

# South Korea



## **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 <u>https://data.worldobesity.org/country/south-korea-</u>114/.



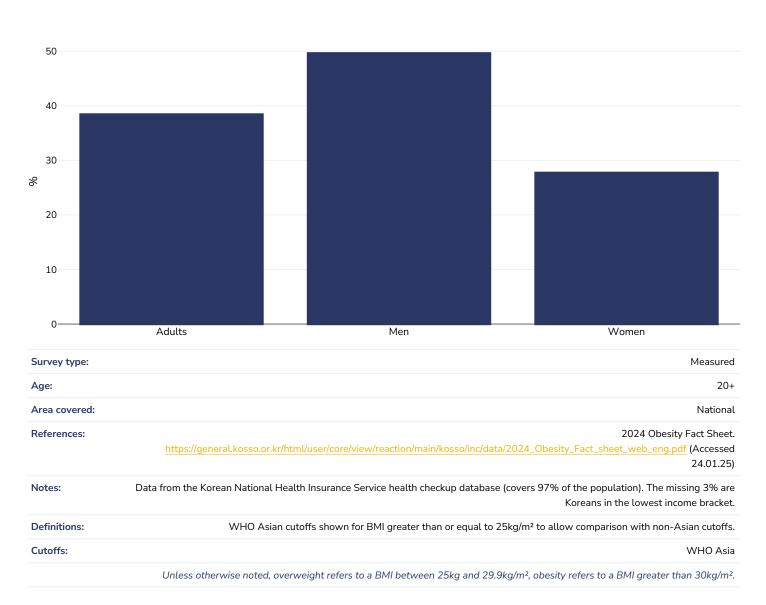
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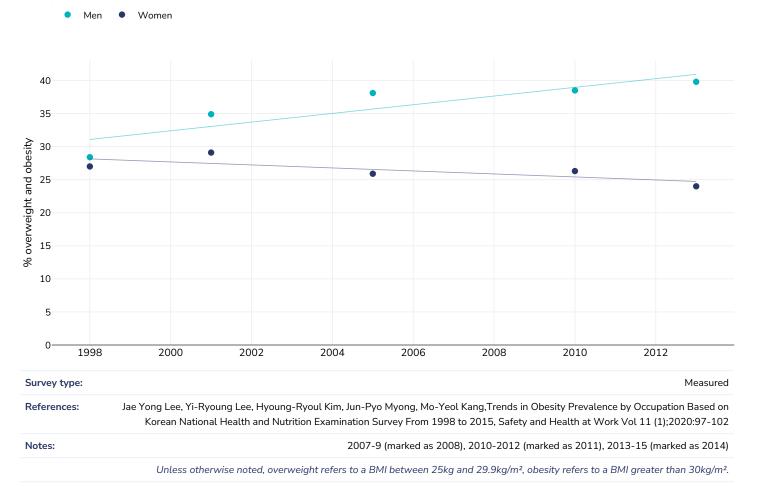
### **Obesity prevalence**

### Adults, 2022

Overweight or obesity







### % Adults living with obesity in South Korea 1998-2014

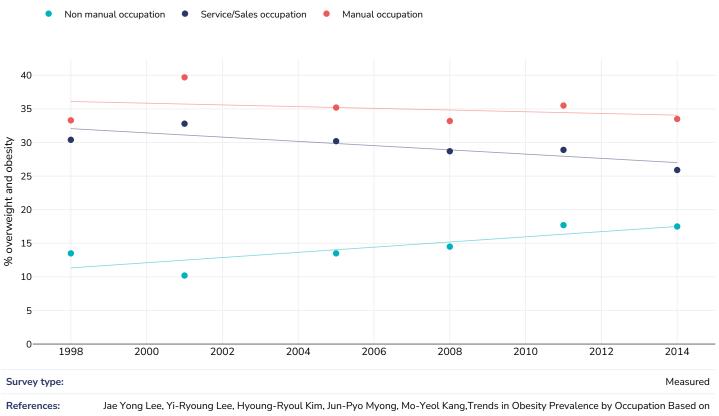
Different methodologies may have been used to collect this data and so data from different surveys may not be strictly comparable. Please check with original data sources for methodologies used.



### % Adults living with overweight or obesity by socioeconomic group in South Korea 1998-2014

#### Women

Notes:



Korean National Health and Nutrition Examination Survey From 1998 to 2015, Safety and Health at Work Vol 11 (1);2020:97-103

2007-9 (marked as 2008), 2010-2012 (marked as 2011), 2013-15 (marked as 2014)

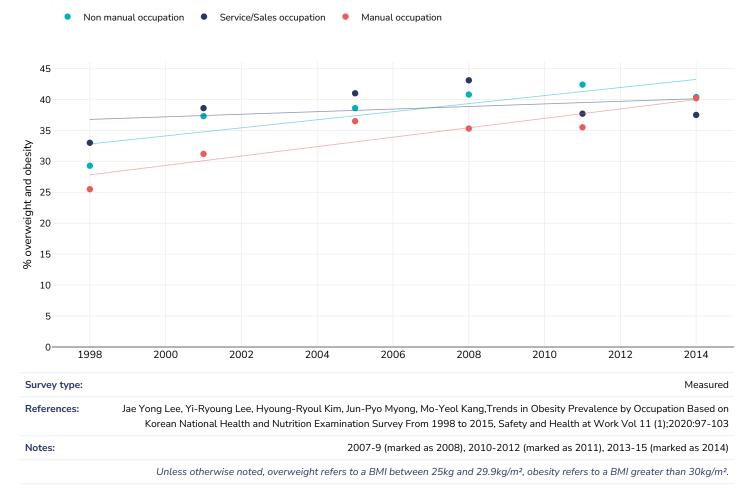
Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m<sup>2</sup>, obesity refers to a BMI greater than 30kg/m<sup>2</sup>.

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.





#### Men



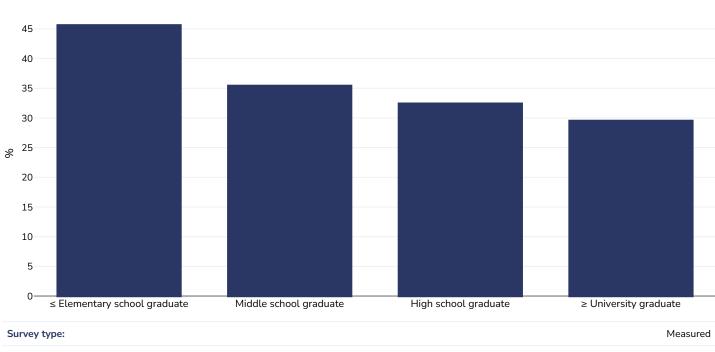
Different methodologies may have been used to collect this data and so data from different surveys may not be strictly comparable. Please check with original data sources for methodologies used.



### Overweight/obesity by education

### Adults, 2018

Overweight or obesity



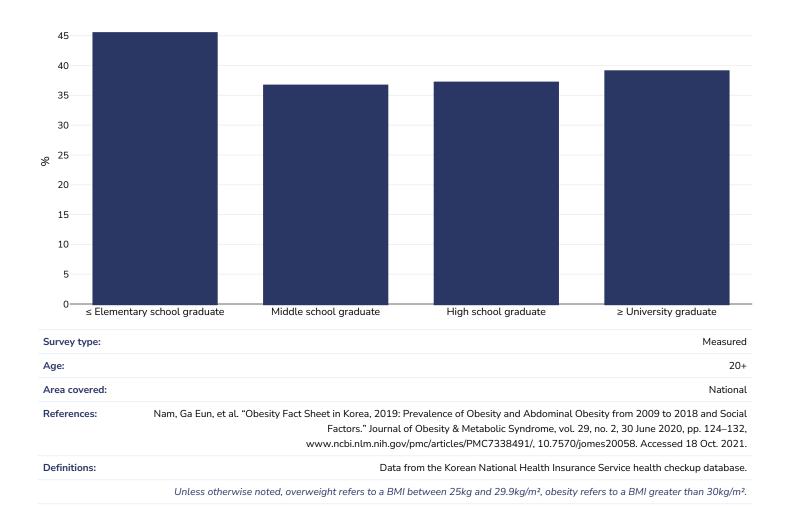
Age:	20+
Area covered:	National
References:	Nam, Ga Eun, et al. "Obesity Fact Sheet in Korea, 2019: Prevalence of Obesity and Abdominal Obesity from 2009 to 2018 and Social Factors." Journal of Obesity & Metabolic Syndrome, vol. 29, no. 2, 30 June 2020, pp. 124–132, www.ncbi.nlm.nih.gov/pmc/articles/PMC7338491/, 10.7570/jomes20058. Accessed 18 Oct. 2021.
Definitions:	Data from the Korean National Health Insurance Service health checkup database.
	Liplace otherwise pated avery wight refers to a PMI between 25kg and 20 0kg/m <sup>2</sup> abasity refers to a PMI greater than 20kg/m <sup>2</sup>





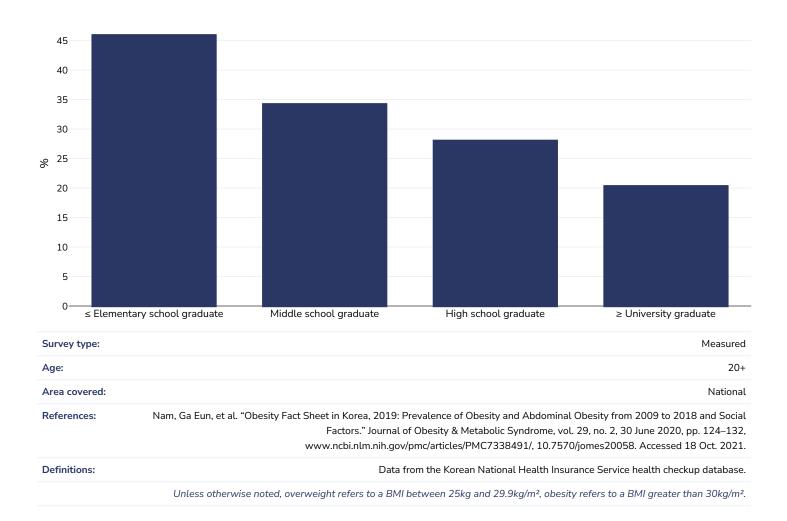
### Men, 2018

Overweight or obesity





Overweight or obesity

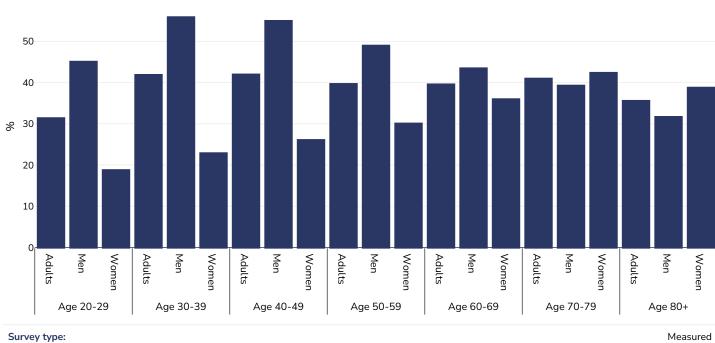




### Overweight/obesity by age

### Adults, 2022

Overweight or obesity



Area covered: National **References:** 2024 Obesity Fact Sheet. https://general.kosso.or.kr/html/user/core/view/reaction/main/kosso/inc/data/2024\_Obesity\_Fact\_sheet\_web\_eng.pdf (Accessed 24.01.25) Notes: Data from the Korean National Health Insurance Service health checkup database (covers 97% of the population). The missing 3% are Koreans in the lowest income bracket. Definitions: WHO Asian cutoffs shown for BMI greater than or equal to 25kg/m<sup>2</sup> to allow comparison with non-Asian cutoffs. Data for overweight and obesity separately using WHO Asian cutoffs is not available in the report. **Cutoffs:** 

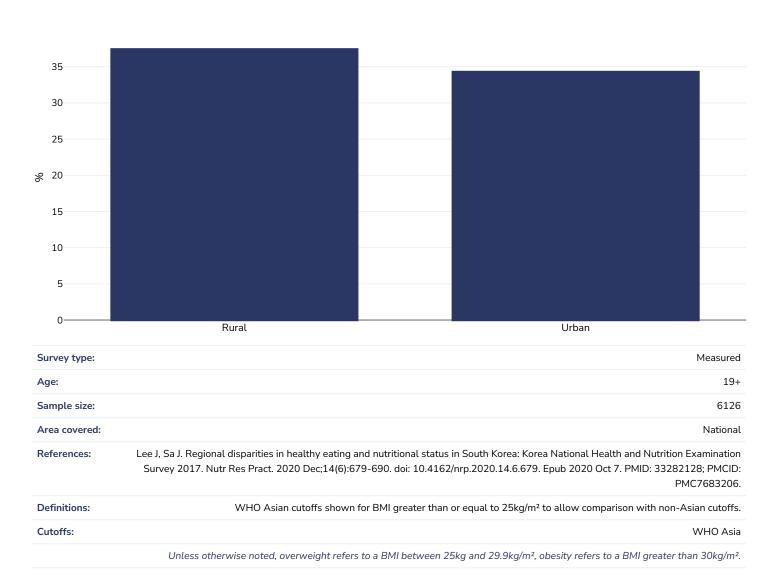
WHO Asia



### Overweight/obesity by region

### Adults, 2017

Overweight or obesity

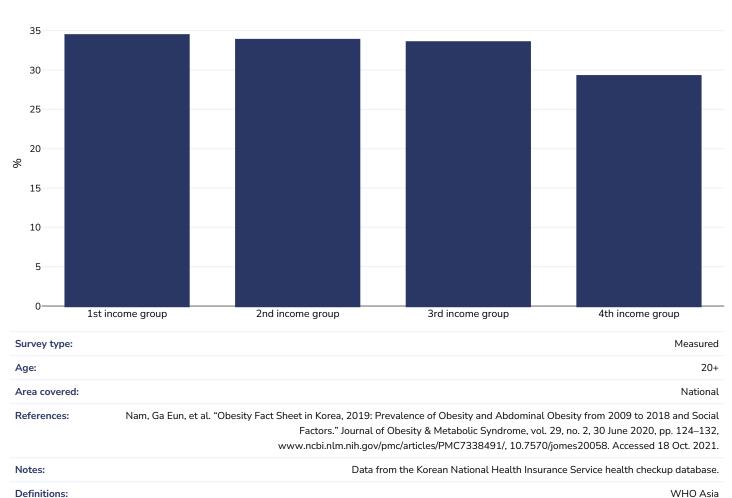




### Overweight/obesity by socio-economic group

### Adults, 2018

Overweight or obesity

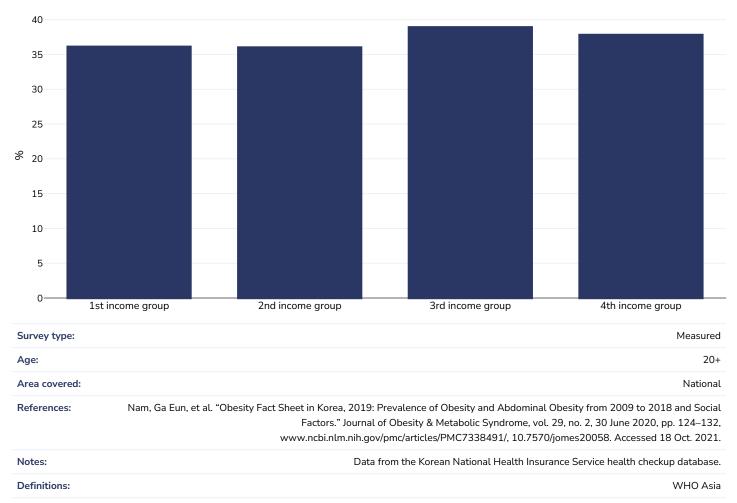


WHO Asia



### Men, 2018

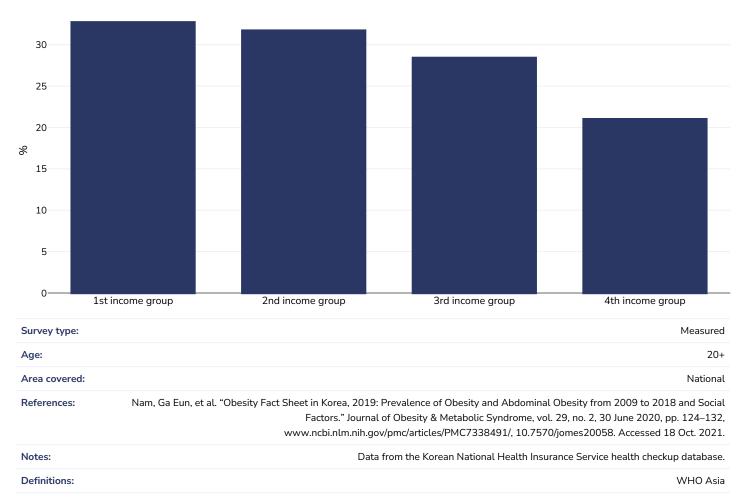
Overweight or obesity





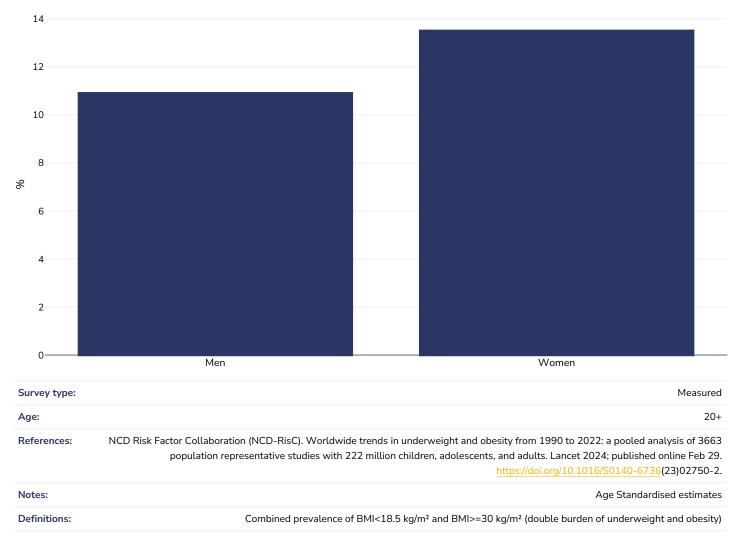


Overweight or obesity



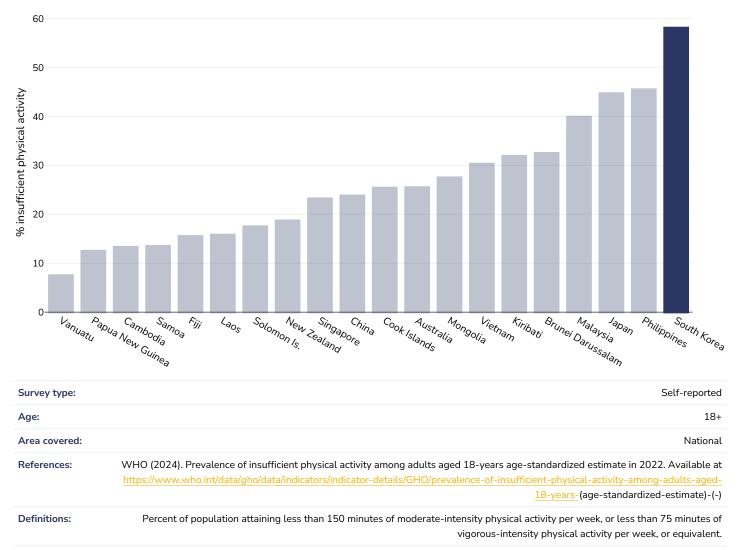


### Double burden of underweight & overweight

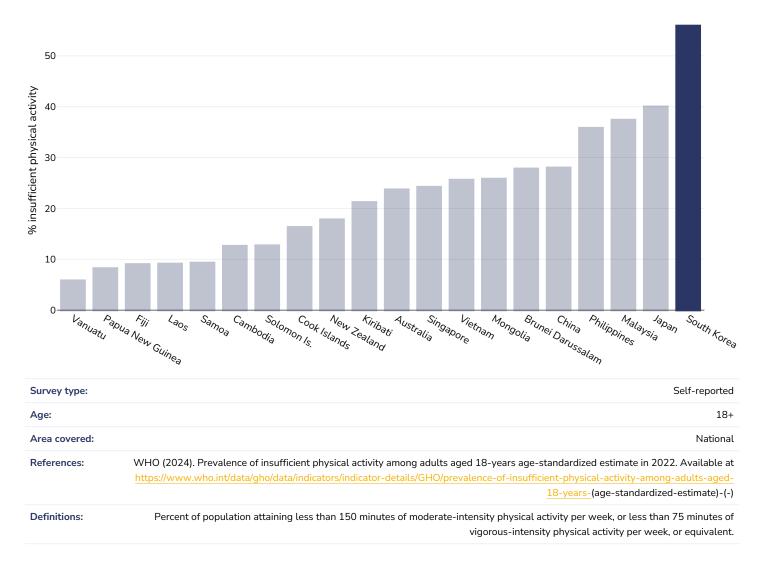




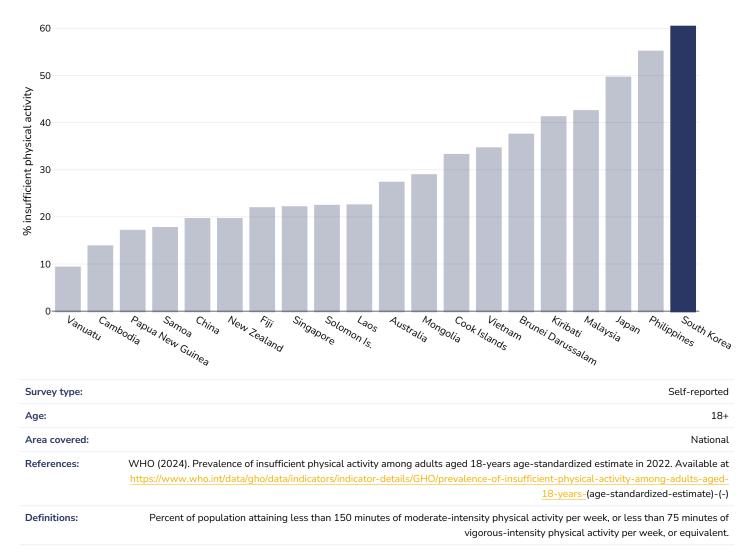
### Insufficient physical activity





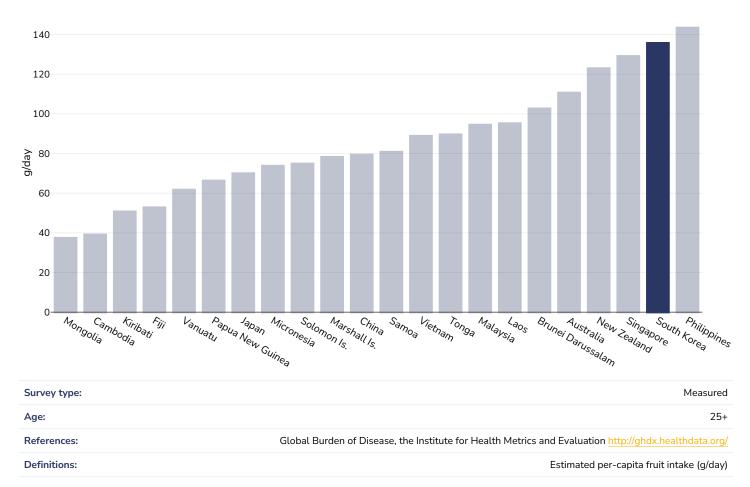






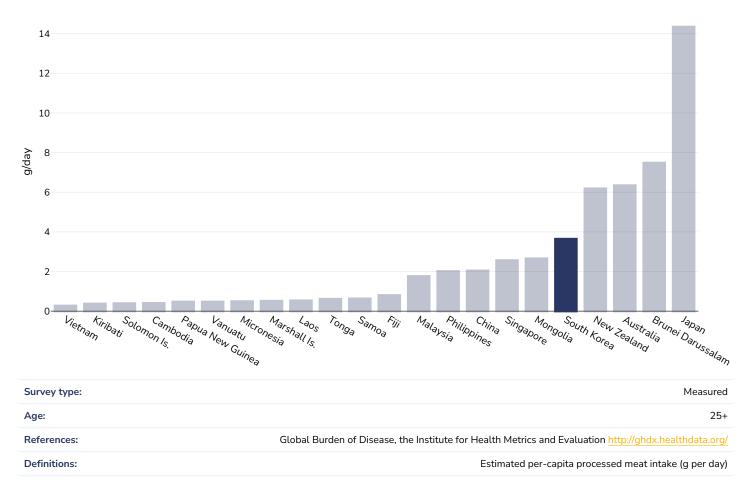


### Estimated per capita fruit intake



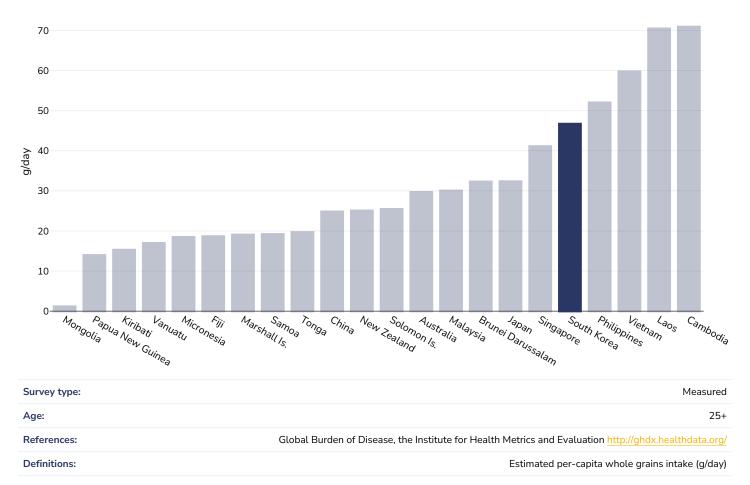


### Estimated per-capita processed meat intake





### Estimated per capita whole grains intake

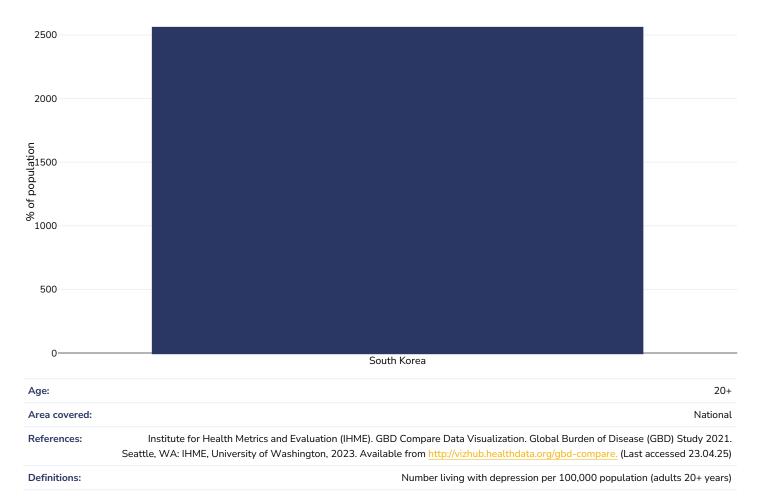




### Mental health - depression disorders





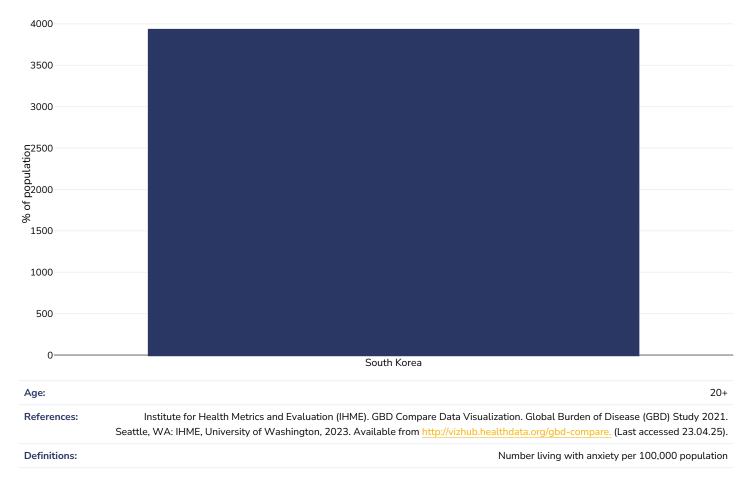




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Age:	20+
Area covered:	National
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021.
	Seattle, WA: IHME, University of Washington, 2023. Available from http://vizhub.healthdata.org/gbd-compare.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



### Mental health - anxiety disorders













### Percent of population who cannot afford a healthy diet

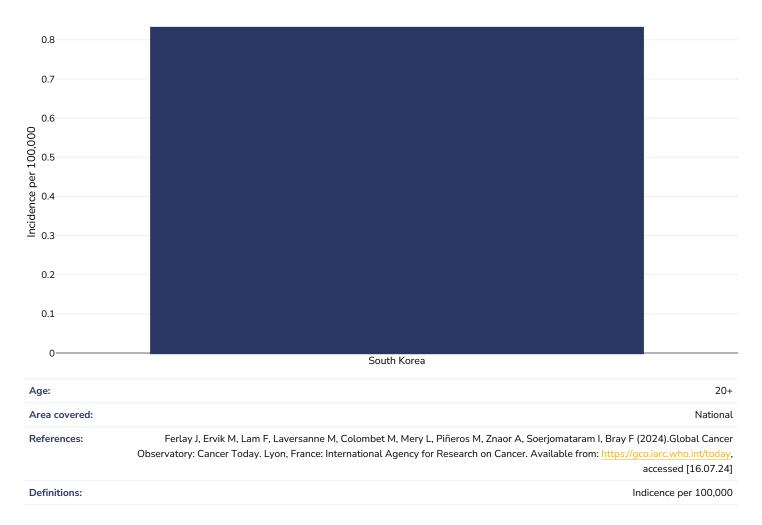
#### 60 50 40 % 30 20 10 0 Malaysia Australia South Korea Vietnam China Mongolia Philippines Laos Fiji Japan Area covered: National The Food Systems Dashboard. The Global Alliance for Improved Nutrition (GAIN), The Columbia Climate School, and Cornell University References: College of Agriculture and Life Sciences. 2024. Geneva, Switzerland. https://www.foodsystemsdashboard.org. DOI: https://doi.org/10.36072/db.



### Oesophageal cancer



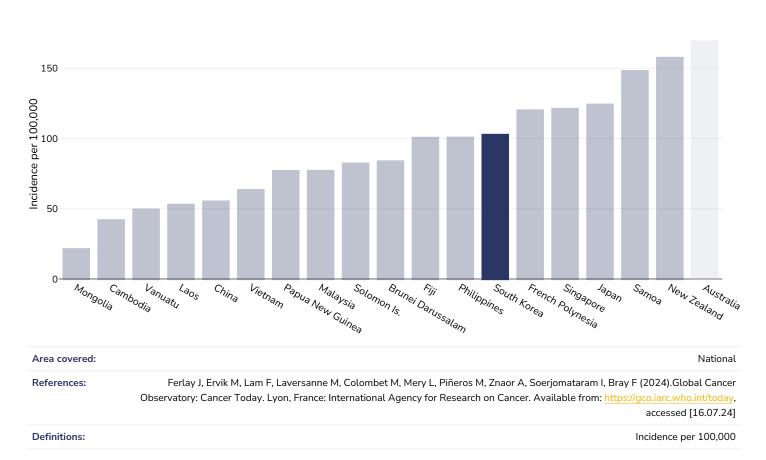






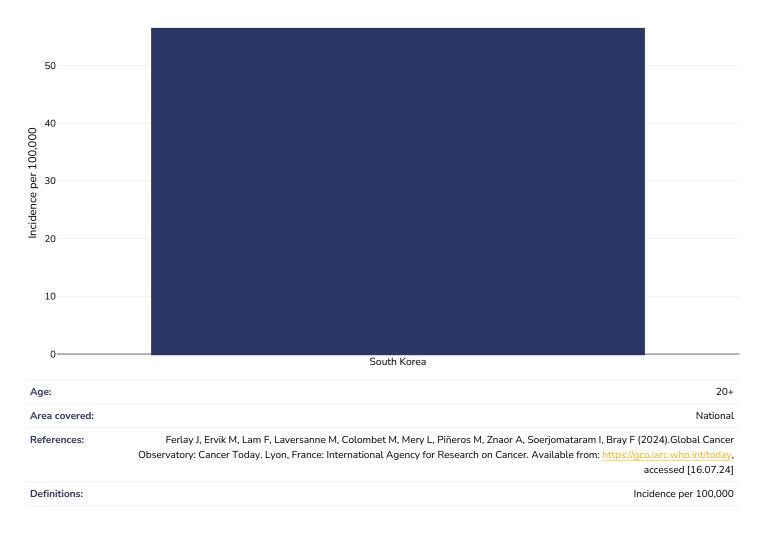
### **Breast cancer**

Age 20 Age 20+





### **Colorectal cancer**









### Pancreatic cancer





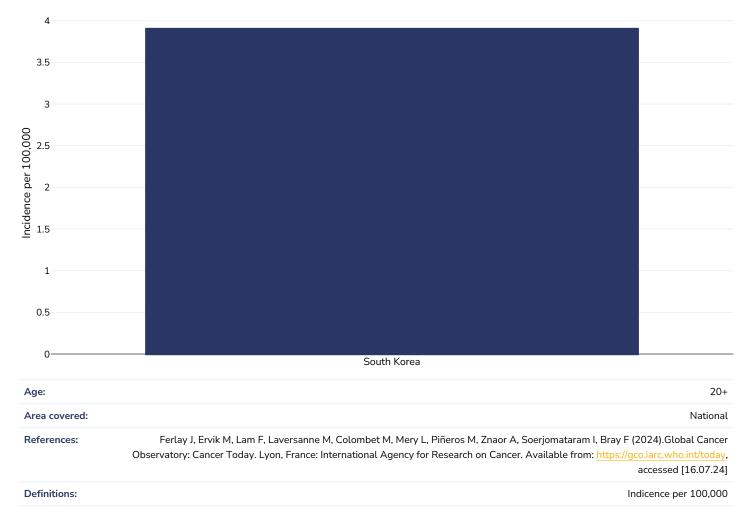




### Gallbladder cancer





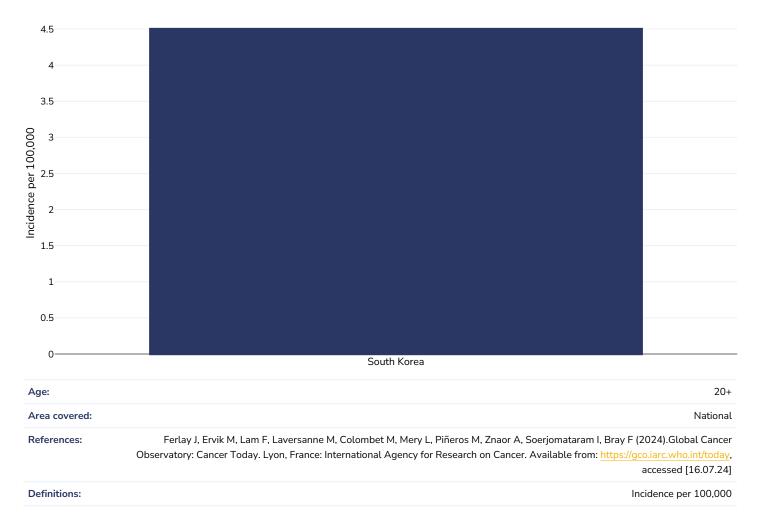




### **Kidney cancer**

## Men, 2022 12 10 8 Incidence per 100,000 6 4 2 0 South Korea 20+ Age: Area covered: National **References:** Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24] Definitions: Incidence per 100,000







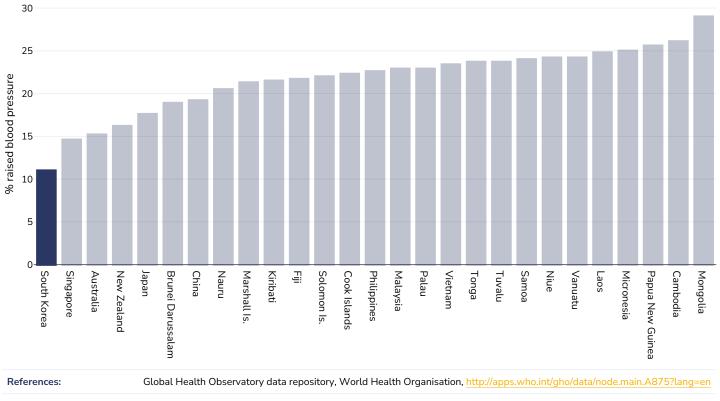
## Cancer of the uterus





## Raised blood pressure

#### Adults, 2015

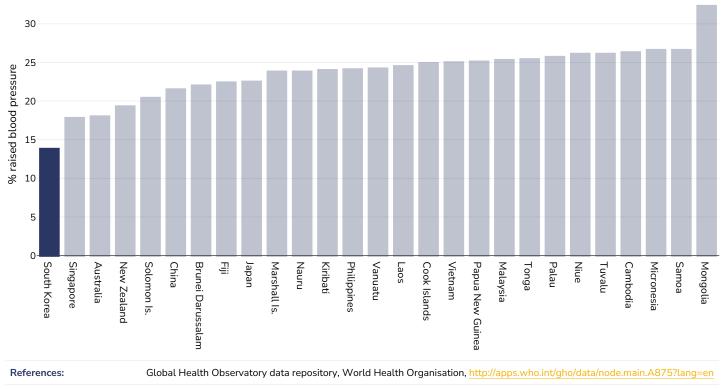


Definitions:

Age Standardised estimated % Raised blood pressure 2015 (SBP>=140 OR DBP>=90).



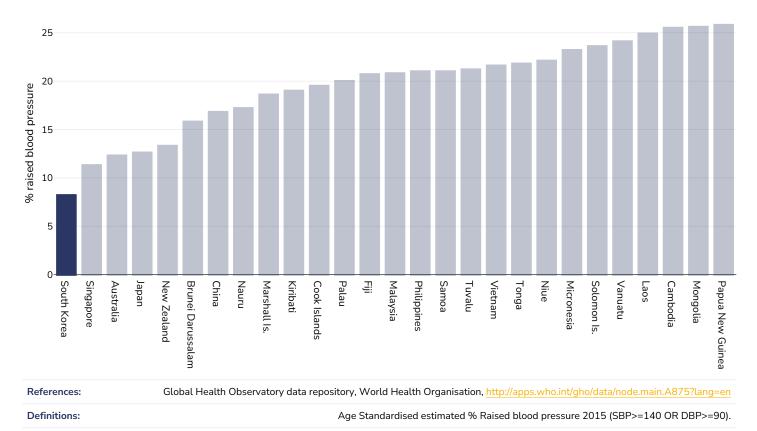
#### Men, 2015



Definitions:

Age Standardised estimated % Raised blood pressure 2015 (SBP>=140 OR DBP>=90).



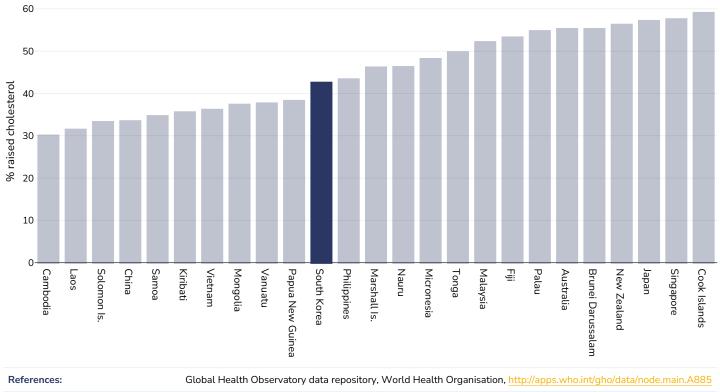


43



## **Raised cholesterol**

#### Adults, 2008

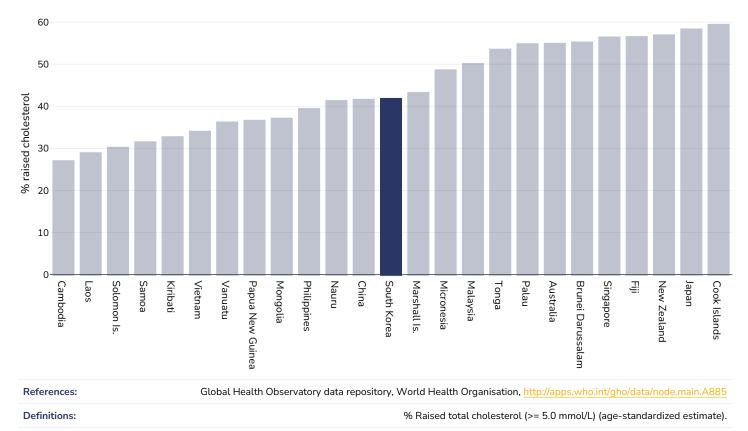


Definitions:

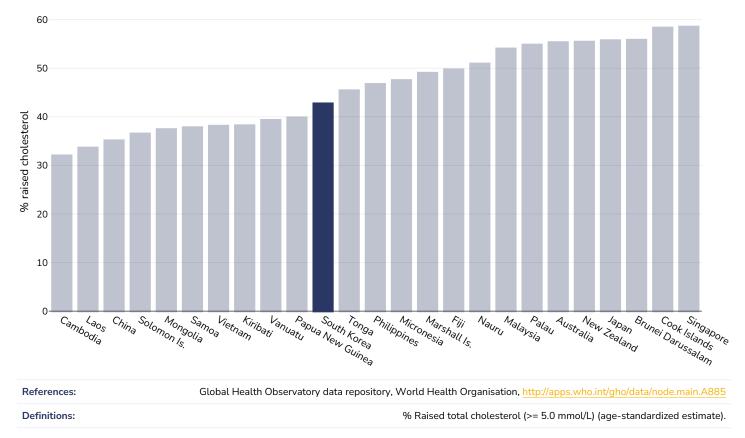
% Raised total cholesterol (>= 5.0 mmol/L) (age-standardized estimate).

# 

#### Men, 2008



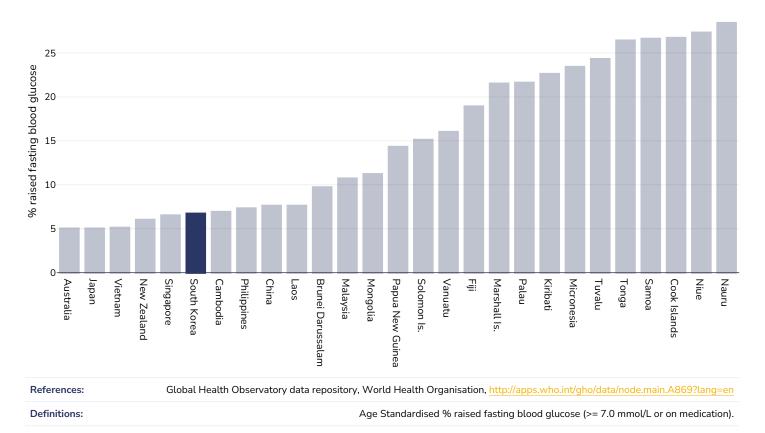




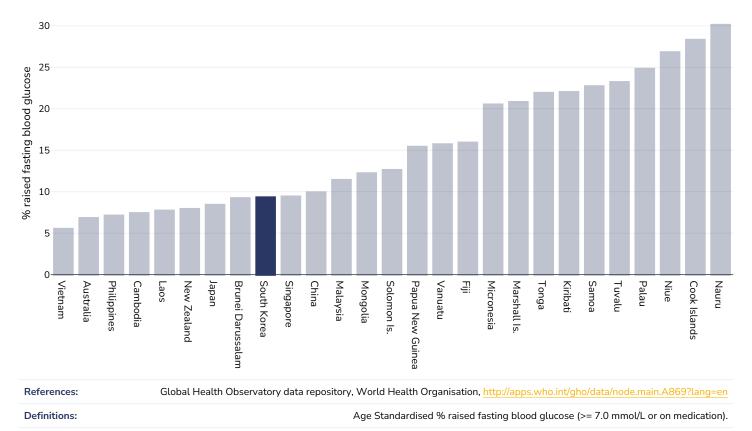


## Raised fasting blood glucose

#### Men, 2014



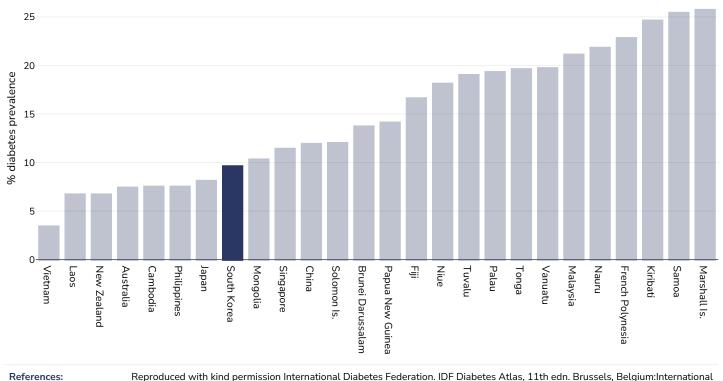
# 





## **Diabetes prevalence**

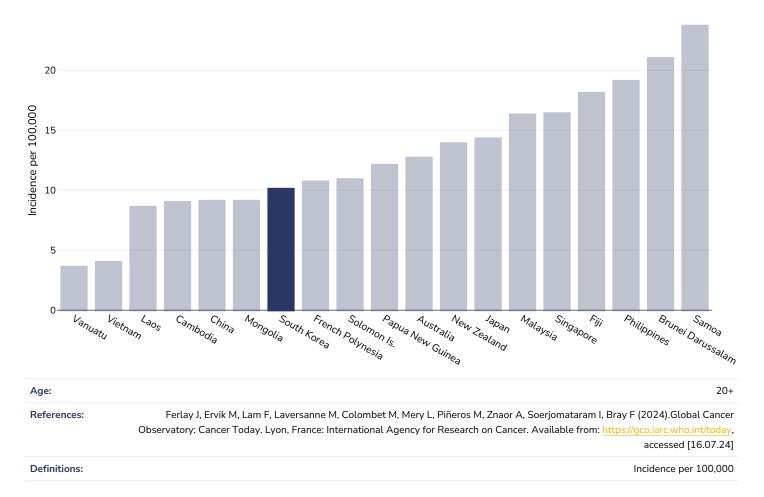
#### Adults, 2024



Reproduced with kind permission International Diabetes Federation. IDF Diabetes Atlas, 11th edn. Brussels, Belgium:International Diabetes Federation, 2025. <a href="http://www.diabetesatlas.org">http://www.diabetesatlas.org</a>



## **Ovarian Cancer**





## Leukemia

Men, 2022							
4							
3							
2							
1							
0							
<sup>-1</sup> _1	0	1	2	3	4	5	6
Age:							20+
Area covered: References:			sanne M, Colombet M rance: International Aç			m: <u>https://gco.iarc.wh</u>	
Definitions:						Incidence p	er 100,000
	Unless of	therwise noted. overw	eight refers to a BMI l	between 25kg and 29	.9ka/m². obesitv refer	s to a BMI greater tha	n 30ka/m².

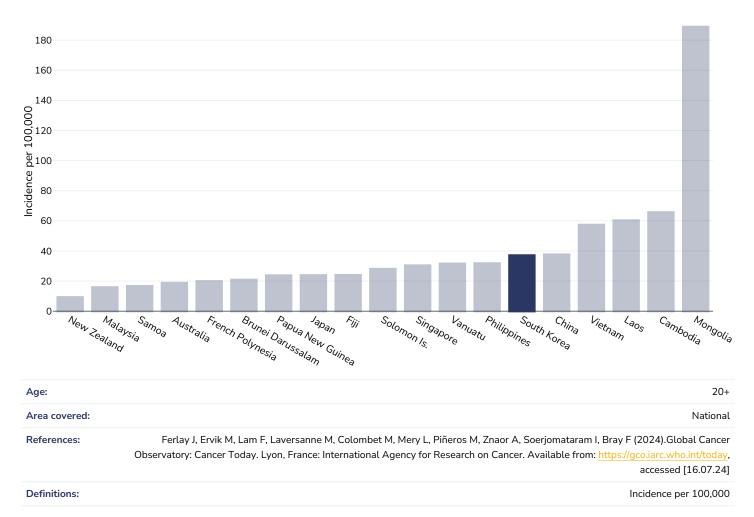


4							
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Age:							20+
Area covered:							National
References:					Znaor A, Soerjomatarar n Cancer. Available fror	m: <u>https://gco.iarc.whc</u>	
Definitions:						Incidence pe	er 100,000
	Unless othe	erwise noted, overw	eight refers to a BMI	between 25kg and 2	9.9kg/m², obesity refers	to a BMI greater than	n 30kg/m².



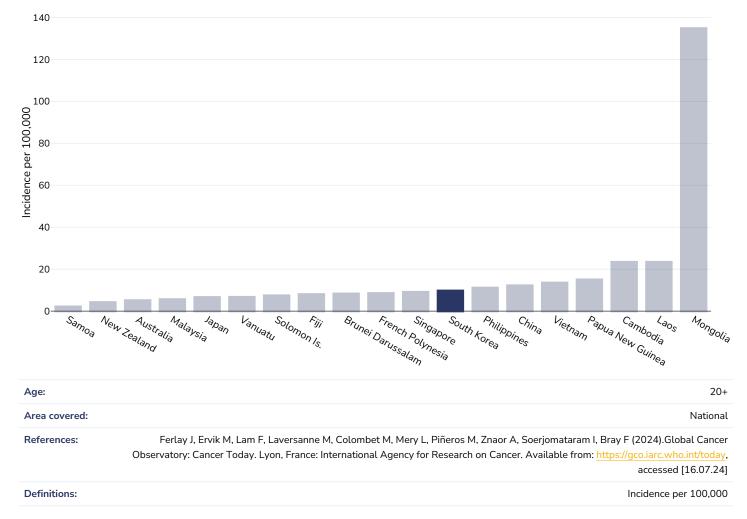
## Liver and intrahepatic bile duct Cancer

#### Men, 2022





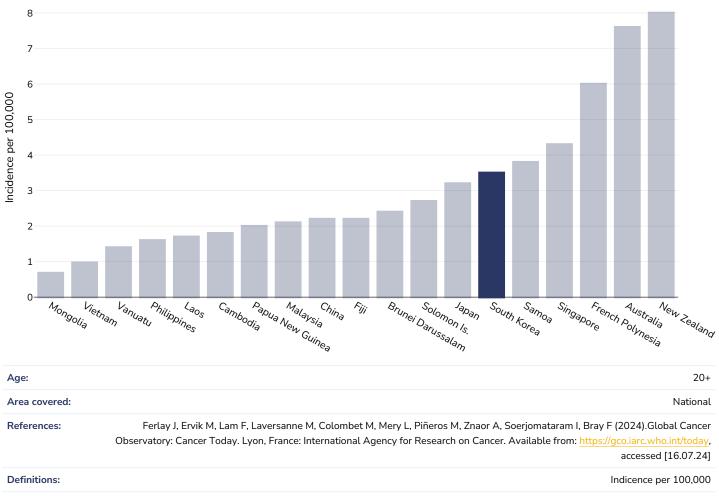






## Multiple Myeloma

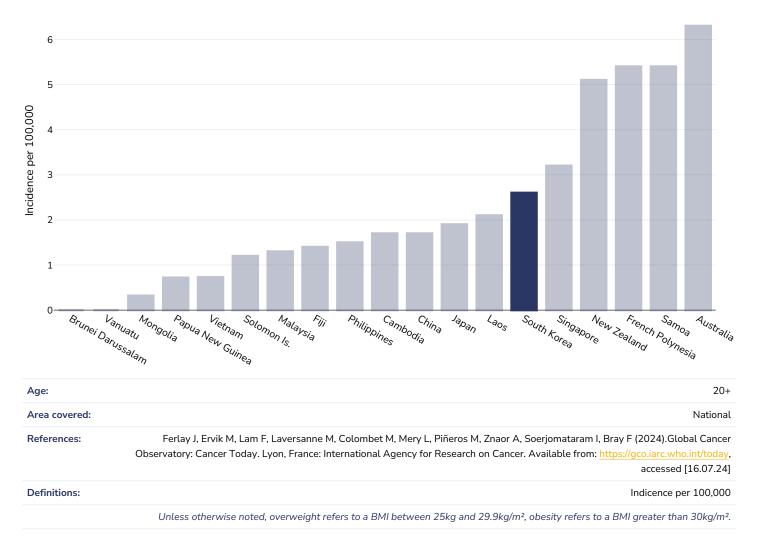
#### Men, 2022



Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m<sup>2</sup>, obesity refers to a BMI greater than 30kg/m<sup>2</sup>.



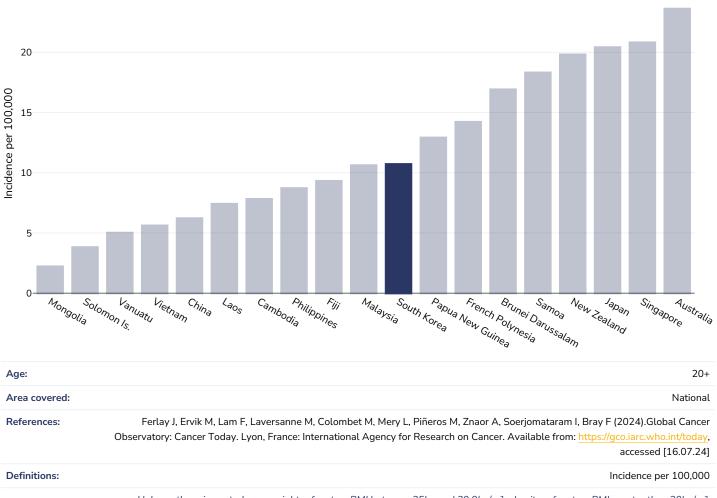






### Non Hodgkin Lymphoma

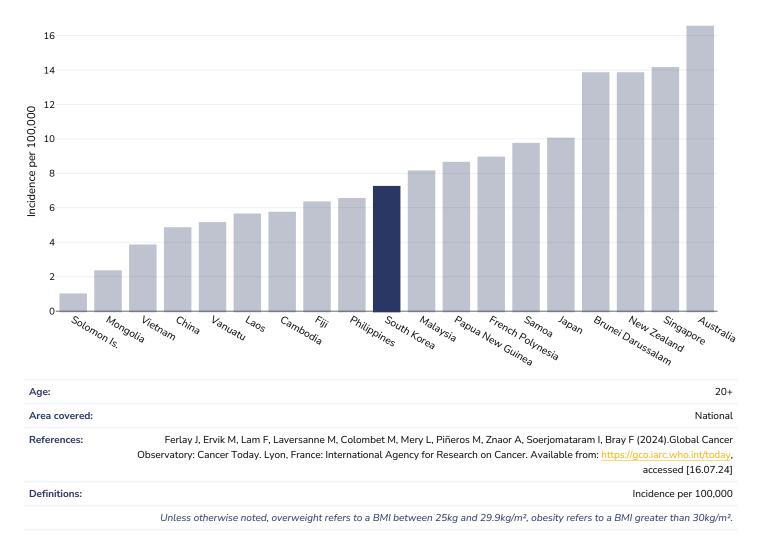
#### Men, 2022



Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m<sup>2</sup>, obesity refers to a BMI greater than 30kg/m<sup>2</sup>.

#### **South Korea** Country report card - adults

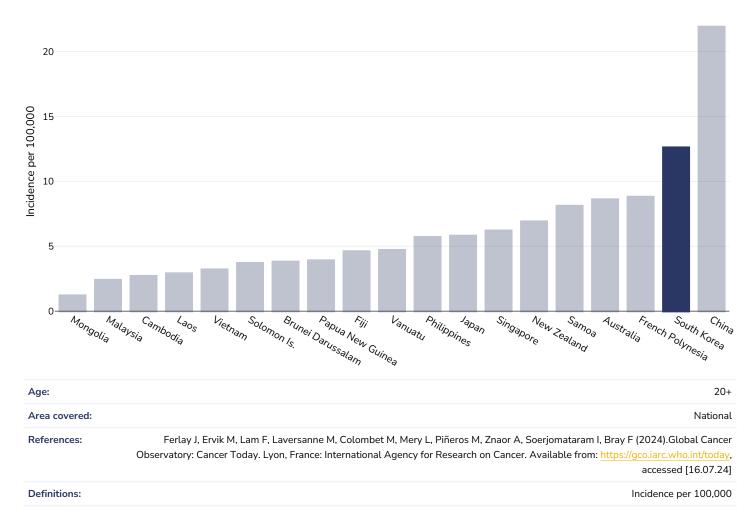






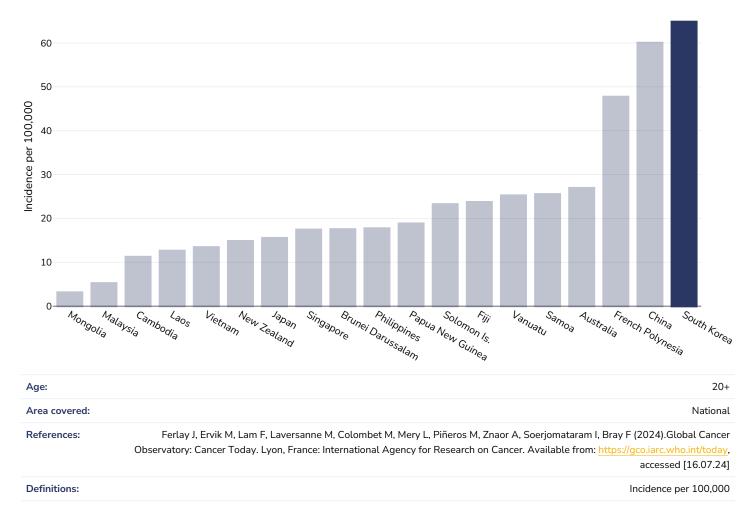
## **Thyroid Cancer**

#### Men, 2022









PDF created on June 17, 2025