The figures presented in this infographic are derived from a recent national Household Economic Surveys (HIES) where a 15% national household sample was interviewed over a 12-month period. The figures are representative of the whole population.

**ADULT POPULATION (AGED 15+)**

**BODY MASS INDEX (BMI)**

- **BMI normal range 18.50 to 24.99**
- **27.58** Average ADULTS
- **27.45** Average WOMEN
- **27.70** Average MEN

**CONSUMPTION**

- **2.2%** ($332 per household per year) of the total household spending is on health
- **23%** ($790 per household per year) of household food expenditure is on rice (9%), takeaway (7%), soft drinks (4%) and corned beef/spam (3%)
- **4.9%** ($724 per household per year) of total household spending is on tobacco (3.0%), betel nut (1.0%) and alcohol (0.9%)

**POPULATION BY BMI AND SEX**

- **BMI categories (kg/m²)**
  - Obese class 3 (≥ 40.00): 4%
  - Obese class 2 (35.00 to 39.99): 7%
  - Obese class 1 (30.00 to 34.99): 20%
  - Overweight (25.00 to 29.99): 35%
  - Normal range (18.50 to 24.99): 32%
  - Underweight (<18.5): 5%

**PROPORTION OF PEOPLE IN EACH BMI CATEGORY THAT REPORTED HAVING HAVE AN ONGOING HEALTH PROBLEM**

- **UNDERWEIGHT**: 5%
- **NORMAL**: 14%
- **OVERWEIGHT**: 22%
- **OBESE CLASS 1**: 24%
- **OBESE CLASS 2**: 28%
- **OBESE CLASS 3**: 30%

**ONGOING HEALTH PROBLEM**

- **1 in 5 ADULTS** reported having an ongoing health problem
- **17%** take medicine
- **18%** consult a doctor

**Types of health problems**

- **2.1%** RESPIRATORY DISEASE
- **2.4%** GOUT
- **3.2%** HEART DISEASE
- **8.7%** HYPERTENSION
- **5.4%** DIABETES
- **4.8%** OTHER

**The MORE OVERWEIGHT PEOPLE ARE, THE MORE LIKELY THEY ARE TO HAVE ONGOING HEALTH PROBLEMS**

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1. Data are derived from a recent HiES. But as the report has not yet been officially endorsed, it would be inappropriate to make reference to the country.
2. BMI takes the height and weight of an individual and categorises that person as underweight (<18.50), normal weight (18.50 to 24.99), overweight (25.00 to 29.99), or obese (≥ 30.00).
3. Obesity was not included as an ongoing health problem in this figure due to the close linkage between obesity and BMI.