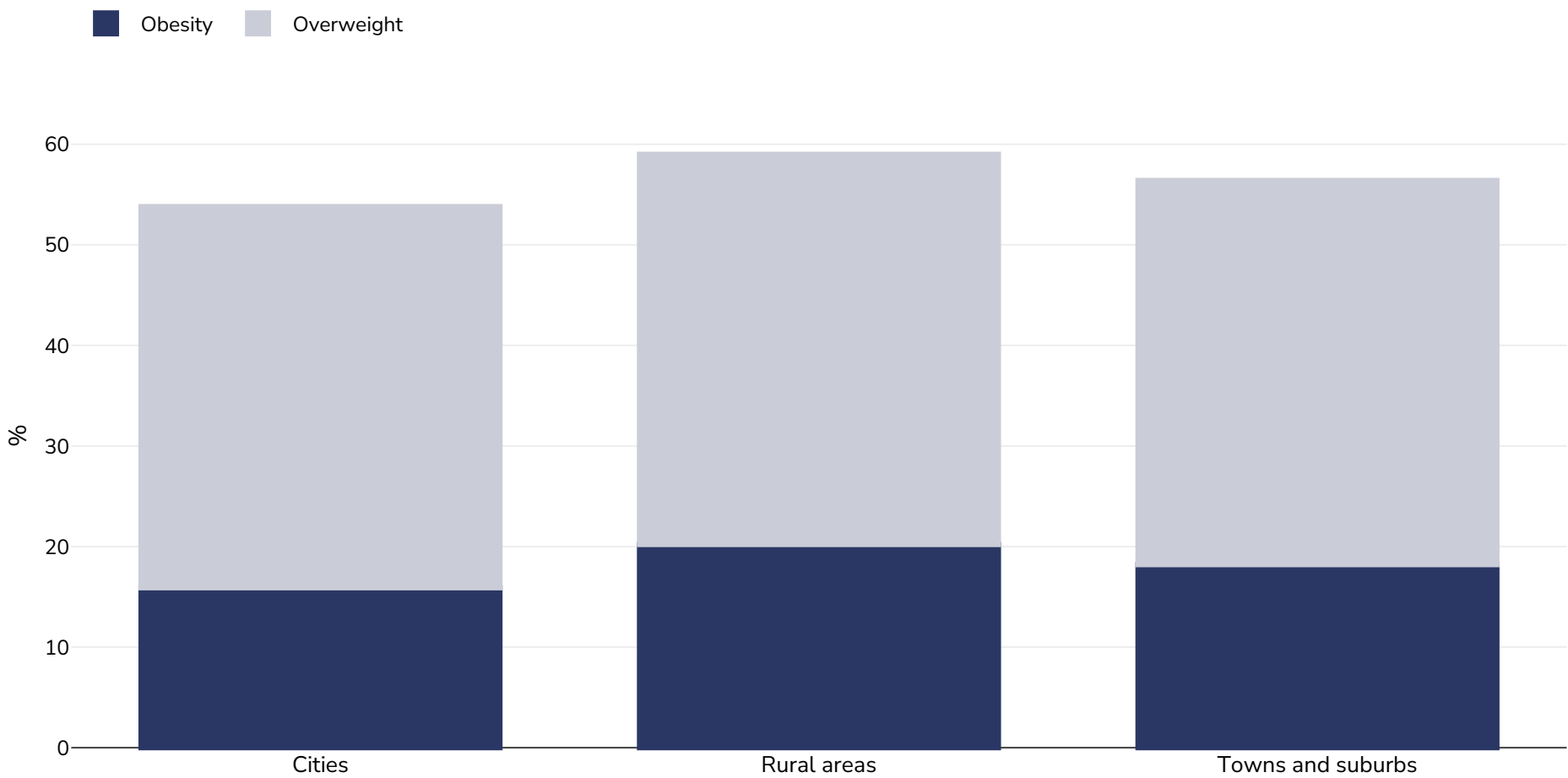


# Portugal: Overweight/obesity by region



Adults, 2019



Survey type:	Self-reported
Age:	18+
Area covered:	National
References:	Eurostat 2019 Data. Available at <a href="https://ec.europa.eu/eurostat/databrowser/view/hlth_ehis_bm1u/default/table?lang=en&amp;category=hlth.hlth_det.hlth_bmi">https://ec.europa.eu/eurostat/databrowser/view/hlth_ehis_bm1u/default/table?lang=en&amp;category=hlth.hlth_det.hlth_bmi</a> (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.