## Drivers

### Bhutan

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Insufficient physical activity

Adults, 2016

Men, 2016

Women, 2016

% insufficient physical activity

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


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


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)
Estimated per capita fruit intake

Adults, 2017

Survey type: Measured
Age: 25+
Definitions: Estimated per-capita fruit intake (g/day)
## Estimated per-capita processed meat intake

### Adults, 2017

<table>
<thead>
<tr>
<th>Country</th>
<th>g/day</th>
</tr>
</thead>
<tbody>
<tr>
<td>Indonesia</td>
<td>0.2</td>
</tr>
<tr>
<td>Timor-Leste</td>
<td>0.4</td>
</tr>
<tr>
<td>North Korea</td>
<td>0.6</td>
</tr>
<tr>
<td>Myanmar</td>
<td>0.8</td>
</tr>
<tr>
<td>Thailand</td>
<td>1.0</td>
</tr>
<tr>
<td>Sri Lanka</td>
<td>1.2</td>
</tr>
<tr>
<td>Maldives</td>
<td>1.4</td>
</tr>
<tr>
<td>Nepal</td>
<td>1.6</td>
</tr>
<tr>
<td>Bangladesh</td>
<td>1.8</td>
</tr>
<tr>
<td>India</td>
<td>2.0</td>
</tr>
<tr>
<td>Bhutan</td>
<td>2.2</td>
</tr>
</tbody>
</table>

**Survey type:** Measured  
**Age:** 25+  
**References:** Global Burden of Disease, the Institute for Health Metrics and Evaluation [http://ghdx.healthdata.org/](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

PDF created on June 28, 2021