obesity statistics worldwide 2024

*As of 2024, more than one billion people worldwide are living with obesity, which is nearly 880 million adults and 159 million children and adolescents. This is a significant increase from 1990, when obesity rates for children and teenagers were much lower:*

*Children and teenagers*

*Obesity rates for children and teenagers quadrupled between 1990 and 2022. For girls, the rate increased from 1.7% to 6.9%, and for boys, it increased from 2.1% to 9.3%.*

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| --- | --- | --- |
| *Children and teenagers* | *1990* | *2022* |
| *boy* | *2.1%* | *9.3%* |
| *girls* | *1.7%* | *6.9%* |

*Adults*

*Obesity rates for adults more than doubled between 1990 and 2022. For women, the rate increased from 8.8% to 18.5%, and for men, it increased from 4.8% to 14%.*

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| --- | --- | --- |
| *adult* | *1990* | *2022* |
| *men* | *4.8%* | *14%* |
| *women* | *8.8%* | *18%* |

*High-income countries*

*The United States has a higher obesity rate than other wealthy countries, with about 33% of both men and women reporting obesity.*

*Low- and Middle-Income Countries (LMICs*

*Here are some other obesity statistics for 202*

*79% of adults and 88% of children with overweight and obesity will live in LMICs by 2035.*

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| --- | --- |
| *Adult* | *children* |
| *79%* | *88%* |

*Global deaths*

*78% of global deaths attributed to high Body Mass Index (BMI) occur in LMICs, compared to 22% in high-income nations.*

*Disability-Adjusted Life Years (DALYs)*

*80% of DALYs are attributed to high BMI burden adults in LMICs, compared to 20% in high-income countries: Global overweight and obesity (high BMI) Every country is affected by high BMI, with some lower income countries showing the highest increases in the last decade. As reported in the World Obesity Atlas 2023 (World Obesity Federation, 2023a), preventing and treating obesity may require financial investment, but the cost of failing to prevent and treat obesity will be far higher, with high BMI reducing the global economy by over US$4 trillion in 2035, nearly 3% of global gross domestic product. The estimates for global levels of high BMI suggest that 3.3 billion adults may be affected by 2035, compared with 2.2 billion in 2020. This reflects an increase from 42% of adults in 2020 to over 54% by 2035. For young people aged 5 to 19 years, the figure rises from 22% experiencing high BMI (430 million) to over 39% (770 million) by 2035. High BMI and the risk of non-communicable diseases in adults Based on data trends for 2000-2016, and assuming no interventions, the projected rise in the prevalence and numbers of adults with high BMI is shown in Table.*

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| --- | --- | --- | --- | --- |
|  | *2020* | *2025* | *2030* | *2035* |
| *Adults with overweight (BMI ≥25 to 30 kg/m2)* | *1.39bn* | *1.52bn* | *1.65bn* | *1.77bn* |
| *Adults with obesity (BMI ≥30 kg/m2)* | *0.81bn* | *1.01bn* | *1.25bn* | *1.77bn* |
| *Adults with overweight or obesity as a proportion of all*  *adults globally* | *42%* | *46%* | *50%* | *54%* |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | *Proportion of men with high BMI* |  |  | *Proportion of women*  *with high BMI* |
| *Tonga* | *80%* | *Tonga* |  | *87%* |
| *Samoa* | *79%* | *Samoa* |  | *86%* |
| *United States* | *79%* | *Kuwait* |  | *79%* |
| *Malta* | *78%* | *Jordan* |  | *78%* |
| *Kuwait* | *77%* | *Saudi Arabia* |  | *78%* |
| *New Zealand* | *76%* | *Qatar* |  | *77%* |
| *Australia* | *76%* | *Turkey* |  | *76%* |
| *Israel* | *76%* | *Libya* |  | *75%* |

*Children with high BMI may experience more than one of the early signs of DISEASE. (millions)*

*Obesity and the health of the planet*

*the world obesity atlas 2024 has a main theme of obesity as a preventable cause of non-communicable diseases. in this section, we look at additional correlates of obesity and their relationship to planetary health. the relationship between high body mass and planetary health is two-directional, with climate change and its causes contributing to increased obesity levels, while on a population level some evidence suggests that the needs of a growing population with a high bmi will increase greenhouse gas (ghg) emissions, by small margins compared to other sources of emissions (swinburn et al, 2019). the growth of economies and societies is closely associated with an increasing proportion of the population living with a high bmi. the world obesity atlas 2021 (world obesity federation, 2021) noted the correlation between countries’ levels of gdp per capita and the prevalence of obesity. for the present atlas, we have re-analysed the world obesity atlas 2024 18 available data for comparable years from the world bank (2000-2016) (world bank, 2024a) and ncd risc (2000- 2016) (ncd risc, 2024) in order to examine the rate of increase in gdp in the last two decades, and the rate of increase in the prevalence of high bmi (defined for adults as a bmi ≥ 25 kg/m2 and for children as a bmi >1sd above reference).*

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| --- | --- | --- | --- | --- |
|  | *2020* | *2025* | *2030* | *2035* |
| *% of children with high BMI globally, living in LMIC* | *82%* | *85%* | *87%* | *88%* |
| *% of children with high BMI globally, living in high income countries* | *18%* | *15%* | *13%* | *12%* |
| *% of children with obesity globally, living in LMICs* | *82%* | *84%* | *84%* | *85%* |
| *% of children with obesity globally, living in high income countries* | *18%* | *16%* | *16%* | *15%* |

*CHILD OVERWEIGHT AND OBESITY 2020-2035. PROPORTION OF THOSE LIVING IN WORLD BANK LMICS AND HIGH-INCOME COUNTRIES.*

*Adult overweight and obesity 2020-2035. Proportion of those living in World Bank LMICs and High Income Countries*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | *2020* | *2025* | *2030* | *2035* |
| *% of adults with high BMI globally, living in LMICs* | *78%* | *75%* | *77%* | *79%* |
| *% of adults with high BMI globally, living in high income countries* | *27%* | *25%* | *23%* | *21%* |
| *% of adults with high BMI globally, living in high income countries* | *66%* | *69%* | *71%* | *74%* |
| *% of adults with obesity globally, living in high income countries* | *34%* | *31%* | *29%* | *26%* |

*Adult overweight and obesity 2020-2035. Number of adults living in World Bank LMICs and High Income Countries*

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  |  | *2020* | *2025* | *2030* | *2035* |
| *Global* | *Adults with high BMI (millions)* | *2,194* | *2,524* | *2,891* | *3,290* |
|  | *ADULTS WITH OBESITY (MILLIONS)* | *808* | *1,001* | *1,239* | *1,522* |
| *LMICs* | *Adults with high BMI (millions)* | *1,608* | *1,895* | *2,222* | *2,584* |
|  | *Adults with obesity (millions)* | *536* | *688* | *882* | *1,121* |
| *high income* | *Adults with high BMI (millions)* | *586* | *629* | *670* | *706* |
| *countries* | *Adults with obesity (millions* | *272* | *313* | *357* | *401* |

• OF THE GLOBAL DALYS FROM NON-COMMUNICABLE *DISEASES THAT ARE ATTRIBUTABLE TO HIGH BMI, 80% ARE FROM ADULTS LIVING IN LMICS COMPARED TO 20% IN HIGH INCOME COUNTRIES*

WHO adopted new recommendations for countries to address the rise in obesity back in 2022. Some of those recommendations included implementing national public education communication campaigns on physical activity, adding more nutrition professionals and taxing sugar-sweetened drinks.