## 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
References: Global School-based Student Health Survey (GSHS), available at https://www.cdc.gov/gshs/countries/index.htm (last accessed 28.04.20)
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

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
Insufficient physical activity

Adults, 2016

Men, 2016

Estimated per-capita fruit intake

Adults, 2017

<table>
<thead>
<tr>
<th>Country</th>
<th>Estimated per-capita fruit intake (g/day)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Timor-Leste</td>
<td>20</td>
</tr>
<tr>
<td>Bangladesh</td>
<td>40</td>
</tr>
<tr>
<td>Sri Lanka</td>
<td>50</td>
</tr>
<tr>
<td>Myanmar</td>
<td>60</td>
</tr>
<tr>
<td>North Korea</td>
<td>70</td>
</tr>
<tr>
<td>Bhutan</td>
<td>90</td>
</tr>
<tr>
<td>Nepal</td>
<td>100</td>
</tr>
<tr>
<td>India</td>
<td>110</td>
</tr>
<tr>
<td>Indonesia</td>
<td>120</td>
</tr>
<tr>
<td>Maldives</td>
<td>130</td>
</tr>
<tr>
<td>Thailand</td>
<td>140</td>
</tr>
</tbody>
</table>

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>Per-capita Processed Meat Intake (g/day)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Indonesia</td>
<td>0.2</td>
</tr>
<tr>
<td>Timor-Leste</td>
<td>0.2</td>
</tr>
<tr>
<td>North Korea</td>
<td>0.4</td>
</tr>
<tr>
<td>Myanmar</td>
<td>0.6</td>
</tr>
<tr>
<td>Thailand</td>
<td>0.8</td>
</tr>
<tr>
<td>Sri Lanka</td>
<td>1.0</td>
</tr>
<tr>
<td>Maldives</td>
<td>1.2</td>
</tr>
<tr>
<td>Nepal</td>
<td>1.2</td>
</tr>
<tr>
<td>Bangladesh</td>
<td>1.4</td>
</tr>
<tr>
<td>India</td>
<td>1.6</td>
</tr>
<tr>
<td>Bhutan</td>
<td>1.6</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

<table>
<thead>
<tr>
<th>Country</th>
<th>Whole Grains Intake (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>25</td>
</tr>
<tr>
<td>Sri Lanka</td>
<td>30</td>
</tr>
<tr>
<td>Bhutan</td>
<td>35</td>
</tr>
<tr>
<td>Nepal</td>
<td>40</td>
</tr>
<tr>
<td>Timor-Leste</td>
<td>45</td>
</tr>
<tr>
<td>Myanmar</td>
<td>50</td>
</tr>
<tr>
<td>Thailand</td>
<td>55</td>
</tr>
<tr>
<td>Indonesia</td>
<td>60</td>
</tr>
<tr>
<td>Bangladesh</td>
<td>70</td>
</tr>
</tbody>
</table>

Survey type: Measured

Age: 25+


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

% of population with anxiety disorders

References:

Definitions:
% of population with anxiety disorders
Oesophageal cancer

Men, 2018

Age: 20+


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

Incidence per 100,000

Age: 20+


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

Women, 2018

Age: 20+


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

Men, 2018

Age: 20+


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

Age:


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
Age: 20+


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

Men, 2018

Age: 20+


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>
<td>0.5</td>
</tr>
<tr>
<td>Maldives</td>
<td>1.1</td>
</tr>
<tr>
<td>Timor-Leste</td>
<td>1.4</td>
</tr>
<tr>
<td>Indonesia</td>
<td>2.4</td>
</tr>
<tr>
<td>Sri Lanka</td>
<td>2.5</td>
</tr>
<tr>
<td>Bangladesh</td>
<td>2.6</td>
</tr>
<tr>
<td>Myanmar</td>
<td>2.7</td>
</tr>
<tr>
<td>India</td>
<td>3.0</td>
</tr>
<tr>
<td>Thailand</td>
<td>6.1</td>
</tr>
<tr>
<td>Nepal</td>
<td>6.2</td>
</tr>
<tr>
<td>North Korea</td>
<td>6.6</td>
</tr>
</tbody>
</table>

**Age:** 20+


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

![Bar chart showing incidence per 100,000 for women in various countries.](image)

**Age:** 20+


**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:


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

Aduls, 2015

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 (\(\geq 5.0\) mmol/L) (age-standardized estimate).
Men, 2008

References:

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


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, 2017


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

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