

Germany



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/germany-76/



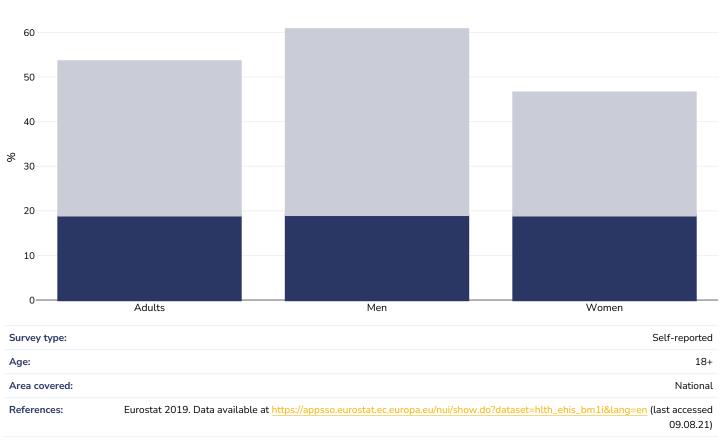
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Obesity prevalence

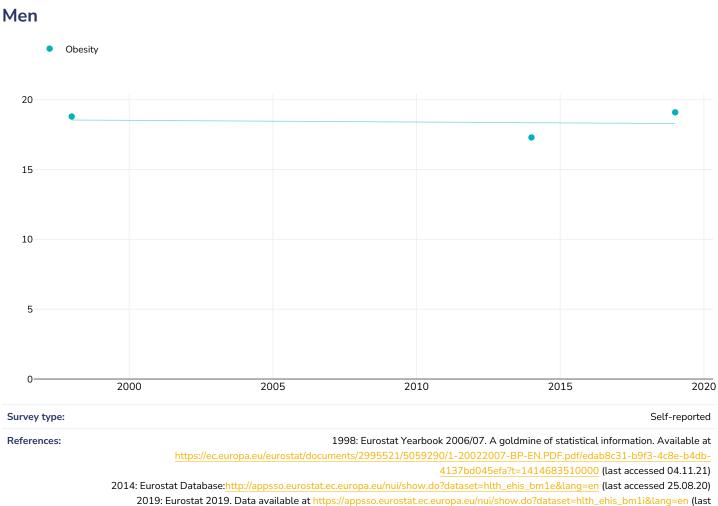
Adults, 2019

Obesity Overweight



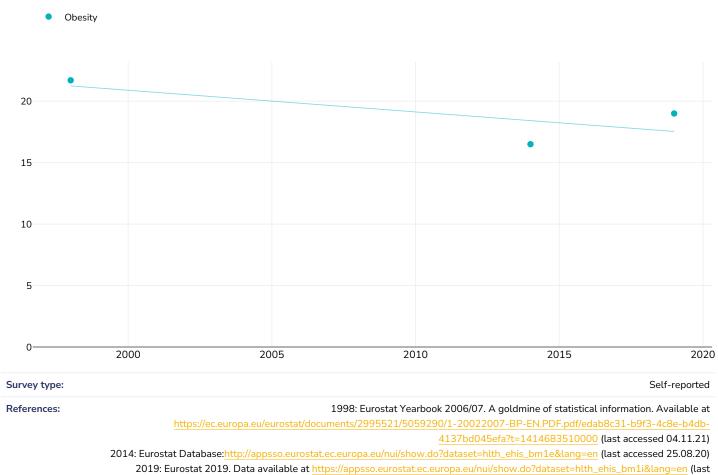


Adult trend obesity 1998 2019



accessed 09.08.21)





accessed 09.08.21)



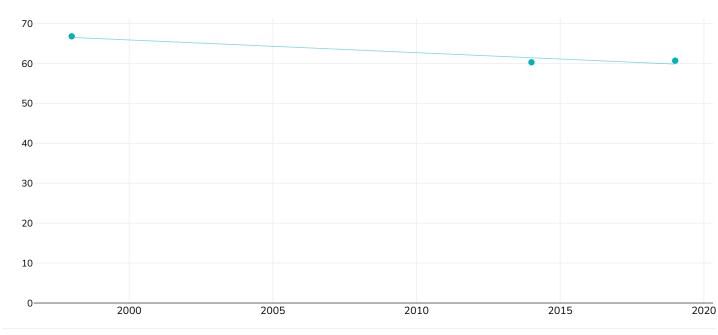
Trend adult overweight obesity 1998 2019

Men

Survey type:

References:

• Overweight or obesity



Self-reported

1998: Eurostat Yearbook 2006/07. A goldmine of statistical information. Available at

https://ec.europa.eu/eurostat/documents/2995521/5059290/1-20022007-BP-EN.PDF.pdf/edab8c31-b9f3-4c8e-b4db-

4137bd045efa?t=1414683510000 (last accessed 04.11.21)

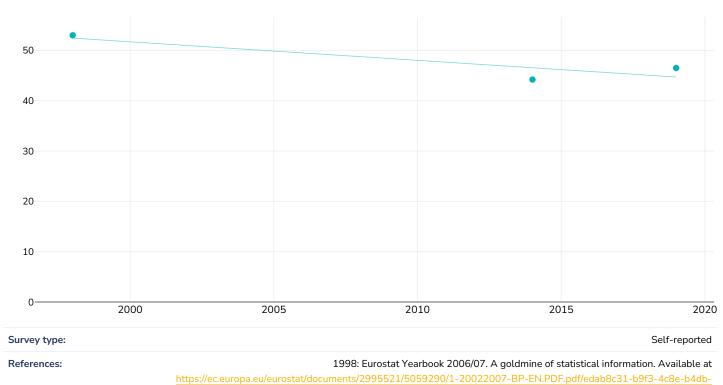
2014: Eurostat Database:http://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1e&lang=en (last accessed 25.08.20)

2019: Eurostat 2019. Data available at https://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1i&lang=en (last

accessed 09.08.21)



• Overweight or obesity



4137bd045efa?t=1414683510000 (last accessed 04.11.21)

2014: Eurostat Database: http://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=http.bm1e&lang=en (last accessed 25.08.20)

2019: Eurostat 2019. Data available at https://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1i&lang=en (last

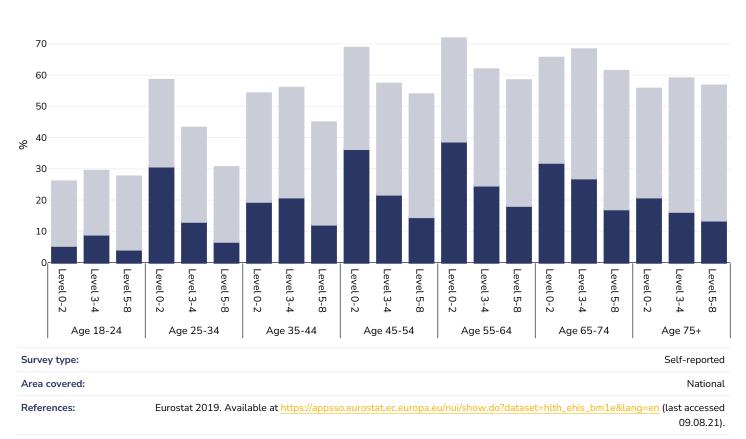
accessed 09.08.21)



Overweight/obesity by age and education

Adults, 2019

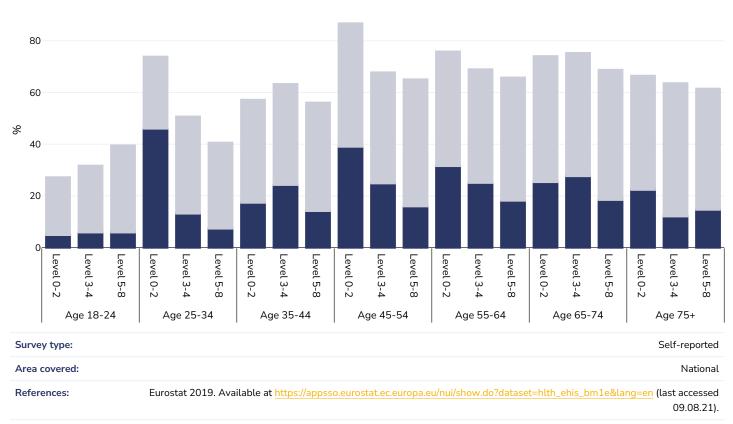
Obesity Overweight



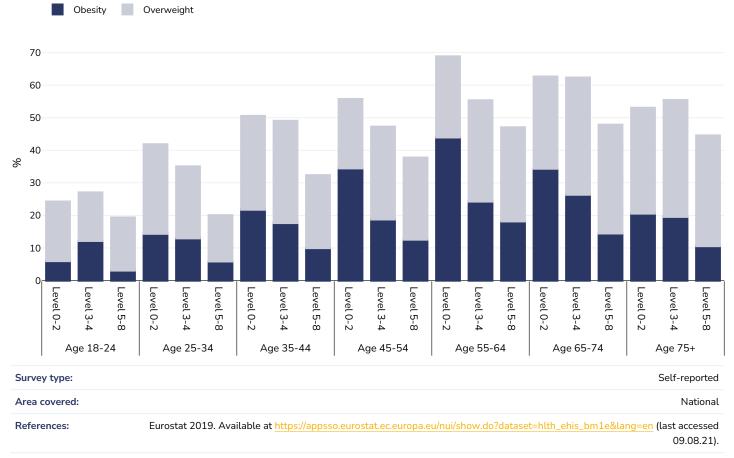








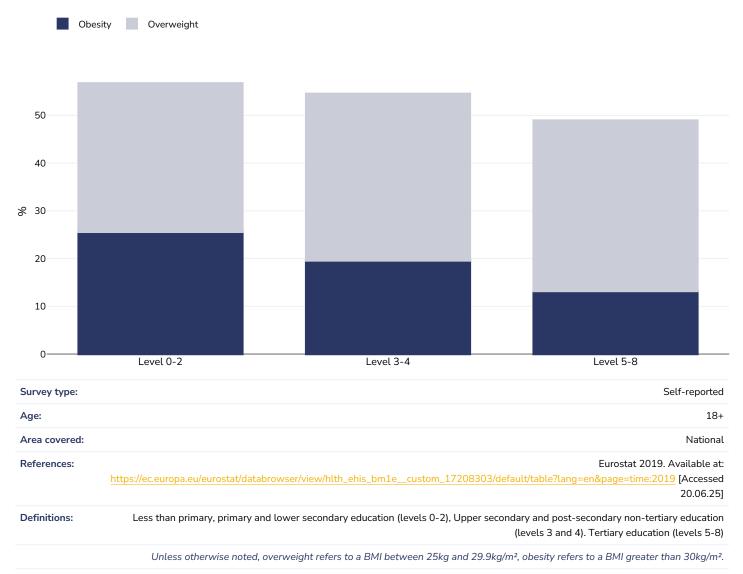






Overweight/obesity by education

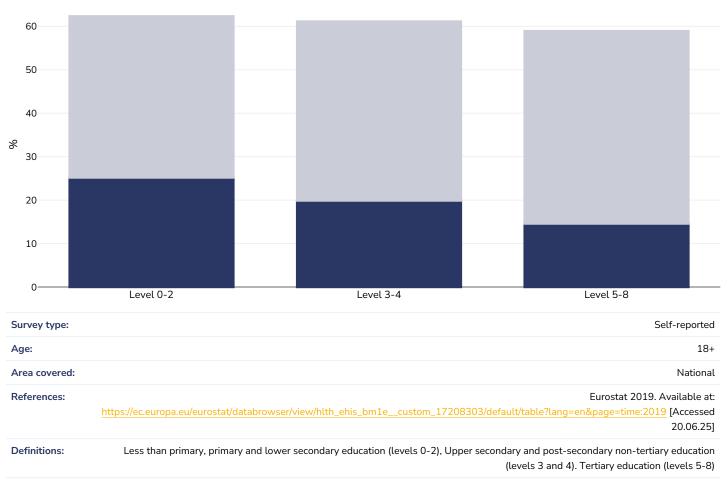
Adults, 2019





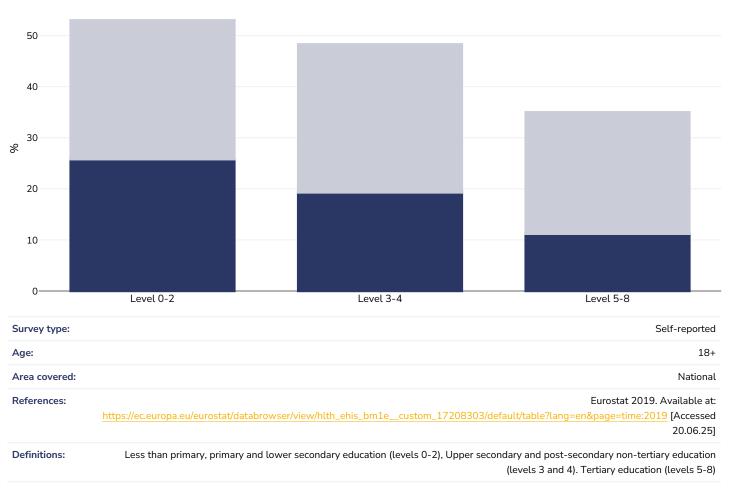


Obesity Overweight





Obesity Overweight

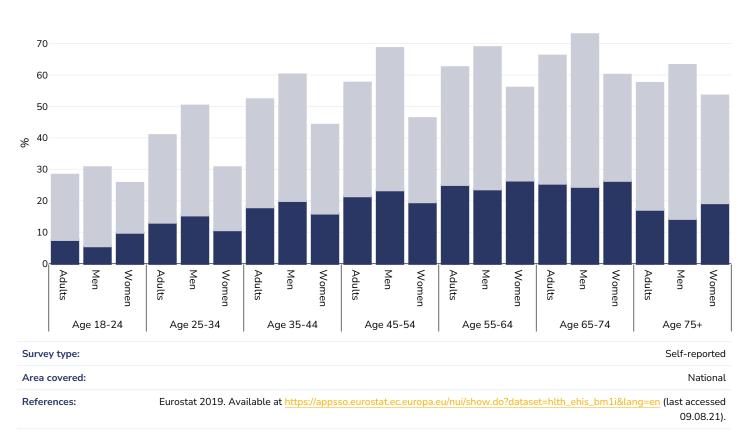




Overweight/obesity by age

Adults, 2019

Obesity Overweight

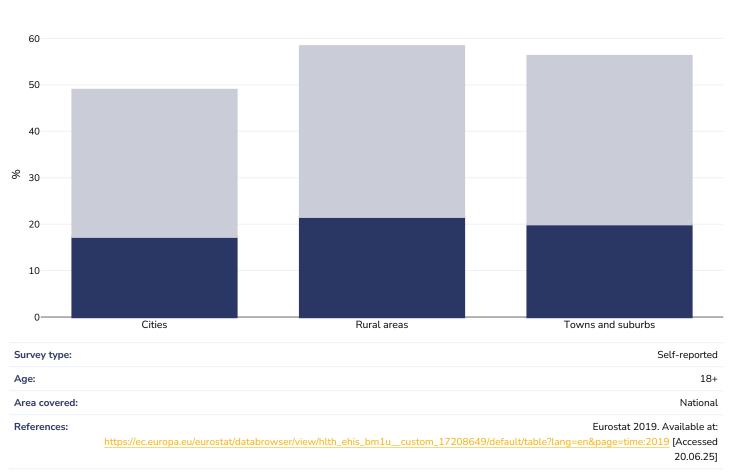




Overweight/obesity by region

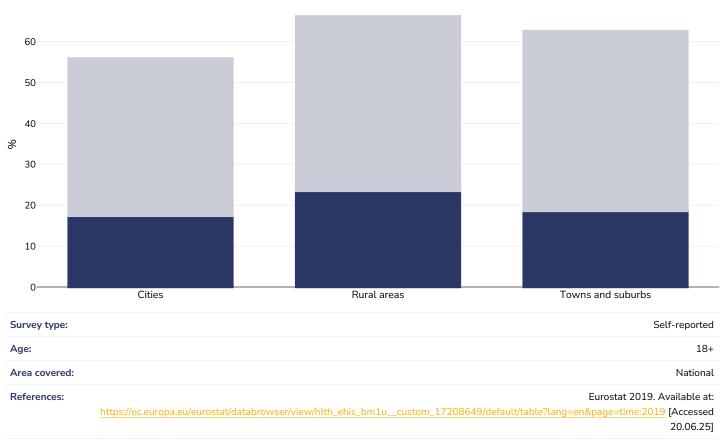
Adults, 2019

Obesity Overweight



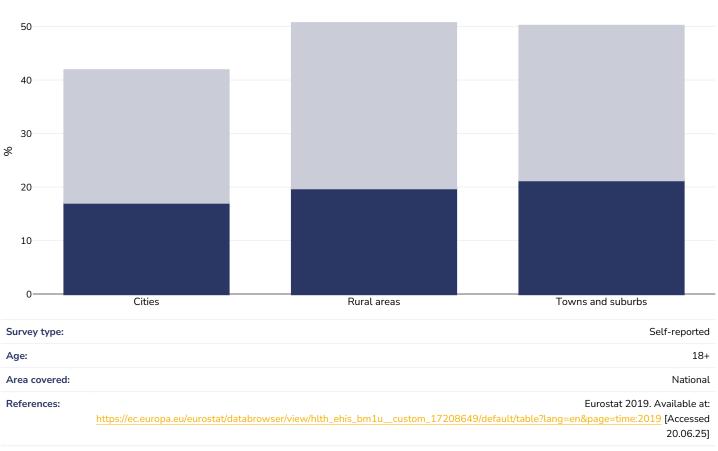


Obesity Overweight





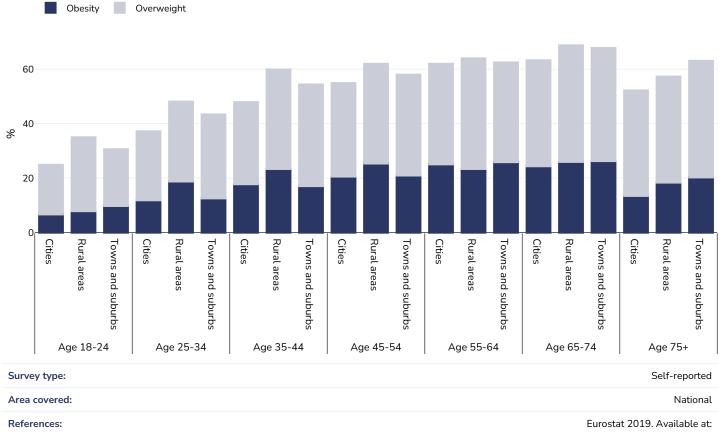






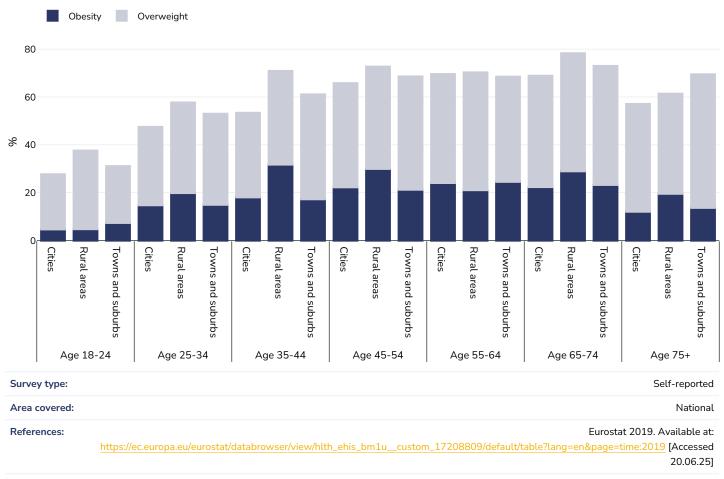
Overweight/obesity by age and region

Adults, 2019



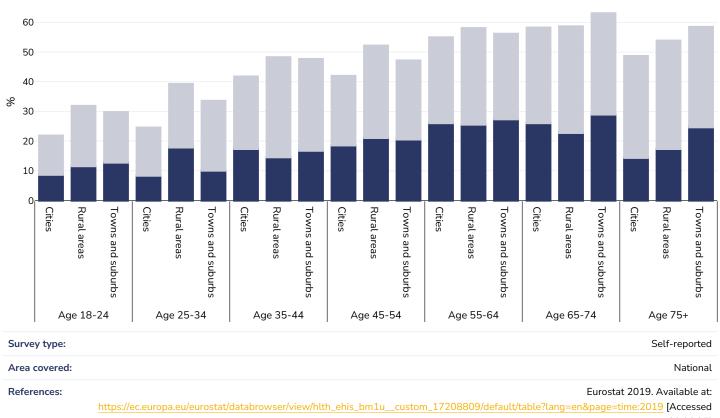
https://ec.europa.eu/eurostat/databrowser/view/hlth_ehis_bm1u_custom_17208809/default/table?lang=en&page=time:2019 [Accessed 20.06.25]







Obesity Overweight

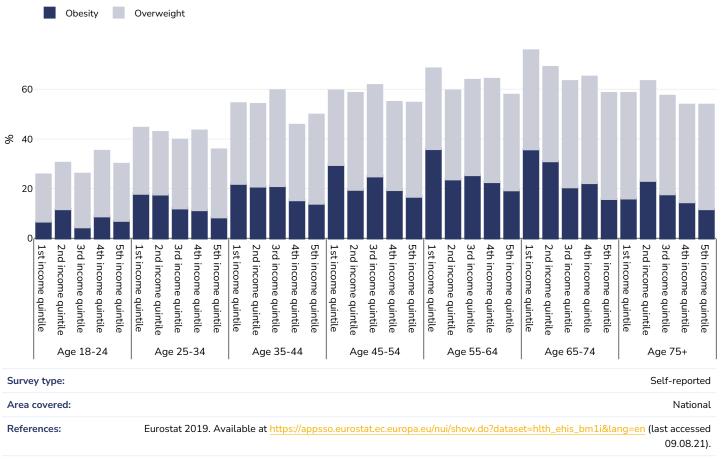


20.06.25]



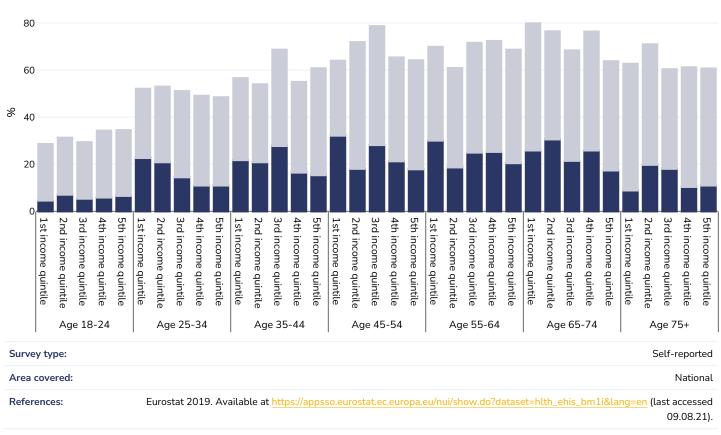
Overweight/obesity by age and socio-economic group

Adults, 2019



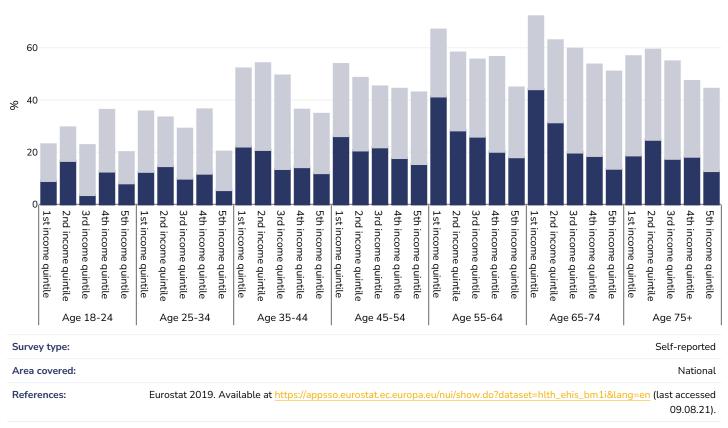


Obesity Overweight





Obesity Overweight





Overweight/obesity by socio-economic group

Adults, 2019

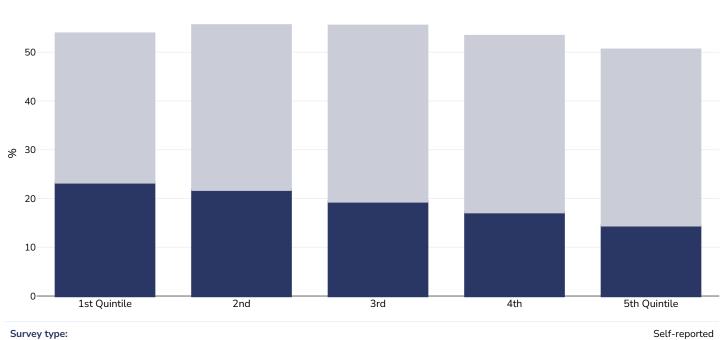
Age:

Area covered:

References:

Definitions:

Obesity Overweight



Self-reported

18+

National

Eurostat 2019. Available at:

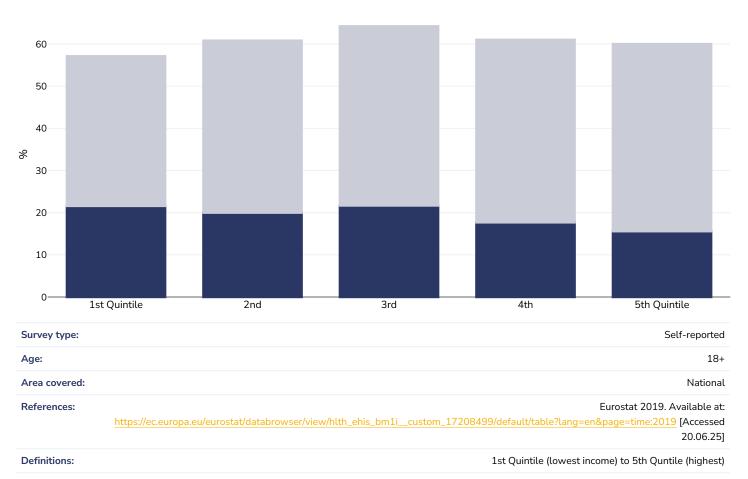
 $https://ec.europa.eu/eurostat/databrowser/view/hlth_ehis_bm1i_custom_17208499/default/table?lang=en&page=time:2019 \cite{Accessed} and the second s$ 20.06.25]

1st Quintile (lowest income) to 5th Quntile (highest)



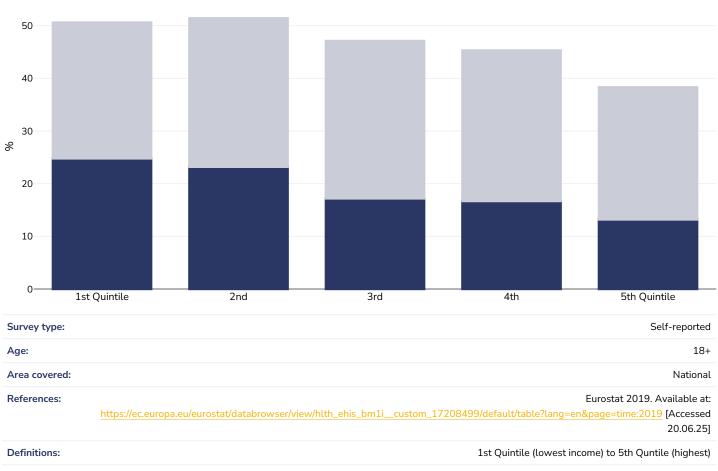








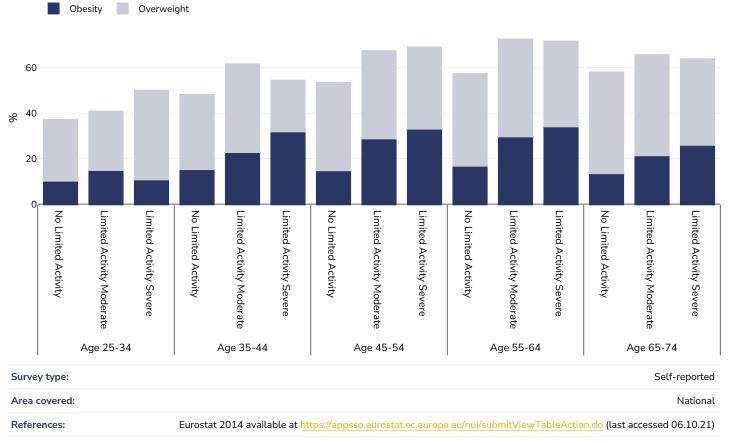




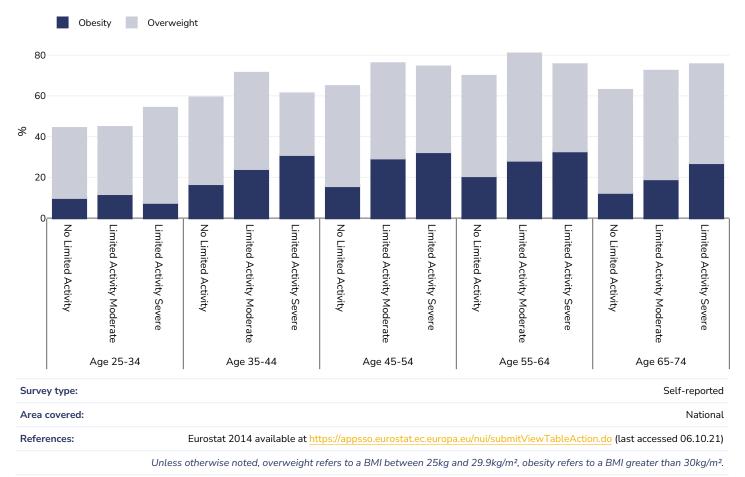


Overweight/obesity by age and limited activity

Adults, 2014

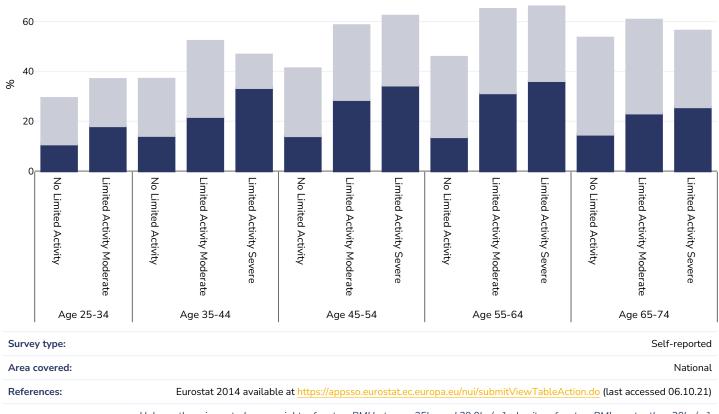








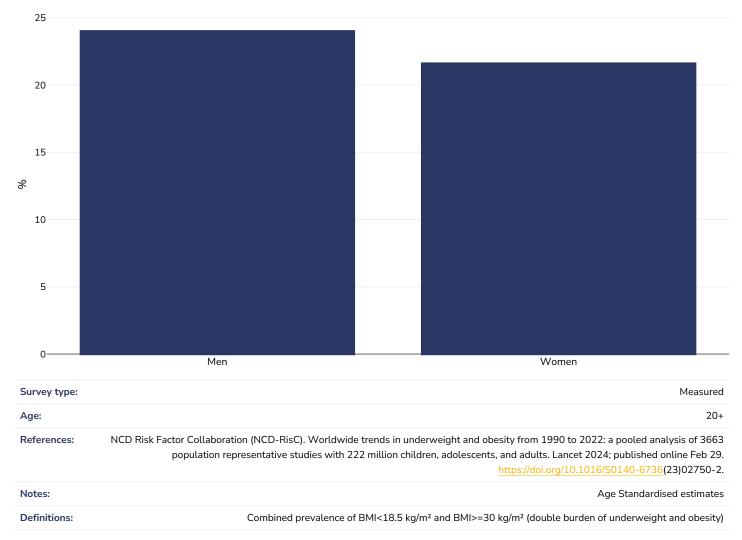
Obesity Overweight





Double burden of underweight & overweight

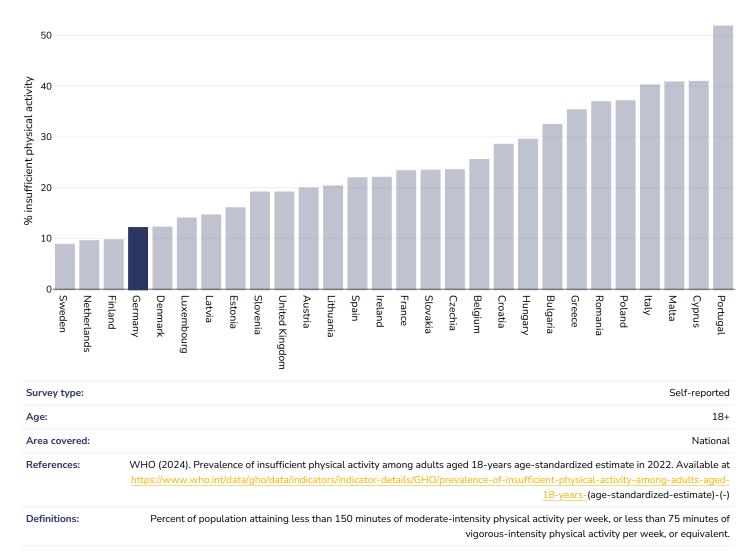
Adults, 2022



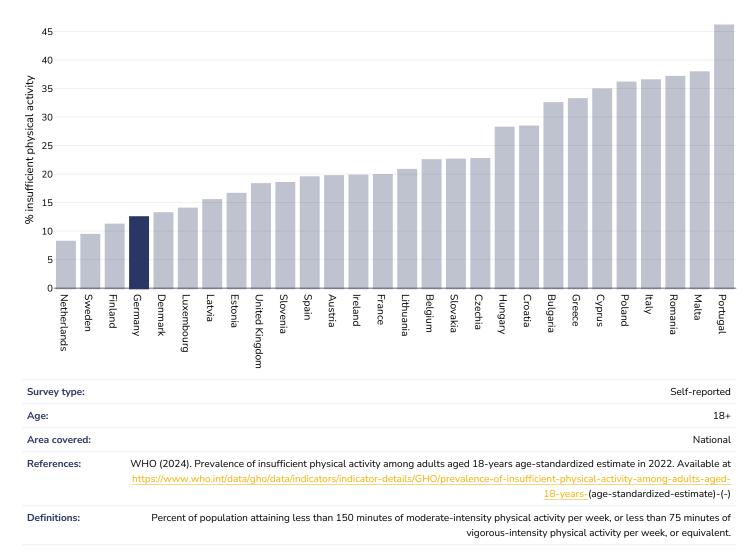


Insufficient physical activity

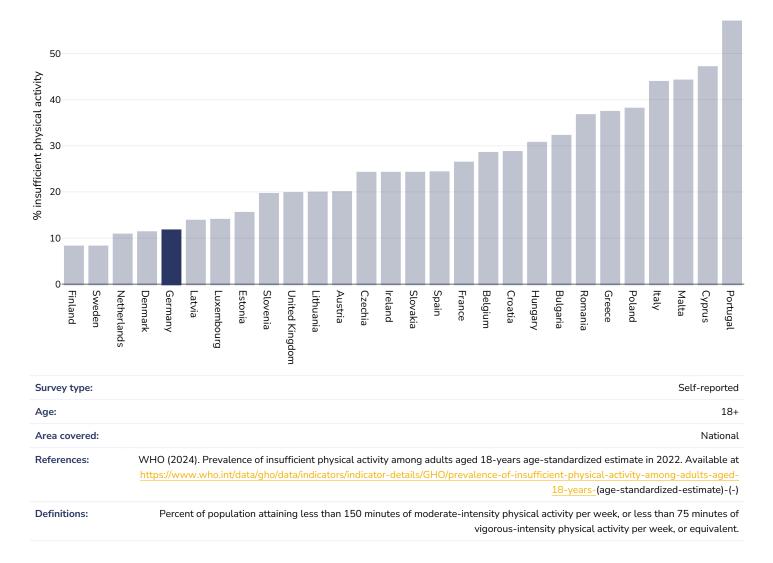
Adults, 2022



Men, 2022



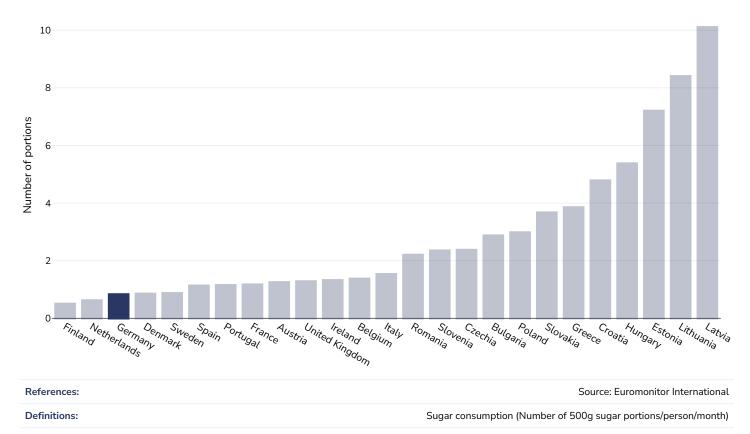






Sugar consumption

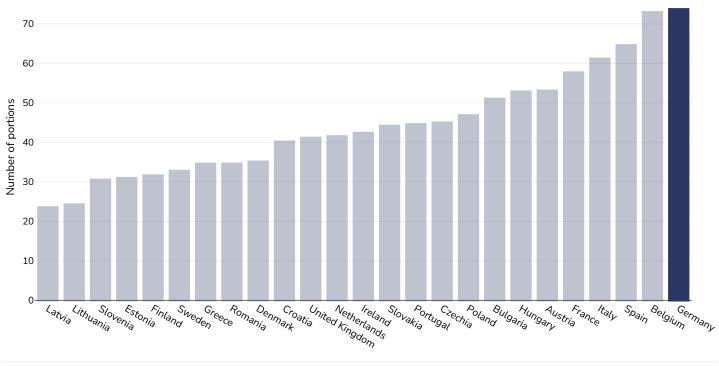
Adults, 2016





Estimated per capita sugar sweetened beverages intake

Adults, 2016



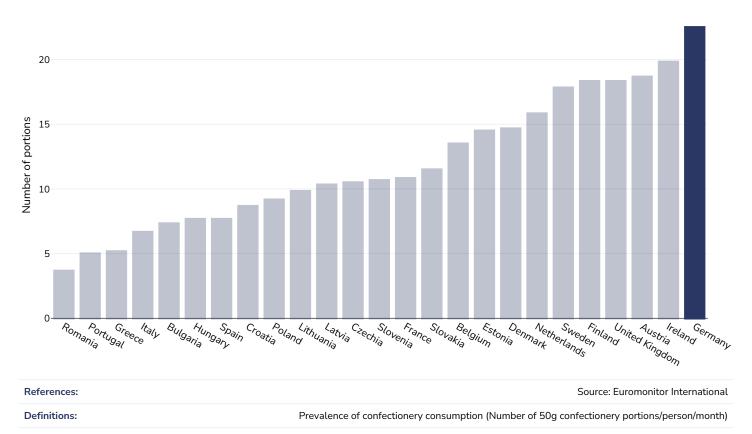
References:

Source: Euromonitor International



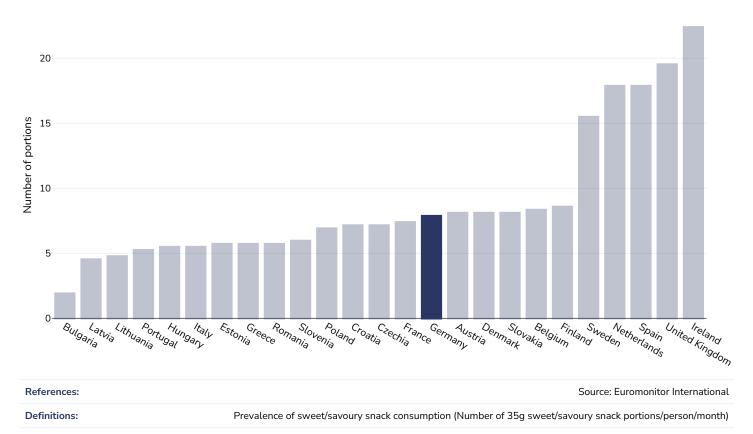
Prevalence of confectionery consumption

Adults, 2016



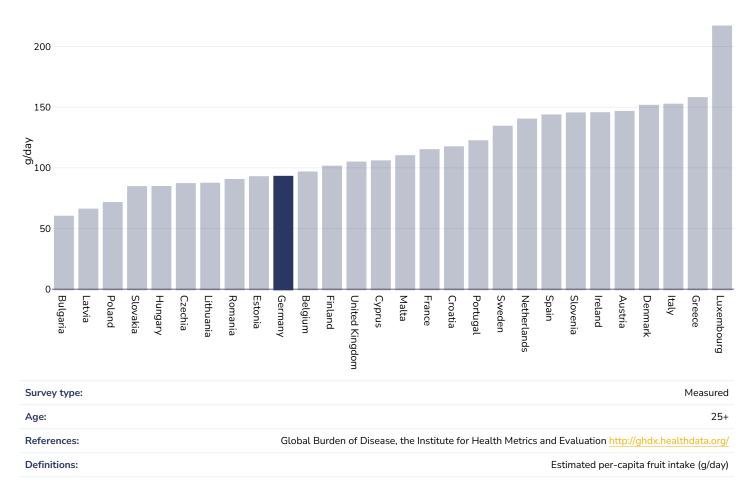


Prevalence of sweet/savoury snack consumption



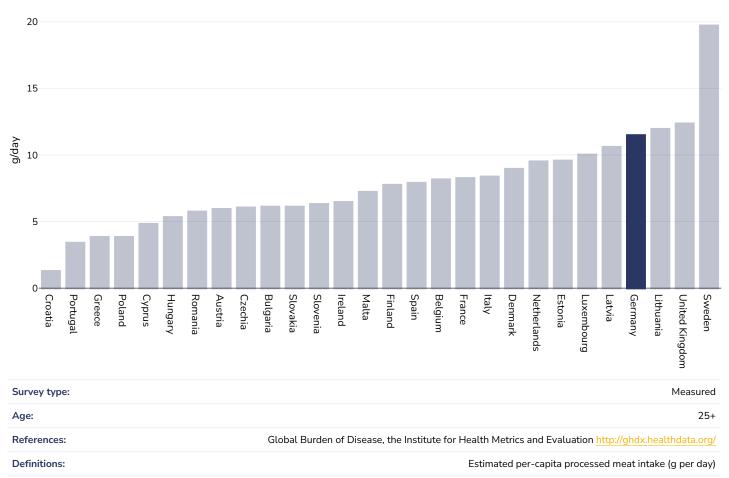


Estimated per capita fruit intake





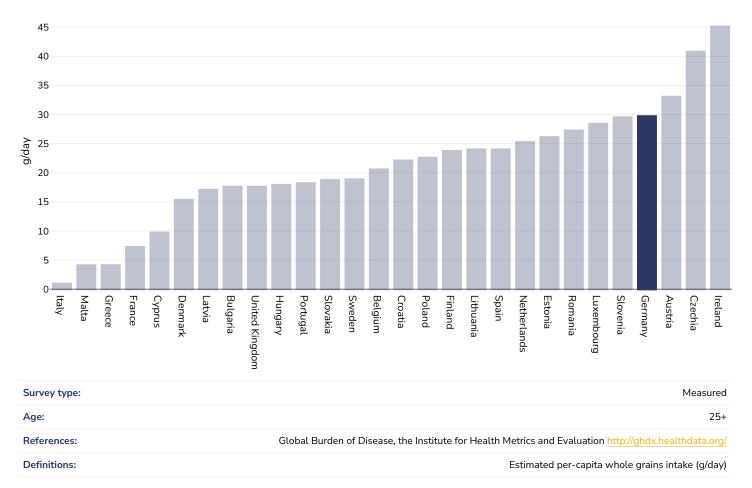
Estimated per-capita processed meat intake







Estimated per capita whole grains intake





Mental health - depression disorders





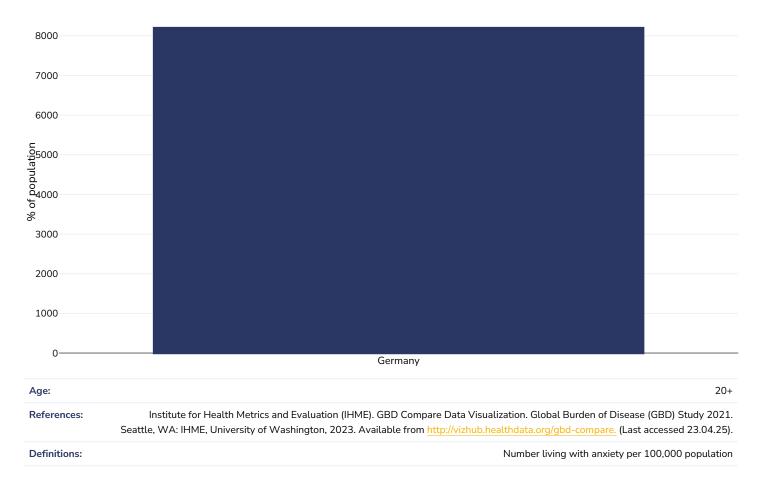
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* ²⁰⁰⁰	
1500	
1500	
1000	
1000	
500	
500	
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0	Germany
Age:	20+
Area covered:	National
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021.
	Seattle, WA: IHME, University of Washington, 2023. Available from http://vizhub.healthdata.org/gbd-compare . (Last accessed 23.04.25)
Definitions:	Number living with depression per 100,000 population (adults 20+ years)



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20+
Germany



Mental health - anxiety disorders





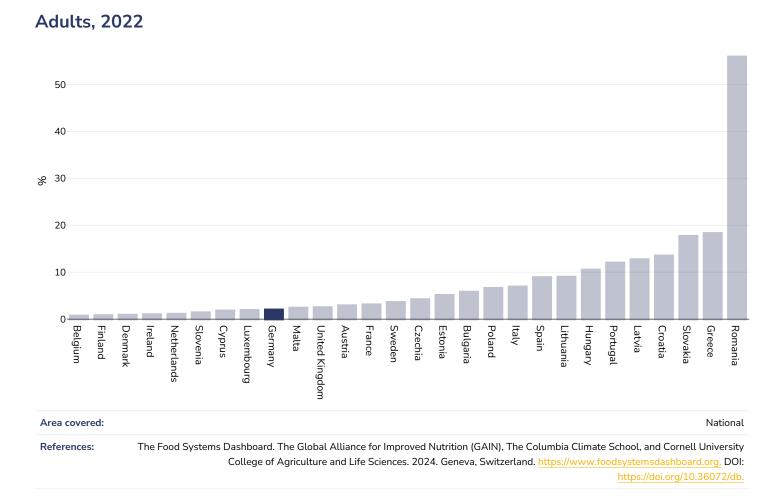








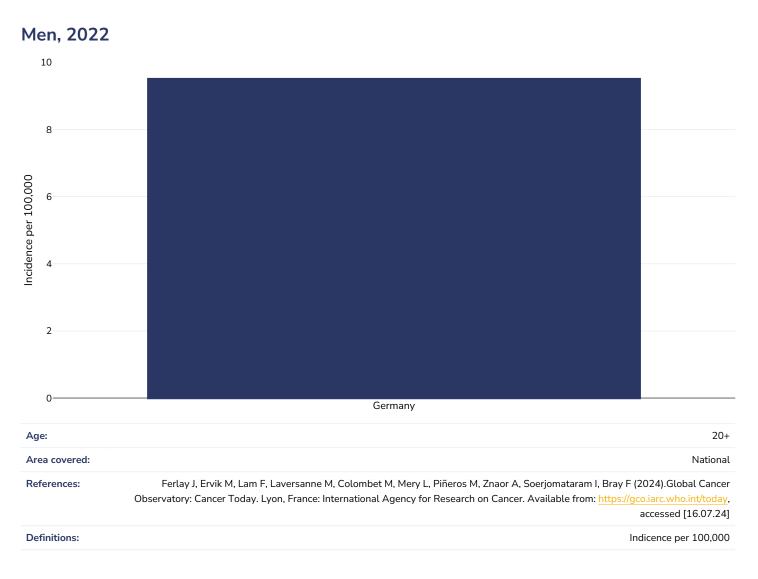
Percent of population who cannot afford a healthy diet



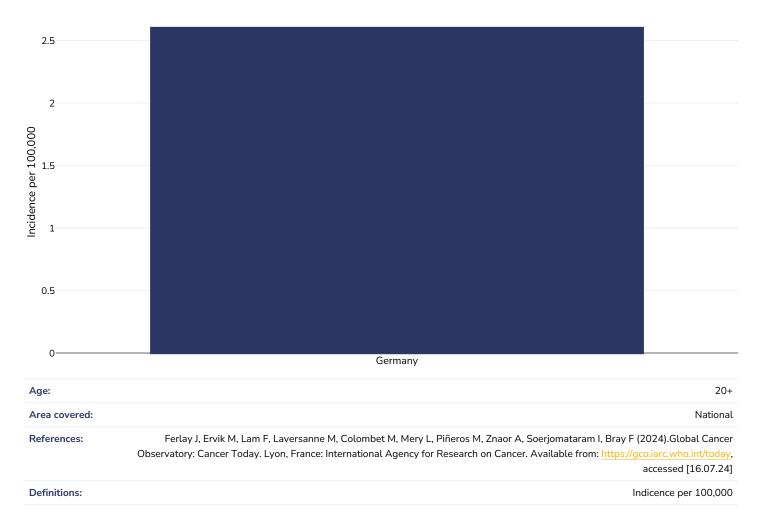
47



Oesophageal cancer





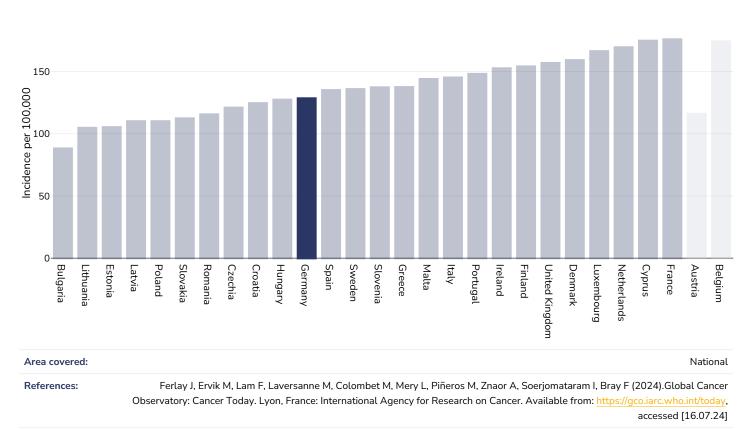




Breast cancer

Women, 2022

Age 20 Age 20+

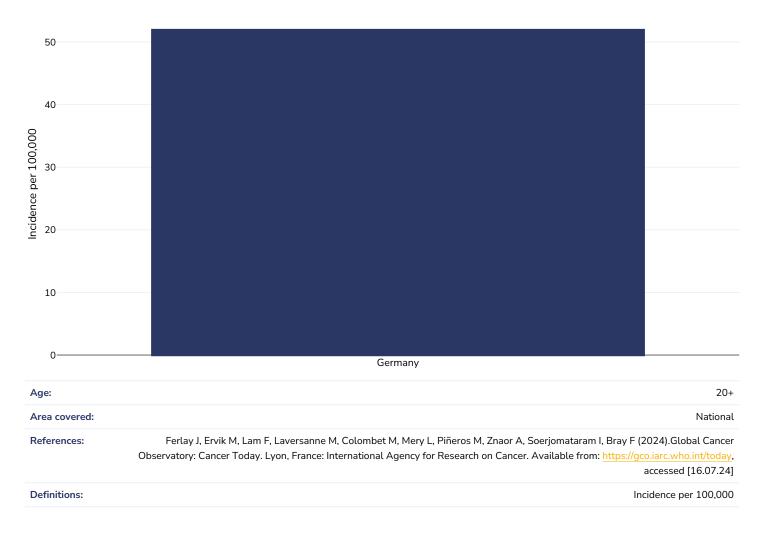


Definitions:

Incidence per 100,000



Colorectal cancer

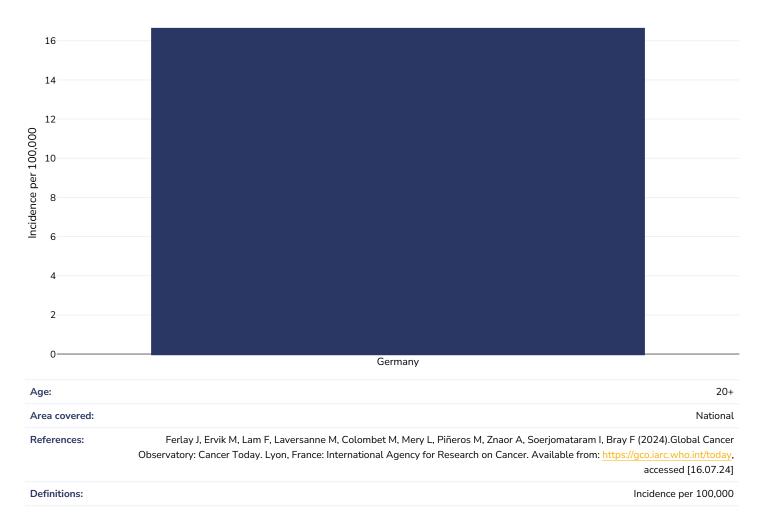




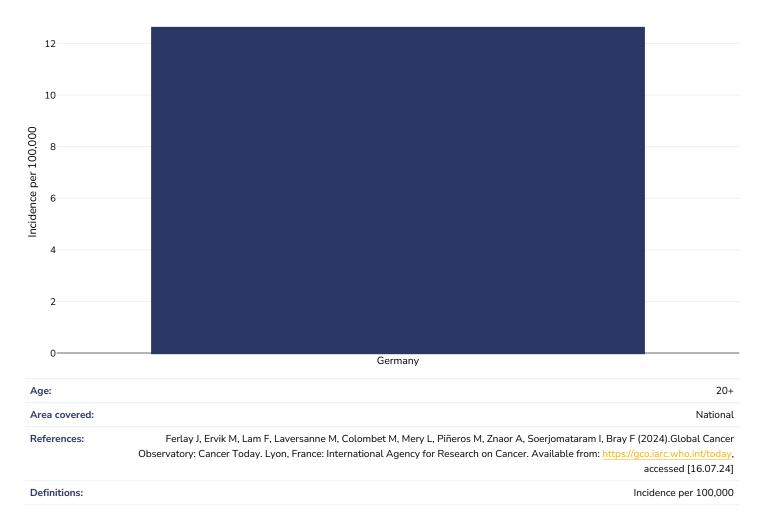




Pancreatic cancer





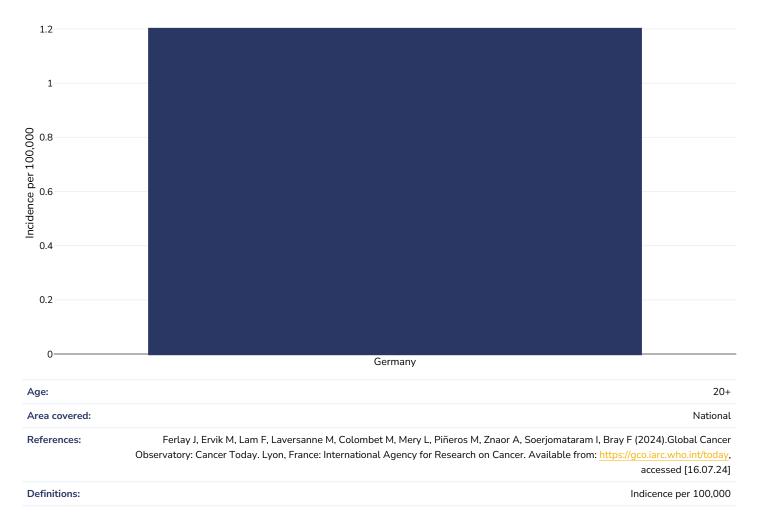




Gallbladder cancer

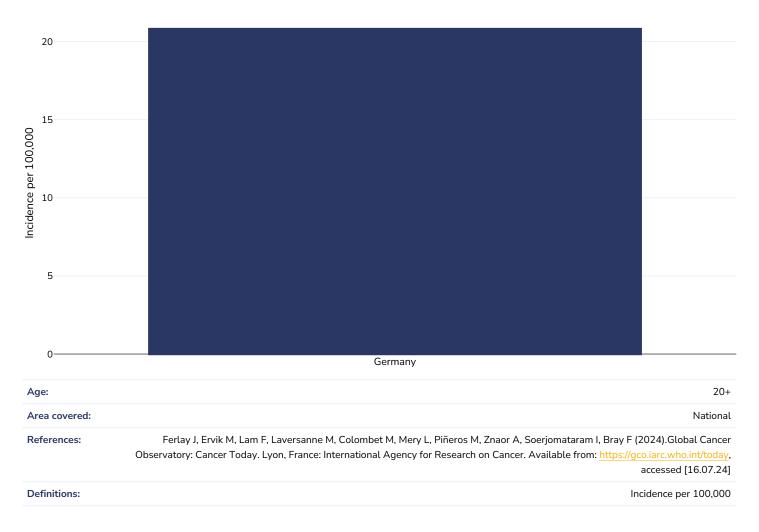




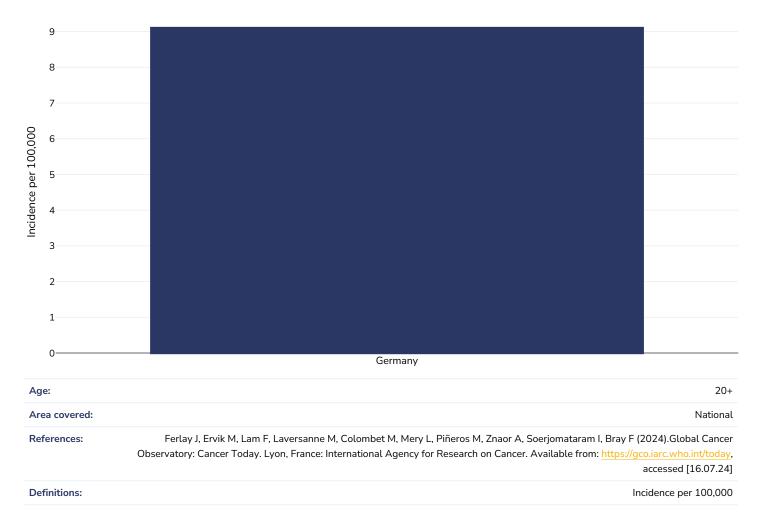




Kidney cancer







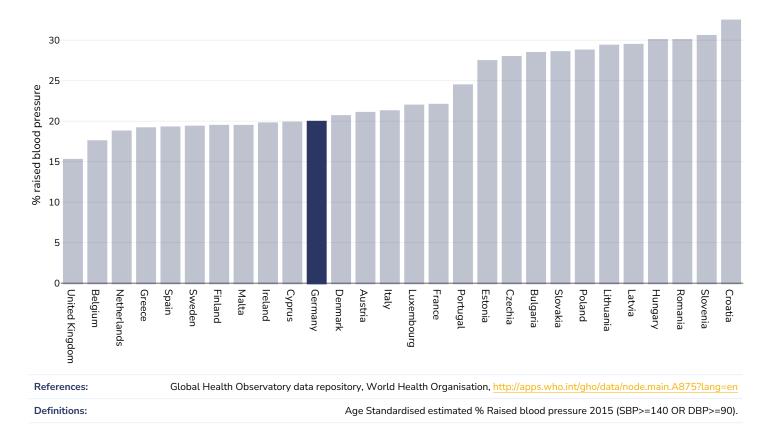


Cancer of the uterus

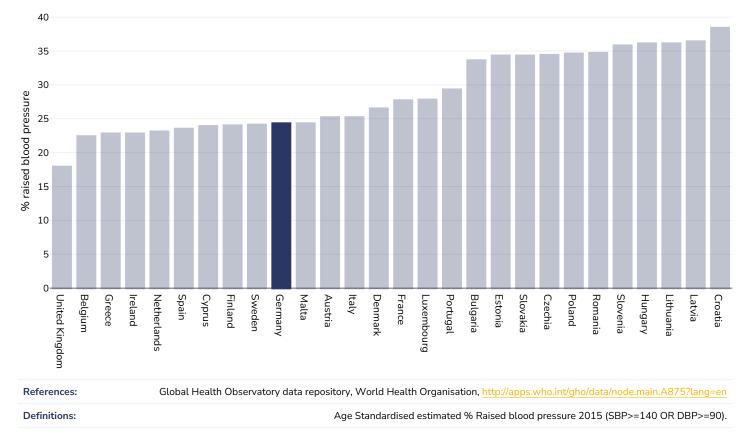




Raised blood pressure

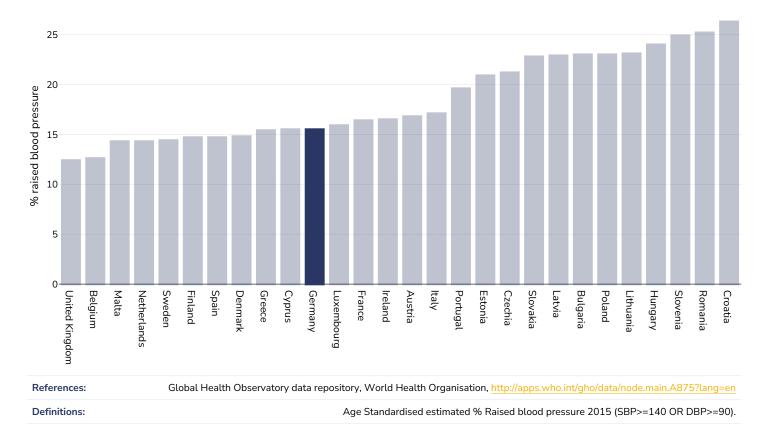


Men, 2015



61

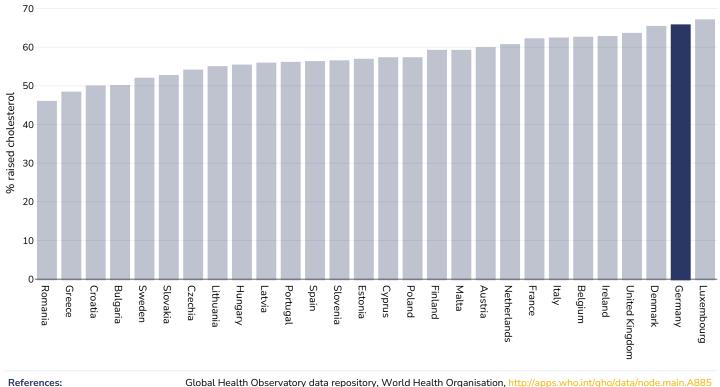






Raised cholesterol

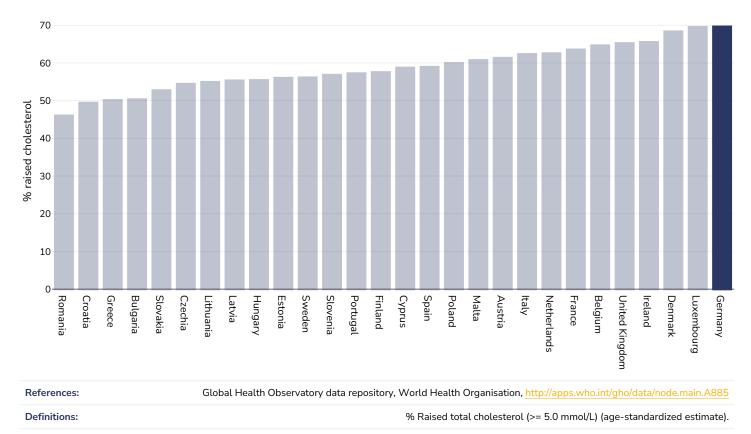
Adults, 2008



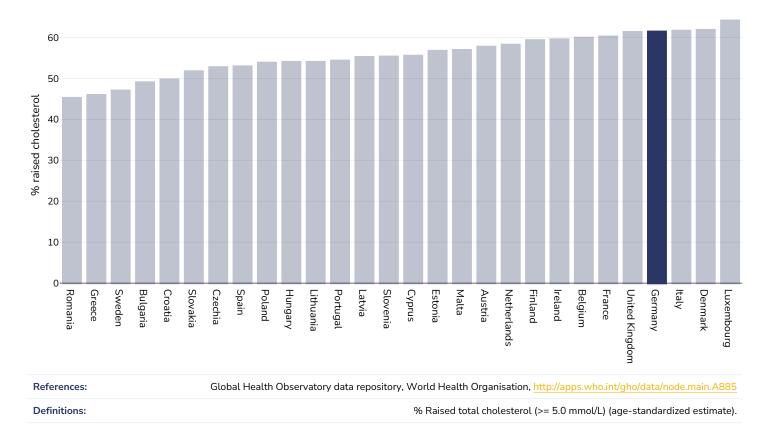
Definitions:

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

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



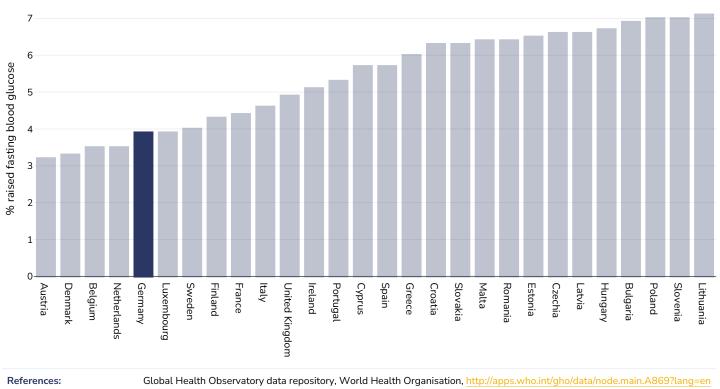






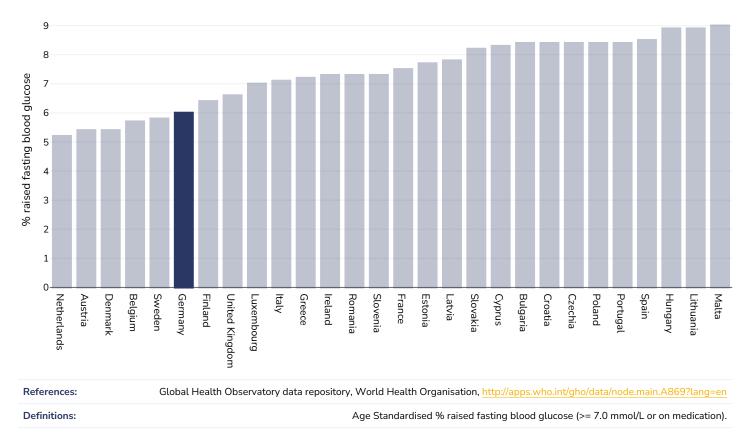
Raised fasting blood glucose

Men, 2014



Definitions:

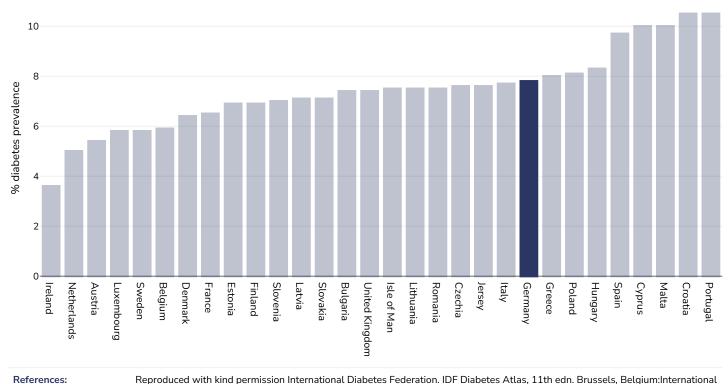
Age Standardised % raised fasting blood glucose (>= 7.0 mmol/L or on medication).





Diabetes prevalence

Adults, 2024

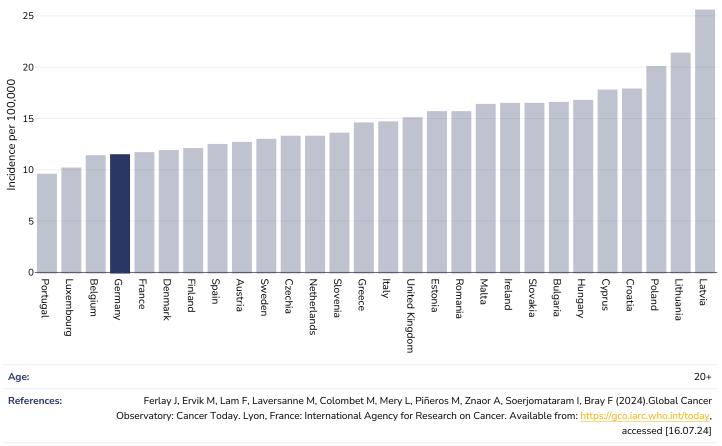


Reproduced with kind permission International Diabetes Federation. IDF Diabetes Atlas, 11th edn. Brussels, Belgium:International Diabetes Federation, 2025. <u>http://www.diabetesatlas.org</u>



Ovarian Cancer

Women, 2022



Definitions:

Incidence per 100,000



Leukemia

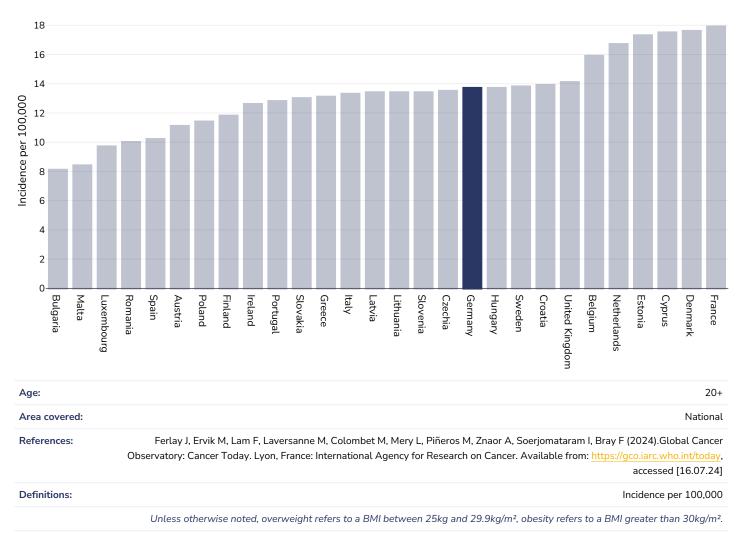
Men, 2022							
4							
3							
2							
1							
0							
-1_1	0	1	2	3	4	5	6
Age:							20+
Area covered: References:			sanne M, Colombet M rance: International Aç			m: <u>https://gco.iarc.wh</u>	
Definitions:						Incidence p	er 100,000
	Unless ot	therwise noted. overw	eight refers to a BMI l	between 25kg and 29	.9ka/m². obesitv refer	s to a BMI greater tha	n 30ka/m².



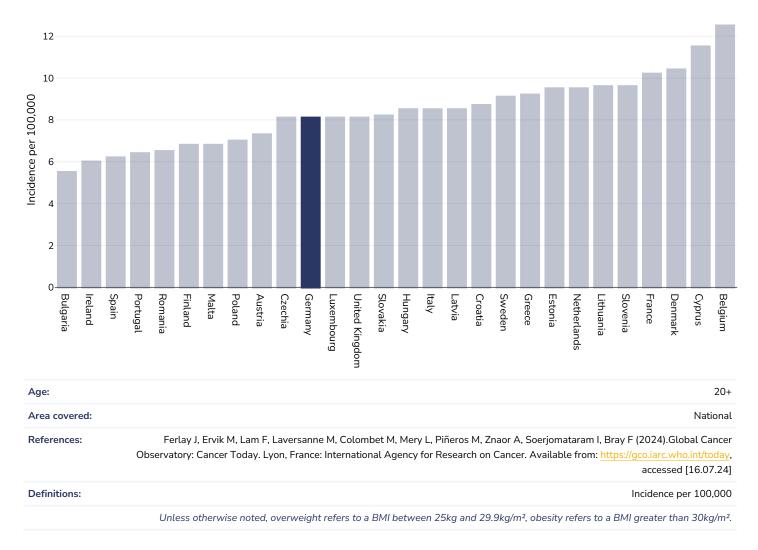
4							
2							
3							
2							
1							
0							
-1 -1	0	1	2	3	4	5	6
Age:							20+
Area covered:							National
References:					Znaor A, Soerjomatarar n Cancer. Available fror	m: <u>https://gco.iarc.whc</u>	
Definitions:						Incidence pe	er 100,000
	Unless othe	erwise noted, overw	eight refers to a BMI	between 25kg and 2	9.9kg/m², obesity refers	to a BMI greater than	n 30kg/m².



Leukemia





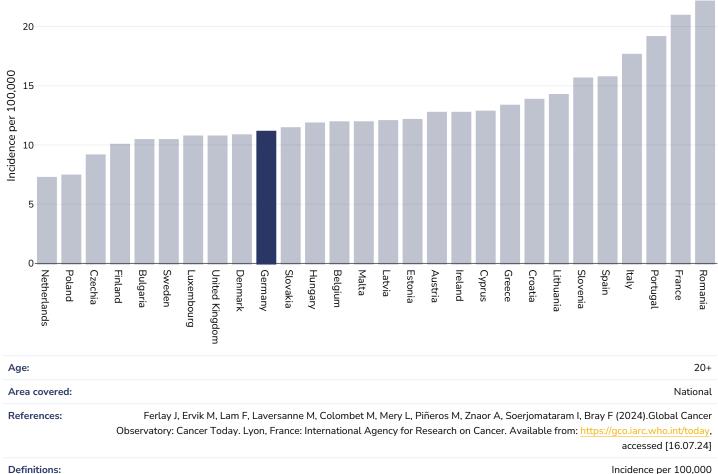






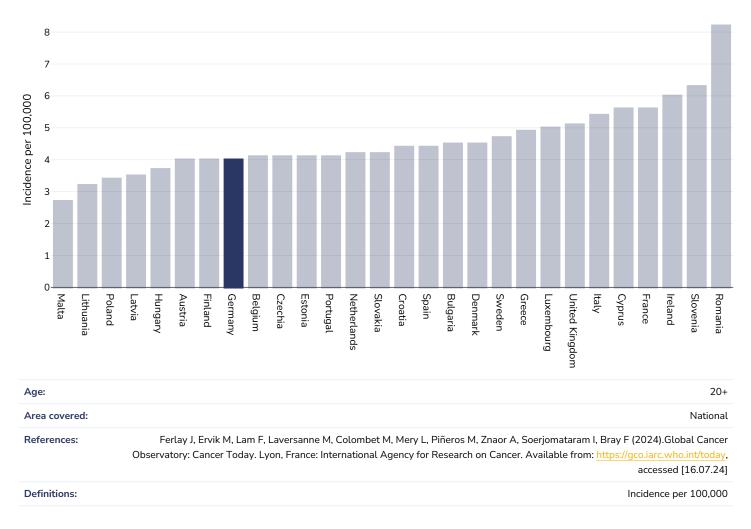
Liver and intrahepatic bile duct Cancer





Incidence per 100,000

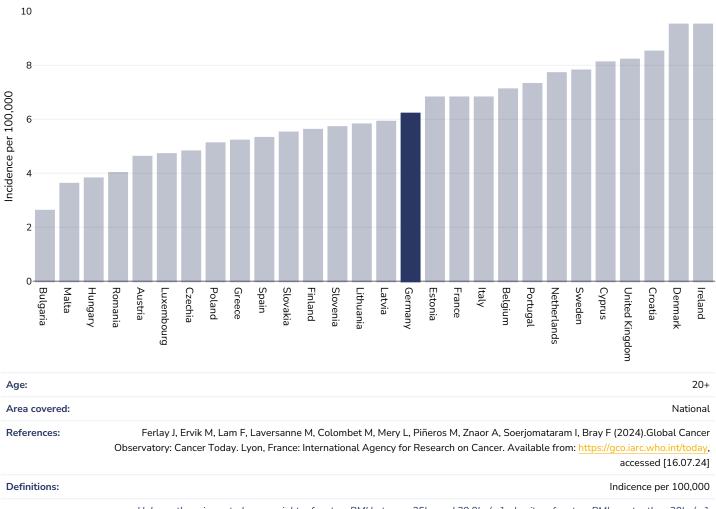






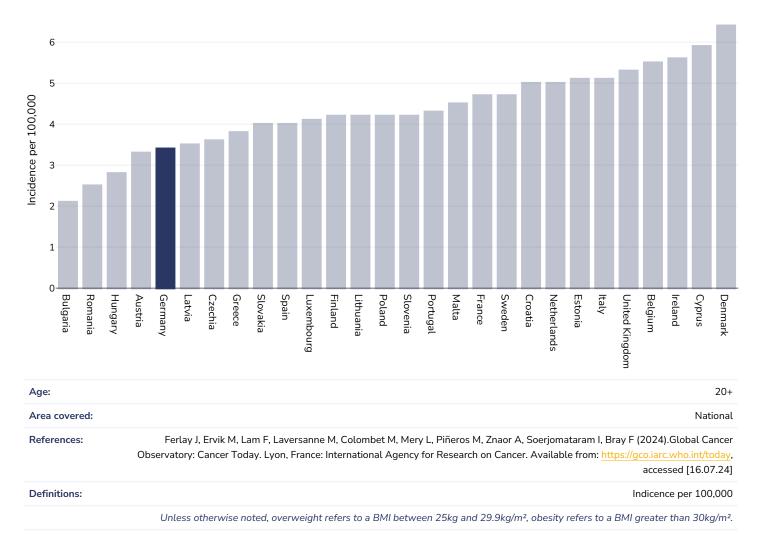
Multiple Myeloma

Men, 2022



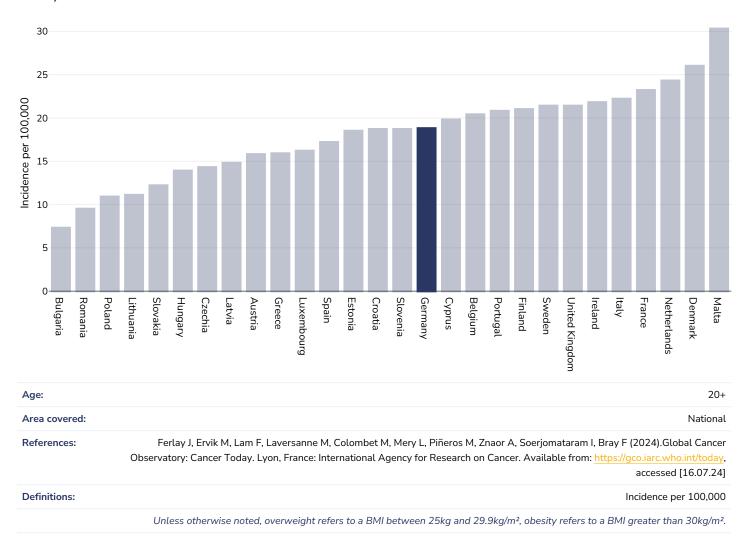
Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².



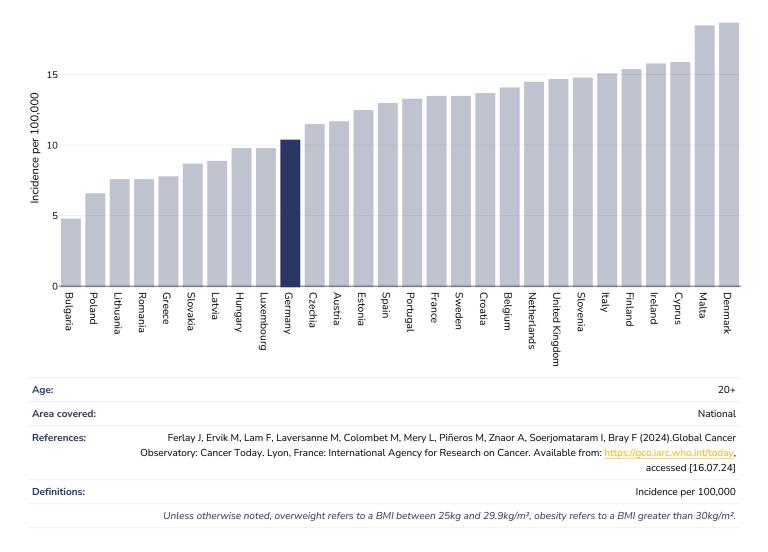




Non Hodgkin Lymphoma

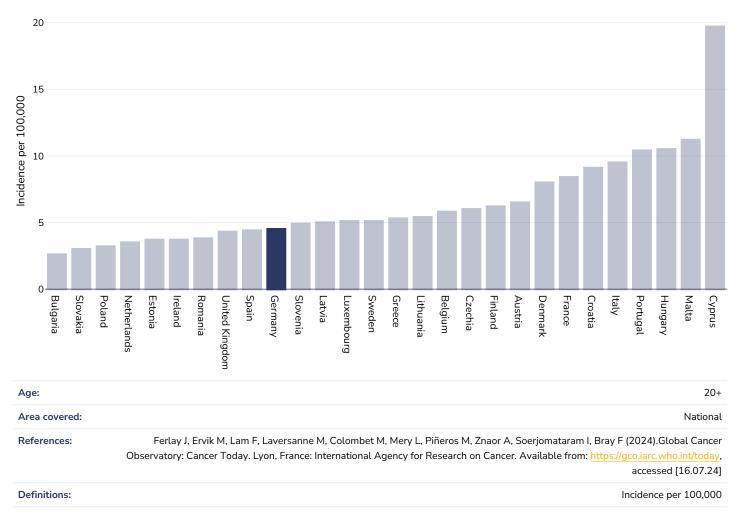




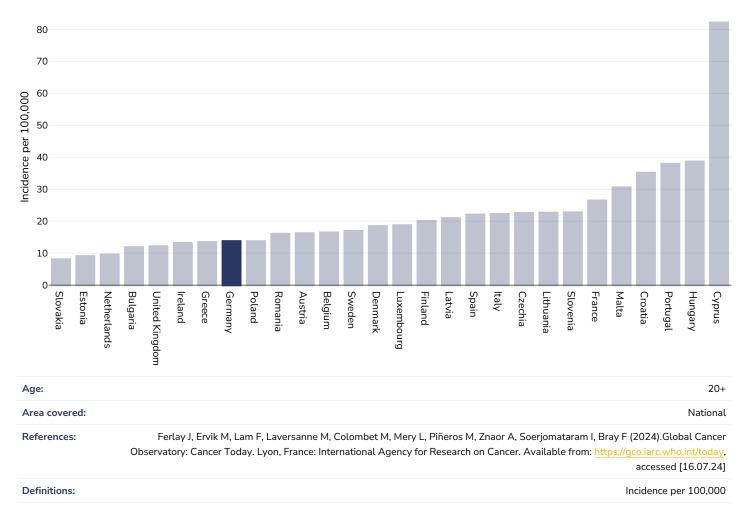




Thyroid Cancer







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