

## 7 Prevalence of overweight and obesity

### Definition and scope

This indicator measures the share of a country's population with a body mass index (BMI) of 25 kg/m<sup>2</sup> or higher (>18 years old), and therefore classified as overweight (a person with a BMI >30 is classified as obese).

### Factsheet rationale

Usually related to dietary behaviours, trends in the number of overweight and obese people provide an indication of unsustainability in food consumption (i.e., overconsumption). It was selected as the best indicator of sensitivity to changing food consumption patterns by the project "Metrics of Sustainable Diets and Food Systems".

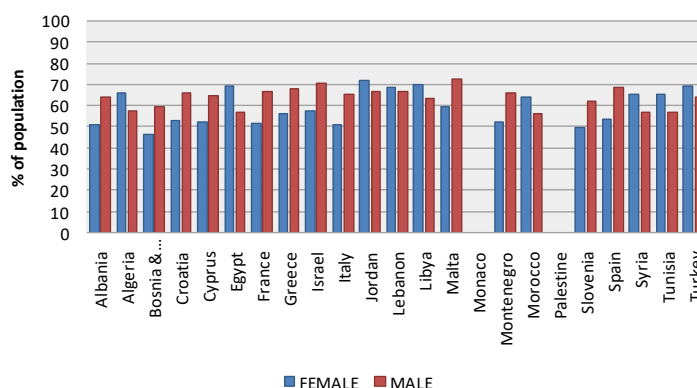
### Current situation and progress in the Mediterranean region

The trend of increasing BMI in all the Mediterranean region countries is derived from datasets from 2005 to 2016, the most recent reported by the WHO. The disaggregation of this indicator by sex also indicates differences between countries and geographical areas. This could indicate a complete change in both dietary and cultural social behaviour that is unsustainable in all the Mediterranean region countries. As a generic conclusion, the trend may indicate an abandonment of the so-called "Mediterranean diet" in favour of abusive consumption of unhealthy foods and changes in cultural behaviour.

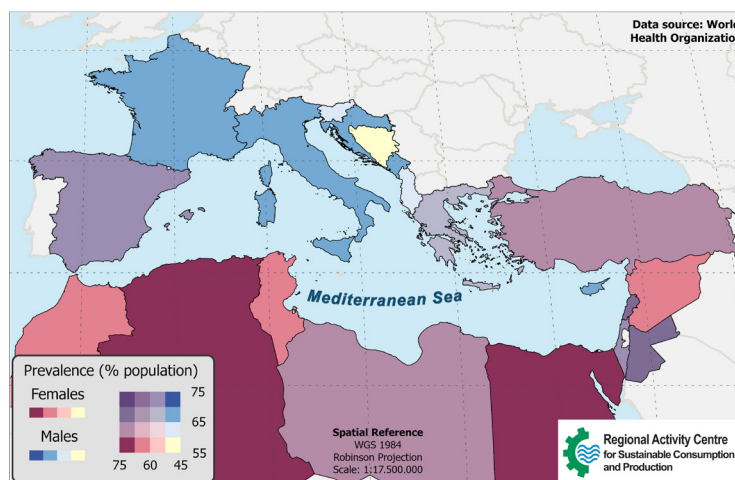
### Key message

A majority of the people in the Mediterranean region have a BMI on the cusp of being overweight, demonstrating the reality of a growing trend.

### Overweight in 2016



### Overweight and obesity in females and males (2016)



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Sources  
WHO

Links  
<http://apps.who.int/gho/data/node.main.A897A?lang=en>