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| Name of the indicator | 2.1 Prevalence of obesity among adults |
| Sustainable Development Goal | Goal 2. Zero hunger |
| Target | - |
| Definition | Percentage of population aged 18 years and more with a BMI equal 30 or more. |
| Unit | percent [%] |
| Available dimensions | total |
| Methodological explanations | <p>Obesity is defined as abnormal or excessive fat accumulation that presents a risk to health. A crude population measure of obesity is the body mass index (BMI). A person with a BMI of 30 or more is generally considered obese.</p> <p>Body mass index (BMI) is defined as a person's weight in kilograms divided by the square of the person's height in metres (kg/m²).</p> <p>For adults over 20 years old, BMI falls into one of the following categories:</p> <ul style="list-style-type: none"> • <18.5 – underweight, • 18.5 – 24.9 – normal weight, • 25.0 – 29.9 – pre-obesity, • 30.0 – 34.9 – obesity class I, • 35.0 – 39.9 – obesity class II, • ≥40 – obesity class III. <p>The BMI ranges are based on the effect excessive body fat has on disease and death and are reasonably well related to adiposity. BMI was developed as a risk indicator of disease; as BMI increases, so does the risk for some diseases. Some common conditions related to overweight and obesity include: premature death, cardiovascular diseases, high blood pressure, osteoarthritis, some cancers and diabetes.</p> |
| Source of data | World Health Organization |
| Data availability | Annual data; since 2010 |
| Notes | - |