



## Obesity in adults

Population living in Portugal in 2015  
25-74 years

INSA has developed in 2015 the first national HES (INSEF) to collect epidemiological information on the health state, health determinants and healthcare of the Portuguese population.

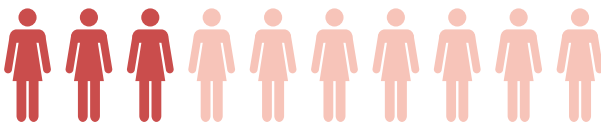
**1.9 million Portuguese (28.7%) were obese**  
(body mass index  $\geq 30$  kg/m<sup>2</sup>)

**Obesity was more frequent...**

...in **women**,

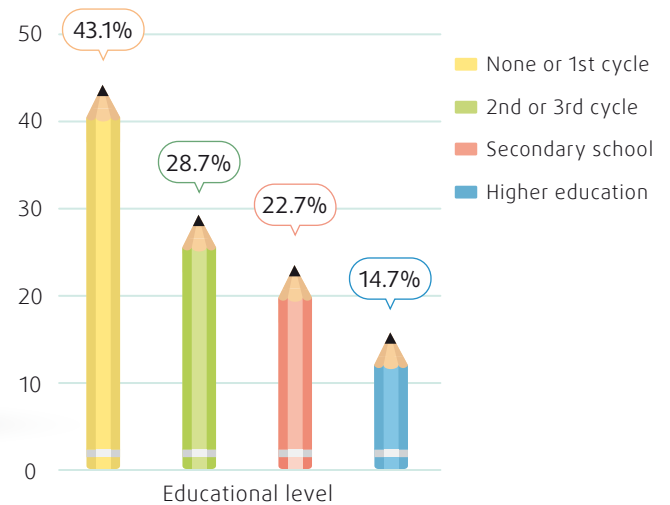


2.5 in 10 (24.9%)

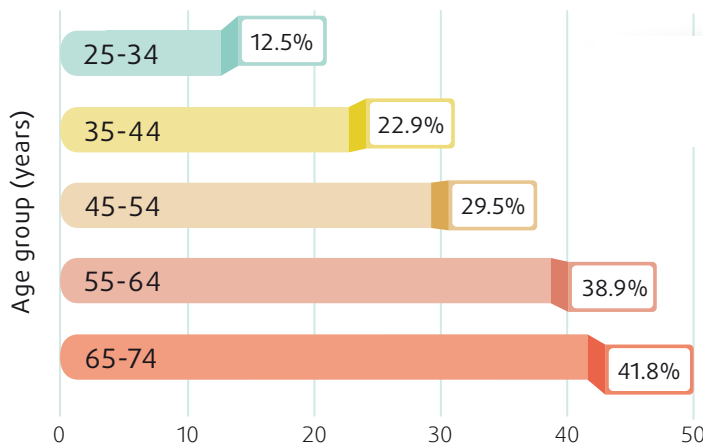


3 in 10 (32.1%)

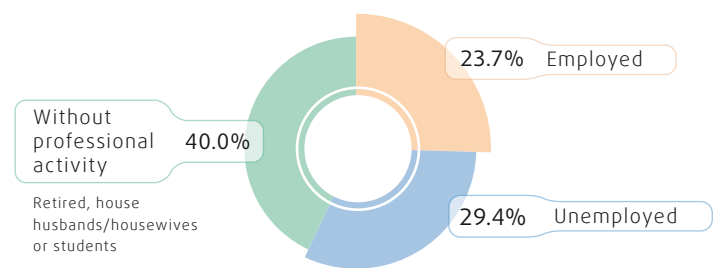
...in the persons **with lower education levels**.



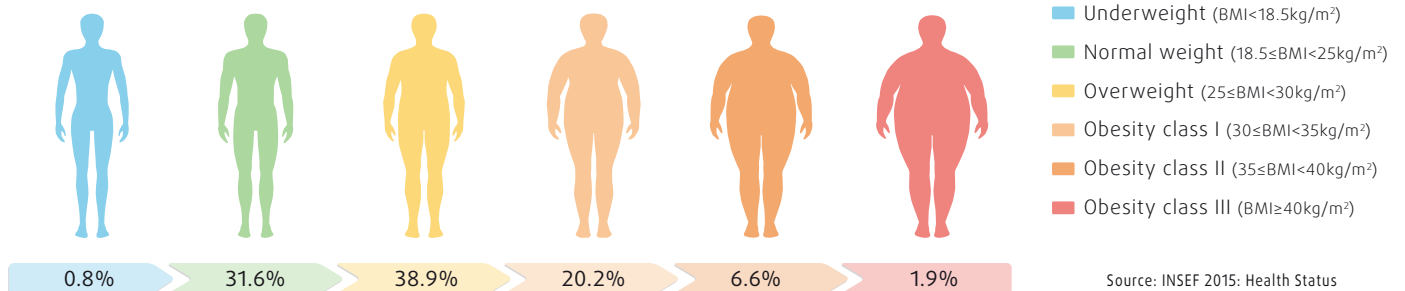
...in the age group **65-74 years**,



...and among persons **without professional activity**.



**126 thousand** Portuguese (1.9%) presented obesity **grade III** (BMI  $\geq 40$  kg/m<sup>2</sup>).



Source: INSEF 2015: Health Status  
<http://repositorio.insa.pt/handle/10400.18/4115>  
 For more information: [www.insef.pt](http://www.insef.pt)