Prevalence of obesity in the adult population, top countries (2016)

27–28 percent), followed by Latin America and the Caribbean. The prevalence of adult obesity in Africa and Asia was lower than the world average, although it has been steadily increasing. The 20 countries with the highest prevalence of obesity among adults in 2016 were clustered in the Pacific Islands, the Near East and North Africa (see Figure 57).

In all of them, 30 percent or more of the population is obese, with the highest proportion in Nauru at 61 percent. For many of these countries, multiple forms of malnutrition coexist: in Egypt, for example, the prevalence of child stunting was as high as 22.3 percent in 2014 (see Table 45), while the prevalence of adult obesity was 32 percent in 2016 (see Table 46).

Source: FAOSTAT

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