

Prevalence of adult overweight & obesity (%)

Country	Income group	Year	Area	Age	Males Overweight (BMI 25- 29.9kg/m ²)	Males Obesity (BMI ≥30kg/m ²)	Females Overweight (BMI 25- 29.9kg/m ²)	Females Obesity (BMI ≥30kg/m ²)	Adults Overweight (BMI 25- 29.9kg/m ²)	Adults Obesity (BMI ≥30kg/m ²)
 Afghanistan	Low income	2018	National	18-69	25.90	11.90	25.60	23.50	25.80	17.00
 Albania	Upper-middle income	2022	National	16+	51.00	11.30	37.50	13.40	44.20	12.40
 Algeria	Upper-middle income	2016- 2017	National	18-69	34.20	14.10	33.20	30.10	33.80	21.80
 American Samoa	High income	2017- 2018	National	18+	-	77.10	-	82.70	-	80.20
 Andorra	High income	2017- 2018	National	18-75	42.50	13.00	27.00	14.40	35.20	13.60
 Angola	Lower-middle income	2013- 2014	Regional	15-64	10.70	2.80	20.50	10.60	15.80	6.80
 Anguilla		2016	National	18-69	36.00	30.40	27.40	46.50	31.70	38.50
 Antigua and Barbuda	High income	1993		40+	-	25.00	-	60.00	-	43.10
 Argentina	Upper-middle income	2018	National	18+	38.70	31.40	29.10	33.40	33.70	32.40
 Armenia	Upper-middle income	2016	National	18-69	31.40	14.00	25.10	25.00	28.20	19.50
 Aruba	High income	2023	National	18-69	35.80	42.80	30.90	48.00	32.90	45.80

Country	Income group	Year	Area	Age	Males Overweight (BMI 25- 29.9kg/m ²)	Males Obesity (BMI ≥30kg/m ²)	Females Overweight (BMI 25- 29.9kg/m ²)	Females Obesity (BMI ≥30kg/m ²)	Adults Overweight (BMI 25- 29.9kg/m ²)	Adults Obesity (BMI ≥30kg/m ²)
 Australia	High income	2022- 2023	National	18+	38.60	32.50	29.60	30.90	34.00	31.70
 Austria	High income	2022	National	16+	42.00	18.50	27.20	16.30	34.40	17.40
 Azerbaijan	Upper-middle income	2017- 2018	National	18-69	38.80	14.70	30.90	26.50	34.80	20.60
 Bahamas	High income	2019	National	18-69	35.20	31.80	25.80	54.80	28.00	43.60
 Bahrain	High income	2018	National	18+	38.70	33.00	30.90	42.50	35.50	36.90
 Bangladesh	Lower-middle income	2023	National	M: 20+; F: 20-49	18.10	1.90	30.00	8.40	-	-
 Barbados	High income	2011	National	25+	34.20	23.40	30.80	43.40	32.40	33.80
 Belarus	Upper-middle income	2020	National	18-69	39.40	16.60	28.70	21.20	34.10	18.90
 Belgium	High income	2022	National	16+	37.50	16.60	28.10	14.50	32.70	15.50
 Belize	Upper-middle income	2017	National	20-55	-	31.20	-	49.40	-	40.90
 Benin	Lower-middle income	2017- 2018	National	15-49	-	-	16.40	9.40	-	-
 Benin	Lower-middle income	2015	National	18-69	14.40	4.70	17.00	10.10	15.70	7.40
 Bermuda	High income	2013- 2014	National	18+	49.60	29.40	29.60	40.00	40.20	34.40

Country	Income group	Year	Area	Age	Males Overweight (BMI 25- 29.9kg/m ²)	Males Obesity (BMI ≥30kg/m ²)	Females Overweight (BMI 25- 29.9kg/m ²)	Females Obesity (BMI ≥30kg/m ²)	Adults Overweight (BMI 25- 29.9kg/m ²)	Adults Obesity (BMI ≥30kg/m ²)
 Bhutan	Lower-middle income	2019	National	15-69	31.70	8.40	35.40	14.90	33.50	11.40
 Bolivia	Lower-middle income	2019	National	18-69	39.10	20.80	35.10	31.80	37.10	26.20
 Bosnia and Herzegovina	Upper-middle income	2012	National	25-64	49.90	20.30	31.90	24.10	40.40	22.30
 Botswana	Upper-middle income	2014	National	15-69	14.70	5.10	23.20	19.10	18.80	11.80
 Brazil	Upper-middle income	2019	National	18+	37.60	19.50	32.90	21.00	35.10	20.30
 British Virgin Islands		2009	National	25-64	45.00	28.40	32.20	43.90	39.20	35.50
 Brunei Darussalam	High income	2015- 2016	National	18-69	36.30	26.90	33.00	29.50	34.60	28.20
 Bulgaria	High income	2022	National	16+	49.00	13.40	34.40	9.80	41.40	11.50
 Burkina Faso	Low income	2021	National	20-49	-	-	18.10	7.30	-	-
 Burkina Faso	Low income	2013	National	25-64	10.80	2.90	7.20	6.00	8.90	4.50
 Burundi	Low income	2016- 2017	National	15-49	-	-	6.10	1.70	-	-
 Cabo Verde	Lower-middle income	2020	National	18-69	27.50	6.70	32.40	22.50	29.90	14.30

Country	Income group	Year	Area	Age	Males Overweight (BMI 25-29.9kg/m ²)	Males Obesity (BMI ≥30kg/m ²)	Females Overweight (BMI 25-29.9kg/m ²)	Females Obesity (BMI ≥30kg/m ²)	Adults Overweight (BMI 25-29.9kg/m ²)	Adults Obesity (BMI ≥30kg/m ²)
 Cambodia	Lower-middle income	2021-2022	National	20-49	-	-	26.30	6.30	-	-
 Cambodia	Lower-middle income	2010	National	25-64	10.50	1.10	16.30	2.70	13.50	1.90
 Cameroon	Lower-middle income	2018	National	15-49	-	-	23.50	13.60	-	-
 Cameroon	Lower-middle income	2003	Regional	15+	21.60	6.50	28.60	19.50	25.10	13.00
 Canada	High income	2019	National	18-79	39.60	26.70	31.40	22.00	35.50	24.30
 Canary Islands (Sp.)		2015	National	18+	42.72	16.40	31.64	17.86	37.09	17.14
 Cayman Islands	High income	2012	National	25-64	39.20	29.50	29.20	45.00	34.00	36.60
 Central African Republic	Low income	2017	Regional	25-64	12.80	6.90	19.30	12.70	16.00	9.70
 Chad	Low income	2014-2015	National	15-49	-	-	9.00	2.50	-	-
 Chad	Low income	2007	Regional	25-64	21.50	8.40	23.80	19.90	22.90	13.70
 Chile	High income	2016-2017	National	15+	43.30	30.30	36.40	38.40	39.80	34.40
 China	Upper-middle income	2015	National	18-59	36.36	6.30	28.87	6.79	33.07	6.51

Country	Income group	Year	Area	Age	Males Overweight (BMI 25- 29.9kg/m ²)	Males Obesity (BMI ≥30kg/m ²)	Females Overweight (BMI 25- 29.9kg/m ²)	Females Obesity (BMI ≥30kg/m ²)	Adults Overweight (BMI 25- 29.9kg/m ²)	Adults Obesity (BMI ≥30kg/m ²)
 Colombia	Upper-middle income	2018	Urban	18-75	36.40	29.40	36.00	12.60	36.20	21.30
 Comoros	Lower-middle income	2012	National	15-49	-	-	24.60	11.80	-	-
 Comoros	Lower-middle income	2011	National	25-64	22.10	5.50	30.00	22.40	25.90	13.50
 Congo	Lower-middle income	2011- 2012	National	15-49	-	-	17.30	8.80	-	-
 Congo	Lower-middle income	2004	Regional	25-64	15.50	2.50	22.10	15.00	18.70	8.60
 Cook Islands		2013- 2015	National	18-64	20.00	68.70	19.50	70.70	19.70	69.80
 Costa Rica	Upper-middle income	2008- 2009	National	20-64	43.50	18.90	35.30	31.30	39.40	25.10
 Cote d'Ivoire	Lower-middle income	2021	National	20-49	-	-	24.10	14.70	-	-
 Cote d'Ivoire	Lower-middle income	2005	National	15-64	18.60	5.10	24.80	11.20	22.00	8.50
 Croatia	High income	2022	National	16+	48.60	20.80	33.40	12.50	40.70	16.50
 Cuba	Upper-middle income	2010	National	18+	32.70	12.80	30.80	18.80	31.70	15.80

Country	Income group	Year	Area	Age	Males Overweight (BMI 25-29.9kg/m ²)	Males Obesity (BMI ≥30kg/m ²)	Females Overweight (BMI 25-29.9kg/m ²)	Females Obesity (BMI ≥30kg/m ²)	Adults Overweight (BMI 25-29.9kg/m ²)	Adults Obesity (BMI ≥30kg/m ²)
 Cyprus	High income	2022	National	16+	41.40	16.10	27.00	10.60	34.00	13.30
 Czechia	High income	2022	National	16+	44.50	18.00	31.90	16.80	38.00	17.40
 Democratic Republic of Congo	Low income	2013-2014	National	15-49	-	-	12.60	3.40	-	-
 Democratic Republic of Congo	Low income	2005	Regional	15+	8.80	2.80	16.20	7.90	13.30	5.80
 Denmark	High income	2023	National	16+	40.40	18.10	28.40	19.20	34.20	18.70
 Dominica	Upper-middle income	2007-2008	National	15-64	20.90	8.60	29.20	32.70	24.90	20.20
 Dominican Republic	Upper-middle income	2013	National	15-49	27.80	13.00	29.70	20.80	28.10	16.60
 Ecuador	Upper-middle income	2018	National	18-69	39.40	20.30	36.50	30.90	37.90	25.70
 Egypt	Lower-middle income	2016-2017	National	15-69	29.00	24.80	25.30	48.80	27.30	35.70
 El Salvador	Upper-middle income	2014-2015	National	20+	39.50	19.50	36.60	33.20	37.90	27.30
 England		2022	National	16+	39.00	28.00	31.00	30.00	35.00	29.00
 Equatorial Guinea	Upper-middle income	2011	National	M: 15-59; F: 15-49	18.70	4.50	25.00	12.70	21.40	8.30
 Eritrea	Low income	2004	National	15-64	9.20	2.00	13.60	4.90	11.10	3.40

Country	Income group	Year	Area	Age	Males Overweight (BMI 25- 29.9kg/m ²)	Males Obesity (BMI ≥30kg/m ²)	Females Overweight (BMI 25- 29.9kg/m ²)	Females Obesity (BMI ≥30kg/m ²)	Adults Overweight (BMI 25- 29.9kg/m ²)	Adults Obesity (BMI ≥30kg/m ²)
 Estonia	High income	2022	National	16+	40.70	20.30	29.60	22.90	34.70	21.70
 Eswatini	Lower-middle income	2014	National	15-69	17.20	8.80	28.90	30.90	23.40	20.50
 Ethiopia	Low income	2016	National	M: 15-59; F: 15-49	3.10	0.40	6.00	1.50	4.40	1.00
 Federated States of Micronesia	Lower-middle income	2014	Regional	18-69	26.60	27.50	25.10	49.60	26.00	37.10
 Fiji	Upper-middle income	2021	National	15-49	-	-	25.20	44.70	-	-
 Fiji	Upper-middle income	2015	National	18+	33.50	21.50	29.20	42.00	31.40	31.70
 Finland	High income	2023	National	20+	44.10	26.90	34.20	29.60	-	-
 France	High income	2022	National	16+	36.80	14.70	24.80	14.90	30.60	14.80
 French Guiana		2014	National		-	-	-	-	35.90	18.80
 French Guiana		2007- 2008	National	15+	35.10	13.40	25.90	22.10	30.30	17.90
 French Polynesia	High income	2010	National	18-64	32.20	38.90	26.80	41.90	29.60	40.40
 Gabon	Upper-middle income	2019- 2021	National	15-49	20.90	8.00	23.30	24.70	22.10	16.20
 Gambia	Low income	2019	National	35+	21.30	3.90	27.90	20.20	24.60	12.00

Country	Income group	Year	Area	Age	Males Overweight (BMI 25- 29.9kg/m ²)	Males Obesity (BMI ≥30kg/m ²)	Females Overweight (BMI 25- 29.9kg/m ²)	Females Obesity (BMI ≥30kg/m ²)	Adults Overweight (BMI 25- 29.9kg/m ²)	Adults Obesity (BMI ≥30kg/m ²)
 Georgia	Upper-middle income	2016	National	18-69	35.30	30.20	27.90	36.00	31.40	33.20
 Germany	High income	2019	National	18+	41.60	19.10	27.50	19.00	34.50	19.00
 Ghana	Lower-middle income	2022	National	20-49	16.80	3.90	28.20	22.00	-	-
 Gibraltar (UK)	High income	2021	National	16+	44.10	28.90	30.70	28.80	36.80	28.90
 Greece	High income	2022	National	16+	50.40	12.10	35.30	11.50	42.60	11.80
 Greenland	High income	2018	National	15-94	-	24.00	-	32.00	-	28.00
 Grenada	Upper-middle income	2010- 2011	National	25-64	34.40	13.90	32.60	36.60	33.50	25.20
 Guadeloupe		2007- 2008	National	15+	32.00	18.00	31.50	27.20	31.70	22.90
 Guatemala	Upper-middle income	2017	National	15-49	-	-	40.00	26.10	-	-
 Guinea	Lower-middle income	2018	National	15-49	-	-	18.20	8.40	-	-
 Guyana	High income	2016	National	18-69	25.80	14.00	27.80	34.00	26.70	23.60
 Haiti	Lower-middle income	2016- 2017	National	15-49	-	-	20.50	11.20	-	-
 Honduras	Lower-middle income	2011- 2012	National	15-49	-	-	29.20	22.10	-	-

Country	Income group	Year	Area	Age	Males Overweight (BMI 25- 29.9kg/m ²)	Males Obesity (BMI ≥30kg/m ²)	Females Overweight (BMI 25- 29.9kg/m ²)	Females Obesity (BMI ≥30kg/m ²)	Adults Overweight (BMI 25- 29.9kg/m ²)	Adults Obesity (BMI ≥30kg/m ²)
 Hong Kong	High income	1995- 1996	National	25-74	33.00	5.00	27.00	7.00	-	-
 Hungary	High income	2022	National	16+	40.10	24.20	31.70	19.60	35.70	21.80
 Iceland	High income	2019	National	18+	47.10	24.30	33.10	20.50	39.70	22.30
 India	Lower-middle income	2019- 2021	National	15-49	18.90	4.00	17.60	6.40	18.30	5.20
 Indonesia	Upper-middle income	2000- 2001	National	20+	10.20	1.30	17.40	4.50	-	-
 Iran	Upper-middle income	2021	National	18+	39.60	17.20	36.80	31.20	38.10	25.00
 Iraq	Upper-middle income	2015	National	18+	33.10	25.60	30.60	42.60	31.90	33.50
 Ireland	High income	2022	National	16+	39.10	21.70	26.40	17.10	32.80	19.40
 Isle of Man	High income	2019	National	18+	40.60	31.40	34.30	27.70	36.40	29.00
 Israel	High income	2014- 2016	National	18-64	35.20	17.40	24.80	16.60	30.00	17.00
 Italy	High income	2022- 2023	National	18-69	40.90	11.10	24.50	9.70	32.70	10.40
 Jamaica	Upper-middle income	2016- 2017	National	15-75	24.00	14.90	26.40	41.20	25.20	28.60
 Japan	High income	2019	National	20+	27.50	5.50	18.50	3.80	22.60	4.60

Country	Income group	Year	Area	Age	Males Overweight (BMI 25- 29.9kg/m ²)	Males Obesity (BMI ≥30kg/m ²)	Females Overweight (BMI 25- 29.9kg/m ²)	Females Obesity (BMI ≥30kg/m ²)	Adults Overweight (BMI 25- 29.9kg/m ²)	Adults Obesity (BMI ≥30kg/m ²)
 Jersey		2021	National	16+	40.00	17.00	24.00	19.00	32.00	18.00
 Jordan	Lower-middle income	2023	National	20-49	-	-	32.20	31.90	-	-
 Jordan	Lower-middle income	2017	National	18-90	41.20	36.10	29.10	48.20	44.70	32.70
 Kazakhstan	Upper-middle income	2012	National	15+	36.80	15.90	32.70	30.60	34.70	23.50
 Kenya	Lower-middle income	2022	National	20-49	14.60	4.20	27.50	17.30	21.10	10.80
 Kiribati	Lower-middle income	2018	South Tarawa and Butaritari		-	-	-	-	28.60	56.70
 Kiribati	Lower-middle income	2015- 2016	National	18-69	44.60	32.10	28.70	55.60	35.50	45.60
 Kuwait	High income	2018		19+	-	37.61	-	49.05	36.01	43.75
 Kyrgyzstan	Lower-middle income	2021	National	15-49	-	-	27.20	17.00	-	-
 Kyrgyzstan	Lower-middle income	2013	National	25-64	31.80	17.60	34.50	29.00	33.10	23.10
 Laos	Lower-middle income	2013	National	18-64	17.90	3.50	20.90	7.10	19.70	5.60
 Latvia	High income	2022	National	16+	41.20	21.30	32.70	23.90	36.40	22.80

Country	Income group	Year	Area	Age	Males Overweight (BMI 25- 29.9kg/m ²)	Males Obesity (BMI ≥30kg/m ²)	Females Overweight (BMI 25- 29.9kg/m ²)	Females Obesity (BMI ≥30kg/m ²)	Adults Overweight (BMI 25- 29.9kg/m ²)	Adults Obesity (BMI ≥30kg/m ²)
 Lebanon	Lower-middle income	2023	National	15-49	-	-	28.60	25.00	-	-
 Lebanon	Lower-middle income	2016-2017	National	18-69	44.70	26.60	31.40	27.50	37.90	27.00
 Lesotho	Lower-middle income	2014	National	15-49	8.60	3.10	25.00	19.60	16.90	11.50
 Liberia	Low income	2022	National	18-69	15.80	17.70	23.30	22.20	19.40	19.90
 Libya	Upper-middle income	2015	Benghazi	20-65	32.40	33.80	33.20	47.40	32.90	42.40
 Lithuania	High income	2022	National	16+	43.10	19.80	34.20	20.70	38.20	20.30
 Luxembourg	High income	2022	National	16+	40.70	18.70	23.50	14.80	32.50	16.90
 Madagascar	Low income	2021	National	15-49	-	-	11.20	2.70	-	-
 Malawi	Low income	2016	Regional	18+	11.00	2.00	22.00	13.00	16.60	7.60
 Malaysia	Upper-middle income	2023	National	18+	34.50	17.90	30.70	26.00	32.60	21.80
 Maldives	Upper-middle income	2020-2021	National	15-69	32.40	14.10	36.50	22.80	34.30	18.10
 Mali	Low income	2018	National	15-49	-	-	19.00	8.70	-	-
 Malta	High income	2022	National	16+	40.70	28.70	31.20	22.70	36.10	25.80
 Marshall Islands	Upper-middle income	2017-2018	Regional		-	-	-	-	28.40	44.10

Country	Income group	Year	Area	Age	Males Overweight (BMI 25- 29.9kg/m ²)	Males Obesity (BMI ≥30kg/m ²)	Females Overweight (BMI 25- 29.9kg/m ²)	Females Obesity (BMI ≥30kg/m ²)	Adults Overweight (BMI 25- 29.9kg/m ²)	Adults Obesity (BMI ≥30kg/m ²)
 Marshall Islands	Upper-middle income	2016- 2017	National	15-49	-	-	27.60	45.10	-	-
 Marshall Islands	Upper-middle income	2002	National	15-64	33.20	26.60	28.30	37.10	30.90	31.60
 Martinique		2007- 2008	National	15+	35.90	16.10	31.70	26.80	33.60	21.90
 Mauritania	Lower-middle income	2019- 2021	National	15-49	-	-	26.90	26.90	-	-
 Mauritania	Lower-middle income	2006	Regional	15-64	23.20	8.60	27.90	31.50	25.70	20.90
 Mauritius	Upper-middle income	2015	National	18+	38.30	11.10	32.60	25.80	35.20	19.10
 Mayotte		2018- 2019	National	18-69	33.10	16.30	28.50	43.00	30.60	31.00
 Mexico	Upper-middle income	2022	National	20+	41.20	32.30	35.80	41.00	38.30	36.90
 Moldova	Upper-middle income	2021	National	18-69	49.40	21.40	33.00	24.00	41.20	22.70
 Mongolia	Upper-middle income	2019	National	15-69	31.40	16.60	30.50	20.40	30.90	18.50
 Montenegro	Upper-middle income	2022	National	16+	50.70	9.30	28.60	6.00	39.40	7.60

Country	Income group	Year	Area	Age	Males Overweight (BMI 25- 29.9kg/m ²)	Males Obesity (BMI ≥30kg/m ²)	Females Overweight (BMI 25- 29.9kg/m ²)	Females Obesity (BMI ≥30kg/m ²)	Adults Overweight (BMI 25- 29.9kg/m ²)	Adults Obesity (BMI ≥30kg/m ²)
 Morocco	Lower-middle income	2017- 2018	National	18+	31.60	11.00	34.40	29.00	33.00	20.00
 Mozambique	Low income	2022- 2023	National	20-49	-	-	17.80	9.90	-	-
 Mozambique	Low income	2014		25-64	13.20	5.00	17.50	13.00	15.40	9.10
 Myanmar	Lower-middle income	2017- 2018	National	15-49	11.40	2.00	22.90	7.30	-	-
 Namibia	Upper-middle income	2013	National	15-49	8.10	3.40	18.30	13.20	13.30	8.40
 Nauru	High income	2023	National	15-49	-	-	16.10	60.60	-	-
 Nauru	High income	2004	National	15-64	26.50	55.70	21.80	60.50	24.10	58.10
 Nepal	Lower-middle income	2022	National	20-49	26.20	5.90	26.00	8.40	26.10	7.20
 Netherlands	High income	2023		20+	39.90	13.80	30.50	17.50	35.10	15.70
 New Caledonia	High income	2021	National	18-64	33.00	34.00	23.00	42.00	28.10	38.40
 New Zealand	High income	2022- 2023	National	15+	38.50	31.90	27.80	33.40	32.90	32.60
 Nicaragua	Lower-middle income	2007- 2009	Regional	20-60	30.90	11.90	34.70	29.80	33.10	22.00
 Niger	Low income	2021	National	18-69	7.70	3.90	12.50	6.30	9.80	4.90

Country	Income group	Year	Area	Age	Males Overweight (BMI 25- 29.9kg/m ²)	Males Obesity (BMI ≥30kg/m ²)	Females Overweight (BMI 25- 29.9kg/m ²)	Females Obesity (BMI ≥30kg/m ²)	Adults Overweight (BMI 25- 29.9kg/m ²)	Adults Obesity (BMI ≥30kg/m ²)
 Nigeria	Lower-middle income	2018	National	15-49	-	-	18.20	9.90	-	-
 Nigeria	Lower-middle income	1991- 1994		20+	-	6.50	-	9.10	-	7.80
 Niue		2011- 2012	National	15+	25.80	59.20	24.10	62.70	24.90	61.00
 North Macedonia	Upper-middle income	2017	National	18+	53.30	11.10	37.20	9.90	45.20	10.50
 Northern Ireland		2019- 2020	National	16+	43.30	27.80	32.60	27.10	38.00	27.30
 Northern Mariana Islands	High income	2016	National		-	-	-	-	34.70	29.20
 Norway	High income	2022	National	16+	41.40	18.10	30.60	14.90	36.30	16.60
 Oman	High income	2017	National	18+	40.10	23.20	30.00	39.30	35.50	30.70
 Pakistan	Lower-middle income	2018	National	15-49	-	-	24.20	13.90	-	-
 Pakistan	Lower-middle income	2013- 2014	Regional	18-69	26.50	12.10	26.10	17.10	26.40	14.90
 Palau	High income	2016	National		-	-	-	-	33.00	38.00
 Palau	High income	2011- 2013	National	25-64	35.10	40.30	30.60	45.40	32.90	42.90

Country	Income group	Year	Area	Age	Males Overweight (BMI 25- 29.9kg/m ²)	Males Obesity (BMI ≥30kg/m ²)	Females Overweight (BMI 25- 29.9kg/m ²)	Females Obesity (BMI ≥30kg/m ²)	Adults Overweight (BMI 25- 29.9kg/m ²)	Adults Obesity (BMI ≥30kg/m ²)
 Palestine	Lower-middle income	2022	National	18-69	31.40	24.70	28.10	38.80	29.80	31.60
 Panama	High income	2019	National	18+	39.60	27.70	33.30	42.30	36.40	36.30
 Papua New Guinea	Lower-middle income	2007-2008	National	15-64	25.20	5.10	25.20	8.70	25.30	6.80
 Paraguay	Upper-middle income	2011	National	15-74	35.30	19.90	34.40	26.60	34.80	23.20
 Peru	Upper-middle income	2022	National	15-49	-	-	36.80	28.20	-	-
 Peru	Upper-middle income	2017-2018	National	18-59	39.10	21.30	38.30	29.40	38.70	26.00
 Philippines	Lower-middle income	2021	National	20-59	28.30	7.30	31.70	12.20	-	-
 Poland	High income	2022	National	16+	46.90	20.10	33.00	17.00	39.40	18.40
 Portugal	High income	2022	National	16+	42.20	15.70	31.80	15.40	36.70	15.60
 Puerto Rico	High income	2023	National		-	-	-	-	-	36.60
 Qatar	High income	2012	National	18-64	32.30	39.50	25.10	43.20	28.70	41.40
 Romania	High income	2022	National	16+	57.10	10.20	41.00	10.10	48.80	10.10
 Russian Federation	High income	2012-2014	National	25-64	42.30	27.50	28.70	31.40	34.30	30.30

Country	Income group	Year	Area	Age	Males Overweight (BMI 25- 29.9kg/m ²)	Males Obesity (BMI ≥30kg/m ²)	Females Overweight (BMI 25- 29.9kg/m ²)	Females Obesity (BMI ≥30kg/m ²)	Adults Overweight (BMI 25- 29.9kg/m ²)	Adults Obesity (BMI ≥30kg/m ²)
 Rwanda	Low income	2021- 2022	National	18-69	10.20	1.30	18.60	7.40	14.30	4.30
 Saint Kitts and Nevis	High income	2007- 2008	National	25-64	36.20	37.90	30.50	52.50	33.50	45.00
 Saint Lucia	Upper-middle income	2019- 2020	National	18-69	29.40	20.60	30.70	46.10	30.10	34.90
 Saint Vincent and the Grenadines	Upper-middle income	2013- 2014	National	18-69	41.30	13.20	67.20	40.80	54.20	26.90
 Samoa	Lower-middle income	2019- 2020	National	15-49	-	-	18.50	66.90	-	-
 Samoa	Lower-middle income	2013	National	18-64	35.00	44.80	21.80	68.60	28.90	55.80
 Sao Tome and Principe	Lower-middle income	2008	National	25-64	21.40	6.60	25.10	16.50	23.30	11.70
 Saudi Arabia	High income	2019	National	18+	42.70	19.20	32.70	21.40	38.20	20.20
 Scotland		2023	National	16+	37.00	30.00	31.00	34.00	34.00	32.00
 Senegal	Lower-middle income	2015	National		-	-	-	-	15.80	6.40
 Senegal	Lower-middle income	2010- 2011	National	15-49	6.10	1.00	15.50	5.80	10.90	3.50

Country	Income group	Year	Area	Age	Males Overweight (BMI 25- 29.9kg/m ²)	Males Obesity (BMI ≥30kg/m ²)	Females Overweight (BMI 25- 29.9kg/m ²)	Females Obesity (BMI ≥30kg/m ²)	Adults Overweight (BMI 25- 29.9kg/m ²)	Adults Obesity (BMI ≥30kg/m ²)
 Serbia	Upper-middle income	2022	National	16+	50.00	13.70	31.10	9.30	40.30	11.50
 Seychelles	High income	2013- 2014	National	25-64	35.00	22.00	33.00	39.00	34.00	30.30
 Sierra Leone	Low income	2019	National	15-49	-	-	19.70	8.10	-	-
 Sierra Leone	Low income	2013	National	15-49	6.70	1.50	13.40	5.00	10.10	3.30
 Singapore	High income	2021- 2022	National	18-74	33.40	13.10	23.90	10.20	28.60	11.60
 Slovakia	High income	2022	National	16+	50.40	19.00	31.60	14.70	40.70	16.80
 Slovenia	High income	2022	National	16+	43.60	21.80	32.30	14.20	37.70	17.80
 Solomon Islands	Lower-middle income	2015	National	15-49	25.50	8.80	29.50	17.90	27.50	13.10
 Somalia	Low income	2019	National	15-49	-	-	24.40	15.10	-	-
 South Africa	Upper-middle income	2021- 2022	National	18+	22.90	15.30	26.60	41.30	25.30	32.10
 South Korea	High income	2007- 2009	National	20+	26.30	36.30	21.30	27.60	-	-
 Spain	High income	2022	National	16+	42.80	16.10	28.90	13.40	35.70	14.70
 Sri Lanka	Lower-middle income	2022	National	18-60	25.60	6.40	29.60	12.60	27.70	9.60
 Sudan	Low income	2016	National	18-69	15.90	6.70	20.70	14.90	17.90	10.30

Country	Income group	Year	Area	Age	Males Overweight (BMI 25- 29.9kg/m ²)	Males Obesity (BMI ≥30kg/m ²)	Females Overweight (BMI 25- 29.9kg/m ²)	Females Obesity (BMI ≥30kg/m ²)	Adults Overweight (BMI 25- 29.9kg/m ²)	Adults Obesity (BMI ≥30kg/m ²)
 Suriname	Upper-middle income	2016- 2017	National	20+	38.50	17.00	33.30	27.00	-	-
 Sweden	High income	2022	National	16+	41.10	17.50	30.20	16.50	35.70	17.00
 Switzerland	High income	2022	National	16+	39.80	14.70	24.00	12.10	31.80	13.40
 Syrian Arab Republic	Low income	2003	National	20-65	37.30	15.50	31.10	22.50	34.20	18.90
 Taiwan	High income	2013- 2014	National		-	-	-	-	-	8.20
 Taiwan	High income	2003- 2006	National	19+	-	6.10	-	6.40	-	6.20
 Tajikistan	Lower-middle income	2017	National	15-49	-	-	23.70	13.40	-	-
 Tajikistan	Lower-middle income	2016- 2017	National	18-69	37.80	11.90	27.80	15.40	33.20	13.50
 Tanzania	Lower-middle income	2022	National	20-49	13.30	3.40	21.80	14.00	-	-
 Thailand	Upper-middle income	2018	Regional		-	-	-	-	33.20	11.60
 Thailand	Upper-middle income	2009	National	20+	22.80	6.30	29.00	11.50	26.00	9.00
 Timor-Leste	Lower-middle income	2016	National	15-49	8.30	1.50	5.30	0.70	6.80	1.10

Country	Income group	Year	Area	Age	Males Overweight (BMI 25- 29.9kg/m ²)	Males Obesity (BMI ≥30kg/m ²)	Females Overweight (BMI 25- 29.9kg/m ²)	Females Obesity (BMI ≥30kg/m ²)	Adults Overweight (BMI 25- 29.9kg/m ²)	Adults Obesity (BMI ≥30kg/m ²)
 Togo	Low income	2013- 2014	National	15-49	-	-	19.40	11.10	-	-
 Togo	Low income	2010	National	15-64	12.00	2.30	18.60	9.60	15.30	6.20
 Tokelau		2005	National	15-64	24.30	58.60	21.50	67.80	22.80	63.40
 Tonga	Upper-middle income	2017	National	18-69	22.80	66.80	12.30	82.80	16.10	77.10
 Trinidad and Tobago	High income	2024	National	18-69	29.30	24.90	28.40	39.30	28.90	31.60
 Tunisia	Lower-middle income	1997	National	20-60	23.30	6.70	28.20	22.70	-	-
 Turkey	Upper-middle income	2022	National	16+	42.30	16.70	33.00	22.20	37.60	19.50
 Turkmenistan	Upper-middle income	2018	National	18-69	38.40	12.70	27.90	17.50	33.40	15.00
 Tuvalu	Upper-middle income	2015	National	18-69	27.00	70.70	18.50	55.20	23.20	62.20
 Uganda	Low income	2023	National	18-69	10.70	6.20	18.40	12.30	14.60	9.30
 Ukraine	Upper-middle income	2019	National	18-69	37.80	20.10	30.40	29.80	34.30	24.80
 United Arab Emirates	High income	2017- 2018	National	18-69	45.70	25.10	34.30	30.60	40.10	27.80
 United Kingdom	High income	2014	National	18+	40.50	19.80	31.40	20.40	35.60	20.10

Country	Income group	Year	Area	Age	Males Overweight (BMI 25- 29.9kg/m ²)	Males Obesity (BMI ≥30kg/m ²)	Females Overweight (BMI 25- 29.9kg/m ²)	Females Obesity (BMI ≥30kg/m ²)	Adults Overweight (BMI 25- 29.9kg/m ²)	Adults Obesity (BMI ≥30kg/m ²)
 United States	High income	2021- 2023	National	20+	35.70	39.80	28.90	40.60	32.20	40.20
 Uruguay	High income	2013- 2014	National	15-64	38.60	22.10	31.30	25.10	34.80	23.70
 Uzbekistan	Lower-middle income	2017	National	15-49	-	-	25.20	15.50	-	-
 Uzbekistan	Lower-middle income	2014	National	18-64	32.00	15.70	27.30	25.40	29.90	20.20
 Vanuatu	Lower-middle income	2023	National	15-49	-	-	30.60	23.50	-	-
 Vanuatu	Lower-middle income	2013	National	15-49	24.80	11.10	30.80	18.80	27.80	14.90
 Venezuela		2014- 2017	National	20+	38.20	22.20	31.20	26.70	34.50	24.60
 Vietnam	Lower-middle income	2015	National	18-69	13.20	1.70	14.70	1.70	13.90	1.70
 Wales		2022- 2023	National	16+	40.20	25.00	30.10	27.20	35.20	26.00
 Wallis and Futuna		2019	National	18-69	23.80	66.70	16.60	73.70	20.00	70.40
 Yemen	Low income	2013	National	15-49	-	-	15.70	8.00	-	-

Country	Income group	Year	Area	Age	Males Overweight (BMI 25- 29.9kg/m ²)	Males Obesity (BMI ≥30kg/m ²)	Females Overweight (BMI 25- 29.9kg/m ²)	Females Obesity (BMI ≥30kg/m ²)	Adults Overweight (BMI 25- 29.9kg/m ²)	Adults Obesity (BMI ≥30kg/m ²)
 Zambia	Lower-middle income	2017	National	18-69	13.20	3.00	20.20	12.30	16.70	7.50
 Zimbabwe	Lower-middle income	2015	National	15-49	9.70	2.30	22.30	12.60	16.30	7.70

[For individual source references, please refer to the country's obesity prevalence page via the interactive map.](#)

Data in italics is self-reported.

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

Date last updated April 8, 2025