WORLD OBESITY

Palestine

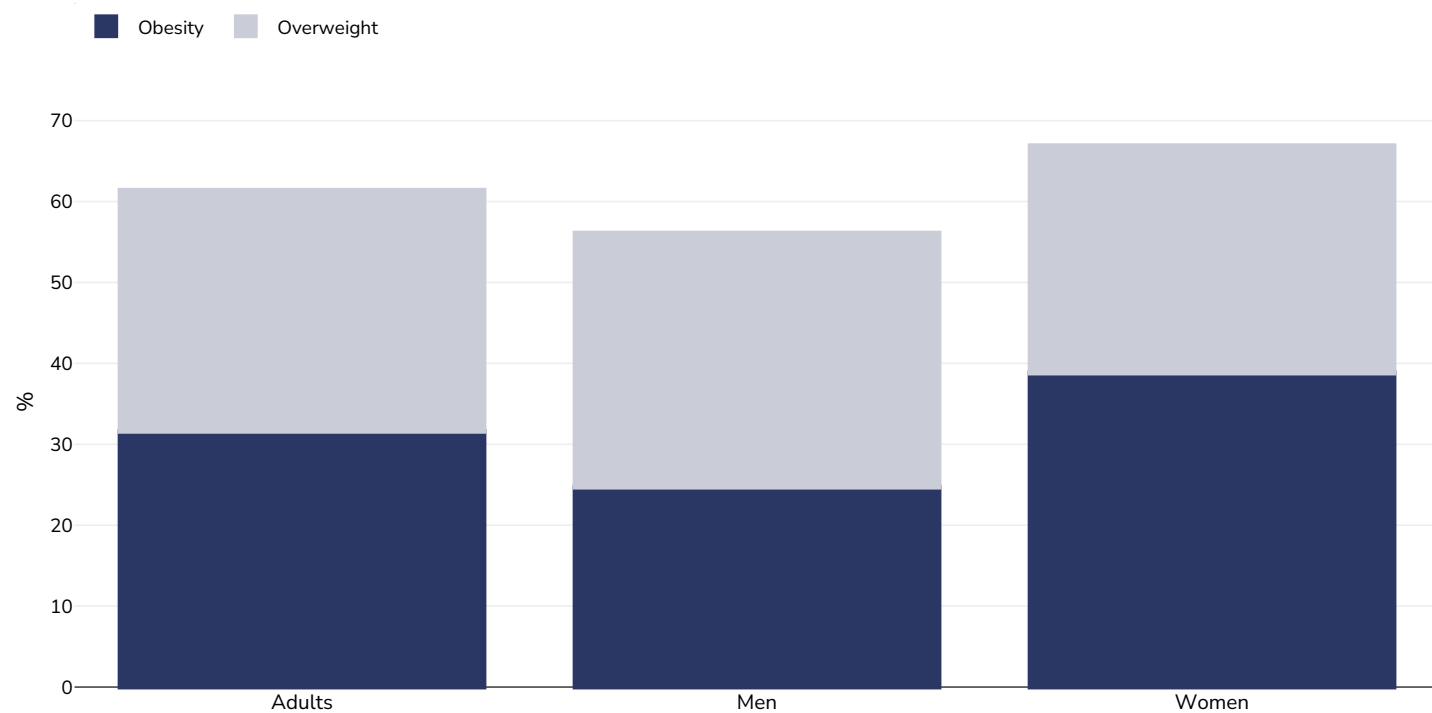## Country report card

Contents	Page

Obesity prevalence

Adults, 2022

Legend: ■ Obesity ■ Overweight

Survey type:	Measured
Age:	18-69
Sample size:	5503
Area covered:	National
References:	Palestine STEPS Survey 2022 Fact Sheet https://www.pniph.org/images/research/steps/fact-sheet_v3.2-palestine.pdf (Accessed 22.09.23)

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

Children, 2017

■ Obesity   ■ Overweight

Survey type:	Measured
Age:	6-12
Sample size:	1320
Area covered:	Regional
References:	Al-Lahham, S., Jaradat, N., Altamimi, M. et al. Prevalence of underweight, overweight and obesity among Palestinian school-age children and the associated risk factors: a cross sectional study. BMC Pediatr 19, 483 (2019). https://doi.org/10.1186/s12887-019-1842-7
Notes:	Region: Nablus
Cutoffs:	CDC

0-5 years, 2019-2020

■ Overweight or obesity

Age:	0-5
Sample size:	5714
References:	MICS: Palestinian Multiple Indicator Cluster Survey 2019-2020, Survey Findings Report, Ramallah, Palestine.
Notes:	UNICEF/WHO/World Bank Joint Child Malnutrition Estimates Expanded Database: Overweight (Survey Estimates), May 2023, New York. For more information about the methodology, please consult https://data.unicef.org/resources/jme-2023-country-consultations/ Percentage of children under 5 years of age falling above 2 standard deviations (moderate and severe) from the median weight-for-height of the reference population.
Definitions:	=>+2SD

Overweight/obesity by education

Women, 2012

Legend: Obesity ▪ Overweight ▪

Survey type:	Measured
Age:	18-50
Sample size:	357
Area covered:	Gaza Strip
References:	Prevalence and predictors of overweight and obesity among women in the Gaza strip-Palestine: a cross-sectional study. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7275345/ (last accessed 06.06.2022)
Notes:	Study population: mothers aged 18-50 who are not pregnant.

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

Children, 2017

■ Obesity   □ Overweight

Survey type:	Measured
Age:	6-12
Sample size:	1320
Area covered:	Nablus
References:	Prevalence of underweight, overweight and obesity among Palestinian school-age children and the associated risk factors: a cross sectional study. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6902423/ (last accessed 06.06.2022)
Notes:	Maternal education level
Cutoffs:	CDC

0-5 years, 2019-2020

■ Overweight or obesity

Sample size:	5714
References:	MICS: Palestinian Multiple Indicator Cluster Survey 2019-2020, Survey Findings Report, Ramallah, Palestine.
Notes:	UNICEF/WHO/World Bank Joint Child Malnutrition Estimates Expanded Database: Overweight (Survey Estimates), May 2023, New York. For more information about the methodology, please consult https://data.unicef.org/resources/jme-2023-country-consultations/ Percentage of children under 5 years of age falling above 2 standard deviations (moderate and severe) from the median weight-for-height of the reference population.
Definitions:	=>+2SD

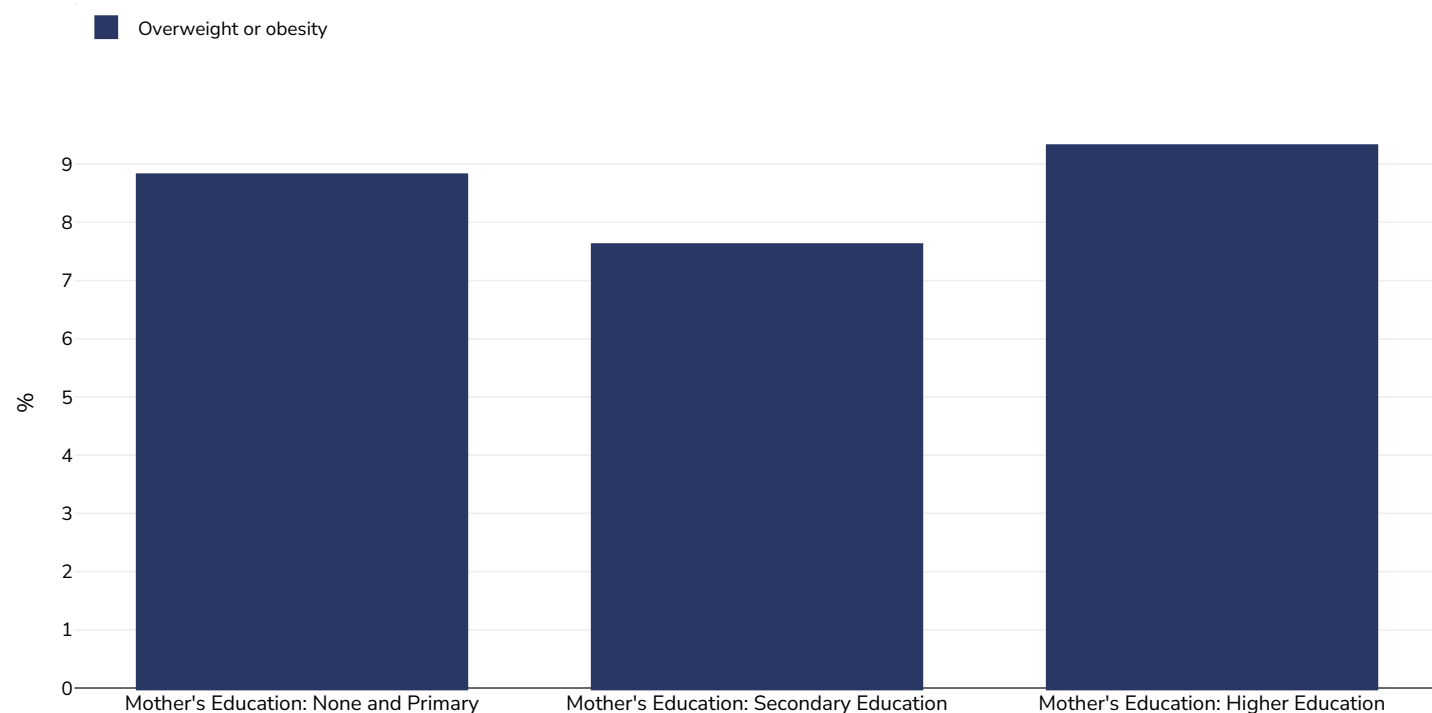# Overweight/obesity by age

Women, 2012

■ Obesity   ■ Overweight
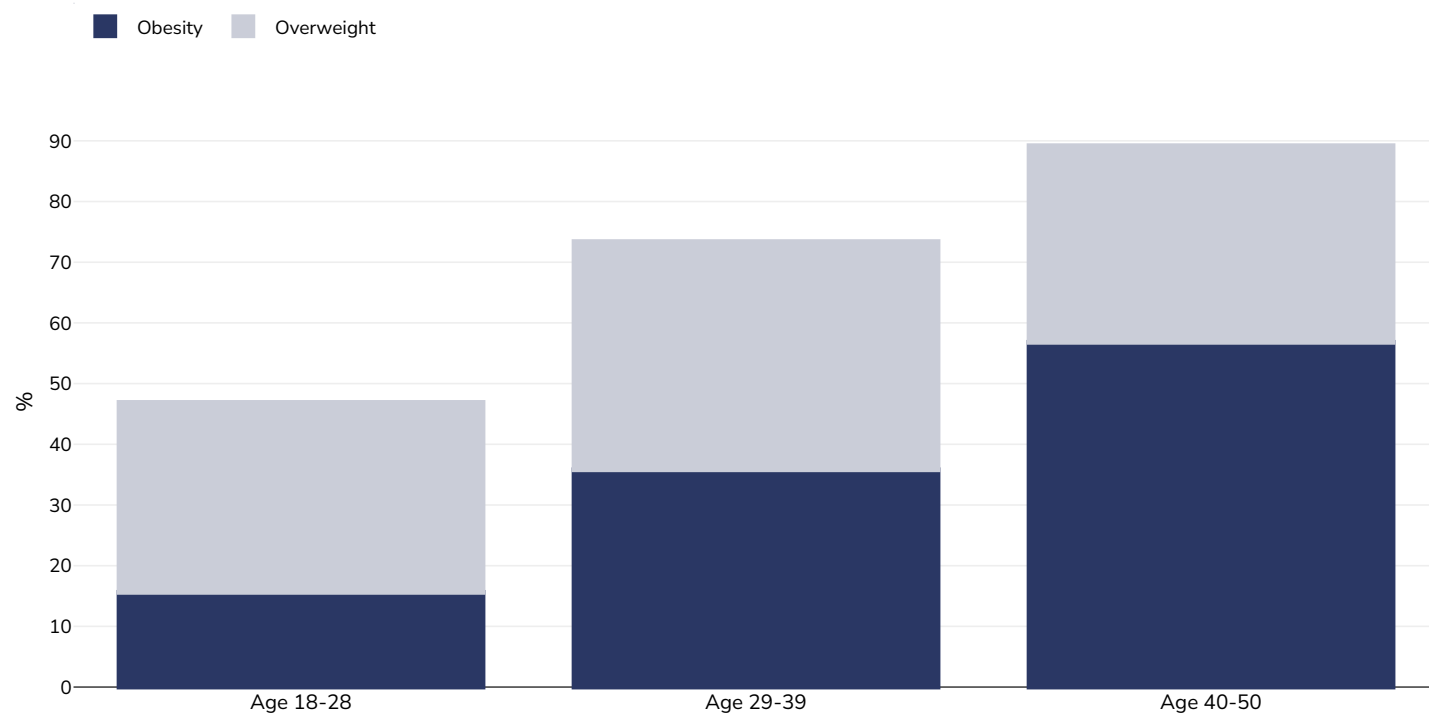
Survey type:	Measured
Sample size:	357
Area covered:	National
References:	El Kishawi, R.R, Soo, K.L, Abed, Y.A, and Wan Muda, W.A.M. 2014. Obesity and overweight: prevalence and associated socio demographic factors among mothers in three different areas in the Gaza Strip-Palestine: a cross-sectional study. BMC Obesity 1(7). DOI: https://doi.org/10.1186/2052-9538-1-7.

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 region

Women, 2012

■ Obesity   ■ Overweight

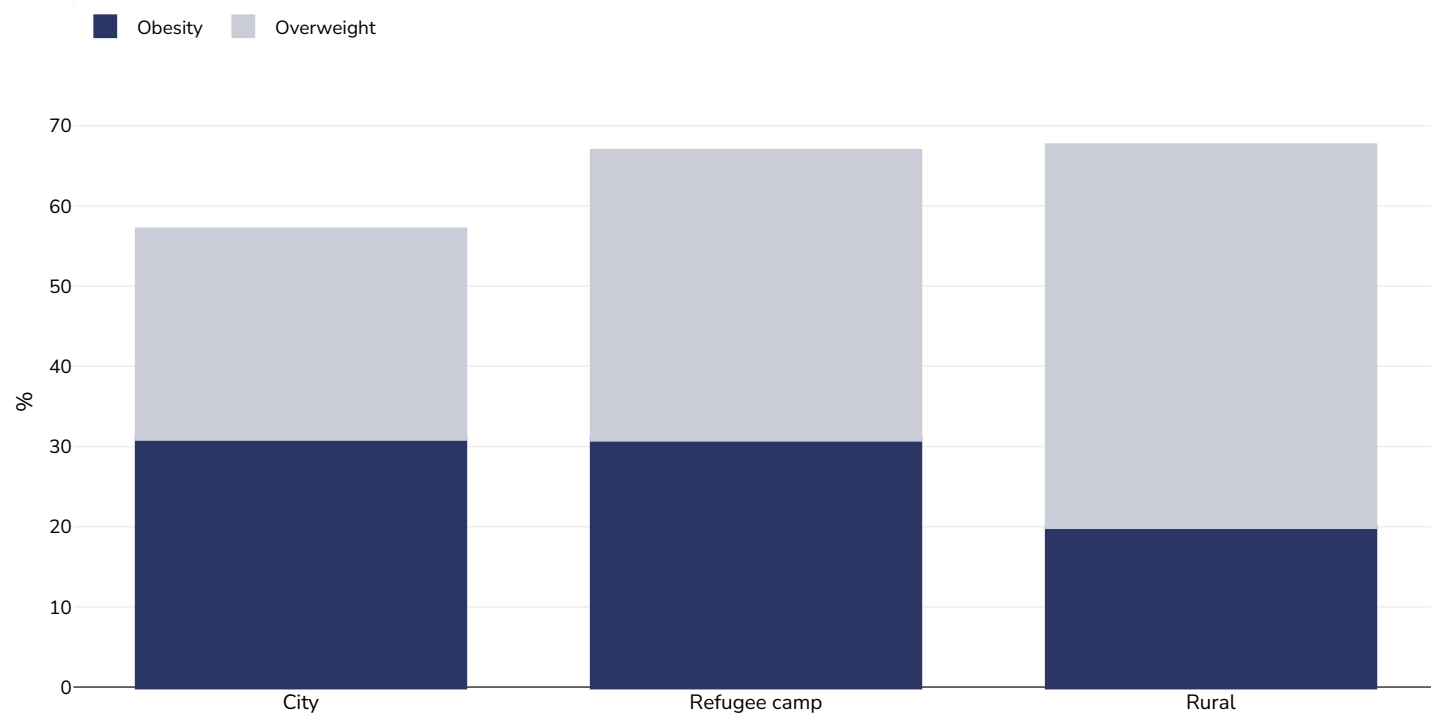| Survey type:	Measured
Age:	18-50
Sample size:	357
Area covered:	National
References:	El Kishawi, R.R, Soo, K.L, Abed, Y.A, and Wan Muda, W.A.M. 2014. Obesity and overweight: prevalence and associated socio demographic factors among mothers in three different areas in the Gaza Strip-Palestine: a cross-sectional study. BMC Obesity 1(7). DOI: https://doi.org/10.1186/2052-9538-1-7.

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

0-5 years, 2019-2020

■ Overweight or obesity

Sample size:	5714
References:	MICS: Palestinian Multiple Indicator Cluster Survey 2019-2020, Survey Findings Report, Ramallah, Palestine.
Notes:	UNICEF/WHO/World Bank Joint Child Malnutrition Estimates Expanded Database: Overweight (Survey Estimates), May 2023, New York. For more information about the methodology, please consult https://data.unicef.org/resources/jme-2023-country-consultations/ Percentage of children under 5 years of age falling above 2 standard deviations (moderate and severe) from the median weight-for-height of the reference population.
Definitions:	=>+2SD

Overweight/obesity by socio-economic group

Women, 2012

■ Obesity ■ Overweight

Survey type:	Measured
Age:	18-50
Sample size:	357
Area covered:	Gaza Strip
References:	Prevalence and predictors of overweight and obesity among women in the Gaza strip-Palestine: a cross-sectional study. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7275345/ (last accessed 06.06.2022)
Notes:	Study population: mothers aged 18-50 who are not pregnant.

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

0-5 years, 2019-2020

■ Overweight or obesity
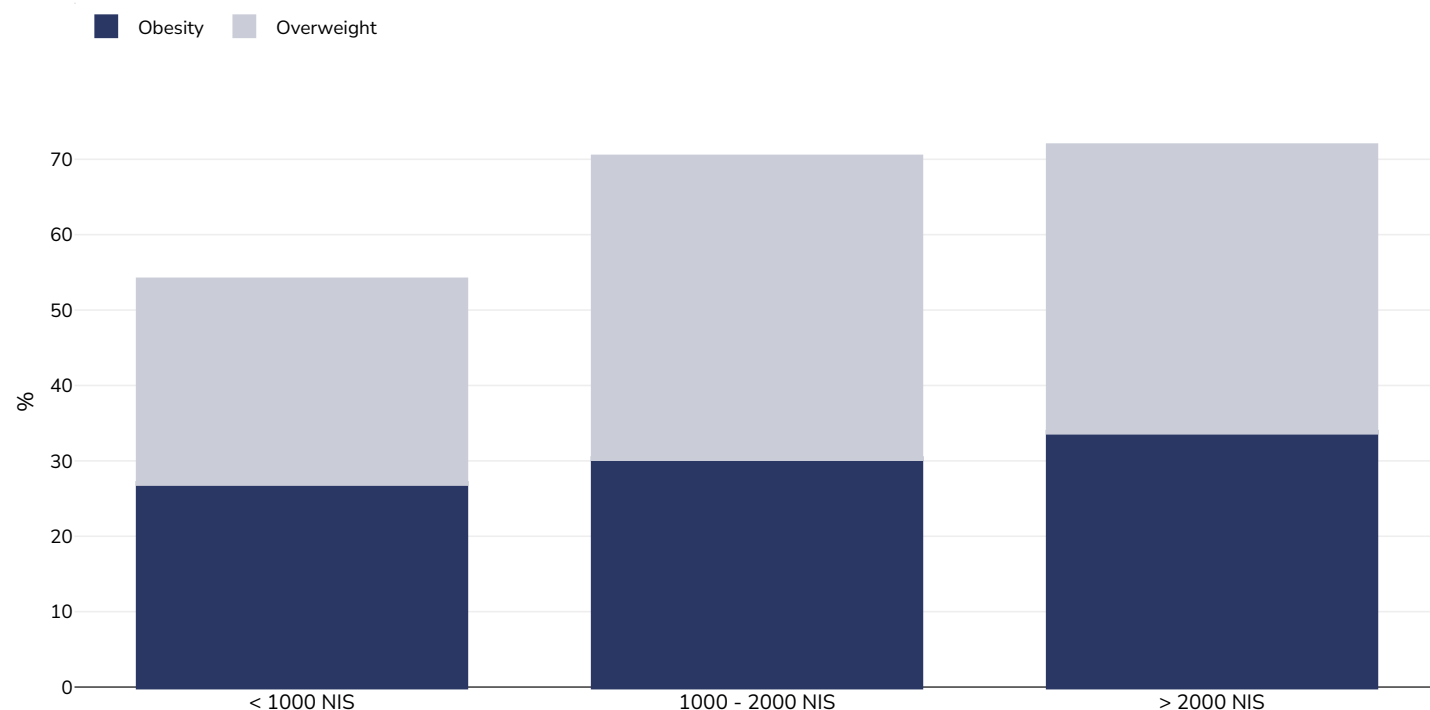

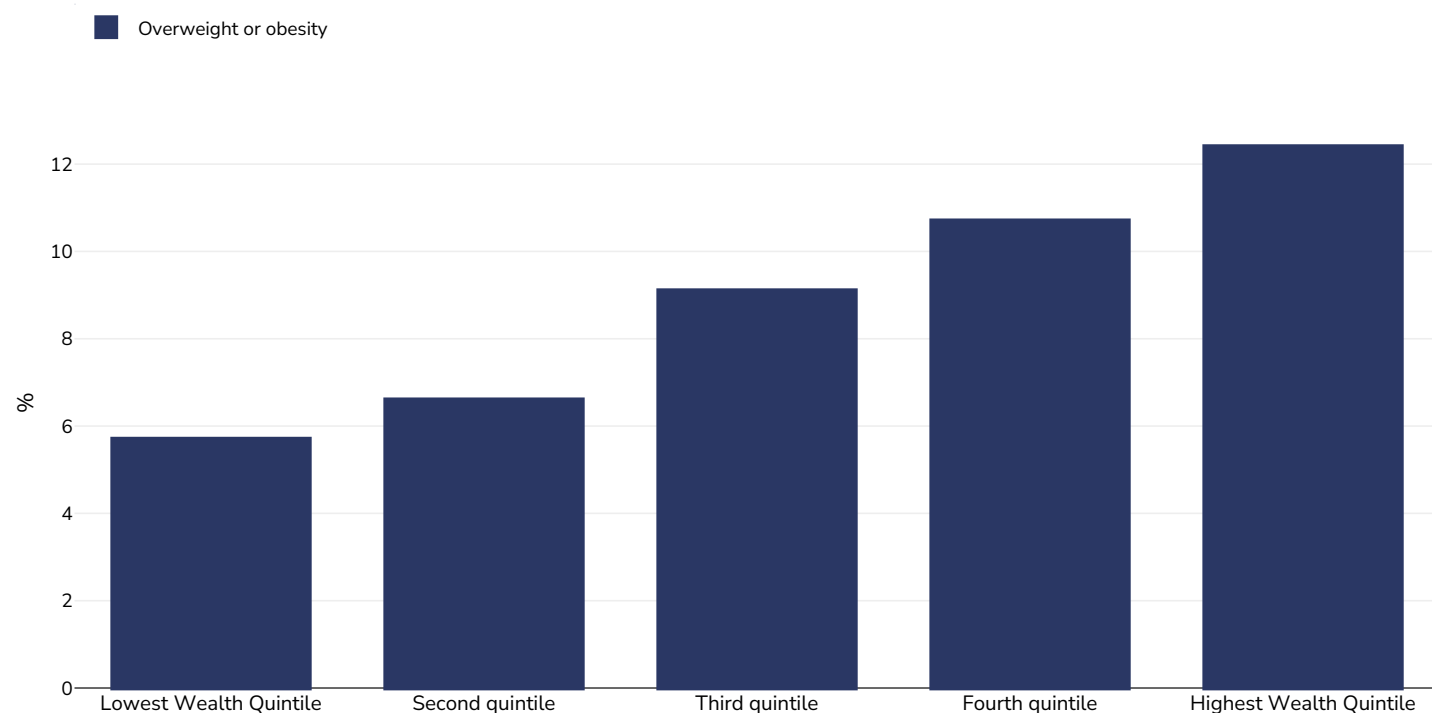| Sample size:	5714
References:	MICS: Palestinian Multiple Indicator Cluster Survey 2019-2020, Survey Findings Report, Ramallah, Palestine.
Notes:	UNICEF/WHO/World Bank Joint Child Malnutrition Estimates Expanded Database: Overweight (Survey Estimates), May 2023, New York. For more information about the methodology, please consult https://data.unicef.org/resources/jme-2023-country-consultations/ Percentage of children under 5 years of age falling above 2 standard deviations (moderate and severe) from the median weight-for-height of the reference population.
Definitions:	=>+2SD

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)

Children, 2022

Survey type:	Measured
Age:	5-19
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 < -2SD and BMI > 2SD (double burden of thinness and obesity)
Cutoffs:	BMI < -2SD and BMI > 2SD

0-5 years, 2019-2020

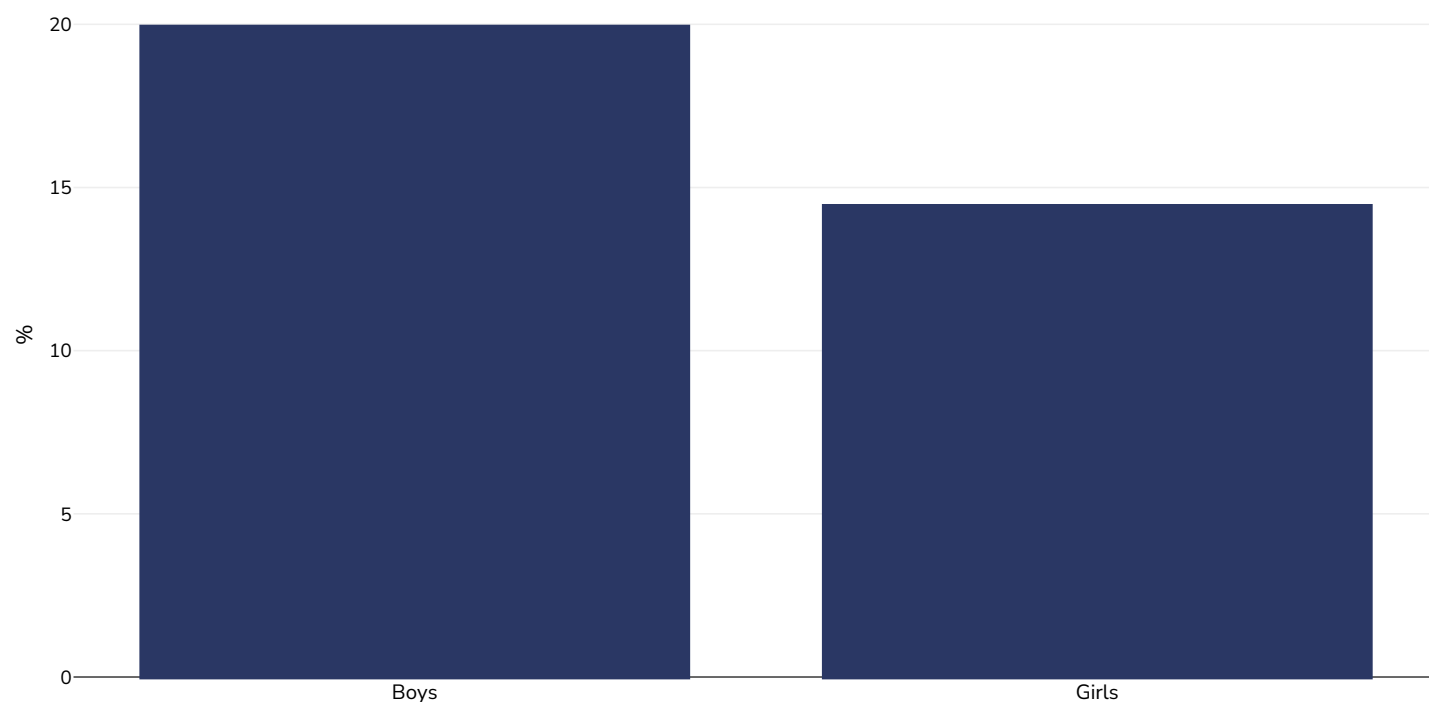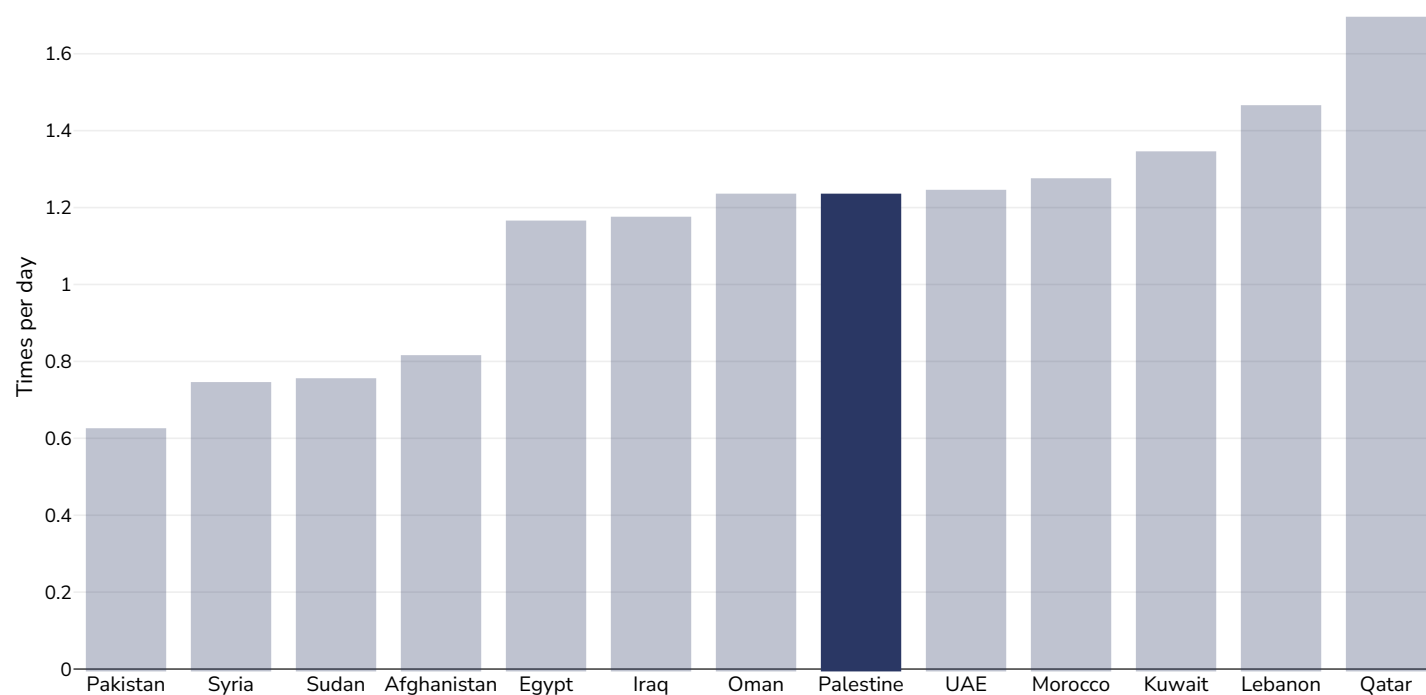| Survey type:	Measured
Age:	0-5
References:	UNICEF data available at https://data.unicef.org/topic/nutrition/malnutrition/(last accessed 12.03.25)
Notes:	Children under 5 falling below -2 standard deviations from the median height for age and falling at or above +2 standard deviations from the median weight-for-height of the reference population

Average daily frequency of carbonated soft drink consumption

Children, 2009-2015

Survey type:	Measured
Age:	12-17
References:	Beal et al. (2019). Global Patterns of Adolescent Fruit, Vegetable, Carbonated Soft Drink, and Fast-food consumption: A meta-analysis of global school-based student health surveys. Food and Nutrition Bulletin. https://doi.org/10.1177/0379572119848287 sourced from Food Systems Dashboard http://www.foodsystemsdashboard.org/food-system

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)

Prevalence of less than daily fruit consumption

Children, 2008-2015
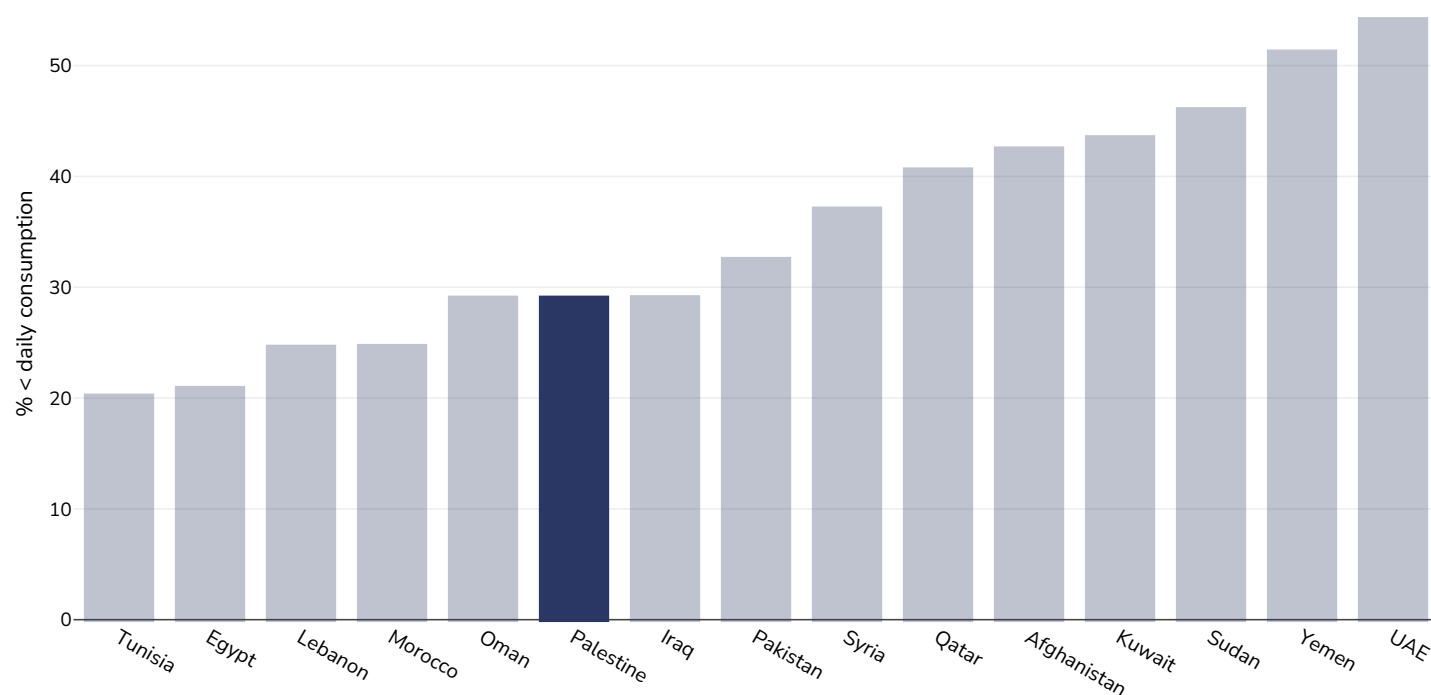
Survey type:	Measured
Age:	12-17
References:	Global School-based Student Health Surveys. Beal et al (2019). Global Patterns of Adolescent Fruit, Vegetable, Carbonated Soft Drink, and Fast-food consumption: A meta-analysis of global school-based student health surveys. Food and Nutrition Bulletin. https://doi.org/10.1177/0379572119848287. Sourced from Food Systems Dashboard http://www.foodsystemsdashboard.org/food-system
Definitions:	Prevalence of less-than-daily fruit consumption (% less-than-daily fruit consumption)

Prevalence of less than daily vegetable consumption

Children, 2008-2015

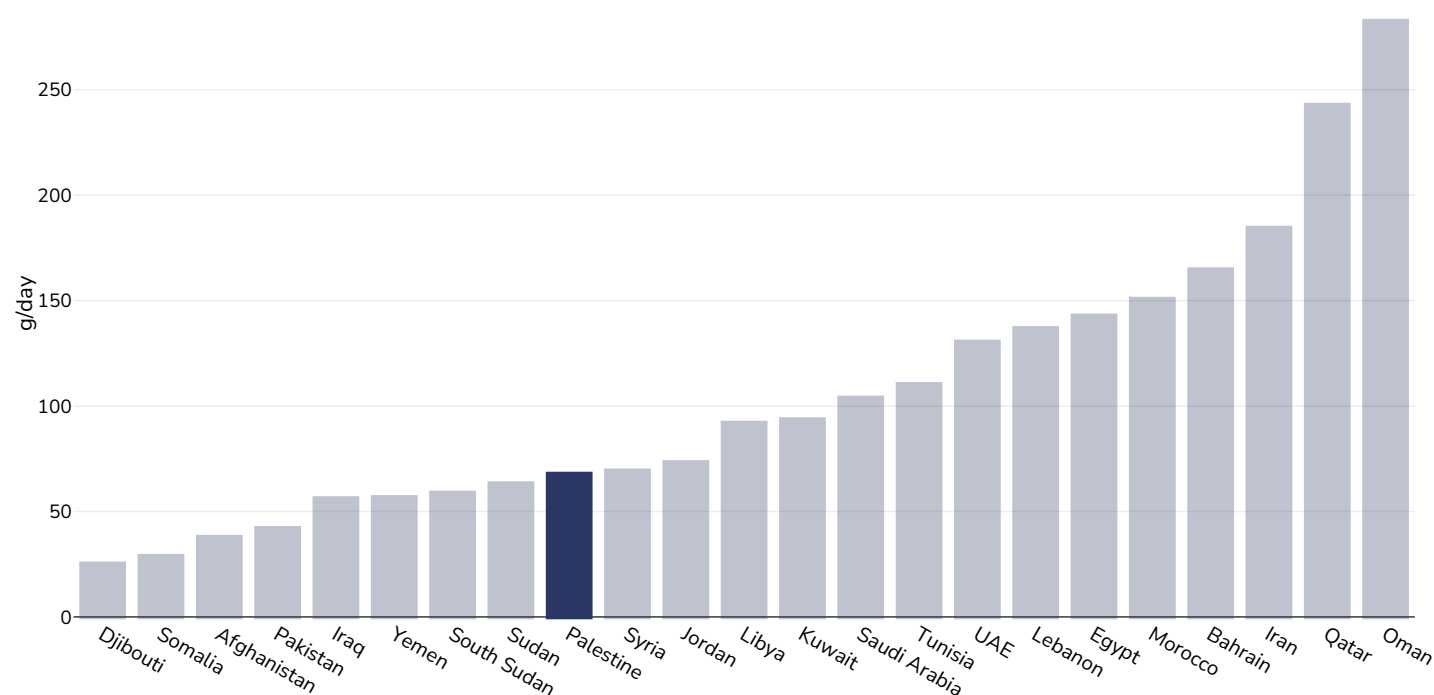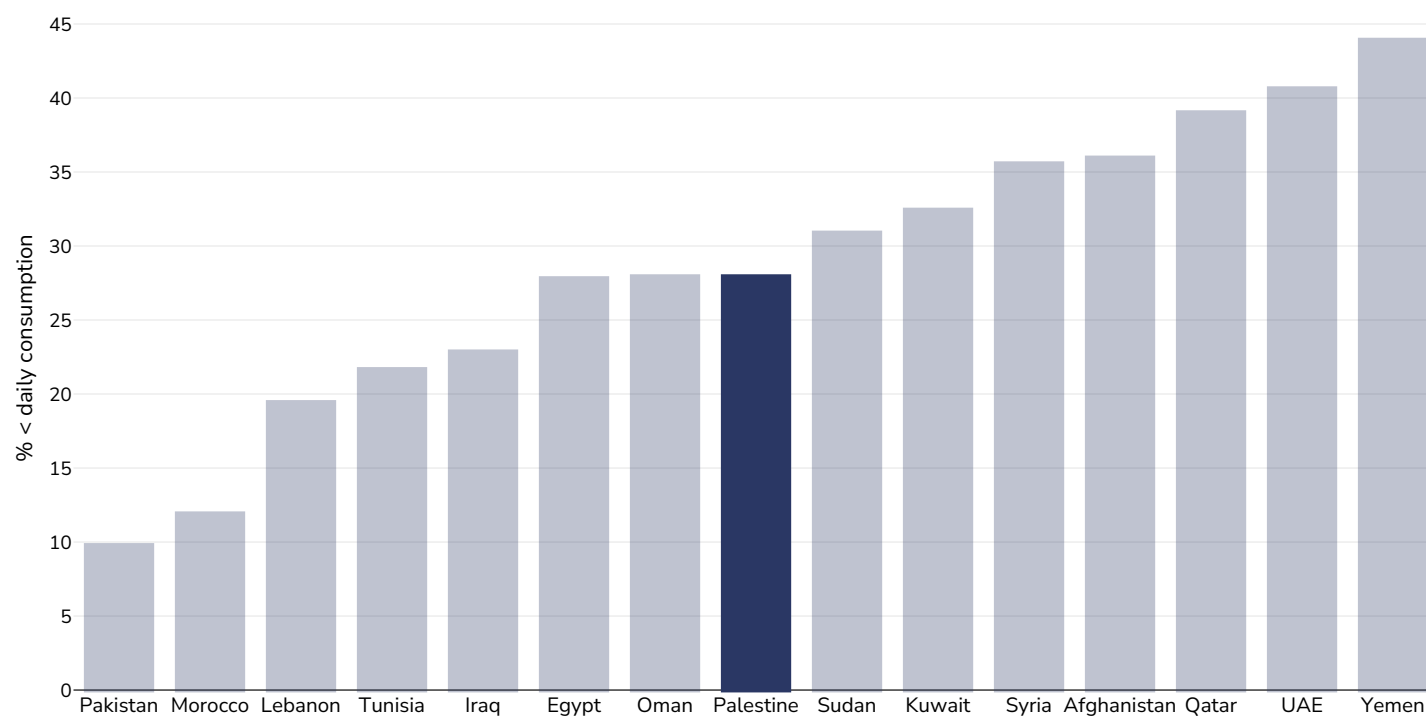| Survey type:	Measured
Age:	12-17
References:	Beal et al. (2019). Global Patterns of Adolescent Fruit, Vegetable, Carbonated Soft Drink, and Fast-food consumption: A meta-analysis of global school-based student health surveys. Food and Nutrition Bulletin. https://doi.org/10.1177/0379572119848287 sourced from Food Systems Dashboard http://www.foodsystemsdashboard.org/food-system
Definitions:	Prevalence of less-than-daily vegetable consumption (% less-than-daily vegetable consumption)

Average weekly frequency of fast food consumption

Children, 2009-2015

Times per week

2.5	
2	
1.5	
1	
0.5	
0	

Pakistan Syria Sudan Morocco Egypt Oman Palestine Iraq Lebanon Afghanistan UAE Kuwait Qatar
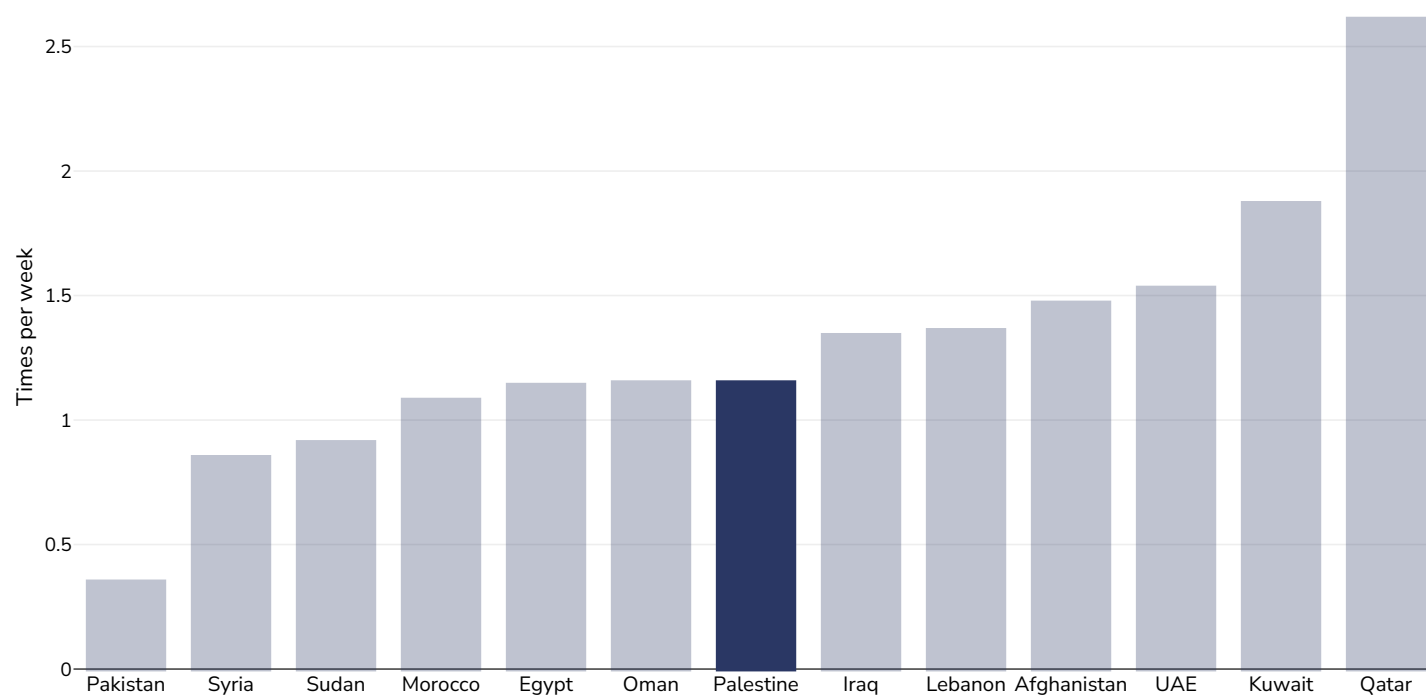
Age: 12-17

References: Beal et al. (2019). Global Patterns of Adolescent Fruit, Vegetable, Carbonated Soft Drink, and Fast-food consumption: A meta-analysis of global school-based student health surveys. Food and Nutrition Bulletin. https://doi.org/10.1177/0379572119848287 sourced from Food Systems Dashboard http://www.foodsystemsdashboard.org/food-system

Estimated per-capita processed meat intake

Adults, 2017
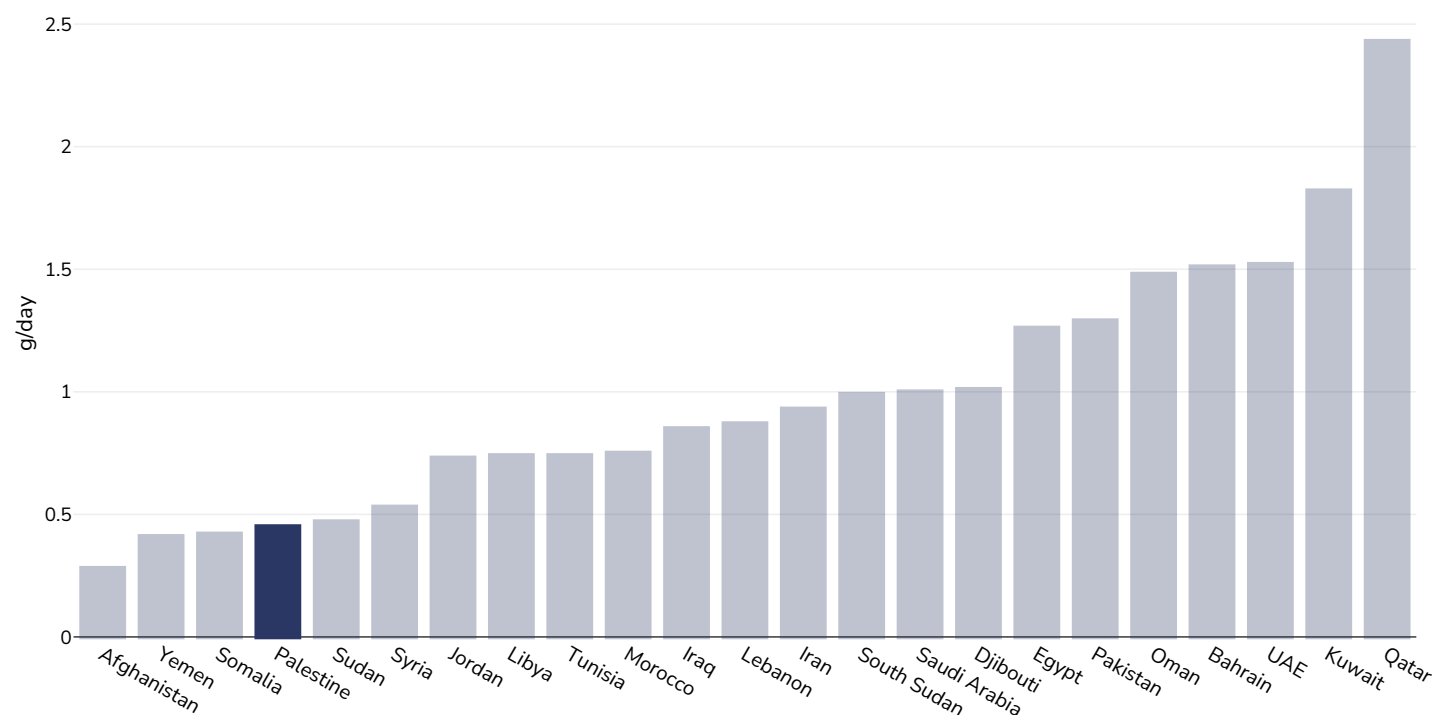
Survey type:	Measured
Age:	25+
References:	Global Burden of Disease, the Institute for Health Metrics and Evaluation http://ghdx.healthdata.org/
Definitions:	Estimated per-capita processed meat intake (g per day)

Estimated per capita whole grains intake

Adults, 2017
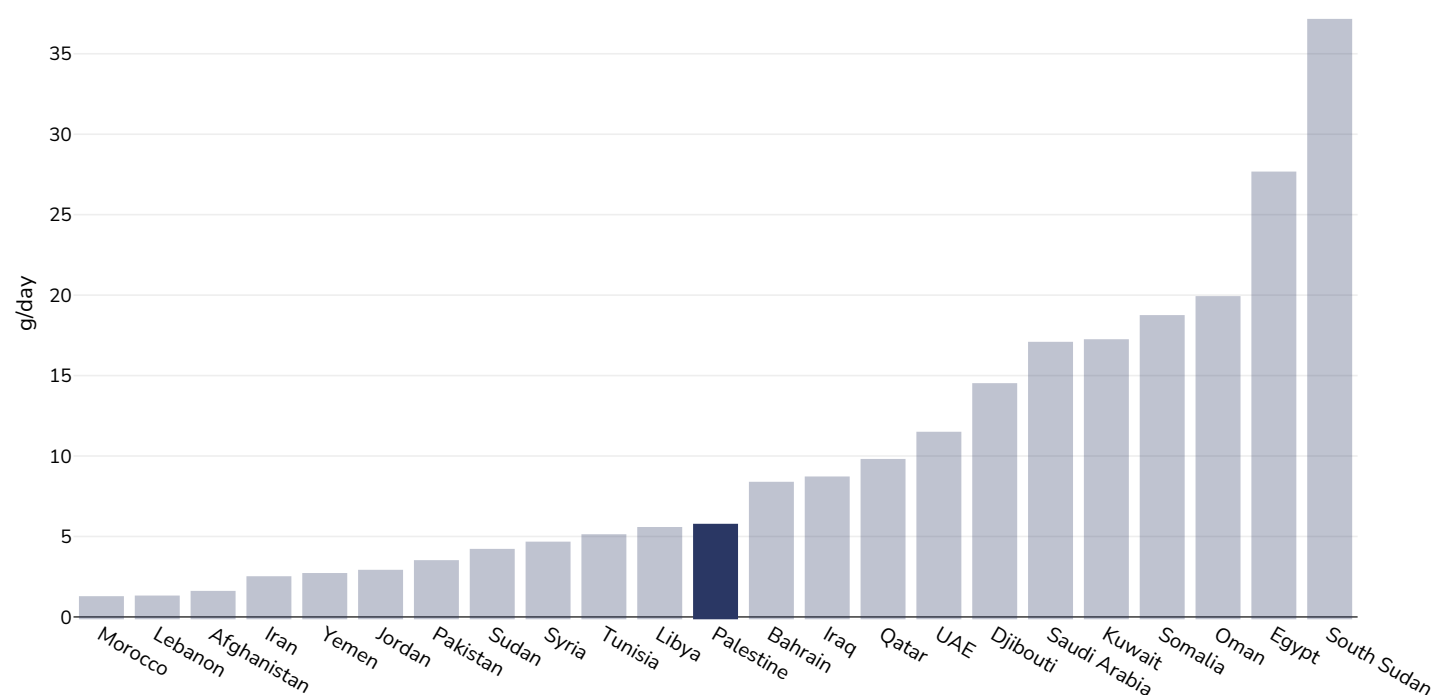
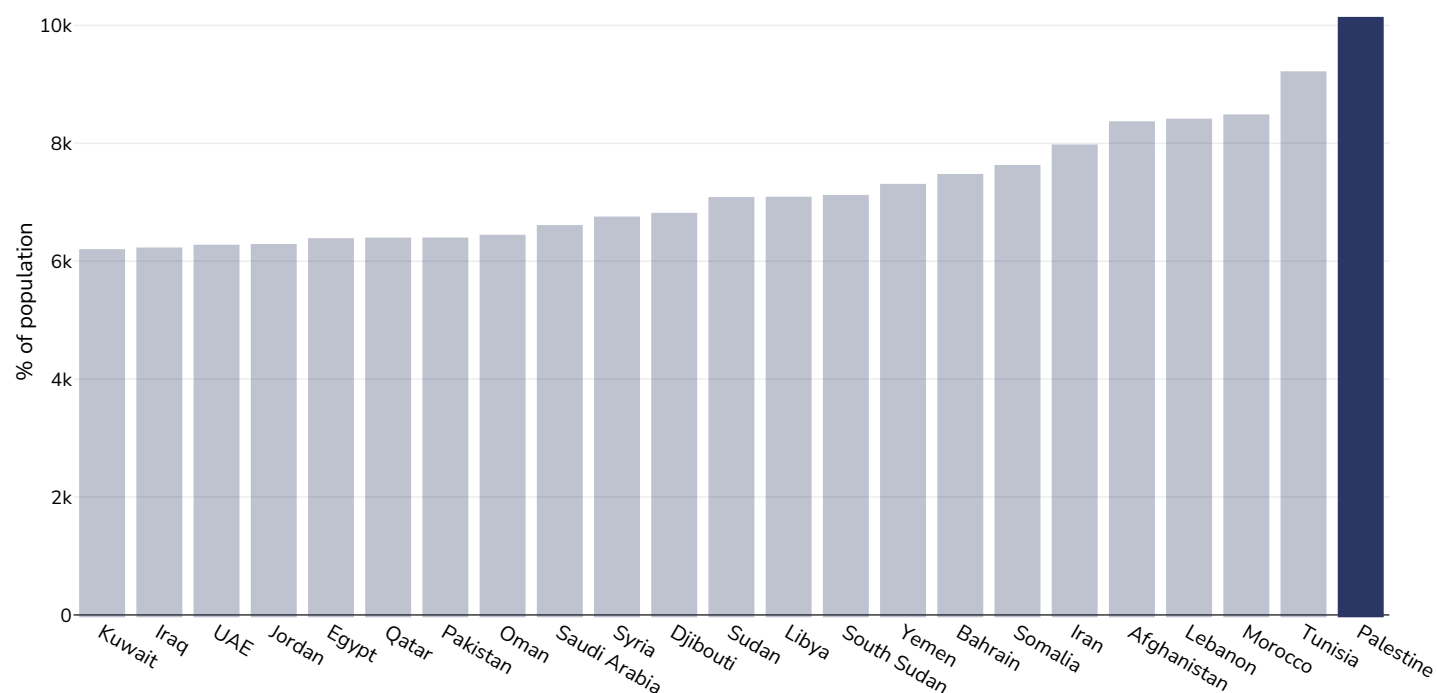| Survey type:	Measured
Age:	25+
References:	Global Burden of Disease, the Institute for Health Metrics and Evaluation http://ghdx.healthdata.org/
Definitions:	Estimated per-capita whole grains intake (g/day)

Mental health - depression disorders

Adults, 2021

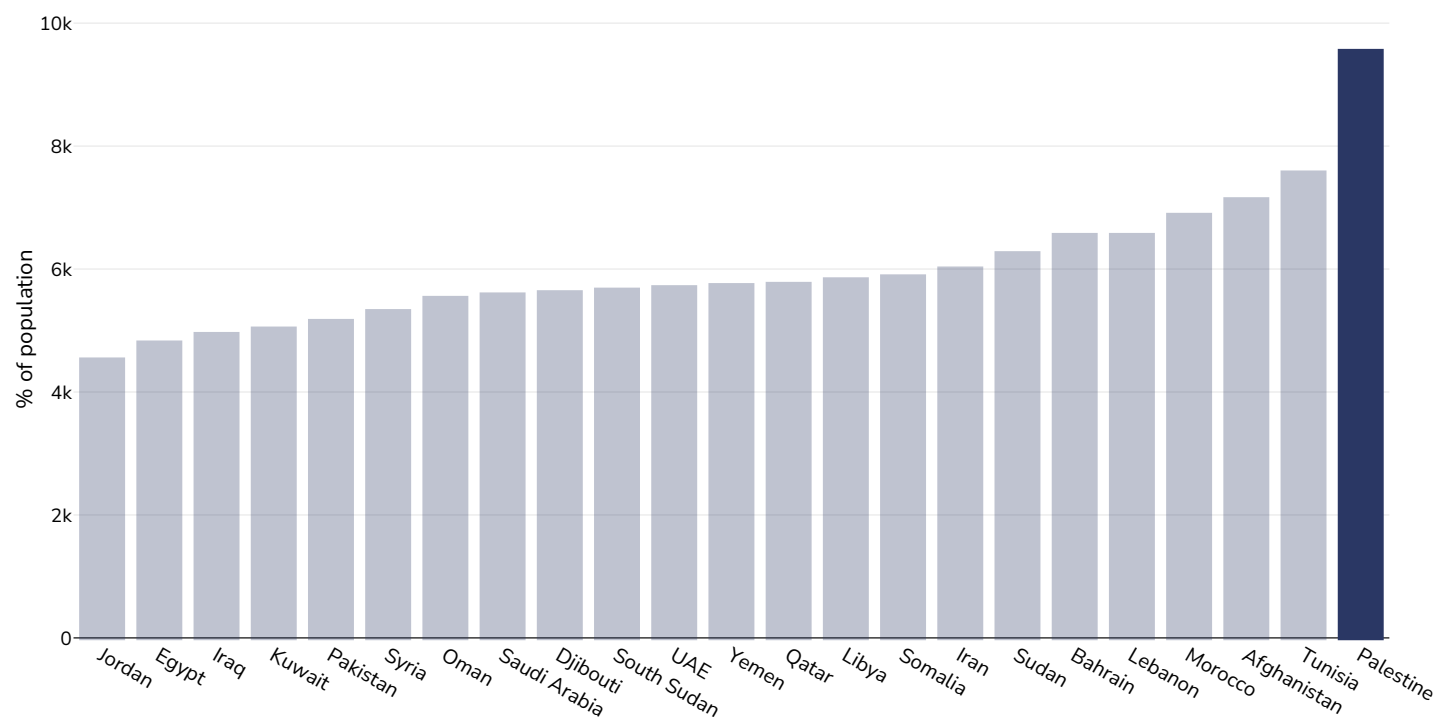|	
Age:	20+
Area covered:	National
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from http://vizhub.healthdata.org/gbd-compare. (Last accessed 23.04.25)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

Men, 2021

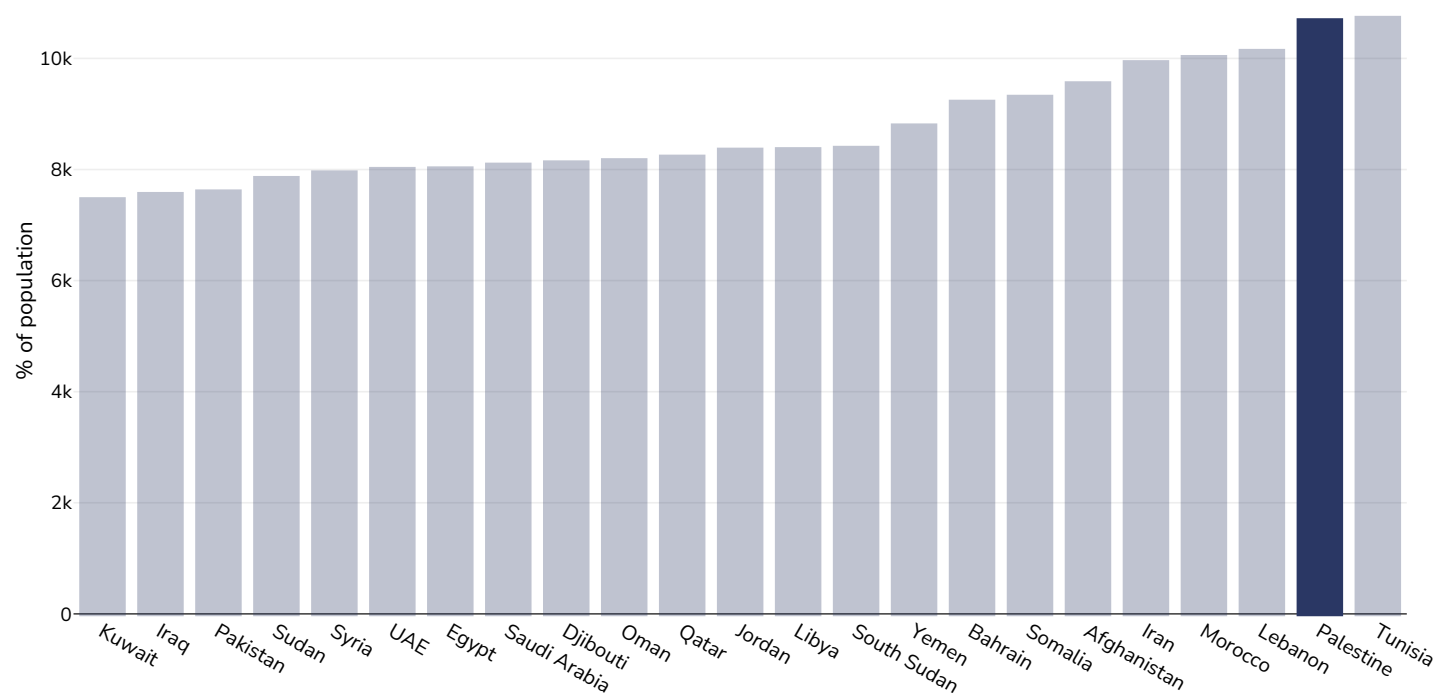| Age:	20+
Area covered:	National
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from http://vizhub.healthdata.org/gbd-compare. (Last accessed 23.04.25)
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)

Children, 2021

Bar chart titled "Children, 2021" showing % of population (y-axis from 0 to 3000) by country. Countries from left to right: Pakistan, South Sudan, Djibouti, Somalia, Qatar, Iraq, Kuwait, Yemen, Oman, Egypt, UAE, Sudan, Saudi Arabia, Afghanistan, Iran, Jordan, Libya, Morocco, Bahrain, Syria, Lebanon, Palestine, Tunisia. Palestine is highlighted in dark blue.
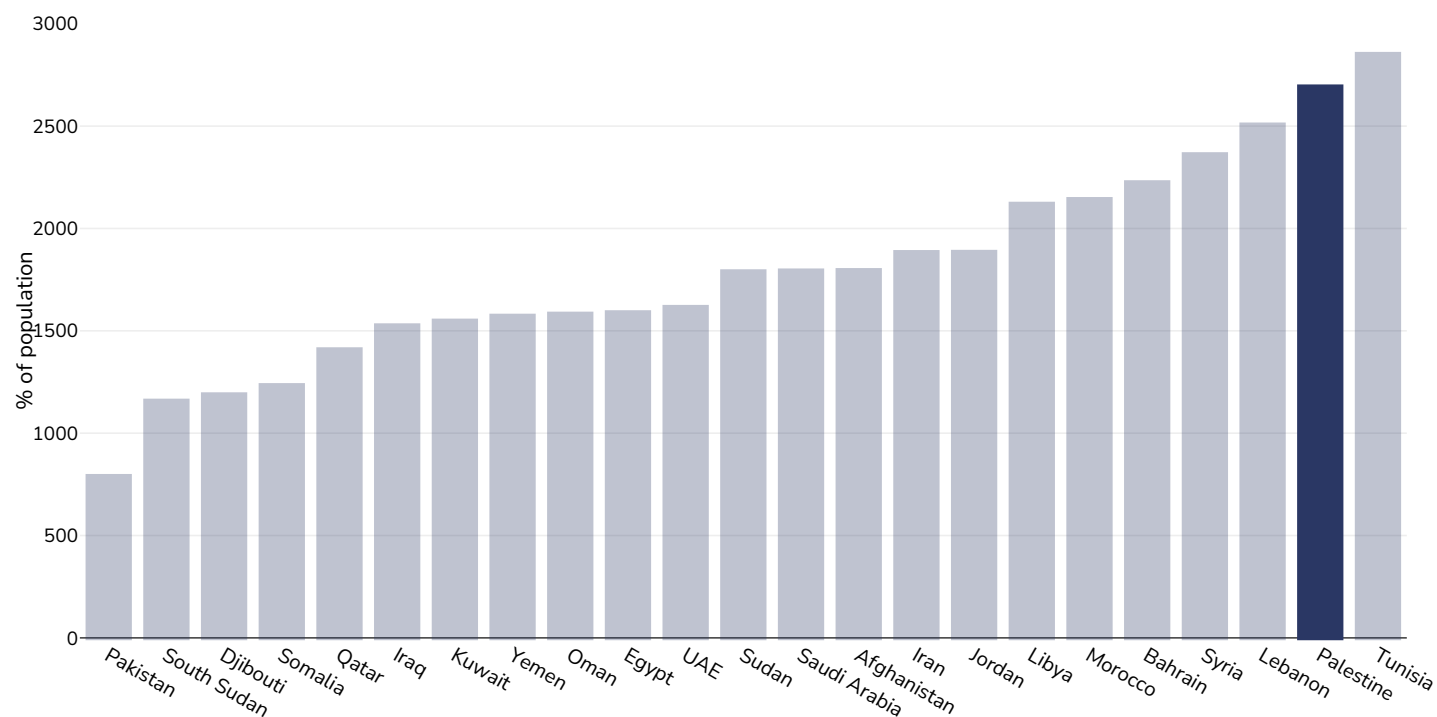
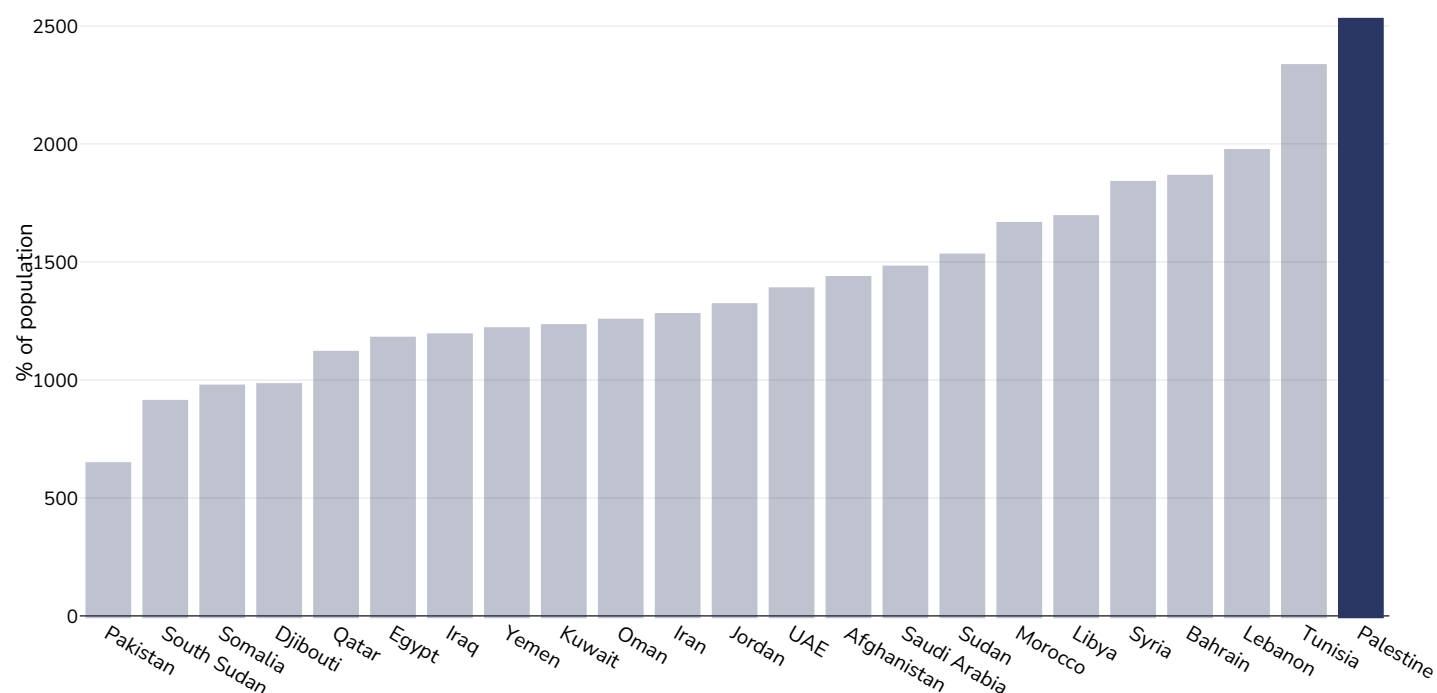| Area covered:	National
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from http://vizhub.healthdata.org/gbd-compare. (Last accessed 23.04.25)
Definitions:	Number living with depressive disorder per 100,000 population (Under 20 years of age)

Boys, 2021

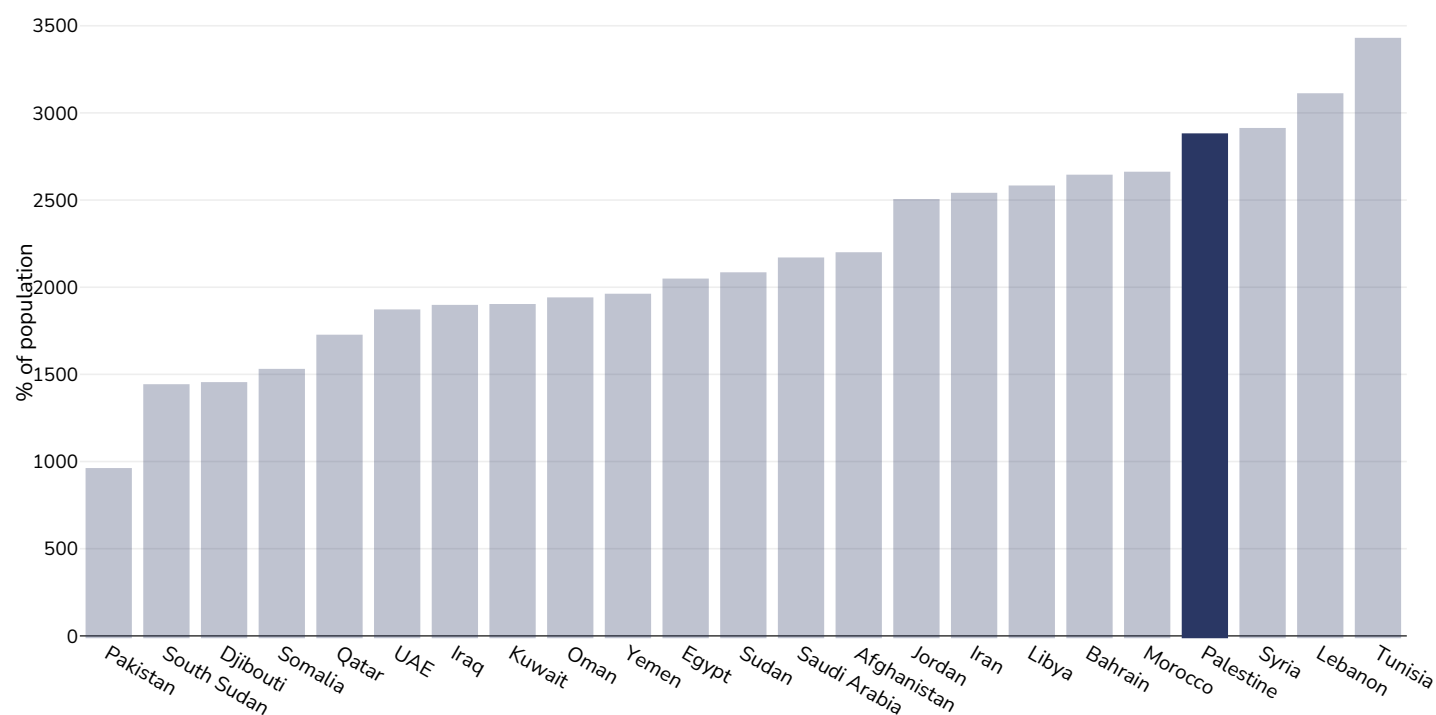| Area covered:	National
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from http://vizhub.healthdata.org/gbd-compare. (Last accessed 23.04.25)
Definitions: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

Girls, 2021

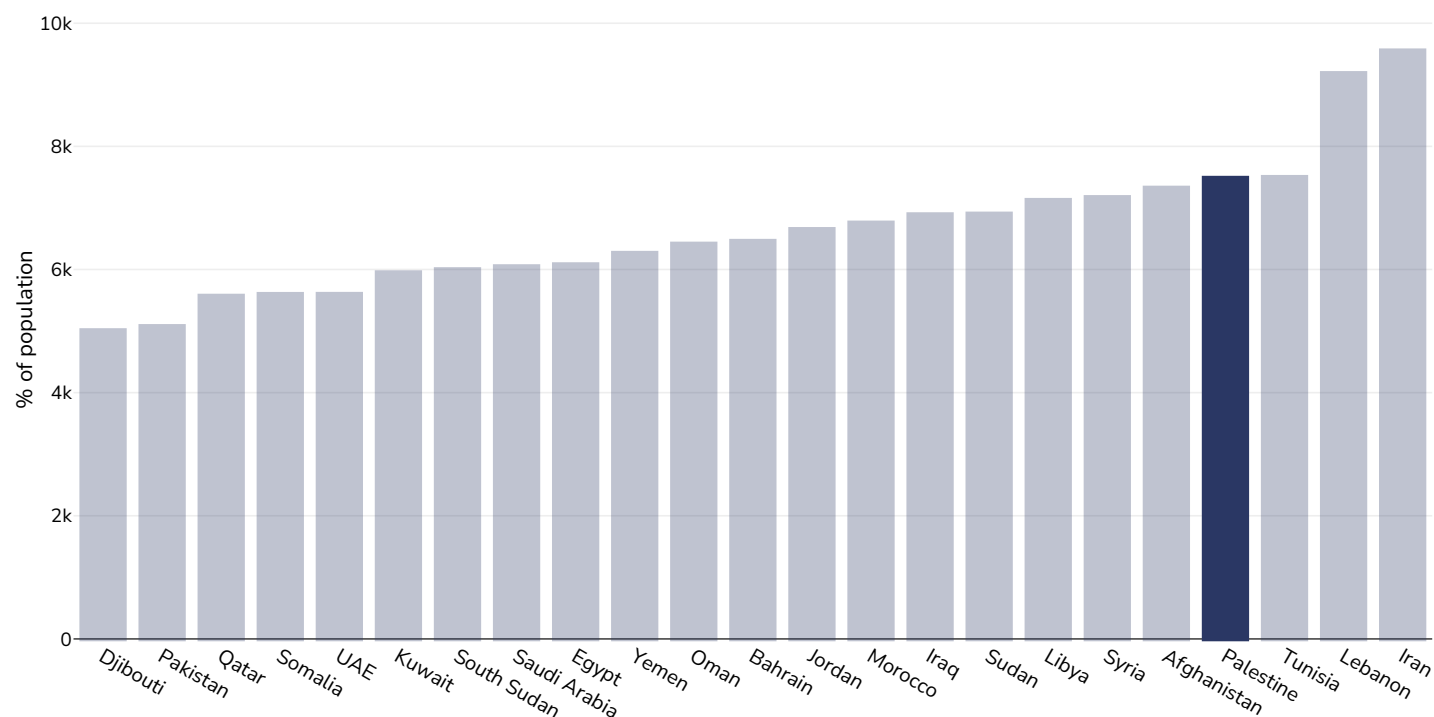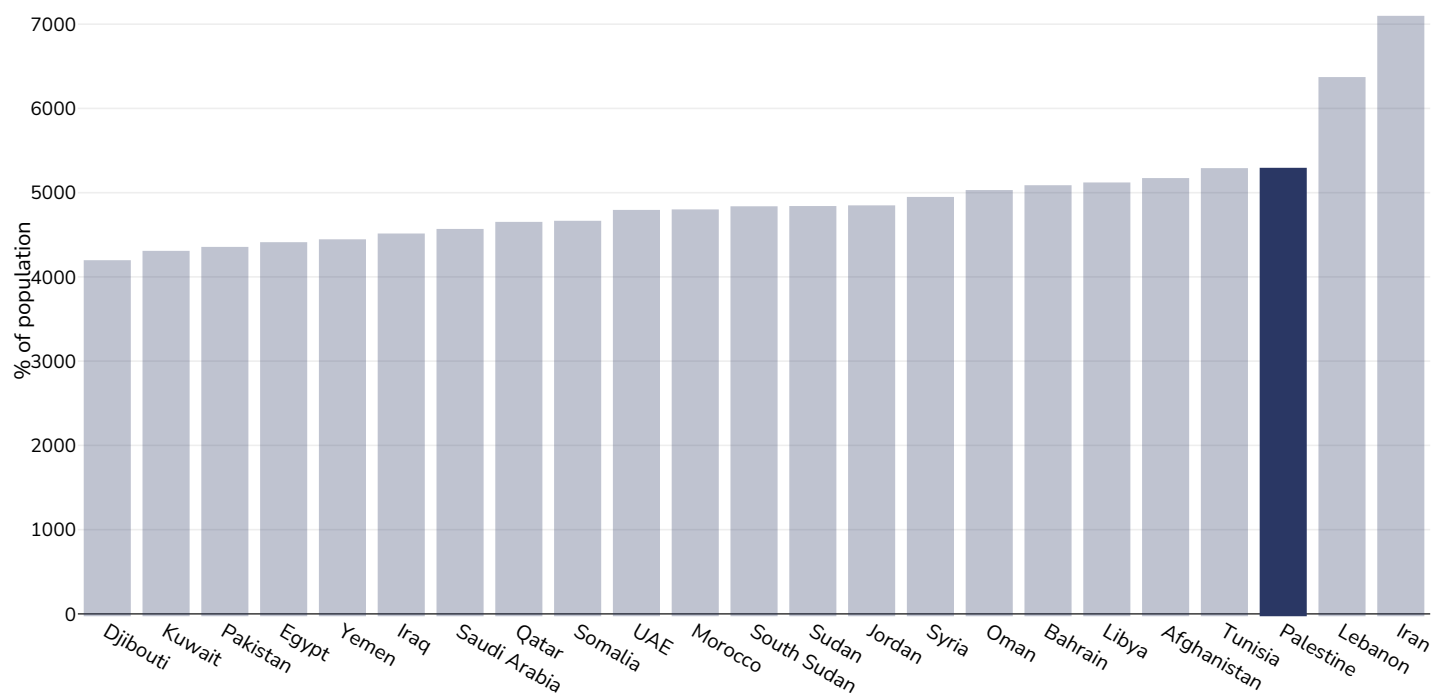| Area covered:	National
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from http://vizhub.healthdata.org/gbd-compare. (Last accessed 23.04.25)
Definitions: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

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).

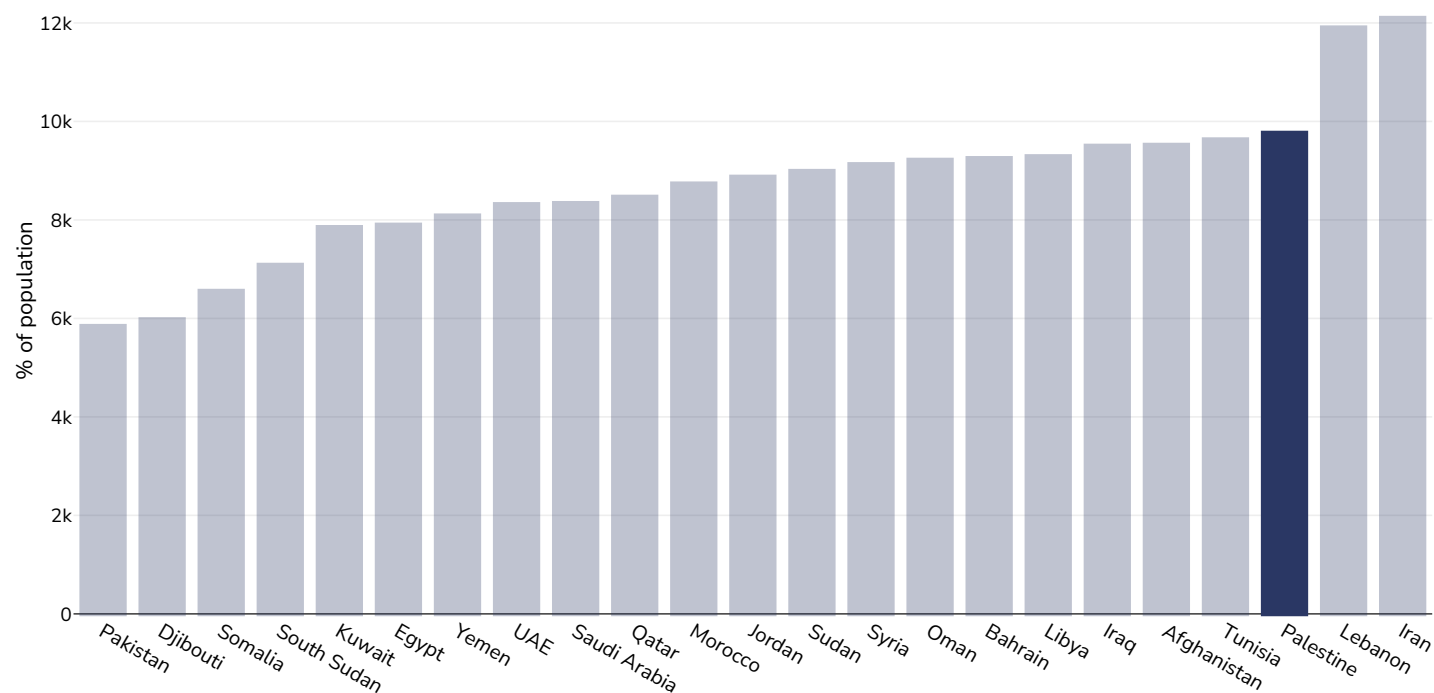| Definitions:	Number living with anxiety per 100,000 population

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+

Definitions: Number living with anxiety per 100,000 population

Children, 2021

% of population

Pakistan, Djibouti, Somalia, South Sudan, Qatar, Yemen, Egypt, Kuwait, Saudi Arabia, Oman, UAE, Afghanistan, Sudan, Iraq, Morocco, Jordan, Palestine, Bahrain, Libya, Tunisia, Syria, Iran, Lebanon
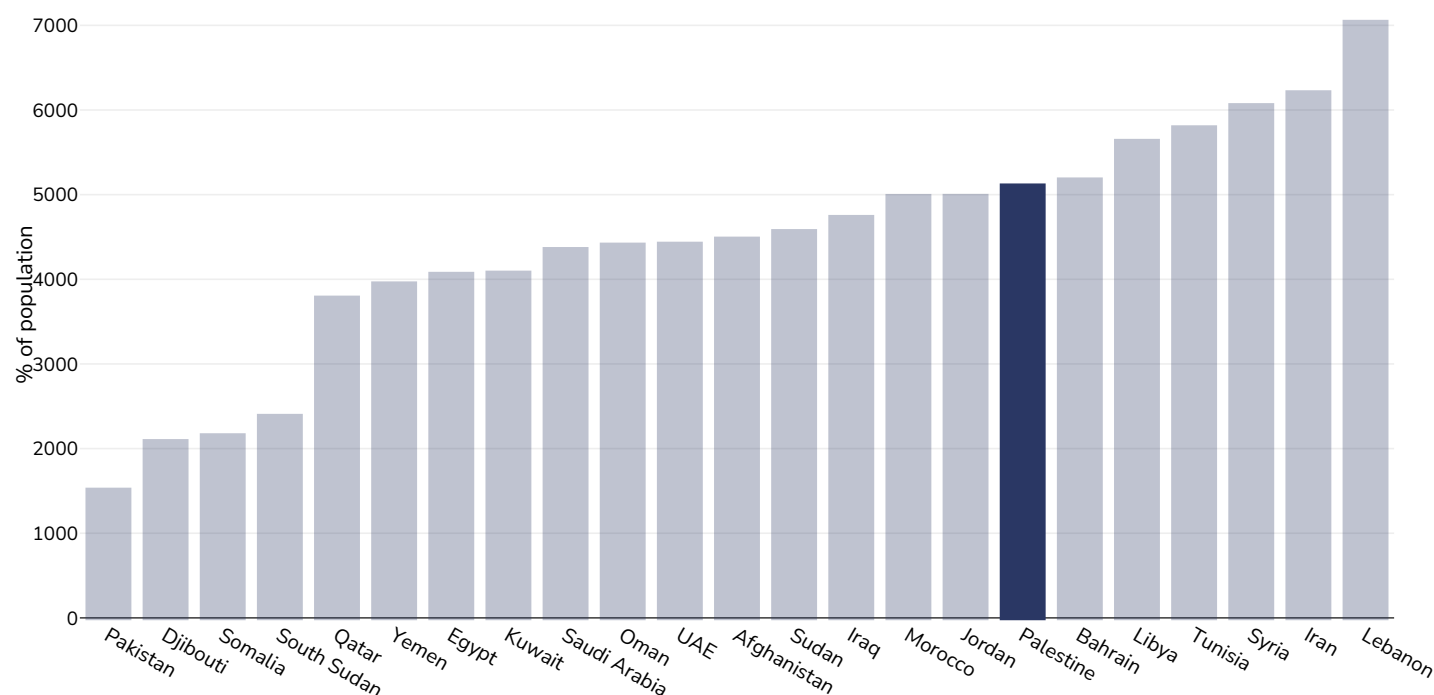
References: Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from http://vizhub.healthdata.org/gbd-compare. (Last accessed 23.04.25)

Boys, 2021

% of population

Pakistan, Djibouti, Somalia, South Sudan, Qatar, Yemen, Kuwait, Egypt, Iraq, Oman, Afghanistan, Saudi Arabia, UAE, Sudan, Morocco, Jordan, Palestine, Bahrain, Libya, Tunisia, Syria, Iran, Lebanon
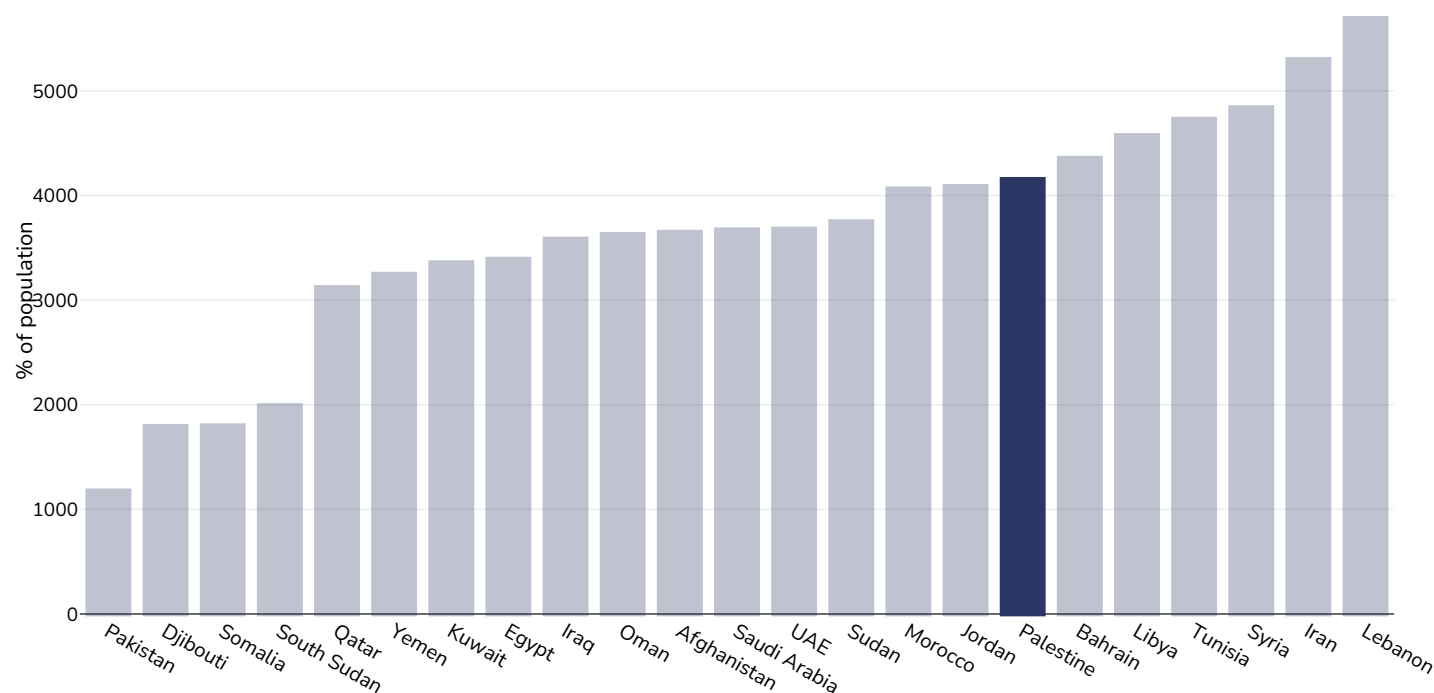
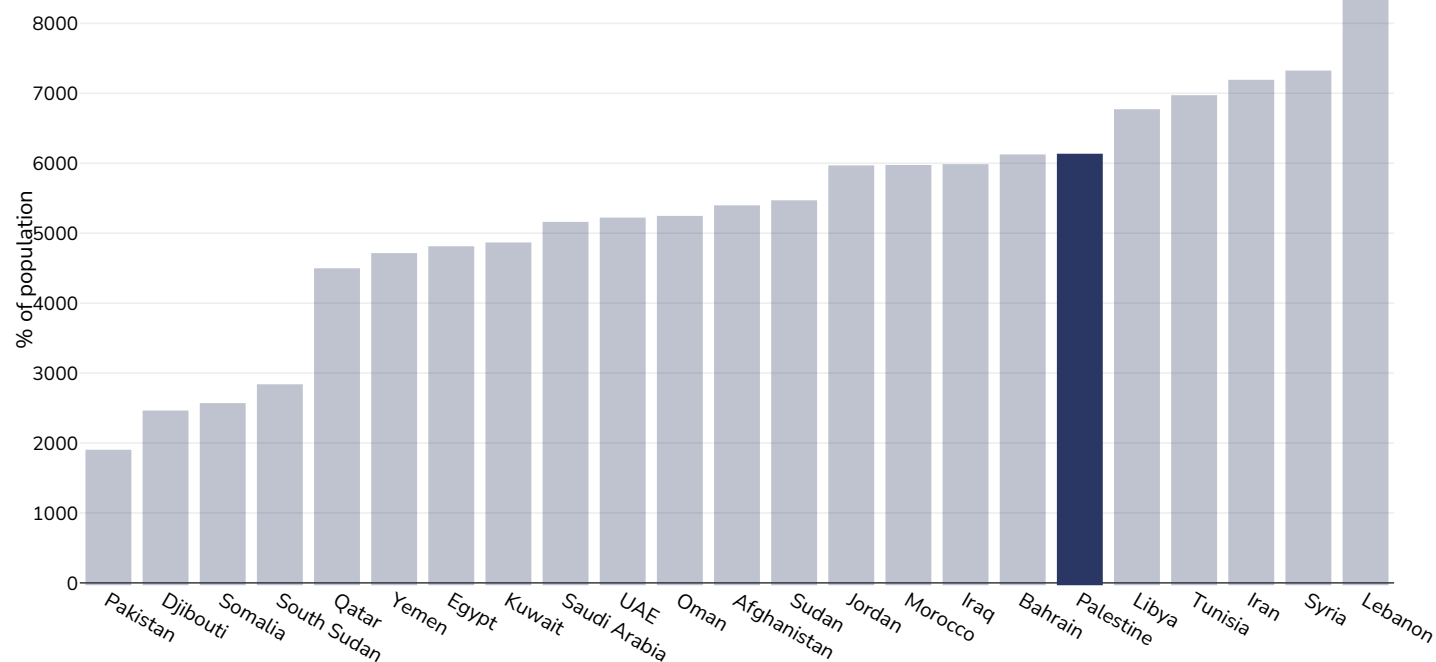**References:** Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from http://vizhub.healthdata.org/gbd-compare. (Last accessed 23.04.25)

Girls, 2021

Y-axis: % of population

Countries (left to right): Pakistan, Djibouti, Somalia, South Sudan, Qatar, Yemen, Egypt, Kuwait, Saudi Arabia, UAE, Oman, Afghanistan, Sudan, Jordan, Morocco, Iraq, Bahrain, Palestine, Libya, Tunisia, Iran, Syria, Lebanon
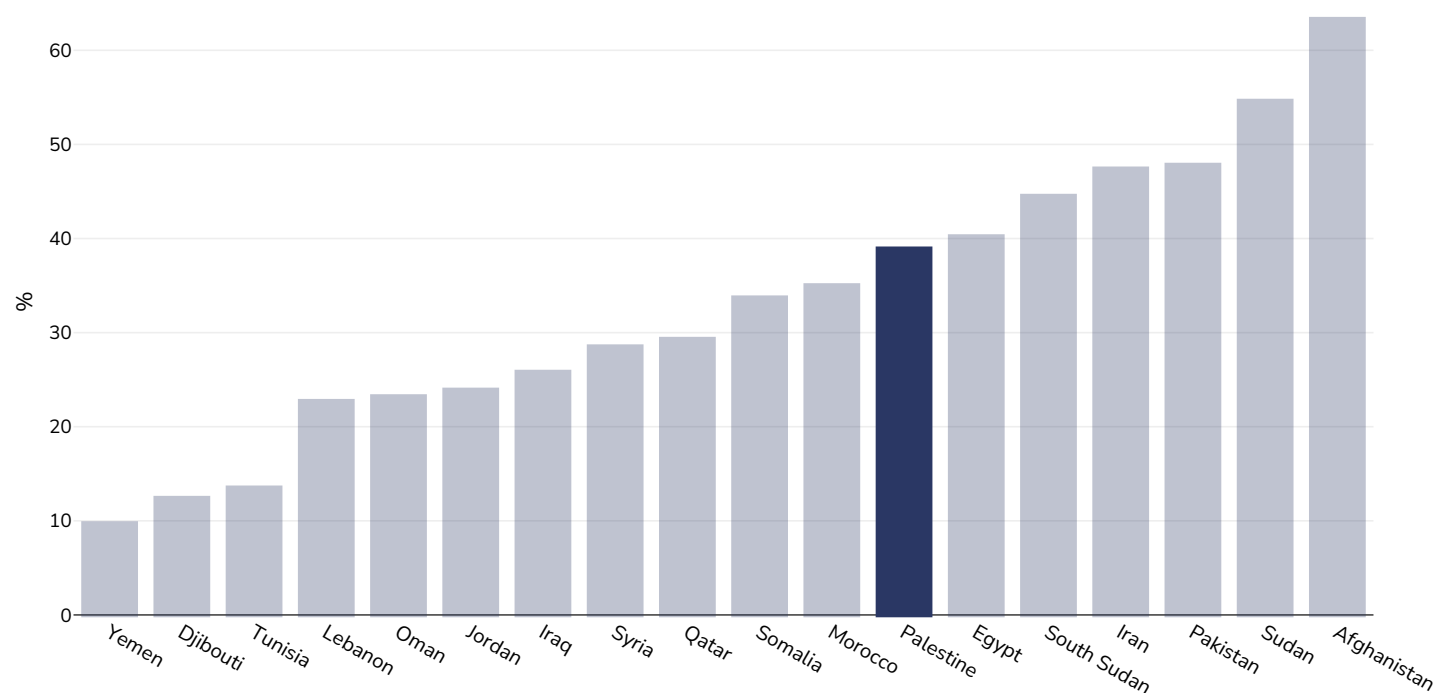
References: Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from http://vizhub.healthdata.org/gbd-compare. (Last accessed 23.04.25)

% Infants exclusively breastfed 0-5 months

## 0-5 years, 2010-2023

References:	Palestinian Multiple Indicator Cluster Survey 2019-2020, Survey Findings Report, Ramallah, Palestine.
Notes:	Full details are available. Original citation United Nations Children's Fund, Division of Data, Analysis, Planning and Monitoring (2023). Global UNICEF Global Databases: Infant and Young Child Feeding: Exclusive breastfeeding, New York, October 2023.

Percent of population who cannot afford a healthy diet
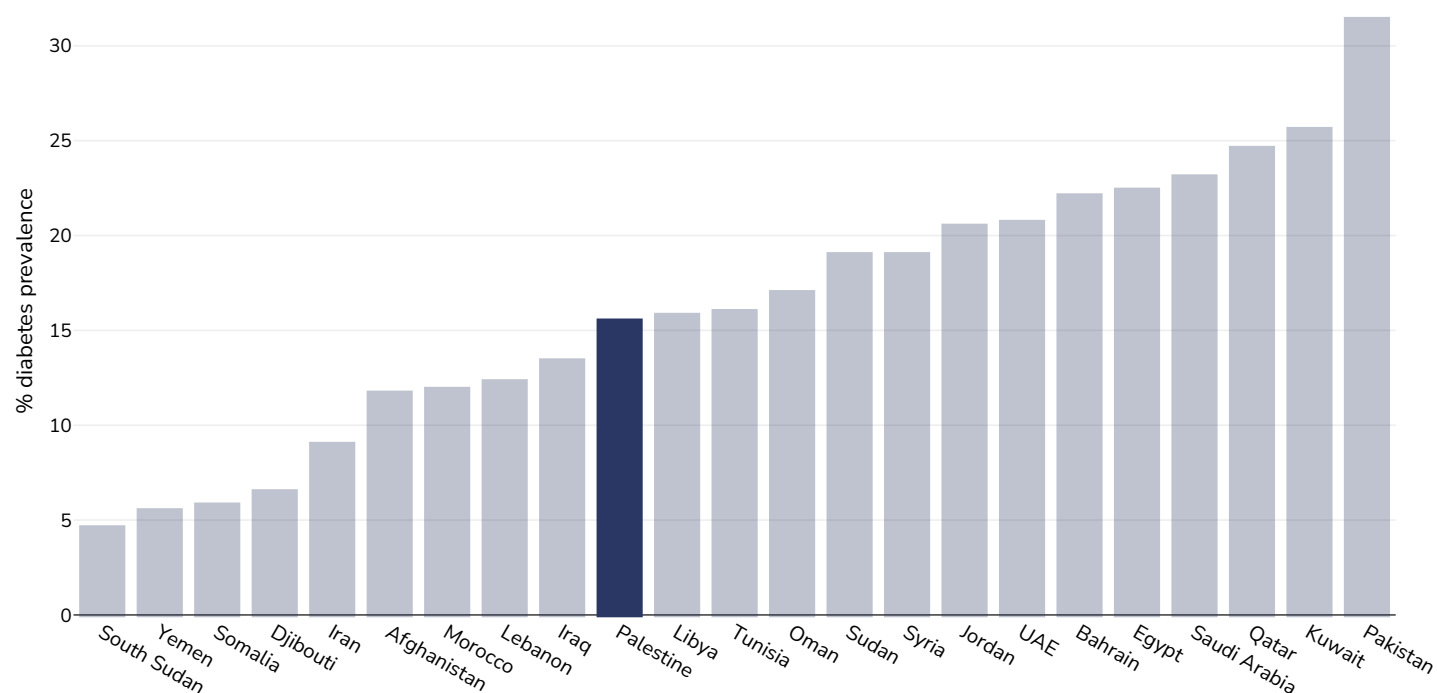
Adults, 2022
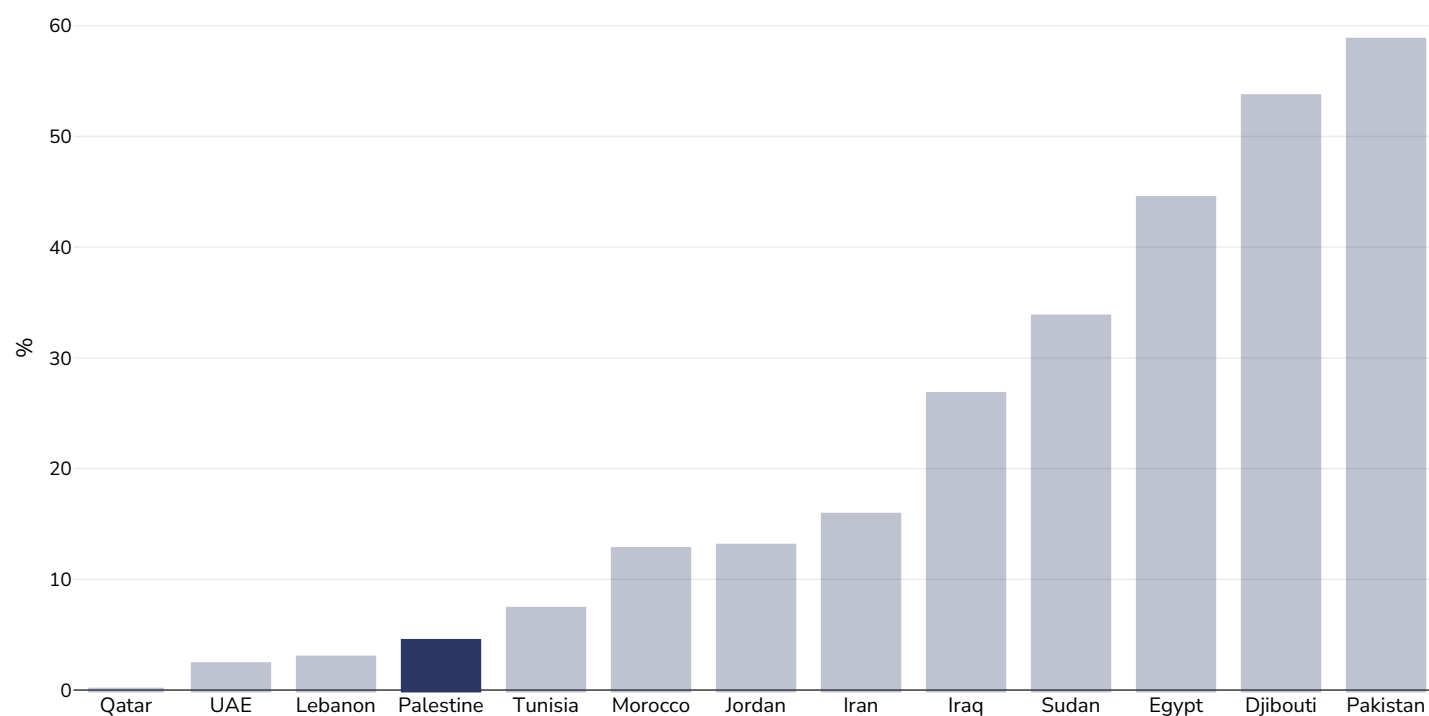
Area covered:	National

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.

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