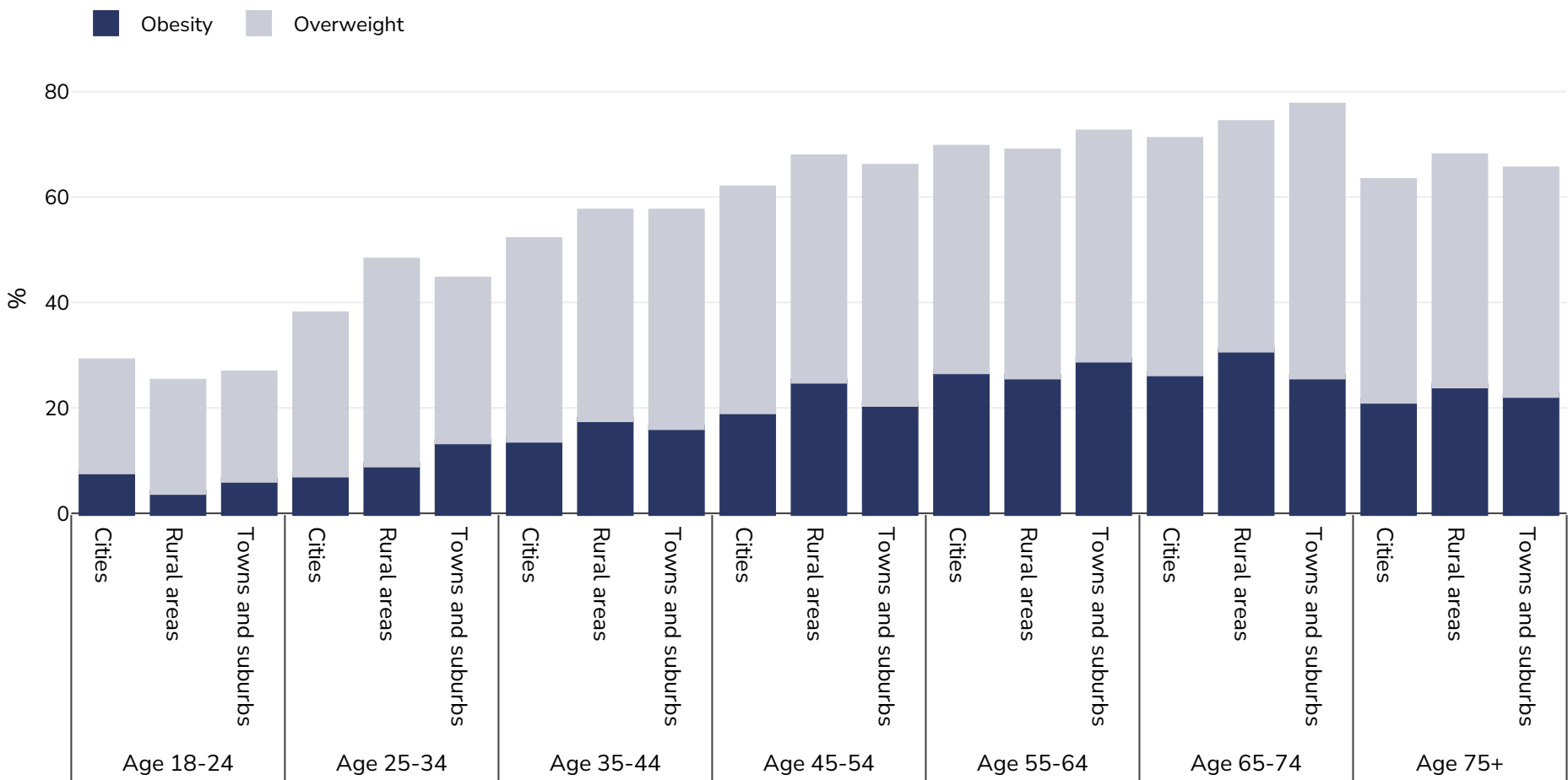


# Poland: Overweight/obesity by age and region



Adults, 2019



Survey type: Self-reported

Area covered: National

References: Eurostat 2019. Available at: [https://ec.europa.eu/eurostat/databrowser/view/hlth\\_ehis\\_bm1u\\_\\_custom\\_16983564/default/table?lang=en&page=time:2019](https://ec.europa.eu/eurostat/databrowser/view/hlth_ehis_bm1u__custom_16983564/default/table?lang=en&page=time:2019) (Last Accessed 05.06.25)

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