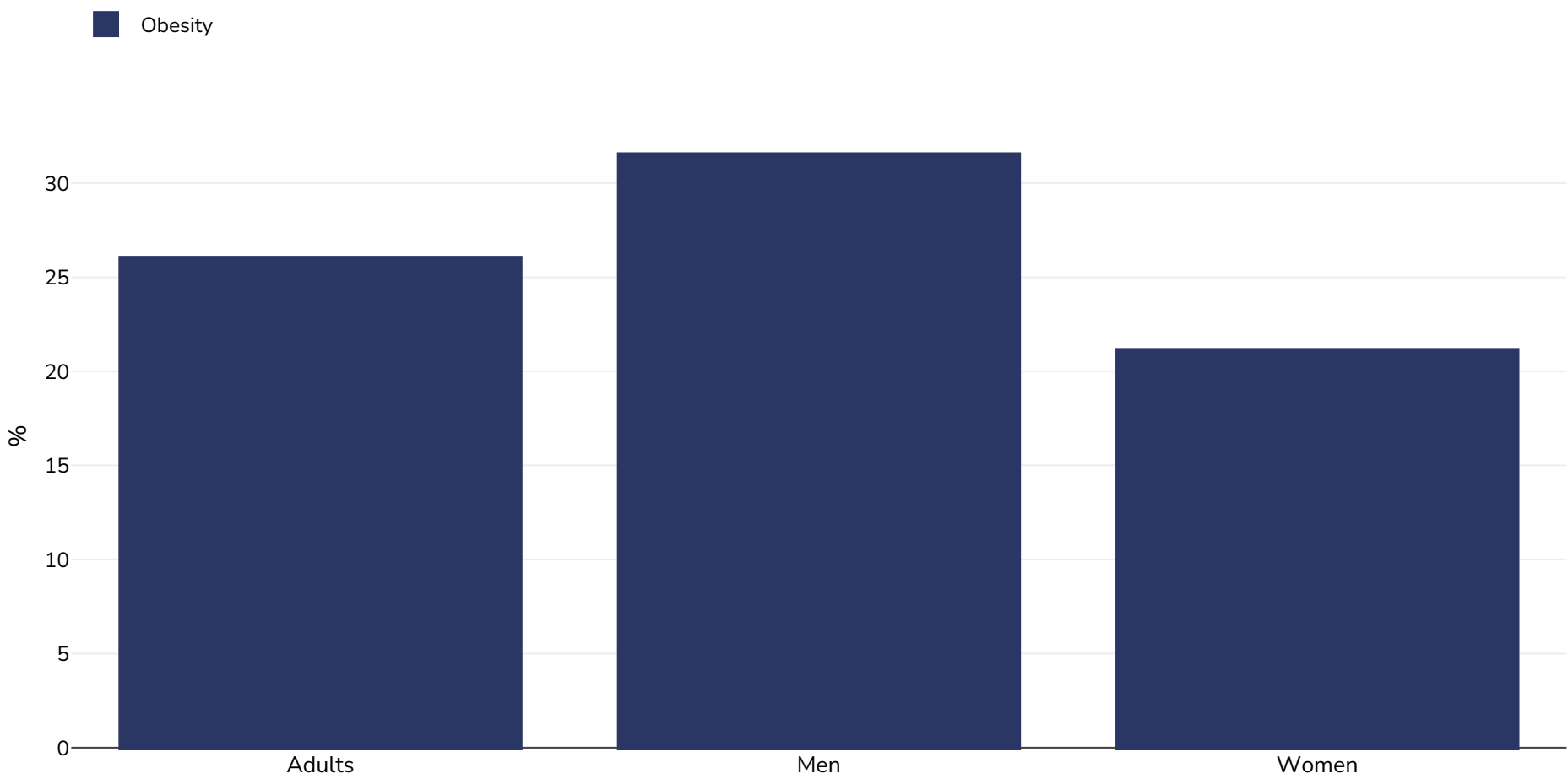


Japan: Obesity prevalence

Adults, 2023



Survey type:	Measured
Age:	20+
Sample size:	4012
Area covered:	National
References:	Ministry of Health, Labor and Welfare. The National Health and Nutrition Survey (NHNS) Japan, 2023. Available at: https://www.mhlw.go.jp/bunya/kenkou/kenkou_eiyou_chousa.html (Accessed 15.05.25)
Notes:	English summary currently unavailable. Excel results with a breakdown of BMI 25-29.9 & 30=> available at https://www.e-stat.go.jp/stat-search/files?page=1&layout=datalist&toukei=00450171&tstat=000001041744&cycle=7&tclass1=000001228532&stat_infid=000040275976&cycle_facet=cycle&tclass2val=0&metadata=1&data=1
Definitions:	The Japanese Society for the Study of Obesity cutoffs define BMI ≥ 25 as obesity. There are four grades of obesity, while WHO standard cutoffs have three grades of obesity. There is no overweight category.
Cutoffs:	Japanese Society for the Study of Obesity Cutoffs

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