

Appendix 2 – Regional statistics for obesity and co-morbidities

For country specific data visit the World Obesity data portal. <http://www.iaso.org/resources/obesity-data-portal/>

Europe

Overweight and obesity (1): 248million people in the European region are classified as overweight, with a further 141million who are obese. This represents 1 in 3 people being overweight (34%) and 1 in 5 (19%) being obese.

- In the European Union 27 member states, approximately 60% of adults and 20% of school-age children are overweight or obese.

Diabetes (2): More than 55 million (8.4%) people in the Europe Region have diabetes, with the highest incidence found in Russia (12 million). In 2012 diabetes caused 622,000 deaths and cost almost EUR 140billion.

CVD (3): Every year there are 4,584,000 deaths due to cardiovascular disease in the region.

Middle Eastern Regions (incl. North Africa)

Overweight and obesity (1): Approximately 84 million people in the region are classified as overweight (21%), with 50million obese (13%). Overall 1 in 3 (34%) people are either obese or overweight. Kuwait has one of the highest global obesity rates with a prevalence of 36% in men and 48% in women.

Diabetes (2): more than 34million (11%) diabetes have diabetes, the highest prevalence globally. Diabetes is responsible for over 350,000 deaths every year and cost USD 12billion in 2012. Egypt has the highest number of people living with diabetes, with 7.5million, followed by Pakistan with 6.6million.

CVD (3): Every year there are 1,195,000 deaths due to cardiovascular disease in the region.

African Region

Overweight and obesity (1): 123 million people (27%) in the African region are classified as being overweight or obese. Broken down, this represents 1 in 5 being overweight (19%) overweight, 8% who are obese. Although the prevalence is not the lowest globally, the African region has the lowest number of individuals who are obese or overweight.

Diabetes (2): 14million (4.3%) have diabetes in the region, resulting in over 400,000 deaths every year. In 2012 2.5billion was spent on treating diabetes. The African region has the higher percentage of undiagnosed diabetes in the world (81%).

CVD (3): Every year there are 1,254,000 deaths due to cardiovascular disease in the region.

North America and Caribbean

Overweight and obesity (1): 220 million people are overweight, with a further 159million obese in the North American and Caribbean region. This equates to 1 in 3 (31%) people being overweight and almost 1 in 4 (23%) being obese – more than half (54%) of the population are either overweight or obese. The region has the highest proportion of overweight or obese individuals globally.

Diabetes (2): 38.4million people in the region have diabetes (11%) diabetes, 24.1million of which are in US and 10.6million in Mexico. In 2012, USD 227.2billion was spent on treating diabetes in the region. Diabetes was responsible for almost 300,000 deaths in 2012.

CVD (3): Every year there are 1,944,000 deaths due to cardiovascular disease in the region.

Western Pacific

Overweight and obesity (1): In the WHO Western Pacific region there are currently 279 million overweight people and 63million who are obese. Overall 1 in 4 (24%) are either overweight or obese. The region has the highest number of overweight individuals, although it does not have the highest prevalence.

- Large variations exist between the countries within the region. In Australia for instance, 42% of men are overweight and 26% are obese (31% and 2% for women) while in Cambodia, Fiji, Hong King, Vietnam the figures are significantly less, with obesity rates at under 10%.

Diabetes (2): 132.2million people have diabetes (8%). In 2012 this cost USD 72.2billion and resulted in 1.7million deaths. More people live with diabetes in the Western Pacific region than any other region, the largest proportion of which are in China (92.3million).

CVD (3): Every year there are 4,735,000 deaths due to cardiovascular disease in the region.

South East Asia

Overweight and obesity (1): The WHO Region for South East Asia had the lowest proportion of obesity and overweight - overall 1 in 10 people are overweight and just 2% are obese.

- Due to the population of the region however this equates to 131million people who are overweight and 30million who are obese, which represents a significant health and cost burden to the region.

Diabetes (2): More than 70.3million people are living with diabetes (8.7%) in the region, with the highest levels found in India (approximately 63million). In 2012, diabetes cost USD 46billion and caused 1.1 million deaths.

CVD (3): Every year there are 3,616,000 deaths due to cardiovascular disease in the region.

References

- (1) IASO data portal: <http://www.iaso.org/resources/obesity-data-portal/>
- (2) IDF Diabetes factsheets: <http://www.idf.org/diabetes-atlas-update-2012-regional-country-factsheets>
- (3) WHF map <http://www.world-heart-federation.org/cardiovascular-health/global-facts-map/>
- (4) Center for Disease Control and Prevention. Behavioral Risk Factor Surveillance System Survey Data. U.S. Department of Health and Human Services, 2011.

