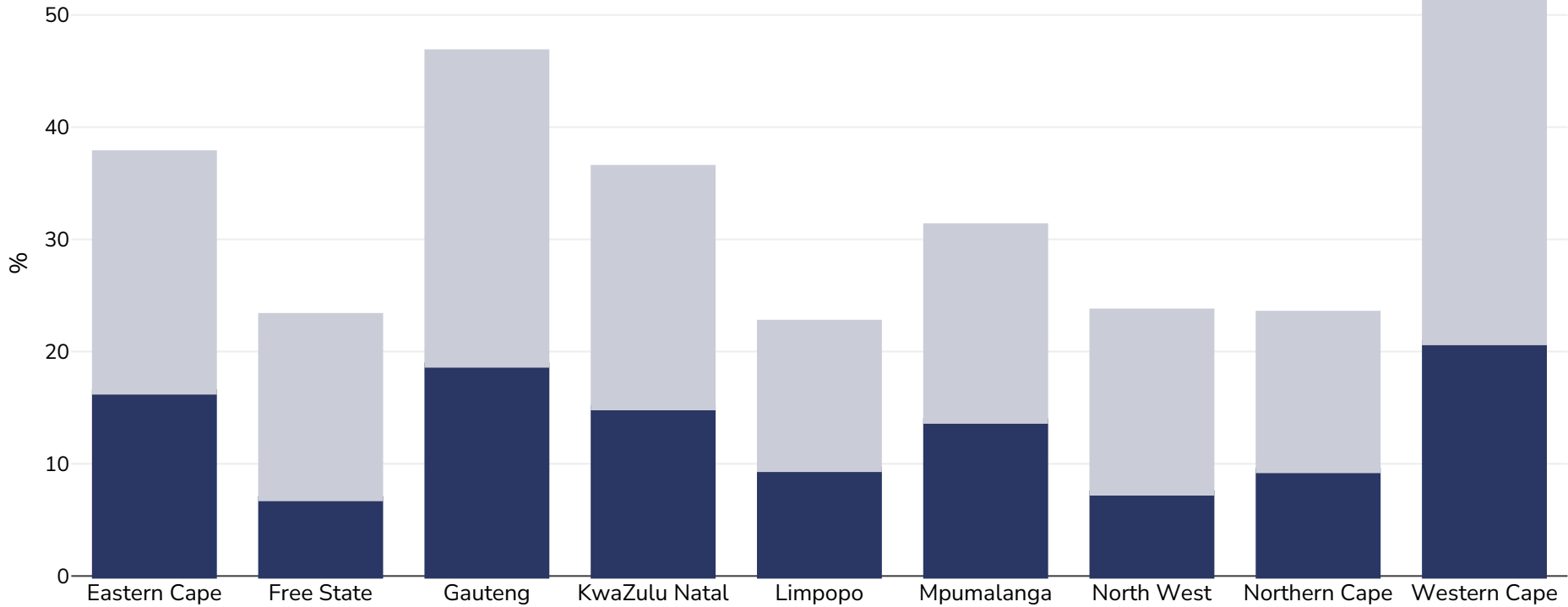


South Africa: Overweight/obesity by region

Men, 2021-2022

■ Obesity ■ Overweight



Survey type: Measured

Age: 18+

Sample size: 30136

Area covered: National

References: Simelane, T. Mutanga, S.S. Hongoro, C. Parker, W. Mjimba V. Zuma, K. Kajombo, R. Ngidi, M. Masamha, B. Mokhele, T. Managa, R. Ngungu, M. Sinyolo, S. Tshililo, F. Ubisi, N. Skhosana, Ndinda, C. Sithole, M. Muthige, M. Lunga, W. Tshitangano, F. Dukhi, N., F. Sewpaul, R. Mkhongi, A. Marinda, E., 2023. National Food and Nutrition Security Survey: National Report: HSRC: Pretoria.

Notes: 10099 men and 19982 women

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