

Report card

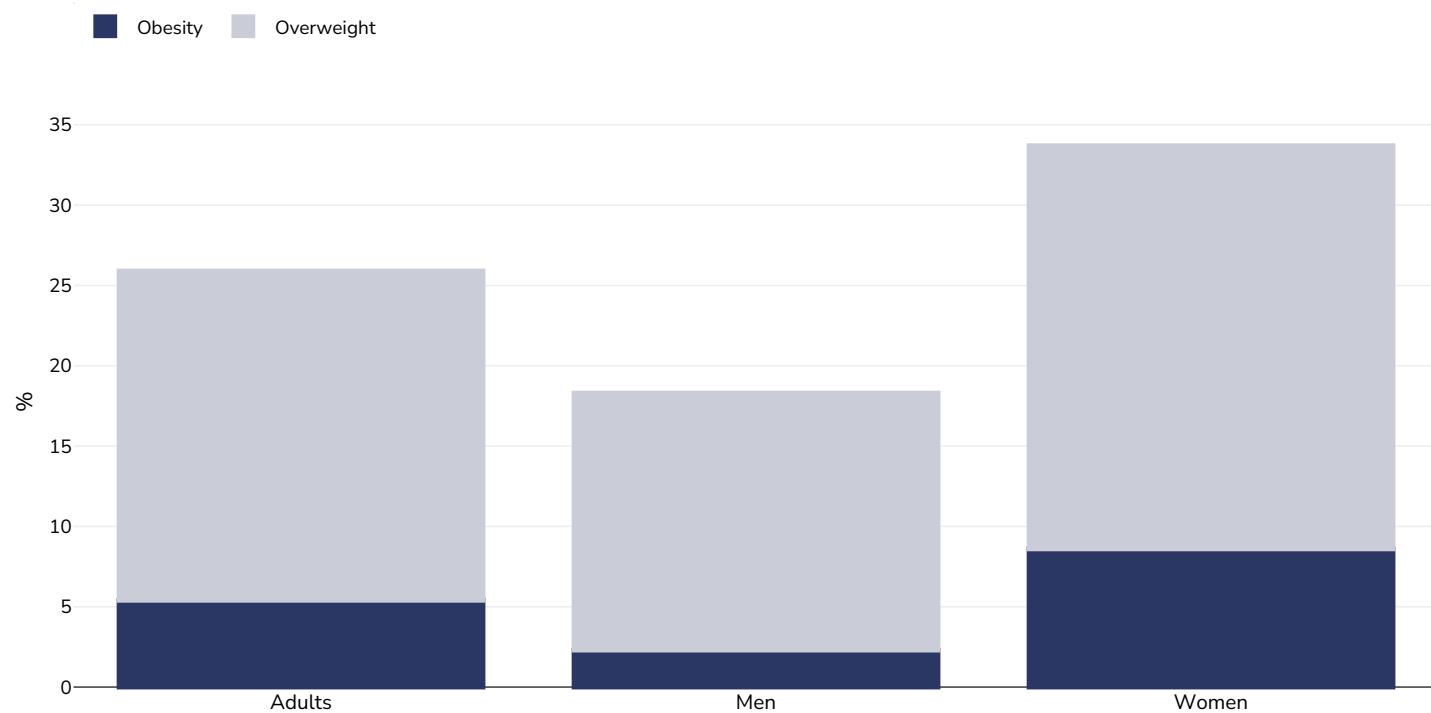
Bangladesh



Contents	Page
Obesity prevalence	2
Trend: % Adults living with obesity in Bangladesh 1995-2017	5
Trend: % Adults living with overweight or obesity in Bangladesh 1995-2017	6
Trend: % Adults living with obesity in selected countries in the Asia/Oceania Region 1975-2019, selected countries	7
Overweight/obesity by education	12
Overweight/obesity by age	15
Overweight/obesity by region	17
Overweight/obesity by socio-economic group	21
Insufficient physical activity	25
Average daily frequency of carbonated soft drink consumption	31
Estimated per capita fruit intake	32
Prevalence of less than daily fruit consumption	33
Prevalence of less than daily vegetable consumption	34
Average weekly frequency of fast food consumption	35
Estimated per-capita processed meat intake	36
Estimated per capita whole grains intake	37
Mental health - depression disorders	38
Mental health - anxiety disorders	39
% Infants exclusively breastfed 0-5 months	40
Oesophageal cancer	41
Breast cancer	43
Colorectal cancer	44
Pancreatic cancer	46
Gallbladder cancer	51
Kidney cancer	53
Cancer of the uterus	55
Raised blood pressure	56
Raised cholesterol	59
Raised fasting blood glucose	62
Diabetes prevalence	64
Contextual factors	65

Obesity prevalence

Adults, 2018



Survey type: Measured

Age: 18-69

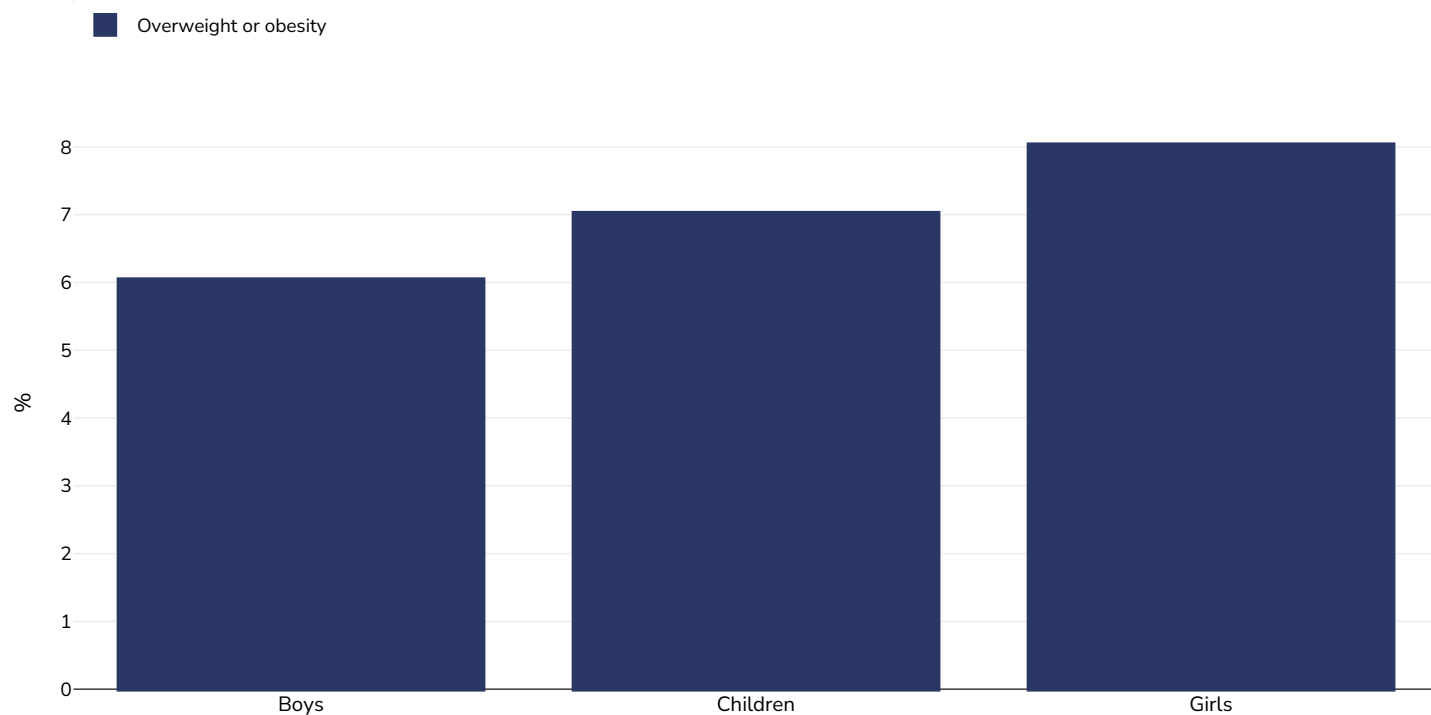
Sample size: 7985

Area covered: National

References: National STEPS Survey for Non-communicable Diseases Risk Factors in Bangladesh 2018. National Institute of Preventive and Social Medicine (NIPSOM) Mohakhali, Dhaka1212 Available at <https://extranet.who.int/ncdsmicrodata/index.php/catalog/770> (last accessed 05.10.2020)

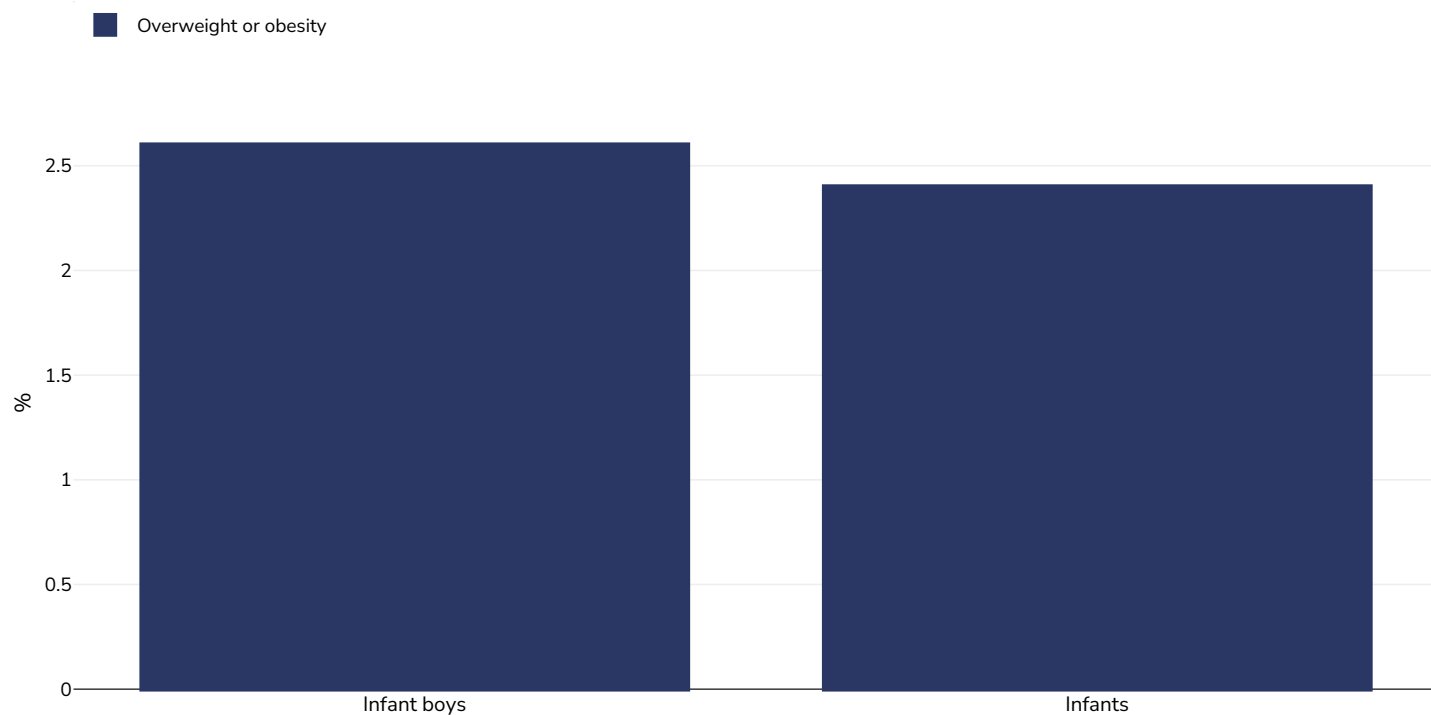
Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².

Children, 2018-2019



Survey type:	Measured
Age:	10-19
Sample size:	9772
Area covered:	National
References:	Urmy, N.J., Hossain, M.M., Shamim, A.A., Khan, M.S.A., Hanif, A.A.M., Hasan, M., Akter, F., Mitra, D.K., Hossaine, M., Ullah, M.A. and Sarker, S.K., 2020. Noncommunicable Disease Risk Factors Among Adolescent Boys and Girls in Bangladesh: Evidence From a National Survey. <i>Osong Public Health and Research Perspectives</i> , 11(6), pp.351-364.
Notes:	4,907 boys and 4,865 girls NB. Combined child data estimated. These estimates were calculated by weighting male and female survey results. Weighting based on World Bank Population % total female 2019 (https://data.worldbank.org/indicator/SP.POP.TOTL.FE.ZS - accessed 21.10.20)
Cutoffs:	WHO

Infants, 2019



Age: 0-5

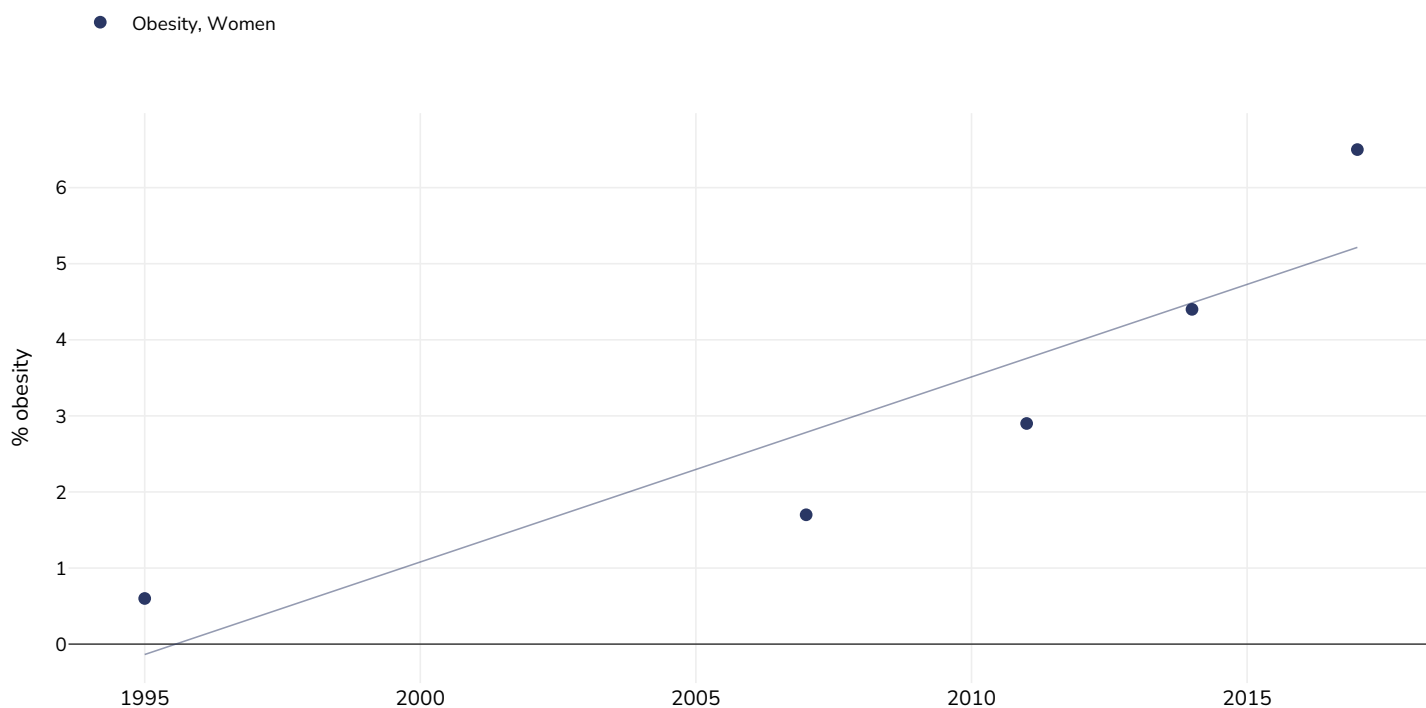
Sample size: 22011

References: MICS: Bangladesh Multiple Indicator Cluster Survey 2019, Survey Findings Report. Dhaka, Bangladesh: Bangladesh Bureau of Statistics (BBS)

Notes: UNICEF/WHO/World Bank Joint Child Malnutrition Estimates Expanded Database: Overweight (Survey Estimates), May 2023, New York. For more information about the methodology, please consult <https://data.unicef.org/resources/jme-2023-country-consultations/> Percentage of children under 5 years of age falling above 2 standard deviations (moderate and severe) from the median weight-for-height of the reference population.

Definitions: =>+2SD

% Adults living with obesity in Bangladesh 1995-2017



Survey type: Measured

References: 1995: Martorell R, Khan LK, Hughes ML, Grummer Strawn LM. Obesity in women from developing countries. EJCN (2000) 54;247-252

2007: National Institute of Population Research and Training (NIPORT), Mitra and Associates, and Macro International. 2008. Bangladesh Demographic and Health Survey 2007: Key Findings. Calverton, Maryland, USA: NIPORT, Mitra and Associates, and Macro International.

2011: National Institute of Population Research and Training - NIPORT/Bangladesh, Mitra and Associates/Bangladesh, and ICF International. 2013. Bangladesh Demographic and Health Survey 2011. Dhaka, Bangladesh: NIPORT, Mitra and Associates, and ICF International.

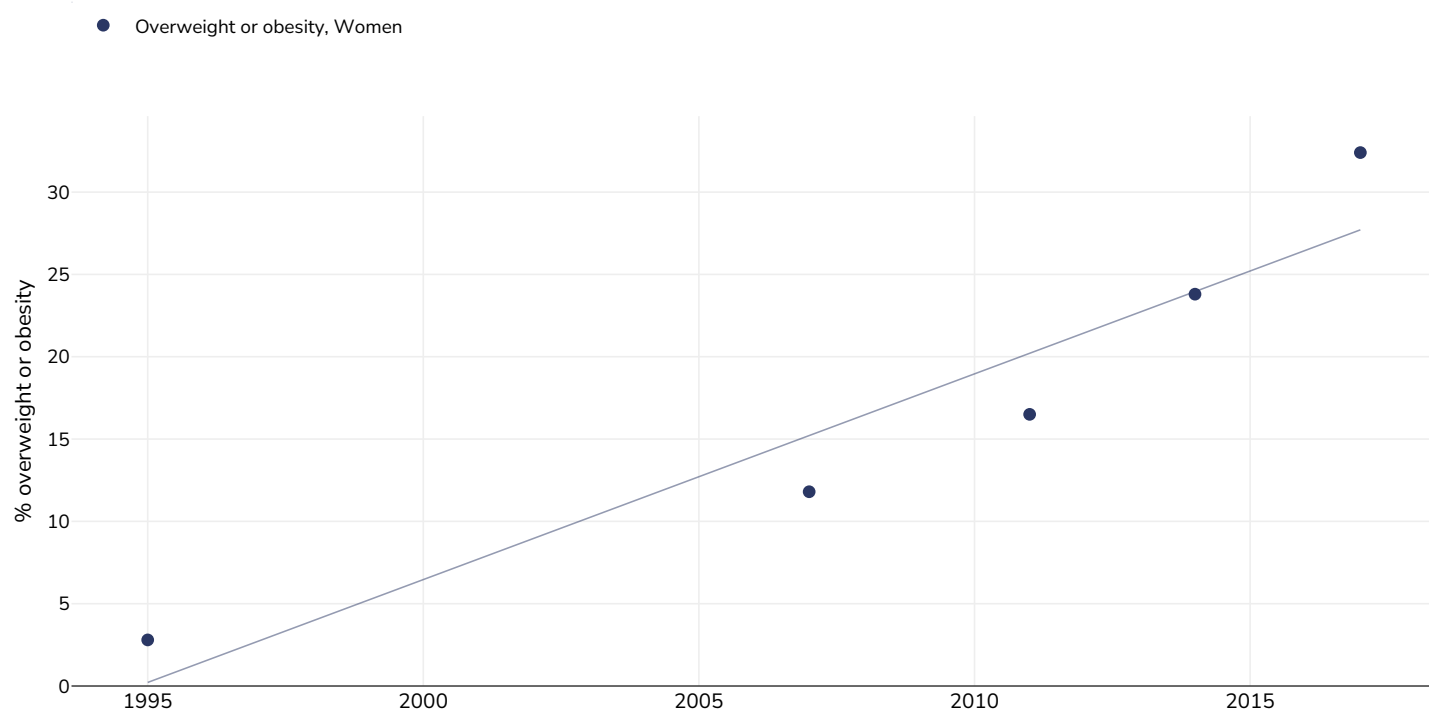
2014: National Institute of Population Research and Training - NIPORT/Bangladesh, Mitra and Associates, and ICF International. 2016. Bangladesh Demographic and Health Survey 2014. Dhaka, Bangladesh: NIPORT, Mitra and Associates, and ICF International. <http://www.dhsprogram.com/publications/publication-FR311-DHS-Final-Reports.cfm> (last accessed 11th April 2016)

2017: National Institute of Population Research and Training (NIPORT), and ICF. 2020. Bangladesh Demographic and Health Survey 2017-18. Dhaka, Bangladesh, and Rockville, Maryland, USA: NIPORT and ICF <https://dhsprogram.com/pubs/pdf/FR344/FR344.pdf> (last accessed 10.08.22)

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 in Bangladesh 1995-2017



Survey type: Measured

References: 1995: Martorell R, Khan LK, Hughes ML, Grummer Strawn LM. Obesity in women from developing countries. EJCN (2000) 54;247-252

2007: National Institute of Population Research and Training (NIPORT), Mitra and Associates, and Macro International. 2008. Bangladesh Demographic and Health Survey 2007: Key Findings. Calverton, Maryland, USA: NIPORT, Mitra and Associates, and Macro International.

2011: National Institute of Population Research and Training - NIPORT/Bangladesh, Mitra and Associates/Bangladesh, and ICF International. 2013. Bangladesh Demographic and Health Survey 2011. Dhaka, Bangladesh: NIPORT, Mitra and Associates, and ICF International.

2014: National Institute of Population Research and Training - NIPORT/Bangladesh, Mitra and Associates, and ICF International. 2016. Bangladesh Demographic and Health Survey 2014. Dhaka, Bangladesh: NIPORT, Mitra and Associates, and ICF International. <http://www.dhsprogram.com/publications/publication-FR311-DHS-Final-Reports.cfm> (last accessed 11th April 2016)

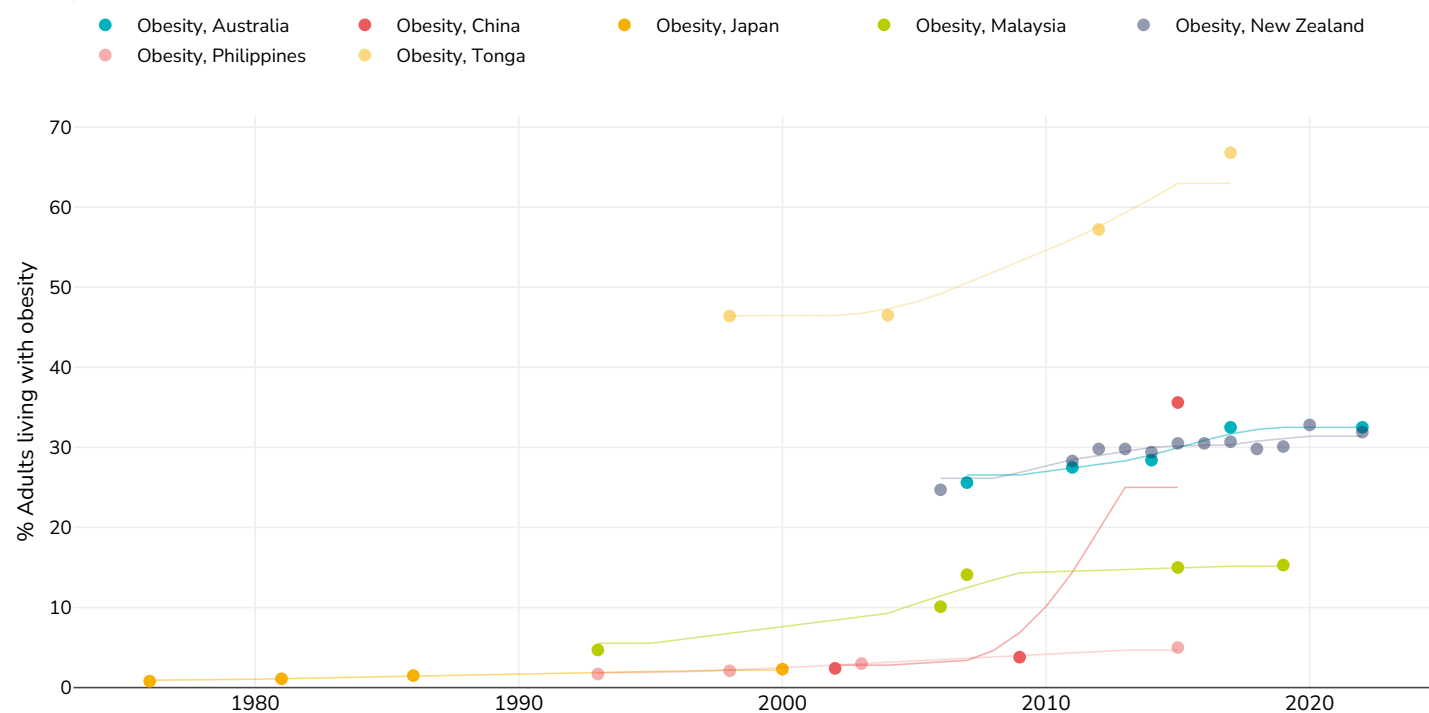
2017: National Institute of Population Research and Training (NIPORT), and ICF. 2020. Bangladesh Demographic and Health Survey 2017-18. Dhaka, Bangladesh, and Rockville, Maryland, USA: NIPORT and ICF <https://dhsprogram.com/pubs/pdf/FR344/FR344.pdf> (last accessed 10.08.22)

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 in selected countries in the Asia/Oceania
Region 1975-2019, selected countries**

Men



References:

1976, 1981, 1986: Yoshiike N, Seino F, Tajima S, Arai Y, Kawano M, Furuhashi T, Inoue S. Twenty-year changes in the prevalence of overweight in Japanese adults: The National Nutrition Survey 1976-95. *Obesity Reviews* 2002;3:183-190

1993: Solon FS. Nutrition related chronic diseases in the Philippines. Makati city, Philippines: Nutrition Center of the Philippines Report Series, vol 2, No.1, cited in Reference 53

1995, 1996: Martorell R, Khan LK, Hughes ML, Grummer Strawn LM. Obesity in women from developing countries. *EJCN* (2000) 54:247-252

1998: Colaguir S, Colagiuri R, Na'ati S, Muimuiheata S, Hussain Z and Palau T. (2002). The prevalence of diabetes in the Kingdom of Tonga. *Diabetes care*, 25: 1378 - 1383.

2000: Asia Pacific Cohort Studies Collaboration. The burden of overweight and obesity in the Asia-Pacific region. *Obesity Reviews* 2007;8:191-196.

2001: SCN (2004). 5th Report on the World Nutrition Situation. Nutrition for Improved Development Outcomes. Appendix 11

2002: Report of the 2002 China National Nutrition and Health Survey. 2004. (In Chinese). Chinese Ministry of Public Health (CMPH).

2003: <http://www.fnri.dost.gov.ph/files/fnri%20files/nns/factsandfigures2003/anthropometric.pdf> (last accessed June 14th 2011)

2004: Tonga STEPS Survey 2004

2005, 2013: 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

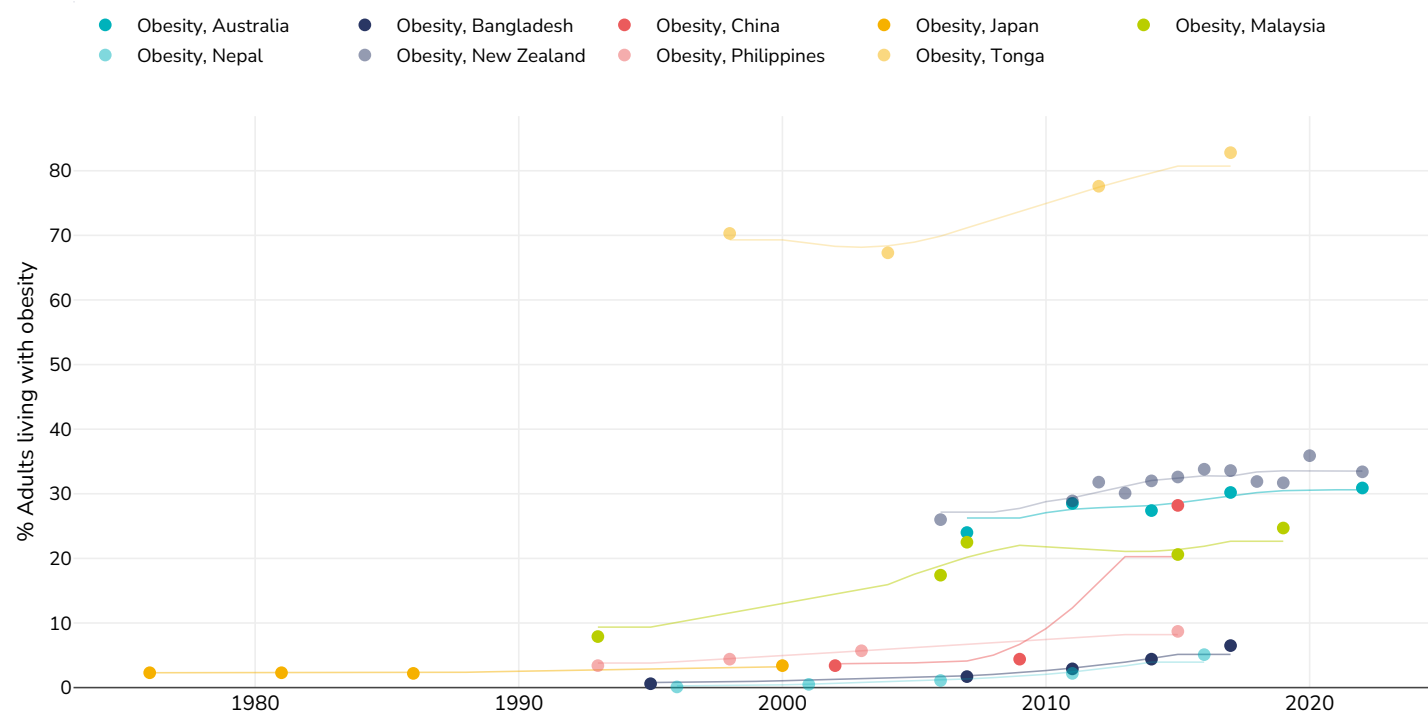
2006: Ministry of Health and Population - MOHP/Nepal, New ERA/Nepal, and Macro International. 2007. Nepal Demographic and Health Survey 2006. Kathmandu, Nepal: MOHP/Nepal, New ERA/Nepal, and Macro International.

2007: National Institute of Population Research and Training (NIPORT), Mitra and Associates, and Macro International. 2008. Bangladesh Demographic and Health Survey 2007: Key Findings. Calverton, Maryland, USA: NIPORT, Mitra and Associates, and Macro International.

2009: Yan, S., Li, J., Li, S., Zhang, B., Du, S., Gordon-Larsen, P., Adair, L. and Popkin, B. (2012), The expanding burden of cardiometabolic risk in China: the China Health and Nutrition Survey. *Obesity Reviews*. doi: 10.1111/obr.11467

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

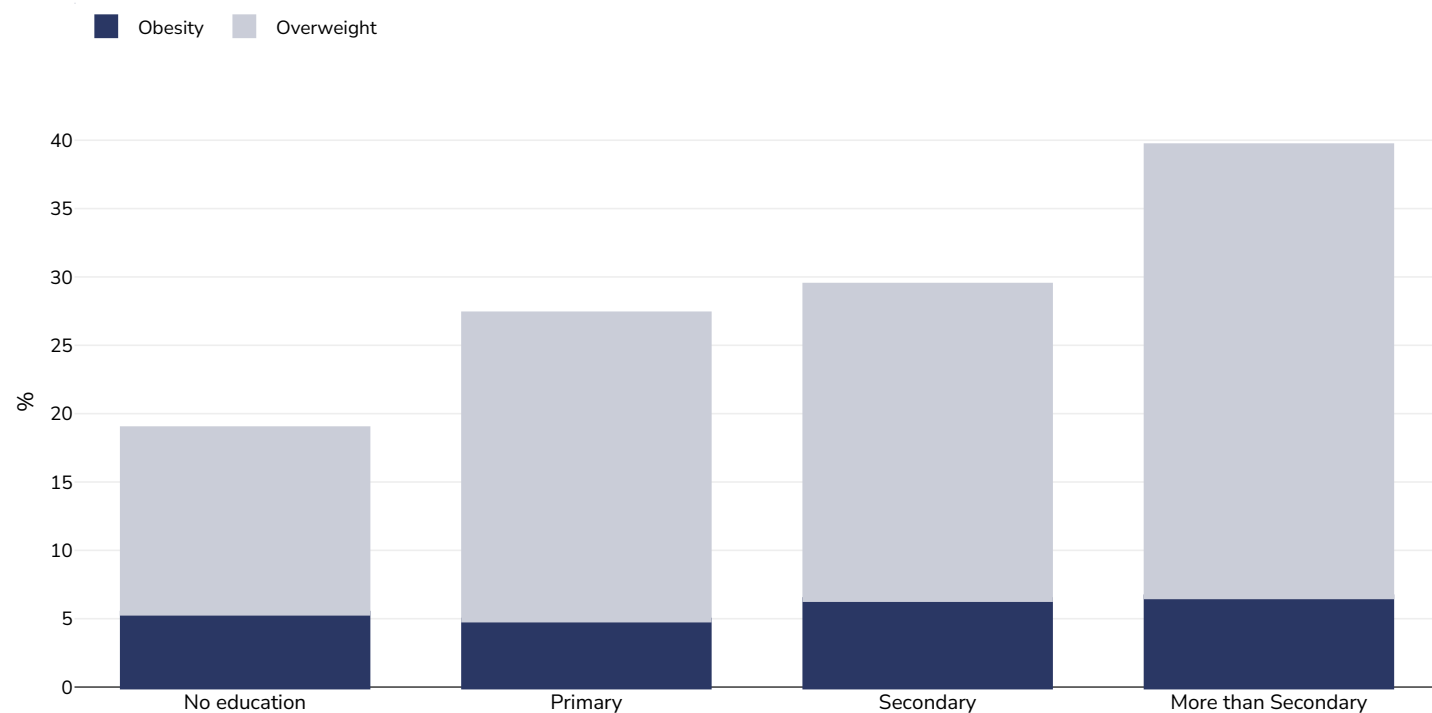


- References:
- 1976, 1981, 1986: Yoshiike N, Seino F, Tajima S, Arai Y, Kawano M, Furuhashi T, Inoue S. Twenty-year changes in the prevalence of overweight in Japanese adults: The National Nutrition Survey 1976-95. *Obesity Reviews* 2002;3:183-190
 - 1993: Solon FS. Nutrition related chronic diseases in the Philippines. Makati city, Philippines: Nutrition Center of the Philippines Report Series, vol 2, No.1, cited in Reference 53
 - 1995, 1996: Martorell R, Khan LK, Hughes ML, Grummer Strawn LM. Obesity in women from developing countries. *EJCN* (2000) 54:247-252
 - 1998: Colaguir S, Colagiuri R, Na'ati S, Muimuiheata S, Hussain Z and Palau T. (2002). The prevalence of diabetes in the Kingdom of Tonga. *Diabetes care*, 25: 1378 - 1383.
 - 2000: Asia Pacific Cohort Studies Collaboration. The burden of overweight and obesity in the Asia-Pacific region. *Obesity Reviews* 2007;8:191-196.
 - 2001: SCN (2004). 5th Report on the World Nutrition Situation. Nutrition for Improved Development Outcomes. Appendix 11
 - 2002: Report of the 2002 China National Nutrition and Health Survey. 2004. (In Chinese). Chinese Ministry of Public Health (CMPH).
 - 2003: <http://www.fnri.dost.gov.ph/files/fnri%20files/nns/factsandfigures2003/anthropometric.pdf> (last accessed June 14th 2011)
 - 2004: Tonga STEPS Survey 2004
 - 2005, 2013: 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
 - 2006: Ministry of Health and Population - MOHP/Nepal, New ERA/Nepal, and Macro International. 2007. Nepal Demographic and Health Survey 2006. Kathmandu, Nepal: MOHP/Nepal, New ERA/Nepal, and Macro International.
 - 2007: National Institute of Population Research and Training (NIPORT), Mitra and Associates, and Macro International. 2008. Bangladesh Demographic and Health Survey 2007: Key Findings. Calverton, Maryland, USA: NIPORT, Mitra and Associates, and Macro International.
 - 2009: Yan, S., Li, J., Li, S., Zhang, B., Du, S., Gordon-Larsen, P., Adair, L. and Popkin, B. (2012), The expanding burden of cardiometabolic risk in China: the China Health and Nutrition Survey. *Obesity Reviews*. doi: 10.1111/obr.11467

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: 18-69

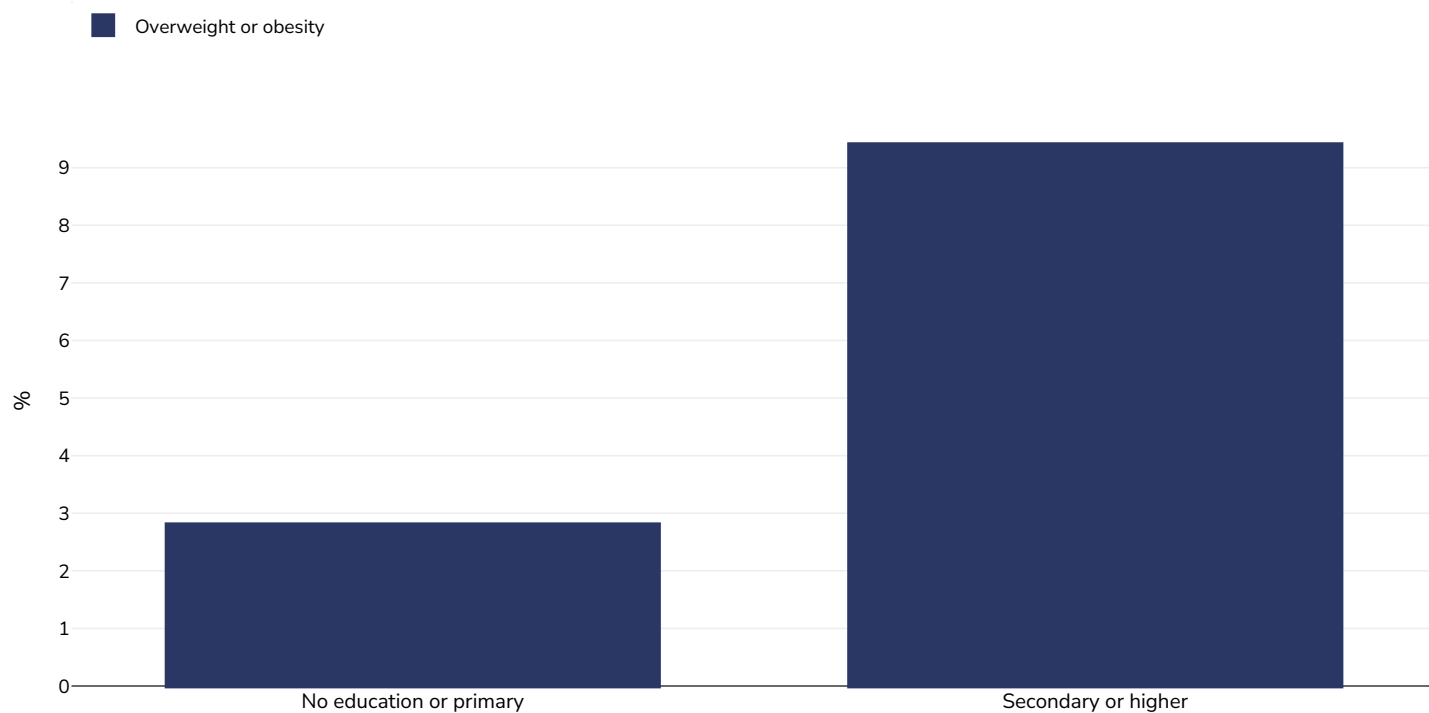
Sample size: 7985

Area covered: National

References: National STEPS Survey for Non-communicable Diseases Risk Factors in Bangladesh 2018. National Institute of Preventive and Social Medicine (NIPSOM) Mohakhali, Dhaka1212 Available at <https://extranet.who.int/ncdsmicrodata/index.php/catalog/770> (last accessed 05.10.20)

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

Girls, 2014



Survey type: Measured

Age: 15-19

Sample size: 1188

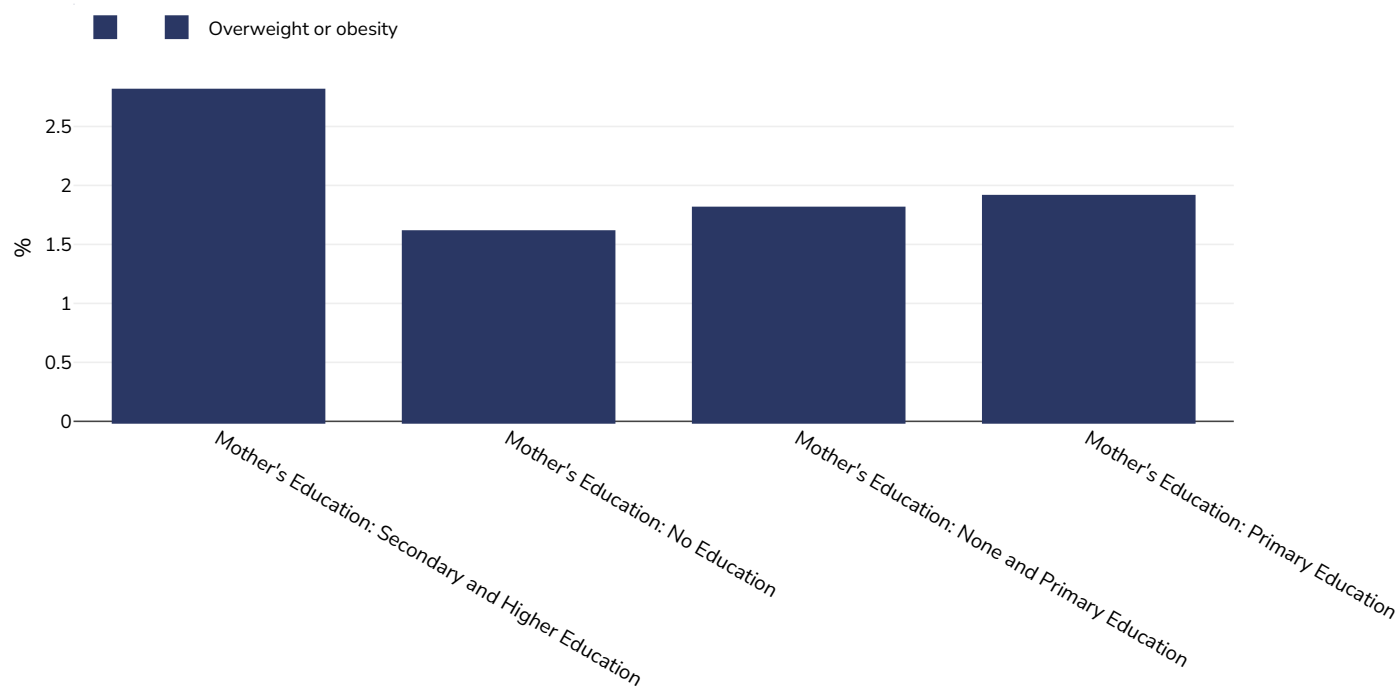
Area covered: National

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. National Institute of Population Research and Training - NIPORT/Bangladesh, Mitra and Associates, and ICF International. 2016. Bangladesh Demographic and Health Survey 2014. Dhaka, Bangladesh: NIPORT, Mitra and Associates, and ICF International.

Definitions: BMI for age: between +1 SD and +2 SD is overweight and greater than +2 SD is obesity

Cutoffs: WHO 2007

Infants, 2019



Sample size: 22011

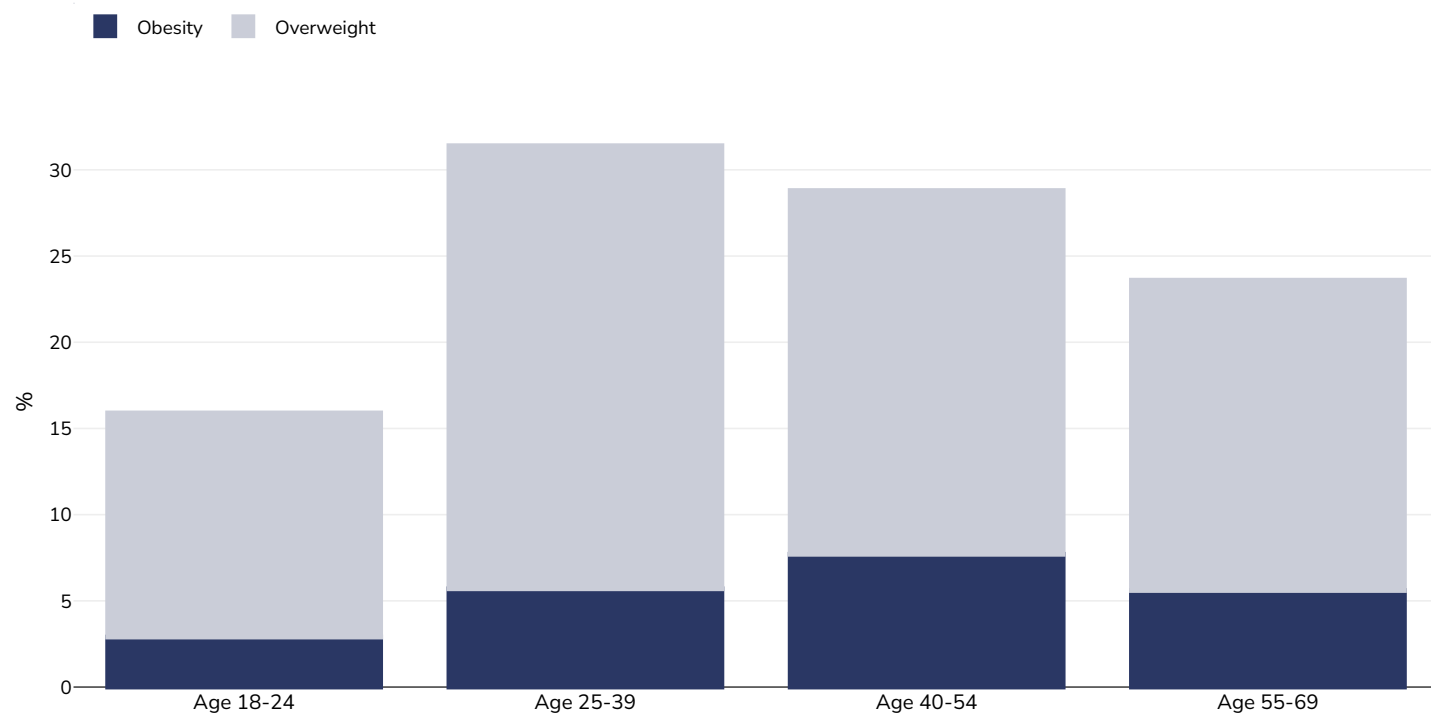
References: MICS: Bangladesh Multiple Indicator Cluster Survey 2019, Survey Findings Report. Dhaka, Bangladesh: Bangladesh Bureau of Statistics (BBS)

Notes: UNICEF/WHO/World Bank Joint Child Malnutrition Estimates Expanded Database: Overweight (Survey Estimates), May 2023, New York. For more information about the methodology, please consult <https://data.unicef.org/resources/jme-2023-country-consultations/> Percentage of children under 5 years of age falling above 2 standard deviations (moderate and severe) from the median weight-for-height of the reference population.

Definitions: =>+2SD

Overweight/obesity by age

Adults, 2018



Survey type: Measured

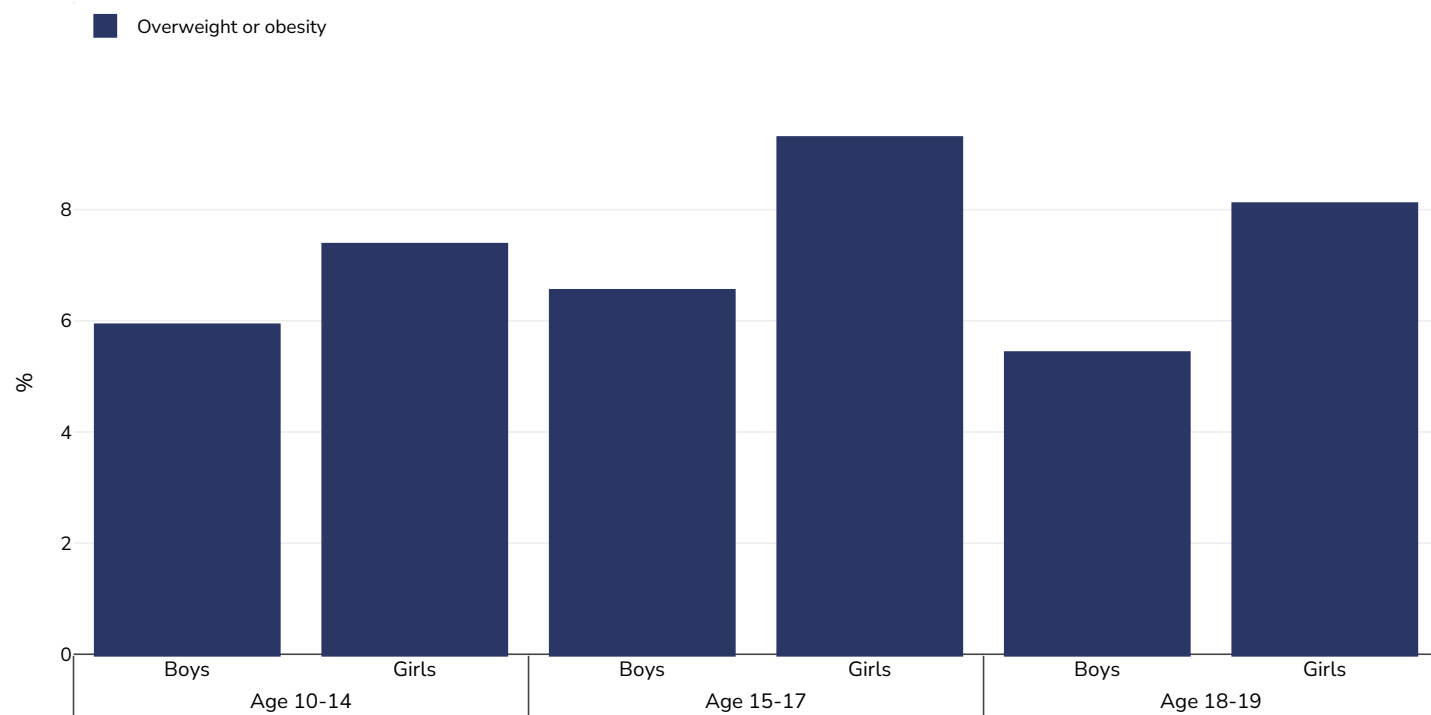
Sample size: 7985

Area covered: National

References: National STEPS Survey for Non-communicable Diseases Risk Factors in Bangladesh 2018. National Institute of Preventive and Social Medicine (NIPSOM) Mohakhali, Dhaka1212 Available at <https://extranet.who.int/ncdsmicrodata/index.php/catalog/770> (last accessed 05.10.200)

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

Children, 2018-2019



Survey type: Measured

Sample size: 9772

Area covered: National

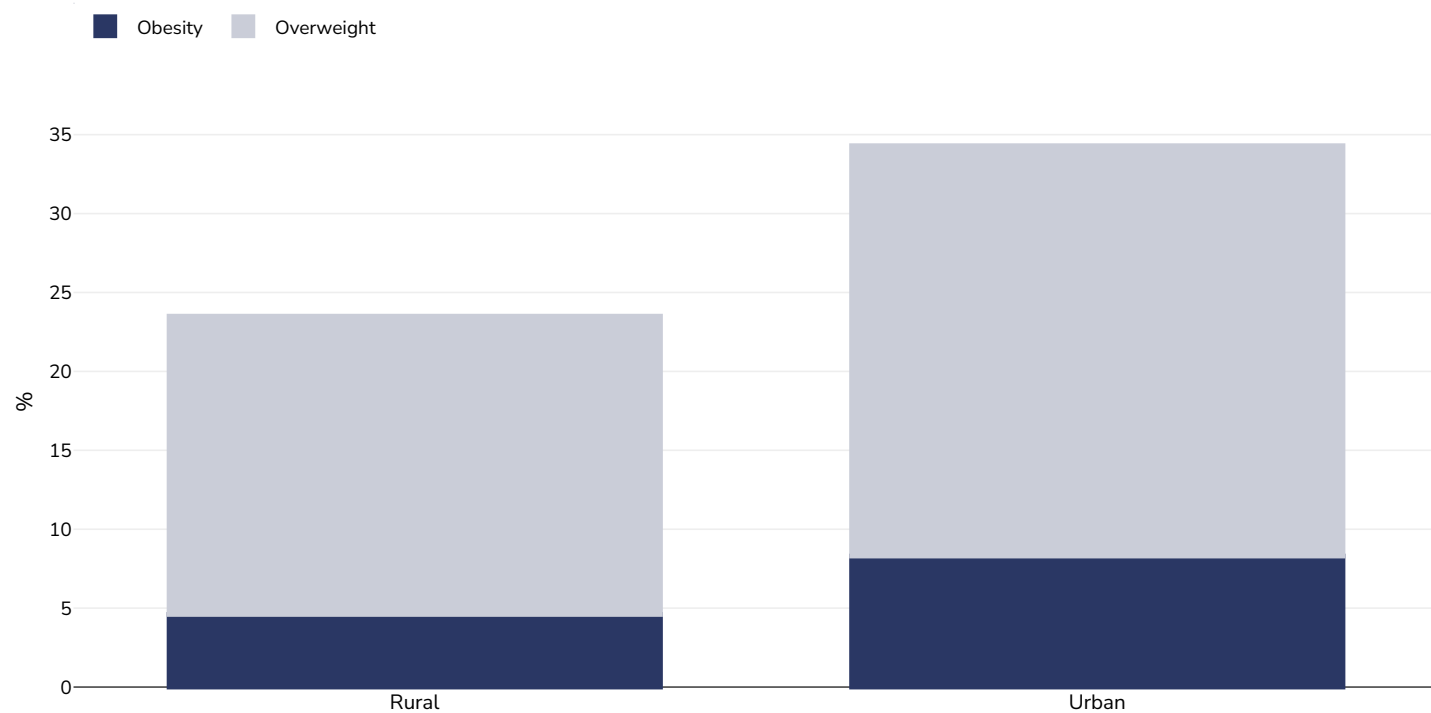
References: Urmy, N.J., Hossain, M.M., Shamim, A.A., Khan, M.S.A., Hanif, A.A.M., Hasan, M., Akter, F., Mitra, D.K., Hossain, M., Ullah, M.A. and Sarker, S.K., 2020. Noncommunicable Disease Risk Factors Among Adolescent Boys and Girls in Bangladesh: Evidence From a National Survey. *Osong Public Health and Research Perspectives*, 11(6), pp.351-364.

Notes: 4,907 boys and 4,865 girls

Cutoffs: WHO

Overweight/obesity by region

Adults, 2018



Survey type: Measured

Age: 18-69

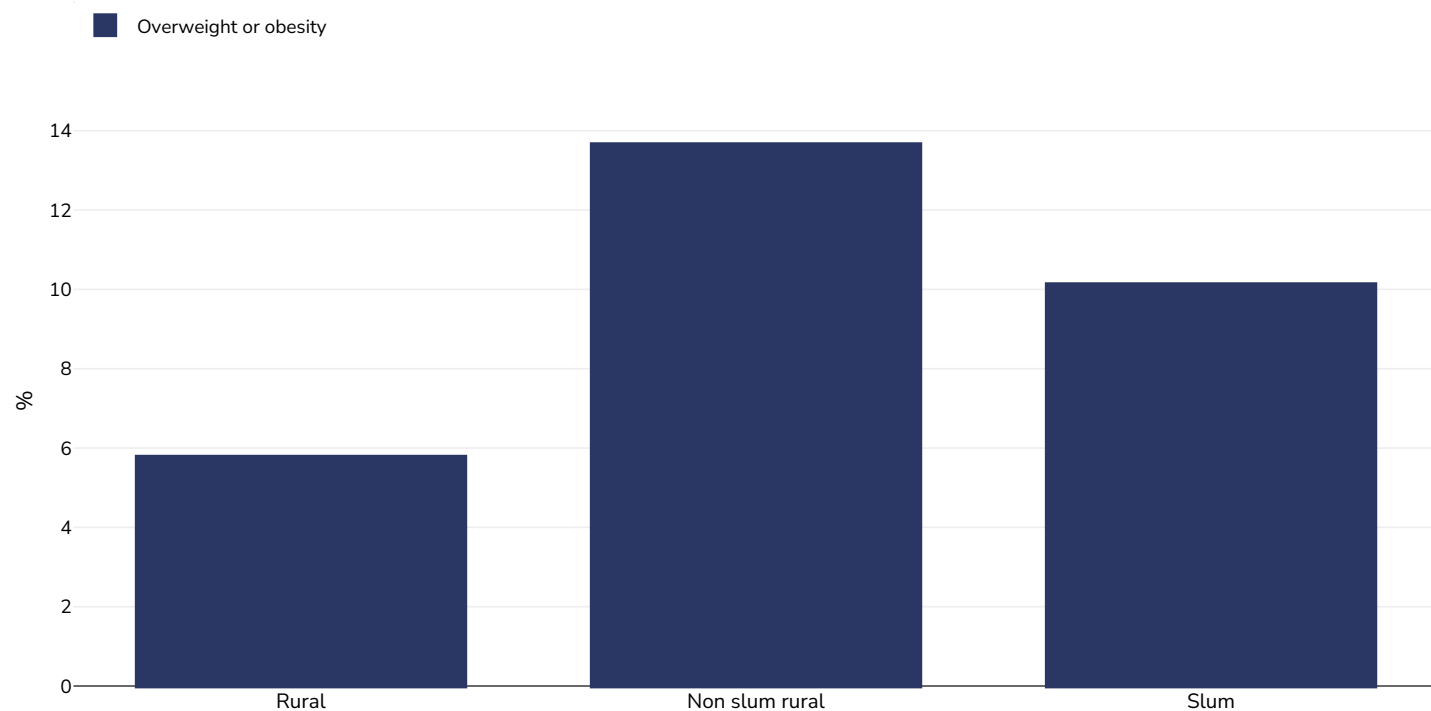
Sample size: 7985

Area covered: National

References: National STEPS Survey for Non-communicable Diseases Risk Factors in Bangladesh 2018. National Institute of Preventive and Social Medicine (NIPSOM) Mohakhali, Dhaka1212 Available at <https://extranet.who.int/ncdsmicrodata/index.php/catalog/770> (last accessed 05.10.20)

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

Boys, 2018-2019



Survey type: Measured

Age: 10-19

Sample size: 9772

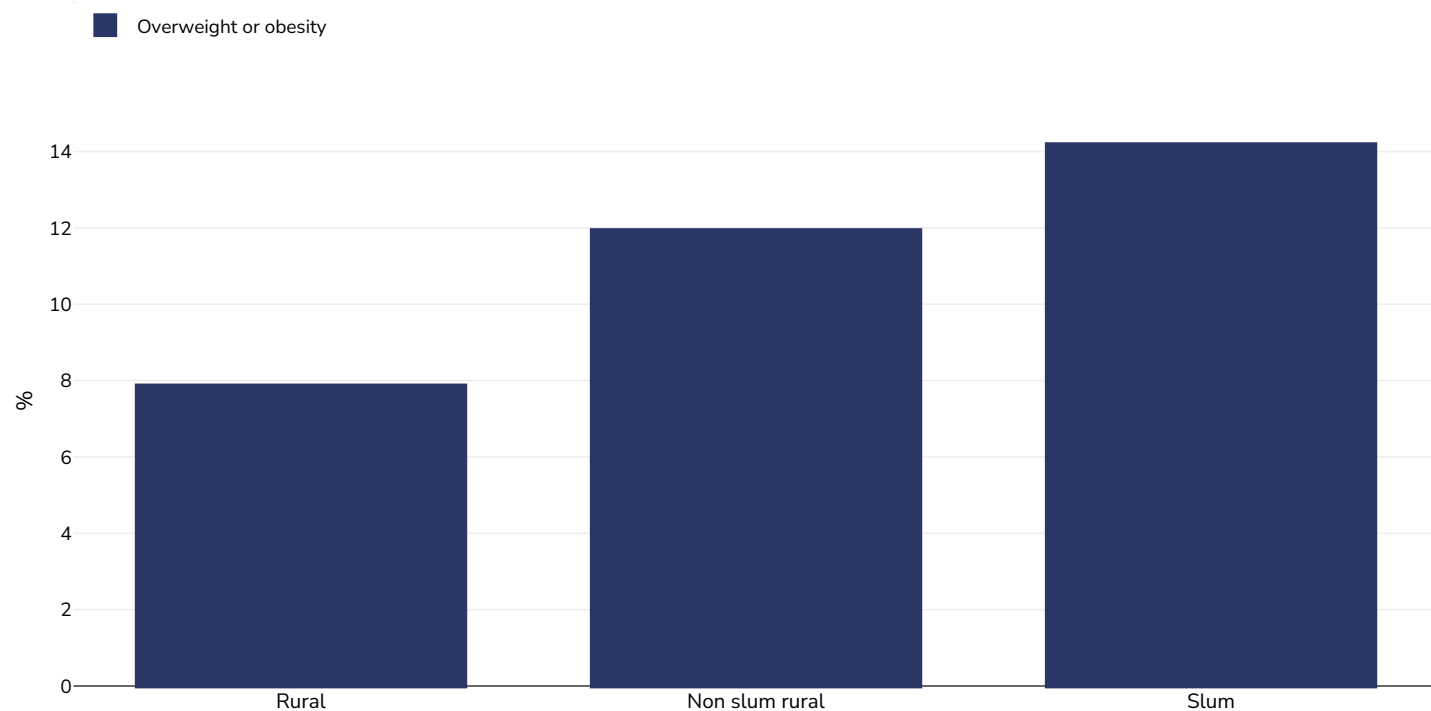
Area covered: National

References: Urmy, N.J., Hossain, M.M., Shamim, A.A., Khan, M.S.A., Hanif, A.A.M., Hasan, M., Akter, F., Mitra, D.K., Hossaine, M., Ullah, M.A. and Sarker, S.K., 2020. Noncommunicable Disease Risk Factors Among Adolescent Boys and Girls in Bangladesh: Evidence From a National Survey. *Osong Public Health and Research Perspectives*, 11(6), pp.351-364.

Notes: 4,907 boys and 4,865 girls

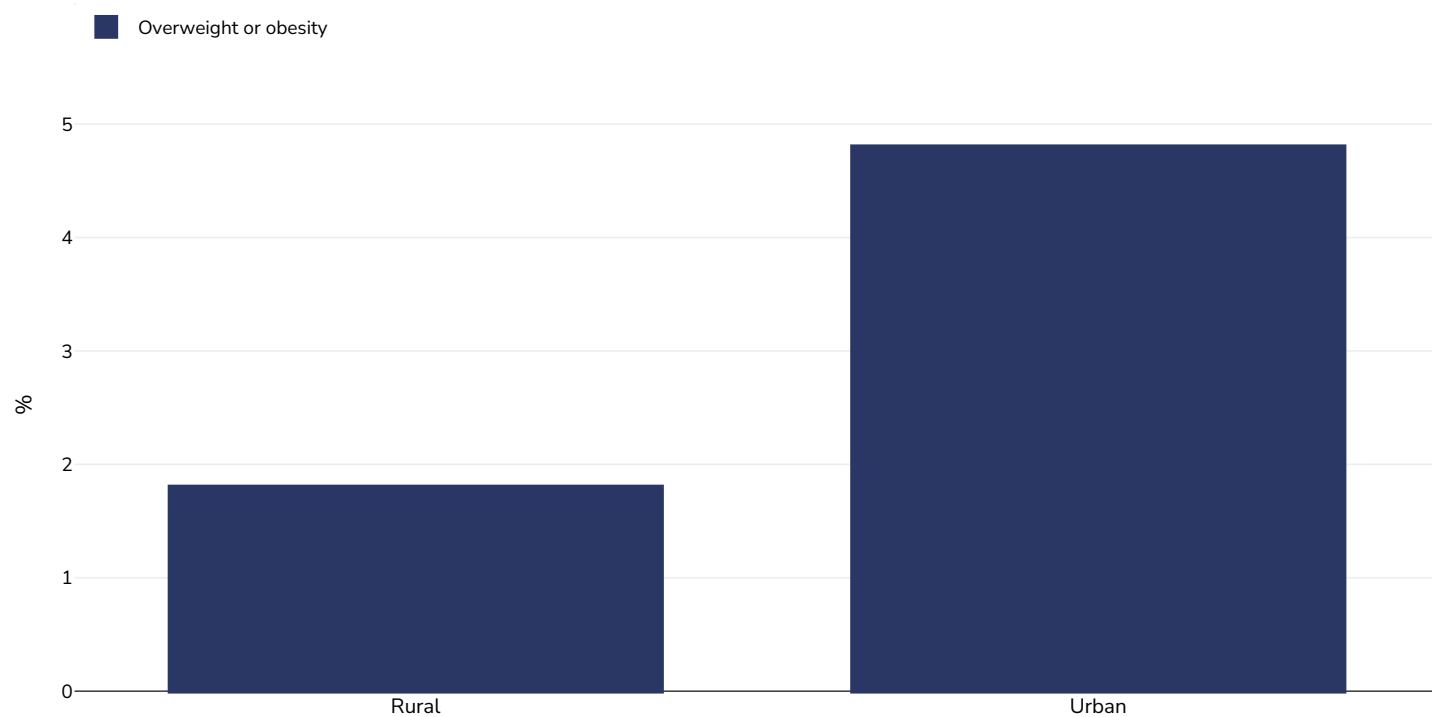
Cutoffs: WHO

Girls, 2018-2019



Survey type:	Measured
Age:	10-19
Sample size:	9772
Area covered:	National
References:	Urmy, N.J., Hossain, M.M., Shamim, A.A., Khan, M.S.A., Hanif, A.A.M., Hasan, M., Akter, F., Mitra, D.K., Hossaine, M., Ullah, M.A. and Sarker, S.K., 2020. Noncommunicable Disease Risk Factors Among Adolescent Boys and Girls in Bangladesh: Evidence From a National Survey. <i>Osong Public Health and Research Perspectives</i> , 11(6), pp.351-364.
Notes:	4,907 boys and 4,865 girls
Cutoffs:	WHO

Infants, 2019



Sample size: 22011

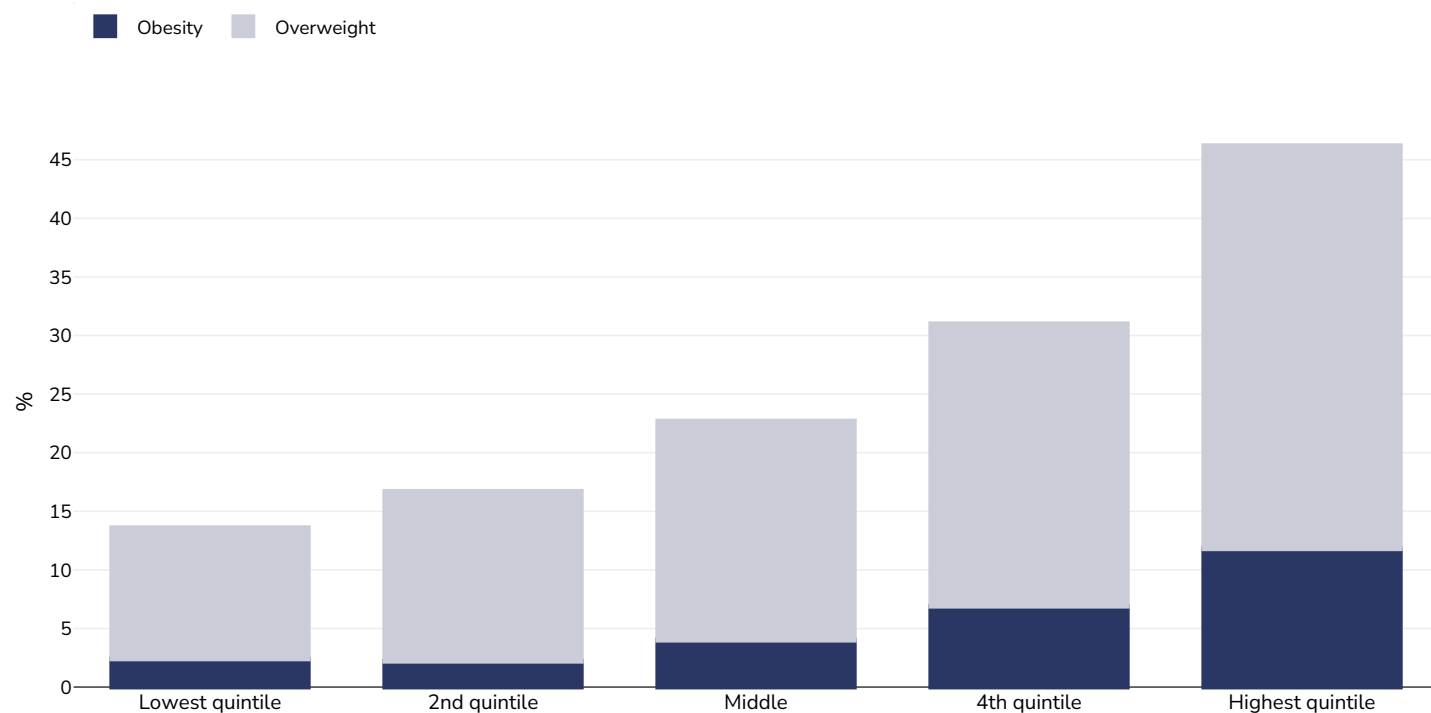
References: MICS: Bangladesh Multiple Indicator Cluster Survey 2019, Survey Findings Report. Dhaka, Bangladesh: Bangladesh Bureau of Statistics (BBS)

Notes: UNICEF/WHO/World Bank Joint Child Malnutrition Estimates Expanded Database: Overweight (Survey Estimates), May 2023, New York. For more information about the methodology, please consult <https://data.unicef.org/resources/jme-2023-country-consultations/> Percentage of children under 5 years of age falling above 2 standard deviations (moderate and severe) from the median weight-for-height of the reference population.

Definitions: =>+2SD

Overweight/obesity by socio-economic group

Adults, 2018



Survey type: Measured

Age: 18-69

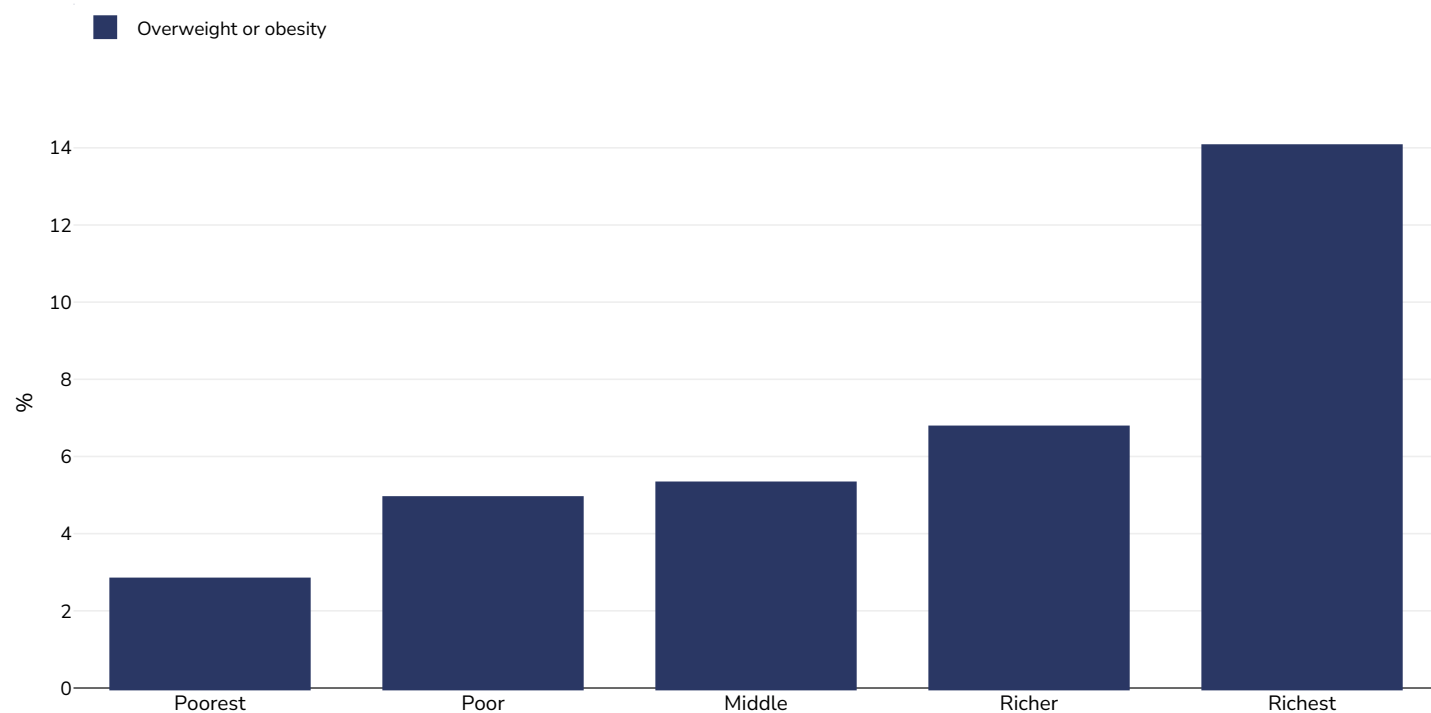
Sample size: 7985

Area covered: National

References: National STEPS Survey for Non-communicable Diseases Risk Factors in Bangladesh 2018. National Institute of Preventive and Social Medicine (NIPSOM) Mohakhali, Dhaka1212 Available at <https://extranet.who.int/ncdsmicrodata/index.php/catalog/770> (last accessed 05.10.20)

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

Boys, 2018-2019



Survey type: Measured

Age: 10-19

Sample size: 9772

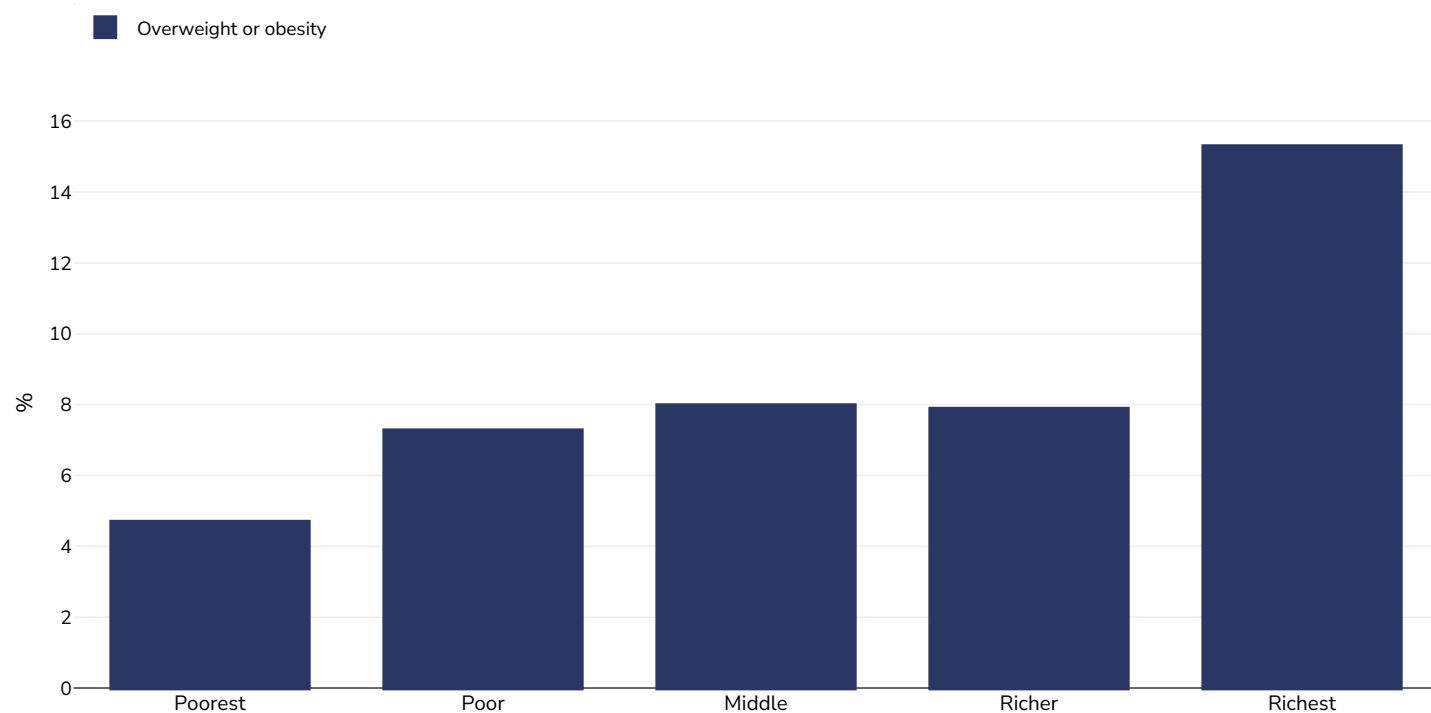
Area covered: National

References: Urmy, N.J., Hossain, M.M., Shamim, A.A., Khan, M.S.A., Hanif, A.A.M., Hasan, M., Akter, F., Mitra, D.K., Hossaine, M., Ullah, M.A. and Sarker, S.K., 2020. Noncommunicable Disease Risk Factors Among Adolescent Boys and Girls in Bangladesh: Evidence From a National Survey. *Osong Public Health and Research Perspectives*, 11(6), pp.351-364.

Notes: 4,907 boys and 4,865 girls

Cutoffs: WHO

Girls, 2018-2019



Survey type: Measured

Age: 10-19

Sample size: 9772

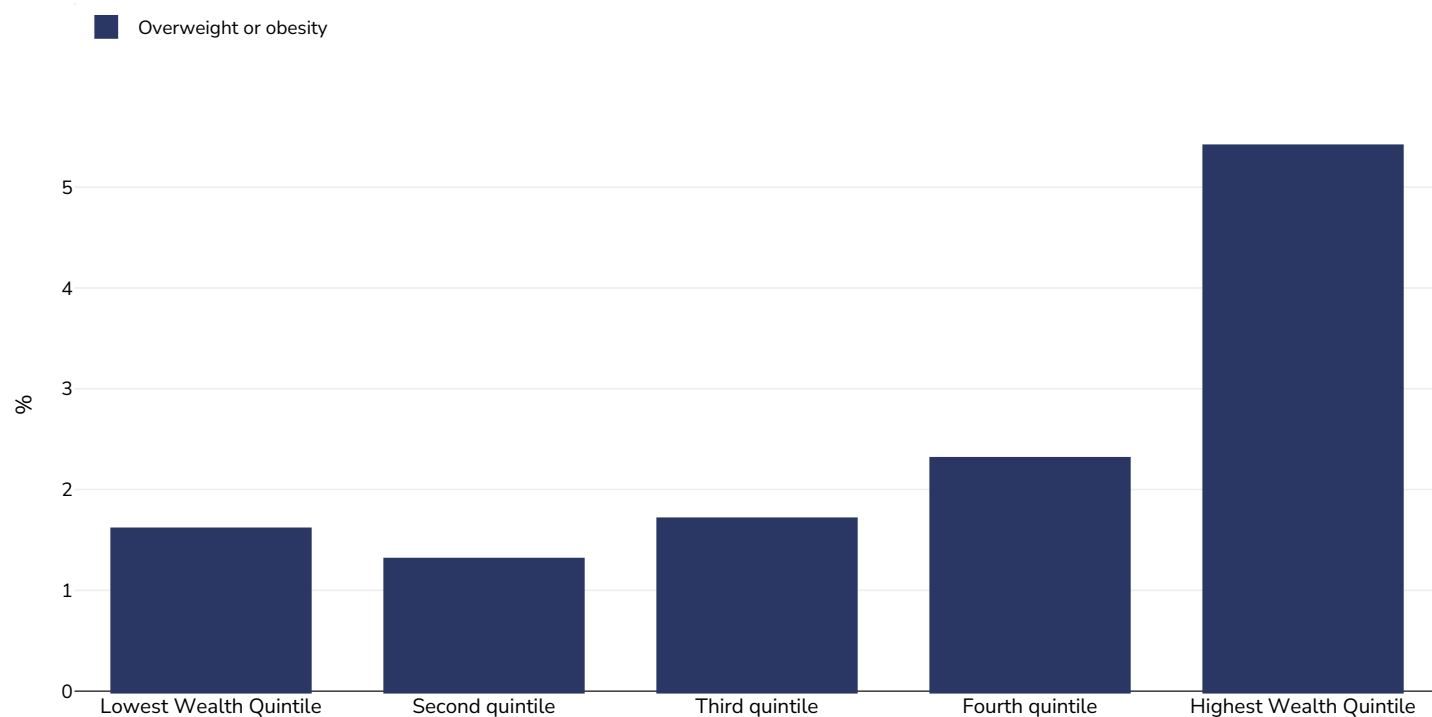
Area covered: National

References: Urmy, N.J., Hossain, M.M., Shamim, A.A., Khan, M.S.A., Hanif, A.A.M., Hasan, M., Akter, F., Mitra, D.K., Hossaine, M., Ullah, M.A. and Sarker, S.K., 2020. Noncommunicable Disease Risk Factors Among Adolescent Boys and Girls in Bangladesh: Evidence From a National Survey. *Osong Public Health and Research Perspectives*, 11(6), pp.351-364.

Notes: 4,907 boys and 4,865 girls

Cutoffs: WHO

Infants, 2019



Sample size: 22011

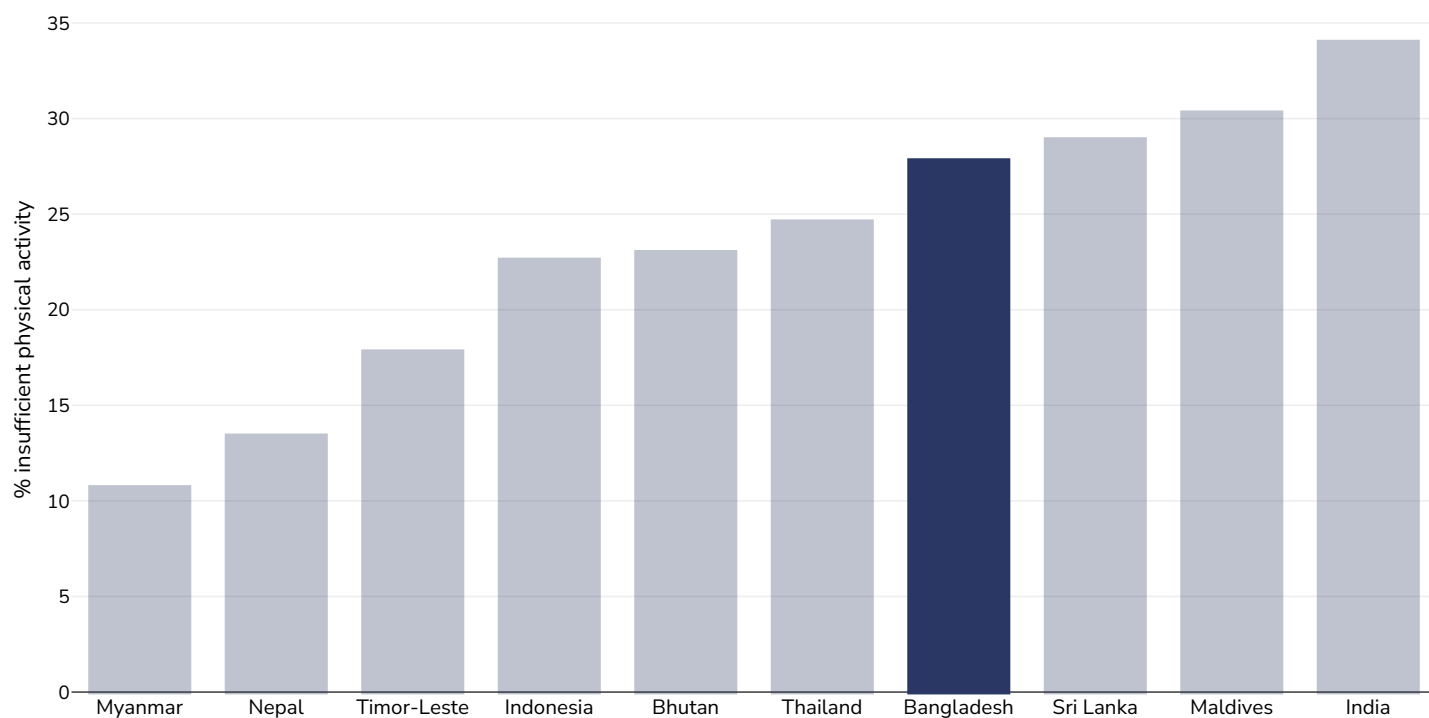
References: MICS: Bangladesh Multiple Indicator Cluster Survey 2019, Survey Findings Report. Dhaka, Bangladesh: Bangladesh Bureau of Statistics (BBS)

Notes: UNICEF/WHO/World Bank Joint Child Malnutrition Estimates Expanded Database: Overweight (Survey Estimates), May 2023, New York. For more information about the methodology, please consult <https://data.unicef.org/resources/jme-2023-country-consultations/> Percentage of children under 5 years of age falling above 2 standard deviations (moderate and severe) from the median weight-for-height of the reference population.

Definitions: =>+2SD

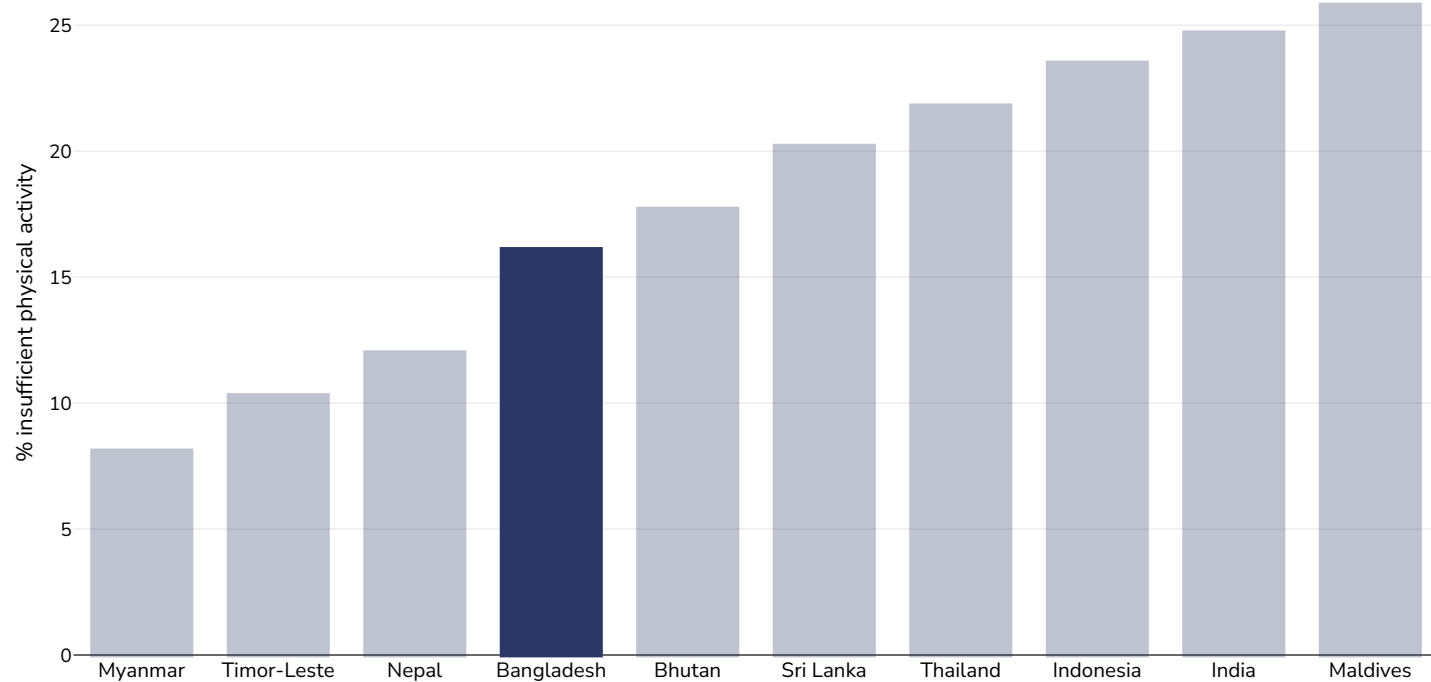
Insufficient physical activity

Adults, 2016



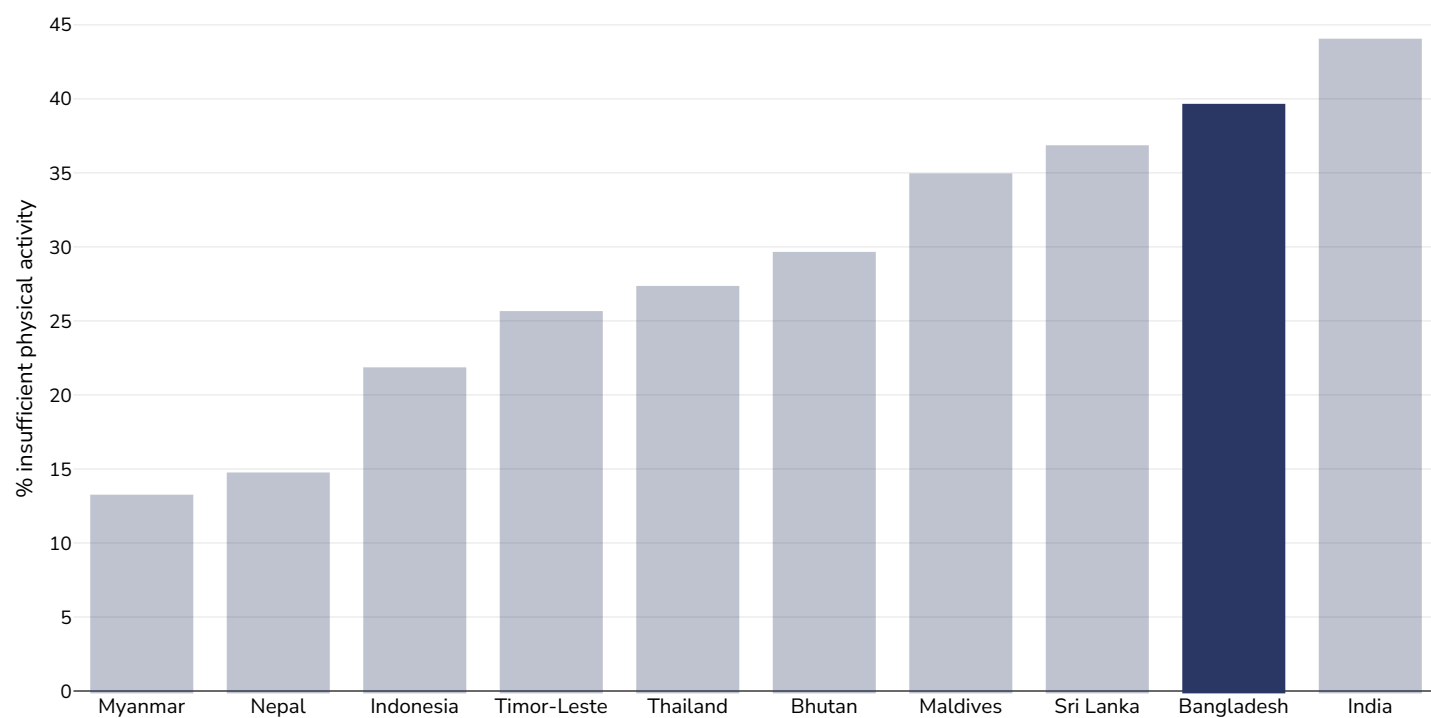
References: Guthold R, Stevens GA, Riley LM, Bull FC. Worldwide trends in insufficient physical activity from 2001 to 2016: a pooled analysis of 358 population-based surveys with 1.9 million participants. Lancet 2018 [http://dx.doi.org/10.1016/S2214-109X\(18\)30357-7](http://dx.doi.org/10.1016/S2214-109X(18)30357-7)

Men, 2016



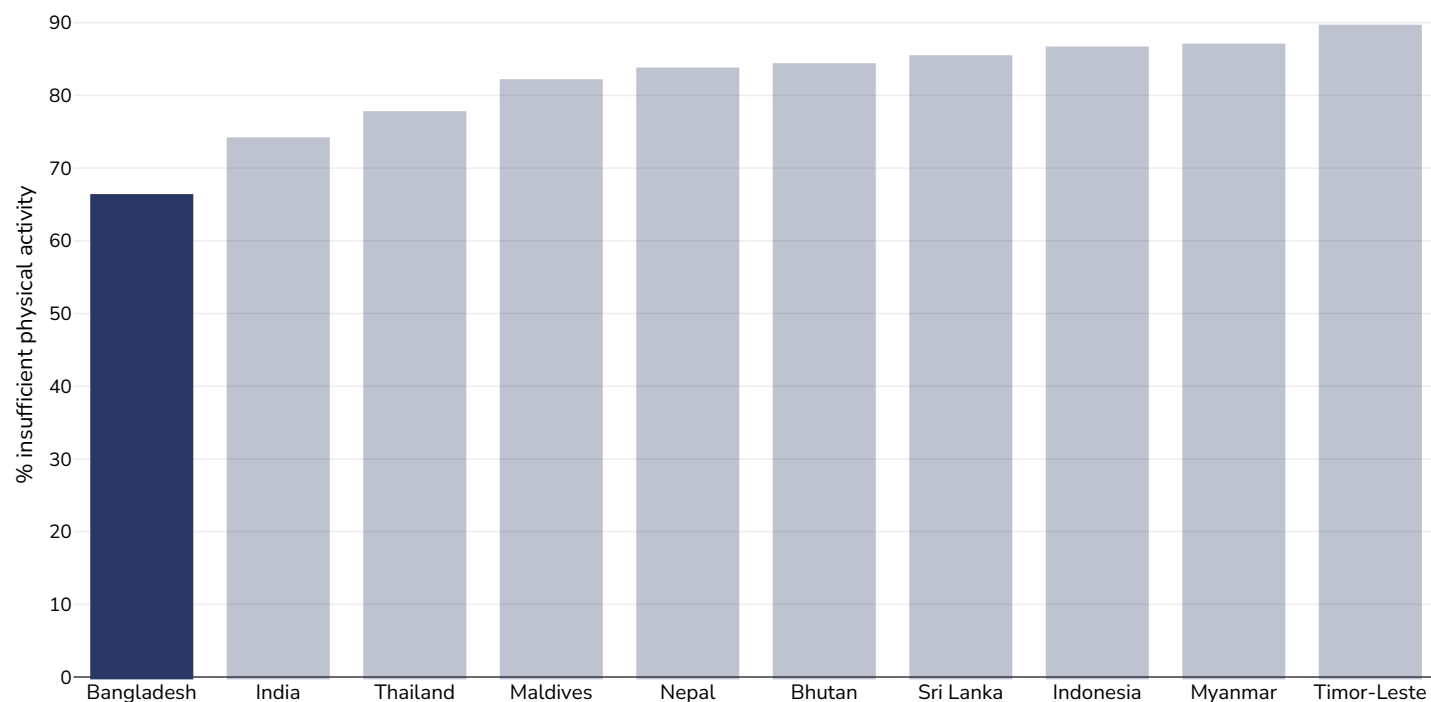
References: Guthold R, Stevens GA, Riley LM, Bull FC. Worldwide trends in insufficient physical activity from 2001 to 2016: a pooled analysis of 358 population-based surveys with 1.9 million participants. Lancet 2018 [http://dx.doi.org/10.1016/S2214-109X\(18\)30357-7](http://dx.doi.org/10.1016/S2214-109X(18)30357-7)

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)

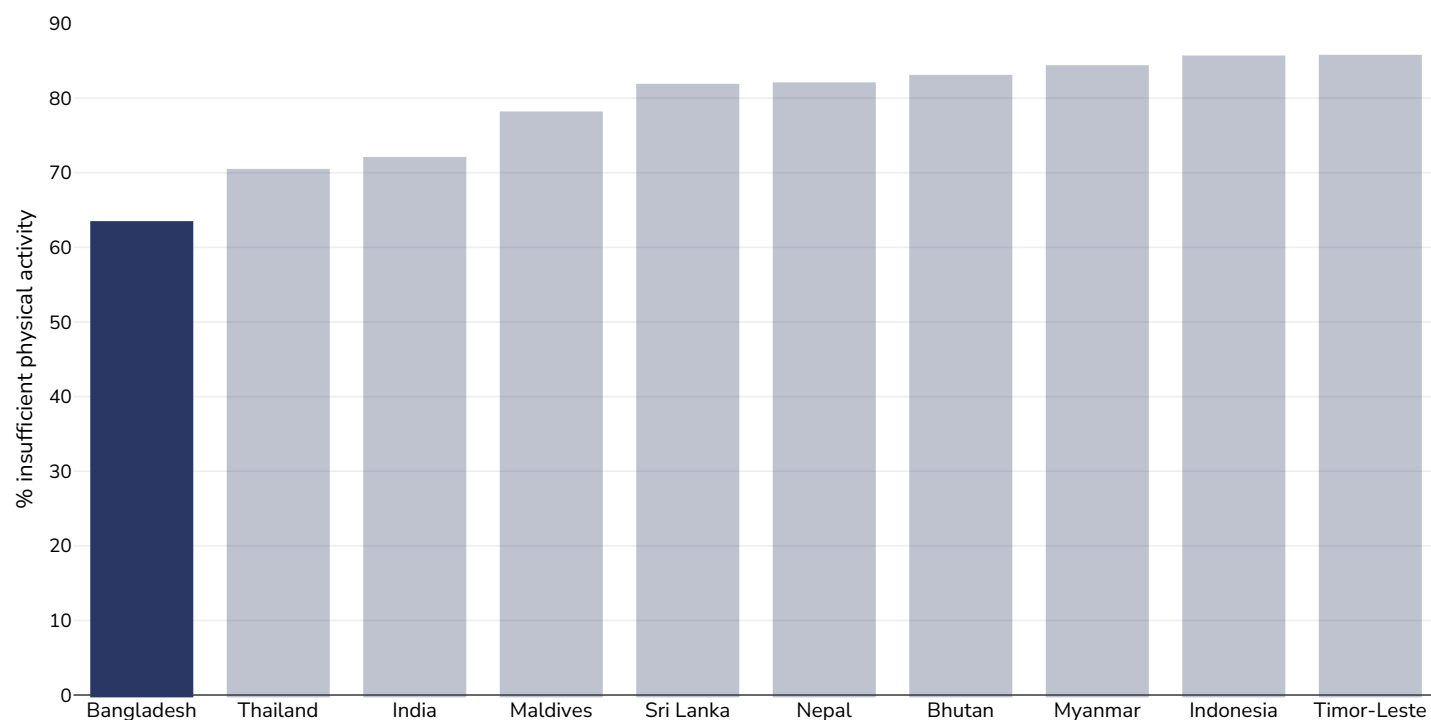
Notes:

% 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)

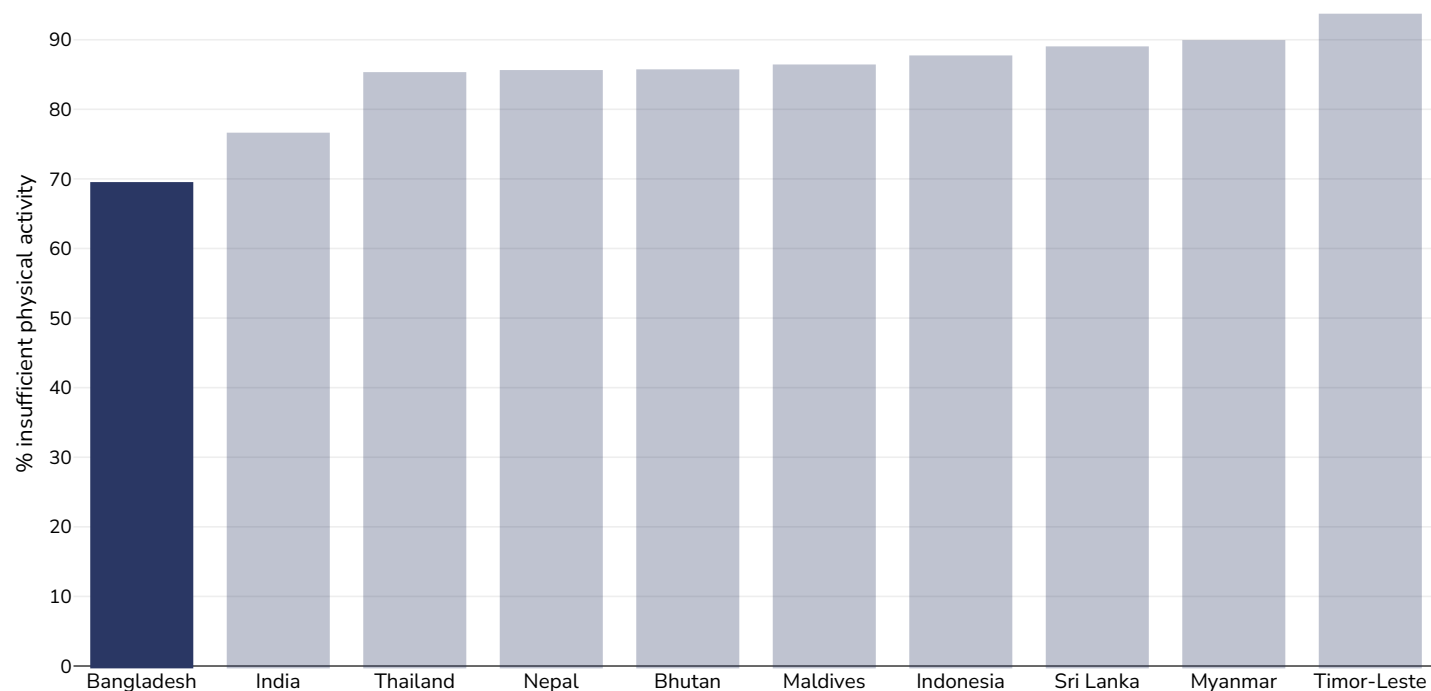
Notes:

% 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:

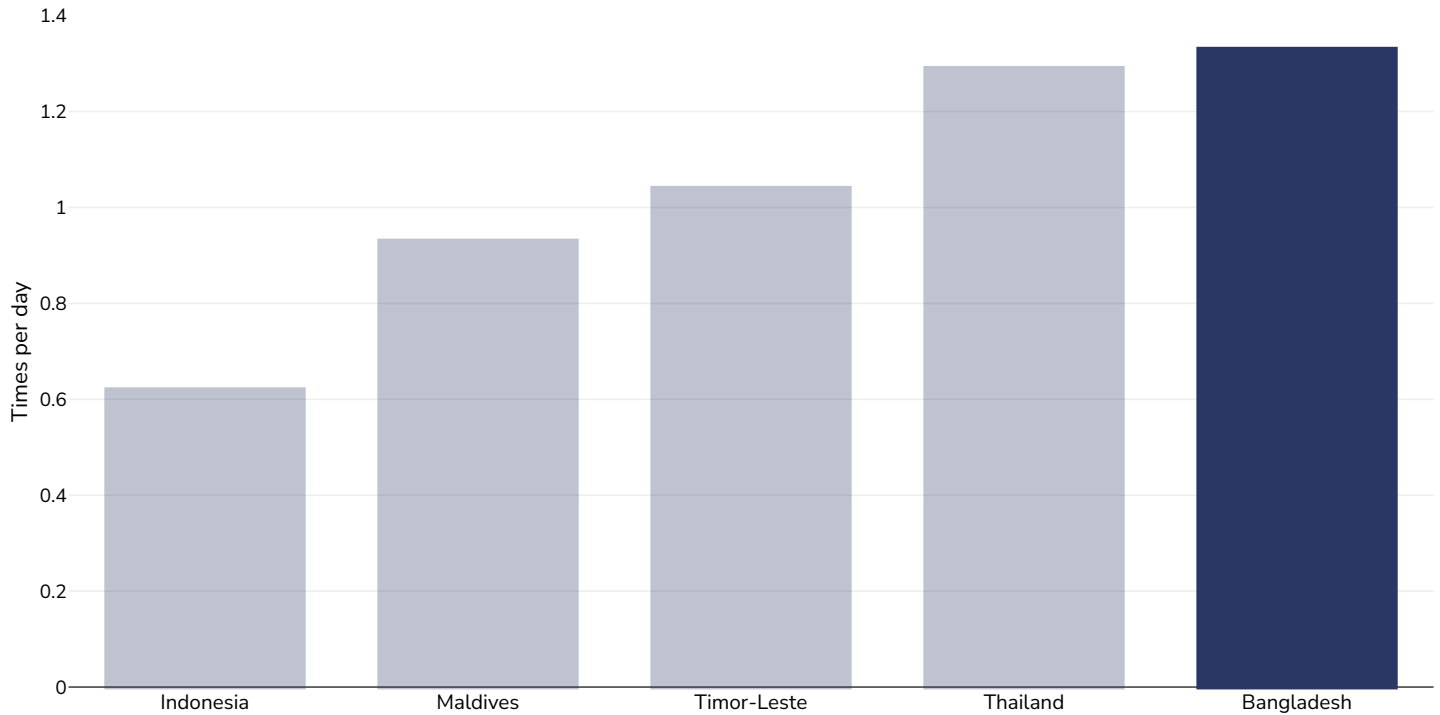
% of school going adolescents not meeting WHO recommendations on Physical Activity for Health, i.e. doing less than 60 minutes of moderate- to vigorous-intensity physical activity daily.

Definitions:

% Adolescents insufficiently active (age standardised estimate)

Average daily frequency of carbonated soft drink consumption

Children, 2014-2015



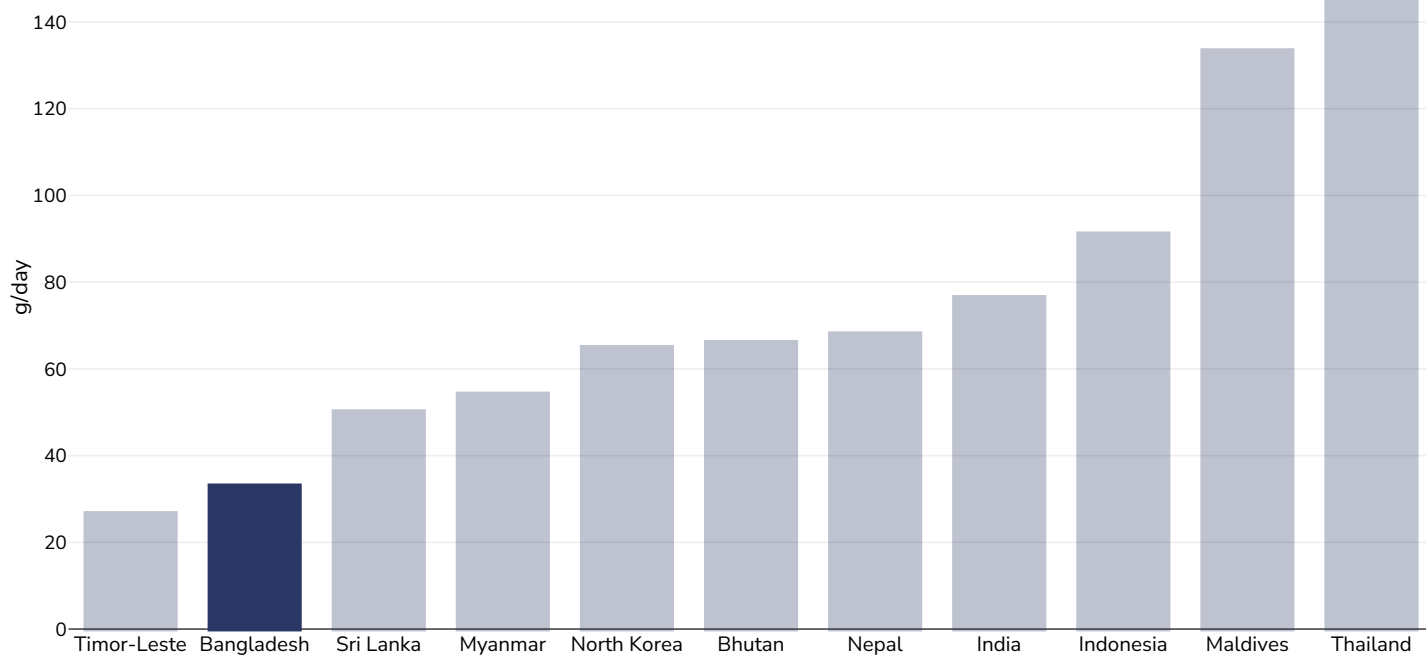
Survey type: Measured

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>

Estimated per capita fruit intake

Adults, 2017



Survey type: Measured

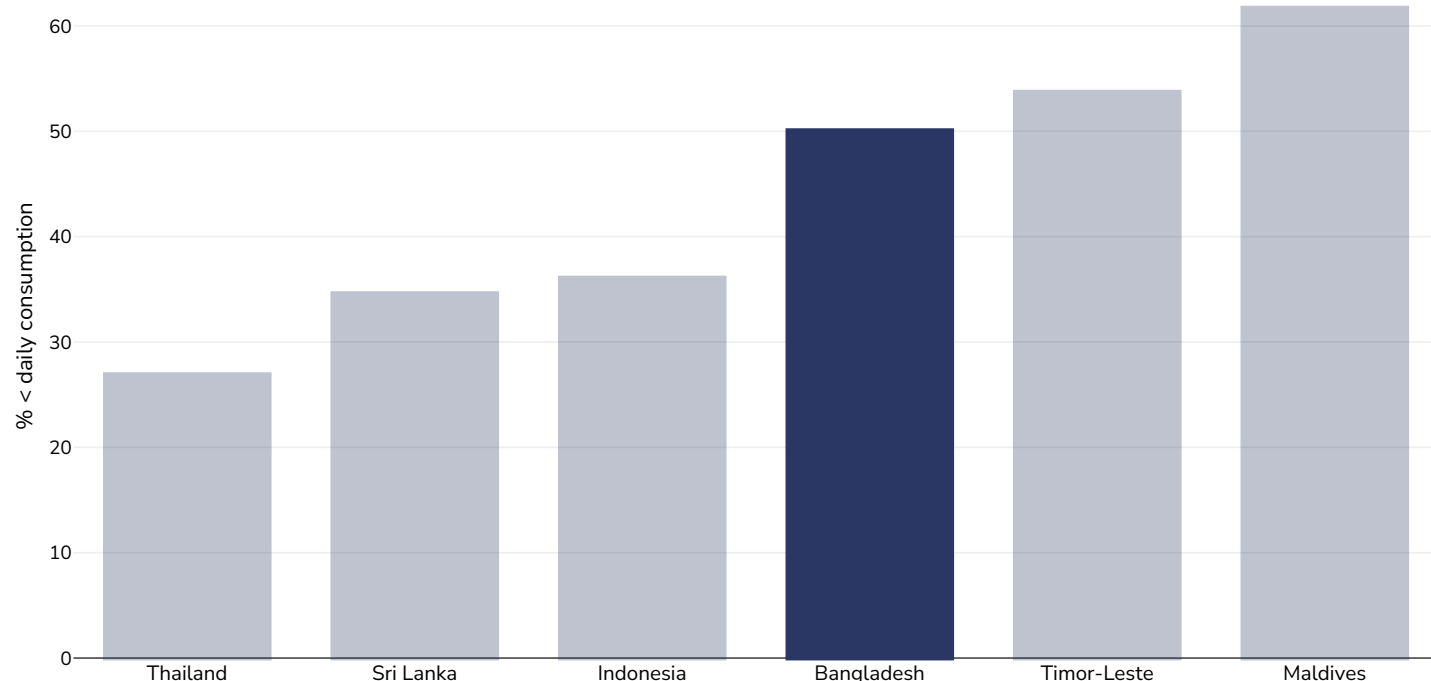
Age: 25+

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, 2008-2015



Survey type: Measured

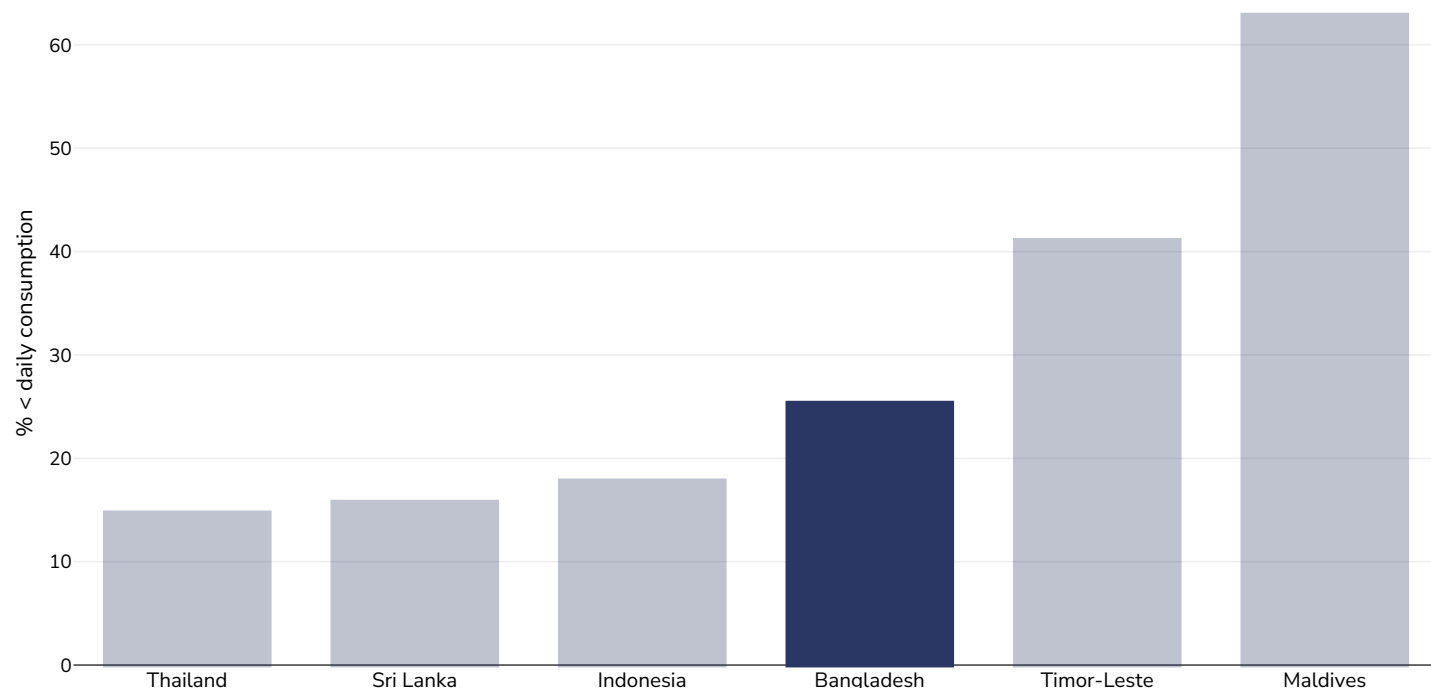
Age: 12-17

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, 2008-2015



Survey type: Measured

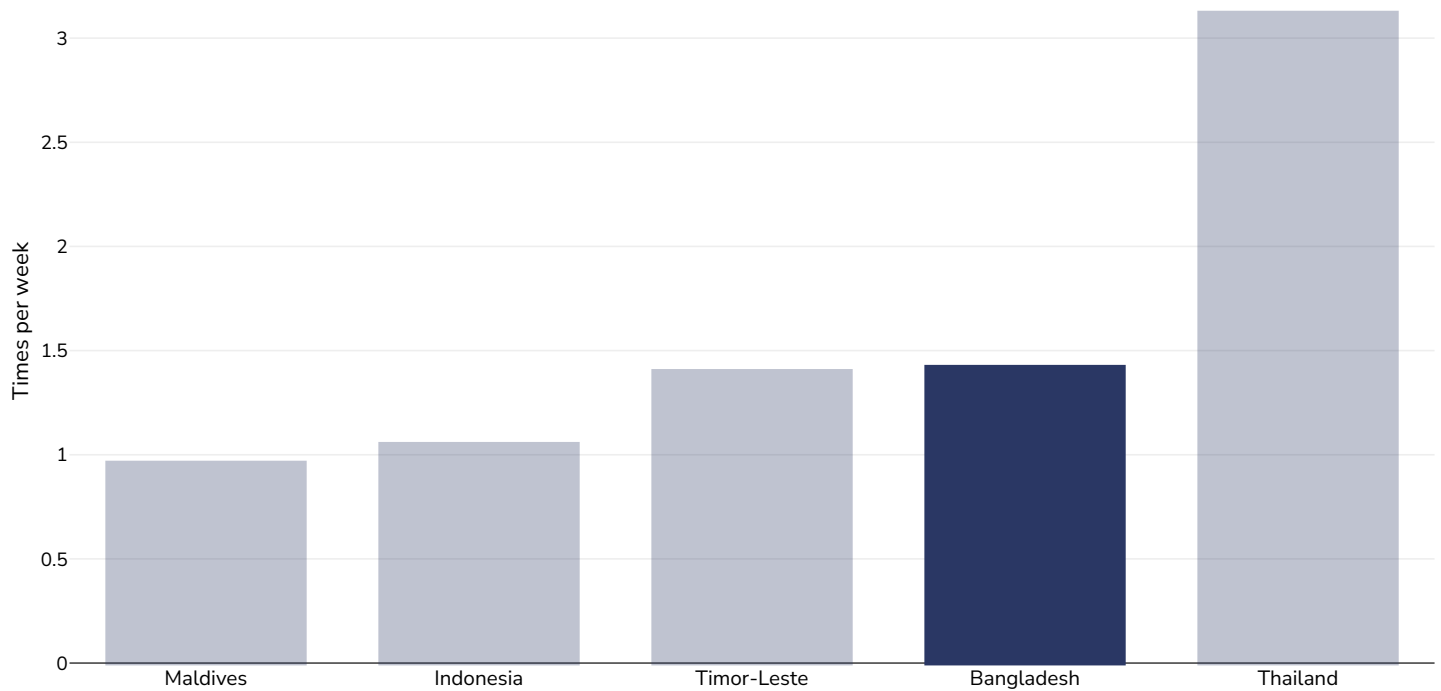
Age: 12-17

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)

Average weekly frequency of fast food consumption

Children, 2014-2015

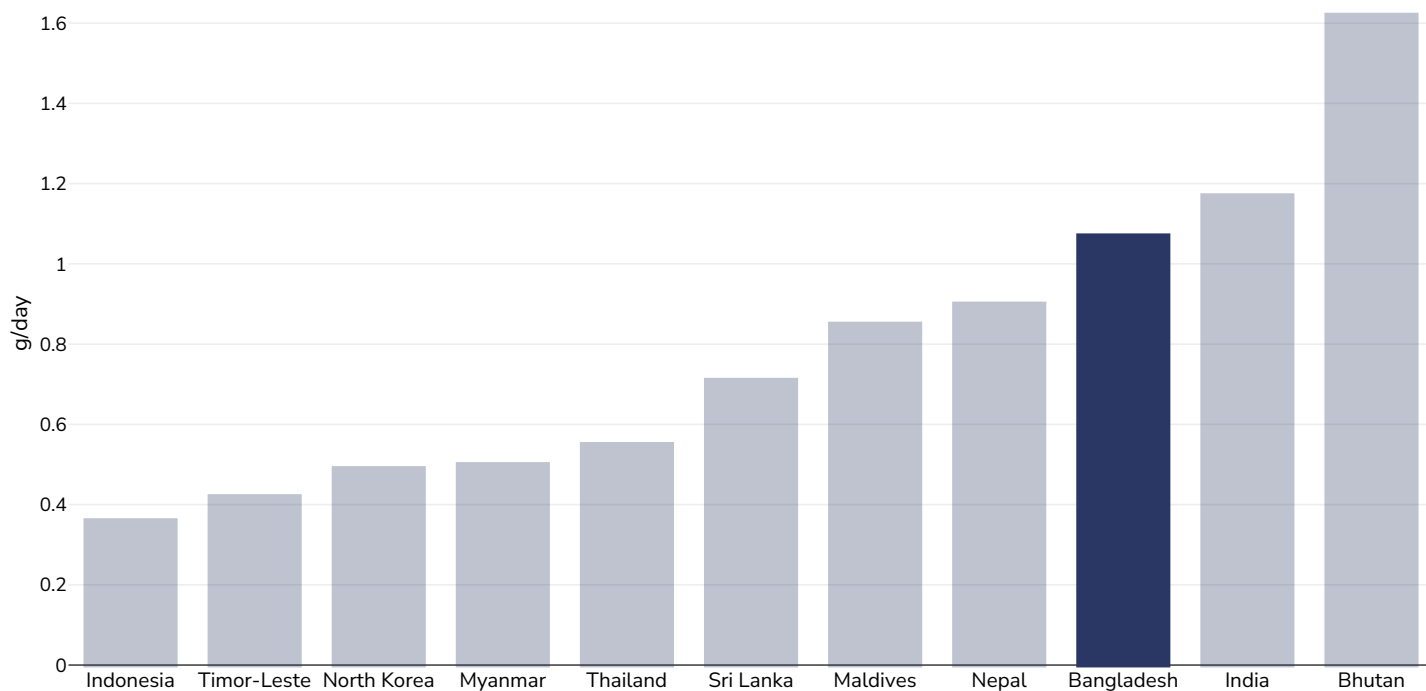


Age: 12-17

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>

Estimated per-capita processed meat intake

Adults, 2017



Survey type:

Measured

Age:

25+

References:

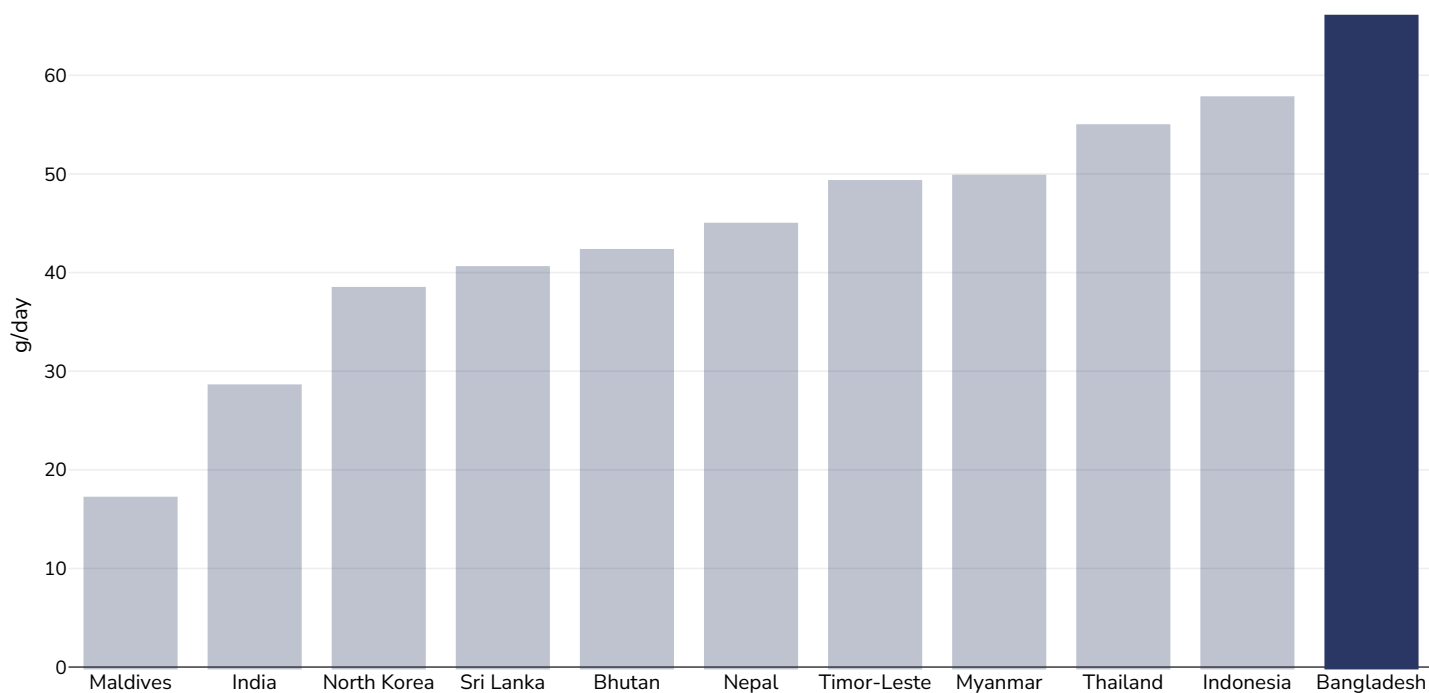
Global Burden of Disease, the Institute for Health Metrics and Evaluation <http://ghdx.healthdata.org/>

Definitions:

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

Estimated per capita whole grains intake

Adults, 2017



Survey type:

Measured

Age:

25+

References:

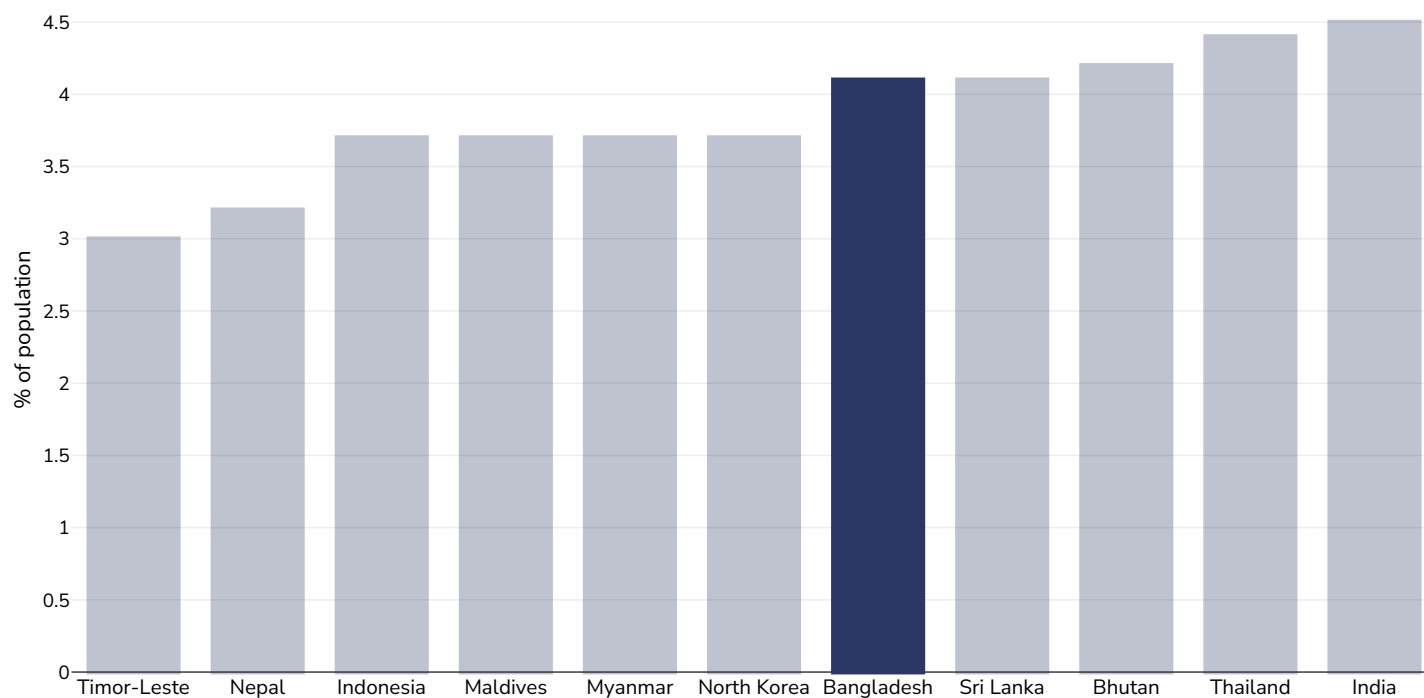
Global Burden of Disease, the Institute for Health Metrics and Evaluation <http://ghdx.healthdata.org/>

Definitions:

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

Mental health - depression disorders

Adults, 2015

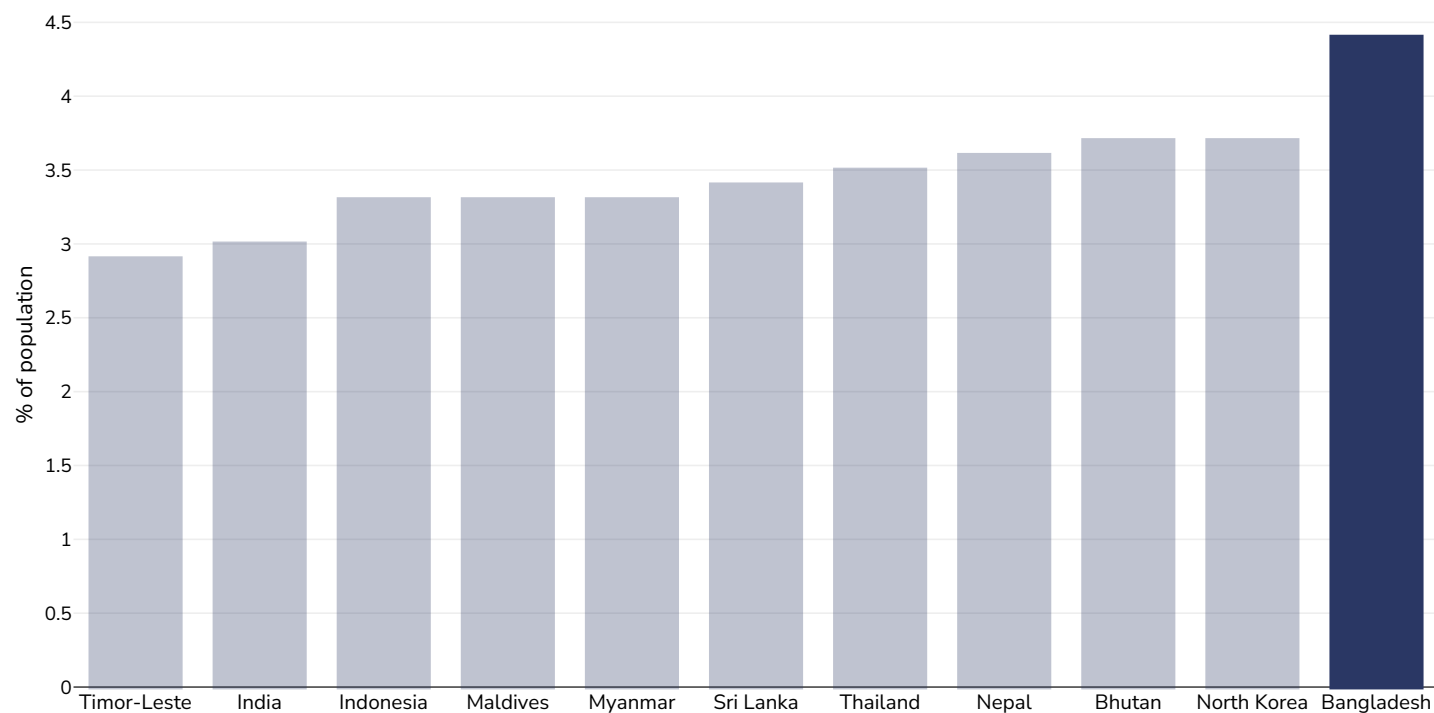


References: Prevalence data from Global Burden of Disease study 2015 (<http://ghdx.healthdata.org>) published in: Depression and Other Common Mental Disorders: Global Health Estimates. Geneva:World Health Organization; 2017. Licence: CC BY-NC-SA 3.0 IGO.

Definitions: % of population with depression disorders

Mental health - anxiety disorders

Adults, 2015

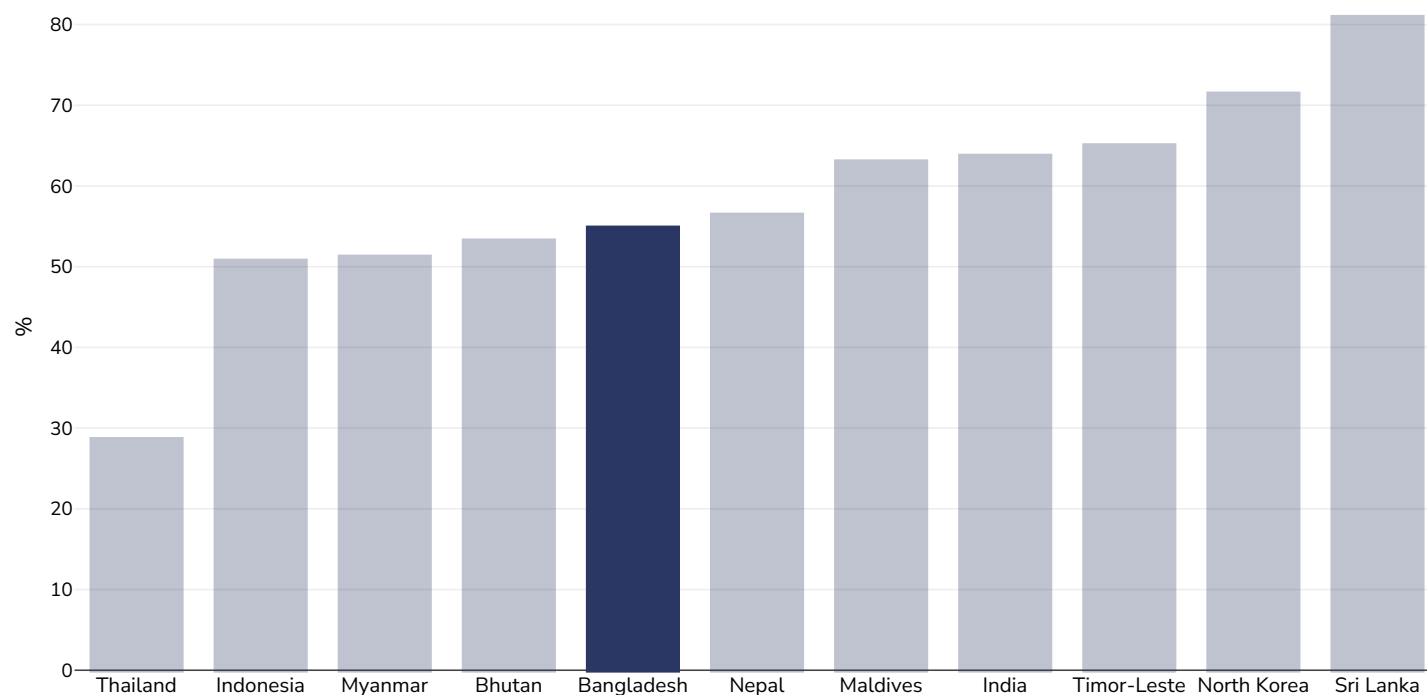


References: Prevalence data from Global Burden of Disease study 2015 (<http://ghdx.healthdata.org>) published in: Depression and Other Common Mental Disorders: Global Health Estimates. Geneva:World Health Organization; 2017. Licence: CC BY-NC-SA 3.0 IGO.

Definitions: % of population with anxiety disorders

% Infants exclusively breastfed 0-5 months

Infants, 2015-2022



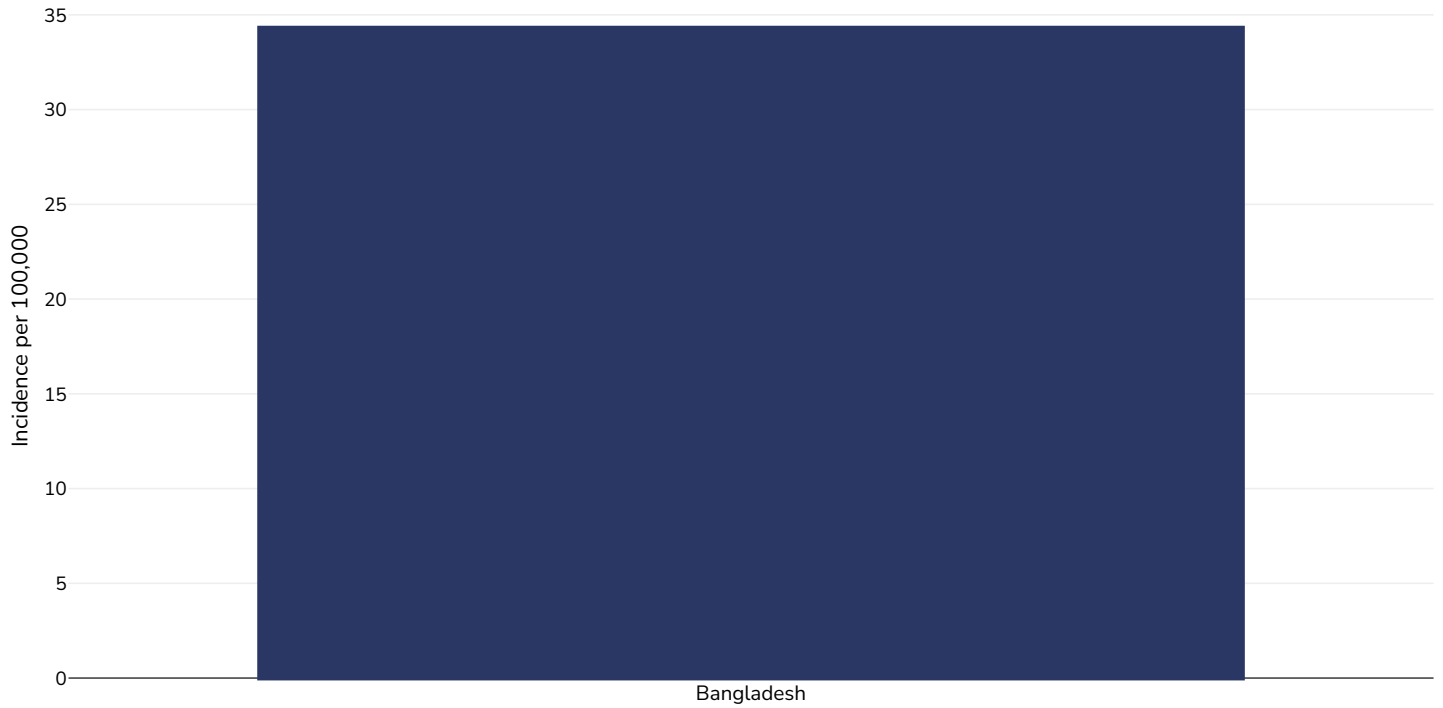
References:

Bangladesh Demographic Health Survey 2022

Notes: Full details are available. Original citation United Nations Children's Fund, Division of Data, Analysis, Planning and Monitoring (2023). Global UNICEF Global Databases: Infant and Young Child Feeding: Exclusive breastfeeding, New York, October 2023.

Oesophageal cancer

Men, 2022



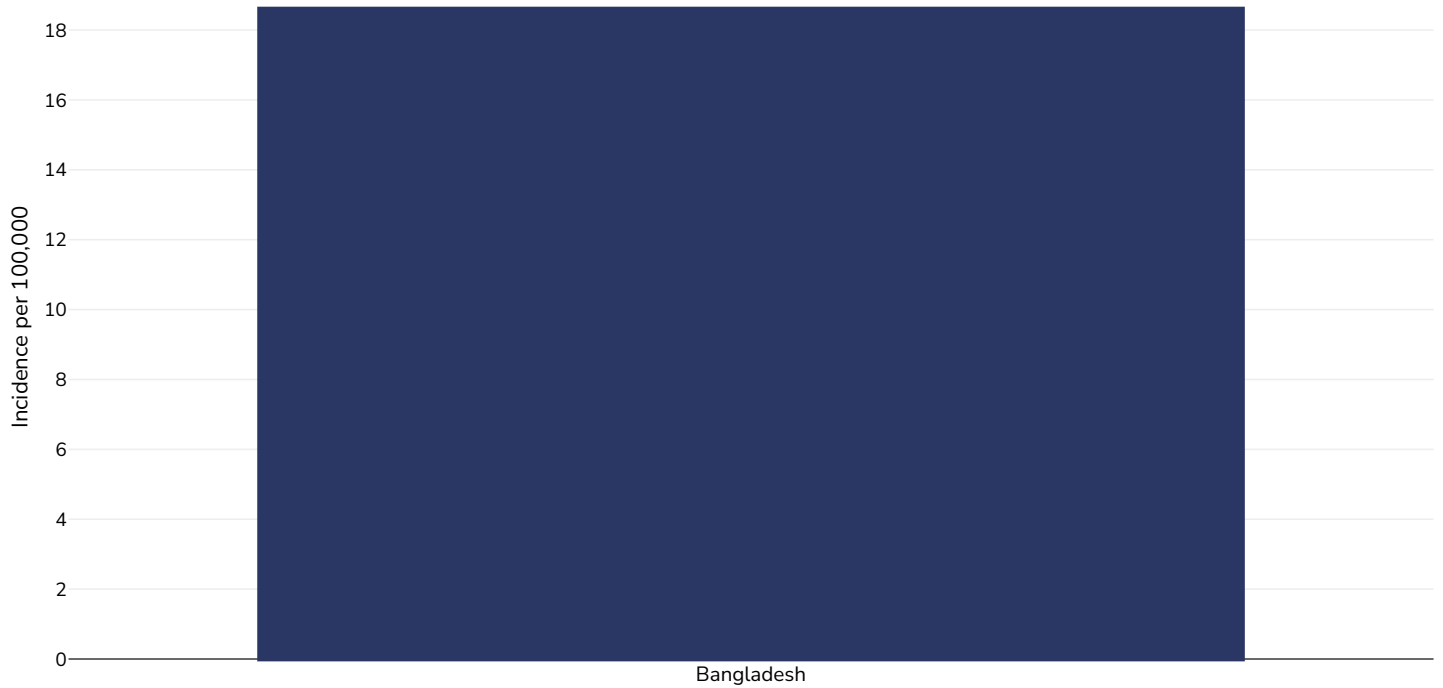
Age: 20+

Area covered: National

References: Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.who.int/today>, accessed [16.07.24]

Definitions: Incidence per 100,000

Women, 2022



Age: 20+

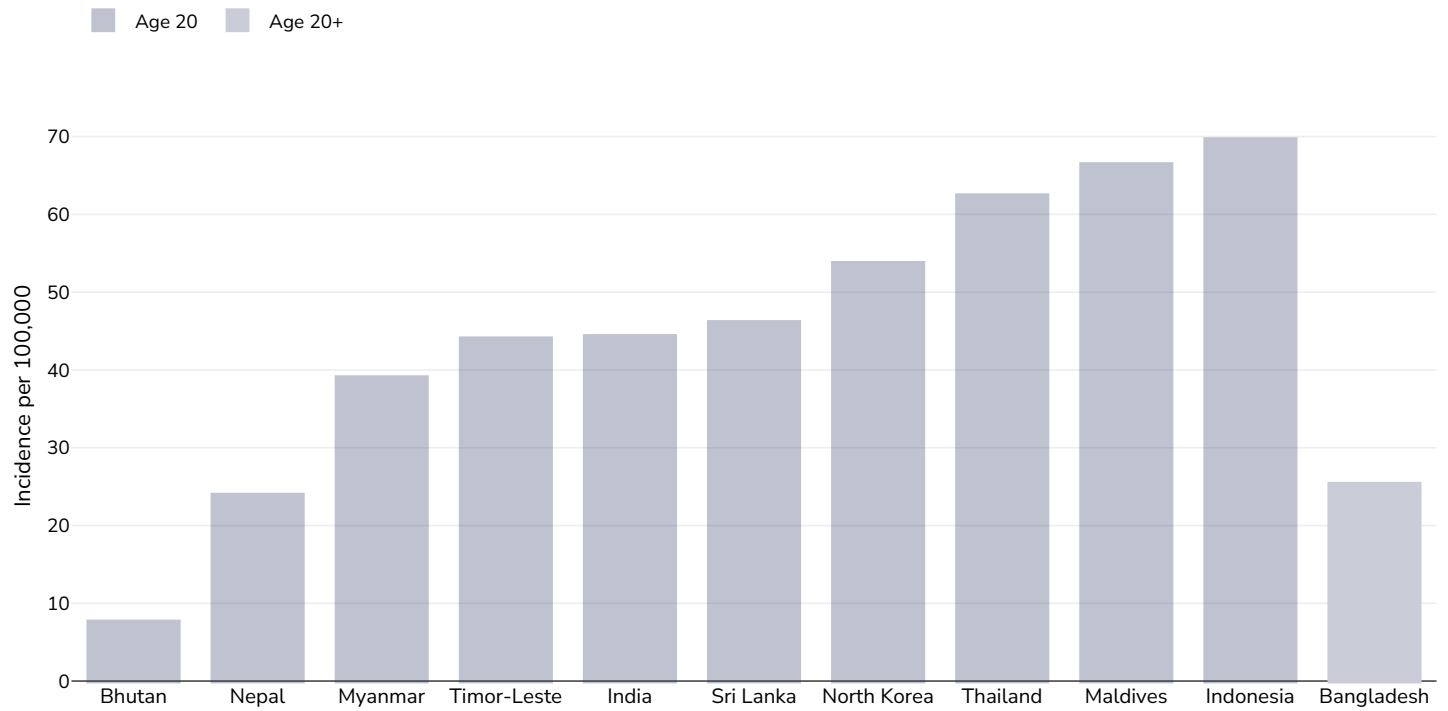
Area covered: National

References: Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.who.int/today>, accessed [16.07.24]

Definitions: Incidence per 100,000

Breast cancer

Women, 2022



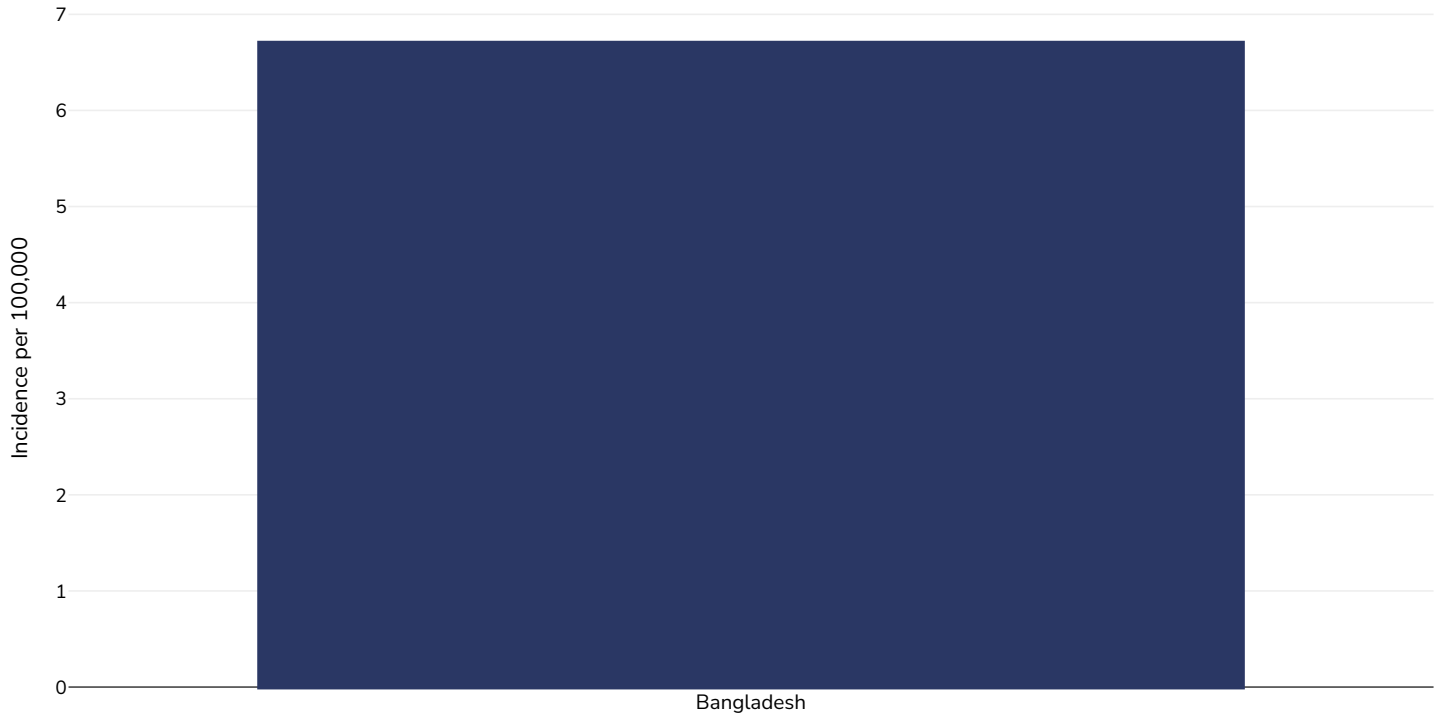
Area covered: National

References: Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.who.int/today>, accessed [16.07.24]

Definitions: Incidence per 100,000

Colorectal cancer

Men, 2022



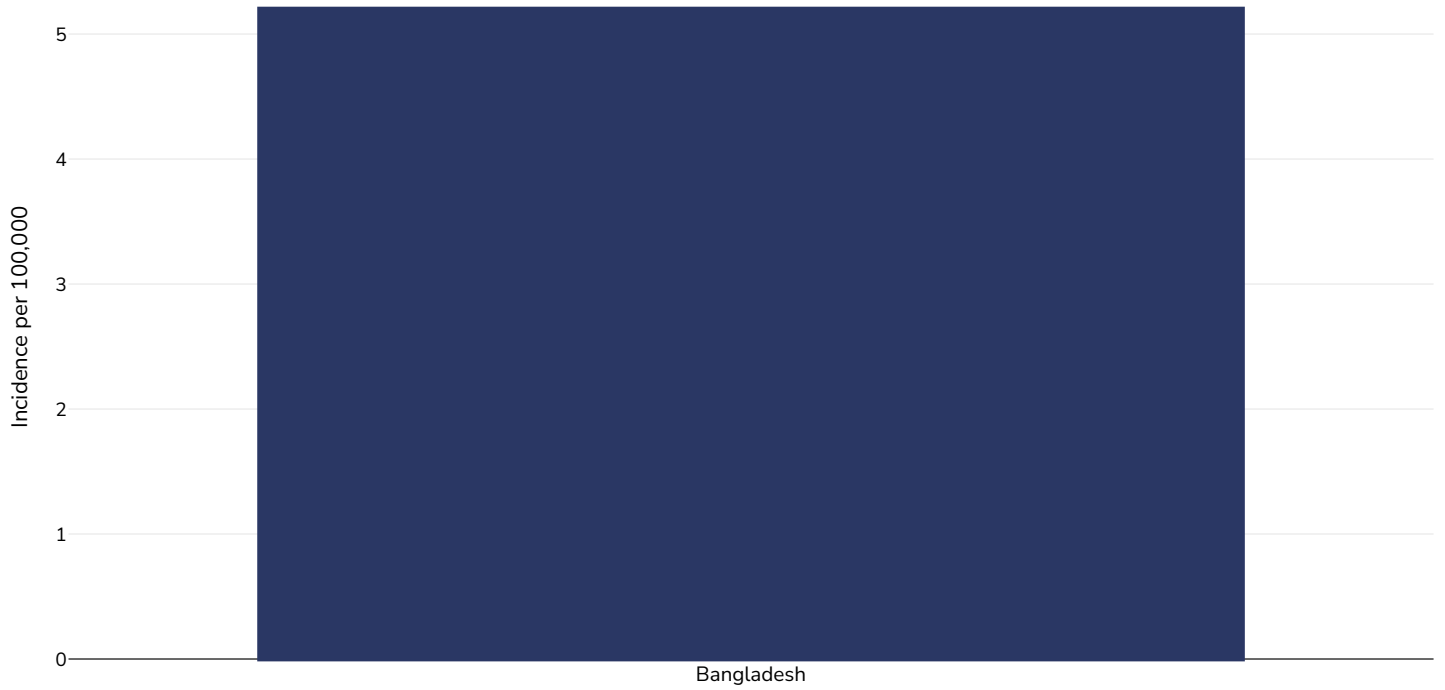
Age: 20+

Area covered: National

References: Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.who.int/today>, accessed [16.07.24]

Definitions: Incidence per 100,000

Women, 2022



Age: 20+

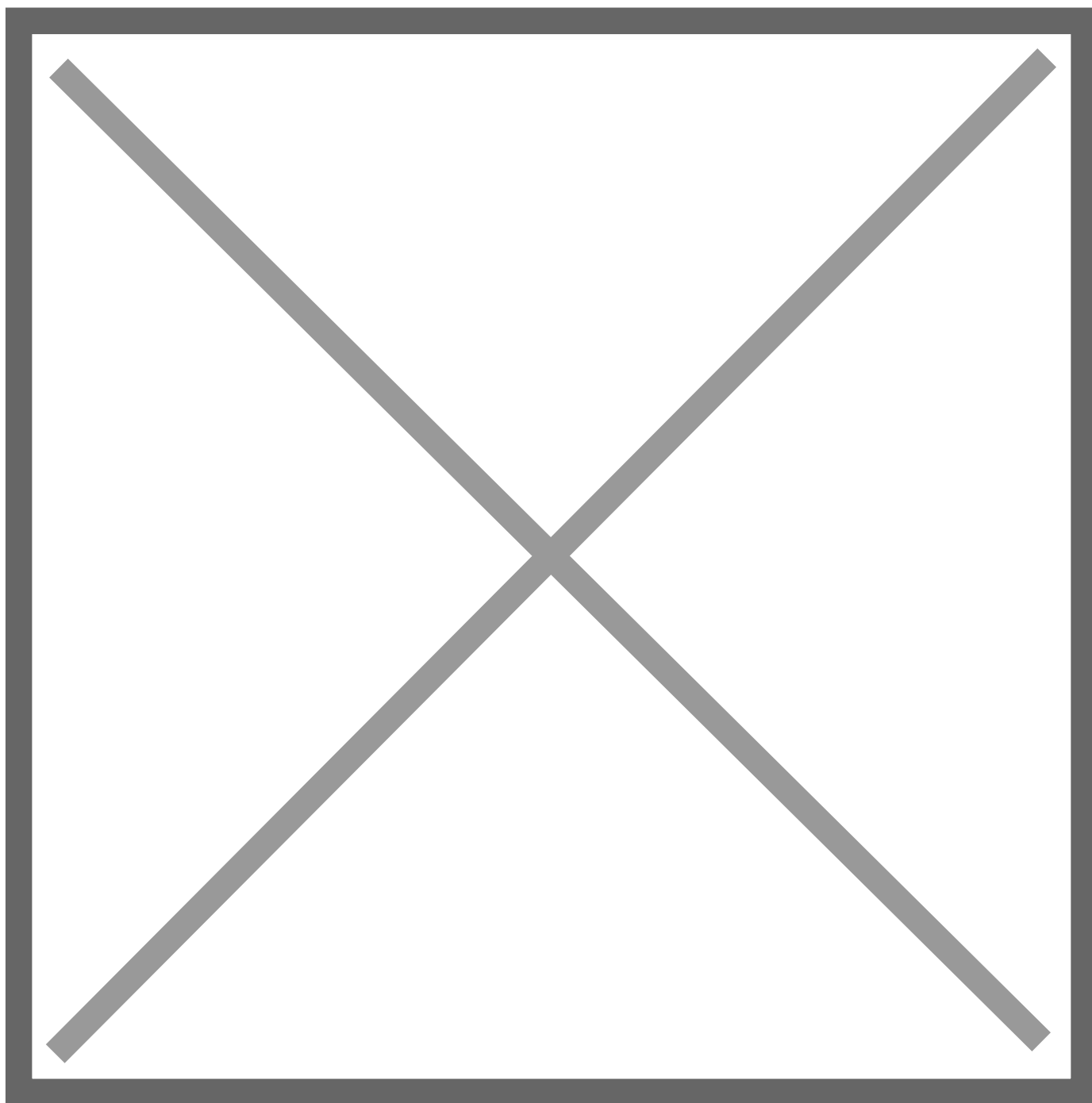
Area covered: National

References: Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.who.int/today>, accessed [16.07.24]

Definitions: Incidence per 100,000

Pancreatic cancer

Men, 2022



Age: 20+

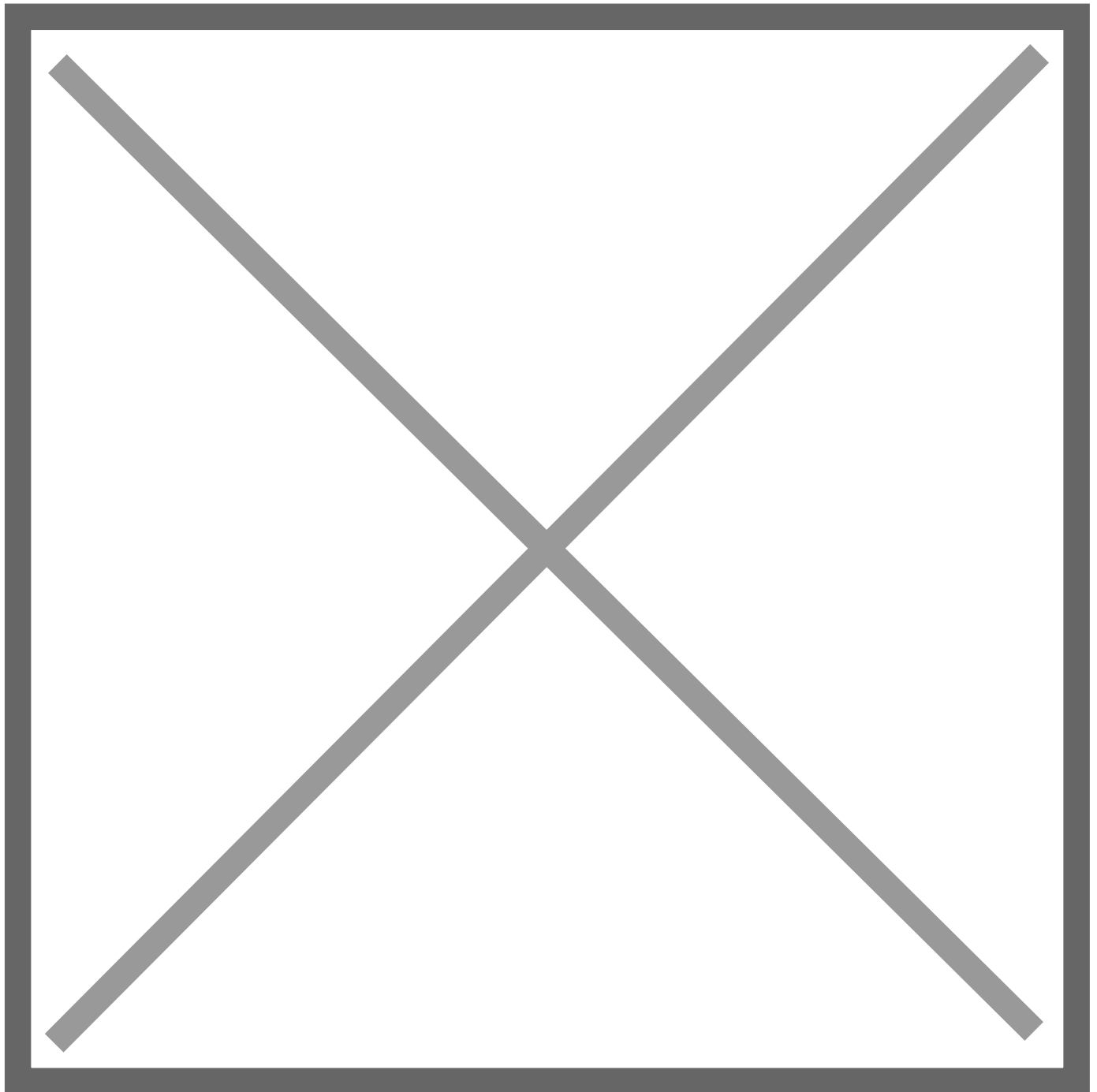
Area covered: National

References: Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.who.int/today>, accessed [16.07.24]

Definitions:

Incidence per 100,000

Women, 2022



Age: 20+

Area covered: National

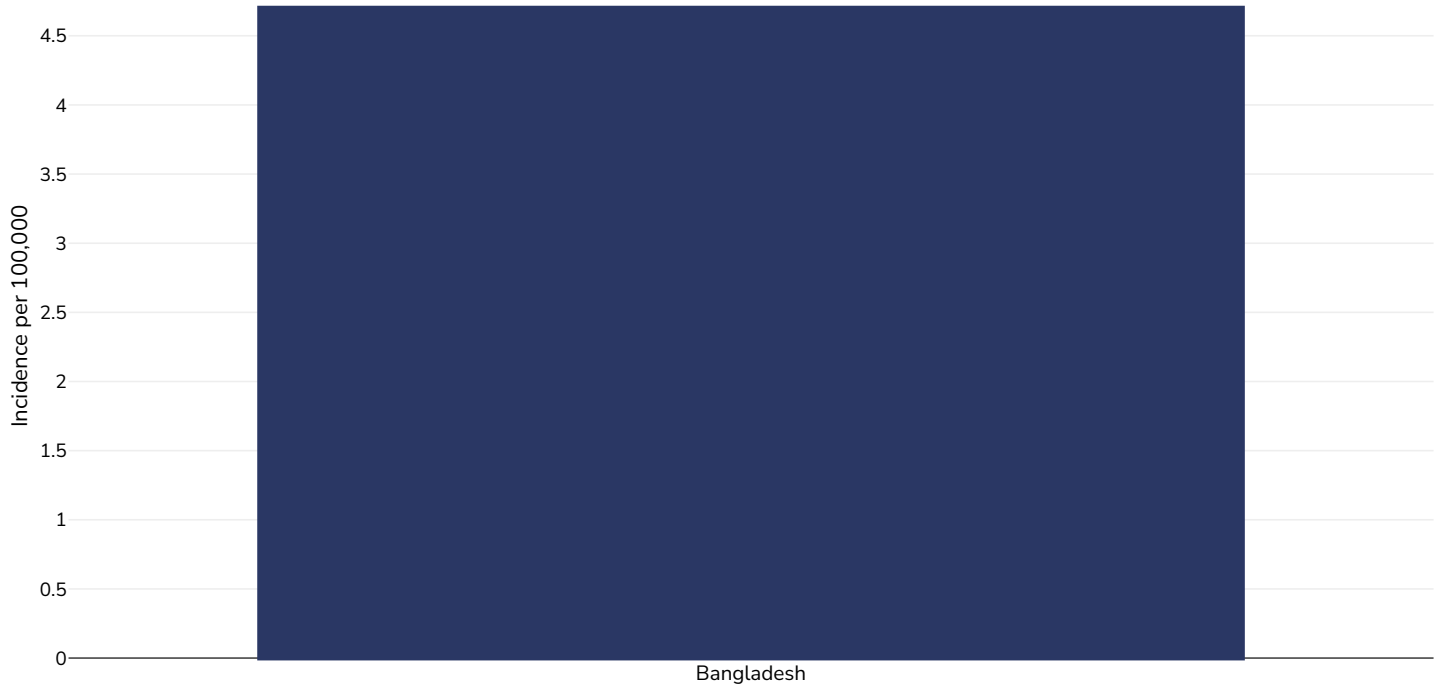
References: Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.who.int/today>, accessed [16.07.24]

Definitions:

Incidence per 100,000

Gallbladder cancer

Men, 2022



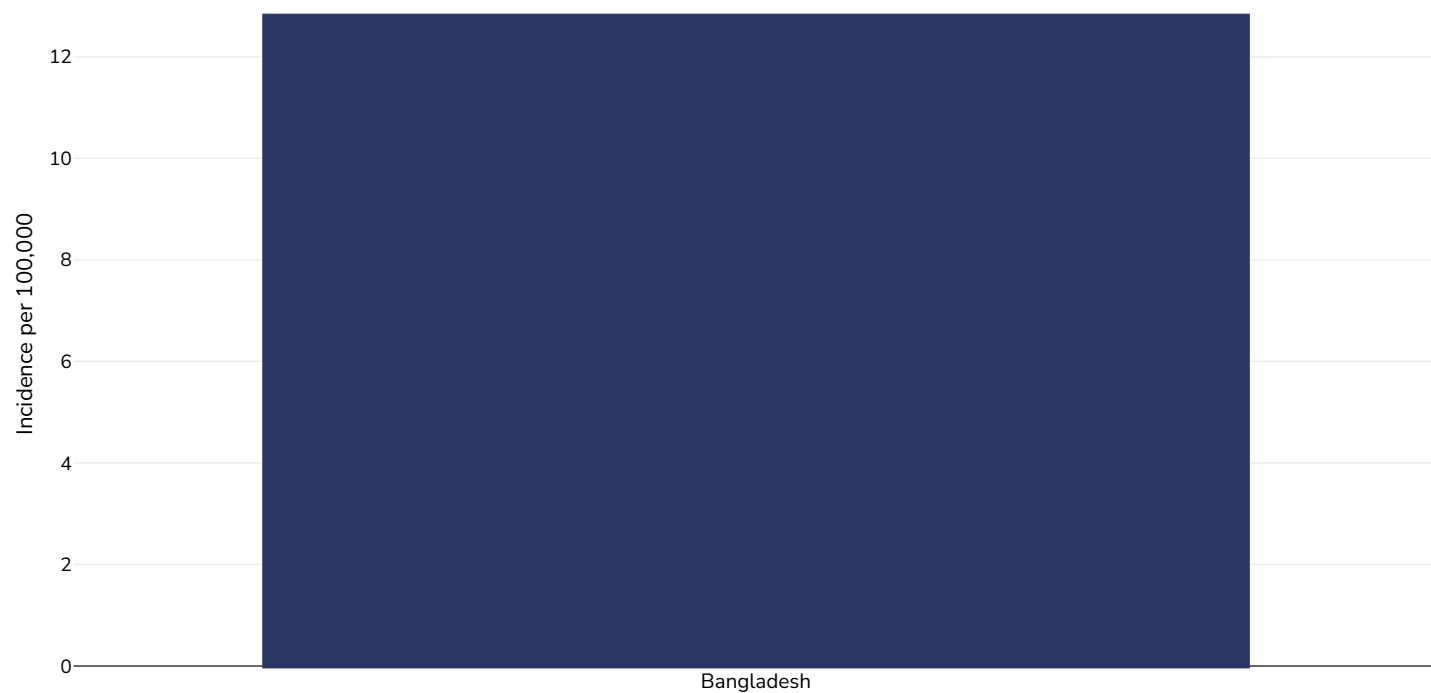
Age: 20+

Area covered: National

References: Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.who.int/today>, accessed [16.07.24]

Definitions: Incidence per 100,000

Women, 2022



Age: 20+

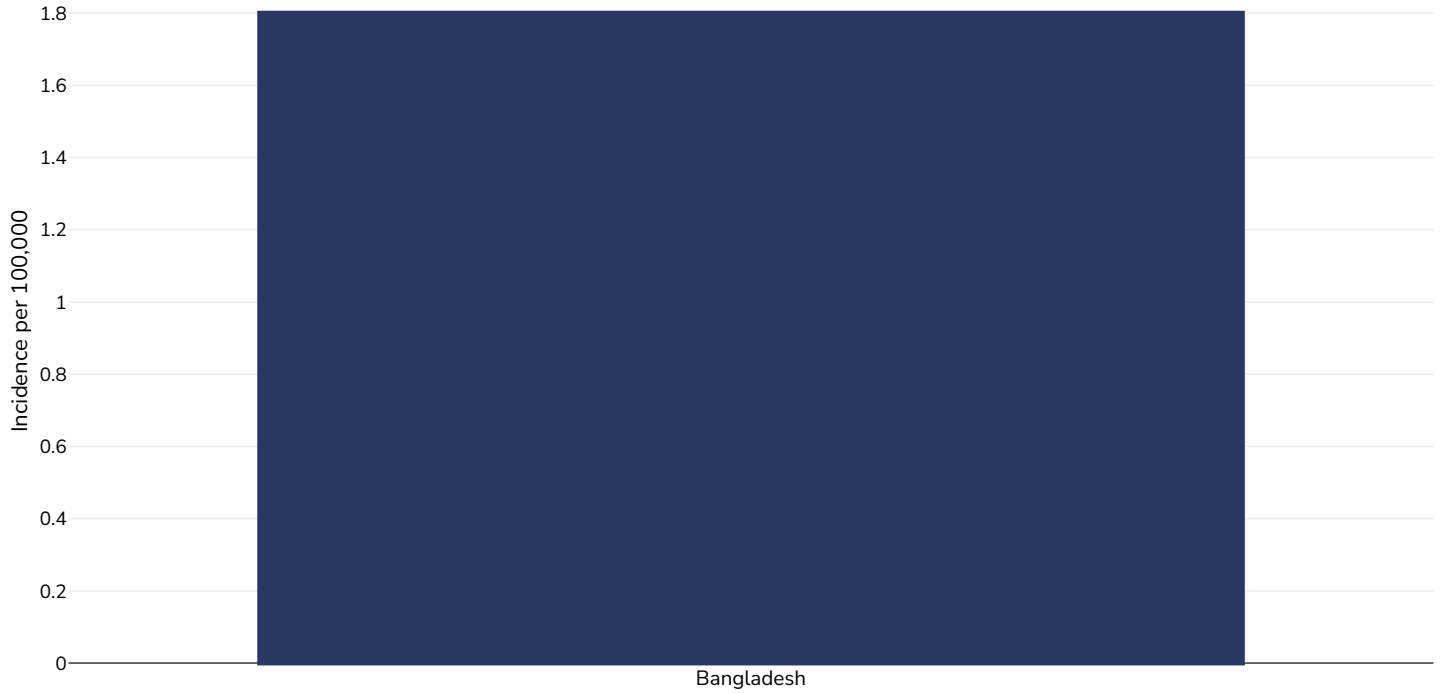
Area covered: National

References: Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.who.int/today>, accessed [16.07.24]

Definitions: Incidence per 100,000

Kidney cancer

Men, 2022



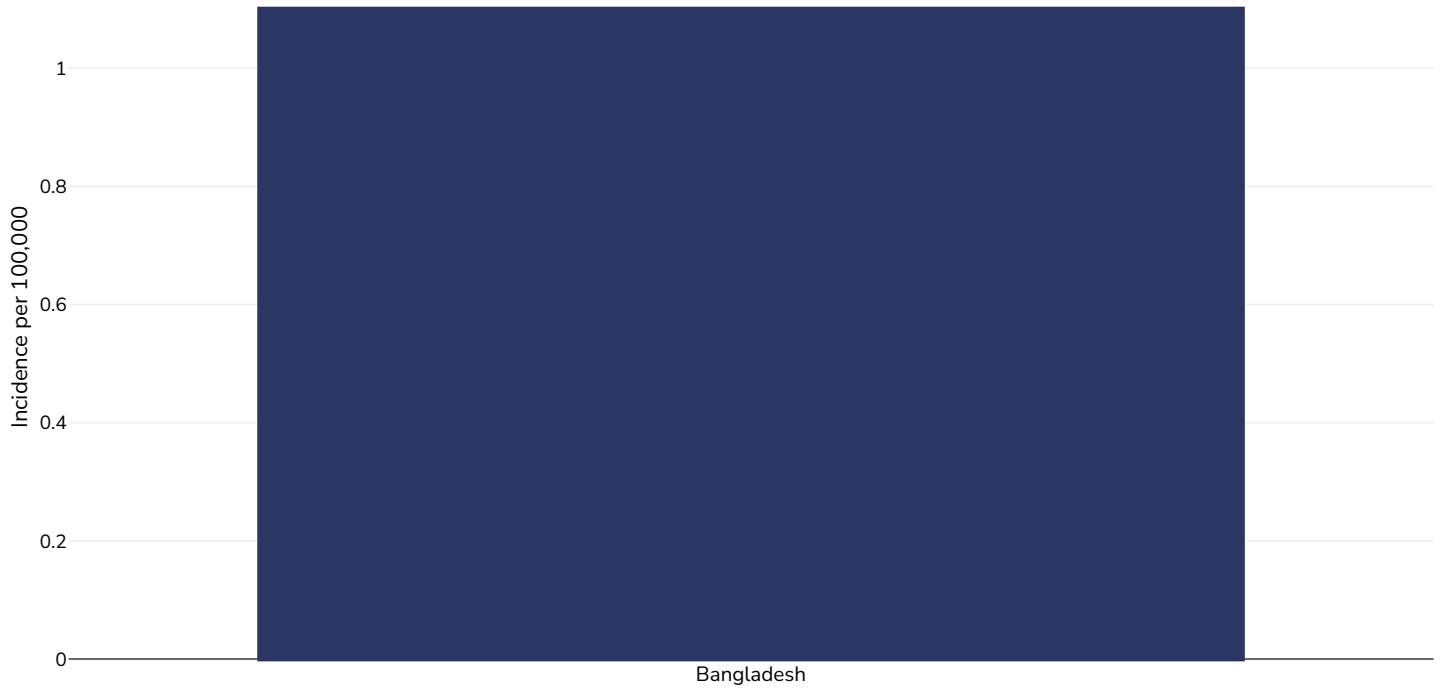
Age: 20+

Area covered: National

References: Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.who.int/today>, accessed [16.07.24]

Definitions: Incidence per 100,000

Women, 2022



Age: 20+

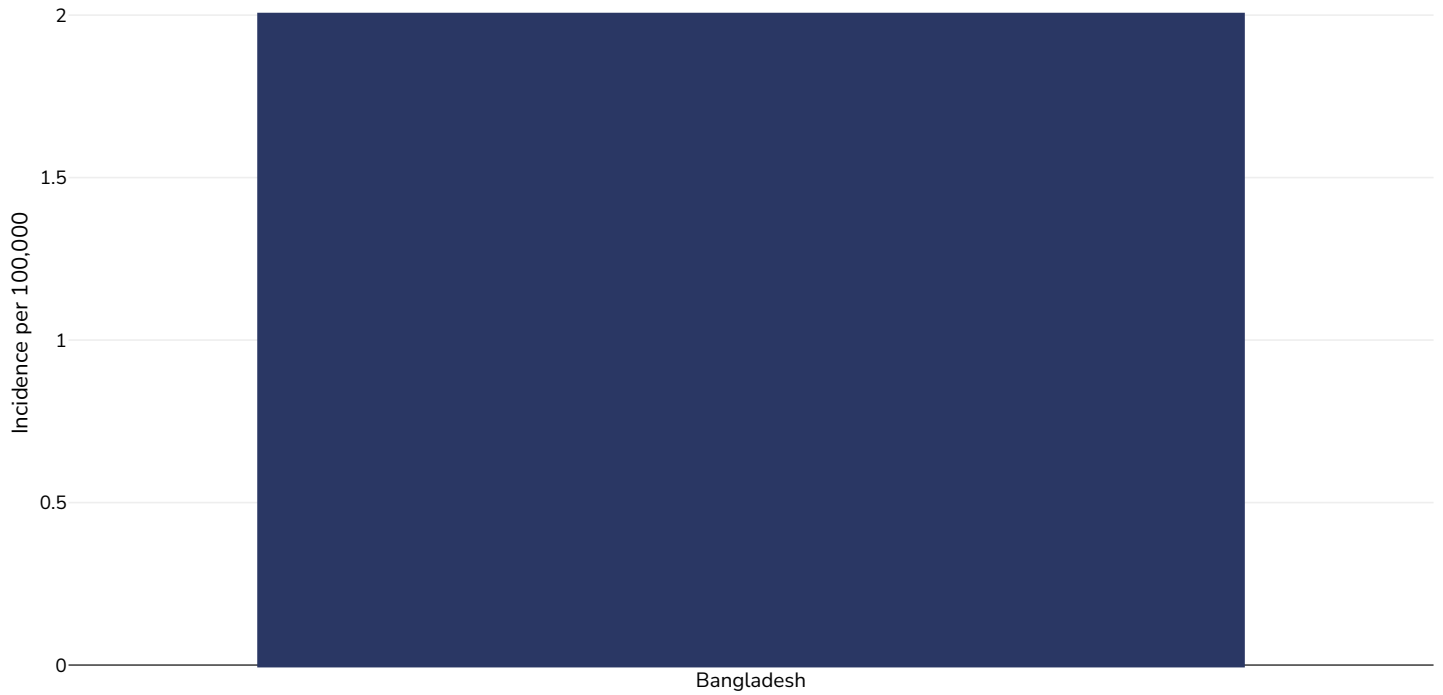
Area covered: National

References: Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.who.int/today>, accessed [16.07.24]

Definitions: Incidence per 100,000

Cancer of the uterus

Women, 2022



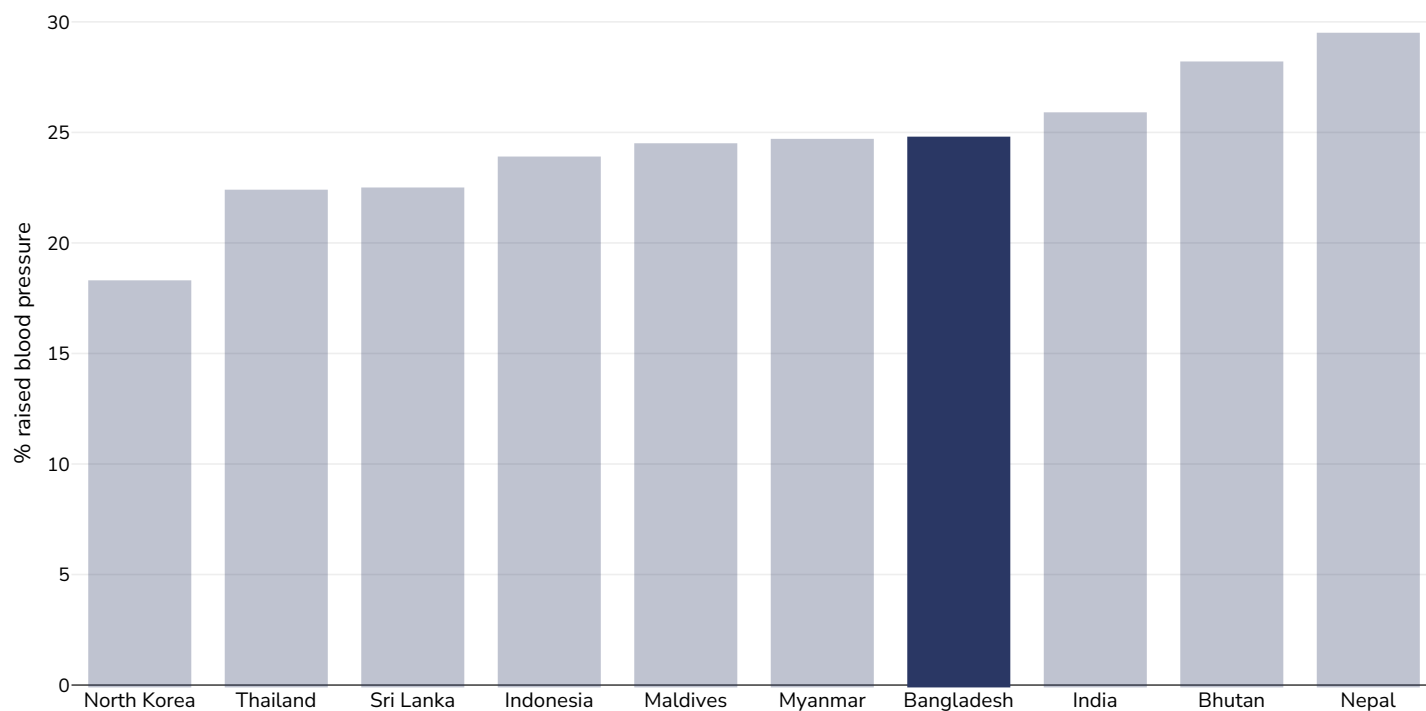
Age: 20+

References: Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.who.int/today>, accessed [16.07.24]

Definitions: Incidence per 100,000

Raised blood pressure

Adults, 2015



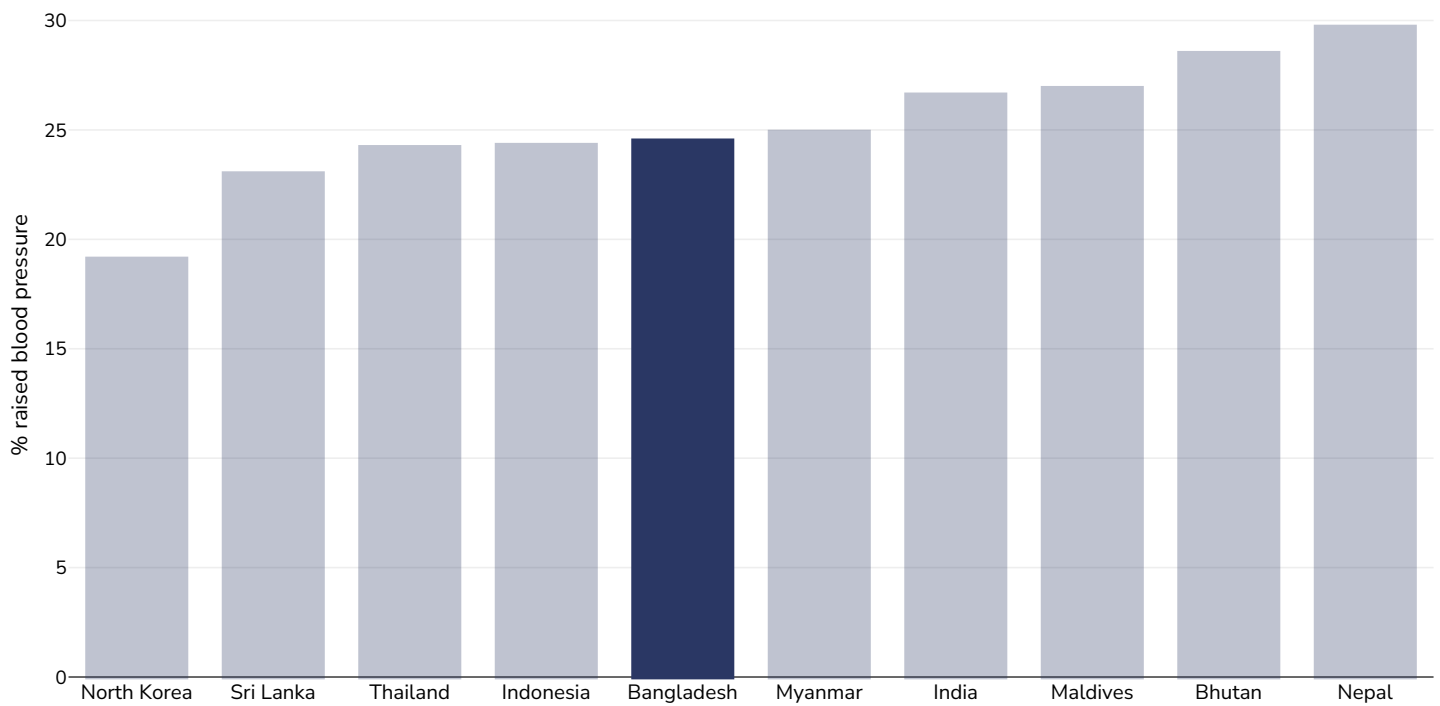
References:

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



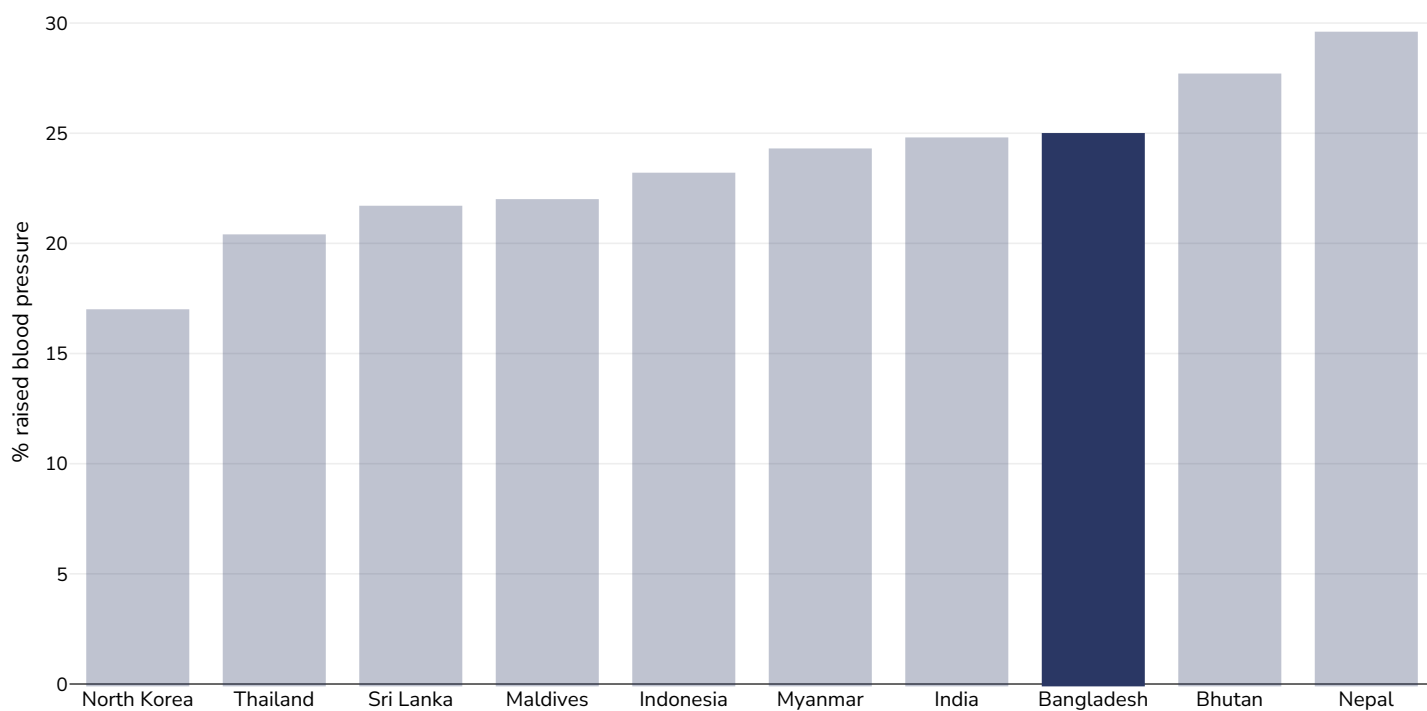
References:

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:

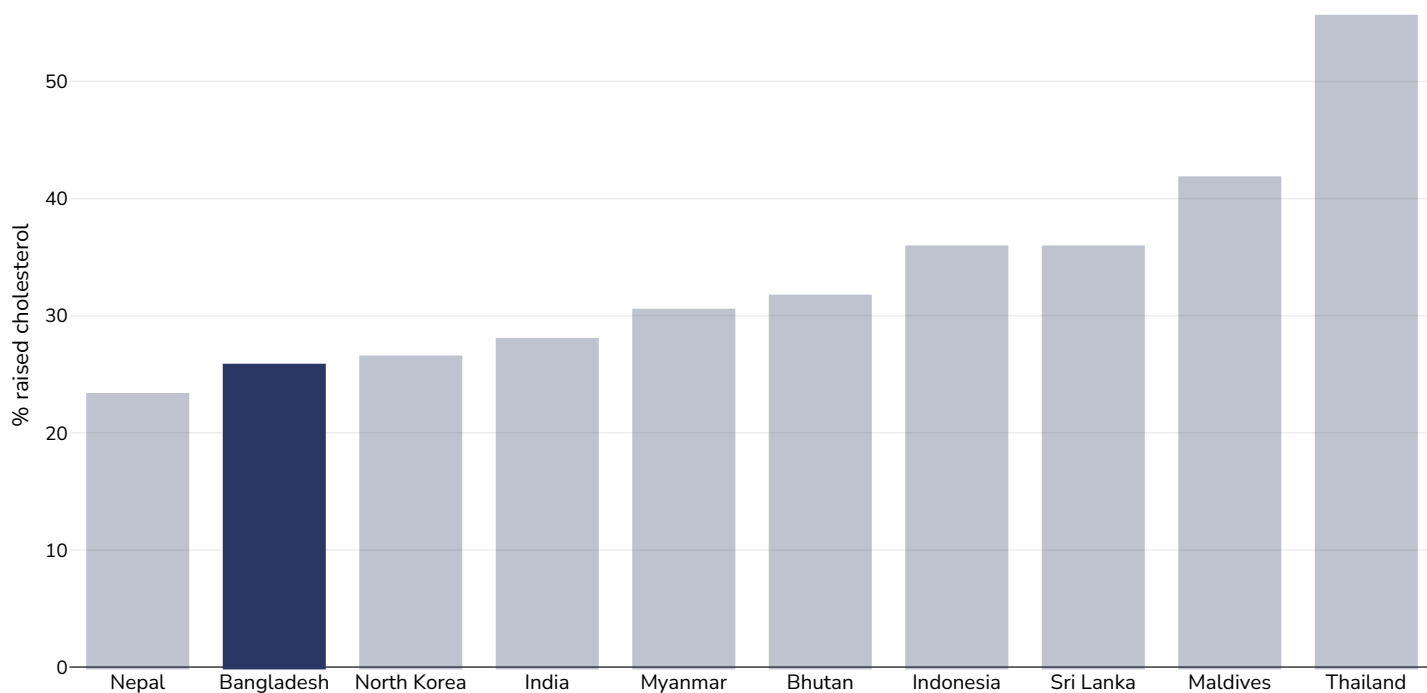
Global Health Observatory data repository, World Health Organisation,
<http://apps.who.int/gho/data/node.main.A875?lang=en>

Definitions:

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

Raised cholesterol

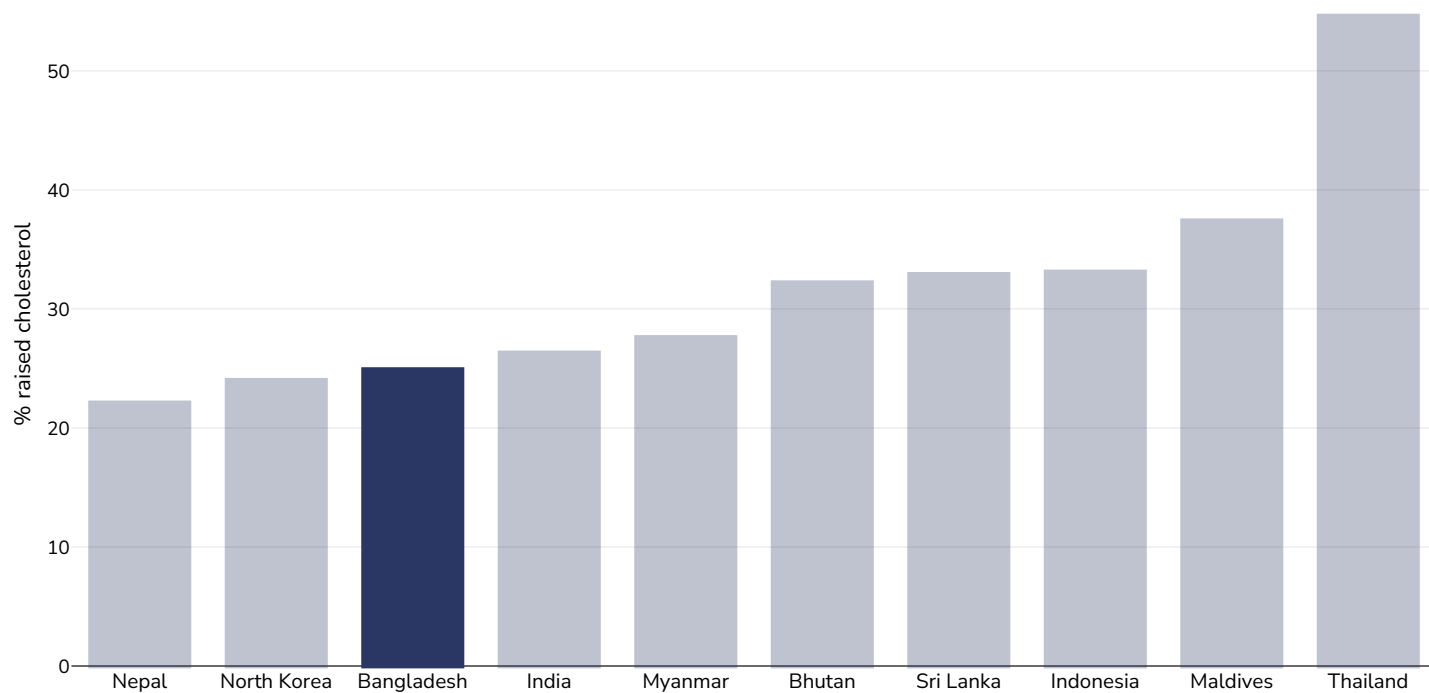
Adults, 2008



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).

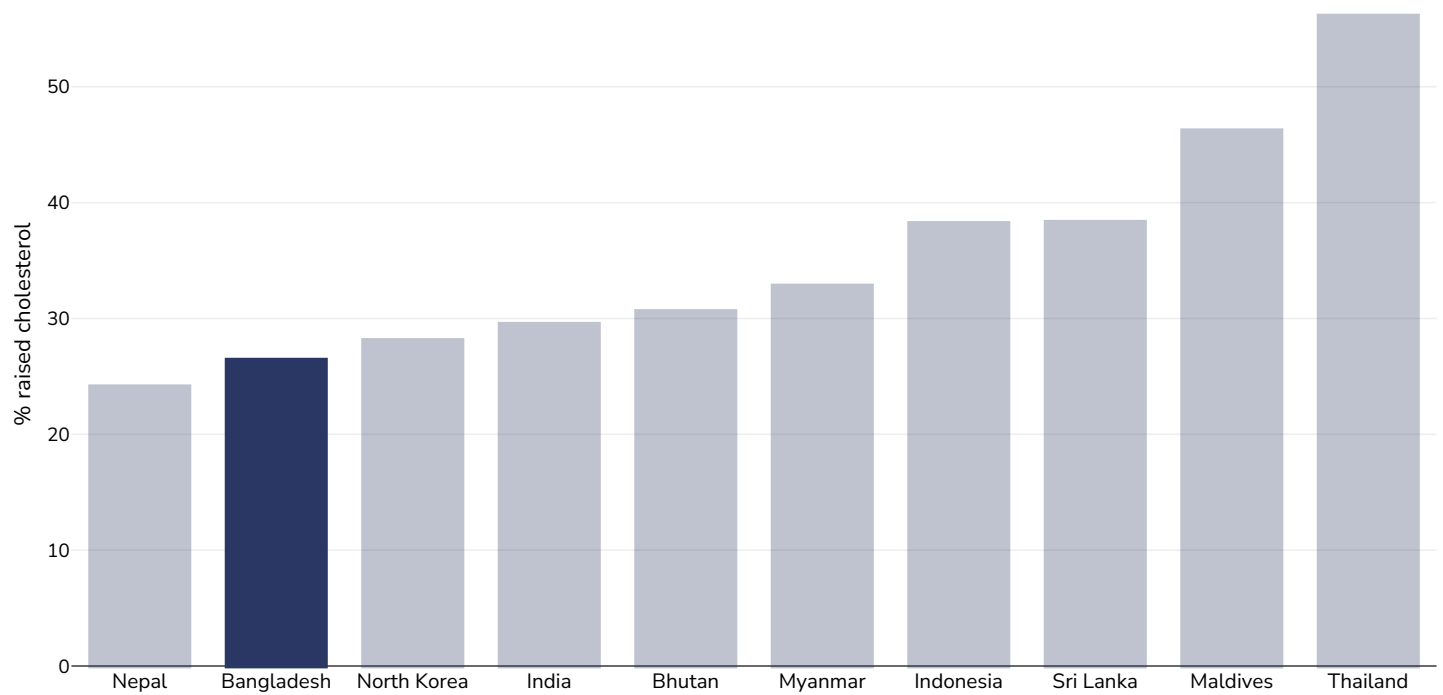
Men, 2008



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

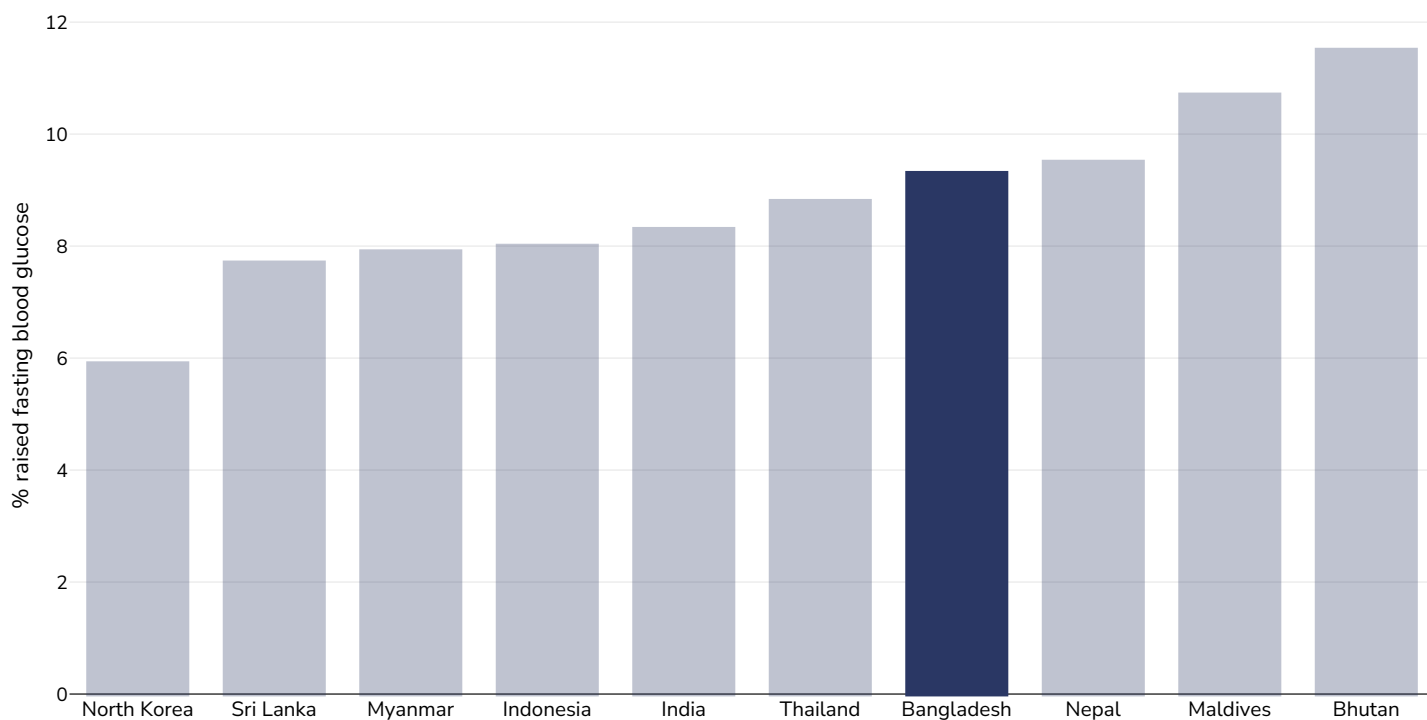


References: Global Health Observatory data repository, World Health Organisation, <http://apps.who.int/gho/data/node.main.A885>

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

Raised fasting blood glucose

Men, 2014



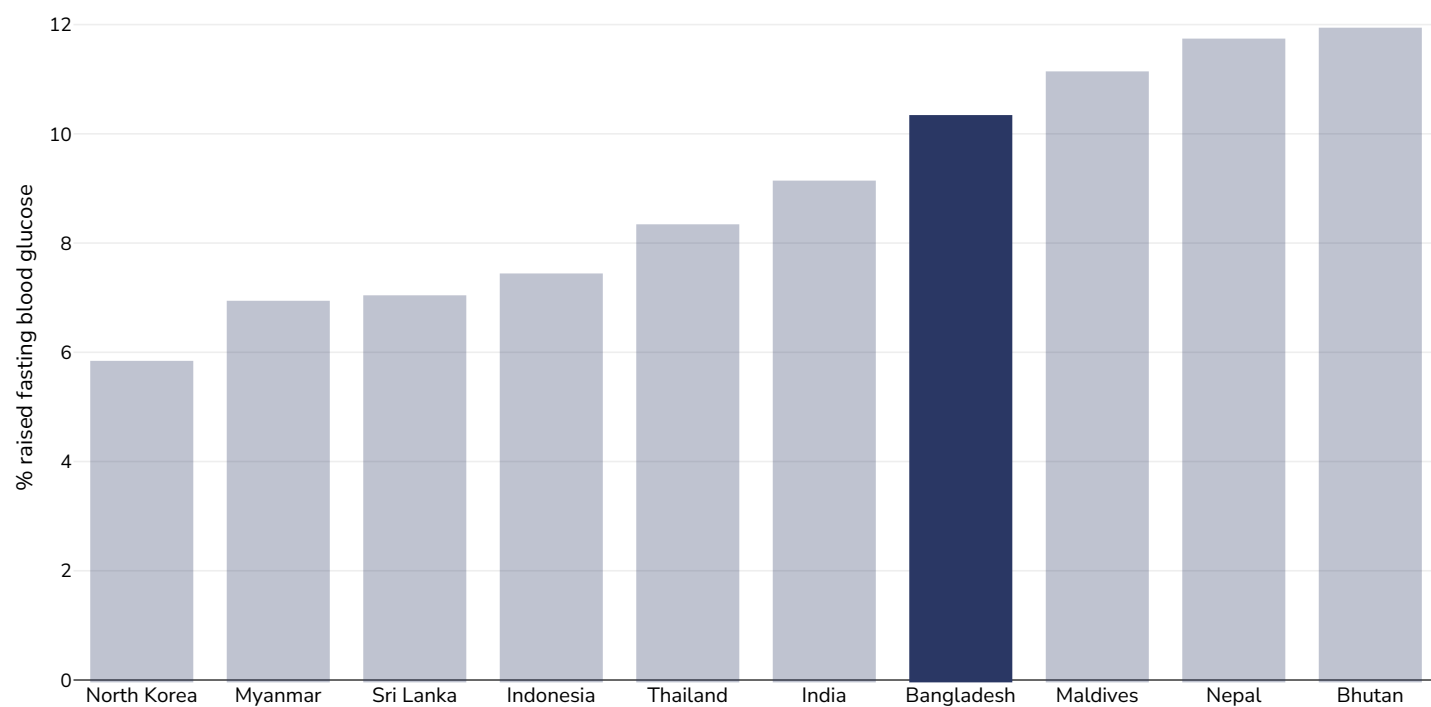
References:

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:

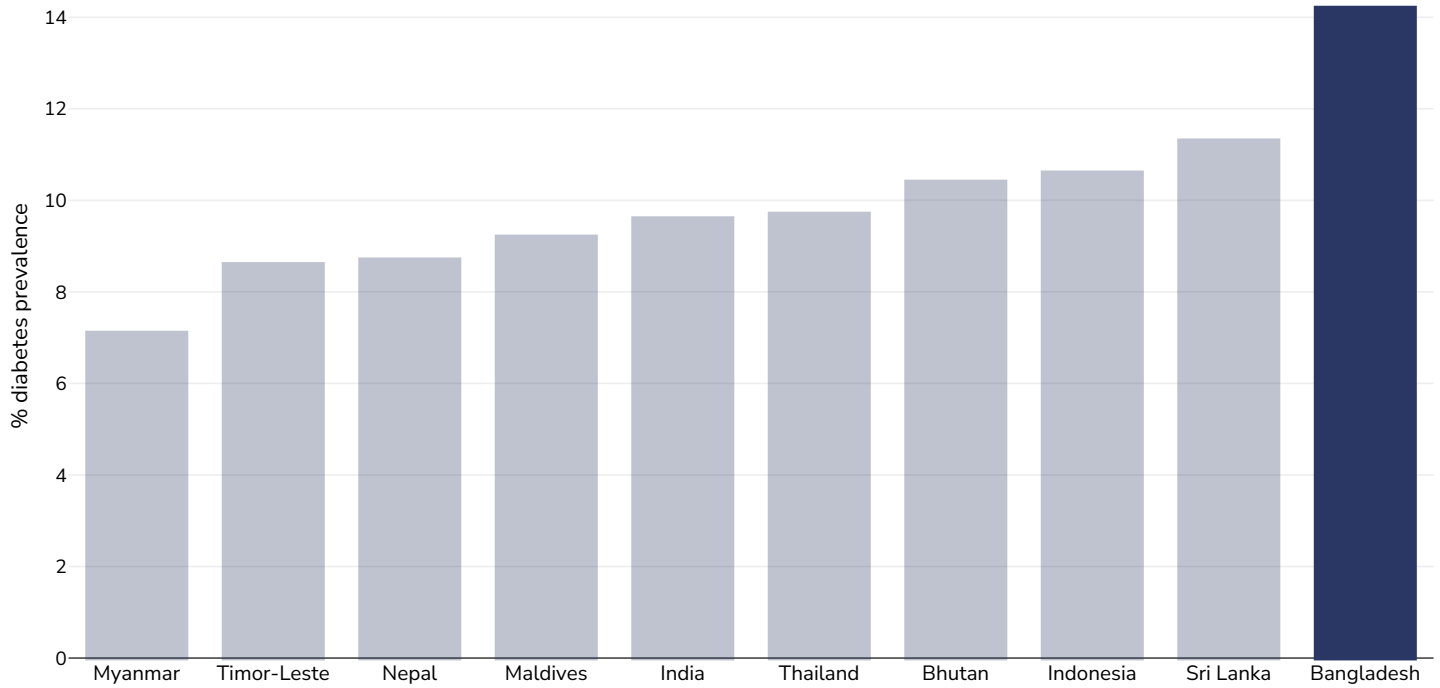
Global Health Observatory data repository, World Health Organisation,
<http://apps.who.int/gho/data/node.main.A869?lang=en>

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?	X
Front-of-package labelling?	X
Back-of-pack nutrition declaration?	X
Color coding?	X
Warning label?	X



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)?	✓
---	---

Key

✓ Present

✓_v Present

(voluntary)

✓ Incoming

✗ Absent

? Unknown