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**A REVIEW ON GLOBAL GENDER DIFFERENCES IN OBESITY**

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**ABSTRACT**

*Obesity is a worldwide epidemic. However, the incidence of obesity and overweight among males and females varies considerably within and across nations, with more women than men being obese on average. In underdeveloped nations, especially in the Middle East and North Africa, gender inequalities in overweight and obesity are accentuated. In industrialized nations, however, males are more likely than women to be overweight. According to current research, a variety of societal factors across the globe aggravate gender inequalities in excessive weight gain. Gender variations in food intake are caused by a variety of contextual variables, and women typically report eating healthier meals but may eat more sugar-laden foods than males. Both males and females acquire weight as a result of acculturation, which occurs via complicated sociocultural processes. Excess weight gain has impacted both genders as a result of the dietary shift going to take place in so many developing nations, but it has had an even larger effect on women's physical activity levels. Furthermore, in certain cultures, greater physical size amongst women or men is seen as a signal of fertility, health, or wealth. More study on gender inequalities in obesity and overweight will enhance our knowledge of the worldwide obesity epidemic as it progress.*

**KEYWORDS:** *Disparities, Gender, Obesity, Physical activity, Weight gain.*

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