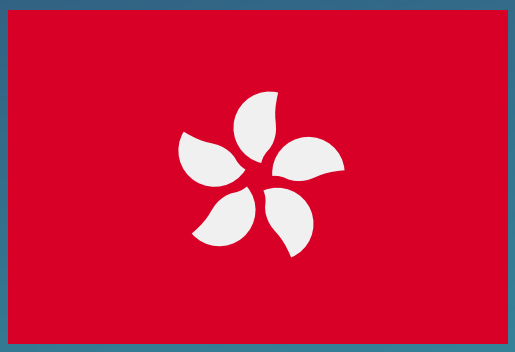
Hong Kong



Country report card - adults

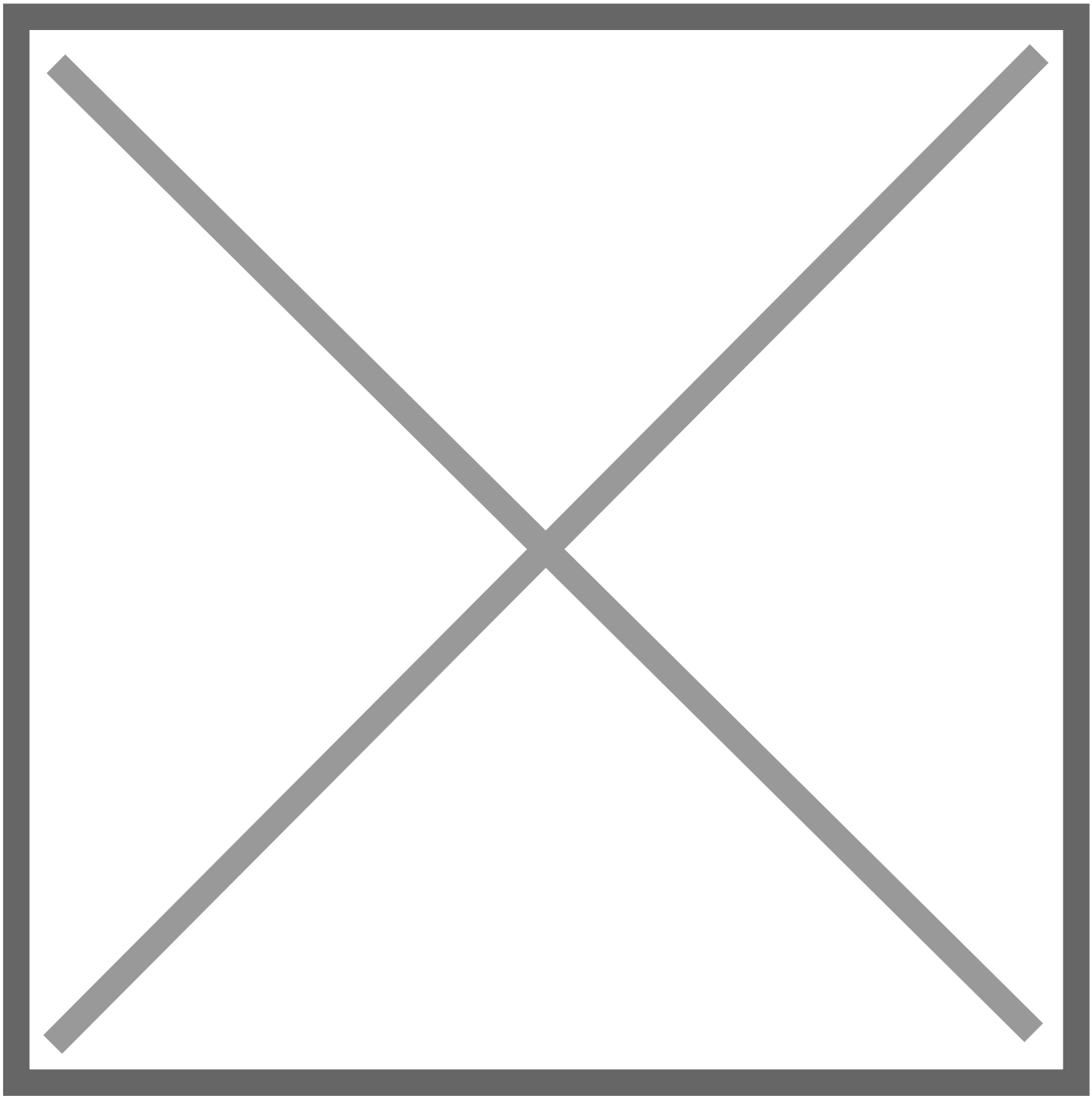
This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity for adults. Where available, data on common and relevant obesity drivers and comorbidities are also presented.

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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Overweight/obesity by socio-economic group	[illegible]
Diabetes prevalence	12

Obesity prevalence

Adults, 2020-2022

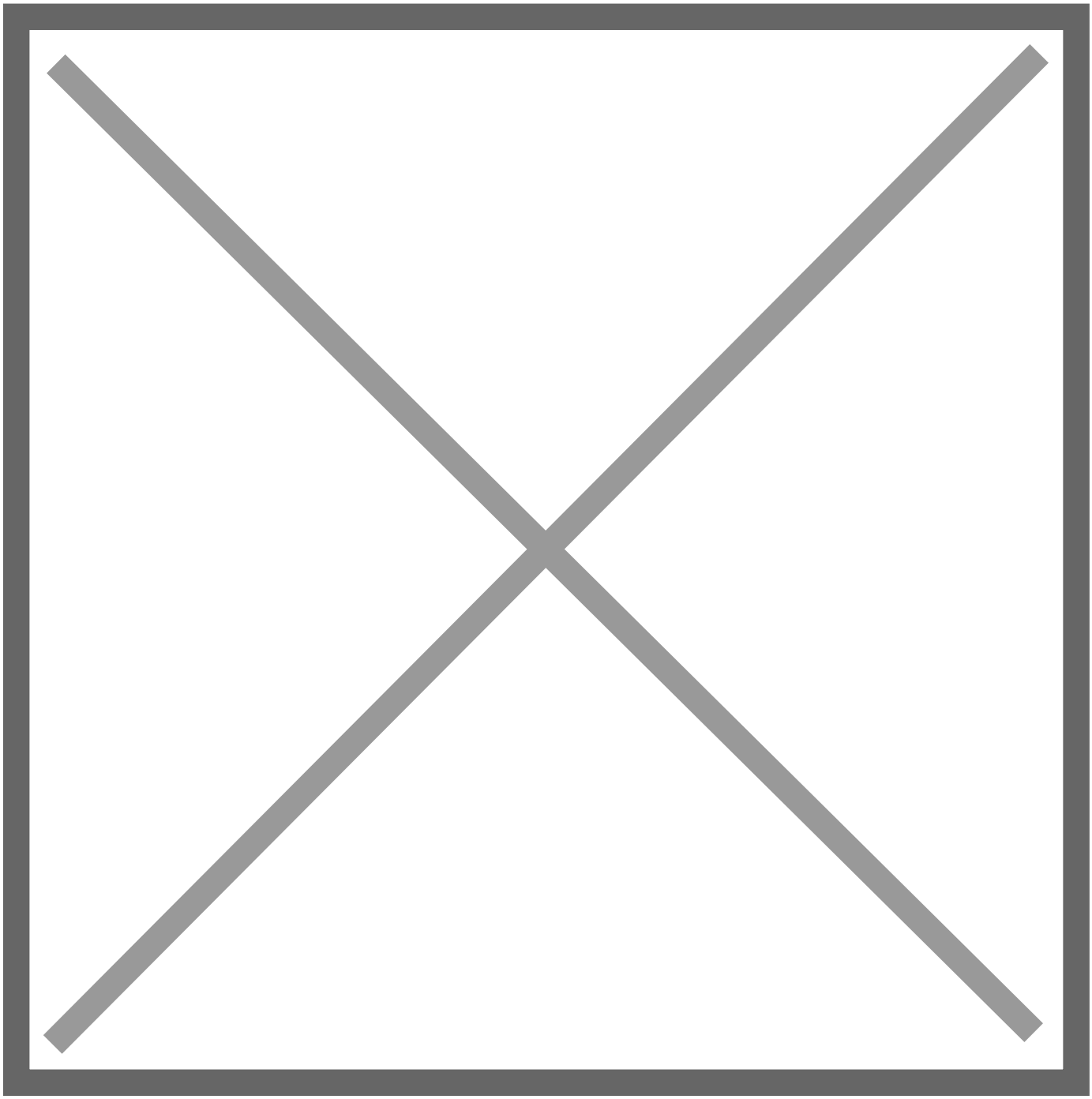


Survey type:	Measured
Age:	15-84
Sample size:	2072
Area covered:	National
References:	Report of Population Health Survey 2020-22 (Part II) https://www.chp.gov.hk/en/features/37474.html (Last Accessed 21.08.25)
Notes:	The fieldwork of heath examination was conducted between March 2021 and February 2022.

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.

Overweight/obesity by age

Adults, 2020-2022

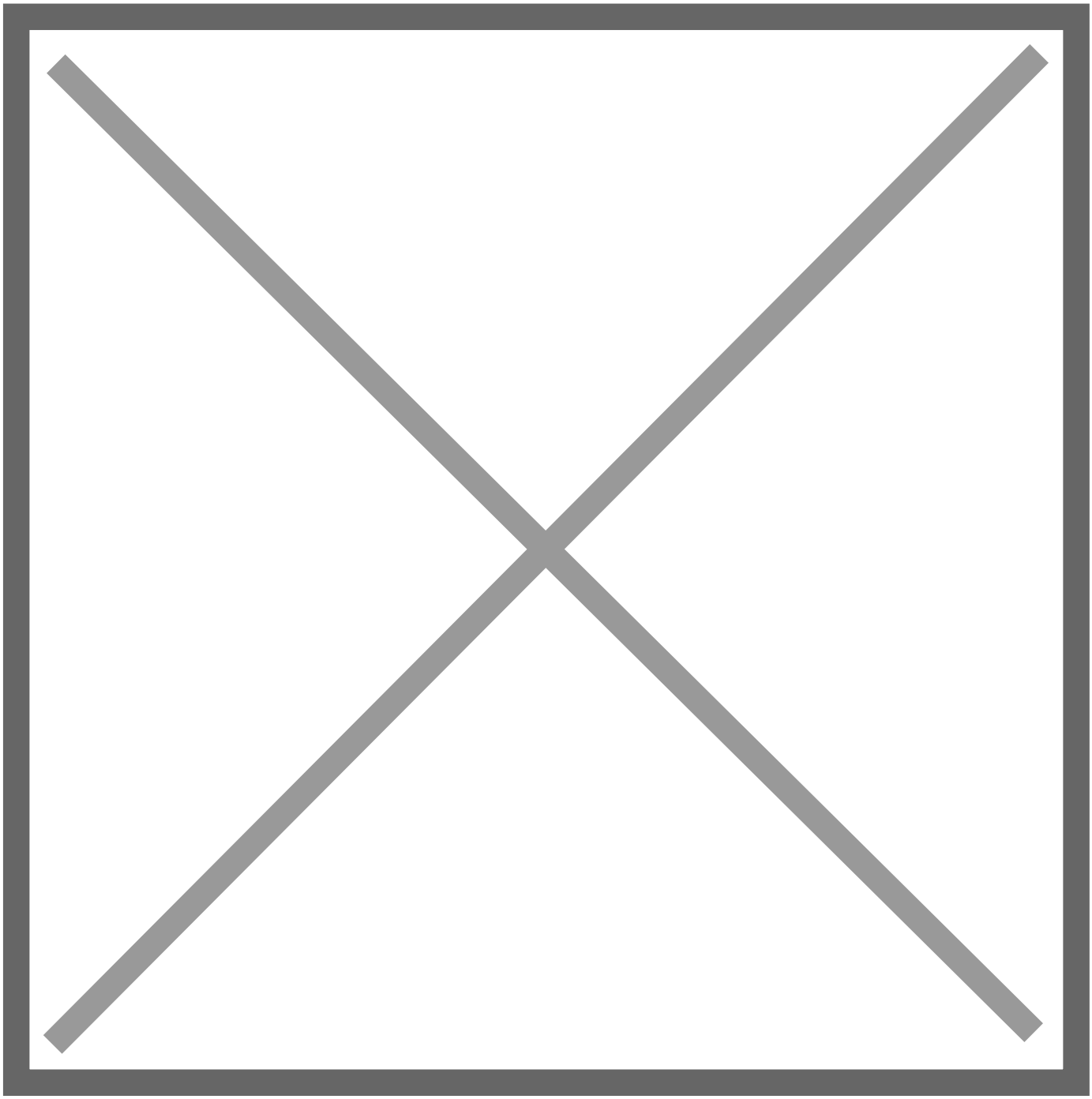


Survey type:	Measured
Sample size:	2072
Area covered:	National
References:	Report of Population Health Survey 2020-22 (Part II) https://www.chp.gov.hk/en/features/37474.html (Last Accessed 22.08.25)
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	Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².

Overweight/obesity by socio-economic group

Adults, 2020-2022

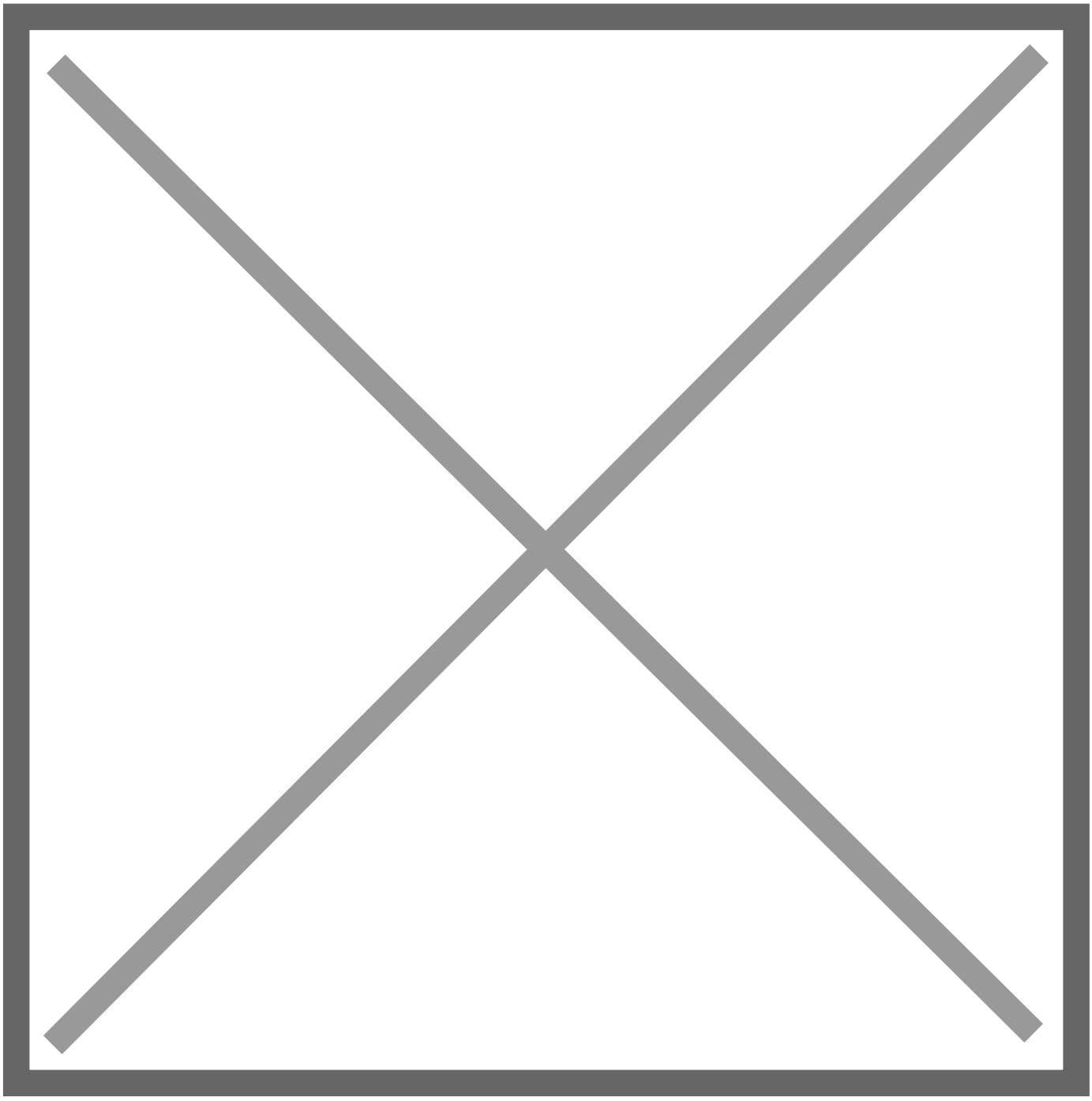


Survey type:	Measured
Age:	15-84
Sample size:	2072
Area covered:	National
References:	Report of Population Health Survey 2020-22 (Part II) https://www.chp.gov.hk/files/pdf/dh_phs_2020-22_part_2_report_eng.pdf (Accessed 28.04.23)

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