

Report card

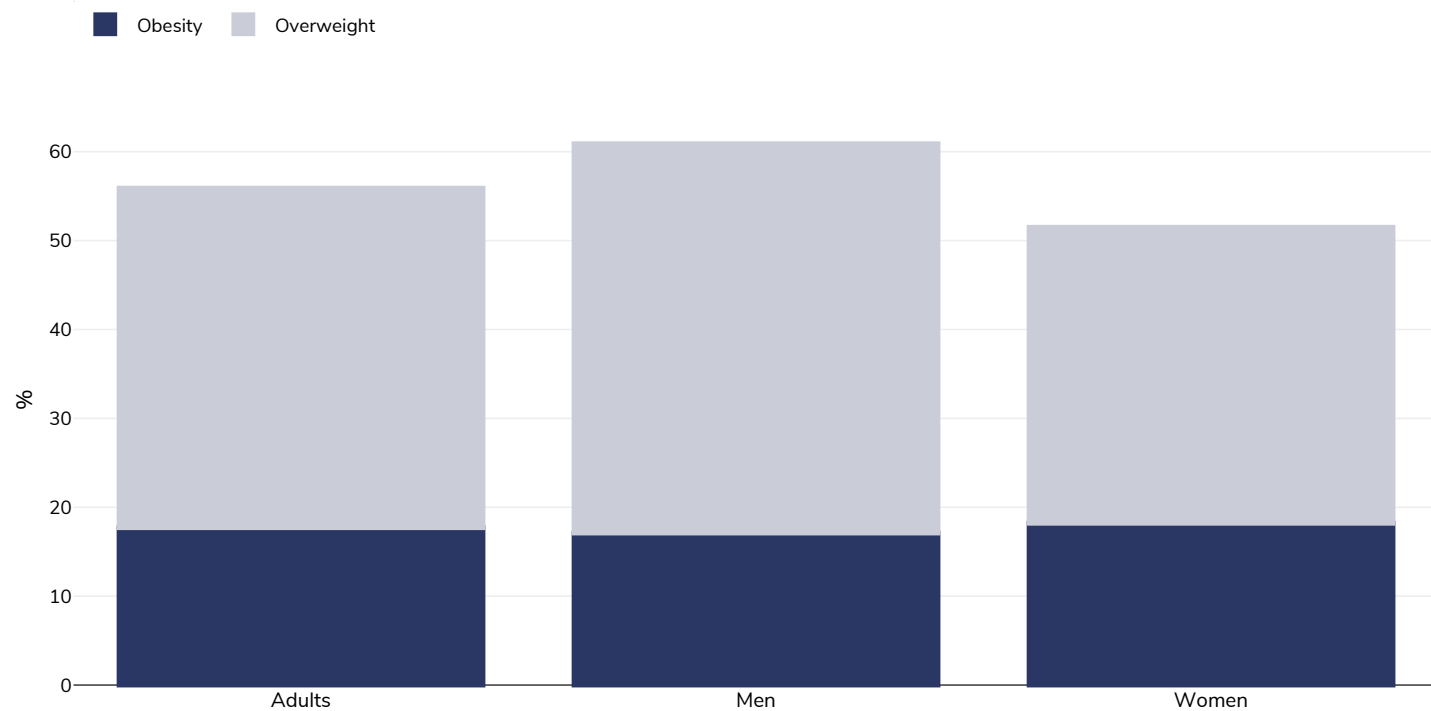
Portugal



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Obesity prevalence

Adults, 2019



Survey type: Self-reported

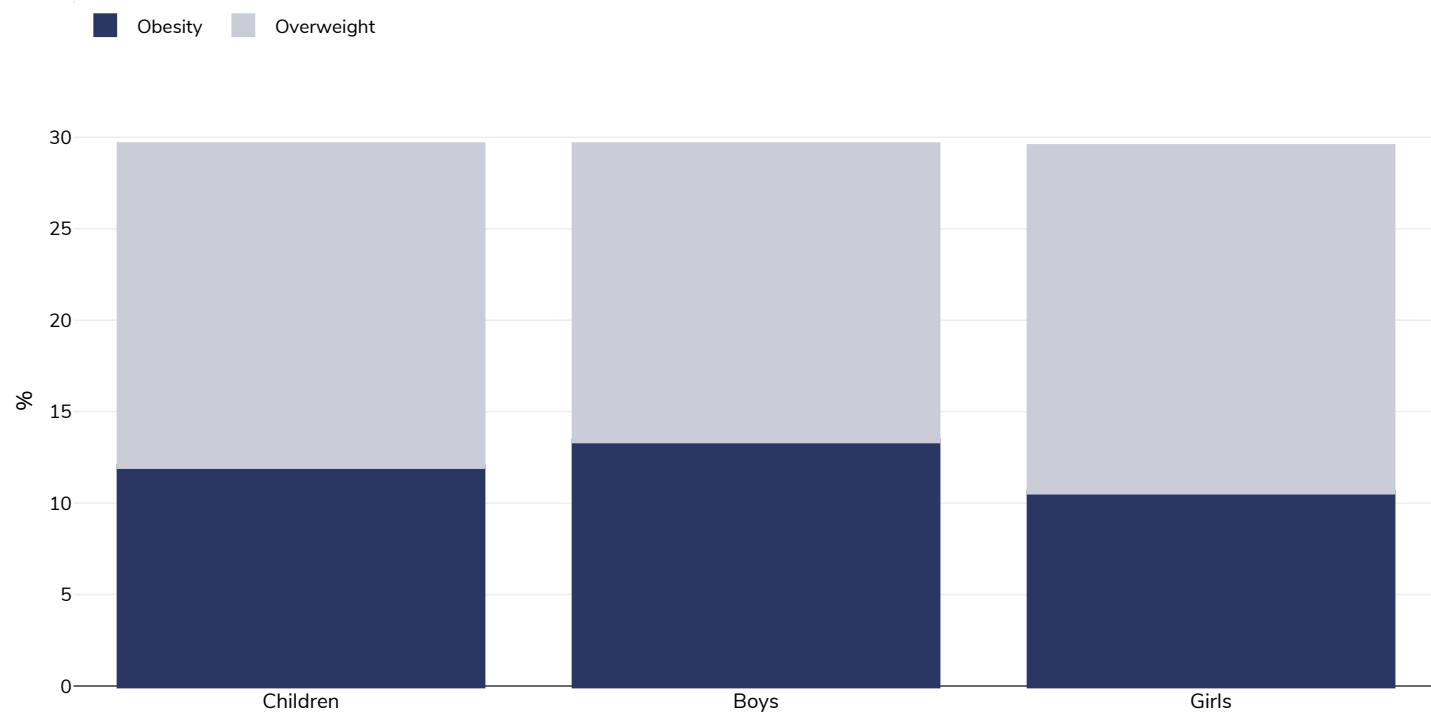
Age: 18+

Area covered: National

References: Eurostat 2019. Data available at https://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1i&lang=en (last accessed 09.08.21)

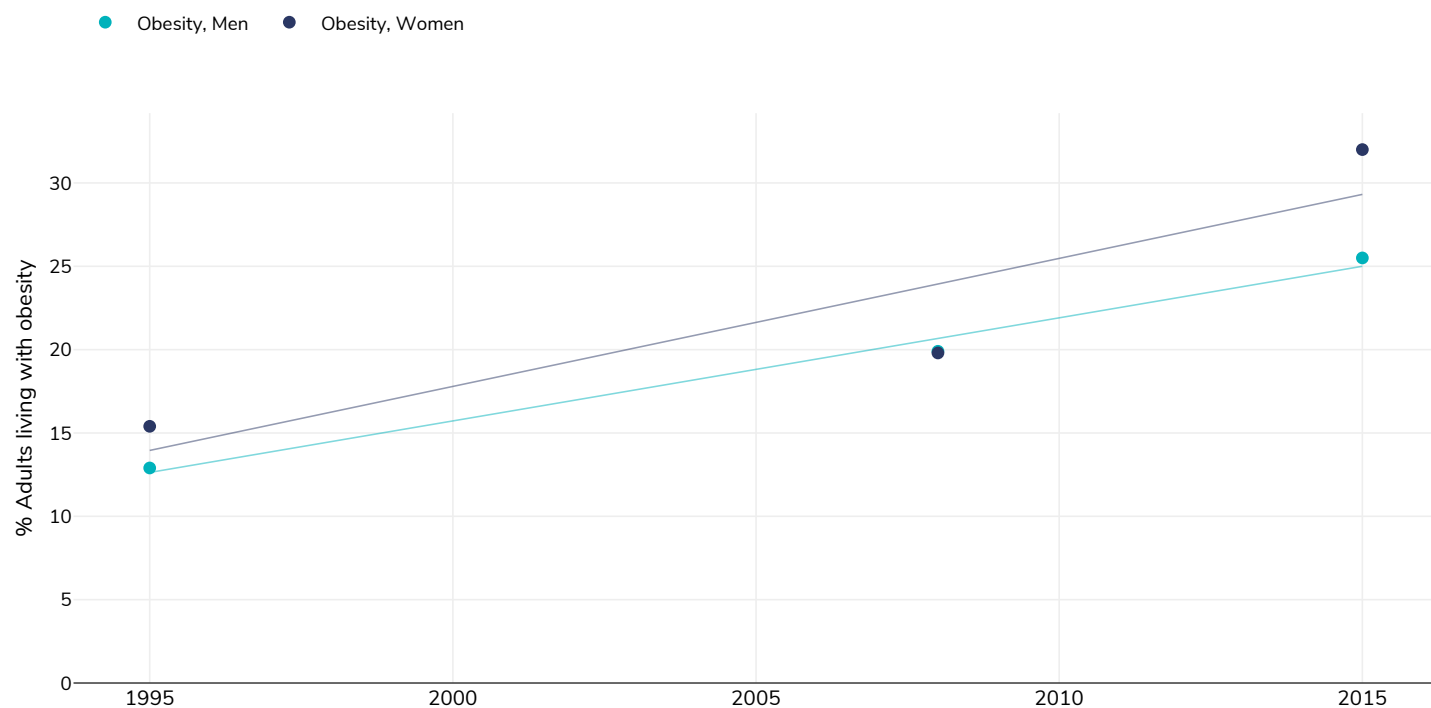
Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².

Children, 2019



Survey type:	Measured
Age:	6-8
Sample size:	7,210
Area covered:	National
References:	COSI Portugal 2019. Available at: http://www.ceidss.com/wp-content/uploads/2020/03/COSI-2019_-FactSheet.pdf . Last accessed: 18.05.21.
Cutoffs:	WHO

% Adults living with obesity, 1995-2015



Survey type:

Measured

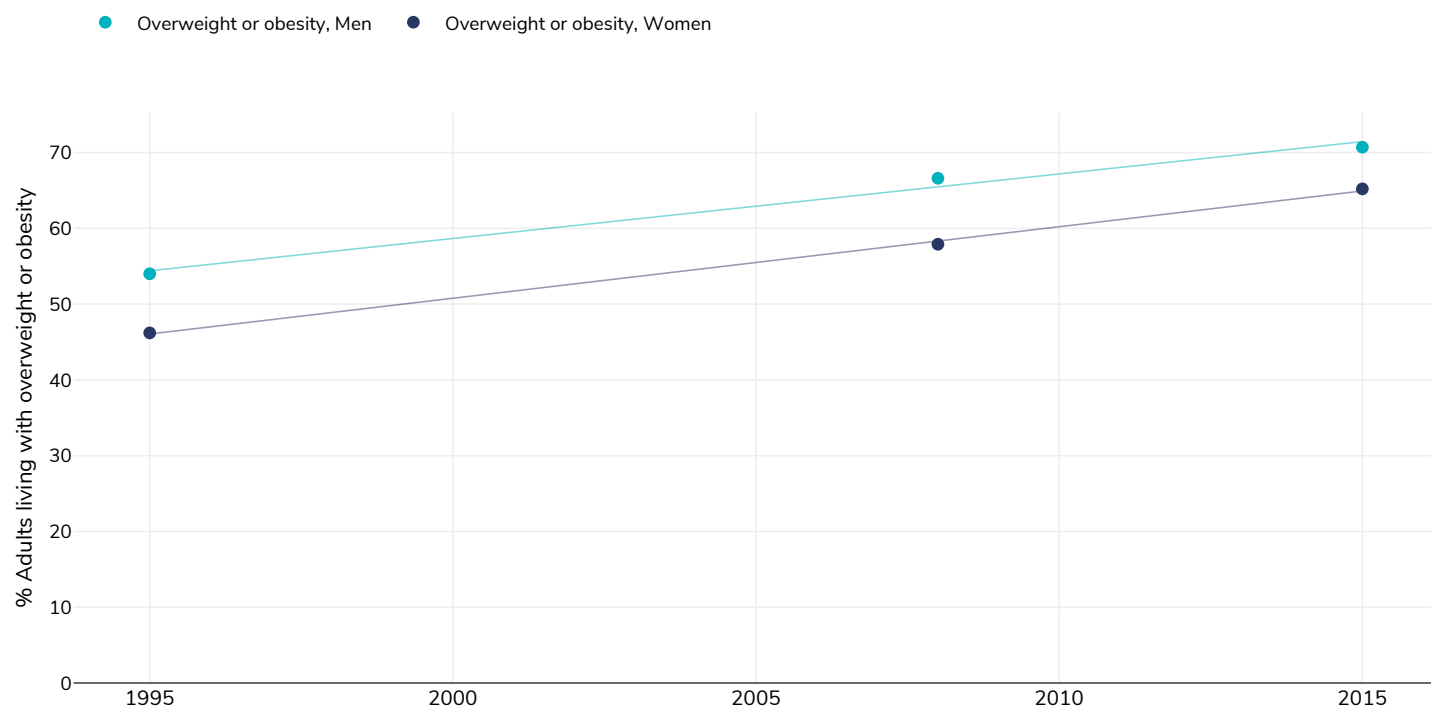
References:

- 1995: L do Caromo et al. Overweight and obesity in Portugal. *Obesity Reviews* 2008;9:11-19
- 2008: Sardinha LB, Santos DA, Silva AM, Coelho-e-Silva MJ, Raimundo AM, Moreira H, et al. (2012) Prevalence of Overweight, Obesity, and Abdominal Obesity in a Representative Sample of Portuguese Adults. *PLoS ONE* 7(10): e47883. doi:10.1371/journal.pone.0047883
- 2015: Gaio, V. et al. (2017) 'Prevalence of overweight and obesity in Portugal: Results from the First Portuguese Health Examination Survey (INSEF 2015)', *Obesity Research & Clinical Practice*, ISSN 1871-403X. Available at: <https://doi.org/10.1016/j.orcp.2017.08.002> (Accessed: 7 November 2017).

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, 1995-2015



Survey type:

Measured

References:

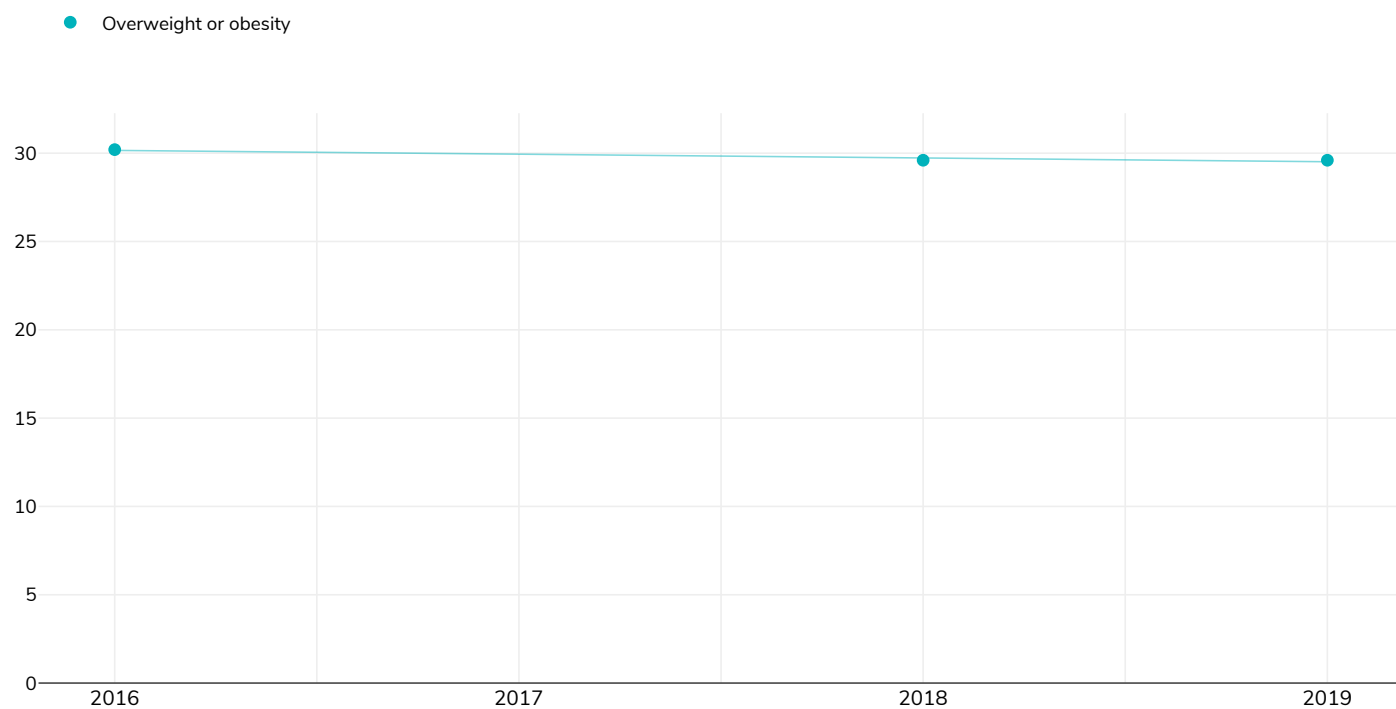
- 1995: L do Caromo et al. Overweight and obesity in Portugal. *Obesity Reviews* 2008;9:11-19
- 2008: Sardinha LB, Santos DA, Silva AM, Coelho-e-Silva MJ, Raimundo AM, Moreira H, et al. (2012) Prevalence of Overweight, Obesity, and Abdominal Obesity in a Representative Sample of Portuguese Adults. *PLoS ONE* 7(10): e47883. doi:10.1371/journal.pone.0047883
- 2015: Gaio, V. et al. (2017) 'Prevalence of overweight and obesity in Portugal: Results from the First Portuguese Health Examination Survey (INSEF 2015)', *Obesity Research & Clinical Practice*, ISSN 1871-403X. Available at: <https://doi.org/10.1016/j.orcp.2017.08.002> (Accessed: 7 November 2017).

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.

% Children living with overweight or obesity, 2016-2020

Boys



Survey type:

Measured

References:

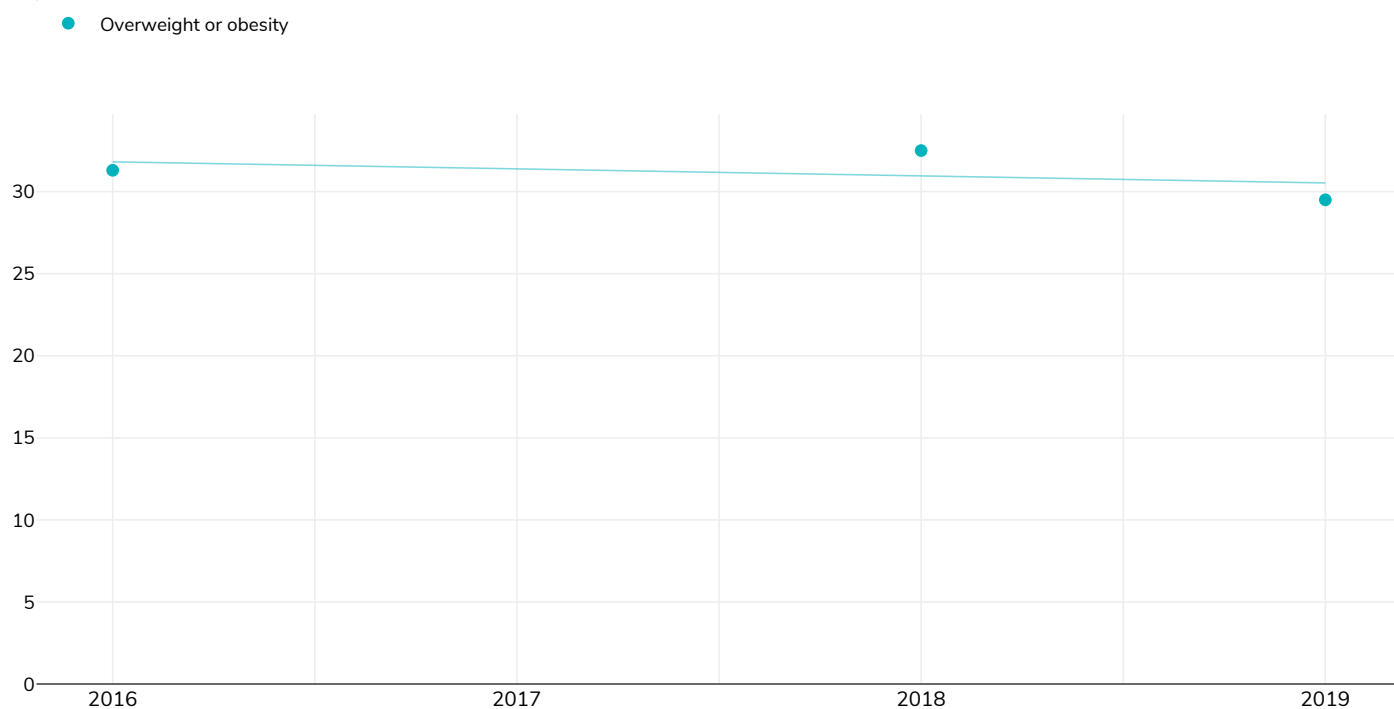
2016: COSI Portugal 2016. Childhood Obesity Surveillance Initiative. Available from: http://repositorio.insa.pt/bitstream/10400.18/4857/8/COSI%202016_V2_fev2018.pdf [Accessed 15 April 2019].
 2018: Report on the fifth round of data collection, 2018–2020: WHO European Childhood Obesity Surveillance Initiative (COSI). Copenhagen: WHO Regional Office for Europe; 2022. Licence: CC BY-NC-SA 3.0 IGO.
 2019: COSI Portugal 2019. Available at: http://www.ceidss.com/wp-content/uploads/2020/03/COSI-2019_-FactSheet.pdf. Last accessed: 18.05.21.

Definitions:

WHO

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.

Girls



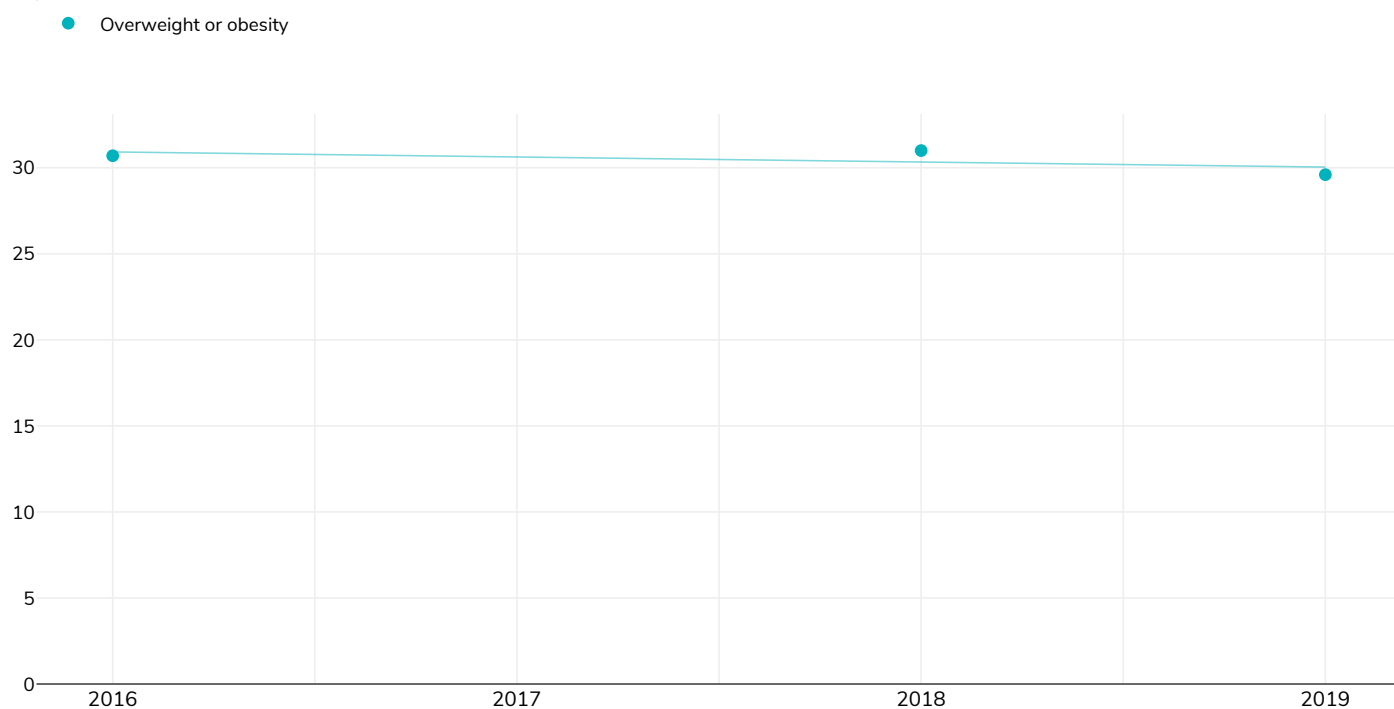
Survey type: Measured

References: 2016: COSI Portugal 2016. Childhood Obesity Surveillance Initiative. Available from: http://repositorio.insa.pt/bitstream/10400.18/4857/8/COSI%202016_V2_fev2018.pdf [Accessed 15 April 2019].
 2018: Report on the fifth round of data collection, 2018–2020: WHO European Childhood Obesity Surveillance Initiative (COSI). Copenhagen: WHO Regional Office for Europe; 2022. Licence: CC BY-NC-SA 3.0 IGO.
 2019: COSI Portugal 2019. Available at: http://www.ceidss.com/wp-content/uploads/2020/03/COSI-2019_-FactSheet.pdf. Last accessed: 18.05.21.

Definitions: WHO

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.

Boys and girls



Survey type: Measured

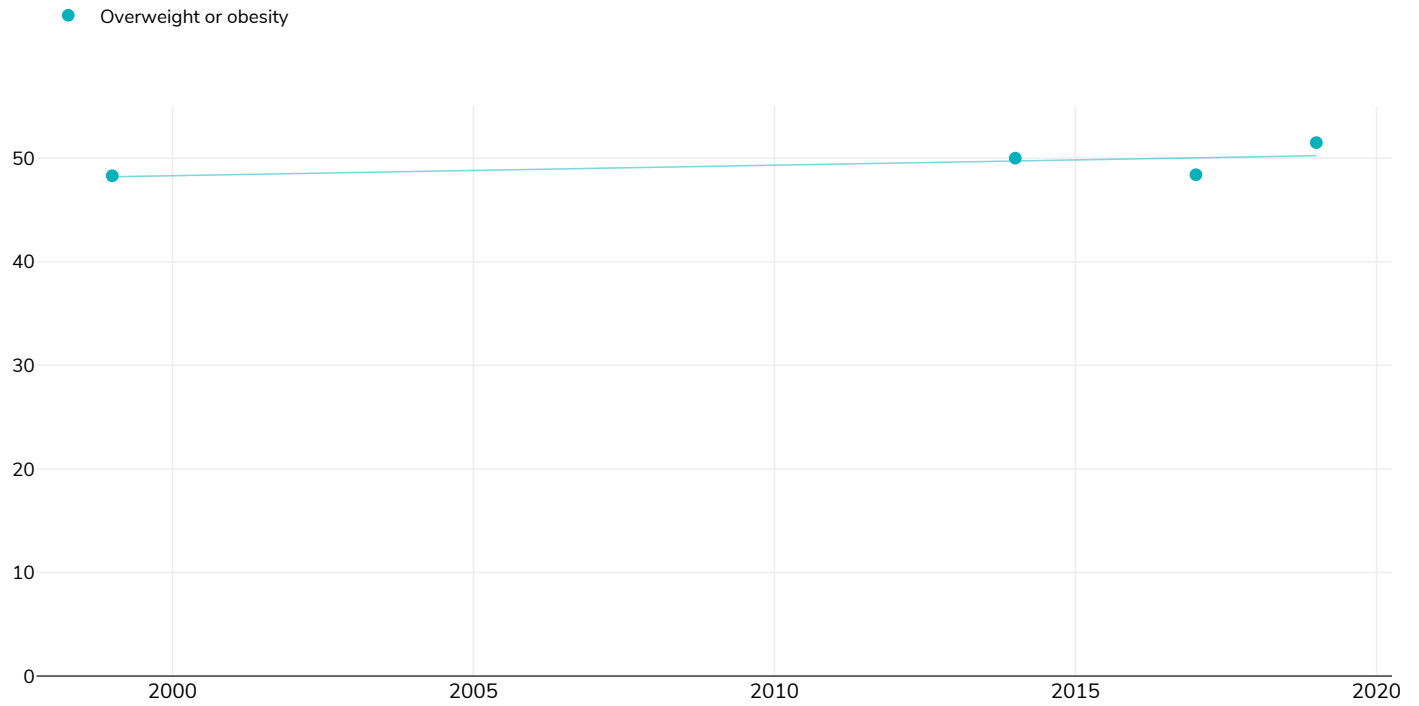
References: 2016: COSI Portugal 2016. Childhood Obesity Surveillance Initiative. Available from: http://repositorio.insa.pt/bitstream/10400.18/4857/8/COSI%202016_V2_fev2018.pdf [Accessed 15 April 2019].
 2018: Report on the fifth round of data collection, 2018–2020: WHO European Childhood Obesity Surveillance Initiative (COSI). Copenhagen: WHO Regional Office for Europe; 2022. Licence: CC BY-NC-SA 3.0 IGO.
 2019: COSI Portugal 2019. Available at: http://www.ceidss.com/wp-content/uploads/2020/03/COSI-2019_-FactSheet.pdf. Last accessed: 18.05.21.

Definitions: WHO

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, 1999-2019

Women



Survey type:

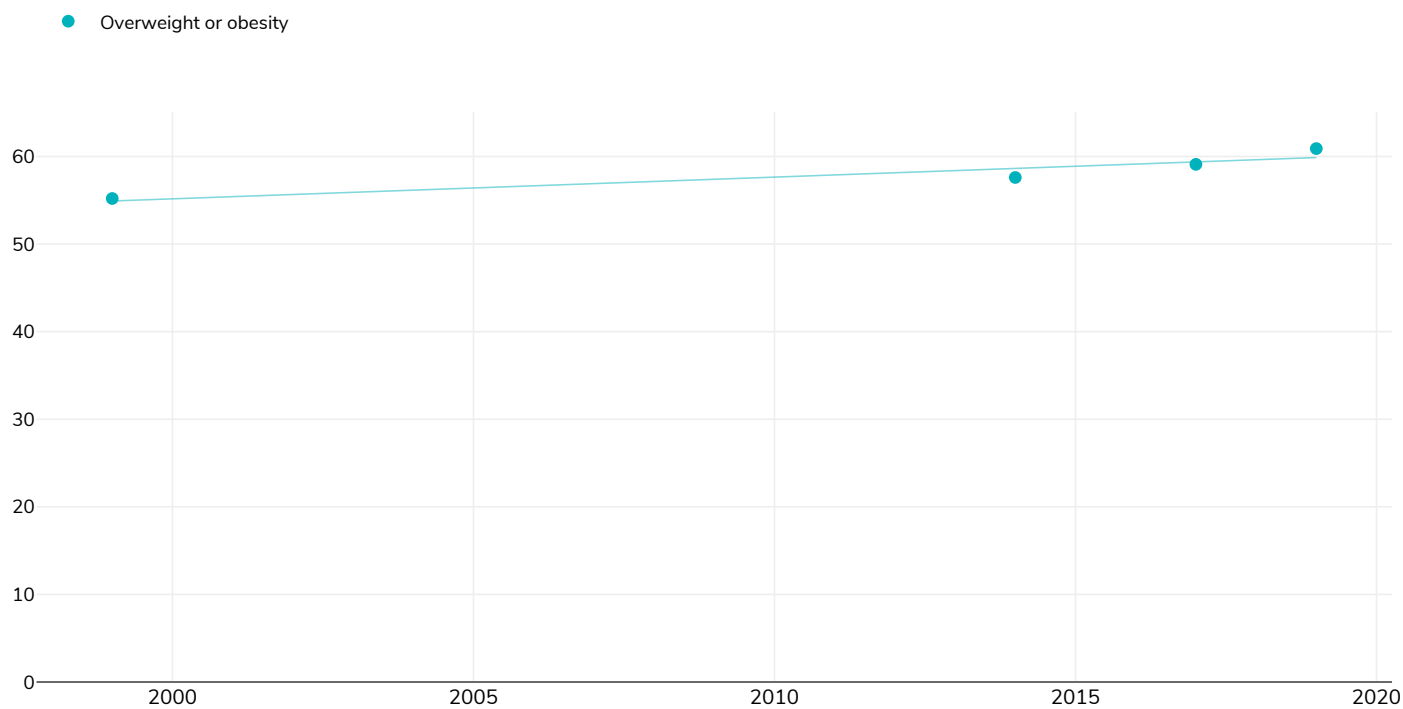
Self-reported

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.

Men



Survey type:

Self-reported

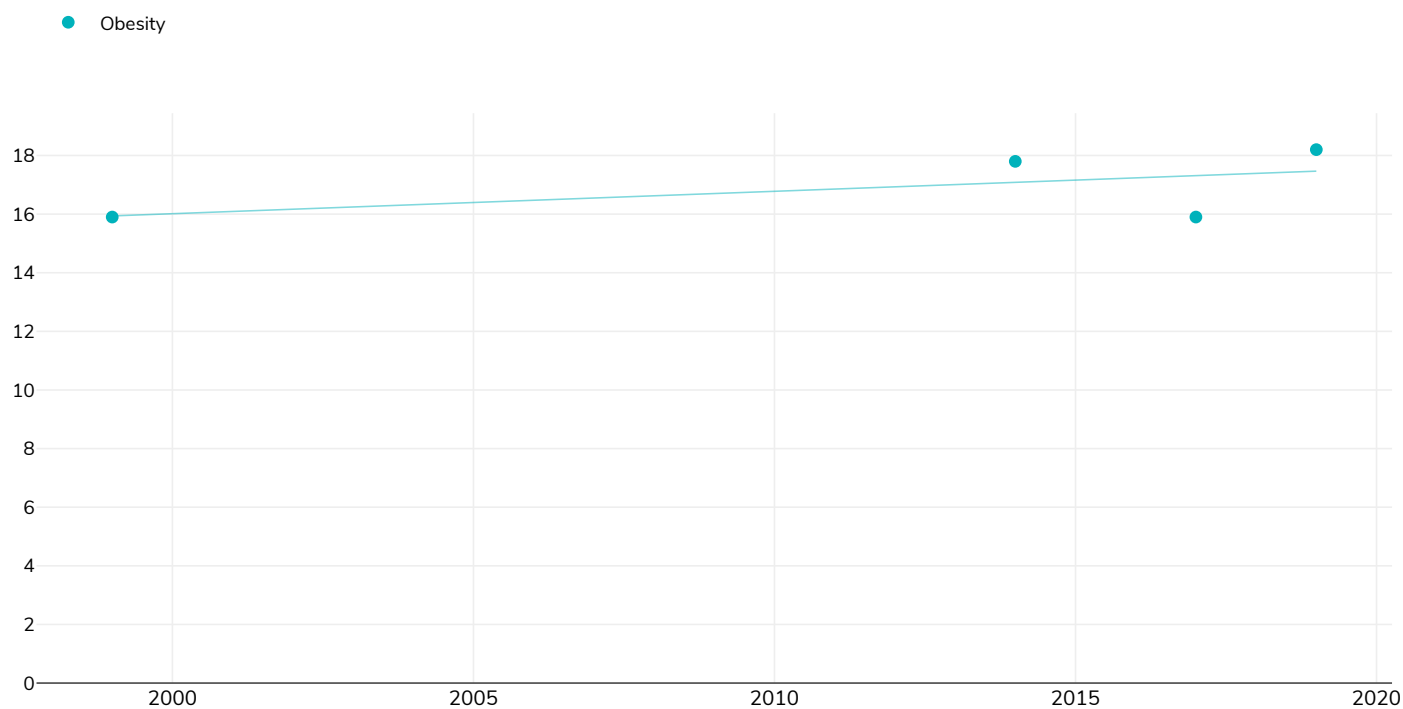
References:

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.

% Adults living with obesity, 1999-2019

Women



Survey type:

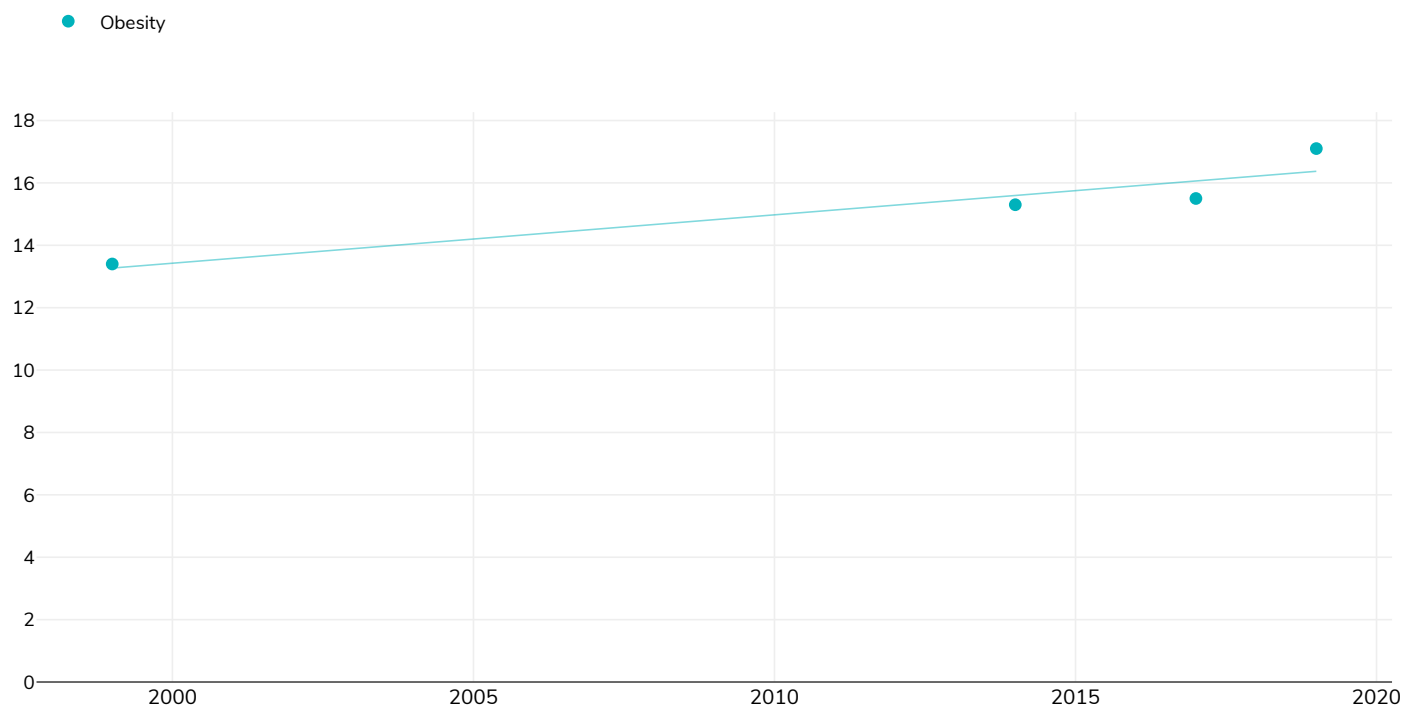
Self-reported

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.

Men



Survey type:

Self-reported

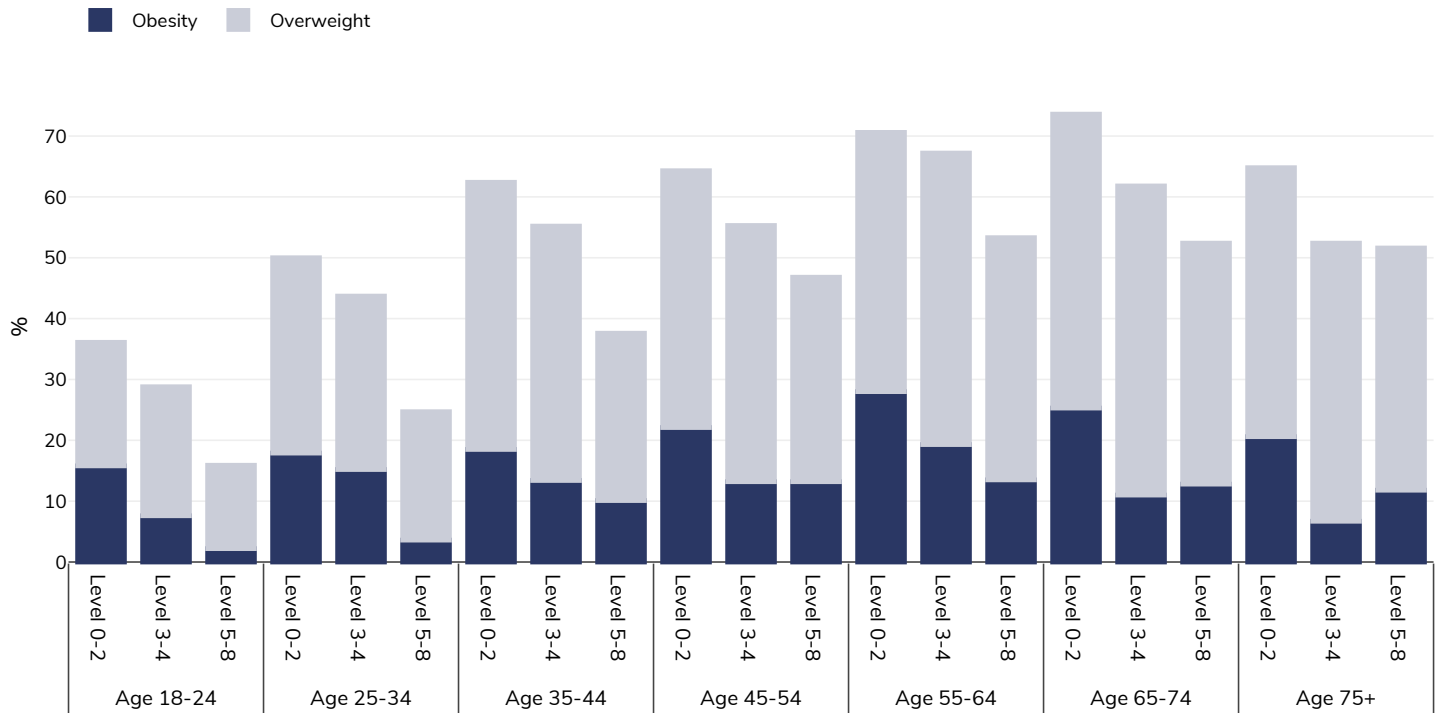
References:

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 age and education

Adults, 2019



Survey type:

Self-reported

Area covered:

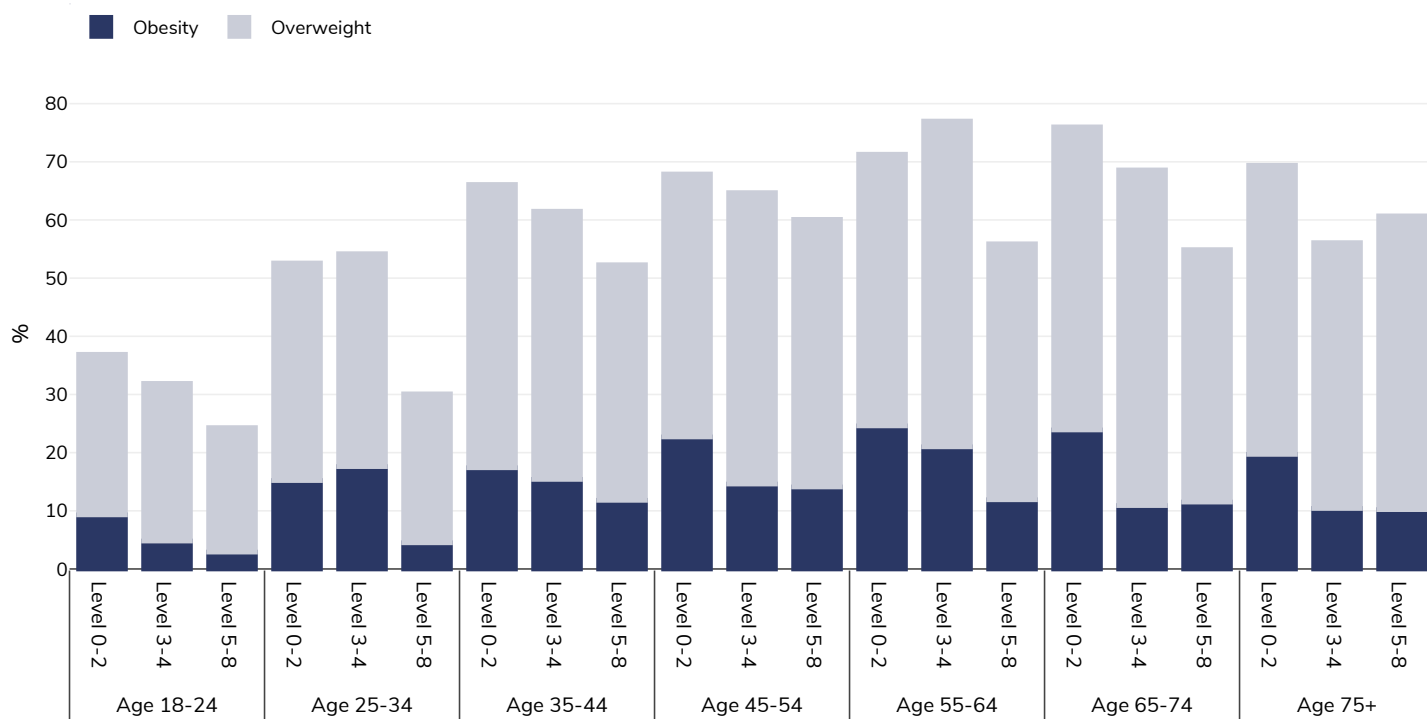
National

References:

Eurostat 2019. Available at https://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlt_h_ehis_bm1e&lang=en
(last accessed 09.08.21).

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

Men, 2019



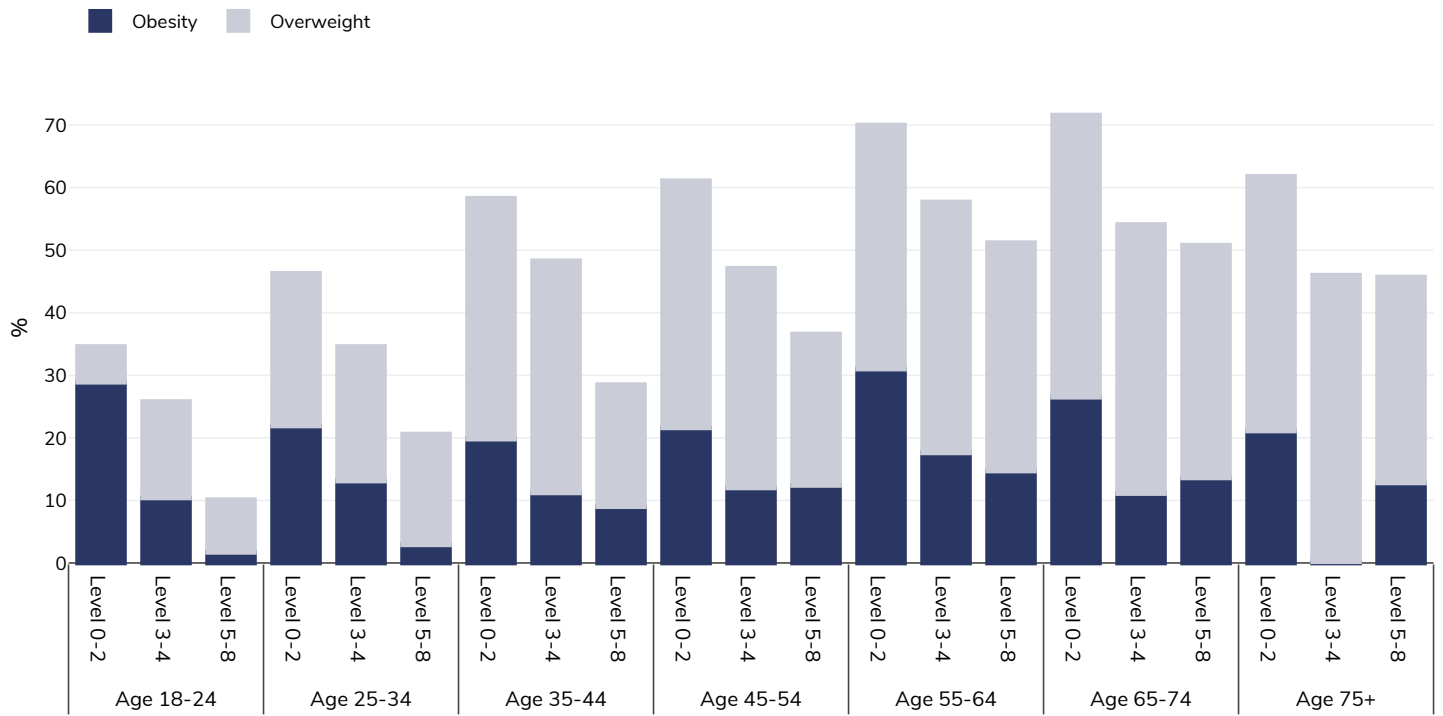
Survey type: Self-reported

Area covered: National

References: Eurostat 2019. Available at https://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=h1th_ehis_bm1e&lang=en (last accessed 09.08.21).

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

Women, 2019



Survey type:

Self-reported

Area covered:

National

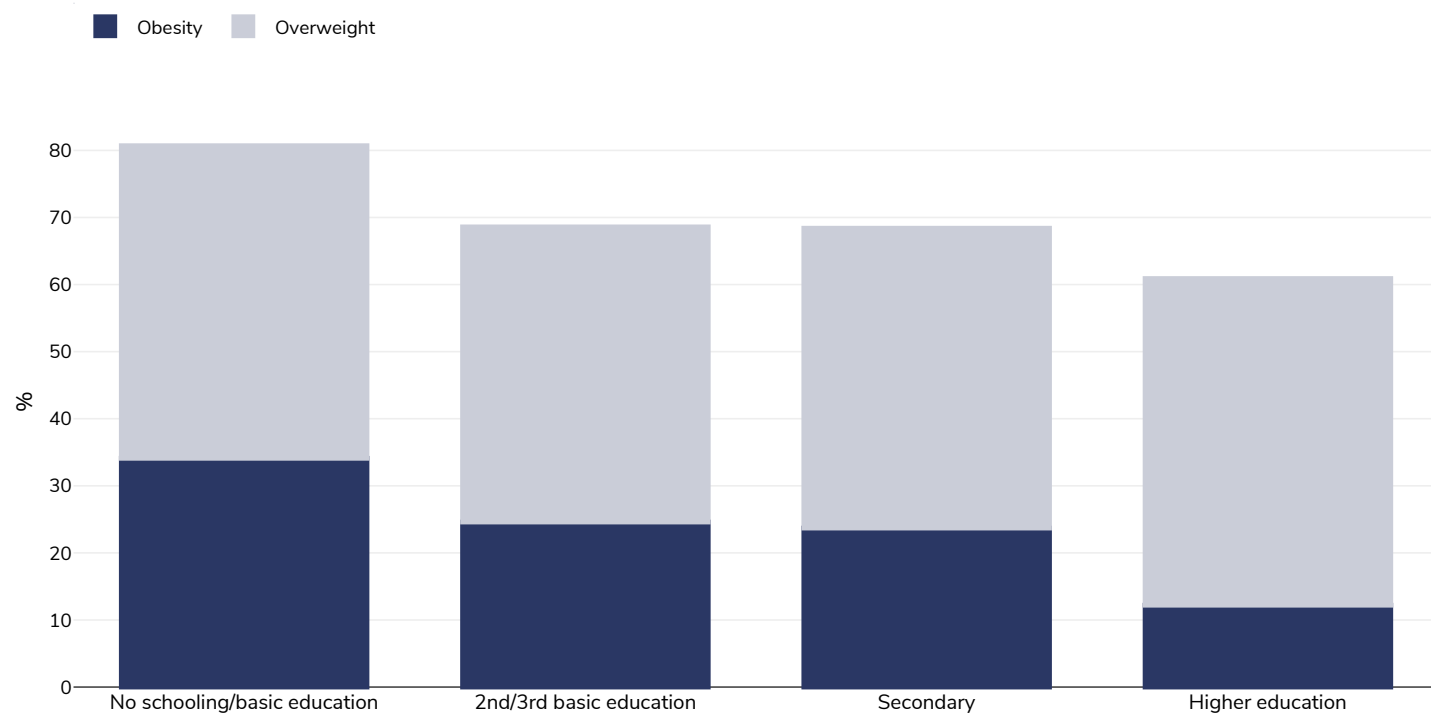
References:

Eurostat 2019. Available at https://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=h1th_ehis_bm1e&lang=en
(last accessed 09.08.21).

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

Overweight/obesity by education

Men, 2015



Survey type: Measured

Age: 25-74

Sample size: Female = 2580 Male = 2235

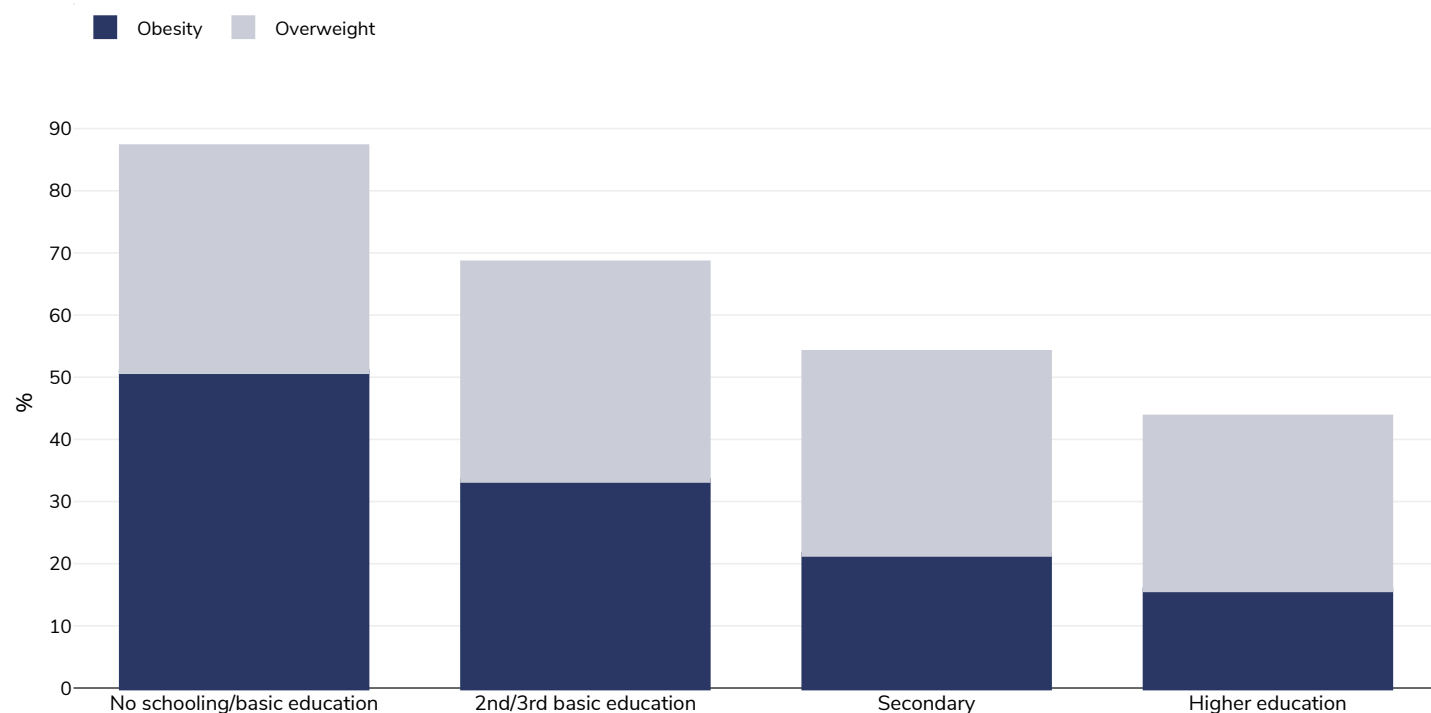
Area covered: National

References: Gaio, V. et al. (2017) 'Prevalence of overweight and obesity in Portugal: Results from the First Portuguese Health Examination Survey (INSEF 2015)', Obesity Research & Clinical Practice, ISSN 1871-403X. Available at: <https://doi.org/10.1016/j.orcp.2017.08.002> (Accessed: 7 November 2017).

Notes: Translated images for obesity prevalence by educational status are also available from: 1995-96, 1988-99 and 2003-05.

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

Women, 2015



Survey type: Measured

Age: 25-74

Sample size: Female = 2580 Male = 2235

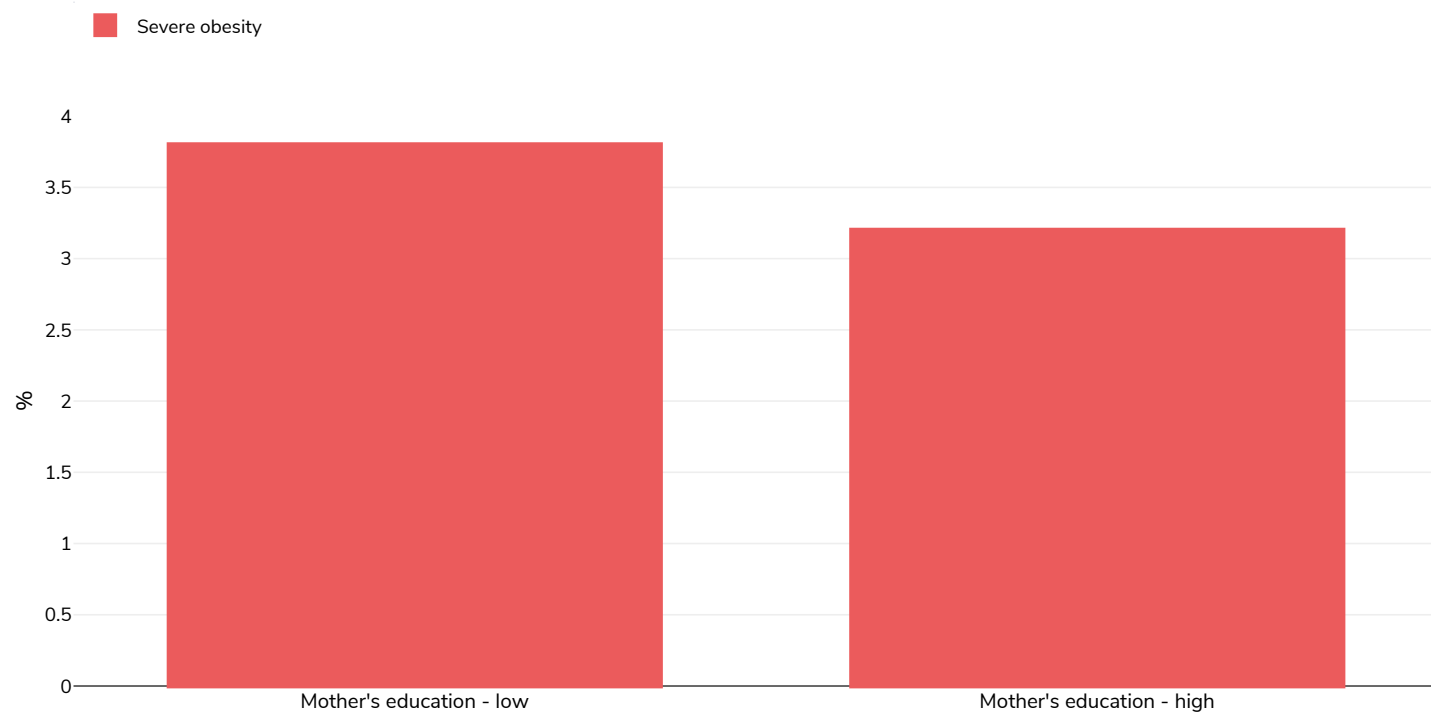
Area covered: National

References: Gaio, V. et al. (2017) 'Prevalence of overweight and obesity in Portugal: Results from the First Portuguese Health Examination Survey (INSEF 2015)', Obesity Research & Clinical Practice, ISSN 1871-403X. Available at: <https://doi.org/10.1016/j.orcp.2017.08.002> (Accessed: 7 November 2017).

Notes: Translated images for obesity prevalence by educational status are also available from: 1995-96, 1988-99 and 2003-05.

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

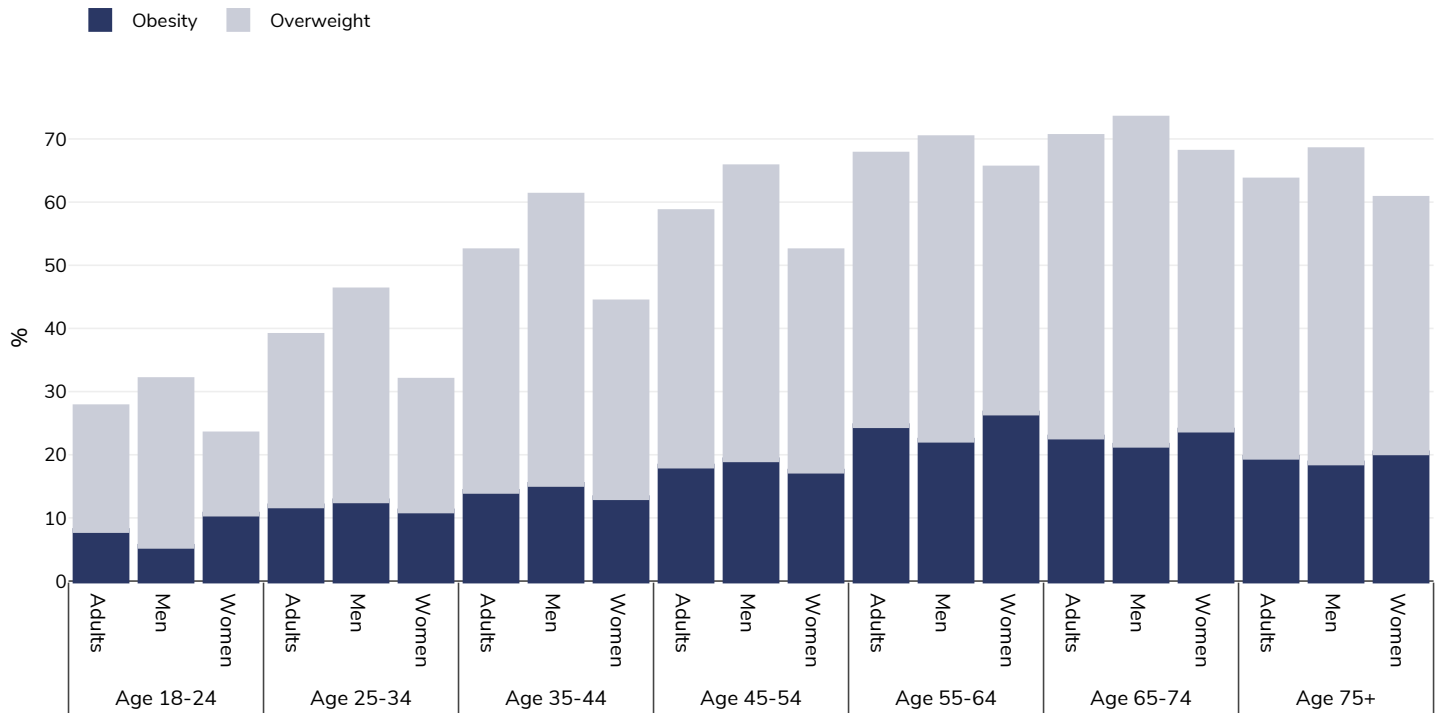
Children, 2007-2013



Survey type:	Measured
Age:	7
Sample size:	2964
Area covered:	National
References:	Spinelli et al (2019). 'Childhood Severe Obesity in Europe', <i>Obes Facts</i> .12, pp. 244–258. (Data from COSI round 1-3)
Notes:	WHO cut-offs used. Based on Mother's education level.
Cutoffs:	WHO

Overweight/obesity by age

Adults, 2019



Survey type:

Self-reported

Area covered:

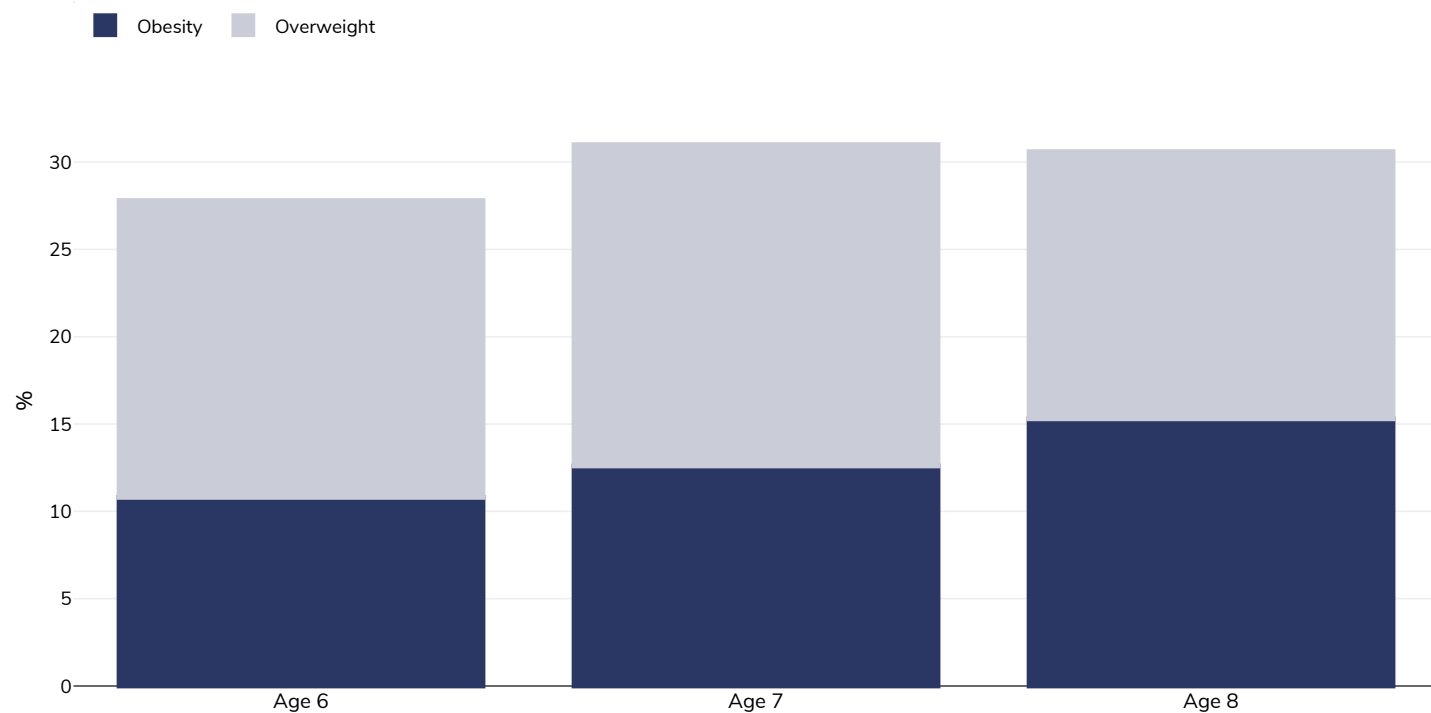
National

References:

Eurostat 2019. Available at https://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1i&lang=en
(last accessed 09.08.21).

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

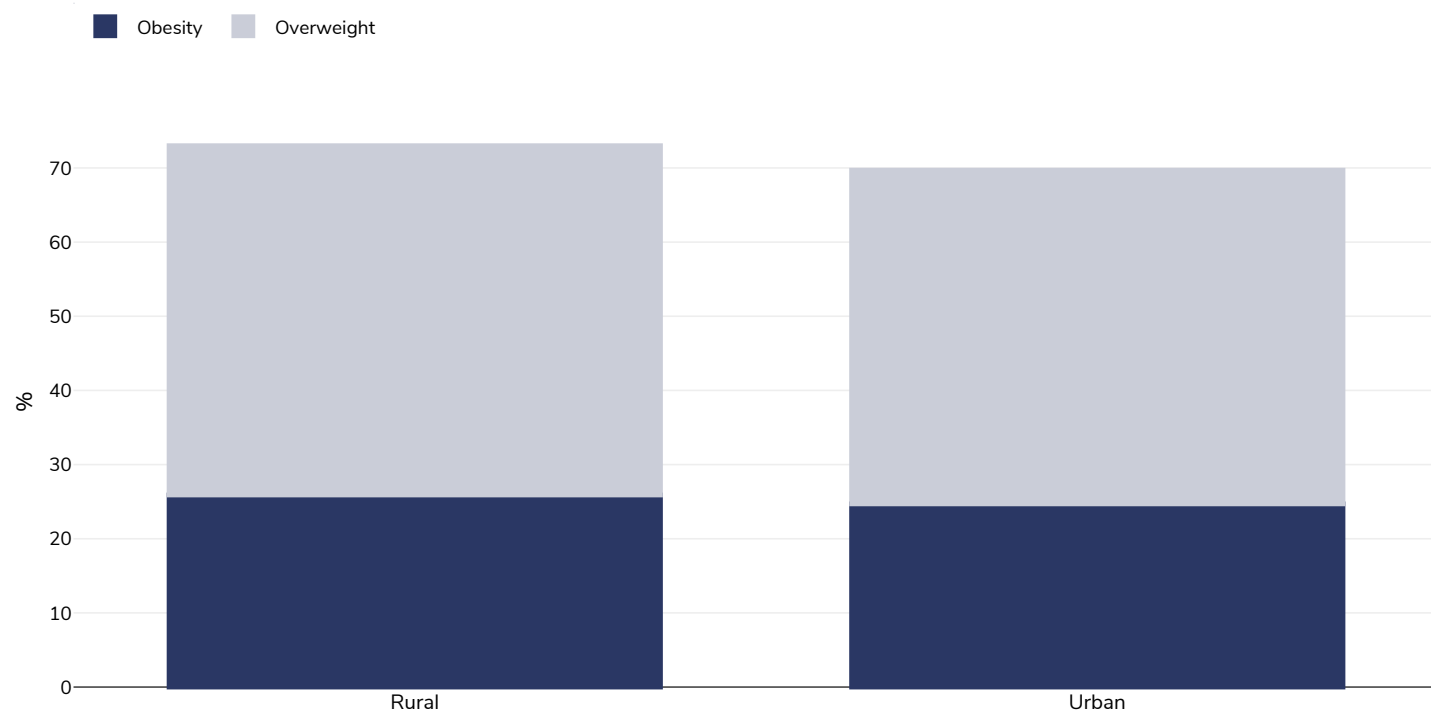
Children, 2019



Survey type:	Measured
Sample size:	7,210
Area covered:	National
References:	COSI Portugal 2019. Available at: http://www.ceidss.com/wp-content/uploads/2020/03/COSI-2019_-FactSheet.pdf . Last accessed: 18.05.21.

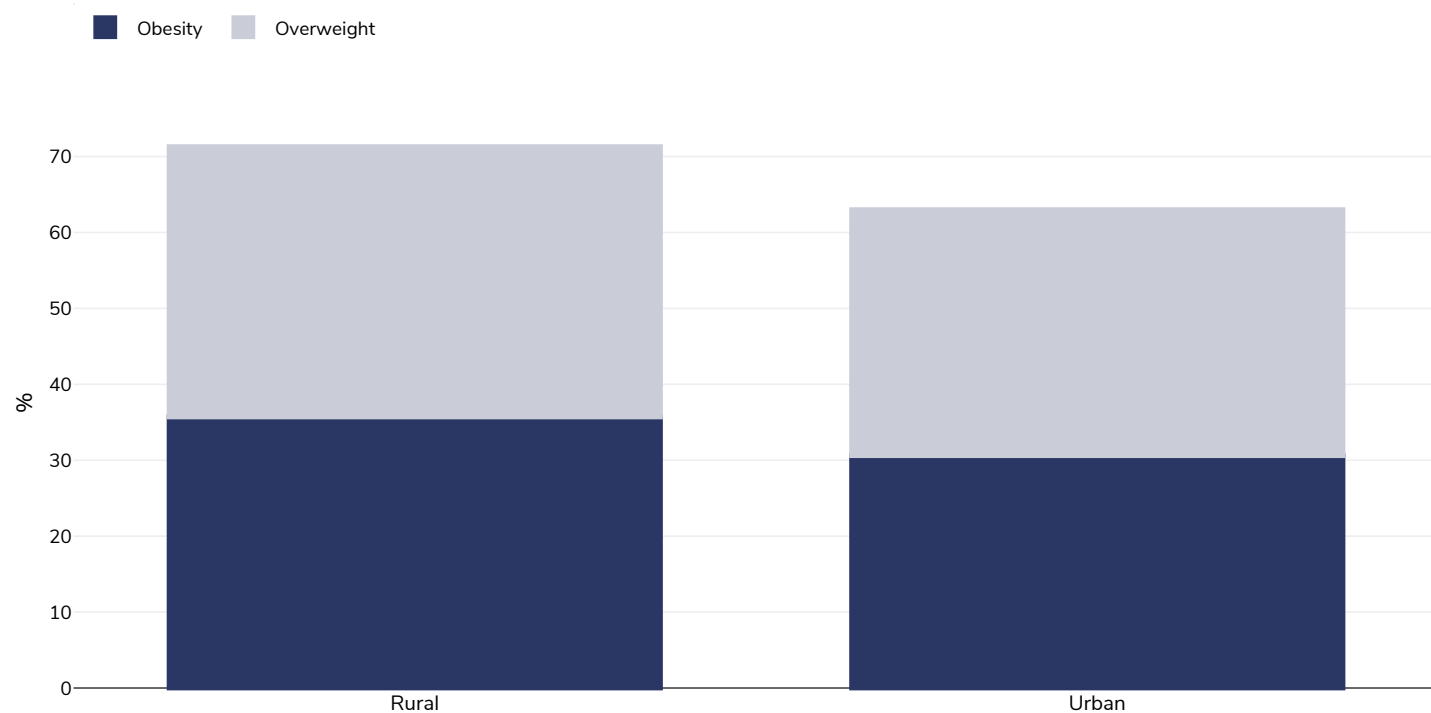
Overweight/obesity by region

Men, 2015



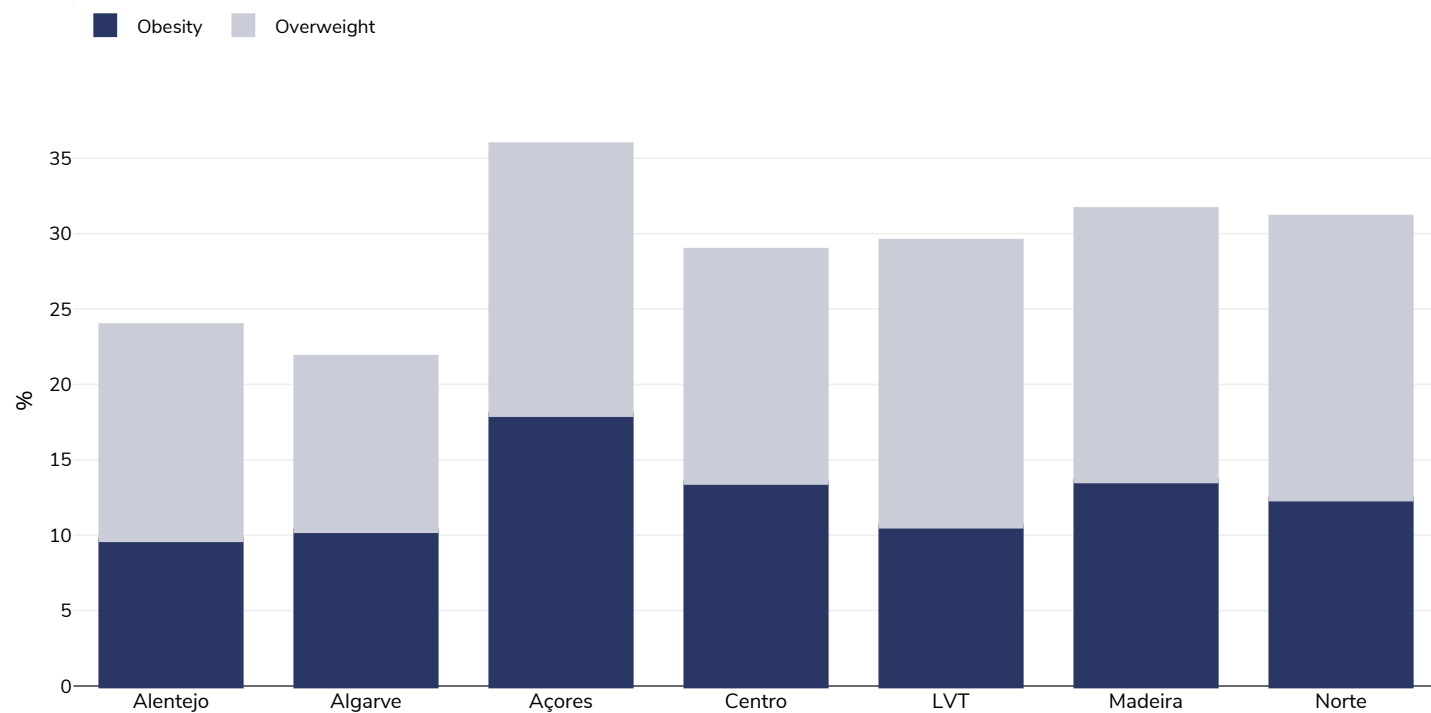
Survey type:	Measured
Age:	25-74
Sample size:	4819
Area covered:	National
References:	Gaio, V. et al. (2017) 'Prevalence of overweight and obesity in Portugal: Results from the First Portuguese Health Examination Survey (INSEF 2015)', Obesity Research & Clinical Practice, ISSN 1871-403X. Available at: https://doi.org/10.1016/j.orcp.2017.08.002 (Accessed: 7 November 2017).
Notes:	Female = 2583, Male = 2236
Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m ² , obesity refers to a BMI greater than 30kg/m ² .	

Women, 2015



Survey type:	Measured
Age:	25-74
Sample size:	4819
Area covered:	National
References:	Gaio, V. et al. (2017) 'Prevalence of overweight and obesity in Portugal: Results from the First Portuguese Health Examination Survey (INSEF 2015)', Obesity Research & Clinical Practice, ISSN 1871-403X. Available at: https://doi.org/10.1016/j.orcp.2017.08.002 (Accessed: 7 November 2017).
Notes:	Female = 2583, Male = 2236
Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m ² , obesity refers to a BMI greater than 30kg/m ² .	

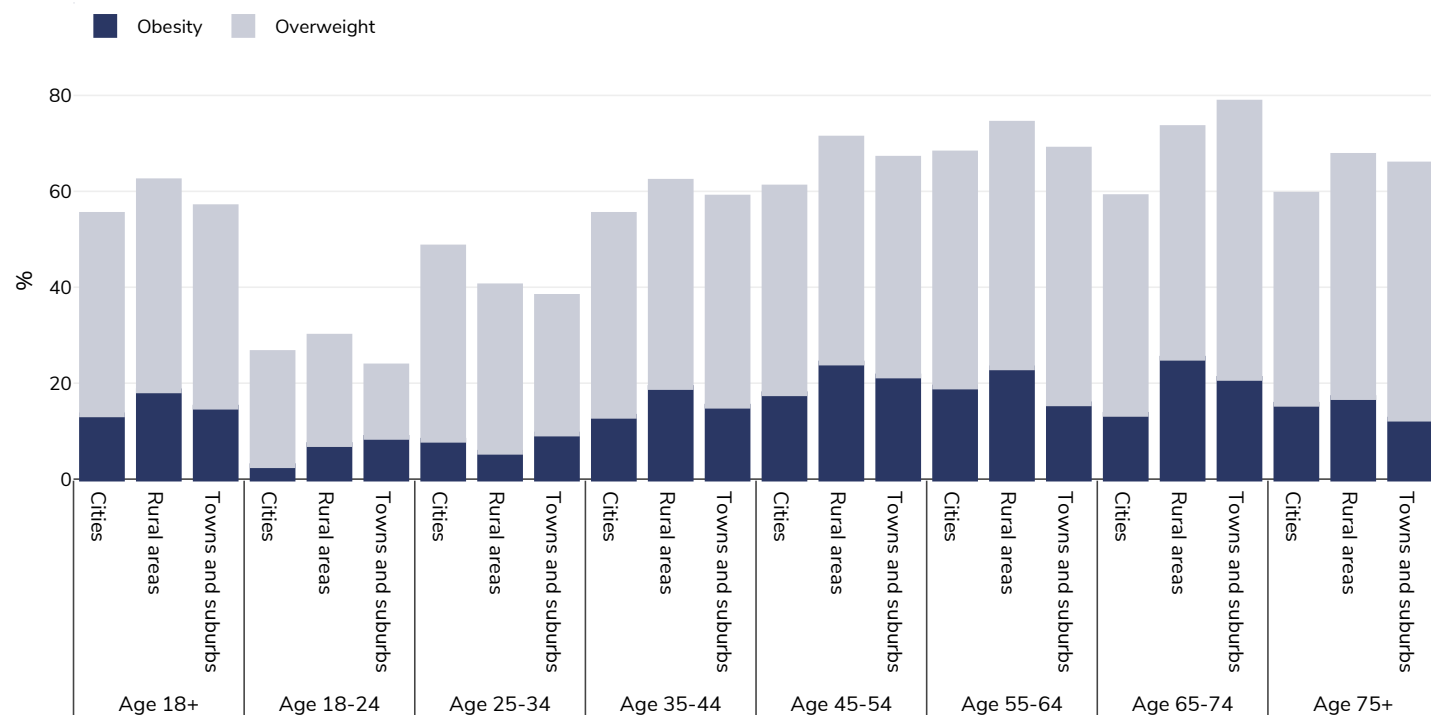
Children, 2019



Survey type:	Measured
Age:	6-8
Sample size:	7,210
Area covered:	National
References:	COSI Portugal 2019. Available at: http://www.ceidss.com/wp-content/uploads/2020/03/COSI-2019_-FactSheet.pdf . Last accessed: 18.05.21.
Cutoffs:	WHO

Overweight/obesity by age and region

Men, 2014



Survey type:

Self-reported

Area covered:

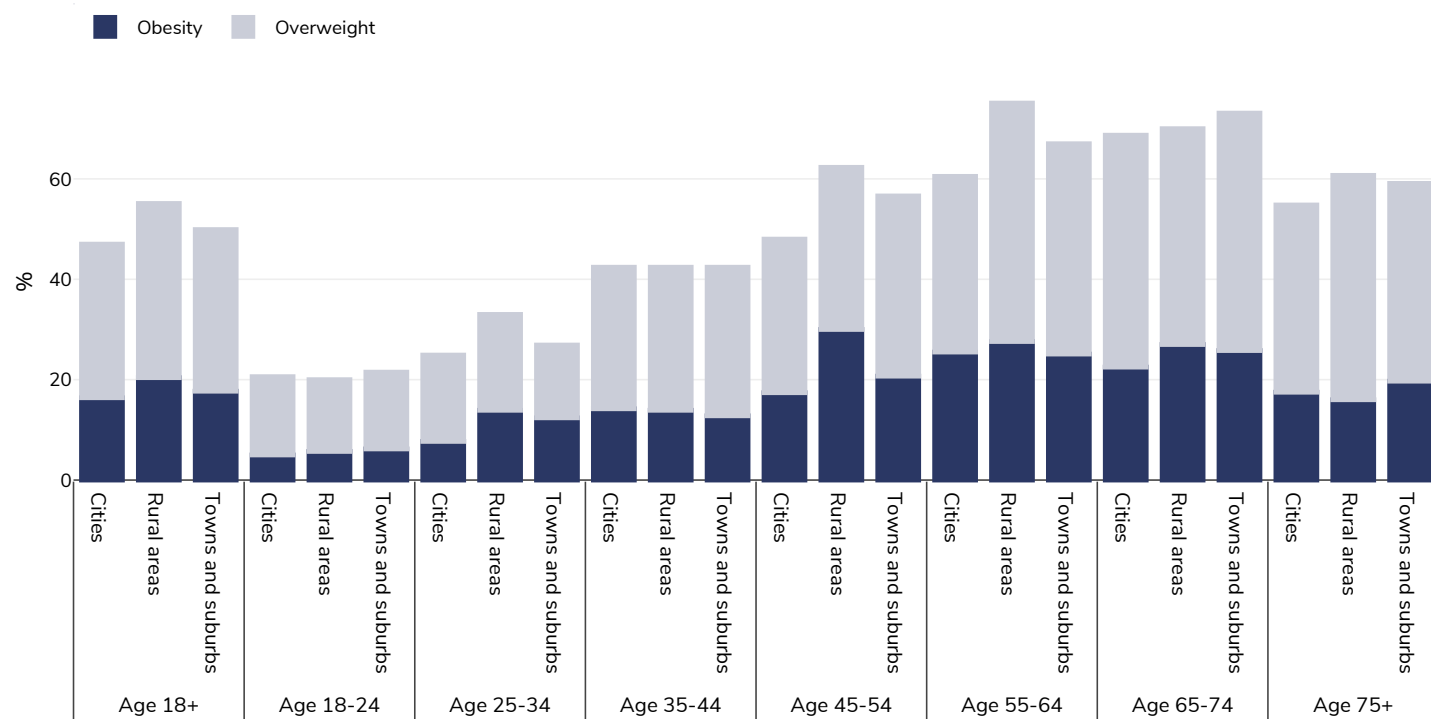
National

References:

2014 Eurostat Database: http://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1e&lang=en (last accessed 25.08.20)

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

Women, 2014



Survey type: Self-reported

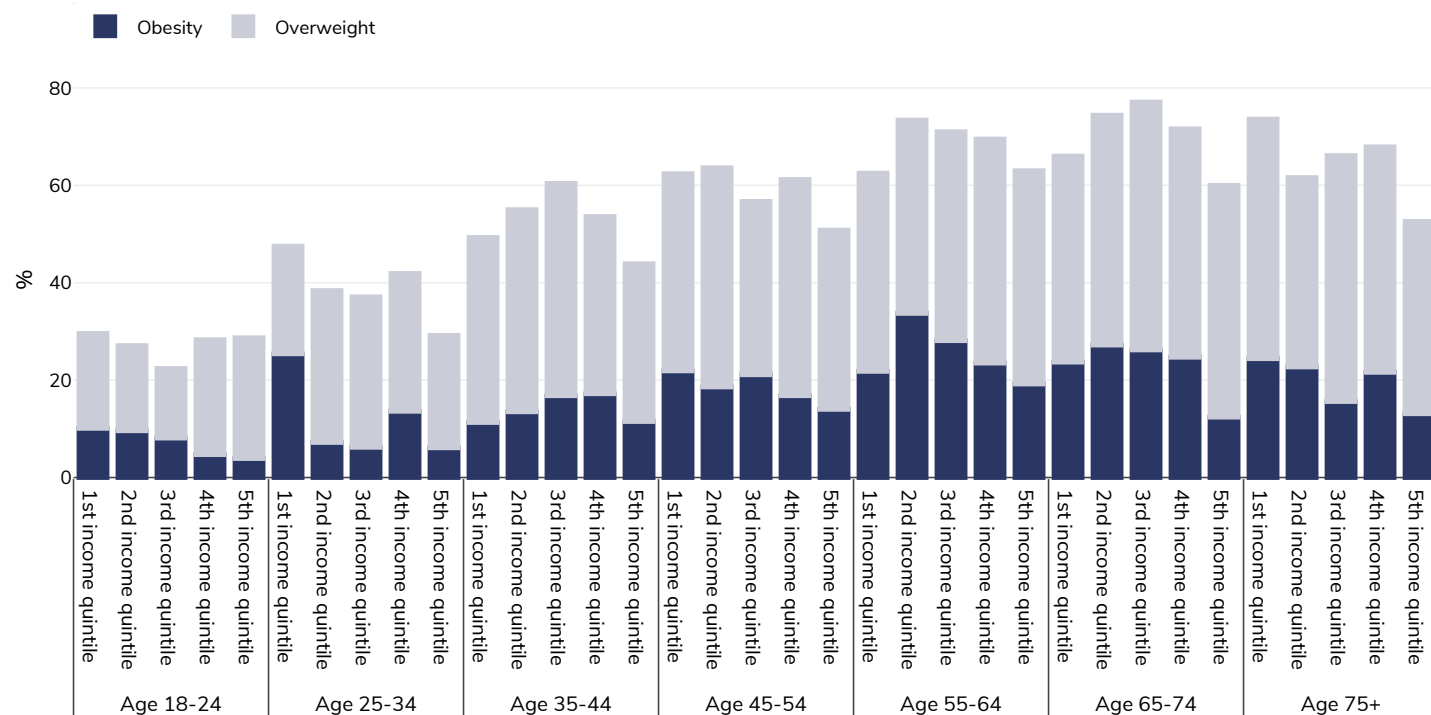
Area covered: National

References: 2014 Eurostat Database: http://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=h1th_ehis_bm1e&lang=en (last accessed 25.08.20)

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

Overweight/obesity by age and socio-economic group

Adults, 2019



Survey type:

Self-reported

Area covered:

National

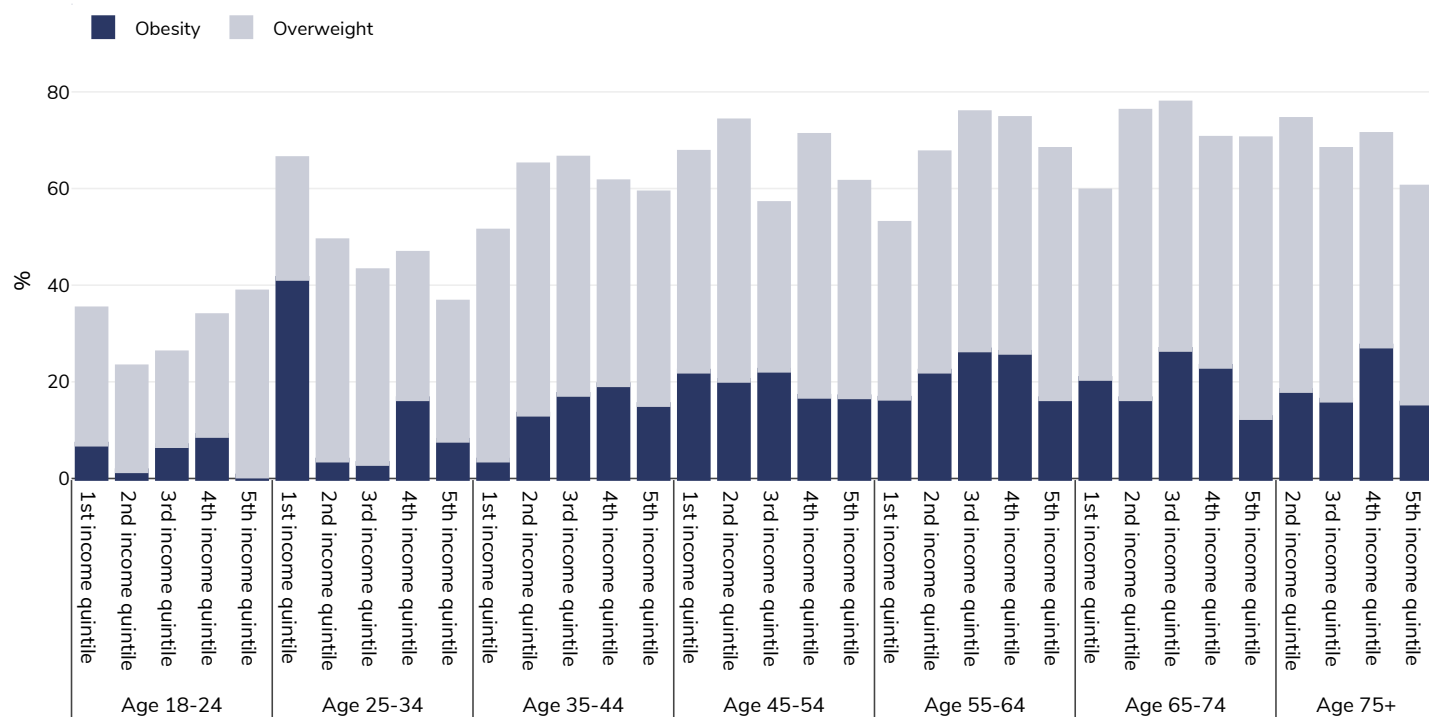
References:

Eurostat 2019. Available at https://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1i&lang=en

(last accessed 09.08.21).

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

Men, 2019



Survey type:

Self-reported

Area covered:

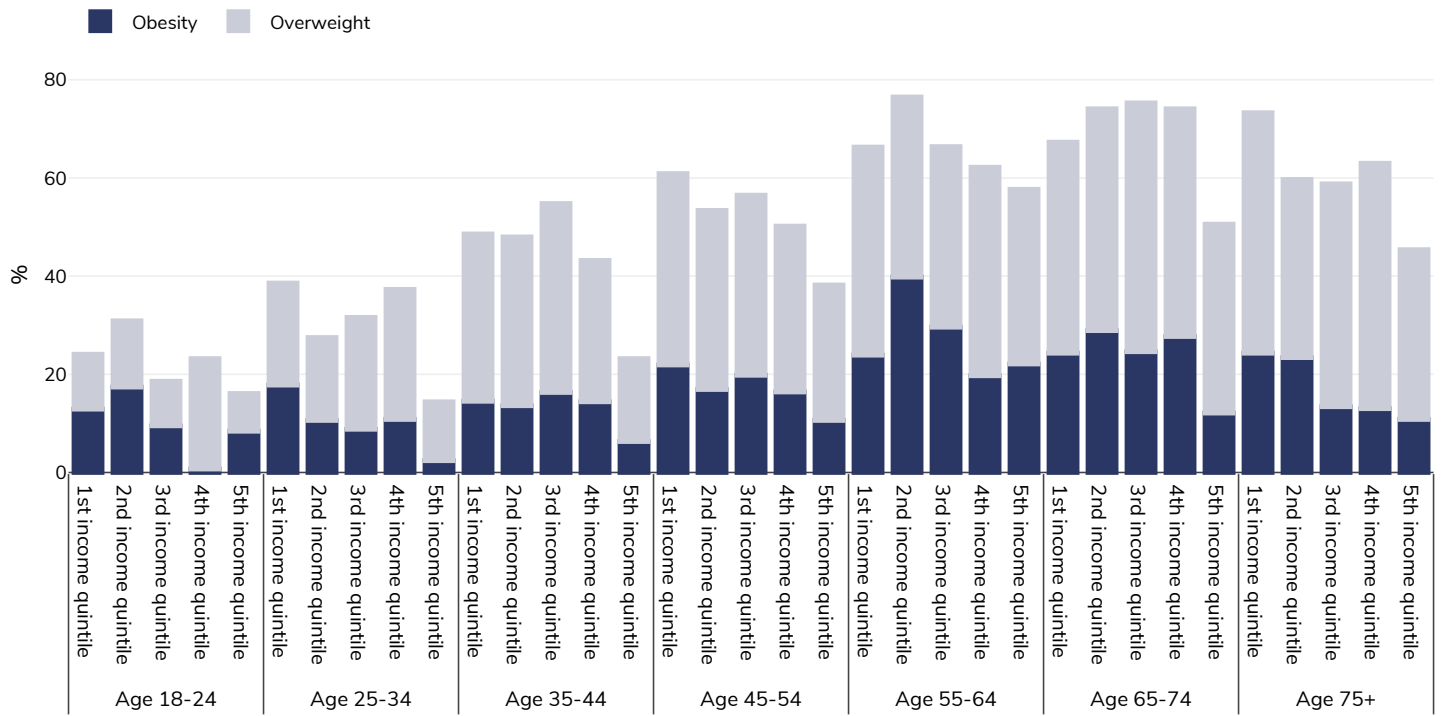
National

References:

Eurostat 2019. Available at https://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1i&lang=en
(last accessed 09.08.21).

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

Women, 2019



Survey type:

Self-reported

Area covered:

National

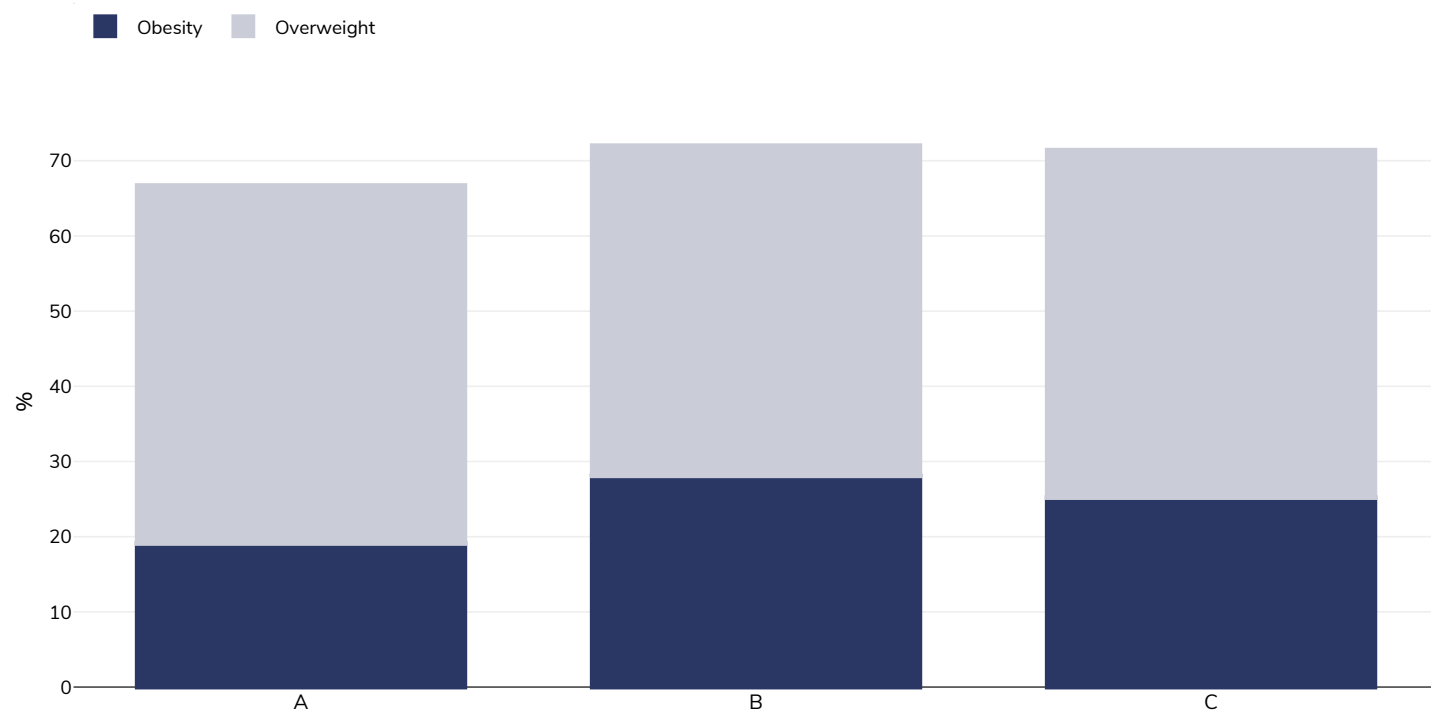
References:

Eurostat 2019. Available at https://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1i&lang=en
(last accessed 09.08.21).

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

Overweight/obesity by socio-economic group

Men, 2015



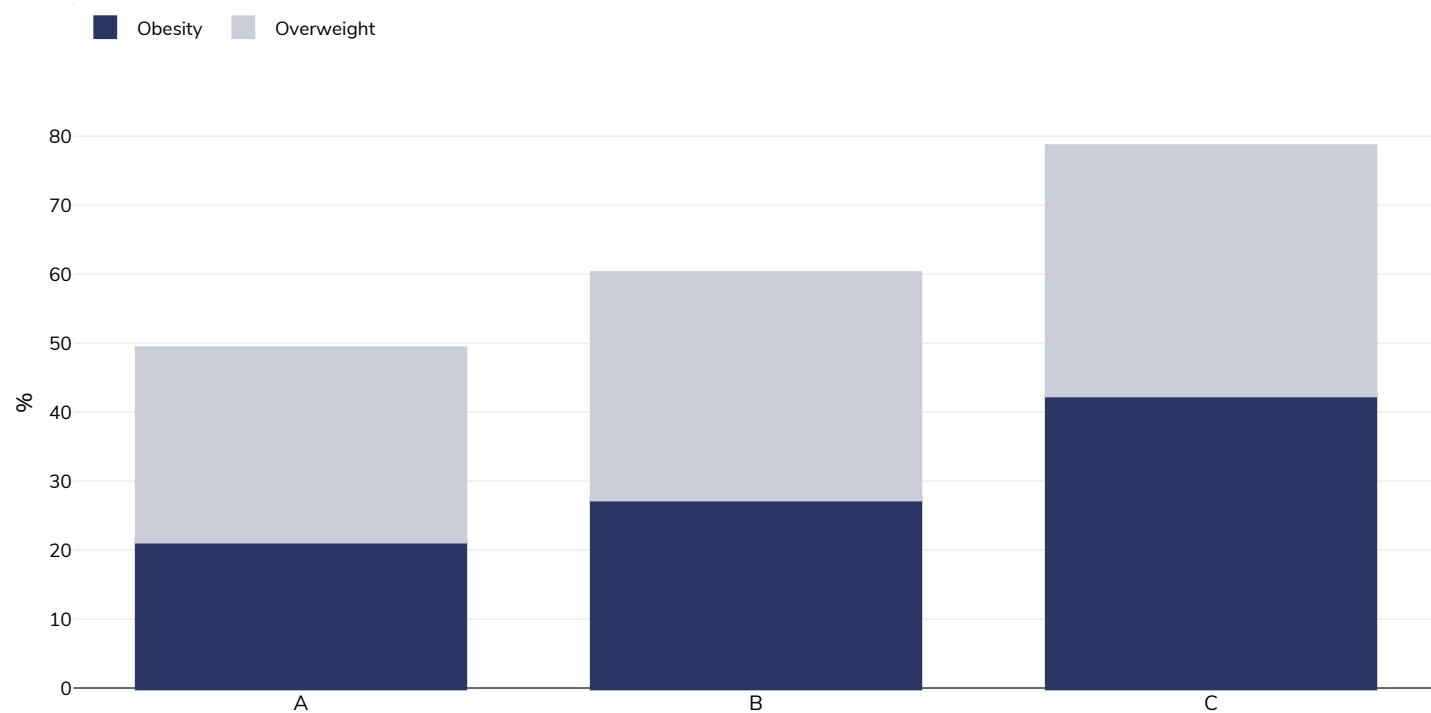
Survey type:	Measured
Age:	25-74
Sample size:	4667
Area covered:	National

References: Gaio, V. et al. (2017) 'Prevalence of overweight and obesity in Portugal: Results from the First Portuguese Health Examination Survey (INSEF 2015)', Obesity Research & Clinical Practice, ISSN 1871-403X. Available at: <https://doi.org/10.1016/j.orcp.2017.08.002> (Accessed: 7 November 2017).

Notes: Female = 2510 Male = 2157 Socioeconomic status based on the following occupational activities: A = Armed Forces, Managers and Professionals B = Technicians & Associate Professionals, Clerical Support Workers, Services & Sales Workers C = Skilled Agricultural Workers, Craft & Related Trades Workers, Plant & Machine Operators, Elementary occupations, Housewives, Students

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

Women, 2015



Survey type: Measured

Age: 25-74

Sample size: 4667

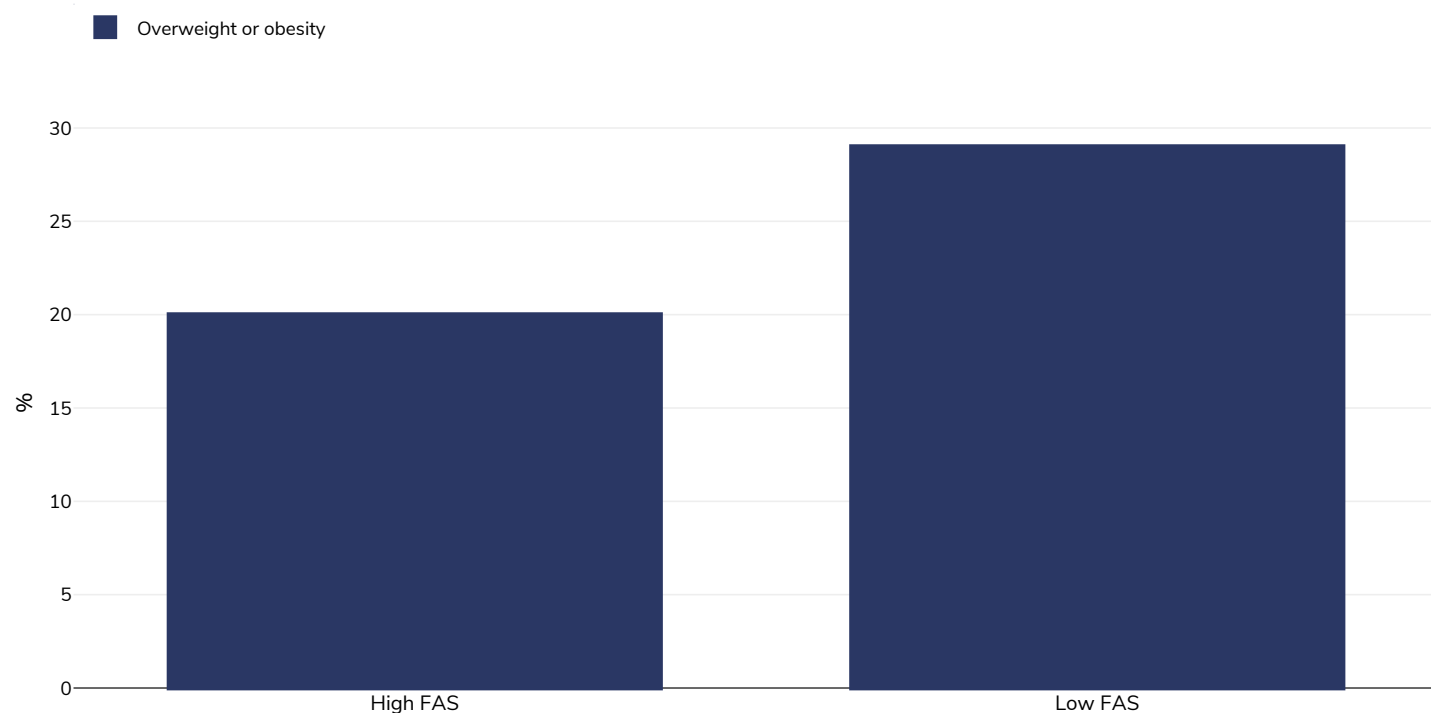
Area covered: National

References: Gaio, V. et al. (2017) 'Prevalence of overweight and obesity in Portugal: Results from the First Portuguese Health Examination Survey (INSEF 2015)', Obesity Research & Clinical Practice, ISSN 1871-403X. Available at: <https://doi.org/10.1016/j.orcp.2017.08.002> (Accessed: 7 November 2017).

Notes: Female = 2510 Male = 2157 Socioeconomic status based on the following occupational activities: A = Armed Forces, Managers and Professionals B = Technicians & Associate Professionals, Clerical Support Workers, Services & Sales Workers C = Skilled Agricultural Workers, Craft & Related Trades Workers, Plant & Machine Operators, Elementary occupations, Housewives, Students

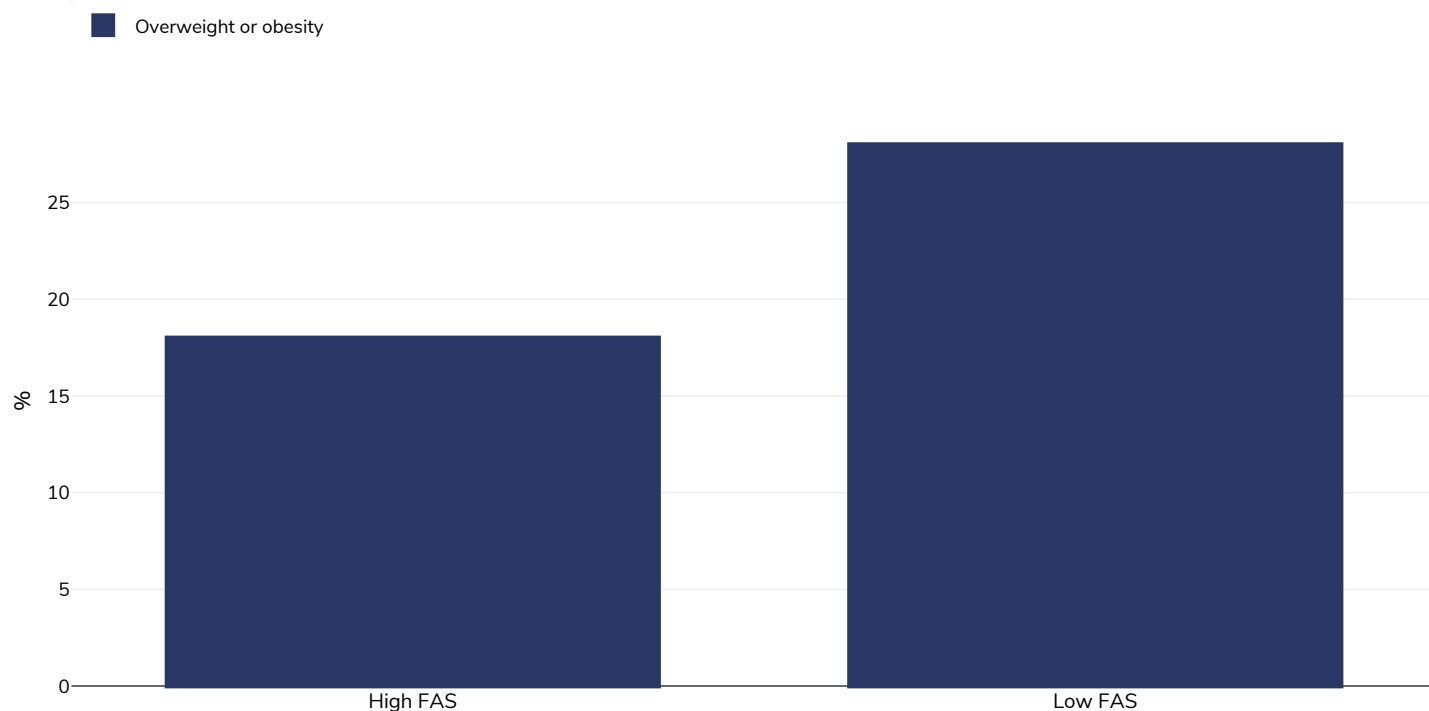
Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².

Boys, 2017-2018



Survey type:	Self-reported
Age:	11-15
Sample size:	5839
Area covered:	National
References:	World Health Organization (2020). Spotlight on adolescent health and well-being - Findings from the 2017/2018 Health Behaviour in School-aged Children (HBSC) survey in Europe and Canada. Available at: https://apps.who.int/iris/bitstream/handle/10665/332091/9789289055000-eng.pdf . Last accessed: 25.05.21.
Notes:	HBSC Family Affluence Scale (FAS) - "HBSC uses an alternative measure, the Family Affluence Scale, which asks young people about material assets such as family cars, number of foreign holidays, computers, bathrooms and dishwashers in the household, holidays and having a bedroom to oneself. The scale, which enables users to add up how many of these assets a young person has in their home compared with other adolescents in their country/region, has been shown to provide a valid indicator of relative affluence."
Definitions:	HBSC Family Affluence Scale (FAS)
Cutoffs:	WHO

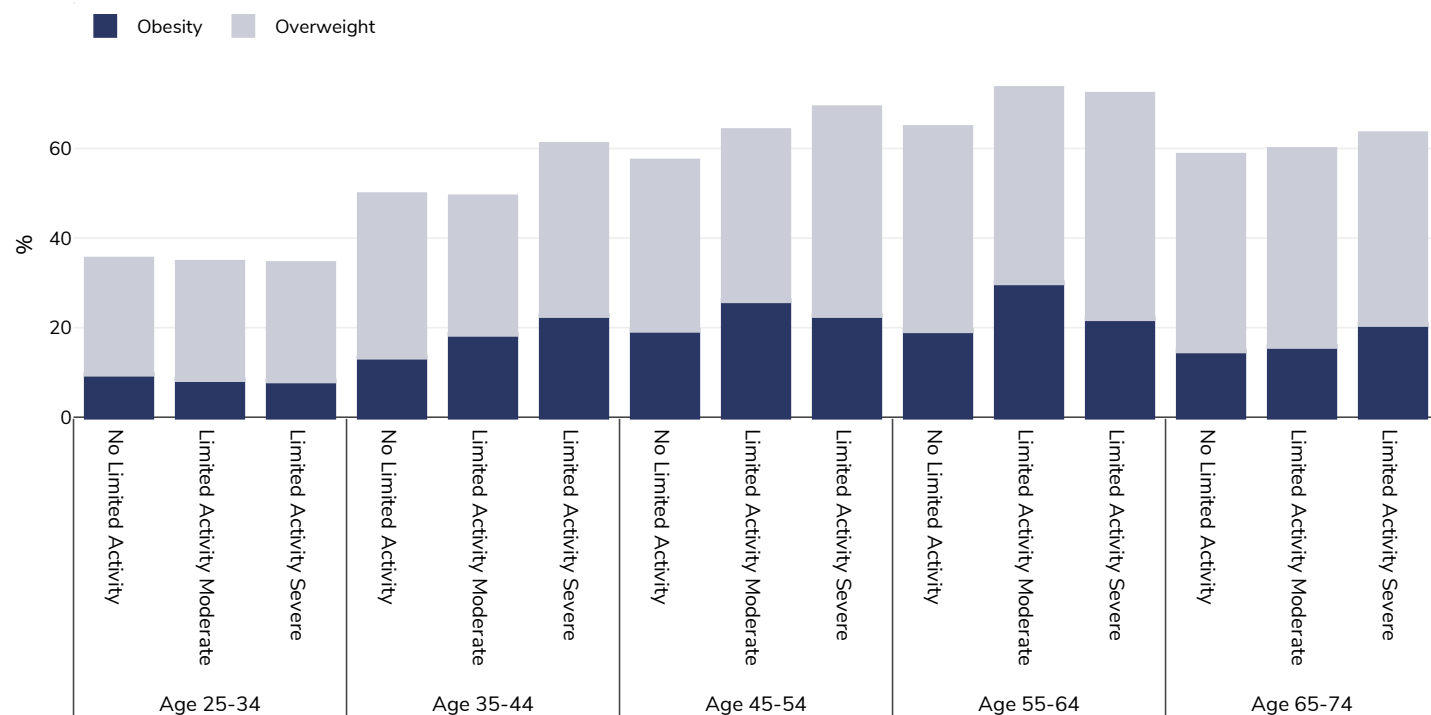
Girls, 2017-2018



Survey type:	Self-reported
Age:	11-15
Sample size:	5839
Area covered:	National
References:	World Health Organization (2020). Spotlight on adolescent health and well-being - Findings from the 2017/2018 Health Behaviour in School-aged Children (HBSC) survey in Europe and Canada. Available at: https://apps.who.int/iris/bitstream/handle/10665/332091/9789289055000-eng.pdf . Last accessed: 25.05.21.
Notes:	HBSC Family Affluence Scale (FAS) - "HBSC uses an alternative measure, the Family Affluence Scale, which asks young people about material assets such as family cars, number of foreign holidays, computers, bathrooms and dishwashers in the household, holidays and having a bedroom to oneself. The scale, which enables users to add up how many of these assets a young person has in their home compared with other adolescents in their country/region, has been shown to provide a valid indicator of relative affluence."
Definitions:	HBSC Family Affluence Scale (FAS)
Cutoffs:	WHO

Overweight/obesity by age and limited activity

Adults, 2014



Survey type:

Self-reported

Area covered:

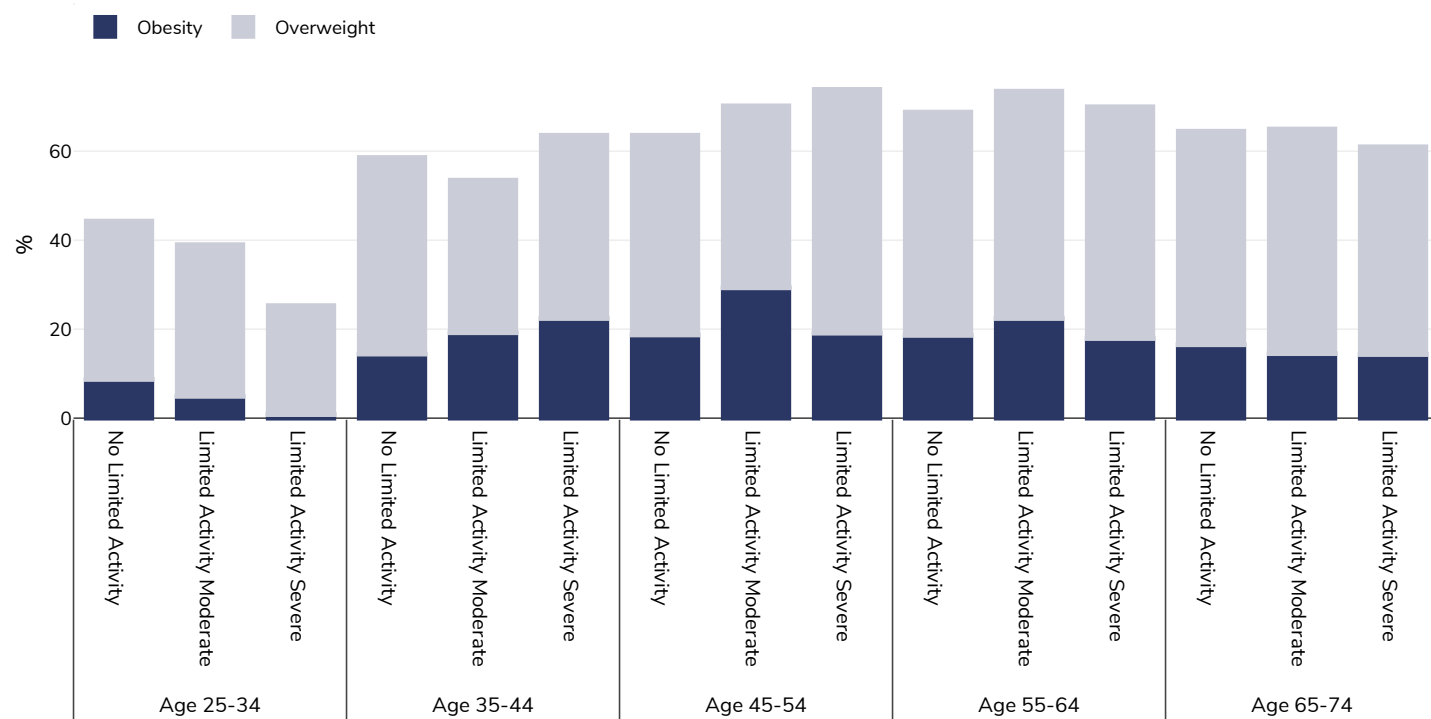
National

References:

Eurostat 2014 available at <https://appsso.eurostat.ec.europa.eu/nui/submitViewTableAction.do> (last accessed 06.10.21)

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

Men, 2014



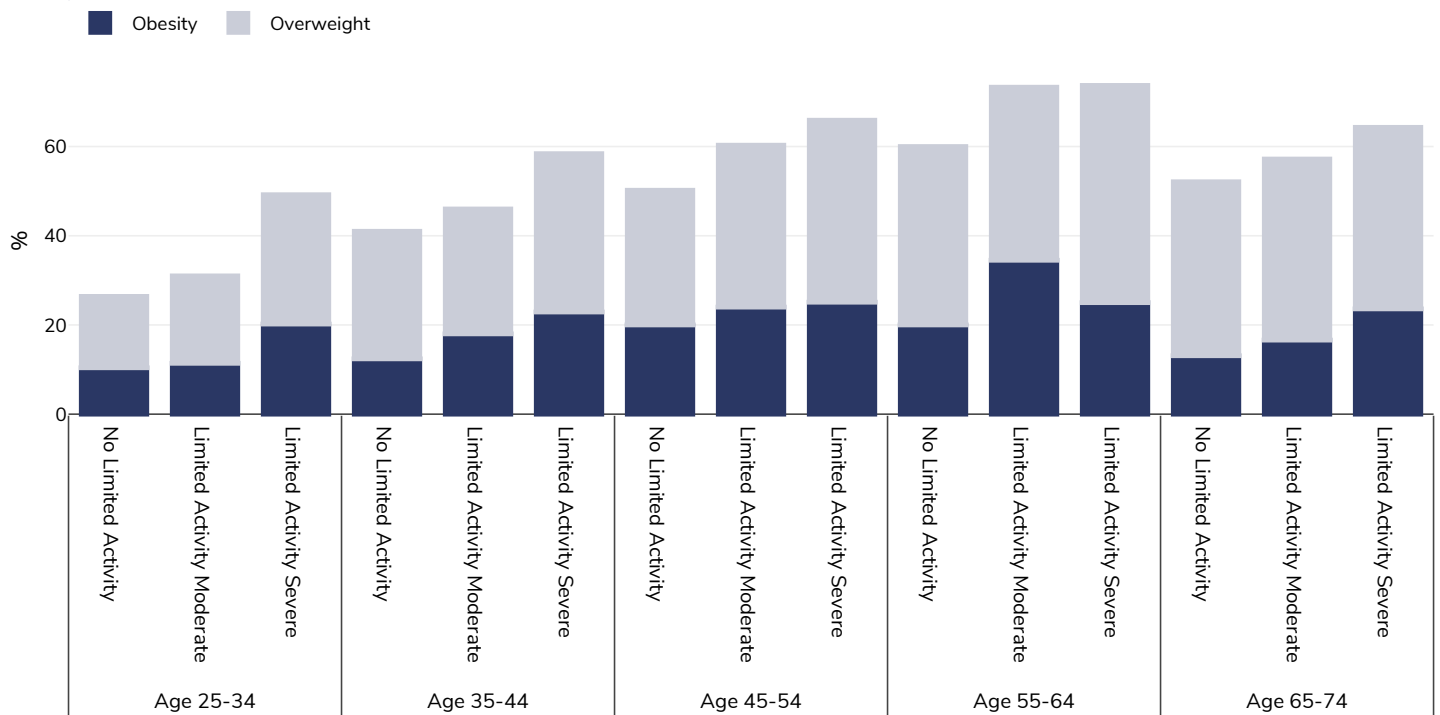
Survey type: Self-reported

Area covered: National

References: Eurostat 2014 available at <https://appsso.eurostat.ec.europa.eu/nui/submitViewTableAction.do> (last accessed 06.10.21)

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

Women, 2014



Survey type:

Self-reported

Area covered:

National

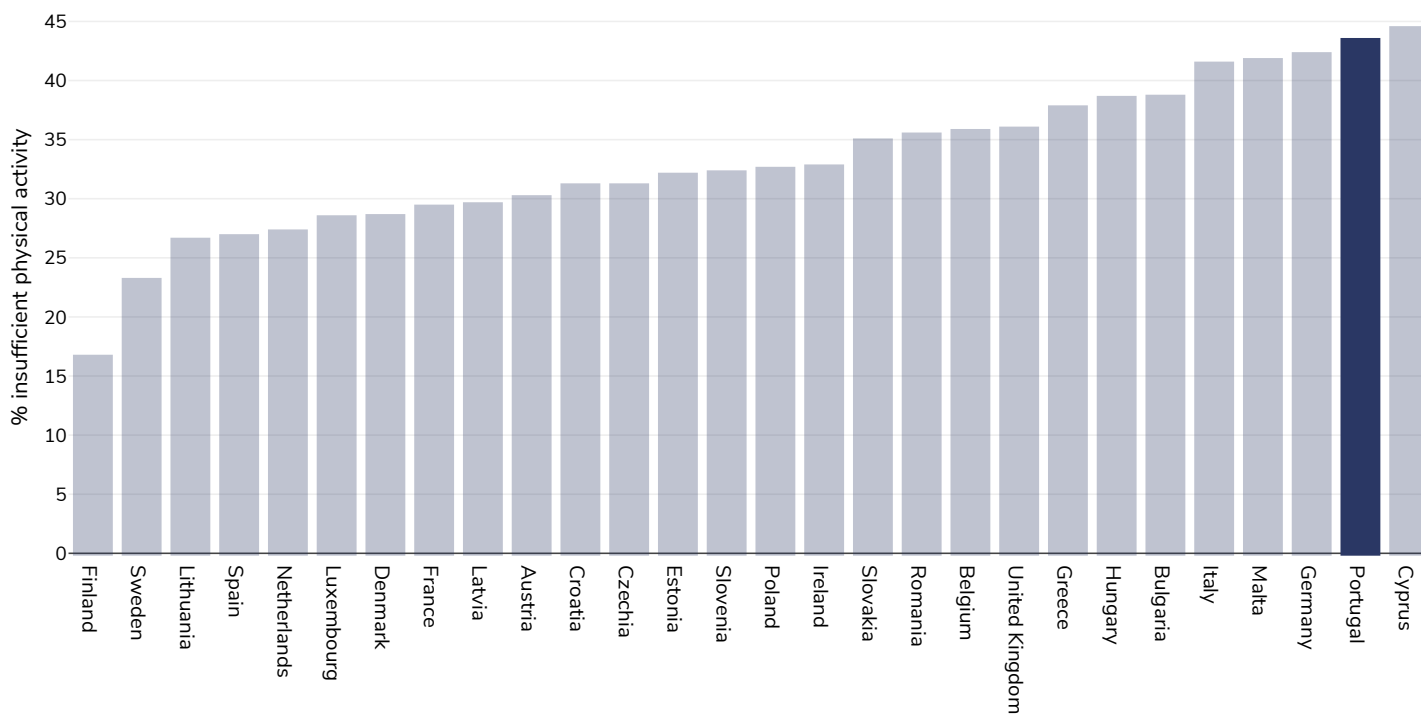
References:

Eurostat 2014 available at <https://appsso.eurostat.ec.europa.eu/nui/submitViewTableAction.do> (last accessed 06.10.21)

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

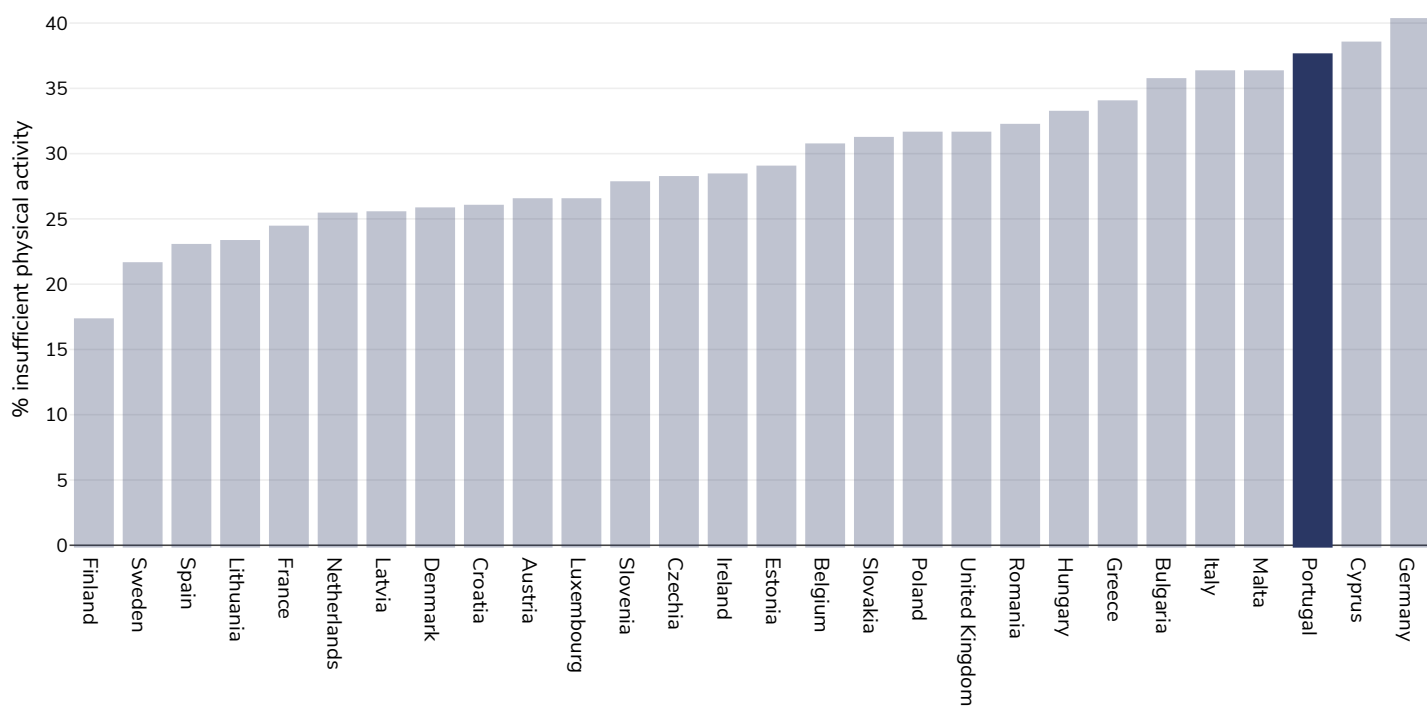
Insufficient physical activity

Adults, 2016



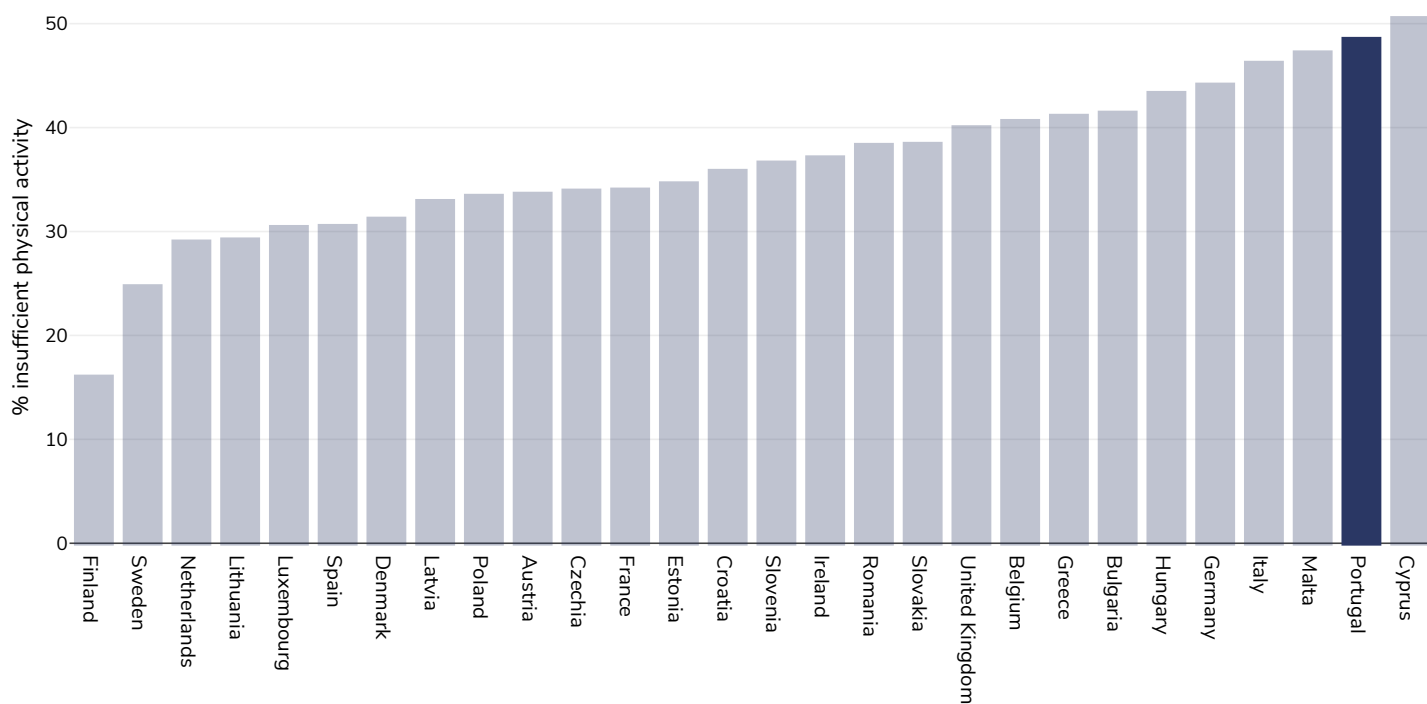
References: Guthold R, Stevens GA, Riley LM, Bull FC. Worldwide trends in insufficient physical activity from 2001 to 2016: a pooled analysis of 358 population-based surveys with 1.9 million participants. Lancet 2018 [http://dx.doi.org/10.1016/S2214-109X\(18\)30357-7](http://dx.doi.org/10.1016/S2214-109X(18)30357-7)

Men, 2016



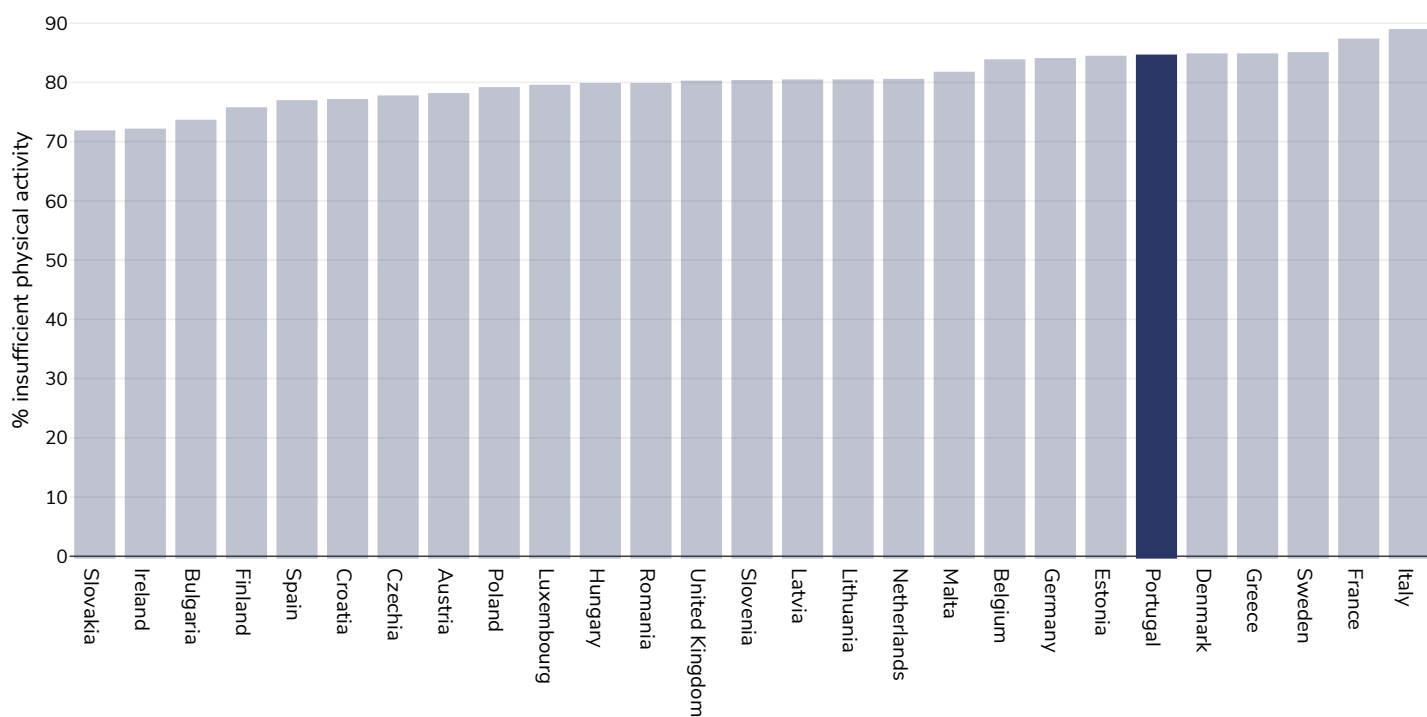
References: Guthold R, Stevens GA, Riley LM, Bull FC. Worldwide trends in insufficient physical activity from 2001 to 2016: a pooled analysis of 358 population-based surveys with 1.9 million participants. Lancet 2018 [http://dx.doi.org/10.1016/S2214-109X\(18\)30357-7](http://dx.doi.org/10.1016/S2214-109X(18)30357-7)

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)

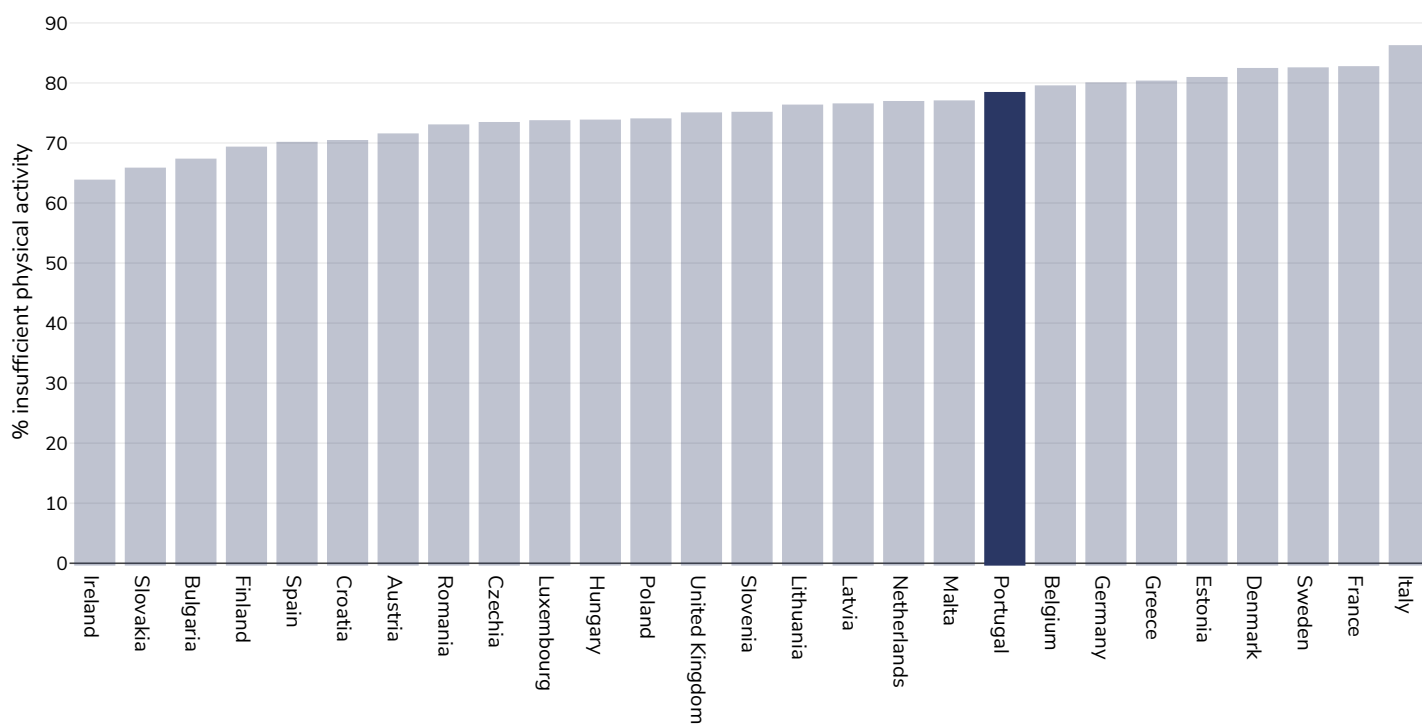
Notes:

% 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)

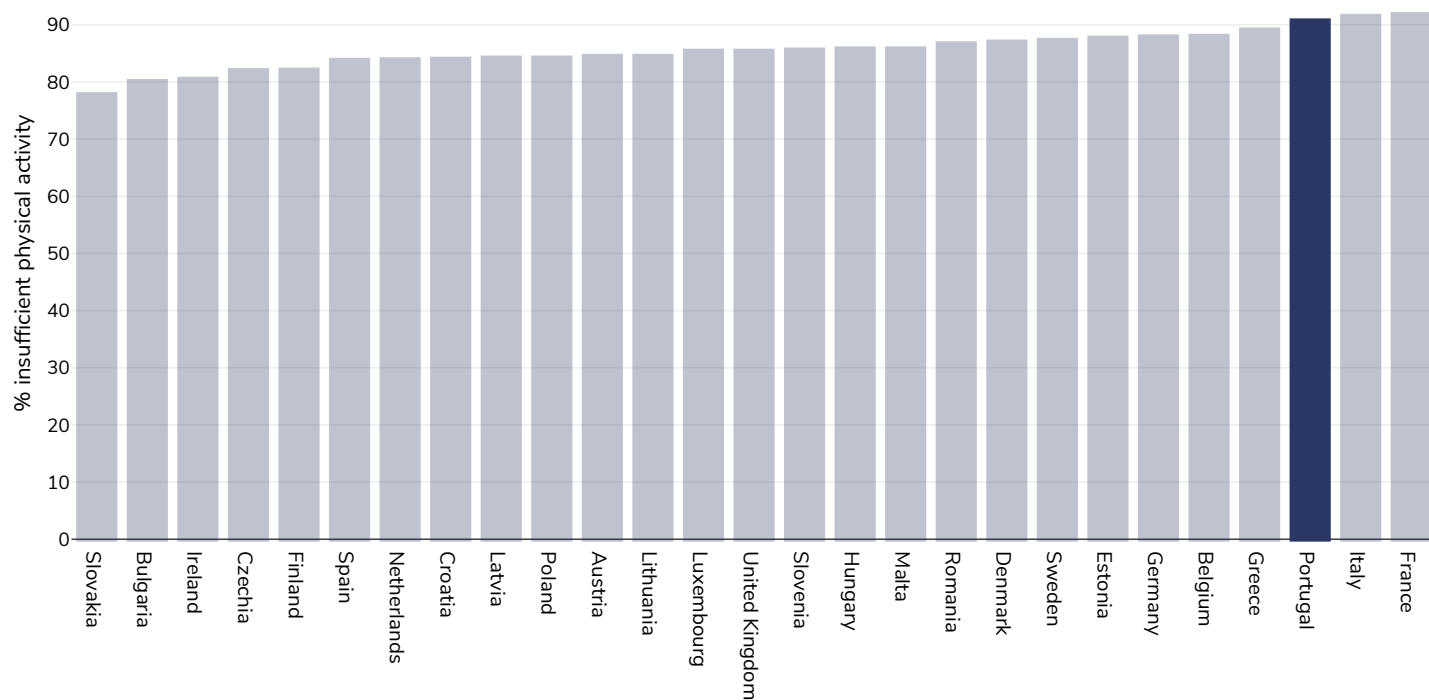
Notes:

% 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

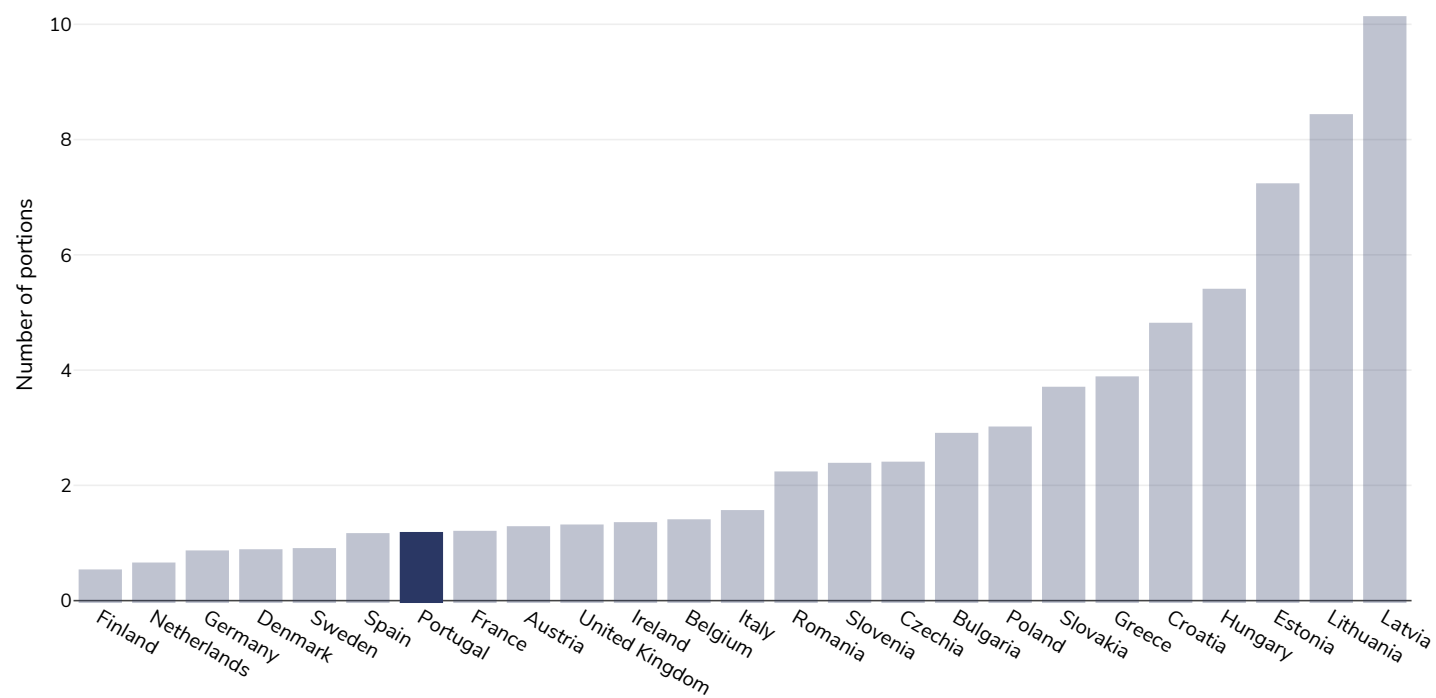
References: Global Health Observatory data repository, World Health Organisation, <https://apps.who.int/gho/data/node.main.A893ADO?lang=en> (last accessed 16.03.21)

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)

Sugar consumption

Adults, 2016



References:

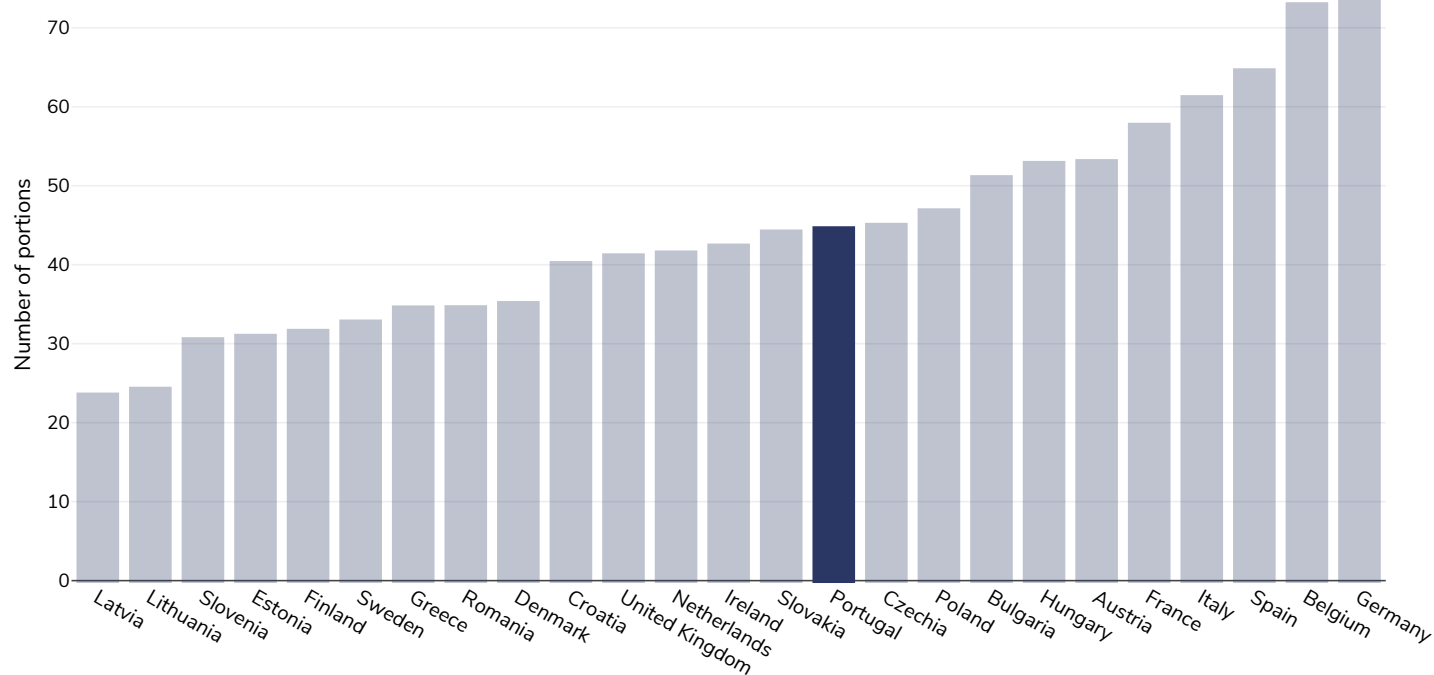
Source: Euromonitor International

Definitions:

Sugar consumption (Number of 500g sugar portions/person/month)

Estimated per capita sugar sweetened beverages intake

Adults, 2016

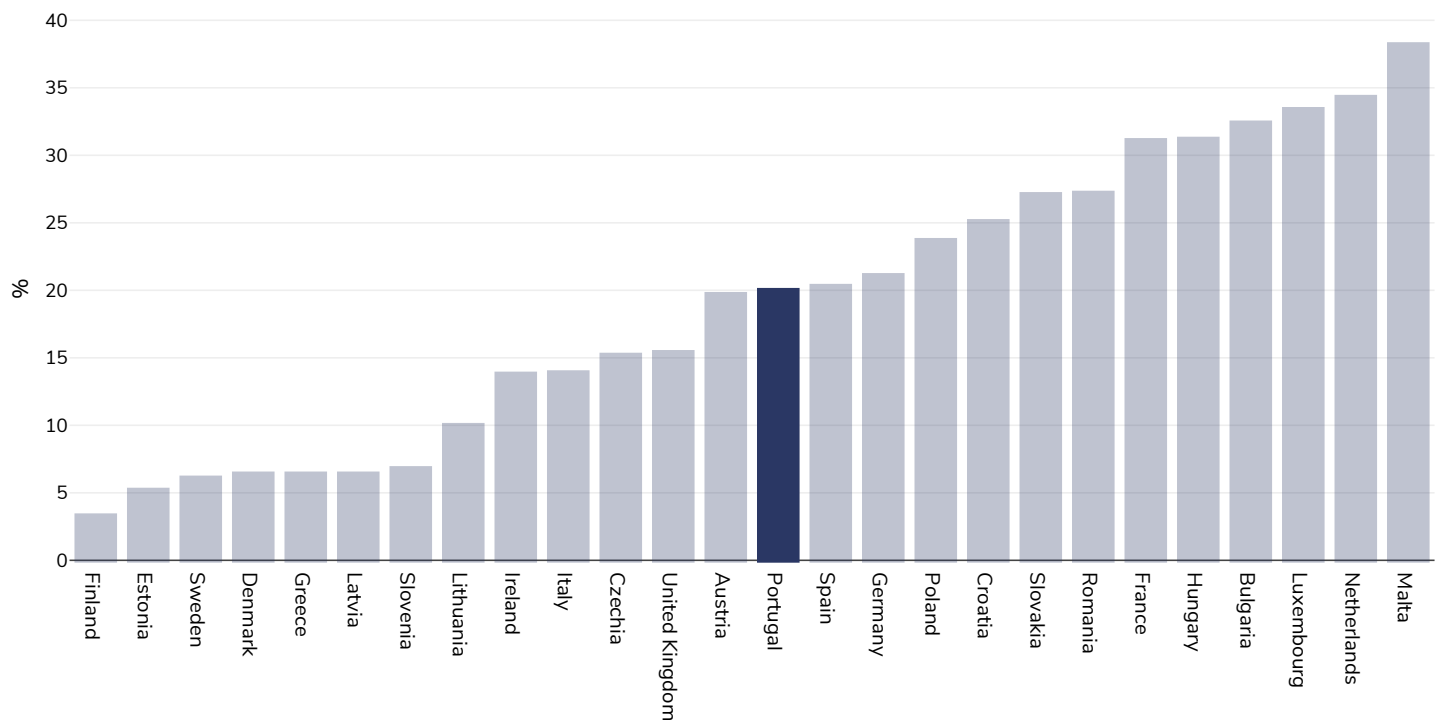


References:

Source: Euromonitor International

Prevalence of at least daily carbonated soft drink consumption

Children, 2014



Survey type:

Measured

References:

World Health Organization. (2017). Adolescent obesity and related behaviours: Trends and inequalities in the who european region, 2002-2014: observations from the Health Behavior in School-aged Children (HBSC) WHO collaborative cross-national study (J. Inchley, D. Currie, J. Jewel, J. Breda, & V. Barnekow, Eds.). World Health Organization. Sourced from Food Systems Dashboard <http://www.foodsystemsdashboard.org>

Notes:

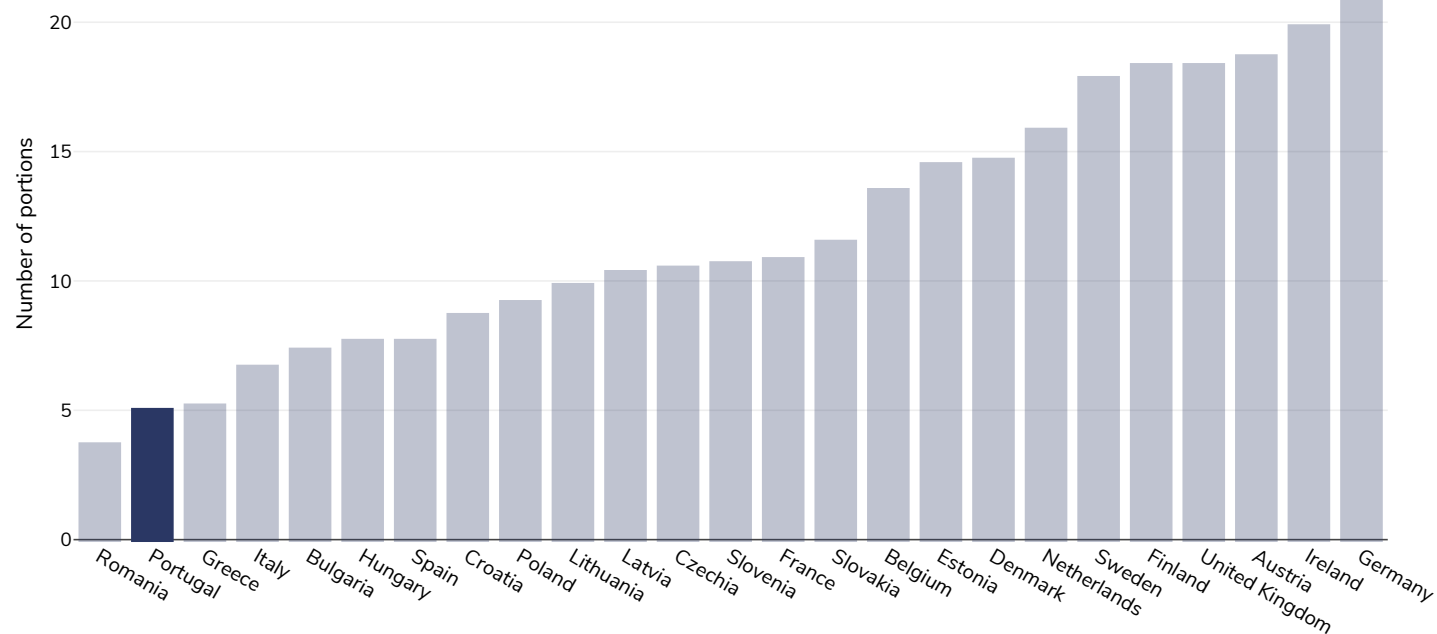
15-year-old adolescents

Definitions:

Prevalence of at least daily carbonated soft drink consumption (% of at least daily carbonated soft drink consumption)

Prevalence of confectionery consumption

Adults, 2016



References:

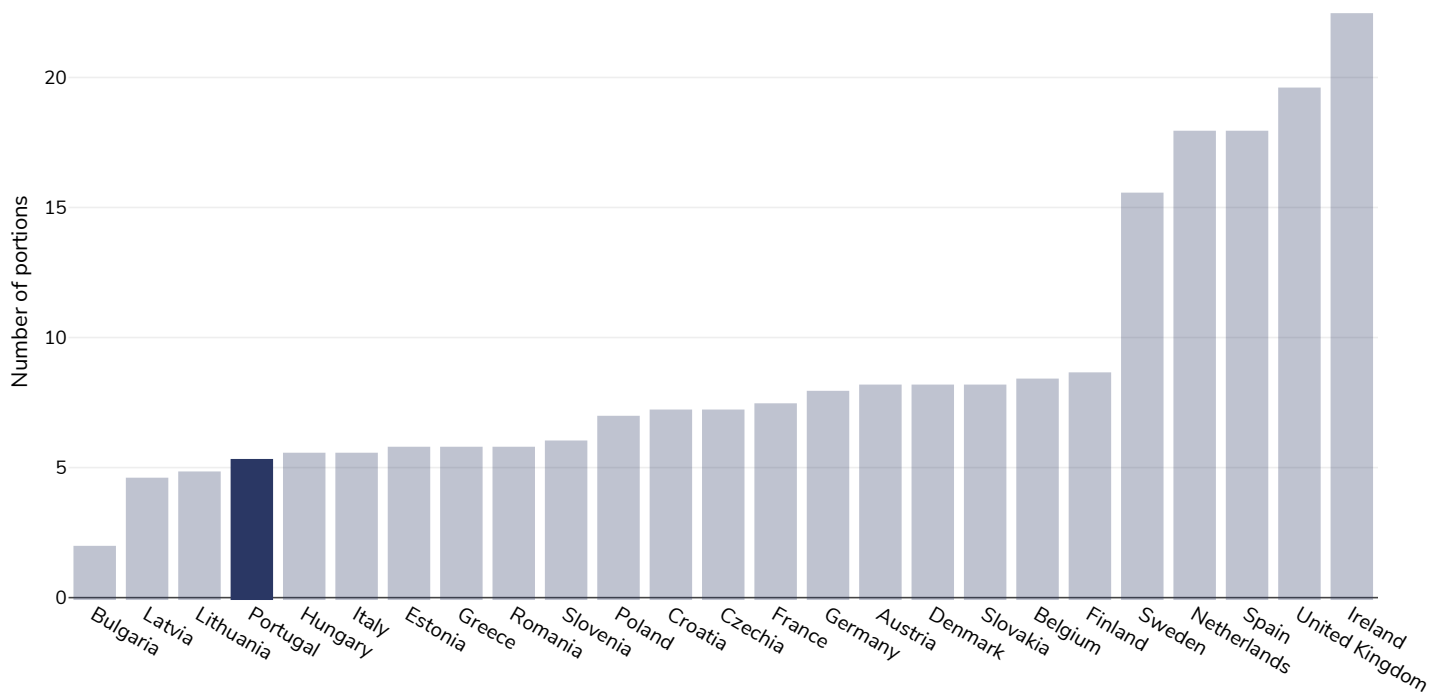
Source: Euromonitor International

Definitions:

Prevalence of confectionery consumption (Number of 50g confectionery portions/person/month)

Prevalence of sweet/savoury snack consumption

Adults, 2016



References:

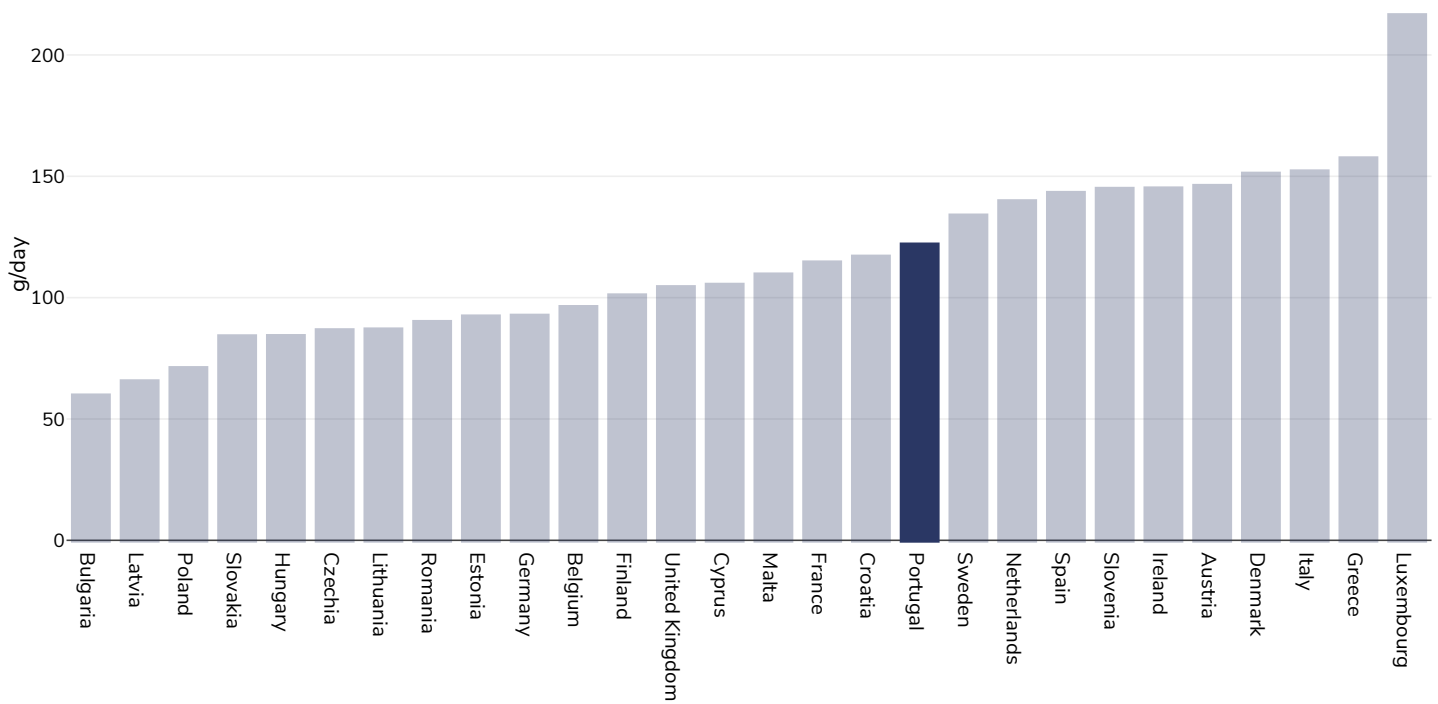
Source: Euromonitor International

Definitions:

Prevalence of sweet/savoury snack consumption (Number of 35g sweet/savoury snack portions/person/month)

Estimated per capita fruit intake

Adults, 2017



Survey type:

Measured

Age:

25+

References:

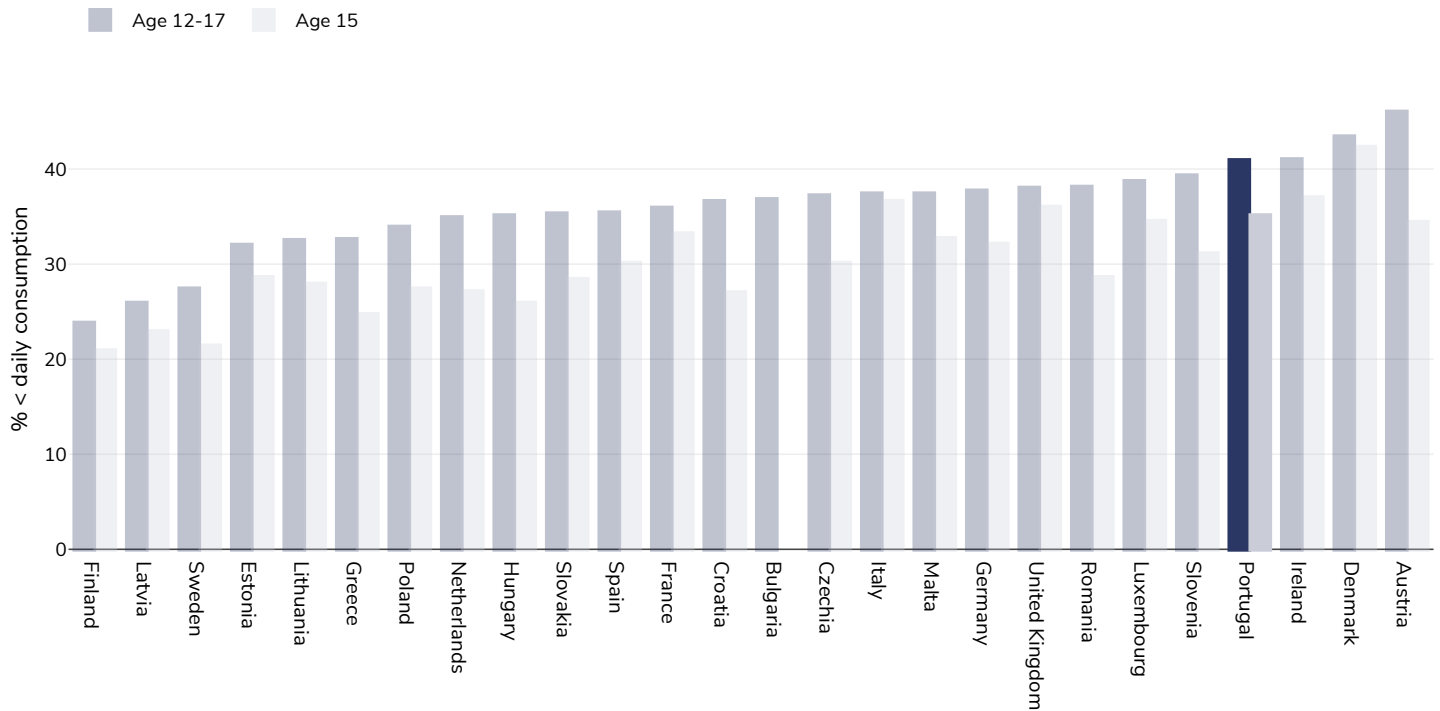
Global Burden of Disease, the Institute for Health Metrics and Evaluation <http://ghdx.healthdata.org/>

Definitions:

Estimated per-capita fruit intake (g/day)

Prevalence of less than daily fruit consumption

Children, 2014



Survey type:

Measured

References:

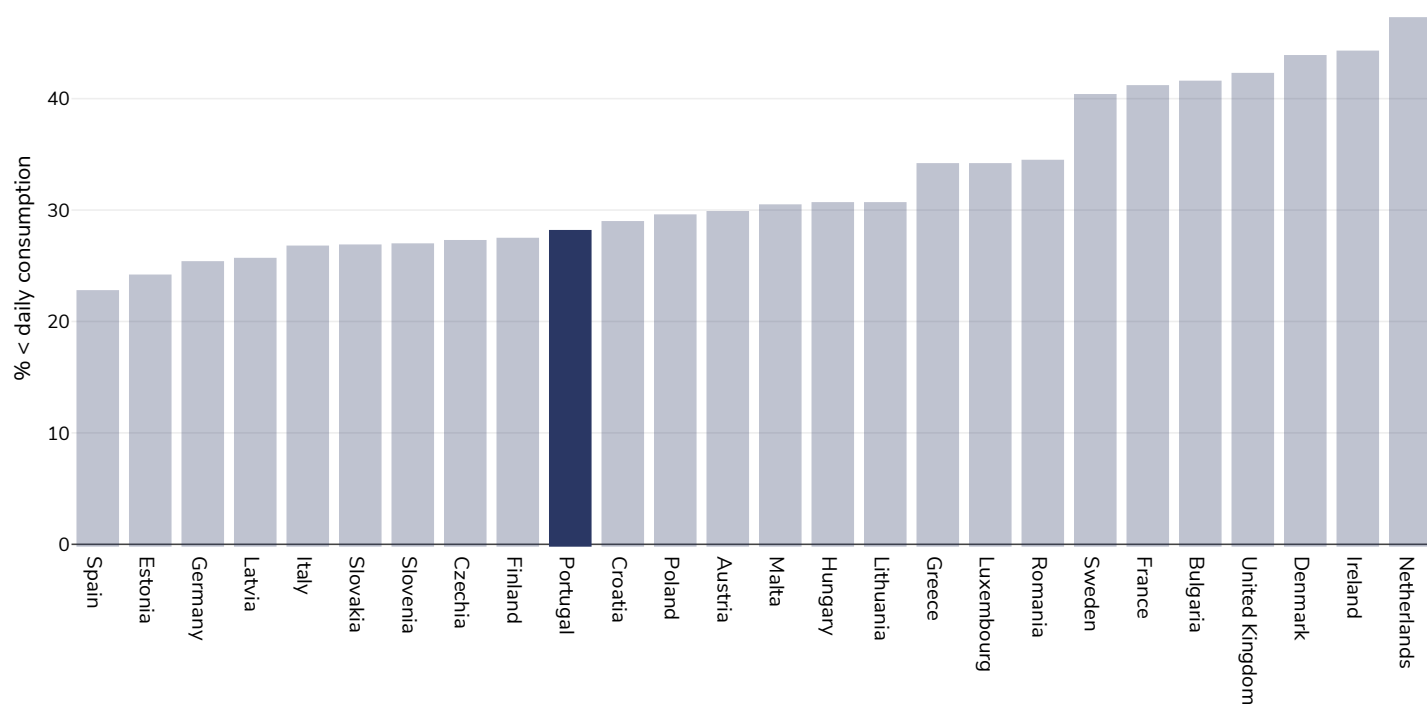
Global School-based Student Health Surveys. Beal et al (2019). Global Patterns of Adolescent Fruit, Vegetable, Carbonated Soft Drink, and Fast-food consumption: A meta-analysis of global school-based student health surveys. Food and Nutrition Bulletin. <https://doi.org/10.1177/0379572119848287>. Sourced from Food Systems Dashboard <http://www.foodsystemsdashboard.org/food-system>

Definitions:

Prevalence of less-than-daily fruit consumption (% less-than-daily fruit consumption)

Prevalence of less than daily vegetable consumption

Children, 2014



Survey type: Measured

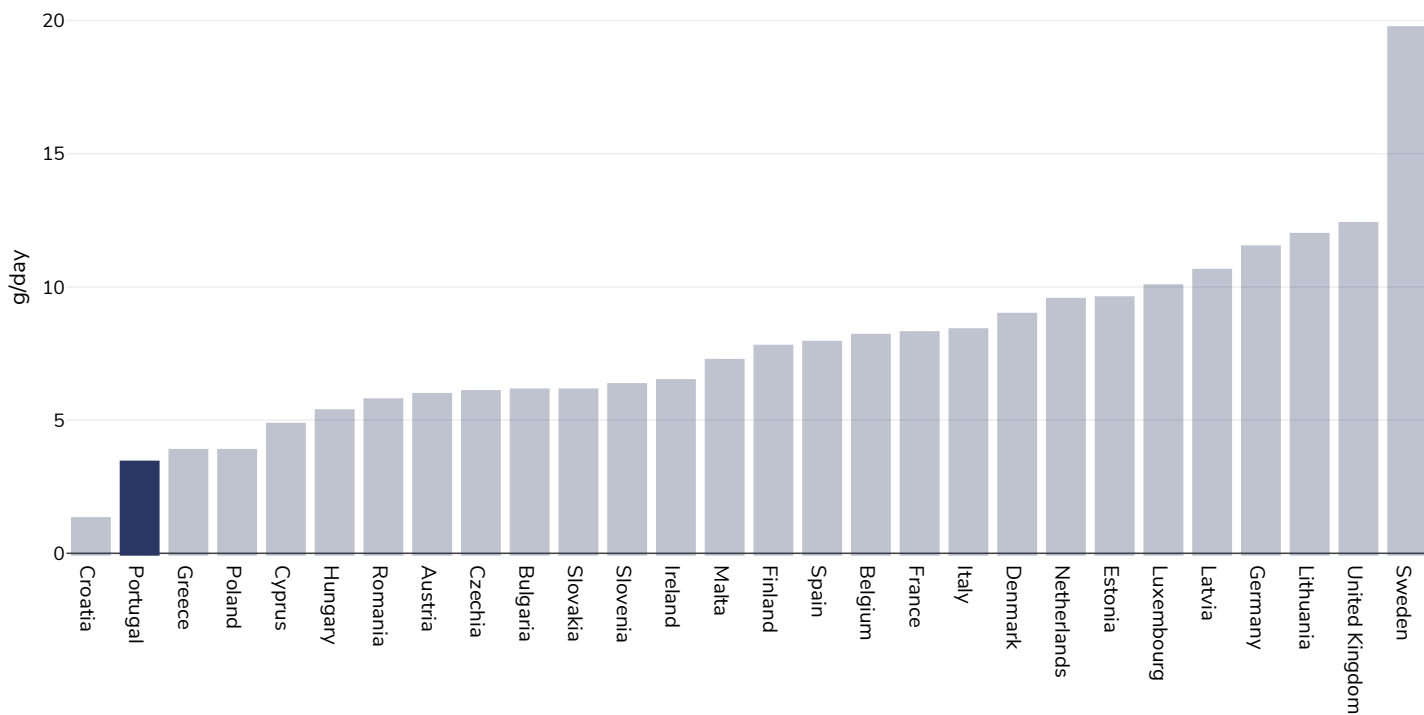
Age: 12-17

References: Beal et al. (2019). Global Patterns of Adolescent Fruit, Vegetable, Carbonated Soft Drink, and Fast-food consumption: A meta-analysis of global school-based student health surveys. Food and Nutrition Bulletin. <https://doi.org/10.1177/0379572119848287> sourced from Food Systems Dashboard <http://www.foodsystemsdashboard.org/food-system>

Definitions: Prevalence of less-than-daily vegetable consumption (% less-than-daily vegetable consumption)

Estimated per-capita processed meat intake

Adults, 2017



Survey type: Measured

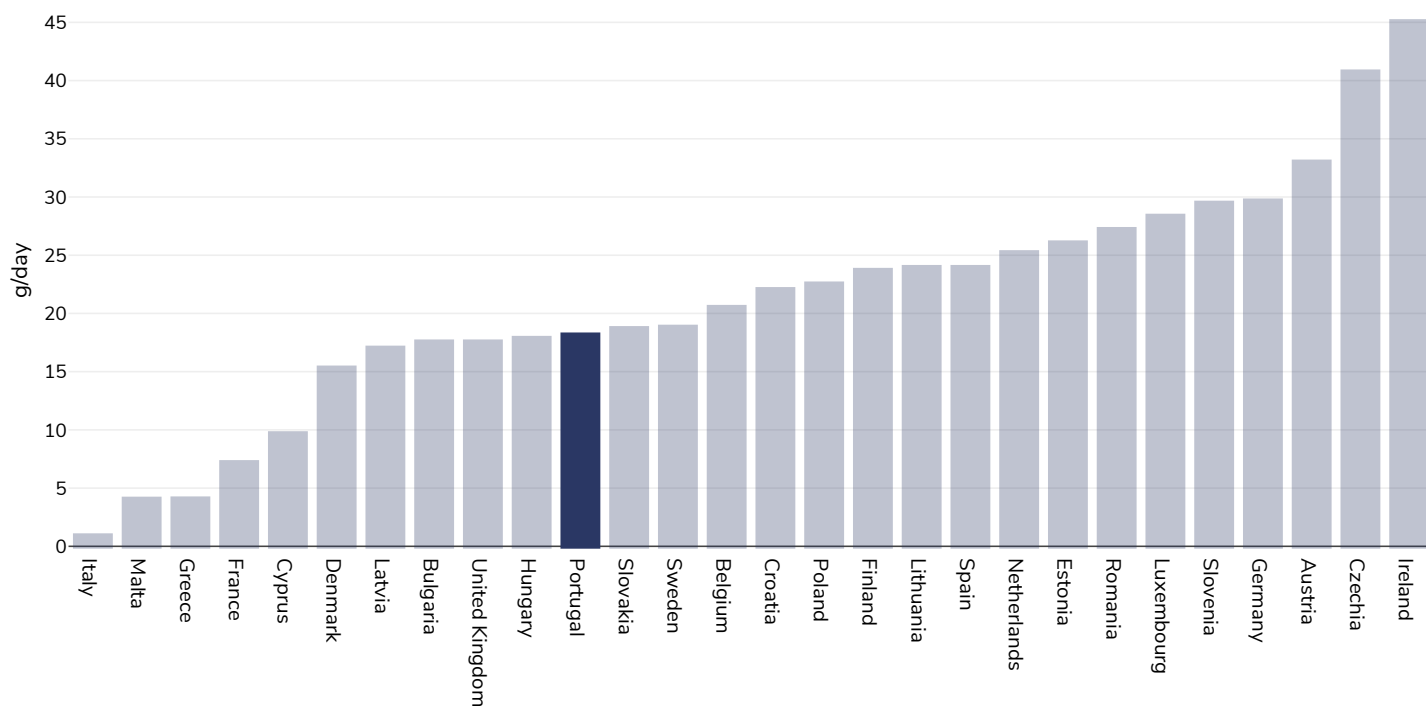
Age: 25+

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:

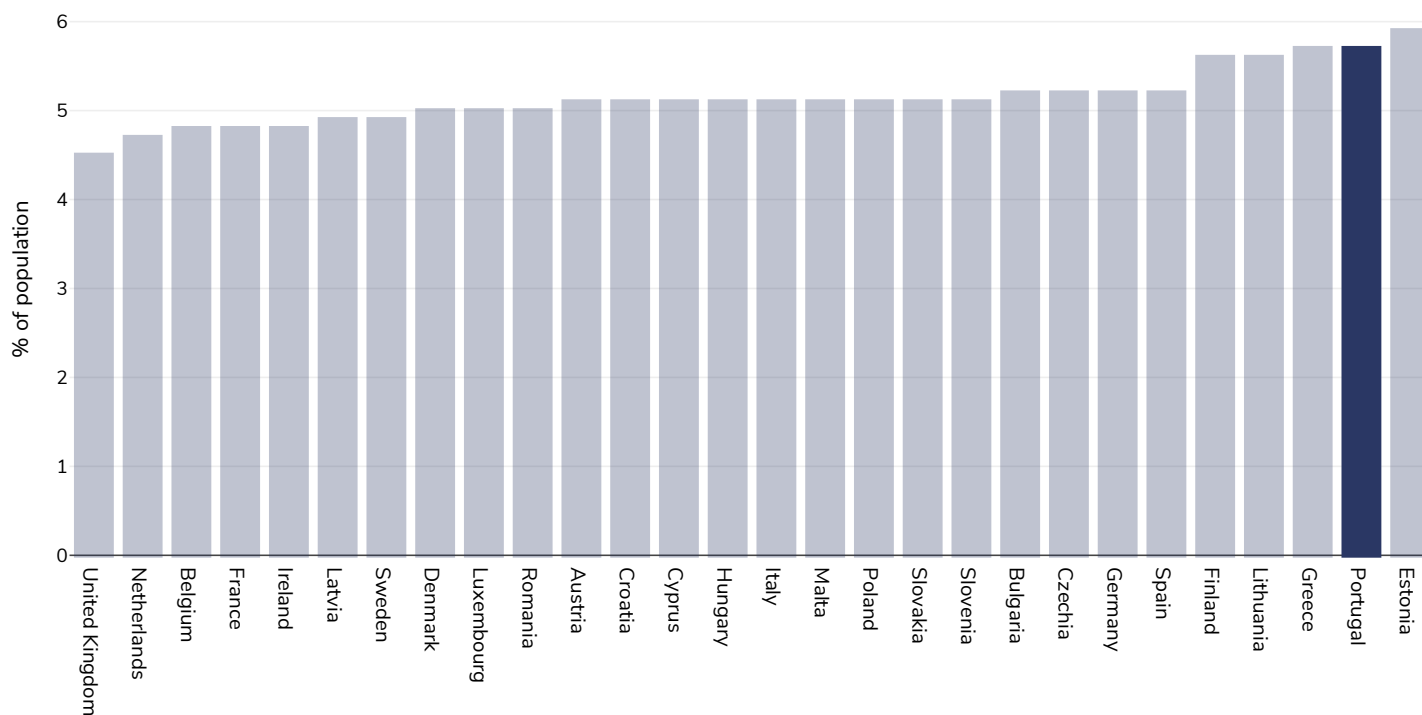
Global Burden of Disease, the Institute for Health Metrics and Evaluation <http://ghdx.healthdata.org/>

Definitions:

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

Mental health - depression disorders

Adults, 2015

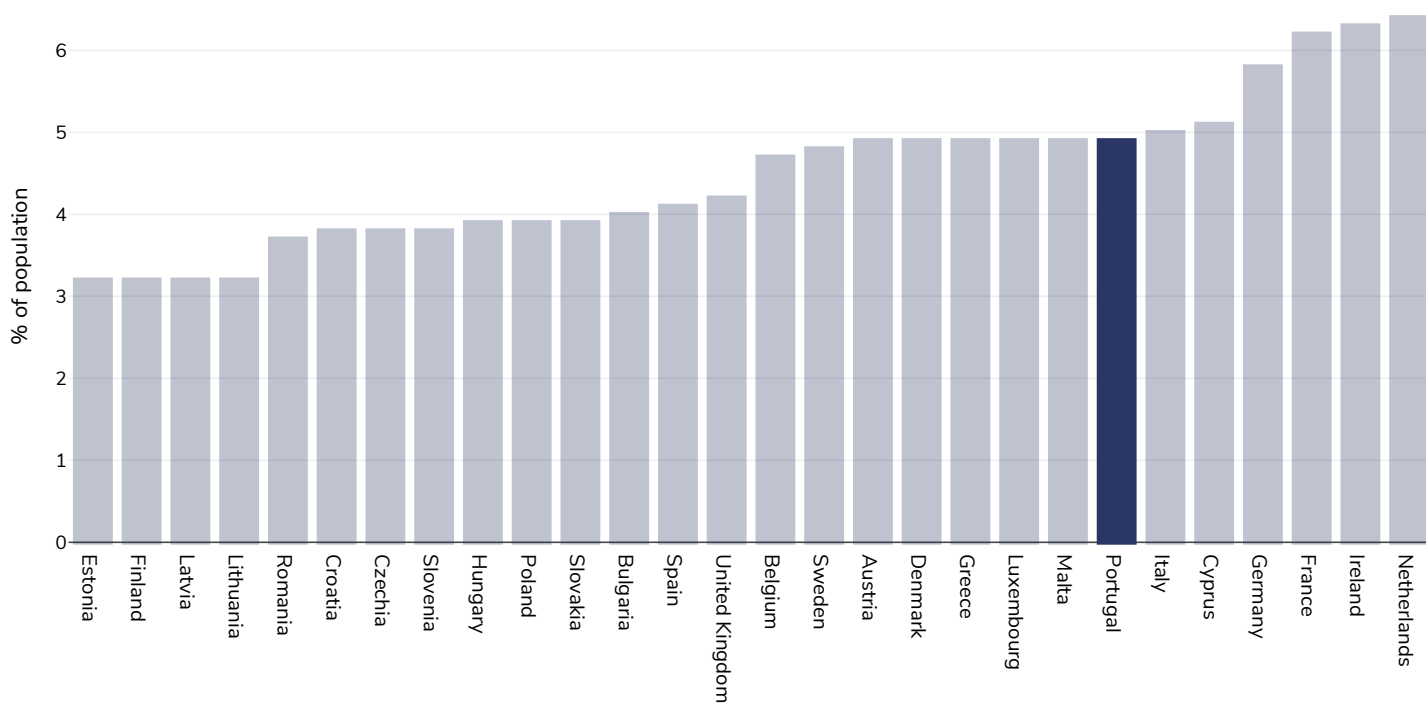


References: Prevalence data from Global Burden of Disease study 2015 (<http://ghdx.healthdata.org>) published in: Depression and Other Common Mental Disorders: Global Health Estimates. Geneva:World Health Organization; 2017. Licence: CC BY-NC-SA 3.0 IGO.

Definitions: % of population with depression disorders

Mental health - anxiety disorders

Adults, 2015

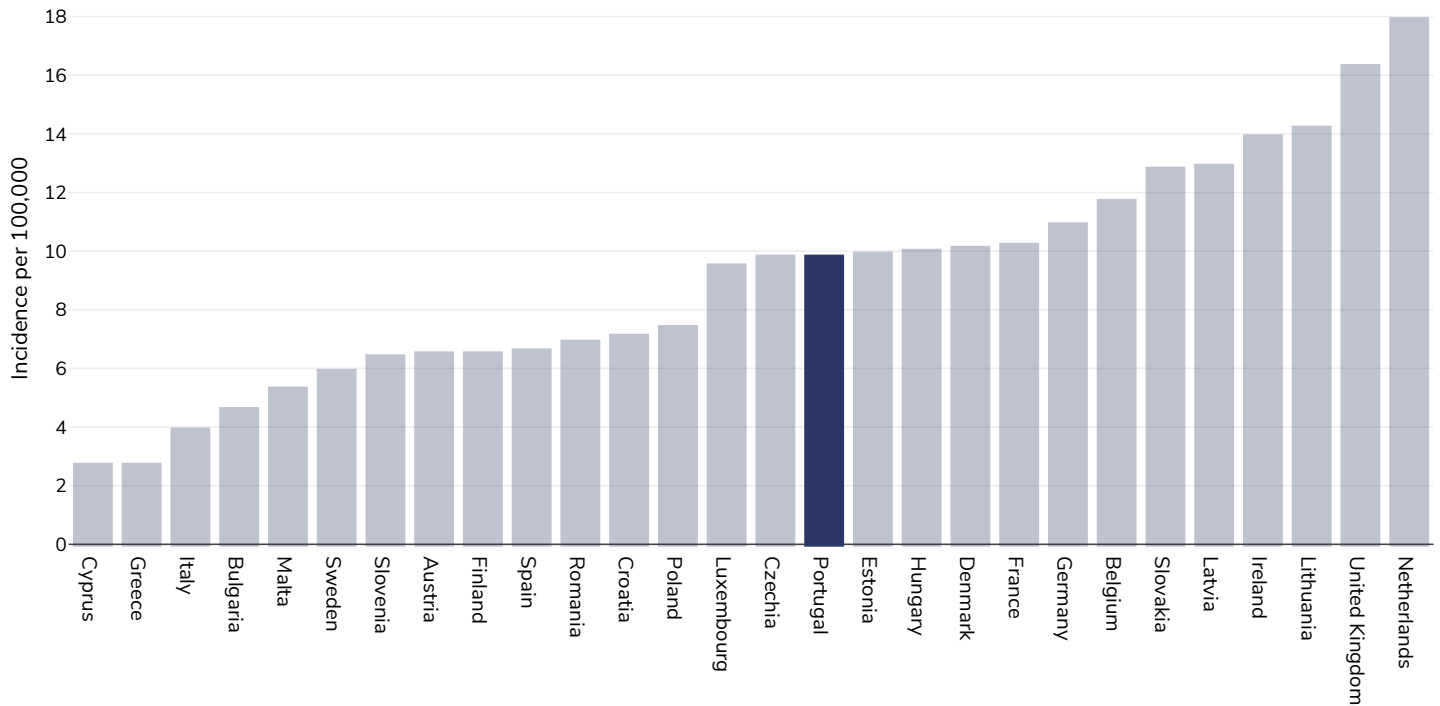


References: Prevalence data from Global Burden of Disease study 2015 (<http://ghdx.healthdata.org>) published in: Depression and Other Common Mental Disorders: Global Health Estimates. Geneva:World Health Organization; 2017. Licence: CC BY-NC-SA 3.0 IGO.

Definitions: % of population with anxiety disorders

Oesophageal cancer

Men, 2020



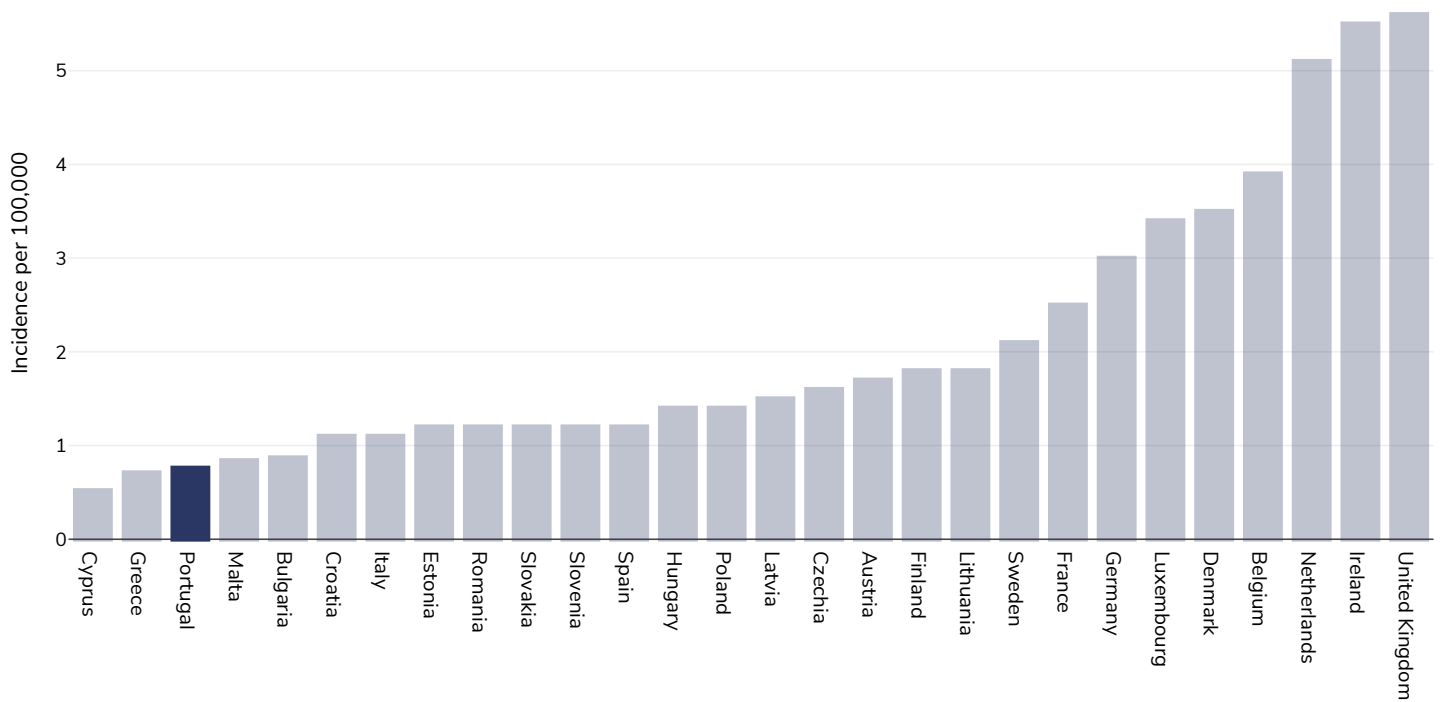
Age: 20+

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 10.01.2287

Definitions: Age-standardized incidence rates per 100 000

Women, 2020



Age: 20+

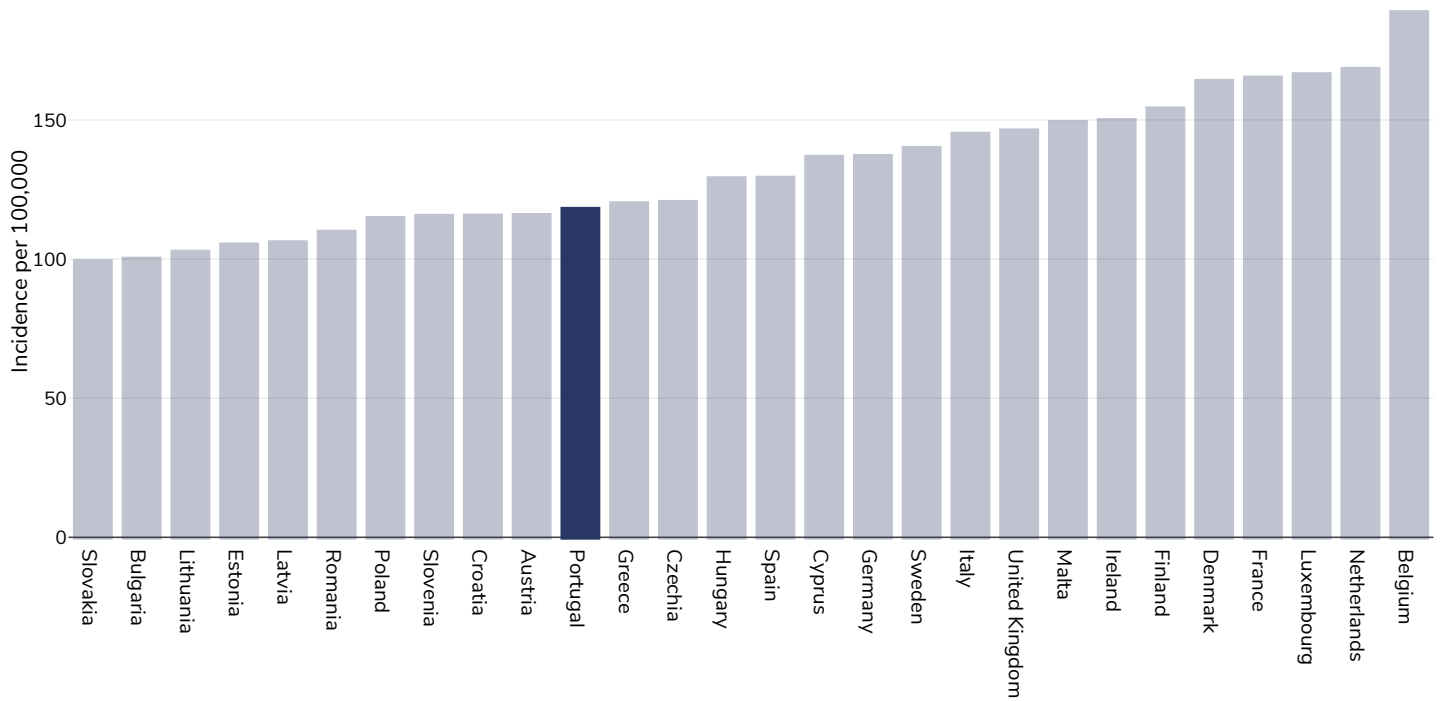
Area covered: National

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 10.01.2287

Definitions: Age-standardized incidence rates per 100 000

Breast cancer

Women, 2020



Age: 20+

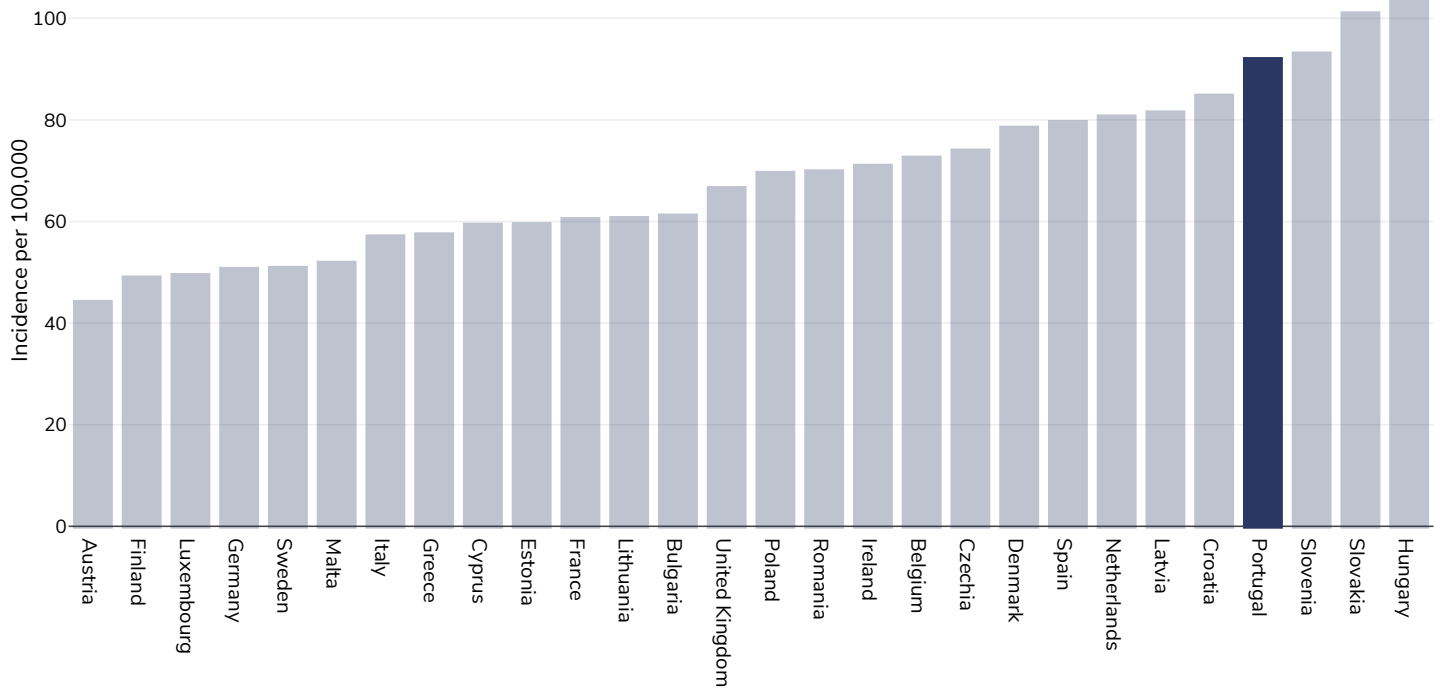
Area covered: National

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 10.01.2287

Definitions: Age-standardized incidence rates per 100 000

Colorectal cancer

Men, 2020



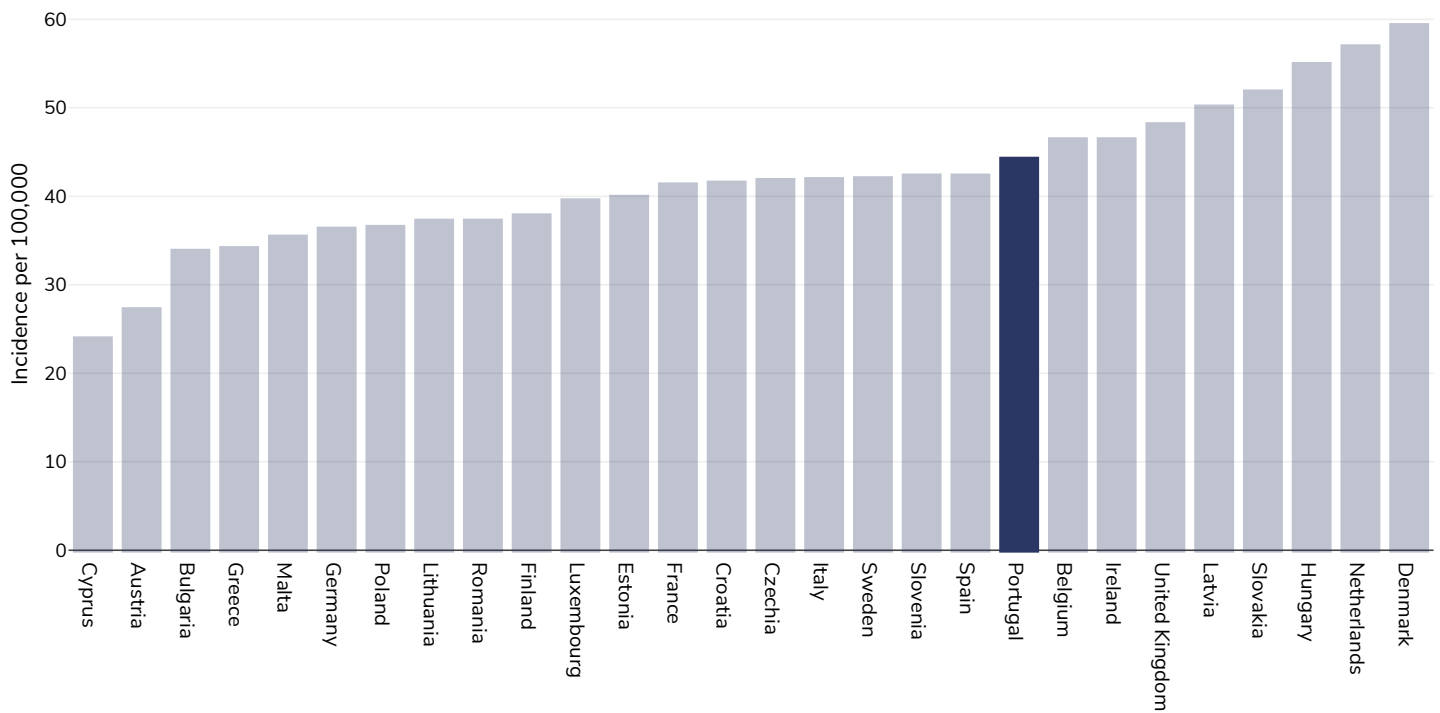
Age: 20+

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 10.01.2287

Definitions: Age-standardized incidence rates per 100 000

Women, 2020



Age: 20+

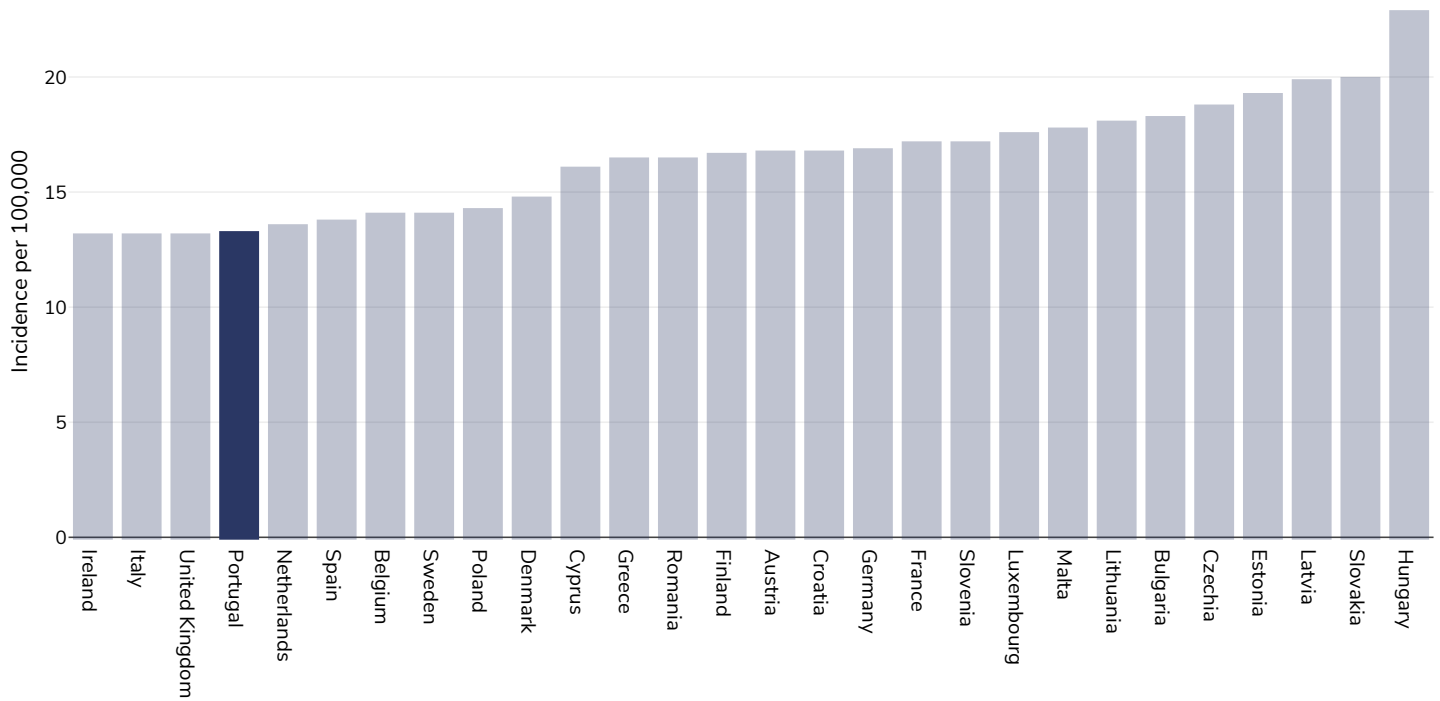
Area covered: National

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 10.01.2287

Definitions: Age-standardized incidence rates per 100 000

Pancreatic cancer

Men, 2020



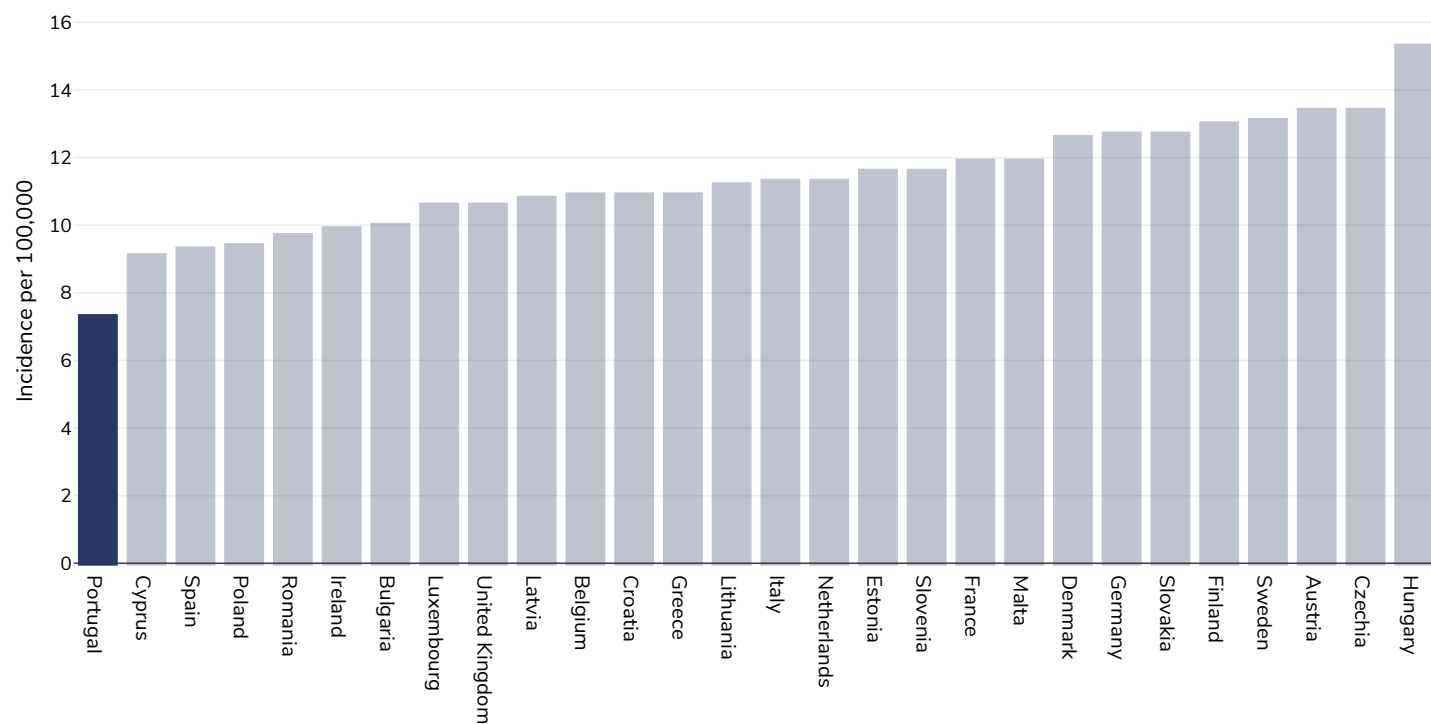
Age: 20+

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 10.01.2287

Definitions: Age-standardized incidence rates per 100 000

Women, 2020



Age: 20+

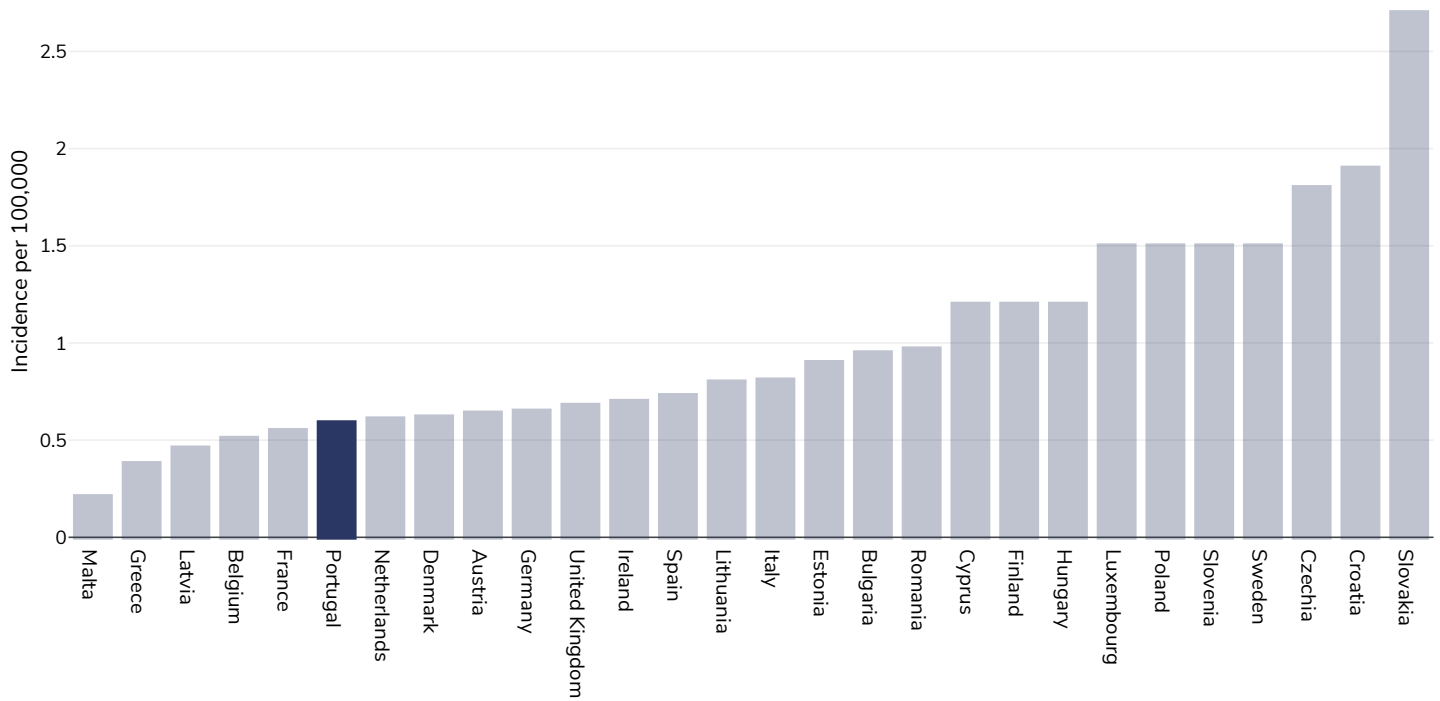
Area covered: National

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 10.01.2287

Definitions: Age-standardized incidence rates per 100 000

Gallbladder cancer

Men, 2020



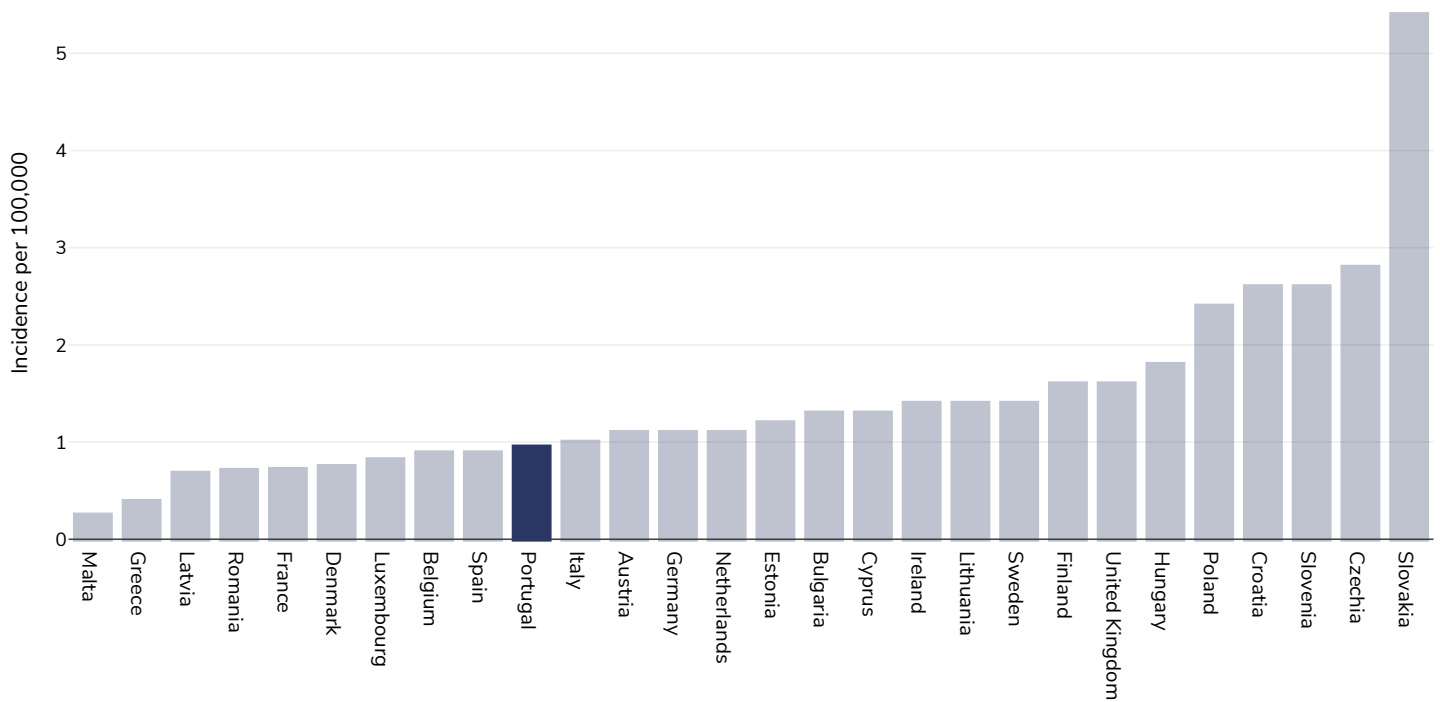
Age: 20+

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 10.01.2287

Definitions: Age-standardized incidence rates per 100 000

Women, 2020



Age: 20+

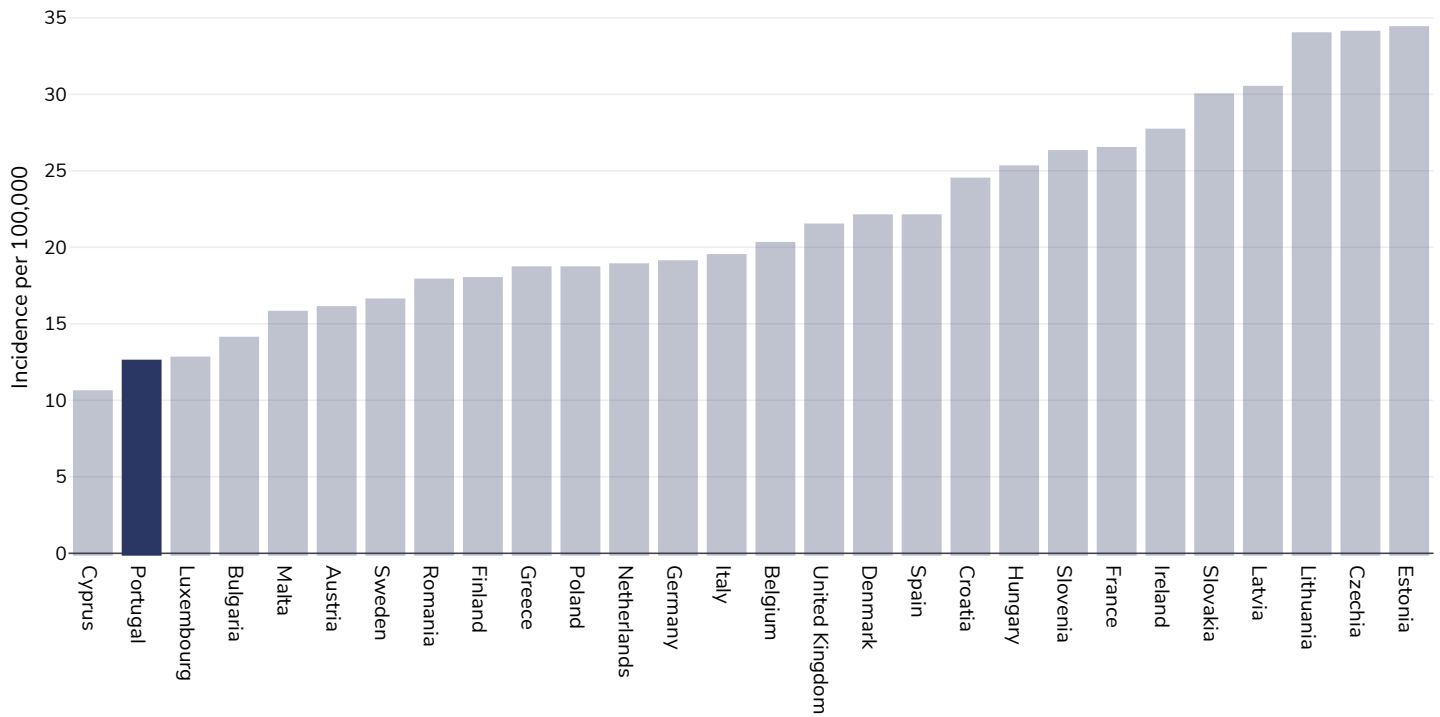
Area covered: National

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 10.01.2287

Definitions: Age-standardized incidence rates per 100 000

Kidney cancer

Men, 2020



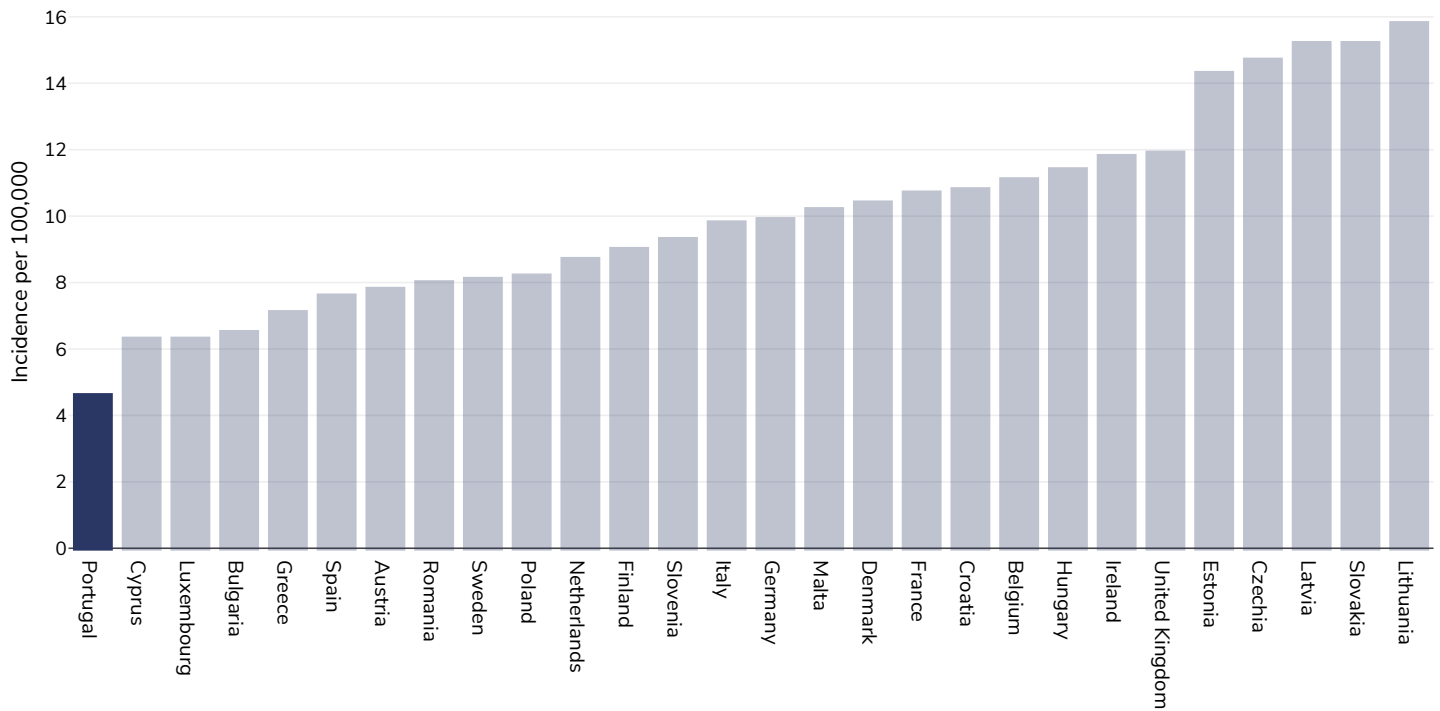
Age: 20+

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 10.01.2287

Definitions: Age-standardized incidence rates per 100 000

Women, 2020



Age: 20+

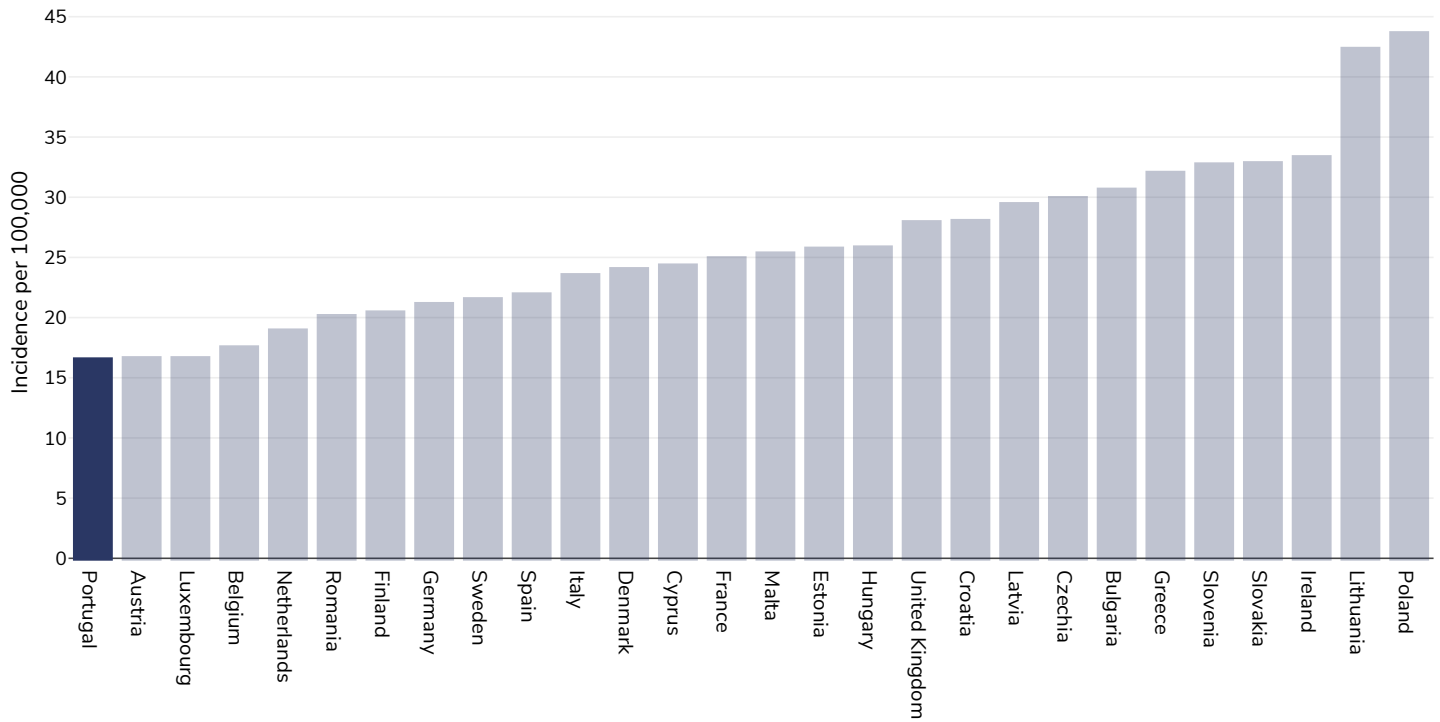
Area covered: National

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 10.01.2287

Definitions: Age-standardized incidence rates per 100 000

Cancer of the uterus

Women, 2020



Age: 20+

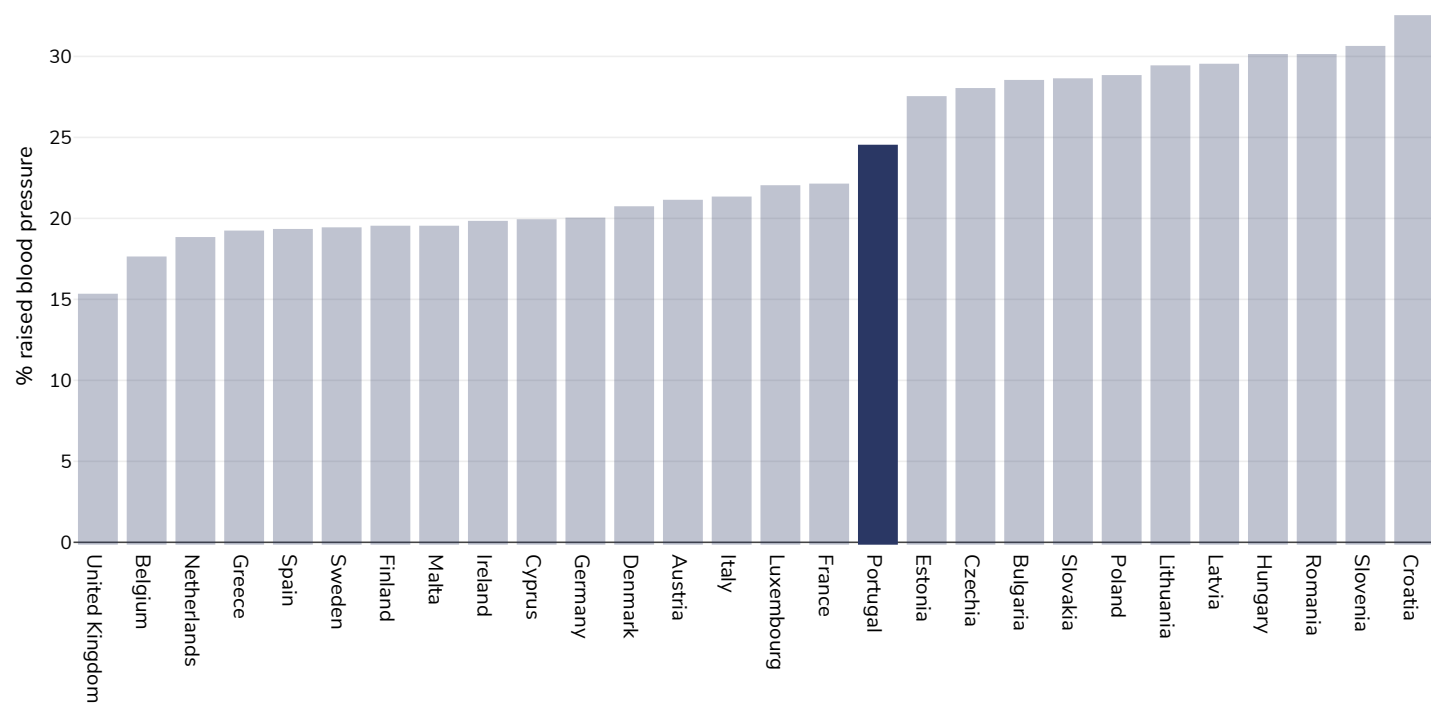
Area covered: National

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 10.01.2287

Definitions: Age-standardized incidence rates per 100 000

Raised blood pressure

Adults, 2015



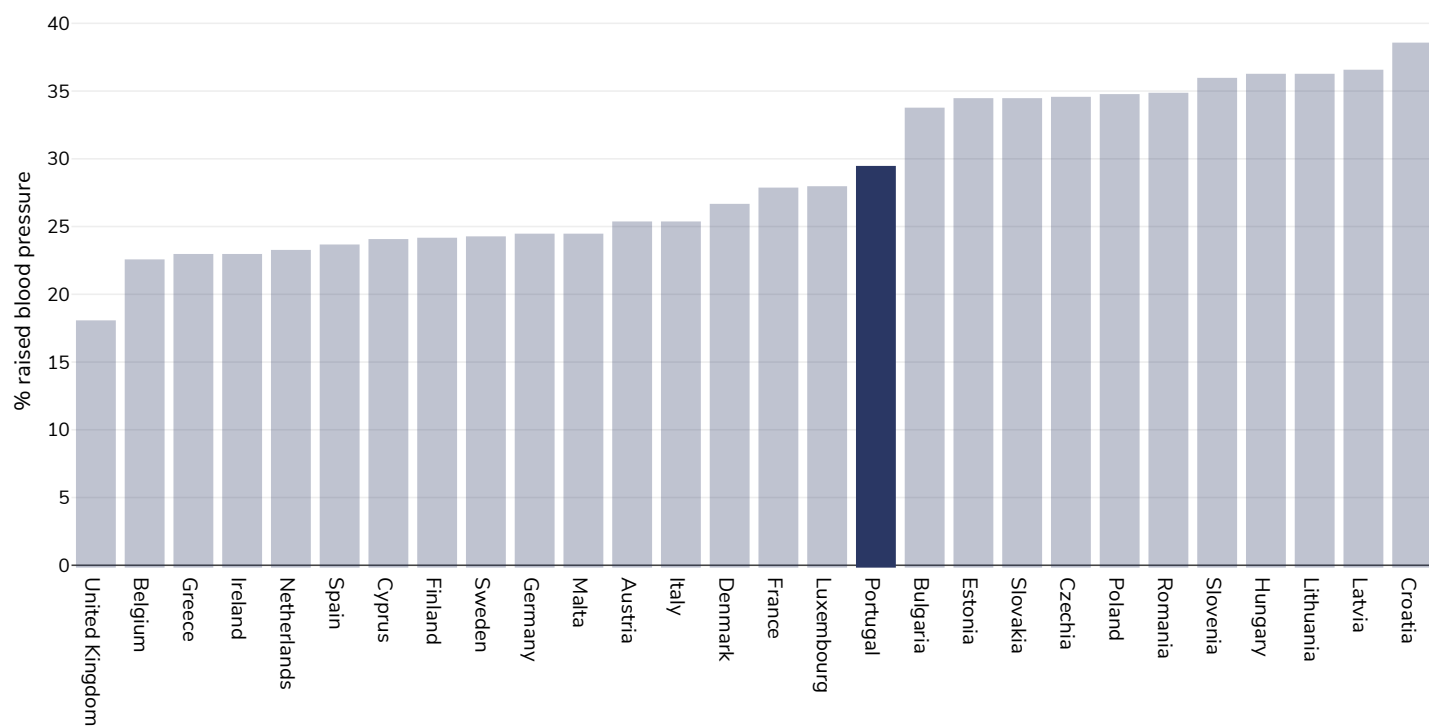
References:

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



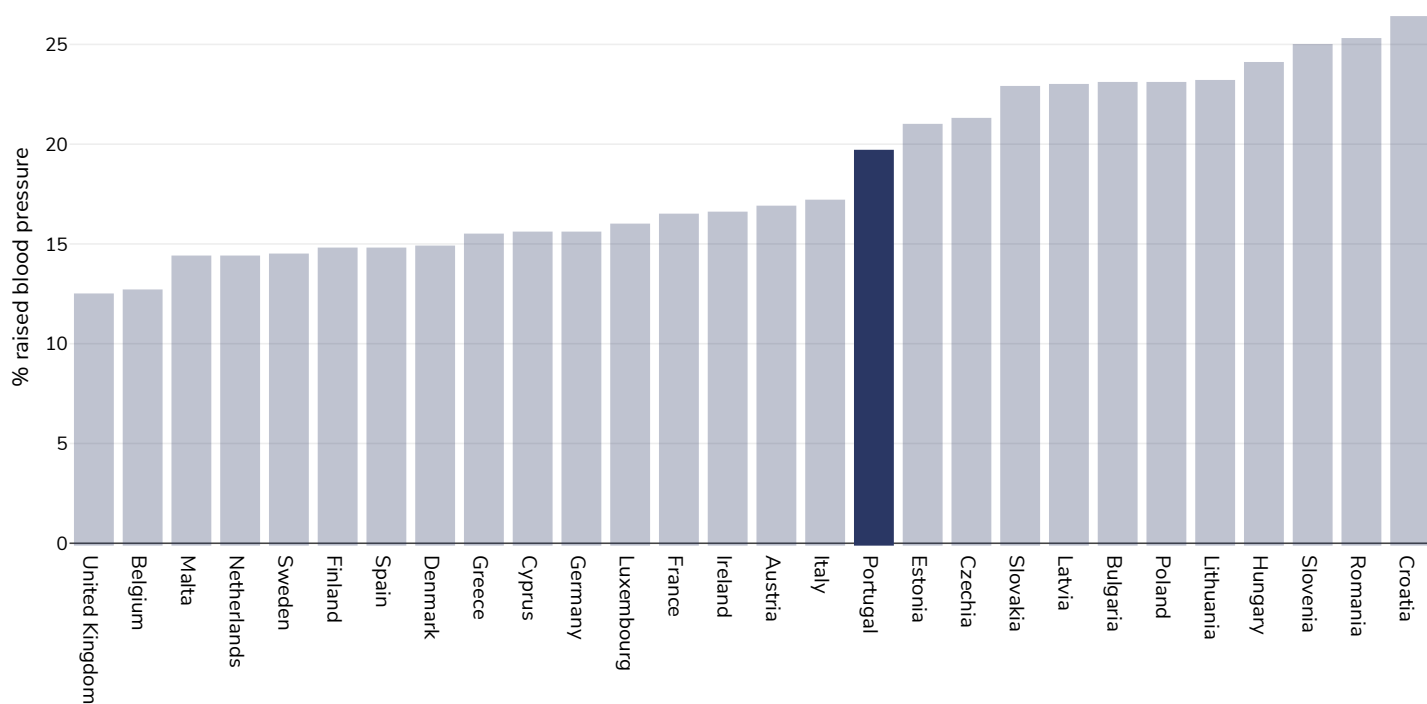
References:

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:

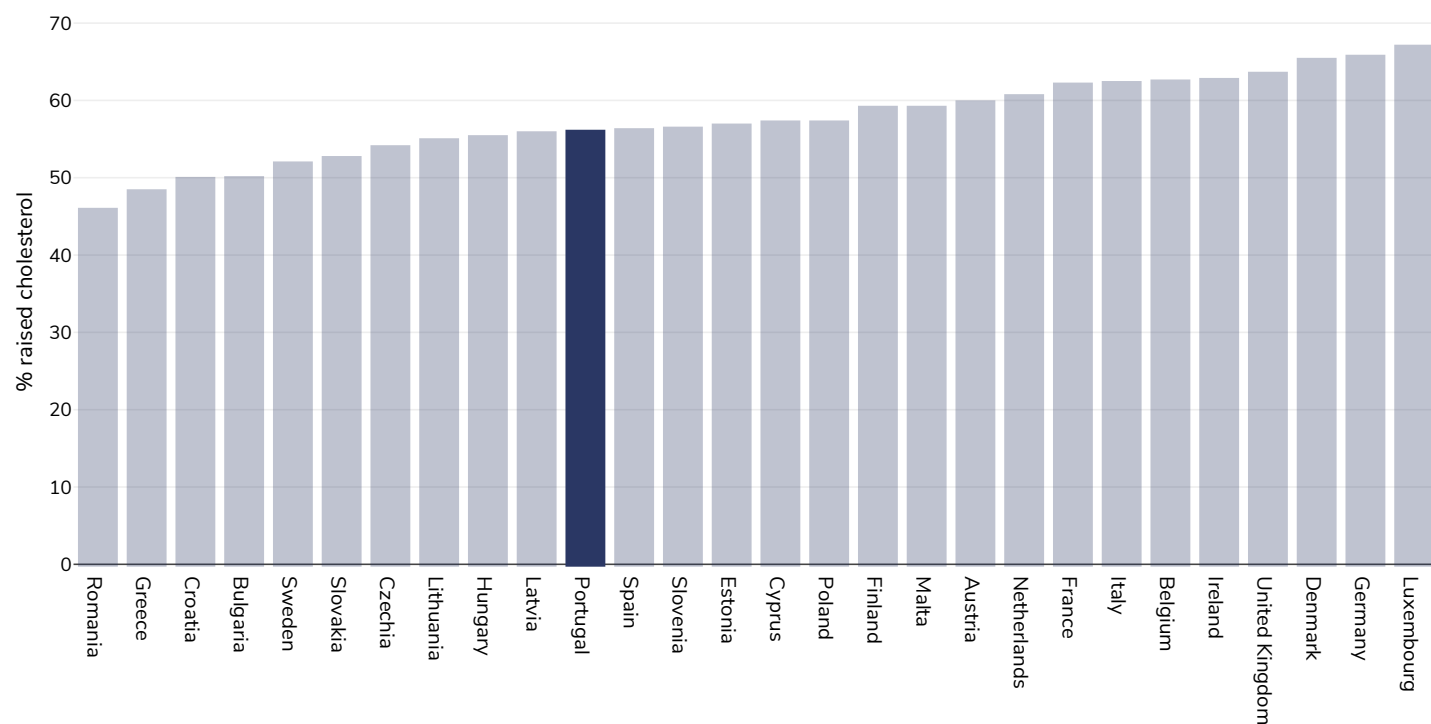
Global Health Observatory data repository, World Health Organisation,
<http://apps.who.int/gho/data/node.main.A875?lang=en>

Definitions:

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

Raised cholesterol

Adults, 2008



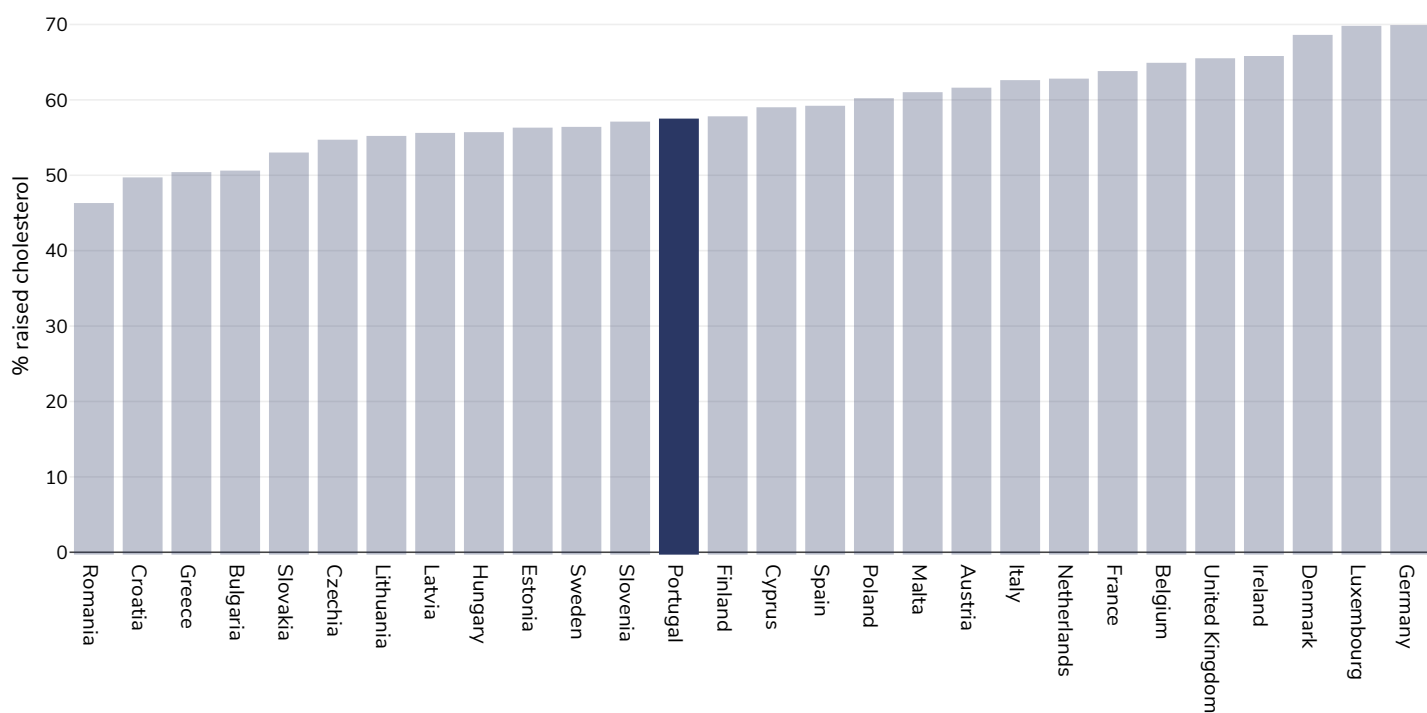
References:

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



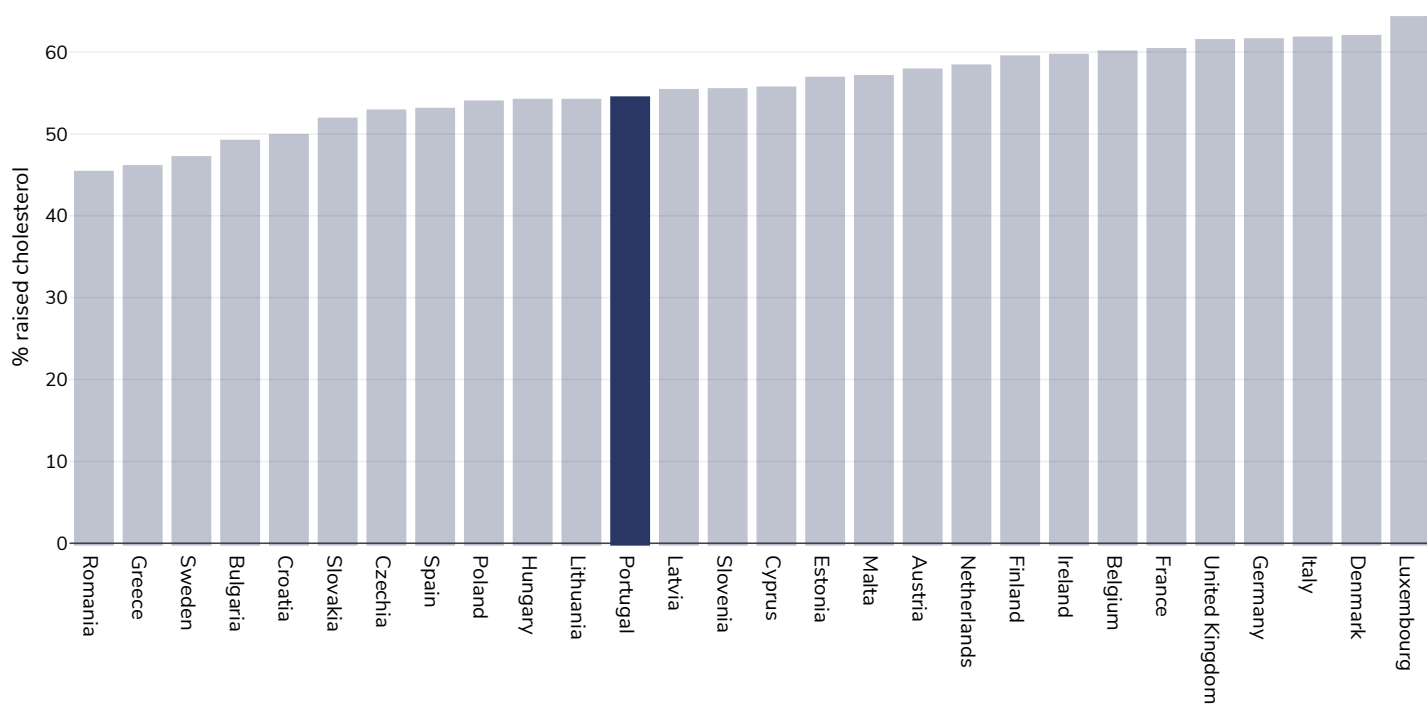
References:

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:

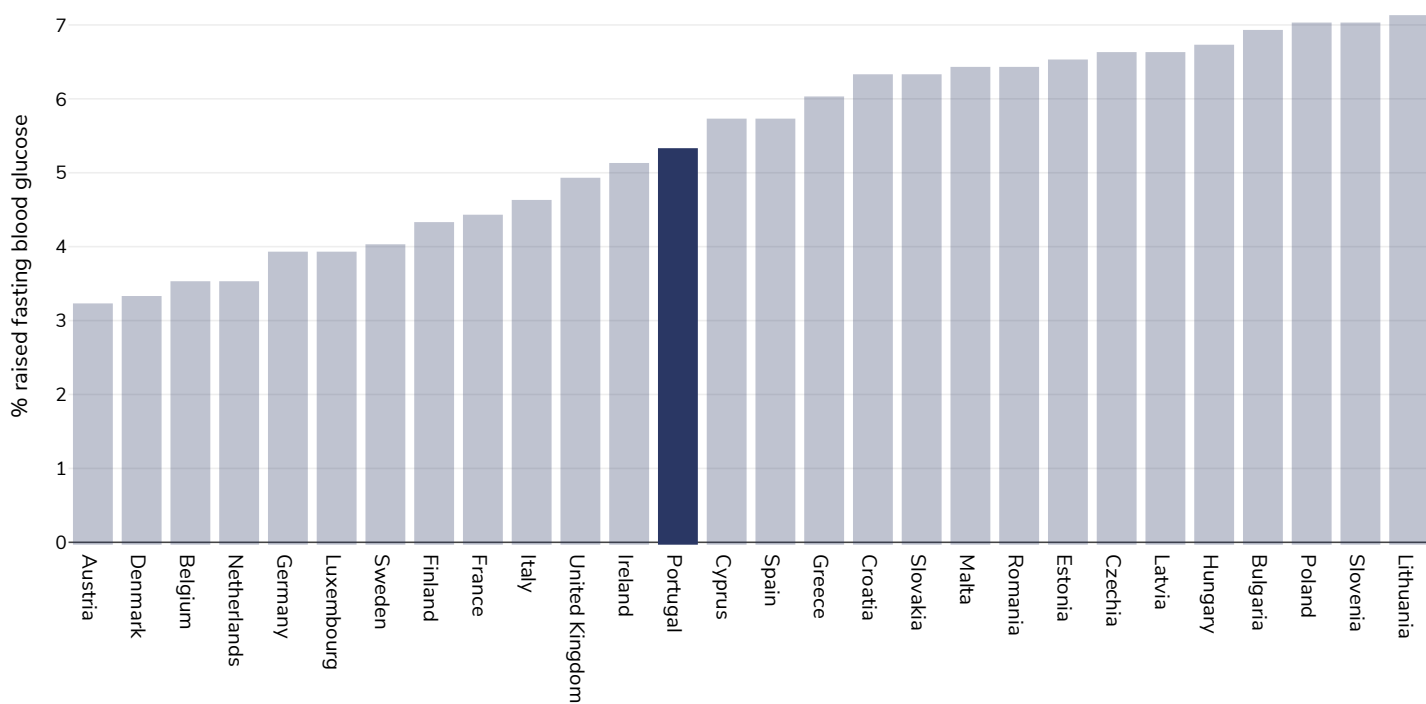
Global Health Observatory data repository, World Health Organisation,
<http://apps.who.int/gho/data/node.main.A885>

Definitions:

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

Raised fasting blood glucose

Men, 2014



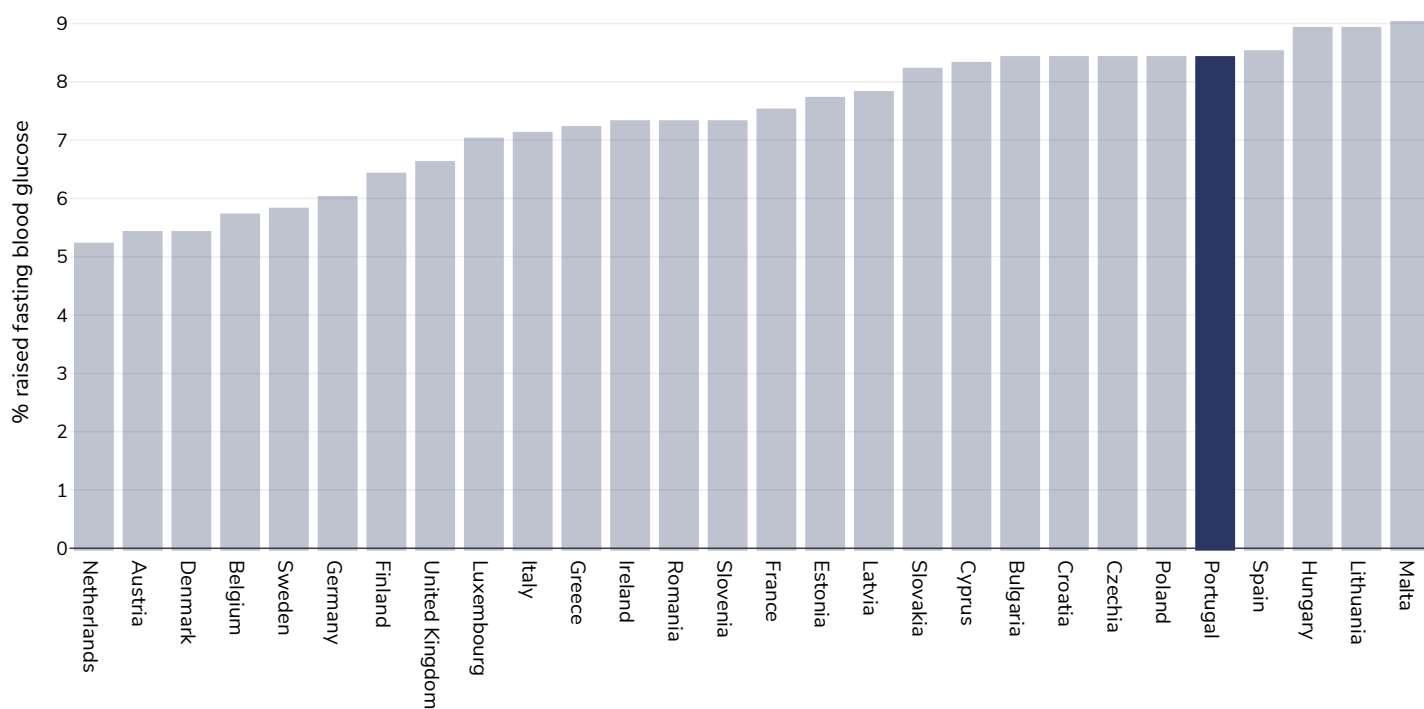
References:

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:

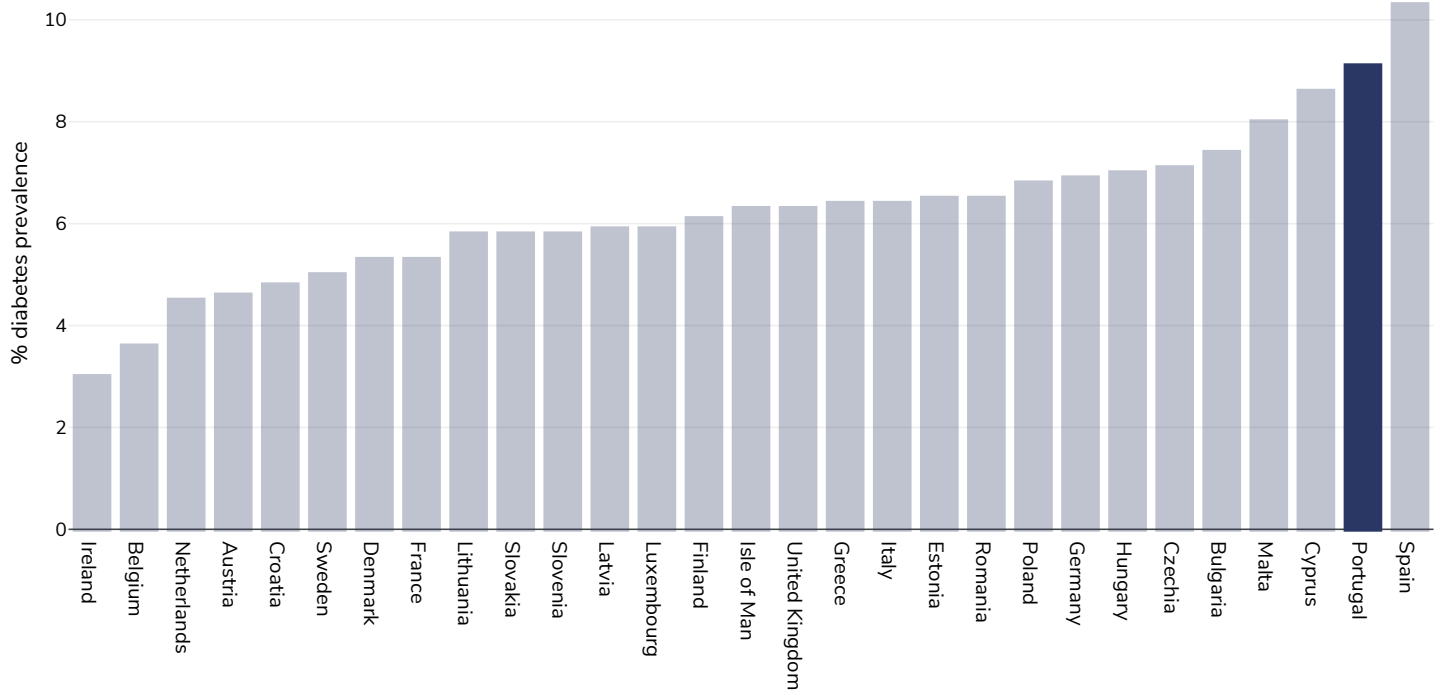
Global Health Observatory data repository, World Health Organisation,
<http://apps.who.int/gho/data/node.main.A869?lang=en>

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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