Seychelles



Country report card - adults

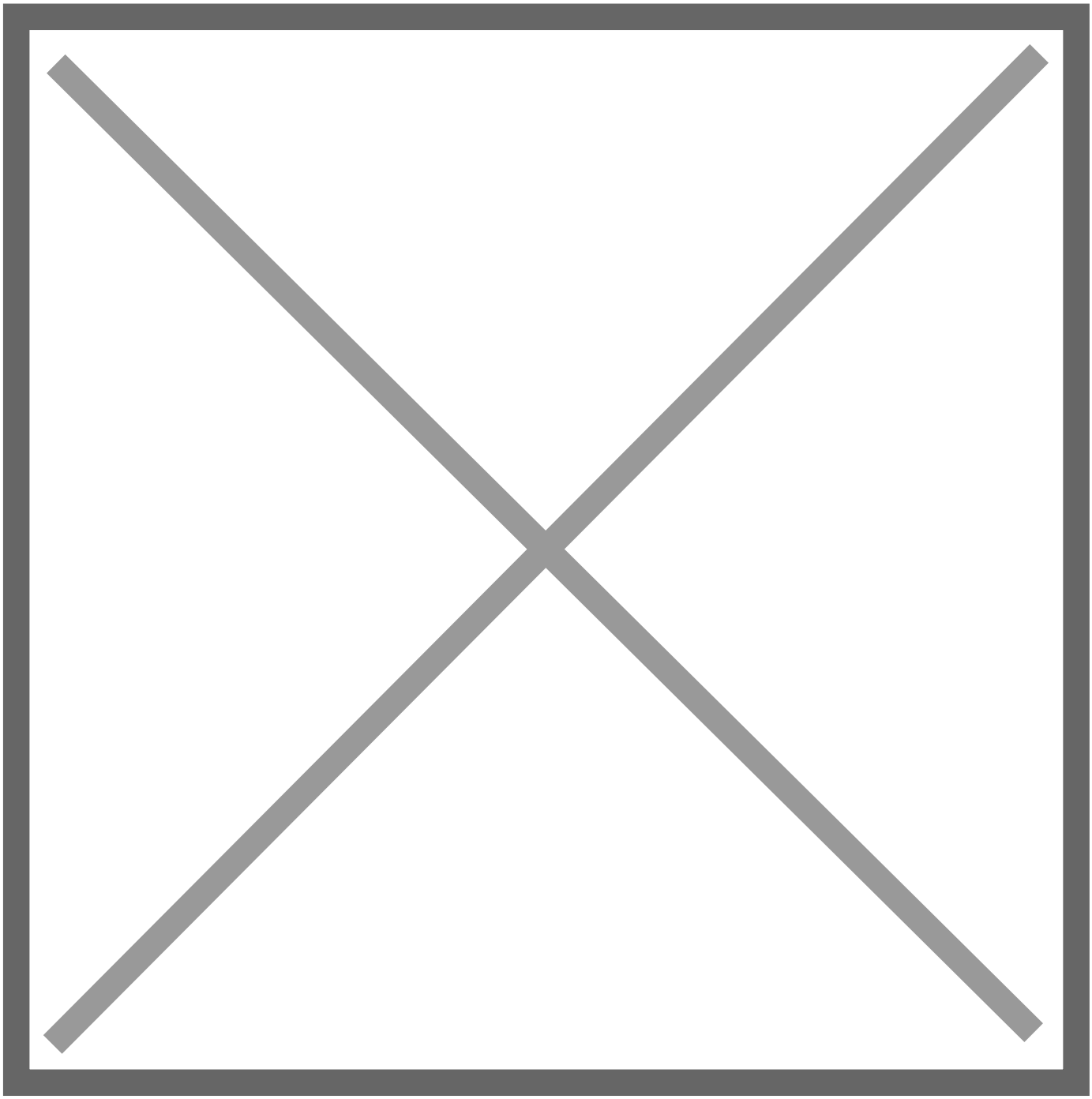
This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity for adults. Where available, data on common and relevant obesity drivers and comorbidities are also presented.

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, 2023

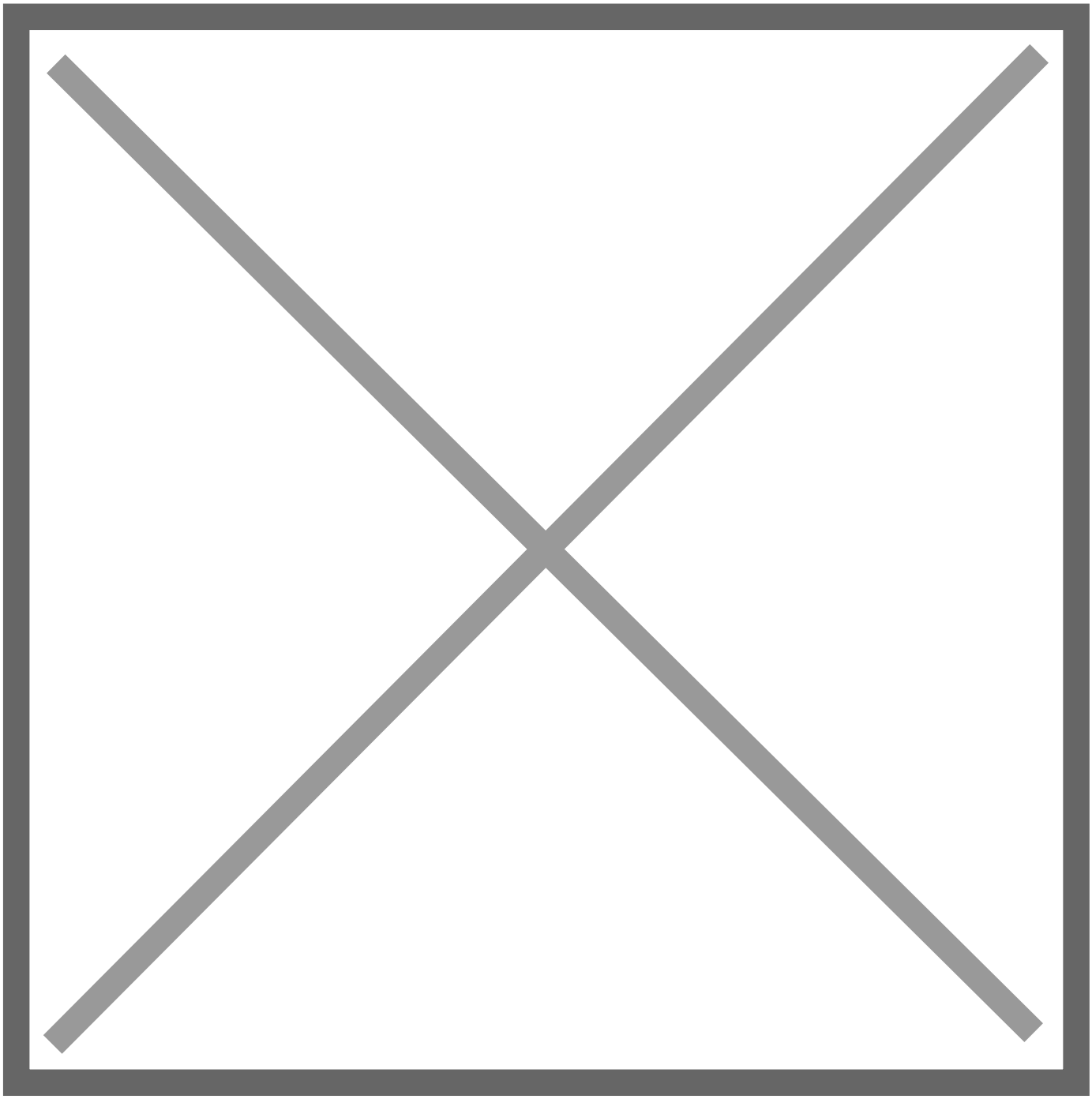


Survey type:	Measured
Age:	18-74
Sample size:	1,205
Area covered:	National
References:	Seychelles National Survey of Noncommunicable Diseases 2023 (Seychelles Heart Study V): Procedures and Key Findings. Public Health Authority, Ministry of Health, Republic of Seychelles. https://www.health.gov.sc/wp-content/uploads/Report-final30apr24.pdf [Accessed 28.08.25]

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

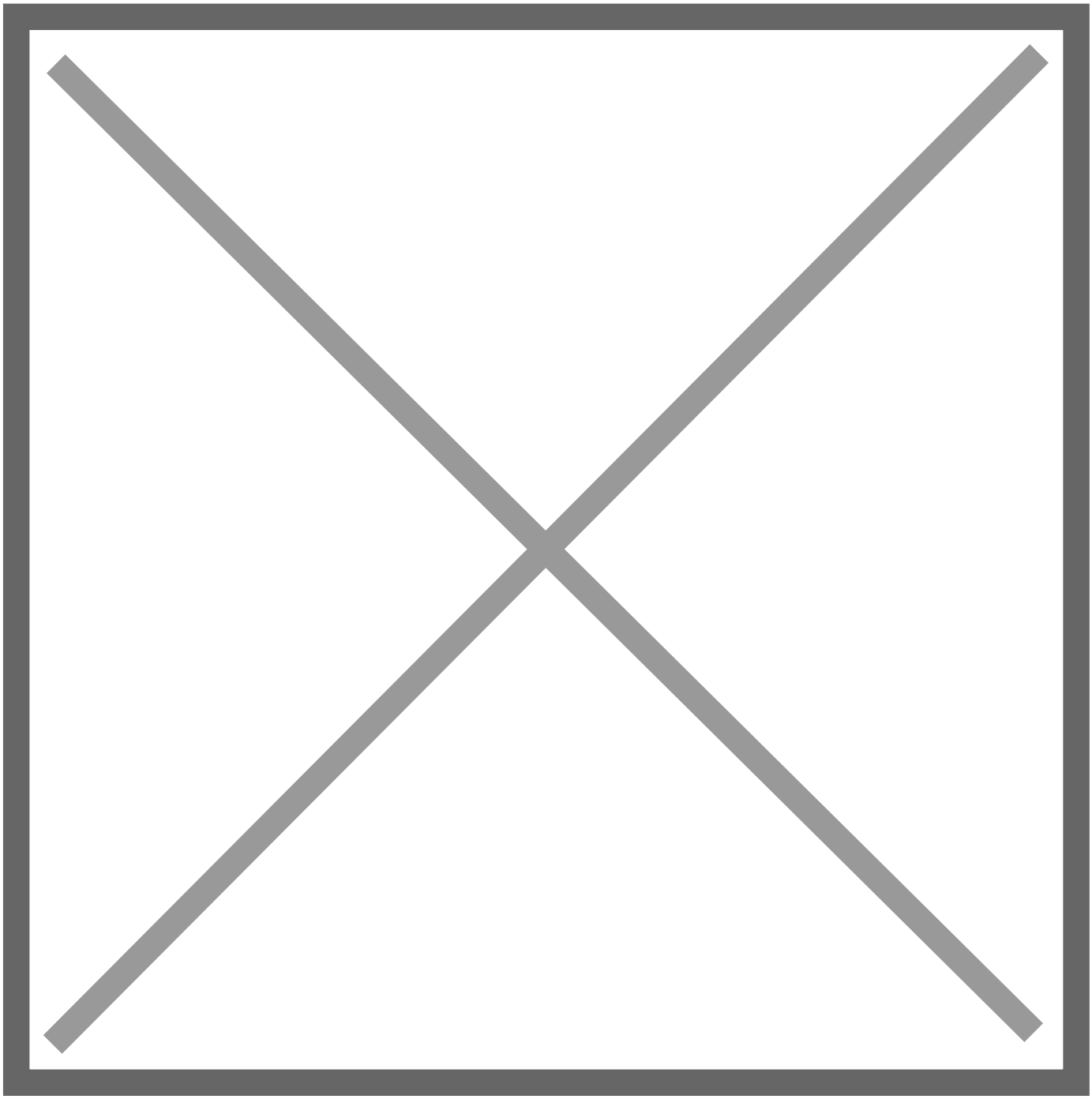


Survey type:	Measured
References:	1989: P. Bovet, A. Chiolero, C. Shamlaye and F. Paccaud. Secular trends in overweight in Seychelles. Obesity Reviews 2008;9:511-517 1994: Conen D, Wietlisbach V, Bovet P, Shamlaye C, Riesen W, Paccaud F, Burnier Michel. Prevalence of hyperuricemia and relation of serum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



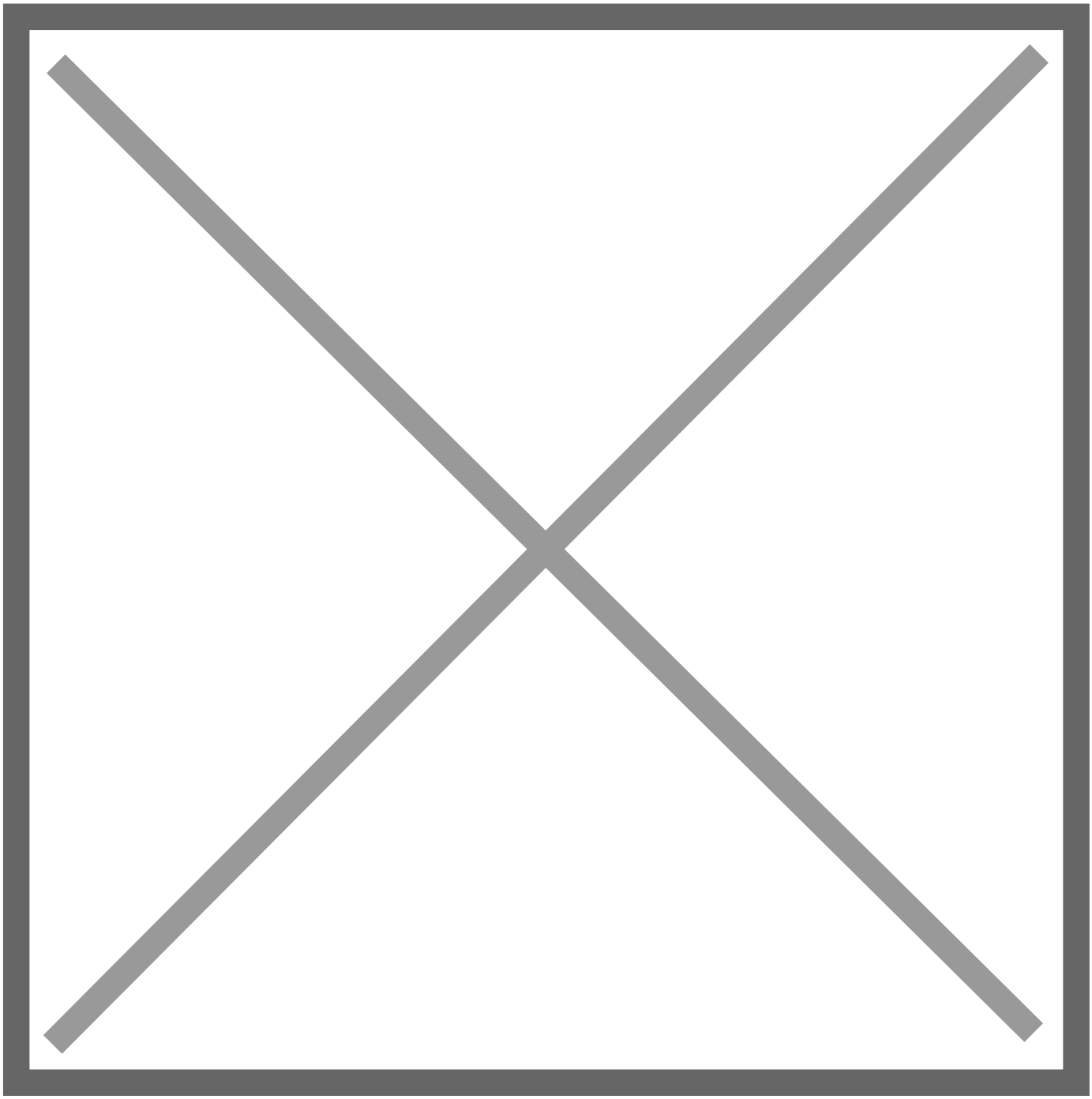
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% Adults living with overweight or obesity in the Seychelles 1989-2013

Men

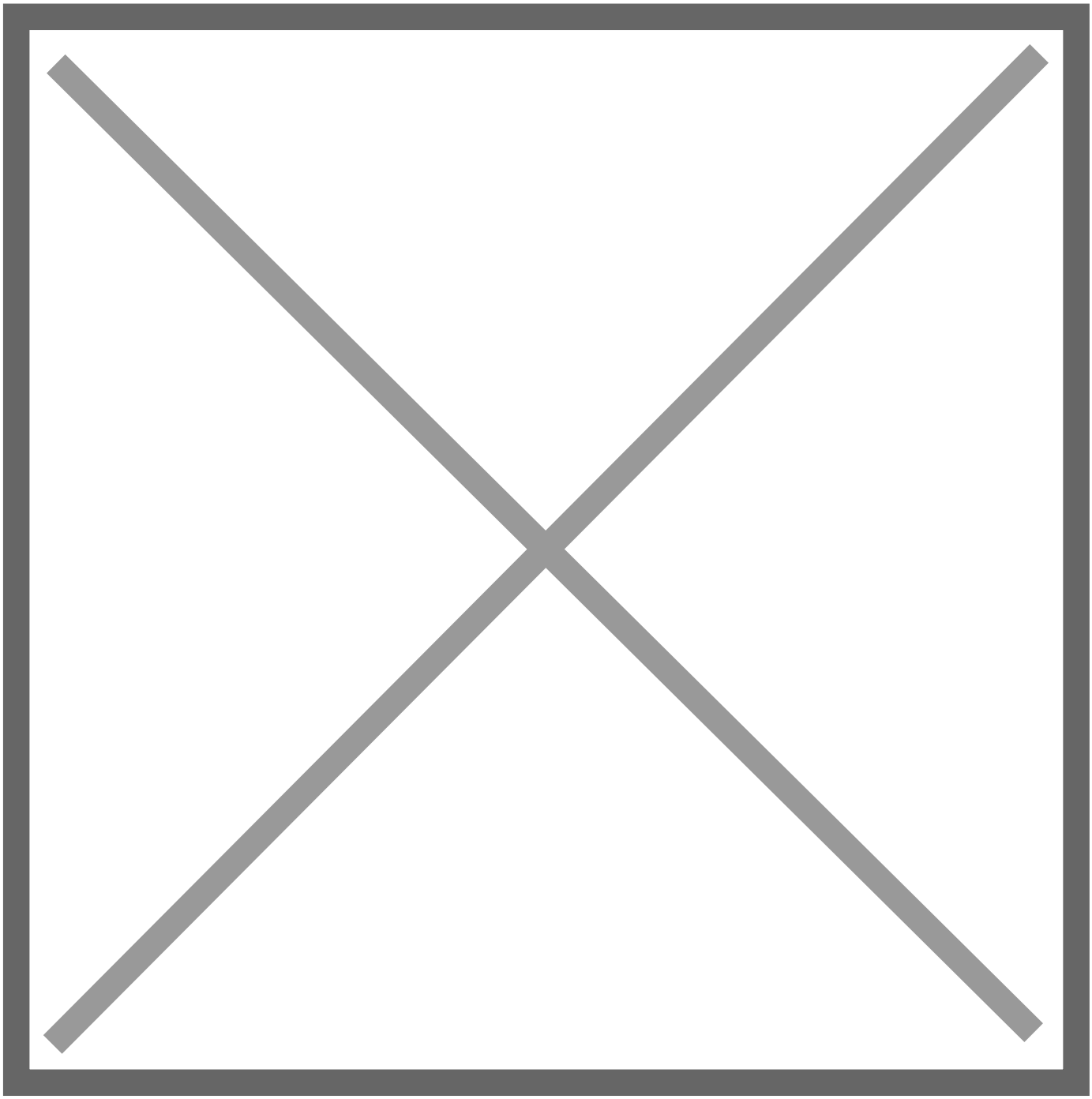


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Women



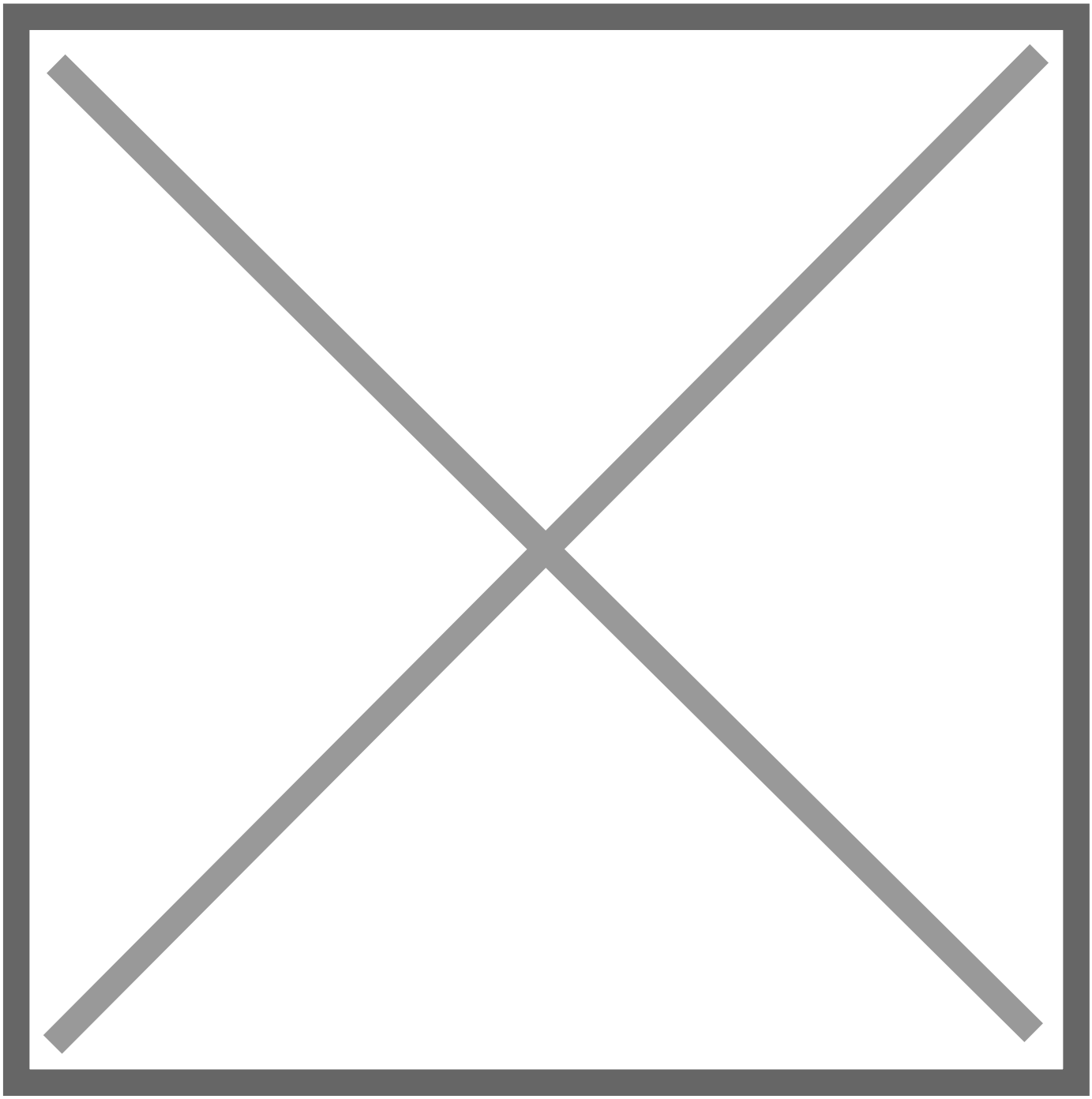
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Overweight/obesity by age

Adults, 2023

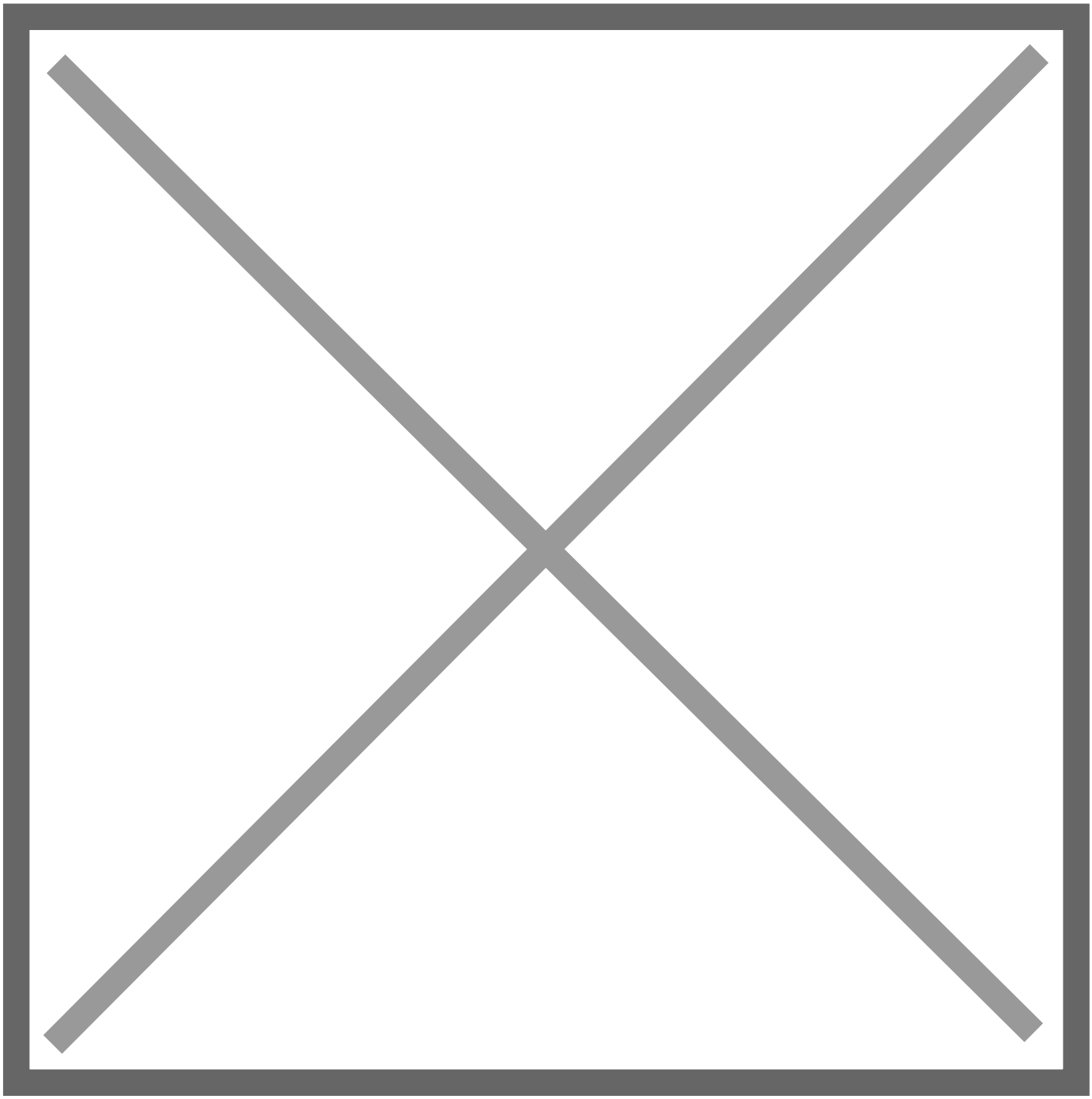


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Notes:	Rounded
Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².	

Overweight/obesity by socio-economic group

Men, 2023

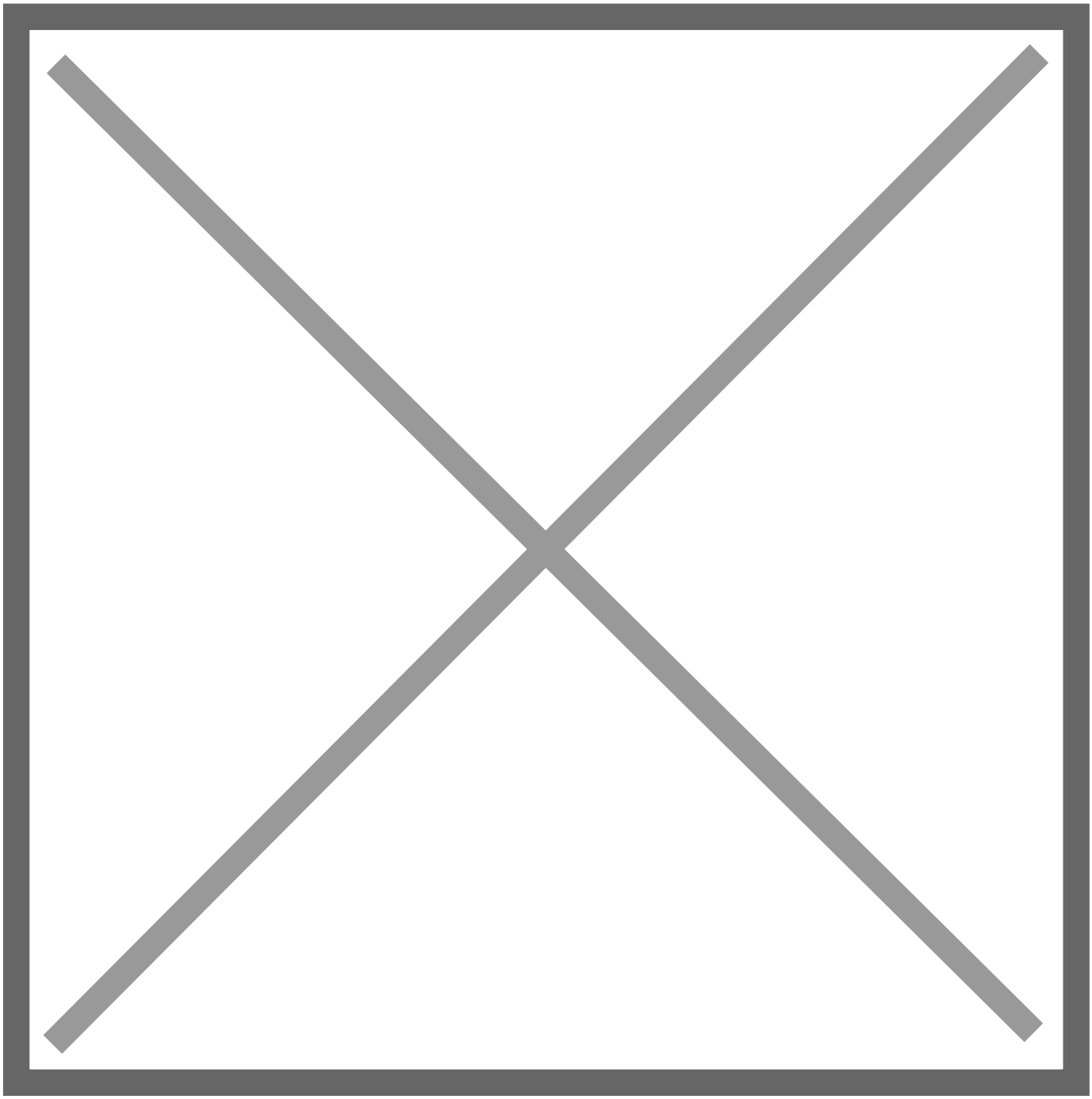


Survey type:	Measured
Age:	18-74
Sample size:	1,205
Area covered:	National

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



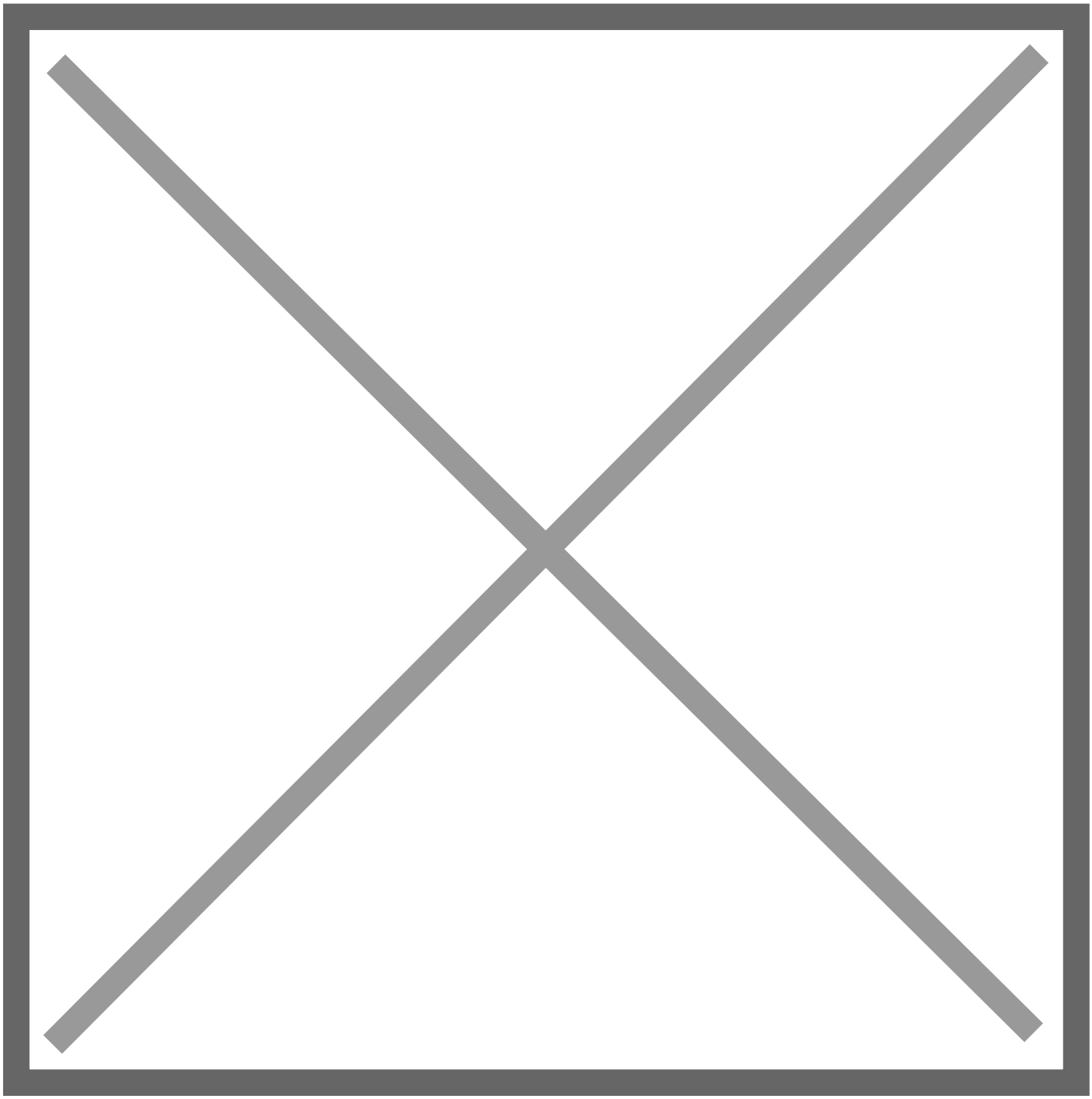
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Age:	18-74
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Area covered:	National

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
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Double burden of underweight & obesity

Adults, 2022

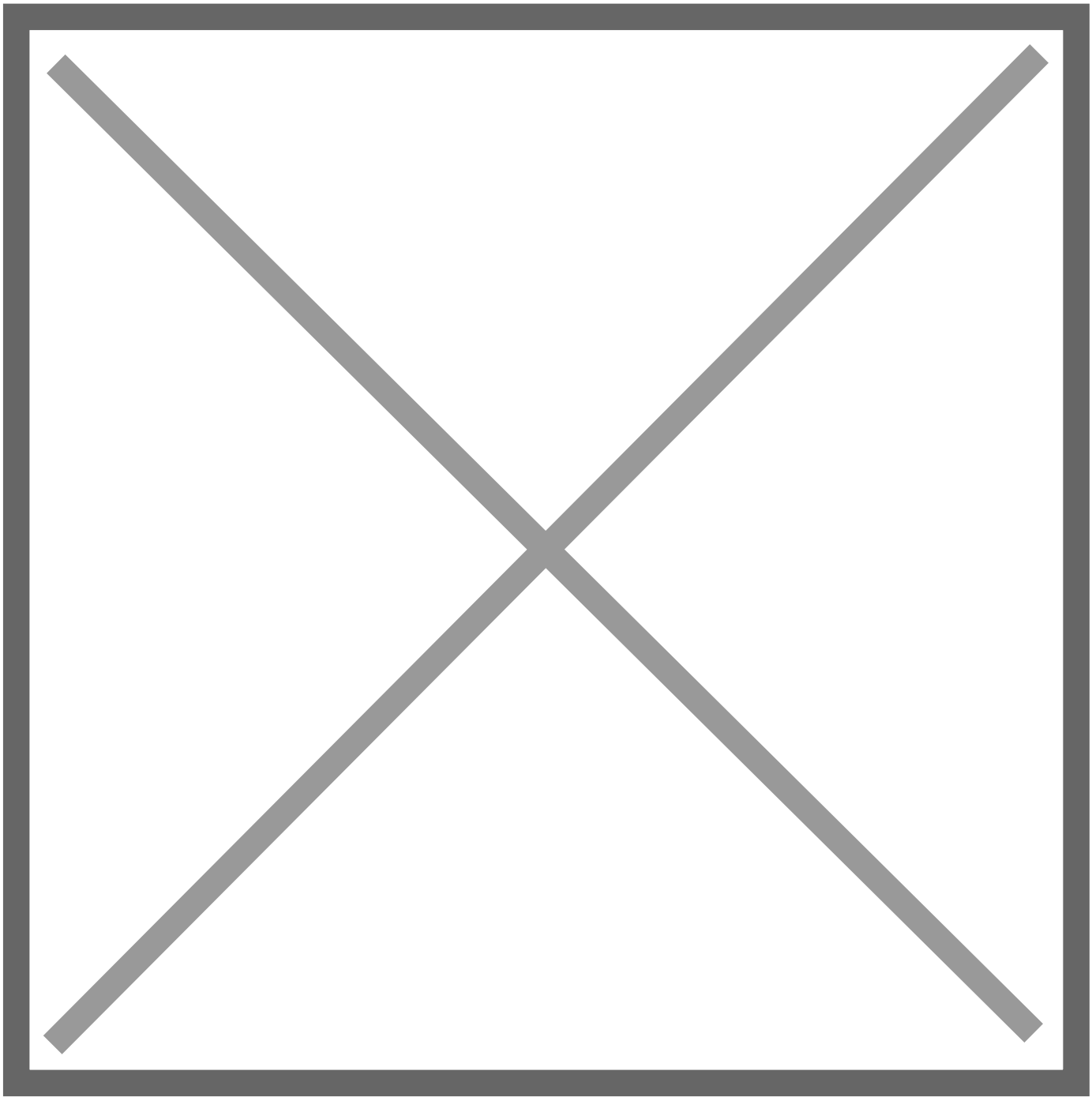


Survey type:	Measured
Age:	20+
References:	NCD Risk Factor Collaboration (NCD-RisC). Worldwide trends in underweight and obesity from 1990 to 2022: a pooled analysis of 3663 population representative studies with 222 million children, adolescents, and adults. Lancet 2024; published online Feb 29. https://doi.org/10.1016/S0140-6736(23)02750-2.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

Definitions:	Combined prevalence of BMI<18.5 kg/m² and BMI>=30 kg/m² (double burden of underweight and obesity)

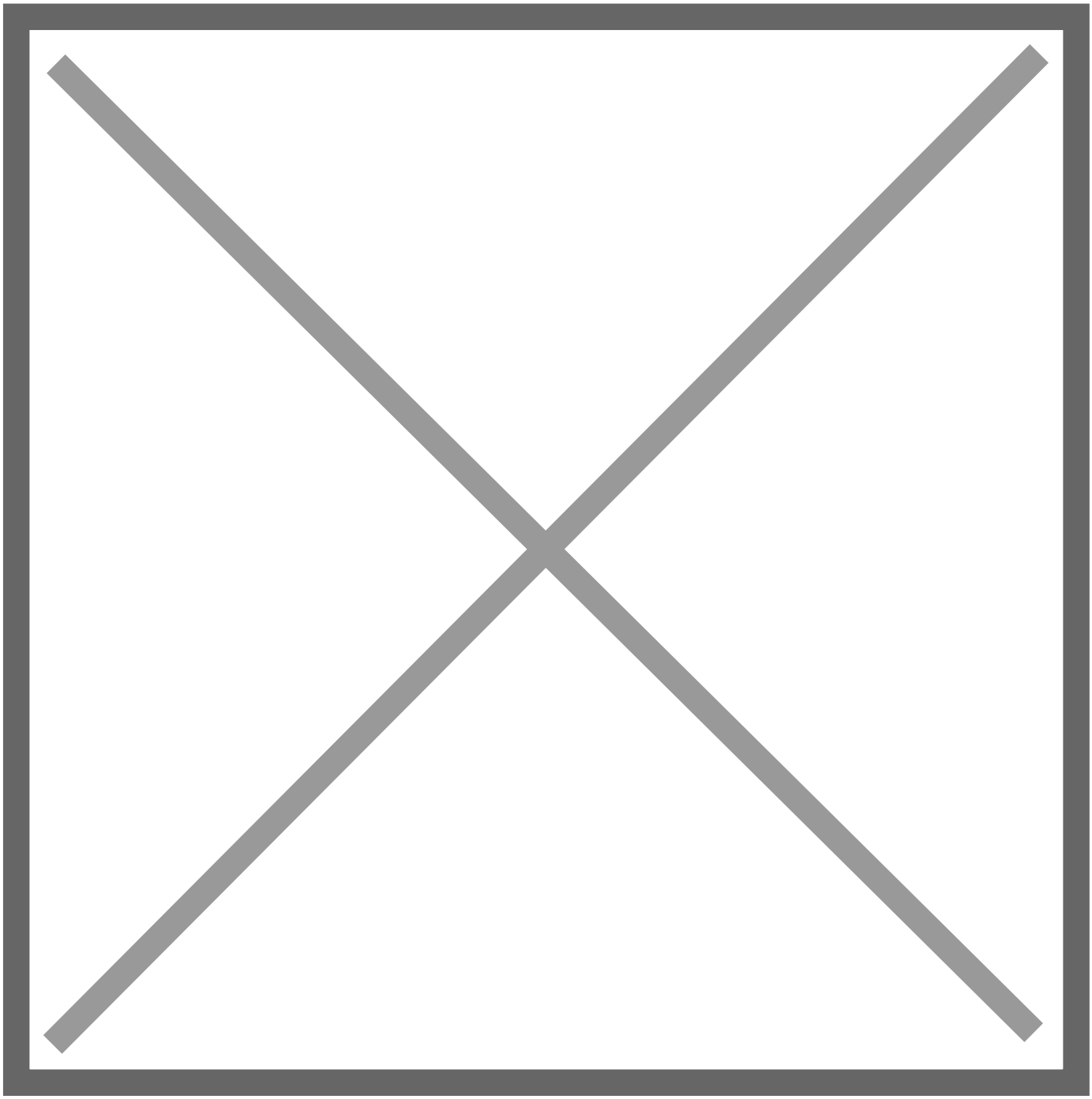
Insufficient physical activity

Adults, 2016



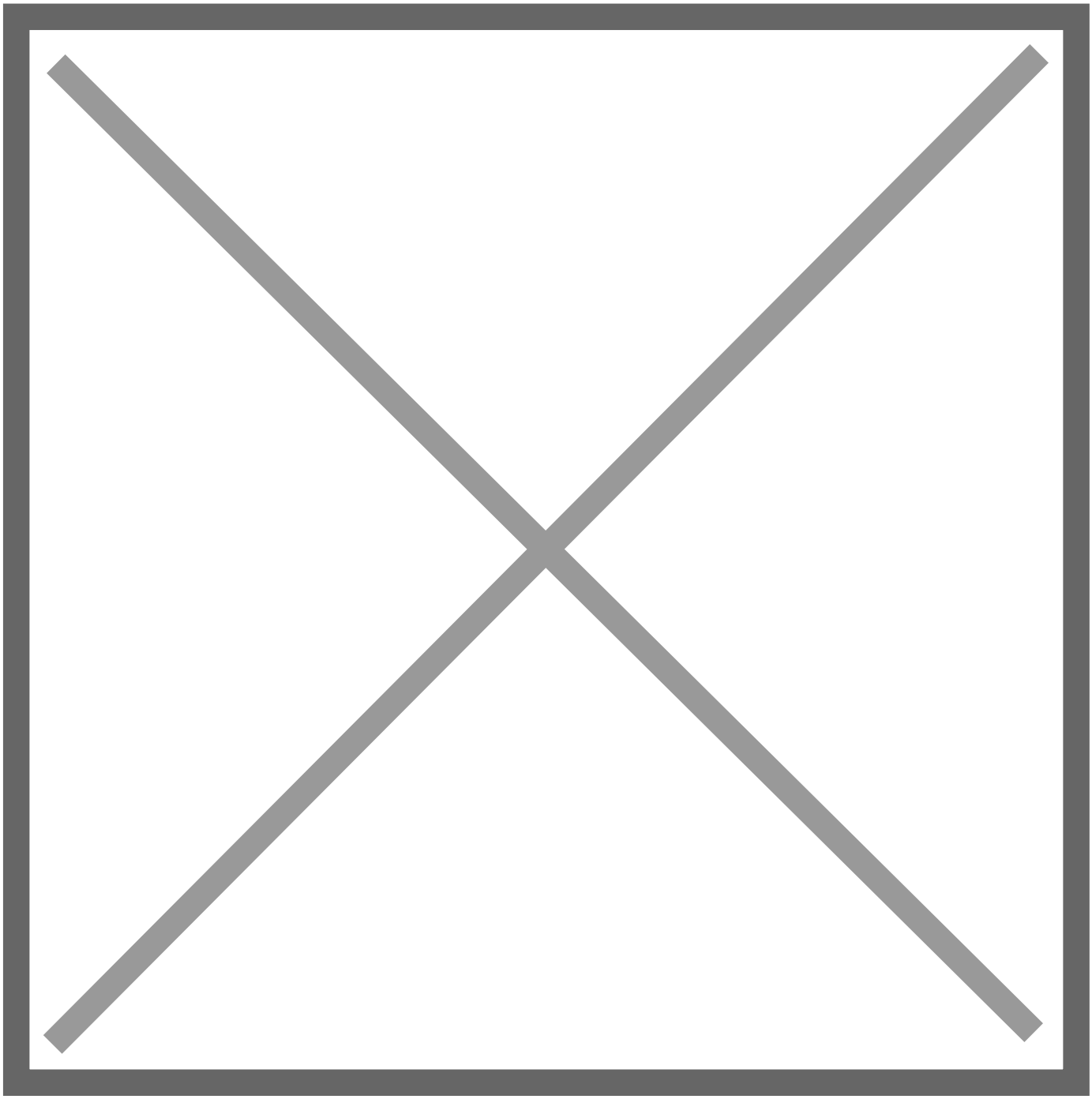
References: Guthold R, Stevens GA, Riley LM, Bull FC. Worldwide trends in insufficient physical activity from 2001 to 2016: a pooled analysis of 358 population-based surveys with 1.9 million participants. Lancet 2018 http://dx.doi.org/10.1016/S2214-109X(18)30357-7

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

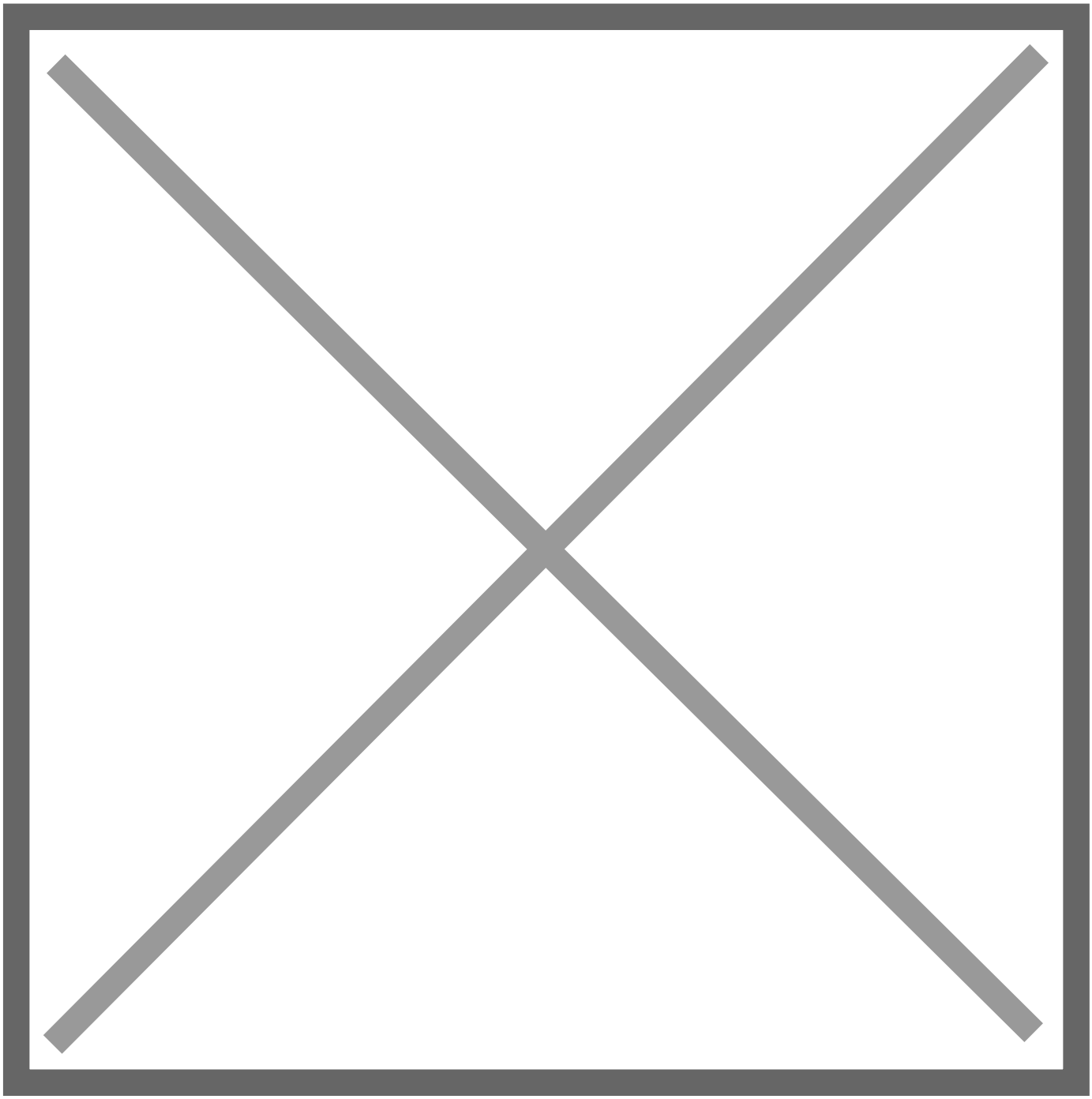
Women, 2016



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

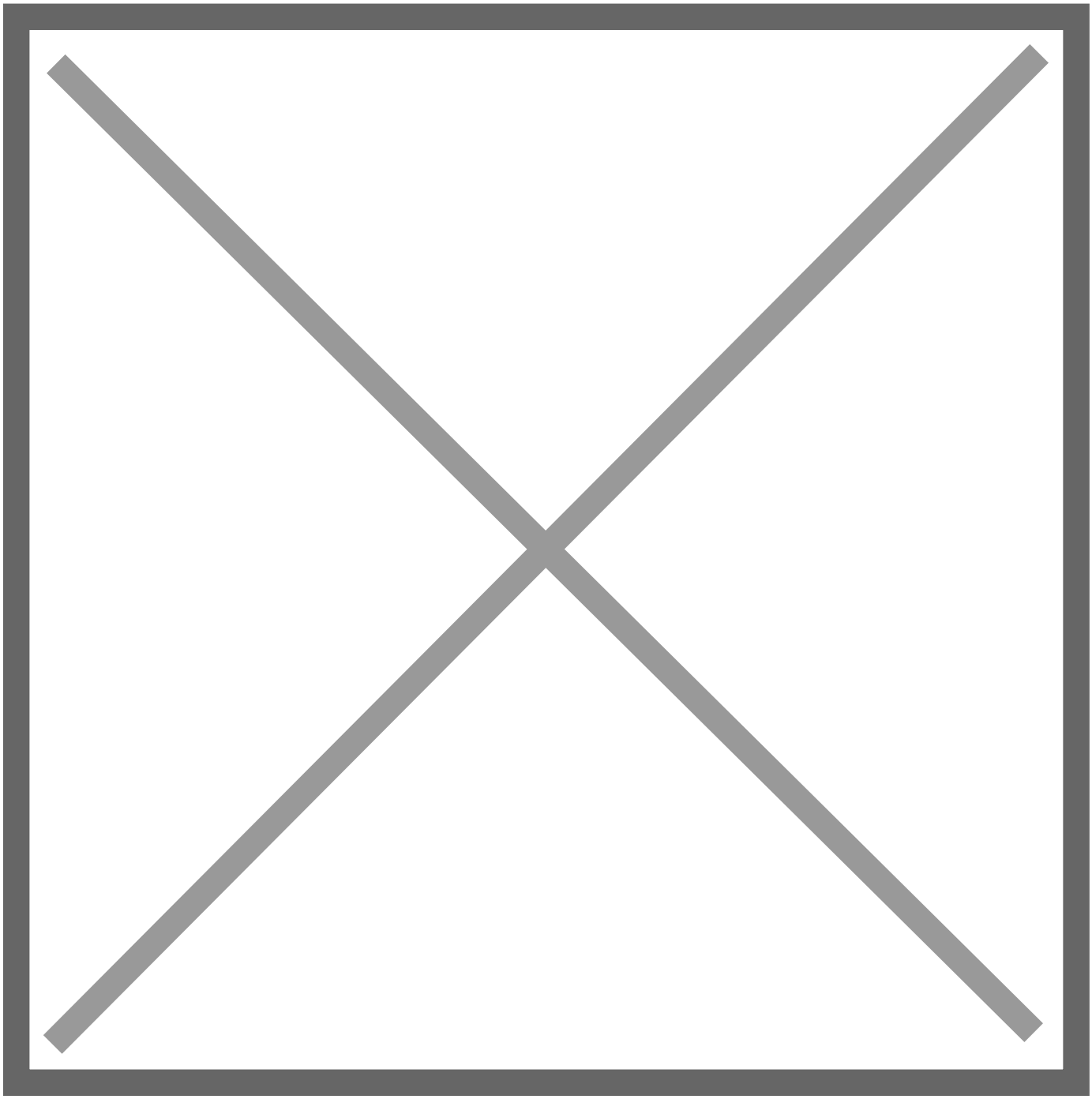
Mental health - depression disorders

Adults, 2023



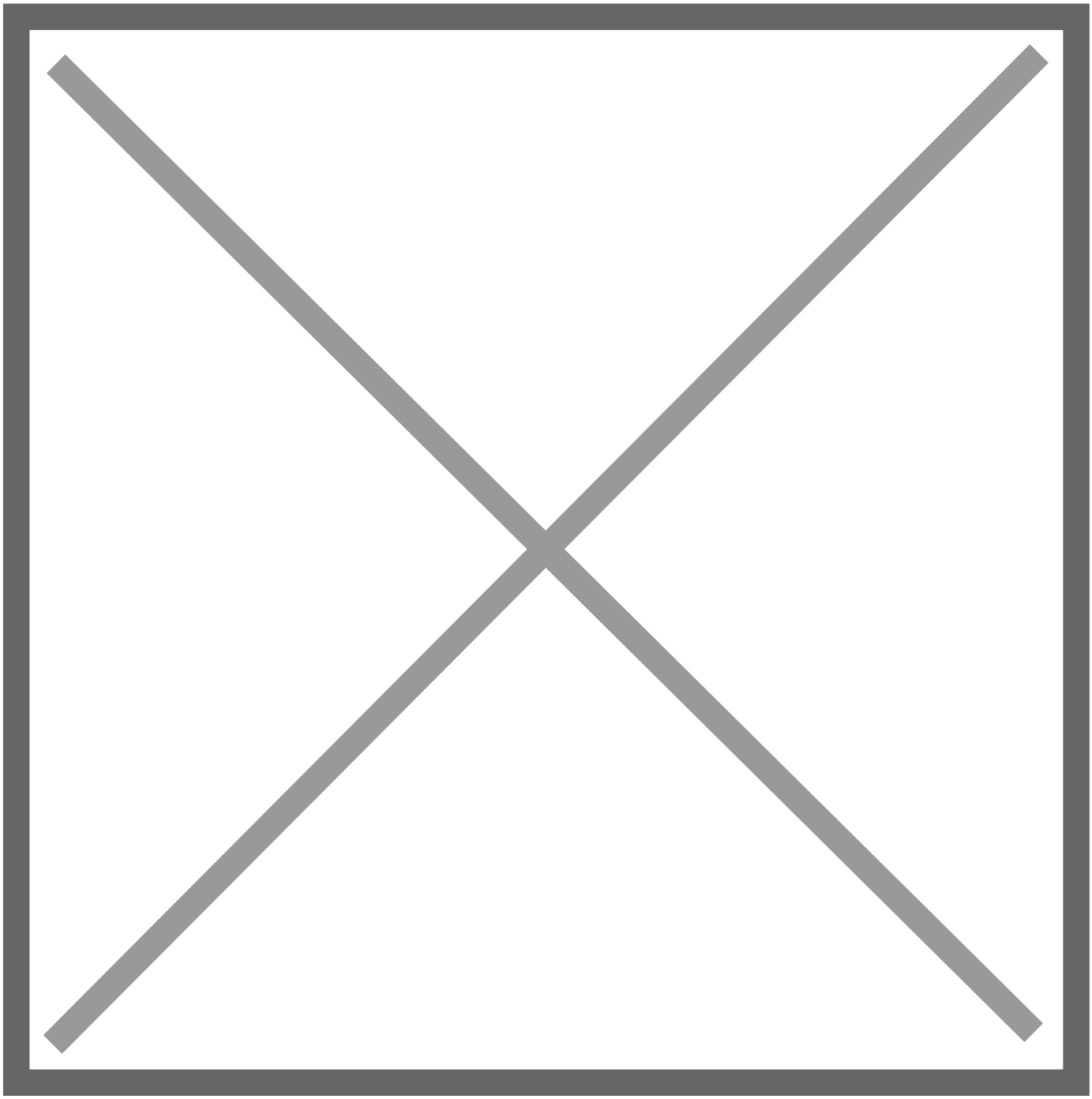
Age:	20+
Area covered:	National
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from https://vizhub.healthdata.org/gbd-compare/ [Accessed 17.03.26]
Definitions:	Estimated number living with depressive disorders per 100,000 population (20+ years of age)

Men, 2023



Age:	20+
Area covered:	National
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from https://vizhub.healthdata.org/gbd-compare/ [Accessed 17.03.26]
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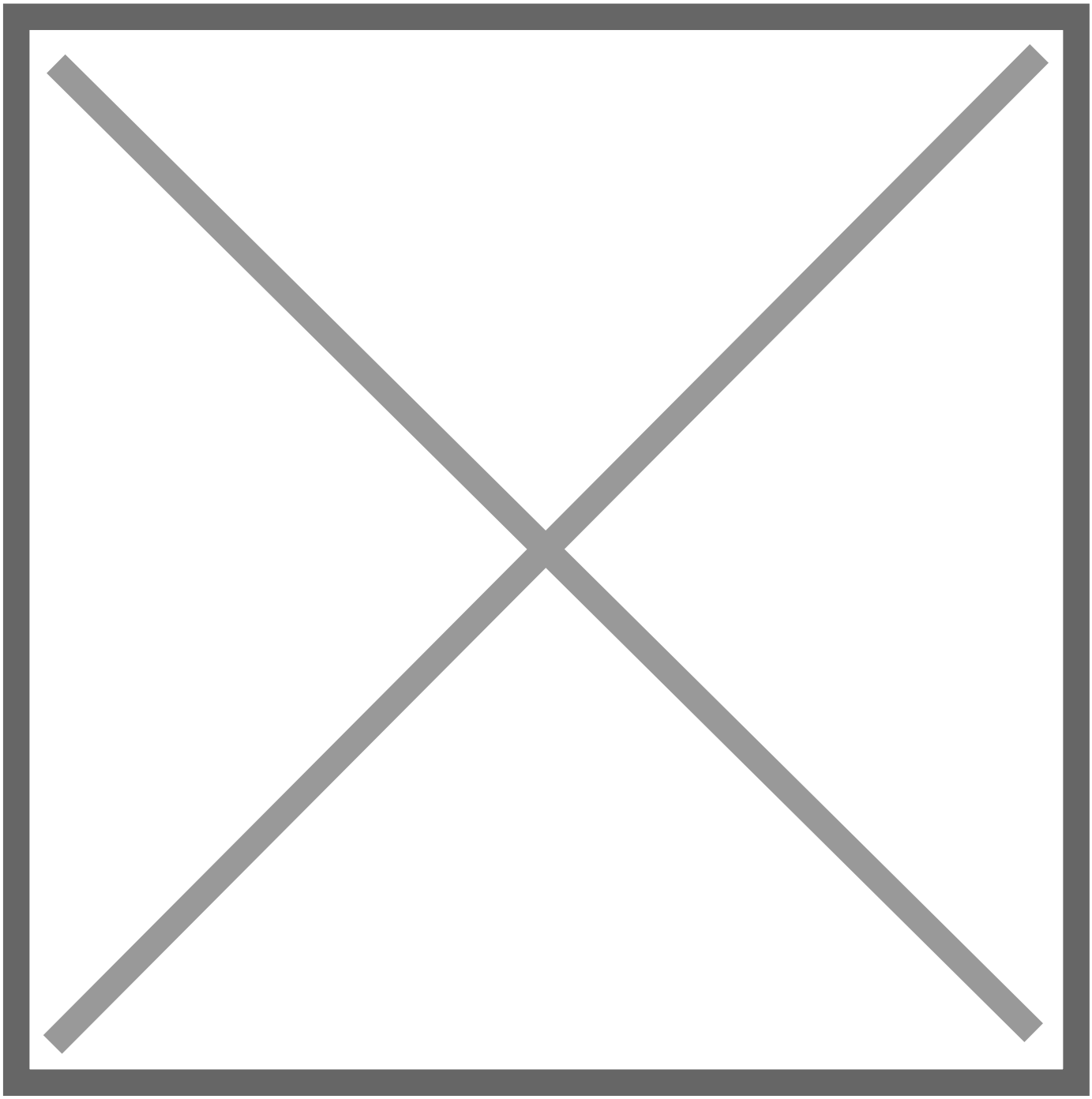
Women, 2023



Age:	20+
Area covered:	National
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from https://vizhub.healthdata.org/gbd-compare/ [Accessed 17.03.26]
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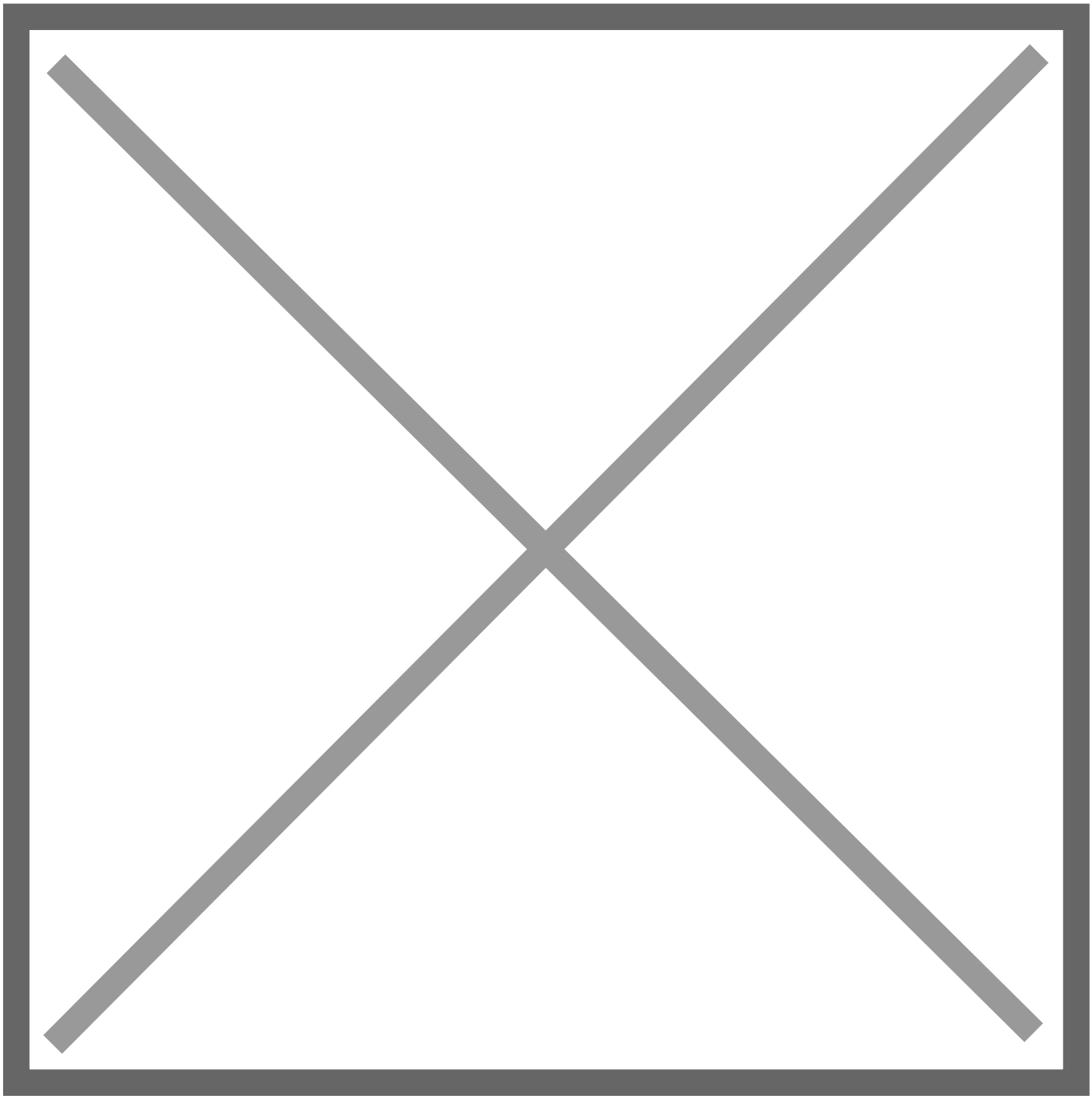
Mental health - anxiety disorders

Adults, 2023



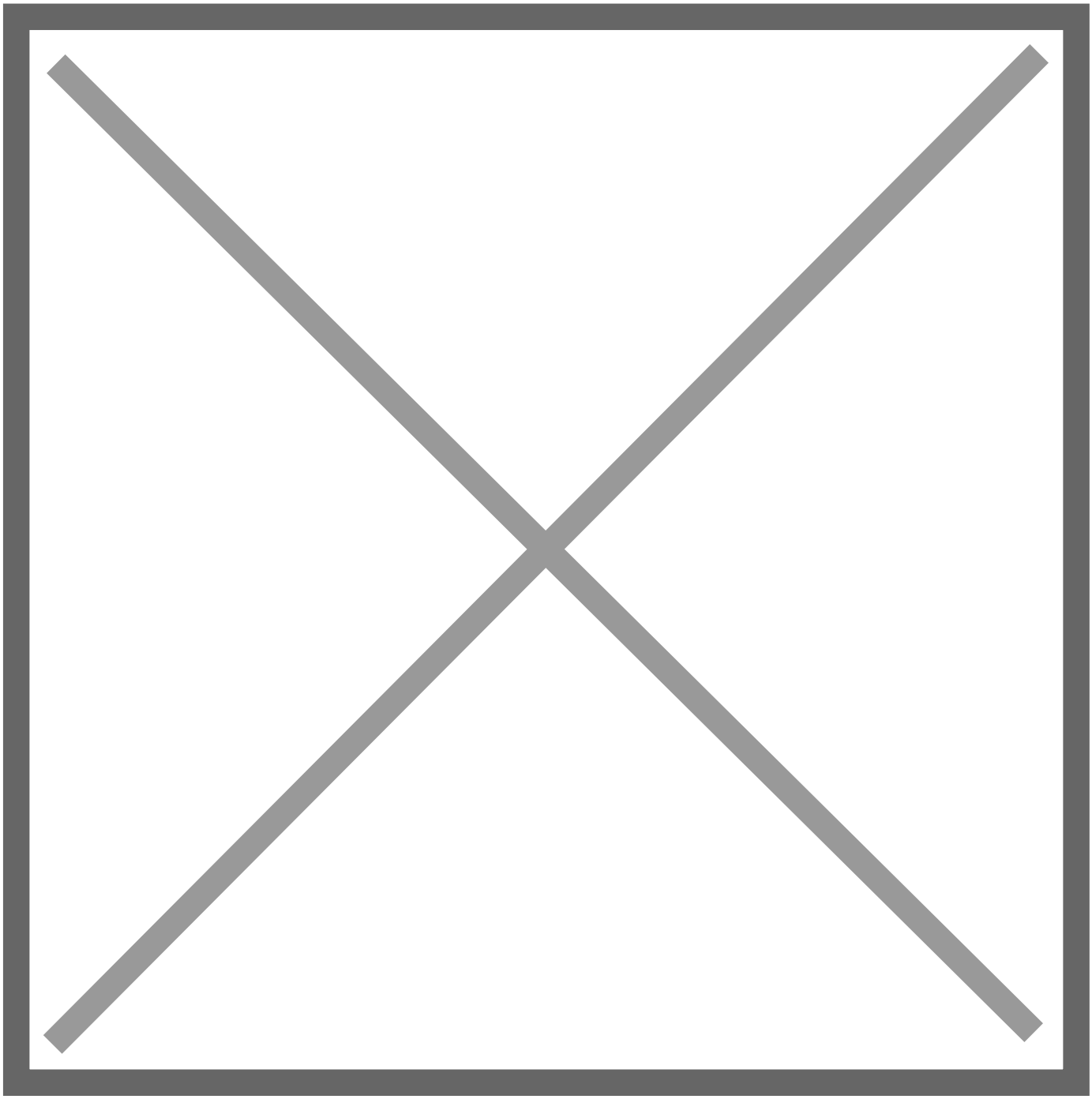
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Definitions:	Estimated number living with anxiety disorders per 100,000 population (20+ years of age)

Men, 2023



Age:	20+
Area covered:	National
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from https://vizhub.healthdata.org/gbd-compare/ [Accessed 17.03.26]
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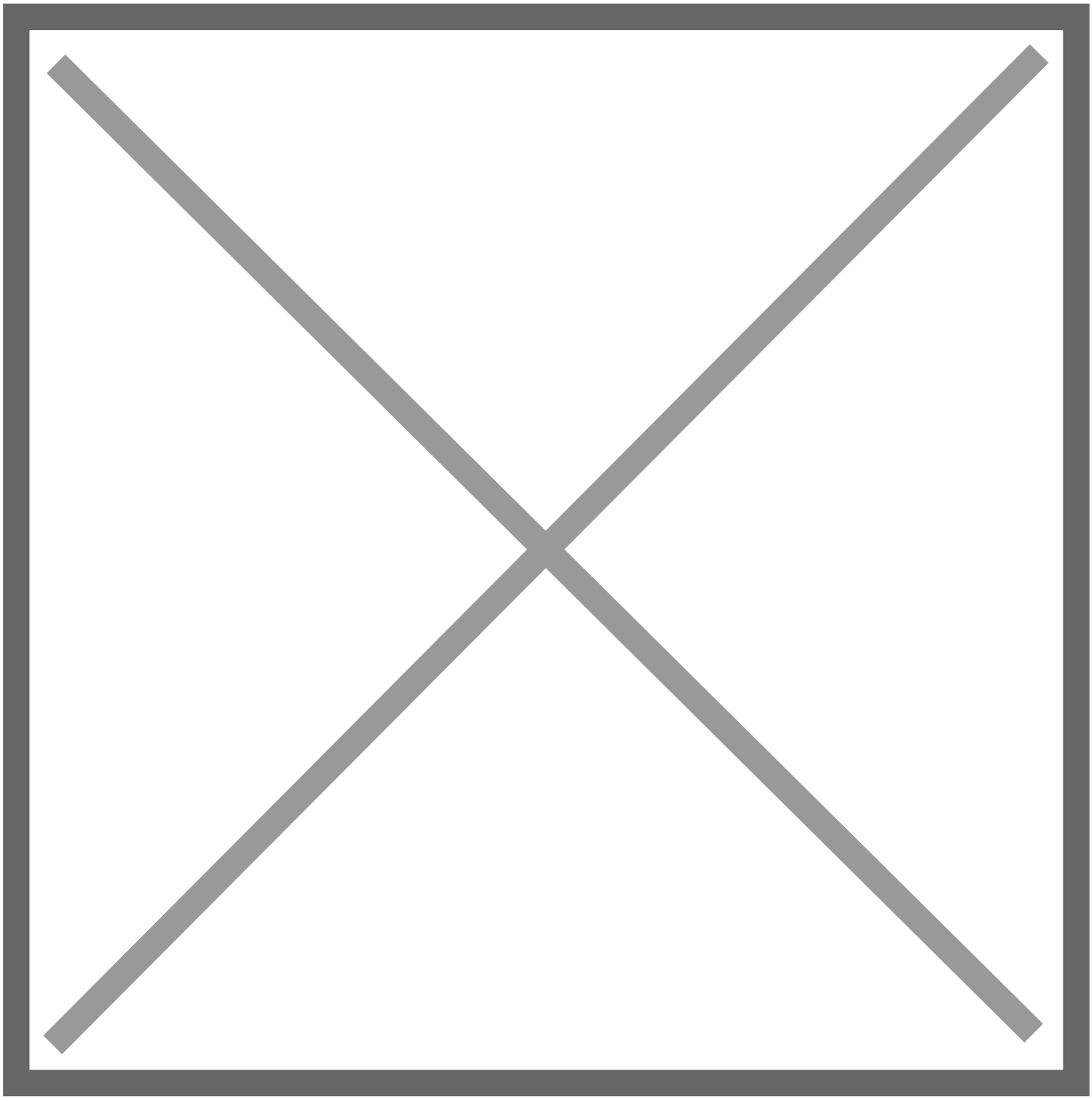
Women, 2023



Age:	20+
Area covered:	National
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from https://vizhub.healthdata.org/gbd-compare/ [Accessed 17.03.26]
Definitions:	Estimated number living with anxiety disorders per 100,000 population (20+ years of age)

Percent of population who cannot afford a healthy diet

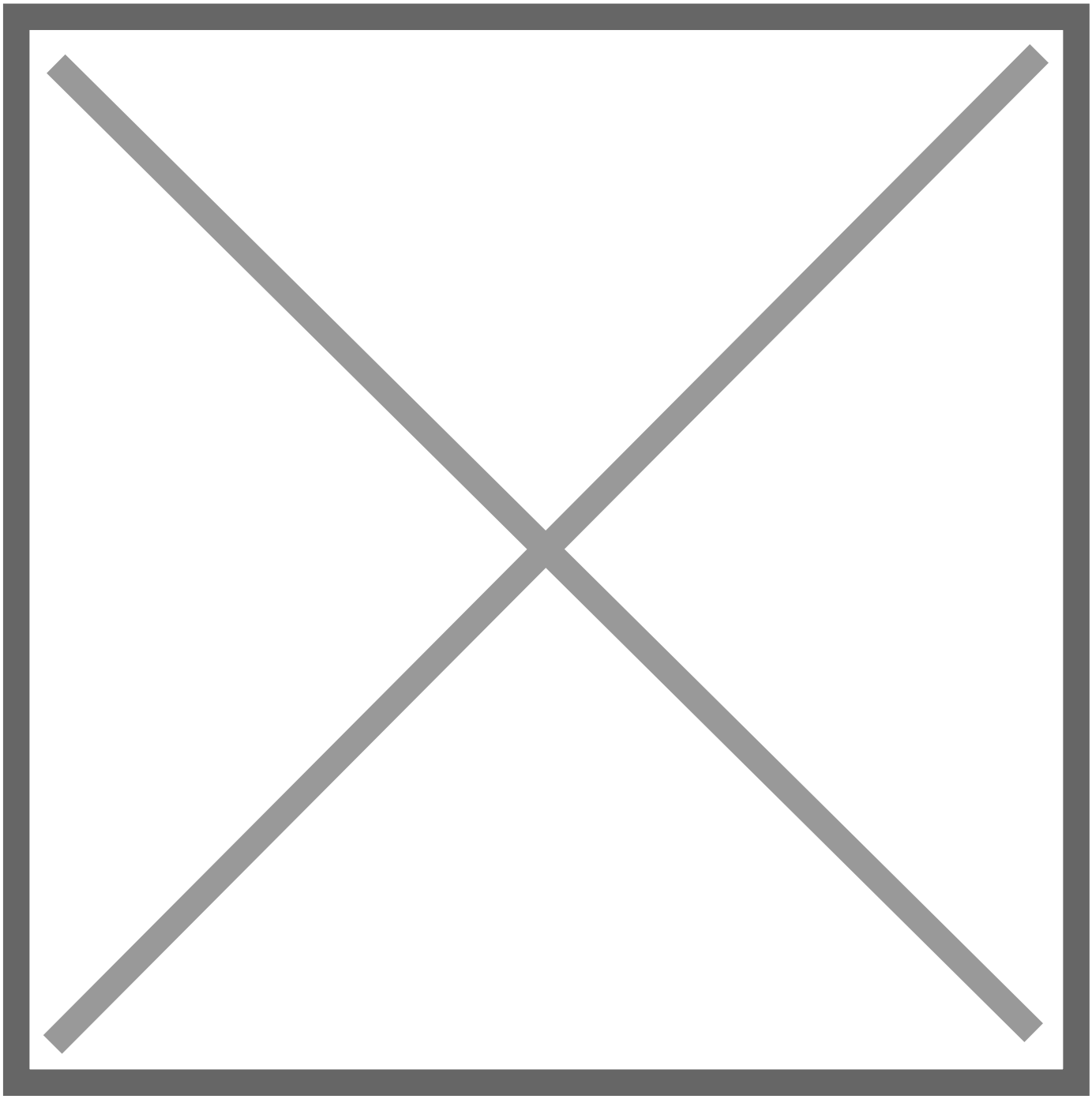
Adults, 2025



Area covered:	National
References:	FAO. 2026. FAOSTAT: Cost and Affordability of a Healthy Diet (CoAHD). https://www.fao.org/faostat/en/#data/CAHD. Licence: CC-BY-4.0. [Last Accessed 12.10.26]
Notes:	The percent of the population whose food budget is below the cost of a healthy diet.

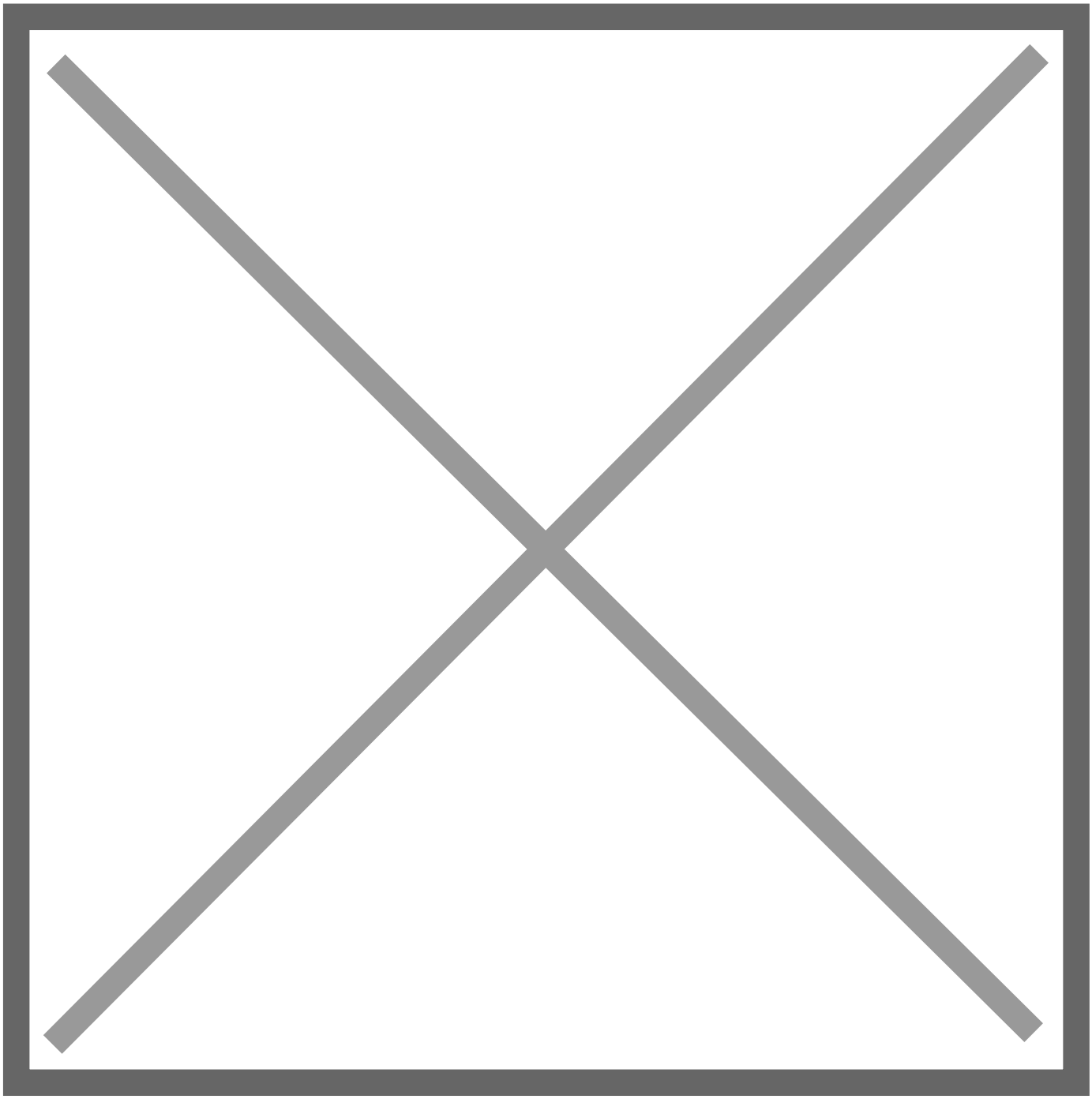
Raised blood pressure

Adults, 2019



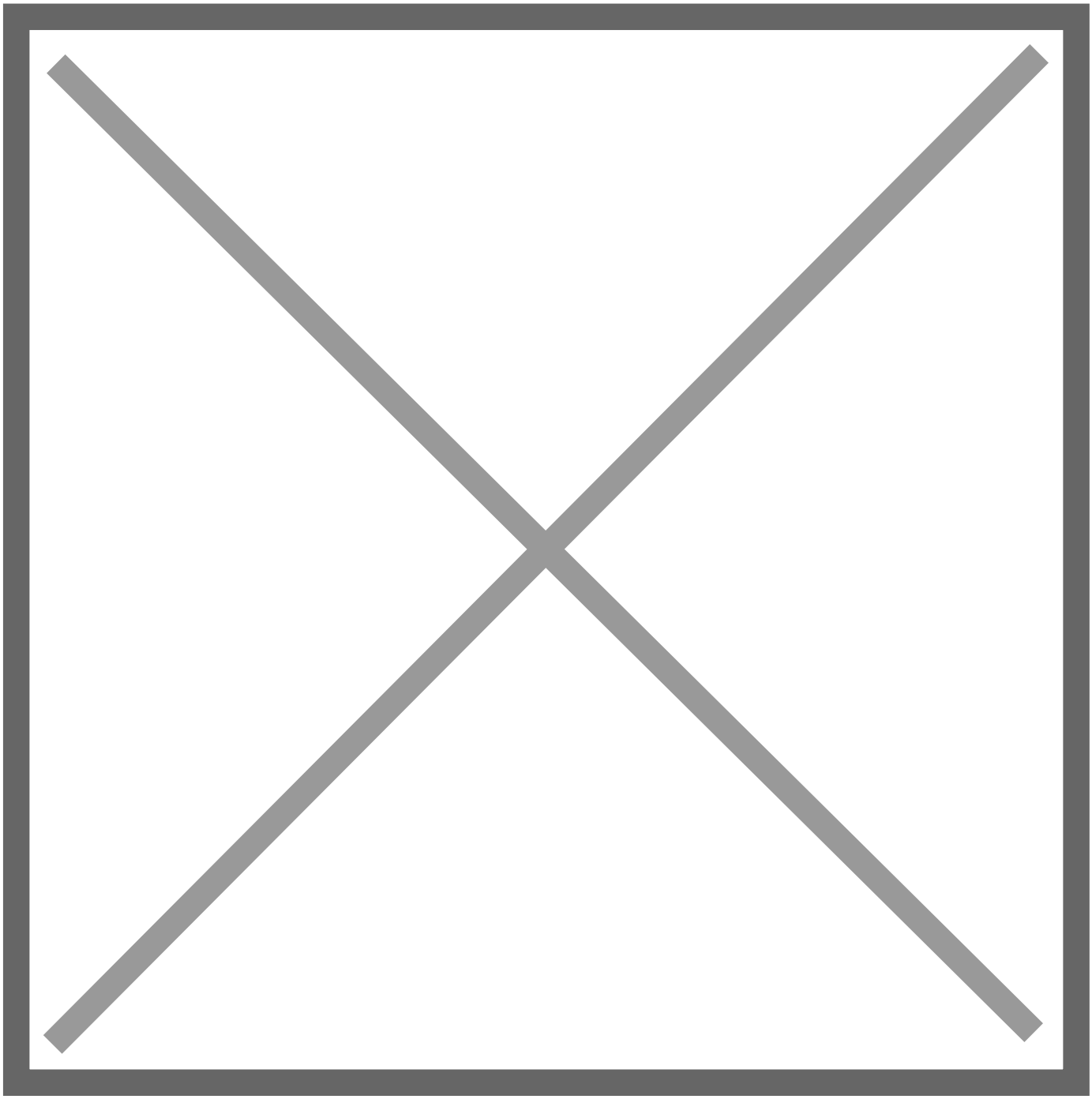
Age:	30-79
References:	World Health Organization. 2024. Hypertension: raised blood pressure (uncontrolled hypertension) among adults aged 30-79 years (%). Global Health Observatory. https://www.who.int/data/gho/data/indicators/indicator-details/GHO/prevalence-raised-blood-pressure-among-adults-30-79-years [Accessed 16.03.26]
Definitions:	Prevalence of raised blood pressure (defined as having systolic blood pressure ≥140 mmHg or diastolic blood pressure ≥90 mmHg) among adults aged 30-79.

Men, 2019



Age:	30-79
References:	World Health Organization. 2024. Hypertension: raised blood pressure (uncontrolled hypertension) among adults aged 30-79 years (%). Global Health Observatory. https://www.who.int/data/gho/data/indicators/indicator-details/GHO/prevalence-raised-blood-pressure-among-adults-30-79-years [Accessed 16.03.26]
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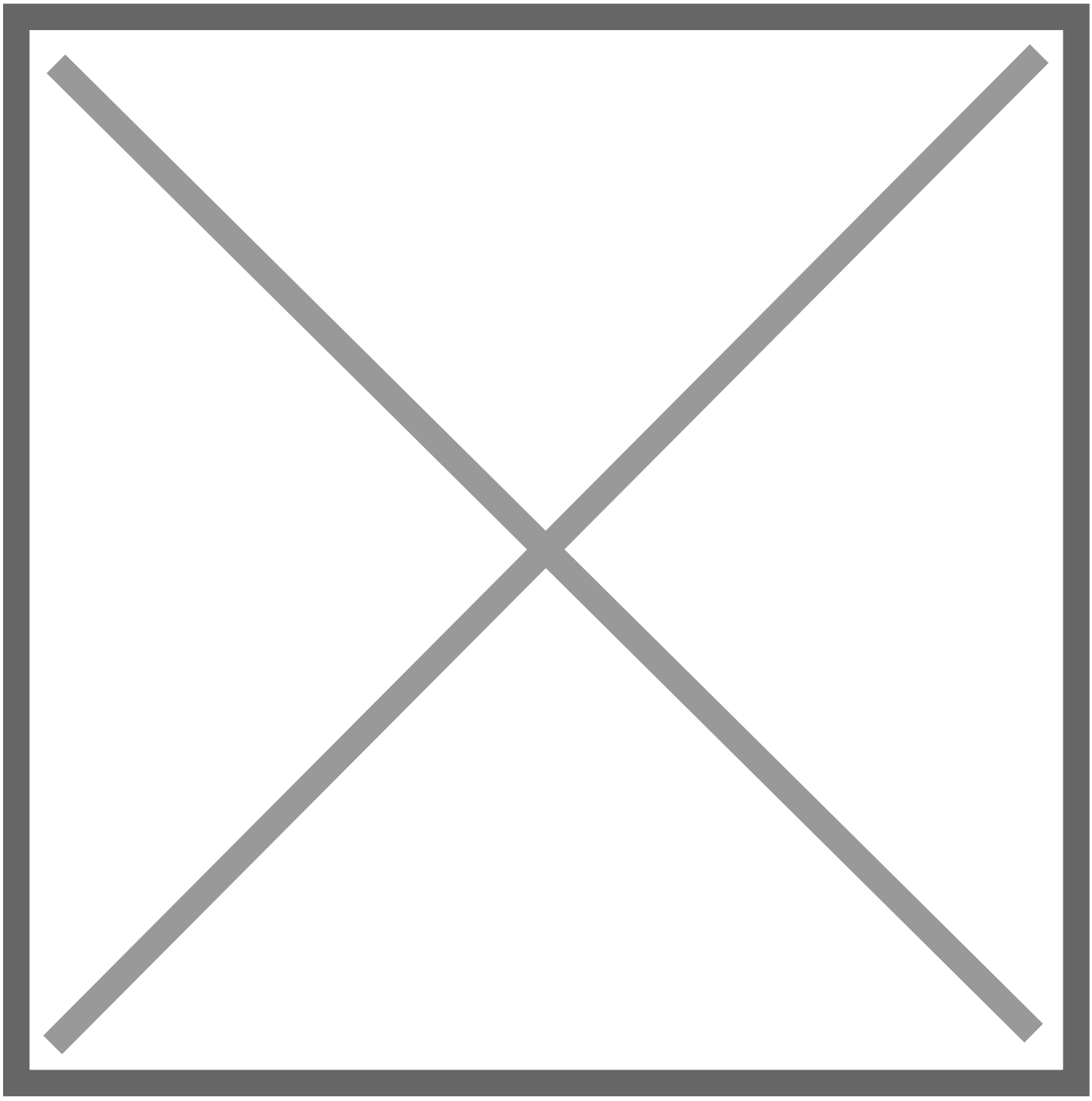
Women, 2019



Age:	30-79
References:	World Health Organization. 2024. Hypertension: raised blood pressure (uncontrolled hypertension) among adults aged 30-79 years (%). Global Health Observatory. https://www.who.int/data/gho/data/indicators/indicator-details/GHO/prevalence-raised-blood-pressure-among-adults-30-79-years [Accessed 16.03.26]
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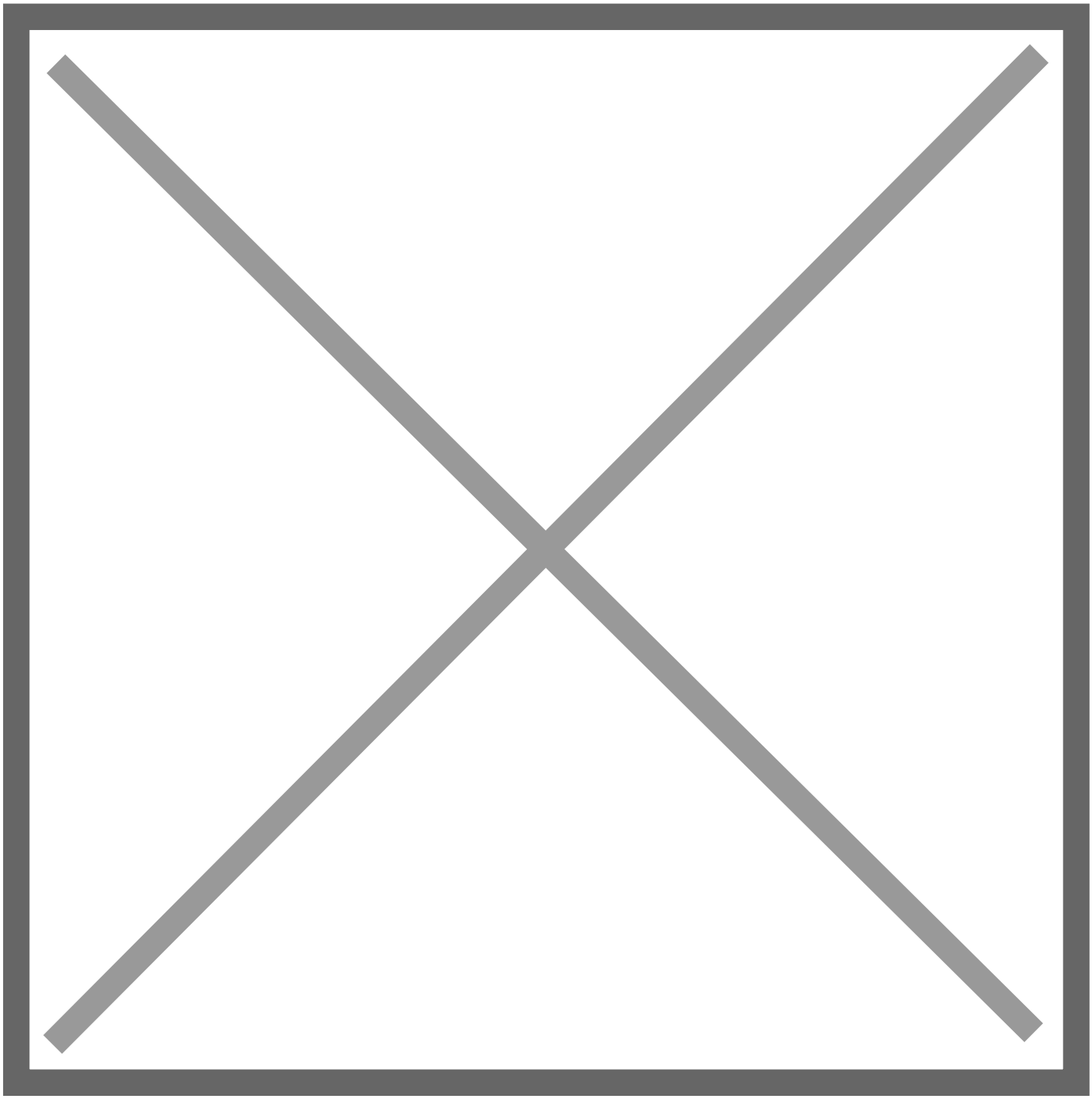
Raised cholesterol

Adults, 2008



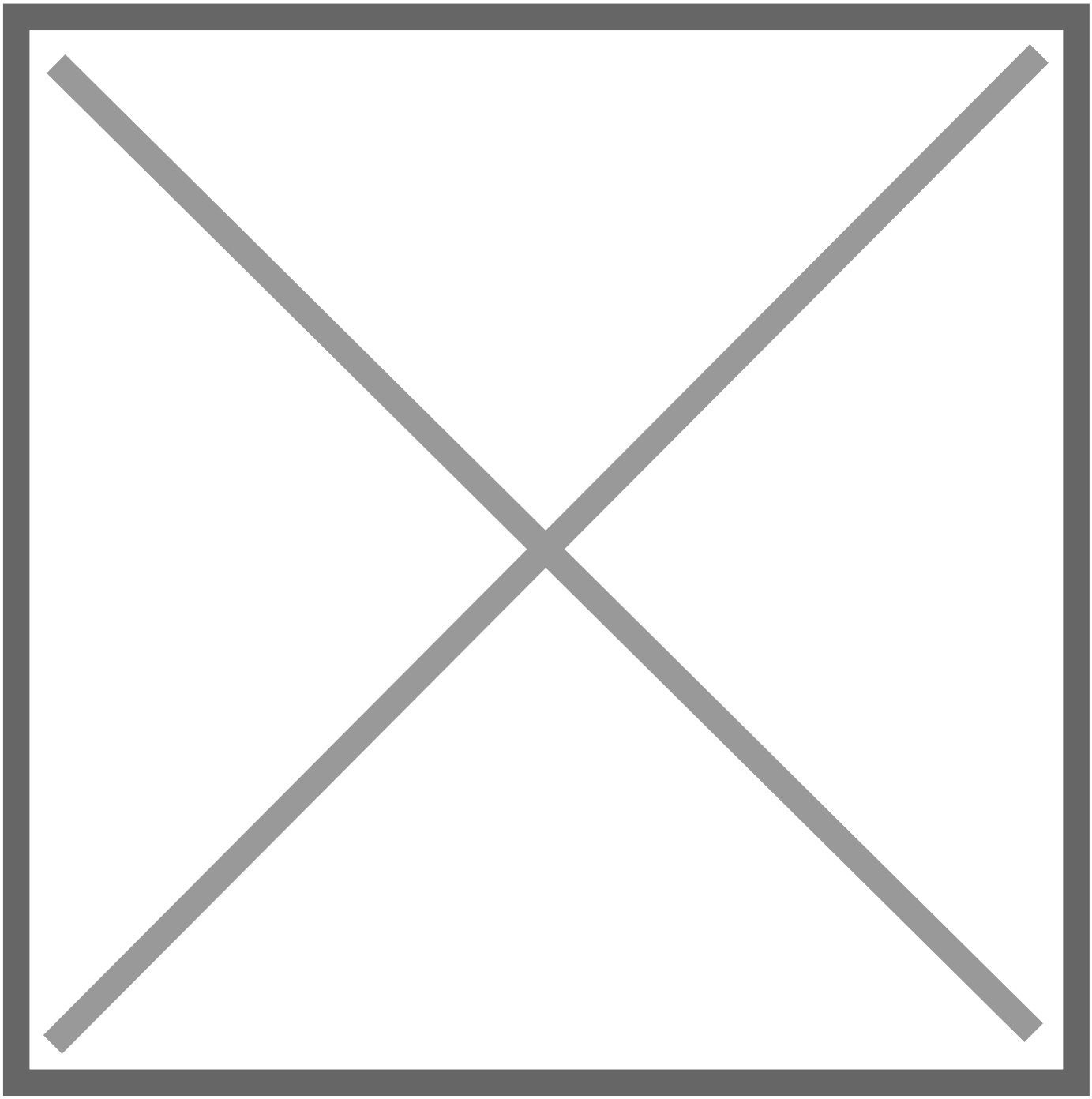
References:	Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A885
Definitions:	% Raised total cholesterol (>= 5.0 mmol/L) (age-standardized estimate).

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).

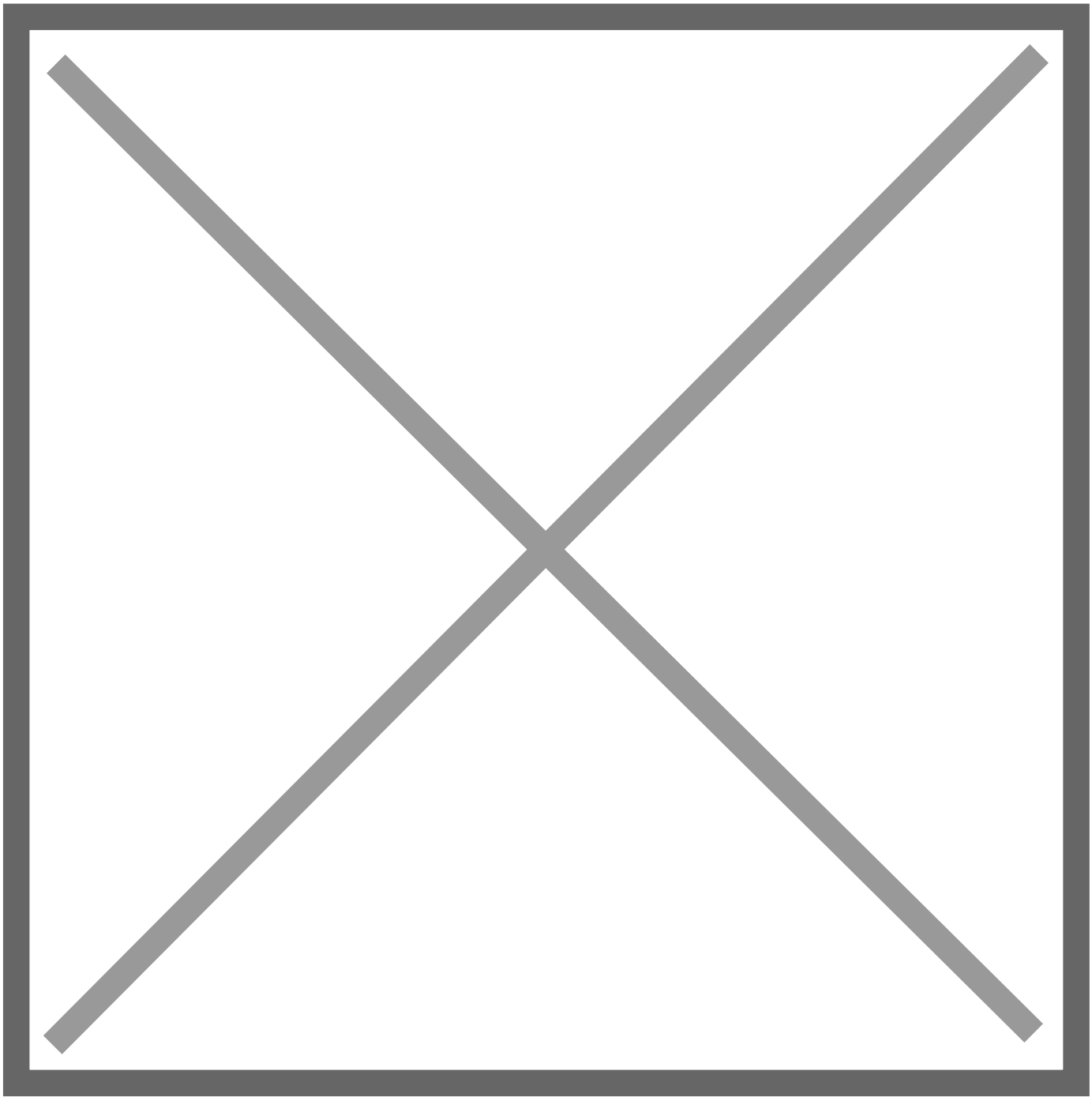
Women, 2008



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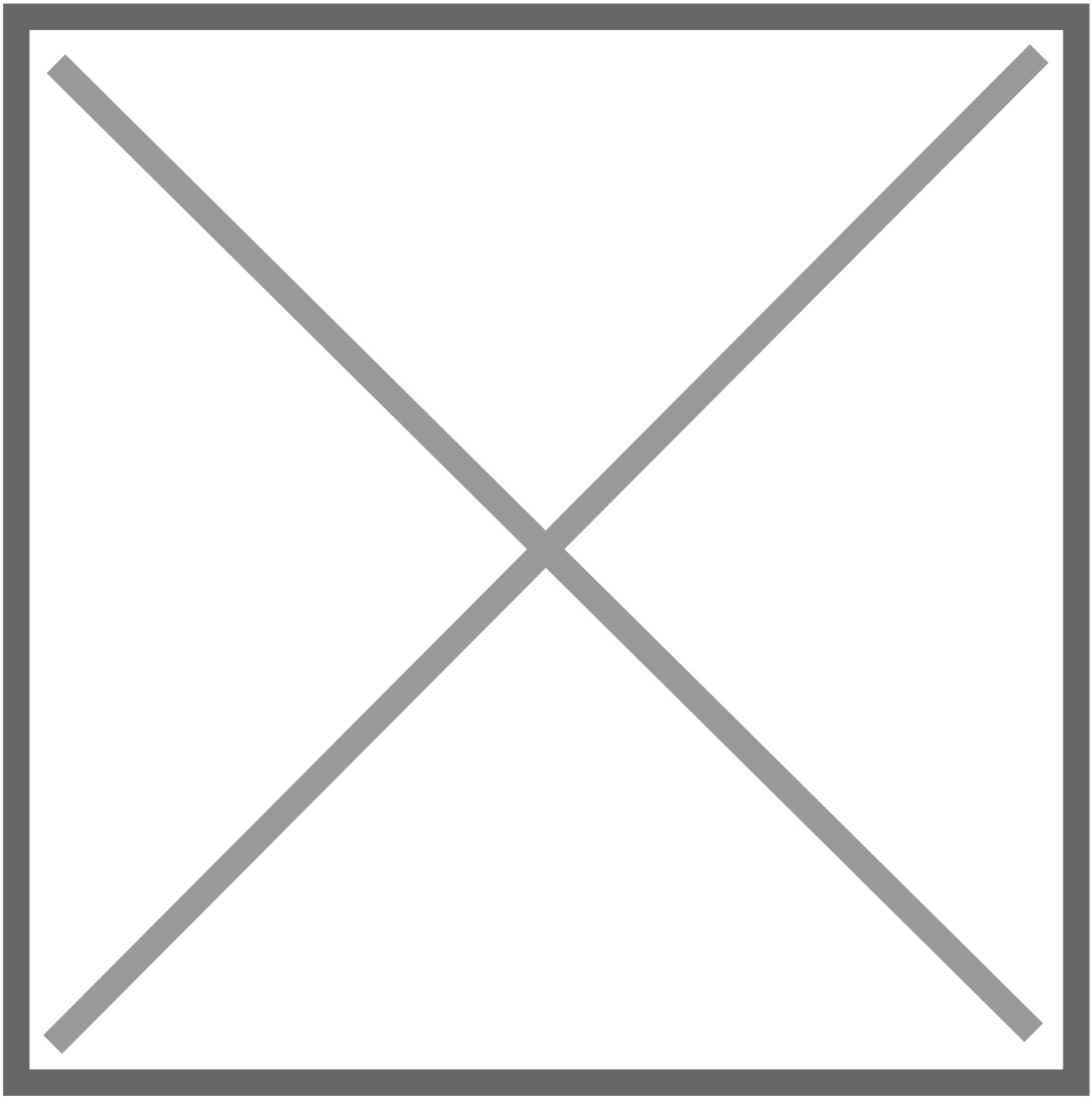
Raised fasting blood glucose

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).

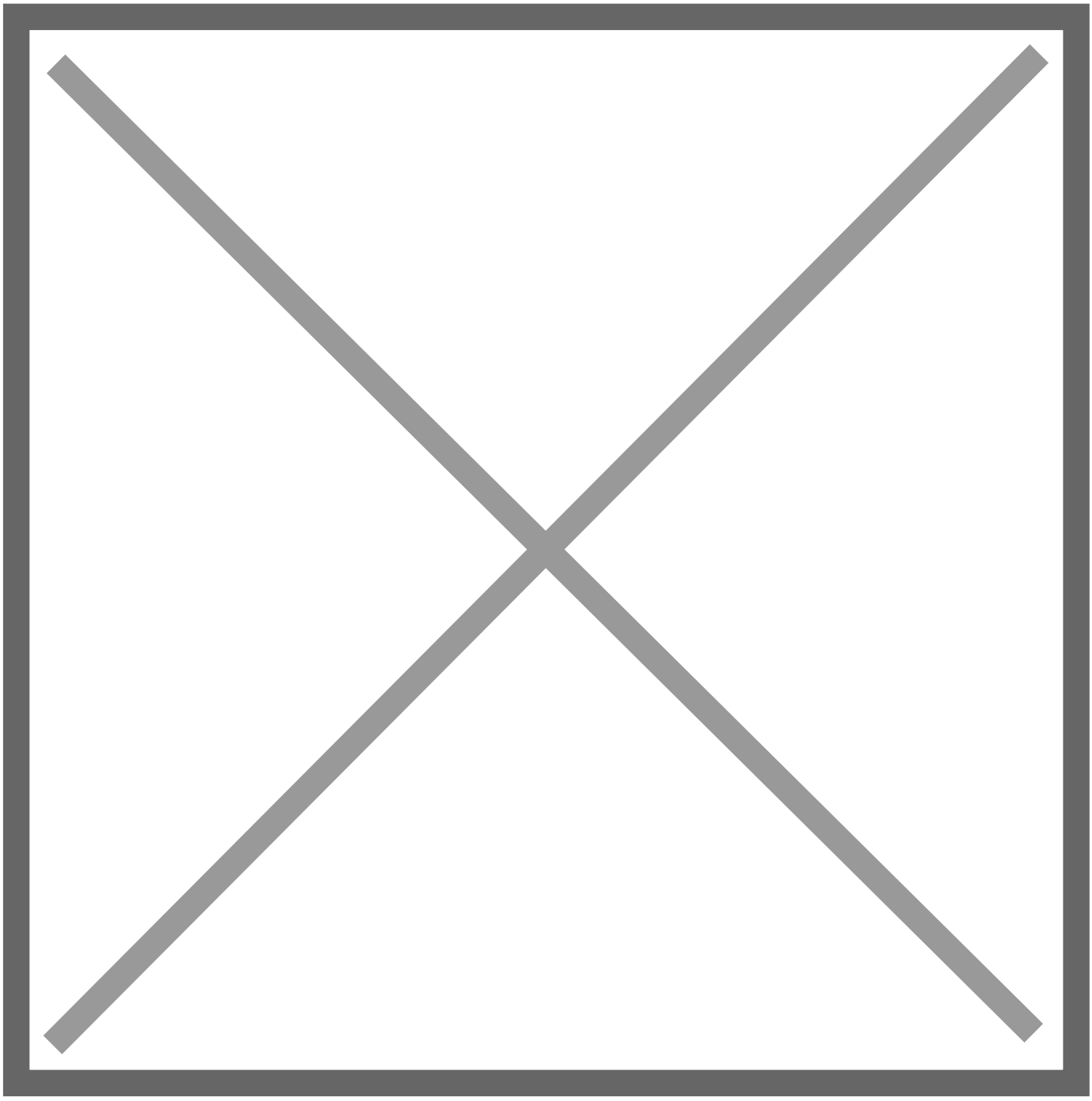
Women, 2014



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 November 6, 2026