

India



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.



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15-49

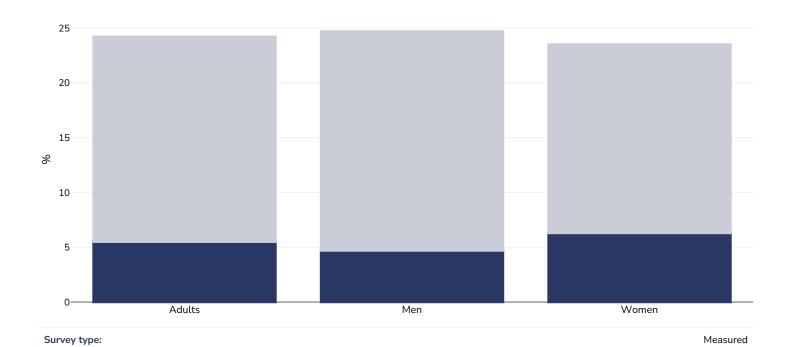


Obesity prevalence

Adults, 2019-2020

Age:





Sample size:	34648
Area covered:	Regional
References:	International Institute for Population Sciences (IIPS) and ICF. 2021. National Family Health Survey (NFHS-5), India, 2019-20: Maharashtra. Mumbai: IIPS. Available at https://dhsprogram.com/pubs/pdf/FR374/FR374_Maharashtra.pdf (last accessed 21.05.25)
Notes:	Sub National - State of Maharashtra State of Karnataka 2019-20 also available at http://rchiips.org/nfhs/NFHS-5Report_KA.shtml National data should be available later in 2021 NB. Combined adult data estimated. These estimates were calculated by weighting male and female survey results. Weighting based on World Bank Population % total female 2019 (https://data.worldbank.org/indicator/SP.POP.TOTL.FE.ZS - accessed 24.03.21)'

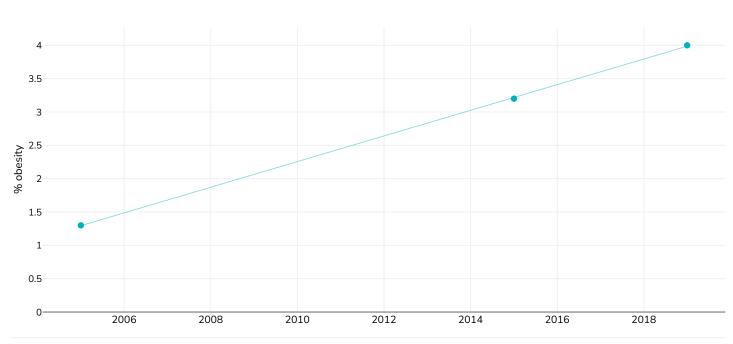
Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².



% Adults living with obesity in India 2005-2019

Men





Survey type: Measured

References:

2005: International Institute for Population Sciences - IIPS/India and Macro International. 2007. National Family Health Survey NFHS-3, 2005–06: India: Volume I. Mumbai, India: IIPS and Macro International.

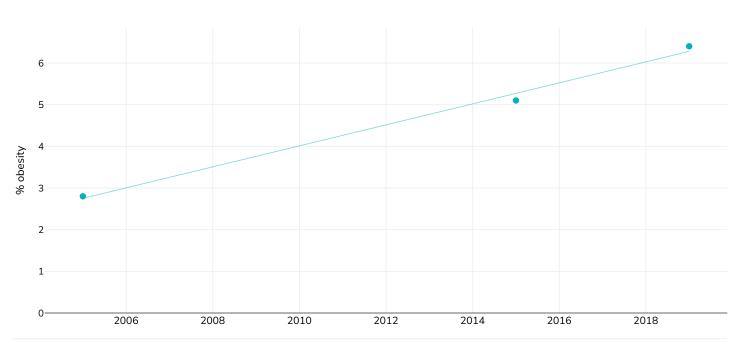
2015: International Institute for Population Sciences - IIPS/India and ICF. 2017. National Family Health Survey NFHS-4, 2015-16: India. Mumbai: IIPS. Available at: https://dhsprogram.com/pubs/pdf/FR339/FR339.pdf (Accessed 6 March 2019).

2019: International Institute for Population Sciences (IIPS) and ICF. 2021. National Family Health Survey (NFHS-5), 2019-21. Available at: https://dhsprogram.com/pubs/pdf/FR375/pdf [Accessed 24.07.24]

Different methodologies may have been used to collect this data and so data from different surveys may not be strictly comparable. Please check with original data sources for methodologies used.







Survey type: Measured

References:

2005: International Institute for Population Sciences - IIPS/India and Macro International. 2007. National Family Health Survey NFHS-3, 2005–06: India: Volume I. Mumbai, India: IIPS and Macro International.

2015: International Institute for Population Sciences - IIPS/India and ICF. 2017. National Family Health Survey NFHS-4, 2015-16: India. Mumbai: IIPS. Available at: https://dhsprogram.com/pubs/pdf/FR339/FR339.pdf (Accessed 6 March 2019).

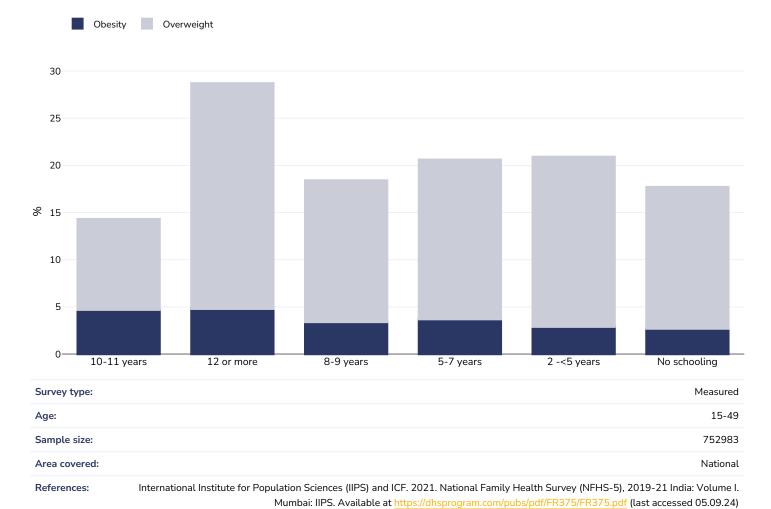
2019: International Institute for Population Sciences (IIPS) and ICF. 2021. National Family Health Survey (NFHS-5), 2019-21. Available at: https://dhsprogram.com/pubs/pdf/FR375/FR375.pdf [Accessed 24.07.24]

Different methodologies may have been used to collect this data and so data from different surveys may not be strictly comparable. Please check with original data sources for methodologies used.



Overweight/obesity by education

Men, 2019-2021

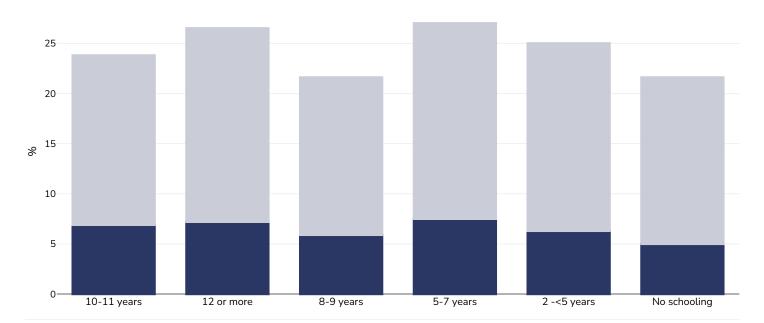


 $Unless \ otherwise \ noted, overweight \ refers \ to \ a \ BMI \ between \ 25kg \ and \ 29.9kg/m^2, obesity \ refers \ to \ a \ BMI \ greater \ than \ 30kg/m^2.$



Women, 2019-2021





Survey type:	Measured
Age:	15-49
Sample size:	752983
Area covered:	National
References:	International Institute for Population Sciences (IIPS) and ICF. 2021. National Family Health Survey (NFHS-5), 2019-21 India: Volume I. Mumbai: IIPS. Available at https://dhsprogram.com/pubs/pdf/FR375/FR375.pdf (last accessed 05.09.24)

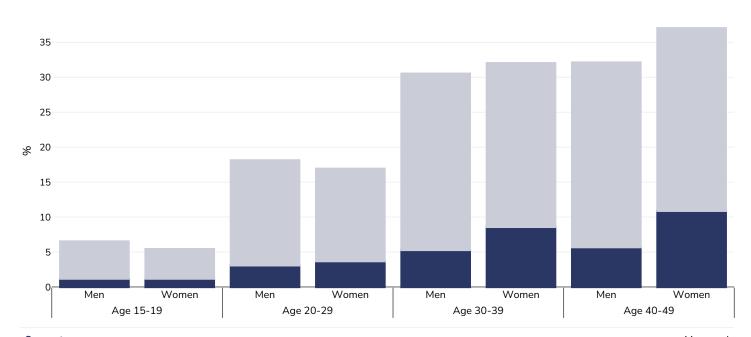
 $Unless \ otherwise \ noted, overweight \ refers \ to \ a \ BMI \ between \ 25kg \ and \ 29.9kg/m^2, \ obesity \ refers \ to \ a \ BMI \ greater \ than \ 30kg/m^2.$



Overweight/obesity by age

Adults, 2019-2021





Survey type:

Sample size:

Area covered:

International Institute for Population Sciences (IIPS) and ICF. 2021. National Family Health Survey (NFHS-5), 2019-21 India: Volume I.

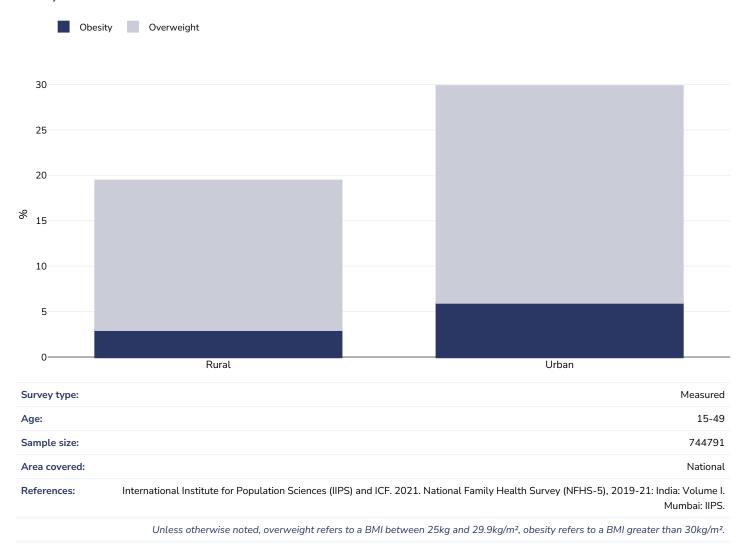
Mumbai: IIPS. Available at https://dhsprogram.com/pubs/pdf/FR375/FR375.pdf (last accessed 05.09.24)

 $Unless \ otherwise \ noted, overweight \ refers \ to \ a \ BMI \ between \ 25kg \ and \ 29.9kg/m^2, obesity \ refers \ to \ a \ BMI \ greater \ than \ 30kg/m^2.$



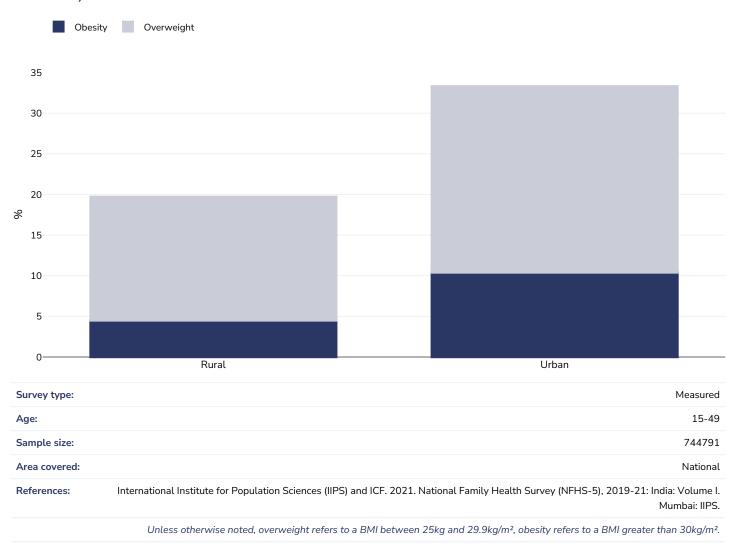
Overweight/obesity by region

Men, 2019-2021





Women, 2019-2021

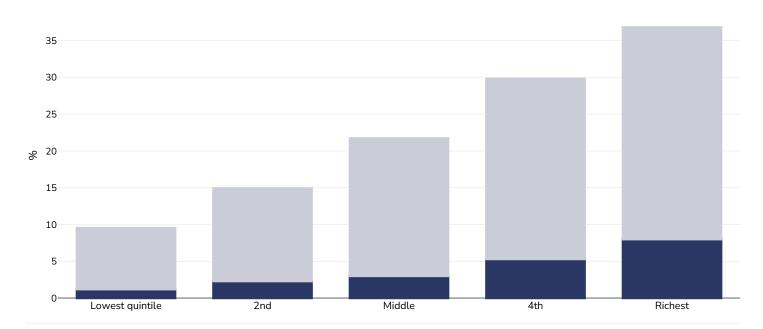




Overweight/obesity by socio-economic group

Men, 2019-2021



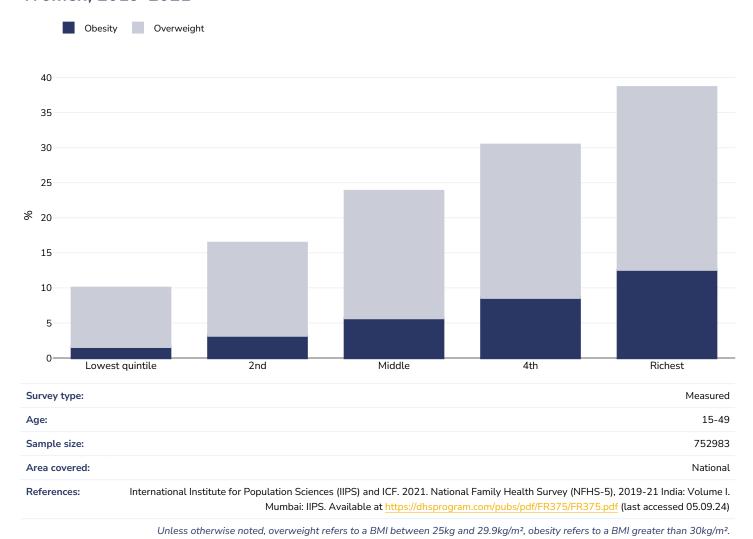


Survey type:	Measured
Age:	15-49
Sample size:	752983
Area covered:	National
References:	International Institute for Population Sciences (IIPS) and ICF. 2021. National Family Health Survey (NFHS-5), 2019-21 India: Volume I. Mumbai: IIPS. Available at https://dhsprogram.com/pubs/pdf/FR375/FR375.pdf (last accessed 05.09.24)

 $Unless \ otherwise \ noted, overweight \ refers \ to \ a \ BMI \ between \ 25kg \ and \ 29.9kg/m^2, obesity \ refers \ to \ a \ BMI \ greater \ than \ 30kg/m^2.$

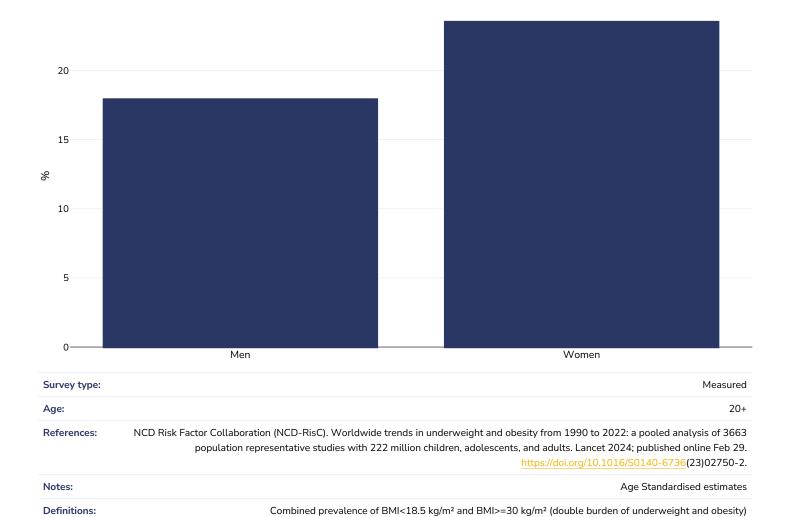


Women, 2019-2021



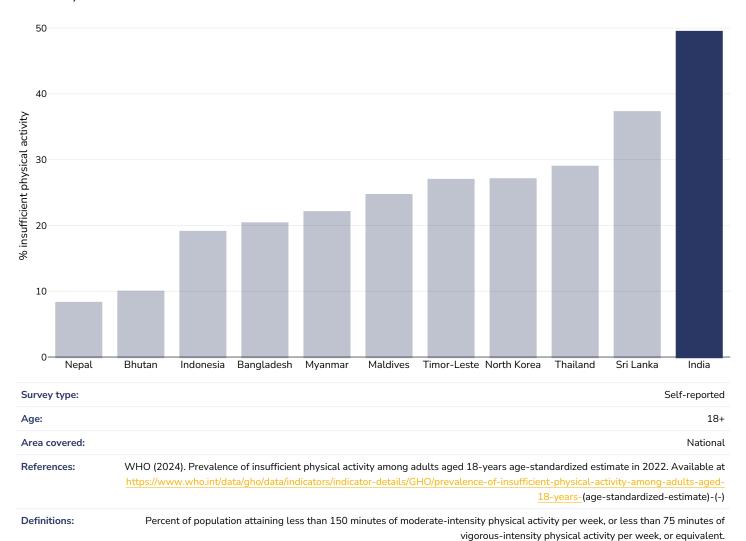


Double burden of underweight & overweight



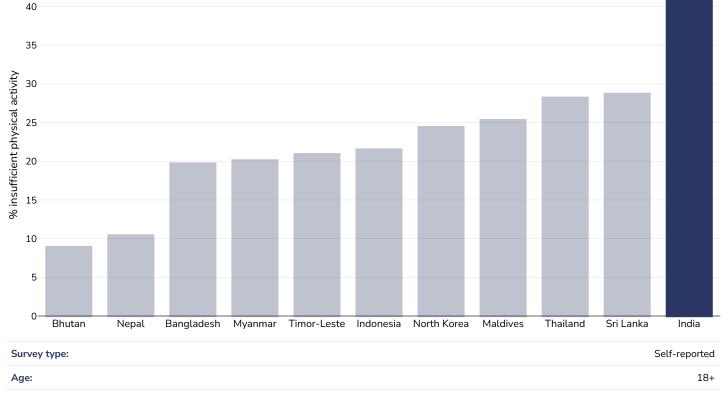


Insufficient physical activity





Men, 2022



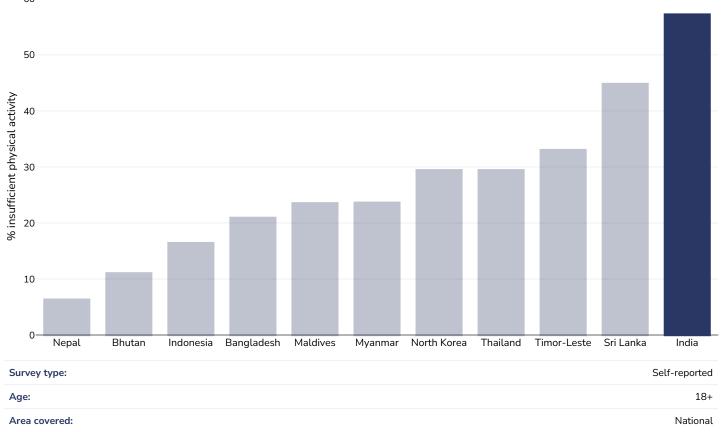
Area covered: National

References: WHO (2024). Prevalence of insufficient physical activity among adults aged 18-years age-standardized estimate in 2022. Available at <a href="https://www.who.int/data/gho/data/indicators/indicator-details/GHO/prevalence-of-insufficient-physical-activity-among-adults-aged-data/indicators/indicator-details/GHO/prevalence-of-insufficient-physical-activity-among-adults-aged-data/indicators/indicat

18-years-(age-standardized-estimate)-(-)

Definitions: Percent of population attaining less than 150 minutes of moderate-intensity physical activity per week, or less than 75 minutes of vigorous-intensity physical activity per week, or equivalent.





References:

WHO (2024). Prevalence of insufficient physical activity among adults aged 18-years age-standardized estimate in 2022. Available at <a href="https://www.who.int/data/gho/data/indicators/indicator-details/GHO/prevalence-of-insufficient-physical-activity-among-adults-aged-number of the control of the contro

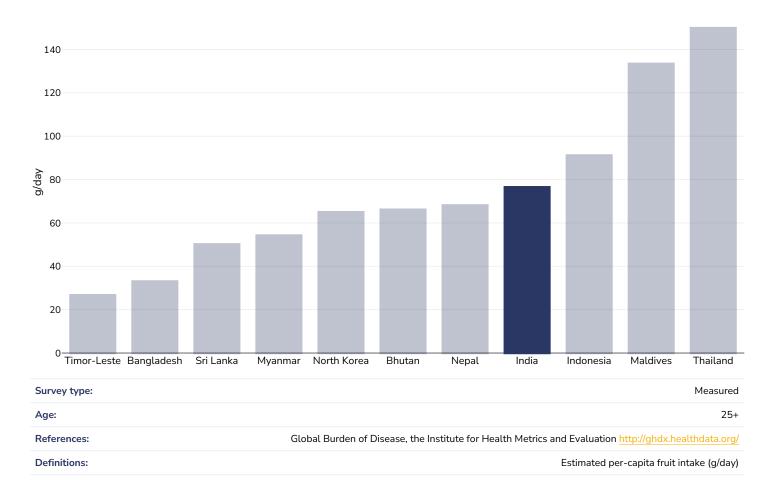
18-years-(age-standardized-estimate)-(-)

Definitions:

Percent of population attaining less than 150 minutes of moderate-intensity physical activity per week, or less than 75 minutes of vigorous-intensity physical activity per week, or equivalent.

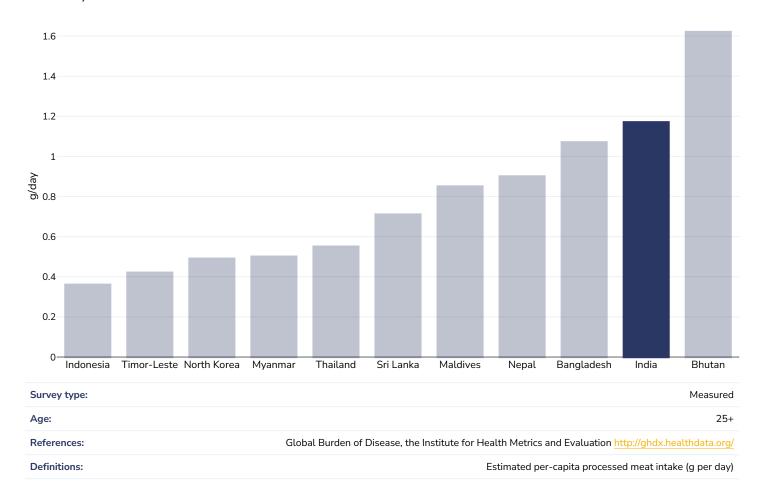


Estimated per capita fruit intake



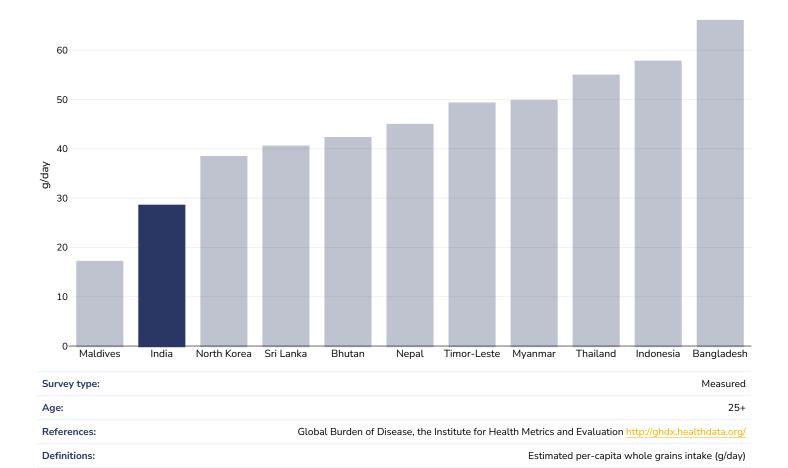


Estimated per-capita processed meat intake



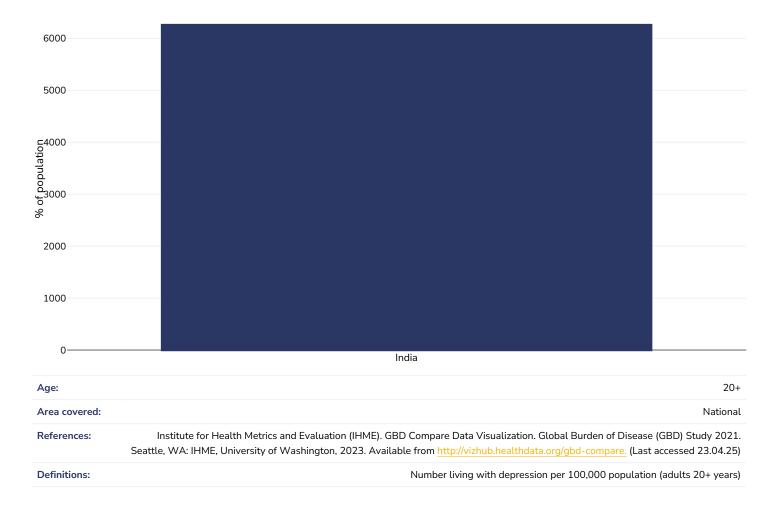


Estimated per capita whole grains intake



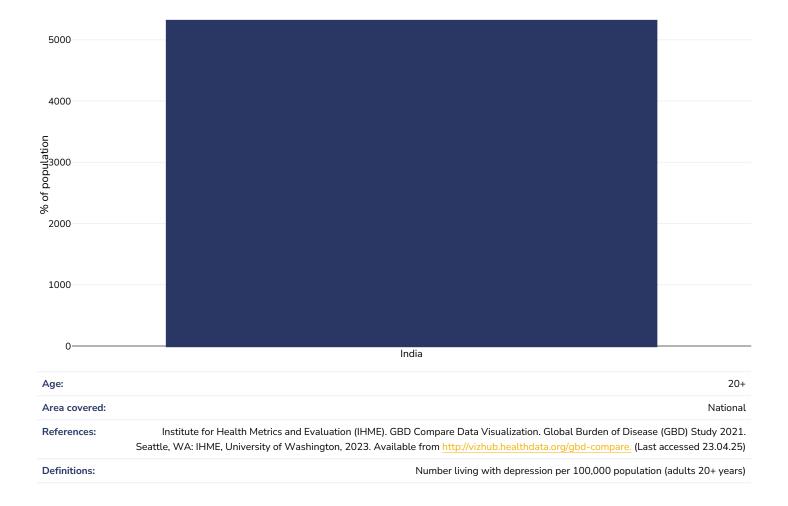


Mental health - depression disorders





Men, 2021

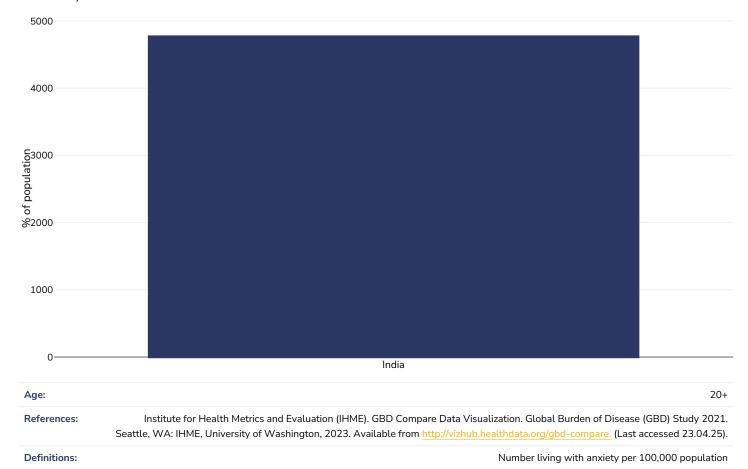






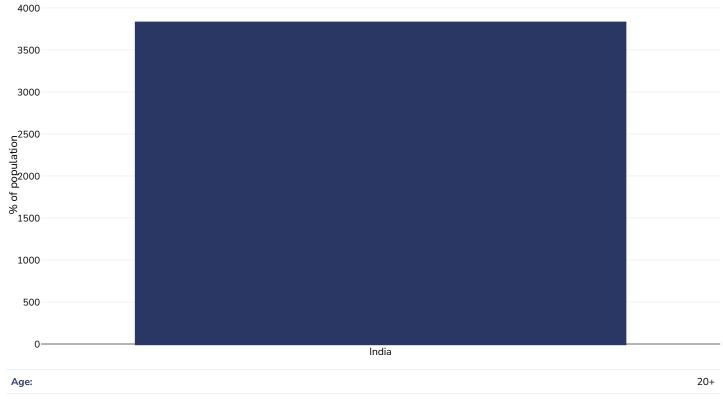


Mental health - anxiety disorders





Men, 2021



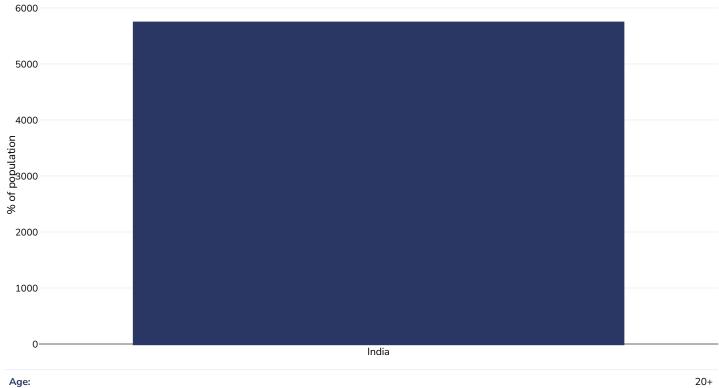
References:

Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from http://vizhub.healthdata.org/gbd-compare. (Last accessed 23.04.25).

Definitions:

Number living with anxiety per 100,000 population





References:

Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from http://vizhub.healthdata.org/gbd-compare. (Last accessed 23.04.25).

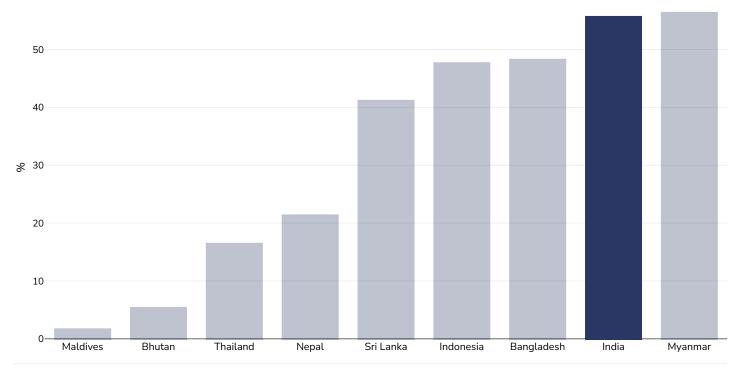
Definitions:

Number living with anxiety per 100,000 population



Percent of population who cannot afford a healthy diet

Adults, 2022



Area covered: National

References:

The Food Systems Dashboard. The Global Alliance for Improved Nutrition (GAIN), The Columbia Climate School, and Cornell University

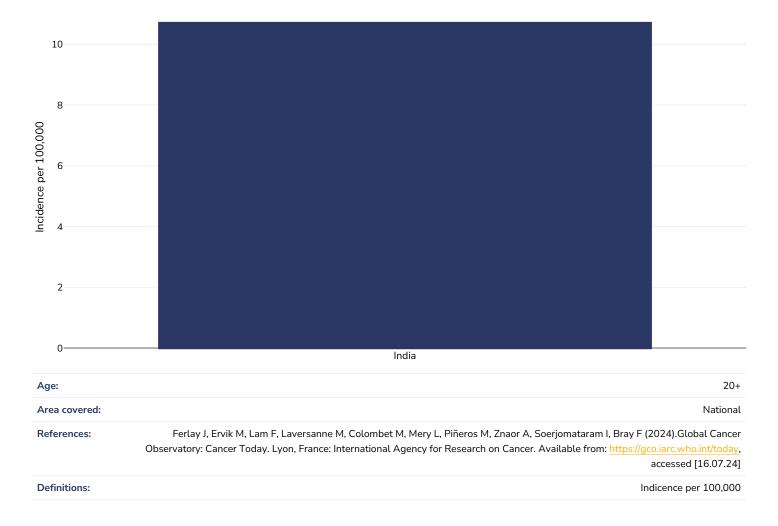
College of Agriculture and Life Sciences. 2024. Geneva, Switzerland. https://www.foodsystemsdashboard.org. DOI:

https://doi.org/10.36072/db.

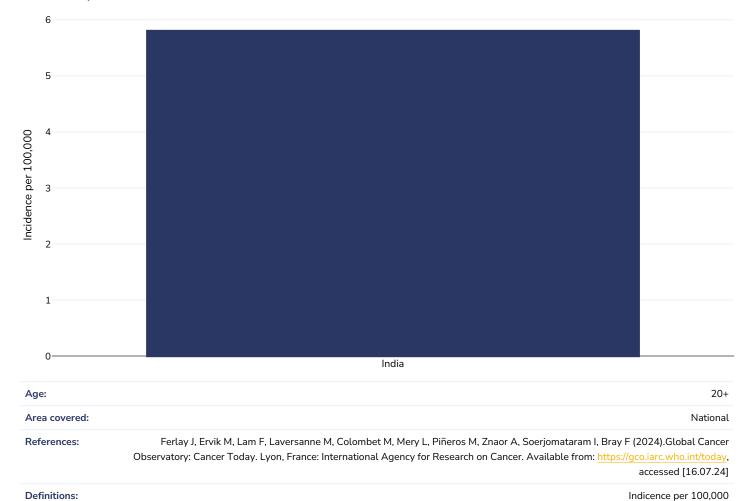


Oesophageal cancer

Men, 2022





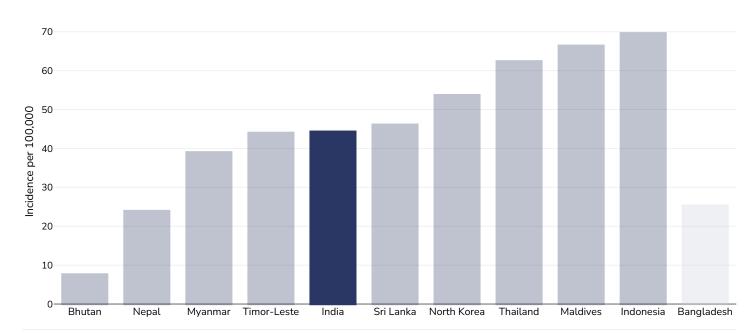




Breast cancer

Women, 2022





Area covered: National

References:

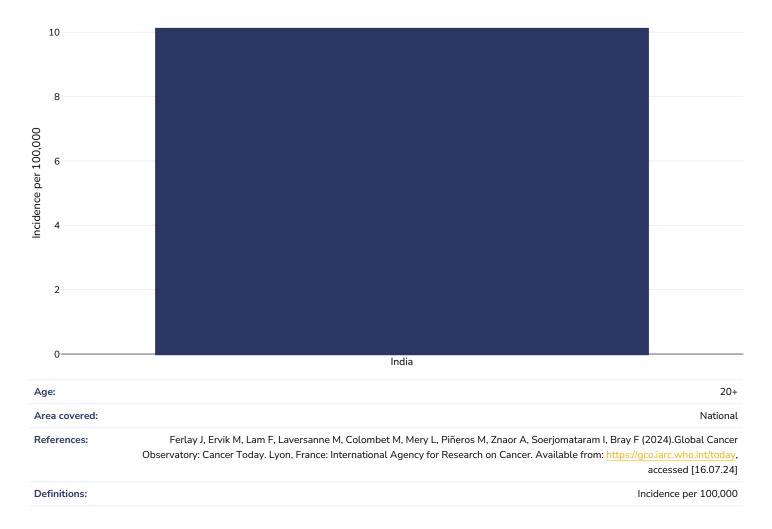
Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]

Definitions: Incidence per 100,000

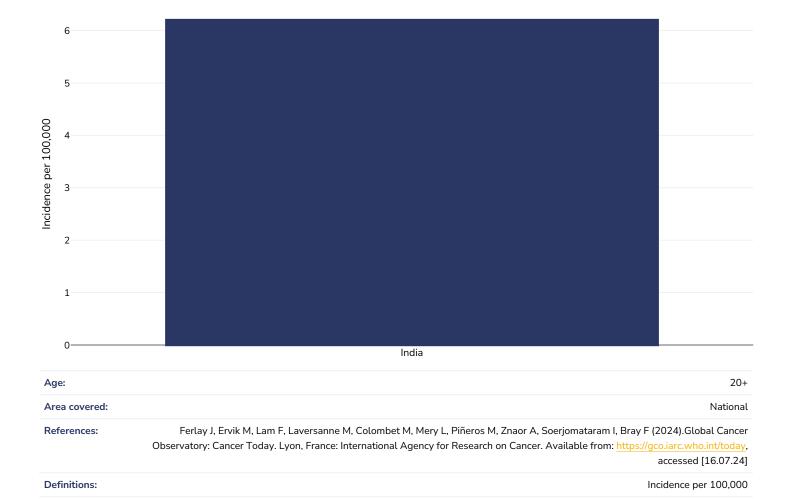


Colorectal cancer

Men, 2022



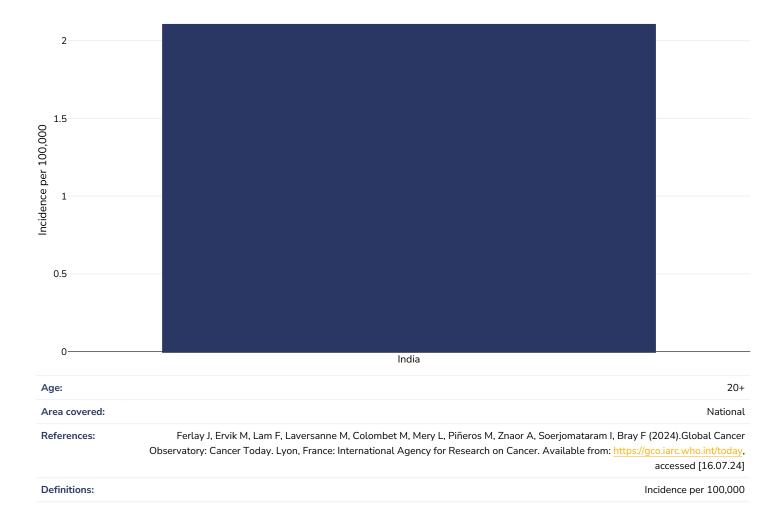




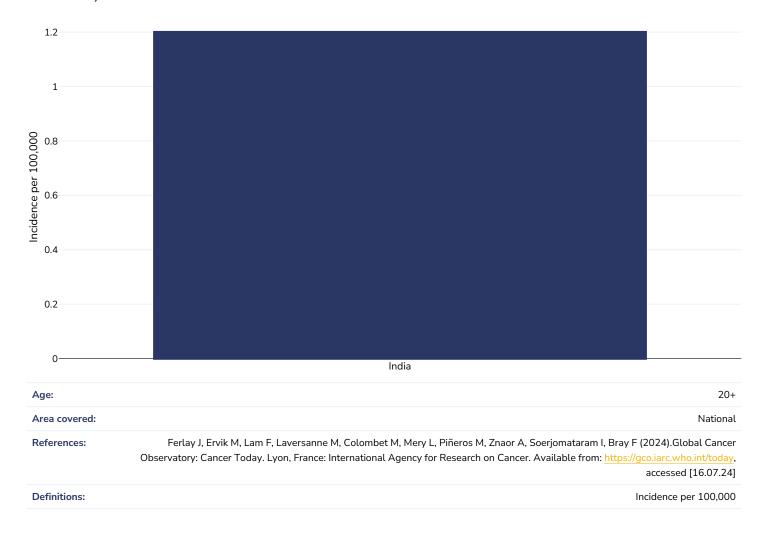


Pancreatic cancer

Men, 2022



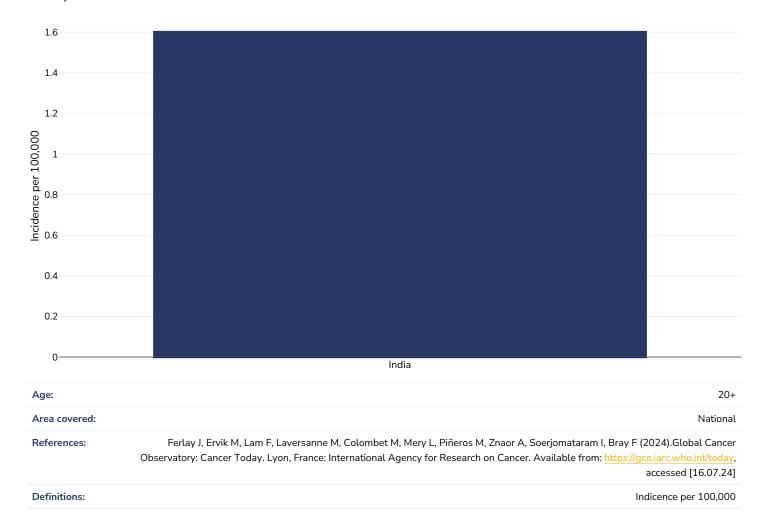




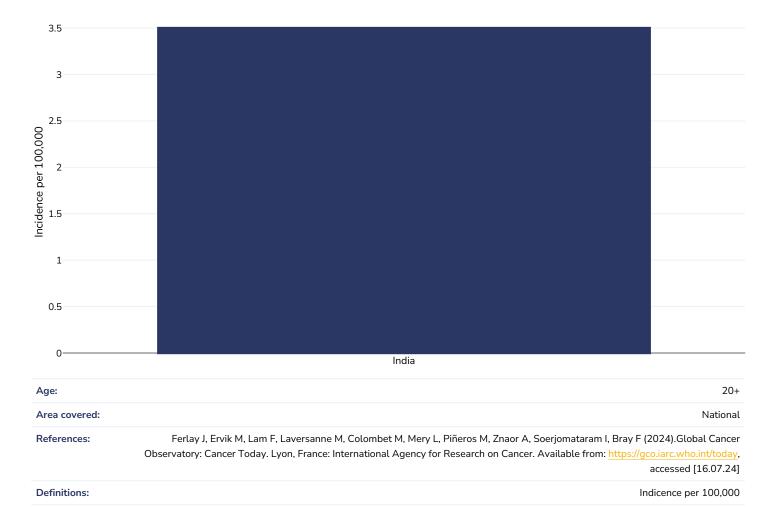


Gallbladder cancer

Men, 2022



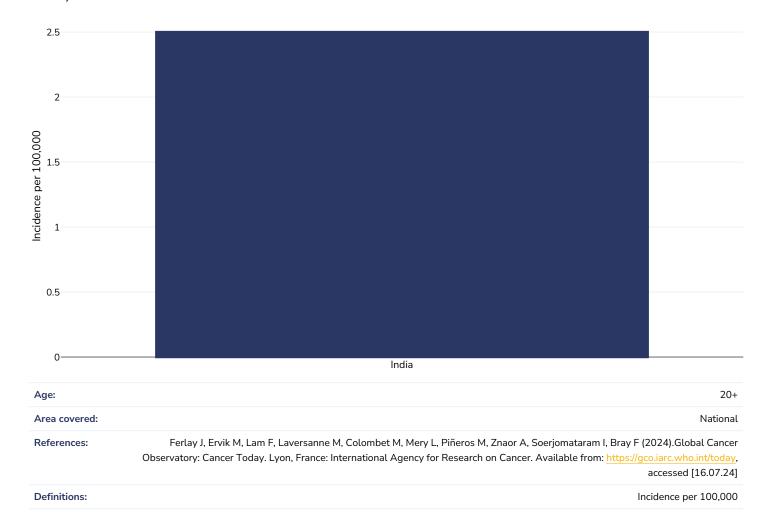




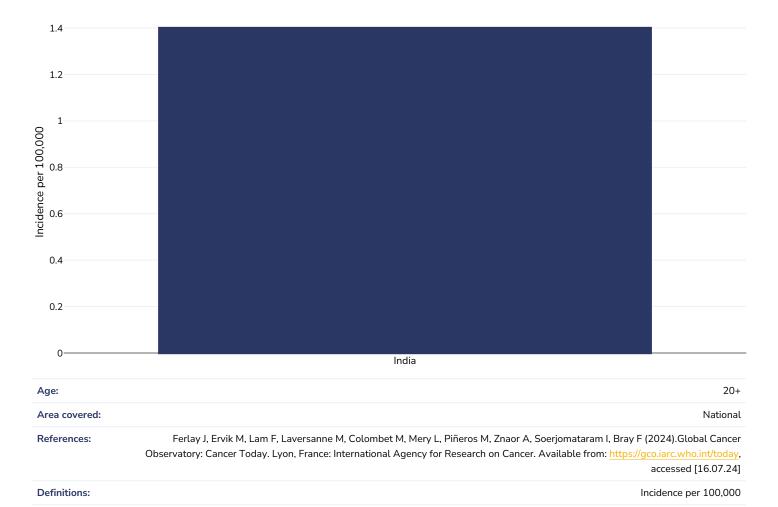


Kidney cancer

Men, 2022



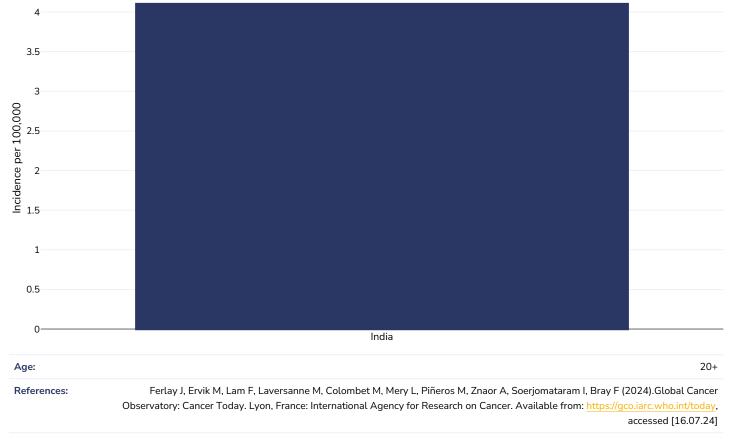






Cancer of the uterus

Women, 2022

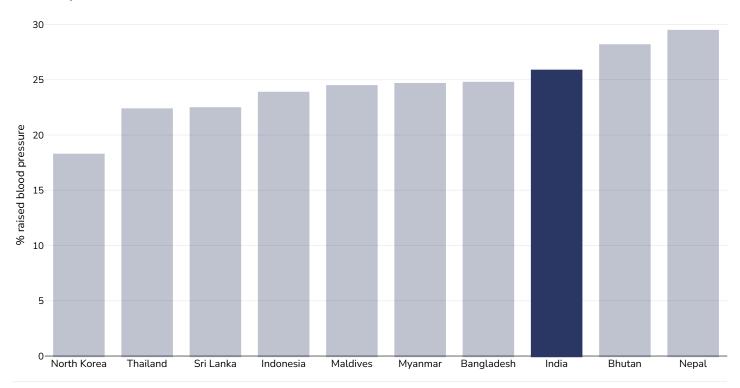


Definitions: Incidence per 100,000



Raised blood pressure

Adults, 2015



References:

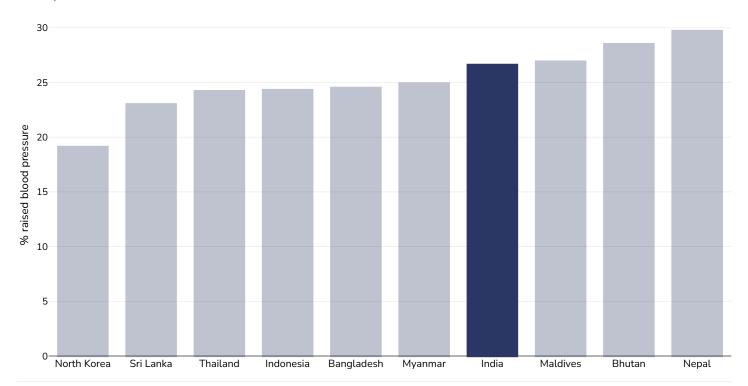
 ${\bf Global\ Health\ Observatory\ data\ repository,\ World\ Health\ Organisation,\ \underline{{\bf http://apps.who.int/gho/data/node.main.} A875?lang=en}}$

Definitions:

Age Standardised estimated % Raised blood pressure 2015 (SBP>=140 OR DBP>=90).



Men, 2015



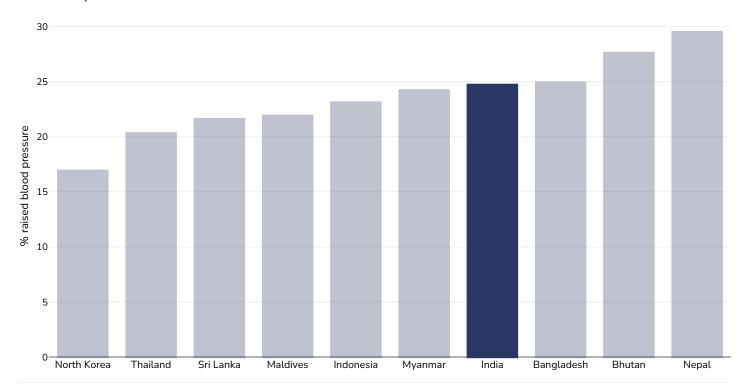
References:

Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A875?lang=en

Definitions:

Age Standardised estimated % Raised blood pressure 2015 (SBP>=140 OR DBP>=90).





References:

Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A875?lang=en

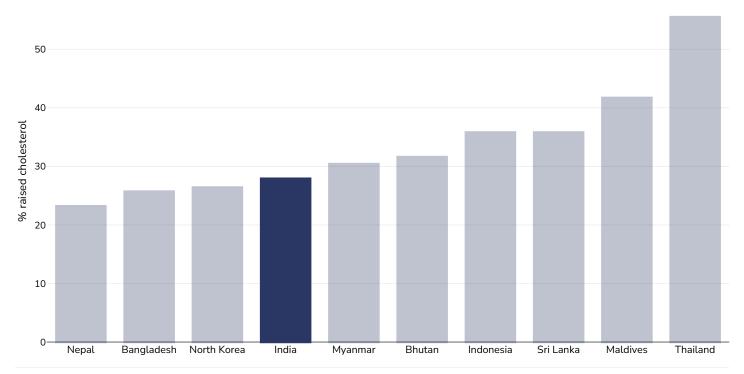
Definitions:

Age Standardised estimated % Raised blood pressure 2015 (SBP>=140 OR DBP>=90).



Raised cholesterol

Adults, 2008



References:

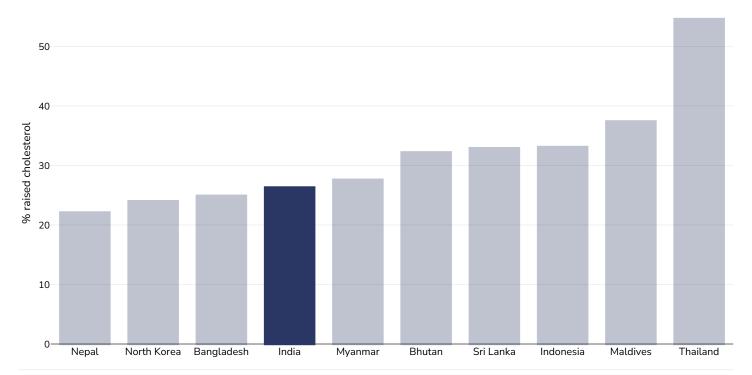
 ${\sf Global\ Health\ Observatory\ data\ repository,\ World\ Health\ Organisation,\ \underline{{\sf http://apps.who.int/gho/data/node.main.} A885}}$

Definitions:

% Raised total cholesterol (>= 5.0 mmol/L) (age-standardized estimate).



Men, 2008



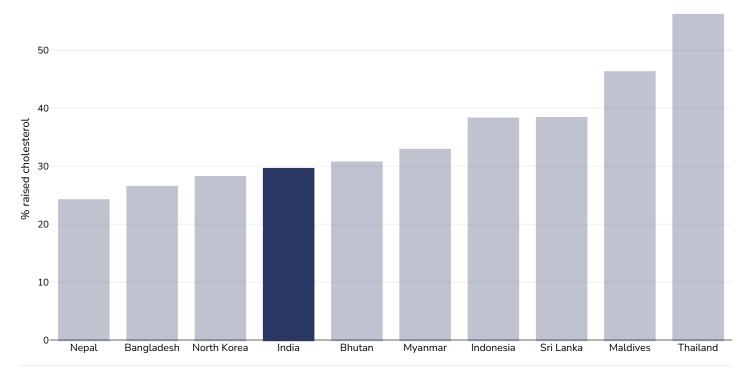
References:

 ${\bf Global\ Health\ Observatory\ data\ repository,\ World\ Health\ Organisation,\ \underline{http://apps.who.int/gho/data/node.main.A885}}$

Definitions:

% Raised total cholesterol (>= 5.0 mmol/L) (age-standardized estimate).





References:

 ${\sf Global\ Health\ Observatory\ data\ repository,\ World\ Health\ Organisation,\ } \underline{{\sf http://apps.who.int/gho/data/node.main.} A885}$

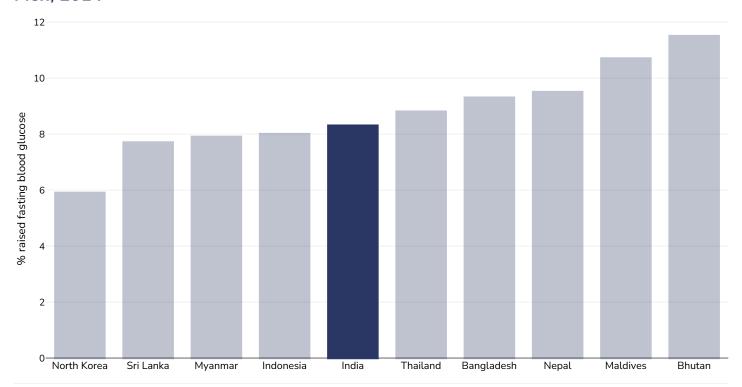
Definitions:

% Raised total cholesterol (>= 5.0 mmol/L) (age-standardized estimate).



Raised fasting blood glucose

Men, 2014



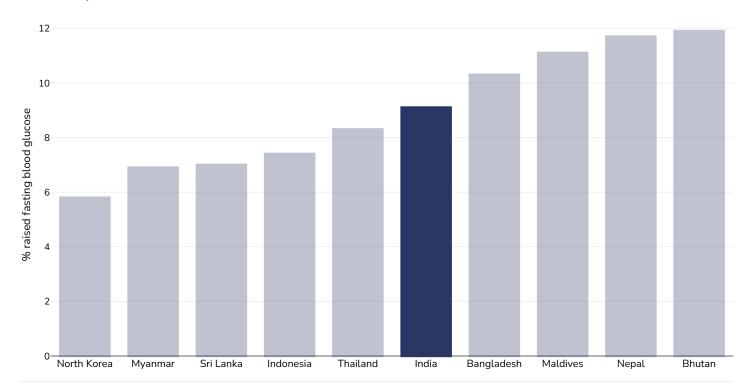
References:

 ${\bf Global\ Health\ Observatory\ data\ repository,\ World\ Health\ Organisation,\ \underline{{\bf http://apps.who.int/gho/data/node.main.} A869?lang=en}}$

Definitions:

Age Standardised % raised fasting blood glucose (>= 7.0 mmol/L or on medication).





References:

Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A869?lang=en

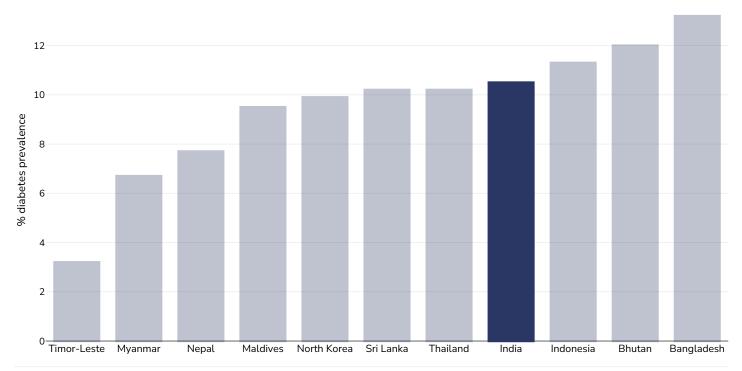
Definitions:

Age Standardised % raised fasting blood glucose (>= 7.0 mmol/L or on medication).



Diabetes prevalence

Adults, 2024



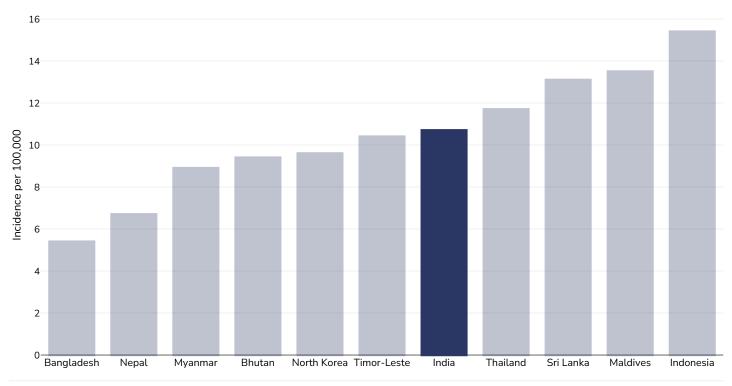
References:

Reproduced with kind permission International Diabetes Federation. IDF Diabetes Atlas, 11th edn. Brussels, Belgium:International Diabetes Federation, 2025. http://www.diabetesatlas.org



Ovarian Cancer

Women, 2022



Age: 20+

References:

Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today,

accessed [16.07.24]

Definitions: Incidence per 100,000



Leukemia

Men, 2022										
4										
3										
2										
1-										
-										
0										
⁻¹ _1	0	1	2	3	4	5	6			
Age:							20+			
Area covered:							National			
References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today , accessed [16.07.24]									
Definitions:						Incidence pe	er 100,000			
	Unless ot	herwise noted, overw	reight refers to a BMI	between 25kg and 29	.9kg/m², obesity refers	to a BMI greater thar	n 30kg/m².			

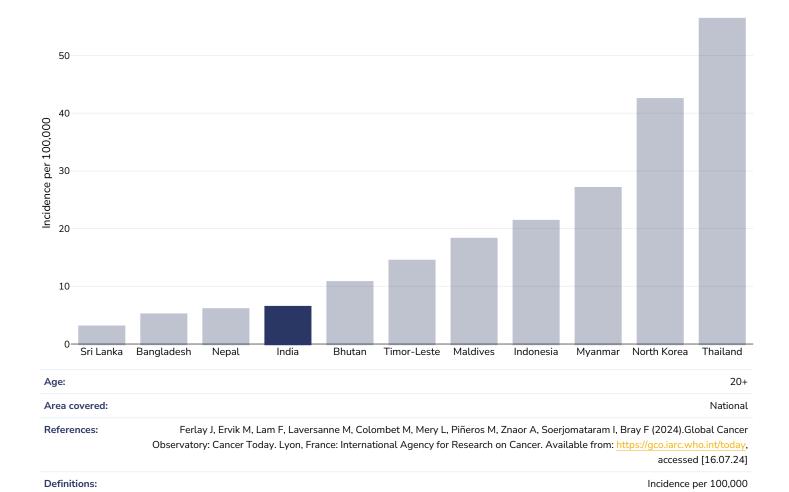


Women, 20	022										
4											
3											
2											
1											
0———											
⁻¹ 1	0	1	2	3	4	5	6				
Age:							20+				
Area covered:							National				
References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today , accessed [16.07.24]										
Definitions:						Incidence pe	er 100,000				
	Unless oth	erwise noted, overw	reight refers to a BMI l	petween 25kg and 29	.9kg/m², obesity refers	s to a BMI greater than	n 30kg/m².				



Liver and intrahepatic bile duct Cancer

Men, 2022

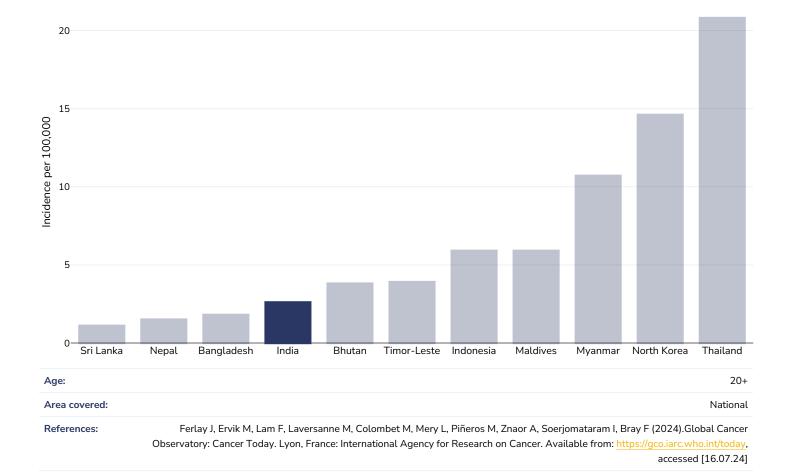


Incidence per 100,000



Women, 2022

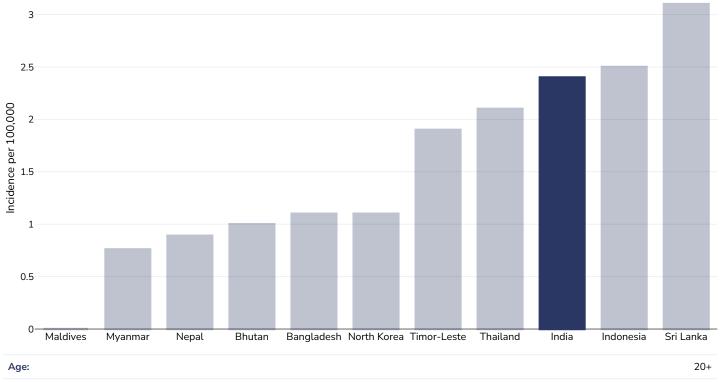
Definitions:





Multiple Myeloma

Men, 2022



Area covered: National

References:

Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]

Definitions: Indicence per 100,000

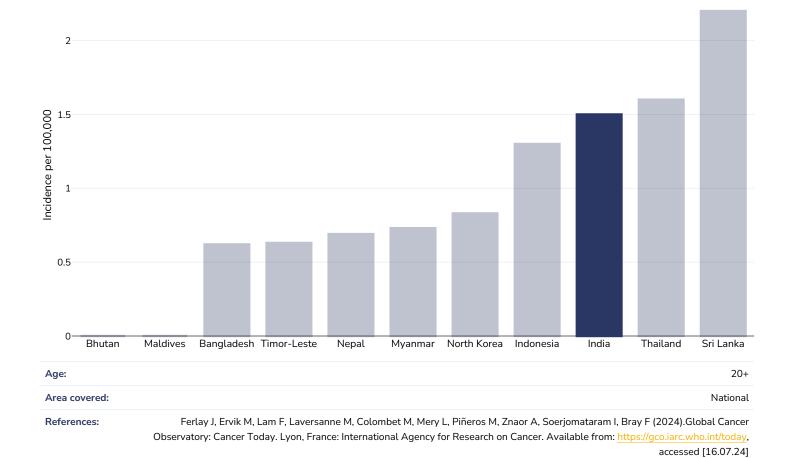
 $Unless \ otherwise \ noted, overweight \ refers \ to \ a \ BMI \ between \ 25kg \ and \ 29.9kg/m^2, obesity \ refers \ to \ a \ BMI \ greater \ than \ 30kg/m^2.$

Indicence per 100,000



Women, 2022

Definitions:

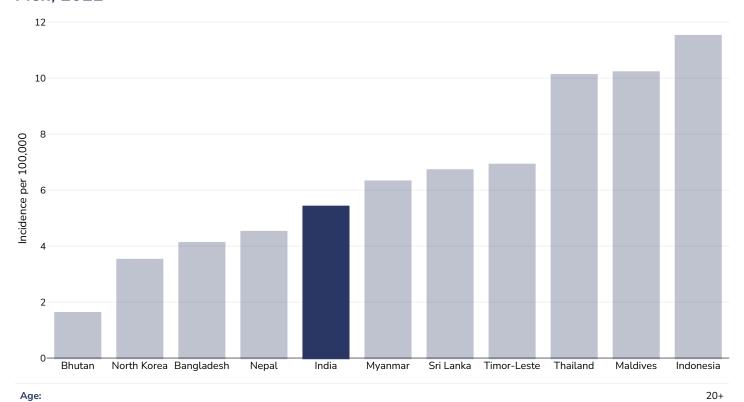


 $Unless \ otherwise \ noted, overweight \ refers \ to \ a \ BMI \ between \ 25kg \ and \ 29.9kg/m^2, obesity \ refers \ to \ a \ BMI \ greater \ than \ 30kg/m^2.$



Non Hodgkin Lymphoma

Men, 2022



Area covered: National

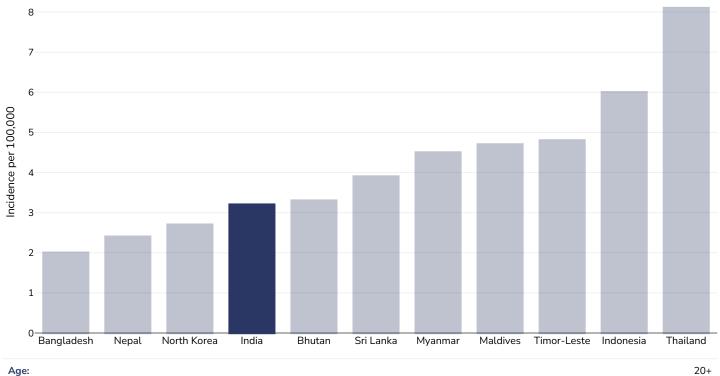
References:

Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]

Definitions: Incidence per 100,000

 $Unless \ otherwise \ noted, overweight \ refers \ to \ a \ BMI \ between \ 25kg \ and \ 29.9kg/m^2, obesity \ refers \ to \ a \ BMI \ greater \ than \ 30kg/m^2.$





National Area covered:

References:

Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]

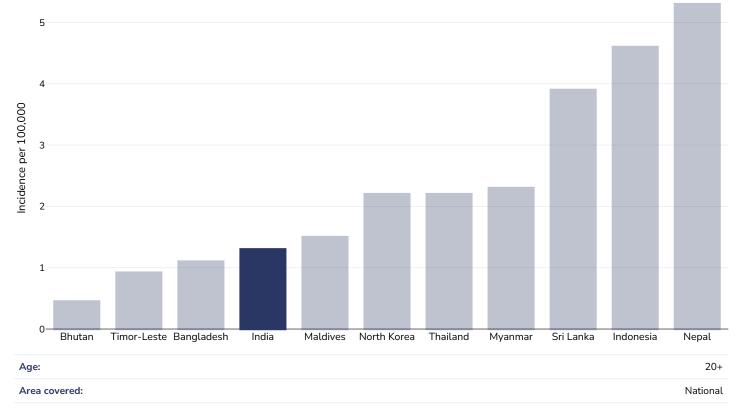
Definitions: Incidence per 100,000

 $Unless \ otherwise \ noted, overweight \ refers \ to \ a \ BMI \ between \ 25kg \ and \ 29.9kg/m^2, \ obesity \ refers \ to \ a \ BMI \ greater \ than \ 30kg/m^2.$



Thyroid Cancer

Men, 2022

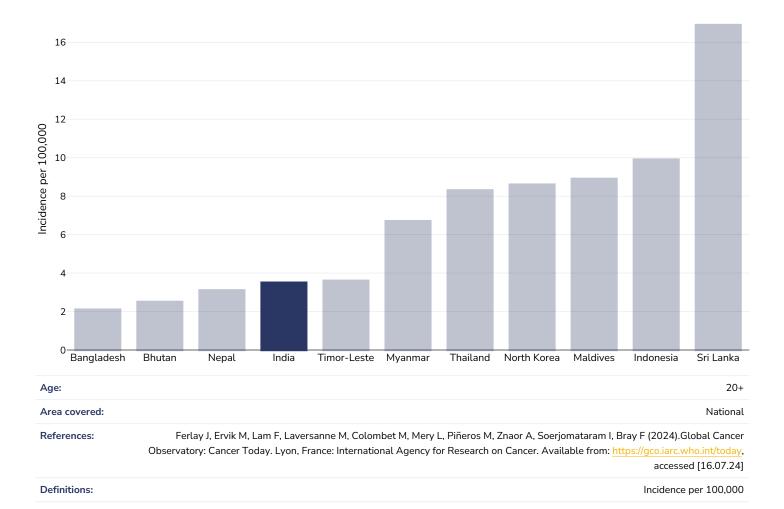


References:

Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]

Definitions: Incidence per 100,000





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