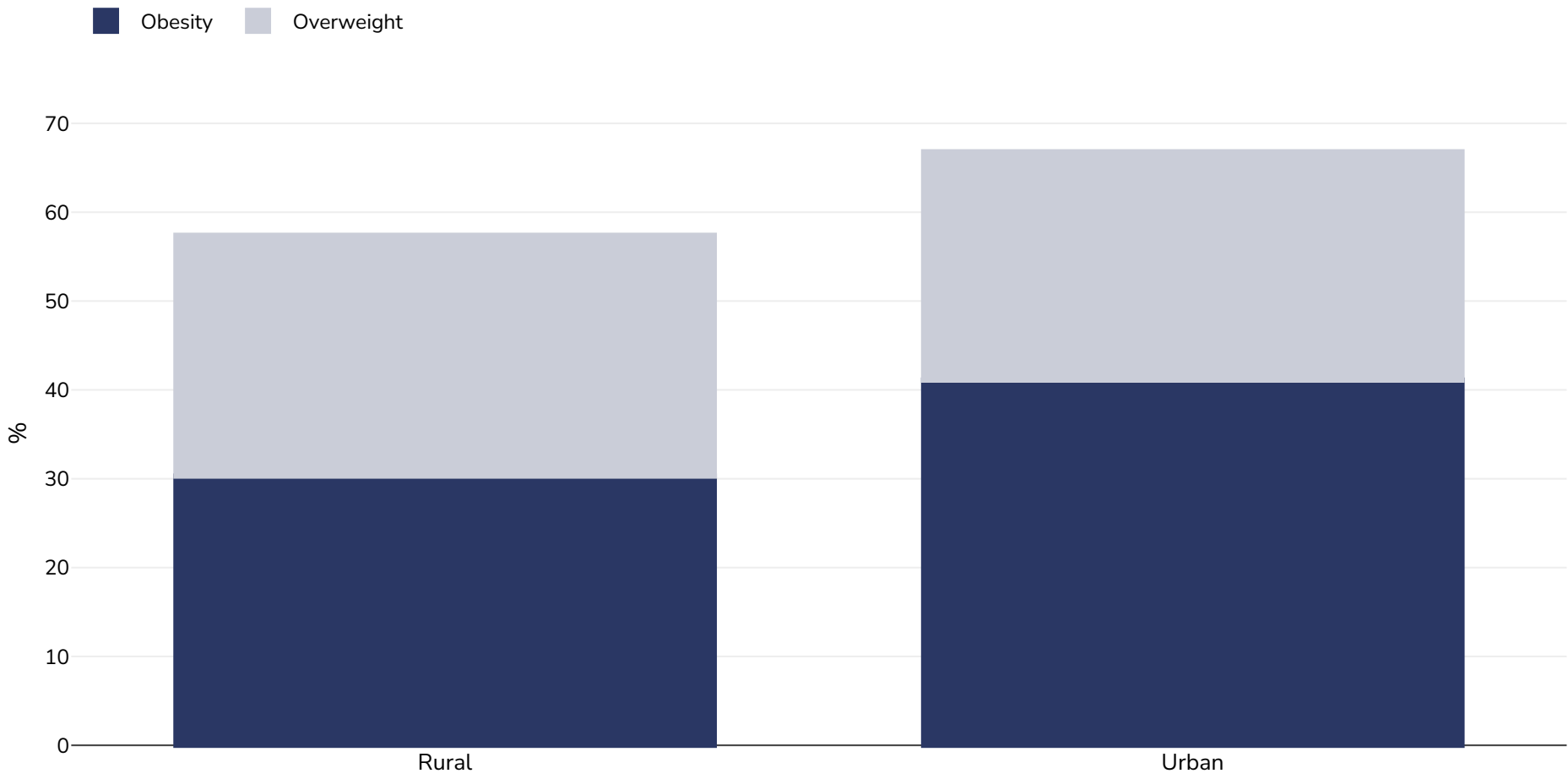


Lesotho: Overweight/obesity by region



Women, 2023-2024



Survey type:	Measured
Age:	20-49
Sample size:	4523
Area covered:	National
References:	Ministry of Health [Lesotho] and ICF. 2024. Lesotho Demographic and Health Survey 2023–24: Final Report. Maseru, Lesotho, and Rockville, Maryland, USA: Ministry of Health and ICF.

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