# Report card

## Bangladesh

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Obesity prevalence

Adults, 2018

Survey type: Measured
Age: 18-69
Sample size: 7985
Area covered: National


Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
<table>
<thead>
<tr>
<th></th>
<th>Boys</th>
<th>Children</th>
<th>Girls</th>
</tr>
</thead>
<tbody>
<tr>
<td>Weighted %</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Survey Details:**
- **Survey type:** Measured
- **Age:** 10-19
- **Sample size:** 9772
- **Area covered:** National


**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](https://data.worldbank.org/indicator/SP.POP.TOTL.FE.ZS) accessed 21.10.20)
Infants, 2019

Age: 0-5
Sample size: 22011


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

Obesity, Women

Survey type:

Measured

References:


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:**


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

Obesity, Australia  Obesity, Japan  Obesity, Malaysia  Obesity, New Zealand  Obesity, Philippines  Obesity, Tonga

% Adults living with obesity

References:


2004: Tonga STEPS Survey 2004


2011: National Institute of Population Research and Training - NIPORT/Bangladesh, Mitra and Associates/Bangladesh, and ICE International. 2013 Bangladesh Demographic and Health Survey 2011 Dhaka, Bangladesh: NIPORT, Mitra and
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.
Obesity, Australia
Obesity, Bangladesh
Obesity, Japan
Obesity, Malaysia
Obesity, Nepal
Obesity, New Zealand
Obesity, Philippines
Obesity, Tonga

References:


2004: Tonga STEPS Survey 2004


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


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


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

Cutoffs: WHO 2007
Infants, 2019


Definitions: =>+2SD
Overweight/obesity by age

Adults, 2018

Survey type: Measured
Sample size: 7985
Area covered: National


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
Notes: 4,907 boys and 4,865 girls
Cutoffs: WHO
### Overweight/obesity by region

#### Adults, 2018

![Bar chart showing overweight and obesity by region.](chart.png)

**Survey type:** Measured

**Age:** 18-69

**Sample size:** 7985

**Area covered:** National

**References:**


*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

<table>
<thead>
<tr>
<th>Area</th>
<th>Overweight or obesity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rural</td>
<td>6</td>
</tr>
<tr>
<td>Non slum rural</td>
<td>14</td>
</tr>
<tr>
<td>Slum</td>
<td>10</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Survey details</th>
<th>Measured</th>
</tr>
</thead>
<tbody>
<tr>
<td>Survey type:</td>
<td>Measured</td>
</tr>
<tr>
<td>Age:</td>
<td>10-19</td>
</tr>
<tr>
<td>Sample size:</td>
<td>9772</td>
</tr>
<tr>
<td>Area covered:</td>
<td>National</td>
</tr>
</tbody>
</table>


**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


Notes: 4,907 boys and 4,865 girls

Cutoffs: WHO
Infants, 2019

Sample size: 22011


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


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


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
Notes: 4,907 boys and 4,865 girls
Cutoffs: WHO
Infants, 2019

- Overweight or obesity

Sample size: 22011


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

Men, 2016

Women, 2016

Children, 2016

Survey type: Self-reported

Age: 11-17


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

Survey type: Self-reported

Age: 11-17


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

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


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

**Children, 2008-2015**

<table>
<thead>
<tr>
<th>Country</th>
<th>0</th>
<th>10</th>
<th>20</th>
<th>30</th>
<th>40</th>
<th>50</th>
<th>60</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thailand</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sri Lanka</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Indonesia</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bangladesh</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Timor-Leste</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Maldives</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Survey type: Measured  
Age: 12-17  
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

MALDives | INDONESIA | TIMOR-LESTE | BANGLADESH | THAILAND

Age: 12-17

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


Definitions: % of population with depression disorders
Mental health - anxiety disorders

Adults, 2015


Definitions: % of population with anxiety disorders
% Infants exclusively breastfed 0-5 months

Children, 2015-2020

<table>
<thead>
<tr>
<th>Country</th>
<th>% Exclusively Breastfed 0-5 Months</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thailand</td>
<td>10</td>
</tr>
<tr>
<td>Indonesia</td>
<td>40</td>
</tr>
<tr>
<td>Myanmar</td>
<td>50</td>
</tr>
<tr>
<td>Bhutan</td>
<td>55</td>
</tr>
<tr>
<td>India</td>
<td>55</td>
</tr>
<tr>
<td>Nepal</td>
<td>60</td>
</tr>
<tr>
<td>Bangladesh</td>
<td>70</td>
</tr>
<tr>
<td>Maldives</td>
<td>60</td>
</tr>
<tr>
<td>Timor-Leste</td>
<td>65</td>
</tr>
<tr>
<td>Sri Lanka</td>
<td>80</td>
</tr>
</tbody>
</table>

Area covered:


Definitions: % exclusively breastfed 0-5 months
Oesophageal cancer

Men, 2020

Age: 20+
Area covered: National


Definitions: Age-standardized incidence rates per 100,000
Women, 2020

Age: 20+

Area covered: National


Definitions: Age-standardized incidence rates per 100 000
Breast cancer

Women, 2020

<table>
<thead>
<tr>
<th>Country</th>
<th>Incidence per 100,000</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bhutan</td>
<td>10</td>
</tr>
<tr>
<td>Nepal</td>
<td>15</td>
</tr>
<tr>
<td>Bangladesh</td>
<td>20</td>
</tr>
<tr>
<td>Myanmar</td>
<td>25</td>
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<tr>
<td>Timor-Leste</td>
<td>30</td>
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<tr>
<td>India</td>
<td>35</td>
</tr>
<tr>
<td>Sri Lanka</td>
<td>40</td>
</tr>
<tr>
<td>North Korea</td>
<td>45</td>
</tr>
<tr>
<td>Thailand</td>
<td>50</td>
</tr>
<tr>
<td>Maldives</td>
<td>55</td>
</tr>
<tr>
<td>Indonesia</td>
<td>60</td>
</tr>
</tbody>
</table>

Age: 20+

Area covered: National


Definitions: Age-standardized incidence rates per 100,000
Colorectal cancer

Men, 2020

Incidence per 100,000

Age:
20+

Area covered:
National

References:

Definitions:
Age-standardized incidence rates per 100 000
**Women, 2020**

![Bar graph showing incidence per 100,000 for various countries.]

**Age:** 20+

**Area covered:** National


**Definitions:** Age-standardized incidence rates per 100 000
**Pancreatic cancer**

**Men, 2020**

<table>
<thead>
<tr>
<th>Country</th>
<th>Incidence per 100,000</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sri Lanka</td>
<td>1.0</td>
</tr>
<tr>
<td>Bangladesh</td>
<td>2.4</td>
</tr>
<tr>
<td>India</td>
<td>2.0</td>
</tr>
<tr>
<td>Nepal</td>
<td>2.5</td>
</tr>
<tr>
<td>Myanmar</td>
<td>3.2</td>
</tr>
<tr>
<td>Timor-Leste</td>
<td>3.8</td>
</tr>
<tr>
<td>Indonesia</td>
<td>4.7</td>
</tr>
<tr>
<td>Maldives</td>
<td>5.2</td>
</tr>
<tr>
<td>Thailand</td>
<td>5.0</td>
</tr>
<tr>
<td>Bhutan</td>
<td>8.7</td>
</tr>
<tr>
<td>North Korea</td>
<td>9.1</td>
</tr>
</tbody>
</table>

**Age:** 20+

**Area covered:** National


**Definitions:** Age-standardized incidence rates per 100 000
Women, 2020

Age: 20+

Area covered: National


Definitions: Age-standardized incidence rates per 100,000
Gallbladder cancer

Men, 2020

Age: 20+

Area covered: National


Definitions: Age-standardized incidence rates per 100,000
Women, 2020

Age: 20+

Area covered: National


Definitions: Age-standardized incidence rates per 100 000
Kidney cancer

Men, 2020

Incidence per 100,000

Age: 20+

Area covered: National


Definitions: Age-standardized incidence rates per 100,000
Women, 2020

<table>
<thead>
<tr>
<th>Country</th>
<th>Incidence per 100,000</th>
</tr>
</thead>
<tbody>
<tr>
<td>Maldives</td>
<td>0.5</td>
</tr>
<tr>
<td>Timor-Leste</td>
<td>0.6</td>
</tr>
<tr>
<td>Nepal</td>
<td>0.6</td>
</tr>
<tr>
<td>Indonesia</td>
<td>0.7</td>
</tr>
<tr>
<td>Sri Lanka</td>
<td>1.0</td>
</tr>
<tr>
<td>Myanmar</td>
<td>1.2</td>
</tr>
<tr>
<td>Bhutan</td>
<td>1.3</td>
</tr>
<tr>
<td>Bangladesh</td>
<td>1.9</td>
</tr>
<tr>
<td>India</td>
<td>3.0</td>
</tr>
<tr>
<td>Thailand</td>
<td>4.5</td>
</tr>
<tr>
<td>North Korea</td>
<td>3.5</td>
</tr>
</tbody>
</table>

Age: 20+
Area covered: National


Definitions: Age-standardized incidence rates per 100 000
Cancer of the uterus

Women, 2020

Age: 20+
Area covered: National


Definitions: Age-standardized incidence rates per 100,000
Raised blood pressure

Adults, 2015

% raised blood pressure

North Korea  Thailand  Sri Lanka  Indonesia  Maldives  Myanmar  Bangladesh  India  Bhutan  Nepal


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


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

Adults, 2008


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](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](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


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.

<table>
<thead>
<tr>
<th>Labelling</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Is there mandatory nutrition labelling?</td>
<td>✗</td>
</tr>
<tr>
<td>Front-of-package labelling?</td>
<td>✗</td>
</tr>
<tr>
<td>Back-of-pack nutrition declaration?</td>
<td>✗</td>
</tr>
<tr>
<td>Color coding?</td>
<td>✗</td>
</tr>
<tr>
<td>Warning label?</td>
<td>✗</td>
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</tbody>
</table>
### Regulation and marketing

<table>
<thead>
<tr>
<th>Question</th>
<th>Answer</th>
</tr>
</thead>
<tbody>
<tr>
<td>Are there fiscal policies on unhealthy products?</td>
<td>✗</td>
</tr>
<tr>
<td>Tax on unhealthy foods?</td>
<td>✗</td>
</tr>
<tr>
<td>Tax on unhealthy drinks?</td>
<td>✗</td>
</tr>
<tr>
<td>Are there fiscal policies on healthy products?</td>
<td>✗</td>
</tr>
<tr>
<td>Subsidy on fruits?</td>
<td>✗</td>
</tr>
<tr>
<td>Subsidy on vegetables?</td>
<td>✗</td>
</tr>
<tr>
<td>Subsidy on other healthy products?</td>
<td>✗</td>
</tr>
<tr>
<td>Mandatory limit or ban of trans fat (all settings)?</td>
<td>✔</td>
</tr>
<tr>
<td>Mandatory limit of trans fats in place (all settings)?</td>
<td>✔</td>
</tr>
<tr>
<td>Ban on trans-fats or phos in place (all settings)?</td>
<td>✗</td>
</tr>
<tr>
<td>Are there any mandatory policies/marketing restrictions on the promotion of unhealthy food/drinks to children?</td>
<td>✗</td>
</tr>
<tr>
<td>Mandatory restriction on broadcast media?</td>
<td>✗</td>
</tr>
<tr>
<td>Mandatory restriction on non-broadcast media?</td>
<td>✗</td>
</tr>
<tr>
<td>Voluntary policies/marketing restrictions on the promotion of unhealthy food/drinks to children?</td>
<td>✗</td>
</tr>
<tr>
<td>Are there mandatory standards for food in schools?</td>
<td>✗</td>
</tr>
<tr>
<td>Are there any mandatory nutrient limits in any manufactured food products?</td>
<td>✗</td>
</tr>
<tr>
<td>Nutrition standards for public sector procurement?</td>
<td>✗</td>
</tr>
</tbody>
</table>
## Political will and support

<table>
<thead>
<tr>
<th>Policy Area</th>
<th>Present</th>
<th>Incoming</th>
<th>Absent</th>
<th>Unknown</th>
</tr>
</thead>
<tbody>
<tr>
<td>National obesity strategy or nutrition and physical activity national strategy?</td>
<td>✗</td>
<td></td>
<td>✗</td>
<td></td>
</tr>
<tr>
<td>National obesity strategy?</td>
<td>✗</td>
<td></td>
<td>✗</td>
<td></td>
</tr>
<tr>
<td>National childhood obesity strategy?</td>
<td>✗</td>
<td></td>
<td>✗</td>
<td></td>
</tr>
<tr>
<td>Comprehensive nutrition strategy?</td>
<td>✗</td>
<td></td>
<td>✗</td>
<td></td>
</tr>
<tr>
<td>Comprehensive physical activity strategy?</td>
<td>✗</td>
<td></td>
<td>✗</td>
<td></td>
</tr>
<tr>
<td>Evidence-based dietary guidelines and/or RDAs?</td>
<td>✓</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>National target(s) on reducing obesity?</td>
<td>✗</td>
<td></td>
<td>✗</td>
<td></td>
</tr>
<tr>
<td>Guidelines/policy on obesity treatment?</td>
<td>✗</td>
<td></td>
<td>✗</td>
<td></td>
</tr>
<tr>
<td>Promotion of breastfeeding?</td>
<td>✗</td>
<td></td>
<td>✗</td>
<td></td>
</tr>
</tbody>
</table>

## Monitoring and surveillance

<table>
<thead>
<tr>
<th>Monitoring Activity</th>
<th>Present</th>
<th>Incoming</th>
<th>Absent</th>
<th>Unknown</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monitoring of the prevalence and incidence for the main obesity-related NCDs and risk factors?</td>
<td>✓</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Within 5 years?</td>
<td>✓</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

## Governance and resource

<table>
<thead>
<tr>
<th>Governance Activity</th>
<th>Present</th>
<th>Incoming</th>
<th>Absent</th>
<th>Unknown</th>
</tr>
</thead>
<tbody>
<tr>
<td>Multi-sectoral national co-ordination mechanism for obesity or nutrition (including obesity)?</td>
<td>✓</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Key

- ✓ Present
- ✓ v Present
- ✓ ✓ Incoming
- ✗ Absent
- ✗ ✗ Unknown
- ✓ ✓ (voluntary)

Last updated September 13, 2022

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