WORLD OBESITY

Andorra

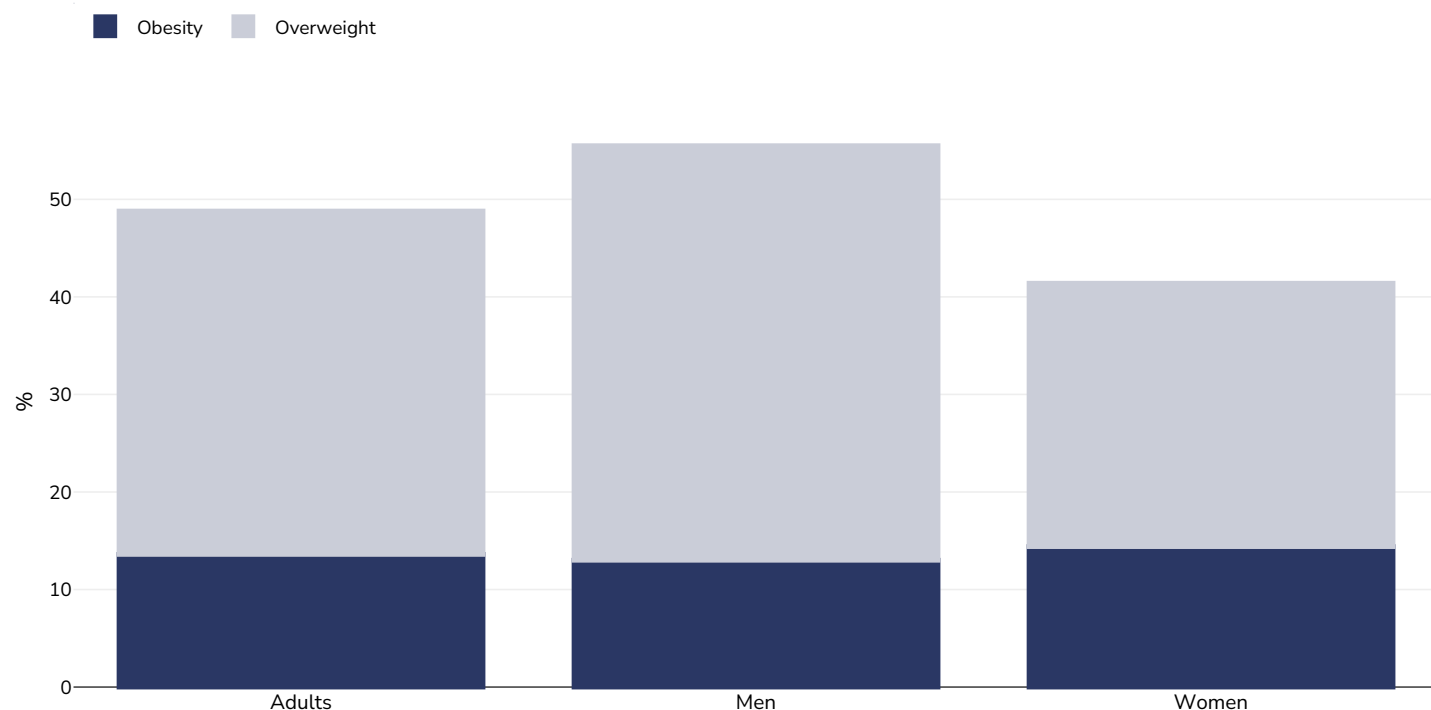## Country report card - adults

Contents	Page

Obesity prevalence

Adults, 2017-2018

■ Obesity ■ Overweight

Survey type:	Measured
Age:	18-75
Sample size:	850
Area covered:	National
References:	2a ENQUESTA NUTRICIONAL D'ANDORRA (ENA 2017-2018). Government of Andorra. Available at https://www.govern.ad/salut/item/download/856_fffdd95ca999812abc80e030626d6f7d (last accessed 09.09.20)

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

Adults, 2017-2018

■ Obesity   ■ Overweight

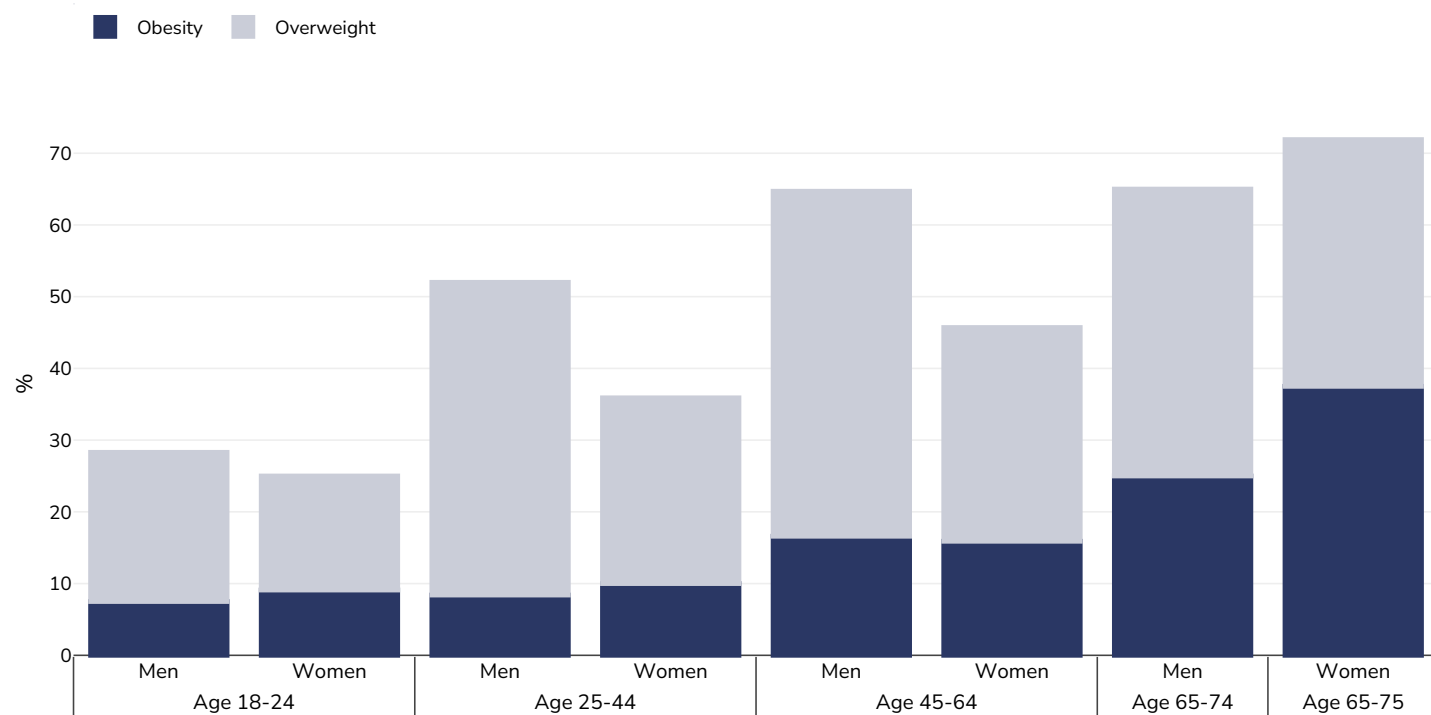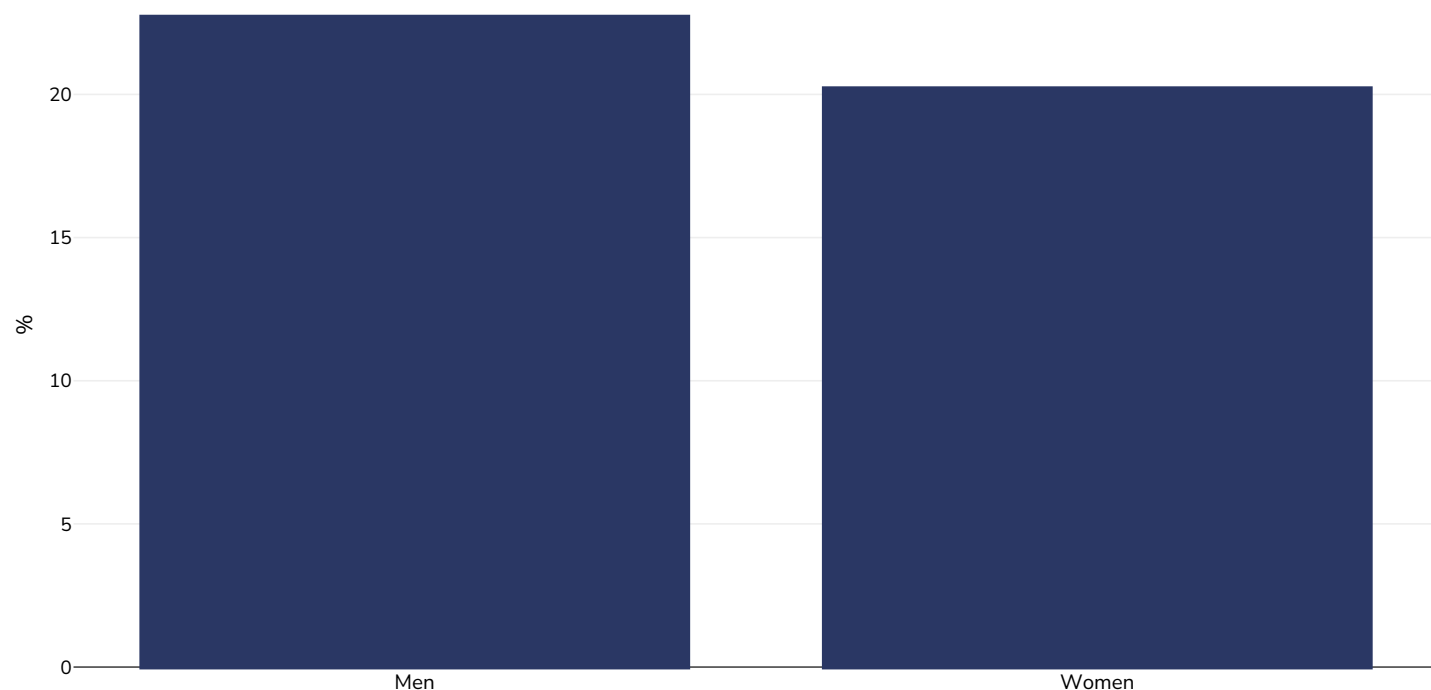| Survey type:	Measured
Sample size:	850
Area covered:	National
References:	2a ENQUESTA NUTRICIONAL D'ANDORRA (ENA 2017-2018). Government of Andorra. Available at https://www.govern.ad/salut/item/download/856_fffdd95ca999812abc80e030626d6f7d (last accessed 09.09.20)

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

Double burden of underweight & overweight

Adults, 2022

Survey type:	Measured
Age:	20+
References:	NCD Risk Factor Collaboration (NCD-RisC). Worldwide trends in underweight and obesity from 1990 to 2022: a pooled analysis of 3663 population representative studies with 222 million children, adolescents, and adults. Lancet 2024; published online Feb 29. https://doi.org/10.1016/S0140-6736(23)02750-2.
Notes:	Age Standardised estimates
Definitions:	Combined prevalence of BMI<18.5 kg/m² and BMI>=30 kg/m² (double burden of underweight and obesity)

Insufficient physical activity

Adults, 2022

Survey type:	Self-reported
Age:	18+
Area covered:	National
References:	WHO (2024). Prevalence of insufficient physical activity among adults aged 18-years age-standardized estimate in 2022. Available at https://www.who.int/data/gho/data/indicators/indicator-details/GHO/prevalence-of-insufficient-physical-activity-among-adults-aged-18-years-(age-standardized-estimate)-(-)
Definitions:	Percent of population attaining less than 150 minutes of moderate-intensity physical activity per week, or less than 75 minutes of vigorous-intensity physical activity per week, or equivalent.

Men, 2022

% insufficient physical activity

Netherlands, Sweden, Turkmenistan, Finland, Moldova, Germany, Ukraine, Denmark, Luxembourg, Belarus, Latvia, Estonia, Kyrgyzstan, Switzerland, Russian Federation, United Kingdom, Bosnia & Herzegovina, Slovenia, Spain, Austria, Ireland, France, N Macedonia, Lithuania, Albania, Montenegro, Belgium, Slovakia, Czechia, Iceland, Israel, Georgia, Azerbaijan, Uzbekistan, Andorra, Tajikistan, Hungary, Armenia, Croatia, Kazakhstan, Norway, Bulgaria, Greece, Cyprus, Turkey, Poland, Italy, Romania, Malta, Serbia, Portugal

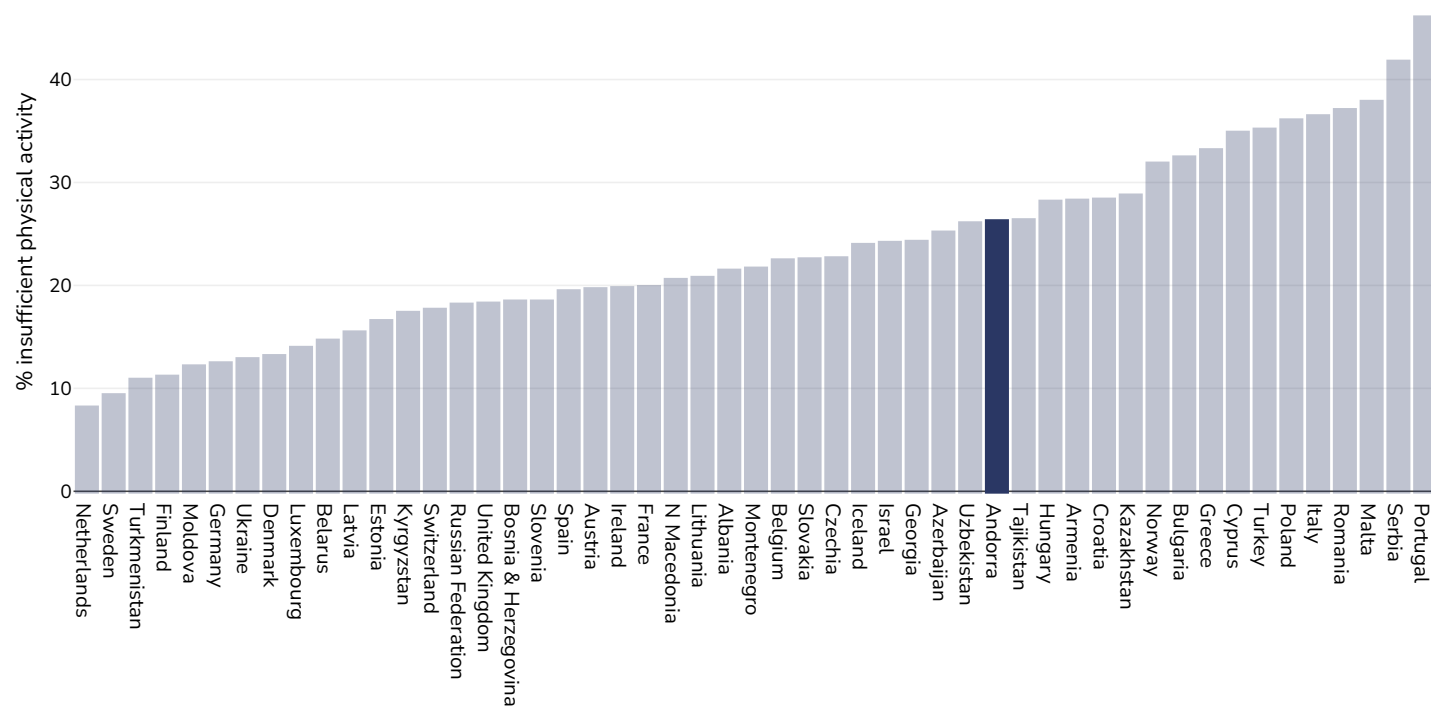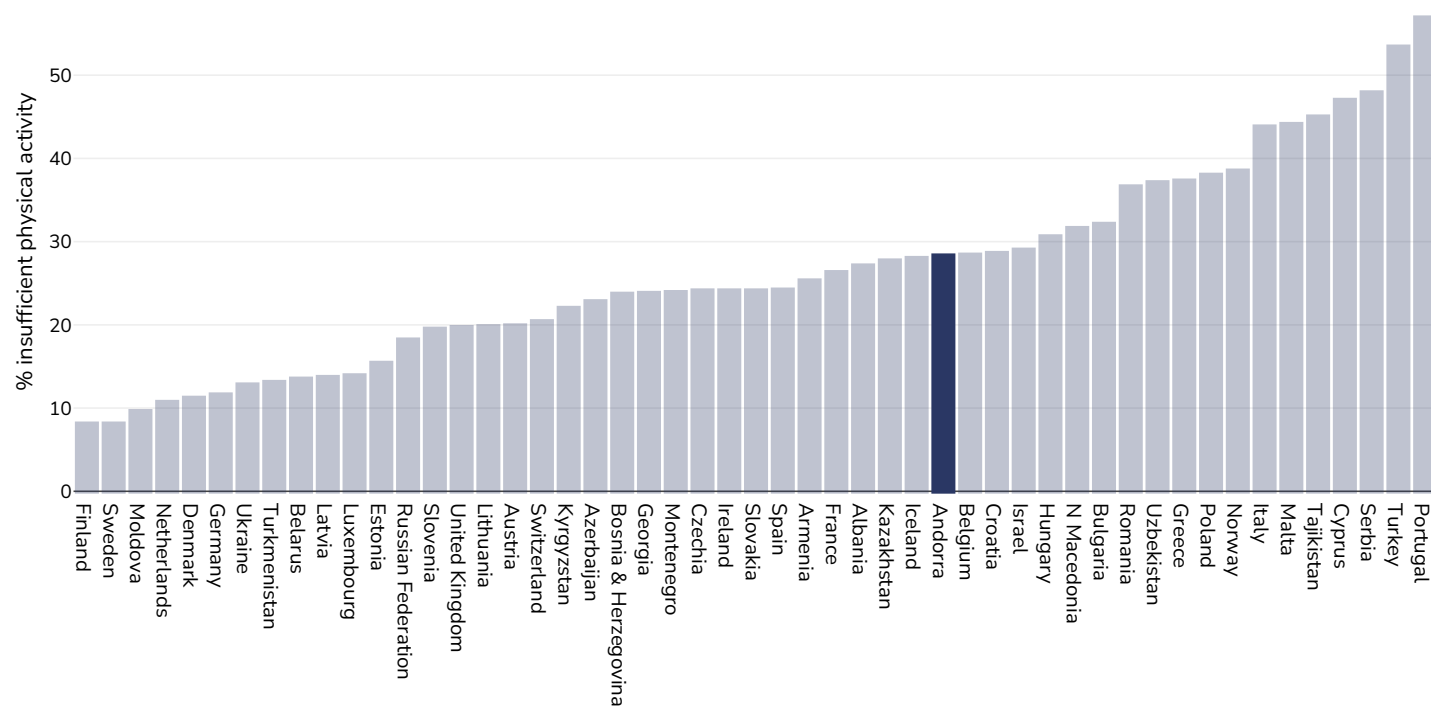| Survey type:	Self-reported
Age:	18+
Area covered:	National
References:	WHO (2024). Prevalence of insufficient physical activity among adults aged 18-years age-standardized estimate in 2022. Available at https://www.who.int/data/gho/data/indicators/indicator-details/GHO/prevalence-of-insufficient-physical-activity-among-adults-aged-18-years-(age-standardized-estimate)-(-)
Definitions:	Percent of population attaining less than 150 minutes of moderate-intensity physical activity per week, or less than 75 minutes of vigorous-intensity physical activity per week, or equivalent.

Women, 2022

| Survey type:	Self-reported
Age:	18+
Area covered:	National
References:	WHO (2024). Prevalence of insufficient physical activity among adults aged 18-years age-standardized estimate in 2022. Available at https://www.who.int/data/gho/data/indicators/indicator-details/GHO/prevalence-of-insufficient-physical-activity-among-adults-aged-18-years-(age-standardized-estimate)-(-)
Definitions:	Percent of population attaining less than 150 minutes of moderate-intensity physical activity per week, or less than 75 minutes of vigorous-intensity physical activity per week, or equivalent.

Estimated per capita fruit intake

Adults, 2017
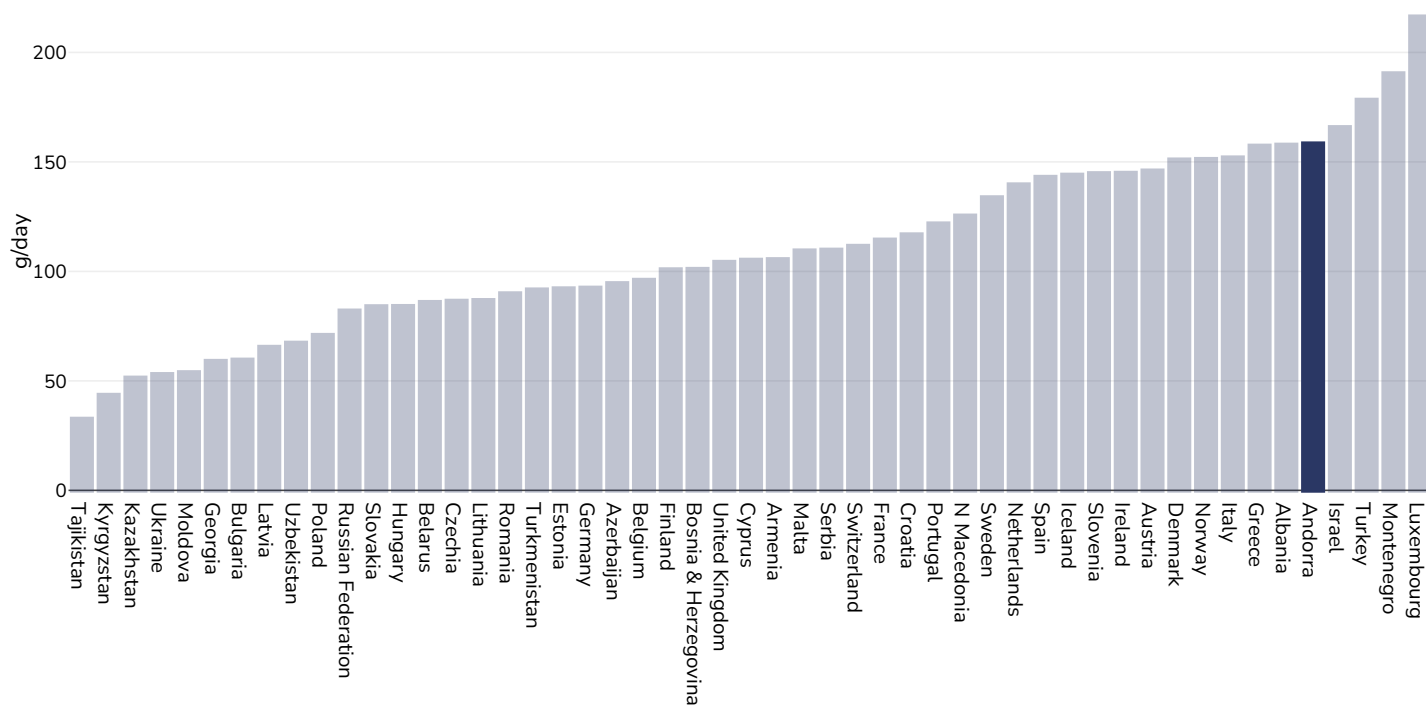
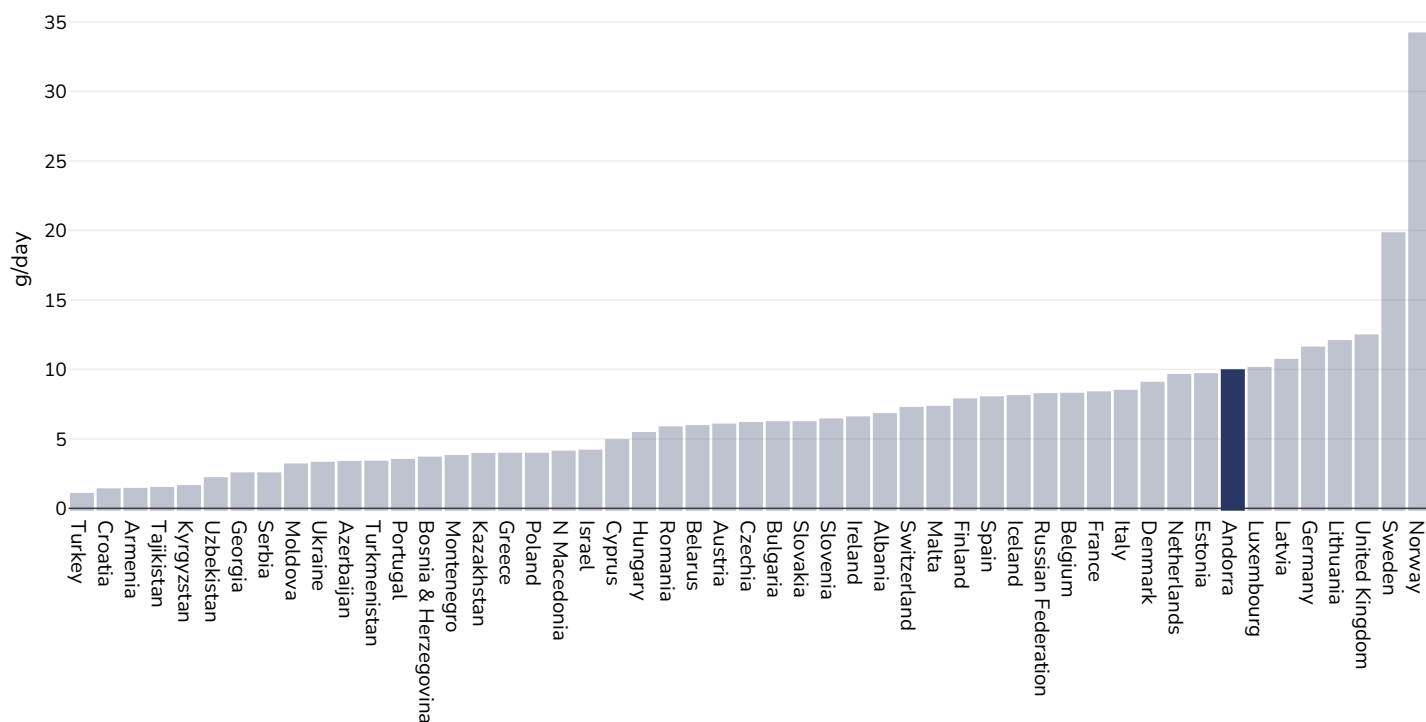|	
Survey type:	Measured
Age:	25+
References:	Global Burden of Disease, the Institute for Health Metrics and Evaluation http://ghdx.healthdata.org/
Definitions:	Estimated per-capita fruit intake (g/day)

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
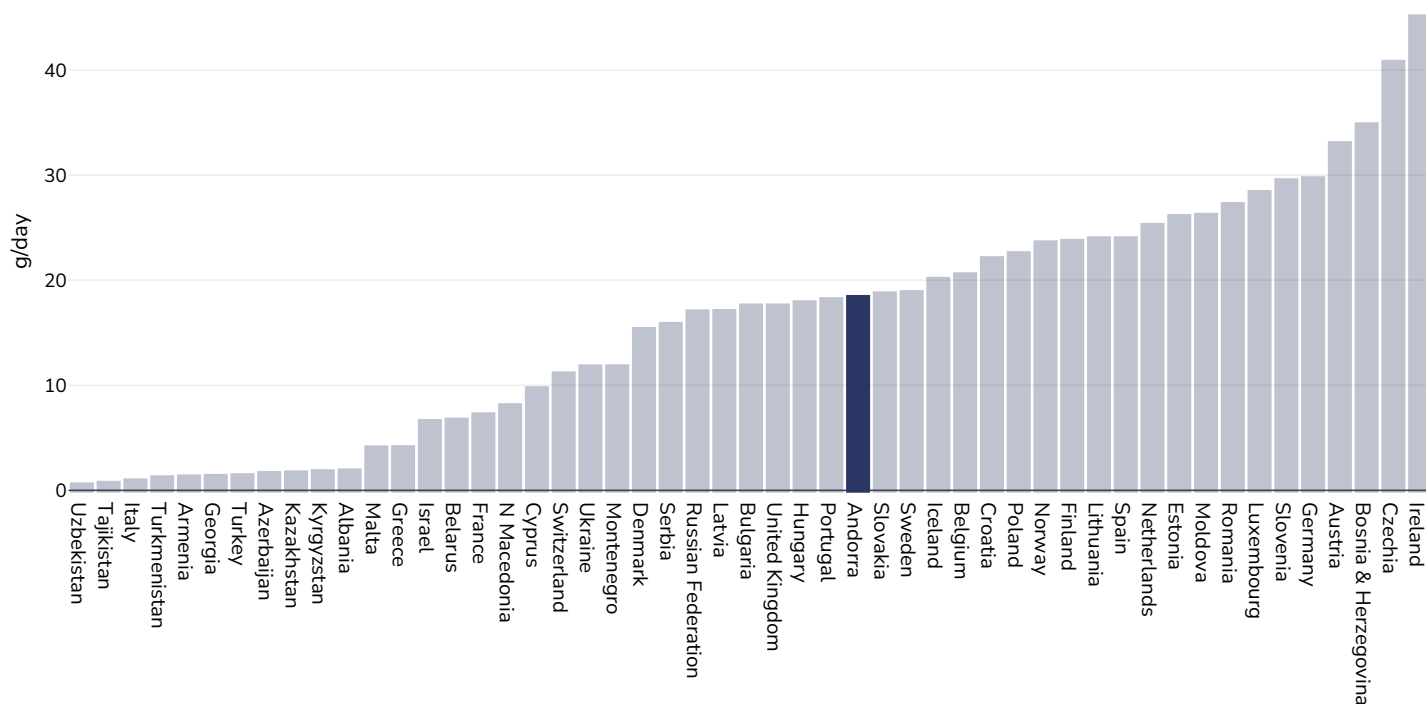
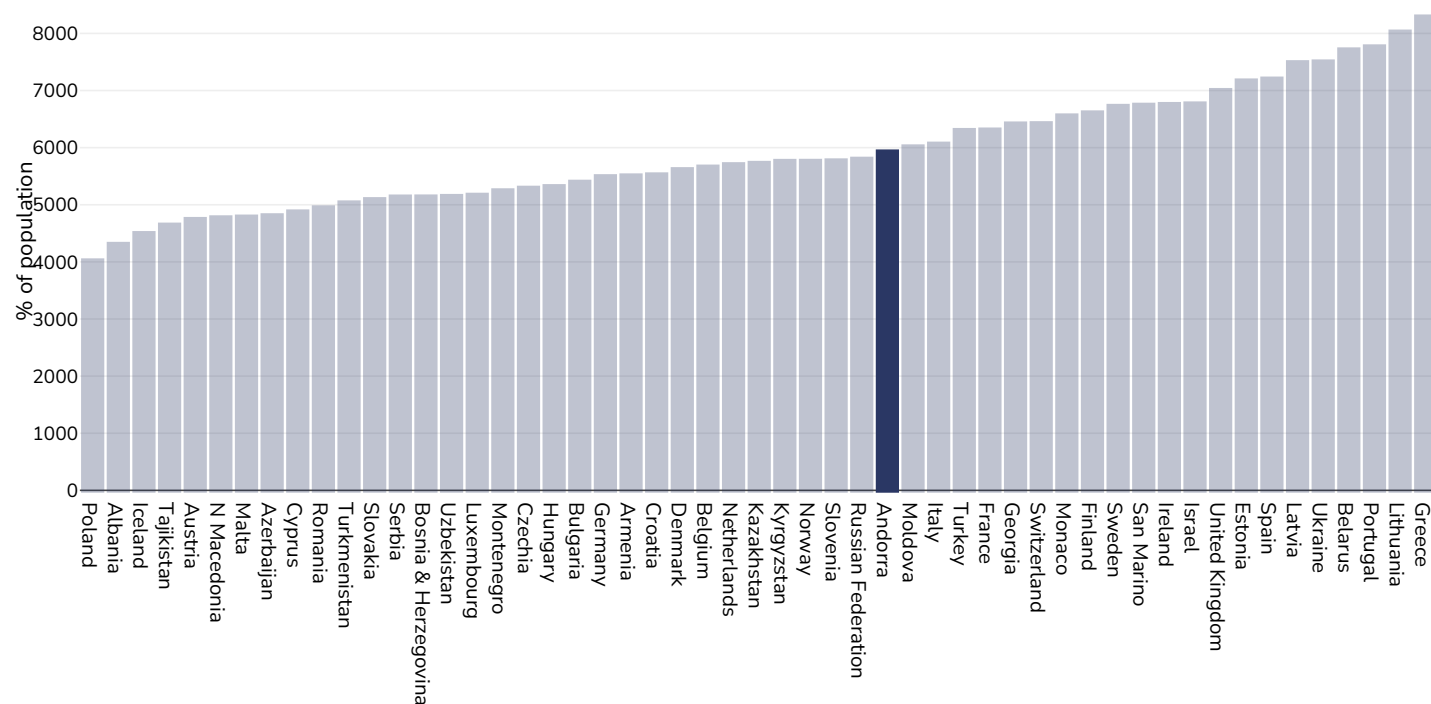| Survey type:	Measured
Age:	25+
References:	Global Burden of Disease, the Institute for Health Metrics and Evaluation http://ghdx.healthdata.org/
Definitions:	Estimated per-capita whole grains intake (g/day)

Mental health - depression disorders

Adults, 2021

Age:	20+
Area covered:	National
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from http://vizhub.healthdata.org/gbd-compare. (Last accessed 23.04.25)
Definitions:	Number living with depression per 100,000 population (adults 20+ years)

Men, 2021

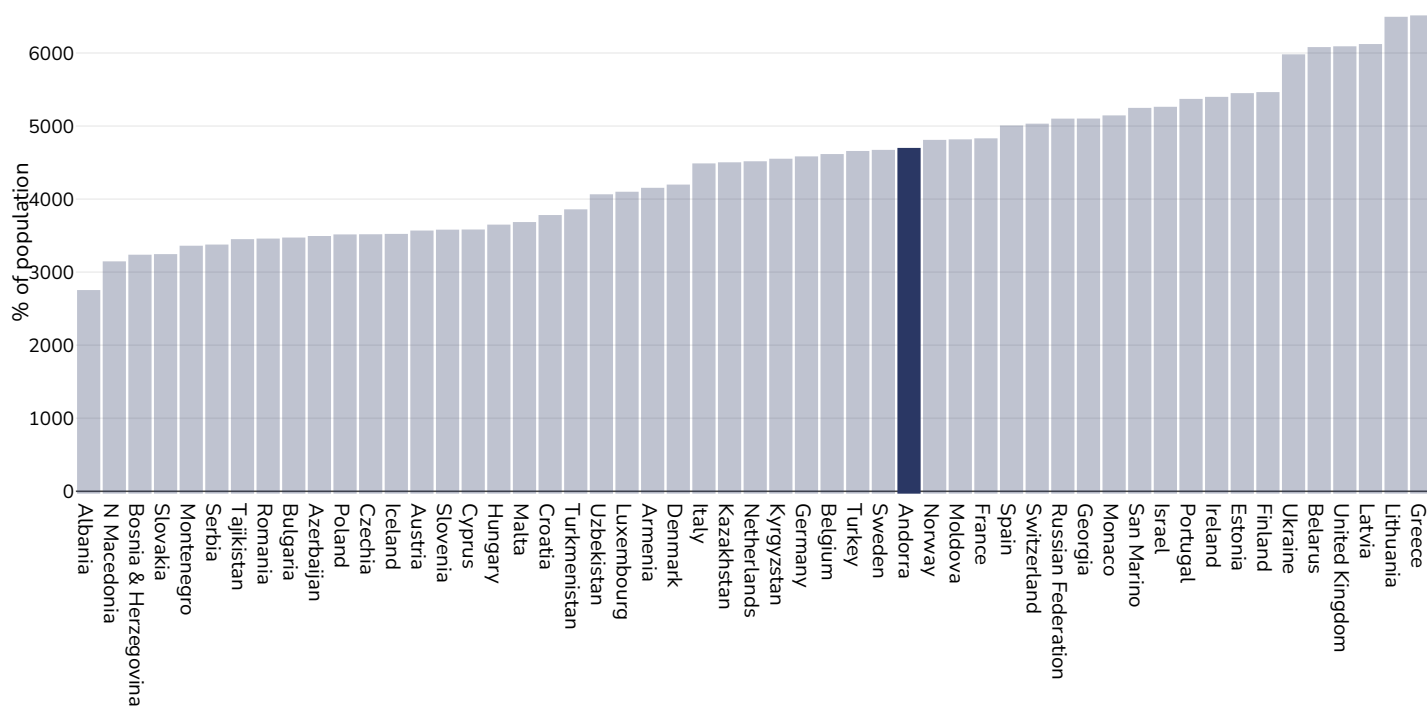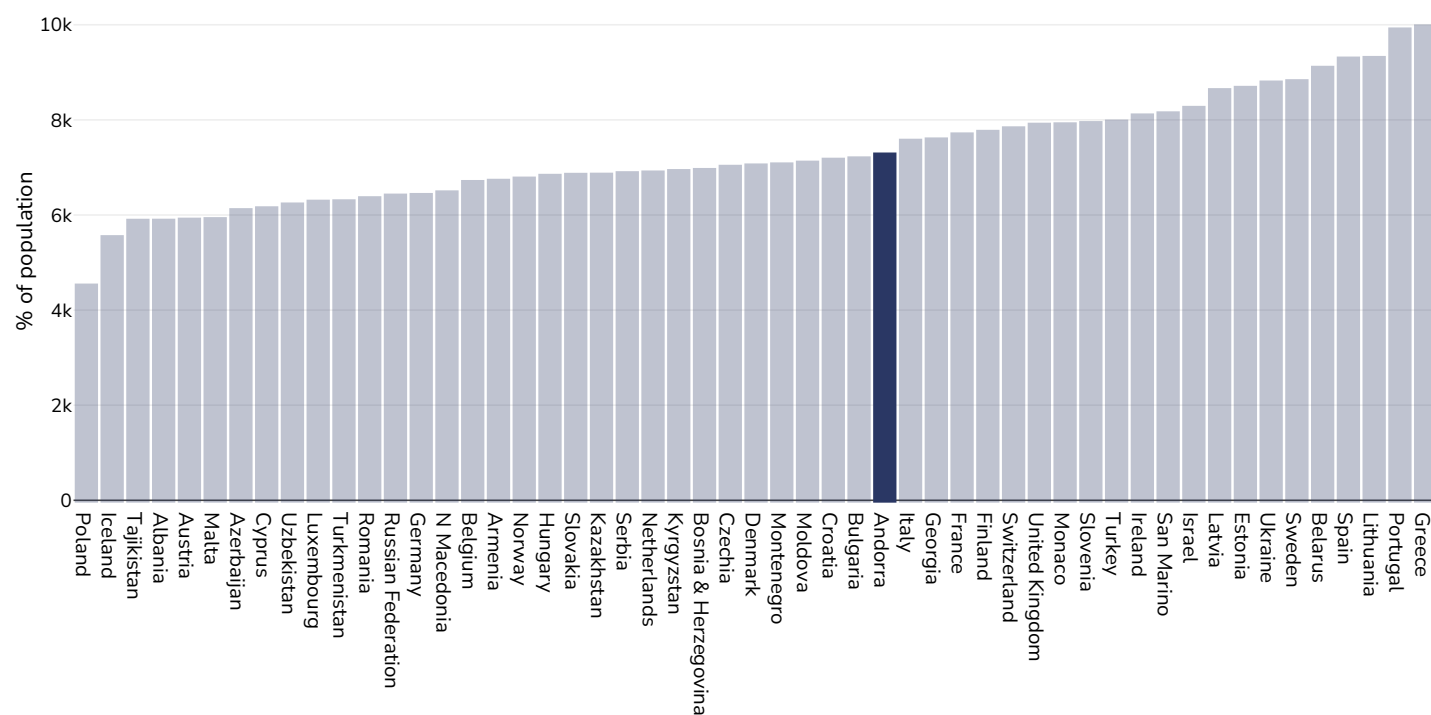| Age:	20+
Area covered:	National
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from http://vizhub.healthdata.org/gbd-compare. (Last accessed 23.04.25)
Definitions:	Number living with depression per 100,000 population (adults 20+ years)

Women, 2021

Age:	20+
Area covered:	National
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from http://vizhub.healthdata.org/gbd-compare. (Last accessed 23.04.25)
Definitions:	Number living with depression per 100,000 population (adults 20+ years)

Mental health - anxiety disorders

Adults, 2021

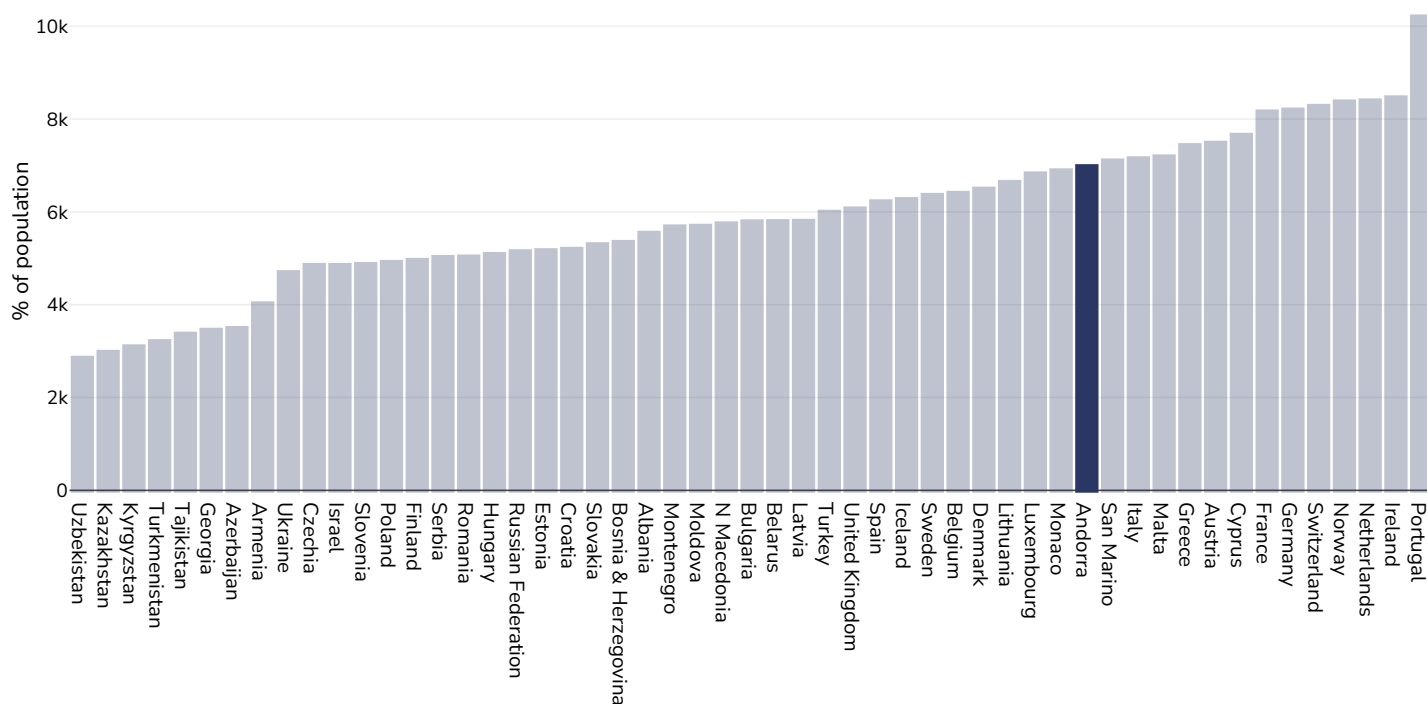| Age:	20+

References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from http://vizhub.healthdata.org/gbd-compare. (Last accessed 23.04.25).

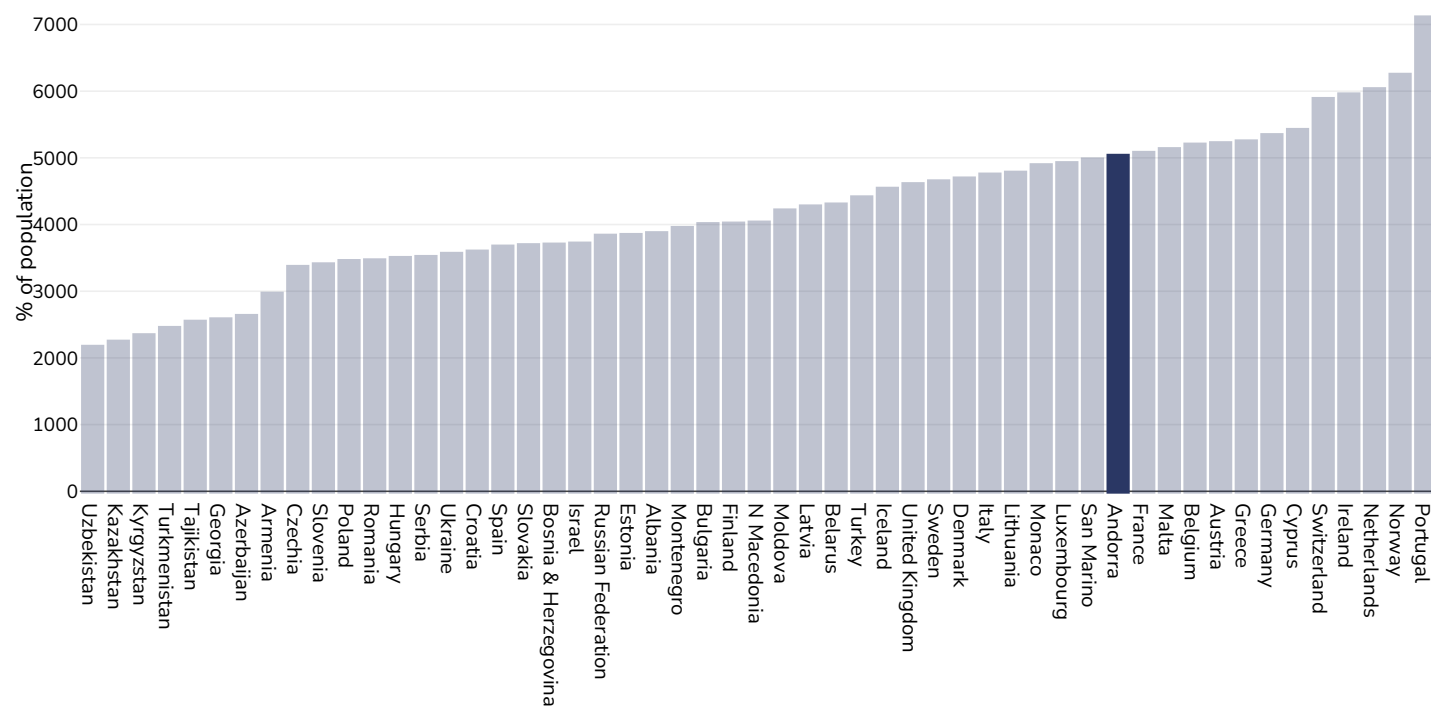| Definitions:	Number living with anxiety per 100,000 population

Men, 2021

Age:	20+

References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from http://vizhub.healthdata.org/gbd-compare. (Last accessed 23.04.25).

Definitions:	Number living with anxiety per 100,000 population

Women, 2021
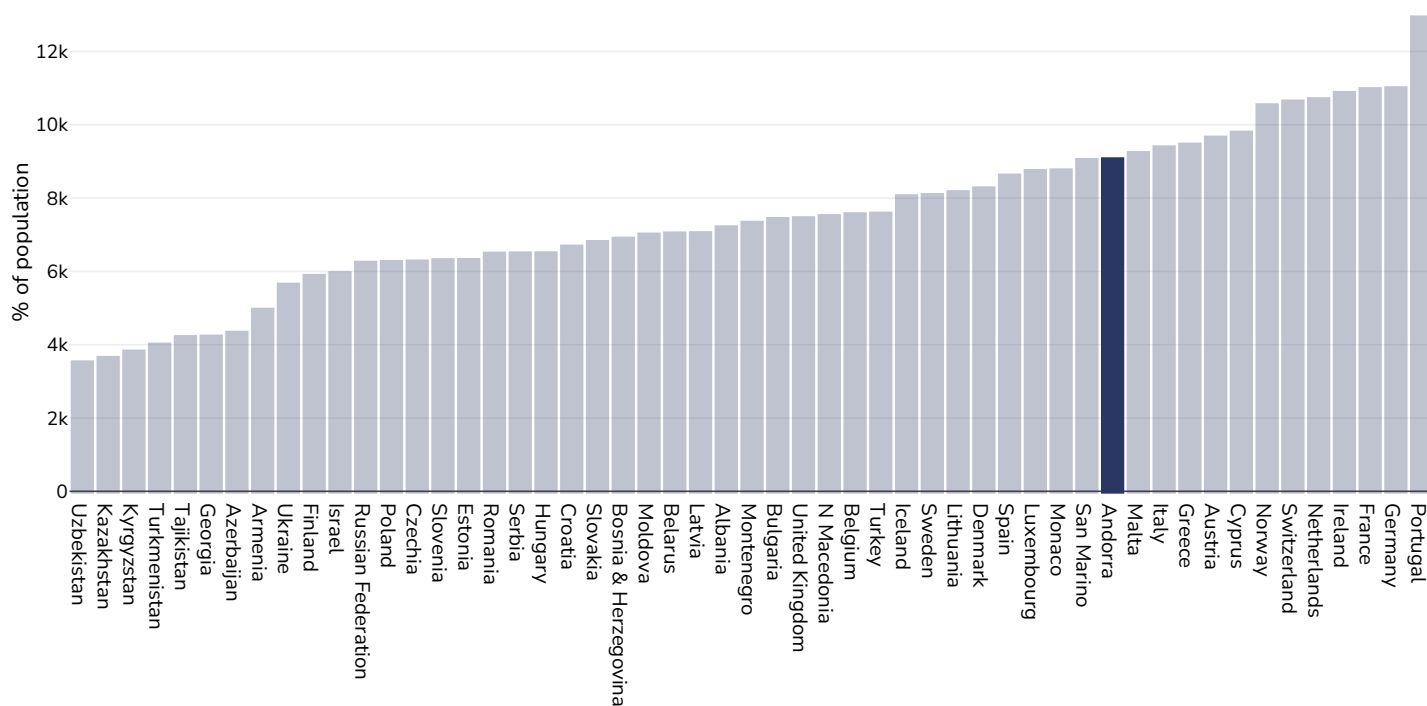
Age:	20+

Definitions:	Number living with anxiety per 100,000 population

Raised blood pressure

Adults, 2015
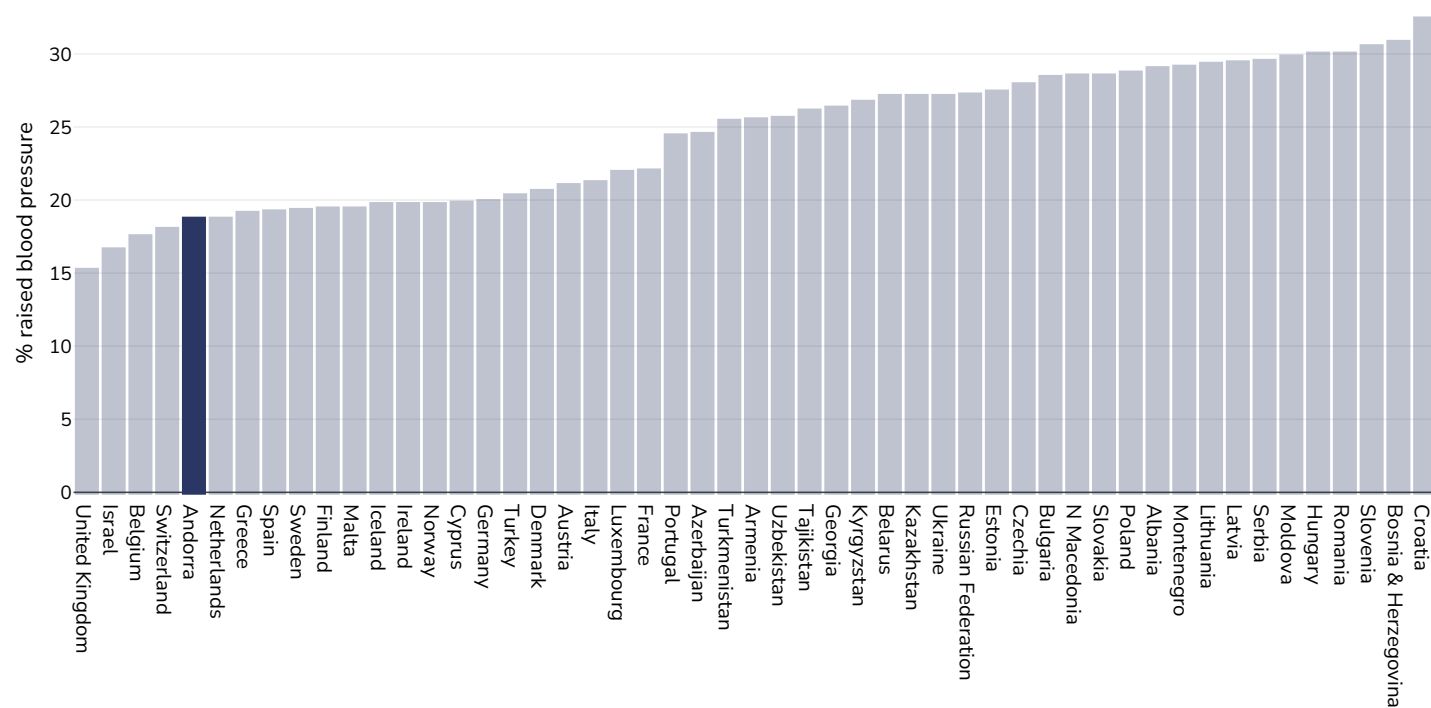
Men, 2015

References: Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A875?lang=en
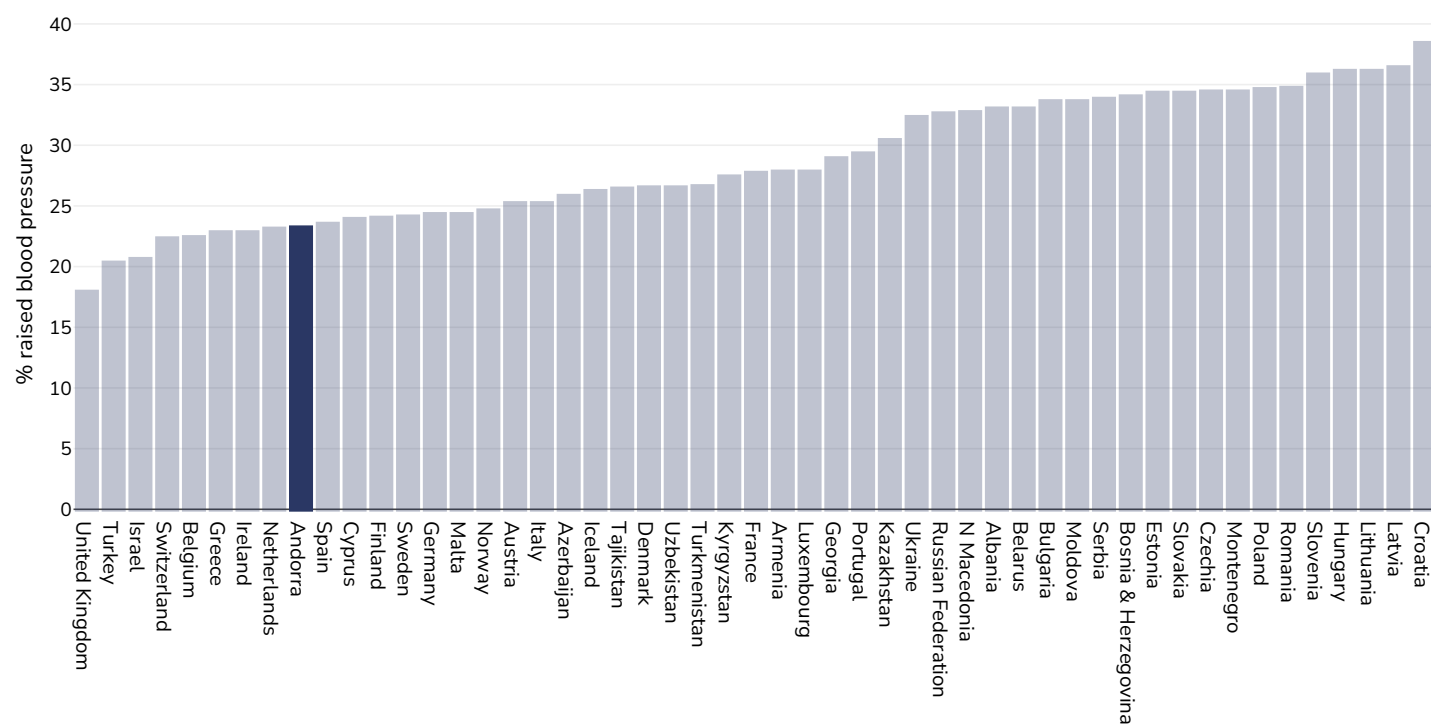
Definitions: Age Standardised estimated % Raised blood pressure 2015 (SBP>=140 OR DBP>=90).

Women, 2015

Chart: % raised blood pressure by country, Women 2015. Y-axis: % raised blood pressure (0 to 25).

Countries (left to right): United Kingdom, Belgium, Israel, Iceland, Switzerland, Andorra, Malta, Netherlands, Sweden, Finland, Norway, Spain, Denmark, Greece, Cyprus, Germany, Luxembourg, France, Ireland, Austria, Italy, Portugal, Turkey, Estonia, Czechia, Belarus, Russian Federation, Ukraine, Slovakia, Armenia, Latvia, Azerbaijan, Bulgaria, Poland, Lithuania, Georgia, Montenegro, Kazakhstan, Hungary, N Macedonia, Turkmenistan, Uzbekistan, Slovenia, Albania, Romania, Serbia, Kyrgyzstan, Tajikistan, Moldova, Croatia, Bosnia & Herzegovina.

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>=140 OR DBP>=90).

Raised cholesterol

Adults, 2008
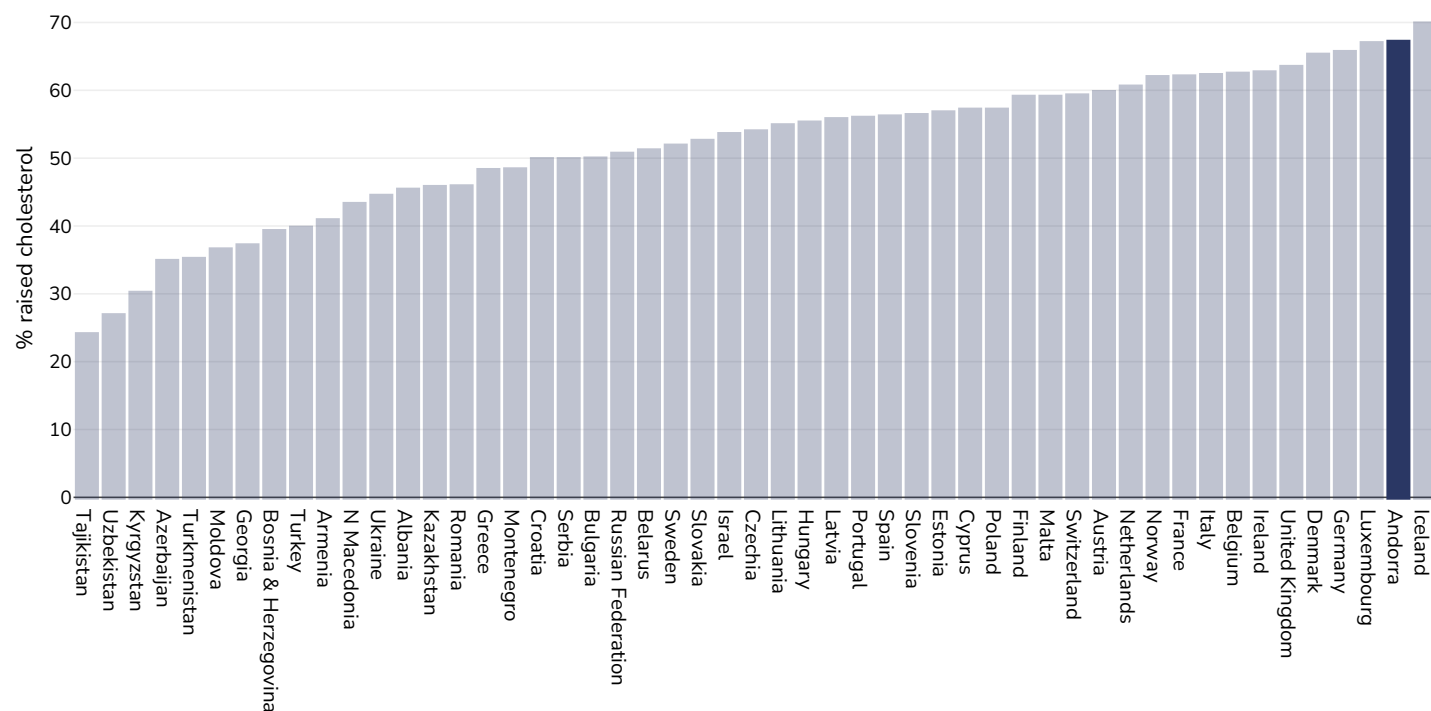
References:	Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A885
Definitions:	% Raised total cholesterol (>= 5.0 mmol/L) (age-standardized estimate).

Men, 2008

Chart: % raised cholesterol by country (Men, 2008). Countries from left to right: Tajikistan, Uzbekistan, Kyrgyzstan, Azerbaijan, Turkmenistan, Moldova, Georgia, Turkey, Bosnia & Herzegovina, Armenia, N Macedonia, Ukraine, Kazakhstan, Romania, Albania, Russian Federation, Montenegro, Croatia, Greece, Bulgaria, Belarus, Israel, Slovakia, Czechia, Lithuania, Latvia, Hungary, Estonia, Sweden, Slovenia, Portugal, Finland, Cyprus, Spain, Serbia, Poland, Malta, Switzerland, Austria, Italy, Netherlands, France, Norway, Belgium, United Kingdom, Ireland, Denmark, Luxembourg, Germany, Andorra, Iceland.

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
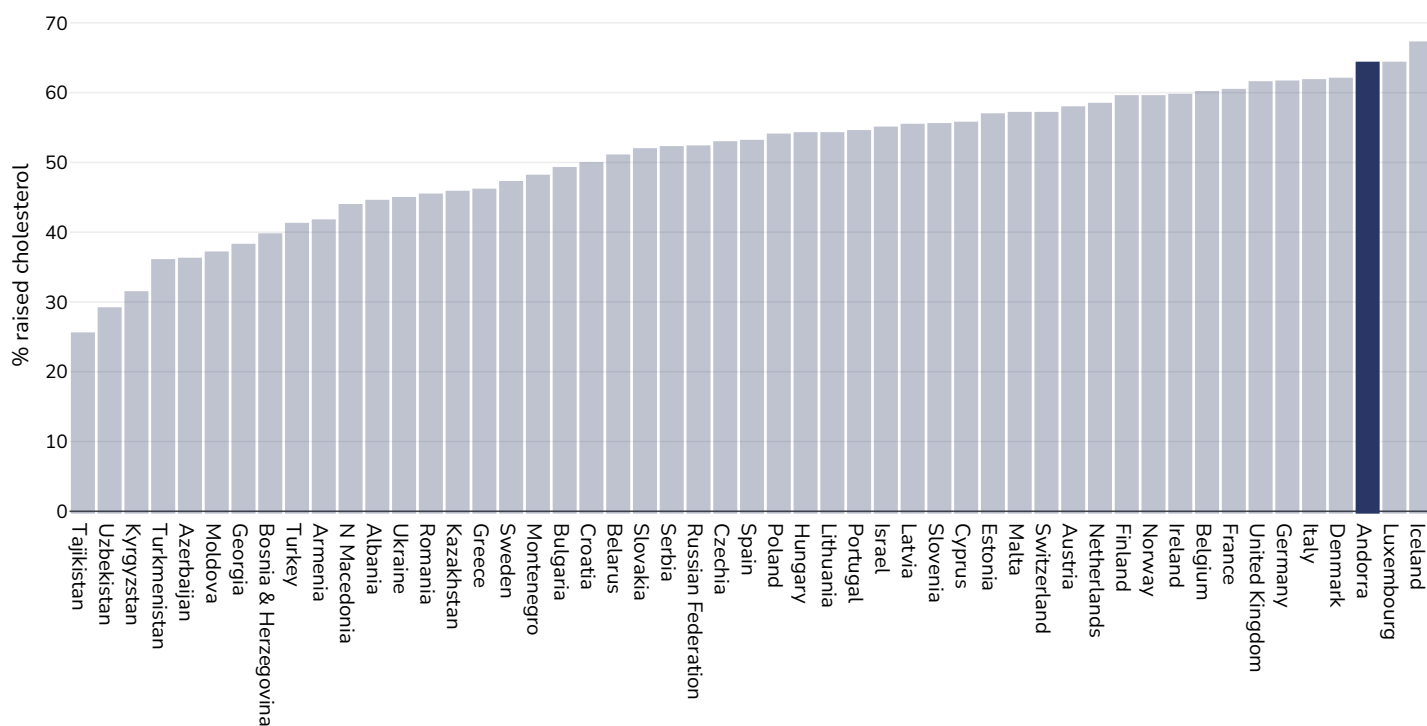
% raised cholesterol

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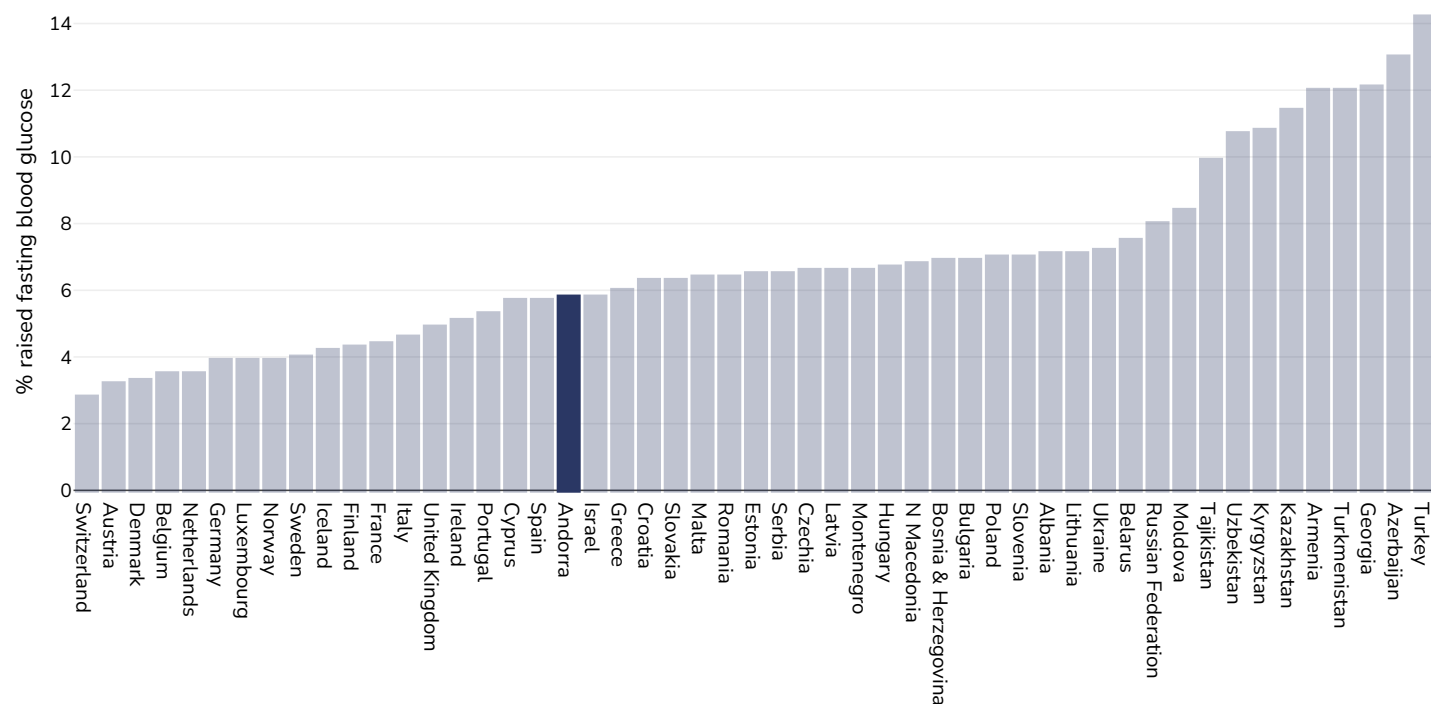
References: Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A869?lang=en

Definitions: Age Standardised % raised fasting blood glucose (>= 7.0 mmol/L or on medication).

Women, 2014

% raised fasting blood glucose

Netherlands, Switzerland, Austria, Denmark, Belgium, Sweden, Germany, Norway, Finland, United Kingdom, Luxembourg, Israel, Italy, Greece, Ireland, Romania, Serbia, Slovenia, Russian Federation, Ukraine, France, Iceland, Montenegro, N Macedonia, Albania, Estonia, Latvia, Moldova, Belarus, Bosnia & Herzegovina, Andorra, Slovakia, Cyprus, Bulgaria, Croatia, Czechia, Poland, Portugal, Spain, Hungary, Lithuania, Malta, Kyrgyzstan, Tajikistan, Uzbekistan, Armenia, Azerbaijan, Kazakhstan, Turkmenistan, Turkey, Georgia

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, 2024
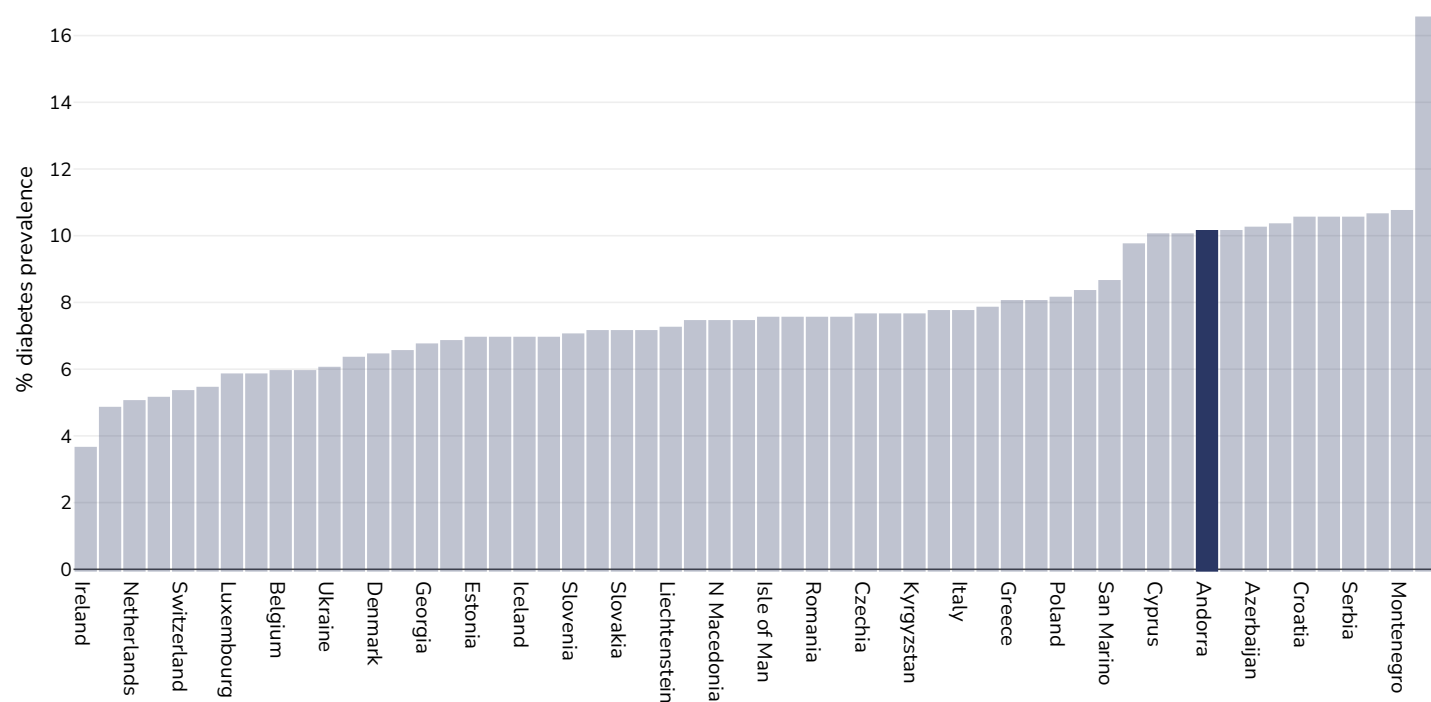
References: Reproduced with kind permission International Diabetes Federation. IDF Diabetes Atlas, 11th edn. Brussels, Belgium:International Diabetes Federation, 2025. http://www.diabetesatlas.org

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