

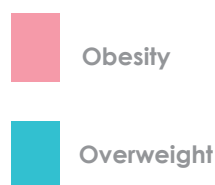
# Body weight status among Japanese



## Lowest obesity rate among the nations

Japan has the lowest percentage of obesity and overweight.

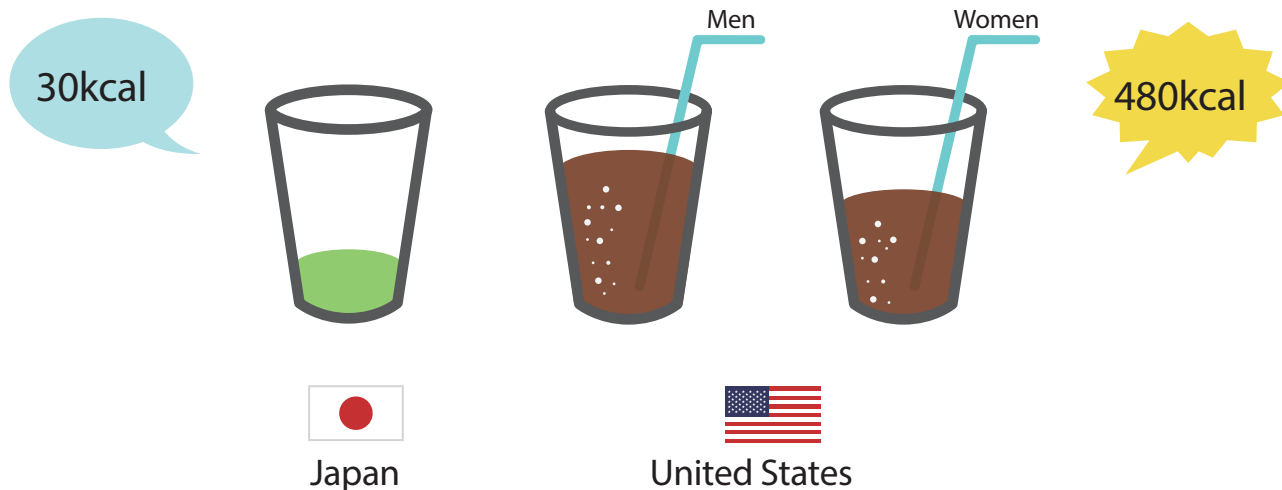
Obesity (Body Mass Index:  $BMI \geq 30$ ) is only less than 4% and there are about 20% of overweight ( $25 \leq BMI < 30$ ).



Data source : OECD Health Statistics 2017.

## The beverage intake pattern may play an important role in Japanese diet

Japanese diet is typically formed of white rice, soybean products, seaweeds, fish, and green tea. Furthermore, Japanese sugar-sweetened beverage intake is relatively low compared to the other countries. This might be another key for the low prevalence of obesity.

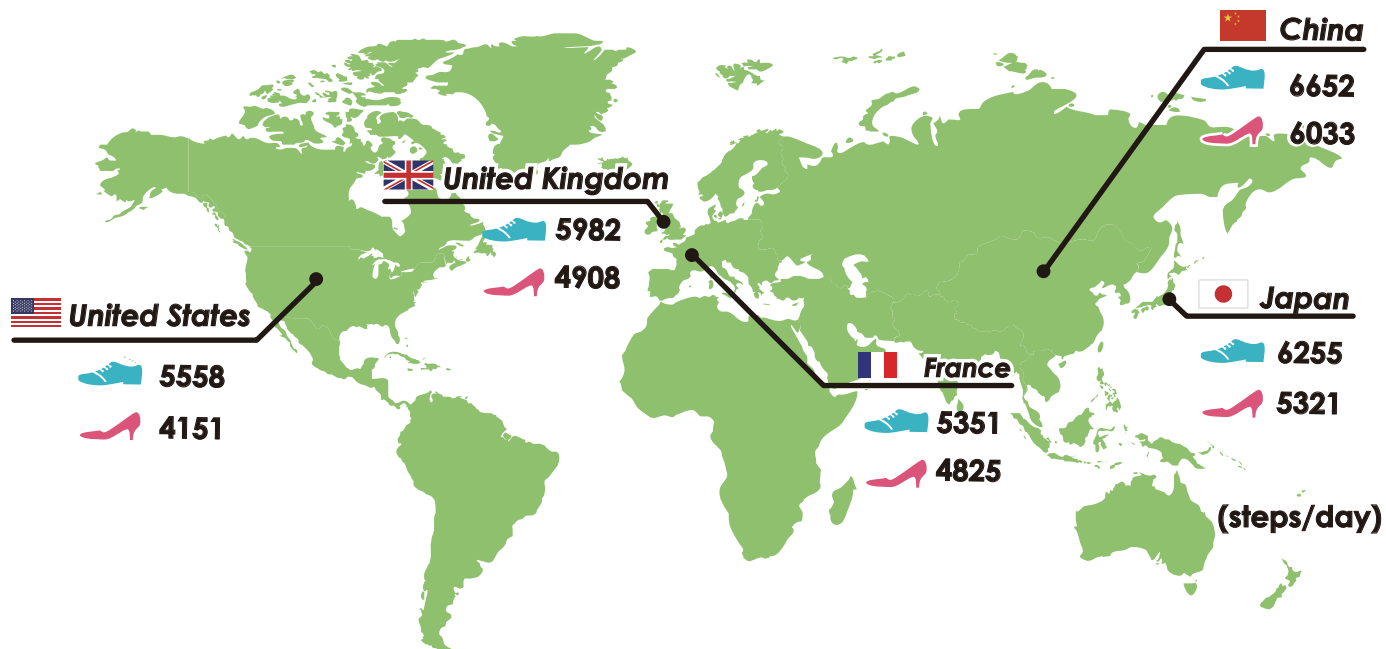


Data source : National Health and Nutrition Survey 2016 (Japan).  
 USDA, Beverage Choices of U.S. Adults WWEIA, NHANES 2007-2008 (USA).

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# Japanese people walk a lot

The mean daily steps of Japanese people are high among the world, which might be one of the factors that contribute to the lower prevalence of obesity.



Data source : Althoff T, et al. Nature 2017, 547, 336–339, <http://activityinequality.stanford.edu/>

## Japan needs to pay attention to low body weight as well

Among elderly people, 1 in 6 are “low body weight”(BMI=<20) in Japan. Furthermore, 1 in 5 of young women are underweight(BMI<18.5). Japan needs to focus on prevention of such low body weight status which may cause frailty, as well as overweight among middle-age people.



Data source : National Health and Nutrition Survey 2016