



# Hong Kong



## Country report card

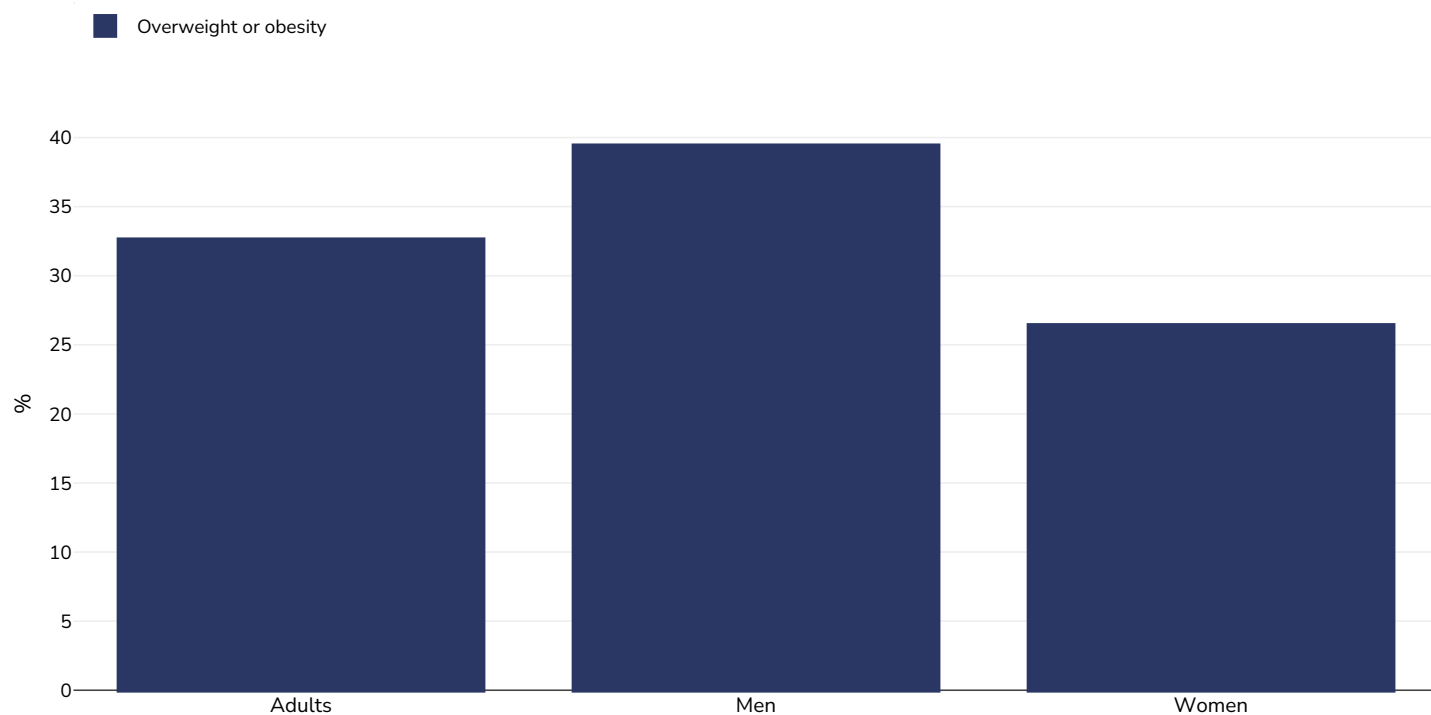
*This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity . Where available, data on common and relevant obesity drivers and comorbidities are also presented.*

*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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## Obesity prevalence

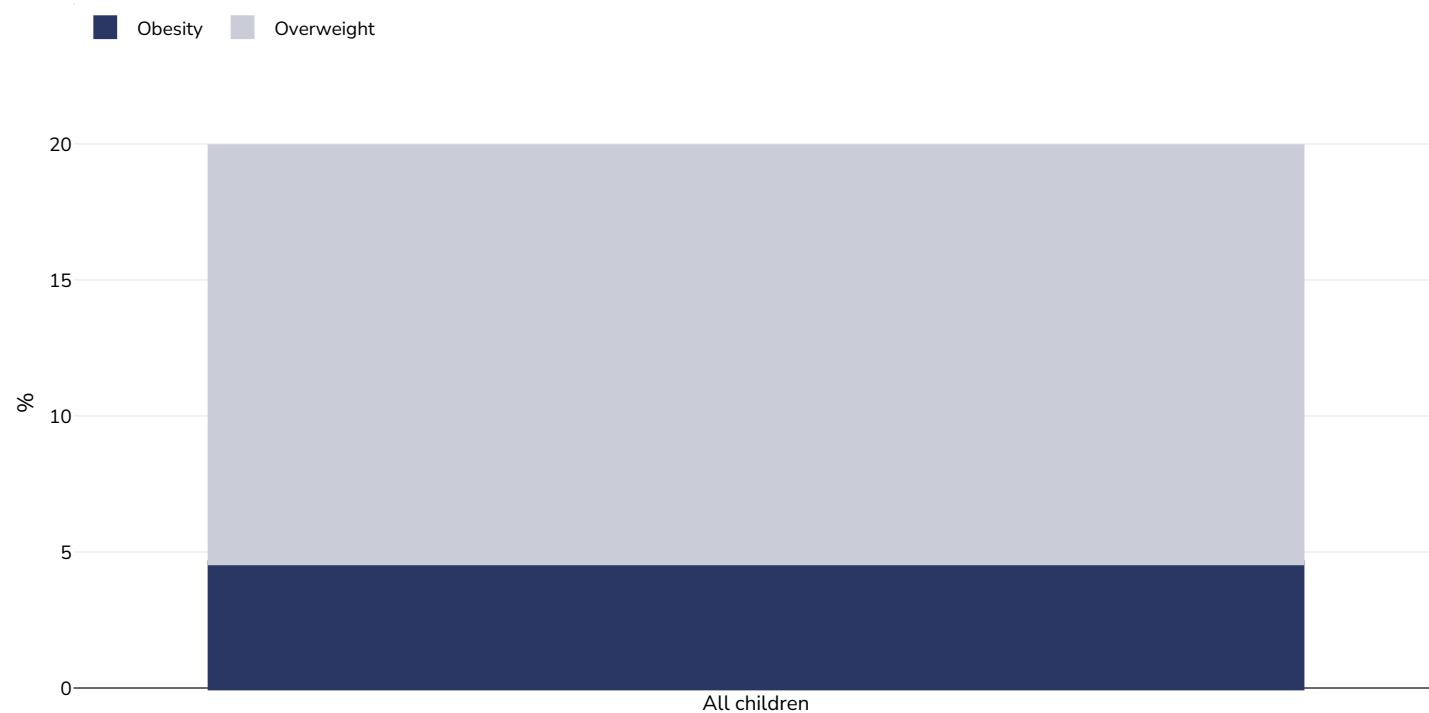
### Adults, 2020-2022



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/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:	WHO Asian cutoffs shown for BMI greater than or equal to 25kg/m <sup>2</sup> to allow comparison with non-Asian cutoffs.
Cutoffs:	WHO Asia

*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>.*

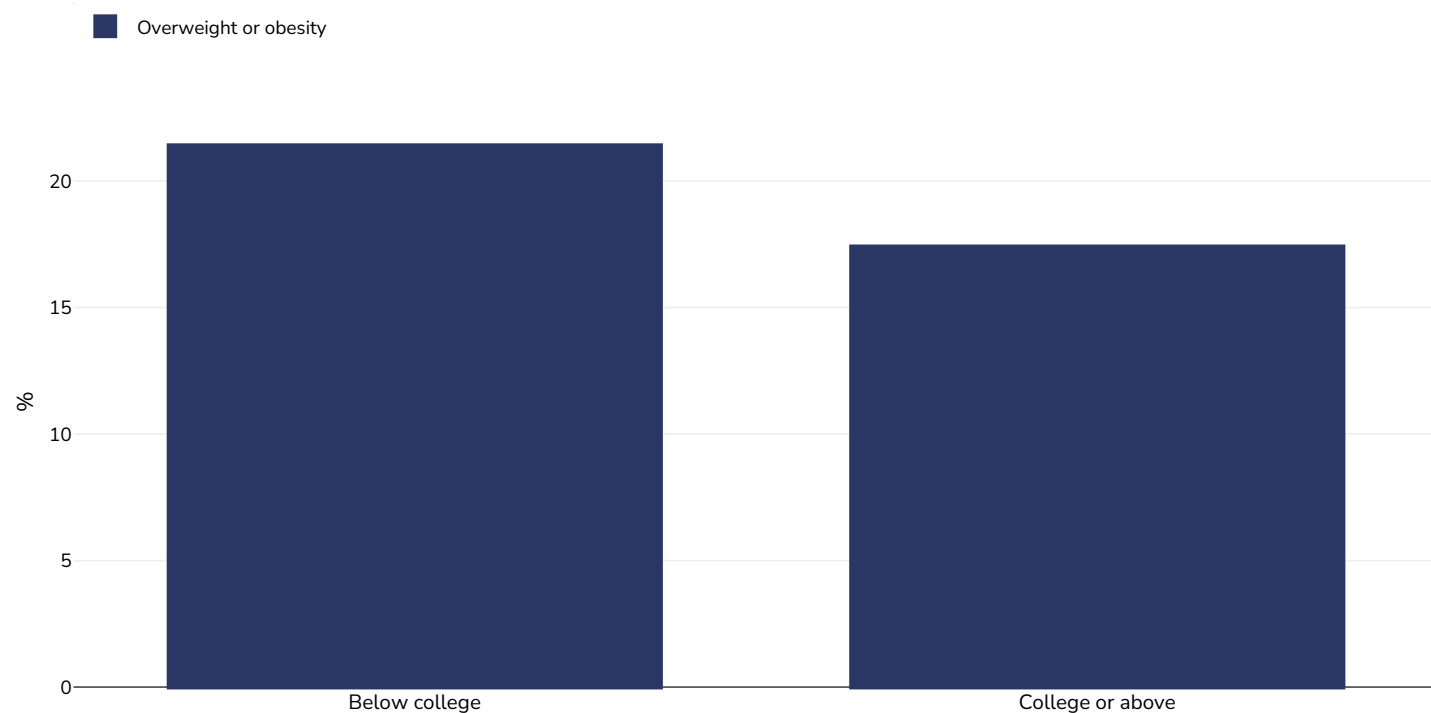
## Children, 2015



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, <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

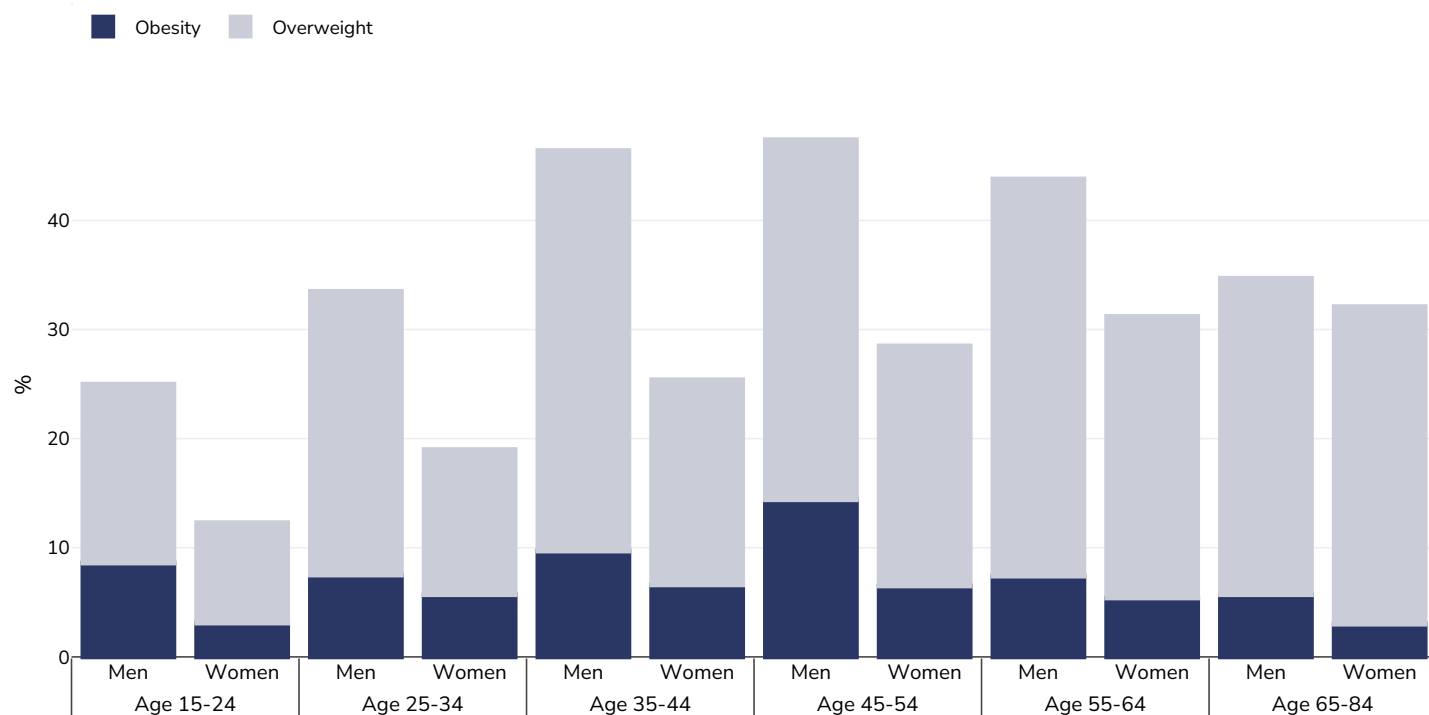
### Children, 2015



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) [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)  
(Accessed 28.04.23)

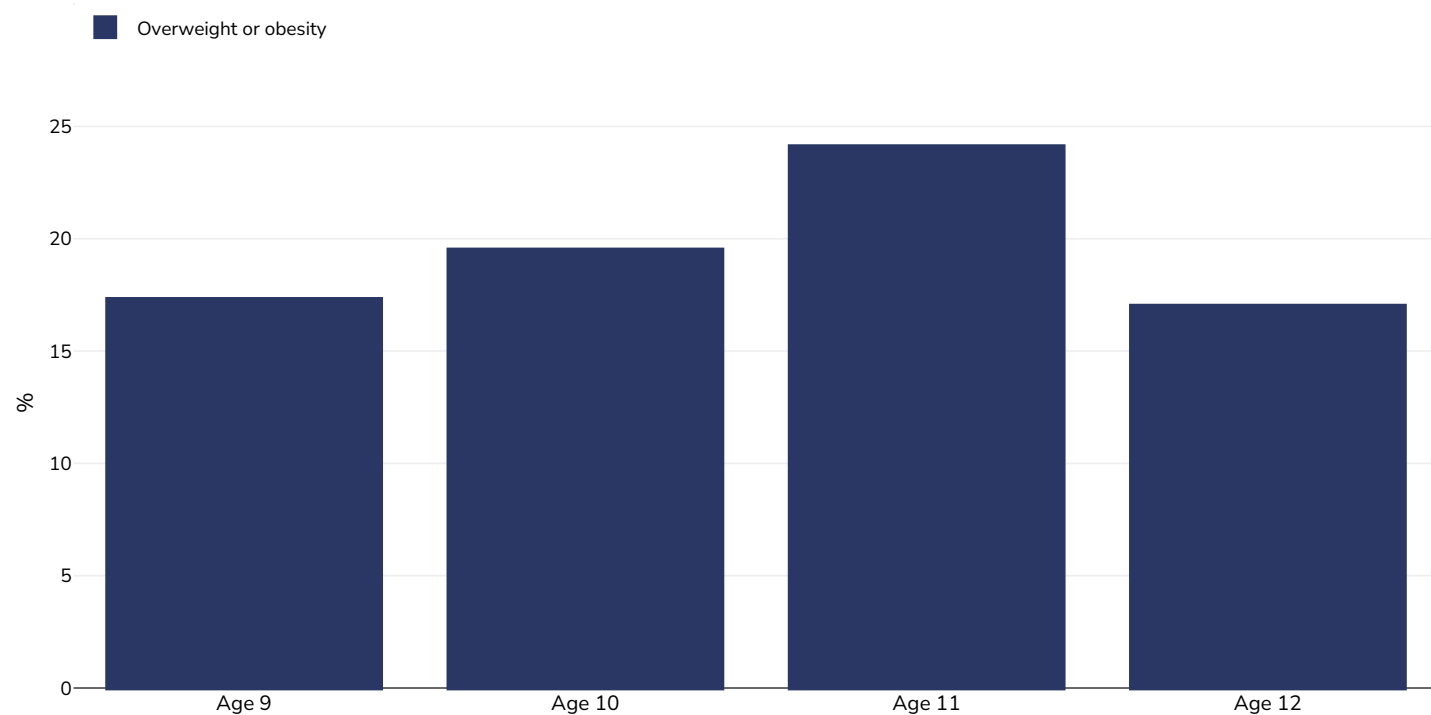
Notes: The fieldwork of health examination was conducted between March 2021 and February 2022.

Definitions: Based on WHO classification of BMI for Asian adults.

Cutoffs: WHO

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>.

## Children, 2015



Survey type: Self-reported

Sample size: 894

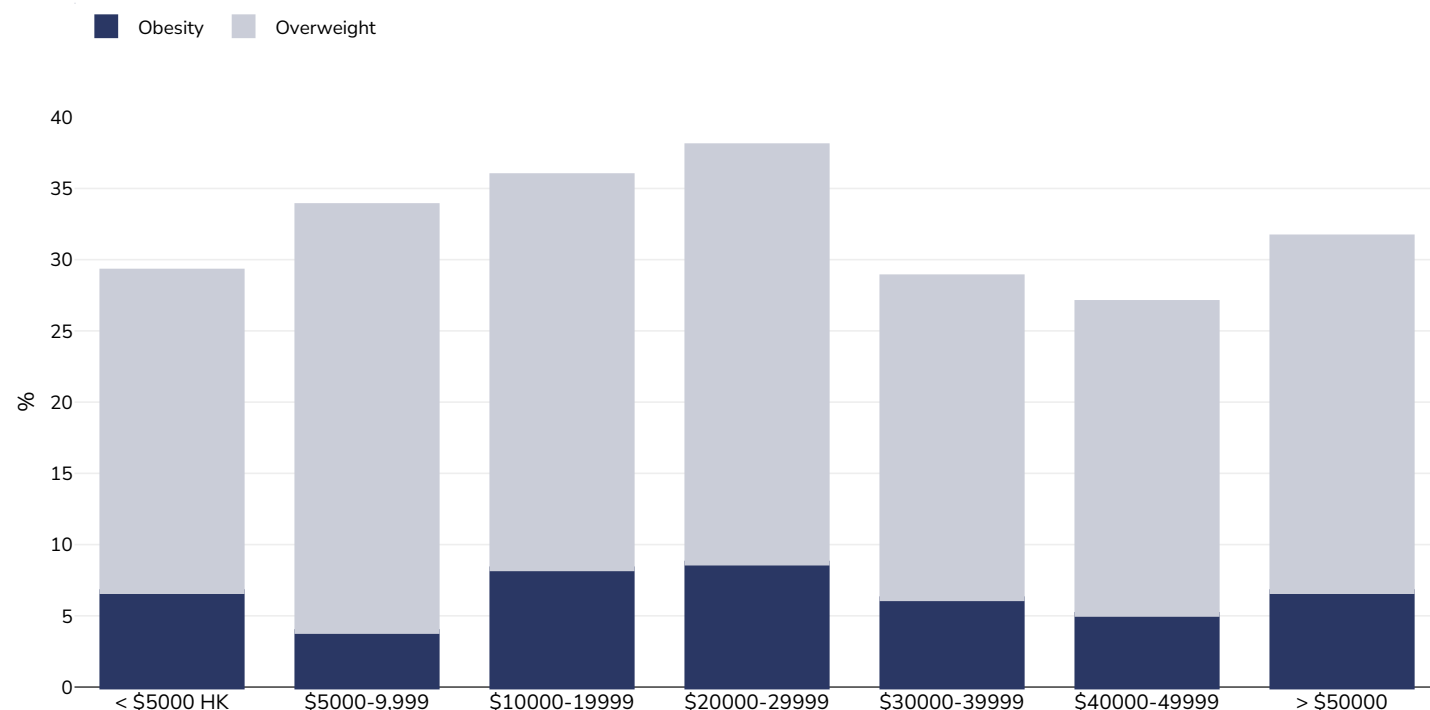
Area covered: Regional - 2 regions and 5 schools

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.

Cutoffs: IOTF

## Overweight/obesity by socio-economic group

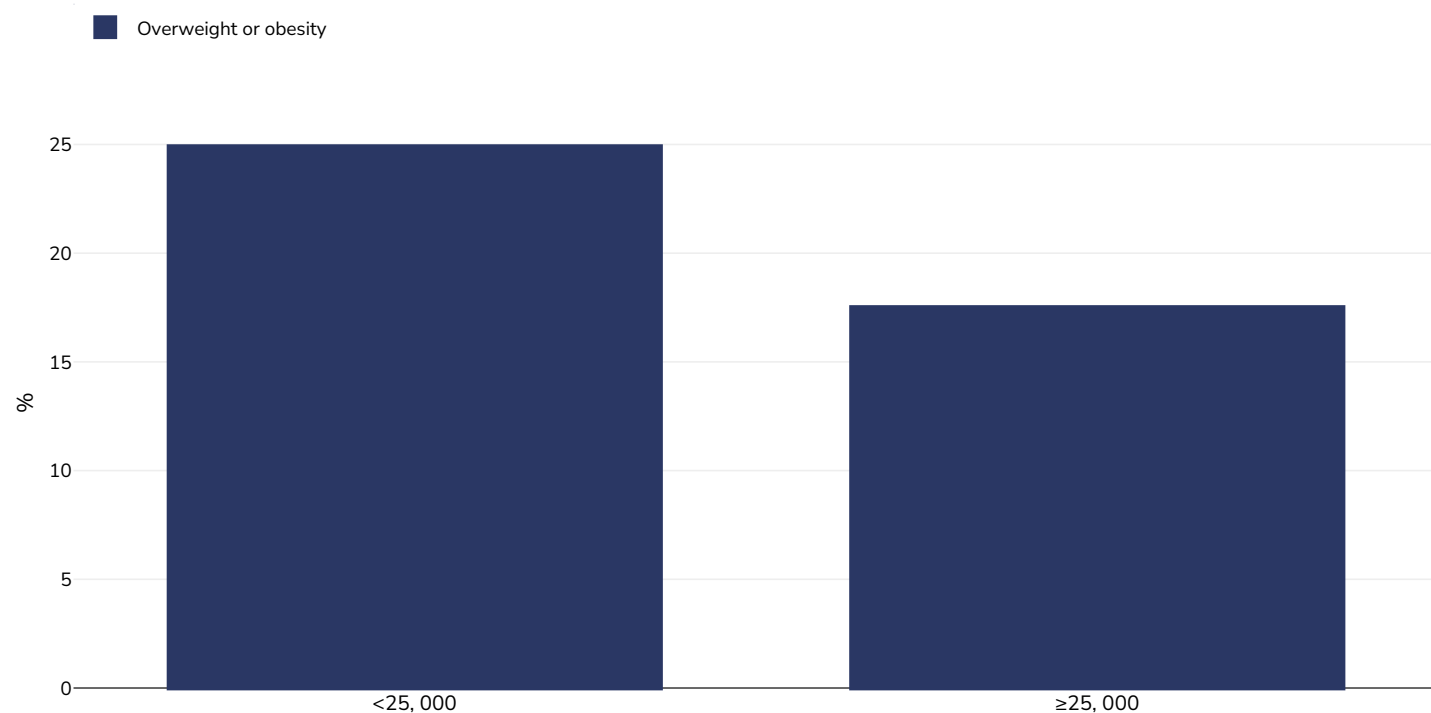
### Adults, 2020-2022



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)
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Definitions:	Based on WHO classification of BMI for Asian adults.
Cutoffs:	WHO

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>.

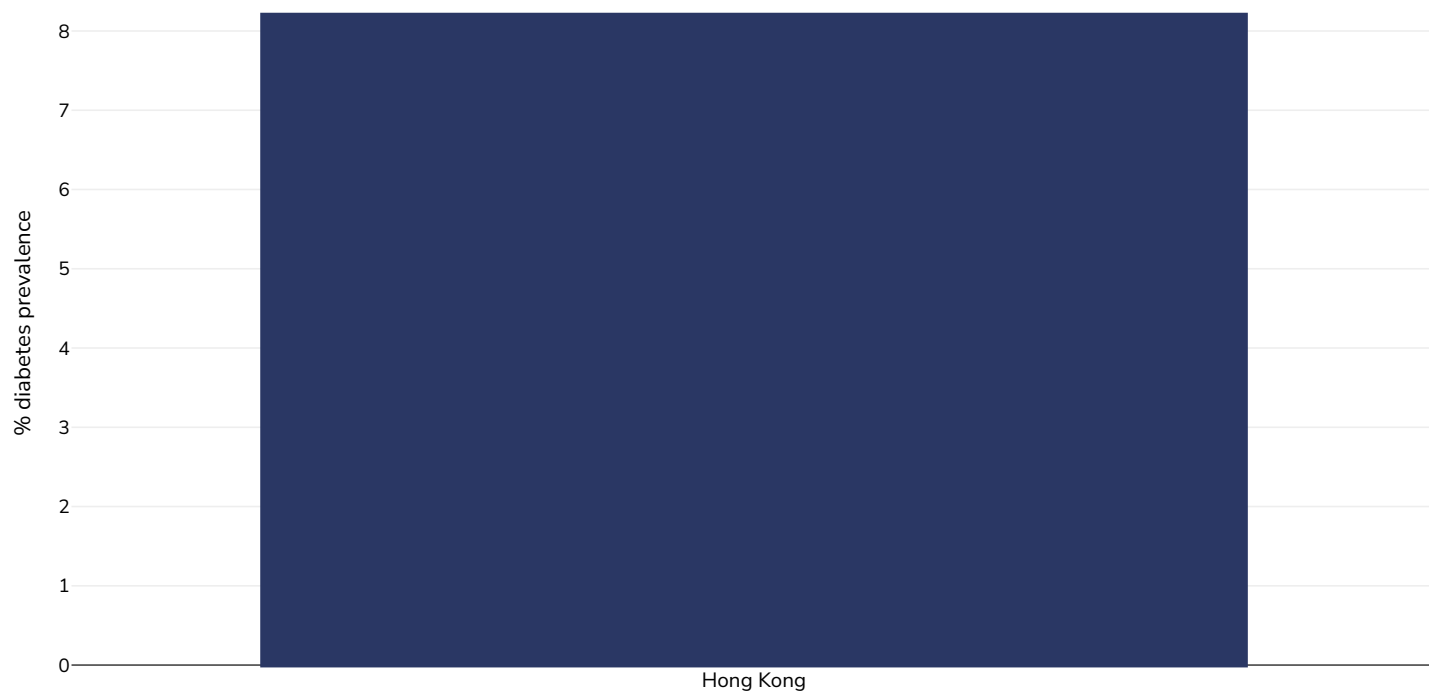
## Children, 2015



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, <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:	Monthly household income (HKD)
Cutoffs:	IOTF

## Diabetes prevalence

### Adults, 2024



#### References:

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