

## Statistics for the SDGs - indicators for national priorities



<b>Name of the indicator</b>	<b>2.7.a Prevalence of obesity among adults</b>
<b>Sustainable Development Goal</b>	Goal 2. Zero hunger
<b>Priority</b>	Promotion of healthy lifestyle, including healthy nutrition, among adults and children (decrease in proportion of persons with overweight and obesity)
<b>Definition</b>	Percentage of population aged 18 years and more with a BMI equal 30 or more.
<b>Unit</b>	percent [%]
<b>Available dimensions</b>	sex
<b>Methodological explanations</b>	<p><b>Obesity</b> 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><b>Body mass index (BMI)</b> is defined as a person's weight in kilograms divided by the square of the person's height in metres (kg/m<sup>2</sup>). For adults over 20 years old, BMI falls into one of the following categories:</p> <ul style="list-style-type: none"> <li>• &lt;18.5 - underweight,</li> <li>• 18.5 - 24.9 - normal weight,</li> <li>• 25.0 - 29.9 - pre-obesity,</li> <li>• 30.0 - 34.9 - obesity class I,</li> <li>• 35.0 - 39.9 - obesity class II,</li> <li>• ≥40 - obesity class III.</li> </ul> <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>
<b>Data source</b>	World Health Organization
<b>Data availability</b>	Annual data; since 2010
<b>Notes</b>	

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