

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/.



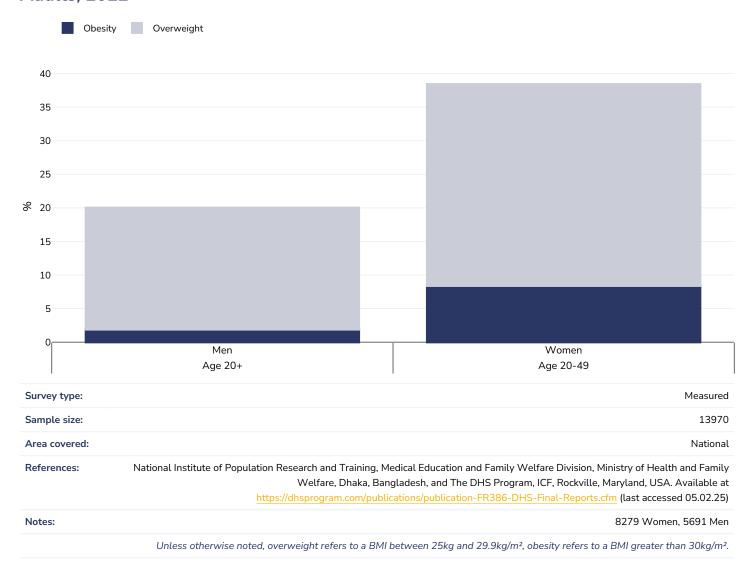
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National obesity risk *7/10 This is a composite â??obesity riskâ?? score (out of 10, the highest risk) based on obesity prevalence, rate of increase, likelihood of meeting the 2025 target, treatment indicator and childhood stunting levels. Childhood obesity risk *3/11 This is a â??risk scoreâ?? for each countryâ??s likelihood of having or acquiring a major childhood obesity problem during the 2020s, taking account of current prevalence levels and risk for future obesity (based on stunting among infants, maternal obesity, maternal smoking, and breastfeeding rates).

* Based on estimated data. For more information see Publications



Obesity prevalence

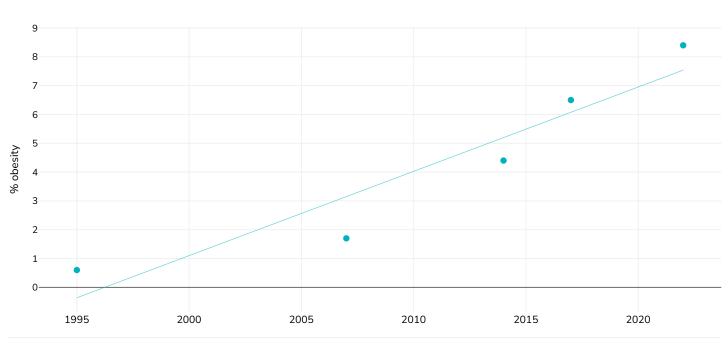




% Adults living with obesity in Bangladesh 1995-2022

Women

Obesity



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.

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

2022: 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)

Notes:

Aged 15-49 except in 2022 (aged 20-49)

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

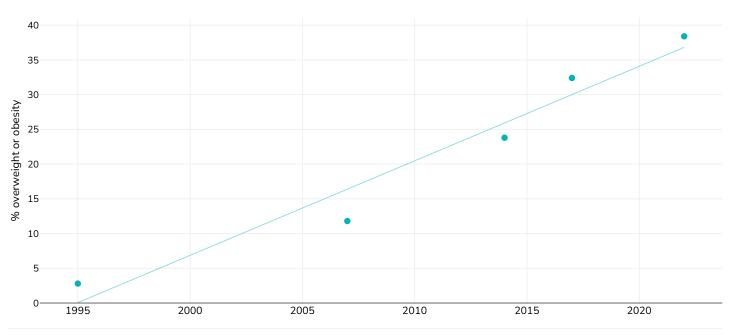
Different methodologies may have been used to collect this data and so data from different surveys may not be strictly comparable. Please check with original data sources for methodologies used.



% Adults living with overweight or obesity in Bangladesh 1995-2022

Women

Overweight or obesity



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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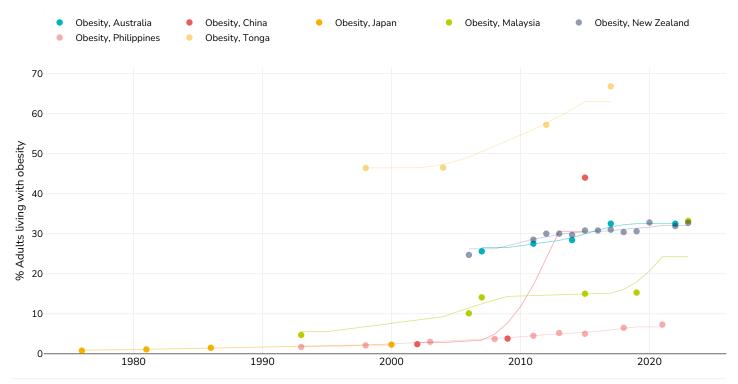


% Adults living with obesity in selected countries in the Asia/Oceania Region 1975-2019, selected countries

Nutrition. 1995; 1:1-9



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: Ismail MN, Zawaih H, Chee SS, Ng KK. Prevalence of obesity and chronic energy deficiency (CED) in adult Malaysians. Malays J

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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: 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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2008: Food and Nutrition Research Institute-Department of Science and Technology (FNRI-DOST). 2010. Philippine Nutrition Facts and Figures 2008. DOST Complex, FNRI Bldg., Bicutan, Taguig City, Metro Manila, Philippines.

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2011: Food and Nutrition Research Institute – Department of Science and Technology (FNRI-DOST). 2012. Philippine Nutrition Facts and Figures 2011. DOST Complex, FNRI Bldg., Bicutan, Taguig City, Metro Manila, Philippines. https://enutrition.fnri.dost.gov.ph/facts-and-figures.php?year=2011 [Accessed 14.07.25]

2012: New Zealand Health Survey 2012/13. https://www.health.govt.nz/publications/annual-update-of-key-results-202324-new-zealand-health-survey [Last accessed 20.08.25]

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

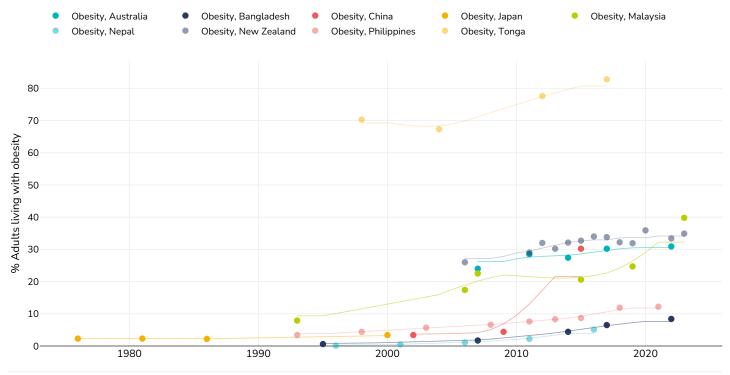
http://www.abs.gov.au/ausstats/abs@.nsf/Latestproducts/4364.0.55.001Appendix22014-

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.



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2011: Food and Nutrition Research Institute – Department of Science and Technology (FNRI-DOST). 2012. Philippine Nutrition Facts and Figures 2011. DOST Complex, FNRI Bldg., Bicutan, Taguig City, Metro Manila, Philippines. https://enutrition.fnri.dost.gov.ph/facts-and-figures.php?year=2011 [Accessed 14.07.25]

2012: New Zealand Health Survey 2012/13. https://www.health.govt.nz/publications/annual-update-of-key-results-202324-new-zealand-health-survey [Last accessed 20.08.25]

2013: http://www.health.govt.nz/publication/annual-update-key-results-2013-14-new-zealand-health-survey

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

http://www.abs.gov.au/ausstats/abs@.nsf/Latestproducts/4364.0.55.001Appendix22014-

15?opendocument&tabname=Notes&prodno=4364.0.55.001&issue=2014-15&num=&view= (last accessed 27th September 2017)
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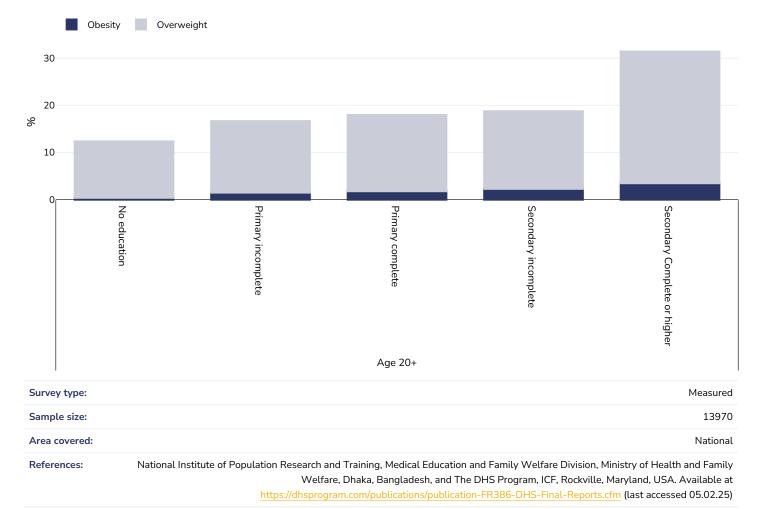


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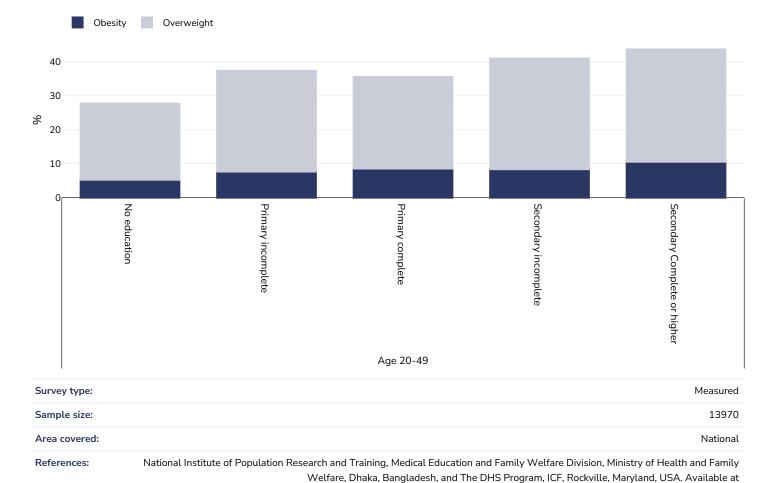
Overweight/obesity by education

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.





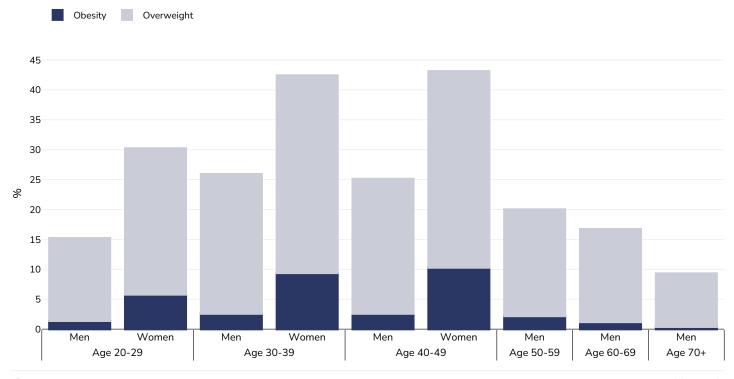
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https://dhsprogram.com/publications/publication-FR386-DHS-Final-Reports.cfm (last accessed 05.02.25)



Overweight/obesity by age

Adults, 2022



Survey type: Measured
Sample size: 13970

Area covered: National

References:

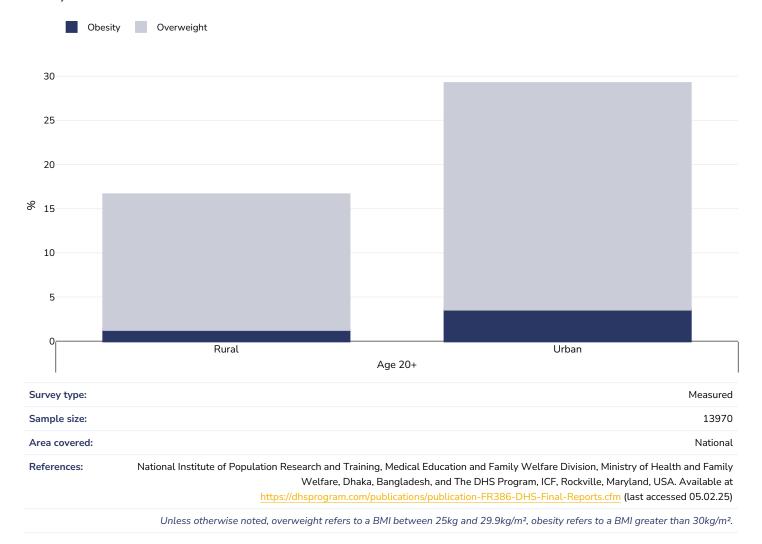
National Institute of Population Research and Training, Medical Education and Family Welfare Division, Ministry of Health and Family Welfare, Dhaka, Bangladesh, and The DHS Program, ICF, Rockville, Maryland, USA. Available at https://dhsprogram.com/publications/publication-FR386-DHS-Final-Reports.cfm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

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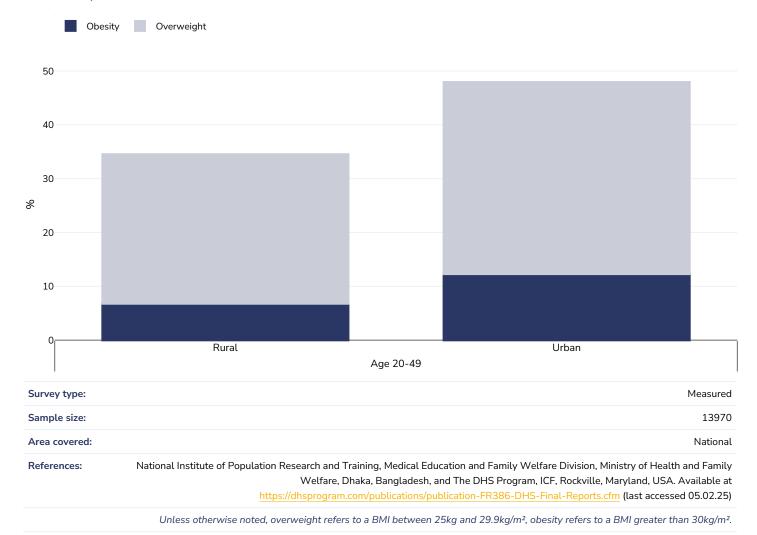


Overweight/obesity by region

Men, 2022



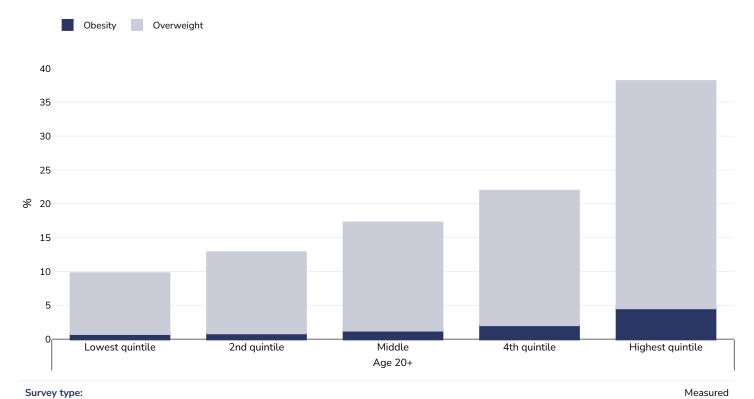






Overweight/obesity by socio-economic group

Men, 2022



Sample size: 13970
Area covered: National

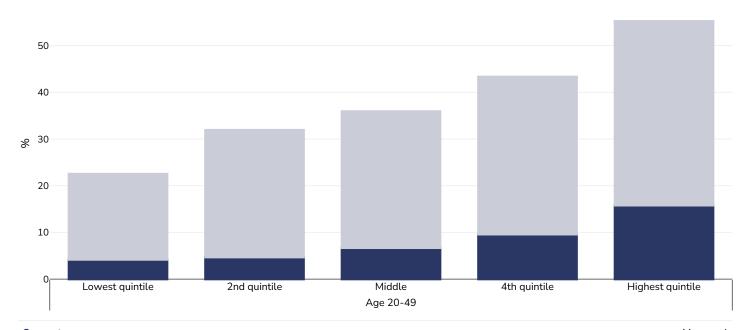
References:

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:

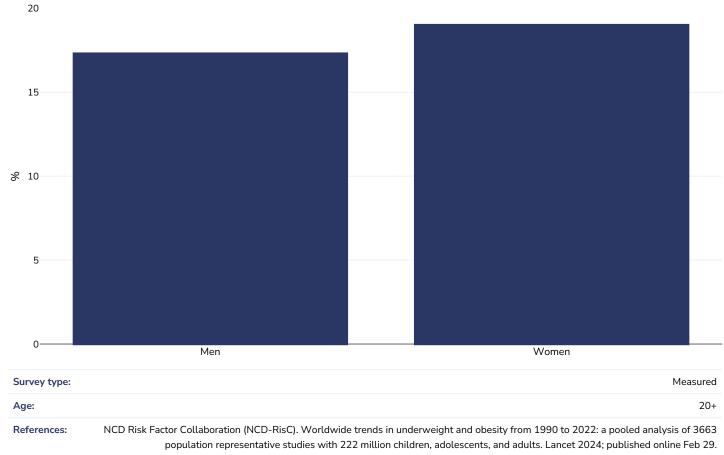
National Institute of Population Research and Training, Medical Education and Family Welfare Division, Ministry of Health and Family Welfare, Dhaka, Bangladesh, and The DHS Program, ICF, Rockville, Maryland, USA. Available at https://dhsprogram.com/publications/publication-FR386-DHS-Final-Reports.cfm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

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Double burden of underweight & overweight

Adults, 2022



https://doi.org/10.1016/S0140-6736(23)02750-2.

Notes: Age Standardised estimates

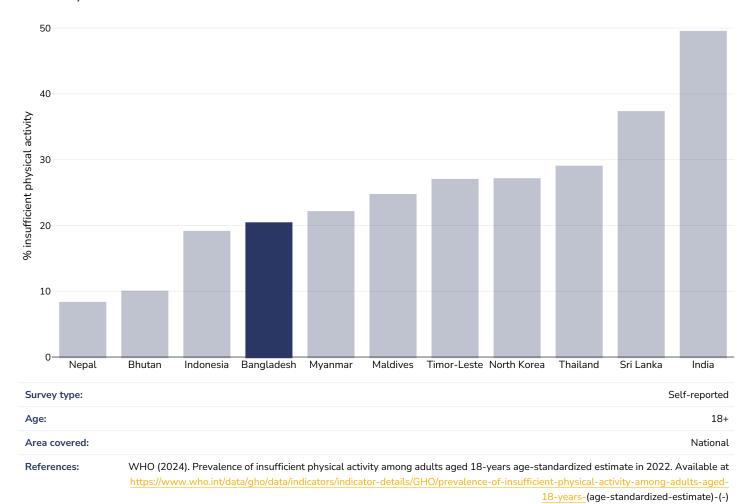
Definitions: Combined prevalence of BMI<18.5 kg/m² and BMI>=30 kg/m² (double burden of underweight and obesity)



Insufficient physical activity

Adults, 2022

Definitions:

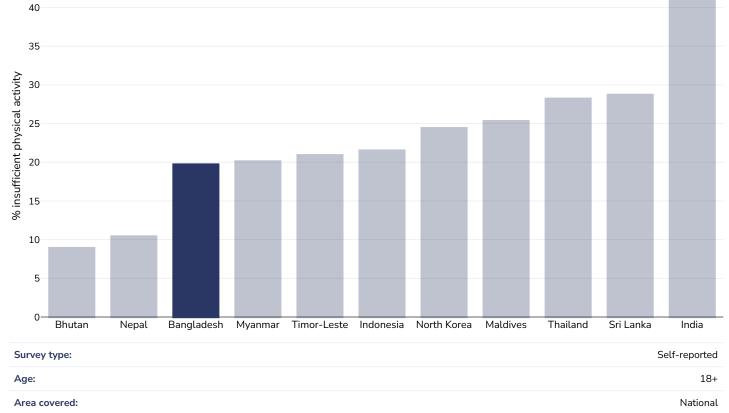


Percent of population attaining less than 150 minutes of moderate-intensity physical activity per week, or less than 75 minutes of

vigorous-intensity physical activity per week, or equivalent.



Men, 2022



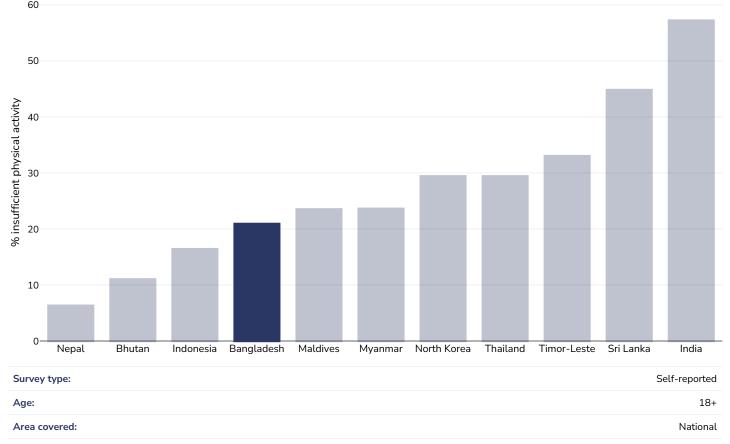
References: WHO (2024). Prevalence of insufficient physical activity among adults aged 18-years age-standardized estimate in 2022. Available at

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

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.





References: WHO (2024). Prevalence of insufficient physical activity among adults aged 18-years age-standardized estimate in 2022. Available at <a href="https://www.who.int/data/gho/data/indicators/indicator-details/GHO/prevalence-of-insufficient-physical-activity-among-adults-aged-data/indicators/indicator-details/GHO/prevalence-of-insufficient-physical-activity-among-adults-aged-data/indicators/indicat

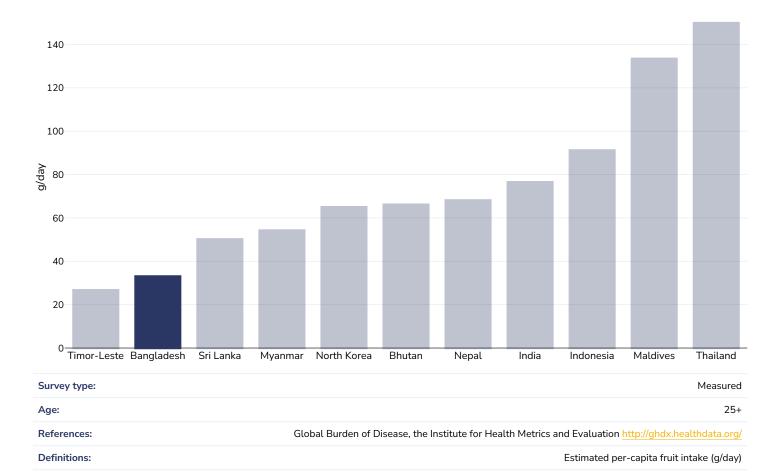
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Definitions:

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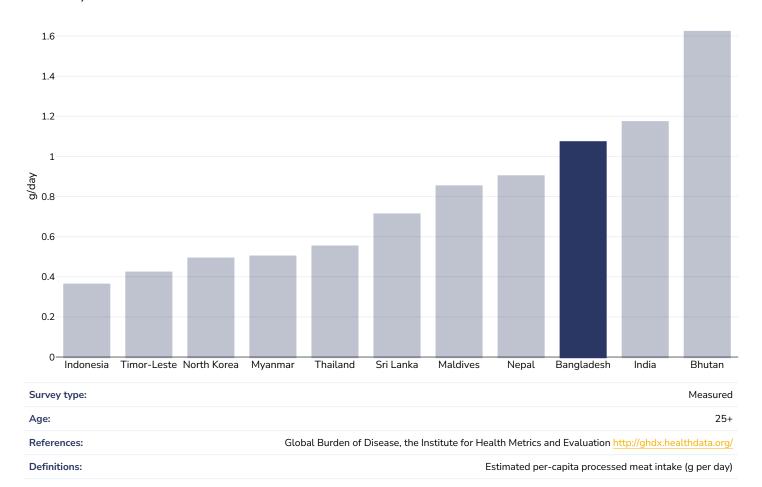


Estimated per capita fruit intake



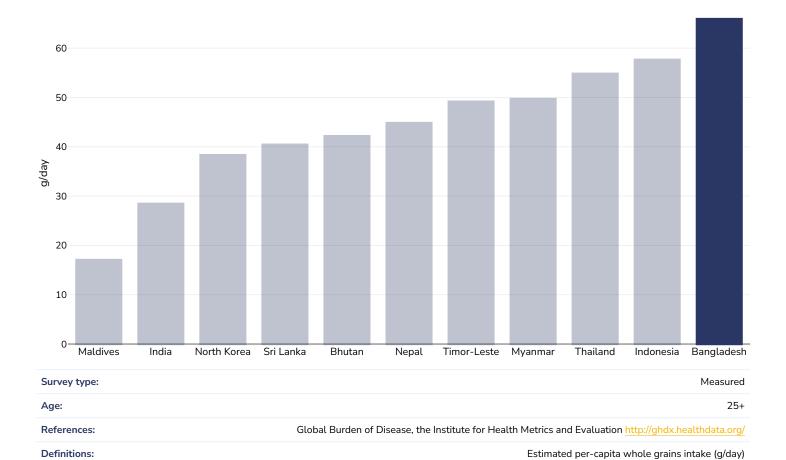


Estimated per-capita processed meat intake





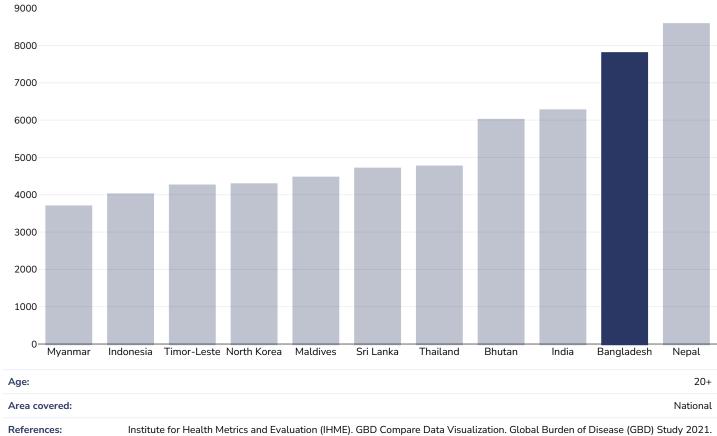
Estimated per capita whole grains intake





Mental health - depression disorders

Adults, 2021



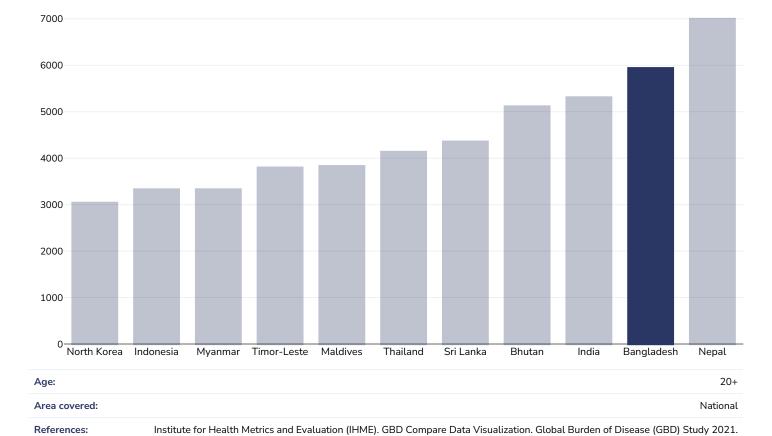
Seattle, WA: IHME, University of Washington, 2023. Available from http://vizhub.healthdata.org/gbd-compare. (Last accessed 23.04.25)

Definitions:

Number living with depression per 100,000 population (adults 20+ years)



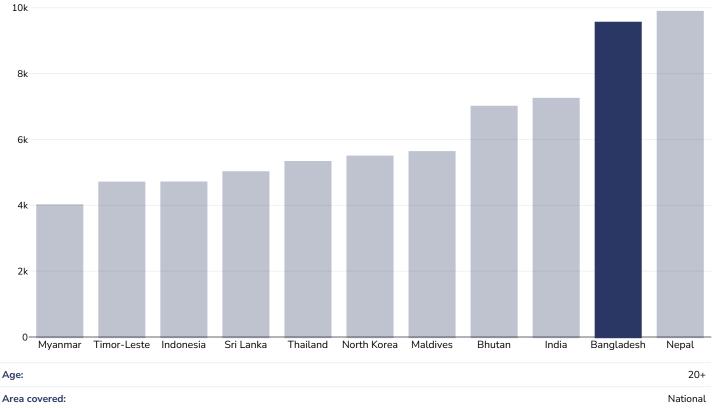
Men, 2021



Seattle, WA: IHME, University of Washington, 2023. Available from http://vizhub.healthdata.org/gbd-compare. (Last accessed 23.04.25)

Number living with depression per 100,000 population (adults 20+ years) **Definitions:**





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)

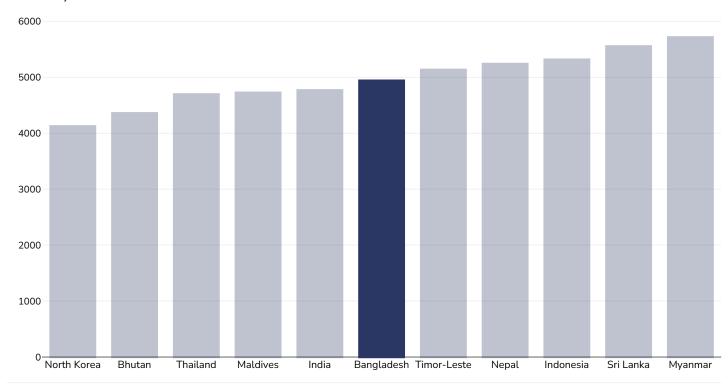
Definitions:

Number living with depression per 100,000 population (adults 20+ years)



Mental health - anxiety disorders

Adults, 2021



Age: 20+

References:

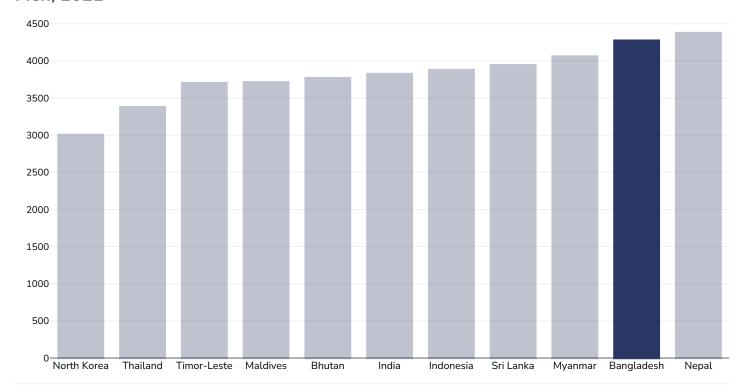
Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from http://vizhub.healthdata.org/gbd-compare. (Last accessed 23.04.25).

Definitions:

Number living with anxiety per 100,000 population



Men, 2021



Age: 20+

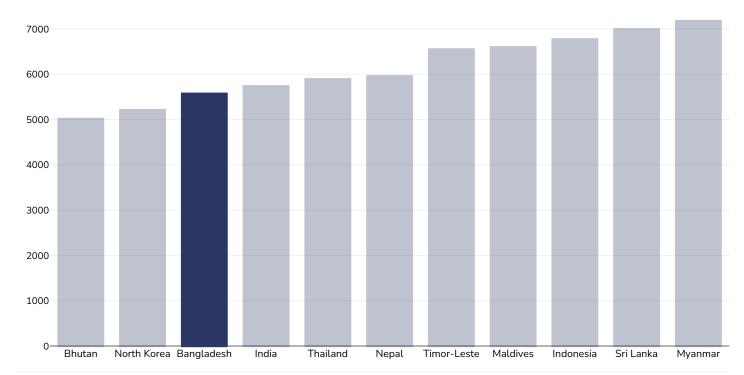
References:

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





Age: 20+

References:

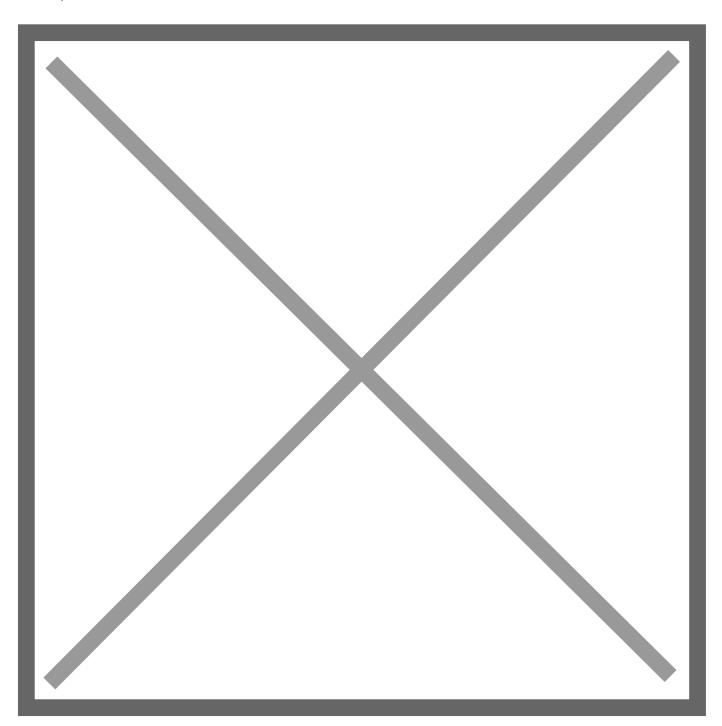
Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from http://vizhub.healthdata.org/gbd-compare. (Last accessed 23.04.25).

Definitions:

Number living with anxiety per 100,000 population



Percent of population who cannot afford a healthy diet

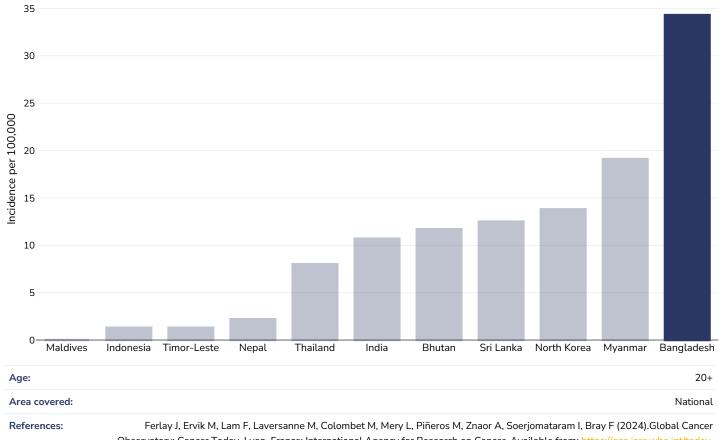


Area covered:	National
References:	FAO. 2025. FAOSTAT: Cost and Affordability of a Healthy Diet (CoAHD). https://www.fao.org/faostat/en/#data/CAHD. Licence: CC-BY-4.0. [Last Accessed 15.10.25]
Notes:	The percent of the population whose food budget is below the cost of a healthy diet.



Oesophageal cancer

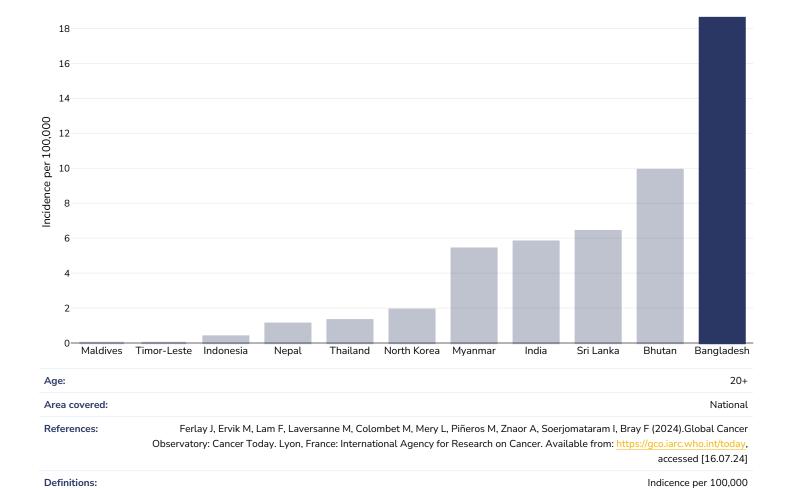
Men, 2022



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



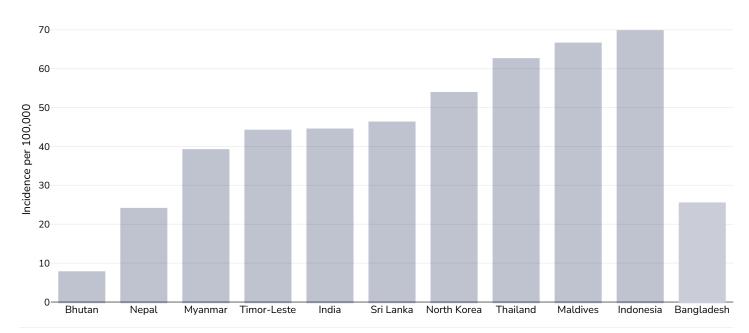




Breast cancer

Women, 2022





Area covered: National

References:

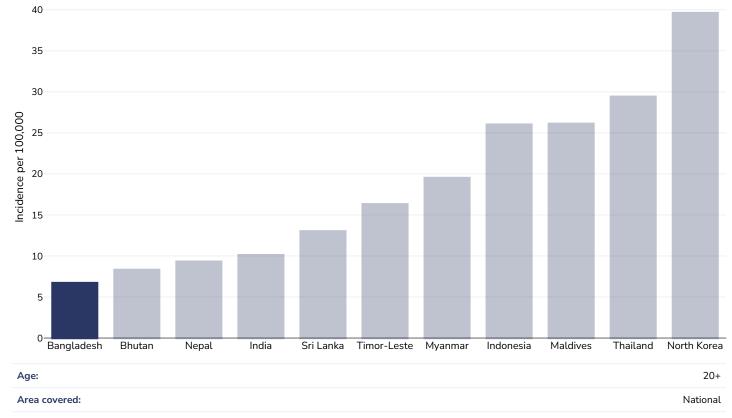
Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]

Definitions: Incidence per 100,000



Colorectal cancer

Men, 2022

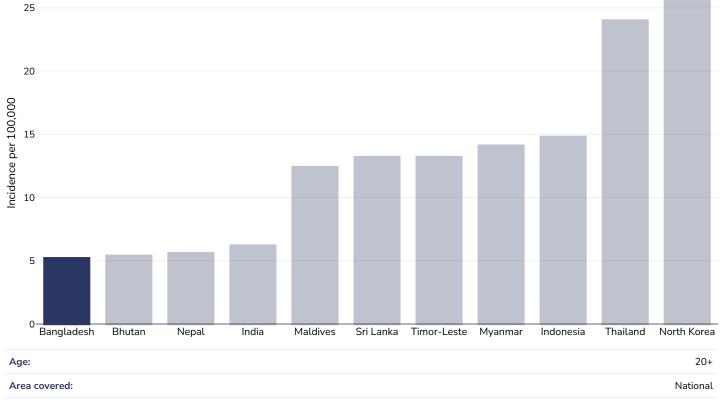


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Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]

Definitions: Incidence per 100,000





References:

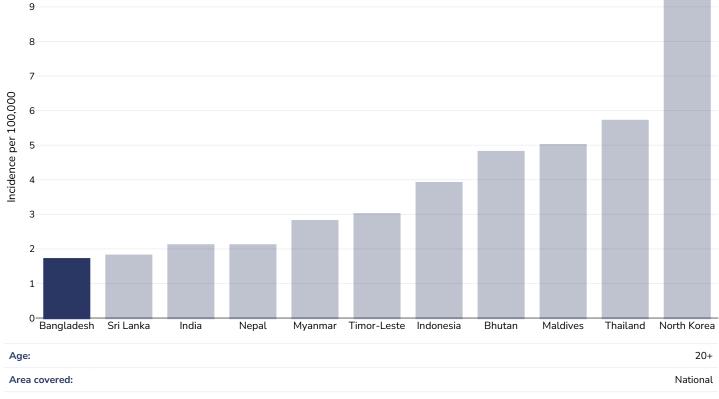
Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]

Definitions: Incidence per 100,000



Pancreatic cancer

Men, 2022

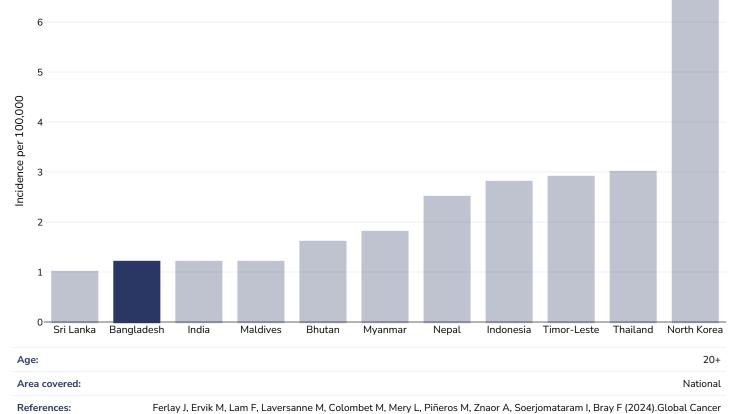


References:

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





Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today,

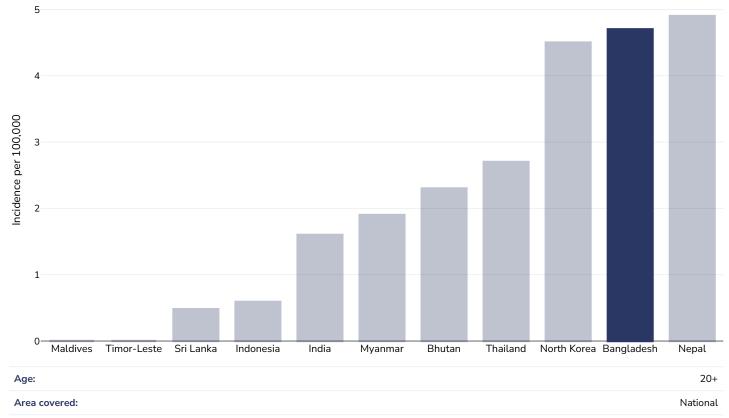
accessed [16.07.24]

Definitions: Incidence per 100,000



Gallbladder cancer

Men, 2022

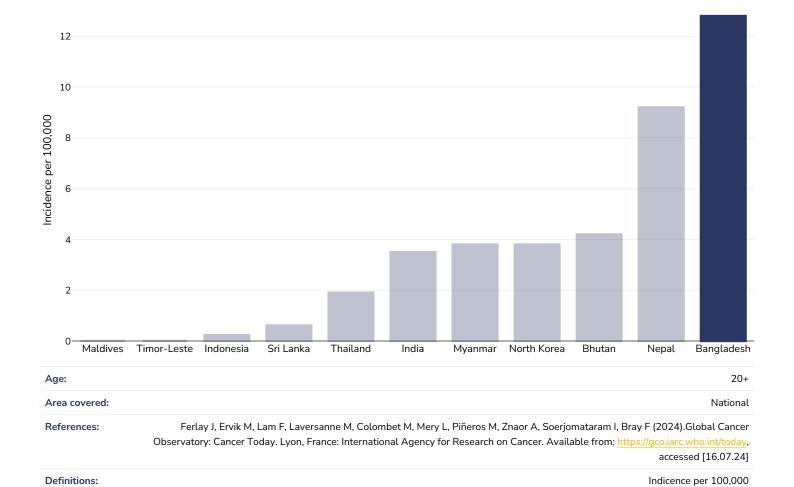


References:

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: Indicence per 100,000

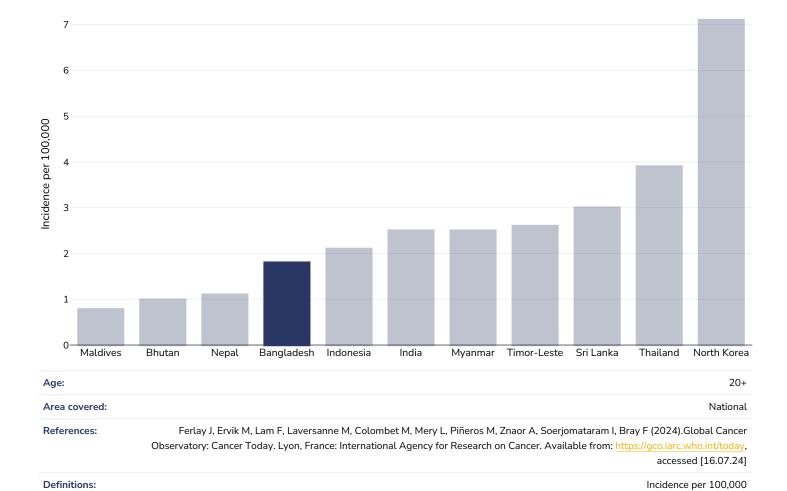




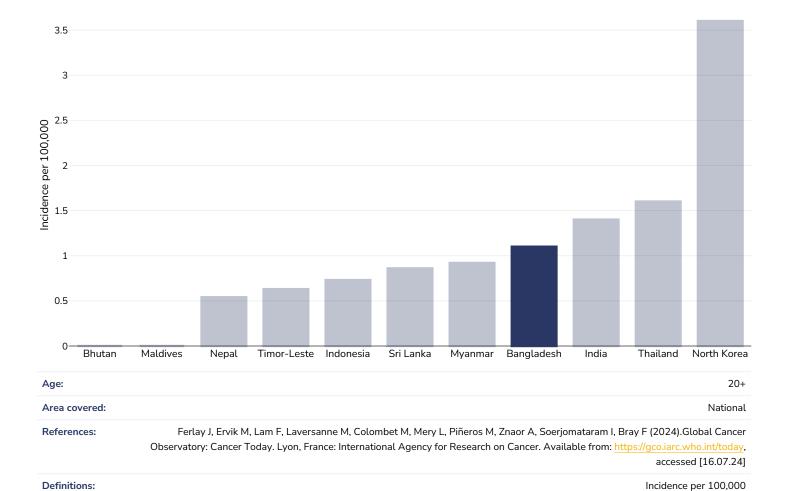


Kidney cancer

Men, 2022



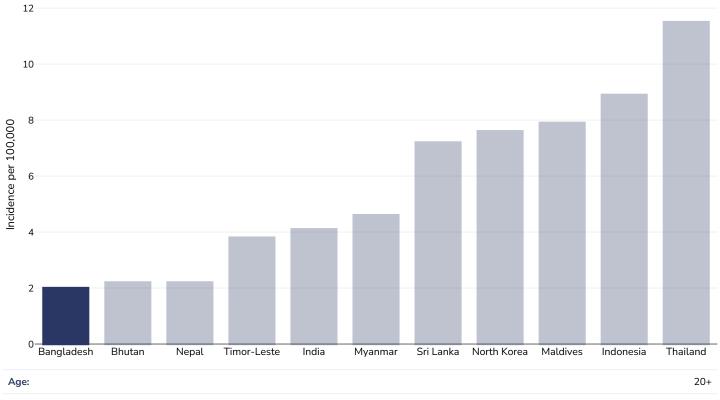






Cancer of the uterus

Women, 2022



References:

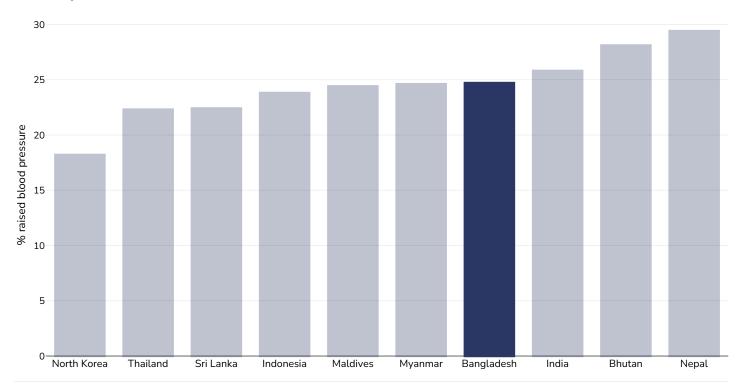
Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]

Definitions: Incidence per 100,000



Raised blood pressure

Adults, 2015



References:

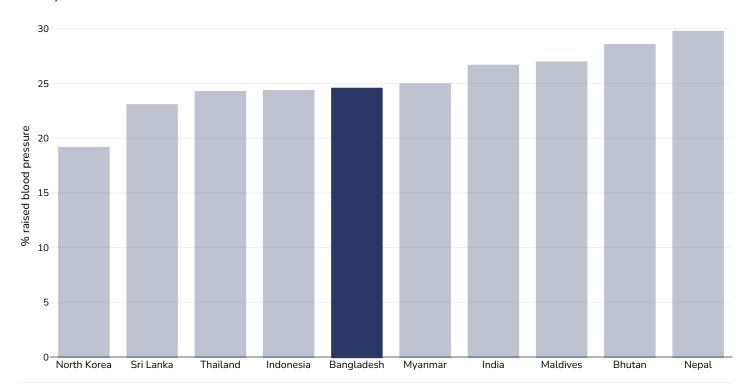
Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A875?lang=en

Definitions:

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



Men, 2015



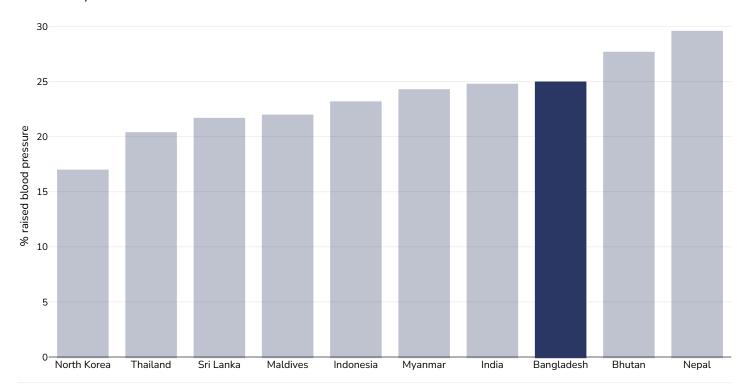
References:

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).





References:

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

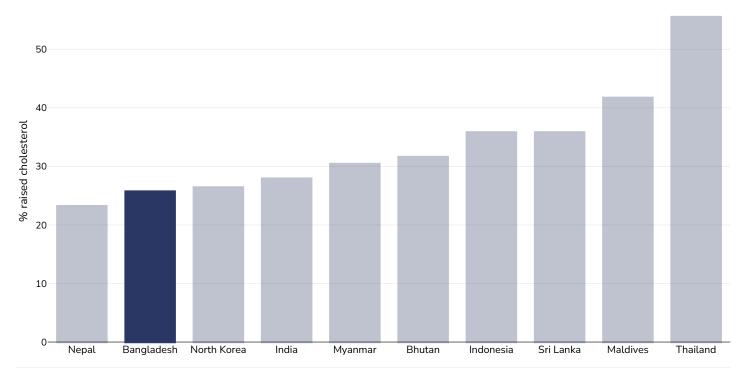
Definitions:

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



Raised cholesterol

Adults, 2008



References:

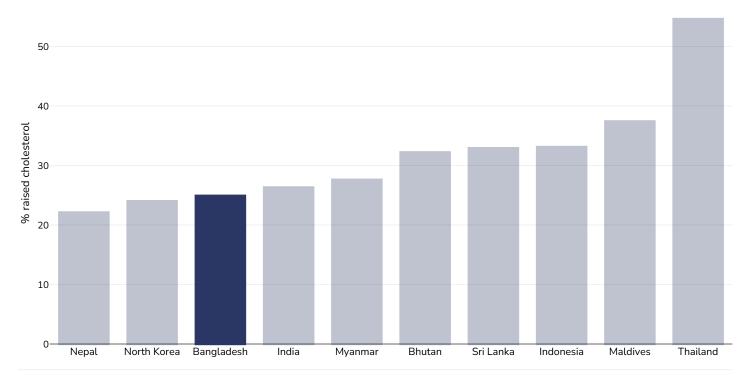
 ${\sf Global\ Health\ Observatory\ data\ repository,\ World\ Health\ Organisation,\ \underline{http://apps.who.int/gho/data/node.main.} A885}$

Definitions:

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



Men, 2008



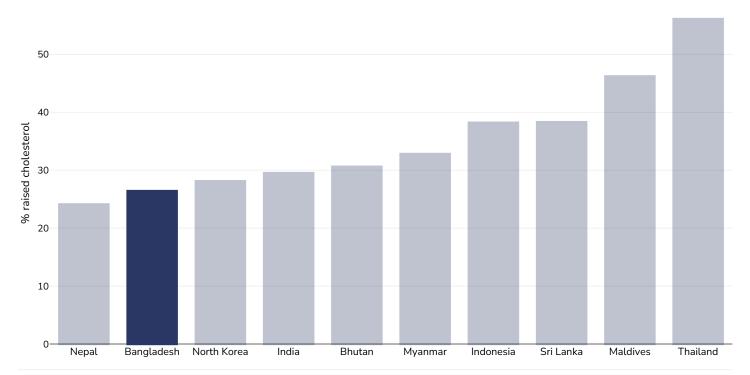
References:

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).





References:

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

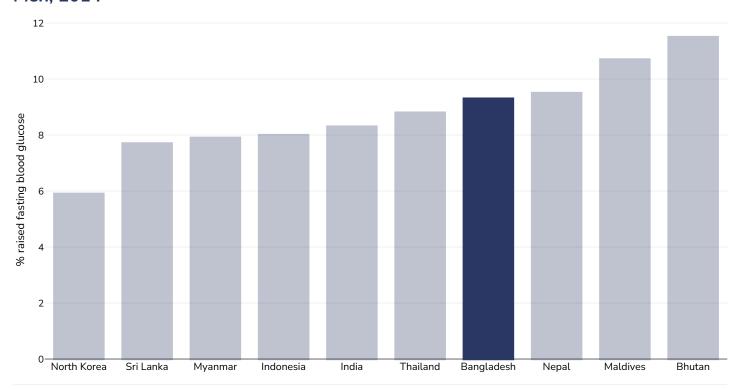
Definitions:

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



Raised fasting blood glucose

Men, 2014



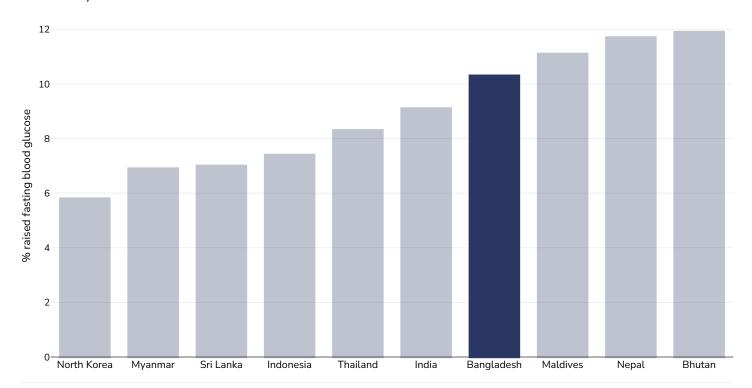
References:

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

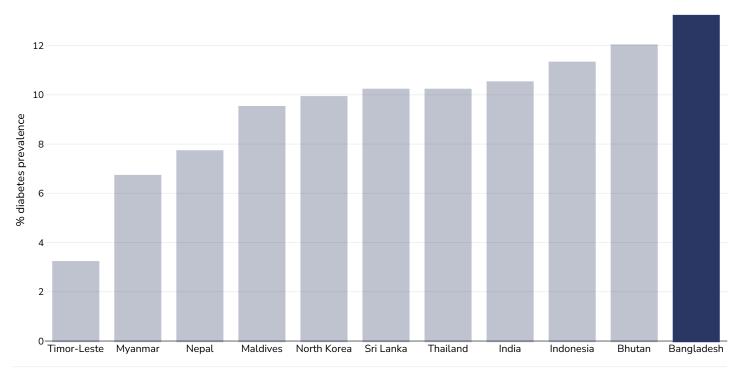
Definitions:

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



Diabetes prevalence

Adults, 2024



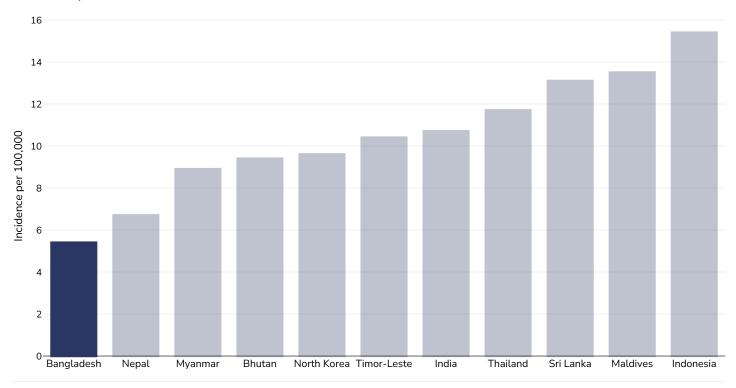
References:

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,

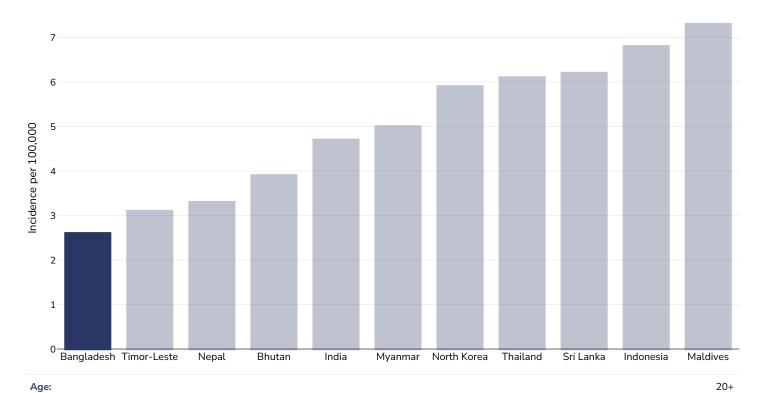
accessed [16.07.24]

Definitions: Incidence per 100,000



Leukemia

Men, 2022



Area covered: National

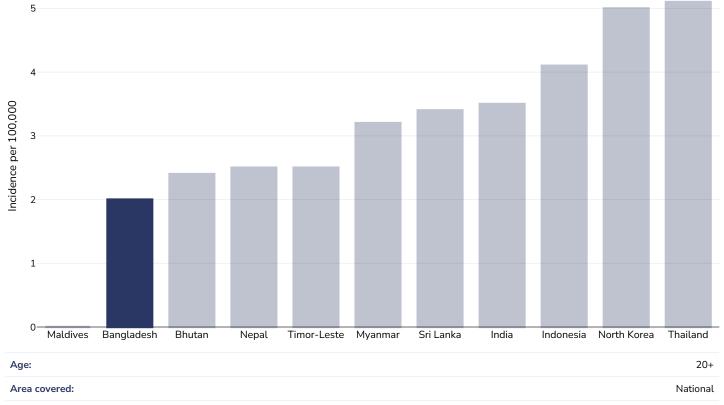
References:

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/m², obesity refers to a BMI greater than 30kg/m².





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]

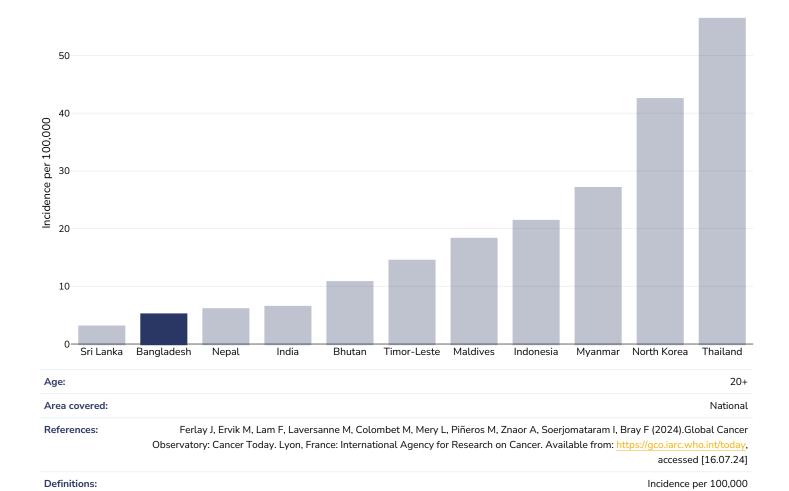
Definitions: Incidence per 100,000

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



Liver and intrahepatic bile duct Cancer

Men, 2022

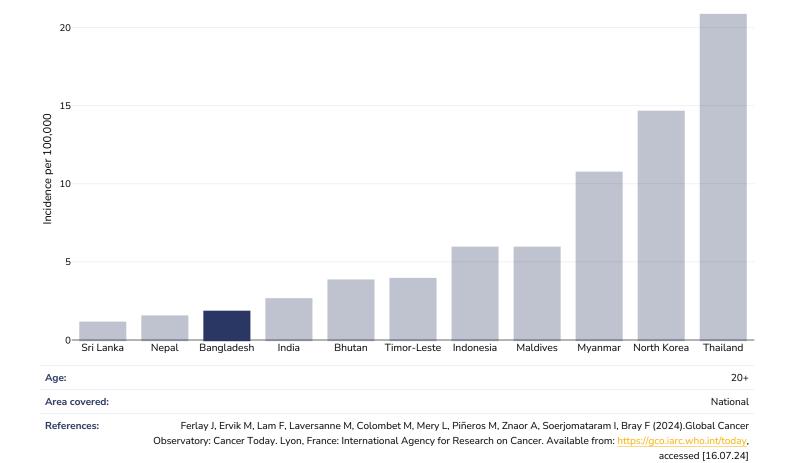


Incidence per 100,000



Women, 2022

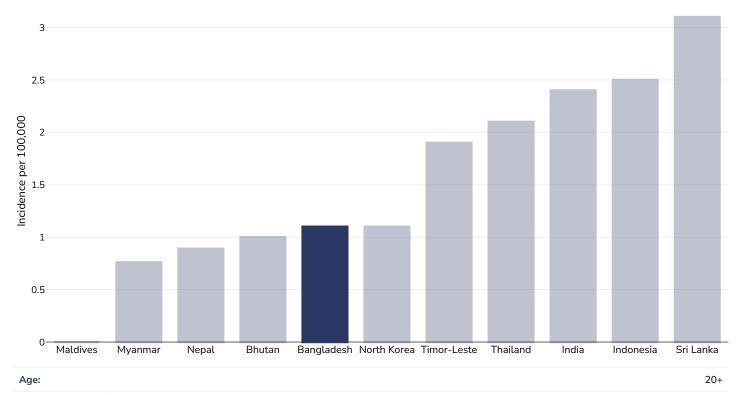
Definitions:





Multiple Myeloma

Men, 2022



Area covered: National

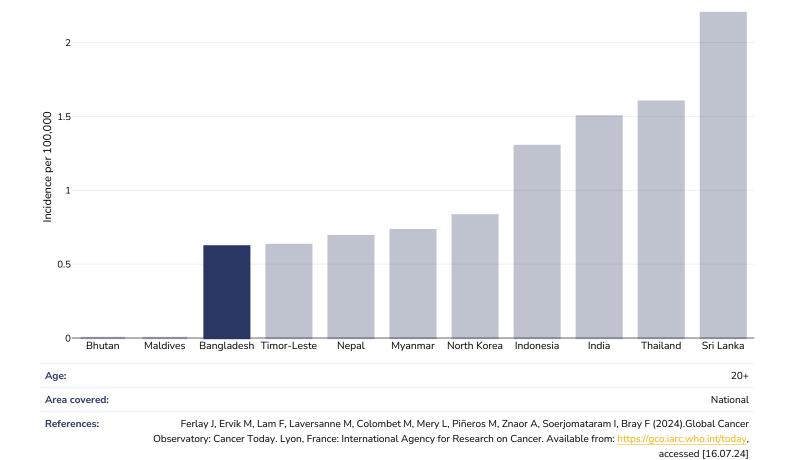
References:

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/m², obesity refers to a BMI greater than 30kg/m².





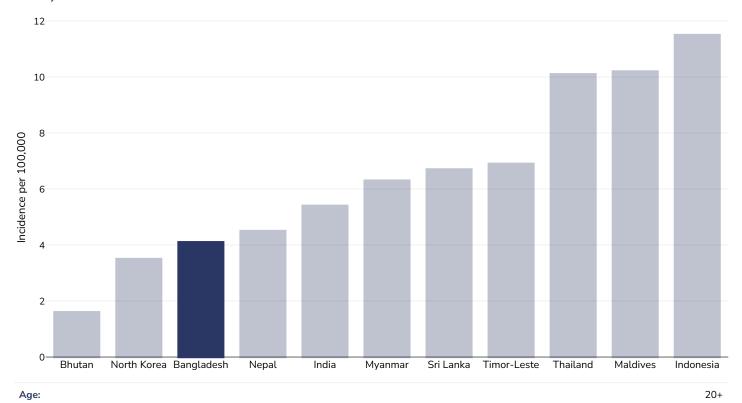
Definitions: Indicence per 100,000

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



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]

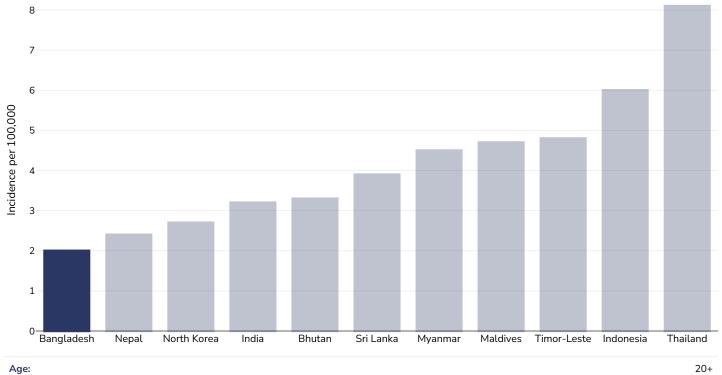
Definitions: Incidence per 100,000

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

National



Women, 2022



790.

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]

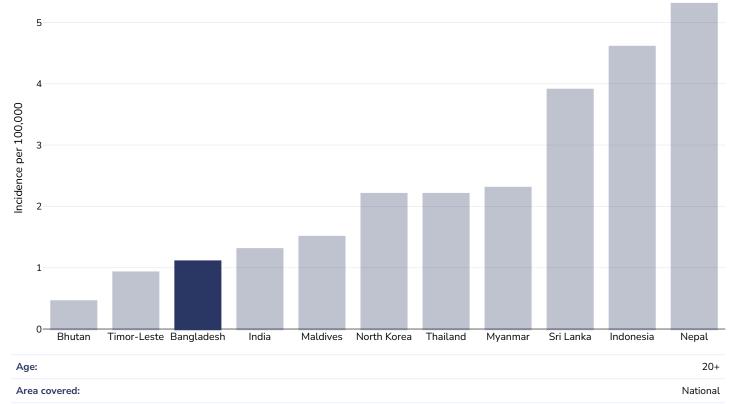
Definitions: Incidence per 100,000

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



Thyroid Cancer

Men, 2022

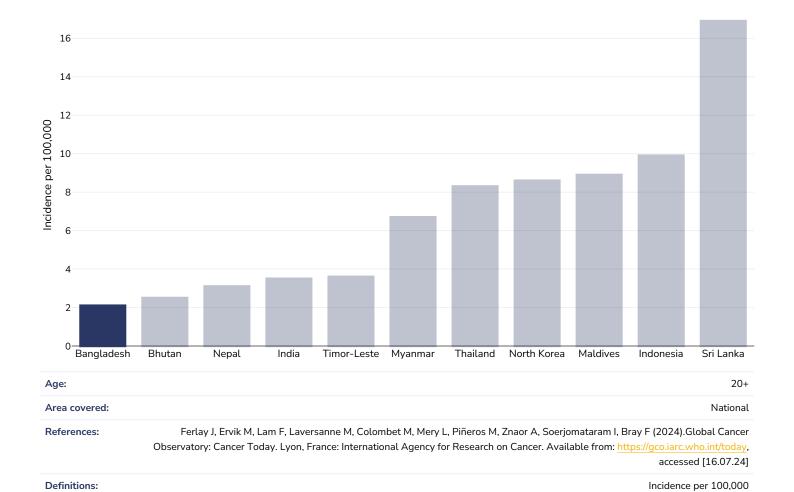


References:

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 October 24, 2025