

Global Prevalence of Adult Obesity

Country	Year of Data Collection	National /Regional	Survey Sample Size	Age Category	Males		Females		Combined	
					Overweight % BMI 25-29.9	Obesity %BMI 30+	Overweight % BMI 25-29.9	Obesity %BMI 30+	Overweight % BMI 25-29.9	Obesity %BMI 30+
Albania (urban)	2001		1120	25+	56.5	22.8	42.2	35.6		
Algeria	2003	Regional	4112	25-64	27.4	8.8	32	21.4		16.4
Argentina (urban)	2003		1100	18-65	24.6	19.5	10.8	17.5	17.4	18.5
Armenia	2005		6016	15-49			26.9	15.5		
Austria	2005/6	Not nationally representative			42.3	23.3	32.4	20.8		
Australia	2000		11067	25+	48.2	19.3	29.9	22.2	39.0	20.8
Azerbaijan	2006	National (MACRO)	9881	15-49	35.8	4.3	29.5	17.9		
Bahamas	1988-89		1771	15-64	29.1	13.9	25.6	28.0	27.3	21.3
Bahrain	1998-9		2301	19+	36.7	23.3	28.3	34.1		
Bangladesh	2007	National	10021	15-49			10.1	1.7		
Barbados	1991				15	10	28	31		
Belgium	2002-4		5170	18-75	41.4	10.7	29.8	10.2		
Benin	2006	National (MACRO)	2874	15-49			13.2	5.8		
Bolivia	2003			15-49			46			
Bosnia & Herzegovina	2002	National	2750	25-64		17		25		
Brazil	2003			20+	32.2	8.9	26.9	13.1	29.5	11.1
Brunei Darussalam	1997-99		n/a	Adults	44.0	12.9	45.0	13.9		
Bulgaria (self report)	2004	National	1031	15+	39.6	13.4	32.2	19.2		
Burkina Faso	2003			15-49			6.9	2.4		
Cambodia	2005	National	7799	15-49			9.6			

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Cameroon (urban)	2003	Regional	9454	15+	21.6	6.5	28.6	19.5		
Canada	2004		12428	18+	42.0	22.9	30.2	23.2	36.1	23.1
Central African Republic	1994/95		2025	15-49			5.5	1.1		
Chad	2004			15-49			7			
Chile	2003		3619	17+	43.2	19.6	32.7	29.3	37.8	24.4
China	2002		221,044	18+	16.7	2.4	15.4	3.4		
Colombia	2005			15-49			28.8	12.3		
Comoros	1996		773	15-49			15.9	4.4		
Congo (the)	2004	Regional		25+	15.2	2.5	21.8	14.6		
Cook Island	1998		n/a	n/a	36.0	40.6				
Cote d'Ivoire	1998/9	National (MACRO)	1299	15-49			14.5	4.7		
Croatia	2003	National	9040	18+	46.7	21.6	38.7	22.7		
Cuba	1998		4197	20-64	25.1	7.1	26.7	10.2		
Cyprus	1999-2000		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		
Democratic Republic of the Congo (the)	2007	National (MACRO)	4097	15-49			8.9	2.4		
Denmark (self report)	2001		7030	16+	40.1	11.8	26.9	12.5		
Dominican R	2002			15-49			38			
Egypt	2005		17169	15-49			33.2	46.6		
England **	2007			16+	41.4	23.6	32.0	24.4		
Eritrea*	2004		2352	15-64					13.7	3.3

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Estonia (self report)	2004		3033	16-64	32.0	13.7	25.7	14.9	28.4	14.4
Ethiopia*	2005		5901	15-49			4	0.8		
Fiji	1993		2573	18+	25	7	29	21	28	14.1
Finland (self report)	2005		3287	15+	44.8	14.9	26.7	13.5		
Former Yugoslav Republic of Macedonia	Pub 2001		838	20-65	47.9	14.4	35.1	19.3		
France	2006	National	3115	18-74	41	16.1	23.8	17.6	32.4	16.9
French Polynesia	1995		1273	16+	38.9	36.3	28.2	44.3		
Gabon	2000		2190	15-49			21.3	8.2		
Gambia	1996-7		5389	15+		0.6		4.4		
Germany	2005-7	National		18-80	45.5	20.5	29.5	21.1		
Ghana	2003	National (MACRO)	4835	15-49			17.2	8.1		
Greece (self report)	2003		17341	20-70	41.2	26	29.9	18.2		
Guatemala	1998/9		2318	18-49			33.4	14.0		
Guinea	2005			15-49			11.3	3.0		
Guyana	2000		1315	20+	26.0	14.3	30.7	26.9	29.0	22.4
Haiti	2005/6		4897	15-49			14.9	6.3		
Honduras	1996		885	15-49			23.8	7.8		
Hong Kong	1995/6	National	2875	25-74	33	5	27	7		
Hungary (self report)	2004		1179	18+	41.8	17.1	31.3	18.2	35.5	17.7
Iceland	1991-6		6178	18+	47.3	17.0	35.2	18.3		
India	2005/6		177523	15-49	8	1.3	9.8	2.8		

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Indonesia	2000		20593	20+	10.2	1.3	17.4	4.5		
Israel	1999-2001		2782	25-64	45.8	19.9	33.1	25.7		
Iran	2005		89404	15-64	27.9	9.1	29.3	19.2		
Ireland	1997-99		1379	18-64	46.3	20.1	32.5	15.9	39.0	18.0
Italy (self report)	2005		n/a	n/a	42.5	10.5	26.1	9.1	34.2	9.8
Jamaica	1999		1935	15+	24.7	7.6	30.3	23.9		
Japan	2000		15000	20+	24.5	2.3	17.8	3.4		
Jordan	2002			15-49			27.6	26.3		
Kazakstan	1999		2235	15-49			19.9	12.6		
Kenya	2003			15-49			17.1	6.3		
Korea (South)	1998		8816	15-79	22.0	1.6	23.4	3.0		
Kyrgyzstan	1993				26.4	2.1	30.6	4.4		
Kuwait	1998-2000		9755	n/a	38.3	27.5	32.8	29.9		
Kyrgystan	1993		4053	18-59	26.4	4.2	24.3	10.7		
Latvia (self report)	2006		1538	15-64	32.3	12.3	27.5	18.1		
Lebanon	1998-2002		2846	25-64		36.3		38.3		37.9
Liberia	2007			15-49			14.8	5.7		
Lithuania (self report)	2006		1707	20-64	35.7	20.6	29.7	19.2		
Luxembourg (self report)	2005		n/a			18.8		18.5		18.6
Madagasca	2003/4			15-49			6.2	1		
Malawi	2004			15-49			11.2	2.4		
Malaysia	1996		30165	18+	20.1	4.0	21.4	7.6		

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Mali	2006			15-49			12.4	5.2		
Malta (self report)	2003			15+	46.5	22.9	34.3	16.9	40.3	19.8
Marshall Islands	Published 2003		1582	18+	29.0	21.0	29.0	31.0		
Mauritiana	2000/01		2806	15-49			23.5	19.2		
Mauritius	1998		6291	25-74	33.0	8.0	34.0	20.0	33.8	14.4
Mexico	2006		33624	20+	42.5	24.2	37.4	34.5		
Moldova	2005		7062	15-49			23.3	18.2		
Mongolia	2005		3411	15-64	18.2	7.2	25.5	12.5		
Morocco	2000		1797	20+	25.5	8.2	29.8	21.7		
Mozambique	2003			15-49			10.3	3.9		
Namibia	2006/7			15-49			16.4	11.7		
Nauru	2004		2254	15-64	26.5	55.7	21.8	60.5	24.1	58.1
Nepal*	2006	National	10003	15-49			7.6	1.1		
Netherlands	1998-2002		3691	20-59	43.5	10.4	28.5	10.1		
New Zealand	2006/7	National	12488	≥15	40.7	24.7	29.4	26		
Nicaragua	2001			15-49			48			
Niger	2006		3765	15-49			9.8	3.2		
Nigeria	2003			15-49			21			
Niue	1987	Sub National	740	20+	34.0	15.0	38.0	46.0		
Norway (limited area)	1995-97		66140	n/a	53.2	15.5	40.0	21.0		
Oman	2000		6400	20+	32.1	16.7	27.3	23.8		
Pakistan	1990-4		8972	15+	8.5	4	11.3	7.3		
Palestine	n/a		936	30-65		23.9		42.5		
Panama	2000		875	15-93	30.9	27.9	33.4	36.1	32.7	34.7

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Papua New Guinea	1991		750	25+	74.8		79.5			
Paraguay	1991-92		1606	20-74	41.6	22.9	36.1	35.7		
Peru (urban)	1998-2000		2337	18-60	44.0	16.0	40.0	23.0		
Philippines	1998		9299	20+	14.9	2.1	18.9	4.4	16.9	3.3
Poland	2000		2825	19+	41	15.7	28.7	19.9	34.2	18
Portugal	2003-5		8116	18-64	45.2	15	34.4	13.4	39.4	14.2
Qatar	2003		1208	25-65	34.3	34.6	33.0	45.3		
Rwanda	2000		4096	15-49			11.8	1.4		
Romania (self report)	2000		21000	15+	38.1	7.7	28.6	9.5	33.1	8.6
Russia	2000		9006	19-55	30.7	10.3	27.4	21.6	28.9	16.0
Samoa	1995		588	29+		32.9		63.0		
Saudi Arabia	1995-2000		17223	30+	42.4	26.4	31.8	44.0	36.9	35.6
Scotland	2003		6675	16+	43.0	22.4	33.8	26.0	38.2	24.2
Senegal	2005		4170	15-49			17.7	10.1		
Serbia (Republic of)	2000	National	4458	20+	43	14.3	31	20	36.7	17.3
Seychelles	2004		1255	25-64	37	14.7	33	34.2		
Sierra Leone	Published 1997		501	16+					15.0	5.0
Singapore	2004		4168	18-69	28.6	6.4	22.6	7.3	25.6	6.9
Slovakia (self report)	2002		1569	25+	51.5	17.8	27.9	19.4	38.7	18.6
Slovenia (self report)	2001		9034	25-64	50.0	16.5	30.9	13.8	39.6	15.0

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South Africa	2003	National	7756	15+	21	8.8	27.5	27.4		
Spain	1990-2000		9885	25-60	45.0	13.4	32.2	15.8		
St Lucia	1991-94		1084	25-74		8.4		28.7		19.5
Sweden (Goteborg)	2002		1032	25-64	43.5	14.8	26.6	11.0		
Switzerland (self report)	2002		19706	15+	39.2	8.3	22.7	7.8		
Taiwan	1993-6		3046	20+					21.1	4.0
Tanzania (urban)	1998		9313	25-64		4.5		10.0		
Thailand	1997		3220	20-59	15.7	3.5	25.1	8.8	22.0	21.5
Togo	1998		3029	15-49			9.0	2.4		
Tonga*	1998-2000		1024	15-85	37.4	46.6	22.7	70.3	60.3	
Trinidad & Tobago	1999		803	20+	29.6	10.7	32.6	21.1	31.4	16.8
Tunisia	1997		2760	20-60	23.3	6.7	28.2	22.7	27.4	14.4
Turkey (Urban)	2001-2		5016	20+	46.5	16.5	28.6	29.4	36.8	23.5
Turkmenistan	2000		2117	15-49			16.0	7.8		
UAE	2000		1286	20-79	36.7	17.1	28.4	31.4		
Uganda	2006		2434	15-49			13	4.6		
Uruguay (Urban) Self Report	1998		900	18+	40.0	17.0	30.0	18.0	34.0	17.0
USA	2003-2004		4431	20+	39.7	31.1	28.6	33.2	34.1	32.2
Uzbekistan	2002			18-59 (males) 18-49	31.4	7.4	23.4	8.9		

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Vanuatu	1998		1614	20+ (females)	33.6	12.2	32.2	19.6		
Venezuela	1999-2001	National	3159	20+	34.8	25	33.9	26.4		21.2
Vietnam	2001/2	National		19+	4.4		6.6			
Wales n(self report)	2007		12796	16+	42.0	20.0	31.0	21.0	36.0	21.0
Yemen	1997		5479	15-49			11.1	4.0		
Zambia	2001/2	National	3629	15-49			7.9	2.4		
Zimbabwe	2005	National	3000	25+	14.4	3.9	23.9	19.4	21.6	15.7

* IOTF estimate

** Weighted for non response (not comparable with 2006 unweighted figures – unweighted figures in 2006 were 43.4% men overweight with a further 23.7% obese, 31.9% overweight women & further 24.4 % obese)

Last Updated 2nd July 2009

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. Self reported surveys may underestimate true prevalence. Sources and references are available from IASO. © International Association for the Study of Obesity, London – July 2009