






















































































































Ranking (% obesity by country), adults


























Prevalence of obesity (BMI \geq 30kg/m²) – Men, 2022

#	Country	% obesity
1	 American Samoa	70.29
2	 Nauru	69.65
3	 Tokelau	67.05
4	 Cook Islands	66.05
5	 Niue	63.71
6	 Tonga	63.37
7	 Tuvalu	57.73
8	 Samoa	52.83
9	 French Polynesia	47.02
10	 United States	41.64
11	 Qatar	40.79
12	 Bahamas	39.78
13	 Palau	39.10
14	 Federated States of Micronesia	39.02
15	 Kuwait	38.88
16	 Romania	38.34
17	 Saudi Arabia	38.13
18	 Marshall Islands	38.09
19	 Saint Kitts and Nevis	37.59
20	 Puerto Rico	36.46
21	 Hungary	36.43
22	 Kiribati	36.08
23	 Malta	36.02
24	 Argentina	35.53
25	 Croatia	34.80
26	 Georgia	34.34
27	 Jordan	34.20

#	Country	% obesity
28	 Chile	34.10
29	 Belize	33.62
30	 Iraq	33.35
31	 New Zealand	32.99
32	 Bahrain	32.91
33	 Egypt	32.48
34	 Mexico	32.22
35	 Poland	32.19
36	 Australia	32.05
37	 Uruguay	31.64
38	 Slovakia	31.42
39	 Paraguay	30.76
40	 Czechia	30.72
41	 Ireland	30.70
42	 Brunei Darussalam	30.22
43	 Greece	30.06
44	 Panama	29.88
45	 Palestine	29.77
46	 Lebanon	29.53
47	 North Macedonia	29.11
48	 United Arab Emirates	29.02
49	 Nicaragua	28.68
50	 Canada	28.16
51	 Libya	28.08
52	 Uzbekistan	27.88
53	 Lithuania	27.87
54	 Barbados	27.78
55	 United Kingdom	26.94
56	 Oman	26.79
57	 Syrian Arab Republic	26.71

#	Country	% obesity
58	 Fiji	26.62
59	 Serbia	26.44
60	 Turkey	26.22
61	 Cyprus	26.18
62	 Latvia	25.72
63	 Slovenia	25.66
64	 Costa Rica	25.55
65	 Brazil	25.05
66	 Kyrgyzstan	24.96
67	 Bermuda	24.47
68	 Antigua and Barbuda	24.40
69	 Greenland	24.37
70	 Russian Federation	24.34
71	 Bulgaria	24.08
72	 Dominican Republic	24.02
73	 Israel	23.81
74	 Iceland	23.64
75	 Peru	23.62
76	 Honduras	23.59
77	 El Salvador	23.44
78	 Bolivia	23.41
79	 Estonia	23.37
80	 Germany	23.08
81	 Ecuador	23.06
82	 Trinidad and Tobago	22.99
83	 Guatemala	22.62
84	 Mongolia	22.46
85	 Bosnia and Herzegovina	22.41
86	 Albania	22.27
87	 Moldova	22.01

#	Country	% obesity
88	 Portugal	21.97
89	 Finland	21.88
90	 Montenegro	21.35
91	 Andorra	21.06
92	 Luxembourg	20.99
93	 Norway	20.93
94	 Saint Lucia	20.87
95	 Venezuela	20.82
96	 Ukraine	20.77
97	 Seychelles	20.58
98	 Tajikistan	20.57
99	 Pakistan	20.49
100	 Azerbaijan	20.39
101	 Belarus	20.13
102	 Tunisia	19.92
103	 Armenia	19.81
104	 Belgium	19.79
105	 Suriname	19.67
106	 Turkmenistan	19.60
107	 Spain	19.39
108	 Saint Vincent and the Grenadines	19.23
109	 Jamaica	19.21
110	 Cuba	19.19
111	 Kazakhstan	19.07
112	 Grenada	19.06
113	 Austria	18.81
114	 Colombia	18.58
115	 Dominica	18.38
116	 Iran	18.26
117	 Solomon Islands	18.13

#	Country	% obesity
118	 Guyana	18.10
119	 Italy	17.97
120	 Malaysia	17.70
121	 Sweden	17.18
122	 Vanuatu	17.04
123	 Papua New Guinea	16.61
124	 Singapore	16.09
125	 Algeria	16.03
126	 Denmark	15.70
127	 Eswatini	15.62
128	 Switzerland	15.07
129	 Netherlands	15.05
130	 Afghanistan	14.88
131	 South Africa	14.50
132	 Morocco	13.79
133	 Maldives	13.23
134	 Mauritius	13.07
135	 Liberia	13.05
136	 Taiwan	12.44
137	 Thailand	12.10
138	 Sudan	11.74
139	 Gabon	11.41
140	 Namibia	10.65
141	 Yemen	10.49
142	 Mali	10.24
143	 France	10.18
144	 Sao Tome and Principe	10.06
145	 Gambia	9.77
146	 Cameroon	9.69
147	 Bhutan	9.61




























#	Country	% obesity
148	 Mauritania	9.25
149	 China	8.94
150	 Lesotho	8.82
151	 South Korea	8.82
152	 Cabo Verde	8.79
153	 Botswana	8.76
154	 North Korea	8.65
155	 Nigeria	8.52
156	 Comoros	8.31
157	 Equatorial Guinea	8.08
158	 Cote d'Ivoire	7.95
159	 Guinea-Bissau	7.86
160	 Chad	7.71
161	 Japan	7.63
162	 Benin	7.41
163	 Philippines	7.34
164	 Sri Lanka	6.76
165	 Haiti	6.73
166	 Tanzania	6.73
167	 Angola	6.53
168	 Indonesia	6.53
169	 Mozambique	6.50
170	 Burundi	6.36
171	 Djibouti	6.35
172	 Central African Republic	6.33
173	 Kenya	6.32
174	 Guinea	6.16
175	 Somalia	6.07
176	 Laos	6.06
177	 Togo	5.88































#	Country	% obesity
178	 Zimbabwe	5.73
179	 Myanmar	5.67
180	 India	5.38
181	 Ghana	5.37
182	 Zambia	5.34
183	 South Sudan	5.32
184	 Nepal	4.97
185	 Madagascar	4.63
186	 Niger	4.51
187	 Congo	4.38
188	 Democratic Republic of Congo	4.38
189	 Uganda	4.25
190	 Burkina Faso	4.17
191	 Senegal	4.06
192	 Malawi	3.21
193	 Cambodia	3.12
194	 Bangladesh	2.97
195	 Eritrea	2.93
196	 Sierra Leone	2.79
197	 Vietnam	1.97
198	 Rwanda	1.84
199	 Timor-Leste	1.58
200	 Ethiopia	1.10































Source: NCD risk estimates































Ranking (% obesity by country), adults





























Prevalence of obesity (BMI \geq 30kg/m²) – Women, 2022































#	Country	% obesity
1	 Tonga	81.46
2	 American Samoa	81.42
3	 Samoa	74.93
4	 Tokelau	74.90
5	 Tuvalu	73.17
6	 Cook Islands	73.11
7	 Nauru	72.52
8	 Niue	70.90
9	 Egypt	58.99
10	 Federated States of Micronesia	57.45
11	 Kiribati	57.16
12	 Marshall Islands	56.52
13	 Bahamas	55.81
14	 Saint Kitts and Nevis	55.10
15	 Belize	53.07
16	 Qatar	52.46
17	 French Polynesia	51.03
18	 Kuwait	49.94
19	 Jamaica	49.63
20	 Saint Vincent and the Grenadines	49.55
21	 Iraq	49.50
22	 Barbados	49.15
23	 Saudi Arabia	48.34
24	 Libya	47.67
25	 South Africa	47.35
26	 Palestine	47.24
27	 Saint Lucia	47.15

#	Country	% obesity
28	 Puerto Rico	47.05
29	 Jordan	46.10
30	 Dominica	45.77
31	 Eswatini	45.43
32	 Palau	45.30
33	 Chile	45.17
34	 Bahrain	44.32
35	 Panama	44.23
36	 United States	43.82
37	 Fiji	43.22
38	 Grenada	43.17
39	 Antigua and Barbuda	42.81
40	 Bermuda	42.79
41	 Syrian Arab Republic	42.70
42	 Turkey	42.62
43	 Mexico	41.28
44	 Oman	41.21
45	 Seychelles	40.88
46	 United Arab Emirates	40.80
47	 Nicaragua	40.24
48	 Suriname	39.85
49	 Guyana	39.38
50	 Costa Rica	39.04
51	 El Salvador	38.46
52	 Argentina	37.24
53	 Honduras	37.17
54	 Paraguay	37.15
55	 Uruguay	36.66
56	 Dominican Republic	36.52
57	 Georgia	36.47

#	Country	% obesity
58	 Mauritania	36.15
59	 Bolivia	35.58
60	 New Zealand	35.55
61	 Tunisia	35.30
62	 Trinidad and Tobago	34.64
63	 Uzbekistan	34.16
64	 Azerbaijan	34.10
65	 Brunei Darussalam	34.10
66	 Lesotho	33.91
67	 Ecuador	33.49
68	 Algeria	33.40
69	 Gabon	32.87
70	 Brazil	32.60
71	 Peru	32.53
72	 Guatemala	32.42
73	 Iran	32.04
74	 Romania	31.95
75	 Lebanon	31.76
76	 Morocco	31.40
77	 Greenland	31.14
78	 Equatorial Guinea	30.40
79	 Australia	30.00
80	 Colombia	29.92
81	 Kyrgyzstan	29.75
82	 Malta	29.38
83	 Armenia	29.36
84	 Hungary	28.94
85	 Tajikistan	28.76
86	 Solomon Islands	28.69
87	 United Kingdom	28.30

#	Country	% obesity
88	 Croatia	28.26
89	 Botswana	28.25
90	 Ireland	27.86
91	 North Macedonia	27.72
92	 Greece	27.69
93	 Ukraine	27.50
94	 Malaysia	27.34
95	 Mongolia	27.15
96	 Vanuatu	27.12
97	 Pakistan	26.94
98	 Albania	26.34
99	 Papua New Guinea	25.99
100	 Mauritius	25.93
101	 Cuba	25.87
102	 Venezuela	25.77
103	 Comoros	25.39
104	 Canada	25.32
105	 Moldova	25.21
106	 Russian Federation	25.14
107	 Turkmenistan	24.66
108	 Poland	24.62
109	 Afghanistan	24.39
110	 Maldives	24.22
111	 Sao Tome and Principe	24.22
112	 Lithuania	24.12
113	 Latvia	23.98
114	 Slovakia	23.90
115	 Somalia	23.84
116	 Namibia	23.83
117	 Cabo Verde	23.82

#	Country	% obesity
118	 Belarus	23.70
119	 Sudan	23.16
120	 Czechia	23.10
121	 Portugal	23.02
122	 Israel	22.52
123	 Estonia	22.21
124	 Finland	22.07
125	 Zimbabwe	21.80
126	 Liberia	21.71
127	 Bosnia and Herzegovina	21.55
128	 Belgium	21.21
129	 Cameroon	21.20
130	 Ghana	21.14
131	 Cyprus	20.91
132	 Gambia	20.82
133	 Serbia	20.03
134	 Iceland	19.78
135	 Kenya	19.31
136	 Tanzania	19.02
137	 Germany	18.96
138	 Kazakhstan	18.92
139	 Thailand	18.60
140	 Bulgaria	18.56
141	 Togo	18.11
142	 Norway	18.10
143	 Yemen	17.70
144	 Italy	17.65
145	 Nigeria	17.26
146	 Luxembourg	17.03
147	 Zambia	16.99

#	Country	% obesity
148	 Djibouti	16.94
149	 Angola	16.88
150	 Indonesia	16.58
151	 Cote d'Ivoire	16.32
152	 Senegal	16.23
153	 Montenegro	16.14
154	 Bhutan	16.12
155	 Andorra	16.05
156	 Benin	15.62
157	 Guinea-Bissau	15.48
158	 Haiti	15.30
159	 Netherlands	14.92
160	 Sri Lanka	14.68
161	 Mozambique	14.28
162	 Slovenia	14.13
163	 Sweden	14.00
164	 Mali	13.43
165	 North Korea	13.42
166	 Congo	13.29
167	 Guinea	13.23
168	 Spain	13.03
169	 Central African Republic	12.81
170	 Austria	12.62
171	 Malawi	12.28
172	 South Sudan	12.19
173	 Sierra Leone	11.86
174	 Uganda	11.77
175	 Singapore	11.65
176	 Denmark	11.42
177	 Philippines	10.63

#	Country	% obesity
178	 Laos	10.50
179	 Taiwan	10.08
180	 Switzerland	9.91
181	 France	9.82
182	 India	9.78
183	 Myanmar	9.73
184	 Burkina Faso	9.62
185	 Democratic Republic of Congo	9.35
186	 Nepal	9.22
187	 Rwanda	8.01
188	 Niger	7.95
189	 Bangladesh	7.81
190	 China	7.78
191	 Eritrea	6.89
192	 Chad	6.31
193	 Cambodia	5.86
194	 South Korea	5.65
195	 Ethiopia	4.71
196	 Madagascar	4.26
197	 Burundi	4.20
198	 Japan	3.63
199	 Timor-Leste	3.27
200	 Vietnam	2.11

Source: NCD ris C estimates

NCD Risk Factor Collaboration (NCD-RisC). Worldwide trends in underweight and obesity from 1990 to 2022 of 3663 population representative studies with 222 million children, adolescents, and adults. Lancet. 2024 [https://doi.org/10.1016/S0140-6736\(23\)02750-2](https://doi.org/10.1016/S0140-6736(23)02750-2) Data downloaded and reproduced with permission: <http://ncdrisc.org/data-downloads-adiposity.html>

Date last updated March 1, 2024