Overweight Obesity 60 40 % 20 n Cities Cities Cities Cities Cities Cities Cities Towns and suburbs Rural areas Towns and suburbs **Rural areas** Towns and suburbs Rural areas Age 75+ Age 25-34 Age 35-44 Age 55-64 Age 18-24 Age 45-54 Age 65-74 Self-reported Survey type: Area covered: National

Eurostat 2022 Data. Available at <u>https://ec.europa.eu/eurostat/databrowser/view/ilc_hch10/default/table?lang=en</u> (last accessed 30.05.25)

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

Portugal: Overweight/obesity by age and region

Women, 2019

References:

