	DHS
Kenya	2015	National	6000	18-69	13.2	4.3	24.9	13.7	
Lesotho	2012	National	2310	18-69	16.9	7.9	26.3	31.9	
Liberia	2013	National	8159	15-49	8.2	1.2	17.9	8.6	DHS
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	2016/17	National	10313	15-49	27.1	7.9	29.9	19.3	DHS
Mali	2018	National	4357	15-49			19	8.7	DHS
Mauritiana	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 Overweight % BMI 25-29.9 Kg/m²	Male Obesity % BMI ≥ 30 Kg/m²	Female Overweight % BMI 25-29.9 Kg/m²	Female Obesity % BMI ≥ 30 Kg/m²	
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
Niger	2012	National	4170	15-49			13.9	3.9	DHS
Nigeria	2018	National	12728	15-49			18.2	9.9	DHS
Rwanda	2014/15	National	6088	15-49			17.1	3.7	DHS
Rwanda	2014/15	National	6180	15-59	5.8	0.4			DHS
Sao Tome & Principie	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	6.7	1.5	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	2012	National	5680	25-64	12.6	2.5	22.1	15	
Tanzania	2015/16	National	11634	15-49			18.4	10	DHS
Togo	2013/14	National	4316	15-49			19.4	11.1	DHS
Togo	2010	National	4370	15-64	12	2.3			
Uganda	2016	National	10123	15-49	7.4	1.2	16.5	7.2	DHS
Zambia	2017	National	3993	18-69	13.2	3	20.2	12.3	STEPS
Zanzibar	2011	National	2520	25-64	22.8	7.7	21.7	20.9	STEPS
Zimbabwe	2015	National	16647	15-49	9.7	2.3	22.3	12.6	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	754697	15-49	16.4	3.2	15.5	5.1	DHS
Indonesia	2014-15	National	29509	18-103	24.6	8.5	24.6	8.5	†
Nepal	2016	National	11102	15-49	14.6	2.5	17.1	5.1	
Sri Lanka	2013/14	Regional	2469	16-72	31.8	12.3			
Sri Lanka	2009	National	2146	15-49			22.5	6.7	
Thailand	2009	National	19181	20+	23.8	7	28.9	12	
Timor Leste	2016	National	16051	15-49	8.3	1.5	5.3	0.7	

Country	Year of Data Collection	National /Regional	Survey Sample Size	Age Category	Male Overweight % BMI 25-29.9 Kg/m²	Male Obesity % BMI ≥ 30 Kg/m²	Female Overweight % BMI 25-29.9 Kg/m²	Female Obesity % BMI ≥ 30 Kg/m²	
Western Pacific Region									
Australia	2017/18	National	21000	18+	42	32.5	29.6	30.2	
Brunei Darussalam	2015/16	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	16161982	15-49	29.2	7.2			
China	2011	National	12249	20+				11	BMI ≥28.0
Cook Island	2003/4	National	2036	25-64	32.4	57.4	21.4	65.7	
Fiji	2011	National	2526	18-64	37	22.4	32.9	42	
French Polynesia	2010	National	3469	18-64	32.2	38.9	26.8	41.9	
Hong Kong	2014/15	National	1976	15-84	18.9	5.4	30.9	5.1	
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	
Malaysia	2015	National		18+	31.6	15	28.3	20.6	
Marshall Islands	2016-17	National	673	15-49			27.6	45.1	DHS
Marshall Islands	2003[‡]	National	1582	18+	29	21			
Micronesia	2006	National	2835	15-64	28.2	23.1	26.8	47.3	
Mongolia	2013	National	5119	15-64	35.7	17.6	36.9	26.4	
Nauru	2004	National	2254	15-64	26.5	55.7	21.8	60.5	
New Zealand	2017/18	National	>13,000	15+	39.7	30.7	29.7	33.6	
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	2015	National	82821	20+	21.8	5	26.5	8.7	
Republic of Korea	2013-14	National	3315	25-64	41.4		24.4		
Samoa	2002	National	2817	25-64	36.4	44.8	23.5	66.3	
Samoa	2012	National	3288	15-49			25.3	57.3	
Singapore	2017	National	1100	18-74	36.4	7	19.1	10.3	
Solomon Islands	2006	National	2833	15-64	29.4	17.9	33.8	30.1	
Tonga	2012	National	2599	25-64	30.1	57.2	16.4	77.6	
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 Overweight % BMI 25-29.9 Kg/m²	Male Obesity % BMI ≥ 30 Kg/m²	Female Overweight % BMI 25-29.9 Kg/m²	Female Obesity % BMI ≥ 30 Kg/m²	
Eastern Mediterranean Region									
Afghanistan	2013	Regional	1106	25-65	33.8	15.9	31	35.8	
Afghanistan	2013	National	11124	15-59			29	8.3	
Bahrain	2007	National	1712	20-64	34.8	32.3	31.1	40.3	
Egypt	2017	National	6680	15-69	29	24.8	25.3	48.8	
Iran	2016	National	31050	18+	38.3	15.3	35	29.8	
Iraq	2015	National	3882	18+	33.1	25.6	30.6	42.6	
Jordan	2007	National	1939	18+	35.5	27.8			
Jordan	2017/18	National	10787	15-49			32.2	21.9	DHS
Kuwait	2014	National	4391	18-69	42.1	36.3	32.1	44	
Lebanon	2016-17	National	1899	18-69	44.7	26.6	31.4	27.5	
Libya	2009	National	3229	25-64	36.1	21.4	29.7	40.1	
Morocco	2017/18	National	5261	18+	31.6	11	34.4	29	
Oman	2017	National	6833	18+	40.1	23.2	30	39.3	
Pakistan	2017/18	National	3722	15-49			30.4	21.8	DHS
Pakistan	2013/14	National	7710	18-69	25.1	12.1			
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	2016	National	8145	18-69	15.9	6.7	20.7	14.9	
Tunisia	2005	National	5343	35-70	38.4	13.3	34.1	37	
UAE	2017-18	National	4971	18+	45.7	25.1	34.3	30.6	
Yemen	2013	National	22207	15-49			15.7	8	DHS

Country	Year of Data Collection	National /Regional	Survey Sample Size	Age Category	Male Overweight % BMI 25-29.9 Kg/m²	Male Obesity % BMI ≥ 30 Kg/m²	Female Overweight % BMI 25-29.9 Kg/m²	Female Obesity % BMI ≥ 30 Kg/m²	
Americas Region									
Argentina	2018	National	16577	18+	38.7	31.4	29.1	33.4	
Bahamas	2011-12	National	1654	25-64	31.2	47.7	29.7	50.7	
Barbados	2011	National	1234	25+	34.2	23.4	30.8	43.4	
Belize	2003-6	National	1622	20+	35	23.6	30.1	42.6	
Bermuda	2013-14	National	1147	18+	49.6	29.4	29.6	40	
Bolivia (Plurinational State of)	2008	National	15325	15-49			32.3	17.4	DHS
Brazil	2014	National	59402	18+	39.7	16.8	34.5	24.4	
Canada	2017	National	5071	18-79	38.4	26.9	28.5	27	
Chile	2009/10	National	5416	15+	45.3	19.2	33.6	30.7	
Colombia	2010	National	43723	15-49			31.1	15.2	DHS
Costa Rica	2003/6	Urban	1139	20+	43.1	21.4	28.4	24.9	
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	
Guatemala	2014-15	National	23891	15-49			31.9	20	DHS
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	DHS
Jamaica	2007/8	National	2848	15-74	25.8	12.4	27	37.7	
Mexico	2016	National	8412	20+	41.7	27.7	37	38.6	
Nicaragua	2007-9	Regional	1355	20-60	30.9	11.9	34.7	29.8	
Panama	2010/11	National	3507	18+		18.4		29.8	
Paraguay	1991/92		1606	20-74	41.6	22.9	36.1	35.7	
Peru	2014	National	23492	15-49			37.3	20.9	DHS
St Lucia	2012	National	1834	25-64	36.8	17.1	30.7	46.4	
St. Kitts and Nevis	2008	National	1443	25-64	36.2	37.9	30.5	52.5	
Trinidad & Tobago	2011	National	2700	15-64	32.9	19.4	27.3	31.7	

Country	Year of Data Collection	National /Regional	Survey Sample Size	Age Category	Male Overweight % BMI 25-29.9 Kg/m²	Male Obesity % BMI ≥ 30 Kg/m²	Female Overweight % BMI 25-29.9 Kg/m²	Female Obesity % BMI ≥ 30 Kg/m²	
Uruguay	2013/14	National	2462	15-64	38.6	22.1	31.3	25.1	
USA	2017/18	National	5429	18+	27.9	41.8	34	42.2	
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 2020. Sources and references are available from obesity@worldobesity.org.
Date last reviewed 10.06.20

Chagarna N. S. & Andreeva T. I. (2014). Lifestyle correlates of overweight and obesity among the population of Ukraine. Tobacco Control and Public Health in Eastern Europe, 4(1), 15-28.

Welsh Government. (2018). Wales National survey 2017-18 Health Related Survey adults . Available: https://gov.wales/docs/statistics/2018/180627-national-survey-2017-18-populatior

doi: 10.6084/m9.figshare.1060345

ı-health-lifestyle-en.pd