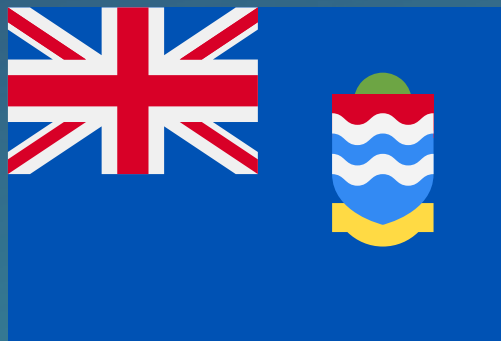




# Cayman Islands



## Country report card - adults

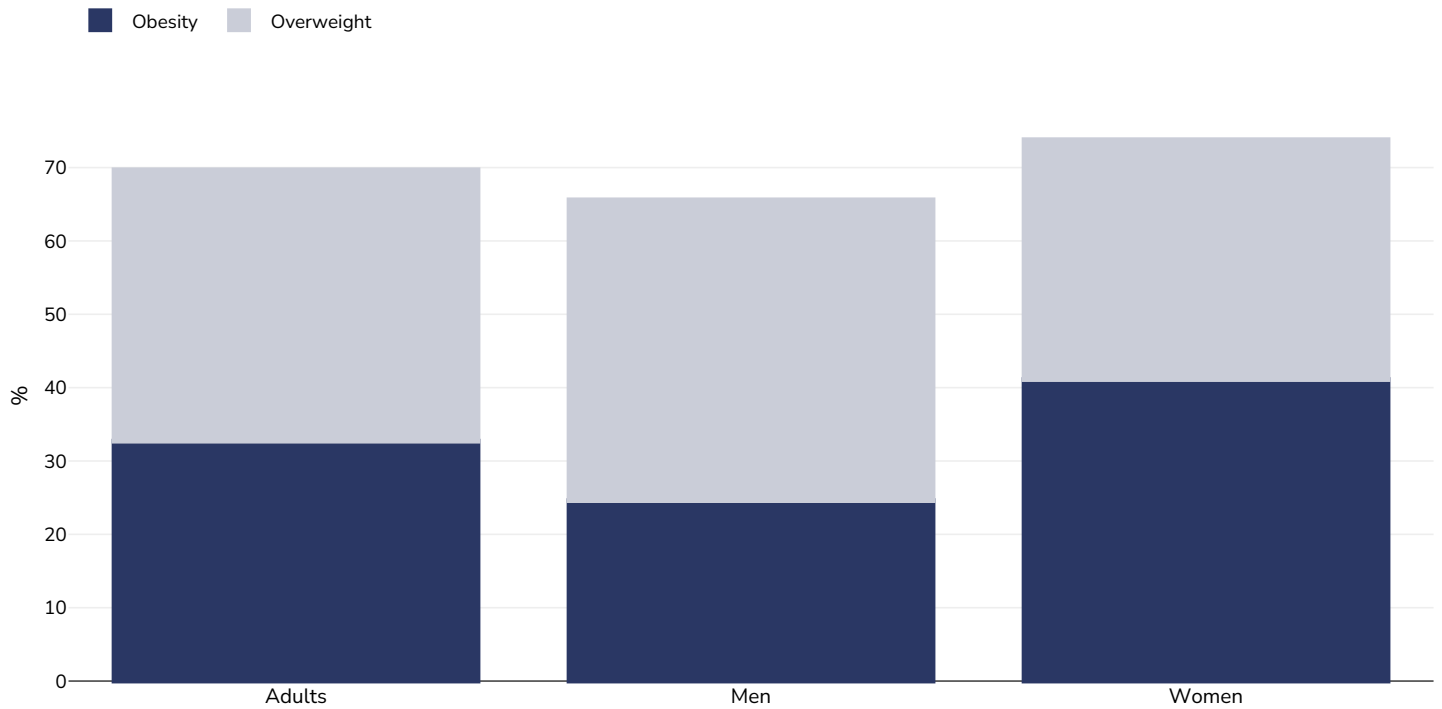
*This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity for adults. Where available, data on common and relevant obesity drivers and comorbidities are also presented.*

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

Contents	Page
Obesity prevalence	3
Overweight/obesity by age	4
Insufficient physical activity	5
Diabetes prevalence	7

## Obesity prevalence

### Adults, 2023

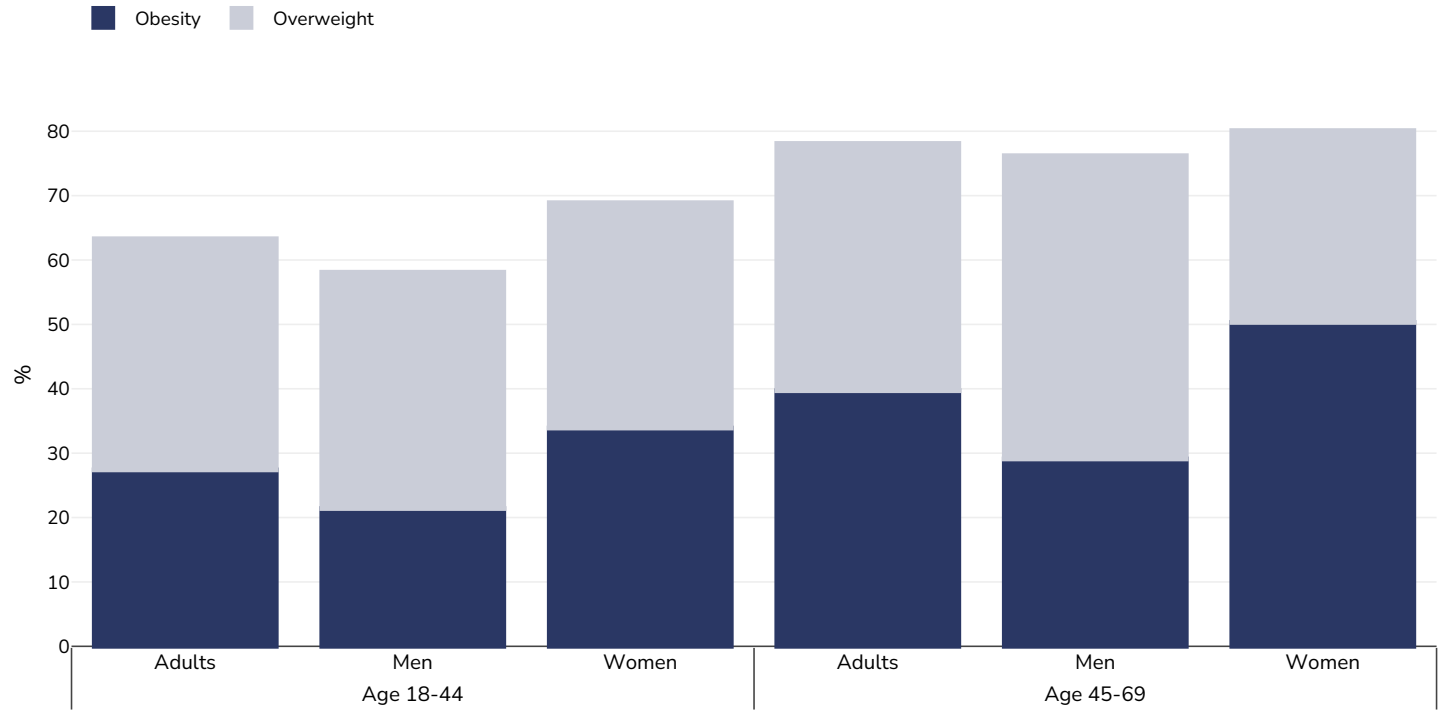


Survey type:	Measured
Age:	18-69
Sample size:	1700
Area covered:	National
References:	STEPS 2023 National Health Survey. <a href="https://www.gov.ky/health-wellness/steps-survey">https://www.gov.ky/health-wellness/steps-survey</a> (Accessed 13.05.25)
Notes:	Excludes pregnant women.

*Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m<sup>2</sup>, obesity refers to a BMI greater than 30kg/m<sup>2</sup>.*

## Overweight/obesity by age

### Adults, 2023

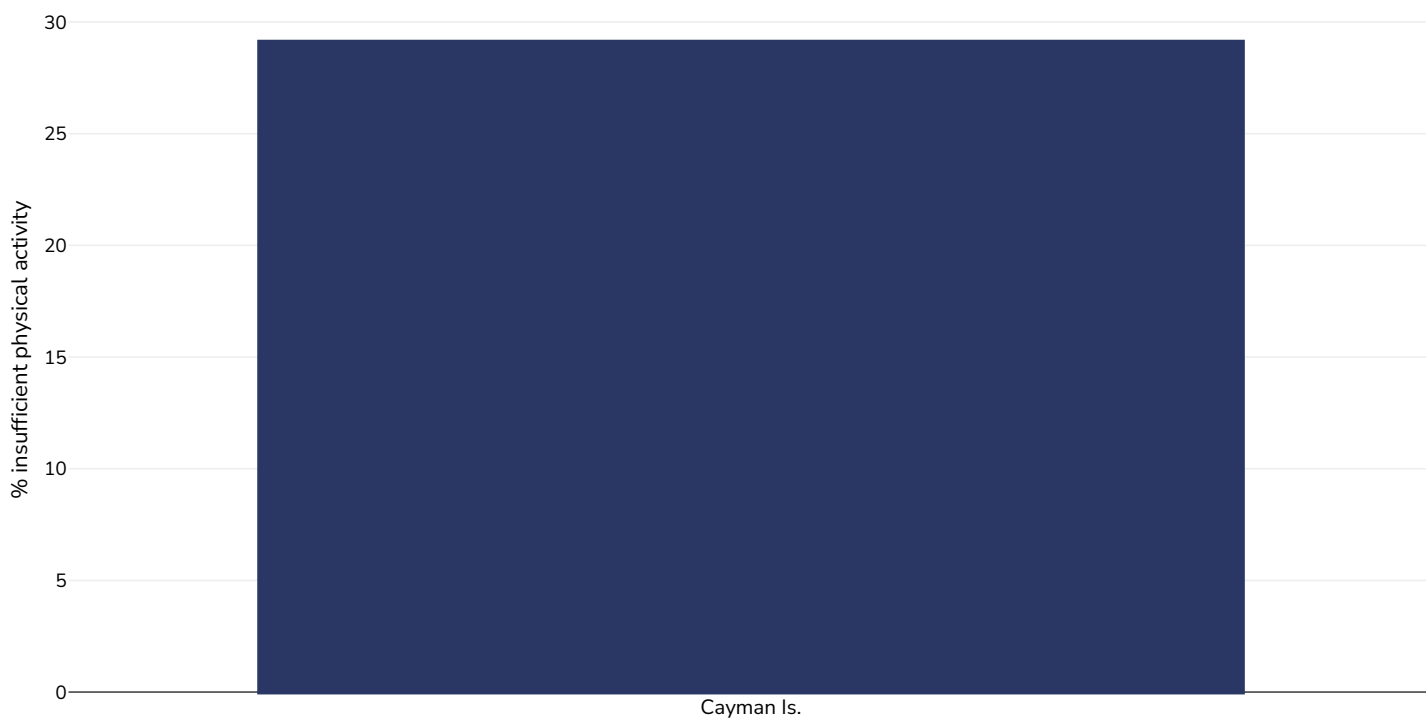


Survey type:	Measured
Sample size:	1700
Area covered:	National
References:	STEPS 2023 National Health Survey. <a href="https://www.gov.ky/health-wellness/steps-survey">https://www.gov.ky/health-wellness/steps-survey</a> (Accessed 13.05.25)
Notes:	Excludes pregnant women.

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m<sup>2</sup>, obesity refers to a BMI greater than 30kg/m<sup>2</sup>.

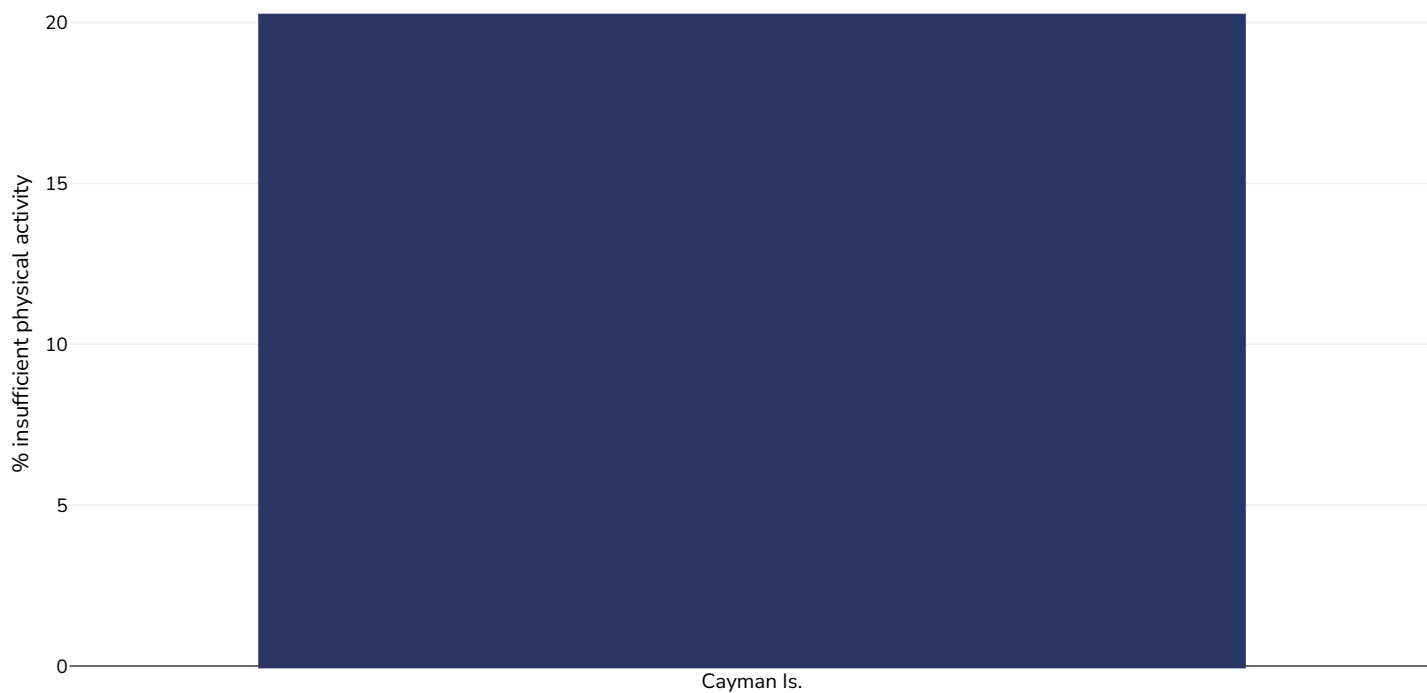
## Insufficient physical activity

### Adults, 2016



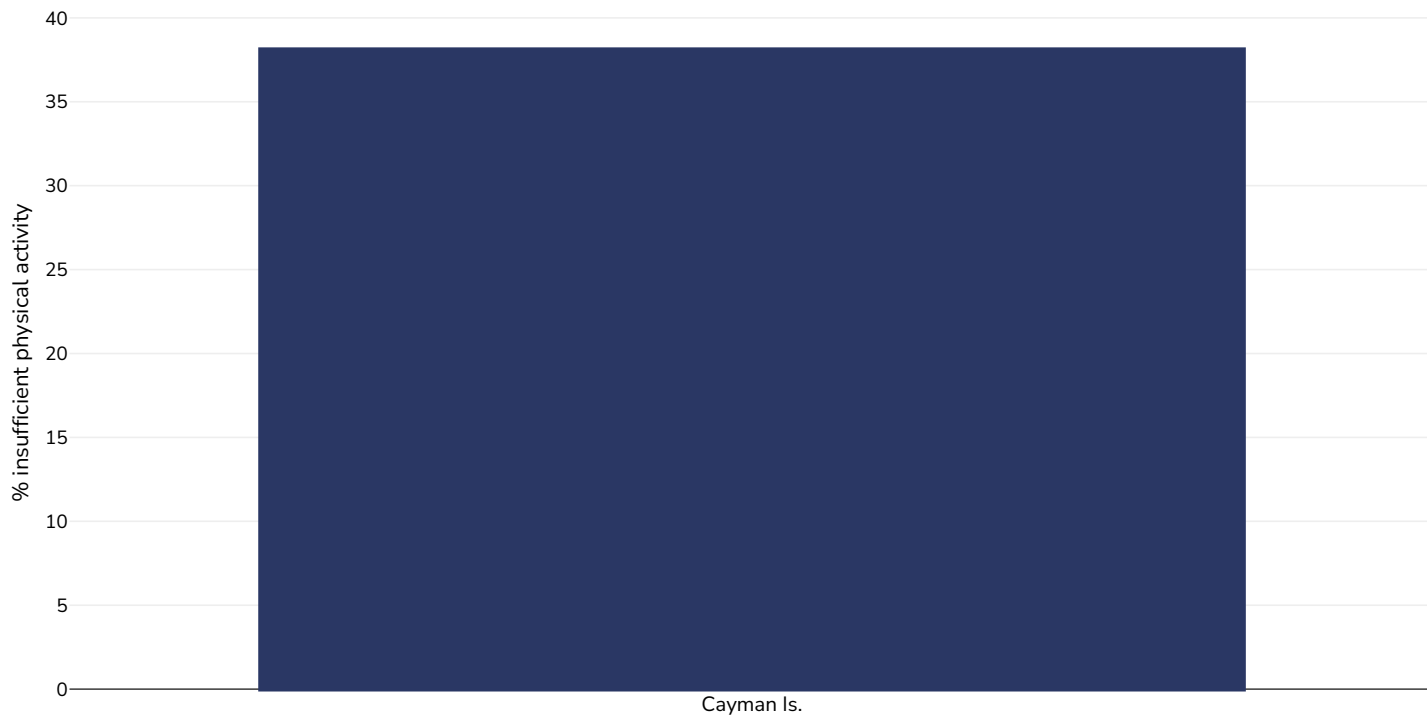
**References:** Guthold R, Stevens GA, Riley LM, Bull FC. Worldwide trends in insufficient physical activity from 2001 to 2016: a pooled analysis of 358 population-based surveys with 1.9 million participants. Lancet 2018 [http://dx.doi.org/10.1016/S2214-109X\(18\)30357-7](http://dx.doi.org/10.1016/S2214-109X(18)30357-7)

### 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](http://dx.doi.org/10.1016/S2214-109X(18)30357-7)

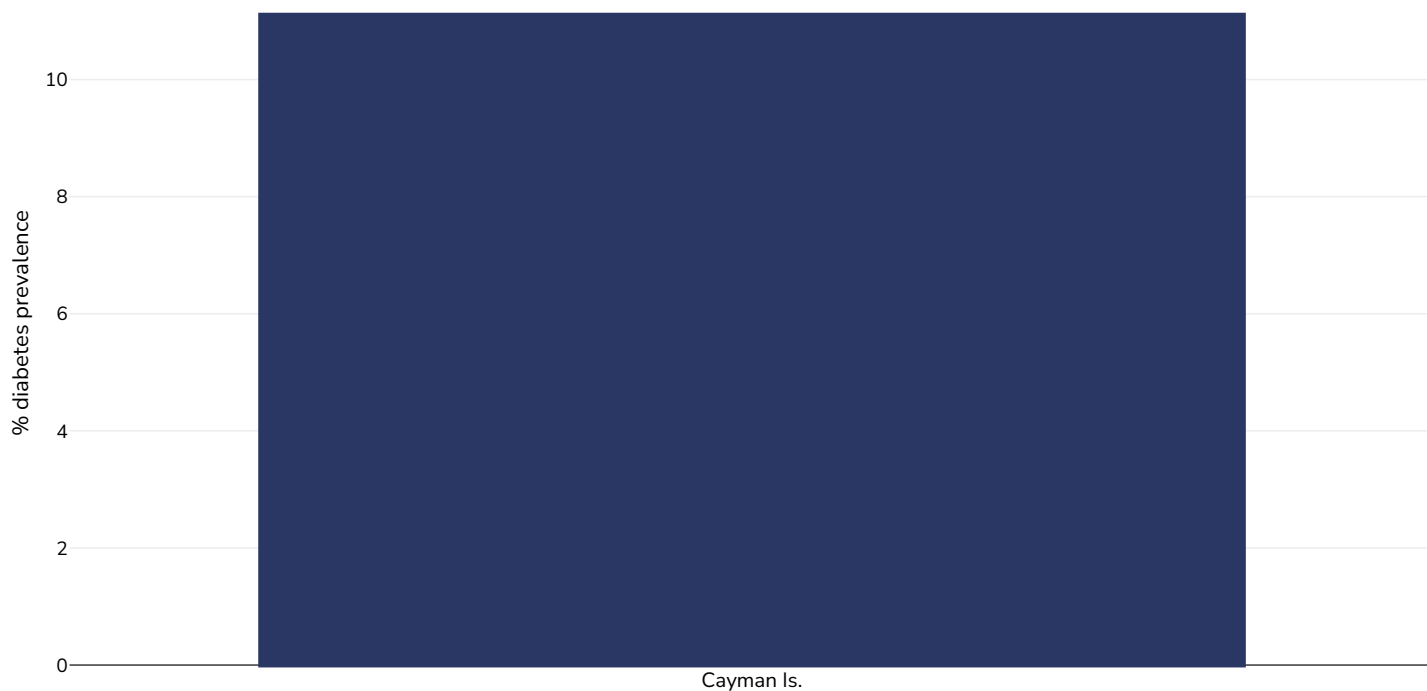
### Women, 2016



**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](http://dx.doi.org/10.1016/S2214-109X(18)30357-7)

## Diabetes prevalence

Adults, 2024



**References:**

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PDF created on January 29, 2026