



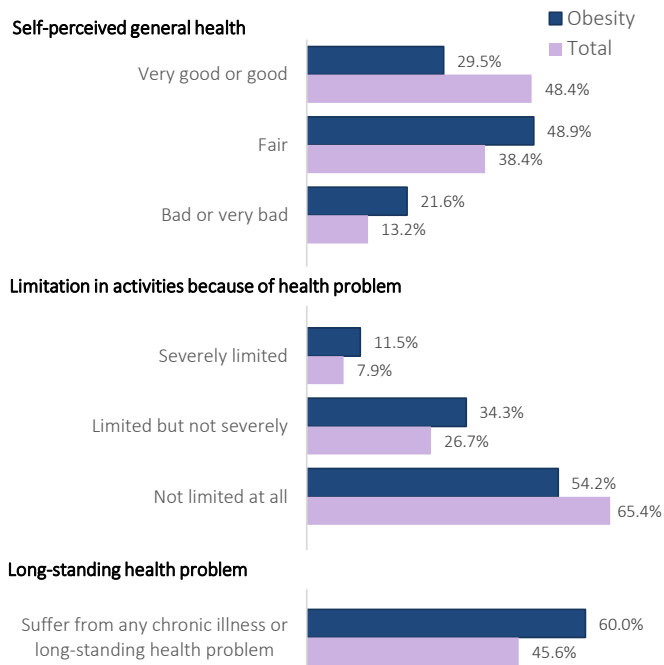
MORE THAN HALF OF THE ADULT POPULATION WITH OVERWEIGHT OR OBESITY

In 2022:

- more than half of the population living in Portugal aged 18 and over had overweight (37.3%) or obesity (15.9%);
- the prevalence of obesity was similar for both sexes and mainly affected people aged 45 and over (19.3%) ...
... as well as the population with schooling up to basic education (21.5%);
- the obese population rated their health status as unfavourable more frequently and had more difficulty walking or climbing stairs without help and ensuring personal care.

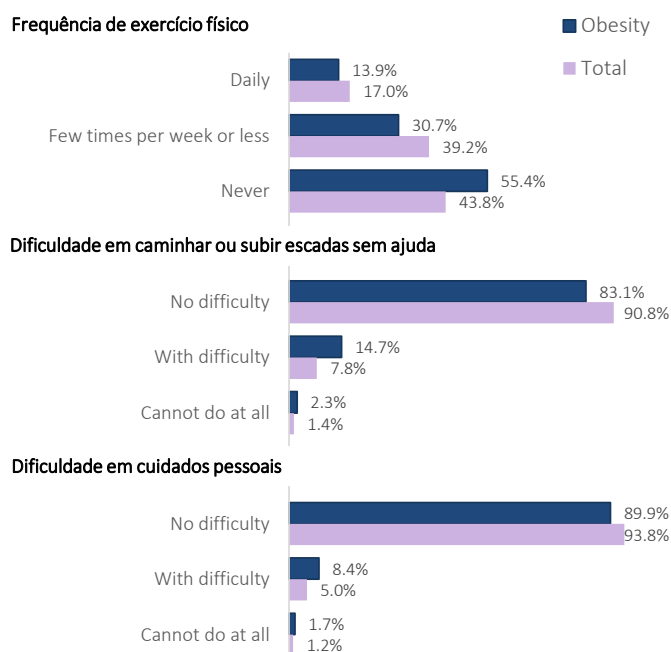
	(%)	Underweight	Normal weight	Overweight	Obesity
By gender					
Total		2.1	44.7	37.3	15.9
Men		1.2	39.8	43.0	16.1
Women		2.8	49.1	32.3	15.7
By age group					
18-24 years		5.8	75.4	14.6	4.2
25-44 years		2.3	52.0	33.9	11.8
45-64 years		1.2	38.3	41.4	19.1
65-74 years		1.3	33.3	44.1	21.3
75+ years		2.4	39.5	40.6	17.6
By level of education					
Until basic education		1.4	35.2	41.9	21.5
Secondary education		3.1	51.8	33.6	11.5
Higher education		2.3	57.3	31.6	8.8

Source: Statistics Portugal, [Survey on Living Conditions and Income](#) 2022.



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- in 2022, the population with obesity evaluated their health status as unfavourable more frequently (21.6%) than the general population (13.2%)
- and had a higher proportion of limitations in the performance of usual activities (some limitation: 34.3%; severe limitation: 11.5%) than the general population (26.7% and 7.9%, respectively)
- 60% of the adult population with obesity suffered from chronic disease or long-term health problems



Source: Statistics Portugal, [Survey on Living Conditions and Income](#) 2022.

- regular physical exercise is more frequent in the general population than in the population with obesity
- the population with obesity had more difficulty walking or climbing stairs without assistance and ensuring personal care than the general population

The **body mass index**, adopted by the World Health Organization (WHO), corresponds to the quotient between a person's weight in kilograms and the square of their height in meters, allowing the following classification: **low weight** (BMI < 18.5 kg/m²); **normal weight** (BMI ≥18.5 kg/m² and <25 kg/m²); **overweight** (BMI ≥25 kg/m² and <30 kg/m²); and **obesity** (BMI ≥30 kg/m²).