

			Proxy	Missing	BMI less than 18.50	BMI from 18.50 to 24.99	BMI from 25 to 29	BMI from 30 to 34.99	BMI from 35 to 39.99	BMI from 40 to 49.99	BMI from 50 to 59.99	BMI over 60	
Gender	Male	Count	3334	17877	2571	58346	81876	41505	14203	5200	531	372	225815
		% within Gender	1.5%	7.9%	1.1%	25.8%	36.3%	18.4%	6.3%	2.3%	0.2%	0.2%	100.0%
	Female	Count	2081	16992	4725	77133	59485	30938	13394	4591	0	566	209905
		% within Gender	1.0%	8.1%	2.3%	36.7%	28.3%	14.7%	6.4%	2.2%	0.0%	0.3%	100.0%
Total		Count	5415	34869	7296	135479	141361	72443	27597	9791	531	938	435720
		% within Gender	1.2%	8.0%	1.7%	31.1%	32.4%	16.6%	6.3%	2.2%	0.1%	0.2%	100.0%

Introduction to the Data Provided

The above data derives from the European Health Interview Survey (EHIS) which was conducted between 2019 and 2020. The population targeted for this survey was the Maltese population who are 15 years of age and over. This survey has a sample of 4000 individuals but it is weighted by the National Statistics Office (NSO) in order for it to reflect the whole national population of 2019. So the number quoted are extrapolated as EHIS was only a sample of the population.

Explanation of Table Columns

The “Proxy” label is for those people who could not fill in the questionnaire on their own, due to sickness or disability. Thus, these people are not usually asked to answer questions regarding their weight and height.

The “Missing” label is for those individuals who either did not know their weight or their height, most of them are generally those who did not know their exact height.

The rest of the columns are self-explanatory: Those individuals who have a BMI of less than 18.50, those who have a BMI between the 18.50 and the 24.99 range, those who have a BMI between 25 and 29, those with BMI between 30 to 34.99, 35 to 39.00, 40 to 49.99, 50 to 59.99 and those whose BMI is 60+

Possible Bias

What can be considered as a bias is the fact that the BMI is based on self-reported weight and height. In reality the situation could be considered slightly worse as there is a general tendency for people to under report or rather round down their weight and round up their height. This tendency could also be seen in the EHIS of 2010 where “This shows an underestimation of the actual proportion of the obese population by 6.8%”¹. Moreover it is worth mentioning that “This discrepancy between self- reported and measured BMI calculations is more pronounced in females when compared to males.”²

¹ EHIS 2010, [HES report \(with cover for website\) \(gov.mt\)](#), p. 29

² Ibid., p.29