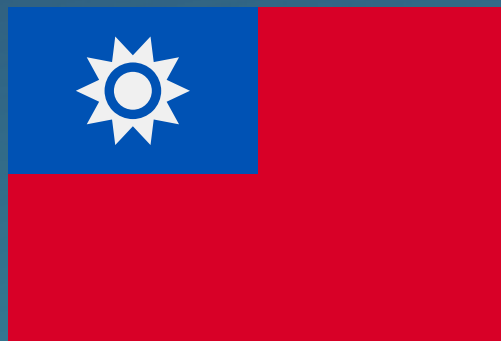




Taiwan



Country report card - adults

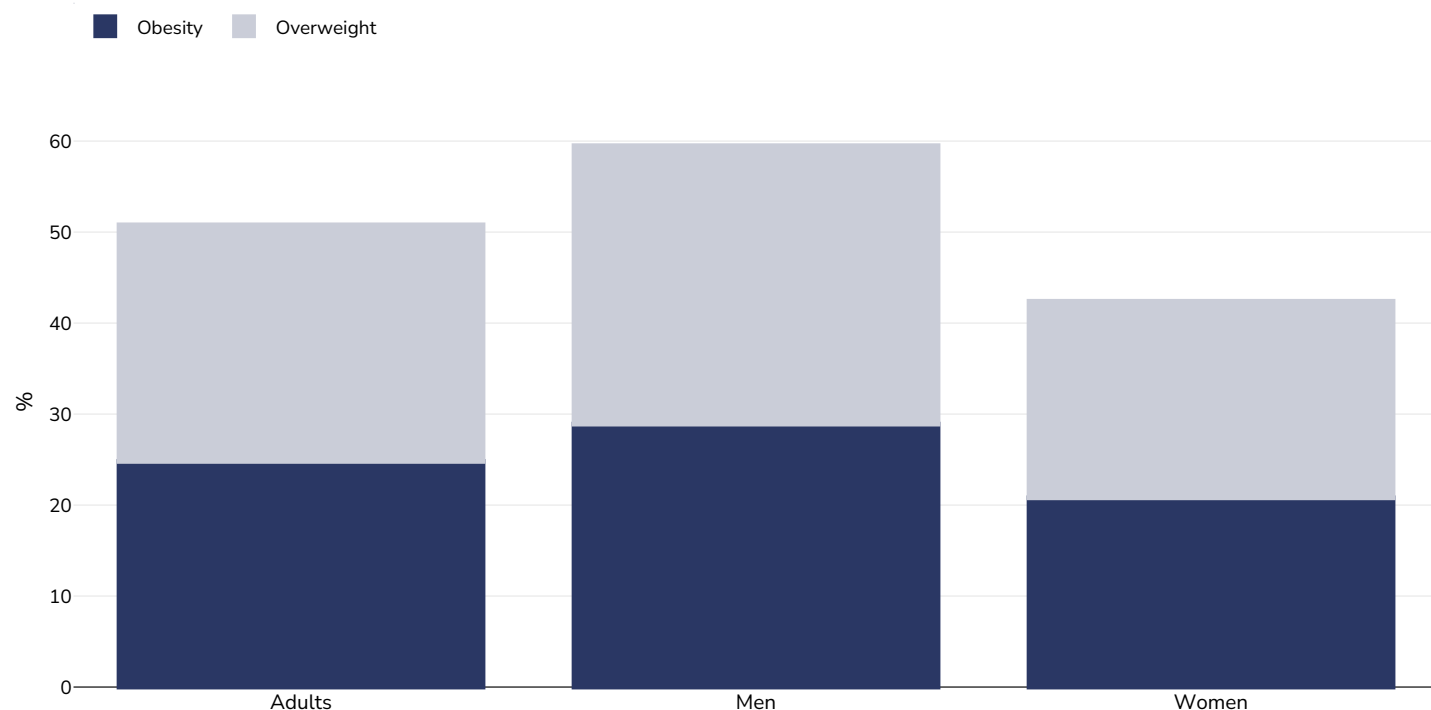
This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity for adults. Where available, data on common and relevant obesity drivers and comorbidities are also presented.

View the latest version of this report on the Global Obesity Observatory at <https://data.worldobesity.org/country/taiwan-211/>.

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Trend: % Adults living with overweight or obesity in Taiwan, 2013-2022 (Taiwanese cutoffs)	5
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Obesity prevalence

Adults, 2018-2022



Survey type: Measured

Age: 18+

Sample size: 4856

Area covered: National

References: Statistics of Health Promotion 2022. Health Promotion Administration, Ministry of Health and Welfare, R.O.C (TAIWAN), 2024.
<https://www.hpa.gov.tw/EngPages/Detail.aspx?nodeid=3850&pid=18598> [Accessed 01.08.25]

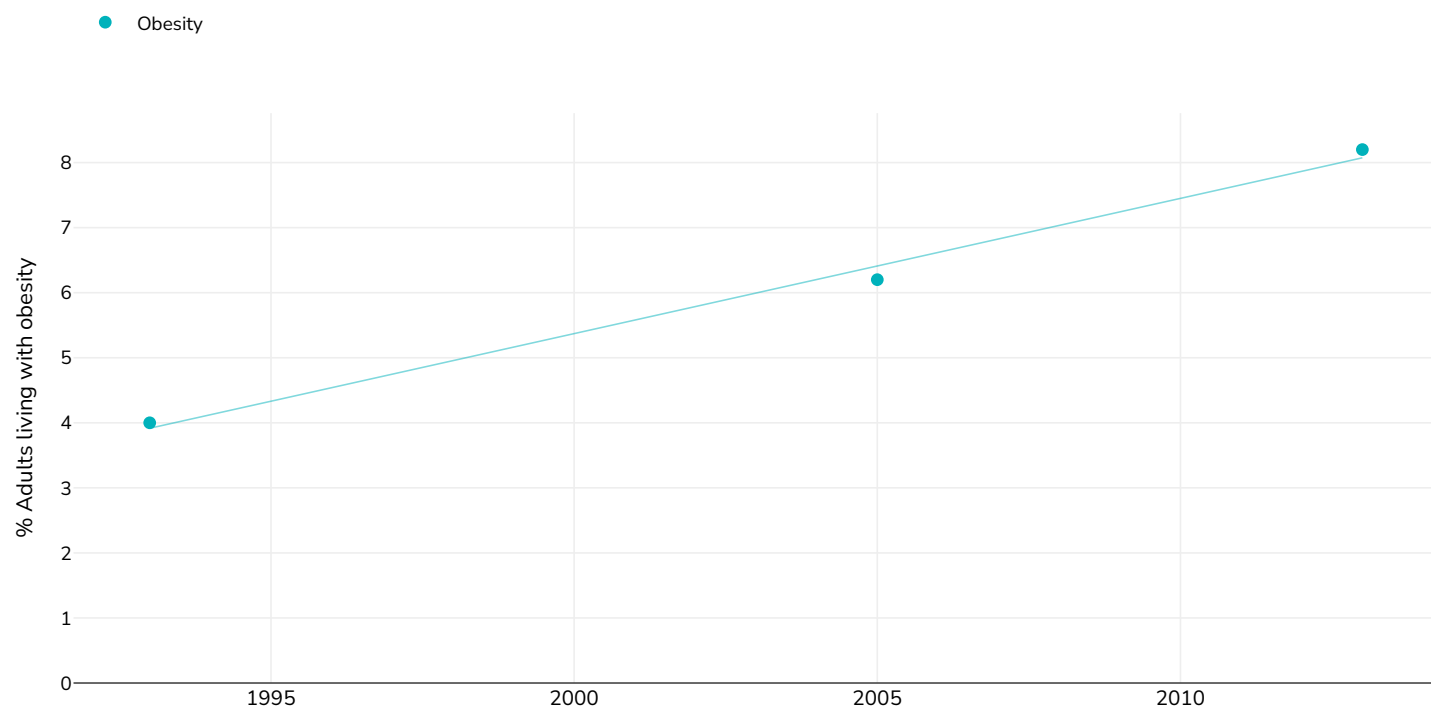
Notes: Data from Nutrition and Health Survey in Taiwan 2018-2022. Health Promotion Administration.

Definitions: Overweight: $24 \leq \text{BMI} < 27 \text{ kg/m}^2$; and obese: $\text{BMI} \geq 27 \text{ kg/m}^2$

Cutoffs: Taiwanese cutoffs

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 Taiwan 1993-2013



Survey type: Measured

References: Chang HC, Yang HC, Chang HY, et al. Morbid obesity in Taiwan: Prevalence, trends, associated social demographics, and lifestyle factors. PLoS One. 2017;12(2):e0169577. Published 2017 Feb 2. doi:10.1371/journal.pone.0169577

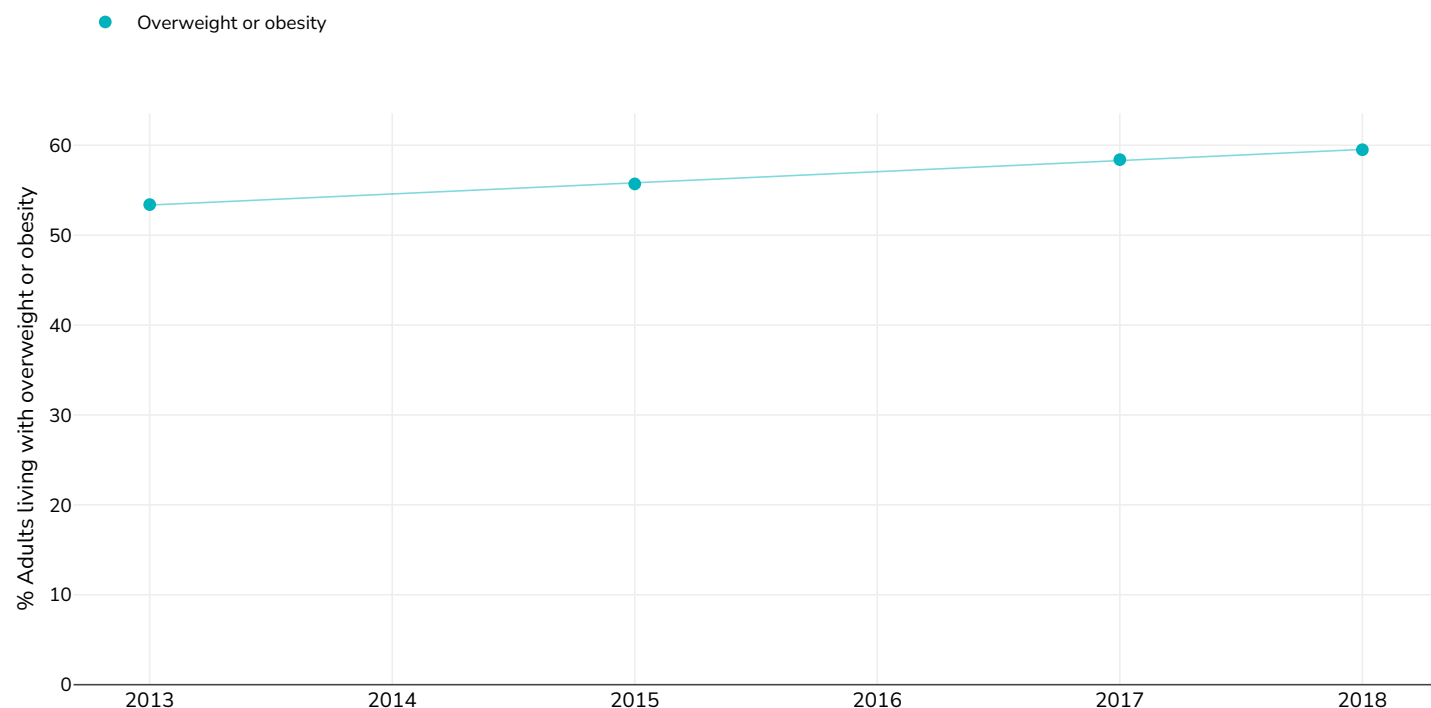
Definitions: Other Cut offs available

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 Taiwan, 2013-2022 (Taiwanese cutoffs)

Men



Survey type:

Measured

References:

Statistics of Health Promotion 2022. Health Promotion Administration, Ministry of Health and Welfare, R.O.C (TAIWAN), 2024.
<https://www.hpa.gov.tw/EngPages/Detail.aspx?nodeid=3850&pid=18598> [Accessed 01.08.25]

Notes:

Data from Nutrition and Health Survey in Taiwan, HPA, 2013-2016, 2015-2018, 2017-2020, 2018-2022

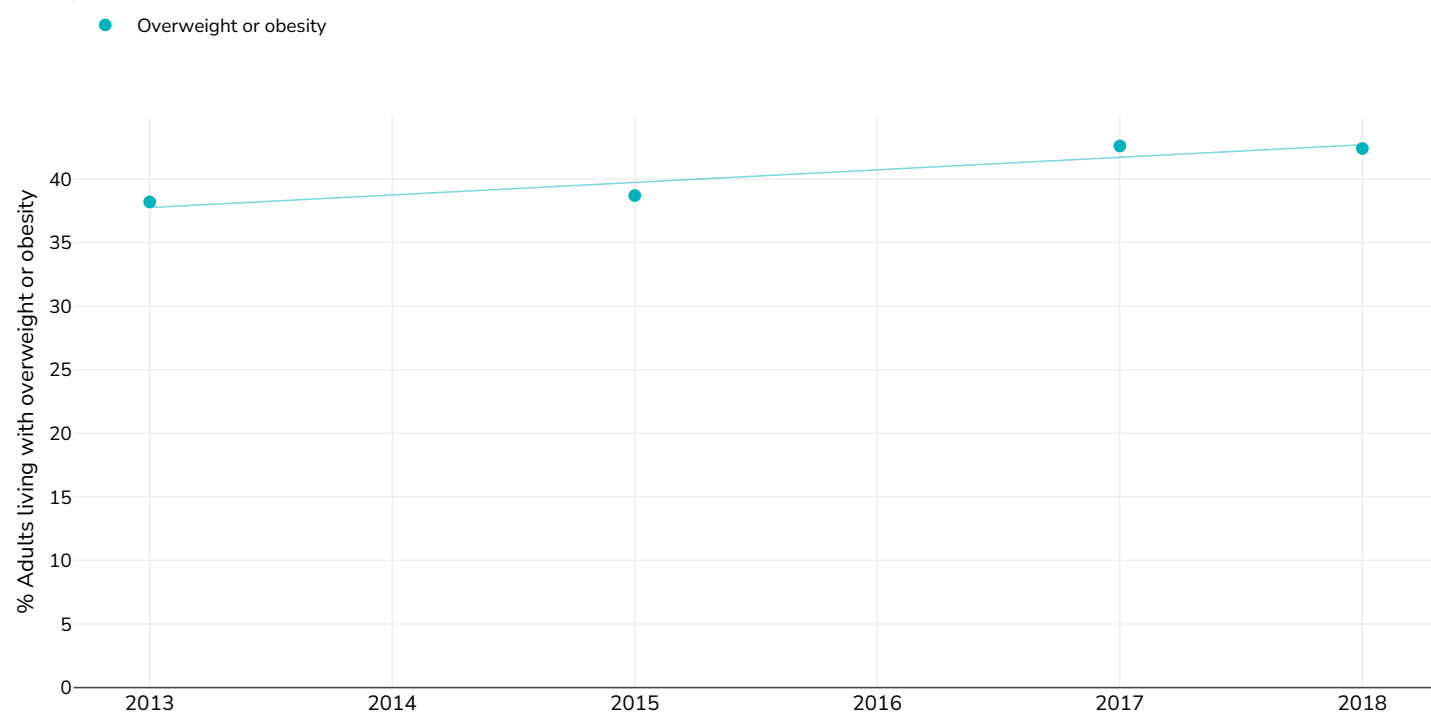
Definitions:

Overweight: $24 \leq \text{BMI} < 27 \text{ kg/m}^2$; Obese: $\text{BMI} \geq 27 \text{ kg/m}^2$

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: Statistics of Health Promotion 2022. Health Promotion Administration, Ministry of Health and Welfare, R.O.C (TAIWAN), 2024.
<https://www.hpa.gov.tw/EngPages/Detail.aspx?nodeid=3850&pid=18598> [Accessed 01.08.25]

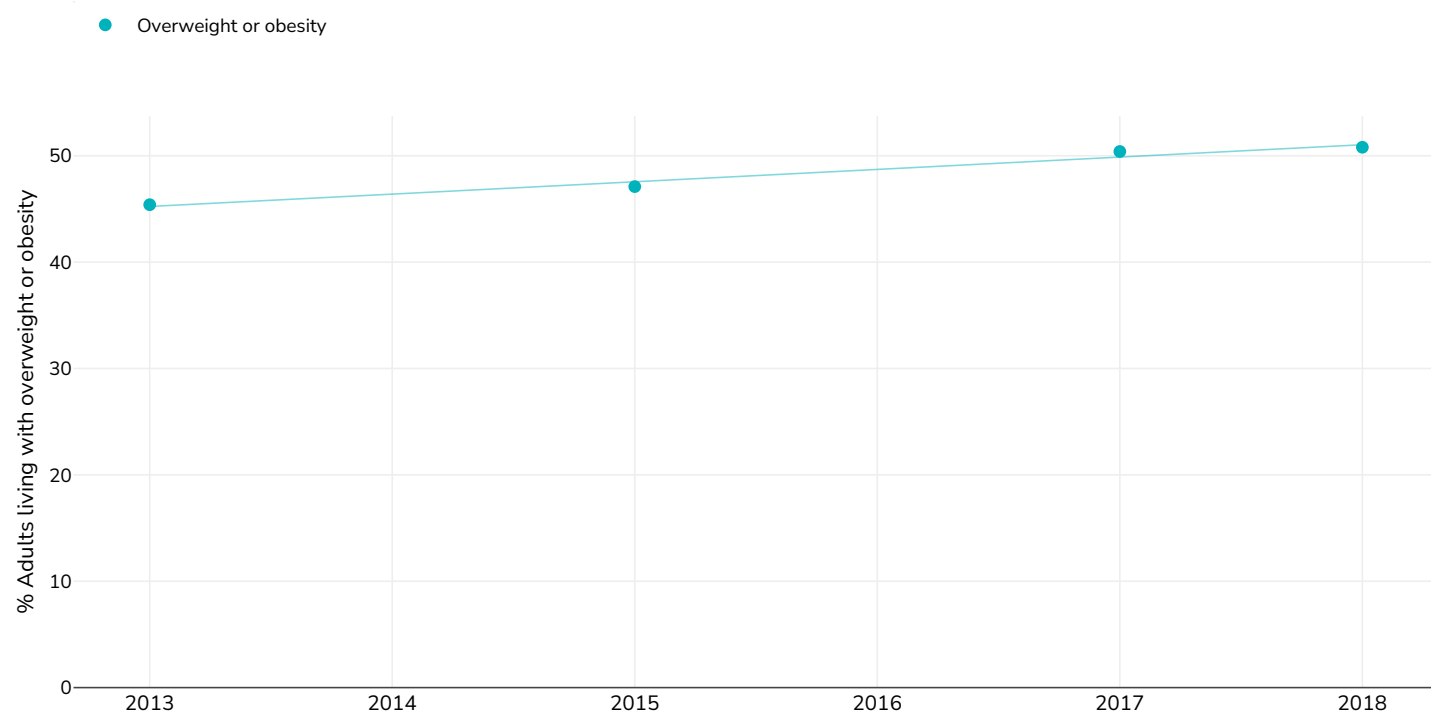
Notes: Data from Nutrition and Health Survey in Taiwan, HPA, 2013-2016, 2015-2018, 2017-2020, 2018-2022

Definitions: Overweight: $24 \leq \text{BMI} < 27 \text{ kg/m}^2$; Obese: $\text{BMI} \geq 27 \text{ kg/m}^2$

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.

Men and women



Survey type: Measured

References: Statistics of Health Promotion 2022. Health Promotion Administration, Ministry of Health and Welfare, R.O.C (TAIWAN), 2024.
<https://www.hpa.gov.tw/EngPages/Detail.aspx?nodeid=3850&pid=18598> [Accessed 01.08.25]

Notes: Data from Nutrition and Health Survey in Taiwan, HPA, 2013-2016, 2015-2018, 2017-2020, 2018-2022

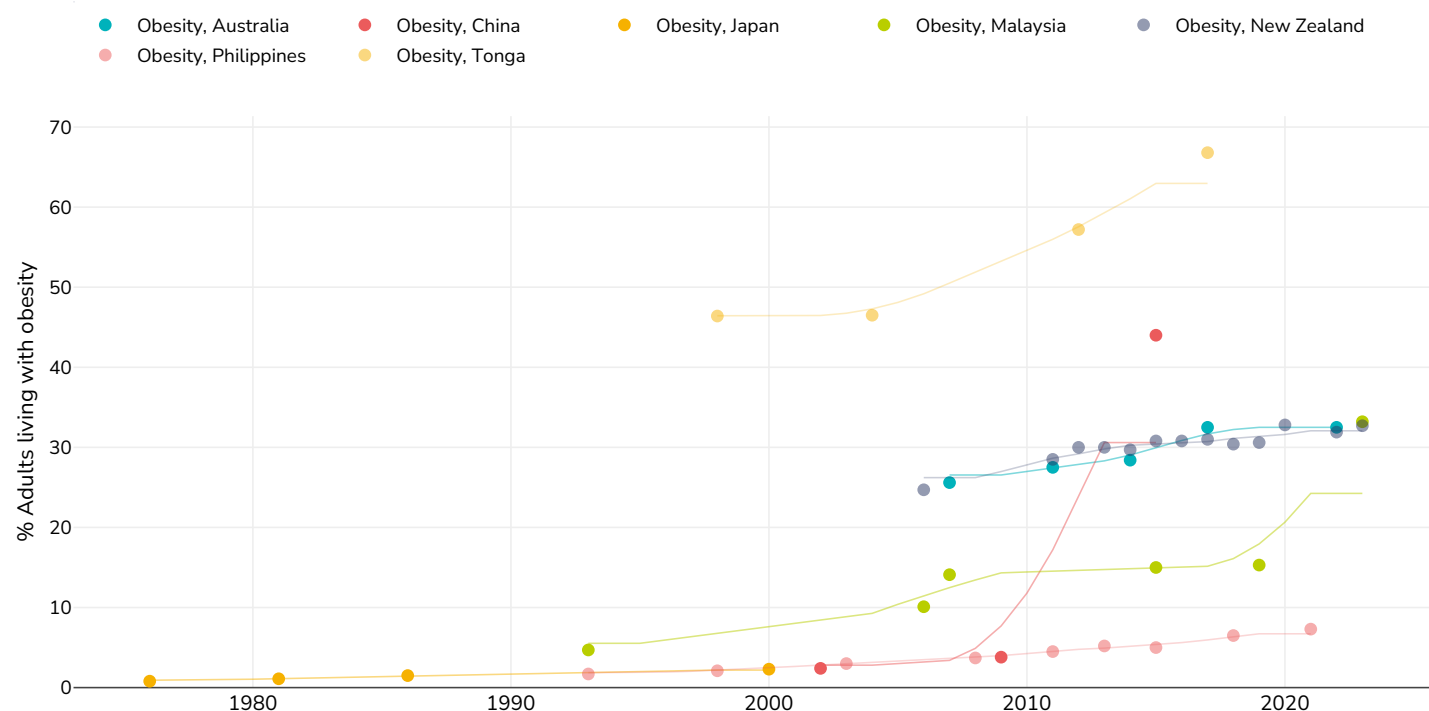
Definitions: Overweight: $24 \leq \text{BMI} < 27 \text{kg/m}^2$; Obese: $\text{BMI} \geq 27 \text{kg/m}^2$

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 obesity in selected countries in the Asia/Oceania Region 1975-2019, selected countries

Men

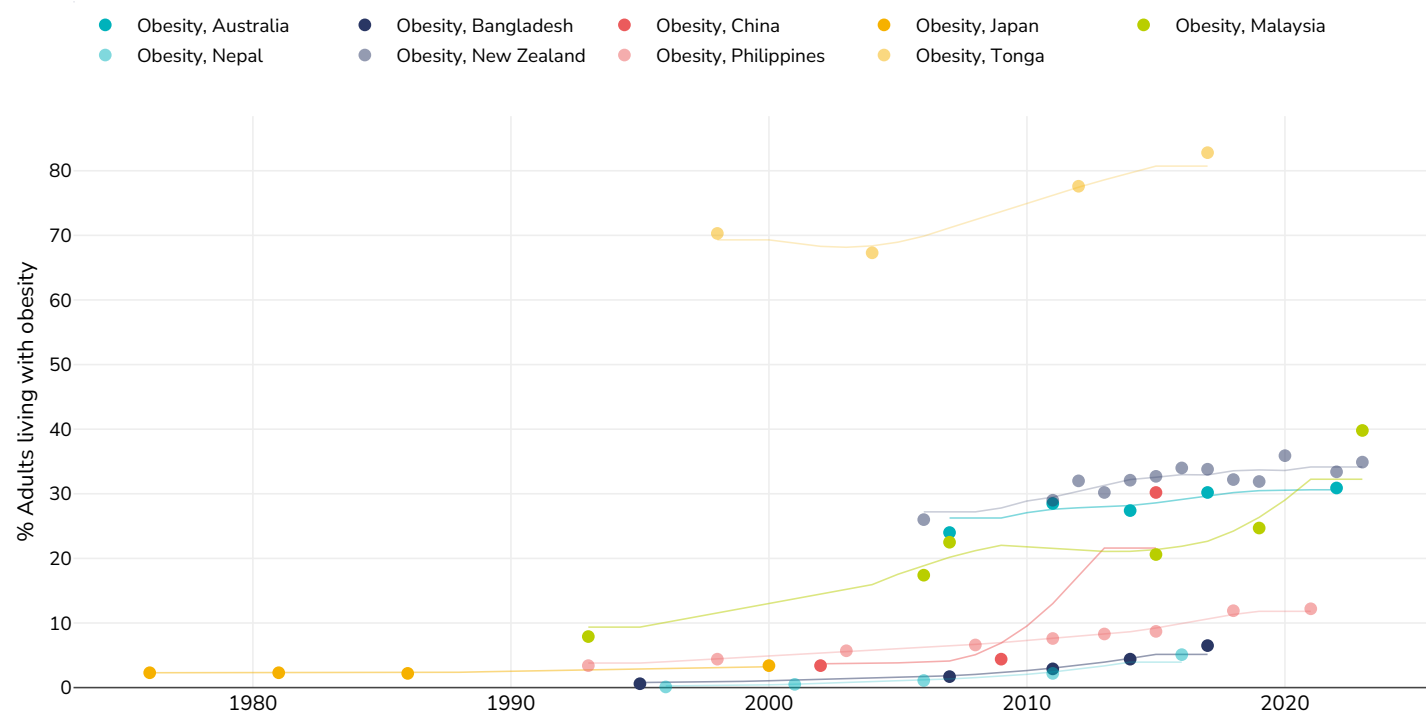


References:

- 1976, 1981, 1986: Yoshiike N, Seino F, Tajima S, Arai Y, Kawano M, Furuhashi T, Inoue S. Twenty-year changes in the prevalence of overweight in Japanese adults: The National Nutrition Survey 1976-95. *Obesity Reviews* 2002;3:183-190
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- 1995, 1996: Martorell R, Khan LK, Hughes ML, Grummer Strawn LM. Obesity in women from developing countries. *EJCN* (2000) 54:247-252
- 1998: Data provided by the Philippine Department of Health, Dr C. Barbu, data reanalysed by Dr Charmaine Duante.
- 2000: Asia Pacific Cohort Studies Collaboration. The burden of overweight and obesity in the Asia-Pacific region. *Obesity Reviews* 2007;8:191-196.
- 2001: SCN (2004). 5th Report on the World Nutrition Situation. Nutrition for Improved Development Outcomes. Appendix 11
- 2002: Report of the 2002 China National Nutrition and Health Survey. 2004. (In Chinese). Chinese Ministry of Public Health (CMPH).
- 2003: <http://www.fnri.dost.gov.ph/files/fnri%20files/nns/factsandfigures2003/anthropometric.pdf> (last accessed June 14th 2011)
- 2004: Tonga STEPS Survey 2004
- 2005: Chang HC, Yang HC, Chang HY, et al. Morbid obesity in Taiwan: Prevalence, trends, associated social demographics, and lifestyle factors. *PLoS One*. 2017;12(2):e0169577. Published 2017 Feb 2. doi:10.1371/journal.pone.0169577
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- 2008: Food and Nutrition Research Institute-Department of Science and Technology (FNRI-DOST). 2010. Philippine Nutrition Facts and Figures 2008. DOST Complex, FNRI Bldg., Bicutan, Taguig City, Metro Manila, Philippines.
- 2009: Yan, S., Li, J., Li, S., Zhang, B., Du, S., Gordon-Larsen, P., Adair, L. and Popkin, B. (2012), The expanding burden of cardiometabolic risk in China: the China Health and Nutrition Survey. *Obesity Reviews*. doi: 10.1111/j.1467-789X.2012.01016.x
- 2011: Food and Nutrition Research Institute – Department of Science and Technology (FNRI-DOST). 2012. Philippine Nutrition Facts and Figures 2011. DOST Complex, FNRI Bldg., Bicutan, Taguig City, Metro Manila, Philippines. <https://enutrition.fnri.dost.gov.ph/facts-and-figures.php?year=2011> [Accessed 14.07.25]
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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



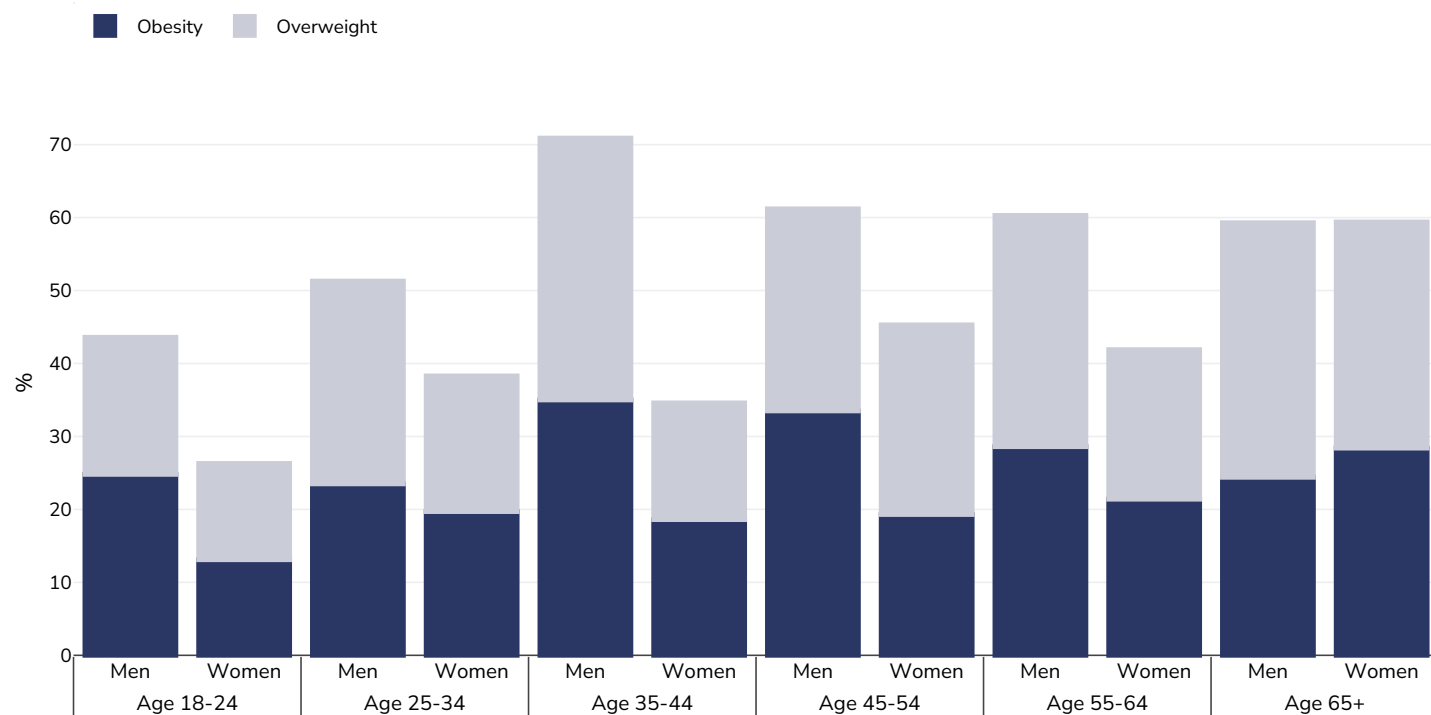
References:

- 1976, 1981, 1986: Yoshiike N, Seino F, Tajima S, Arai Y, Kawano M, Furuhashi T, Inoue S. Twenty-year changes in the prevalence of overweight in Japanese adults: The National Nutrition Survey 1976-95. *Obesity Reviews* 2002;3:183-190
- 1993: Ismail MN, Zawiah H, Chee SS, Ng KK. Prevalence of obesity and chronic energy deficiency (CED) in adult Malaysians. *Malays J Nutrition*. 1995; 1:1-9
- 1995, 1996: Martorell R, Khan LK, Hughes ML, Grummer Strawn LM. Obesity in women from developing countries. *EJCN* (2000) 54:247-252
- 1998: Data provided by the Philippine Department of Health, Dr C. Barbu, data reanalysed by Dr Charmaine Duante.
- 2000: Asia Pacific Cohort Studies Collaboration. The burden of overweight and obesity in the Asia-Pacific region. *Obesity Reviews* 2007;8:191-196.
- 2001: SCN (2004). 5th Report on the World Nutrition Situation. Nutrition for Improved Development Outcomes. Appendix 11
- 2002: Report of the 2002 China National Nutrition and Health Survey. 2004. (In Chinese). Chinese Ministry of Public Health (CMPH).
- 2003: <http://www.fnri.dost.gov.ph/files/fnri%20files/nns/factsandfigures2003/anthropometric.pdf> (last accessed June 14th 2011)
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- 2005: Chang HC, Yang HC, Chang HY, et al. Morbid obesity in Taiwan: Prevalence, trends, associated social demographics, and lifestyle factors. *PLoS One*. 2017;12(2):e0169577. Published 2017 Feb 2. doi:10.1371/journal.pone.0169577
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- 2008: Food and Nutrition Research Institute-Department of Science and Technology (FNRI-DOST). 2010. Philippine Nutrition Facts and Figures 2008. DOST Complex, FNRI Bldg., Bicutan, Taguig City, Metro Manila, Philippines.
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- 2015: Li, Y., Teng, D., Shi, X., Teng, X., Teng, W., Shan, Z., Lai, Y. and China National Diabetes and Metabolic Disorders Study Group, 2015. Prevalence of diabetes and metabolic disorders in China: a cross-sectional study. *Lancet*. 2015;386(9997):2131-2142.

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, 2018-2022



Survey type: Measured

Sample size: 4856

Area covered: National

References: Statistics of Health Promotion 2022. Health Promotion Administration, Ministry of Health and Welfare, R.O.C (TAIWAN), 2024. <https://www.hpa.gov.tw/EngPages/Detail.aspx?nodeid=3850&pid=18598> [Accessed 01.08.25]

Notes: Data from Nutrition and Health Survey in Taiwan 2018-2022. Health Promotion Administration.

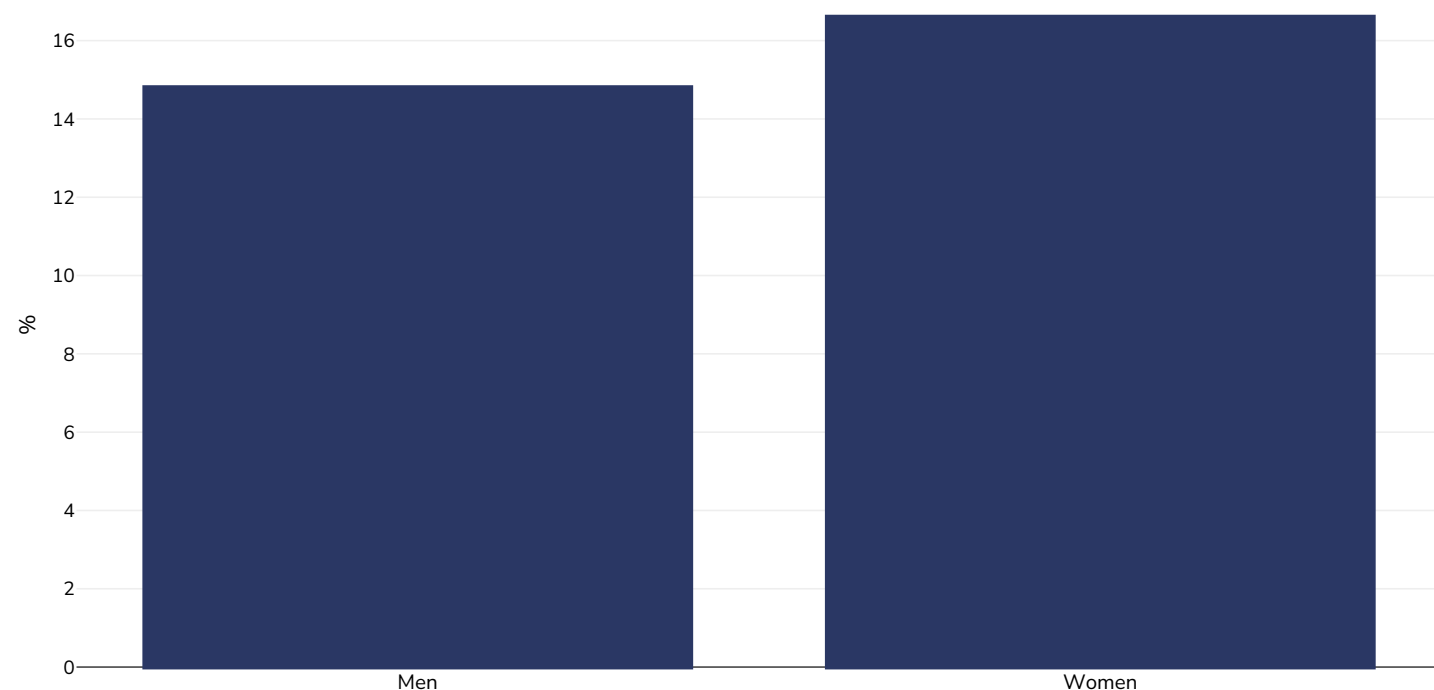
Definitions: Overweight: $24 \leq \text{BMI} < 27 \text{ kg/m}^2$; and obese: $\text{BMI} \geq 27 \text{ kg/m}^2$

Cutoffs: Taiwanese cutoffs

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+

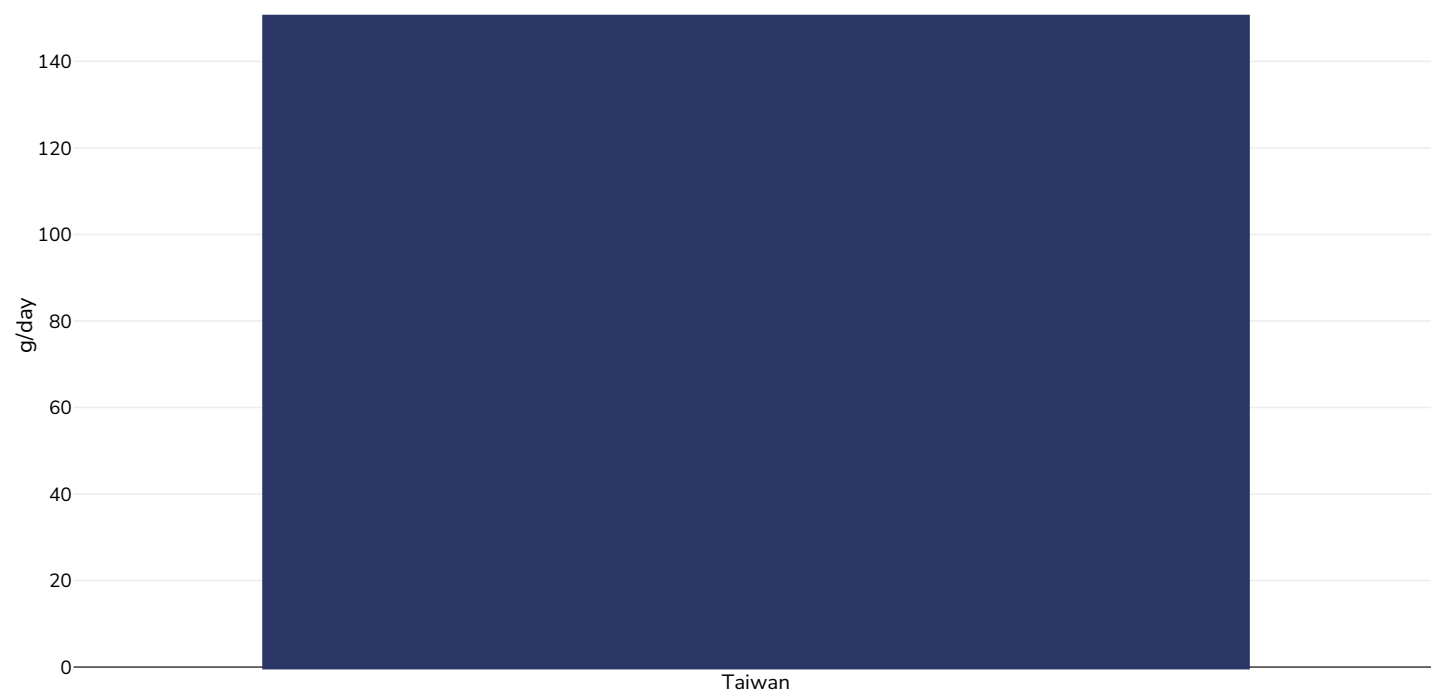
References: NCD Risk Factor Collaboration (NCD-RisC). Worldwide trends in underweight and obesity from 1990 to 2022: a pooled analysis of 3663 population representative studies with 222 million children, adolescents, and adults. Lancet 2024; published online Feb 29. [https://doi.org/10.1016/S0140-6736\(23\)02750-2](https://doi.org/10.1016/S0140-6736(23)02750-2).

Notes: Age Standardised estimates

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

Estimated per capita fruit intake

Adults, 2017



Survey type: Measured

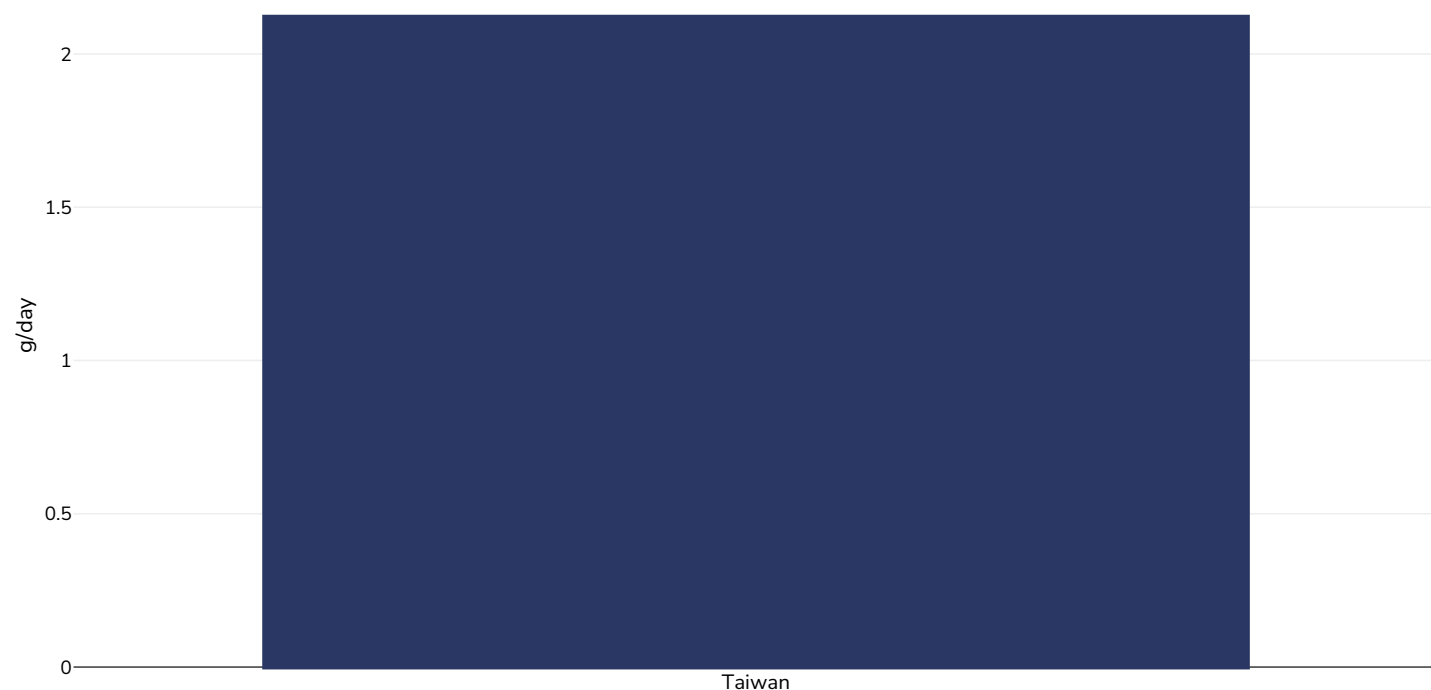
Age: 25+

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

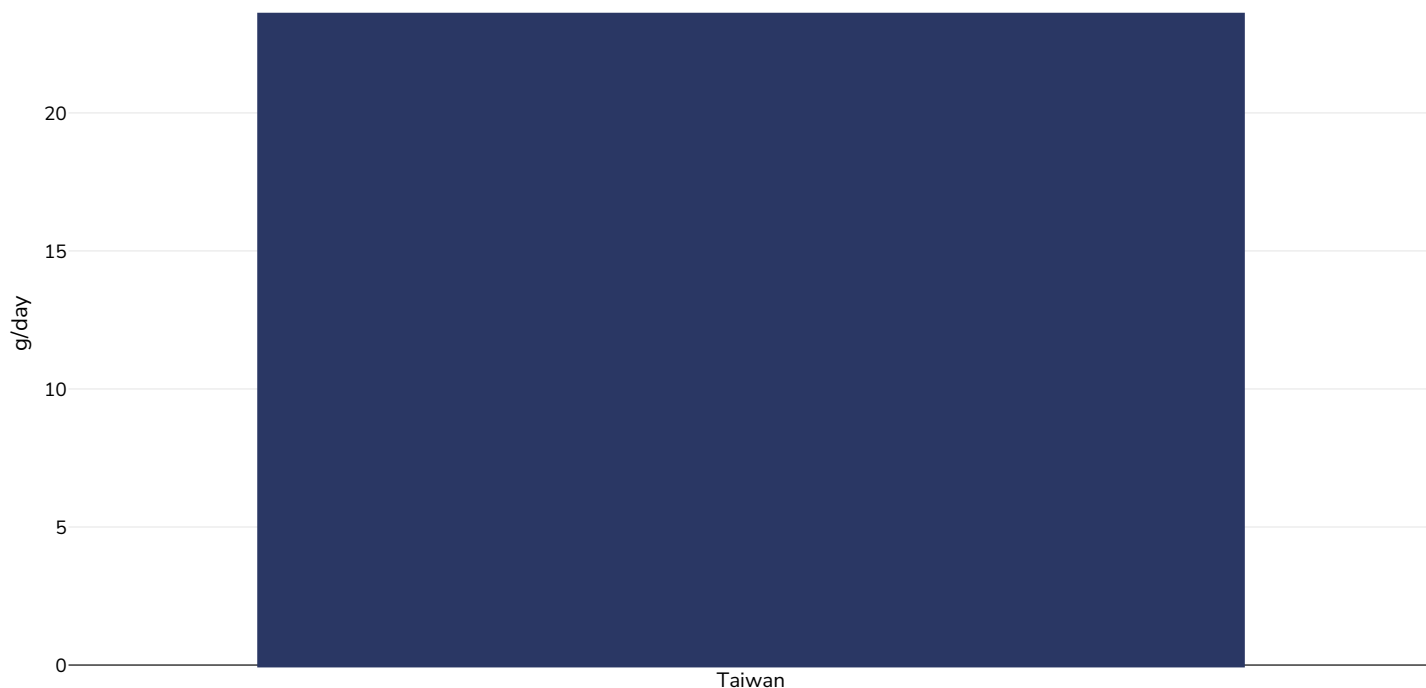
Adults, 2017



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)

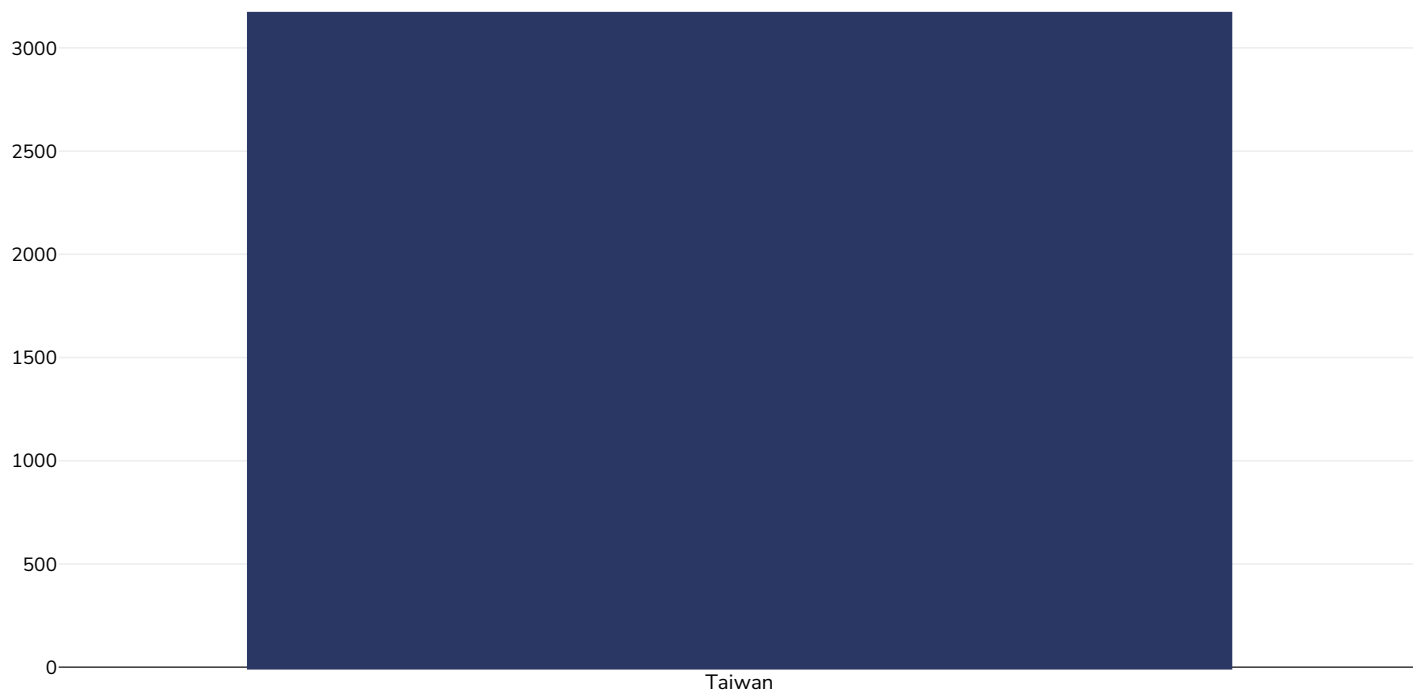
Mental health - depression disorders

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



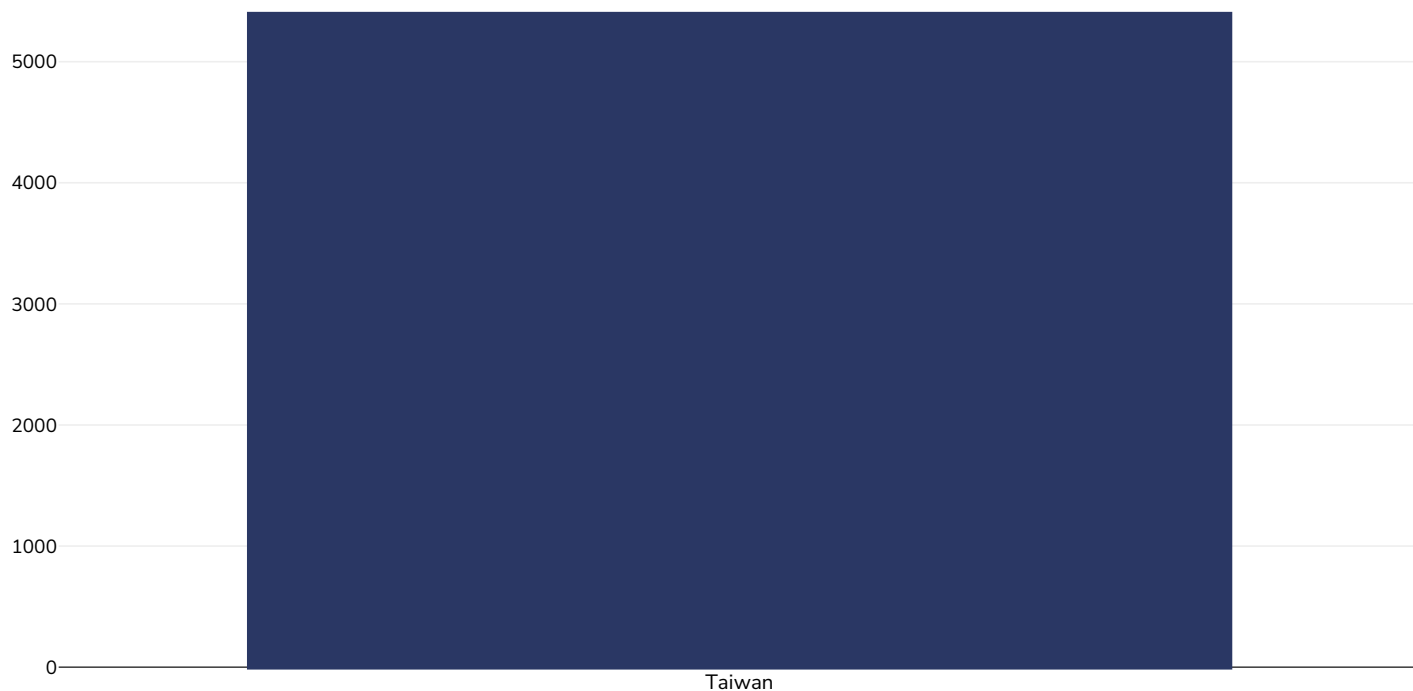
Age: 20+

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)

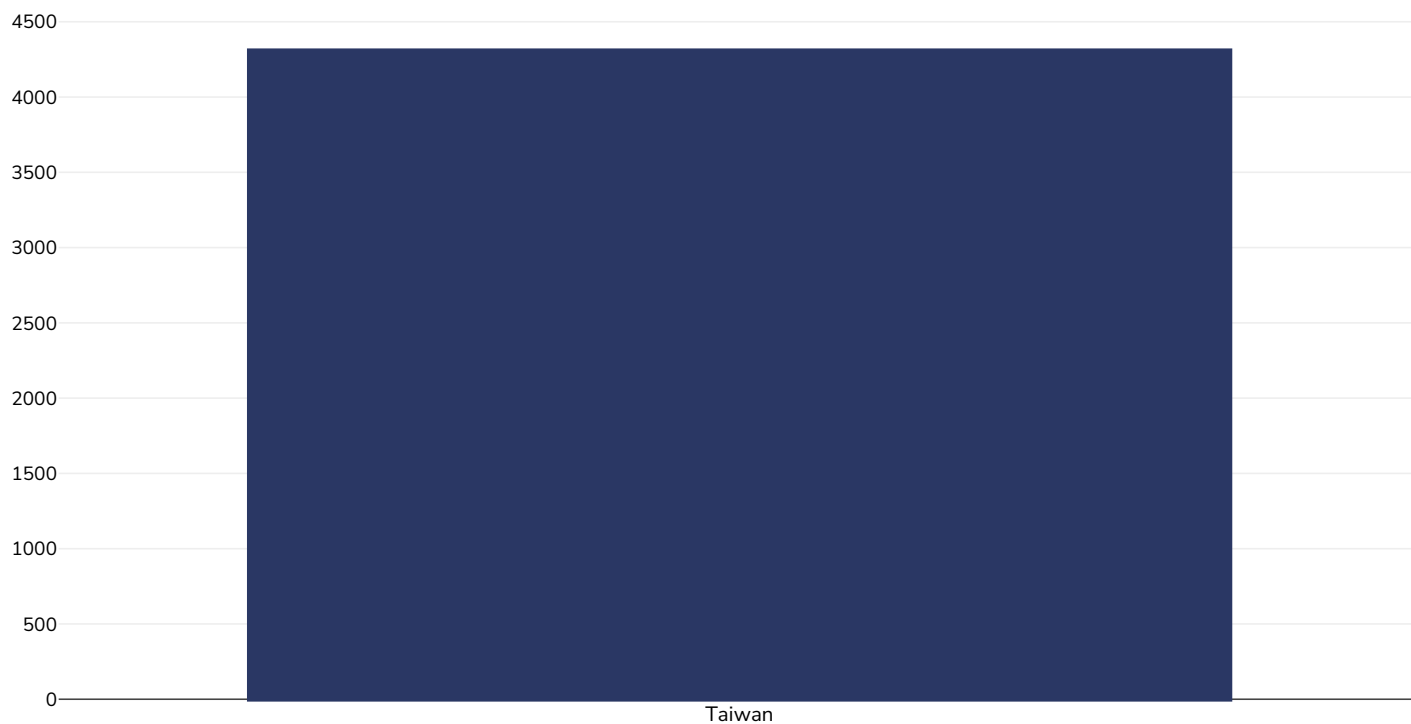
Women, 2021



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

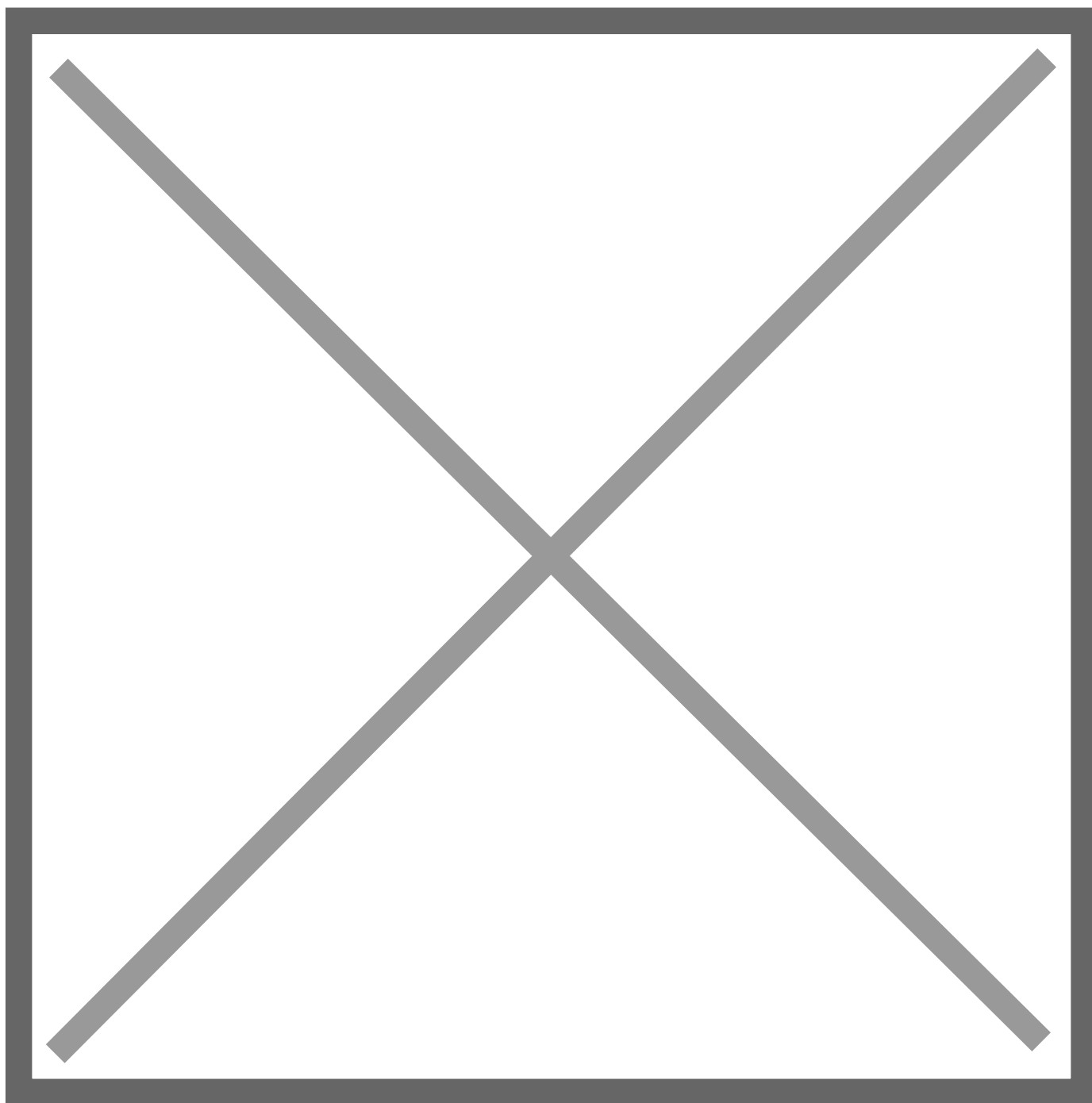


Age: 20+

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

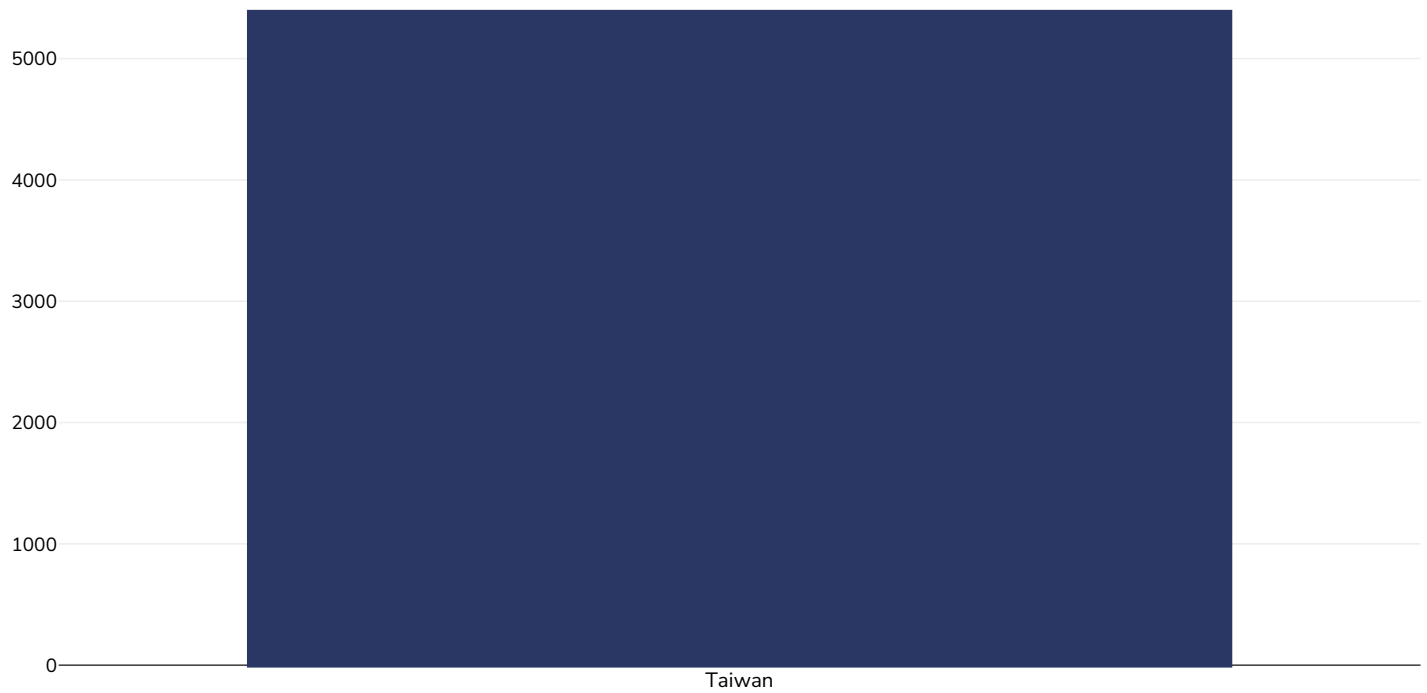


Age: 20+

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



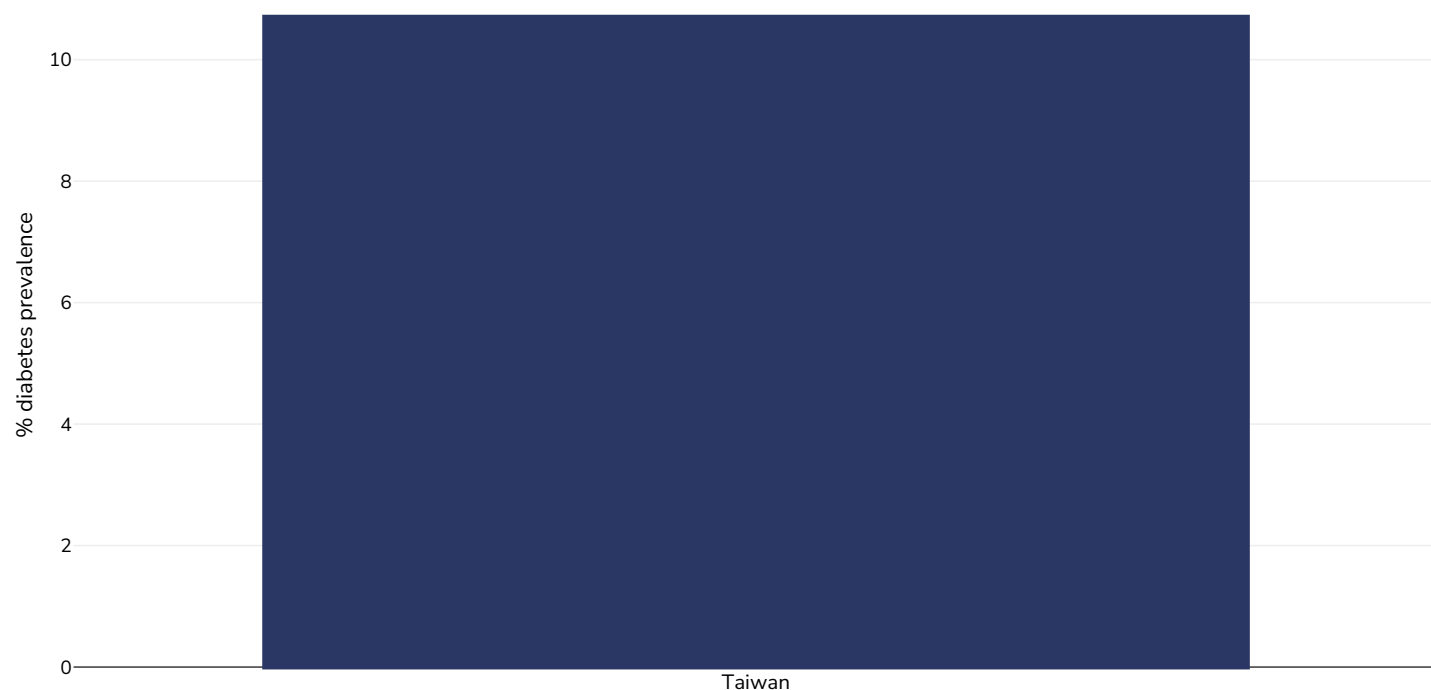
Age: 20+

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

Diabetes prevalence

Adults, 2024



References:

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PDF created on August 28, 2025