

## ADULT POPULATION (AGED 15+)

### BODY MASS INDEX<sup>2</sup> (BMI)

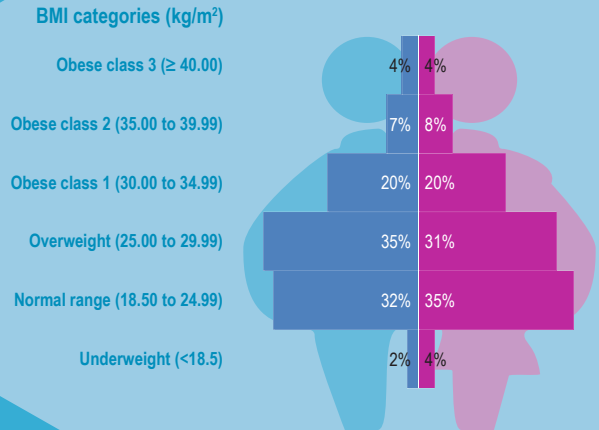
BMI normal range  
18.50 to 24.99

**27.58**  
Average  
ADULTS



## POPULATION BY BMI AND SEX

Two-thirds of the population are overweight-to-obese



## CONSUMPTION

**2.2%**

(\$332 per household per year)  
of the total household  
spending is on **health**

**23%**

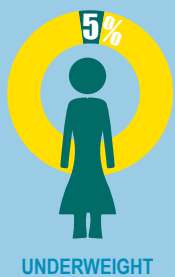
(\$790 per household per year)  
of household food expenditure is on  
rice (9%), takeaway (7%), soft drinks  
(4%) and corned beef/spam (3%)

**4.9%**

(\$724 per household per year)  
of total household spending is on  
tobacco (3.0%), betel nut (1.0%)  
and alcohol (0.9%)

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

## PROPORTION OF PEOPLE IN EACH BMI CATEGORY THAT REPORTED HAVING HAVE AN ONGOING HEALTH PROBLEM<sup>3</sup>



## ONGOING HEALTH PROBLEM

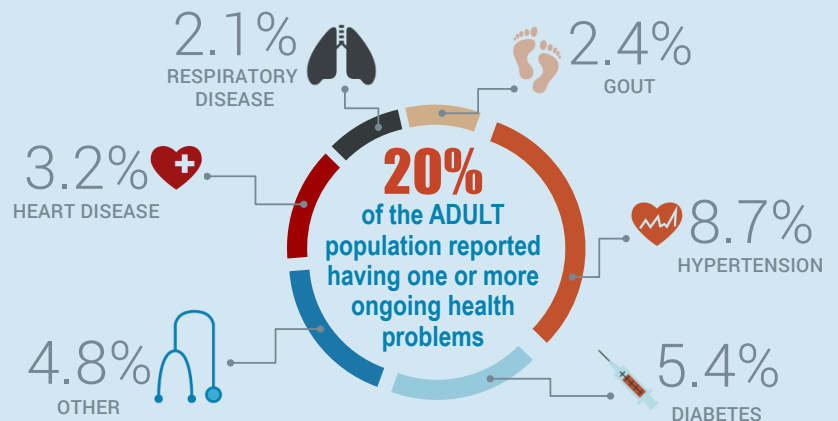
**1 in 5 ADULTS**  
reported having an  
ongoing health problem



18%  
23%

17%  
take  
medicine

18%  
consult  
a doctor



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

<sup>1</sup> 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.

<sup>2</sup> 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).

<sup>3</sup> Obesity was not included as an ongoing health problem in this figure due to the close linkage between obesity and BMI.