Currently, in China, due to rapid economic growth, the people's income and educational standards have risen, the living environment is gradually improving, but excessive increase in weight, which is a risk factor for health, is beginning to be concerned . Moderate weight gain has a positive impact on health, but in China many people have exceeded the dangerous level as more weights are added. Therefore, considering the lifestyle habits of the Chinese population, the regional characteristics in China and the policy effect that leads to health disparities, we will analyze factors of obesity in China focusing on socioeconomic attributes and regional attributes . This paper focuses on the obesity rate of the Chinese population, analyzes factors such as lifestyle and condition, especially China. An empirical analysis was conducted with the data of two waves of CHNS, with the BMI index and the dummy variable as to whether obesity as whether to be an explanatory variable, for adults in China. As a result of the empirical analysis, it was confirmed that statistically and significantly depended on the probability that the working hours and income levels of the Chinese population will become obese. On the other hand, regarding the regional characteristics of China, the probability that the Chinese population living in the northern area will be obese more than the people living in the southern area was considered. And it was confirmed that the reform and open-door policy that leads to health disparity and income disparity is also statistically and significantly dependent on the probability of becoming obese. Based on the above analysis results, the conclusion that factors of the obesity rate problem of the Chinese population are the income disparity and the lifestyle habit caused by the labor situation, income level of China population, and the national circumstances of China. And, in order to solve the obesity problem of the Chinese population, I would like to give a proposal that I can not ignore the living habits of the Chinese population, the characteristics of the direction such as life and labor conditions.