

Report card

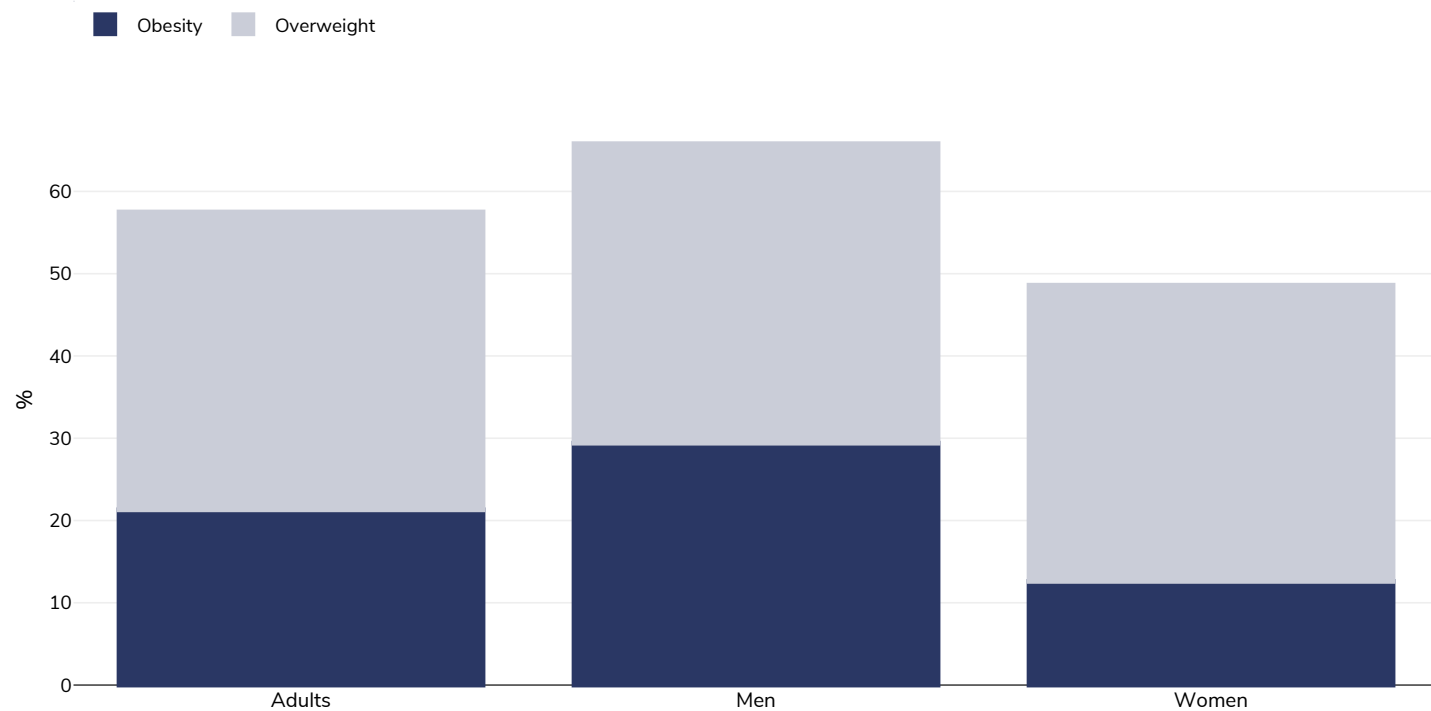
Colombia



Contents	Page
Obesity prevalence	2
Trend: % Adults living with obesity, 1995-2010	4
Trend: % Adults living with overweight or obesity, 1995-2010	5
Trend: % Adults living with obesity, selected countries, 1960-2022	6
Overweight/obesity by education	8
Overweight/obesity by age	10
Overweight/obesity by region	12
Overweight/obesity by socio-economic group	14
Insufficient physical activity	16
Estimated per capita fruit intake	22
Estimated per-capita processed meat intake	23
Estimated per capita whole grains intake	24
Mental health - depression disorders	25
Mental health - anxiety disorders	26
% Infants exclusively breastfed 0-5 months	27
Oesophageal cancer	28
Breast cancer	30
Colorectal cancer	31
Pancreatic cancer	33
Gallbladder cancer	35
Kidney cancer	37
Cancer of the uterus	39
Raised blood pressure	40
Raised cholesterol	43
Raised fasting blood glucose	46
Diabetes prevalence	48
Contextual factors	49

Obesity prevalence

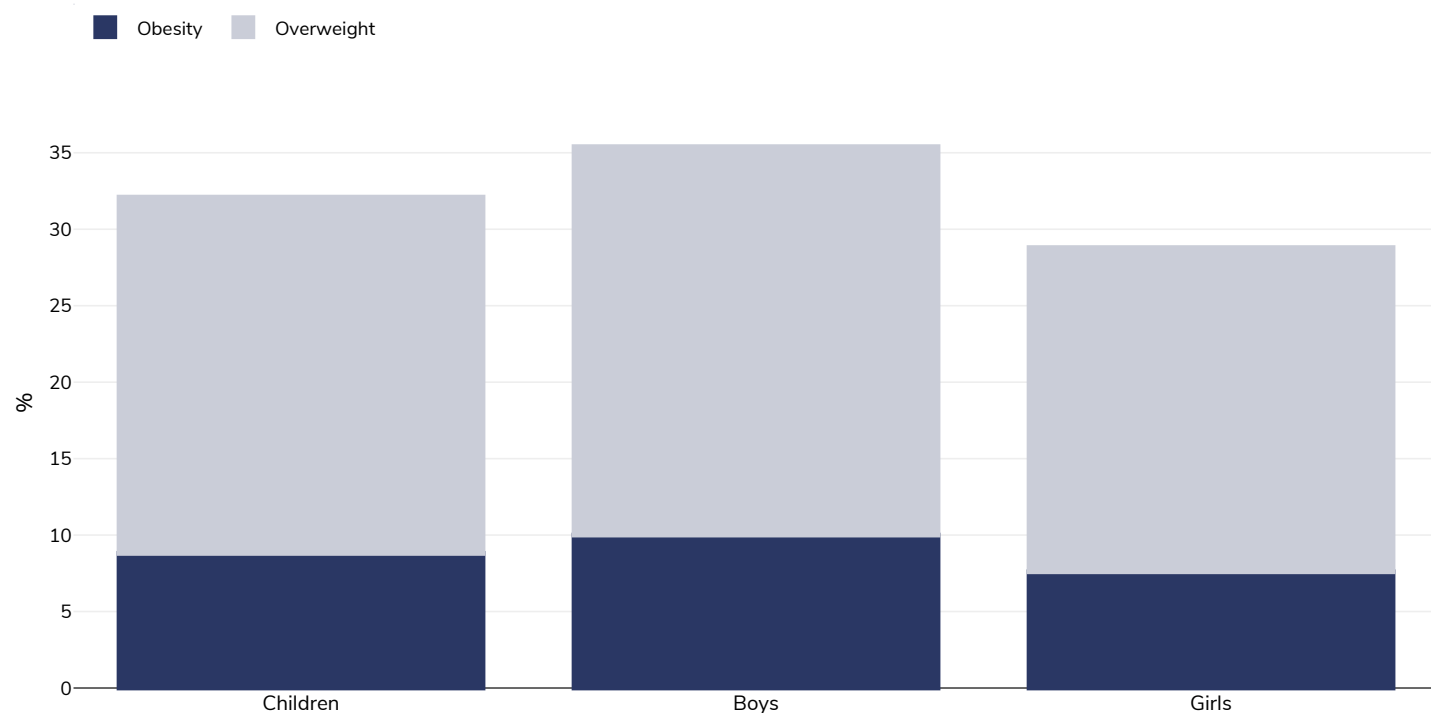
Adults, 2018



Survey type:	Measured
Age:	18-75
Sample size:	1537
Area covered:	Urban
References:	Jimenez-Mora, Mario A et al. "Association of Overweight, Obesity and Abdominal Obesity with Socioeconomic Status and Educational Level in Colombia." <i>Diabetes, metabolic syndrome and obesity : targets and therapy</i> vol. 13 1887-1898. 3 Jun. 2020, doi:10.2147/DMSO.S244761

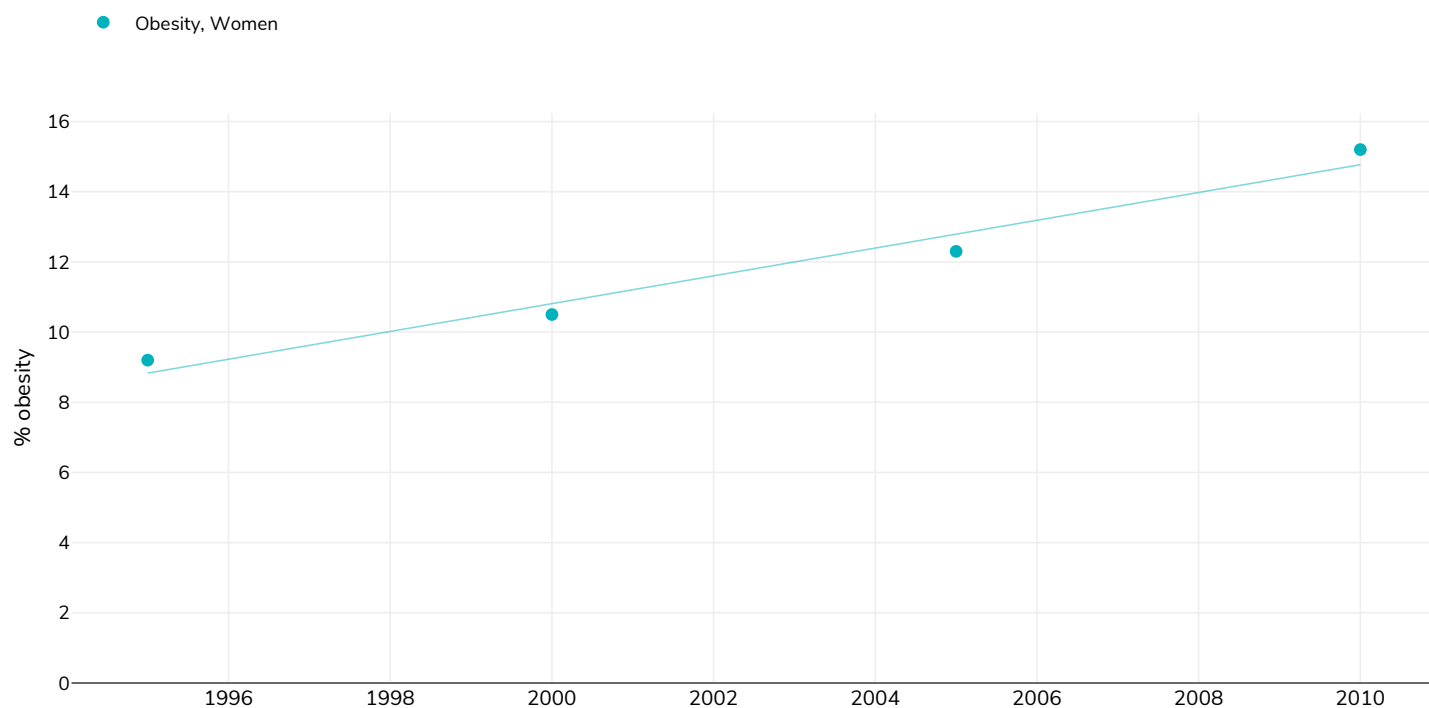
Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².

Children, 2018



Survey type:	Measured
Age:	5-17
Sample size:	385
Area covered:	Urban
References:	Jimenez-Mora, Mario A et al. "Association of Overweight, Obesity and Abdominal Obesity with Socioeconomic Status and Educational Level in Colombia." <i>Diabetes, metabolic syndrome and obesity : targets and therapy</i> vol. 13 1887-1898. 3 Jun. 2020, doi:10.2147/DMSO.S244761
Notes:	PLEASE NOTE SMALL SAMPLE SIZE Conflicting age ranges presented in paper. The Child data may be either 2-17 years of 5-17 years. It has been assumed 5-17 years, though author has been contacted to confirm.
Definitions:	Cut offs. 25-59 months BMI for Age Z Score $>1 \leq 3$ for overweight, >3 Obesity 5-17 years BMI for Age Z Score $>1 \leq 2$ for overweight, > 2 Obesity

% Adults living with obesity, 1995-2010



Survey type:

Measured

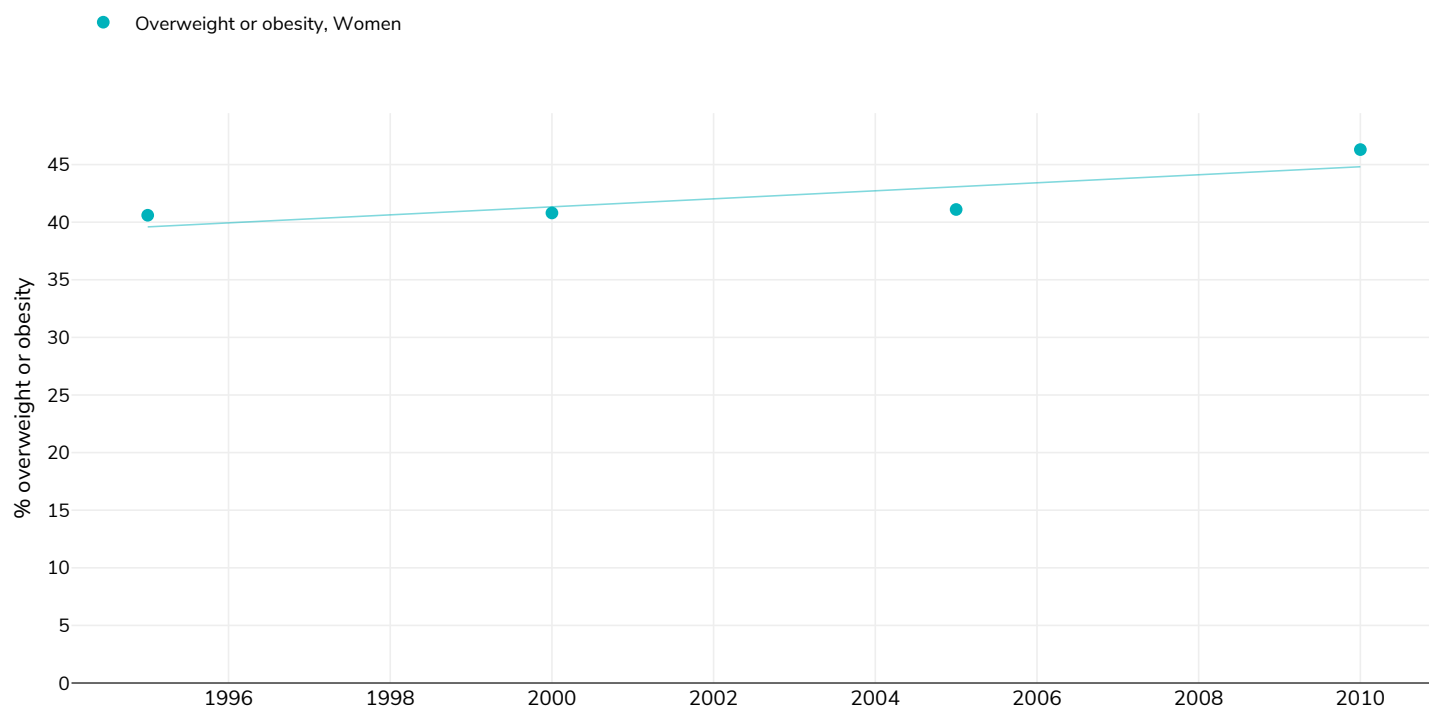
References:

For full details of references visit <https://data.worldobesity.org/>

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².

Different methodologies may have been used to collect this data and so data from different surveys may not be strictly comparable. Please check with original data sources for methodologies used.

% Adults living with overweight or obesity, 1995-2010



References:

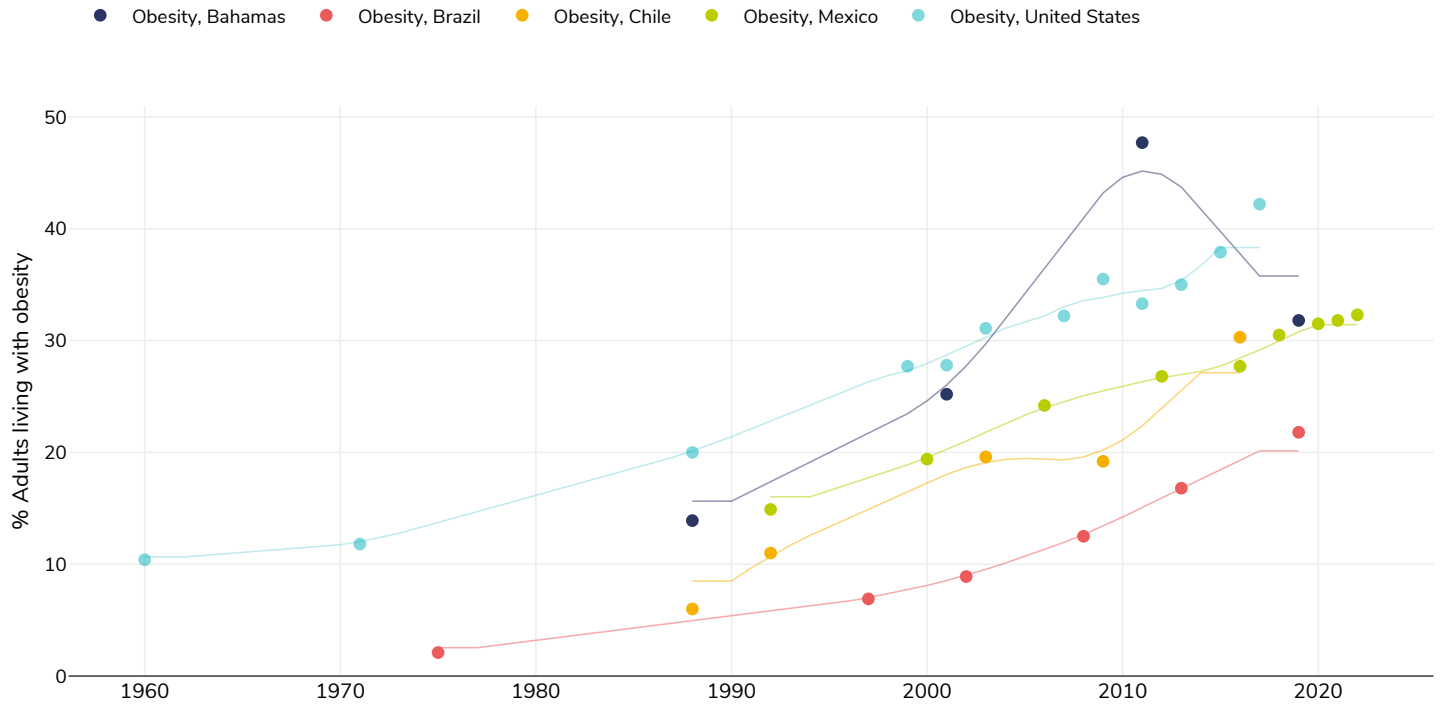
For full details of references visit
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Different methodologies may have been used to collect this data and so data from different surveys may not be strictly comparable. Please check with original data sources for methodologies used.

% Adults living with obesity, selected countries, 1960-2022

Men

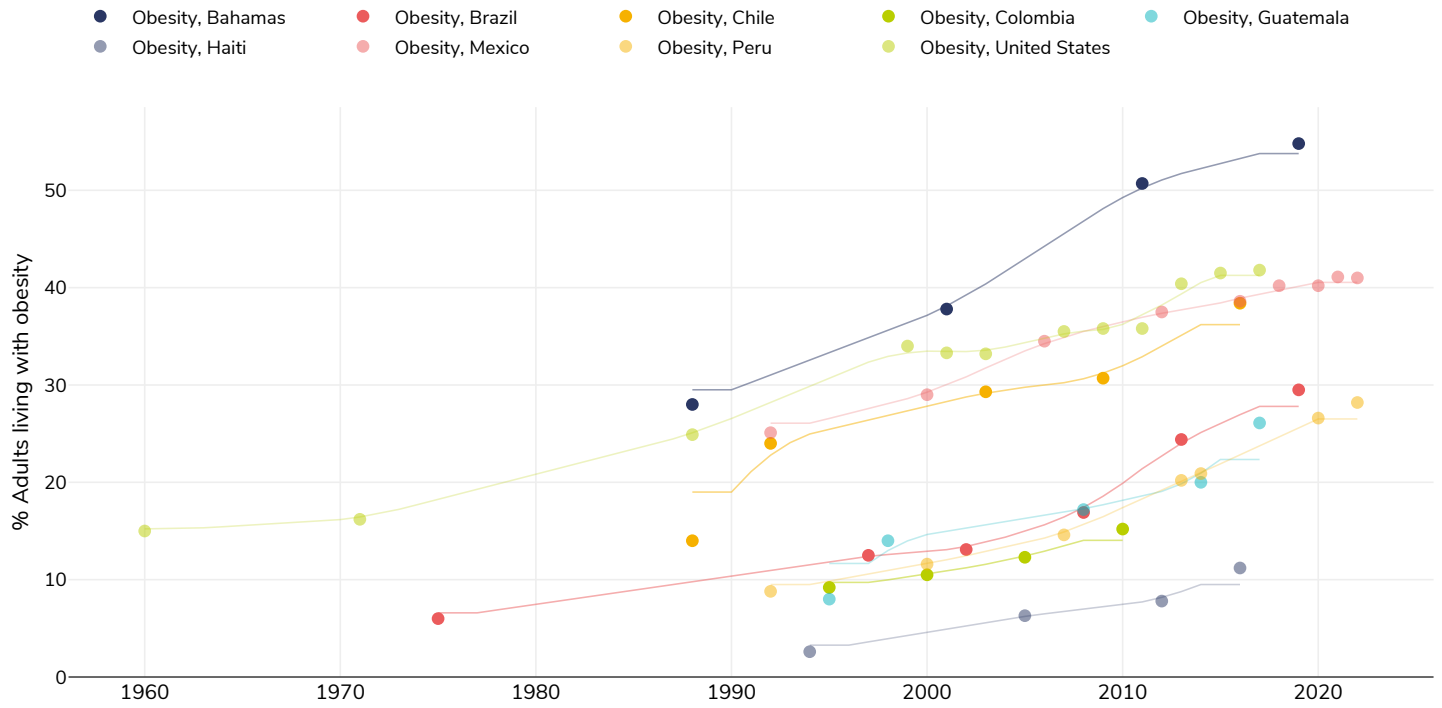


References:

For full details of references visit
<https://data.worldobesity.org/>

Different methodologies may have been used to collect this data and so data from different surveys may not be strictly comparable. Please check with original data sources for methodologies used.

Women



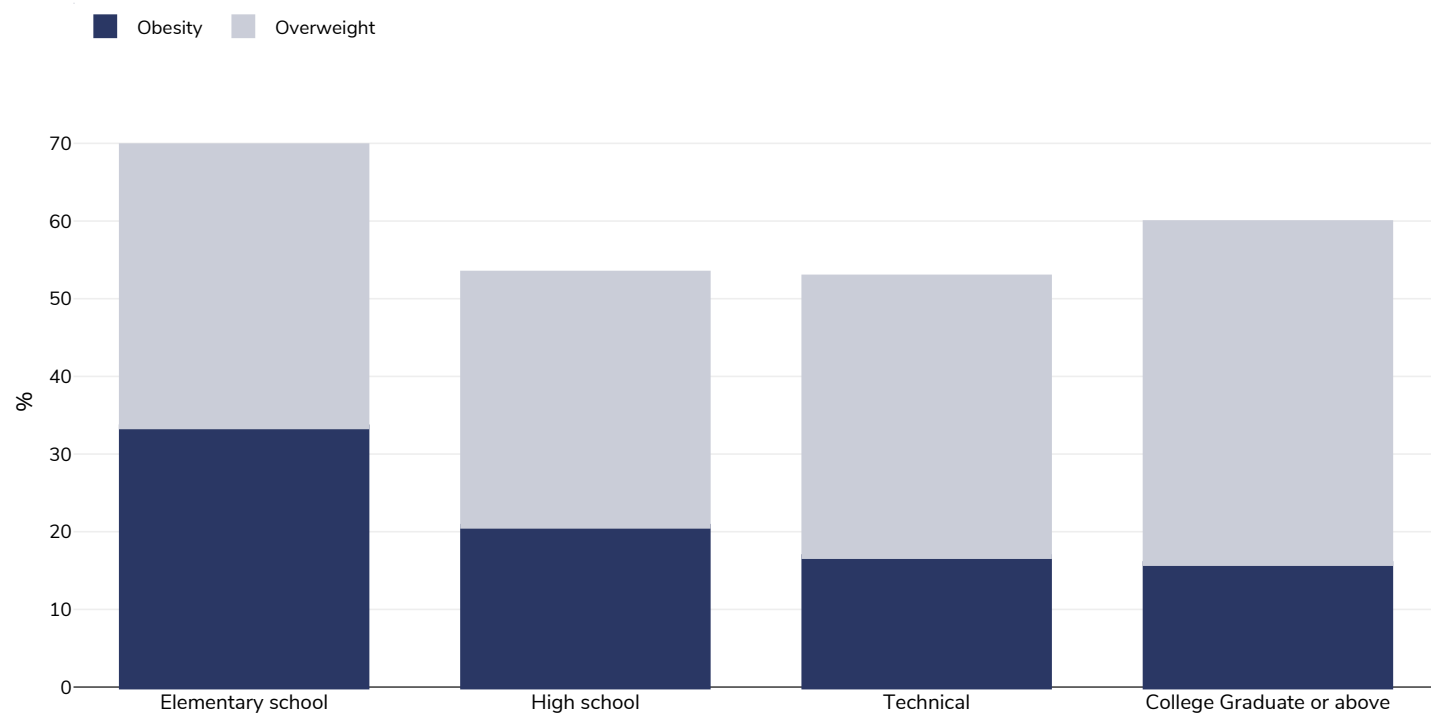
References:

For full details of references visit
<https://data.worldobesity.org/>

Different methodologies may have been used to collect this data and so data from different surveys may not be strictly comparable. Please check with original data sources for methodologies used.

Overweight/obesity by education

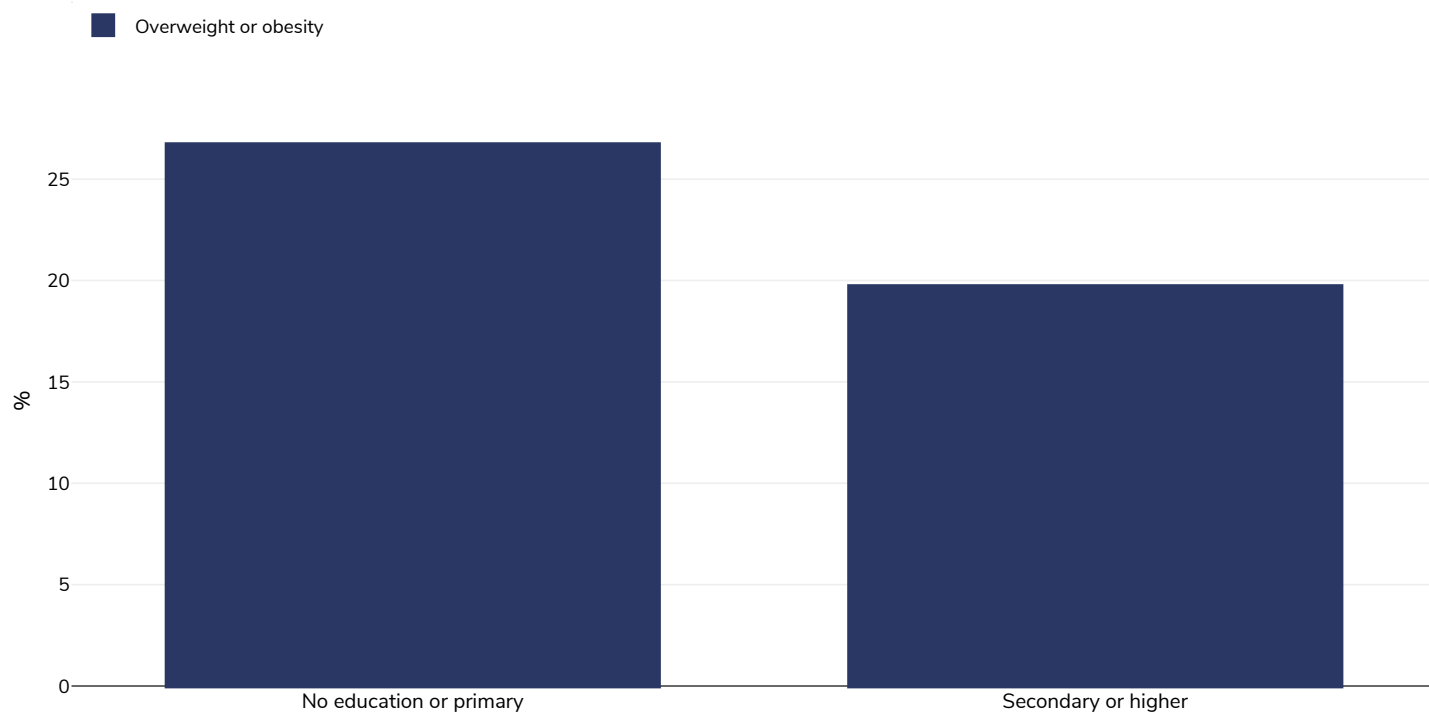
Adults, 2018



Survey type:	Measured
Age:	18-75
Sample size:	1537
Area covered:	Urban
References:	Jimenez-Mora, Mario A et al. "Association of Overweight, Obesity and Abdominal Obesity with Socioeconomic Status and Educational Level in Colombia." <i>Diabetes, metabolic syndrome and obesity : targets and therapy</i> vol. 13 1887-1898. 3 Jun. 2020, doi:10.2147/DMSO.S244761

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².

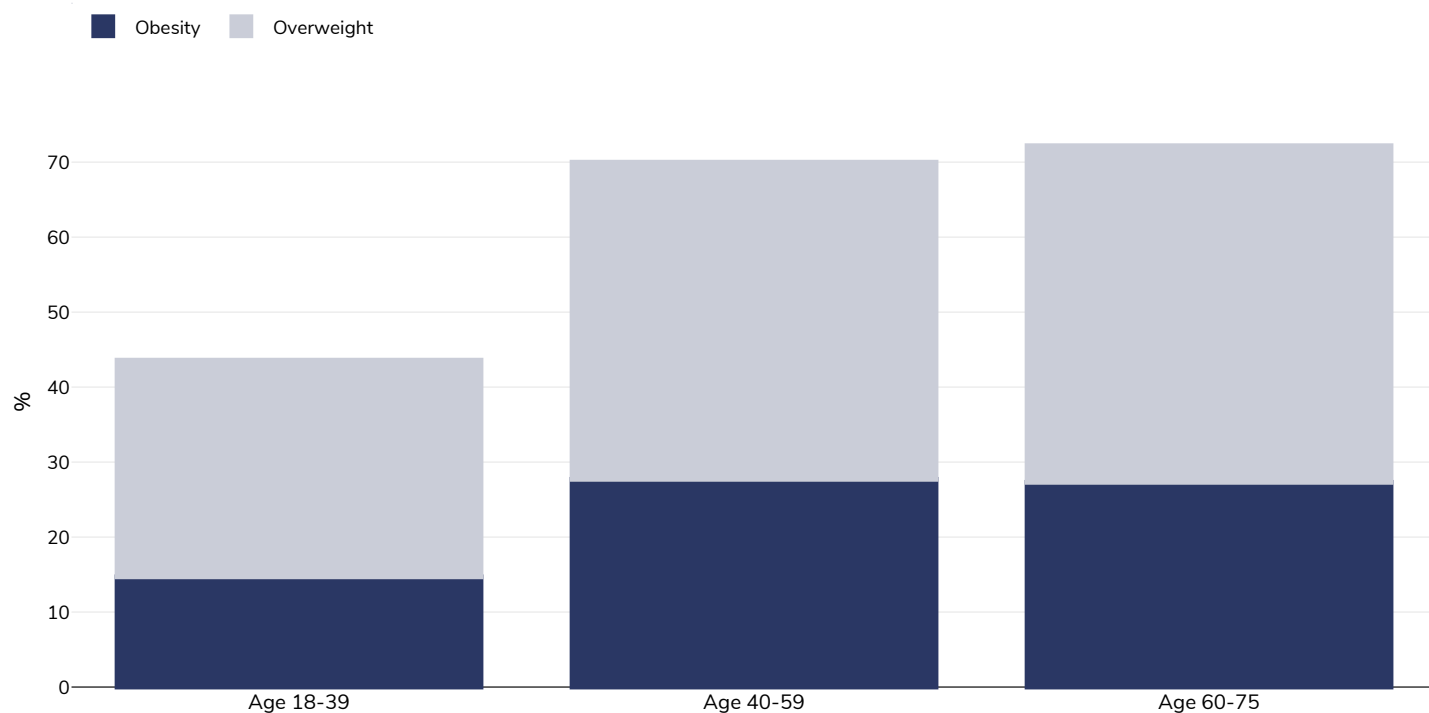
Girls, 2009-2010



Survey type:	Measured
Age:	15-19
Sample size:	6658
Area covered:	National
References:	Benedict, Rukundo K., Allison Schmale, and Sorrel Namaste. 2018. Adolescent Nutrition 2000-2017: DHS Data on Adolescents Age 15-19. DHS Comparative Report No. 47. Rockville, Maryland, USA: ICF. Ojeda, Gabriel, Myriam Ordonez, and Luis Hernando Ochoa. 2011. Colombia Encuesta Nacional de Demografía y Salud 2010. Bogotá, Colombia: Profamilia.
Definitions:	BMI for age: between +1 SD and +2 SD is overweight and greater than +2 SD is obesity
Cutoffs:	WHO 2007

Overweight/obesity by age

Adults, 2018



Survey type: Measured

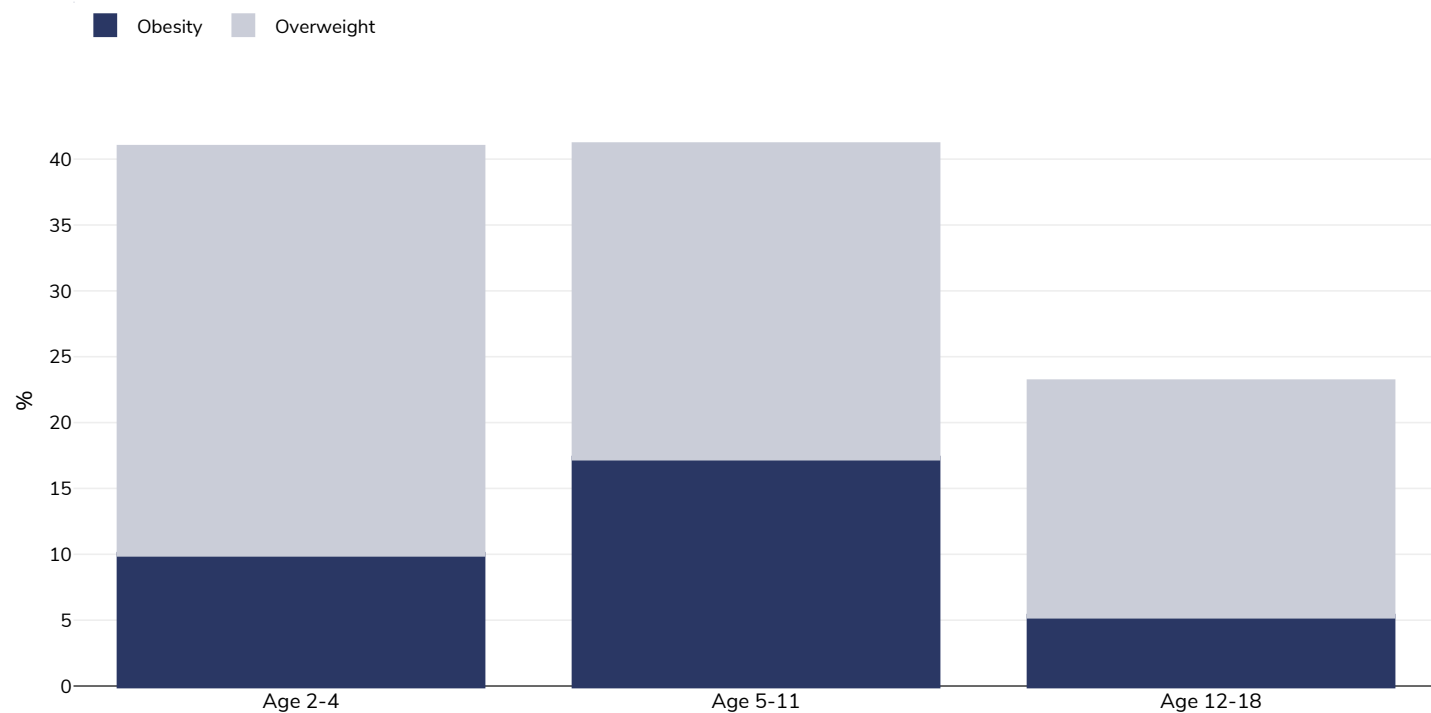
Sample size: 1537

Area covered: Urban

References: Jimenez-Mora, Mario A et al. "Association of Overweight, Obesity and Abdominal Obesity with Socioeconomic Status and Educational Level in Colombia." *Diabetes, metabolic syndrome and obesity : targets and therapy* vol. 13 1887-1898. 3 Jun. 2020, doi:10.2147/DMSO.S244761

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².

Children, 2018



Survey type: Measured

Sample size: 385

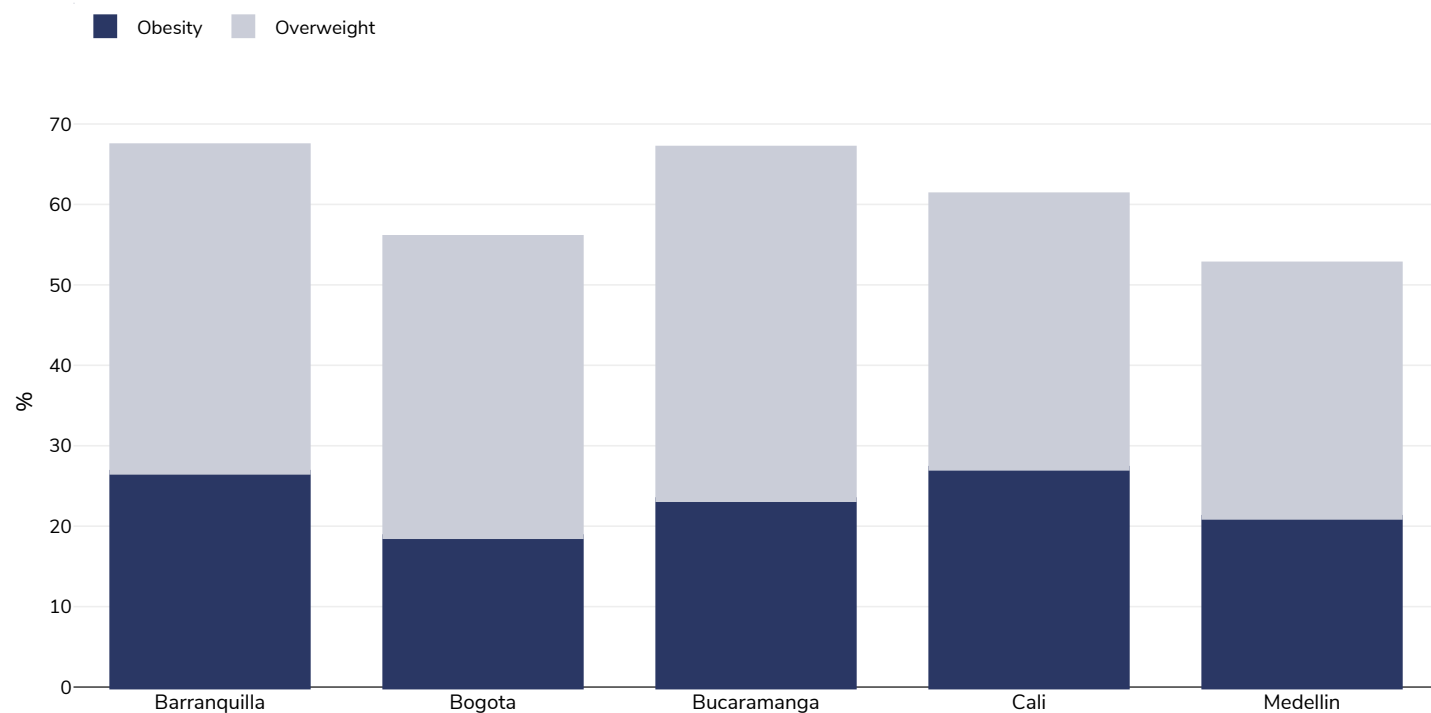
Area covered: Urban

References: Jimenez-Mora, Mario A et al. "Association of Overweight, Obesity and Abdominal Obesity with Socioeconomic Status and Educational Level in Colombia." *Diabetes, metabolic syndrome and obesity : targets and therapy* vol. 13 1887-1898. 3 Jun. 2020, doi:10.2147/DMSO.S244761

Notes: PLEASE NOTE SMALL SAMPLE SIZE Conflicting age ranges presented in paper. The Child data may be either 2-17 years of 5-17 years. It has been assumed 5-17 years, though author has been contacted to confirm. Cut offs. 25-59 months BMI for Age Z Score $>1 \leq 3$ for overweight, >3 Obesity 5-17 years BMI for Age Z Score $>1 \leq 2$ for overweight, > 2 Obesity

Overweight/obesity by region

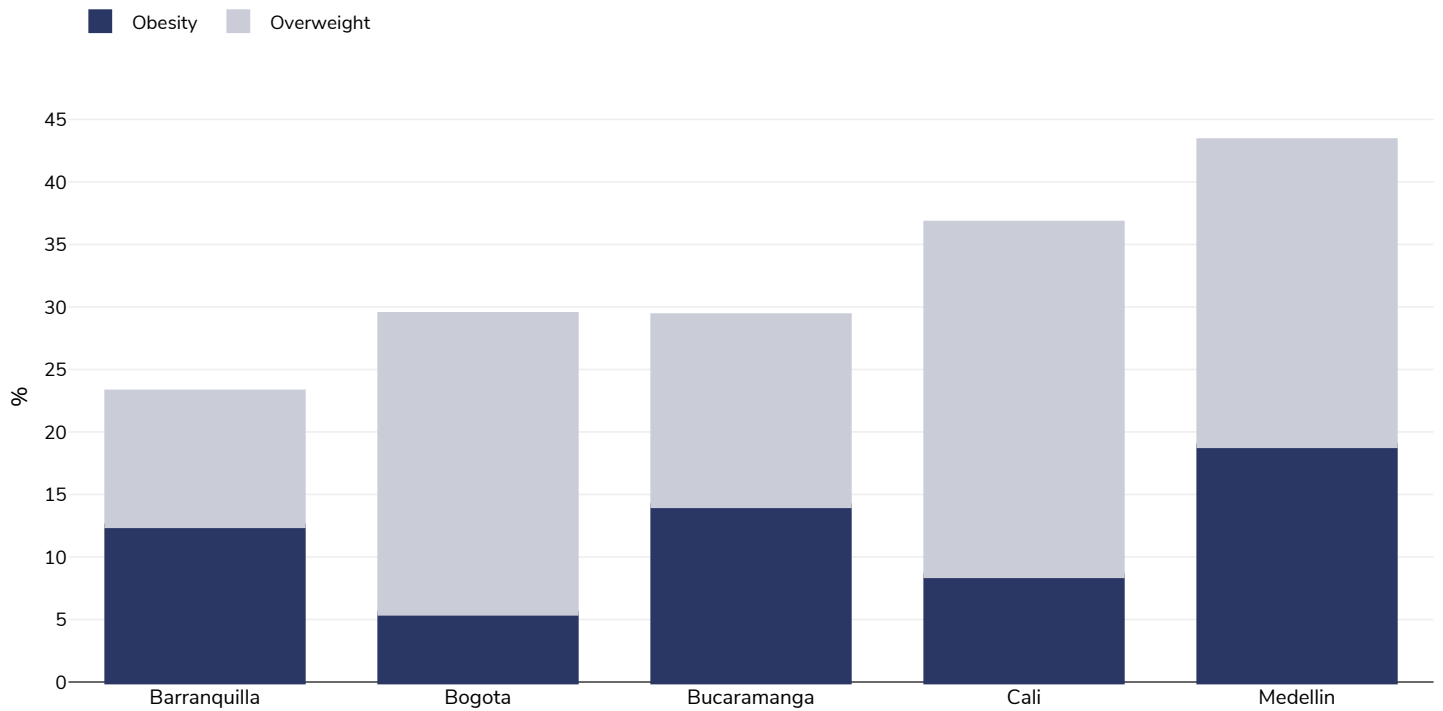
Adults, 2018



Survey type:	Measured
Age:	18-75
Sample size:	1537
Area covered:	Urban
References:	Jimenez-Mora, Mario A et al. "Association of Overweight, Obesity and Abdominal Obesity with Socioeconomic Status and Educational Level in Colombia." <i>Diabetes, metabolic syndrome and obesity : targets and therapy</i> vol. 13 1887-1898. 3 Jun. 2020, doi:10.2147/DMSO.S244761

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².

Children, 2018



Survey type: Measured

Age: 5-17

Sample size: 385

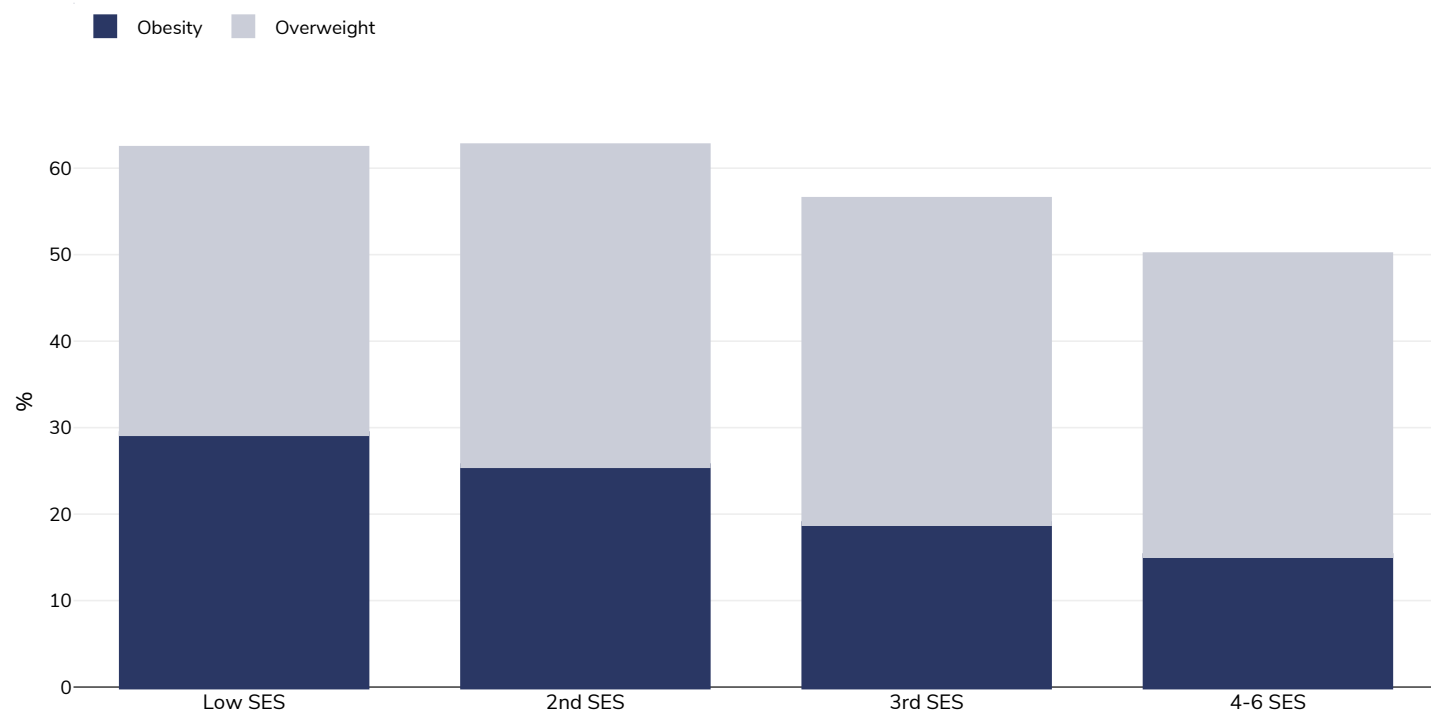
Area covered: Urban

References: Jimenez-Mora, Mario A et al. "Association of Overweight, Obesity and Abdominal Obesity with Socioeconomic Status and Educational Level in Colombia." *Diabetes, metabolic syndrome and obesity : targets and therapy* vol. 13 1887-1898. 3 Jun. 2020, doi:10.2147/DMSO.S244761

Notes: PLEASE NOTE SMALL SAMPLE SIZE Conflicting age ranges presented in paper. The Child data may be either 2-17 years of 5-17 years. It has been assumed 5-17 years, though author has been contacted to confirm. Cut offs. 25-59 months BMI for Age Z Score $>1 \leq 3$ for overweight, >3 Obesity 5-17 years BMI for Age Z Score $>1 \leq 2$ for overweight, > 2 Obesity

Overweight/obesity by socio-economic group

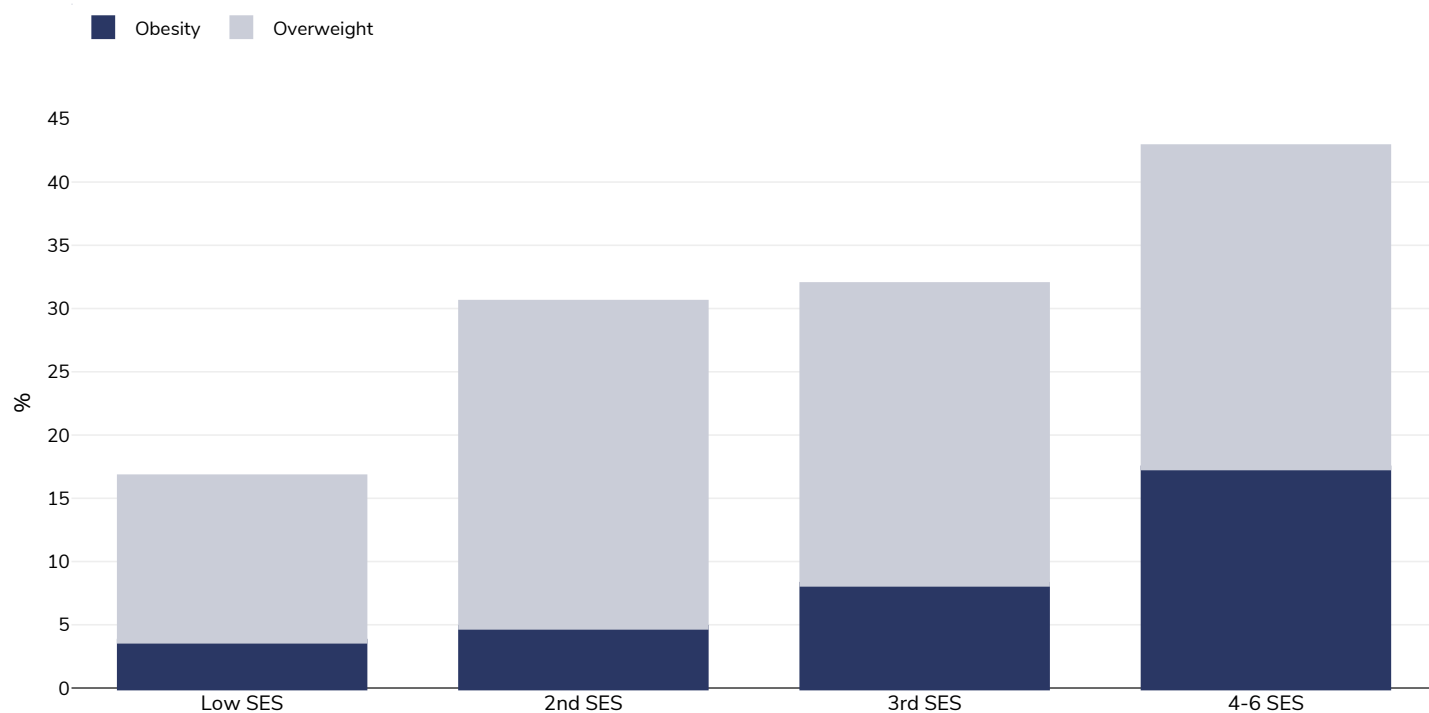
Adults, 2018



Survey type:	Measured
Age:	18-75
Sample size:	1537
Area covered:	Urban
References:	Jimenez-Mora, Mario A et al. "Association of Overweight, Obesity and Abdominal Obesity with Socioeconomic Status and Educational Level in Colombia." <i>Diabetes, metabolic syndrome and obesity : targets and therapy</i> vol. 13 1887-1898. 3 Jun. 2020, doi:10.2147/DMSO.S244761

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².

Children, 2018



Survey type: Measured

Age: 5-17

Sample size: 385

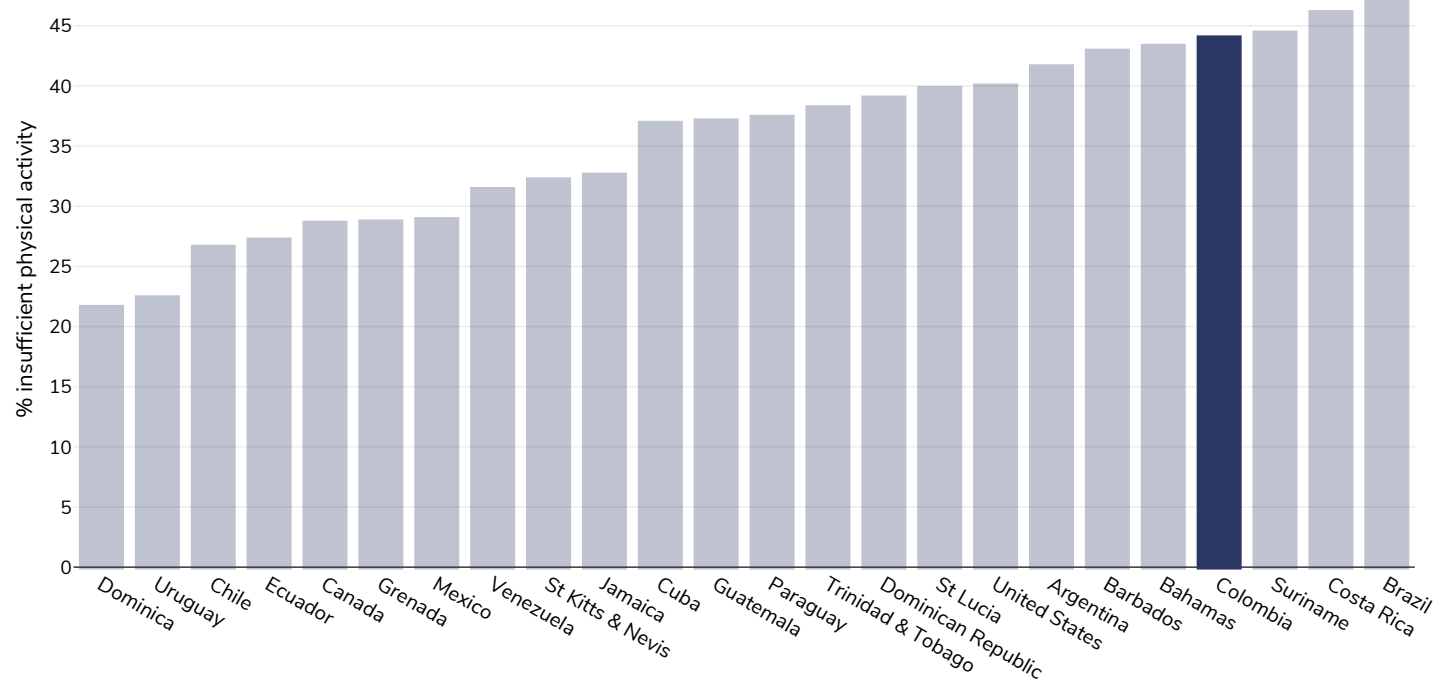
Area covered: Urban

References: Jimenez-Mora, Mario A et al. "Association of Overweight, Obesity and Abdominal Obesity with Socioeconomic Status and Educational Level in Colombia." *Diabetes, metabolic syndrome and obesity : targets and therapy* vol. 13 1887-1898. 3 Jun. 2020, doi:10.2147/DMSO.S244761

Notes: PLEASE NOTE SMALL SAMPLE SIZE Conflicting age ranges presented in paper. The Child data may be either 2-17 years of 5-17 years. It has been assumed 5-17 years, though author has been contacted to confirm. Cut offs. 25-59 months BMI for Age Z Score $>1 \leq 3$ for overweight, >3 Obesity 5-17 years BMI for Age Z Score $>1 \leq 2$ for overweight, > 2 Obesity

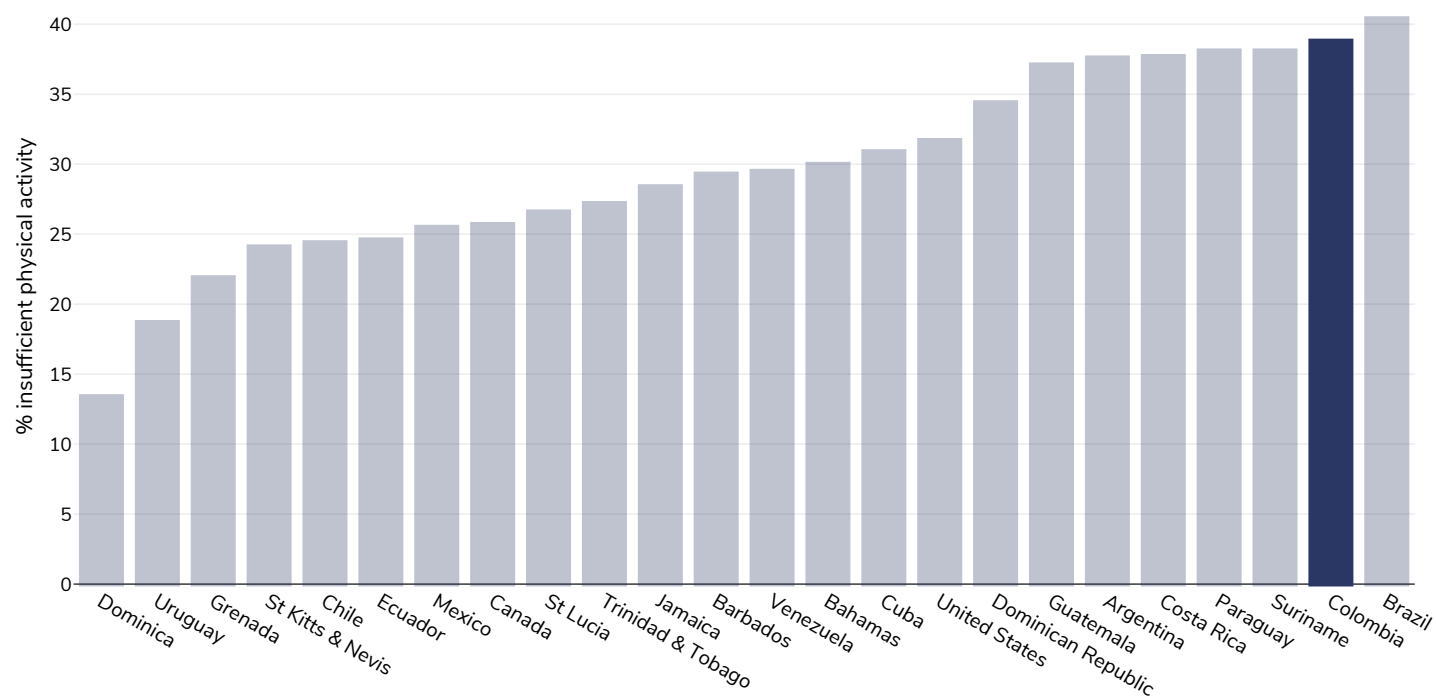
Insufficient physical activity

Adults, 2016



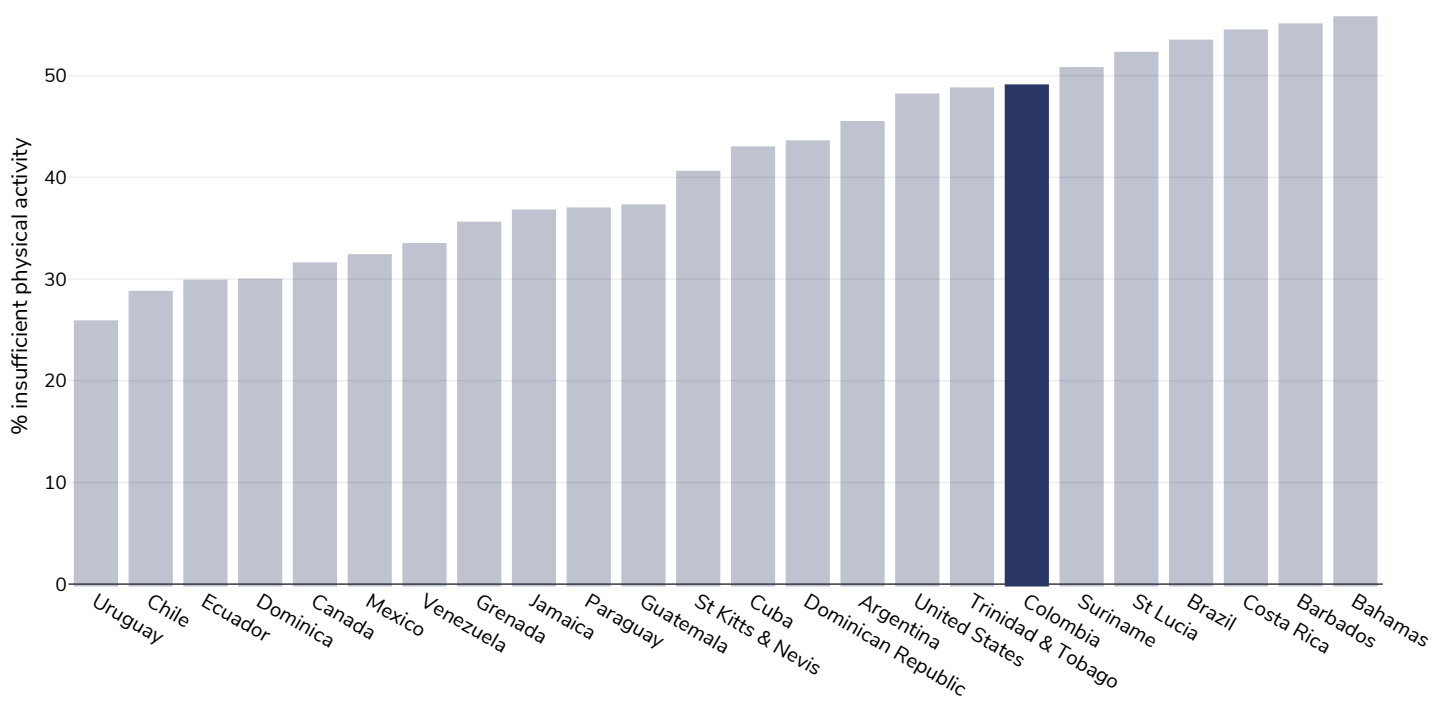
References: Guthold R, Stevens GA, Riley LM, Bull FC. Worldwide trends in insufficient physical activity from 2001 to 2016: a pooled analysis of 358 population-based surveys with 1.9 million participants. Lancet 2018 [http://dx.doi.org/10.1016/S2214-109X\(18\)30357-7](http://dx.doi.org/10.1016/S2214-109X(18)30357-7)

Men, 2016



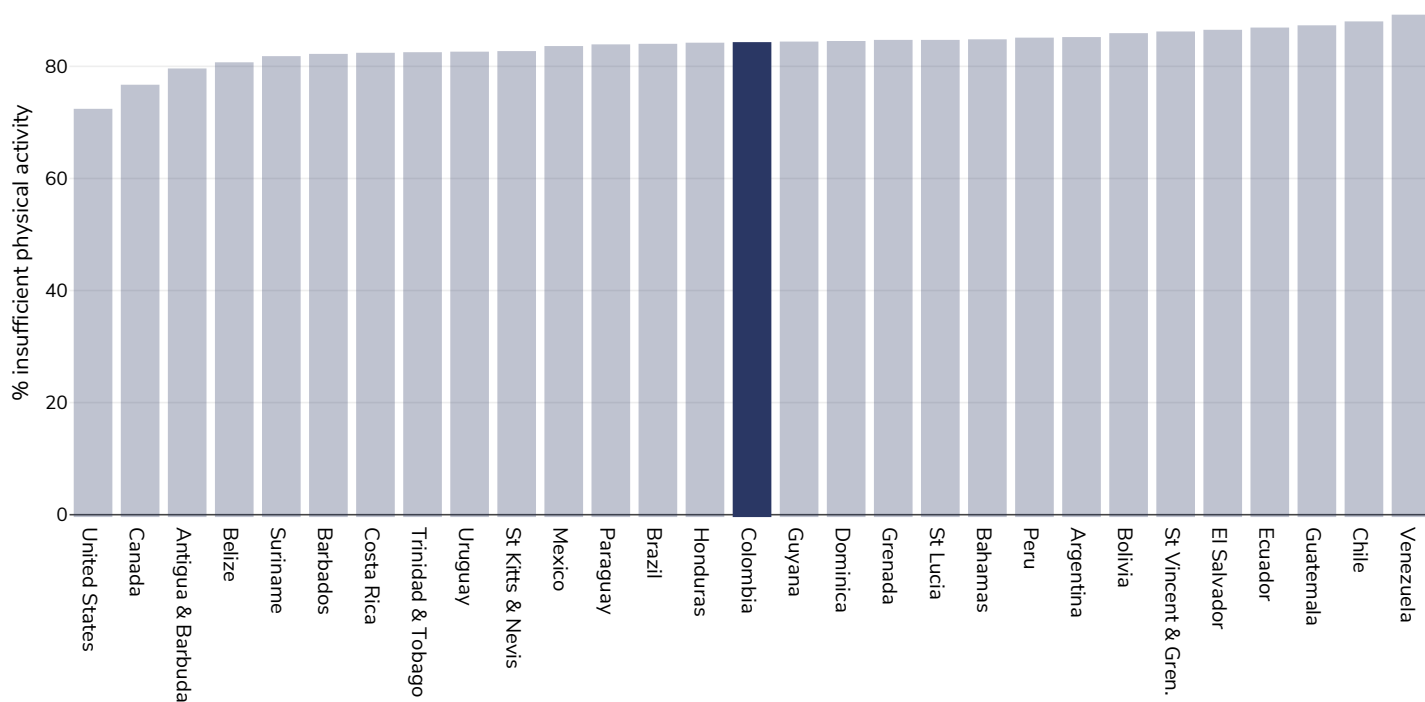
References: Guthold R, Stevens GA, Riley LM, Bull FC. Worldwide trends in insufficient physical activity from 2001 to 2016: a pooled analysis of 358 population-based surveys with 1.9 million participants. Lancet 2018 [http://dx.doi.org/10.1016/S2214-109X\(18\)30357-7](http://dx.doi.org/10.1016/S2214-109X(18)30357-7)

Women, 2016



References: Guthold R, Stevens GA, Riley LM, Bull FC. Worldwide trends in insufficient physical activity from 2001 to 2016: a pooled analysis of 358 population-based surveys with 1.9 million participants. Lancet 2018 [http://dx.doi.org/10.1016/S2214-109X\(18\)30357-7](http://dx.doi.org/10.1016/S2214-109X(18)30357-7)

Children, 2016



Survey type:

Self-reported

Age:

11-17

References:

Global Health Observatory data repository, World Health Organisation, <https://apps.who.int/gho/data/node.main.A893ADO?lang=en> (last accessed 16.03.21)

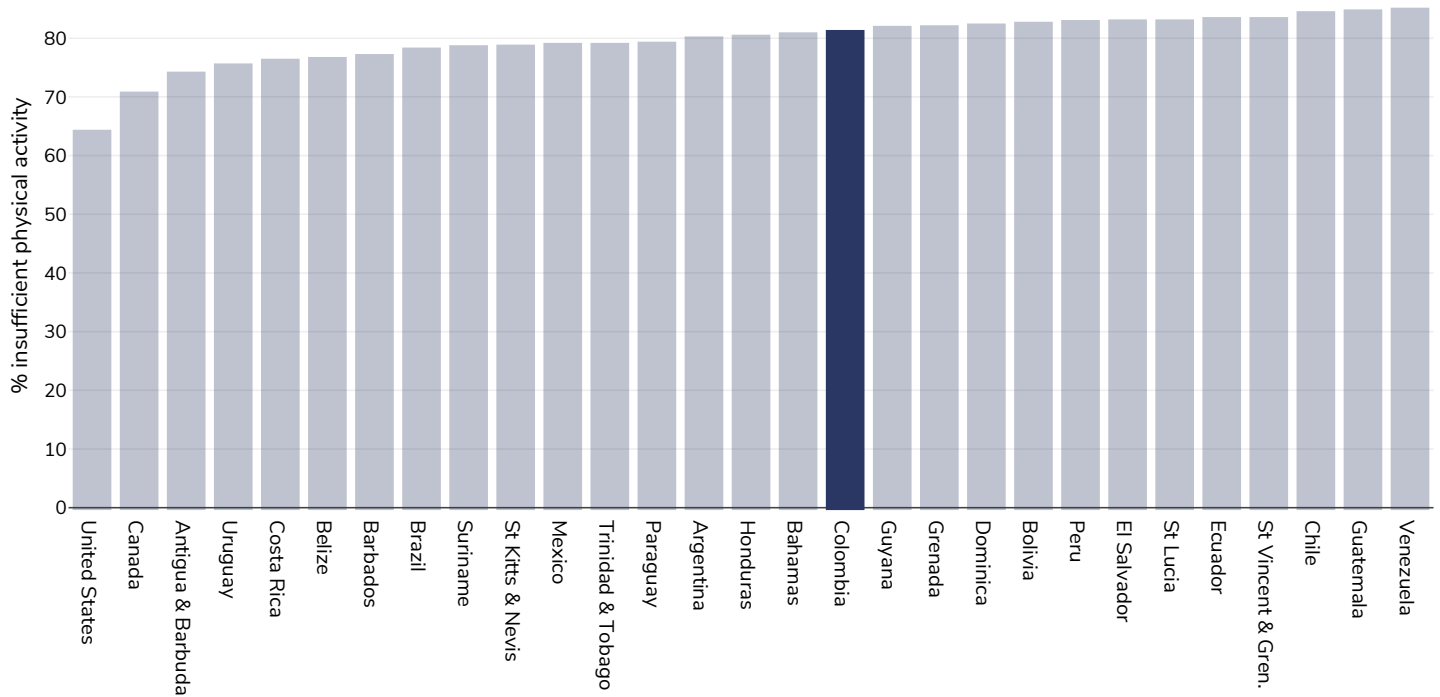
Notes:

% of school going adolescents not meeting WHO recommendations on Physical Activity for Health, i.e. doing less than 60 minutes of moderate- to vigorous-intensity physical activity daily.

Definitions:

% Adolescents insufficiently active (age standardised estimate)

Boys, 2016



Survey type: Self-reported

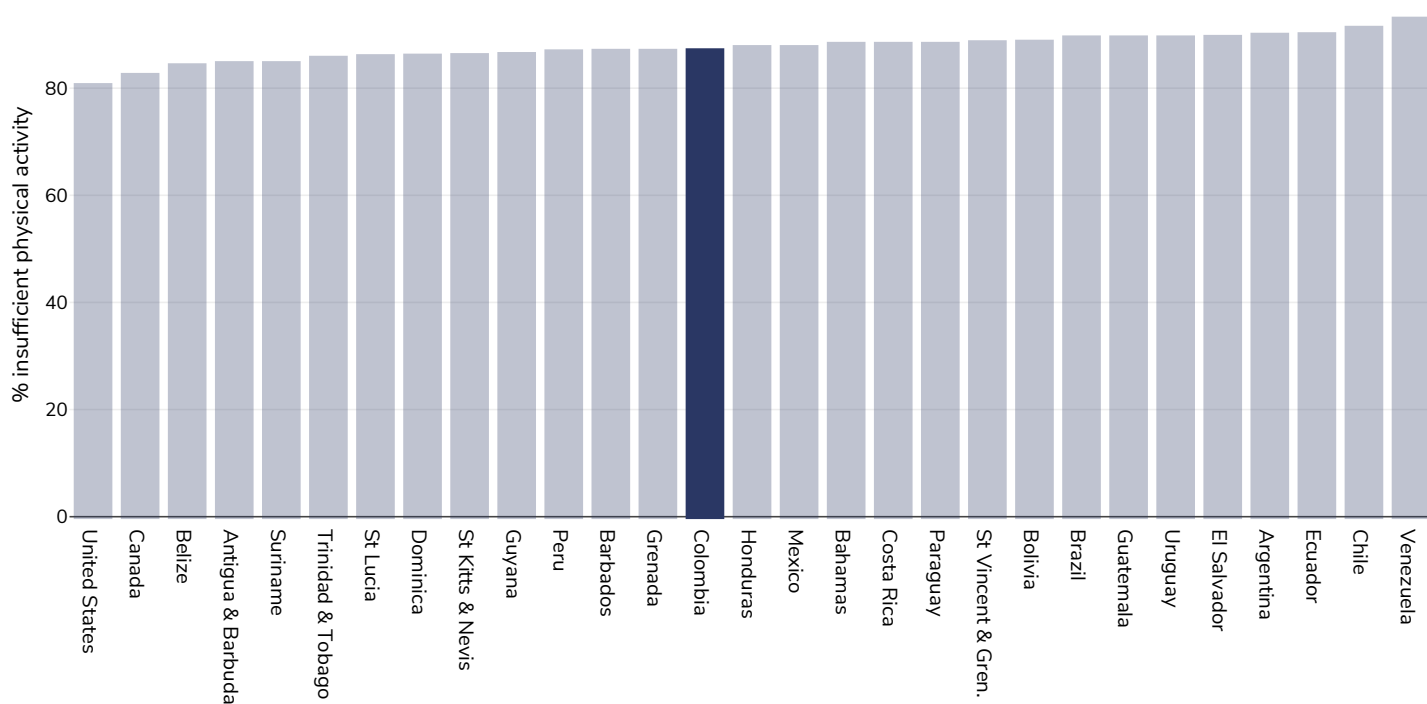
Age: 11-17

References: Global Health Observatory data repository, World Health Organisation, <https://apps.who.int/gho/data/node.main.A893ADO?lang=en> (last accessed 16.03.21)

Notes: % of school going adolescents not meeting WHO recommendations on Physical Activity for Health, i.e. doing less than 60 minutes of moderate- to vigorous-intensity physical activity daily.

Definitions: % Adolescents insufficiently active (age standardised estimate)

Girls, 2016



Survey type: Self-reported

Age: 11-17

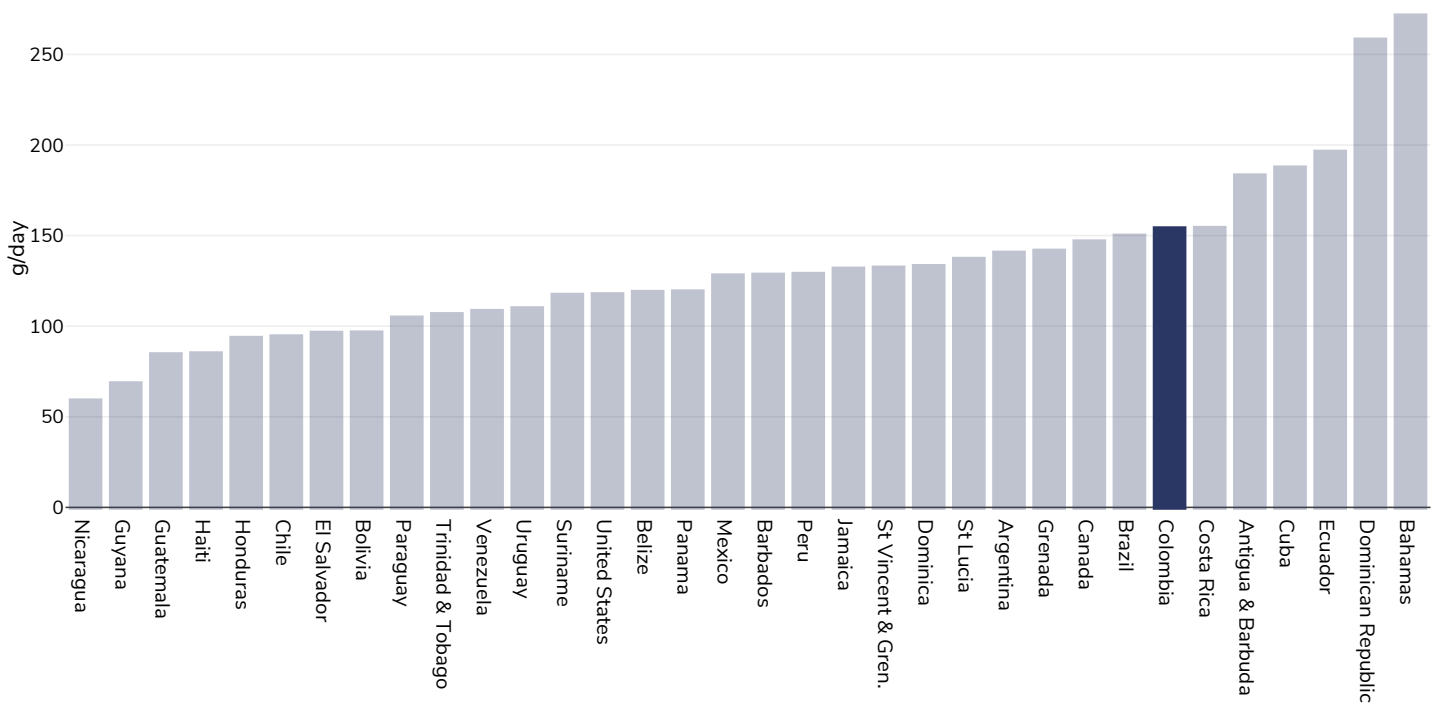
References: Global Health Observatory data repository, World Health Organisation, <https://apps.who.int/gho/data/node.main.A893ADO?lang=en> (last accessed 16.03.21)

Notes: % of school going adolescents not meeting WHO recommendations on Physical Activity for Health, i.e. doing less than 60 minutes of moderate- to vigorous-intensity physical activity daily.

Definitions: % Adolescents insufficiently active (age standardised estimate)

Estimated per capita fruit intake

Adults, 2017



Survey type:

Measured

Age:

25+

References:

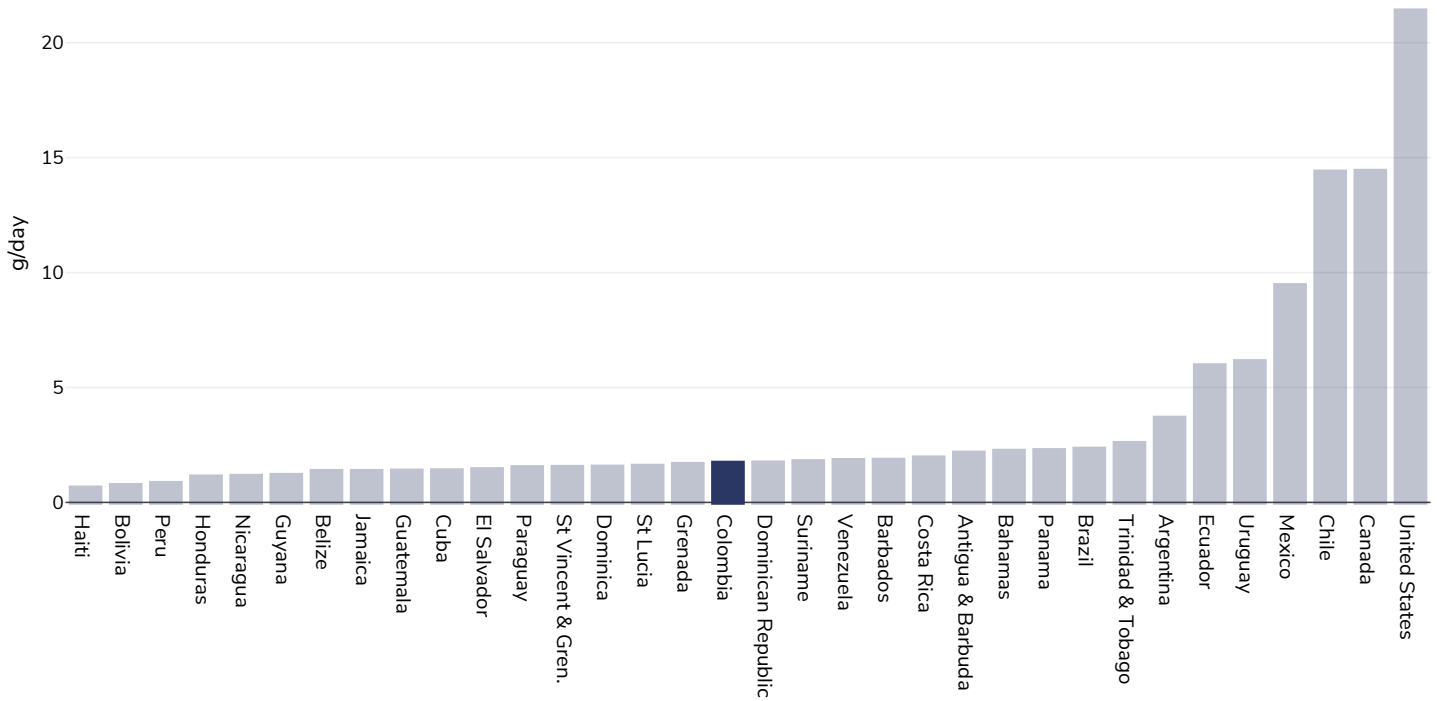
Global Burden of Disease, the Institute for Health Metrics and Evaluation <http://ghdx.healthdata.org/>

Definitions:

Estimated per-capita fruit intake (g/day)

Estimated per-capita processed meat intake

Adults, 2017



Survey type:

Measured

Age:

25+

References:

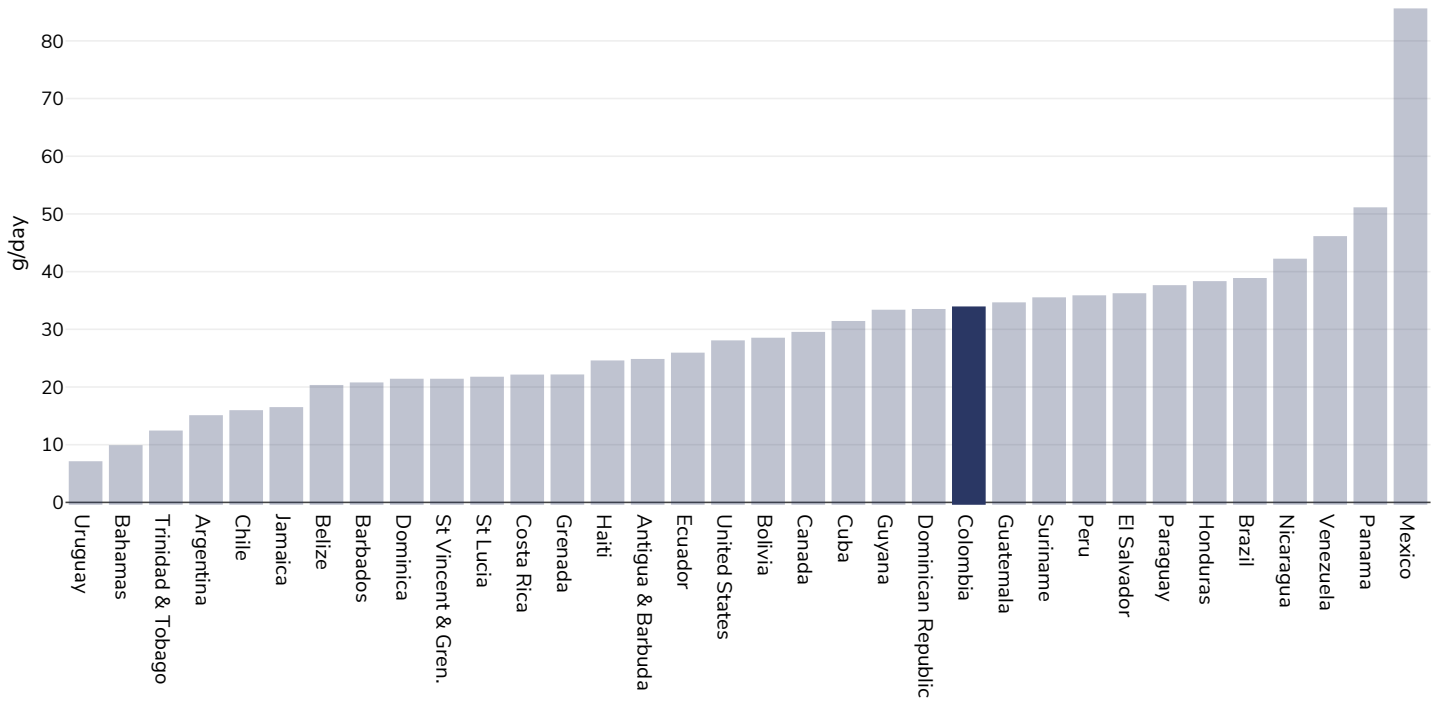
Global Burden of Disease, the Institute for Health Metrics and Evaluation <http://ghdx.healthdata.org/>

Definitions:

Estimated per-capita processed meat intake (g per day)

Estimated per capita whole grains intake

Adults, 2017



Survey type:

Measured

Age:

25+

References:

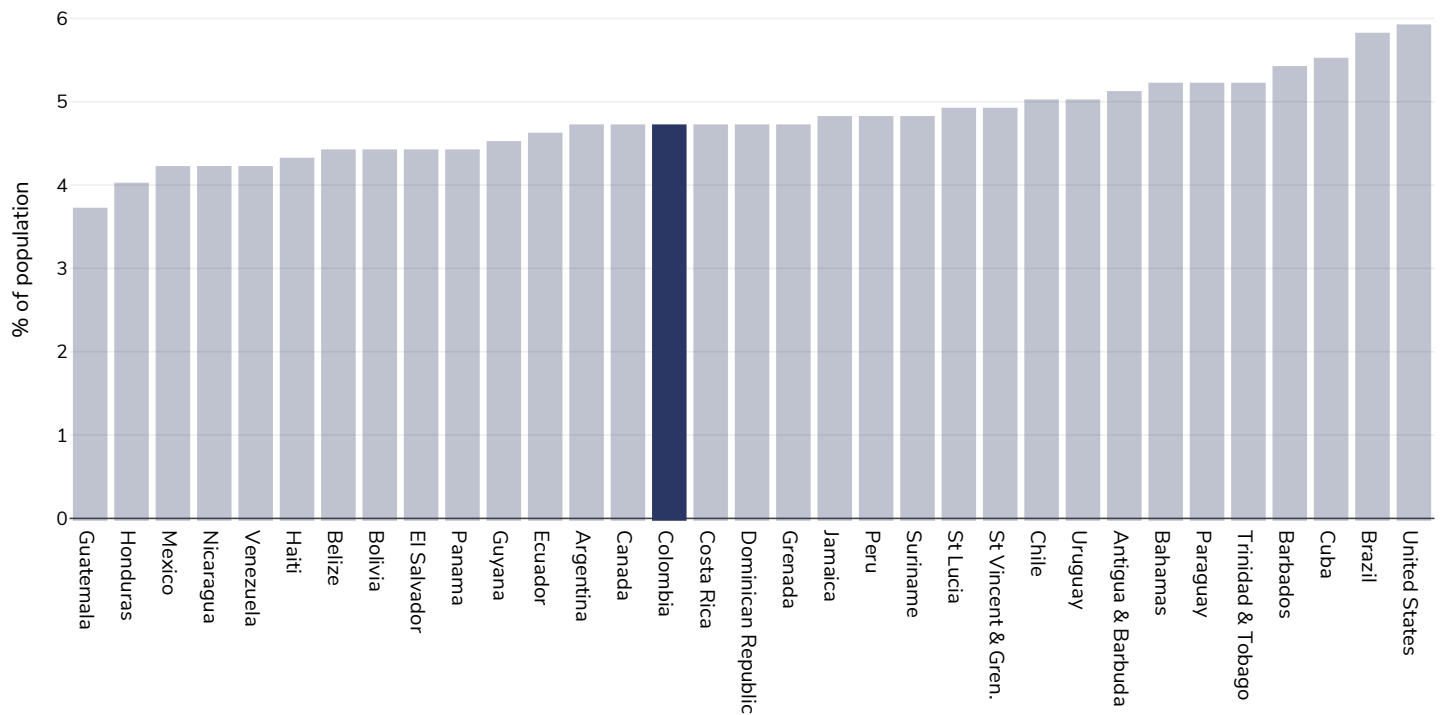
Global Burden of Disease, the Institute for Health Metrics and Evaluation <http://ghdx.healthdata.org/>

Definitions:

Estimated per-capita whole grains intake (g/day)

Mental health - depression disorders

Adults, 2015

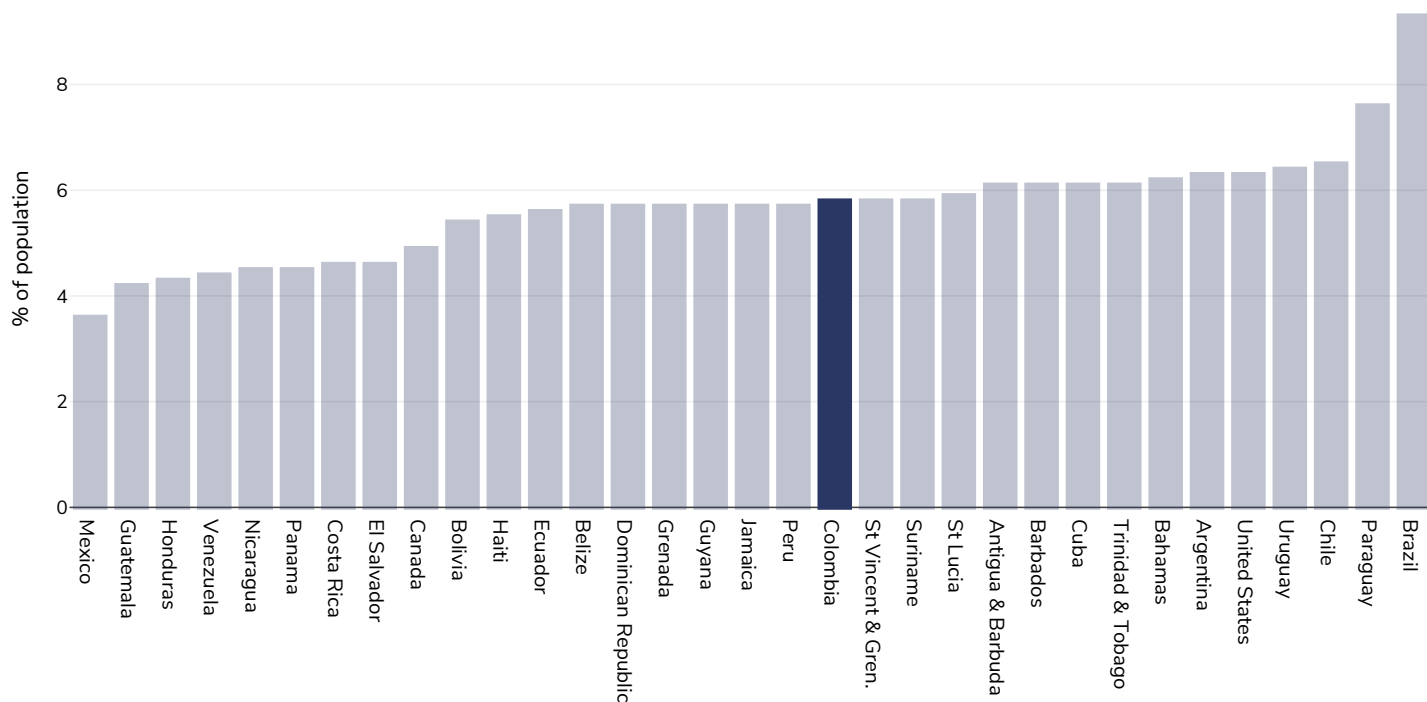


References: Prevalence data from Global Burden of Disease study 2015 (<http://ghdx.healthdata.org>) published in: Depression and Other Common Mental Disorders: Global Health Estimates. Geneva:World Health Organization; 2017. Licence: CC BY-NC-SA 3.0 IGO.

Definitions: % of population with depression disorders

Mental health - anxiety disorders

Adults, 2015

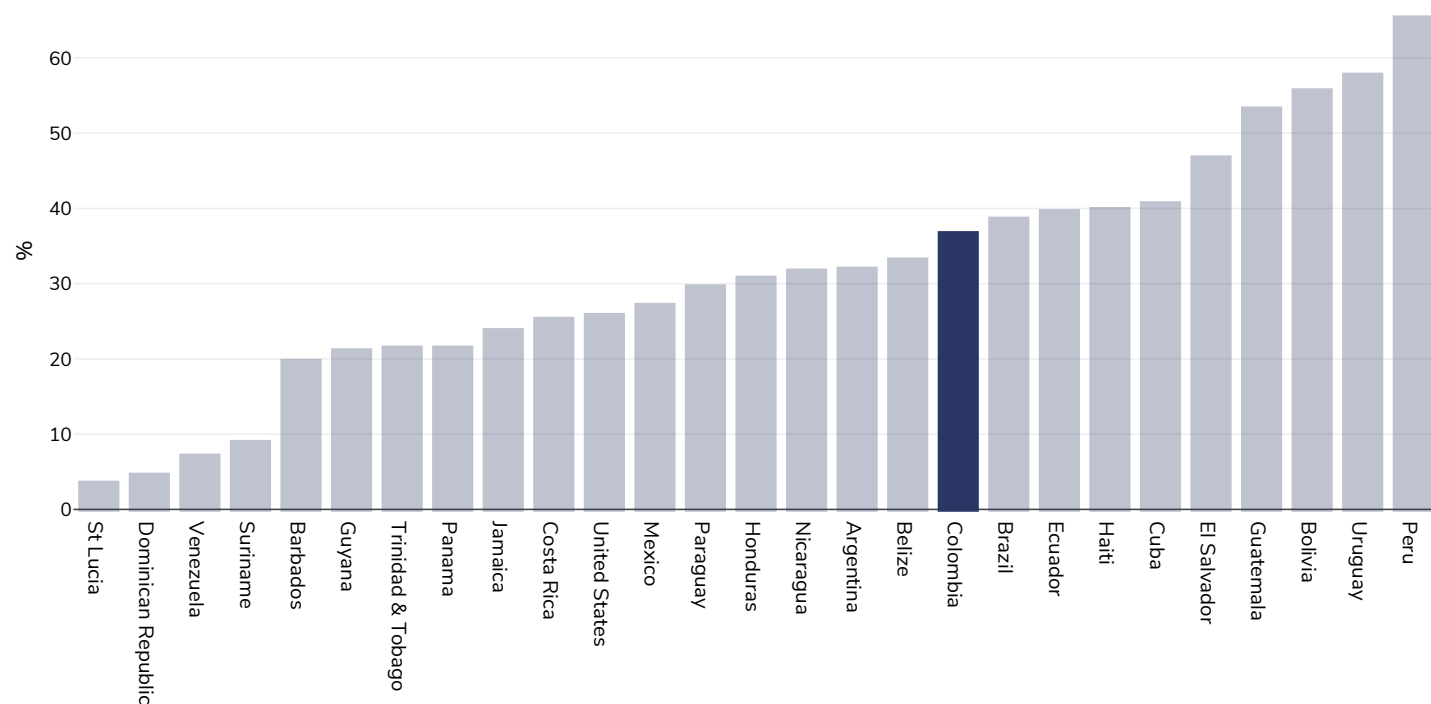


References: Prevalence data from Global Burden of Disease study 2015 (<http://ghdx.healthdata.org>) published in: Depression and Other Common Mental Disorders: Global Health Estimates. Geneva:World Health Organization; 2017. Licence: CC BY-NC-SA 3.0 IGO.

Definitions: % of population with anxiety disorders

% Infants exclusively breastfed 0-5 months

Children, 1998-2019



Area covered:

National

References:

Colombia National Survey of the Nutritional Situation 2015

Notes:

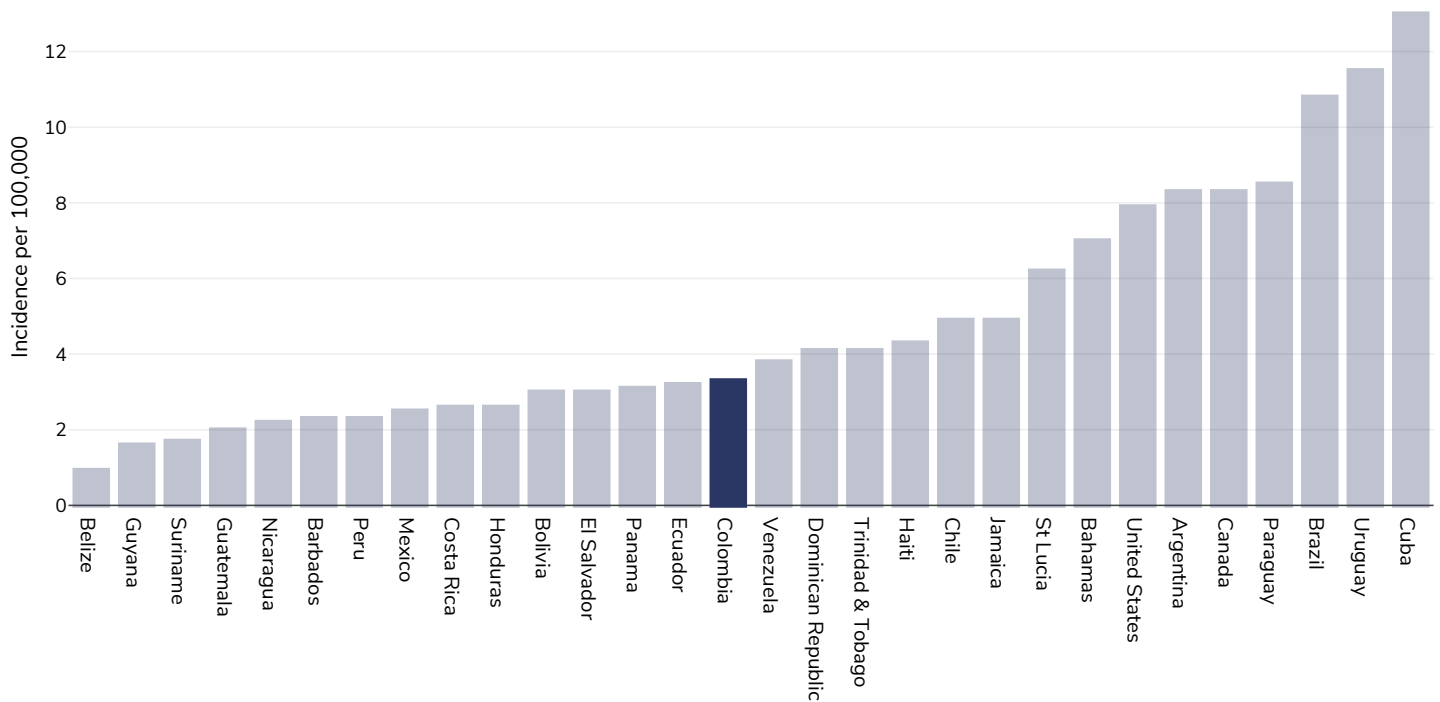
See UNICEF website for further survey information. Available at : <https://data.unicef.org/resources/dataset/infant-young-child-feeding/> (last accessed 28.9.21) Citation: United Nations Children's Fund, Division of Data, Analysis, Planning and Monitoring (2021). Global UNICEF Global Databases: Infant and Young Child Feeding: Exclusive breastfeeding, New York, September 2021.

Definitions:

% exclusively breastfed 0-5 months

Oesophageal cancer

Men, 2020



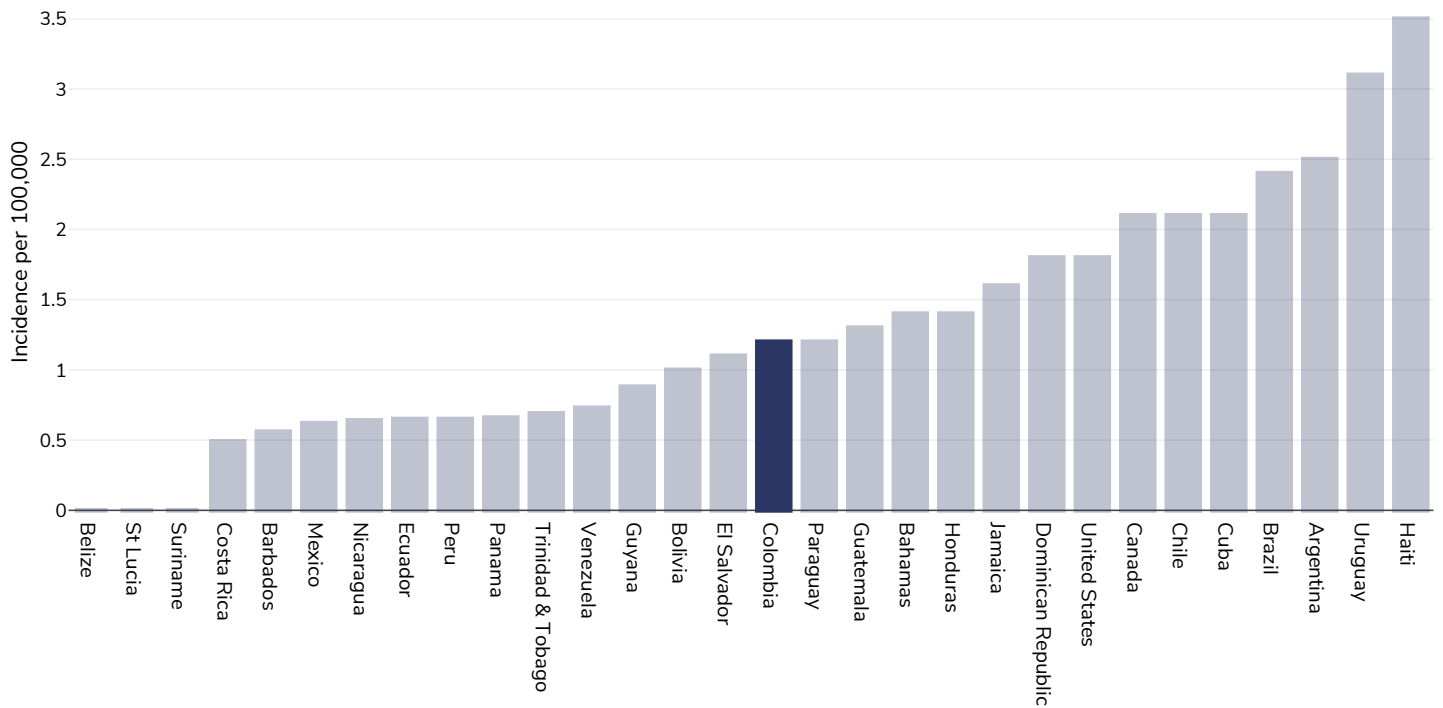
Age: 20+

Area covered: National

References: Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.fr/today>, accessed 10.01.2091

Definitions: Age-standardized incidence rates per 100 000

Women, 2020



Age: 20+

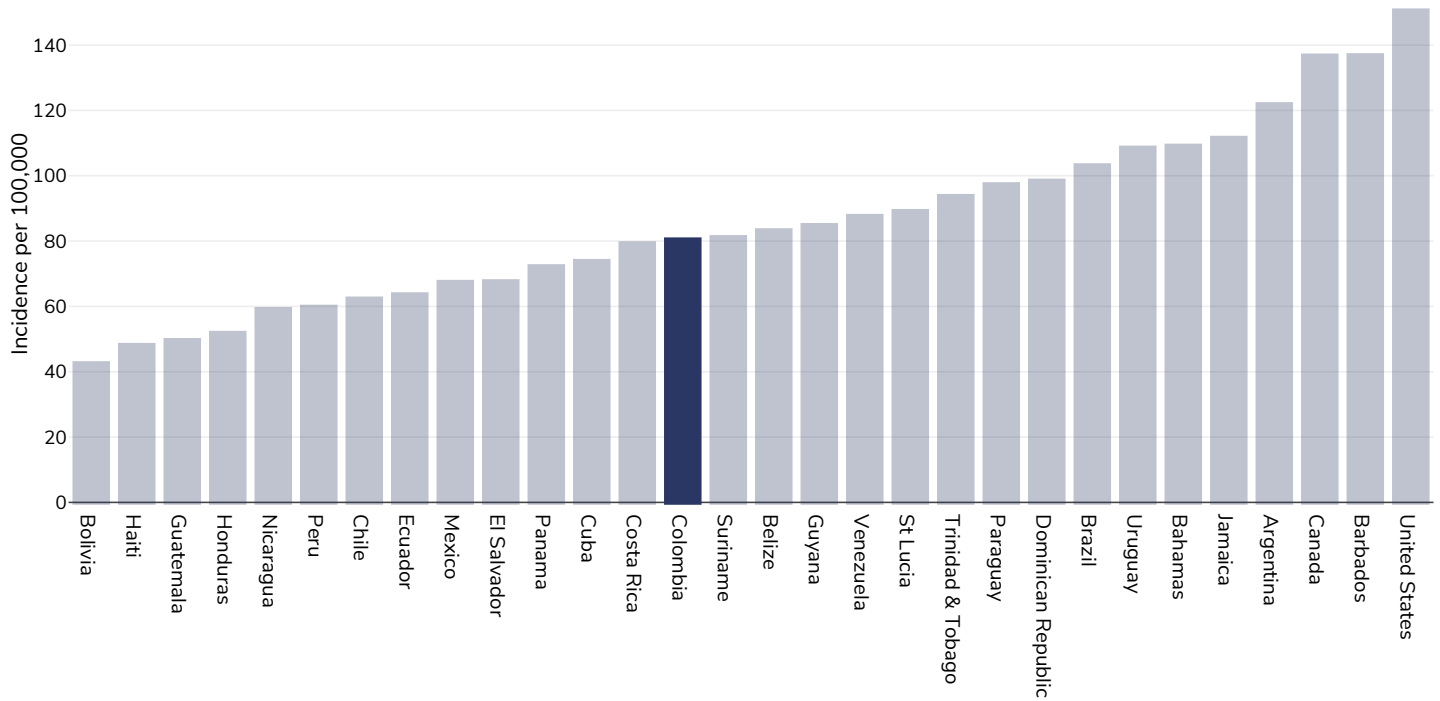
Area covered: National

References: Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.fr/today>, accessed 10.01.2091

Definitions: Age-standardized incidence rates per 100 000

Breast cancer

Women, 2020



Age: 20+

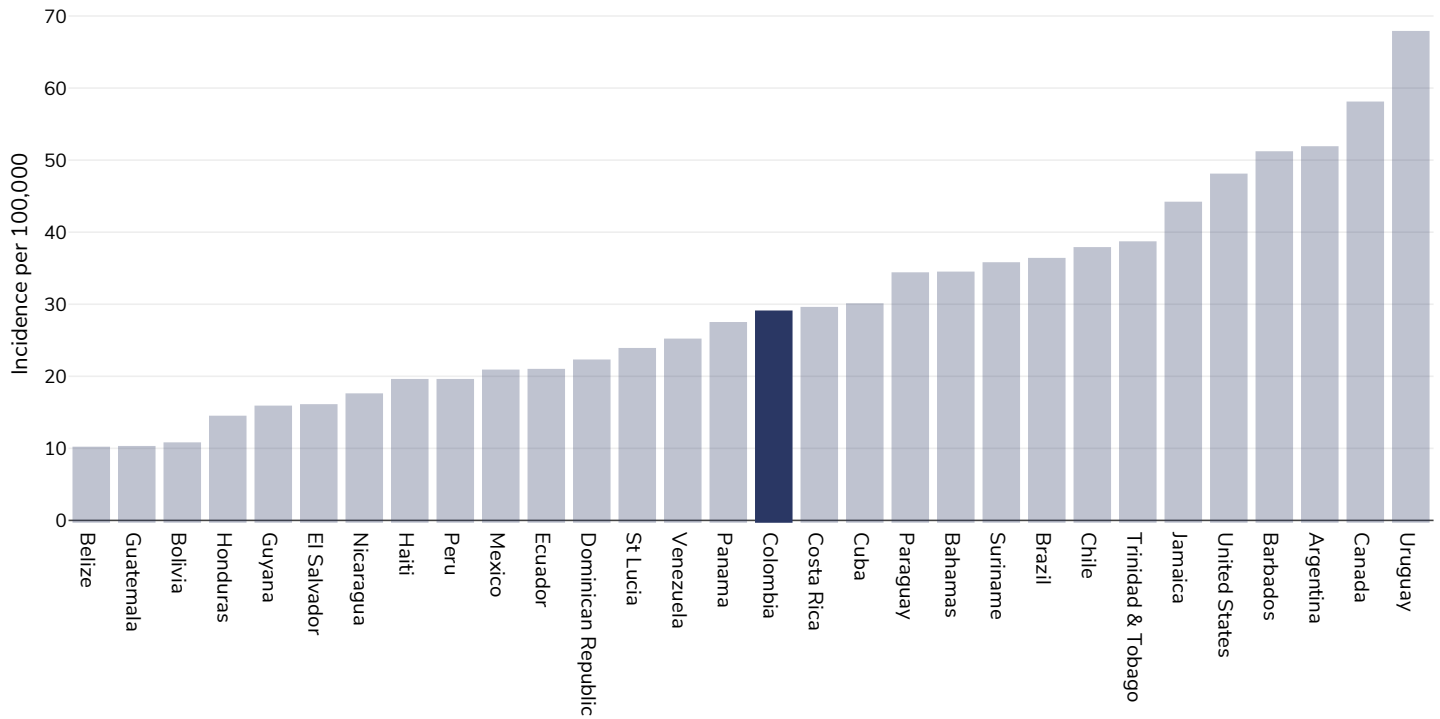
Area covered: National

References: Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.fr/today>, accessed 10.01.2091

Definitions: Age-standardized incidence rates per 100 000

Colorectal cancer

Men, 2020



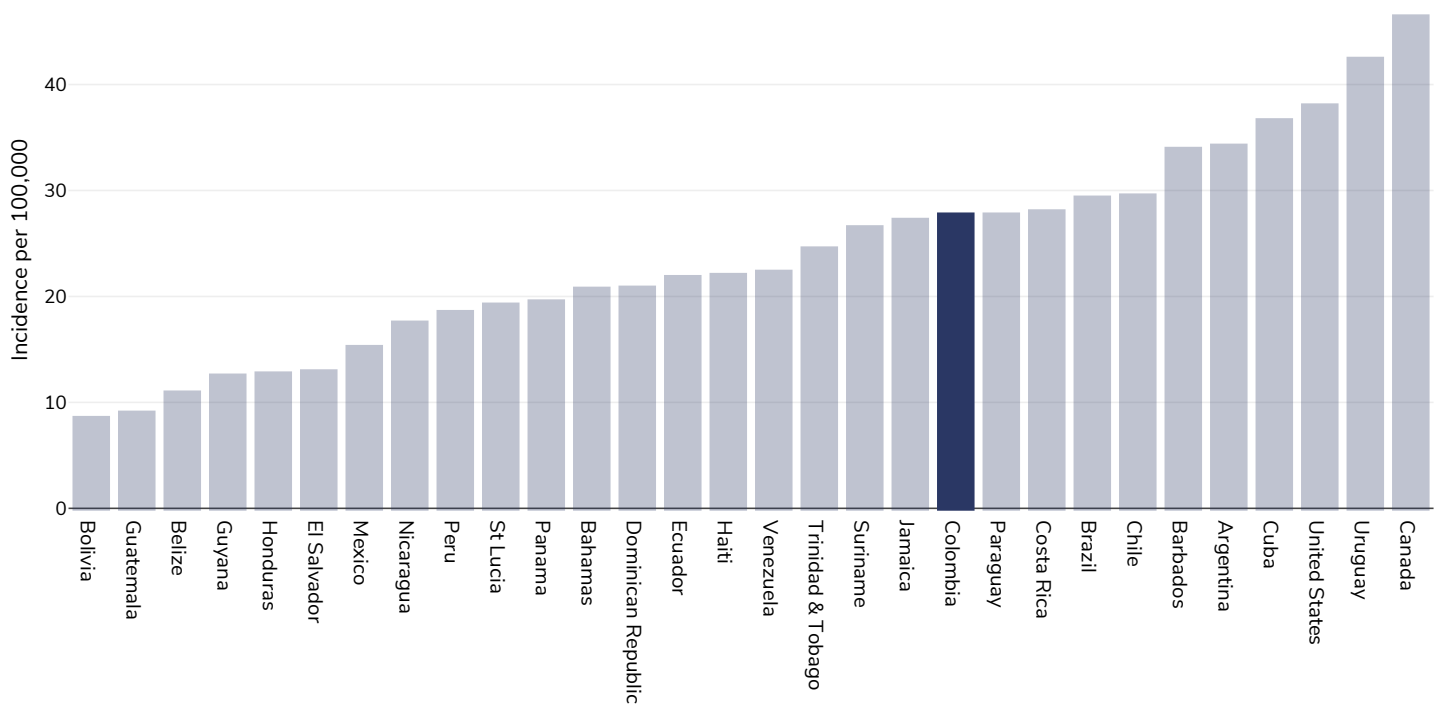
Age: 20+

Area covered: National

References: Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.fr/today>, accessed 10.01.2091

Definitions: Age-standardized incidence rates per 100 000

Women, 2020



Age: 20+

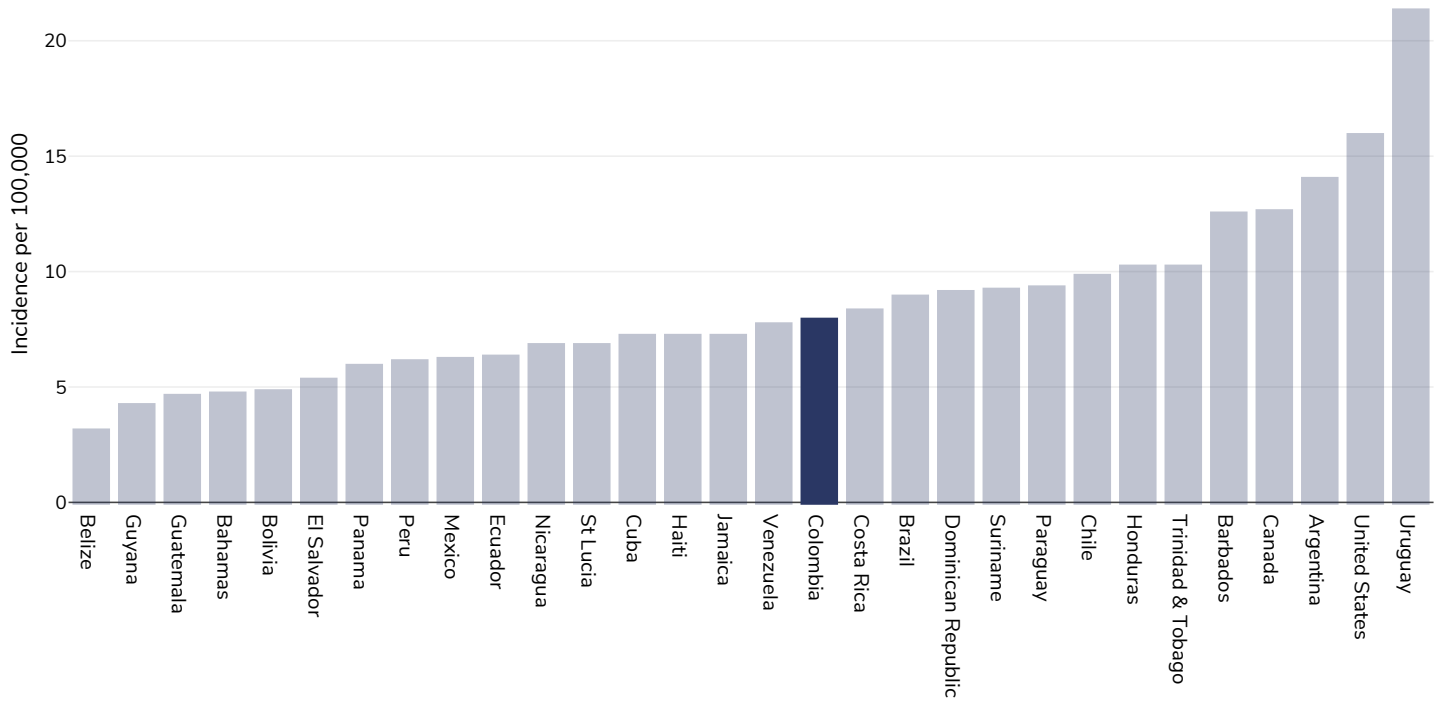
Area covered: National

References: Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.fr/today>, accessed 10.01.2091

Definitions: Age-standardized incidence rates per 100 000

Pancreatic cancer

Men, 2020



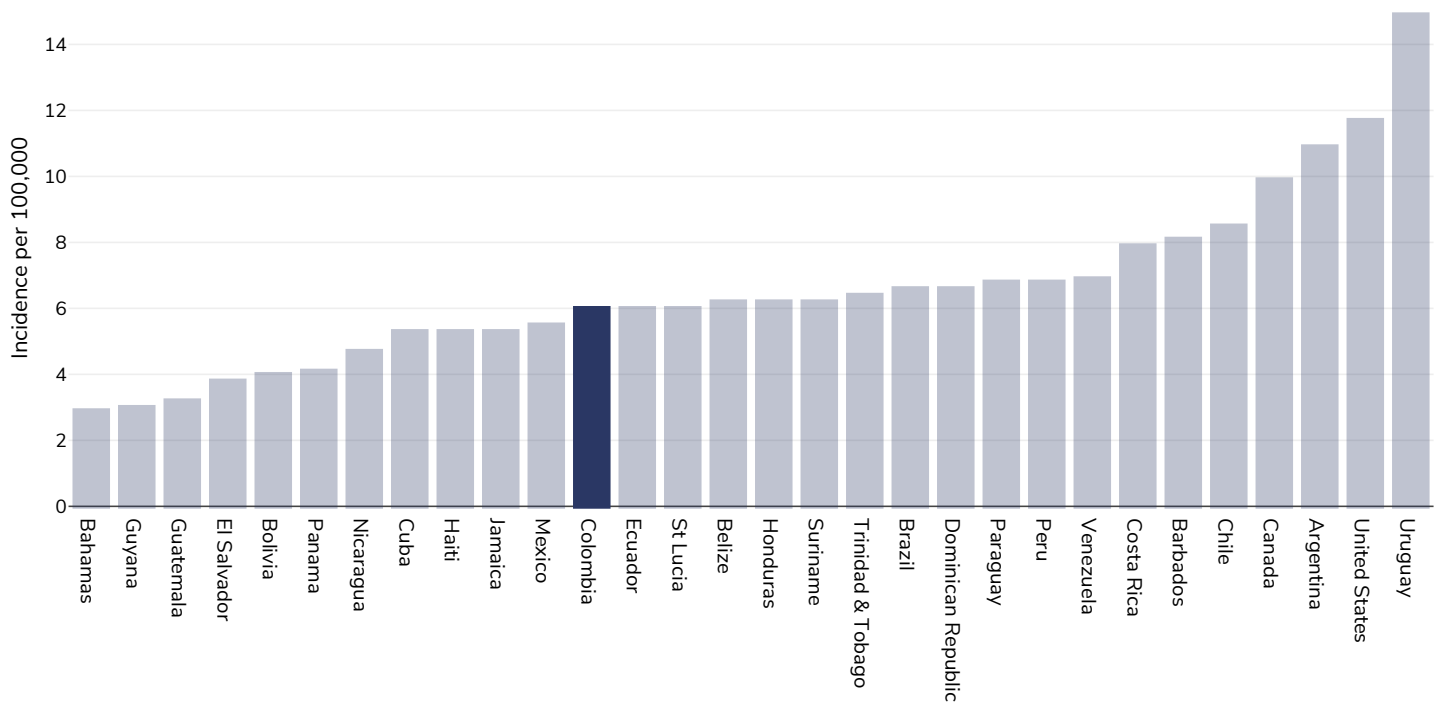
Age: 20+

Area covered: National

References: Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.fr/today>, accessed 10.01.2091

Definitions: Age-standardized incidence rates per 100 000

Women, 2020



Age: 20+

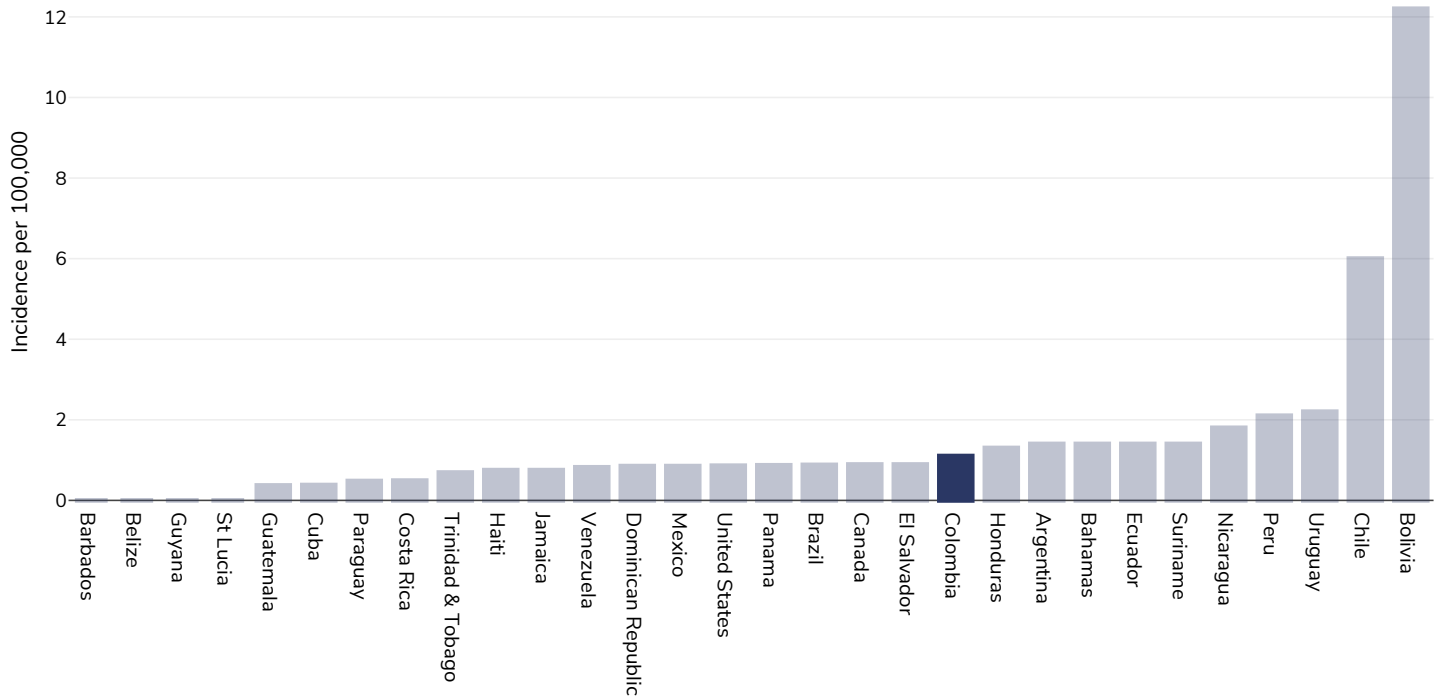
Area covered: National

References: Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.fr/today>, accessed 10.01.2091

Definitions: Age-standardized incidence rates per 100 000

Gallbladder cancer

Men, 2020



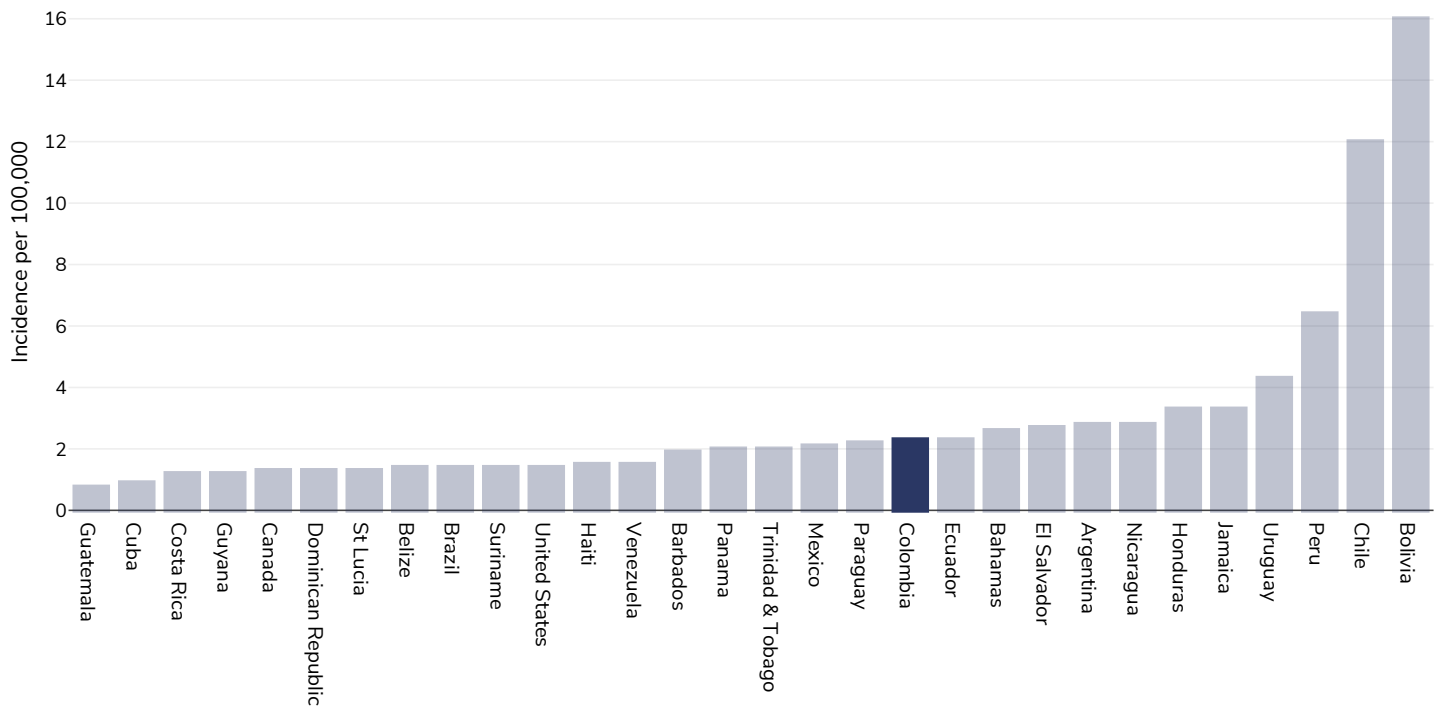
Age: 20+

Area covered: National

References: Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.fr/today>, accessed 10.01.2091

Definitions: Age-standardized incidence rates per 100 000

Women, 2020



Age: 20+

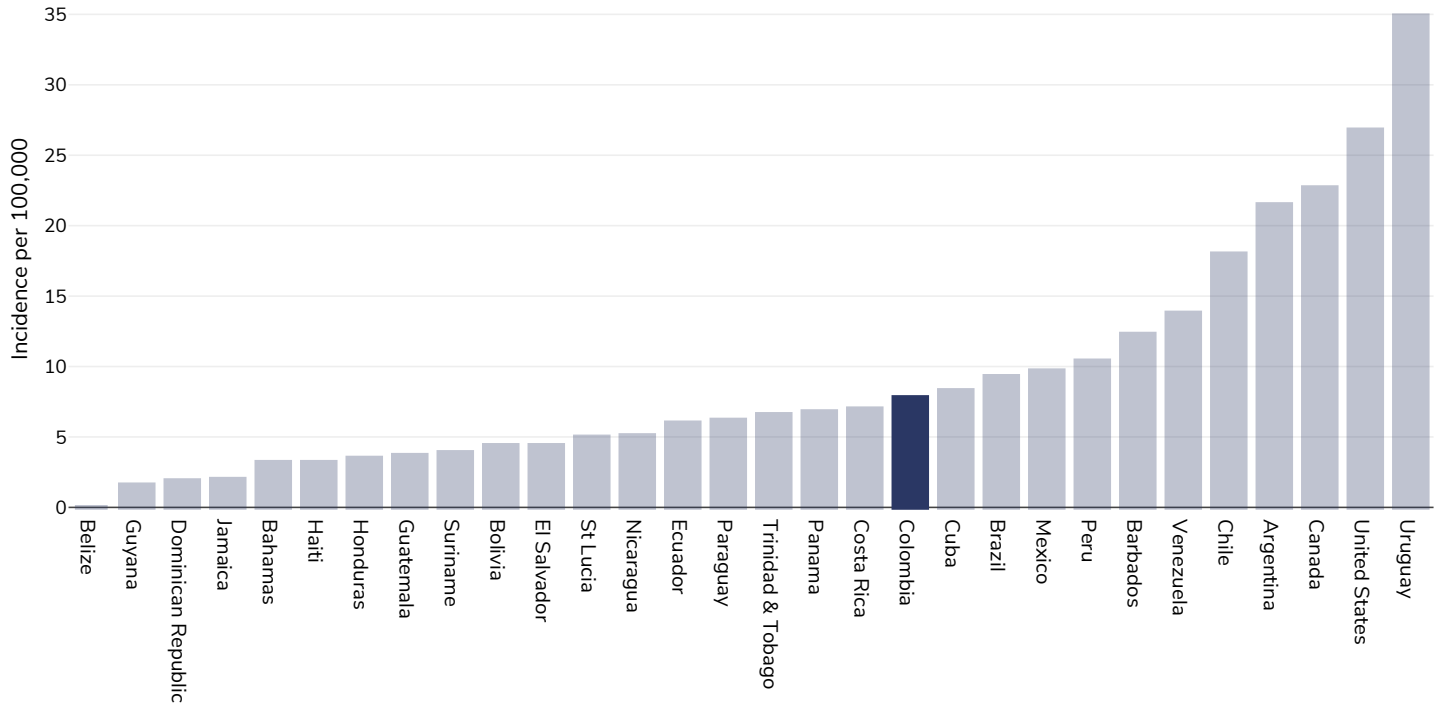
Area covered: National

References: Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.fr/today>, accessed 10.01.2091

Definitions: Age-standardized incidence rates per 100 000

Kidney cancer

Men, 2020



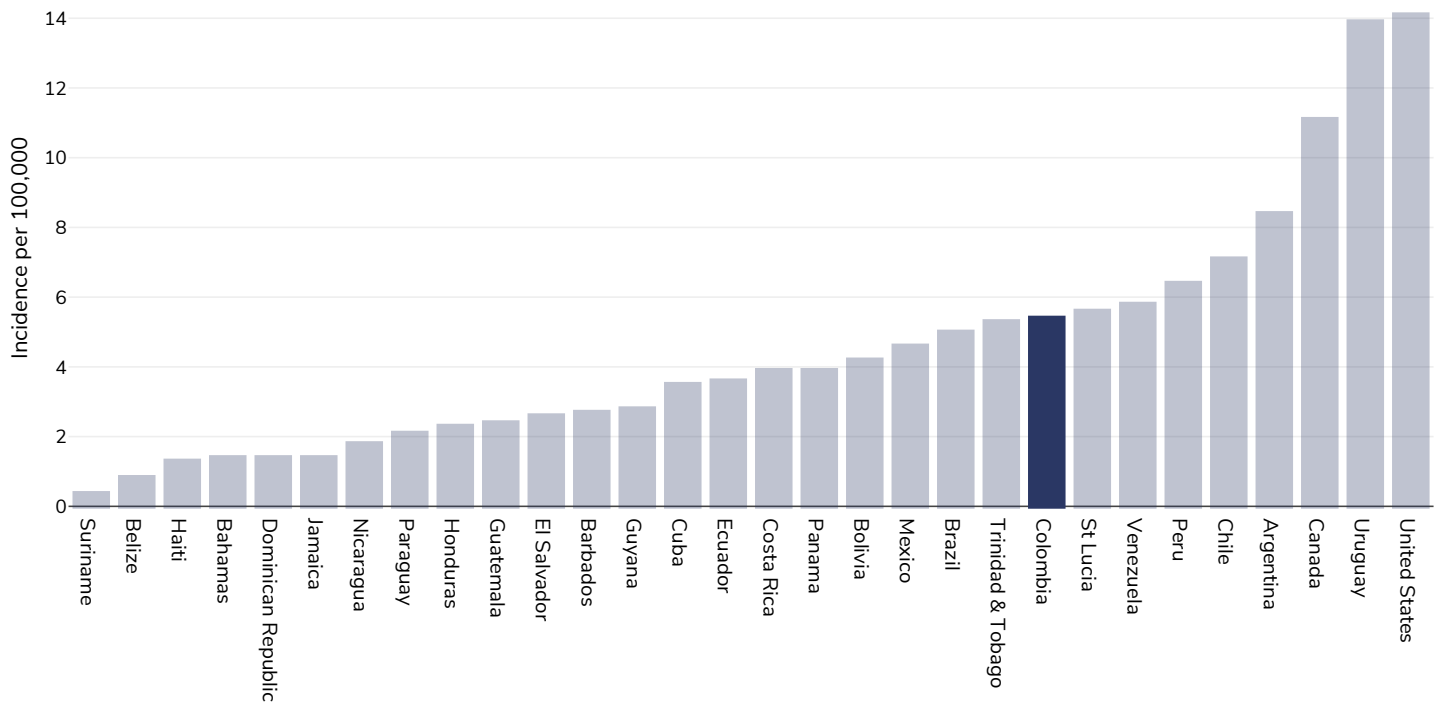
Age: 20+

Area covered: National

References: Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.fr/today>, accessed 10.01.2091

Definitions: Age-standardized incidence rates per 100 000

Women, 2020



Age: 20+

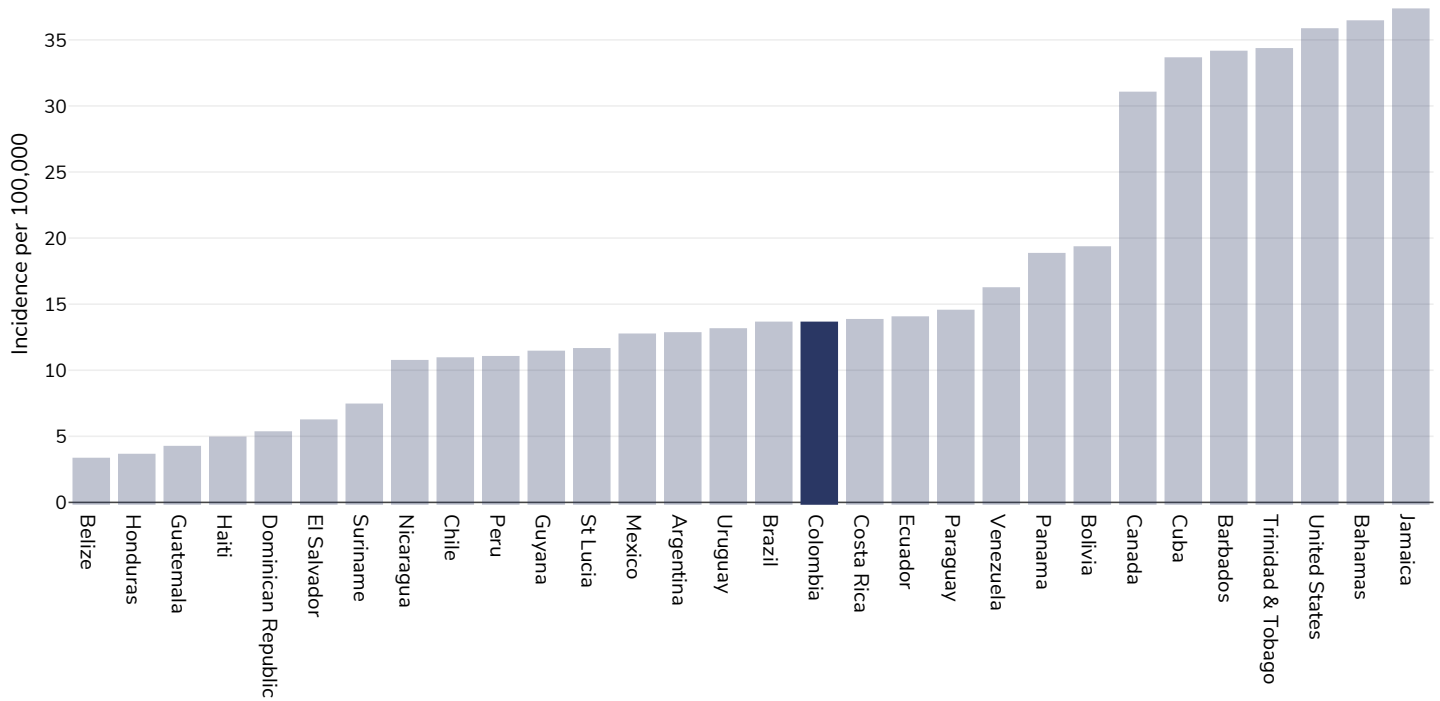
Area covered: National

References: Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.fr/today>, accessed 10.01.2091

Definitions: Age-standardized incidence rates per 100 000

Cancer of the uterus

Women, 2020



Age: 20+

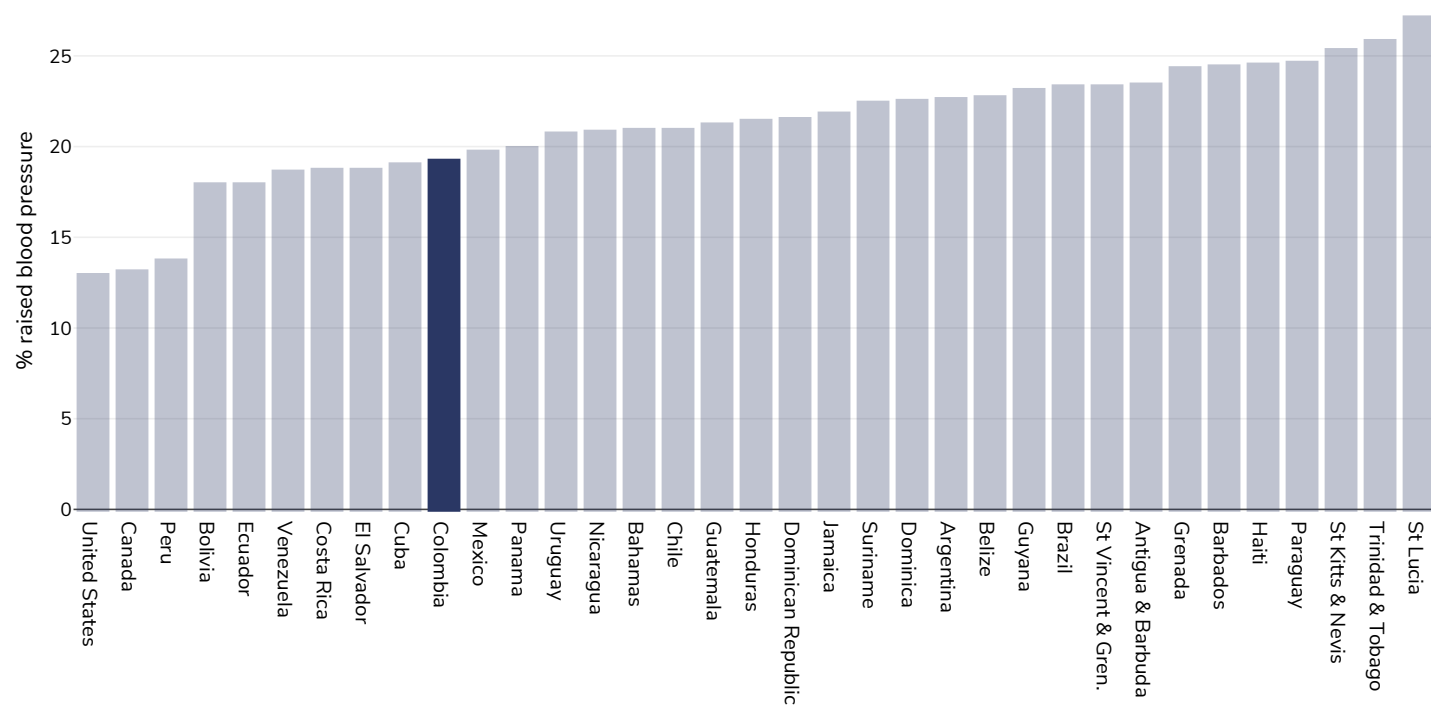
Area covered: National

References: Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.fr/today>, accessed 10.01.2091

Definitions: Age-standardized incidence rates per 100 000

Raised blood pressure

Adults, 2015



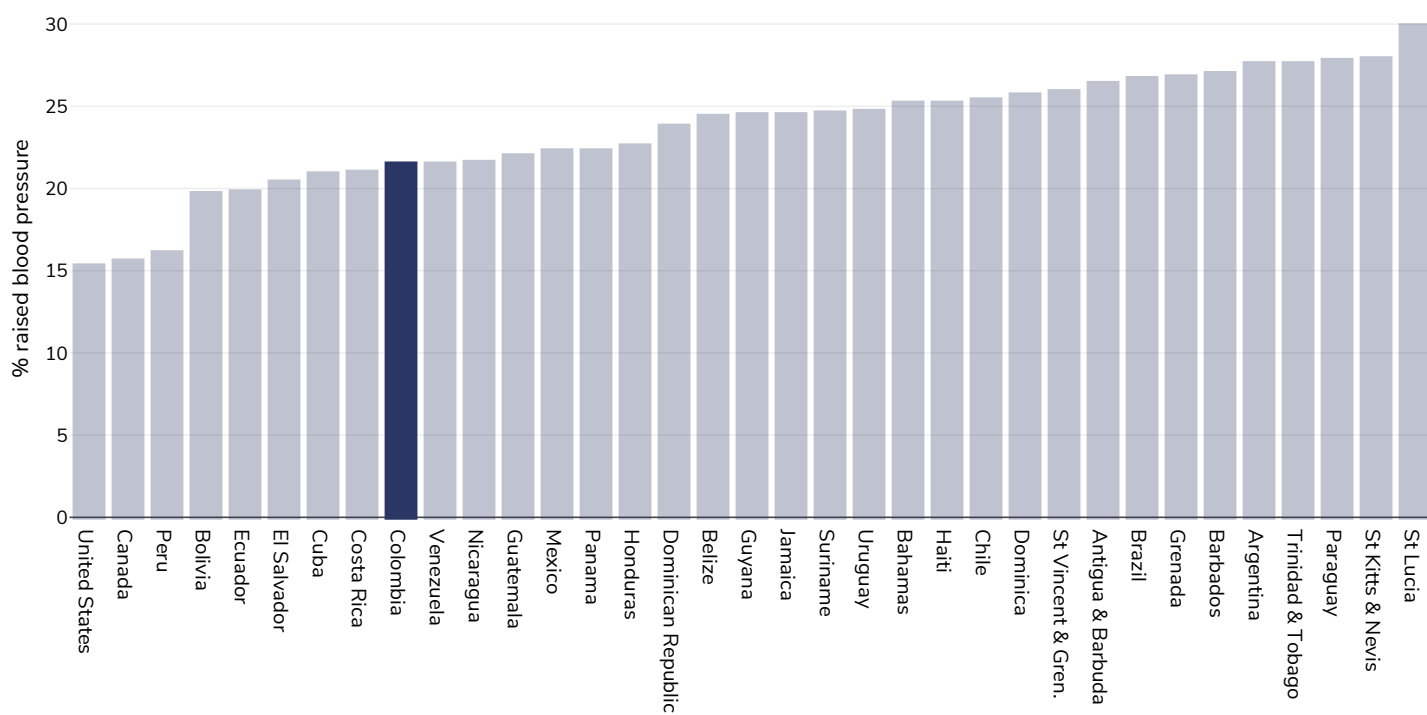
References:

Global Health Observatory data repository, World Health Organisation,
<http://apps.who.int/gho/data/node.main.A875?lang=en>

Definitions:

Age Standardised estimated % Raised blood pressure 2015 (SBP \geq 140 OR DBP \geq 90).

Men, 2015



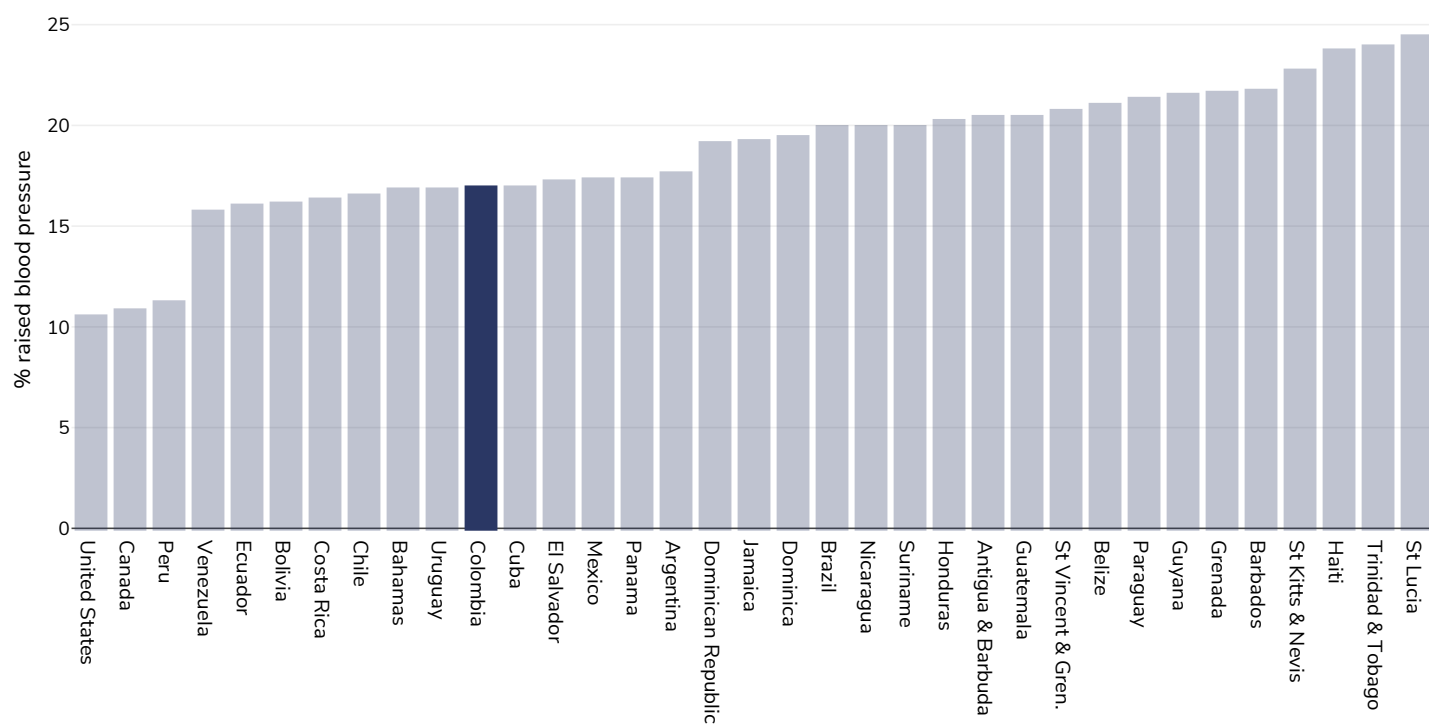
References:

Global Health Observatory data repository, World Health Organisation,
<http://apps.who.int/gho/data/node.main.A875?lang=en>

Definitions:

Age Standardised estimated % Raised blood pressure 2015 (SBP \geq 140 OR DBP \geq 90).

Women, 2015



References:

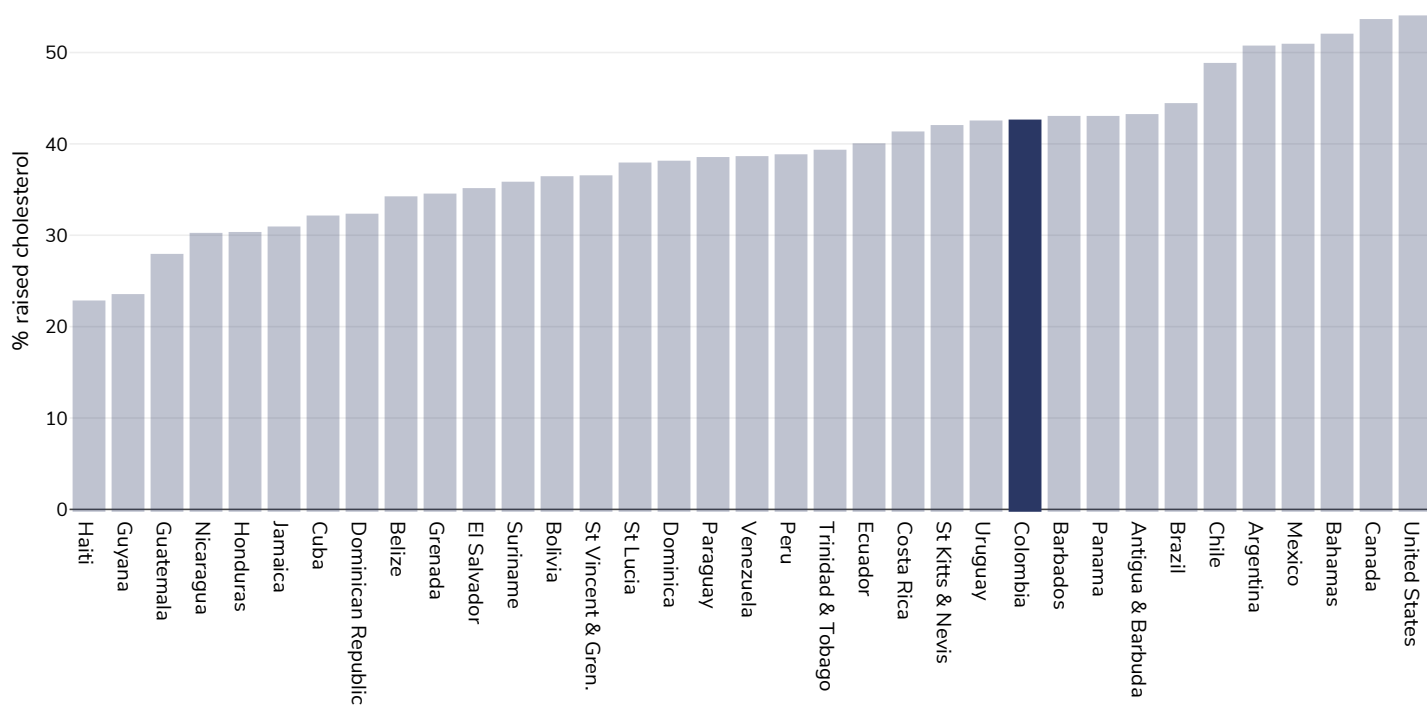
Global Health Observatory data repository, World Health Organisation,
<http://apps.who.int/gho/data/node.main.A875?lang=en>

Definitions:

Age Standardised estimated % Raised blood pressure 2015 (SBP \geq 140 OR DBP \geq 90).

Raised cholesterol

Adults, 2008



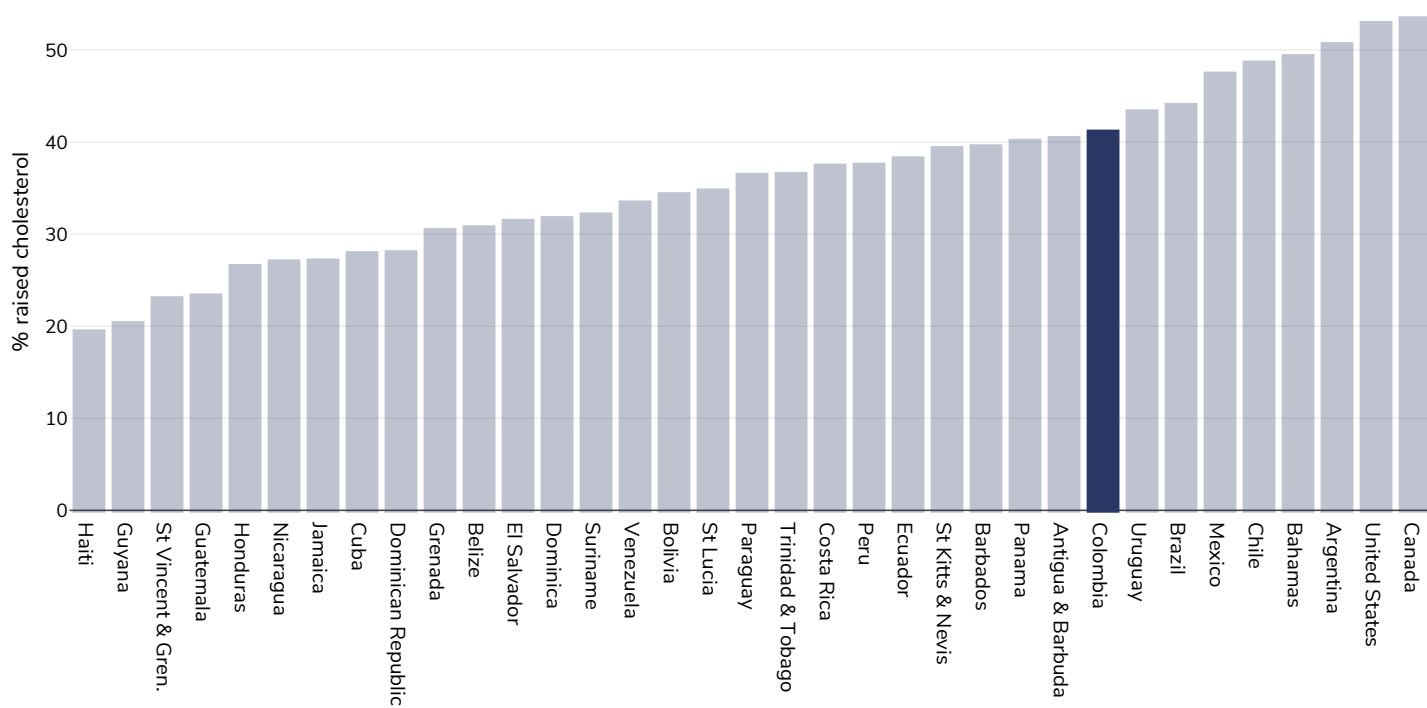
References:

Global Health Observatory data repository, World Health Organisation,
<http://apps.who.int/gho/data/node.main.A885>

Definitions:

% Raised total cholesterol (≥ 5.0 mmol/L) (age-standardized estimate).

Men, 2008



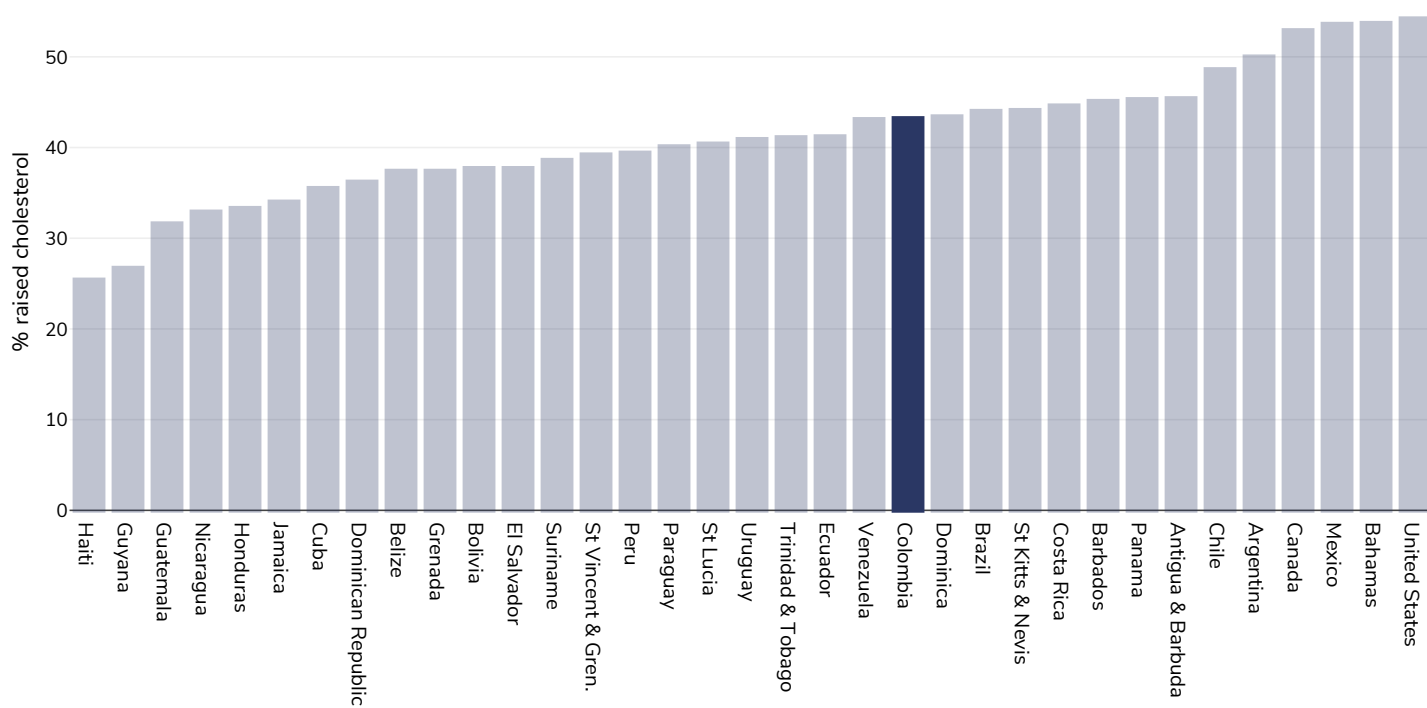
References:

Global Health Observatory data repository, World Health Organisation,
<http://apps.who.int/gho/data/node.main.A885>

Definitions:

% Raised total cholesterol (≥ 5.0 mmol/L) (age-standardized estimate).

Women, 2008



References:

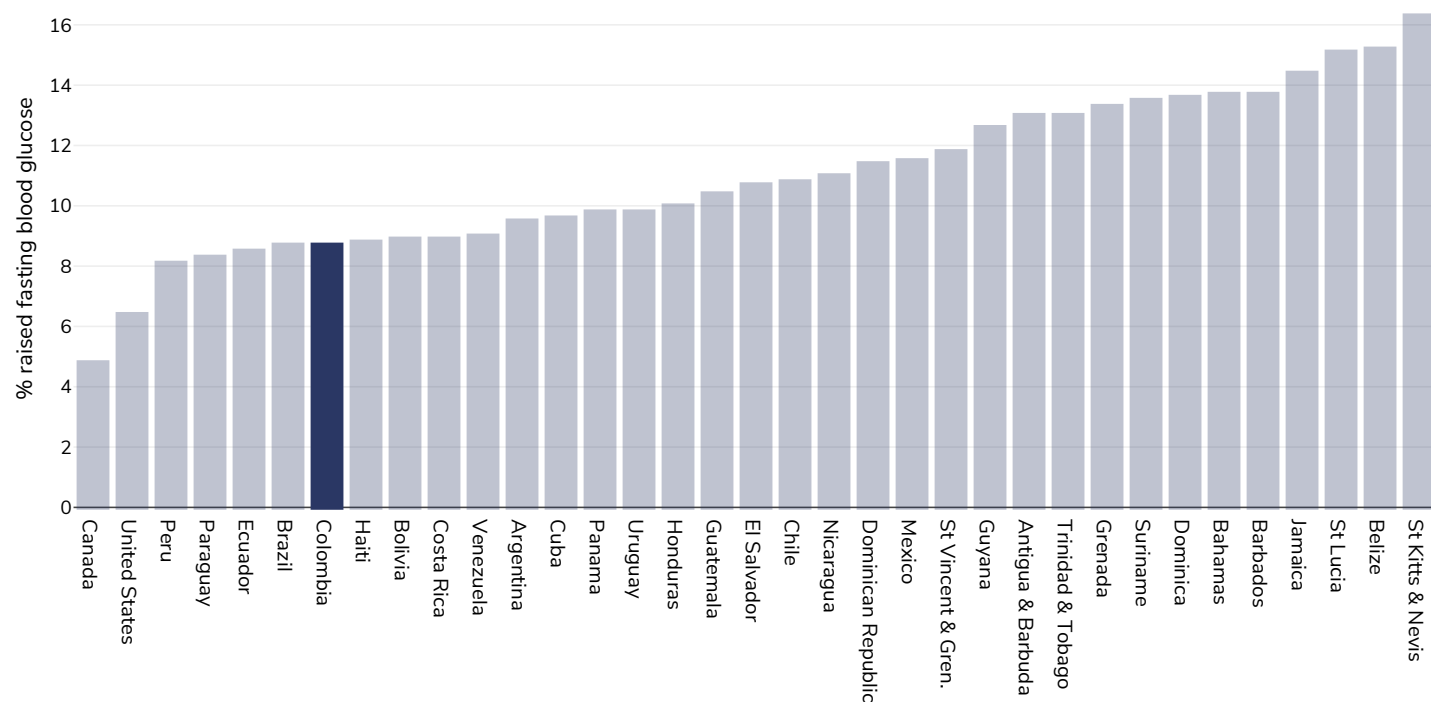
Global Health Observatory data repository, World Health Organisation,
<http://apps.who.int/gho/data/node.main.A885>

Definitions:

% Raised total cholesterol (≥ 5.0 mmol/L) (age-standardized estimate).

Raised fasting blood glucose

Men, 2014



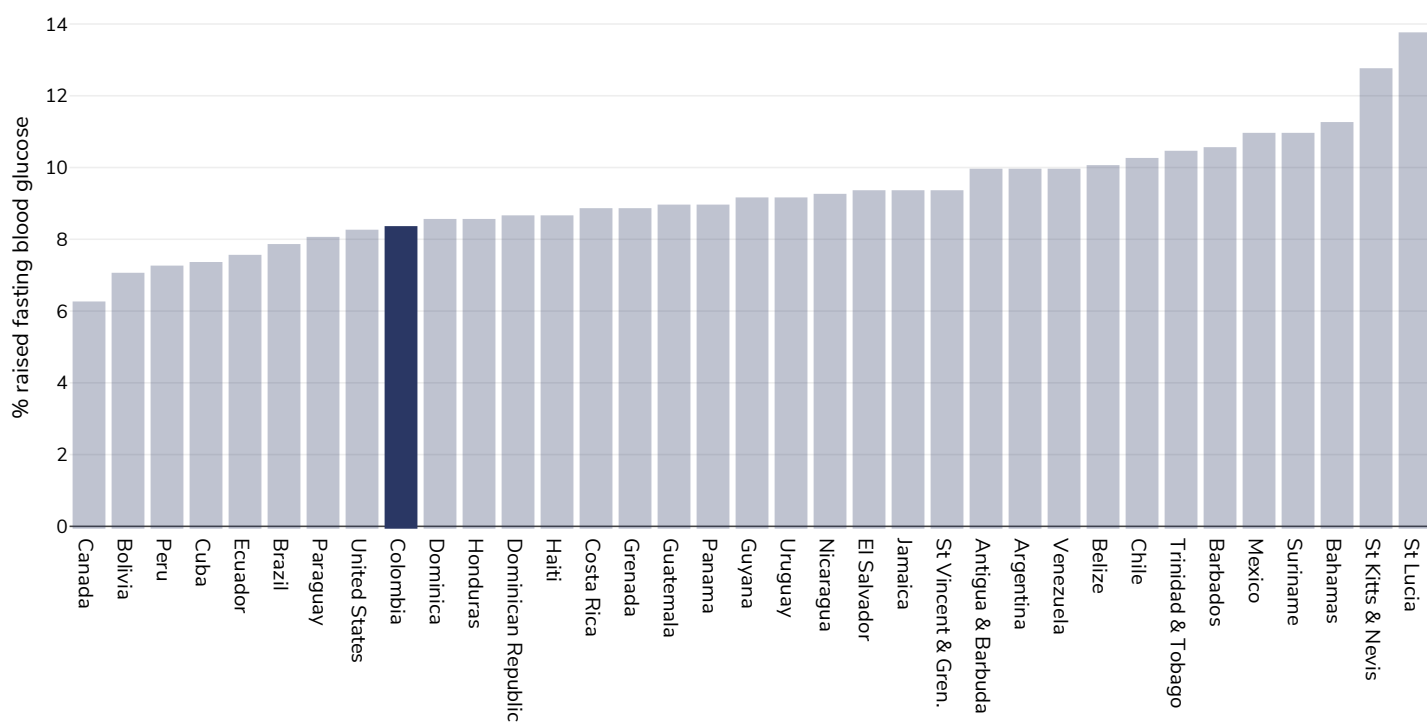
References:

Global Health Observatory data repository, World Health Organisation,
<http://apps.who.int/gho/data/node.main.A869?lang=en>

Definitions:

Age Standardised % raised fasting blood glucose (≥ 7.0 mmol/L or on medication).

Women, 2014



References:

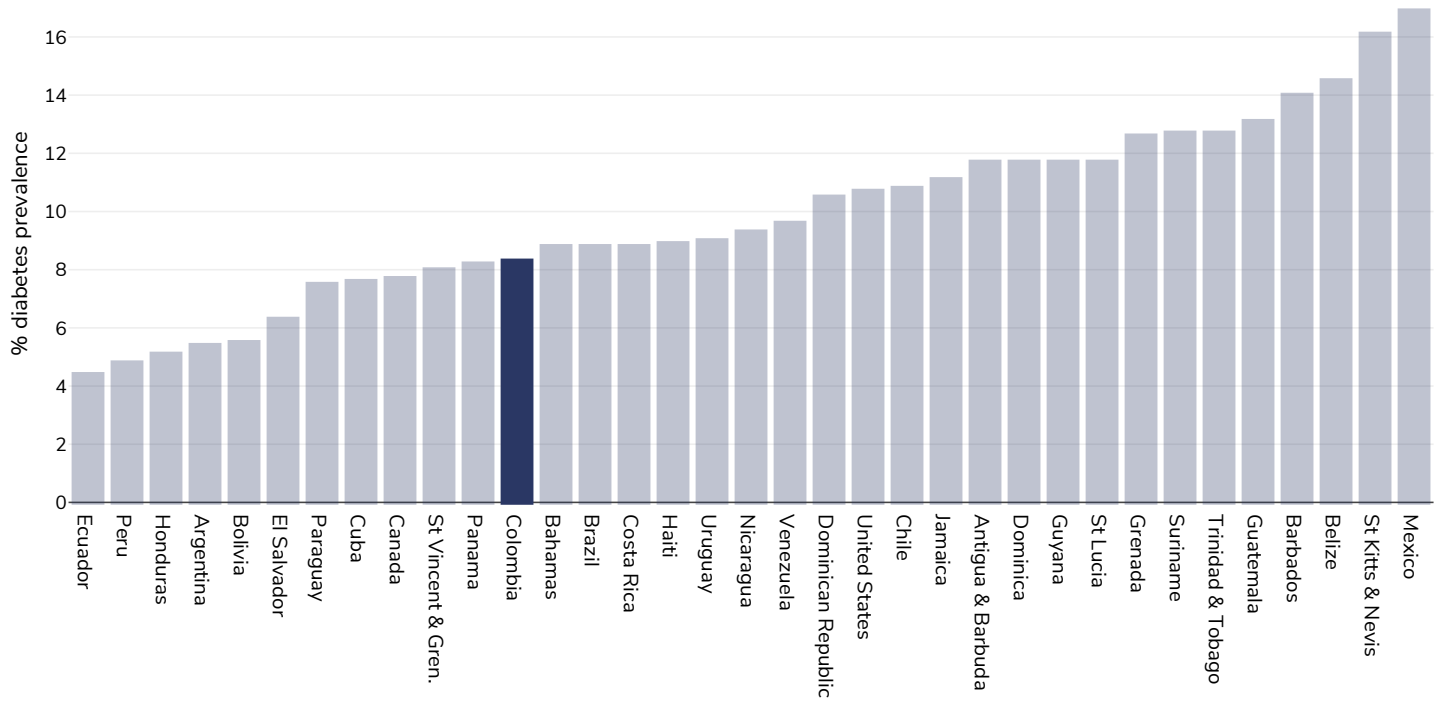
Global Health Observatory data repository, World Health Organisation,
<http://apps.who.int/gho/data/node.main.A869?lang=en>

Definitions:

Age Standardised % raised fasting blood glucose (≥ 7.0 mmol/L or on medication).

Diabetes prevalence

Adults, 2021



Age: 20-79

Area covered: National

References: Reproduced with kind permission International Diabetes Federation. IDF Diabetes Atlas, 10th edn. Brussels, Belgium:International Diabetes Federation, 2021. <http://www.diabetesatlas.org>

Definitions: Age-adjusted comparative prevalence of diabetes, %

Contextual factors

Disclaimer: These contextual factors should be interpreted with care. Results are updated as regularly as possible and use very specific criteria. The criteria used and full definitions are available for download at the bottom of this page.



Labelling

Is there mandatory nutrition labelling?	✓
Front-of-package labelling?	✓
Back-of-pack nutrition declaration?	✓
Color coding?	✗
Warning label?	✓



Regulation and marketing

Are there fiscal policies on unhealthy products?	✓
Tax on unhealthy foods?	✓
Tax on unhealthy drinks?	✓
Are there fiscal policies on healthy products?	✗
Subsidy on fruits?	✗
Subsidy on vegetables?	✗
Subsidy on other healthy products?	✗
Mandatory limit or ban of trans fat (all settings)?	✓
Mandatory limit of trans fats in place (all settings)?	✓
Ban on trans-fats or phos in place (all settings)?	✗
Are there any mandatory policies/marketing restrictions on the promotion of unhealthy food/drinks to children?	✗
Mandatory restriction on broadcast media?	✗
Mandatory restriction on non-broadcast media?	✗
Voluntary policies/marketing restrictions on the promotion of unhealthy food/drinks to children?	✗
Are there mandatory standards for food in schools?	✓
Are there any mandatory nutrient limits in any manufactured food products?	✓
Nutrition standards for public sector procurement?	✗



Political will and support

National obesity strategy or nutrition and physical activity national strategy?	✓
National obesity strategy?	✓
National childhood obesity strategy?	✗
Comprehensive nutrition strategy?	?
Comprehensive physical activity strategy?	✓
Evidence-based dietary guidelines and/or RDAs?	✓
National target(s) on reducing obesity?	✗
Guidelines/policy on obesity treatment?	✗
Promotion of breastfeeding?	✓



Monitoring and surveillance

Monitoring of the prevalence and incidence for the main obesity-related NCDs and risk factors?	✓
Within 5 years?	✗



Governance and resource

Multi-sectoral national co-ordination mechanism for obesity or nutrition (including obesity)?	?
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Key

Present
 Present (voluntary)
 Incoming
 Absent
 Unknown

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