Underweight and obesity in Italy, 2022

France (6%; 60th)

Israel (5%: 78th)

Italy (4%: 81st)

Andorra (4%; 86th)

Cyprus (3%; 114th)

Greece (3%; 146th)

Portugal (2%; 151st)

Southwestern Europe

Country (prevalence; global ranking)

Malta (2%; 154th)

France (3%: 106th)

Andorra (2%: 135th)

Portugal (2%: 141st)

Malta (1%: 152nd)

Spain (1%: 155th)

Greece (1%: 160th)

Cyprus (1%; 164th)

Italy (1%: 173rd)

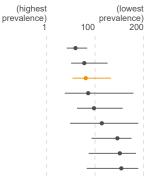
Israel (2%: 120th)

Spain (4%; 98th)

Southwestern Europe

Country (prevalence; global ranking)

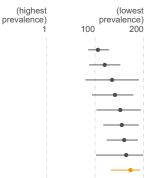
Underweight in Women



• 740,000 women with underweight.

4.3% prevalence, with no detectable change from 1990.

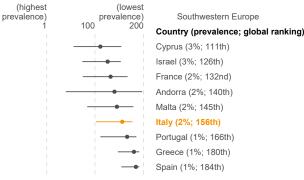
Underweight in Men



• 150,000 men with underweight.

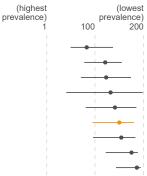
0.8% prevalence, a decrease of 0.3 percentage points from 1990.

Thinness in Girls



- · 67,000 girls with thinness.
- 1.7% prevalence, with no detectable change from 1990.

Thinness in Boys



110,000 boys with thinness.

France (5%; 83rd) Israel (3%; 121st) Cyprus (3%; 123rd) Andorra (3%; 132nd) Malta (3%; 141st)

> Italy (3%; 150th) Portugal (3%; 154th) Spain (2%; 175th)

Southwestern Europe

Country (prevalence; global ranking)

- Greece (2%; 186th)
- 500,000 boys with obesity.

12.1% prevalence, an increase of 3.0 percentage points from 1990.

- Results are from NCD Risk Factor Collaboration "Worldwide trends in underweight and obesity from 1990 to 2022: a pooled analysis of 3663 population-representative studies with 222 million children, adolescents, and adults" The Lancet, 2024.
- Women and men are aged 20+ years and girls and boys are aged 5-19 years.
- Italy had 56 studies for women, 61 for men, 31 for girls, and 30 for boys.

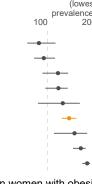
2.6% prevalence, an increase of 1.3 percentage points from 1990.

- Prevalences presented here are age-standardised using the WHO Standard Population.
- · Complete results are available at www.ncdrisc.org.

Obesity in Women

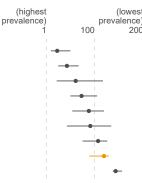
(highest

prevalence)



· 6 million women with obesity.

17.6% prevalence, an increase of 3.0 percentage points from 1990.



Southwestern Europe

Southwestern Europe

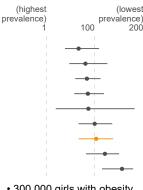
Country (prevalence; global ranking) Malta (36%: 23rd) Greece (30%; 43rd) Cyprus (26%; 61st) Israel (24%; 73rd) Portugal (22%: 88th) Andorra (21%; 91st) Spain (19%: 107th) Italy (18%: 119th)

France (10%: 143rd)

4.9 million men with obesity.

18.0% prevalence, an increase of 7.2 percentage points from 1990.

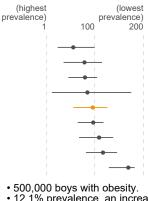
Obesity in Girls



Andorra (9%; 87th) Israel (8%; 100th) Italy (8%; 103rd) Portugal (6%; 121st) France (4%; 156th)

300,000 girls with obesity.
7.7% prevalence, with no detectable change from 1990.

Obesity in Boys

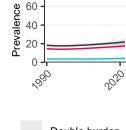




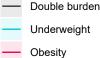
Malta (14%; 79th) Greece (14%; 80th) Andorra (13%; 85th) Italy (12%; 96th) Spain (12%; 97th) Israel (11%; 109th)

Portugal (9%; 117th)

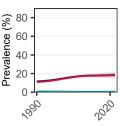
France (4%; 169th)

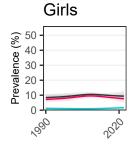


Women



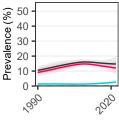
Men











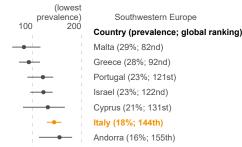






80 %

60





Obesity in Men