








































## Prevalence of adult overweight & obesity (%)




















Country	Income group	Year	Area	Age	All adults Overweight (BMI 25-29.9kg/m²)	All adults Obesity (BMI ≥30kg/m²)
 Afghanistan	2018	National		25.80	17.00	
 Afghanistan	2013	Regional		32.50	24.90	
 Albania	2017-2018	National		36.30	21.30	
 Algeria	2016-2017	National		33.80	21.80	
 Algeria	2005	National		34.30	19.50	
 American Samoa	2017-2018	National		-	80.20	
 American Samoa	2004	National		18.90	74.60	
 Andorra	2017-2018	National		35.20	13.60	
 Andorra	2004-2005	National		38.20	13.00	
 Angola	2013-2014	Regional		15.80	6.80	
 Anguilla	2016	National		31.70	38.50	
 Antigua and Barbuda	1993			-	43.10	
 Argentina	2018	National		36.30	25.30	
 Argentina	2018	National		33.70	32.40	
 Argentina	2013	National		37.10	20.80	
 Argentina	2009			35.40	18.00	
 Argentina	2005			34.40	14.60	




















Country	Income group	Year	Area	Age	All adults Overweight (BMI 25-29.9kg/m²)	All adults Obesity (BMI ≥30kg/m²)
 Armenia	2016	National		28.20	19.50	
 Aruba	2023	National		32.90	45.80	
 Aruba	2006	National		36.20	40.80	
 Australia	2022-2023	National		34.00	31.70	
 Australia	2017-2018	National		35.60	31.30	
 Austria	2019	National		35.00	17.10	
 Austria	2018-2019	National		34.50	16.60	
 Austria	2017	National		28.20	12.00	
 Azerbaijan	2017-2018	National		34.80	20.60	
 Azerbaijan	2006	National		35.50	11.30	
 Bahamas	2019	National		27.90	43.70	
 Bahamas	2011-2012	National		30.40	49.20	
 Bahrain	2018	National		35.50	36.90	
 Bahrain	2007	National		32.90	36.30	
 Bangladesh	2018	National		20.50	5.40	
 Barbados	2011	National		32.40	33.80	
 Barbados	2007	National		36.70	28.50	
 Belarus	2020	National		34.10	18.90	
 Belarus	2016-2017	National		35.20	25.40	
















Country	Income group	Year	Area	Age	All adults Overweight (BMI 25-29.9kg/m²)	All adults Obesity (BMI ≥30kg/m²)
 Belgium	2019	National		33.90	16.30	
 Belgium	2018	National		34.20	21.20	
 Belize	2017	National		-	40.90	
 Belize	2003-2006	National		32.50	33.80	
 Benin	2015	National		15.70	7.40	
 Benin	2008	National		-	9.40	
 Bermuda	2013-2014	National		40.20	34.40	
 Bhutan	2019	National		33.50	11.40	
 Bhutan	2014	National		26.80	6.20	
 Bhutan	2007	Regional		40.70	12.20	
 Bolivia	2019	National		37.10	26.20	
 Bosnia and Herzegovina	2012	National		40.40	22.30	
 Botswana	2014	National		18.80	11.80	
 Brazil	2019	National		35.10	20.30	
 Brazil	2019	National		34.40	25.90	
 Brazil	2015	National		35.00	18.90	
 Brazil	2013-2014	National		37.10	20.70	
 Brazil	2012	National		33.60	17.40	
 Brazil	2009	National		31.60	14.30	

Country	Income group	Year	Area	Age	All adults Overweight (BMI 25-29.9kg/m²)	All adults Obesity (BMI ≥30kg/m²)
 Brazil	2008-2009	National		34.20	14.80	
 <i>Brazil</i>	<i>2006</i>	<i>National</i>		<i>30.80</i>	<i>11.80</i>	
 British Virgin Islands	2009	National		39.20	35.50	
 Brunei Darussalam	2015-2016	National		34.60	28.20	
 <i>Bulgaria</i>	<i>2019-2020</i>	<i>National</i>		<i>40.10</i>	<i>13.30</i>	
 <i>Bulgaria</i>	<i>2019</i>	<i>National</i>		<i>41.20</i>	<i>13.60</i>	
 <i>Bulgaria</i>	<i>2017</i>	<i>National</i>		<i>44.70</i>	<i>13.90</i>	
 Burkina Faso	2013	National		8.90	4.50	
 Cabo Verde	2020	National		29.90	14.30	
 Cabo Verde	2007	National		26.40	10.50	
 Cambodia	2010	National		13.50	1.90	
 Cameroon	2003	Regional		25.10	13.00	
 Canada	2019	National		35.50	24.30	
 Canada	2017	National		33.50	26.90	
 Canada	2015	National		35.50	24.30	
 Canada	2013	National		35.60	26.40	
 Canada	2011	National		34.20	26.20	
 Canada	2009	National		36.70	23.90	
 Canary Islands (Sp.)	2015	National		37.09	17.14	


















Country	Income group	Year	Area	Age	All adults Overweight (BMI 25-29.9kg/m²)	All adults Obesity (BMI ≥30kg/m²)
 Cayman Islands	2012	National		34.00	36.60	
 Central African Republic	2017	Regional		16.00	9.70	
 Central African Republic	2010	National		13.50	7.20	
 Chad	2007	Regional		22.90	13.70	
 Chile	2016-2017	National		39.80	34.40	
 China	2015	National		33.07	6.51	
 Colombia	2018	Urban		36.20	21.30	
 Colombia	2015-2016	National		37.80	18.70	
 Colombia	2010	National		34.60	16.50	
 Comoros	2011	National		25.90	13.50	
 Congo	2004	Regional		18.70	8.60	
 Cook Islands	2013-2015	National		19.70	69.80	
 Cook Islands	2003-2004	National		27.10	65.70	
 Costa Rica	2008-2009	National		39.40	25.10	
 Costa Rica	2003-2006	Regional		35.00	24.10	
 Cote d'Ivoire	2005	National		22.00	8.50	
 Croatia	2019	National		41.70	23.00	
 Croatia	2017	National		42.60	18.20	
 Cuba	2010	National		31.70	15.80	







Country	Income group	Year	Area	Age	All adults Overweight (BMI 25-29.9kg/m²)	All adults Obesity (BMI ≥30kg/m²)
 Cyprus	2019	National		33.80	14.60	
 Cyprus	2019	National		34.60	15.20	
 Cyprus	2017	National		38.00	14.70	
 Czechia	2019	National		40.10	19.80	
 Czechia	2014	National		36.80	26.90	
 Democratic Republic of Congo	2005	Regional		13.30	5.80	
 Denmark	2019	National		34.00	16.50	
 Denmark	2017	National		34.20	16.80	
 Denmark	2014	National		32.90	14.90	
 Dominica	2007-2008	National		24.90	20.20	
 Dominican Republic	2013	National		28.10	16.60	
 Ecuador	2018	National		37.90	25.70	
 Ecuador	2018	National		41.30	23.38	
 Ecuador	2012	National		40.60	22.20	
 Egypt	2016-2017	National		27.30	35.70	
 El Salvador	2014-2015	National		37.90	27.30	
 El Salvador	2003-2006	Regional		38.30	23.70	
 England	2019	National		36.20	28.00	
 England	2018	National		35.50	27.70	


















Country	Income group	Year	Area	Age	All adults Overweight (BMI 25-29.9kg/m²)	All adults Obesity (BMI ≥30kg/m²)
 Equatorial Guinea	2011	National		21.40	8.30	
 Eritrea	2004	National		11.10	3.40	
 Estonia	2019	National		34.90	21.80	
 Estonia	2014	National		33.50	20.40	
 Eswatini	2014	National		23.40	20.50	
 Eswatini	2007	National		28.60	24.30	
 Ethiopia	2016	National		4.40	1.00	
 Ethiopia	2015	National		5.20	1.20	
 Federated States of Micronesia	2014	Regional		26.00	37.10	
 Federated States of Micronesia	2006	Regional		27.50	35.10	
 Fiji	2015	National		31.40	31.70	
 Fiji	2011	National		34.90	32.00	
 Finland	2019	National		38.10	20.90	
 Finland	2017	National		40.60	20.60	
 Finland	2017	National		40.70	26.80	
 France	2020	National		30.30	17.00	
 France	2019	National		32.10	15.00	
 France	2017	National		30.70	15.40	
 France	2015	National		31.80	17.10	



















Country	Income group	Year	Area	Age	All adults Overweight (BMI 25-29.9kg/m²)	All adults Obesity (BMI ≥30kg/m²)
 French Guiana	2014	National		35.90	18.80	
 French Guiana	2007-2008	National		30.30	17.90	
 French Polynesia	2010	National		29.60	40.40	
 French Polynesia	2007-2008	National		34.30	33.00	
 Gabon	2019-2021	National		22.10	16.20	
 Gabon	2009	Regional		28.10	20.10	
 Gambia	2019	National		24.60	12.00	
 Gambia	2010			27.40	12.60	
 Georgia	2016	National		31.40	33.20	
 Georgia	2015			-	33.40	
 Georgia	2010	National		31.30	25.10	
 Germany	2019	National		34.50	19.00	
 Germany	2014	National		35.20	16.90	
 Germany	2008-2011	National		36.30	23.60	
 Ghana	2016-2017	National		-	15.00	
 Ghana	2004	Regional		13.20	6.40	
 Gibraltar (UK)	2021	National		36.80	28.90	
 Gibraltar (UK)	2015	National		35.00	24.00	
Greece	2019	National		40.80	16.40	














Country	Income group	Year	Area	Age	All adults Overweight (BMI 25-29.9kg/m²)	All adults Obesity (BMI ≥30kg/m²)
<i>Greece</i>	<i>2019</i>	<i>National</i>		<i>41.00</i>	<i>16.70</i>	
Greece	2013-2016	National		37.60	32.10	
 Greenland	2018	National		-	28.00	
 Grenada	2010-2011	National		33.50	25.20	
 Guadeloupe	2007-2008	National		31.70	22.90	
 Guyana	2016	National		26.70	23.60	
 Guyana	2009	National		24.90	15.10	
 Hungary	2019	National		34.40	23.80	
 Hungary	2019	National		35.40	24.50	
 Hungary	2017-2018	National		33.70	23.60	
 Hungary	2017	National		36.30	20.00	
 Iceland	2019	National		39.70	22.30	
 Iceland	2014	National		38.60	19.00	
 India	2019-2021	National		18.30	5.20	
 India	2015-2016	National		16.00	4.10	
 India	2014-2015	Regional (Punjab)		28.60	12.80	
 Iran	2021	National		38.10	25.00	
 Iran	2016	National		36.60	22.70	
 Iran	2011	National		31.40	16.84	




















Country	Income group	Year	Area	Age	All adults Overweight (BMI 25-29.9kg/m²)	All adults Obesity (BMI ≥30kg/m²)
 Iran	2001-2003	National		30.80	16.20	
 Iraq	2015	National		31.90	33.50	
 Ireland	2021-2022	National		35.00	21.00	
 Ireland	2019	National		28.60	25.90	
 Ireland	2018-2019	National		37.00	23.00	
 Ireland	2014	National		37.00	18.70	
 Isle of Man	2019	National		36.40	29.00	
 Israel	2014-2016	National		30.00	17.00	
 Italy	2022-2023	National		32.70	10.40	
 Italy	2021-2022	National		32.60	10.40	
 Italy	2020-2021	National		32.50	10.40	
 Italy	2019	National		33.90	11.70	
 Italy	2017-2020	National		31.60	10.80	
 Italy	2016-2019	National		31.50	10.80	
 Jamaica	2016-2017	National		25.20	28.60	
 Jamaica	2007-2008	National		26.40	25.30	
 Japan	2019	National		22.60	4.60	
 Jersey	2021	National		32.00	18.00	
 Jordan	2017	National		44.70	32.70	




















Country	Income group	Year	Area	Age	All adults Overweight (BMI 25-29.9kg/m²)	All adults Obesity (BMI ≥30kg/m²)
 Kazakhstan	2012	National		34.70	23.50	
 Kenya	2022	National		21.10	10.80	
 Kenya	2015	National		19.00	8.90	
 Kiribati	2018	South Tarawa and Butaritari		28.60	56.70	
 Kiribati	2015-2016	National		35.50	45.60	
 Kiribati	2004-2006	National		32.50	39.90	
 Kuwait	2018			36.01	43.75	
 Kuwait	2006	National		33.50	41.90	
 Kyrgyzstan	2013	National		33.10	23.10	
 Kyrgyzstan	1993	National		25.30	7.50	
 Laos	2013	National		19.70	5.60	
 Latvia	2019	National		34.40	22.30	
 Latvia	2019	National		35.30	23.00	
 Latvia	2017	National		35.40	21.60	
 Lebanon	2016-2017	National		37.90	27.00	
 Lesotho	2014	National		16.90	11.50	
 Liberia	2013	National		13.00	4.90	
 Libya	2015	Benghazi		32.90	42.40	
 Libya	2009	National		33.00	30.50	

Country	Income group	Year	Area	Age	All adults Overweight (BMI 25-29.9kg/m²)	All adults Obesity (BMI ≥30kg/m²)
 Lithuania	2019	National		37.90	18.90	
 Lithuania	2019	National		37.90	18.90	
 Lithuania	2017	National		38.80	17.40	
 Luxembourg	2019	National		31.90	16.50	
 Luxembourg	2017	National		38.80	17.40	
 Malawi	2016	Regional		16.60	7.60	
 Malaysia	2023	National		32.60	21.80	
 Malaysia	2019	National		30.40	19.70	
 Maldives	2020-2021	National		34.30	18.10	
 Maldives	2016-2017	National		28.10	12.10	
 Malta	2019	National		36.10	28.70	
 Malta	2017	National		36.50	25.70	
 Marshall Islands	2017-2018	Regional		28.40	44.10	
 Marshall Islands	2002	National		30.90	31.60	
 Martinique	2007-2008	National		33.60	21.90	
 Mauritania	2006	Regional		25.70	20.90	
 Mauritius	2015	National		35.20	19.10	
 Mayotte	2018-2019	National		30.60	31.00	
 Mexico	2022	National		38.30	36.90	



















Country	Income group	Year	Area	Age	All adults Overweight (BMI 25-29.9kg/m <sup>2</sup> )	All adults Obesity (BMI ≥30kg/m <sup>2</sup> )
 Mexico	2021	National		35.70	36.70	
 Mexico	2020	National		38.10	36.00	
 Mexico	2018-2019	National		39.10	36.10	
 Mexico	2016	National		39.20	33.30	
 Moldova	2021	National		41.20	22.70	
 Moldova	2013	National		37.00	22.90	
 Mongolia	2019	National		30.90	18.50	
 Mongolia	2017	National		31.90	15.60	
 Morocco	2017-2018	National		33.00	20.00	
 Mozambique	2014			15.40	9.10	
 Mozambique	2005	National		13.70	7.50	
 Myanmar	2014	National		16.90	5.50	
 Namibia	2013	National		13.30	8.40	
 Nauru	2004	National		24.10	58.10	
 Nepal	2022	National		26.10	7.20	
 Nepal	2019	National		20.00	4.30	
 Netherlands	2023			35.10	15.70	
 Netherlands	2022	National		35.70	15.50	
 Netherlands	2021	National		36.20	14.60	




















Country	Income group	Year	Area	Age	All adults Overweight (BMI 25-29.9kg/m²)	All adults Obesity (BMI ≥30kg/m²)
 Netherlands	2020	National		36.80	14.20	
 Netherlands	2019	National		35.40	14.70	
 Netherlands	2017	National		34.20	12.70	
 New Caledonia	2021	National		28.10	38.40	
 New Zealand	2022-2023	National		32.90	32.60	
 New Zealand	2020-2021	National		33.70	34.30	
 New Zealand	2019-2020	National		35.30	30.90	
 New Zealand	2018-2019	National		34.30	30.90	
 Nicaragua	2007-2009	Regional		33.10	22.00	
 Niger	2021	National		9.80	4.90	
 Niger	2007	National		22.40	3.20	
 Nigeria	2011-2012	Regional		28.30	12.30	
 Nigeria	1991-1994			-	7.80	
 Niue	2011-2012	National		24.90	61.00	
 North Macedonia	2017	National		45.20	10.50	
 Northern Ireland	2019-2020	National		38.00	27.30	
 Northern Ireland	2017-2018	National		37.20	26.80	
 Northern Mariana Islands	2016	National		34.70	29.20	
 Norway	2019	National		35.00	14.00	



















Country	Income group	Year	Area	Age	All adults Overweight (BMI 25-29.9kg/m²)	All adults Obesity (BMI ≥30kg/m²)
 Norway	2019	National		36.50	14.10	
 Norway	2017	National		36.30	14.20	
 Oman	2017	National		35.50	30.70	
 Pakistan	2013-2014	Regional		26.40	14.90	
 Palau	2016	National		33.00	38.00	
 Palau	2011-2013	National		32.90	42.90	
 Palestine	2022	National		29.80	31.60	
 Palestine	2010-2011	National		31.00	26.80	
 Panama	2019	National		36.40	36.30	
 Papua New Guinea	2007-2008	National		25.30	6.80	
 Paraguay	2011	National		34.80	23.20	
 Peru	2017-2018	National		38.70	26.00	
 Peru	2012-2013	National		-	18.90	
 Peru	1998-2000	National		42.00	19.50	
 Philippines	2018-2019	National		28.70	9.30	
 Philippines	2015	National		24.20	6.90	
 Poland	2019	National		39.10	19.00	
 Poland	2017	National		39.10	16.90	
 Portugal	2019	National		36.60	16.90	


















Country	Income group	Year	Area	Age	All adults Overweight (BMI 25-29.9kg/m²)	All adults Obesity (BMI ≥30kg/m²)
 Portugal	2019	National		38.20	17.70	
 Portugal	2017	National		37.60	15.70	
 Qatar	2012	National		28.70	41.40	
 Romania	2019	National		47.70	10.90	
 Romania	2017	National		52.50	10.40	
 Russian Federation	2012-2014	National		34.30	30.30	
 Rwanda	2021-2022	National		14.30	4.30	
 Rwanda	2014-2015	National		11.50	2.10	
 Rwanda	2012-2013	National		14.30	2.80	
 Saint Kitts and Nevis	2007-2008	National		33.50	45.00	
 Saint Lucia	2019-2020	National		30.10	34.90	
 Saint Lucia	2012	National		33.70	31.90	
 Saint Vincent and the Grenadines	2013-2014	National		54.20	26.90	
 Samoa	2013	National		28.90	55.80	
 Sao Tome and Principe	2008	National		23.30	11.70	
 Saudi Arabia	2019	National		38.20	20.20	
 Saudi Arabia	2013	National		31.10	28.10	
 Scotland	2022	National		38.00	29.00	
 Scotland	2021	National		36.40	30.40	





Country	Income group	Year	Area	Age	All adults Overweight (BMI 25-29.9kg/m²)	All adults Obesity (BMI ≥30kg/m²)
 Scotland	2020	National		35.00	28.00	
 Scotland	2019	National		37.00	29.00	
 Senegal	2015	National		15.80	6.40	
 Senegal	2010-2011	National		10.90	3.50	
 Serbia	2019	National		36.30	17.30	
 Serbia	2019	National		36.30	20.80	
 Serbia	2017			36.20	13.30	
 Seychelles	2013-2014	National		34.00	30.30	
 Sierra Leone	2013	National		10.10	3.30	
 Singapore	2021-2022	National		28.60	11.60	
 Singapore	2019-2020	National		28.80	10.50	
 Singapore	2017	National		27.50	8.70	
 Singapore	2013	National		25.70	8.70	
 Singapore	2010	National		18.50	10.80	
 Singapore	2004	National		18.70	6.90	
 Singapore	1998	National		18.00	6.00	
 Singapore	1992	National		16.00	5.10	
 Slovakia	2019	National		37.80	19.10	
 Slovakia	2019	National		38.90	19.70	

Country	Income group	Year	Area	Age	All adults Overweight (BMI 25-29.9kg/m²)	All adults Obesity (BMI ≥30kg/m²)
 Slovakia	2017	National		40.00	14.40	
 Slovenia	2019	National		38.20	19.90	
 Slovenia	2017	National		36.30	16.20	
 Solomon Islands	2015	National		27.50	13.10	
 Solomon Islands	2006	National		31.50	23.70	
 South Africa	2021-2022	National		25.30	32.10	
 South Africa	2016	National		23.60	26.20	
 Spain	2019	National		37.80	16.00	
 Spain	2017	National		37.10	17.30	
 Sri Lanka	2022	National		27.70	9.60	
 Sri Lanka	2021	National		28.40	11.00	
 Sri Lanka	2014-2015	National		23.40	5.90	
 Sudan	2016	National		17.90	10.30	
 Sweden	2020	National		36.00	16.00	
 Sweden	2019	National		36.00	15.30	
 Sweden	2014	National		35.90	14.00	
 Switzerland	2017	National		31.00	11.00	
 Switzerland	2014-2015	National		30.70	12.60	
 Syrian Arab Republic	2003	National		34.20	18.90	

Country	Income group	Year	Area	Age	All adults Overweight (BMI 25-29.9kg/m <sup>2</sup> )	All adults Obesity (BMI ≥30kg/m <sup>2</sup> )
 Taiwan	2013-2014	National		-	8.20	
 Taiwan	2005-2008	National		-	6.20	
 Taiwan	2003-2006	National		-	6.20	
 Taiwan	1993-1996	National		-	4.00	
 Tajikistan	2016-2017	National		33.20	13.50	
 Tanzania	2012	National		17.30	8.70	
 Thailand	2018	Regional		33.20	11.60	
 Thailand	2014	National		28.70	11.00	
 Thailand	2009	National		26.00	9.00	
 Timor-Leste	2016	National		6.80	1.10	
 Togo	2010	National		15.30	6.20	
 Tokelau	2005	National		22.80	63.40	
 Tonga	2017	National		16.10	77.10	
 Trinidad and Tobago	2011	National		30.00	25.70	
 Turkey	2022	National		35.60	20.20	
 Turkey	2019	National		36.50	22.30	
 Turkey	2017	National		35.60	30.10	
 Turkmenistan	2018	National		33.40	15.00	
 Tuvalu	2015	National		23.20	62.20	

Country	Income group	Year	Area	Age	All adults Overweight (BMI 25-29.9kg/m²)	All adults Obesity (BMI ≥30kg/m²)
 Uganda	2023	National		14.60	9.30	
 Uganda	2014	National		14.50	4.60	
 Ukraine	2019	National		34.30	24.80	
 United Arab Emirates	2017-2018	National		40.10	27.80	
 United Arab Emirates	2000	National		34.20	21.50	
 <i>United Kingdom</i>	<i>2014</i>	<i>National</i>		<i>35.60</i>	<i>20.10</i>	
 United States	2017-2018	National		31.20	42.70	
 United States	1960-1962			30.50	12.80	
 Uruguay	2013-2014	National		34.80	23.70	
 Uruguay	2006	National		35.30	21.80	
 Uzbekistan	2014	National		29.90	20.20	
 Vanuatu	2013	National		27.80	14.90	
 Vanuatu	2011	National		32.10	18.80	
 Venezuela	2014-2017	National		34.50	24.60	
 Vietnam	2015	National		13.90	1.70	
 <i>Wales</i>	<i>2022-2023</i>	<i>National</i>		<i>35.20</i>	<i>26.00</i>	
 <i>Wales</i>	<i>2021-2022</i>	<i>National</i>		<i>38.00</i>	<i>25.00</i>	
 <i>Wales</i>	<i>2019-2020</i>	<i>National</i>		<i>35.50</i>	<i>25.10</i>	
 Wallis and Futuna	2019	National		20.00	70.40	

Country	Income group	Year	Area	Age	All adults Overweight (BMI 25-29.9kg/m <sup>2</sup> )	All adults Obesity (BMI ≥30kg/m <sup>2</sup> )
 Zambia	2017	National		16.70	7.50	
 Zimbabwe	2015	National		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 September 24, 2024*