Marshall Islands

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/marshall-islands-134/.

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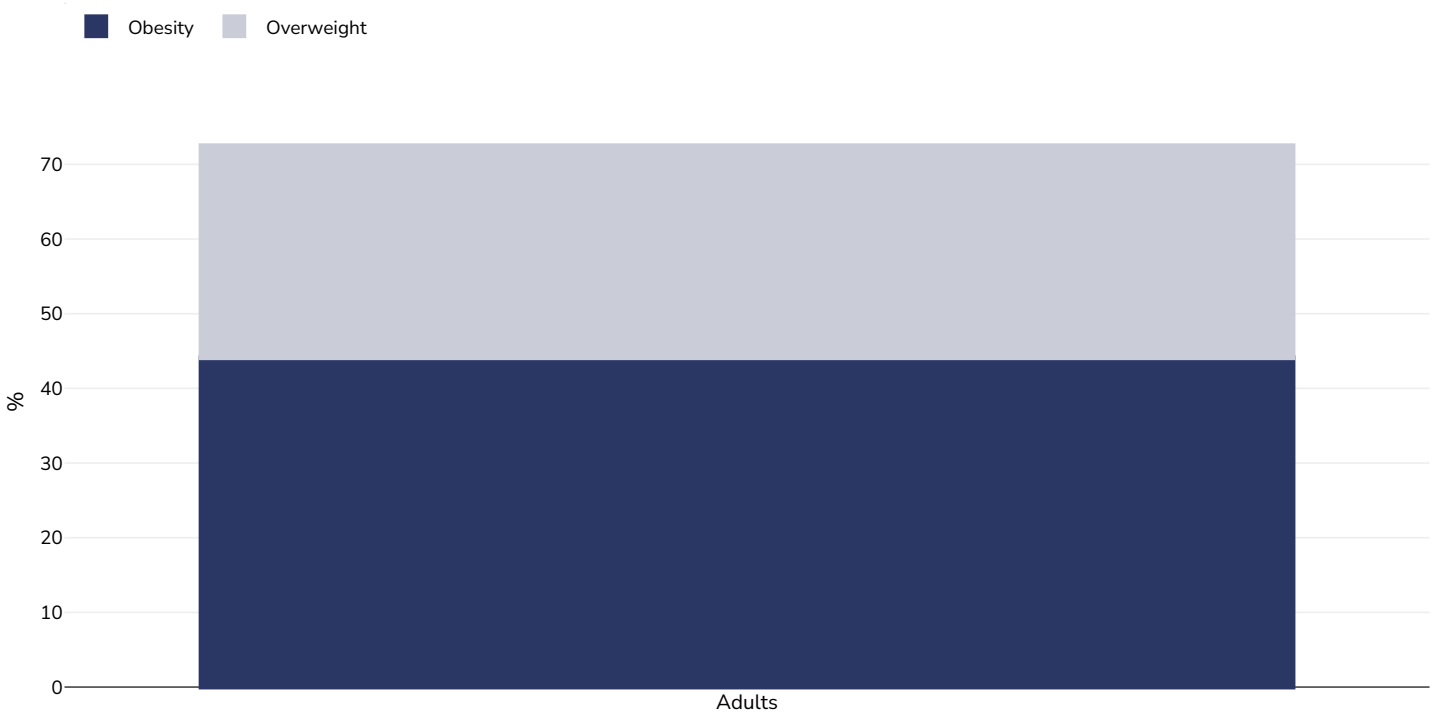
Obesity prevalence

Adults, 2017-2018

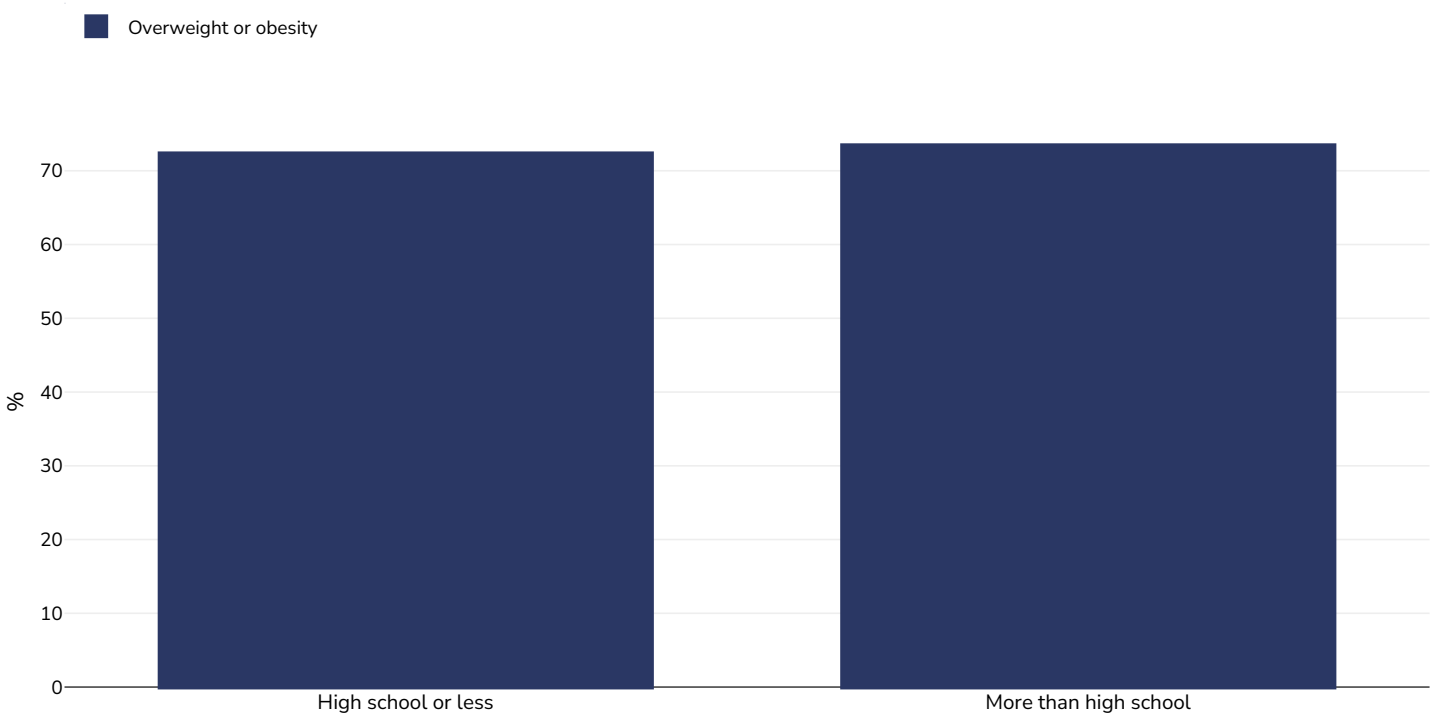


Survey type:	Measured
Age:	18+
Sample size:	2869
Area covered:	Regional
References:	Republic of Marshall Islands' 2017-2018 Hybrid STEPS Survey. https://extranet.who.int/ncdsmicrodata/index.php/catalog/742 (Accessed 06.10.20)
Notes:	Although all islands were not surveyed, the islands included make up 83% of the overall population of the Republic of Marshall Islands. Despite this, sample size was exceptionally large and included approximately 10% of all adults residing in the Republic of Marshall Islands.

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 education

Adults, 2017-2018



Survey type:	Measured
Age:	18+
Sample size:	2869
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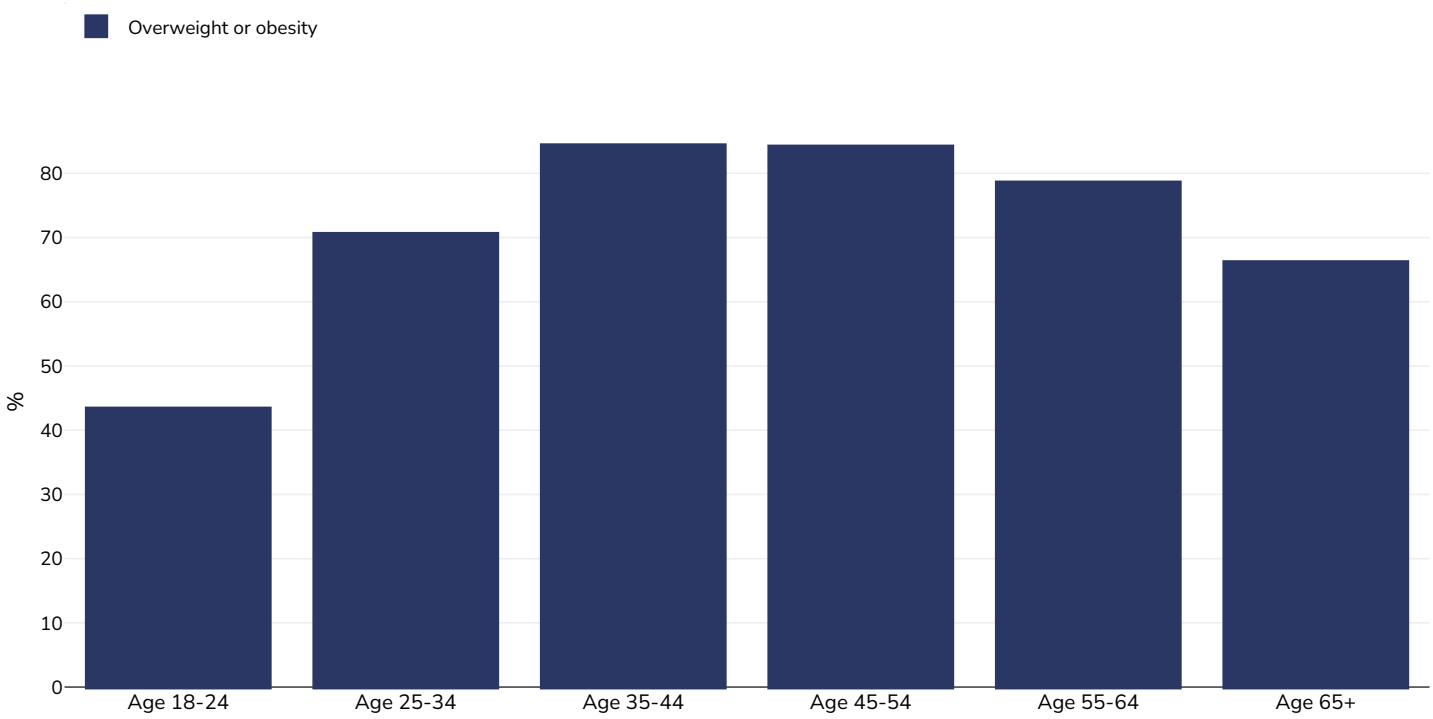
References:	Republic of Marshall Islands' 2017-2018 STEPS Hybrid Survey. https://extranet.who.int/ncdsmicrodata/index.php/catalog/742 (Accessed 06.10.20)
Notes:	Although all islands were not surveyed, the islands included make up 83% of the overall population of the Republic of Marshall Islands. Despite this, sample size was exceptionally large and included approximately 10% of all adults residing in the Republic of Marshall Islands.

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, 2017-2018



Survey type:	Measured
Sample size:	2869
Area covered:	Regional
References:	Republic of Marshall Islands' 2017-2018 Hybrid Survey. https://extranet.who.int/ncdsmicrodata/index.php/catalog/742 (Accessed 06.10.20)
Notes:	Although all islands were not surveyed, the islands included make up 83% of the overall population of the Republic of Marshall Islands. Despite this, sample size was exceptionally large and included approximately 10% of all adults residing in the Republic of Marshall Islands.

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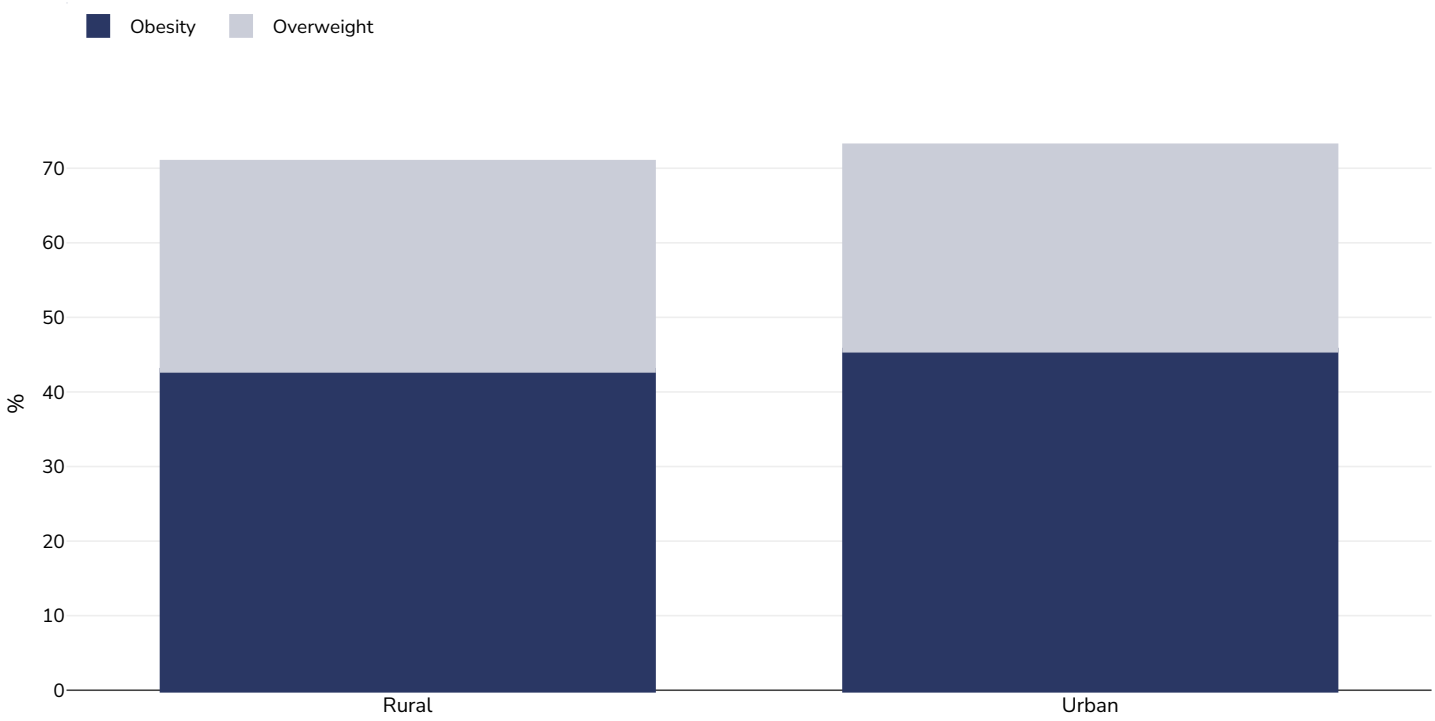
Overweight/obesity by region

Women, 2016-2017

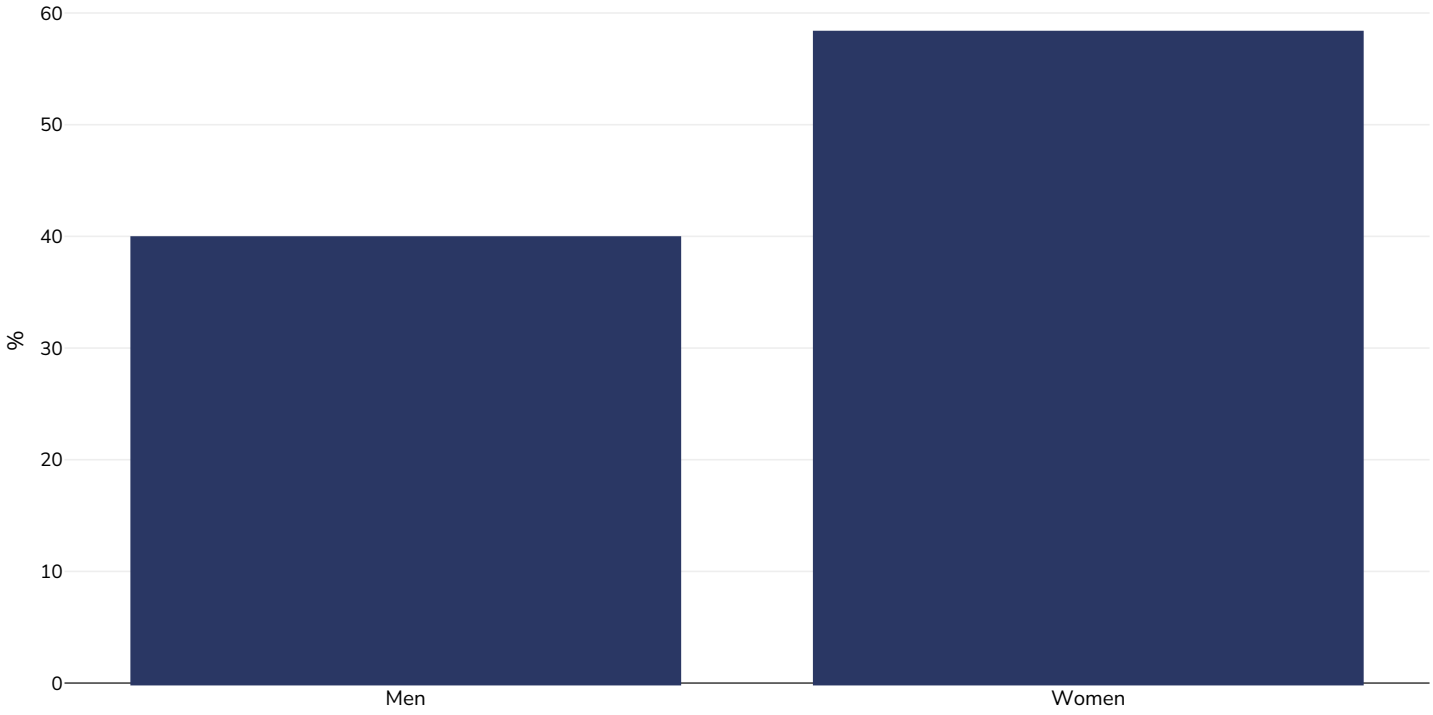


Survey type:	Measured
Age:	15-49
Sample size:	673
Area covered:	National
References:	Republic of the Marshall Islands Ministry of Health and Human Services, RMI Economic, Policy Planning and Statistics Office and UNICEF. 2017. Republic of the Marshall Islands Integrated Child Health and Nutrition Survey 2017, Final Report. Majuro, Republic of the Marshall Islands: Republic of the Marshall Islands Ministry of Health and Human Services, RMI Economic, Policy Planning and Statistics Office
Notes:	Demographic Health Survey - Mothers or female caregivers

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

Double burden of underweight & overweight

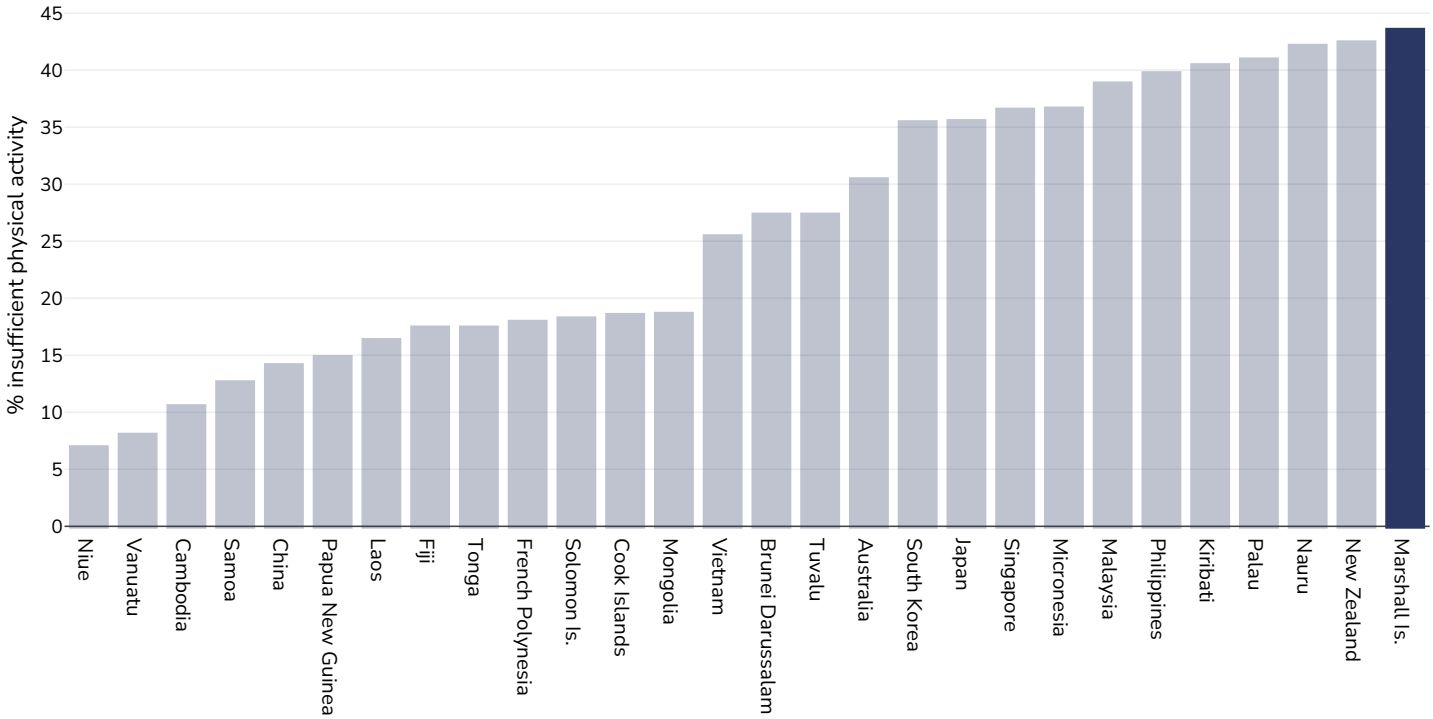
Adults, 2022



Survey type:	Measured
Age:	20+
References:	NCD Risk Factor Collaboration (NCD-RisC). Worldwide trends in underweight and obesity from 1990 to 2022: a pooled analysis of 3663 population representative studies with 222 million children, adolescents, and adults. Lancet 2024; published online Feb 29. https://doi.org/10.1016/S0140-6736(23)02750-2.
Notes:	Age Standardised estimates
Definitions:	Combined prevalence of BMI<18.5 kg/m² and BMI>=30 kg/m² (double burden of underweight and obesity)

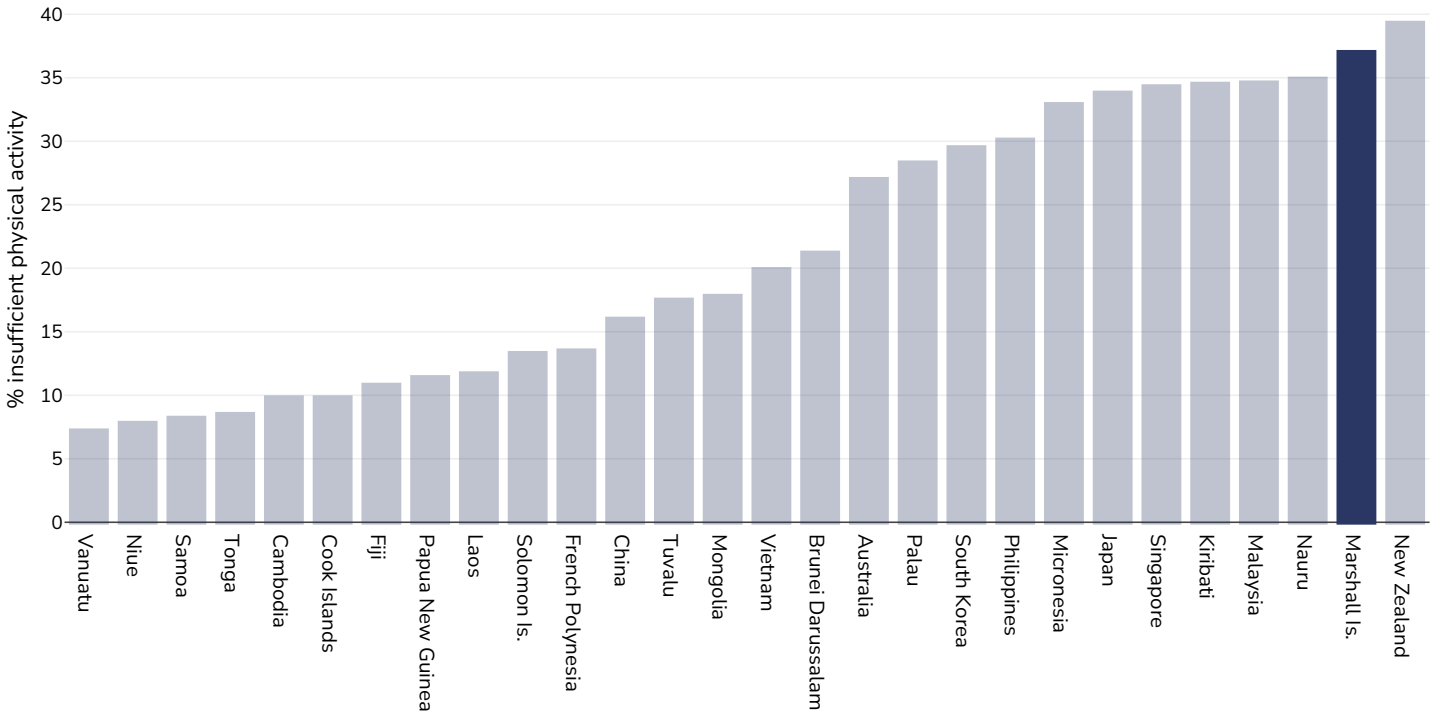
Insufficient physical activity

Adults, 2016



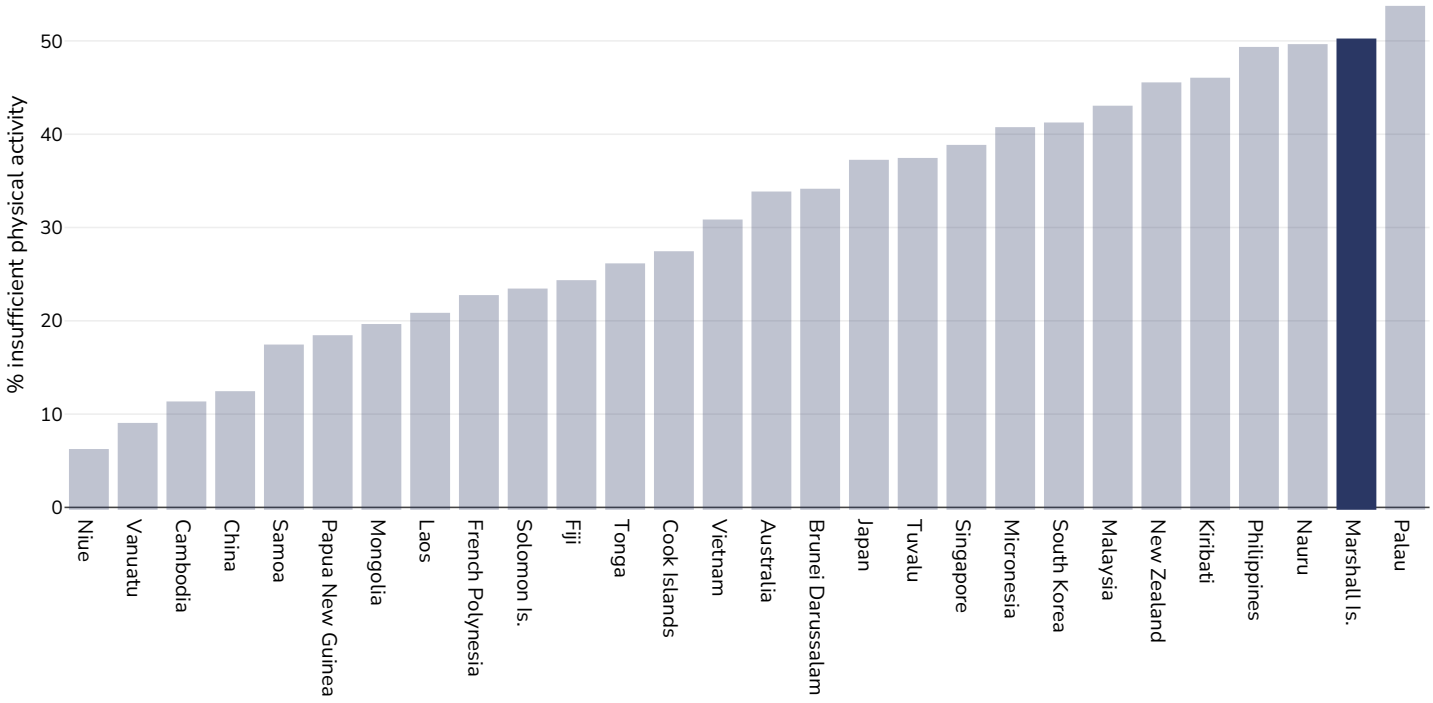
References: Guthold R, Stevens GA, Riley LM, Bull FC. Worldwide trends in insufficient physical activity from 2001 to 2016: a pooled analysis of 358 population-based surveys with 1.9 million participants. Lancet 2018 http://dx.doi.org/10.1016/S2214-109X(18)30357-7

Men, 2016



References: Guthold R, Stevens GA, Riley LM, Bull FC. Worldwide trends in insufficient physical activity from 2001 to 2016: a pooled analysis of 358 population-based surveys with 1.9 million participants. Lancet 2018 http://dx.doi.org/10.1016/S2214-109X(18)30357-7

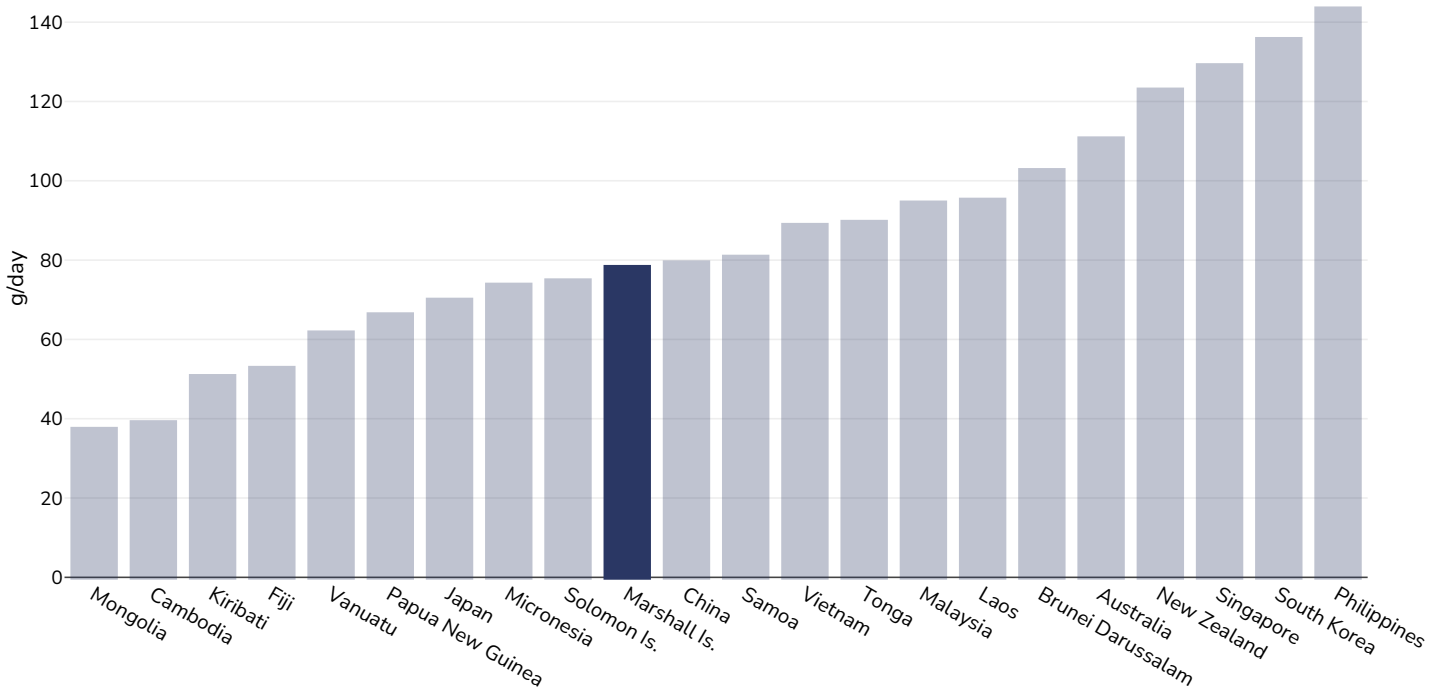
Women, 2016



References: Guthold R, Stevens GA, Riley LM, Bull FC. Worldwide trends in insufficient physical activity from 2001 to 2016: a pooled analysis of 358 population-based surveys with 1.9 million participants. Lancet 2018 http://dx.doi.org/10.1016/S2214-109X(18)30357-7

Estimated per capita fruit intake

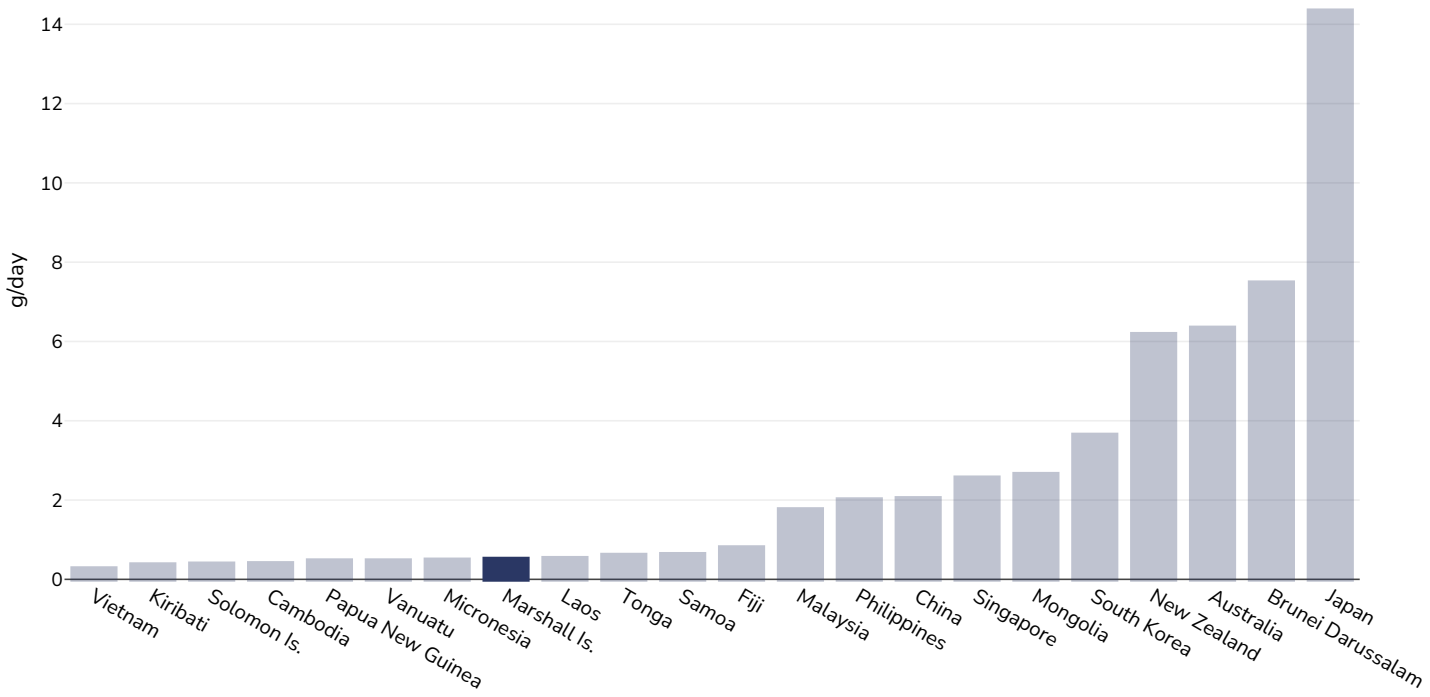
Adults, 2017



Survey type:	Measured
Age:	25+
References:	Global Burden of Disease, the Institute for Health Metrics and Evaluation http://ghdx.healthdata.org/
Definitions:	Estimated per-capita fruit intake (g/day)

Estimated per-capita processed meat intake

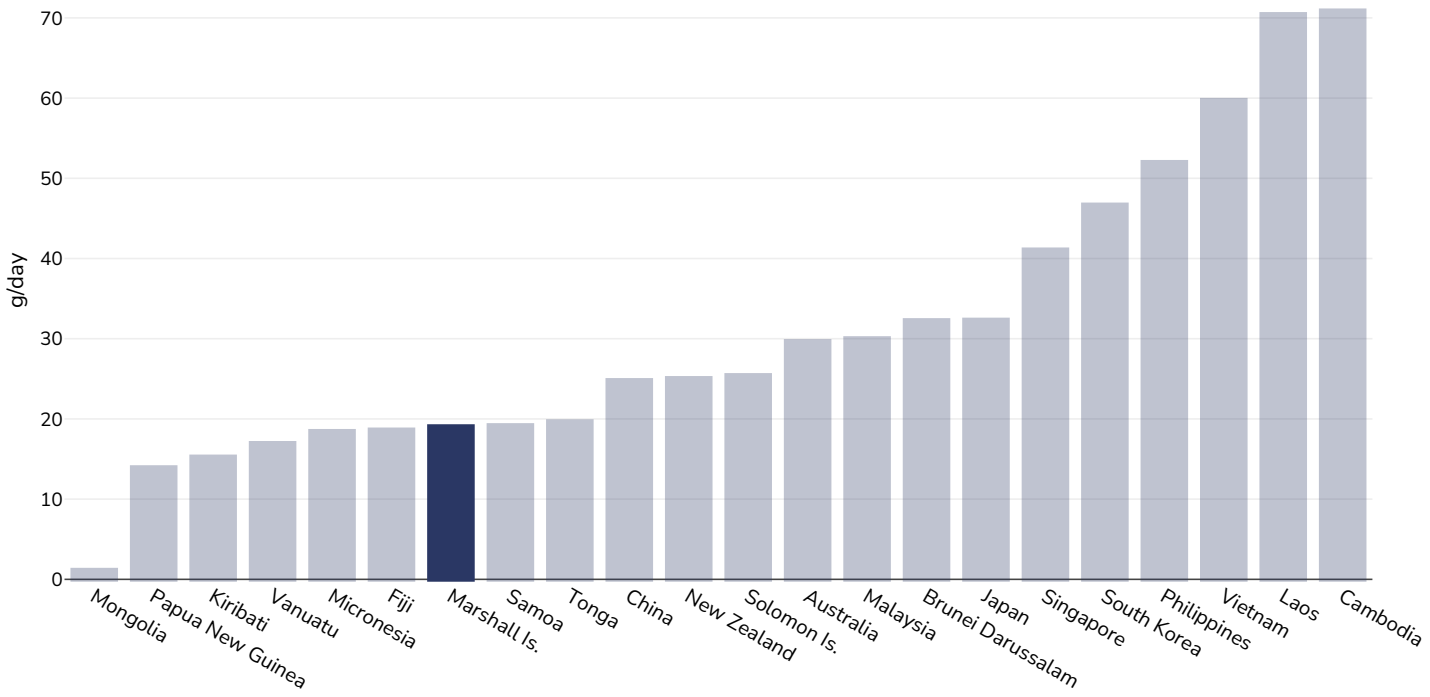
Adults, 2017



Survey type:	Measured
Age:	25+
References:	Global Burden of Disease, the Institute for Health Metrics and Evaluation http://ghdx.healthdata.org/
Definitions:	Estimated per-capita processed meat intake (g per day)

Estimated per capita whole grains intake

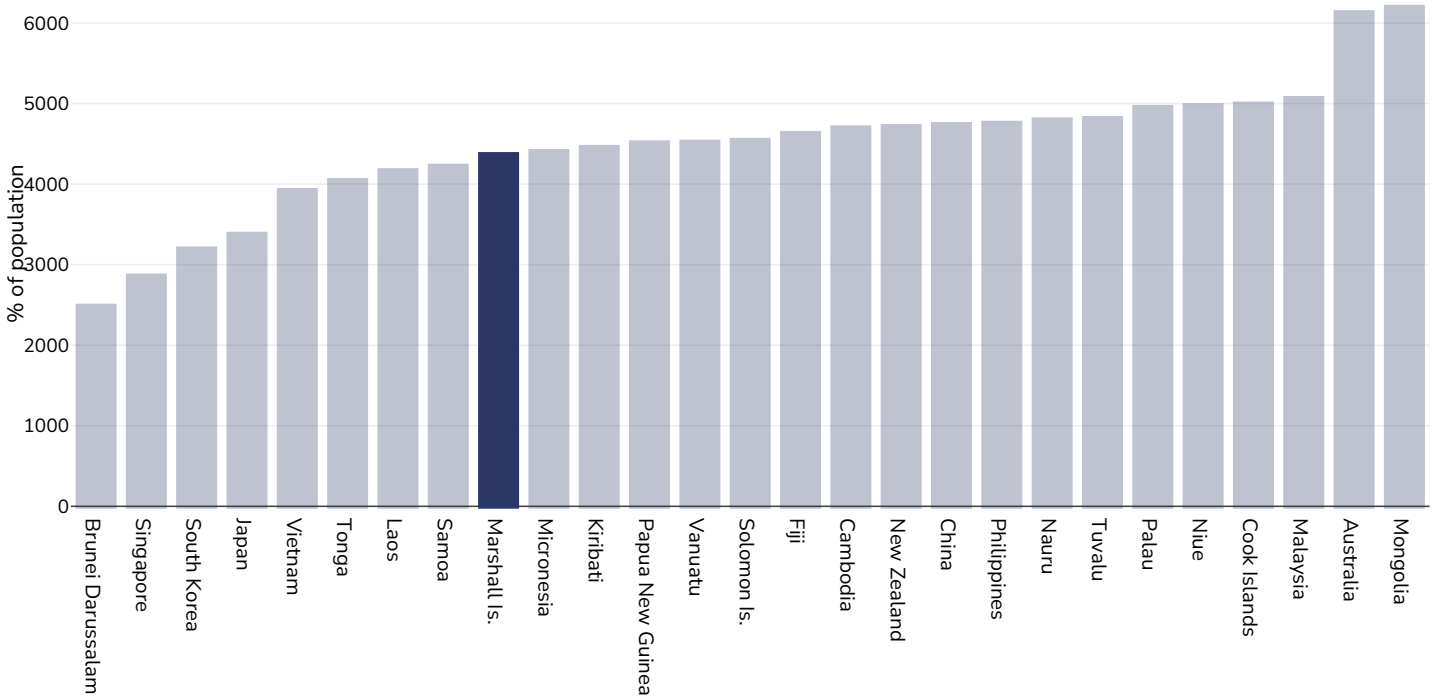
Adults, 2017



Survey type:	Measured
Age:	25+
References:	Global Burden of Disease, the Institute for Health Metrics and Evaluation http://ghdx.healthdata.org/
Definitions:	Estimated per-capita whole grains intake (g/day)

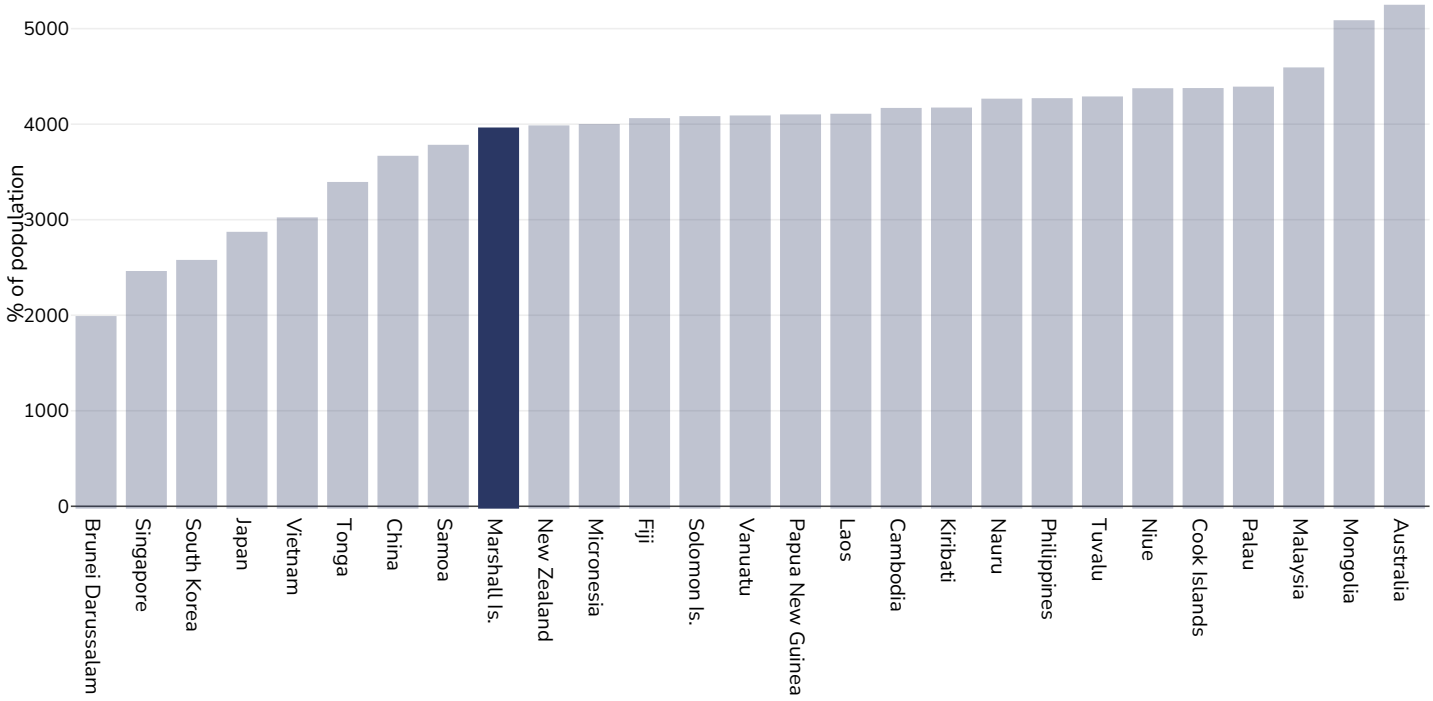
Mental health - depression disorders

Adults, 2021



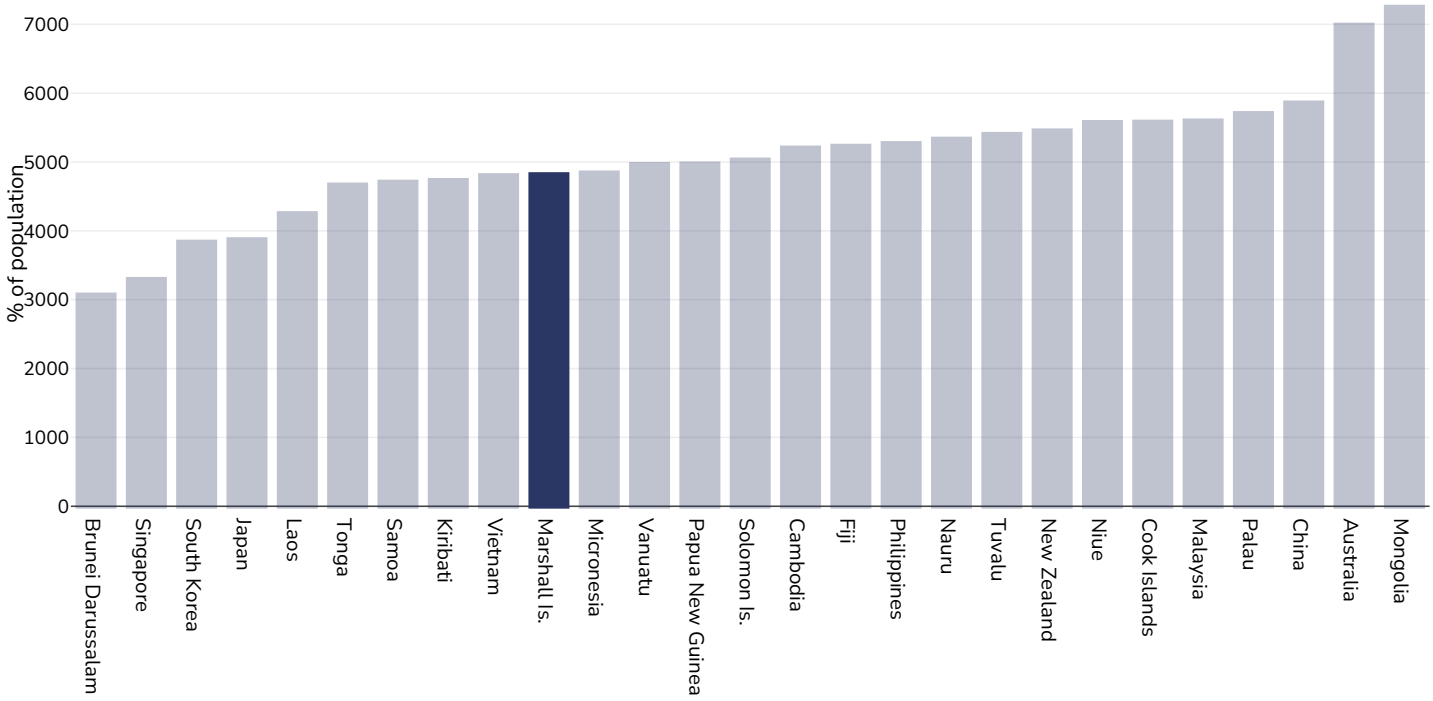
Age:	20+
Area covered:	National
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from http://vizhub.healthdata.org/gbd-compare. (Last accessed 23.04.25)
Definitions:	Number living with depression per 100,000 population (adults 20+ years)

Men, 2021



Age:	20+
Area covered:	National
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 depression per 100,000 population (adults 20+ years)

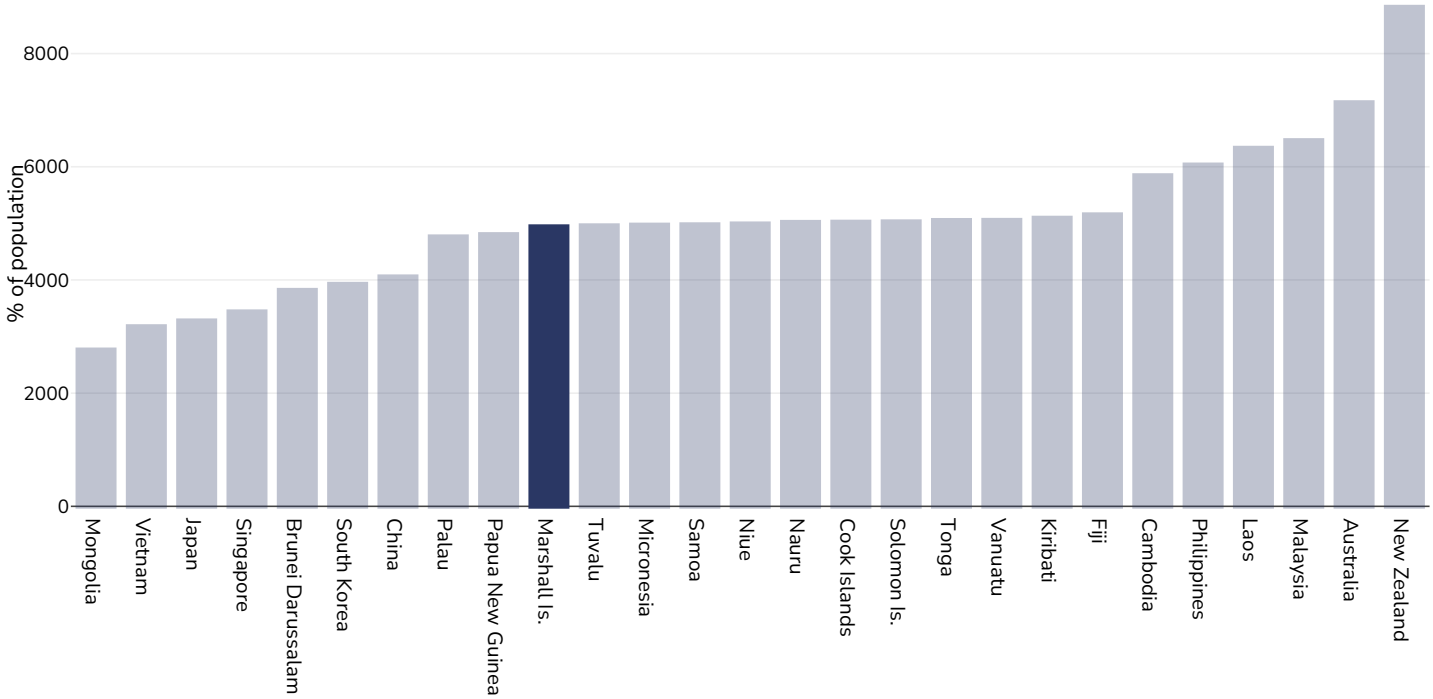
Women, 2021



Age:	20+
Area covered:	National
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 depression per 100,000 population (adults 20+ years)

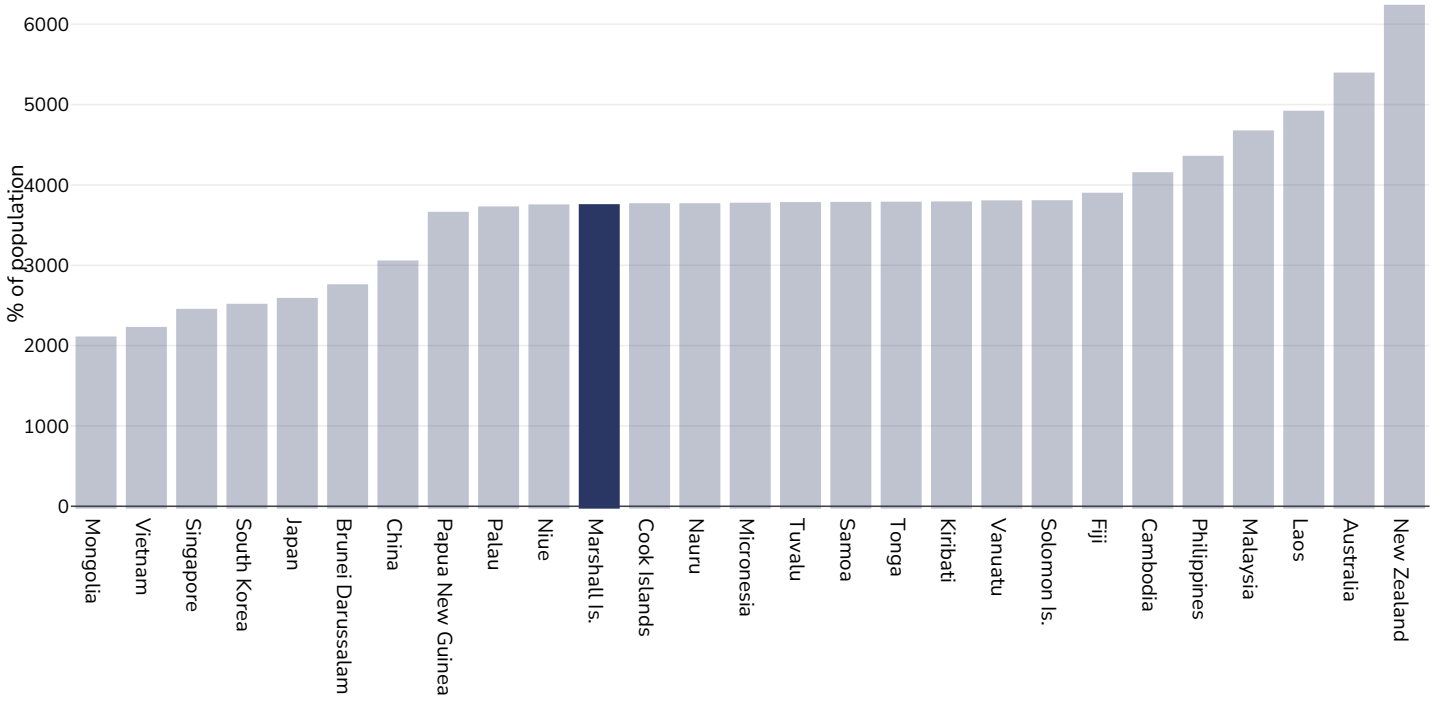
Mental health - anxiety disorders

Adults, 2021



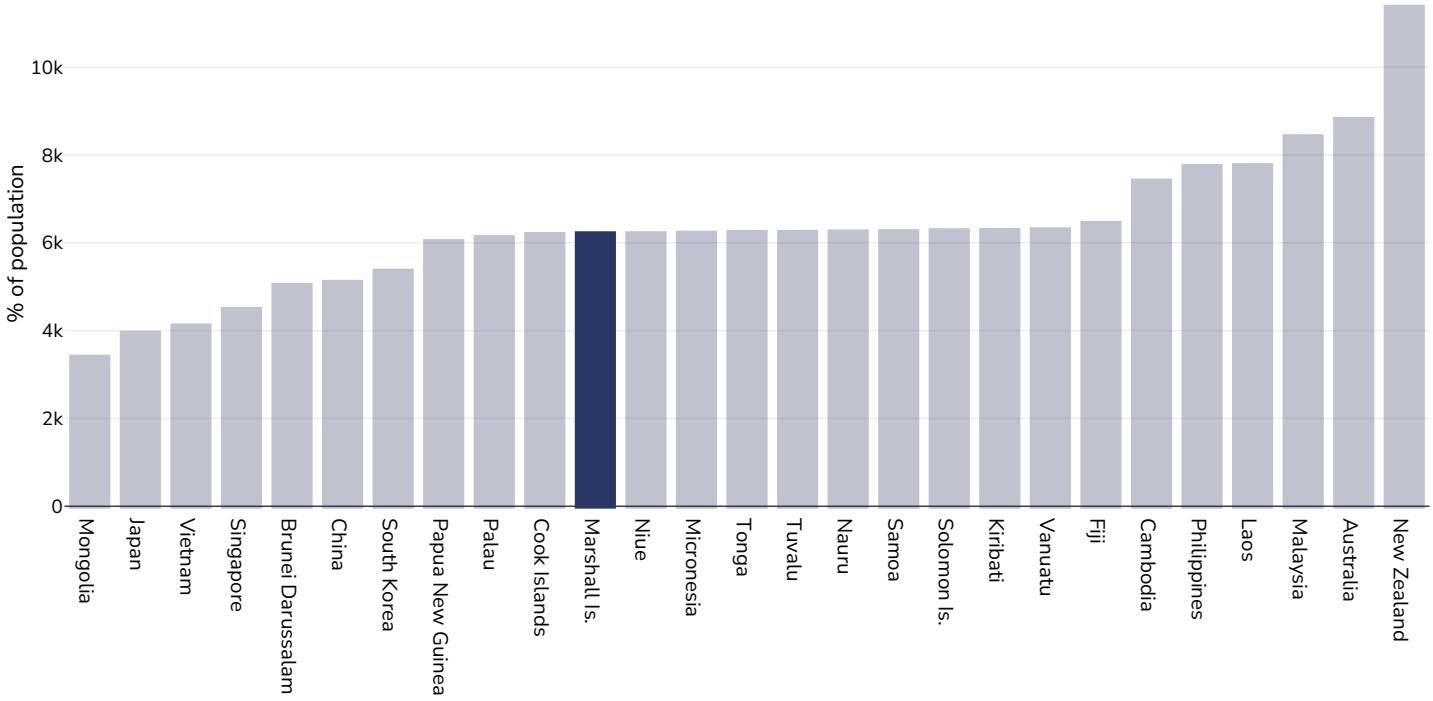
Age:	20+
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from http://vizhub.healthdata.org/gbd-compare. (Last accessed 23.04.25).
Definitions:	Number living with anxiety per 100,000 population

Men, 2021



Age:	20+
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

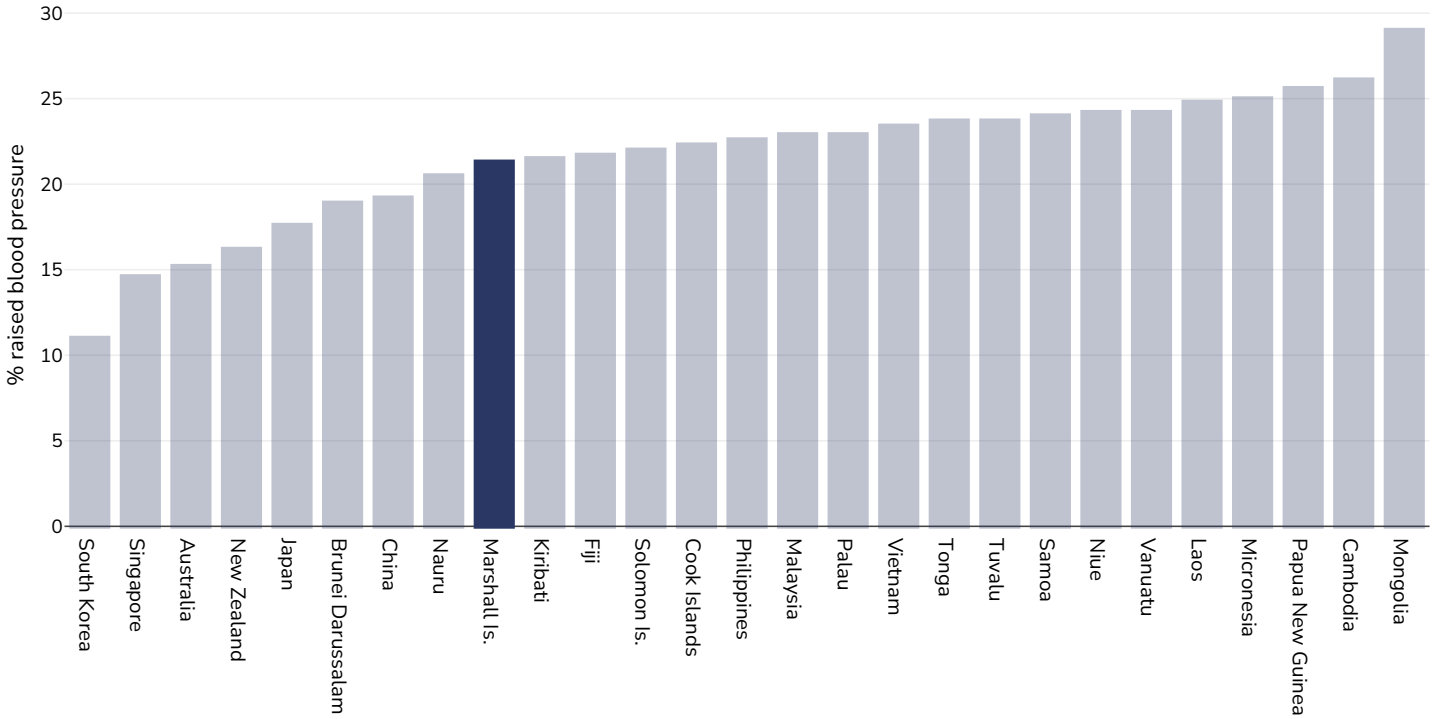
Women, 2021



Age:	20+
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

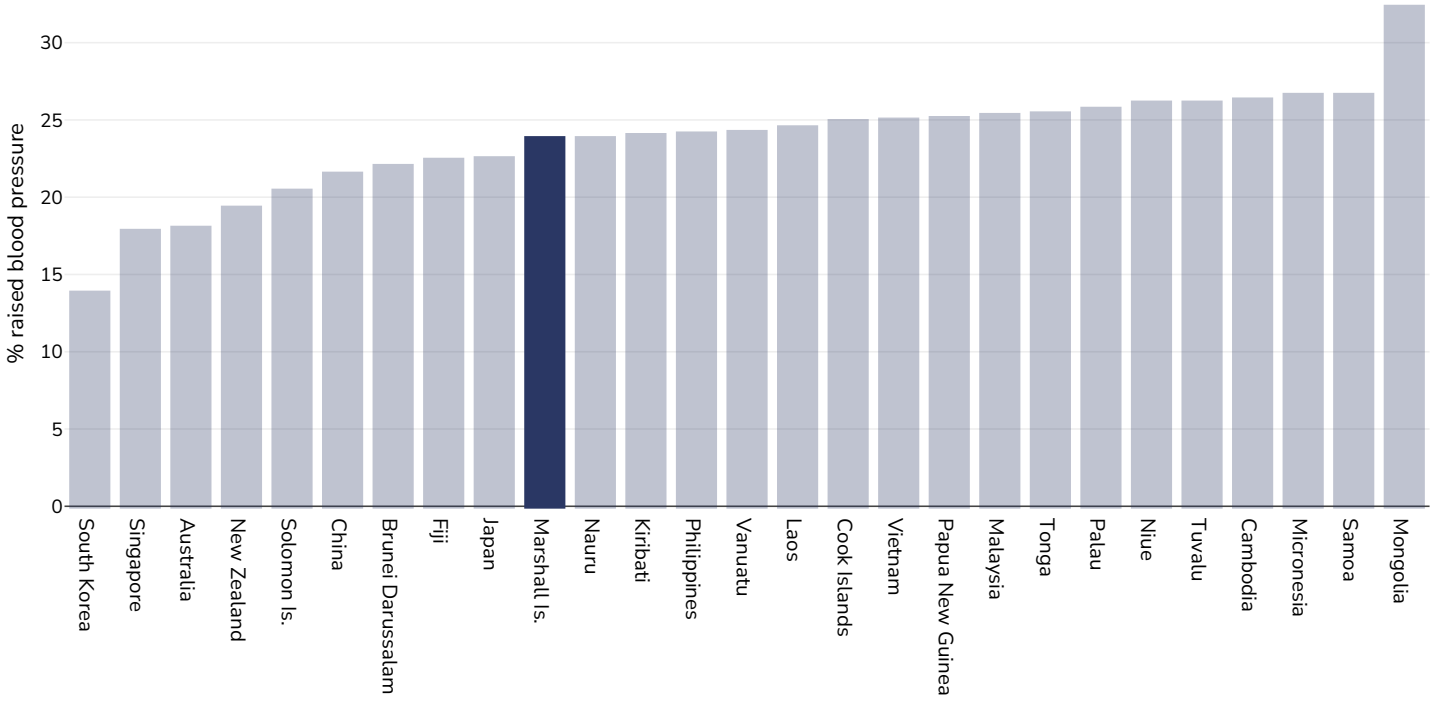
Raised blood pressure

Adults, 2015



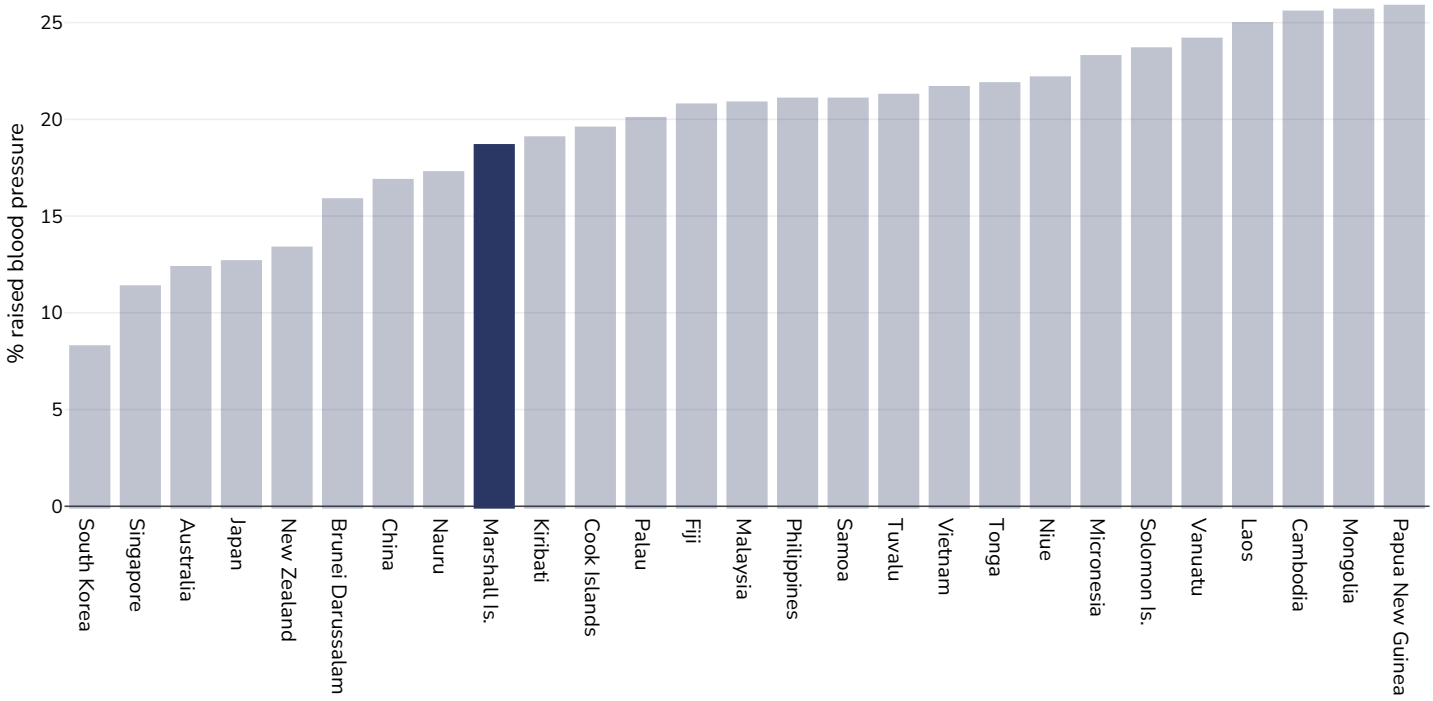
References:	Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A875?lang=en
Definitions:	Age Standardised estimated % Raised blood pressure 2015 (SBP>=140 OR DBP>=90).

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).

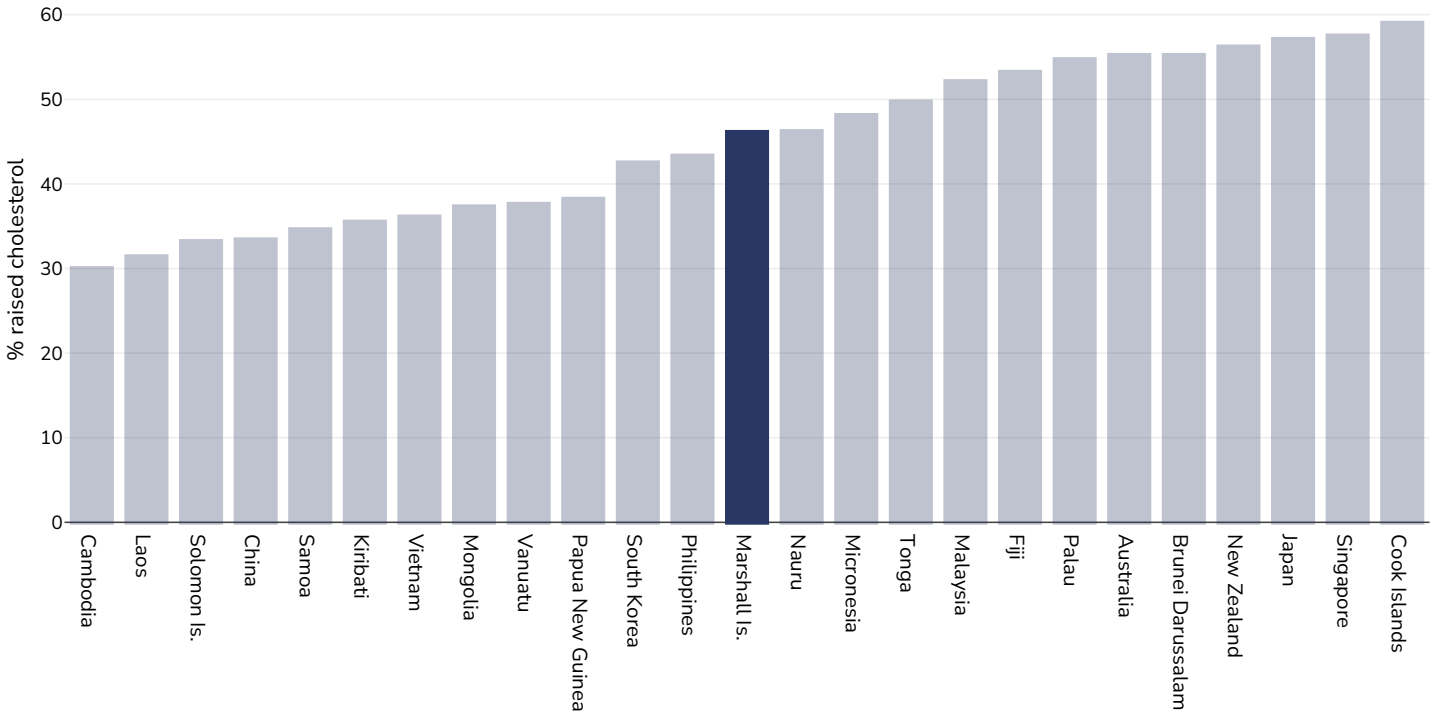
Women, 2015



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).

Raised cholesterol

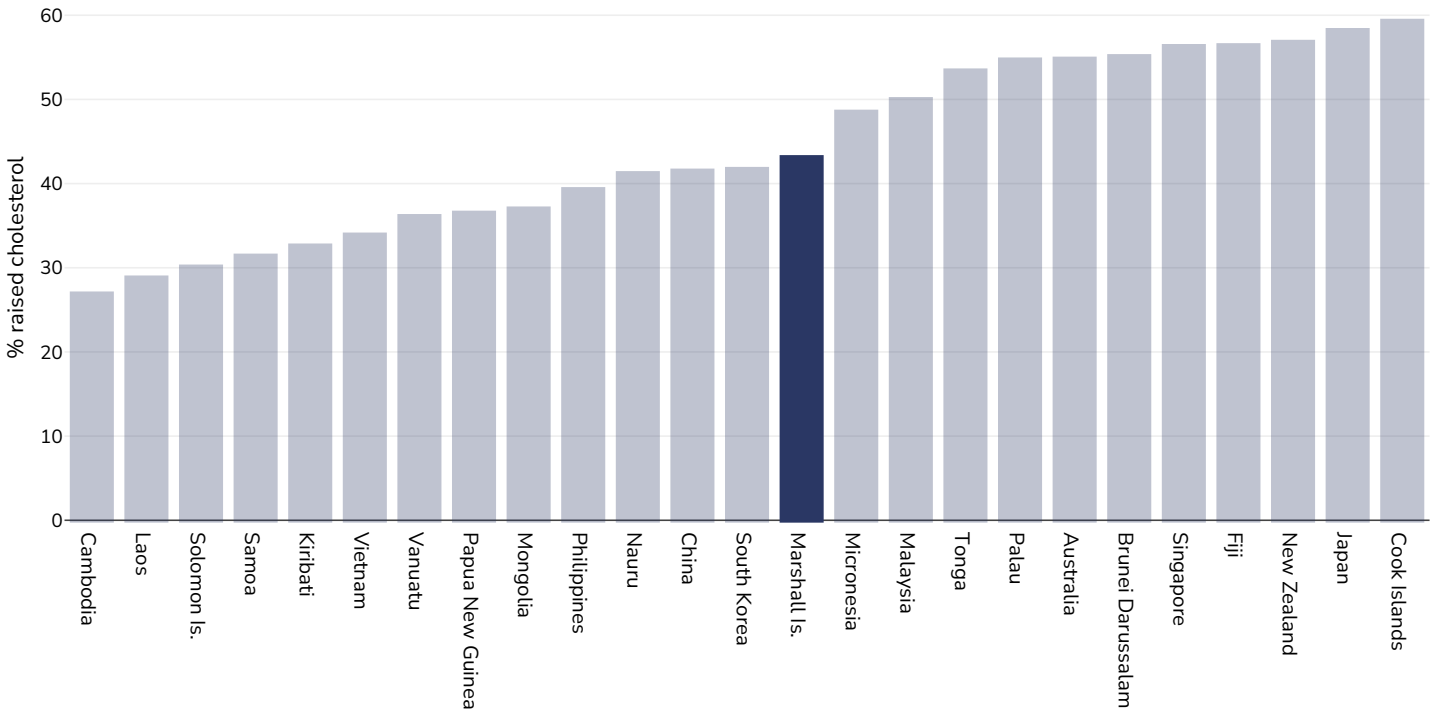
Adults, 2008



References: Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A885

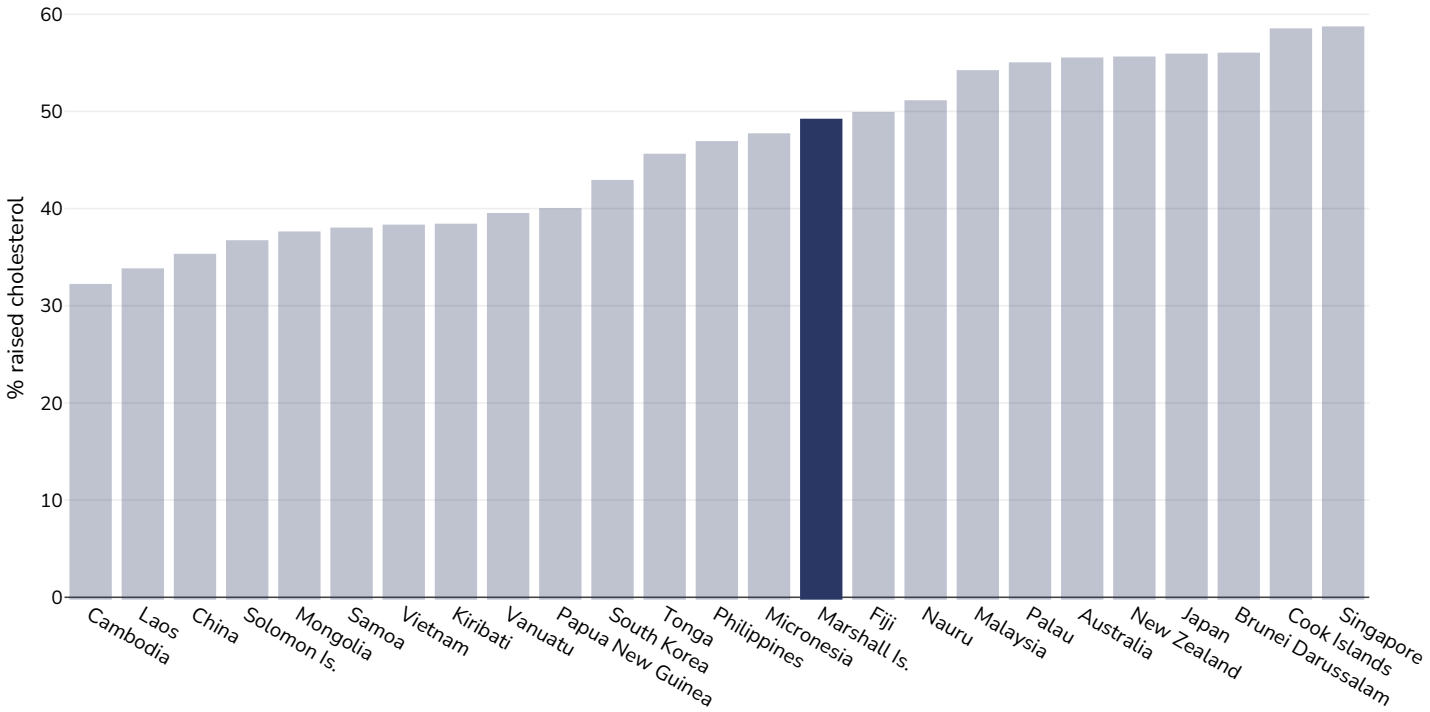
Definitions: % Raised total cholesterol (>= 5.0 mmol/L) (age-standardized estimate).

Men, 2008



References:	Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A885
Definitions:	% Raised total cholesterol (>= 5.0 mmol/L) (age-standardized estimate).

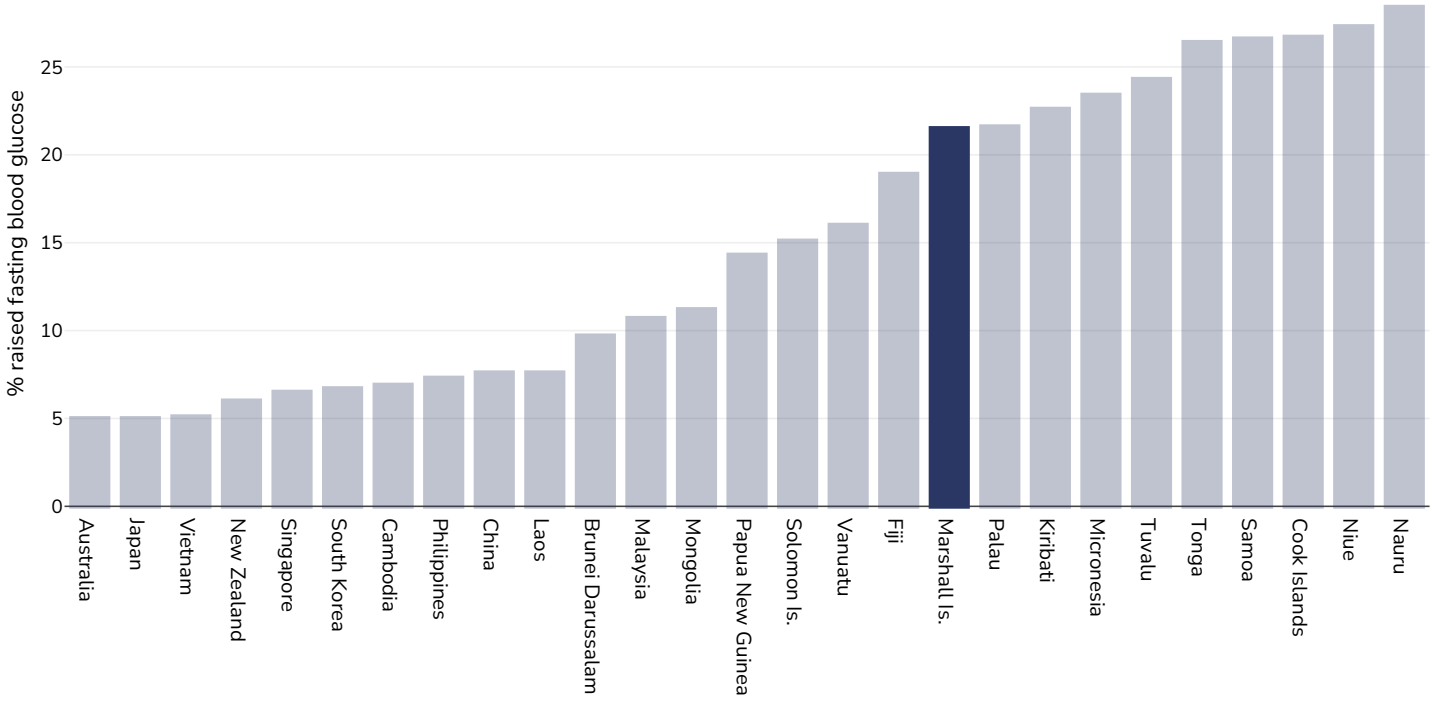
Women, 2008



References:	Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A885
Definitions:	% Raised total cholesterol (>= 5.0 mmol/L) (age-standardized estimate).

Raised fasting blood glucose

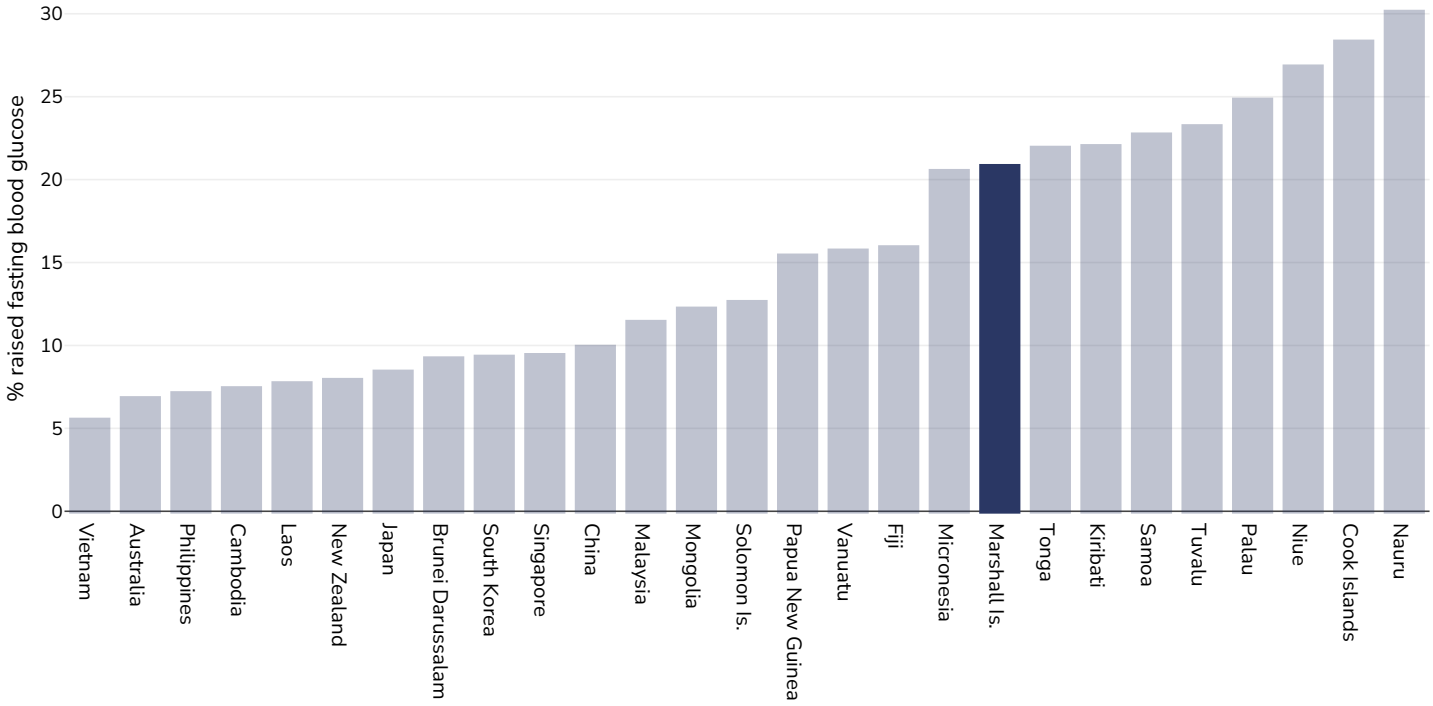
Men, 2014



References: 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).

Women, 2014

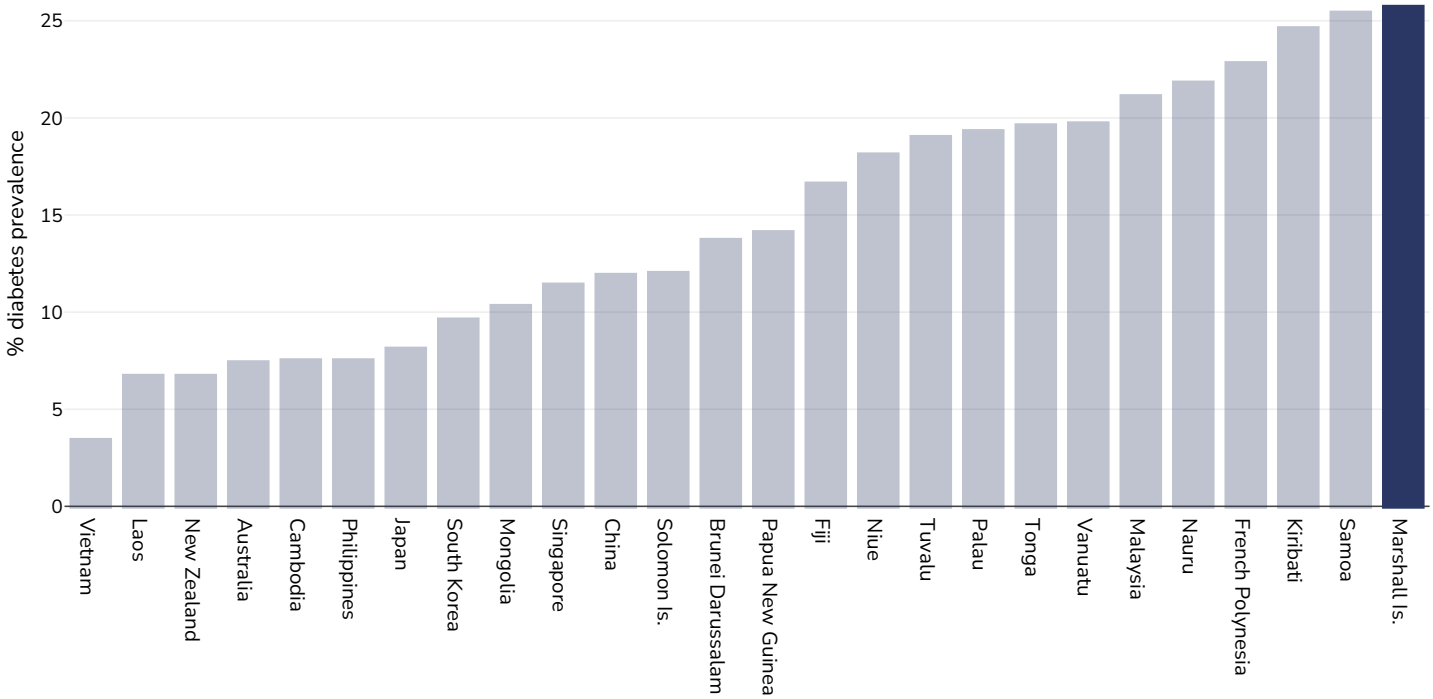


References: Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A869?lang=en

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

PDF created on June 17, 2025