

North America:

- Sources: [New CDC Data Show Adult Obesity Prevalence Remains High | CDC Newsroom](#)
- [Obesity Facts in America](#)

Obesity in North America originates from a variety of different variables such as lack of sleep, unfortunate genetics, ultra processed foods, an established sedentary culture, and expensive health care. Those factors derive from the rise of excessive playtime in video games, which leads to a sedentary lifestyle and lack of sleep.

Another factor is how car-centric countries like United States and Canada are, which further encourages a sedentary culture, unless you would prefer to walk, costing you much more time.

Fast food companies also don't help with how processed diets have been in not just North America, but the entire world, with McDonalds being a staple on every continent with a sustainable human population. Fast food in North America can cause extreme inflammation through an imbalance of fatty acids heavily leaning towards omega 6 fatty acids. Which means that North Americans don't consume enough omega 3 fats which come from fresh, natural foods, such as fish and various nuts.

The excessive consumption of table sugar also doesn't make life much easier, with beverages such as sodas have been more prevalent in recent years. It can cause a decrease in energy levels in the long run due to a decrease in testosterone levels, which are responsible for how you feel throughout your life.

The number of American adults that are classified as obese is around 42% across all states. With a study showing that adults between ages 40-59 are more susceptible to obesity.

The number of children that are obese between ages 2-19 in America is around 20% across all states. The children who are already overweight are more likely to become obese as adults, which can cause health diseases and other problems later in their life, which includes passing those problems to their children that they may have through genes.

In the United States, a study shows as of 2022, every state has an obesity rate over 20% with a couple of them reaching over 35%.

South America

- [Obesity in Latin America: effective responses value lived experience | The BMJ](#)
- [Determinants of obesity in Latin America | Nature Metabolism](#)
- [Structural responses to the obesity epidemic in Latin America: what are the next steps for food and physical activity policies? - The Lancet Regional Health – Americas](#)

South America, or Latin America, has been facing an uphill battle with obesity in recent memory. With most accessible food being highly processed, having an unsatisfying healthcare system, and societal standards that favor obesity.

South America is a continent that has most of its population living in urbanized conditions, which means cities that are dependent on cars instead of walking or cycling. The cities are also plagued by a myriad of fast-food restaurants.

Fast food in South America, such as McDonalds and native establishments in that region is like North America where inflammation and high blood pressure through sugars and seed oils is the product of dedicating a lifestyle through frequently eating those foods.

Obese health care in South America remains underdeveloped compared to some of the other continents listed with obesity problems. The reason why is due to the lack of participation from people who are obese to speak about their experience battling obesity. A method like that gives more valuable information, rather than going off stigmas and stereotypes. It leaves the researchers struggling to find more root causes of why South America is having a tougher time dealing with obesity than any other continent out there.

Fast food in South America can cause extreme inflammation through an imbalance of fatty acids heavily leaning towards omega 6 fatty acids. Which means that South Americans don't consume enough omega 3 fats which come from fresh, natural foods, such as fish and various nuts. The same can be said with table sugar.

Europe

- [Overweight and obesity - BMI statistics - Statistics Explained - Eurostat](#)
- [Europe's obesity statistics: figures, trends & rates by country | Eufic](#)

The obesity crisis in Europe has had reports mostly on female obesity around the European Union. In fact, the reports of obesity rates in Europe vary between each country, there have been studies expressing that it may have been the different

genes of each European nation, but there are factors such as socioeconomic status that gave rise to obesity, since people that have a lower status than others in society, are struggling to have access to nutritious foods and exercise centers.

The obesity rates in the last 20 years of Europe have been drastic, to say the least. Studies show that obesity has increased from 20% between 2006 and 2016.

The reason may be due to the limited access to high-quality food and lack of physical activities happening in urban life. It's also not getting any better past 2016, due to the COVID pandemic and the Russia-Ukraine War. As it takes a toll on the European economy being more prioritized, spending resources on warfare and figuring out a band-aid solution to COVID.

In fact, the cost of spending resources figuring out the obesity problems in healthcare across Europe has been decently more expensive than you might think. The budget is based off physician help and pharmaceutical drugs that can aid with chronic diseases linked to obesity.

Overall, Europe has its exclusive problems that it faces economically when it comes to obesity problems, but the rest is like North and South America with the obesity fundamentals being the lack of healthy foods, drinks, genetics and exercise.

Africa

- [Obesity rising in Africa, WHO analysis finds | WHO | Regional Office for Africa](#)
- [Top 10 African Countries with the Highest Rates of Obesity in 2025](#)

Obesity in Africa, the status of the population's health, is polarizing. In rural areas, obesity is not a societal issue, due to the disparity of work between rural and urban environments when it comes to living. In rural areas, you would have to walk around to get to where you need to be, as the area is not designed to be car centric, which means people did not need cars to go to their destination, as well as public transportation.

The food in African rural areas, are also not as processed as food in urban areas not just in Africa, but around the world. It also helps that those rural areas have farms where people are physically working to harvest the crops.

There is also a socioeconomic factor in urban areas of Africa. Sometimes, being a larger, more overweight individual expresses a greater societal status than people who are skinnier, because it shows that they have great access to food due to having the money to afford it.

On the contrary, there are counter measures to the rise of obesity in urban environments, with one of them being the extra taxes that are inflicted on people who purchase sugary drinks, or change school diets by changing the food entirely to good old natural, organic foods from the farms.

The highest increase of obesity in an African society, is in Egypt with around a 30% increase in adults. This is mainly due to how urbanized Egyptian society became in recent years, with lifestyles more sedentary than ever, and processed foods showing up in every corner. Of course, there would be solutions such as promoting sporting clubs to endorse physical activities, and limiting the promotion of junk food, as well as implementing the tax on sodas to give more opportunities to drink clean water.

Asia

- [Obesity in Asia-Pacific](#)
- [Obesity in South and Southeast Asia—A new consensus on care and management - PMC](#)
- [Obesity in Asia](#)

Obesity in Asia, like Africa, is quite polarizing throughout all the nations on the continent. With countries having low rates of obesity such as Japan and Thailand, as well as countries having high rates, with Indonesia and Saudi Arabia being examples of that.

The main issues with obesity in Asia come from the diets that children would acquire and maintain throughout adulthood. Other factors, such as the urbanization of certain areas to incentivize motorbikes, gave an increase to sedentary lifestyles across Asia, alongside the option to switch from in-person classes to online classes, so kids don't even have to walk to school and move around with friends.

With Southeast Asia, the obesity rate is expected to double in 2030 from 2010, with around 30 million people already obese back then.

The medical costs for treating obesity in Asia also is not cheap. As healthcare institutions may not have the resources to figure out medical solutions such as drugs to obesity, due to the lack of money they must afford it in the first place. Obesity can also cause a chain reaction to one's economic status, as if you are obese, you may not be fit to work for too long due to the physical disadvantages of being overweight, such as the lack of testosterone, which brings a lack of energy and drive to do anything.

That can lead to an early retirement or being replaced by someone who is more fit to do your job. Either situation leads to a lack of money for yourself and your family, which can resort in purchasing foods that are affordable, but can be heavily processed. The economic cost in the healthcare industry also took a massive hit with the introduction to COVID. Which made sure that money is spent on resources figuring out COVID, rather than obesity. COVID also made sure that people stayed inside due to the pandemic, which means that people are stuck at home, most likely not moving enough.

Australia/Oceania

- [Study finds Pacific accounts for 9 of the 10 most obese countries in the world](#)
- [Addressing Obesity in the Oceanic Population: Challenges, Solutions, and Pathways to Health](#)
- [Why the Pacific Islands are the Most Obese Nations in the World | Healthcare Digital](#)

Obesity in Oceania has been a problem that may be worse than any other continent so far, with a handful of nations in the area being on the list for most obese in the world. The locals in Oceania have been analyzed to find out that they have genes that would not be suited well with obesity.

The process of building those genes comes from a multitude of factors, with one of the big ones being the diet of an individual. The local diet back then may have consisted of healthy foods such as red meat, which also contains high cholesterol, and fruit. Unfortunately, the locals were eating too much of the food, way more than they needed since they were not exercising as much and remained quite sedentary, which led to gaining large amounts of useless weight, even when you consume healthy foods.

The problem became worse later when people were getting access to more processed foods rather than the traditional healthy foods that they once ate on a regular basis.

Complemented with the old habits of eating too much of it and sedentary lifestyles, obesity in Oceania has reached an all-time high.