

**Table 5 Mean body mass index (BMI) and prevalence of overweight (BMI  $\geq$  25 kg/m<sup>2</sup>) and obesity (BMI  $\geq$  30 kg/m<sup>2</sup>) in some Eastern Mediterranean Region countries in males and females aged 15–100 years**

Country	Year	Sex	Mean BMI (kg/m <sup>2</sup> )	% Overweight	% Obesity
Saudi Arabia <sup>a</sup>	2005–2010	Male	26.6	63.1	23.0
		Female	27.6	63.8	36.4
Jordan <sup>a</sup>	2005–2010	Male	26.1	57.5	19.6
		Female	27.9	63.4	37.9
Egypt <sup>a</sup>	2005–2010	Male	26.7	64.5	22.0
		Female	29.6	74.2	48.0
Islamic Republic of Iran <sup>a</sup>	2005–2010	Male	24.9	48.5	10.0
		Female	26.5	57.8	29.5
Syrian Arab Republic <sup>a</sup>	2005–2010	Male	24.9	48.4	12.4
		Female	26.1	57.2	24.6
Sudan <sup>a</sup>	2005–2010	Male	21.6	17.2	1.5
		Female	22.7	29.1	6.5
Yemen <sup>a</sup>	2005–2010	Male	22.6	24.6	2.0
		Female	23.1	32.2	6.2
Yemen <sup>b</sup>	2006	Male	21.8	18.0	2.5
		Female	23.9	26.8	12.4

<sup>a</sup>Global Infobase. World Health Organization [17].

<sup>b</sup>Current study; males and females aged 20–100 years.