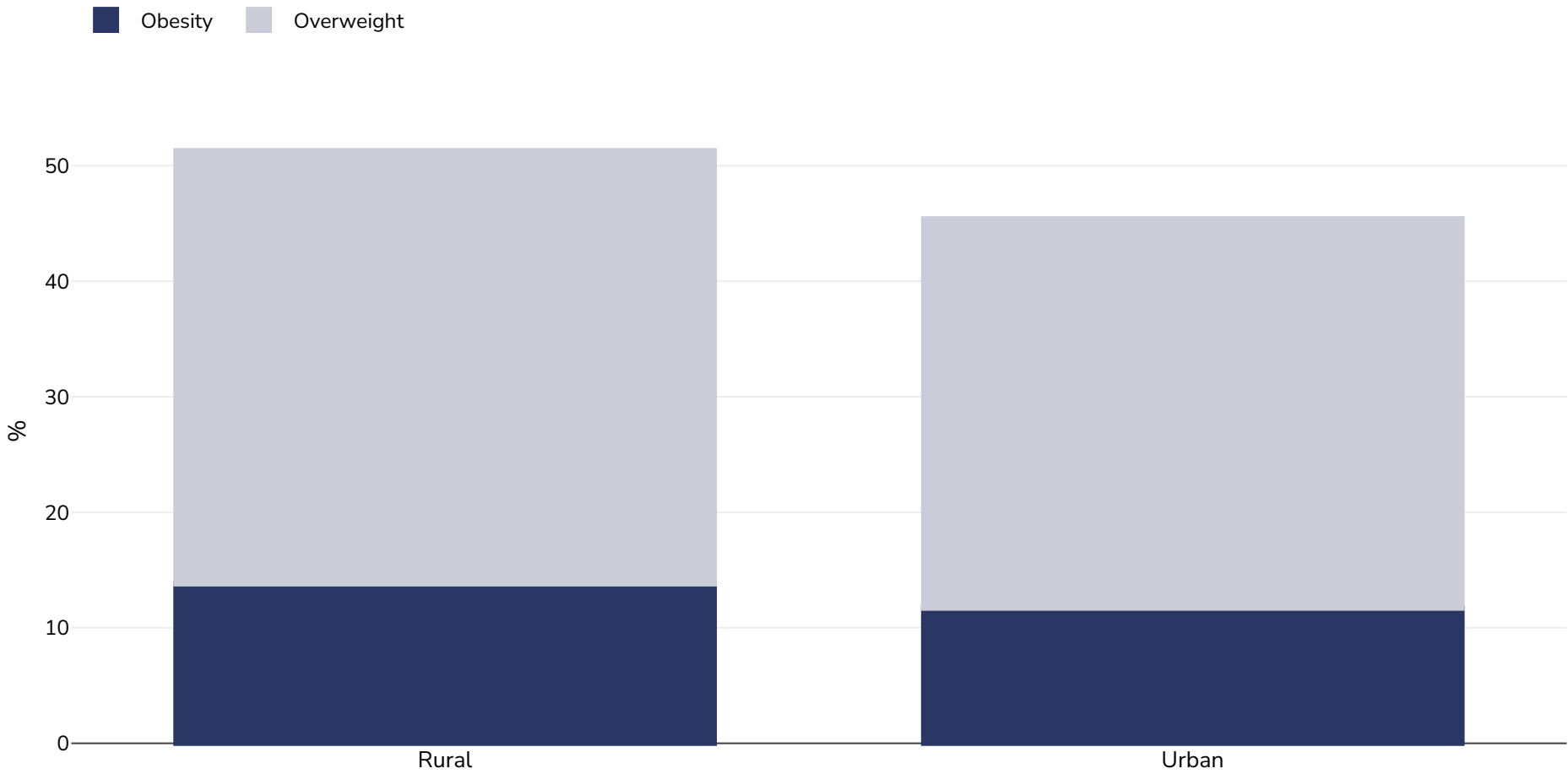


# Poland: Overweight/obesity by region



Women, 2025



|               |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
|---------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Survey type:  | Self-reported                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| Age:          | 20+                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| Sample size:  | 3000                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| Area covered: | National                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
| References:   | Poznańska, A., Rabczenko, D. and Wojtyniak, B. 2025. 13. ROZPOWSZECHNIENIE BEHAWIORALNYCH CZYNNIKÓW RYZYKA ZDROWOTNEGO (Prevalence of Behavioural Risk Factors). In B. Wotyniaka and A. Smagi (eds.), SYTUACJA ZDROWOTNA LUDNOŚCI POLSKI I JEJ UWARUNKOWANIA 2025 (Health Status of Polish Population and its Determinants 2025). Available at: <a href="https://www.pzh.gov.pl/raport-sytuacja-zdrowotna-ludnosci-polski-i-jej-uwarunkowania-2025/">https://www.pzh.gov.pl/raport-sytuacja-zdrowotna-ludnosci-polski-i-jej-uwarunkowania-2025/</a> (Accessed 04.06.25) |
| Notes:        | Age-standardised                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |

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