



What country has the highest percentage of obese adults?

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- A. United States
- B. Nauru
- C. India
- D. Palau

Show Answer...

Correct Answer: B (Nauru)

Explanation:

According to data from the World Health Organization (WHO), the Pacific island nation of **Nauru** has the highest percentage of obese adults in the world, with **61%** of its adult population classified as obese.

The Palau and Marshall Islands follow with 55.3% and 52.9% of their adult populations being classified as obese, respectively. The prevalence of obesity is a growing global health concern, with numerous factors contributing to the rise in obesity rates, including changes in diet, sedentary lifestyles, and genetic factors.

World Countries with Percentage of Obesity

S.No.	Country	%age
1	Nauru	61%
2	Palau	55.3%
3	Marshall Islands	52.9%
4	Tuvalu	51.6%
5	Tonga	48.2%
6	Samoa	47.3%
7	Kiribati	46%



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8	Federated States of Micronesia	45.8%
9	Kuwait	37.9%
10	United States of America	36.2%
11	Jordan	35.5%
12	Saudi Arabia	35.4%
13	Qatar	35.1%
14	Libya	32.5%
15	Turkey	32.1%

Nauru - The World's Most Obese Country

Nauru is a small island nation with a big problem – it has the highest obesity rate in the world, with 61% of its population being obese. This is caused by several factors, including a lack of physical activity, unhealthy food choices, cultural beliefs about body size, and limited access to fresh and healthy foods due to the country's remote location. The government has taken steps to combat this epidemic by promoting healthy lifestyle choices and improving access to nutritious foods, but there is still much work to be done.

These are the countries where many people are overweight. The top ten countries with the most overweight people are Nauru, Palau, Marshall Islands, Tuvalu, Tonga, Samoa, Kiribati, Federated States of Micronesia, Kuwait, and the United States of America. Nauru is the most overweight country, where 61% of its people are overweight. Palau, the Marshall Islands, and Tuvalu are the next most overweight countries. Tonga and Samoa are also overweight, while Kiribati and the Federated States of Micronesia have many overweight people too. Kuwait and the United States are also in the top ten.

In the same fashion, the United States is currently an obese country in the world too, with a reported adult obesity rate of over 36%. This means that more than one-third of adults in the U.S. are considered to be obese, which is defined as having a body mass index (BMI) of 30 or higher. Obesity is a serious health concern that can lead to a range of health problems, including heart disease, diabetes, and certain types of cancer. In the U.S., efforts are underway to address this issue through initiatives such as promoting healthy eating and physical



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activity, increasing access to affordable healthcare, and improving education and awareness around healthy lifestyle choices.

It's worth noting that obesity rates are increasing in many countries around the world, and the World Health Organization has identified obesity as a global health epidemic. While Nauru currently has the highest adult obesity rate, many other countries are not far behind, and it's important for individuals and governments to take action to address this growing problem.

In summary, the most obese country in the world is currently **Nauru**, with a reported adult obesity rate of over 61%. Obesity is a serious health concern that is increasing in many countries around the world, and efforts are needed to address this global health epidemic.

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