

China

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/china-42/.



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Obesity prevalence

Adults, 2019

Obesity Overweight





% Adults living with obesity, 2002-2019

Men

References:

Definitions:



Wen Peng, Shiqi Chen and Xinguang Chen et al. Trends in major non-communicable diseases and related risk factors in China 2002–2019: an analysis of nationally representative survey data. The Lancet Regional Health: Western Pacific. 2023. Vol. 43. DOI: 10.1016/j.lanwpc.2023.100809Wen Peng, Shiqi Chen and Xinguang Chen et al. Trends in major non-communicable diseases and related risk factors in China 2002–2019: an analysis of nationally representative survey data. The Lancet Regional Health: Western Pacific. 2023. Vol. 43. DOI: 10.1016/j.lanwpc.2023.100809Wen Peng, Shiqi Chen and Xinguang Chen et al. Trends in major non-communicable diseases and related risk factors in China 2002–2019: an analysis of nationally representative survey data. The Lancet Regional Health: Western Pacific. 2023. Vol. 43. DOI: 10.1016/j.lanwpc.2023.100809Wen Peng, Shiqi Chen and Xinguang Chen et al. Trends in major non-communicable diseases and related risk factors in China 2002–2019: an analysis of nationally representative survey data. The Lancet Regional Health: Western Pacific. 2023. Vol. 43. DOI: 10.1016/j.lanwpc.2023.100809Wen Peng, Shiqi Chen and Xinguang Chen et al. Trends in major non-communicable diseases and related risk factors in China 2002–2019: an analysis of nationally representative survey data. The Lancet Regional Health: Western Pacific. 2023. Vol. 43. DOI: 10.1016/j.lanwpc.2023.100809

Overweight BMI ≥24-<28 Kg/m² Obesity BMI ≥ 28 Kg/m²





Women

References:

Definitions:





Wen Peng, Shiqi Chen and Xinguang Chen et al. Trends in major non-communicable diseases and related risk factors in China 2002–2019: an analysis of nationally representative survey data. The Lancet Regional Health: Western Pacific. 2023. Vol. 43. DOI: 10.1016/j.lanwpc.2023.100809Wen Peng, Shiqi Chen and Xinguang Chen et al. Trends in major non-communicable diseases and related risk factors in China 2002–2019: an analysis of nationally representative survey data. The Lancet Regional Health: Western Pacific. 2023. Vol. 43. DOI: 10.1016/j.lanwpc.2023.100809Wen Peng, Shiqi Chen and Xinguang Chen et al. Trends in major non-communicable diseases and related risk factors in China 2002–2019: an analysis of nationally representative survey data. The Lancet Regional Health: Western Pacific. 2023. Vol. 43. DOI: 10.1016/j.lanwpc.2023.100809Wen Peng, Shiqi Chen and Xinguang Chen et al. Trends in major non-communicable diseases and related risk factors in China 2002–2019: an analysis of nationally representative survey data. The Lancet Regional Health: Western Pacific. 2023. Vol. 43. DOI: 10.1016/j.lanwpc.2023.100809Wen Peng, Shiqi Chen and Xinguang Chen et al. Trends in major non-communicable diseases and related risk factors in China 2002–2019: an analysis of nationally representative survey data. The Lancet Regional Health: Western Pacific. 2023. Vol. 43. DOI: 10.1016/j.lanwpc.2023.100809

Overweight BMI ≥24-<28 Kg/m² Obesity BMI ≥ 28 Kg/m²



% Adults living with obesity, 2002-2019



	-	
Definitions:		Overweight BMI ≥24-<28 Kg/m² Obesity BMI ≥ 28 Kg/m²
	Unless otherwise noted, overweight refers to a BMI between 25	bkg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².



Women



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.

7



% Adults living with overweight or obesity by urbanisation in China 1993-2009



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



Men

•

Women



% Adults living with overweight or obesity in China 1993-2009

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



% Adults living with overweight or obesity, 2002-2019

Men

Definitions:



Wen Peng, Shiqi Chen and Xinguang Chen et al. Trends in major non-communicable diseases and related risk factors in China 2002–2019: an analysis of nationally representative survey data. The Lancet Regional Health: Western Pacific. 2023. Vol. 43. DOI: 10.1016/j.lanwpc.2023.100809Wen Peng, Shiqi Chen and Xinguang Chen et al. Trends in major non-communicable diseases and related risk factors in China 2002–2019: an analysis of nationally representative survey data. The Lancet Regional Health: Western Pacific. 2023. Vol. 43. DOI: 10.1016/j.lanwpc.2023.100809Wen Peng, Shiqi Chen and Xinguang Chen et al. Trends in major non-communicable diseases and related risk factors in China 2002–2019: an analysis of nationally representative survey data. The Lancet Regional Health: Western Pacific. 2023. Vol. 43. DOI: 10.1016/j.lanwpc.2023.100809Wen Peng, Shiqi Chen and Xinguang Chen et al. Trends in major non-communicable diseases and related risk factors in China 2002–2019: an analysis of nationally representative survey data. The Lancet Regional Health: Western Pacific. 2023. Vol. 43. DOI: 10.1016/j.lanwpc.2023.100809Wen Peng, Shiqi Chen and Xinguang Chen et al. Trends in major non-communicable diseases and related risk factors in China 2002–2019: an analysis of nationally representative survey data. The Lancet Regional Health: Western Pacific. 2023. Vol. 43. DOI: 10.1016/j.lanwpc.2023.100809

Overweight BMI ≥24-<28 Kg/m² Obesity BMI ≥ 28 Kg/m²



Women

Definitions:



Regional Health: Western Pacific. 2023. Vol. 43. DOI: 10.1016/j.lanwpc.2023.100809

Overweight BMI \geq 24-<28 Kg/m² Obesity BMI \geq 28 Kg/m²



% Adults living with overweight or obesity, 2002-2019

Men

• Overweight or obesity



References:

Wen Peng, Shiqi Chen and Xinguang Chen et al. Trends in major non-communicable diseases and related risk factors in China 2002–2019: an analysis of nationally representative survey data. The Lancet Regional Health: Western Pacific. 2023. Vol. 43. DOI: 10.1016/j.lanwpc.2023.100809Wen Peng, Shiqi Chen and Xinguang Chen et al. Trends in major non-communicable diseases and related risk factors in China 2002–2019: an analysis of nationally representative survey data. The Lancet Regional Health: Western Pacific. 2023. Vol. 43. DOI: 10.1016/j.lanwpc.2023.100809Wen Peng, Shiqi Chen and Xinguang Chen et al. Trends in major non-communicable diseases and related risk factors in China 2002–2019: an analysis of nationally representative survey data. The Lancet Regional Health: Western Pacific. 2023. Vol. 43. DOI: 10.1016/j.lanwpc.2023.100809Wen Peng, Shiqi Chen and Xinguang Chen et al. Trends in major non-communicable diseases and related risk factors in China 2002–2019: an analysis of nationally representative survey data. The Lancet Regional Health: Western Pacific. 2023. Vol. 43. DOI: 10.1016/j.lanwpc.2023.100809Wen Peng, Shiqi Chen and Xinguang Chen et al. Trends in major non-communicable diseases and related risk factors in China 2002–2019: an analysis of nationally representative survey data. The Lancet Regional Health: Western Pacific. 2023. Vol. 43. DOI: 10.1016/j.lanwpc.2023.100809

Definitions:	Overweight BMI ≥24-<28 Kg/m² Obesity BMI ≥ 28 Kg/m²	
	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



10.1016/j.lanwpc.2023.100809Wen Peng, Shiqi Chen and Xinguang Chen et al. Trends in major non-communicable diseases and related risk factors in China 2002–2019: an analysis of nationally representative survey data. The Lancet Regional Health: Western Pacific. 2023. Vol. 43. DOI: 10.1016/j.lanwpc.2023.100809Wen Peng, Shiqi Chen and Xinguang Chen et al. Trends in major noncommunicable diseases and related risk factors in China 2002–2019: an analysis of nationally representative survey data. The Lancet Regional Health: Western Pacific. 2023. Vol. 43. DOI: 10.1016/j.lanwpc.2023.100809

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Overweight/obesity by education

Adults, 2015

Obesity Overweight





Overweight/obesity by age

Adults, 2019

Notes:

Obesity Overweight



https://doi.org/10.1111/dom.15238.

WHO Cutoffs shown to allow for international comparison. Study also reports data using Chinese cutoffs.



Overweight/obesity by region

Men, 2018-2019

Obesity Overweight





Women, 2018-2019

Obesity Overweight





Overweight/obesity by age and region



Obesity Overweight





Women, 2005







Overweight/obesity by socio-economic group

Adults, 2019



Age:	18+	
Sample size:	15,770,094	
Area covered:	National	
References:	chees: Chen, K. et al. 2023. Prevalence of obesity and associated complications in China: A crossâ?[sectional, realâ?[world study in 15.8 millio adults. Diabetes Obesity and Metabolism, [online] 25(11), pp.3390–3399. doi: <u>https://doi.org/10.1111/dom.15238</u>	
Notes:	WHO Cutoffs shown to allow for international comparison. Study also reports data using Chinese cutoffs.	
Definitions:	Cities in China were divided into quintiles according to the city's GDP per capita level in 2018 as follows: first quintile: CNY 15,119 to 40,817; second quintile: CNY 40,850 to 56,513; third quintile: CNY 56,636 to 75,572; fourth quintile: CNY 75,611 to 103,667; fifth quintile: CNY 103,757 to 200,022.	





Men, 2019





Age:	18+	
Sample size:	15,770,094	
Area covered:	National	
References:	Chen, K. et al. 2023. Prevalence of obesity and associated complications in China: A crossâ?[sectional, realâ?[world study in 15.8 million adults. Diabetes Obesity and Metabolism, [online] 25(11), pp.3390–3399. doi: <u>https://doi.org/10.1111/dom.15238.</u>	
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Women, 2019





Survey type:	Measured	
Age:	18+	
Sample size:	15,770,094	
Area covered:	National	
References:	Chen, K. et al. 2023. Prevalence of obesity and associated complications in China: A crossâ?[§ectional, realâ?[]world study in 15.8 million adults. Diabetes Obesity and Metabolism, [online] 25(11), pp.3390–3399. doi: <u>https://doi.org/10.1111/dom.15238.</u>	
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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.

Adults, 2014-2015





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

Definitions:	Number living with depression per 100,000 populatio	
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease Seattle, WA: IHME, University of Washington, 2023. Available from http://vizhub.healthdata.org/gbd-compare. (Last	
Area covered:		National
Age:		20+
0	China	
0		
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1000		
1500		
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bopulation of population of population of population		
53000		
3500		
4000		
4500		



Men, 2021

3500		
5500		
3000		
2500		
000201		
of population of population of 1500		
8 % ₁₅₀₀		
1000		
500		
0	China	
Age:		20+
Area covered:		National
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease Seattle, WA: IHME, University of Washington, 2023. Available from <u>http://vizhub.healthdata.org/gbd-compare</u> (Last	
Definitions:	Number living with depression per 100,000 population	n (adults 20+ years)



Women, 2021

6000	
5000	
4000	
% of population	
o3000	
2000	
1000	
0	China
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 <u>http://vizhub.healthdata.org/gbd-compare.</u> (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




Percent of population who cannot afford a healthy diet

60 50 40 % 30 20 10 0 Malaysia Australia South Korea 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).





Definitions:

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



Raised cholesterol

Adults, 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. <u>http://www.diabetesatlas.org</u>



Ovarian Cancer





Leukemia

Men, 2022							
4							
3							
2							
1							
0							
-1 -1	0	1	2	3	4	5	6
Age:							20+
Area covered: References:			sanne M, Colombet M rance: International Aç			m: <u>https://gco.iarc.wh</u>	
Definitions:						Incidence p	er 100,000
	Unless of	therwise noted. overw	eight refers to a BMI l	petween 25kg and 29	.9ka/m². obesity refer	s to a BMI greater 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.whc</u>	
Definitions:						Incidence pe	er 100,000
	Unless othe	erwise noted, overw	eight refers to a BMI	between 25kg and 2	9.9kg/m², obesity refers	to a BMI greater than	n 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.









Thyroid Cancer









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