



# Hong Kong



## Country report card - adults

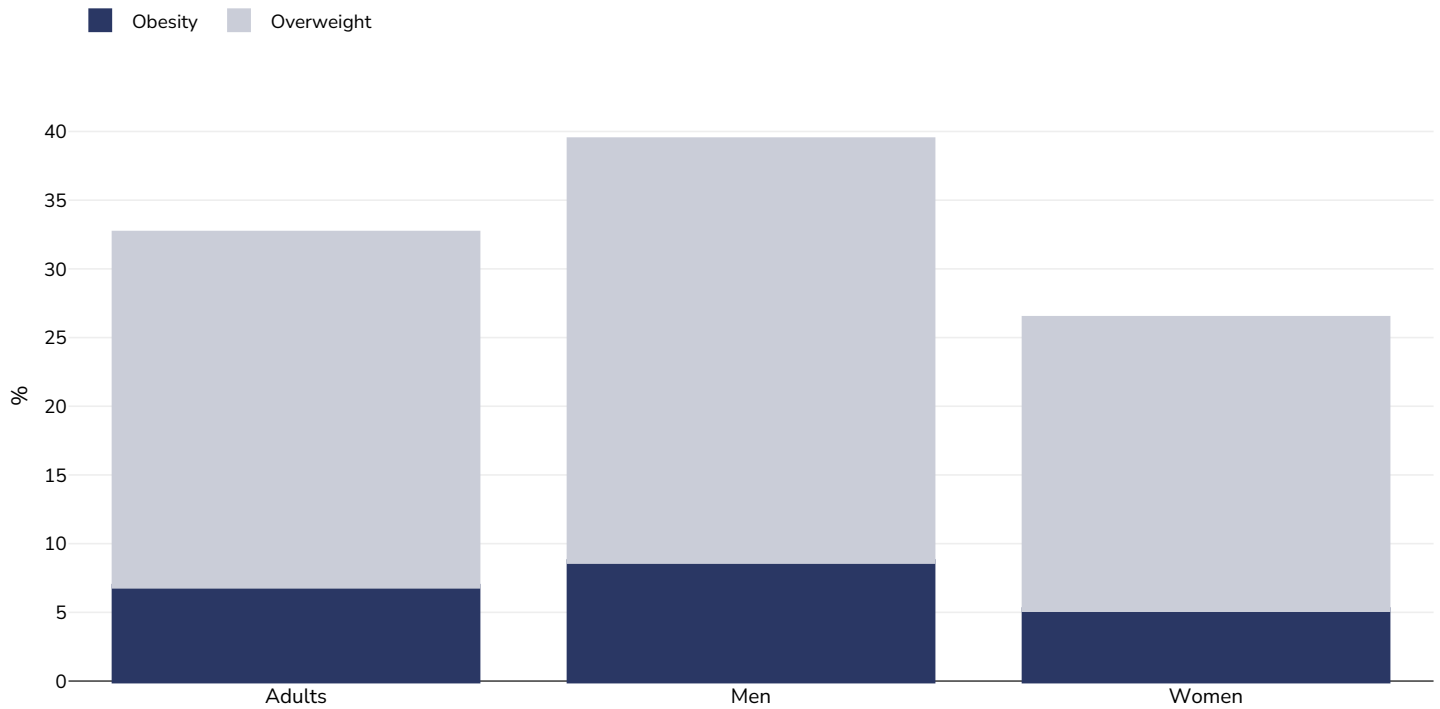
*This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity for adults. Where available, data on common and relevant obesity drivers and comorbidities are also presented.*

*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

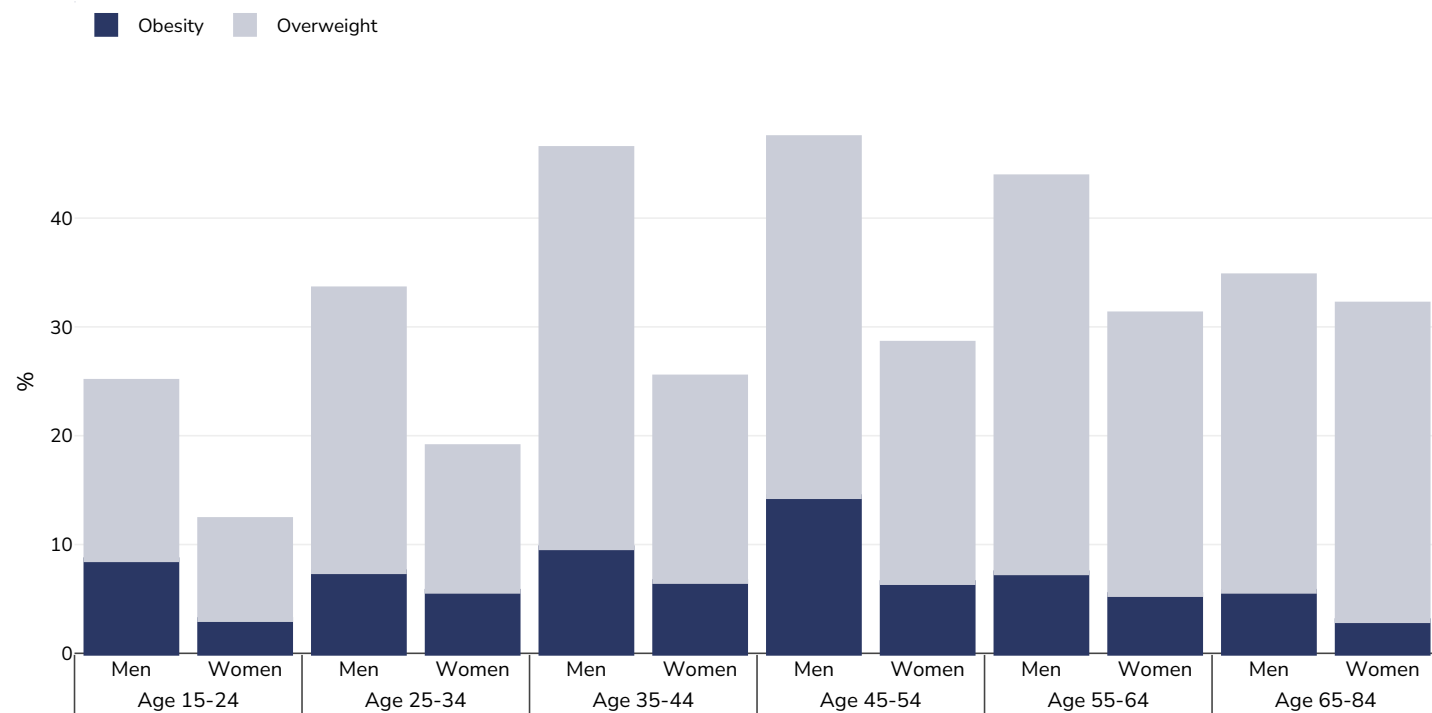
### Adults, 2020-2022



Survey type:	Measured
Age:	15-84
Sample size:	2072
Area covered:	National
References:	Report of Population Health Survey 2020-22 (Part II) <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.
<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>	

## Overweight/obesity by age

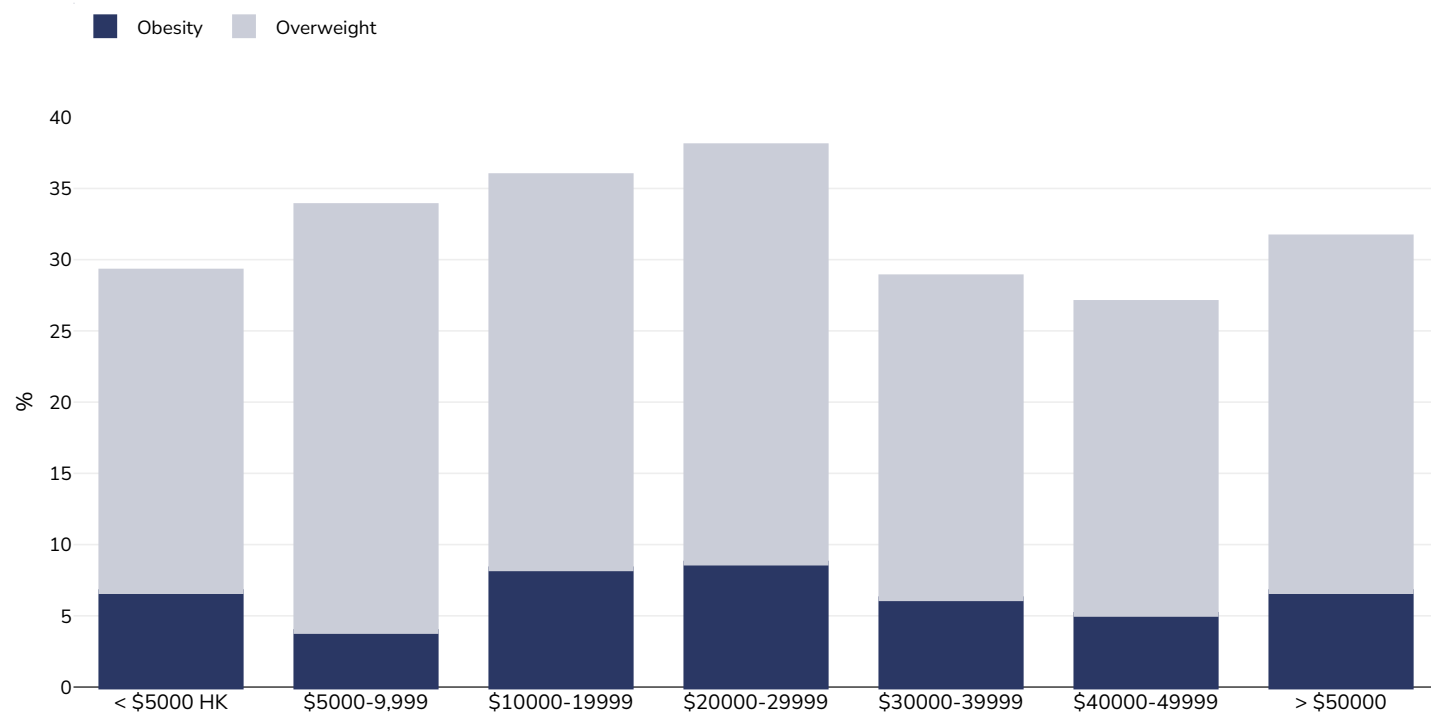
### Adults, 2020-2022



<b>Survey type:</b>	Measured
<b>Sample size:</b>	2072
<b>Area covered:</b>	National
<b>References:</b>	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)
<b>Notes:</b>	The fieldwork of health examination was conducted between March 2021 and February 2022.
<b>Definitions:</b>	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>

## 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](https://www.chp.gov.hk/files/pdf/dh_phs_2020-22_part_2_report_eng.pdf)  
(Accessed 28.04.23)

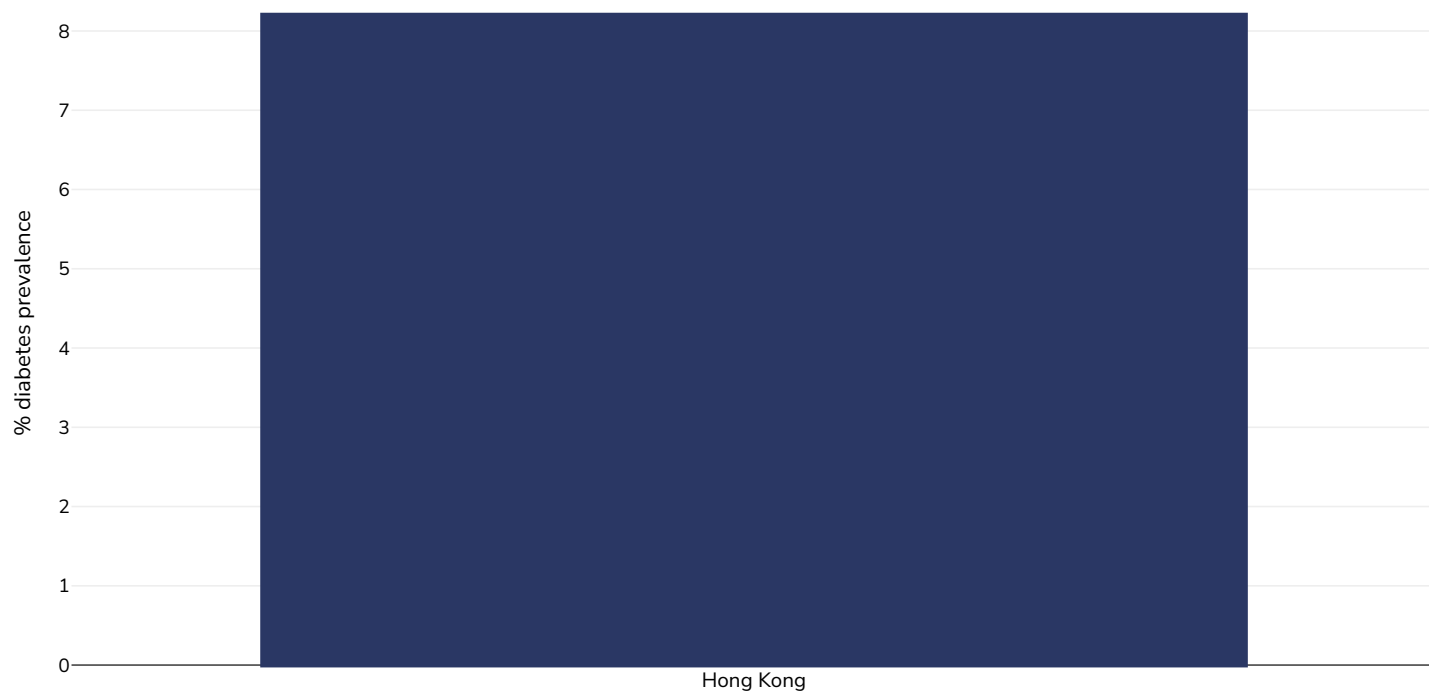
Notes: The fieldwork of health examination was conducted between March 2021 and February 2022.

Definitions: 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>.*

## 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>

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