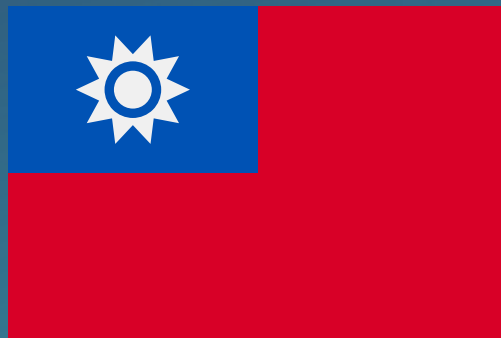




Taiwan



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.

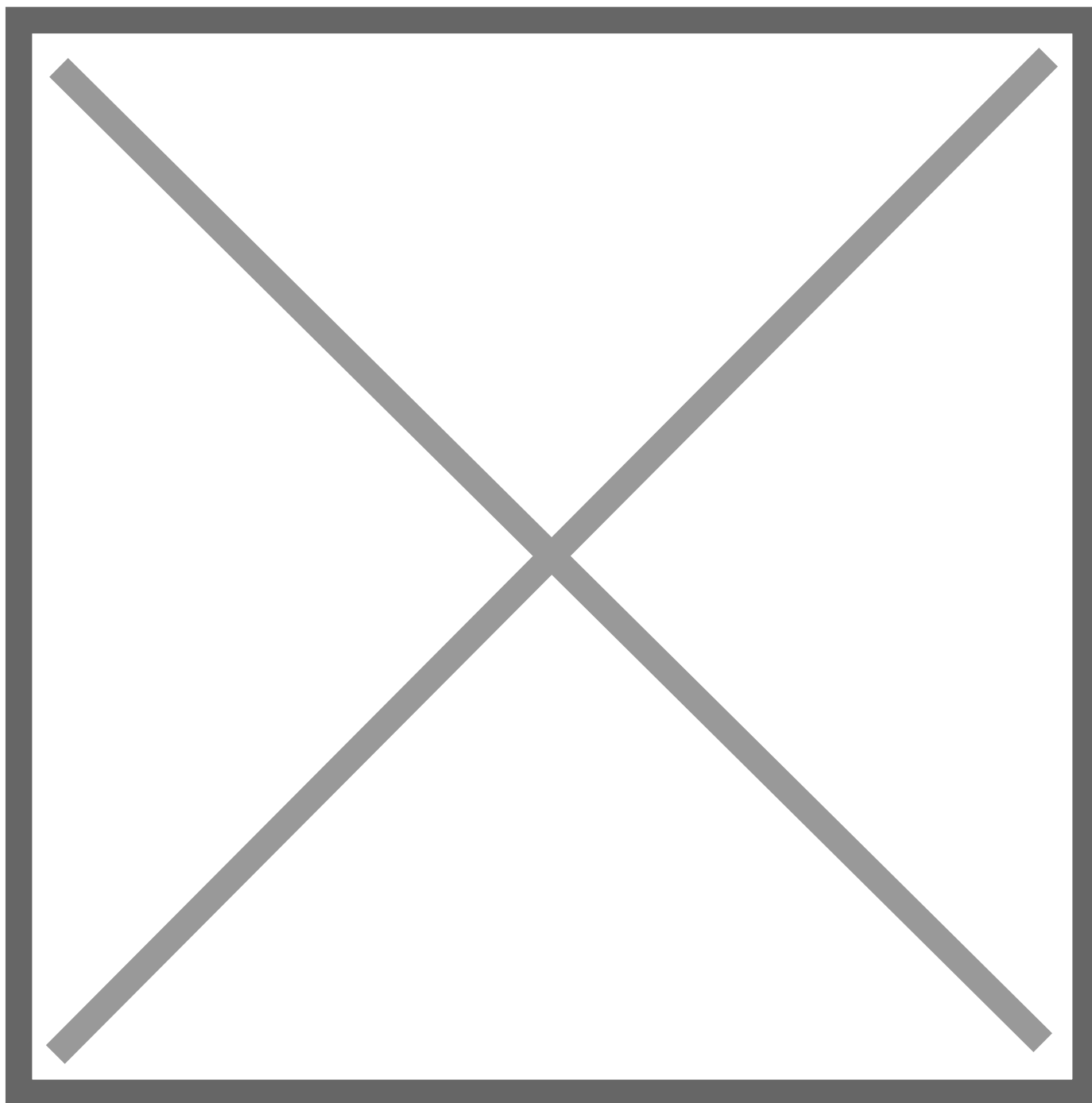
View the latest version of this report on the Global Obesity Observatory at <https://data.worldobesity.org/country/taiwan-211/>.

Riscul național de obezitate *7/10 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.

Risc de obezitate infantilă *7,5/11 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).

* Pe baza datelor estimate. Pentru mai multe informații, consultați Publicațiile

Prevalen a a obezit ii  i Adul ii, 2013-2014



Tip de studiu:	M�surat
V�rstă :	19+
Dimensiunea e�antionului:	1440

**Zona
acoperită :**

Național

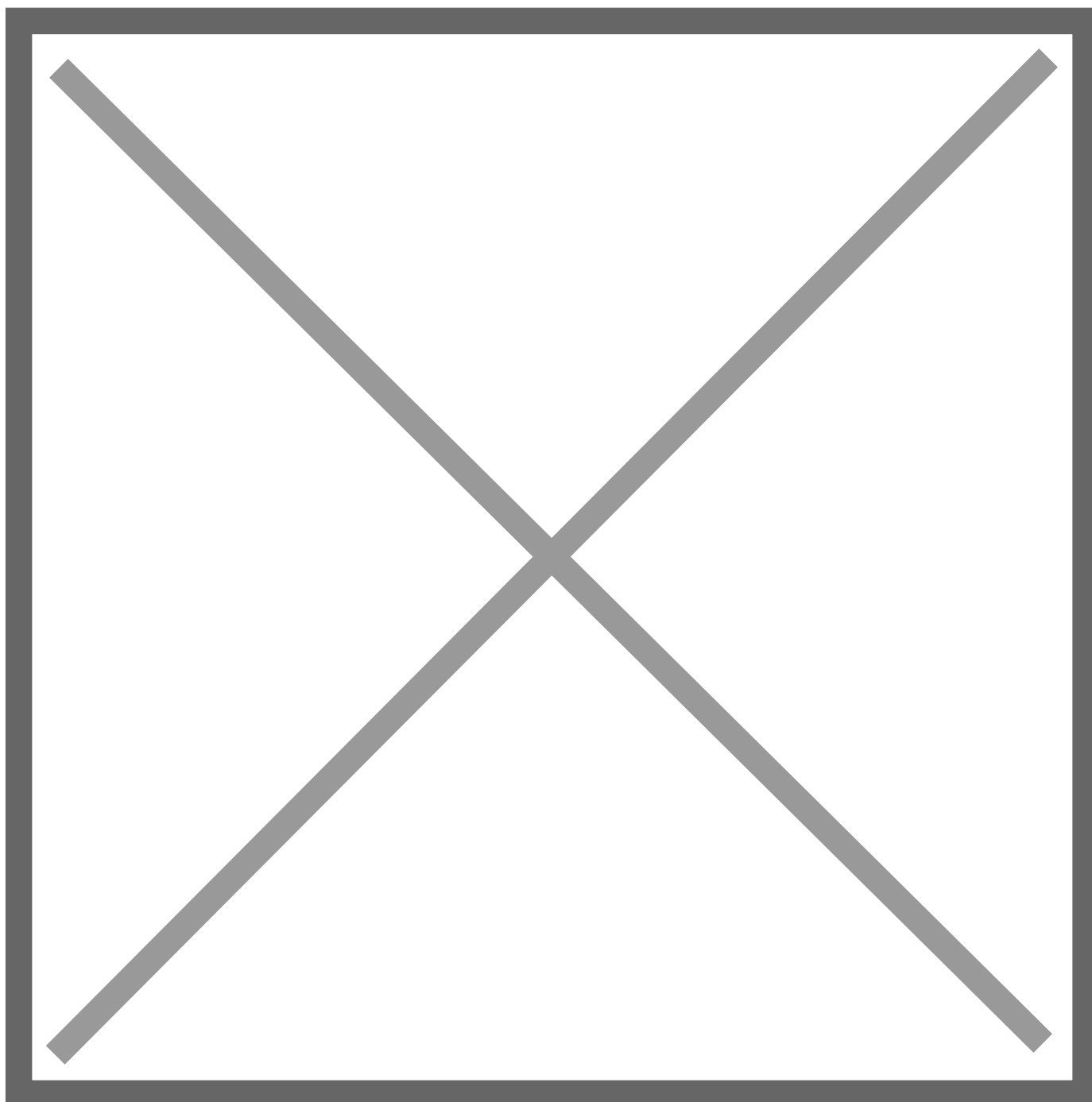
Bibliografie: Chang HC, Yang HC, Chang HY, et al. Morbid obesity in Taiwan: Prevalence, trends, associated social demographics, and lifestyle factors. PLoS One. 2017;12(2):e0169577. Published 2017 Feb 2. doi:10.1371/journal.pone.0169577

Cutoffs:

Taiwanese cut offs

Cu excepția cazului în care se specifică altfel, supraponderalitatea se referă la un IMC între 25 kg/m² și 29,9 kg/m², obezitatea se referă la un IMC mai mare de 30 kg/m².

% Adults living with obesity in Taiwan 1993-2013



Tip de studiu:

Măsurat

Bibliografie:

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

Definiții (disponibile
numai în
limba engleză
) :

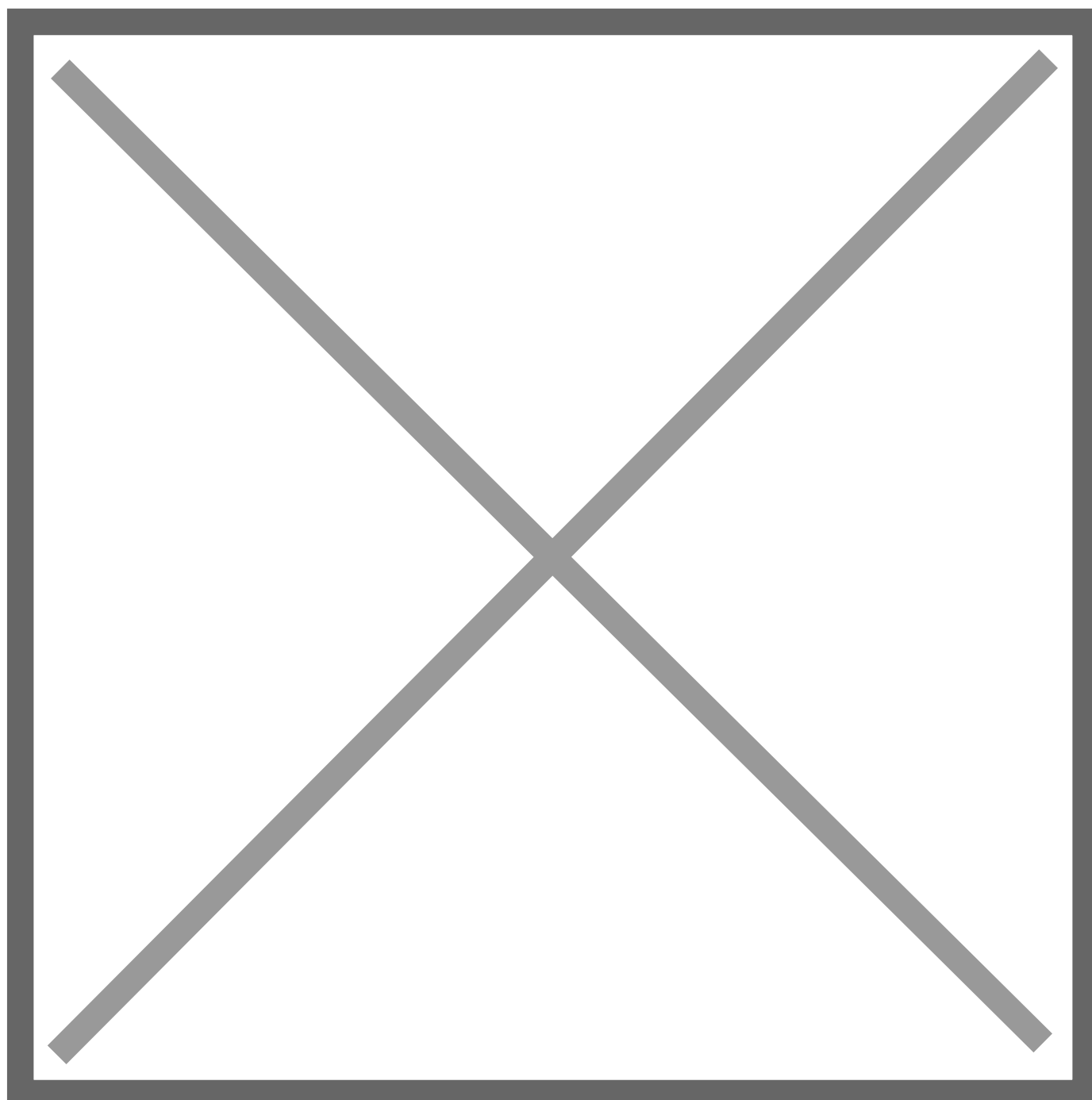
Other Cut offs available

Cu excep ia cazului  n care se specific  altfel, supraponderalitatea se refer  la un IMC  ntre 25 kg   i 29,9 kg/m , obezitatea se refer  la un IMC mai mare de 30 kg/m .

Este posibil s  fi fost folosite metodologii diferite pentru colectarea acestor date   i, prin urmare, datele din diferite studii pot s  nu fie strict comparabile. Verifica i cu sursele de date originale metodologiile utilizate

% Adults living with obesity in selected countries in the Asia/Oceania Region 1975-2019, È ri selectate

BÄ rbaÈ i

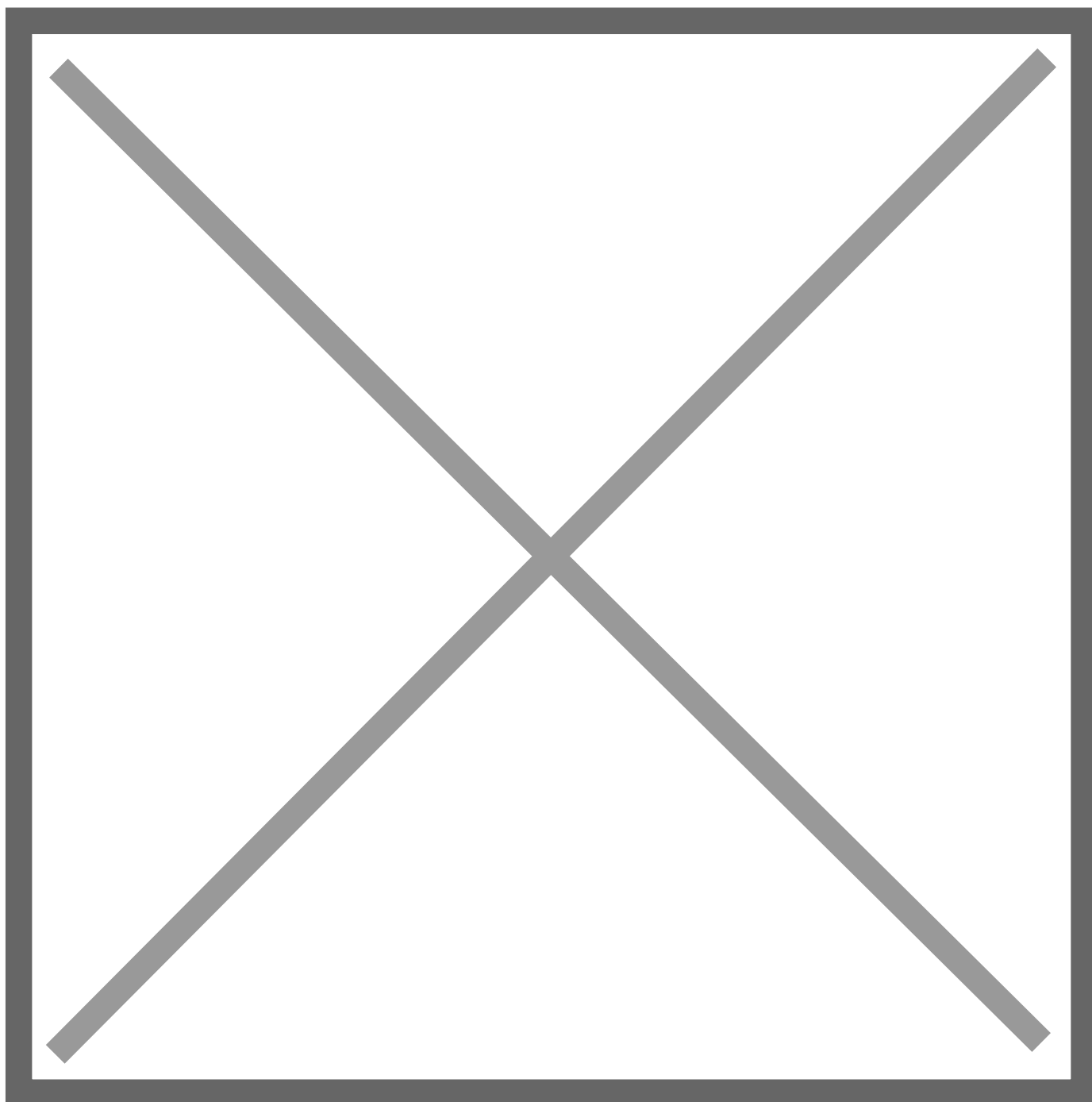


Bibliografie:

- 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, 2005, 2013: 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
- 1995, 1996: Martorell R, Khan LK, Hughes ML, Grummer Strawn LM. Obesity in women from developing countries. *EJCN* (2000) 54;247-252
- 1998: Colaguir S, Colagiuri R, Na'ati S, Muimuiheata S, Hussain Z and Palau T. (2002). The prevalence of diabetes in the Kingdom of Tonga. *Diabetes care*, 25: 1378 - 1383.
- 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
- 2006: Gerritsen S, Stefanogiannis N, Galloway Y, Devlin M, Templaton R and Yeh L. A portrait of health: key results of the 2006/07 New Zealand Health Survey.
- 2007: Australian Bureau of Statistics (ABS). National Health Survey: Summary of results. Canberra, Australia, ABS, 2009. WHO Global InfoBase reference:102910
- 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: National Institute of Population Research and Training - NIPORT/Bangladesh, Mitra and Associates/Bangladesh, and ICF International. 2013. Bangladesh Demographic and Health Survey 2011. Dhaka, Bangladesh: NIPORT, Mitra and Associates, and ICF International.
- 2012: New Zealand Health Survey. <https://www.health.govt.nz/publication/annual-update-key-results-2018-19-new-zealand-health-survey> (last accessed 14.07.20)
- 2014: National Institute of Population Research and Training - NIPORT/Bangladesh, Mitra and Associates, and ICF International. 2016. Bangladesh Demographic and Health Survey 2014. Dhaka, Bangladesh: NIPORT, Mitra and Associates, and ICF International.. <http://www.dhsprogram.com/publications/publication-FR311-DHS-Final-Reports.cfm> (last accessed 11th April 2016)
- 2015: Institute for Public Health (IPH) 2015. National Health and Morbidity Survey 2015 (NHMS 2015). Vol. II: Non-Communicable Diseases, Risk Factors & Other Health Problems; 2015.
- 2016: Ministry of Health - MOH/Nepal, New ERA/Nepal, and ICF. 2017. Nepal Demographic and Health Survey 2016. Kathmandu, Nepal: MOH/Nepal, New ERA/Nepal, and ICF.
- 2017: Tonga STEPS Survey 2017 <https://extranet.who.int/ncdsmicrodata/index.php/catalog/713> (Last accessed 13.10.20)
- 2018: New Zealand Health Survey 2018-19. New Zealand Ministry of Health (<https://minhealthnz.shinyapps.io/nz-health-survey-2018-19-annual-data-explorer/> w_b396d161/#!/key-indicators accessed 14.11.19)
- 2019: Institute for Public Health (IPH), National Institutes of Health, Ministry of Health Malaysia. 2020. National Health and Morbidity Survey (NHMS) 2019: Vol. I: NCDs - Non-Communicable Diseases: Risk Factors and other Health Problems
- 2020: Annual Update of New Zealand Health Survey 2020/2021 available at <https://www.health.govt.nz/publication/annual-update-key-results-2020-21-new-zealand-health-survey> Accessed 08.11.21.
- 2021: Department of Science and Technology - Food and Nutrition Research Institute (DOST-FNRI). 2024. Philippine Nutrition Facts and Figures: 2021 Expanded National Nutrition Survey (ENNS). FNRI Bldg., DOST Compound, Gen. Santos Avenue, Bicutan, Taguig City, Metro Manila, Philippines. <https://enutrition.fnri.dost.gov.ph/facts-and-figures.php?year=2021> [Accessed 14.07.25]
- 2022: Australian National Health Survey 2022-2023. <https://www.abs.gov.au/statistics/health/health-conditions-and-risks/waist-circumference-and-bmi/2022#body-mass-index-bmi-> (Accessed 03.01.2024)
- 2023: Institute for Public Health (IKU). National Health and Morbidity Survey (NHMS) 2023: Non-Communicable Diseases and Healthcare Demand: Technical Report; 2024. Available at <https://iku.nih.gov.my/nhms-2023> (last accessed 04.02.25)

Este posibil să fi fost folosite metodologii diferite pentru colectarea acestor date și, prin urmare, datele din diferite studii pot să nu fie strict comparabile. Verificați cu sursele de date originale metodologiile utilizate

Femei



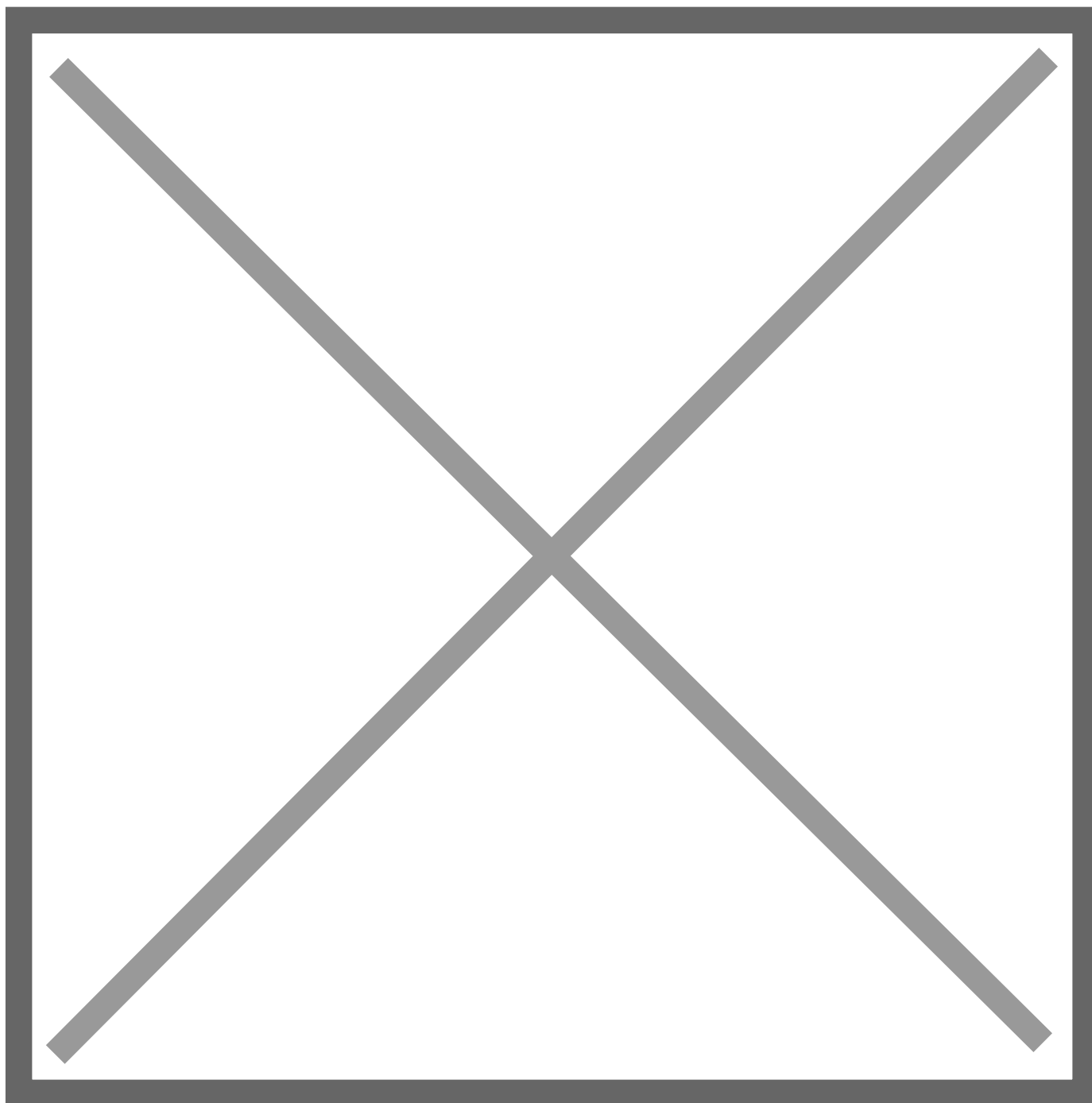
Bibliografie:

- 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, 2005, 2013: 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
- 1995, 1996: Martorell R, Khan LK, Hughes ML, Grummer Strawn LM. Obesity in women from developing countries. *EJCN* (2000) 54;247-252
- 1998: Colaguir S, Colagiuri R, Na'ati S, Muimuiheata S, Hussain Z and Palau T. (2002). The prevalence of diabetes in the Kingdom of Tonga. *Diabetes care*, 25: 1378 - 1383.
- 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
- 2006: Gerritsen S, Stefanogiannis N, Galloway Y, Devlin M, Templaton R and Yeh L. A portrait of health: key results of the 2006/07 New Zealand Health Survey.
- 2007: Australian Bureau of Statistics (ABS). National Health Survey: Summary of results. Canberra, Australia, ABS, 2009. WHO Global InfoBase reference:102910
- 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: National Institute of Population Research and Training - NIPORT/Bangladesh, Mitra and Associates/Bangladesh, and ICF International. 2013. Bangladesh Demographic and Health Survey 2011. Dhaka, Bangladesh: NIPORT, Mitra and Associates, and ICF International.
- 2012: New Zealand Health Survey. <https://www.health.govt.nz/publication/annual-update-key-results-2018-19-new-zealand-health-survey> (last accessed 14.07.20)
- 2014: National Institute of Population Research and Training - NIPORT/Bangladesh, Mitra and Associates, and ICF International. 2016. Bangladesh Demographic and Health Survey 2014. Dhaka, Bangladesh: NIPORT, Mitra and Associates, and ICF International.. <http://www.dhsprogram.com/publications/publication-FR311-DHS-Final-Reports.cfm> (last accessed 11th April 2016)
- 2015: Institute for Public Health (IPH) 2015. National Health and Morbidity Survey 2015 (NHMS 2015). Vol. II: Non-Communicable Diseases, Risk Factors & Other Health Problems; 2015.
- 2016: Ministry of Health - MOH/Nepal, New ERA/Nepal, and ICF. 2017. Nepal Demographic and Health Survey 2016. Kathmandu, Nepal: MOH/Nepal, New ERA/Nepal, and ICF.
- 2017: Tonga STEPS Survey 2017 <https://extranet.who.int/ncdsmicrodata/index.php/catalog/713> (Last accessed 13.10.20)
- 2018: New Zealand Health Survey 2018-19. New Zealand Ministry of Health (<https://minhealthnz.shinyapps.io/nz-health-survey-2018-19-annual-data-explorer/> w_b396d161/#!/key-indicators accessed 14.11.19)
- 2019: Institute for Public Health (IPH), National Institutes of Health, Ministry of Health Malaysia. 2020. National Health and Morbidity Survey (NHMS) 2019: Vol. I: NCDs - Non-Communicable Diseases: Risk Factors and other Health Problems
- 2020: Annual Update of New Zealand Health Survey 2020/2021 available at <https://www.health.govt.nz/publication/annual-update-key-results-2020-21-new-zealand-health-survey> Accessed 08.11.21.
- 2021: Department of Science and Technology - Food and Nutrition Research Institute (DOST-FNRI). 2024. Philippine Nutrition Facts and Figures: 2021 Expanded National Nutrition Survey (ENNS). FNRI Bldg., DOST Compound, Gen. Santos Avenue, Bicutan, Taguig City, Metro Manila, Philippines. <https://enutrition.fnri.dost.gov.ph/facts-and-figures.php?year=2021> [Accessed 14.07.25]
- 2022: Australian National Health Survey 2022-2023. <https://www.abs.gov.au/statistics/health/health-conditions-and-risks/waist-circumference-and-bmi/2022#body-mass-index-bmi-> (Accessed 03.01.2024)
- 2023: Institute for Public Health (IKU). National Health and Morbidity Survey (NHMS) 2023: Non-Communicable Diseases and Healthcare Demand: Technical Report; 2024. Available at <https://iku.nih.gov.my/nhms-2023> (last accessed 04.02.25)

Este posibil să fi fost folosite metodologii diferite pentru colectarea acestor date și, prin urmare, datele din diferite studii pot să nu fie strict comparabile. Verificați cu sursele de date originale metodologiile utilizate

Double burden of underweight & overweight

Adults, 2022



Tip de studiu:

Măsurat

Vârsta :

20+

Bibliografie:

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).

Note
(disponibile
numai în
limba engleză
):

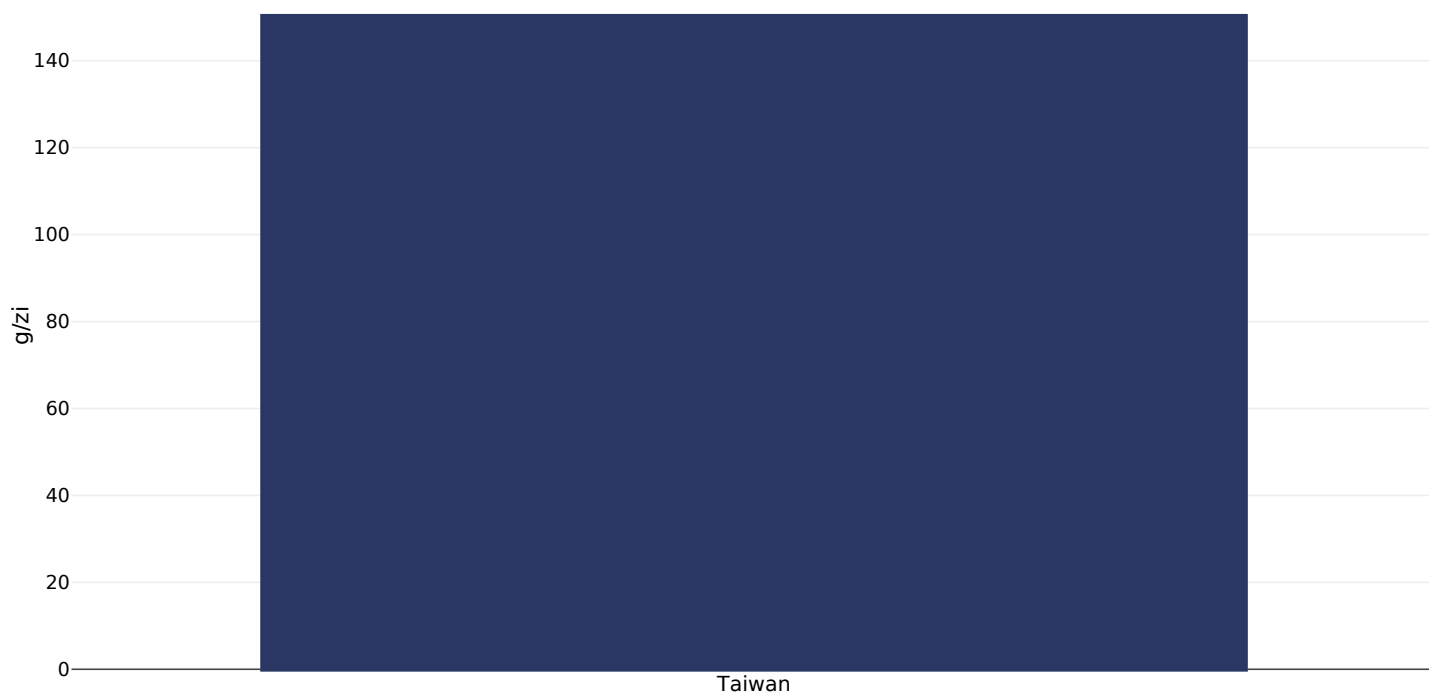
Age Standardised estimates

Definiție ii
(disponibile
numai în
limba engleză
):

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



Tip de studiu:

Măsurat

Vârsta :

25+

Bibliografie:

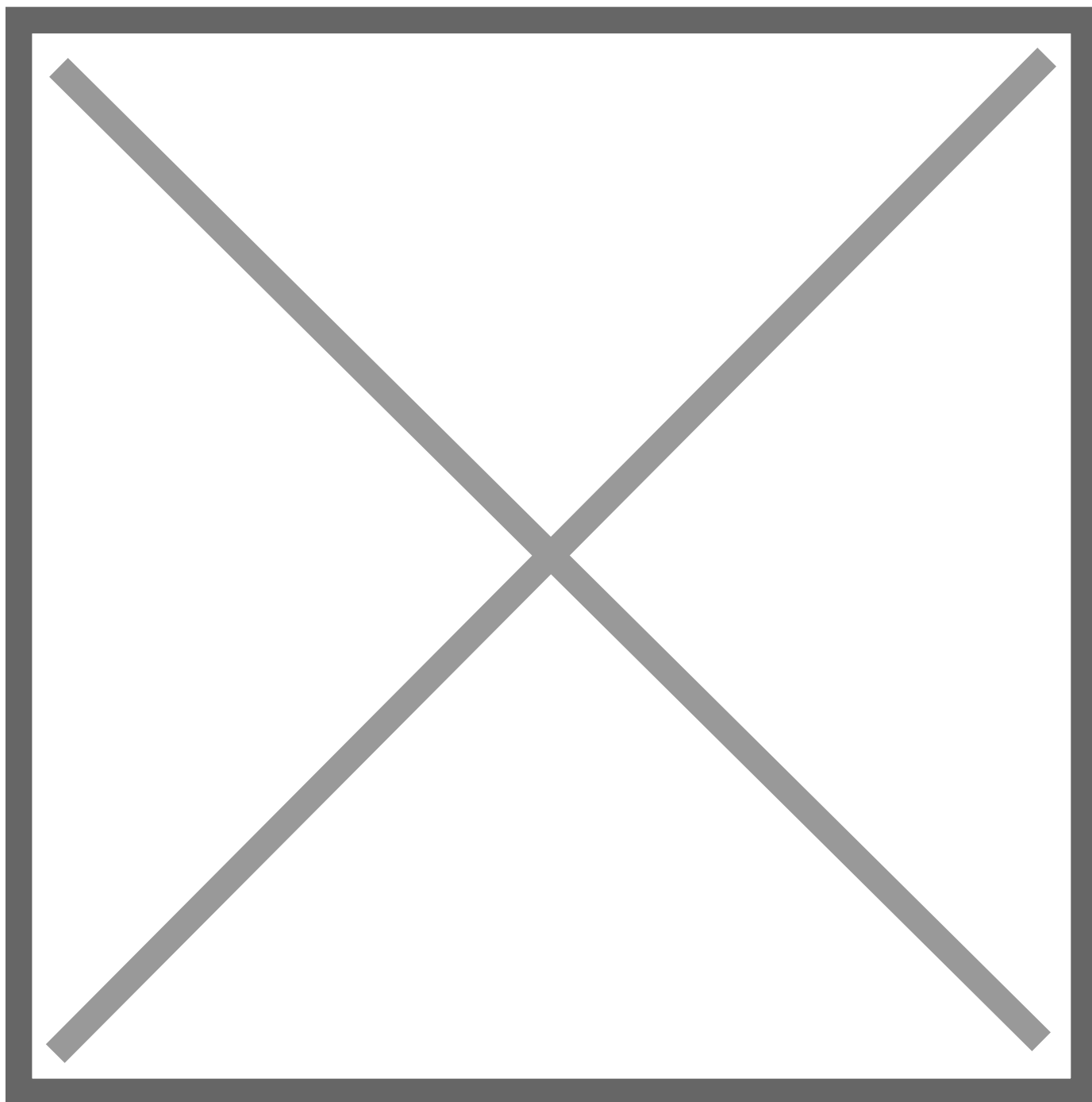
Global Burden of Disease, the Institute for Health Metrics and Evaluation <http://ghdx.healthdata.org/>

Definiții
(disponibile
numai în
limba engleză
) :

Estimated per-capita fruit intake (g/day)

Consum estimat de carne procesată pe cap de locuitor

Adulți, 2017



Tip de studiu:

Măsurat

Vârstă :

25+

Bibliografie:

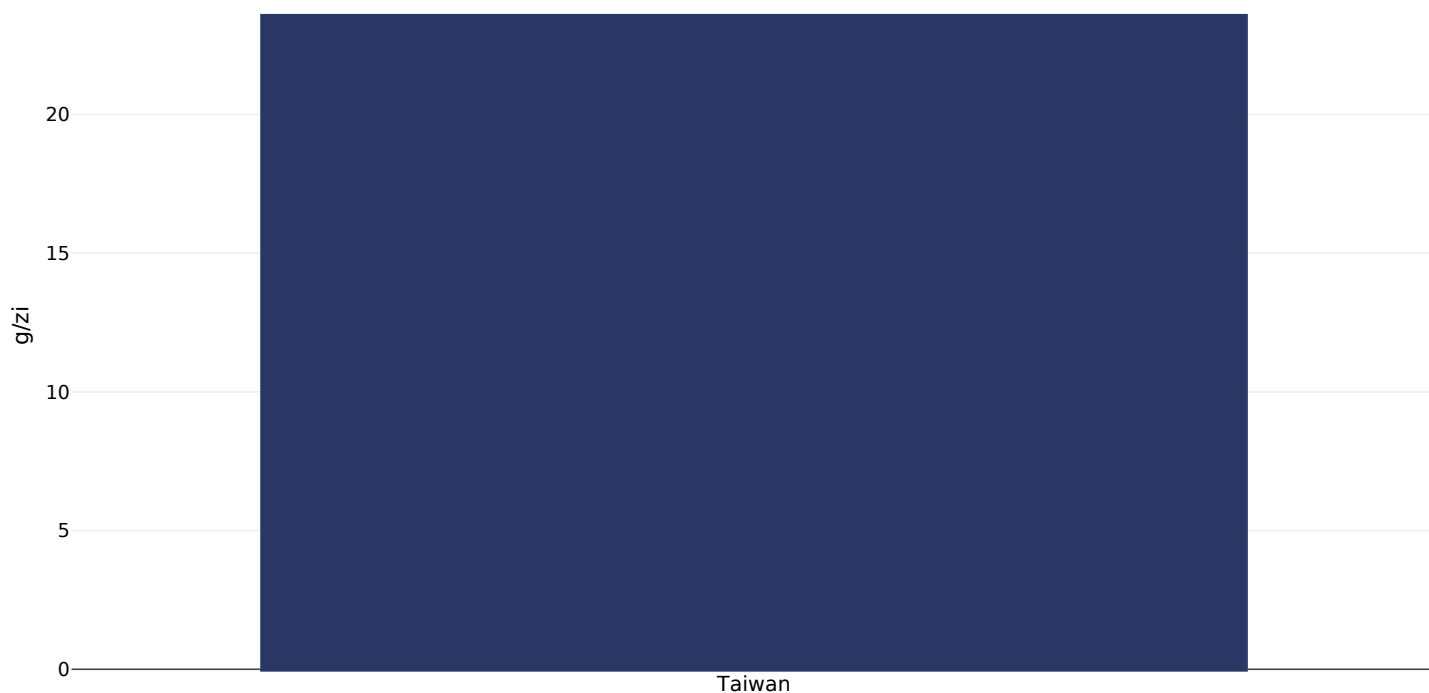
Global Burden of Disease, the Institute for Health Metrics and Evaluation <http://ghdx.healthdata.org/>

Definiție ii
(disponibile
numai în
limba engleză
):

Estimated per-capita processed meat intake (g per day)

Estimated per capita whole grains intake

Adults, 2017



Tip de studiu:

Măsurat

Vârsta :

25+

Bibliografie:

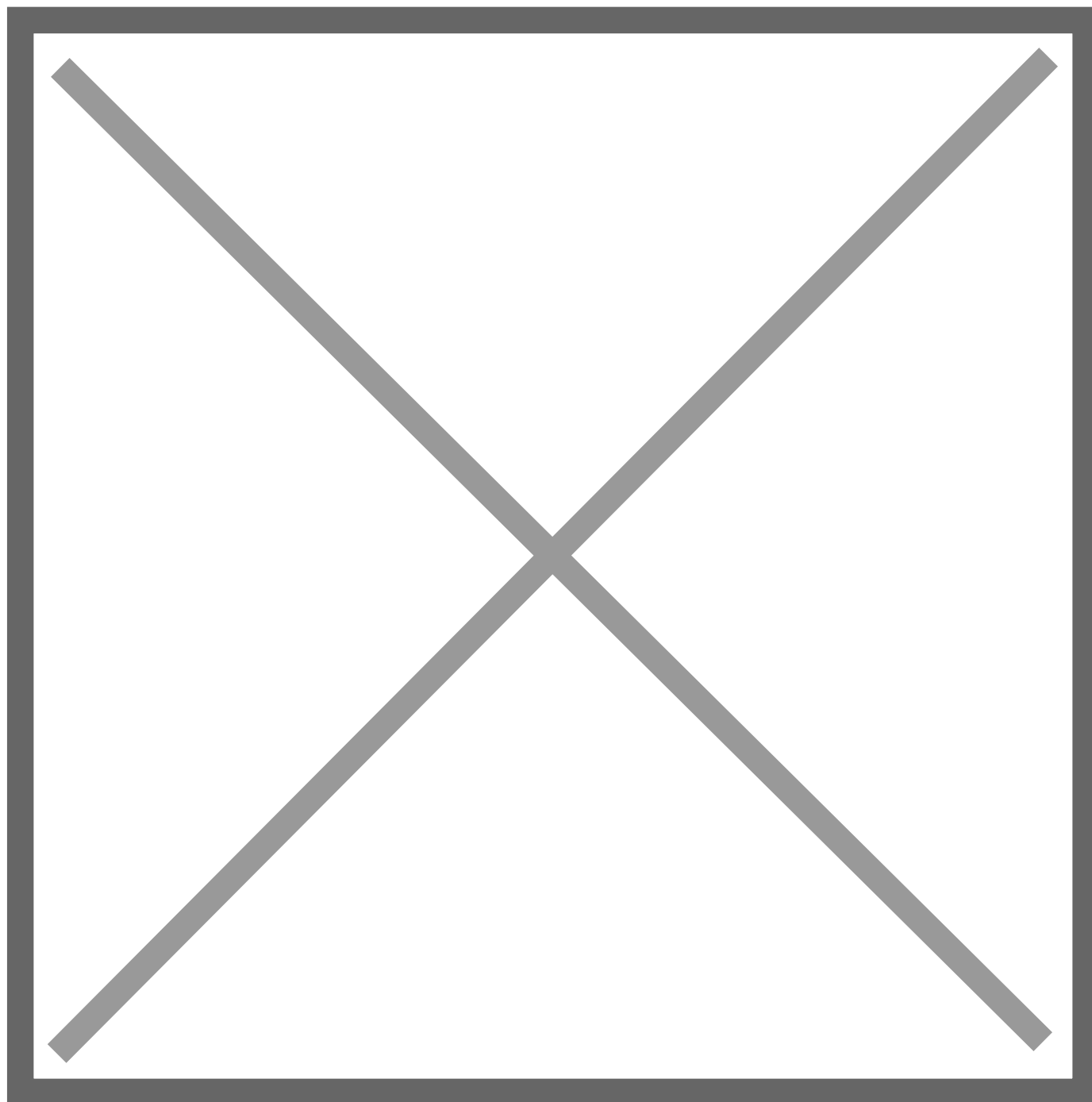
Global Burden of Disease, the Institute for Health Metrics and Evaluation <http://ghdx.healthdata.org/>

Definiții (disponibile numai în limba engleză):

Estimated per-capita whole grains intake (g/day)

SĂŃ nĂŃ tate mintalĂŃ - tulburĂŃ ri depressive

AdulĂŃ i, 2021



VĂŃrstĂŃ :

20+

Zona
acoperitĂŃ :

NaĂŃ ional

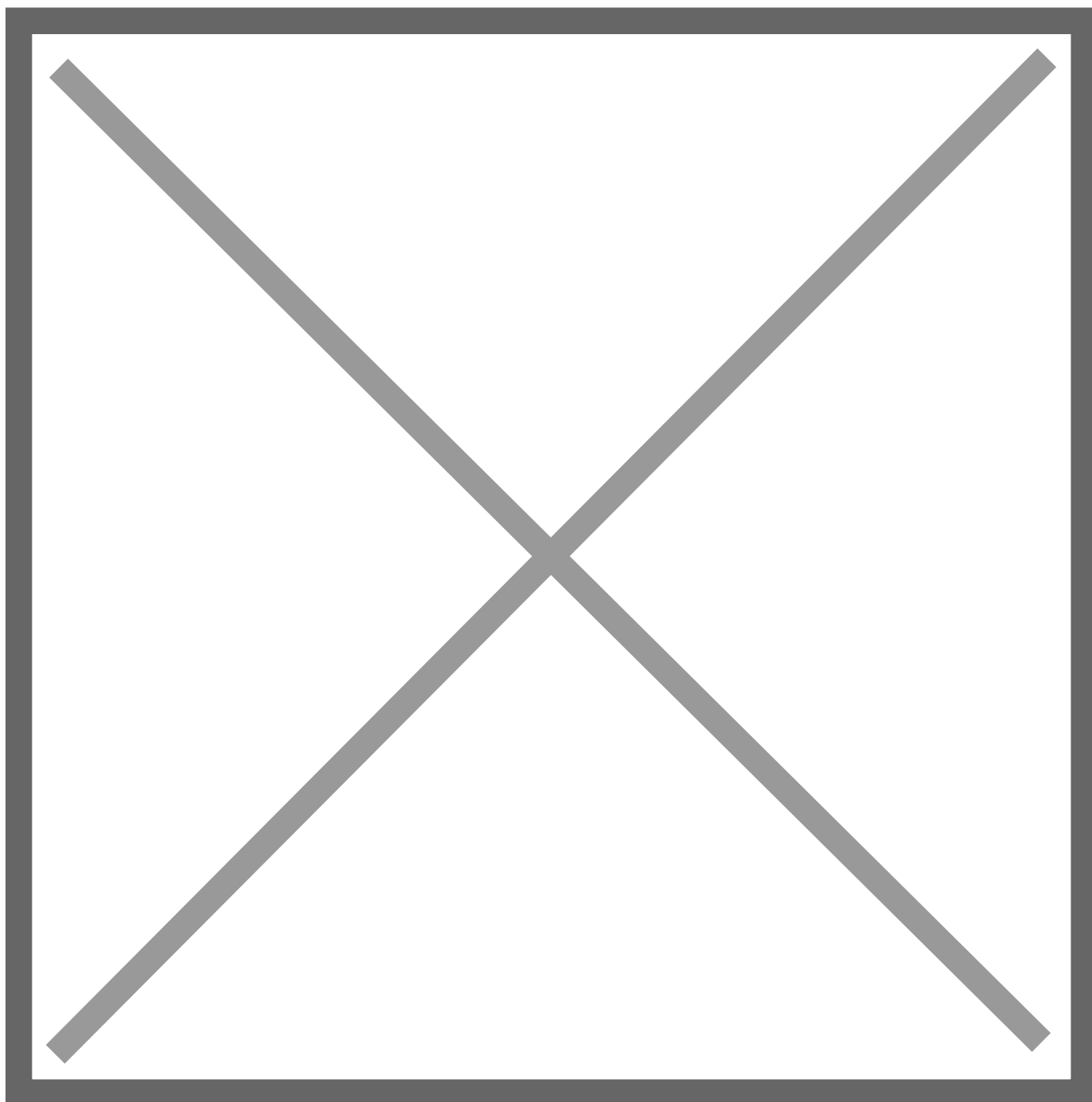
Bibliografie:

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)

Definiție ii
(disponibile
numai în
limba engleză
en):

Number living with depression per 100,000 population (adults 20+ years)

BĂŃ rbaÈŃ i, 2021

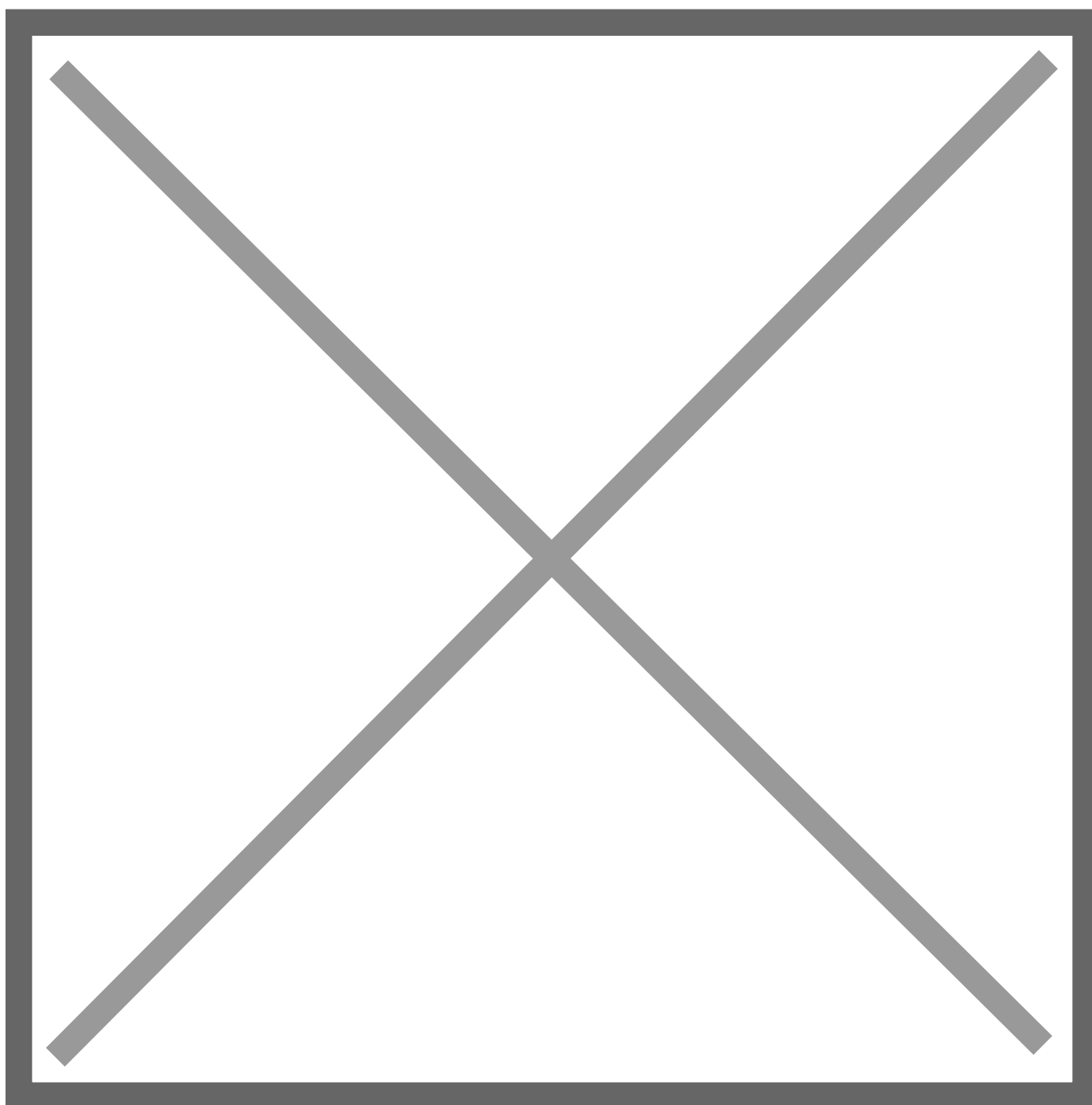


VĂŃrstĂŃ :	20+
Zona acoperitĂŃ :	NaÈŃ ional
Bibliografie:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from http://vizhub.healthdata.org/gbd-compare . (Last accessed 23.04.25)

Definiție ii
(disponibile
numai în
limba engleză
):

Number living with depression per 100,000 population (adults 20+ years)

Femei, 2021



Vârsta : 20+

Zona geografică : Național

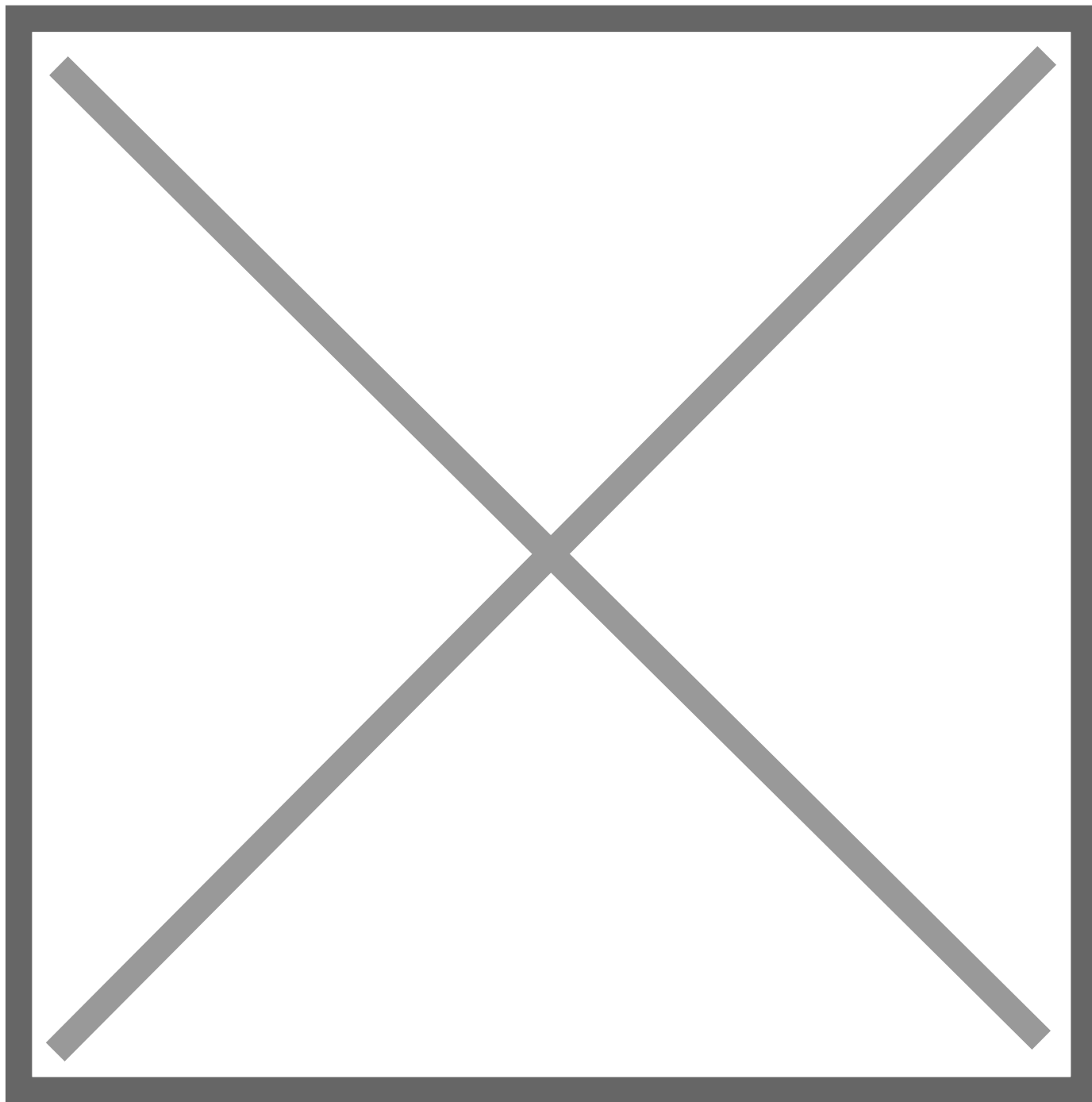
Bibliografie: Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

Defini   ii
(disponibile
numai   n
limba englez  
):

Number living with depression per 100,000 population (adults 20+ years)

SÄ nÄ tate mintalÄ - tulburÄ ri de anxietate

AdulÈ i, 2021



VÄçrstÄ :

20+

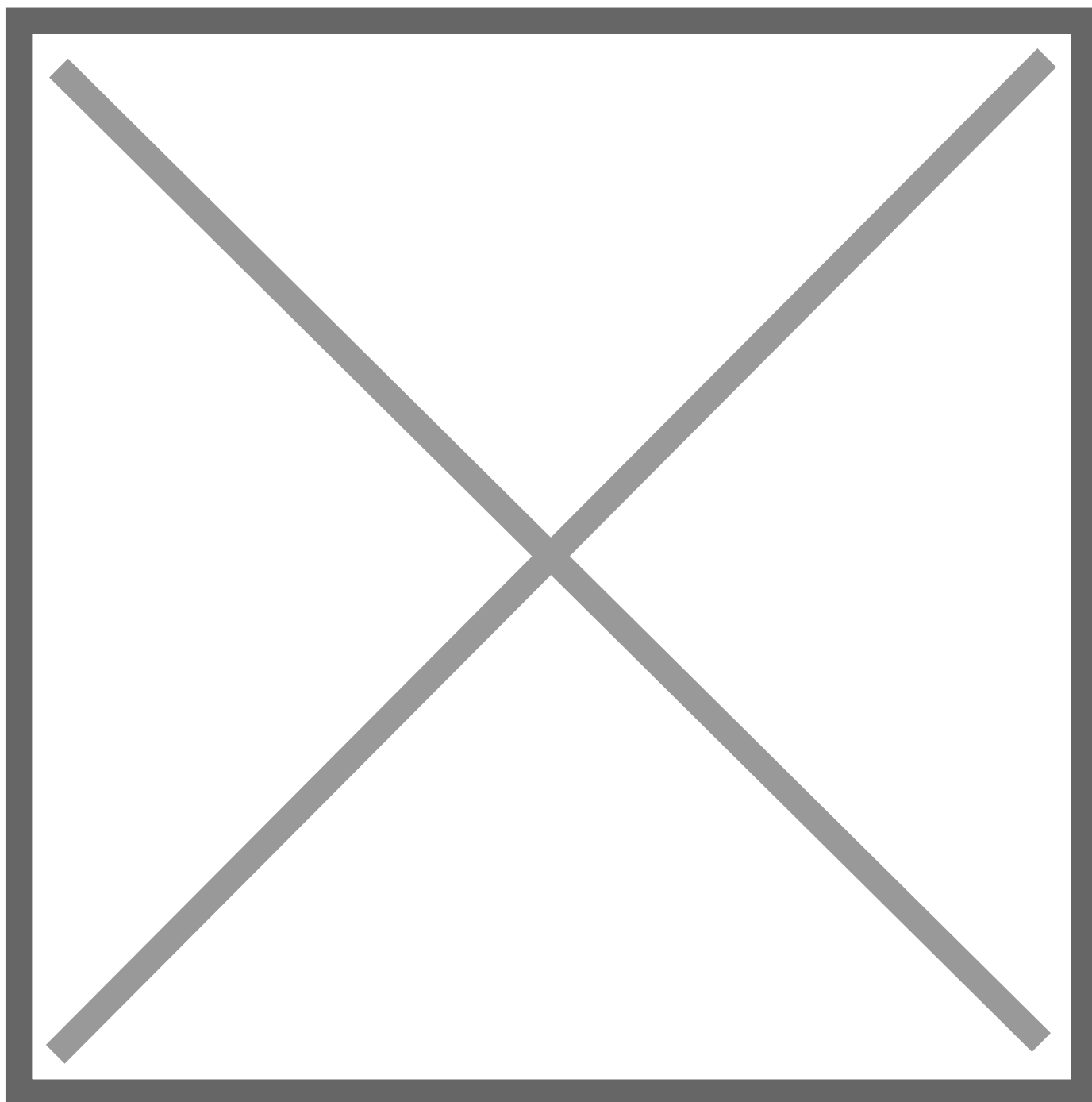
Bibliografie:

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).

Defini   ii
(disponibile
numai   n
limba englez  
):

Number living with anxiety per 100,000 population

BĂRBAȚI, 2021

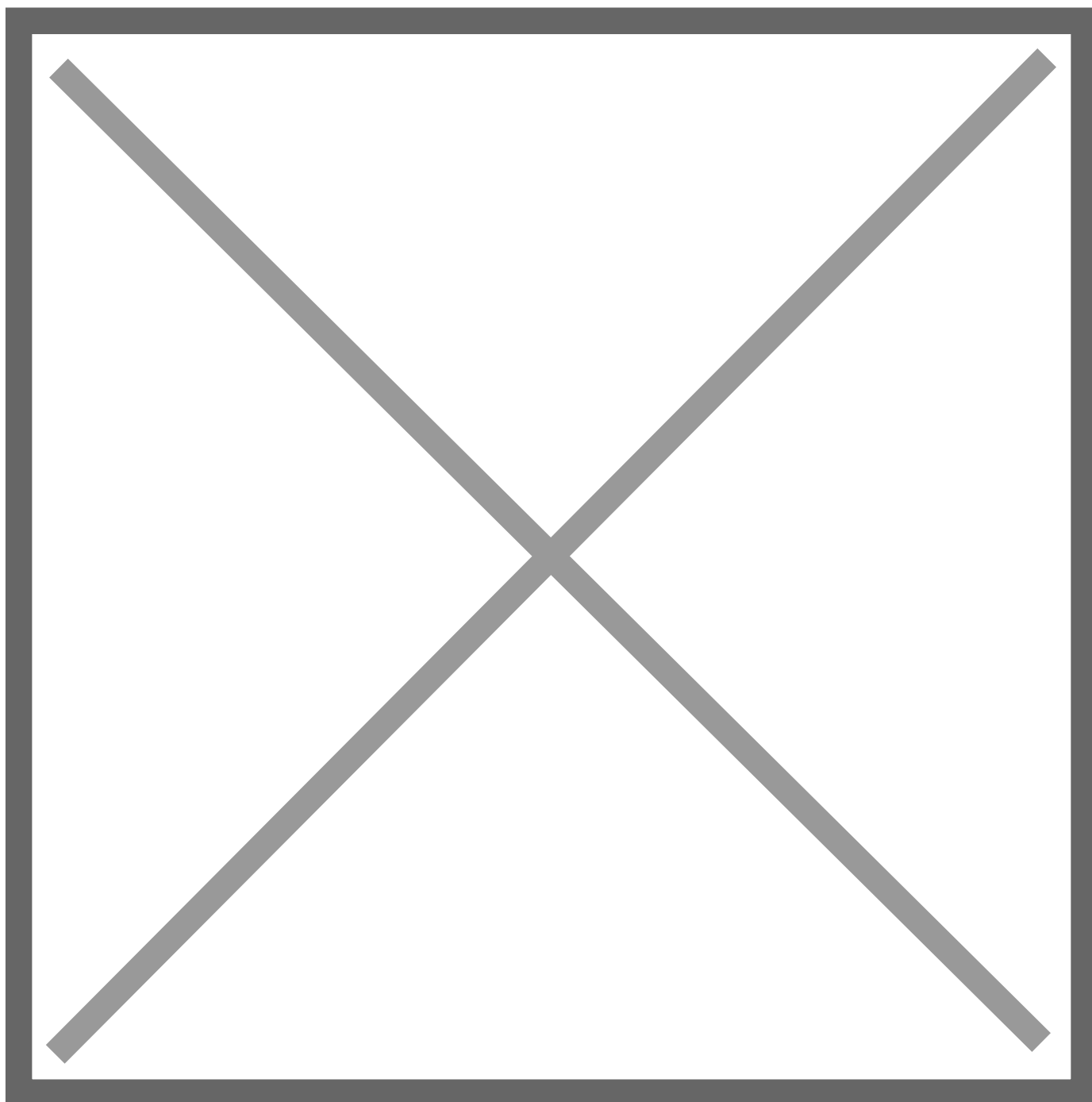


VĂRSTA : 20+

Bibliografie: 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).

Definiții (disponibile numai în limba engleză): Number living with anxiety per 100,000 population

Femei, 2021



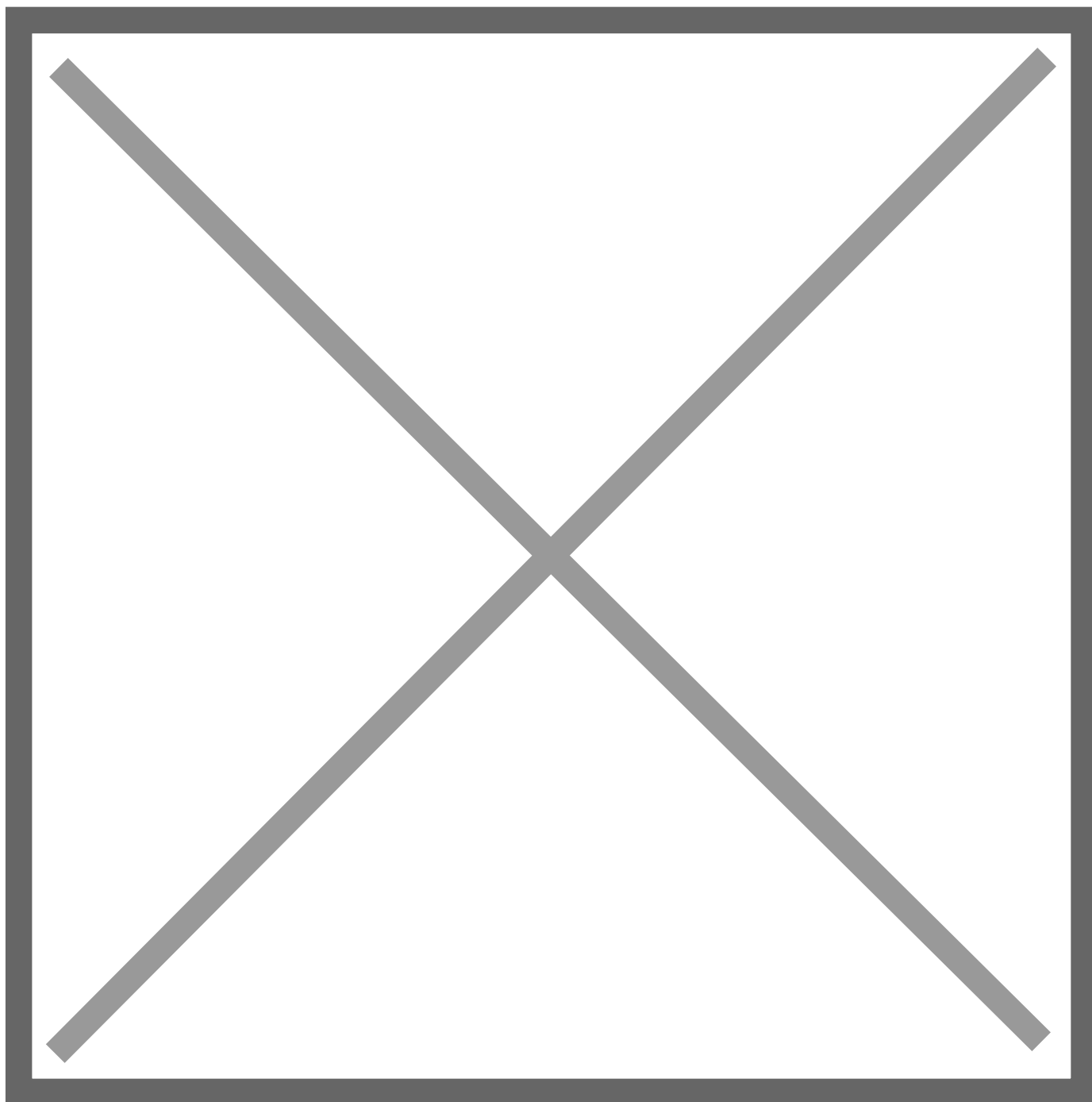
VĂġrstĂġ : 20+

Bibliografie: 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).

Definiġii (disponibile numai Ăġn limba englezĂġ): Number living with anxiety per 100,000 population

PrevalenÈa diabetului

AdulÈi, 2024

**Bibliografie:**

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 July 16, 2025