

Global Prevalence of Adult Overweight & Obesity by Region

					Males		Females	
Country	Year of Data Collection	National /Regional	Survey Sample Size	Age Category	Overweight	Obesity	Overweight	Obesity
					% BMI 25-29.9	%BMI 30+	% BMI 25-29.9	%BMI 30+
European Region								
Albania	2008/9	National (DHS)	10302	15-49	44.8	8.5	29.6	9.7
Armenia	2005	National (DHS)	6016	15-49			26.9	15.5
Austria	2005/6	National *	1054	30-74	42.3	23.3	32.4	20.8
Azerbaijan	2006	National (DHS)	9881	15-49	35.8	4.3	29.5	17.9
Belgium	2002-4	National	5170	18-75	41.4	10.7	29.8	10.2
Bosnia & Herzegovina	2002	National	2750	25-64		17		25
Bulgaria	2004	National	1031	20+	39.6	13.4	32.2	19.2
Croatia	2003	National	9040	18+	46.7	21.6	38.7	22.7
Cyprus	1999-2000	National	1019	25-64	46.0	26.6	34.3	23.7
Czech Republic	2008	National	1942	20+	42.8	23.9	29.2	22.3
Denmark (self report) [†]	2005	National	13593	16+	41.4	11.8	25.6	11.8
England	2010	National	6987	16+	41.6	26.2	31.7	26.1
Estonia (self report)	2004	National	3033	16-64	32.0	13.7	25.7	14.9
Finland (self report)	2005	National	3287	15+	44.8	14.9	26.7	13.5
France	2006	National	3115	18-74	41	16.1	23.8	17.6
Germany	2005-7	National		18-80	45.5	20.5	29.5	21.1
Greece	2001-3	Regional	915	18-79	50.8	27.9	29.3	25.6
Hungary (self report)	2004	National	1179	18+	41.8	17.1	31.3	18.2
Iceland	1991-6		6178	18+	47.3	17.0	35.2	18.3
Israel	1999-2001		2782	25-64	45.8	19.9	33.1	25.7
Ireland	2008-10	National	1500	18-64	43.8	25.8	30.9	21.3

* See notes on survey at www.iaso.org. Sample national but not necessarily representative

[†] Self report data is tabled but this data is not used on our online maps www.iaso.org due to the limitations of using self report BMI data.

Ireland (Northern)	2005-6	National	3378	16+	39	25	30	23
Italy (self report)	2005	National	n/a	n/a	42.5	10.5	26.1	9.1
Italy	1998	National (not verified)	n/a	35-74		18		22
Kazakstan	1999	National (DHS)	2235	15-49			19.9	12.6
Kyrgystan	1993	National (DHS)	4053	18-59	26.4	4.2	24.3	10.7
Latvia (self report)	2006	National	1538	15-64	32.3	12.3	27.5	18.1
Lithuania (self report)	2006	National	1707	20-64	35.7	20.6	29.7	19.2
Luxembourg	2007	National (OECD)	n/a	n/a	62	21	44	19
Malta (self report)	2003			15+	46.5	22.9	34.3	16.9
Moldova	2005	National (DHS)	7062	15-49			23.3	18.2
Netherlands	1998-2002	National	3691	20-59	43.5	10.4	28.5	10.1
Norway	1995-97	Regional	66140	n/a	53.2	15.5	40.0	21.0
Poland	2003-7	National	14403	20+	40.3	20.8	28.4	23.8
Portugal	2003-5	National	8116	18-64	45.2	15	34.4	13.4
Romania (self report)	2000		21000	15+	38.1	7.7	28.6	9.5
Russia	2000	National	9006	19-55	30.7	10.3	27.4	21.6
Scotland	2011	National	6103	16+	41.5	27.7	32.0	27.6
Serbia (Republic of)	2000	National	4458	20+	43	14.3	31	20
Slovak Republic	2007	National	n/a	15+	39.5	18.1	24.4	15.9
Slovenia (self report)	2001	National	9034	25-64	50.0	16.5	30.9	13.8
Spain	2008/10	National	12036	18+	46.4	24.4	32.5	21.4
Sweden (Goteborg)	2002	Regional	1032	25-64	43.5	14.8	26.6	11.0
Switzerland (self report)	2007	National (OECD)	n/a	15+	37.8	8.6	20.9	7.7
Turkey (Urban)	2001-2	Regional	5016	20+	46.5	16.5	28.6	29.4
Turkmenistan	2000	National (DHS)	2117	15-49			16.0	7.8
Uzbekistan	2002	National (DHS)	1657	18-59 (males) 18-49 (females)	26.5	5.4	20.6	7.1
Wales n(self report)	2011	National Self Report	16058	16+	40.0	22.0	31.0	22.0
Obesity overview European Region					4.2% Kyrgystan – 26.6% Cyprus		7.1% Uzbekistan – 29.4% Turkey	

					Males		Females	
Country	Year of Data Collection	National /Regional	Survey Sample Size	Age Category	Overweight	Obesity	Overweight	Obesity
					% BMI 25-29.9	%BMI 30+	% BMI 25-29.9	%BMI 30+
Africa Region								
Algeria	2003	Regional	4112	25-64	27.5	8.8	32	21.4
Burundi	2010	National (DHS)	4015	15-49			5.9	1.6
Benin	2006	National (DHS)	2874	15-49			13.2	5.8
Burkina Faso	2003	National (DHS)	10604	15-49			6.9	2.4
Cameroon	2004	National (DHS)	4419	15-49			20.6	8.2
Cameroon (urban)	2003	Regional	9454	15+	21.6	6.5	28.6	19.5
Central African Republic	1994/95	National (DHS)	2025	15-49			5.5	1.1
Chad	2004	National (DHS)	3720	15-49			6.1	1.5
Comoros	1996	National (DHS)	773	15-49			15.9	4.4
Congo (the)	2004	Regional	2100	25+	15.2	2.5	21.8	14.6
Cote d'Ivoire	1998/9	National (DHS)	1299	15-49			14.5	4.7
Democratic Republic of the Congo (the)	2007	National (DHS)	4097	15-49			8.9	2.4
Eritrea [‡]	2004	National	2352	15-64	13.7	3.7	13.7	3.7
Ethiopia	2011	National (DHS)	14381	15-49			4.7	1
Gabon	2000	National (DHS)	2190	15-49			21.3	8.2
Ghana	2008	National (DHS)	4380	15-49			20.7	9.3
Guinea	2005	National (DHS)	3451	15-49			11.6	3.2
Kenya	2009	National (DHS)	7548	15-49			17.9	7.2
Liberia	2007	National (DHS)	6057	15-49			14.8	5.7
Lesotho	2009	National (DHS)	3682	20-49			27.2	23.7

[‡] Results presented for total adults only.

Madagascar	2008/9	National (DHS)	7520	15-49			5.1	1.2
Malawi	2010	National (DHS)	6684	15-49			13.1	2.4
Maldives	2009	National (DHS)	5173	15-49			32.4	13.1
Mali	2006	National (DHS)	12010	15-49			12.4	5.2
Mauritiana	2000/01	National (DHS)	5259	15-49			23.5	19.2
Mauritius	1998	National	6291	25-74	33.0	8.0	34.0	20.0
Mozambique	2003	National (DHS)	10239	15-49			10.3	3.9
Namibia	2006/7	National (DHS)	8803	15-49			16.4	11.7
Nicaragua	2001	National (DHS)	11838	15-49			30.2	18
Niger	2006	National (DHS)	3765	15-49			9.8	3.2
Nigeria	2008	National (DHS)	28,200	15-49			16.1	6
Rwanda	2010	National (DHS)	12034	15-49	3.4	0.2	14.1	2.2
Sao Tome & Principe	2008/9	National (DHS)	2004	15-49			21.5	12.2
Senegal	2010/11	National (DHS)	9183	15-49	6.1	1	15.5	5.8
Seychelles	2004	National	1255	25-64	37	14.7	33	34.2
Sierra Leone	2008	National (DHS)	3104	15-49			20.4	9.3
South Africa	2003	National	7756	15+	21	8.8	27.5	27.4
Tanzania	2010	National (DHS)	8789	15-49				6.2
Togo	1998	National (DHS)	3029	15-49			9.0	2.4
Uganda	2011	National (DHS)	4572	15-49	3.8	0.6	14.6	4.2
Zambia	2001/2	National (DHS)	3629	15-49			7.9	2.4
Zimbabwe	2010/11	National	14669	15-49	7.1	1.8	20.7	10.6
Obesity Overview Africa Region					2.5% Congo (the) – 14.7% Seychelles		1% Ethiopia – 34.2% Seychelles	

					Males		Females	
Country	Year of Data Collection	National /Regional	Survey Sample Size	Age Category	Overweight	Obesity	Overweight	Obesity
					% BMI 25-29.9	%BMI 30+	% BMI 25-29.9	%BMI 30+
SE Asia Region								
Bangladesh	2007	National (DHS)	10021	15-49			10.1	1.7
India	2005/6	National (DHS)	177523	15-49	8	1.3	9.8	2.8
Indonesia	2000/1	National	20593	20+	10.2	1.3	17.4	4.5
Nepal	2011	National (DHS)	5800	15-49			11.2	2.2
Thailand	2004	National	39290	18+	17.7	4.7	25.2	9.1
Obesity Overview SEAR					1.3% -4.7% Thailand		1.7% Bangladesh – 9.1% Thailand	

					Males		Females	
Country	Year of Data Collection	National /Regional	Survey Sample Size	Age Category	Overweight	Obesity	Overweight	Obesity
					% BMI 25-29.9	%BMI 30+	% BMI 25-29.9	%BMI 30+
Western Pacific Region								
Australia	2007/8	National	16601	25+	42.1	25.6	30.9	24
Brunei Darussalam [§]	1997-99	n/a	n/a	Adults	44.0	12.9	45.0	13.9
Cambodia	2010	National (DHS)	8757	15-49			9.6	1.3
China	2009	National	8315	18+	25.7	3.8	25.5	4.4
Cook Island	1998	Regional	132 ^{**}	20+	36.0	40.6		
Fiji	1993	National	2573	18+	25	7	29	21
French Polynesia	1995	National	1273	16+	38.9	36.3	28.2	44.3
Hong Kong	1995/6	National	2875	25-74	33	5	27	7
Japan	2000	National	15000	20+	24.5	2.3	17.8	3.4
Korea (South)	1998	National	8816	15-79	22.0	1.6	23.4	3.0
Malaysia	2007/8	National	4428	18+	34.4	14.1	33.1	22.5
Marshall Islands	2003 ^{††}	National	1582	18+	29.0	21.0	29.0	31.0
Mongolia	2005	National	3411	15-64	18.2	7.2	25.5	12.5
Nauru	2004	National	2254	15-64	26.5	55.7	21.8	60.5
New Zealand	2006/7	National	12488	≥15	40.7	24.7	29.4	26
Niue	1987	Regional	740	20+	34.0	15.0	38.0	46.0
Philippines	1998	National	9299	20+	14.9	2.1	18.9	4.4
Samoa	1995	Regional	588	29+		32.9		63.0
Singapore	2010	National	n/a	18-69		12.1		9.5
Tonga	1998-2000	National	1024	15-85	37.4	46.6	22.7	70.3

[§] Data unpublished and unverified

^{**} Survey size very small treat with caution

^{††} Year of publication not year of survey

Timor Leste	2009-10	National (DHS)	11698	15-49			4.3	0.8
Vanuatu	1998	National	1614	20+	33.6	12.2	32.2	19.6
Vietnam	2001/2	National		19+	4.4		6.6	
Obesity Overview WPR					1.6% South Korea – 55.7% Nauru		0.8% Timor-Leste – 70.3% Tonga	

					Males		Females	
Country	Year of Data Collection	National /Regional	Survey Sample Size	Age Category	Overweight	Obesity	Overweight	Obesity
					% BMI 25-29.9	%BMI 30+	% BMI 25-29.9	%BMI 30+
Eastern Med								
Bahrain	1998-9	National	2301	19+	36.7	23.3	28.3	34.1
Egypt	2008	National (DHS)	11258	15-59 (m) 15-49 (f)	34.3	18.2	28.3	39.5
Iran	2005	National	89404	15-64	27.9	9.1	29.3	19.2
Jordan	2009	National (DHS)	6666	15-49			27.8	28.7
Kuwait	2006	National	2280	20-64	37.2	36.4	29.5	47.9
Morocco	2003/4	National (DHS)	15818	15-49			25.7	11
Morocco	2000	National	1797	20+	25.5	8.2	29.8	21.7
Oman	2000	National	6400	20+	32.1	16.7	27.3	23.8
Pakistan	1990-4	National	8972	15+	8.5	4	11.3	7.3
Palestine	n/a	n/a	936	30-65		23.9		42.5
Qatar	2003	Regional	1208	25-65	34.3	34.6	33.0	45.3
Saudi Arabia	1995-2000	National	17223	30+	42.4	26.4	31.8	44.0
Tunisia	2005	National	5343	35-70	38.4	13.3	34.1	37
UAE	2000	National	1286	20-79	36.7	17.1	28.4	31.4
Yemen	1997	National (DHS)	5479	15-49			11.1	4.0
Obesity Overview EMR					4% Pakistan – 36.4% Kuwait		4% Yemen – 47.9% Kuwait	

Country	Year of Data Collection	National /Regional	Survey Sample Size	Age Category	Males		Females	
					Overweight % BMI 25-29.9	Obesity %BMI 30+	Overweight % BMI 25-29.9	Obesity %BMI 30+
Americas Region								
Argentina (urban)	2003	Regional	1100	18-65	24.6	19.5	10.8	17.5
Bahamas	1988-89	National	1771	15-64	29.1	13.9	25.6	28.0
Barbados	1991	n/a	n/a	n/a	15	10	28	31
Bolivia	2008	National (DHS)	15325	15-49			32.3	17.4
Brazil	2003	National	93329	20+	32.2	8.9	26.9	13.1
Canada	2007-9	National	3072	20-69	42.8	27.6	23.7	23.5
Chile	2003	National	3619	17+	43.2	19.6	32.7	29.3
Colombia	2010	National (DHS)	43723	15-49			31.1	15.2
Cuba	1998	National	4197	20-64	25.1	7.1	26.7	10.2
Dominican R	2002	National (DHS)	7866	15-49			38	
Guatemala	1998/9	National (DHS)	2318	18-49			33.4	14.0
Guyana	2000	National	1315	20+	26.0	14.3	30.7	26.9
Haiti	2005/6	National (DHS)	4897	15-49			14.9	6.3
Honduras	2005/6	National (DHS)	17856	15-49			27.8	18.8
Jamaica	1999	National	1935	15+	24.7	7.6	30.3	23.9
Mexico	2006	National	33624	20+	42.5	24.2	37.4	34.5
Nicaragua	2001	National	11838	15-49			30.2	18
Panama	2000	National	875	15-93	30.9	27.9	33.4	36.1
Paraguay	1991-92	n/a	1606	20-74	41.6	22.9	36.1	35.7
Peru (urban)	2007-8	National (DHS)	20192	15-49			34.4	14.6
St Lucia	1991-94	National	1084	25-74		8.4		28.7
Trinidad & Tobago	1999	National	803	20+	29.6	10.7	32.6	21.1
USA	2009/10	National	5926	20+	38.4	35.5	27.9	35.8
Uruguay (Urban)	1998	National	900	18+	40.0	17.0	30.0	18.0
Self Report								
Venezuela	1999-2001	National	3159	20+	34.8	25	33.9	26.4

Last Updated 15th January 2013

With the limited data available, prevalence's are not age standardised. Prevalence's are based on the best available data for the country, in some circumstances the data may be based on sub national surveys. Self reported surveys may underestimate true prevalence. Sources and references are available from IASO. © International Association for the Study of Obesity, London – January 2013

DHS surveys are Demographic Health Surveys. Further details can be found on <http://www.measuredhs.com/aboutdhs/>

