

State of Obesity Globally

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The National Academy of Sciences Building
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The God of Wealth, 2nd Century AD,
National Museum of India, Delhi



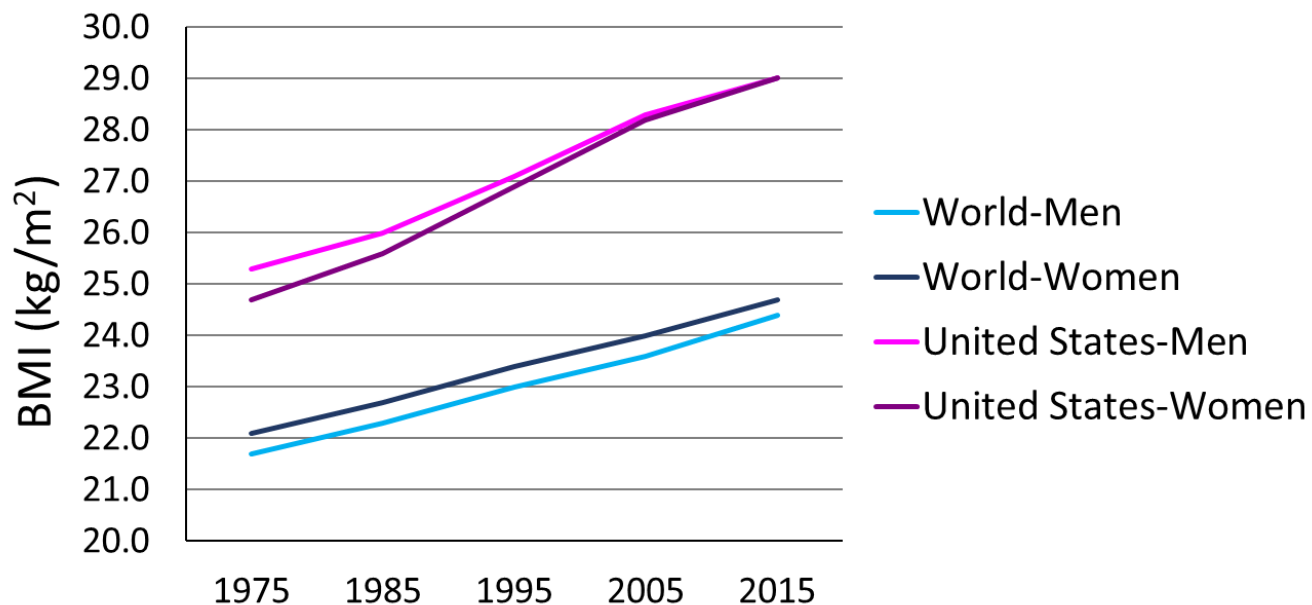
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Outline

- Global trends in BMI and obesity
 - Adults vs. children & adolescents
 - Geographic differences
 - SES differences
- Consequences of an unabated epidemic

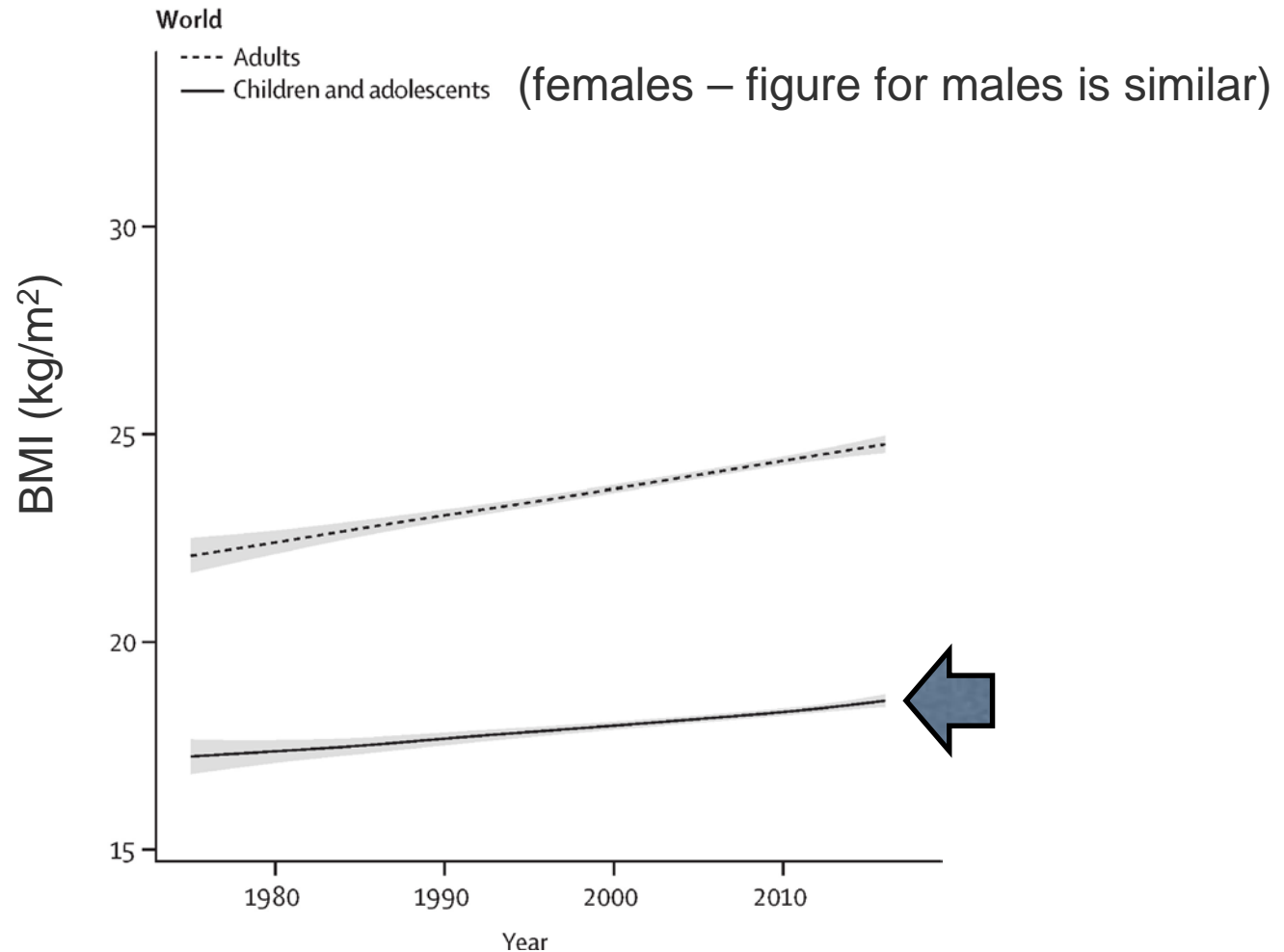
Global Trends in Adult Body Mass Index (BMI)



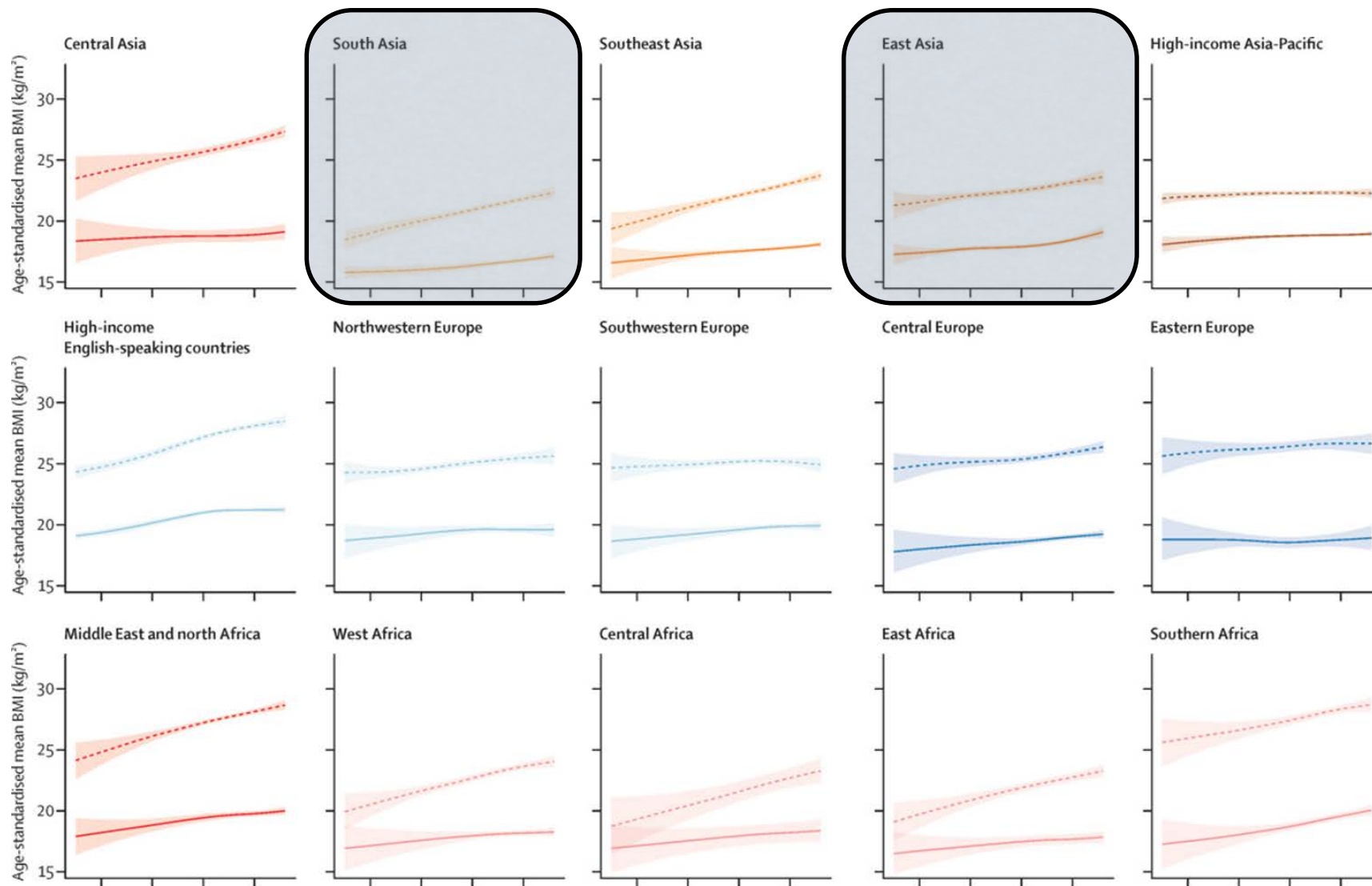
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Trends in Children & Adolescent BMI (5-19 years)



Regional Differences in BMI - Females



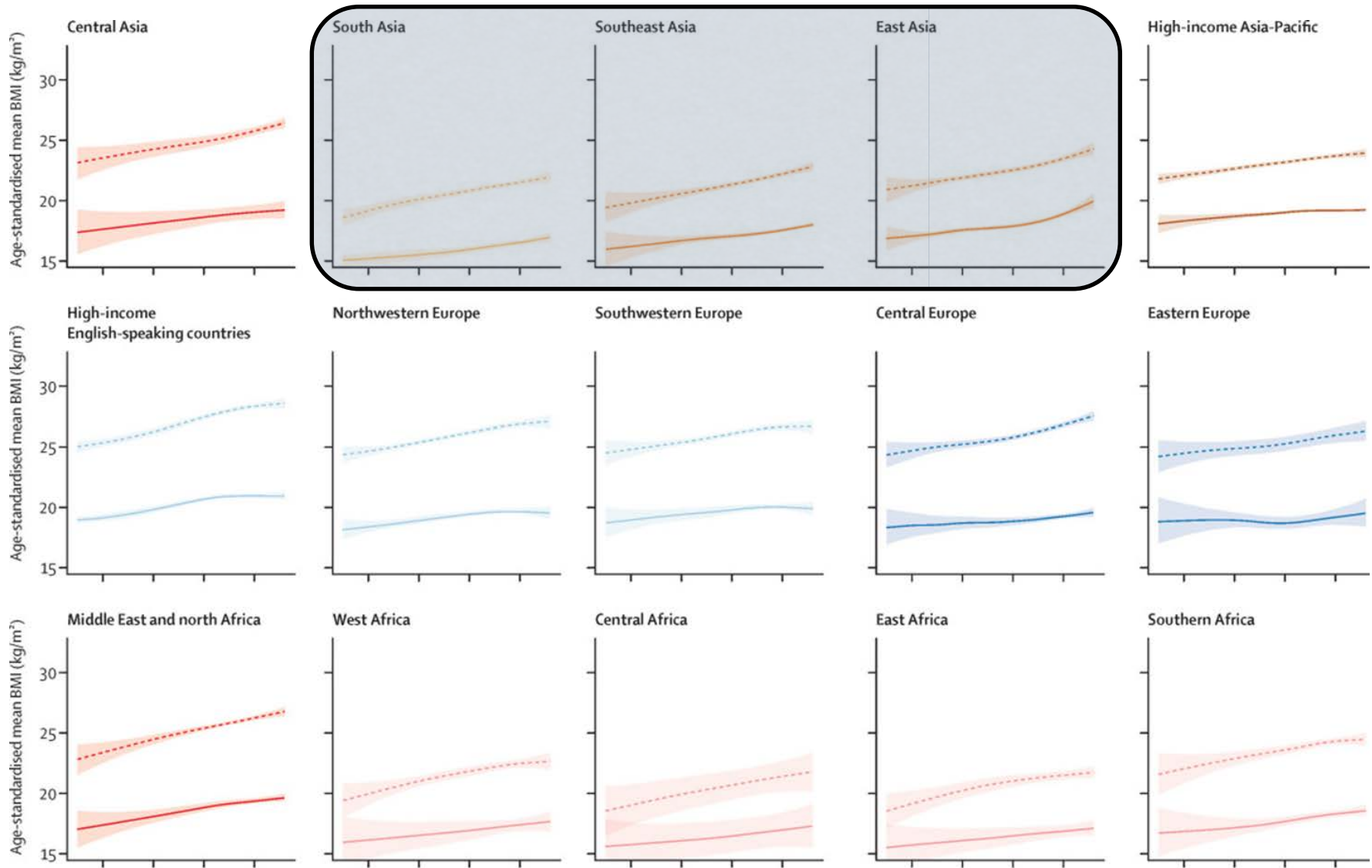
Dotted line = adults, Solid line = children & adolescents



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Regional Differences in BMI - Males



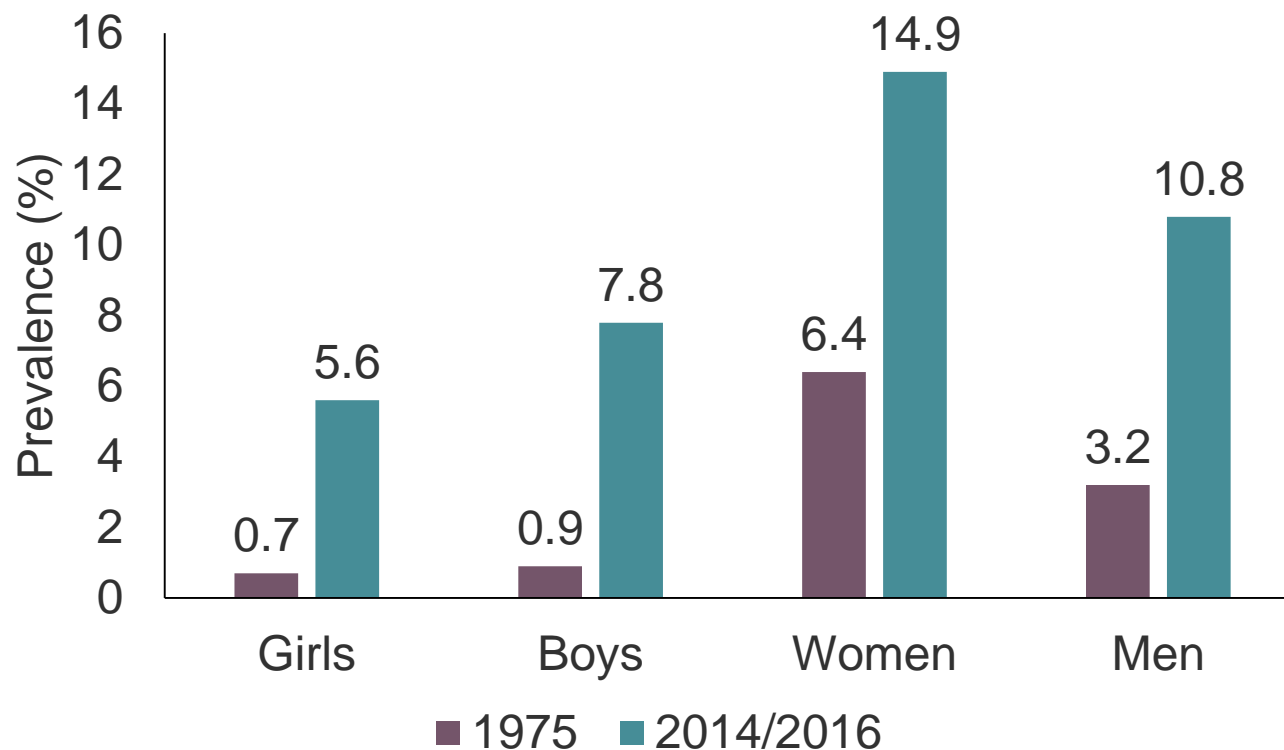
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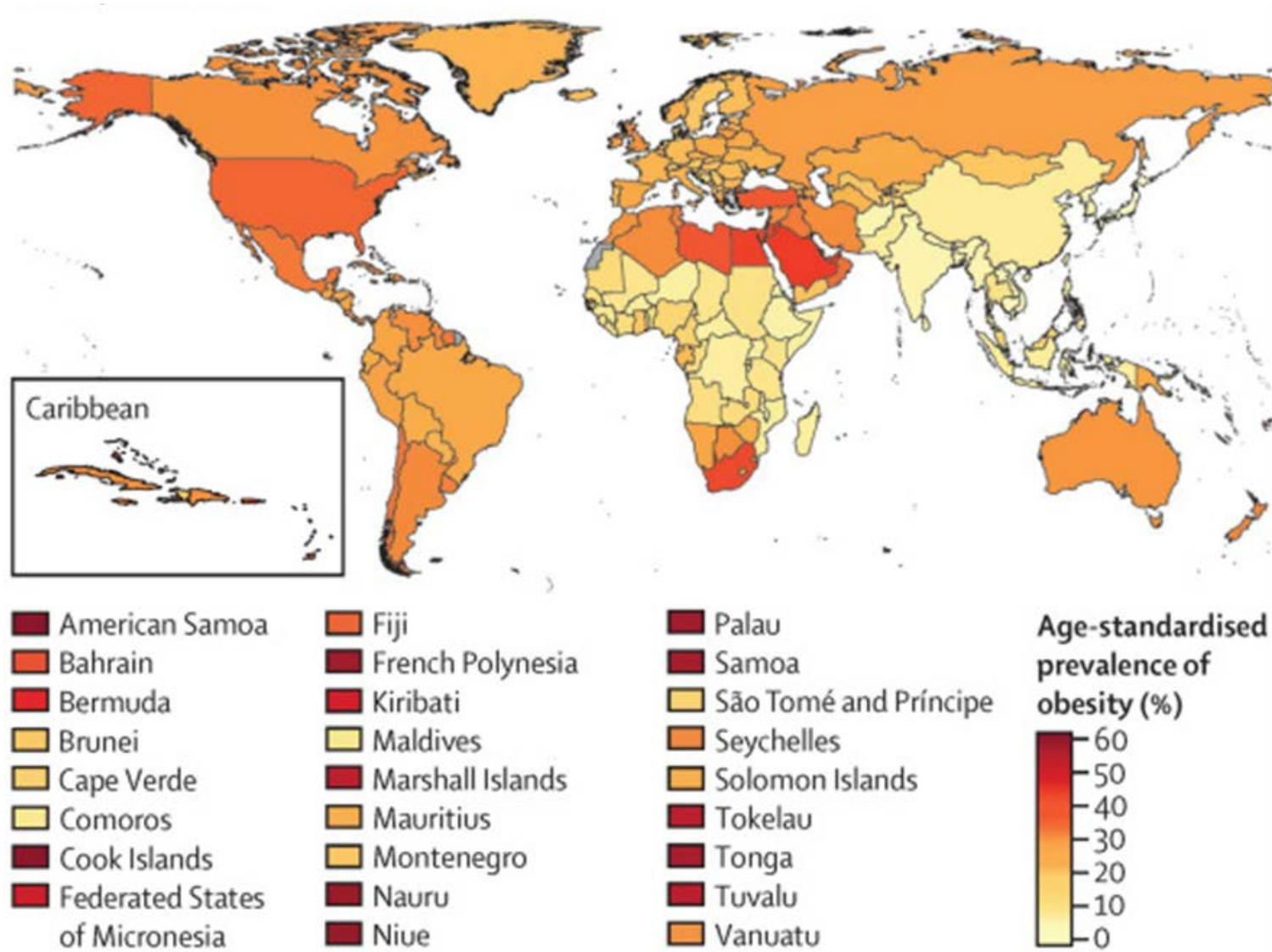
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Trends in Global Prevalence of Obesity



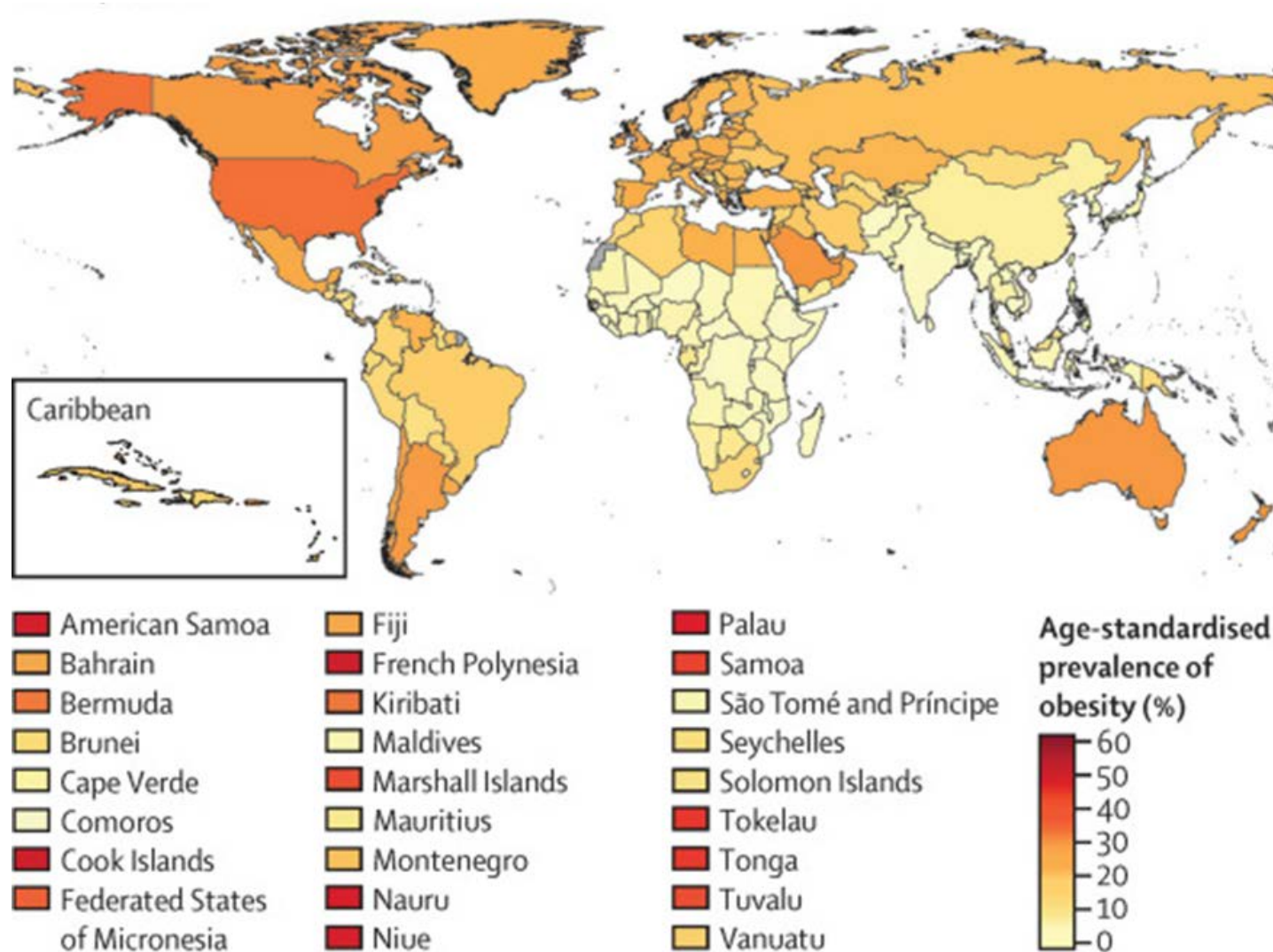
Between-Country Differences in Obesity Prevalence Among Women, 2014



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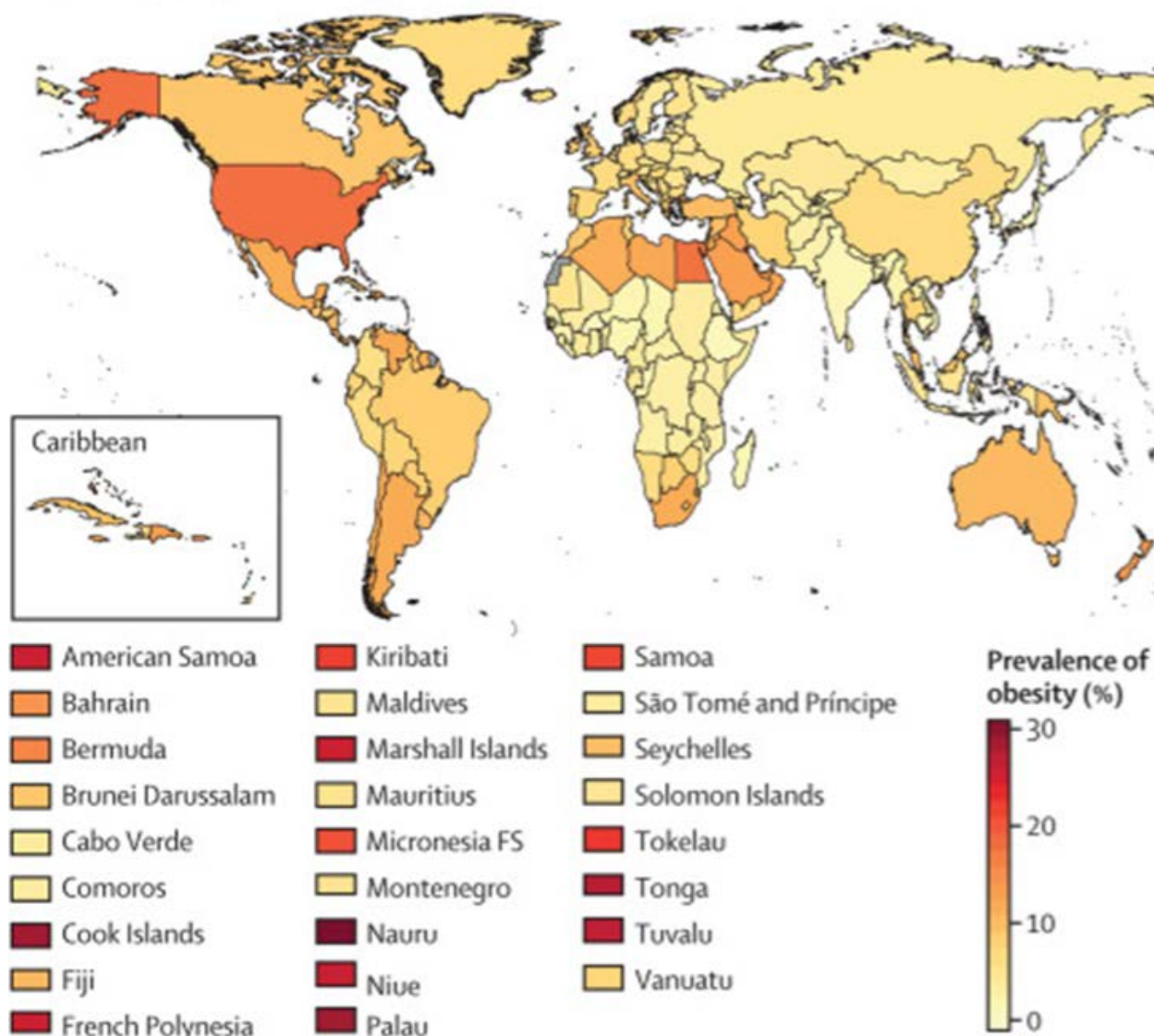
Between-Country Differences in Obesity Prevalence Among Men, 2014



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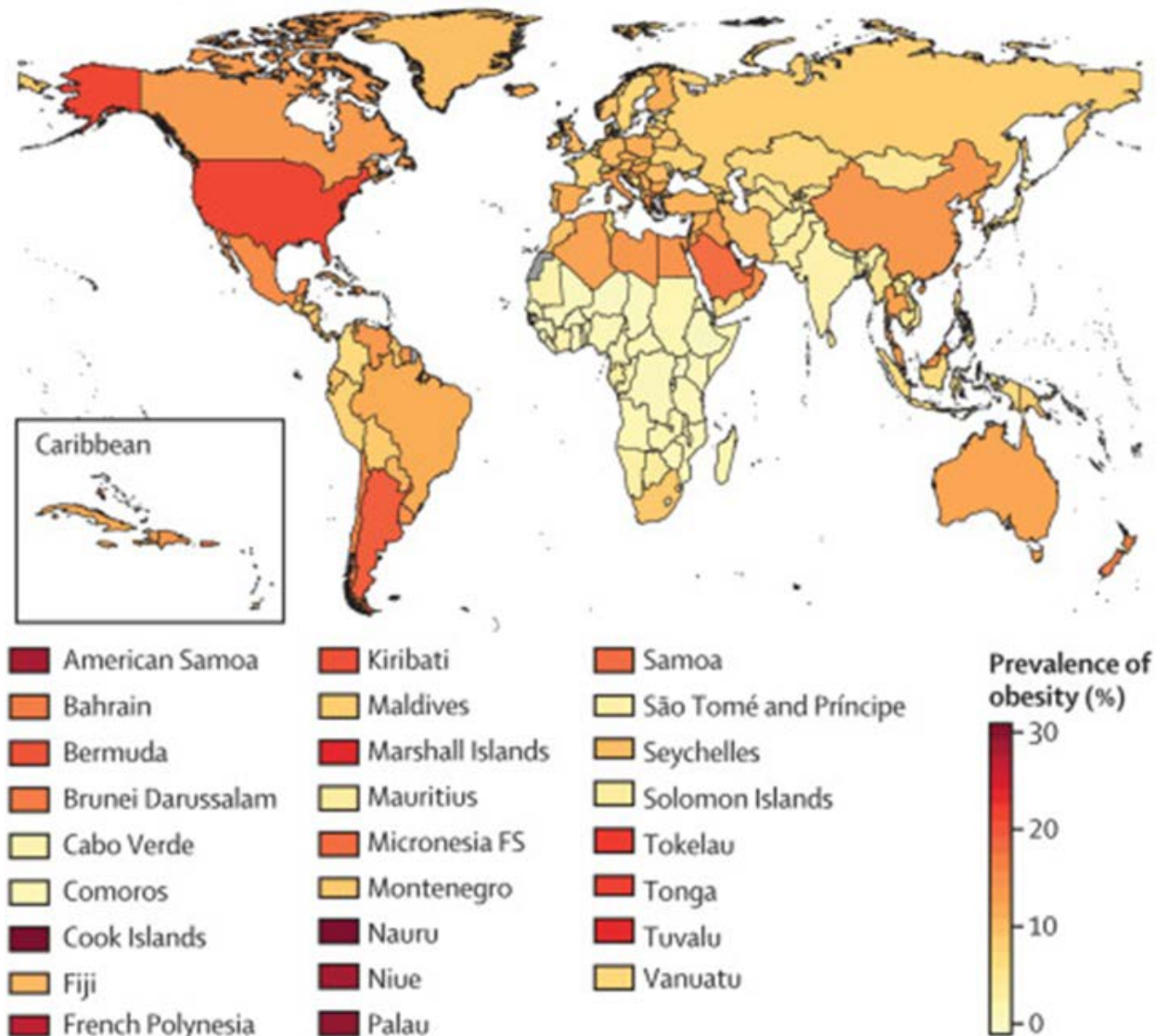
Between-Country Differences in Obesity Prevalence Among Girls (5-19 years), 2016



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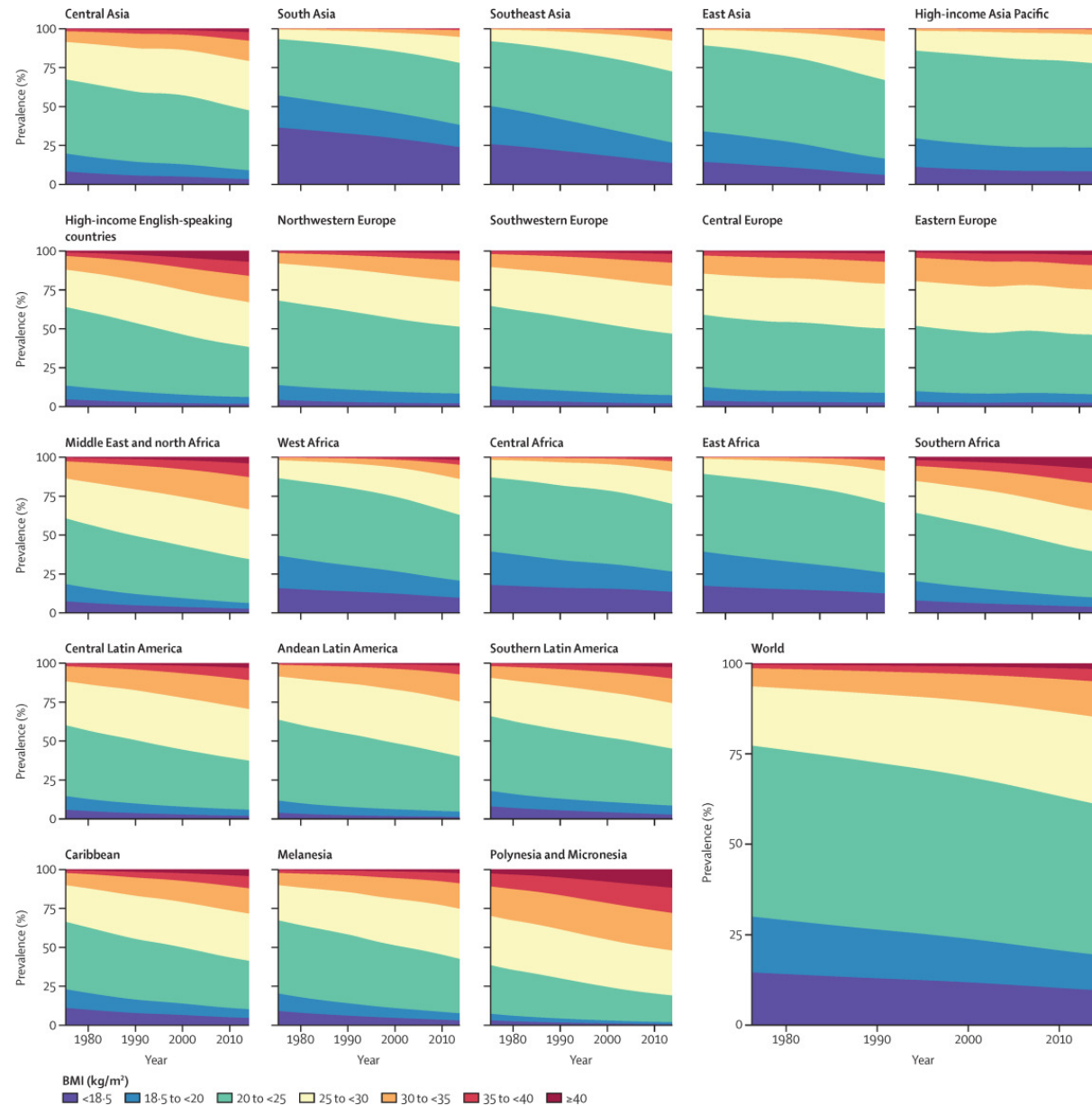
Between-Country Differences in Obesity Prevalence Among Boys (5-19 years), 2016



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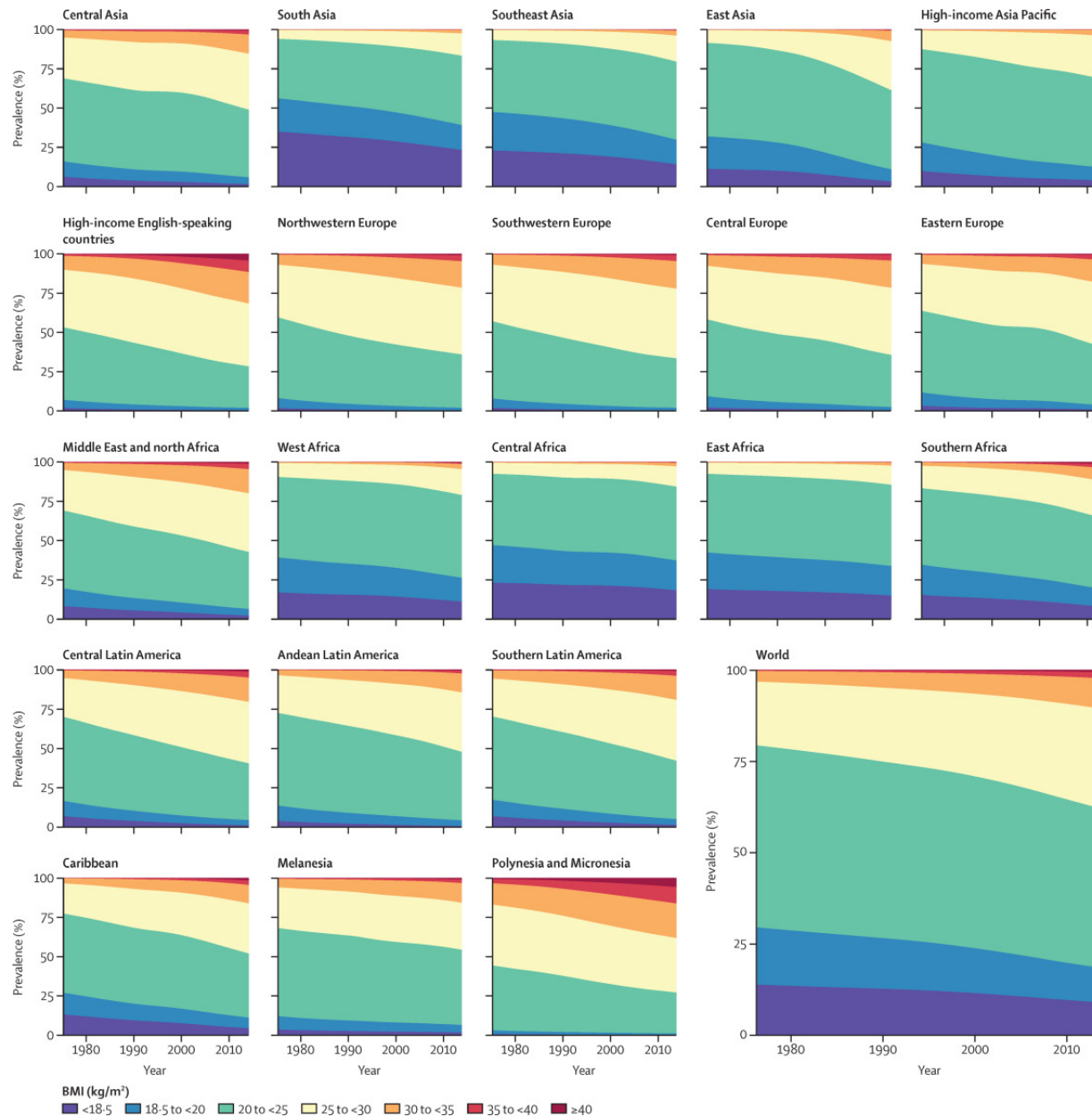
Women



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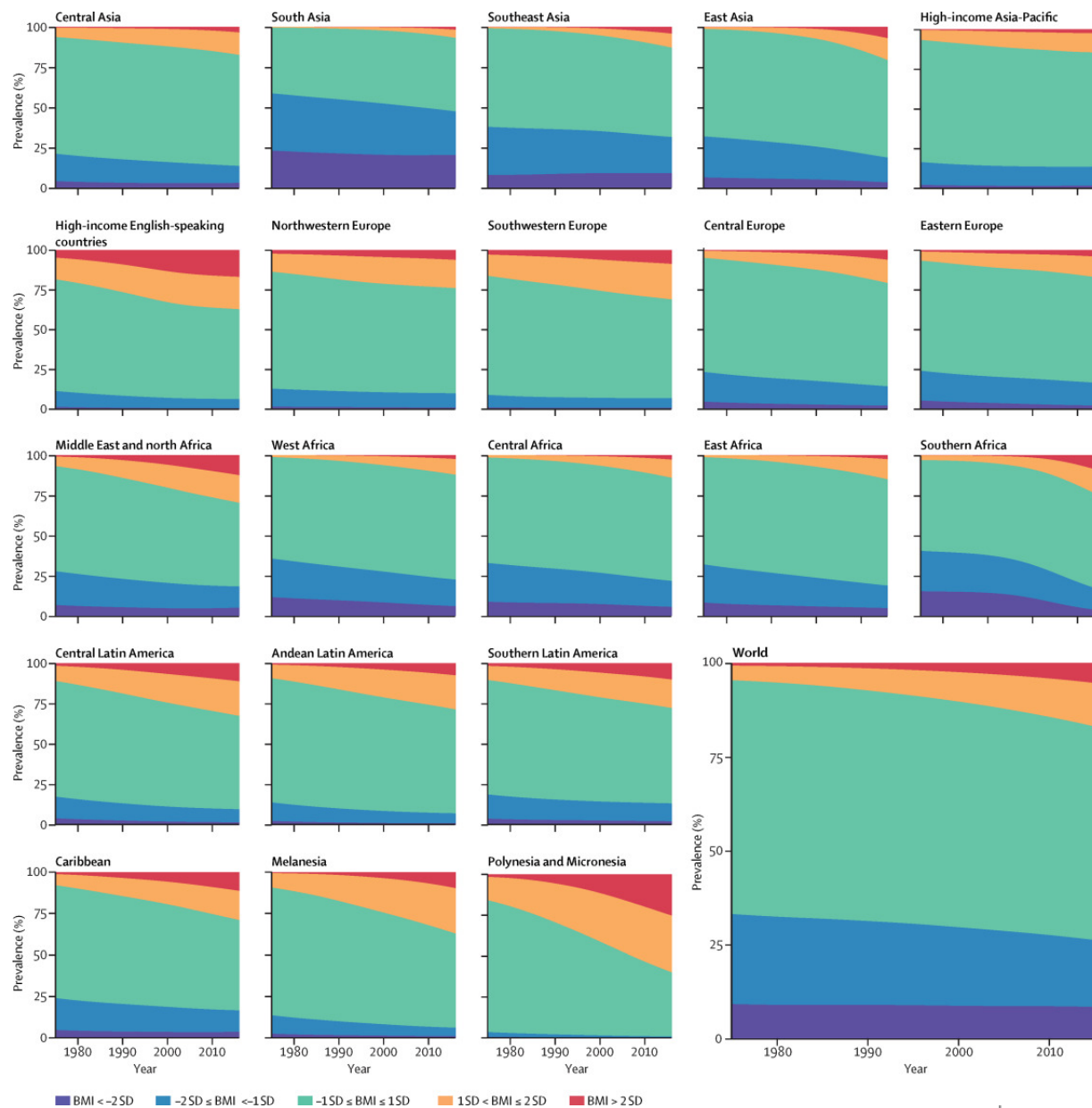
Men



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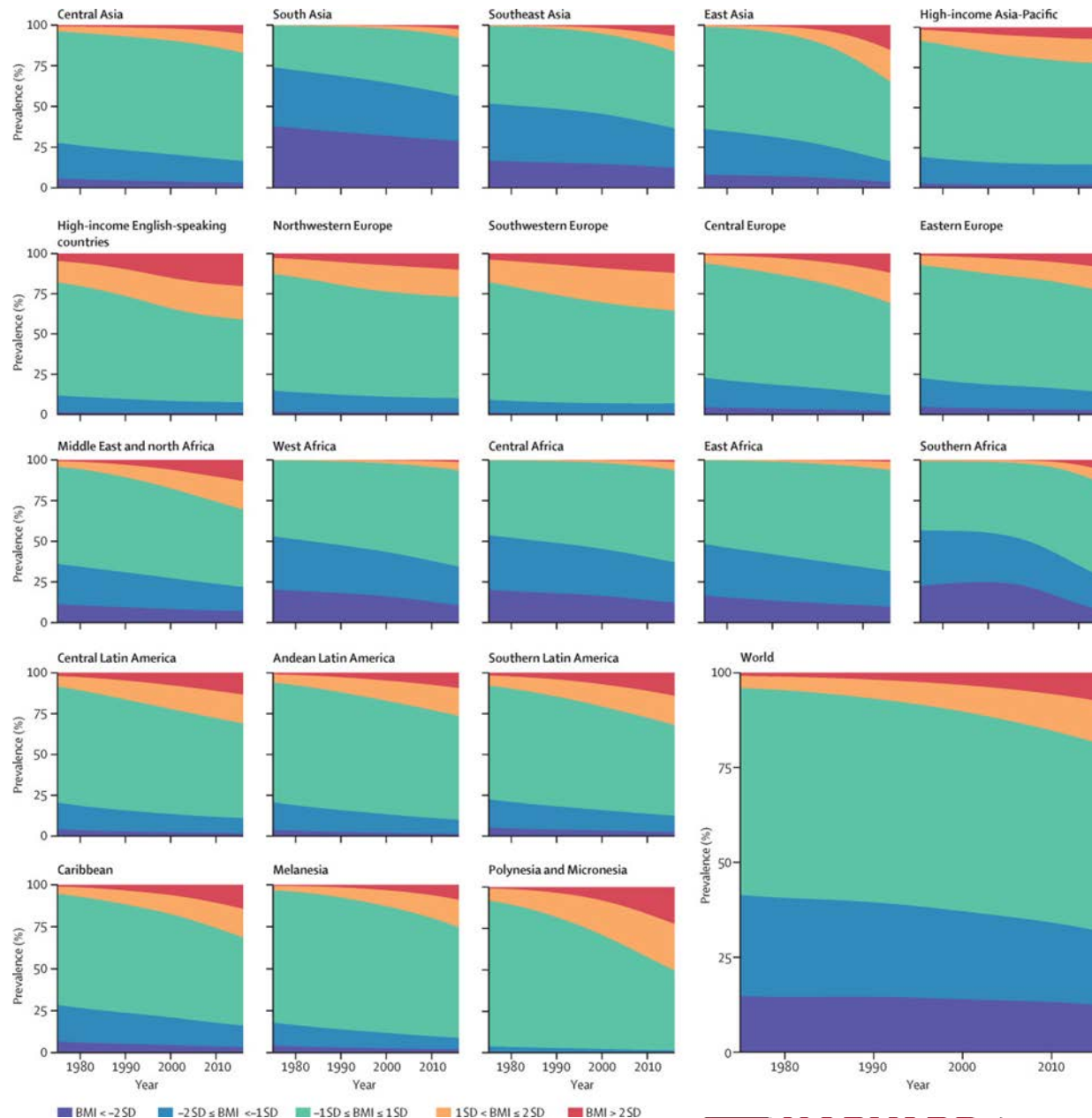
Girls



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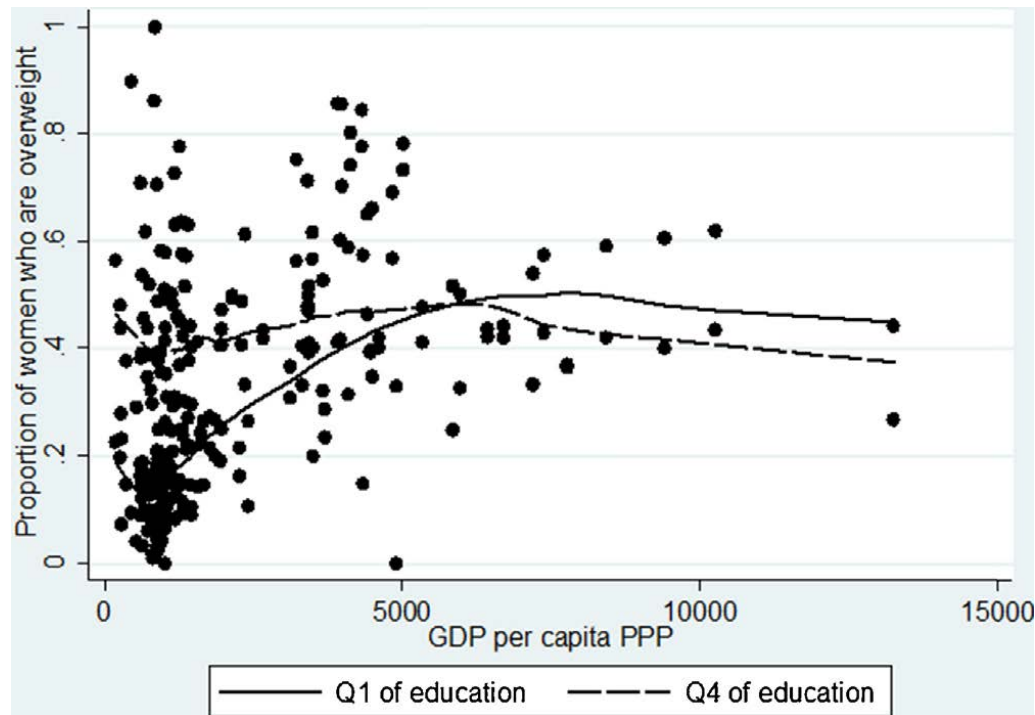
Boys



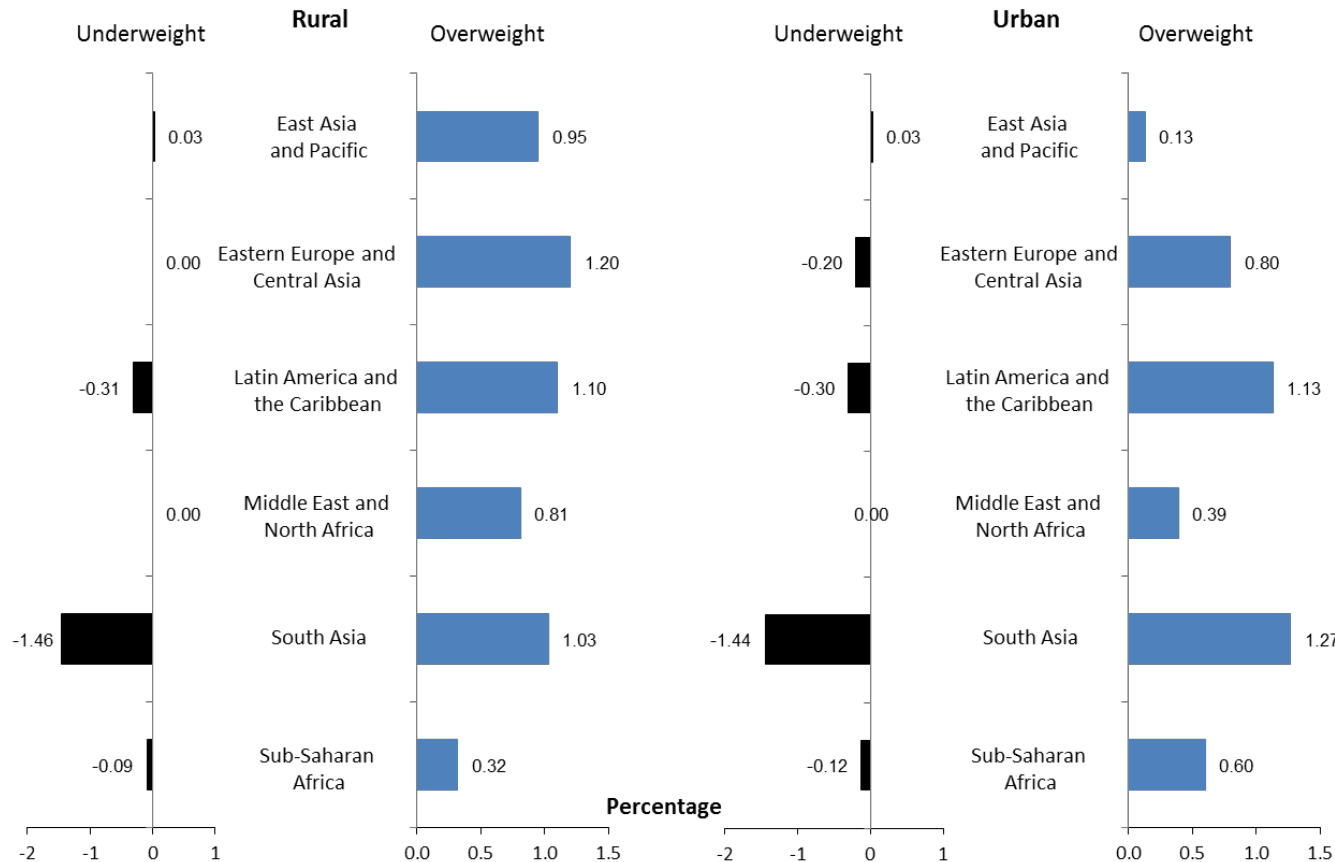
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Socioeconomic Moderators: Education and the GDP-BMI Curve



Rural Areas Are Catching Up



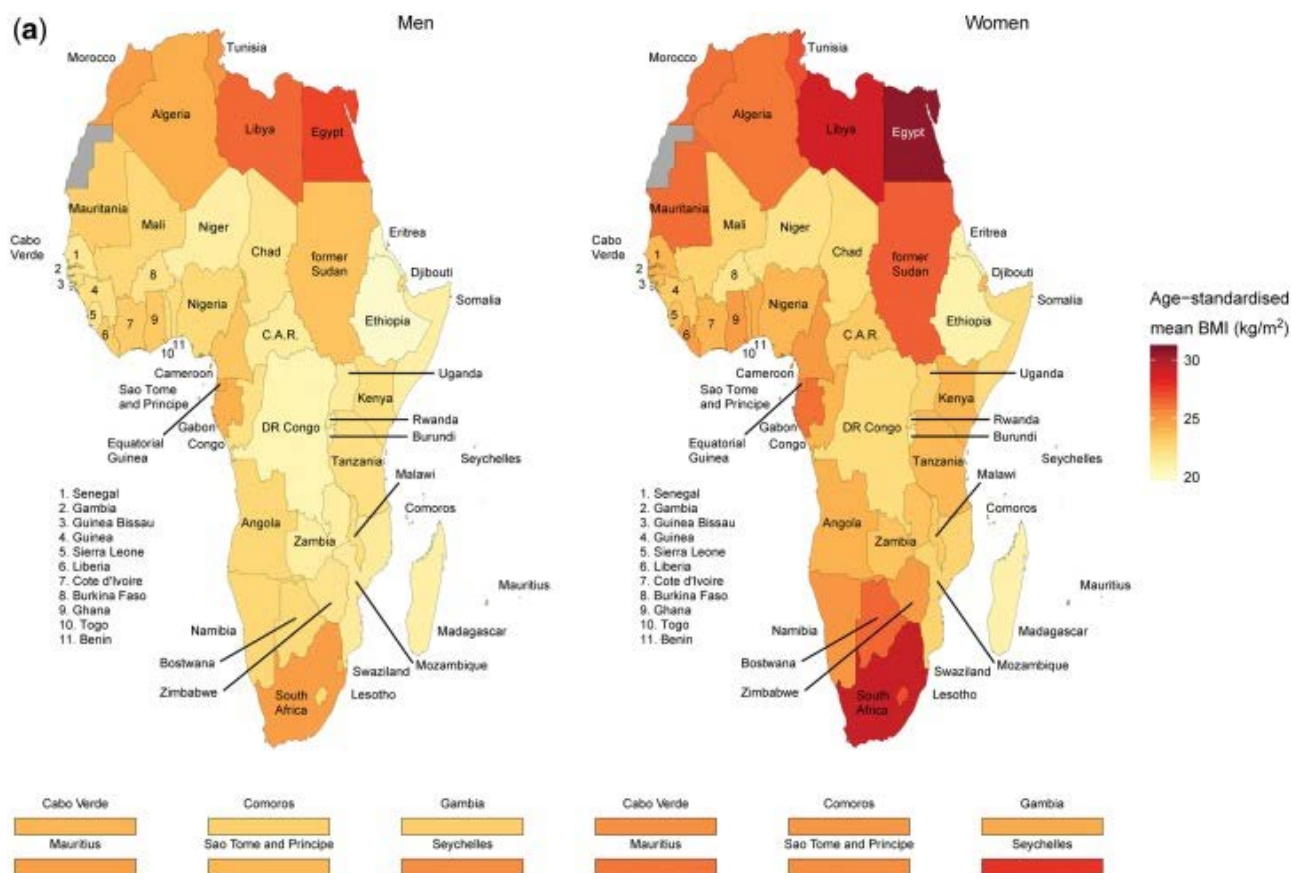
Change in Prevalence Among Women (19-49 years) in 33 LMICs



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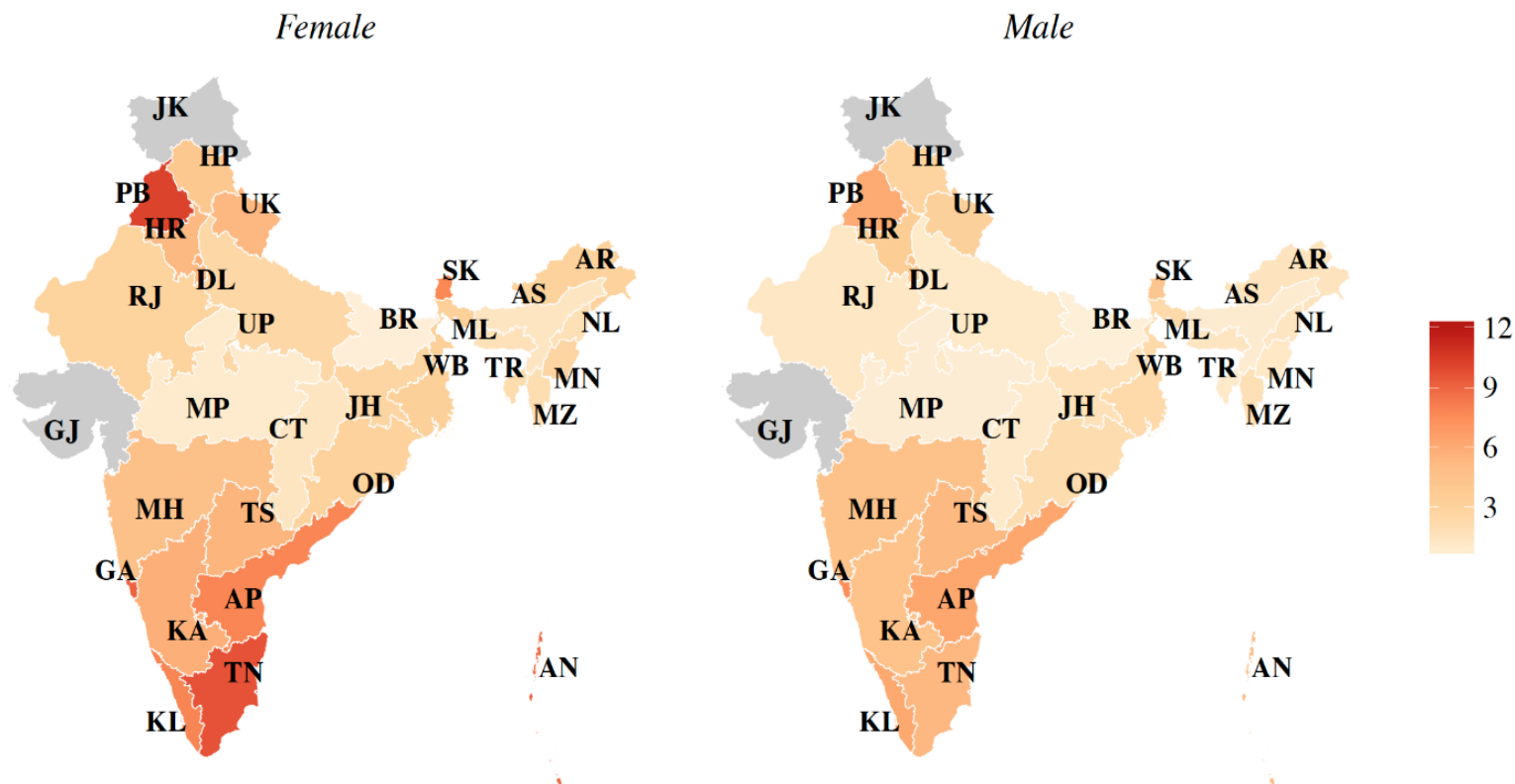
Variation in Mean BMI Within Africa



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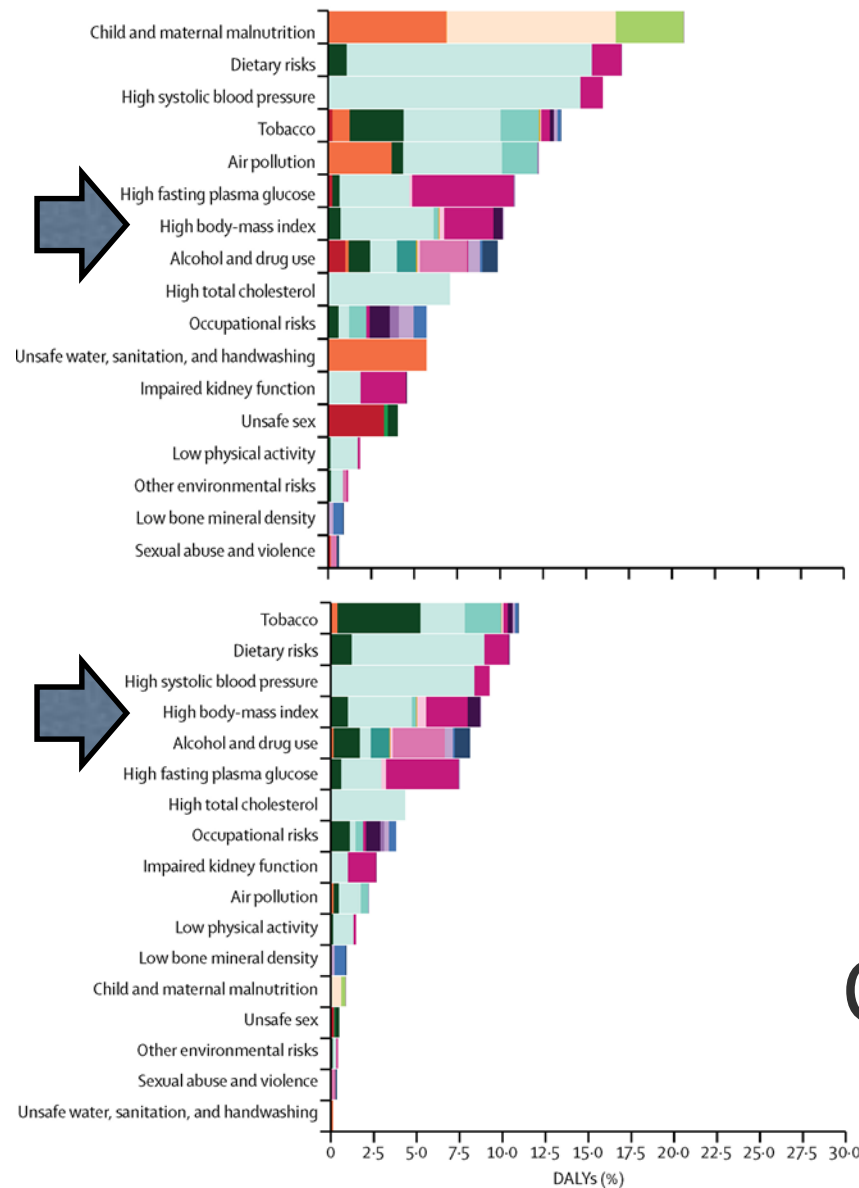
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Variation in BMI ≥ 30 kg/m² Within India



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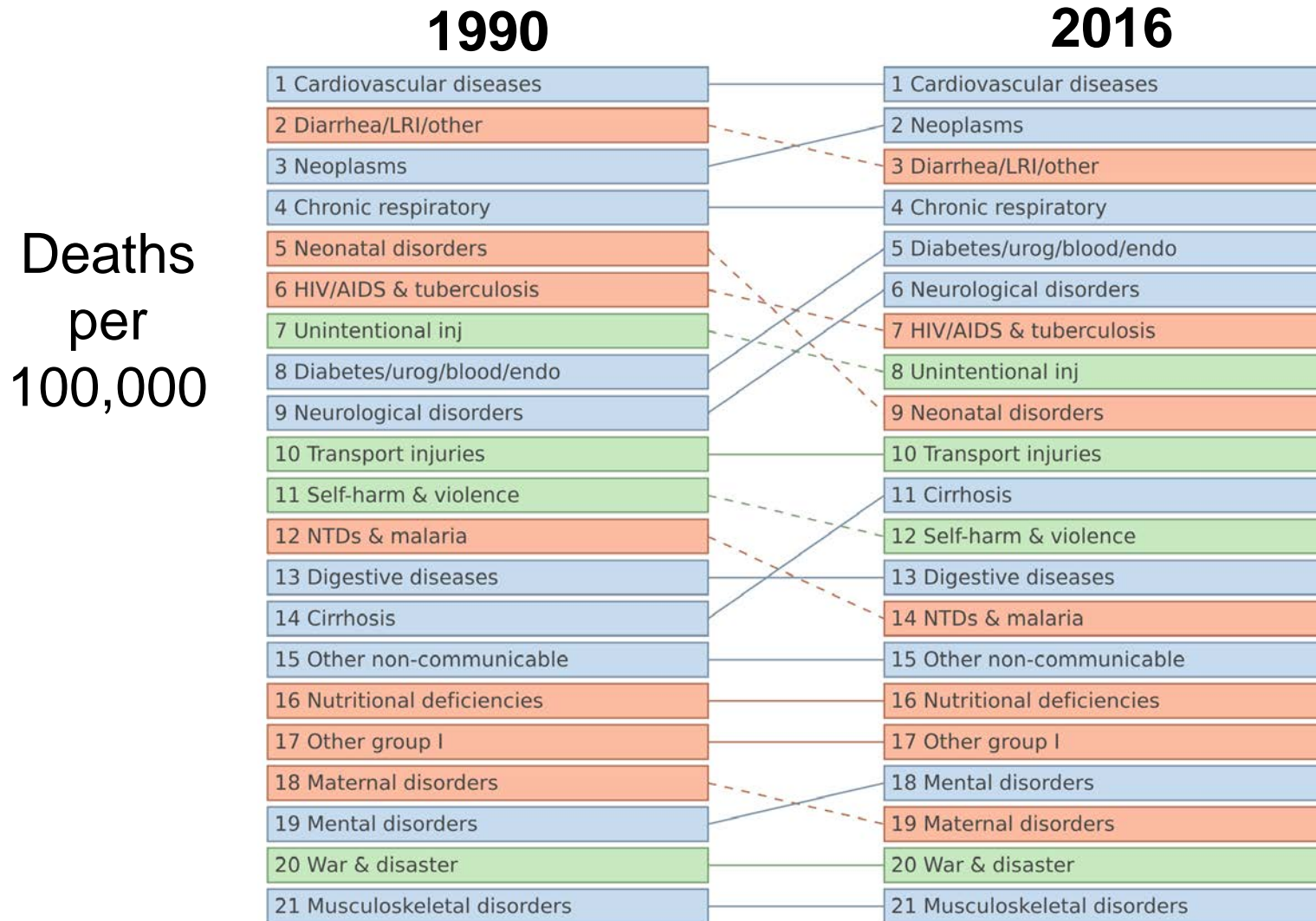
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Loss of Disease-Free Years Between 40-75 years of age

	Men	Women
Underweight (<18.5 kg/m ²)	1.8 years	0.0 years
Normal weight (18.5 - <25 kg/m ²)	Ref	Ref
Overweight (25 - <30 kg/m ²)	1.1 years	1.1 years
Class I obesity (30 - <35 kg/m ²)	3.9 years	2.7 years
Class II-III obesity (≥ 35 kg/m ²)	8.5 years	7.3 years



Diabetes Mortality Has Jumped



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Summary

- 50 million girls and 74 million boys estimated to have obesity in 2016
- 390 million women and 281 million men estimated to have obesity in 2016
- Obesity is increasing in every region of the world
- Greatest increases among children & adolescents in east Asia, the Middle East and north Africa, south Asia and high-income English-speaking region

