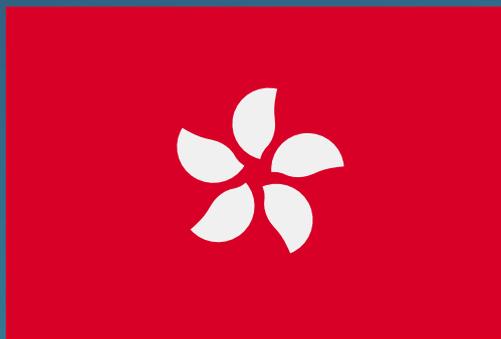




Hong Kong



Country report card - adults

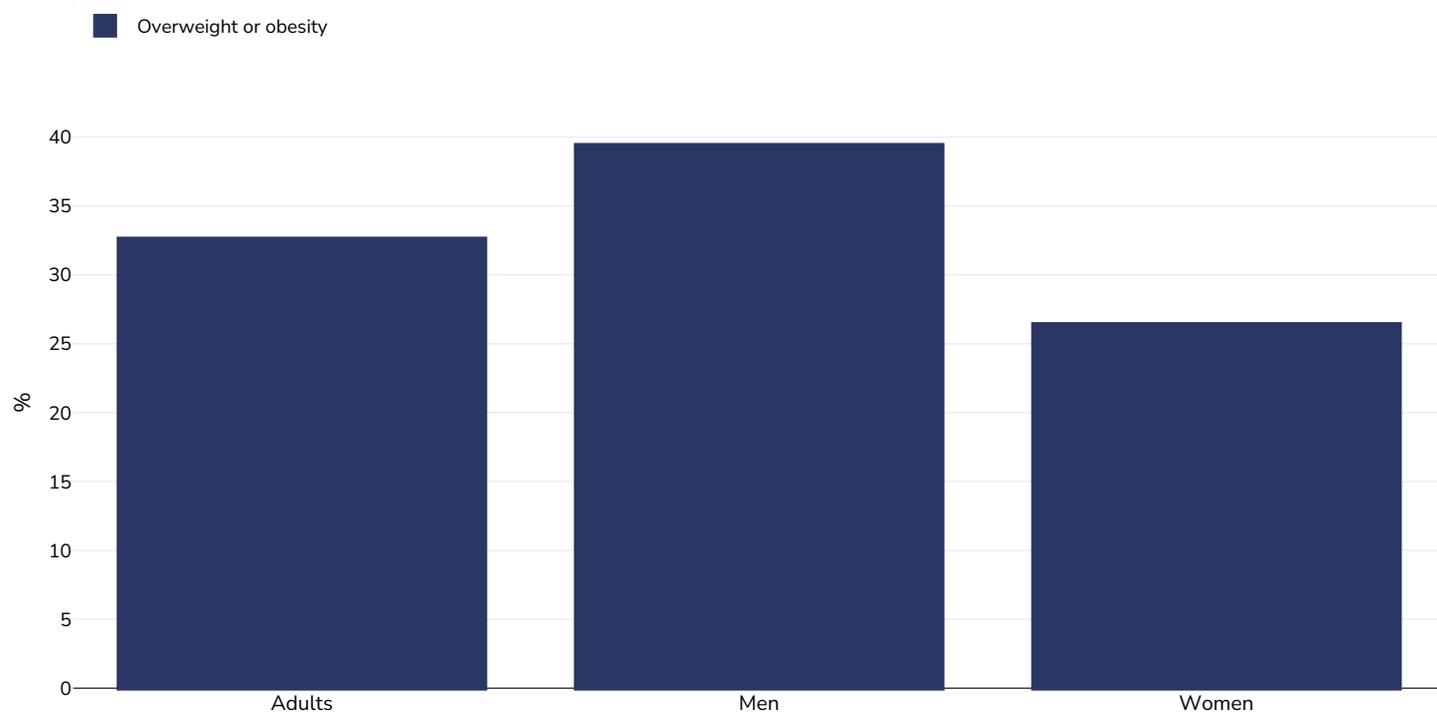
This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity for adults. Where available, data on common and relevant obesity drivers and comorbidities are also presented.

View the latest version of this report on the Global Obesity Observatory at <https://data.worldobesity.org/country/hong-kong-92/>.

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Obesity prevalence

Adults, 2020-2022

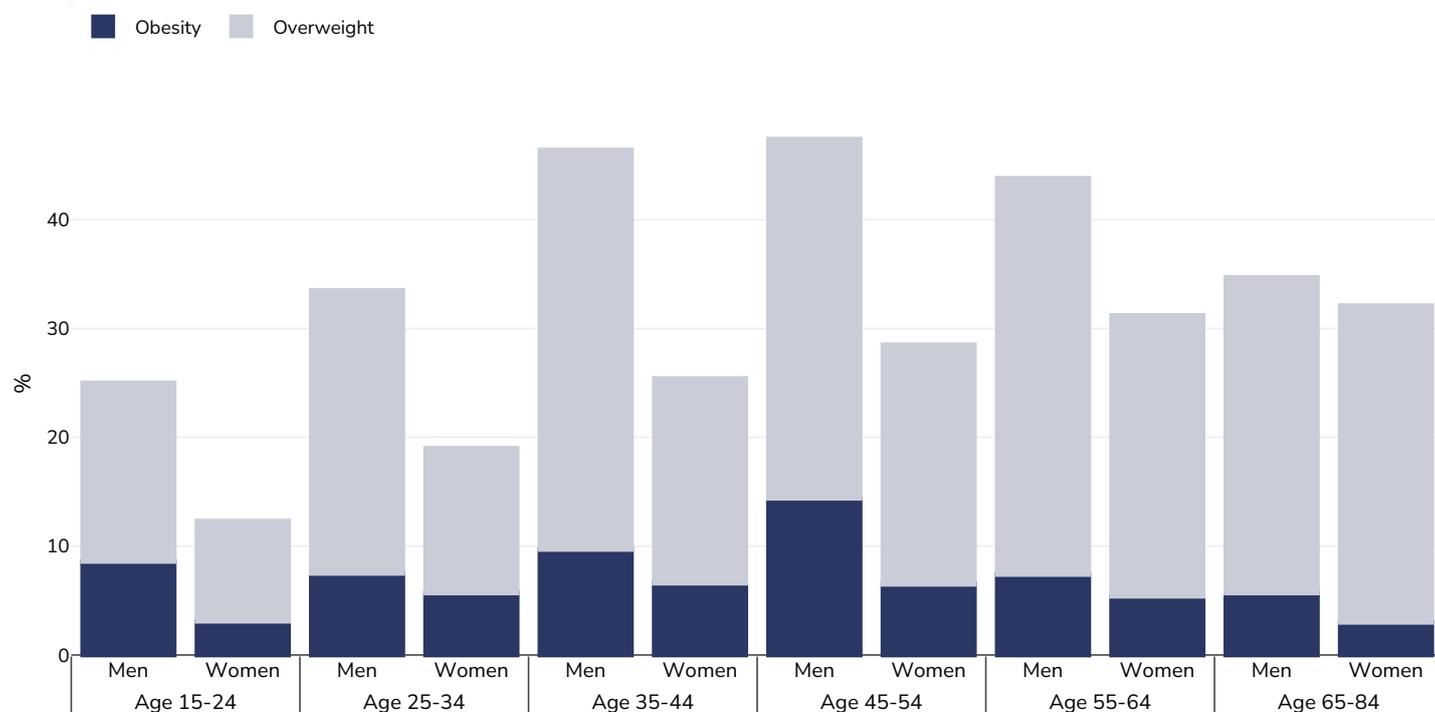


Survey type:	Measured
Age:	15-84
Sample size:	2072
Area covered:	National
References:	Report of Population Health Survey 2020-22 (Part II) https://www.chp.gov.hk/files/pdf/dh_phs_2020-22_part_2_report_eng.pdf (Accessed 28.04.23)
Notes:	The fieldwork of health examination was conducted between March 2021 and February 2022.
Definitions:	WHO Asian cutoffs shown for BMI greater than or equal to 25kg/m ² to allow comparison with non-Asian cutoffs.
Cutoffs:	WHO Asia

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

Overweight/obesity by age

Adults, 2020-2022

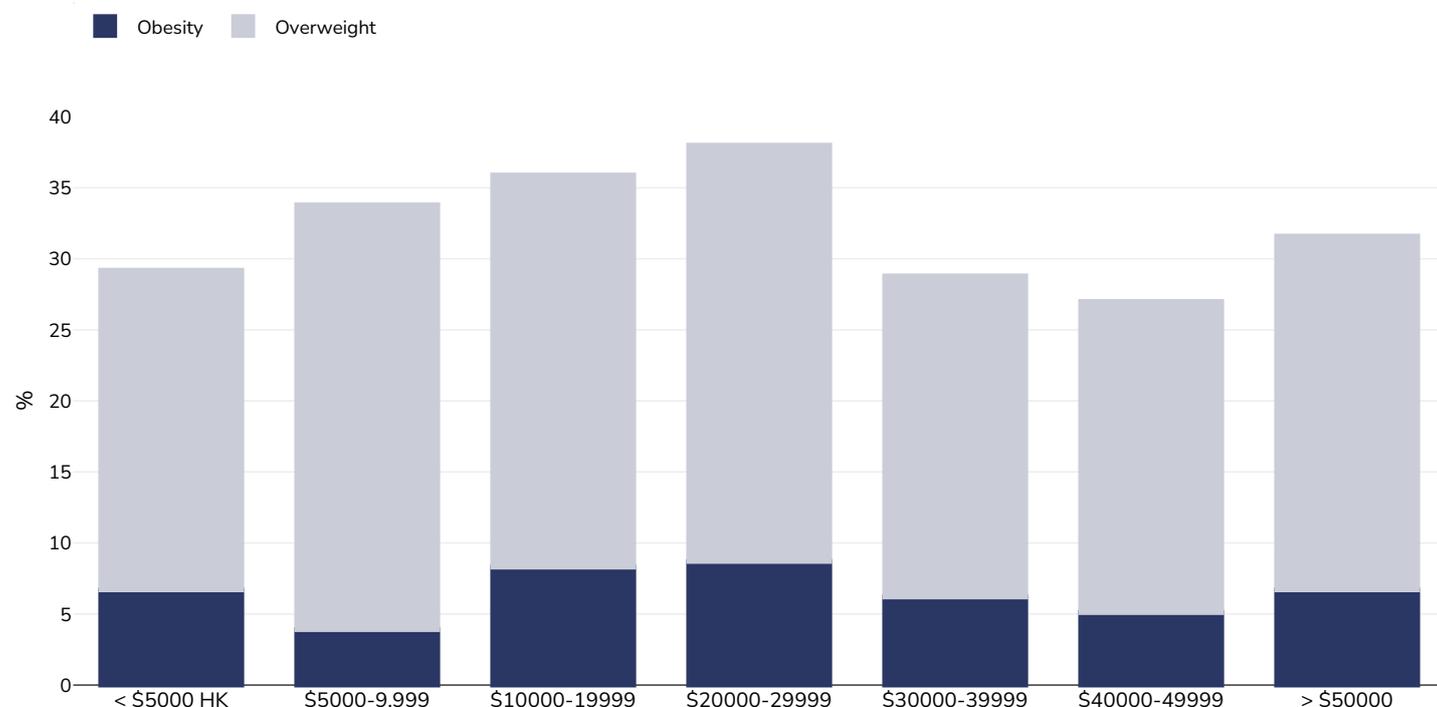


Survey type:	Measured
Sample size:	2072
Area covered:	National
References:	Report of Population Health Survey 2020-22 (Part II) https://www.chp.gov.hk/files/pdf/dh_phs_2020-22_part_2_report_eng.pdf (Accessed 28.04.23)
Notes:	The fieldwork of health examination was conducted between March 2021 and February 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/m², obesity refers to a BMI greater than 30kg/m².

Overweight/obesity by socio-economic group

Adults, 2020-2022

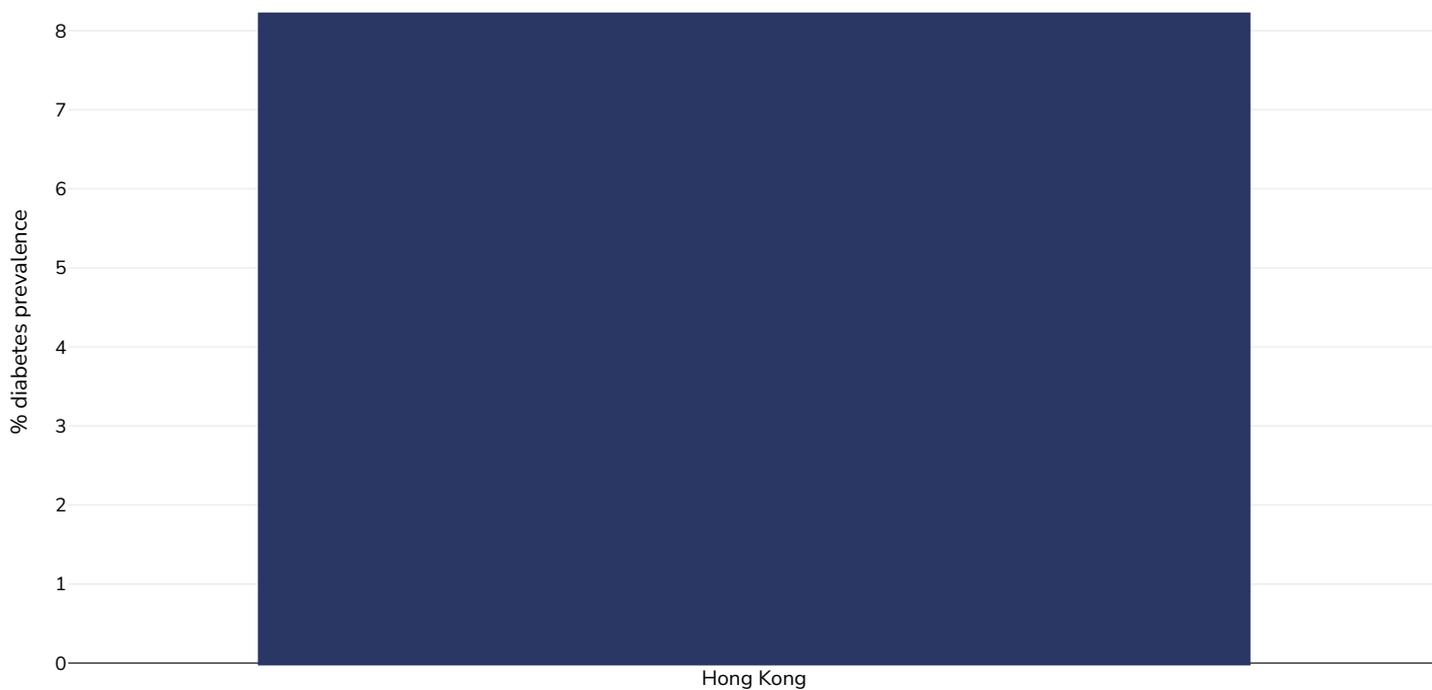


Survey type:	Measured
Age:	15-84
Sample size:	2072
Area covered:	National
References:	Report of Population Health Survey 2020-22 (Part II) https://www.chp.gov.hk/files/pdf/dh_phs_2020-22_part_2_report_eng.pdf (Accessed 28.04.23)
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Cutoffs:	WHO

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Diabetes prevalence

Adults, 2024



References:

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PDF created on June 17, 2025