

Report card

Taiwan



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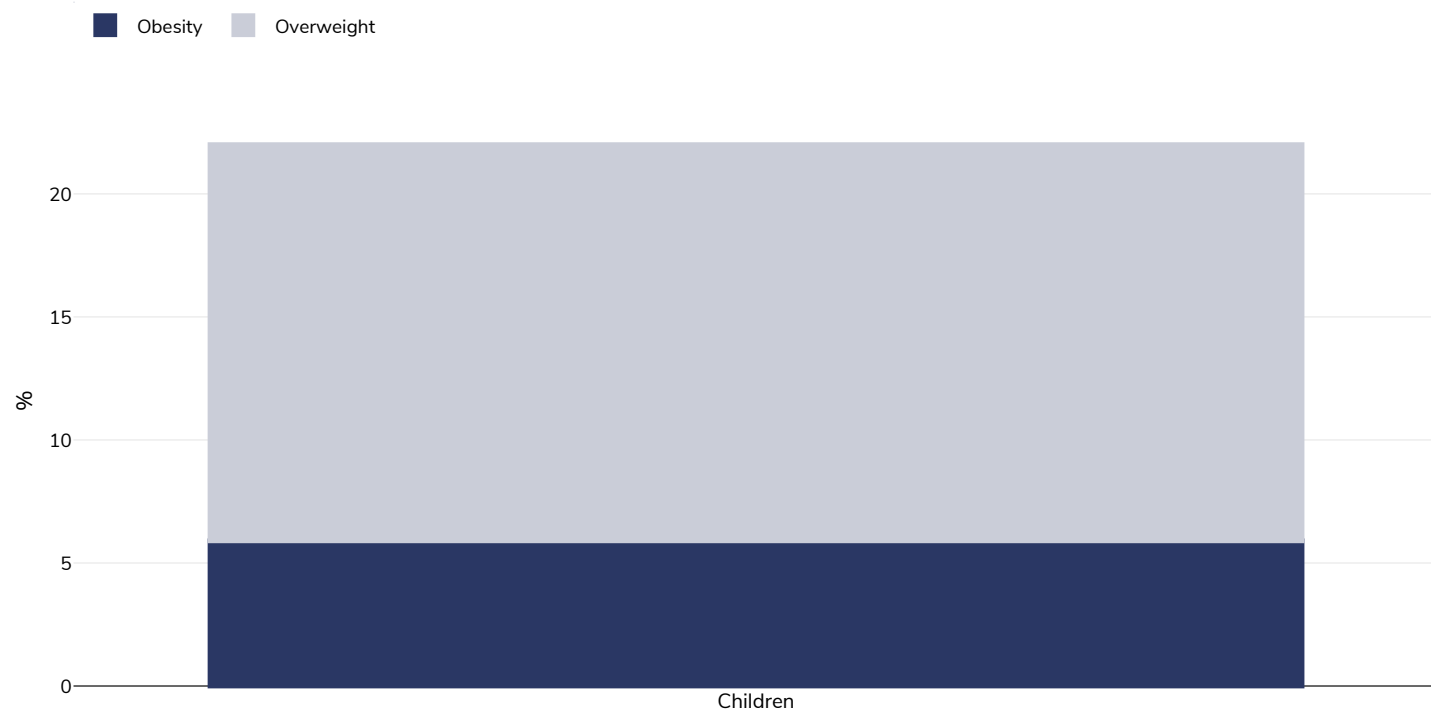
Obesity prevalence

Adults, 2013-2014



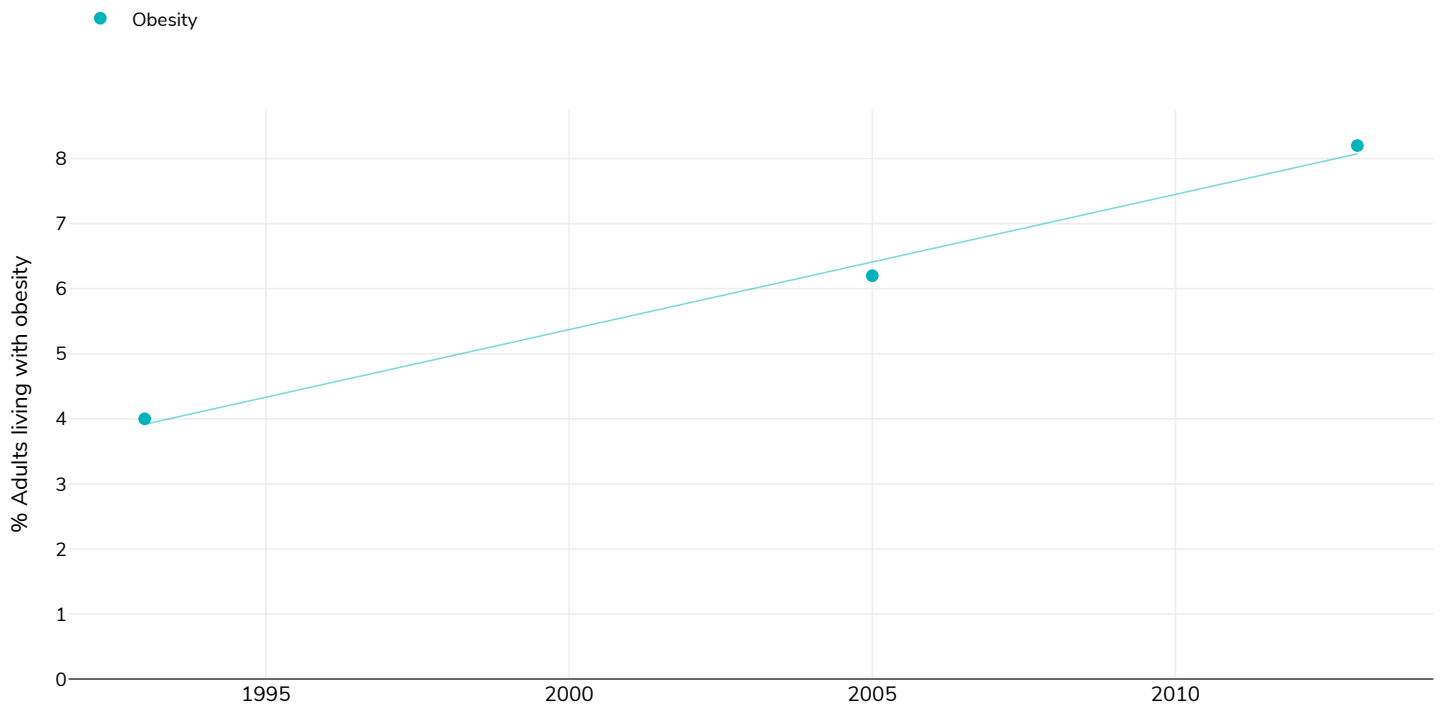
Survey type:	Measured
Age:	19+
Sample size:	1440
Area covered:	National
References:	Chang HC, Yang HC, Chang HY, et al. Morbid obesity in Taiwan: Prevalence, trends, associated social demographics, and lifestyle factors. PLoS One. 2017;12(2):e0169577. Published 2017 Feb 2. doi:10.1371/journal.pone.0169577
Notes:	Uses Taiwan BMI criteria. We have presented BMI >30 as obesity.
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, 2006-2007



Survey type:	Measured
Age:	10-18
Sample size:	29313
Area covered:	National
References:	Hsu YW, Liou TH, Liou YM, Chen HJ, Chien LY. Measurements and profiles of body weight misperceptions among Taiwanese teenagers: a national survey. <i>Asia Pac J Clin Nutr.</i> 2016;25(1):108-17. doi: 10.6133/apjcn.2016.25.2.08. PMID: 26965769.
Notes:	Also has prevalence by of based on recommended BMI classification according to the Health Promotion Administration, Ministry of Health and Welfare.
Cutoffs:	IOTF

% Adults living with obesity, 1993-2014



Survey type: Measured

References: Chang HC, Yang HC, Chang HY, et al. Morbid obesity in Taiwan: Prevalence, trends, associated social demographics, and lifestyle factors. PLoS One. 2017;12(2):e0169577. Published 2017 Feb 2. doi:10.1371/journal.pone.0169577

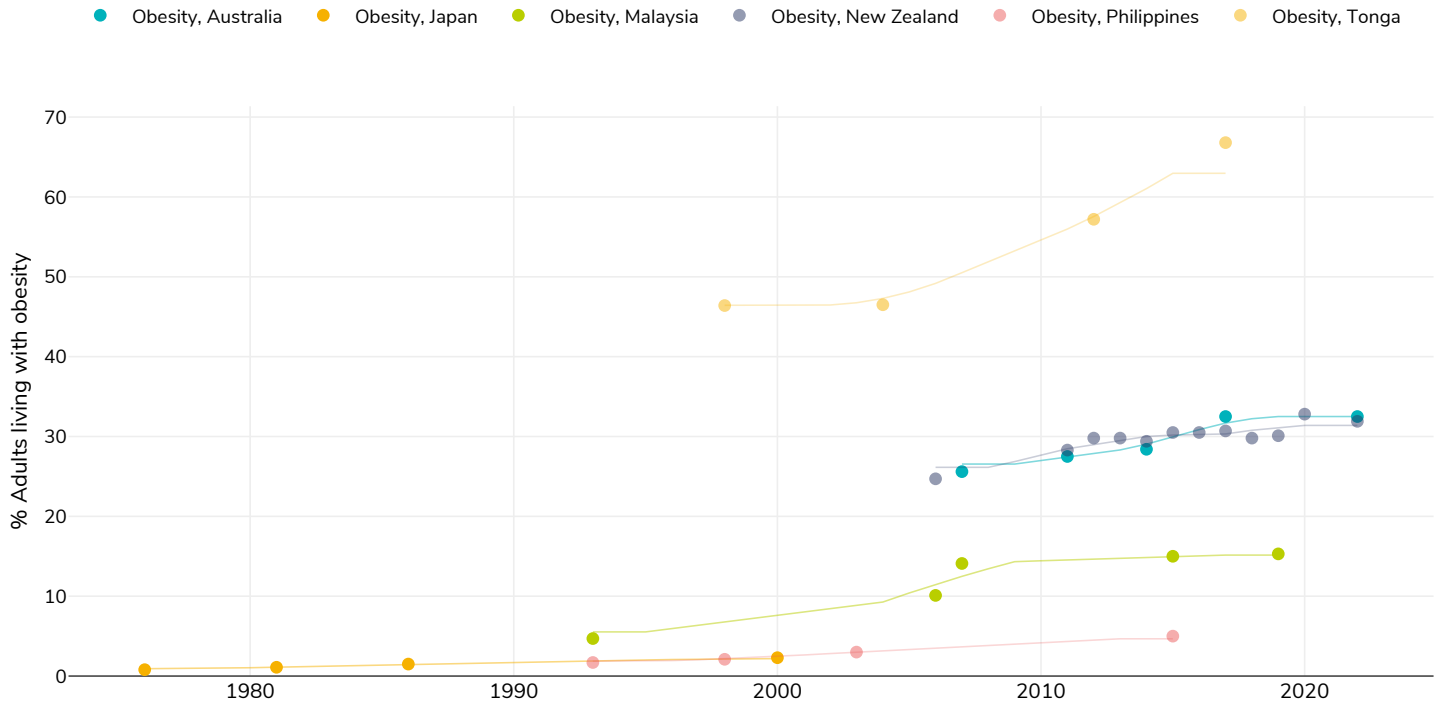
Definitions: Other Cut offs available

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 obesity, selected countries, 1976-2023

Men



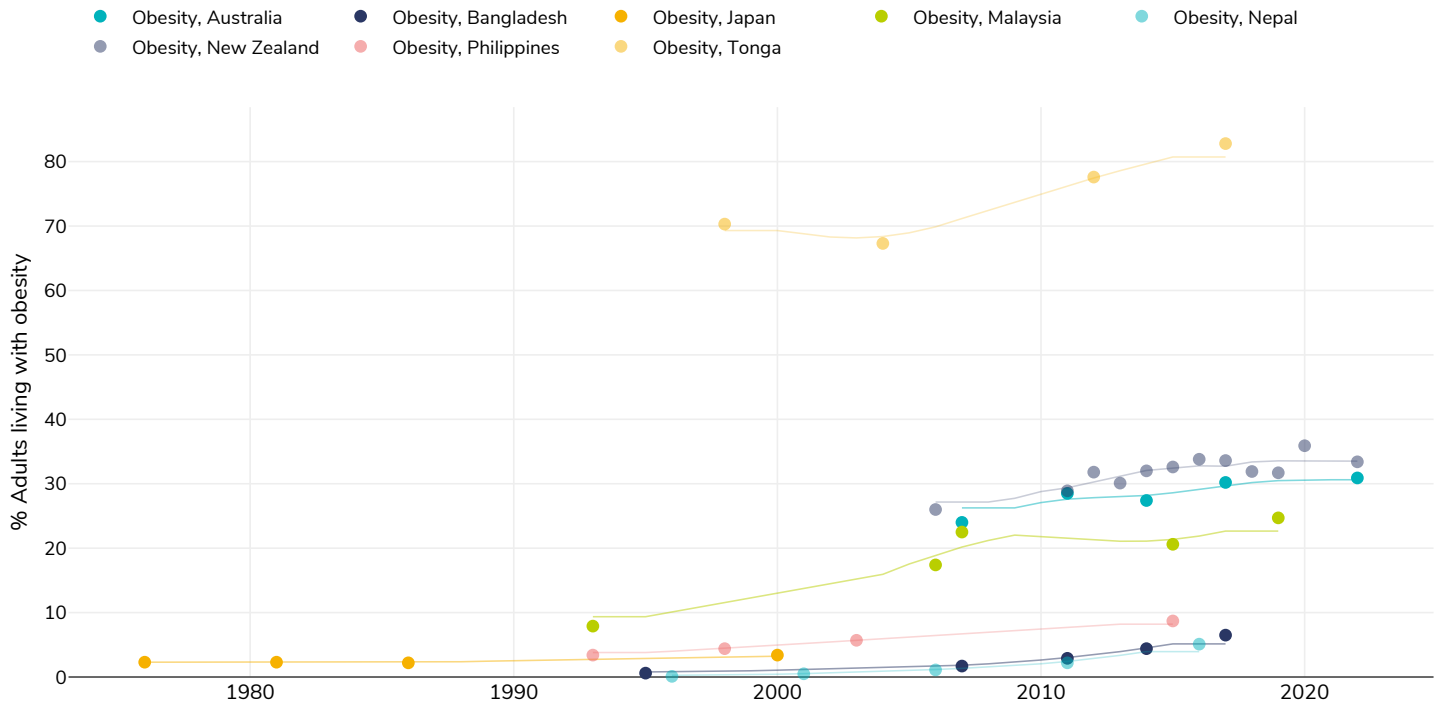
References:

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.

Estimated per capita fruit intake

Adults, 2017



Survey type: Measured

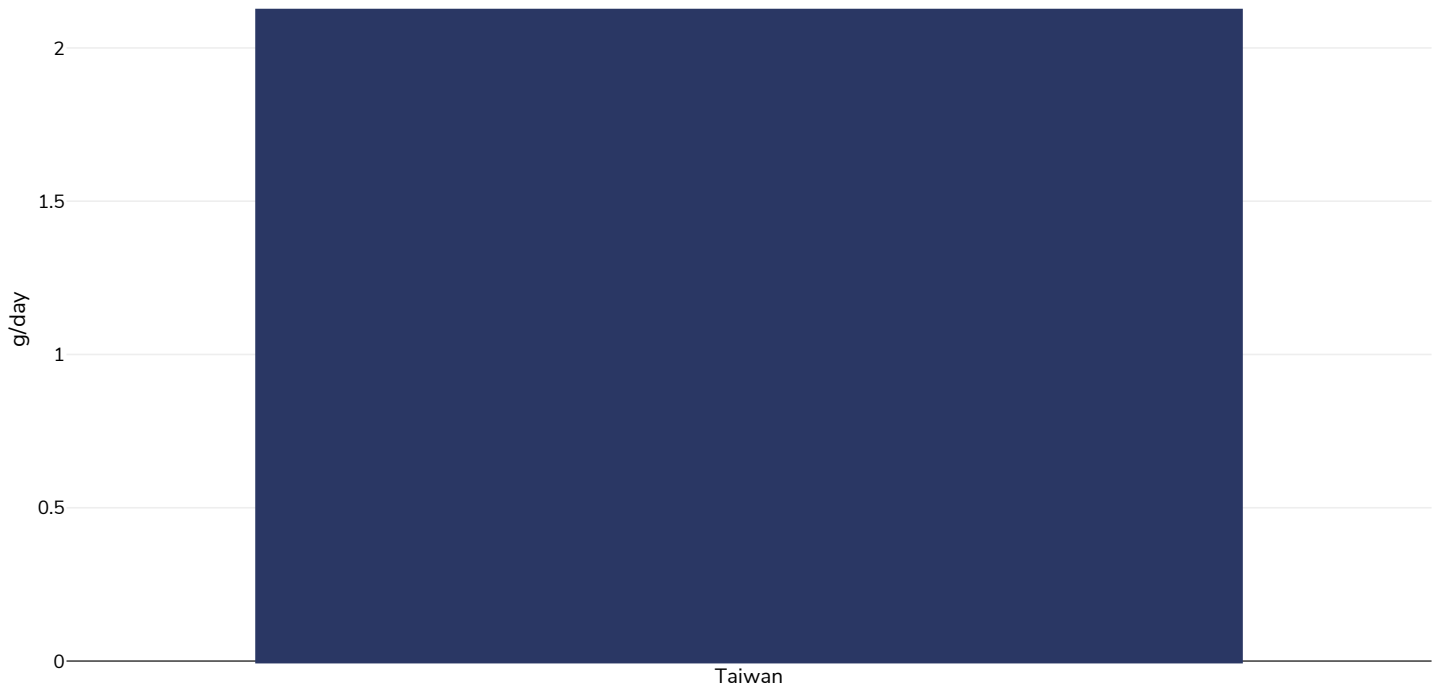
Age: 25+

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

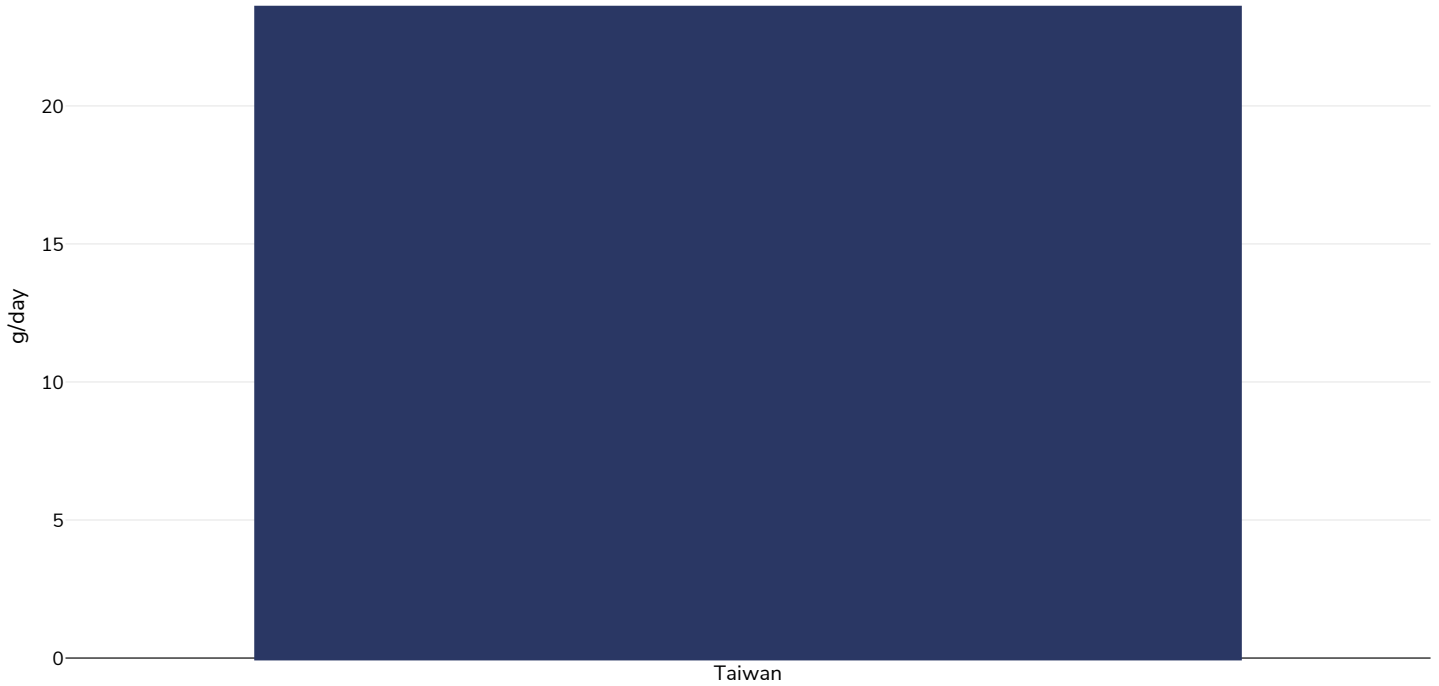
Adults, 2017



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

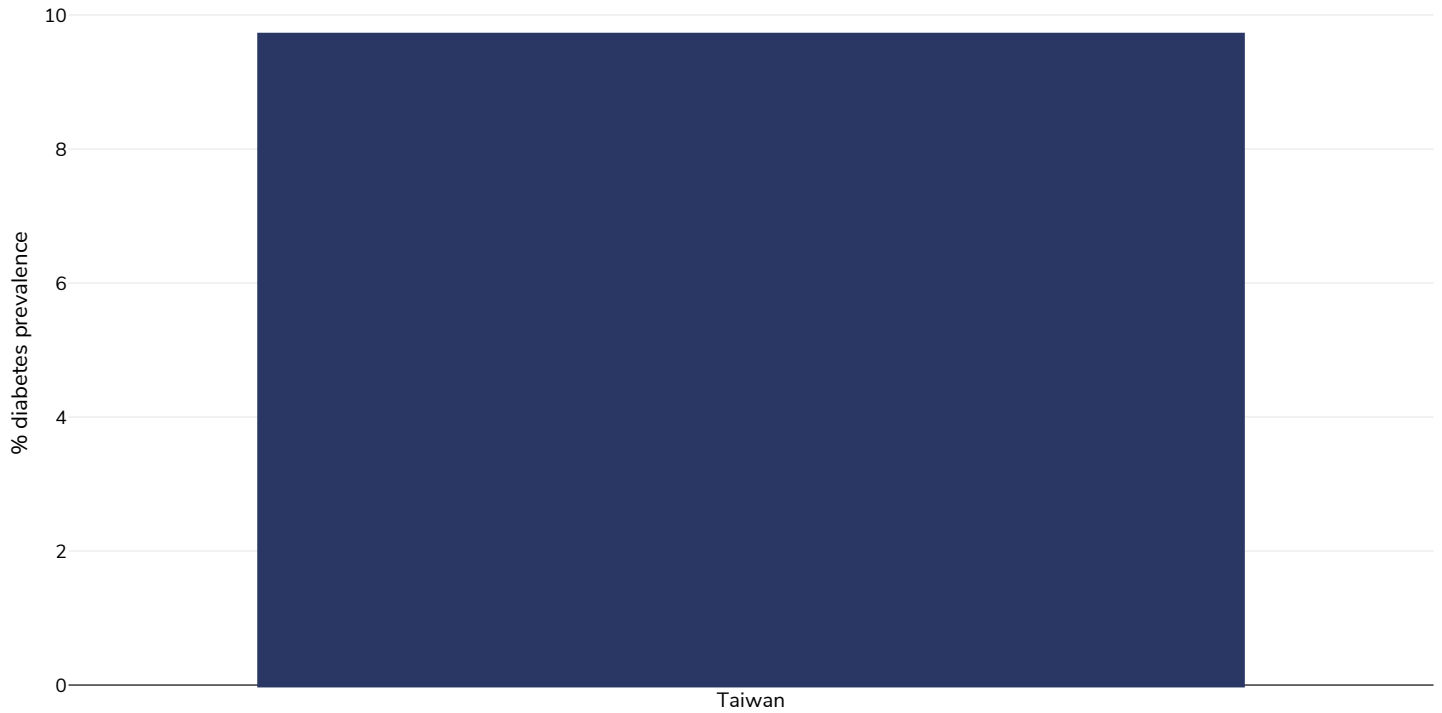
Adults, 2017



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)

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



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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