Singaporeans and obesity

Overweight sets in during early childhood. 10% of five-year-olds are overweight.

Weight increase of Singaporeans, on average, compared to a decade ago.

The 11- to 12-year-olds today are more likely to be obese or severely obese, compared to 20 years ago.

70% of children who were overweight at age seven stayed overweight as adults.

Obesity in Singapore is projected to hit 15% by 2024 if nothing is done. Currently, it is 11%.