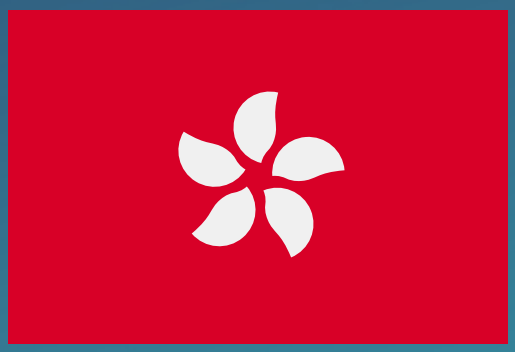
Hong Kong



Country report card

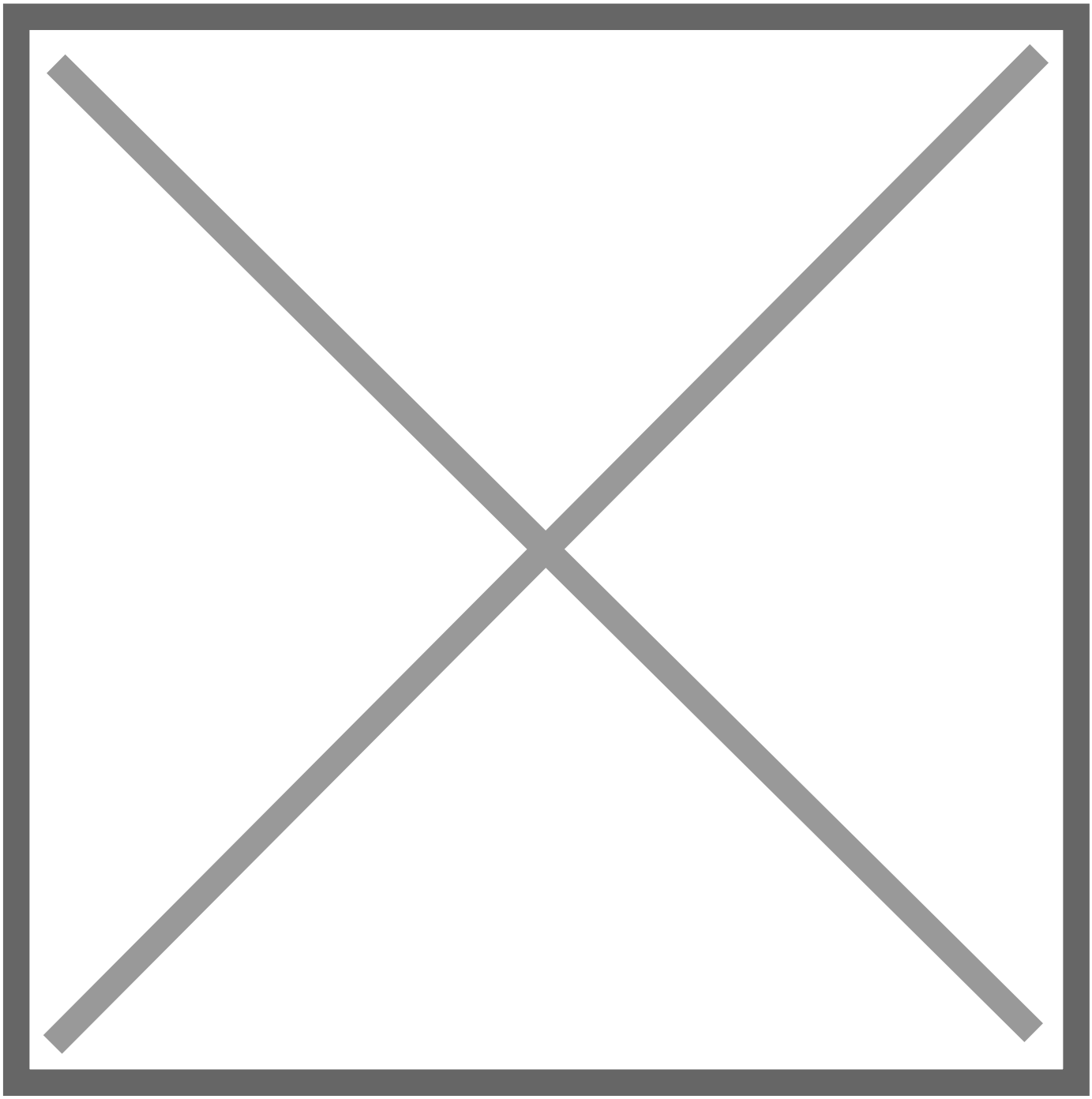
This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity . Where available, data on common and relevant obesity drivers and comorbidities are also presented.

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

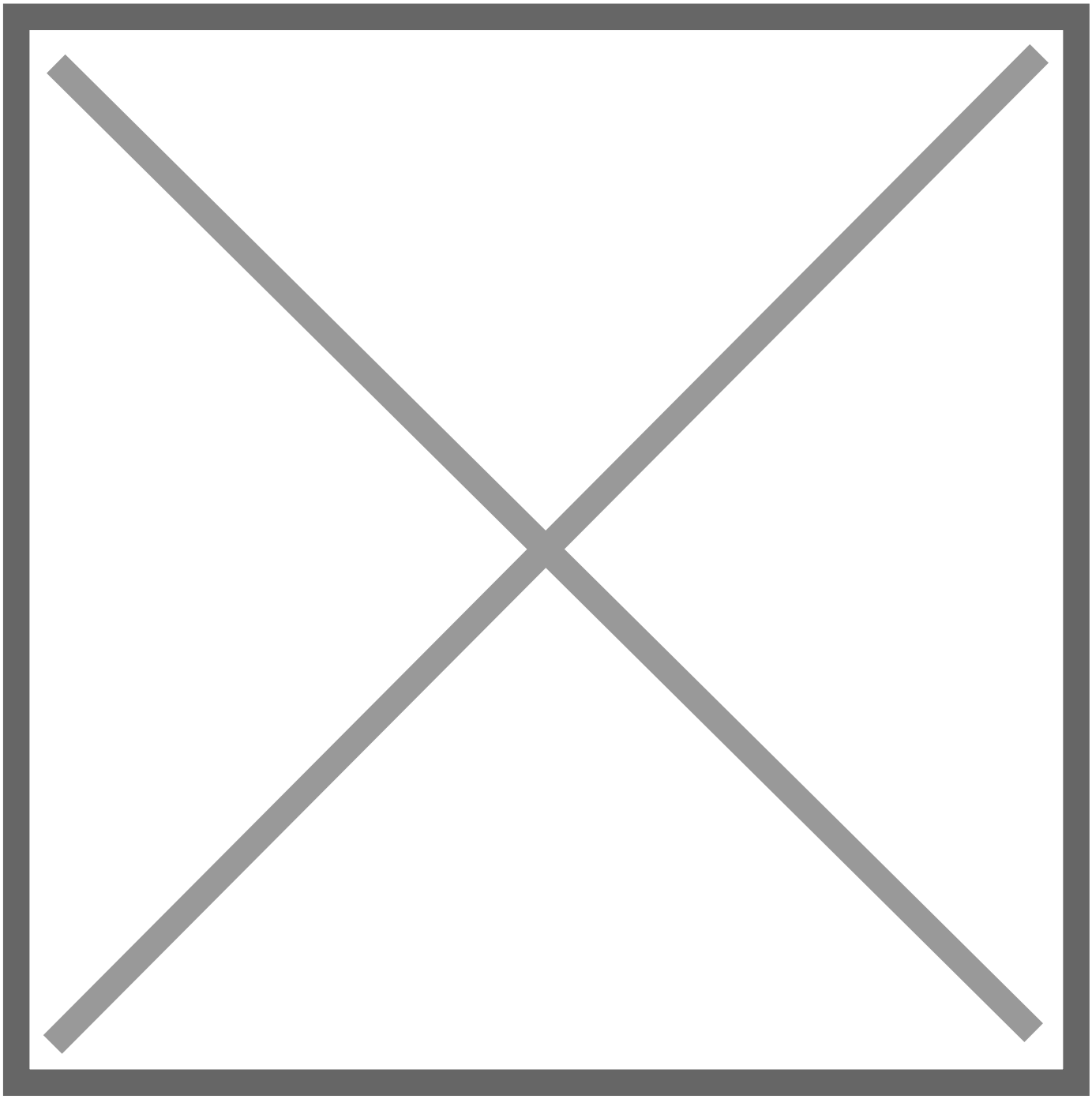
Adults, 2020-2022



Survey type:	Measured
Age:	15-84
Sample size:	2072
Area covered:	National
References:	Report of Population Health Survey 2020-22 (Part II) https://www.chp.gov.hk/en/features/37474.html (Last Accessed 21.08.25)
Notes:	The fieldwork of heath 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

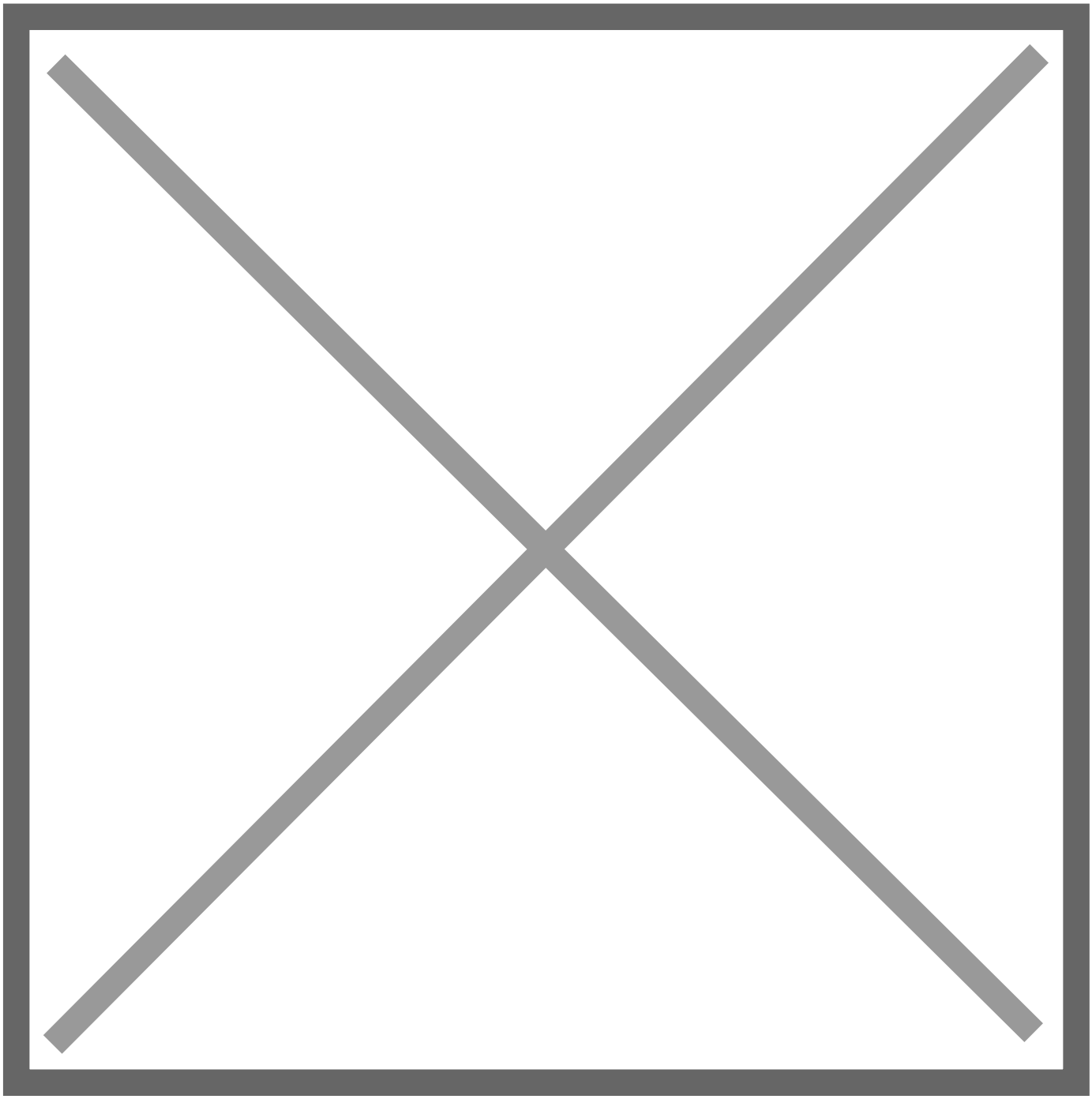


Survey type:	Self-reported
Age:	9-12
Sample size:	894
Area covered:	Regional - 2 regions and 5 schools
References:	Wang, Jing Jing, et al. "Prevalence of Overweight in Hong Kong Chinese Children: Its Associations with Family, Early-Life Development and Behaviors-Related Factors." Journal of Exercise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

Cutoffs:	IOTF

Overweight/obesity by education

Children, 2015

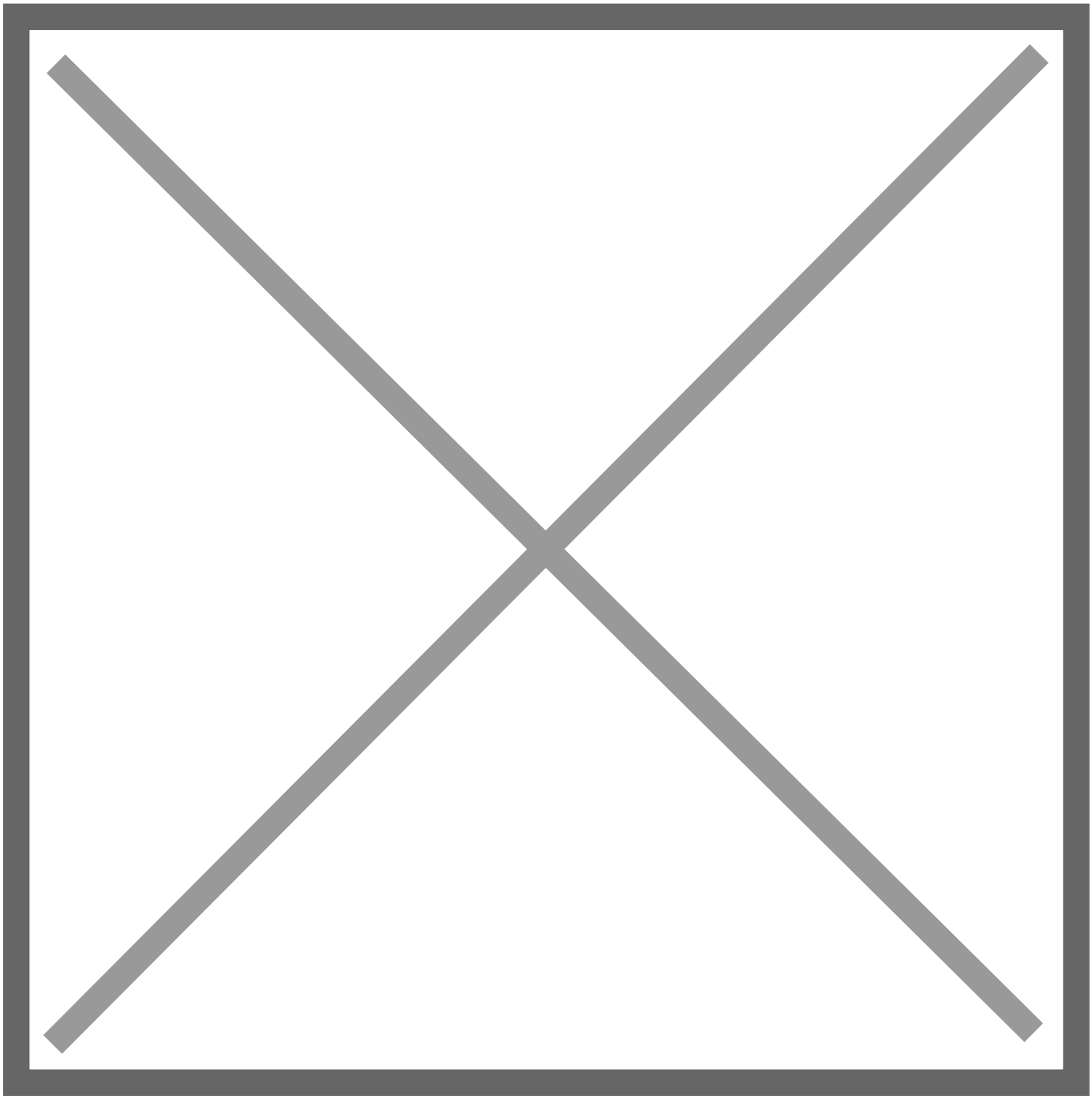


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Definitions:	Paternal highest education attained
Cutoffs:	IOTF

Overweight/obesity by age

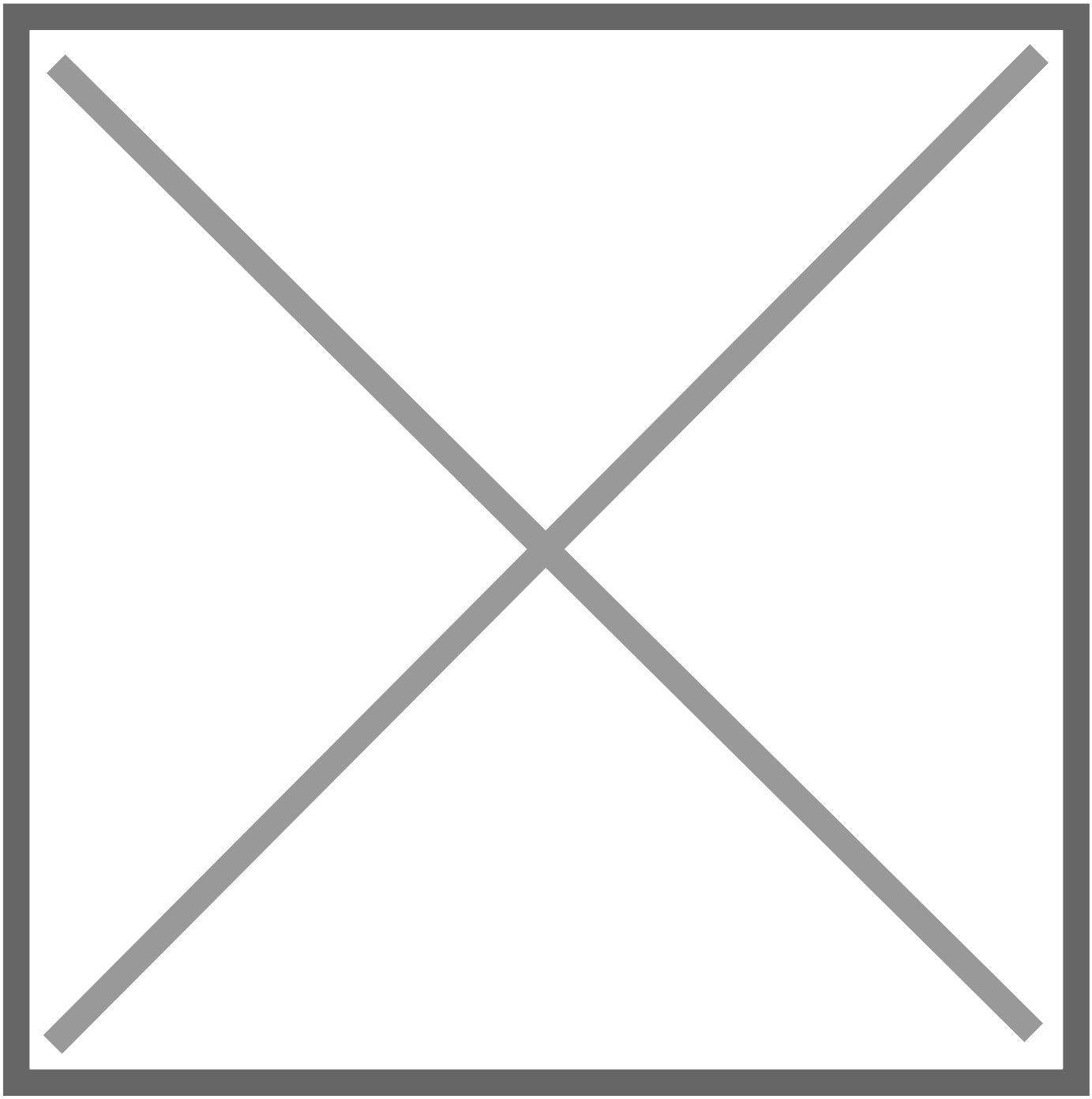
Adults, 2020-2022



Survey type:	Measured
Sample size:	2072
Area covered:	National
References:	Report of Population Health Survey 2020-22 (Part II) https://www.chp.gov.hk/en/features/37474.html (Last Accessed 22.08.25)
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Children, 2015

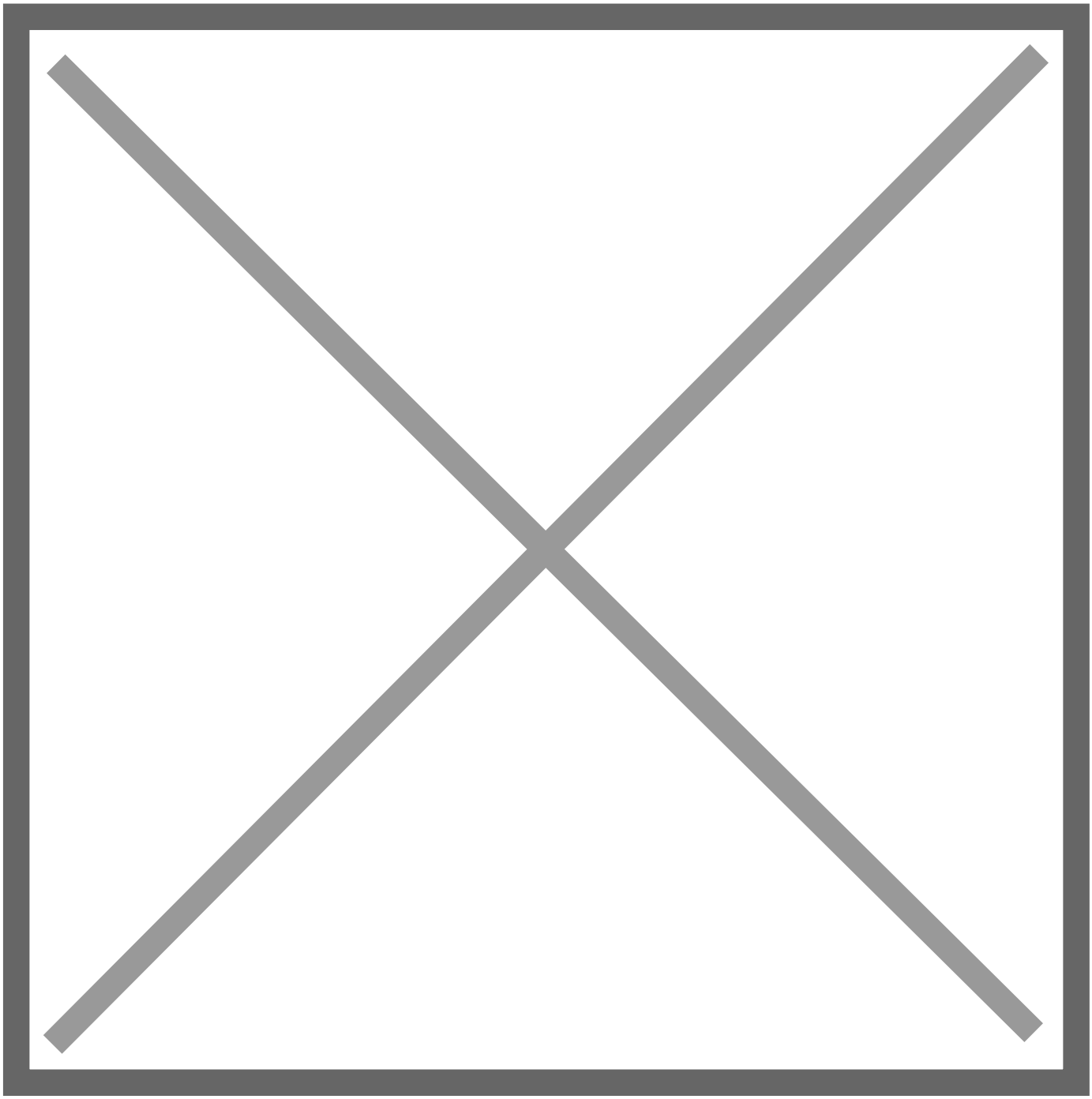


Survey type:	Self-reported
Sample size:	894
Area covered:	Regional - 2 regions and 5 schools
References:	Wang, Jing Jing, et al. "Prevalence of Overweight in Hong Kong Chinese Children: Its Associations with Family, Early-Life Development and Behaviors-Related Factors." Journal of Exercise Science &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

Cutoffs:	IOTF

Overweight/obesity by socio-economic group

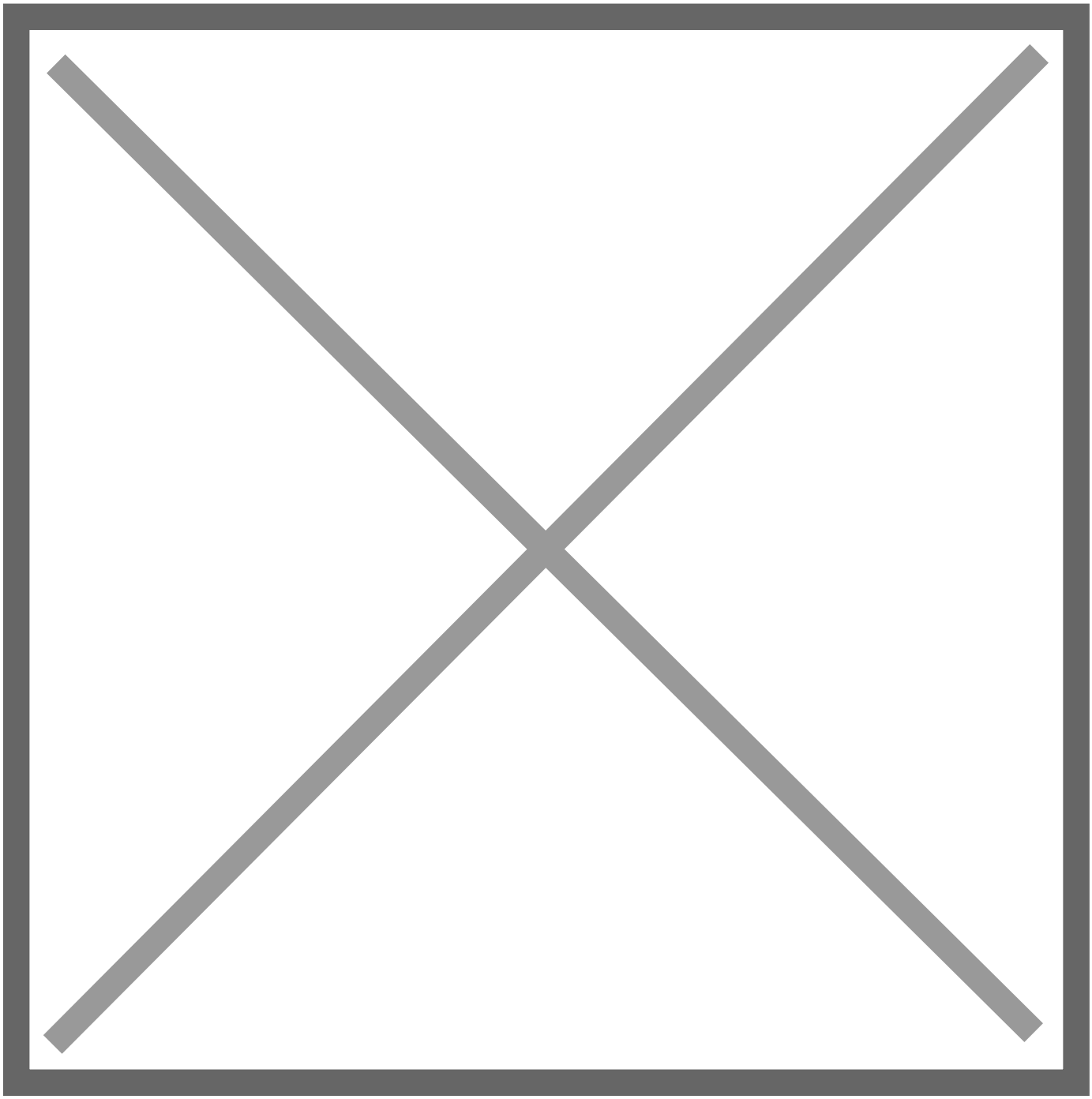
Adults, 2020-2022



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

Notes:	The fieldwork of heath 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/m², obesity refers to a BMI greater than 30kg/m².

Children, 2015

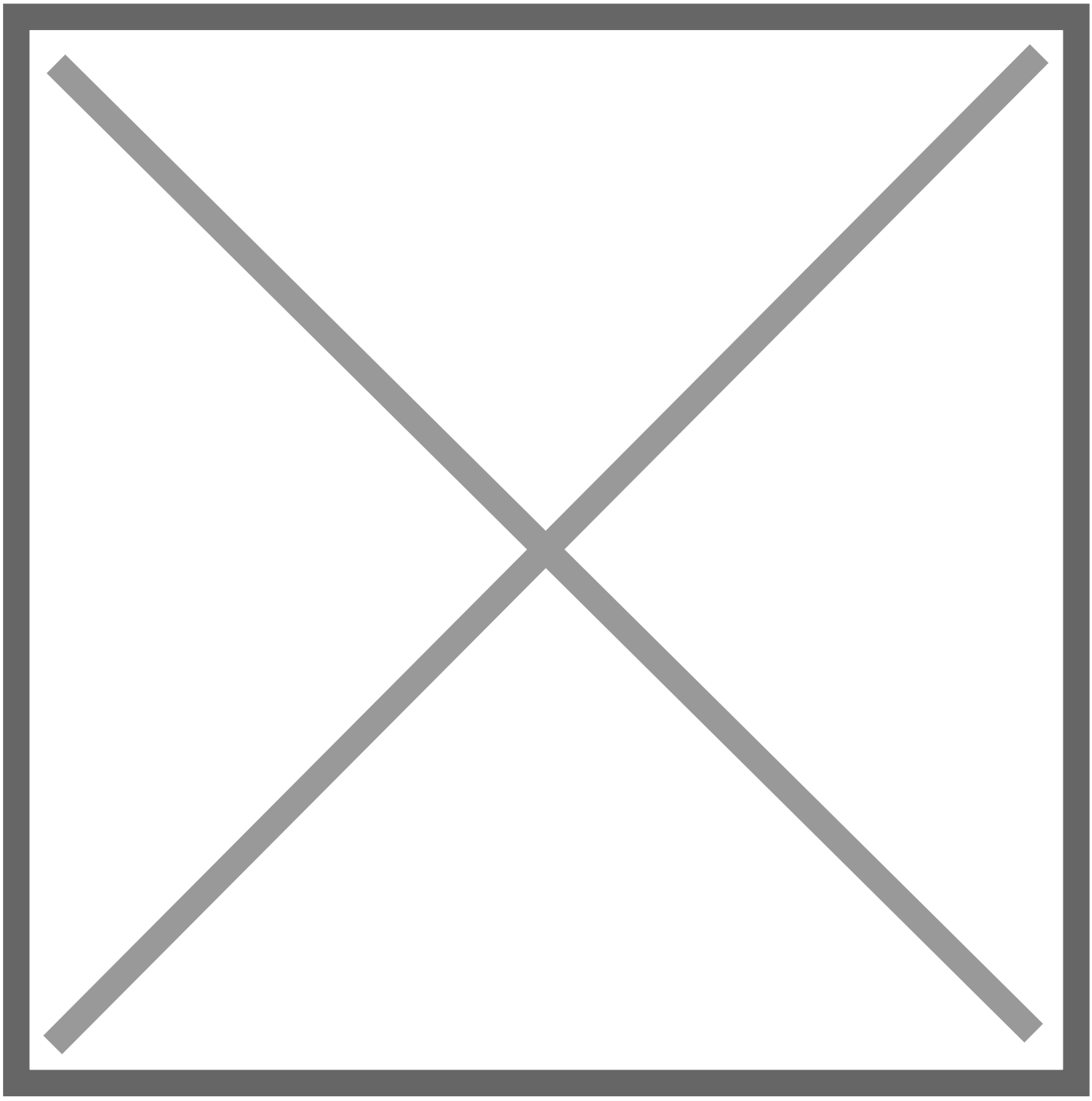


Survey type:	Self-reported
Age:	9-12
Sample size:	894
Area covered:	Regional - 2 regions and 5 schools

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." Journal of Exercise Science & Fitness, vol. 15, no. 2, Dec. 2017, pp. 89–95, 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: 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 August 20, 2026