Statistics for the SDGs – indicators for national priorities

Name of the indicator	**2.7.a Prevalence of obesity among adults**
Sustainable Development Goal	Goal 2. Zero hunger
Priority	Promotion of healthy lifestyle, including healthy nutrition, among adults and children (decrease in proportion of persons with overweight and obesity)
Definition	Percentage of population aged 18 years and more with a BMI equal 30 or more.
Unit	percent [%]
Available dimentions	sex
Methodological explanations	**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. **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). For adults over 20 years old, BMI falls into one of the following categories: • <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. 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.
Data source	World Health Organization
Data availability	Annual data; since 2010
Notes	

Last update: 10-11-2020, 11:35