

Argentina

73%

Adults with high BMI in 2025

Overweight and obesity prevalence over time

Projected proportion of adults living with high Body Mass Index (25kg/m^2 and above)

% men with high BMI

Chart

BMI 25-<30 BMI 30-<35 BMI 35+

% women with high BMI

Chart

39%

Adults living with obesity in 2025

Adult population living with high BMI estimated in 2010, 2015 and projected to 2030 (in thousands)

	Men			Women		
BMI (kg/m^2)	2010	2015	2030	2010	2015	2030
25-<30	5,400	5,760	6,250	4,110	4,410	5,110
30-<35	2,480	2,950	4,550	2,210	2,670	4,160
35+	810	1,140	2,610	1,440	1,900	3,640
All high BMI	**8,690**	**9,850**	**13,410**	**7,770**	**8,980**	**12,910**

Totals may not add up due to rounding

26.32m

Adults with high BMI in 2030

The impact of overweight and obesity on other NCDs, 2021

Number of adults living with disease or suffering premature deaths attributable to high BMI

Person years living with ill health

Chart

Type 2 Diabetes Stroke Ischaemic Heart Disease

Premature deaths

Chart

Cancers Other NCDs

10,524

Premature NCD deaths due to high BMI, 2021

National policies, action and risk factors

National guidelines for the management of high BMI	Yes
National guidelines for the management of physical inactivity	Yes
National guidelines for NCD management in primary care	Yes
Survey of adult overweight and obesity in the last five years	Yes
Survey of adult unhealthy diets in the last five years	Yes
Survey of adult physical inactivity in the last five years	Yes
Taxes on sugar-sweetened beverages	Yes
Sugar-sweetened beverage consumption per person per week	**1000-2500ml**
Proportion of adults with insufficient physical activity	**30-40%**

n/a = status not certain or unavailable

381,366

Adult person-years of NCD ill health due to high BMI, 2021

Sources: Institute for Health Metrics 2024, WHO Global Health Observatory 2024, NCD Risk Factor Collaboration 2024, UN Population Division 2024, Lara-Castor et al 2023 (DOI: 10.1038/s41467-023-41269-8), World Obesity Federation 2024.