

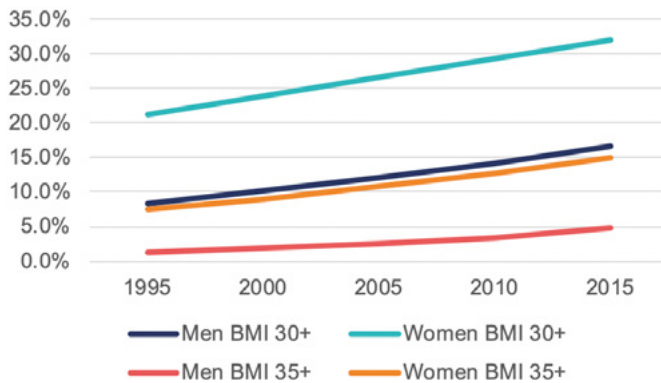


NATIONAL  
OBESITY RISK

**8/10**  
HIGH RISK

# Belize

Prevalence (%) of adults with obesity and severe obesity 1995-2015



Obesity: 2010 target and 2025 predicted prevalence and number of cases

	2010 %	2025 %	2025 cases (thousands)
Men	14.1	23.5	31.4
Women	29.3	38.6	53.6
Children 5-19	9.3	17.0	20.4

Chance of meeting UN adult obesity targets for 2025

Men	0.0% - very poor chance
Women	1.0% - very poor chance

Rate of increase in adult obesity in two decades 1995-2015

Men	3.4% - very rapid growth
Women	2.0% - rapid growth

Cases attributed to overweight and obesity 2016

	Number (thousands)
Diabetes	16
Hypertension	13.6
Ischaemic heart disease	0.2

Health coverage indicator

Diabetes deaths per 1000 cases	9.4 - moderate availability
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Health care costs attributed to obesity 2016

\$US millions	14.3
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na = data not available

Obesity prevalence data are from the NCD-RisC database [www.ncdrisc.org](http://www.ncdrisc.org)

Diabetes data are from the International Diabetes Federation <https://idf.org/>

Hypertension, breastfeeding and health expenditure data are from WHO <http://apps.who.int/gho/data/>

Heart disease data from <https://www.sciencedirect.com/science/article/pii/S0735109717372443>

For colour coding criteria and further sources see the World Obesity Federation report [www.worldobesity.org](http://www.worldobesity.org)