

# Drivers

## Barbados



High income

	Page
Insufficient physical activity	2
Mental health - depression disorders	8
Mental health - anxiety disorders	14
% Infants exclusively breastfed 0-5 months	20

## Report cards

Our report cards collate all the most-recent graphics for this country. If you would like to produce a custom report based on selected graphics, just tap the Add to custom PDF button below the graphics you would like to use.

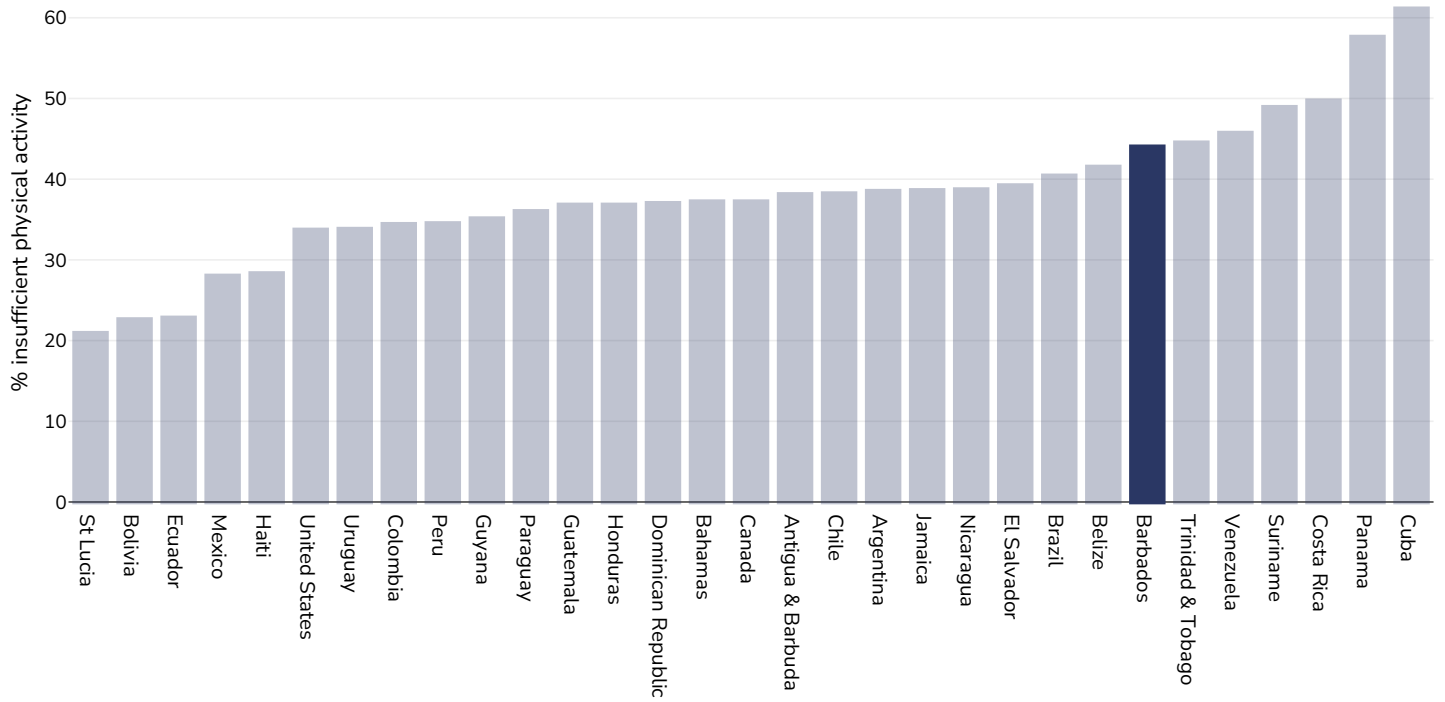
[Report card \(adult data\)](#)

[Report card \(child data\)](#)

[Report card \(under-5s data\)](#)

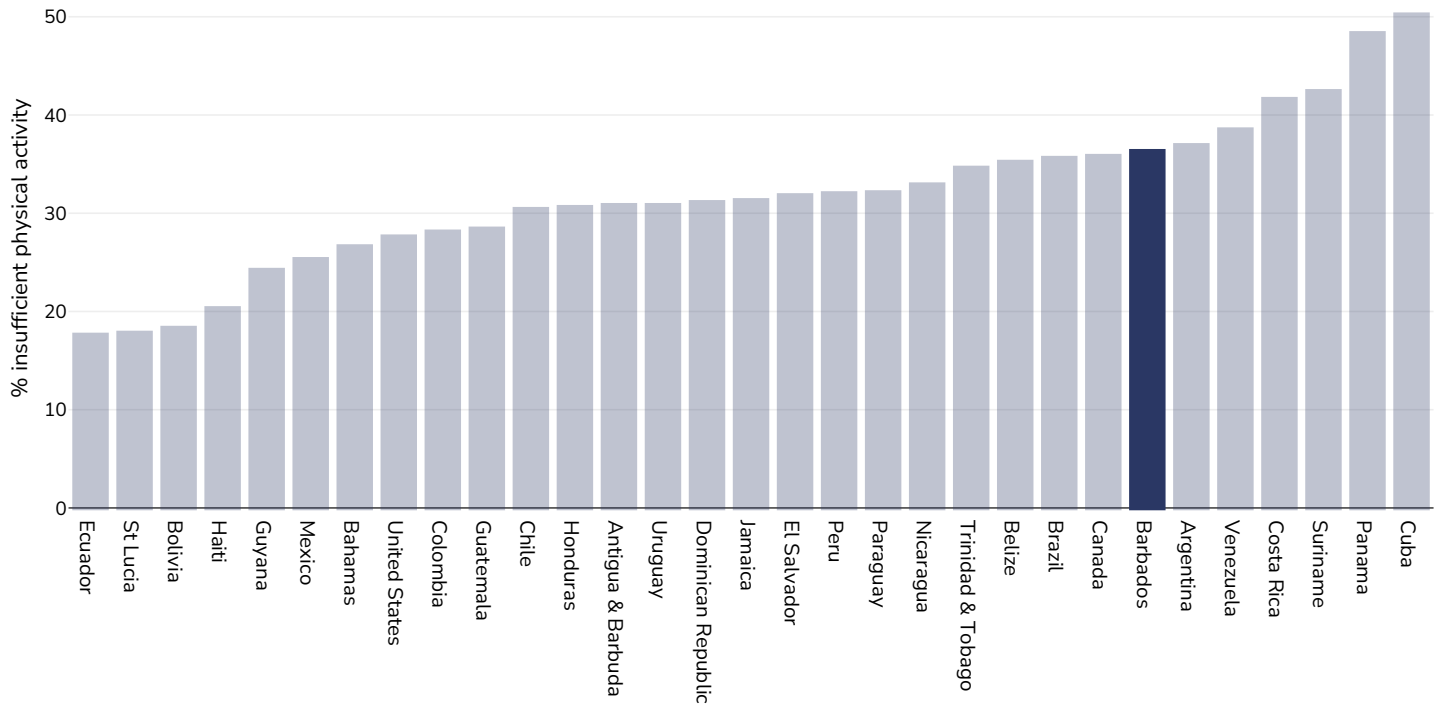
# Insufficient physical activity

## Adults, 2022



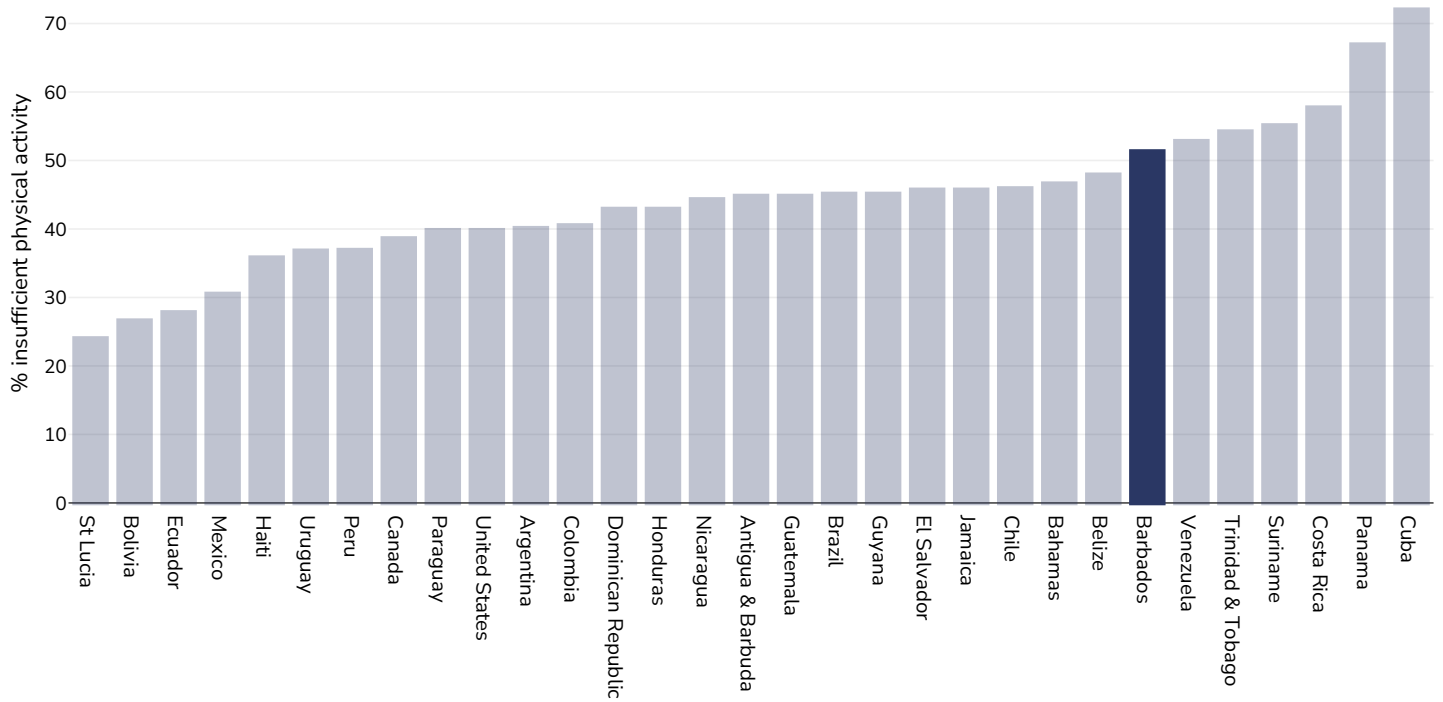
Survey type:	Self-reported
Age:	18+
Area covered:	National
References:	WHO (2024). Prevalence of insufficient physical activity among adults aged 18-years age-standardized estimate in 2022. Available at <a href="https://www.who.int/data/gho/data/indicators/indicator-details/GHO/prevalence-of-insufficient-physical-activity-among-adults-aged-18-years-(age-standardized-estimate)-(-)">https://www.who.int/data/gho/data/indicators/indicator-details/GHO/prevalence-of-insufficient-physical-activity-among-adults-aged-18-years-(age-standardized-estimate)-(-)</a>
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



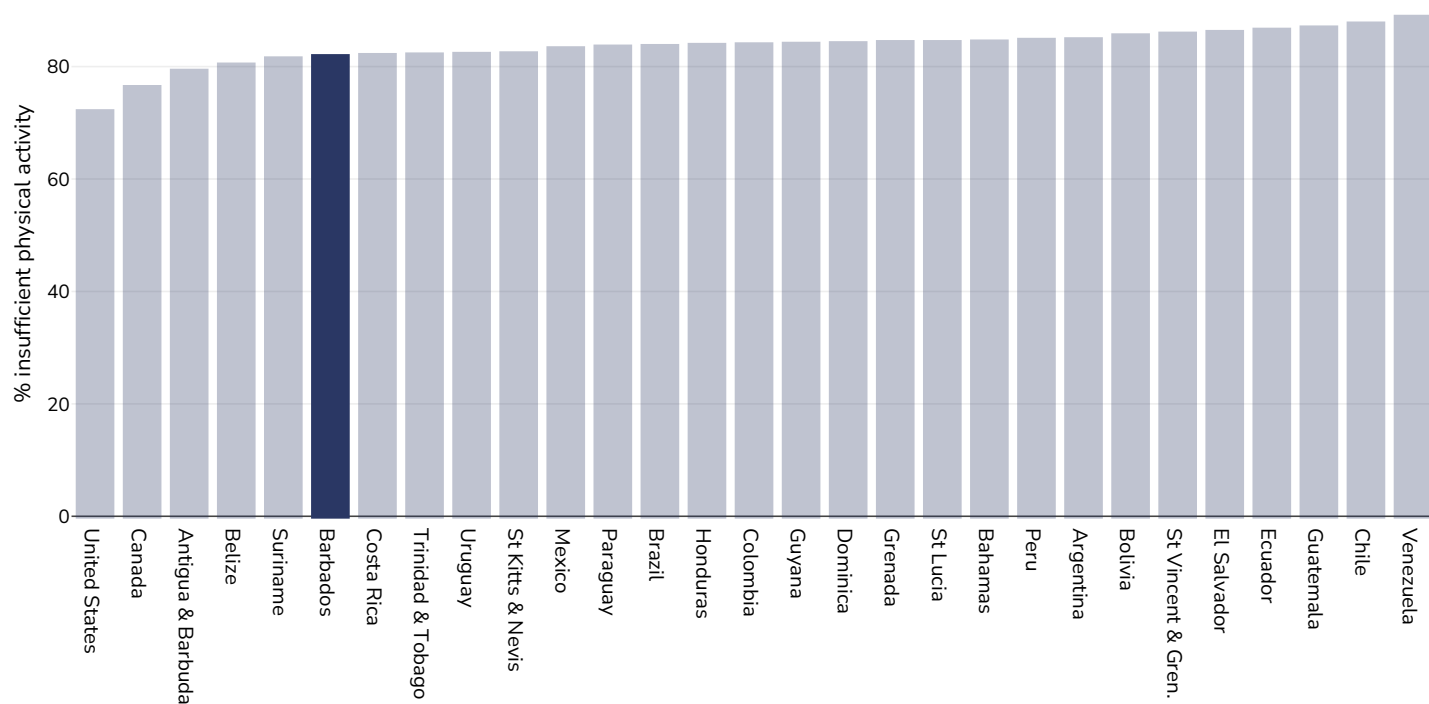
<b>Survey type:</b>	Self-reported
<b>Age:</b>	18+
<b>Area covered:</b>	National
<b>References:</b>	WHO (2024). Prevalence of insufficient physical activity among adults aged 18-years age-standardized estimate in 2022. Available at <a href="https://www.who.int/data/gho/data/indicators/indicator-details/GHO/prevalence-of-insufficient-physical-activity-among-adults-aged-18-years-(age-standardized-estimate)-(-)">https://www.who.int/data/gho/data/indicators/indicator-details/GHO/prevalence-of-insufficient-physical-activity-among-adults-aged-18-years-(age-standardized-estimate)-(-)</a>
<b>Definitions:</b>	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 <a href="https://www.who.int/data/gho/data/indicators/indicator-details/GHO/prevalence-of-insufficient-physical-activity-among-adults-aged-18-years-(age-standardized-estimate)-(-)">https://www.who.int/data/gho/data/indicators/indicator-details/GHO/prevalence-of-insufficient-physical-activity-among-adults-aged-18-years-(age-standardized-estimate)-(-)</a>
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.

## Children, 2016



Survey type: Self-reported

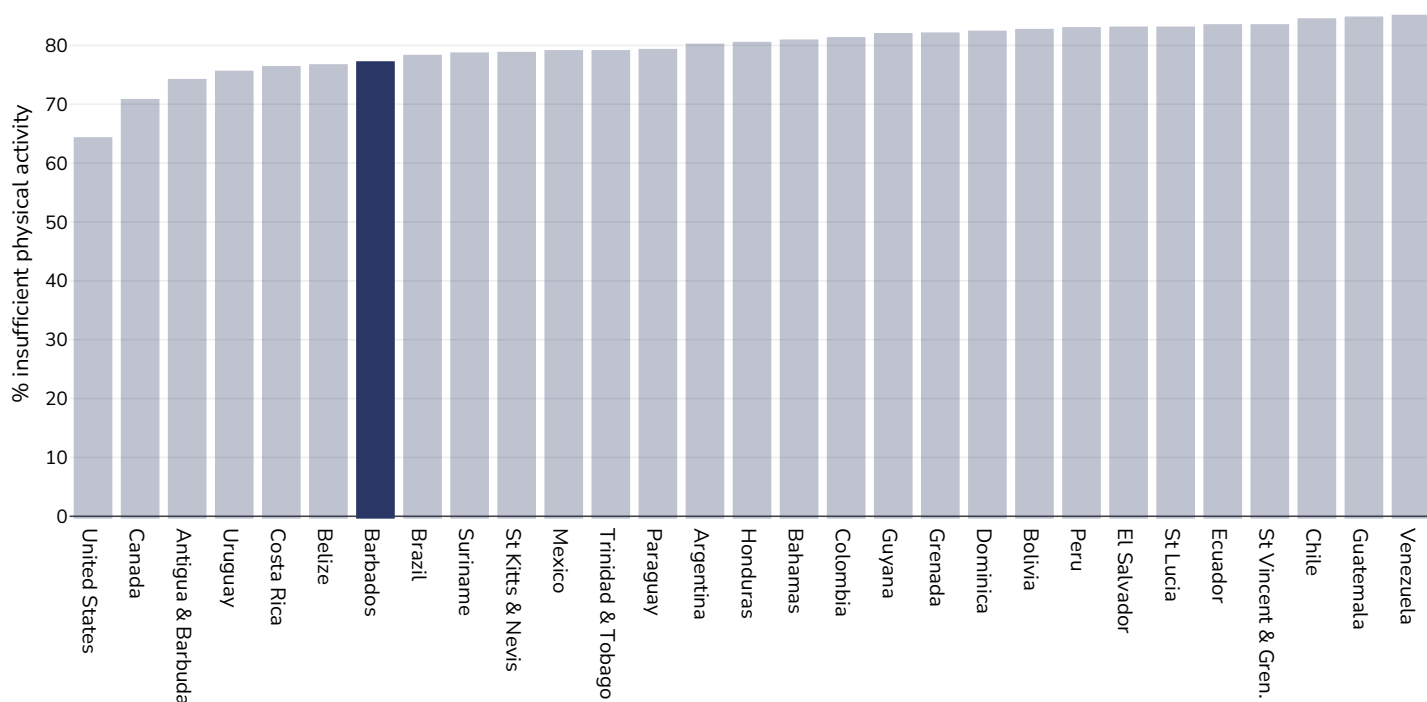
Age: 11-17

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

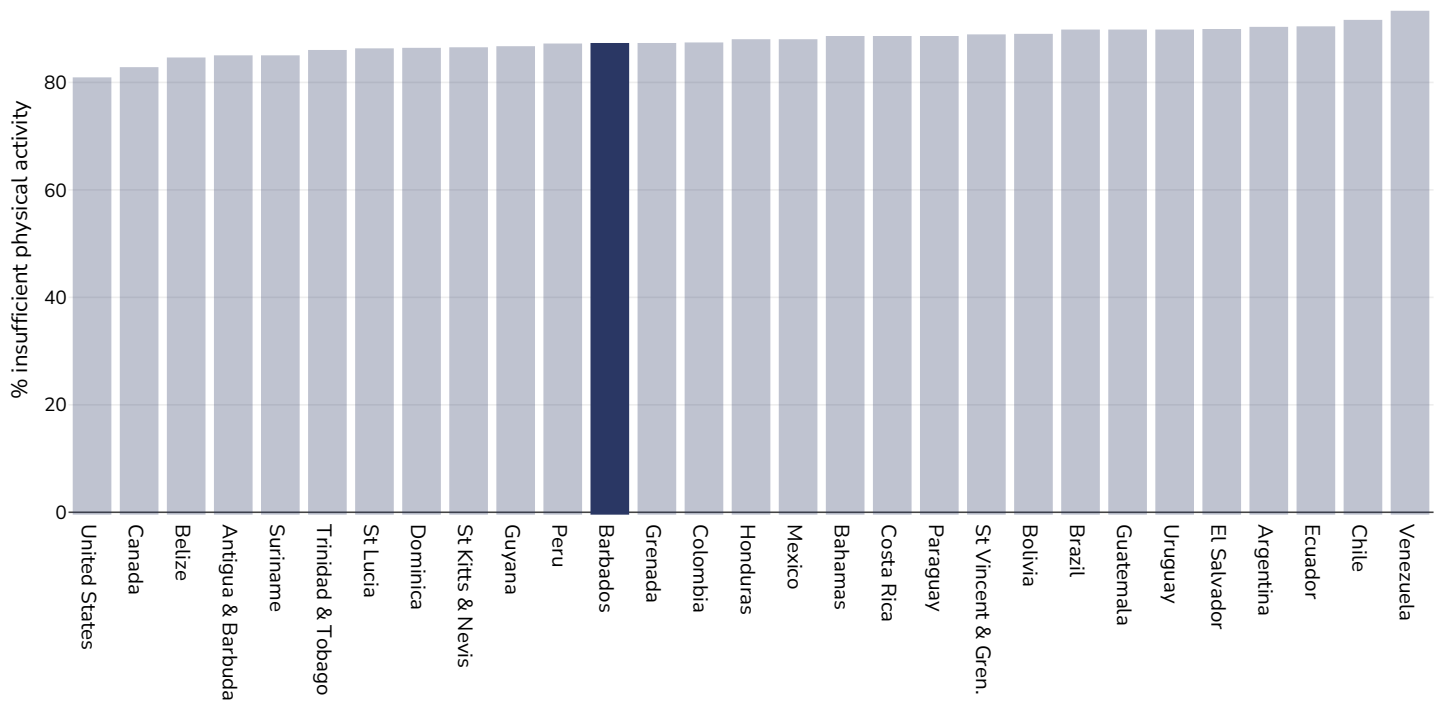
Age: 11-17

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)

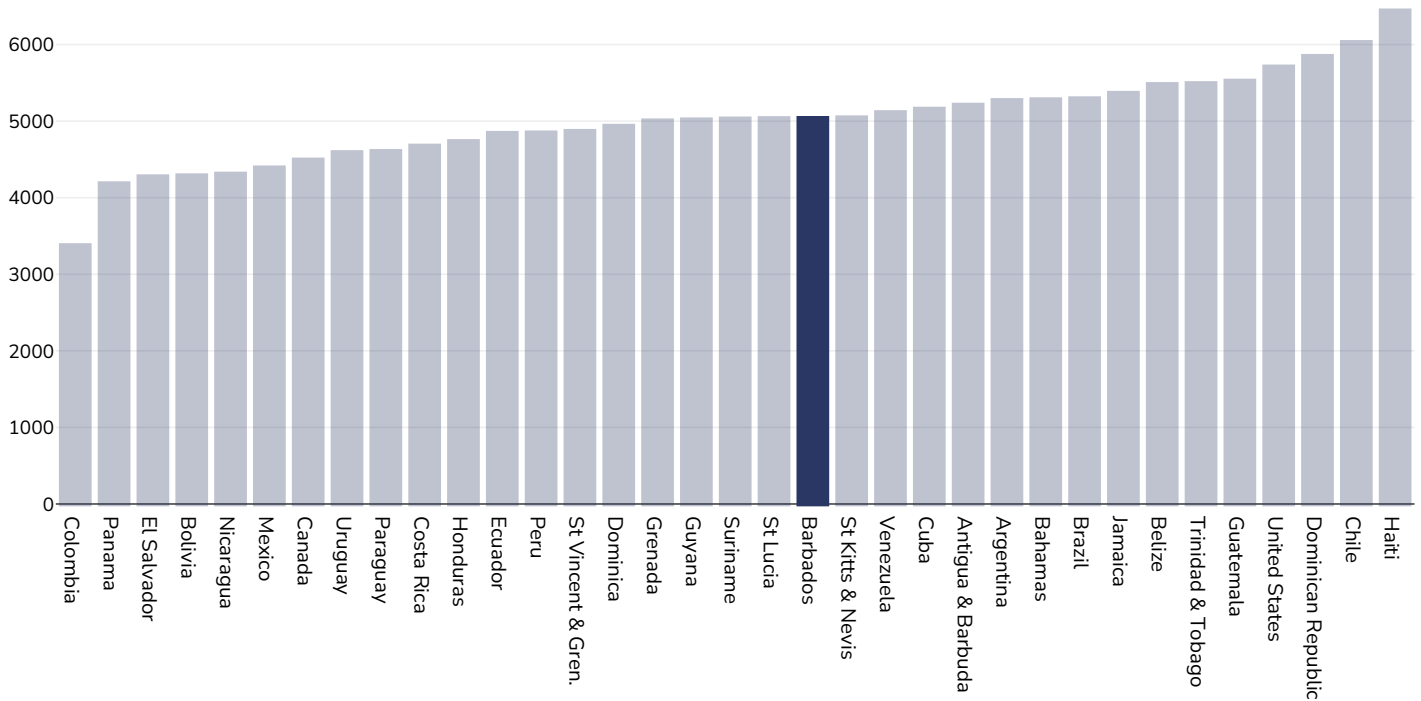
## Girls, 2016



<b>Survey type:</b>	Self-reported
<b>Age:</b>	11-17
<b>References:</b>	Global Health Observatory data repository, World Health Organisation, <a href="https://apps.who.int/gho/data/node.main.A893ADO?lang=en">https://apps.who.int/gho/data/node.main.A893ADO?lang=en</a> (last accessed 16.03.21)
<b>Notes:</b>	% 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.
<b>Definitions:</b>	% Adolescents insufficiently active (age standardised estimate)

## Mental health - depression disorders

### Adults, 2023



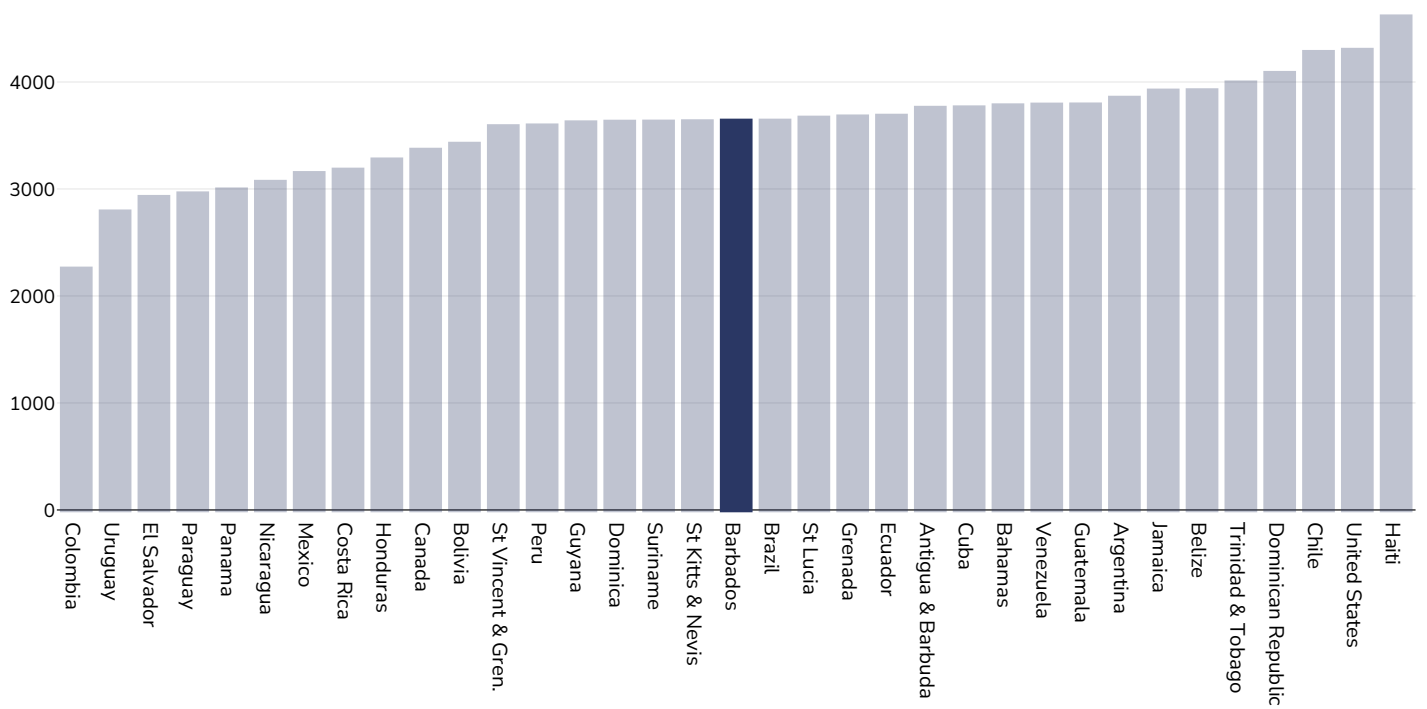
Age: 20+

Area covered: National

References: Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from <https://vizhub.healthdata.org/gbd-compare/> [Accessed 17.03.26]

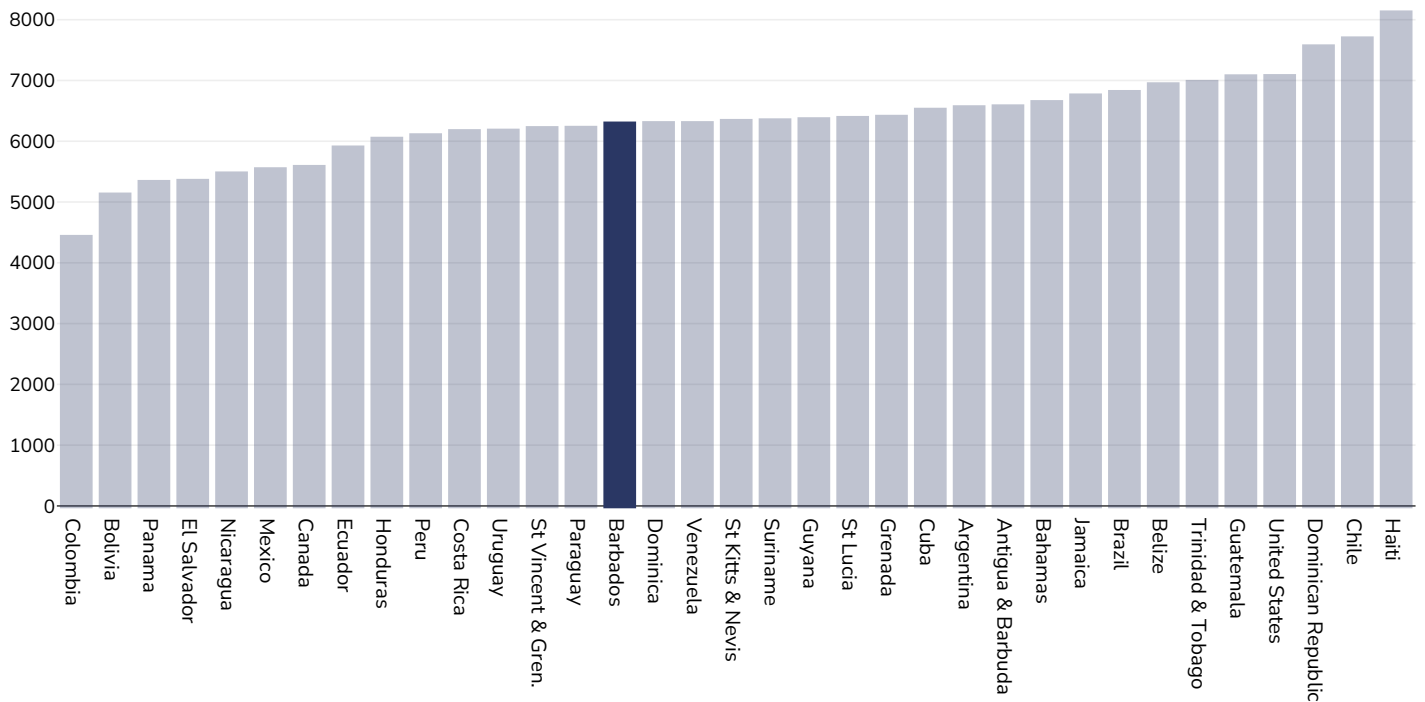
Definitions: Estimated number living with depressive disorders per 100,000 population (20+ years of age)

**Men, 2023**



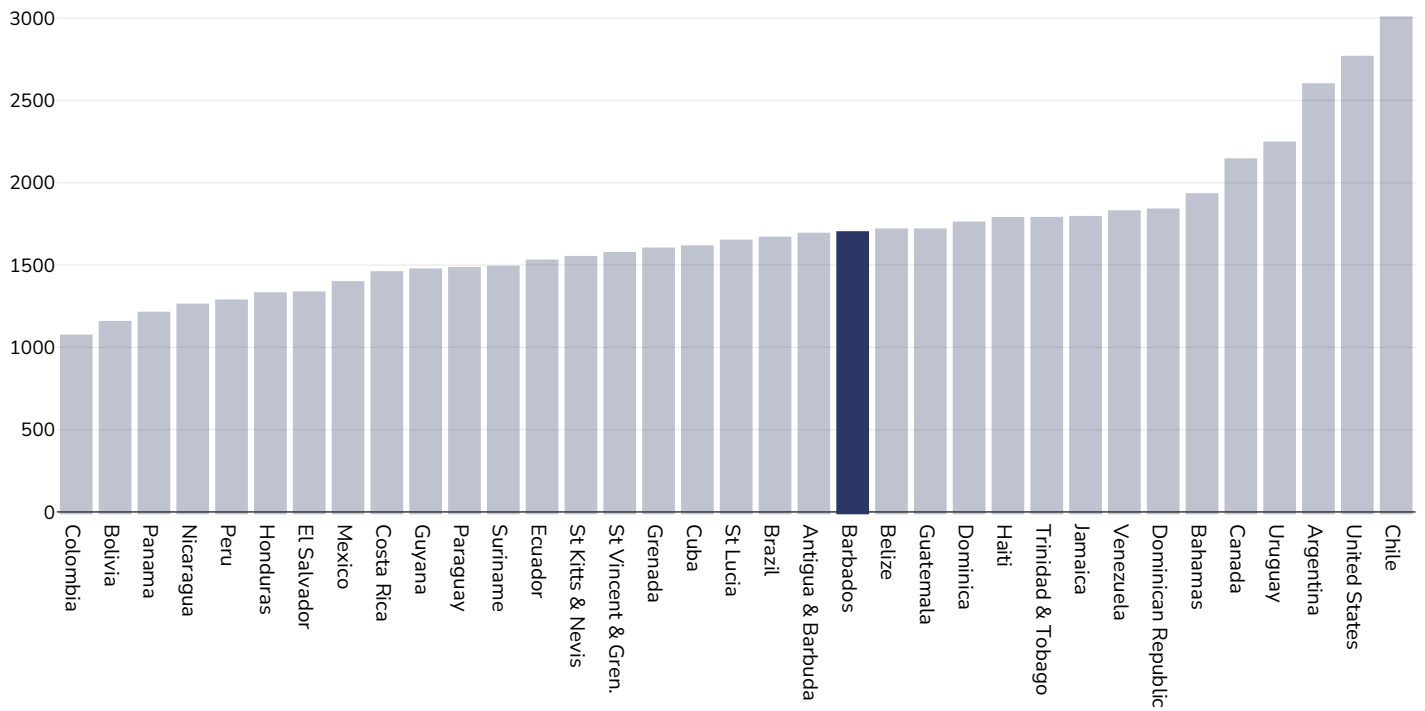
<b>Age:</b>	20+
<b>Area covered:</b>	National
<b>References:</b>	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from <a href="https://vizhub.healthdata.org/gbd-compare/">https://vizhub.healthdata.org/gbd-compare/</a> [Accessed 17.03.26]
<b>Definitions:</b>	Estimated number living with depressive disorders per 100,000 population (20+ years of age)

## Women, 2023



<b>Age:</b>	20+
<b>Area covered:</b>	National
<b>References:</b>	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from <a href="https://vizhub.healthdata.org/gbd-compare/">https://vizhub.healthdata.org/gbd-compare/</a> [Accessed 17.03.26]
<b>Definitions:</b>	Estimated number living with depressive disorders per 100,000 population (20+ years of age)

## Children, 2023



Area covered:

National

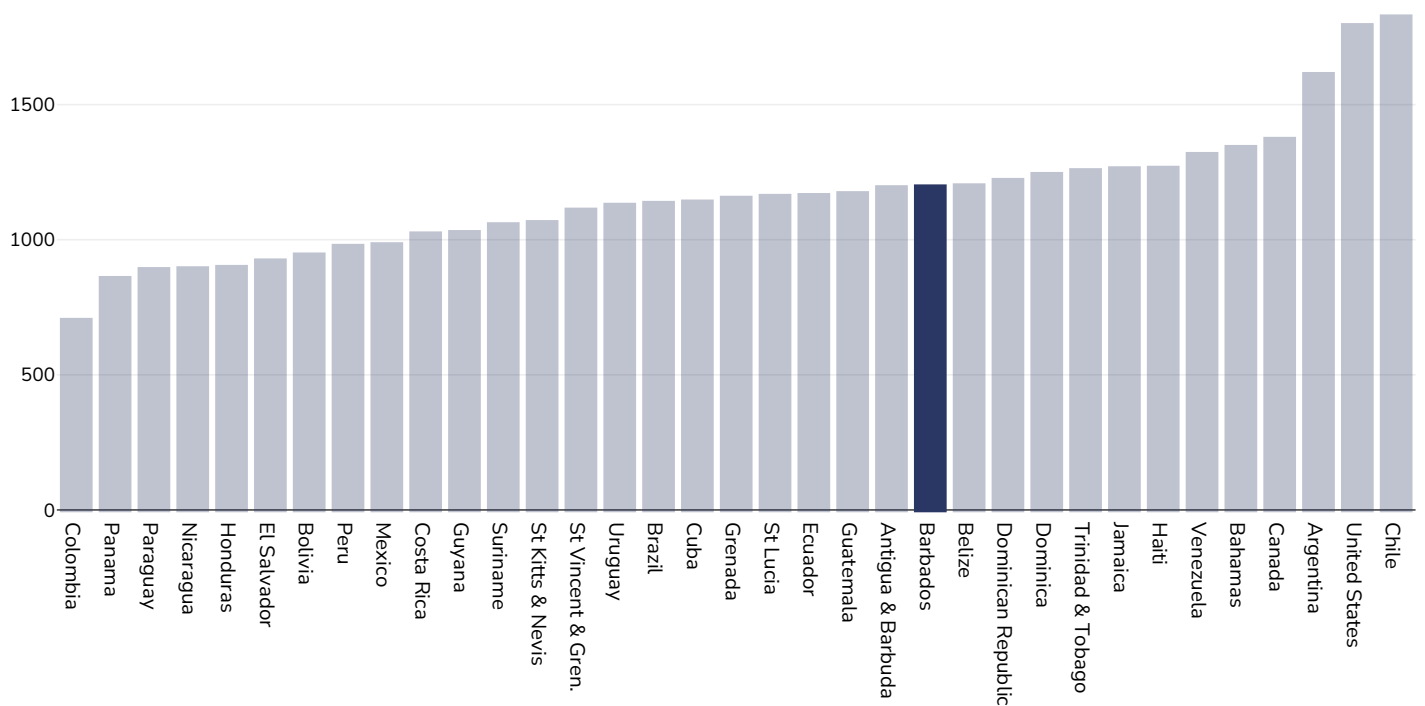
References:

Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from <https://vizhub.healthdata.org/gbd-compare/> [Accessed 17.03.26]

Definitions:

Estimated number living with depressive disorders per 100,000 population (under 20 years of age)

## Boys, 2023



Area covered:

National

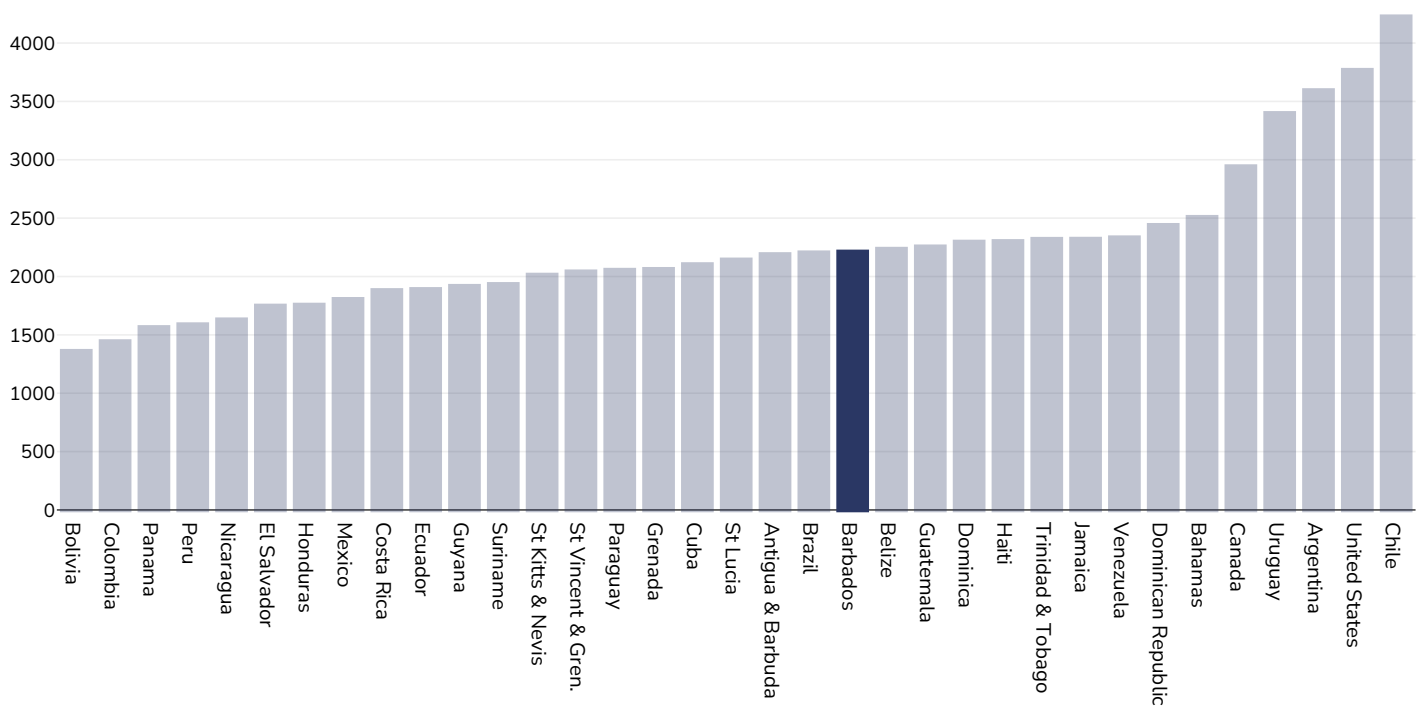
References:

Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from <https://vizhub.healthdata.org/gbd-compare/> [Accessed 17.03.26]

Definitions:

Estimated number living with depressive disorders per 100,000 population (under 20 years of age)

## Girls, 2023



Area covered:

National

References:

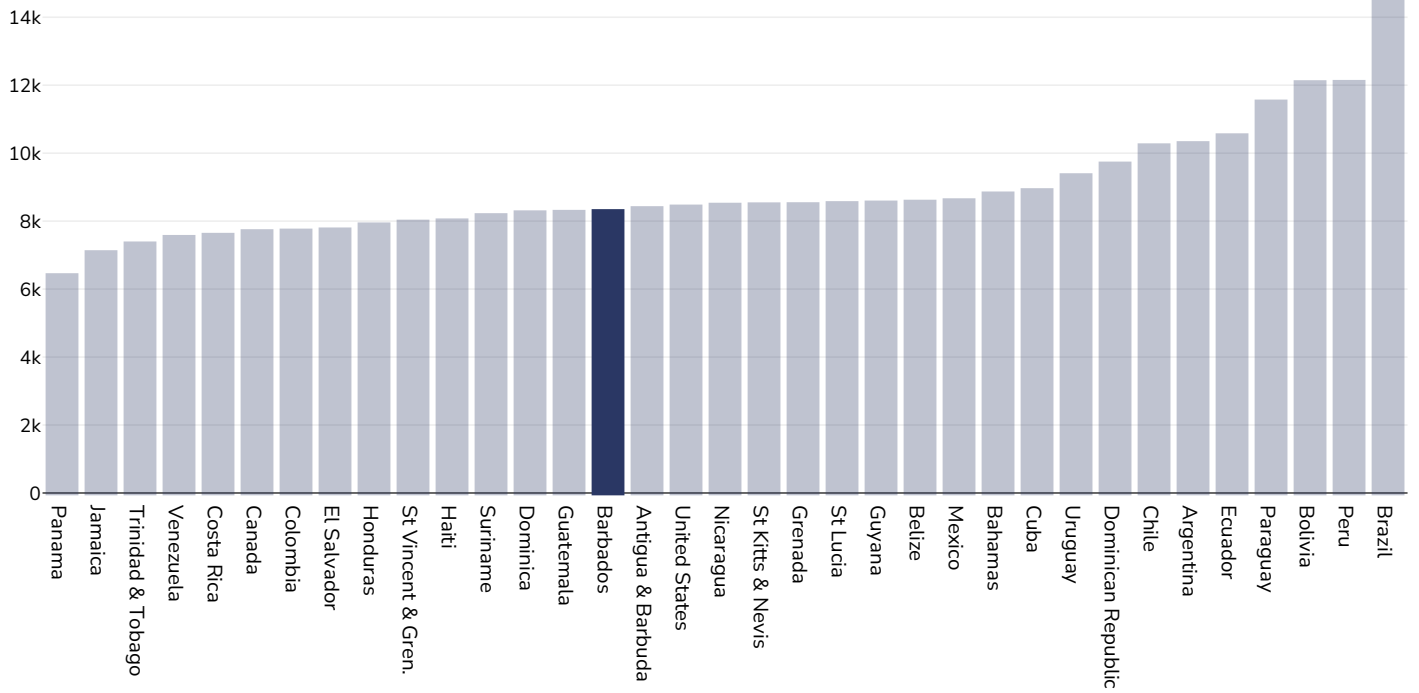
Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from <https://vizhub.healthdata.org/gbd-compare/> [Accessed 17.03.26]

Definitions:

Estimated number living with depressive disorders per 100,000 population (under 20 years of age)

## Mental health - anxiety disorders

### Adults, 2023



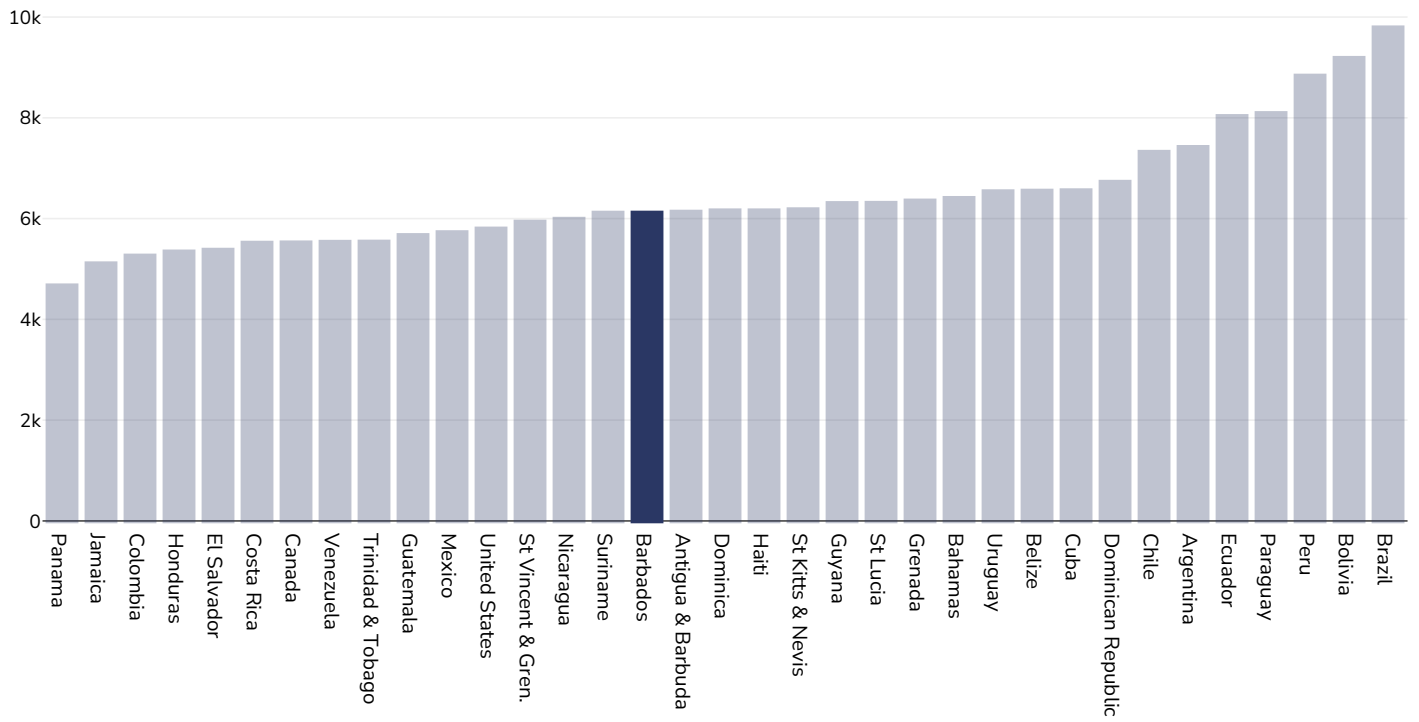
Age: 20+

Area covered: National

References: Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from <https://vizhub.healthdata.org/gbd-compare/> [Accessed 17.03.26]

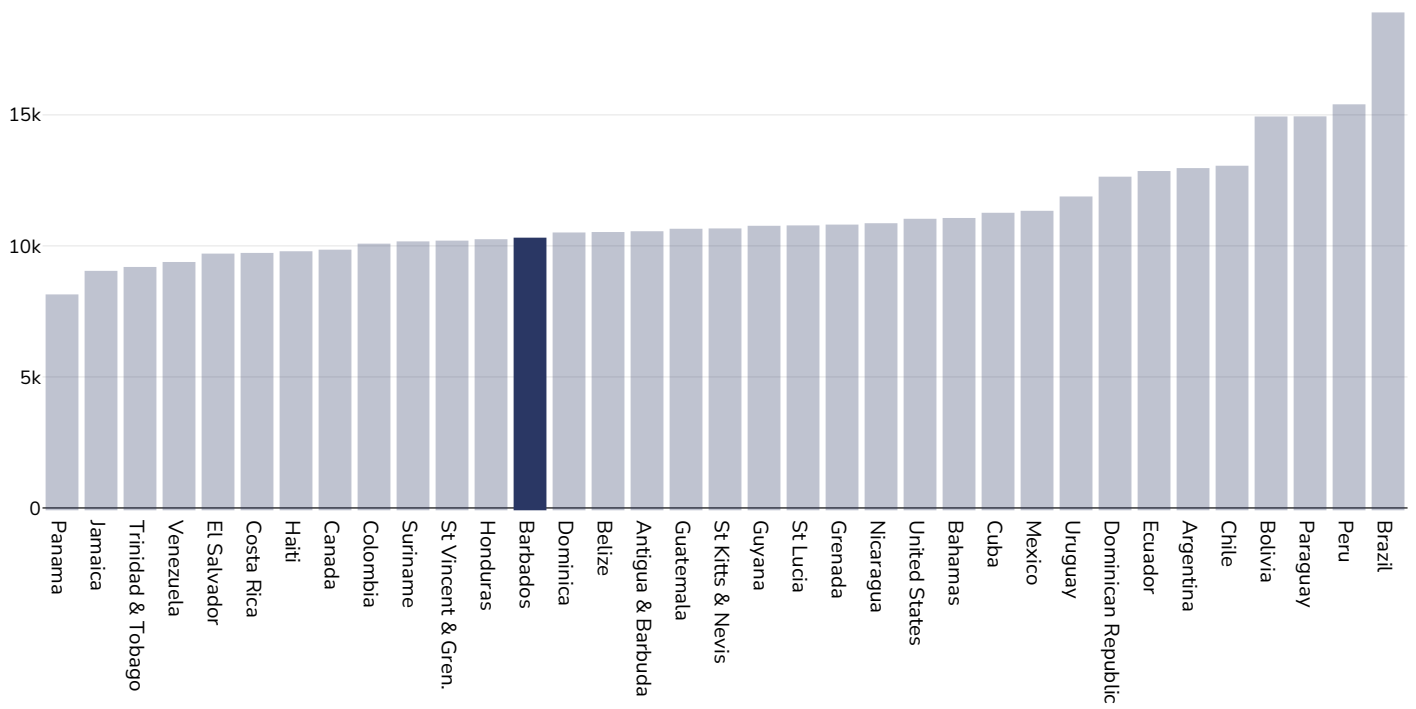
Definitions: Estimated number living with anxiety disorders per 100,000 population (20+ years of age)

## Men, 2023



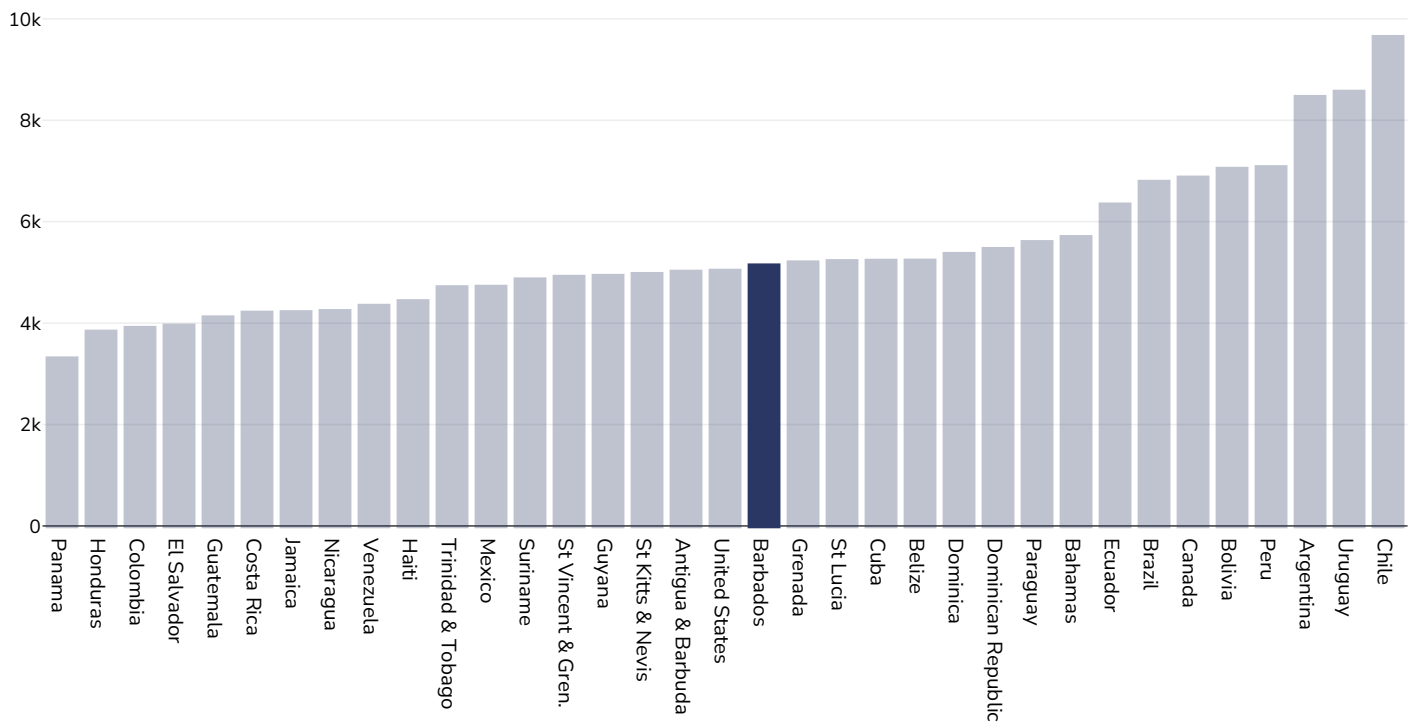
<b>Age:</b>	20+
<b>Area covered:</b>	National
<b>References:</b>	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from <a href="https://vizhub.healthdata.org/gbd-compare/">https://vizhub.healthdata.org/gbd-compare/</a> [Accessed 17.03.26]
<b>Definitions:</b>	Estimated number living with anxiety disorders per 100,000 population (20+ years of age)

## Women, 2023



<b>Age:</b>	20+
<b>Area covered:</b>	National
<b>References:</b>	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from <a href="https://vizhub.healthdata.org/gbd-compare/">https://vizhub.healthdata.org/gbd-compare/</a> [Accessed 17.03.26]
<b>Definitions:</b>	Estimated number living with anxiety disorders per 100,000 population (20+ years of age)

## Children, 2023



Area covered:

National

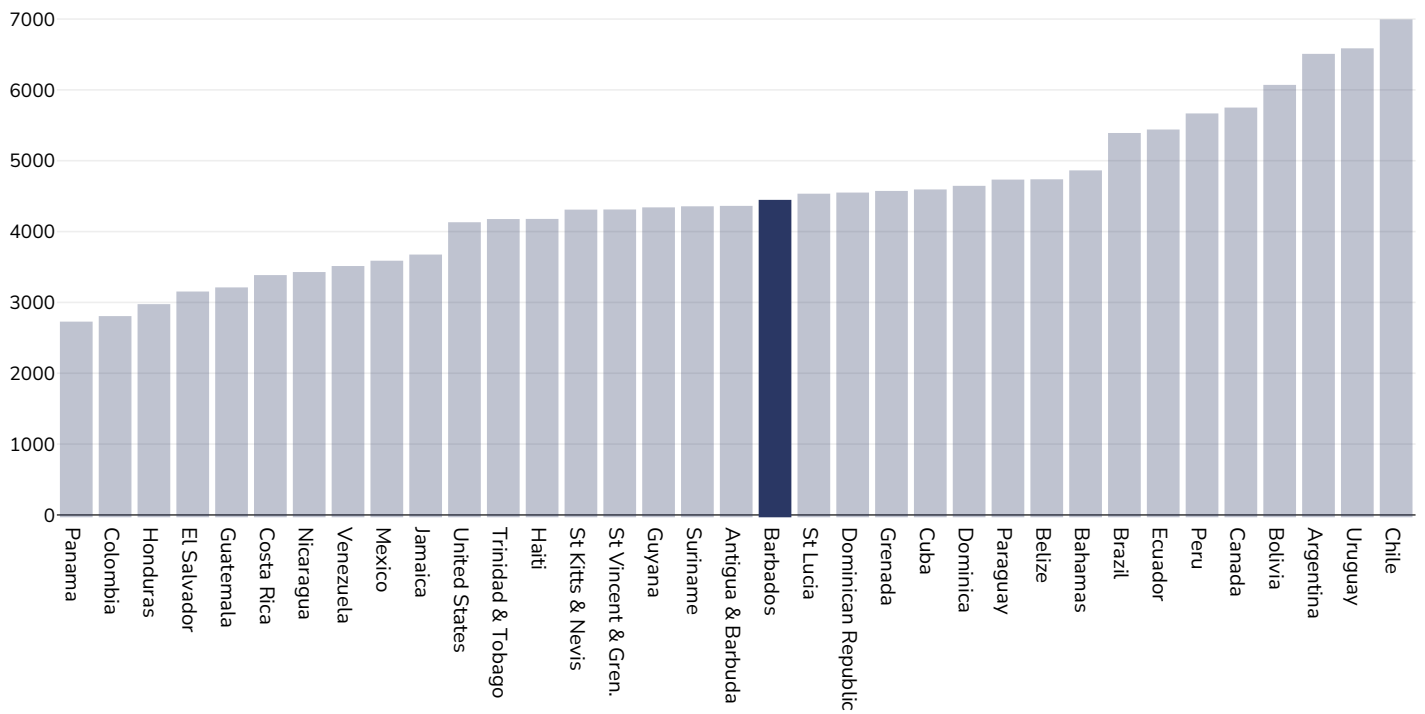
References:

Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from <https://vizhub.healthdata.org/gbd-compare/> [Accessed 17.03.26]

Definitions:

Estimated number living with anxiety disorders per 100,000 population (under 20 years of age)

## Boys, 2023



Area covered:

National

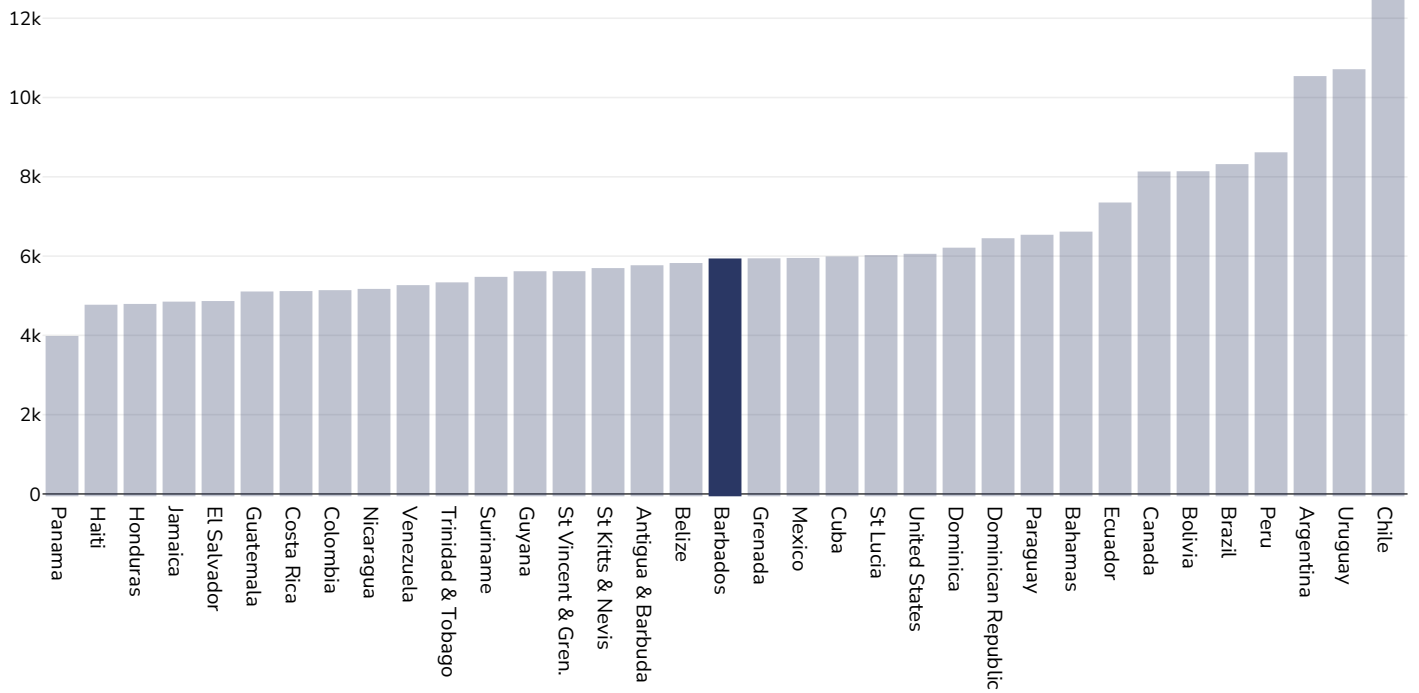
References:

Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from <https://vizhub.healthdata.org/gbd-compare/> [Accessed 17.03.26]

Definitions:

Estimated number living with anxiety disorders per 100,000 population (under 20 years of age)

## Girls, 2023



Area covered:

National

References:

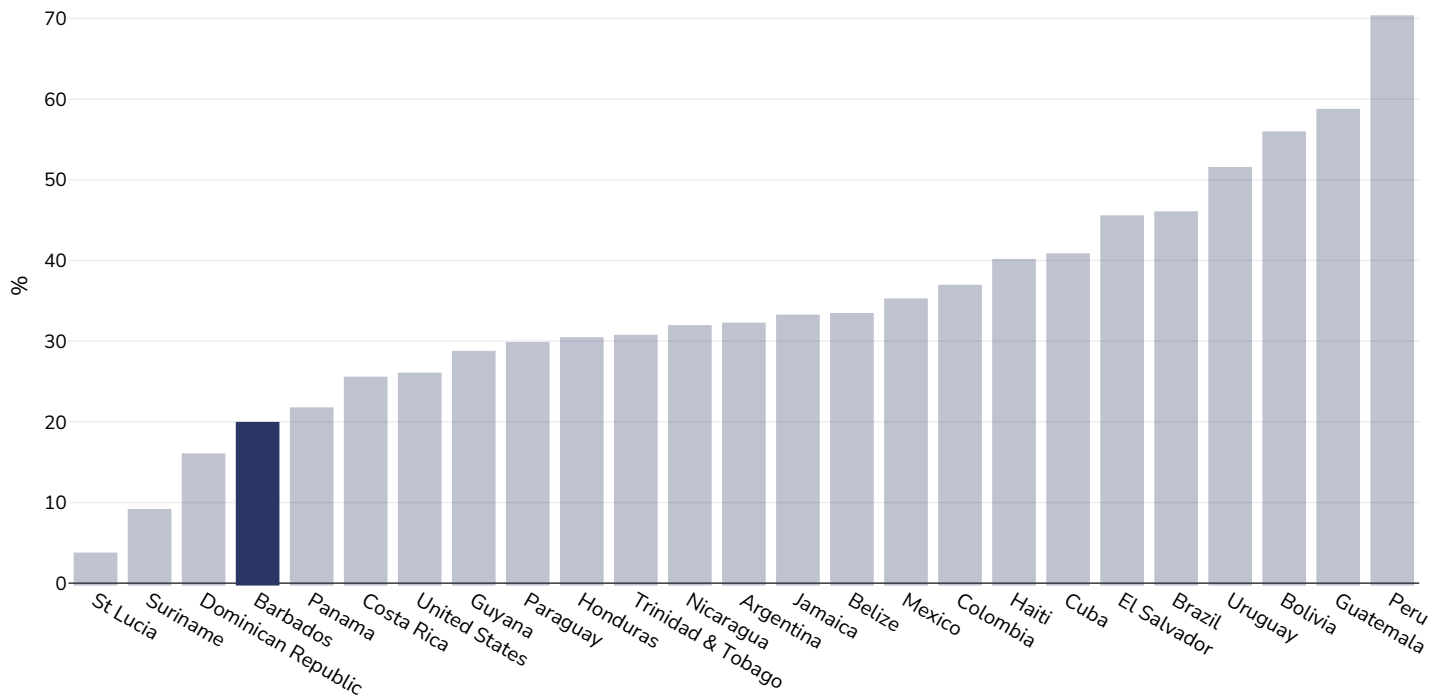
Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from <https://vizhub.healthdata.org/gbd-compare/> [Accessed 17.03.26]

Definitions:

Estimated number living with anxiety disorders per 100,000 population (under 20 years of age)

## % Infants exclusively breastfed 0-5 months

0-5 years, 2011-2024



<b>Area covered:</b>	National
<b>References:</b>	Barbados multiple indicator cluster survey 2012: Final report (MICS4). Bridgetown, Barbados: BSS, 2014.
<b>Notes:</b>	Full details available at source: United Nations Children's Fund, Division of Data, Analysis, Planning and Monitoring (2025). Global UNICEF Global Databases: Infant and Young Child Feeding: Exclusive breastfeeding, New York, November 2025.
<b>Definitions:</b>	Infants 0-5 months of age who received only breast milk during the previous day. The definition allows for medicines, vitamins and oral re-hydration solution to have been given. These infants would not have received water-based liquids, milk based-liquids or food.

PDF created on May 14, 2026