



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/>.

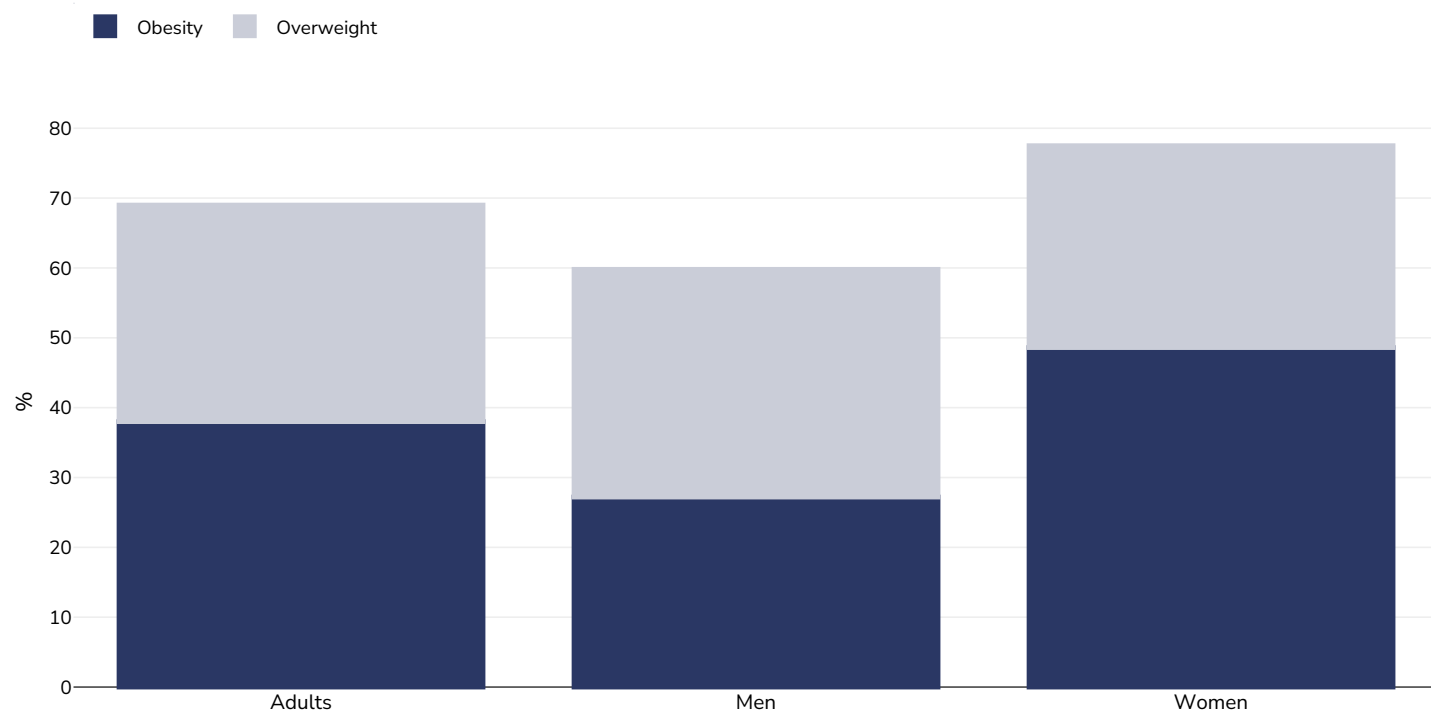
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National obesity risk *6.5/10 This is a composite "obesity risk" score (out of 10, the highest risk) based on obesity prevalence, rate of increase, likelihood of meeting the 2025 target, treatment indicator and childhood stunting levels. Childhood obesity risk *7/11 This is a "risk score" for each country's likelihood of having or acquiring a major childhood obesity problem during the 2020s, taking account of current prevalence levels and risk for future obesity (based on stunting among infants, maternal obesity, maternal smoking, and breastfeeding rates).

* Based on estimated data. For more information see Publications

Obesity prevalence

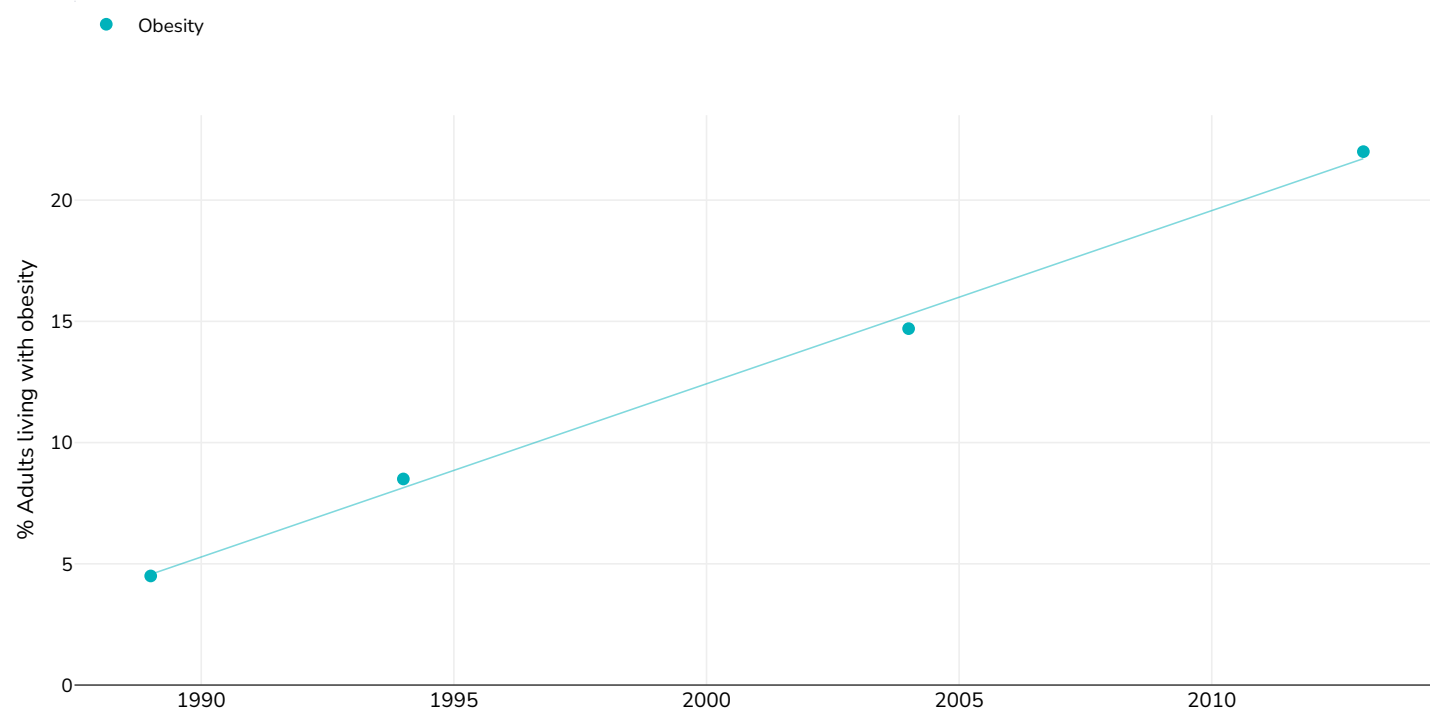
Adults, 2023



Survey type:	Measured
Age:	18-74
Sample size:	1,205
Area covered:	National
References:	Seychelles National Survey of Noncommunicable Diseases 2023 (Seychelles Heart Study V): Procedures and Key Findings. Public Health Authority, Ministry of Health, Republic of Seychelles. https://www.health.gov.sc/wp-content/uploads/Report-final30apr24.pdf [Accessed 28.08.25]
Notes:	Combined prevalence of overweight/obesity rounded to no decimal points 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 .

% Adults living with obesity in the Seychelles 1989-2013

Men



Survey type:

Measured

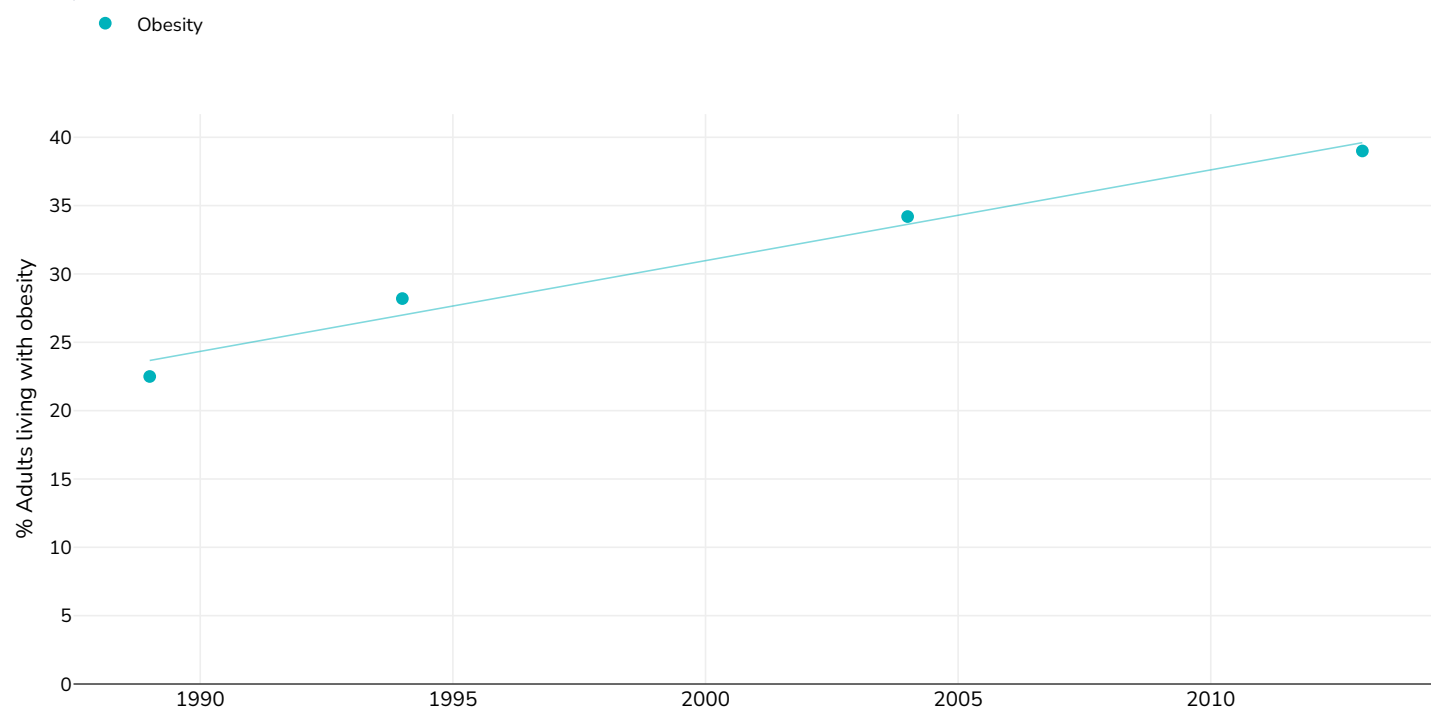
References:

- 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:

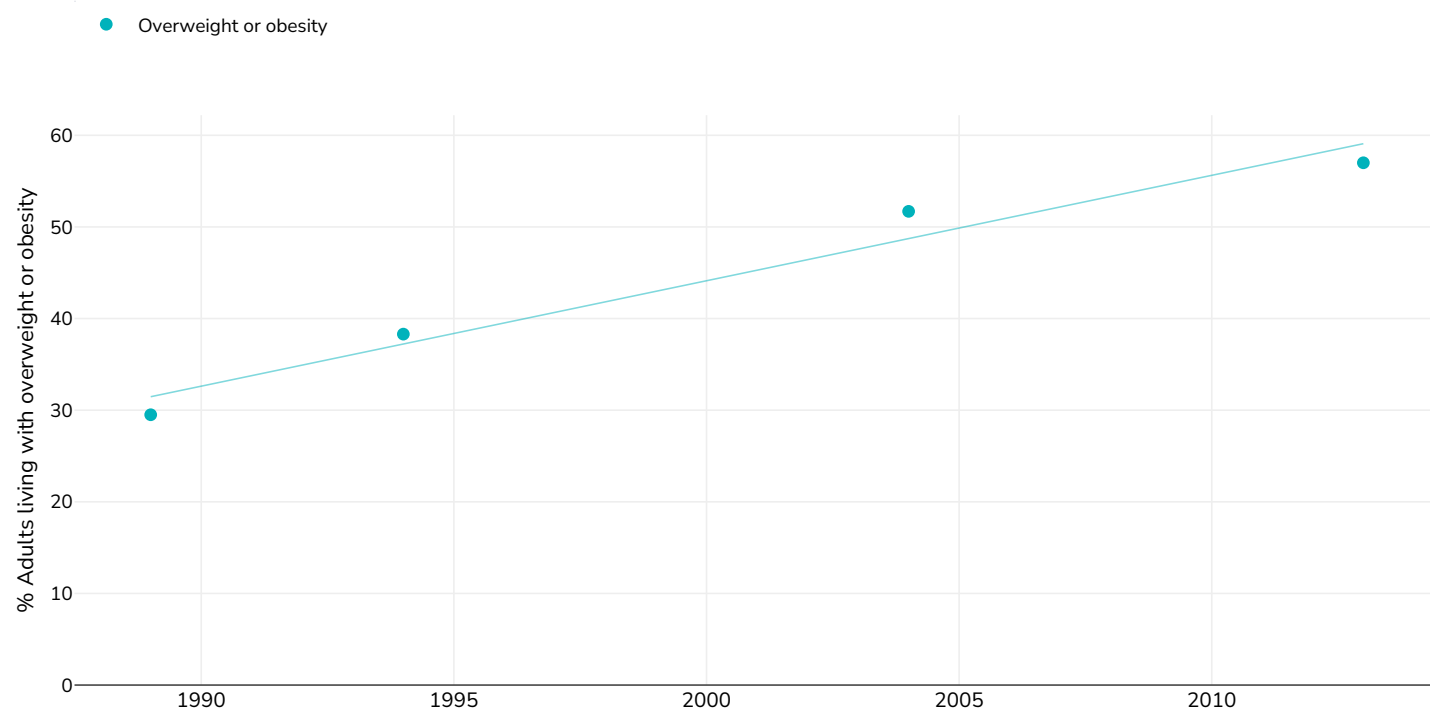
- 1989: P. Bovet, A. Chiolo, C. Shamlaye and F. Paccaud. Secular trends in overweight in Seychelles. Obesity Reviews 2008;9:511-517
- 1994: Conen D, Wietlisbach V, Bovet P, Shamlaye C, Riesen W, Paccaud F, Burnier Michel. Prevalence of hyperuricemia and relation of serum uric acid with cardiovascular 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

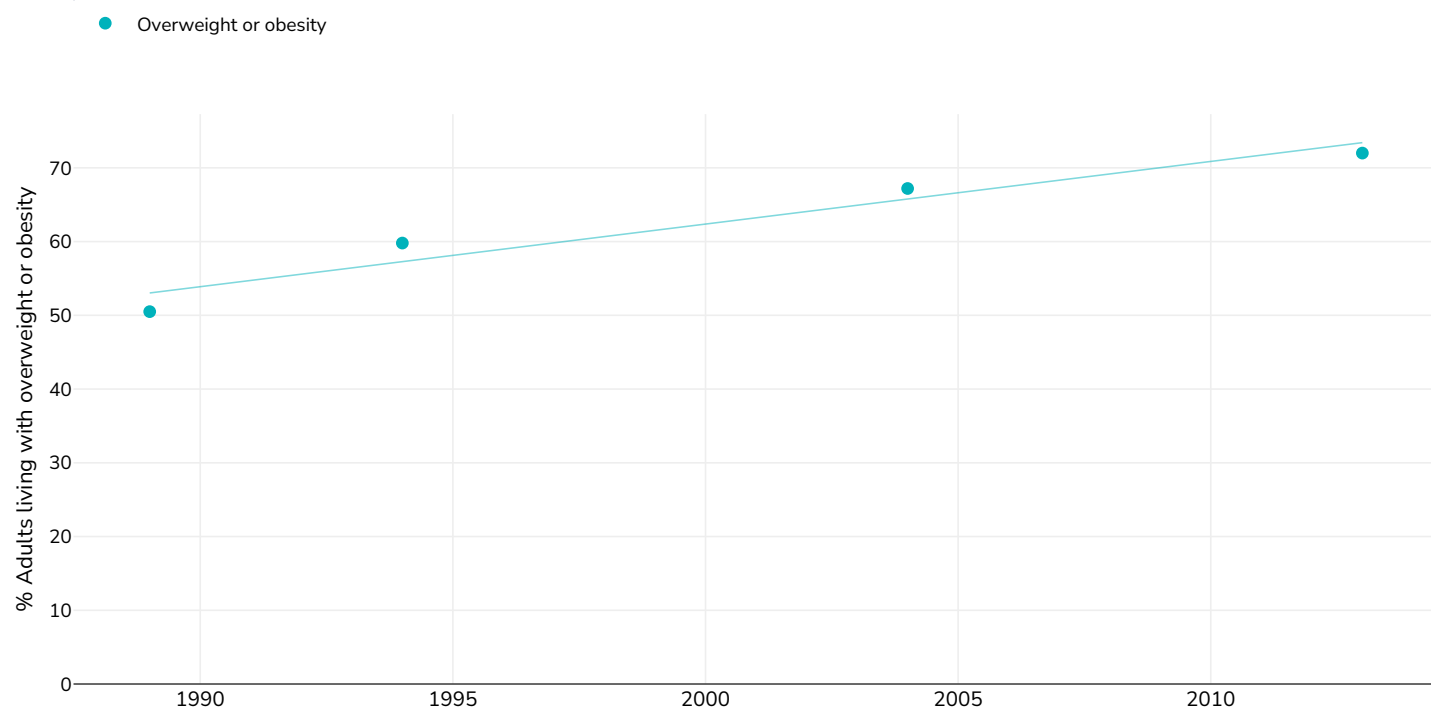
References:

- 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
- 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:

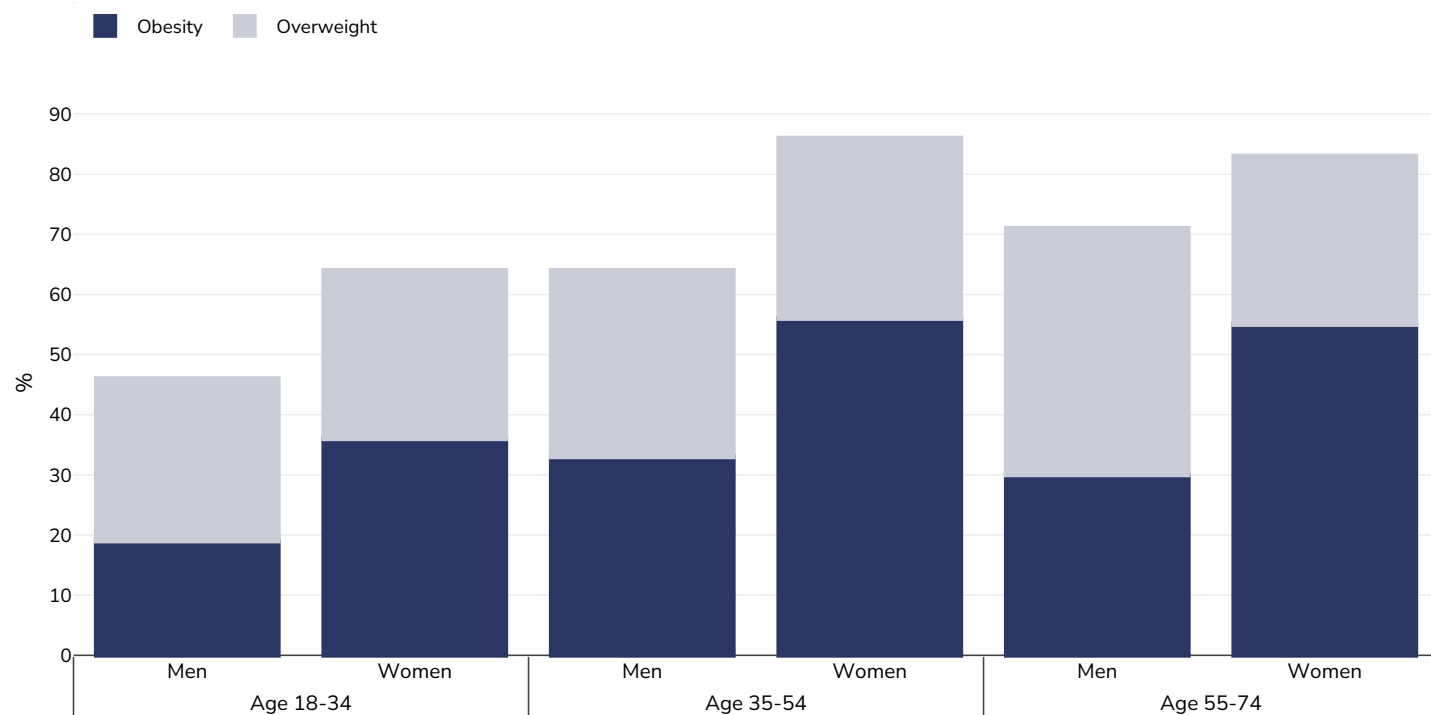
- 1989: P. Bovet, A. Chioloro, C. Shamlaye and F. Paccaud. Secular trends in overweight in Seychelles. *Obesity Reviews* 2008;9:511-517
- 1994: Conen D, Wietlisbach V, Bovet P, Shamlaye C, Riesen W, Paccaud F, Burnier Michel. Prevalence of hyperuricemia and relation of serum uric acid with cardiovascular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

Overweight/obesity by age

Adults, 2023



Survey type: Measured

Sample size: 1,205

Area covered: National

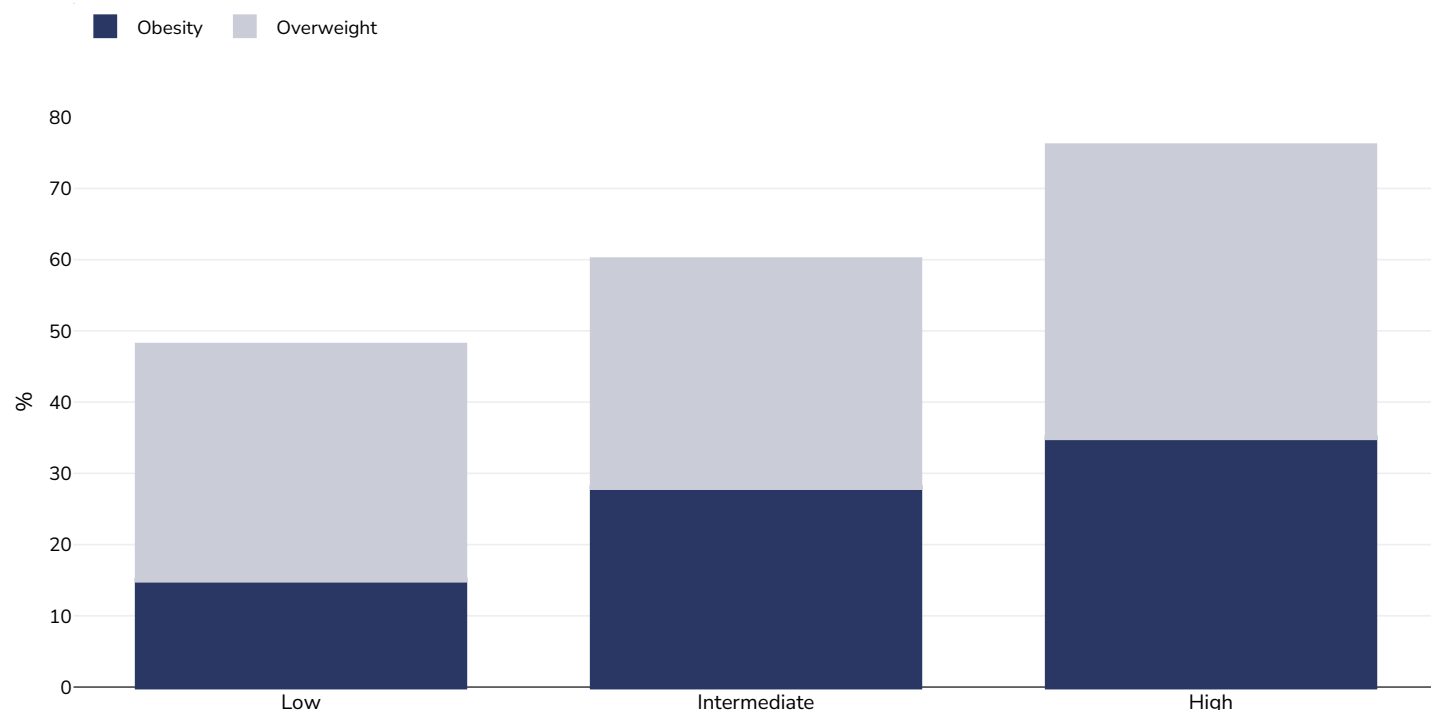
References: Seychelles National Survey of Noncommunicable Diseases 2023 (Seychelles Heart Study V): Procedures and Key Findings. Public Health Authority, Ministry of Health, Republic of Seychelles. <https://www.health.gov.sc/wp-content/uploads/Report-final30apr24.pdf> [Accessed 28.08.25]

Notes: Rounded

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

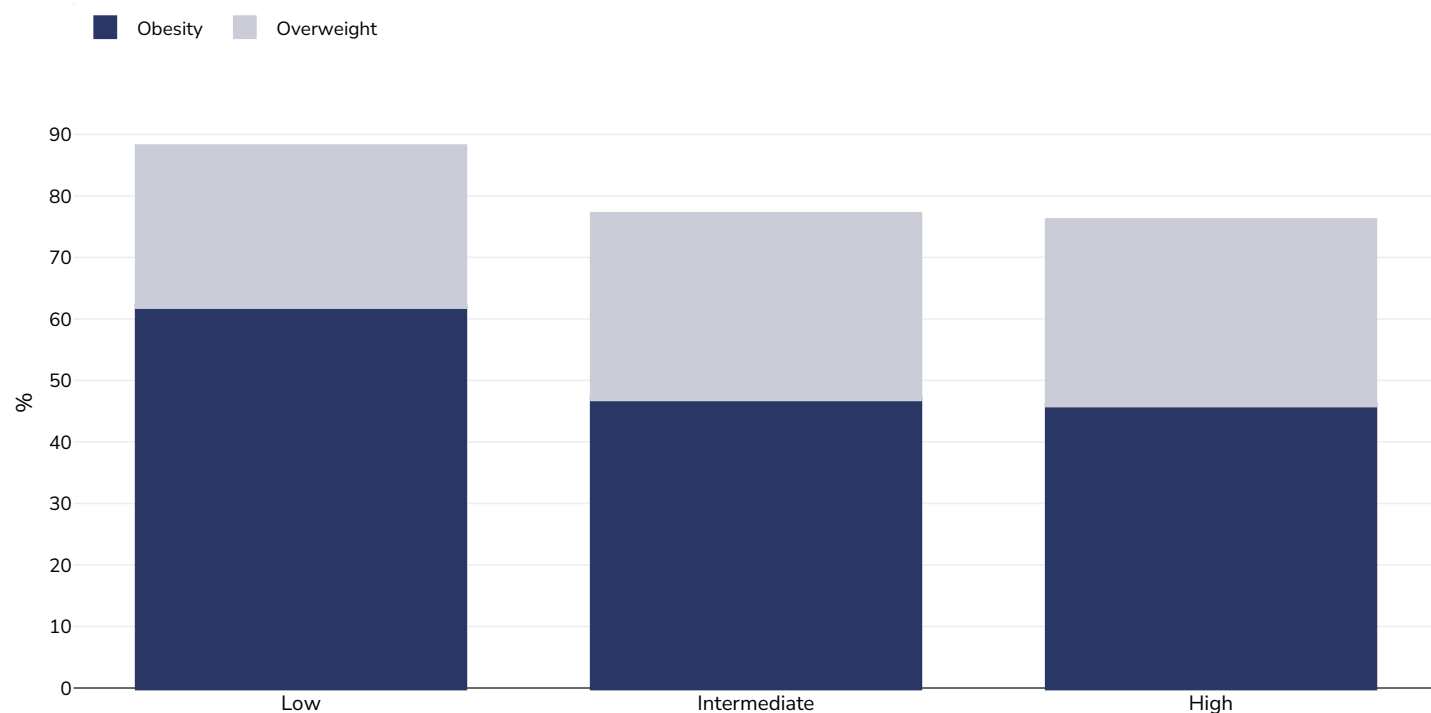
Men, 2023



Survey type:	Measured
Age:	18-74
Sample size:	1,205
Area covered:	National
References:	Seychelles National Survey of Noncommunicable Diseases 2023 (Seychelles Heart Study V): Procedures and Key Findings. Public Health Authority, Ministry of Health, Republic of Seychelles. https://www.health.gov.sc/wp-content/uploads/Report-final30apr24.pdf [Accessed 28.08.25]
Notes:	Rounded
Definitions:	Job categories 'Low': labourer, casual worker, etc; 'Intermediate' (mid) other job categories; 'High': professional or fully trained non-manual

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

Women, 2023

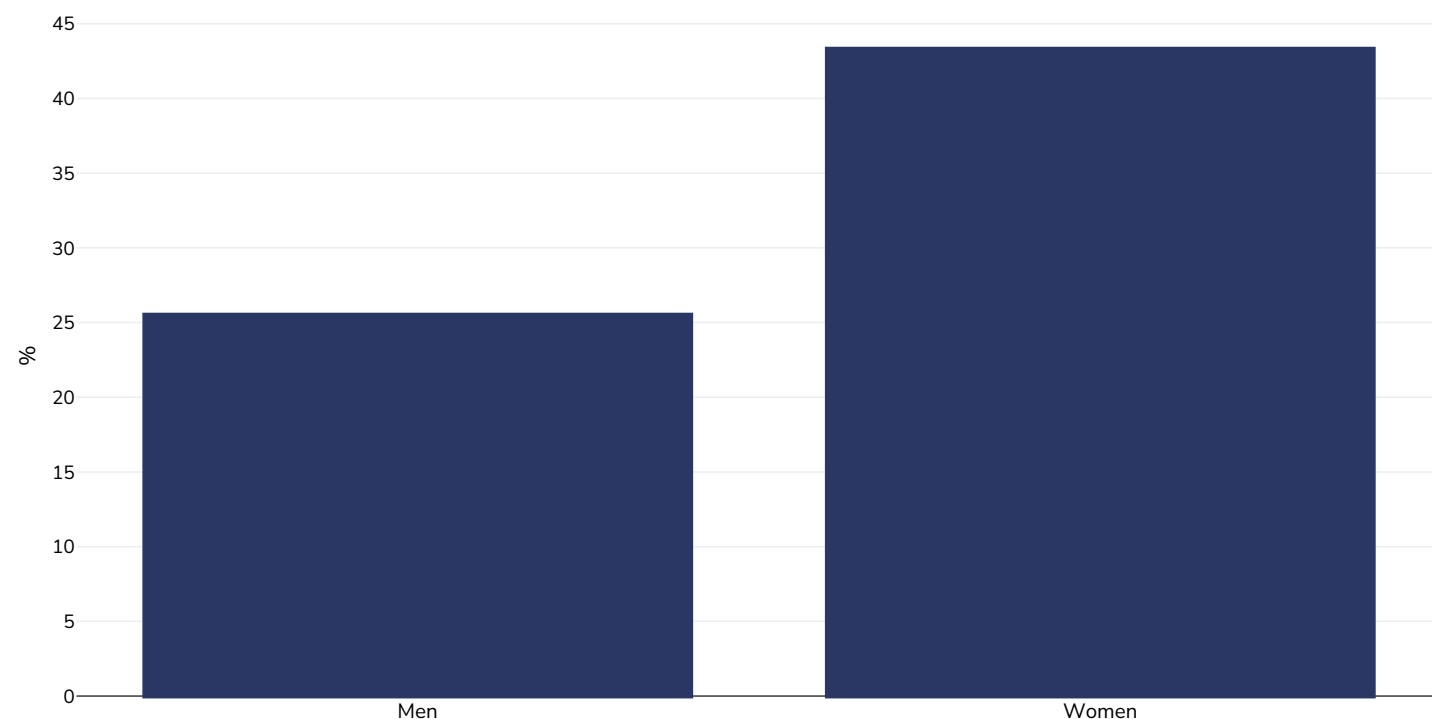


Survey type:	Measured
Age:	18-74
Sample size:	1,205
Area covered:	National
References:	Seychelles National Survey of Noncommunicable Diseases 2023 (Seychelles Heart Study V): Procedures and Key Findings. Public Health Authority, Ministry of Health, Republic of Seychelles. https://www.health.gov.sc/wp-content/uploads/Report-final30apr24.pdf [Accessed 28.08.25]
Notes:	Rounded
Definitions:	Job categories 'Low': labourer, casual worker, etc; 'Intermediate' (mid) other job categories; 'High': professional or fully trained non-manual

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+

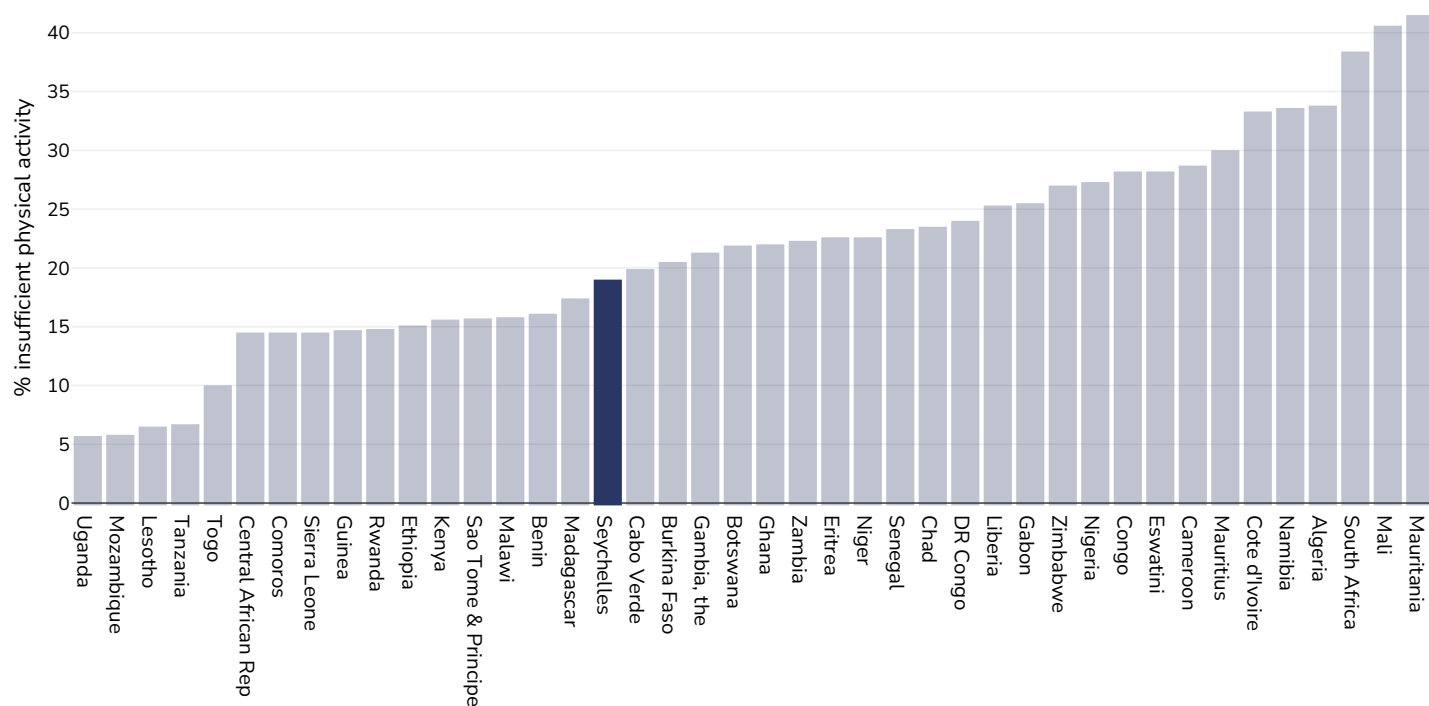
References: NCD Risk Factor Collaboration (NCD-RisC). Worldwide trends in underweight and obesity from 1990 to 2022: a pooled analysis of 3663 population representative studies with 222 million children, adolescents, and adults. Lancet 2024; published online Feb 29. [https://doi.org/10.1016/S0140-6736\(23\)02750-2](https://doi.org/10.1016/S0140-6736(23)02750-2).

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

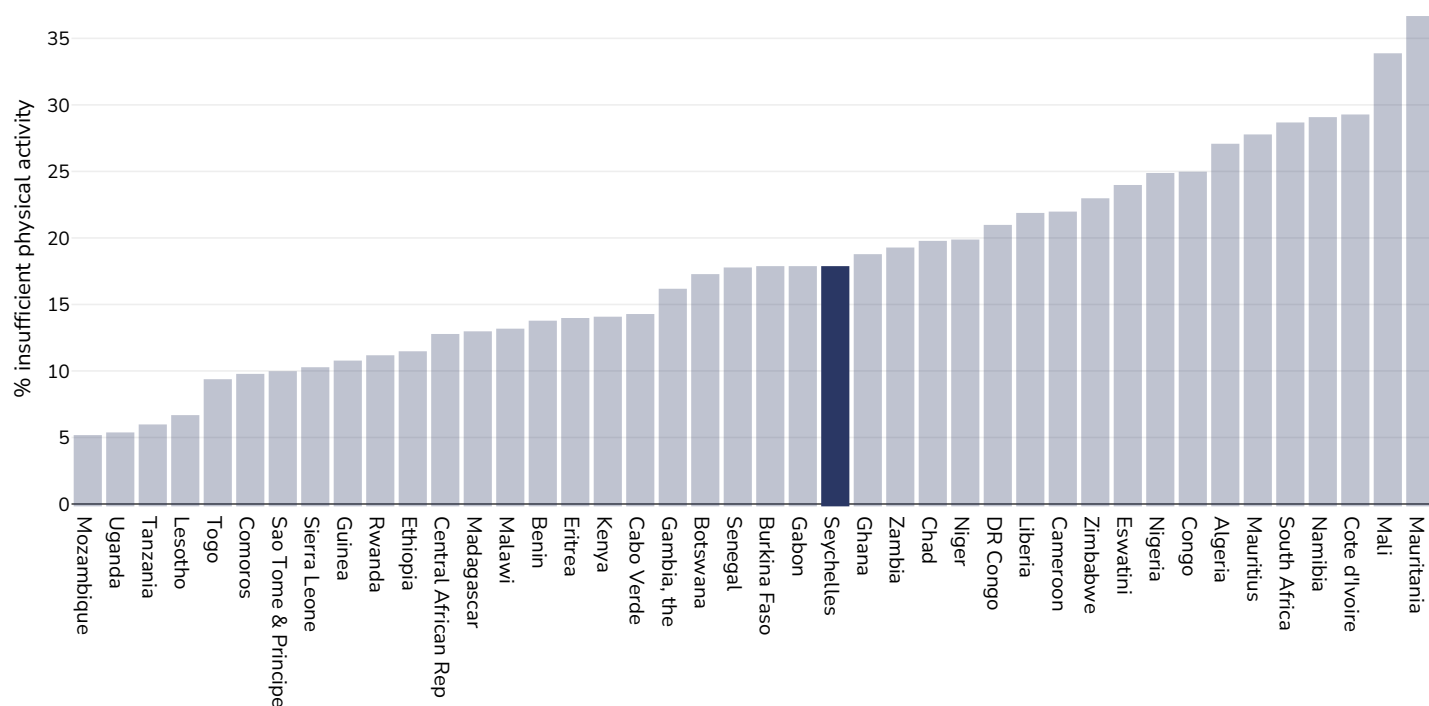
Adults, 2016



References:

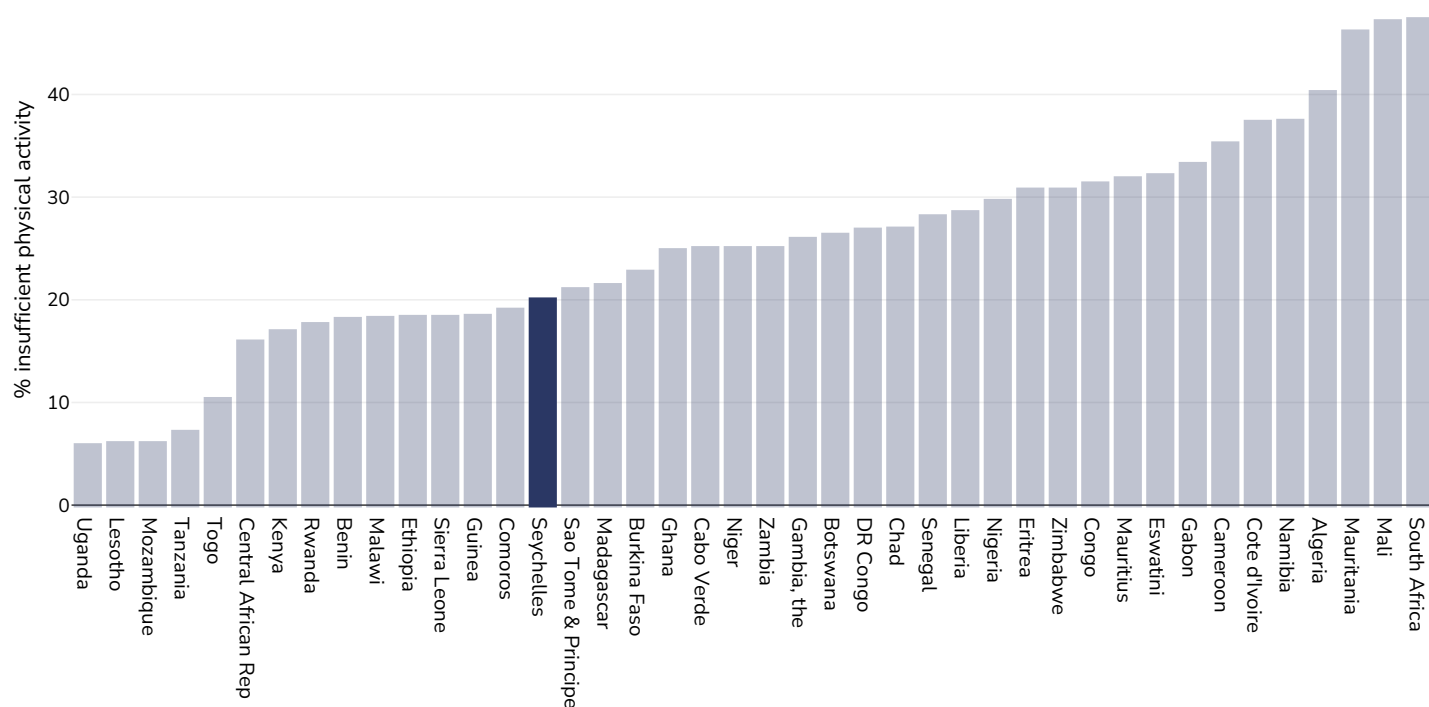
Guthold R, Stevens GA, Riley LM, Bull FC. Worldwide trends in insufficient physical activity from 2001 to 2016: a pooled analysis of 358 population-based surveys with 1.9 million participants. Lancet 2018 [http://dx.doi.org/10.1016/S2214-109X\(18\)30357-7](http://dx.doi.org/10.1016/S2214-109X(18)30357-7)

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)

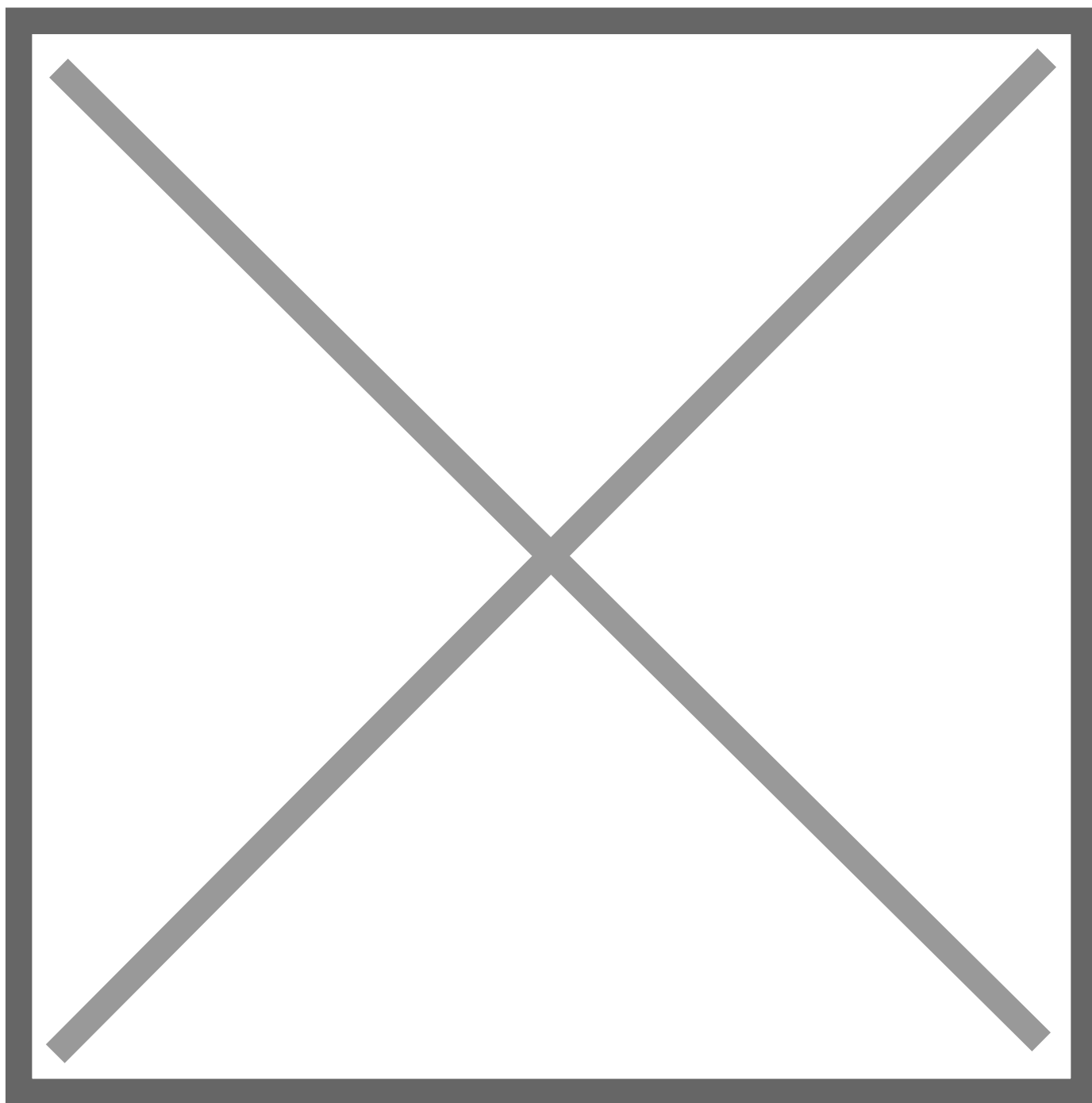
Women, 2016



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

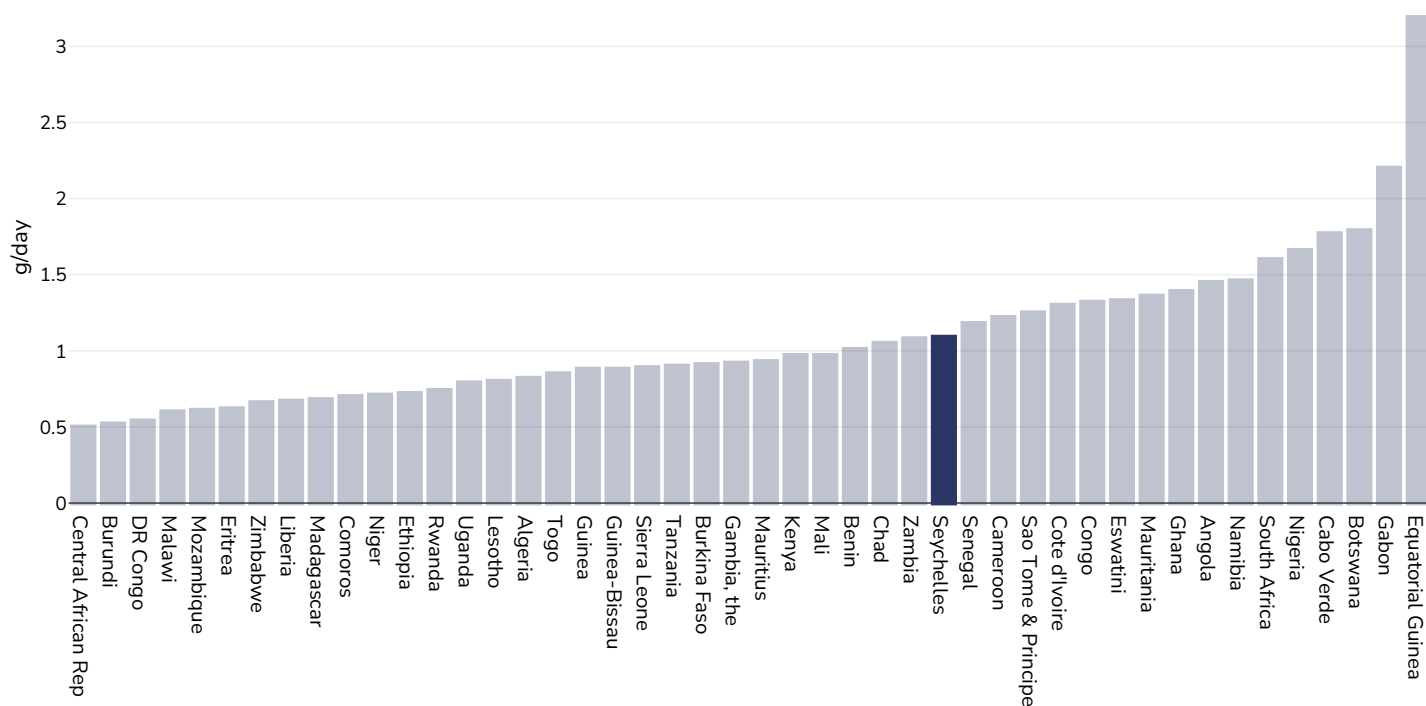
Adults, 2017



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

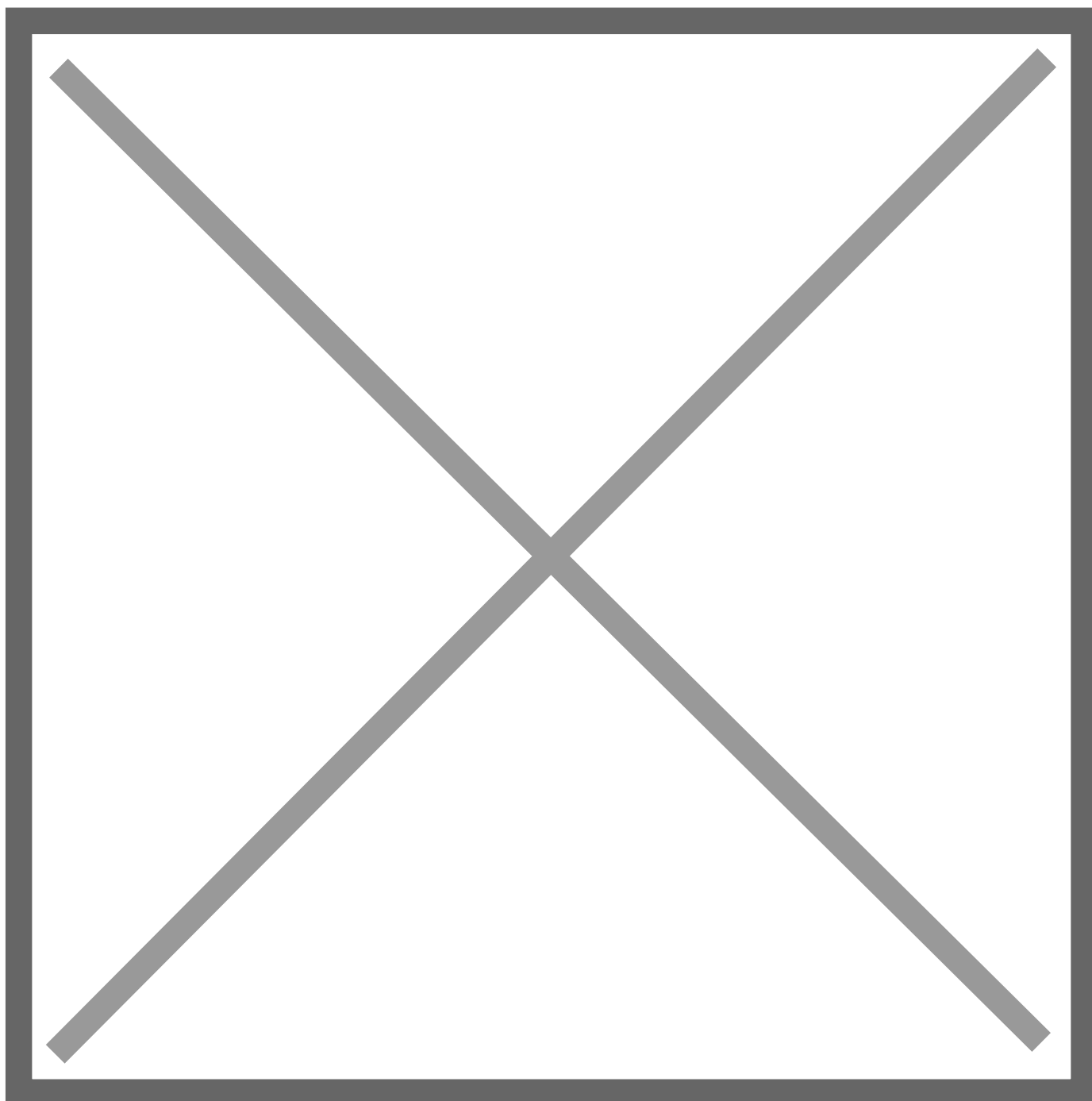
Age: 25+

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

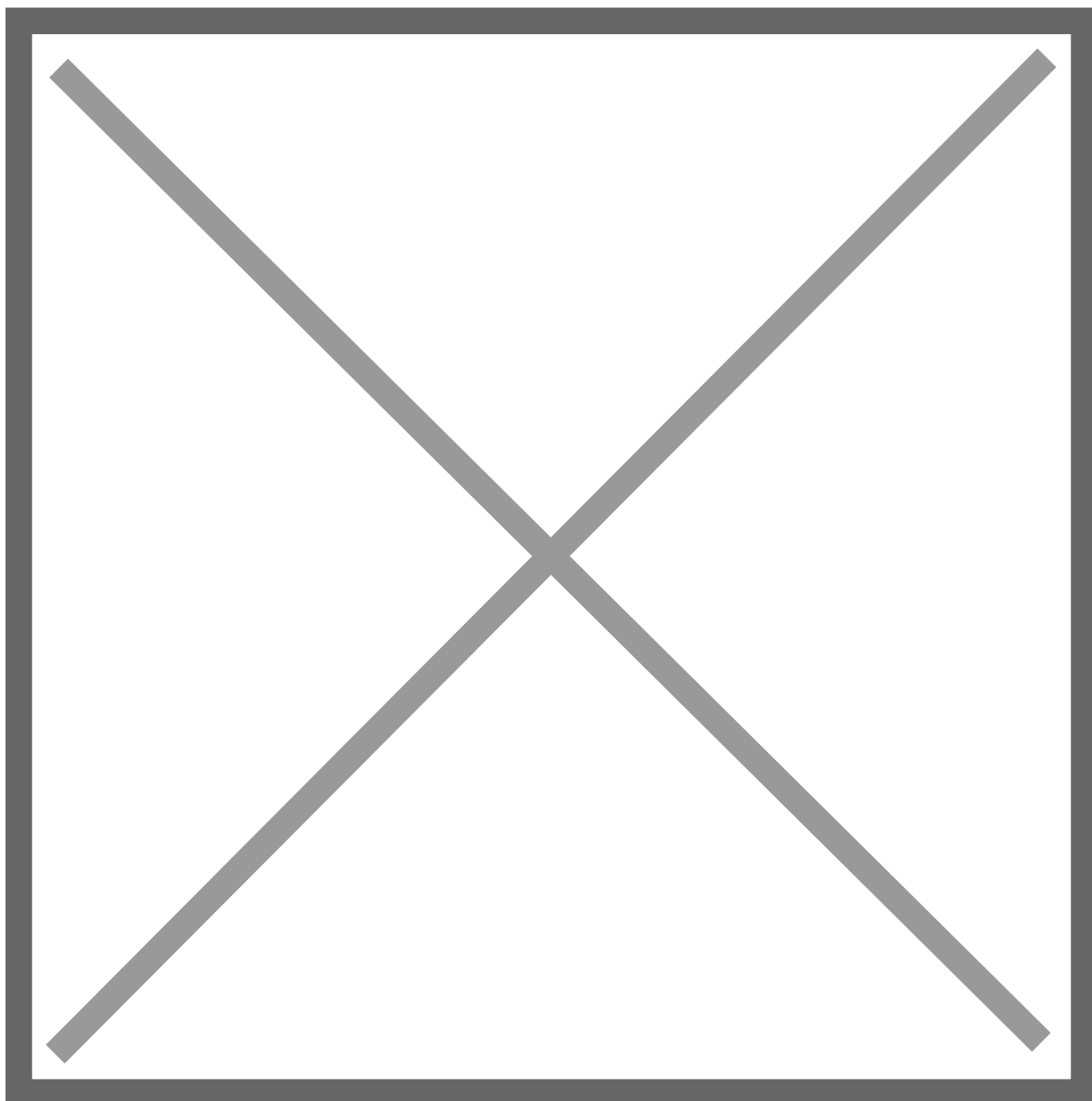
Adults, 2017



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)

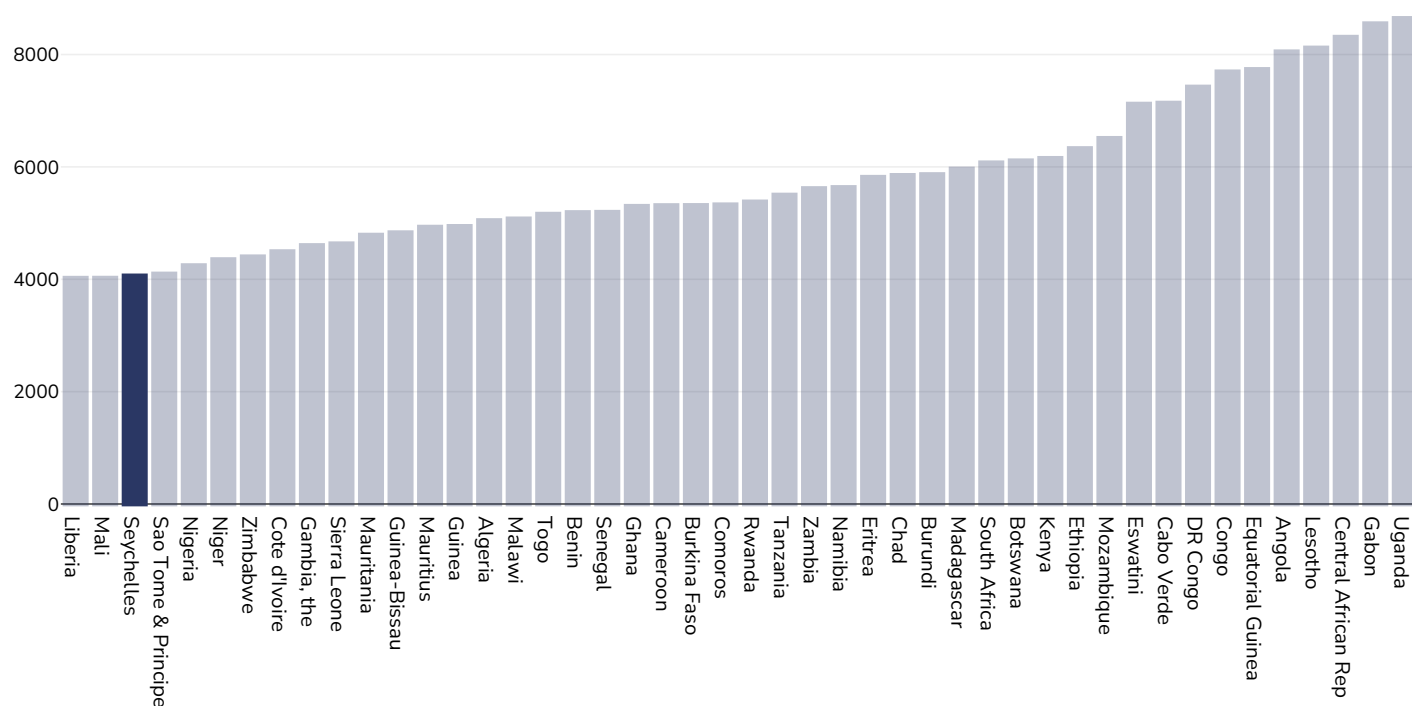
Mental health - depression disorders

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



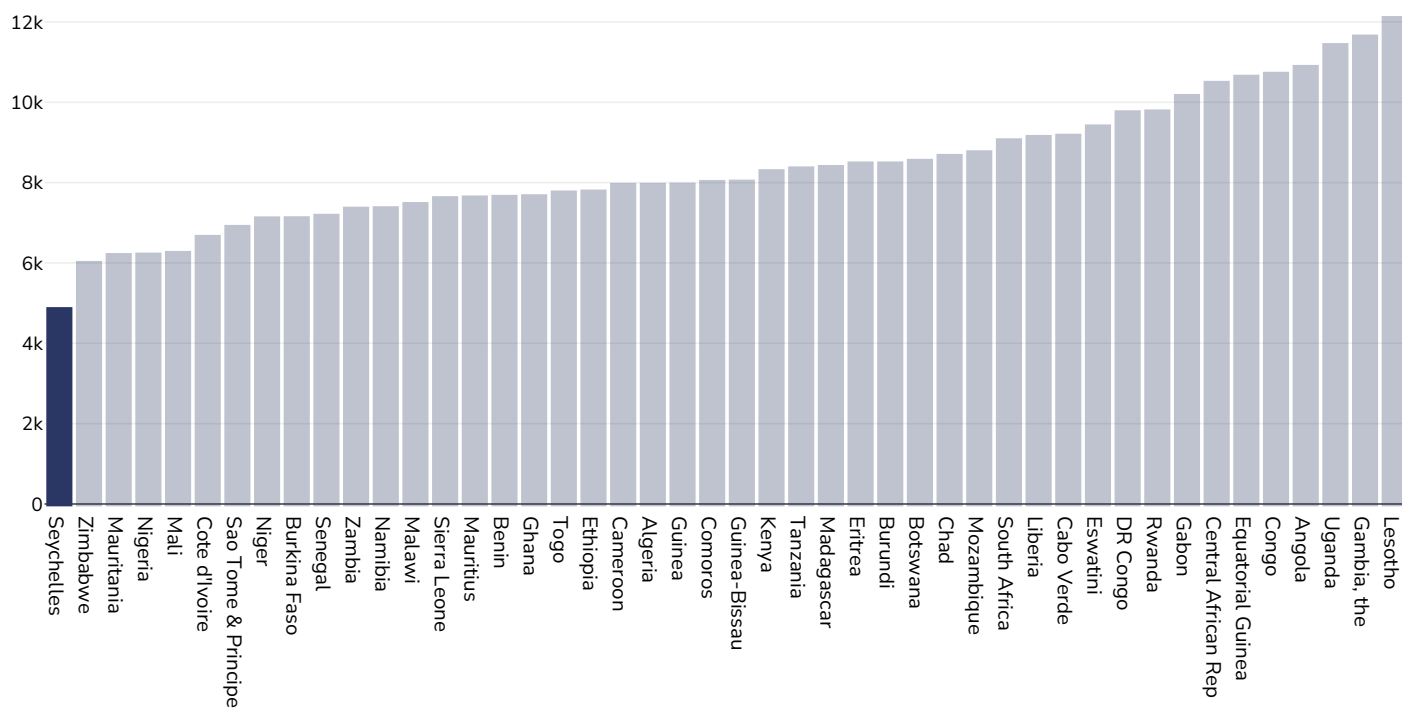
Age: 20+

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+

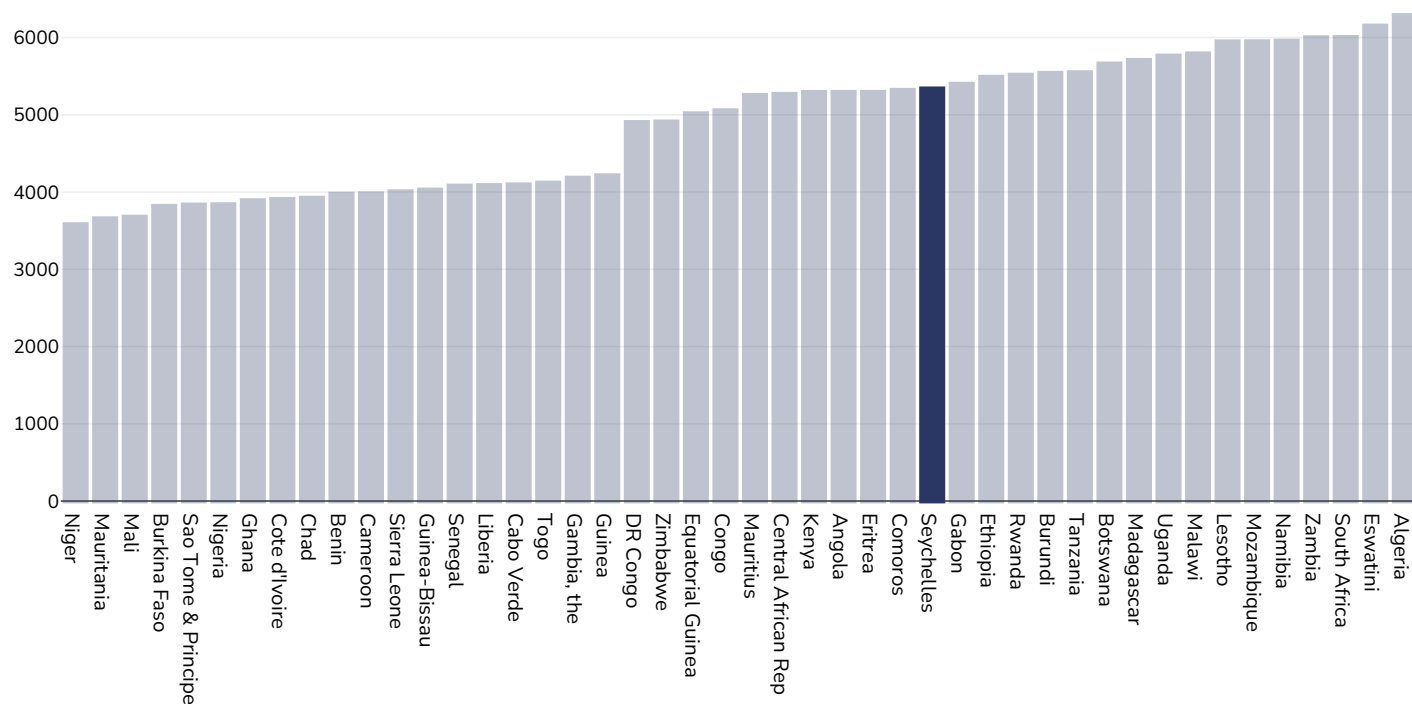
Area covered: National

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

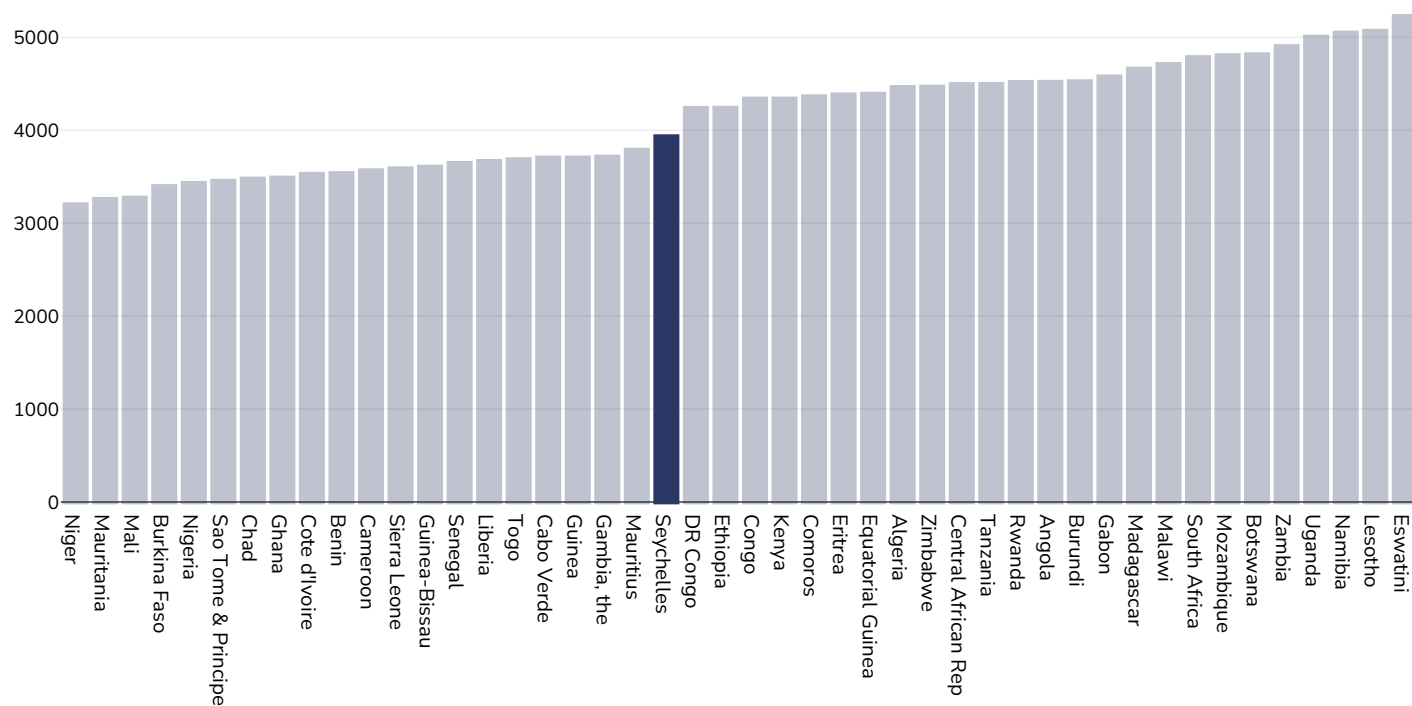


Age: 20+

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

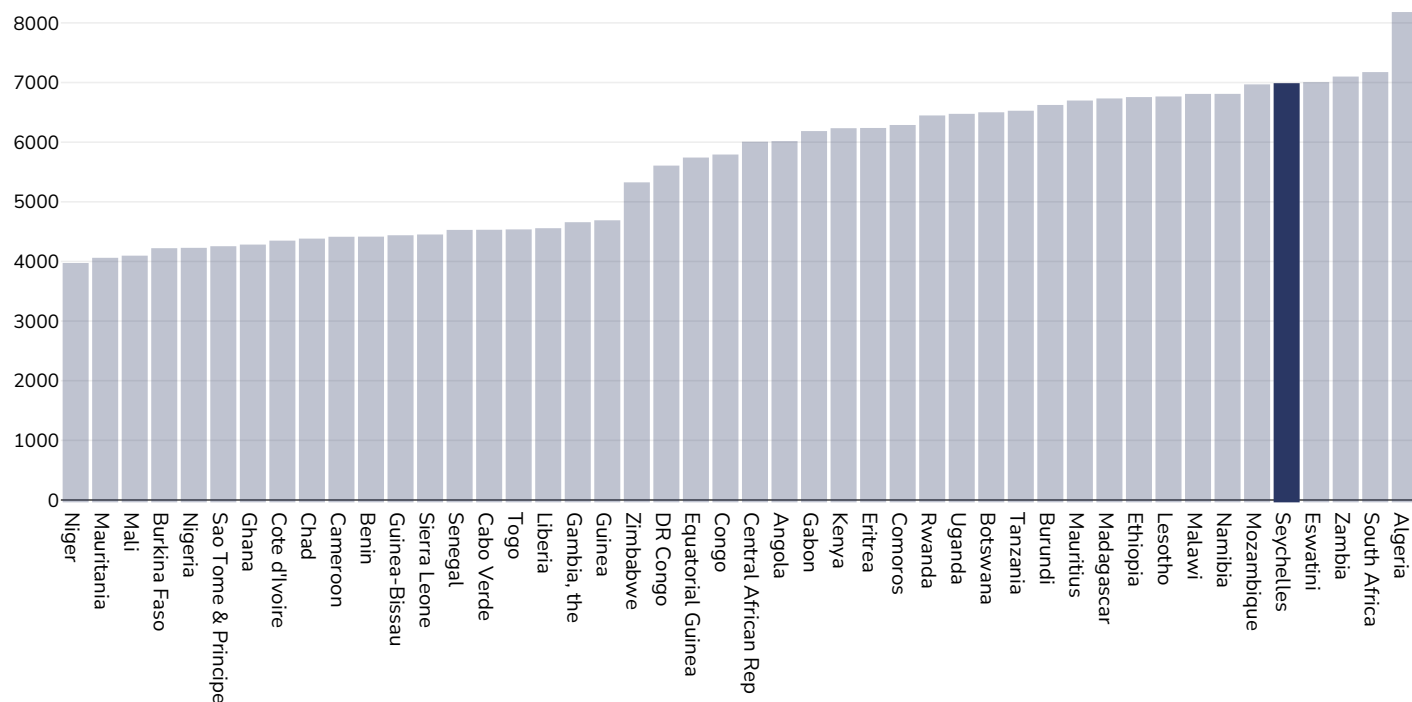


Age: 20+

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



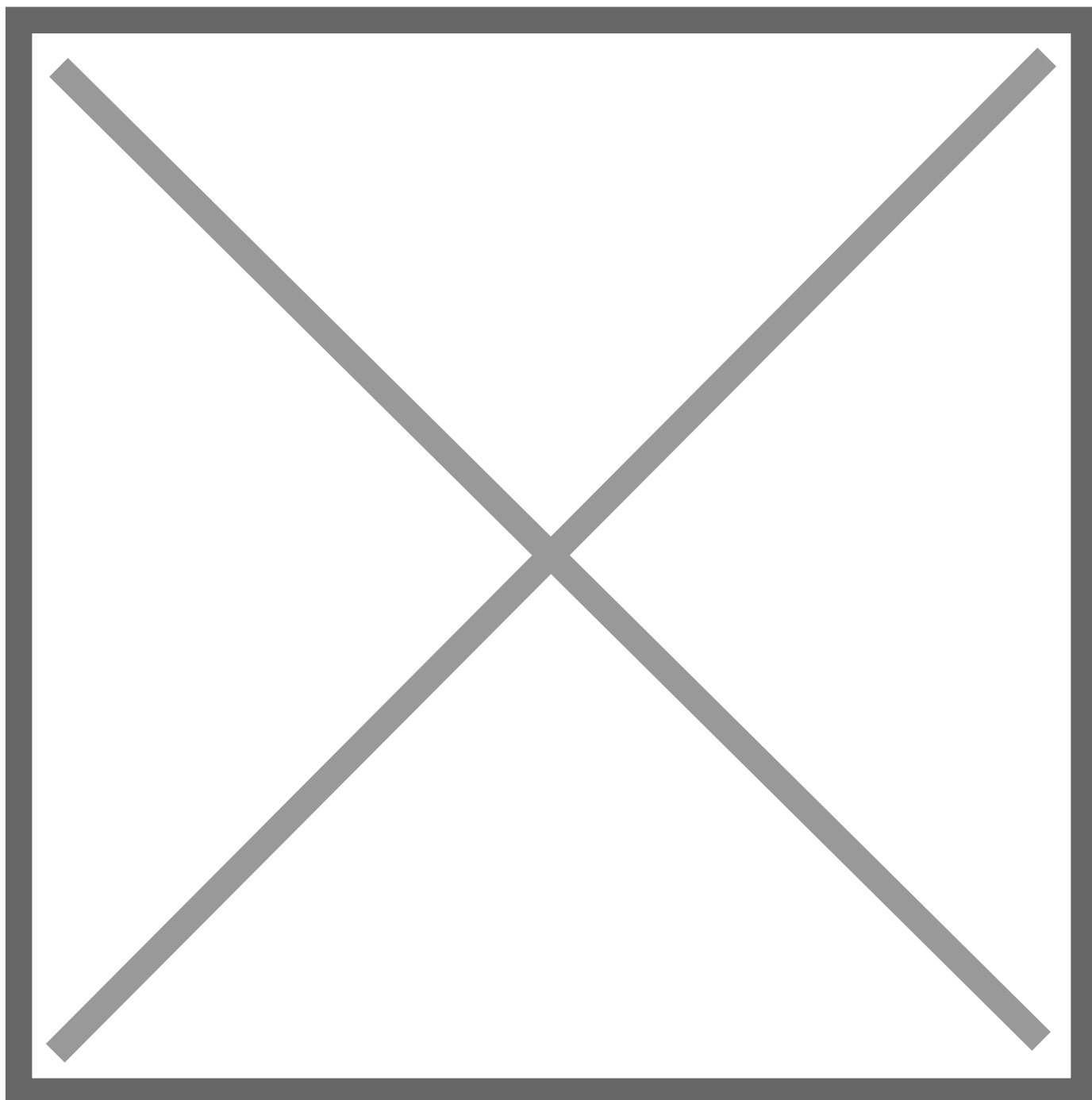
Age: 20+

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

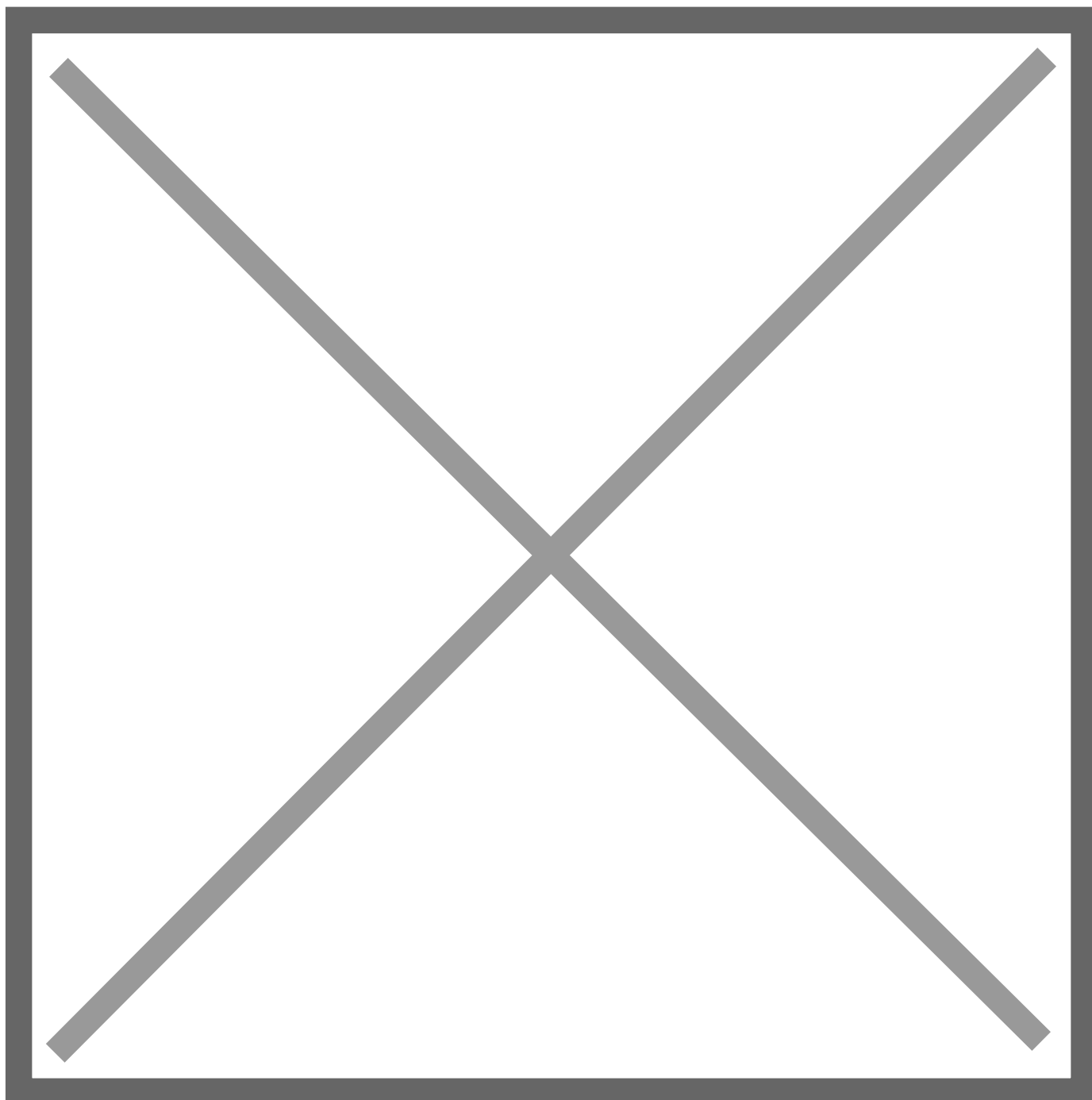
Adults, 2024



Area covered:	National
References:	FAO. 2025. FAOSTAT: Cost and Affordability of a Healthy Diet (CoAHD). https://www.fao.org/faostat/en/#data/CAHD . Licence: CC-BY-4.0. [Last Accessed 15.10.25]
Notes:	The percent of the population whose food budget is below the cost of a healthy diet.

Raised blood pressure

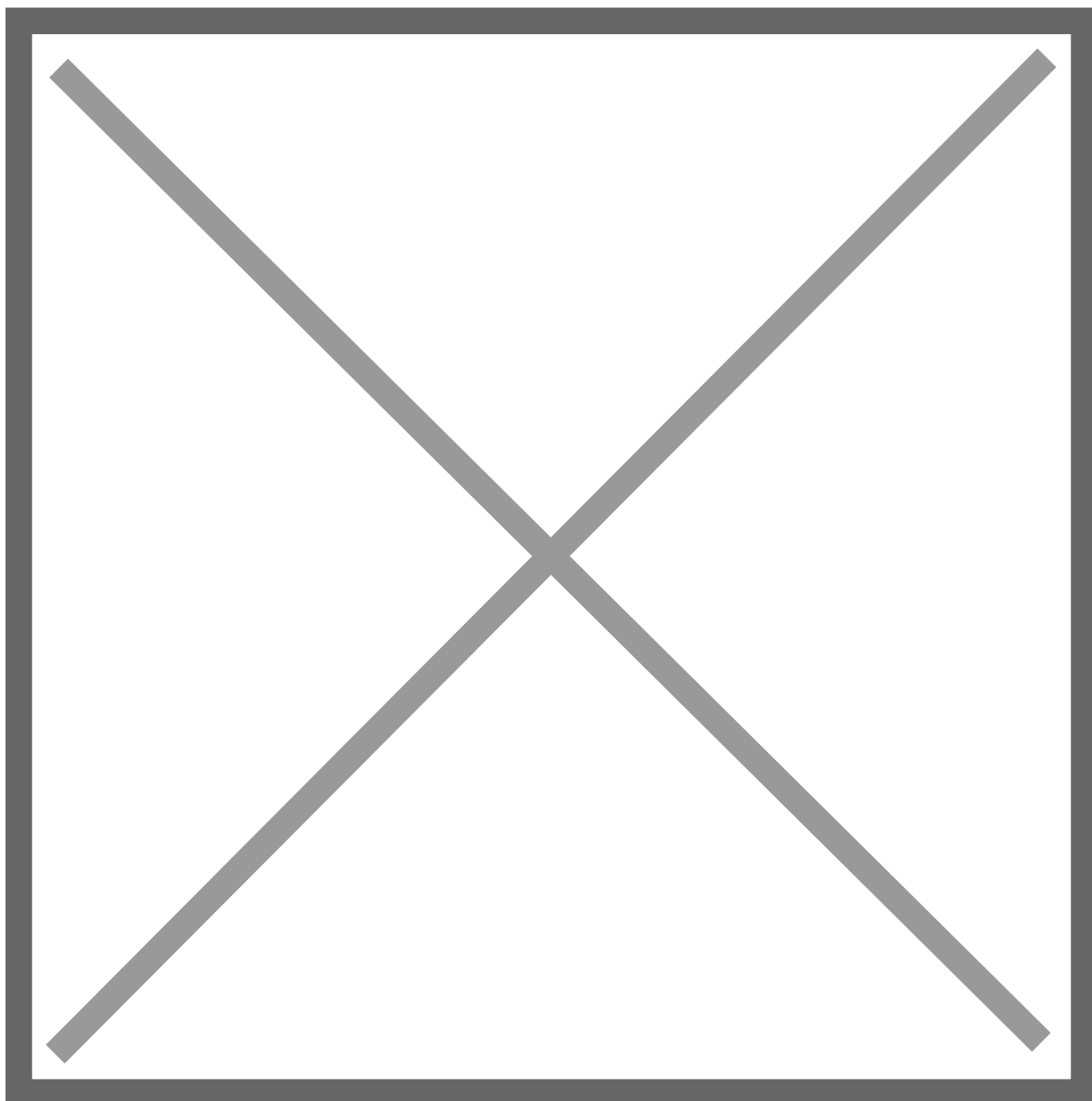
Adults, 2015



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

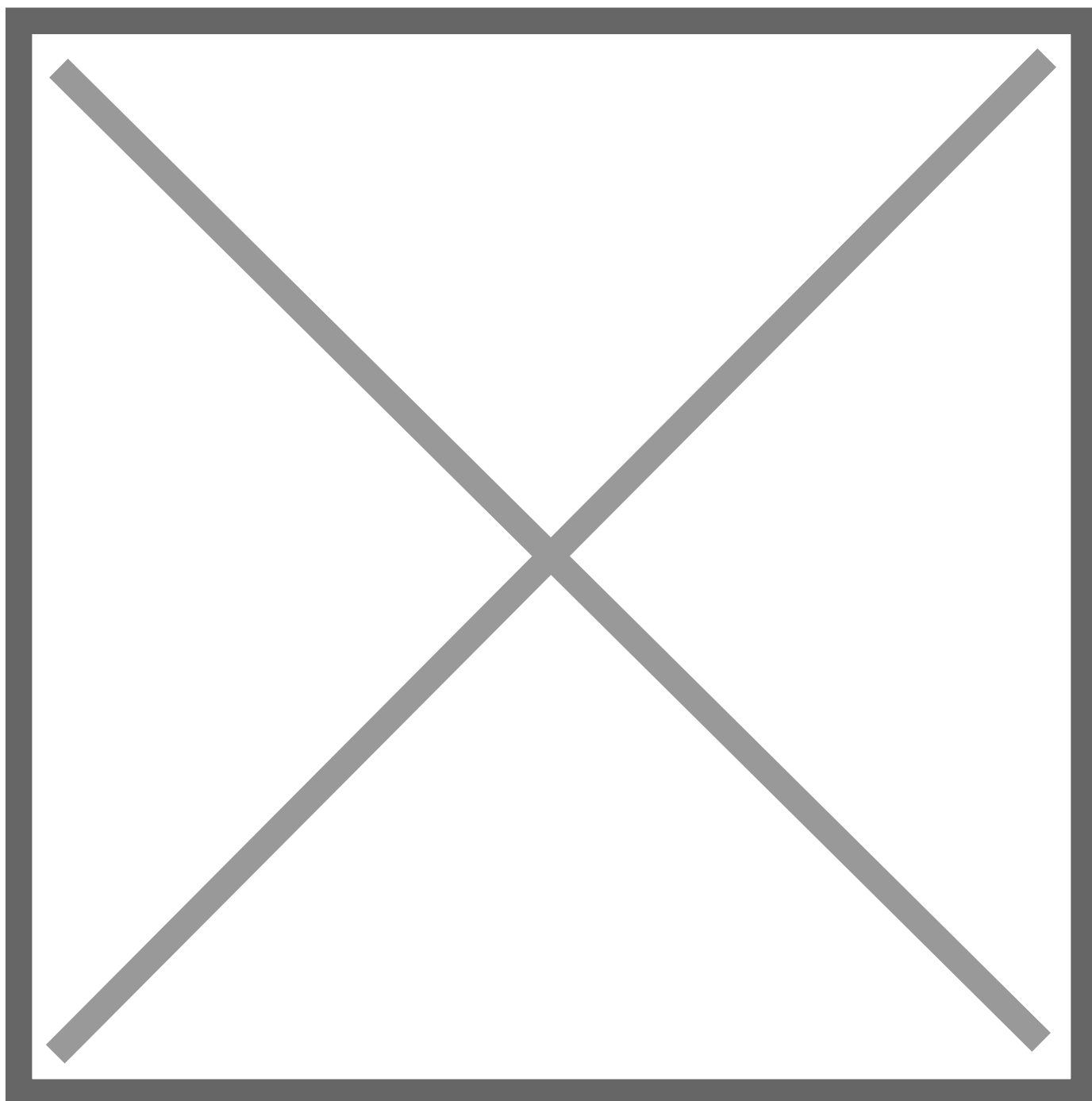
Definitions: Age Standardised estimated % Raised blood pressure 2015 (SBP $\geq$ 140 OR DBP $\geq$ 90).

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

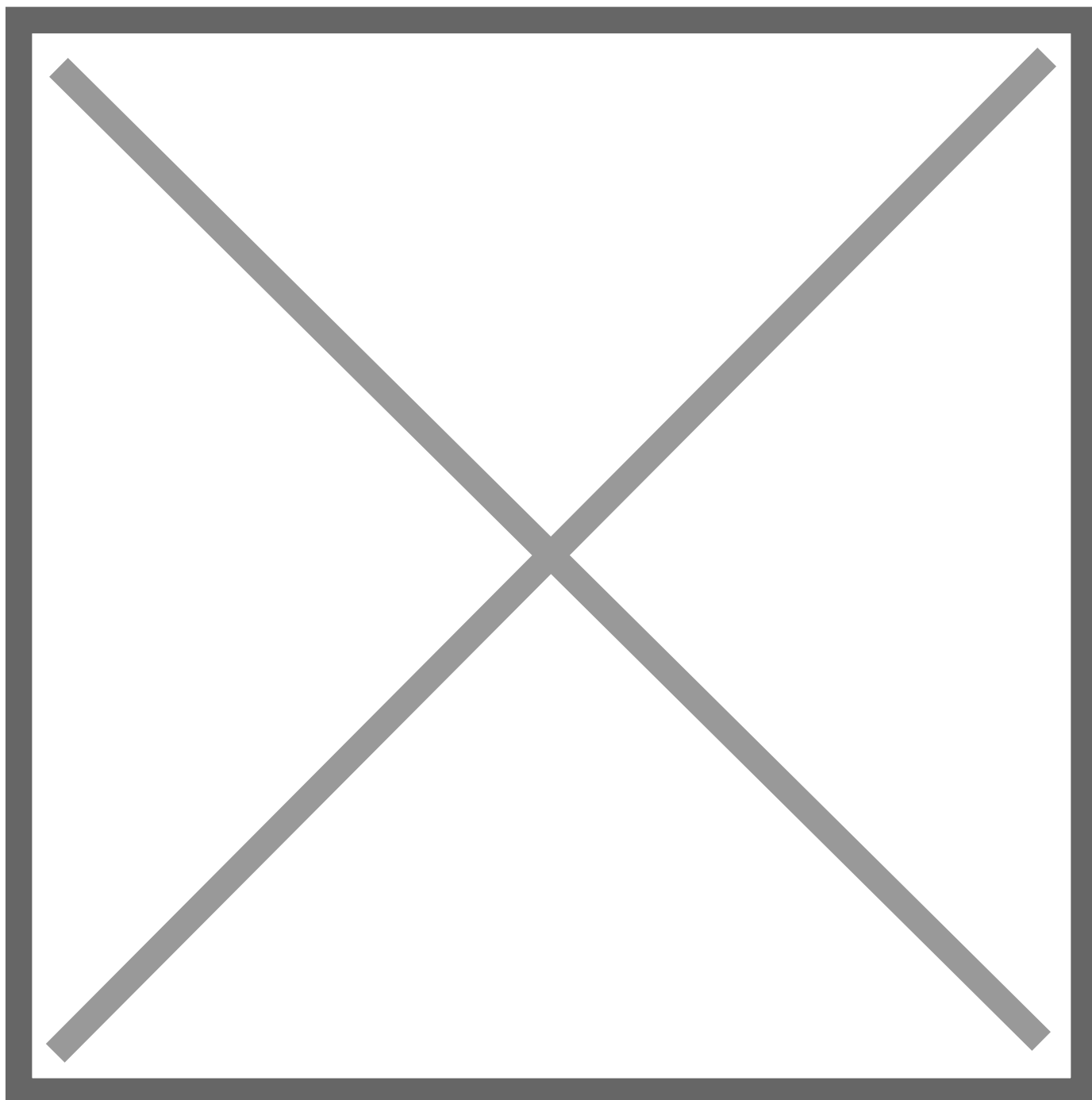
Women, 2015



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

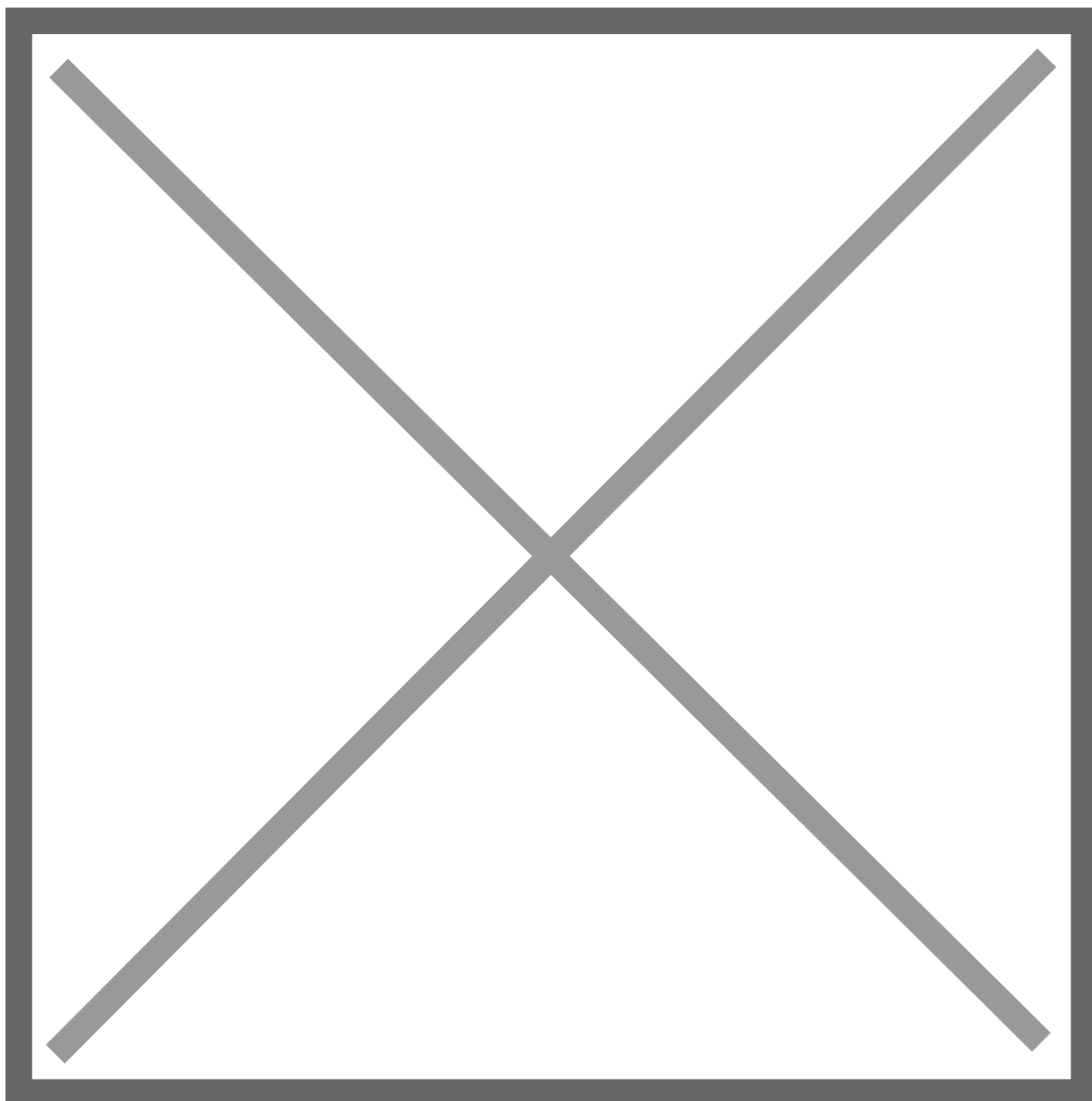
Adults, 2008



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

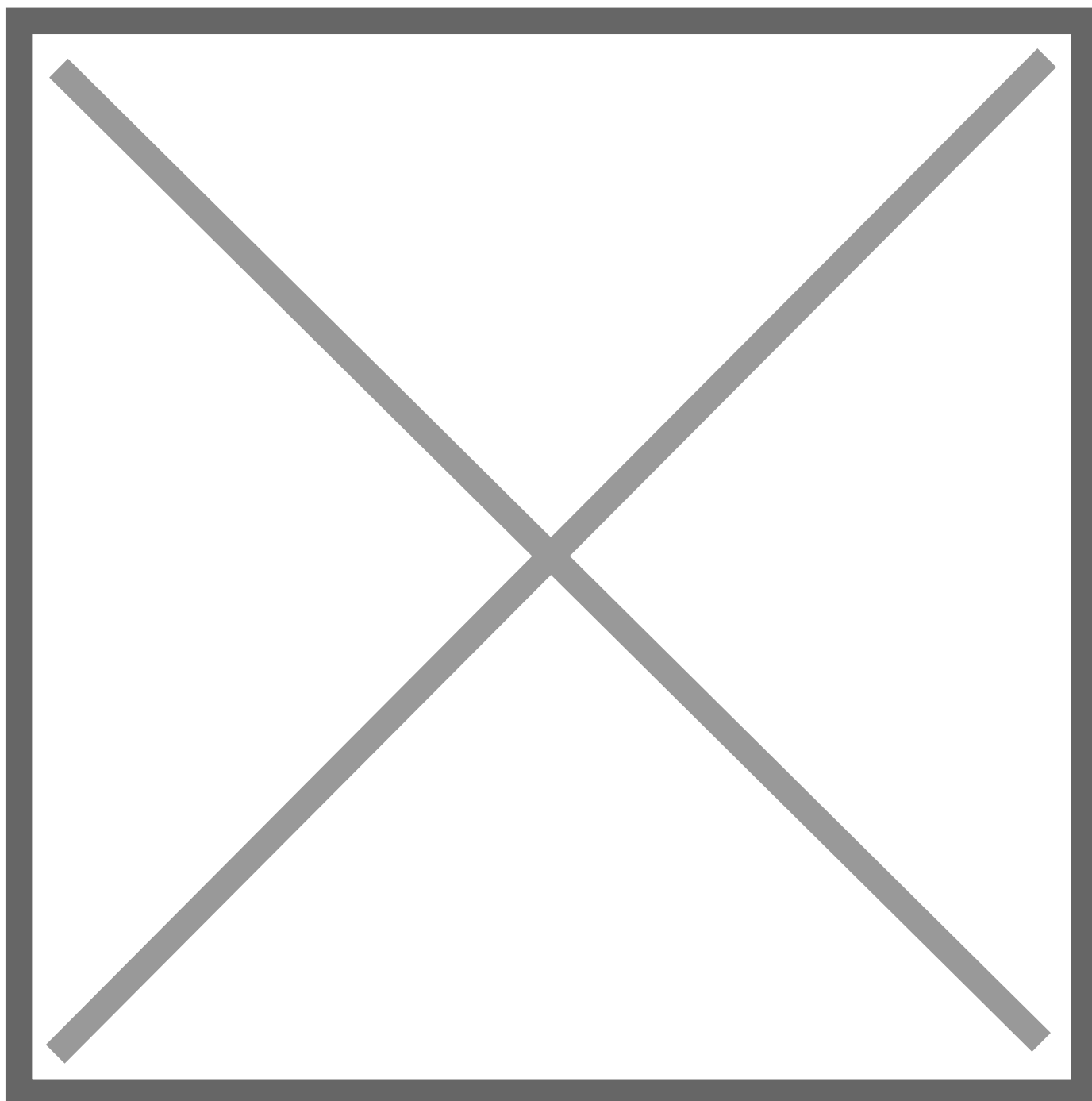
Definitions: % Raised total cholesterol (≥ 5.0 mmol/L) (age-standardized estimate).

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).

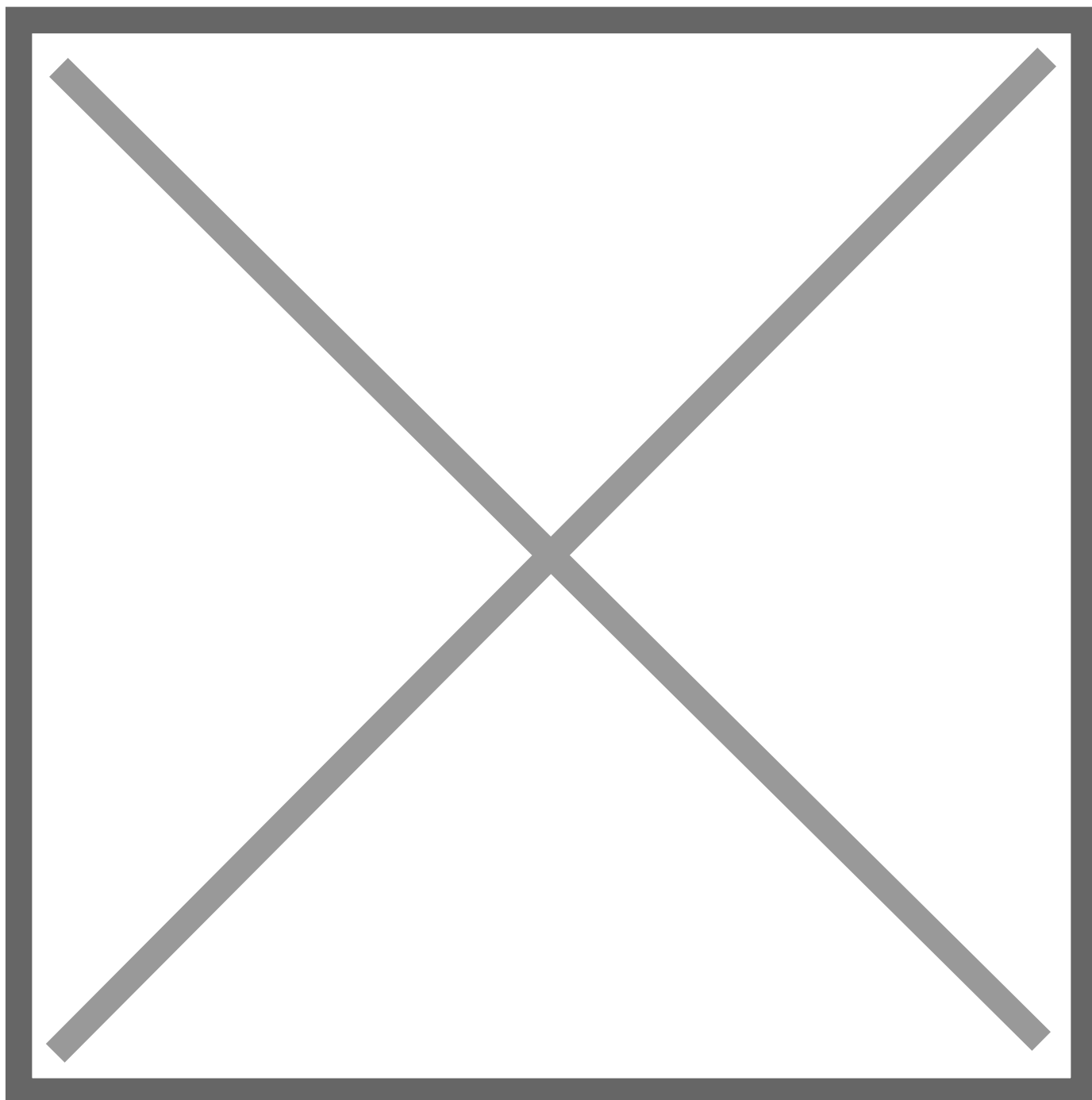
Women, 2008



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

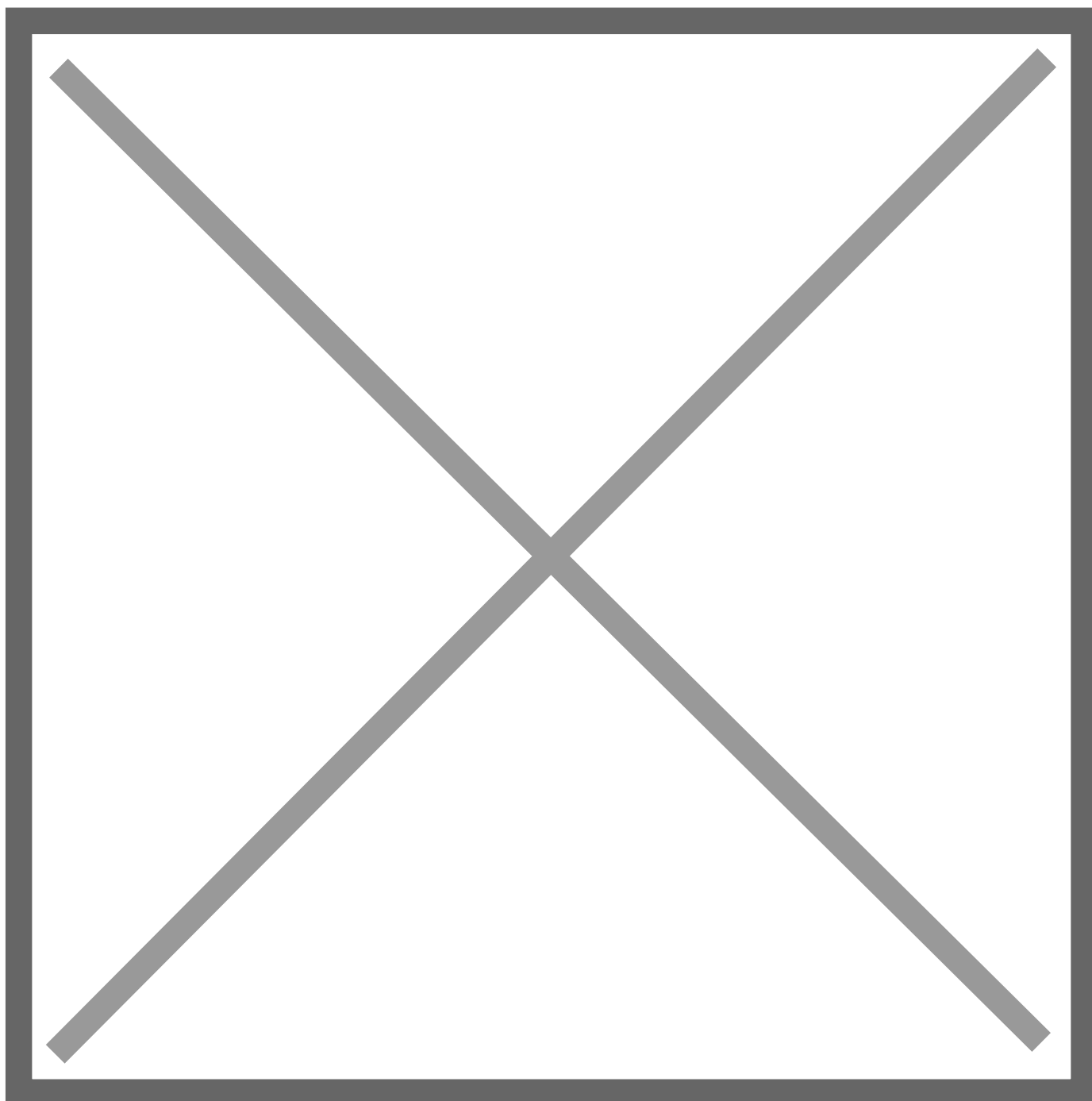
Men, 2014



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).

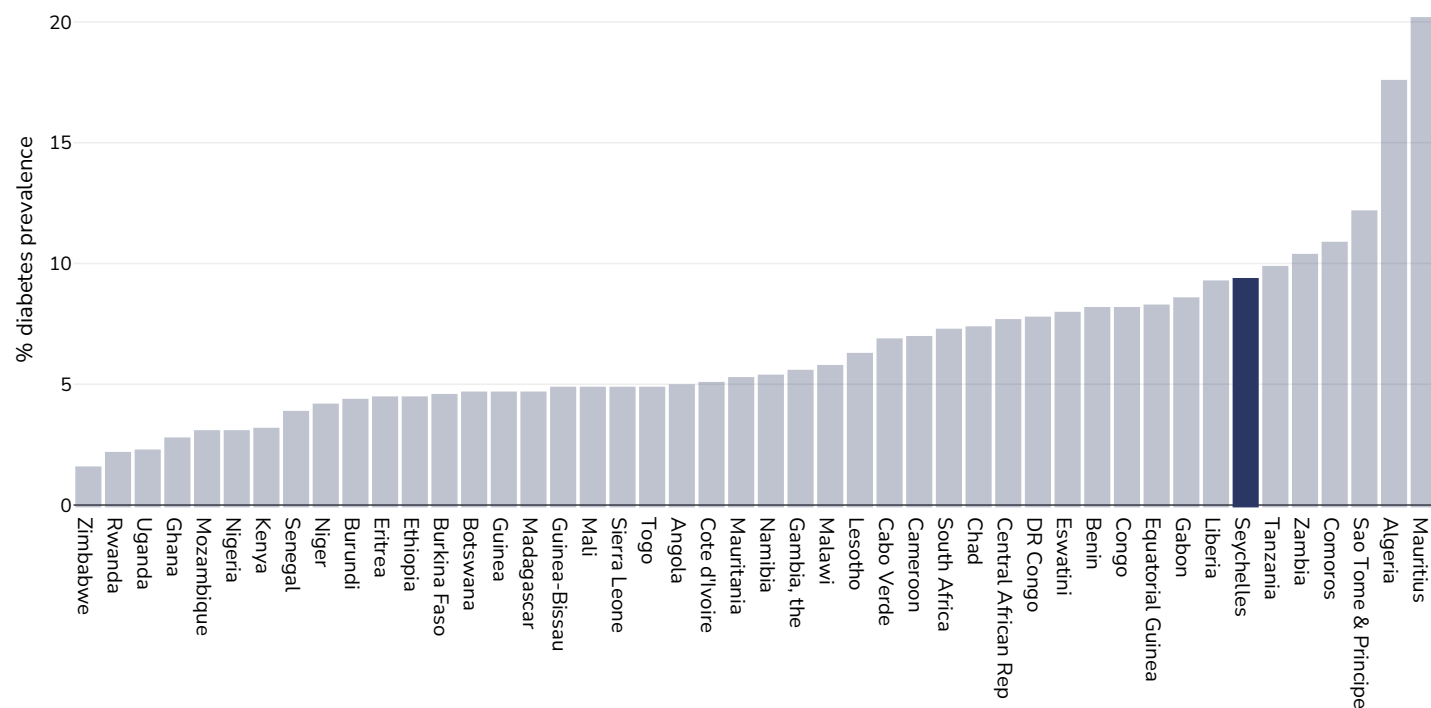
Women, 2014



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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