



# Hong Kong



## 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/hong-kong-92/>.*

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National obesity risk \*7/10 This is a composite “obesity risk” score (out of 10, the highest risk) based on obesity prevalence, rate of increase, likelihood of meeting the 2025 target, treatment indicator and childhood stunting levels.

\* Based on estimated data. For more information see [Publications](#)

## Obesity prevalence

## Adults, 2020-2022



Survey type:	Measured
Age:	15-84
Sample size:	2072
Area covered:	National
References:	Report of Population Health Survey 2020-22 (Part II) <a href="https://www.chp.gov.hk/en/features/37474.html">https://www.chp.gov.hk/en/features/37474.html</a> (Last Accessed 21.08.25)
Notes:	The fieldwork of health examination was conducted between March 2021 and February 2022.

Definitions:	Standard WHO cutoffs shown to allow comparison with non-Asian cutoffs.
Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².	

## Children, 2015



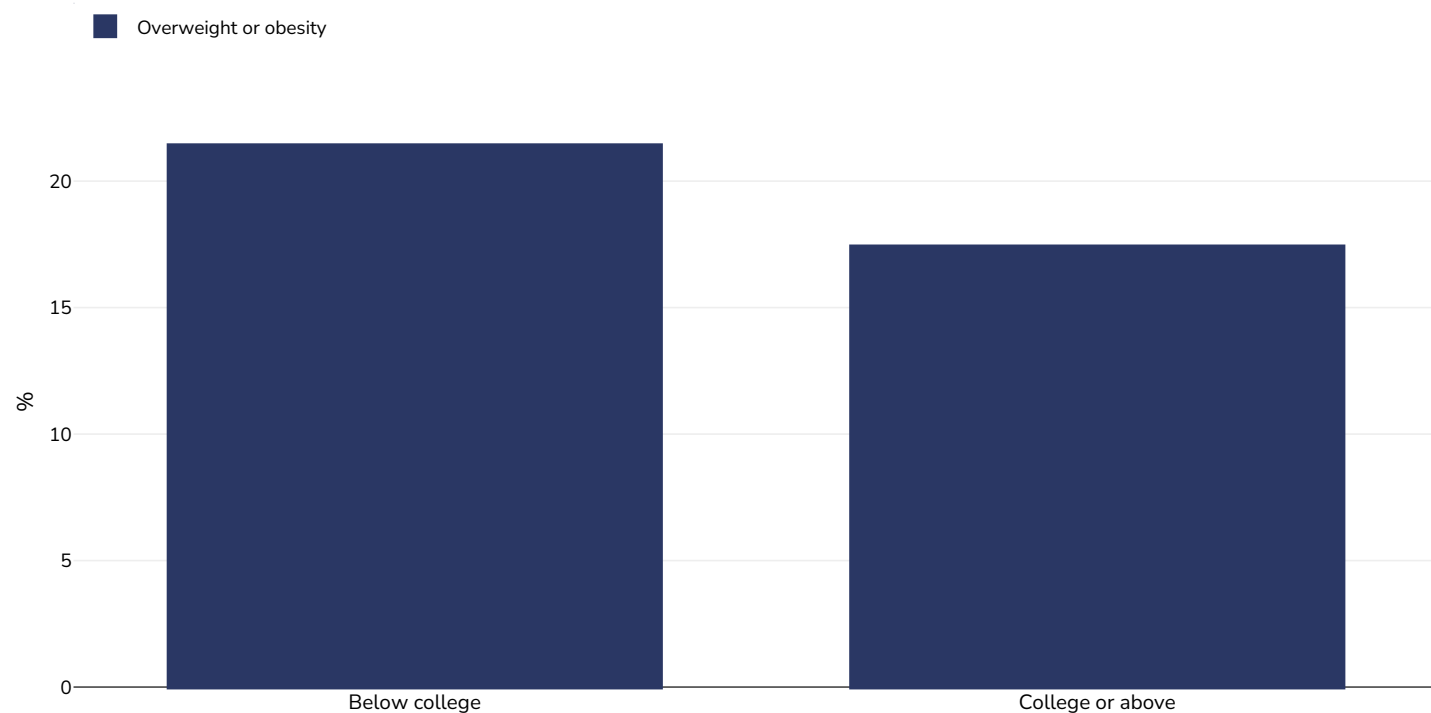
Survey type:	Self-reported
Age:	9-12
Sample size:	894
Area covered:	Regional - 2 regions and 5 schools
References:	Wang, Jing Jing, et al. "Prevalence of Overweight in Hong Kong Chinese Children: Its Associations with Family, Early-Life Development and Behaviors-Related Factors." <i>Journal of Exercise Science &amp; Fitness</i> , vol. 15, no. 2, Dec. 2017, pp. 89-95, <a href="http://www.sciencedirect.com/science/article/pii/S1728869X17301478">www.sciencedirect.com/science/article/pii/S1728869X17301478</a> , 10.1016/j.jesf.2017.10.001. Accessed 01.11.21.

Cutoffs:

IOTF

## Overweight/obesity by education

### Children, 2015

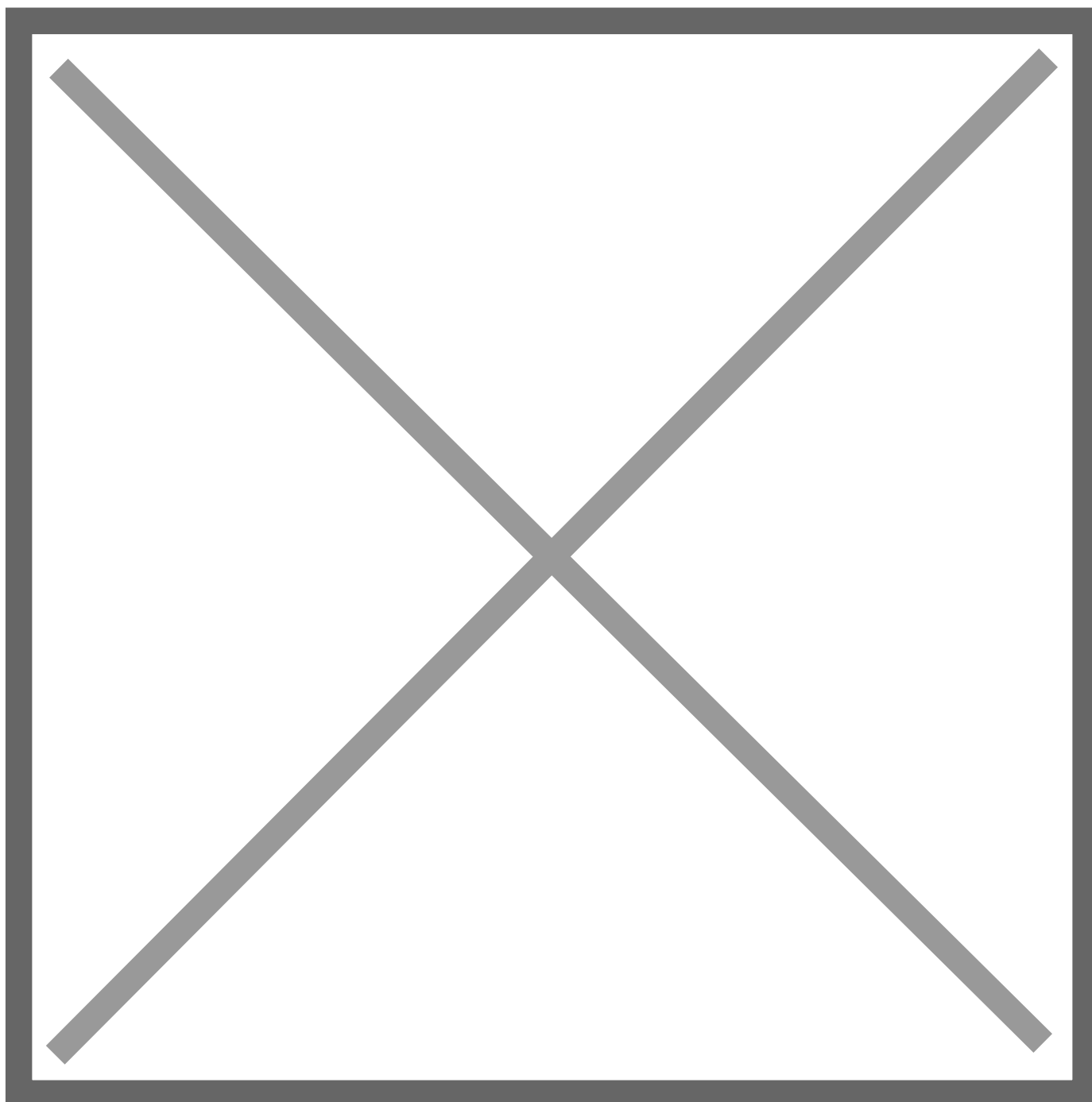


Survey type:	Self-reported
Age:	9-12
Sample size:	894
Area covered:	Regional - 2 regions and 5 schools
References:	Wang, Jing Jing, et al. "Prevalence of Overweight in Hong Kong Chinese Children: Its Associations with Family, Early-Life Development and Behaviors-Related Factors." <i>Journal of Exercise Science &amp; Fitness</i> , vol. 15, no. 2, Dec. 2017, pp. 89-95, <a href="http://www.sciencedirect.com/science/article/pii/S1728869X17301478">www.sciencedirect.com/science/article/pii/S1728869X17301478</a> , 10.1016/j.jesf.2017.10.001. Accessed 01.11.21.
Definitions:	Paternal highest education attained
Cutoffs:	IOTF



## Overweight/obesity by age

## Adults, 2020-2022

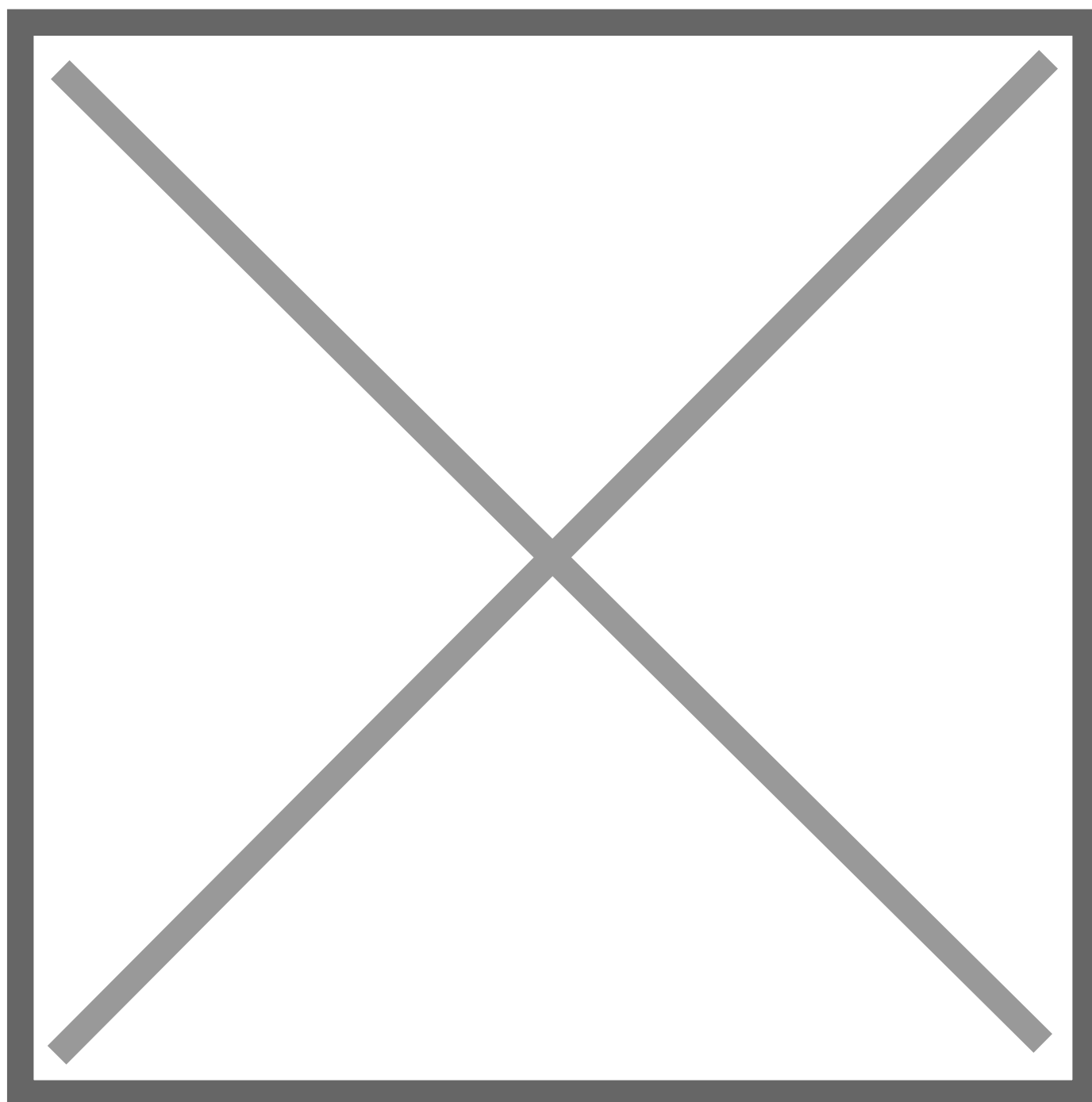


Survey type:	Measured
Sample size:	2072
Area covered:	National
References:	Report of Population Health Survey 2020-22 (Part II) <a href="https://www.chp.gov.hk/en/features/37474.html">https://www.chp.gov.hk/en/features/37474.html</a> (Last Accessed 22.08.25)
Notes:	The fieldwork of health examination was conducted between March 2021 and February 2022.
Definitions:	Standard WHO cutoffs shown to allow comparison with non-Asian cutoffs. Data using WHO Asia cutoffs also available in report

*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>.*

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## Children, 2015



<b>Survey type:</b>	Self-reported
<b>Sample size:</b>	894
<b>Area covered:</b>	Regional - 2 regions and 5 schools
<b>References:</b>	Wang, Jing Jing, et al. "Prevalence of Overweight in Hong Kong Chinese Children: Its Associations with Family, Early-Life Development and Behaviors-Related Factors." <i>Journal of Exercise Science &amp; Fitness</i> , vol. 15, no. 2, Dec. 2017, pp. 89–95, <a href="http://www.sciencedirect.com/science/article/pii/S1728869X17301478">www.sciencedirect.com/science/article/pii/S1728869X17301478</a> , 10.1016/j.jesf.2017.10.001. Accessed 01.11.21.

Cutoffs:

IOTF

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## Overweight/obesity by socio-economic group

## Adults, 2020-2022

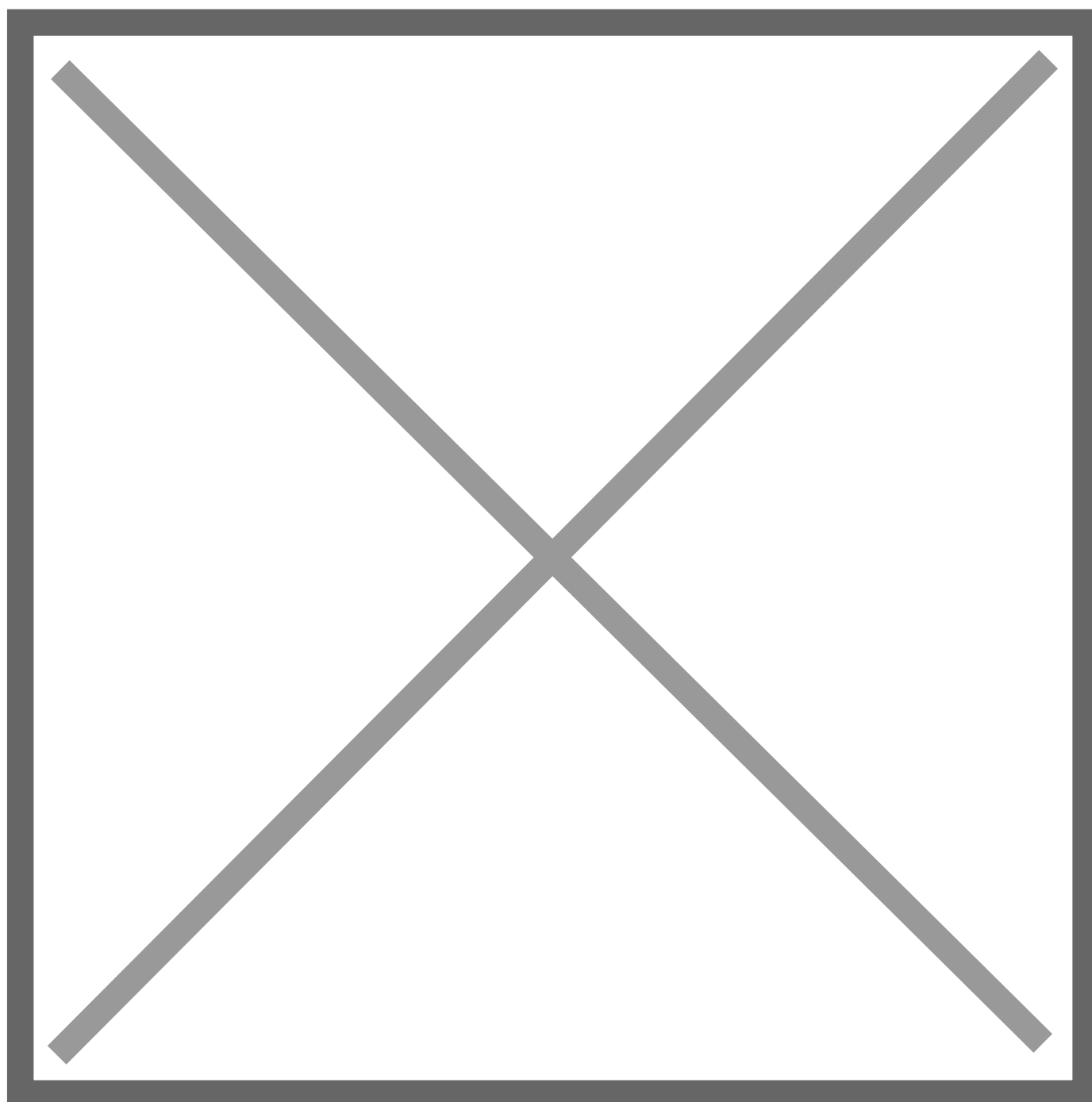


Survey type:	Measured
Age:	15-84
Sample size:	2072
Area covered:	National
References:	Report of Population Health Survey 2020-22 (Part II) <a href="https://www.chp.gov.hk/files/pdf/dh_phs_2020-22_part_2_report_eng.pdf">https://www.chp.gov.hk/files/pdf/dh_phs_2020-22_part_2_report_eng.pdf</a> (Accessed 28.04.23)

Notes:	The fieldwork of health examination was conducted between March 2021 and February 2022.
Definitions:	Standard WHO cutoffs shown to allow comparison with non-Asian cutoffs. Data using WHO Asia cutoffs also available in report.
	<i>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>.</i>



## Children, 2015



Survey type:	Self-reported
Age:	9-12
Sample size:	894
Area covered:	Regional - 2 regions and 5 schools

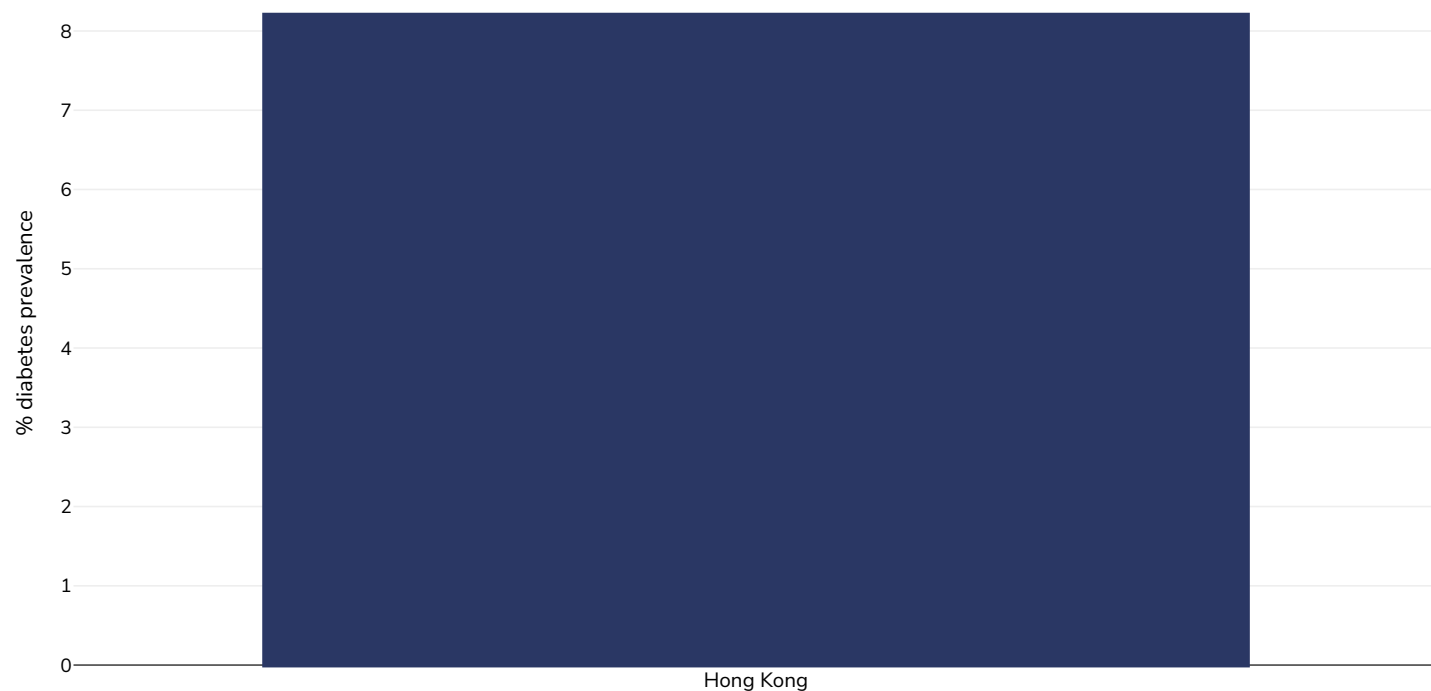
**References:** Wang, Jing Jing, et al. "Prevalence of Overweight in Hong Kong Chinese Children: Its Associations with Family, Early-Life Development and Behaviors-Related Factors." *Journal of Exercise Science & Fitness*, vol. 15, no. 2, Dec. 2017, pp. 89–95, [www.sciencedirect.com/science/article/pii/S1728869X17301478](http://www.sciencedirect.com/science/article/pii/S1728869X17301478), 10.1016/j.jesf.2017.10.001. Accessed 01.11.21.

**Definitions:** Monthly household income (HKD)

**Cutoffs:** IOTF

## Diabetes prevalence

### Adults, 2024



#### References:

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