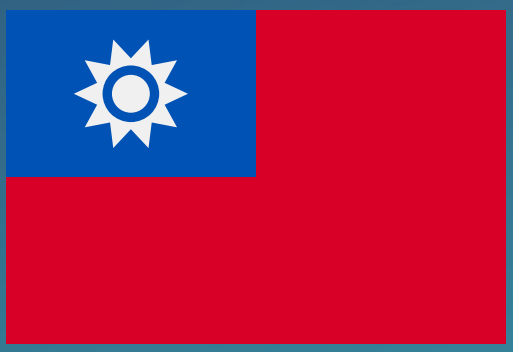
Chinese Taipei



Country report card - adults

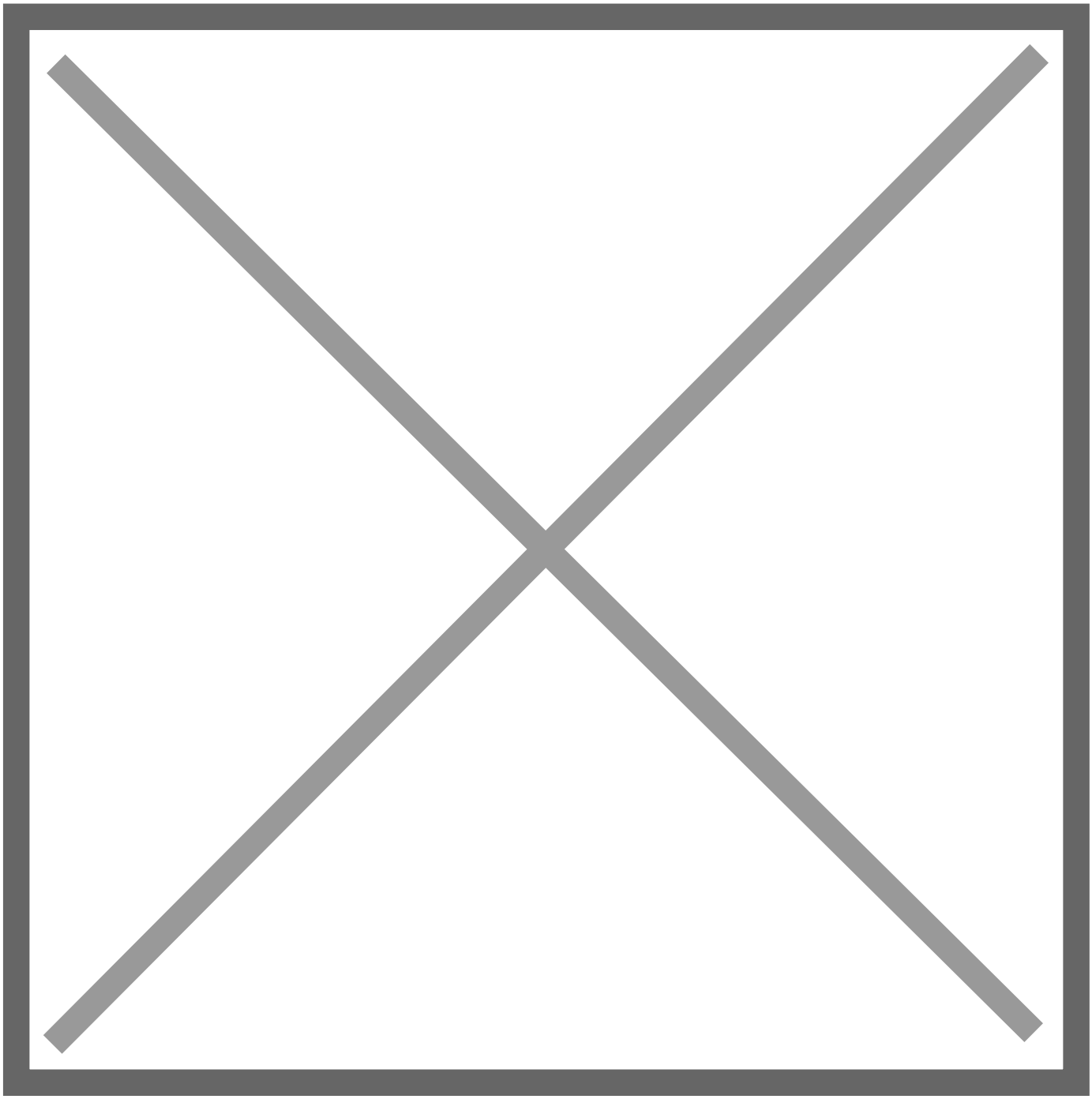
This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity for adults. Where available, data on common and relevant obesity drivers and comorbidities are also presented.

View the latest version of this report on the Global Obesity Observatory at https://data.worldobesity.org/country/chinese-taipei-211/.

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Obesity prevalence

Adults, 2018-2022

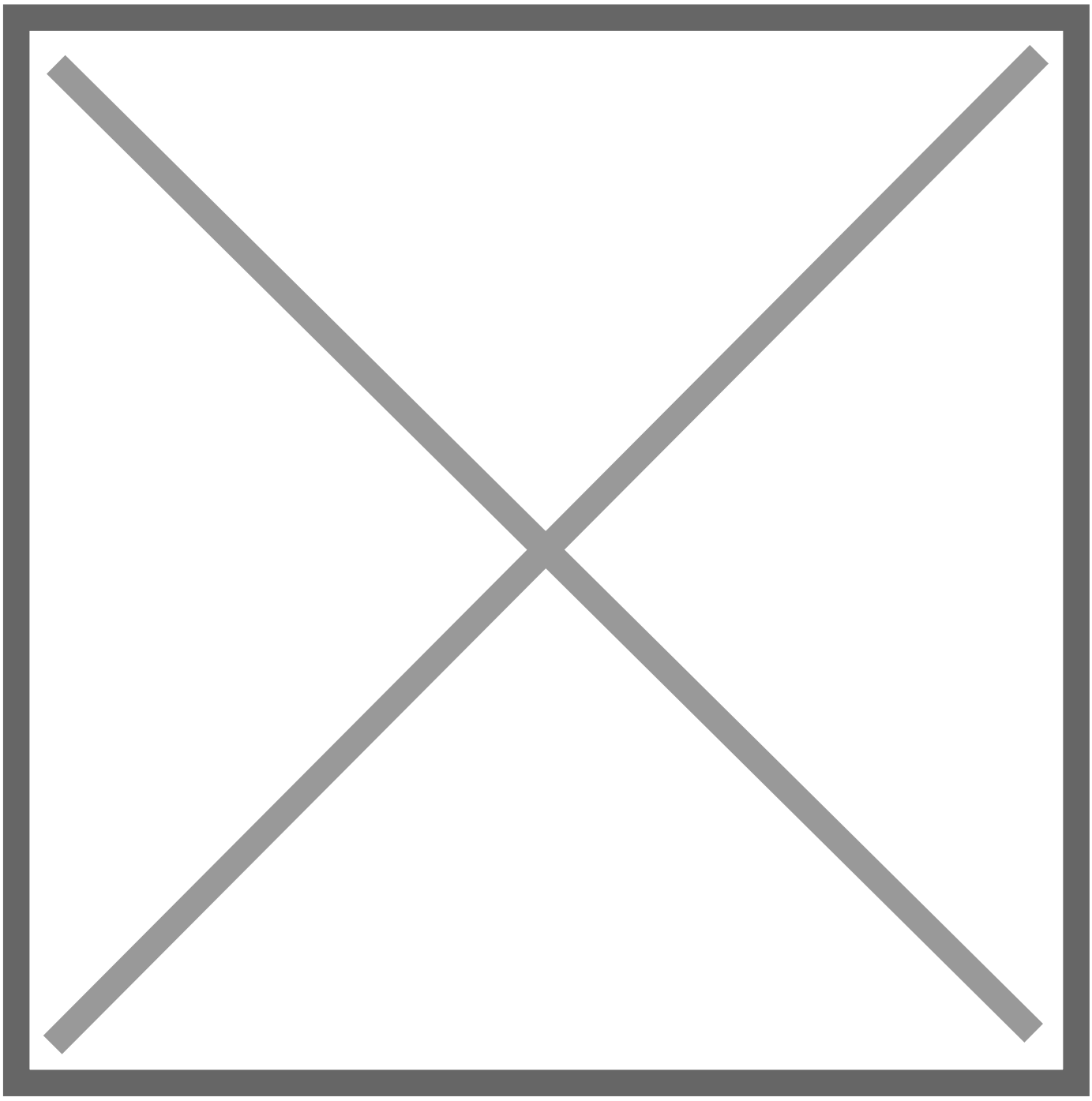


Survey type:	Measured
Age:	18+
Sample size:	4856
Area covered:	National
References:	Statistics of Health Promotion 2022. Health Promotion Administration, Ministry of Health and Welfare, R.O.C (TAIWAN), 2024. https://www.hpa.gov.tw/EngPages/Detail.aspx?nodeid=3850&pid=18598 [Accessed 01.08.25]

Notes:	Data from Nutrition and Health Survey in Taiwan 2018-2022. Health Promotion Administration.
Definitions:	Overweight: 24 ≤ BMI < 27kg/m²; and obese: BMI ≥27kg/m²
Cutoffs:	Taiwanese cutoffs

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 obesity in Taiwan 1993-2013



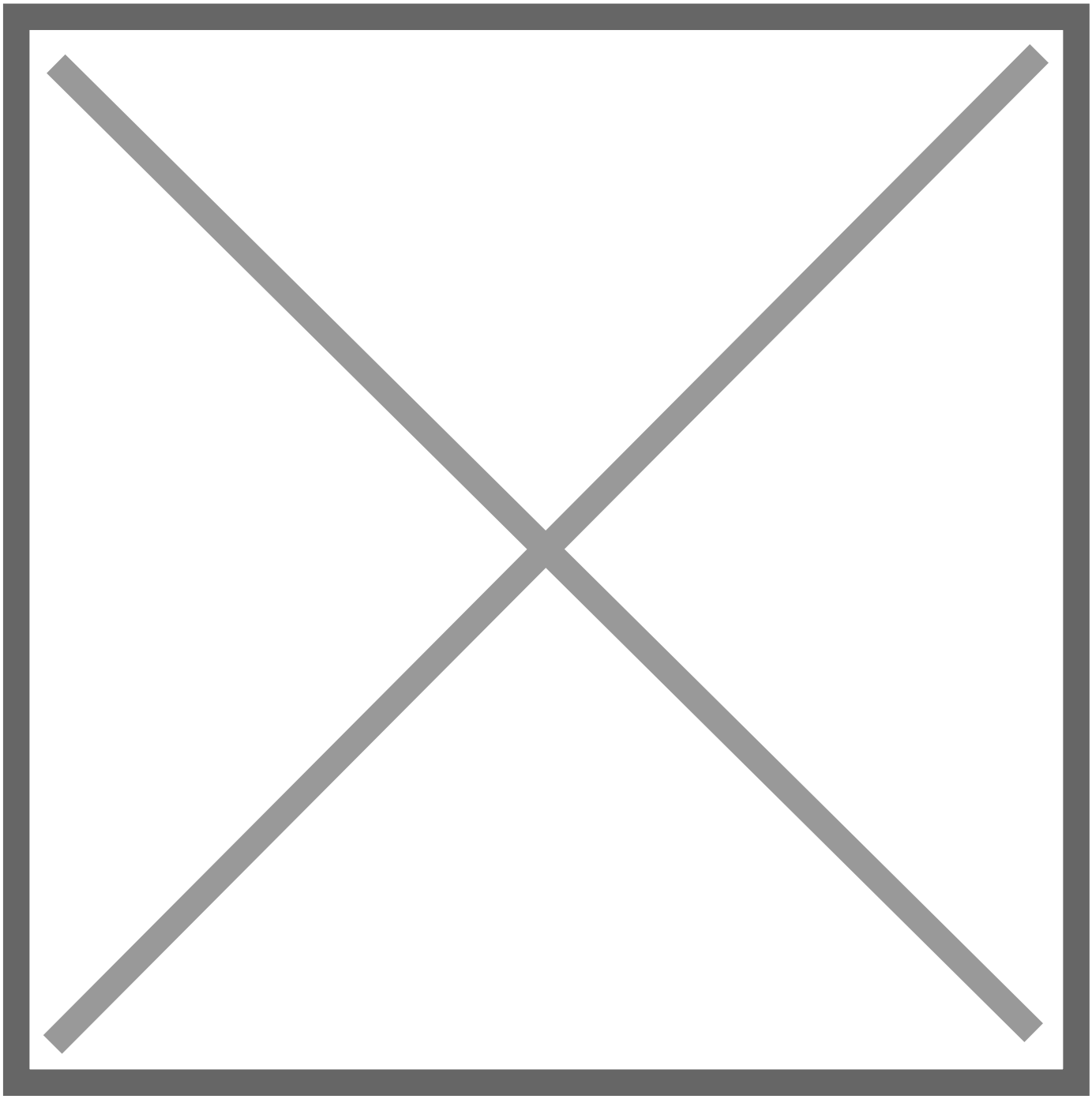
Survey type:	Measured
References:	Chang HC, Yang HC, Chang HY, et al. Morbid obesity in Taiwan: Prevalence, trends, associated social demographics, and lifestyle factors. PLoS One. 2017;12(2):e0169577. Published 2017 Feb 2. doi:10.1371/journal.pone.0169577
Definitions:	Other Cut offs available

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 Taiwan, 2013-2022 (Taiwanese cutoffs)

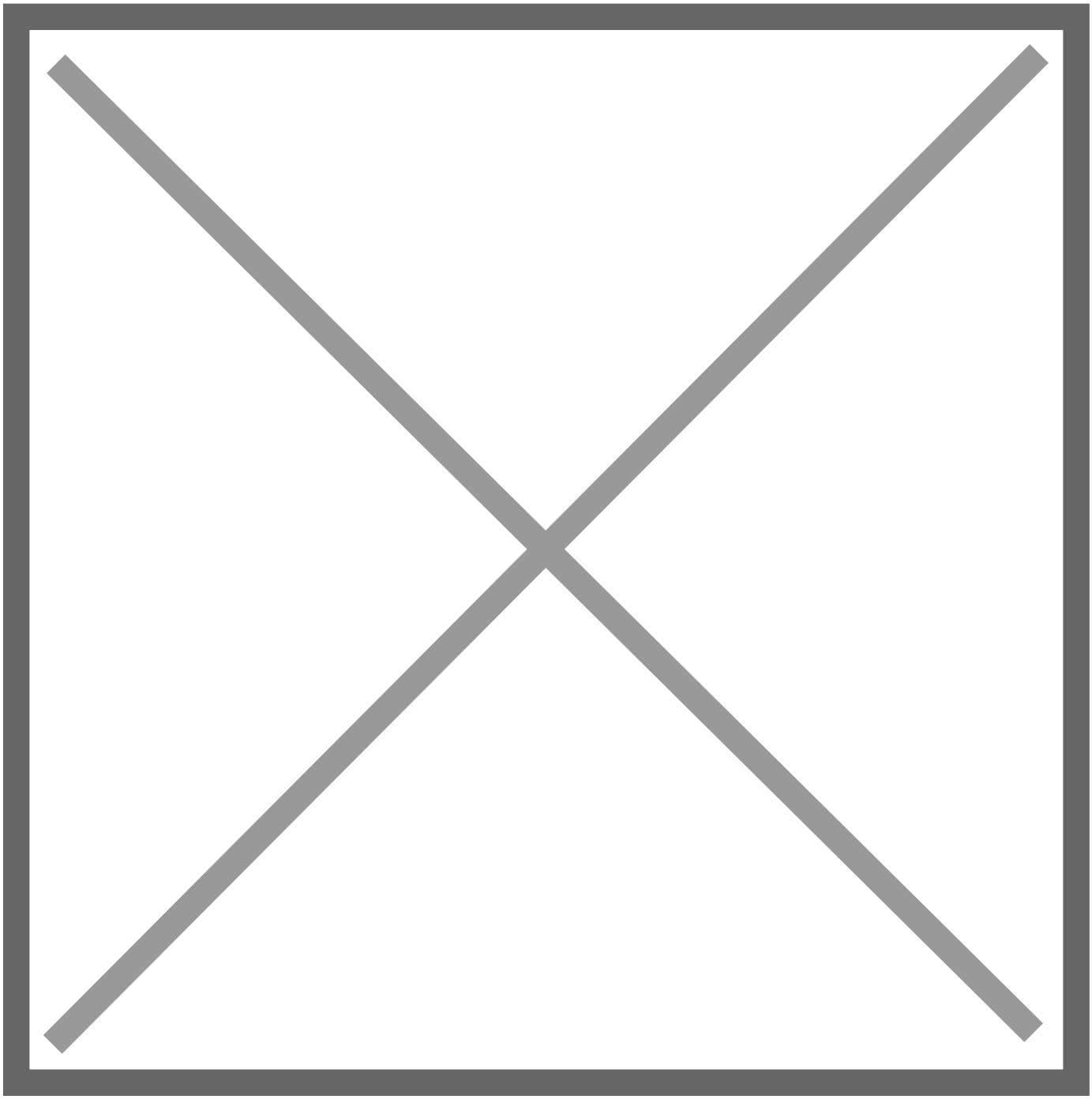
Men and women



Survey type:	Measured
References:	Statistics of Health Promotion 2022. Health Promotion Administration, Ministry of Health and Welfare, R.O.C (TAIWAN), 2024. https://www.hpa.gov.tw/EngPages/Detail.aspx?nodeid=3850&pid=18598 [Accessed 01.08.25]
Notes:	Data from Nutrition and Health Survey in Taiwan, HPA, 2013-2016, 2015-2018, 2017-2020, 2018-2022
Definitions:	Overweight: 24 ≤ BMI < 27kg/m²; Obese: BMI ≥27kg/m²
	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.

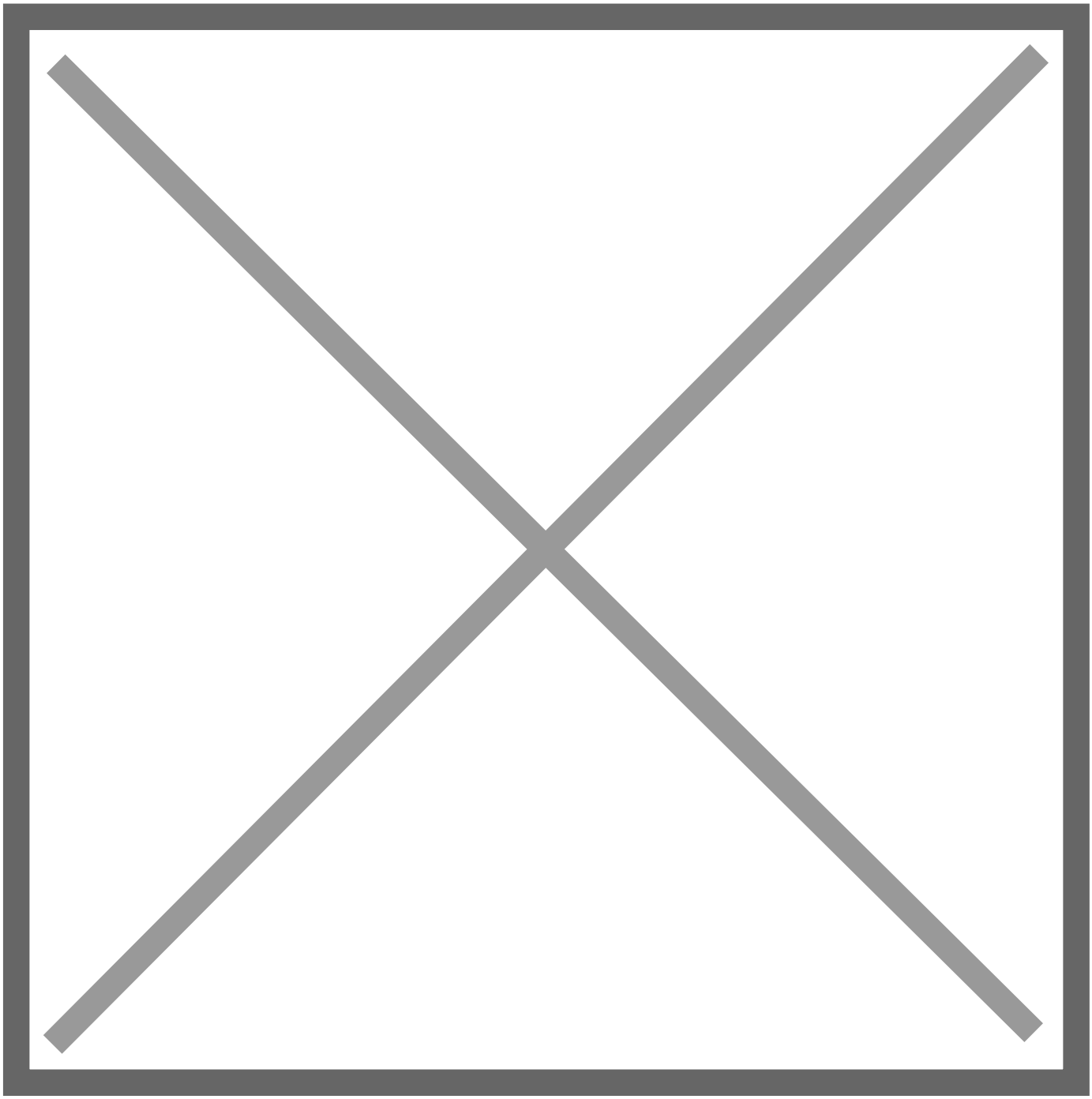
Men



Survey type:	Measured
References:	Statistics of Health Promotion 2022. Health Promotion Administration, Ministry of Health and Welfare, R.O.C (TAIWAN), 2024. https://www.hpa.gov.tw/EngPages/Detail.aspx?nodeid=3850&pid=18598 [Accessed 01.08.25]
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Women

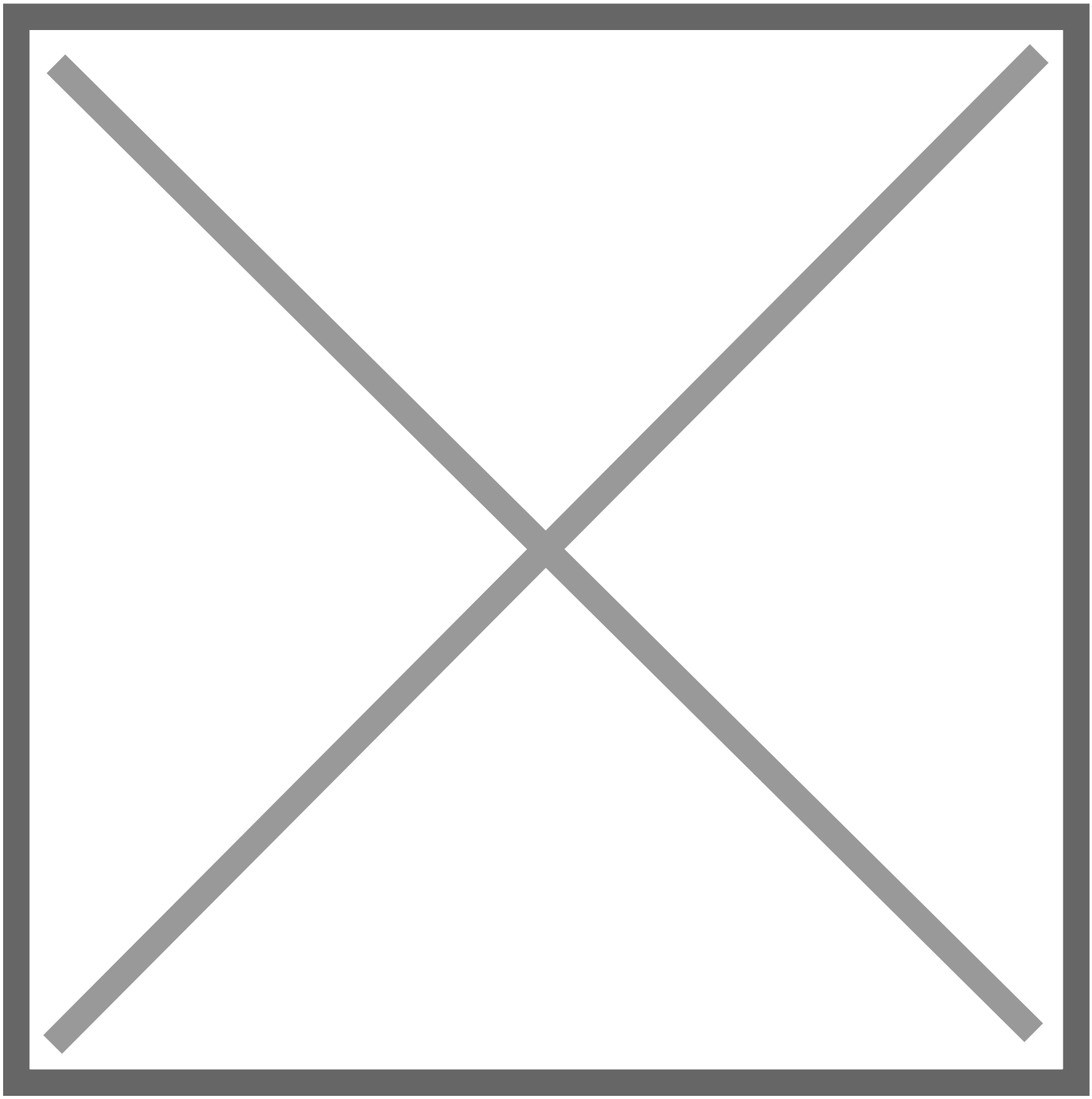


Survey type:	Measured
References:	Statistics of Health Promotion 2022. Health Promotion Administration, Ministry of Health and Welfare, R.O.C (TAIWAN), 2024. https://www.hpa.gov.tw/EngPages/Detail.aspx?nodeid=3850&pid=18598 [Accessed 01.08.25]
Notes:	Data from Nutrition and Health Survey in Taiwan, HPA, 2013-2016, 2015-2018, 2017-2020, 2018-2022
Definitions:	Overweight: 24 ≤ BMI < 27kg/m²; Obese: BMI ≥27kg/m²
	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 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: Data provided by the Philippean Depatment of Health, Dr C. Barbu, data reanalysed by Dr Charmaine Duante.

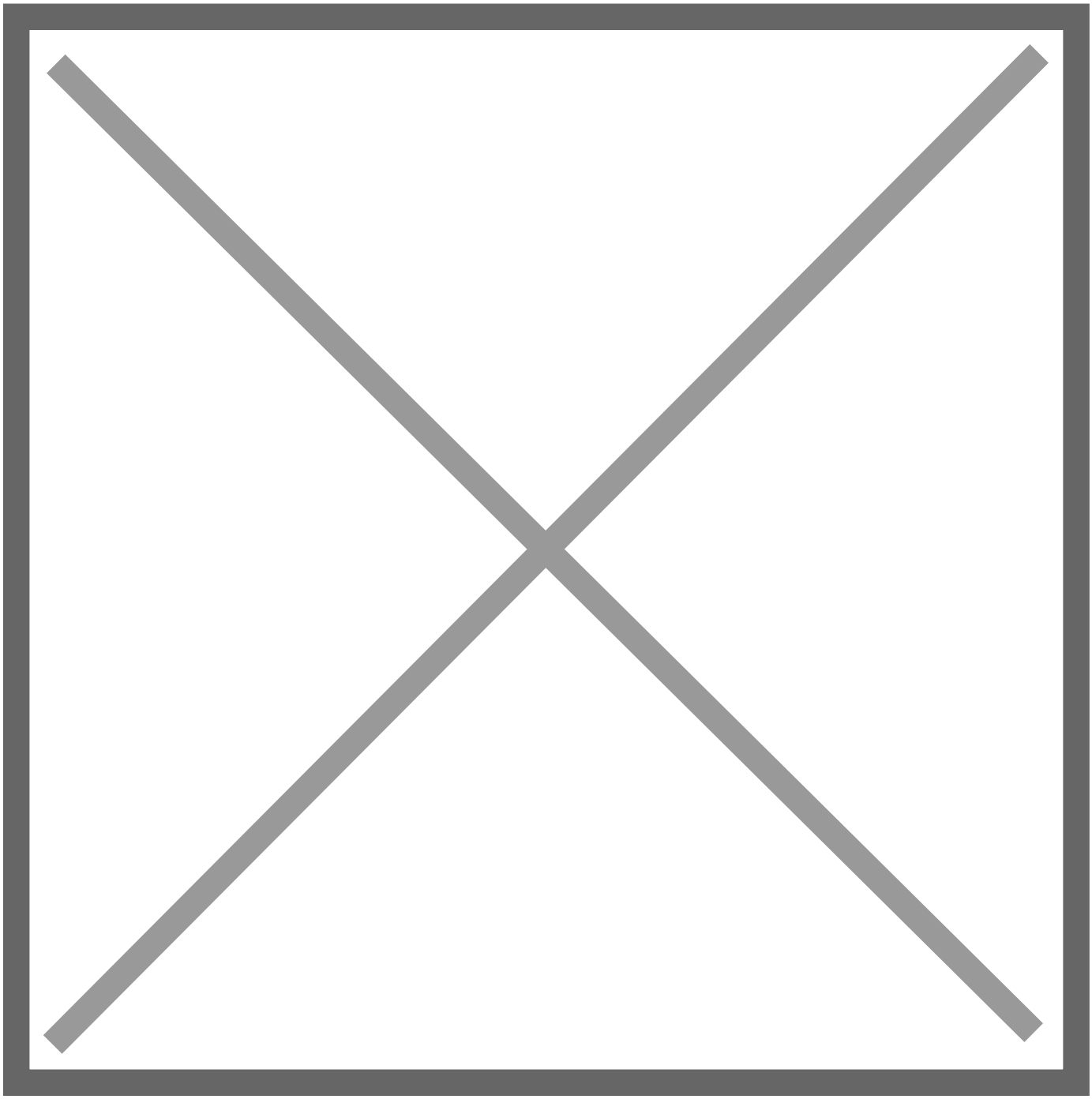
2000: Asia Pacific Cohort Studies Collaboration. The burden of overweight and obesity in the Asia-Pacific region. Obesity Reviews 2007;8:191-196.

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)

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.

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

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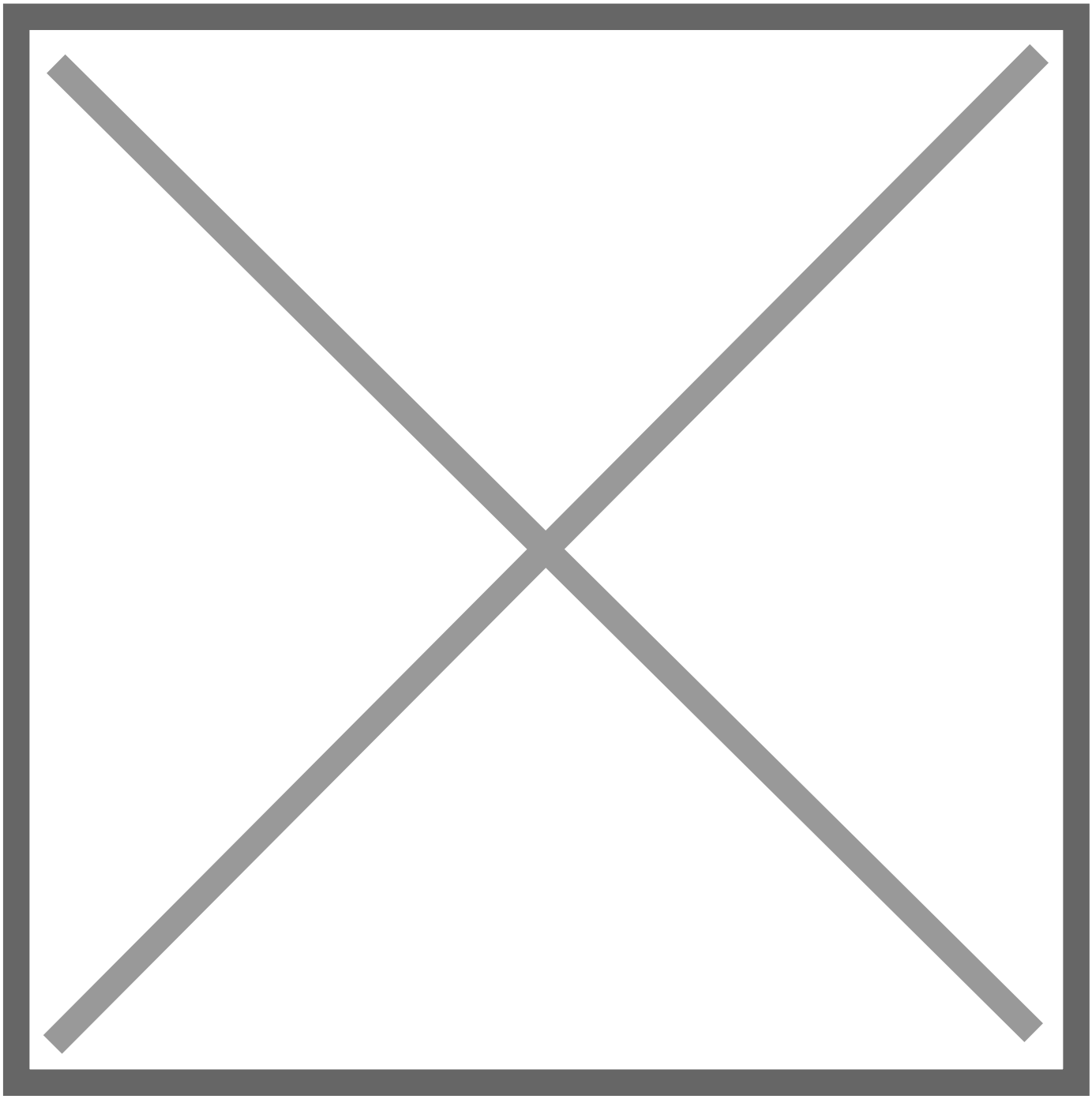
2001: SCN (2004). 5th Report on the World Nutrition Situation. Nutrition for Improved Development Outcomes. Appendix 11

2002: Report of the 2002 China National Nutrition and Health Survey. 2004. (In Chinese). Chinese Ministry of Public Health (CMPH)

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.

Overweight/obesity by age

Adults, 2018-2022



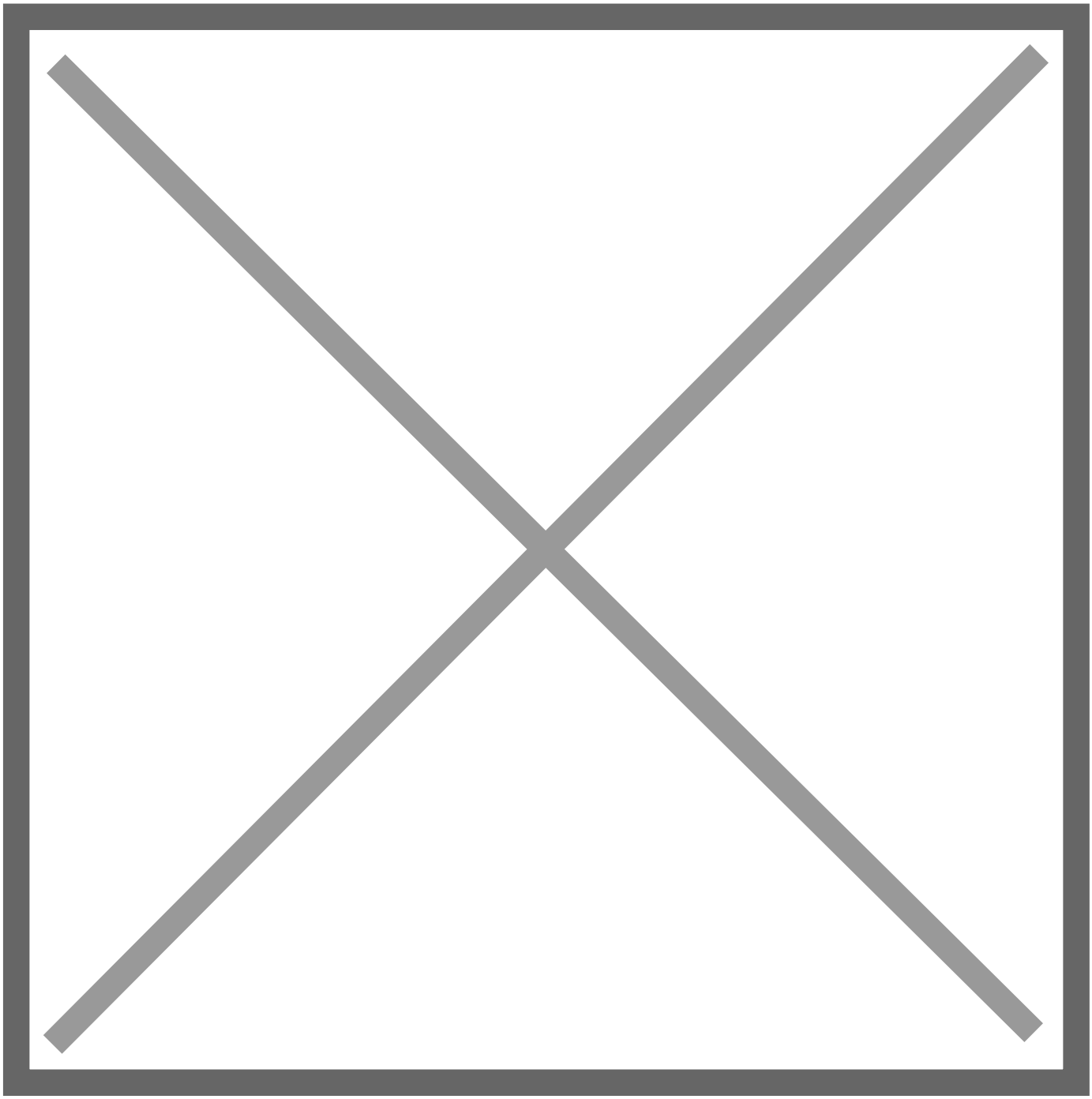
Survey type:	Measured
Sample size:	4856
Area covered:	National
References:	Statistics of Health Promotion 2022. Health Promotion Administration, Ministry of Health and Welfare, R.O.C (TAIWAN), 2024. https://www.hpa.gov.tw/EngPages/Detail.aspx?nodeid=3850&pid=18598 [Accessed 01.08.25]
Notes:	Data from Nutrition and Health Survey in Taiwan 2018-2022. Health Promotion Administration.

Definitions:	Overweight: 24 ≤ BMI < 27kg/m²; and obese: BMI ≥27kg/m²
Cutoffs:	Taiwanese cutoffs

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

Double burden of underweight & obesity

Adults, 2022

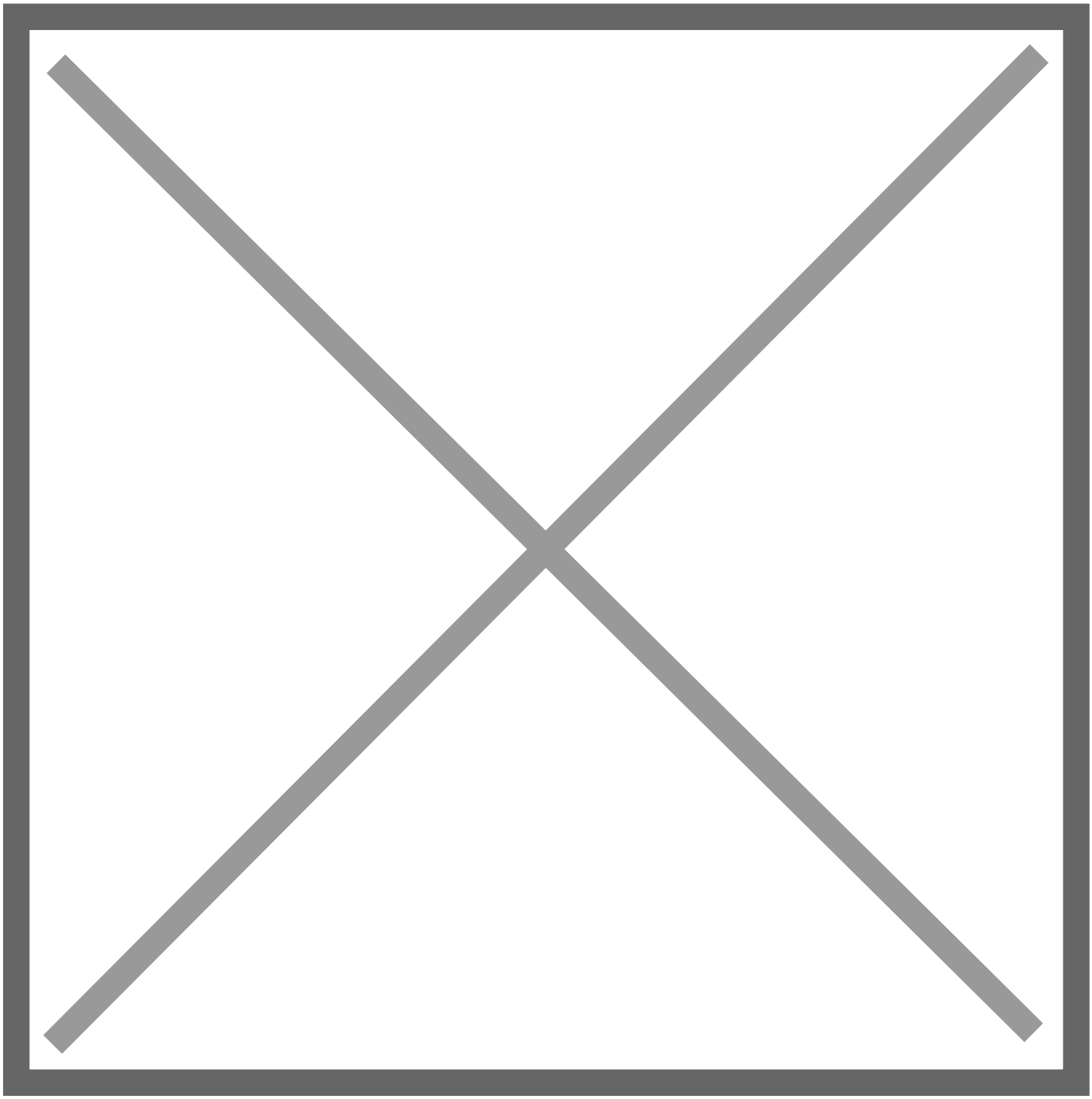


Survey type:	Measured
Age:	20+
References:	NCD Risk Factor Collaboration (NCD-RisC). Worldwide trends in underweight and obesity from 1990 to 2022: a pooled analysis of 3663 population representative studies with 222 million children, adolescents, and adults. Lancet 2024; published online Feb 29. https://doi.org/10.1016/S0140-6736(23)02750-2.
Notes:	Age Standardised estimates

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

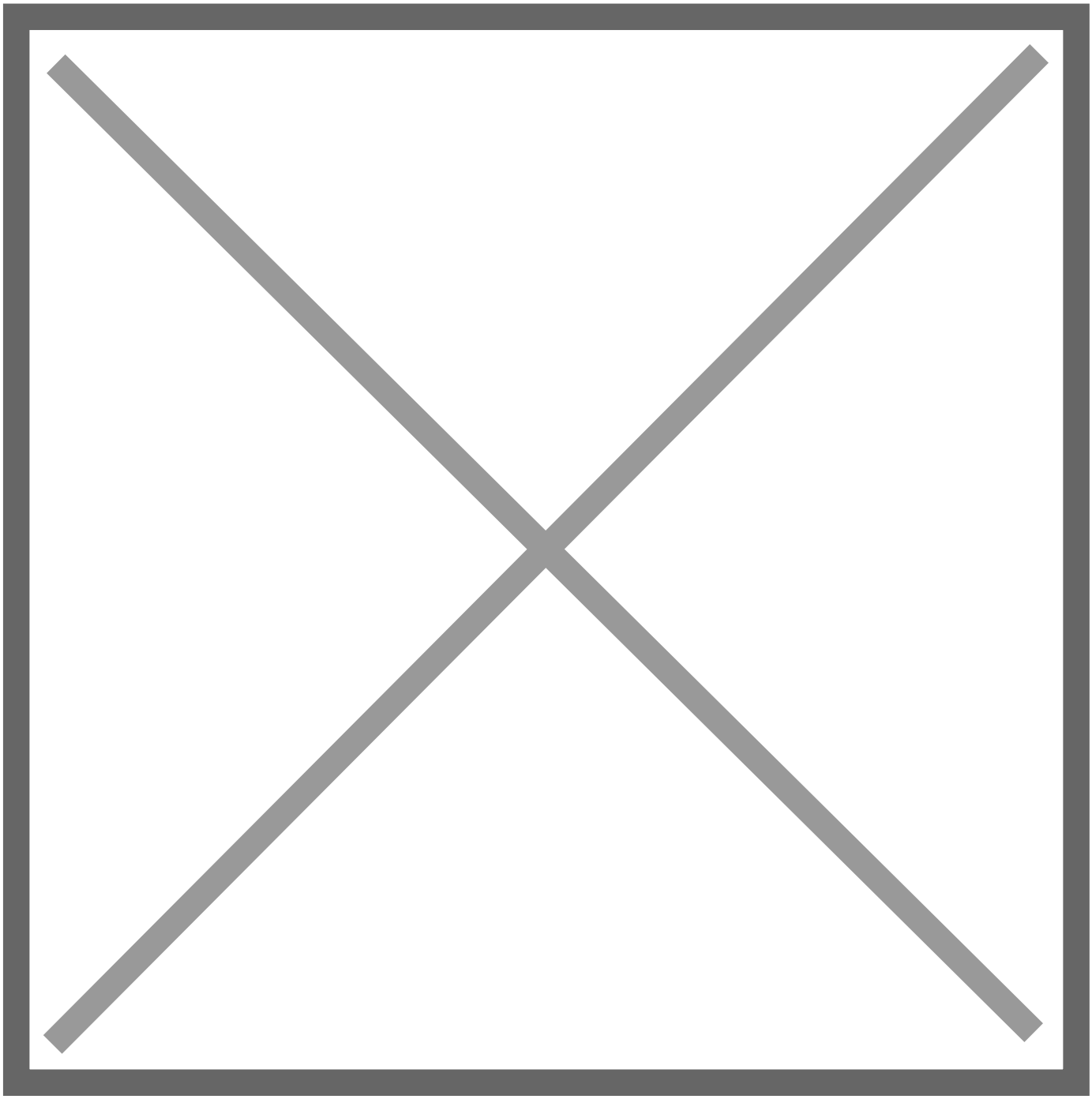
Mental health - depression disorders

Adults, 2023



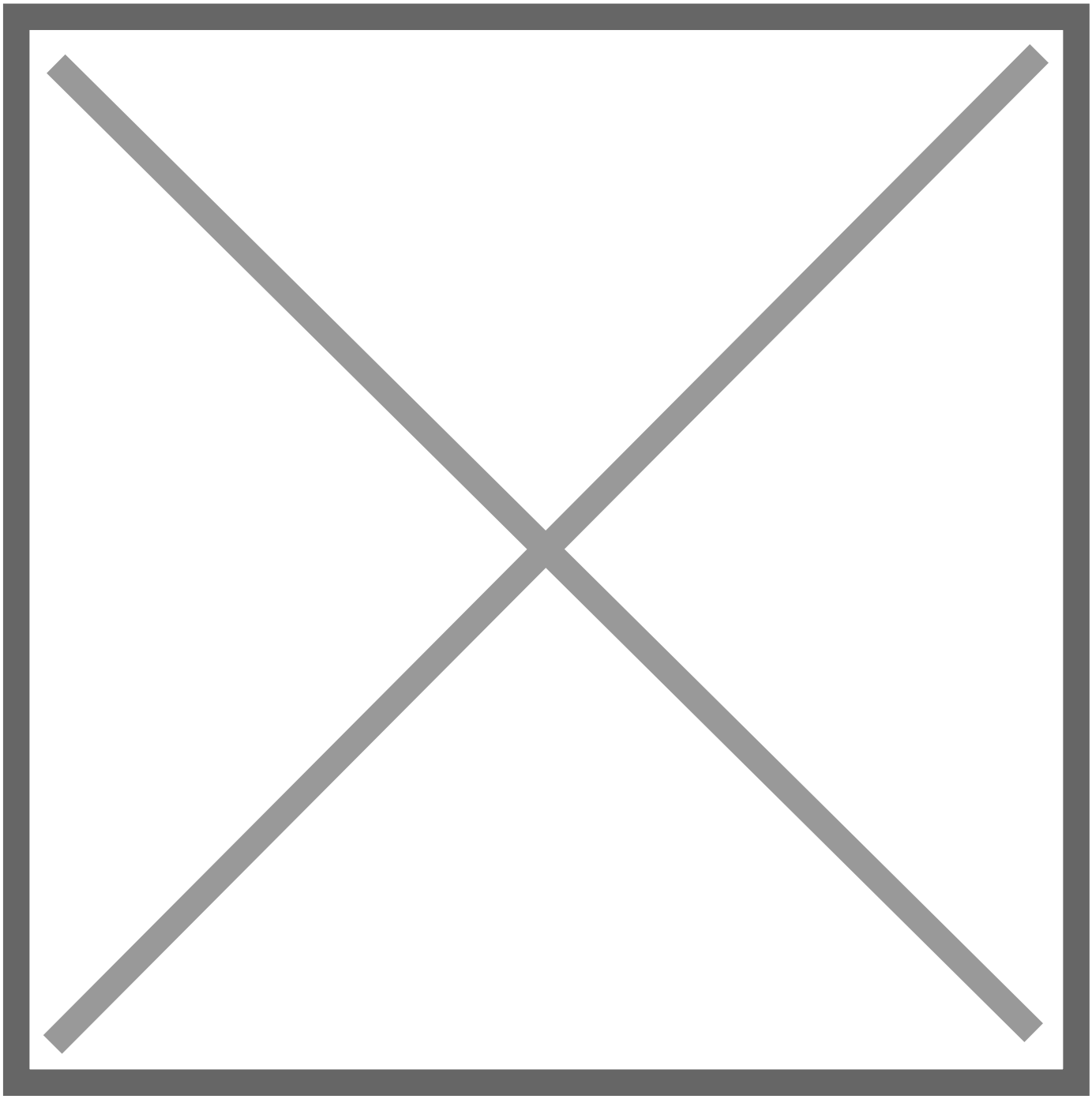
Age:	20+
Area covered:	National
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from https://vizhub.healthdata.org/gbd-compare/ [Accessed 17.03.26]
Definitions:	Estimated number living with depressive disorders per 100,000 population (20+ years of age)

Men, 2023



Age:	20+
Area covered:	National
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from https://vizhub.healthdata.org/gbd-compare/ [Accessed 17.03.26]
Definitions:	Estimated number living with depressive disorders per 100,000 population (20+ years of age)

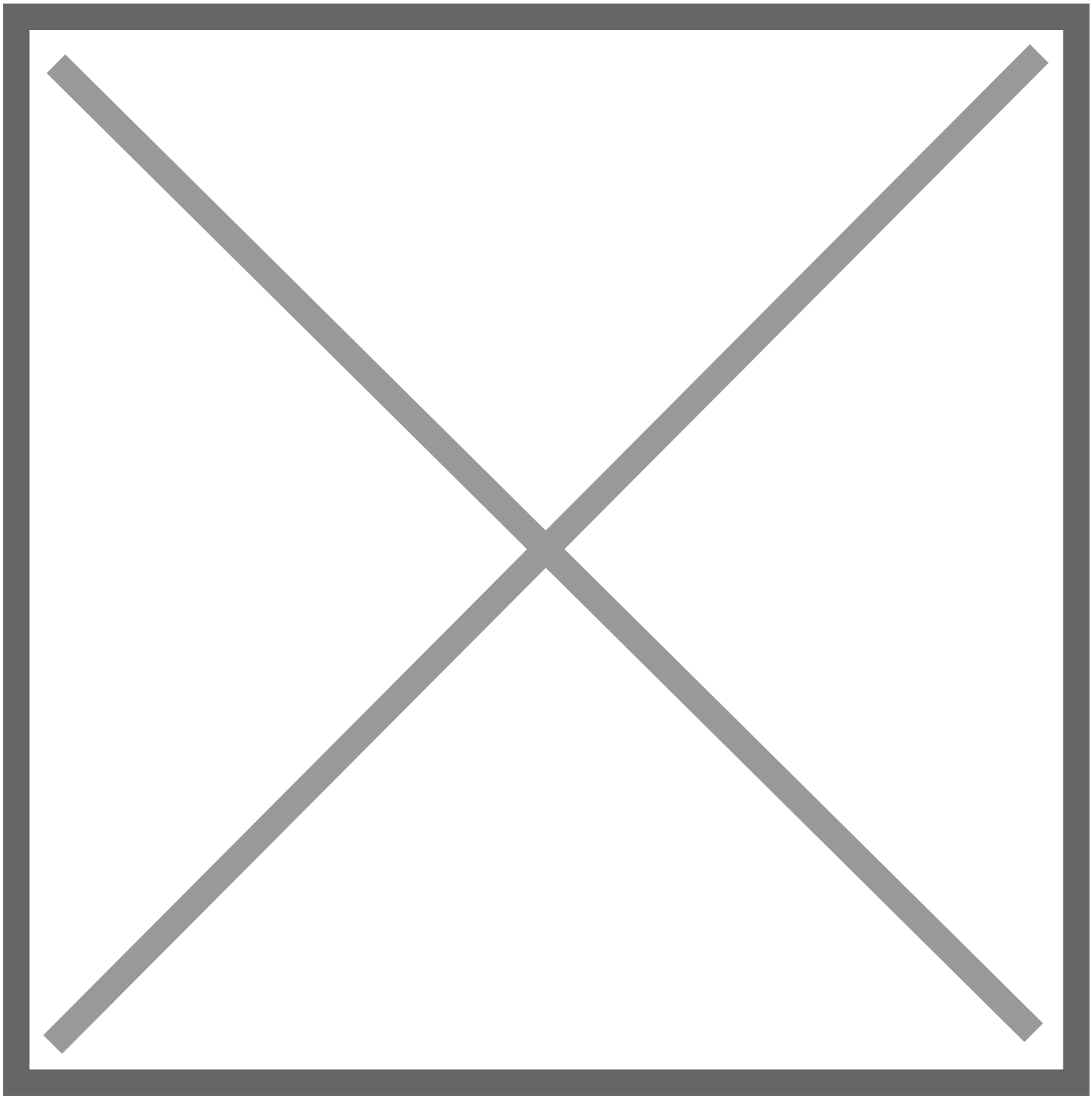
Women, 2023



Age:	20+
Area covered:	National
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from https://vizhub.healthdata.org/gbd-compare/ [Accessed 17.03.26]
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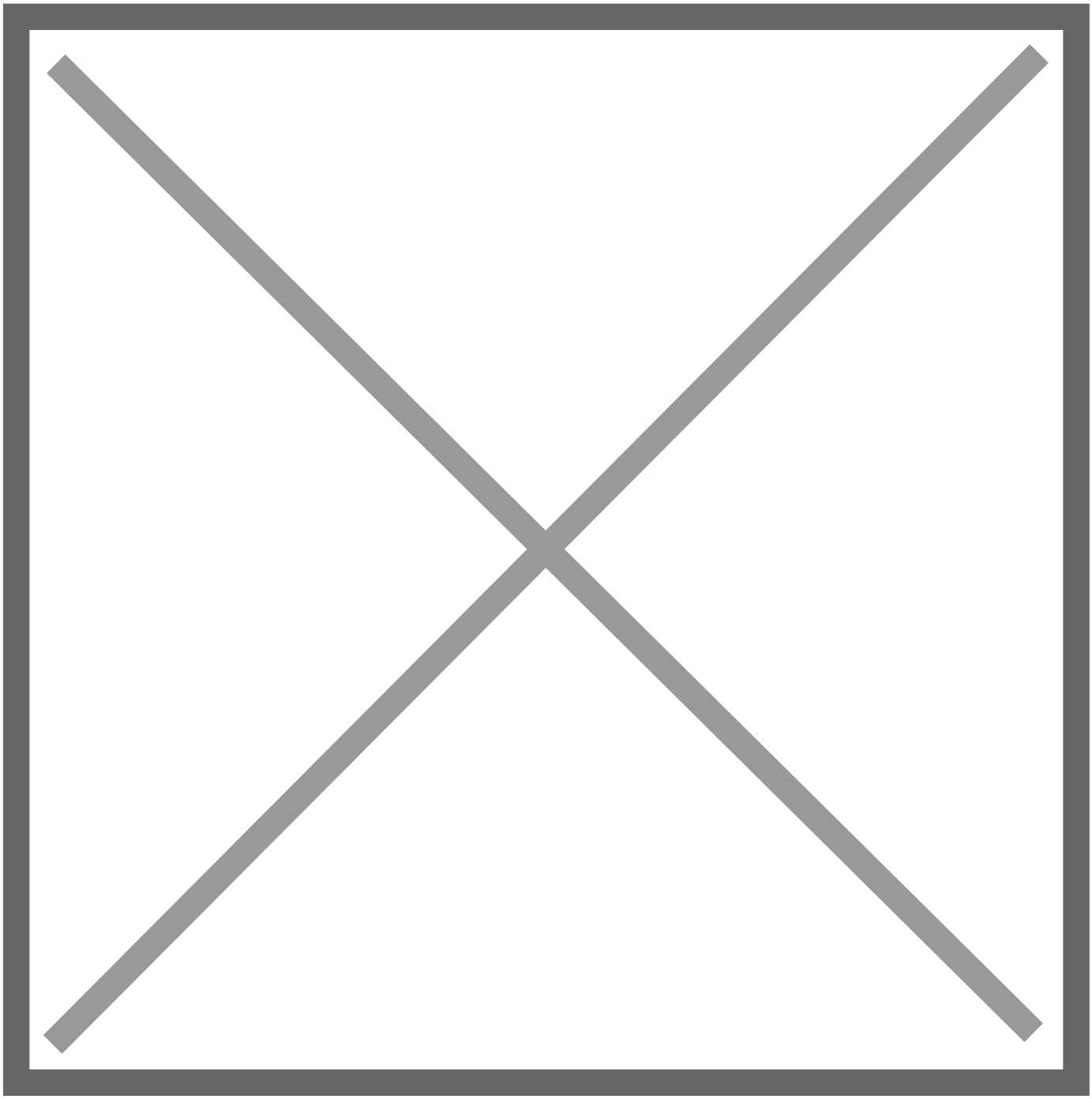
Mental health - anxiety disorders

Adults, 2023



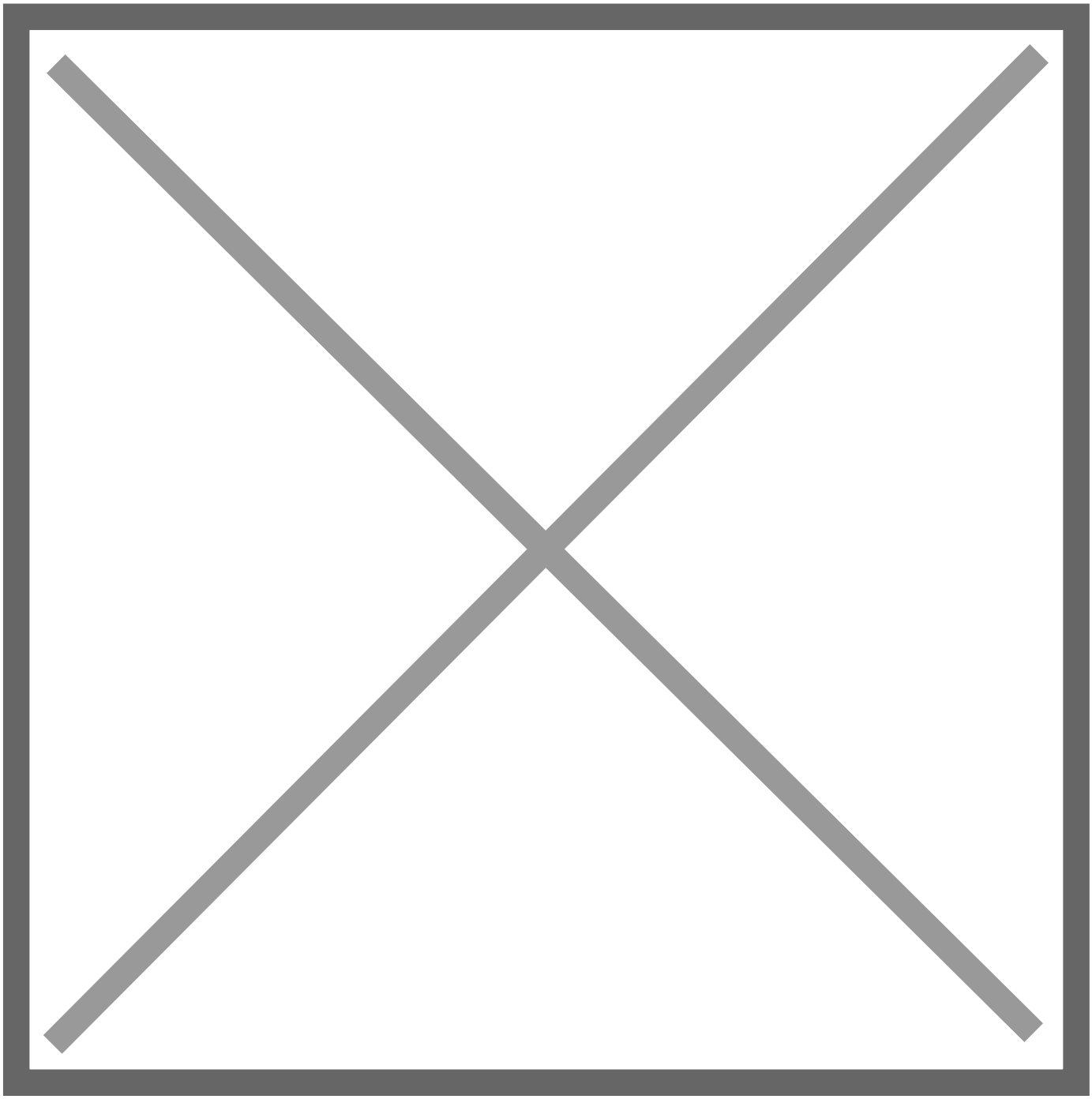
Age:	20+
Area covered:	National
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from https://vizhub.healthdata.org/gbd-compare/ [Accessed 17.03.26]
Definitions:	Estimated number living with anxiety disorders per 100,000 population (20+ years of age)

Men, 2023



Age:	20+
Area covered:	National
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from https://vizhub.healthdata.org/gbd-compare/ [Accessed 17.03.26]
Definitions:	Estimated number living with anxiety disorders per 100,000 population (20+ years of age)

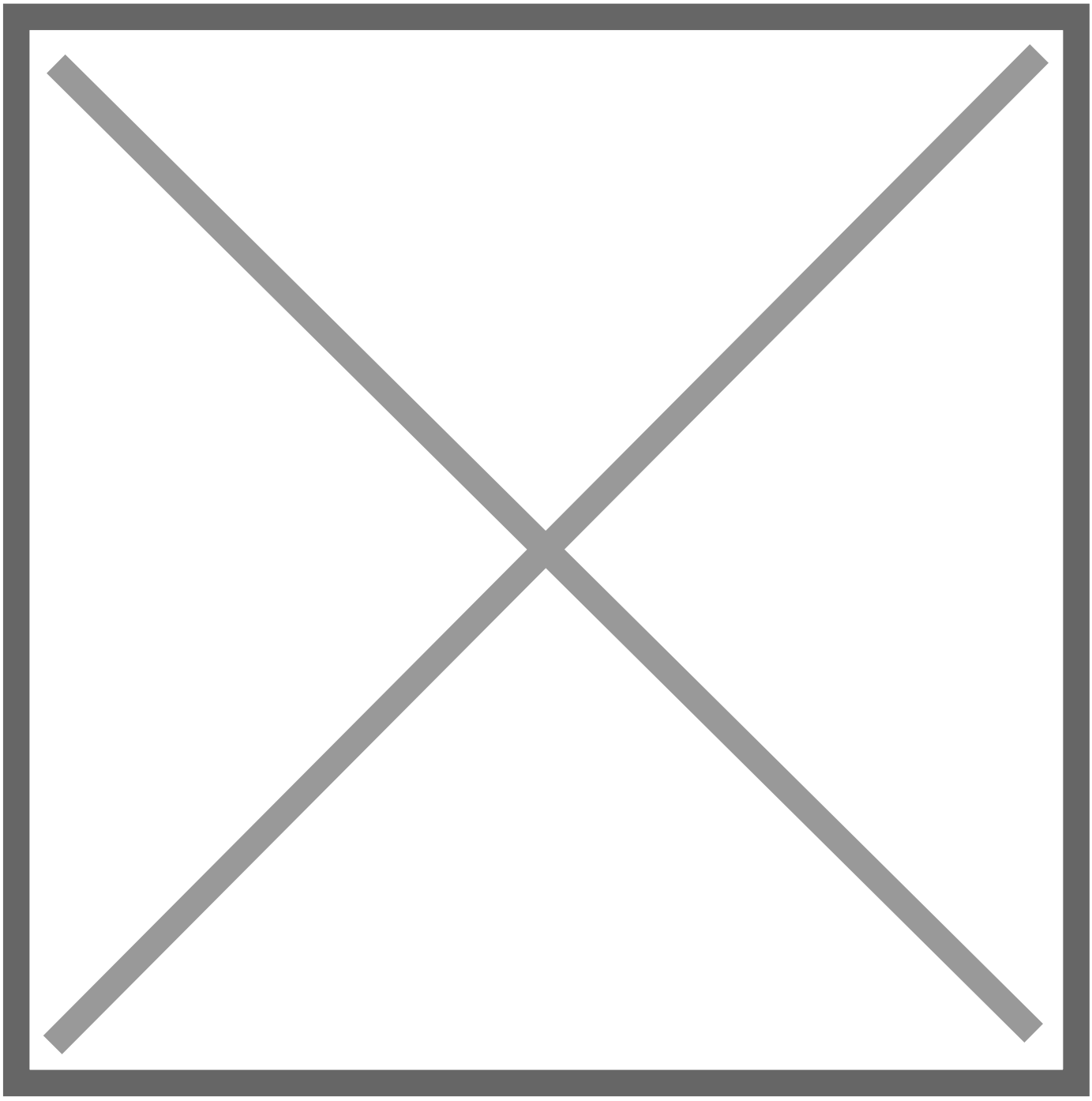
Women, 2023



Age:	20+
Area covered:	National
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from https://vizhub.healthdata.org/gbd-compare/ [Accessed 17.03.26]
Definitions:	Estimated number living with anxiety disorders per 100,000 population (20+ years of age)

Percent of population who cannot afford a healthy diet

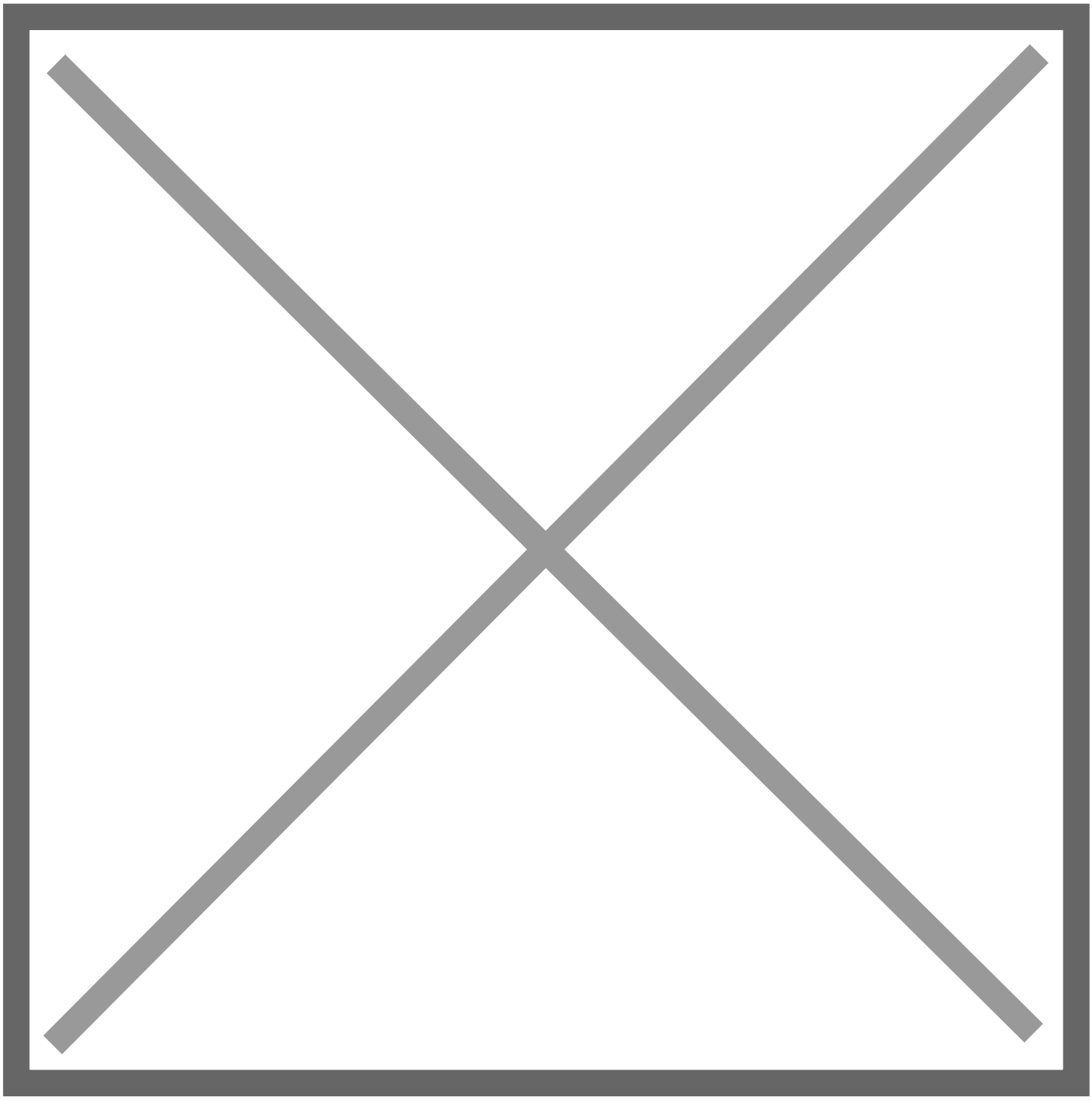
Adults, 2025



Area covered:	National
References:	FAO. 2026. FAOSTAT: Cost and Affordability of a Healthy Diet (CoAHD). https://www.fao.org/faostat/en/#data/CAHD. Licence: CC-BY-4.0. [Last Accessed 12.10.26]
Notes:	The percent of the population whose food budget is below the cost of a healthy diet.

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 October 12, 2026