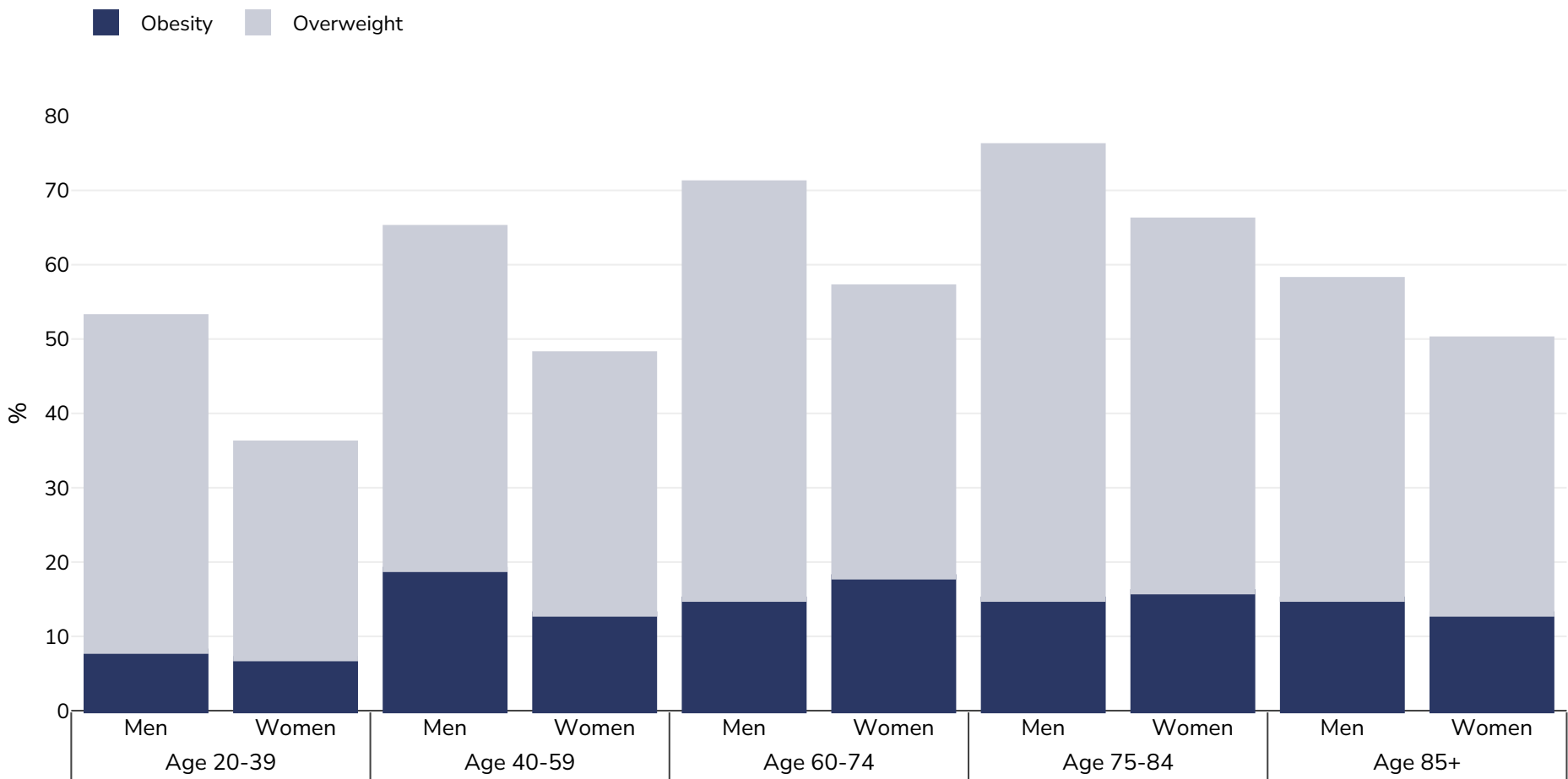


Poland: Overweight/obesity by age



Adults, 2025



Survey type:	Self-reported
Sample size:	3000
Area covered:	National
References:	Poznańska, A., Rabczenko, D. and Wojtyniak, B. 2025. 13. ROZPOWSZECHNIENIE BEHAVIORALNYCH CZYNNIKÓW RYZYKA ZDROWOTNEGO (Prevalence of Behavioural Risk Factors). In B. Wotyniaka and A. Smagi (eds.), SYTUACJA ZDROWOTNA LUDNOŚCI POLSKI I JEJ UWARUNKOWANIA 2025 (Health Status of Polish Population and its Determinants 2025). Available at: https://www.pzh.gov.pl/raport-sytuacja-zdrowotna-ludnosci-polski-i-jej-uwarunkowania-2025/ (Accessed 04.06.25)
Definitions:	Values rounded off to 1%

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