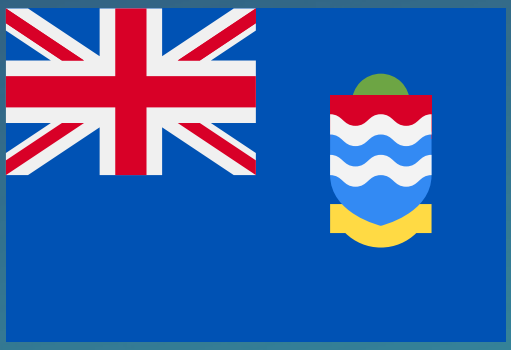
Cayman Islands



Country report card

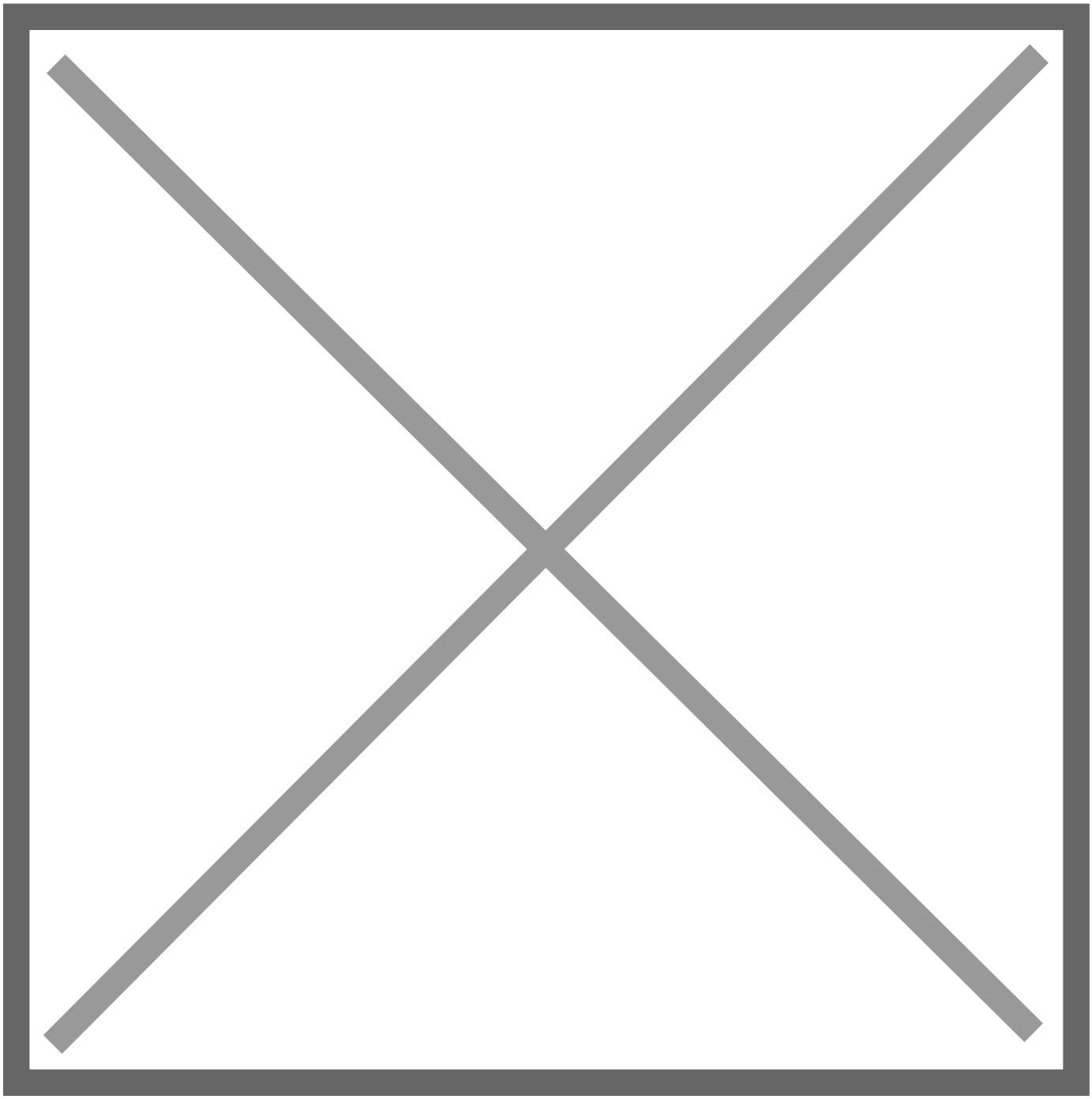
This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity . Where available, data on common and relevant obesity drivers and comorbidities are also presented.

View the latest version of this report on the Global Obesity Observatory at https://data.worldobesity.org/country/cayman-islands-38/.

Contents	Page
Obesity prevalence	3
Overweight/obesity by age	8
Insufficient physical activity	10
Diabetes prevalence	13

Obesity prevalence

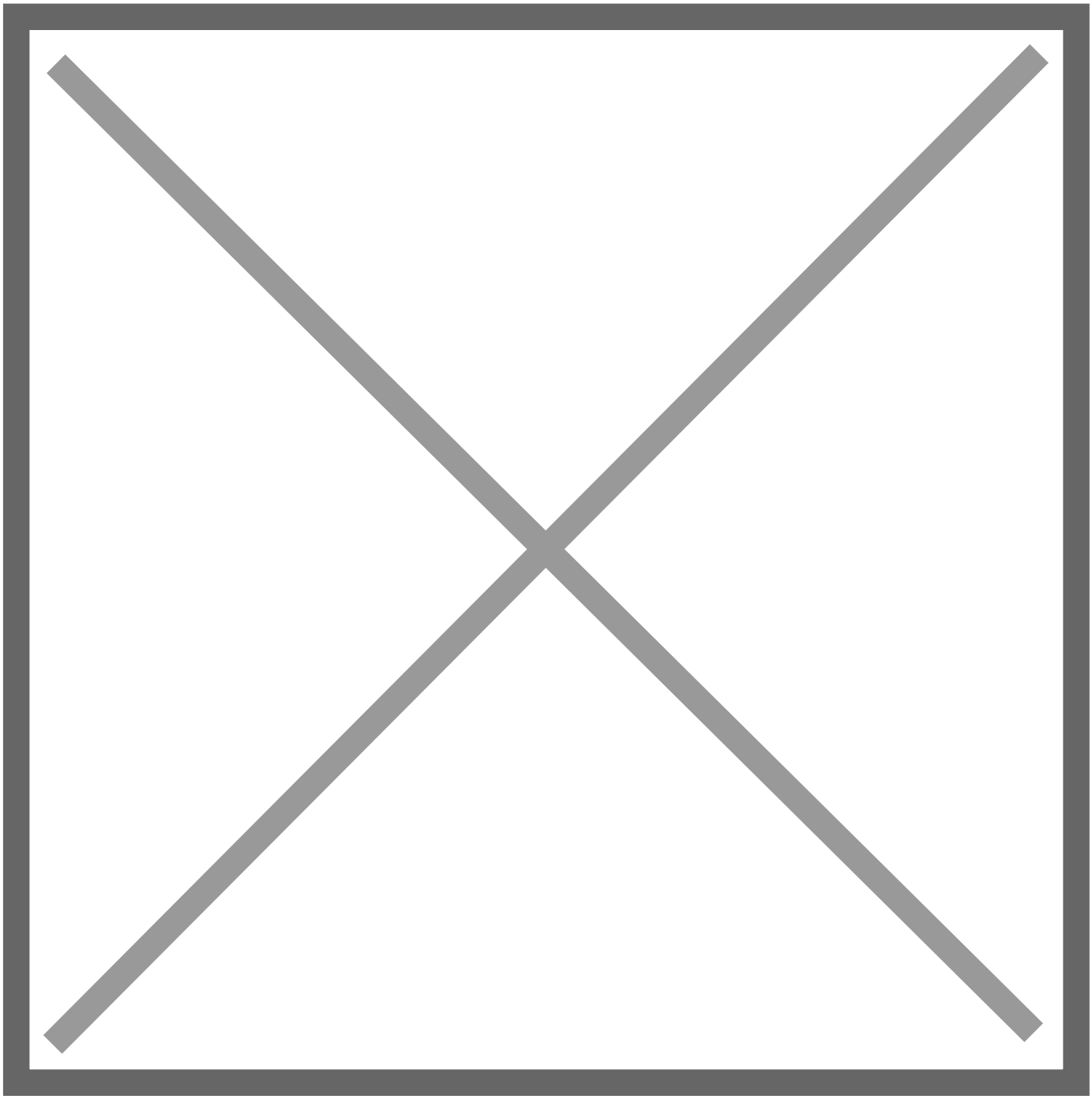
Adults, 2023



Survey type:	Measured
Age:	18-69
Sample size:	1700
Area covered:	National
References:	STEPS 2023 National Health Survey. https://www.gov.ky/health-wellness/steps-survey (Accessed 13.05.25)
Notes:	Excludes pregnant women.

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

Children, 2009-2010

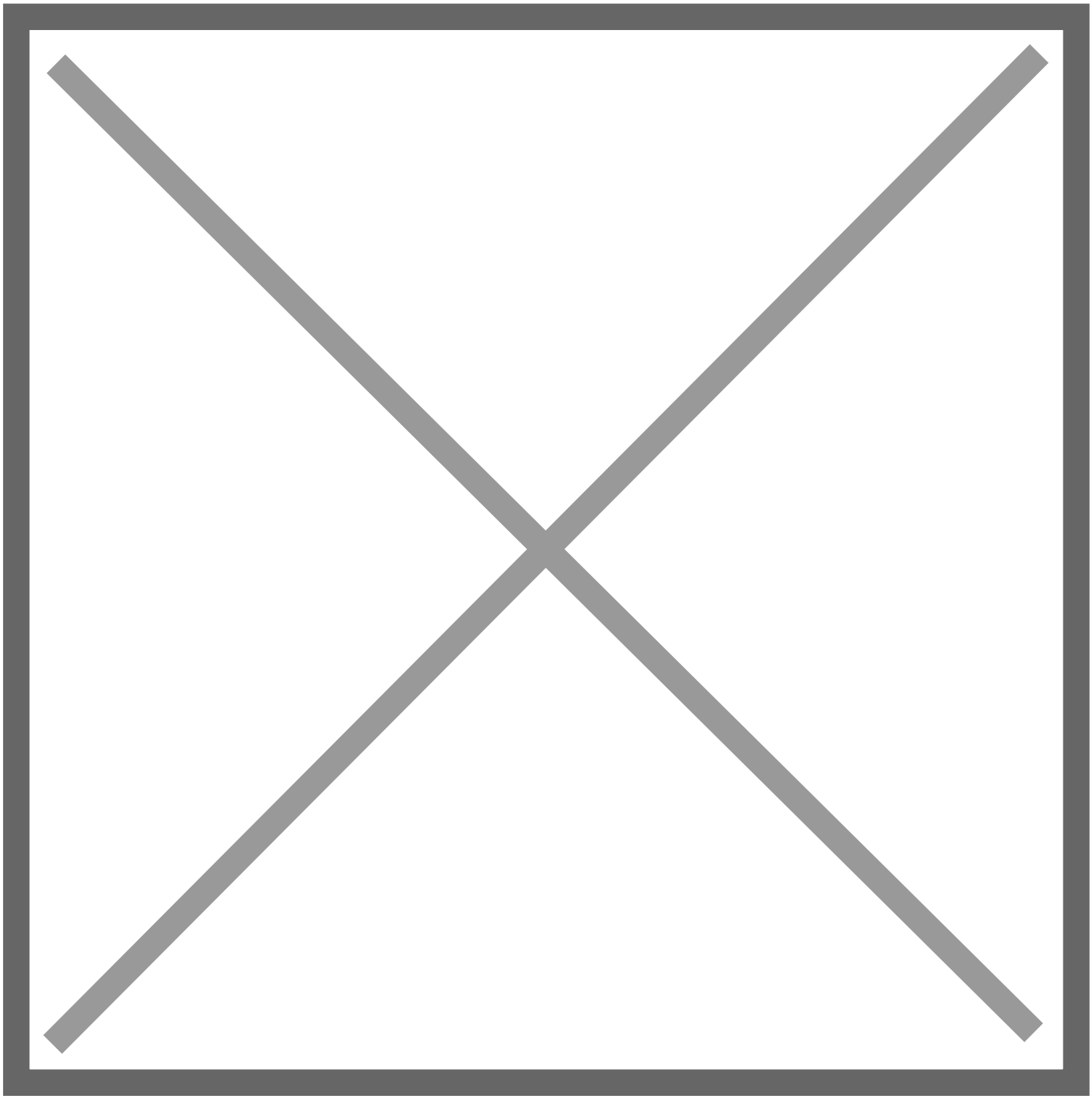


Survey type:	Measured
Age:	10-13
References:	Health Services Authority Data provided within WHO STEPS Chronic Disease, Risk Factor Survey 2012. Ministry of Health, Environment, Youth, Sports & Culture Cayman Islands Government. Available at https://extranet.who.int/ncdsmicrodata/index.php/catalog/635/download/4551 (last accessed 05.10.20)
Notes:	No survey details available

Cutoffs:	CDC

Overweight/obesity by age

Adults, 2023

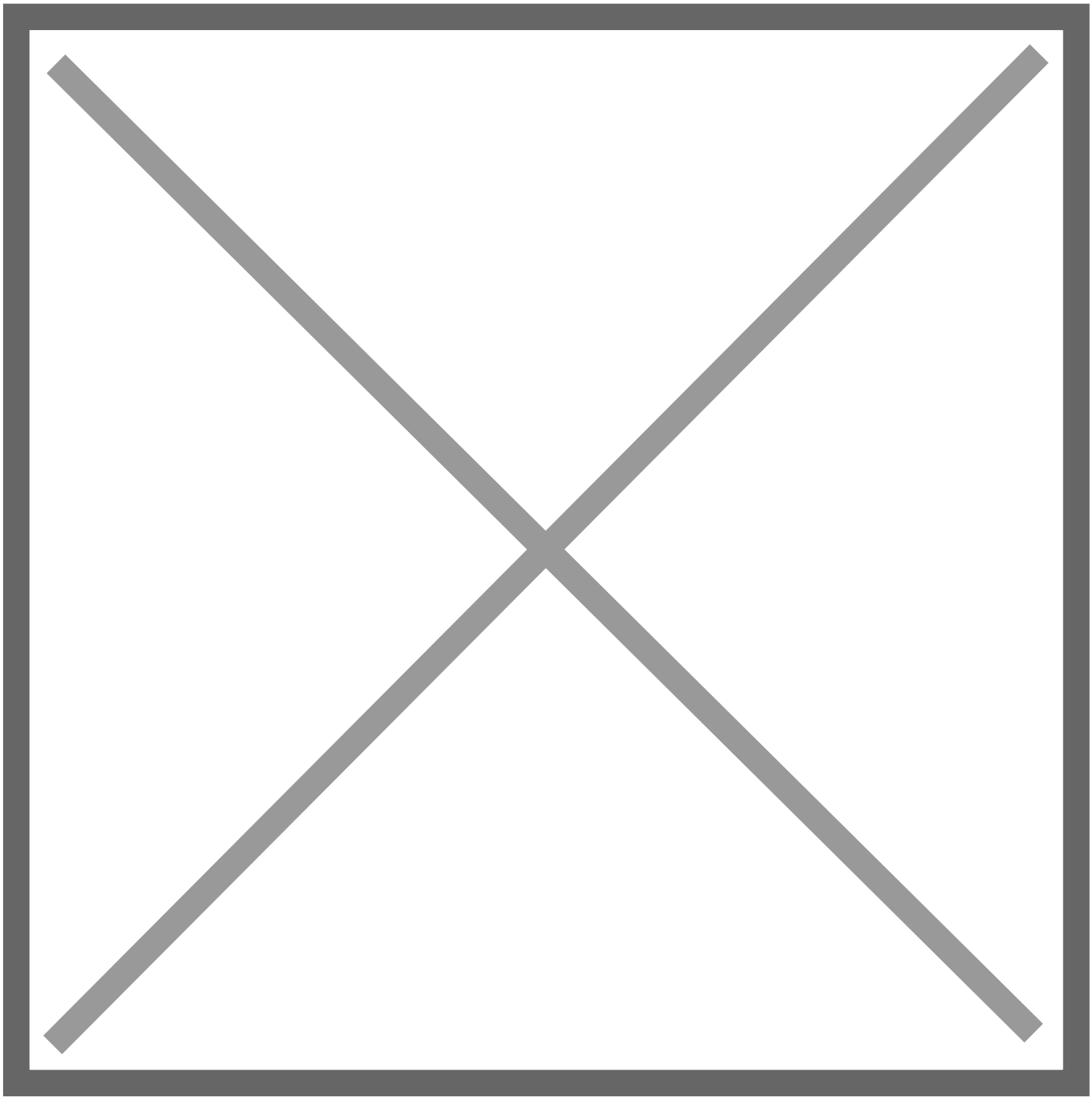


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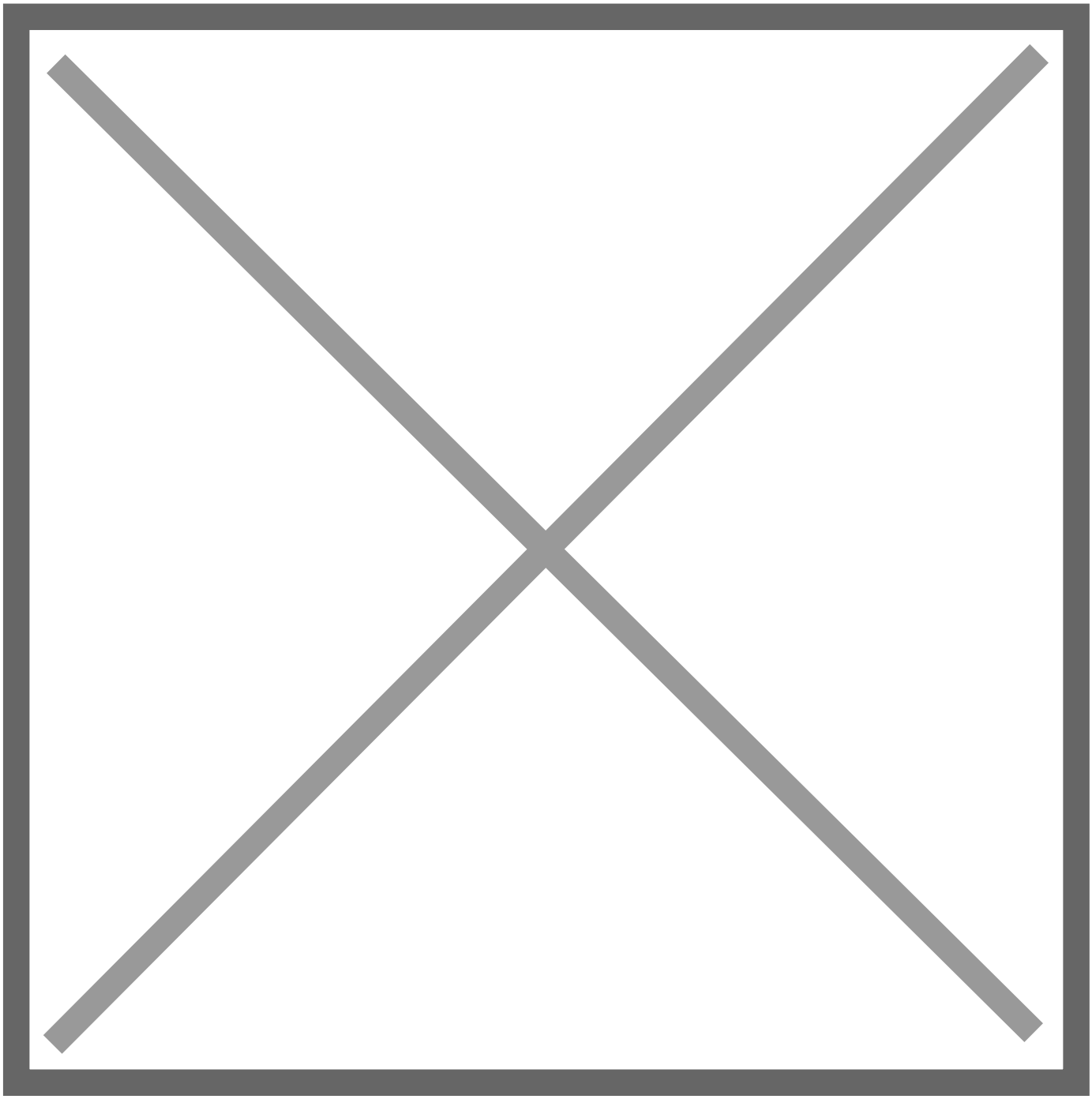
Insufficient physical activity

Adults, 2016



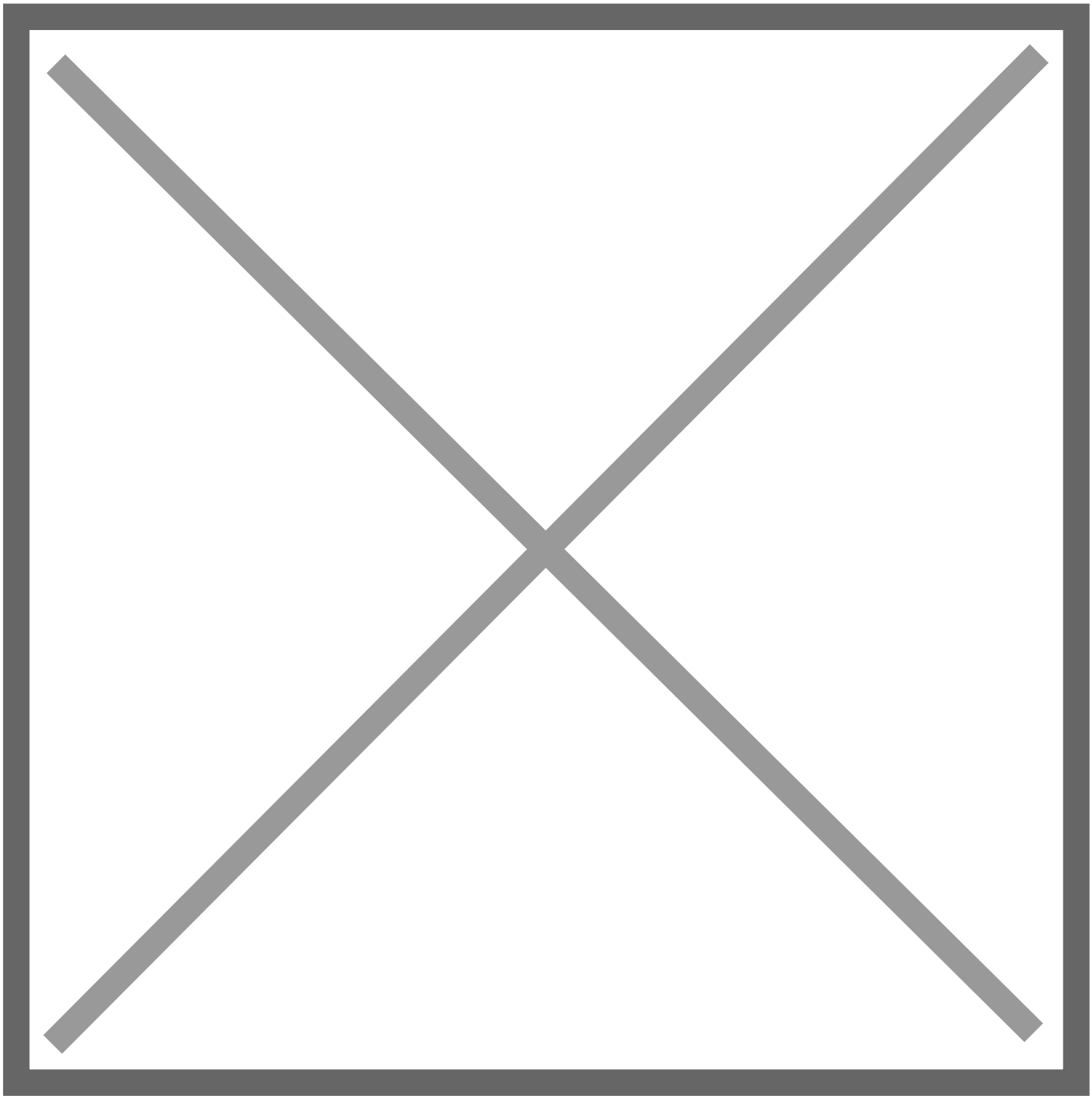
References: Guthold R, Stevens GA, Riley LM, Bull FC. Worldwide trends in insufficient physical activity from 2001 to 2016: a pooled analysis of 358 population-based surveys with 1.9 million participants. Lancet 2018 http://dx.doi.org/10.1016/S2214-109X(18)30357-7

Men, 2016



References: Guthold R, Stevens GA, Riley LM, Bull FC. Worldwide trends in insufficient physical activity from 2001 to 2016: a pooled analysis of 358 population-based surveys with 1.9 million participants. Lancet 2018 http://dx.doi.org/10.1016/S2214-109X(18)30357-7

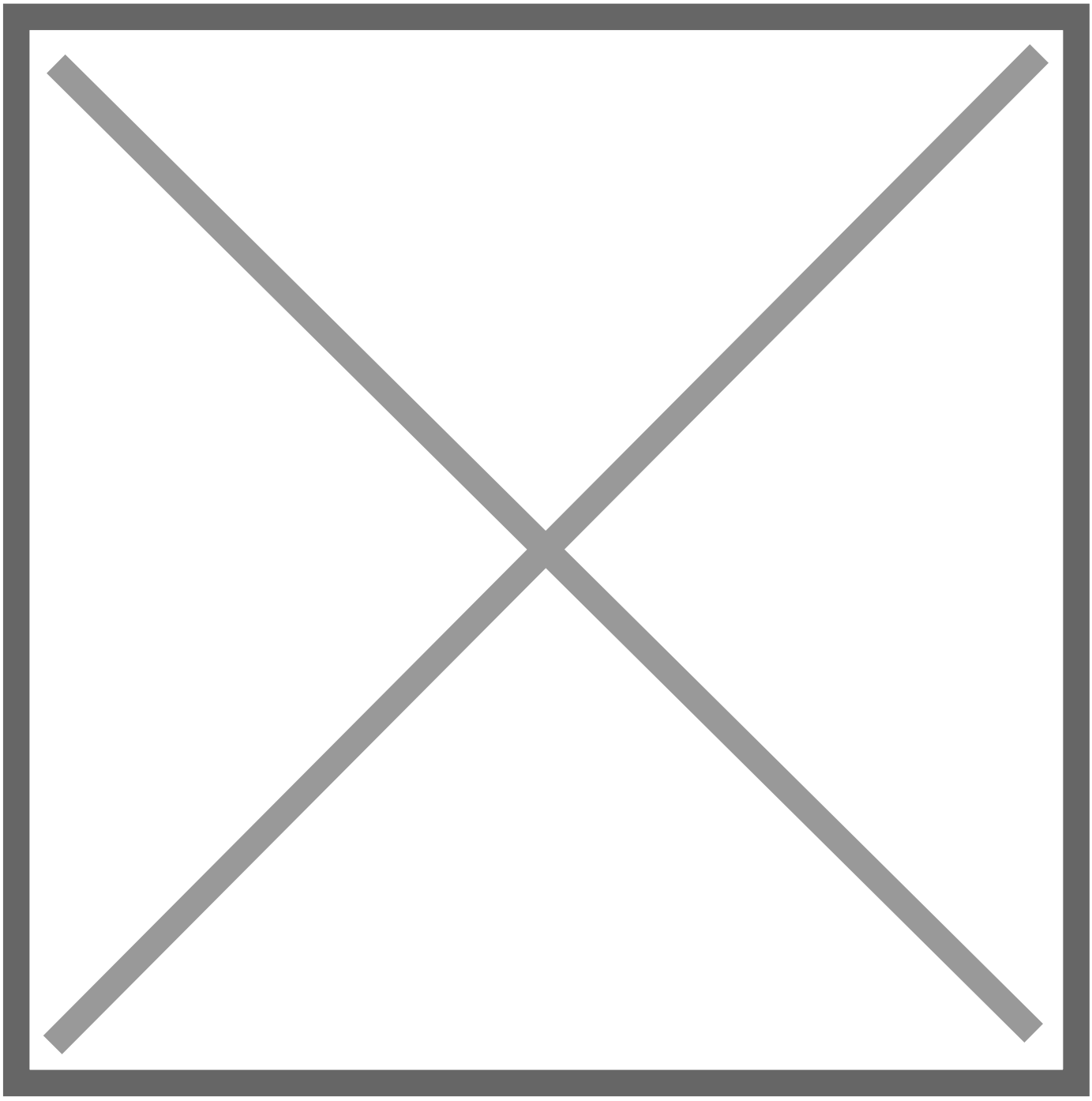
Women, 2016



References: Guthold R, Stevens GA, Riley LM, Bull FC. Worldwide trends in insufficient physical activity from 2001 to 2016: a pooled analysis of 358 population-based surveys with 1.9 million participants. Lancet 2018 http://dx.doi.org/10.1016/S2214-109X(18)30357-7

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

PDF created on August 20, 2026