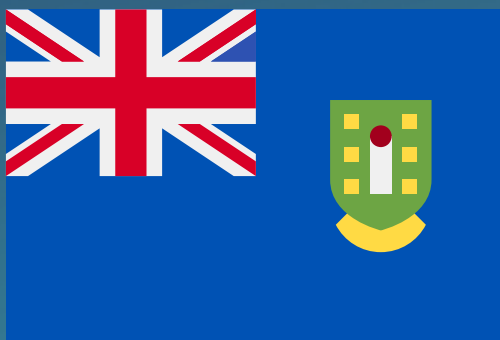




# British Virgin Islands



## Country report card

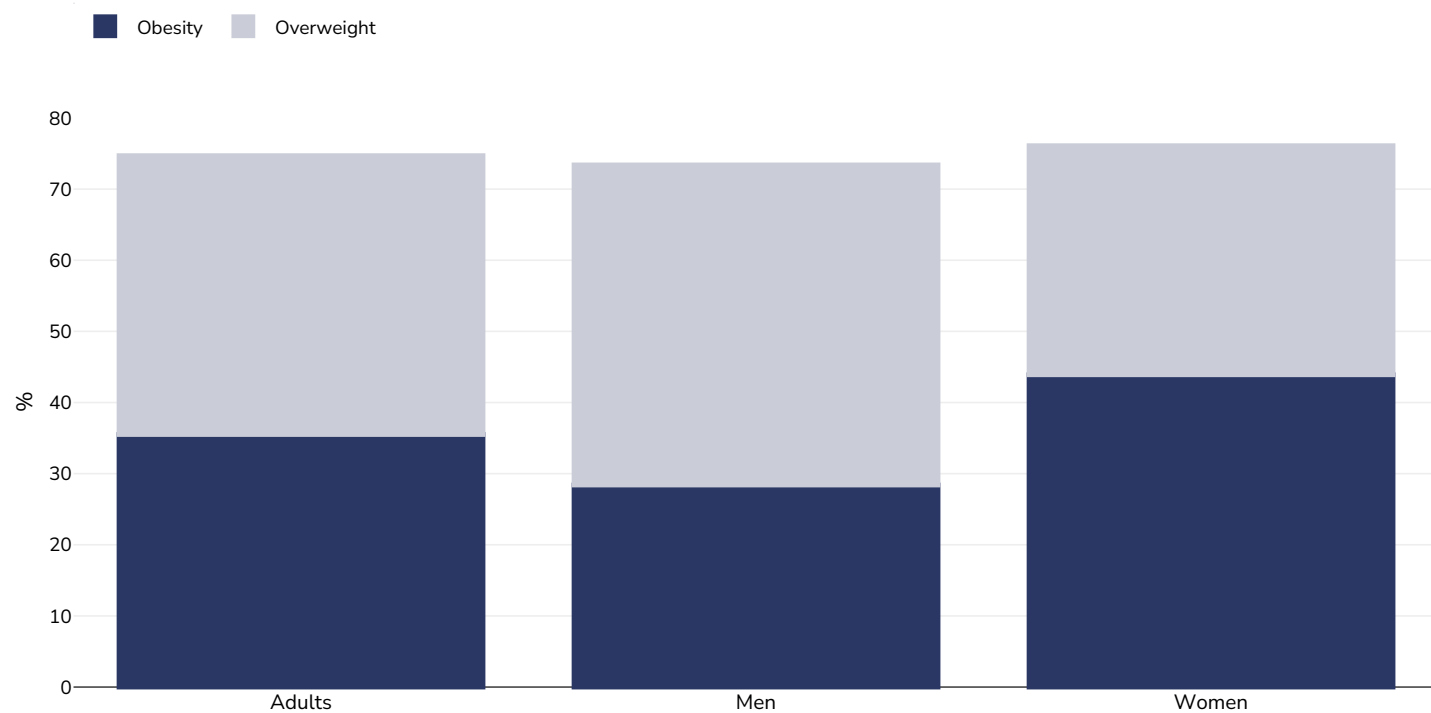
*This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity . Where available, data on common and relevant obesity drivers and comorbidities are also presented.*

*View the latest version of this report on the Global Obesity Observatory at <https://data.worldobesity.org/country/british-virgin-islands-29/>.*

Contents	Page
Obesity prevalence	3
Overweight/obesity by age	5
Insufficient physical activity	6
Average daily frequency of carbonated soft drink consumption	8
Prevalence of less than daily fruit consumption	9
Prevalence of less than daily vegetable consumption	10
Average weekly frequency of fast food consumption	11
Diabetes prevalence	12

## Obesity prevalence

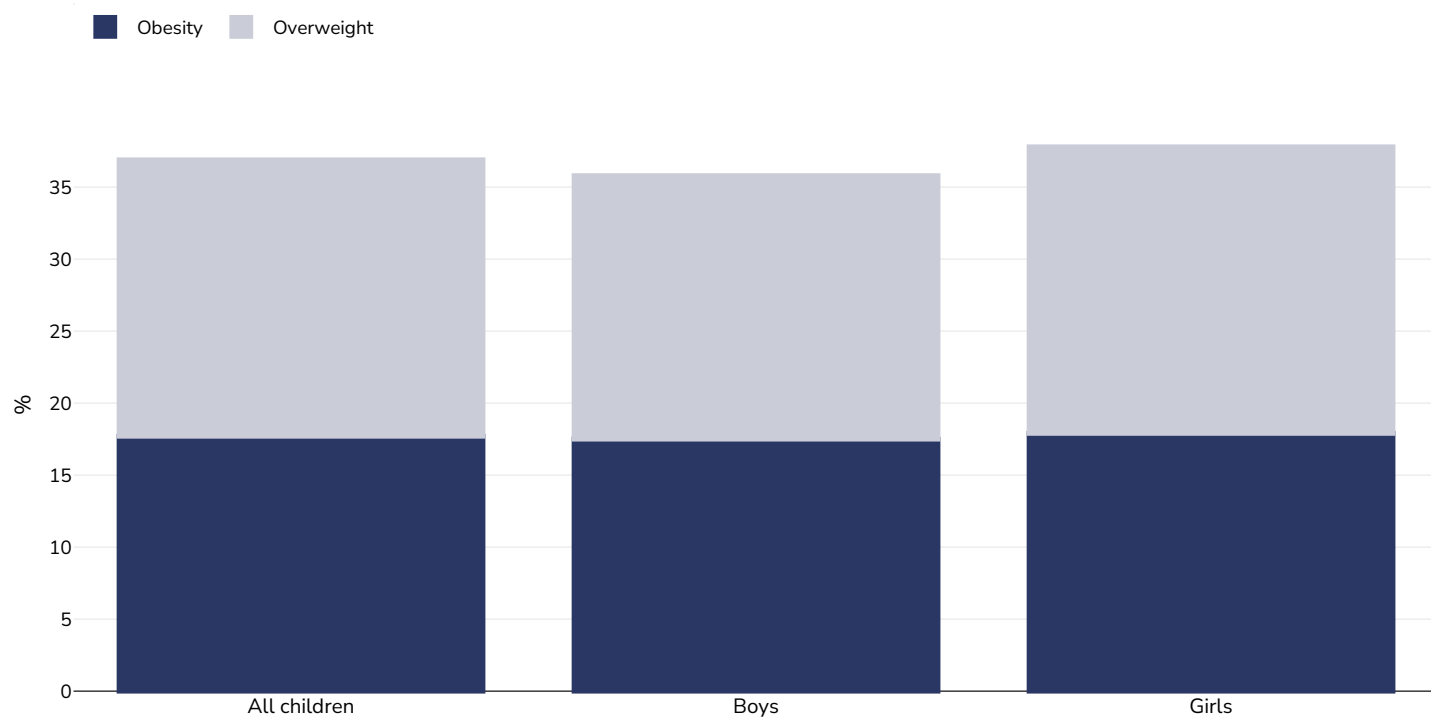
### Adults, 2009



Survey type:	Measured
Age:	25-64
Sample size:	1078
Area covered:	National
References:	British Virgin Islands, STEPS 2009 Report (available at <a href="https://extranet.who.int/ncdsmicrodata/index.php/catalog/613">https://extranet.who.int/ncdsmicrodata/index.php/catalog/613</a> , last accessed 09.10.20)

*Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m<sup>2</sup>, obesity refers to a BMI greater than 30kg/m<sup>2</sup>.*

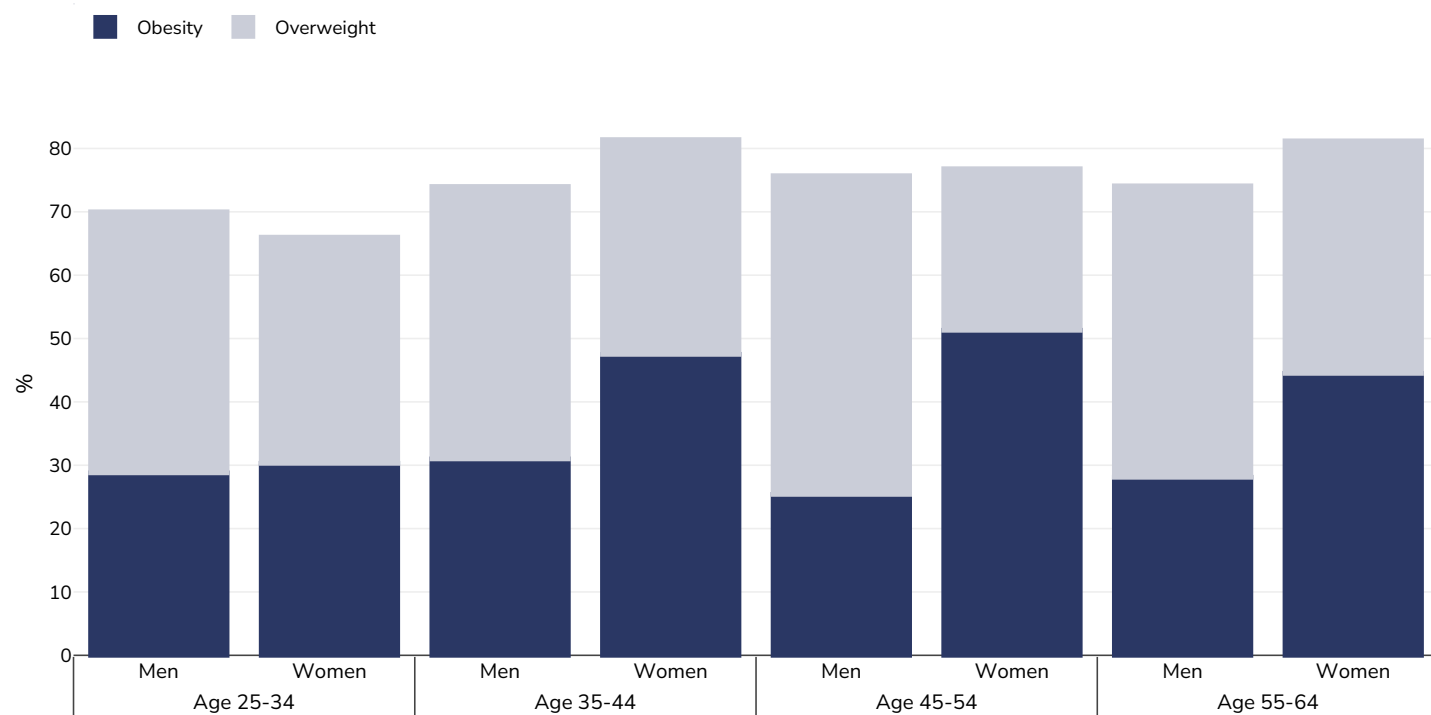
## Children, 2009



Survey type:	Self-reported
Age:	13-15
Sample size:	1664
Area covered:	National
References:	British Virgin Islands - Fact Sheet. Global School based Student Health Survey <a href="https://extranet.who.int/ncdsmicrodata/index.php/catalog/92">https://extranet.who.int/ncdsmicrodata/index.php/catalog/92</a> (last accessed 09.10.20)
Notes:	Sample size includes all measured but only ages 13-15 reported in results.
Definitions:	>1 SD <2SD Overweight > 2 SD Obesity
Cutoffs:	Other

## Overweight/obesity by age

### Adults, 2009

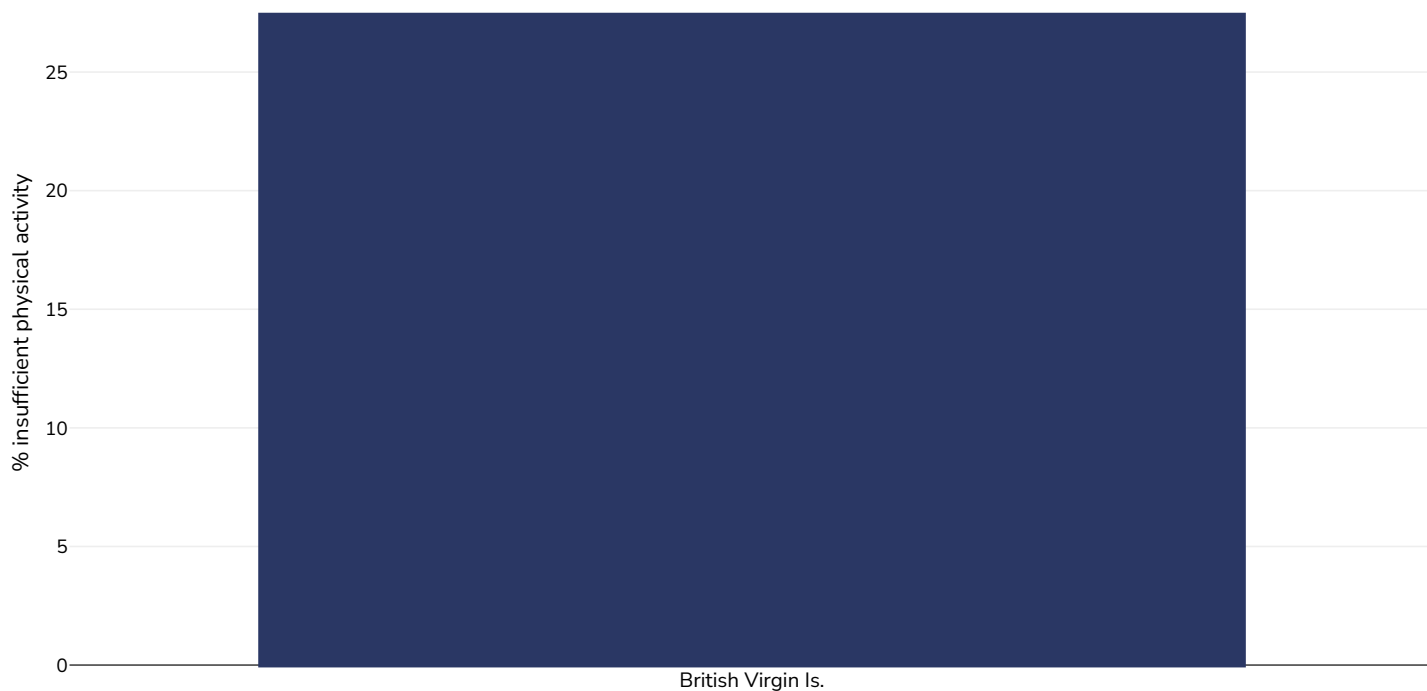


Survey type:	Measured
Sample size:	1078
Area covered:	National
References:	British Virgin Islands, STEPS 2009 Report (available at <a href="https://extranet.who.int/ncdsmicrodata/index.php/catalog/613">https://extranet.who.int/ncdsmicrodata/index.php/catalog/613</a> , last accessed 09.10.20)

*Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m<sup>2</sup>, obesity refers to a BMI greater than 30kg/m<sup>2</sup>.*

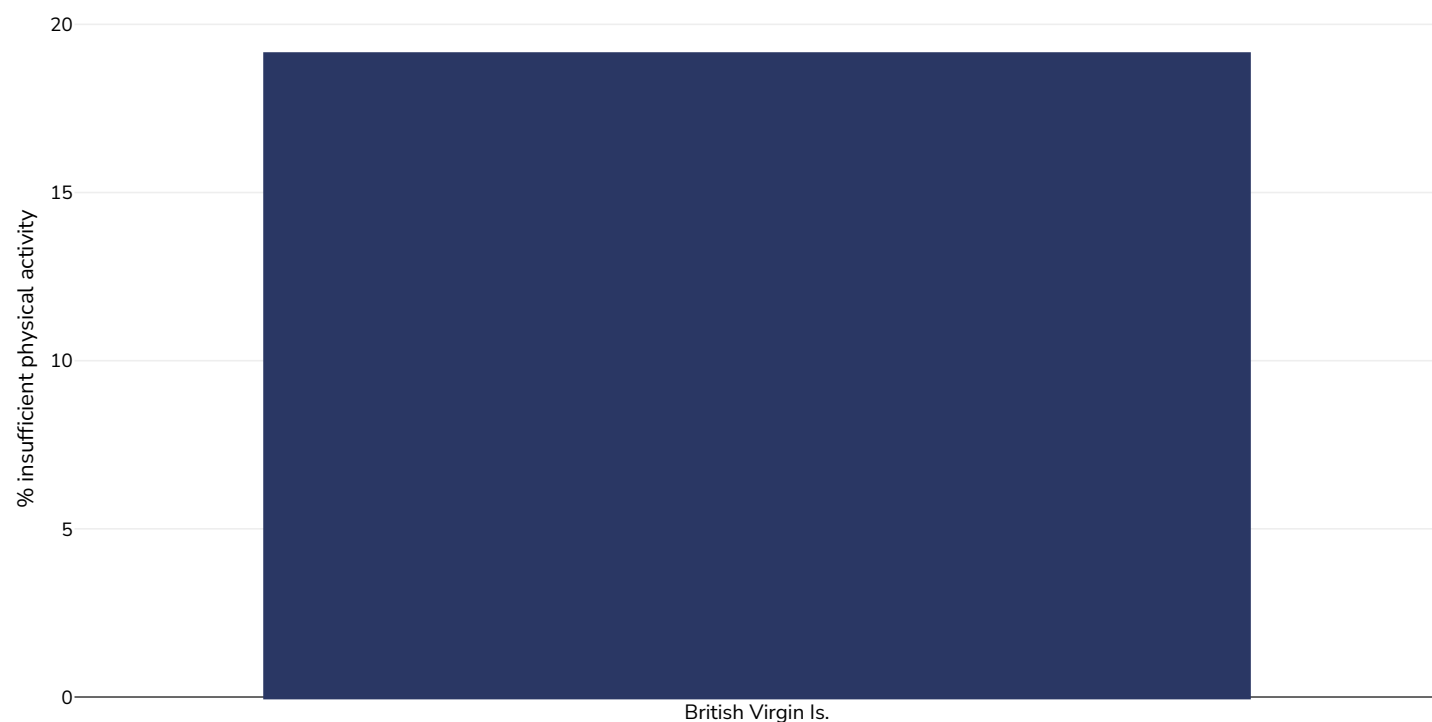
## Insufficient physical activity

Adults, 2016



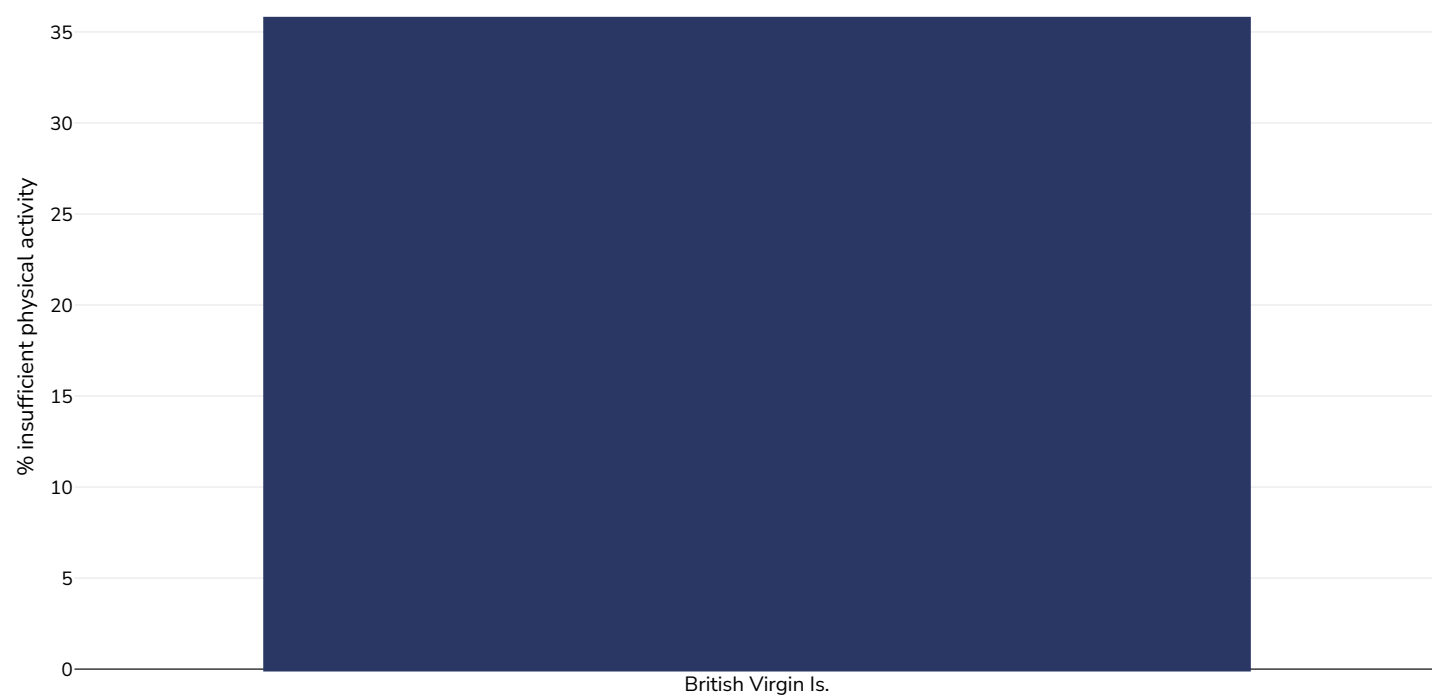
**References:** Guthold R, Stevens GA, Riley LM, Bull FC. Worldwide trends in insufficient physical activity from 2001 to 2016: a pooled analysis of 358 population-based surveys with 1.9 million participants. Lancet 2018 [http://dx.doi.org/10.1016/S2214-109X\(18\)30357-7](http://dx.doi.org/10.1016/S2214-109X(18)30357-7)

## Men, 2016



**References:** Guthold R, Stevens GA, Riley LM, Bull FC. Worldwide trends in insufficient physical activity from 2001 to 2016: a pooled analysis of 358 population-based surveys with 1.9 million participants. Lancet 2018 [http://dx.doi.org/10.1016/S2214-109X\(18\)30357-7](http://dx.doi.org/10.1016/S2214-109X(18)30357-7)

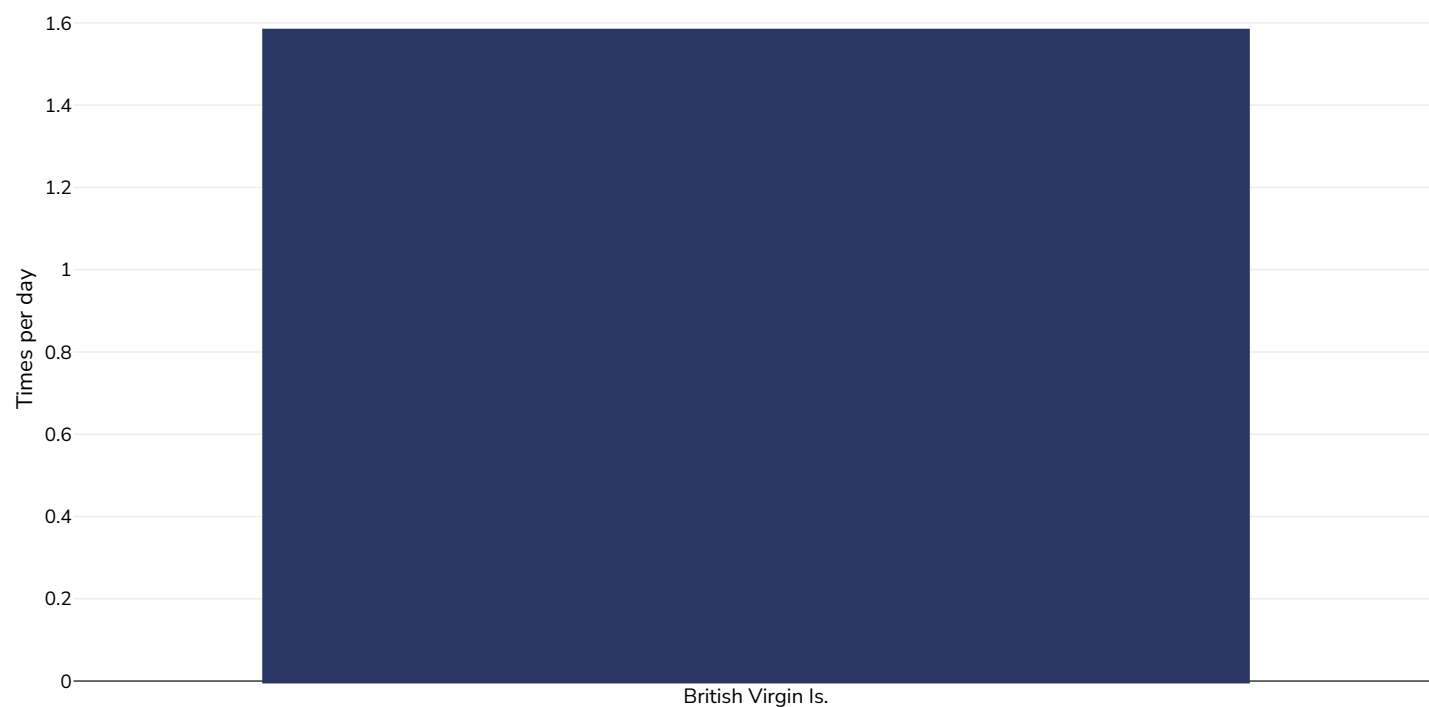
## Women, 2016



**References:** Guthold R, Stevens GA, Riley LM, Bull FC. Worldwide trends in insufficient physical activity from 2001 to 2016: a pooled analysis of 358 population-based surveys with 1.9 million participants. Lancet 2018 [http://dx.doi.org/10.1016/S2214-109X\(18\)30357-7](http://dx.doi.org/10.1016/S2214-109X(18)30357-7)

## Average daily frequency of carbonated soft drink consumption

### Children, 2009



Survey type: Measured

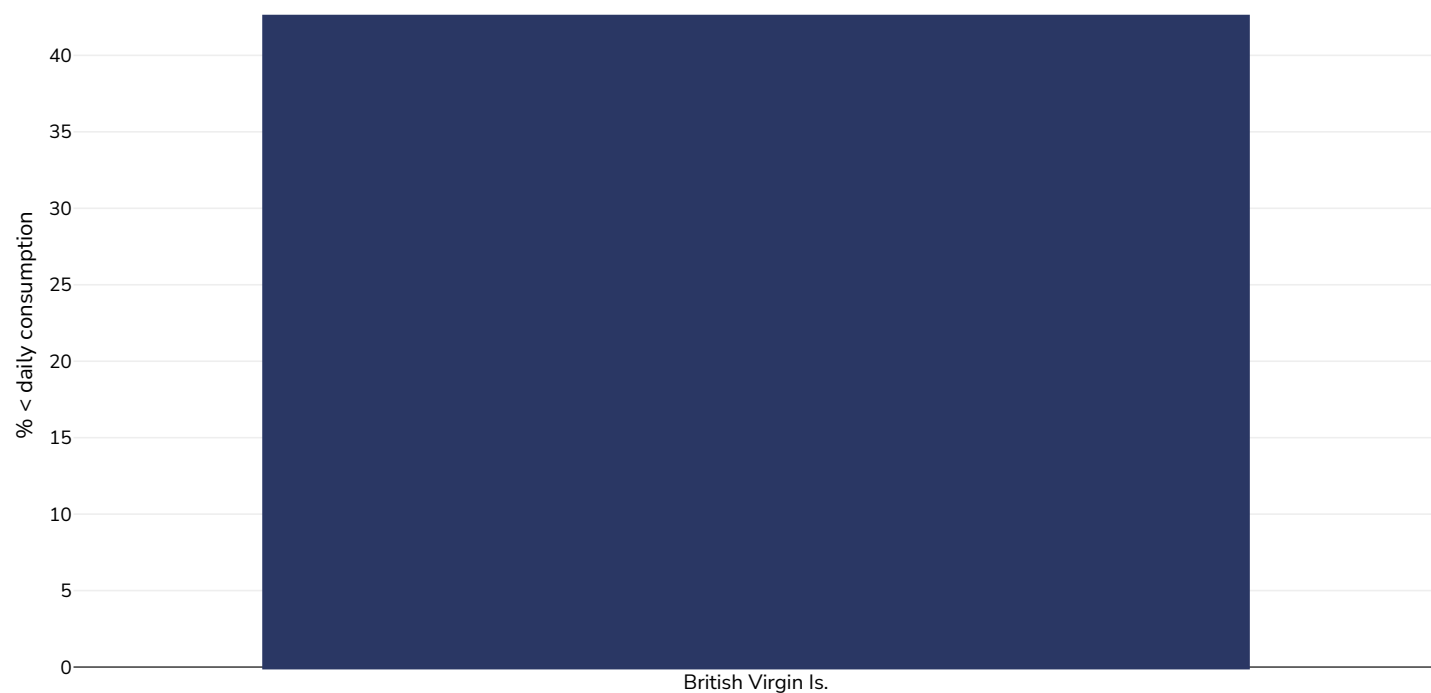
Age: 12-17

References: Beal et al. (2019). Global Patterns of Adolescent Fruit, Vegetable, Carbonated Soft Drink, and Fast-food consumption: A meta-analysis of global school-based student health surveys. Food and Nutrition Bulletin. <https://doi.org/10.1177/0379572119848287> sourced from Food Systems Dashboard <http://www.foodsystemsdashboard.org/food-system>



## Prevalence of less than daily fruit consumption

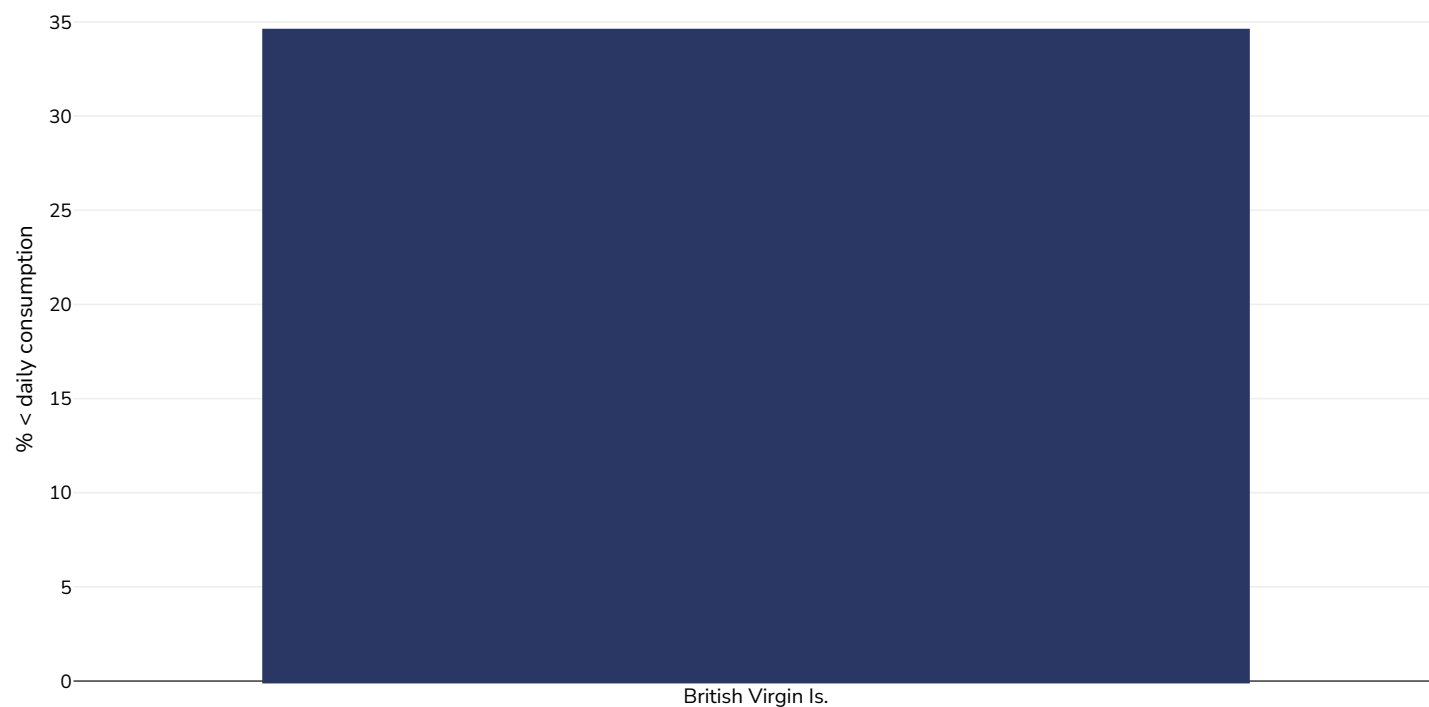
Children, 2009



Survey type:	Measured
Age:	12-17
References:	Global School-based Student Health Surveys. Beal et al (2019). Global Patterns of Adolescent Fruit, Vegetable, Carbonated Soft Drink, and Fast-food consumption: A meta-analysis of global school-based student health surveys. Food and Nutrition Bulletin. <a href="https://doi.org/10.1177/0379572119848287">https://doi.org/10.1177/0379572119848287</a> . Sourced from Food Systems Dashboard <a href="http://www.foodsystemsdashboard.org/food-system">http://www.foodsystemsdashboard.org/food-system</a>
Definitions:	Prevalence of less-than-daily fruit consumption (% less-than-daily fruit consumption)

## Prevalence of less than daily vegetable consumption

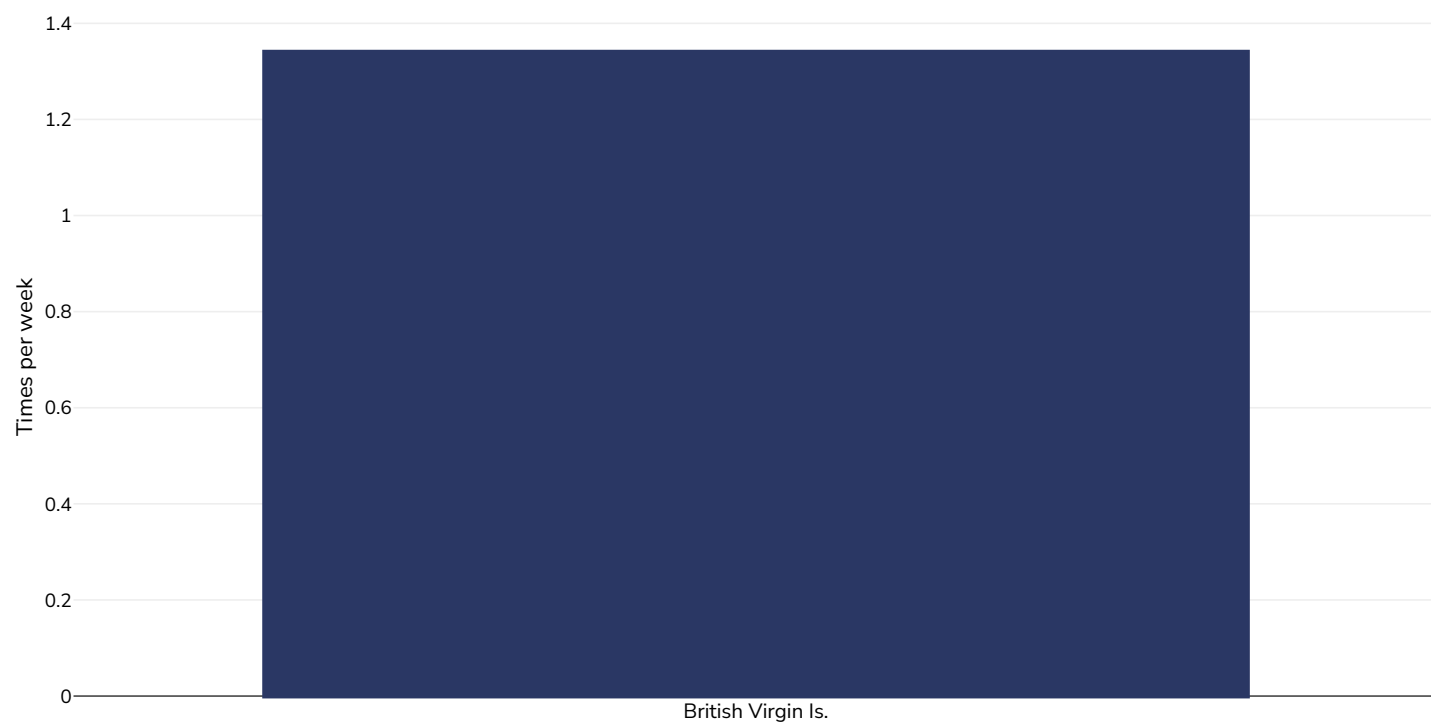
### Children, 2009



Survey type:	Measured
Age:	12-17
References:	Beal et al. (2019). Global Patterns of Adolescent Fruit, Vegetable, Carbonated Soft Drink, and Fast-food consumption: A meta-analysis of global school-based student health surveys. Food and Nutrition Bulletin. <a href="https://doi.org/10.1177/0379572119848287">https://doi.org/10.1177/0379572119848287</a> sourced from Food Systems Dashboard <a href="http://www.foodsystemsdashboard.org/food-system">http://www.foodsystemsdashboard.org/food-system</a>
Definitions:	Prevalence of less-than-daily vegetable consumption (% less-than-daily vegetable consumption)

## Average weekly frequency of fast food consumption

### Children, 2009



Age:

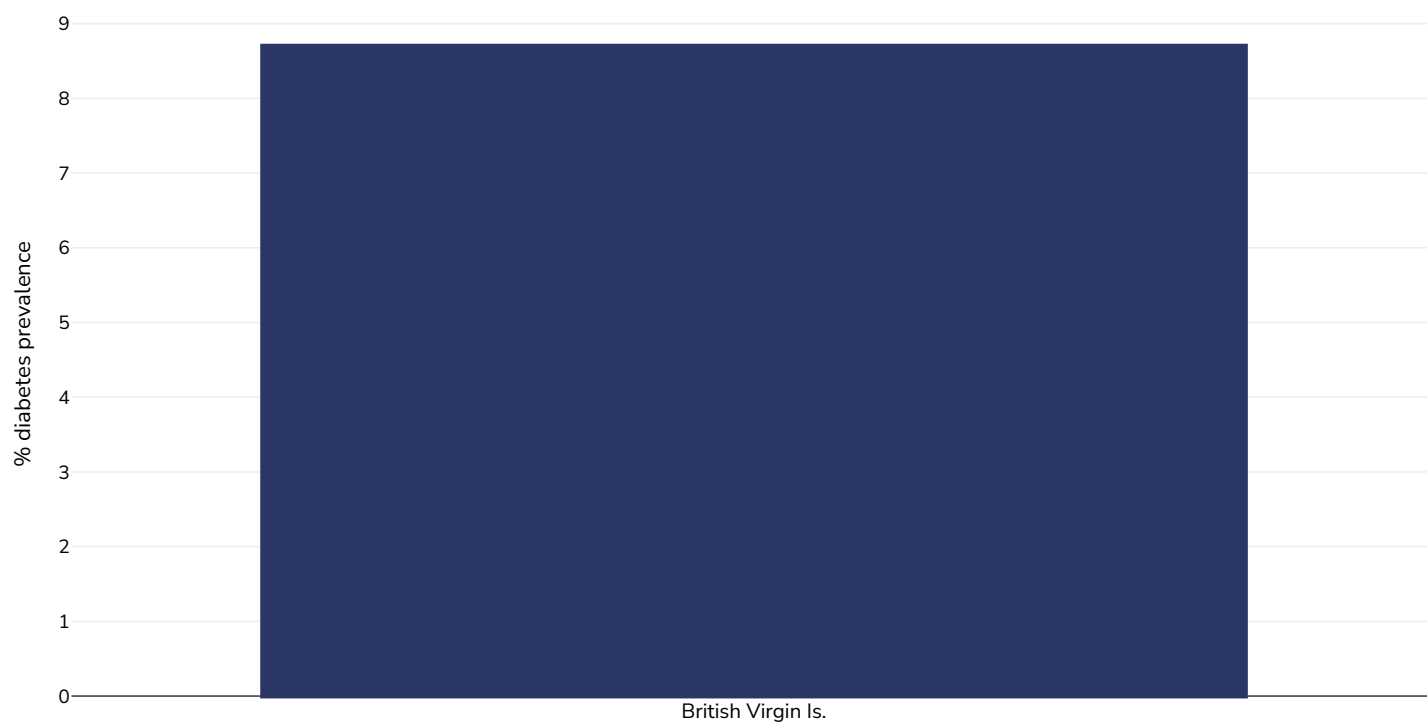
12-17

#### References:

Beal et al. (2019). Global Patterns of Adolescent Fruit, Vegetable, Carbonated Soft Drink, and Fast-food consumption: A meta-analysis of global school-based student health surveys. Food and Nutrition Bulletin. <https://doi.org/10.1177/0379572119848287> sourced from Food Systems Dashboard <http://www.foodsystemsdashboard.org/food-system>

## Diabetes prevalence

### Adults, 2021



Age:	20-79
Area covered:	National
References:	Reproduced with kind permission International Diabetes Federation. IDF Diabetes Atlas, 10th edn. Brussels, Belgium:International Diabetes Federation, 2021. <a href="http://www.diabetesatlas.org">http://www.diabetesatlas.org</a>
Definitions:	Age-adjusted comparative prevalence of diabetes, %

PDF created on June 17, 2025