WORLD OBESITY

Palestine

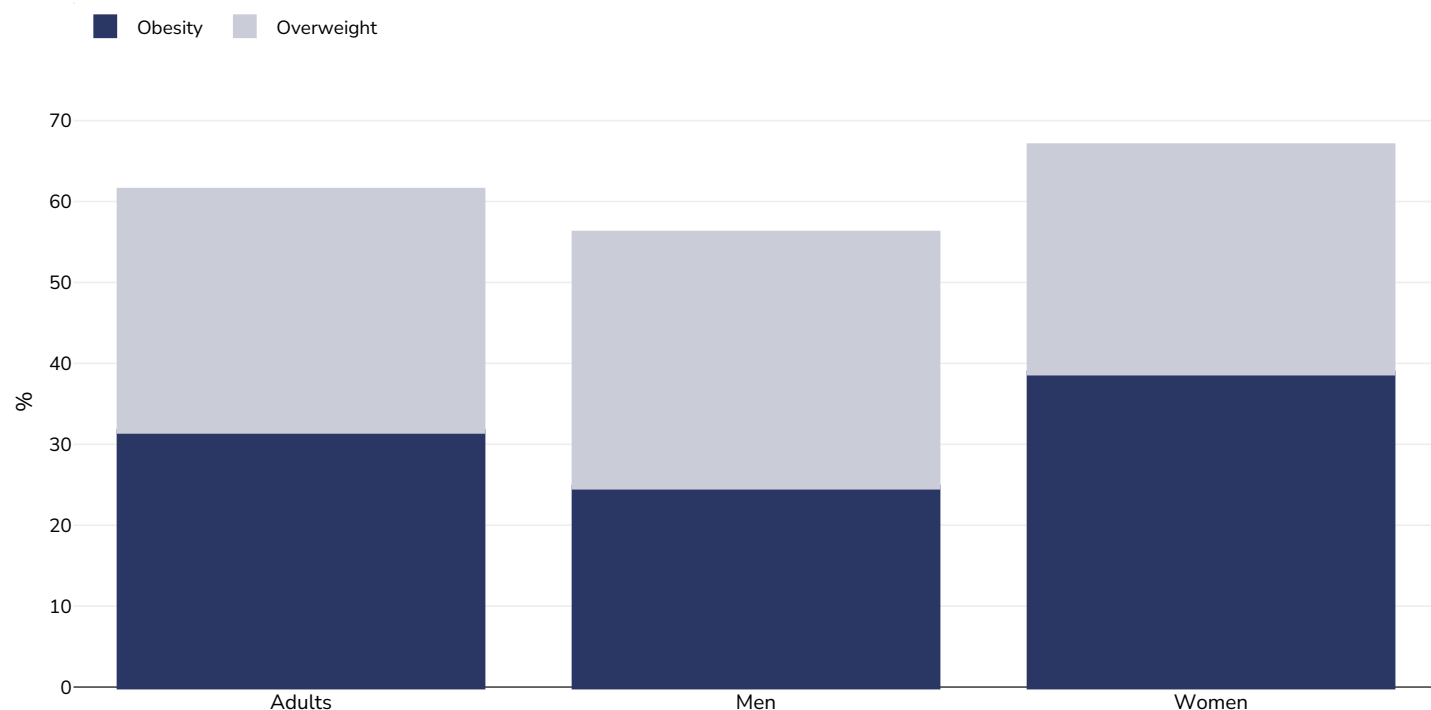# Country report card - adults

Contents	Page

Obesity prevalence

Adults, 2022

■ Obesity ■ Overweight
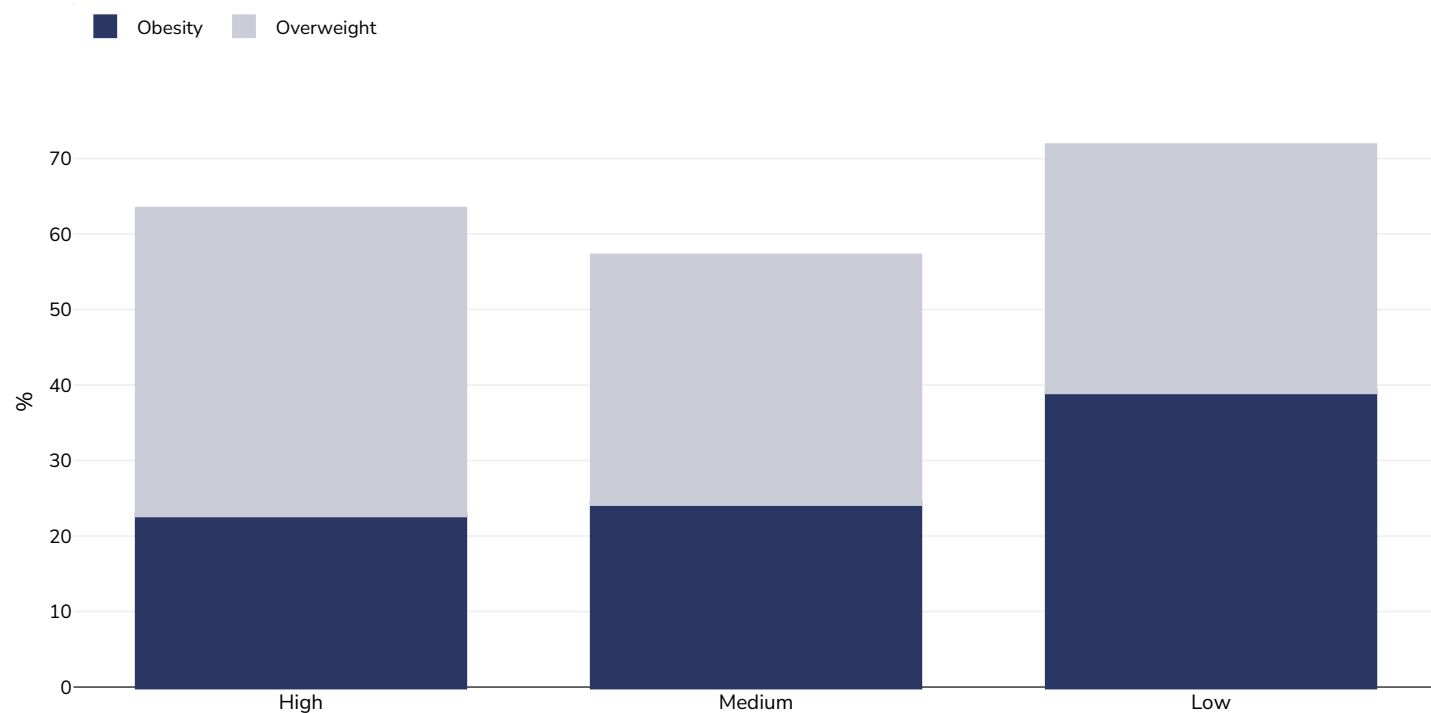

Survey type:	Measured
Age:	18-69
Sample size:	5503
Area covered:	National
References:	Palestine STEPS Survey 2022 Fact Sheet https://www.pniph.org/images/research/steps/fact-sheet_v3.2-palestine.pdf (Accessed 22.09.23)
	Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².

Overweight/obesity by education

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.
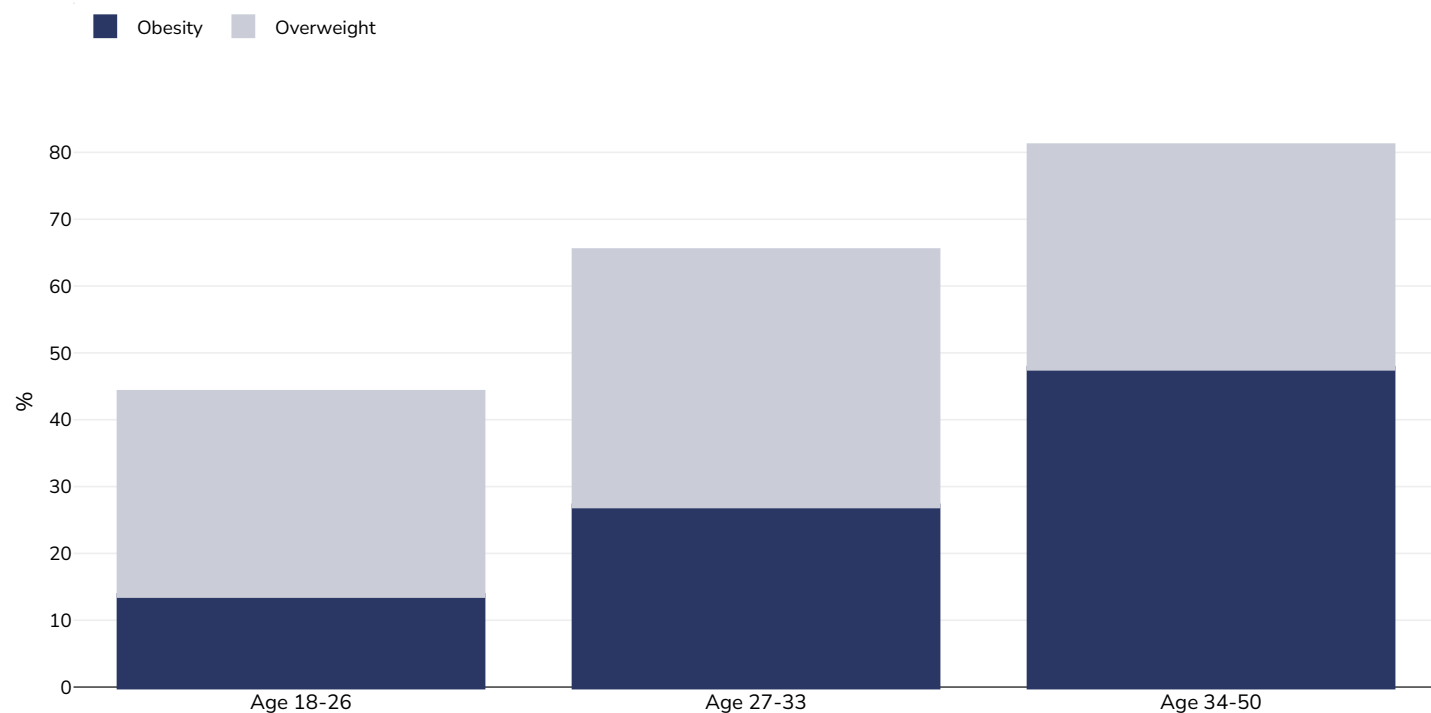
Overweight/obesity by age

Women, 2012

■ Obesity   ■ Overweight

Survey type:	Measured
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.

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.

Overweight/obesity by socio-economic group

Women, 2012

■ Obesity   ■ Overweight

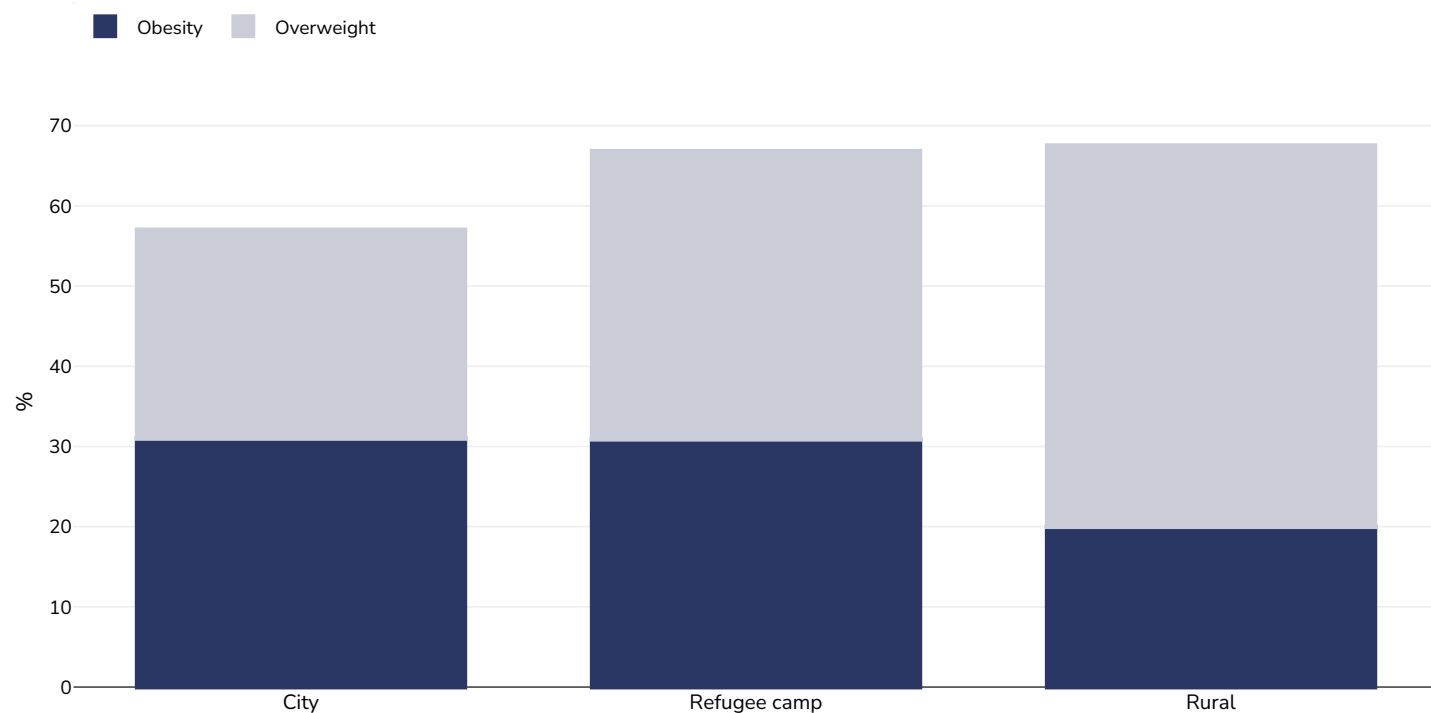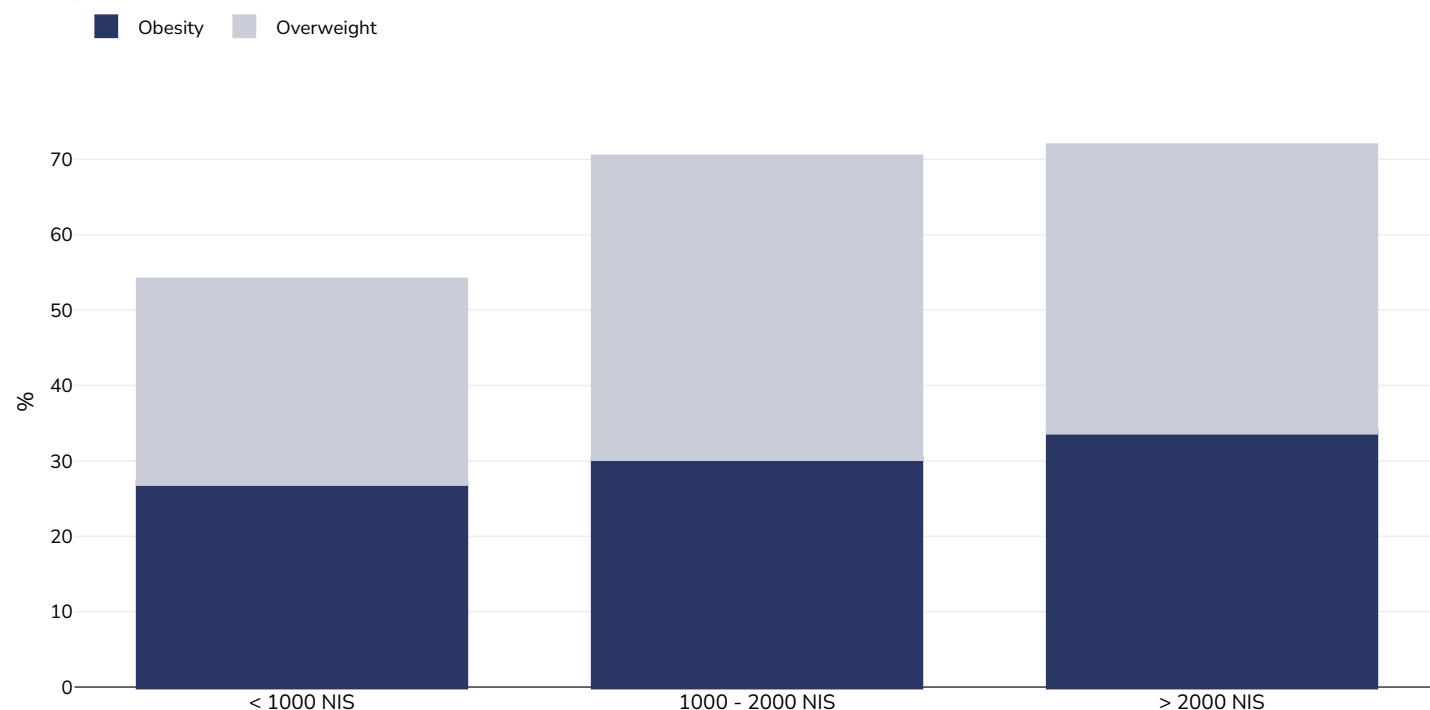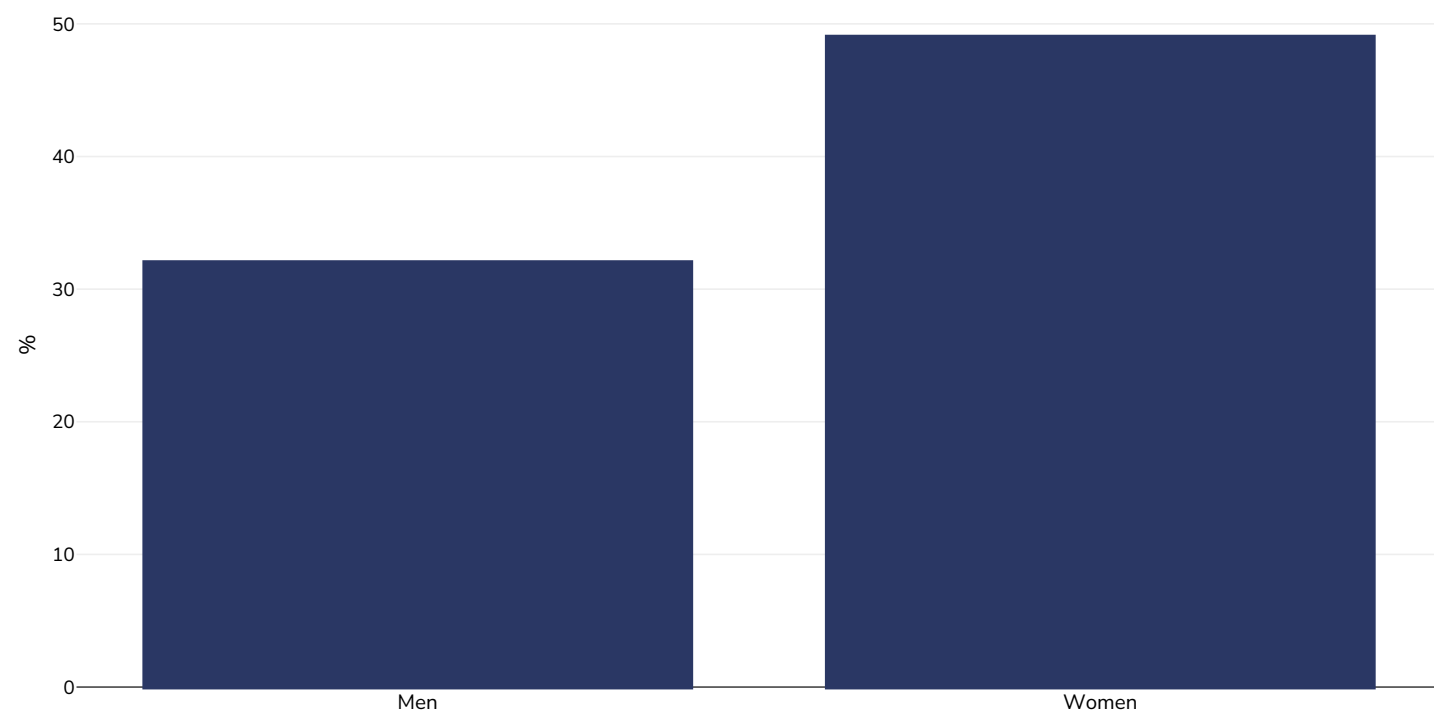| Survey type:	Measured
Age:	18-50
Sample size:	357
Area covered:	Gaza Strip
References:	Prevalence and predictors of overweight and obesity among women in the Gaza strip-Palestine: a cross-sectional study. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7275345/ (last accessed 06.06.2022)
Notes:	Study 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.

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)

Estimated per capita fruit intake

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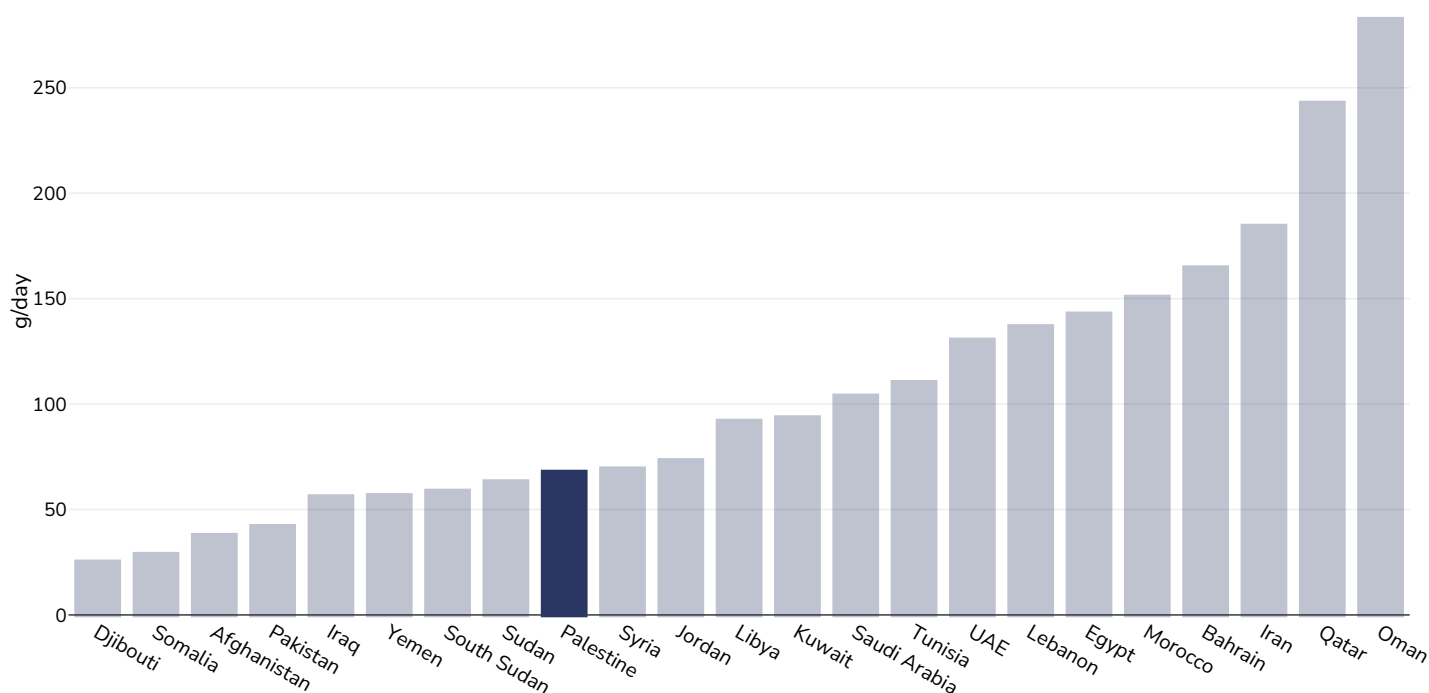
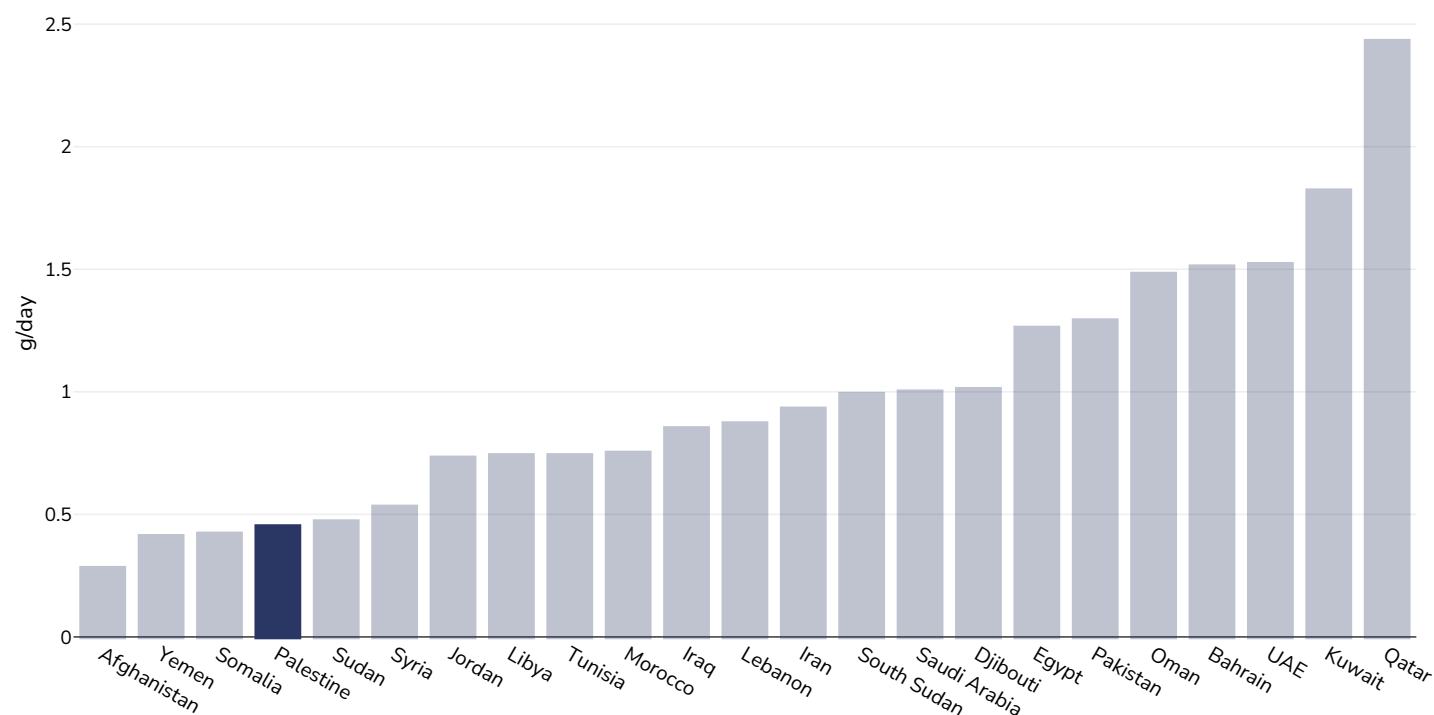| Survey type:	Measured
Age:	25+
References:	Global Burden of Disease, the Institute for Health Metrics and Evaluation http://ghdx.healthdata.org/
Definitions:	Estimated per-capita fruit intake (g/day)

Estimated per-capita processed meat intake

Adults, 2017

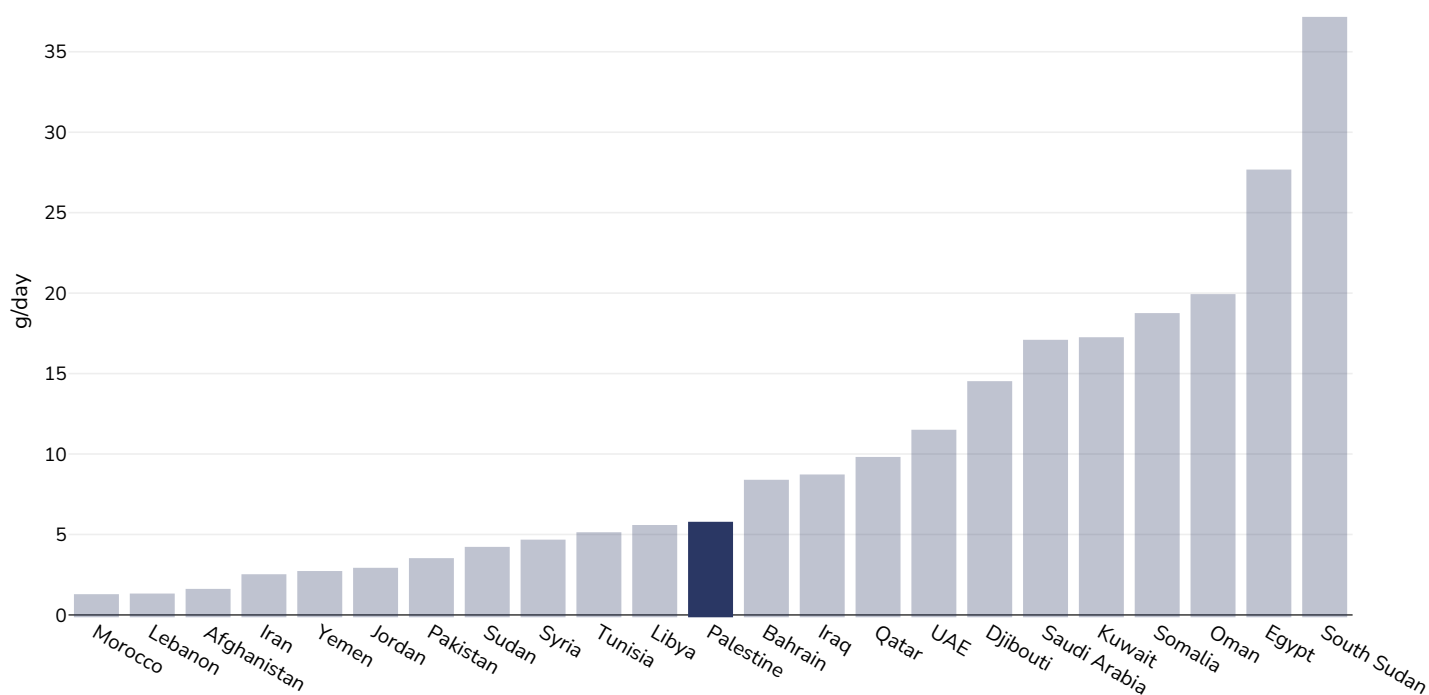
Survey type:	Measured
Age:	25+
References:	Global Burden of Disease, the Institute for Health Metrics and Evaluation http://ghdx.healthdata.org/
Definitions:	Estimated per-capita processed meat intake (g per day)

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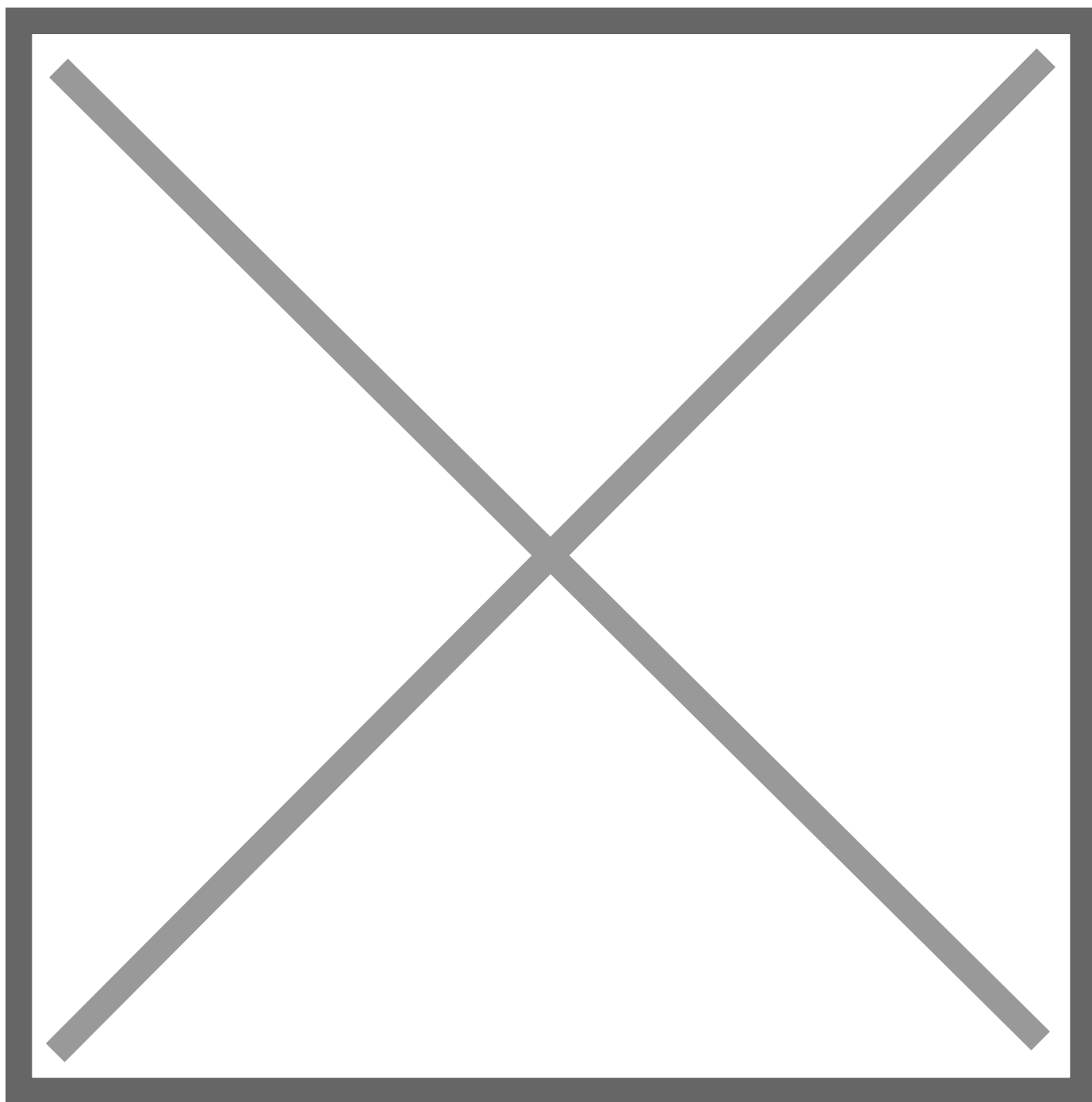
Age:	20+
Area covered:	National
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from http://vizhub.healthdata.org/gbd-compare. (Last accessed 23.04.25)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

Women, 2021

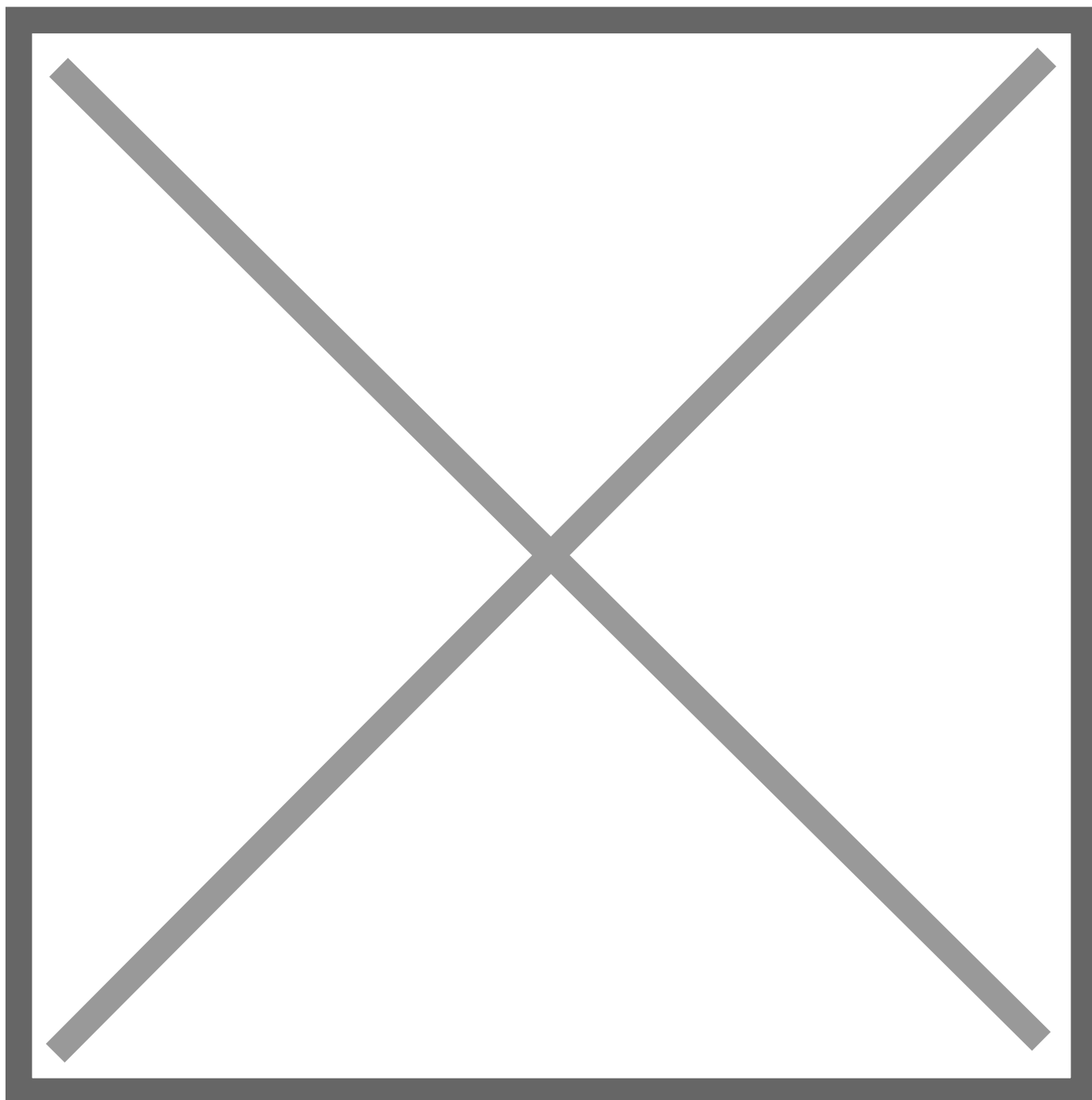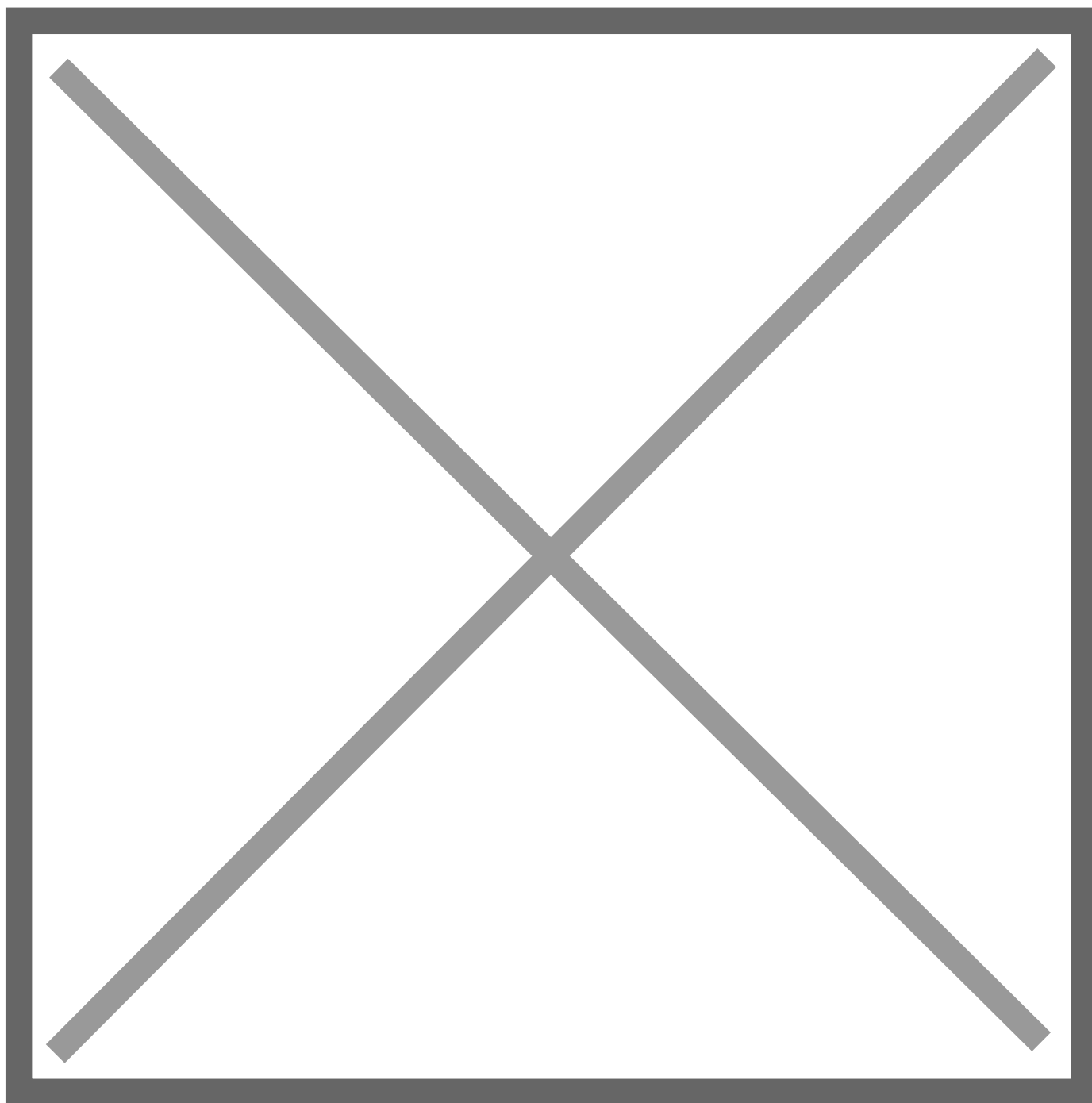|	
Age:	20+
Area covered:	National
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from http://vizhub.healthdata.org/gbd-compare. (Last accessed 23.04.25)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

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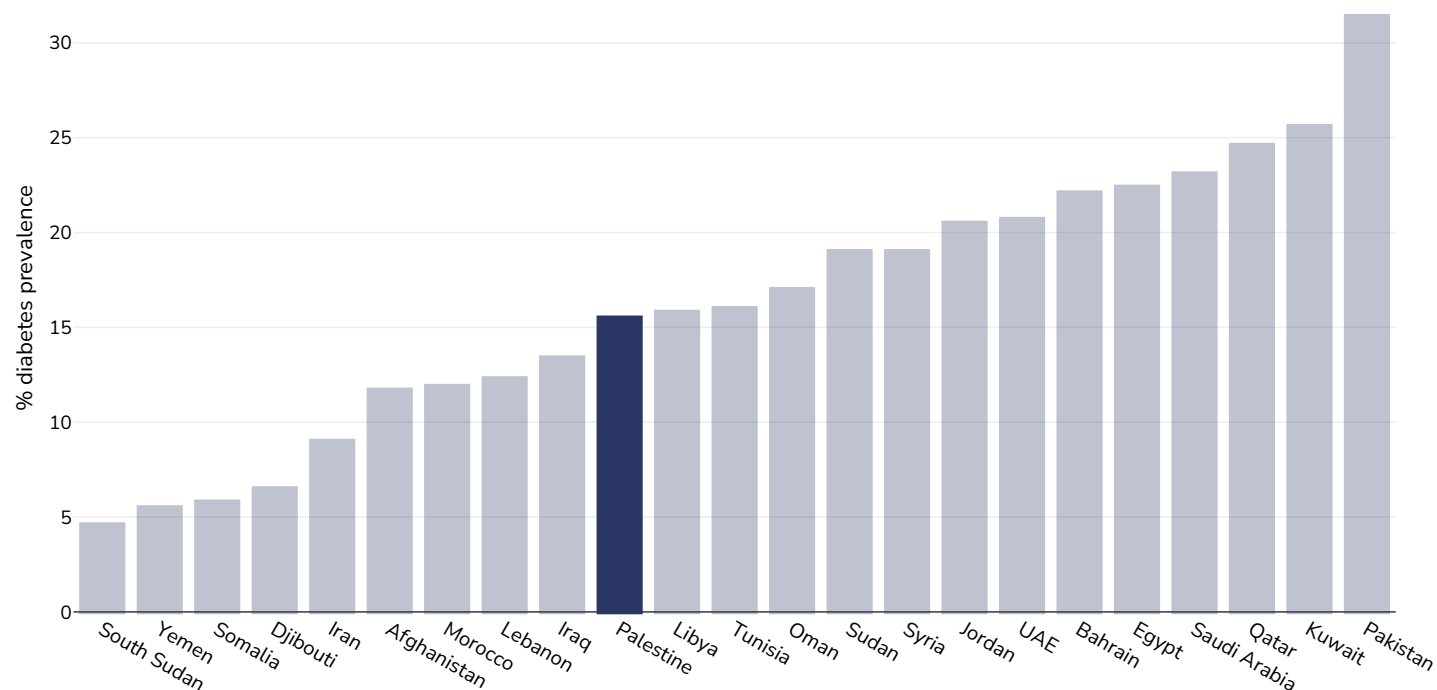
Adults, 2022
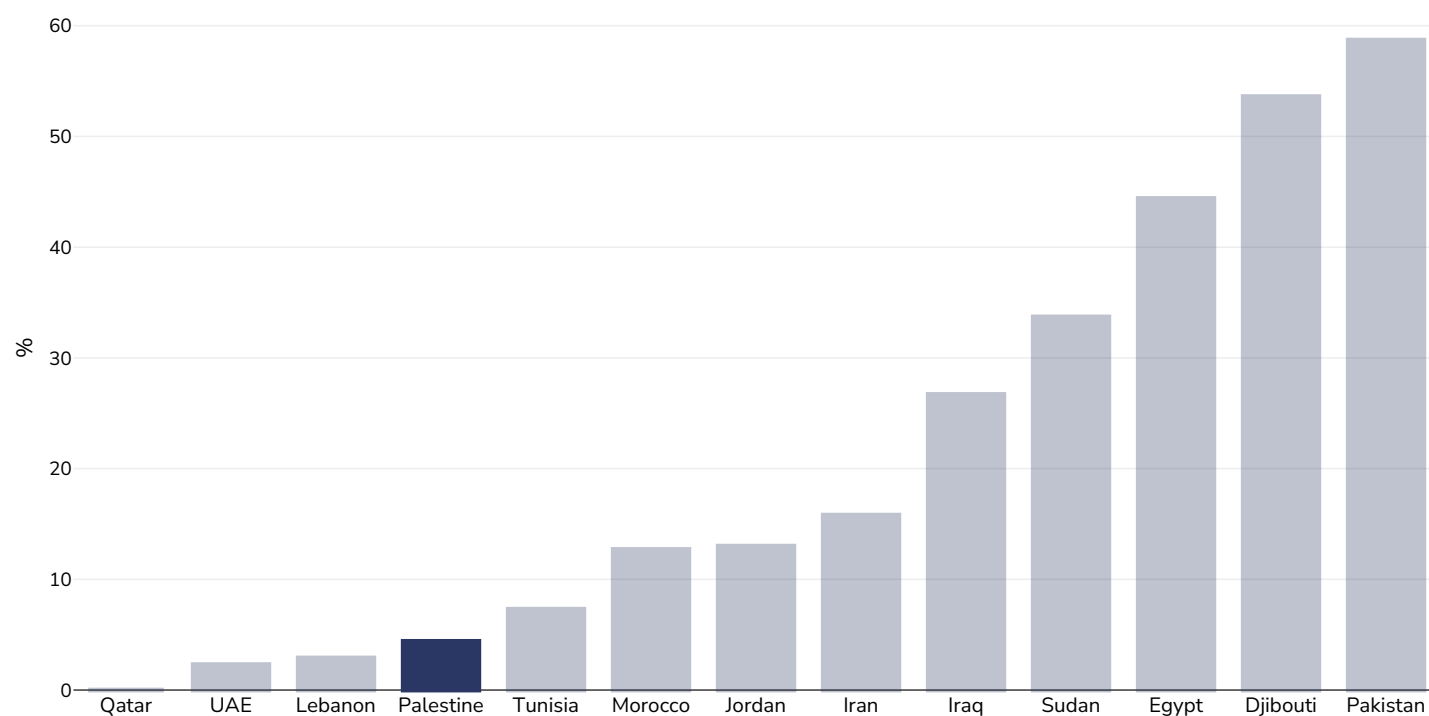
Area covered:	National

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 August 19, 2025