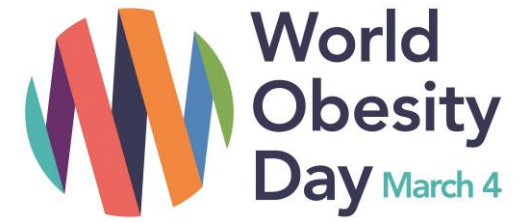




UNITED ARAB EMIRATES  
MINISTRY OF HEALTH & PREVENTION



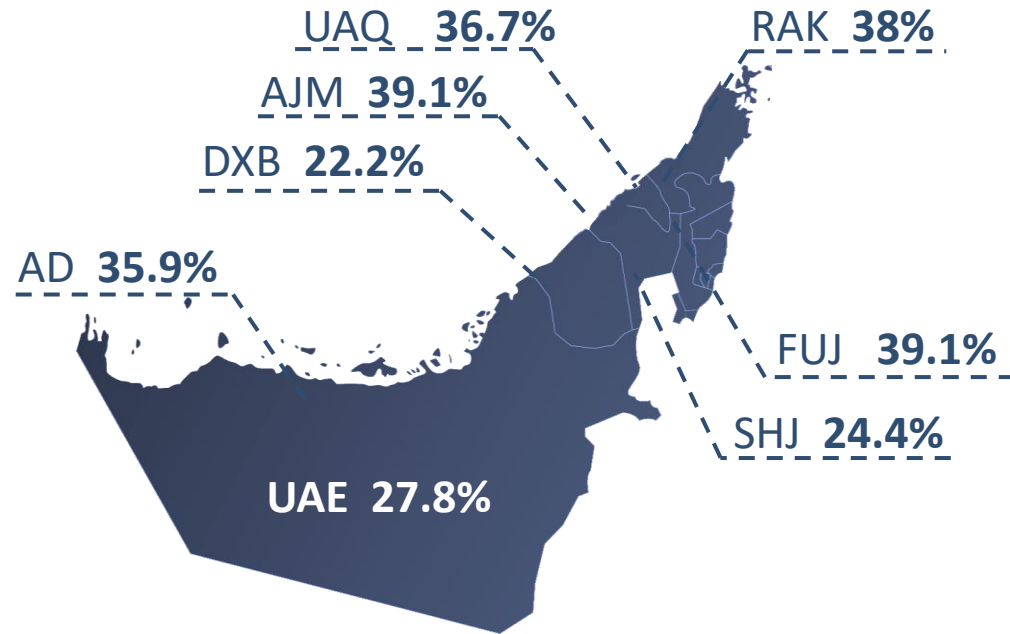
# Obesity Study, 2023

**Ministry of Health & Prevention**  
**Statistics and Research Center**

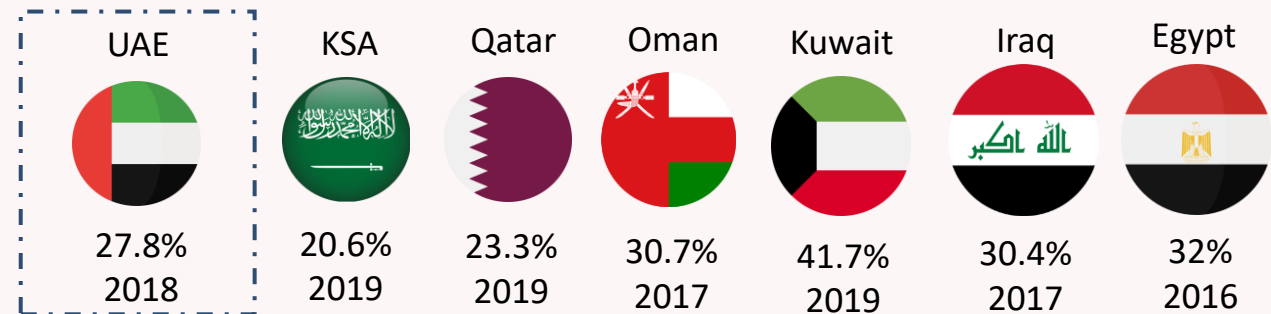




# Obesity in UAE



**Benchmarking Analysis:** Prevalence of obesity among adults, BMI  $\geq$  30 (age-standardized estimate) (%)



\*Data Source: Monitoring health and health system performance in the Eastern Mediterranean Region, 2021 report

## Obesity Definition & Body Mass Index

How to Calculate Body Mass Index (BMI)

$$\text{BMI} = \frac{\text{Weight (Kg)}}{\text{Height (m)} \times \text{Height (m)}}$$



**Obesity** is defined as abnormal or excessive fat accumulation that presents a risk to health. A body mass index (BMI) **over 30** is considered obese.



# Obesity In Numbers



## Obesity per gender

Male  
25.1%



Female  
30.6%



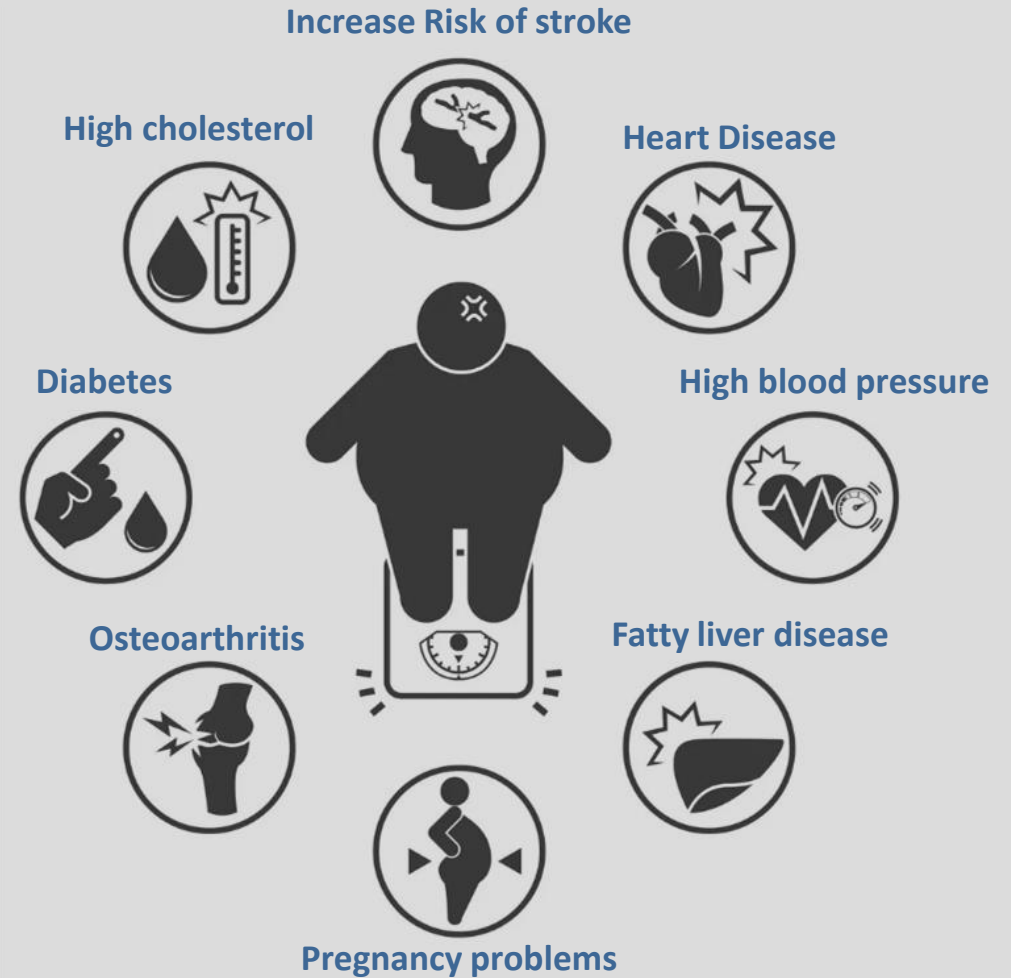
## Obesity per nationality

Local  
36.9%

Expat  
26.3%

# Obesity Risk Factors

**Obesity** increases the risk of many chronic health conditions such as:





# Bariatric Surgeries Statistics

Estimated sample of 13K Bariatric Surgeries were done in UAE for 3 years, the results for those surgeries as follows:

**Gastric Bypass**

27%



**Gastric Sleeve**

5%

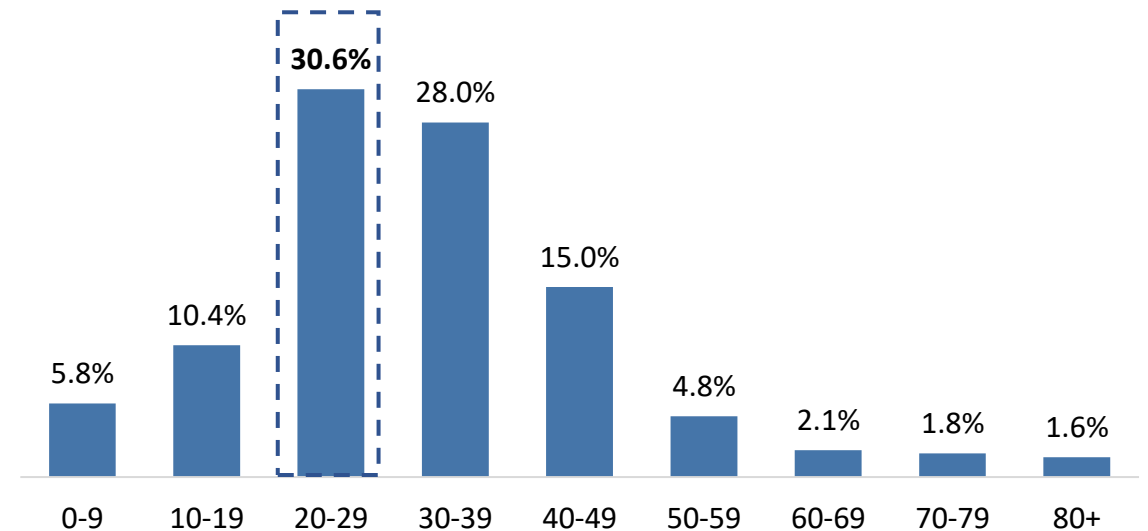


**Gastric Band**

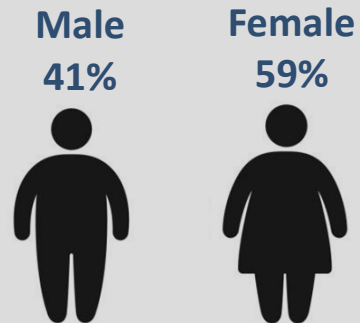
68%



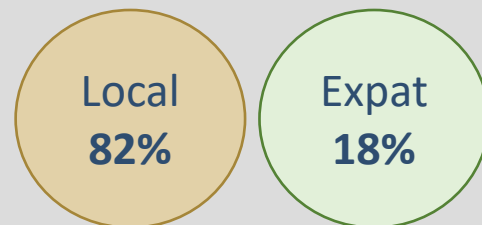
**Bariatric Surgeries per age group**



**Bariatric Surgeries per gender**



**Bariatric Surgeries per nationality**



A estimated sample was collected from most the health authorities in UAE. Representing both government and private sectors for 3 year (2020,2021,2022). Total sample size was 13484.



# Thank you!

