

Australia



Country report card - adults

This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity for adults. Where available, data on common and relevant obesity drivers and comorbidities are also presented.

View the latest version of this report on the Global Obesity Observatory at https://data.worldobesity.org/country/australia-10/



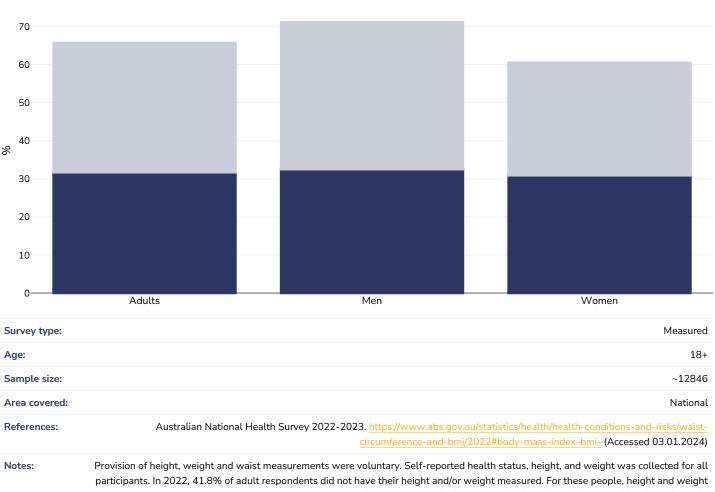
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Obesity prevalence

Adults, 2022-2023

Obesity Overweight



were imputed using a range of information including their self-reported height and weight



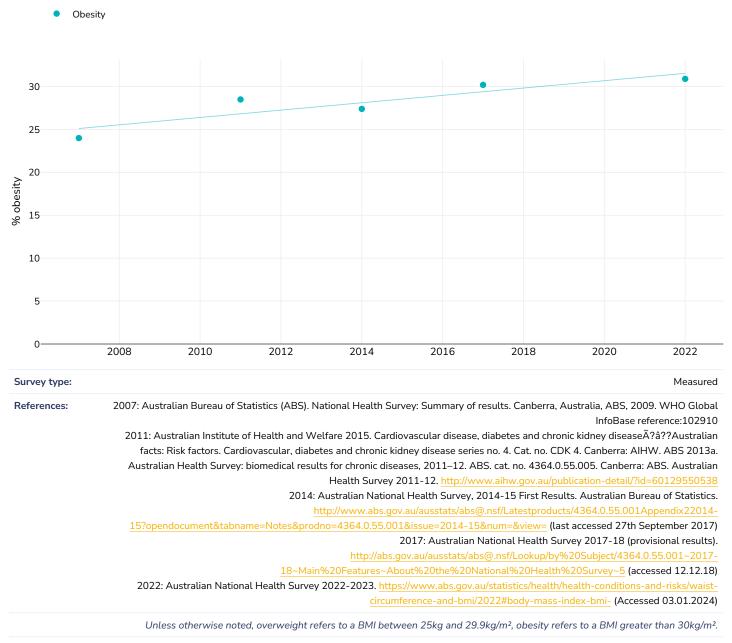
% Adults living with obesity in Australia 2007-2022



Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².



Women



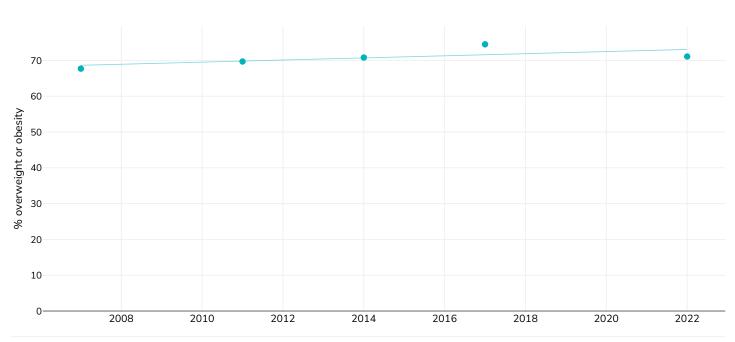


% Adults living with overweight or obesity in Australia 2007-2022

Men

Survey type:

Overweight or obesity



Measured

References: 2007: Australian Bureau of Statistics (ABS). National Health Survey: Summary of results. Canberra, Australia, ABS, 2009. WHO Global InfoBase reference:102910

2011: Australian Institute of Health and Welfare 2015. Cardiovascular disease, diabetes and chronic kidney diseaseÃ?â??Australian facts: Risk factors. Cardiovascular, diabetes and chronic kidney disease series no. 4. Cat. no. CDK 4. Canberra: AIHW. ABS 2013a.

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2017: Australian National Health Survey 2017-18 (provisional results).

http://abs.gov.au/ausstats/abs@.nsf/Lookup/by%20Subject/4364.0.55.001~2017-

<u>18~Main%20Features~About%20the%20National%20Health%20Survey~5</u> (accessed 12.12.18)

2022: Australian National Health Survey 2022-2023. https://www.abs.gov.au/statistics/health/health-conditions-and-risks/waist-

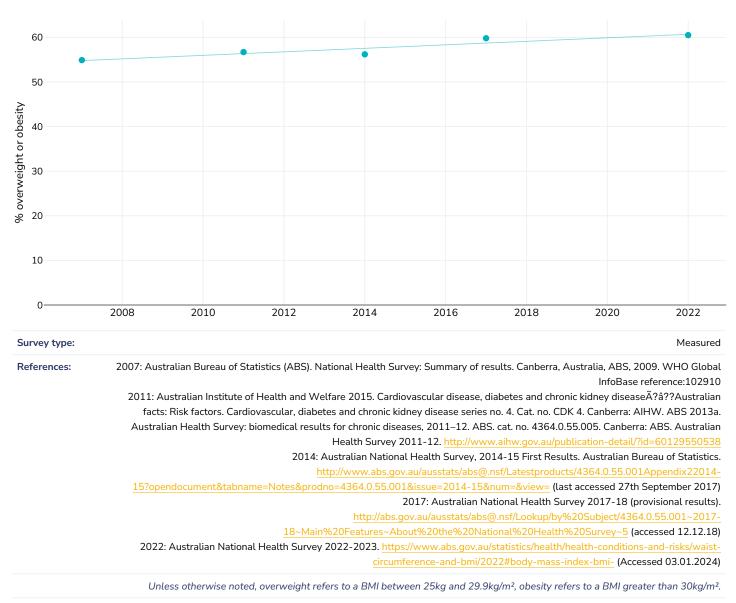
circumference-and-bmi/2022#body-mass-index-bmi- (Accessed 03.01.2024)

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².



Women

• Overweight or obesity



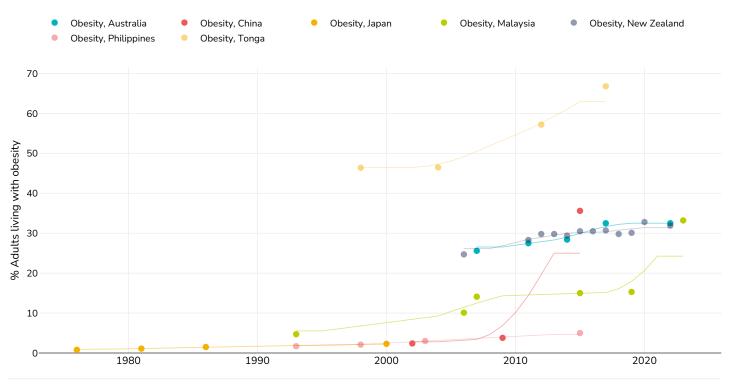


% Adults living with obesity in selected countries in the Asia/Oceania Region 1975-2019, selected countries



Men

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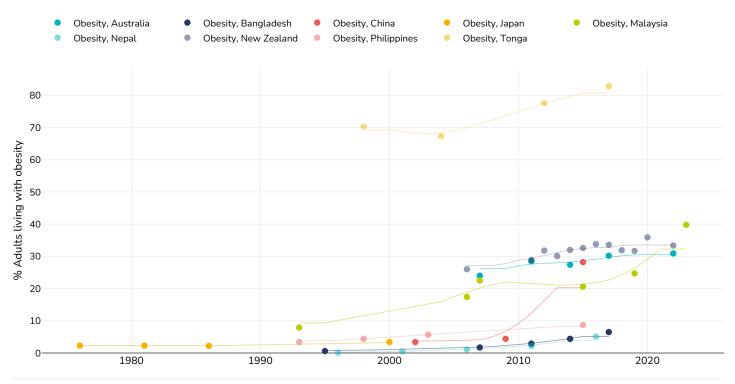
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Women

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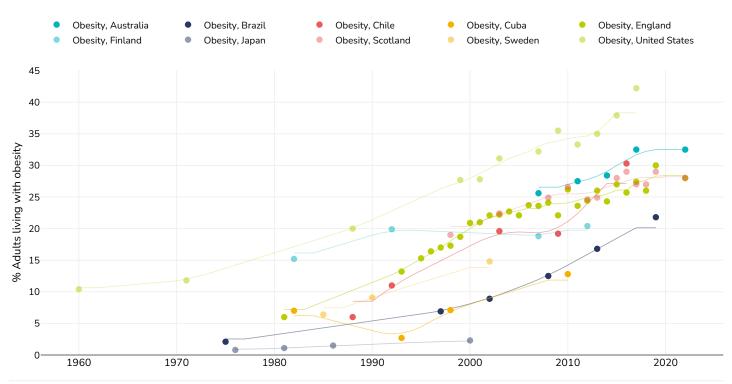




% Adults living with obesity in selected countries worldwide 1976-2018, selected countries



Men





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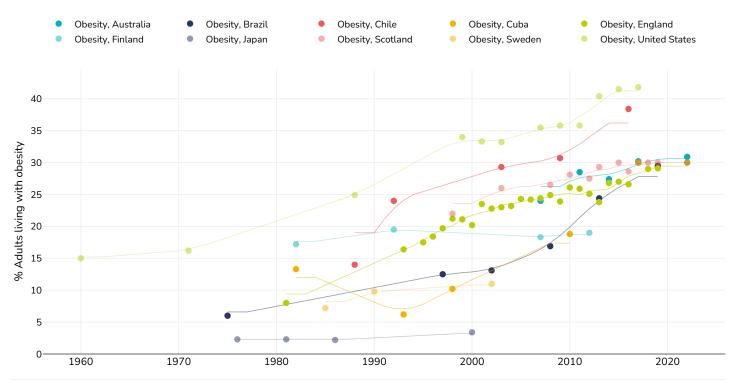
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Women





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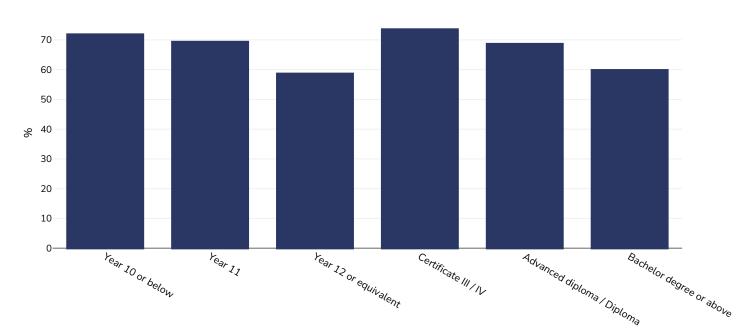




Overweight/obesity by education

Adults, 2022-2023

Overweight or obesity



Survey type:	Measured
Age:	18+
Sample size:	~12846
Area covered:	National
References:	Australian National Health Survey 2022-2023. <u>https://www.abs.gov.au/statistics/health/health-conditions-and-risks/waist-</u> <u>circumference-and-bmi/2022#body-mass-index-bmi-</u> (Accessed 03.01.2024)

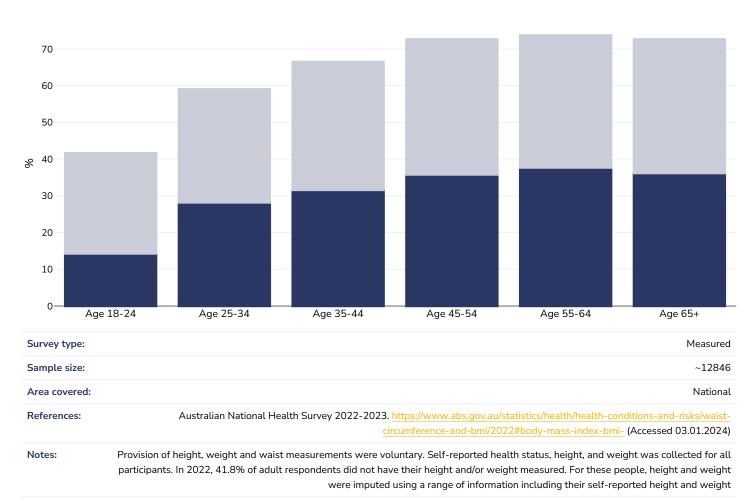
Notes: Provision of height, weight and waist measurements were voluntary. Self-reported health status, height, and weight was collected for all participants. In 2022, 41.8% of adult respondents did not have their height and/or weight measured. For these people, height and weight were imputed using a range of information including their self-reported height and weight



Overweight/obesity by age

Adults, 2022-2023

Obesity Overweight

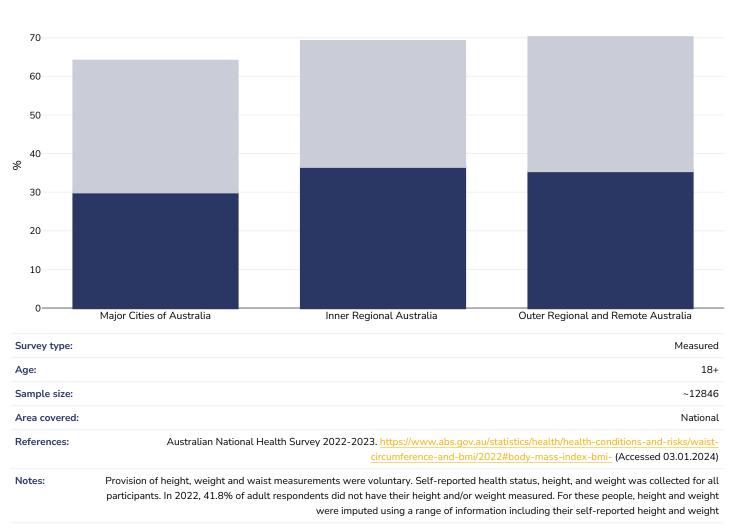




Overweight/obesity by region

Adults, 2022-2023



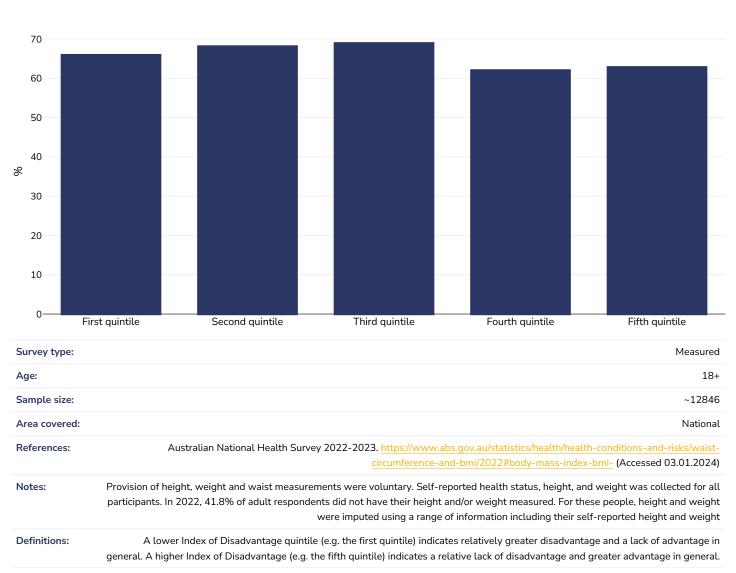




Overweight/obesity by socio-economic group

Adults, 2022-2023

Overweight or obesity



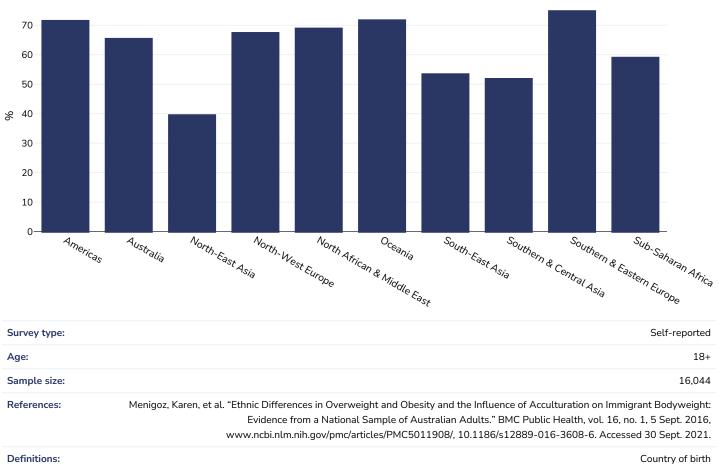


Overweight/obesity by ethnicity

Ethnic groups are as defined by publication of origin and are not as defined by WOF. In some instances ethnicity is conflated with nationality and/or race.

Men, 2011

Overweight or obesity



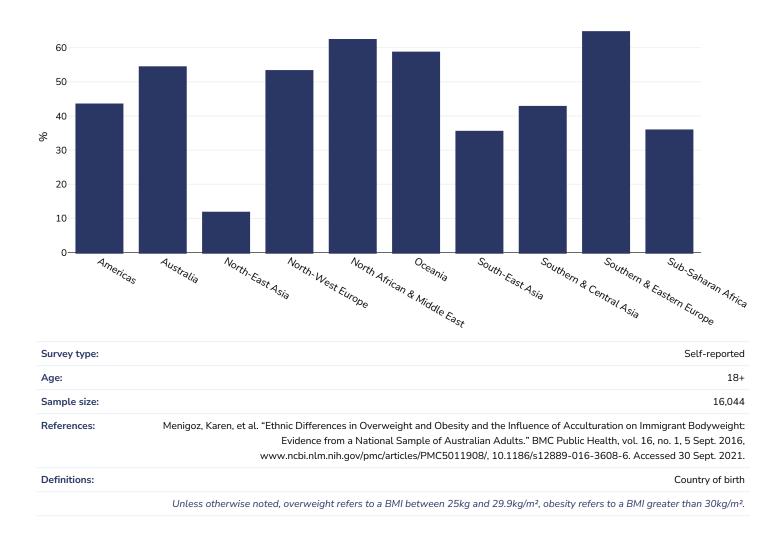
Country of birth





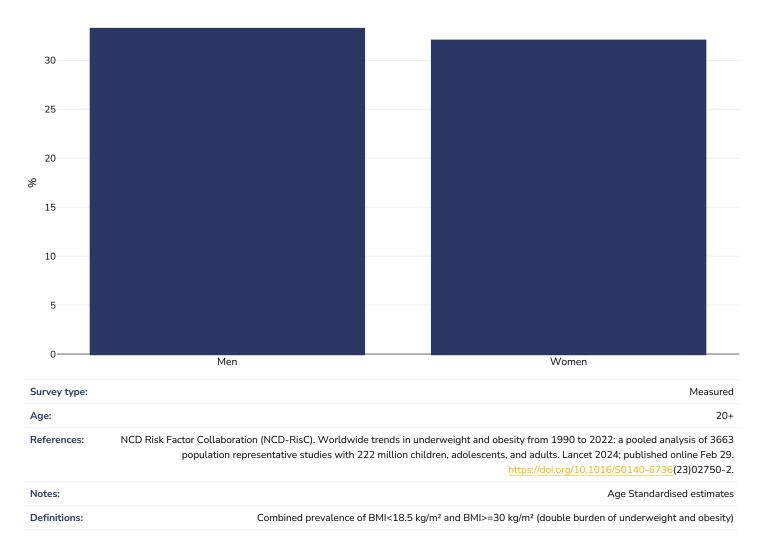
Women, 2011

Overweight or obesity



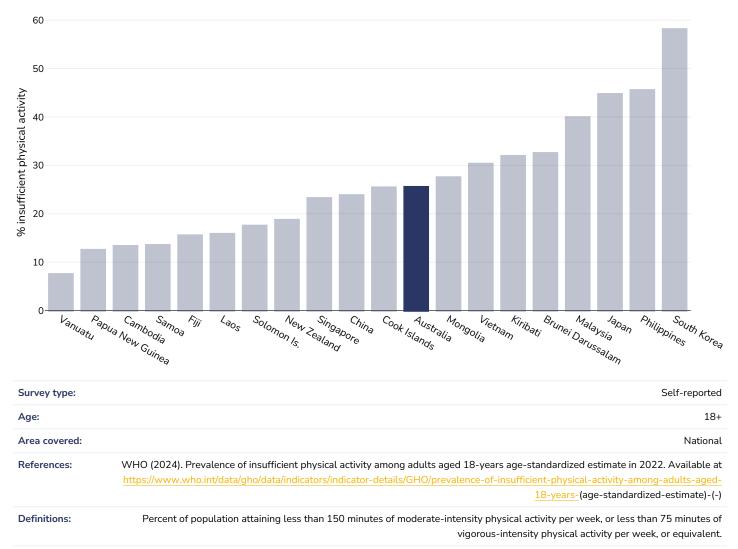


Double burden of underweight & overweight



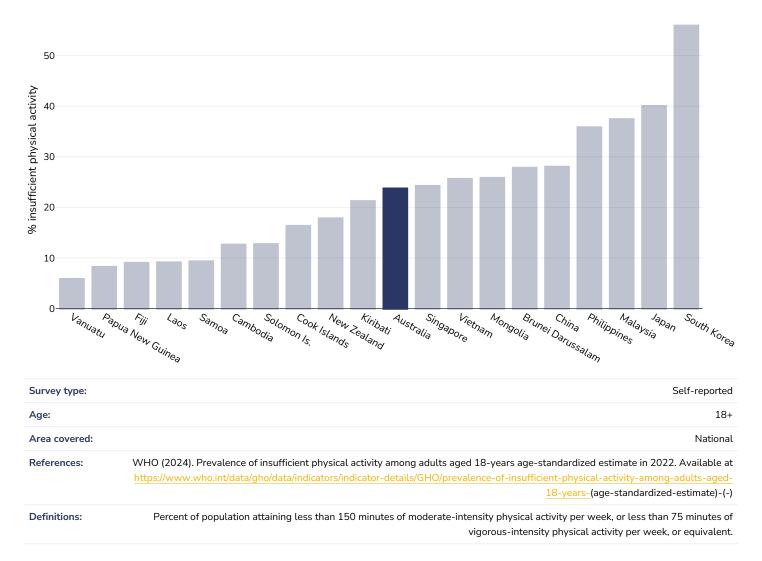


Insufficient physical activity



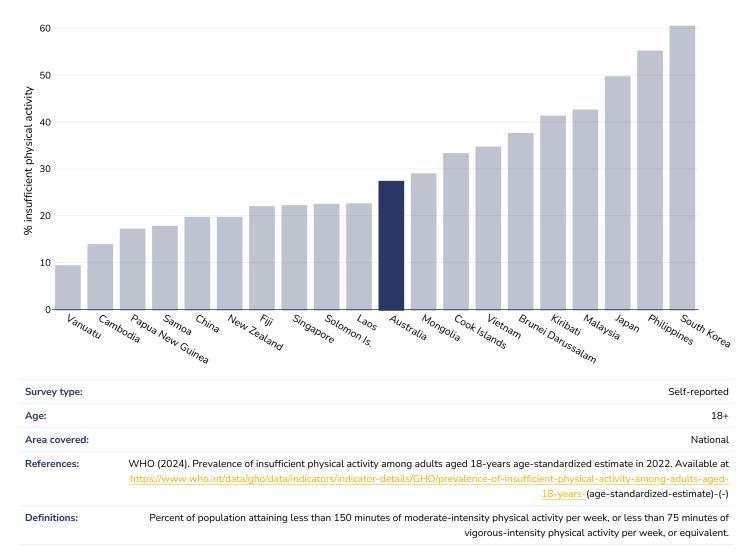


Men, 2022



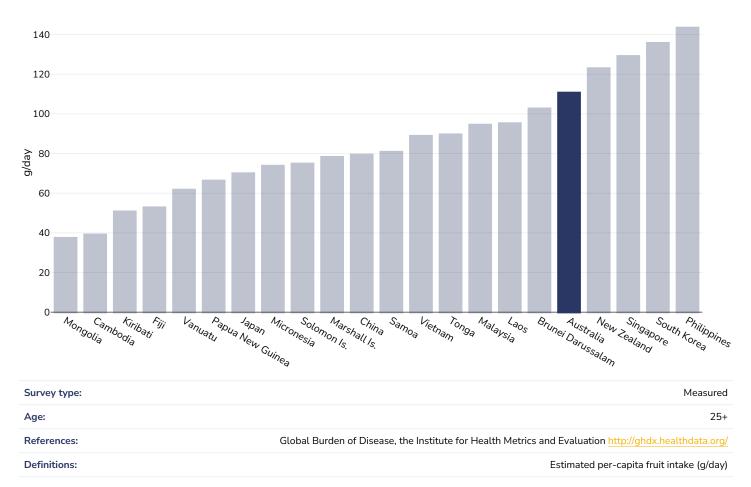


Women, 2022



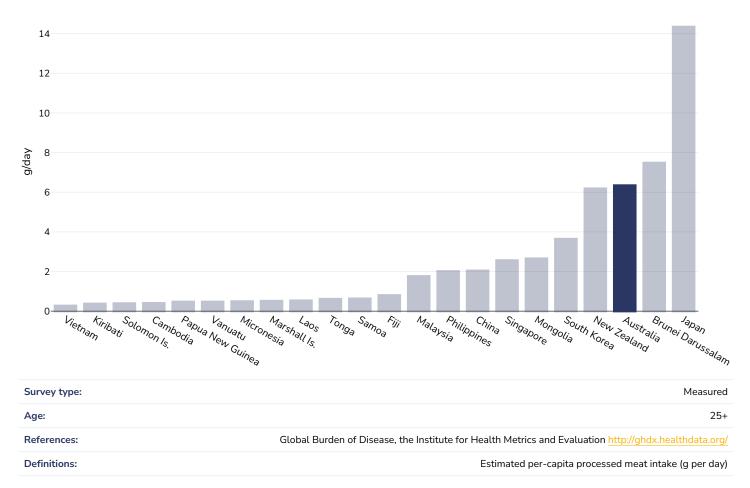


Estimated per capita fruit intake



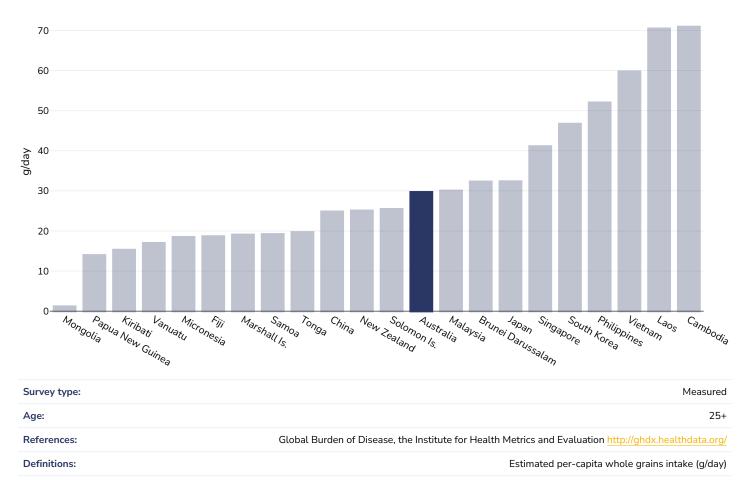


Estimated per-capita processed meat intake



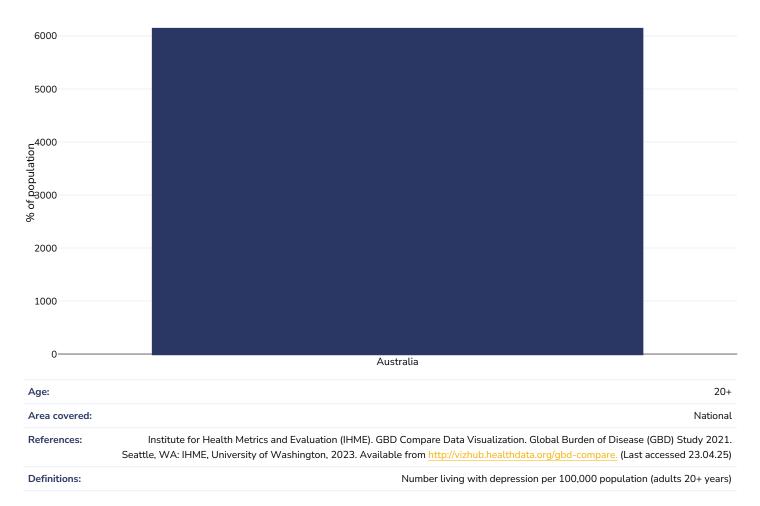


Estimated per capita whole grains intake



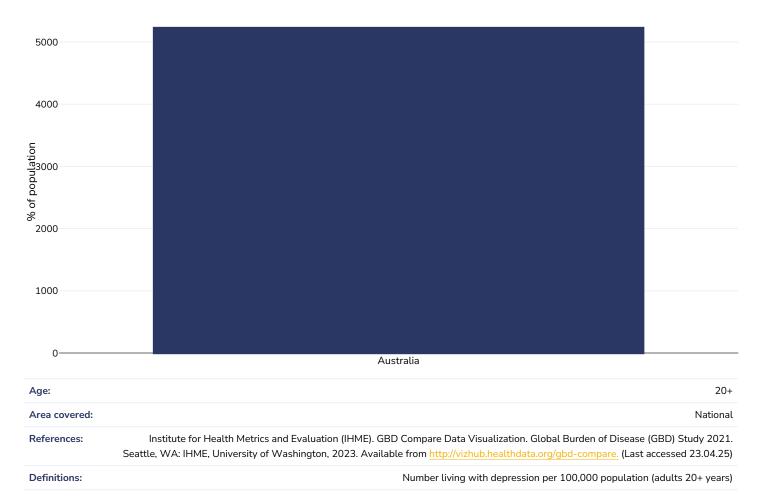


Mental health - depression disorders





Men, 2021





Women, 2021

7000	
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6000	
5000	
n	
124000	
Idoc	
000 000 000 000	
×3000	
2000	
1000	
0	
	Australia
Age:	20+
Area covered:	National
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021.
	Seattle, WA: IHME, University of Washington, 2023. Available from http://vizhub.healthdata.org/gbd-compare . (Last accessed 23.04.25)
Definitions:	Number living with depression per 100,000 population (adults 20+ years)

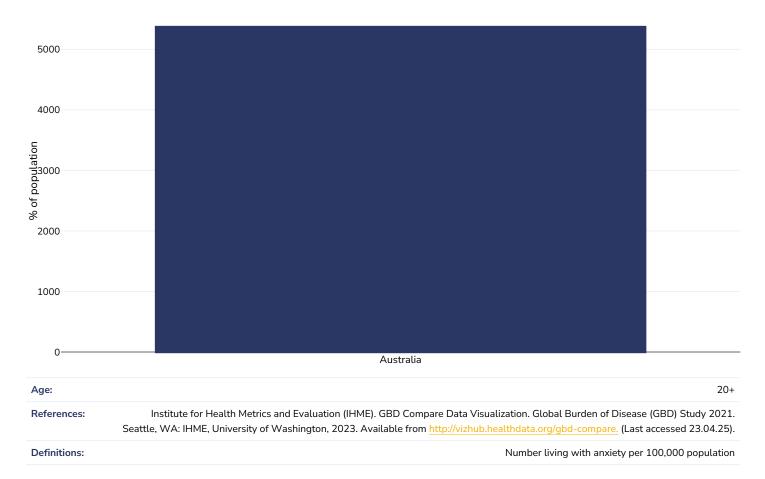


Mental health - anxiety disorders





Men, 2021





Women, 2021

9000	
8000	
8000	
7000	
6000	
L L	
atio	
- <u>1</u> 5000	
od	
% of population 0000 %	
8	
3000	
2000	
2000	
1000	
0	
	Australia
Age:	20+
Age.	
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021.
	Seattle, WA: IHME, University of Washington, 2023. Available from http://vizhub.healthdata.org/gbd-compare . (Last accessed 23.04.25).
Definitions:	Number living with anxiety per 100,000 population



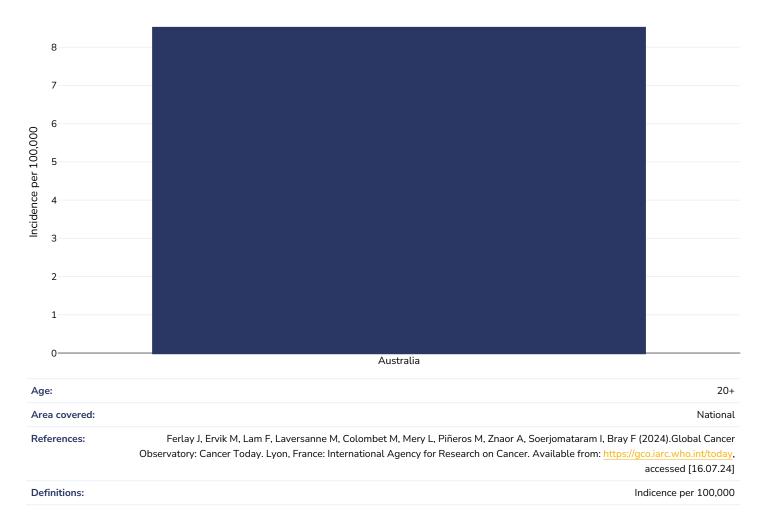
Percent of population who cannot afford a healthy diet

60 50 40 % 30 20 10 0 Malaysia South Korea Australia Japan Vietnam China Mongolia Philippines Laos Fiji Area covered: National The Food Systems Dashboard. The Global Alliance for Improved Nutrition (GAIN), The Columbia Climate School, and Cornell University References: College of Agriculture and Life Sciences. 2024. Geneva, Switzerland. https://www.foodsystemsdashboard.org. DOI: https://doi.org/10.36072/db.

Adults, 2022



Oesophageal cancer



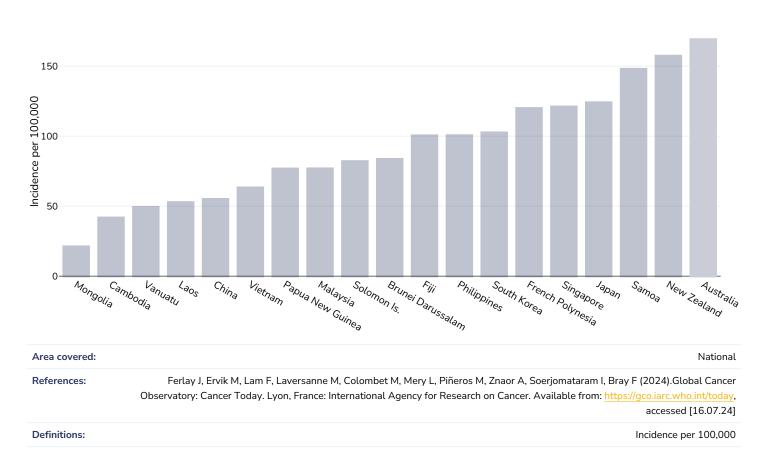






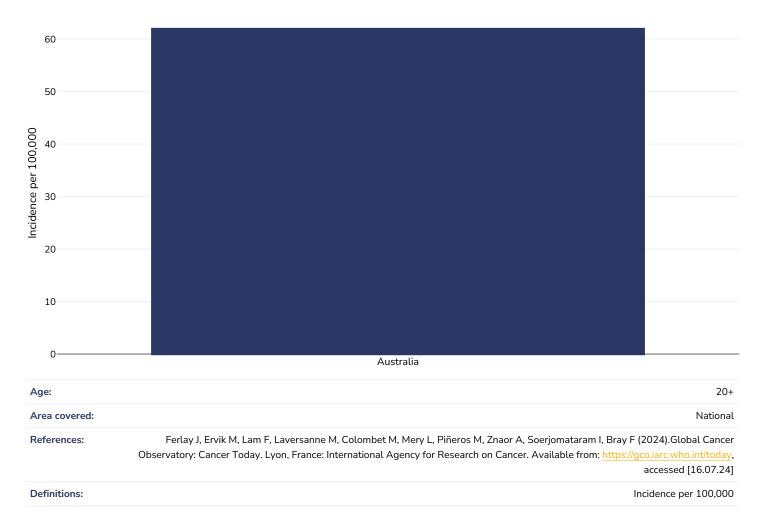
Breast cancer

Age 20 Age 20+

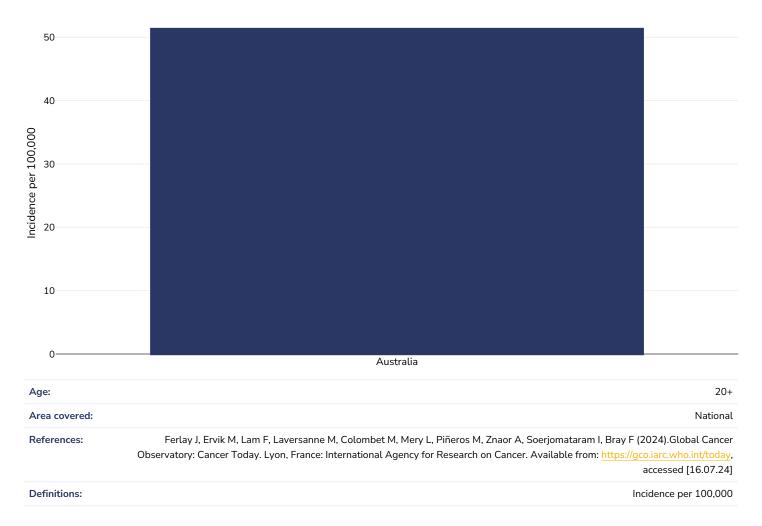




Colorectal cancer

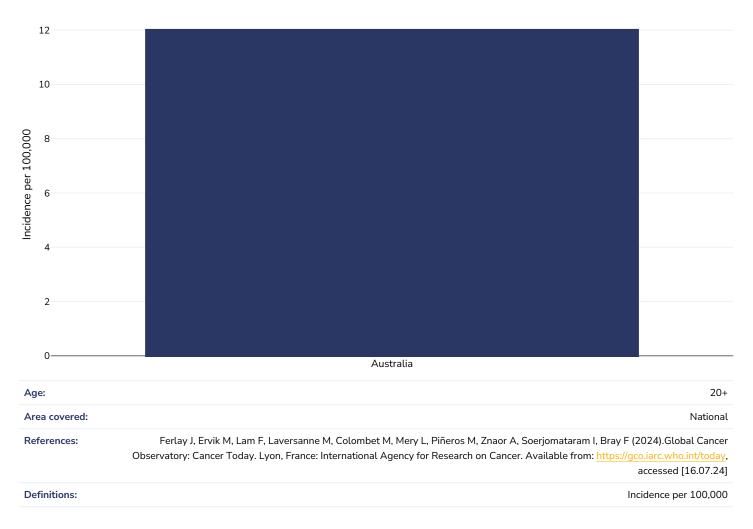








Pancreatic cancer

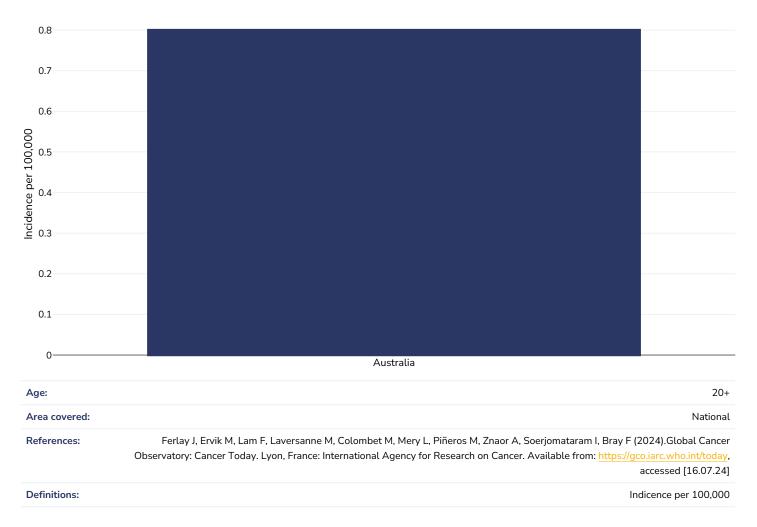




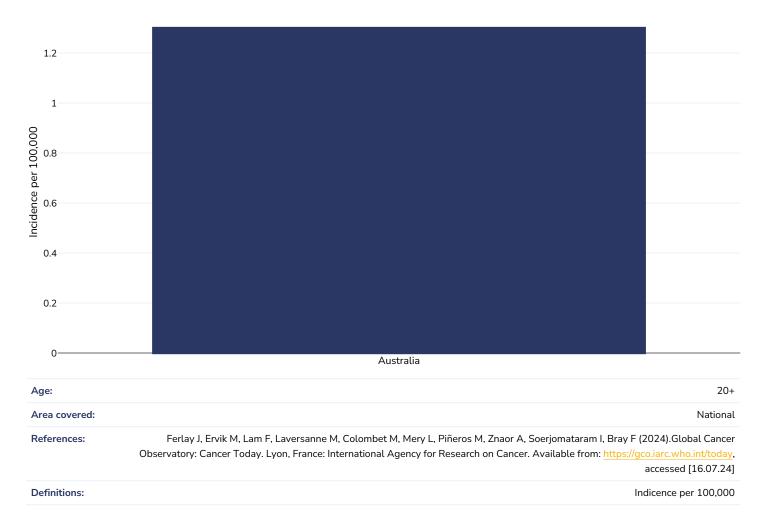




Gallbladder cancer

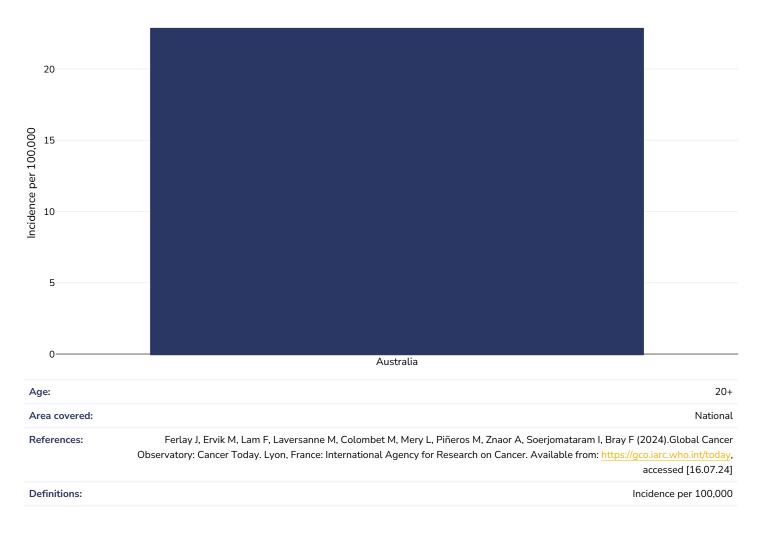








Kidney cancer









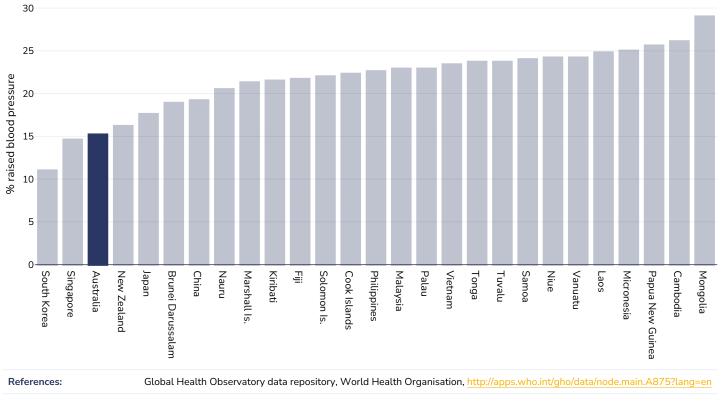
Cancer of the uterus





Raised blood pressure

Adults, 2015

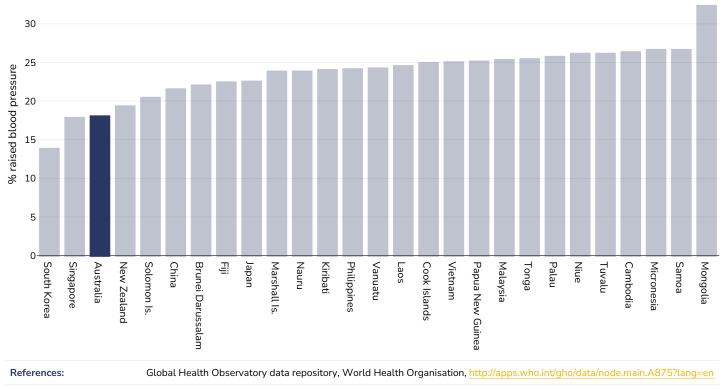


Definitions:

Age Standardised estimated % Raised blood pressure 2015 (SBP>=140 OR DBP>=90).



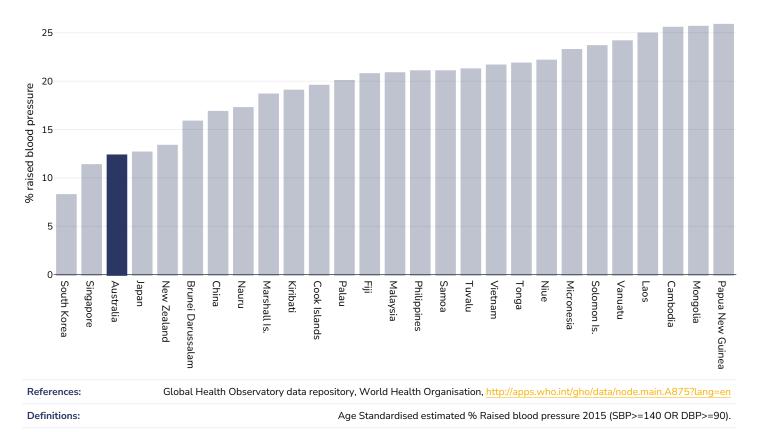
Men, 2015



Definitions:

Age Standardised estimated % Raised blood pressure 2015 (SBP>=140 OR DBP>=90).



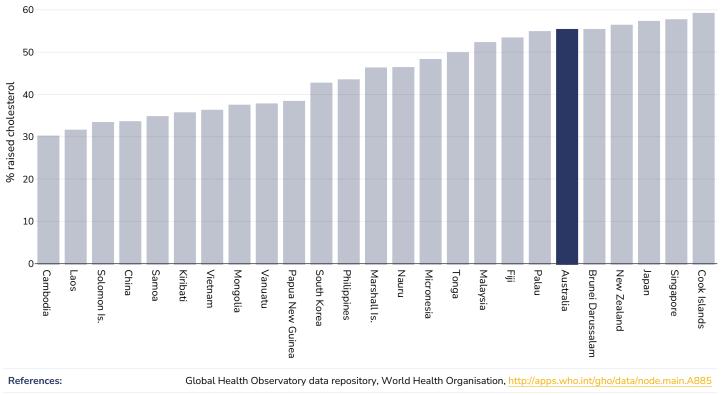


52



Raised cholesterol

Adults, 2008

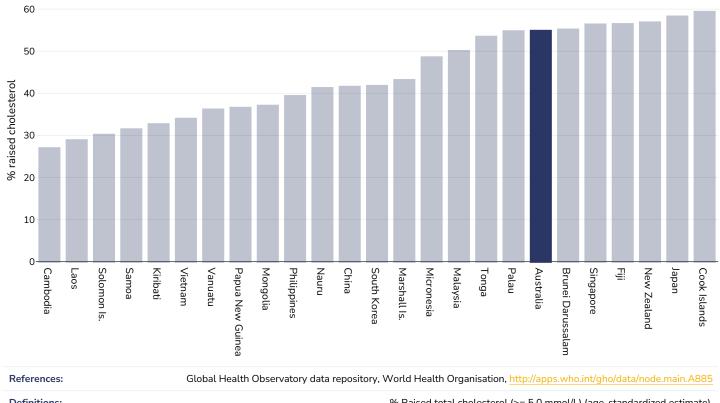


Definitions:

% Raised total cholesterol (>= 5.0 mmol/L) (age-standardized estimate).

WGRLD SITY

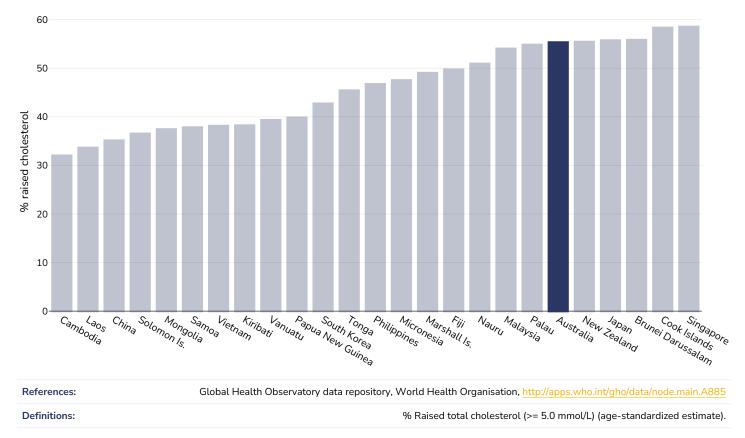
Men, 2008



Definitions:

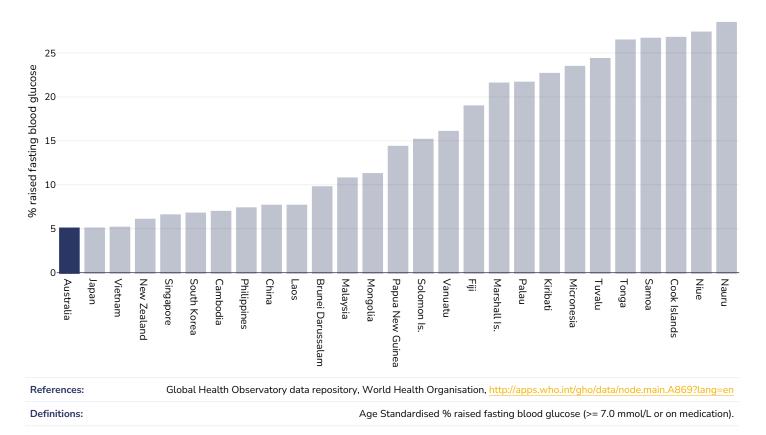
% Raised total cholesterol (>= 5.0 mmol/L) (age-standardized estimate).



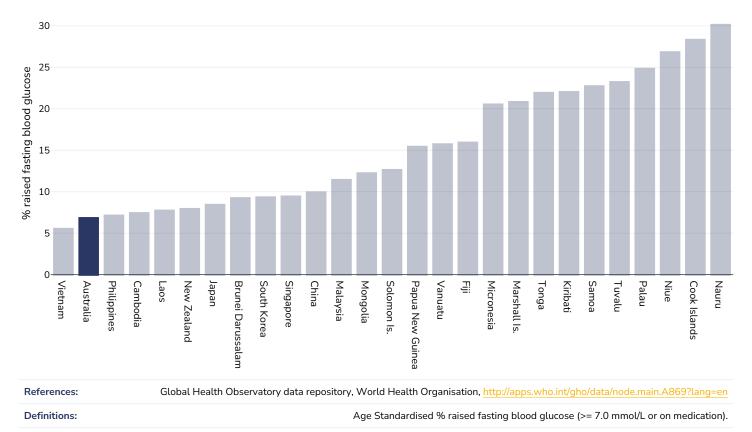




Raised fasting blood glucose



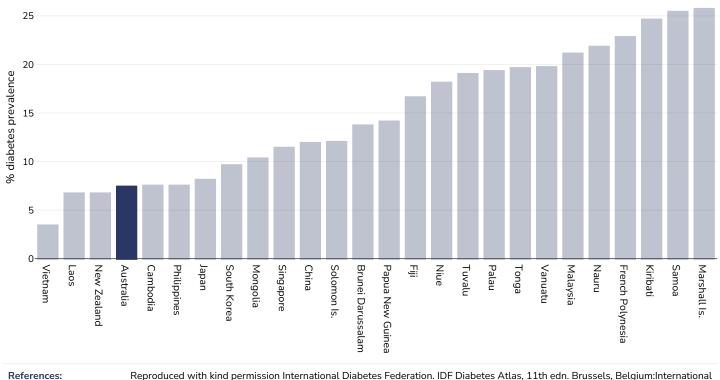






Diabetes prevalence

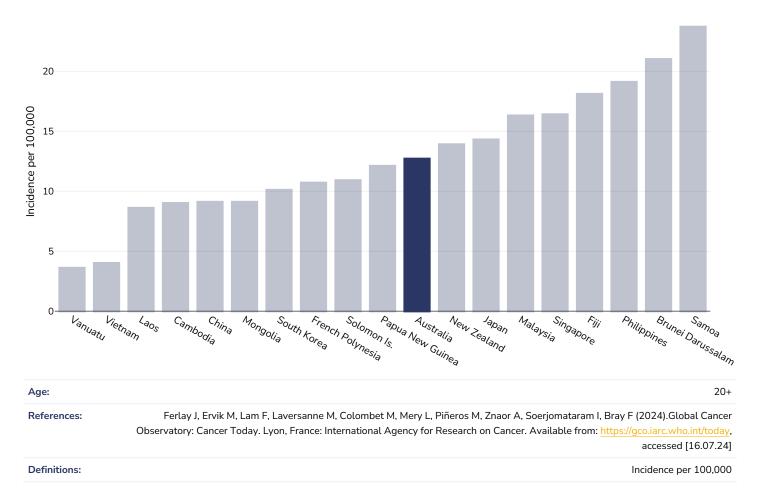
Adults, 2024



Reproduced with kind permission International Diabetes Federation. IDF Diabetes Atlas, 11th edn. Brussels, Belgium:International Diabetes Federation, 2025. http://www.diabetesatlas.org



Ovarian Cancer





Leukemia

Men, 2022											
4											
3											
2											
1											
0											
⁻¹ _1	0	1	2	3	4	5	6				
Age: Area covered:							20+				
References:	National Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <u>https://gco.iarc.who.int/today</u> , accessed [16.07.24]										
Definitions:						Incidence p	er 100,000				
	Unless ot	therwise noted. overw	eight refers to a BMI l	between 25kg and 29	.9ka/m². obesitv refer	s to a BMI areater tha	n 30ka/m².				

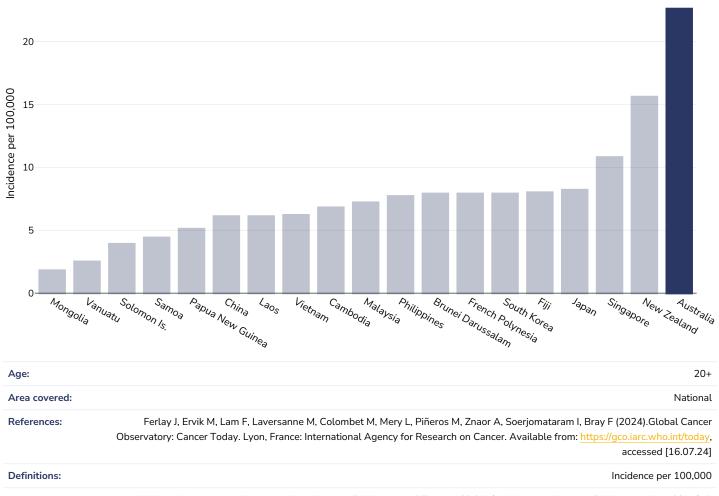


4							
2							
3							
2							
1							
0							
⁻¹ -1	0	1	2	3	4	5	6
Age:							20+
Area covered:							National
References:					Znaor A, Soerjomatarar n Cancer. Available fror	m: <u>https://gco.iarc.wh</u> g	
Definitions:						Incidence pe	er 100,000
	Unless othe	rwise noted, overw	eight refers to a BMI	between 25kg and 2	9.9kg/m², obesity refers	s to a BMI greater tha	n 30kg/m².



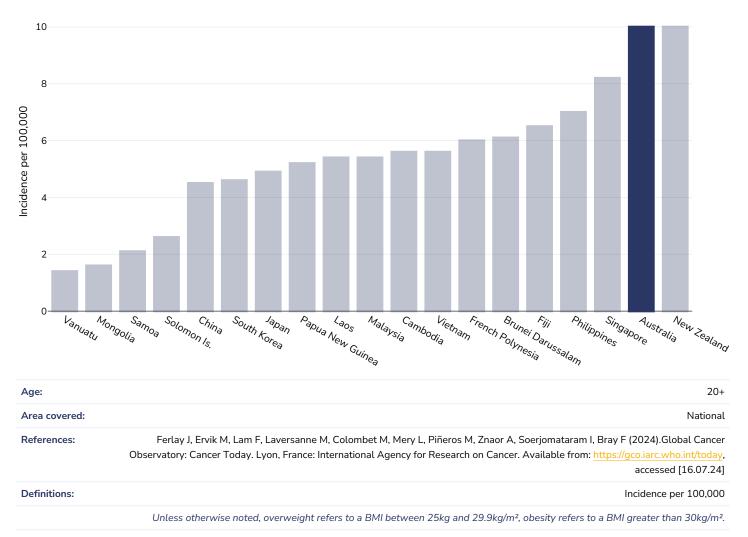
Leukemia





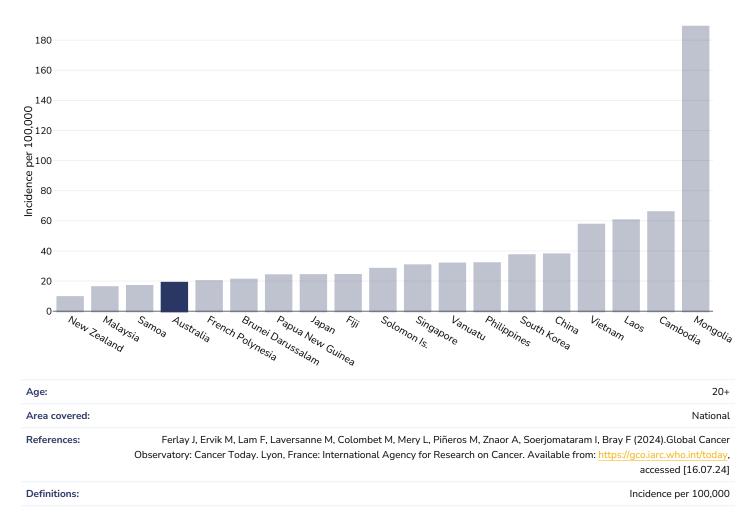
Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².





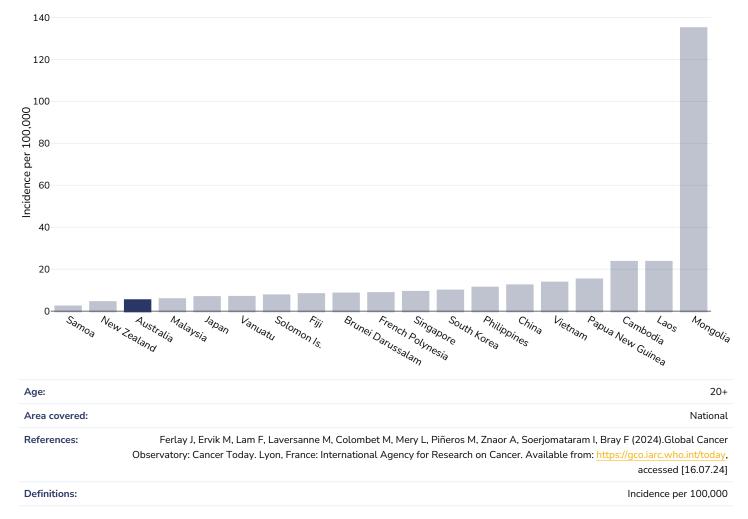


Liver and intrahepatic bile duct Cancer





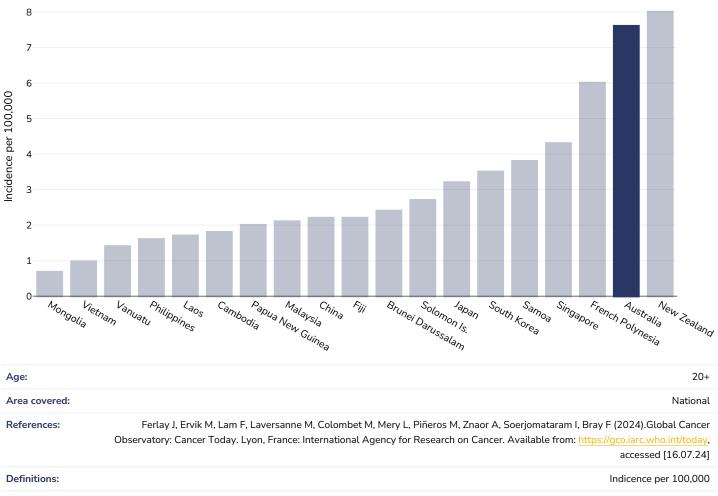






Multiple Myeloma

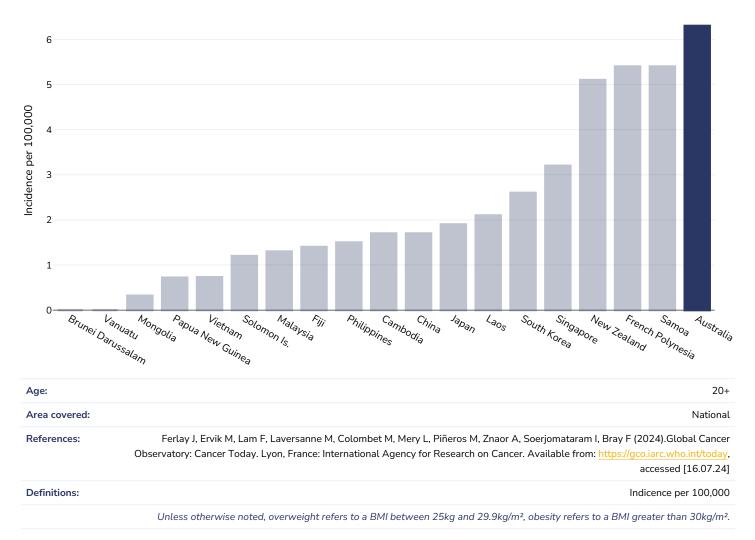
Men, 2022



Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².



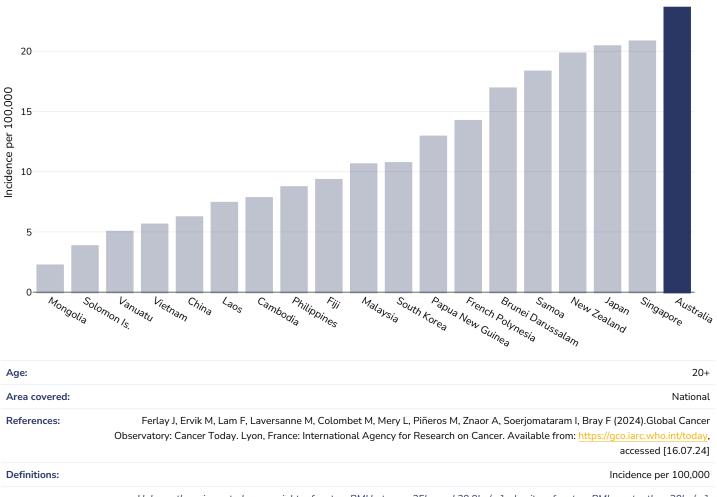






Non Hodgkin Lymphoma

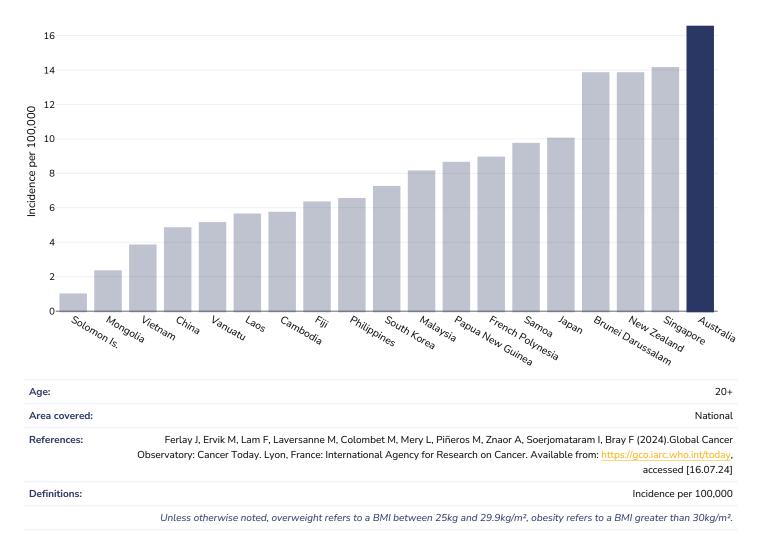
Men, 2022



Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².

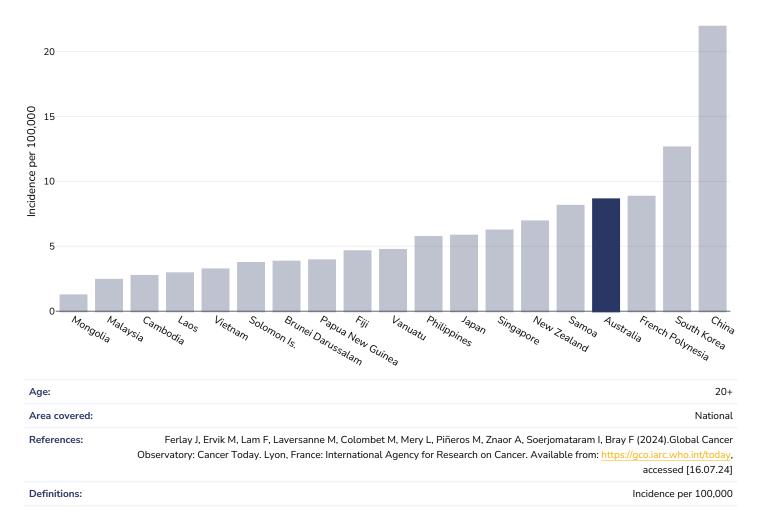
Australia Country report card - adults





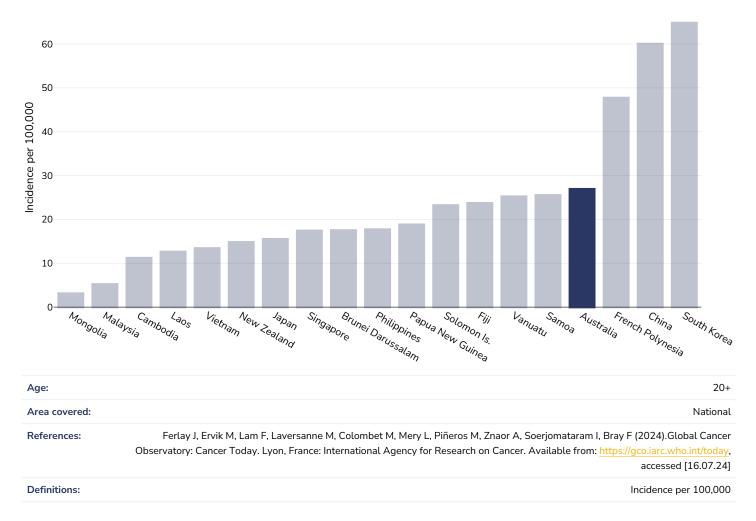


Thyroid Cancer









PDF created on June 17, 2025