Drivers
Bhutan

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Insufficient physical activity

Adults, 2016

Men, 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


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+

References: Global Burden of Disease, the Institute for Health Metrics and Evaluation [http://ghdx.healthdata.org/]

Definitions: Estimated per-capita fruit intake (g/day)
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

<table>
<thead>
<tr>
<th>Country</th>
<th>g/day</th>
</tr>
</thead>
<tbody>
<tr>
<td>Maldives</td>
<td>10</td>
</tr>
<tr>
<td>India</td>
<td>20</td>
</tr>
<tr>
<td>North Korea</td>
<td>30</td>
</tr>
<tr>
<td>Sri Lanka</td>
<td>40</td>
</tr>
<tr>
<td>Bhutan</td>
<td>50</td>
</tr>
<tr>
<td>Nepal</td>
<td>60</td>
</tr>
<tr>
<td>Timor-Leste</td>
<td>70</td>
</tr>
<tr>
<td>Myanmar</td>
<td>80</td>
</tr>
<tr>
<td>Thailand</td>
<td>90</td>
</tr>
<tr>
<td>Indonesia</td>
<td>100</td>
</tr>
<tr>
<td>Bangladesh</td>
<td>110</td>
</tr>
</tbody>
</table>

### Survey type:
Measured

### Age:
25+

### References:

### 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

Thailand | Indonesia | Myanmar | Bhutan | India | Nepal | Bangladesh | Maldives | Timor-Leste | Sri Lanka
---|---|---|---|---|---|---|---|---|---
50% | 50% | 50% | 70% | 60% | 60% | 60% | 60% | 60% | 80%

Area covered: National

References: National Nutrition Survey 2015, Nutrition Programme Department of Public Health Ministry of Health Bhutan


Definitions: % exclusively breastfed 0-5 months

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