INTRODUCTION

Overweight and obesity are a worldwide pandemic with geographic differences. Possible explanations include variable access to food and its quality, dietary habits of the populations, behavioral patterns, and characteristics of the food markets. This study aimed to examine the acquisition of food in the different regions of Brazil and to relate it with the geography of Brazilian obesity.

METHOD

We used data provided by a Brazilian official organ, which gathers periodic data on the household food acquisition. Descriptive statistics and multidimensional scaling techniques were used to ascertain the similarity of food acquisition among populations in the Brazilian states.

RESULTS AND DISCUSSION

In Brazil, overweight and obesity are also major issues, and there is no single state that is free from population growth in overweight levels. However, this growth is more intense in some areas and more discreet in others. We identify that states with similar dietary patterns have similar population levels of overweight and obesity, demonstrating a possible relationship between the supply models and food insecurity manifestations. However, the occurrence of regional singularities suggests that the food supply model constitutes only one of the multiple variables that compete for diversity in the Brazilian regional distribution of obesity and overweight. We found that socio-geographic factors influence the nutritional misalignment in Brazil. Our results show that overweight and obesity have a higher occurrence in middle age, as well as it is more present in females. Moreover, women with lower education and lower incomes have higher levels of overweight and obesity. In men, obesity is more frequent in those with more schooling and higher incomes.

CONCLUSION

In short, a complex picture of the geography of Brazilian obesity is revealed. Overweight and obesity cannot be seen only as an individual problem, since not everyone has access to a healthy lifestyle and quality food.