

# **Thailand**



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 <a href="https://data.worldobesity.org/country/thailand-214/">https://data.worldobesity.org/country/thailand-214/</a>.



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## **Obesity prevalence**

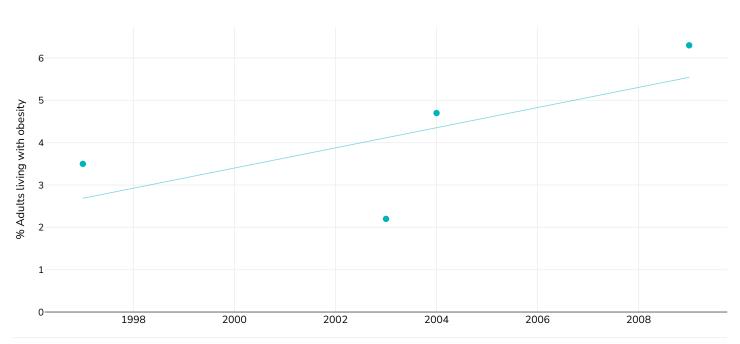




#### % Adults living with obesity in Thailand 1997-2009

#### Men

Obesity



Survey type: Measured

References:

1997: Aekplakorn W, Chaiyapong Y, Neal B, Chariyalertsak W, Kunanusont C, Phoolcharoen W, Suriyawongpaisal P. Prevalence and Determinants of Overweight and Obesity in Thai Adults: Results of the Second National Health Examination Survey. J Med Asssoc Thai 2004;87(6):685-93

2003: Jitnarin N, Kosulwat V, Rojroongwasinkul N et al. Prevalence of overweight and obesity in Thai population: Results of the National
Thai Food Consumption Survey. 2011;16:e242-e249

2004: Aekplakorn W and Mo-Suwan L. (2009). National prevalence of obesity. Prevalence of obesity in Thailand. Obesity Reviews, 10:

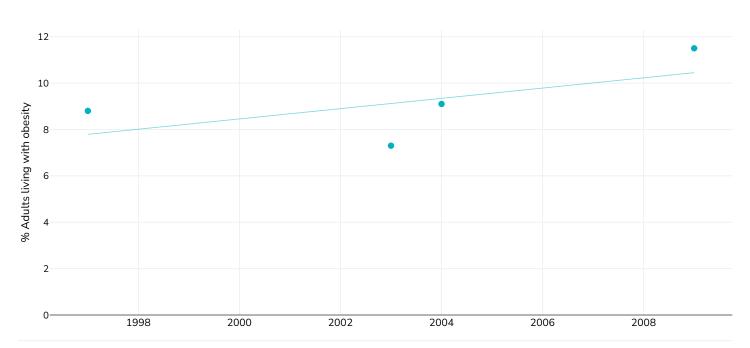
2009: Wichai Aekplakorn, Rungkarn Inthawong, Pattapong Kessomboon, et al., Â"Prevalence and Trends of Obesity and Association with Socioeconomic Status in Thai Adults: National Health Examination Surveys, 1991–2009,Â" Journal of Obesity, vol. 2014, Article ID 410259, 8 pages, 2014. doi:10.1155/2014/410259

2014: Yan LD, Hanvoravongchai P, Aekplakorn W, Chariyalertsak S, Kessomboon P, Assanangkornchai S, et al. (2020) Universal coverage but unmet need: National and regional estimates of attrition across the diabetes care continuum in Thailand. PLoS ONE 15(1):e0226286. https://doi.org/10.1371/journal.pone.0226286

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







Survey type: Measured

References:

1997: Aekplakorn W, Chaiyapong Y, Neal B, Chariyalertsak W, Kunanusont C, Phoolcharoen W, Suriyawongpaisal P. Prevalence and Determinants of Overweight and Obesity in Thai Adults: Results of the Second National Health Examination Survey. J Med Asssoc Thai 2004;87(6):685-93

2003: Jitnarin N, Kosulwat V, Rojroongwasinkul N et al. Prevalence of overweight and obesity in Thai population: Results of the National Thai Food Consumption Survey. 2011;16:e242-e249

2004: Aekplakorn W and Mo-Suwan L. (2009). National prevalence of obesity. Prevalence of obesity in Thailand. Obesity Reviews, 10: 589 - 592.

2009: Wichai Aekplakorn, Rungkarn Inthawong, Pattapong Kessomboon, et al., "Prevalence and Trends of Obesity and Association with Socioeconomic Status in Thai Adults: National Health Examination Surveys, 1991–2009," Journal of Obesity, vol. 2014, Article ID 410259, 8 pages, 2014. doi:10.1155/2014/410259

2014: Yan LD, Hanvoravongchai P, Aekplakorn W, Chariyalertsak S, Kessomboon P, Assanangkornchai S, et al. (2020) Universal coverage but unmet need: National and regional estimates of attrition across the diabetes care continuum in Thailand. PLoS ONE 15(1):e0226286. https://doi.org/10.1371/journal.pone.0226286

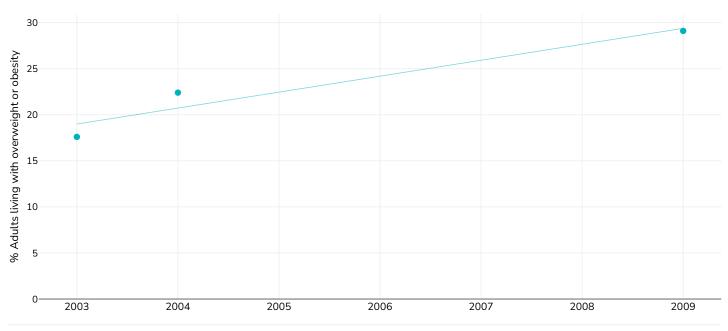
Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².



## % Adults living with overweight or obesity in Thailand 2003-2009

#### Men

Overweight or obesity



Survey type: Measured

References:

2003: Jitnarin N, Kosulwat V, Rojroongwasinkul N et al. Prevalence of overweight and obesity in Thai population: Results of the National
Thai Food Consumption Survey. 2011;16:e242-e249

2004: Aekplakorn W and Mo-Suwan L. (2009). National prevalence of obesity. Prevalence of obesity in Thailand. Obesity Reviews, 10: 589 - 592.

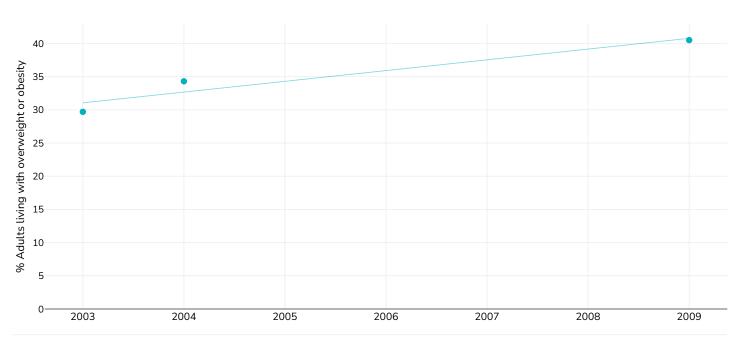
2009: Wichai Aekplakorn, Rungkarn Inthawong, Pattapong Kessomboon, et al., Â"Prevalence and Trends of Obesity and Association with Socioeconomic Status in Thai Adults: National Health Examination Surveys, 1991–2009,Â" Journal of Obesity, vol. 2014, Article ID 410259, 8 pages, 2014. doi:10.1155/2014/410259

2014: Yan LD, Hanvoravongchai P, Aekplakorn W, Chariyalertsak S, Kessomboon P, Assanangkornchai S, et al. (2020) Universal coverage but unmet need: National and regional estimates of attrition across the diabetes care continuum in Thailand. PLoS ONE 15(1):e0226286. https://doi.org/10.1371/journal.pone.0226286

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



Overweight or obesity



Survey type: Measured

References:

2003: Jitnarin N, Kosulwat V, Rojroongwasinkul N et al. Prevalence of overweight and obesity in Thai population: Results of the National Thai Food Consumption Survey. 2011;16:e242-e249

2004: Aekplakorn W and Mo-Suwan L. (2009). National prevalence of obesity. Prevalence of obesity in Thailand. Obesity Reviews, 10: 589 - 592.

2009: Wichai Aekplakorn, Rungkarn Inthawong, Pattapong Kessomboon, et al., "Prevalence and Trends of Obesity and Association with Socioeconomic Status in Thai Adults: National Health Examination Surveys, 1991–2009," Journal of Obesity, vol. 2014, Article ID 410259, 8 pages, 2014. doi:10.1155/2014/410259

2014: Yan LD, Hanvoravongchai P, Aekplakorn W, Chariyalertsak S, Kessomboon P, Assanangkornchai S, et al. (2020) Universal coverage but unmet need: National and regional estimates of attrition across the diabetes care continuum in Thailand. PLoS ONE 15(1):e0226286. https://doi.org/10.1371/journal.pone.0226286

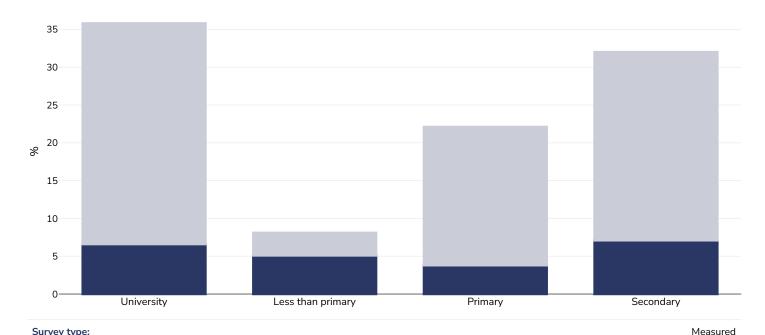
Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².



# Overweight/obesity by education

#### Men, 2009



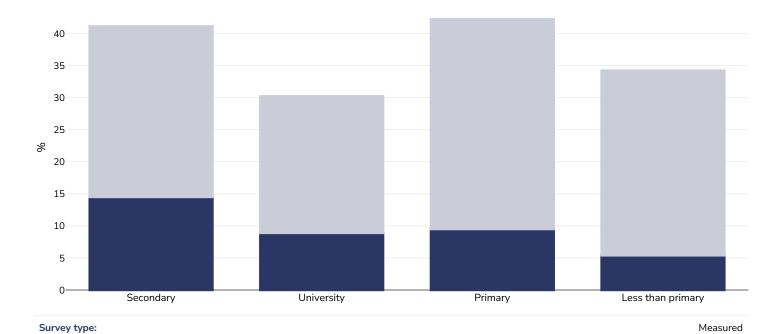


Survey type.	Medsureu
Age:	20+
Sample size:	19,181
Area covered:	National - RURAL
References:	Wichai Aekplakorn, Rungkarn Inthawong, Pattapong Kessomboon, et al., Ã?â??Prevalence and Trends of Obesity and Association with Socioeconomic Status in Thai Adults: National Health Examination Surveys, 1991–2009,Ã?â?[]Journal of Obesity, vol. 2014, Article ID 410259, 8 pages, 2014. doi:10.1155/2014/410259
Notes:	Prevalence of Overweight & Obesity by Education in Rural Areas In this graph, overweight refers to BMI 25–<30, and obesity as BMI ≥30 kg/m2

 $Unless \ otherwise \ noted, overweight \ refers \ to \ a \ BMI \ between \ 25kg \ and \ 29.9kg/m^2, obesity \ refers \ to \ a \ BMI \ greater \ than \ 30kg/m^2.$ 







Age:	20+
Sample size:	19,181
Area covered:	National - RURAL
References:	Wichai Aekplakorn, Rungkarn Inthawong, Pattapong Kessomboon, et al., Ã?â??Prevalence and Trends of Obesity and Association with Socioeconomic Status in Thai Adults: National Health Examination Surveys, 1991–2009,Ã?â?[Journal of Obesity, vol. 2014, Article ID 410259, 8 pages, 2014. doi:10.1155/2014/410259
Notes:	Prevalence of Overweight & Obesity by Education in Rural Areas In this graph, overweight refers to BMI 25–<30, and obesity as BMI ≥30 kg/m2

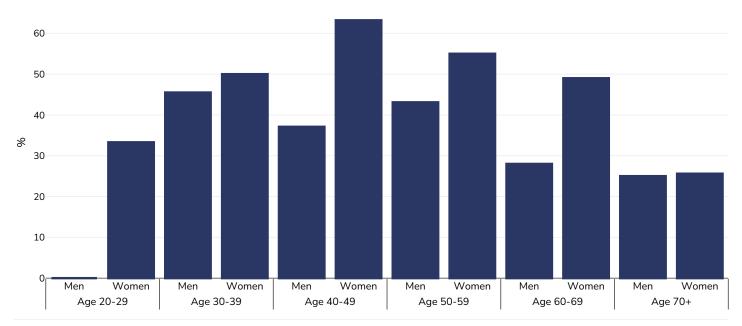
Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².



## Overweight/obesity by age

#### Adults, 2018

Obesity



Survey type: Measured

Sample size: 627

Area covered: Na-Ngam rural community

References:

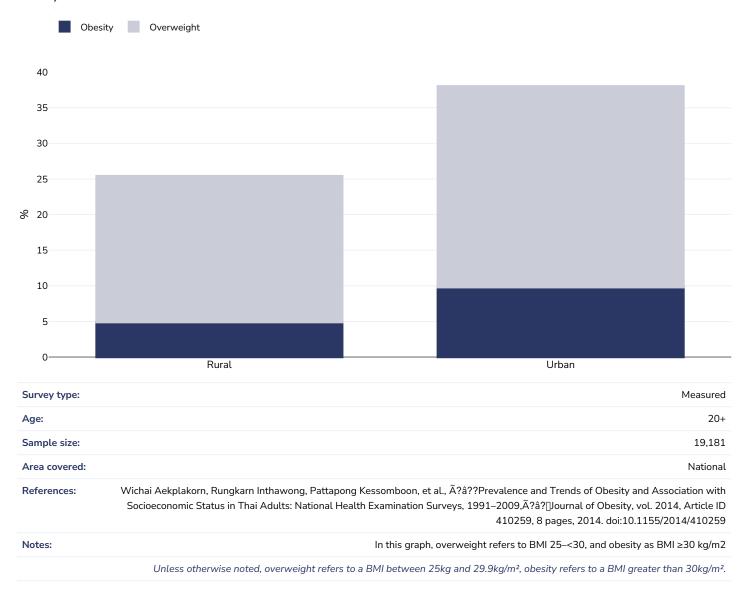
Trends, prevalence and associated factors of obesity among adults in a rural community in Thailand: serial cross-sectional surveys, 2012 and 2018. Available at:  $\frac{\text{https://bmcpublichealth.biomedcentral.com/articles/10.1186/s12889-020-09004-w#:~:text=ln%20Thailand%2C%20the%20Thai%20National%20Health%20Examination%20Surveys}$ 

, among % 20 males % 20 and % 20 females % 2C % 20 respectively % 20 % 5B % 203 % 20 % 5D.

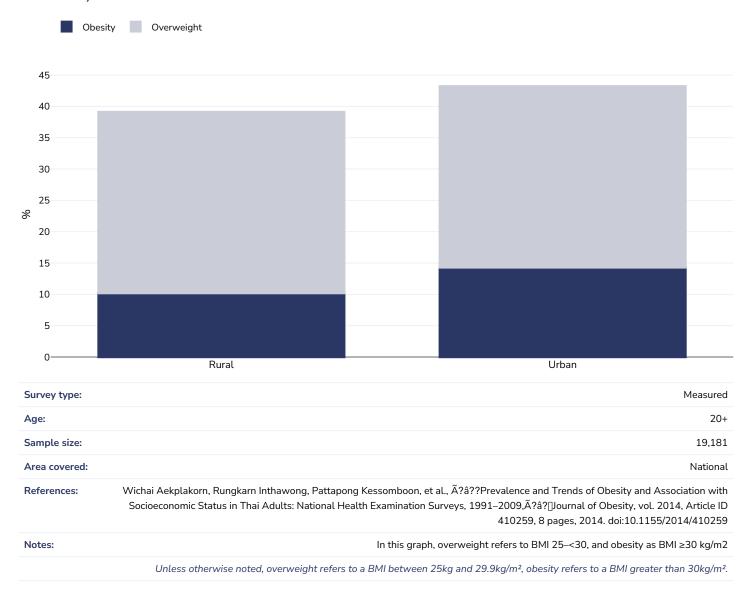
Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².



## Overweight/obesity by region

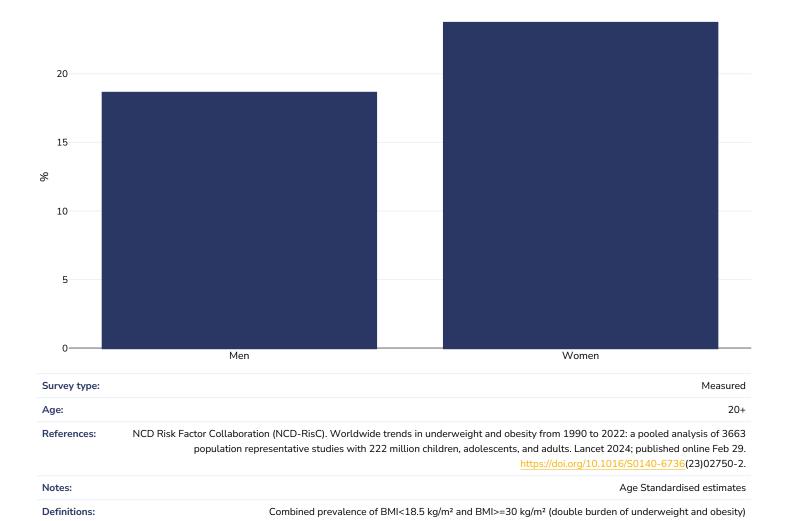






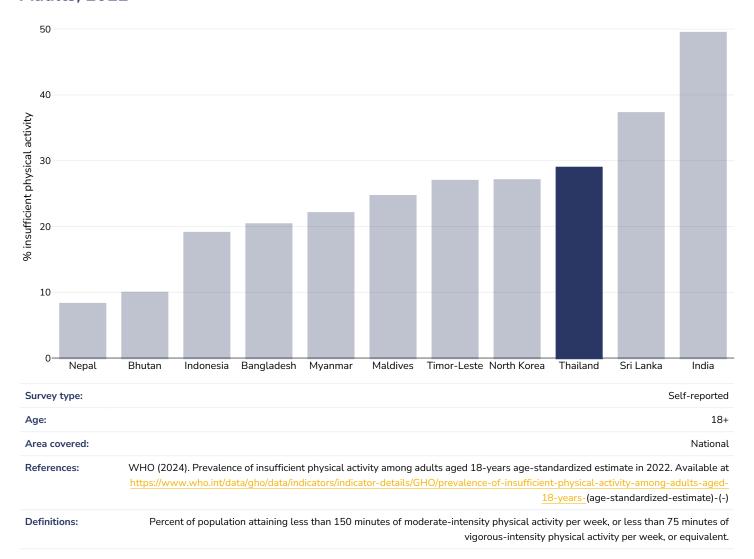


## Double burden of underweight & overweight



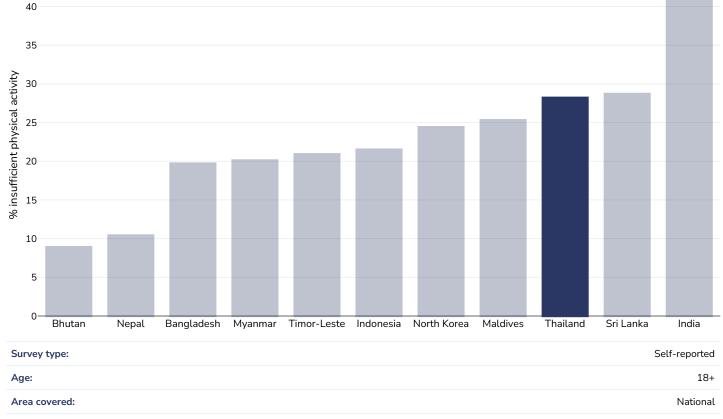


## Insufficient physical activity





#### Men, 2022



References:

WHO (2024). Prevalence of insufficient physical activity among adults aged 18-years age-standardized estimate in 2022. Available at <a href="https://www.who.int/data/gho/data/indicators/indicator-details/GHO/prevalence-of-insufficient-physical-activity-among-adults-aged-number of the control of the contro

18-years-(age-standardized-estimate)-(-)

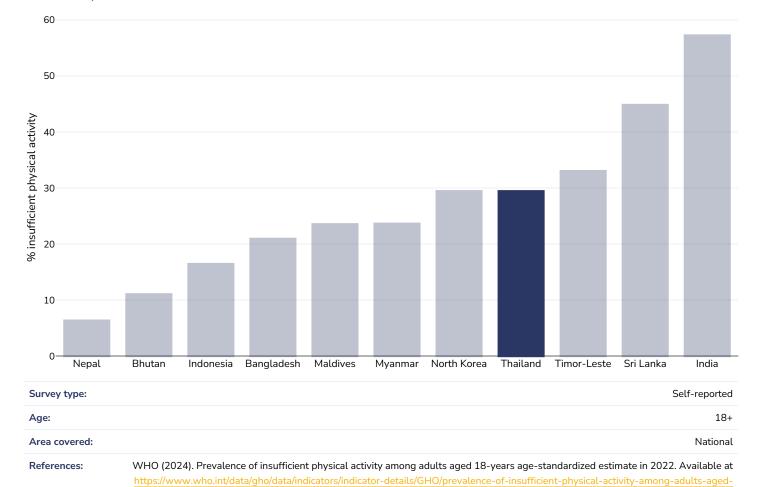
**Definitions:** 

Percent of population attaining less than 150 minutes of moderate-intensity physical activity per week, or less than 75 minutes of vigorous-intensity physical activity per week, or equivalent.

18-years-(age-standardized-estimate)-(-)



#### Women, 2022

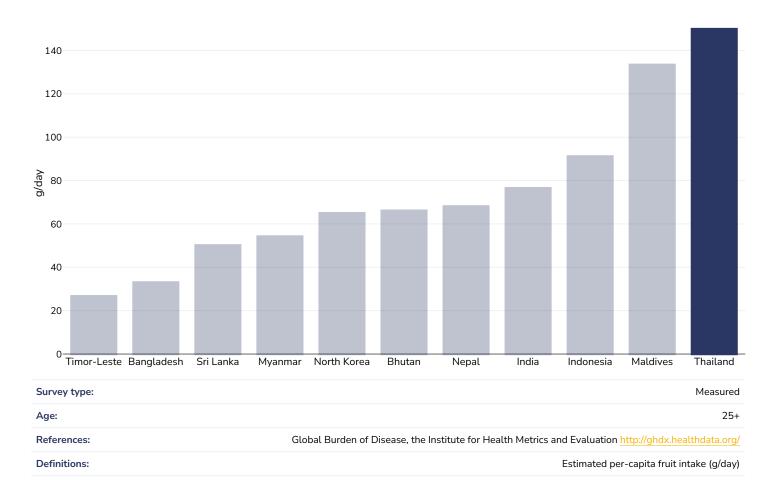


Definitions:

Percent of population attaining less than 150 minutes of moderate-intensity physical activity per week, or less than 75 minutes of vigorous-intensity physical activity per week, or equivalent.

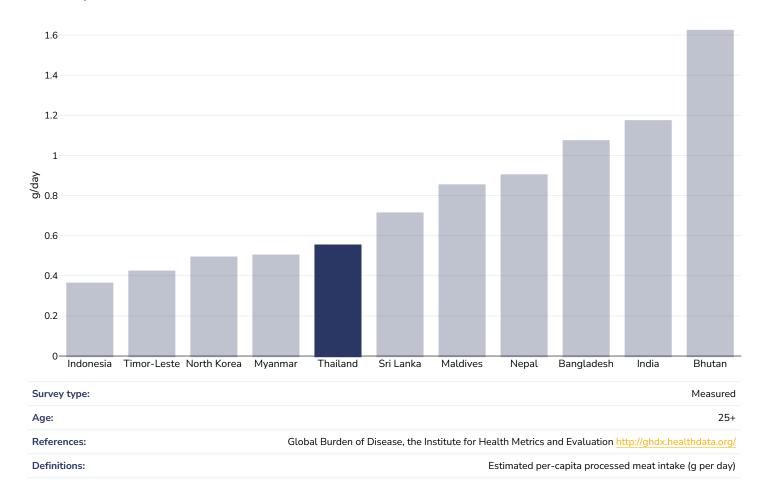


# Estimated per capita fruit intake



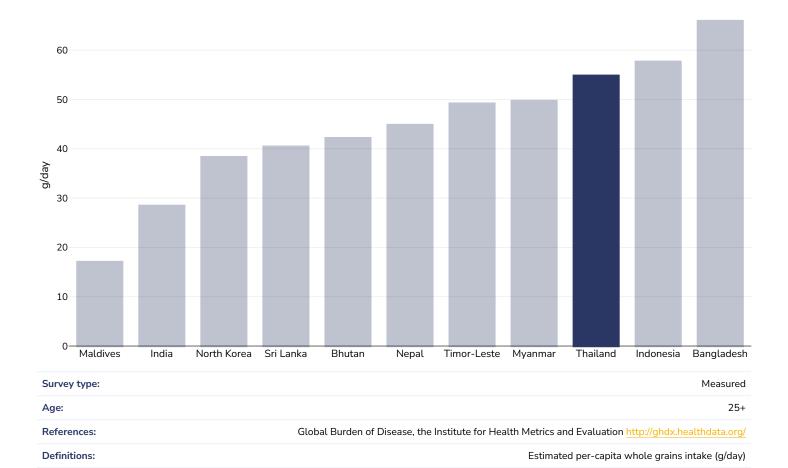


# Estimated per-capita processed meat intake





# Estimated per capita whole grains intake





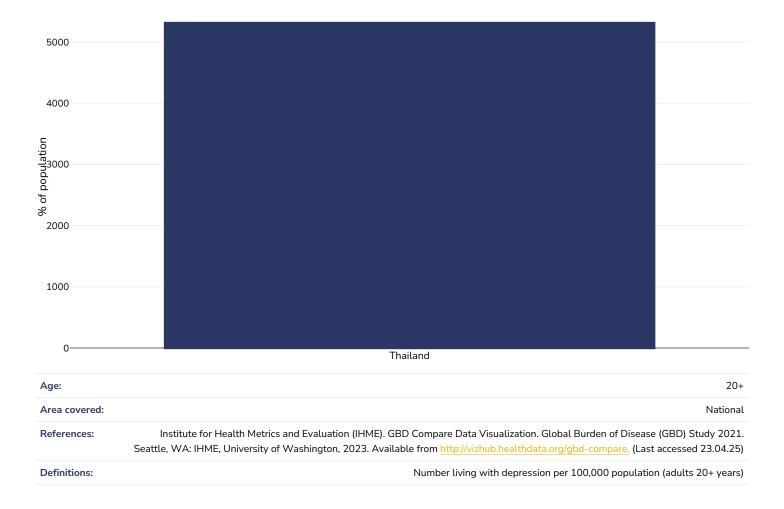
## Mental health - depression disorders













## Mental health - anxiety disorders





## Men, 2021



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 <a href="http://vizhub.healthdata.org/gbd-compare">http://vizhub.healthdata.org/gbd-compare</a>. (Last accessed 23.04.25).

**Definitions:** 

Number living with anxiety per 100,000 population





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 <a href="http://vizhub.healthdata.org/gbd-compare">http://vizhub.healthdata.org/gbd-compare</a>. (Last accessed 23.04.25).

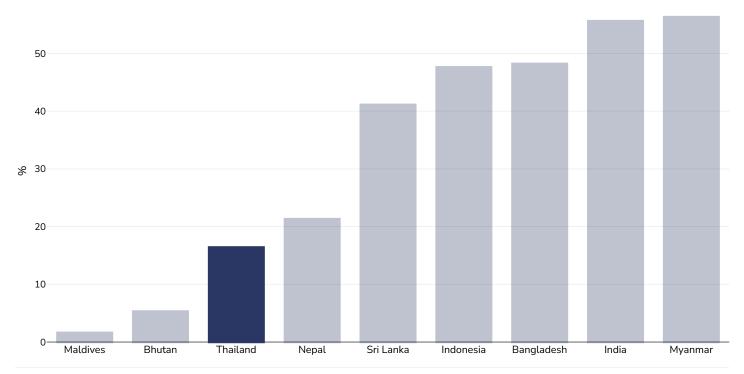
Definitions:

Number living with anxiety per 100,000 population



## Percent of population who cannot afford a healthy diet

#### Adults, 2022



Area covered: National

References:

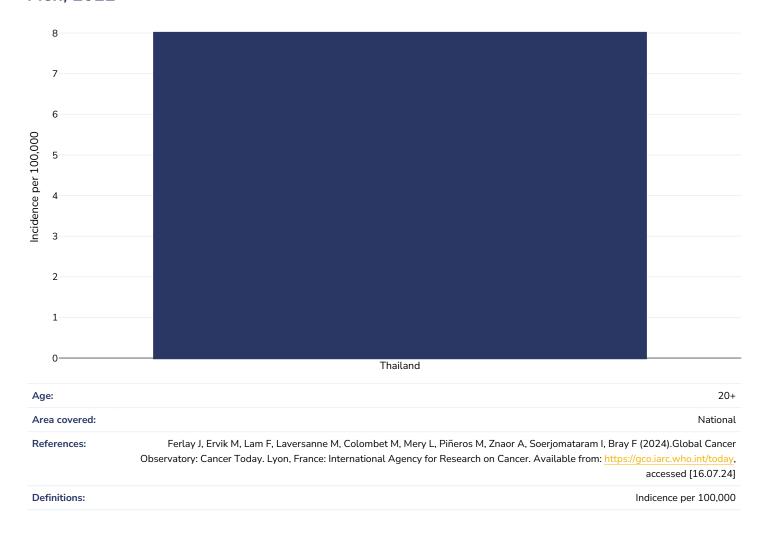
The Food Systems Dashboard. The Global Alliance for Improved Nutrition (GAIN), The Columbia Climate School, and Cornell University

College of Agriculture and Life Sciences. 2024. Geneva, Switzerland. <a href="https://www.foodsystemsdashboard.org">https://www.foodsystemsdashboard.org</a>. DOI:

<a href="https://doi.org/10.36072/db">https://doi.org/10.36072/db</a>.



## Oesophageal cancer





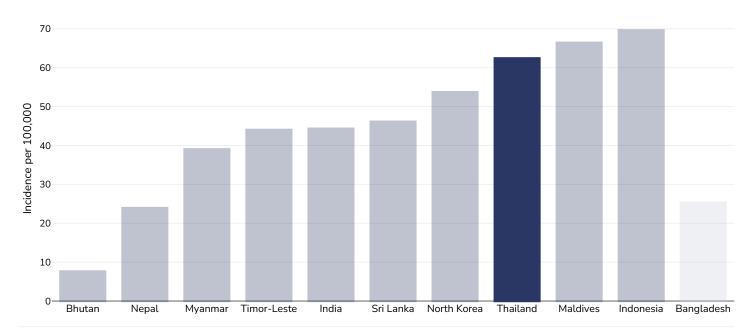




#### **Breast cancer**

#### Women, 2022





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: <a href="https://gco.iarc.who.int/today">https://gco.iarc.who.int/today</a>, accessed [16.07.24]

Definitions: Incidence per 100,000



#### **Colorectal cancer**





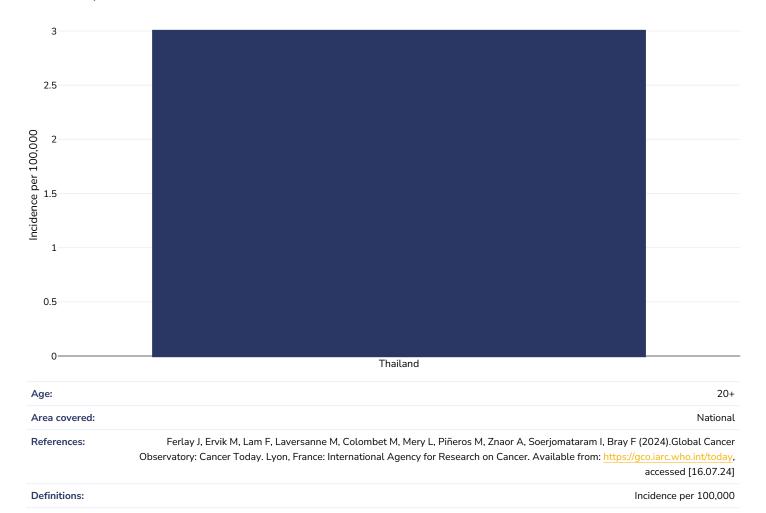




## Pancreatic cancer

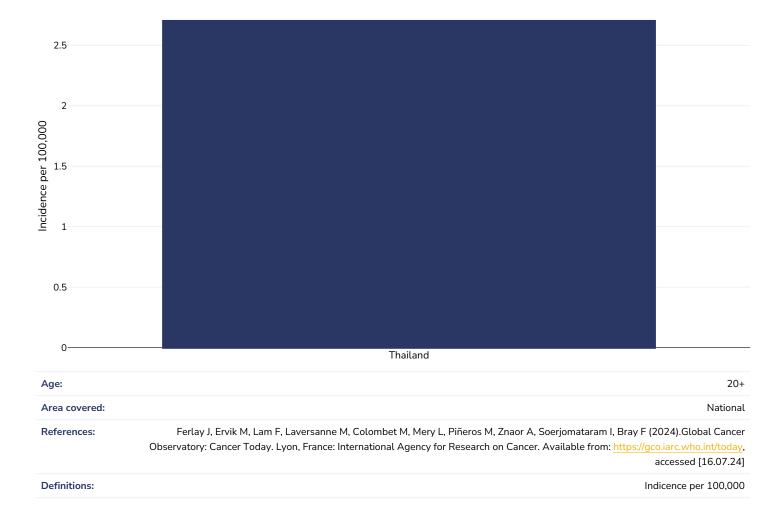








#### Gallbladder cancer

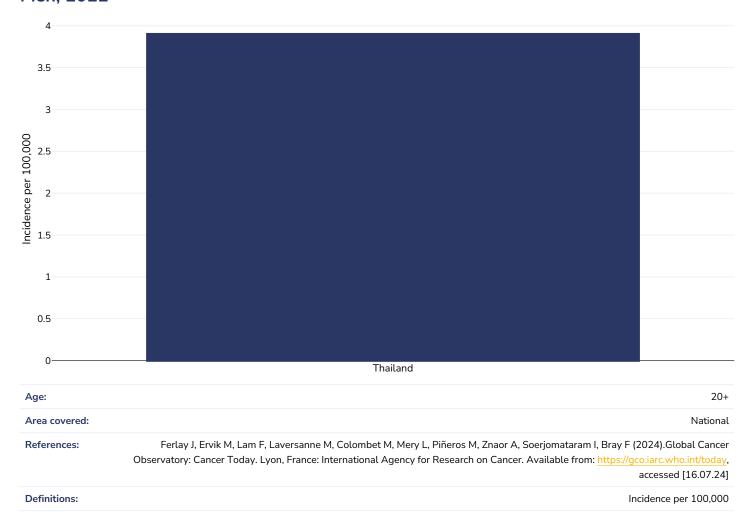




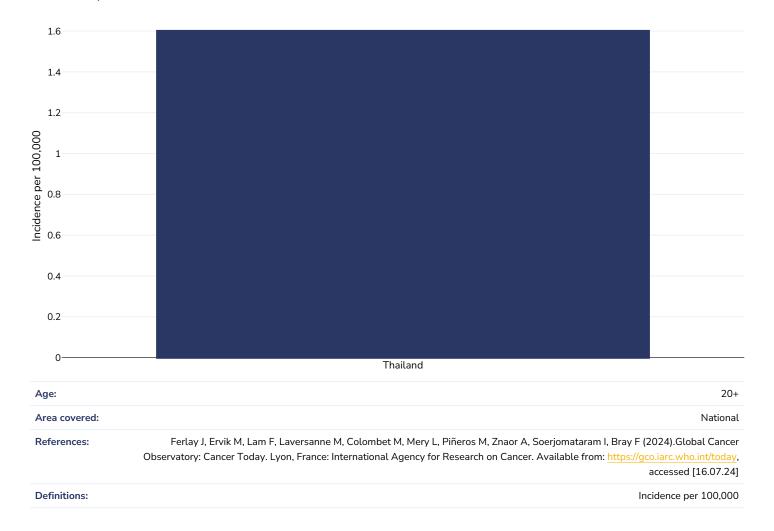




## Kidney cancer



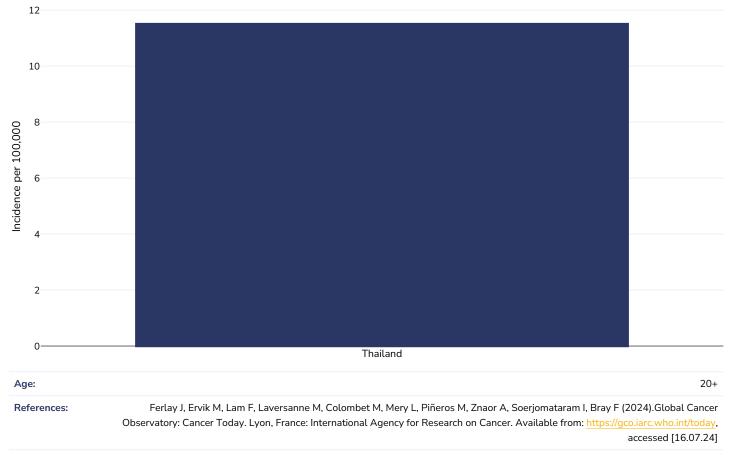






### Cancer of the uterus

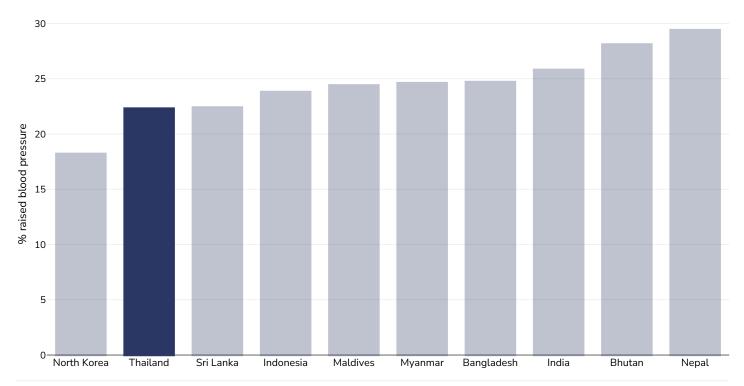
### Women, 2022





# Raised blood pressure

### Adults, 2015



References:

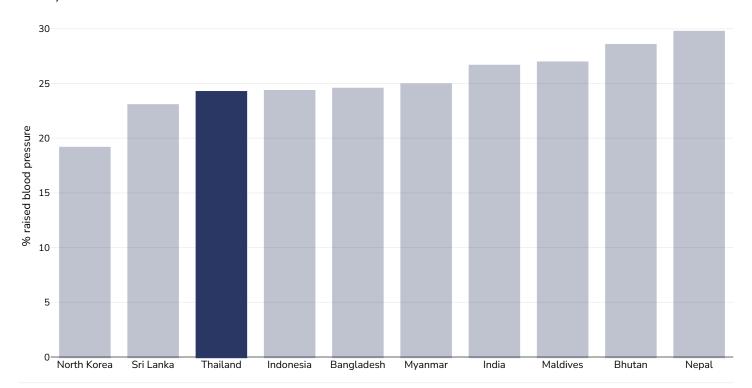
Global Health Observatory data repository, World Health Organisation, <a href="http://apps.who.int/gho/data/node.main.A875?lang=en">http://apps.who.int/gho/data/node.main.A875?lang=en</a>

Definitions:

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



## Men, 2015



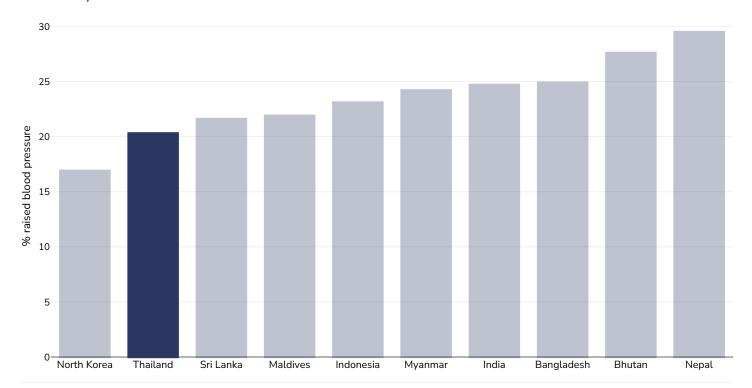
References:

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

Definitions:

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





References:

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

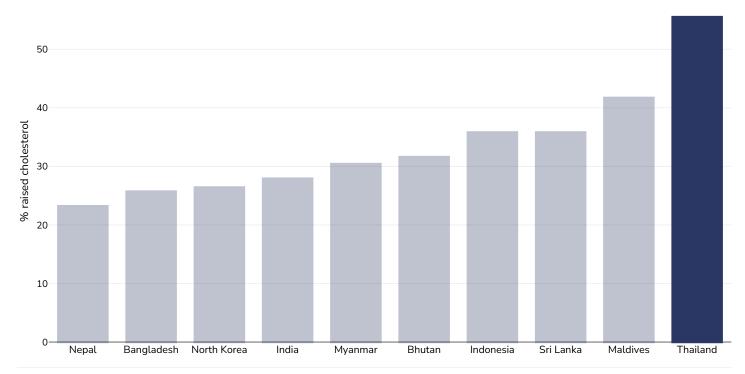
Definitions:

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



## Raised cholesterol

### Adults, 2008



References:

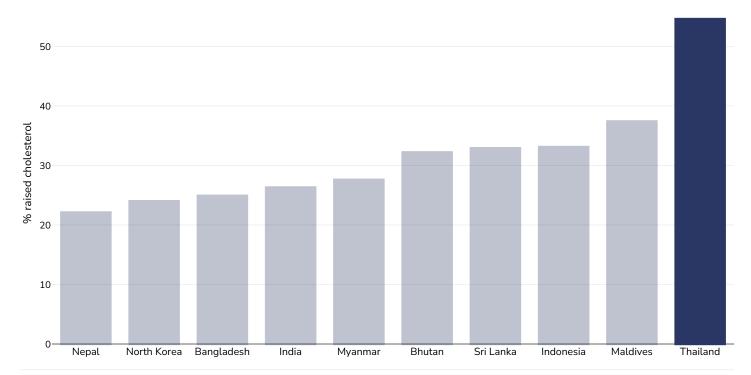
 ${\sf Global\ Health\ Observatory\ data\ repository,\ World\ Health\ Organisation,\ \underline{{\sf http://apps.who.int/gho/data/node.main.} A885}}$ 

Definitions:

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



## Men, 2008



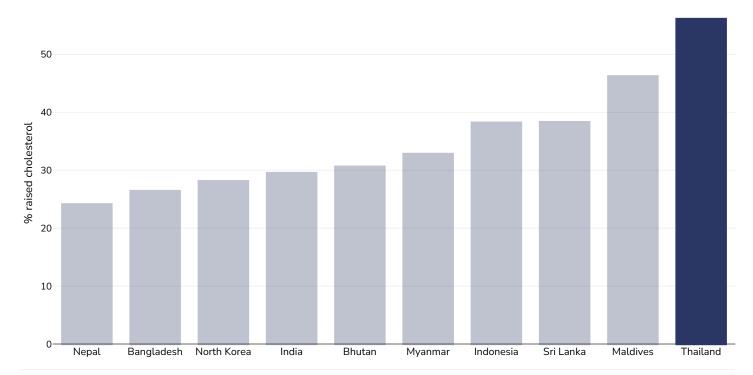
References:

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).





References:

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

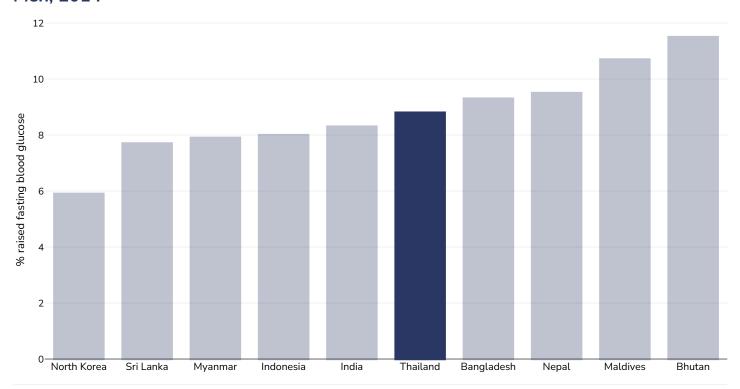
Definitions:

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



# Raised fasting blood glucose

### Men, 2014



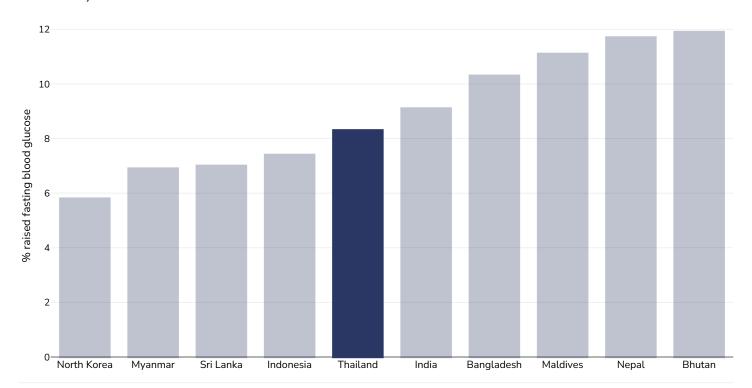
References:

 ${\bf Global\ Health\ Observatory\ data\ repository,\ World\ Health\ Organisation,\ \underline{{\bf http://apps.who.int/gho/data/node.main.} A869?lang=en}}$ 

Definitions:

Age Standardised % raised fasting blood glucose (>= 7.0 mmoVL or on medication).





References:

Global Health Observatory data repository, World Health Organisation, <a href="http://apps.who.int/gho/data/node.main.A869?lang=en">http://apps.who.int/gho/data/node.main.A869?lang=en</a>

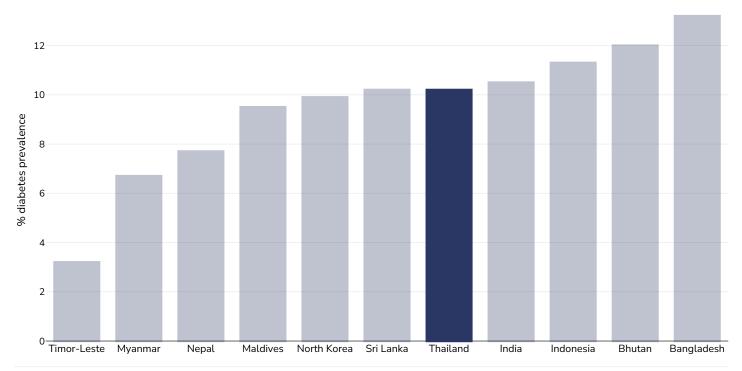
Definitions:

Age Standardised % raised fasting blood glucose (>= 7.0 mmol/L or on medication).



# Diabetes prevalence

### Adults, 2024



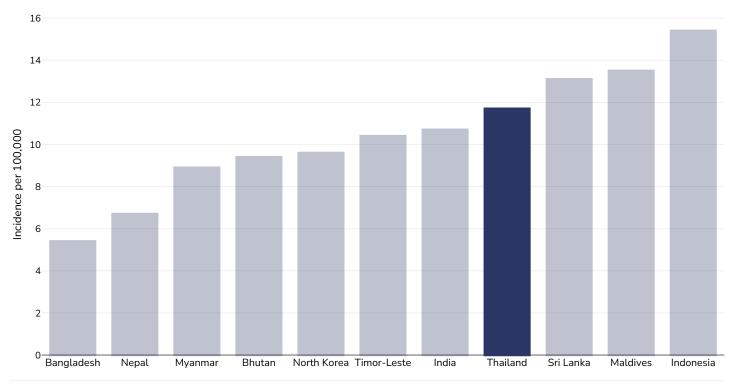
References:

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



## **Ovarian Cancer**

### Women, 2022



Age: 20+

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: <a href="https://gco.iarc.who.int/today">https://gco.iarc.who.int/today</a>,

accessed [16.07.24]



# Leukemia

Men, 2022											
4											
3											
2											
1											
0———											
<sup>-1</sup> _1	0	1	2	3	4	5	6				
Age: Area covered:							20+ 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: <a href="https://gco.iarc.who.int/today">https://gco.iarc.who.int/today</a> , accessed [16.07.24]										
Definitions:						Incidence pe					
	Unless oth	nerwise noted, overw	veight refers to a BMI	between 25kg and 29	9.9kg/m², obesity refers	to a BMI greater than	30kg/m².				

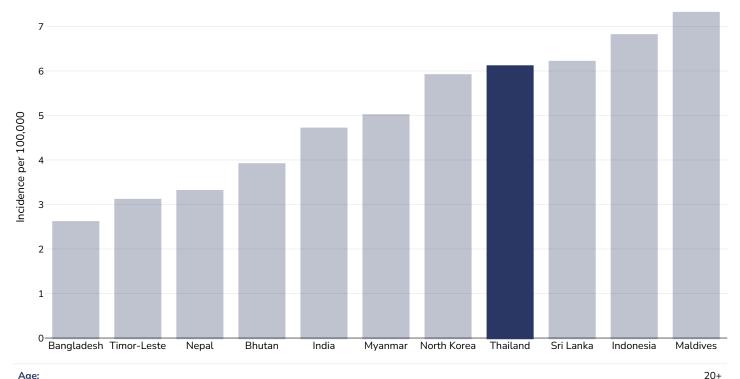


Women, 20	022										
4											
3											
2											
1											
0											
-1 -1	0	1	2	3	4	5	6				
Age:							20+				
Area covered:							National				
References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <a href="https://gco.iarc.who.int/today">https://gco.iarc.who.int/today</a> , accessed [16.07.24]										
Definitions:						Incidence pe	er 100,000				
	Unless ot	nerwise noted, overw	reight refers to a BMI	between 25kg and 29	.9kg/m², obesity refers	to a BMI greater tha	n 30kg/m².				



### Leukemia

### Men, 2022



Age:

Area covered: National

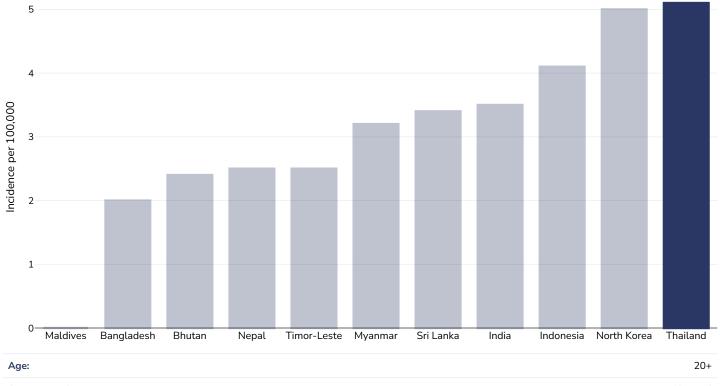
References:

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

 $Unless \ otherwise \ noted, overweight \ refers \ to \ a \ BMI \ between \ 25kg \ and \ 29.9kg/m^2, obesity \ refers \ to \ a \ BMI \ greater \ than \ 30kg/m^2.$ 





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: <a href="https://gco.iarc.who.int/today">https://gco.iarc.who.int/today</a>, accessed [16.07.24]

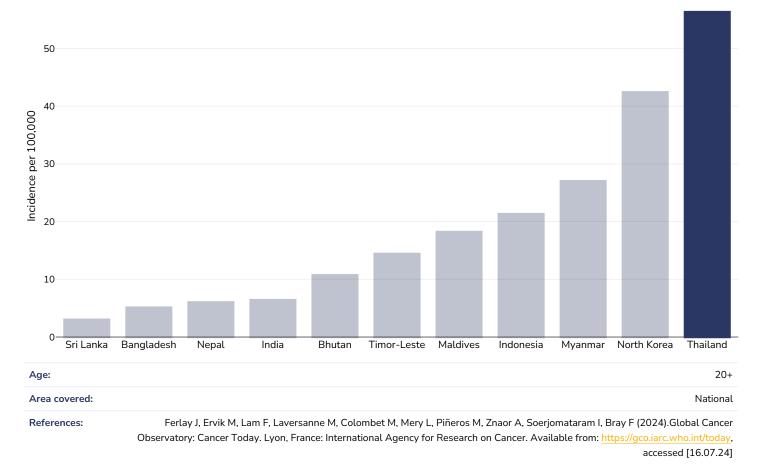
Definitions: Incidence per 100,000

 $Unless \ otherwise \ noted, overweight \ refers \ to \ a \ BMI \ between \ 25kg \ and \ 29.9kg/m^2, obesity \ refers \ to \ a \ BMI \ greater \ than \ 30kg/m^2.$ 

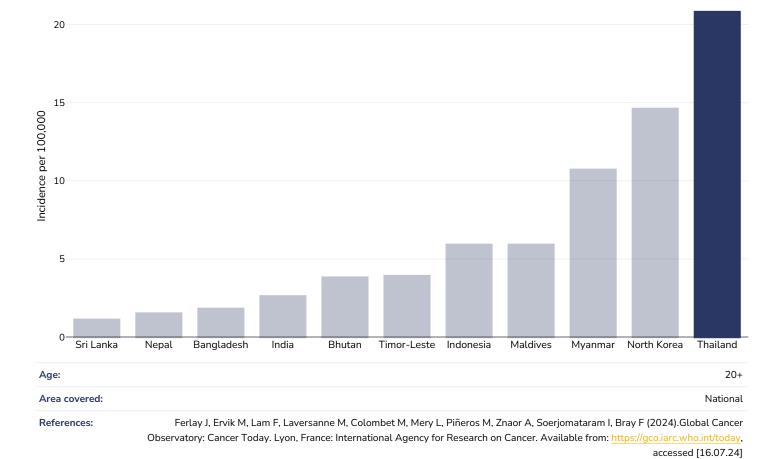


# Liver and intrahepatic bile duct Cancer

### Men, 2022



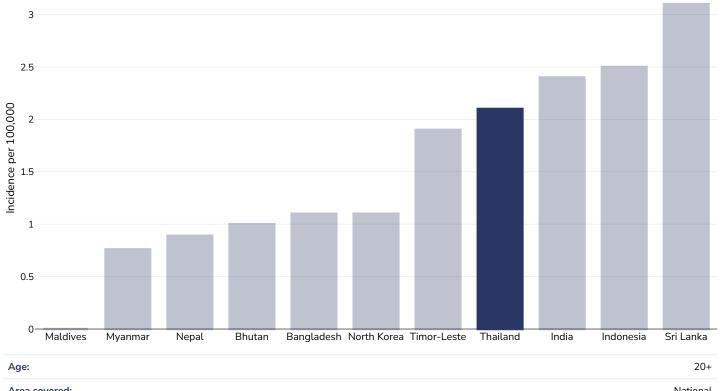






## Multiple Myeloma

### Men, 2022



Area covered: National

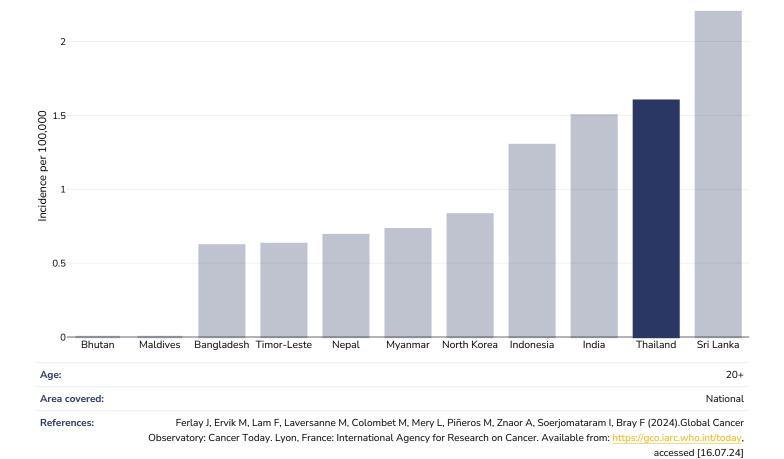
References:

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:** Indicence per 100,000

 $Unless \ otherwise \ noted, overweight \ refers \ to \ a \ BMI \ between \ 25kg \ and \ 29.9kg/m^2, obesity \ refers \ to \ a \ BMI \ greater \ than \ 30kg/m^2.$ 





**Definitions:** 

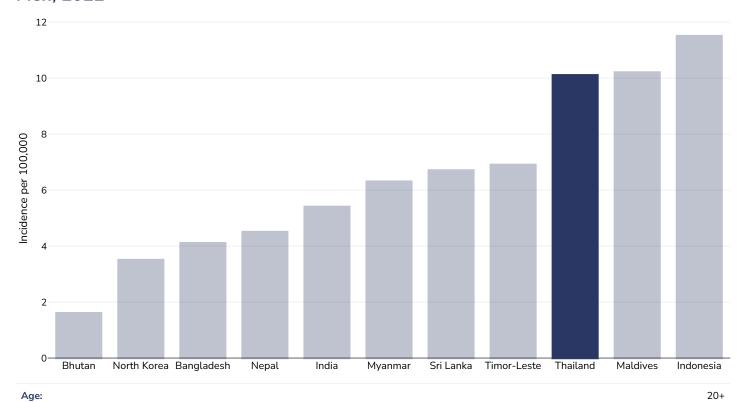
Indicence per 100,000

 $Unless \ otherwise \ noted, overweight \ refers \ to \ a \ BMI \ between \ 25kg \ and \ 29.9kg/m^2, \ obesity \ refers \ to \ a \ BMI \ greater \ than \ 30kg/m^2.$ 



# Non Hodgkin Lymphoma

### Men, 2022



Area covered: National

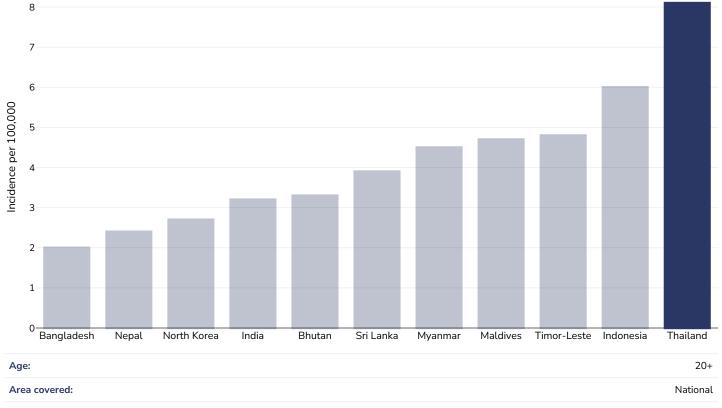
References:

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: <a href="https://gco.iarc.who.int/today">https://gco.iarc.who.int/today</a>, accessed [16.07.24]

Definitions: Incidence per 100,000

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





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: <a href="https://gco.iarc.who.int/today">https://gco.iarc.who.int/today</a>, accessed [16.07.24]

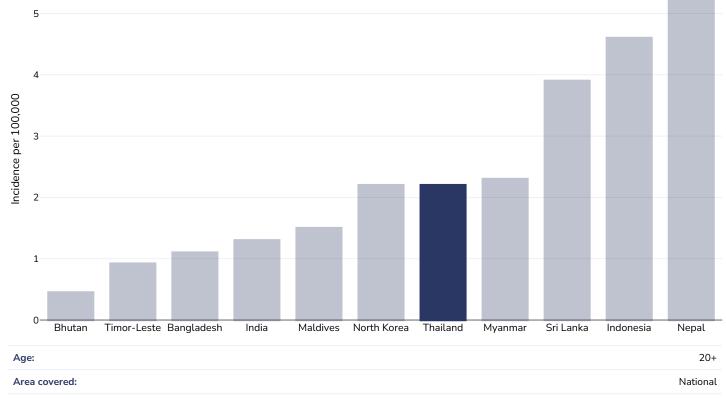
Definitions: Incidence per 100,000

 $Unless \ otherwise \ noted, overweight \ refers \ to \ a \ BMI \ between \ 25kg \ and \ 29.9kg/m^2, \ obesity \ refers \ to \ a \ BMI \ greater \ than \ 30kg/m^2.$ 



## **Thyroid Cancer**

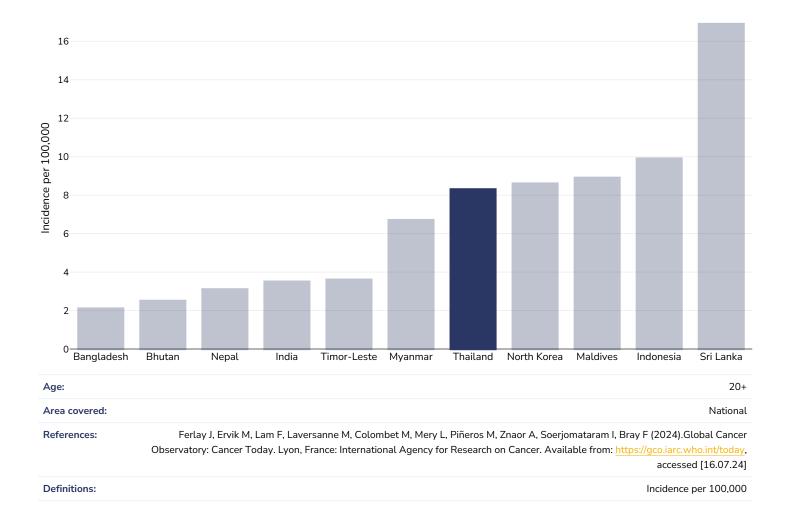
### Men, 2022



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: <a href="https://gco.iarc.who.int/today">https://gco.iarc.who.int/today</a>, accessed [16.07.24]





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