

Bangladesh



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.

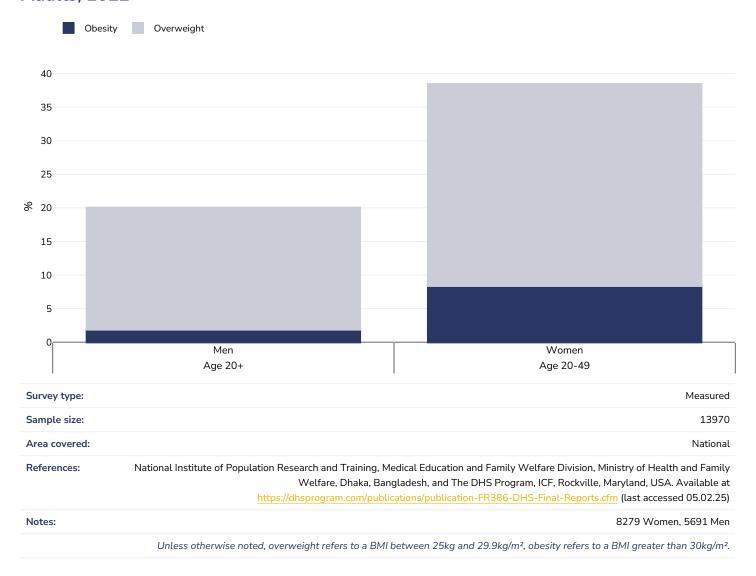
View the latest version of this report on the Global Obesity Observatory at https://data.worldobesity.org/country/bangladesh-16/.



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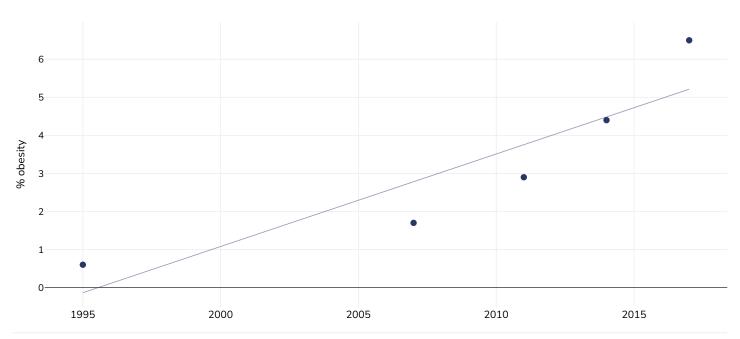
Obesity prevalence





% Adults living with obesity in Bangladesh 1995-2017

Obesity, Women



Survey type: Measured

References:

1995: Martorell R, Khan LK, Hughes ML, Grummer Strawn LM. Obesity in women from developing countries. EJCN (2000) 54;247-252 2007: National Institute of Population Research and Training (NIPORT), Mitra and Associates, and Macro International. 2008. Bangladesh Demographic and Health Survey 2007: Key Findings. Calverton, Maryland, USA: NIPORT, Mitra and Associates, and Macro International.

2011: National Institute of Population Research and Training - NIPORT/Bangladesh, Mitra and Associates/Bangladesh, and ICF International. 2013. Bangladesh Demographic and Health Survey 2011. Dhaka, Bangladesh: NIPORT, Mitra and Associates, and ICF International

2014: National Institute of Population Research and Training - NIPORT/Bangladesh, Mitra and Associates, and ICF International. 2016.

Bangladesh Demographic and Health Survey 2014. Dhaka, Bangladesh: NIPORT, Mitra and Associates, and ICF International..

http://www.dhsprogram.com/publications/publication-FR311-DHS-Final-Reports.cfm (last accessed 11th April 2016)

2017: National Institute of Population Research and Training (NIPORT), and ICF. 2020. Bangladesh Demographic and Health Survey 2017-18. Dhaka, Bangladesh, and Rockville, Maryland, USA: NIPORT and ICF https://dhsprogram.com/pubs/pdf/FR344/FR344.pdf (last accessed 10.08.22)

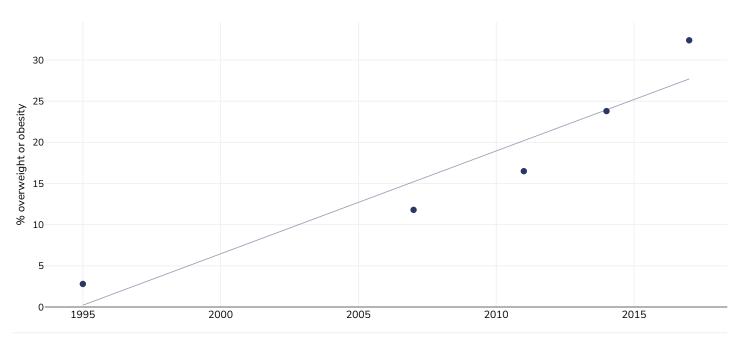
Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².

Different methodologies may have been used to collect this data and so data from different surveys may not be strictly comparable. Please check with original data sources for methodologies used.



% Adults living with overweight or obesity in Bangladesh 1995-2017

Overweight or obesity, Women



Survey type: Measured

References:

1995: Martorell R, Khan LK, Hughes ML, Grummer Strawn LM. Obesity in women from developing countries. EJCN (2000) 54;247-252 2007: National Institute of Population Research and Training (NIPORT), Mitra and Associates, and Macro International. 2008. Bangladesh Demographic and Health Survey 2007: Key Findings. Calverton, Maryland, USA: NIPORT, Mitra and Associates, and Macro International.

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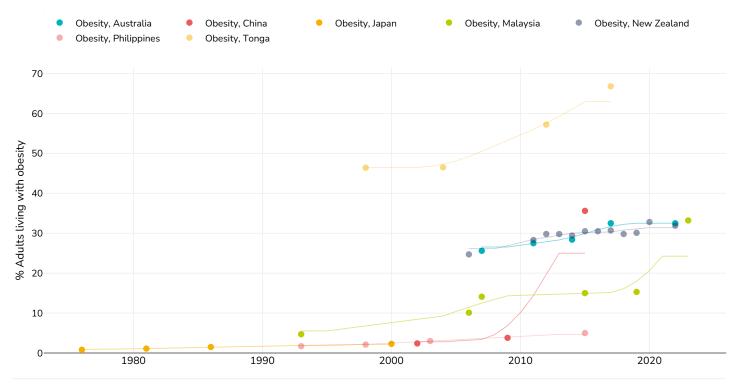
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% Adults living with obesity in selected countries in the Asia/Oceania Region 1975-2019, selected countries



Men



References:

1976, 1981, 1986: Yoshiike N, Seino F, Tajima S, Arai Y, Kawano M, Furuhata T, Inoue S. Twenty-year changes in the prevalence of overweight in Japanese adults: The National Nutrition Survey 1976-95. Obesity Reviews 2002;3:183-190

1993: Solon FS. Nutrition related chronic diseases in the Philippines. Makati city, Philippines: Nutrition Center of the Philippines Report Series, vol 2, No.1, cited in Reference 53

1995, 1996: Martorell R, Khan LK, Hughes ML, Grummer Strawn LM. Obesity in women from developing countries. EJCN (2000) 54;247–252

1998: Colaguir S, Colagiuri R, Na'ati S, Muimuiheata S, Hussain Z and Palau T. (2002). The prevalence of diabetes in the Kingdom of Tonga. Diabetes care, 25: 1378 - 1383.

2000: Asia Pacific Cohort Studies Collaboration. The burden of overweight and obesity in the Asia-Pacific region. Obesity Reviews 2007;8:191-196.

2001: SCN (2004). 5th Report on the World Nutrition Situation. Nutrition for Improved Development Outcomes. Appendix 11 2002: Report of the 2002 China National Nutrition and Health Survey. 2004. (In Chinese). Chinese Ministry of Public Health (CMPH). 2003: http://www.fnri.dost.gov.ph/files/fnri%20files/nns/factsandfigures2003/anthropometric.pdf (last accessed June 14th 2011) 2004: Tonga STEPS Survey 2004

2005, 2013: Chang HC, Yang HC, Chang HY, et al. Morbid obesity in Taiwan: Prevalence, trends, associated social demographics, and lifestyle factors. PLoS One. 2017;12(2):e0169577. Published 2017 Feb 2. doi:10.1371/journal.pone.0169577

2006: Ministry of Health and Population - MOHP/Nepal, New ERA/Nepal, and Macro International. 2007. Nepal Demographic and Health Survey 2006. Kathmandu, Nepal: MOHP/Nepal, New ERA/Nepal, and Macro International.

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2009: Yan, S., Li, J., Li, S., Zhang, B., Du, S., Gordon-Larsen, P., Adair, L. and Popkin, B. (2012), The expanding burden of cardiometabolic risk in China: the China Health and Nutrition Survey. Obesity Reviews. doi: 10.1111/j.1467-789X.2012.01016.x

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2012: STEPS Survey Tonga 2012 available at https://www.who.int/ncds/surveillance/steps/2012_Tonga_STEPSReport.pdf (last accessed 04.05.2020)

2014: Australian National Health Survey, 2014-15 First Results. Australian Bureau of Statistics.

 $\underline{\text{http://www.abs.gov.au/ausstats/abs@.nsf/Latestproducts/4364.0.55.001Appendix22014-pdf.}\\$

15?opendocument&tabname=Notes&prodno=4364.0.55.001&issue=2014-15&num=&view= (last accessed 27th September 2017)
2015: Institute for Public Health (IPH) 2015. National Health and Morbidity Survey 2015 (NHMS 2015). Vol. II: Non-Communicable
Diseases, Risk Factors & Other Health Problems; 2015.

2016: Ministry of Health - MOH/Nepal, New ERA/Nepal, and ICF. 2017. Nepal Demographic and Health Survey 2016. Kathmandu,

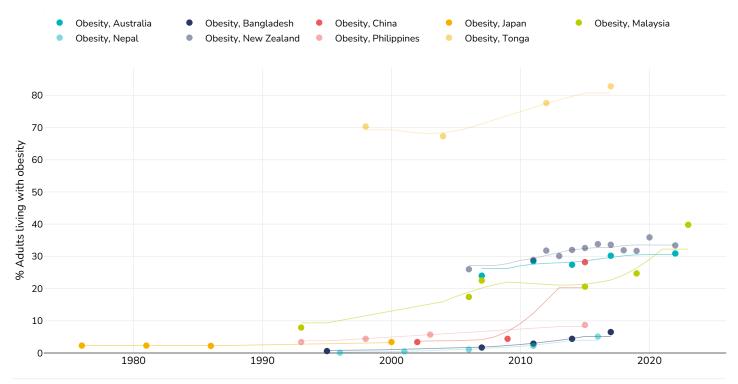


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Series, vol 2, No.1, cited in Reference 53



Women



References:

1976, 1981, 1986: Yoshiike N, Seino F, Tajima S, Arai Y, Kawano M, Furuhata T, Inoue S. Twenty-year changes in the prevalence of overweight in Japanese adults: The National Nutrition Survey 1976-95. Obesity Reviews 2002;3:183-190 1993: Solon FS. Nutrition related chronic diseases in the Philippines. Makati city, Philippines: Nutrition Center of the Philippines Report

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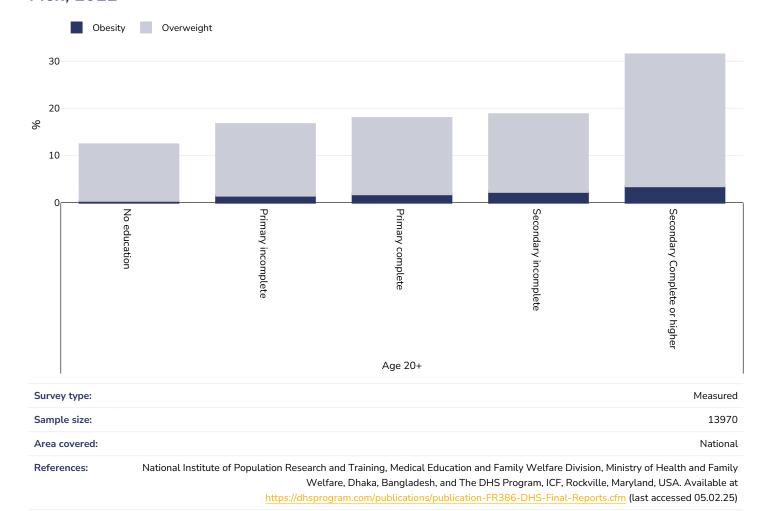


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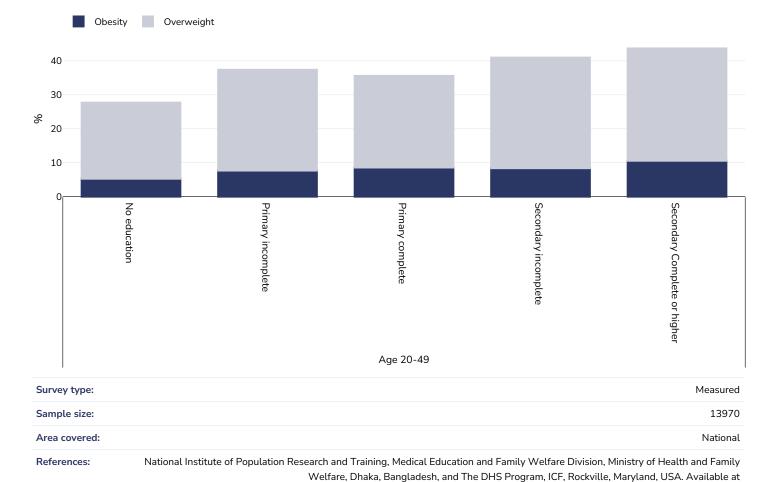
Overweight/obesity by education

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.





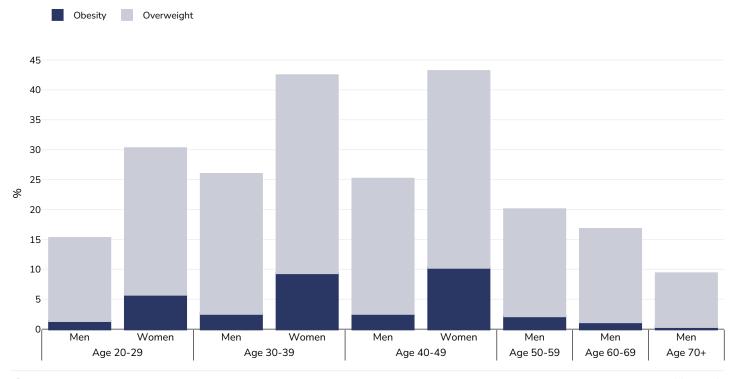
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https://dhsprogram.com/publications/publication-FR386-DHS-Final-Reports.cfm (last accessed 05.02.25)



Overweight/obesity by age

Adults, 2022



Survey type: Measured
Sample size: 13970

Area covered: National

References:

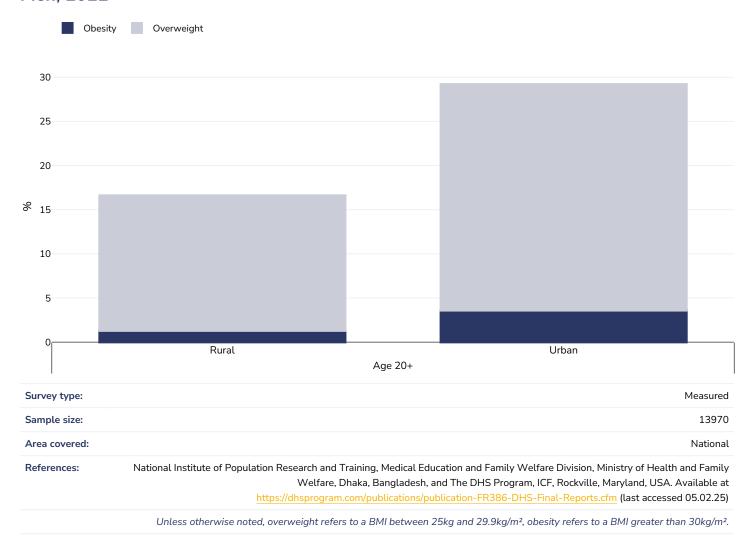
National Institute of Population Research and Training, Medical Education and Family Welfare Division, Ministry of Health and Family Welfare, Dhaka, Bangladesh, and The DHS Program, ICF, Rockville, Maryland, USA. Available at https://dhsprogram.com/publications/publication-FR386-DHS-Final-Reports.cfm (last accessed 05.02.25)

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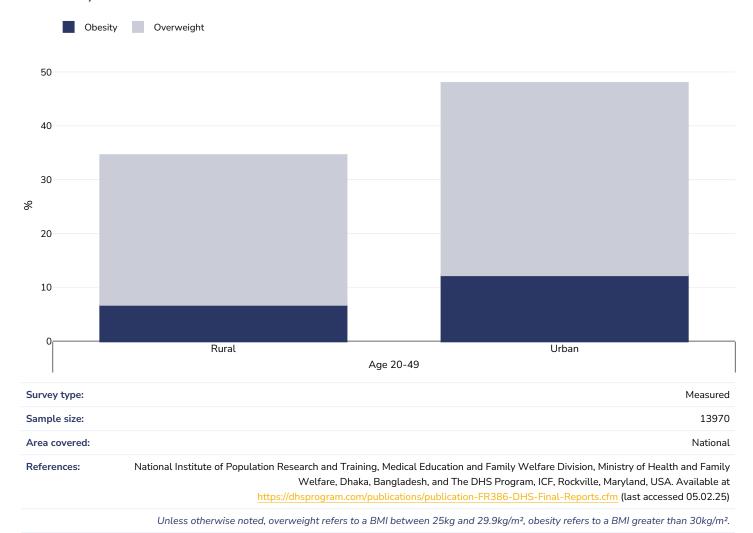


Overweight/obesity by region

Men, 2022



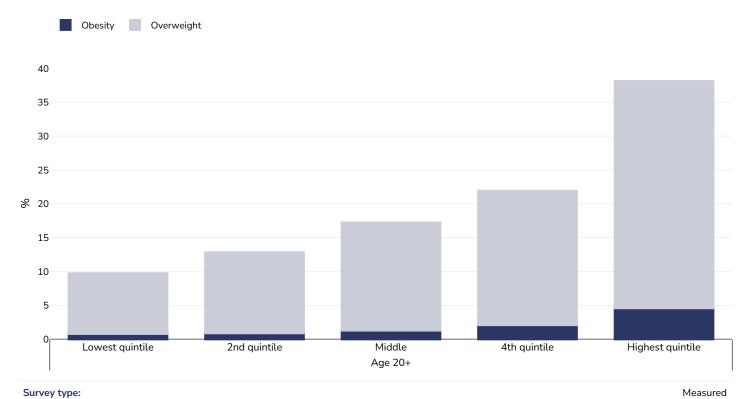






Overweight/obesity by socio-economic group

Men, 2022



Sample size: 13970
Area covered: National

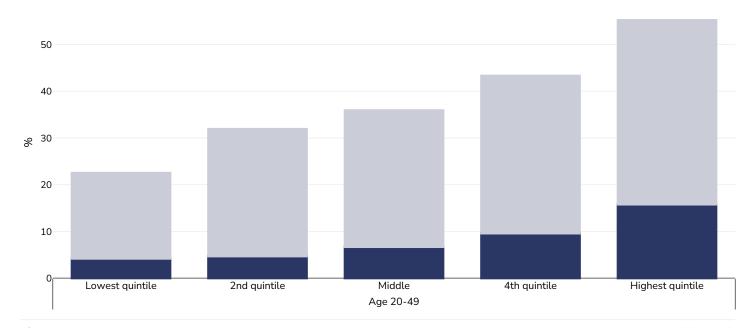
References:

National Institute of Population Research and Training, Medical Education and Family Welfare Division, Ministry of Health and Family Welfare, Dhaka, Bangladesh, and The DHS Program, ICF, Rockville, Maryland, USA. Available at https://dhsprogram.com/publications/publication-FR386-DHS-Final-Reports.cfm (last accessed 05.02.25)

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Survey type: Measured
Sample size: 13970

Area covered: National

References:

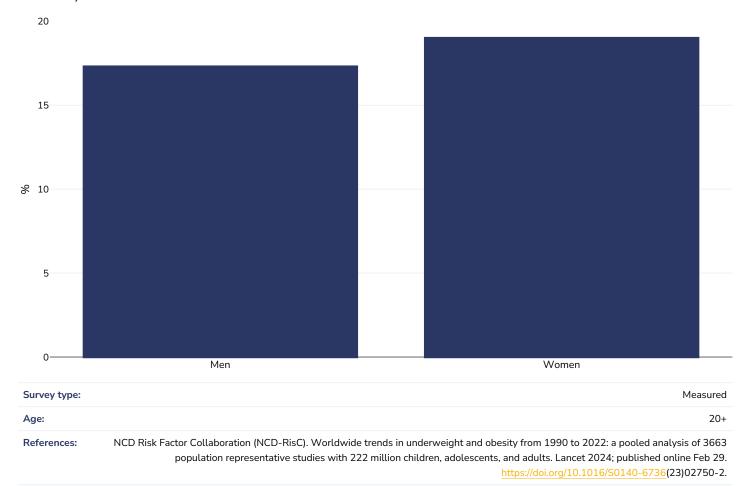
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Double burden of underweight & overweight

Adults, 2022

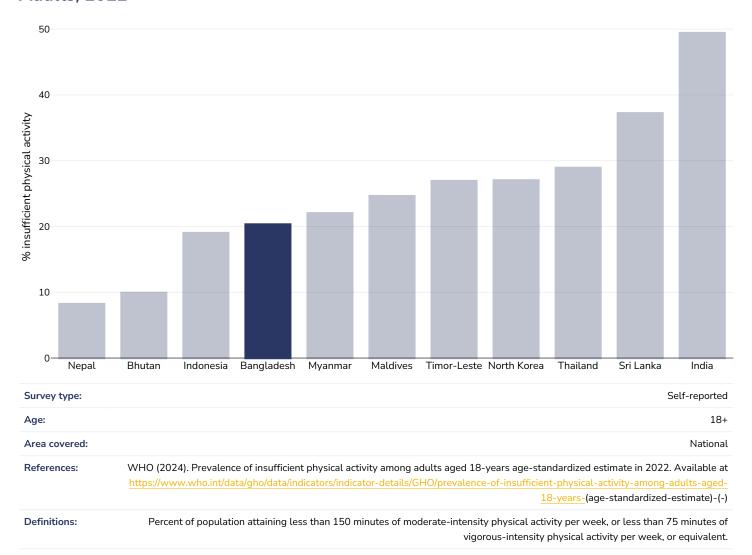


Notes: Age Standardised estimates

Definitions: Combined prevalence of BMI<18.5 kg/m² and BMI>=30 kg/m² (double burden of underweight and obesity)

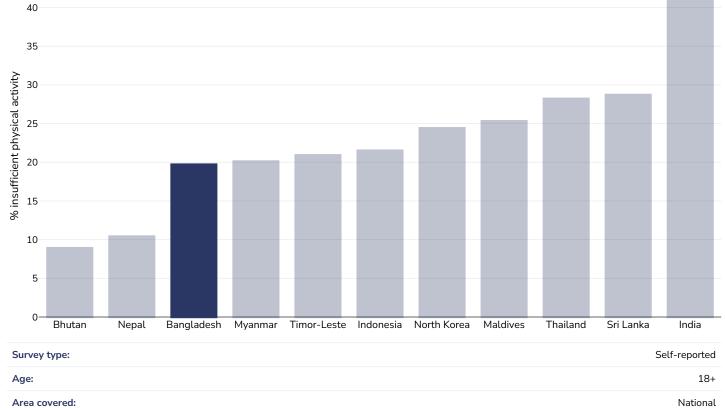


Insufficient physical activity





Men, 2022



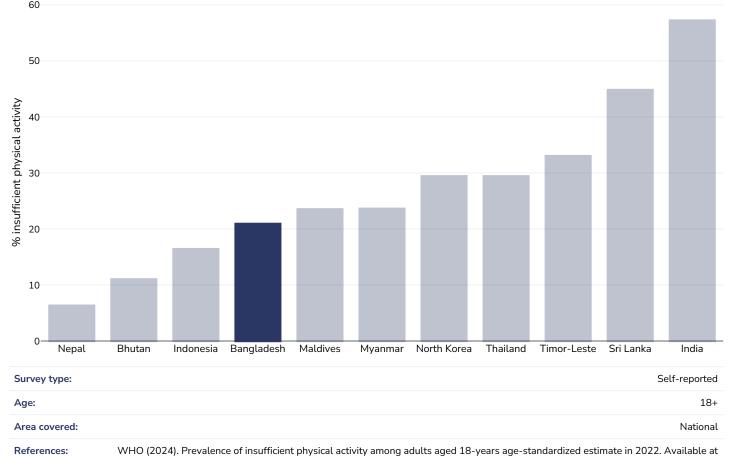
References: WHO (2024). Prevalence of insufficient physical activity among adults aged 18-years age-standardized estimate in 2022. Available at

https://www.who.int/data/gho/data/indicators/indicator-details/GHO/prevalence-of-insufficient-physical-activity-among-adults-aged-order-

18-years-(age-standardized-estimate)-(-)

Definitions: Percent of population 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.





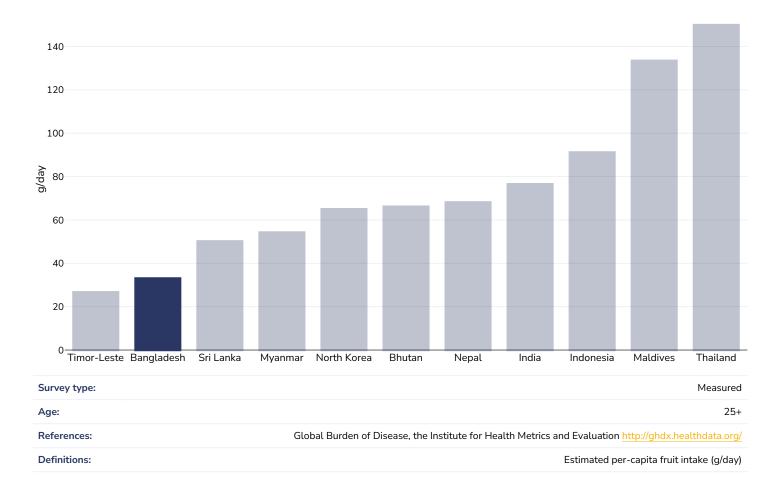
WHO (2024). Prevalence of insufficient physical activity among adults aged 18-years age-standardized estimate in 2022. Available at https://www.who.int/data/gho/data/indicators/indicator-details/GHO/prevalence-of-insufficient-physical-activity-among-adults-aged-number of the control of18-years-(age-standardized-estimate)-(-)

Definitions:

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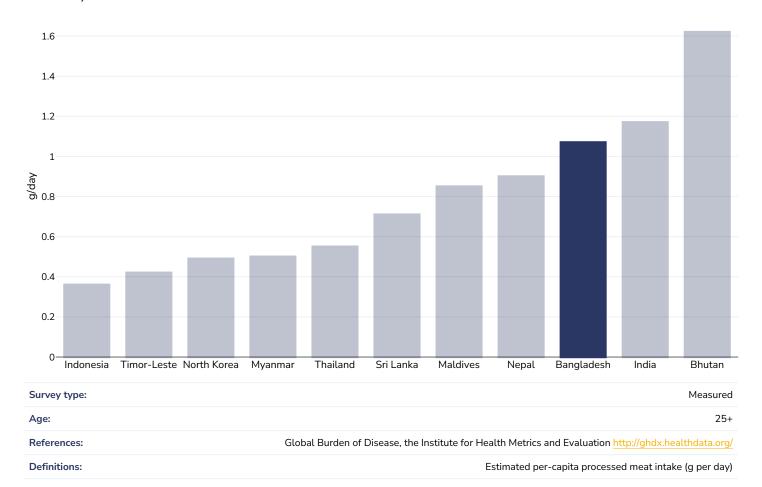


Estimated per capita fruit intake



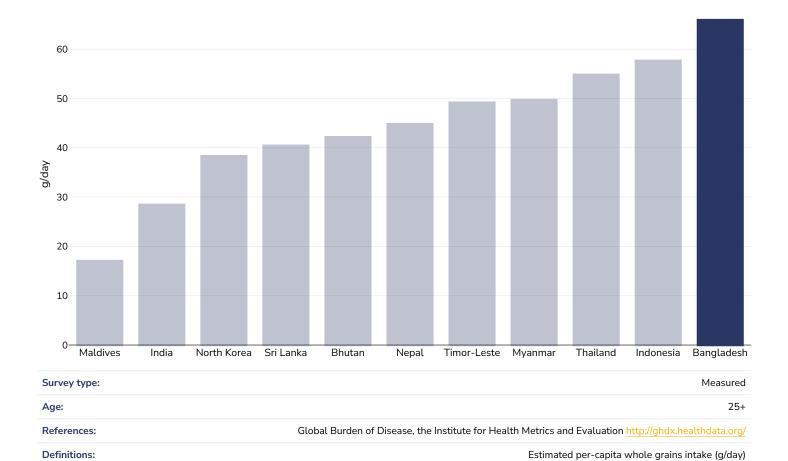


Estimated per-capita processed meat intake



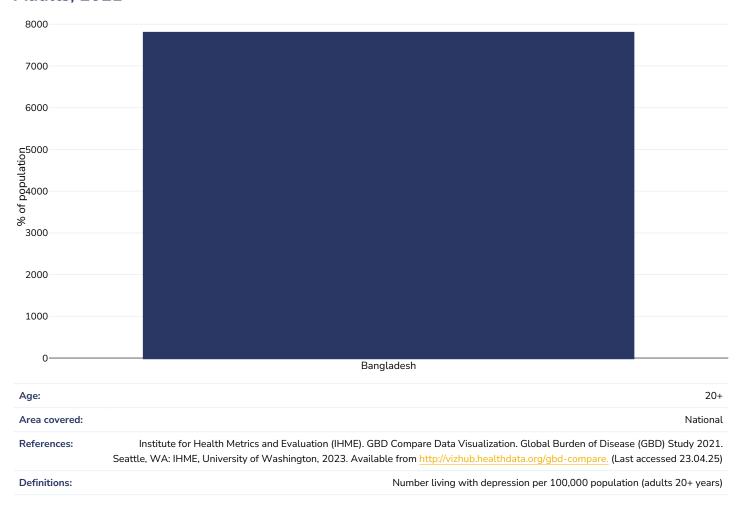


Estimated per capita whole grains intake





Mental health - depression disorders

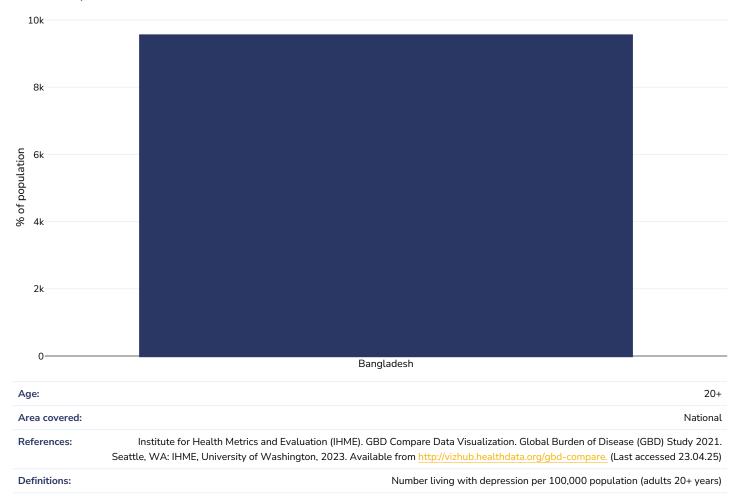




Men, 2021

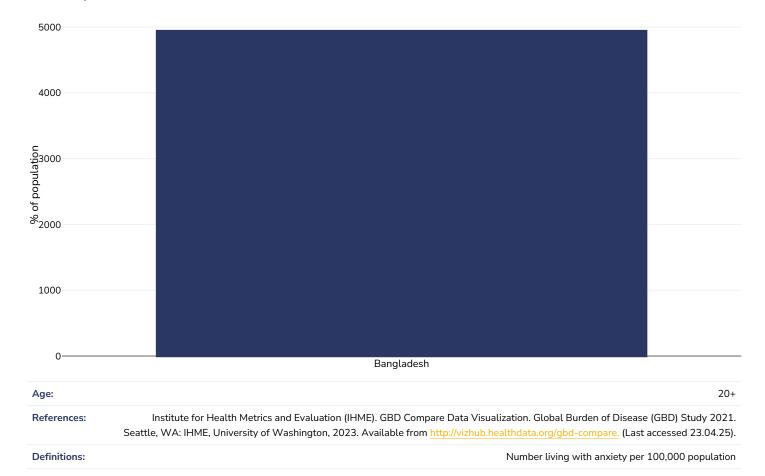






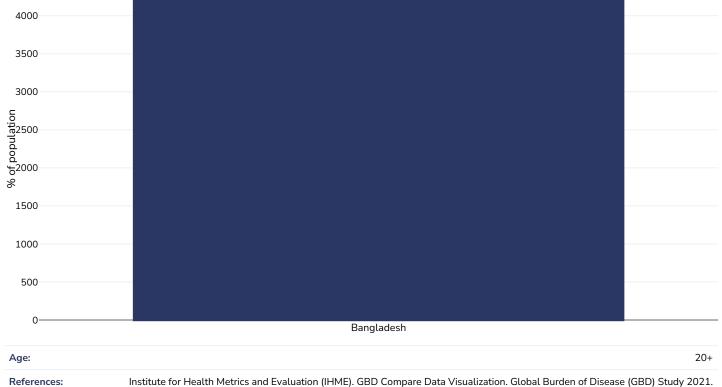


Mental health - anxiety disorders





Men, 2021



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





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).

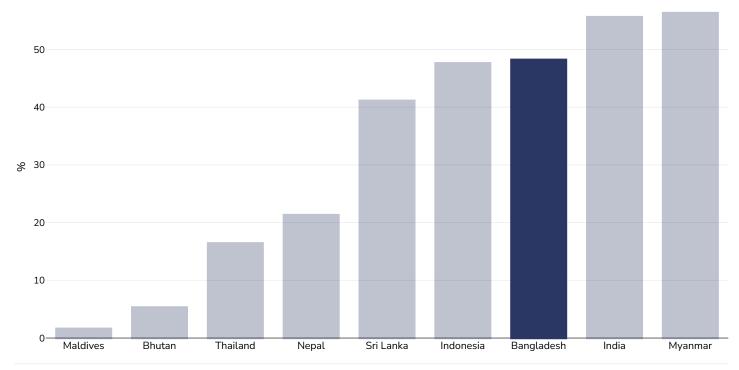
Definitions:

Number living with anxiety per 100,000 population



Percent of population who cannot afford a healthy diet

Adults, 2022



Area covered: National

References:

The Food Systems Dashboard. The Global Alliance for Improved Nutrition (GAIN), The Columbia Climate School, and Cornell University

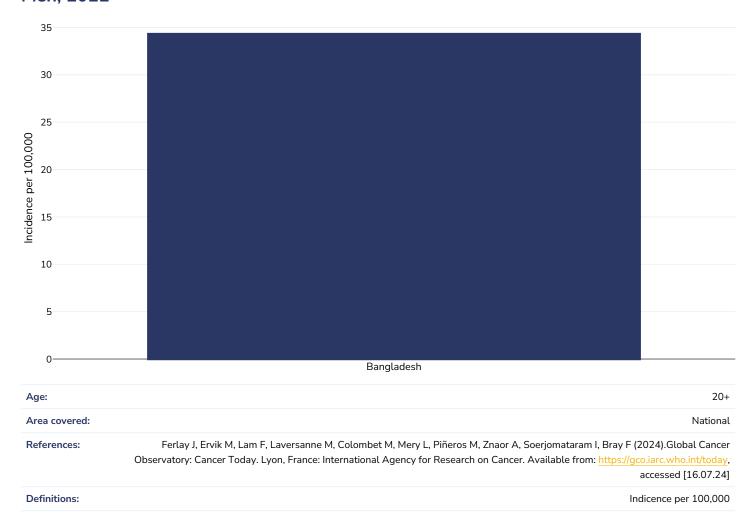
College of Agriculture and Life Sciences. 2024. Geneva, Switzerland. https://www.foodsystemsdashboard.org. DOI:

https://doi.org/10.36072/db.

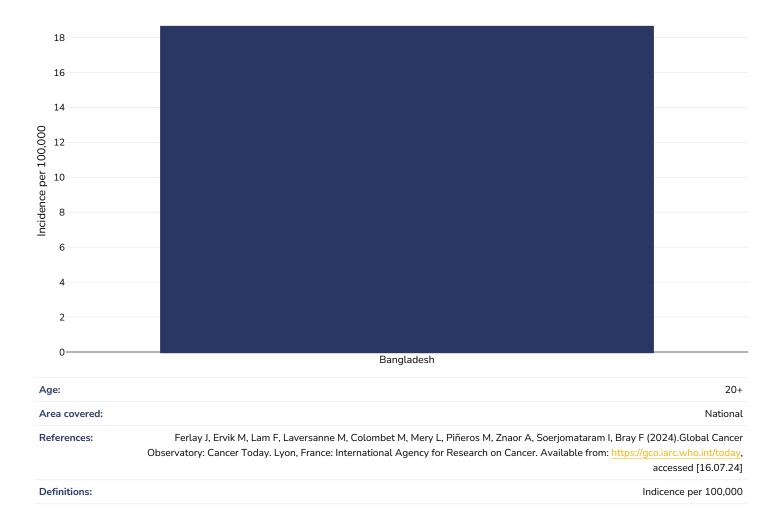


Oesophageal cancer

Men, 2022





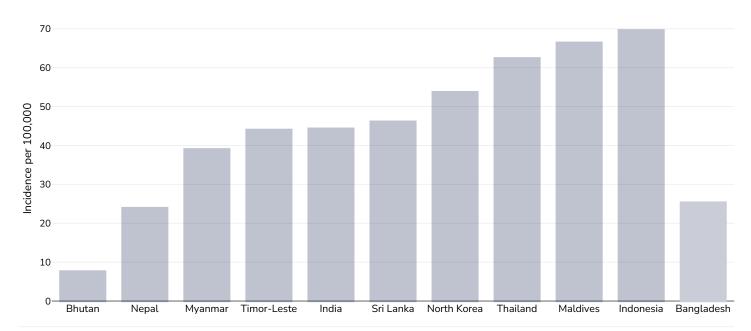




Breast cancer

Women, 2022





Area covered: National

References:

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: https://gco.iarc.who.int/today, accessed [16.07.24]

Definitions: Incidence per 100,000

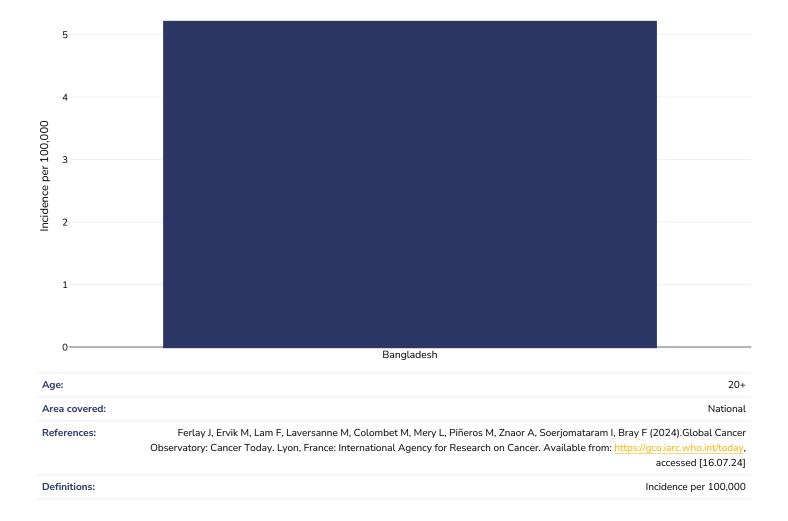


Colorectal cancer

Men, 2022



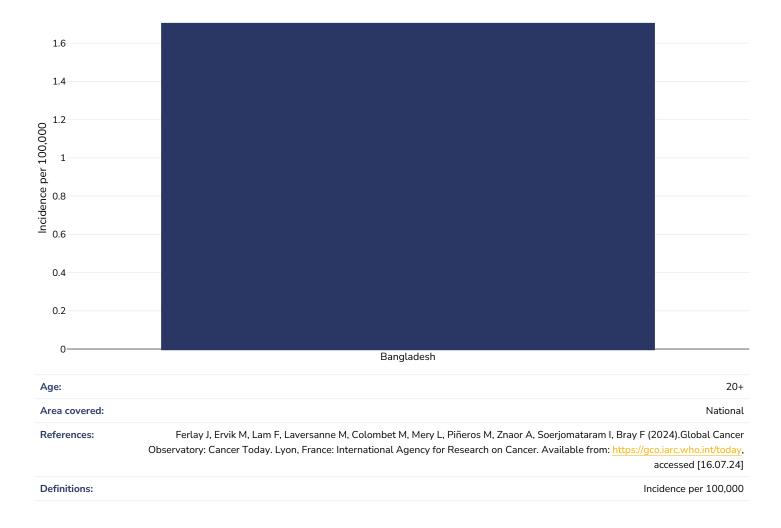






Pancreatic cancer

Men, 2022



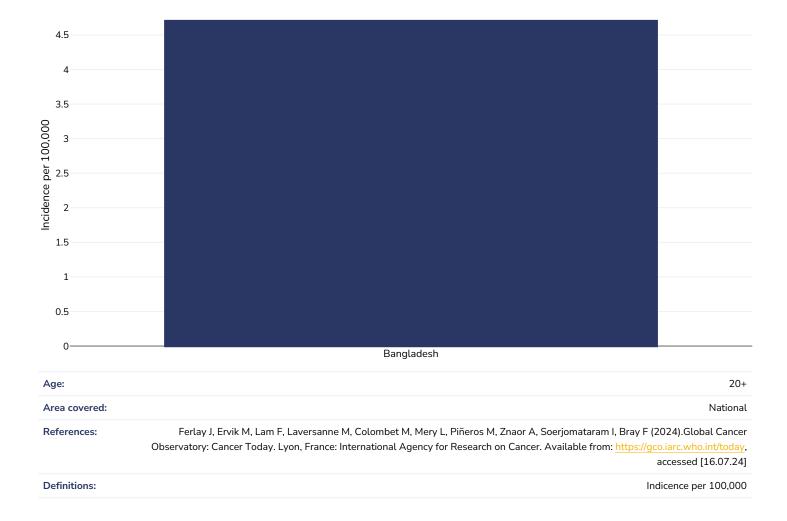




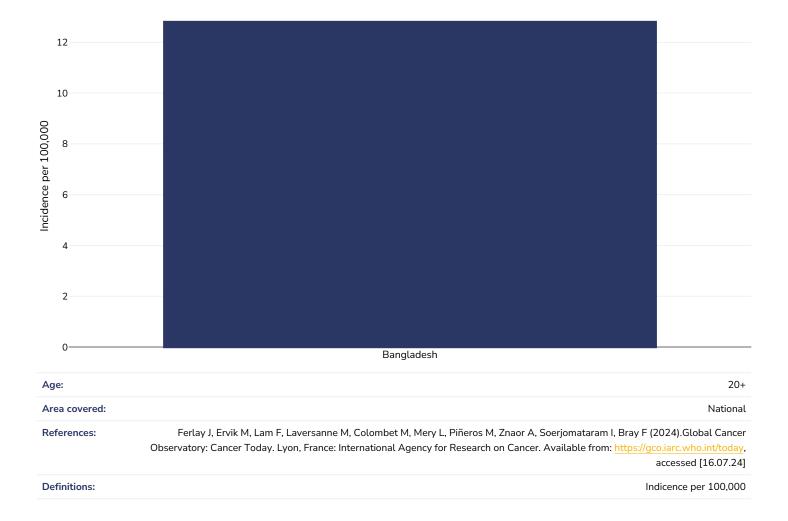


Gallbladder cancer

Men, 2022



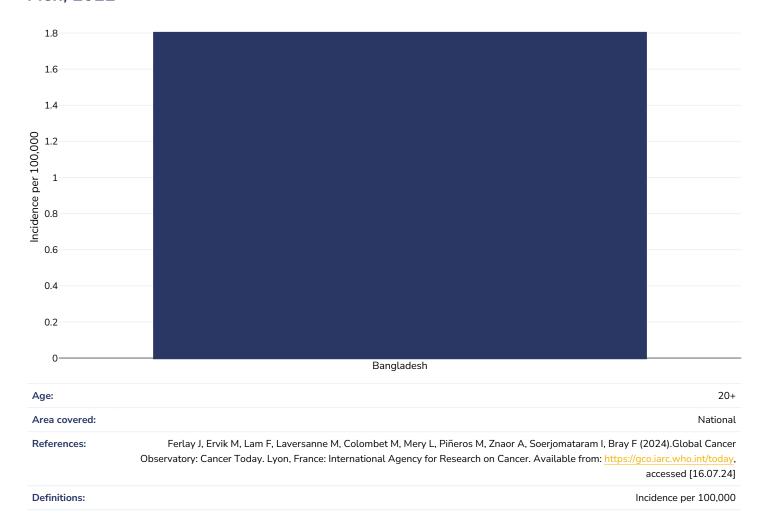




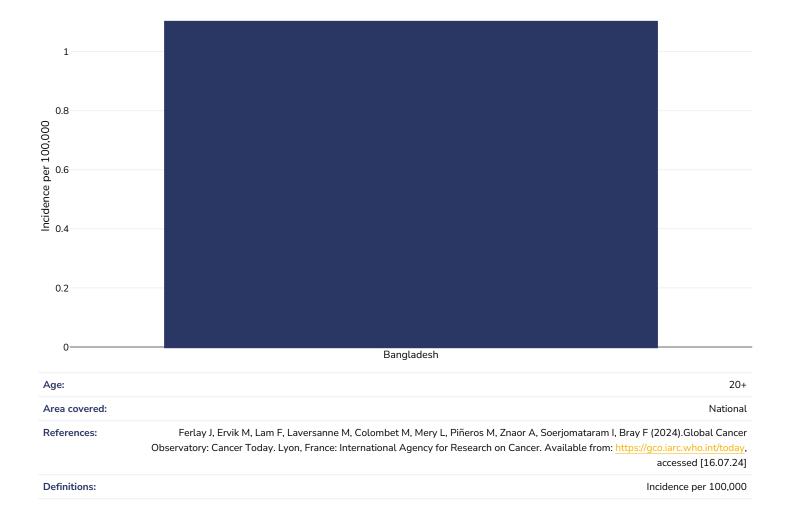


Kidney cancer

Men, 2022



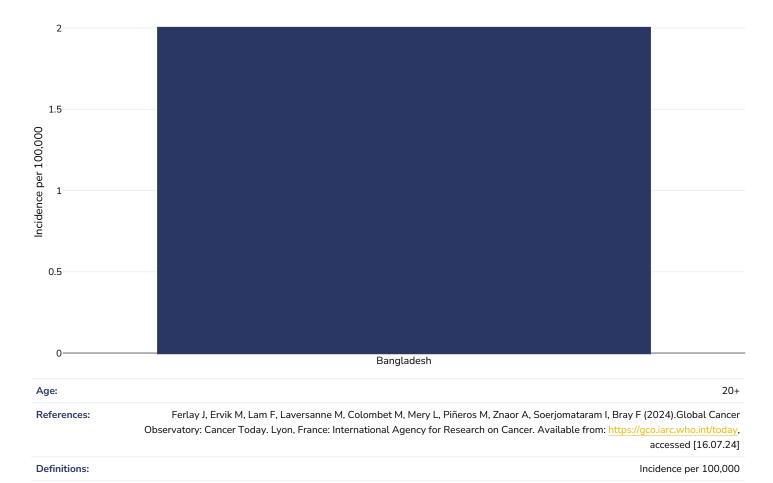






Cancer of the uterus

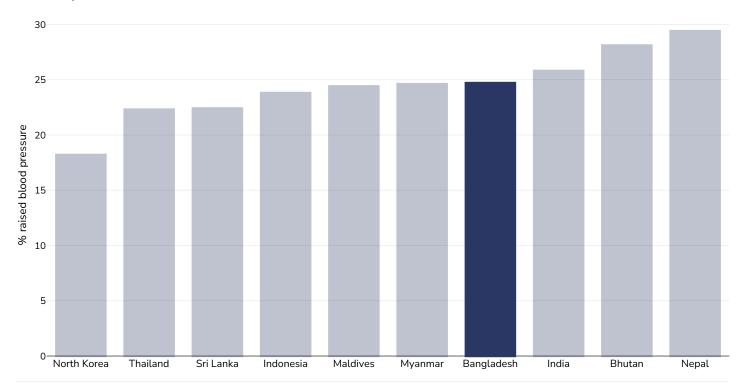
Women, 2022





Raised blood pressure

Adults, 2015



References:

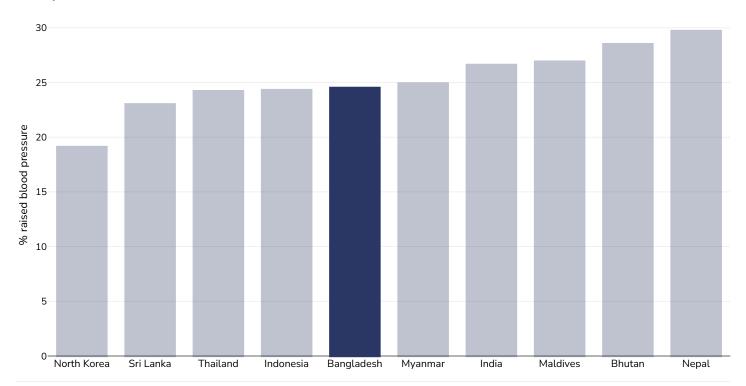
Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A875?lang=en

Definitions:

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



Men, 2015



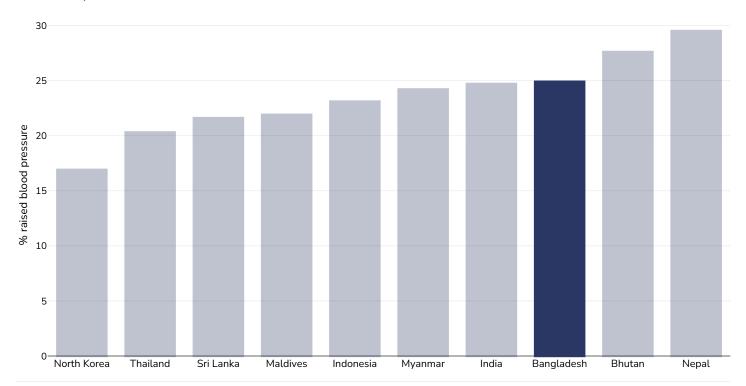
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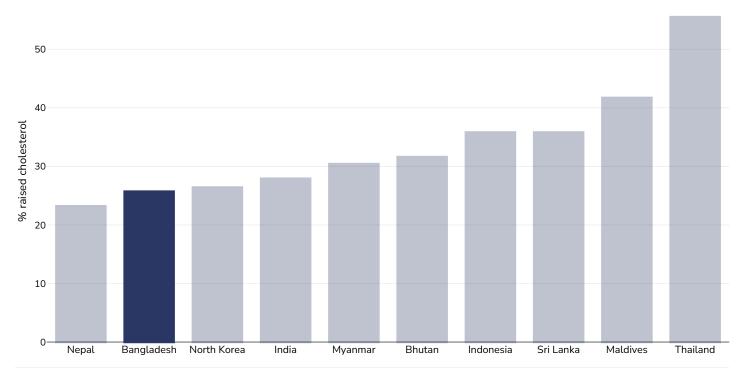
Definitions:

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



Raised cholesterol

Adults, 2008



References:

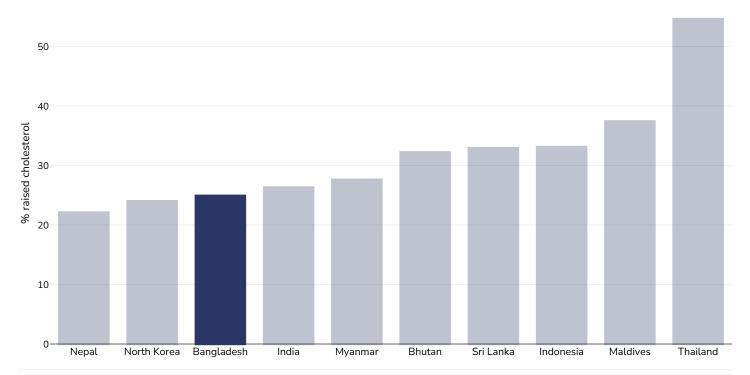
 ${\sf Global\ Health\ Observatory\ data\ repository,\ World\ Health\ Organisation,\ \underline{http://apps.who.int/gho/data/node.main.} A885}$

Definitions:

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



Men, 2008



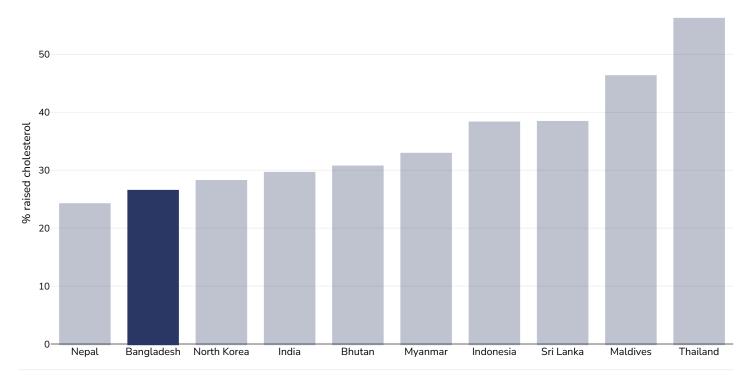
References:

 ${\bf Global\ Health\ Observatory\ data\ repository,\ World\ Health\ Organisation,\ \underline{http://apps.who.int/gho/data/node.main.} A885}$

Definitions:

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





References:

Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A885

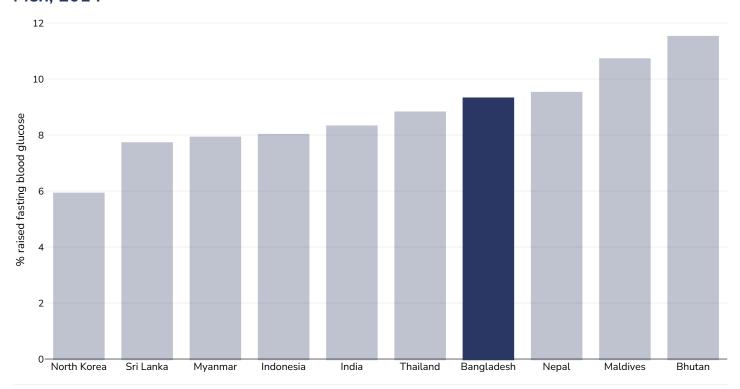
Definitions:

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



Raised fasting blood glucose

Men, 2014



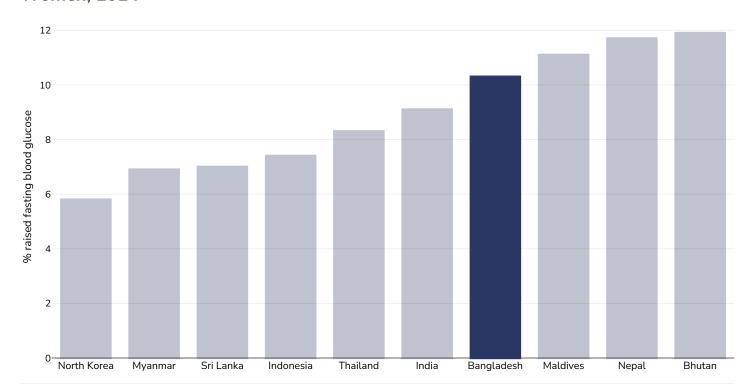
References:

Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A869?lang=en

Definitions:

Age Standardised % raised fasting blood glucose (>= 7.0 mmoVL or on medication).





References:

Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A869?lang=en

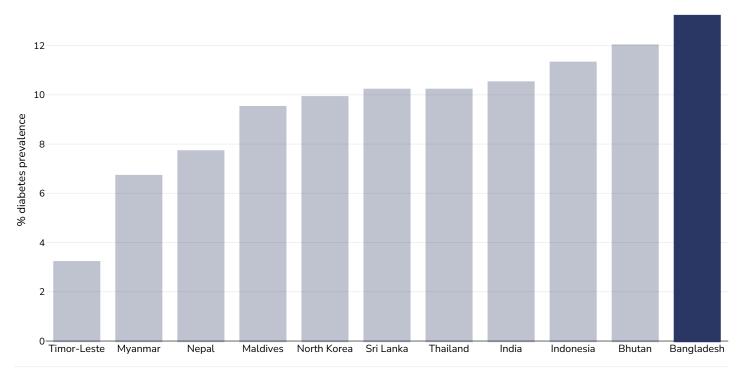
Definitions:

Age Standardised % raised fasting blood glucose (>= 7.0 mmol/L or on medication).



Diabetes prevalence

Adults, 2024



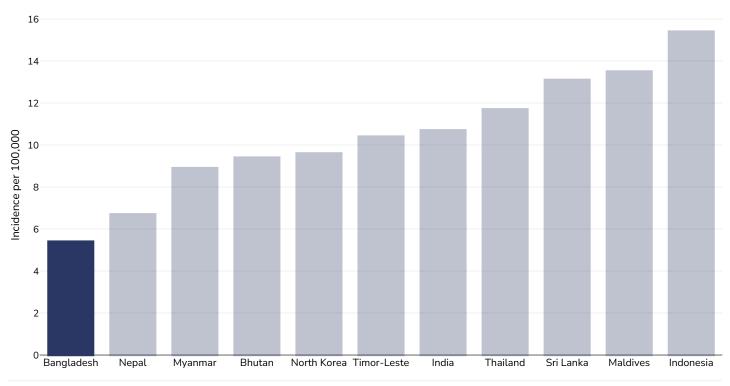
References:

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



Ovarian Cancer

Women, 2022



Age: 20+

References:

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: https://gco.iarc.who.int/today,

accessed [16.07.24]

Definitions: Incidence per 100,000



Leukemia

| Men, 2022 | | | | | | | | | | | |
|-----------------|--|----------------------|------------------------|---------------------|--------------------------|-----------------------|-----------|--|--|--|--|
| 4 | | | | | | | | | | | |
| 3 | | | | | | | | | | | |
| 2 | | | | | | | | | | | |
| 1 | | | | | | | | | | | |
| 0 | | | | | | | | | | | |
| ⁻¹ 1 | 0 | 1 | 2 | 3 | 4 | 5 | 6 | | | | |
| Age: | | | | | | | 20+ | | | | |
| Area covered: | | | | | | | National | | | | |
| References: | 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: https://gco.iarc.who.int/today , accessed [16.07.24] | | | | | | | | | | |
| Definitions: | | | | | | Incidence pe | r 100,000 | | | | |
| | Unless ot | herwise noted, overw | reight refers to a BMI | between 25kg and 29 | 0.9kg/m², obesity refers | to a BMI greater thar | 30kg/m². | | | | |

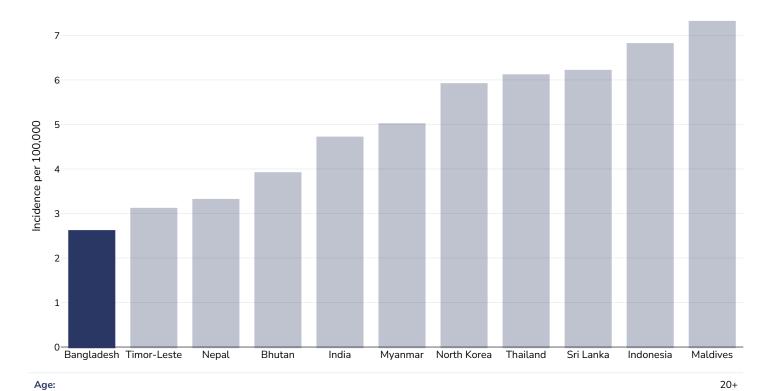


| Women, 20 | 022 | | | | | | | | | | |
|-----------------|--|---------------------|--------------------------|---------------------|-------------------------|-------------------------|------------|--|--|--|--|
| 4 | | | | | | | | | | | |
| 3 | | | | | | | | | | | |
| 2 | | | | | | | | | | | |
| 1 | | | | | | | | | | | |
| 0——— | | | | | | | | | | | |
| ⁻¹ 1 | 0 | 1 | 2 | 3 | 4 | 5 | 6 | | | | |
| Age: | | | | | | | 20+ | | | | |
| Area covered: | | | | | | | National | | | | |
| References: | 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: https://gco.iarc.who.int/today , accessed [16.07.24] | | | | | | | | | | |
| Definitions: | | | | | | Incidence pe | er 100,000 | | | | |
| | Unless oth | erwise noted, overw | reight refers to a BMI l | petween 25kg and 29 | .9kg/m², obesity refers | s to a BMI greater than | n 30kg/m². | | | | |



Leukemia

Men, 2022



Area covered: National

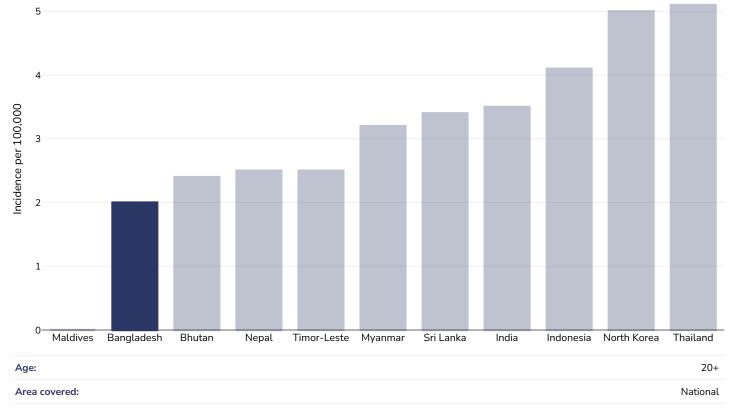
References:

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: https://gco.iarc.who.int/today, accessed [16.07.24]

Definitions: Incidence per 100,000

 $Unless \ otherwise \ noted, overweight \ refers \ to \ a \ BMI \ between \ 25kg \ and \ 29.9kg/m^2, obesity \ refers \ to \ a \ BMI \ greater \ than \ 30kg/m^2.$





References:

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: https://gco.iarc.who.int/today, accessed [16.07.24]

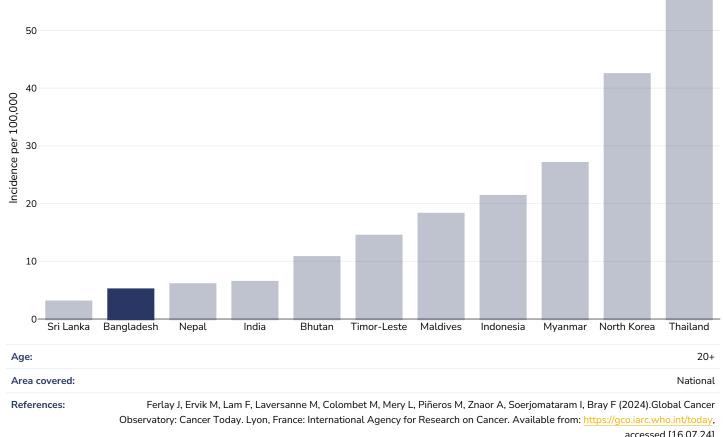
Definitions: Incidence per 100,000

 $Unless \ otherwise \ noted, overweight \ refers \ to \ a \ BMI \ between \ 25kg \ and \ 29.9kg/m^2, obesity \ refers \ to \ a \ BMI \ greater \ than \ 30kg/m^2.$



Liver and intrahepatic bile duct Cancer

Men, 2022



accessed [16.07.24]

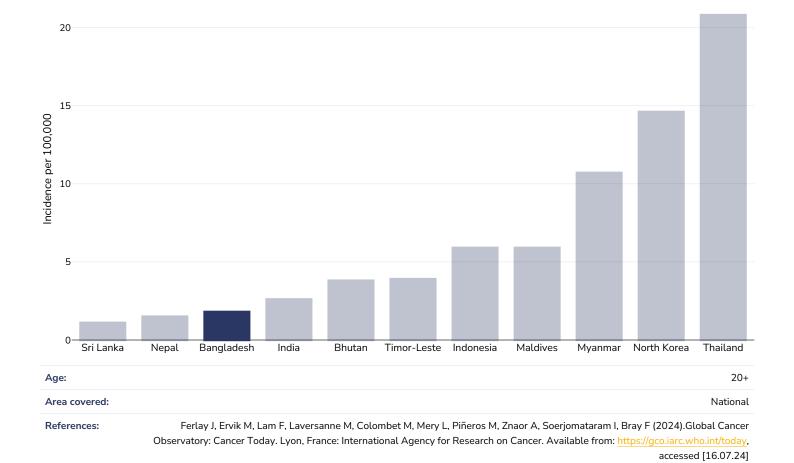
Definitions: Incidence per 100,000

Incidence per 100,000



Women, 2022

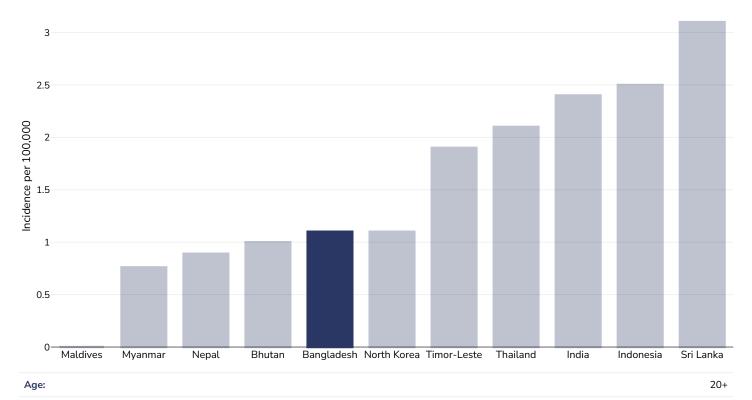
Definitions:





Multiple Myeloma

Men, 2022



Area covered: National

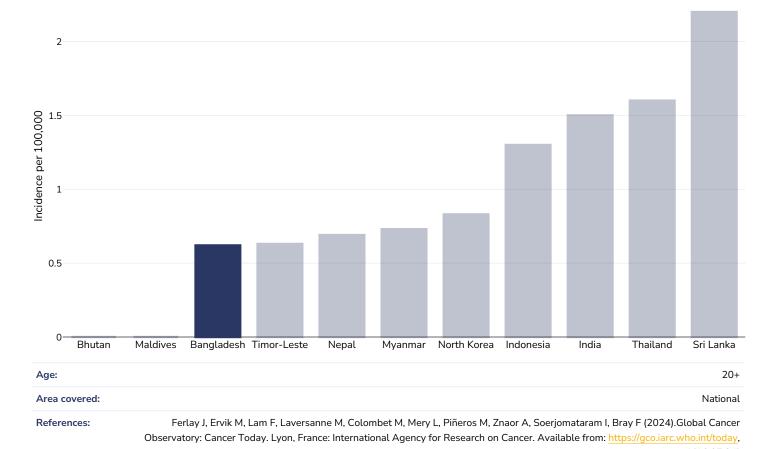
References:

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: https://gco.iarc.who.int/today, accessed [16.07.24]

Definitions: Indicence per 100,000

 $Unless \ otherwise \ noted, overweight \ refers \ to \ a \ BMI \ between \ 25kg \ and \ 29.9kg/m^2, obesity \ refers \ to \ a \ BMI \ greater \ than \ 30kg/m^2.$





accessed [16.07.24]

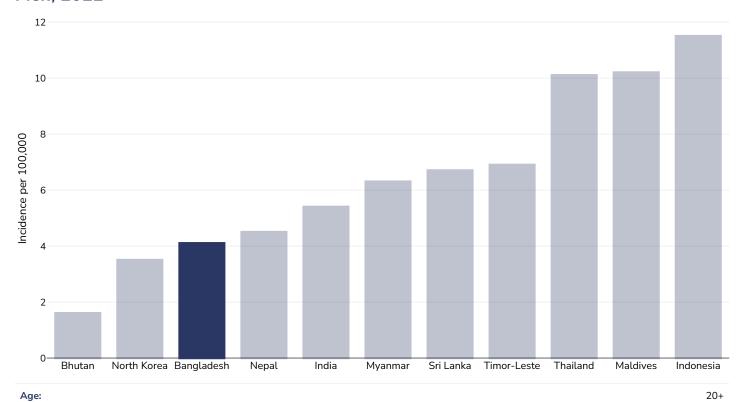
Definitions: Indicence per 100,000

 $Unless \ otherwise \ noted, overweight \ refers \ to \ a \ BMI \ between \ 25kg \ and \ 29.9kg/m^2, \ obesity \ refers \ to \ a \ BMI \ greater \ than \ 30kg/m^2.$



Non Hodgkin Lymphoma

Men, 2022



Area covered: National

References:

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: https://gco.iarc.who.int/today, accessed [16.07.24]

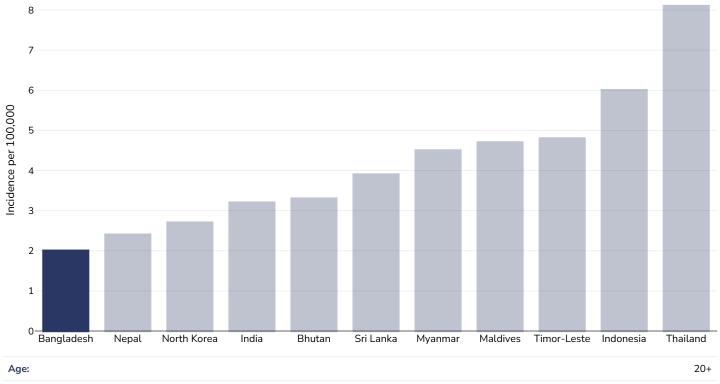
Definitions: Incidence per 100,000

 $Unless \ otherwise \ noted, overweight \ refers \ to \ a \ BMI \ between \ 25kg \ and \ 29.9kg/m^2, obesity \ refers \ to \ a \ BMI \ greater \ than \ 30kg/m^2.$

National



Women, 2022



Area covered: References:

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: https://gco.iarc.who.int/today, accessed [16.07.24]

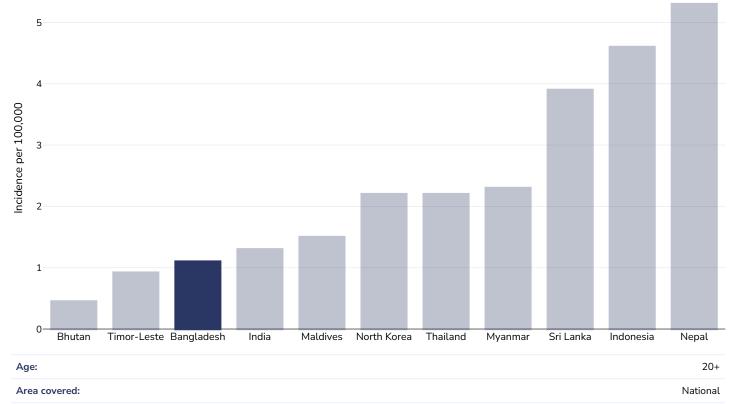
Definitions: Incidence per 100,000

 $Unless \ otherwise \ noted, overweight \ refers \ to \ a \ BMI \ between \ 25kg \ and \ 29.9kg/m^2, \ obesity \ refers \ to \ a \ BMI \ greater \ than \ 30kg/m^2.$



Thyroid Cancer

Men, 2022

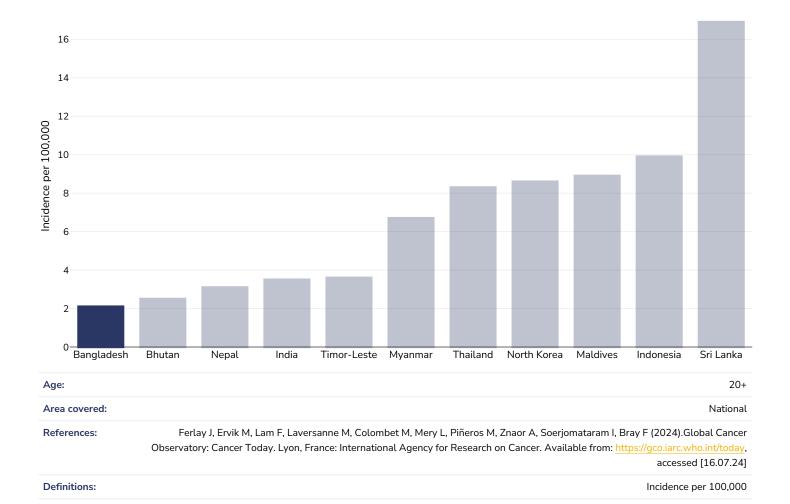


References:

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: https://gco.iarc.who.int/today, accessed [16.07.24]

Definitions: Incidence per 100,000





PDF created on June 17, 2025