

# Bangladesh



## **Country report card - adults**

This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity for adults. Where available, data on common and relevant obesity drivers and comorbidities are also presented.

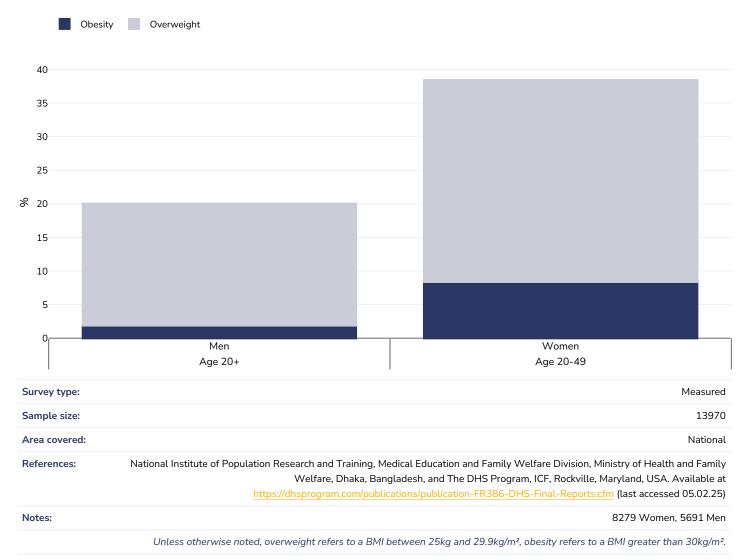
View the latest version of this report on the Global Obesity Observatory at <u>https://data.worldobesity.org/country/bangladesh-</u>16/.



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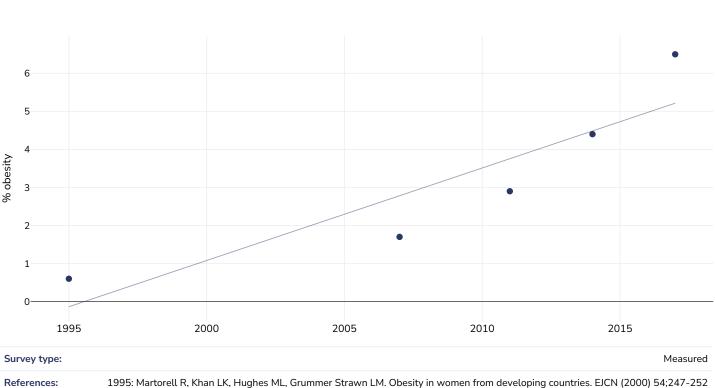
## **Obesity prevalence**





Obesity, Women

## % Adults living with obesity in Bangladesh 1995-2017



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.. <u>http://www.dhsprogram.com/publications/publication-FR311-DHS-Final-Reports.cfm</u> (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 <u>https://dhsprogram.com/pubs/pdf/FR344/FR344.pdf</u> (last accessed 10.08.22)

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m<sup>2</sup>, obesity refers to a BMI greater than 30kg/m<sup>2</sup>.

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 or obesity, Women

## % Adults living with overweight or obesity in Bangladesh 1995-2017



Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m<sup>2</sup>, obesity refers to a BMI greater than 30kg/m<sup>2</sup>.

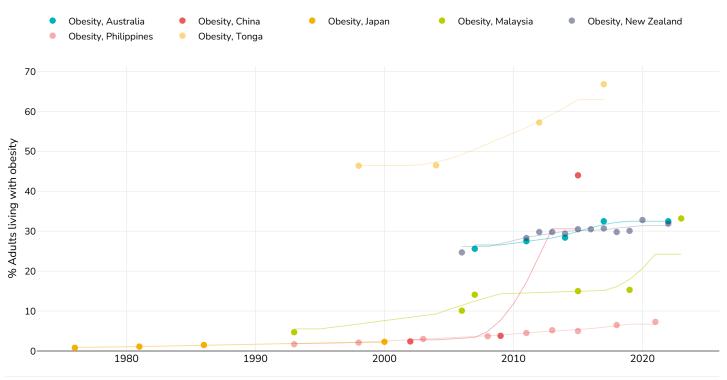
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% Adults living with obesity in selected countries in the Asia/Oceania Region 1975-2019, selected countries



#### Men



References: 1976, 1981, 1986: Yoshiike N, Seino F, Tajima S, Arai Y, Kawano M, Furuhata 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, 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

> 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: <a href="http://www.fnri.dost.gov.ph/files/fnri%20files/nns/factsandfigures2003/anthropometric.pdf">http://www.fnri.dost.gov.ph/files/fnri%20files/nns/factsandfigures2003/anthropometric.pdf</a> (last accessed June 14th 2011) 2004: Tonga STEPS Survey 2004

2006: Gerritsen S, Stefanogiannis N, Galloway Y, Devlin M, Templaton R and Yeh L. A portrait of health: key results of the 2006/07 New Zealand Health Survey.

2007: Australian Bureau of Statistics (ABS). National Health Survey: Summary of results. Canberra, Australia, ABS, 2009. WHO Global InfoBase reference:102910

2008: Food and Nutrition Research Institute-Department of Science and Technology (FNRI-DOST). 2010. Philippine Nutrition Facts and Figures 2008. DOST Complex, FNRI Bldg., Bicutan, Taguig City, Metro Manila, Philippines.

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/j.1467-789X.2012.01016.x

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.

2012: New Zealand Health Survey. https://www.health.govt.nz/publication/annual-update-key-results-2018-19-new-zealand-healthsurvey (last accessed 14.07.20)

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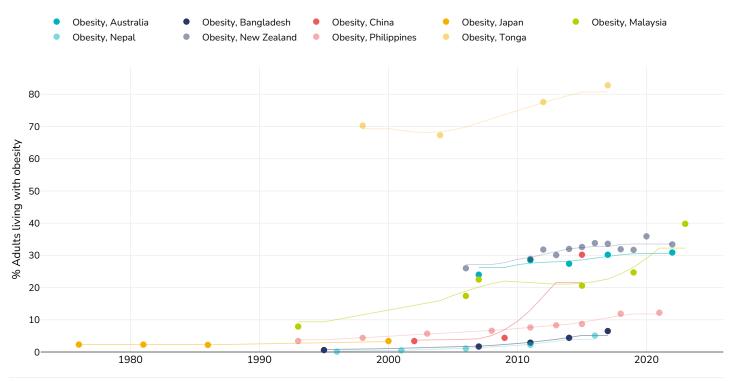
2015: Institute for Public Health (IPH) 2015. National Health and Morbidity Survey 2015 (NHMS 2015). Vol. II: Non-Communicable Diseases, Risk Factors & Other Health Problems; 2015.

2016: Ministry of Health - MOH/Nepal, New ERA/Nepal, and ICF. 2017. Nepal Demographic and Health Survey 2016. Kathmandu, Nepal: MOH/Nepal, New ERA/Nepal, and ICF.



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References: 1976, 1981, 1986: Yoshiike N, Seino F, Tajima S, Arai Y, Kawano M, Furuhata 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

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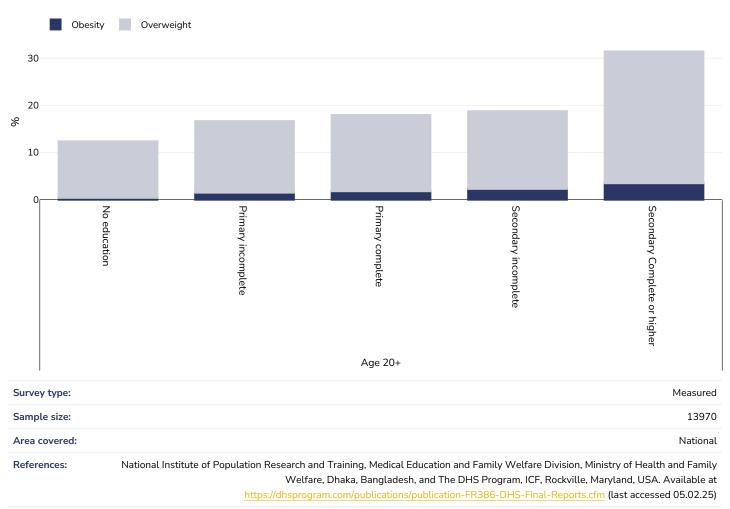


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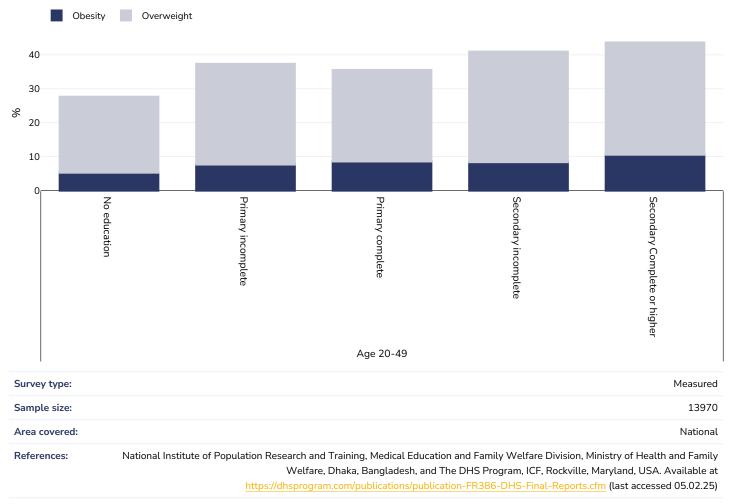


## Overweight/obesity by education

#### Men, 2022





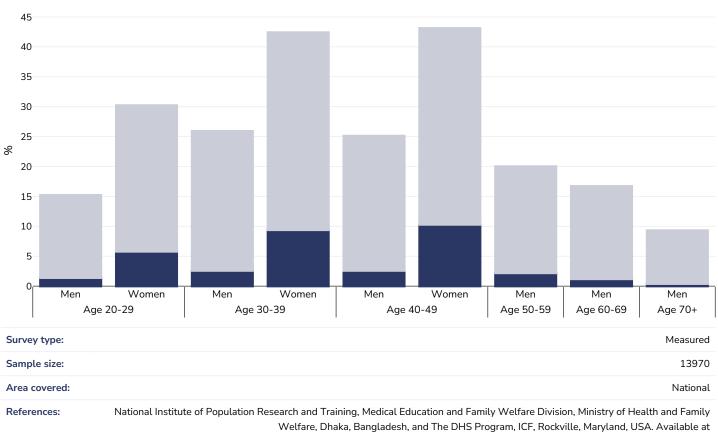




## Overweight/obesity by age

#### Adults, 2022

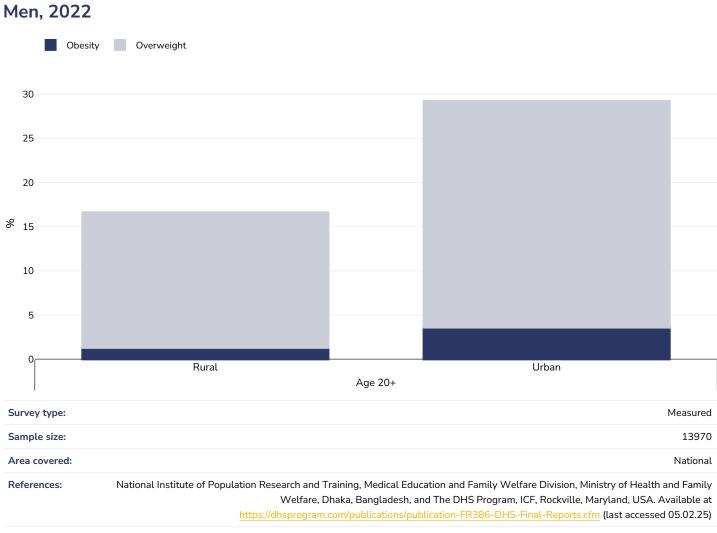




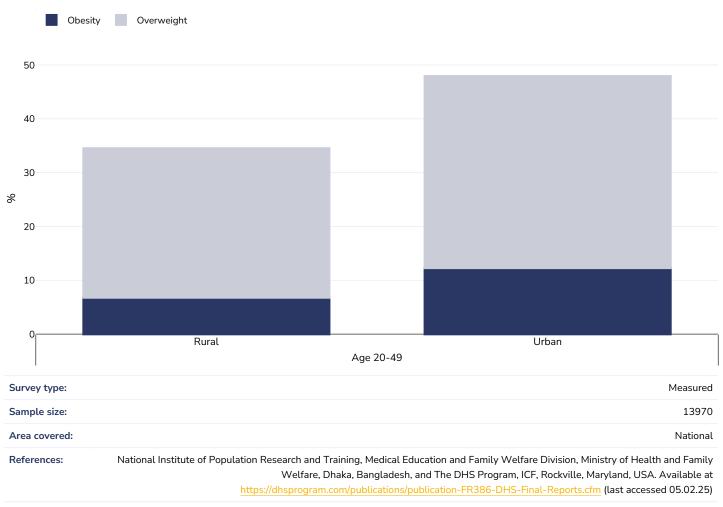
https://dhsprogram.com/publications/publication-FR386-DHS-Final-Reports.cfm (last accessed 05.02.25)



## Overweight/obesity by region





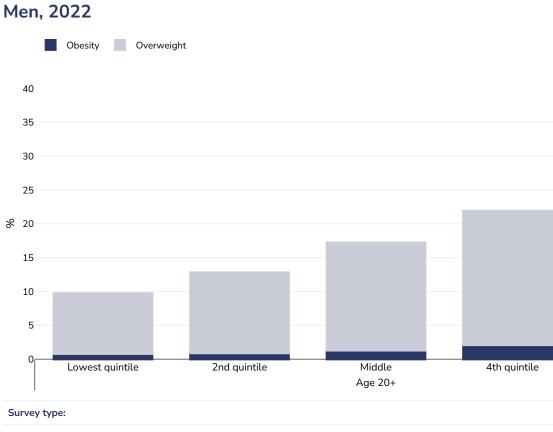




Highest quintile

Measured

## Overweight/obesity by socio-economic group



 Sample size:
 13970

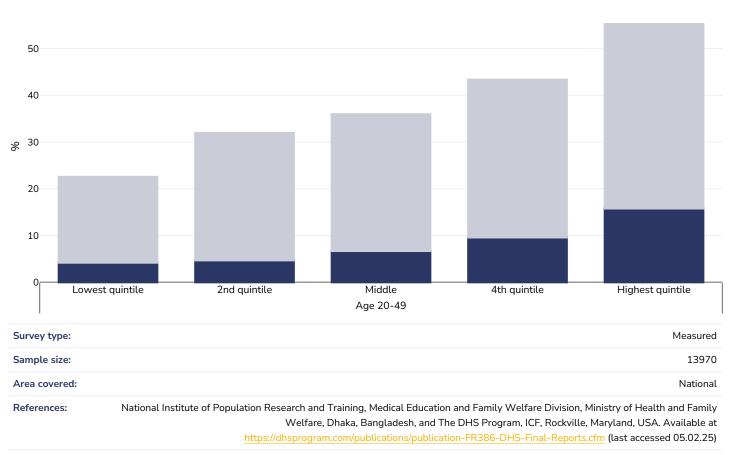
 Area covered:
 National

 References:
 National Institute of Population Research and Training, Medical Education and Family Welfare Division, Ministry of Health and Family Welfare, Dhaka, Bangladesh, and The DHS Program, ICF, Rockville, Maryland, USA. Available at

https://dhsprogram.com/publications/publication-FR386-DHS-Final-Reports.cfm (last accessed 05.02.25)

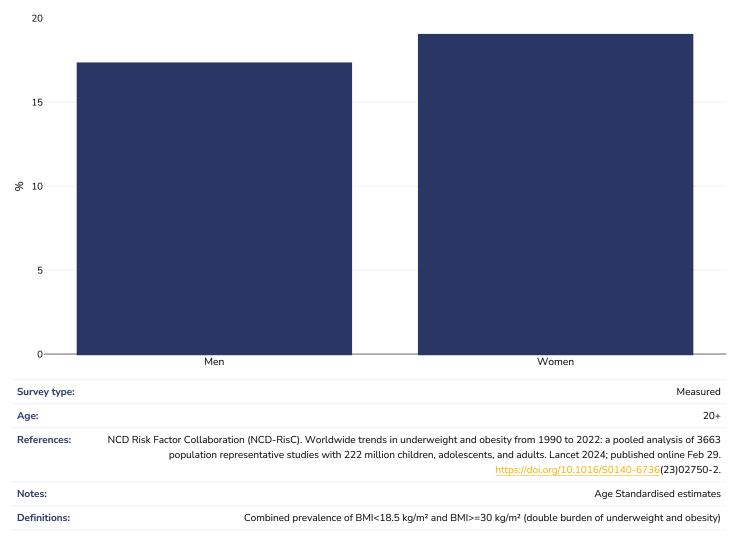


Obesity Overweight



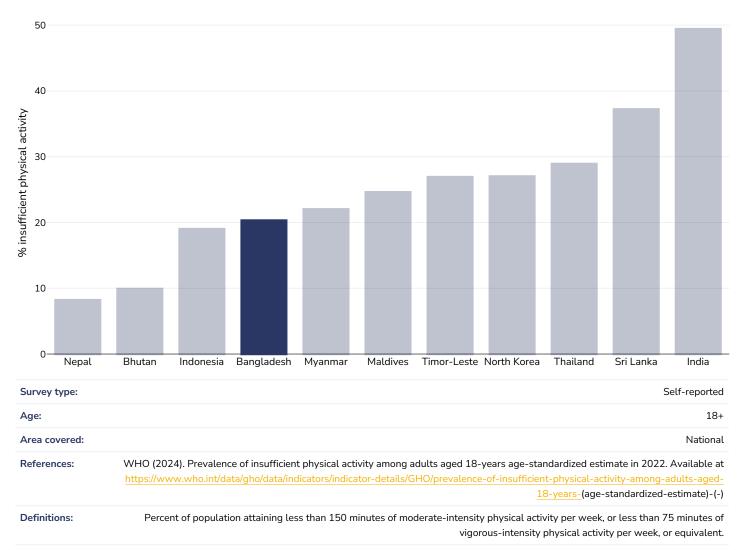


## Double burden of underweight & overweight



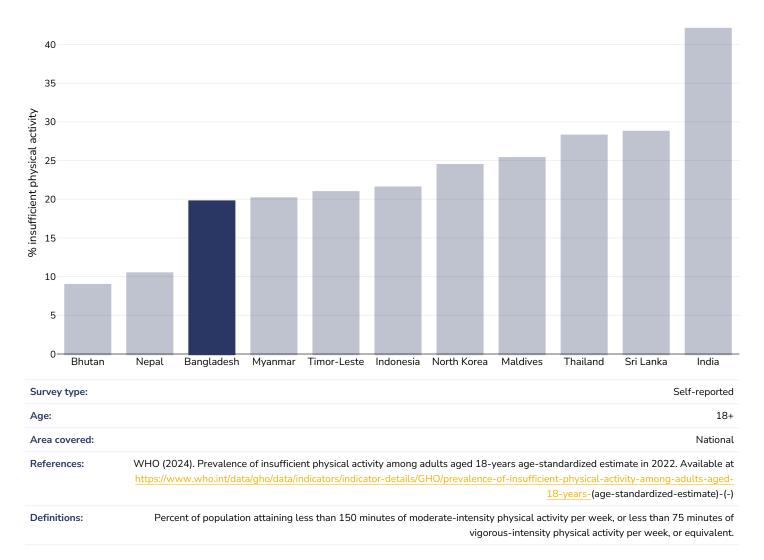


## Insufficient physical activity



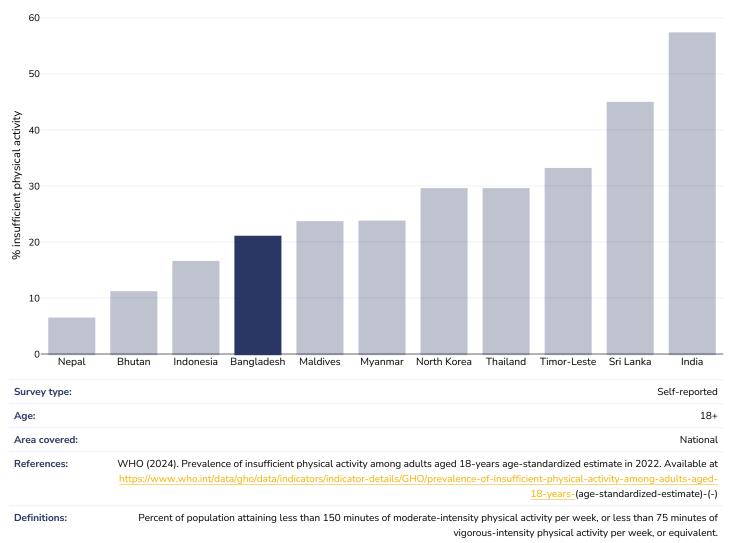


#### Men, 2022



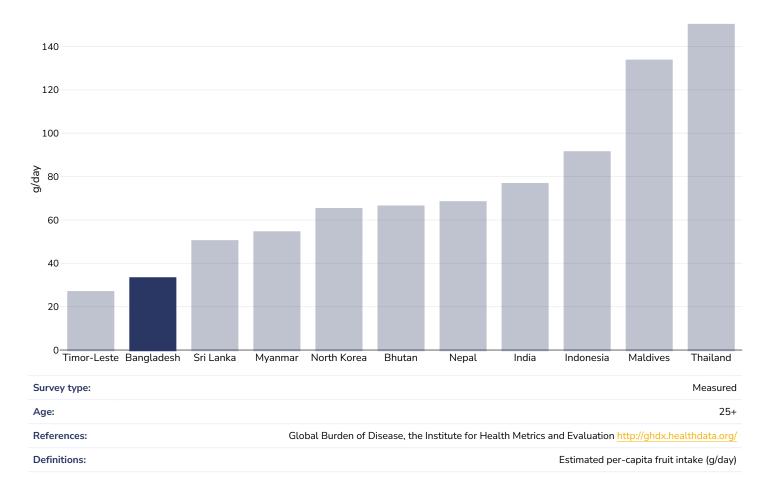






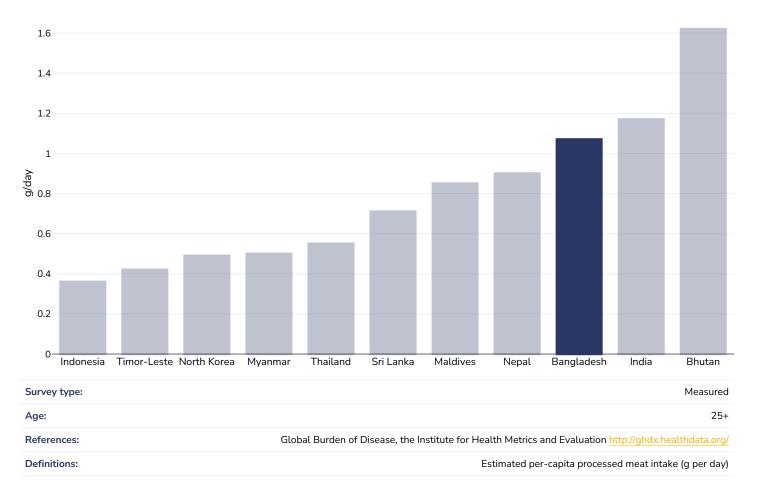


## Estimated per capita fruit intake



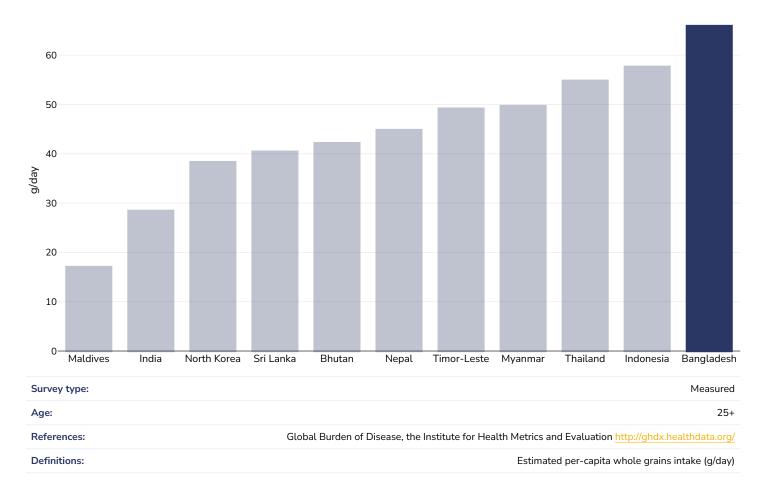


## Estimated per-capita processed meat intake



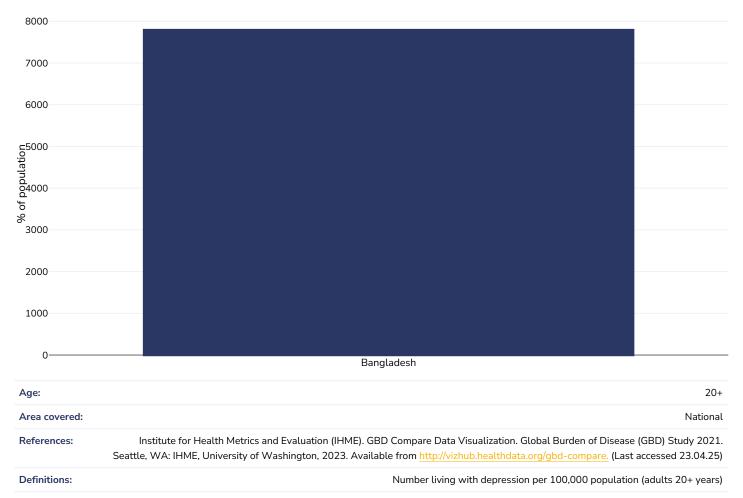


## Estimated per capita whole grains intake



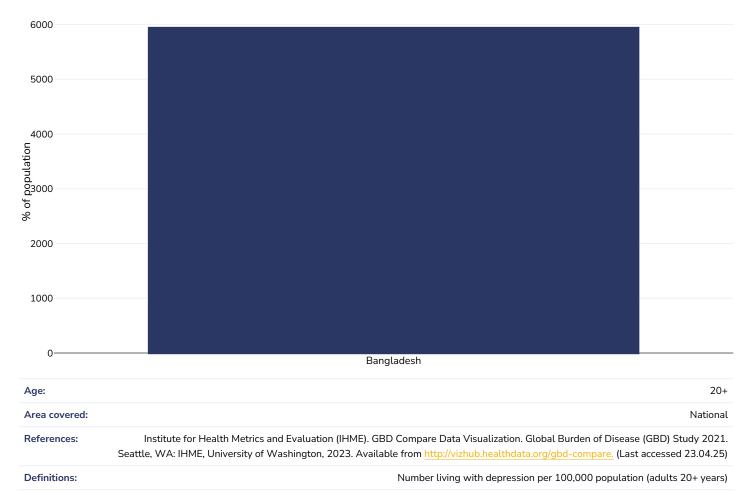


## Mental health - depression disorders

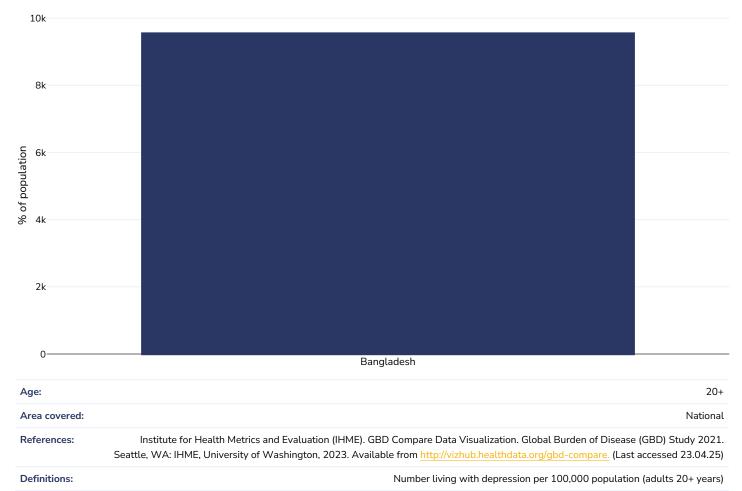




#### Men, 2021

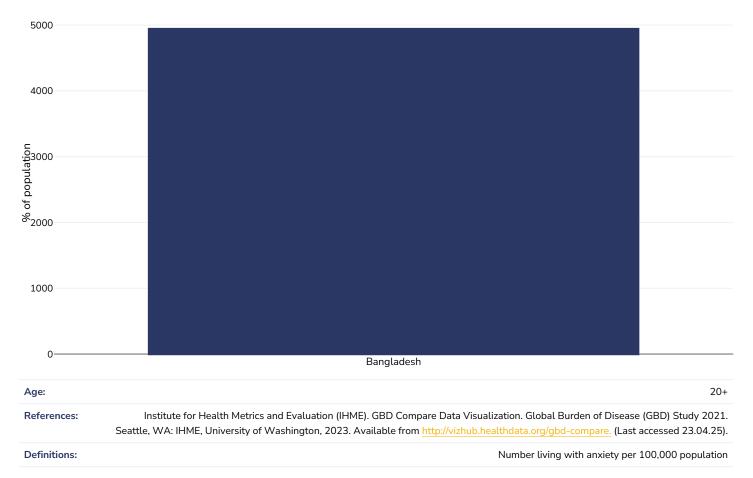






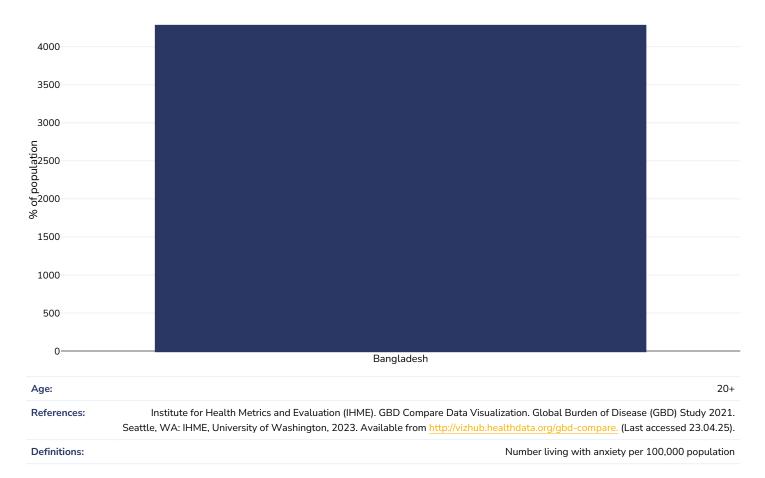


## Mental health - anxiety disorders

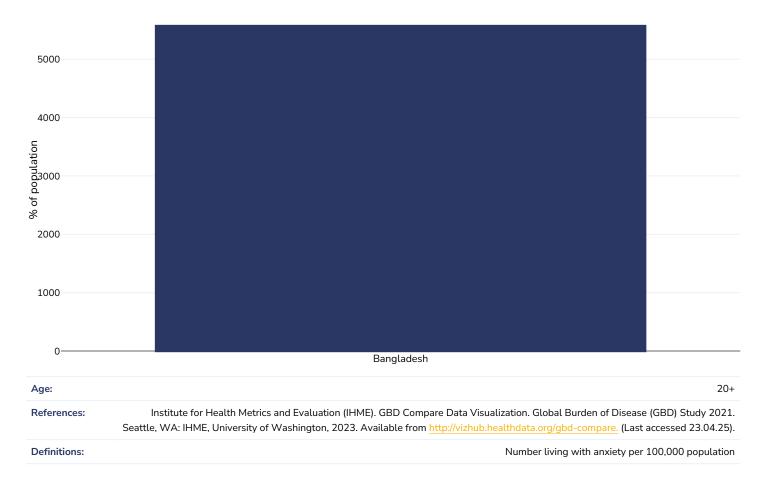




#### Men, 2021









## Percent of population who cannot afford a healthy diet

#### 50 40 % 30 20 10 0 Bhutan Thailand Maldives Nepal Sri Lanka Indonesia Bangladesh India Myanmar Area covered: National The Food Systems Dashboard. The Global Alliance for Improved Nutrition (GAIN), The Columbia Climate School, and Cornell University References: College of Agriculture and Life Sciences. 2024. Geneva, Switzerland. https://www.foodsystemsdashboard.org. DOI: https://doi.org/10.36072/db.

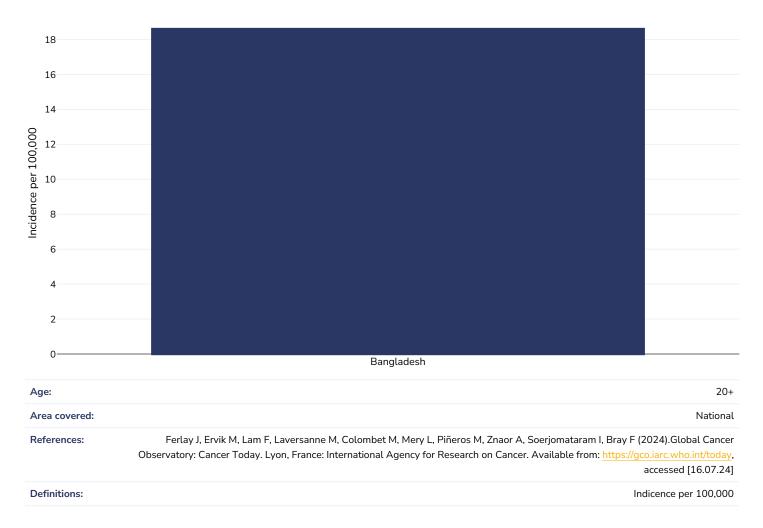


## **Oesophageal cancer**

#### Men, 2022





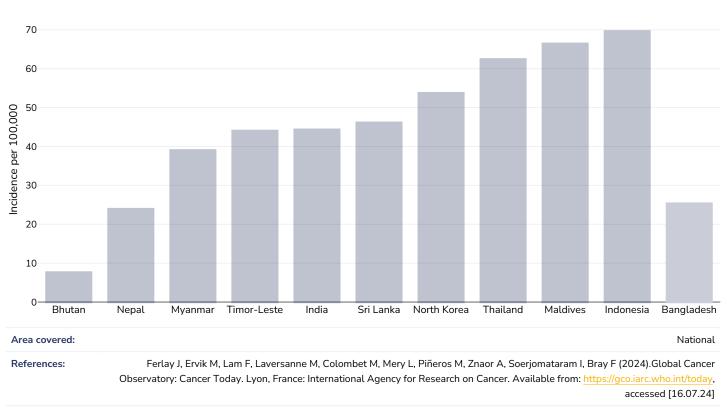




#### **Breast cancer**

#### Women, 2022

Age 20 Age 20+



Definitions:

Incidence per 100,000

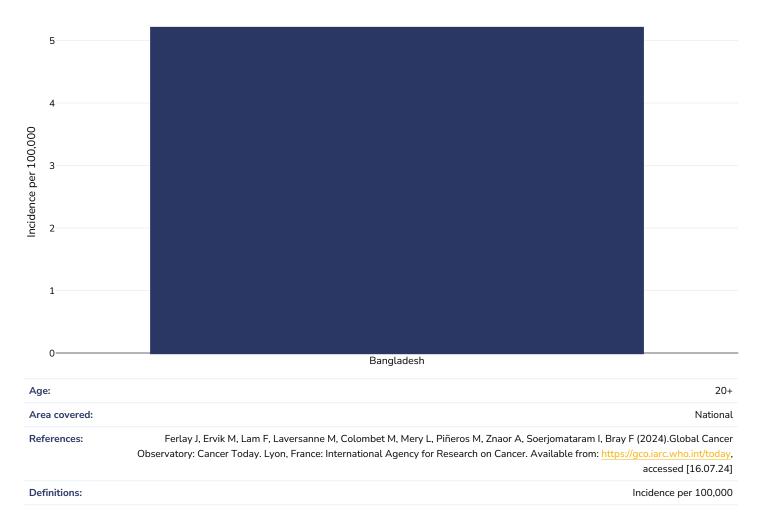


## **Colorectal cancer**

#### Men, 2022

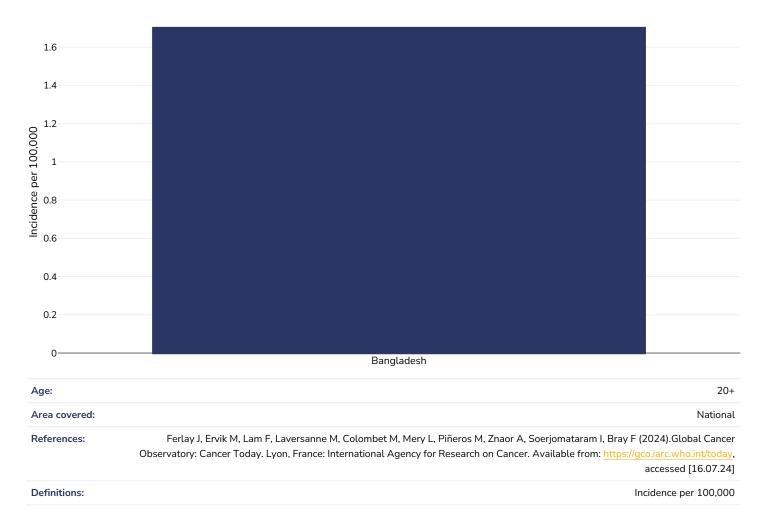




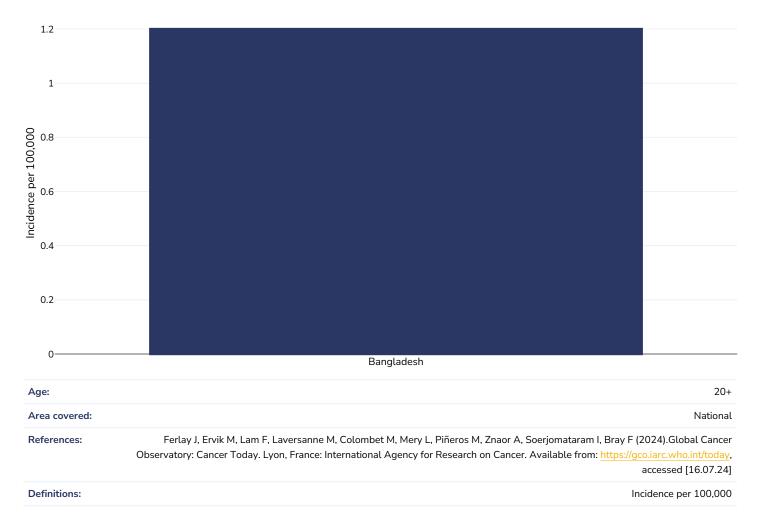




# Pancreatic cancer

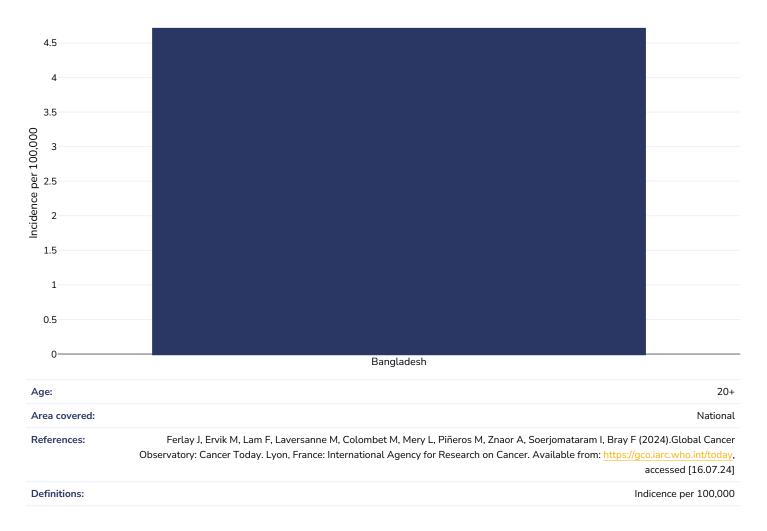




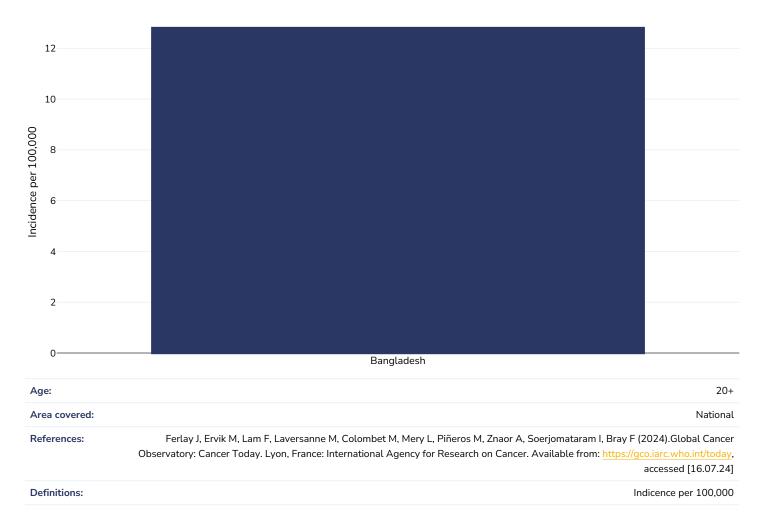




## Gallbladder cancer

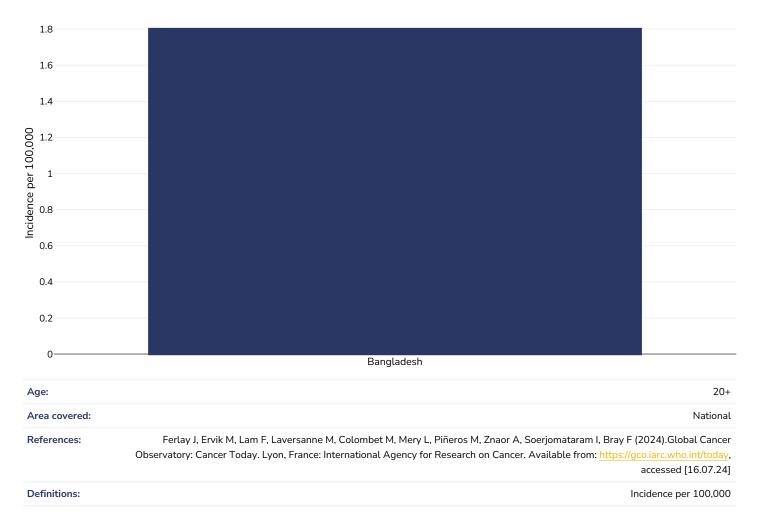




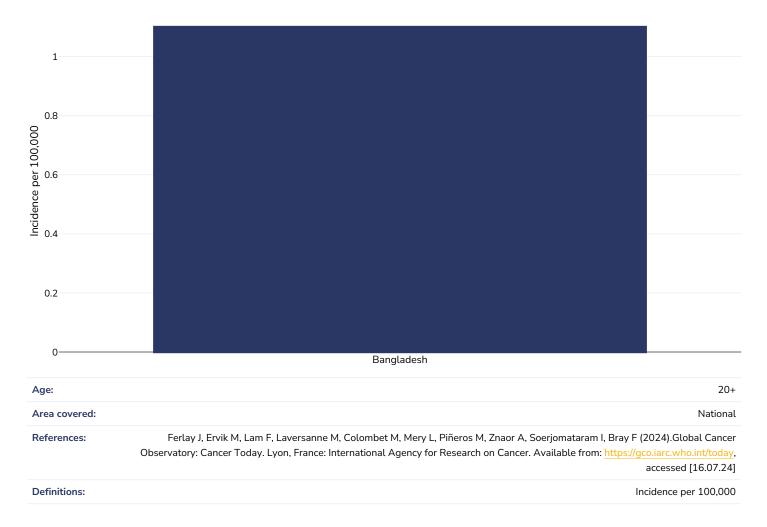




## **Kidney cancer**









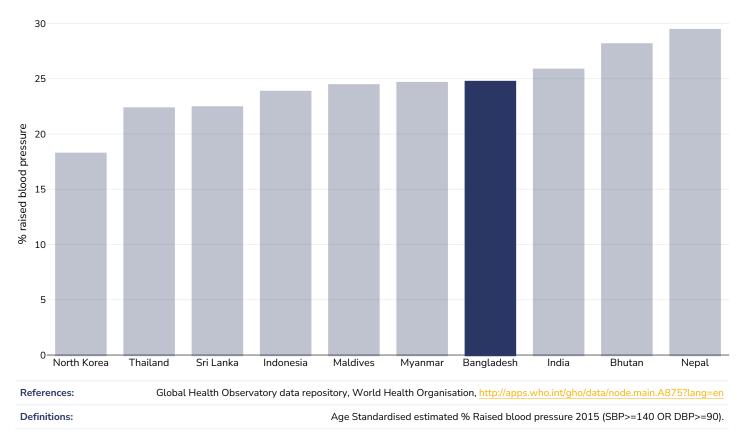
## Cancer of the uterus



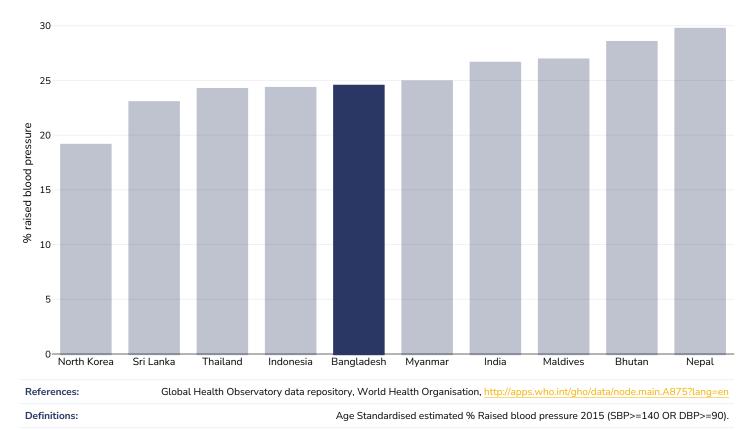


# Raised blood pressure

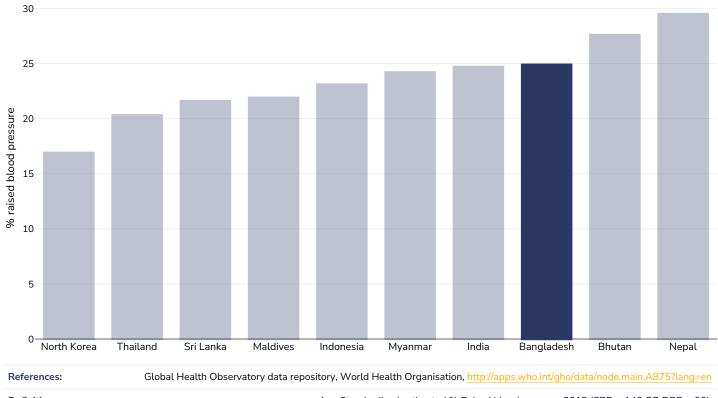
### Adults, 2015











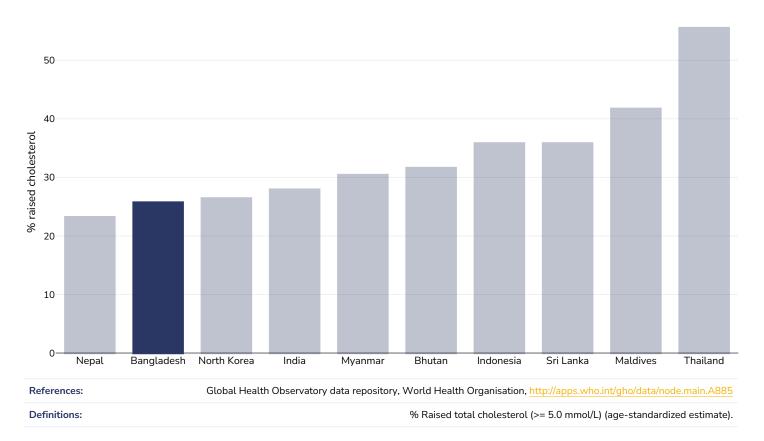
Definitions:

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

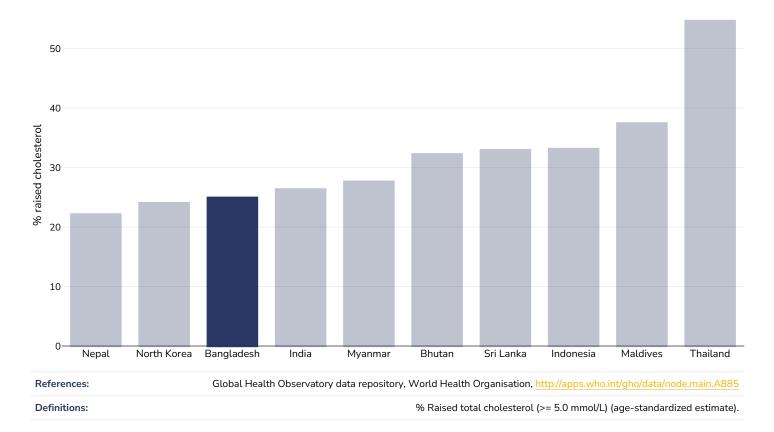


# **Raised cholesterol**

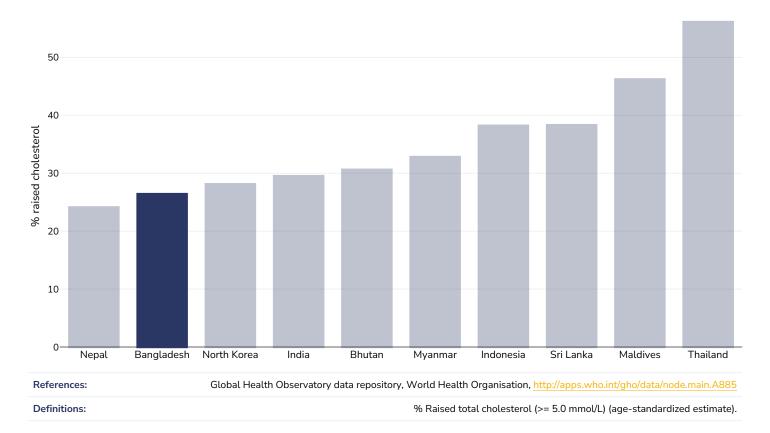
### Adults, 2008





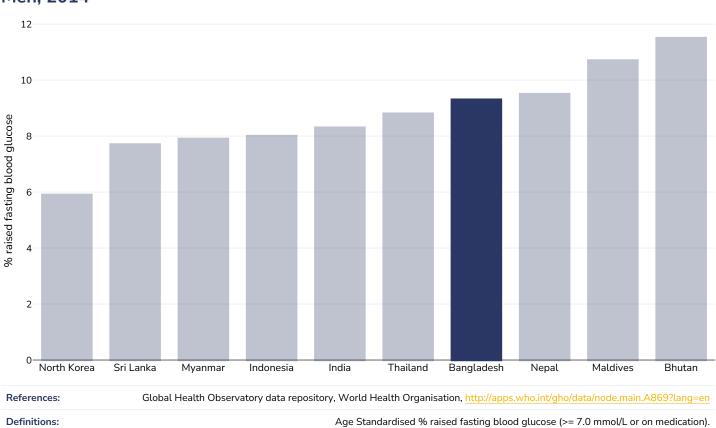




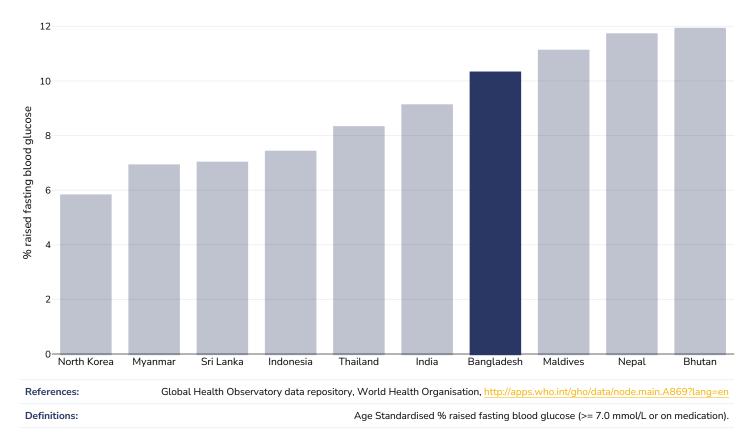




# Raised fasting blood glucose



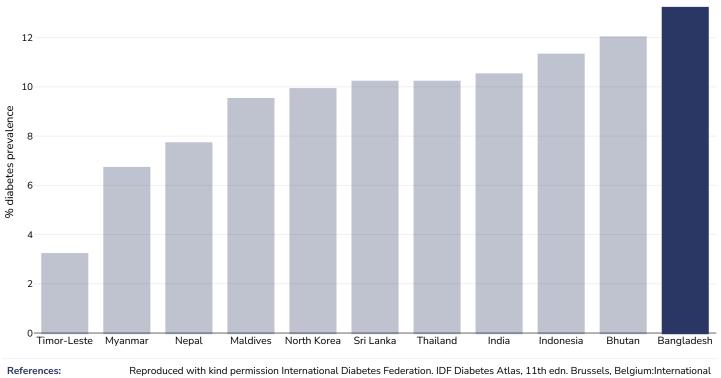






# **Diabetes prevalence**

#### Adults, 2024

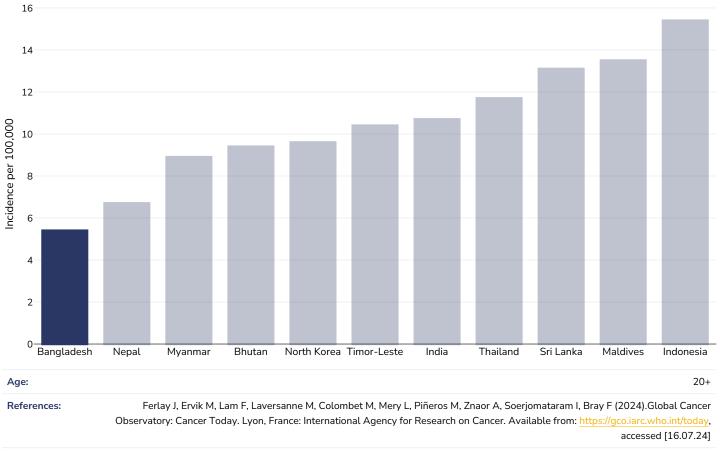


Diabetes Federation, 2025. http://www.diabetesatlas.org



# **Ovarian Cancer**

# Women, 2022



Definitions:

Incidence per 100,000



# Leukemia

Men, 2022											
4											
3											
2											
1											
0											
-1_1	0	1	2	3	4	5	6				
Age:							20+				
Area covered: References:	National 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: <u>https://gco.iarc.who.int/today</u> , accessed [16.07.24]										
Definitions:						Incidence p	er 100,000				
	Unless ot	therwise noted. overw	eight refers to a BMI l	between 25kg and 29	.9ka/m². obesitv refer	s to a BMI greater tha	n 30ka/m².				

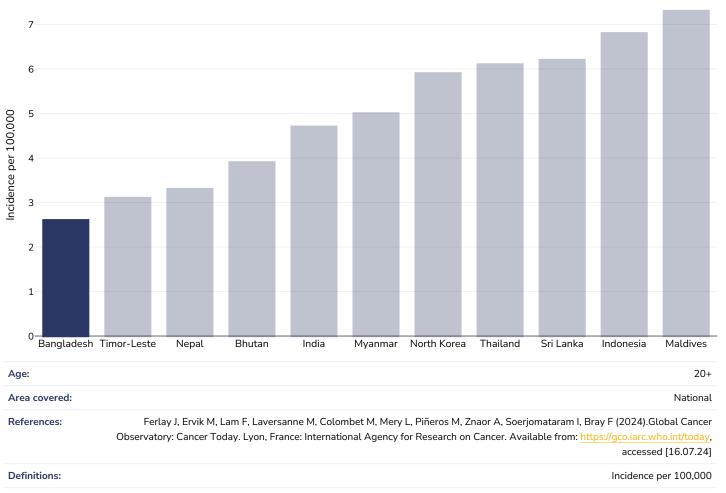


4							
3							
2							
1							
0							
-1 -1							
_	0	1	2	3	4	5	6
Age: Area covered:							20+ National
References:					Znaor A, Soerjomataran n Cancer. Available fron		oal Cancer . <u>int/today</u> ,
Definitions:						Incidence pe	r 100,000
	Unless othe	rwise noted, overw	eight refers to a BMI	between 25kg and 2	9.9kg/m², obesity refers	to a BMI greater thar	1 30kg/m².



## Leukemia

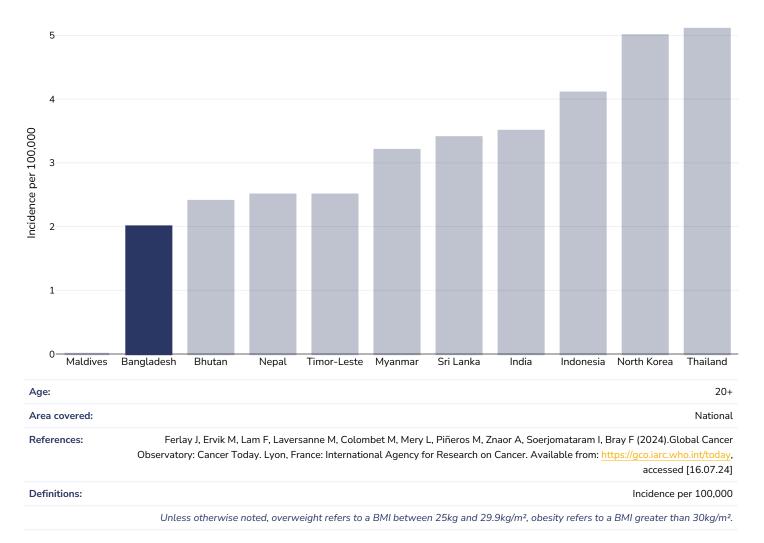
#### Men, 2022



Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m<sup>2</sup>, obesity refers to a BMI greater than 30kg/m<sup>2</sup>.

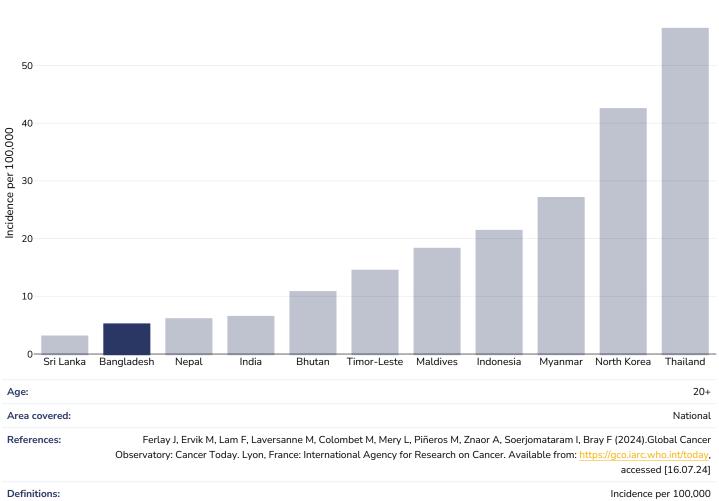




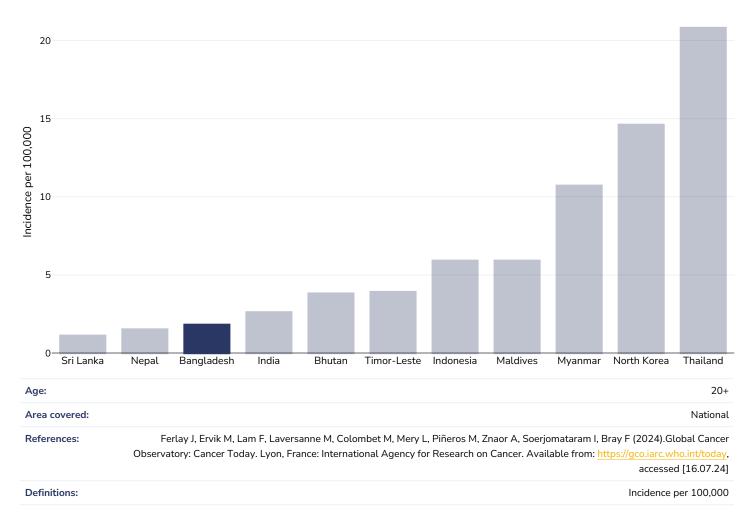




# Liver and intrahepatic bile duct Cancer



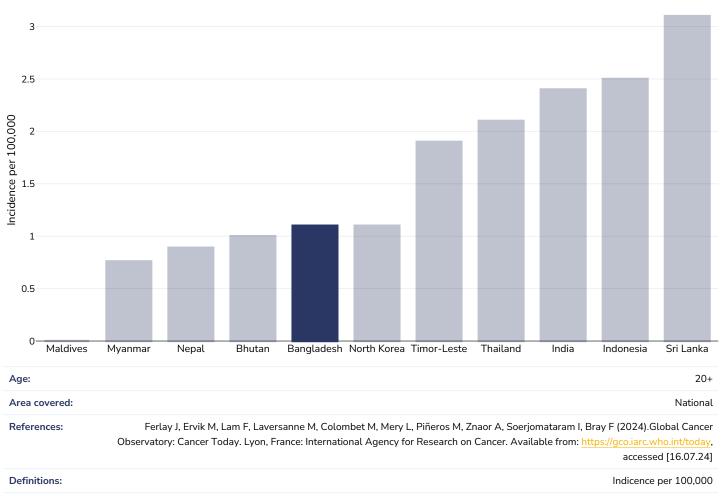






## Multiple Myeloma

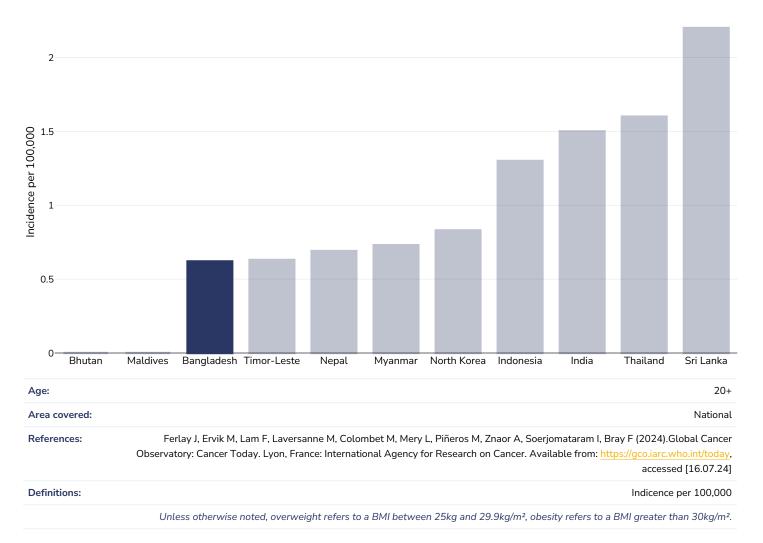
#### Men, 2022



Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m<sup>2</sup>, obesity refers to a BMI greater than 30kg/m<sup>2</sup>.

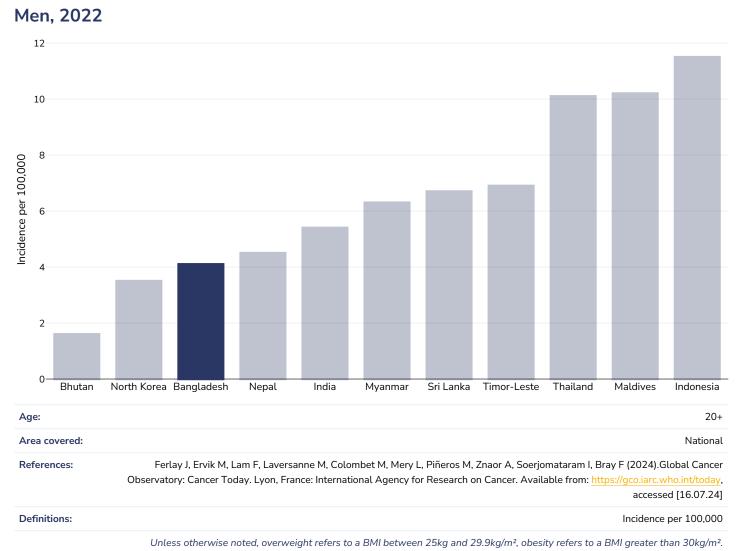




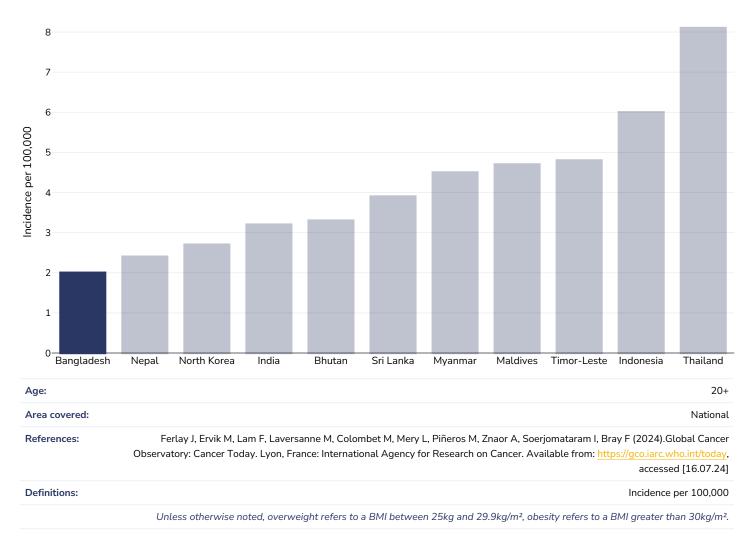




# Non Hodgkin Lymphoma

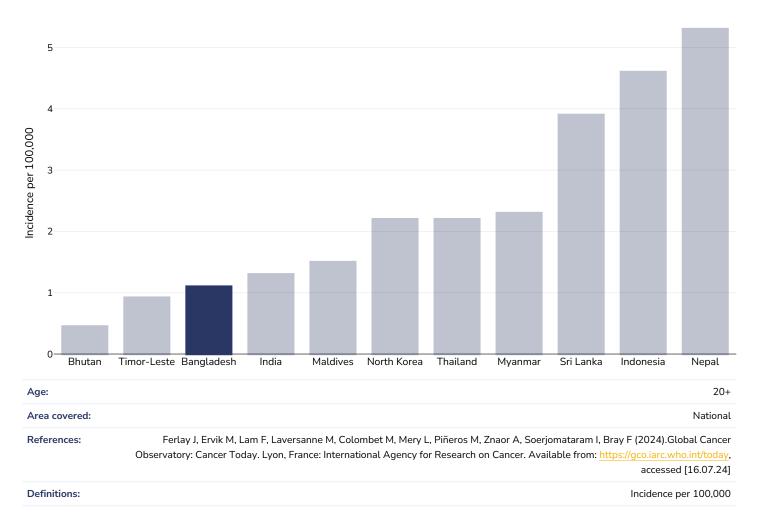




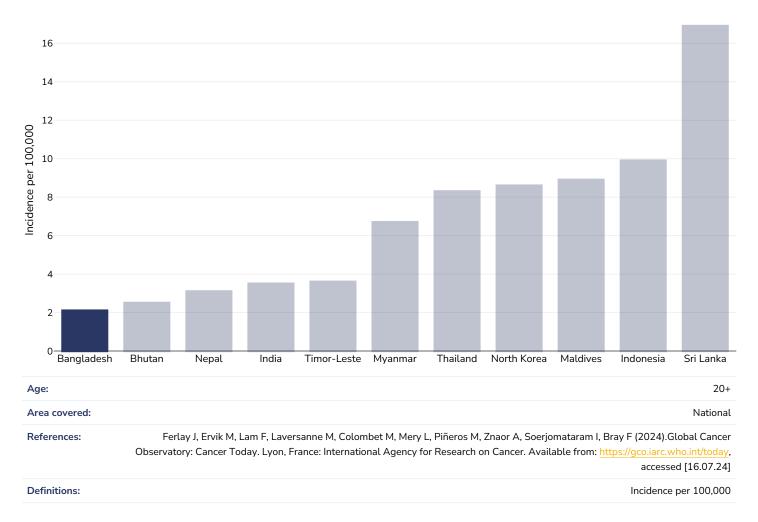




# **Thyroid Cancer**







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