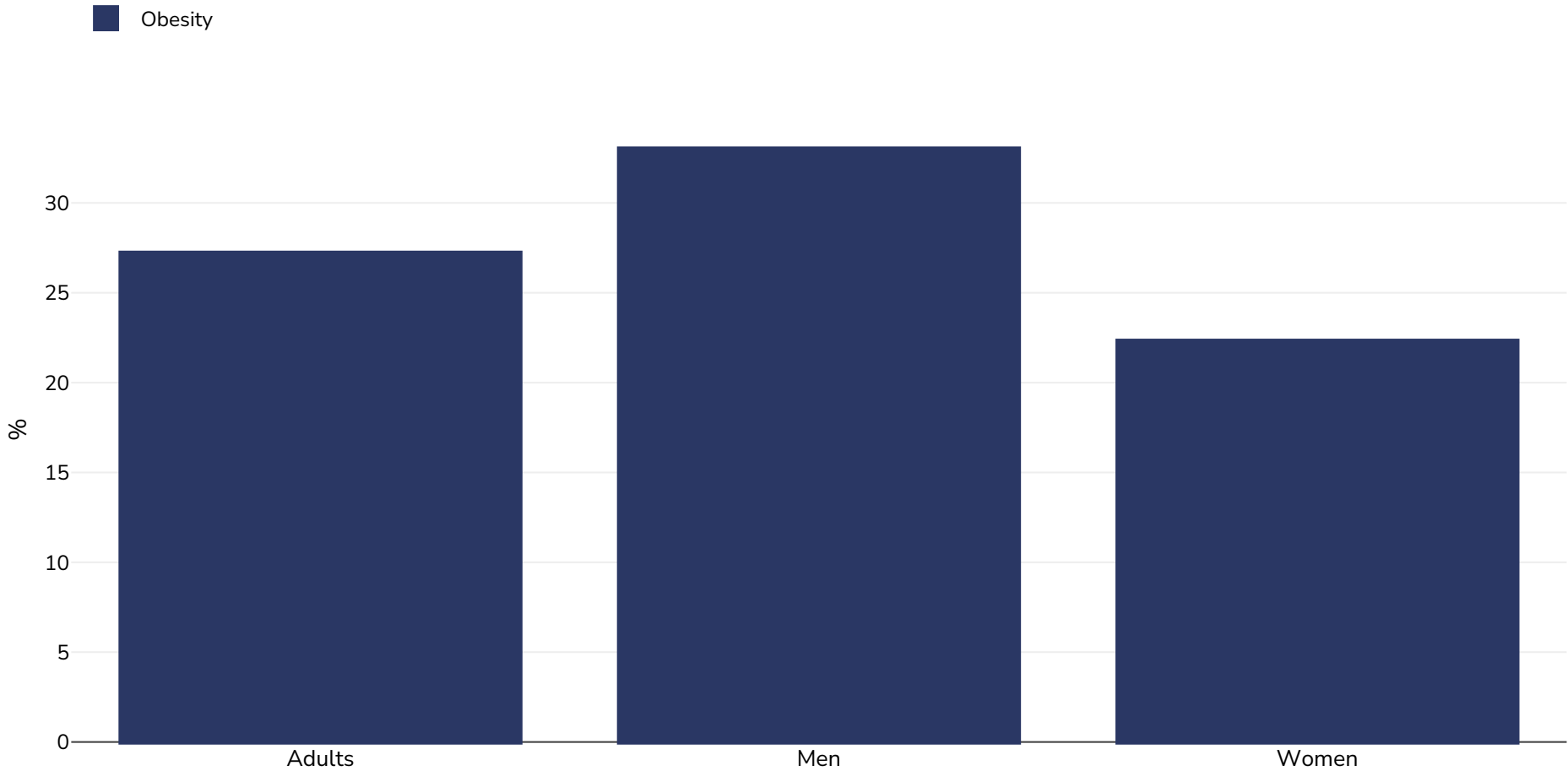


# Japan: Obesity prevalence

Adults, 2019



Survey type:	Measured
Age:	20+
Sample size:	4273
Area covered:	National
References:	Ministry of Health, Labor and Welfare. The National Health and Nutrition Survey (NHNS) Japan, 2019 (English Summary) . Available at <a href="https://www.nibiohn.go.jp/eiken/kenkounippon21/download_files/eiyouchousa/2019.pdf">https://www.nibiohn.go.jp/eiken/kenkounippon21/download_files/eiyouchousa/2019.pdf</a> (last accessed 22.09.22)
Definitions:	The Japan 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:	Japan 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.	