



Seychelles



Country report card - adults

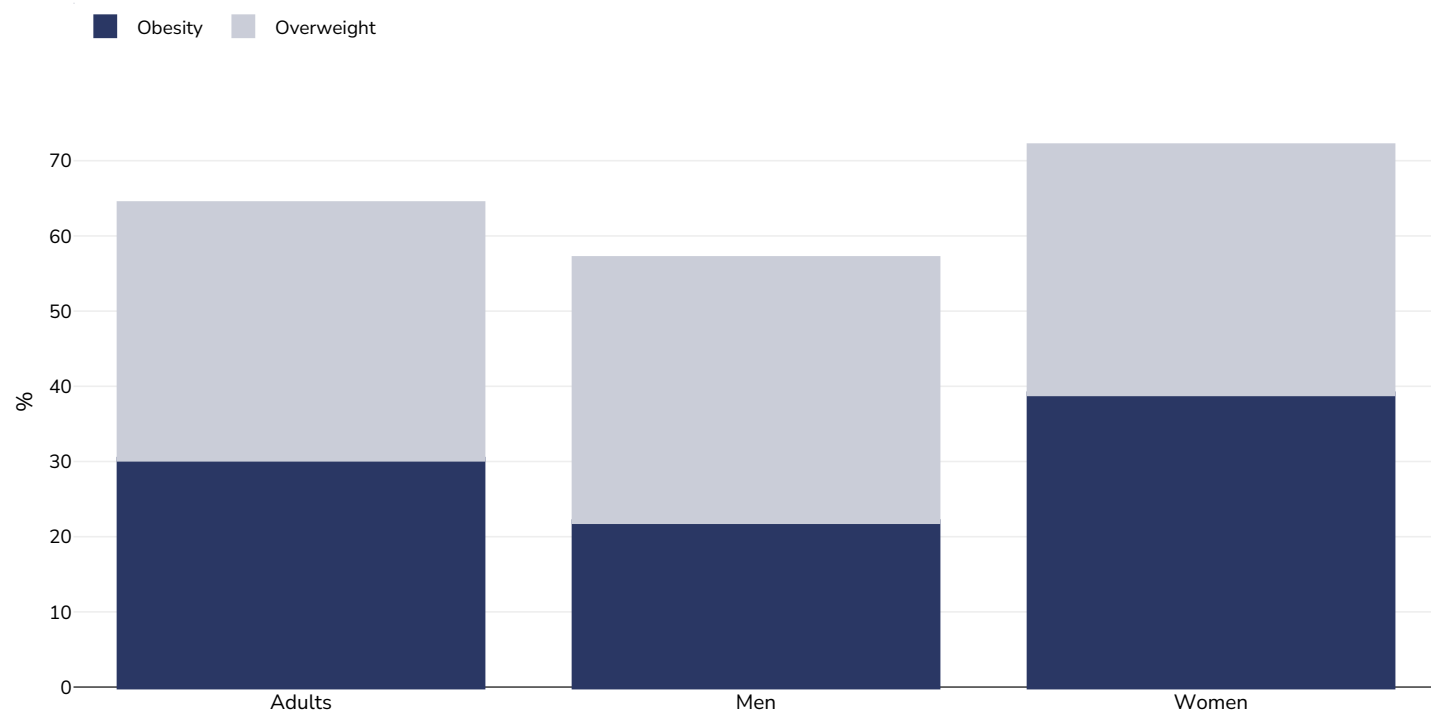
This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity for adults. Where available, data on common and relevant obesity drivers and comorbidities are also presented.

View the latest version of this report on the Global Obesity Observatory at <https://data.worldobesity.org/country/seychelles-190/>.

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Obesity prevalence

Adults, 2013-2014



Survey type: Measured

Age: 25-64

Sample size: 1240

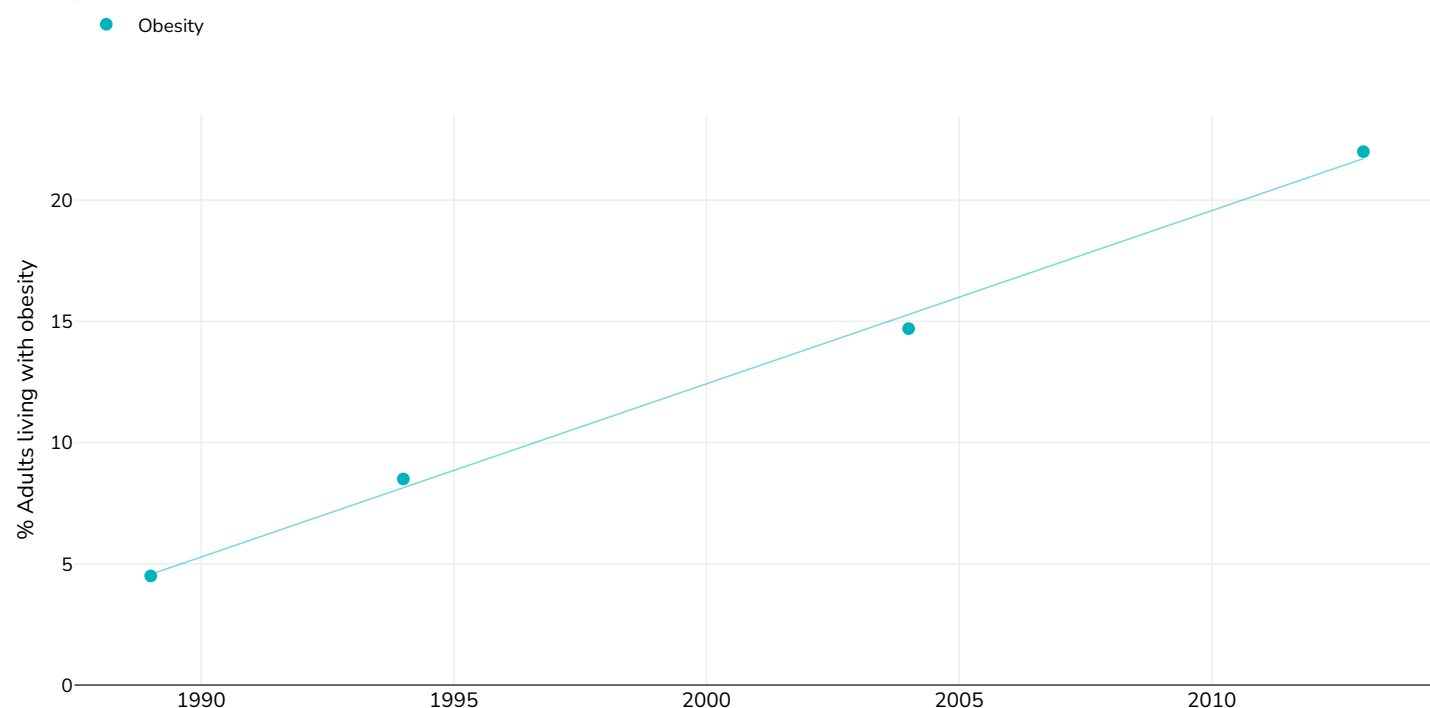
Area covered: National

References: National Survey of Noncommunicable Diseases in Seychelles 2013-2014 (Seychelles Heart Study IV) available at https://serva.unil.ch/resource/serval:BIB_1233D41F200A.P001/REF.pdf (available at 20.10.20)

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 the Seychelles 1989-2013

Men



Survey type:

Measured

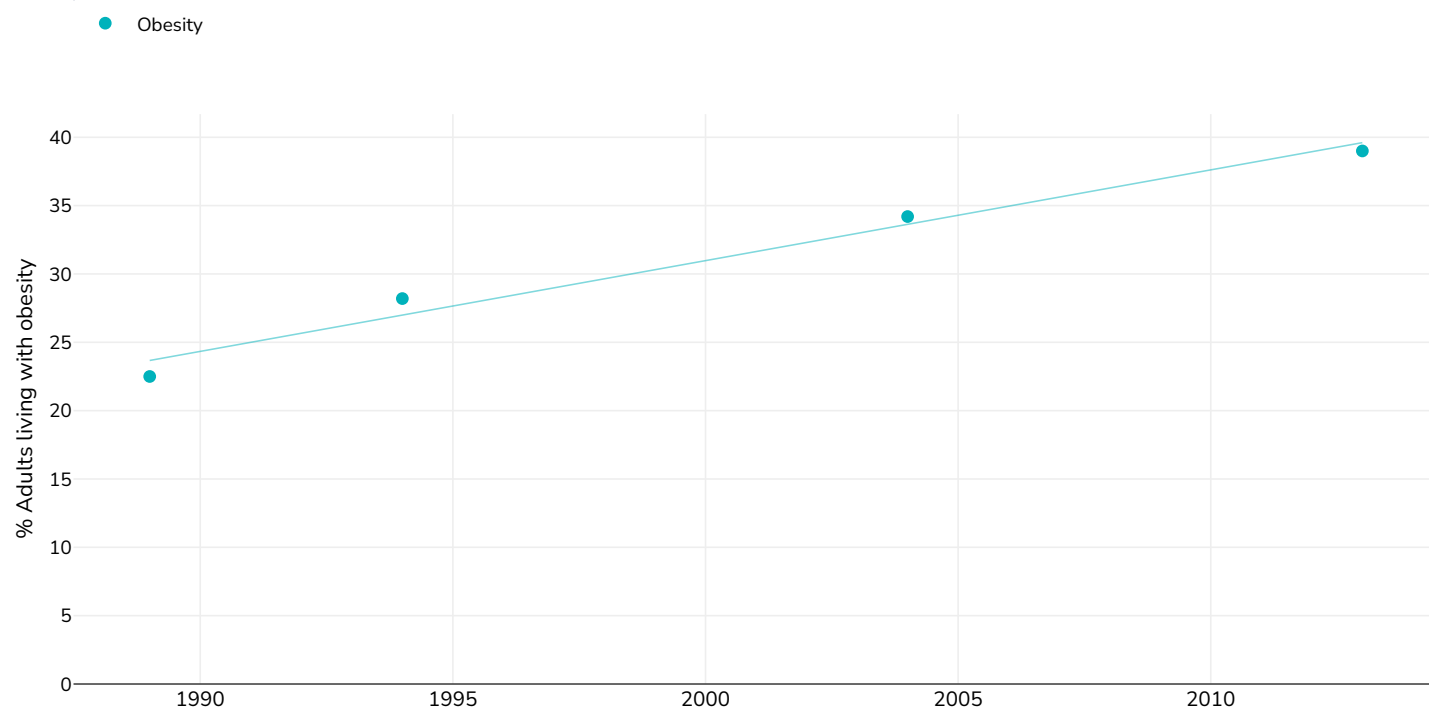
References:

- 1989: P. Bovet, A. Chiolo, C. Shamlaye and F. Paccaud. Secular trends in overweight in Seychelles. Obesity Reviews 2008;9:511-517
- 1994: Conen D, Wietlisbach V, Bovet P, Shamlaye C, Riesen W, Paccaud F, Burnier Michel. Prevalence of hyperuricemia and relation of serum uric acid with cardiovascular risk factors in a developing country. BMC Public Health 2004;4:9
- 2004: Bovet P, Chiolo A, Shamlaye C and Paccaud F. (2008). Prevalence of overweight in the Seychelles: 15 year trends and association with socio-economic status. Obesity Reviews, 9: 511 - 517
- 2013: National Survey of Noncommunicable Diseases in Seychelles 2013-2014 (Seychelles Heart Study IV) available at https://serva.unil.ch/resource/serval:BIB_1233D41F200A.P001/REF.pdf (available at 20.10.20)

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

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.

Women



Survey type:

Measured

References:

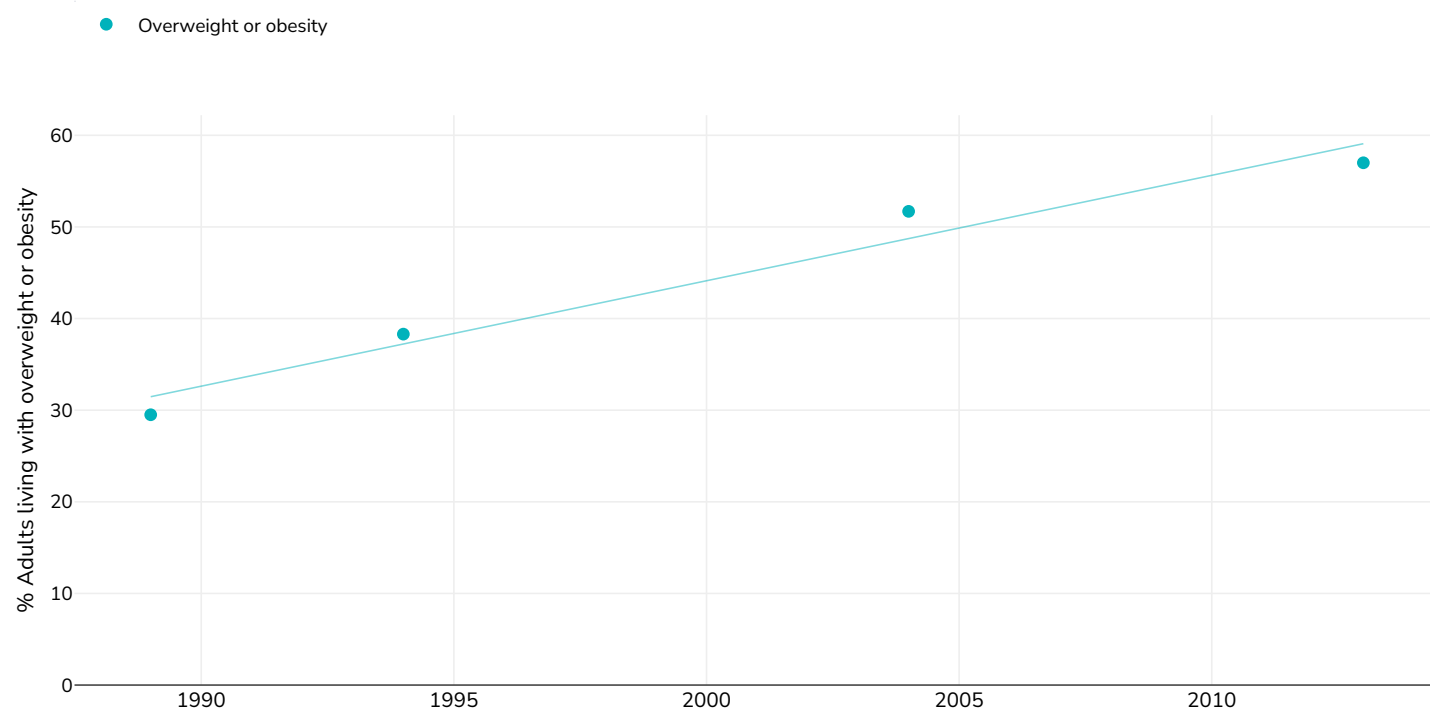
- 1989: P. Bovet, A. Chiolo, C. Shamlaye and F. Paccaud. Secular trends in overweight in Seychelles. Obesity Reviews 2008;9:511-517
- 1994: Conen D, Wietlisbach V, Bovet P, Shamlaye C, Riesen W, Paccaud F, Burnier Michel. Prevalence of hyperuricemia and relation of serum uric acid with cardiovascular risk factors in a developing country. BMC Public Health 2004;4:9
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Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².

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.

% Adults living with overweight or obesity in the Seychelles 1989-2013

Men



Survey type:

Measured

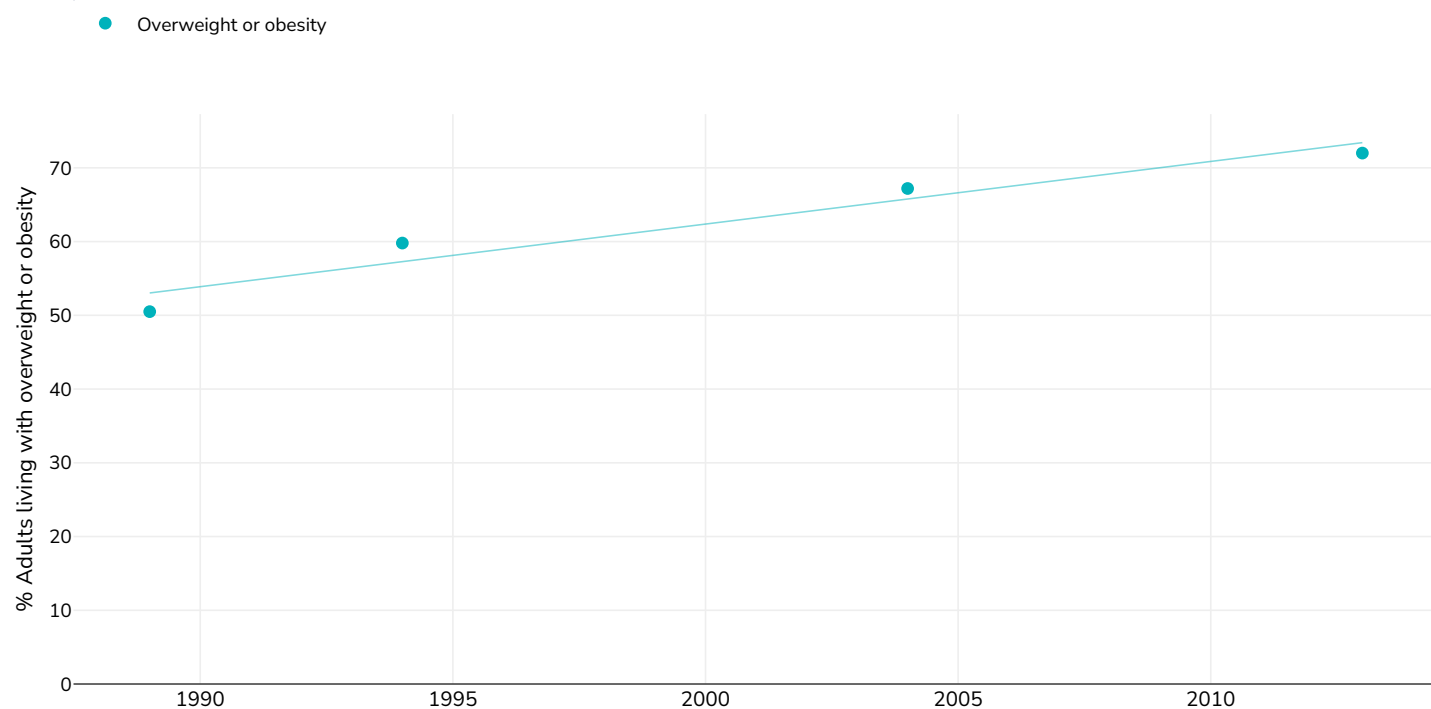
References:

- 1989: P. Bovet, A. Chiolo, C. Shamlaye and F. Paccaud. Secular trends in overweight in Seychelles. *Obesity Reviews* 2008;9:511-517
- 1994: Conen D, Wietlisbach V, Bovet P, Shamlaye C, Riesen W, Paccaud F, Burnier Michel. Prevalence of hyperuricemia and relation of serum uric acid with cardiovascular risk factors in a developing country. *BMC Public Health* 2004;4:9
- 2004: Bovet P, Chiolo A, Shamlaye C and Paccaud F. (2008). Prevalence of overweight in the Seychelles: 15 year trends and association with socio-economic status. *Obesity Reviews*, 9: 511 - 517
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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.

Women



Survey type:

Measured

References:

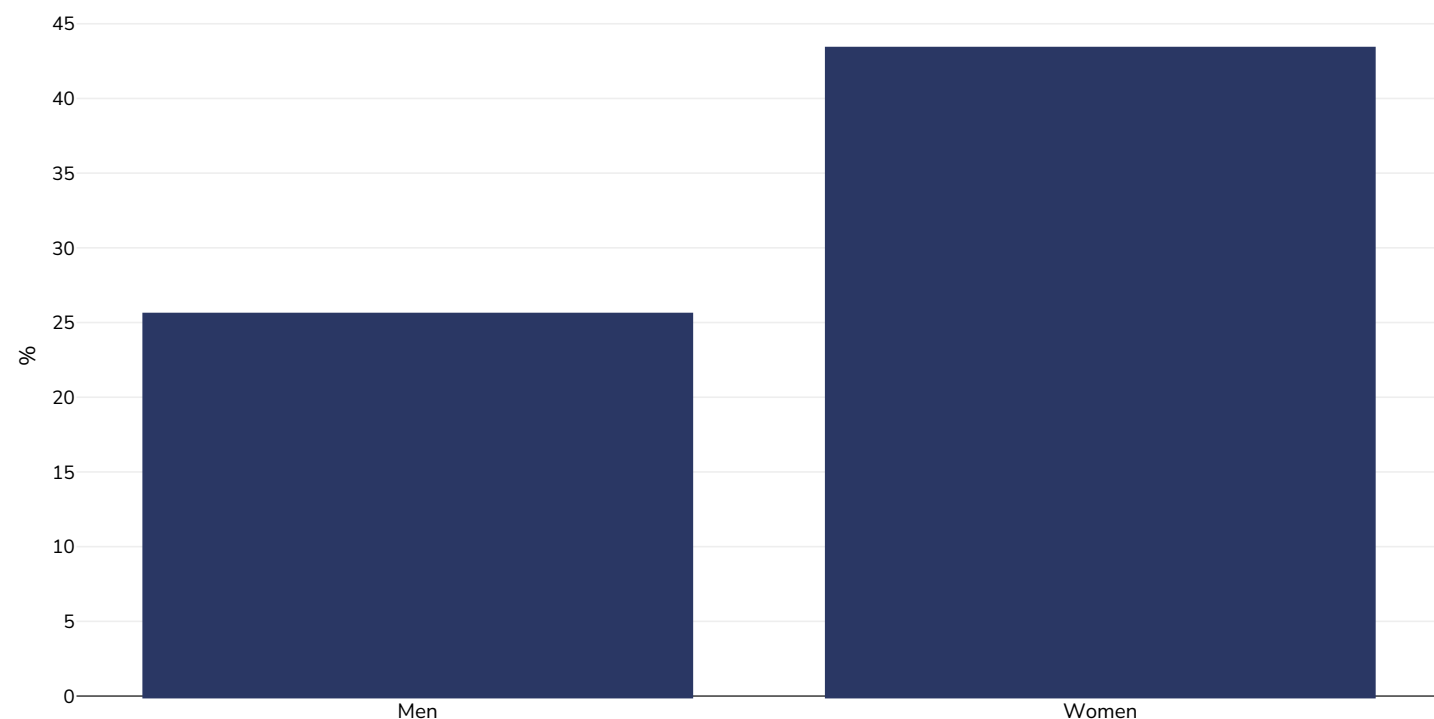
- 1989: P. Bovet, A. Chiolo, C. Shamlaye and F. Paccaud. Secular trends in overweight in Seychelles. *Obesity Reviews* 2008;9:511-517
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- 2013: National Survey of Noncommunicable Diseases in Seychelles 2013-2014 (Seychelles Heart Study IV) available at https://serva.unil.ch/resource/serval:BIB_1233D41F200A.P001/REF.pdf (available at 20.10.20)

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

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.

Double burden of underweight & overweight

Adults, 2022



Survey type: Measured

Age: 20+

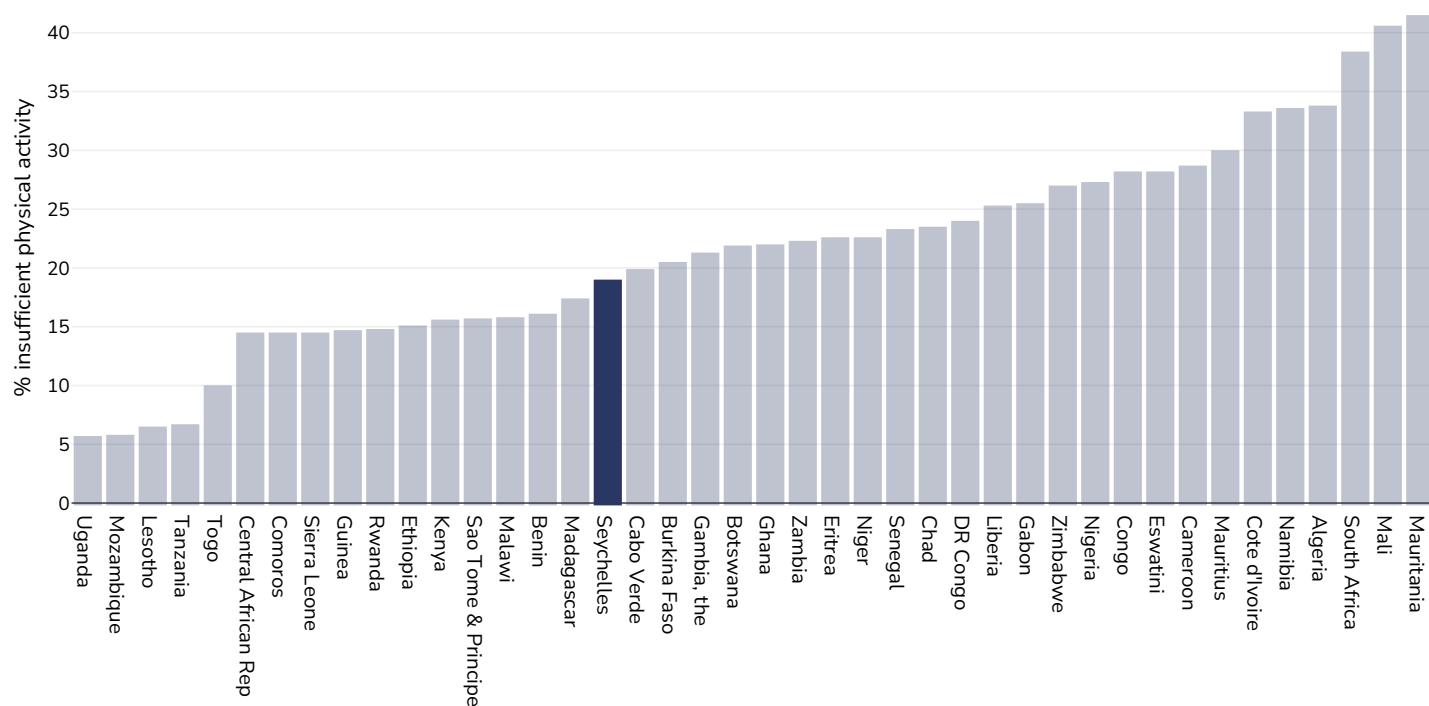
References: NCD Risk Factor Collaboration (NCD-RisC). Worldwide trends in underweight and obesity from 1990 to 2022: a pooled analysis of 3663 population representative studies with 222 million children, adolescents, and adults. Lancet 2024; published online Feb 29. [https://doi.org/10.1016/S0140-6736\(23\)02750-2](https://doi.org/10.1016/S0140-6736(23)02750-2).

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

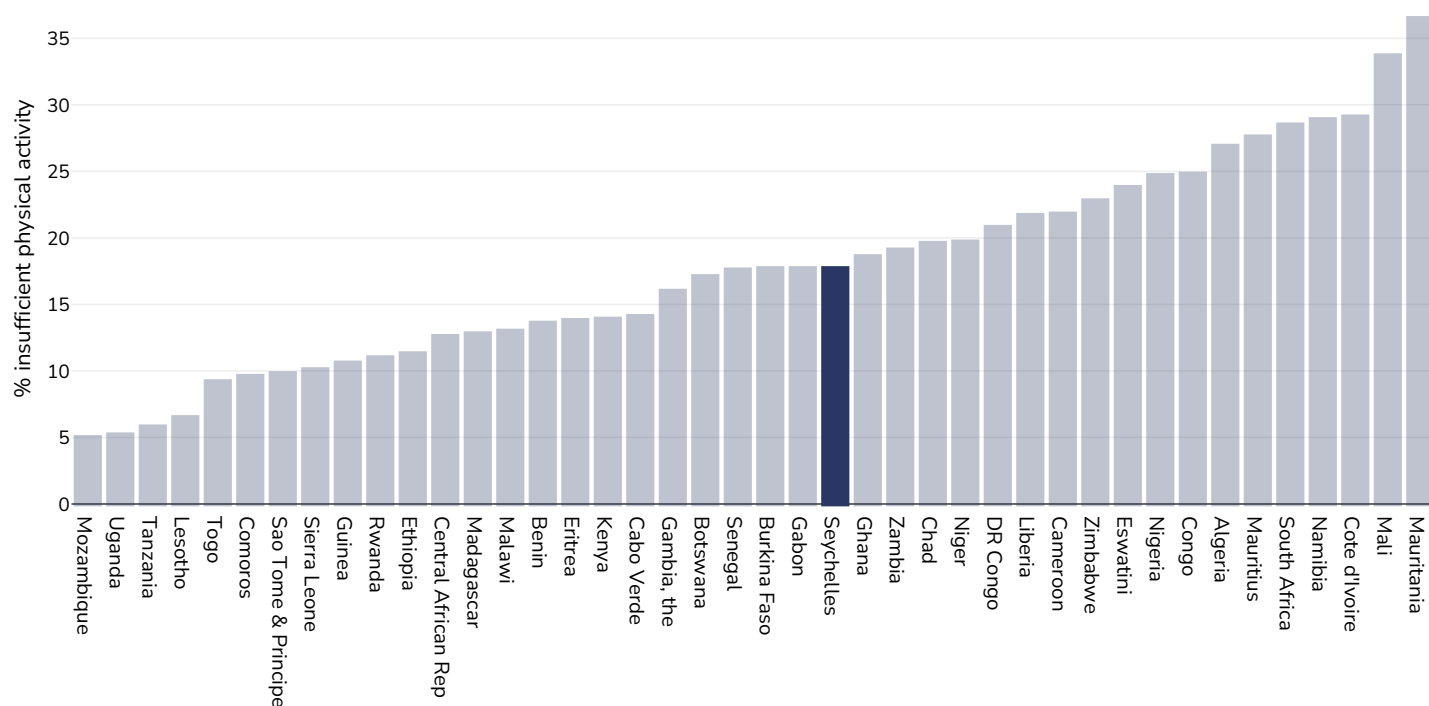
Adults, 2016



References:

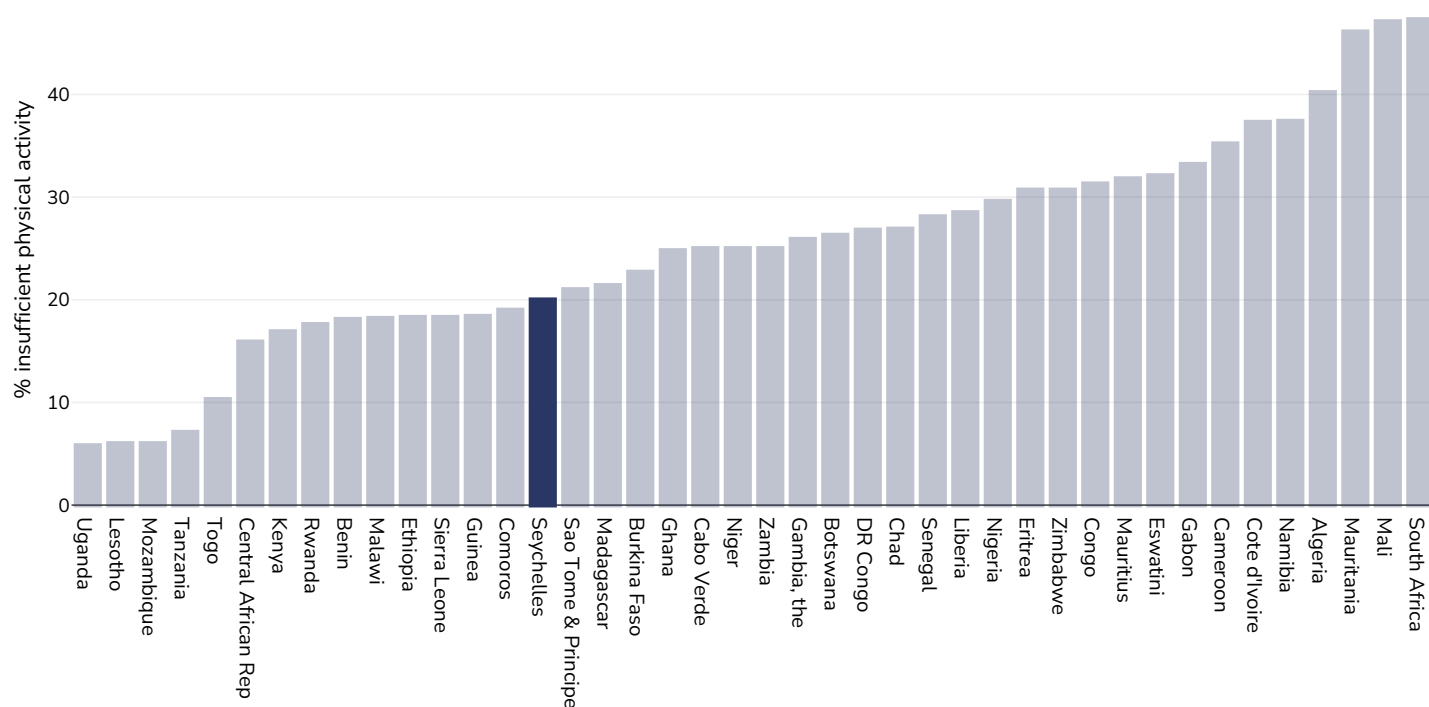
Guthold R, Stevens GA, Riley LM, Bull FC. Worldwide trends in insufficient physical activity from 2001 to 2016: a pooled analysis of 358 population-based surveys with 1.9 million participants. Lancet 2018 [http://dx.doi.org/10.1016/S2214-109X\(18\)30357-7](http://dx.doi.org/10.1016/S2214-109X(18)30357-7)

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](http://dx.doi.org/10.1016/S2214-109X(18)30357-7)

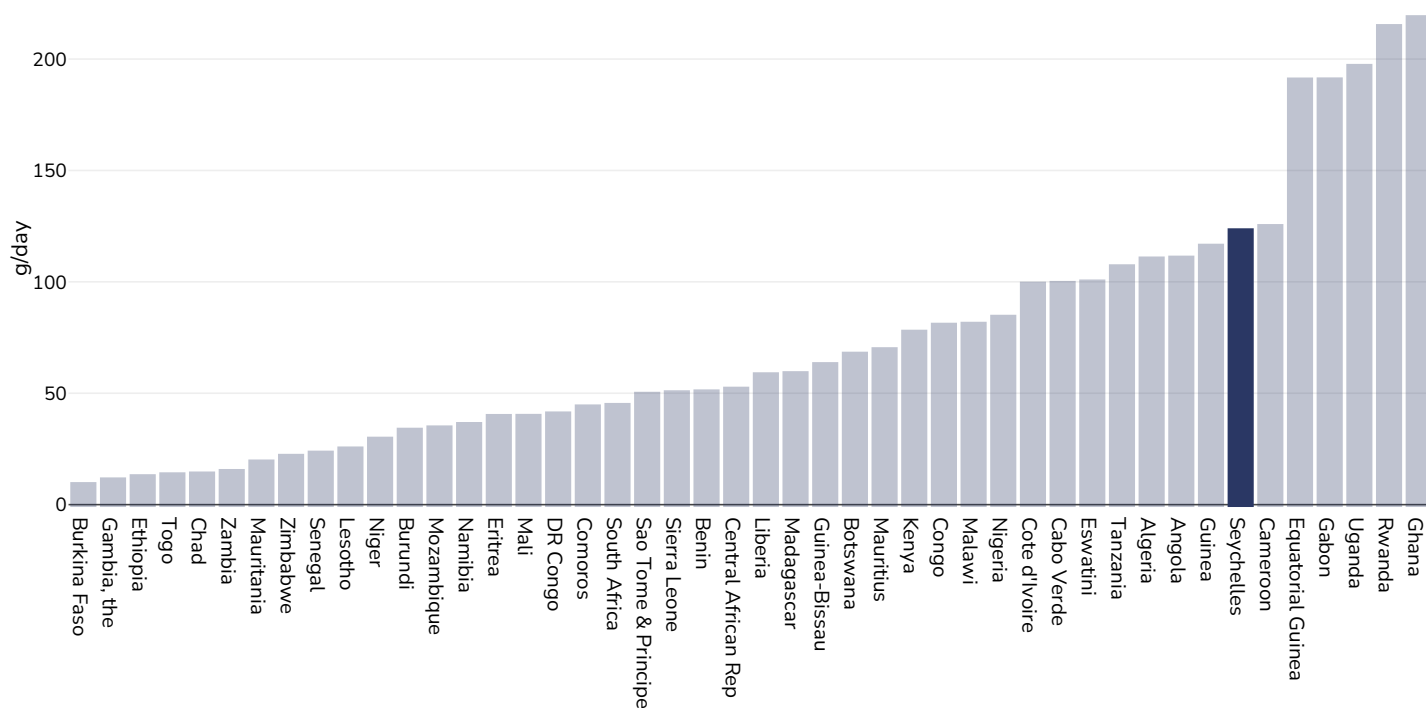
Women, 2016



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](http://dx.doi.org/10.1016/S2214-109X(18)30357-7)

Estimated per capita fruit intake

Adults, 2017



Survey type: Measured

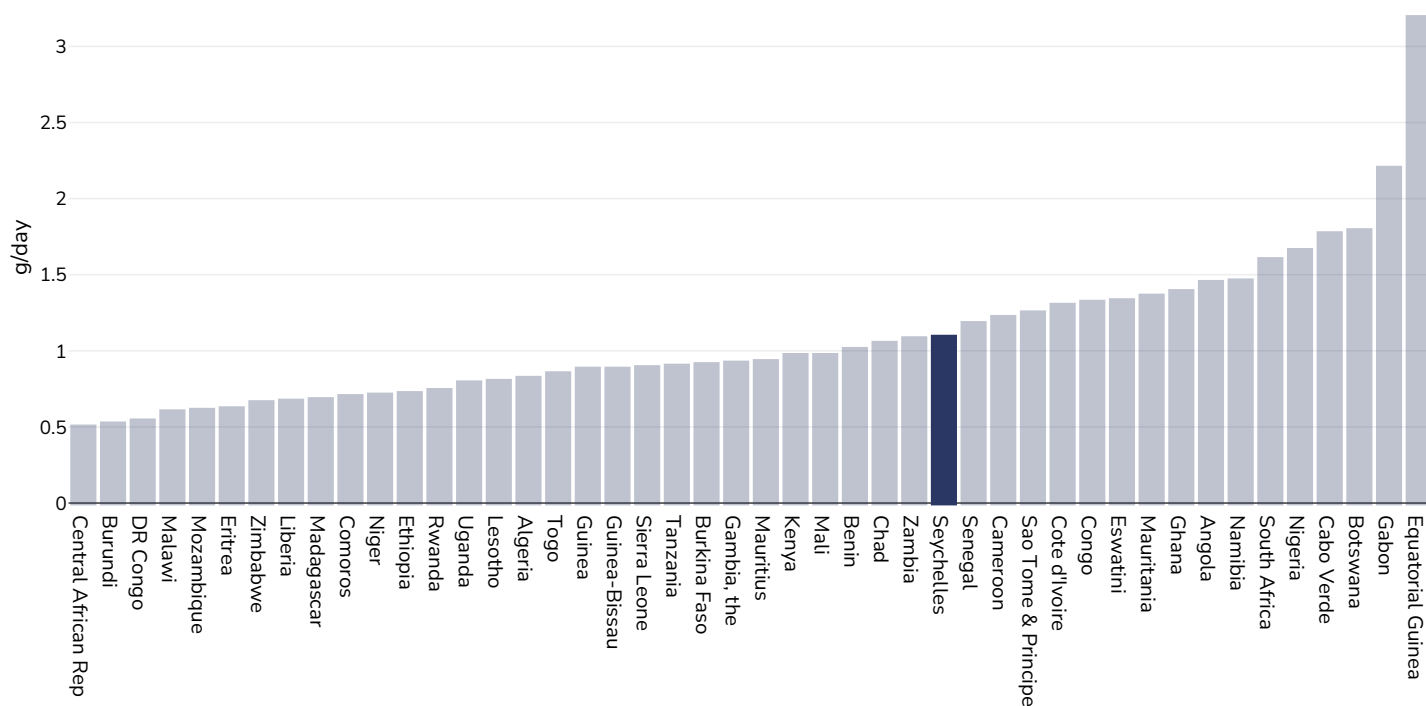
Age: 25+

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

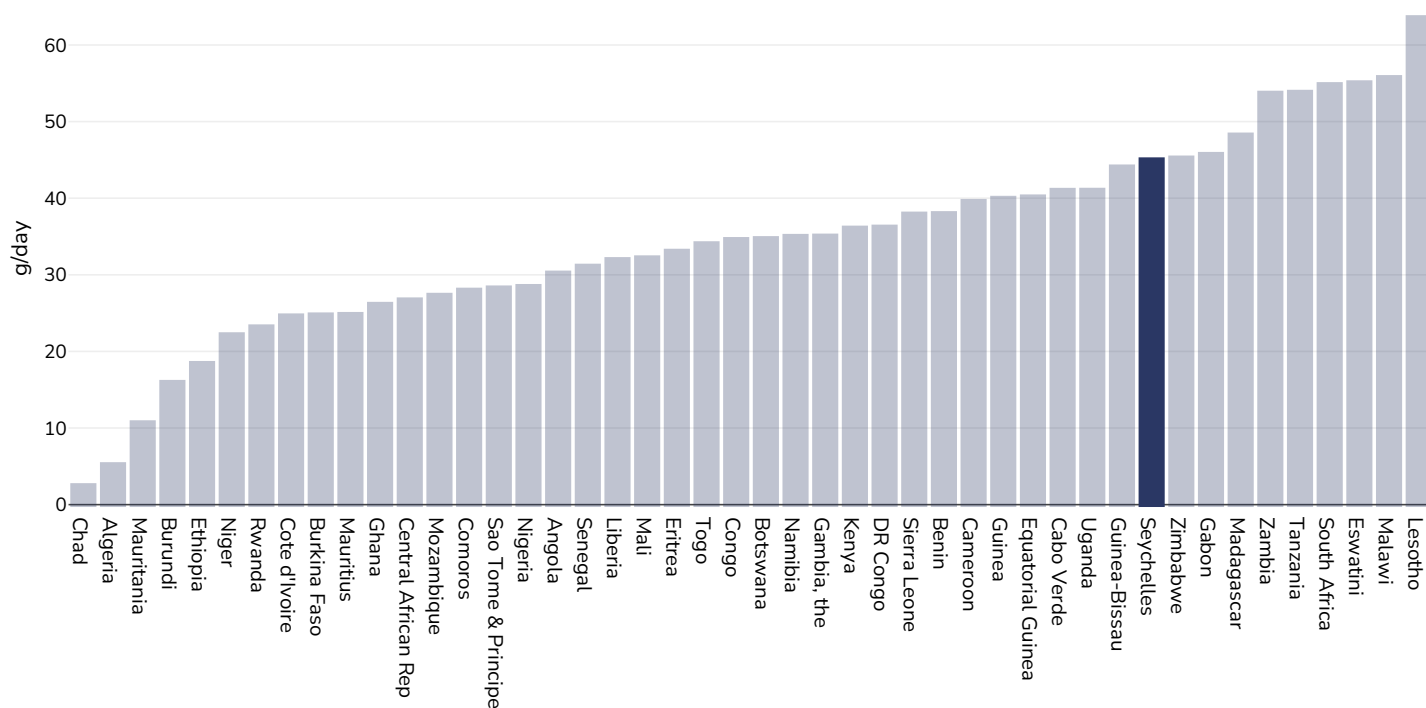
Age: 25+

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

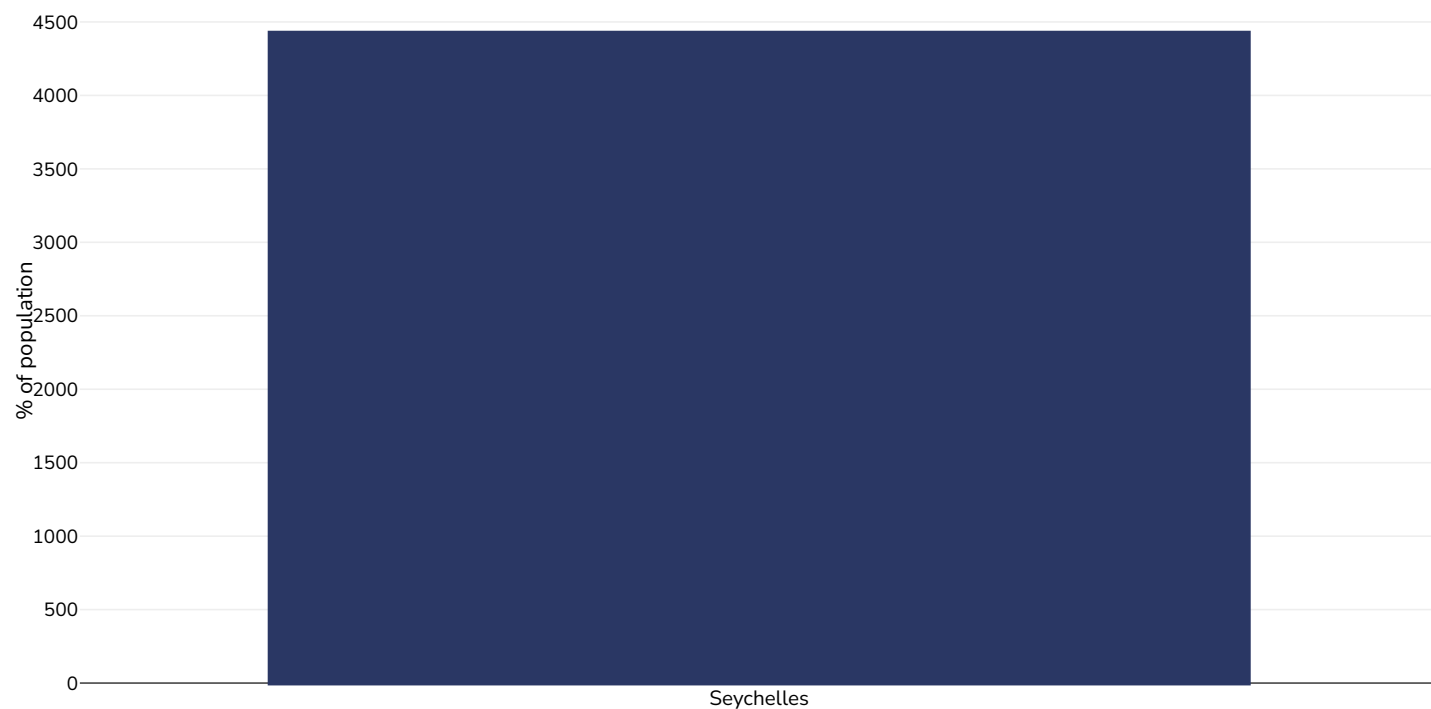
Age: 25+

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)

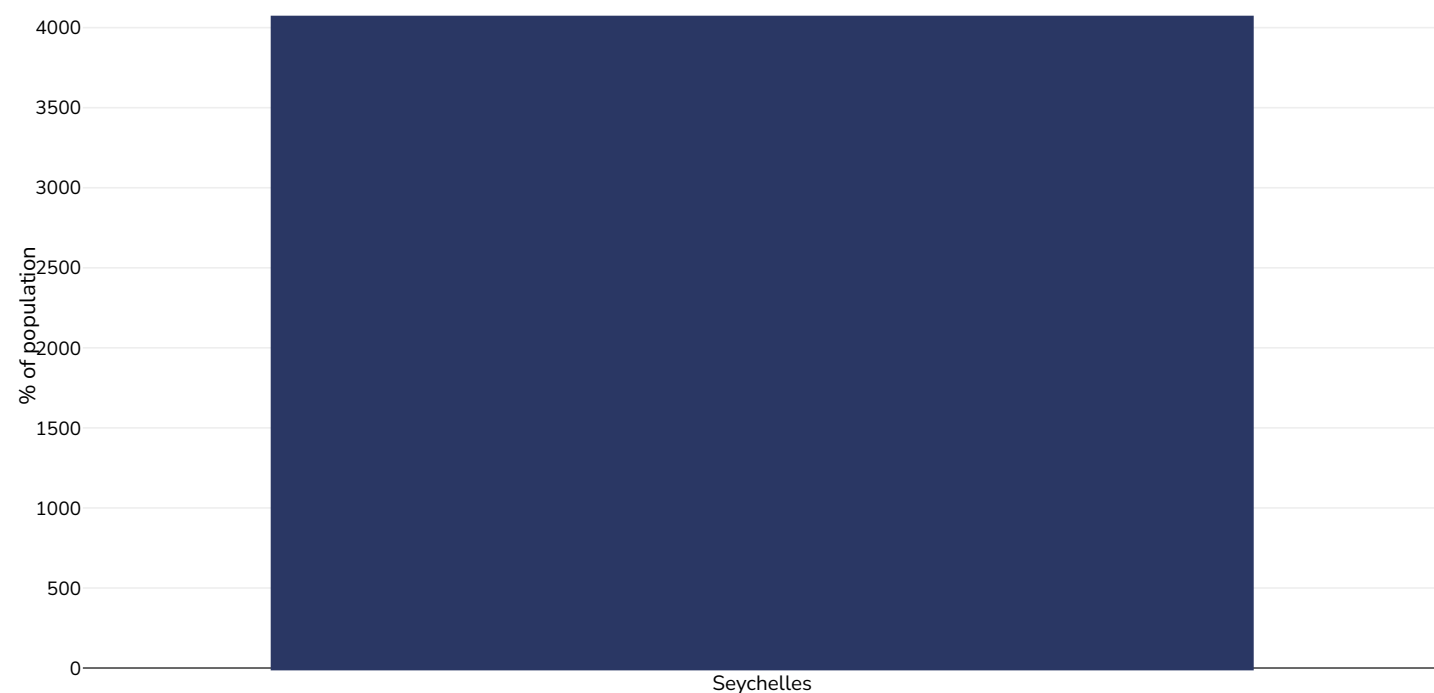
Mental health - depression disorders

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



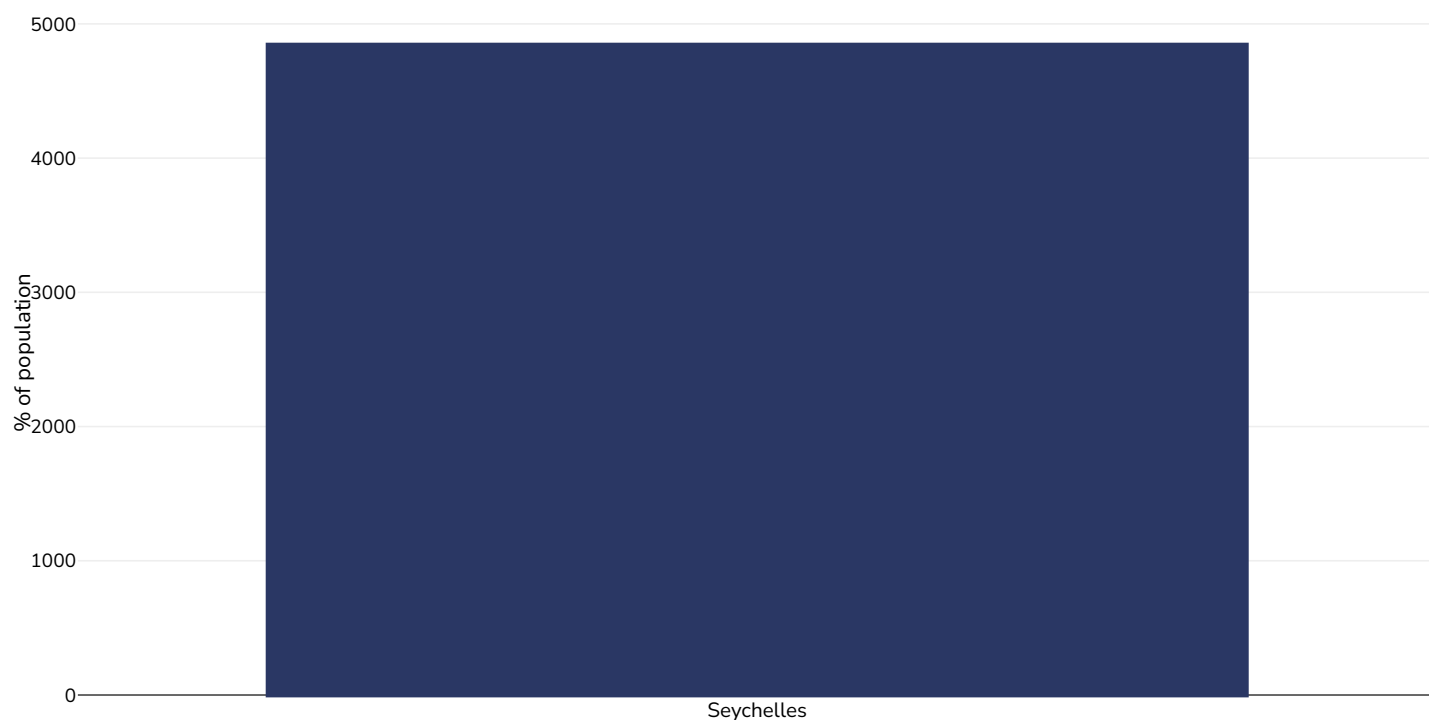
Age: 20+

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

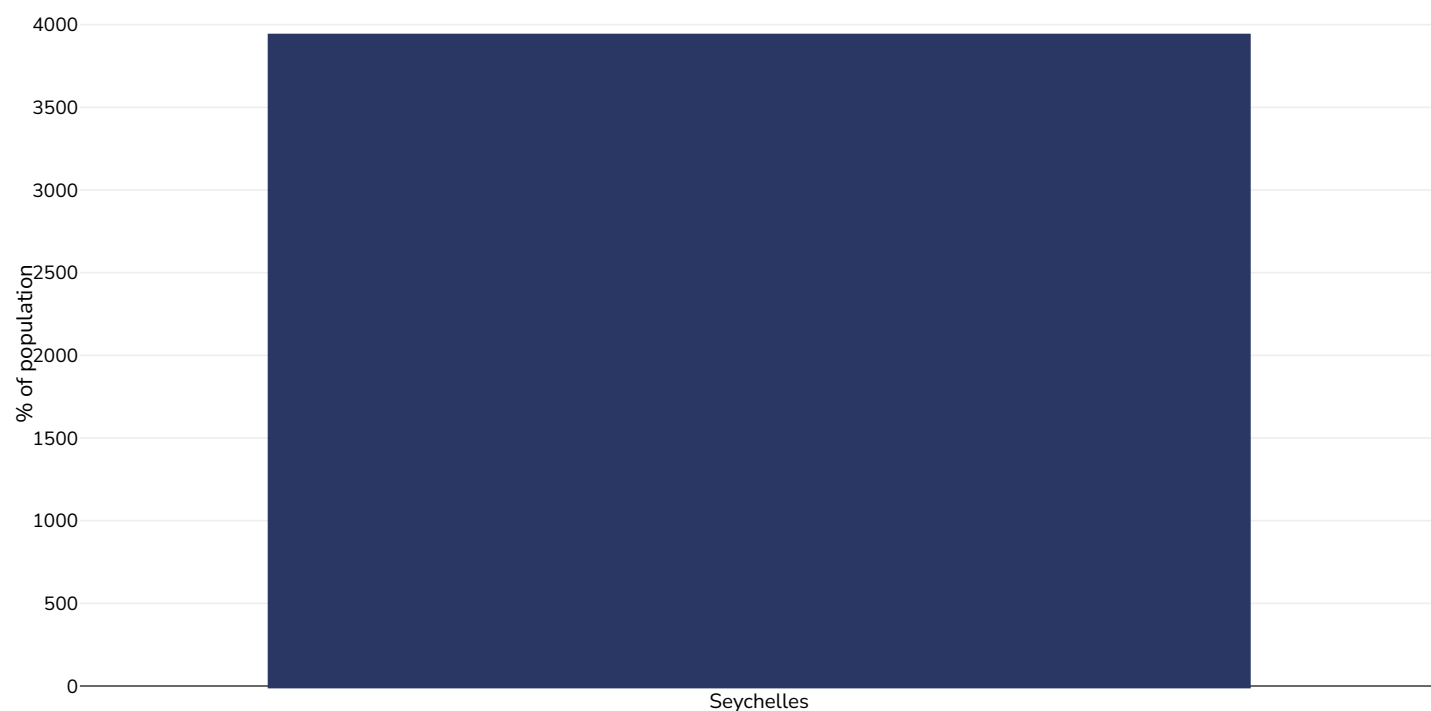


Age: 20+

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

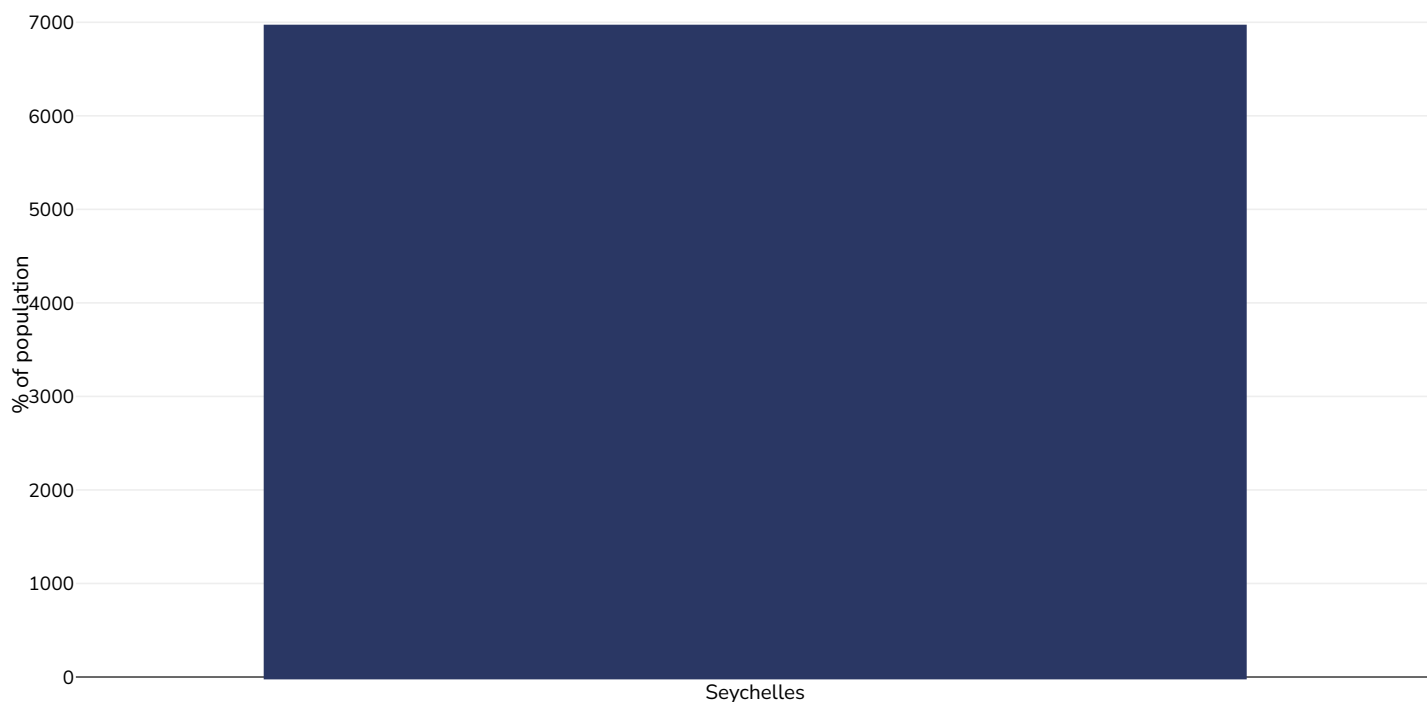


Age: 20+

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



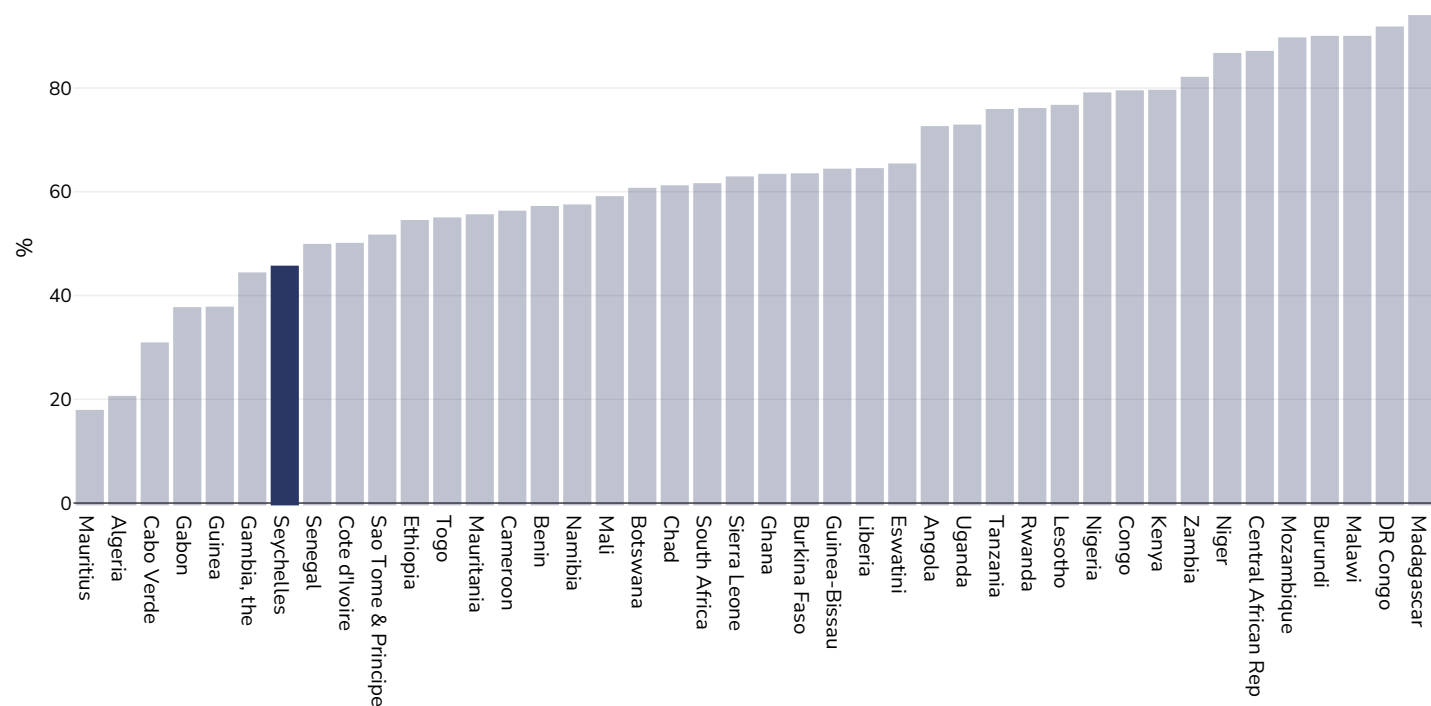
Age: 20+

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

Percent of population who cannot afford a healthy diet

Adults, 2022



Area covered:

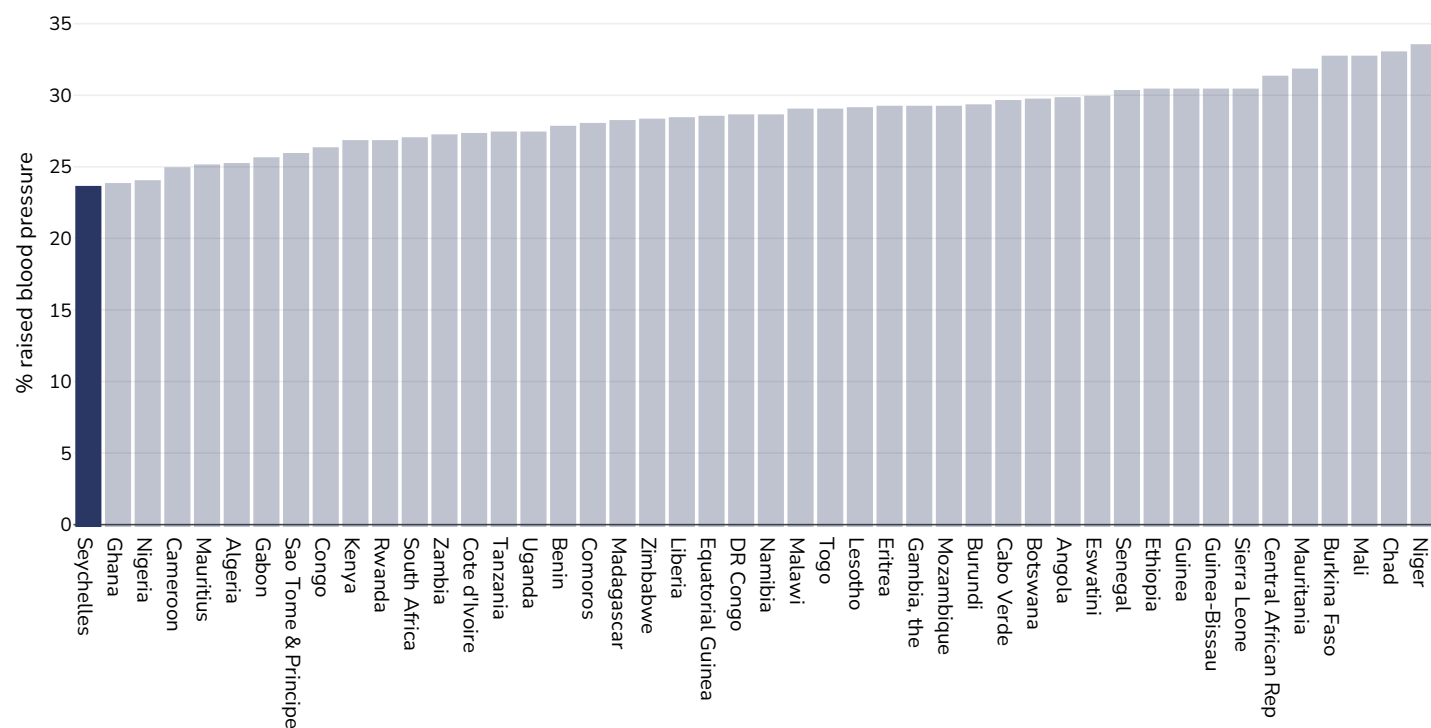
National

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>.

Raised blood pressure

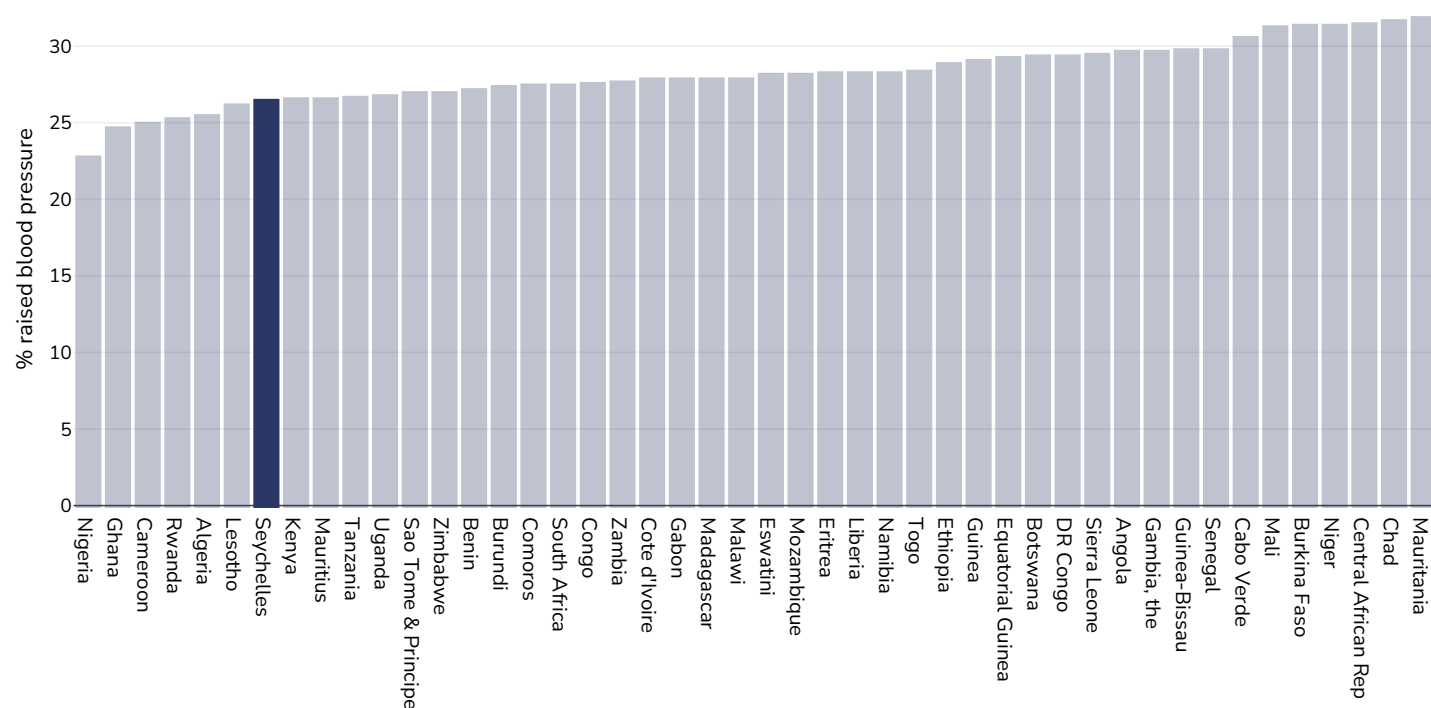
Adults, 2015



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 $\geq$ 140 OR DBP $\geq$ 90).

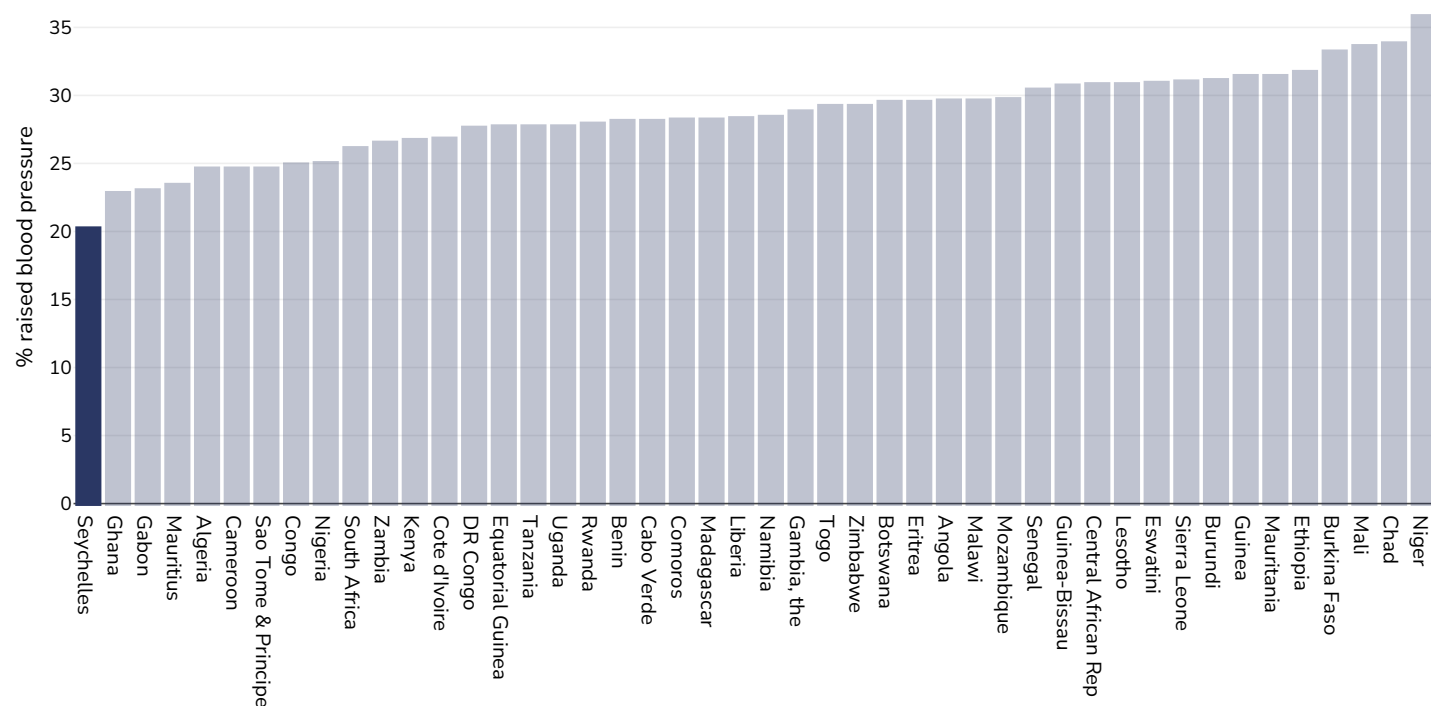
Men, 2015



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

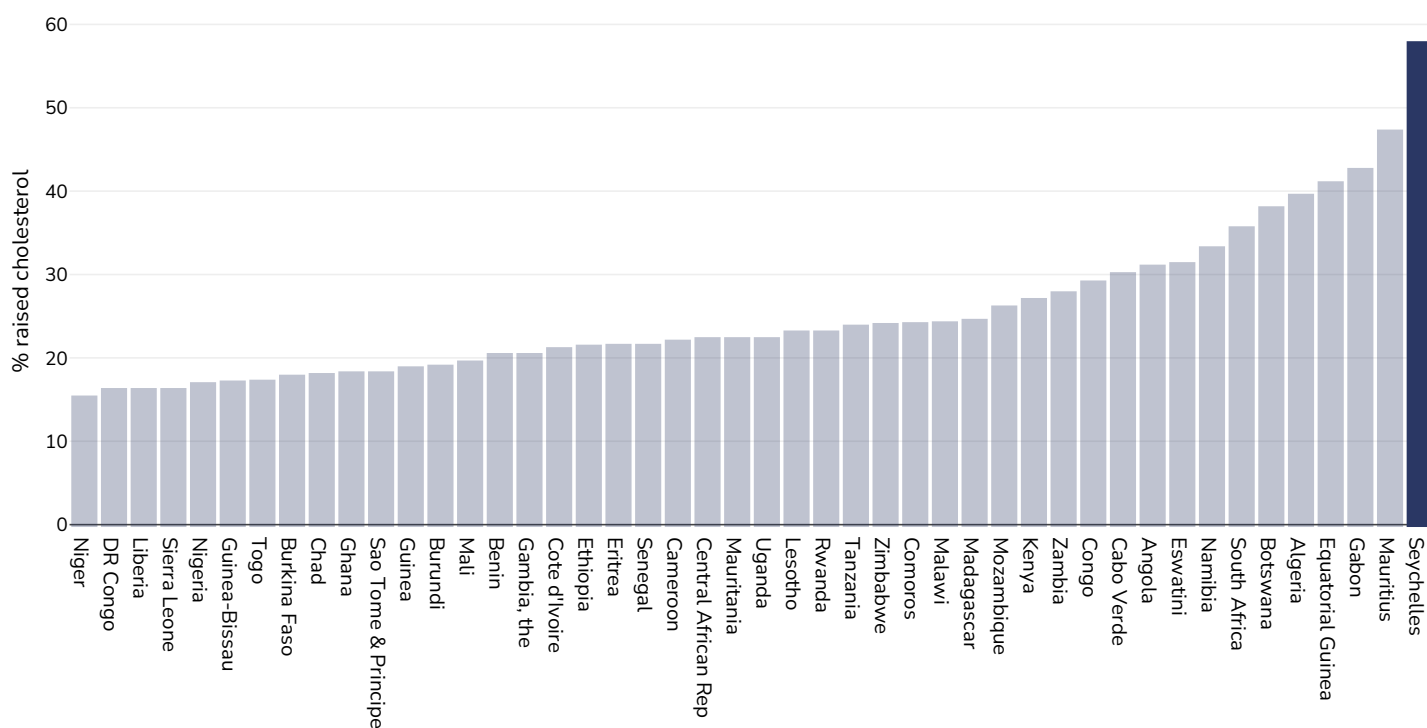


References: Global Health Observatory data repository, World Health Organisation, <http://apps.who.int/gho/data/node.main.A875?lang=en>

Definitions: Age Standardised estimated % Raised blood pressure 2015 (SBP $\geq$ 140 OR DBP $\geq$ 90).

Raised cholesterol

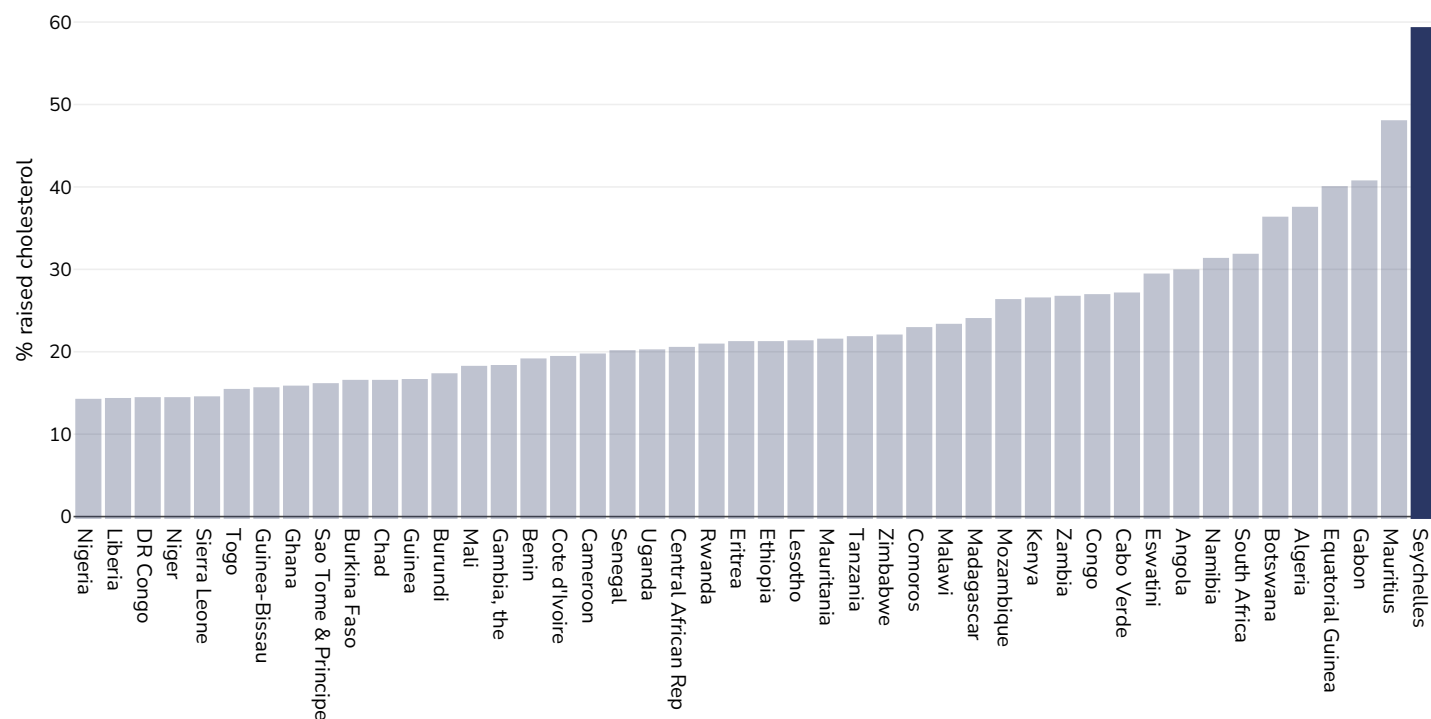
Adults, 2008



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).

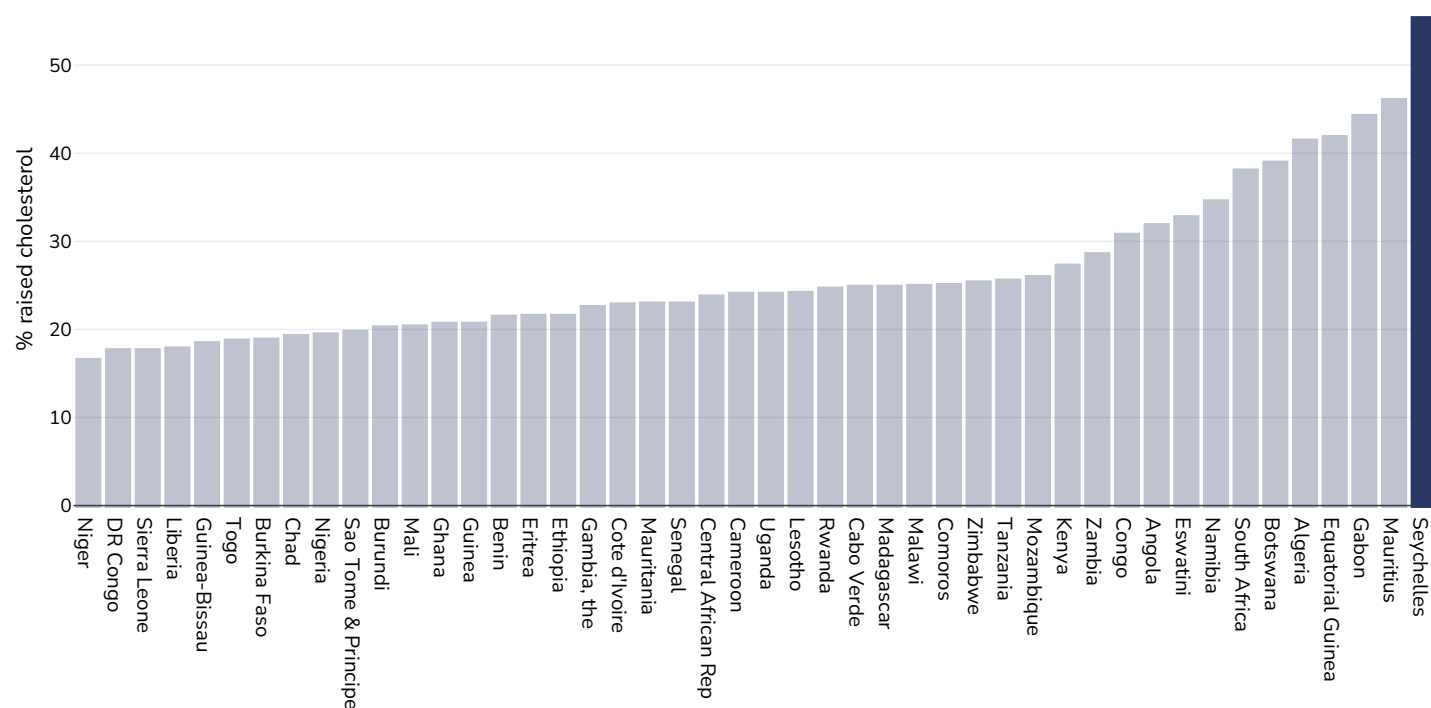
Men, 2008



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

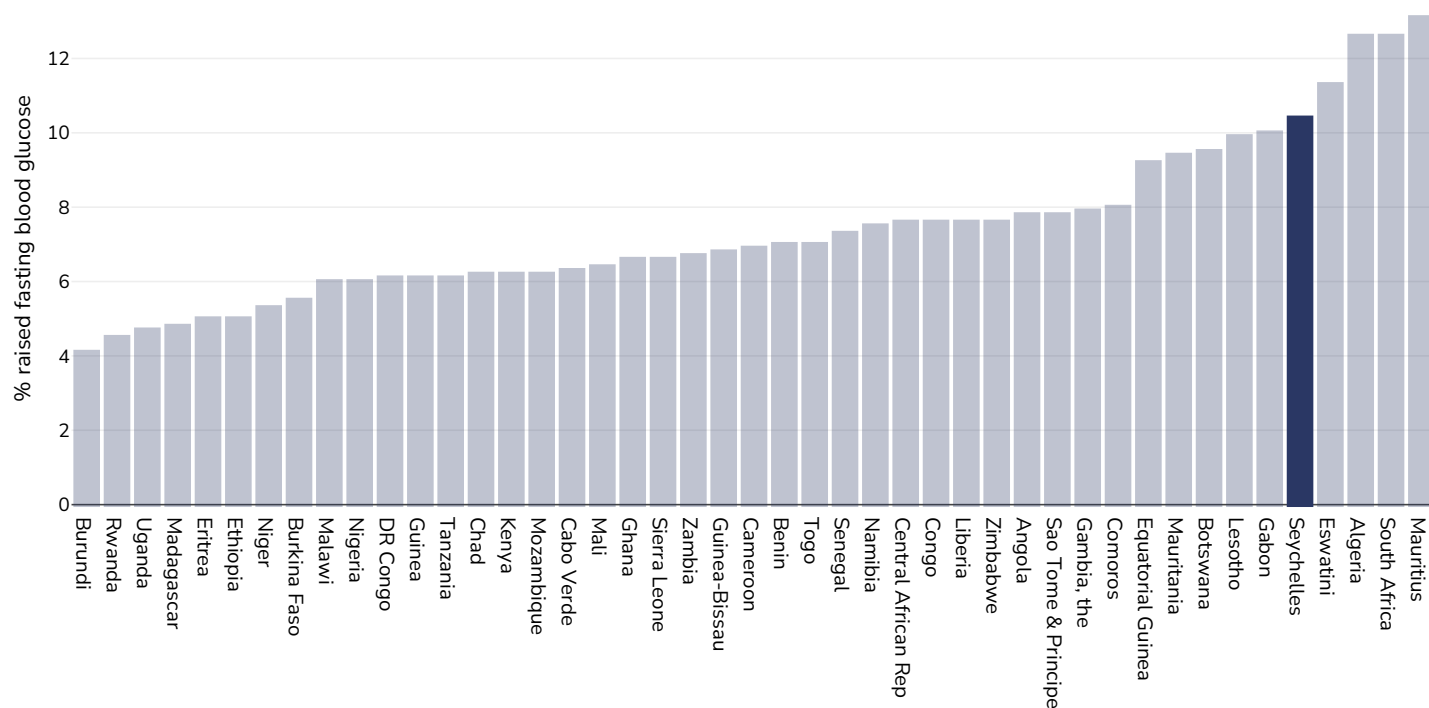


References: Global Health Observatory data repository, World Health Organisation, <http://apps.who.int/gho/data/node.main.A885>

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

Raised fasting blood glucose

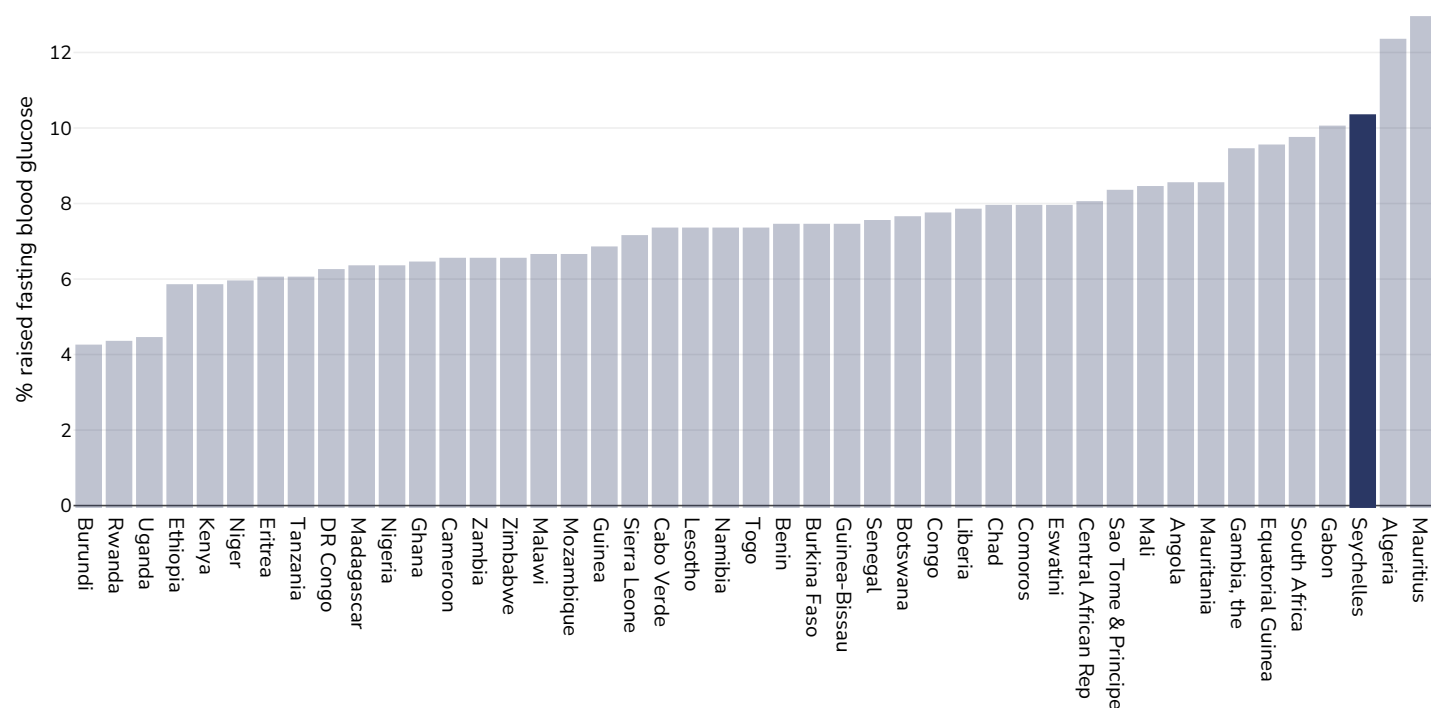
Men, 2014



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

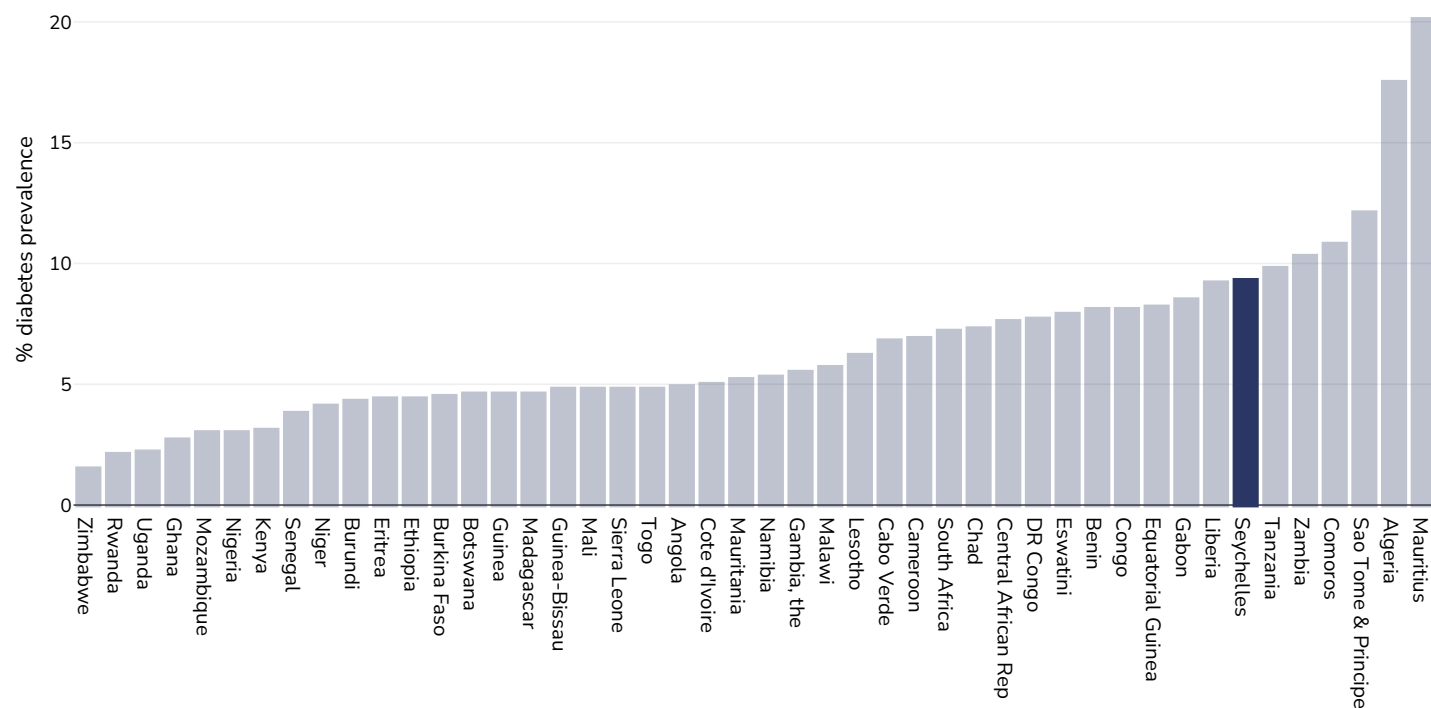


References: Global Health Observatory data repository, World Health Organisation, <http://apps.who.int/gho/data/node.main.A869?lang=en>

Definitions: Age Standardised % raised fasting blood glucose (≥ 7.0 mmol/L or on medication).

Diabetes prevalence

Adults, 2024



References:

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