

## **Adult Diaper - Market Share Analysis, Industry Trends & Statistics, Growth Forecasts (2026 - 2031)**

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### **Report description:**

Adult Diaper Market Analysis

The adult diaper market size in 2026 is estimated at USD 15.57 billion, growing from 2025 value of USD 14.23 billion with 2031 projections showing USD 24.44 billion, growing at 9.43% CAGR over 2026-2031. This growth is primarily attributed to an aging population, increased diagnosis rates driven by the growing focus on preventive healthcare, and advancements in product design, such as thinner cores and discreet pant-style options. Public health education and medical outreach initiatives are effectively reducing stigma and driving higher adoption rates. Product innovations, including odor control, breathable materials, and gender-specific designs, are enhancing user comfort and expanding market penetration. The online retail channel is experiencing the fastest growth, as consumers increasingly prefer private purchasing options due to stigma. The Asia-Pacific region, led by China's demographic expansion, is recording the highest growth rate, while North America remains the largest market, supported by advanced reimbursement policies and strong awareness programs. The competitive landscape is evolving, with manufacturers focusing on three key strategies, including premium product innovation, value-driven offerings, and sustainability-focused initiatives.

Global Adult Diaper Market Trends and Insights

Rising awareness of incontinence and elderly care

The destigmatization of incontinence is accelerating market growth as healthcare organizations execute strategic awareness

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initiatives. In May 2025, the National Association for Continence (NAFC) partnered with the CDC on a pivotal program designed to enhance outcomes for women with urinary incontinence. This initiative addresses a significant knowledge gap, as highlighted by the Agency for Healthcare Research and Quality. Through its EvidenceNOW program, over 270 primary care practices have screened and treated more than 88,700 women for urinary incontinence, uncovering a substantial number of undiagnosed cases. Consumer education efforts are proving effective, with the Continence Foundation of Australia reported in 2023 that urinary incontinence affects over 7.3 million Australians aged 15 and older, equating to a 33.7% prevalence rate. These advancements establish a strong platform for targeted market expansion, creating growth opportunities for adult diaper manufacturers. Improved diagnostic tools and the growing prevalence of routine health screenings have driven the early identification of incontinence, accelerating the adoption of adult diapers. With healthcare professionals increasingly recommending absorbent products, patients are more likely to integrate them into their care routines.

#### Favorable healthcare initiatives by the government and associations

Government policies are increasingly positioning incontinence management as a healthcare priority, driving market growth. The Health Resources and Services Administration's 2024 update to Women's Preventive Services Guidelines requires coverage for urinary incontinence screening without cost sharing, effectively removing financial barriers to diagnosis. This regulatory change aligns with the Centers for Medicare and Medicaid Services' implementation of new quality measures for bowel and bladder incontinence, effective January 2025, which will streamline assessment and intervention protocols across healthcare facilities. Regulatory bodies are enforcing quality standards for adult diapers, strengthening consumer confidence, and driving product adoption. Collaborative initiatives are leveraging data on aging populations and incontinence prevalence, enabling businesses and policymakers to develop targeted solutions and enhance product accessibility. In markets such as Japan, Germany, and Sweden, where state-backed elderly care is well-established, the adult diaper market is both mature and steadily expanding, supported by favorable government policies.

#### Social stigma around incontinence

While awareness is on the rise, social stigma remains a critical challenge, restricting market growth by impeding product adoption. This stigma results in under-reporting and under-treatment of incontinence, driving consumers toward adult diapers instead of seeking medical interventions. Unlike other health-related products, consumers rarely discuss adult diapers, even when they recognize their utility. Many elderly or middle-aged individuals avoid discussing their symptoms, even with family members or healthcare providers. Without professional medical advice, they may remain unaware that adult diapers are a practical and effective solution. The impact of stigma varies across regions, with developing markets facing more pronounced challenges that offset favorable demographic trends. To address this issue, manufacturers are implementing measures such as discreet packaging and expanding online sales channels. In February 2025, phs Group partnered with organizations like Prostate Cancer UK to encourage open conversations and provide resources aimed at reducing the stigma associated with male incontinence, fostering a more supportive environment for men.

Other drivers and restraints analyzed in the detailed report include:

Growing aging population drives the demandProduct innovations in comfort, absorbency and discretionSkin health concerns and risk of infections

For complete list of drivers and restraints, kindly check the Table Of Contents.

#### Segment Analysis

The moderate/heavy adult diaper segment commands 66.15% of the market share in 2025, serving individuals with severe

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incontinence needs, particularly in healthcare facilities and for overnight use. The light diaper segment, while currently accounting for a smaller share, is projected to grow at a strong CAGR of 9.58% during the 2026-2031 period. This growth is driven by increasing adoption among active adults with mild incontinence, who value discreet and comfortable solutions for daily use. This trend highlights a market shift toward specialized products designed for varying levels of incontinence, moving away from generalized offerings.

The 2025 Innovation Nexus Showcase, hosted by the American Urological Association, featured several advanced technologies for light incontinence management, including sensor-based systems that monitor moisture levels and notify users to prevent leakage. Material innovations are transforming both the moderate/heavy and light diaper segments. Superabsorbent polymers (SAPs) are being enhanced to improve absorption efficiency while maintaining a thinner design. Manufacturers are prioritizing the development of odor control technologies and breathable materials to address consumer concerns regarding discretion and skin health. This focus is particularly critical in the moderate/heavy segment, where extended usage increases the likelihood of skin irritation.

While pads maintain a significant 56.55% market share in 2025, pant-style (pull-up) adult diapers are projected to achieve a strong 9.70% CAGR from 2026 to 2031. The robust growth of pant-style diapers is driven by their superior combination of absorbency and wearability, appealing to active consumers seeking products that mimic traditional underwear. Product innovations in this segment are focused on enhancing discretion by reducing bulk and noise, with manufacturers leveraging thinner materials that retain high absorption capacity. The "others" category, which includes specialized products such as booster pads and overnight solutions, addresses niche market demands but holds a comparatively smaller market share.

The incontinence underwear segment for the elderly emphasizes the critical role of comfort, convenience, and affordability in product design. Traditional disposable adult diapers have faced challenges due to perceptions of bulkiness and discomfort. In response, manufacturers are introducing structural design enhancements and advanced fabric technologies to improve both functionality and user experience. The pad category continues to dominate the market due to its versatility and cost-effectiveness, particularly for managing light incontinence, but its growth rate lags behind the more innovative pant-style segment. Environmental sustainability is increasingly shaping consumer preferences, with biodegradable materials gaining traction across all product categories as eco-consciousness rises.

The Adult Diaper Market Report is Segmented by Product Type (Light Diaper and Moderate/Heavy Adult Diaper), Category (Pad, Pant-Style (Pull-Up), and Others), Gender (Male, Female, and Unisex), Distribution Channel (Supermarkets/Hypermarkets, Drug Stores/Pharmacies, and More), and Geography (North America, Europe, Asia-Pacific, South America, and Middle East and Africa). The Market Forecasts are Provided in Terms of Value (USD).

## Geography Analysis

North America accounted for 29.78% of global revenue in 2025, buoyed by advanced reimbursement frameworks and vigorous awareness campaigns. The integration of incontinence screening into preventive-care guidelines is anticipated to significantly enhance diagnosis rates and drive the adoption of premium products over the forecast period, extending through 2031. Consumers in the United States demonstrate a strong propensity to invest in breathable and dermatologically tested product variants. This trend has encouraged manufacturers to prioritize innovations that emphasize skin-health benefits and eco-friendly certifications, aligning with evolving consumer preferences.

The Asia-Pacific region is positioned as the fastest-growing market, with a projected CAGR of 10.31% (2026-2031). The continued expansion of China's aging population is directly contributing to the growth of the adult diaper market. While Japan remains the most penetrated market globally, incremental growth is increasingly concentrated in mainland China, India, and Southeast Asia. This shift is driven by the rapid expansion of the middle class and the growing reach of e-commerce platforms. Regional brands

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are strategically adapting their product features to cater to local climatic conditions, such as incorporating ultra-breathable backsheets to address the needs of consumers in humid environments.

Europe maintains a substantial market share, underpinned by well-established social safety nets and a high proportion of aging demographics. The region's strong emphasis on sustainability has accelerated the introduction of innovative products, including biodegradable cores and washable absorbent underwear. In contrast, South America, along with the Middle East and Africa, represents smaller but rapidly growing markets. Growth in these regions is being driven by government investments in elder-care programs and the expansion of product assortments by private pharmacies, which are increasingly catering to the diverse needs of aging populations.

#### List of Companies Covered in this Report:

Kimberly-Clark Corporation The Procter & Gamble Company Essity AB Unicharm Corporation Chiaus(Fujian)Industrial Development Co., Ltd. Kao Corporation Ontex Group Domtar Corporation The HARTMANN GROUP FUBURG INDUSTRIAL CO., LTD. Hengan International Group Company Limited Daio Paper Corporation First Quality Enterprises, LLC. Drylock Technologies Nobel Hygiene Private Limited TZMO Group The ABENA Group Medline Industries, LP Principle Business Enterprises, Inc. Samela, Inc. (NorthShore Care Supply)

#### Additional Benefits:

<ul> The market estimate (ME) sheet in Excel format  
3 months of analyst support </ul>

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6.4.20 Samela, Inc. (NorthShore Care Supply)

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