



World Obesity Atlas 2025

Overweight, obesity and non-communicable diseases

- New global, regional and national estimates of the prevalence of overweight and obesity in adults from 2000 to 2030
- New estimates for the contribution of high body mass index to leading non-communicable diseases in adults
- New comparisons of country policy responses and health service preparation
- Plus 199 national scorecards for adult overweight, non-communicable disease, and policy responses

March 2025



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Design by fuzzylime
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Suggested Citation:

World Obesity Federation. World Obesity Atlas 2025. London: World Obesity Federation, 2025.
<https://data.worldobesity.org/publications/?cat=23>

Acknowledgements:

The World Obesity Atlas is a non-commercial publication by The World Obesity Federation. The publishers are indebted to the World Health Organization, the NCD Risk Factor Collaboration, The Institute for Health Metrics and Evaluation, the UN Population Division, the Tufts University (Global Dietary Database), and the Food and Agriculture Organization of the UN. None of these organisations is responsible for the use that has been made of their data in the present publication.

Eli Lilly and Company and Novo Nordisk have provided funding to partially support the World Obesity Federation's 2025 Atlas. Neither Eli Lilly and Company nor Novo Nordisk have had any control or influence over the Atlas content or any materials/activities that were developed as part of this funding.

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For further details please see the methods and data sources section in Annex 1.

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Acronyms

BMI	Body Mass Index	PPP	Purchasing, Power, Parity
FAO	Food and Agriculture Organisation	SDG	Sustainable Development Goal
GBD	Global Burden of Disease	UN	United Nations
IHME	Institute for Health Metrics and Evaluation	WHO	World Health Organization
NCD	Non-Communicable Disease	WHO-GHO	World Health Organization Global Health Observatory
NCD-RisC	Non Communicable Disease Risk Factor Collaboration	YLD	Years living with disability/ill health
NICE	National Institute for Health and Care Excellence		

Foreword

World Obesity Day 2025 comes at a critical time for advancing action on obesity. In September, governments will come together at the Fourth High-level Meeting of the United Nations General Assembly on NCDs and Mental Health to review progress and commit to action for the next phase of the global NCD response. As new data in this Atlas makes clear, the world is off-track to meet global NCD targets. The data also emphasises that prioritising and acting on obesity is a critical opportunity to reduce the global impact of NCDs.

The first part of the Atlas presents new global and regional estimates of prevalence of overweight and obesity and major NCDs in adults from 2000 to 2030. On present trends, overweight and obesity will affect nearly 3 billion adults (some 50% of the world's adult population) by 2030. There are also concerning rises in the number of adults with obesity who will likely need medical intervention in their lifetime, with serious implications for health systems.

Obesity is a disease and a major driver of NCDs including some types of cancers, heart disease, stroke, and type 2 diabetes, which are the focus of our analysis in Section 2. Complementing data presented in the 2024 Atlas, the countries where disability and death attributable to overweight and obesity are highest are in the Americas, South-East Asia and the Western Pacific. Once again, our Atlas demonstrates that obesity is truly global, with middle-income countries seeing the biggest increases between now and 2030.

The theme of this World Obesity Day – Changing Systems, Healthier Lives – highlights that behind the global rise in obesity and NCD rates are failing systems: health systems that are ill-equipped to care for people living with obesity and perpetuate bias and stigma; food systems in which corporations produce unhealthy food and then spend billions advertising it to people; and planning and transport systems that discourage people from active travel and being physically active. Looking in depth at policy indicators for the first time, the third part of the Atlas highlights starkly how few countries have systems ready to respond to the growing obesity epidemic.

No single intervention can halt the rise of the growing obesity epidemic. This World Obesity Day we are critically examining the systems underlying obesity and NCDs and calling for structural change to create healthier lives for all. We must work together to call for comprehensive change, with people living with obesity leading the way.

Many of the same policies to prevent and manage obesity will also help reduce NCDs: both by targeting common risk factors (such as unhealthy diets, lack of physical activity and commercial determinants such as marketing) and by reducing the risks from overweight and obesity. Action on obesity is thus a double duty ('win-win') action for healthier lives.

The final part of the Atlas showcases WHO's new Technical Package to Stop Obesity with a framework of priority actions and recommended interventions, selected for their proven impact and cost effectiveness in addressing growing obesity rates. The Atlas is completed by a series of national scorecards for 199 countries for adult overweight, non-communicable disease, and policy responses. These serve as a wealth of evidence for advocacy directed at policymakers who have the power to make a difference.



Simón Barquera
President, World
Obesity Federation

Simón Barquera



Johanna Ralston
CEO, World
Obesity Federation

Johanna Ralston

Changing systems, healthier lives: Voices



Lived experience

You often hear about the obesity epidemic and how much we're a drain on the health care system. And yet I can't get access to the treatments that would help me treat my obesity. There are restrictions and barriers for obesity care that don't exist for other diseases, and that's not right. And that makes it even more difficult for those living with obesity to get the care they need.

My call to action for my fellow patients are to speak up and ask for the care. Demand the care that you know you deserve. My call to action for the rest of the society is please treat us as humans. We're human beings. We deserve the same type of access to care as any other disease state. I feel like I've been working very hard to improve my health, and I need the help of others to change the system which I'm working in.

Sarah Bramblette

Senior advocacy manager for the Obesity Action Coalition (USA)

Professional experience

In a country like South Africa, where two-thirds of women are living with overweight and obesity, it's still not seen with urgency ... there's a lot of blaming it on an individual failing, not a system issue. It seems like a tomorrow problem, but the issue is now. In the crisis of obesity, we are waking up as South Africans to what we can do. The bigger issue is that we're all working separately ... what I'm excited about is how to get people who worked in other spaces to come together in obesity and the intersection with the non-communicable diseases.

My call to action for World Obesity Day 2025 is changing systems and changing lives. When it comes to obesity, inaction will cost us. It'll cost us lives. It'll cost us the economy. It'll cost us across the board. We've been able to do this before, and we should do it at a systems level, not an individual level.

Dr Nomathemba Chandiwana

Chief Scientific Officer, Desmond Tutu Health Foundation (South Africa)



Headlines from the World Obesity Atlas 2025

On present trends, the world will not meet the World Health Assembly's 2025 targets for the prevention and control of non-communicable diseases (NCDs) which include a 'halt in the rise in diabetes and obesity' and a '25% relative reduction in overall premature mortality from cardiovascular diseases, cancer, diabetes or chronic respiratory diseases', based on 2010 baselines (WHO, 2013).

Nor is the world likely to meet the Sustainable Development Goals target to 'reduce by one third premature mortality from non-communicable diseases through prevention and treatment' by 2030, agreed at the United Nations Sustainable Development Summit in 2015 (UN, 2015).

The world is off-track to meet global NCD targets.

The likelihood of developing an NCD is enhanced by a range of risk factors, including tobacco use, lack of physical activity, poor diet and high body weight, and these risk factors account for more than half of all premature NCD deaths (some 10.7 million in 2021). Of these, 1.6 million (15%) of premature deaths were attributable to high body mass index (BMI, a surrogate measure for high body weight) (GBD, 2024). This rises to 55% of premature deaths from type 2 diabetes.

High BMI is a key driver of NCDs and accounts for 1.6 million premature deaths from NCDs every year.

The global burden of premature deaths from NCDs is accompanied by large numbers of people alive but suffering ill health from NCDs. In 2021, a total of 161.1 million years lived in ill health by adults with NCDs were attributable to known risk factors, of which 44.3 million (27%) person-years of ill health were attributed to high BMI (GBD, 2024).

NCDs result in significant ill health. Over 160 million adult person-years are lost to NCD-related ill health every year and more than 25% of these are due to high BMI.

Evidence suggests that a reduction in the prevalence of high BMI in adults is unlikely to be met unless dramatic policy interventions are made. On present trends, high BMI will affect nearly 3 billion adults (some 50% of the world's adult population) by 2030. This compares with fewer than 2 billion (40%) in 2015 when the SDGs were set, and 1.6 billion (36%) in 2010, the baseline for the WHO targets for NCD reduction.

On present trends, high BMI is projected to continue increasing, especially in middle-income countries.

The likelihood of having a high BMI rises with age, so by the age of 65 or 70 years, a significant proportion of the population will have experienced overweight or obesity during their lifetime. In the majority of countries (147 out

of 200) the adult life-time risk of high BMI in 2022 exceeded 50% of the population, and in many countries (62) it exceeded 80%.

Looking specifically at a threshold of BMI of 35kg/m², we estimate that in most countries worldwide, more than 10% of adults will exceed this threshold during their lifetime. In nearly a fifth of all countries, more than 20% of adults will exceed this threshold at some point in their lifetime, based on 2022 figures. These can be considered conservative estimates of the proportion of adults who will likely need medical intervention in their lifetime.

Few countries have health systems ready to appropriately address obesity and few countries have sufficient obesity prevention policies.

The readiness of countries to address high BMI in their adult population can be assessed using evidence of national health systems' ability to provide treatment for obesity and NCDs, to monitor progress towards meeting the national targets, and to introduce nation-wide policies and actions to prevent weight gain across the population. Using eight 'health system readiness' indicators, the latest evidence shows that only 13 countries have all eight indicators of readiness in operation (including monitoring and guidelines). Out of five policy obesity prevention indicators, no country had all five of the policies and actions in place. Overall, only one country (Tonga) said 'yes' to as many as 12 of the 13 combined indicators, while a further five countries (Mexico, India, United Kingdom, Finland and Malaysia) said 'yes' to 11 of the 13 indicators. 67 countries had none or only one of the indicators scored as 'yes'.

Definition of high BMI and its usage in the Atlas

In this Atlas, the term 'high BMI' includes overweight (BMI 25-30 kg/m²), obesity class I (BMI 30-35 kg/m²), and obesity class II and above (BMI over 35 kg/m²). We have divided obesity into two categories, below and above BMI 35 kg/m², because BMI 35 kg/m² is a common threshold for referral for clinical intervention in current guidelines.

Although widely used, BMI has well-documented limitations. As a measure of size not health, it is useful as a screening tool at the individual level and for estimating overweight and obesity at a population level. It is not recommended that it be used in isolation as a diagnostic tool in a clinical setting.

Section 1

Global overweight and obesity

Section 1: Global overweight and obesity

On present trends, the world will not meet the World Health Assembly's 2025 targets for the prevention and control of non-communicable diseases (NCDs) which include a 'halt in the rise in diabetes and obesity' and a '25% relative reduction in overall premature mortality from cardiovascular diseases, cancer, diabetes or chronic respiratory diseases', based on 2010 baselines (WHO, 2013).

As previous World Obesity Atlases have reported, NCD and obesity prevalence trends to date suggest that it is unlikely that many countries – if any at all – will meet these targets. Instead, we have seen rapid rises in overweight and obesity prevalence in many middle-income countries and some evidence of plateaus at a high level in some high-income countries.

In this section, we give the global and regional trends in the proportion of adults living with high body mass index (BMI). 'High BMI' includes overweight (BMI 25-30 kg/m²), obesity class I (BMI 30-35 kg/m²), and obesity class II and above (BMI over 35 kg/m²). We have divided obesity into two categories, below and above BMI 35 kg/m², because BMI 35 kg/m² is a common threshold for referral for clinical treatment in current guidelines (see e.g. NICE 2024). As we show below, the most recent estimates for global levels of high BMI suggest that nearly 3 billion adults (some 50% of the adult population) will be affected by 2030, the year of the global Sustainable Development Goal (SDG) targets. This compares with fewer than 2 billion (40%) in 2015 when the SDGs were set, and 1.6 billion (36%) in 2010 which is the baseline for the World Health Assembly goals.

The likelihood of having a high BMI rises with age so by the age of 65 or 70 years, a significant proportion of the population will have experienced high BMI during their lifetime. In the majority of countries, the adult life-time risk of high BMI exceeded 50% in 2022 and in many countries, it exceeded 80% (see Figures 1.3 and 1.4, and Annex 2).

In addition, we present the maximum prevalence of BMI 35kg/m² or more during adulthood to tell us the estimated lifetime risk of obesity class II and above (Figures 1.5 and 1.6, and Annex 2). For health services where a BMI of 35kg/m² or greater is currently a condition for referral for medical intervention, these prevalence figures provide a conservative estimate of the proportion of the adult population likely to need medical intervention at some point during their lifetimes, based on 2022 prevalence data. For the majority of countries, this exceeds 10% of all adults, and for around a fifth of all countries, this rises to 20% or more of all adults.

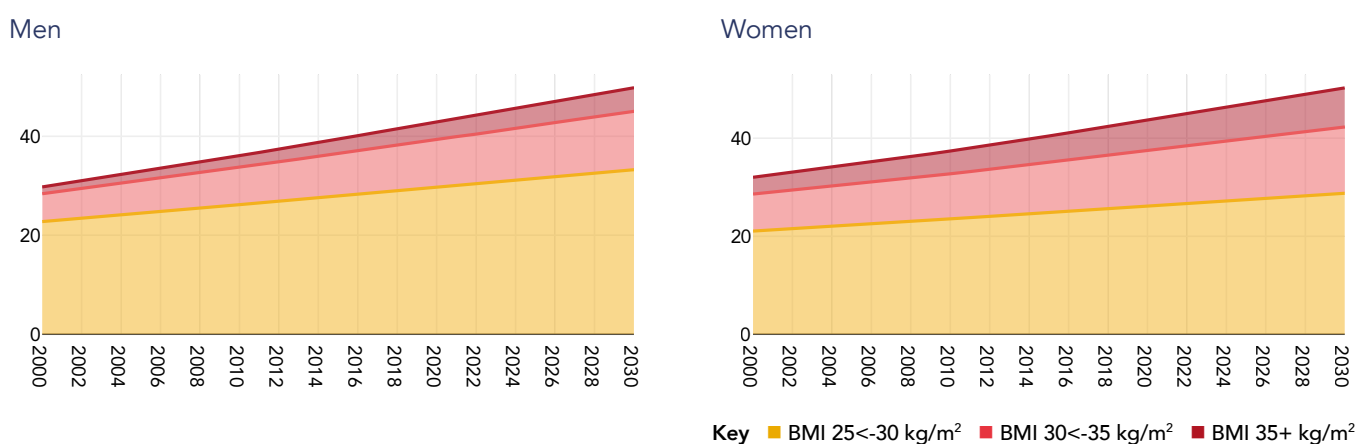
In Section 2 we discuss the contribution of high body mass index to the risk of developing NCDs, and the extent to which high prevalence of overweight and obesity contributes to the failure to meet the NCD targets.

In Section 3 we discuss the policies and interventions needed to address high BMI and consequential NCDs. Recognising the likelihood that the obesity and NCD targets set by the World Health Assembly are not likely to be met, the World Health Organization has published proposals for accelerated action on obesity, supporting this with technical advice for Member States. These build on the development of policies and actions already underway, which are reviewed in Section 3.

1.1 Global trends of high BMI in adults

The latest estimates by the NCD Risk Factor Collaboration (NCD-RisC) for the prevalence of overweight and obesity worldwide show trends from 1990 through to 2022 (NCD-RisC, 2024). If there are no significant interventions to alter the trends then they will continue forward to 2030, as we project in Figures 1.1 and 1.2 below. Current trends suggest that by 2030, 50% of adult men and women will be living with high BMI. In the same year, 17% of men and 22% of women will be living with obesity.

Figures 1.1 and 1.2: Percentages of men and women (aged 20+) living with high BMI, 2000-2030



Source: NCD-RisC (2024) and World Obesity Federation projections

While prevalence figures indicate the proportion of the population affected by high BMI, we can also estimate the actual number of adults affected, taking into account changes in population size over the period. Table 1.1 shows the estimated numbers of men and women experiencing high BMI in key years, based on the prevalence trends shown in Figures 1.1 and 1.2. By 2030, over 2.9 billion adults are likely to be living with high BMI, including 1.1 billion adults (487 million men and 643 million women) living with obesity (BMI 30kg/m² and above). It is notable that the number of adults living with obesity class II (BMI 35kg/m² and above) will approach 0.4 billion by 2030, and that the majority will be women. These projections have special relevance to the development of health service resources, with two in every three adults with BMI >35kg/m² expected to be living in middle- and lower-income countries (see Tables 1.8 to 1.11).

Table 1.1: Global estimates and projected numbers and prevalence of men and women (aged 20+) living with high BMI, 2010, 2015 and 2030

Men	BMI 25-<30 kg/m ²		BMI 30-<35 kg/m ²		BMI 35+ kg/m ²		All high BMI	
2010	570m	26%	164m	7%	51m	2%	786m	36%
2015	665m	28%	203m	8%	69m	3%	936m	39%
2030	966m	33%	346m	12%	141m	5%	1,453m	50%

Women	BMI 25-<30 kg/m ²		BMI 30-<35 kg/m ²		BMI 35+ kg/m ²		All high BMI	
2010	518m	23%	203m	9%	106m	5%	826m	37%
2015	592m	24%	244m	10%	133m	5%	968m	40%
2030	834m	28%	399m	14%	244m	8%	1,477m	50%

Source: NCD-RisC (2024), UN population estimates (2024), and World Obesity Federation projections

1.2 Numbers and prevalence of high BMI in adults by WHO region

The World Health Organization operates through regional offices so we have calculated the number and prevalence of adults living with high BMI in each region, based on the data from the NCD-RisC estimates and the new World Obesity projections up to 2030.

Table 1.2: Numbers and prevalence of adults (age 20+) living with high BMI in the African Region, 2010, 2015 and 2030

Men	BMI 25-<30 kg/m ²		BMI 30-<35 kg/m ²		BMI 35+ kg/m ²		All high BMI	
2010	31m	15%	7.4m	4%	2.5m	1%	41m	20%
2015	38m	16%	9.8m	4%	3.3m	1%	51m	21%
2030	67m	18%	21m	6%	8.2m	2%	96m	26%

Women	BMI 25-<30 kg/m ²		BMI 30-<35 kg/m ²		BMI 35+ kg/m ²		All high BMI	
2010	40m	19%	17m	8%	9.3m	4%	66m	31%
2015	49m	20%	22m	9%	12.5m	5%	84m	34%
2030	91m	24%	47m	13%	29m	8%	167m	45%

Source: NCD-RisC (2024), UN population estimates (2024), and World Obesity Federation projections

Table 1.3: Numbers and prevalence of adults (age 20+) living with high BMI in the Region of the Americas, 2010, 2015 and 2030

Men	BMI 25-<30 kg/m ²		BMI 30-<35 kg/m ²		BMI 35+ kg/m ²		All high BMI	
2010	117m	38%	53m	17%	23m	8%	193m	63%
2015	126m	38%	62m	19%	29m	9%	217m	66%
2030	144m	37%	92m	23%	51m	13%	287m	73%

Women	BMI 25-<30 kg/m ²		BMI 30-<35 kg/m ²		BMI 35+ kg/m ²		All high BMI	
2010	98m	31%	55m	17%	40m	12%	193m	60%
2015	107m	31%	64m	19%	49m	14%	220m	64%
2030	131m	32%	91m	22%	85m	21%	307m	75%

Source: NCD-RisC (2024), UN population estimates (2024), and World Obesity Federation projections

Table 1.4: Numbers and prevalence of adults (age 20+) living with high BMI in the Eastern Mediterranean Region, 2010, 2015 and 2030

Men	BMI 25-<30 kg/m ²		BMI 30-<35 kg/m ²		BMI 35+ kg/m ²		All high BMI	
2010	53m	31%	20m	12%	6.6m	4%	80m	47%
2015	63m	33%	27m	15%	9.9m	5%	100m	53%
2030	97m	37%	51m	19%	24m	9%	172m	65%

Women	BMI 25-<30 kg/m ²		BMI 30-<35 kg/m ²		BMI 35+ kg/m ²		All high BMI	
2010	46m	29%	27m	17%	15m	10%	88m	56%
2015	53m	30%	34m	19%	21m	12%	108m	61%
2030	77m	31%	61m	25%	44m	18%	182m	74%

Source: NCD-RisC (2024), UN population estimates (2024), and World Obesity Federation projections

Table 1.5: Numbers and prevalence of adults (age 20+) living with high BMI in the European Region, 2010, 2015 and 2030

Men	BMI 25-<30 kg/m ²		BMI 30-<35 kg/m ²		BMI 35+ kg/m ²		All high BMI	
2010	131m	41%	48m	15%	13.3m	4%	192m	60%
2015	136m	41%	53m	16%	16m	5%	205m	62%
2030	141m	40%	65m	18%	25m	7%	231m	65%

Women	BMI 25-<30 kg/m ²		BMI 30-<35 kg/m ²		BMI 35+ kg/m ²		All high BMI	
2010	101m	28%	52m	14%	28m	8%	181m	50%
2015	102m	28%	54m	15%	30m	8%	186m	51%
2030	103m	27%	57m	15%	38m	10%	198m	52%

Source: NCD-RisC (2024), UN population estimates (2024), and World Obesity Federation projections

Table 1.6: Numbers and prevalence of adults (age 20+) living with high BMI in the South-East Asia Region, 2010, 2015 and 2030

Men	BMI 25-<30 kg/m ²		BMI 30-<35 kg/m ²		BMI 35+ kg/m ²		All high BMI	
2010	78m	14%	12.4m	2%	2.6m	<1%	93m	16%
2015	107m	17%	19m	3%	3.9m	<1%	130m	20%
2030	221m	28%	47m	6%	11.3m	1%	279m	35%

Women	BMI 25-<30 kg/m ²		BMI 30-<35 kg/m ²		BMI 35+ kg/m ²		All high BMI	
2010	98m	18%	25m	5%	6.7m	1%	130m	24%
2015	127m	21%	36m	6%	10.2m	2%	173m	29%
2030	231m	30%	83m	11%	26m	3%	340m	44%

Source: NCD-RisC (2024), UN population estimates (2024), and World Obesity Federation projections

Table 1.7: Numbers and prevalence of adults (age 20+) living with high BMI in the Western Pacific Region, 2010, 2015 and 2030

Men	BMI 25-<30 kg/m ²		BMI 30-<35 kg/m ²		BMI 35+ kg/m ²		All high BMI	
2010	161m	25%	24m	4%	3.8m	1%	189 m	30%
2015	195m	28%	33m	5%	6.7m	1%	235m	34%
2030	294m	39%	69m	9%	22m	3%	385m	51%

Women	BMI 25-<30 kg/m ²		BMI 30-<35 kg/m ²		BMI 35+ kg/m ²		All high BMI	
2010	134m	20%	26m	4%	5.5m	<1%	166m	24%
2015	153m	22%	33m	5%	8.2m	1%	194m	28%
2030	199m	26%	57m	8%	21m	3%	277m	37%

Source: NCD-RisC (2024), UN population estimates (2024), and World Obesity Federation projections

1.3 Numbers and prevalence of high BMI in adults by World Bank income groups

While the WHO regional figures indicate patterns that may reflect cultural as well as economic differences, the World Bank has classified countries into four income levels based on their gross national income per capita. We have calculated the numbers and prevalence of adults living with high BMI for each income level based on the data from the NCD-RisC estimates and the World Obesity projections to 2030. High income countries appear to be showing a plateau in their prevalence of overweight (BMI 25-<30 kg/m²) that is not observed in the other income groups. Still, the overall prevalence of high BMI continues to rise in all income groups, with marked rises in the prevalence of obesity class II and above (BMI 35 kg/m² and above).

Table 1.8: Numbers and prevalence of adults (age 20+) living with high BMI in the World Bank Low Income Group, 2010, 2015 and 2030

Men	BMI 25-<30 kg/m ²		BMI 30-<35 kg/m ²		BMI 35+ kg/m ²		All high BMI	
2010	14.3m	13%	3.4m	3%	1.0m	1%	19m	17%
2015	17m	14%	4.3m	4%	1.3m	1%	23m	19%
2030	35m	17%	11.5m	6%	4.6m	2%	51m	25%

Women	BMI 25-<30 kg/m ²		BMI 30-<35 kg/m ²		BMI 35+ kg/m ²		All high BMI	
2010	17m	15%	6.0m	5%	2.6m	2%	26m	22%
2015	22m	17%	8.0m	6%	3.6m	3%	34m	26%
2030	46m	22%	21m	10%	11.1m	5%	78m	37%

Source: NCD-RisC (2024), UN population estimates (2024), and World Obesity Federation projections

Table 1.9: Numbers and prevalence of adults (age 20+) living with high BMI in the World Bank Low-Middle Income Group, 2010, 2015 and 2030

Men	BMI 25-<30 kg/m ²		BMI 30-<35 kg/m ²		BMI 35+ kg/m ²		All high BMI	
2010	118m	17%	27m	4%	7.1m	1%	152m	22%
2015	156m	19%	38m	5%	10.7m	1%	205m	25%
2030	301m	28%	87m	8%	29m	3%	417m	39%

Women	BMI 25-<30 kg/m ²		BMI 30-<35 kg/m ²		BMI 35+ kg/m ²		All high BMI	
2010	134m	19%	45m	6%	20m	3%	199m	28%
2015	171m	22%	62m	8%	28m	4%	261m	34%
2030	304m	29%	135m	13%	66m	6%	505m	48%

Source: NCD-RisC (2024), UN population estimates (2024), and World Obesity Federation projections

Table 1.10: Numbers and prevalence of adults (age 20+) living with high BMI in the World Bank Upper-Middle Income Group, 2010, 2015 and 2030

Men	BMI 25-<30 kg/m ²		BMI 30-<35 kg/m ²		BMI 35+ kg/m ²		All high BMI	
2010	250m	28%	58m	6%	13.5m	2%	322m	36%
2015	296m	31%	76m	8%	20m	2%	392m	41%
2030	424m	39%	140m	13%	51m	5%	615m	57%

Women	BMI 25-<30 kg/m ²		BMI 30-<35 kg/m ²		BMI 35+ kg/m ²		All high BMI	
2010	230m	25%	81m	8%	34m	4%	345m	37%
2015	260m	27%	100m	19%	45m	5%	405m	51%
2030	338m	31%	161m	15%	88m	8%	587m	54%

Source: NCD-RisC (2024), UN population estimates (2024), and World Obesity Federation projections

Table 1.11: Numbers and prevalence of adults (age 20+) living with high BMI in the World Bank High Income Group, 2010, 2015 and 2030

Men	BMI 25-<30 kg/m ²		BMI 30-<35 kg/m ²		BMI 35+ kg/m ²		All high BMI	
2010	187m	38%	76m	15%	30m	6%	293m	59%
2015	195m	38%	85m	16%	36m	7%	316m	61%
2030	205m	37%	107m	19%	57m	10%	369m	66%

Women	BMI 25-<30 kg/m ²		BMI 30-<35 kg/m ²		BMI 35+ kg/m ²		All high BMI	
2010	136m	26%	70m	14%	49m	9%	255m	49%
2015	139m	26%	74m	14%	56m	10%	269m	50%
2030	146m	25%	82m	14%	78m	14%	306m	53%

Source: NCD-RisC (2024), UN population estimates (2024), and World Obesity Federation projections

1.4 Lifetime risk of high BMI

The likelihood of having a high BMI rises with age, so that by the age of 65 or 70 years, a significant proportion of the population will have experienced high BMI during their lifetime. In the majority of countries, the adult lifetime risk of high BMI in 2022 exceeded 50% and in many countries, it exceeded 80%.

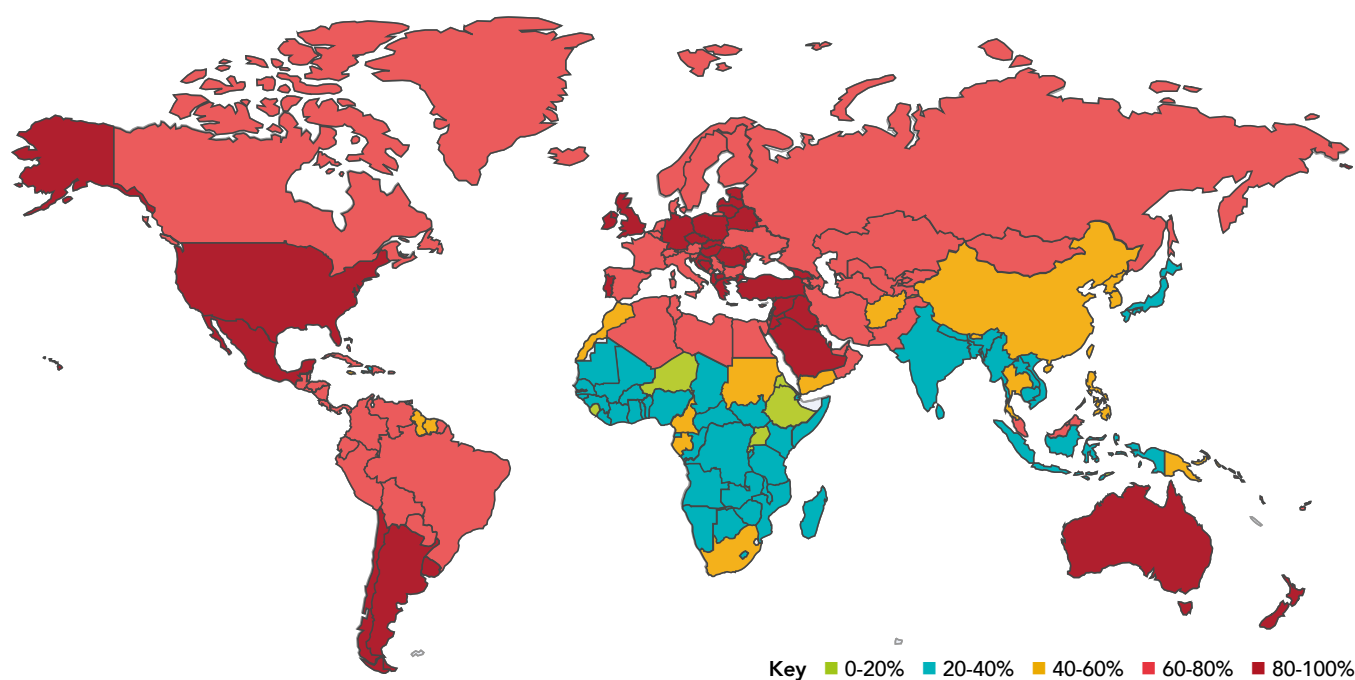
The prevalence of obesity in adults reported in the previous sections includes adults of all ages from 20 years to over 85 years. However, it is well established that the risk of obesity increases in the first few decades of adulthood, so that by middle-age the proportion of adults living with overweight or obesity is higher than the overall national average. The NCD-RisC estimates for individual countries show prevalence levels in 5-year age groups. We have extracted the maximum prevalence level at any point in the age range 20-85 years (i.e. the highest prevalence in any age group) as a conservative, first-order estimate of the risk of developing a high BMI at any point in a lifetime. (The figures are likely to be conservative because those adults with high BMI in the peak age do not include adults who have yet to experience high BMI, or who have reduced their BMI from an earlier high level: see Annex 1, Methods and data sources.)

For the large majority of countries, the maximum prevalence occurs in the age range 40-65 years for men, and 40-70 years for women. As Figures 1.3 and 1.4 indicate, a significant proportion of the world's population are likely to experience overweight or obesity during their lifetime. In the majority of countries (147 out of 200) the adult lifetime risk of high BMI in 2022 exceeded 50% and in many countries (62) it exceeded 80%.

In high-income countries, the maximum prevalence levels tend to be higher and among older adults, while they tend to be lower and among younger adults in middle- and lower-income countries. The maximum prevalence estimates are shown below in map form (and listed by country in Annex 2).

Figure 1.3: Estimated lifetime risk of high BMI during adulthood for men

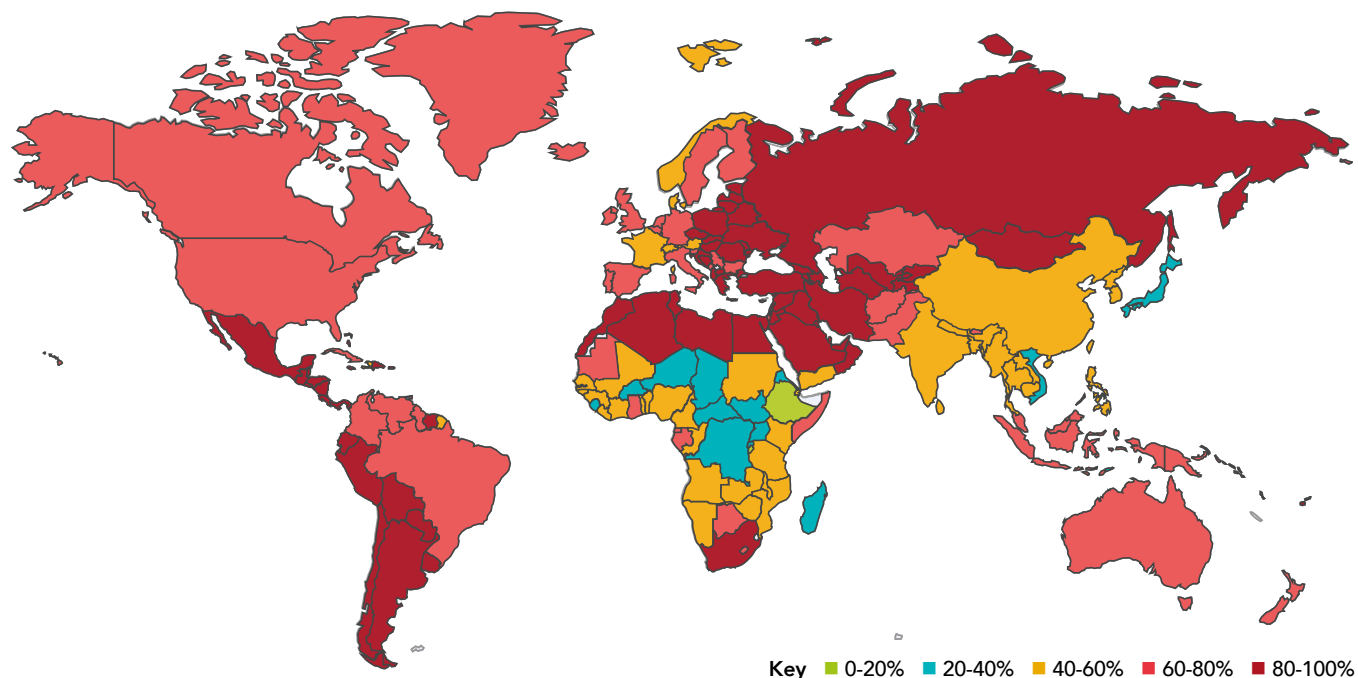
Maximum prevalence (%) of BMI 25kg/m² or more during adulthood, 2022 data



Source: World Obesity Federation analyses of NCD-RisC (2024) data for 2022

Figure 1.4: Estimated lifetime risk of high BMI during adulthood for women

Maximum prevalence (%) of BMI 25kg/m² or more during adulthood, 2022 data

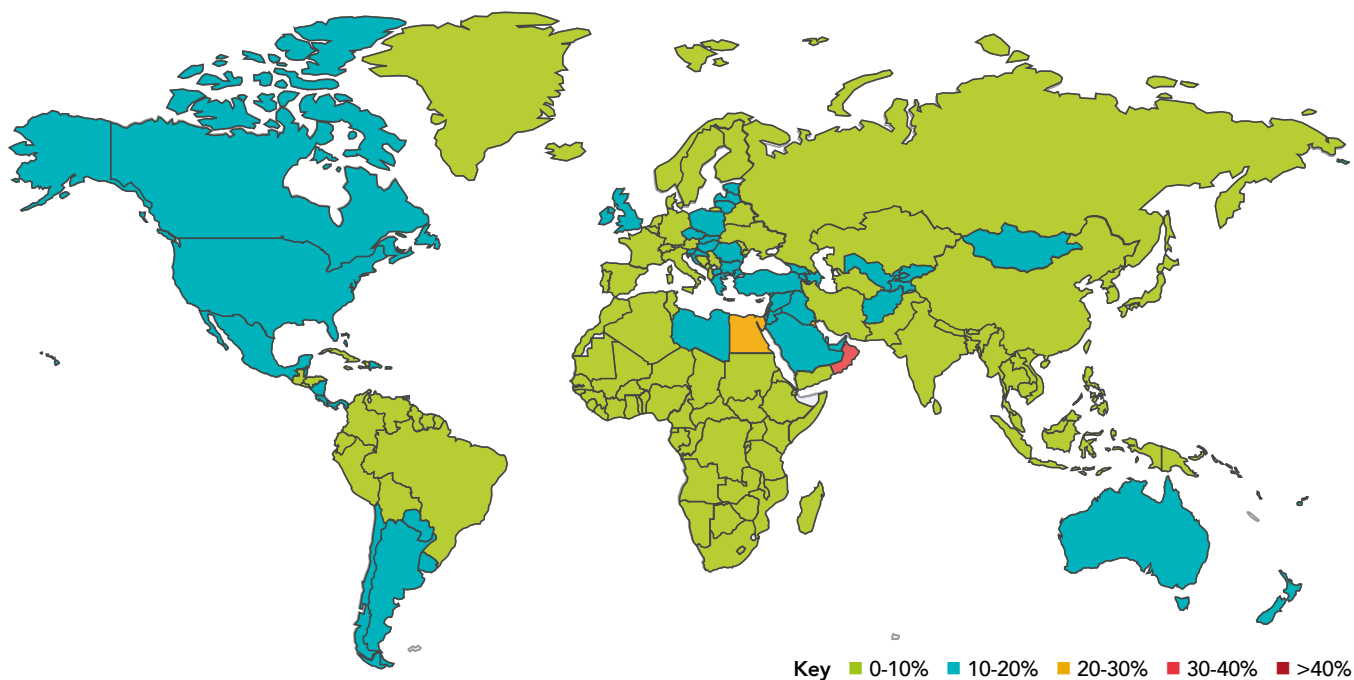


Source: World Obesity Federation analyses of NCD-RisC (2024) data for 2022

In addition, we present the maximum prevalence of BMI 35kg/m² or more during adulthood to tell us the estimated lifetime risk of obesity class II and above (Figures 1.5 and 1.6, and Annex 2). For health services where a BMI of 35kg/m² or greater is currently a condition for referral for clinical intervention, these prevalence figures provide a conservative estimate of the proportion of the adult population likely to need medical intervention at some point during their lifetimes, based on 2022 prevalence data. For many countries (121 or 60.5% of countries) this exceeds 10% of all adults, and for some countries (36 or 18% of countries) more than 20% of all adults are likely to have class II obesity in their lifetime.

Figure 1.5: Estimated lifetime risk of BMI 35kg/m² or higher during adulthood for men

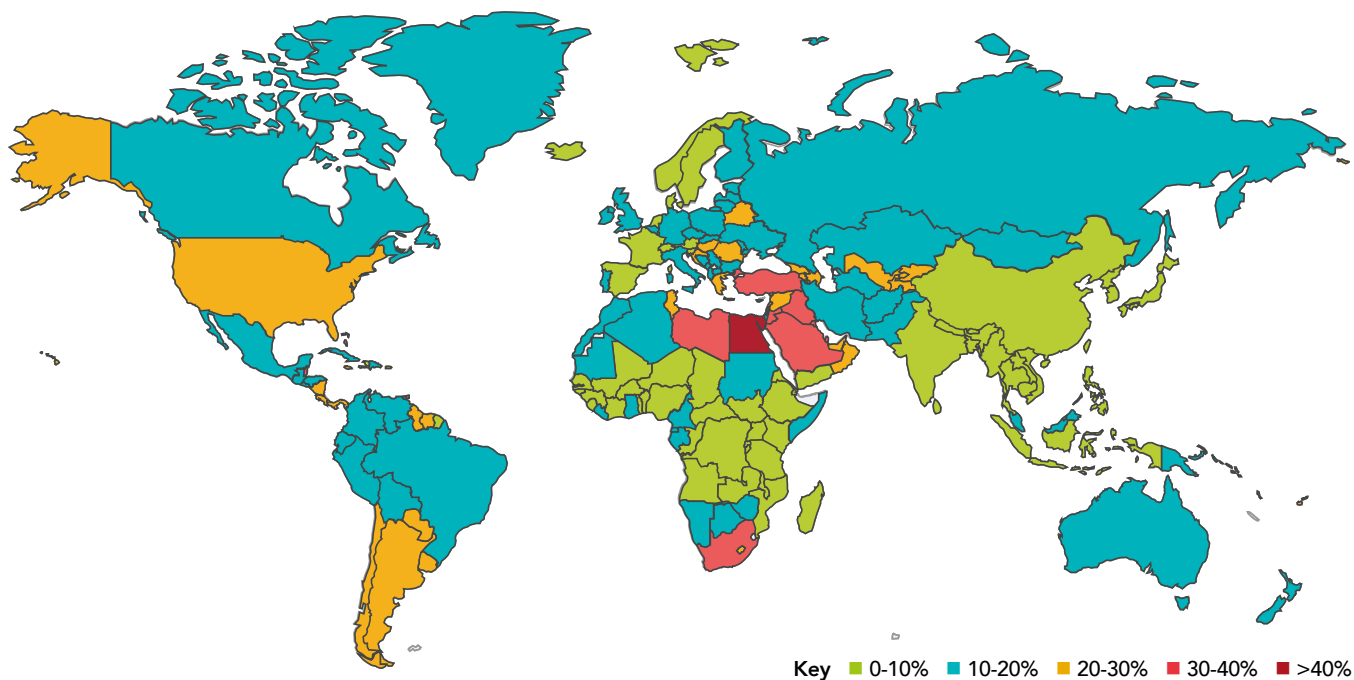
Maximum prevalence (%) of BMI 35kg/m² or more during adulthood, 2022 data



Source: World Obesity Federation analyses of NCD-RisC (2024) data for 2022

Figure 1.6: Estimated lifetime risk of BMI 35kg/m² or higher during adulthood for women

Maximum prevalence (%) of BMI 35kg/m² or more during adulthood, 2022 data



Source: World Obesity Federation analyses of NCD-RisC (2024) data for 2022

The implications from these analyses are:

- 1) that a larger fraction of the population is affected by obesity and its health consequences than is suggested in studies based on current BMI alone (Stokes et al, 2017), and
- 2) BMI histories should form part of health surveillance of the obesity epidemic for a full evaluation of the effects of obesity on ill health and premature death.

Section 2

Non-communicable diseases and high BMI

Section 2: Non-communicable diseases and high BMI

Over 17 million people aged under 70 years died from NCDs in 2021, and 11 million of these deaths were attributable to known avoidable risks. A high BMI accounted for 15% of these preventable premature deaths. This rises considerably for specific NCDs, such as type 2 diabetes, for which 55% of preventable premature deaths are attributable to high BMI.

Similarly, living with chronic ill health from NCDs is also linked to high BMI: 27% of the 161 million adult person-years of avoidable ill health from NCDs in 2021 can be attributed to high BMI.

In addition to the World Health Assembly 2025 target of reducing premature mortality from four major NCDs by 25%, the Sustainable Development Goals added a target to 'reduce by one third premature mortality from non-communicable diseases through prevention and treatment'. On present trends, neither target is likely to be met. High BMI plays a significant role in perpetuating the risk of non-communicable disease and it is unlikely that targets will be met without action on overweight and obesity.

The 2025 target NCDs are diabetes, cardiovascular disease (including heart disease and stroke), cancers and chronic respiratory diseases. The last is primarily a result of air pollution and tobacco smoking, but the risk of suffering from the other priority NCDs is significantly increased in individuals living with a high BMI. A high BMI is defined as a BMI of 25 kg/m² or greater.

Two measures are reported in this section of the Atlas:

- 1) Premature death (before age 70 years) due to NCDs: Variations between countries and regions may primarily reflect the availability and access to medical interventions alongside the rising incidence of disease.
- 2) Adult years living with disability/ill health (YLD) due to NCDs: Variations between countries may primarily reflect the level of exposure to risk (e.g. the causes of weight gain, poor diet or physical inactivity) alongside improved access to medical interventions.

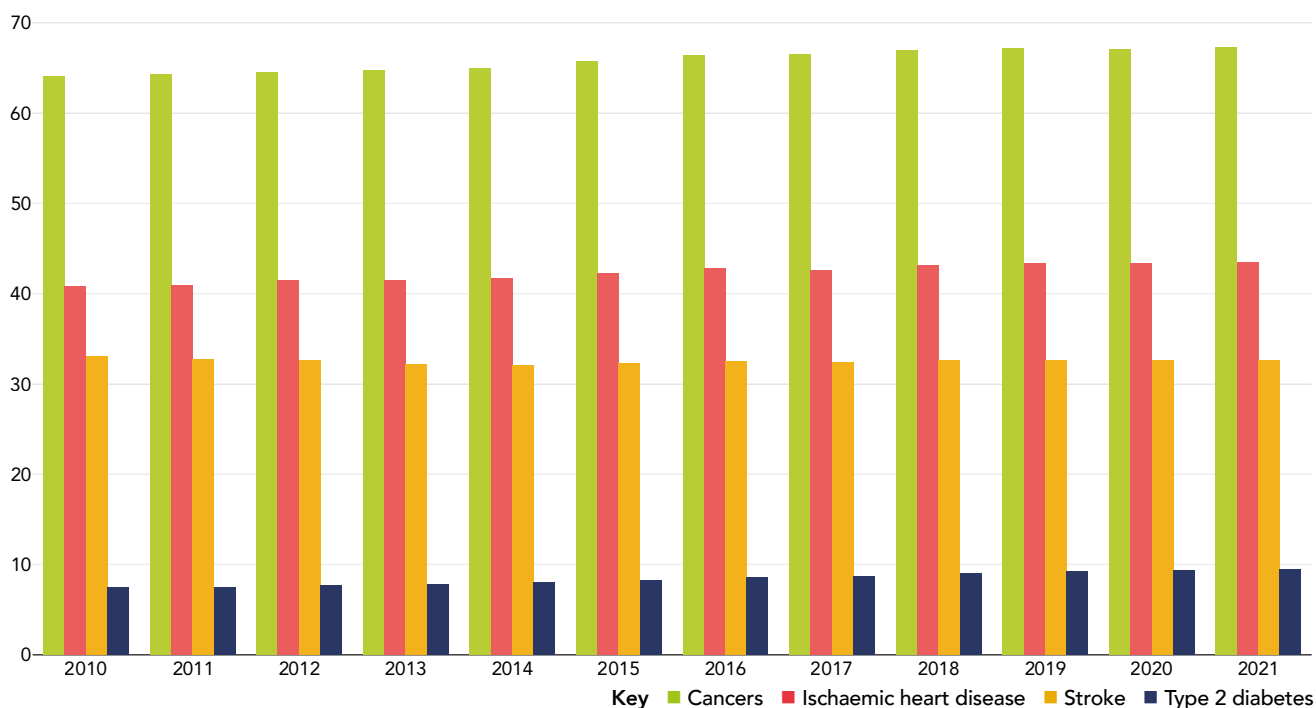
High BMI contributes to a wide range of conditions

In this Atlas, we focus on four major NCDs: cancers, ischaemic heart disease, stroke, and type 2 diabetes. These key NCDs are the targets for improvement under the World Health Assembly 2025 targets (along with chronic respiratory disease, which is mostly attributable to tobacco use and air pollution). A high BMI is also a risk factor for developing several additional NCDs including liver disease, kidney disease and musculoskeletal disorders (including osteoarthritis and chronic back pain), and contributes to neurological disorders (dementia, Alzheimer's) and poor mental health (including depression). High BMI is also a risk factor for communicable diseases: for example, increasing the severity of ill health following infection with SARS-CoV-2.

2.1 Global trends in NCDs

As noted, there is little likelihood of meeting the World Health Assembly's global targets for 2025 or the SDG targets for 2030, which require substantial reductions in premature deaths from major NCDs. As Figure 2.1 shows, the trends for death rates (per 100,000 population) for the four NCDs we focus on in this Atlas have remained virtually unchanged since the targets were set. This implies that access to treatment services were not improving significantly during the period shown, or were being overtaken by rising numbers of incidents.

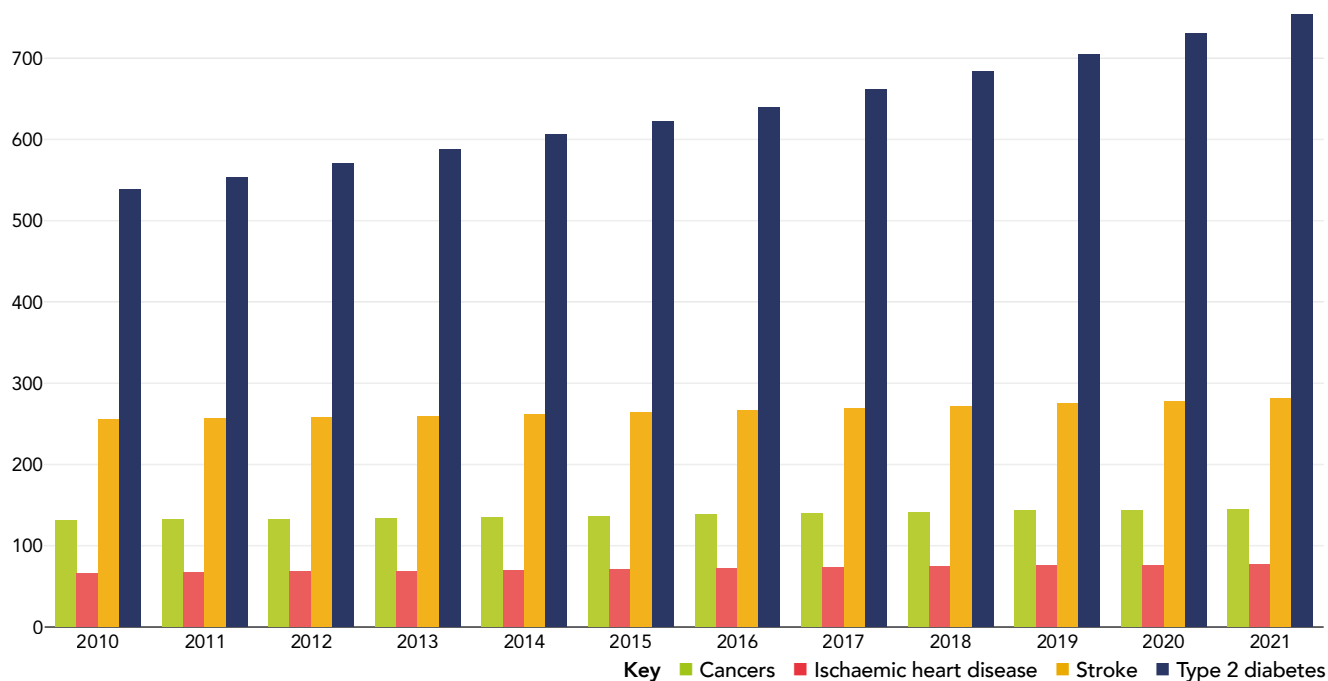
Figure 2.1: Deaths per 100,000 of people aged under 70 years for four NCDs, 2010-2021



Source: Institute for Health Metrics (2024)

Furthermore, the trends for the numbers of adults living with ill health due to the major NCDs (Figure 2.2) show a similar constant rate per 100,000 adults, with the exception of type 2 diabetes, which shows a significant rise over the period. This suggests that the exposure to the risk factors leading to the development of these diseases has not reduced, and in the case of diabetes is increasing. A failure to adequately address the continued rise in the prevalence of high BMI is likely to be a major contributor to these trends.

Figure 2.2: Person-years lived with ill health (rate per 100,000 adults over age 20 years), 2010-2021



Source: Institute for Health Metrics (2024)

2.2 The relative importance of high BMI in the likelihood of developing four major NCDs

A paper by Zhou et al (2024) found the number of deaths and years lived with a disease that could have been prevented with reduced prevalence of high BMI more than doubled over the three decades 1990-2021. In this section, we use the same database to look at high BMI and other risk factors for the development of chronic diseases, primarily four of the major NCDs: cancers, ischaemic heart disease, stroke and type 2 diabetes. The tables below show that high BMI ranks among the major risk factors for both premature death (Tables 2.1 and 2.2) and for years lived with ill health (Tables 2.3 and 2.4).

It is important to note that the risk factors for disease are not exclusive. This means that (a) the different risk factors may enhance each other’s effects, and (b) the risk factors may be causally associated with each other. For example, a high BMI raises the likelihood of high blood pressure, while several dietary risks can increase the likelihood of both high blood pressure and high BMI.

Table 2.1: Ranking of the top 15 risk factors for premature deaths from four major NCDs, 2021

Rank	Cancers	Ischaemic Heart Disease	Stroke	Type 2 Diabetes
1	Tobacco	High systolic blood pressure	High systolic blood pressure	High fasting plasma glucose
2	High alcohol use	High LDL cholesterol	Air pollution	High body-mass index
3	Air pollution	Air pollution	Tobacco	Air pollution
4	High body-mass index	Tobacco	Diet high in sodium	Tobacco
5	Occupational risks	Diet low in whole grains	High LDL cholesterol	Diet high in processed meat
6	High fasting plasma glucose	High body-mass index	Kidney dysfunction	Non-optimal temperature
7	Diet high in red meat	High fasting plasma glucose	Diet low in fruits	Low physical activity
8	Diet low in whole grains	Kidney dysfunction	High fasting plasma glucose	Diet low in whole grains
9	Diet low in milk	Diet low in omega-6 polyunsaturated fatty acids	Non-optimal temperature	Diet low in fruits
10	Diet low in calcium	Diet low in fruits	High alcohol use	Diet high in red meat
11	Diet high in sodium	Diet low in nuts and seeds	High body-mass index	Diet high in sugar-sweetened beverages
12	Drug use	Diet low in seafood omega-3 fatty acids	Diet low in fibre	High alcohol use
13	Diet low in fruits	Diet high in sodium	Diet low in whole grains	Diet low in vegetables
14	Diet low in vegetables	Diet low in fibre	Diet low in vegetables	Diet low in fibre
15	Low physical activity	Non-optimal temperature	Low physical activity	

Source: Institute for Health Metrics (2024)

It is notable how many of the risk factors for premature deaths from cancer, ischaemic heart disease, stroke and type 2 diabetes are causally related to each other, especially to high BMI. It is also striking how much the risk factors overlap across the four NCDs. This reinforces the argument that successful action on global NCDs requires cohesive action across disease groups. Obesity is one of the few NCDs among the ranking of “risk factors” for major NCDs. Therefore, halting and reducing obesity prevalence is critical for achieving global NCD targets.

The Institute for Health Metrics and Evaluation has also provided estimates of the extent to which specific numbers of deaths and years with ill health can be attributed to various risk factors, including high BMI. Table 2.2 shows that 15% of all premature NCD deaths which can be attributed to risk factors are attributable to high BMI. This rises to 55% of deaths from type 2 diabetes.

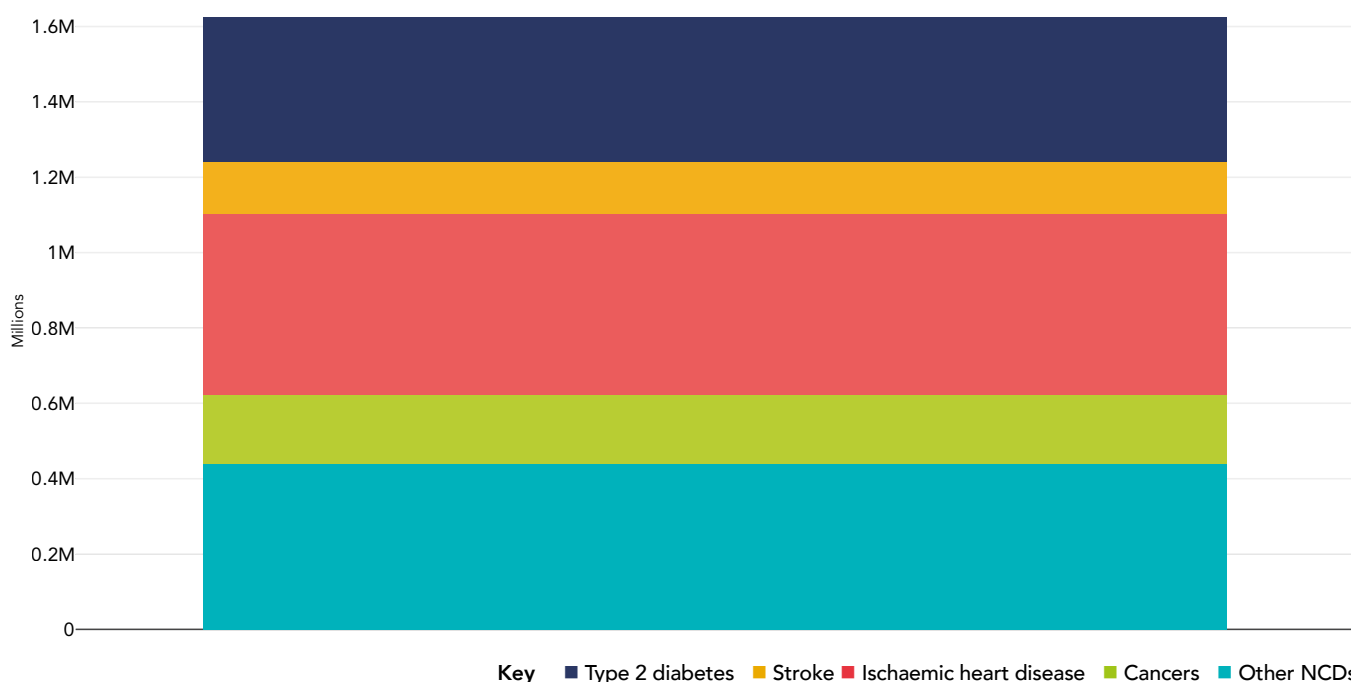
Table 2.2: Estimated number of premature deaths from NCDs, 2021

	Deaths	Deaths from known risks of which high BMI	High BMI as % of deaths from known risks
Cancers	5.0m	2.1m	0.2m	9%
Ischaemic heart disease	3.2m	3.0m	0.5m	16%
Stroke	2.4m	2.1m	0.1m	7%
Type 2 Diabetes	0.7m	0.7m	0.4m	55%
Other NCDs	6.0m	2.8m	0.4m	16%
All NCDs	17.3m	10.7m	1.6m	15%

Source: World Obesity Federation analysis of data from the Institute for Health Metrics (2024)

The data in column 4 of Table 2.2 (premature deaths attributable to high BMI) can also be shown as a stacked graphic (Figure 2.3). Here, we can see how over 1.6 million premature deaths from NCDs are attributable to high BMI.

Figure 2.3: Estimated impact of high BMI on the number of premature deaths from NCDs, 2021



Source: Institute for Health Metrics and Evaluation (2024) (estimates for 2021)

As well as looking at the ranking of risk factors for premature deaths from cancers, ischaemic heart disease, stroke and type 2 diabetes, we can also look at the equivalent ranking for years living with ill health due to these diseases. Table 2.3 shows how high BMI features second for both cancers and type 2 diabetes, while also sitting in the top 10 for ischaemic heart disease and stroke.

Table 2.3: Ranking of the top 15 risk factors for adult years living with ill health due to four major NCDs, 2021

Rank	Cancers	Ischaemic Heart Disease	Stroke	Type 2 Diabetes
1	Tobacco	High systolic blood pressure	High systolic blood pressure	High fasting plasma glucose
2	High body-mass index	High LDL cholesterol	High LDL cholesterol	High body-mass index
3	Diet high in red meat	Air pollution	Air pollution	Air pollution
4	High alcohol use	Tobacco	Tobacco	Tobacco
5	High fasting plasma glucose	High fasting plasma glucose	High fasting plasma glucose	Diet high in processed meat
6	Diet low in whole grains	Diet low in whole grains	Diet high in sodium	Diet low in whole grains
7	Diet low in milk	Kidney dysfunction	Kidney dysfunction	Low physical activity
8	Occupational risks	High body-mass index	High body-mass index	Diet high in red meat
9	Air pollution	Diet low in omega-6 polyunsaturated fatty acids	Other environmental risks	Diet high in sugar-sweetened beverages
10	Low physical activity	Diet high in sodium	High alcohol use	Diet low in fruits
11	Diet high in processed meat	Diet low in nuts and seeds	Diet low in fruits	High alcohol use
12	Diet low in calcium	Diet low in seafood omega-3 fatty acids	Diet low in whole grains	Diet low in fibre
13	Diet high in sodium	Diet low in fruits	Low physical activity	Diet low in vegetables
14	Other environmental risks	Other environmental risks	Diet low in fibre	
15	Drug use	Diet low in fibre	Diet low in vegetables	

Source: Institute for Health Metrics (2024)

As with the leading risk factors for premature deaths from the listed NCDs, it is notable how many of the risk factors for living with ill health are causally related to each other, especially to high BMI. There is also significant overlap of the major risk factors across the four NCDs again. It is clear that reducing ill health and death from key NCDs requires cohesive action across disease groups.

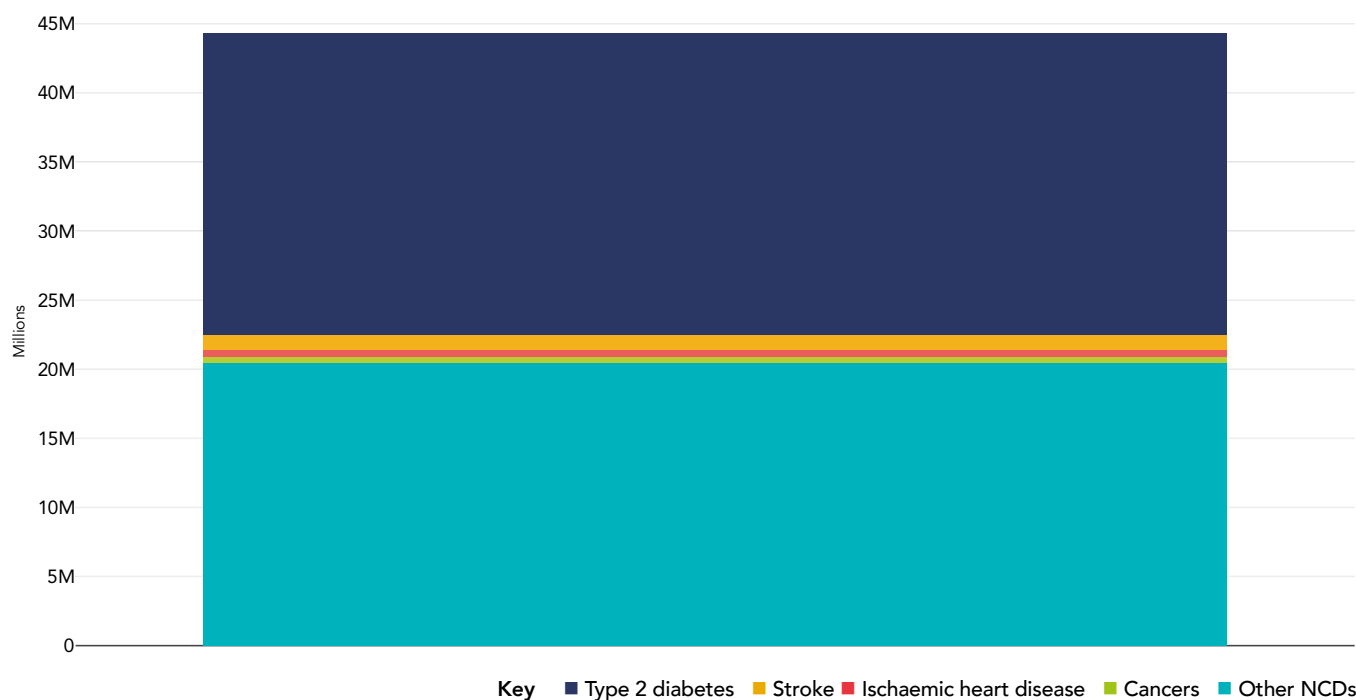
Table 2.4 provides estimates of the extent to which specific numbers of years with ill health can be attributed to various risk factors, including high BMI. Overall, 27% of adult years living with ill health from NCDs which can be attributed to risk factors are attributable to high BMI. This rises to 55% of years living with ill health from type 2 diabetes. Figure 2.4 depicts the years living with ill health attributable to high BMI as a stacked graphic and shows how over 40 million adult person-years of ill health from NCDs are attributable to high BMI.

Table 2.4: Estimated number (millions) of adult-years living with ill health from NCDs, 2021

	Years of ill health	Years of ill health from known risks of which high BMI	High BMI as % of ill health from known risks
Cancers	7.9m	2.6m	0.4m	16%
Ischaemic heart disease	4.1m	3.7m	0.5m	14%
Stroke	14.8m	12.7m	1.1m	9%
Type 2 Diabetes	39.6m	39.6m	21.8m	55%
Other NCDs	577.8m	102.6m	20.5m	20%
All NCDs	644.2m	161.1m	44.3m	27%

Source: World Obesity Federation analysis of data from the Institute for Health Metrics (2024)

Figure 2.4: Estimated impact of high BMI on the number of adult person-years lived with NCD-related ill health, 2021

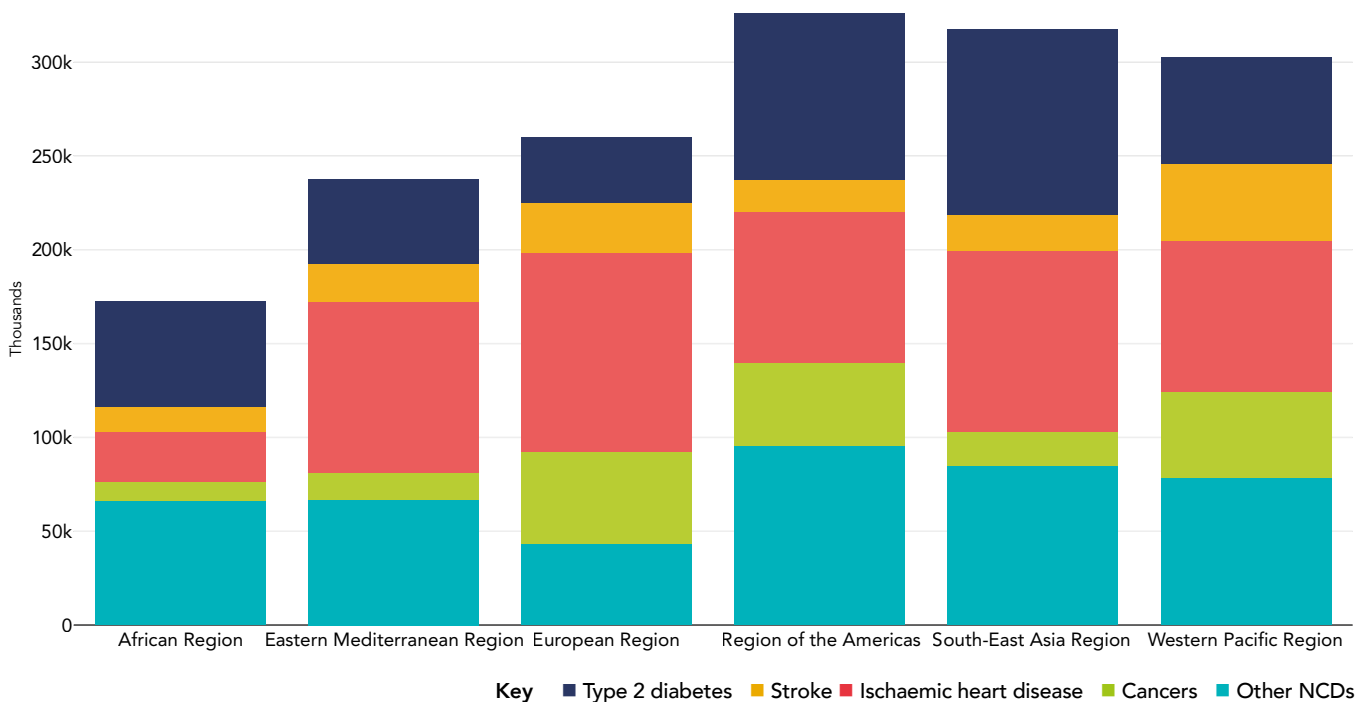


Source: Institute for Health Metrics and Evaluation (2024)

2.3 Premature deaths and adult years of ill health attributable to high BMI by WHO region

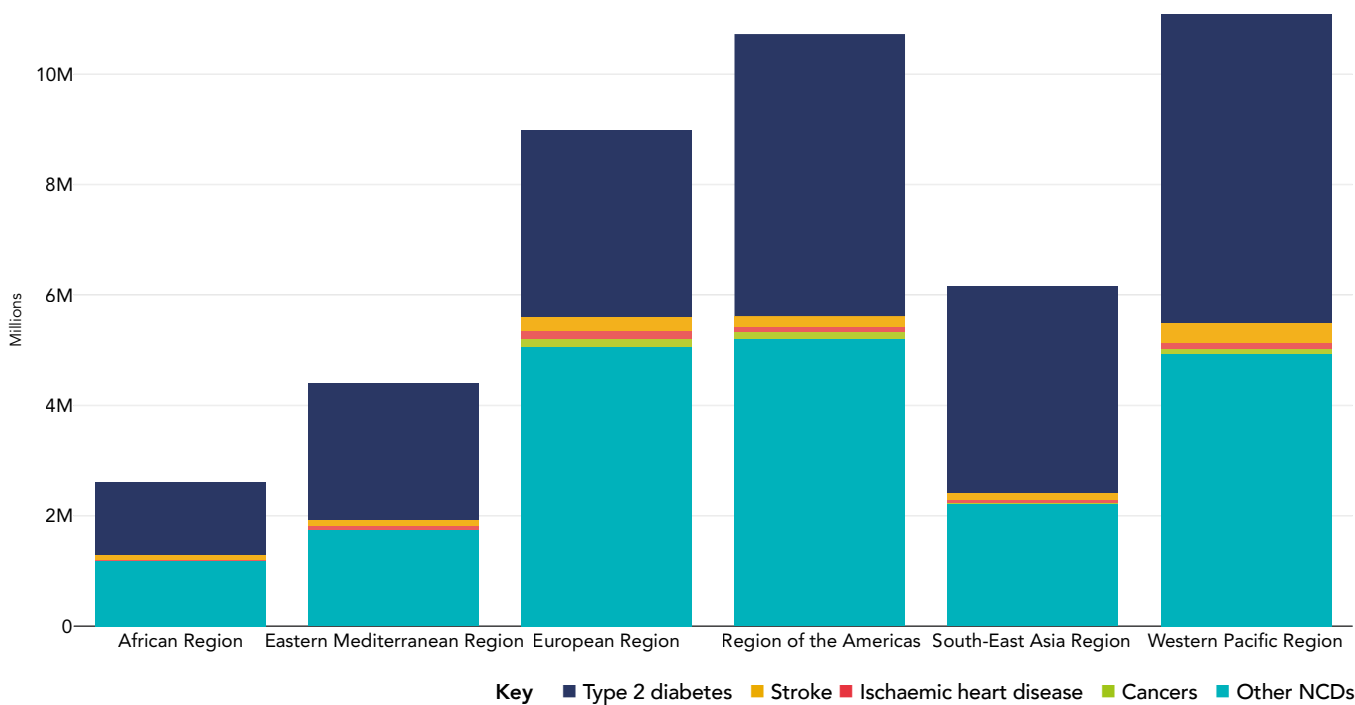
The number of premature deaths and adult years lived with ill health caused by select NCDs and attributable to high BMI are shown for each WHO region in Figures 2.5 and 2.6.

Figure 2.5: Regional differences in the numbers of premature deaths attributable to high BMI, 2021



Source: Institute for Health Metrics and Evaluation (2024)

Figure 2.6: Regional differences in the years of ill health among adults attributable to high BMI, 2021

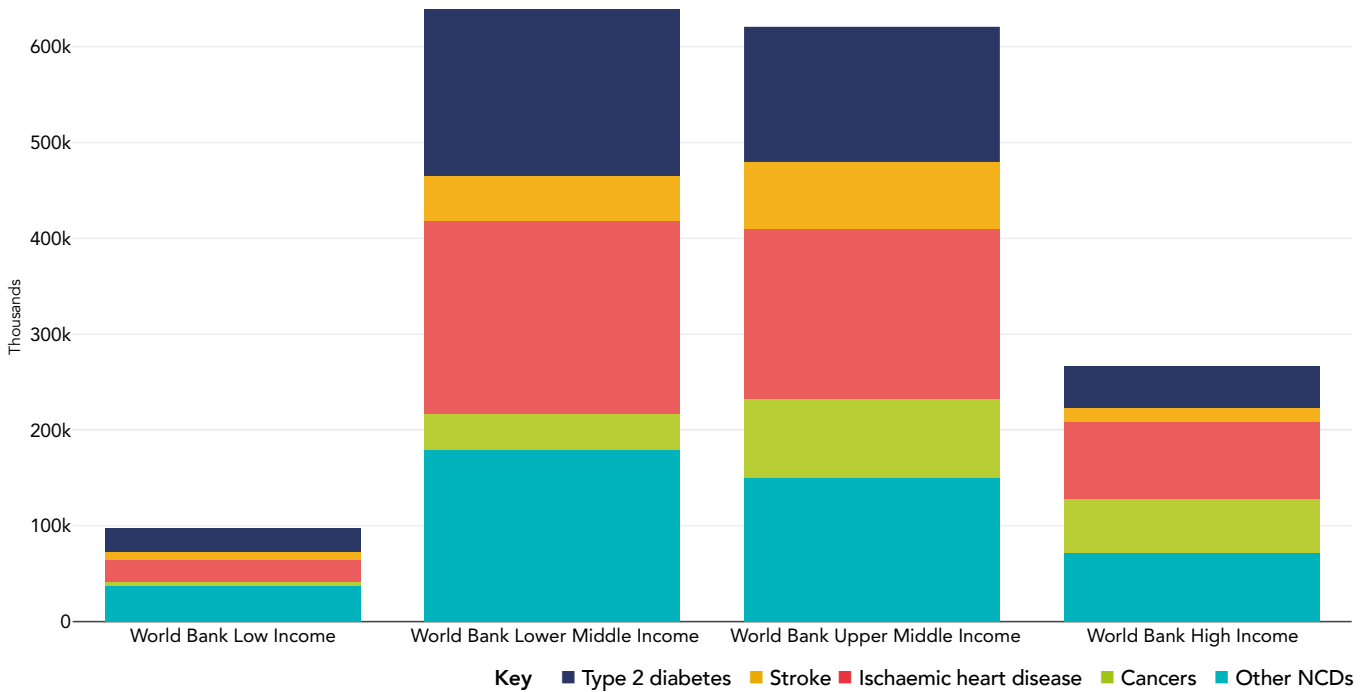


Source: Institute for Health Metrics and Evaluation (2024)

2.4 Premature deaths and years of ill health by World Bank income level

By far the greatest number of premature deaths attributable to high BMI are in lower and upper middle-income countries – indicating poor levels of treatment available. This is illustrated in Figure 2.7.

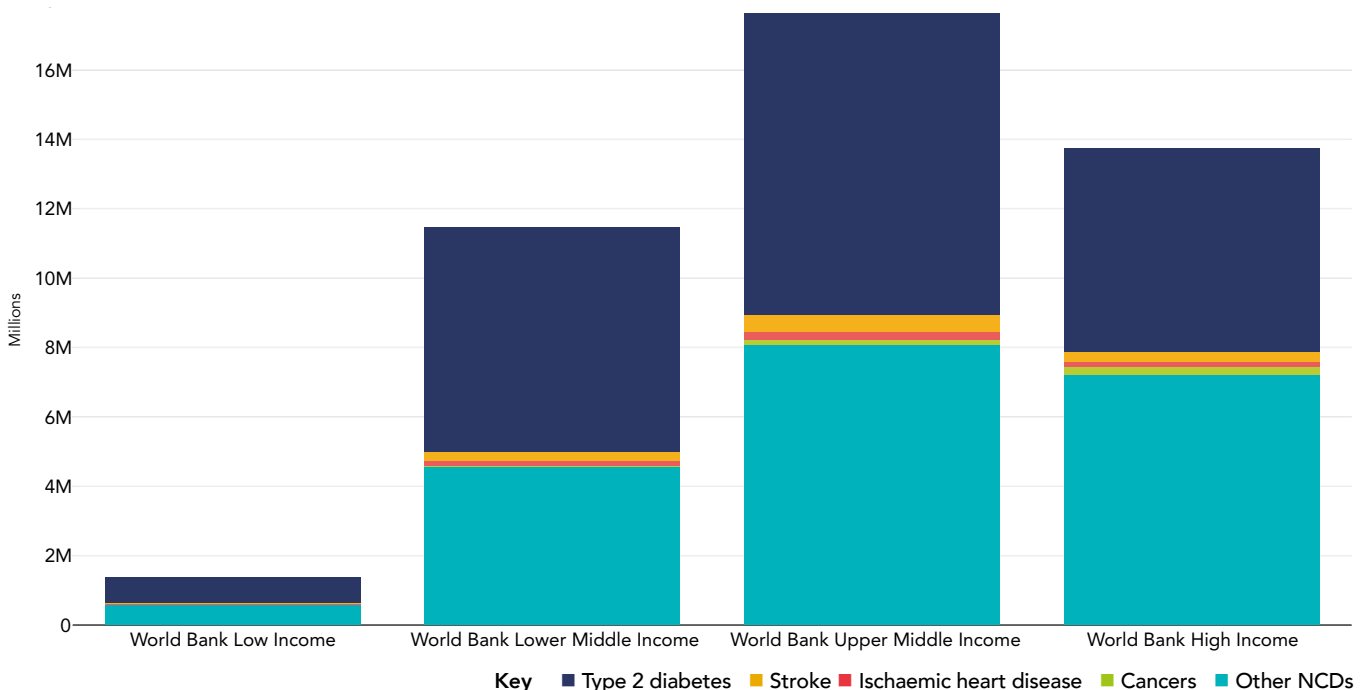
Figure 2.7: National income levels and premature deaths attributable to high BMI, 2021



Source: Institute for Health Metrics and Evaluation (2024)

Figure 2.8 indicates that large numbers of person-years lived with ill health can be attributed to high BMI, especially in upper-middle and high income countries, indicating accessible treatment but poor prevention.

Figure 2.8: National income levels and years of ill health among adults attributable to high BMI, 2021



Source: Institute for Health Metrics and Evaluation (2024)

Section 3

Changing systems, healthier lives

Section 3: Changing systems, healthier lives

World Obesity Day 2025

Underlying the global rise in obesity rates are failing systems: health systems that are ill-equipped to care for people with obesity and perpetuate bias and stigma; food systems where multinational corporations produce unhealthy food and then spend billions advertising it to people; political systems that are based on outdated health data and an oversimplified obesity narrative; planning and transport systems that discourage people from active travel and being physically active.

We must work together to call for change to these systems, and people living with obesity are leading this call.

Sections 1 and 2 have outlined the scale of the challenge we face and have emphasised the role of obesity in deaths and diseases related to other major NCDs. It is clear that achieving the WHO and SDG targets for obesity and NCDs requires urgent action – both on policy, to address multiple risk factors, as well as in healthcare to ensure people living with obesity and other NCDs can access the services they need. To halt the rise of obesity and associated NCDs, we need to critically examine underlying systems and implement policy and system changes to address the major gaps.

This section provides an overview of the types of policies needed to address obesity and NCDs, as well as national level data of the indicators we can use to monitor progress and demand action. The second part presents a new multisector framework from WHO (part of the Technical Package to Stop Obesity) with priority actions and recommended interventions, selected for their proven impact and cost effectiveness, which can help accelerate action on obesity and NCDs.

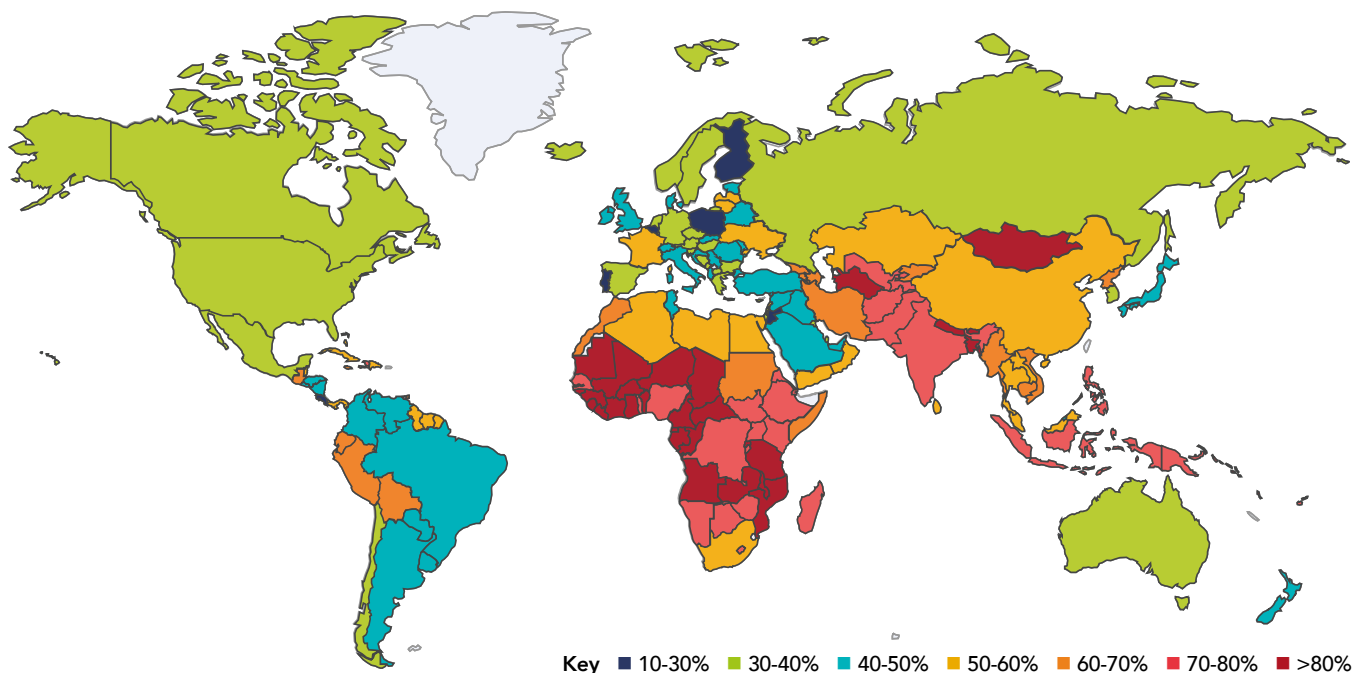
3.1 Health systems

Evidence of health systems' readiness to provide access to NCD prevention and management services can be inferred from available data on the rates of premature deaths from NCDs and on the prevalence of type 2 diabetes that is untreated. National estimates of these indicators from the WHO Global Health Observatory are given in the tables at the end of this section. The distribution of untreated Type 2 diabetes across regions can be seen in the map Figure 3.1.

This graphic illustrates that the vast majority of the world's population live in countries where over 30% of type 2 diabetes patients are not being treated for the disease (see data in Table 3.1 at the end of this section). Exceptions to this are Belgium, Costa Rica, Finland, Jordan, Poland and Portugal. This map also shows the differences in access to treatment between countries, with patients in low- and middle-income countries (for example in Africa and Asia) much less likely to be receiving treatment for type 2 diabetes. As shown in Section 1, it is in these regions that obesity, and the prevalence of obesity-related NCDs like type 2 diabetes, are rising fastest.

Figure 3.1: Global distribution of untreated type 2 diabetes, 2022

Percentage of adults with type 2 diabetes who are not being treated

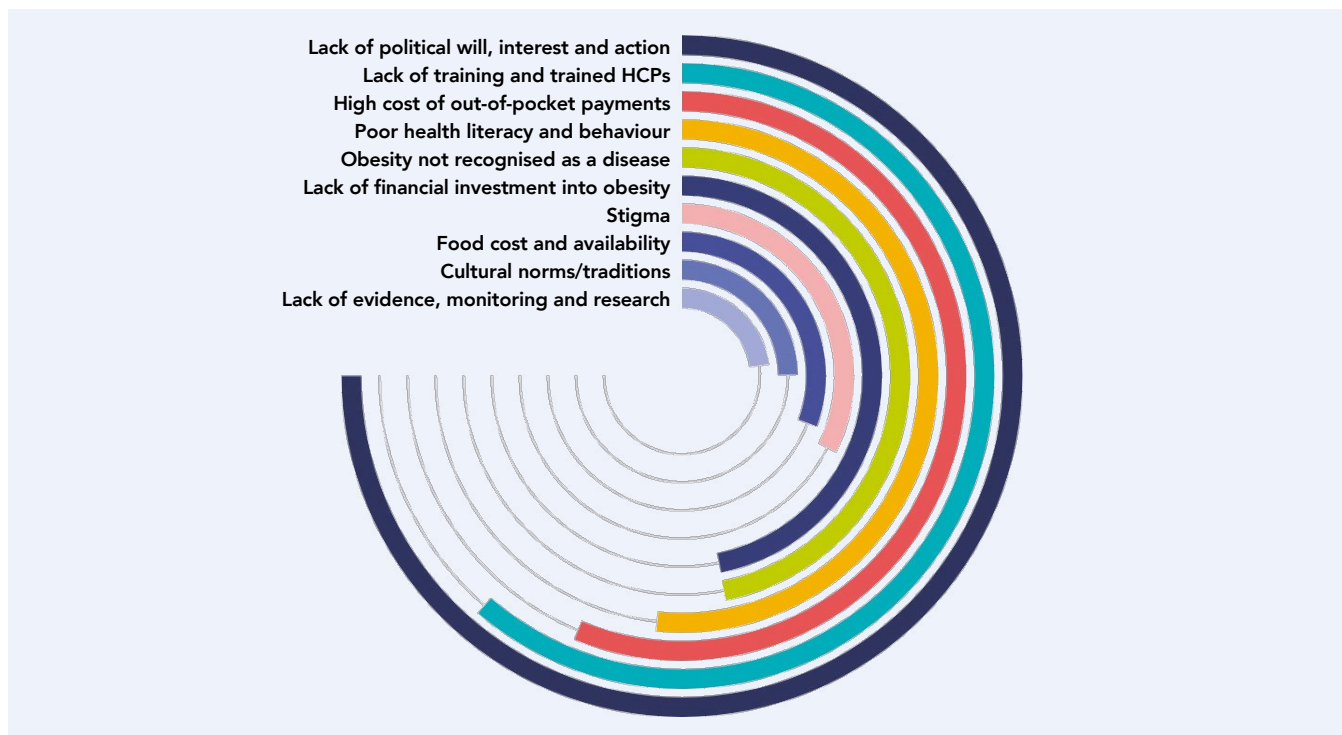


Source: WHO Global Health Observatory 2024 (data for 2022)

In Tables 3.1 and 3.2 we present indicators to understand the capacity of health systems (measured through the UHC NCD Index) as well as the outcomes they deliver (percentage of people with diabetes who are untreated and percentage of people with NCDs dying prematurely). We also document which countries have national guidelines/protocols/standards for the management of overweight/obesity and for NCD management in primary care (see Section 3.4).

Data on the coverage of obesity services globally is currently not collected but barriers to access are widespread across countries of all income levels. World Obesity’s ‘Management and Advocacy for Providers, Patients and Systems’ (MAPPS) project found many barriers to treatment that need to be addressed to strengthen health systems to address obesity, see Figure 3.2 (Jackson Leach et al, 2024). These challenges are now being explored further in the project’s second phase that aims to improve understanding of the global obesity policy and care landscape, including an analysis of differences across countries, regions, and income levels.

Figure 3.2: Global barriers to treatment



Last updated October 2019 by the World Obesity Federation; based on 274 responses

3.2 Healthy environments

Regular physical activity is an important part of obesity prevention and management. It can also decrease the risk of developing hypertension, several types of cancer, osteoporosis, type 2 diabetes, stroke and heart attacks, as well as help prevent dementia and depression (WHO, 2018). Yet many people live in environments that do not promote physical activity and globally the world is not meeting minimum physical activity levels (see Figures 3.3 and 3.4).

“Physical activity refers to all [body] movement. Popular ways to be active include walking, cycling, wheeling, sports, active recreation, and play, and can be done at any level of skill and for enjoyment by everybody. Yet, current global estimates show one in three adults and 81% of adolescents do not do enough physical activity. Furthermore, as countries develop economically, levels of inactivity increase and can be as high as 70%, while sitting time and screen time as forms of sedentary time increase due to changing transport patterns, increased use of technology for work and recreation, cultural values.”

WHO, 2024

WHO recommends a series of actions to change environments in the Global Action Plan on Physical Activity, including: strengthening policies to promote active transport; improving access to public and green open spaces; and providing programmes to support participation in physical activity by all people of diverse abilities (WHO, 2024). Implementing tax incentives and subsidies to promote physical activity (for example, tax-free salary sacrifice schemes for bicycles, reduced tax on sporting goods, subsidies for extracurricular physical activity programmes, etc.) can also help enable people to reduce or manage the health risks around obesity and other NCDs.

National estimates of insufficient physical activity for adults are given in the country scorecards at the end of this Atlas. The distribution across regions can be seen in the maps at Figures 3.3 and 3.4.

Figure 3.3: Proportion of men with insufficient physical activity, 2022

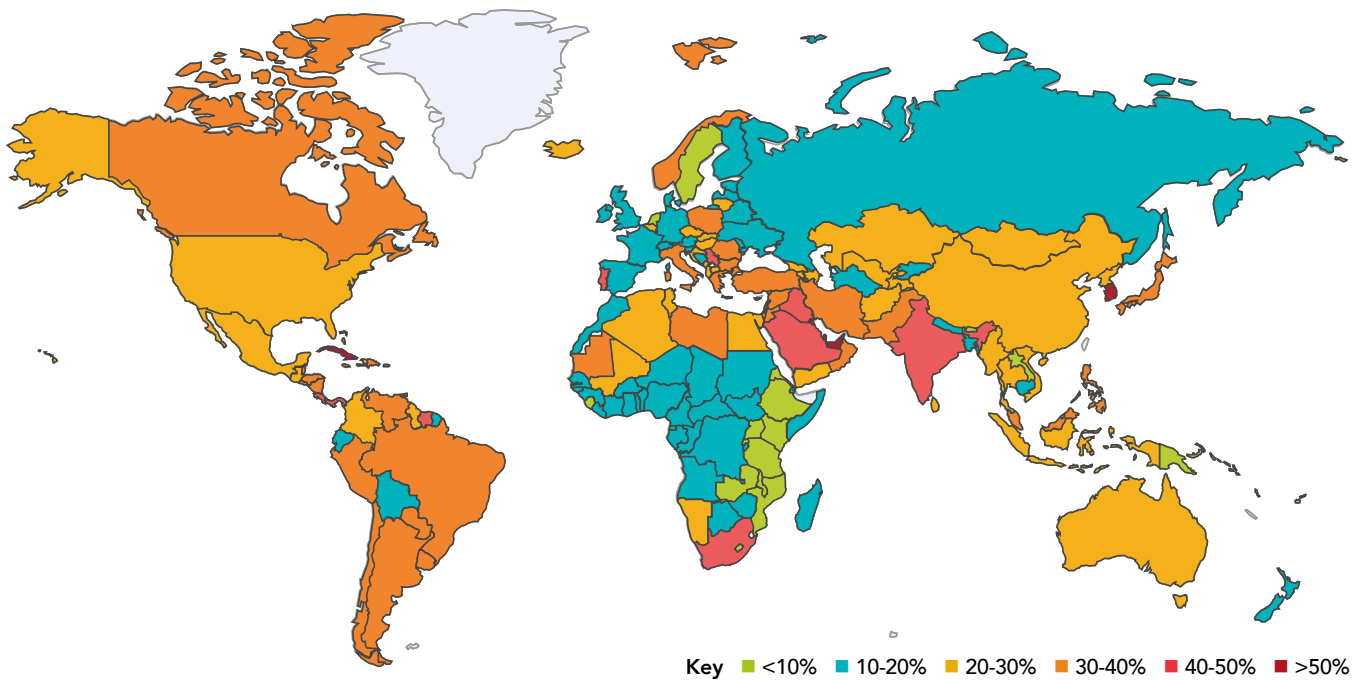
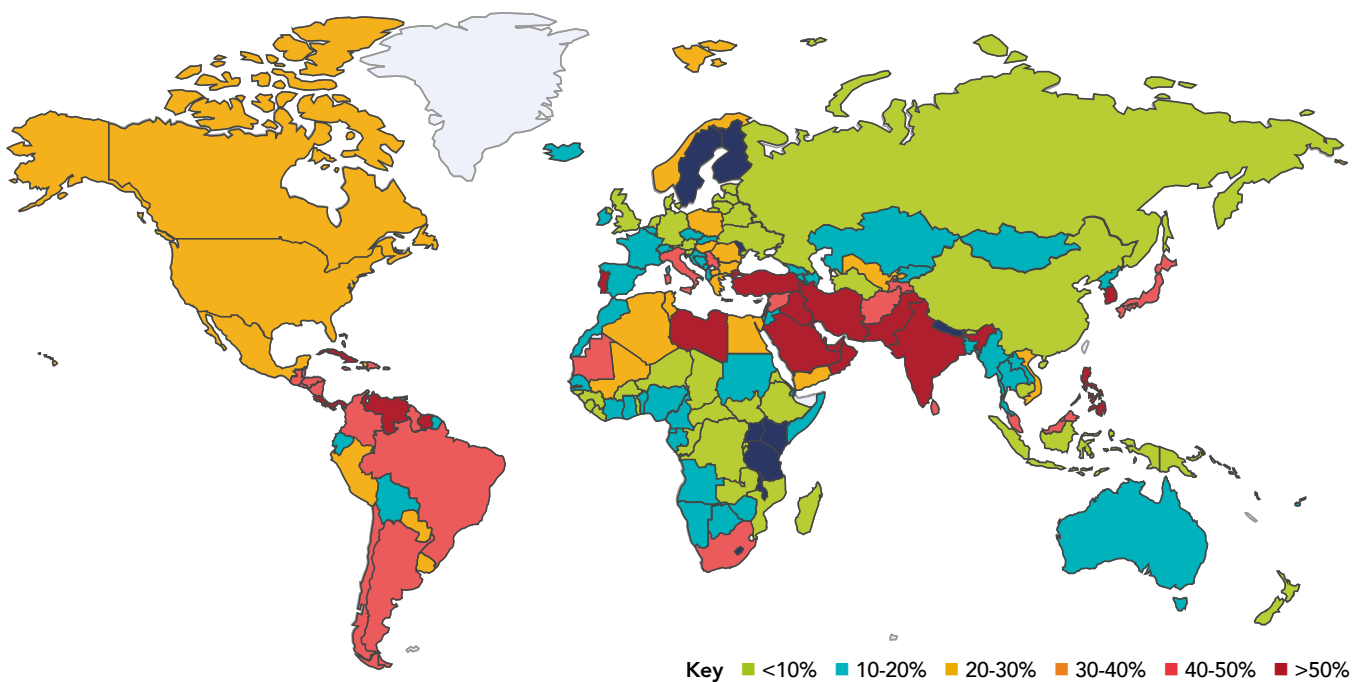


Figure 3.4: Proportion of women with insufficient physical activity, 2022



Source: WHO Global Health Observatory 2024 (data for 2022)

As revealed by these graphics, in countries where there is a gender difference in the percentage of adults with insufficient physical activity, the proportion of women is always higher than men. This highlights the need for gender-responsive policies and programmes, as part of efforts to promote and safeguard the rights of all people, of all ages, that encourage equitable access to engage in regular physical activity, according to ability. In Tables

3.2 and 3.3 we document the existence of national guidelines for physical activity and the management of physical inactivity, as well as if the country has any tax incentives to promote physical activity (also see summary in Section 3.4).

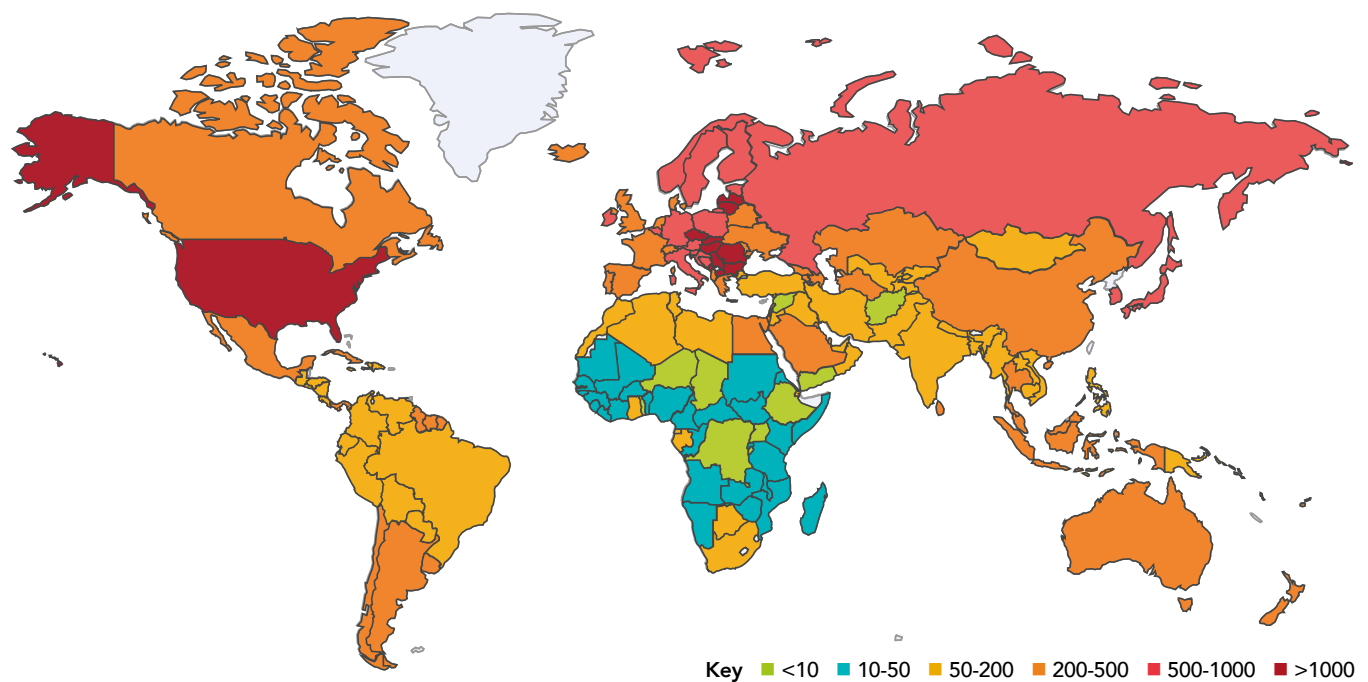
3.3 Food systems

The global rise in obesity since 2010 illustrated in Section 1 is strongly correlated with the increased consumption of unhealthy foods. In particular, it has been linked with the shift to diets high in ultra processed food ('UPFs') during the same period and the consumption of sugar-sweetened beverages (Lane et al, 2024). Besides increasing the risk of overweight and obesity, recent analyses suggest that the high consumption of sugar-sweetened beverages alone contributes to over 2 million type 2 diabetes cases and over 1 million cardiovascular disease cases annually (Lara-Castor et al, 2025).

Estimates by the Food and Agriculture Organization (FAO) of the UN suggest that the consequences of consuming diets rich in highly processed foods and low in plant-based foods are costing the world over \$6 trillion annually in poor health, along with further costs to the environment and to social well-being (FAO et al, 2024). Figure 3.5 shows the impact of diets high in processed foods globally on health costs.

Figure 3.5: Estimated health costs due to diets high in processed foods, 2024

Health costs per capita, in US\$ purchase-power parity adjusted



Source: *The State of Food and Agriculture 2024*. FAO: Rome, and UN population estimates for 2024.

As demonstrated in Table 2.1 (excerpt below), many risk factors related to unhealthy diets are associated with premature deaths from NCDs, highlighting the need for strong food system policies that will simultaneously address overweight and obesity.

Top diet-related risk factors for premature deaths from NCDs

- Diet high in sodium
- Diet low in whole grains
- Diet high in processed meat
- Diet high in sugar-sweetened beverages
- Diet low in fruit and vegetables

3.4 Country comparisons: systems readiness

Using the latest data available, we report on national ‘systems readiness’ to address obesity through 13 indicators (see below) including: evidence of national health systems’ ability to provide treatment for obesity and NCDs; to monitor progress towards meeting the national targets; and to implement policies for prevention and management. The full dataset can be found in Tables 3.1 to 3.3.

Overall, only one country (Tonga) said ‘yes’ to as many as 12 of the 13 combined indicators, while a further five countries (Mexico, India, United Kingdom, Finland and Malaysia) said ‘yes’ to 11 of the 13 indicators. 67 countries had none or only one of the 13 indicators scored as ‘yes’.

3.4a Public health system readiness indicators

National guidelines/standards for:	National adult survey in the last 5 years on:
Management of high BMI: Existence of evidence-based national guidelines/protocols/standards for the management of overweight/obesity	Overweight and obesity: Evidence of a recent, national adult risk factor survey covering overweight and obesity
Physical activity: Existence of national guidelines for physical activity	Unhealthy diet: Evidence of a recent, national adult risk factor survey covering unhealthy diet
Management of physical inactivity: Existence of evidence-based national guidelines/protocols/standards for the management of physical inactivity	Physical inactivity: Evidence of a recent, national adult risk factor survey covering physical inactivity
NCD management in primary care: Existence of evidence-based national guidelines/protocols/standards for the management of major NCDs through a primary care approach	STEPS or health examination: Evidence of a STEPwise approach to NCD risk factor surveillance (STEPS) survey or a comprehensive health examination survey every 5 years

We collated the latest data from 2021 across eight indicators (see above) from the WHO Global Health Observatory. Concerningly, a third of the world – 67 out of 194 countries – had one or less indicator in place. The majority of these countries are in Sub-Saharan Africa alongside those affected by conflict (Pakistan, Syria and Myanmar) and small island developing states where obesity and NCD rates are rising fast. Only 13 countries answered ‘yes’ to all indicators: Belarus, Bhutan, Canada, China, Finland, Iran, Malaysia, Russian Federation, Tonga, Turkey, Turkmenistan, United Kingdom, and Uzbekistan.

However, it is important to note that the existence of guidelines or standards is not the same as implementation. Political, technical and resource challenges may hinder governments’ capacity to implement recommended actions.

Similarly, evidence of recent surveys does not mean that the data is necessarily utilised by policy makers and there may be a 'knowledge-action gap'. This highlights the important role of civil society in all countries to demand accountability around public health measures to address obesity and NCDs.

3.4b Policy readiness indicators

Using WHO databases (GIFNA, 2024 and Global Health Observatory, 2024) we collated the latest data (also from 2021) on the existence of five policies to promote healthy diets and physical activity:

- 1) **Taxes on SSBs:** Existence of tax on sugar-sweetened beverages
- 2) **Taxes on HFSS foods:** Existence of tax on foods high in fats, saturated fats, sugars or salt
- 3) **Subsidies on healthier foods:** Existence of price subsidies for healthy foods.
- 4) **Restrictions on marketing foods to children:** Existence of policies to restrict children's exposure to the promotional marketing of less healthy foods.
- 5) **Taxes to promote physical activity:** Existence of tax incentives to promote physical activity

We found that no country had all five of the policies and actions in place and only 17 countries had three or four. Alarming, 126 countries had either one policy or no policies at all in place to prevent obesity. These countries are mainly low-and middle-income countries. Several OECD countries are also not taking adequate policy action on obesity. On the other hand, most of the 17 countries with three or four policies in place are low- and middle-income: with four out of five indicators – India, Mexico, Seychelles, and Tonga; with three out of five indicators – Brazil, Brunei Darussalam, Ecuador, Fiji, Finland, Hungary, Latvia, Malaysia, Maldives, Portugal, Samoa, Tuvalu, and United Kingdom.

While the existence of multiple policies is to be celebrated, the implementation and effectiveness of food system policies can be hindered by interference from multinational corporations (Slater et al, 2024). It is essential that policymaking is free from conflicts of interest between policymakers and the food industry (Cullerton et al, 2024). Food industry tactics including lobbying and blocking policies are a major barrier to comprehensive action on obesity in countries of all income levels (Chavez-Ugalde, 2021). The fact that countries like Mexico, India and Brazil have food system policies to prevent obesity is testament to the role of civil society in advocating for, and successfully demanding, change.

3.5 World Obesity Day 2025 – The time for collective action is now

It is crucial to understand that any number of these policies alone, or those focused on one system alone, will not be enough to reduce obesity and NCDs. As obesity has many complex and often interrelated causes, a comprehensive policy approach catalysing multi-sectoral action across health systems, food systems, communities and the environments in which people live and work is needed.

The data presented in this Atlas is intended to help mobilise change across these systems and societies. The rising rates of obesity and NCDs signal the urgent need for coordinated, multi-sectoral action to address this growing public health crisis.

The newly launched **WHO Technical Package to Stop Obesity** (WHO, 2025) offers evidence-based interventions designed to enable healthier environments, empower individuals with knowledge and skills, and transform health systems to provide equitable and high-quality services. This comprehensive approach underscores the need to

address the environmental, societal, and structural determinants of health that contribute to obesity. The package serves as a vital resource for countries seeking to develop integrated responses to obesity prevention and control.

At its core, the WHO Technical Package outlines three strategic areas for transformation:

- 1) **Adapting environments to enable healthy lifestyles:** This pillar focuses on creating supportive environments where healthy choices become easier and more accessible. Key measures include:
 - Promoting breastfeeding and supporting mothers through appropriate policies.
 - Reformulating food products to reduce unhealthy ingredients, such as salt, sugar, and trans fats.
 - Regulating the marketing of unhealthy foods and beverages, especially those targeting children.
 - Establishing and enforcing healthy public food procurement policies, ensuring that schools, hospitals, and public institutions provide nutritious food options.
 - Fostering active environments by creating safe spaces for walking, cycling, and recreational activities.
- 2) **Creating knowledge, motivation, and skills for healthy behaviour:** Public education and awareness campaigns are critical for promoting healthier behaviours. This strategic area includes:
 - Conducting mass media campaigns to raise awareness about the benefits of a healthy diet and physical activity.
 - Providing community-based programs that empower individuals to adopt healthier lifestyles.
 - Offering tailored educational initiatives for specific groups, such as school-based health programs and workplace wellness initiatives.
 - Supporting healthcare professionals with training and resources to effectively counsel patients on nutrition, physical activity, and weight management.
- 3) **Transforming health systems:** Strengthening health systems to prevent and manage obesity across the life course is essential. Key actions include:
 - Integrating obesity prevention and management services into primary healthcare settings.
 - Ensuring access to equitable, high-quality care for individuals living with or at risk of obesity.
 - Developing and implementing clinical guidelines for obesity management.
 - Strengthening data systems to monitor and evaluate progress in obesity prevention and care.

These interventions collectively form a systems-oriented approach aimed at addressing the root causes of obesity and supporting individuals in leading healthier lives. They highlight the interdependence of health systems, community environments, and individual behaviour in creating lasting change. Implementing this package can help ensure that health services are well-positioned to provide timely, culturally sensitive, and equitable care for those living with or at risk of obesity.

As societies confront the growing challenges posed by obesity and its related health impact, the role of a systems approach becomes even more evident. Government, civil society, and private sector must collaborate to align health, agriculture, education, and urban planning policies toward shared health goals. Interventions should be interlinked and mutually reinforcing to ensure sustainable improvements.

World Obesity Day 2025

Addressing obesity is a critical step in reducing the global burden of chronic disease. The time for collective action is now. We need to transform our health systems, so they are better equipped to provide care for people living with obesity, and other related health issues. We need to challenge stigma in all areas of society. We need to transform food systems to deliver healthy diets. We need a built environment that gives people more opportunities to be active.

It's time for us to demand change from governments, health systems, food companies, employers and media – to fix these failing systems and to end the obesity crisis.

World Obesity Day 2025's call to action, 'Changing systems, healthier lives', emphasises the necessity of pulling together sectors and strategies to implement a holistic and sustained response to obesity. Now more than ever, we need collective, systems-driven solutions to address one of the most pressing public health challenges of our time. Only through bold, transformative action can we create healthier, more equitable environments that support well-being for all.

Table 3.1: National Systems Readiness Indicators: Health coverage indicators

African Region	UHC NCD index, 2021	UHC NCD index change, 2015-2021	% people with diabetes who are untreated, 2022	% people with NCDs dying aged <70, 2019
Algeria	60.71	0%	52%	36%
Angola	53.76	5%	88%	68%
Benin	60.77	5%	88%	63%
Botswana	60.17	4%	74%	59%
Burkina Faso	54.76	7%	93%	72%
Burundi	59.39	6%	77%	71%
Cabo Verde	56.77	5%	68%	44%
Cameroon	49.14	5%	86%	70%
Central African Republic	43.77	5%	88%	69%
Chad	58.54	6%	82%	70%
Comoros	56.05	7%	69%	65%
Congo	52.47	4%	85%	63%
Cote d'Ivoire	58.65	7%	82%	69%
Democratic Republic of the Congo	59.59	5%	79%	62%
Equatorial Guinea	50.27	4%	80%	69%

African Region	UHC NCD index, 2021	UHC NCD index change, 2015-2021	% people with diabetes who are untreated, 2022	% people with NCDs dying aged <70, 2019
Eritrea	60.09	6%	71%	56%
Eswatini	62	4%	73%	59%
Ethiopia	52.49	6%	79%	55%
Gabon	53.8	4%	81%	55%
Gambia	57.74	6%	82%	66%
Ghana	70.51	6%	80%	66%
Guinea	58.4	7%	81%	68%
Guinea-Bissau	61.51	6%	82%	70%
Kenya	50.91	6%	77%	71%
Lesotho	65.78	4%	74%	65%
Liberia	53.05	6%	86%	61%
Madagascar	45.77	10%	77%	64%
Malawi	58.77	9%	83%	66%
Mali	67.76	5%	81%	68%
Mauritania	60.5	6%	84%	59%
Mauritius	61.3	4%	44%	47%
Mozambique	49.78	7%	87%	69%
Namibia	64.71	4%	77%	54%
Niger	49.3	8%	89%	70%
Nigeria	62.66	8%	75%	69%
Rwanda	44.01	8%	82%	65%
Sao Tome and Principe	62.61	5%	84%	57%
Senegal	55.65	6%	77%	61%
Seychelles	57.3	4%	48%	48%
Sierra Leone	54.72	9%	82%	68%
South Africa	60.66	3%	60%	63%
South Sudan	59.48	6%	77%	56%
Togo	56.9	7%	78%	70%
Uganda	54.5	6%	77%	70%
United Republic of Tanzania	50.72	8%	85%	63%
Zambia	57.47	6%	86%	69%
Zimbabwe	66.74	4%	77%	62%

Region of the Americas	UHC NCD index, 2021	UHC NCD index change, 2015-2021	% people with diabetes who are untreated, 2022	% people with NCDs dying aged <70, 2019
Antigua and Barbuda	65.7	1%	57%	41%
Argentina	61.04	1%	45%	33%
Bahamas	66.55	0%	57%	55%
Barbados	72.18	0%	56%	28%
Belize	70.67	1%	59%	51%
Bolivia	72.92	2%	61%	35%
Brazil	75.9	3%	47%	44%
Canada	84.06	2%	33%	26%
Chile	66.54	4%	36%	31%
Colombia	75.76	3%	43%	34%
Costa Rica	84.98	3%	28%	37%
Cuba	71.21	3%	51%	33%
Dominica	59.96	1%	63%	n/a
Dominican Republic	74.7	1%	53%	43%
Ecuador	73.22	1%	62%	38%
El Salvador	79.39	2%	45%	39%
Grenada	67.68	1%	58%	42%
Guatemala	62	5%	61%	53%
Guyana	66.81	2%	56%	52%
Haiti	63.08	-1%	74%	57%
Honduras	79.22	2%	49%	43%
Jamaica	70.86	1%	62%	36%
Mexico	67.43	4%	38%	45%
Nicaragua	80.98	2%	46%	43%
Panama	73.91	3%	51%	35%
Paraguay	67.41	3%	46%	47%
Peru	70.72	1%	66%	40%
Saint Kitts and Nevis	67.76	1%	57%	n/a
Saint Lucia	69.78	1%	63%	37%
Saint Vincent and the Grenadines	68.62	1%	42%	45%
Suriname	68.45	2%	52%	47%

Region of the Americas	UHC NCD index, 2021	UHC NCD index change, 2015-2021	% people with diabetes who are untreated, 2022	% people with NCDs dying aged <70, 2019
Trinidad and Tobago	63.91	1%	61%	45%
United States of America	69.71	1%	34%	32%
Uruguay	65.66	3%	47%	27%
Venezuela)	80.33	4%	43%	43%

Eastern Mediterranean Region	UHC NCD index, 2021	UHC NCD index change, 2015-2021	% people with diabetes who are untreated, 2022	% people with NCDs dying aged <70, 2019
Afghanistan	64.54	4%	76%	67%
Bahrain	57.31	2%	49%	54%
Djibouti	58.18	6%	77%	60%
Egypt	62.37	0%	54%	55%
Iran	68.66	2%	61%	43%
Iraq	64.02	1%	44%	55%
Jordan	58.25	0%	28%	47%
Kuwait	60.4	1%	35%	75%
Lebanon	54.16	1%	52%	42%
Libya	52.46	1%	57%	54%
Morocco	57.21	1%	62%	46%
Oman	58.2	2%	53%	50%
Pakistan	55.09	2%	73%	59%
Qatar	62.06	2%	35%	57%
Saudi Arabia	48.63	1%	49%	65%
Somalia	60.56	6%	70%	68%
Sudan	53.59	5%	62%	55%
Syrian Arab Republic	65.42	1%	49%	48%
Tunisia	56.9	3%	47%	38%
United Arab Emirates	60.63	1%	42%	79%
Yemen	61.59	2%	60%	62%

European Region	UHC NCD index, 2021	UHC NCD index change, 2015-2021	% people with diabetes who are untreated, 2022	% people with NCDs dying aged <70, 2019
Albania	59.83	4%	40%	16%
Andorra	65.11	2%	39%	n/a
Armenia	50.27	1%	70%	37%
Austria	68.82	4%	39%	20%
Azerbaijan	55.28	1%	62%	46%
Belarus	61.2	3%	44%	37%
Belgium	71.58	2%	19%	21%
Bosnia and Herzegovina	62.37	4%	39%	30%
Bulgaria	59.09	4%	40%	30%
Croatia	61.8	1%	42%	25%
Cyprus	64.87	2%	39%	22%
Czechia	67.88	2%	37%	26%
Denmark	53.54	2%	41%	21%
Estonia	57.8	4%	47%	26%
Finland	67.02	2%	25%	20%
France	64.91	1%	52%	22%
Georgia	48.93	0%	63%	33%
Germany	73.46	3%	34%	24%
Greece	67.55	5%	31%	20%
Hungary	63.92	3%	35%	32%
Iceland	80.32	2%	36%	21%
Ireland	65.84	2%	46%	24%
Israel	71.6	1%	37%	24%
Italy	70.87	2%	44%	16%
Kazakhstan	67.16	3%	57%	47%
Kyrgyzstan	60.59	3%	69%	54%
Latvia	58.6	2%	50%	27%
Lithuania	57.65	3%	58%	25%
Luxembourg	68.75	4%	32%	23%
Malta	75.3	3%	35%	22%
Moldova	54.27	0%	48%	48%
Monaco	69.34	2%	100%	n/a
Montenegro	65.94	3%	40%	32%
Netherlands	65.58	4%	34%	22%

European Region	UHC NCD index, 2021	UHC NCD index change, 2015-2021	% people with diabetes who are untreated, 2022	% people with NCDs dying aged <70, 2019
North Macedonia	66.89	3%	40%	30%
Norway	65.92	4%	35%	20%
Poland	72.7	5%	26%	33%
Portugal	73.92	1%	30%	20%
Romania	68.67	3%	44%	31%
Russian Federation	62.48	2%	35%	40%
San Marino	67.59	2%	100%	n/a
Serbia	62.82	3%	40%	30%
Slovakia	66.44	1%	42%	33%
Slovenia	67.79	2%	40%	24%
Spain	68.35	2%	31%	18%
Sweden	63.84	4%	40%	16%
Switzerland	66.7	2%	40%	18%
Turkiye	65.96	0%	50%	36%
Tajikistan	52.95	1%	78%	55%
Turkmenistan	59.07	1%	87%	63%
Ukraine	64.81	3%	56%	36%
United Kingdom	68.2	2%	48%	21%
Uzbekistan	62.97	0%	73%	56%

South-East Asia Region	UHC NCD index, 2021	UHC NCD index change, 2015-2021	% people with diabetes who are untreated, 2022	% people with NCDs dying aged <70, 2019
Bangladesh	51.08	5%	81%	47%
Bhutan	47.09	4%	84%	38%
Democratic People's Republic of Korea	68.62	2%	62%	42%
India	53.78	8%	71%	54%
Indonesia	44.07	2%	77%	53%
Maldives	58.07	4%	45%	36%
Myanmar	50.3	8%	62%	57%
Nepal	46.38	8%	84%	47%
Sri Lanka	59.68	2%	59%	34%
Thailand	67.23	3%	58%	42%
Timor-Leste	47.4	5%	80%	49%

Western Pacific Region	UHC NCD index, 2021	UHC NCD index change, 2015-2021	% people with diabetes who are untreated, 2022	% people with NCDs dying aged <70, 2019
Australia	71.87	-1%	35%	23%
Brunei Darussalam	66.67	1%	44%	54%
Cambodia	63.58	5%	62%	60%
China	56.26	1%	57%	37%
Cook Islands	41.97	3%	65%	n/a
Fiji	39.08	2%	73%	64%
Japan	68.74	3%	43%	15%
Kiribati	26.62	6%	75%	72%
Laos	55.84	6%	60%	60%
Malaysia	60.5	2%	58%	48%
Marshall Islands	36.44	-1%	70%	n/a
Micronesia (Federated States of)	15.8	2%	73%	77%
Mongolia	63.63	2%	82%	65%
Nauru	43.3	6%	56%	n/a
New Zealand	70.32	1%	44%	24%
Niue	44.79	1%	65%	n/a
Palau	38	3%	56%	n/a
Papua New Guinea	36.17	6%	77%	71%
Philippines	62.05	3%	71%	52%
Republic of Korea	75.96	4%	35%	28%
Samoa	34.36	3%	58%	59%
Singapore	77.37	1%	44%	46%
Solomon Islands	32.88	3%	84%	64%
Tonga	25.6	1%	66%	49%
Tuvalu	34.76	3%	60%	n/a
Vanuatu	32	3%	86%	68%
Vietnam	57.6	4%	70%	42%

Table 3.2: National Systems Readiness Indicators: Public health system readiness indicators

African Region	national guidelines/standards for ...				national adult survey in the last 5 years ...			
	... the management of high BMI	... physical activity	... the management of physical inactivity	... NCD management in primary care	... covering overweight and obesity	... covering unhealthy diet	... covering physical inactivity	... STEPS or health examination
Algeria	No	Yes	No	Yes	Yes	Yes	Yes	No
Angola	No	n/a	No	No	No	No	No	No
Benin	No	n/a	No	Yes	No	No	No	No
Botswana	No	n/a	No	Yes	No	No	No	No
Burkina Faso	No	n/a	No	Yes	Yes	Yes	Yes	No
Burundi	No	n/a	No	No	No	No	No	No
Cabo Verde	No	n/a	No	No	Yes	Yes	Yes	No
Cameroon	No	n/a	No	No	No	No	No	No
Central African Republic	No	n/a	No	No	No	No	No	No
Chad	No	n/a	No	No	No	No	No	No
Comoros	No	n/a	No	No	No	No	No	No
Congo	No	n/a	No	No	No	No	No	No
Cote d'Ivoire	No	Yes	No	No	Yes	Yes	Yes	No
Democratic Republic of the Congo	No	n/a	No	No	No	No	No	No
Equatorial Guinea	No	n/a	No	No	No	No	No	No
Eritrea	No	n/a	No	No	No	No	No	No
Eswatini	No	n/a	No	No	No	No	No	No
Ethiopia	Yes	n/a	Yes	Yes	No	No	No	No
Gabon	No	n/a	No	No	No	No	No	No
Gambia	No	n/a	No	No	No	No	No	No
Ghana	No	n/a	No	Yes	No	No	No	No
Guinea	Yes	n/a	Yes	No	No	No	No	No
Guinea-Bissau	No	n/a	No	No	No	No	No	No
Kenya	No	Yes	Yes	Yes	No	No	No	No
Lesotho	No	n/a	No	Yes	No	No	No	No
Liberia	No	n/a	No	No	No	No	No	No
Madagascar	No	n/a	No	Yes	No	No	No	No
Malawi	No	n/a	No	Yes	Yes	Yes	Yes	No
Mali	No	n/a	No	No	No	No	No	No
Mauritania	No	n/a	No	No	No	No	No	No
Mauritius	No	n/a	No	Yes	No	No	No	No

African Region	national guidelines/standards for ...				national adult survey in the last 5 years ...			
	... the management of high BMI	... physical activity	... the management of physical inactivity	... NCD management in primary care	... covering overweight and obesity	... covering unhealthy diet	... covering physical inactivity	... STEPS or health examination
Mozambique	No	n/a	No	No	No	No	No	No
Namibia	No	n/a	No	No	No	No	No	No
Niger	No	n/a	No	No	Yes	Yes	Yes	No
Nigeria	No	n/a	No	No	No	No	No	No
Rwanda	Yes	n/a	No	Yes	No	No	No	No
Sao Tome and Principe	No	n/a	No	No	Yes	Yes	Yes	No
Senegal	No	n/a	No	Yes	No	No	No	No
Seychelles	No	n/a	No	Yes	No	No	No	No
Sierra Leone	No	n/a	No	No	No	No	No	No
South Africa	No	n/a	No	Yes	Yes	Yes	No	No
South Sudan	No	n/a	No	Yes	No	No	No	No
Tanzania	No	Yes	No	Yes	No	No	No	No
Togo	No	n/a	No	No	No	No	No	No
Uganda	No	n/a	No	Yes	No	No	No	No
Zambia	n/a	n/a	No	Yes	Yes	Yes	Yes	No
Zimbabwe	No	n/a	No	No	No	No	No	No

Region of the Americas	national guidelines/standards for ...				national adult survey in the last 5 years ...			
	... the management of high BMI	... physical activity	... the management of physical inactivity	... NCD management in primary care	... covering overweight and obesity	... covering unhealthy diet	... covering physical inactivity	... STEPS or health examination
Antigua and Barbuda	No	n/a	No	No	No	No	No	No
Argentina	Yes	n/a	Yes	Yes	Yes	Yes	Yes	Yes
Bahamas	No	n/a	No	No	Yes	Yes	Yes	No
Barbados	No	Yes	No	No	No	No	No	No
Belize	No	n/a	No	No	No	n/a	n/a	No
Bolivia	No	n/a	No	Yes	Yes	Yes	Yes	No
Brazil	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No
Canada	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Chile	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No
Colombia	Yes	Yes	Yes	Yes	No	No	No	No
Costa Rica	Yes	n/a	Yes	Yes	Yes	Yes	Yes	No
Cuba	Yes	Yes	Yes	Yes	No	No	No	No
Dominica	No	n/a	No	No	No	No	No	No

Region of the Americas	national guidelines/standards for ...				national adult survey in the last 5 years ...			
	... the management of high BMI	... physical activity	... the management of physical inactivity	... NCD management in primary care	... covering overweight and obesity	... covering unhealthy diet	... covering physical inactivity	... STEPS or health examination
Dominican Republic	Yes	n/a	No	Yes	Yes	No	Yes	No
Ecuador	n/a	Yes	n/a	No	Yes	Yes	Yes	Yes
El Salvador	Yes	Yes	Yes	Yes	No	No	No	No
Grenada	No	n/a	No	No	No	No	No	No
Guatemala	Yes	Yes	Yes	Yes	No	No	No	No
Guyana	No	n/a	No	No	Yes	Yes	Yes	No
Haiti	No	n/a	No	Yes	No	No	No	No
Honduras	No	Don't know	No	No	No	No	No	No
Jamaica	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No
Mexico	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No
Nicaragua	No	n/a	No	Yes	No	No	No	No
Panama	Yes	n/a	Yes	No	Yes	Yes	Yes	No
Paraguay	No	n/a	No	Yes	No	No	No	No
Peru	Yes	Yes	Yes	No	Yes	Yes	No	No
Saint Kitts and Nevis	No	n/a	No	Yes	No	No	No	No
Saint Lucia	No	n/a	No	No	Yes	Yes	Yes	Yes
Saint Vincent and the Grenadines	No	Yes	No	Yes	No	No	No	No
Suriname	No	n/a	No	No	No	No	No	No
Trinidad and Tobago	n/a	n/a	n/a	n/a	No	No	No	No
United States of America	n/a	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Uruguay	No	Yes	Yes	No	No	No	No	No
Venezuela	No	Yes	No	Yes	No	No	No	No

Eastern Med. Region	national guidelines/standards for ...				national adult survey in the last 5 years ...			
	... the management of high BMI	... physical activity	... the management of physical inactivity	... NCD management in primary care	... covering overweight and obesity	... covering unhealthy diet	... covering physical inactivity	... STEPS or health examination
Afghanistan	No	n/a	No	No	Yes	Yes	Yes	No
Bahrain	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No
Djibouti	No	n/a	No	No	No	No	No	No
Egypt	n/a	n/a	No	Yes	Yes	Yes	Yes	Yes
Iran	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes

Eastern Med. Region	national guidelines/standards for ...				national adult survey in the last 5 years ...			
	... the management of high BMI	... physical activity	... the management of physical inactivity	... NCD management in primary care	... covering overweight and obesity	... covering unhealthy diet	... covering physical inactivity	... STEPS or health examination
Iraq	Yes	No	Yes	No	No	No	No	No
Jordan	Yes	Yes	Yes	No	Yes	Yes	Yes	No
Kuwait	Yes	Yes	Yes	Yes	No	No	No	No
Lebanon	Yes	n/a	No	Yes	Yes	Yes	Yes	No
Libya	No	n/a	No	No	No	No	No	No
Morocco	No	n/a	No	No	Yes	Yes	Yes	Yes
Oman	No	Yes	No	Yes	Yes	Yes	Yes	No
Pakistan	No	n/a	No	No	Yes	No	No	No
Qatar	Yes	Yes	Yes	Yes	No	No	No	No
Saudi Arabia	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No
Somalia	No	n/a	No	No	No	No	No	No
Sudan	No	n/a	No	Yes	Yes	Yes	Yes	Yes
Syrian Arab Republic	No	n/a	No	Yes	No	No	No	No
Tunisia	Yes	Yes	Yes	No	Yes	Yes	Yes	No
United Arab Emirates	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes
Yemen	No	n/a	No	No	No	No	No	No

European Region	national guidelines/standards for ...				national adult survey in the last 5 years ...			
	... the management of high BMI	... physical activity	... the management of physical inactivity	... NCD management in primary care	... covering overweight and obesity	... covering unhealthy diet	... covering physical inactivity	... STEPS or health examination
Albania	Yes	n/a	Yes	Yes	Yes	Yes	Yes	No
Andorra	No	Yes	No	No	No	No	No	No
Armenia	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes
Austria	No	Yes	Yes	No	Yes	Yes	Yes	No
Azerbaijan	No	No	Yes	Yes	Yes	Yes	Yes	Yes
Belarus	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Belgium	n/a	n/a	n/a	Yes	Yes	No	Yes	Yes
Bosnia and Herzegovina	Yes	Yes	Yes	Yes	No	No	No	No
Bulgaria	Yes	n/a	Yes	Yes	Yes	Yes	Yes	No
Croatia	No	Yes	No	Yes	Yes	Yes	Yes	No
Cyprus	n/a	Yes	n/a	n/a	n/a	n/a	n/a	n/a
Czechia	Yes	n/a	Yes	Yes	Yes	Yes	Yes	No
Denmark	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No

European Region	national guidelines/standards for ...				national adult survey in the last 5 years ...			
	... the management of high BMI	... physical activity	... the management of physical inactivity	... NCD management in primary care	... covering overweight and obesity	... covering unhealthy diet	... covering physical inactivity	... STEPS or health examination
Estonia	Yes	Yes	Yes	Yes	Yes	No	Yes	No
Finland	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
France	Yes	Yes	Yes	Yes	No	No	No	No
Georgia	Yes	n/a	No	Yes	Yes	Yes	Yes	Yes
Germany	Yes	Yes	Yes	Yes	No	Yes	Yes	No
Greece	No	Yes	No	Yes	Yes	Yes	Yes	No
Hungary	Yes	n/a	No	Yes	Yes	Yes	Yes	No
Iceland	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No
Ireland	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No
Israel	Yes	Yes	Yes	No	No	No	Yes	No
Italy	Yes	Yes	Yes	No	No	Yes	Yes	Yes
Kazakhstan	Yes	n/a	n/a	Yes	No	No	No	No
Kyrgyzstan	No	Yes	No	Yes	No	No	No	No
Latvia	No	Yes	Yes	Yes	Yes	Yes	Yes	No
Lithuania	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No
Luxembourg	No	Yes	No	Yes	Yes	Yes	Yes	Yes
Malta	No	Yes	No	No	Yes	Yes	Yes	No
Moldova	Yes	n/a	Yes	Yes	No	Yes	No	No
Monaco	No	n/a	No	No	No	No	No	No
Montenegro	No	n/a	No	n/a	No	No	No	No
Netherlands	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No
North Macedonia	No	Yes	n/a	Yes	No	No	No	No
Norway	Yes	Yes	Yes	Yes	No	No	No	No
Poland	No	Yes	No	n/a	Yes	Yes	Yes	No
Portugal	Yes	Yes	Yes	Yes	No	No	No	No
Romania	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No
Russian Federation	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
San Marino	No	n/a	No	No	No	No	No	No
Serbia	Yes	n/a	No	Yes	Yes	Yes	Yes	No
Slovakia	No	n/a	No	Yes	Yes	Yes	Yes	No
Slovenia	Yes	No	Yes	Yes	Yes	Yes	Yes	No
Spain	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No
Sweden	No	Yes	Yes	Yes	Yes	Yes	Yes	No
Switzerland	Yes	Yes	No	Yes	Yes	No	Yes	No
Turkiye	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes

European Region	national guidelines/standards for ...				national adult survey in the last 5 years ...			
	... the management of high BMI	... physical activity	... the management of physical inactivity	... NCD management in primary care	... covering overweight and obesity	... covering unhealthy diet	... covering physical inactivity	... STEPS or health examination
Tajikistan	No	n/a	No	Yes	No	Yes	Yes	Yes
Turkmenistan	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Ukraine	Yes	n/a	Yes	Yes	Yes	Yes	Yes	Yes
United Kingdom	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Uzbekistan	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes

South-East Asia Region	national guidelines/standards for ...				national adult survey in the last 5 years ...			
	... the management of high BMI	... physical activity	... the management of physical inactivity	... NCD management in primary care	... covering overweight and obesity	... covering unhealthy diet	... covering physical inactivity	... STEPS or health examination
Bangladesh	No	n/a	No	No	Yes	Yes	Yes	No
Bhutan	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Democratic People's Republic of Korea	No	n/a	No	No	No	No	No	Yes
India	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No
Indonesia	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No
Maldives	No	n/a	No	No	No	No	No	No
Myanmar	No	n/a	No	Yes	No	No	No	No
Nepal	No	n/a	No	No	Yes	Yes	Yes	Yes
Sri Lanka	Yes	Yes	Yes	Yes	No	No	No	No
Thailand	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No
Timor-Leste	No	n/a	No	Yes	No	No	No	No

Western Pacific Region	national guidelines/standards for ...				national adult survey in the last 5 years ...			
	... the management of high BMI	... physical activity	... the management of physical inactivity	... NCD management in primary care	... covering overweight and obesity	... covering unhealthy diet	... covering physical inactivity	... STEPS or health examination
Australia	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No
Brunei Darussalam	Yes	Yes	Yes	Yes	No	No	Yes	No
Cambodia	No	n/a	No	No	Yes	Yes	Yes	Yes
China	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Cook Islands	No	n/a	No	No	No	No	No	No
Fiji	Yes	Yes	Yes	Yes	No	No	No	No
Japan	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes

Western Pacific Region	national guidelines/standards for ...				national adult survey in the last 5 years ...			
	... the management of high BMI	... physical activity	... the management of physical inactivity	... NCD management in primary care	... covering overweight and obesity	... covering unhealthy diet	... covering physical inactivity	... STEPS or health examination
Kiribati	No	n/a	No	No	No	No	No	No
Laos	No	n/a	No	No	No	No	No	No
Malaysia	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Marshall Islands	No	n/a	No	No	Yes	Yes	Yes	No
Micronesia (Federated States of)	Yes	n/a	Yes	No	No	No	No	No
Mongolia	No	Yes	No	Yes	Yes	Yes	Yes	Yes
Nauru	No	n/a	No	No	No	No	No	No
New Zealand	No	Yes	No	Yes	Yes	Yes	Yes	No
Niue	No	Don't know	No	No	No	No	Yes	No
Palau	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No
Papua New Guinea	No	n/a	No	No	No	No	No	No
Philippines	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes
Republic of Korea	Yes	Yes	Yes	No	Yes	Yes	Yes	No
Samoa	No	Yes	No	Yes	No	No	No	No
Singapore	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No
Solomon Islands	No	n/a	No	No	No	No	No	No
Tonga	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Tuvalu	Yes	n/a	Yes	No	No	No	No	No
Vanuatu	Yes	Yes	Yes	Yes	No	No	No	No
Vietnam	Yes	n/a	n/a	Yes	Yes	Yes	Yes	Yes

Table 3.3: National Systems Readiness Indicators: Policy readiness indicators

African Region	Taxes on SSBs	Taxes on HFSS foods	Subsidies on healthier foods	Restrictions on marketing foods to children	Tax incentives to promote physical activity
Algeria	No	No	No	No	No
Angola	No	No	No	No	No
Benin	Yes	No	No	No	No
Botswana	No	No	No	No	No
Burkina Faso	No	No	No	No	No

African Region	Taxes on SSBs	Taxes on HFSS foods	Subsidies on healthier foods	Restrictions on marketing foods to children	Tax incentives to promote physical activity
Burundi	Yes	No	n/a	No	n/a
Cabo Verde	No	No	No	No	No
Cameroon	No	No	No	No	No
Central African Republic	No	No	No	No	No
Chad	Yes	No	n/a	No	n/a
Comoros	No	No	No	No	No
Congo	No	No	No	No	No
Cote d'Ivoire	Yes	No	No	No	No
Democratic Republic of the Congo	Yes	No	n/a	No	No
Equatorial Guinea	n/a	n/a	No	No	No
Eritrea	No	No	No	No	No
Eswatini	No	No	No	No	No
Ethiopia	Yes	Yes	No	No	No
Gabon	No	No	No	No	No
Gambia	Yes	No	No	No	n/a
Ghana	n/a	n/a	n/a	No	n/a
Guinea	No	No	No	No	No
Guinea-Bissau	No	No	No	No	No
Kenya	Yes	No	No	No	No
Lesotho	No	No	No	No	No
Liberia	Yes	No	Yes	No	No
Madagascar	Yes	No	No	No	No
Malawi	Yes	No	n/a	No	n/a
Mali	Yes	No	Yes	No	No
Mauritania	Yes	Yes	No	No	No
Mauritius	Yes	Yes	No	No	No
Mozambique	No	No	No	No	No
Namibia	No	No	No	No	No
Niger	Yes	No	No	No	No
Nigeria	Yes	Yes	No	No	No
Rwanda	Yes	No	No	No	No

African Region	Taxes on SSBs	Taxes on HFSS foods	Subsidies on healthier foods	Restrictions on marketing foods to children	Tax incentives to promote physical activity
Sao Tome and Principe	Yes	No	No	No	No
Senegal	Yes	Yes	No	No	No
Seychelles	Yes	No	Yes	Yes	Yes
Sierra Leone	No	No	No	No	No
South Africa	Yes	No	No	Yes	No
South Sudan	No	No	No	No	No
Tanzania	Yes	No	No	No	No
Togo	Yes	No	No	No	No
Uganda	Yes	No	No	No	No
Zambia	Yes	No	No	No	No
Zimbabwe	No	No	No	No	No

Region of the Americas	Taxes on SSBs	Taxes on HFSS foods	Subsidies on healthier foods	Restrictions on marketing foods to children	Tax incentives to promote physical activity
Antigua and Barbuda	No	No	No	No	No
Argentina	Yes	No	Yes	No	No
Bahamas	No	No	No	No	Yes
Barbados	Yes	No	No	No	No
Belize	Yes	No	No	No	No
Bolivia	Yes	No	No	No	No
Brazil	Yes	No	No	Yes	Yes
Canada	No	No	No	Yes	Yes
Chile	Yes	No	No	Yes	No
Colombia	No	No	No	Yes	No
Costa Rica	Yes	No	No	Yes	No
Cuba	No	No	Yes	No	No
Dominica	Yes	No	Yes	No	n/a
Dominican Republic	No	No	No	No	No
Ecuador	Yes	Yes	No	Yes	No
El Salvador	Yes	No	No	Yes	No
Grenada	No	No	No	No	No

Region of the Americas	Taxes on SSBs	Taxes on HFSS foods	Subsidies on healthier foods	Restrictions on marketing foods to children	Tax incentives to promote physical activity
Guatemala	Yes	No	No	No	No
Guyana	No	No	No	No	No
Haiti	No	No	No	No	No
Honduras	Yes	No	No	No	No
Jamaica	No	No	No	No	No
Mexico	Yes	Yes	No	Yes	Yes
Nicaragua	Yes	No	No	No	No
Panama	Yes	No	No	Yes	No
Paraguay	Yes	No	No	No	No
Peru	Yes	No	No	Yes	No
Saint Kitts and Nevis	Yes	No	No	No	No
Saint Lucia	No	No	No	No	No
Saint Vincent and the Grenadines	Yes	Yes	No	No	No
Suriname	Yes	No	No	No	No
Trinidad and Tobago	No	No	No	No	No
United States of America	No	No	Yes	Yes	No
Uruguay	Yes	No	No	Yes	No
Venezuela	No	No	No	n/a	No

Eastern Mediterranean Region	Taxes on SSBs	Taxes on HFSS foods	Subsidies on healthier foods	Restrictions on marketing foods to children	Tax incentives to promote physical activity
Afghanistan	Yes	Yes	No	No	No
Bahrain	Yes	No	No	Yes	No
Djibouti	No	No	No	No	No
Egypt	No	No	No	No	No
Iran	Yes	No	No	Yes	No
Iraq	No	No	No	No	No
Jordan	No	No	No	No	No
Kuwait	No	No	Yes	Yes	n/a
Lebanon	No	No	No	No	No

Eastern Mediterranean Region	Taxes on SSBs	Taxes on HFSS foods	Subsidies on healthier foods	Restrictions on marketing foods to children	Tax incentives to promote physical activity
Libya	No	No	No	No	No
Morocco	Yes	No	No	Yes	No
Oman	Yes	No	No	Yes	No
Pakistan	Yes	No	No	No	No
Qatar	Yes	No	No	No	No
Saudi Arabia	Yes	No	No	Yes	No
Somalia	No	No	No	No	No
Sudan	No	No	No	No	No
Syrian Arab Republic	No	No	No	No	No
Tunisia	Yes	Yes	n/a	No	n/a
United Arab Emirates	Yes	No	No	Yes	No
Yemen	n/a	n/a	n/a	No	n/a

European Region	Taxes on SSBs	Taxes on HFSS foods	Subsidies on healthier foods	Restrictions on marketing foods to children	Tax incentives to promote physical activity
Albania	Yes	No	No	Yes	No
Andorra	No	No	No	No	No
Armenia	No	No	No	No	No
Austria	No	No	No	Yes	No
Azerbaijan	No	No	No	Yes	No
Belarus	No	No	No	Yes	No
Belgium	Yes	No	No	Yes	No
Bosnia and Herzegovina	No	No	No	Yes	No
Bulgaria	No	No	No	Yes	No
Croatia	Yes	No	No	Yes	No
Cyprus	n/a	n/a	n/a	No	n/a
Czechia	No	No	No	Yes	No
Denmark	No	No	No	Yes	No
Estonia	No	No	No	Yes	Yes
Finland	Yes	Yes	No	Yes	No
France	Yes	No	No	Yes	No

European Region	Taxes on SSBs	Taxes on HFSS foods	Subsidies on healthier foods	Restrictions on marketing foods to children	Tax incentives to promote physical activity
Georgia	No	No	No	No	No
Germany	No	No	No	Yes	Yes
Greece	No	No	No	Yes	No
Hungary	Yes	Yes	No	Yes	No
Iceland	No	No	No	Yes	Yes
Ireland	Yes	No	No	Yes	No
Israel	No	No	No	Yes	No
Italy	No	No	No	Yes	Yes
Kazakhstan	No	No	No	No	No
Kyrgyzstan	No	No	No	No	No
Latvia	Yes	No	Yes	Yes	No
Lithuania	No	No	No	Yes	No
Luxembourg	No	No	No	Yes	n/a
Malta	No	No	No	Yes	Yes
Moldova	No	No	No	Yes	No
Monaco	Yes	No	No	No	No
Montenegro	Yes	No	No	No	No
Netherlands	No	No	No	Yes	No
North Macedonia	No	No	No	No	No
Norway	No	No	No	Yes	No
Poland	Yes	No	No	Yes	No
Portugal	Yes	Yes	No	Yes	No
Romania	No	No	No	No	No
Russian Federation	No	No	No	Yes	No
San Marino	No	No	No	No	No
Serbia	No	No	No	Yes	No
Slovakia	No	No	No	No	No
Slovenia	No	No	No	Yes	No
Spain	No	No	Yes	Yes	No
Sweden	No	No	No	Yes	No
Switzerland	No	No	No	Yes	No
Turkiye	Yes	No	No	Yes	No

European Region	Taxes on SSBs	Taxes on HFSS foods	Subsidies on healthier foods	Restrictions on marketing foods to children	Tax incentives to promote physical activity
Tajikistan	Yes	No	n/a	Yes	No
Turkmenistan	n/a	n/a	n/a	No	n/a
Ukraine	No	No	No	No	No
United Kingdom	Yes	No	No	Yes	Yes
Uzbekistan	No	No	No	Yes	No

South-East Asia Region	Taxes on SSBs	Taxes on HFSS foods	Subsidies on healthier foods	Restrictions on marketing foods to children	Tax incentives to promote physical activity
Bangladesh	Yes	Yes	No	No	No
Bhutan	No	No	No	No	No
Democratic People's Republic of Korea	No	No	No	No	No
India	Yes	Yes	Yes	Yes	No
Indonesia	No	No	No	No	No
Maldives	Yes	Yes	No	Yes	No
Myanmar	No	No	No	No	No
Nepal	No	No	No	No	No
Sri Lanka	Yes	No	No	No	No
Thailand	Yes	No	No	Yes	No
Timor-Leste	No	No	No	No	No

Western Pacific Region	Taxes on SSBs	Taxes on HFSS foods	Subsidies on healthier foods	Restrictions on marketing foods to children	Tax incentives to promote physical activity
Australia	No	No	No	Yes	No
Brunei Darussalam	Yes	Yes	No	Yes	No
Cambodia	No	No	No	No	No
China	No	No	No	Yes	No
Cook Islands	Yes	No	No	Yes	No
Fiji	Yes	Yes	Yes	No	No
Japan	No	No	No	No	No
Kiribati	Yes	No	No	Yes	No

Western Pacific Region	Taxes on SSBs	Taxes on HFSS foods	Subsidies on healthier foods	Restrictions on marketing foods to children	Tax incentives to promote physical activity
Laos	No	No	No	No	No
Malaysia	Yes	No	No	Yes	Yes
Marshall Islands	Yes	Yes	No	No	No
Micronesia (Federated States of)	Yes	Yes	No	No	No
Mongolia	No	No	No	Yes	No
Nauru	Yes	Yes	n/a	No	n/a
New Zealand	No	No	No	No	No
Niue	Yes	No	No	No	No
Palau	No	No	No	No	No
Papua New Guinea	n/a	n/a	n/a	No	n/a
Philippines	Yes	No	No	Yes	No
Republic of Korea	No	No	No	Yes	No
Samoa	Yes	Yes	Yes	No	No
Singapore	No	No	No	Yes	No
Solomon Islands	Yes	No	No	No	No
Tonga	Yes	Yes	Yes	No	Yes
Tuvalu	Yes	Yes	Yes	No	No
Vanuatu	Yes	Yes	No	No	No
Vietnam	No	No	No	No	No

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Country scorecards

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Bhutan	85	Estonia	122	Japan	153
Bolivia	86	Eswatini	123	Jordan	154
Bosnia and Herzegovina	87	Ethiopia	124		
Botswana	88				
Brazil	89	Federated States of Micronesia	125	Kazakhstan	155
Brunei Darussalam	90	Fiji	126	Kenya	156
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Burkina Faso	92	France	128	Kuwait	158
Burundi	93			Kyrgyzstan	159
Cabo Verde	94	Gabon	129	Laos	160
Cambodia	95	Gambia	130	Latvia	161
Cameroon	96	Georgia	131	Lebanon	162
Canada	97	Germany	132	Lesotho	163
Central African Republic	98	Ghana	133	Liberia	164
Chad	99	Greece	134	Libya	165
Chile	100	Greenland	135	Lithuania	166

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Myanmar	183	Saint Lucia	213	Tuvalu	249
		Saint Vincent & the Grenadines	214		
Namibia	184	Samoa	215	Uganda	250
Nauru	185	Sao Tome and Principe	216	Ukraine	251
Nepal	186	Saudi Arabia	217	United Arab Emirates	252
Netherlands	187	Senegal	218	United Kingdom	253
New Zealand	188	Serbia	219	United States	254
Nicaragua	189	Seychelles	220	Uruguay	255
Niger	190	Sierra Leone	221	Uzbekistan	256
Nigeria	191	Singapore	222		
Niue	192	Slovakia	223	Vanuatu	257
North Korea	193	Slovenia	224	Venezuela	258
North Macedonia	194	Solomon Islands	225	Vietnam	259
Norway	195	Somalia	226		
		South Africa	227	Yemen	260
Oman	196	South Korea	228		
		South Sudan	229		
		Spain	230		
Pakistan	197	Sri Lanka	231	Zambia	261
Palau	198	Sudan	232	Zimbabwe	262



Afghanistan

54%

Adults with high BMI in 2025

21%

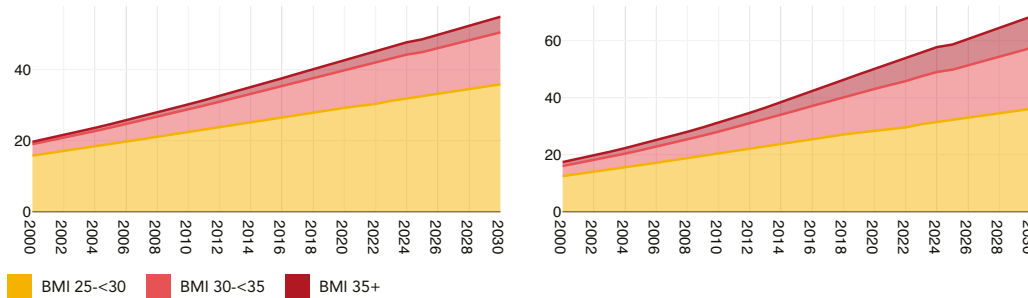
Adults living with obesity in 2025

Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI

% women with high BMI



Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	Men			Women		
	2010	2015	2030	2010	2015	2030
25-<30	1,260	1,830	4,330	1,180	1,770	4,360
30-<35	350	580	1,770	440	770	2,580
35+	79	140	530	180	340	1,330
All high BMI	1,690	2,550	6,630	1,800	2,880	8,260

Totals may not add up due to rounding

14.9m

Adults with high BMI in 2030

7,702

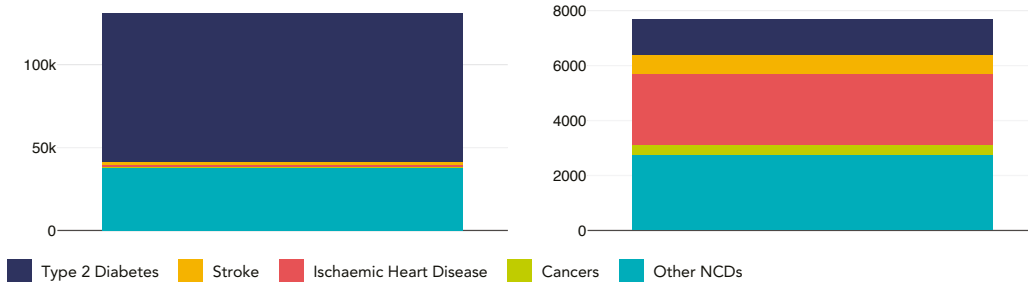
Premature NCD deaths due to high BMI, 2021

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health

Premature deaths



131,366

Adult person-years of NCD ill health due to high BMI, 2021

National policies, action and risk factors

National guidelines for the management of high BMI	No
National guidelines for the management of physical inactivity	No
National guidelines for NCD management in primary care	No
Survey of adult overweight and obesity in the last five years	Yes
Survey of adult unhealthy diets in the last five years	Yes
Survey of adult physical inactivity in the last five years	Yes
Taxes on sugar-sweetened beverages	Yes
Sugar-sweetened beverage consumption per person per week	250-500ml
Proportion of adults with insufficient physical activity	30-40%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Albania

65%

Adults with high BMI in 2025

26%

Adults living with obesity in 2025

1.419m

Adults with high BMI in 2030

517

Premature NCD deaths due to high BMI, 2021

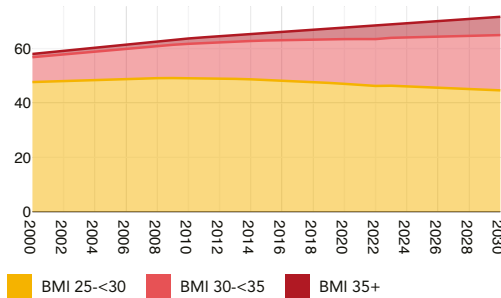
23,077

Adult person-years of NCD ill health due to high BMI, 2021

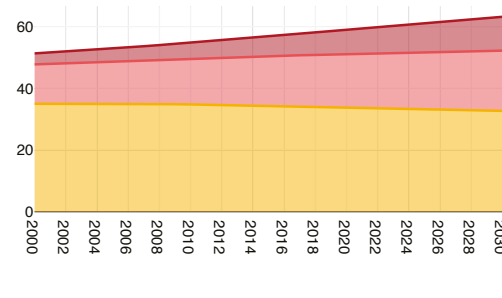
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



■ BMI 25-<30 ■ BMI 30-<35 ■ BMI 35+

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	Men			Women		
	2010	2015	2030	2010	2015	2030
25-<30	480	500	460	360	370	350
30-<35	120	150	210	150	170	210
35+	19	28	69	53	69	120
All high BMI	620	670	740	560	610	680

Totals may not add up due to rounding

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



■ Type 2 Diabetes ■ Stroke ■ Ischaemic Heart Disease ■ Cancers ■ Other NCDs

National policies, action and risk factors

National guidelines for the management of high BMI	Yes
National guidelines for the management of physical inactivity	Yes
National guidelines for NCD management in primary care	Yes
Survey of adult overweight and obesity in the last five years	Yes
Survey of adult unhealthy diets in the last five years	Yes
Survey of adult physical inactivity in the last five years	Yes
Taxes on sugar-sweetened beverages	Yes
Sugar-sweetened beverage consumption per person per week	>2500ml
Proportion of adults with insufficient physical activity	20-30%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Algeria

62%

Adults with high BMI in 2025

26%

Adults living with obesity in 2025

20.91m

Adults with high BMI in 2030

10,946

Premature NCD deaths due to high BMI, 2021

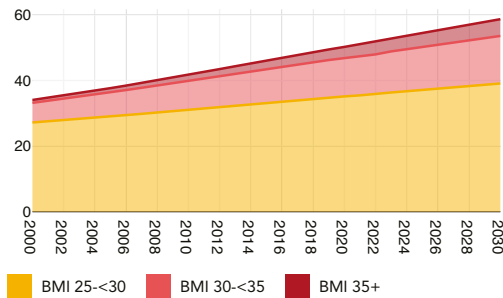
342,958

Adult person-years of NCD ill health due to high BMI, 2021

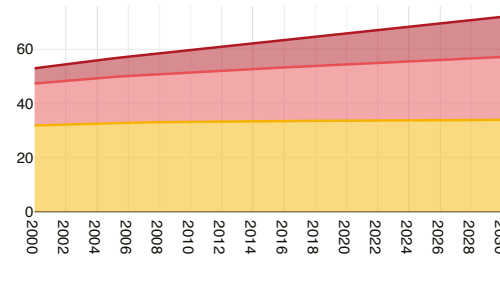
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



■ BMI 25-<30 ■ BMI 30-<35 ■ BMI 35+

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	Men			Women		
	2010	2015	2030	2010	2015	2030
25-<30	3,620	4,330	6,380	3,690	4,150	5,340
30-<35	1,030	1,340	2,360	2,020	2,420	3,660
35+	210	330	830	920	1,210	2,340
All high BMI	4,860	5,990	9,580	6,620	7,790	11,330

Totals may not add up due to rounding

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



■ Type 2 Diabetes ■ Stroke ■ Ischaemic Heart Disease ■ Cancers ■ Other NCDs

National policies, action and risk factors

National guidelines for the management of high BMI	No
National guidelines for the management of physical inactivity	No
National guidelines for NCD management in primary care	Yes
Survey of adult overweight and obesity in the last five years	Yes
Survey of adult unhealthy diets in the last five years	Yes
Survey of adult physical inactivity in the last five years	Yes
Taxes on sugar-sweetened beverages	No
Sugar-sweetened beverage consumption per person per week	1000-2500ml
Proportion of adults with insufficient physical activity	20-30%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



American Samoa

92%

Adults with high BMI in 2025

77%

Adults living with obesity in 2025

26,000

Adults with high BMI in 2030

55

Premature NCD deaths due to high BMI, 2021

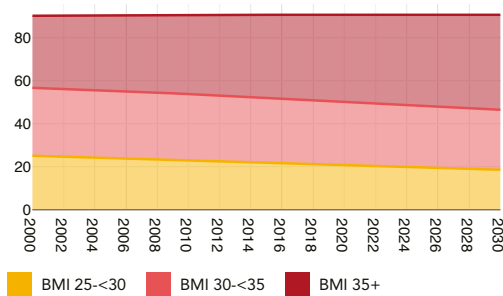
904

Adult person-years of NCD ill health due to high BMI, 2021

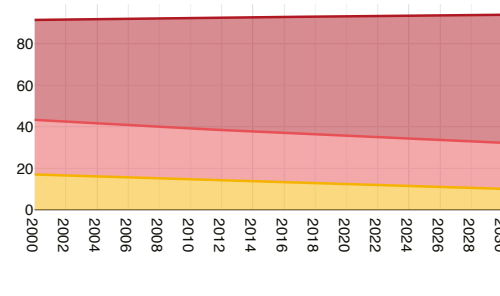
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



■ BMI 25-<30 ■ BMI 30-<35 ■ BMI 35+

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	Men			Women		
	2010	2015	2030	2010	2015	2030
25-<30	3	3	3	2	2	1
30-<35	5	5	4	4	4	3
35+	6	6	6	8	9	9
All high BMI	14	14	13	14	14	14

Totals may not add up due to rounding

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



■ Type 2 Diabetes ■ Stroke ■ Ischaemic Heart Disease ■ Cancers ■ Other NCDs

National policies, action and risk factors

National guidelines for the management of high BMI	n/a
National guidelines for the management of physical inactivity	n/a
National guidelines for NCD management in primary care	n/a
Survey of adult overweight and obesity in the last five years	n/a
Survey of adult unhealthy diets in the last five years	n/a
Survey of adult physical inactivity in the last five years	n/a
Taxes on sugar-sweetened beverages	n/a
Sugar-sweetened beverage consumption per person per week	n/a
Proportion of adults with insufficient physical activity	n/a

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Andorra

49%

Adults with high BMI in 2025

19%

Adults living with obesity in 2025

35,000

Adults with high BMI in 2030

10

Premature NCD deaths due to high BMI, 2021

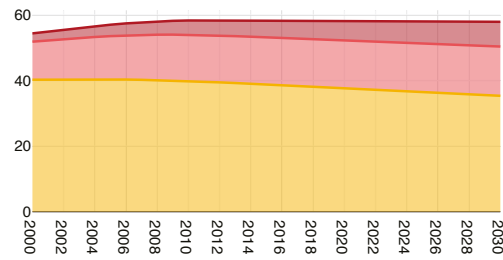
726

Adult person-years of NCD ill health due to high BMI, 2021

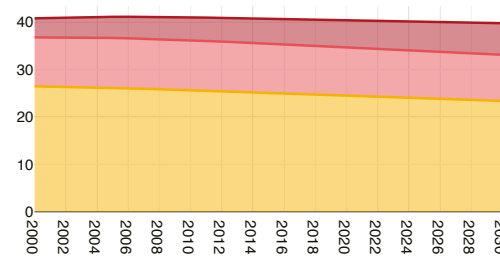
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



■ BMI 25-<30 ■ BMI 30-<35 ■ BMI 35+

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	Men			Women		
	2010	2015	2030	2010	2015	2030
25-<30	13	11	13	8	7	8
30-<35	5	4	6	3	3	3
35+	1	1	3	2	1	2
All high BMI	19	17	21	13	12	14

Totals may not add up due to rounding

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



■ Type 2 Diabetes ■ Stroke ■ Ischaemic Heart Disease ■ Cancers ■ Other NCDs

National policies, action and risk factors

National guidelines for the management of high BMI	No
National guidelines for the management of physical inactivity	No
National guidelines for NCD management in primary care	No
Survey of adult overweight and obesity in the last five years	No
Survey of adult unhealthy diets in the last five years	No
Survey of adult physical inactivity in the last five years	No
Taxes on sugar-sweetened beverages	No
Sugar-sweetened beverage consumption per person per week	n/a
Proportion of adults with insufficient physical activity	20-30%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Angola

34%

Adults with high BMI in 2025

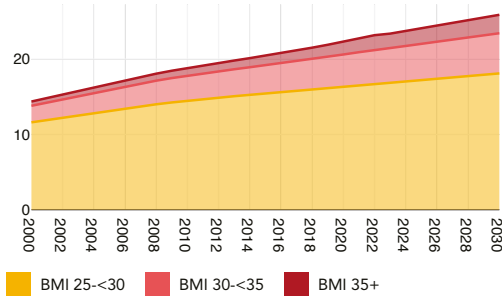
12%

Adults living with obesity in 2025

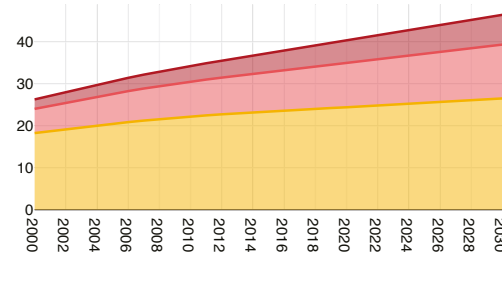
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



■ BMI 25-<30 ■ BMI 30-<35 ■ BMI 35+

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	2010	Men		Women		
		2010	2015	2030	2010	2015
25-<30	730	950	1,840	1,190	1,520	2,850
30-<35	170	230	540	450	610	1,380
35+	51	78	250	200	290	760
All high BMI	950	1,250	2,640	1,840	2,430	5,000

Totals may not add up due to rounding

7.62m

Adults with high BMI in 2030

4,680

Premature NCD deaths due to high BMI, 2021

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



■ Type 2 Diabetes ■ Stroke ■ Ischaemic Heart Disease ■ Cancers ■ Other NCDs

66,689

Adult person-years of NCD ill health due to high BMI, 2021

National policies, action and risk factors

National guidelines for the management of high BMI	No
National guidelines for the management of physical inactivity	No
National guidelines for NCD management in primary care	No
Survey of adult overweight and obesity in the last five years	No
Survey of adult unhealthy diets in the last five years	No
Survey of adult physical inactivity in the last five years	No
Taxes on sugar-sweetened beverages	No
Sugar-sweetened beverage consumption per person per week	1000-2500ml
Proportion of adults with insufficient physical activity	10-20%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Antigua and Barbuda

66%

Adults with high BMI in 2025

36%

Adults living with obesity in 2025

51,000

Adults with high BMI in 2030

44

Premature NCD deaths due to high BMI, 2021

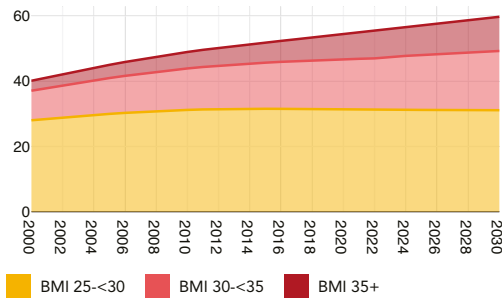
1,045

Adult person-years of NCD ill health due to high BMI, 2021

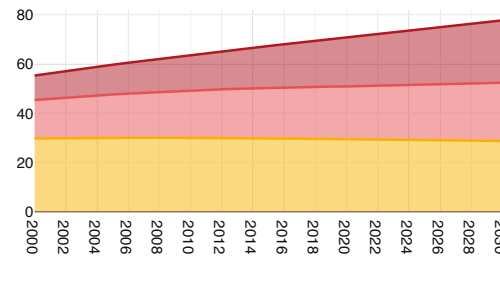
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



Legend: BMI 25-30 (yellow), BMI 30-35 (pink), BMI 35+ (red)

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	2010	Men		Women		
		2010	2015	2030	2010	2015
25-30	8	9	11	9	10	11
30-35	3	4	6	6	7	9
35+	1	2	4	5	6	10
All high BMI	13	15	21	20	23	31

Totals may not add up due to rounding

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



Legend: Type 2 Diabetes (dark blue), Stroke (yellow), Ischaemic Heart Disease (red), Cancers (green), Other NCDs (cyan)

National policies, action and risk factors

National guidelines for the management of high BMI	No
National guidelines for the management of physical inactivity	No
National guidelines for NCD management in primary care	No
Survey of adult overweight and obesity in the last five years	No
Survey of adult unhealthy diets in the last five years	No
Survey of adult physical inactivity in the last five years	No
Taxes on sugar-sweetened beverages	No
Sugar-sweetened beverage consumption per person per week	1000-2500ml
Proportion of adults with insufficient physical activity	30-40%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Argentina

73%

Adults with high BMI in 2025

39%

Adults living with obesity in 2025

26.32m

Adults with high BMI in 2030

10,524

Premature NCD deaths due to high BMI, 2021

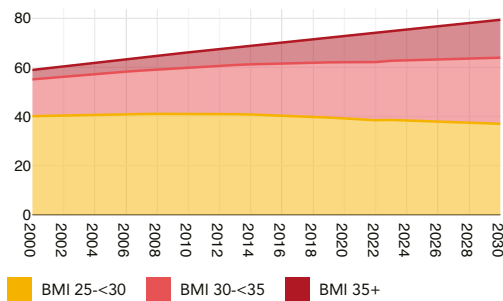
381,366

Adult person-years of NCD ill health due to high BMI, 2021

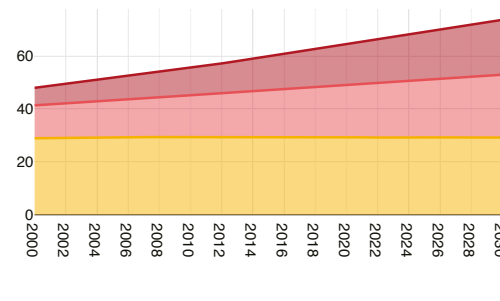
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



■ BMI 25-<30 ■ BMI 30-<35 ■ BMI 35+

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	Men			Women		
	2010	2015	2030	2010	2015	2030
25-<30	5,400	5,760	6,250	4,110	4,410	5,110
30-<35	2,480	2,950	4,550	2,210	2,670	4,160
35+	810	1,140	2,610	1,440	1,900	3,640
All high BMI	8,690	9,850	13,410	7,770	8,980	12,910

Totals may not add up due to rounding

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



■ Type 2 Diabetes ■ Stroke ■ Ischaemic Heart Disease ■ Cancers ■ Other NCDs

National policies, action and risk factors

National guidelines for the management of high BMI	Yes
National guidelines for the management of physical inactivity	Yes
National guidelines for NCD management in primary care	Yes
Survey of adult overweight and obesity in the last five years	Yes
Survey of adult unhealthy diets in the last five years	Yes
Survey of adult physical inactivity in the last five years	Yes
Taxes on sugar-sweetened beverages	Yes
Sugar-sweetened beverage consumption per person per week	1000-2500ml
Proportion of adults with insufficient physical activity	30-40%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Armenia

58%

Adults with high BMI in 2025

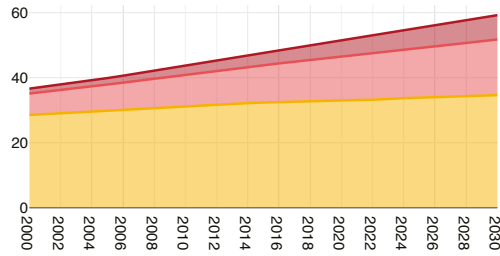
26%

Adults living with obesity in 2025

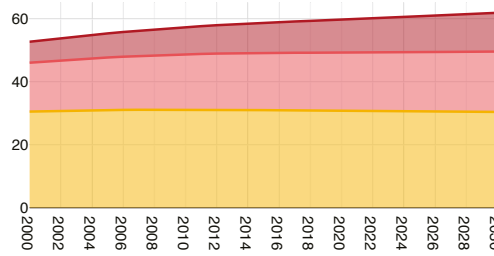
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



■ BMI 25-<30 ■ BMI 30-<35 ■ BMI 35+

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	2010	Men		Women		
		2010	2015	2030	2010	2015
25-<30	290	300	330	370	380	370
30-<35	89	110	160	210	220	230
35+	26	35	72	100	120	150
All high BMI	400	450	570	680	710	740

Totals may not add up due to rounding

1.312m

Adults with high BMI in 2030

1,110

Premature NCD deaths due to high BMI, 2021

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



■ Type 2 Diabetes ■ Stroke ■ Ischaemic Heart Disease ■ Cancers ■ Other NCDs

26,535

Adult person-years of NCD ill health due to high BMI, 2021

National policies, action and risk factors

National guidelines for the management of high BMI	Yes
National guidelines for the management of physical inactivity	Yes
National guidelines for NCD management in primary care	No
Survey of adult overweight and obesity in the last five years	Yes
Survey of adult unhealthy diets in the last five years	Yes
Survey of adult physical inactivity in the last five years	Yes
Taxes on sugar-sweetened beverages	No
Sugar-sweetened beverage consumption per person per week	250-500ml
Proportion of adults with insufficient physical activity	20-30%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Australia

66%

Adults with high BMI in 2025

32%

Adults living with obesity in 2025

14.7m

Adults with high BMI in 2030

3,298

Premature NCD deaths due to high BMI, 2021

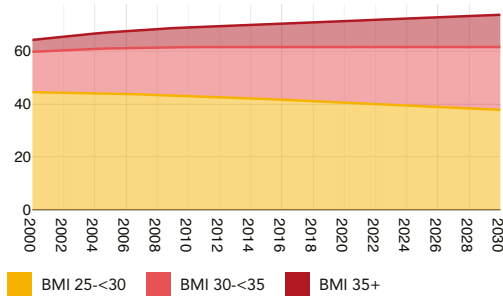
254,990

Adult person-years of NCD ill health due to high BMI, 2021

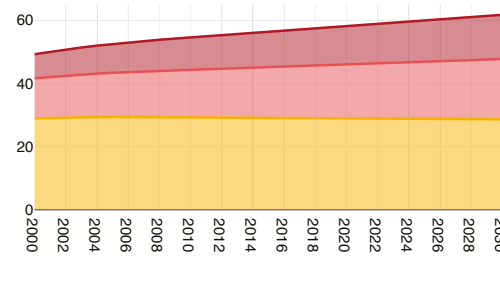
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



■ BMI 25-<30 ■ BMI 30-<35 ■ BMI 35+

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	Men			Women		
	2010	2015	2030	2010	2015	2030
25-<30	3,490	3,690	4,040	2,440	2,650	3,160
30-<35	1,500	1,730	2,540	1,260	1,470	2,110
35+	600	750	1,300	850	1,010	1,550
All high BMI	5,590	6,170	7,880	4,550	5,140	6,820

Totals may not add up due to rounding

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



■ Type 2 Diabetes ■ Stroke ■ Ischaemic Heart Disease ■ Cancers ■ Other NCDs

National policies, action and risk factors

National guidelines for the management of high BMI	Yes
National guidelines for the management of physical inactivity	Yes
National guidelines for NCD management in primary care	Yes
Survey of adult overweight and obesity in the last five years	Yes
Survey of adult unhealthy diets in the last five years	Yes
Survey of adult physical inactivity in the last five years	Yes
Taxes on sugar-sweetened beverages	No
Sugar-sweetened beverage consumption per person per week	500-1000ml
Proportion of adults with insufficient physical activity	20-30%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Austria

46%

Adults with high BMI in 2025

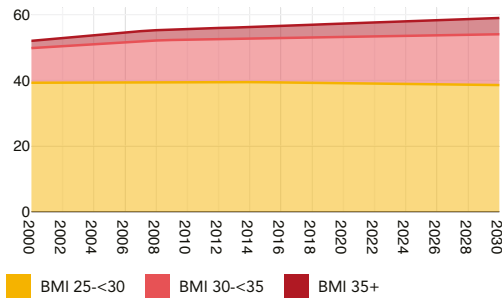
16%

Adults living with obesity in 2025

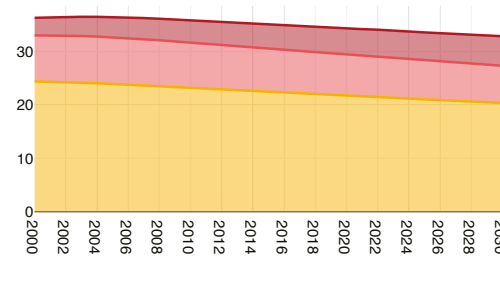
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



■ BMI 25-<30 ■ BMI 30-<35 ■ BMI 35+

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	Men			Women		
	2010	2015	2030	2010	2015	2030
25-<30	1,260	1,330	1,390	800	800	770
30-<35	410	450	560	290	290	260
35+	100	120	180	140	160	210
All high BMI	1,770	1,900	2,130	1,230	1,250	1,240

Totals may not add up due to rounding

3.37m

Adults with high BMI in 2030

1,085

Premature NCD deaths due to high BMI, 2021

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



■ Type 2 Diabetes ■ Stroke ■ Ischaemic Heart Disease ■ Cancers ■ Other NCDs

69,815

Adult person-years of NCD ill health due to high BMI, 2021

National policies, action and risk factors

National guidelines for the management of high BMI	No
National guidelines for the management of physical inactivity	Yes
National guidelines for NCD management in primary care	No
Survey of adult overweight and obesity in the last five years	Yes
Survey of adult unhealthy diets in the last five years	Yes
Survey of adult physical inactivity in the last five years	Yes
Taxes on sugar-sweetened beverages	No
Sugar-sweetened beverage consumption per person per week	500-1000ml
Proportion of adults with insufficient physical activity	10-20%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Azerbaijan

65%

Adults with high BMI in 2025

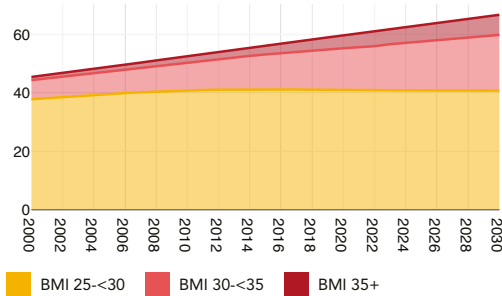
29%

Adults living with obesity in 2025

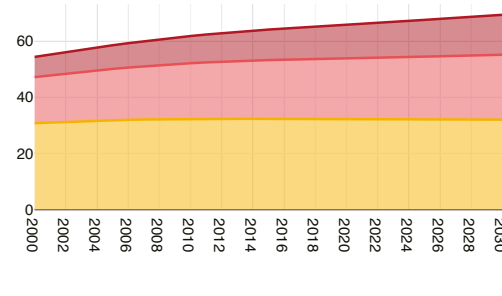
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



■ BMI 25-<30 ■ BMI 30-<35 ■ BMI 35+

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	Men			Women		
	2010	2015	2030	2010	2015	2030
25-<30	1,170	1,310	1,530	1,080	1,180	1,310
30-<35	280	380	720	660	760	950
35+	60	97	260	320	400	580
All high BMI	1,510	1,780	2,510	2,060	2,340	2,840

Totals may not add up due to rounding

5.35m

Adults with high BMI in 2030

4,394

Premature NCD deaths due to high BMI, 2021

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



■ Type 2 Diabetes ■ Stroke ■ Ischaemic Heart Disease ■ Cancers ■ Other NCDs

73,839

Adult person-years of NCD ill health due to high BMI, 2021

National policies, action and risk factors

National guidelines for the management of high BMI	No
National guidelines for the management of physical inactivity	Yes
National guidelines for NCD management in primary care	Yes
Survey of adult overweight and obesity in the last five years	Yes
Survey of adult unhealthy diets in the last five years	Yes
Survey of adult physical inactivity in the last five years	Yes
Taxes on sugar-sweetened beverages	No
Sugar-sweetened beverage consumption per person per week	250-500ml
Proportion of adults with insufficient physical activity	20-30%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Bahamas

79%

Adults with high BMI in 2025

50%

Adults living with obesity in 2025

261,000

Adults with high BMI in 2030

232

Premature NCD deaths due to high BMI, 2021

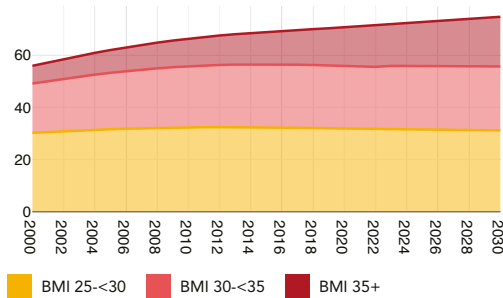
4,204

Adult person-years of NCD ill health due to high BMI, 2021

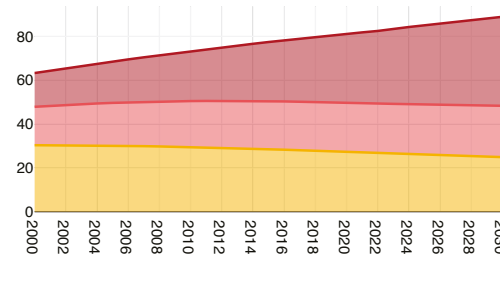
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



■ BMI 25-<30 ■ BMI 30-<35 ■ BMI 35+

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	Men			Women		
	2010	2015	2030	2010	2015	2030
25-<30	39	42	46	38	41	42
30-<35	28	31	36	27	31	40
35+	13	16	28	30	39	69
All high BMI	79	89	110	95	110	150

Totals may not add up due to rounding

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



■ Type 2 Diabetes ■ Stroke ■ Ischaemic Heart Disease ■ Cancers ■ Other NCDs

National policies, action and risk factors

National guidelines for the management of high BMI	No
National guidelines for the management of physical inactivity	No
National guidelines for NCD management in primary care	No
Survey of adult overweight and obesity in the last five years	Yes
Survey of adult unhealthy diets in the last five years	Yes
Survey of adult physical inactivity in the last five years	Yes
Taxes on sugar-sweetened beverages	No
Sugar-sweetened beverage consumption per person per week	1000-2500ml
Proportion of adults with insufficient physical activity	30-40%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Bahrain

72%

Adults with high BMI in 2025

40%

Adults living with obesity in 2025

1m

Adults with high BMI in 2030

566

Premature NCD deaths due to high BMI, 2021

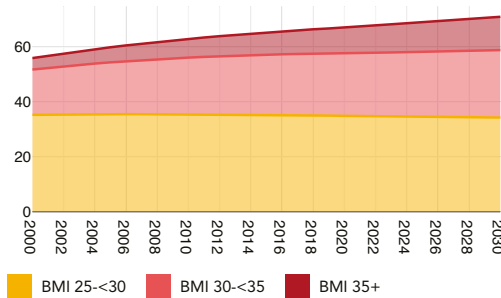
17,145

Adult person-years of NCD ill health due to high BMI, 2021

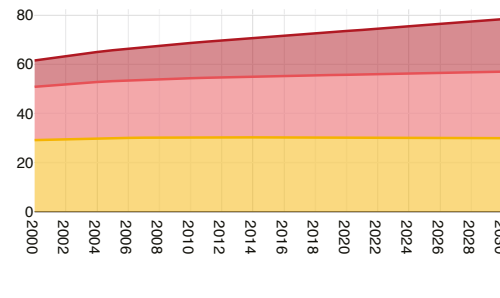
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



■ BMI 25-<30 ■ BMI 30-<35 ■ BMI 35+

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	Men			Women		
	2010	2015	2030	2010	2015	2030
25-<30	210	230	300	92	110	140
30-<35	120	150	220	73	87	130
35+	40	54	110	43	56	100
All high BMI	370	430	630	210	250	370

Totals may not add up due to rounding

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



■ Type 2 Diabetes ■ Stroke ■ Ischaemic Heart Disease ■ Cancers ■ Other NCDs

National policies, action and risk factors

National guidelines for the management of high BMI	Yes
National guidelines for the management of physical inactivity	Yes
National guidelines for NCD management in primary care	Yes
Survey of adult overweight and obesity in the last five years	Yes
Survey of adult unhealthy diets in the last five years	Yes
Survey of adult physical inactivity in the last five years	Yes
Taxes on sugar-sweetened beverages	Yes
Sugar-sweetened beverage consumption per person per week	1000-2500ml
Proportion of adults with insufficient physical activity	30-40%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Bangladesh

31%

Adults with high BMI in 2025

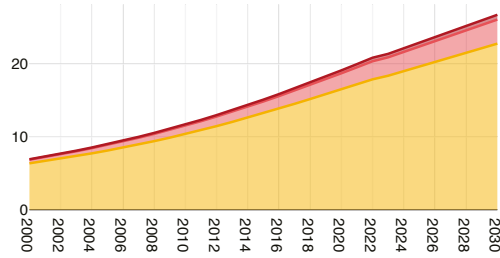
6%

Adults living with obesity in 2025

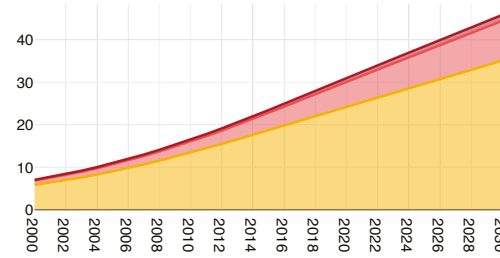
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



■ BMI 25-<30 ■ BMI 30-<35 ■ BMI 35+

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	Men			Women		
	2010	2015	2030	2010	2015	2030
25-<30	4,310	5,940	13,250	5,810	9,040	22,220
30-<35	480	720	1,920	1,130	1,950	5,920
35+	69	110	380	190	310	890
All high BMI	4,850	6,770	15,550	7,140	11,300	29,040

Totals may not add up due to rounding

44.58m

Adults with high BMI in 2030

15,839

Premature NCD deaths due to high BMI, 2021

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



■ Type 2 Diabetes ■ Stroke ■ Ischaemic Heart Disease ■ Cancers ■ Other NCDs

494,601

Adult person-years of NCD ill health due to high BMI, 2021

National policies, action and risk factors

National guidelines for the management of high BMI	No
National guidelines for the management of physical inactivity	No
National guidelines for NCD management in primary care	No
Survey of adult overweight and obesity in the last five years	Yes
Survey of adult unhealthy diets in the last five years	Yes
Survey of adult physical inactivity in the last five years	Yes
Taxes on sugar-sweetened beverages	Yes
Sugar-sweetened beverage consumption per person per week	<100ml
Proportion of adults with insufficient physical activity	20-30%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Barbados

70%

Adults with high BMI in 2025

41%

Adults living with obesity in 2025

160,000

Adults with high BMI in 2030

163

Premature NCD deaths due to high BMI, 2021

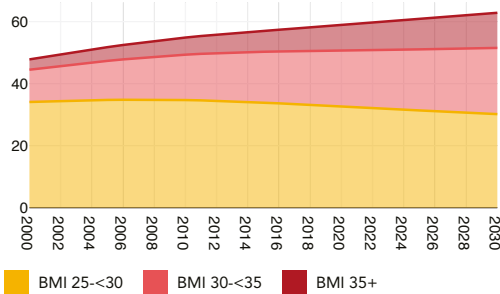
4,568

Adult person-years of NCD ill health due to high BMI, 2021

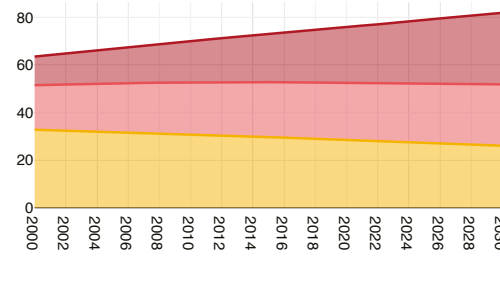
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



■ BMI 25-<30 ■ BMI 30-<35 ■ BMI 35+

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	Men			Women		
	2010	2015	2030	2010	2015	2030
25-<30	33	33	31	33	33	30
30-<35	14	16	22	23	25	30
35+	5	7	12	19	22	35
All high BMI	52	55	65	75	80	95

Totals may not add up due to rounding

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



■ Type 2 Diabetes ■ Stroke ■ Ischaemic Heart Disease ■ Cancers ■ Other NCDs

National policies, action and risk factors

National guidelines for the management of high BMI	No
National guidelines for the management of physical inactivity	No
National guidelines for NCD management in primary care	No
Survey of adult overweight and obesity in the last five years	No
Survey of adult unhealthy diets in the last five years	No
Survey of adult physical inactivity in the last five years	No
Taxes on sugar-sweetened beverages	Yes
Sugar-sweetened beverage consumption per person per week	>2500ml
Proportion of adults with insufficient physical activity	40-50%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Belarus

58%

Adults with high BMI in 2025

22%

Adults living with obesity in 2025

4.08m

Adults with high BMI in 2030

5,141

Premature NCD deaths due to high BMI, 2021

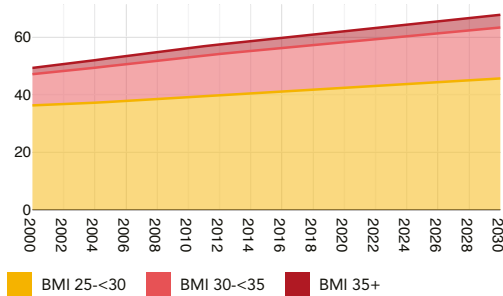
84,452

Adult person-years of NCD ill health due to high BMI, 2021

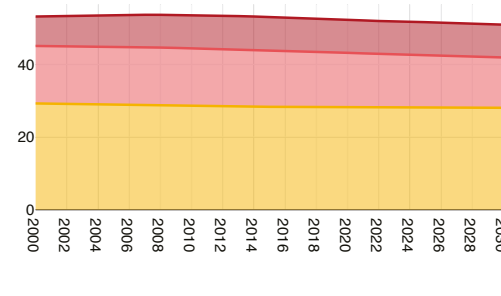
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



■ BMI 25-<30 ■ BMI 30-<35 ■ BMI 35+

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	Men			Women		
	2010	2015	2030	2010	2015	2030
25-<30	1,320	1,380	1,440	1,170	1,160	1,070
30-<35	470	510	560	650	640	530
35+	110	120	140	370	380	340
All high BMI	1,900	2,000	2,140	2,200	2,180	1,940

Totals may not add up due to rounding

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



■ Type 2 Diabetes ■ Stroke ■ Ischaemic Heart Disease ■ Cancers ■ Other NCDs

National policies, action and risk factors

National guidelines for the management of high BMI	Yes
National guidelines for the management of physical inactivity	Yes
National guidelines for NCD management in primary care	Yes
Survey of adult overweight and obesity in the last five years	Yes
Survey of adult unhealthy diets in the last five years	Yes
Survey of adult physical inactivity in the last five years	Yes
Taxes on sugar-sweetened beverages	No
Sugar-sweetened beverage consumption per person per week	250-500ml
Proportion of adults with insufficient physical activity	10-20%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Belgium

52%

Adults with high BMI in 2025

21%

Adults living with obesity in 2025

4.93m

Adults with high BMI in 2030

1,128

Premature NCD deaths due to high BMI, 2021

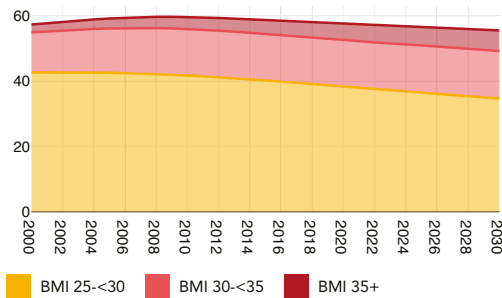
103,894

Adult person-years of NCD ill health due to high BMI, 2021

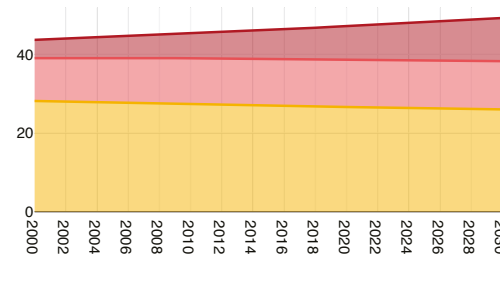
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



■ BMI 25-<30 ■ BMI 30-<35 ■ BMI 35+

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	Men			Women		
	2010	2015	2030	2010	2015	2030
25-<30	1,710	1,710	1,600	1,180	1,210	1,250
30-<35	580	610	670	510	530	590
35+	150	180	290	270	330	530
All high BMI	2,440	2,490	2,570	1,970	2,070	2,370

Totals may not add up due to rounding

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



■ Type 2 Diabetes ■ Stroke ■ Ischaemic Heart Disease ■ Cancers ■ Other NCDs

National policies, action and risk factors

National guidelines for the management of high BMI	n/a
National guidelines for the management of physical inactivity	n/a
National guidelines for NCD management in primary care	Yes
Survey of adult overweight and obesity in the last five years	Yes
Survey of adult unhealthy diets in the last five years	No
Survey of adult physical inactivity in the last five years	Yes
Taxes on sugar-sweetened beverages	Yes
Sugar-sweetened beverage consumption per person per week	1000-2500ml
Proportion of adults with insufficient physical activity	20-30%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Belize

76%

Adults with high BMI in 2025

45%

Adults living with obesity in 2025

239,000

Adults with high BMI in 2030

153

Premature NCD deaths due to high BMI, 2021

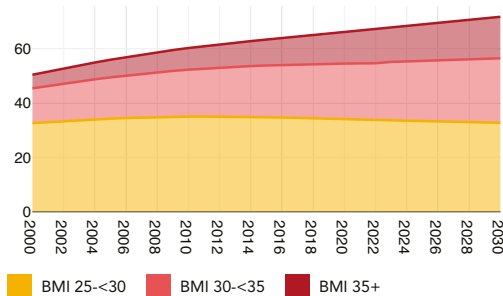
3,199

Adult person-years of NCD ill health due to high BMI, 2021

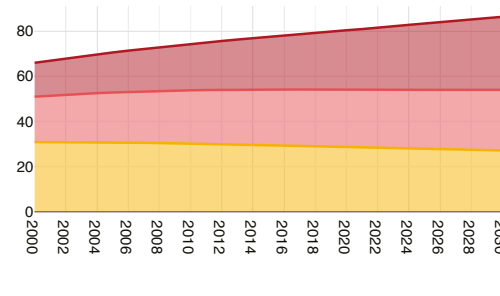
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



■ BMI 25-<30 ■ BMI 30-<35 ■ BMI 35+

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	Men			Women		
	2010	2015	2030	2010	2015	2030
25-<30	30	36	49	26	30	41
30-<35	15	19	36	20	25	41
35+	7	10	23	18	24	49
All high BMI	52	65	110	64	80	130

Totals may not add up due to rounding

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



■ Type 2 Diabetes ■ Stroke ■ Ischaemic Heart Disease ■ Cancers ■ Other NCDs

National policies, action and risk factors

National guidelines for the management of high BMI	No
National guidelines for the management of physical inactivity	No
National guidelines for NCD management in primary care	No
Survey of adult overweight and obesity in the last five years	No
Survey of adult unhealthy diets in the last five years	n/a
Survey of adult physical inactivity in the last five years	n/a
Taxes on sugar-sweetened beverages	Yes
Sugar-sweetened beverage consumption per person per week	>2500ml
Proportion of adults with insufficient physical activity	40-50%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Benin

32%

Adults with high BMI in 2025

12%

Adults living with obesity in 2025

2.864m

Adults with high BMI in 2030

1,563

Premature NCD deaths due to high BMI, 2021

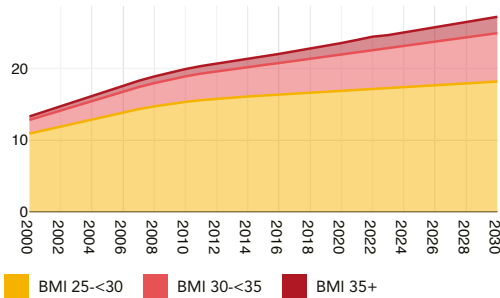
34,352

Adult person-years of NCD ill health due to high BMI, 2021

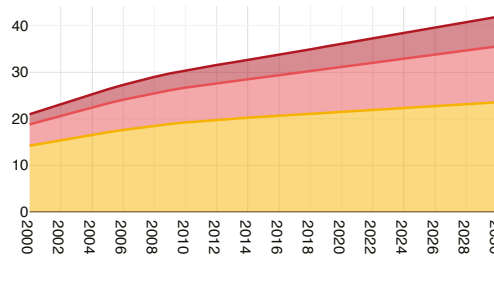
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



■ BMI 25-<30 ■ BMI 30-<35 ■ BMI 35+

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	2010	Men			Women		
		2010	2015	2030	2010	2015	2030
25-<30	330	420	750	440	540	980	
30-<35	77	110	280	170	230	500	
35+	22	31	94	85	110	260	
All high BMI	430	560	1,120	690	880	1,740	

Totals may not add up due to rounding

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



■ Type 2 Diabetes ■ Stroke ■ Ischaemic Heart Disease ■ Cancers ■ Other NCDs

National policies, action and risk factors

National guidelines for the management of high BMI	No
National guidelines for the management of physical inactivity	No
National guidelines for NCD management in primary care	Yes
Survey of adult overweight and obesity in the last five years	No
Survey of adult unhealthy diets in the last five years	No
Survey of adult physical inactivity in the last five years	No
Taxes on sugar-sweetened beverages	Yes
Sugar-sweetened beverage consumption per person per week	1000-2500ml
Proportion of adults with insufficient physical activity	10-20%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Bermuda

66%

Adults with high BMI in 2025

36%

Adults living with obesity in 2025

37,000

Adults with high BMI in 2030

21

Premature NCD deaths due to high BMI, 2021

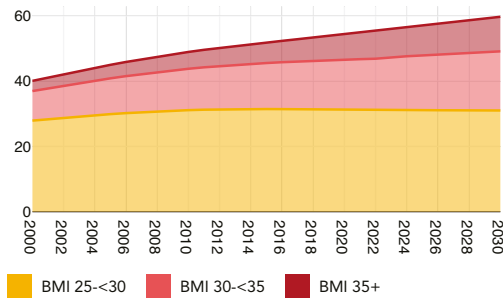
863

Adult person-years of NCD ill health due to high BMI, 2021

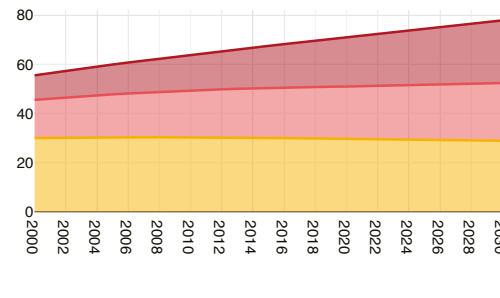
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



■ BMI 25-<30 ■ BMI 30-<35 ■ BMI 35+

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	Men			Women		
	2010	2015	2030	2010	2015	2030
25-<30	8	8	8	8	8	8
30-<35	3	4	5	5	5	6
35+	1	2	3	4	4	7
All high BMI	12	13	15	16	17	21

Totals may not add up due to rounding

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



■ Type 2 Diabetes ■ Stroke ■ Ischaemic Heart Disease ■ Cancers ■ Other NCDs

National policies, action and risk factors

National guidelines for the management of high BMI	n/a
National guidelines for the management of physical inactivity	n/a
National guidelines for NCD management in primary care	n/a
Survey of adult overweight and obesity in the last five years	n/a
Survey of adult unhealthy diets in the last five years	n/a
Survey of adult physical inactivity in the last five years	n/a
Taxes on sugar-sweetened beverages	n/a
Sugar-sweetened beverage consumption per person per week	n/a
Proportion of adults with insufficient physical activity	n/a

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Bhutan

52%

Adults with high BMI in 2025

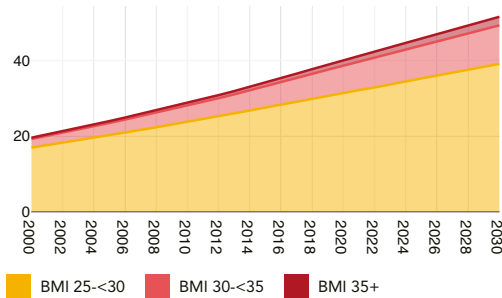
14%

Adults living with obesity in 2025

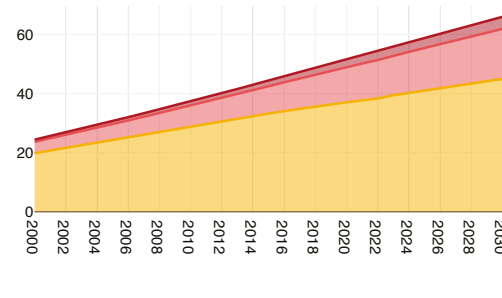
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



■ BMI 25-<30 ■ BMI 30-<35 ■ BMI 35+

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	2010	Men		Women		
		2010	2015	2030	2010	2015
25-<30	54	70	130	54	71	130
30-<35	10	14	33	13	20	48
35+	2	3	7	3	4	12
All high BMI	65	87	170	70	94	190

Totals may not add up due to rounding

360,000

Adults with high BMI in 2030

126

Premature NCD deaths due to high BMI, 2021

2,984

Adult person-years of NCD ill health due to high BMI, 2021

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



■ Type 2 Diabetes ■ Stroke ■ Ischaemic Heart Disease ■ Cancers ■ Other NCDs

National policies, action and risk factors

National guidelines for the management of high BMI	Yes
National guidelines for the management of physical inactivity	Yes
National guidelines for NCD management in primary care	Yes
Survey of adult overweight and obesity in the last five years	Yes
Survey of adult unhealthy diets in the last five years	Yes
Survey of adult physical inactivity in the last five years	Yes
Taxes on sugar-sweetened beverages	No
Sugar-sweetened beverage consumption per person per week	500-1000ml
Proportion of adults with insufficient physical activity	<10%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Bolivia

70%

Adults with high BMI in 2025

32%

Adults living with obesity in 2025

6.3m

Adults with high BMI in 2030

3,205

Premature NCD deaths due to high BMI, 2021

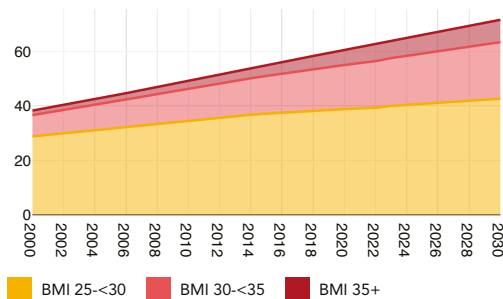
59,294

Adult person-years of NCD ill health due to high BMI, 2021

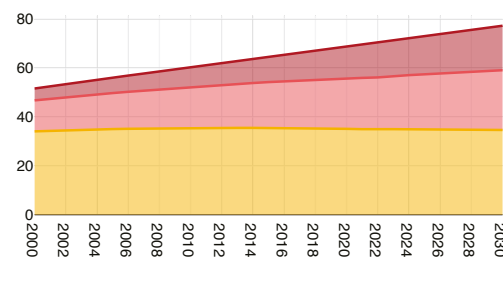
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



■ BMI 25-<30 ■ BMI 30-<35 ■ BMI 35+

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	2010	Men		Women		
		2015	2030	2010	2015	2030
25-<30	980	1,170	1,790	990	1,120	1,480
30-<35	330	440	870	470	590	1,040
35+	83	130	340	230	330	780
All high BMI	1,390	1,740	3,000	1,680	2,030	3,300

Totals may not add up due to rounding

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



■ Type 2 Diabetes ■ Stroke ■ Ischaemic Heart Disease ■ Cancers ■ Other NCDs

National policies, action and risk factors

National guidelines for the management of high BMI	No
National guidelines for the management of physical inactivity	No
National guidelines for NCD management in primary care	Yes
Survey of adult overweight and obesity in the last five years	Yes
Survey of adult unhealthy diets in the last five years	Yes
Survey of adult physical inactivity in the last five years	Yes
Taxes on sugar-sweetened beverages	Yes
Sugar-sweetened beverage consumption per person per week	1000-2500ml
Proportion of adults with insufficient physical activity	20-30%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Bosnia and Herzegovina

59%

Adults with high BMI in 2025

23%

Adults living with obesity in 2025

1.499m

Adults with high BMI in 2030

1,324

Premature NCD deaths due to high BMI, 2021

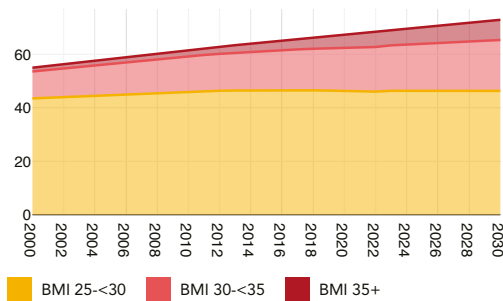
44,934

Adult person-years of NCD ill health due to high BMI, 2021

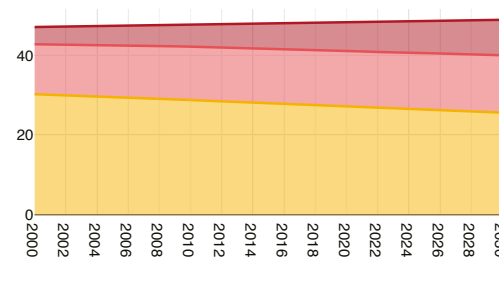
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



■ BMI 25-<30 ■ BMI 30-<35 ■ BMI 35+

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	2010	Men			Women		
		2010	2015	2030	2010	2015	2030
25-<30	640	610	540	460	420	340	
30-<35	180	190	220	210	210	190	
35+	34	43	89	88	94	120	
All high BMI	860	840	860	760	720	650	

Totals may not add up due to rounding

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



■ Type 2 Diabetes ■ Stroke ■ Ischaemic Heart Disease ■ Cancers ■ Other NCDs

National policies, action and risk factors

National guidelines for the management of high BMI	Yes
National guidelines for the management of physical inactivity	Yes
National guidelines for NCD management in primary care	Yes
Survey of adult overweight and obesity in the last five years	No
Survey of adult unhealthy diets in the last five years	No
Survey of adult physical inactivity in the last five years	No
Taxes on sugar-sweetened beverages	No
Sugar-sweetened beverage consumption per person per week	250-500ml
Proportion of adults with insufficient physical activity	20-30%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Botswana

44%

Adults with high BMI in 2025

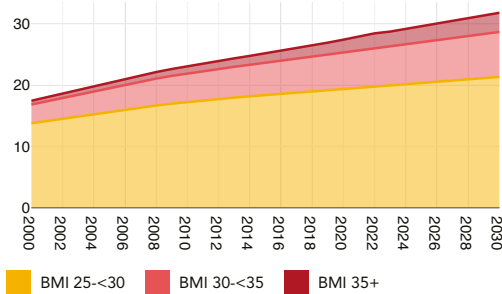
19%

Adults living with obesity in 2025

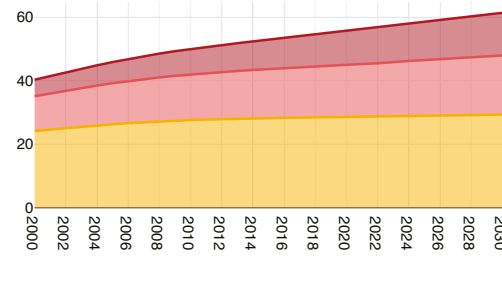
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



■ BMI 25-<30 ■ BMI 30-<35 ■ BMI 35+

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	2010	Men		Women		
		2010	2015	2030	2010	2015
25-<30	94	110	180	160	180	250
30-<35	25	32	60	83	96	160
35+	7	9	26	46	58	110
All high BMI	130	150	260	290	330	520

Totals may not add up due to rounding

786,000

Adults with high BMI in 2030

605

Premature NCD deaths due to high BMI, 2021

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



■ Type 2 Diabetes ■ Stroke ■ Ischaemic Heart Disease ■ Cancers ■ Other NCDs

9,346

Adult person-years of NCD ill health due to high BMI, 2021

National policies, action and risk factors

National guidelines for the management of high BMI	No
National guidelines for the management of physical inactivity	No
National guidelines for NCD management in primary care	Yes
Survey of adult overweight and obesity in the last five years	No
Survey of adult unhealthy diets in the last five years	No
Survey of adult physical inactivity in the last five years	No
Taxes on sugar-sweetened beverages	No
Sugar-sweetened beverage consumption per person per week	>2500ml
Proportion of adults with insufficient physical activity	20-30%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Brazil

68%

Adults with high BMI in 2025

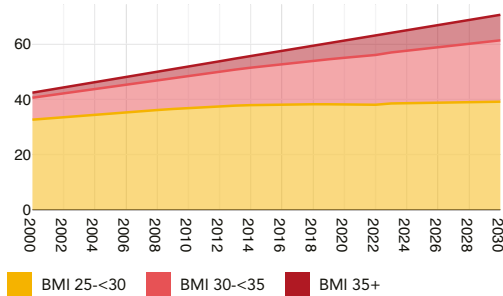
31%

Adults living with obesity in 2025

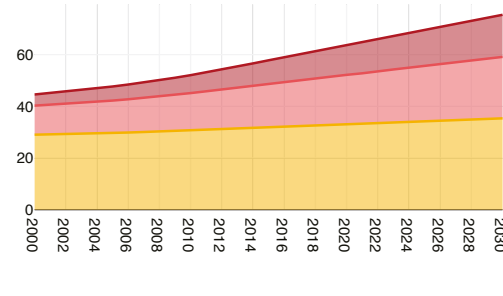
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



■ BMI 25-<30 ■ BMI 30-<35 ■ BMI 35+

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	Men			Women		
	2010	2015	2030	2010	2015	2030
25-<30	23,190	25,850	30,930	20,320	22,970	29,700
30-<35	7,320	9,580	17,570	9,480	11,970	19,970
35+	2,080	3,070	7,310	4,580	6,460	13,680
All high BMI	32,590	38,510	55,800	34,380	41,400	63,350

Totals may not add up due to rounding

119.16m

Adults with high BMI in 2030

60,913

Premature NCD deaths due to high BMI, 2021

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



■ Type 2 Diabetes ■ Stroke ■ Ischaemic Heart Disease ■ Cancers ■ Other NCDs

1,703,415

Adult person-years of NCD ill health due to high BMI, 2021

National policies, action and risk factors

National guidelines for the management of high BMI	Yes
National guidelines for the management of physical inactivity	Yes
National guidelines for NCD management in primary care	Yes
Survey of adult overweight and obesity in the last five years	Yes
Survey of adult unhealthy diets in the last five years	Yes
Survey of adult physical inactivity in the last five years	Yes
Taxes on sugar-sweetened beverages	Yes
Sugar-sweetened beverage consumption per person per week	1000-2500ml
Proportion of adults with insufficient physical activity	40-50%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Brunei Darussalam

75%

Adults with high BMI in 2025

35%

Adults living with obesity in 2025

291,000

Adults with high BMI in 2030

119

Premature NCD deaths due to high BMI, 2021

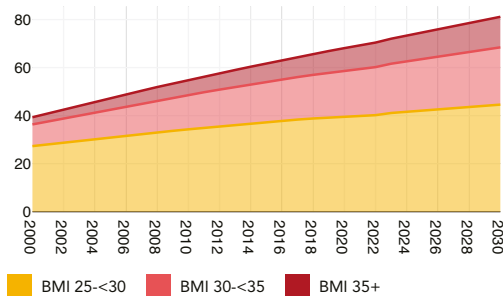
4,082

Adult person-years of NCD ill health due to high BMI, 2021

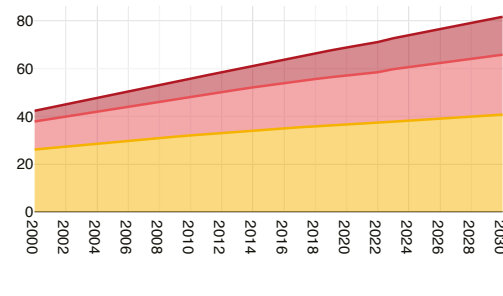
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



■ BMI 25-<30 ■ BMI 30-<35 ■ BMI 35+

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	Men			Women		
	2010	2015	2030	2010	2015	2030
25-<30	47	57	85	39	46	68
30-<35	20	25	45	20	25	42
35+	9	12	24	9	13	27
All high BMI	75	94	150	67	84	140

Totals may not add up due to rounding

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



■ Type 2 Diabetes ■ Stroke ■ Ischaemic Heart Disease ■ Cancers ■ Other NCDs

National policies, action and risk factors

National guidelines for the management of high BMI	Yes
National guidelines for the management of physical inactivity	Yes
National guidelines for NCD management in primary care	Yes
Survey of adult overweight and obesity in the last five years	No
Survey of adult unhealthy diets in the last five years	No
Survey of adult physical inactivity in the last five years	Yes
Taxes on sugar-sweetened beverages	Yes
Sugar-sweetened beverage consumption per person per week	1000-2500ml
Proportion of adults with insufficient physical activity	30-40%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Bulgaria

54%

Adults with high BMI in 2025

22%

Adults living with obesity in 2025

2.83m

Adults with high BMI in 2030

5,594

Premature NCD deaths due to high BMI, 2021

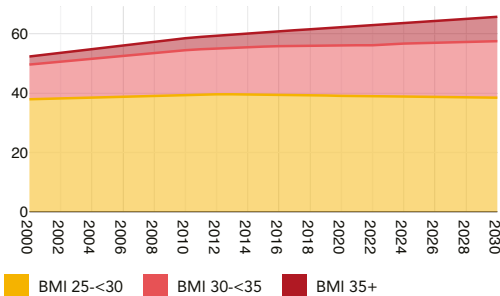
90,695

Adult person-years of NCD ill health due to high BMI, 2021

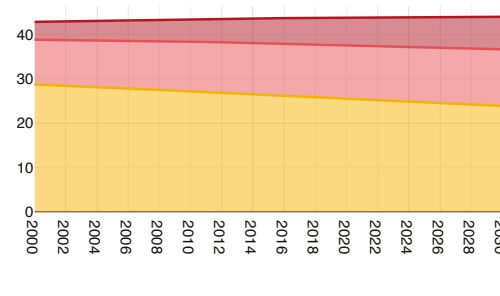
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



■ BMI 25-<30 ■ BMI 30-<35 ■ BMI 35+

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	Men			Women		
	2010	2015	2030	2010	2015	2030
25-<30	1,150	1,110	960	850	800	650
30-<35	430	450	470	350	360	350
35+	120	140	200	160	170	200
All high BMI	1,700	1,700	1,630	1,360	1,330	1,200

Totals may not add up due to rounding

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



■ Type 2 Diabetes ■ Stroke ■ Ischaemic Heart Disease ■ Cancers ■ Other NCDs

National policies, action and risk factors

National guidelines for the management of high BMI	Yes
National guidelines for the management of physical inactivity	Yes
National guidelines for NCD management in primary care	Yes
Survey of adult overweight and obesity in the last five years	Yes
Survey of adult unhealthy diets in the last five years	Yes
Survey of adult physical inactivity in the last five years	Yes
Taxes on sugar-sweetened beverages	No
Sugar-sweetened beverage consumption per person per week	250-500ml
Proportion of adults with insufficient physical activity	30-40%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Burkina Faso

24%

Adults with high BMI in 2025

8%

Adults living with obesity in 2025

3.704m

Adults with high BMI in 2030

1,781

Premature NCD deaths due to high BMI, 2021

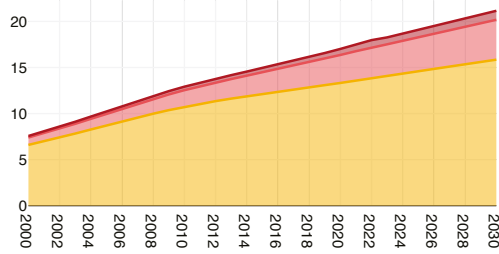
26,872

Adult person-years of NCD ill health due to high BMI, 2021

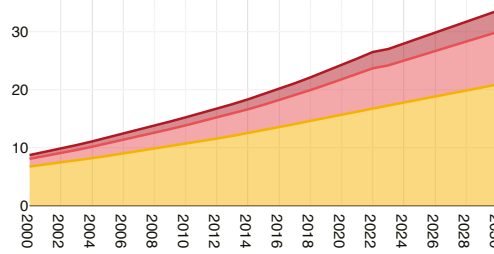
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



■ BMI 25-<30 ■ BMI 30-<35 ■ BMI 35+

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	Men			Women		
	2010	2015	2030	2010	2015	2030
25-<30	370	480	1,050	390	550	1,430
30-<35	62	94	290	120	190	620
35+	13	19	64	51	77	250
All high BMI	440	600	1,400	560	820	2,300

Totals may not add up due to rounding

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



■ Type 2 Diabetes ■ Stroke ■ Ischaemic Heart Disease ■ Cancers ■ Other NCDs

National policies, action and risk factors

National guidelines for the management of high BMI	No
National guidelines for the management of physical inactivity	No
National guidelines for NCD management in primary care	Yes
Survey of adult overweight and obesity in the last five years	Yes
Survey of adult unhealthy diets in the last five years	Yes
Survey of adult physical inactivity in the last five years	Yes
Taxes on sugar-sweetened beverages	No
Sugar-sweetened beverage consumption per person per week	500-1000ml
Proportion of adults with insufficient physical activity	10-20%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Burundi

18%

Adults with high BMI in 2025

6%

Adults living with obesity in 2025

1.507m

Adults with high BMI in 2030

866

Premature NCD deaths due to high BMI, 2021

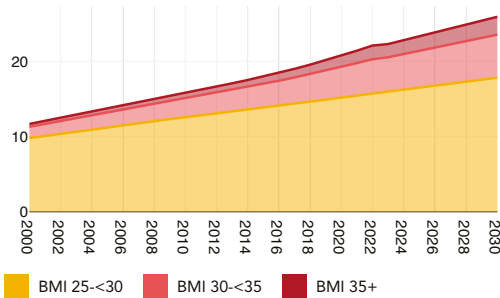
10,362

Adult person-years of NCD ill health due to high BMI, 2021

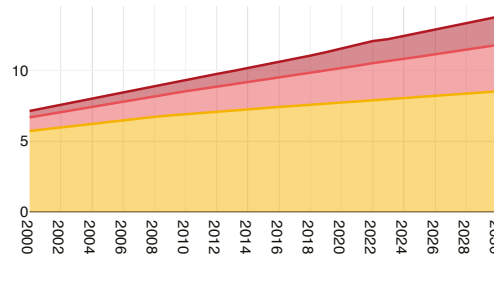
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



■ BMI 25-<30 ■ BMI 30-<35 ■ BMI 35+

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	Men			Women		
	2010	2015	2030	2010	2015	2030
25-<30	250	330	670	150	180	330
30-<35	51	75	210	34	49	130
35+	15	23	89	17	26	78
All high BMI	320	420	970	200	260	540

Totals may not add up due to rounding

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



■ Type 2 Diabetes ■ Stroke ■ Ischaemic Heart Disease ■ Cancers ■ Other NCDs

National policies, action and risk factors

National guidelines for the management of high BMI	No
National guidelines for the management of physical inactivity	No
National guidelines for NCD management in primary care	No
Survey of adult overweight and obesity in the last five years	No
Survey of adult unhealthy diets in the last five years	No
Survey of adult physical inactivity in the last five years	No
Taxes on sugar-sweetened beverages	Yes
Sugar-sweetened beverage consumption per person per week	1000-2500ml
Proportion of adults with insufficient physical activity	10-20%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Cabo Verde

51%

Adults with high BMI in 2025

17%

Adults living with obesity in 2025

206,000

Adults with high BMI in 2030

117

Premature NCD deaths due to high BMI, 2021

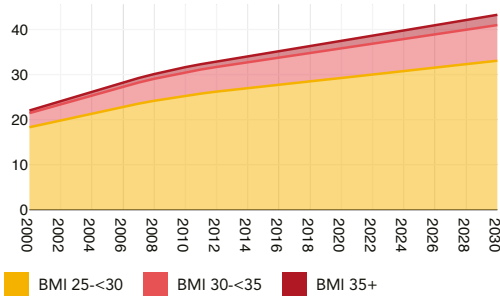
2,798

Adult person-years of NCD ill health due to high BMI, 2021

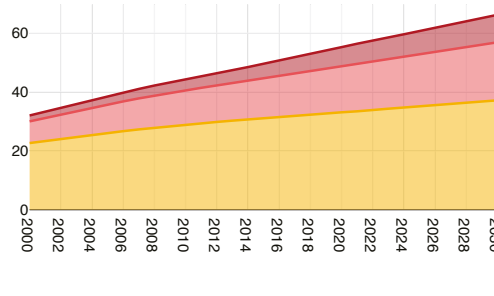
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



■ BMI 25-<30 ■ BMI 30-<35 ■ BMI 35+

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	2010	Men		Women		
		2010	2015	2030	2010	2015
25-<30	36	43	63	41	49	70
30-<35	7	9	15	17	21	37
35+	2	2	4	5	8	17
All high BMI	45	54	83	63	78	120

Totals may not add up due to rounding

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



■ Type 2 Diabetes ■ Stroke ■ Ischaemic Heart Disease ■ Cancers ■ Other NCDs

National policies, action and risk factors

National guidelines for the management of high BMI	No
National guidelines for the management of physical inactivity	No
National guidelines for NCD management in primary care	No
Survey of adult overweight and obesity in the last five years	Yes
Survey of adult unhealthy diets in the last five years	Yes
Survey of adult physical inactivity in the last five years	Yes
Taxes on sugar-sweetened beverages	No
Sugar-sweetened beverage consumption per person per week	500-1000ml
Proportion of adults with insufficient physical activity	30-40%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Cambodia

29%

Adults with high BMI in 2025

5%

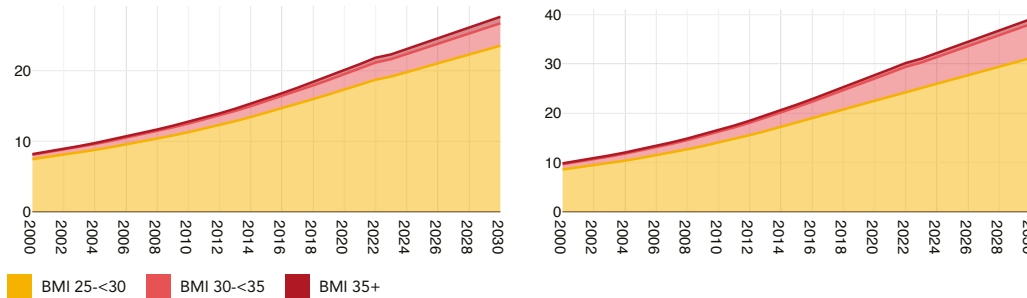
Adults living with obesity in 2025

Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI

% women with high BMI



Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	Men			Women		
	2010	2015	2030	2010	2015	2030
25-<30	420	610	1,350	600	870	1,930
30-<35	45	70	180	92	150	430
35+	9	16	53	16	24	63
All high BMI	470	700	1,580	700	1,050	2,420

Totals may not add up due to rounding

4.006m

Adults with high BMI in 2030

2,212

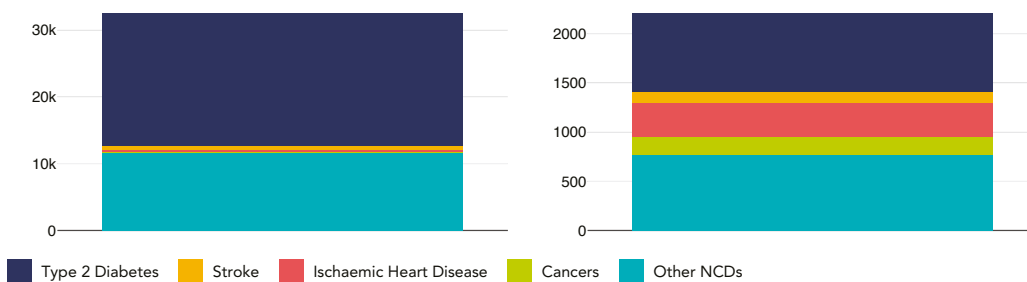
Premature NCD deaths due to high BMI, 2021

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health

Premature deaths



32,566

Adult person-years of NCD ill health due to high BMI, 2021

National policies, action and risk factors

National guidelines for the management of high BMI	No
National guidelines for the management of physical inactivity	No
National guidelines for NCD management in primary care	No
Survey of adult overweight and obesity in the last five years	Yes
Survey of adult unhealthy diets in the last five years	Yes
Survey of adult physical inactivity in the last five years	Yes
Taxes on sugar-sweetened beverages	No
Sugar-sweetened beverage consumption per person per week	500-1000ml
Proportion of adults with insufficient physical activity	10-20%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Cameroon

42%

Adults with high BMI in 2025

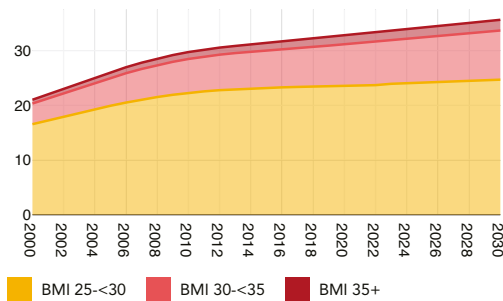
16%

Adults living with obesity in 2025

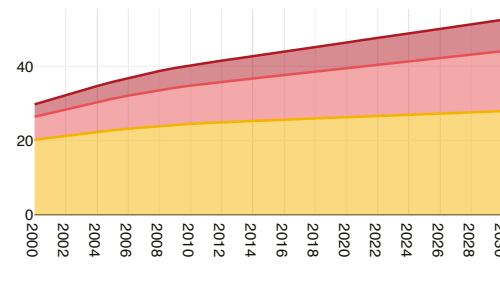
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



■ BMI 25-<30 ■ BMI 30-<35 ■ BMI 35+

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	Men			Women		
	2010	2015	2030	2010	2015	2030
25-<30	980	1,210	2,050	1,110	1,360	2,380
30-<35	270	360	740	470	630	1,380
35+	56	70	160	250	330	720
All high BMI	1,310	1,640	2,950	1,820	2,310	4,490

Totals may not add up due to rounding

7.43m

Adults with high BMI in 2030

6,957

Premature NCD deaths due to high BMI, 2021

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



■ Type 2 Diabetes ■ Stroke ■ Ischaemic Heart Disease ■ Cancers ■ Other NCDs

92,275

Adult person-years of NCD ill health due to high BMI, 2021

National policies, action and risk factors

National guidelines for the management of high BMI	No
National guidelines for the management of physical inactivity	No
National guidelines for NCD management in primary care	No
Survey of adult overweight and obesity in the last five years	No
Survey of adult unhealthy diets in the last five years	No
Survey of adult physical inactivity in the last five years	No
Taxes on sugar-sweetened beverages	No
Sugar-sweetened beverage consumption per person per week	1000-2500ml
Proportion of adults with insufficient physical activity	10-20%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Canada

61%

Adults with high BMI in 2025

27%

Adults living with obesity in 2025

20.35m

Adults with high BMI in 2030

5,938

Premature NCD deaths due to high BMI, 2021

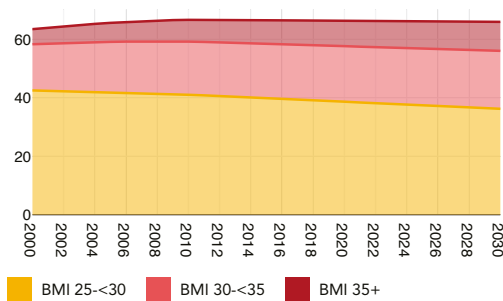
387,246

Adult person-years of NCD ill health due to high BMI, 2021

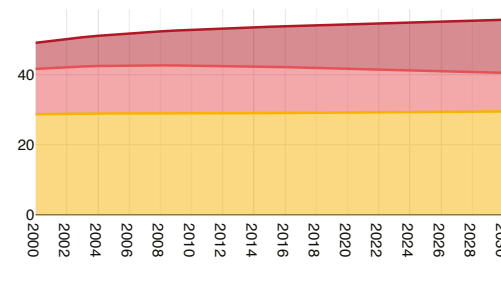
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



■ BMI 25-<30 ■ BMI 30-<35 ■ BMI 35+

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	2010	Men			Women		
		2010	2015	2030	2010	2015	2030
25-<30	5,280	5,500	5,970	3,880	4,140	5,020	
30-<35	2,340	2,550	3,270	1,840	1,890	1,880	
35+	960	1,100	1,640	1,370	1,630	2,570	
All high BMI	8,580	9,160	10,880	7,090	7,660	9,470	

Totals may not add up due to rounding

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



■ Type 2 Diabetes ■ Stroke ■ Ischaemic Heart Disease ■ Cancers ■ Other NCDs

National policies, action and risk factors

National guidelines for the management of high BMI	Yes
National guidelines for the management of physical inactivity	Yes
National guidelines for NCD management in primary care	Yes
Survey of adult overweight and obesity in the last five years	Yes
Survey of adult unhealthy diets in the last five years	Yes
Survey of adult physical inactivity in the last five years	Yes
Taxes on sugar-sweetened beverages	No
Sugar-sweetened beverage consumption per person per week	500-1000ml
Proportion of adults with insufficient physical activity	30-40%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Central African Republic

26%

Adults with high BMI in 2025

10%

Adults living with obesity in 2025

770,000

Adults with high BMI in 2030

1,200

Premature NCD deaths due to high BMI, 2021

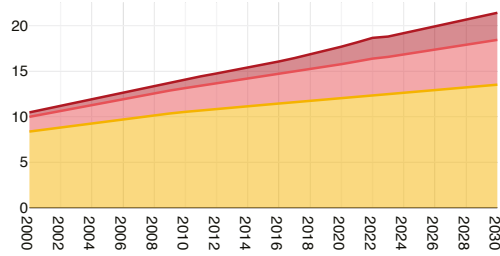
13,197

Adult person-years of NCD ill health due to high BMI, 2021

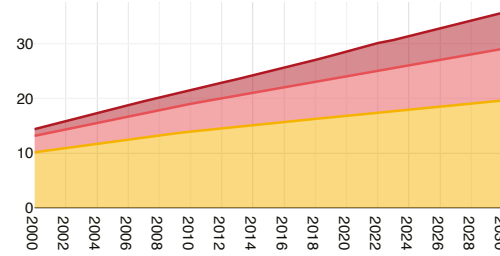
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



■ BMI 25-<30 ■ BMI 30-<35 ■ BMI 35+

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	Men			Women		
	2010	2015	2030	2010	2015	2030
25-<30	96	95	160	140	150	280
30-<35	24	26	59	51	58	140
35+	9	11	36	25	32	95
All high BMI	130	130	260	210	240	510

Totals may not add up due to rounding

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



■ Type 2 Diabetes ■ Stroke ■ Ischaemic Heart Disease ■ Cancers ■ Other NCDs

National policies, action and risk factors

National guidelines for the management of high BMI	No
National guidelines for the management of physical inactivity	No
National guidelines for NCD management in primary care	No
Survey of adult overweight and obesity in the last five years	No
Survey of adult unhealthy diets in the last five years	No
Survey of adult physical inactivity in the last five years	No
Taxes on sugar-sweetened beverages	No
Sugar-sweetened beverage consumption per person per week	250-500ml
Proportion of adults with insufficient physical activity	10-20%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Chad

24%

Adults with high BMI in 2025

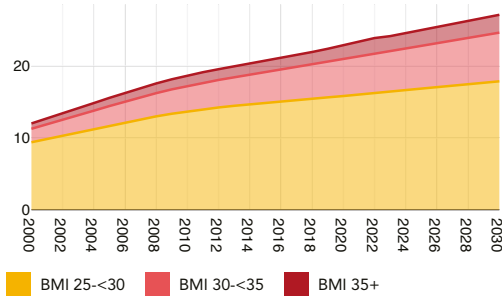
7%

Adults living with obesity in 2025

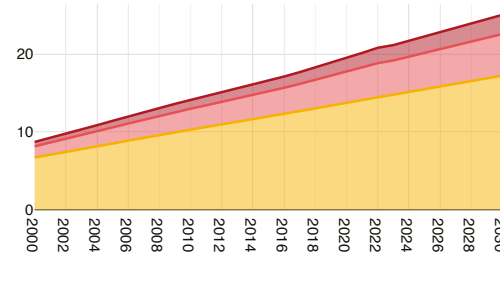
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



■ BMI 25-<30 ■ BMI 30-<35 ■ BMI 35+

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	Men			Women		
	2010	2015	2030	2010	2015	2030
25-<30	340	440	940	260	360	920
30-<35	87	130	360	68	98	290
35+	36	47	130	29	42	130
All high BMI	460	610	1,430	360	500	1,340

Totals may not add up due to rounding

2.77m

Adults with high BMI in 2030

1,561

Premature NCD deaths due to high BMI, 2021

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



■ Type 2 Diabetes ■ Stroke ■ Ischaemic Heart Disease ■ Cancers ■ Other NCDs

22,011

Adult person-years of NCD ill health due to high BMI, 2021

National policies, action and risk factors

National guidelines for the management of high BMI	No
National guidelines for the management of physical inactivity	No
National guidelines for NCD management in primary care	No
Survey of adult overweight and obesity in the last five years	No
Survey of adult unhealthy diets in the last five years	No
Survey of adult physical inactivity in the last five years	No
Taxes on sugar-sweetened beverages	Yes
Sugar-sweetened beverage consumption per person per week	1000-2500ml
Proportion of adults with insufficient physical activity	10-20%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Chile

83%

Adults with high BMI in 2025

42%

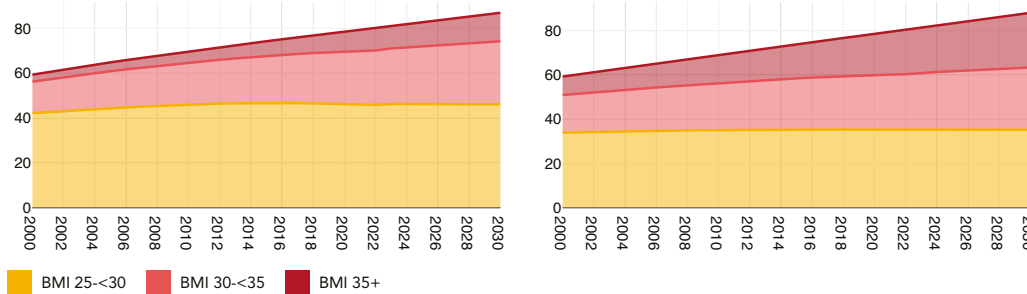
Adults living with obesity in 2025

Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI

% women with high BMI



Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	2010	Men		Women		
		2010	2015	2030	2010	2015
25-<30	2,730	3,020	3,660	2,150	2,360	2,860
30-<35	1,100	1,360	2,230	1,300	1,540	2,290
35+	300	430	1,010	770	1,020	2,010
All high BMI	4,130	4,800	6,900	4,220	4,910	7,160

Totals may not add up due to rounding

14.06m

Adults with high BMI in 2030

3,572

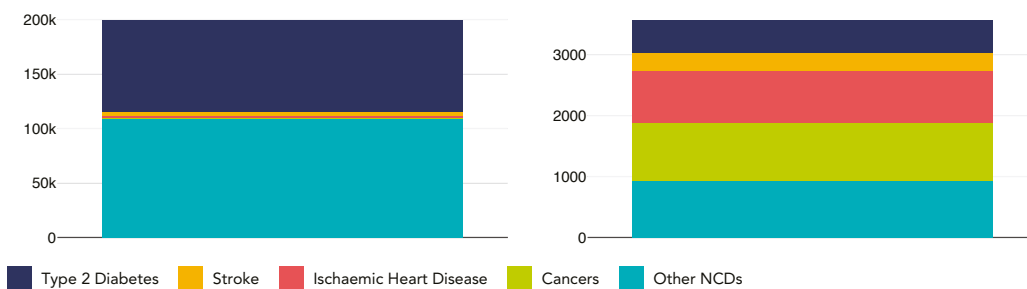
Premature NCD deaths due to high BMI, 2021

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health

Premature deaths



199,671

Adult person-years of NCD ill health due to high BMI, 2021

National policies, action and risk factors

National guidelines for the management of high BMI	Yes
National guidelines for the management of physical inactivity	Yes
National guidelines for NCD management in primary care	Yes
Survey of adult overweight and obesity in the last five years	Yes
Survey of adult unhealthy diets in the last five years	Yes
Survey of adult physical inactivity in the last five years	Yes
Taxes on sugar-sweetened beverages	Yes
Sugar-sweetened beverage consumption per person per week	1000-2500ml
Proportion of adults with insufficient physical activity	30-40%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



China

41%

Adults with high BMI in 2025

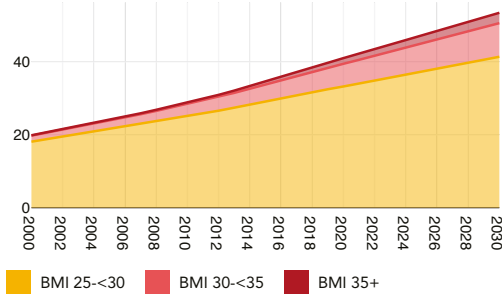
9%

Adults living with obesity in 2025

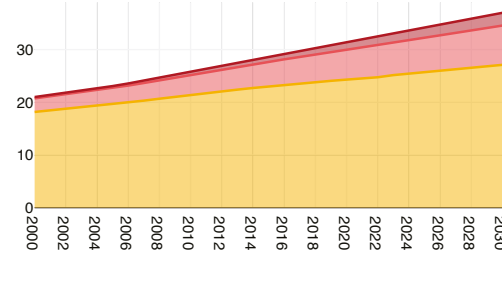
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



■ BMI 25-<30 ■ BMI 30-<35 ■ BMI 35+

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	Men			Women		
	2010	2015	2030	2010	2015	2030
25-<30	126,370	155,070	236,560	106,550	120,880	153,610
30-<35	16,840	24,570	52,710	18,920	24,440	42,240
35+	2,110	4,330	16,220	2,910	4,860	13,700
All high BMI	145,320	183,980	305,490	128,390	150,180	209,550

Totals may not add up due to rounding

515.04m

Adults with high BMI in 2030

228,280

Premature NCD deaths due to high BMI, 2021

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



■ Type 2 Diabetes ■ Stroke ■ Ischaemic Heart Disease ■ Cancers ■ Other NCDs

8,465,256

Adult person-years of NCD ill health due to high BMI, 2021

National policies, action and risk factors

National guidelines for the management of high BMI	Yes
National guidelines for the management of physical inactivity	Yes
National guidelines for NCD management in primary care	Yes
Survey of adult overweight and obesity in the last five years	Yes
Survey of adult unhealthy diets in the last five years	Yes
Survey of adult physical inactivity in the last five years	Yes
Taxes on sugar-sweetened beverages	No
Sugar-sweetened beverage consumption per person per week	<100ml
Proportion of adults with insufficient physical activity	20-30%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Colombia

64%

Adults with high BMI in 2025

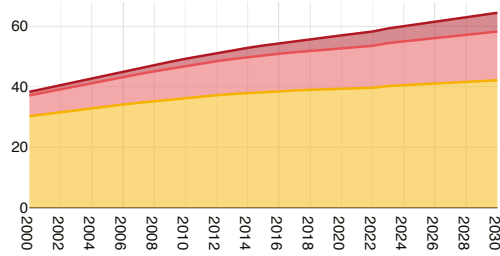
26%

Adults living with obesity in 2025

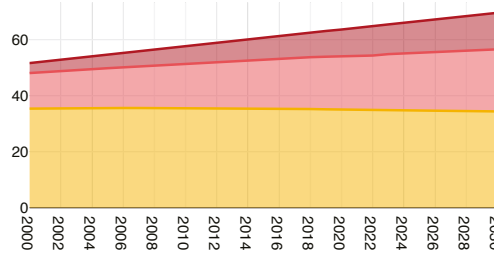
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



■ BMI 25-<30 ■ BMI 30-<35 ■ BMI 35+

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	2010	Men			Women		
		2010	2015	2030	2010	2015	2030
25-<30	4,970	5,810	8,540	5,150	5,690	7,340	
30-<35	1,450	1,840	3,260	2,300	2,830	4,730	
35+	330	500	1,250	890	1,250	2,780	
All high BMI	6,750	8,150	13,060	8,340	9,770	14,850	

Totals may not add up due to rounding

27.9m

Adults with high BMI in 2030

8,198

Premature NCD deaths due to high BMI, 2021

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



■ Type 2 Diabetes ■ Stroke ■ Ischaemic Heart Disease ■ Cancers ■ Other NCDs

378,621

Adult person-years of NCD ill health due to high BMI, 2021

National policies, action and risk factors

National guidelines for the management of high BMI	Yes
National guidelines for the management of physical inactivity	Yes
National guidelines for NCD management in primary care	Yes
Survey of adult overweight and obesity in the last five years	No
Survey of adult unhealthy diets in the last five years	No
Survey of adult physical inactivity in the last five years	No
Taxes on sugar-sweetened beverages	No
Sugar-sweetened beverage consumption per person per week	>2500ml
Proportion of adults with insufficient physical activity	30-40%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Comoros

47%

Adults with high BMI in 2025

18%

Adults living with obesity in 2025

268,000

Adults with high BMI in 2030

142

Premature NCD deaths due to high BMI, 2021

2,225

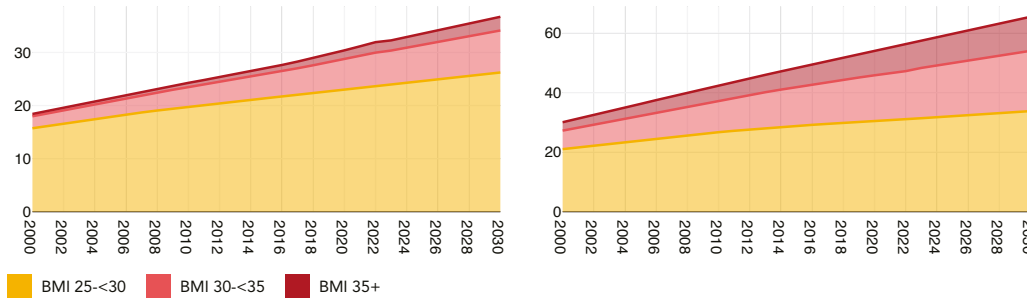
Adult person-years of NCD ill health due to high BMI, 2021

Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI

% women with high BMI



Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	Men			Women		
	2010	2015	2030	2010	2015	2030
25-<30	29	38	68	42	53	89
30-<35	6	8	21	17	24	53
35+	1	2	7	8	12	30
All high BMI	36	48	96	67	88	170

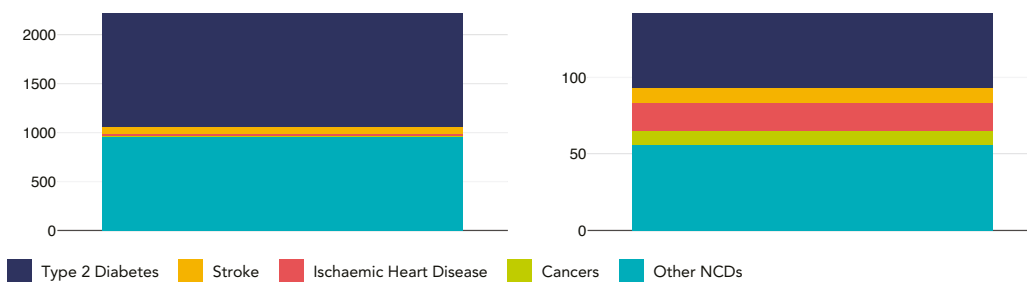
Totals may not add up due to rounding

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health

Premature deaths



National policies, action and risk factors

National guidelines for the management of high BMI	No
National guidelines for the management of physical inactivity	No
National guidelines for NCD management in primary care	No
Survey of adult overweight and obesity in the last five years	No
Survey of adult unhealthy diets in the last five years	No
Survey of adult physical inactivity in the last five years	No
Taxes on sugar-sweetened beverages	No
Sugar-sweetened beverage consumption per person per week	1000-2500ml
Proportion of adults with insufficient physical activity	10-20%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Congo

25%

Adults with high BMI in 2025

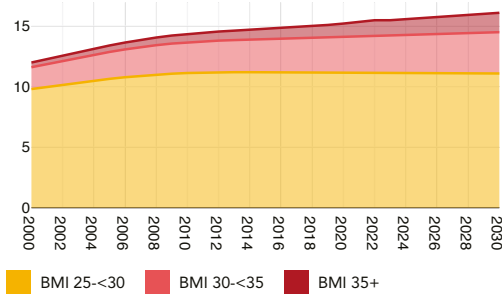
9%

Adults living with obesity in 2025

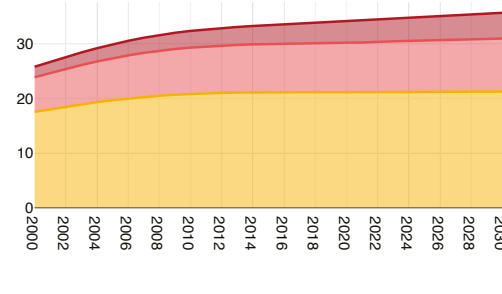
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



■ BMI 25-<30 ■ BMI 30-<35 ■ BMI 35+

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	Men			Women		
	2010	2015	2030	2010	2015	2030
25-<30	120	140	200	230	260	400
30-<35	28	34	63	94	110	180
35+	8	10	29	34	43	88
All high BMI	160	180	300	360	420	670

Totals may not add up due to rounding

960,000

Adults with high BMI in 2030

1,705

Premature NCD deaths due to high BMI, 2021

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



■ Type 2 Diabetes ■ Stroke ■ Ischaemic Heart Disease ■ Cancers ■ Other NCDs

17,760

Adult person-years of NCD ill health due to high BMI, 2021

National policies, action and risk factors

National guidelines for the management of high BMI	No
National guidelines for the management of physical inactivity	No
National guidelines for NCD management in primary care	No
Survey of adult overweight and obesity in the last five years	No
Survey of adult unhealthy diets in the last five years	No
Survey of adult physical inactivity in the last five years	No
Taxes on sugar-sweetened beverages	No
Sugar-sweetened beverage consumption per person per week	1000-2500ml
Proportion of adults with insufficient physical activity	10-20%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Cook Islands

90%

Adults with high BMI in 2025

72%

Adults living with obesity in 2025

8,000

Adults with high BMI in 2030

20

Premature NCD deaths due to high BMI, 2021

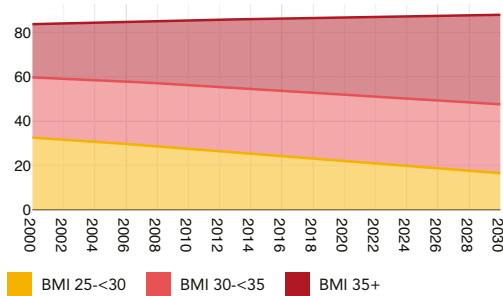
381

Adult person-years of NCD ill health due to high BMI, 2021

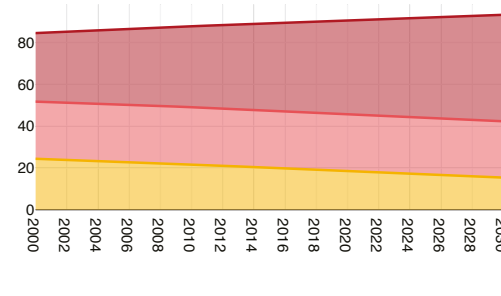
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



■ BMI 25-<30 ■ BMI 30-<35 ■ BMI 35+

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	Men			Women		
	2010	2015	2030	2010	2015	2030
25-<30	1	1	0.6	1	1	0.7
30-<35	2	2	1	2	2	1
35+	2	2	2	2	3	2
All high BMI	5	5	3	5	5	4

Totals may not add up due to rounding

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



■ Type 2 Diabetes ■ Stroke ■ Ischaemic Heart Disease ■ Cancers ■ Other NCDs

National policies, action and risk factors

National guidelines for the management of high BMI	No
National guidelines for the management of physical inactivity	No
National guidelines for NCD management in primary care	No
Survey of adult overweight and obesity in the last five years	No
Survey of adult unhealthy diets in the last five years	No
Survey of adult physical inactivity in the last five years	No
Taxes on sugar-sweetened beverages	Yes
Sugar-sweetened beverage consumption per person per week	n/a
Proportion of adults with insufficient physical activity	20-30%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Costa Rica

70%

Adults with high BMI in 2025

34%

Adults living with obesity in 2025

2.97m

Adults with high BMI in 2030

1,099

Premature NCD deaths due to high BMI, 2021

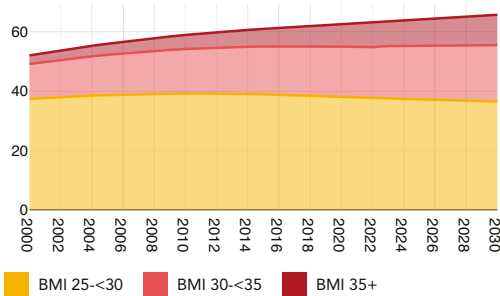
44,875

Adult person-years of NCD ill health due to high BMI, 2021

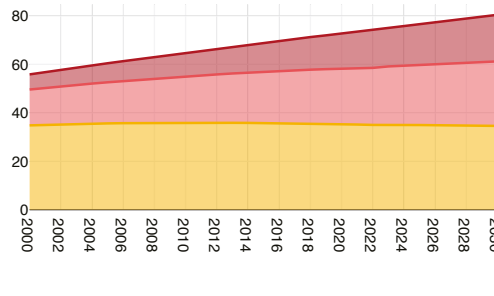
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



■ BMI 25-<30 ■ BMI 30-<35 ■ BMI 35+

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	Men			Women		
	2010	2015	2030	2010	2015	2030
25-<30	580	630	720	550	610	720
30-<35	220	260	380	290	360	550
35+	70	97	200	150	210	400
All high BMI	870	990	1,310	1,000	1,180	1,670

Totals may not add up due to rounding

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



■ Type 2 Diabetes ■ Stroke ■ Ischaemic Heart Disease ■ Cancers ■ Other NCDs

National policies, action and risk factors

National guidelines for the management of high BMI	Yes
National guidelines for the management of physical inactivity	Yes
National guidelines for NCD management in primary care	Yes
Survey of adult overweight and obesity in the last five years	Yes
Survey of adult unhealthy diets in the last five years	Yes
Survey of adult physical inactivity in the last five years	Yes
Taxes on sugar-sweetened beverages	Yes
Sugar-sweetened beverage consumption per person per week	1000-2500ml
Proportion of adults with insufficient physical activity	40-50%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Cote d'Ivoire

37%

Adults with high BMI in 2025

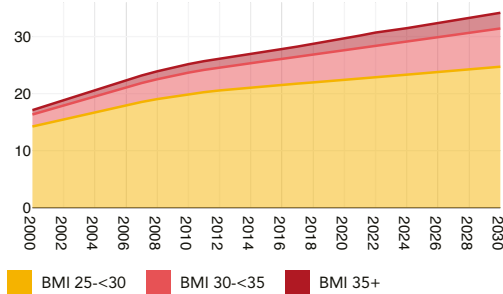
13%

Adults living with obesity in 2025

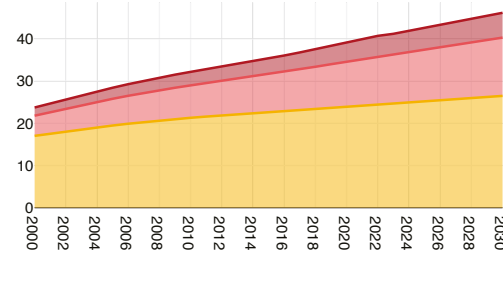
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



■ BMI 25-<30 ■ BMI 30-<35 ■ BMI 35+

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	Men			Women		
	2010	2015	2030	2010	2015	2030
25-<30	1,030	1,330	2,330	1,060	1,340	2,420
30-<35	190	270	630	380	530	1,260
35+	77	100	260	160	220	540
All high BMI	1,300	1,710	3,230	1,600	2,090	4,220

Totals may not add up due to rounding

7.44m

Adults with high BMI in 2030

4,542

Premature NCD deaths due to high BMI, 2021

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



■ Type 2 Diabetes ■ Stroke ■ Ischaemic Heart Disease ■ Cancers ■ Other NCDs

72,091

Adult person-years of NCD ill health due to high BMI, 2021

National policies, action and risk factors

National guidelines for the management of high BMI	No
National guidelines for the management of physical inactivity	No
National guidelines for NCD management in primary care	No
Survey of adult overweight and obesity in the last five years	Yes
Survey of adult unhealthy diets in the last five years	Yes
Survey of adult physical inactivity in the last five years	Yes
Taxes on sugar-sweetened beverages	Yes
Sugar-sweetened beverage consumption per person per week	1000-2500ml
Proportion of adults with insufficient physical activity	10-20%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Croatia

67%

Adults with high BMI in 2025

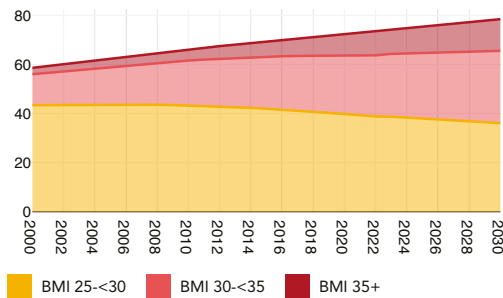
34%

Adults living with obesity in 2025

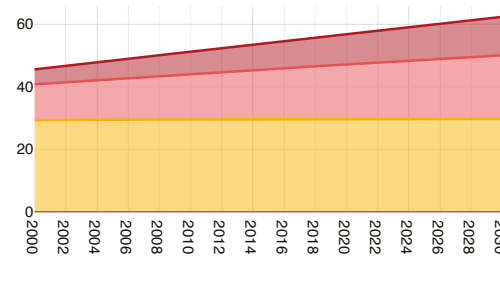
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



■ BMI 25-<30 ■ BMI 30-<35 ■ BMI 35+

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	Men			Women		
	2010	2015	2030	2010	2015	2030
25-<30	700	660	520	530	520	470
30-<35	290	330	430	260	280	320
35+	74	97	190	130	150	200
All high BMI	1,060	1,090	1,140	920	950	990

Totals may not add up due to rounding

2.13m

Adults with high BMI in 2030

1,268

Premature NCD deaths due to high BMI, 2021

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



■ Type 2 Diabetes ■ Stroke ■ Ischaemic Heart Disease ■ Cancers ■ Other NCDs

54,903

Adult person-years of NCD ill health due to high BMI, 2021

National policies, action and risk factors

National guidelines for the management of high BMI	No
National guidelines for the management of physical inactivity	No
National guidelines for NCD management in primary care	Yes
Survey of adult overweight and obesity in the last five years	Yes
Survey of adult unhealthy diets in the last five years	Yes
Survey of adult physical inactivity in the last five years	Yes
Taxes on sugar-sweetened beverages	Yes
Sugar-sweetened beverage consumption per person per week	250-500ml
Proportion of adults with insufficient physical activity	20-30%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Cuba

60%

Adults with high BMI in 2025

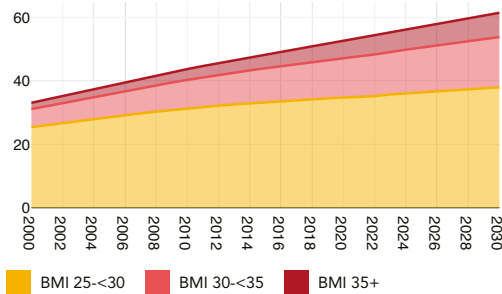
24%

Adults living with obesity in 2025

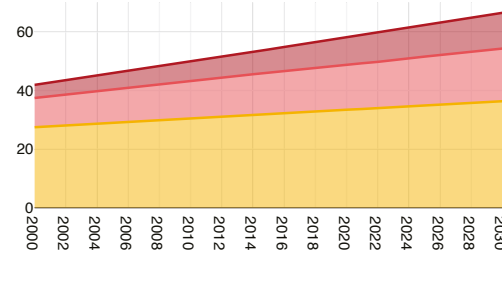
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



■ BMI 25-<30 ■ BMI 30-<35 ■ BMI 35+

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	Men			Women		
	2010	2015	2030	2010	2015	2030
25-<30	1,310	1,420	1,590	1,320	1,410	1,610
30-<35	380	460	670	550	620	800
35+	140	180	320	290	350	540
All high BMI	1,830	2,060	2,580	2,160	2,390	2,950

Totals may not add up due to rounding

5.53m

Adults with high BMI in 2030

3,594

Premature NCD deaths due to high BMI, 2021

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



■ Type 2 Diabetes ■ Stroke ■ Ischaemic Heart Disease ■ Cancers ■ Other NCDs

114,248

Adult person-years of NCD ill health due to high BMI, 2021

National policies, action and risk factors

National guidelines for the management of high BMI	Yes
National guidelines for the management of physical inactivity	Yes
National guidelines for NCD management in primary care	Yes
Survey of adult overweight and obesity in the last five years	No
Survey of adult unhealthy diets in the last five years	No
Survey of adult physical inactivity in the last five years	No
Taxes on sugar-sweetened beverages	No
Sugar-sweetened beverage consumption per person per week	1000-2500ml
Proportion of adults with insufficient physical activity	>50%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Cyprus

55%

Adults with high BMI in 2025

24%

Adults living with obesity in 2025

616,000

Adults with high BMI in 2030

193

Premature NCD deaths due to high BMI, 2021

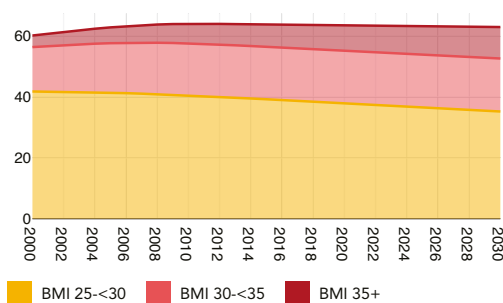
11,467

Adult person-years of NCD ill health due to high BMI, 2021

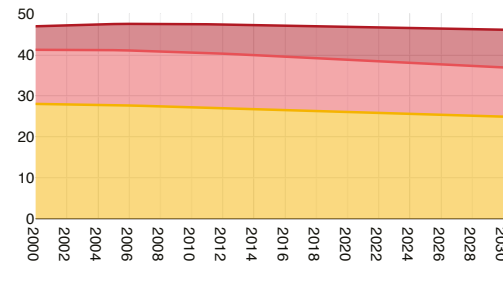
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



■ BMI 25-<30 ■ BMI 30-<35 ■ BMI 35+

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	2010	Men			Women		
		2010	2015	2030	2010	2015	2030
25-<30	170	190	200	120	130	140	
30-<35	73	82	98	57	62	68	
35+	27	35	58	29	35	52	
All high BMI	270	310	360	200	220	260	

Totals may not add up due to rounding

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



■ Type 2 Diabetes ■ Stroke ■ Ischaemic Heart Disease ■ Cancers ■ Other NCDs

National policies, action and risk factors

National guidelines for the management of high BMI	n/a
National guidelines for the management of physical inactivity	n/a
National guidelines for NCD management in primary care	n/a
Survey of adult overweight and obesity in the last five years	n/a
Survey of adult unhealthy diets in the last five years	n/a
Survey of adult physical inactivity in the last five years	n/a
Taxes on sugar-sweetened beverages	n/a
Sugar-sweetened beverage consumption per person per week	500-1000ml
Proportion of adults with insufficient physical activity	40-50%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Czechia

62%

Adults with high BMI in 2025

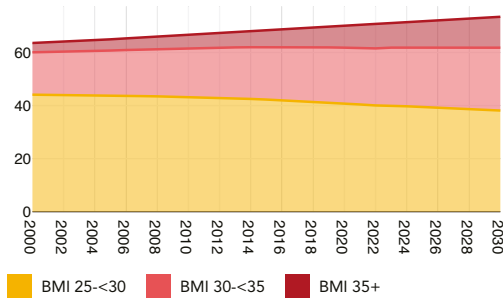
28%

Adults living with obesity in 2025

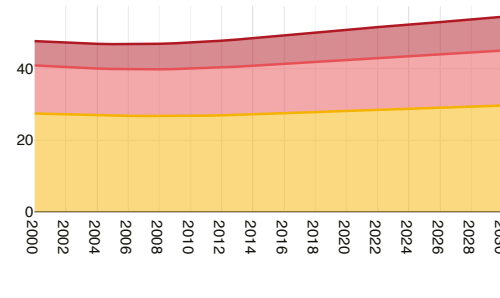
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



■ BMI 25-<30 ■ BMI 30-<35 ■ BMI 35+

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	Men			Women		
	2010	2015	2030	2010	2015	2030
25-<30	1,750	1,740	1,570	1,150	1,190	1,270
30-<35	750	810	970	570	600	660
35+	210	260	480	310	340	410
All high BMI	2,710	2,810	3,020	2,040	2,120	2,340

Totals may not add up due to rounding

5.36m

Adults with high BMI in 2030

2,943

Premature NCD deaths due to high BMI, 2021

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



■ Type 2 Diabetes ■ Stroke ■ Ischaemic Heart Disease ■ Cancers ■ Other NCDs

141,911

Adult person-years of NCD ill health due to high BMI, 2021

National policies, action and risk factors

National guidelines for the management of high BMI	Yes
National guidelines for the management of physical inactivity	Yes
National guidelines for NCD management in primary care	Yes
Survey of adult overweight and obesity in the last five years	Yes
Survey of adult unhealthy diets in the last five years	Yes
Survey of adult physical inactivity in the last five years	Yes
Taxes on sugar-sweetened beverages	No
Sugar-sweetened beverage consumption per person per week	250-500ml
Proportion of adults with insufficient physical activity	20-30%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Democratic Republic of Congo

24%

Adults with high BMI in 2025

7%

Adults living with obesity in 2025

15.58m

Adults with high BMI in 2030

15,707

Premature NCD deaths due to high BMI, 2021

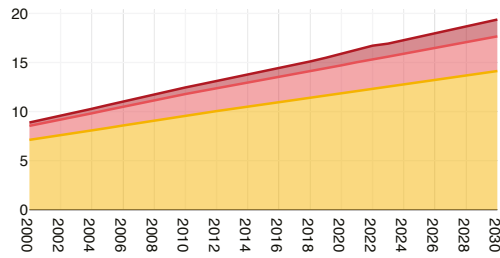
176,212

Adult person-years of NCD ill health due to high BMI, 2021

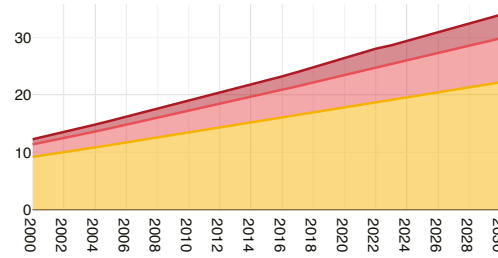
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



■ BMI 25-<30 ■ BMI 30-<35 ■ BMI 35+

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	Men			Women		
	2010	2015	2030	2010	2015	2030
25-<30	1,400	1,850	4,020	2,060	2,810	6,580
30-<35	320	430	1,000	570	820	2,270
35+	98	150	490	270	400	1,220
All high BMI	1,810	2,420	5,520	2,890	4,040	10,070

Totals may not add up due to rounding

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



■ Type 2 Diabetes ■ Stroke ■ Ischaemic Heart Disease ■ Cancers ■ Other NCDs

National policies, action and risk factors

National guidelines for the management of high BMI	No
National guidelines for the management of physical inactivity	No
National guidelines for NCD management in primary care	No
Survey of adult overweight and obesity in the last five years	No
Survey of adult unhealthy diets in the last five years	No
Survey of adult physical inactivity in the last five years	No
Taxes on sugar-sweetened beverages	Yes
Sugar-sweetened beverage consumption per person per week	250-500ml
Proportion of adults with insufficient physical activity	10-20%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Denmark

46%

Adults with high BMI in 2025

14%

Adults living with obesity in 2025

2.203m

Adults with high BMI in 2030

627

Premature NCD deaths due to high BMI, 2021

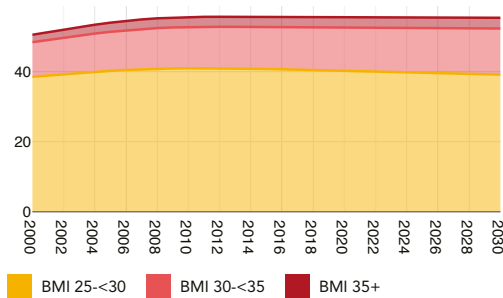
44,372

Adult person-years of NCD ill health due to high BMI, 2021

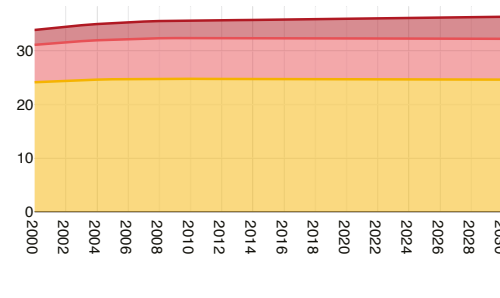
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



■ BMI 25-<30 ■ BMI 30-<35 ■ BMI 35+

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	Men			Women		
	2010	2015	2030	2010	2015	2030
25-<30	840	880	930	530	550	600
30-<35	240	260	310	160	170	190
35+	59	62	73	70	77	100
All high BMI	1,150	1,200	1,320	760	790	890

Totals may not add up due to rounding

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



■ Type 2 Diabetes ■ Stroke ■ Ischaemic Heart Disease ■ Cancers ■ Other NCDs

National policies, action and risk factors

National guidelines for the management of high BMI	Yes
National guidelines for the management of physical inactivity	Yes
National guidelines for NCD management in primary care	Yes
Survey of adult overweight and obesity in the last five years	Yes
Survey of adult unhealthy diets in the last five years	Yes
Survey of adult physical inactivity in the last five years	Yes
Taxes on sugar-sweetened beverages	No
Sugar-sweetened beverage consumption per person per week	250-500ml
Proportion of adults with insufficient physical activity	10-20%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Djibouti

32%

Adults with high BMI in 2025

13%

Adults living with obesity in 2025

289,000

Adults with high BMI in 2030

133

Premature NCD deaths due to high BMI, 2021

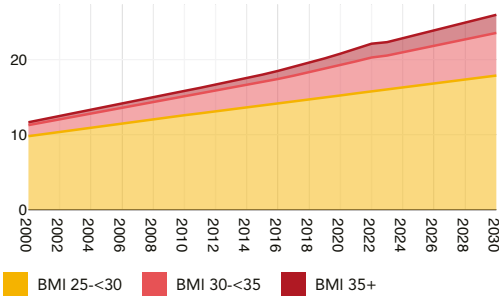
1,606

Adult person-years of NCD ill health due to high BMI, 2021

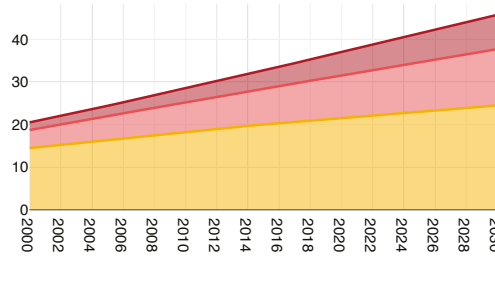
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



■ BMI 25-<30 ■ BMI 30-<35 ■ BMI 35+

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	Men			Women		
	2010	2015	2030	2010	2015	2030
25-<30	31	39	70	46	58	100
30-<35	6	9	22	17	24	54
35+	2	3	10	8	12	33
All high BMI	38	50	100	72	95	190

Totals may not add up due to rounding

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



■ Type 2 Diabetes ■ Stroke ■ Ischaemic Heart Disease ■ Cancers ■ Other NCDs

National policies, action and risk factors

National guidelines for the management of high BMI	No
National guidelines for the management of physical inactivity	No
National guidelines for NCD management in primary care	No
Survey of adult overweight and obesity in the last five years	No
Survey of adult unhealthy diets in the last five years	No
Survey of adult physical inactivity in the last five years	No
Taxes on sugar-sweetened beverages	No
Sugar-sweetened beverage consumption per person per week	>2500ml
Proportion of adults with insufficient physical activity	10-20%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Dominica

62%

Adults with high BMI in 2025

34%

Adults living with obesity in 2025

32,000

Adults with high BMI in 2030

48

Premature NCD deaths due to high BMI, 2021

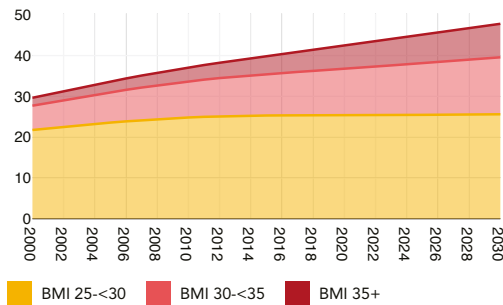
914

Adult person-years of NCD ill health due to high BMI, 2021

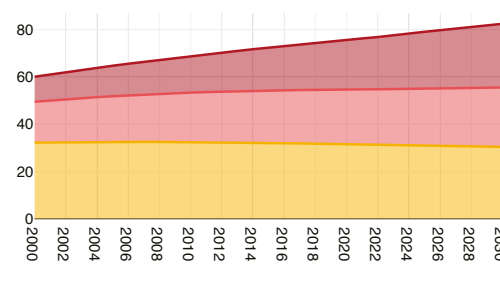
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



■ BMI 25-<30 ■ BMI 30-<35 ■ BMI 35+

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	Men			Women		
	2010	2015	2030	2010	2015	2030
25-<30	6	6	6	7	8	8
30-<35	2	2	3	5	5	6
35+	0.8	1	2	4	4	7
All high BMI	9	10	12	16	18	21

Totals may not add up due to rounding

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



■ Type 2 Diabetes ■ Stroke ■ Ischaemic Heart Disease ■ Cancers ■ Other NCDs

National policies, action and risk factors

National guidelines for the management of high BMI	No
National guidelines for the management of physical inactivity	No
National guidelines for NCD management in primary care	No
Survey of adult overweight and obesity in the last five years	No
Survey of adult unhealthy diets in the last five years	No
Survey of adult physical inactivity in the last five years	No
Taxes on sugar-sweetened beverages	Yes
Sugar-sweetened beverage consumption per person per week	1000-2500ml
Proportion of adults with insufficient physical activity	30-40%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Dominican Republic

68%

Adults with high BMI in 2025

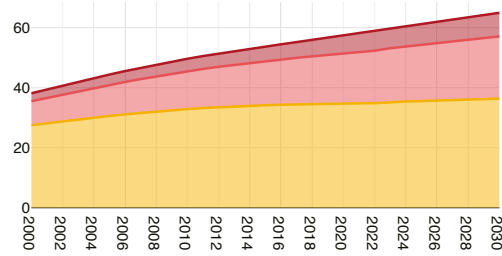
32%

Adults living with obesity in 2025

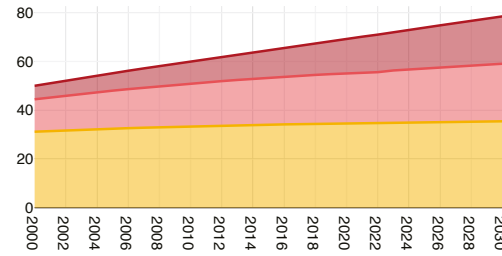
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



■ BMI 25-<30 ■ BMI 30-<35 ■ BMI 35+

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	2010	Men		Women		
		2010	2015	2030	2010	2015
25-<30	940	1,080	1,430	980	1,110	1,450
30-<35	360	460	820	520	630	970
35+	120	150	310	270	370	800
All high BMI	1,420	1,690	2,560	1,760	2,110	3,210

Totals may not add up due to rounding

5.78m

Adults with high BMI in 2030

3,516

Premature NCD deaths due to high BMI, 2021

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



■ Type 2 Diabetes ■ Stroke ■ Ischaemic Heart Disease ■ Cancers ■ Other NCDs

82,068

Adult person-years of NCD ill health due to high BMI, 2021

National policies, action and risk factors

National guidelines for the management of high BMI	Yes
National guidelines for the management of physical inactivity	No
National guidelines for NCD management in primary care	Yes
Survey of adult overweight and obesity in the last five years	Yes
Survey of adult unhealthy diets in the last five years	No
Survey of adult physical inactivity in the last five years	Yes
Taxes on sugar-sweetened beverages	No
Sugar-sweetened beverage consumption per person per week	1000-2500ml
Proportion of adults with insufficient physical activity	30-40%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Ecuador

71%

Adults with high BMI in 2025

30%

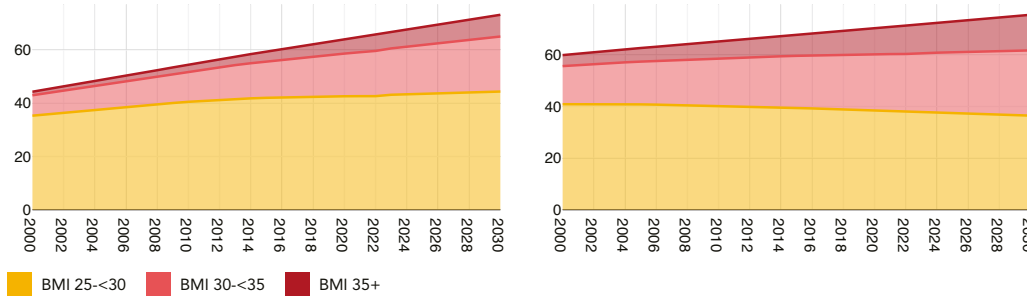
Adults living with obesity in 2025

Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI

% women with high BMI



Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	Men			Women		
	2010	2015	2030	2010	2015	2030
25-<30	1,770	2,070	2,930	1,810	2,000	2,480
30-<35	500	670	1,370	830	1,020	1,720
35+	110	180	540	290	410	940
All high BMI	2,380	2,920	4,840	2,930	3,440	5,130

Totals may not add up due to rounding

9.98m

Adults with high BMI in 2030

4,507

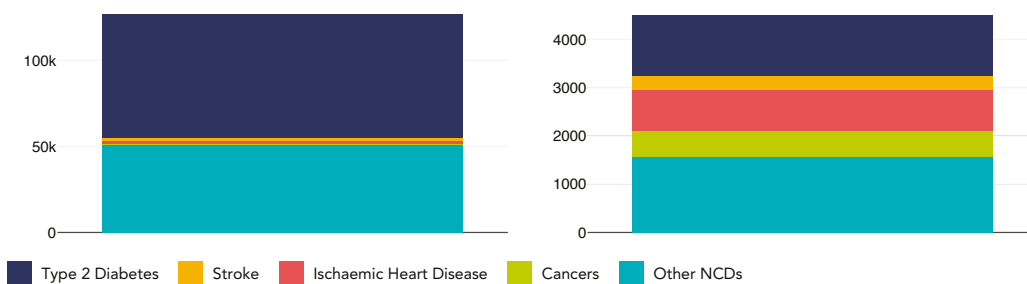
Premature NCD deaths due to high BMI, 2021

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health

Premature deaths



126,487

Adult person-years of NCD ill health due to high BMI, 2021

National policies, action and risk factors

National guidelines for the management of high BMI	n/a
National guidelines for the management of physical inactivity	n/a
National guidelines for NCD management in primary care	No
Survey of adult overweight and obesity in the last five years	Yes
Survey of adult unhealthy diets in the last five years	Yes
Survey of adult physical inactivity in the last five years	Yes
Taxes on sugar-sweetened beverages	Yes
Sugar-sweetened beverage consumption per person per week	>2500ml
Proportion of adults with insufficient physical activity	20-30%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Egypt

76%

Adults with high BMI in 2025

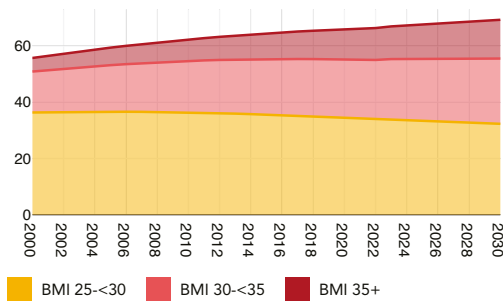
48%

Adults living with obesity in 2025

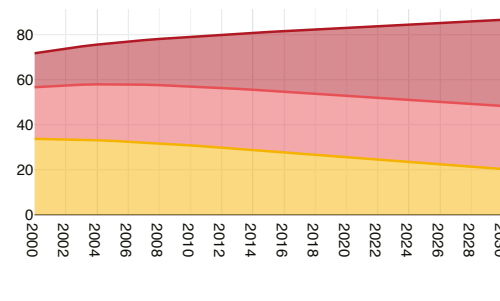
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



■ BMI 25-<30 ■ BMI 30-<35 ■ BMI 35+

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	2010	Men			Women		
		2010	2015	2030	2010	2015	2030
25-<30	9,130	10,050	12,540	7,740	7,970	7,890	
30-<35	4,600	5,580	9,010	6,580	7,610	10,890	
35+	1,920	2,580	5,350	5,550	7,380	14,880	
All high BMI	15,640	18,220	26,900	19,870	22,960	33,660	

Totals may not add up due to rounding

60.56m

Adults with high BMI in 2030

65,716

Premature NCD deaths due to high BMI, 2021

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



■ Type 2 Diabetes ■ Stroke ■ Ischaemic Heart Disease ■ Cancers ■ Other NCDs

739,494

Adult person-years of NCD ill health due to high BMI, 2021

National policies, action and risk factors

National guidelines for the management of high BMI	n/a
National guidelines for the management of physical inactivity	No
National guidelines for NCD management in primary care	Yes
Survey of adult overweight and obesity in the last five years	Yes
Survey of adult unhealthy diets in the last five years	Yes
Survey of adult physical inactivity in the last five years	Yes
Taxes on sugar-sweetened beverages	No
Sugar-sweetened beverage consumption per person per week	500-1000ml
Proportion of adults with insufficient physical activity	30-40%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



El Salvador

69%

Adults with high BMI in 2025

33%

Adults living with obesity in 2025

3.24m

Adults with high BMI in 2030

2,429

Premature NCD deaths due to high BMI, 2021

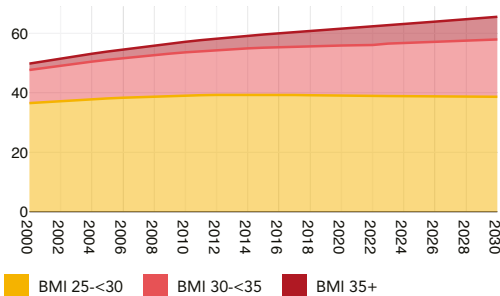
49,453

Adult person-years of NCD ill health due to high BMI, 2021

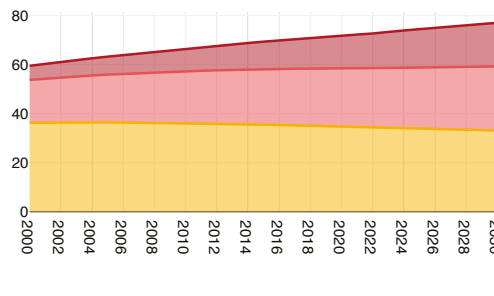
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



■ BMI 25-<30 ■ BMI 30-<35 ■ BMI 35+

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	Men			Women		
	2010	2015	2030	2010	2015	2030
25-<30	600	660	800	680	720	810
30-<35	220	260	400	400	460	640
35+	55	74	160	170	230	430
All high BMI	880	1,000	1,350	1,260	1,410	1,870

Totals may not add up due to rounding

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



■ Type 2 Diabetes ■ Stroke ■ Ischaemic Heart Disease ■ Cancers ■ Other NCDs

National policies, action and risk factors

National guidelines for the management of high BMI	Yes
National guidelines for the management of physical inactivity	Yes
National guidelines for NCD management in primary care	Yes
Survey of adult overweight and obesity in the last five years	No
Survey of adult unhealthy diets in the last five years	No
Survey of adult physical inactivity in the last five years	No
Taxes on sugar-sweetened beverages	Yes
Sugar-sweetened beverage consumption per person per week	1000-2500ml
Proportion of adults with insufficient physical activity	30-40%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Equatorial Guinea

44%

Adults with high BMI in 2025

20%

Adults living with obesity in 2025

537,000

Adults with high BMI in 2030

292

Premature NCD deaths due to high BMI, 2021

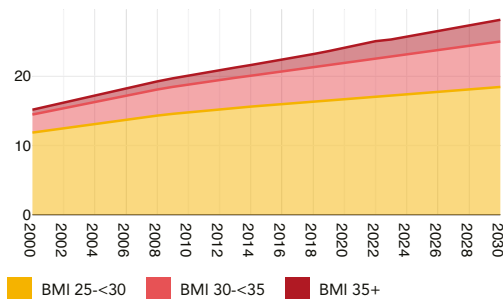
4,411

Adult person-years of NCD ill health due to high BMI, 2021

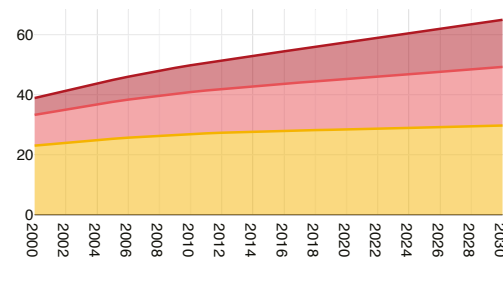
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



■ BMI 25-<30 ■ BMI 30-<35 ■ BMI 35+

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	Men			Women		
	2010	2015	2030	2010	2015	2030
25-<30	49	67	120	78	98	160
30-<35	13	19	42	41	54	110
35+	4	7	20	26	37	85
All high BMI	67	93	180	140	190	350

Totals may not add up due to rounding

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



■ Type 2 Diabetes ■ Stroke ■ Ischaemic Heart Disease ■ Cancers ■ Other NCDs

National policies, action and risk factors

National guidelines for the management of high BMI	No
National guidelines for the management of physical inactivity	No
National guidelines for NCD management in primary care	No
Survey of adult overweight and obesity in the last five years	No
Survey of adult unhealthy diets in the last five years	No
Survey of adult physical inactivity in the last five years	No
Taxes on sugar-sweetened beverages	n/a
Sugar-sweetened beverage consumption per person per week	1000-2500ml
Proportion of adults with insufficient physical activity	10-20%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Eritrea

19%

Adults with high BMI in 2025

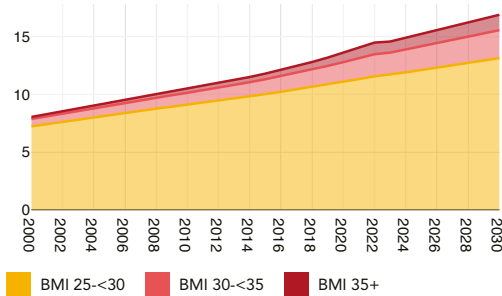
5%

Adults living with obesity in 2025

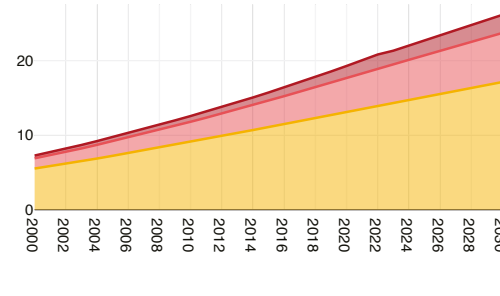
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



■ BMI 25-<30 ■ BMI 30-<35 ■ BMI 35+

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	Men			Women		
	2010	2015	2030	2010	2015	2030
25-<30	60	69	140	65	83	190
30-<35	7	9	25	19	27	72
35+	2	3	14	6	8	27
All high BMI	69	81	180	90	120	290

Totals may not add up due to rounding

468,000

Adults with high BMI in 2030

688

Premature NCD deaths due to high BMI, 2021

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



■ Type 2 Diabetes ■ Stroke ■ Ischaemic Heart Disease ■ Cancers ■ Other NCDs

7,284

Adult person-years of NCD ill health due to high BMI, 2021

National policies, action and risk factors

National guidelines for the management of high BMI	No
National guidelines for the management of physical inactivity	No
National guidelines for NCD management in primary care	No
Survey of adult overweight and obesity in the last five years	No
Survey of adult unhealthy diets in the last five years	No
Survey of adult physical inactivity in the last five years	No
Taxes on sugar-sweetened beverages	No
Sugar-sweetened beverage consumption per person per week	1000-2500ml
Proportion of adults with insufficient physical activity	10-20%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Estonia

60%

Adults with high BMI in 2025

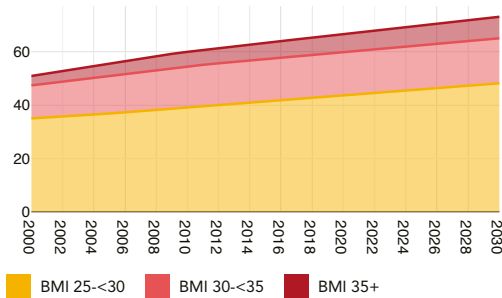
23%

Adults living with obesity in 2025

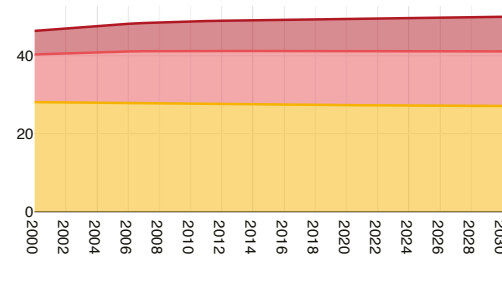
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



■ BMI 25-<30 ■ BMI 30-<35 ■ BMI 35+

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	Men			Women		
	2010	2015	2030	2010	2015	2030
25-<30	190	200	240	160	160	150
30-<35	74	76	83	79	79	78
35+	26	29	40	44	45	49
All high BMI	290	300	360	280	280	280

Totals may not add up due to rounding

640,000

Adults with high BMI in 2030

473

Premature NCD deaths due to high BMI, 2021

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



■ Type 2 Diabetes ■ Stroke ■ Ischaemic Heart Disease ■ Cancers ■ Other NCDs

14,703

Adult person-years of NCD ill health due to high BMI, 2021

National policies, action and risk factors

National guidelines for the management of high BMI	Yes
National guidelines for the management of physical inactivity	Yes
National guidelines for NCD management in primary care	Yes
Survey of adult overweight and obesity in the last five years	Yes
Survey of adult unhealthy diets in the last five years	No
Survey of adult physical inactivity in the last five years	Yes
Taxes on sugar-sweetened beverages	No
Sugar-sweetened beverage consumption per person per week	250-500ml
Proportion of adults with insufficient physical activity	10-20%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Eswatini

61%

Adults with high BMI in 2025

32%

Adults living with obesity in 2025

514,000

Adults with high BMI in 2030

581

Premature NCD deaths due to high BMI, 2021

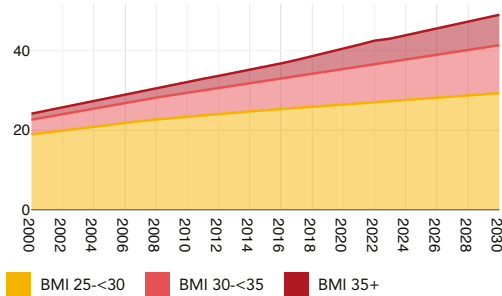
4,979

Adult person-years of NCD ill health due to high BMI, 2021

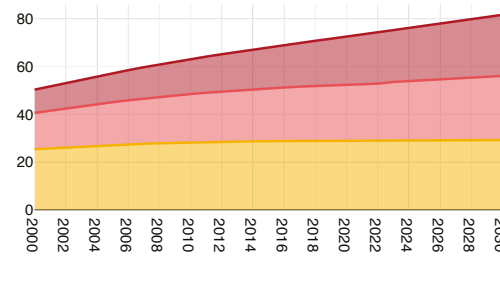
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



■ BMI 25-<30 ■ BMI 30-<35 ■ BMI 35+

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	Men			Women		
	2010	2015	2030	2010	2015	2030
25-<30	59	70	110	83	90	120
30-<35	15	20	45	59	69	110
35+	7	10	29	43	54	100
All high BMI	81	100	180	180	210	330

Totals may not add up due to rounding

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



■ Type 2 Diabetes ■ Stroke ■ Ischaemic Heart Disease ■ Cancers ■ Other NCDs

National policies, action and risk factors

National guidelines for the management of high BMI	No
National guidelines for the management of physical inactivity	No
National guidelines for NCD management in primary care	No
Survey of adult overweight and obesity in the last five years	No
Survey of adult unhealthy diets in the last five years	No
Survey of adult physical inactivity in the last five years	No
Taxes on sugar-sweetened beverages	No
Sugar-sweetened beverage consumption per person per week	1000-2500ml
Proportion of adults with insufficient physical activity	10-20%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Ethiopia

12%

Adults with high BMI in 2025

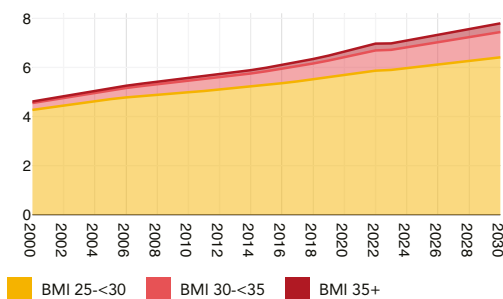
3%

Adults living with obesity in 2025

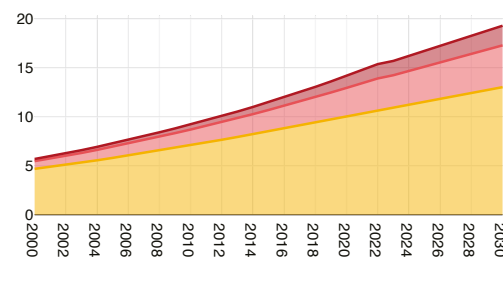
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



■ BMI 25-<30 ■ BMI 30-<35 ■ BMI 35+

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	2010	Men		Women		
		2015	2030	2010	2015	2030
25-<30	960	1,240	2,530	1,410	2,050	5,280
30-<35	87	130	410	320	520	1,730
35+	22	34	140	100	190	810
All high BMI	1,070	1,400	3,080	1,820	2,760	7,820

Totals may not add up due to rounding

10.9m

Adults with high BMI in 2030

6,523

Premature NCD deaths due to high BMI, 2021

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



■ Type 2 Diabetes ■ Stroke ■ Ischaemic Heart Disease ■ Cancers ■ Other NCDs

104,597

Adult person-years of NCD ill health due to high BMI, 2021

National policies, action and risk factors

National guidelines for the management of high BMI	Yes
National guidelines for the management of physical inactivity	Yes
National guidelines for NCD management in primary care	Yes
Survey of adult overweight and obesity in the last five years	No
Survey of adult unhealthy diets in the last five years	No
Survey of adult physical inactivity in the last five years	No
Taxes on sugar-sweetened beverages	Yes
Sugar-sweetened beverage consumption per person per week	1000-2500ml
Proportion of adults with insufficient physical activity	<10%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Federated States of Micronesia

73%

Adults with high BMI in 2025

42%

Adults living with obesity in 2025

53,000

Adults with high BMI in 2030

118

Premature NCD deaths due to high BMI, 2021

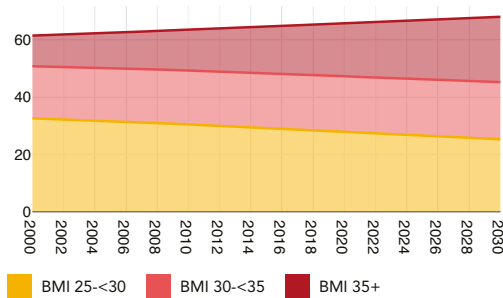
1,110

Adult person-years of NCD ill health due to high BMI, 2021

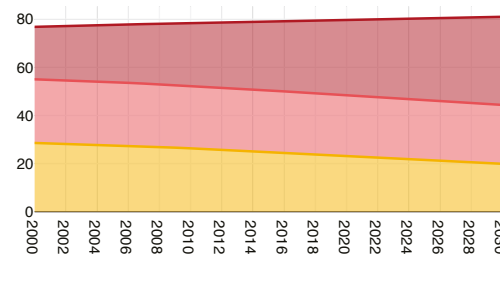
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



■ BMI 25-<30 ■ BMI 30-<35 ■ BMI 35+

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	2010	Men			Women		
		2010	2015	2030	2010	2015	2030
25-<30	9	9	9	8	7	7	
30-<35	5	6	7	7	8	9	
35+	4	5	8	8	9	13	
All high BMI	18	19	23	23	24	29	

Totals may not add up due to rounding

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



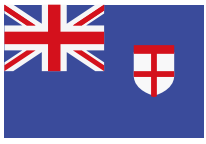
■ Type 2 Diabetes ■ Stroke ■ Ischaemic Heart Disease ■ Cancers ■ Other NCDs

National policies, action and risk factors

National guidelines for the management of high BMI	Yes
National guidelines for the management of physical inactivity	Yes
National guidelines for NCD management in primary care	No
Survey of adult overweight and obesity in the last five years	No
Survey of adult unhealthy diets in the last five years	No
Survey of adult physical inactivity in the last five years	No
Taxes on sugar-sweetened beverages	Yes
Sugar-sweetened beverage consumption per person per week	500-1000ml
Proportion of adults with insufficient physical activity	20-30%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Fiji

72%

Adults with high BMI in 2025

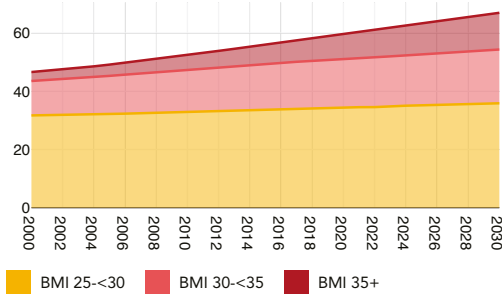
43%

Adults living with obesity in 2025

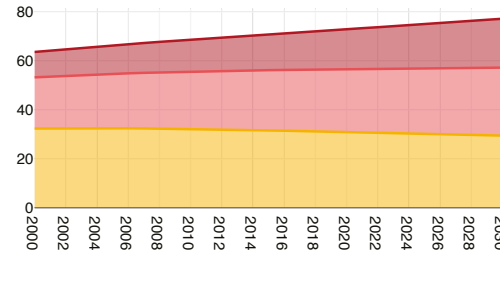
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



■ BMI 25-<30 ■ BMI 30-<35 ■ BMI 35+

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	2010	Men		Women		
		2010	2015	2030	2010	2015
25-<30	90	95	110	87	90	95
30-<35	39	44	57	64	70	89
35+	14	19	39	36	42	64
All high BMI	140	160	210	190	200	250

Totals may not add up due to rounding

454,000

Adults with high BMI in 2030

1,375

Premature NCD deaths due to high BMI, 2021

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



■ Type 2 Diabetes ■ Stroke ■ Ischaemic Heart Disease ■ Cancers ■ Other NCDs

11,669

Adult person-years of NCD ill health due to high BMI, 2021

National policies, action and risk factors

National guidelines for the management of high BMI	Yes
National guidelines for the management of physical inactivity	Yes
National guidelines for NCD management in primary care	Yes
Survey of adult overweight and obesity in the last five years	No
Survey of adult unhealthy diets in the last five years	No
Survey of adult physical inactivity in the last five years	No
Taxes on sugar-sweetened beverages	Yes
Sugar-sweetened beverage consumption per person per week	500-1000ml
Proportion of adults with insufficient physical activity	10-20%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Finland

68%

Adults with high BMI in 2025

34%

Adults living with obesity in 2025

2.59m

Adults with high BMI in 2030

811

Premature NCD deaths due to high BMI, 2021

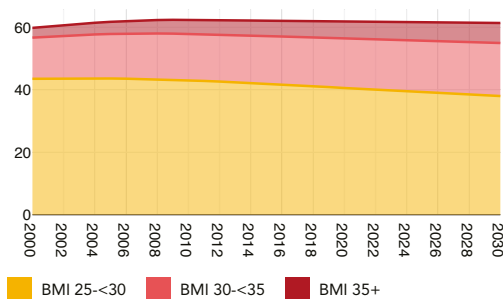
57,641

Adult person-years of NCD ill health due to high BMI, 2021

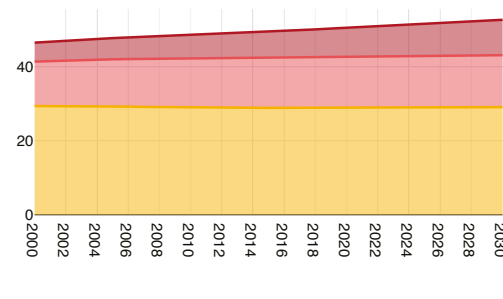
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



■ BMI 25-<30 ■ BMI 30-<35 ■ BMI 35+

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	Men			Women		
	2010	2015	2030	2010	2015	2030
25-<30	860	870	850	620	640	670
30-<35	300	320	380	280	300	330
35+	91	100	140	140	150	220
All high BMI	1,250	1,290	1,370	1,040	1,090	1,220

Totals may not add up due to rounding

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



■ Type 2 Diabetes ■ Stroke ■ Ischaemic Heart Disease ■ Cancers ■ Other NCDs

National policies, action and risk factors

National guidelines for the management of high BMI	Yes
National guidelines for the management of physical inactivity	Yes
National guidelines for NCD management in primary care	Yes
Survey of adult overweight and obesity in the last five years	Yes
Survey of adult unhealthy diets in the last five years	Yes
Survey of adult physical inactivity in the last five years	Yes
Taxes on sugar-sweetened beverages	Yes
Sugar-sweetened beverage consumption per person per week	250-500ml
Proportion of adults with insufficient physical activity	<10%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



France

45%

Adults with high BMI in 2025

16%

Adults living with obesity in 2025

16.49m

Adults with high BMI in 2030

6,312

Premature NCD deaths due to high BMI, 2021

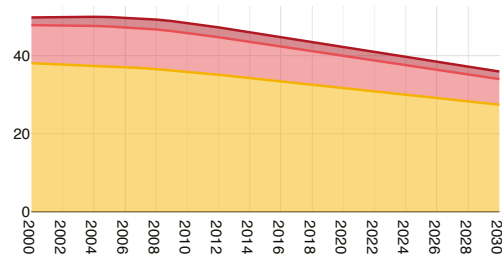
497,163

Adult person-years of NCD ill health due to high BMI, 2021

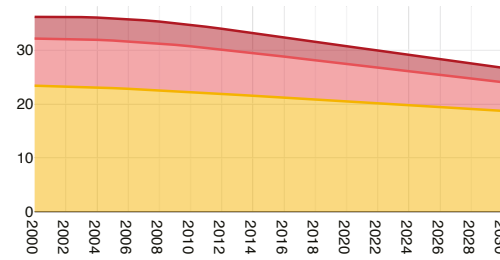
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



■ BMI 25-<30 ■ BMI 30-<35 ■ BMI 35+

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	Men			Women		
	2010	2015	2030	2010	2015	2030
25-<30	8,170	7,900	6,950	5,570	5,510	5,180
30-<35	2,270	2,120	1,660	2,130	2,010	1,470
35+	580	560	490	1,000	940	740
All high BMI	11,020	10,590	9,110	8,710	8,450	7,400

Totals may not add up due to rounding

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



■ Type 2 Diabetes ■ Stroke ■ Ischaemic Heart Disease ■ Cancers ■ Other NCDs

National policies, action and risk factors

National guidelines for the management of high BMI	Yes
National guidelines for the management of physical inactivity	Yes
National guidelines for NCD management in primary care	Yes
Survey of adult overweight and obesity in the last five years	No
Survey of adult unhealthy diets in the last five years	No
Survey of adult physical inactivity in the last five years	No
Taxes on sugar-sweetened beverages	Yes
Sugar-sweetened beverage consumption per person per week	500-1000ml
Proportion of adults with insufficient physical activity	20-30%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Gabon

56%

Adults with high BMI in 2025

32%

Adults living with obesity in 2025

848,000

Adults with high BMI in 2030

732

Premature NCD deaths due to high BMI, 2021

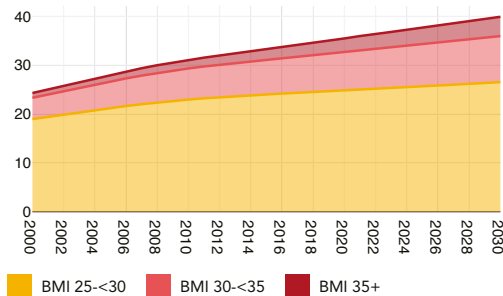
8,666

Adult person-years of NCD ill health due to high BMI, 2021

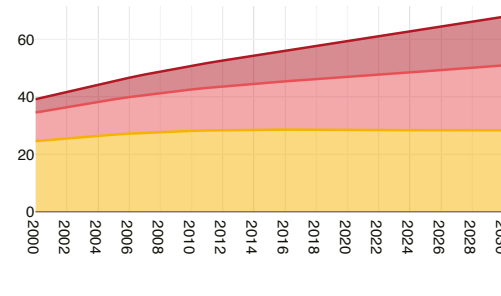
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



■ BMI 25-<30 ■ BMI 30-<35 ■ BMI 35+

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	Men			Women		
	2010	2015	2030	2010	2015	2030
25-<30	100	140	210	130	150	220
30-<35	29	40	76	64	88	180
35+	8	12	32	37	54	130
All high BMI	140	190	320	230	290	530

Totals may not add up due to rounding

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



■ Type 2 Diabetes ■ Stroke ■ Ischaemic Heart Disease ■ Cancers ■ Other NCDs

National policies, action and risk factors

National guidelines for the management of high BMI	No
National guidelines for the management of physical inactivity	No
National guidelines for NCD management in primary care	No
Survey of adult overweight and obesity in the last five years	No
Survey of adult unhealthy diets in the last five years	No
Survey of adult physical inactivity in the last five years	No
Taxes on sugar-sweetened beverages	No
Sugar-sweetened beverage consumption per person per week	1000-2500ml
Proportion of adults with insufficient physical activity	20-30%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Gambia

51%

Adults with high BMI in 2025

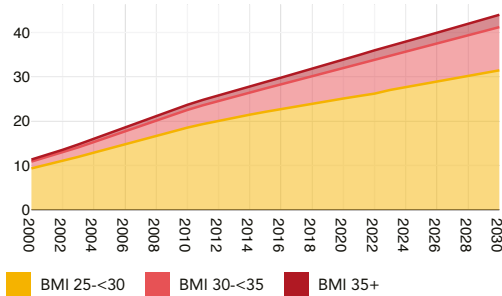
23%

Adults living with obesity in 2025

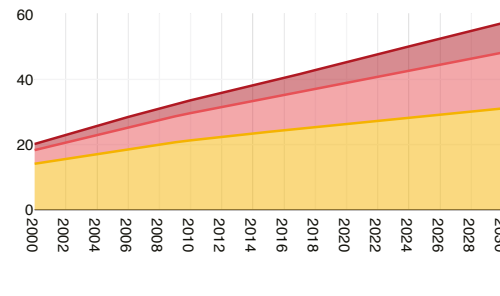
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



■ BMI 25-<30 ■ BMI 30-<35 ■ BMI 35+

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	2010	Men		Women		
		2010	2015	2030	2010	2015
25-<30	76	110	250	93	120	260
30-<35	16	26	78	36	54	140
35+	5	7	22	17	26	75
All high BMI	98	140	350	150	200	470

Totals may not add up due to rounding

825,000

Adults with high BMI in 2030

422

Premature NCD deaths due to high BMI, 2021

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



■ Type 2 Diabetes ■ Stroke ■ Ischaemic Heart Disease ■ Cancers ■ Other NCDs

5,474

Adult person-years of NCD ill health due to high BMI, 2021

National policies, action and risk factors

National guidelines for the management of high BMI	No
National guidelines for the management of physical inactivity	No
National guidelines for NCD management in primary care	No
Survey of adult overweight and obesity in the last five years	No
Survey of adult unhealthy diets in the last five years	No
Survey of adult physical inactivity in the last five years	No
Taxes on sugar-sweetened beverages	Yes
Sugar-sweetened beverage consumption per person per week	1000-2500ml
Proportion of adults with insufficient physical activity	20-30%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Georgia

62%

Adults with high BMI in 2025

30%

Adults living with obesity in 2025

2.06m

Adults with high BMI in 2030

1,666

Premature NCD deaths due to high BMI, 2021

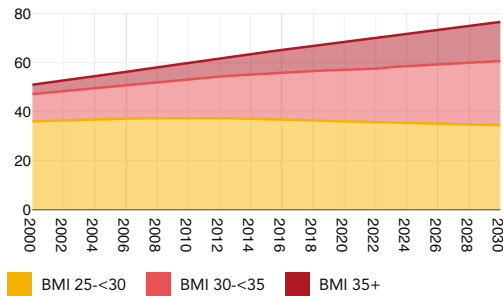
34,085

Adult person-years of NCD ill health due to high BMI, 2021

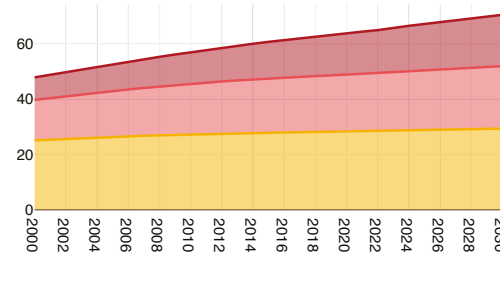
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



■ BMI 25-<30 ■ BMI 30-<35 ■ BMI 35+

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	2010	Men		Women		
		2010	2015	2030	2010	2015
25-<30	480	470	440	440	430	450
30-<35	210	240	330	290	310	350
35+	86	110	200	180	210	290
All high BMI	770	820	970	910	950	1,090

Totals may not add up due to rounding

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



■ Type 2 Diabetes ■ Stroke ■ Ischaemic Heart Disease ■ Cancers ■ Other NCDs

National policies, action and risk factors

National guidelines for the management of high BMI	Yes
National guidelines for the management of physical inactivity	No
National guidelines for NCD management in primary care	Yes
Survey of adult overweight and obesity in the last five years	Yes
Survey of adult unhealthy diets in the last five years	Yes
Survey of adult physical inactivity in the last five years	Yes
Taxes on sugar-sweetened beverages	No
Sugar-sweetened beverage consumption per person per week	250-500ml
Proportion of adults with insufficient physical activity	20-30%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Germany

66%

Adults with high BMI in 2025

31%

Adults living with obesity in 2025

36.55m

Adults with high BMI in 2030

13,596

Premature NCD deaths due to high BMI, 2021

853,759

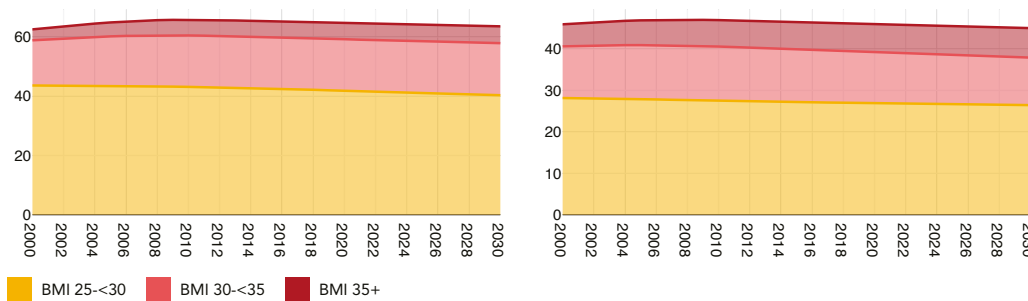
Adult person-years of NCD ill health due to high BMI, 2021

Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI

% women with high BMI



Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	Men			Women		
	2010	2015	2030	2010	2015	2030
25-<30	13,610	13,930	13,350	9,340	9,340	9,110
30-<35	5,470	5,660	5,810	4,460	4,400	3,950
35+	1,670	1,750	1,880	2,170	2,260	2,450
All high BMI	20,750	21,340	21,030	15,970	16,000	15,510

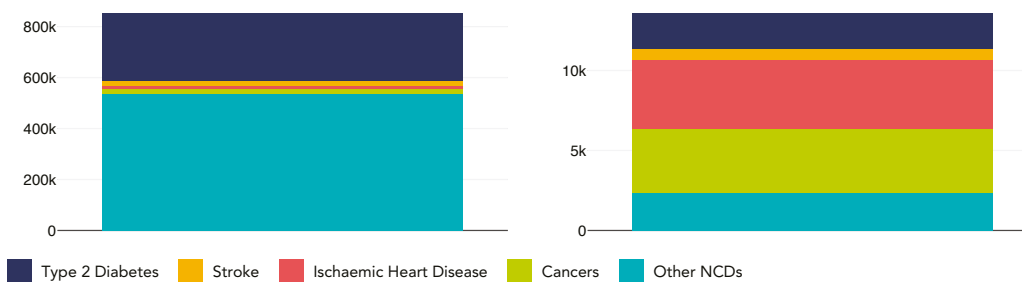
Totals may not add up due to rounding

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health

Premature deaths



National policies, action and risk factors

National guidelines for the management of high BMI	Yes
National guidelines for the management of physical inactivity	Yes
National guidelines for NCD management in primary care	Yes
Survey of adult overweight and obesity in the last five years	No
Survey of adult unhealthy diets in the last five years	Yes
Survey of adult physical inactivity in the last five years	Yes
Taxes on sugar-sweetened beverages	No
Sugar-sweetened beverage consumption per person per week	500-1000ml
Proportion of adults with insufficient physical activity	10-20%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Ghana

36%

Adults with high BMI in 2025

12%

Adults living with obesity in 2025

9.11m

Adults with high BMI in 2030

6,777

Premature NCD deaths due to high BMI, 2021

94,955

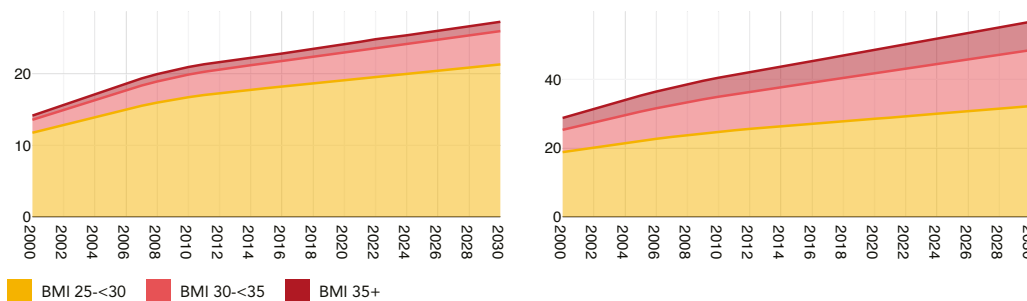
Adult person-years of NCD ill health due to high BMI, 2021

Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI

% women with high BMI



■ BMI 25-<30 ■ BMI 30-<35 ■ BMI 35+

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	Men			Women		
	2010	2015	2030	2010	2015	2030
25-<30	1,060	1,310	2,270	1,610	2,000	3,520
30-<35	200	260	500	660	870	1,780
35+	67	76	140	360	460	900
All high BMI	1,330	1,650	2,900	2,630	3,320	6,200

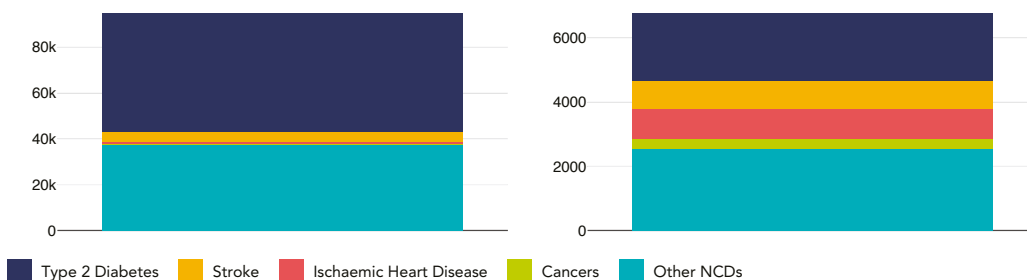
Totals may not add up due to rounding

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health

Premature deaths



■ Type 2 Diabetes ■ Stroke ■ Ischaemic Heart Disease ■ Cancers ■ Other NCDs

National policies, action and risk factors

National guidelines for the management of high BMI	No
National guidelines for the management of physical inactivity	No
National guidelines for NCD management in primary care	Yes
Survey of adult overweight and obesity in the last five years	No
Survey of adult unhealthy diets in the last five years	No
Survey of adult physical inactivity in the last five years	No
Taxes on sugar-sweetened beverages	n/a
Sugar-sweetened beverage consumption per person per week	1000-2500ml
Proportion of adults with insufficient physical activity	20-30%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Greece

62%

Adults with high BMI in 2025

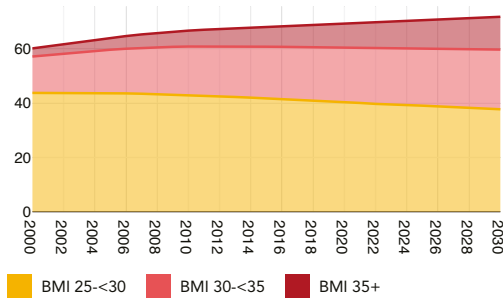
27%

Adults living with obesity in 2025

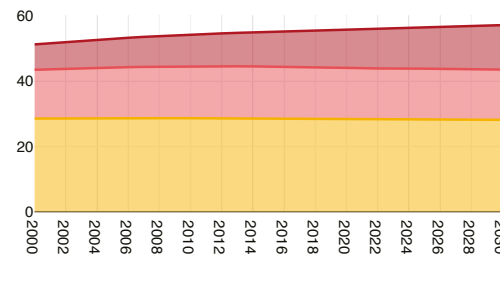
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



■ BMI 25-<30 ■ BMI 30-<35 ■ BMI 35+

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	Men			Women		
	2010	2015	2030	2010	2015	2030
25-<30	1,850	1,730	1,470	1,320	1,310	1,180
30-<35	770	790	850	730	730	650
35+	250	300	470	450	480	570
All high BMI	2,880	2,830	2,790	2,500	2,520	2,400

Totals may not add up due to rounding

5.19m

Adults with high BMI in 2030

2,125

Premature NCD deaths due to high BMI, 2021

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



■ Type 2 Diabetes ■ Stroke ■ Ischaemic Heart Disease ■ Cancers ■ Other NCDs

113,664

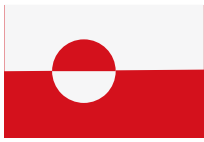
Adult person-years of NCD ill health due to high BMI, 2021

National policies, action and risk factors

National guidelines for the management of high BMI	No
National guidelines for the management of physical inactivity	No
National guidelines for NCD management in primary care	Yes
Survey of adult overweight and obesity in the last five years	Yes
Survey of adult unhealthy diets in the last five years	Yes
Survey of adult physical inactivity in the last five years	Yes
Taxes on sugar-sweetened beverages	No
Sugar-sweetened beverage consumption per person per week	250-500ml
Proportion of adults with insufficient physical activity	30-40%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Greenland

58%

Adults with high BMI in 2025

27%

Adults living with obesity in 2025

25,000

Adults with high BMI in 2030

16

Premature NCD deaths due to high BMI, 2021

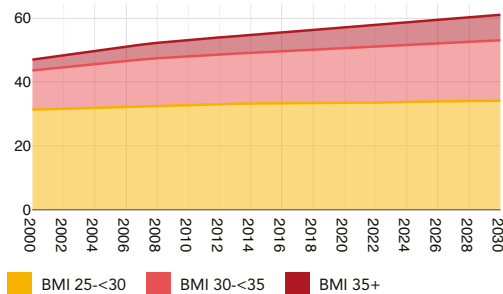
383

Adult person-years of NCD ill health due to high BMI, 2021

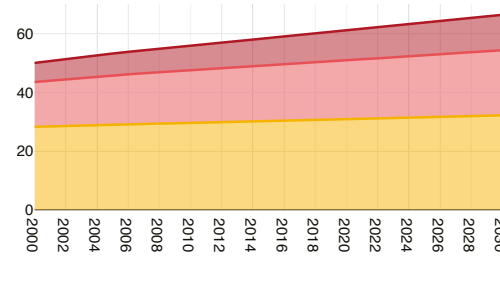
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



■ BMI 25-<30 ■ BMI 30-<35 ■ BMI 35+

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	Men			Women		
	2010	2015	2030	2010	2015	2030
25-<30	7	7	7	5	6	6
30-<35	3	3	4	3	4	4
35+	1	1	2	2	2	2
All high BMI	11	12	13	10	11	13

Totals may not add up due to rounding

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



■ Type 2 Diabetes ■ Stroke ■ Ischaemic Heart Disease ■ Cancers ■ Other NCDs

National policies, action and risk factors

National guidelines for the management of high BMI	n/a
National guidelines for the management of physical inactivity	n/a
National guidelines for NCD management in primary care	n/a
Survey of adult overweight and obesity in the last five years	n/a
Survey of adult unhealthy diets in the last five years	n/a
Survey of adult physical inactivity in the last five years	n/a
Taxes on sugar-sweetened beverages	n/a
Sugar-sweetened beverage consumption per person per week	n/a
Proportion of adults with insufficient physical activity	n/a

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Grenada

58%

Adults with high BMI in 2025

26%

Adults living with obesity in 2025

59,000

Adults with high BMI in 2030

61

Premature NCD deaths due to high BMI, 2021

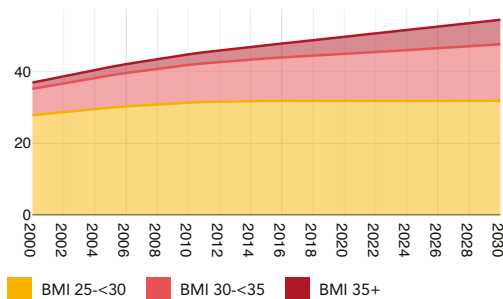
1,180

Adult person-years of NCD ill health due to high BMI, 2021

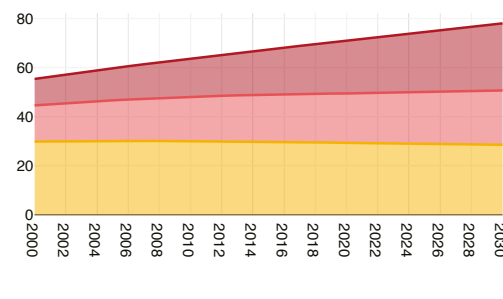
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



■ BMI 25-<30 ■ BMI 30-<35 ■ BMI 35+

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	Men			Women		
	2010	2015	2030	2010	2015	2030
25-<30	12	13	14	11	12	13
30-<35	4	5	7	7	8	10
35+	1	1	3	6	7	12
All high BMI	17	19	24	23	27	35

Totals may not add up due to rounding

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



■ Type 2 Diabetes ■ Stroke ■ Ischaemic Heart Disease ■ Cancers ■ Other NCDs

National policies, action and risk factors

National guidelines for the management of high BMI	No
National guidelines for the management of physical inactivity	No
National guidelines for NCD management in primary care	No
Survey of adult overweight and obesity in the last five years	No
Survey of adult unhealthy diets in the last five years	No
Survey of adult physical inactivity in the last five years	No
Taxes on sugar-sweetened beverages	No
Sugar-sweetened beverage consumption per person per week	1000-2500ml
Proportion of adults with insufficient physical activity	30-40%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Guatemala

69%

Adults with high BMI in 2025

35%

Adults living with obesity in 2025

8.91m

Adults with high BMI in 2030

4,833

Premature NCD deaths due to high BMI, 2021

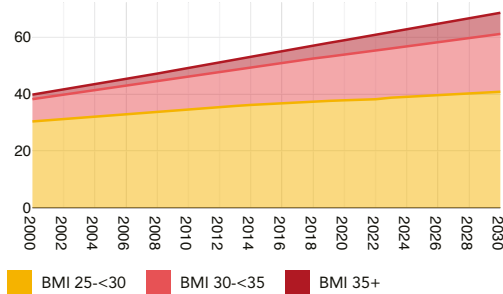
111,113

Adult person-years of NCD ill health due to high BMI, 2021

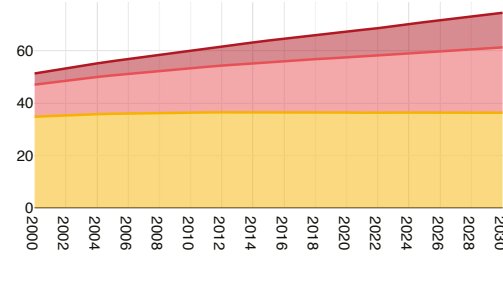
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



■ BMI 25-<30 ■ BMI 30-<35 ■ BMI 35+

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	Men			Women		
	2010	2015	2030	2010	2015	2030
25-<30	1,200	1,480	2,480	1,330	1,560	2,310
30-<35	410	560	1,240	620	820	1,590
35+	100	160	450	250	350	840
All high BMI	1,700	2,200	4,170	2,200	2,730	4,740

Totals may not add up due to rounding

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



■ Type 2 Diabetes ■ Stroke ■ Ischaemic Heart Disease ■ Cancers ■ Other NCDs

National policies, action and risk factors

National guidelines for the management of high BMI	Yes
National guidelines for the management of physical inactivity	Yes
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Survey of adult unhealthy diets in the last five years	No
Survey of adult physical inactivity in the last five years	No
Taxes on sugar-sweetened beverages	Yes
Sugar-sweetened beverage consumption per person per week	1000-2500ml
Proportion of adults with insufficient physical activity	30-40%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Guinea

47%

Adults with high BMI in 2025

21%

Adults living with obesity in 2025

2.94m

Adults with high BMI in 2030

1,753

Premature NCD deaths due to high BMI, 2021

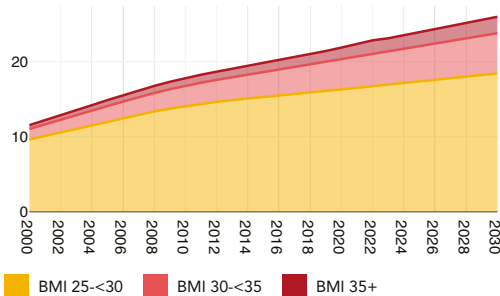
23,588

Adult person-years of NCD ill health due to high BMI, 2021

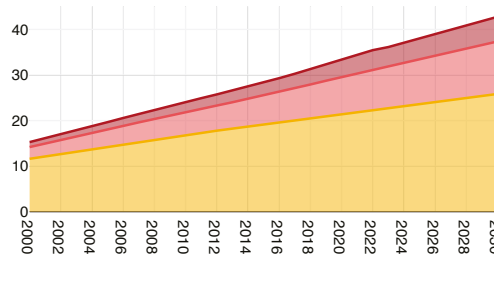
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



■ BMI 25-<30 ■ BMI 30-<35 ■ BMI 35+

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	Men			Women		
	2010	2015	2030	2010	2015	2030
25-<30	300	390	760	410	540	1,130
30-<35	58	82	220	120	180	500
35+	22	30	90	54	80	240
All high BMI	380	500	1,070	590	800	1,860

Totals may not add up due to rounding

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



■ Type 2 Diabetes ■ Stroke ■ Ischaemic Heart Disease ■ Cancers ■ Other NCDs

National policies, action and risk factors

National guidelines for the management of high BMI	Yes
National guidelines for the management of physical inactivity	Yes
National guidelines for NCD management in primary care	No
Survey of adult overweight and obesity in the last five years	No
Survey of adult unhealthy diets in the last five years	No
Survey of adult physical inactivity in the last five years	No
Taxes on sugar-sweetened beverages	No
Sugar-sweetened beverage consumption per person per week	500-1000ml
Proportion of adults with insufficient physical activity	10-20%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Guinea-Bissau

33%

Adults with high BMI in 2025

11%

Adults living with obesity in 2025

500,000

Adults with high BMI in 2030

397

Premature NCD deaths due to high BMI, 2021

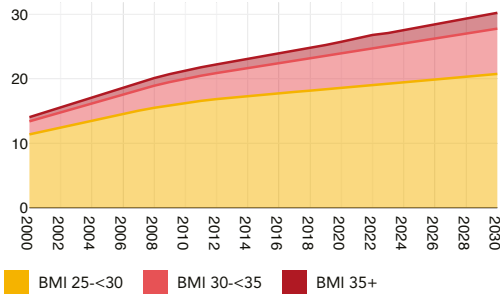
4,234

Adult person-years of NCD ill health due to high BMI, 2021

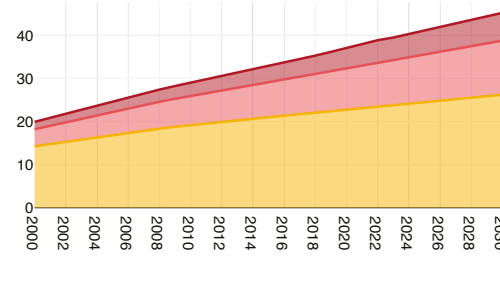
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



■ BMI 25-<30 ■ BMI 30-<35 ■ BMI 35+

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	Men			Women		
	2010	2015	2030	2010	2015	2030
25-<30	56	70	130	73	92	180
30-<35	13	18	45	26	35	85
35+	4	6	16	12	17	44
All high BMI	73	94	190	110	140	310

Totals may not add up due to rounding

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



■ Type 2 Diabetes ■ Stroke ■ Ischaemic Heart Disease ■ Cancers ■ Other NCDs

National policies, action and risk factors

National guidelines for the management of high BMI	No
National guidelines for the management of physical inactivity	No
National guidelines for NCD management in primary care	No
Survey of adult overweight and obesity in the last five years	No
Survey of adult unhealthy diets in the last five years	No
Survey of adult physical inactivity in the last five years	No
Taxes on sugar-sweetened beverages	No
Sugar-sweetened beverage consumption per person per week	1000-2500ml
Proportion of adults with insufficient physical activity	10-20%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Guyana

45%

Adults with high BMI in 2025

18%

Adults living with obesity in 2025

345,000

Adults with high BMI in 2030

543

Premature NCD deaths due to high BMI, 2021

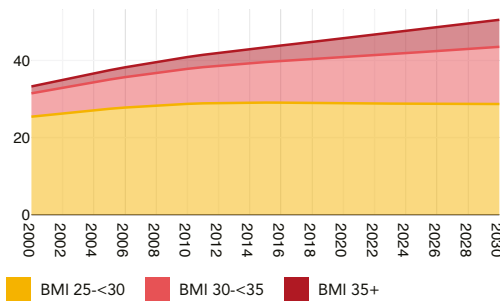
8,560

Adult person-years of NCD ill health due to high BMI, 2021

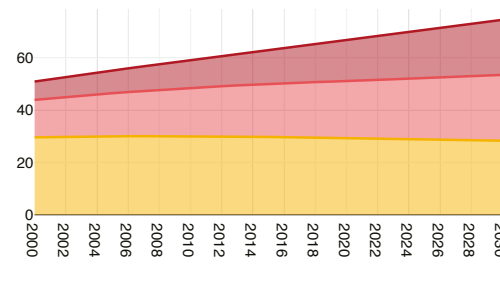
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



■ BMI 25-<30 ■ BMI 30-<35 ■ BMI 35+

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	Men			Women		
	2010	2015	2030	2010	2015	2030
25-<30	60	62	74	65	69	82
30-<35	19	23	38	40	47	72
35+	6	8	18	23	30	61
All high BMI	86	93	130	130	150	210

Totals may not add up due to rounding

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



■ Type 2 Diabetes ■ Stroke ■ Ischaemic Heart Disease ■ Cancers ■ Other NCDs

National policies, action and risk factors

National guidelines for the management of high BMI	No
National guidelines for the management of physical inactivity	No
National guidelines for NCD management in primary care	No
Survey of adult overweight and obesity in the last five years	Yes
Survey of adult unhealthy diets in the last five years	Yes
Survey of adult physical inactivity in the last five years	Yes
Taxes on sugar-sweetened beverages	No
Sugar-sweetened beverage consumption per person per week	1000-2500ml
Proportion of adults with insufficient physical activity	30-40%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Haiti

46%

Adults with high BMI in 2025

24%

Adults living with obesity in 2025

2.59m

Adults with high BMI in 2030

3,381

Premature NCD deaths due to high BMI, 2021

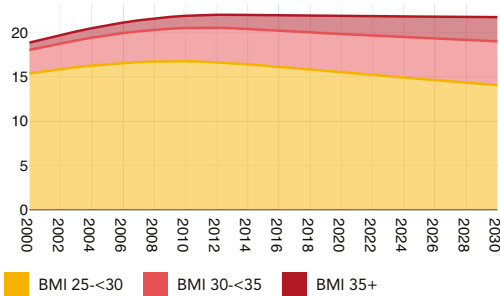
60,304

Adult person-years of NCD ill health due to high BMI, 2021

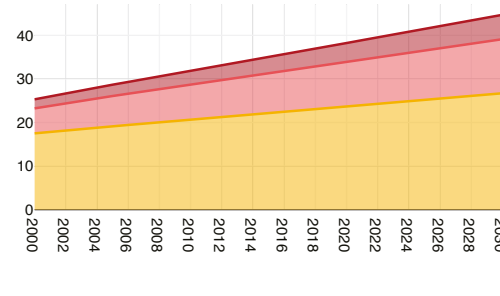
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



■ BMI 25-<30 ■ BMI 30-<35 ■ BMI 35+

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	2010	Men			Women		
		2010	2015	2030	2010	2015	2030
25-<30	420	460	530	540	650	1,060	
30-<35	95	120	190	210	270	490	
35+	35	46	100	82	110	220	
All high BMI	550	620	820	830	1,030	1,770	

Totals may not add up due to rounding

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



■ Type 2 Diabetes ■ Stroke ■ Ischaemic Heart Disease ■ Cancers ■ Other NCDs

National policies, action and risk factors

National guidelines for the management of high BMI	No
National guidelines for the management of physical inactivity	No
National guidelines for NCD management in primary care	Yes
Survey of adult overweight and obesity in the last five years	No
Survey of adult unhealthy diets in the last five years	No
Survey of adult physical inactivity in the last five years	No
Taxes on sugar-sweetened beverages	No
Sugar-sweetened beverage consumption per person per week	500-1000ml
Proportion of adults with insufficient physical activity	20-30%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Honduras

51%

Adults with high BMI in 2025

21%

Adults living with obesity in 2025

5.31m

Adults with high BMI in 2030

2,435

Premature NCD deaths due to high BMI, 2021

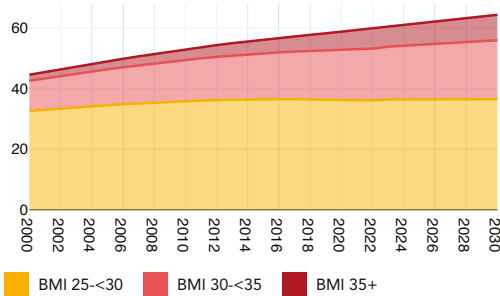
58,442

Adult person-years of NCD ill health due to high BMI, 2021

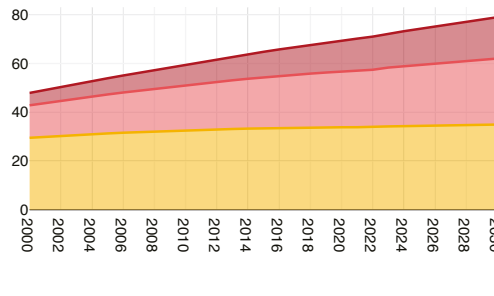
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



■ BMI 25-<30 ■ BMI 30-<35 ■ BMI 35+

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	Men			Women		
	2010	2015	2030	2010	2015	2030
25-<30	760	900	1,340	690	840	1,300
30-<35	290	380	720	390	520	1,010
35+	73	110	310	180	260	630
All high BMI	1,120	1,390	2,370	1,270	1,620	2,940

Totals may not add up due to rounding

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



■ Type 2 Diabetes ■ Stroke ■ Ischaemic Heart Disease ■ Cancers ■ Other NCDs

National policies, action and risk factors

National guidelines for the management of high BMI	No
National guidelines for the management of physical inactivity	No
National guidelines for NCD management in primary care	No
Survey of adult overweight and obesity in the last five years	No
Survey of adult unhealthy diets in the last five years	No
Survey of adult physical inactivity in the last five years	No
Taxes on sugar-sweetened beverages	Yes
Sugar-sweetened beverage consumption per person per week	1000-2500ml
Proportion of adults with insufficient physical activity	30-40%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Hungary

75%

Adults with high BMI in 2025

39%

Adults living with obesity in 2025

5.11m

Adults with high BMI in 2030

4,569

Premature NCD deaths due to high BMI, 2021

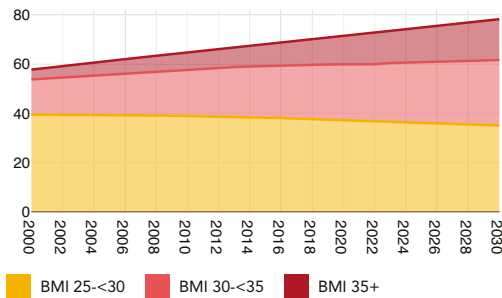
134,482

Adult person-years of NCD ill health due to high BMI, 2021

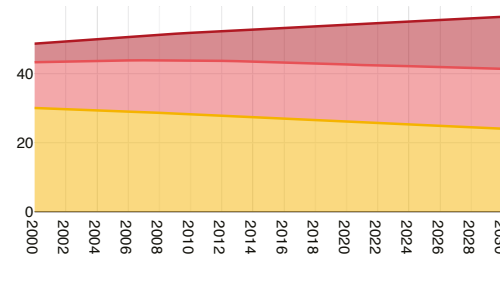
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



■ BMI 25-<30 ■ BMI 30-<35 ■ BMI 35+

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	Men			Women		
	2010	2015	2030	2010	2015	2030
25-<30	1,430	1,410	1,270	1,200	1,140	970
30-<35	700	780	960	660	690	700
35+	250	320	600	340	410	610
All high BMI	2,390	2,510	2,840	2,200	2,230	2,270

Totals may not add up due to rounding

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



■ Type 2 Diabetes ■ Stroke ■ Ischaemic Heart Disease ■ Cancers ■ Other NCDs

National policies, action and risk factors

National guidelines for the management of high BMI	Yes
National guidelines for the management of physical inactivity	No
National guidelines for NCD management in primary care	Yes
Survey of adult overweight and obesity in the last five years	Yes
Survey of adult unhealthy diets in the last five years	Yes
Survey of adult physical inactivity in the last five years	Yes
Taxes on sugar-sweetened beverages	Yes
Sugar-sweetened beverage consumption per person per week	250-500ml
Proportion of adults with insufficient physical activity	20-30%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Iceland

62%

Adults with high BMI in 2025

27%

Adults living with obesity in 2025

192,000

Adults with high BMI in 2030

35

Premature NCD deaths due to high BMI, 2021

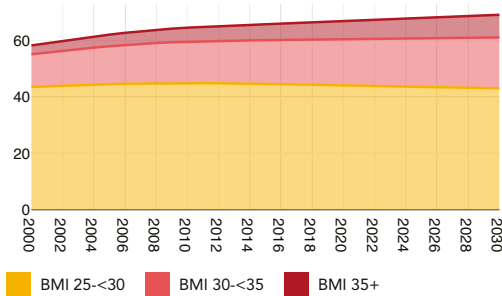
2,957

Adult person-years of NCD ill health due to high BMI, 2021

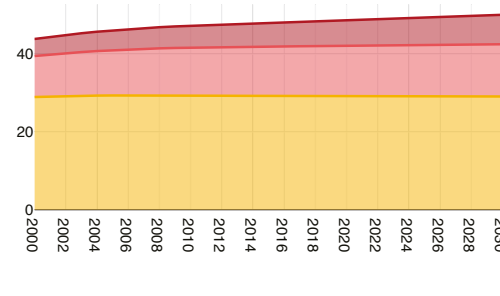
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



■ BMI 25-<30 ■ BMI 30-<35 ■ BMI 35+

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	Men			Women		
	2010	2015	2030	2010	2015	2030
25-<30	51	54	71	33	35	45
30-<35	17	19	30	14	15	21
35+	6	7	13	6	7	12
All high BMI	74	80	110	54	58	78

Totals may not add up due to rounding

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



■ Type 2 Diabetes ■ Stroke ■ Ischaemic Heart Disease ■ Cancers ■ Other NCDs

National policies, action and risk factors

National guidelines for the management of high BMI	Yes
National guidelines for the management of physical inactivity	Yes
National guidelines for NCD management in primary care	Yes
Survey of adult overweight and obesity in the last five years	Yes
Survey of adult unhealthy diets in the last five years	Yes
Survey of adult physical inactivity in the last five years	Yes
Taxes on sugar-sweetened beverages	No
Sugar-sweetened beverage consumption per person per week	500-1000ml
Proportion of adults with insufficient physical activity	20-30%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



India

40%

Adults with high BMI in 2025

13%

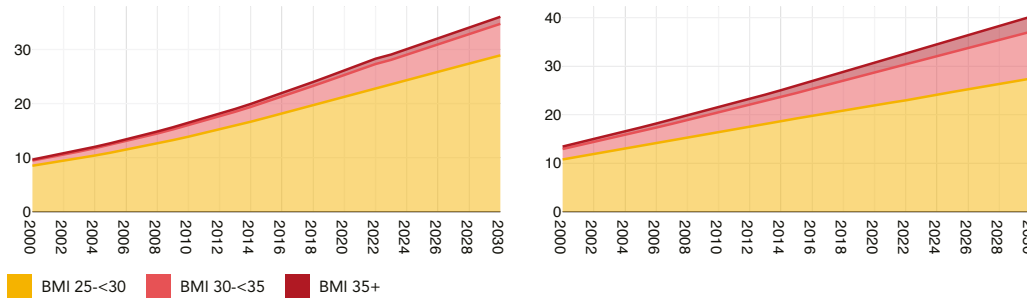
Adults living with obesity in 2025

Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI

% women with high BMI



Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	Men			Women		
	2010	2015	2030	2010	2015	2030
25-<30	51,960	72,770	157,300	58,520	76,560	141,890
30-<35	7,930	12,180	31,690	14,260	20,880	49,930
35+	1,600	2,490	7,090	3,930	6,050	15,980
All high BMI	61,490	87,440	196,070	76,720	103,500	207,800

Totals may not add up due to rounding

403.88m

Adults with high BMI in 2030

197,802

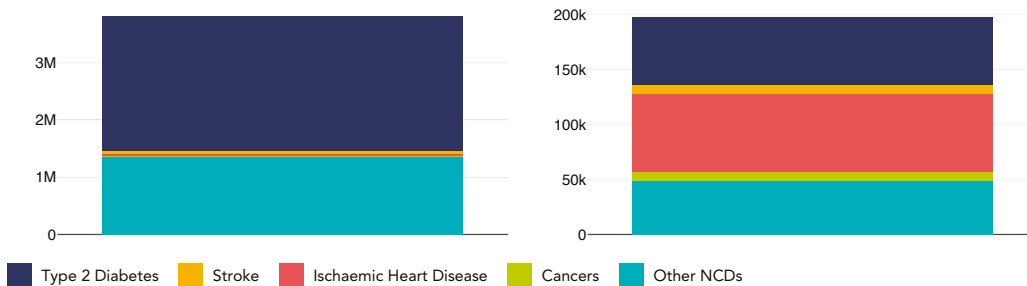
Premature NCD deaths due to high BMI, 2021

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health

Premature deaths



3,797,980

Adult person-years of NCD ill health due to high BMI, 2021

National policies, action and risk factors

National guidelines for the management of high BMI	Yes
National guidelines for the management of physical inactivity	Yes
National guidelines for NCD management in primary care	Yes
Survey of adult overweight and obesity in the last five years	Yes
Survey of adult unhealthy diets in the last five years	Yes
Survey of adult physical inactivity in the last five years	Yes
Taxes on sugar-sweetened beverages	Yes
Sugar-sweetened beverage consumption per person per week	<100ml
Proportion of adults with insufficient physical activity	40-50%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.

34%

Adults with high BMI in 2025

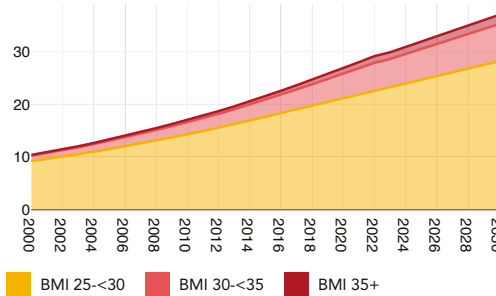
9%

Adults living with obesity in 2025

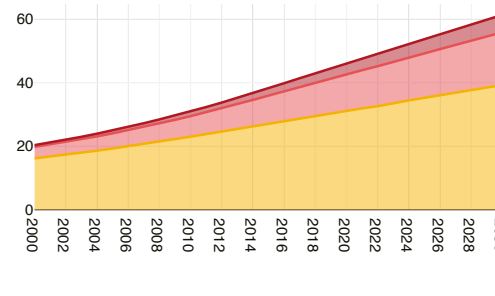
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



■ BMI 25-<30 ■ BMI 30-<35 ■ BMI 35+

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	2010	Men		Women		
		2010	2015	2030	2010	2015
25-<30	11,030	14,760	28,740	18,070	23,120	40,550
30-<35	1,770	2,730	7,200	5,070	7,430	17,130
35+	330	550	1,780	1,190	1,980	5,660
All high BMI	13,140	18,050	37,720	24,340	32,530	63,340

Totals may not add up due to rounding

101.06m

Adults with high BMI in 2030

61,348

Premature NCD deaths due to high BMI, 2021

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



■ Type 2 Diabetes ■ Stroke ■ Ischaemic Heart Disease ■ Cancers ■ Other NCDs

847,371

Adult person-years of NCD ill health due to high BMI, 2021

National policies, action and risk factors

National guidelines for the management of high BMI	Yes
National guidelines for the management of physical inactivity	Yes
National guidelines for NCD management in primary care	Yes
Survey of adult overweight and obesity in the last five years	Yes
Survey of adult unhealthy diets in the last five years	Yes
Survey of adult physical inactivity in the last five years	Yes
Taxes on sugar-sweetened beverages	No
Sugar-sweetened beverage consumption per person per week	100-250ml
Proportion of adults with insufficient physical activity	10-20%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Iran

57%

Adults with high BMI in 2025

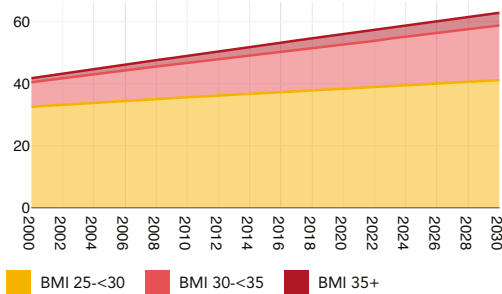
19%

Adults living with obesity in 2025

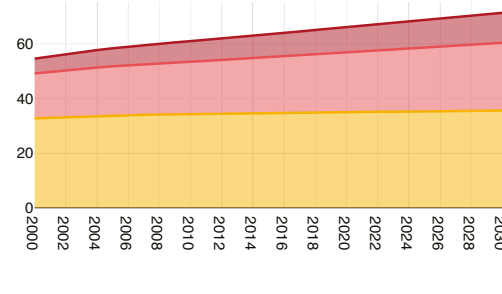
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



■ BMI 25-<30 ■ BMI 30-<35 ■ BMI 35+

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	2010	Men			Women		
		2010	2015	2030	2010	2015	2030
25-<30	9,360	10,760	14,490	8,690	9,720	12,300	
30-<35	2,920	3,680	6,210	4,870	5,790	8,570	
35+	590	780	1,440	1,910	2,350	3,790	
All high BMI	12,860	15,220	22,140	15,460	17,850	24,660	

Totals may not add up due to rounding

46.8m

Adults with high BMI in 2030

21,528

Premature NCD deaths due to high BMI, 2021

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



■ Type 2 Diabetes ■ Stroke ■ Ischaemic Heart Disease ■ Cancers ■ Other NCDs

655,622

Adult person-years of NCD ill health due to high BMI, 2021

National policies, action and risk factors

National guidelines for the management of high BMI	Yes
National guidelines for the management of physical inactivity	Yes
National guidelines for NCD management in primary care	Yes
Survey of adult overweight and obesity in the last five years	Yes
Survey of adult unhealthy diets in the last five years	Yes
Survey of adult physical inactivity in the last five years	Yes
Taxes on sugar-sweetened beverages	Yes
Sugar-sweetened beverage consumption per person per week	500-1000ml
Proportion of adults with insufficient physical activity	40-50%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Iraq

70%

Adults with high BMI in 2025

34%

Adults living with obesity in 2025

23.31m

Adults with high BMI in 2030

15,036

Premature NCD deaths due to high BMI, 2021

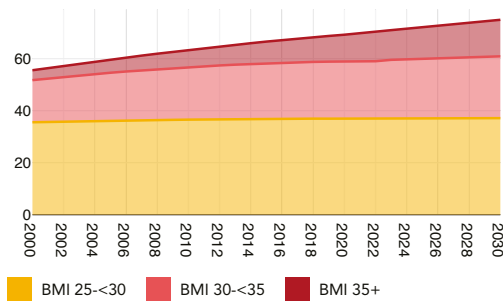
353,101

Adult person-years of NCD ill health due to high BMI, 2021

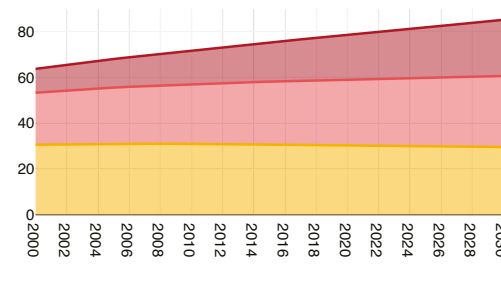
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



■ BMI 25-<30 ■ BMI 30-<35 ■ BMI 35+

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	Men			Women		
	2010	2015	2030	2010	2015	2030
25-<30	2,620	3,310	5,360	2,370	2,900	4,340
30-<35	1,450	1,910	3,430	1,990	2,580	4,550
35+	470	750	2,030	1,130	1,610	3,600
All high BMI	4,540	5,980	10,820	5,490	7,090	12,480

Totals may not add up due to rounding

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



■ Type 2 Diabetes ■ Stroke ■ Ischaemic Heart Disease ■ Cancers ■ Other NCDs

National policies, action and risk factors

National guidelines for the management of high BMI	Yes
National guidelines for the management of physical inactivity	Yes
National guidelines for NCD management in primary care	No
Survey of adult overweight and obesity in the last five years	No
Survey of adult unhealthy diets in the last five years	No
Survey of adult physical inactivity in the last five years	No
Taxes on sugar-sweetened beverages	No
Sugar-sweetened beverage consumption per person per week	1000-2500ml
Proportion of adults with insufficient physical activity	>50%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Ireland

76%

Adults with high BMI in 2025

42%

Adults living with obesity in 2025

2.89m

Adults with high BMI in 2030

450

Premature NCD deaths due to high BMI, 2021

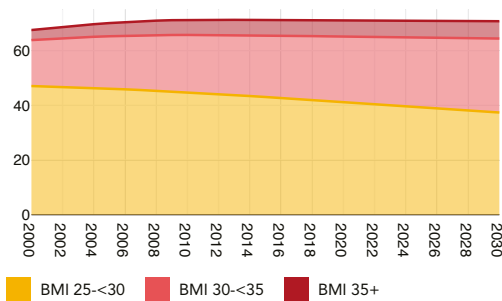
38,506

Adult person-years of NCD ill health due to high BMI, 2021

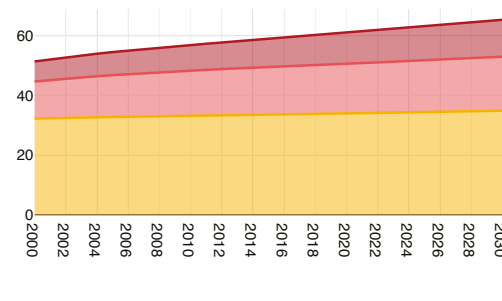
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



■ BMI 25-<30 ■ BMI 30-<35 ■ BMI 35+

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	Men			Women		
	2010	2015	2030	2010	2015	2030
25-<30	730	720	780	560	580	760
30-<35	340	370	560	260	280	390
35+	89	94	130	140	160	270
All high BMI	1,160	1,180	1,480	960	1,030	1,420

Totals may not add up due to rounding

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



■ Type 2 Diabetes ■ Stroke ■ Ischaemic Heart Disease ■ Cancers ■ Other NCDs

National policies, action and risk factors

National guidelines for the management of high BMI	Yes
National guidelines for the management of physical inactivity	Yes
National guidelines for NCD management in primary care	Yes
Survey of adult overweight and obesity in the last five years	Yes
Survey of adult unhealthy diets in the last five years	Yes
Survey of adult physical inactivity in the last five years	Yes
Taxes on sugar-sweetened beverages	Yes
Sugar-sweetened beverage consumption per person per week	500-1000ml
Proportion of adults with insufficient physical activity	20-30%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Israel

63%

Adults with high BMI in 2025

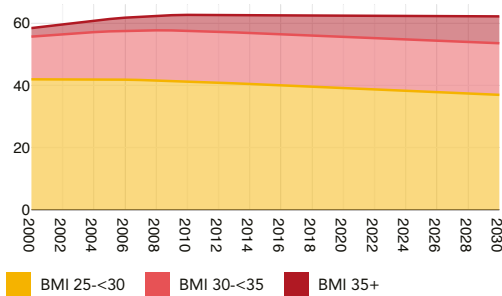
27%

Adults living with obesity in 2025

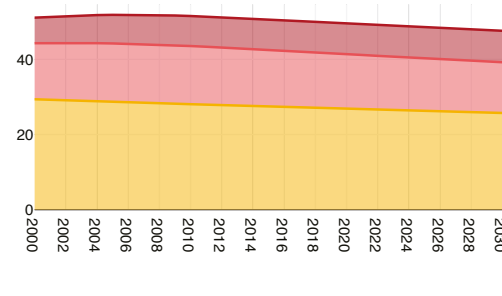
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



■ BMI 25-<30 ■ BMI 30-<35 ■ BMI 35+

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	Men			Women		
	2010	2015	2030	2010	2015	2030
25-<30	940	1,010	1,220	680	730	880
30-<35	370	410	550	380	400	460
35+	120	150	280	190	210	290
All high BMI	1,430	1,570	2,050	1,250	1,340	1,620

Totals may not add up due to rounding

3.68m

Adults with high BMI in 2030

840

Premature NCD deaths due to high BMI, 2021

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



■ Type 2 Diabetes ■ Stroke ■ Ischaemic Heart Disease ■ Cancers ■ Other NCDs

64,682

Adult person-years of NCD ill health due to high BMI, 2021

National policies, action and risk factors

National guidelines for the management of high BMI	Yes
National guidelines for the management of physical inactivity	Yes
National guidelines for NCD management in primary care	No
Survey of adult overweight and obesity in the last five years	No
Survey of adult unhealthy diets in the last five years	No
Survey of adult physical inactivity in the last five years	Yes
Taxes on sugar-sweetened beverages	No
Sugar-sweetened beverage consumption per person per week	500-1000ml
Proportion of adults with insufficient physical activity	20-30%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Italy

53%

Adults with high BMI in 2025

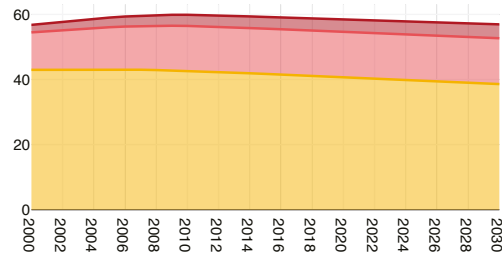
20%

Adults living with obesity in 2025

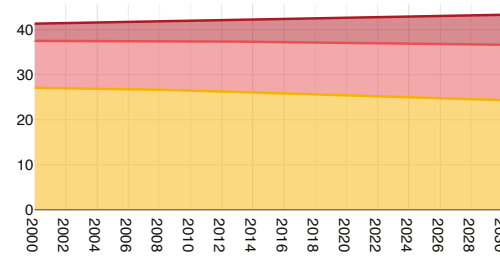
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



■ BMI 25-<30 ■ BMI 30-<35 ■ BMI 35+

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	Men			Women		
	2010	2015	2030	2010	2015	2030
25-<30	9,920	9,870	9,200	6,760	6,690	6,140
30-<35	3,220	3,290	3,360	2,800	2,920	3,100
35+	800	850	1,020	1,170	1,290	1,680
All high BMI	13,940	14,010	13,580	10,720	10,900	10,930

Totals may not add up due to rounding

24.5m

Adults with high BMI in 2030

7,101

Premature NCD deaths due to high BMI, 2021

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



■ Type 2 Diabetes ■ Stroke ■ Ischaemic Heart Disease ■ Cancers ■ Other NCDs

563,248

Adult person-years of NCD ill health due to high BMI, 2021

National policies, action and risk factors

National guidelines for the management of high BMI	Yes
National guidelines for the management of physical inactivity	Yes
National guidelines for NCD management in primary care	No
Survey of adult overweight and obesity in the last five years	No
Survey of adult unhealthy diets in the last five years	Yes
Survey of adult physical inactivity in the last five years	Yes
Taxes on sugar-sweetened beverages	No
Sugar-sweetened beverage consumption per person per week	250-500ml
Proportion of adults with insufficient physical activity	40-50%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Jamaica

47%

Adults with high BMI in 2025

19%

Adults living with obesity in 2025

1.467m

Adults with high BMI in 2030

1,195

Premature NCD deaths due to high BMI, 2021

25,273

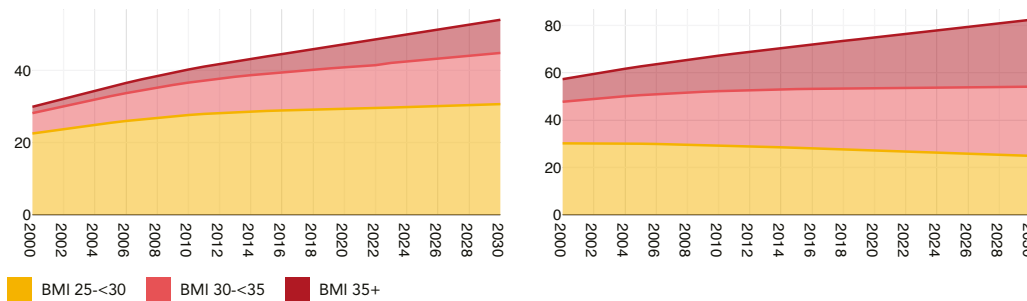
Adult person-years of NCD ill health due to high BMI, 2021

Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI

% women with high BMI



Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	2010	Men		Women		
		2010	2015	2030	2010	2015
25-<30	230	260	320	260	270	270
30-<35	75	95	150	200	240	320
35+	30	44	97	130	170	310
All high BMI	340	400	570	590	680	910

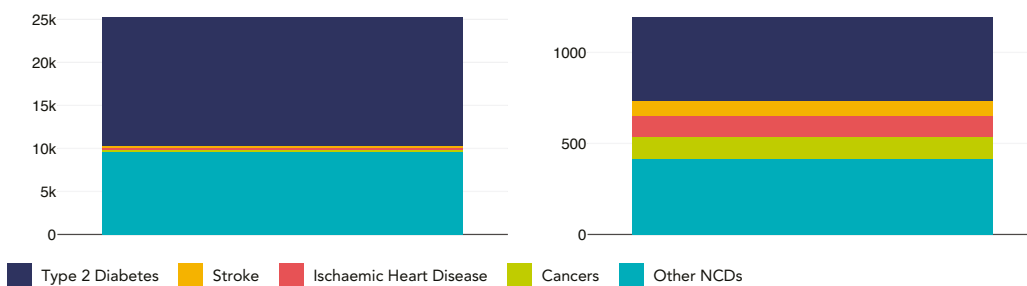
Totals may not add up due to rounding

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health

Premature deaths



National policies, action and risk factors

National guidelines for the management of high BMI	Yes
National guidelines for the management of physical inactivity	Yes
National guidelines for NCD management in primary care	Yes
Survey of adult overweight and obesity in the last five years	Yes
Survey of adult unhealthy diets in the last five years	Yes
Survey of adult physical inactivity in the last five years	Yes
Taxes on sugar-sweetened beverages	No
Sugar-sweetened beverage consumption per person per week	1000-2500ml
Proportion of adults with insufficient physical activity	30-40%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Japan

56%

Adults with high BMI in 2025

30%

Adults living with obesity in 2025

26.29m

Adults with high BMI in 2030

6,896

Premature NCD deaths due to high BMI, 2021

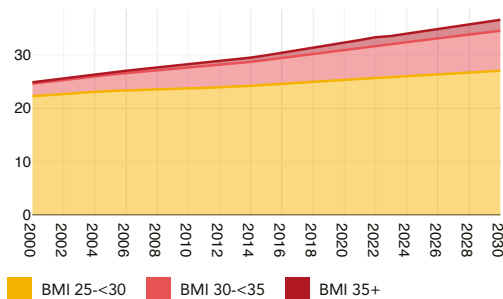
974,430

Adult person-years of NCD ill health due to high BMI, 2021

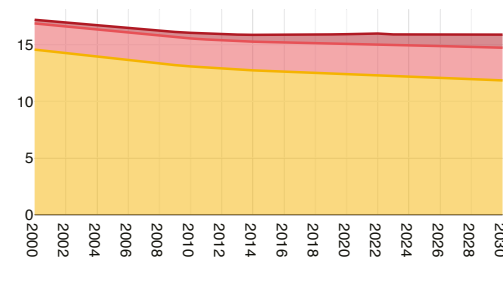
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



■ BMI 25-<30 ■ BMI 30-<35 ■ BMI 35+

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	Men			Women		
	2010	2015	2030	2010	2015	2030
25-<30	12,040	12,350	13,230	7,090	6,870	6,250
30-<35	1,960	2,370	3,670	1,340	1,380	1,520
35+	310	440	1,010	270	340	610
All high BMI	14,310	15,150	17,910	8,700	8,590	8,380

Totals may not add up due to rounding

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



■ Type 2 Diabetes ■ Stroke ■ Ischaemic Heart Disease ■ Cancers ■ Other NCDs

National policies, action and risk factors

National guidelines for the management of high BMI	Yes
National guidelines for the management of physical inactivity	Yes
National guidelines for NCD management in primary care	No
Survey of adult overweight and obesity in the last five years	Yes
Survey of adult unhealthy diets in the last five years	Yes
Survey of adult physical inactivity in the last five years	Yes
Taxes on sugar-sweetened beverages	No
Sugar-sweetened beverage consumption per person per week	250-500ml
Proportion of adults with insufficient physical activity	40-50%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Jordan

42%

Adults with high BMI in 2025

20%

Adults living with obesity in 2025

5.68m

Adults with high BMI in 2030

3,055

Premature NCD deaths due to high BMI, 2021

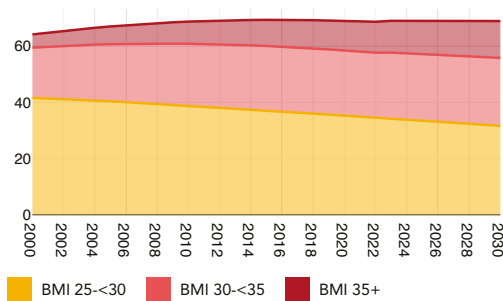
110,379

Adult person-years of NCD ill health due to high BMI, 2021

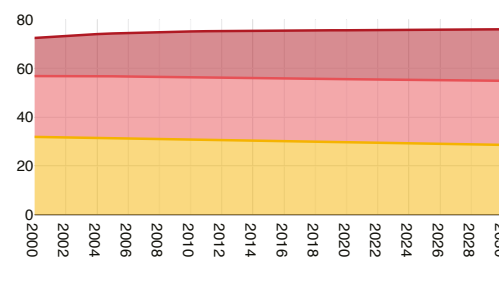
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



■ BMI 25-<30 ■ BMI 30-<35 ■ BMI 35+

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	Men			Women		
	2010	2015	2030	2010	2015	2030
25-<30	790	1,030	1,280	570	750	1,090
30-<35	450	640	980	470	640	1,000
35+	160	260	530	350	490	800
All high BMI	1,390	1,930	2,780	1,390	1,870	2,890

Totals may not add up due to rounding

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



■ Type 2 Diabetes ■ Stroke ■ Ischaemic Heart Disease ■ Cancers ■ Other NCDs

National policies, action and risk factors

National guidelines for the management of high BMI	Yes
National guidelines for the management of physical inactivity	Yes
National guidelines for NCD management in primary care	No
Survey of adult overweight and obesity in the last five years	Yes
Survey of adult unhealthy diets in the last five years	Yes
Survey of adult physical inactivity in the last five years	Yes
Taxes on sugar-sweetened beverages	No
Sugar-sweetened beverage consumption per person per week	1000-2500ml
Proportion of adults with insufficient physical activity	20-30%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Kazakhstan

69%

Adults with high BMI in 2025

34%

Adults living with obesity in 2025

8.18m

Adults with high BMI in 2030

4,965

Premature NCD deaths due to high BMI, 2021

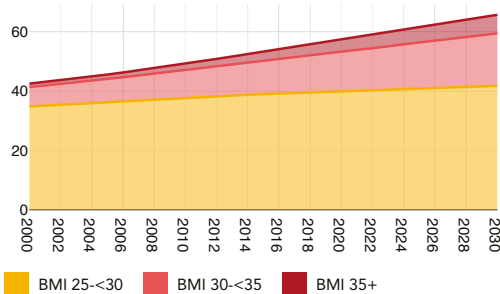
138,776

Adult person-years of NCD ill health due to high BMI, 2021

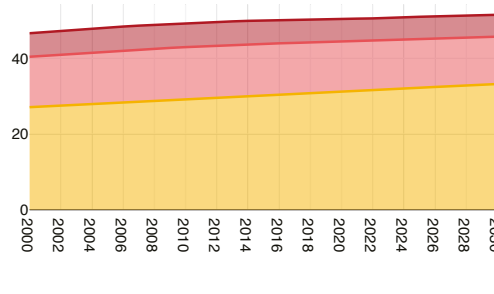
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



■ BMI 25-<30 ■ BMI 30-<35 ■ BMI 35+

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	Men			Women		
	2010	2015	2030	2010	2015	2030
25-<30	1,950	2,140	2,780	1,750	1,930	2,450
30-<35	480	630	1,180	810	860	920
35+	110	160	420	380	390	430
All high BMI	2,540	2,930	4,380	2,940	3,190	3,790

Totals may not add up due to rounding

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



■ Type 2 Diabetes ■ Stroke ■ Ischaemic Heart Disease ■ Cancers ■ Other NCDs

National policies, action and risk factors

National guidelines for the management of high BMI	Yes
National guidelines for the management of physical inactivity	n/a
National guidelines for NCD management in primary care	Yes
Survey of adult overweight and obesity in the last five years	No
Survey of adult unhealthy diets in the last five years	No
Survey of adult physical inactivity in the last five years	No
Taxes on sugar-sweetened beverages	No
Sugar-sweetened beverage consumption per person per week	250-500ml
Proportion of adults with insufficient physical activity	20-30%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Kenya

38%

Adults with high BMI in 2025

13%

Adults living with obesity in 2025

14.29m

Adults with high BMI in 2030

5,810

Premature NCD deaths due to high BMI, 2021

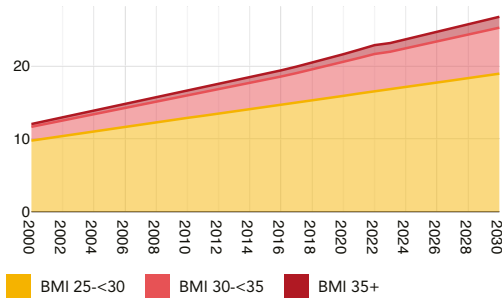
80,400

Adult person-years of NCD ill health due to high BMI, 2021

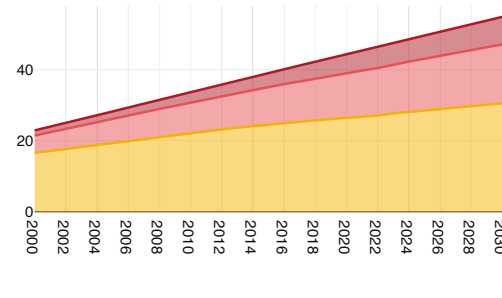
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



■ BMI 25-<30 ■ BMI 30-<35 ■ BMI 35+

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	Men			Women		
	2010	2015	2030	2010	2015	2030
25-<30	1,210	1,580	3,230	2,120	2,760	5,410
30-<35	290	410	1,080	820	1,190	2,940
35+	63	89	260	280	450	1,370
All high BMI	1,560	2,080	4,570	3,230	4,400	9,720

Totals may not add up due to rounding

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



■ Type 2 Diabetes ■ Stroke ■ Ischaemic Heart Disease ■ Cancers ■ Other NCDs

National policies, action and risk factors

National guidelines for the management of high BMI	No
National guidelines for the management of physical inactivity	Yes
National guidelines for NCD management in primary care	Yes
Survey of adult overweight and obesity in the last five years	No
Survey of adult unhealthy diets in the last five years	No
Survey of adult physical inactivity in the last five years	No
Taxes on sugar-sweetened beverages	Yes
Sugar-sweetened beverage consumption per person per week	100-250ml
Proportion of adults with insufficient physical activity	<10%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Kiribati

63%

Adults with high BMI in 2025

29%

Adults living with obesity in 2025

69,000

Adults with high BMI in 2030

117

Premature NCD deaths due to high BMI, 2021

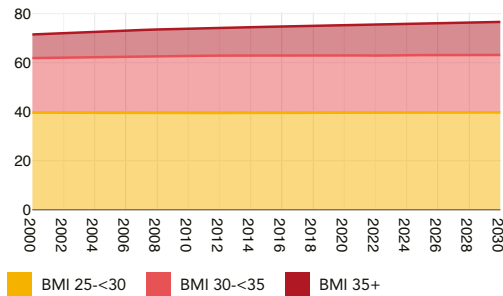
1,150

Adult person-years of NCD ill health due to high BMI, 2021

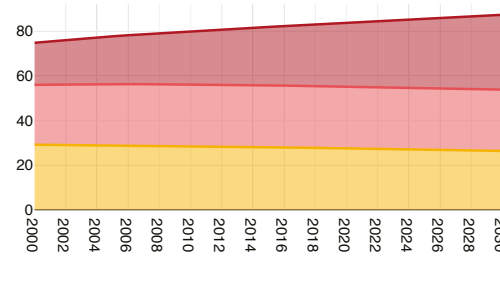
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



■ BMI 25-<30 ■ BMI 30-<35 ■ BMI 35+

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	Men			Women		
	2010	2015	2030	2010	2015	2030
25-<30	11	12	16	9	10	12
30-<35	6	7	9	8	9	12
35+	3	3	5	7	9	15
All high BMI	20	22	30	24	28	39

Totals may not add up due to rounding

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



■ Type 2 Diabetes ■ Stroke ■ Ischaemic Heart Disease ■ Cancers ■ Other NCDs

National policies, action and risk factors

National guidelines for the management of high BMI	No
National guidelines for the management of physical inactivity	No
National guidelines for NCD management in primary care	No
Survey of adult overweight and obesity in the last five years	No
Survey of adult unhealthy diets in the last five years	No
Survey of adult physical inactivity in the last five years	No
Taxes on sugar-sweetened beverages	Yes
Sugar-sweetened beverage consumption per person per week	250-500ml
Proportion of adults with insufficient physical activity	30-40%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Kuwait

83%

Adults with high BMI in 2025

49%

Adults living with obesity in 2025

3.34m

Adults with high BMI in 2030

1,056

Premature NCD deaths due to high BMI, 2021

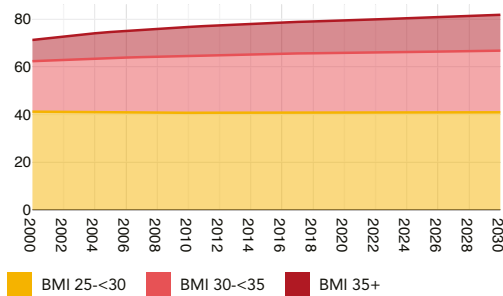
60,038

Adult person-years of NCD ill health due to high BMI, 2021

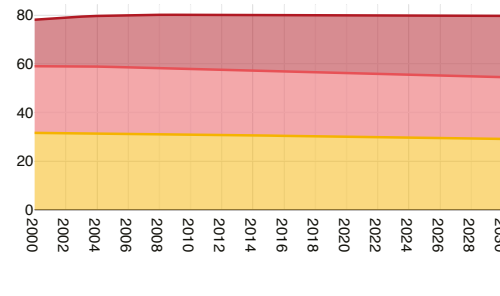
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



■ BMI 25-<30 ■ BMI 30-<35 ■ BMI 35+

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	Men			Women		
	2010	2015	2030	2010	2015	2030
25-<30	500	690	1,070	260	330	440
30-<35	290	420	680	230	290	380
35+	150	220	390	190	250	380
All high BMI	950	1,330	2,140	680	870	1,190

Totals may not add up due to rounding

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



■ Type 2 Diabetes ■ Stroke ■ Ischaemic Heart Disease ■ Cancers ■ Other NCDs

National policies, action and risk factors

National guidelines for the management of high BMI	Yes
National guidelines for the management of physical inactivity	Yes
National guidelines for NCD management in primary care	Yes
Survey of adult overweight and obesity in the last five years	No
Survey of adult unhealthy diets in the last five years	No
Survey of adult physical inactivity in the last five years	No
Taxes on sugar-sweetened beverages	No
Sugar-sweetened beverage consumption per person per week	1000-2500ml
Proportion of adults with insufficient physical activity	>50%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Kyrgyzstan

70%

Adults with high BMI in 2025

39%

Adults living with obesity in 2025

3.15m

Adults with high BMI in 2030

1,771

Premature NCD deaths due to high BMI, 2021

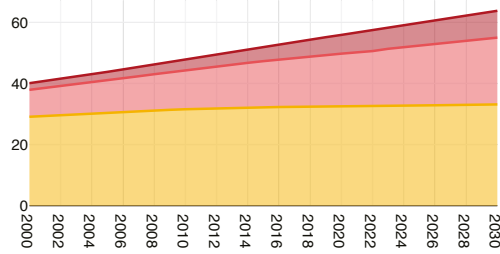
32,660

Adult person-years of NCD ill health due to high BMI, 2021

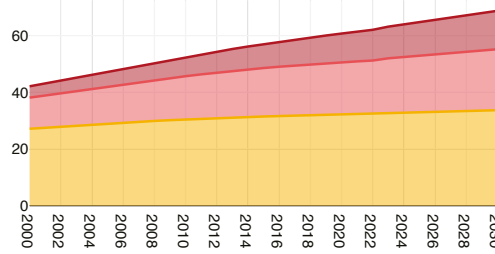
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



■ BMI 25-<30 ■ BMI 30-<35 ■ BMI 35+

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	2010	Men			Women		
		2010	2015	2030	2010	2015	2030
25-<30	490	560	760	510	570	830	
30-<35	200	260	500	250	310	530	
35+	56	82	200	110	150	330	
All high BMI	750	900	1,460	880	1,040	1,690	

Totals may not add up due to rounding

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



■ Type 2 Diabetes ■ Stroke ■ Ischaemic Heart Disease ■ Cancers ■ Other NCDs

National policies, action and risk factors

National guidelines for the management of high BMI	No
National guidelines for the management of physical inactivity	No
National guidelines for NCD management in primary care	Yes
Survey of adult overweight and obesity in the last five years	No
Survey of adult unhealthy diets in the last five years	No
Survey of adult physical inactivity in the last five years	No
Taxes on sugar-sweetened beverages	No
Sugar-sweetened beverage consumption per person per week	1000-2500ml
Proportion of adults with insufficient physical activity	10-20%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Laos

48%

Adults with high BMI in 2025

19%

Adults living with obesity in 2025

2.054m

Adults with high BMI in 2030

1,347

Premature NCD deaths due to high BMI, 2021

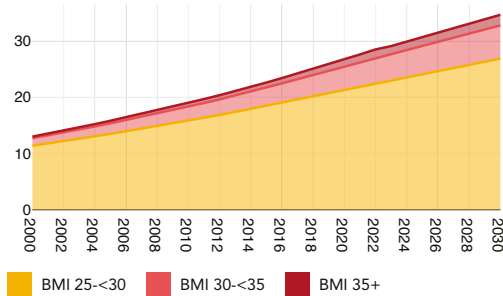
17,389

Adult person-years of NCD ill health due to high BMI, 2021

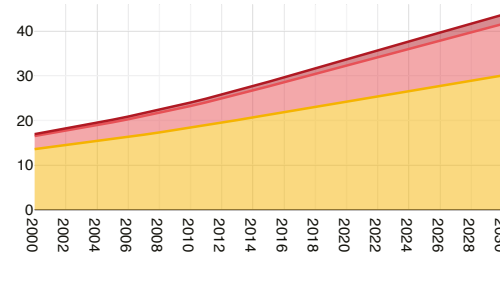
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



■ BMI 25-<30 ■ BMI 30-<35 ■ BMI 35+

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	Men			Women		
	2010	2015	2030	2010	2015	2030
25-<30	260	350	700	300	410	800
30-<35	41	61	150	80	120	300
35+	11	17	49	13	20	55
All high BMI	310	430	910	400	550	1,150

Totals may not add up due to rounding

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



■ Type 2 Diabetes ■ Stroke ■ Ischaemic Heart Disease ■ Cancers ■ Other NCDs

National policies, action and risk factors

National guidelines for the management of high BMI	No
National guidelines for the management of physical inactivity	No
National guidelines for NCD management in primary care	No
Survey of adult overweight and obesity in the last five years	No
Survey of adult unhealthy diets in the last five years	No
Survey of adult physical inactivity in the last five years	No
Taxes on sugar-sweetened beverages	No
Sugar-sweetened beverage consumption per person per week	250-500ml
Proportion of adults with insufficient physical activity	10-20%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Latvia

55%

Adults with high BMI in 2025

19%

Adults living with obesity in 2025

916,000

Adults with high BMI in 2030

833

Premature NCD deaths due to high BMI, 2021

21,968

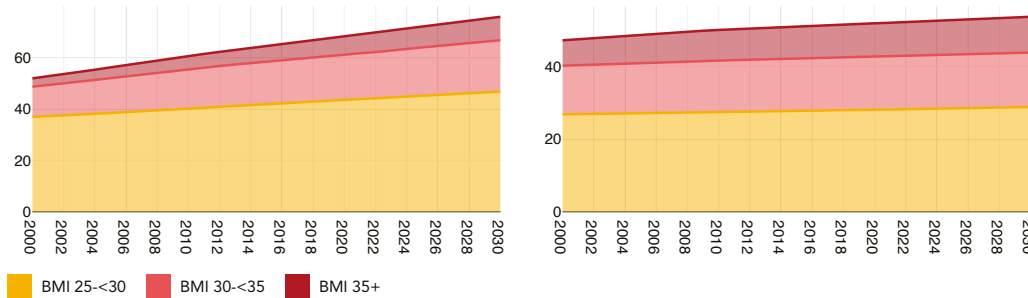
Adult person-years of NCD ill health due to high BMI, 2021

Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI

% women with high BMI



Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	Men			Women		
	2010	2015	2030	2010	2015	2030
25-<30	300	300	300	250	240	230
30-<35	110	120	130	130	130	120
35+	38	43	59	78	78	77
All high BMI	450	460	490	470	450	420

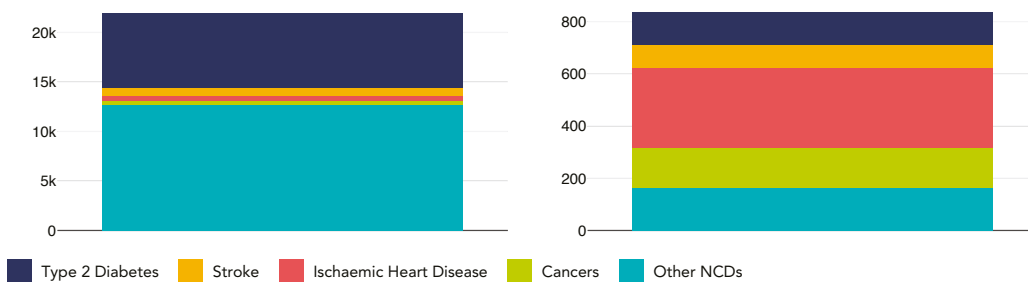
Totals may not add up due to rounding

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health

Premature deaths



National policies, action and risk factors

National guidelines for the management of high BMI	No
National guidelines for the management of physical inactivity	Yes
National guidelines for NCD management in primary care	Yes
Survey of adult overweight and obesity in the last five years	Yes
Survey of adult unhealthy diets in the last five years	Yes
Survey of adult physical inactivity in the last five years	Yes
Taxes on sugar-sweetened beverages	Yes
Sugar-sweetened beverage consumption per person per week	100-250ml
Proportion of adults with insufficient physical activity	10-20%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Lebanon

63%

Adults with high BMI in 2025

28%

Adults living with obesity in 2025

2.86m

Adults with high BMI in 2030

1,214

Premature NCD deaths due to high BMI, 2021

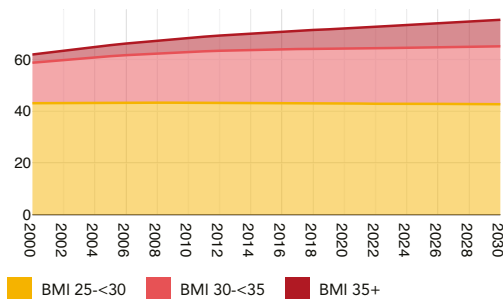
63,616

Adult person-years of NCD ill health due to high BMI, 2021

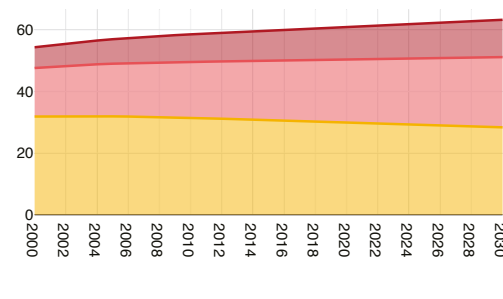
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



■ BMI 25-<30 ■ BMI 30-<35 ■ BMI 35+

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	Men			Women		
	2010	2015	2030	2010	2015	2030
25-<30	690	910	840	520	670	620
30-<35	310	430	440	300	420	500
35+	86	140	200	150	210	260
All high BMI	1,090	1,470	1,490	970	1,300	1,380

Totals may not add up due to rounding

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



■ Type 2 Diabetes ■ Stroke ■ Ischaemic Heart Disease ■ Cancers ■ Other NCDs

National policies, action and risk factors

National guidelines for the management of high BMI	Yes
National guidelines for the management of physical inactivity	No
National guidelines for NCD management in primary care	Yes
Survey of adult overweight and obesity in the last five years	Yes
Survey of adult unhealthy diets in the last five years	Yes
Survey of adult physical inactivity in the last five years	Yes
Taxes on sugar-sweetened beverages	No
Sugar-sweetened beverage consumption per person per week	1000-2500ml
Proportion of adults with insufficient physical activity	>50%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Lesotho

45%

Adults with high BMI in 2025

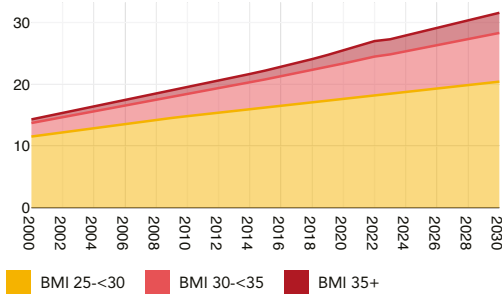
21%

Adults living with obesity in 2025

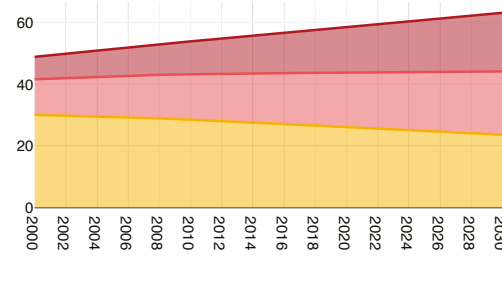
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



■ BMI 25-<30 ■ BMI 30-<35 ■ BMI 35+

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	Men			Women		
	2010	2015	2030	2010	2015	2030
25-<30	72	85	140	160	160	180
30-<35	18	24	54	80	95	150
35+	5	8	22	58	74	140
All high BMI	96	120	220	290	330	470

Totals may not add up due to rounding

686,000

Adults with high BMI in 2030

872

Premature NCD deaths due to high BMI, 2021

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



■ Type 2 Diabetes ■ Stroke ■ Ischaemic Heart Disease ■ Cancers ■ Other NCDs

6,427

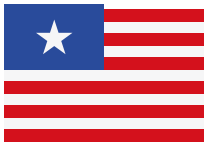
Adult person-years of NCD ill health due to high BMI, 2021

National policies, action and risk factors

National guidelines for the management of high BMI	No
National guidelines for the management of physical inactivity	No
National guidelines for NCD management in primary care	Yes
Survey of adult overweight and obesity in the last five years	No
Survey of adult unhealthy diets in the last five years	No
Survey of adult physical inactivity in the last five years	No
Taxes on sugar-sweetened beverages	No
Sugar-sweetened beverage consumption per person per week	>2500ml
Proportion of adults with insufficient physical activity	<10%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Liberia

47%

Adults with high BMI in 2025

25%

Adults living with obesity in 2025

1.51m

Adults with high BMI in 2030

1,218

Premature NCD deaths due to high BMI, 2021

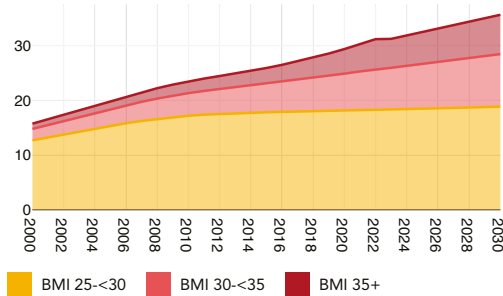
16,483

Adult person-years of NCD ill health due to high BMI, 2021

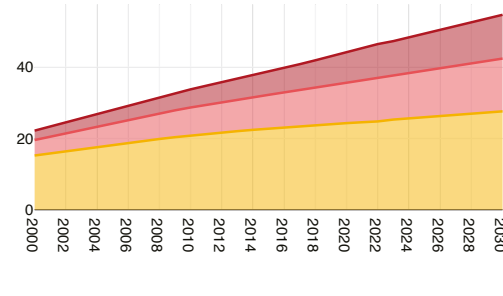
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



■ BMI 25-<30 ■ BMI 30-<35 ■ BMI 35+

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	Men			Women		
	2010	2015	2030	2010	2015	2030
25-<30	160	190	310	200	260	460
30-<35	38	56	160	76	110	250
35+	20	31	120	49	73	210
All high BMI	220	280	580	330	440	920

Totals may not add up due to rounding

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



■ Type 2 Diabetes ■ Stroke ■ Ischaemic Heart Disease ■ Cancers ■ Other NCDs

National policies, action and risk factors

National guidelines for the management of high BMI	No
National guidelines for the management of physical inactivity	No
National guidelines for NCD management in primary care	No
Survey of adult overweight and obesity in the last five years	No
Survey of adult unhealthy diets in the last five years	No
Survey of adult physical inactivity in the last five years	No
Taxes on sugar-sweetened beverages	Yes
Sugar-sweetened beverage consumption per person per week	1000-2500ml
Proportion of adults with insufficient physical activity	10-20%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Libya

57%

Adults with high BMI in 2025

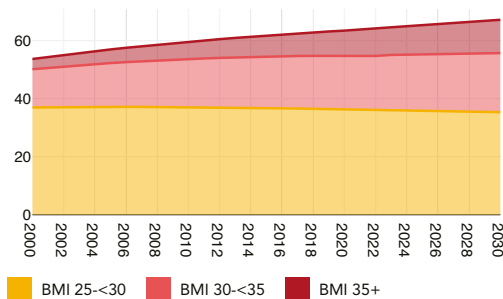
27%

Adults living with obesity in 2025

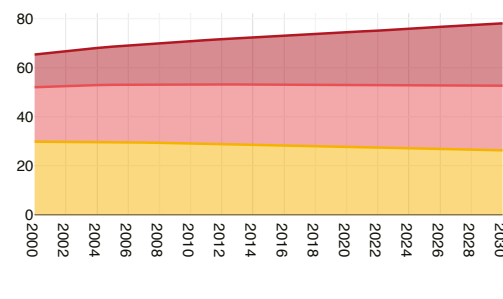
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



■ BMI 25-<30 ■ BMI 30-<35 ■ BMI 35+

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	Men			Women		
	2010	2015	2030	2010	2015	2030
25-<30	750	740	940	560	550	690
30-<35	340	360	540	460	480	690
35+	120	150	310	340	380	670
All high BMI	1,200	1,240	1,790	1,360	1,410	2,050

Totals may not add up due to rounding

3.84m

Adults with high BMI in 2030

3,296

Premature NCD deaths due to high BMI, 2021

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



■ Type 2 Diabetes ■ Stroke ■ Ischaemic Heart Disease ■ Cancers ■ Other NCDs

66,768

Adult person-years of NCD ill health due to high BMI, 2021

National policies, action and risk factors

National guidelines for the management of high BMI	No
National guidelines for the management of physical inactivity	No
National guidelines for NCD management in primary care	No
Survey of adult overweight and obesity in the last five years	No
Survey of adult unhealthy diets in the last five years	No
Survey of adult physical inactivity in the last five years	No
Taxes on sugar-sweetened beverages	No
Sugar-sweetened beverage consumption per person per week	1000-2500ml
Proportion of adults with insufficient physical activity	40-50%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Lithuania

74%

Adults with high BMI in 2025

39%

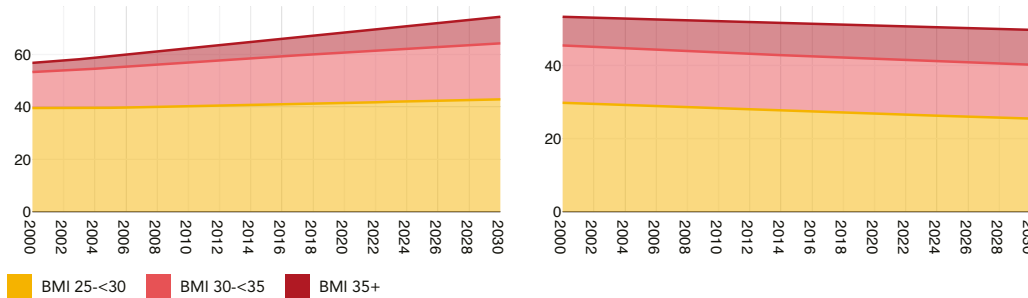
Adults living with obesity in 2025

Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI

% women with high BMI



Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	Men			Women		
	2010	2015	2030	2010	2015	2030
25-<30	430	420	440	380	350	300
30-<35	180	190	220	210	200	170
35+	59	67	100	110	110	110
All high BMI	670	680	760	700	660	590

Totals may not add up due to rounding

1.34m

Adults with high BMI in 2030

1,084

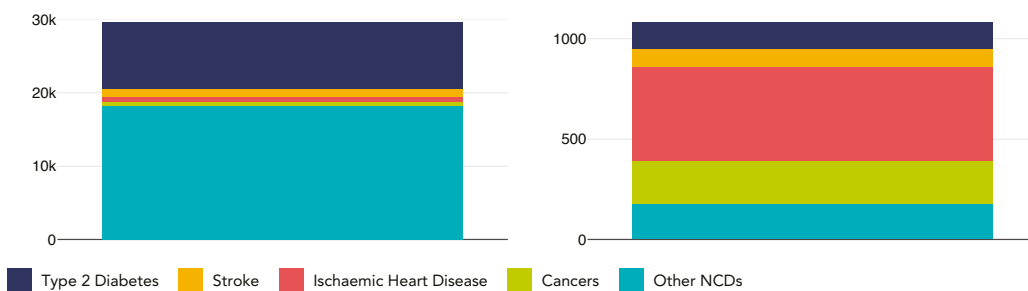
Premature NCD deaths due to high BMI, 2021

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health

Premature deaths



29,670

Adult person-years of NCD ill health due to high BMI, 2021

National policies, action and risk factors

National guidelines for the management of high BMI	Yes
National guidelines for the management of physical inactivity	Yes
National guidelines for NCD management in primary care	Yes
Survey of adult overweight and obesity in the last five years	Yes
Survey of adult unhealthy diets in the last five years	Yes
Survey of adult physical inactivity in the last five years	Yes
Taxes on sugar-sweetened beverages	No
Sugar-sweetened beverage consumption per person per week	250-500ml
Proportion of adults with insufficient physical activity	20-30%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Luxembourg

56%

Adults with high BMI in 2025

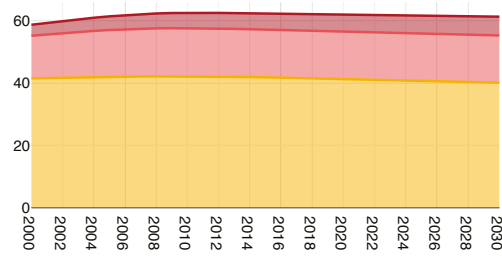
23%

Adults living with obesity in 2025

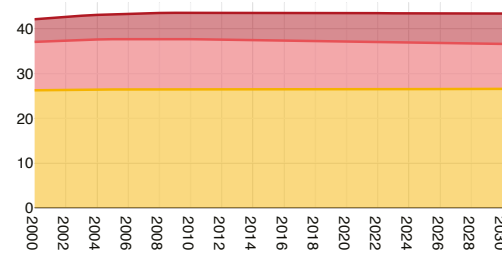
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



■ BMI 25-<30 ■ BMI 30-<35 ■ BMI 35+

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	2010	Men		Women		
		2010	2015	2030	2010	2015
25-<30	80	92	110	52	59	75
30-<35	30	34	43	22	24	28
35+	9	11	17	12	14	19
All high BMI	120	140	170	86	97	120

Totals may not add up due to rounding

292,000

Adults with high BMI in 2030

63

Premature NCD deaths due to high BMI, 2021

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



■ Type 2 Diabetes ■ Stroke ■ Ischaemic Heart Disease ■ Cancers ■ Other NCDs

5,267

Adult person-years of NCD ill health due to high BMI, 2021

National policies, action and risk factors

National guidelines for the management of high BMI	No
National guidelines for the management of physical inactivity	No
National guidelines for NCD management in primary care	Yes
Survey of adult overweight and obesity in the last five years	Yes
Survey of adult unhealthy diets in the last five years	Yes
Survey of adult physical inactivity in the last five years	Yes
Taxes on sugar-sweetened beverages	No
Sugar-sweetened beverage consumption per person per week	500-1000ml
Proportion of adults with insufficient physical activity	10-20%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Madagascar

31%

Adults with high BMI in 2025

11%

Adults living with obesity in 2025

4.1m

Adults with high BMI in 2030

3,705

Premature NCD deaths due to high BMI, 2021

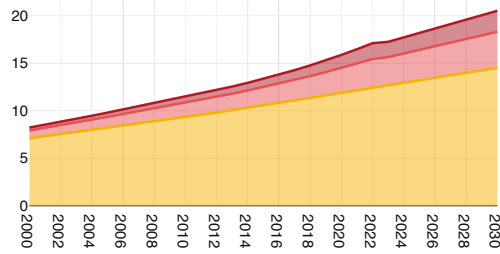
31,499

Adult person-years of NCD ill health due to high BMI, 2021

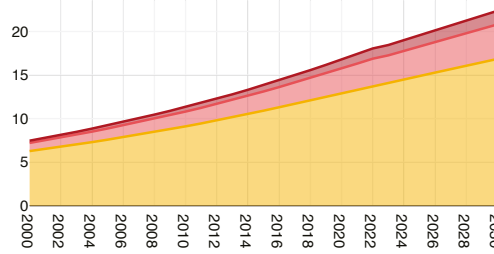
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



■ BMI 25-<30 ■ BMI 30-<35 ■ BMI 35+

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	Men			Women		
	2010	2015	2030	2010	2015	2030
25-<30	470	620	1,380	460	650	1,620
30-<35	74	110	360	86	130	380
35+	31	51	210	27	44	150
All high BMI	570	790	1,950	570	830	2,150

Totals may not add up due to rounding

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



■ Type 2 Diabetes ■ Stroke ■ Ischaemic Heart Disease ■ Cancers ■ Other NCDs

National policies, action and risk factors

National guidelines for the management of high BMI	No
National guidelines for the management of physical inactivity	No
National guidelines for NCD management in primary care	Yes
Survey of adult overweight and obesity in the last five years	No
Survey of adult unhealthy diets in the last five years	No
Survey of adult physical inactivity in the last five years	No
Taxes on sugar-sweetened beverages	Yes
Sugar-sweetened beverage consumption per person per week	1000-2500ml
Proportion of adults with insufficient physical activity	10-20%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Malawi

18%

Adults with high BMI in 2025

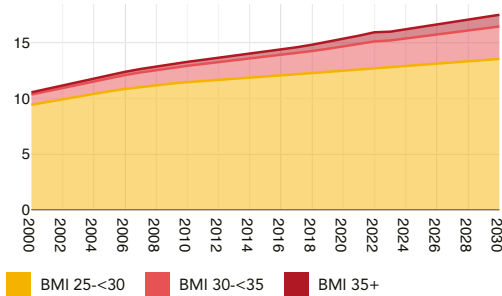
4%

Adults living with obesity in 2025

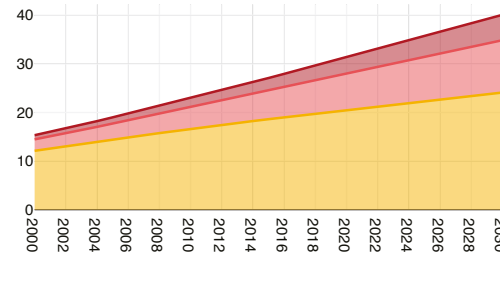
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



■ BMI 25-<30 ■ BMI 30-<35 ■ BMI 35+

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	2010	Men			Women		
		2010	2015	2030	2010	2015	2030
25-<30	350	420	830	560	730	1,620	
30-<35	44	62	180	150	230	720	
35+	11	16	65	61	98	350	
All high BMI	400	500	1,080	770	1,060	2,690	

Totals may not add up due to rounding

3.765m

Adults with high BMI in 2030

2,125

Premature NCD deaths due to high BMI, 2021

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



■ Type 2 Diabetes ■ Stroke ■ Ischaemic Heart Disease ■ Cancers ■ Other NCDs

21,207

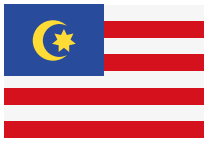
Adult person-years of NCD ill health due to high BMI, 2021

National policies, action and risk factors

National guidelines for the management of high BMI	No
National guidelines for the management of physical inactivity	No
National guidelines for NCD management in primary care	Yes
Survey of adult overweight and obesity in the last five years	Yes
Survey of adult unhealthy diets in the last five years	Yes
Survey of adult physical inactivity in the last five years	Yes
Taxes on sugar-sweetened beverages	Yes
Sugar-sweetened beverage consumption per person per week	250-500ml
Proportion of adults with insufficient physical activity	<10%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Malaysia

46%

Adults with high BMI in 2025

16%

Adults living with obesity in 2025

17.55m

Adults with high BMI in 2030

7,341

Premature NCD deaths due to high BMI, 2021

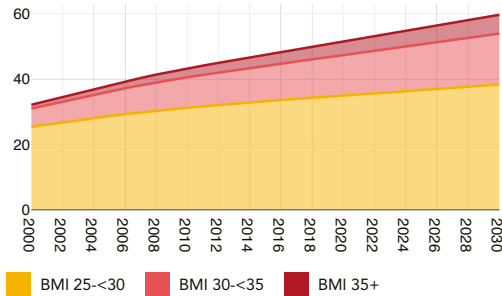
169,817

Adult person-years of NCD ill health due to high BMI, 2021

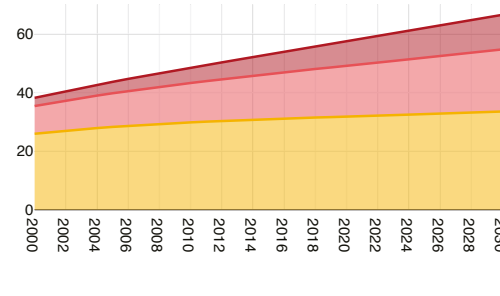
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



■ BMI 25-<30 ■ BMI 30-<35 ■ BMI 35+

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	Men			Women		
	2010	2015	2030	2010	2015	2030
25-<30	2,890	3,530	5,590	2,540	2,990	4,460
30-<35	860	1,150	2,270	1,150	1,490	2,820
35+	250	360	840	440	640	1,570
All high BMI	4,000	5,040	8,700	4,140	5,130	8,850

Totals may not add up due to rounding

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



■ Type 2 Diabetes ■ Stroke ■ Ischaemic Heart Disease ■ Cancers ■ Other NCDs

National policies, action and risk factors

National guidelines for the management of high BMI	Yes
National guidelines for the management of physical inactivity	Yes
National guidelines for NCD management in primary care	Yes
Survey of adult overweight and obesity in the last five years	Yes
Survey of adult unhealthy diets in the last five years	Yes
Survey of adult physical inactivity in the last five years	Yes
Taxes on sugar-sweetened beverages	Yes
Sugar-sweetened beverage consumption per person per week	500-1000ml
Proportion of adults with insufficient physical activity	30-40%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Maldives

58%

Adults with high BMI in 2025

22%

Adults living with obesity in 2025

263,000

Adults with high BMI in 2030

55

Premature NCD deaths due to high BMI, 2021

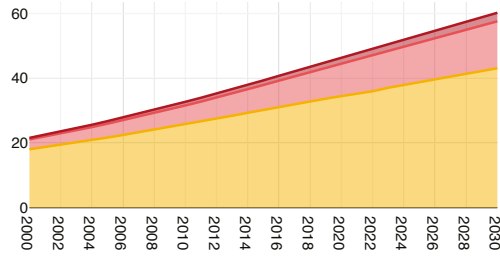
1,805

Adult person-years of NCD ill health due to high BMI, 2021

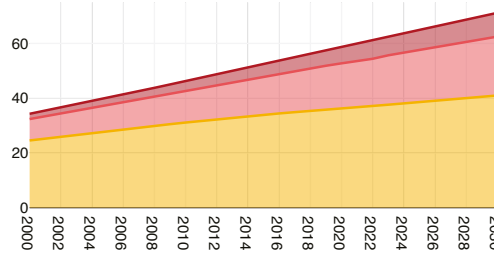
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



■ BMI 25-<30 ■ BMI 30-<35 ■ BMI 35+

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	Men			Women		
	2010	2015	2030	2010	2015	2030
25-<30	33	54	110	30	39	62
30-<35	7	14	38	11	16	33
35+	1	3	7	3	5	13
All high BMI	42	71	160	45	60	110

Totals may not add up due to rounding

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



■ Type 2 Diabetes ■ Stroke ■ Ischaemic Heart Disease ■ Cancers ■ Other NCDs

National policies, action and risk factors

National guidelines for the management of high BMI	No
National guidelines for the management of physical inactivity	No
National guidelines for NCD management in primary care	No
Survey of adult overweight and obesity in the last five years	No
Survey of adult unhealthy diets in the last five years	No
Survey of adult physical inactivity in the last five years	No
Taxes on sugar-sweetened beverages	Yes
Sugar-sweetened beverage consumption per person per week	500-1000ml
Proportion of adults with insufficient physical activity	20-30%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Mali

50%

Adults with high BMI in 2025

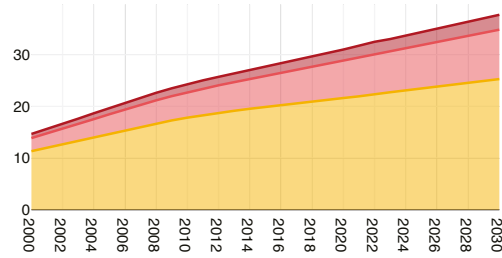
19%

Adults living with obesity in 2025

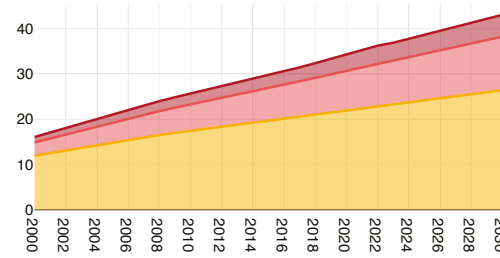
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



■ BMI 25-<30 ■ BMI 30-<35 ■ BMI 35+

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	Men			Women		
	2010	2015	2030	2010	2015	2030
25-<30	610	780	1,640	590	760	1,690
30-<35	170	230	620	200	270	760
35+	53	69	190	80	110	310
All high BMI	830	1,080	2,440	860	1,140	2,760

Totals may not add up due to rounding

5.21m

Adults with high BMI in 2030

2,384

Premature NCD deaths due to high BMI, 2021

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



■ Type 2 Diabetes ■ Stroke ■ Ischaemic Heart Disease ■ Cancers ■ Other NCDs

50,254

Adult person-years of NCD ill health due to high BMI, 2021

National policies, action and risk factors

National guidelines for the management of high BMI	No
National guidelines for the management of physical inactivity	No
National guidelines for NCD management in primary care	No
Survey of adult overweight and obesity in the last five years	No
Survey of adult unhealthy diets in the last five years	No
Survey of adult physical inactivity in the last five years	No
Taxes on sugar-sweetened beverages	Yes
Sugar-sweetened beverage consumption per person per week	500-1000ml
Proportion of adults with insufficient physical activity	20-30%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Malta

56%

Adults with high BMI in 2025

26%

Adults living with obesity in 2025

301,000

Adults with high BMI in 2030

70

Premature NCD deaths due to high BMI, 2021

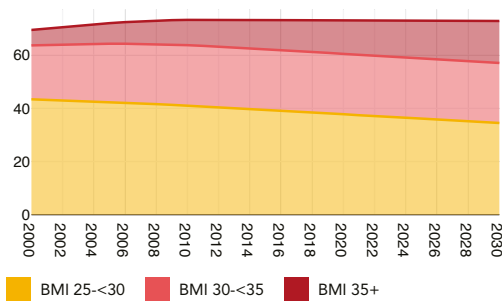
4,827

Adult person-years of NCD ill health due to high BMI, 2021

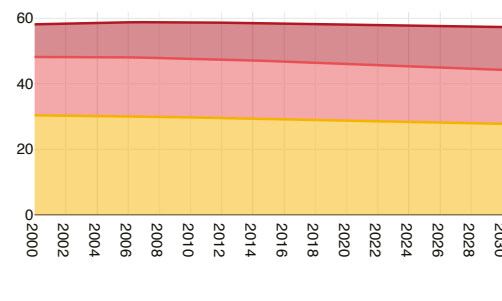
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



■ BMI 25-<30 ■ BMI 30-<35 ■ BMI 35+

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	Men			Women		
	2010	2015	2030	2010	2015	2030
25-<30	67	70	83	50	52	61
30-<35	37	40	54	30	32	36
35+	15	19	38	19	21	29
All high BMI	120	130	180	98	100	130

Totals may not add up due to rounding

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



■ Type 2 Diabetes ■ Stroke ■ Ischaemic Heart Disease ■ Cancers ■ Other NCDs

National policies, action and risk factors

National guidelines for the management of high BMI	No
National guidelines for the management of physical inactivity	No
National guidelines for NCD management in primary care	No
Survey of adult overweight and obesity in the last five years	Yes
Survey of adult unhealthy diets in the last five years	Yes
Survey of adult physical inactivity in the last five years	Yes
Taxes on sugar-sweetened beverages	No
Sugar-sweetened beverage consumption per person per week	1000-2500ml
Proportion of adults with insufficient physical activity	40-50%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Marshall Islands

64%

Adults with high BMI in 2025

34%

Adults living with obesity in 2025

15,000

Adults with high BMI in 2030

65

Premature NCD deaths due to high BMI, 2021

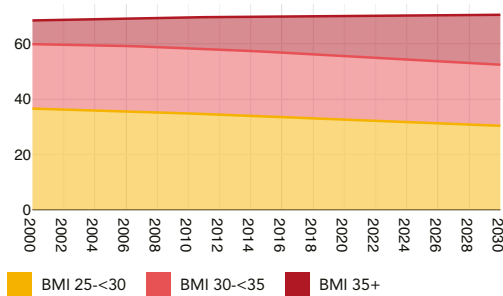
765

Adult person-years of NCD ill health due to high BMI, 2021

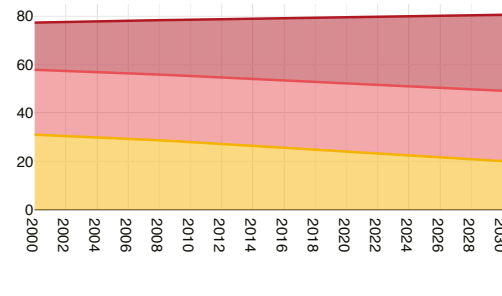
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



Legend: BMI 25-<30 (yellow), BMI 30-<35 (pink), BMI 35+ (red)

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	2010	Men		Women		
		2010	2015	2030	2010	2015
25-<30	5	4	3	4	3	2
30-<35	3	3	2	4	4	3
35+	2	2	2	3	3	3
All high BMI	9	9	6	10	10	7

Totals may not add up due to rounding

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



Legend: Type 2 Diabetes (dark blue), Stroke (yellow), Ischaemic Heart Disease (red), Cancers (green), Other NCDs (teal)

National policies, action and risk factors

National guidelines for the management of high BMI	No
National guidelines for the management of physical inactivity	No
National guidelines for NCD management in primary care	No
Survey of adult overweight and obesity in the last five years	Yes
Survey of adult unhealthy diets in the last five years	Yes
Survey of adult physical inactivity in the last five years	Yes
Taxes on sugar-sweetened beverages	Yes
Sugar-sweetened beverage consumption per person per week	500-1000ml
Proportion of adults with insufficient physical activity	20-30%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Mauritania

55%

Adults with high BMI in 2025

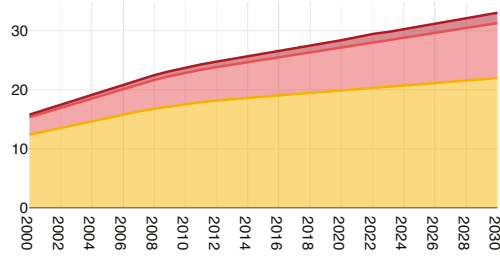
34%

Adults living with obesity in 2025

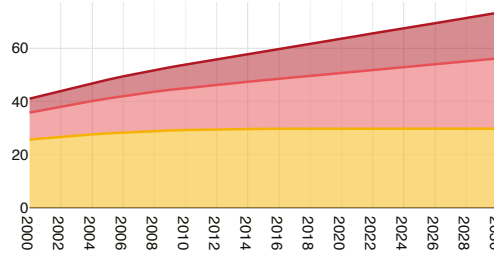
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



■ BMI 25-<30 ■ BMI 30-<35 ■ BMI 35+

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	Men			Women		
	2010	2015	2030	2010	2015	2030
25-<30	130	160	310	230	280	450
30-<35	39	53	130	130	170	400
35+	6	9	24	71	100	260
All high BMI	170	220	460	430	550	1,120

Totals may not add up due to rounding

1.574m

Adults with high BMI in 2030

848

Premature NCD deaths due to high BMI, 2021

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



■ Type 2 Diabetes ■ Stroke ■ Ischaemic Heart Disease ■ Cancers ■ Other NCDs

11,852

Adult person-years of NCD ill health due to high BMI, 2021

National policies, action and risk factors

National guidelines for the management of high BMI	No
National guidelines for the management of physical inactivity	No
National guidelines for NCD management in primary care	No
Survey of adult overweight and obesity in the last five years	No
Survey of adult unhealthy diets in the last five years	No
Survey of adult physical inactivity in the last five years	No
Taxes on sugar-sweetened beverages	Yes
Sugar-sweetened beverage consumption per person per week	>2500ml
Proportion of adults with insufficient physical activity	30-40%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Mauritius

58%

Adults with high BMI in 2025

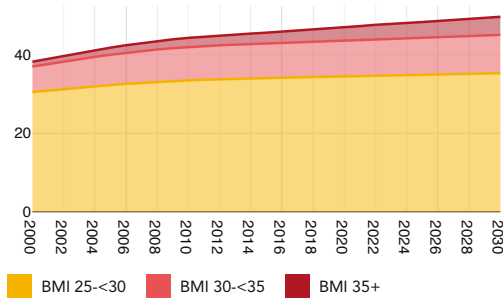
26%

Adults living with obesity in 2025

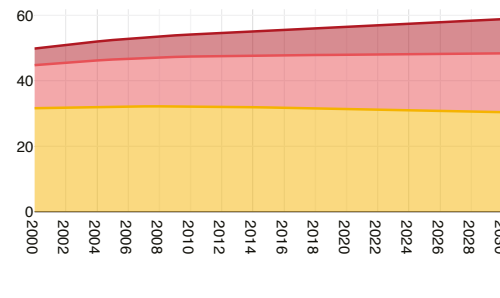
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



■ BMI 25-<30 ■ BMI 30-<35 ■ BMI 35+

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	2010	Men		Women		
		2015	2030	2010	2015	2030
25-<30	150	160	180	150	150	160
30-<35	38	42	49	69	76	92
35+	11	13	23	30	36	53
All high BMI	200	220	250	250	260	300

Totals may not add up due to rounding

557,000

Adults with high BMI in 2030

1,094

Premature NCD deaths due to high BMI, 2021

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



■ Type 2 Diabetes ■ Stroke ■ Ischaemic Heart Disease ■ Cancers ■ Other NCDs

14,660

Adult person-years of NCD ill health due to high BMI, 2021

National policies, action and risk factors

National guidelines for the management of high BMI	No
National guidelines for the management of physical inactivity	No
National guidelines for NCD management in primary care	Yes
Survey of adult overweight and obesity in the last five years	No
Survey of adult unhealthy diets in the last five years	No
Survey of adult physical inactivity in the last five years	No
Taxes on sugar-sweetened beverages	Yes
Sugar-sweetened beverage consumption per person per week	>2500ml
Proportion of adults with insufficient physical activity	20-30%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Mexico

66%

Adults with high BMI in 2025

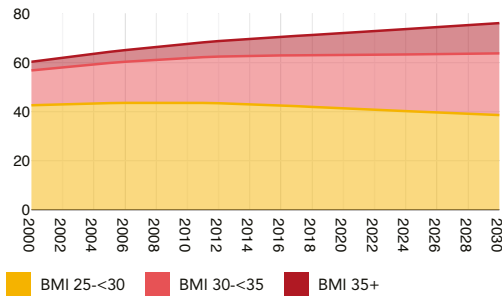
30%

Adults living with obesity in 2025

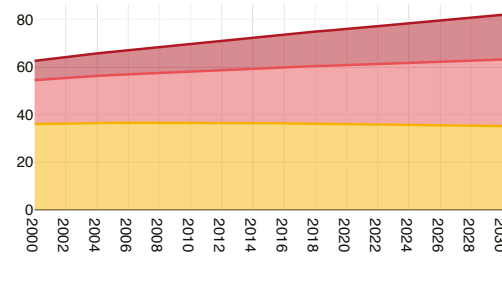
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



■ BMI 25-<30 ■ BMI 30-<35 ■ BMI 35+

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	Men			Women		
	2010	2015	2030	2010	2015	2030
25-<30	14,320	15,540	17,530	13,130	14,500	17,670
30-<35	6,000	7,270	11,420	7,780	9,310	14,060
35+	1,890	2,640	5,600	4,150	5,360	9,440
All high BMI	22,210	25,450	34,550	25,060	29,180	41,170

Totals may not add up due to rounding

75.72m

Adults with high BMI in 2030

62,724

Premature NCD deaths due to high BMI, 2021

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



■ Type 2 Diabetes ■ Stroke ■ Ischaemic Heart Disease ■ Cancers ■ Other NCDs

1,290,708

Adult person-years of NCD ill health due to high BMI, 2021

National policies, action and risk factors

National guidelines for the management of high BMI	Yes
National guidelines for the management of physical inactivity	Yes
National guidelines for NCD management in primary care	Yes
Survey of adult overweight and obesity in the last five years	Yes
Survey of adult unhealthy diets in the last five years	Yes
Survey of adult physical inactivity in the last five years	Yes
Taxes on sugar-sweetened beverages	Yes
Sugar-sweetened beverage consumption per person per week	1000-2500ml
Proportion of adults with insufficient physical activity	20-30%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Moldova

64%

Adults with high BMI in 2025

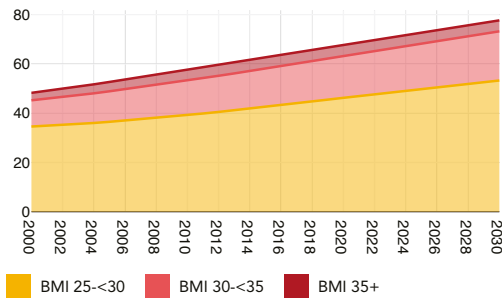
24%

Adults living with obesity in 2025

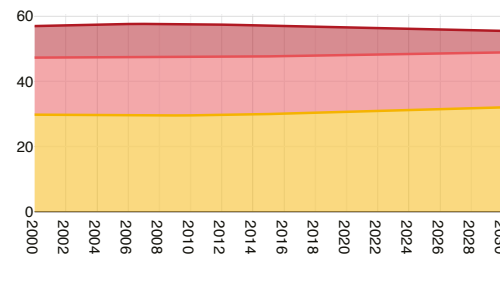
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



■ BMI 25-<30 ■ BMI 30-<35 ■ BMI 35+

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	Men			Women		
	2010	2015	2030	2010	2015	2030
25-<30	480	480	500	440	410	380
30-<35	170	180	190	260	240	200
35+	53	50	42	150	130	79
All high BMI	710	710	730	850	780	660

Totals may not add up due to rounding

1.391m

Adults with high BMI in 2030

2,030

Premature NCD deaths due to high BMI, 2021

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



■ Type 2 Diabetes ■ Stroke ■ Ischaemic Heart Disease ■ Cancers ■ Other NCDs

40,924

Adult person-years of NCD ill health due to high BMI, 2021

National policies, action and risk factors

National guidelines for the management of high BMI	Yes
National guidelines for the management of physical inactivity	Yes
National guidelines for NCD management in primary care	Yes
Survey of adult overweight and obesity in the last five years	No
Survey of adult unhealthy diets in the last five years	Yes
Survey of adult physical inactivity in the last five years	No
Taxes on sugar-sweetened beverages	No
Sugar-sweetened beverage consumption per person per week	100-250ml
Proportion of adults with insufficient physical activity	10-20%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Mongolia

62%

Adults with high BMI in 2025

27%

Adults living with obesity in 2025

1.525m

Adults with high BMI in 2030

796

Premature NCD deaths due to high BMI, 2021

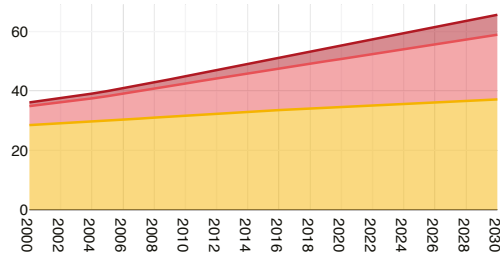
14,568

Adult person-years of NCD ill health due to high BMI, 2021

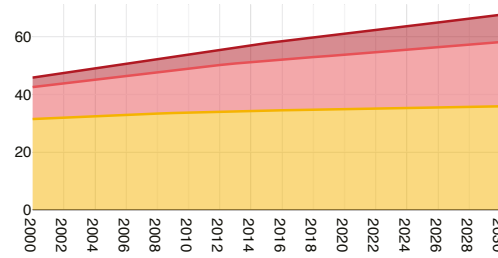
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



■ BMI 25-<30 ■ BMI 30-<35 ■ BMI 35+

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	Men			Women		
	2010	2015	2030	2010	2015	2030
25-<30	260	300	420	290	330	420
30-<35	88	120	240	130	160	260
35+	20	31	75	43	58	110
All high BMI	370	460	740	460	550	800

Totals may not add up due to rounding

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



■ Type 2 Diabetes ■ Stroke ■ Ischaemic Heart Disease ■ Cancers ■ Other NCDs

National policies, action and risk factors

National guidelines for the management of high BMI	No
National guidelines for the management of physical inactivity	No
National guidelines for NCD management in primary care	Yes
Survey of adult overweight and obesity in the last five years	Yes
Survey of adult unhealthy diets in the last five years	Yes
Survey of adult physical inactivity in the last five years	Yes
Taxes on sugar-sweetened beverages	No
Sugar-sweetened beverage consumption per person per week	500-1000ml
Proportion of adults with insufficient physical activity	20-30%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Montenegro

52%

Adults with high BMI in 2025

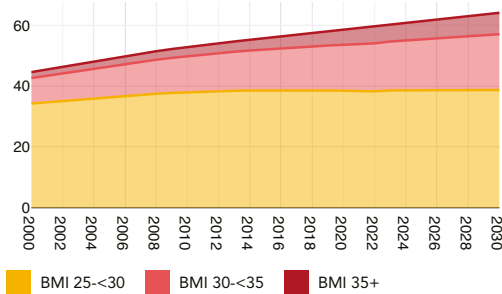
20%

Adults living with obesity in 2025

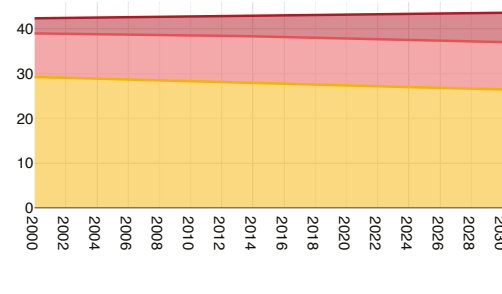
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



■ BMI 25-<30 ■ BMI 30-<35 ■ BMI 35+

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	Men			Women		
	2010	2015	2030	2010	2015	2030
25-<30	84	86	86	69	69	66
30-<35	26	30	41	26	26	26
35+	7	8	16	10	12	16
All high BMI	120	120	140	110	110	110

Totals may not add up due to rounding

251,000

Adults with high BMI in 2030

283

Premature NCD deaths due to high BMI, 2021

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



■ Type 2 Diabetes ■ Stroke ■ Ischaemic Heart Disease ■ Cancers ■ Other NCDs

7,531

Adult person-years of NCD ill health due to high BMI, 2021

National policies, action and risk factors

National guidelines for the management of high BMI	No
National guidelines for the management of physical inactivity	No
National guidelines for NCD management in primary care	n/a
Survey of adult overweight and obesity in the last five years	No
Survey of adult unhealthy diets in the last five years	No
Survey of adult physical inactivity in the last five years	No
Taxes on sugar-sweetened beverages	Yes
Sugar-sweetened beverage consumption per person per week	250-500ml
Proportion of adults with insufficient physical activity	20-30%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Morocco

59%

Adults with high BMI in 2025

24%

Adults living with obesity in 2025

16.86m

Adults with high BMI in 2030

16,524

Premature NCD deaths due to high BMI, 2021

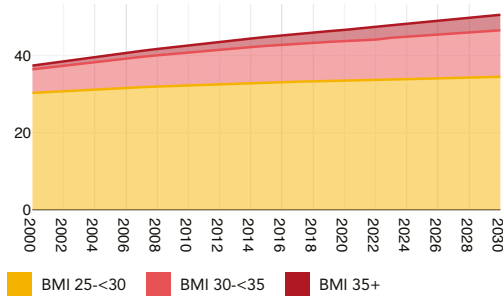
366,828

Adult person-years of NCD ill health due to high BMI, 2021

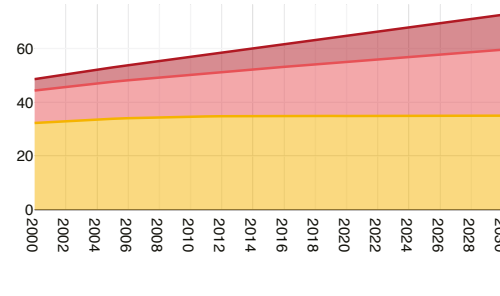
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



■ BMI 25-<30 ■ BMI 30-<35 ■ BMI 35+

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	Men			Women		
	2010	2015	2030	2010	2015	2030
25-<30	3,170	3,600	4,710	3,450	3,820	4,800
30-<35	840	1,040	1,650	1,550	1,950	3,370
35+	180	250	550	660	890	1,780
All high BMI	4,190	4,890	6,910	5,660	6,660	9,940

Totals may not add up due to rounding

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



■ Type 2 Diabetes ■ Stroke ■ Ischaemic Heart Disease ■ Cancers ■ Other NCDs

National policies, action and risk factors

National guidelines for the management of high BMI	No
National guidelines for the management of physical inactivity	No
National guidelines for NCD management in primary care	No
Survey of adult overweight and obesity in the last five years	Yes
Survey of adult unhealthy diets in the last five years	Yes
Survey of adult physical inactivity in the last five years	Yes
Taxes on sugar-sweetened beverages	Yes
Sugar-sweetened beverage consumption per person per week	1000-2500ml
Proportion of adults with insufficient physical activity	20-30%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Mozambique

30%

Adults with high BMI in 2025

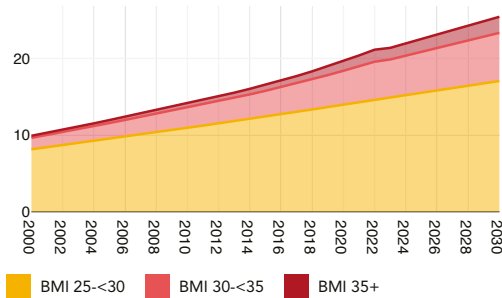
11%

Adults living with obesity in 2025

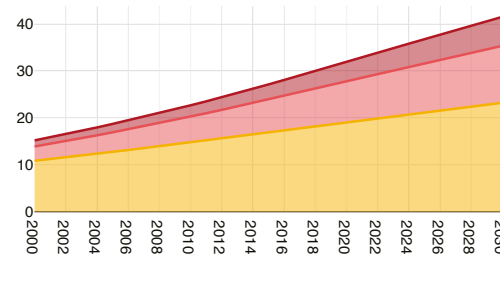
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



■ BMI 25-<30 ■ BMI 30-<35 ■ BMI 35+

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	Men			Women		
	2010	2015	2030	2010	2015	2030
25-<30	500	650	1,510	800	1,050	2,320
30-<35	120	180	560	300	430	1,210
35+	25	41	190	130	200	620
All high BMI	640	870	2,260	1,220	1,680	4,160

Totals may not add up due to rounding

6.41m

Adults with high BMI in 2030

4,138

Premature NCD deaths due to high BMI, 2021

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



■ Type 2 Diabetes ■ Stroke ■ Ischaemic Heart Disease ■ Cancers ■ Other NCDs

40,070

Adult person-years of NCD ill health due to high BMI, 2021

National policies, action and risk factors

National guidelines for the management of high BMI	No
National guidelines for the management of physical inactivity	No
National guidelines for NCD management in primary care	No
Survey of adult overweight and obesity in the last five years	No
Survey of adult unhealthy diets in the last five years	No
Survey of adult physical inactivity in the last five years	No
Taxes on sugar-sweetened beverages	No
Sugar-sweetened beverage consumption per person per week	500-1000ml
Proportion of adults with insufficient physical activity	<10%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Myanmar

30%

Adults with high BMI in 2025

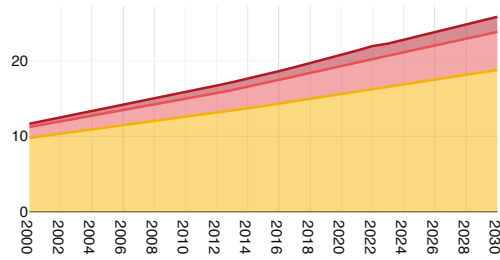
8%

Adults living with obesity in 2025

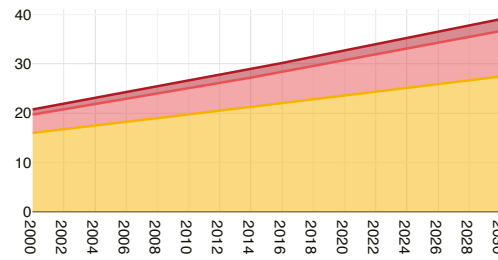
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



■ BMI 25-<30 ■ BMI 30-<35 ■ BMI 35+

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	Men			Women		
	2010	2015	2030	2010	2015	2030
25-<30	1,880	2,260	3,590	3,060	3,620	5,470
30-<35	370	490	960	810	1,030	1,840
35+	140	180	380	240	290	480
All high BMI	2,390	2,930	4,930	4,110	4,940	7,790

Totals may not add up due to rounding

12.72m

Adults with high BMI in 2030

13,406

Premature NCD deaths due to high BMI, 2021

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



■ Type 2 Diabetes ■ Stroke ■ Ischaemic Heart Disease ■ Cancers ■ Other NCDs

197,646

Adult person-years of NCD ill health due to high BMI, 2021

National policies, action and risk factors

National guidelines for the management of high BMI	No
National guidelines for the management of physical inactivity	No
National guidelines for NCD management in primary care	Yes
Survey of adult overweight and obesity in the last five years	No
Survey of adult unhealthy diets in the last five years	No
Survey of adult physical inactivity in the last five years	No
Taxes on sugar-sweetened beverages	No
Sugar-sweetened beverage consumption per person per week	500-1000ml
Proportion of adults with insufficient physical activity	20-30%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Namibia

39%

Adults with high BMI in 2025

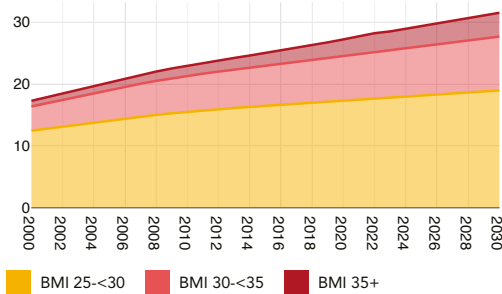
18%

Adults living with obesity in 2025

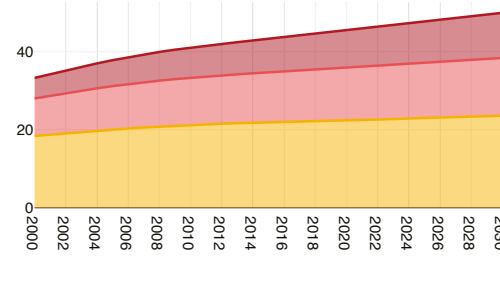
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



■ BMI 25-<30 ■ BMI 30-<35 ■ BMI 35+

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	Men			Women		
	2010	2015	2030	2010	2015	2030
25-<30	79	98	170	120	150	230
30-<35	29	39	78	69	85	150
35+	8	12	35	44	57	110
All high BMI	120	150	280	230	290	490

Totals may not add up due to rounding

773,000

Adults with high BMI in 2030

714

Premature NCD deaths due to high BMI, 2021

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



■ Type 2 Diabetes ■ Stroke ■ Ischaemic Heart Disease ■ Cancers ■ Other NCDs

7,673

Adult person-years of NCD ill health due to high BMI, 2021

National policies, action and risk factors

National guidelines for the management of high BMI	No
National guidelines for the management of physical inactivity	No
National guidelines for NCD management in primary care	No
Survey of adult overweight and obesity in the last five years	No
Survey of adult unhealthy diets in the last five years	No
Survey of adult physical inactivity in the last five years	No
Taxes on sugar-sweetened beverages	No
Sugar-sweetened beverage consumption per person per week	>2500ml
Proportion of adults with insufficient physical activity	20-30%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Nauru

90%

Adults with high BMI in 2025

72%

Adults living with obesity in 2025

8,000

Adults with high BMI in 2030

14

Premature NCD deaths due to high BMI, 2021

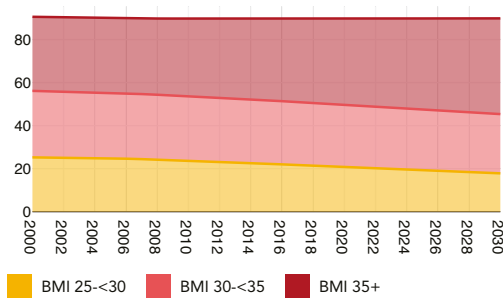
110

Adult person-years of NCD ill health due to high BMI, 2021

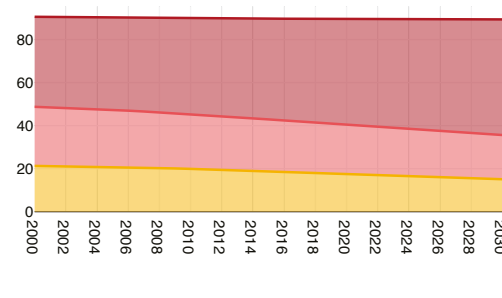
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



Legend: BMI 25-30 (yellow), BMI 30-35 (pink), BMI 35+ (red)

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	2010	Men		Women		
		2010	2015	2030	2010	2015
25-30	0.7	0.7	0.6	0.5	0.5	0.5
30-35	0.8	0.9	0.9	0.7	0.7	0.7
35+	1.0	1	2	1	1	2
All high BMI	2	3	3	2	3	3

Totals may not add up due to rounding

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



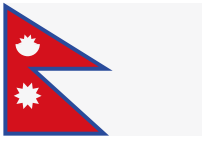
Legend: Type 2 Diabetes (dark blue), Stroke (yellow), Ischaemic Heart Disease (red), Cancers (green), Other NCDs (teal)

National policies, action and risk factors

National guidelines for the management of high BMI	No
National guidelines for the management of physical inactivity	No
National guidelines for NCD management in primary care	No
Survey of adult overweight and obesity in the last five years	No
Survey of adult unhealthy diets in the last five years	No
Survey of adult physical inactivity in the last five years	No
Taxes on sugar-sweetened beverages	Yes
Sugar-sweetened beverage consumption per person per week	n/a
Proportion of adults with insufficient physical activity	30-40%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Nepal

35%

Adults with high BMI in 2025

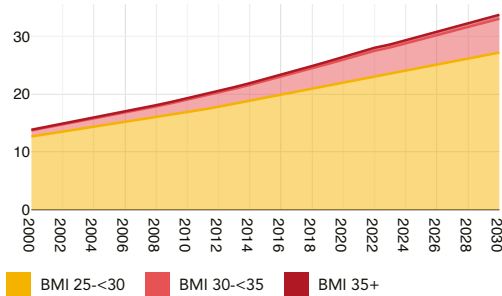
8%

Adults living with obesity in 2025

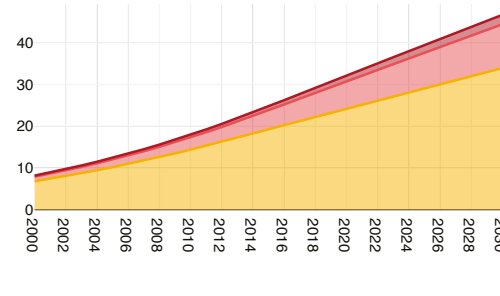
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



■ BMI 25-<30 ■ BMI 30-<35 ■ BMI 35+

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	Men			Women		
	2010	2015	2030	2010	2015	2030
25-<30	1,150	1,360	2,450	1,080	1,590	3,660
30-<35	150	210	530	220	380	1,130
35+	17	23	61	47	78	240
All high BMI	1,310	1,590	3,040	1,350	2,040	5,030

Totals may not add up due to rounding

8.071m

Adults with high BMI in 2030

3,851

Premature NCD deaths due to high BMI, 2021

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



■ Type 2 Diabetes ■ Stroke ■ Ischaemic Heart Disease ■ Cancers ■ Other NCDs

99,940

Adult person-years of NCD ill health due to high BMI, 2021

National policies, action and risk factors

National guidelines for the management of high BMI	No
National guidelines for the management of physical inactivity	No
National guidelines for NCD management in primary care	No
Survey of adult overweight and obesity in the last five years	Yes
Survey of adult unhealthy diets in the last five years	Yes
Survey of adult physical inactivity in the last five years	Yes
Taxes on sugar-sweetened beverages	No
Sugar-sweetened beverage consumption per person per week	250-500ml
Proportion of adults with insufficient physical activity	<10%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Netherlands

47%

Adults with high BMI in 2025

15%

Adults living with obesity in 2025

6.9m

Adults with high BMI in 2030

1,725

Premature NCD deaths due to high BMI, 2021

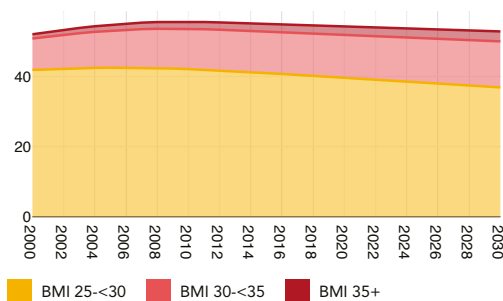
141,474

Adult person-years of NCD ill health due to high BMI, 2021

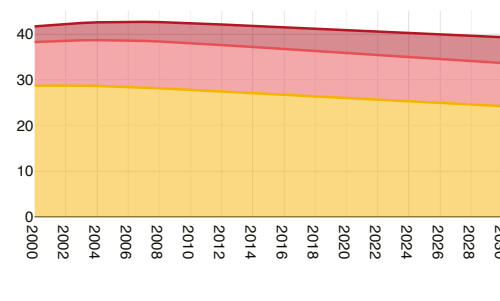
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



■ BMI 25-<30 ■ BMI 30-<35 ■ BMI 35+

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	Men			Women		
	2010	2015	2030	2010	2015	2030
25-<30	2,630	2,660	2,730	1,820	1,810	1,840
30-<35	720	770	970	670	680	720
35+	130	140	210	290	310	430
All high BMI	3,480	3,560	3,920	2,770	2,810	2,990

Totals may not add up due to rounding

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



■ Type 2 Diabetes ■ Stroke ■ Ischaemic Heart Disease ■ Cancers ■ Other NCDs

National policies, action and risk factors

National guidelines for the management of high BMI	Yes
National guidelines for the management of physical inactivity	Yes
National guidelines for NCD management in primary care	Yes
Survey of adult overweight and obesity in the last five years	Yes
Survey of adult unhealthy diets in the last five years	Yes
Survey of adult physical inactivity in the last five years	Yes
Taxes on sugar-sweetened beverages	No
Sugar-sweetened beverage consumption per person per week	500-1000ml
Proportion of adults with insufficient physical activity	<10%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



New Zealand

70%

Adults with high BMI in 2025

36%

Adults living with obesity in 2025

2.96m

Adults with high BMI in 2030

811

Premature NCD deaths due to high BMI, 2021

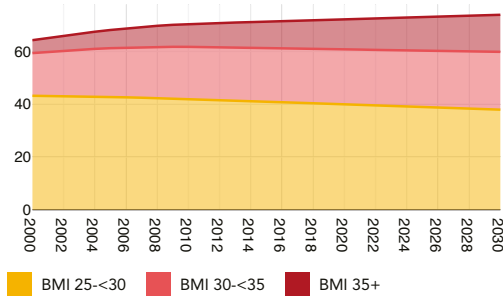
49,609

Adult person-years of NCD ill health due to high BMI, 2021

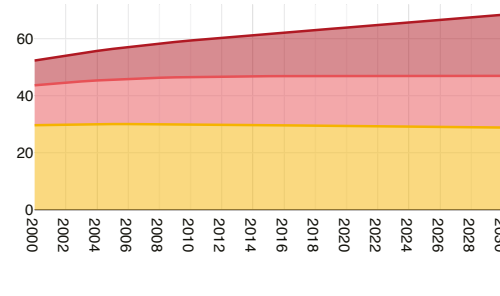
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



■ BMI 25-<30 ■ BMI 30-<35 ■ BMI 35+

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	2010	Men		Women		
		2010	2015	2030	2010	2015
25-<30	630	670	780	490	520	610
30-<35	300	330	450	270	300	380
35+	130	160	290	210	260	450
All high BMI	1,060	1,170	1,520	960	1,080	1,440

Totals may not add up due to rounding

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



■ Type 2 Diabetes ■ Stroke ■ Ischaemic Heart Disease ■ Cancers ■ Other NCDs

National policies, action and risk factors

National guidelines for the management of high BMI	No
National guidelines for the management of physical inactivity	No
National guidelines for NCD management in primary care	Yes
Survey of adult overweight and obesity in the last five years	Yes
Survey of adult unhealthy diets in the last five years	Yes
Survey of adult physical inactivity in the last five years	Yes
Taxes on sugar-sweetened beverages	No
Sugar-sweetened beverage consumption per person per week	250-500ml
Proportion of adults with insufficient physical activity	10-20%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Nicaragua

71%

Adults with high BMI in 2025

36%

Adults living with obesity in 2025

3.57m

Adults with high BMI in 2030

1,648

Premature NCD deaths due to high BMI, 2021

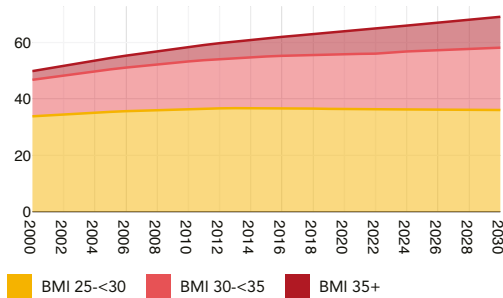
49,186

Adult person-years of NCD ill health due to high BMI, 2021

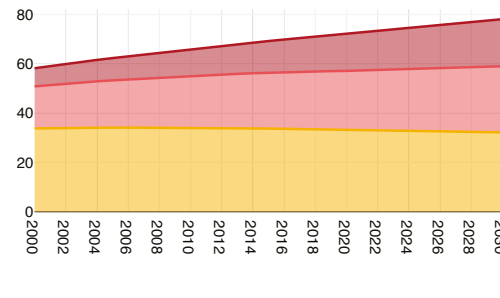
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



■ BMI 25-<30 ■ BMI 30-<35 ■ BMI 35+

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	Men			Women		
	2010	2015	2030	2010	2015	2030
25-<30	550	620	840	550	620	800
30-<35	250	310	520	340	420	670
35+	77	110	260	180	240	480
All high BMI	880	1,040	1,620	1,070	1,270	1,940

Totals may not add up due to rounding

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



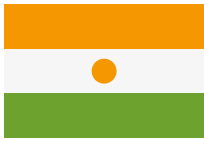
■ Type 2 Diabetes ■ Stroke ■ Ischaemic Heart Disease ■ Cancers ■ Other NCDs

National policies, action and risk factors

National guidelines for the management of high BMI	No
National guidelines for the management of physical inactivity	No
National guidelines for NCD management in primary care	Yes
Survey of adult overweight and obesity in the last five years	No
Survey of adult unhealthy diets in the last five years	No
Survey of adult physical inactivity in the last five years	No
Taxes on sugar-sweetened beverages	Yes
Sugar-sweetened beverage consumption per person per week	>2500ml
Proportion of adults with insufficient physical activity	30-40%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Niger

20%

Adults with high BMI in 2025

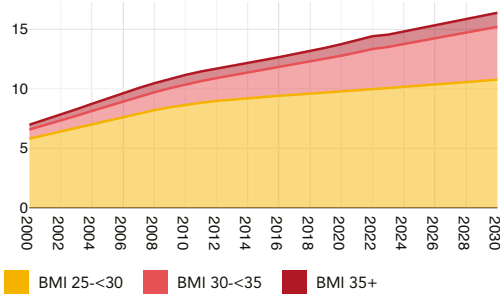
7%

Adults living with obesity in 2025

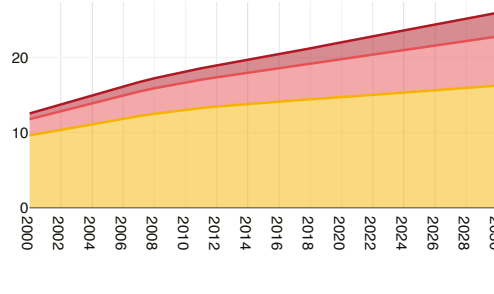
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



■ BMI 25-<30 ■ BMI 30-<35 ■ BMI 35+

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	Men			Women		
	2010	2015	2030	2010	2015	2030
25-<30	290	380	790	430	550	1,160
30-<35	58	92	320	120	170	460
35+	27	34	86	49	71	220
All high BMI	380	500	1,200	600	800	1,840

Totals may not add up due to rounding

3.036m

Adults with high BMI in 2030

1,578

Premature NCD deaths due to high BMI, 2021

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



■ Type 2 Diabetes ■ Stroke ■ Ischaemic Heart Disease ■ Cancers ■ Other NCDs

30,914

Adult person-years of NCD ill health due to high BMI, 2021

National policies, action and risk factors

National guidelines for the management of high BMI	No
National guidelines for the management of physical inactivity	No
National guidelines for NCD management in primary care	No
Survey of adult overweight and obesity in the last five years	Yes
Survey of adult unhealthy diets in the last five years	Yes
Survey of adult physical inactivity in the last five years	Yes
Taxes on sugar-sweetened beverages	Yes
Sugar-sweetened beverage consumption per person per week	<100ml
Proportion of adults with insufficient physical activity	10-20%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Nigeria

37%

Adults with high BMI in 2025

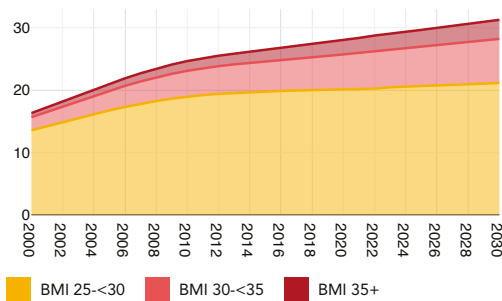
14%

Adults living with obesity in 2025

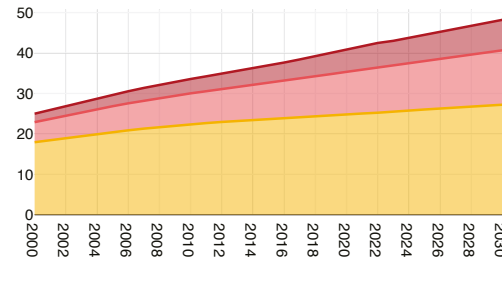
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



■ BMI 25-<30 ■ BMI 30-<35 ■ BMI 35+

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	Men			Women		
	2010	2015	2030	2010	2015	2030
25-<30	7,160	8,580	14,180	8,500	10,260	17,840
30-<35	1,570	2,100	4,750	2,910	3,840	8,830
35+	590	790	2,050	1,350	1,870	4,940
All high BMI	9,310	11,460	20,980	12,750	15,970	31,610

Totals may not add up due to rounding

52.59m

Adults with high BMI in 2030

24,358

Premature NCD deaths due to high BMI, 2021

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



■ Type 2 Diabetes ■ Stroke ■ Ischaemic Heart Disease ■ Cancers ■ Other NCDs

455,481

Adult person-years of NCD ill health due to high BMI, 2021

National policies, action and risk factors

National guidelines for the management of high BMI	No
National guidelines for the management of physical inactivity	No
National guidelines for NCD management in primary care	No
Survey of adult overweight and obesity in the last five years	No
Survey of adult unhealthy diets in the last five years	No
Survey of adult physical inactivity in the last five years	No
Taxes on sugar-sweetened beverages	Yes
Sugar-sweetened beverage consumption per person per week	1000-2500ml
Proportion of adults with insufficient physical activity	10-20%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Niue

90%

Adults with high BMI in 2025

69%

Adults living with obesity in 2025

n/a

Adults with high BMI in 2030

2

Premature NCD deaths due to high BMI, 2021

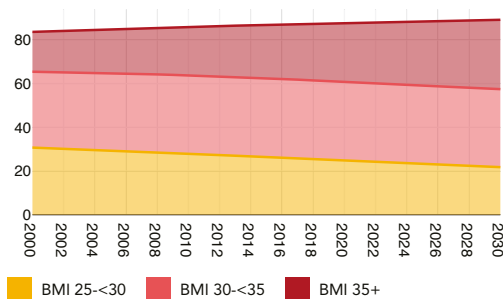
31

Adult person-years of NCD ill health due to high BMI, 2021

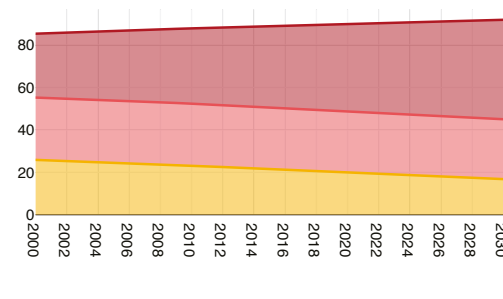
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



■ BMI 25-<30 ■ BMI 30-<35 ■ BMI 35+

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	2010	Men		Women		
		2015	2030	2010	2015	2030
25-<30	0.2	0.2	0.1	0.1	0.1	0.1
30-<35	0.2	0.2	0.2	0.2	0.2	0.2
35+	0.1	0.1	0.2	0.2	0.2	0.3
All high BMI	0.5	0.5	0.5	0.5	0.5	0.6

Totals may not add up due to rounding

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



■ Type 2 Diabetes ■ Stroke ■ Ischaemic Heart Disease ■ Cancers ■ Other NCDs

National policies, action and risk factors

National guidelines for the management of high BMI	No
National guidelines for the management of physical inactivity	No
National guidelines for NCD management in primary care	No
Survey of adult overweight and obesity in the last five years	No
Survey of adult unhealthy diets in the last five years	No
Survey of adult physical inactivity in the last five years	Yes
Taxes on sugar-sweetened beverages	Yes
Sugar-sweetened beverage consumption per person per week	n/a
Proportion of adults with insufficient physical activity	<10%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



North Korea

41%

Adults with high BMI in 2025

12%

Adults living with obesity in 2025

9.29m

Adults with high BMI in 2030

3,123

Premature NCD deaths due to high BMI, 2021

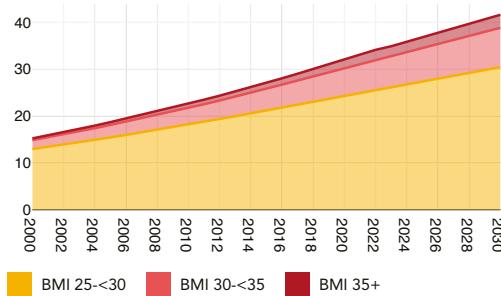
96,524

Adult person-years of NCD ill health due to high BMI, 2021

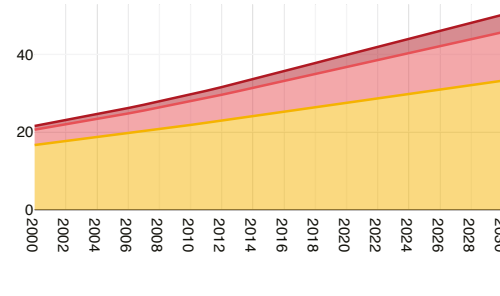
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



■ BMI 25-<30 ■ BMI 30-<35 ■ BMI 35+

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	Men			Women		
	2010	2015	2030	2010	2015	2030
25-<30	1,530	1,900	3,020	2,000	2,370	3,420
30-<35	300	410	830	560	720	1,280
35+	77	110	280	160	220	460
All high BMI	1,910	2,430	4,130	2,710	3,320	5,170

Totals may not add up due to rounding

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



■ Type 2 Diabetes ■ Stroke ■ Ischaemic Heart Disease ■ Cancers ■ Other NCDs

National policies, action and risk factors

National guidelines for the management of high BMI	No
National guidelines for the management of physical inactivity	No
National guidelines for NCD management in primary care	Yes
Survey of adult overweight and obesity in the last five years	Yes
Survey of adult unhealthy diets in the last five years	Yes
Survey of adult physical inactivity in the last five years	Yes
Taxes on sugar-sweetened beverages	No
Sugar-sweetened beverage consumption per person per week	500-1000ml
Proportion of adults with insufficient physical activity	20-30%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



North Macedonia

65%

Adults with high BMI in 2025

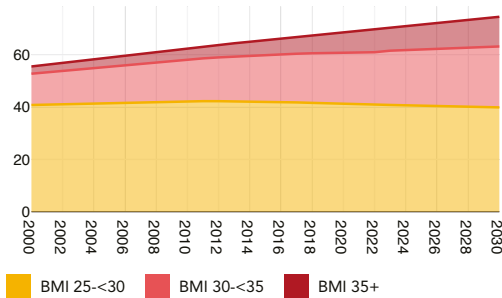
30%

Adults living with obesity in 2025

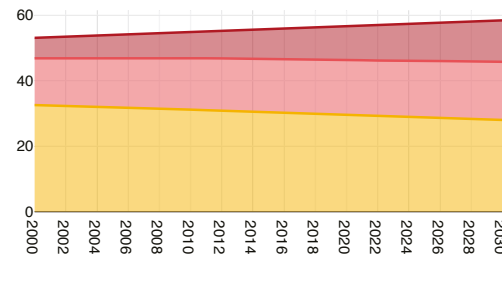
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



■ BMI 25-<30 ■ BMI 30-<35 ■ BMI 35+

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	2010	Men		Women		
		2010	2015	2030	2010	2015
25-<30	300	300	270	240	230	200
30-<35	120	130	160	120	130	130
35+	32	40	76	62	70	92
All high BMI	450	470	500	430	430	420

Totals may not add up due to rounding

928,000

Adults with high BMI in 2030

989

Premature NCD deaths due to high BMI, 2021

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



■ Type 2 Diabetes ■ Stroke ■ Ischaemic Heart Disease ■ Cancers ■ Other NCDs

27,640

Adult person-years of NCD ill health due to high BMI, 2021

National policies, action and risk factors

National guidelines for the management of high BMI	No
National guidelines for the management of physical inactivity	n/a
National guidelines for NCD management in primary care	Yes
Survey of adult overweight and obesity in the last five years	No
Survey of adult unhealthy diets in the last five years	No
Survey of adult physical inactivity in the last five years	No
Taxes on sugar-sweetened beverages	No
Sugar-sweetened beverage consumption per person per week	1000-2500ml
Proportion of adults with insufficient physical activity	20-30%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Norway

59%

Adults with high BMI in 2025

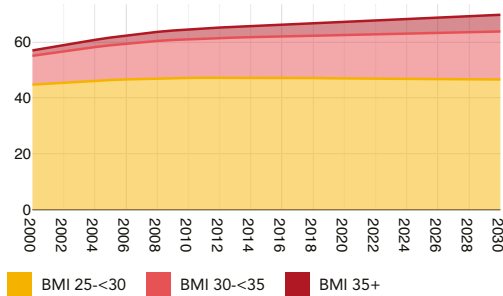
20%

Adults living with obesity in 2025

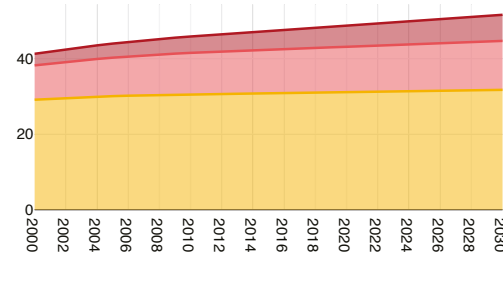
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



■ BMI 25-<30 ■ BMI 30-<35 ■ BMI 35+

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	2010	Men			Women		
		2010	2015	2030	2010	2015	2030
25-<30	850	930	1,060	560	610	720	
30-<35	250	290	390	200	230	290	
35+	63	80	140	80	96	160	
All high BMI	1,170	1,300	1,590	840	930	1,170	

Totals may not add up due to rounding

2.76m

Adults with high BMI in 2030

402

Premature NCD deaths due to high BMI, 2021

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



■ Type 2 Diabetes ■ Stroke ■ Ischaemic Heart Disease ■ Cancers ■ Other NCDs

38,292

Adult person-years of NCD ill health due to high BMI, 2021

National policies, action and risk factors

National guidelines for the management of high BMI	Yes
National guidelines for the management of physical inactivity	Yes
National guidelines for NCD management in primary care	Yes
Survey of adult overweight and obesity in the last five years	No
Survey of adult unhealthy diets in the last five years	No
Survey of adult physical inactivity in the last five years	No
Taxes on sugar-sweetened beverages	No
Sugar-sweetened beverage consumption per person per week	250-500ml
Proportion of adults with insufficient physical activity	30-40%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Oman

71%

Adults with high BMI in 2025

36%

Adults living with obesity in 2025

3.2m

Adults with high BMI in 2030

1,126

Premature NCD deaths due to high BMI, 2021

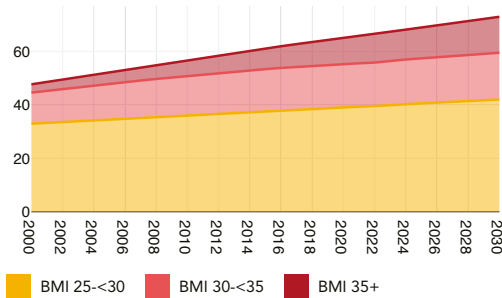
29,856

Adult person-years of NCD ill health due to high BMI, 2021

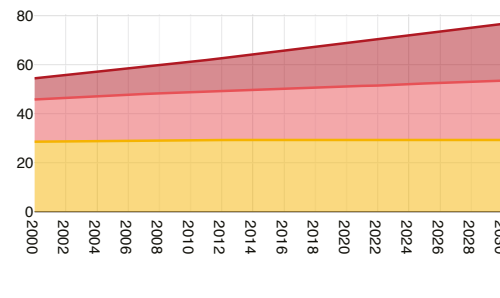
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



■ BMI 25-<30 ■ BMI 30-<35 ■ BMI 35+

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	Men			Women		
	2010	2015	2030	2010	2015	2030
25-<30	390	800	1,210	190	260	420
30-<35	160	330	500	130	190	350
35+	64	160	390	80	130	330
All high BMI	610	1,290	2,100	400	590	1,090

Totals may not add up due to rounding

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



■ Type 2 Diabetes ■ Stroke ■ Ischaemic Heart Disease ■ Cancers ■ Other NCDs

National policies, action and risk factors

National guidelines for the management of high BMI	No
National guidelines for the management of physical inactivity	No
National guidelines for NCD management in primary care	Yes
Survey of adult overweight and obesity in the last five years	Yes
Survey of adult unhealthy diets in the last five years	Yes
Survey of adult physical inactivity in the last five years	Yes
Taxes on sugar-sweetened beverages	Yes
Sugar-sweetened beverage consumption per person per week	1000-2500ml
Proportion of adults with insufficient physical activity	40-50%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Pakistan

61%

Adults with high BMI in 2025

26%

Adults living with obesity in 2025

106.18m

Adults with high BMI in 2030

43,178

Premature NCD deaths due to high BMI, 2021

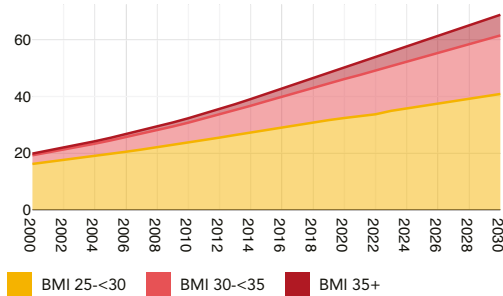
778,312

Adult person-years of NCD ill health due to high BMI, 2021

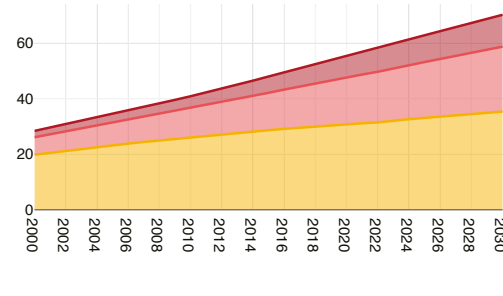
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



■ BMI 25-<30 ■ BMI 30-<35 ■ BMI 35+

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	2010	Men		Women		
		2010	2015	2030	2010	2015
25-<30	11,940	15,770	31,260	12,580	15,430	26,950
30-<35	3,540	5,630	15,810	5,060	7,260	17,830
35+	790	1,460	5,580	2,090	3,170	8,750
All high BMI	16,270	22,860	52,650	19,740	25,860	53,530

Totals may not add up due to rounding

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



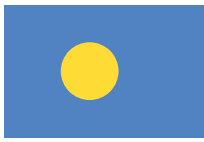
■ Type 2 Diabetes ■ Stroke ■ Ischaemic Heart Disease ■ Cancers ■ Other NCDs

National policies, action and risk factors

National guidelines for the management of high BMI	No
National guidelines for the management of physical inactivity	No
National guidelines for NCD management in primary care	No
Survey of adult overweight and obesity in the last five years	Yes
Survey of adult unhealthy diets in the last five years	No
Survey of adult physical inactivity in the last five years	No
Taxes on sugar-sweetened beverages	Yes
Sugar-sweetened beverage consumption per person per week	500-1000ml
Proportion of adults with insufficient physical activity	40-50%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Palau

73%

Adults with high BMI in 2025

43%

Adults living with obesity in 2025

9,000

Adults with high BMI in 2030

24

Premature NCD deaths due to high BMI, 2021

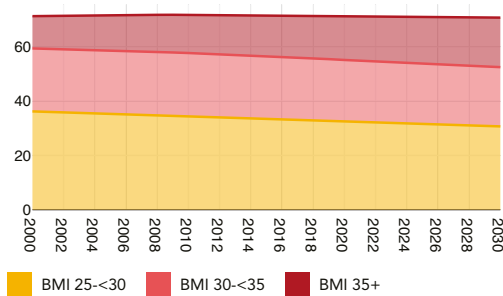
350

Adult person-years of NCD ill health due to high BMI, 2021

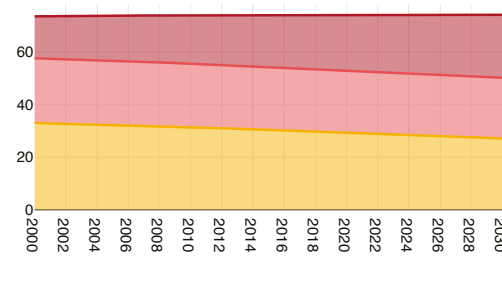
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



■ BMI 25-<30 ■ BMI 30-<35 ■ BMI 35+

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	Men			Women		
	2010	2015	2030	2010	2015	2030
25-<30	2	2	2	2	2	2
30-<35	2	2	2	1	1	1
35+	1.0	1	1	1	1	1
All high BMI	5	5	5	4	4	5

Totals may not add up due to rounding

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



■ Type 2 Diabetes ■ Stroke ■ Ischaemic Heart Disease ■ Cancers ■ Other NCDs

National policies, action and risk factors

National guidelines for the management of high BMI	Yes
National guidelines for the management of physical inactivity	Yes
National guidelines for NCD management in primary care	Yes
Survey of adult overweight and obesity in the last five years	Yes
Survey of adult unhealthy diets in the last five years	Yes
Survey of adult physical inactivity in the last five years	Yes
Taxes on sugar-sweetened beverages	No
Sugar-sweetened beverage consumption per person per week	n/a
Proportion of adults with insufficient physical activity	20-30%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Palestine

71%

Adults with high BMI in 2025

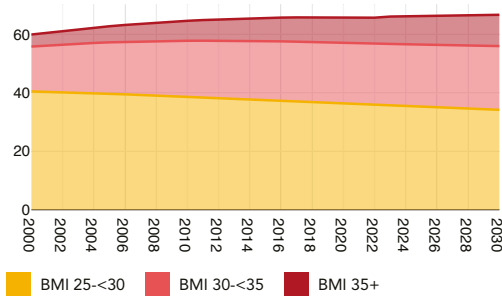
40%

Adults living with obesity in 2025

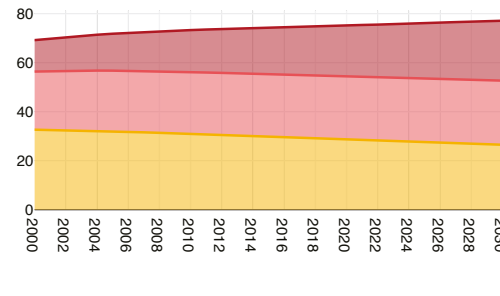
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



■ BMI 25-<30 ■ BMI 30-<35 ■ BMI 35+

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	2010	Men			Women		
		2010	2015	2030	2010	2015	2030
25-<30	350	410	550	290	340	450	
30-<35	180	220	350	240	290	450	
35+	62	86	170	160	220	420	
All high BMI	590	720	1,080	690	840	1,320	

Totals may not add up due to rounding

2.39m

Adults with high BMI in 2030

1,307

Premature NCD deaths due to high BMI, 2021

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



■ Type 2 Diabetes ■ Stroke ■ Ischaemic Heart Disease ■ Cancers ■ Other NCDs

30,422

Adult person-years of NCD ill health due to high BMI, 2021

National policies, action and risk factors

National guidelines for the management of high BMI	n/a
National guidelines for the management of physical inactivity	n/a
National guidelines for NCD management in primary care	n/a
Survey of adult overweight and obesity in the last five years	n/a
Survey of adult unhealthy diets in the last five years	n/a
Survey of adult physical inactivity in the last five years	n/a
Taxes on sugar-sweetened beverages	n/a
Sugar-sweetened beverage consumption per person per week	1000-2500ml
Proportion of adults with insufficient physical activity	20-30%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Panama

76%

Adults with high BMI in 2025

40%

Adults living with obesity in 2025

2.72m

Adults with high BMI in 2030

988

Premature NCD deaths due to high BMI, 2021

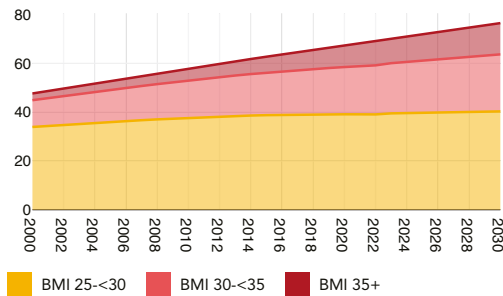
35,238

Adult person-years of NCD ill health due to high BMI, 2021

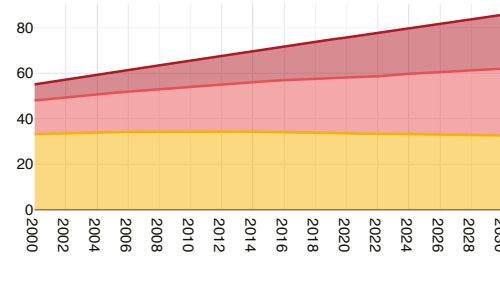
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



■ BMI 25-<30 ■ BMI 30-<35 ■ BMI 35+

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	2010	Men		Women		
		2010	2015	2030	2010	2015
25-<30	420	480	670	390	430	550
30-<35	170	220	390	220	280	500
35+	54	81	210	130	180	400
All high BMI	640	780	1,270	740	900	1,450

Totals may not add up due to rounding

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



■ Type 2 Diabetes ■ Stroke ■ Ischaemic Heart Disease ■ Cancers ■ Other NCDs

National policies, action and risk factors

National guidelines for the management of high BMI	Yes
National guidelines for the management of physical inactivity	Yes
National guidelines for NCD management in primary care	No
Survey of adult overweight and obesity in the last five years	Yes
Survey of adult unhealthy diets in the last five years	Yes
Survey of adult physical inactivity in the last five years	Yes
Taxes on sugar-sweetened beverages	Yes
Sugar-sweetened beverage consumption per person per week	>2500ml
Proportion of adults with insufficient physical activity	>50%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Papua New Guinea

54%

Adults with high BMI in 2025

22%

Adults living with obesity in 2025

3.88m

Adults with high BMI in 2030

3,233

Premature NCD deaths due to high BMI, 2021

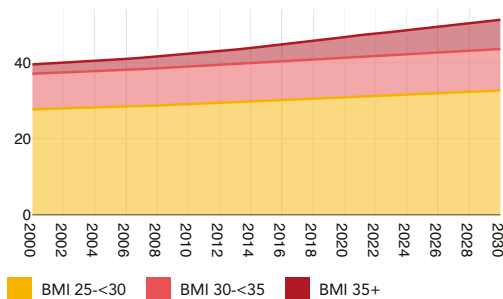
48,749

Adult person-years of NCD ill health due to high BMI, 2021

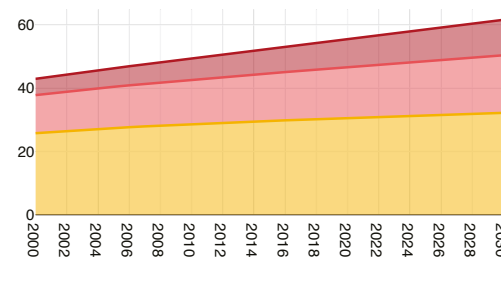
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



■ BMI 25-<30 ■ BMI 30-<35 ■ BMI 35+

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	Men			Women		
	2010	2015	2030	2010	2015	2030
25-<30	590	720	1,140	550	680	1,090
30-<35	200	240	380	270	340	620
35+	68	100	270	130	170	380
All high BMI	860	1,060	1,790	950	1,190	2,090

Totals may not add up due to rounding

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



■ Type 2 Diabetes ■ Stroke ■ Ischaemic Heart Disease ■ Cancers ■ Other NCDs

National policies, action and risk factors

National guidelines for the management of high BMI	No
National guidelines for the management of physical inactivity	No
National guidelines for NCD management in primary care	No
Survey of adult overweight and obesity in the last five years	No
Survey of adult unhealthy diets in the last five years	No
Survey of adult physical inactivity in the last five years	No
Taxes on sugar-sweetened beverages	n/a
Sugar-sweetened beverage consumption per person per week	<100ml
Proportion of adults with insufficient physical activity	10-20%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Paraguay

73%

Adults with high BMI in 2025

36%

Adults living with obesity in 2025

3.71m

Adults with high BMI in 2030

2,174

Premature NCD deaths due to high BMI, 2021

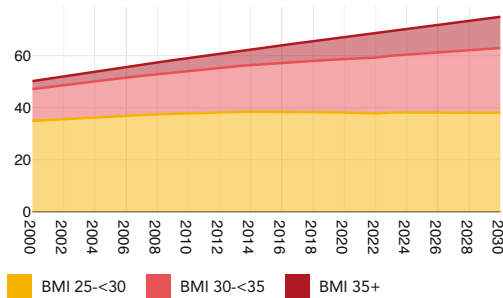
45,519

Adult person-years of NCD ill health due to high BMI, 2021

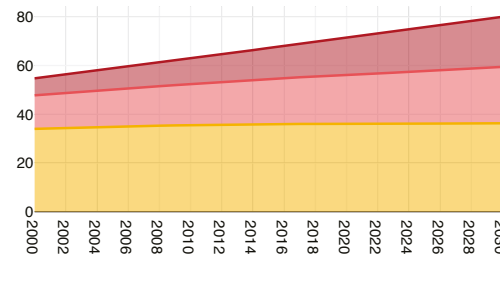
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



■ BMI 25-<30 ■ BMI 30-<35 ■ BMI 35+

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	Men			Women		
	2010	2015	2030	2010	2015	2030
25-<30	610	710	900	580	660	880
30-<35	260	340	590	270	340	560
35+	80	120	280	170	230	500
All high BMI	960	1,160	1,780	1,020	1,240	1,930

Totals may not add up due to rounding

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



■ Type 2 Diabetes ■ Stroke ■ Ischaemic Heart Disease ■ Cancers ■ Other NCDs

National policies, action and risk factors

National guidelines for the management of high BMI	No
National guidelines for the management of physical inactivity	No
National guidelines for NCD management in primary care	Yes
Survey of adult overweight and obesity in the last five years	No
Survey of adult unhealthy diets in the last five years	No
Survey of adult physical inactivity in the last five years	No
Taxes on sugar-sweetened beverages	Yes
Sugar-sweetened beverage consumption per person per week	1000-2500ml
Proportion of adults with insufficient physical activity	30-40%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Peru

73%

Adults with high BMI in 2025

30%

Adults living with obesity in 2025

20.05m

Adults with high BMI in 2030

5,930

Premature NCD deaths due to high BMI, 2021

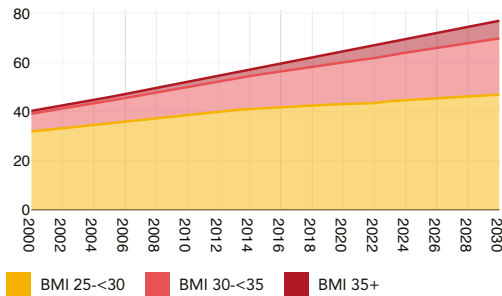
161,157

Adult person-years of NCD ill health due to high BMI, 2021

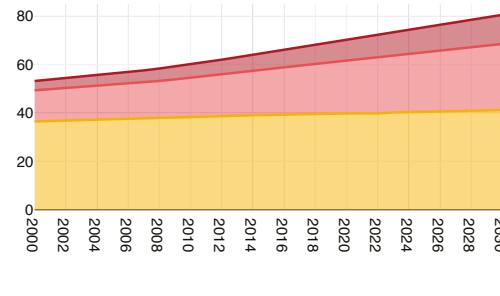
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



■ BMI 25-<30 ■ BMI 30-<35 ■ BMI 35+

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	Men			Women		
	2010	2015	2030	2010	2015	2030
25-<30	3,450	3,990	5,870	3,410	3,850	5,320
30-<35	1,000	1,350	2,860	1,460	1,850	3,540
35+	190	300	900	500	680	1,560
All high BMI	4,640	5,640	9,630	5,370	6,380	10,410

Totals may not add up due to rounding

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



■ Type 2 Diabetes ■ Stroke ■ Ischaemic Heart Disease ■ Cancers ■ Other NCDs

National policies, action and risk factors

National guidelines for the management of high BMI	Yes
National guidelines for the management of physical inactivity	Yes
National guidelines for NCD management in primary care	No
Survey of adult overweight and obesity in the last five years	Yes
Survey of adult unhealthy diets in the last five years	Yes
Survey of adult physical inactivity in the last five years	No
Taxes on sugar-sweetened beverages	Yes
Sugar-sweetened beverage consumption per person per week	1000-2500ml
Proportion of adults with insufficient physical activity	30-40%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Philippines

38%

Adults with high BMI in 2025

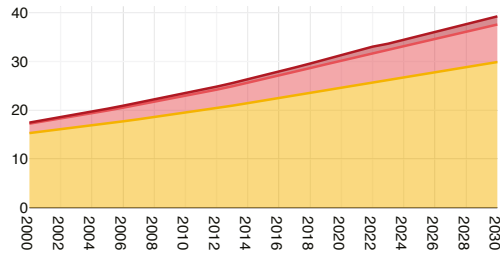
10%

Adults living with obesity in 2025

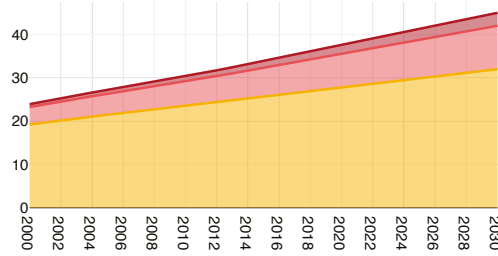
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



■ BMI 25-<30 ■ BMI 30-<35 ■ BMI 35+

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	2010	Men			Women		
		2010	2015	2030	2010	2015	2030
25-<30	4,920	6,390	11,880	6,240	7,740	13,170	
30-<35	870	1,270	3,060	1,510	2,020	4,120	
35+	140	220	660	320	480	1,230	
All high BMI	5,930	7,870	15,600	8,060	10,230	18,520	

Totals may not add up due to rounding

34.12m

Adults with high BMI in 2030

30,329

Premature NCD deaths due to high BMI, 2021

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



■ Type 2 Diabetes ■ Stroke ■ Ischaemic Heart Disease ■ Cancers ■ Other NCDs

308,794

Adult person-years of NCD ill health due to high BMI, 2021

National policies, action and risk factors

National guidelines for the management of high BMI	Yes
National guidelines for the management of physical inactivity	Yes
National guidelines for NCD management in primary care	No
Survey of adult overweight and obesity in the last five years	Yes
Survey of adult unhealthy diets in the last five years	Yes
Survey of adult physical inactivity in the last five years	Yes
Taxes on sugar-sweetened beverages	Yes
Sugar-sweetened beverage consumption per person per week	500-1000ml
Proportion of adults with insufficient physical activity	40-50%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Poland

66%

Adults with high BMI in 2025

30%

Adults living with obesity in 2025

20.8m

Adults with high BMI in 2030

11,627

Premature NCD deaths due to high BMI, 2021

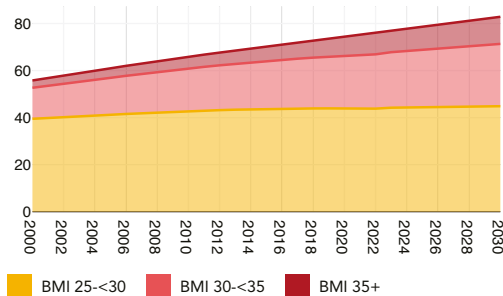
469,099

Adult person-years of NCD ill health due to high BMI, 2021

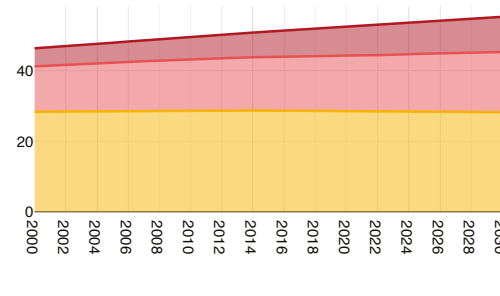
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



■ BMI 25-<30 ■ BMI 30-<35 ■ BMI 35+

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	Men			Women		
	2010	2015	2030	2010	2015	2030
25-<30	6,050	6,360	6,500	4,530	4,570	4,490
30-<35	2,570	2,960	3,840	2,280	2,420	2,710
35+	710	900	1,670	1,000	1,140	1,590
All high BMI	9,320	10,220	12,010	7,820	8,140	8,790

Totals may not add up due to rounding

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



■ Type 2 Diabetes ■ Stroke ■ Ischaemic Heart Disease ■ Cancers ■ Other NCDs

National policies, action and risk factors

National guidelines for the management of high BMI	No
National guidelines for the management of physical inactivity	No
National guidelines for NCD management in primary care	n/a
Survey of adult overweight and obesity in the last five years	Yes
Survey of adult unhealthy diets in the last five years	Yes
Survey of adult physical inactivity in the last five years	Yes
Taxes on sugar-sweetened beverages	Yes
Sugar-sweetened beverage consumption per person per week	250-500ml
Proportion of adults with insufficient physical activity	30-40%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Portugal

57%

Adults with high BMI in 2025

23%

Adults living with obesity in 2025

4.8m

Adults with high BMI in 2030

1,508

Premature NCD deaths due to high BMI, 2021

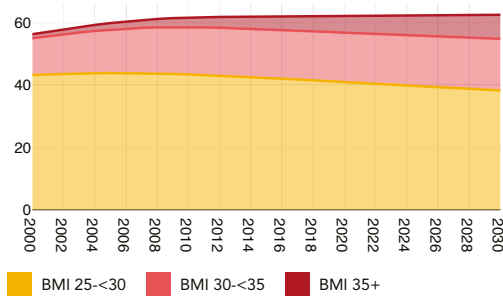
129,270

Adult person-years of NCD ill health due to high BMI, 2021

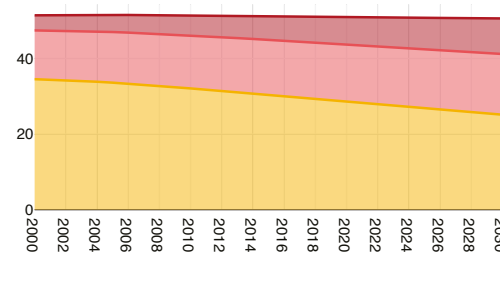
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



■ BMI 25-<30 ■ BMI 30-<35 ■ BMI 35+

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	Men			Women		
	2010	2015	2030	2010	2015	2030
25-<30	1,710	1,640	1,530	1,430	1,350	1,140
30-<35	600	600	660	620	650	730
35+	120	160	310	230	270	430
All high BMI	2,430	2,400	2,500	2,290	2,270	2,300

Totals may not add up due to rounding

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



■ Type 2 Diabetes ■ Stroke ■ Ischaemic Heart Disease ■ Cancers ■ Other NCDs

National policies, action and risk factors

National guidelines for the management of high BMI	Yes
National guidelines for the management of physical inactivity	Yes
National guidelines for NCD management in primary care	Yes
Survey of adult overweight and obesity in the last five years	No
Survey of adult unhealthy diets in the last five years	No
Survey of adult physical inactivity in the last five years	No
Taxes on sugar-sweetened beverages	Yes
Sugar-sweetened beverage consumption per person per week	500-1000ml
Proportion of adults with insufficient physical activity	>50%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Puerto Rico

77%

Adults with high BMI in 2025

44%

Adults living with obesity in 2025

2.13m

Adults with high BMI in 2030

1,570

Premature NCD deaths due to high BMI, 2021

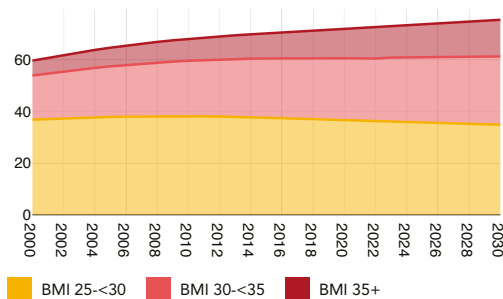
62,462

Adult person-years of NCD ill health due to high BMI, 2021

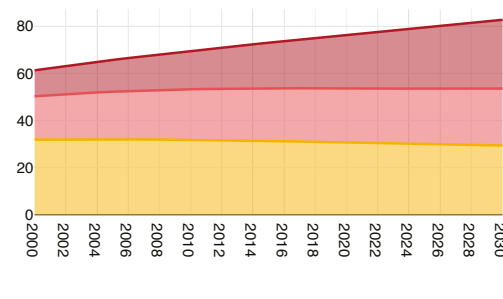
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



■ BMI 25-<30 ■ BMI 30-<35 ■ BMI 35+

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	2010	Men			Women		
		2010	2015	2030	2010	2015	2030
25-<30	480	470	430	460	450	420	
30-<35	270	290	330	310	320	350	
35+	110	120	180	230	280	420	
All high BMI	860	890	940	1,000	1,050	1,200	

Totals may not add up due to rounding

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



■ Type 2 Diabetes ■ Stroke ■ Ischaemic Heart Disease ■ Cancers ■ Other NCDs

National policies, action and risk factors

National guidelines for the management of high BMI	n/a
National guidelines for the management of physical inactivity	n/a
National guidelines for NCD management in primary care	n/a
Survey of adult overweight and obesity in the last five years	n/a
Survey of adult unhealthy diets in the last five years	n/a
Survey of adult physical inactivity in the last five years	n/a
Taxes on sugar-sweetened beverages	n/a
Sugar-sweetened beverage consumption per person per week	n/a
Proportion of adults with insufficient physical activity	40-50%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Qatar

79%

Adults with high BMI in 2025

49%

Adults living with obesity in 2025

2.2m

Adults with high BMI in 2030

484

Premature NCD deaths due to high BMI, 2021

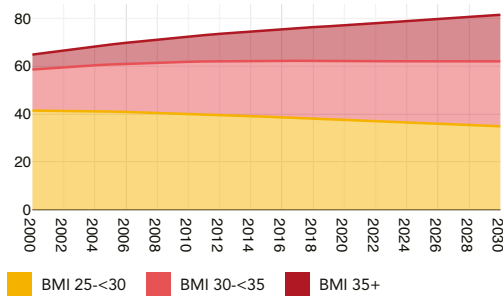
27,380

Adult person-years of NCD ill health due to high BMI, 2021

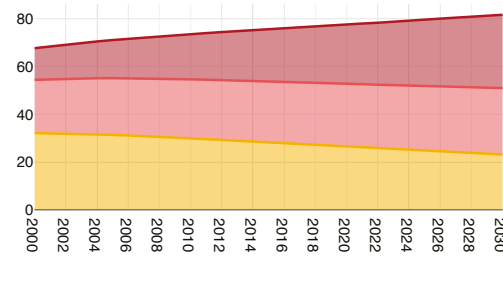
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



■ BMI 25-<30 ■ BMI 30-<35 ■ BMI 35+

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	2010	Men		Women		
		2010	2015	2030	2010	2015
25-<30	450	620	700	83	110	160
30-<35	250	370	550	68	100	190
35+	120	200	390	52	88	210
All high BMI	820	1,190	1,640	200	300	560

Totals may not add up due to rounding

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



■ Type 2 Diabetes ■ Stroke ■ Ischaemic Heart Disease ■ Cancers ■ Other NCDs

National policies, action and risk factors

National guidelines for the management of high BMI	Yes
National guidelines for the management of physical inactivity	Yes
National guidelines for NCD management in primary care	Yes
Survey of adult overweight and obesity in the last five years	No
Survey of adult unhealthy diets in the last five years	No
Survey of adult physical inactivity in the last five years	No
Taxes on sugar-sweetened beverages	Yes
Sugar-sweetened beverage consumption per person per week	1000-2500ml
Proportion of adults with insufficient physical activity	>50%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Romania

70%

Adults with high BMI in 2025

39%

Adults living with obesity in 2025

10.89m

Adults with high BMI in 2030

8,095

Premature NCD deaths due to high BMI, 2021

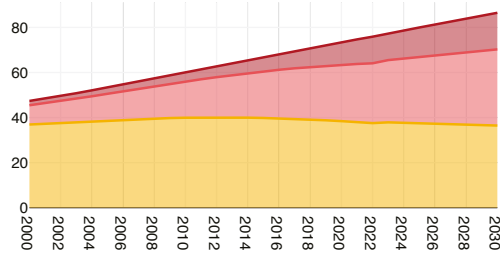
208,896

Adult person-years of NCD ill health due to high BMI, 2021

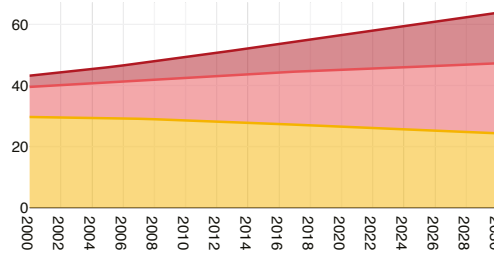
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



■ BMI 25-<30 ■ BMI 30-<35 ■ BMI 35+

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	Men			Women		
	2010	2015	2030	2010	2015	2030
25-<30	3,040	2,980	2,540	2,410	2,270	1,860
30-<35	1,220	1,540	2,350	1,190	1,350	1,750
35+	330	490	1,130	550	720	1,260
All high BMI	4,600	5,010	6,020	4,150	4,340	4,870

Totals may not add up due to rounding

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



■ Type 2 Diabetes ■ Stroke ■ Ischaemic Heart Disease ■ Cancers ■ Other NCDs

National policies, action and risk factors

National guidelines for the management of high BMI	Yes
National guidelines for the management of physical inactivity	Yes
National guidelines for NCD management in primary care	Yes
Survey of adult overweight and obesity in the last five years	Yes
Survey of adult unhealthy diets in the last five years	Yes
Survey of adult physical inactivity in the last five years	Yes
Taxes on sugar-sweetened beverages	No
Sugar-sweetened beverage consumption per person per week	500-1000ml
Proportion of adults with insufficient physical activity	30-40%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Russian Federation

62%

Adults with high BMI in 2025

25%

Adults living with obesity in 2025

69.79m

Adults with high BMI in 2030

70,571

Premature NCD deaths due to high BMI, 2021

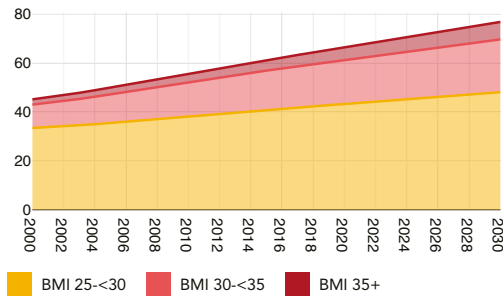
1,366,378

Adult person-years of NCD ill health due to high BMI, 2021

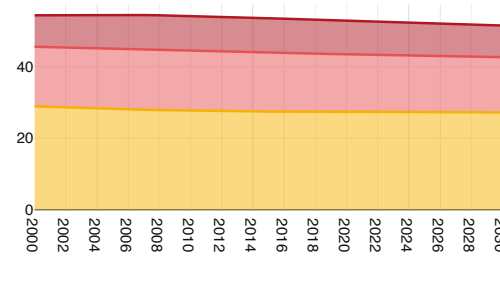
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



■ BMI 25-<30 ■ BMI 30-<35 ■ BMI 35+

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	Men			Women		
	2010	2015	2030	2010	2015	2030
25-<30	19,520	20,990	23,940	17,300	17,220	16,670
30-<35	7,170	8,230	10,750	10,380	10,270	9,450
35+	1,790	2,220	3,560	6,150	6,090	5,420
All high BMI	28,480	31,440	38,240	33,840	33,590	31,530

Totals may not add up due to rounding

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



■ Type 2 Diabetes ■ Stroke ■ Ischaemic Heart Disease ■ Cancers ■ Other NCDs

National policies, action and risk factors

National guidelines for the management of high BMI	Yes
National guidelines for the management of physical inactivity	Yes
National guidelines for NCD management in primary care	Yes
Survey of adult overweight and obesity in the last five years	Yes
Survey of adult unhealthy diets in the last five years	Yes
Survey of adult physical inactivity in the last five years	Yes
Taxes on sugar-sweetened beverages	No
Sugar-sweetened beverage consumption per person per week	500-1000ml
Proportion of adults with insufficient physical activity	10-20%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Rwanda

21%

Adults with high BMI in 2025

5%

Adults living with obesity in 2025

2.171m

Adults with high BMI in 2030

1,277

Premature NCD deaths due to high BMI, 2021

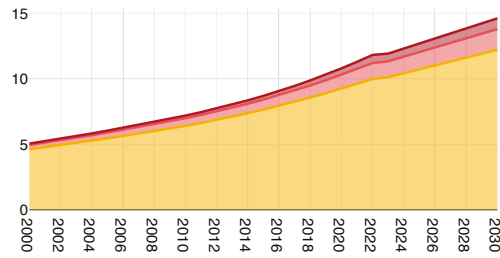
16,922

Adult person-years of NCD ill health due to high BMI, 2021

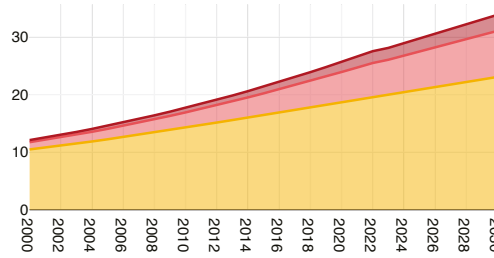
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



■ BMI 25-<30 ■ BMI 30-<35 ■ BMI 35+

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	2010	Men			Women		
		2010	2015	2030	2010	2015	2030
25-<30	140	200	510	370	490	1,060	
30-<35	13	20	66	68	110	370	
35+	4	8	35	21	35	130	
All high BMI	160	230	610	460	640	1,550	

Totals may not add up due to rounding

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



■ Type 2 Diabetes ■ Stroke ■ Ischaemic Heart Disease ■ Cancers ■ Other NCDs

National policies, action and risk factors

National guidelines for the management of high BMI	Yes
National guidelines for the management of physical inactivity	No
National guidelines for NCD management in primary care	Yes
Survey of adult overweight and obesity in the last five years	No
Survey of adult unhealthy diets in the last five years	No
Survey of adult physical inactivity in the last five years	No
Taxes on sugar-sweetened beverages	Yes
Sugar-sweetened beverage consumption per person per week	>2500ml
Proportion of adults with insufficient physical activity	<10%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Saint Kitts and Nevis

78%

Adults with high BMI in 2025

48%

Adults living with obesity in 2025

29,000

Adults with high BMI in 2030

36

Premature NCD deaths due to high BMI, 2021

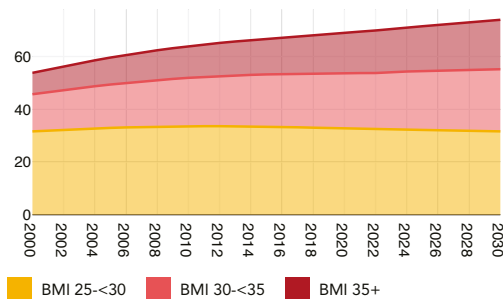
719

Adult person-years of NCD ill health due to high BMI, 2021

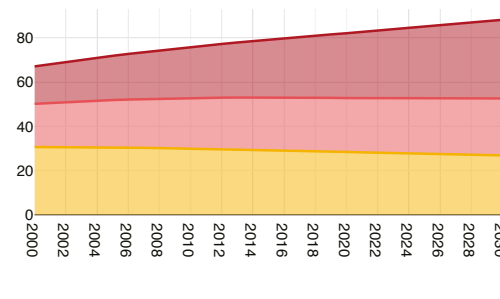
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



■ BMI 25-<30 ■ BMI 30-<35 ■ BMI 35+

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	Men			Women		
	2010	2015	2030	2010	2015	2030
25-<30	5	5	5	5	5	5
30-<35	3	3	4	4	4	5
35+	2	2	3	4	5	7
All high BMI	10	11	12	12	14	17

Totals may not add up due to rounding

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



■ Type 2 Diabetes ■ Stroke ■ Ischaemic Heart Disease ■ Cancers ■ Other NCDs

National policies, action and risk factors

National guidelines for the management of high BMI	No
National guidelines for the management of physical inactivity	No
National guidelines for NCD management in primary care	Yes
Survey of adult overweight and obesity in the last five years	No
Survey of adult unhealthy diets in the last five years	No
Survey of adult physical inactivity in the last five years	No
Taxes on sugar-sweetened beverages	Yes
Sugar-sweetened beverage consumption per person per week	n/a
Proportion of adults with insufficient physical activity	40-50%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Saint Lucia

66%

Adults with high BMI in 2025

36%

Adults living with obesity in 2025

97,000

Adults with high BMI in 2030

83

Premature NCD deaths due to high BMI, 2021

2,414

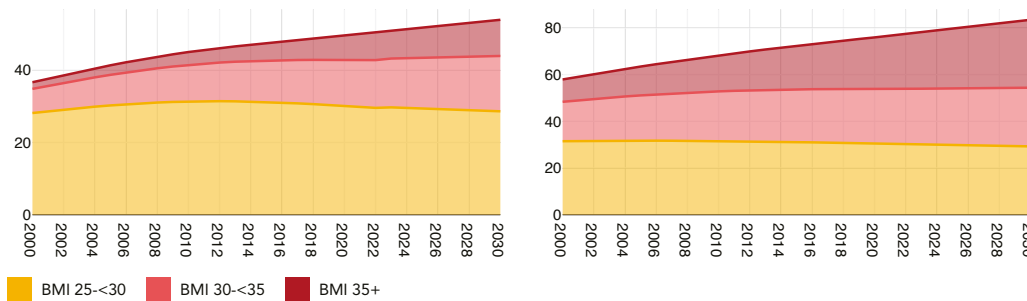
Adult person-years of NCD ill health due to high BMI, 2021

Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI

% women with high BMI



Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	Men			Women		
	2010	2015	2030	2010	2015	2030
25-<30	17	19	20	18	19	21
30-<35	6	7	11	12	14	18
35+	2	3	7	9	12	21
All high BMI	25	29	37	39	45	60

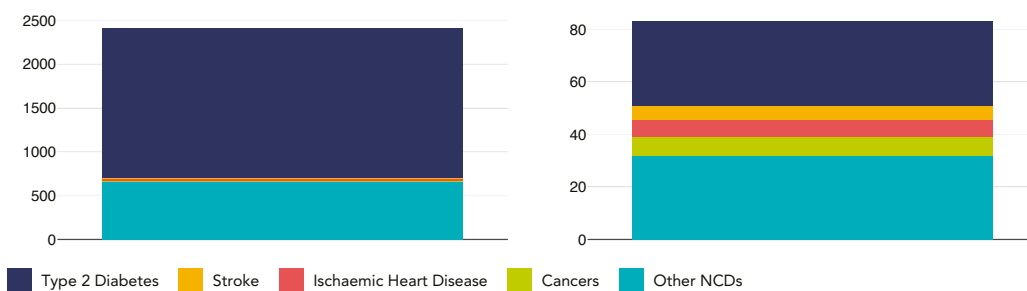
Totals may not add up due to rounding

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health

Premature deaths



National policies, action and risk factors

National guidelines for the management of high BMI	No
National guidelines for the management of physical inactivity	No
National guidelines for NCD management in primary care	No
Survey of adult overweight and obesity in the last five years	Yes
Survey of adult unhealthy diets in the last five years	Yes
Survey of adult physical inactivity in the last five years	Yes
Taxes on sugar-sweetened beverages	No
Sugar-sweetened beverage consumption per person per week	1000-2500ml
Proportion of adults with insufficient physical activity	20-30%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Saint Vincent and the Grenadines

65%

Adults with high BMI in 2025

36%

Adults living with obesity in 2025

48,000

Adults with high BMI in 2030

63

Premature NCD deaths due to high BMI, 2021

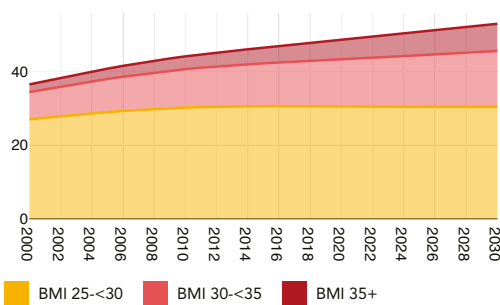
1,315

Adult person-years of NCD ill health due to high BMI, 2021

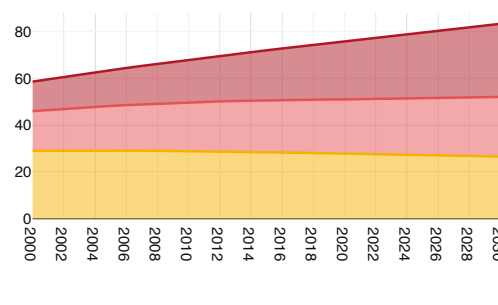
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



■ BMI 25-<30 ■ BMI 30-<35 ■ BMI 35+

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	Men			Women		
	2010	2015	2030	2010	2015	2030
25-<30	11	11	11	10	10	9
30-<35	4	4	5	7	8	9
35+	1	2	3	6	8	11
All high BMI	16	17	19	24	25	29

Totals may not add up due to rounding

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



■ Type 2 Diabetes ■ Stroke ■ Ischaemic Heart Disease ■ Cancers ■ Other NCDs

National policies, action and risk factors

National guidelines for the management of high BMI	No
National guidelines for the management of physical inactivity	No
National guidelines for NCD management in primary care	Yes
Survey of adult overweight and obesity in the last five years	No
Survey of adult unhealthy diets in the last five years	No
Survey of adult physical inactivity in the last five years	No
Taxes on sugar-sweetened beverages	Yes
Sugar-sweetened beverage consumption per person per week	>2500ml
Proportion of adults with insufficient physical activity	30-40%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Samoa

89%

Adults with high BMI in 2025

66%

Adults living with obesity in 2025

108,000

Adults with high BMI in 2030

159

Premature NCD deaths due to high BMI, 2021

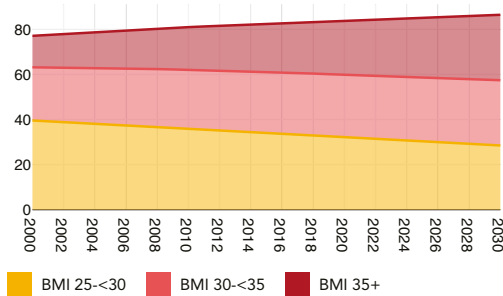
2,264

Adult person-years of NCD ill health due to high BMI, 2021

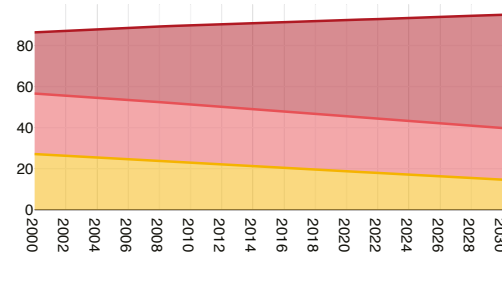
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



■ BMI 25-<30 ■ BMI 30-<35 ■ BMI 35+

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	Men			Women		
	2010	2015	2030	2010	2015	2030
25-<30	18	18	17	11	11	9
30-<35	13	14	17	14	14	15
35+	10	11	17	19	22	33
All high BMI	41	44	51	44	48	57

Totals may not add up due to rounding

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



■ Type 2 Diabetes ■ Stroke ■ Ischaemic Heart Disease ■ Cancers ■ Other NCDs

National policies, action and risk factors

National guidelines for the management of high BMI	No
National guidelines for the management of physical inactivity	No
National guidelines for NCD management in primary care	Yes
Survey of adult overweight and obesity in the last five years	No
Survey of adult unhealthy diets in the last five years	No
Survey of adult physical inactivity in the last five years	No
Taxes on sugar-sweetened beverages	Yes
Sugar-sweetened beverage consumption per person per week	1000-2500ml
Proportion of adults with insufficient physical activity	10-20%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Sao Tome and Principe

46%

Adults with high BMI in 2025

18%

Adults living with obesity in 2025

70,000

Adults with high BMI in 2030

39

Premature NCD deaths due to high BMI, 2021

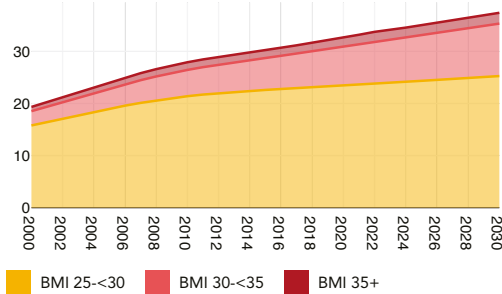
760

Adult person-years of NCD ill health due to high BMI, 2021

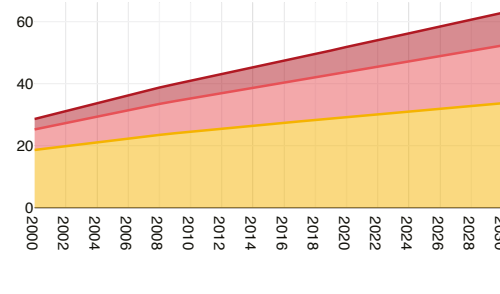
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



■ BMI 25-<30 ■ BMI 30-<35 ■ BMI 35+

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	Men			Women		
	2010	2015	2030	2010	2015	2030
25-<30	9	11	17	11	13	24
30-<35	2	3	7	5	6	13
35+	0.6	0.7	1	2	3	8
All high BMI	12	14	26	18	22	46

Totals may not add up due to rounding

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



■ Type 2 Diabetes ■ Stroke ■ Ischaemic Heart Disease ■ Cancers ■ Other NCDs

National policies, action and risk factors

National guidelines for the management of high BMI	No
National guidelines for the management of physical inactivity	No
National guidelines for NCD management in primary care	No
Survey of adult overweight and obesity in the last five years	Yes
Survey of adult unhealthy diets in the last five years	Yes
Survey of adult physical inactivity in the last five years	Yes
Taxes on sugar-sweetened beverages	Yes
Sugar-sweetened beverage consumption per person per week	1000-2500ml
Proportion of adults with insufficient physical activity	10-20%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Saudi Arabia

75%

Adults with high BMI in 2025

45%

Adults living with obesity in 2025

20.22m

Adults with high BMI in 2030

20,857

Premature NCD deaths due to high BMI, 2021

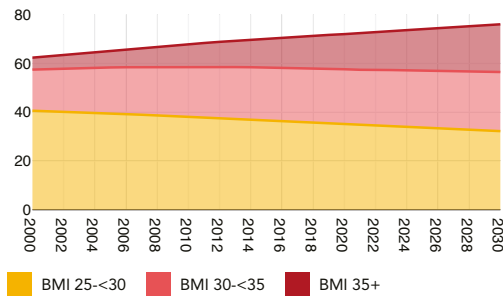
319,105

Adult person-years of NCD ill health due to high BMI, 2021

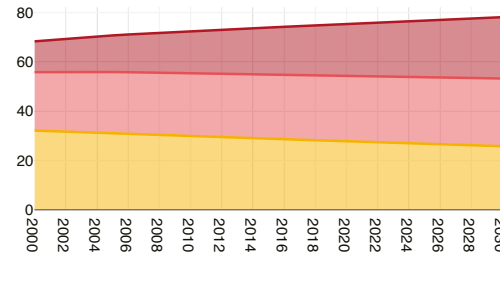
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



■ BMI 25-<30 ■ BMI 30-<35 ■ BMI 35+

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	2010	Men		Women		
		2010	2015	2030	2010	2015
25-<30	3,870	5,030	5,400	1,600	1,880	2,470
30-<35	2,080	2,970	4,060	1,360	1,710	2,630
35+	950	1,620	3,280	910	1,240	2,380
All high BMI	6,900	9,620	12,740	3,870	4,840	7,480

Totals may not add up due to rounding

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



■ Type 2 Diabetes ■ Stroke ■ Ischaemic Heart Disease ■ Cancers ■ Other NCDs

National policies, action and risk factors

National guidelines for the management of high BMI	Yes
National guidelines for the management of physical inactivity	Yes
National guidelines for NCD management in primary care	Yes
Survey of adult overweight and obesity in the last five years	Yes
Survey of adult unhealthy diets in the last five years	Yes
Survey of adult physical inactivity in the last five years	Yes
Taxes on sugar-sweetened beverages	Yes
Sugar-sweetened beverage consumption per person per week	1000-2500ml
Proportion of adults with insufficient physical activity	>50%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Senegal

32%

Adults with high BMI in 2025

11%

Adults living with obesity in 2025

3.897m

Adults with high BMI in 2030

2,615

Premature NCD deaths due to high BMI, 2021

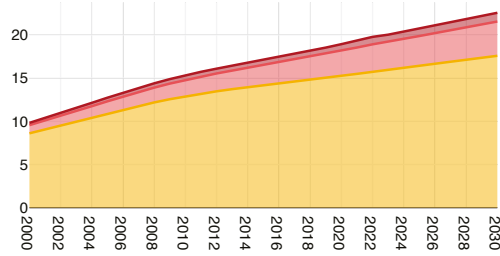
45,279

Adult person-years of NCD ill health due to high BMI, 2021

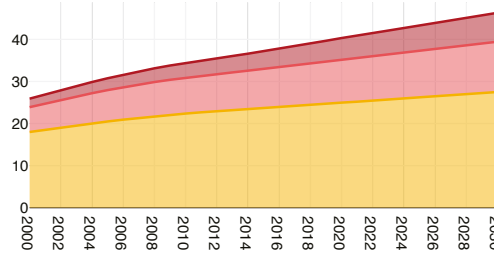
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



■ BMI 25-<30 ■ BMI 30-<35 ■ BMI 35+

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	Men			Women		
	2010	2015	2030	2010	2015	2030
25-<30	370	480	990	680	830	1,560
30-<35	54	78	220	260	320	680
35+	15	20	57	110	150	390
All high BMI	440	580	1,270	1,040	1,300	2,630

Totals may not add up due to rounding

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



■ Type 2 Diabetes ■ Stroke ■ Ischaemic Heart Disease ■ Cancers ■ Other NCDs

National policies, action and risk factors

National guidelines for the management of high BMI	No
National guidelines for the management of physical inactivity	No
National guidelines for NCD management in primary care	Yes
Survey of adult overweight and obesity in the last five years	No
Survey of adult unhealthy diets in the last five years	No
Survey of adult physical inactivity in the last five years	No
Taxes on sugar-sweetened beverages	Yes
Sugar-sweetened beverage consumption per person per week	>2500ml
Proportion of adults with insufficient physical activity	10-20%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Serbia

57%

Adults with high BMI in 2025

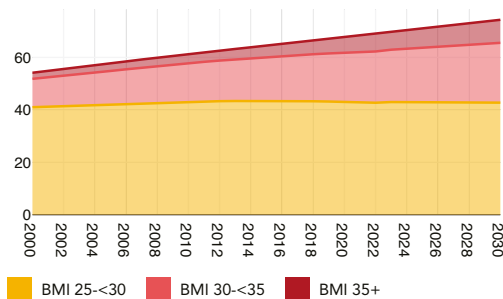
24%

Adults living with obesity in 2025

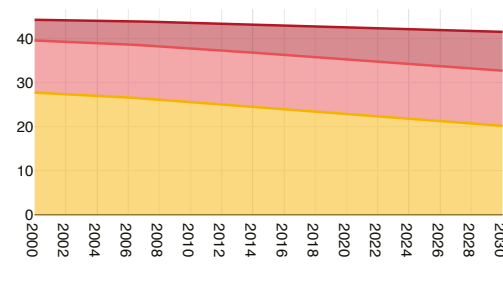
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



■ BMI 25-<30 ■ BMI 30-<35 ■ BMI 35+

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	2010	Men			Women		
		2010	2015	2030	2010	2015	2030
25-<30	1,190	1,180	1,040	800	740	570	
30-<35	410	450	550	380	380	350	
35+	97	120	210	180	200	250	
All high BMI	1,700	1,750	1,810	1,370	1,320	1,170	

Totals may not add up due to rounding

2.97m

Adults with high BMI in 2030

4,059

Premature NCD deaths due to high BMI, 2021

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



■ Type 2 Diabetes ■ Stroke ■ Ischaemic Heart Disease ■ Cancers ■ Other NCDs

118,425

Adult person-years of NCD ill health due to high BMI, 2021

National policies, action and risk factors

National guidelines for the management of high BMI	Yes
National guidelines for the management of physical inactivity	No
National guidelines for NCD management in primary care	Yes
Survey of adult overweight and obesity in the last five years	Yes
Survey of adult unhealthy diets in the last five years	Yes
Survey of adult physical inactivity in the last five years	Yes
Taxes on sugar-sweetened beverages	No
Sugar-sweetened beverage consumption per person per week	100-250ml
Proportion of adults with insufficient physical activity	40-50%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Seychelles

64%

Adults with high BMI in 2025

32%

Adults living with obesity in 2025

69,000

Adults with high BMI in 2030

48

Premature NCD deaths due to high BMI, 2021

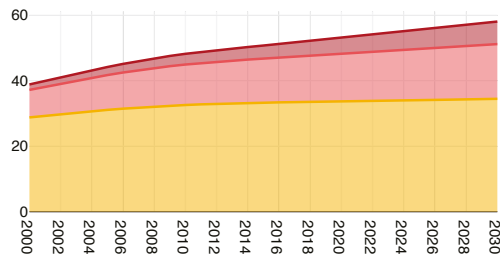
1,110

Adult person-years of NCD ill health due to high BMI, 2021

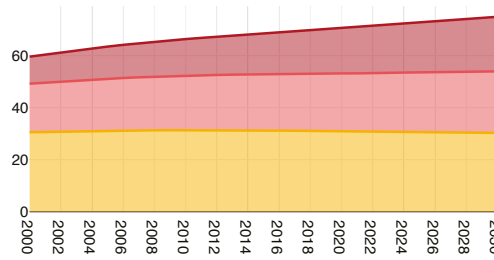
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



■ BMI 25-<30 ■ BMI 30-<35 ■ BMI 35+

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	Men			Women		
	2010	2015	2030	2010	2015	2030
25-<30	11	14	20	10	11	14
30-<35	4	6	10	7	8	11
35+	1	2	4	4	5	10
All high BMI	17	21	34	21	24	35

Totals may not add up due to rounding

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



■ Type 2 Diabetes ■ Stroke ■ Ischaemic Heart Disease ■ Cancers ■ Other NCDs

National policies, action and risk factors

National guidelines for the management of high BMI	No
National guidelines for the management of physical inactivity	No
National guidelines for NCD management in primary care	Yes
Survey of adult overweight and obesity in the last five years	No
Survey of adult unhealthy diets in the last five years	No
Survey of adult physical inactivity in the last five years	No
Taxes on sugar-sweetened beverages	Yes
Sugar-sweetened beverage consumption per person per week	1000-2500ml
Proportion of adults with insufficient physical activity	20-30%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Sierra Leone

24%

Adults with high BMI in 2025

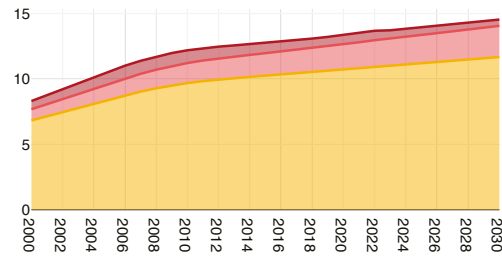
8%

Adults living with obesity in 2025

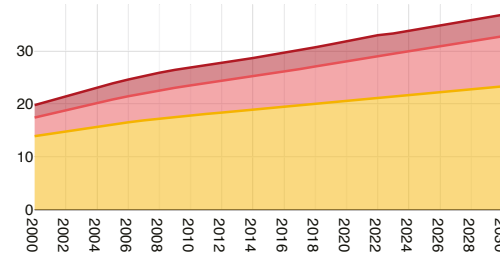
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



■ BMI 25-<30 ■ BMI 30-<35 ■ BMI 35+

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	2010	Men			Women		
		2010	2015	2030	2010	2015	2030
25-<30	140	170	300	260	320	610	
30-<35	22	28	62	83	110	250	
35+	14	13	12	50	60	110	
All high BMI	170	210	380	400	490	970	

Totals may not add up due to rounding

1.344m

Adults with high BMI in 2030

1,072

Premature NCD deaths due to high BMI, 2021

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



■ Type 2 Diabetes ■ Stroke ■ Ischaemic Heart Disease ■ Cancers ■ Other NCDs

17,597

Adult person-years of NCD ill health due to high BMI, 2021

National policies, action and risk factors

National guidelines for the management of high BMI	No
National guidelines for the management of physical inactivity	No
National guidelines for NCD management in primary care	No
Survey of adult overweight and obesity in the last five years	No
Survey of adult unhealthy diets in the last five years	No
Survey of adult physical inactivity in the last five years	No
Taxes on sugar-sweetened beverages	No
Sugar-sweetened beverage consumption per person per week	1000-2500ml
Proportion of adults with insufficient physical activity	10-20%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Singapore

43%

Adults with high BMI in 2025

15%

Adults living with obesity in 2025

2.335m

Adults with high BMI in 2030

543

Premature NCD deaths due to high BMI, 2021

49,728

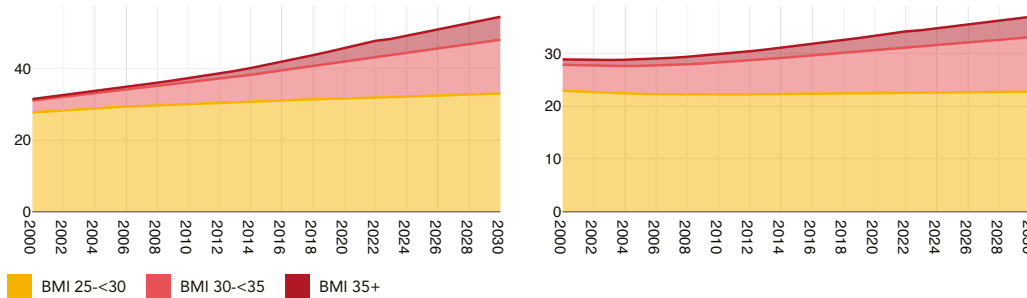
Adult person-years of NCD ill health due to high BMI, 2021

Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI

% women with high BMI



Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	Men			Women		
	2010	2015	2030	2010	2015	2030
25-<30	620	710	870	420	470	560
30-<35	120	180	390	110	150	250
35+	25	48	170	30	43	95
All high BMI	770	940	1,430	560	660	910

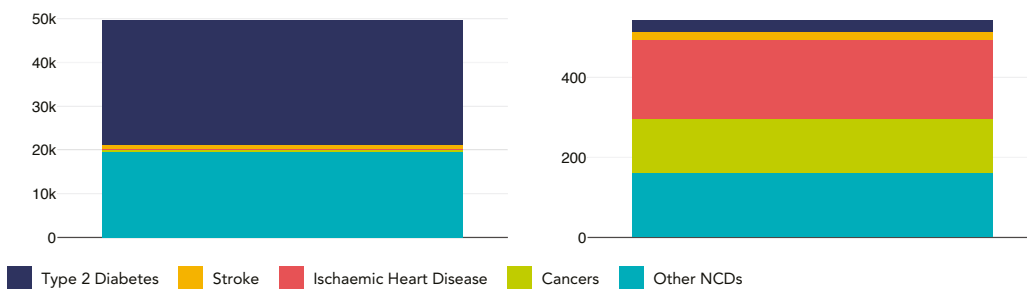
Totals may not add up due to rounding

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health

Premature deaths



National policies, action and risk factors

National guidelines for the management of high BMI	Yes
National guidelines for the management of physical inactivity	Yes
National guidelines for NCD management in primary care	Yes
Survey of adult overweight and obesity in the last five years	Yes
Survey of adult unhealthy diets in the last five years	Yes
Survey of adult physical inactivity in the last five years	Yes
Taxes on sugar-sweetened beverages	No
Sugar-sweetened beverage consumption per person per week	500-1000ml
Proportion of adults with insufficient physical activity	20-30%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Slovakia

64%

Adults with high BMI in 2025

29%

Adults living with obesity in 2025

2.83m

Adults with high BMI in 2030

2,075

Premature NCD deaths due to high BMI, 2021

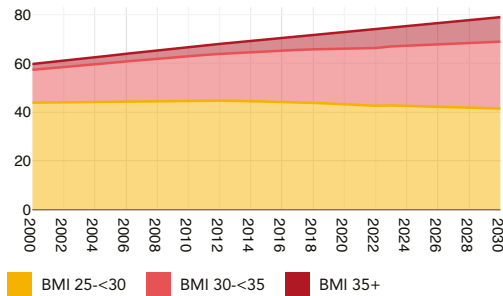
61,427

Adult person-years of NCD ill health due to high BMI, 2021

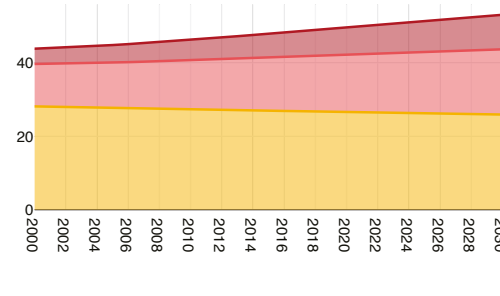
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



■ BMI 25-<30 ■ BMI 30-<35 ■ BMI 35+

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	Men			Women		
	2010	2015	2030	2010	2015	2030
25-<30	900	920	860	600	600	580
30-<35	370	430	570	290	330	400
35+	75	100	210	120	140	210
All high BMI	1,340	1,440	1,640	1,010	1,070	1,190

Totals may not add up due to rounding

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



■ Type 2 Diabetes ■ Stroke ■ Ischaemic Heart Disease ■ Cancers ■ Other NCDs

National policies, action and risk factors

National guidelines for the management of high BMI	No
National guidelines for the management of physical inactivity	No
National guidelines for NCD management in primary care	Yes
Survey of adult overweight and obesity in the last five years	Yes
Survey of adult unhealthy diets in the last five years	Yes
Survey of adult physical inactivity in the last five years	Yes
Taxes on sugar-sweetened beverages	No
Sugar-sweetened beverage consumption per person per week	500-1000ml
Proportion of adults with insufficient physical activity	20-30%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Slovenia

56%

Adults with high BMI in 2025

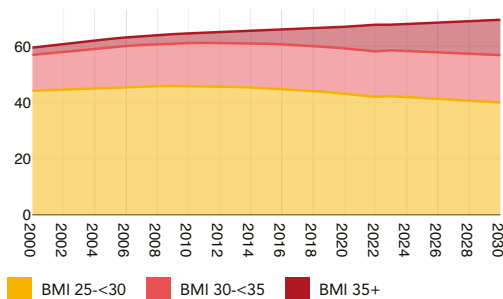
20%

Adults living with obesity in 2025

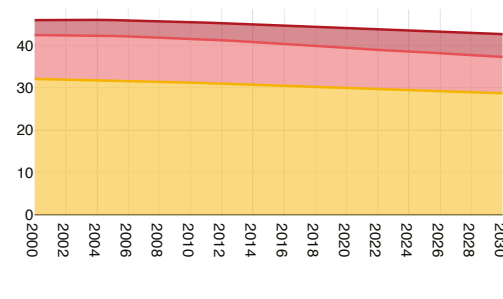
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



■ BMI 25-<30 ■ BMI 30-<35 ■ BMI 35+

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	2010	Men		Women		
		2010	2015	2030	2010	2015
25-<30	370	370	340	260	260	240
30-<35	120	130	140	87	85	73
35+	28	38	110	33	35	46
All high BMI	520	530	600	380	380	360

Totals may not add up due to rounding

949,000

Adults with high BMI in 2030

370

Premature NCD deaths due to high BMI, 2021

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



■ Type 2 Diabetes ■ Stroke ■ Ischaemic Heart Disease ■ Cancers ■ Other NCDs

25,302

Adult person-years of NCD ill health due to high BMI, 2021

National policies, action and risk factors

National guidelines for the management of high BMI	Yes
National guidelines for the management of physical inactivity	Yes
National guidelines for NCD management in primary care	Yes
Survey of adult overweight and obesity in the last five years	Yes
Survey of adult unhealthy diets in the last five years	Yes
Survey of adult physical inactivity in the last five years	Yes
Taxes on sugar-sweetened beverages	No
Sugar-sweetened beverage consumption per person per week	500-1000ml
Proportion of adults with insufficient physical activity	10-20%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Solomon Islands

60%

Adults with high BMI in 2025

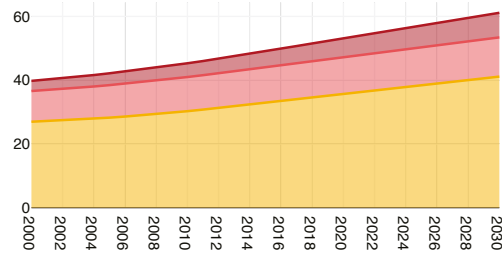
24%

Adults living with obesity in 2025

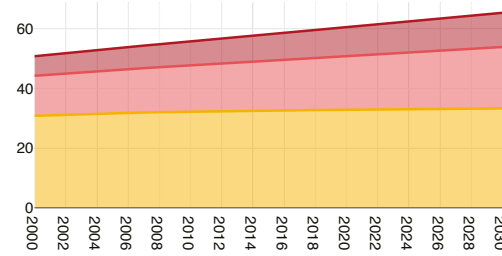
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



■ BMI 25-<30 ■ BMI 30-<35 ■ BMI 35+

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	Men			Women		
	2010	2015	2030	2010	2015	2030
25-<30	40	53	110	42	51	85
30-<35	14	18	32	20	26	53
35+	6	8	20	10	14	29
All high BMI	60	79	160	72	91	170

Totals may not add up due to rounding

329,000

Adults with high BMI in 2030

370

Premature NCD deaths due to high BMI, 2021

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



■ Type 2 Diabetes ■ Stroke ■ Ischaemic Heart Disease ■ Cancers ■ Other NCDs

3,290

Adult person-years of NCD ill health due to high BMI, 2021

National policies, action and risk factors

National guidelines for the management of high BMI	No
National guidelines for the management of physical inactivity	No
National guidelines for NCD management in primary care	No
Survey of adult overweight and obesity in the last five years	No
Survey of adult unhealthy diets in the last five years	No
Survey of adult physical inactivity in the last five years	No
Taxes on sugar-sweetened beverages	Yes
Sugar-sweetened beverage consumption per person per week	500-1000ml
Proportion of adults with insufficient physical activity	10-20%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Somalia

38%

Adults with high BMI in 2025

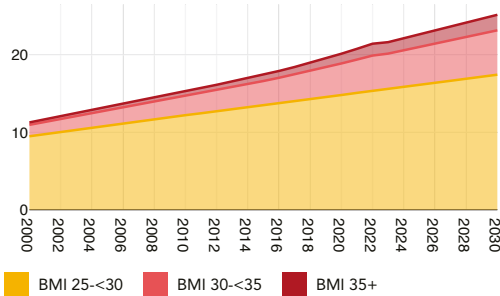
16%

Adults living with obesity in 2025

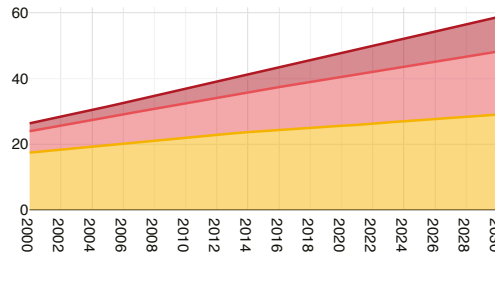
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



■ BMI 25-<30 ■ BMI 30-<35 ■ BMI 35+

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	2010	Men			Women		
		2010	2015	2030	2010	2015	2030
25-<30	300	380	860	570	700	1,480	
30-<35	63	89	280	270	360	980	
35+	15	23	99	110	160	530	
All high BMI	380	490	1,240	950	1,230	2,990	

Totals may not add up due to rounding

4.229m

Adults with high BMI in 2030

2,163

Premature NCD deaths due to high BMI, 2021

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



■ Type 2 Diabetes ■ Stroke ■ Ischaemic Heart Disease ■ Cancers ■ Other NCDs

23,347

Adult person-years of NCD ill health due to high BMI, 2021

National policies, action and risk factors

National guidelines for the management of high BMI	No
National guidelines for the management of physical inactivity	No
National guidelines for NCD management in primary care	No
Survey of adult overweight and obesity in the last five years	No
Survey of adult unhealthy diets in the last five years	No
Survey of adult physical inactivity in the last five years	No
Taxes on sugar-sweetened beverages	No
Sugar-sweetened beverage consumption per person per week	n/a
Proportion of adults with insufficient physical activity	10-20%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



South Africa

56%

Adults with high BMI in 2025

32%

Adults living with obesity in 2025

26.35m

Adults with high BMI in 2030

27,400

Premature NCD deaths due to high BMI, 2021

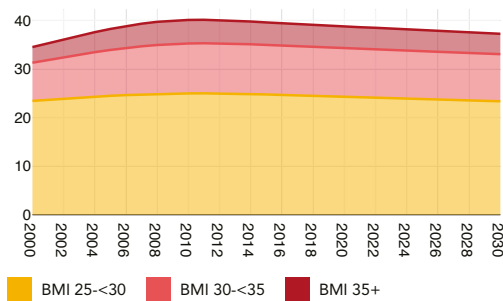
348,451

Adult person-years of NCD ill health due to high BMI, 2021

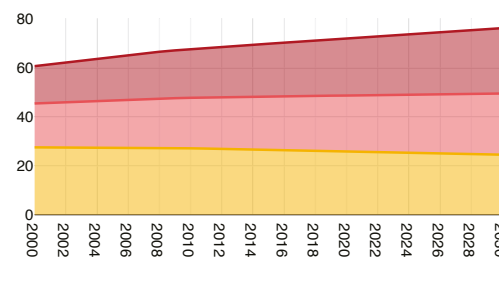
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



■ BMI 25-<30 ■ BMI 30-<35 ■ BMI 35+

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	Men			Women		
	2010	2015	2030	2010	2015	2030
25-<30	3,650	4,150	5,090	4,590	4,990	5,870
30-<35	1,500	1,710	2,110	3,500	4,090	5,980
35+	710	780	910	3,370	4,040	6,390
All high BMI	5,860	6,640	8,120	11,460	13,120	18,240

Totals may not add up due to rounding

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



■ Type 2 Diabetes ■ Stroke ■ Ischaemic Heart Disease ■ Cancers ■ Other NCDs

National policies, action and risk factors

National guidelines for the management of high BMI	No
National guidelines for the management of physical inactivity	No
National guidelines for NCD management in primary care	Yes
Survey of adult overweight and obesity in the last five years	Yes
Survey of adult unhealthy diets in the last five years	Yes
Survey of adult physical inactivity in the last five years	No
Taxes on sugar-sweetened beverages	Yes
Sugar-sweetened beverage consumption per person per week	1000-2500ml
Proportion of adults with insufficient physical activity	40-50%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



South Korea

37%

Adults with high BMI in 2025

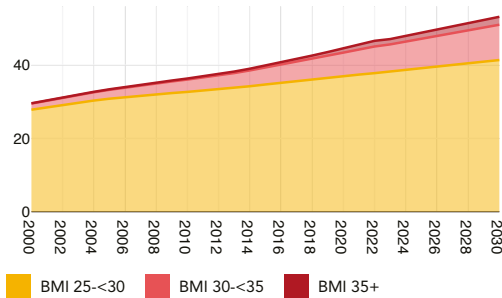
8%

Adults living with obesity in 2025

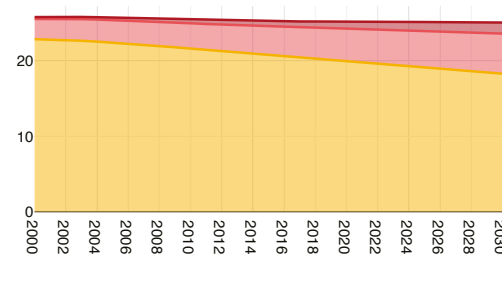
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



■ BMI 25-<30 ■ BMI 30-<35 ■ BMI 35+

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	Men			Women		
	2010	2015	2030	2010	2015	2030
25-<30	6,110	7,030	9,130	4,030	4,260	4,120
30-<35	630	930	2,120	630	780	1,200
35+	54	110	480	86	130	330
All high BMI	6,790	8,080	11,730	4,750	5,170	5,650

Totals may not add up due to rounding

17.38m

Adults with high BMI in 2030

3,915

Premature NCD deaths due to high BMI, 2021

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



■ Type 2 Diabetes ■ Stroke ■ Ischaemic Heart Disease ■ Cancers ■ Other NCDs

473,039

Adult person-years of NCD ill health due to high BMI, 2021

National policies, action and risk factors

National guidelines for the management of high BMI	Yes
National guidelines for the management of physical inactivity	Yes
National guidelines for NCD management in primary care	No
Survey of adult overweight and obesity in the last five years	Yes
Survey of adult unhealthy diets in the last five years	Yes
Survey of adult physical inactivity in the last five years	Yes
Taxes on sugar-sweetened beverages	No
Sugar-sweetened beverage consumption per person per week	100-250ml
Proportion of adults with insufficient physical activity	>50%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



South Sudan

26%

Adults with high BMI in 2025

9%

Adults living with obesity in 2025

2.105m

Adults with high BMI in 2030

840

Premature NCD deaths due to high BMI, 2021

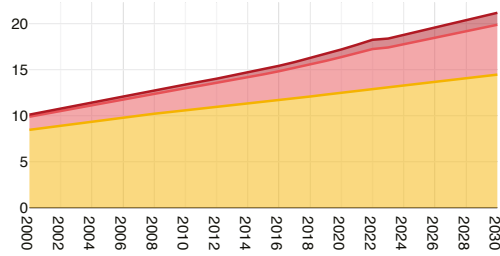
7,692

Adult person-years of NCD ill health due to high BMI, 2021

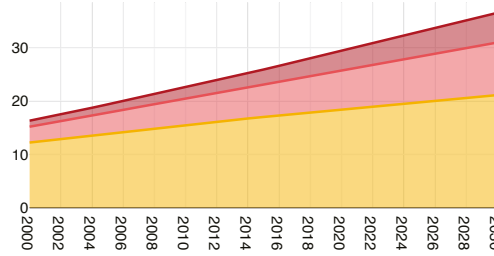
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



■ BMI 25-<30 ■ BMI 30-<35 ■ BMI 35+

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	2010	Men		Women		
		2010	2015	2030	2010	2015
25-<30	240	290	500	370	460	790
30-<35	54	76	190	120	170	370
35+	9	14	45	51	77	210
All high BMI	300	380	730	540	710	1,360

Totals may not add up due to rounding

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



■ Type 2 Diabetes ■ Stroke ■ Ischaemic Heart Disease ■ Cancers ■ Other NCDs

National policies, action and risk factors

National guidelines for the management of high BMI	No
National guidelines for the management of physical inactivity	No
National guidelines for NCD management in primary care	Yes
Survey of adult overweight and obesity in the last five years	No
Survey of adult unhealthy diets in the last five years	No
Survey of adult physical inactivity in the last five years	No
Taxes on sugar-sweetened beverages	No
Sugar-sweetened beverage consumption per person per week	1000-2500ml
Proportion of adults with insufficient physical activity	10-20%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Spain

50%

Adults with high BMI in 2025

15%

Adults living with obesity in 2025

18.75m

Adults with high BMI in 2030

5,864

Premature NCD deaths due to high BMI, 2021

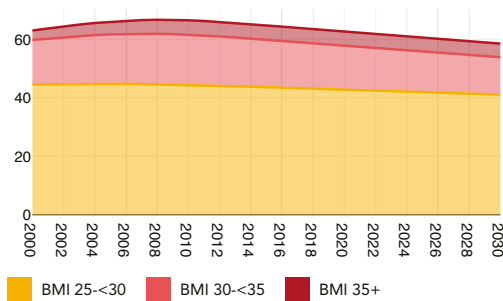
549,339

Adult person-years of NCD ill health due to high BMI, 2021

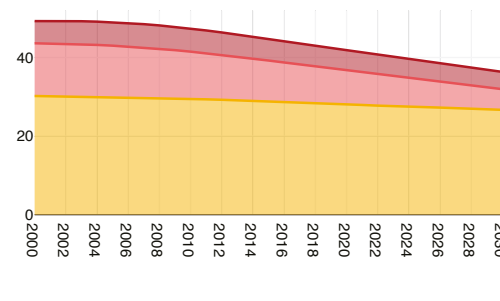
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



■ BMI 25-<30 ■ BMI 30-<35 ■ BMI 35+

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	Men			Women		
	2010	2015	2030	2010	2015	2030
25-<30	8,170	7,960	7,940	5,650	5,550	5,460
30-<35	3,170	2,960	2,470	2,300	1,990	1,080
35+	910	890	900	1,120	1,060	900
All high BMI	12,240	11,820	11,310	9,070	8,600	7,440

Totals may not add up due to rounding

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



■ Type 2 Diabetes ■ Stroke ■ Ischaemic Heart Disease ■ Cancers ■ Other NCDs

National policies, action and risk factors

National guidelines for the management of high BMI	Yes
National guidelines for the management of physical inactivity	Yes
National guidelines for NCD management in primary care	Yes
Survey of adult overweight and obesity in the last five years	Yes
Survey of adult unhealthy diets in the last five years	Yes
Survey of adult physical inactivity in the last five years	Yes
Taxes on sugar-sweetened beverages	No
Sugar-sweetened beverage consumption per person per week	500-1000ml
Proportion of adults with insufficient physical activity	20-30%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Sri Lanka

43%

Adults with high BMI in 2025

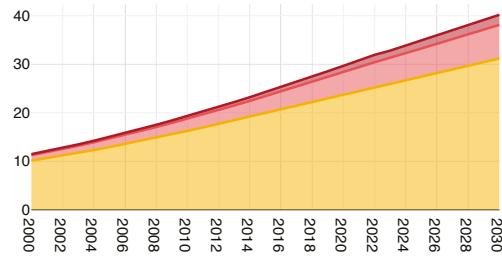
12%

Adults living with obesity in 2025

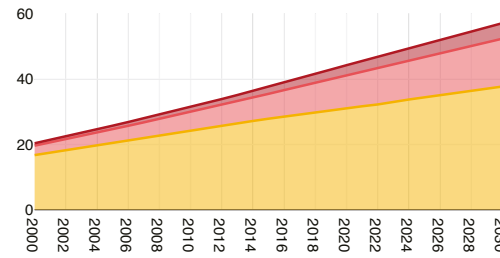
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



■ BMI 25-<30 ■ BMI 30-<35 ■ BMI 35+

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	Men			Women		
	2010	2015	2030	2010	2015	2030
25-<30	1,080	1,390	2,540	1,760	2,150	3,420
30-<35	170	240	570	410	590	1,330
35+	36	58	170	110	170	430
All high BMI	1,280	1,690	3,270	2,280	2,910	5,180

Totals may not add up due to rounding

8.46m

Adults with high BMI in 2030

4,972

Premature NCD deaths due to high BMI, 2021

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



■ Type 2 Diabetes ■ Stroke ■ Ischaemic Heart Disease ■ Cancers ■ Other NCDs

163,072

Adult person-years of NCD ill health due to high BMI, 2021

National policies, action and risk factors

National guidelines for the management of high BMI	Yes
National guidelines for the management of physical inactivity	Yes
National guidelines for NCD management in primary care	Yes
Survey of adult overweight and obesity in the last five years	No
Survey of adult unhealthy diets in the last five years	No
Survey of adult physical inactivity in the last five years	No
Taxes on sugar-sweetened beverages	Yes
Sugar-sweetened beverage consumption per person per week	1000-2500ml
Proportion of adults with insufficient physical activity	30-40%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Sudan

42%

Adults with high BMI in 2025

19%

Adults living with obesity in 2025

13.44m

Adults with high BMI in 2030

11,340

Premature NCD deaths due to high BMI, 2021

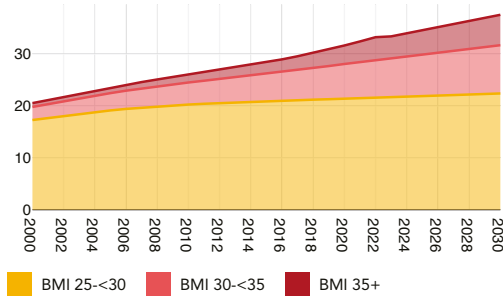
179,627

Adult person-years of NCD ill health due to high BMI, 2021

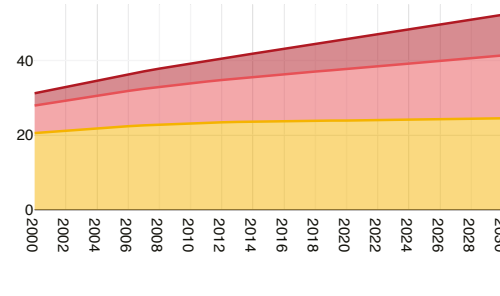
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



■ BMI 25-<30 ■ BMI 30-<35 ■ BMI 35+

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	Men			Women		
	2010	2015	2030	2010	2015	2030
25-<30	1,550	1,840	3,230	1,420	2,210	3,760
30-<35	330	460	1,340	860	1,140	2,590
35+	120	190	850	430	610	1,670
All high BMI	1,990	2,500	5,420	2,720	3,960	8,020

Totals may not add up due to rounding

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



■ Type 2 Diabetes ■ Stroke ■ Ischaemic Heart Disease ■ Cancers ■ Other NCDs

National policies, action and risk factors

National guidelines for the management of high BMI	No
National guidelines for the management of physical inactivity	No
National guidelines for NCD management in primary care	Yes
Survey of adult overweight and obesity in the last five years	Yes
Survey of adult unhealthy diets in the last five years	Yes
Survey of adult physical inactivity in the last five years	Yes
Taxes on sugar-sweetened beverages	No
Sugar-sweetened beverage consumption per person per week	1000-2500ml
Proportion of adults with insufficient physical activity	10-20%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Suriname

61%

Adults with high BMI in 2025

32%

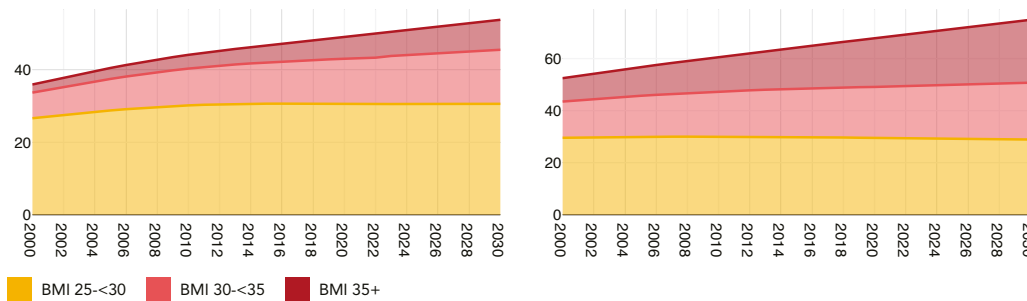
Adults living with obesity in 2025

Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI

% women with high BMI



Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	Men			Women		
	2010	2015	2030	2010	2015	2030
25-<30	51	55	68	50	54	66
30-<35	17	21	33	29	33	50
35+	6	8	18	22	28	55
All high BMI	75	84	120	100	120	170

Totals may not add up due to rounding

290,000

Adults with high BMI in 2030

248

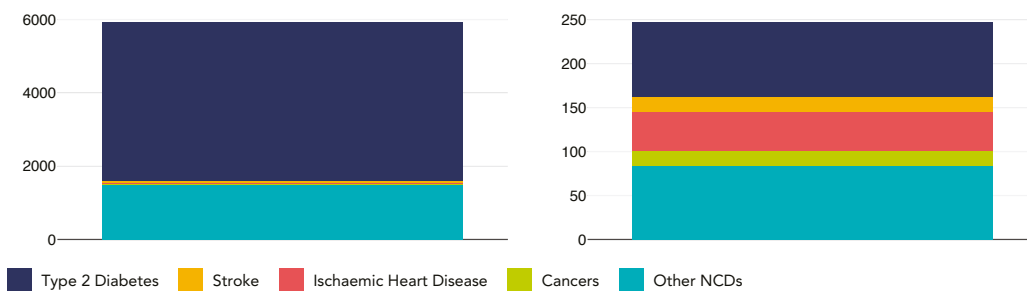
Premature NCD deaths due to high BMI, 2021

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health

Premature deaths



5,936

Adult person-years of NCD ill health due to high BMI, 2021

National policies, action and risk factors

National guidelines for the management of high BMI	No
National guidelines for the management of physical inactivity	No
National guidelines for NCD management in primary care	No
Survey of adult overweight and obesity in the last five years	No
Survey of adult unhealthy diets in the last five years	No
Survey of adult physical inactivity in the last five years	No
Taxes on sugar-sweetened beverages	Yes
Sugar-sweetened beverage consumption per person per week	1000-2500ml
Proportion of adults with insufficient physical activity	40-50%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Sweden

52%

Adults with high BMI in 2025

16%

Adults living with obesity in 2025

4.47m

Adults with high BMI in 2030

892

Premature NCD deaths due to high BMI, 2021

82,575

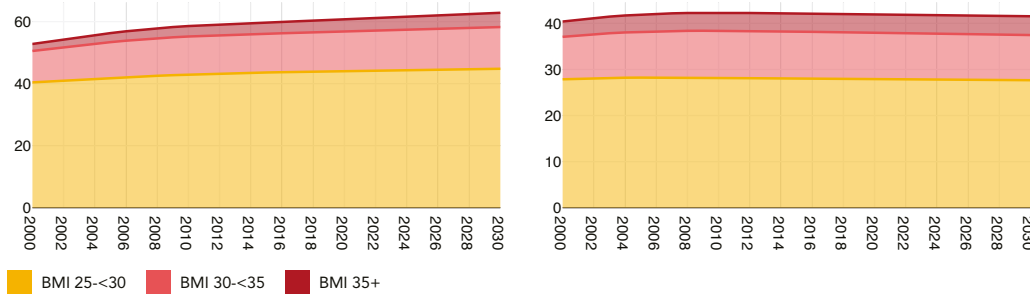
Adult person-years of NCD ill health due to high BMI, 2021

Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI

% women with high BMI



Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	Men			Women		
	2010	2015	2030	2010	2015	2030
25-<30	1,520	1,640	1,920	1,030	1,070	1,180
30-<35	440	470	580	370	390	420
35+	120	130	200	140	150	170
All high BMI	2,080	2,240	2,690	1,540	1,610	1,770

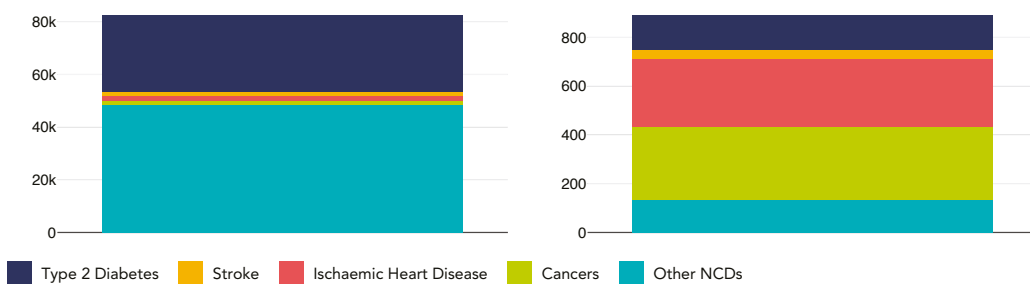
Totals may not add up due to rounding

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health

Premature deaths



National policies, action and risk factors

National guidelines for the management of high BMI	No
National guidelines for the management of physical inactivity	Yes
National guidelines for NCD management in primary care	Yes
Survey of adult overweight and obesity in the last five years	Yes
Survey of adult unhealthy diets in the last five years	Yes
Survey of adult physical inactivity in the last five years	Yes
Taxes on sugar-sweetened beverages	No
Sugar-sweetened beverage consumption per person per week	500-1000ml
Proportion of adults with insufficient physical activity	<10%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Switzerland

41%

Adults with high BMI in 2025

12%

Adults living with obesity in 2025

2.99m

Adults with high BMI in 2030

605

Premature NCD deaths due to high BMI, 2021

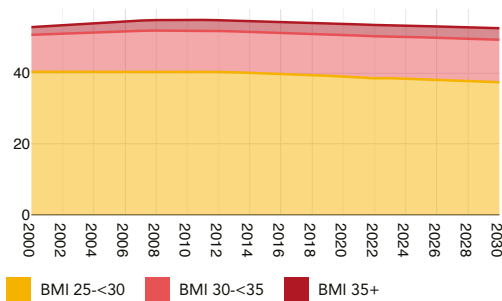
81,778

Adult person-years of NCD ill health due to high BMI, 2021

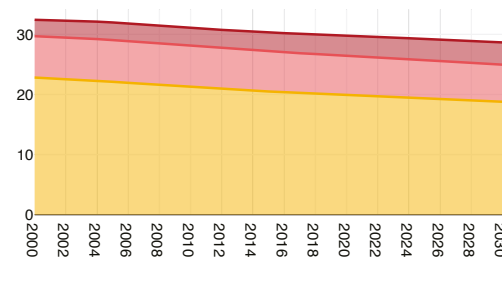
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



■ BMI 25-<30 ■ BMI 30-<35 ■ BMI 35+

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	Men			Women		
	2010	2015	2030	2010	2015	2030
25-<30	1,220	1,300	1,360	670	690	700
30-<35	350	370	440	220	220	230
35+	91	99	120	97	110	140
All high BMI	1,660	1,770	1,910	990	1,020	1,070

Totals may not add up due to rounding

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



■ Type 2 Diabetes ■ Stroke ■ Ischaemic Heart Disease ■ Cancers ■ Other NCDs

National policies, action and risk factors

National guidelines for the management of high BMI	Yes
National guidelines for the management of physical inactivity	No
National guidelines for NCD management in primary care	Yes
Survey of adult overweight and obesity in the last five years	Yes
Survey of adult unhealthy diets in the last five years	No
Survey of adult physical inactivity in the last five years	Yes
Taxes on sugar-sweetened beverages	No
Sugar-sweetened beverage consumption per person per week	500-1000ml
Proportion of adults with insufficient physical activity	10-20%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Syrian Arab Republic

74%

Adults with high BMI in 2025

36%

Adults living with obesity in 2025

14.12m

Adults with high BMI in 2030

9,082

Premature NCD deaths due to high BMI, 2021

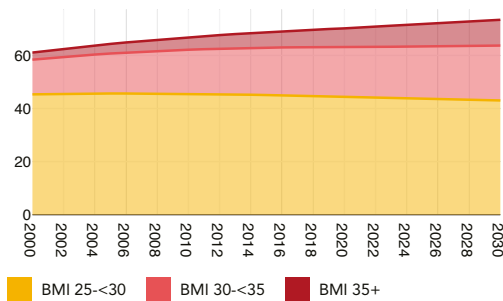
133,014

Adult person-years of NCD ill health due to high BMI, 2021

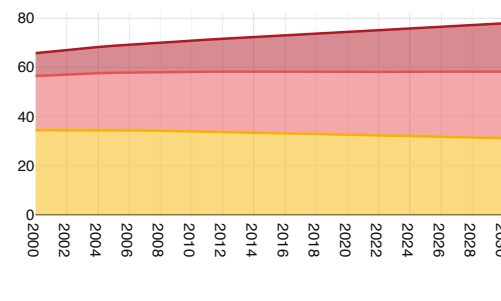
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



■ BMI 25-<30 ■ BMI 30-<35 ■ BMI 35+

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	Men			Women		
	2010	2015	2030	2010	2015	2030
25-<30	2,720	2,110	3,980	2,050	1,610	2,930
30-<35	1,000	830	1,910	1,460	1,210	2,550
35+	280	270	900	770	700	1,850
All high BMI	4,000	3,210	6,780	4,270	3,520	7,330

Totals may not add up due to rounding

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



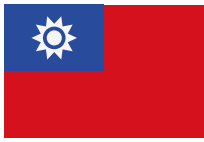
■ Type 2 Diabetes ■ Stroke ■ Ischaemic Heart Disease ■ Cancers ■ Other NCDs

National policies, action and risk factors

National guidelines for the management of high BMI	No
National guidelines for the management of physical inactivity	No
National guidelines for NCD management in primary care	Yes
Survey of adult overweight and obesity in the last five years	No
Survey of adult unhealthy diets in the last five years	No
Survey of adult physical inactivity in the last five years	No
Taxes on sugar-sweetened beverages	No
Sugar-sweetened beverage consumption per person per week	500-1000ml
Proportion of adults with insufficient physical activity	30-40%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Taiwan

43%

Adults with high BMI in 2025

12%

Adults living with obesity in 2025

8.77m

Adults with high BMI in 2030

4,813

Premature NCD deaths due to high BMI, 2021

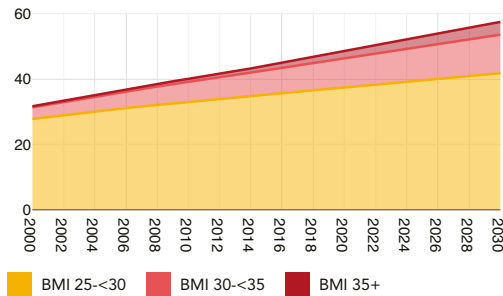
224,475

Adult person-years of NCD ill health due to high BMI, 2021

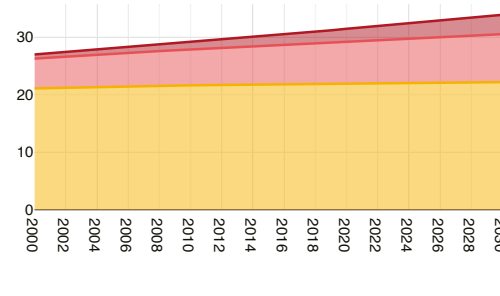
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



■ BMI 25-<30 ■ BMI 30-<35 ■ BMI 35+

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	Men			Women		
	2010	2015	2030	2010	2015	2030
25-<30	2,970	3,300	3,950	1,950	2,080	2,190
30-<35	550	690	1,110	560	640	820
35+	87	140	370	110	160	330
All high BMI	3,610	4,130	5,430	2,620	2,880	3,350

Totals may not add up due to rounding

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



■ Type 2 Diabetes ■ Stroke ■ Ischaemic Heart Disease ■ Cancers ■ Other NCDs

National policies, action and risk factors

National guidelines for the management of high BMI	n/a
National guidelines for the management of physical inactivity	n/a
National guidelines for NCD management in primary care	n/a
Survey of adult overweight and obesity in the last five years	n/a
Survey of adult unhealthy diets in the last five years	n/a
Survey of adult physical inactivity in the last five years	n/a
Taxes on sugar-sweetened beverages	n/a
Sugar-sweetened beverage consumption per person per week	1000-2500ml
Proportion of adults with insufficient physical activity	n/a

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Tajikistan

64%

Adults with high BMI in 2025

27%

Adults living with obesity in 2025

4.54m

Adults with high BMI in 2030

2,116

Premature NCD deaths due to high BMI, 2021

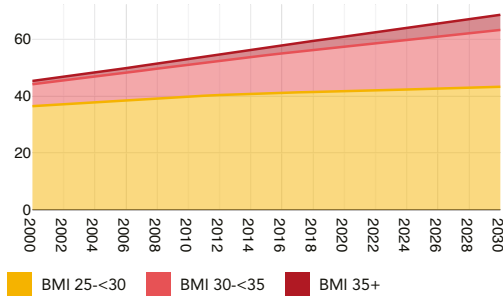
38,707

Adult person-years of NCD ill health due to high BMI, 2021

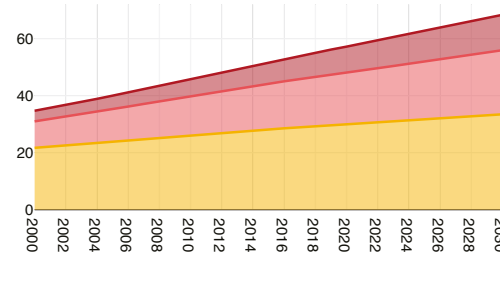
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



■ BMI 25-<30 ■ BMI 30-<35 ■ BMI 35+

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	2010	Men		Women		
		2010	2015	2030	2010	2015
25-<30	740	900	1,380	550	680	1,150
30-<35	210	290	640	290	390	770
35+	38	60	170	130	180	430
All high BMI	990	1,260	2,180	960	1,250	2,350

Totals may not add up due to rounding

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



■ Type 2 Diabetes ■ Stroke ■ Ischaemic Heart Disease ■ Cancers ■ Other NCDs

National policies, action and risk factors

National guidelines for the management of high BMI	No
National guidelines for the management of physical inactivity	No
National guidelines for NCD management in primary care	Yes
Survey of adult overweight and obesity in the last five years	No
Survey of adult unhealthy diets in the last five years	Yes
Survey of adult physical inactivity in the last five years	Yes
Taxes on sugar-sweetened beverages	Yes
Sugar-sweetened beverage consumption per person per week	500-1000ml
Proportion of adults with insufficient physical activity	30-40%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Tanzania

35%

Adults with high BMI in 2025

14%

Adults living with obesity in 2025

15.39m

Adults with high BMI in 2030

7,605

Premature NCD deaths due to high BMI, 2021

105,543

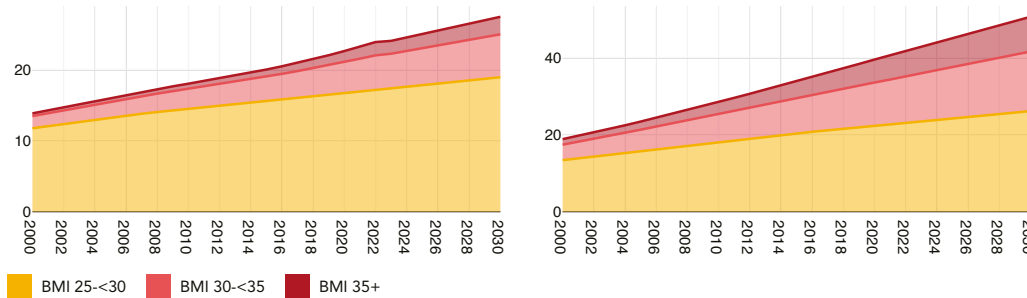
Adult person-years of NCD ill health due to high BMI, 2021

Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI

% women with high BMI



Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	Men			Women		
	2010	2015	2030	2010	2015	2030
25-<30	1,380	1,750	3,610	1,860	2,450	5,250
30-<35	270	390	1,150	750	1,110	3,100
35+	68	110	470	310	520	1,810
All high BMI	1,710	2,240	5,230	2,920	4,070	10,160

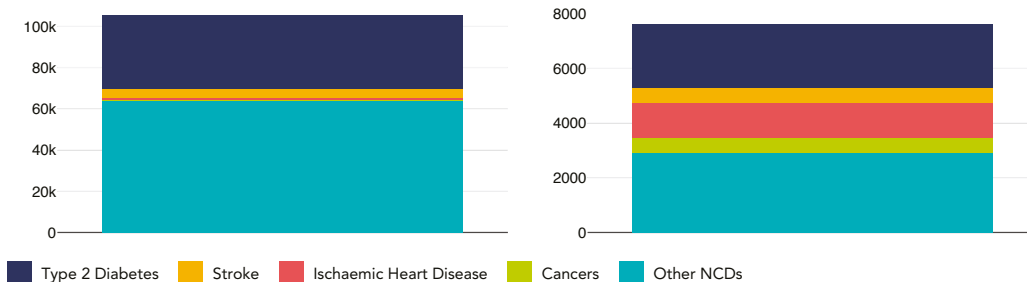
Totals may not add up due to rounding

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health

Premature deaths

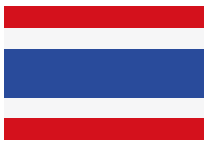


National policies, action and risk factors

National guidelines for the management of high BMI	No
National guidelines for the management of physical inactivity	No
National guidelines for NCD management in primary care	Yes
Survey of adult overweight and obesity in the last five years	No
Survey of adult unhealthy diets in the last five years	No
Survey of adult physical inactivity in the last five years	No
Taxes on sugar-sweetened beverages	Yes
Sugar-sweetened beverage consumption per person per week	1000-2500ml
Proportion of adults with insufficient physical activity	<10%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Thailand

49%

Adults with high BMI in 2025

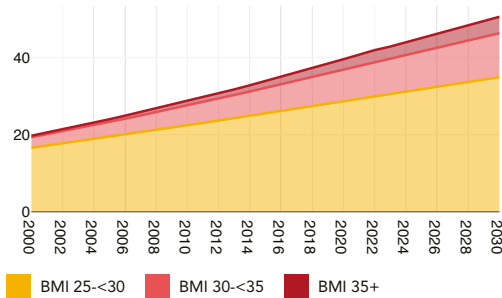
17%

Adults living with obesity in 2025

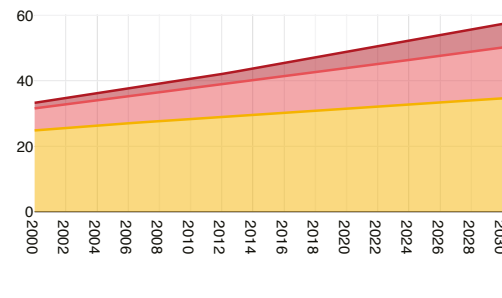
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



■ BMI 25-<30 ■ BMI 30-<35 ■ BMI 35+

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	Men			Women		
	2010	2015	2030	2010	2015	2030
25-<30	5,420	6,540	9,670	7,230	8,170	10,510
30-<35	1,240	1,670	3,160	2,330	2,900	4,710
35+	280	450	1,180	770	1,060	2,190
All high BMI	6,940	8,660	14,010	10,330	12,140	17,410

Totals may not add up due to rounding

31.42m

Adults with high BMI in 2030

16,543

Premature NCD deaths due to high BMI, 2021

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



■ Type 2 Diabetes ■ Stroke ■ Ischaemic Heart Disease ■ Cancers ■ Other NCDs

442,120

Adult person-years of NCD ill health due to high BMI, 2021

National policies, action and risk factors

National guidelines for the management of high BMI	Yes
National guidelines for the management of physical inactivity	Yes
National guidelines for NCD management in primary care	Yes
Survey of adult overweight and obesity in the last five years	Yes
Survey of adult unhealthy diets in the last five years	Yes
Survey of adult physical inactivity in the last five years	Yes
Taxes on sugar-sweetened beverages	Yes
Sugar-sweetened beverage consumption per person per week	1000-2500ml
Proportion of adults with insufficient physical activity	20-30%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Timor-Leste

16%

Adults with high BMI in 2025

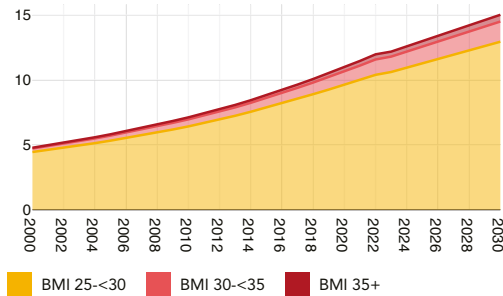
3%

Adults living with obesity in 2025

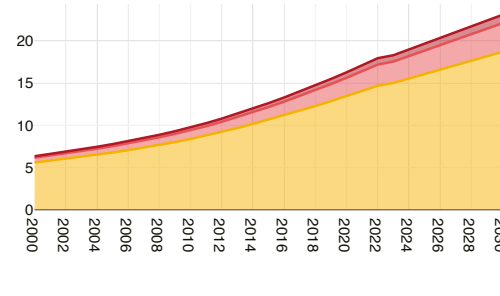
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



■ BMI 25-<30 ■ BMI 30-<35 ■ BMI 35+

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	Men			Women		
	2010	2015	2030	2010	2015	2030
25-<30	17	24	59	21	32	84
30-<35	1	2	7	3	4	15
35+	0.4	0.6	2	0.9	1	4
All high BMI	19	26	68	25	37	100

Totals may not add up due to rounding

171,000

Adults with high BMI in 2030

99

Premature NCD deaths due to high BMI, 2021

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



■ Type 2 Diabetes ■ Stroke ■ Ischaemic Heart Disease ■ Cancers ■ Other NCDs

1,815

Adult person-years of NCD ill health due to high BMI, 2021

National policies, action and risk factors

National guidelines for the management of high BMI	No
National guidelines for the management of physical inactivity	No
National guidelines for NCD management in primary care	Yes
Survey of adult overweight and obesity in the last five years	No
Survey of adult unhealthy diets in the last five years	No
Survey of adult physical inactivity in the last five years	No
Taxes on sugar-sweetened beverages	No
Sugar-sweetened beverage consumption per person per week	>2500ml
Proportion of adults with insufficient physical activity	20-30%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Togo

34%

Adults with high BMI in 2025

13%

Adults living with obesity in 2025

2.097m

Adults with high BMI in 2030

1,363

Premature NCD deaths due to high BMI, 2021

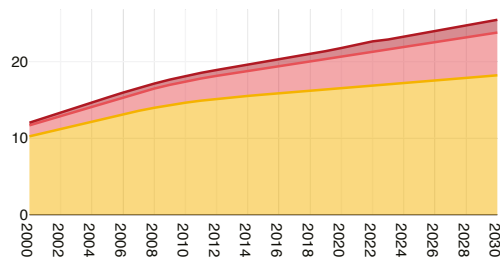
17,136

Adult person-years of NCD ill health due to high BMI, 2021

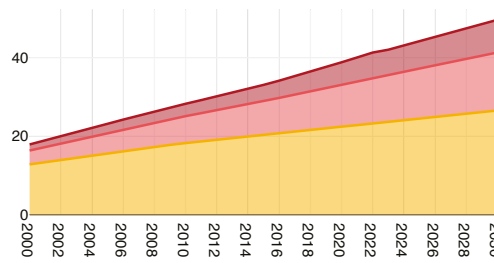
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



■ BMI 25-<30 ■ BMI 30-<35 ■ BMI 35+

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	Men			Women		
	2010	2015	2030	2010	2015	2030
25-<30	240	290	510	300	380	740
30-<35	45	62	160	110	160	410
35+	12	16	47	51	77	230
All high BMI	290	370	720	460	610	1,380

Totals may not add up due to rounding

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



■ Type 2 Diabetes ■ Stroke ■ Ischaemic Heart Disease ■ Cancers ■ Other NCDs

National policies, action and risk factors

National guidelines for the management of high BMI	No
National guidelines for the management of physical inactivity	No
National guidelines for NCD management in primary care	No
Survey of adult overweight and obesity in the last five years	No
Survey of adult unhealthy diets in the last five years	No
Survey of adult physical inactivity in the last five years	No
Taxes on sugar-sweetened beverages	Yes
Sugar-sweetened beverage consumption per person per week	>2500ml
Proportion of adults with insufficient physical activity	10-20%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Tokelau

91%

Adults with high BMI in 2025

72%

Adults living with obesity in 2025

1,000

Adults with high BMI in 2030

1

Premature NCD deaths due to high BMI, 2021

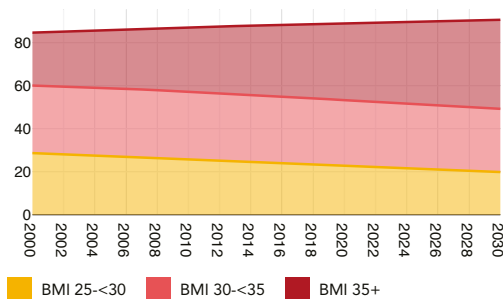
20

Adult person-years of NCD ill health due to high BMI, 2021

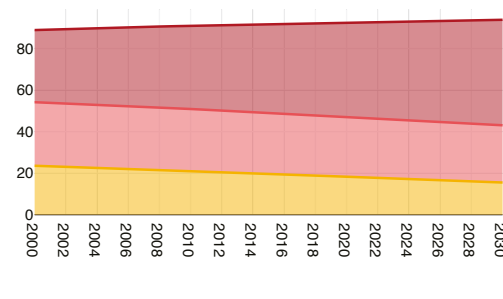
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



■ BMI 25-<30 ■ BMI 30-<35 ■ BMI 35+

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	Men			Women		
	2010	2015	2030	2010	2015	2030
25-<30	0.1	0.1	0.2	0.1	0.1	0.2
30-<35	0.1	0.2	0.3	0.1	0.2	0.3
35+	0.1	0.2	0.4	0.2	0.2	0.5
All high BMI	0.4	0.5	0.9	0.4	0.5	1.0

Totals may not add up due to rounding

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



■ Type 2 Diabetes ■ Stroke ■ Ischaemic Heart Disease ■ Cancers ■ Other NCDs

National policies, action and risk factors

National guidelines for the management of high BMI	n/a
National guidelines for the management of physical inactivity	n/a
National guidelines for NCD management in primary care	n/a
Survey of adult overweight and obesity in the last five years	n/a
Survey of adult unhealthy diets in the last five years	n/a
Survey of adult physical inactivity in the last five years	n/a
Taxes on sugar-sweetened beverages	n/a
Sugar-sweetened beverage consumption per person per week	n/a
Proportion of adults with insufficient physical activity	n/a

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Tonga

92%

Adults with high BMI in 2025

75%

Adults living with obesity in 2025

54,000

Adults with high BMI in 2030

67

Premature NCD deaths due to high BMI, 2021

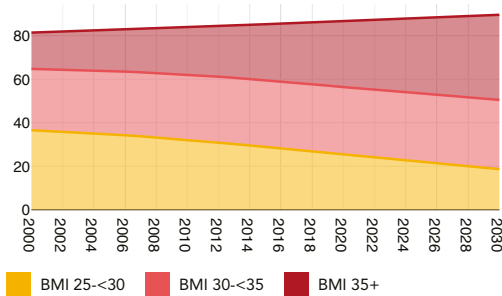
1,143

Adult person-years of NCD ill health due to high BMI, 2021

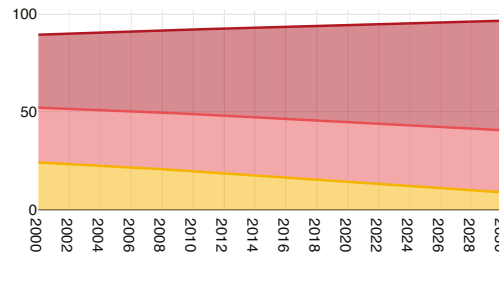
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



■ BMI 25-<30 ■ BMI 30-<35 ■ BMI 35+

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	Men			Women		
	2010	2015	2030	2010	2015	2030
25-<30	9	8	5	6	5	3
30-<35	8	8	8	8	9	10
35+	6	7	10	12	14	18
All high BMI	23	23	22	27	27	31

Totals may not add up due to rounding

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



■ Type 2 Diabetes ■ Stroke ■ Ischaemic Heart Disease ■ Cancers ■ Other NCDs

National policies, action and risk factors

National guidelines for the management of high BMI	Yes
National guidelines for the management of physical inactivity	Yes
National guidelines for NCD management in primary care	Yes
Survey of adult overweight and obesity in the last five years	Yes
Survey of adult unhealthy diets in the last five years	Yes
Survey of adult physical inactivity in the last five years	Yes
Taxes on sugar-sweetened beverages	Yes
Sugar-sweetened beverage consumption per person per week	1000-2500ml
Proportion of adults with insufficient physical activity	30-40%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Trinidad and Tobago

60%

Adults with high BMI in 2025

30%

Adults living with obesity in 2025

706,000

Adults with high BMI in 2030

1,124

Premature NCD deaths due to high BMI, 2021

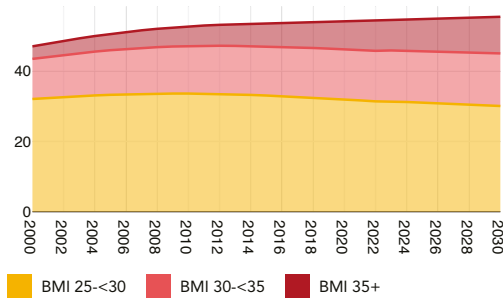
21,768

Adult person-years of NCD ill health due to high BMI, 2021

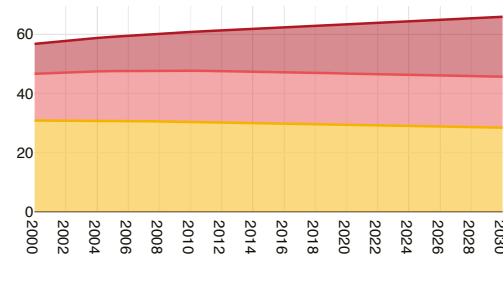
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



■ BMI 25-<30 ■ BMI 30-<35 ■ BMI 35+

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	Men			Women		
	2010	2015	2030	2010	2015	2030
25-<30	160	170	170	150	160	170
30-<35	66	72	86	88	94	100
35+	27	34	60	67	80	120
All high BMI	260	280	320	310	330	400

Totals may not add up due to rounding

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



■ Type 2 Diabetes ■ Stroke ■ Ischaemic Heart Disease ■ Cancers ■ Other NCDs

National policies, action and risk factors

National guidelines for the management of high BMI	n/a
National guidelines for the management of physical inactivity	n/a
National guidelines for NCD management in primary care	n/a
Survey of adult overweight and obesity in the last five years	No
Survey of adult unhealthy diets in the last five years	No
Survey of adult physical inactivity in the last five years	No
Taxes on sugar-sweetened beverages	No
Sugar-sweetened beverage consumption per person per week	>2500ml
Proportion of adults with insufficient physical activity	40-50%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Tunisia

60%

Adults with high BMI in 2025

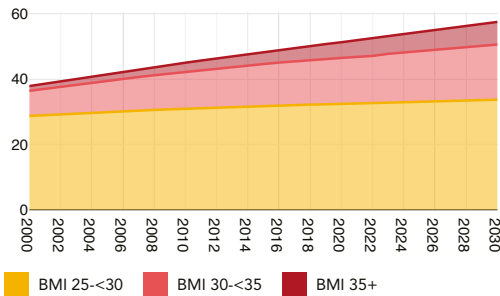
29%

Adults living with obesity in 2025

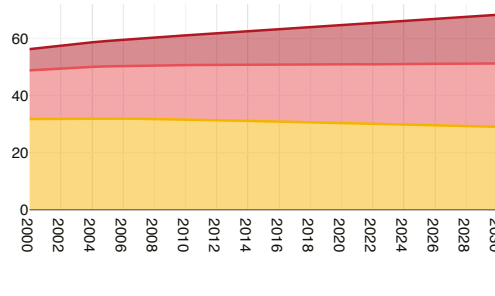
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



■ BMI 25-<30 ■ BMI 30-<35 ■ BMI 35+

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	Men			Women		
	2010	2015	2030	2010	2015	2030
25-<30	1,090	1,200	1,470	1,150	1,230	1,350
30-<35	400	480	740	700	790	1,030
35+	99	140	300	380	470	790
All high BMI	1,590	1,830	2,510	2,230	2,490	3,160

Totals may not add up due to rounding

5.68m

Adults with high BMI in 2030

3,856

Premature NCD deaths due to high BMI, 2021

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



■ Type 2 Diabetes ■ Stroke ■ Ischaemic Heart Disease ■ Cancers ■ Other NCDs

115,936

Adult person-years of NCD ill health due to high BMI, 2021

National policies, action and risk factors

National guidelines for the management of high BMI	Yes
National guidelines for the management of physical inactivity	Yes
National guidelines for NCD management in primary care	No
Survey of adult overweight and obesity in the last five years	Yes
Survey of adult unhealthy diets in the last five years	Yes
Survey of adult physical inactivity in the last five years	Yes
Taxes on sugar-sweetened beverages	Yes
Sugar-sweetened beverage consumption per person per week	1000-2500ml
Proportion of adults with insufficient physical activity	30-40%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Turkey

71%

Adults with high BMI in 2025

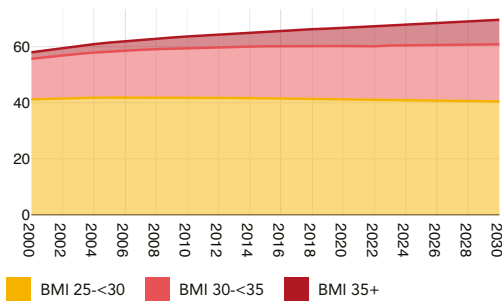
36%

Adults living with obesity in 2025

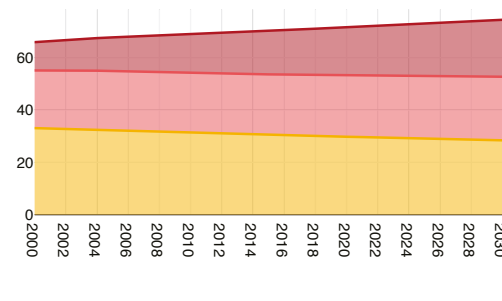
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



■ BMI 25-<30 ■ BMI 30-<35 ■ BMI 35+

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	2010	Men			Women		
		2010	2015	2030	2010	2015	2030
25-<30	9,970	11,180	13,150	7,550	8,300	9,470	
30-<35	4,230	4,990	6,630	5,540	6,340	8,090	
35+	1,000	1,410	2,850	3,580	4,510	7,250	
All high BMI	15,200	17,580	22,630	16,670	19,150	24,800	

Totals may not add up due to rounding

47.44m

Adults with high BMI in 2030

26,350

Premature NCD deaths due to high BMI, 2021

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



■ Type 2 Diabetes ■ Stroke ■ Ischaemic Heart Disease ■ Cancers ■ Other NCDs

792,249

Adult person-years of NCD ill health due to high BMI, 2021

National policies, action and risk factors

National guidelines for the management of high BMI	Yes
National guidelines for the management of physical inactivity	Yes
National guidelines for NCD management in primary care	Yes
Survey of adult overweight and obesity in the last five years	Yes
Survey of adult unhealthy diets in the last five years	Yes
Survey of adult physical inactivity in the last five years	Yes
Taxes on sugar-sweetened beverages	Yes
Sugar-sweetened beverage consumption per person per week	500-1000ml
Proportion of adults with insufficient physical activity	40-50%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Turkmenistan

61%

Adults with high BMI in 2025

24%

Adults living with obesity in 2025

3.24m

Adults with high BMI in 2030

2,186

Premature NCD deaths due to high BMI, 2021

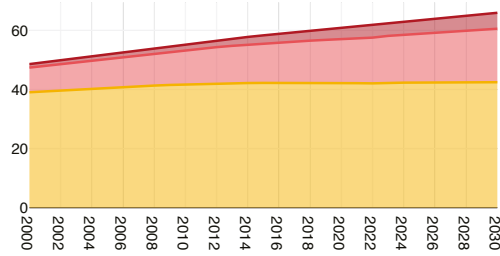
24,588

Adult person-years of NCD ill health due to high BMI, 2021

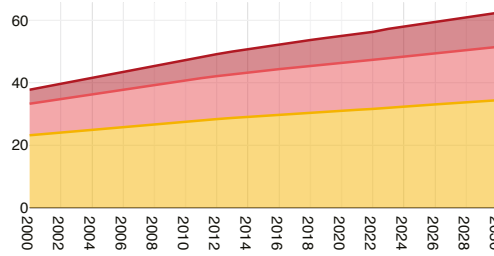
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



■ BMI 25-<30 ■ BMI 30-<35 ■ BMI 35+

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	2010	Men		Women		
		2010	2015	2030	2010	2015
25-<30	650	760	1,030	470	580	900
30-<35	180	240	440	230	290	450
35+	32	50	130	110	150	290
All high BMI	860	1,050	1,600	810	1,020	1,640

Totals may not add up due to rounding

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



■ Type 2 Diabetes ■ Stroke ■ Ischaemic Heart Disease ■ Cancers ■ Other NCDs

National policies, action and risk factors

National guidelines for the management of high BMI	Yes
National guidelines for the management of physical inactivity	Yes
National guidelines for NCD management in primary care	Yes
Survey of adult overweight and obesity in the last five years	Yes
Survey of adult unhealthy diets in the last five years	Yes
Survey of adult physical inactivity in the last five years	Yes
Taxes on sugar-sweetened beverages	n/a
Sugar-sweetened beverage consumption per person per week	100-250ml
Proportion of adults with insufficient physical activity	10-20%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Tuvalu

88%

Adults with high BMI in 2025

67%

Adults living with obesity in 2025

5,000

Adults with high BMI in 2030

12

Premature NCD deaths due to high BMI, 2021

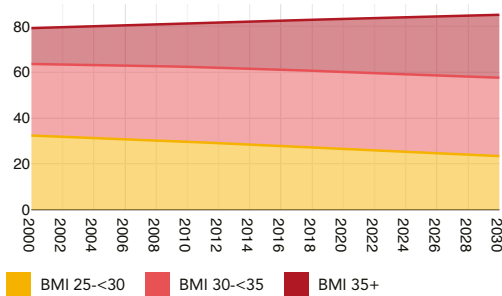
117

Adult person-years of NCD ill health due to high BMI, 2021

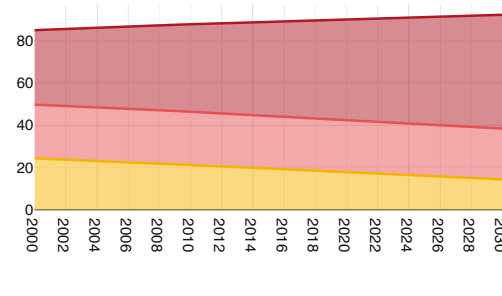
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



■ BMI 25-<30 ■ BMI 30-<35 ■ BMI 35+

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	Men			Women		
	2010	2015	2030	2010	2015	2030
25-<30	0.9	0.9	0.6	0.7	0.6	0.4
30-<35	1.0	1	0.9	0.8	0.8	0.6
35+	0.6	0.7	0.7	1	1	1
All high BMI	2	3	2	3	3	2

Totals may not add up due to rounding

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



■ Type 2 Diabetes ■ Stroke ■ Ischaemic Heart Disease ■ Cancers ■ Other NCDs

National policies, action and risk factors

National guidelines for the management of high BMI	Yes
National guidelines for the management of physical inactivity	Yes
National guidelines for NCD management in primary care	No
Survey of adult overweight and obesity in the last five years	No
Survey of adult unhealthy diets in the last five years	No
Survey of adult physical inactivity in the last five years	No
Taxes on sugar-sweetened beverages	Yes
Sugar-sweetened beverage consumption per person per week	n/a
Proportion of adults with insufficient physical activity	20-30%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Uganda

26%

Adults with high BMI in 2025

9%

Adults living with obesity in 2025

8.29m

Adults with high BMI in 2030

3,419

Premature NCD deaths due to high BMI, 2021

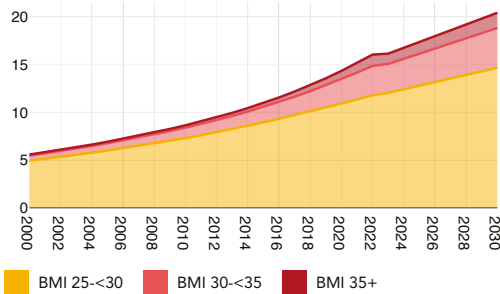
48,897

Adult person-years of NCD ill health due to high BMI, 2021

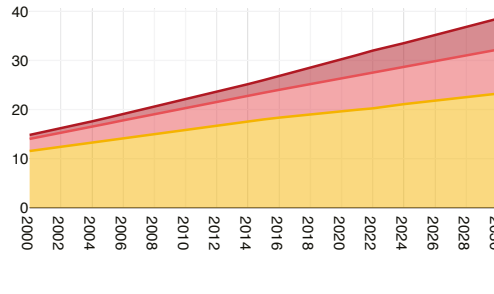
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



■ BMI 25-<30 ■ BMI 30-<35 ■ BMI 35+

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	Men			Women		
	2010	2015	2030	2010	2015	2030
25-<30	440	650	2,000	1,040	1,390	3,320
30-<35	66	120	570	280	420	1,280
35+	15	30	220	110	200	900
All high BMI	520	800	2,790	1,430	2,010	5,500

Totals may not add up due to rounding

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



■ Type 2 Diabetes ■ Stroke ■ Ischaemic Heart Disease ■ Cancers ■ Other NCDs

National policies, action and risk factors

National guidelines for the management of high BMI	No
National guidelines for the management of physical inactivity	No
National guidelines for NCD management in primary care	Yes
Survey of adult overweight and obesity in the last five years	No
Survey of adult unhealthy diets in the last five years	No
Survey of adult physical inactivity in the last five years	No
Taxes on sugar-sweetened beverages	Yes
Sugar-sweetened beverage consumption per person per week	>2500ml
Proportion of adults with insufficient physical activity	<10%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Ukraine

59%

Adults with high BMI in 2025

25%

Adults living with obesity in 2025

19.11m

Adults with high BMI in 2030

23,446

Premature NCD deaths due to high BMI, 2021

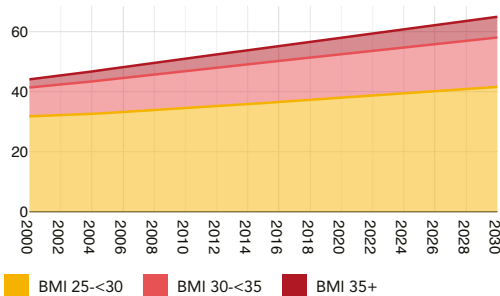
442,055

Adult person-years of NCD ill health due to high BMI, 2021

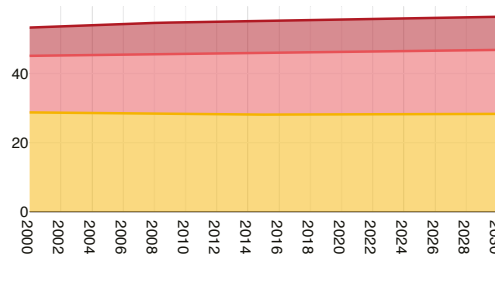
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



■ BMI 25-<30 ■ BMI 30-<35 ■ BMI 35+

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	Men			Women		
	2010	2015	2030	2010	2015	2030
25-<30	5,790	6,050	6,010	5,720	5,640	4,880
30-<35	2,090	2,250	2,380	3,520	3,550	3,190
35+	700	800	1,000	1,890	1,900	1,650
All high BMI	8,580	9,100	9,390	11,130	11,090	9,730

Totals may not add up due to rounding

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



■ Type 2 Diabetes ■ Stroke ■ Ischaemic Heart Disease ■ Cancers ■ Other NCDs

National policies, action and risk factors

National guidelines for the management of high BMI	Yes
National guidelines for the management of physical inactivity	Yes
National guidelines for NCD management in primary care	Yes
Survey of adult overweight and obesity in the last five years	Yes
Survey of adult unhealthy diets in the last five years	Yes
Survey of adult physical inactivity in the last five years	Yes
Taxes on sugar-sweetened beverages	No
Sugar-sweetened beverage consumption per person per week	250-500ml
Proportion of adults with insufficient physical activity	10-20%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



United Arab Emirates

73%

Adults with high BMI in 2025

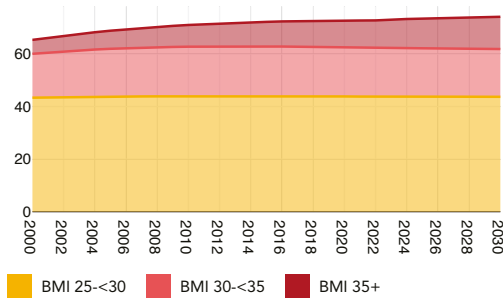
35%

Adults living with obesity in 2025

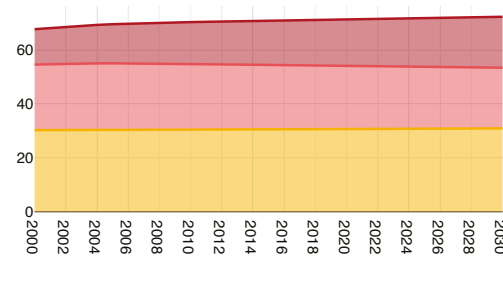
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



■ BMI 25-<30 ■ BMI 30-<35 ■ BMI 35+

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	Men			Women		
	2010	2015	2030	2010	2015	2030
25-<30	1,680	2,050	2,820	480	650	1,010
30-<35	720	880	1,170	390	510	730
35+	320	440	790	250	350	620
All high BMI	2,720	3,370	4,790	1,120	1,510	2,360

Totals may not add up due to rounding

7.14m

Adults with high BMI in 2030

2,058

Premature NCD deaths due to high BMI, 2021

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



■ Type 2 Diabetes ■ Stroke ■ Ischaemic Heart Disease ■ Cancers ■ Other NCDs

98,039

Adult person-years of NCD ill health due to high BMI, 2021

National policies, action and risk factors

National guidelines for the management of high BMI	Yes
National guidelines for the management of physical inactivity	No
National guidelines for NCD management in primary care	Yes
Survey of adult overweight and obesity in the last five years	Yes
Survey of adult unhealthy diets in the last five years	Yes
Survey of adult physical inactivity in the last five years	Yes
Taxes on sugar-sweetened beverages	Yes
Sugar-sweetened beverage consumption per person per week	500-1000ml
Proportion of adults with insufficient physical activity	>50%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



United Kingdom

63%

Adults with high BMI in 2025

28%

Adults living with obesity in 2025

35.35m

Adults with high BMI in 2030

9,205

Premature NCD deaths due to high BMI, 2021

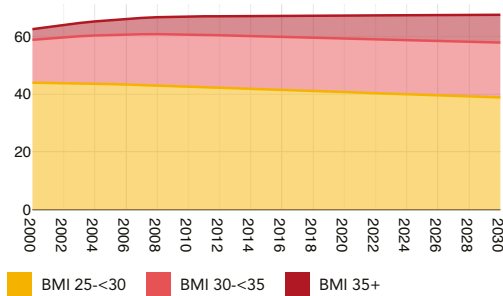
755,131

Adult person-years of NCD ill health due to high BMI, 2021

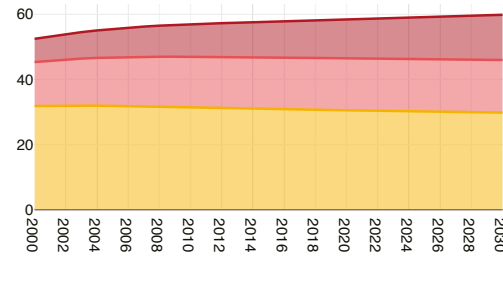
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



■ BMI 25-<30 ■ BMI 30-<35 ■ BMI 35+

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	Men			Women		
	2010	2015	2030	2010	2015	2030
25-<30	9,800	10,050	10,550	7,750	7,930	8,490
30-<35	4,150	4,410	5,150	3,890	4,100	4,600
35+	1,440	1,690	2,610	2,480	2,810	3,950
All high BMI	15,390	16,150	18,310	14,120	14,840	17,050

Totals may not add up due to rounding

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



■ Type 2 Diabetes ■ Stroke ■ Ischaemic Heart Disease ■ Cancers ■ Other NCDs

National policies, action and risk factors

National guidelines for the management of high BMI	Yes
National guidelines for the management of physical inactivity	Yes
National guidelines for NCD management in primary care	Yes
Survey of adult overweight and obesity in the last five years	Yes
Survey of adult unhealthy diets in the last five years	Yes
Survey of adult physical inactivity in the last five years	Yes
Taxes on sugar-sweetened beverages	Yes
Sugar-sweetened beverage consumption per person per week	1000-2500ml
Proportion of adults with insufficient physical activity	10-20%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



United States

75%

Adults with high BMI in 2025

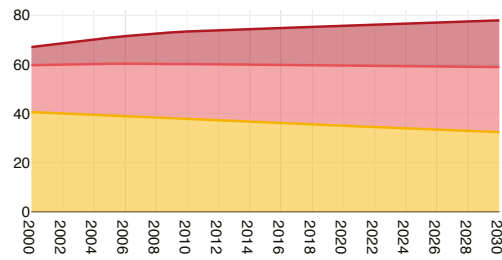
44%

Adults living with obesity in 2025

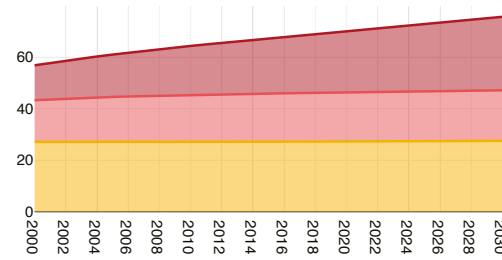
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



■ BMI 25-<30 ■ BMI 30-<35 ■ BMI 35+

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	Men			Women		
	2010	2015	2030	2010	2015	2030
25-<30	42,310	43,770	44,730	31,280	33,090	38,020
30-<35	25,350	28,220	36,580	21,060	22,860	27,130
35+	14,840	17,740	26,230	22,020	26,050	39,440
All high BMI	82,500	89,730	107,540	74,360	82,010	104,590

Totals may not add up due to rounding

212.13m

Adults with high BMI in 2030

116,634

Premature NCD deaths due to high BMI, 2021

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



■ Type 2 Diabetes ■ Stroke ■ Ischaemic Heart Disease ■ Cancers ■ Other NCDs

5,032,679

Adult person-years of NCD ill health due to high BMI, 2021

National policies, action and risk factors

National guidelines for the management of high BMI	n/a
National guidelines for the management of physical inactivity	Yes
National guidelines for NCD management in primary care	Yes
Survey of adult overweight and obesity in the last five years	Yes
Survey of adult unhealthy diets in the last five years	Yes
Survey of adult physical inactivity in the last five years	Yes
Taxes on sugar-sweetened beverages	No
Sugar-sweetened beverage consumption per person per week	1000-2500ml
Proportion of adults with insufficient physical activity	30-40%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Uruguay

72%

Adults with high BMI in 2025

36%

Adults living with obesity in 2025

1.99m

Adults with high BMI in 2030

858

Premature NCD deaths due to high BMI, 2021

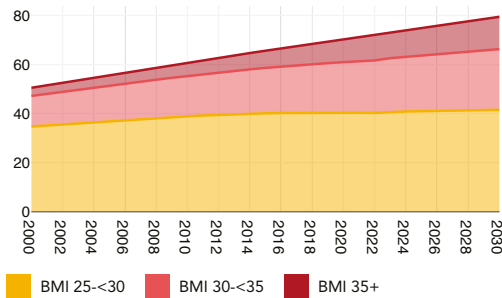
31,330

Adult person-years of NCD ill health due to high BMI, 2021

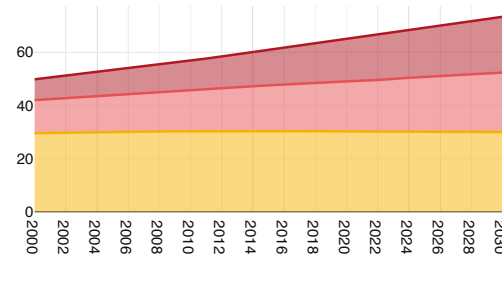
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



■ BMI 25-<30 ■ BMI 30-<35 ■ BMI 35+

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	Men			Women		
	2010	2015	2030	2010	2015	2030
25-<30	430	460	520	370	380	410
30-<35	180	210	310	190	220	300
35+	59	80	160	140	170	290
All high BMI	670	750	990	690	770	1,000

Totals may not add up due to rounding

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



■ Type 2 Diabetes ■ Stroke ■ Ischaemic Heart Disease ■ Cancers ■ Other NCDs

National policies, action and risk factors

National guidelines for the management of high BMI	No
National guidelines for the management of physical inactivity	Yes
National guidelines for NCD management in primary care	No
Survey of adult overweight and obesity in the last five years	No
Survey of adult unhealthy diets in the last five years	No
Survey of adult physical inactivity in the last five years	No
Taxes on sugar-sweetened beverages	Yes
Sugar-sweetened beverage consumption per person per week	>2500ml
Proportion of adults with insufficient physical activity	30-40%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Uzbekistan

68%

Adults with high BMI in 2025

34%

Adults living with obesity in 2025

17.79m

Adults with high BMI in 2030

13,317

Premature NCD deaths due to high BMI, 2021

210,403

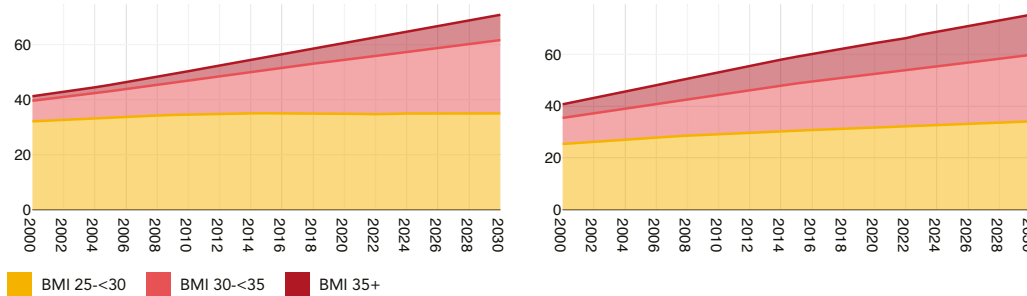
Adult person-years of NCD ill health due to high BMI, 2021

Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI

% women with high BMI



Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	Men			Women		
	2010	2015	2030	2010	2015	2030
25-<30	2,920	3,360	4,220	2,500	2,960	4,190
30-<35	1,050	1,520	3,220	1,320	1,770	3,150
35+	280	440	1,110	730	1,000	1,900
All high BMI	4,240	5,320	8,550	4,550	5,730	9,250

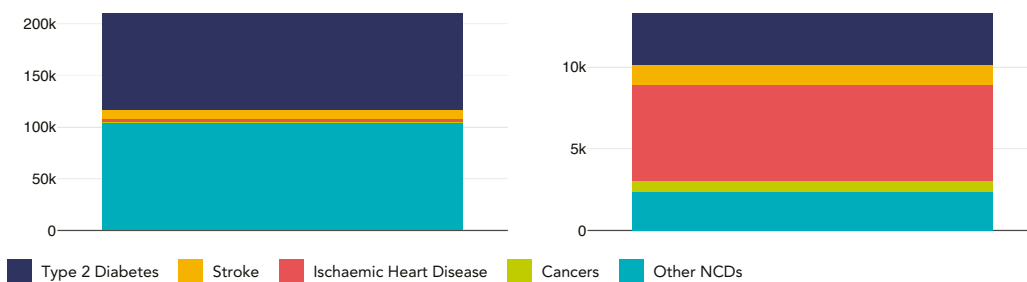
Totals may not add up due to rounding

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health

Premature deaths



National policies, action and risk factors

National guidelines for the management of high BMI	Yes
National guidelines for the management of physical inactivity	Yes
National guidelines for NCD management in primary care	Yes
Survey of adult overweight and obesity in the last five years	Yes
Survey of adult unhealthy diets in the last five years	Yes
Survey of adult physical inactivity in the last five years	Yes
Taxes on sugar-sweetened beverages	No
Sugar-sweetened beverage consumption per person per week	500-1000ml
Proportion of adults with insufficient physical activity	30-40%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Vanuatu

54%

Adults with high BMI in 2025

23%

Adults living with obesity in 2025

111,000

Adults with high BMI in 2030

172

Premature NCD deaths due to high BMI, 2021

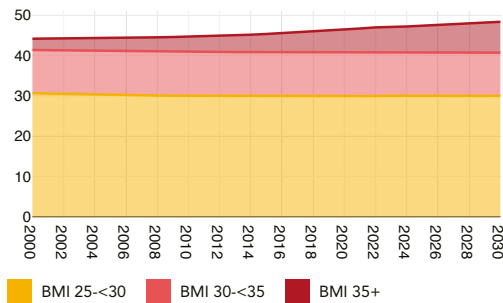
1,852

Adult person-years of NCD ill health due to high BMI, 2021

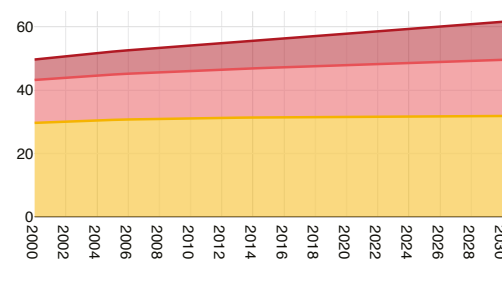
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



Legend: BMI 25-30 (yellow), BMI 30-35 (pink), BMI 35+ (red)

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	2010	Men		Women		
		2010	2015	2030	2010	2015
25-30	19	21	30	18	21	32
30-35	7	8	11	9	11	18
35+	2	3	8	5	6	12
All high BMI	28	32	48	32	38	62

Totals may not add up due to rounding

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



Legend: Type 2 Diabetes (dark blue), Stroke (yellow), Ischaemic Heart Disease (red), Cancers (green), Other NCDs (teal)

National policies, action and risk factors

National guidelines for the management of high BMI	Yes
National guidelines for the management of physical inactivity	Yes
National guidelines for NCD management in primary care	Yes
Survey of adult overweight and obesity in the last five years	No
Survey of adult unhealthy diets in the last five years	No
Survey of adult physical inactivity in the last five years	No
Taxes on sugar-sweetened beverages	Yes
Sugar-sweetened beverage consumption per person per week	500-1000ml
Proportion of adults with insufficient physical activity	<10%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Venezuela

54%

Adults with high BMI in 2025

24%

Adults living with obesity in 2025

10.52m

Adults with high BMI in 2030

13,109

Premature NCD deaths due to high BMI, 2021

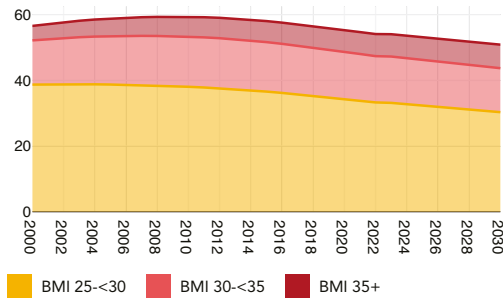
241,565

Adult person-years of NCD ill health due to high BMI, 2021

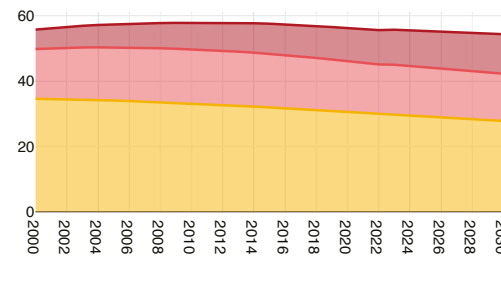
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



■ BMI 25-<30 ■ BMI 30-<35 ■ BMI 35+

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	Men			Women		
	2010	2015	2030	2010	2015	2030
25-<30	3,240	3,420	2,930	2,950	3,140	2,870
30-<35	1,300	1,410	1,290	1,480	1,610	1,490
35+	510	600	690	730	900	1,250
All high BMI	5,060	5,430	4,920	5,160	5,660	5,610

Totals may not add up due to rounding

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



■ Type 2 Diabetes ■ Stroke ■ Ischaemic Heart Disease ■ Cancers ■ Other NCDs

National policies, action and risk factors

National guidelines for the management of high BMI	No
National guidelines for the management of physical inactivity	No
National guidelines for NCD management in primary care	Yes
Survey of adult overweight and obesity in the last five years	No
Survey of adult unhealthy diets in the last five years	No
Survey of adult physical inactivity in the last five years	No
Taxes on sugar-sweetened beverages	No
Sugar-sweetened beverage consumption per person per week	1000-2500ml
Proportion of adults with insufficient physical activity	40-50%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Vietnam

21%

Adults with high BMI in 2025

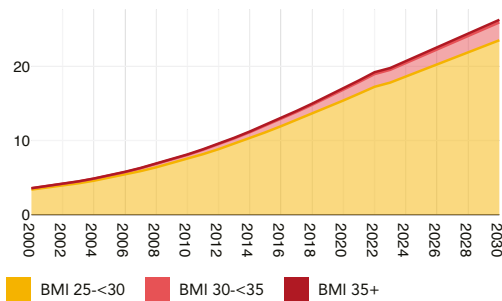
2%

Adults living with obesity in 2025

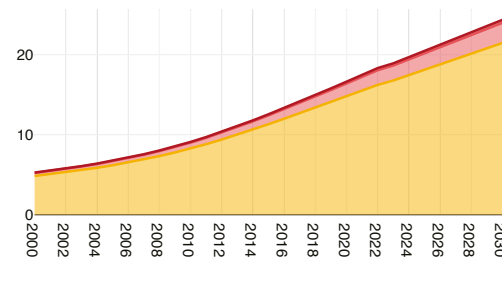
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



■ BMI 25-<30 ■ BMI 30-<35 ■ BMI 35+

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	Men			Women		
	2010	2015	2030	2010	2015	2030
25-<30	2,040	3,350	8,420	2,500	3,780	8,380
30-<35	140	270	860	220	370	980
35+	18	35	130	28	48	150
All high BMI	2,200	3,650	9,400	2,740	4,190	9,510

Totals may not add up due to rounding

18.92m

Adults with high BMI in 2030

10,845

Premature NCD deaths due to high BMI, 2021

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



■ Type 2 Diabetes ■ Stroke ■ Ischaemic Heart Disease ■ Cancers ■ Other NCDs

198,941

Adult person-years of NCD ill health due to high BMI, 2021

National policies, action and risk factors

National guidelines for the management of high BMI	Yes
National guidelines for the management of physical inactivity	n/a
National guidelines for NCD management in primary care	Yes
Survey of adult overweight and obesity in the last five years	Yes
Survey of adult unhealthy diets in the last five years	Yes
Survey of adult physical inactivity in the last five years	Yes
Taxes on sugar-sweetened beverages	No
Sugar-sweetened beverage consumption per person per week	250-500ml
Proportion of adults with insufficient physical activity	30-40%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Yemen

41%

Adults with high BMI in 2025

15%

Adults living with obesity in 2025

10.5m

Adults with high BMI in 2030

6,496

Premature NCD deaths due to high BMI, 2021

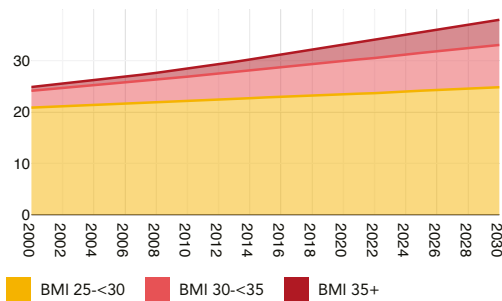
92,670

Adult person-years of NCD ill health due to high BMI, 2021

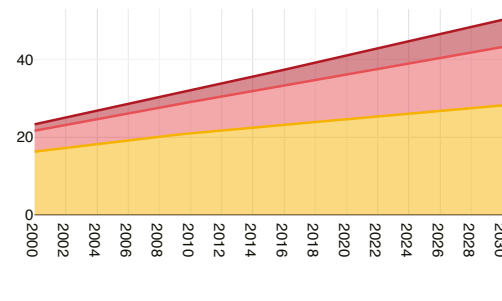
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



■ BMI 25-<30 ■ BMI 30-<35 ■ BMI 35+

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	Men			Women		
	2010	2015	2030	2010	2015	2030
25-<30	1,310	1,690	2,970	1,240	1,670	3,340
30-<35	280	420	980	480	710	1,790
35+	92	160	590	170	280	830
All high BMI	1,690	2,270	4,540	1,900	2,660	5,960

Totals may not add up due to rounding

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



■ Type 2 Diabetes ■ Stroke ■ Ischaemic Heart Disease ■ Cancers ■ Other NCDs

National policies, action and risk factors

National guidelines for the management of high BMI	No
National guidelines for the management of physical inactivity	No
National guidelines for NCD management in primary care	No
Survey of adult overweight and obesity in the last five years	No
Survey of adult unhealthy diets in the last five years	No
Survey of adult physical inactivity in the last five years	No
Taxes on sugar-sweetened beverages	n/a
Sugar-sweetened beverage consumption per person per week	>2500ml
Proportion of adults with insufficient physical activity	20-30%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Zambia

32%

Adults with high BMI in 2025

12%

Adults living with obesity in 2025

4.61m

Adults with high BMI in 2030

3,038

Premature NCD deaths due to high BMI, 2021

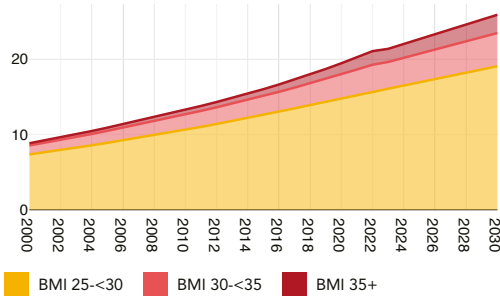
37,388

Adult person-years of NCD ill health due to high BMI, 2021

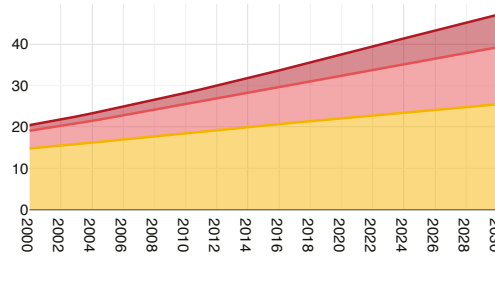
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



■ BMI 25-<30 ■ BMI 30-<35 ■ BMI 35+

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	Men			Women		
	2010	2015	2030	2010	2015	2030
25-<30	310	440	1,180	570	750	1,630
30-<35	59	89	270	210	320	880
35+	18	31	150	84	140	500
All high BMI	390	560	1,600	870	1,200	3,010

Totals may not add up due to rounding

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



■ Type 2 Diabetes ■ Stroke ■ Ischaemic Heart Disease ■ Cancers ■ Other NCDs

National policies, action and risk factors

National guidelines for the management of high BMI	n/a
National guidelines for the management of physical inactivity	No
National guidelines for NCD management in primary care	Yes
Survey of adult overweight and obesity in the last five years	Yes
Survey of adult unhealthy diets in the last five years	Yes
Survey of adult physical inactivity in the last five years	Yes
Taxes on sugar-sweetened beverages	Yes
Sugar-sweetened beverage consumption per person per week	1000-2500ml
Proportion of adults with insufficient physical activity	10-20%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.



Zimbabwe

35%

Adults with high BMI in 2025

15%

Adults living with obesity in 2025

3.659m

Adults with high BMI in 2030

4,253

Premature NCD deaths due to high BMI, 2021

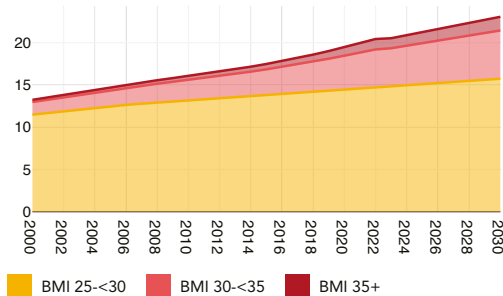
39,242

Adult person-years of NCD ill health due to high BMI, 2021

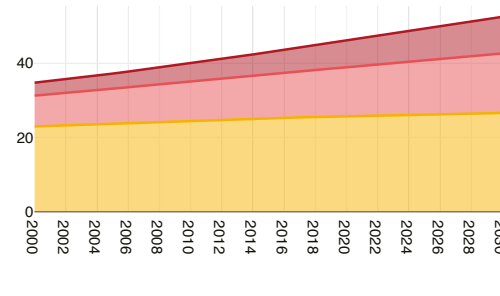
Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m² and above)

% men with high BMI



% women with high BMI



■ BMI 25-<30 ■ BMI 30-<35 ■ BMI 35+

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

BMI (kg/m ²)	Men			Women		
	2010	2015	2030	2010	2015	2030
25-<30	360	400	670	850	930	1,360
30-<35	68	90	240	360	430	820
35+	13	18	69	170	220	500
All high BMI	440	510	990	1,380	1,580	2,690

Totals may not add up due to rounding

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health



Premature deaths



■ Type 2 Diabetes ■ Stroke ■ Ischaemic Heart Disease ■ Cancers ■ Other NCDs

National policies, action and risk factors

National guidelines for the management of high BMI	No
National guidelines for the management of physical inactivity	No
National guidelines for NCD management in primary care	No
Survey of adult overweight and obesity in the last five years	No
Survey of adult unhealthy diets in the last five years	No
Survey of adult physical inactivity in the last five years	No
Taxes on sugar-sweetened beverages	No
Sugar-sweetened beverage consumption per person per week	>2500ml
Proportion of adults with insufficient physical activity	10-20%

n/a = status not certain or unavailable

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.

Annexes

Annex 1: Methods and data sources

Overweight and obesity prevalence data up to 2022 are based on the estimates published by the Non-Communicable Disease Risk Factor Collaboration (NCD-RisC) at <https://ncdrisc.org/>.

Projections beyond 2022 are World Obesity Federation estimates based on the Excel FORECAST function using the data for each country's age-standardised prevalence data for 2010 to 2022, projected forwards to 2030. The projections make no assumptions about potential interventions to reduce the prevalence of high BMI, nor about possible extraneous factors that may increase the prevalence of high BMI (such as viral epidemics or food system crises).

Numbers of persons living with overweight or obesity are based on the prevalence data from the NCD-RisC database matched with population numbers for adults from the United Nations Department of Economic and Social Affairs, Population Division World Population Prospects 2024, Online Edition.

Lifetime risk of high BMI is a first-order estimate of the likelihood that a person will experience high BMI at some point during their lifetime. It is based on the maximum prevalence levels given in the tables of prevalence-by-age-group in the NCD-RisC database, for each country, each gender, and for the latest available year (2022). It is **likely to be an underestimate** of the true value, as the maximum prevalence at any specific age will not include persons who have yet to experience high BMI, or who experienced high BMI and have since returned to a lower BMI. This is exemplified by a study by Stokes et al (2017), which found that in US adults the prevalence of obesity (BMI 30kg/m² and above) peaked at just over 40% among adults aged around 60 years, but this figure rose to over 55% when persons who had ever previously experienced obesity were included.

Premature deaths and person-years with ill health data are based on the estimates published by the Institute for Health Metrics and Evaluation (IHME) Global Burden of Disease database at <https://vizhub.healthdata.org/gbd-results/>. (See also Zhou et al, 2024.) Premature deaths are deaths of persons under age 70 years, estimated by country, cause of death, and year. Person-years with ill health (described as Years Lived with Disease, YLDs, in the database), are the estimates for the total years and part-years of ill health suffered prior to death, for adults over age 20 years, estimated by country and form of disease, during the year given. **Note** that in the country tables in Section 3 of this Atlas, the figures for '% people with NCDs dying aged <70 years' are taken from the World Health Organization's Global Health Observatory (WHO-GHO) database (<https://www.who.int/data/gho>), and defined as premature deaths under the age of 70 years due to noncommunicable diseases (NCD) as a percentage of all NCD deaths.

Risk factors for premature deaths and person-years of ill health are those listed in the IHME GBD database, and include a range of factors and the estimated attributable numbers of deaths or YLDs associated with each factor. **Note** that the attributable deaths or YLDs from risk factors may overlap, and some risk factors may raise the likelihood of the occurrence of another risk factor. **Note also** that the risk factor 'high BMI' in the database typically refers to a BMI in adults of 25 kg/m² and above, and that high BMI is treated as a risk factor rather than a disease in its own right in the IHME GBD database. The full methodology used by GBD can be found on the GBD website.

Estimated prevalence of untreated diabetes are given in WHO-GHO database (<https://www.who.int/data/gho>). The estimates are for the proportion of people aged ≥ 30 years with diabetes who are currently not using glucose-lowering medication. The type of diabetes is not specified.

Estimated prevalence of adults with insufficient physical activity are given in the WHO-GHO database (<https://www.who.int/data/gho>) and are an estimate of the percentage of adults (age >18 years) attaining less than 150

minutes of moderate-intensity physical activity per week, or less than 75 minutes of vigorous-intensity physical activity per week, or equivalent.

Estimated consumption of sugar-sweetened beverages is derived from the Tufts University Global Dietary Database (<https://globaldietarydatabase.org/data-download>) and published in Lara-Castor et al (2023). Estimates are for 2018 per capita for adults >20 years, and converted from servings per week to millilitres per week (8oz = 237 ml).

Estimated health costs due to diets high in processed foods are derived from the Food and Agriculture Organization of the United Nations report The State of Food and Agriculture 2024 (FAO, 2024), Table A2.1. We have taken the value in that table for the health costs of dietary risks associated with non-communicable diseases, sub-set 'Diets high in processed foods and additives', and converted from millions of dollars (2020 PPP) to per capita dollars (2020 PPP) based on UN national population estimates for 2024 (see above). Note that if we had taken other aspects of the diet (consumption of animal source whole foods, lack of plant whole foods, and lack of beneficial fatty acids) into account the total health costs would be considerably higher than those shown in this Atlas.

Universal health Coverage NCD Index values for 2021 (and 2015) are given in the WHO-GHO (<https://www.who.int/data/gho>), and the estimated change is based on the difference in the Index value between these two years as a percentage of the 2015 value.

The presence of national guidelines and standards for the management of high BMI or obesity, the management of physical activity, the management of physical inactivity, and the management of NCDs in primary care are all given in the WHO-GHO (<https://www.who.int/data/gho>).

The presence of recent surveys of adult overweight and obesity, adult unhealthy diets, adult physical inactivity and a general or STEPS health examination are all given in the WHO-GHO (<https://www.who.int/data/gho>).

The presence of national policies or actions to impose taxes on sugar-sweetened beverages, to impose taxes on foods high in fat, saturated fat, sugar or salt (HFSS), to provide subsidies for healthier foods, to impose restriction on children's exposure to food and beverage marketing, and to implement tax incentives to promote physical activity are all given in the WHO-GHO (<https://www.who.int/data/gho>).

Annex 2: National estimates for the lifetime risk of high BMI in adulthood

The figures here are based on the maximum prevalence (%) of high BMI (BMI 25 kg/m² and above), and obesity class II and over (BMI 35kg/m² and above) in any specified age-group in 2022. For comment on the methods, and why the figures may be underestimates, see Annex 1.

	Men BMI 25+	Women BMI 25+	Men BMI 35+	Women BMI 35+
Afghanistan	40-60	60-80	10-20	10-20
Albania	80-100	80-100	0-10	10-20
Algeria	60-80	80-100	0-10	10-20
American Samoa	80-100	80-100	>40	>40
Andorra	60-80	60-80	0-10	10-20
Angola	20-40	40-60	0-10	0-10
Antigua and Barbuda	60-80	80-100	0-10	20-30
Argentina	80-100	80-100	10-20	20-30
Armenia	60-80	80-100	10-20	20-30
Australia	80-100	60-80	10-20	10-20
Austria	60-80	40-60	0-10	0-10
Azerbaijan	60-80	80-100	10-20	20-30
Bahamas	60-80	80-100	10-20	30-40
Bahrain	60-80	80-100	10-20	20-30
Bangladesh	20-40	40-60	0-10	0-10
Barbados	60-80	80-100	10-20	20-30
Belarus	80-100	80-100	0-10	20-30
Belgium	60-80	60-80	0-10	10-20
Belize	60-80	80-100	10-20	30-40
Benin	20-40	40-60	0-10	0-10
Bermuda	60-80	80-100	0-10	20-30
Bhutan	40-60	60-80	0-10	0-10
Bolivia	60-80	80-100	0-10	10-20
Bosnia and Herzegovina	80-100	80-100	0-10	10-20
Botswana	20-40	60-80	0-10	10-20
Brazil	60-80	60-80	0-10	10-20
Brunei Darussalam	60-80	60-80	10-20	10-20
Bulgaria	60-80	60-80	10-20	10-20

	Men BMI 25+	Women BMI 25+	Men BMI 35+	Women BMI 35+
Burkina Faso	20-40	20-40	0-10	0-10
Burundi	20-40	0-20	0-10	0-10
Cabo Verde	40-60	60-80	0-10	10-20
Cambodia	20-40	40-60	0-10	0-10
Cameroon	40-60	40-60	0-10	10-20
Canada	60-80	60-80	10-20	10-20
Central African Republic	20-40	20-40	0-10	0-10
Chad	20-40	20-40	0-10	0-10
Chile	80-100	80-100	10-20	20-30
China	40-60	40-60	0-10	0-10
Colombia	60-80	60-80	0-10	10-20
Comoros	20-40	60-80	0-10	10-20
Congo	20-40	40-60	0-10	0-10
Cook Islands	80-100	80-100	>40	>40
Costa Rica	60-80	80-100	10-20	20-30
Cote d'Ivoire	20-40	40-60	0-10	0-10
Croatia	80-100	80-100	10-20	20-30
Cuba	60-80	60-80	0-10	10-20
Cyprus	60-80	60-80	10-20	10-20
Czechia	80-100	80-100	10-20	10-20
Denmark	60-80	40-60	0-10	0-10
Djibouti	20-40	40-60	0-10	0-10
Dominica	40-60	80-100	0-10	20-30
Dominican Republic	60-80	80-100	10-20	10-20
DR Congo	20-40	20-40	0-10	0-10
Ecuador	60-80	80-100	0-10	10-20
Egypt	60-80	80-100	20-30	>40
El Salvador	60-80	80-100	0-10	10-20
Equatorial Guinea	20-40	60-80	0-10	10-20
Eritrea	0-20	20-40	0-10	0-10
Estonia	80-100	80-100	10-20	10-20
Eswatini	40-60	80-100	10-20	20-30
Ethiopia	0-20	0-20	0-10	0-10
Federated States of Micronesia	60-80	80-100	20-30	>40
Fiji	60-80	80-100	10-20	20-30

	Men BMI 25+	Women BMI 25+	Men BMI 35+	Women BMI 35+
Finland	60-80	60-80	0-10	10-20
France	60-80	40-60	0-10	0-10
French Polynesia	80-100	60-80	20-30	30-40
Gabon	40-60	60-80	0-10	10-20
Gambia	40-60	60-80	0-10	10-20
Georgia	80-100	80-100	10-20	20-30
Germany	80-100	60-80	0-10	10-20
Ghana	20-40	60-80	0-10	10-20
Greece	80-100	80-100	10-20	20-30
Greenland	60-80	60-80	0-10	10-20
Grenada	40-60	80-100	0-10	20-30
Guatemala	60-80	80-100	0-10	10-20
Guinea	20-40	40-60	0-10	0-10
Guinea Bissau	20-40	40-60	0-10	0-10
Guyana	40-60	60-80	0-10	20-30
Haiti	20-40	40-60	0-10	0-10
Honduras	60-80	80-100	0-10	10-20
Hungary	80-100	80-100	10-20	20-30
Iceland	60-80	60-80	0-10	0-10
India	20-40	40-60	0-10	0-10
Indonesia	20-40	60-80	0-10	0-10
Iran	60-80	80-100	0-10	10-20
Iraq	80-100	80-100	10-20	30-40
Ireland	80-100	60-80	10-20	10-20
Israel	60-80	60-80	10-20	10-20
Italy	60-80	60-80	0-10	10-20
Jamaica	40-60	80-100	0-10	20-30
Japan	20-40	20-40	0-10	0-10
Jordan	80-100	80-100	10-20	30-40
Kazakhstan	60-80	60-80	0-10	10-20
Kenya	20-40	40-60	0-10	0-10
Kiribati	80-100	80-100	10-20	30-40
Kuwait	80-100	80-100	20-30	30-40
Kyrgyzstan	60-80	80-100	10-20	20-30
Lao PDR	20-40	40-60	0-10	0-10

	Men BMI 25+	Women BMI 25+	Men BMI 35+	Women BMI 35+
Latvia	80-100	80-100	10-20	10-20
Lebanon	80-100	80-100	10-20	20-30
Lesotho	20-40	60-80	0-10	20-30
Liberia	20-40	40-60	0-10	10-20
Libya	60-80	80-100	10-20	30-40
Lithuania	80-100	80-100	10-20	10-20
Luxembourg	60-80	60-80	0-10	0-10
Madagascar	20-40	20-40	0-10	0-10
Malawi	20-40	40-60	0-10	0-10
Malaysia	60-80	60-80	0-10	10-20
Maldives	40-60	60-80	0-10	0-10
Mali	20-40	40-60	0-10	0-10
Malta	80-100	80-100	10-20	10-20
Marshall Islands	80-100	80-100	20-30	30-40
Mauritania	20-40	60-80	0-10	10-20
Mauritius	40-60	60-80	0-10	10-20
Mexico	80-100	80-100	10-20	10-20
Moldova	80-100	80-100	0-10	10-20
Mongolia	60-80	80-100	10-20	10-20
Montenegro	60-80	60-80	0-10	10-20
Morocco	40-60	80-100	0-10	10-20
Mozambique	20-40	40-60	0-10	0-10
Myanmar	20-40	40-60	0-10	0-10
Namibia	20-40	40-60	0-10	10-20
Nauru	80-100	80-100	>40	>40
Nepal	20-40	40-60	0-10	0-10
Netherlands	60-80	60-80	0-10	0-10
New Zealand	80-100	60-80	10-20	10-20
Nicaragua	60-80	80-100	10-20	20-30
Niger	0-20	20-40	0-10	0-10
Nigeria	20-40	40-60	0-10	0-10
Niue	80-100	80-100	30-40	>40
North Korea	40-60	40-60	0-10	0-10
North Macedonia	80-100	80-100	10-20	10-20
Norway	60-80	40-60	0-10	0-10

	Men BMI 25+	Women BMI 25+	Men BMI 35+	Women BMI 35+
Oman	60-80	80-100	30-40	20-30
Pakistan	60-80	60-80	0-10	10-20
Palau	80-100	80-100	20-30	20-30
Panama	60-80	80-100	10-20	20-30
Papua New Guinea	40-60	60-80	0-10	10-20
Paraguay	60-80	80-100	10-20	20-30
Peru	60-80	80-100	0-10	10-20
Philippines	40-60	40-60	0-10	0-10
Poland	80-100	80-100	10-20	10-20
Portugal	80-100	60-80	0-10	10-20
Puerto Rico	60-80	80-100	10-20	20-30
Qatar	80-100	80-100	10-20	30-40
Romania	80-100	80-100	10-20	20-30
Russian Federation	60-80	80-100	0-10	10-20
Rwanda	0-20	20-40	0-10	0-10
Saint Kitts and Nevis	60-80	80-100	10-20	30-40
Saint Lucia	40-60	80-100	0-10	20-30
Saint Vincent and the Grenadines	40-60	80-100	0-10	20-30
Samoa	80-100	80-100	30-40	>40
Sao Tome and Principe	40-60	60-80	0-10	10-20
Saudi Arabia	80-100	80-100	10-20	30-40
Senegal	20-40	40-60	0-10	0-10
Serbia	60-80	60-80	0-10	10-20
Seychelles	60-80	80-100	0-10	20-30
Sierra Leone	0-20	20-40	0-10	0-10
Singapore	40-60	40-60	0-10	0-10
Slovakia	80-100	80-100	10-20	10-20
Slovenia	60-80	60-80	10-20	0-10
Solomon Islands	60-80	60-80	0-10	10-20
Somalia	20-40	60-80	0-10	10-20
South Africa	40-60	80-100	0-10	30-40
South Korea	40-60	40-60	0-10	0-10
South Sudan	20-40	20-40	0-10	0-10
Spain	60-80	60-80	0-10	0-10

	Men BMI 25+	Women BMI 25+	Men BMI 35+	Women BMI 35+
Sri Lanka	20-40	40-60	0-10	0-10
State of Palestine	60-80	80-100	20-30	30-40
Sudan	40-60	40-60	0-10	10-20
Suriname	40-60	80-100	0-10	20-30
Sweden	60-80	60-80	0-10	0-10
Switzerland	60-80	40-60	0-10	0-10
Syrian Arab Republic	80-100	80-100	10-20	20-30
Taiwan	40-60	40-60	0-10	0-10
Tajikistan	60-80	80-100	10-20	20-30
Tanzania	20-40	40-60	0-10	0-10
Thailand	40-60	40-60	0-10	0-10
Timor-Leste	0-20	20-40	0-10	0-10
Togo	20-40	40-60	0-10	0-10
Tokelau	80-100	80-100	>40	>40
Tonga	80-100	80-100	>40	>40
Trinidad and Tobago	60-80	60-80	10-20	20-30
Tunisia	60-80	80-100	0-10	20-30
Turkey	80-100	80-100	10-20	30-40
Turkmenistan	60-80	80-100	0-10	10-20
Tuvalu	80-100	80-100	30-40	>40
Uganda	0-20	20-40	0-10	0-10
Ukraine	60-80	80-100	0-10	10-20
United Arab Emirates	60-80	80-100	10-20	20-30
United Kingdom	80-100	60-80	10-20	10-20
United States of America	80-100	60-80	10-20	20-30
Uruguay	80-100	80-100	10-20	20-30
Uzbekistan	60-80	80-100	10-20	20-30
Vanuatu	60-80	60-80	0-10	10-20
Venezuela	60-80	60-80	0-10	10-20
Vietnam	20-40	20-40	0-10	0-10
Yemen	40-60	40-60	0-10	0-10
Zambia	20-40	40-60	0-10	0-10
Zimbabwe	20-40	40-60	0-10	10-20

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