



An article by the [*European Journal of Clinical Nutrition*](#)

Global differences between women and men in the prevalence of obesity: is there an association with gender inequality?

Background/objectives:

In most populations the prevalence of obesity is greater in women than in men; however, the magnitude of the difference between the sexes varies significantly by country. We considered the role of gender inequality in explaining these disparities.

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Results:

We found that the prevalence of obesity across countries shows gendered patterning with greater prevalence and greater heterogeneity in women than in men ($P < 0.001$). We also found that two of three measures of gender inequality were significantly associated with the sex differences in obesity prevalence across countries.