## Report card

### Bhutan

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Obesity prevalence

Adults, 2014

Survey type: Measured
Age: 18-69
Sample size: 2822
Area covered: National
References: STEPS

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
Children, 2016

Survey type: Self-reported
Age: 13-17
Sample size: 7576
Area covered: National

References: Global School-based Student Health Survey (GSHS), available at https://www.who.int/ncds/surveillance/gshs/Bhutan_gshs_fs_2016.pdf?ua=1 (last accessed 24.11.20)

Notes: WHO cutoffs.
Cutoffs: WHO
Overweight/obesity by region

Boys, 2016

Survey type: Self-reported
Age: 13-17
Sample size: 7576
Area covered: National


Notes: WHO cut-offs used and based on Self-reported data.

Cutoffs: WHO
### Girls, 2016

<table>
<thead>
<tr>
<th></th>
<th>Obesity</th>
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</thead>
<tbody>
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<td>Rural</td>
<td>2</td>
<td>14</td>
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<td>Urban</td>
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<td>14</td>
</tr>
</tbody>
</table>

#### Survey Information
- **Survey type:** Self-reported
- **Age:** 13-17
- **Sample size:** 7576
- **Area covered:** National

#### References

#### Notes
WHO cut-offs used and based on Self-reported data.

#### Cutoffs
WHO
Insufficient physical activity

Adults, 2016

Men, 2016

Women, 2016

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

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
Oesophageal cancer

Men, 2018


Definitions: Estimated age-standardized incidence rates (World) in 2018, oesophagus, adults ages 20+. ASR (World) per 100,000
Women, 2018

Age: 20+

References: Global Cancer Observatory, Cancer incidence rates [http://gco.iarc.fr/] (last accessed 30th June 2020)

Definitions: Estimated age-standardized incidence rates (World) in 2018, oesophagus, adults ages 20+. ASR (World) per 100,000
Breast cancer

Women, 2018

Age: 20+

References: Global Cancer Observatory, Cancer incidence rates [http://gco.iarc.fr/] (last accessed 30th June 2020)

Definitions: Estimated age-standardized incidence rates (World) in 2018, breast, females, ages 20+. ASR (World) per 100,000
Colorectal cancer

Men, 2018

<table>
<thead>
<tr>
<th>Country</th>
<th>Incidence per 100,000</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bangladesh</td>
<td>5</td>
</tr>
<tr>
<td>Nepal</td>
<td>6</td>
</tr>
<tr>
<td>Sri Lanka</td>
<td>7</td>
</tr>
<tr>
<td>India</td>
<td>9</td>
</tr>
<tr>
<td>Bhutan</td>
<td>17</td>
</tr>
<tr>
<td>Timor-Leste</td>
<td>14</td>
</tr>
<tr>
<td>Myanmar</td>
<td>16</td>
</tr>
<tr>
<td>Maldives</td>
<td>22</td>
</tr>
<tr>
<td>Indonesia</td>
<td>24</td>
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<tr>
<td>Thailand</td>
<td>27</td>
</tr>
<tr>
<td>North Korea</td>
<td>35</td>
</tr>
</tbody>
</table>

Age: 20+


Definitions: Estimated age-standardized incidence rates (World) in 2018, colorectum, adults, ages 20+. ASR (World) per 100,000
Women, 2018


Definitions: Estimated age-standardized incidence rates (World) in 2018, colorectum, adults, ages 20+. ASR (World) per 100,000.
Pancreatic cancer

Men, 2018

References: Global Cancer Observatory, Cancer incidence rates http://gco.iarc.fr/ (last accessed 30th June 2020)

Definitions: Estimated age-standardized incidence rates (World) in 2018, pancreas, adults, ages 20+. ASR (World) per 100,000
Women, 2018

Age: 20+

References: Global Cancer Observatory, Cancer incidence rates [http://gco.iarc.fr/] (last accessed 30th June 2020)

Definitions: Estimated age-standardized incidence rates (World) in 2018, pancreas, adults, ages 20+. ASR (World) per 100,000
Gallbladder cancer

Men, 2018

Age:


Definitions: Estimated age-standardized incidence rates (World) in 2018, gallbladder, adults, ages 20+. ASR (World) per 100,000
Women, 2018

Age: 20+


Definitions: Estimated age-standardized incidence rates (World) in 2018, gallbladder, adults, ages 20+. ASR (World) per 100,000
Kidney cancer

Men, 2018

<table>
<thead>
<tr>
<th>Country</th>
<th>Incidence per 100,000</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bhutan</td>
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</tr>
<tr>
<td>Maldives</td>
<td>1</td>
</tr>
<tr>
<td>Timor-Leste</td>
<td>1.1</td>
</tr>
<tr>
<td>Indonesia</td>
<td>2.3</td>
</tr>
<tr>
<td>Sri Lanka</td>
<td>2.6</td>
</tr>
<tr>
<td>Bangladesh</td>
<td>2.6</td>
</tr>
<tr>
<td>Myanmar</td>
<td>2.9</td>
</tr>
<tr>
<td>India</td>
<td>3.1</td>
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<td>Thailand</td>
<td>5.0</td>
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<td>Nepal</td>
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<td>North Korea</td>
<td>6.4</td>
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Age: 20+


Definitions: Estimated age-standardized incidence rates (World) in 2018, kidney, adults, ages 20+. ASR (World) per 100,000
Women, 2018

References:

Definitions:
Estimated age-standardized incidence rates (World) in 2018, kidney, adults, ages 20+. ASR (World) per 100,000
Cancer of the uterus

Women, 2018

Age: 20+


Definitions: Estimated age-standardized incidence rates (World) in 2018, cervix uteri, females, ages 20+. ASR (World) per 100,000
Raised blood pressure

Adults, 2015


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

References:
Global Health Observatory data repository, World Health Organisation,
http://apps.who.int/gho/data/node.main.A885

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

Definitions:
% Raised total cholesterol (>= 5.0 mmol/L) (age-standardized estimate).
Women, 2008

References:
Global Health Observatory data repository, World Health Organisation,
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


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, 2017


Definitions: Diabetes age-adjusted comparative prevalence (%).

PDF created on November 24, 2020