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| **Prevalence of overweight and obesity in 10.7 million Chinese physical examination population in 2017** |
| **Background/Objectives**Overweight and obesity is a global public health issue that affects the life quality of people, including a higher risk of developing many chronic conditions. Sparse literature indicated that the issue is increasingly exacerbating in China a short time. A previous national survey in 2002 reported 15% and 3% of Chinese were overweight and obese, the aim of this study is to provide the most recent national estimates of overweight and obesity used a sample of 10.7 million Chinese physical examination population aged 18 and over in 2017. **Methods**The study population included 10,709,439 Chinese people aged 18 and above in 30 provinces and cities nationwide. Overweight was measured at a BMI ≥24 kg/m2 and obesity was determined at a BMI≥ 28kg/m2 based on the standards of the Ministry of Health's "Guidelines for the Prevention and Control of Overweight and Obesity in Adults in China". The rates of overweight and obesity were calculated, adjusting by the 2010 Chinese national census data for age and sex distribution, to reflect the overall prevalence of overweight and obesity in China.**Results**The study includes 5,749,795 males (53.7%) and 4,959,644 females (46.3%) with an average age of 40.6±13.4 years and an average BMI of 23.9±3.7 kg/m2. The overall overweight and obese rates in this sample were 33.5% and 12.9%, respectively, and were 33.3% and 12.7% (with a sum of 46%), in the general population after the age-sex-standardisation. The rate of overweight/obesity increases from 29.4% in the age group of 18-29, to 59.6% in the age group of 50-59, but decreases thereafter, with 49.3% in the age group of over 80s. The rates of overweight and obesity in males were 39.6% and 16.2%, respectively, significantly higher than those in females (26.8% and 9.1%, respectively). The rates of overweight and obesity also presented dramatically geographical difference across China, with the rates in the northern areas much higher than those in the southern areas.**Discussion**Overweight and obesity account for nearly half in Chinese physical examination population aged 18 and above. National prevention and control strategy on weight prevention need to be strengthened.**Keywords**Overweight, Obesity, BMI, China, Physical examination population, Big data |