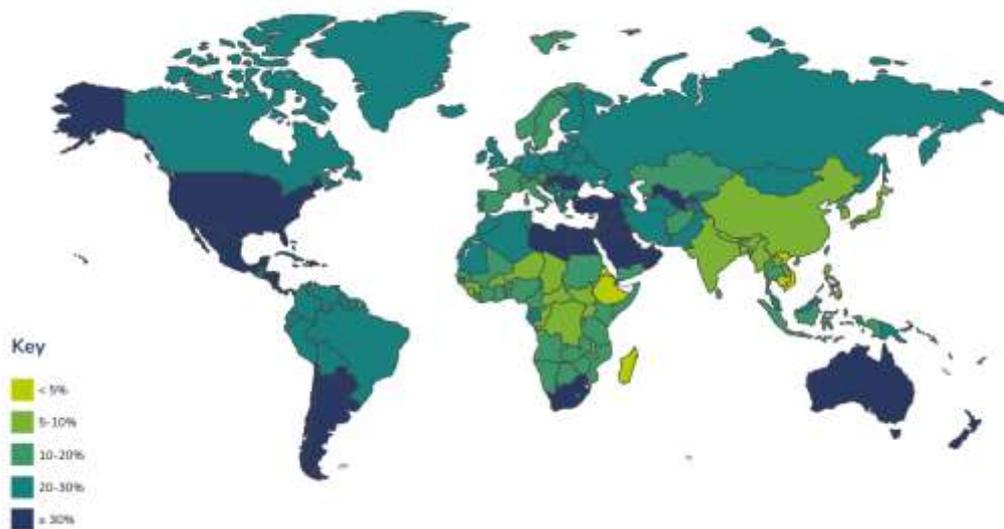




Obesity epidemiology

In 2021, an estimated 2.1 billion adults aged 25 years and older worldwide were affected by overweight and obesity, which is almost half of the total adult population (45.1%) globally. Of these individuals, about 16% meet the BMI-based criteria for obesity (BMI $\geq 30\text{kg/m}^2$).



© World Obesity Federation, London; Source: NCD RisC: <https://www.ncdrisc.org/data-downloads-adiposity.html>

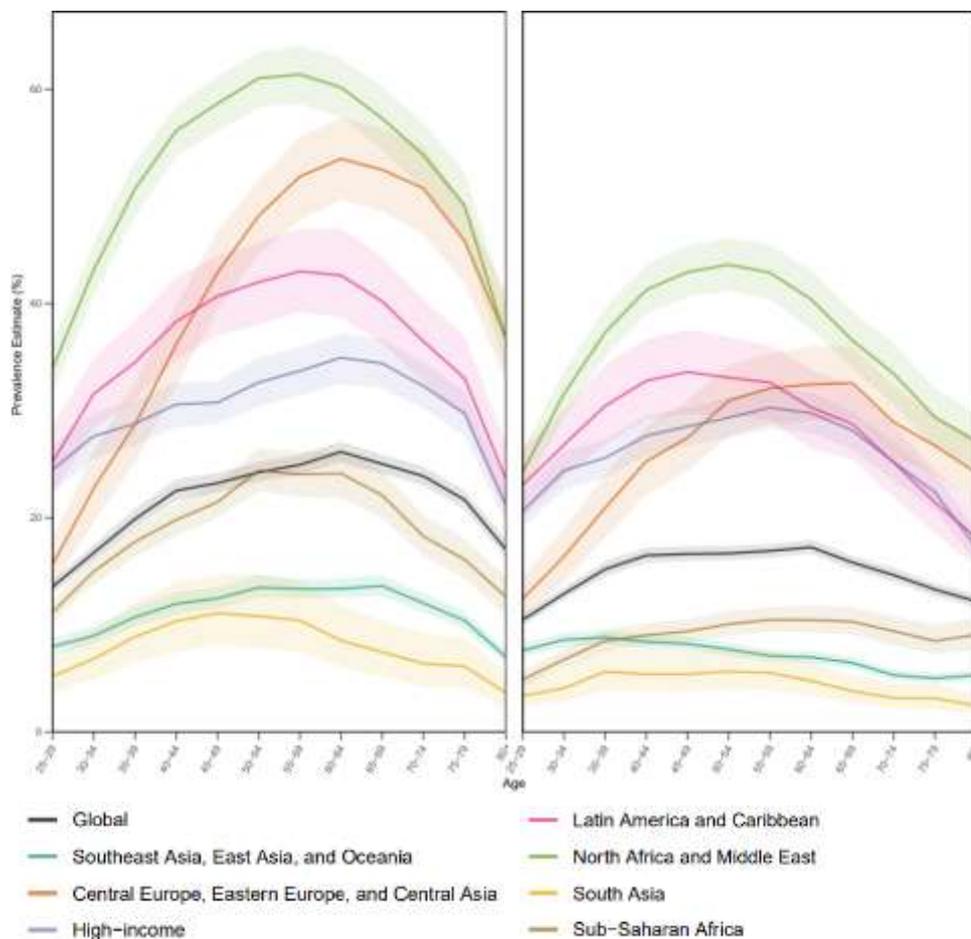
Assuming historical patterns to continue into the future, it has been forecasted that by 2050, the total number of adult individuals with obesity would be 1.95 billion. This implies that approximately 1 in 3 adults over the age of 25 are expected to experience obesity by 2050, among whom about a quarter will be over the age of 65. The latest national obesity prevalence data can be found [here](#).



Obesity epidemiology

Global obesity prevalence has increased substantially, with sex-specific trends: females: 10.2% (1990) to 20.8% (2021), and males: 5.8% (1990) to 14.8% (2021)

Obesity prevalence among females was consistently higher than that of males across all super-regions, irrespective of age. The gap between sexes was more substantial in low-income and middle-income regions, such as sub-Saharan Africa and south Asia.



Estimated prevalence of obesity (BMI ≥ 30 kg/m²) with 95% uncertainty interval by age (x-axis) and sex in 2021 at the global and super-regional levels. Figure was reproduced with permission from GBD 2021 Adolescent BMI Collaborators (2025). Global, regional, and national prevalence of child and adolescent overweight and obesity, 1990-2021, with forecasts to 2050: a forecasting study for the Global Burden of Disease Study 2021. *Lancet (London, England)*, 405(10481), 785-812.