China



Country report card

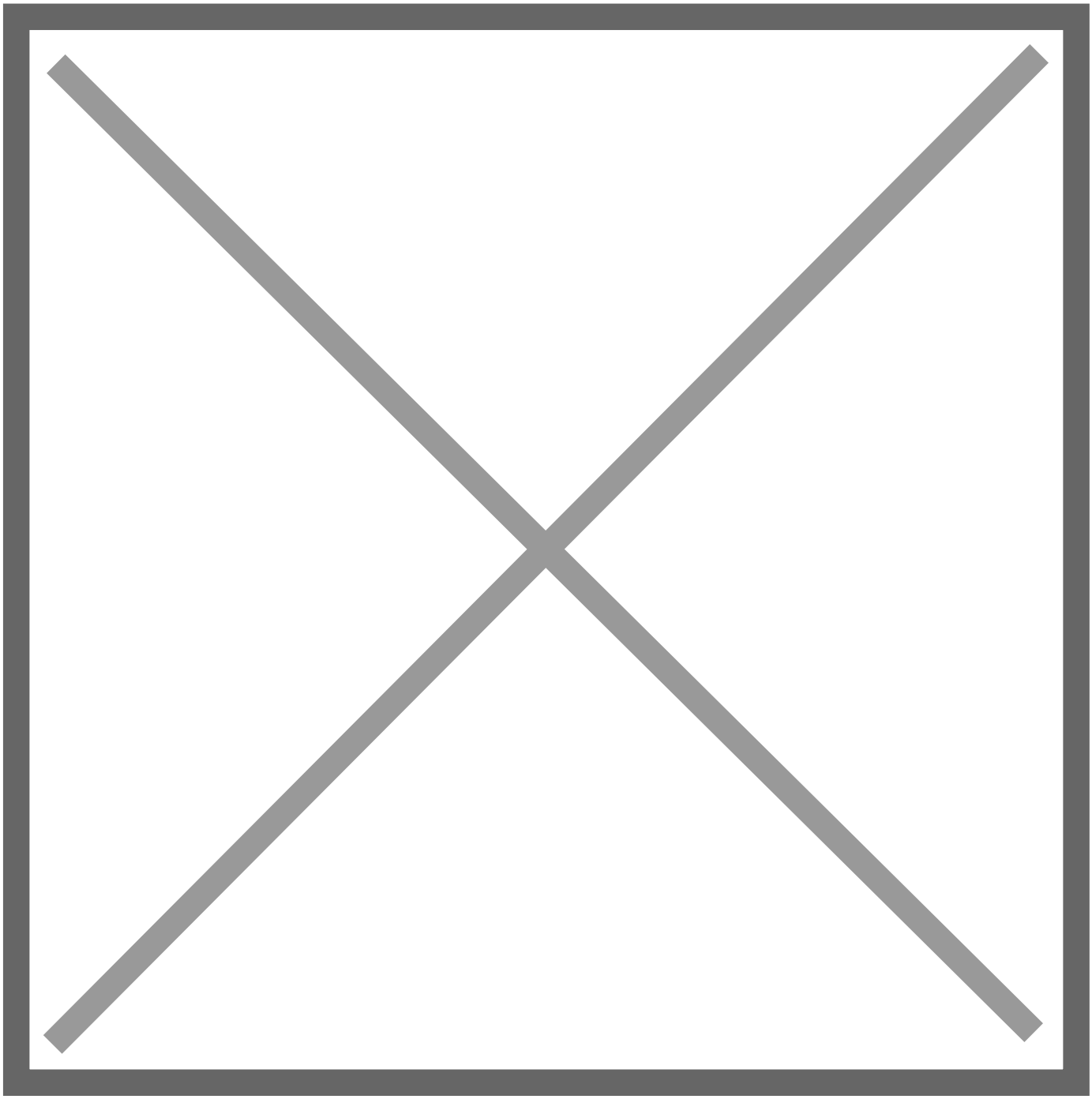
This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity . Where available, data on common and relevant obesity drivers and comorbidities are also presented.

View the latest version of this report on the Global Obesity Observatory at https://data.worldobesity.org/country/china-42/.

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Obesity prevalence

Adults, 2018-2019

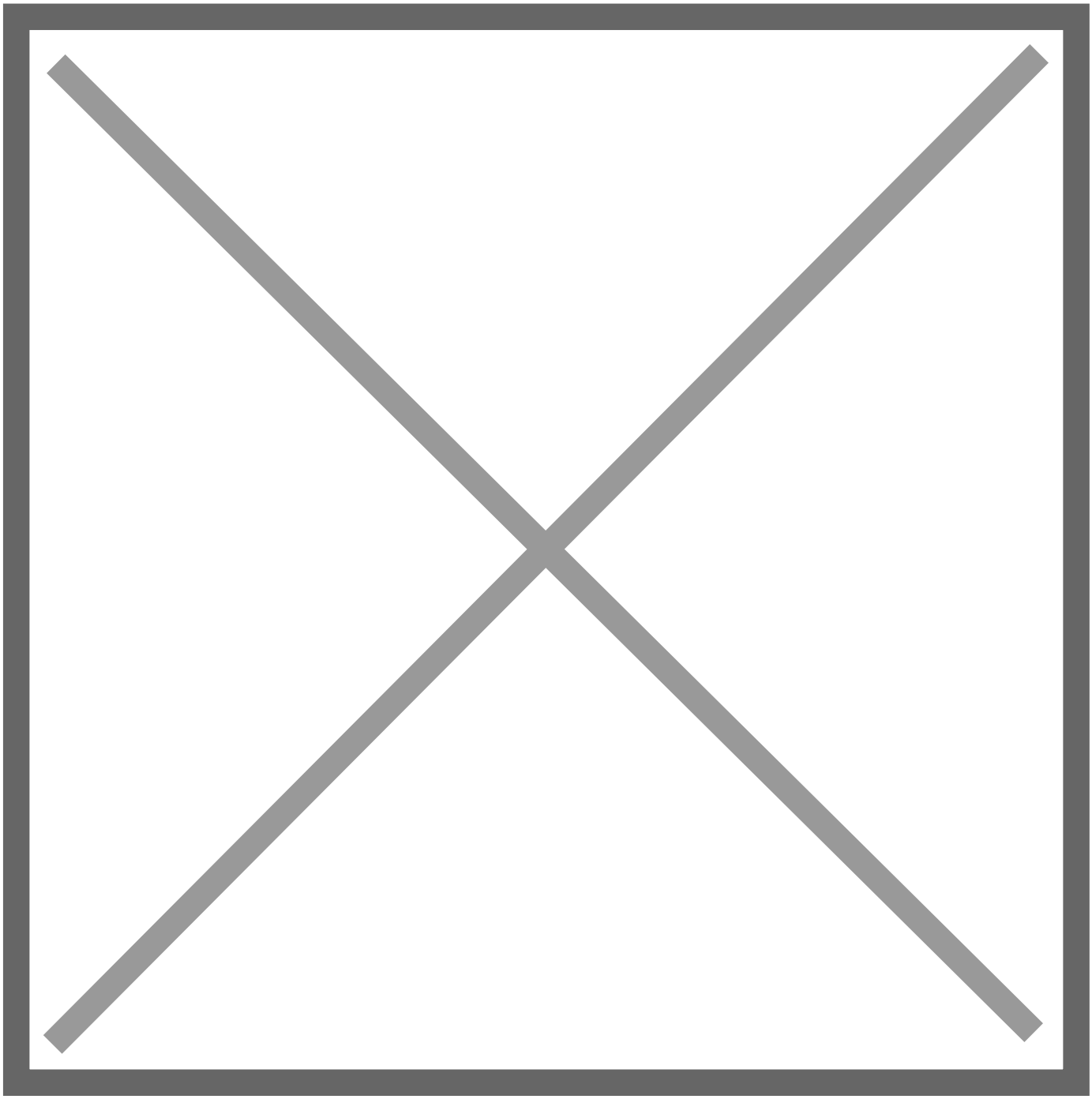


Survey type:	Measured
Age:	18+
Sample size:	155413
Area covered:	National
References:	Wen Peng, Shiqi Chen and Xinguang Chen et al. Trends in major non-communicable diseases and related risk factors in China 2002–2019: an analysis of nationally representative survey data. The Lancet Regional Health: Western Pacific. 2023. Vol. 43. DOI: 10.1016/j.lanwpc.2023.100809

Definitions:	Overweight BMI ≥24-<28 Kg/m², Obesity BMI ≥ 28 Kg/m²
Cutoffs:	Chinese

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

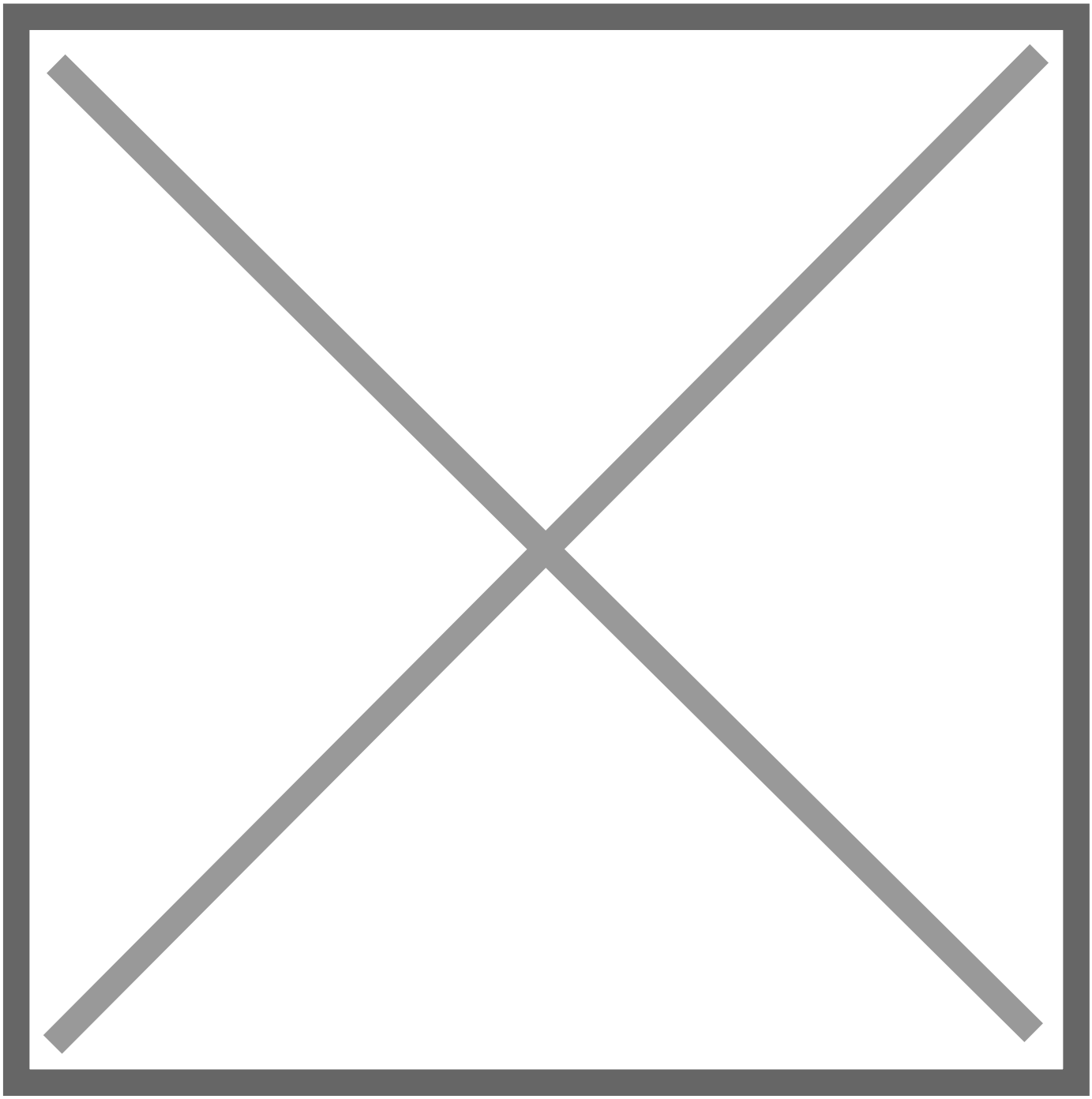
Children, 2019



Survey type:	Measured
Age:	7-18
Sample size:	221,262
Area covered:	National

References:	Song, X. et al. 2025. Trends and predictions to 2030 in demographic structures and metabolic health for children and adolescents in China: analysis of national school health surveys from 2000 to 2019. The Lancet Child & Adolescent Health, [online] 9(8), pp.530–543. doi:https://doi.org/10.1016/s2352-4642(25)00140-3 [Accessed 23.03.26]
Notes:	Age-standardised prevalence using data from the Chinese National Survey on Student Constitution and Health. Han children only
Cutoffs:	CDC

0-5 years, 2016-2017

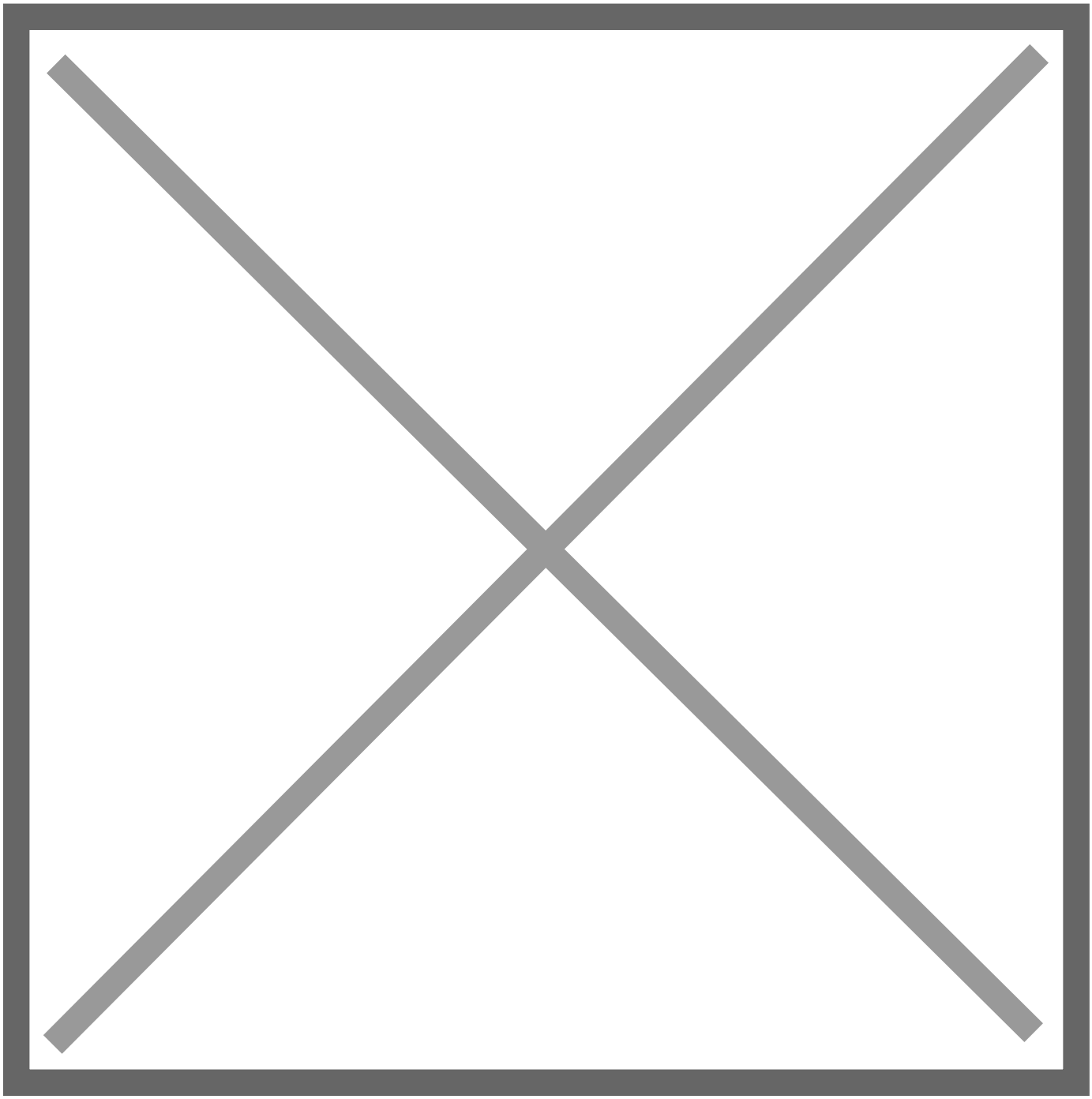


Survey type:	Measured
Age:	0-5
Area covered:	National
References:	Other: China Nutrition and Health Surveillance of Children and Lactating Women 2016–2017

Notes:	UNICEF/WHO/World Bank Joint Child Malnutrition Estimates Expanded Database: Overweight (Survey Estimates), May 2023, New York. For more information about the methodology, please consult https://data.unicef.org/resources/jme-2023-country-consultations/ Percentage of children under 5 years of age falling above 2 standard deviations (moderate and severe) from the median weight-for-height of the reference population.
Definitions:	=>+2SD

% Adults living with obesity, 2002-2019

Women

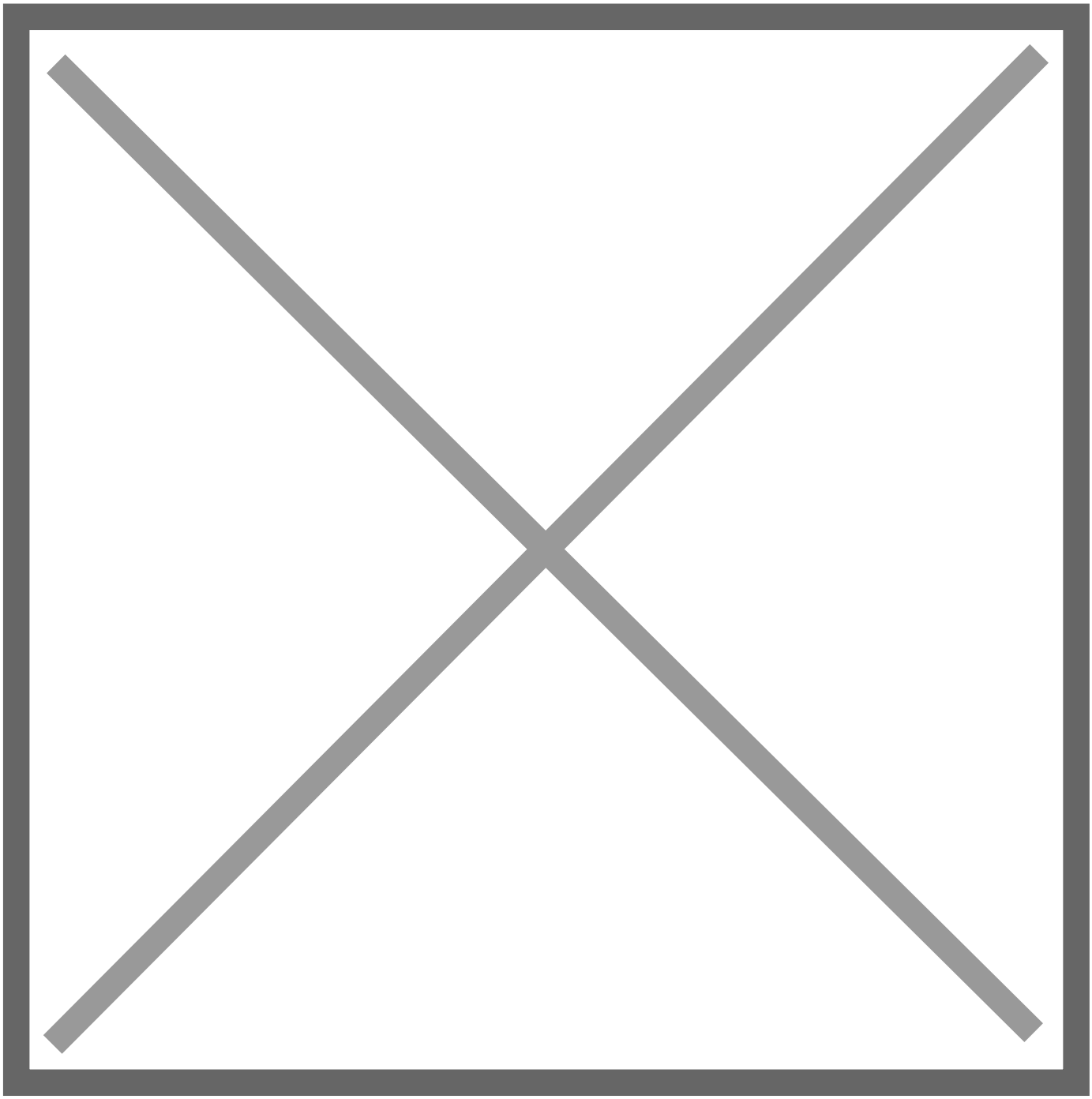


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References:	Wen Peng, Shiqi Chen and Xinguang Chen et al. Trends in major non-communicable diseases and related risk factors in China 2002–2019: an analysis of nationally representative survey data. The Lancet Regional Health: Western Pacific. 2023. Vol. 43. DOI: 10.1016/j.lanwpc.2023.100809Wen Peng, Shiqi Chen and Xinguang Chen et al. Trends in major non-communicable diseases and related risk factors in China 2002–2019: an analysis of nationally representative survey data. The Lancet Regional Health: Western Pacific. 2023. Vol. 43. DOI: 10.1016/j.lanwpc.2023.100809Wen Peng, Shiqi Chen and Xinguang Chen et al. Trends in major non-communicable diseases and related risk factors in China 2002–2019: an analysis of nationally representative survey data. The Lancet Regional Health: Western Pacific. 2023. Vol. 43. DOI: 10.1016/j.lanwpc.2023.100809

Definitions:	Overweight BMI ≥24-<28 Kg/m² Obesity BMI ≥ 28 Kg/m²

Different methodologies may have been used to collect this data and so data from different surveys may not be strictly comparable. Please check with original data sources for methodologies used.

Men



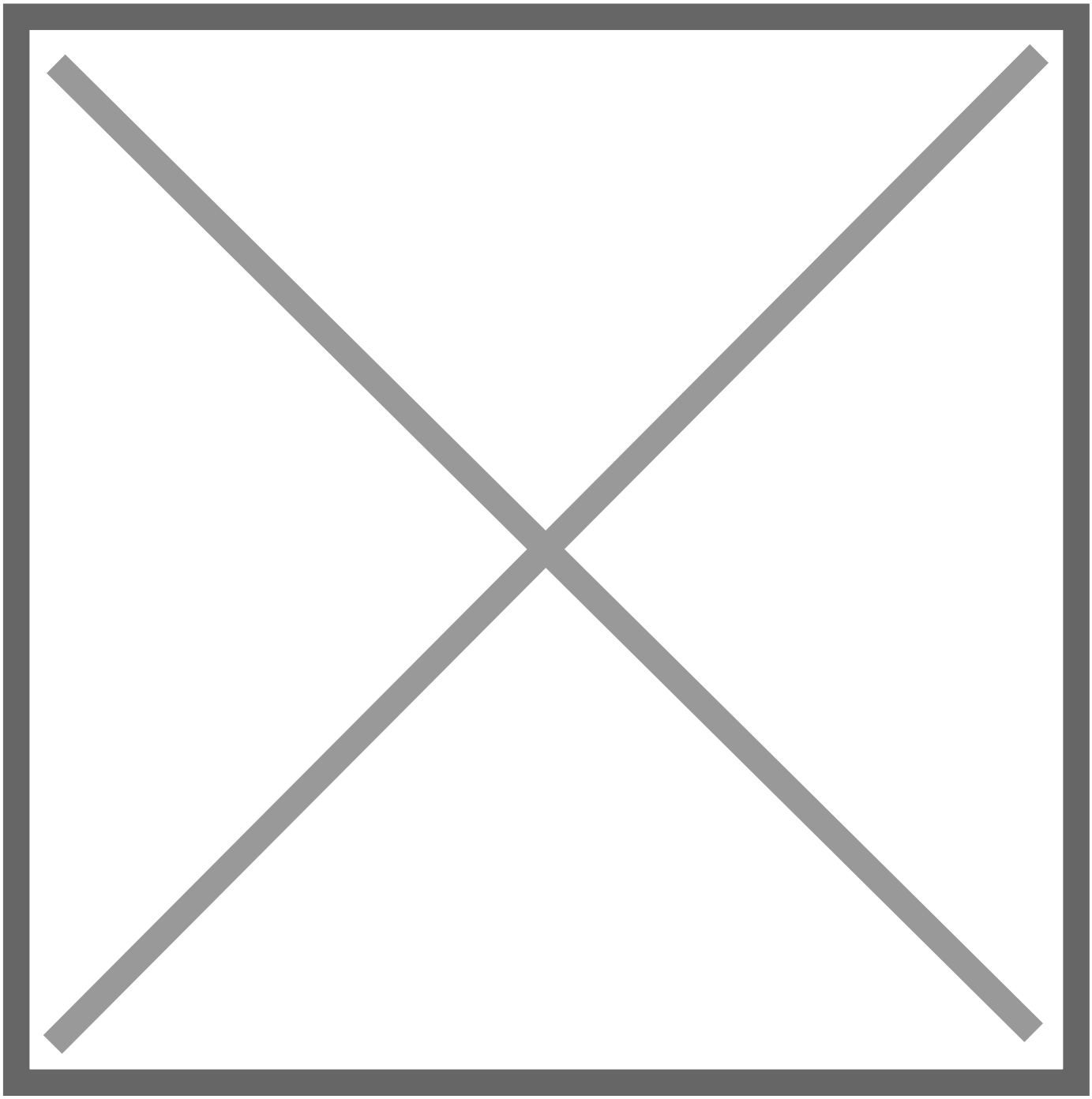
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% Adults living with obesity, 2002-2019

Men



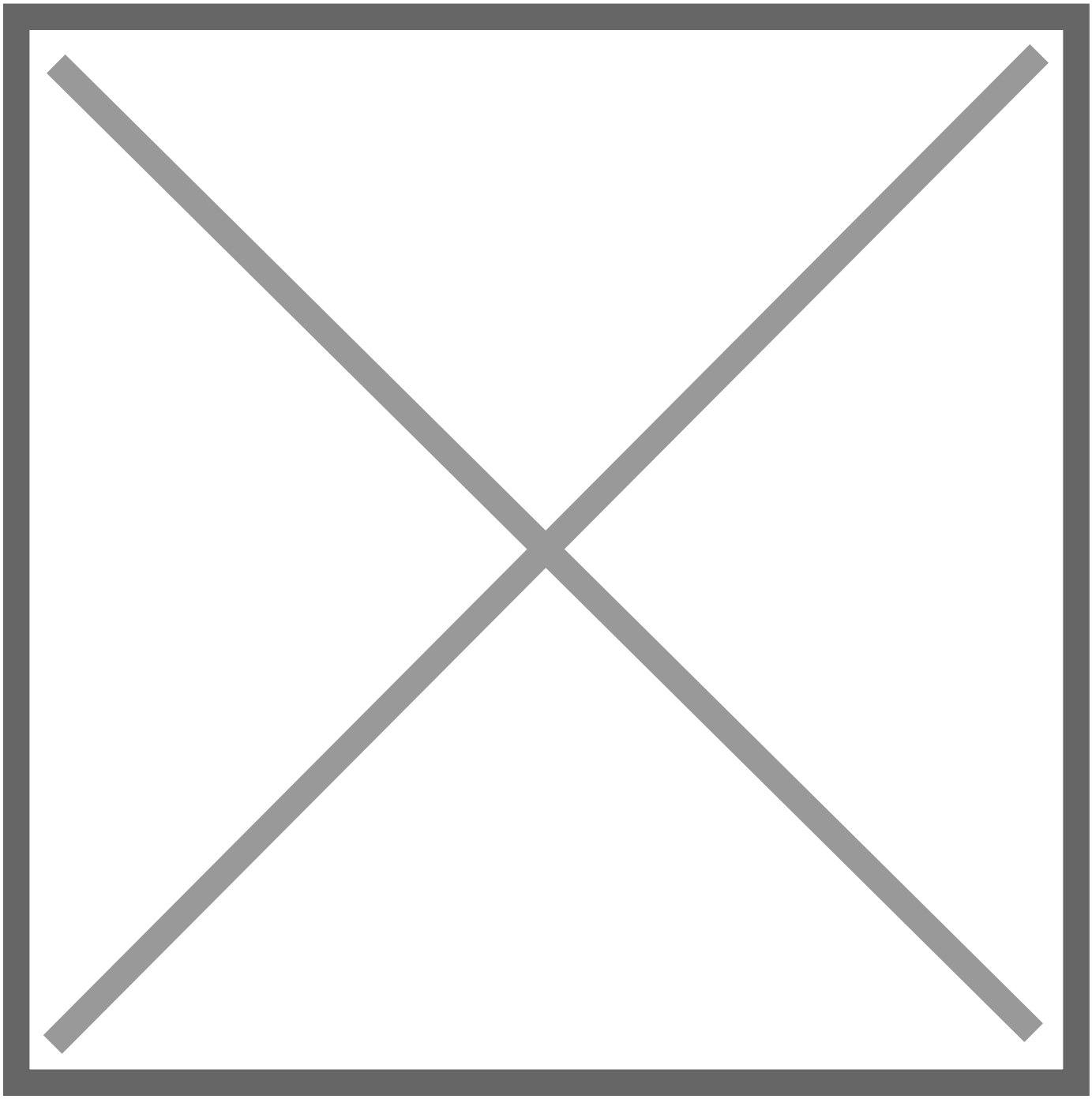
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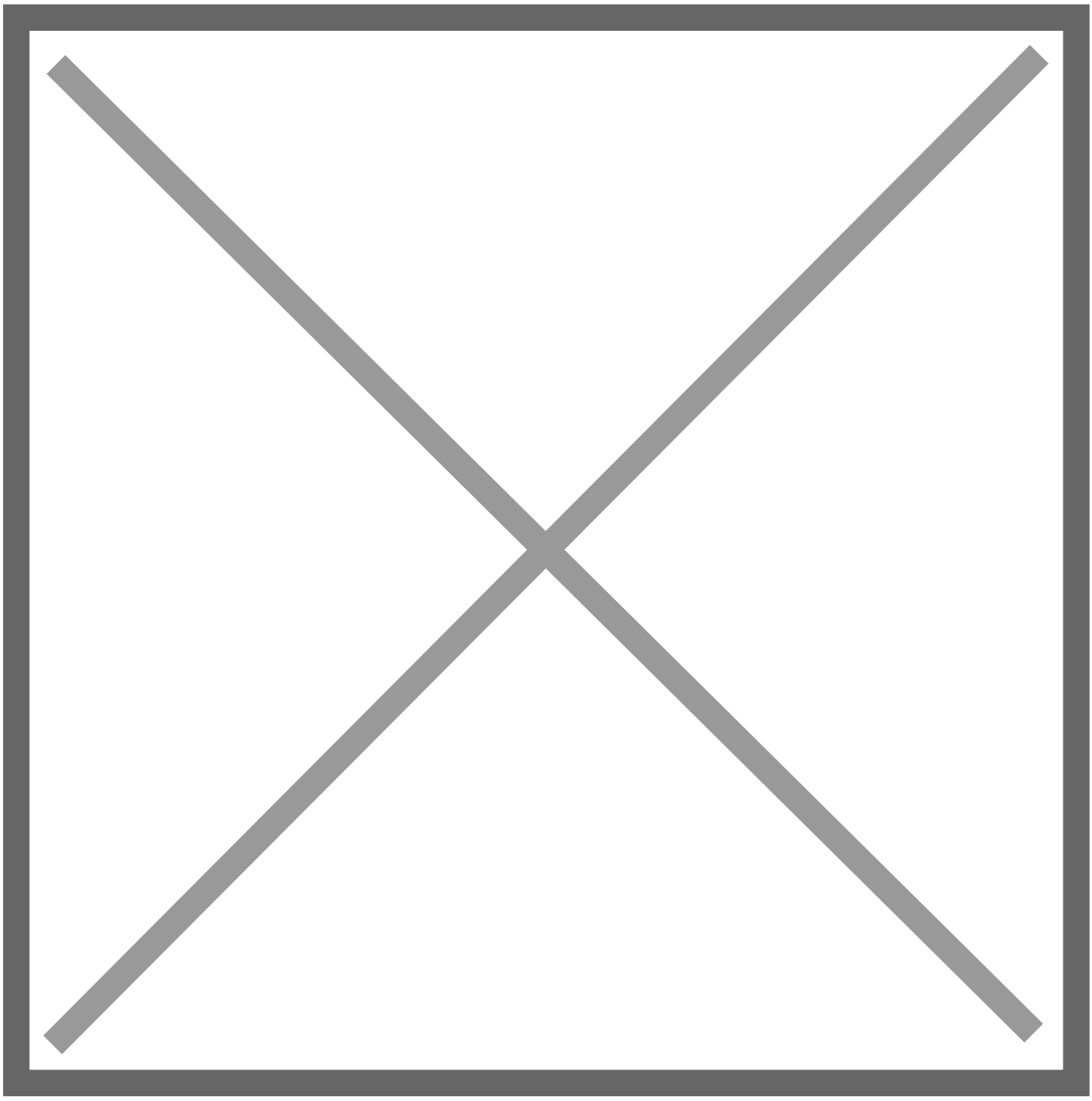
Women



References: Wen Peng, Shiqi Chen and Xinguang Chen et al. Trends in major non-communicable diseases and related risk factors in China 2002–2019: an analysis of nationally representative survey data. The Lancet Regional Health: Western Pacific. 2023. Vol. 43. DOI: 10.1016/j.lanwpc.2023.100809Wen Peng, Shiqi Chen and Xinguang Chen et al. Trends in major non-communicable diseases and related risk factors in China 2002–2019: an analysis of nationally representative survey data. The Lancet Regional Health: Western Pacific. 2023. Vol. 43. DOI: 10.1016/j.lanwpc.2023.100809Wen Peng, Shiqi Chen and Xinguang Chen et al. Trends in major non-communicable diseases and related risk factors in China 2002–2019: an analysis of nationally representative survey data. The Lancet Regional Health: Western Pacific. 2023. Vol. 43. DOI: 10.1016/j.lanwpc.2023.100809

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% Adults living with overweight or obesity by urbanisation in China 1993-2009

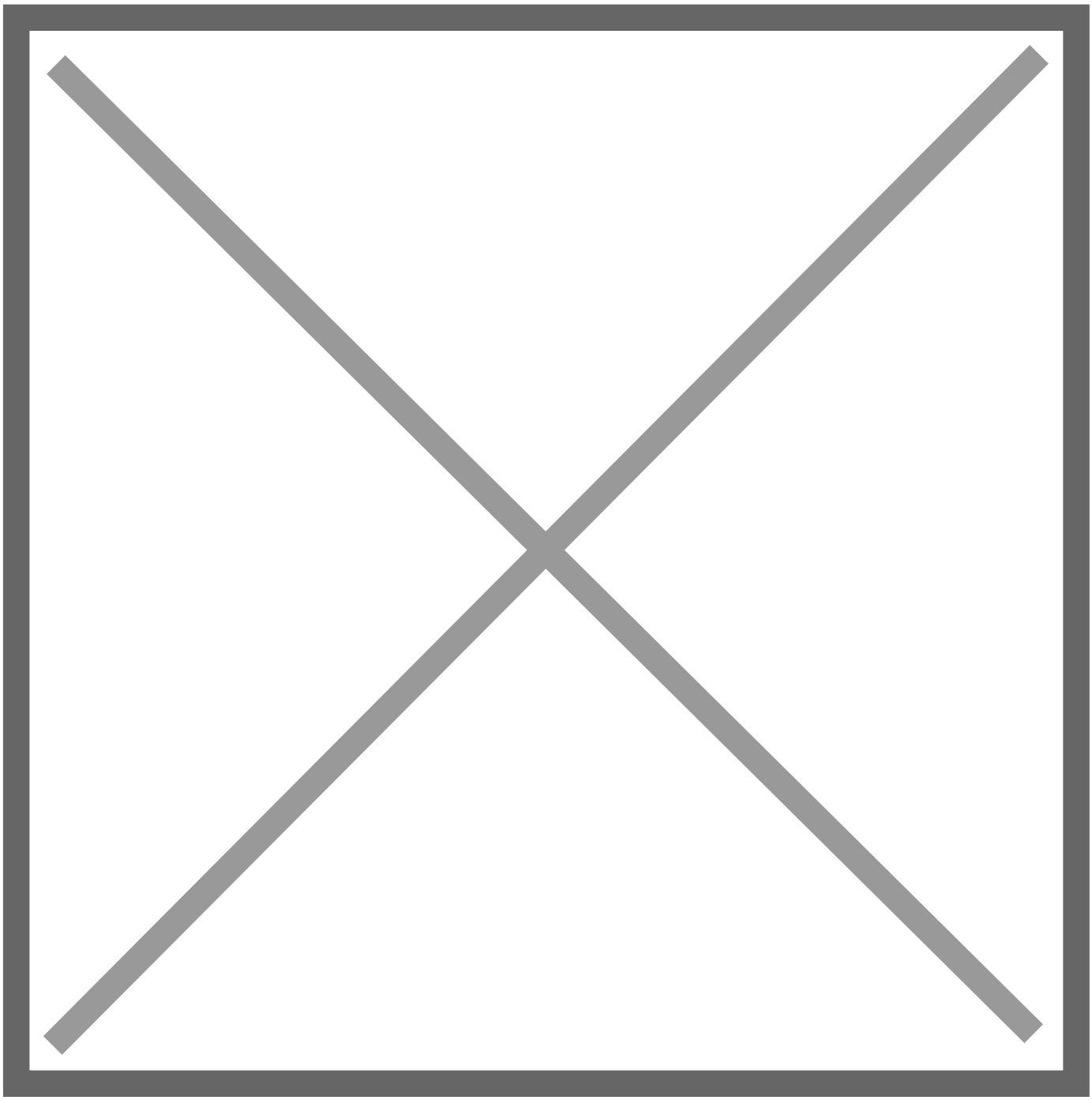


Survey type:	Measured
References:	Xi, B., Liang, Y., He, T., Reilly, K. H., Hu, Y., Wang, Q., Yan, Y. and Mi, J. (2012), Secular trends in the prevalence of general and abdominal obesity among Chinese adults, 1993-2009. Obesity Reviews, 13: 287-296. doi: 10.1111/j.1467-789X.2011.00944.x

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% Adults living with overweight or obesity in China 1993-2009



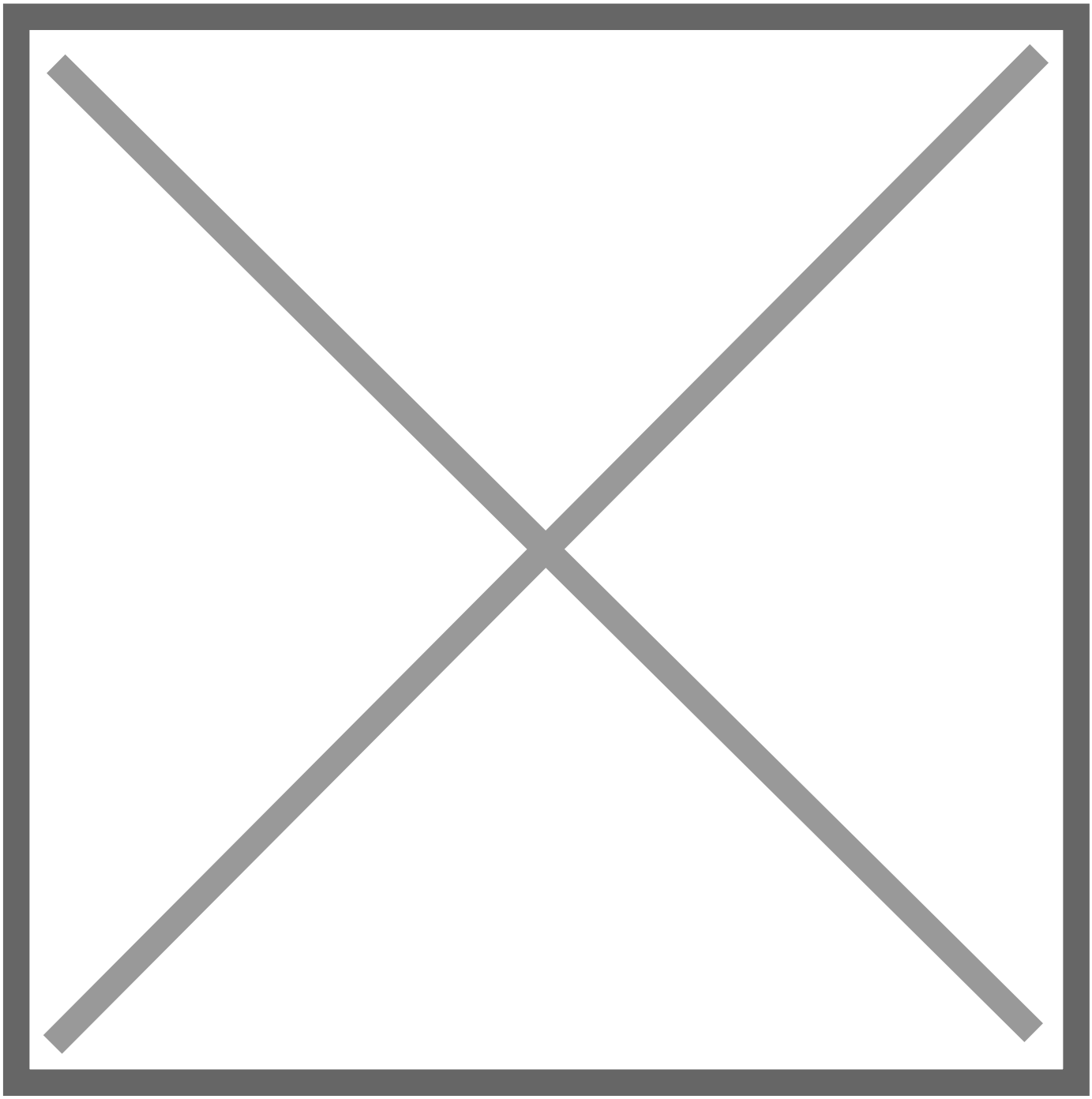
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% Adults living with overweight or obesity, 2002-2019

Women

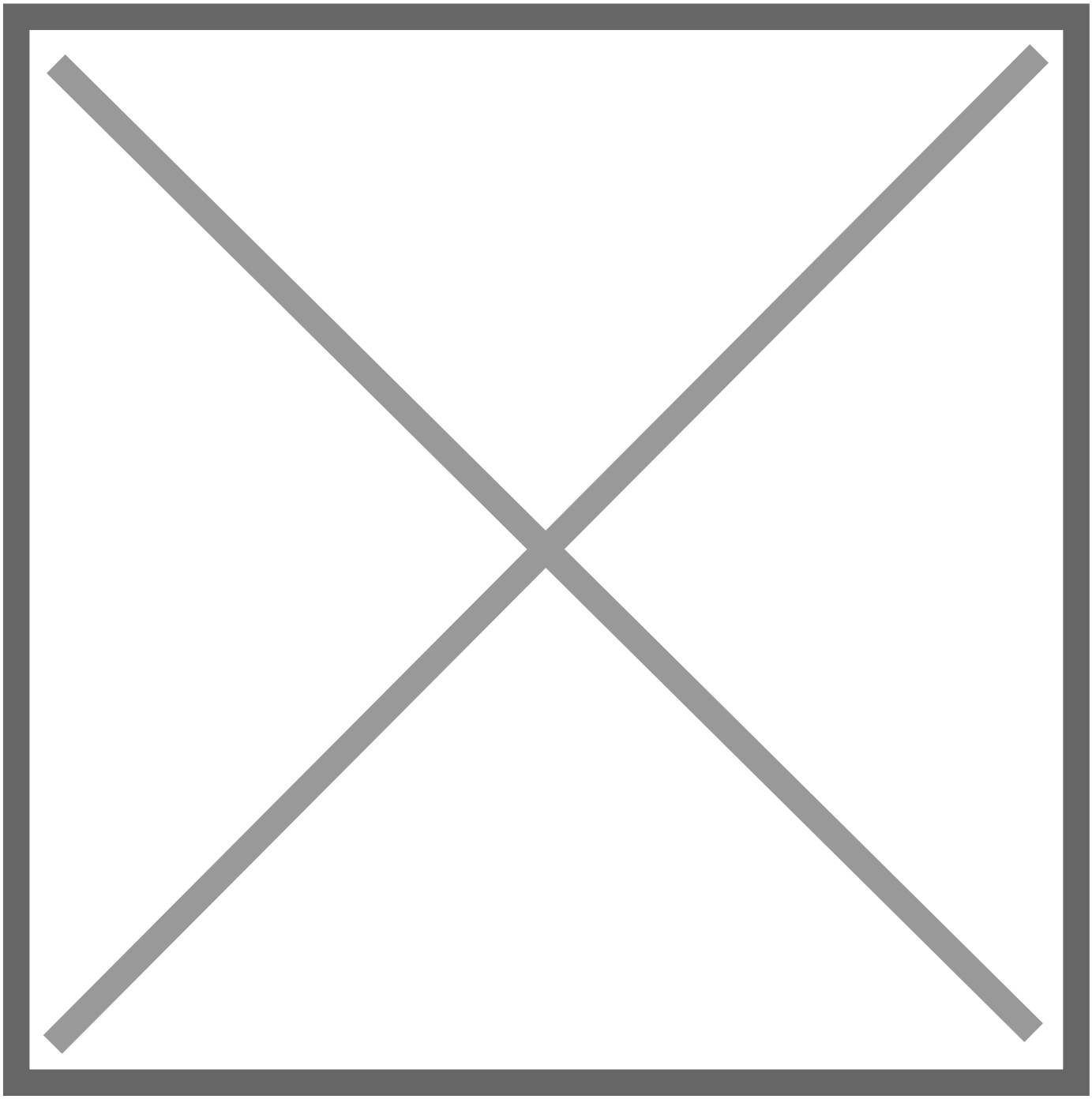


Survey type:	Measured
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Men



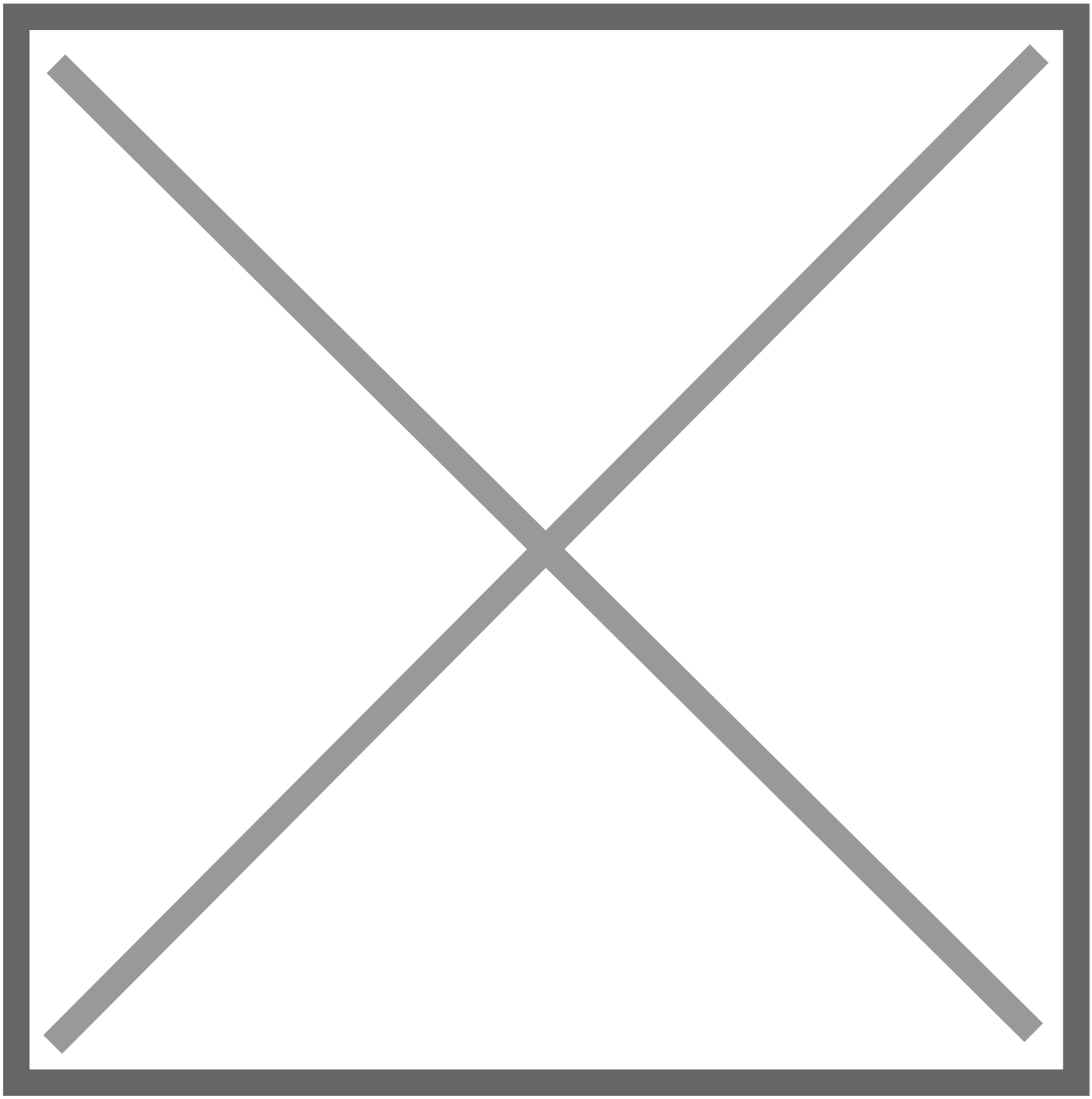
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% Adults living with overweight or obesity, 2002-2019

Men



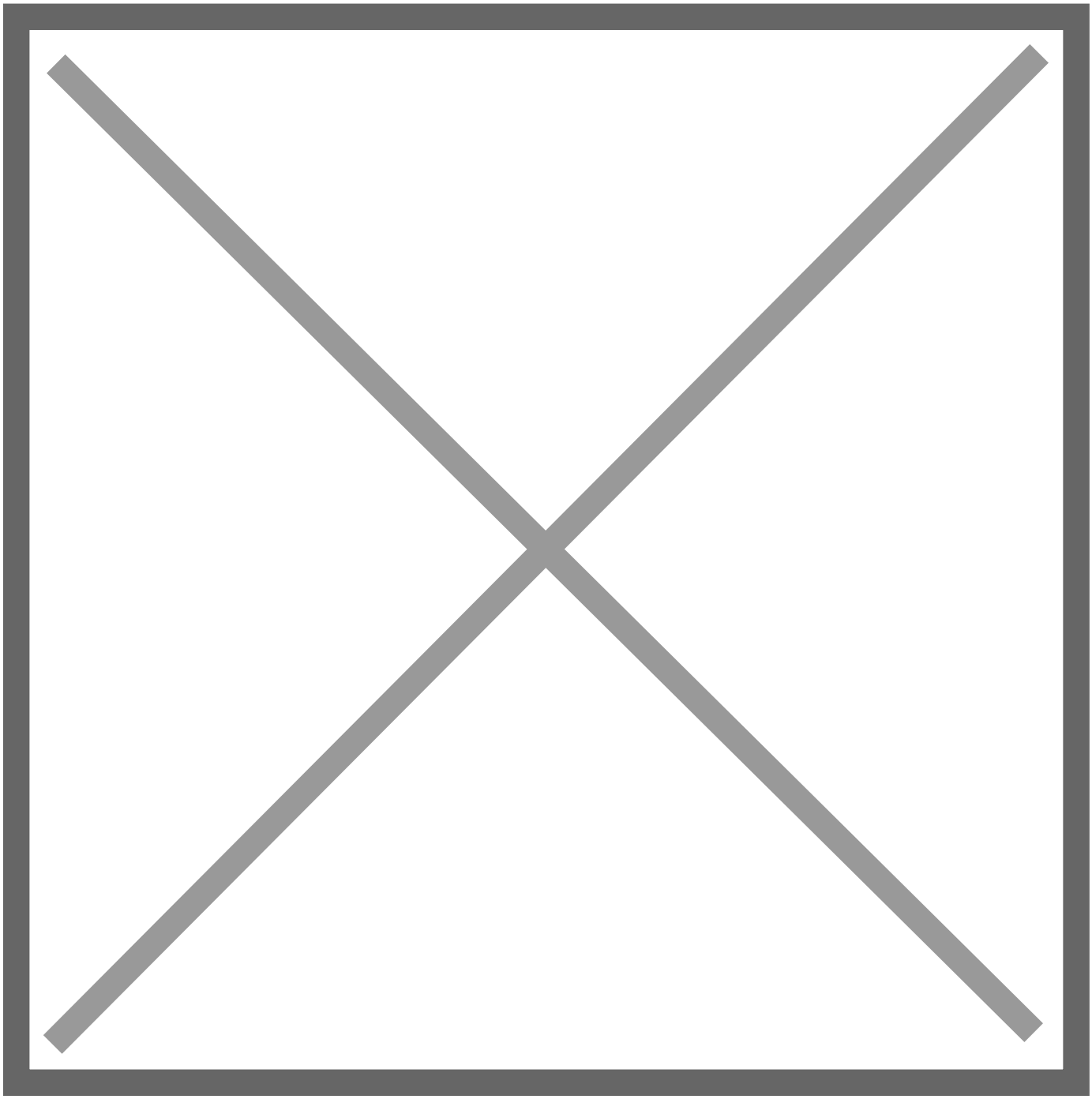
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Women

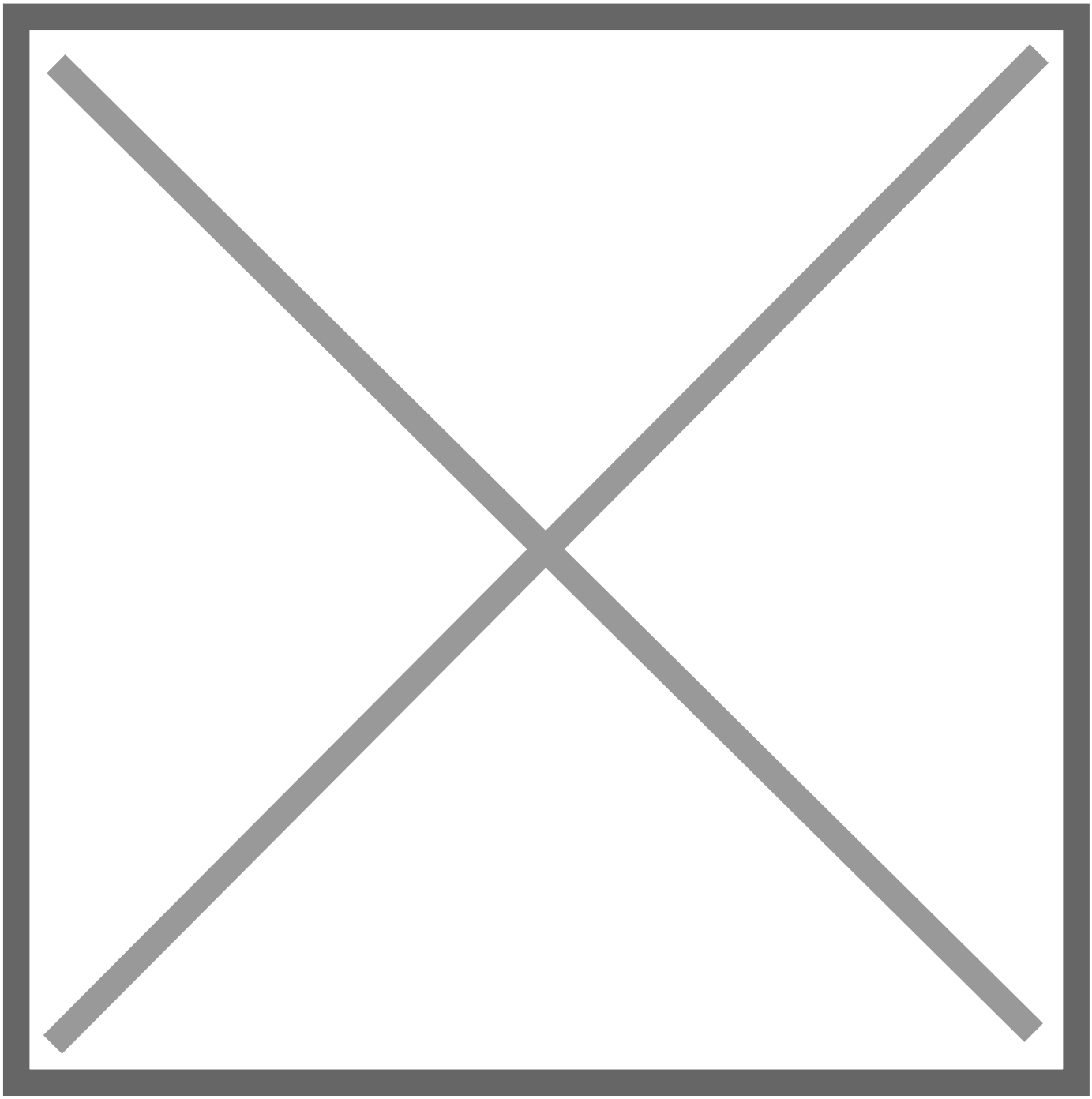


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Children living with Overweight or obesity in China

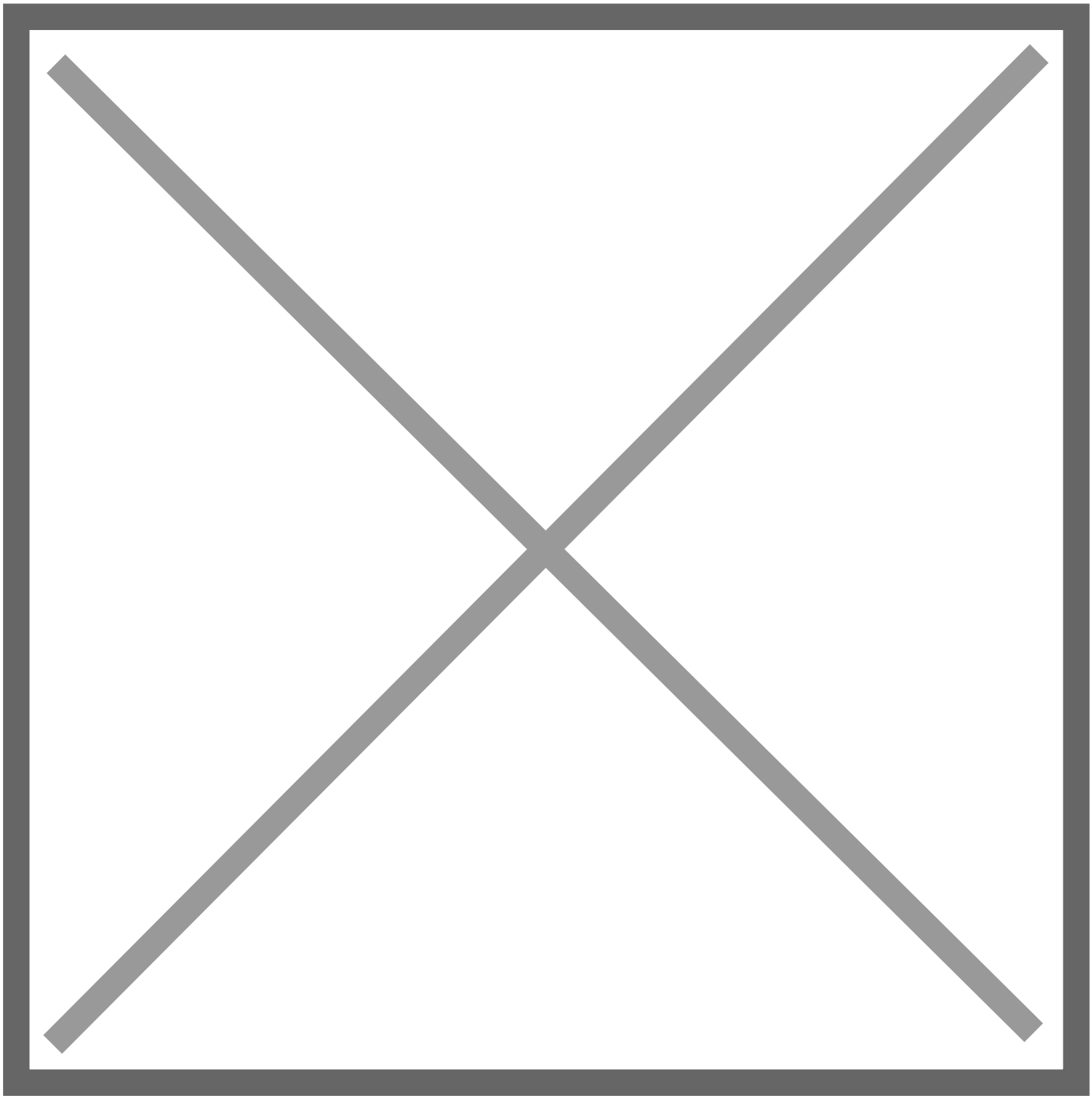
Boys



Survey type:	Measured
References:	1982: Li Y,, Schouten EG, Hu X et al. Obesity prevalence and time trend among youngsters in China, 1982-2002. Published in Asia Pacific Journal of Clinical Nutrition. Our version from Book - Li Y. Childhood Obesity in China: prevalence, determinants and health. 1992: Li Y,, Schouten EG, Hu X et al. Obesity prevalence and time trend among youngsters in China, 1982-2002. Published in Asia Pacific Journal of Clinical Nutrition. Our version from Book - Li Y. Childhood Obesity in China: prevalence, determinants and health. Chapter 2 2002: Yanping L, Evert GS, Xiaoqi H, Zhaohui C, Dechun L and Guansheng M. 2008. Obesity prevalence and time trend among youngsters in china, 1982 - 2002. Asia Pac Journal of Clinical Nutrition, 17(1):131 - 137.

Different methodologies may have been used to collect this data and so data from different surveys may not be strictly comparable. Please check with original data sources for methodologies used.

Girls

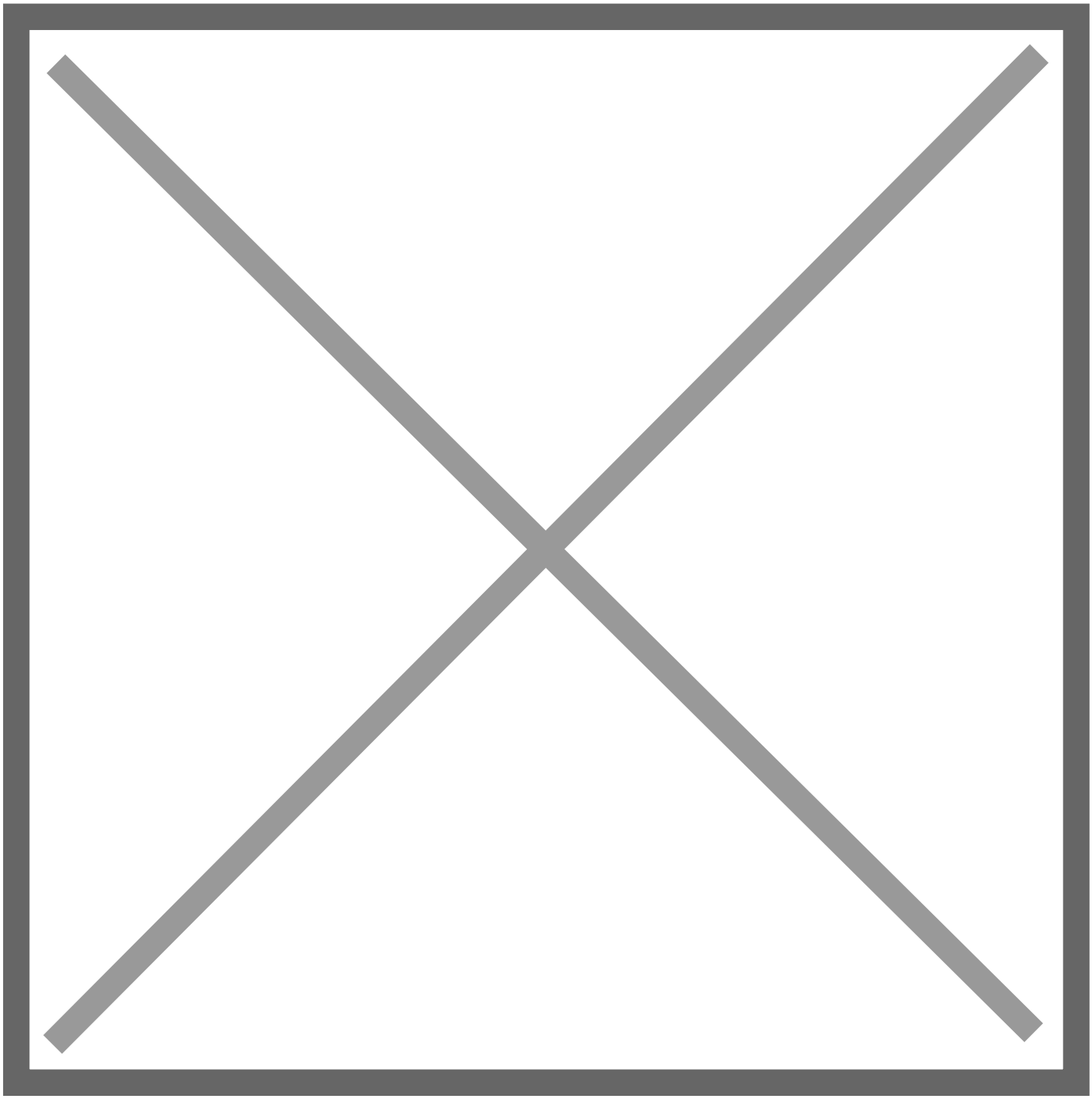


Survey type:	Measured
References:	1982: Li Y,, Schouten EG, Hu X et al. Obesity prevalence and time trend among youngsters in China, 1982-2002. Published in Asia Pacific Journal of Clinical Nutrition. Our version from Book - Li Y. Childhood Obesity in China: prevalence, determinants and health. 1992: Li Y,, Schouten EG, Hu X et al. Obesity prevalence and time trend among youngsters in China, 1982-2002. Published in Asia Pacific Journal of Clinical Nutrition. Our version from Book - Li Y. Childhood Obesity in China: prevalence, determinants and health. Chapter 2 2002: Yanping L, Evert GS, Xiaoqi H, Zhaohui C, Dechun L and Guansheng M. 2008. Obesity prevalence and time trend among youngsters in china, 1982 - 2002. Asia Pac Journal of Clinical Nutrition, 17(1):131 - 137.

Different methodologies may have been used to collect this data and so data from different surveys may not be strictly comparable. Please check with original data sources for methodologies used.

Overweight/obesity by education

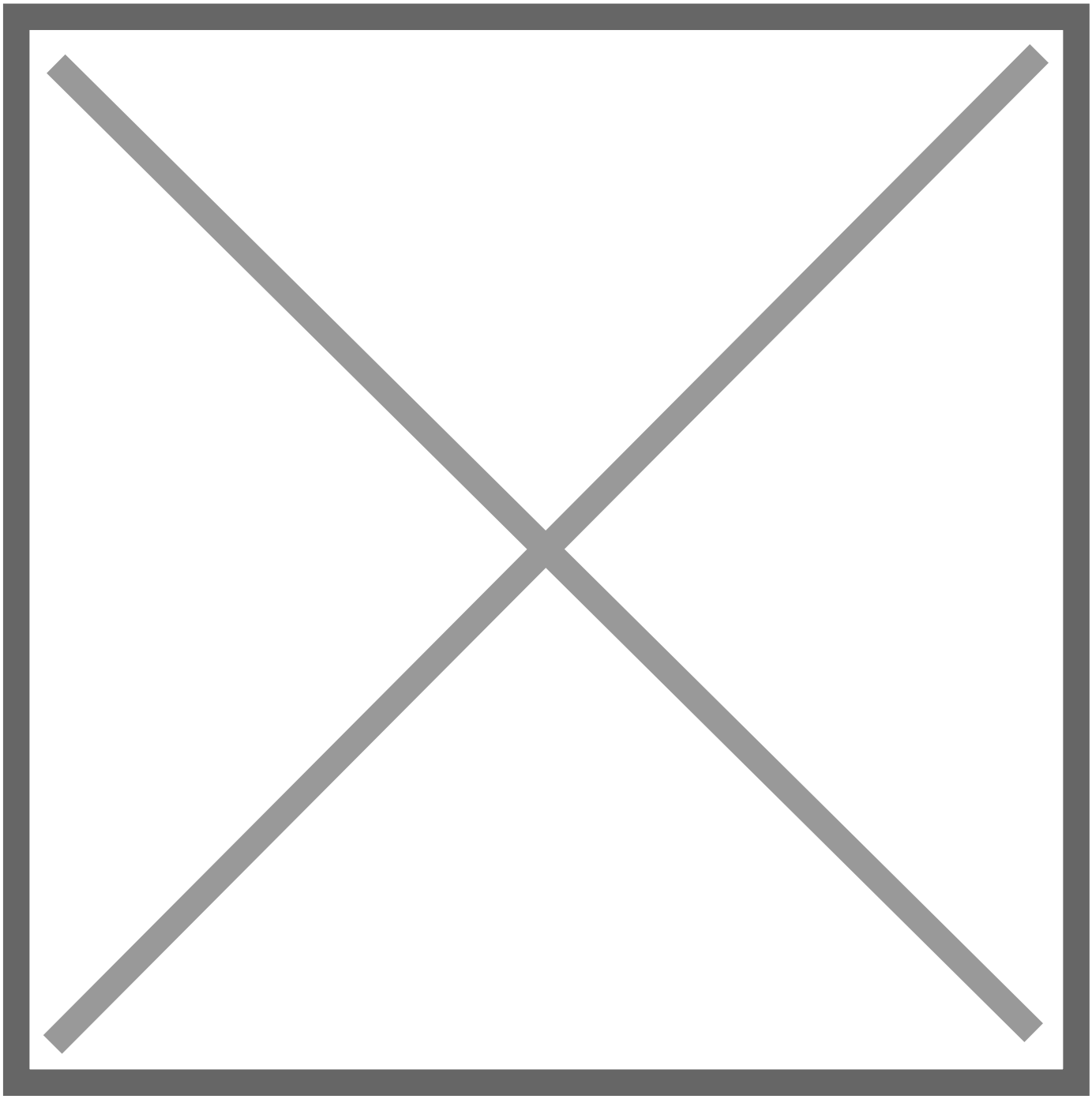
Adults, 2015



Survey type:	Measured
Age:	18-59
Sample size:	6602
Area covered:	National
References:	Huang, Q., Wang, L., Jiang, H., Wang, H., Zhang, B., Zhang, J., Jia, X. and Wang, Z., 2020. Intra-Individual Double Burden of Malnutrition among Adults in China: Evidence from the China Health and Nutrition Survey 2015. Nutrients, 12(9), p.2811.

Notes:	3699 men and 2903 women
	Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².

Children, 2014

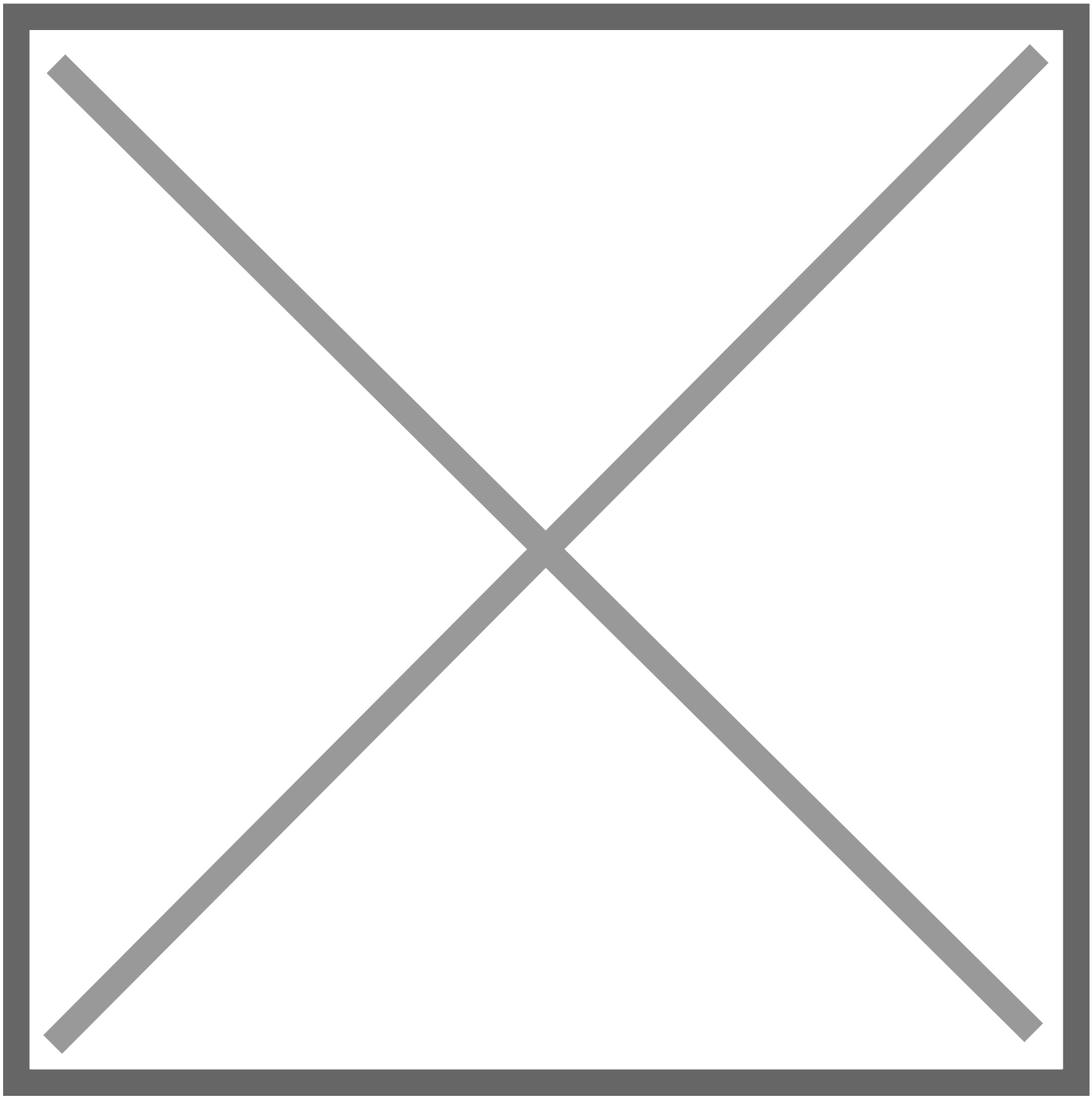


Survey type:	Measured
Age:	5-12
Sample size:	9917
Area covered:	Regional - Guangzhou (urban setting)
References:	Liu W, Liu W, Lin R, et al. Socioeconomic determinants of childhood obesity among primary school children in Guangzhou, China. BMC Public Health. 2016;16:482. doi:10.1186/s12889-016-3171-1.

Notes:	BMI standard deviation scores (BMI z-score) were derived using the age (calculated by subtracting the date of birth from the date of examination) and sex specific WHO growth reference for school-aged children, which were further classified as non-overweight (≤1SD), overweight (>1SD) and obese (>2SD). Overweight and obesity prevalence by Father's education. Education was categorised into low (primary and junior high school level), medium (senior high and vocational school level) or high (university level or higher).
Cutoffs:	WHO

Overweight/obesity by age

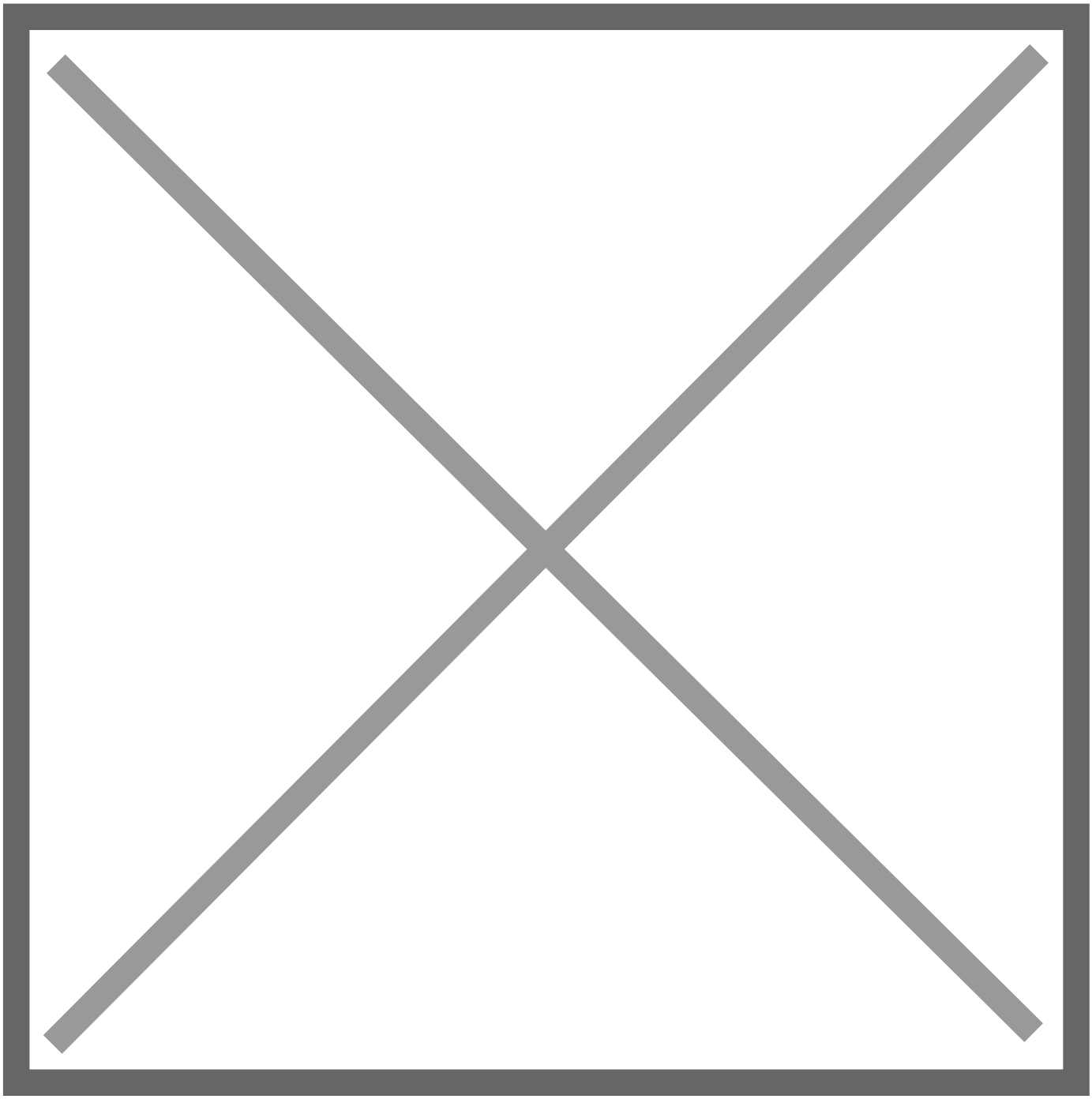
Adults, 2018-2019



Survey type:	Measured
Sample size:	155413
Area covered:	National
References:	Wen Peng, Shiqi Chen and Xinguang Chen et al. Trends in major non-communicable diseases and related risk factors in China 2002–2019: an analysis of nationally representative survey data. The Lancet Regional Health: Western Pacific. 2023. Vol. 43. DOI: 10.1016/j.lanwpc.2023.100809

Notes:	Chinese Cut Off applied
Definitions:	Overweight BMI ≥24-<28 Kg/m² Obesity BMI ≥ 28 Kg/m²
	Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².

Children, 2015

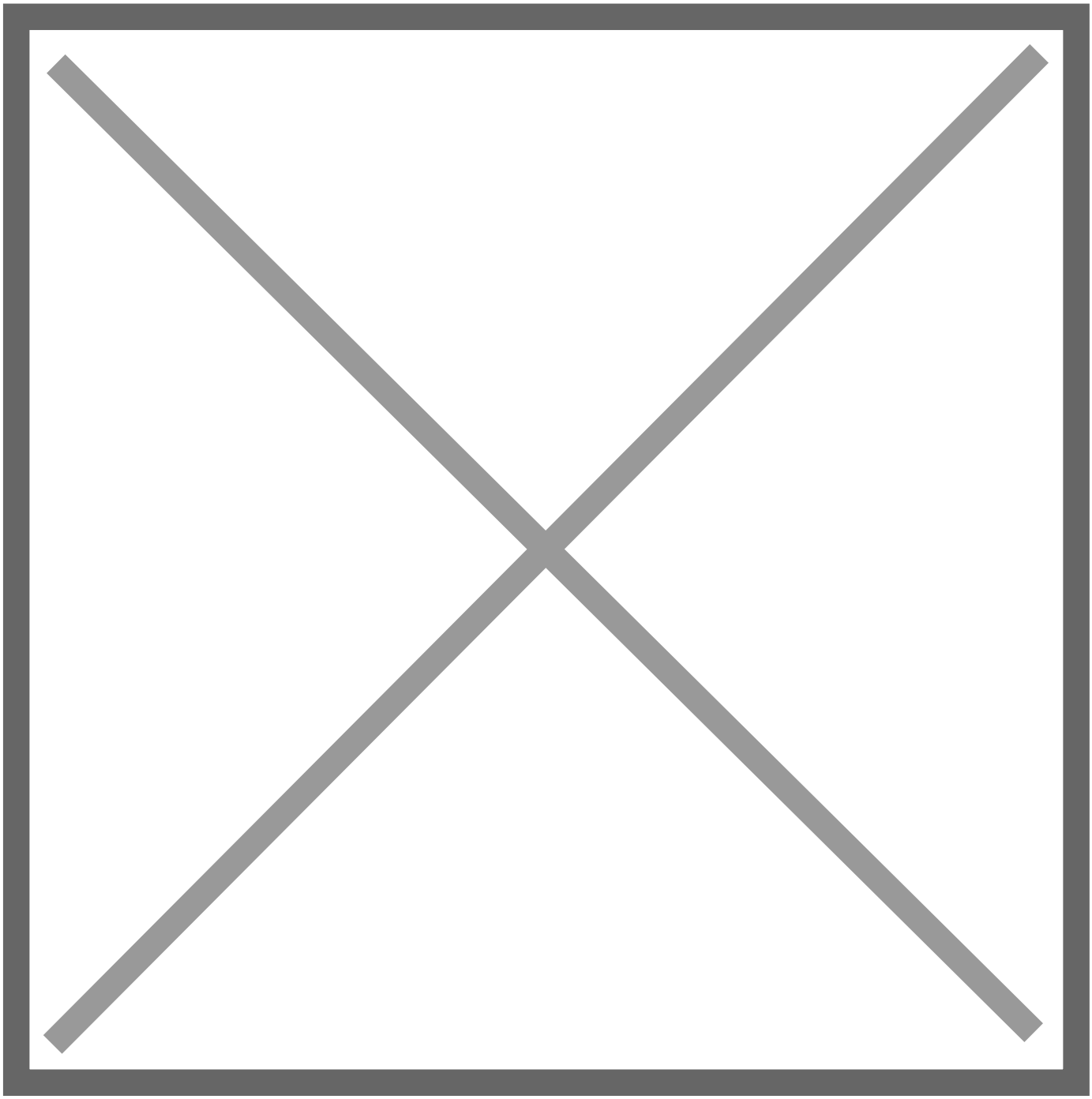


Survey type:	Measured
Sample size:	1617
Area covered:	National
References:	Zhang J, Wang H, Wang Z, Du W, Su C, Zhang J, Jiang H, Jia X, Huang F, Ouyang Y, Wang Y, Zhang B.Prevalence and stabilizing trends in overweight and obesity among children and adolescents in China, 2011-2015. BMC Public Health. 2018 May 2;18(1):571. doi: 10.1186/s12889-018-5483-9.

Notes:	International Cut off used, WHO & WGOC also available
Cutoffs:	IOTF

Overweight/obesity by region

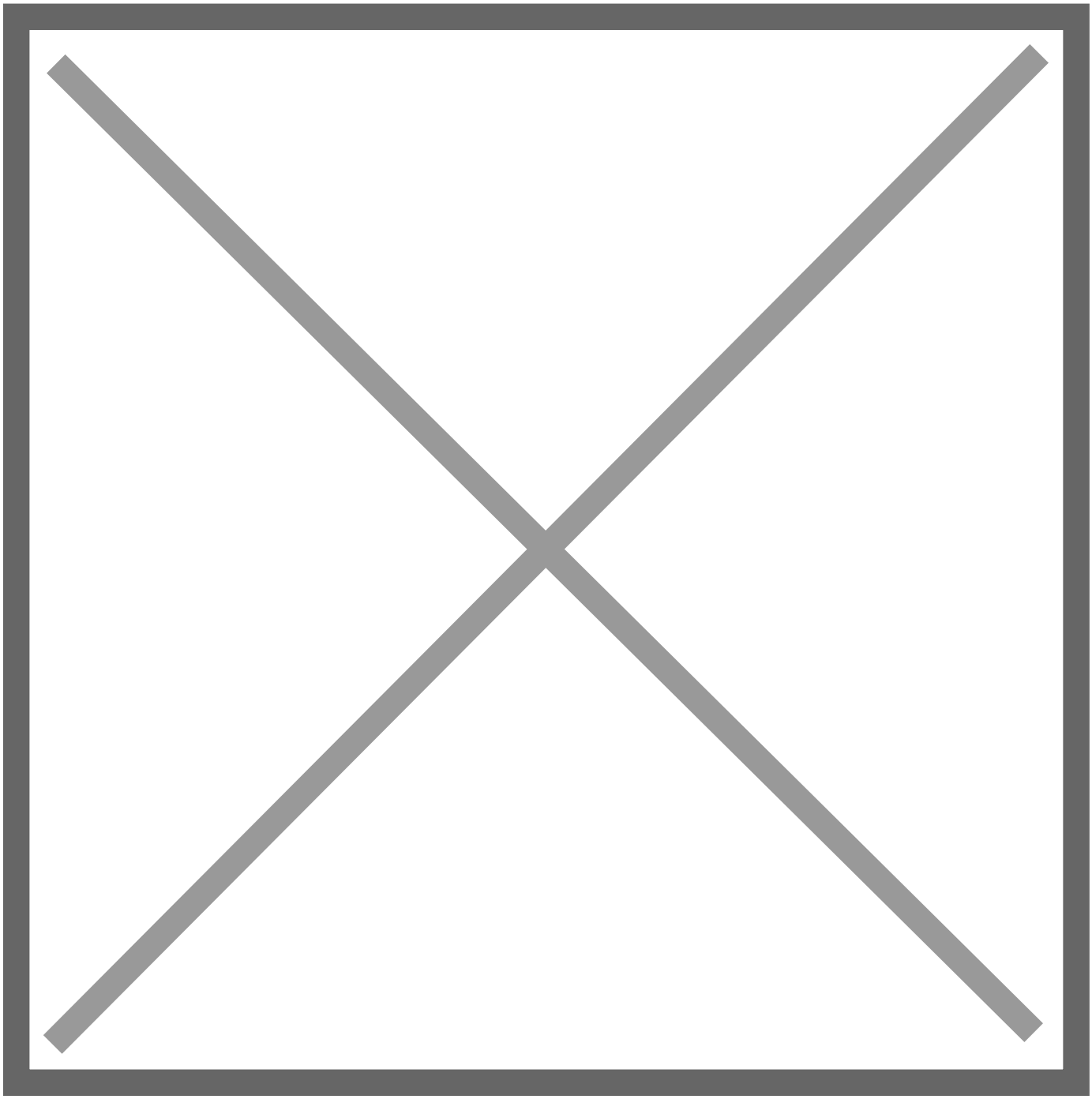
Men, 2018-2019



Survey type:	Measured
Age:	18+
Sample size:	155413
Area covered:	National
References:	Wen Peng, Shiqi Chen and Xinguang Chen et al. Trends in major non-communicable diseases and related risk factors in China 2002–2019: an analysis of nationally representative survey data. The Lancet Regional Health: Western Pacific. 2023. Vol. 43. DOI: 10.1016/j.lanwpc.2023.100809

Definitions:	Overweight BMI ≥24-<28 Kg/m² Obesity BMI ≥ 28 Kg/m²
	Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².

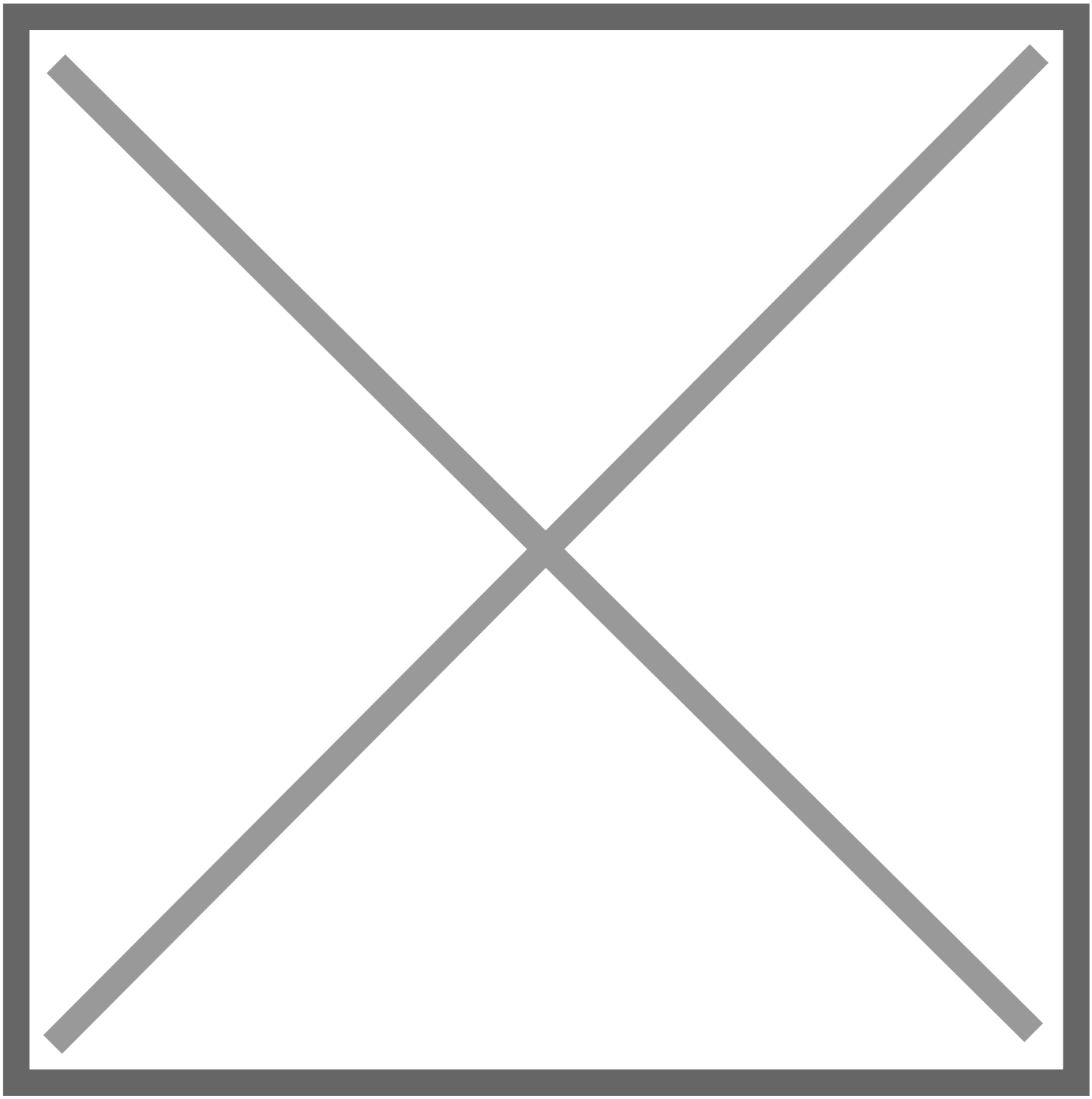
Women, 2018-2019



Survey type:	Measured
Age:	18+
Sample size:	155413
Area covered:	National
References:	Wen Peng, Shiqi Chen and Xinguang Chen et al. Trends in major non-communicable diseases and related risk factors in China 2002–2019: an analysis of nationally representative survey data. The Lancet Regional Health: Western Pacific. 2023. Vol. 43. DOI: 10.1016/j.lanwpc.2023.100809

Definitions:	Overweight BMI ≥24-<28 Kg/m² Obesity BMI ≥ 28 Kg/m²
	Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².

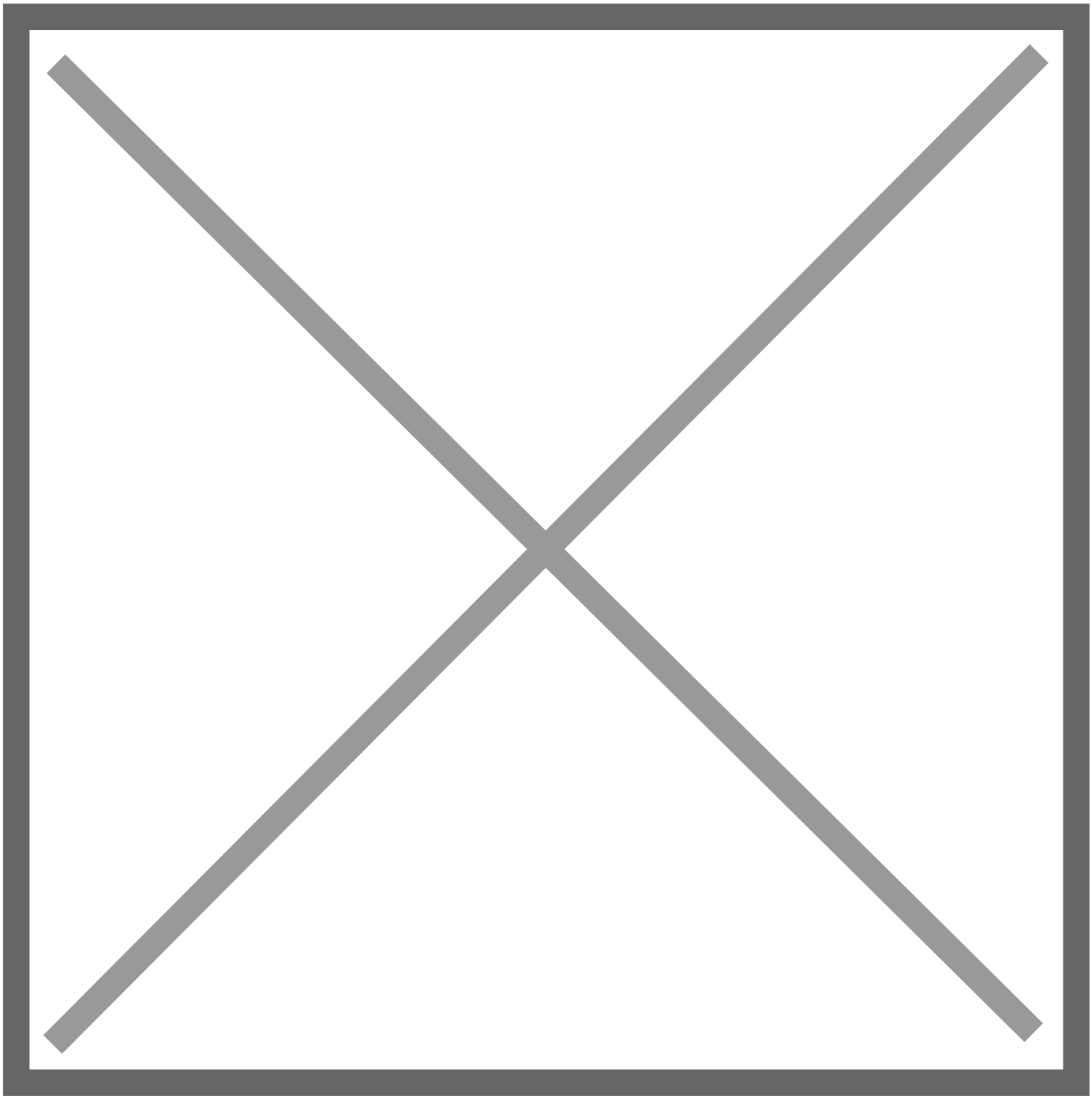
Children, 2019



Survey type:	Measured
Age:	7-18
Sample size:	212,713
Area covered:	National
References:	Song, X. et al. 2024. Trends and inequalities in thinness and obesity among Chinese children and adolescents: evidence from seven national school surveys between 1985 and 2019. The Lancet Public Health. [online] doi:https://doi.org/10.1016/s2468-2667(24)00211-1.

Cutoffs:	WHO 2007

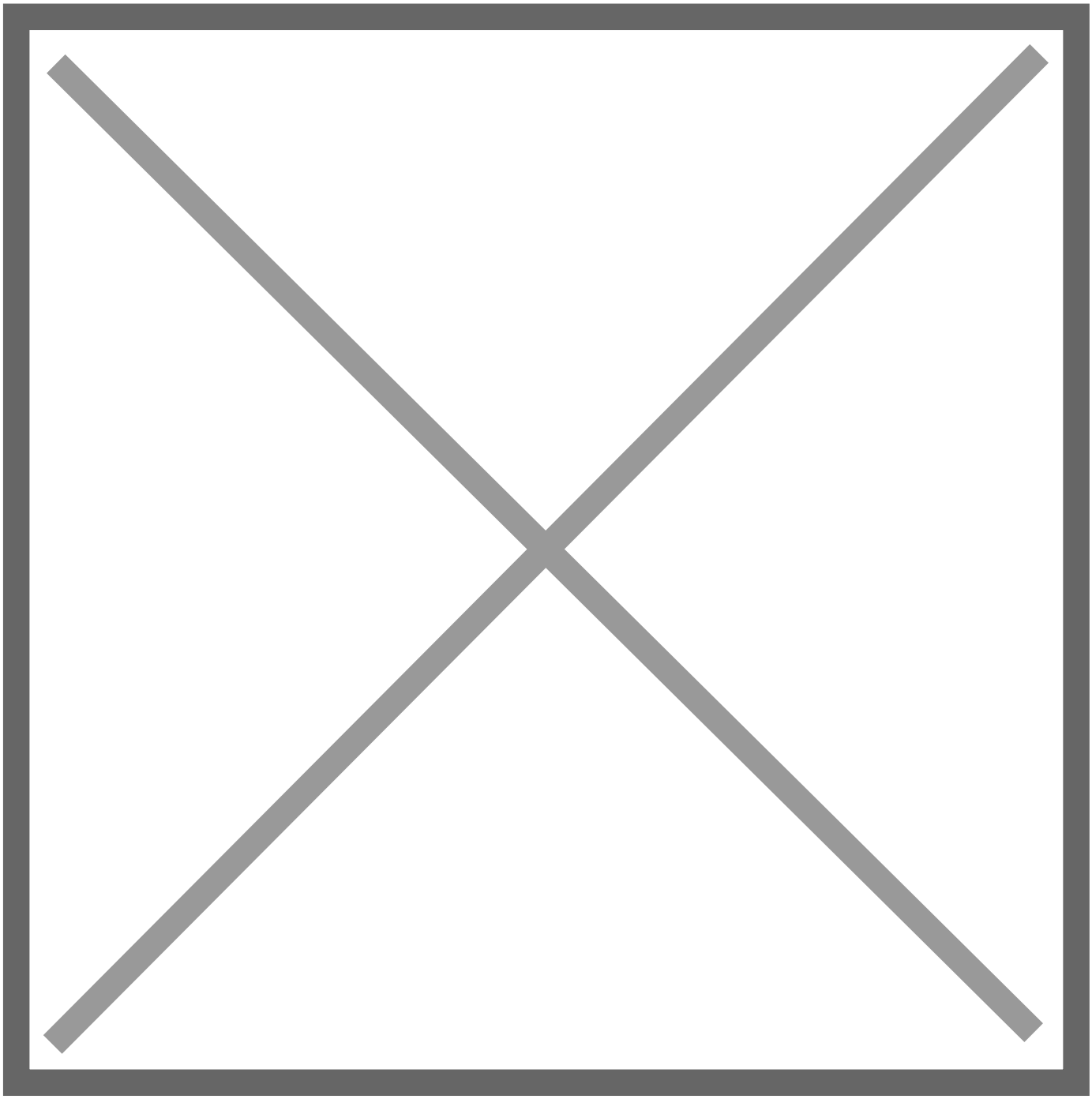
Boys, 2019



Survey type:	Measured
Age:	7-18
Sample size:	212,713
Area covered:	National
References:	Song, X. et al. 2024. Trends and inequalities in thinness and obesity among Chinese children and adolescents: evidence from seven national school surveys between 1985 and 2019. The Lancet Public Health. [online] doi:https://doi.org/10.1016/s2468-2667(24)00211-1.

Cutoffs:	WHO 2007

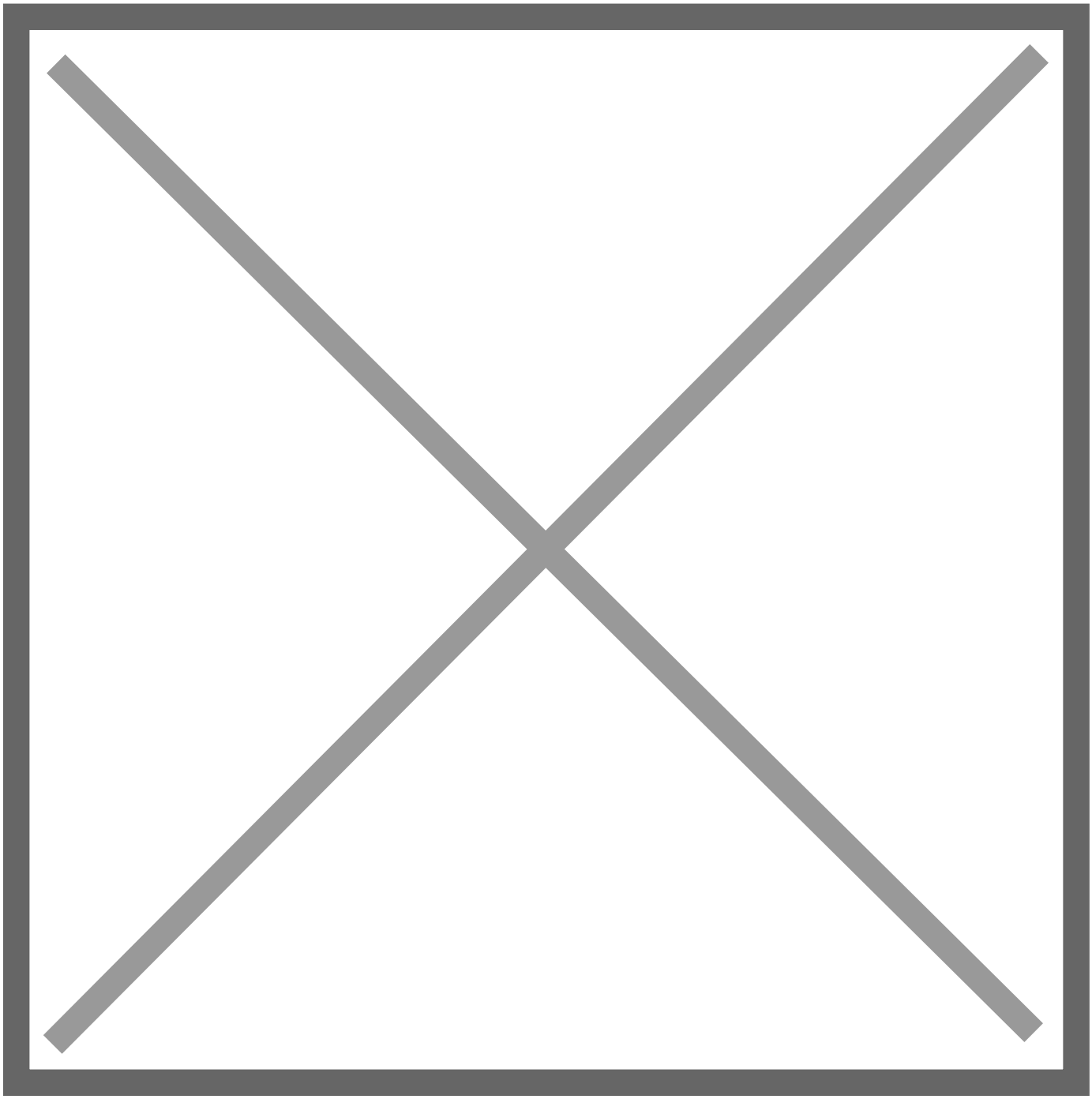
Girls, 2019



Survey type:	Measured
Age:	7-18
Sample size:	212,713
Area covered:	National
References:	Song, X. et al. 2024. Trends and inequalities in thinness and obesity among Chinese children and adolescents: evidence from seven national school surveys between 1985 and 2019. The Lancet Public Health. [online] doi:https://doi.org/10.1016/s2468-2667(24)00211-1.

Cutoffs:	WHO 2007

0-5 years, 2010

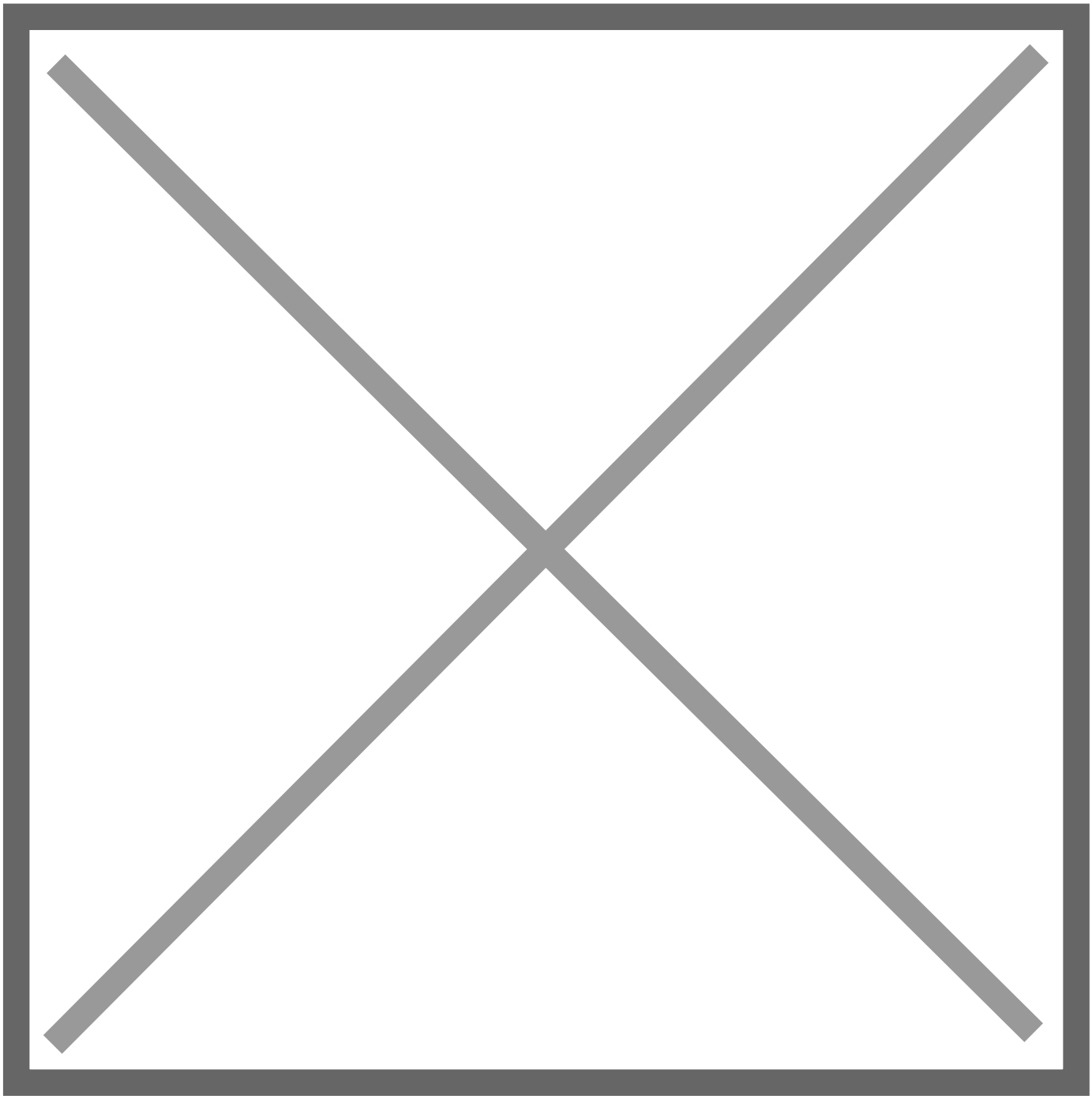


Sample size:	15399
References:	Surveillance: Nutritional status of children aged 0-5 years old in China (2010) - National (38 nutrition surveillance sites from 25 provinces). Beijing, China: Chinese Center for Disease Control and Prevention, 2012
Notes:	UNICEF/WHO/World Bank Joint Child Malnutrition Estimates Expanded Database: Overweight (Survey Estimates), May 2023, New York. For more information about the methodology, please consult https://data.unicef.org/resources/jme-2023-country-consultations/ Percentage of children under 5 years of age falling above 2 standard deviations (moderate and severe) from the median weight-for-height of the reference population.

Definitions:	=>+2SD

Overweight/obesity by age and region

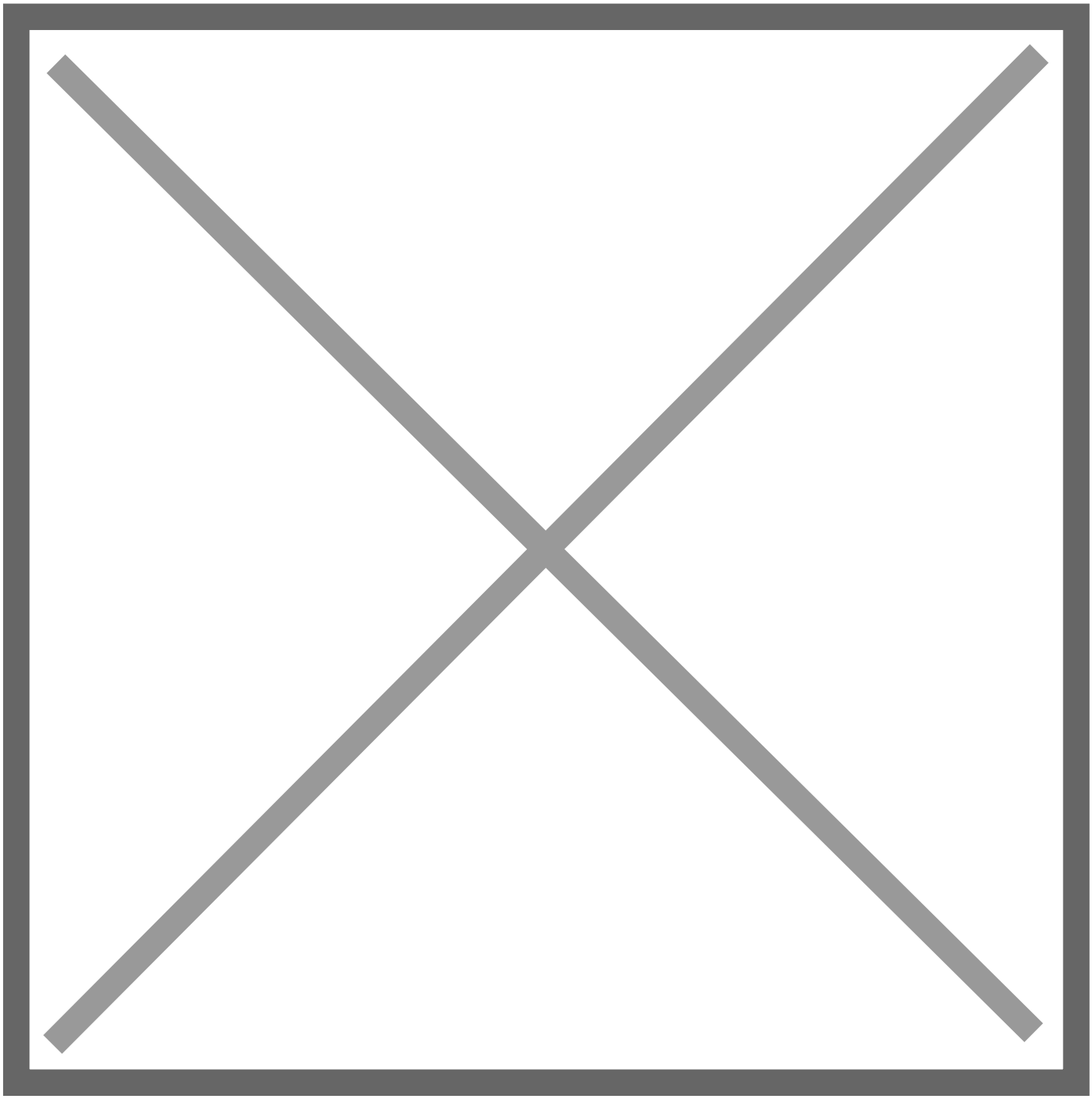
Men, 2005



Survey type:	Measured
Age:	18
Sample size:	30447
Area covered:	Regional
References:	Zhang YX, Wang SR. Distribution of body mass index and the prevalence changes of overweight and obesity among adolescents in Shandong, China from 1985 to 2005. Annals of Human Biology, Volume 35, Issue 5 September 2008 , pages 547 - 555

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

Women, 2005

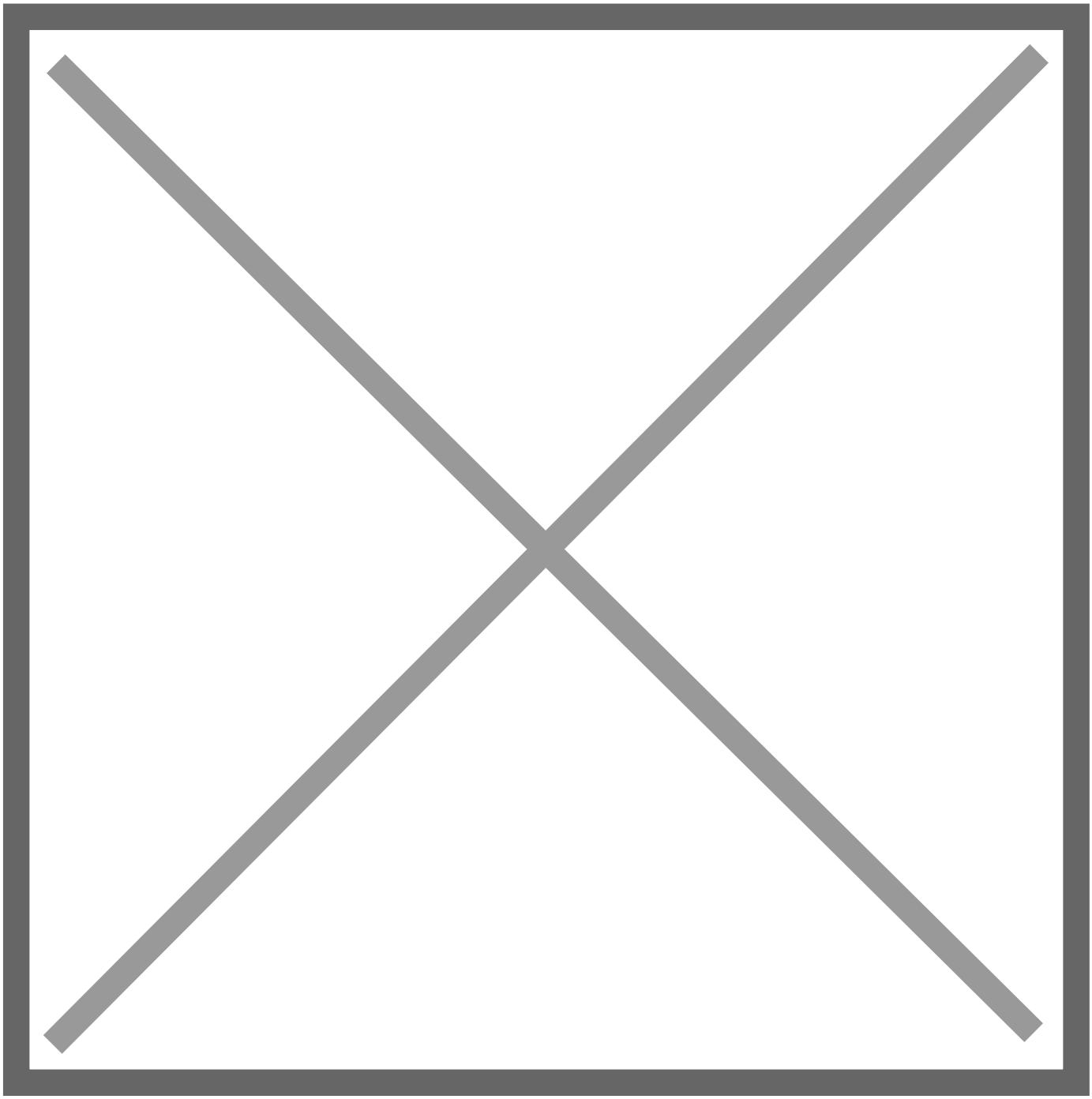


Survey type:	Measured
Age:	18
Sample size:	30447
Area covered:	Regional
References:	Zhang YX, Wang SR. Distribution of body mass index and the prevalence changes of overweight and obesity among adolescents in Shandong, China from 1985 to 2005. Annals of Human Biology, Volume 35, Issue 5 September 2008 , pages 547 - 555

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

Overweight/obesity by socio-economic group

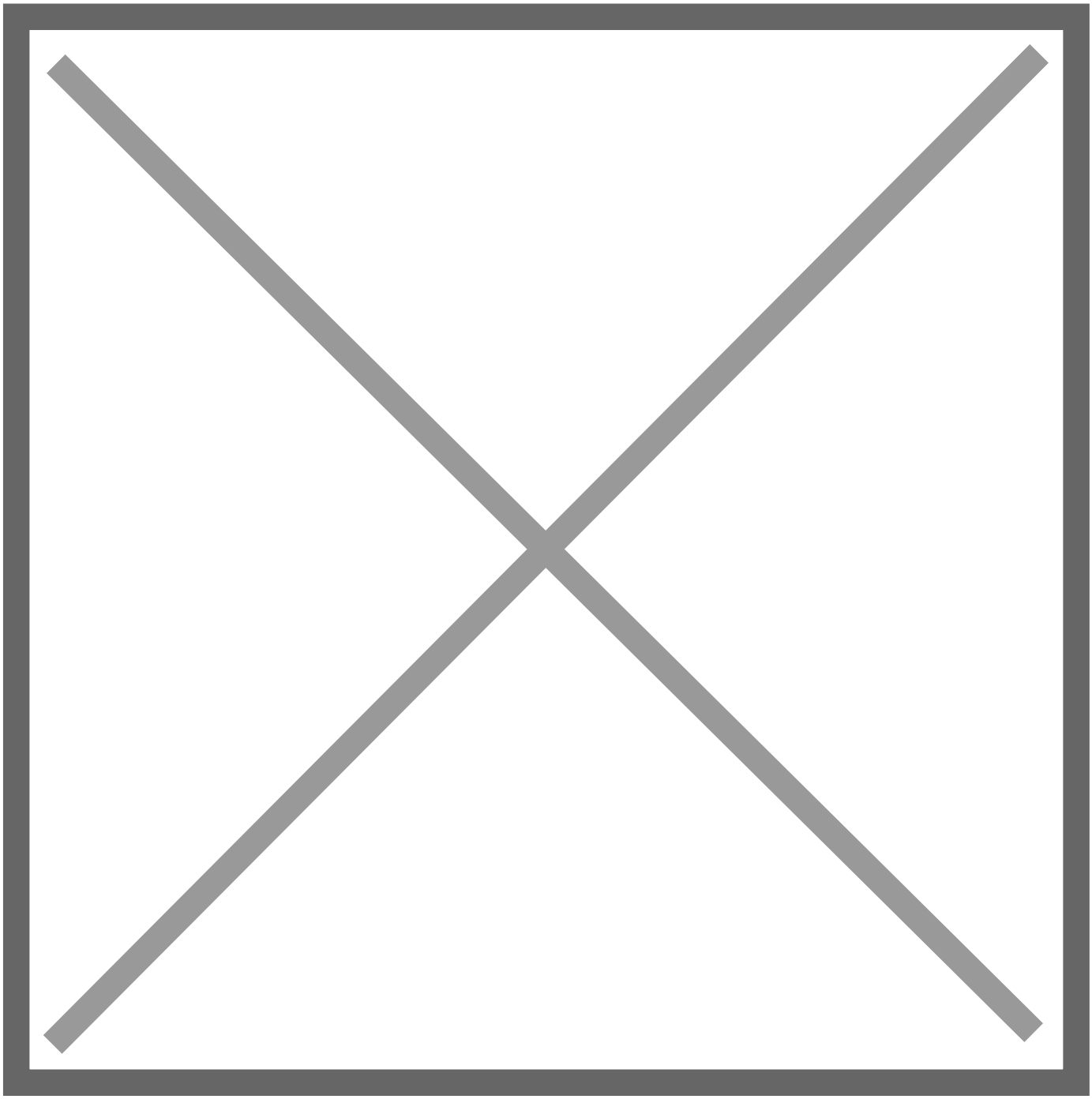
Adults, 2015



Survey type:	Measured
Age:	18-59
Sample size:	6602
Area covered:	National
References:	Huang, Q., Wang, L., Jiang, H., Wang, H., Zhang, B., Zhang, J., Jia, X. and Wang, Z., 2020. Intra-Individual Double Burden of Malnutrition among Adults in China: Evidence from the China Health and Nutrition Survey 2015. Nutrients, 12(9), p.2811.

Notes:	3699 men and 2903 women
	Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².

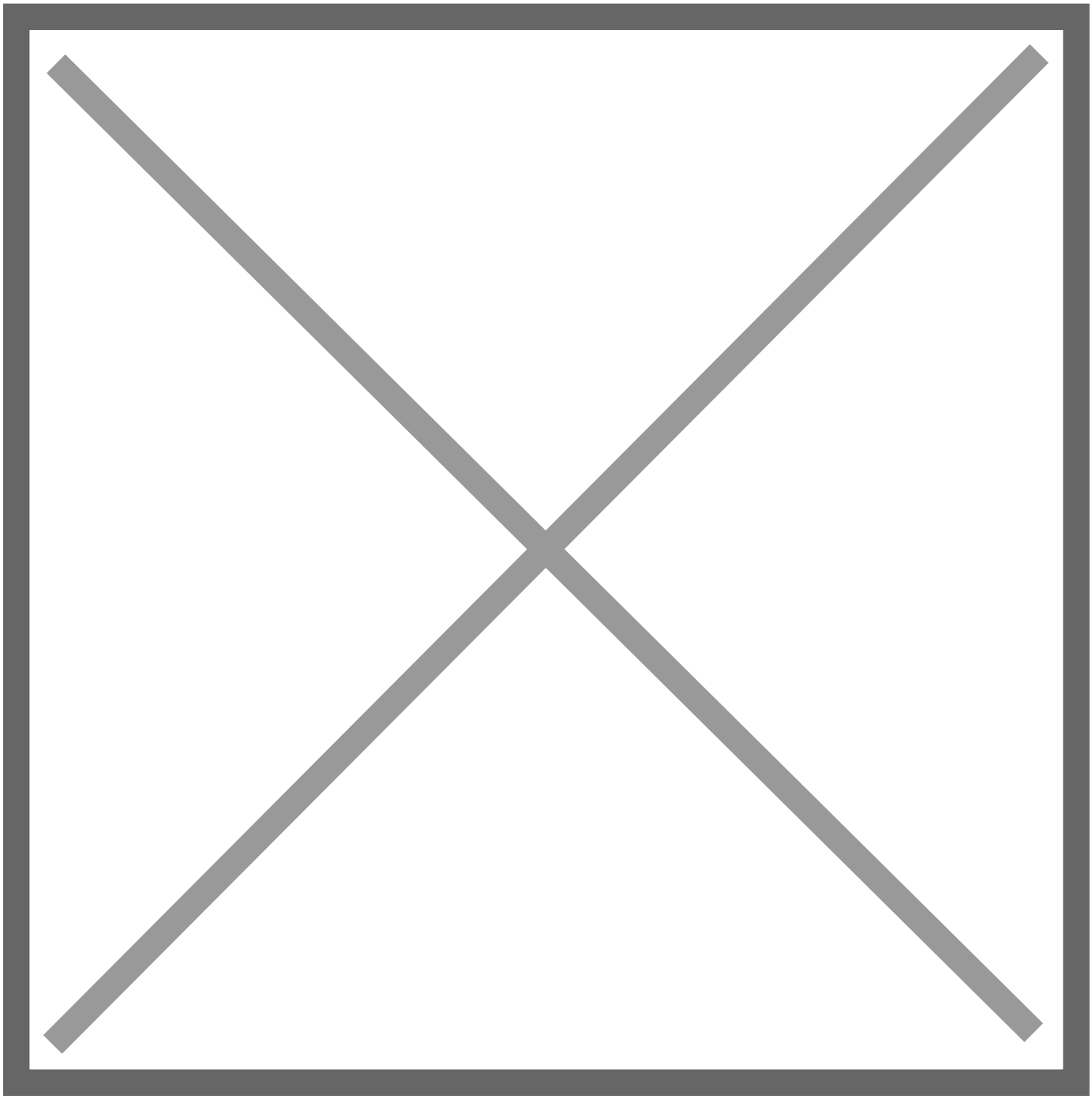
Children, 2019



Survey type:	Measured
Age:	7-18
Sample size:	212,713
Area covered:	National

References:	Song, X., Zhou, B., Baird, S., Lu, C., Majid Ezzati, Chen, L., Liu, J., Zhang, Y., Wang, R., Ma, Q., Jiang, J., Qin, Y., Dong, Z., Yuan, W., Guo, T., Song, Z., Liu, Y., Dang, J., Hu, P. and Dong, Y. 2024. Trends and inequalities in thinness and obesity among Chinese children and adolescents: evidence from seven national school surveys between 1985 and 2019. The Lancet Public Health. [online] doi: https://doi.org/10.1016/s2468-2667(24)00211-1
Notes:	106,703 boys, 106,010 girls. Only includes Han ethnicity
Definitions:	Regional socioeconomic status defined using the value added of the primary sector as a percentage of GDP
Cutoffs:	WHO 2007

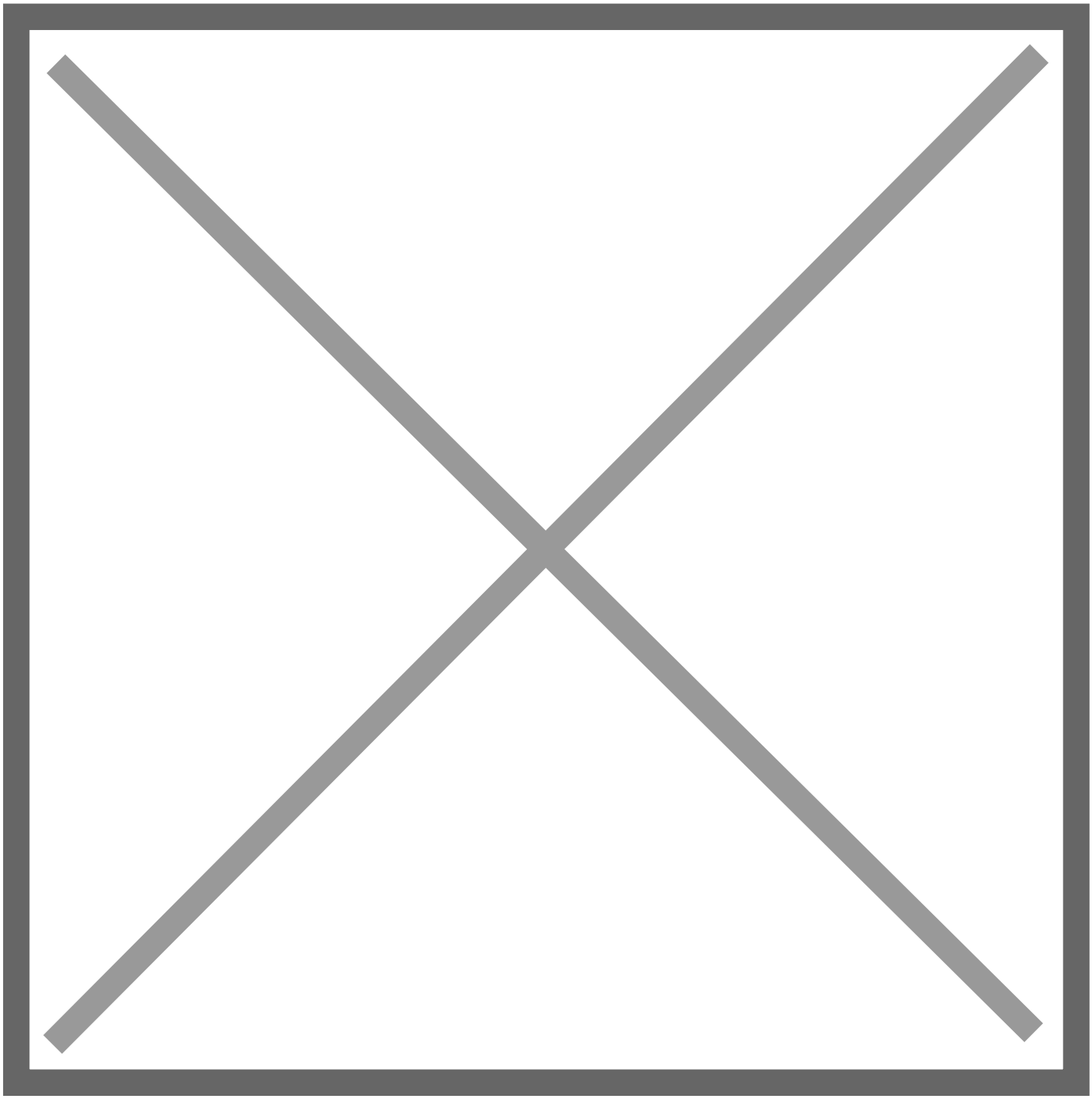
Boys, 2019



Survey type:	Measured
Age:	7-18
Sample size:	212,713
Area covered:	National

References:	Song, X., Zhou, B., Baird, S., Lu, C., Majid Ezzati, Chen, L., Liu, J., Zhang, Y., Wang, R., Ma, Q., Jiang, J., Qin, Y., Dong, Z., Yuan, W., Guo, T., Song, Z., Liu, Y., Dang, J., Hu, P. and Dong, Y. 2024. Trends and inequalities in thinness and obesity among Chinese children and adolescents: evidence from seven national school surveys between 1985 and 2019. The Lancet Public Health. [online] doi: https://doi.org/10.1016/s2468-2667(24)00211-1
Notes:	106,703 boys, 106,010 girls. Only includes Han ethnicity
Definitions:	Regional socioeconomic status defined using the value added of the primary sector as a percentage of GDP
Cutoffs:	WHO 2007

Girls, 2019



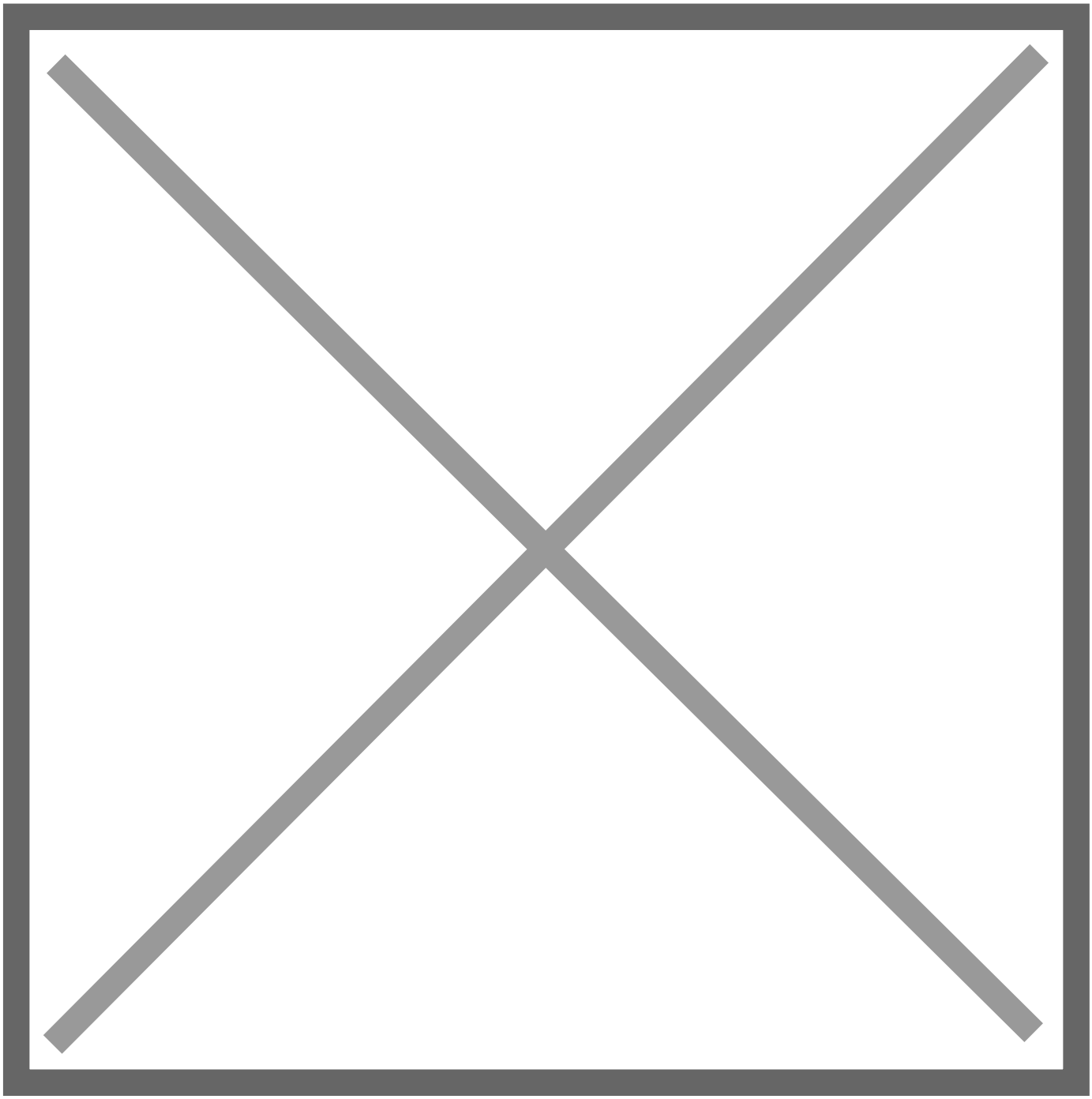
Survey type:	Measured
Age:	7-18
Sample size:	212,713
Area covered:	National

References:	Song, X., Zhou, B., Baird, S., Lu, C., Majid Ezzati, Chen, L., Liu, J., Zhang, Y., Wang, R., Ma, Q., Jiang, J., Qin, Y., Dong, Z., Yuan, W., Guo, T., Song, Z., Liu, Y., Dang, J., Hu, P. and Dong, Y. 2024. Trends and inequalities in thinness and obesity among Chinese children and adolescents: evidence from seven national school surveys between 1985 and 2019. The Lancet Public Health. [online] doi: https://doi.org/10.1016/s2468-2667(24)00211-1
Notes:	106,703 boys, 106,010 girls. Only includes Han ethnicity
Definitions:	Regional socioeconomic status defined using the value added of the primary sector as a percentage of GDP
Cutoffs:	WHO 2007

Overweight/obesity by ethnicity

Ethnic groups are as defined by publication of origin and are not as defined by WOF. In some instances ethnicity is conflated with nationality and/or race.

Men, 2014-2018

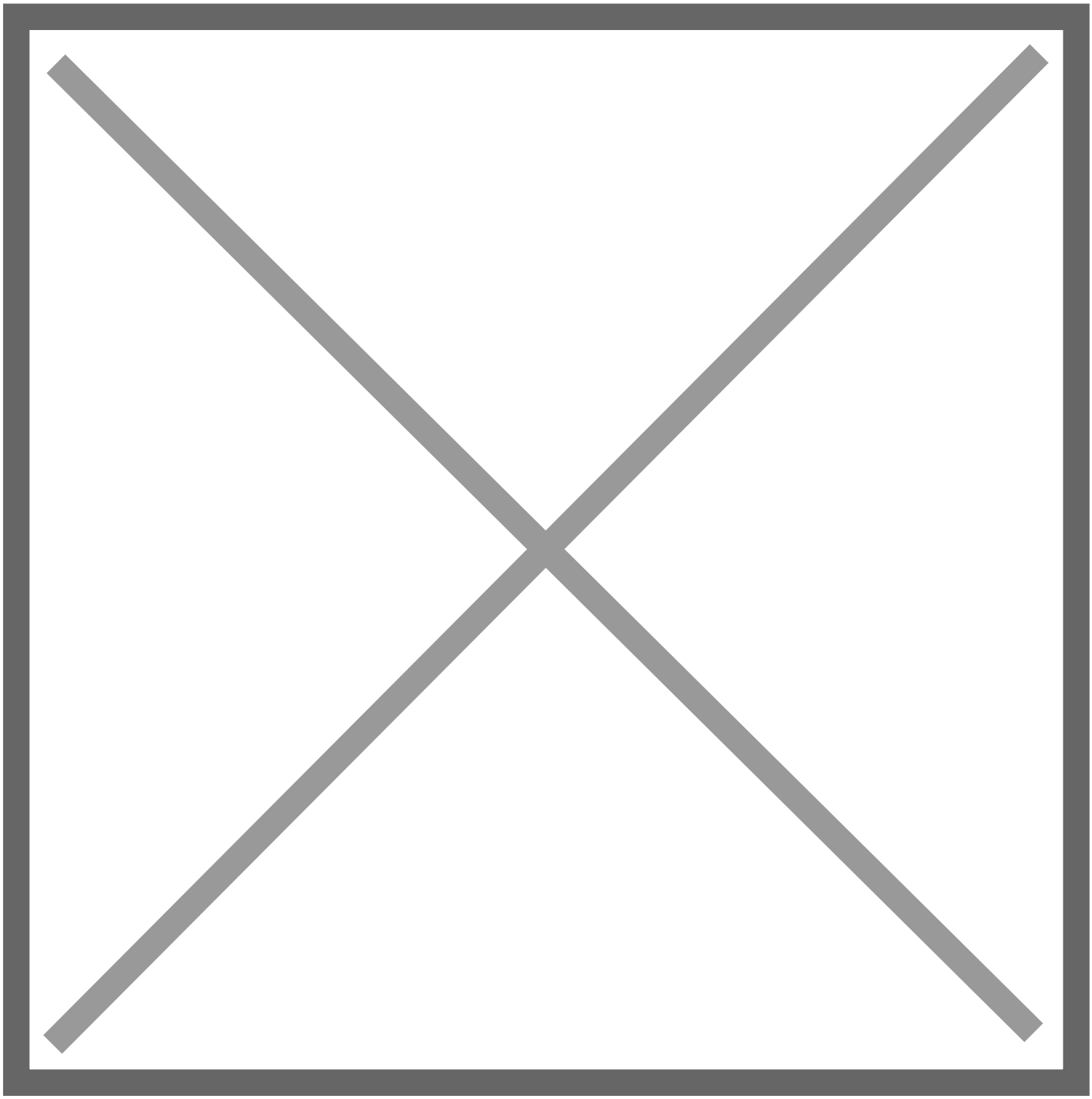


Survey type:	Measured
Age:	35+
Sample size:	2,644,721
Area covered:	National
References:	Mu, L et al. (2021). Obesity Prevalence and Risks Among Chinese Adults: Findings From the China PEACE Million Persons Project, 2014–2018. Circulation Cardiovascular Quality and Outcomes, [online] 14(6). doi:https://doi.org/10.1161/circoutcomes.120.007292

Notes:	Chinese Cutoffs applied. 1,574,421 women, 1,070,300 men
Cutoffs:	Overweight BMI ≥24-<28 Kg/m² Obesity BMI ≥ 28 Kg/m²

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

Women, 2014-2018

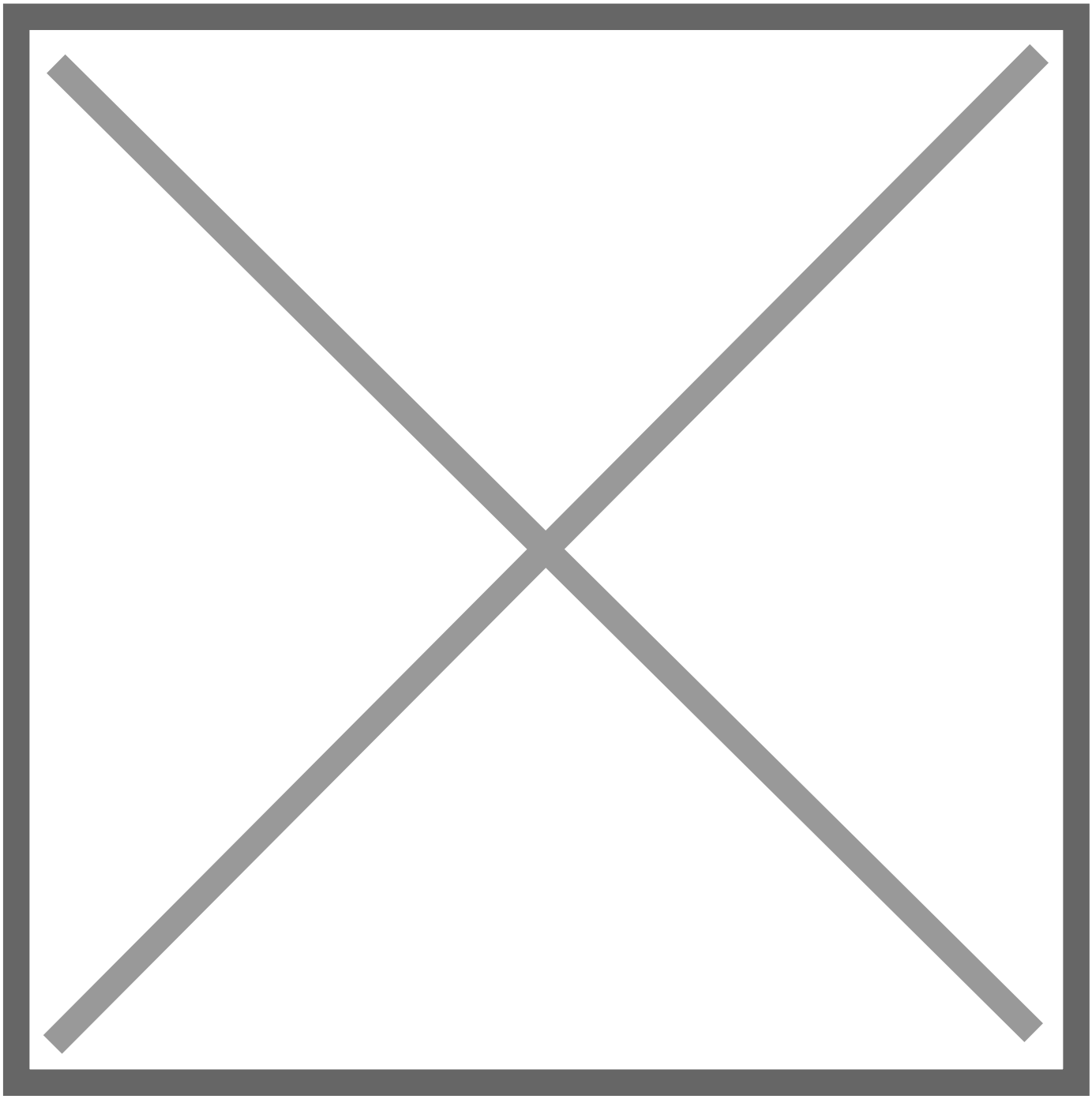


Survey type:	Measured
Age:	35+
Sample size:	2,644,721
Area covered:	National
References:	Mu, L et al. (2021). Obesity Prevalence and Risks Among Chinese Adults: Findings From the China PEACE Million Persons Project, 2014–2018. Circulation Cardiovascular Quality and Outcomes, [online] 14(6). doi:https://doi.org/10.1161/circoutcomes.120.007292

Notes:	Chinese Cutoffs applied. 1,574,421 women, 1,070,300 men
Cutoffs:	Overweight BMI ≥24-<28 Kg/m² Obesity BMI ≥ 28 Kg/m²

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

Children, 2014

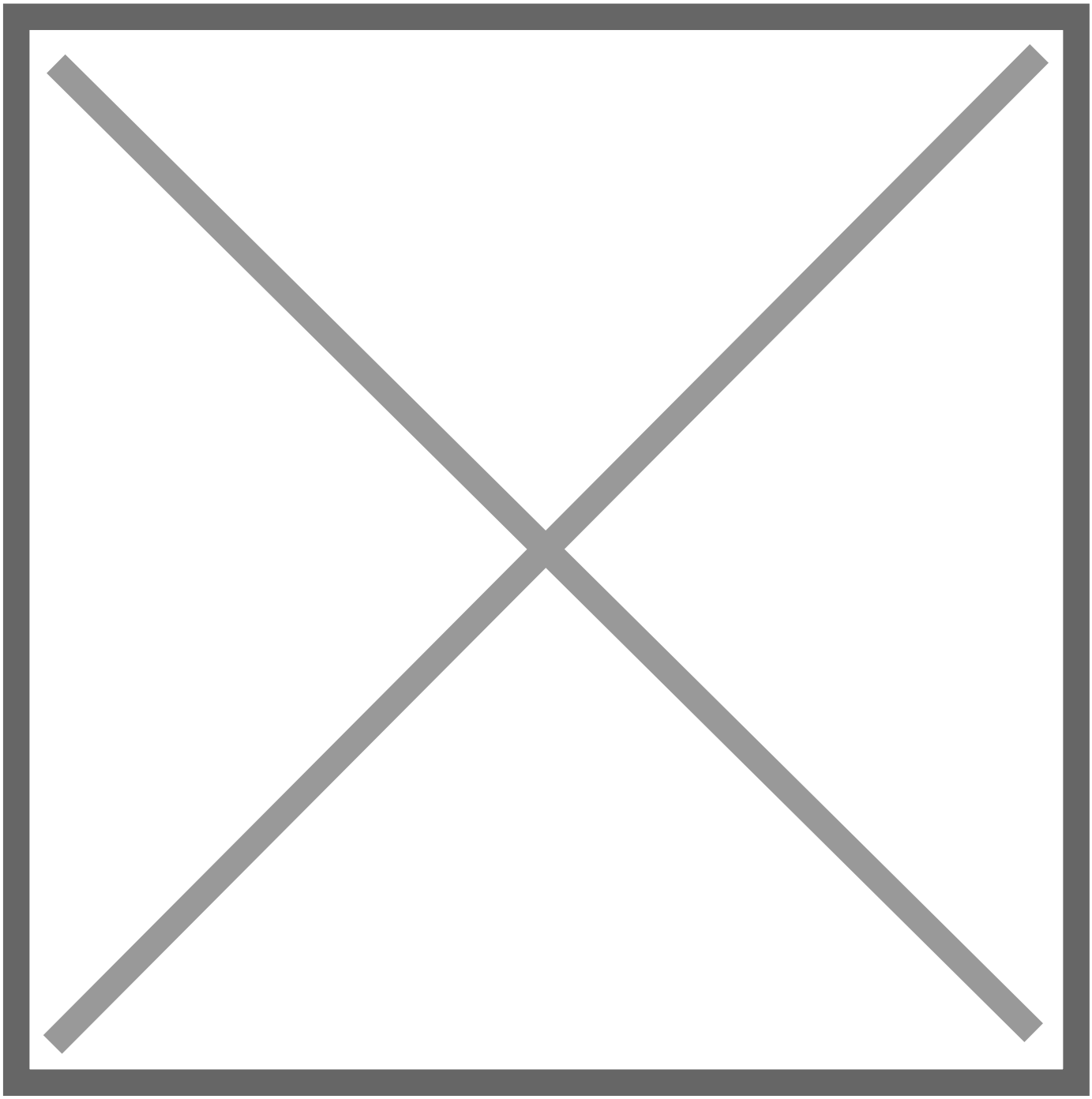


Survey type:	Measured
Age:	7-18
Sample size:	80,821
Area covered:	National
References:	Dong, Yanhui, et al. “Prevalence of Excess Body Weight and Underweight among 26 Chinese Ethnic Minority Children and Adolescents in 2014: A Cross-Sectional Observational Study.” BMC Public Health, vol. 18, no. 1, 27 Apr. 2018, 10.1186/s12889-018-5352-6.

Notes:	Data from Chinese National Survey on Students Constitution and Health 2014
Cutoffs:	Overweight and obesity was defined as ≥ the referent age-and sex- specific 85th centile according to the reference developed by Working Group on Obesity in China (WGOC)

Double burden of underweight & obesity

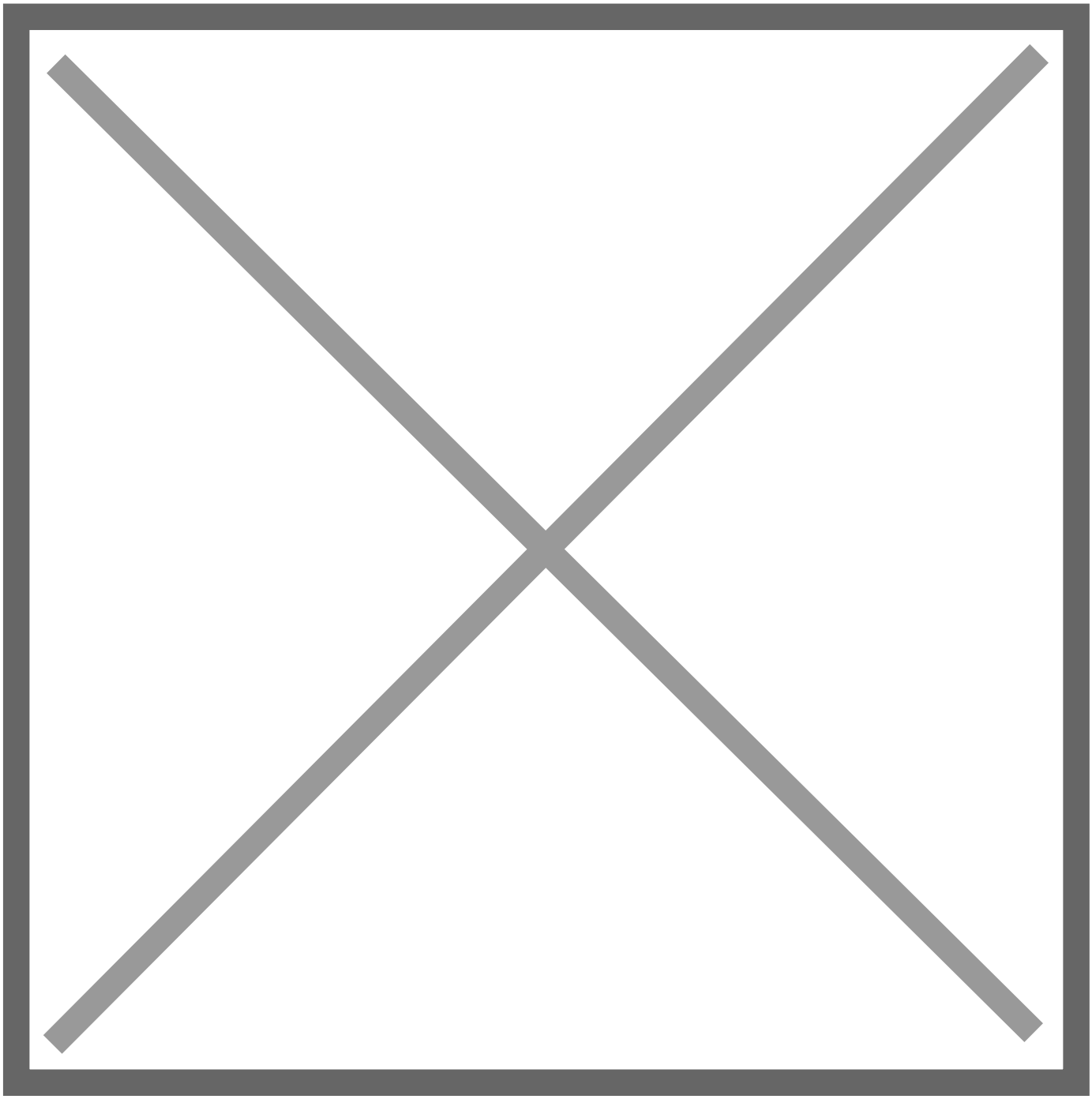
Adults, 2022



Survey type:	Measured
Age:	20+
References:	NCD Risk Factor Collaboration (NCD-RisC). Worldwide trends in underweight and obesity from 1990 to 2022: a pooled analysis of 3663 population representative studies with 222 million children, adolescents, and adults. Lancet 2024; published online Feb 29. https://doi.org/10.1016/S0140-6736(23)02750-2.
Notes:	Age Standardised estimates

Definitions:	Combined prevalence of BMI<18.5 kg/m² and BMI>=30 kg/m² (double burden of underweight and obesity)

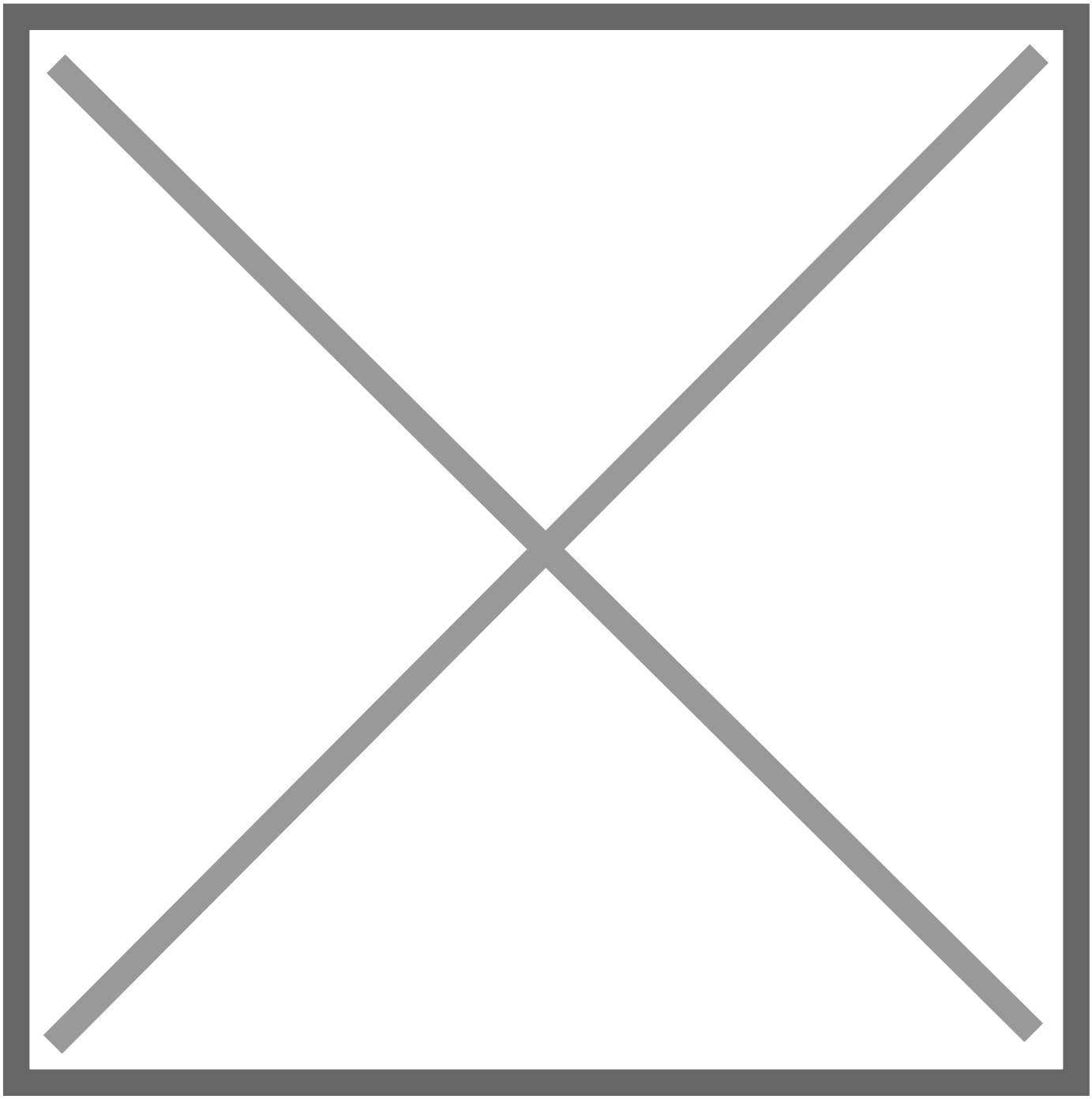
Children, 2022



Survey type:	Measured
Age:	5-19
References:	NCD Risk Factor Collaboration (NCD-RisC). Worldwide trends in underweight and obesity from 1990 to 2022: a pooled analysis of 3663 population representative studies with 222 million children, adolescents, and adults. Lancet 2024; published online Feb 29. https://doi.org/10.1016/S0140-6736(23)02750-2.
Notes:	Age standardised estimates

Definitions:	Combined prevalence of BMI < -2SD and BMI > 2SD (double burden of thinness and obesity)
Cutoffs:	BMI < -2SD and BMI > 2SD

0-5 years, 2013

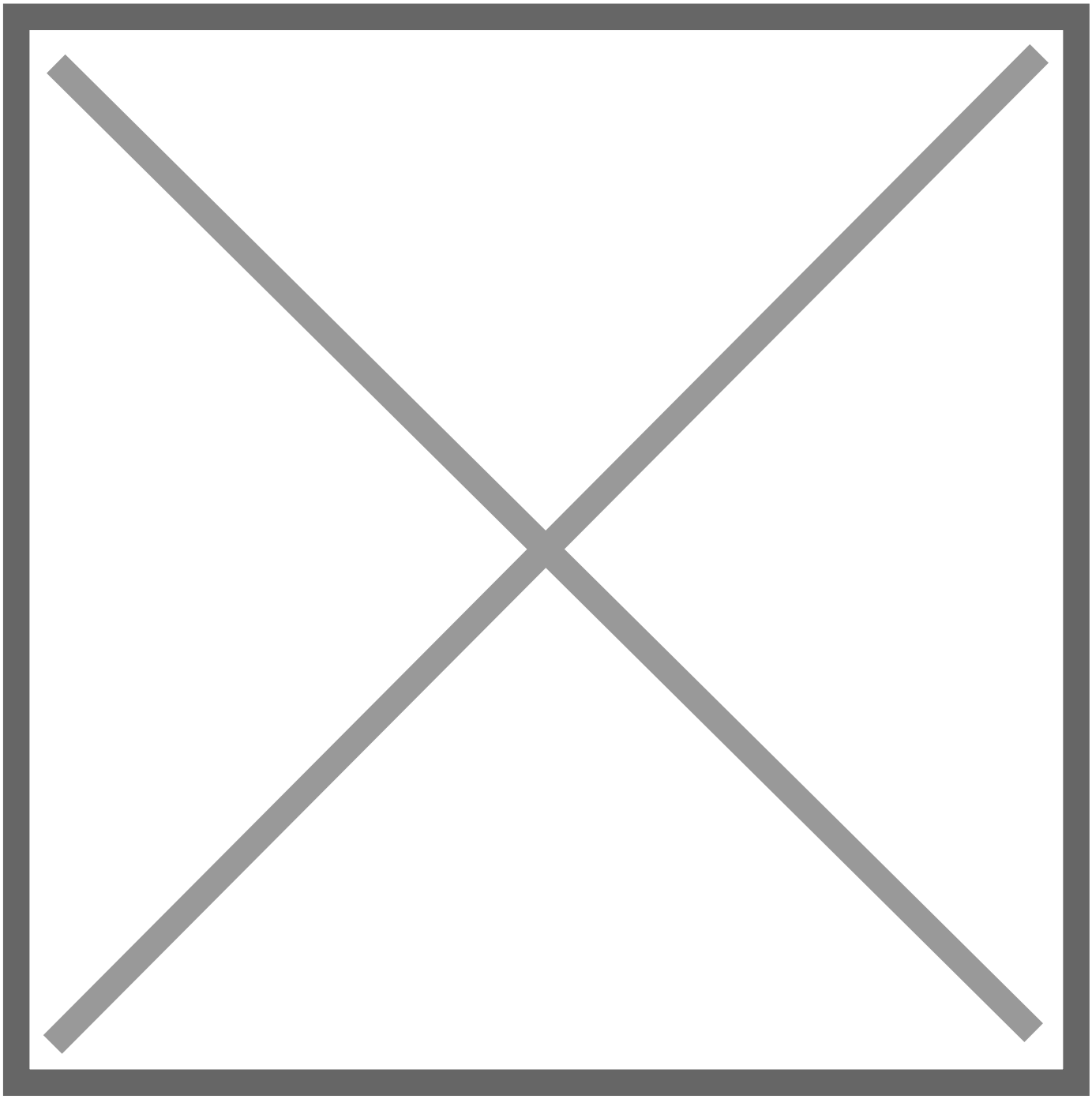


Survey type:	Measured
Age:	0-5
References:	United Nations Children's Fund, Division of Data, Analysis, Planning and Monitoring (2025). Global UNICEF Global Databases: Overlapping Stunting, Wasting and Overweight (Survey Estimates), 2025, New York. For more information, visit: https://data.unicef.org/topic/nutrition/malnutrition/ [Accessed 06.08.25]
Notes:	China National Nutrition and Health Survey, 2013

Definitions:	Combined percentage of children under 5 years of age who are either wasted, stunted, or overweight (falling below -2 standard deviations from the median weight-for-height, falling below -2 standard deviations from the median height for age, or falling at or above +2 standard deviations from the median weight-for-height of the reference population)
Cutoffs:	WHZ <-2, HAZ <-2 and WHZ >+2

Insufficient physical activity

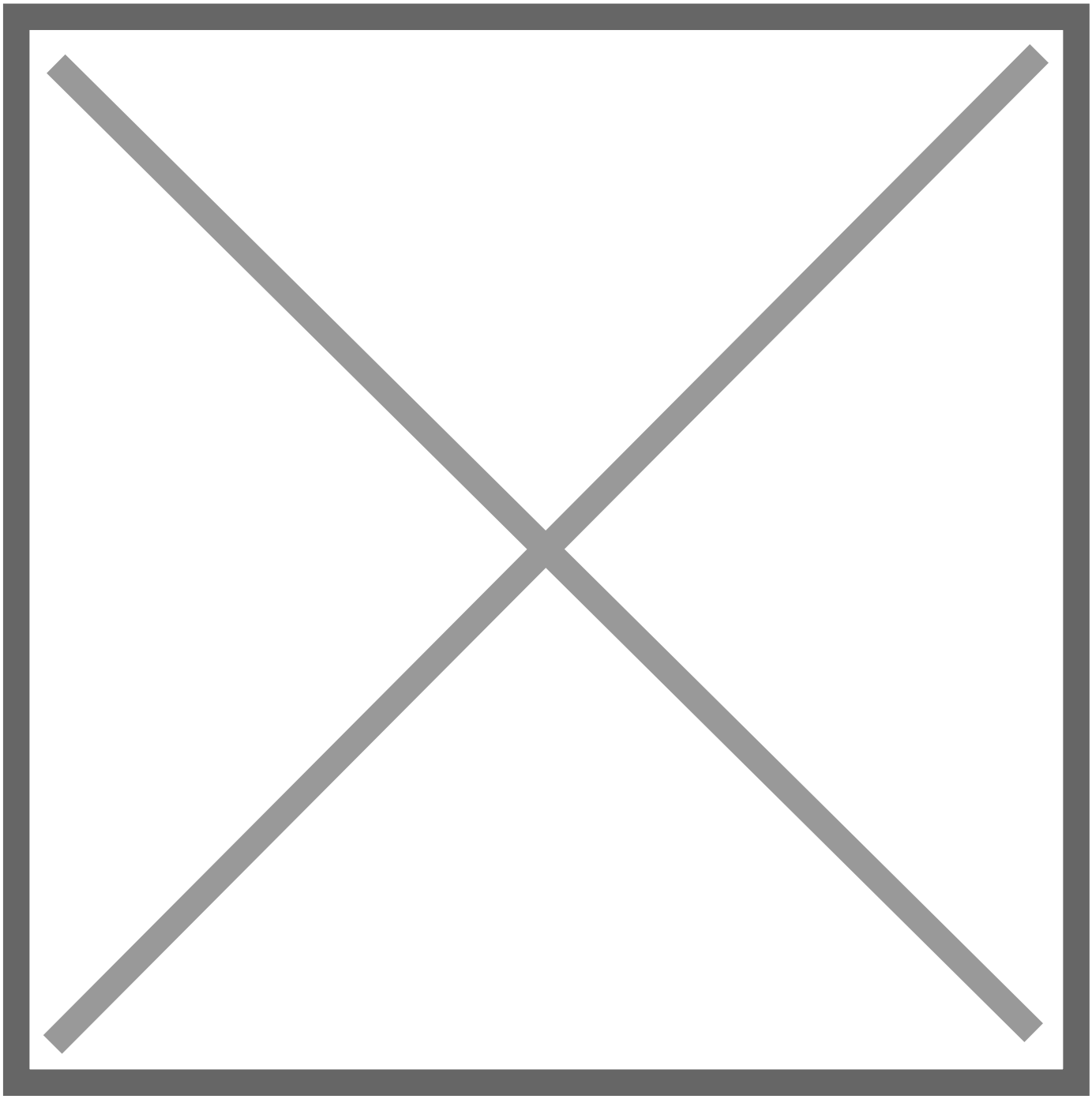
Adults, 2022



Survey type:	Self-reported
Age:	18+
Area covered:	National
References:	WHO (2024). Prevalence of insufficient physical activity among adults aged 18-years age-standardized estimate in 2022. Available at https://www.who.int/data/gho/data/indicators/indicator-details/GHO/prevalence-of-insufficient-physical-activity-among-adults-aged-18-years-(age-standardized-estimate)-(-)

Definitions:	Percent of population attaining less than 150 minutes of moderate-intensity physical activity per week, or less than 75 minutes of vigorous-intensity physical activity per week, or equivalent.

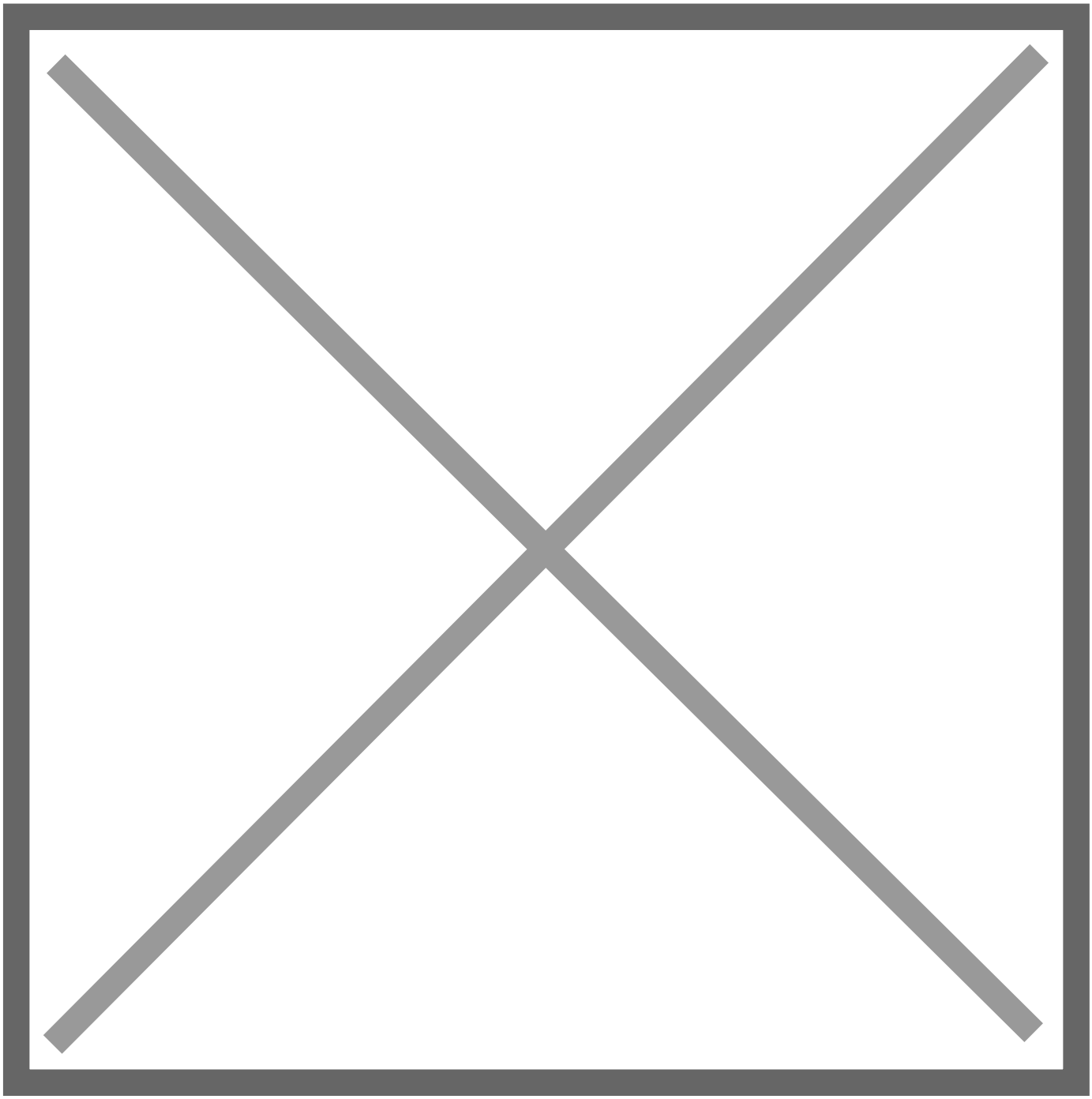
Men, 2022



Survey type:	Self-reported
Age:	18+
Area covered:	National
References:	WHO (2024). Prevalence of insufficient physical activity among adults aged 18-years age-standardized estimate in 2022. Available at https://www.who.int/data/gho/data/indicators/indicator-details/GHO/prevalence-of-insufficient-physical-activity-among-adults-aged-18-years-(age-standardized-estimate)-(-)

Definitions:	Percent of population attaining less than 150 minutes of moderate-intensity physical activity per week, or less than 75 minutes of vigorous-intensity physical activity per week, or equivalent.

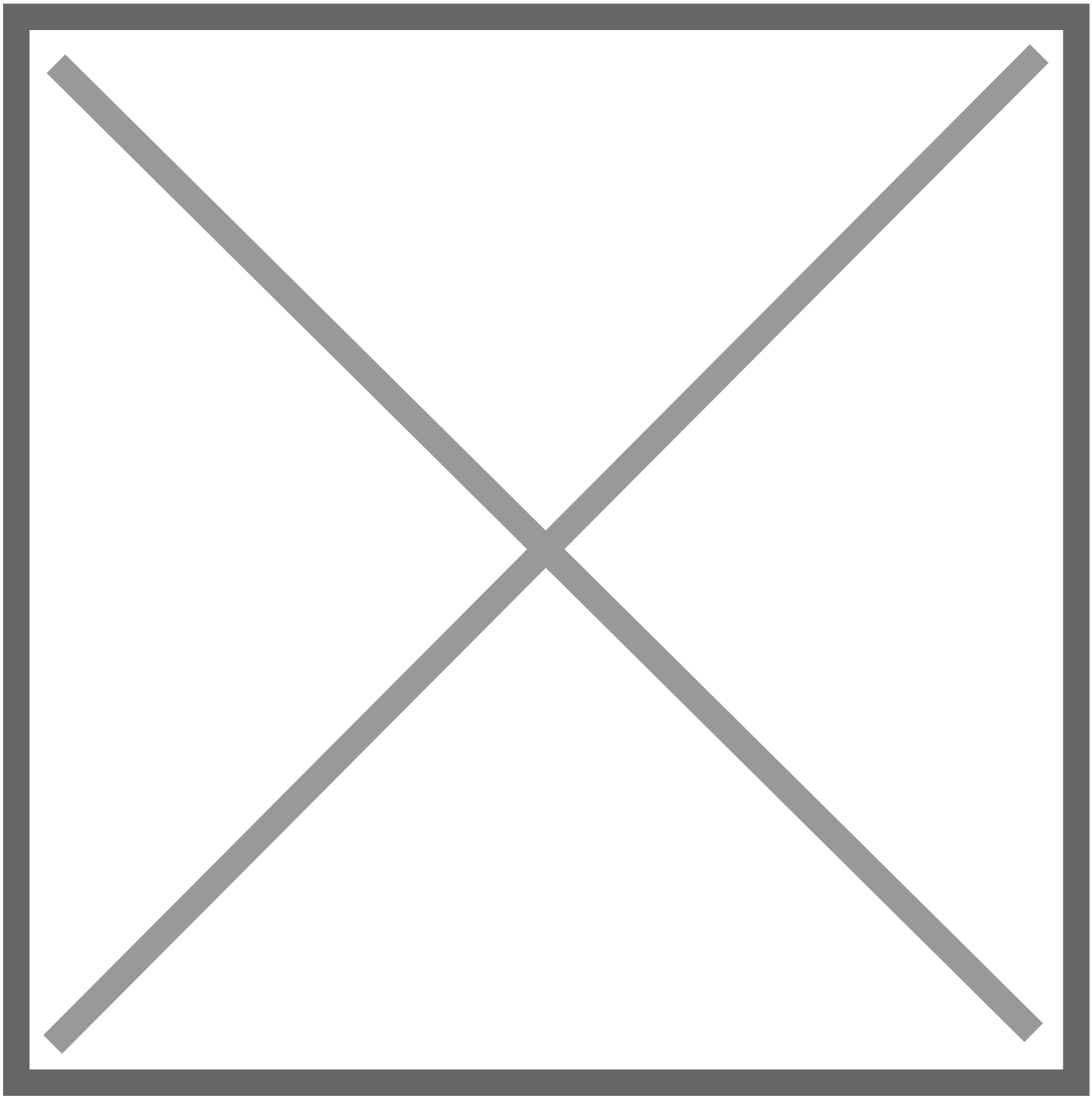
Women, 2022



Survey type:	Self-reported
Age:	18+
Area covered:	National
References:	WHO (2024). Prevalence of insufficient physical activity among adults aged 18-years age-standardized estimate in 2022. Available at https://www.who.int/data/gho/data/indicators/indicator-details/GHO/prevalence-of-insufficient-physical-activity-among-adults-aged-18-years-(age-standardized-estimate)-(-)

Definitions:	Percent of population attaining less than 150 minutes of moderate-intensity physical activity per week, or less than 75 minutes of vigorous-intensity physical activity per week, or equivalent.

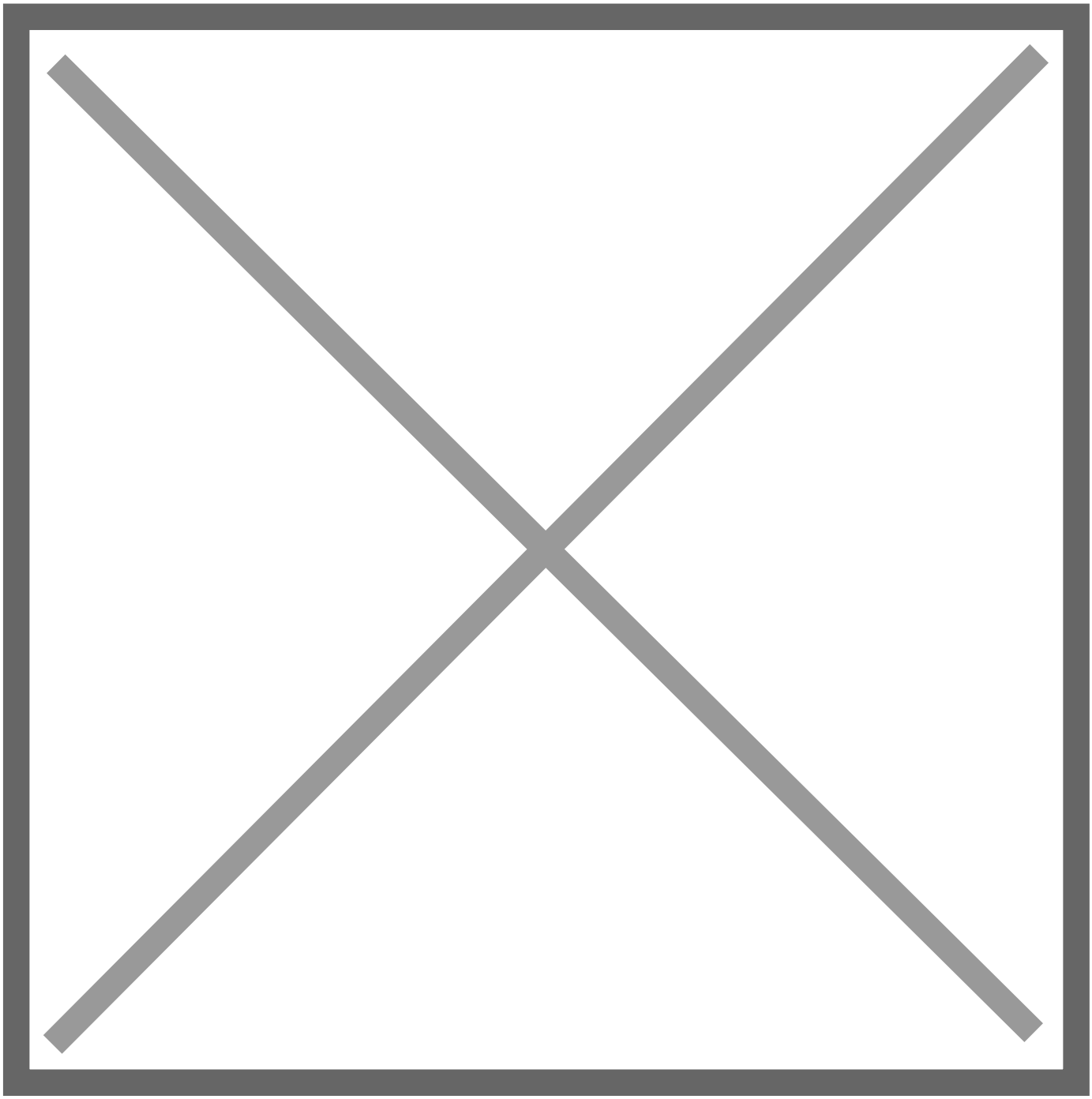
Children, 2016



Survey type:	Self-reported
Age:	11-17
References:	Global Health Observatory data repository, World Health Organisation, https://apps.who.int/gho/data/node.main.A893ADO?lang=en (last accessed 16.03.21)
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)

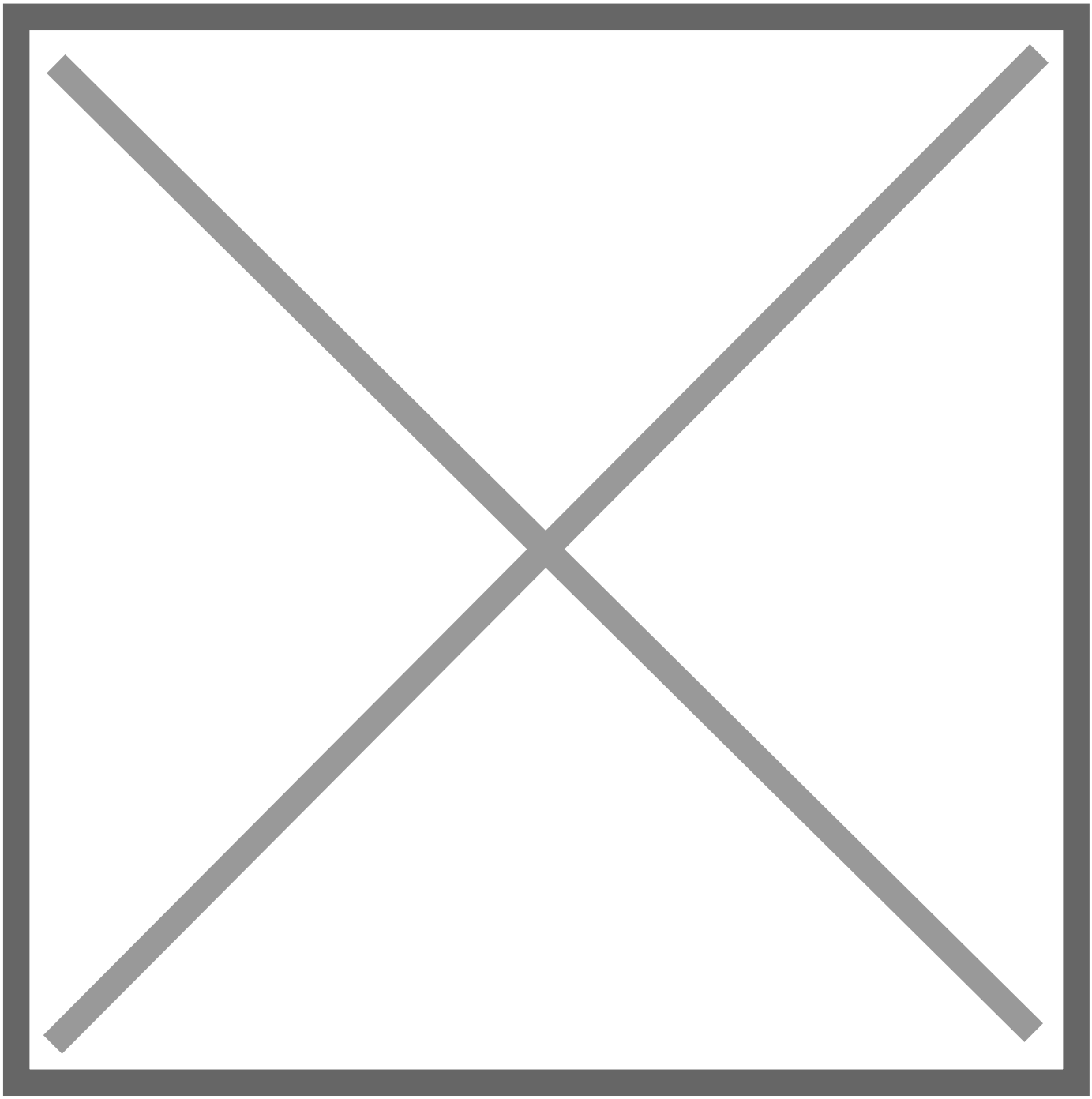
Boys, 2016



Survey type:	Self-reported
Age:	11-17
References:	Global Health Observatory data repository, World Health Organisation, https://apps.who.int/gho/data/node.main.A893ADO?lang=en (last accessed 16.03.21)
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

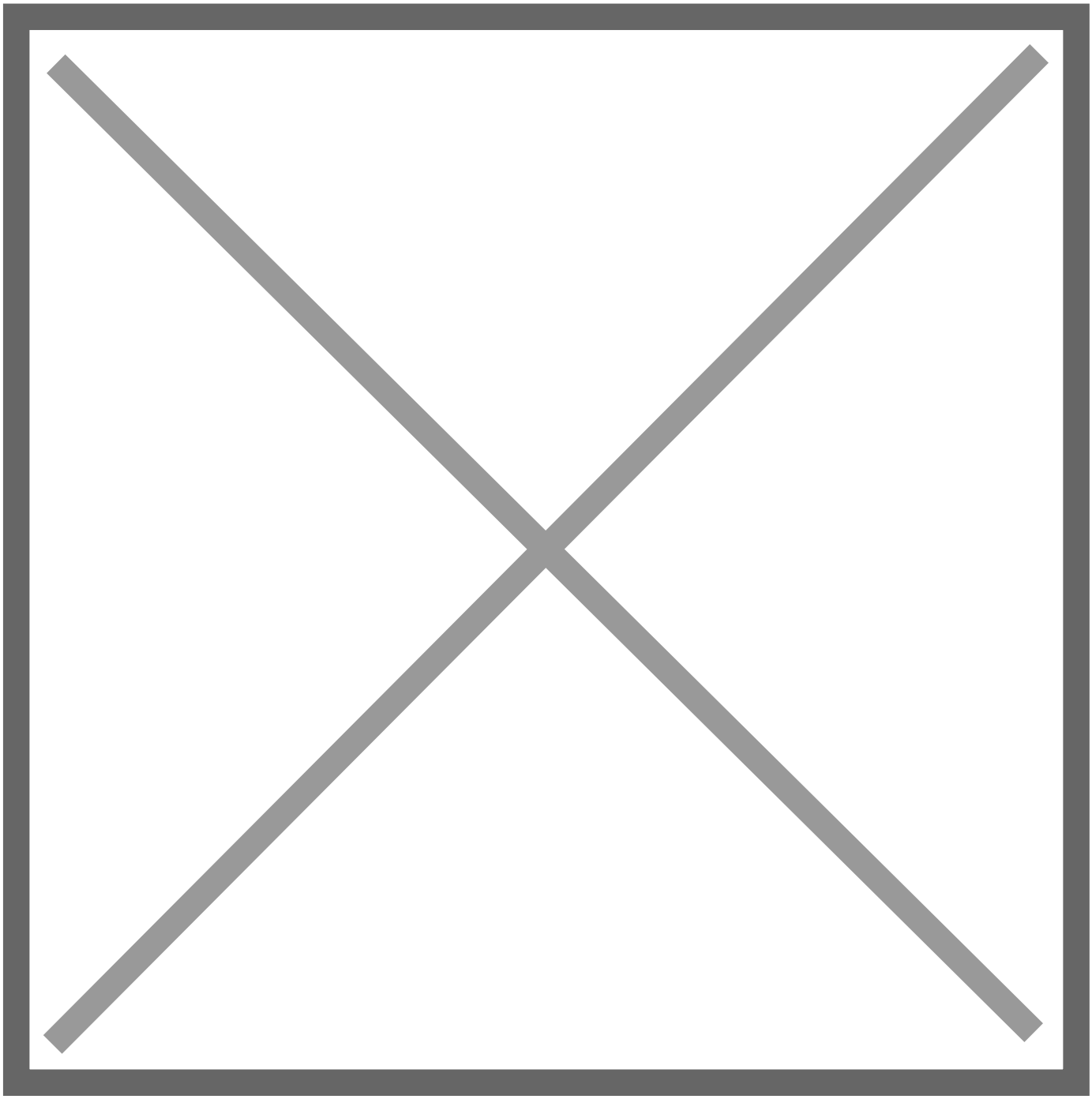


Survey type:	Self-reported
Age:	11-17
References:	Global Health Observatory data repository, World Health Organisation, https://apps.who.int/gho/data/node.main.A893ADO?lang=en (last accessed 16.03.21)
Notes:	% of school going adolescents not meeting WHO recommendations on Physical Activity for Health, i.e. doing less than 60 minutes of moderate- to vigorous-intensity physical activity daily.

Definitions:	% Adolescents insufficiently active (age standardised estimate)

Average weekly frequency of fast food consumption

Adults, 2021-2024

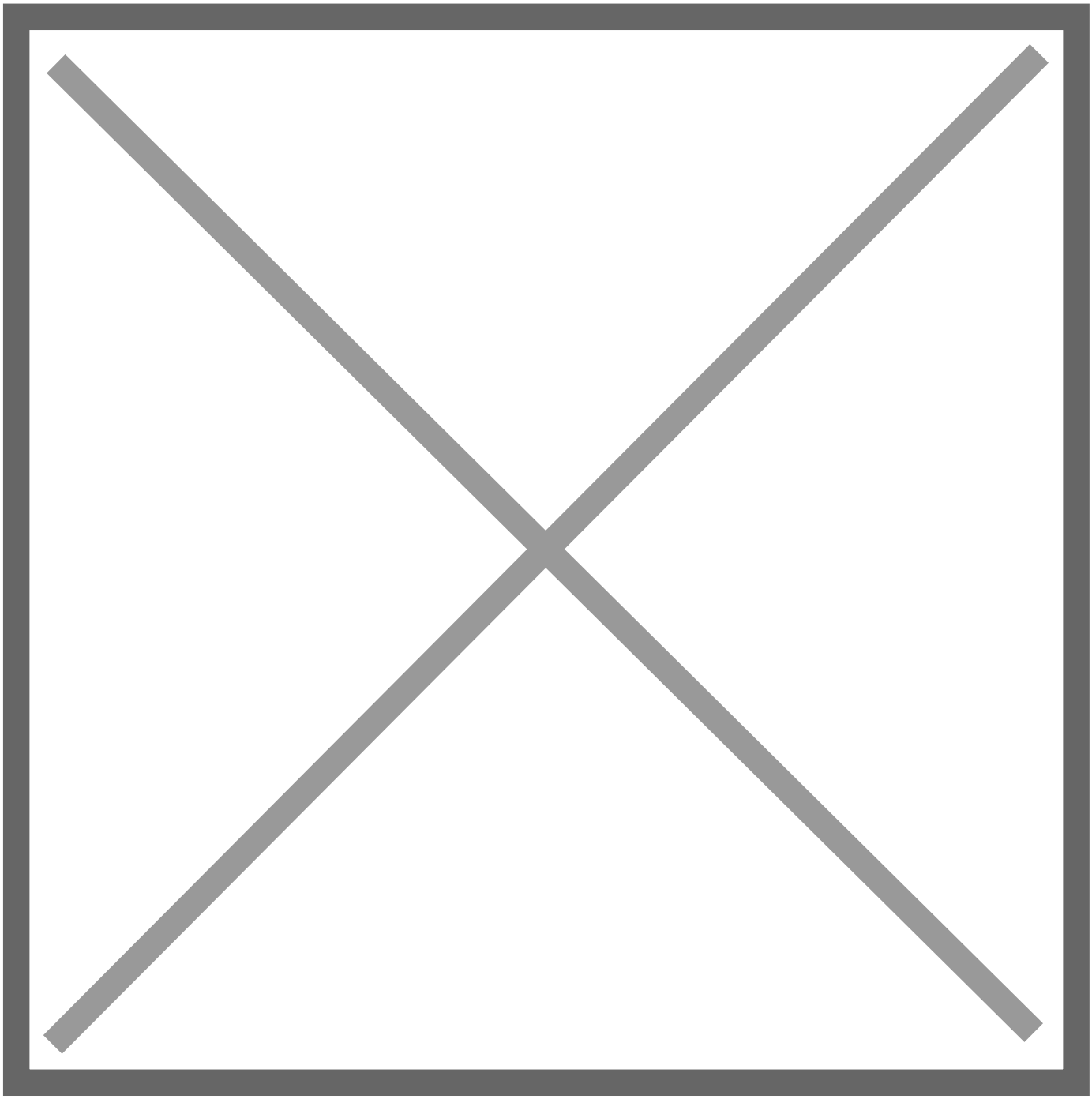


Survey type:	Self-reported
Age:	15+
Sample size:	3498
Area covered:	National
References:	Global Diet Quality Project. 2024. "DQQ Results Dataset 2021-2024." Harvard Dataverse. https://doi.org/doi:10.7910/DVN/KY3W8A

Licence: CC BY-NC-SA 4.0. Accessed at dietquality.org on October 15, 2025.

Notes:	For more global dietary survey data, visit the Global Diet Quality Project website at https://www.dietquality.org/
Definitions:	Proportion of the population who consumed fast food during the previous day or night (self-reported)

Men, 2021-2024

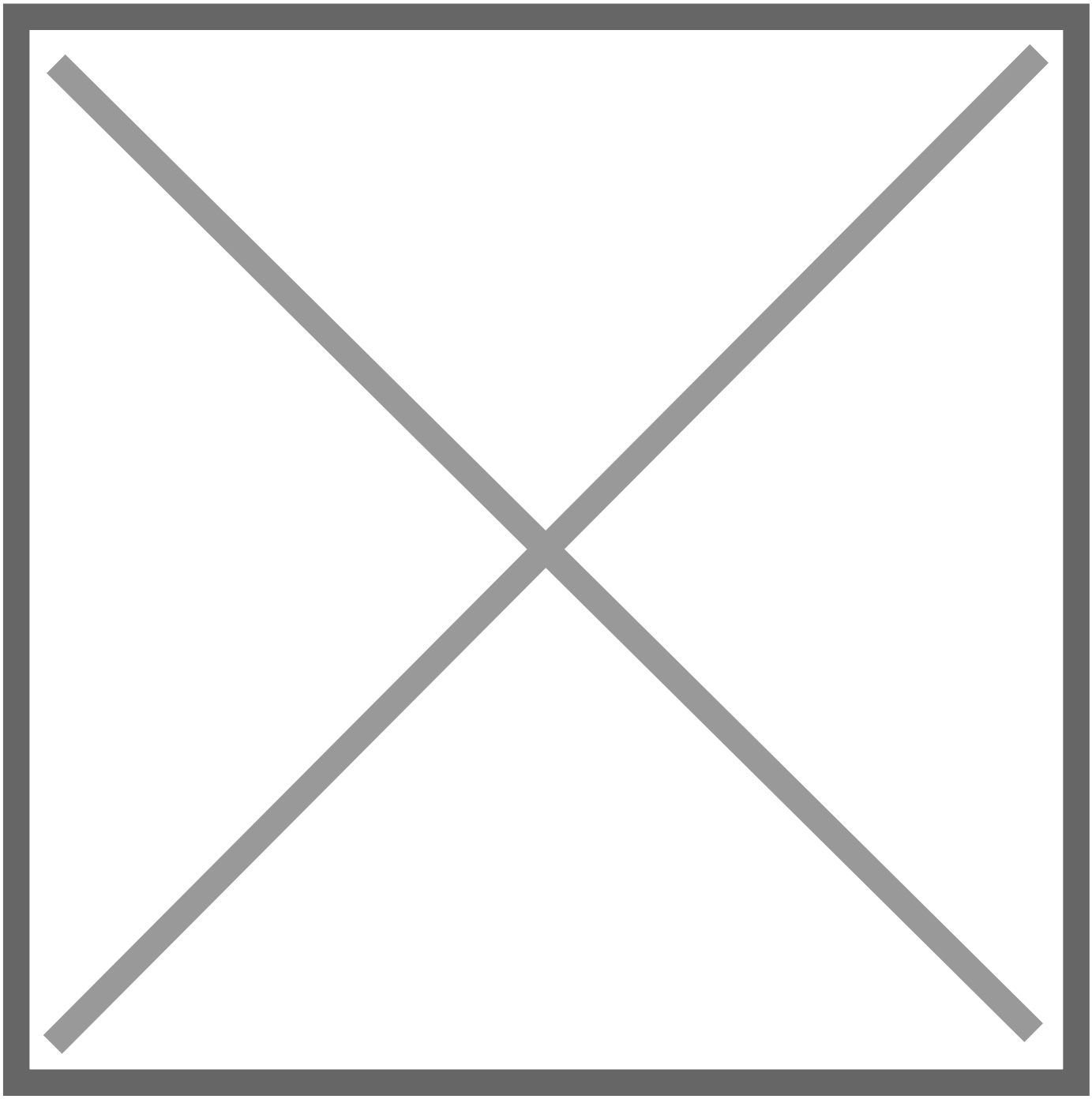


Survey type:	Self-reported
Age:	15+
Sample size:	3498
Area covered:	National
References:	Global Diet Quality Project. 2024. "DQQ Results Dataset 2021-2024." Harvard Dataverse. https://doi.org/doi:10.7910/DVN/KY3W8A

Licence: CC BY-NC-SA 4.0. Accessed at dietquality.org on October 15, 2025.

Notes:	For more global dietary survey data, visit the Global Diet Quality Project website at https://www.dietquality.org/
Definitions:	Proportion of the population who consumed fast food during the previous day or night (self-reported)

Women, 2021-2024



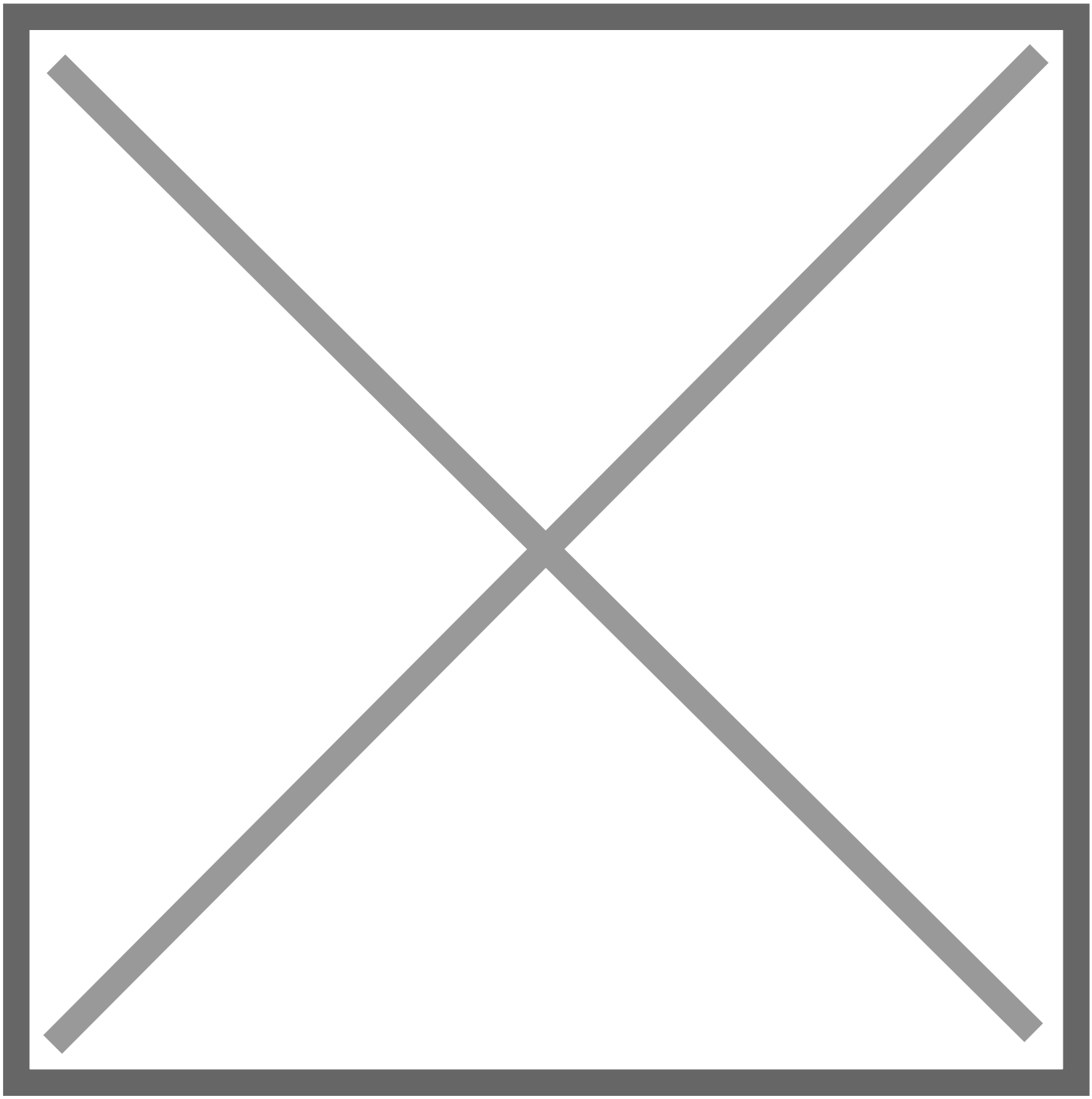
Survey type:	Self-reported
Age:	15+
Sample size:	3498
Area covered:	National
References:	Global Diet Quality Project. 2024. "DQQ Results Dataset 2021-2024." Harvard Dataverse. https://doi.org/doi:10.7910/DVN/KY3W8A

Licence: CC BY-NC-SA 4.0. Accessed at dietquality.org on October 15, 2025.

Notes:	For more global dietary survey data, visit the Global Diet Quality Project website at https://www.dietquality.org/
Definitions:	Proportion of the population who consumed fast food during the previous day or night (self-reported)

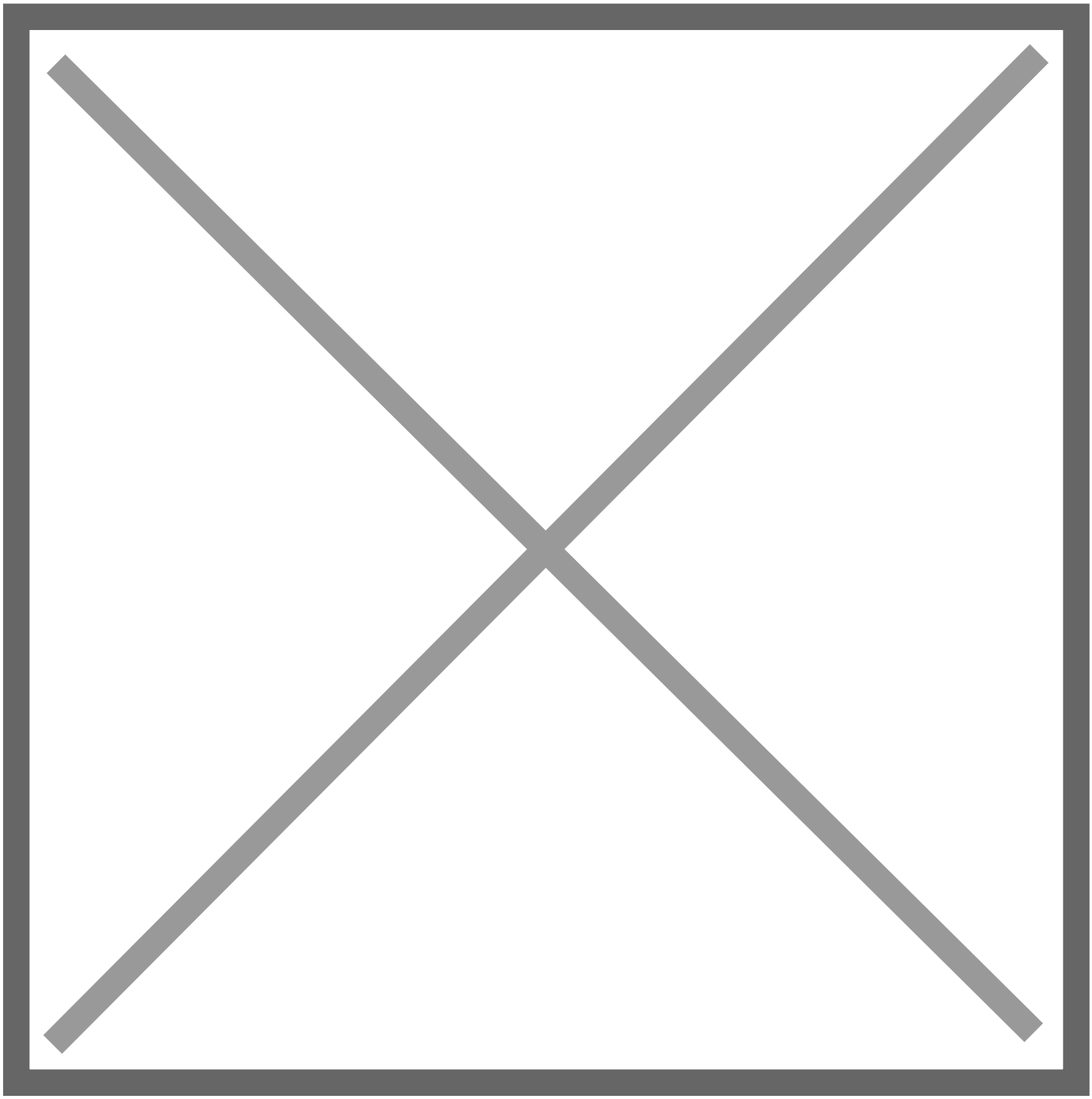
Mental health - depression disorders

Adults, 2023



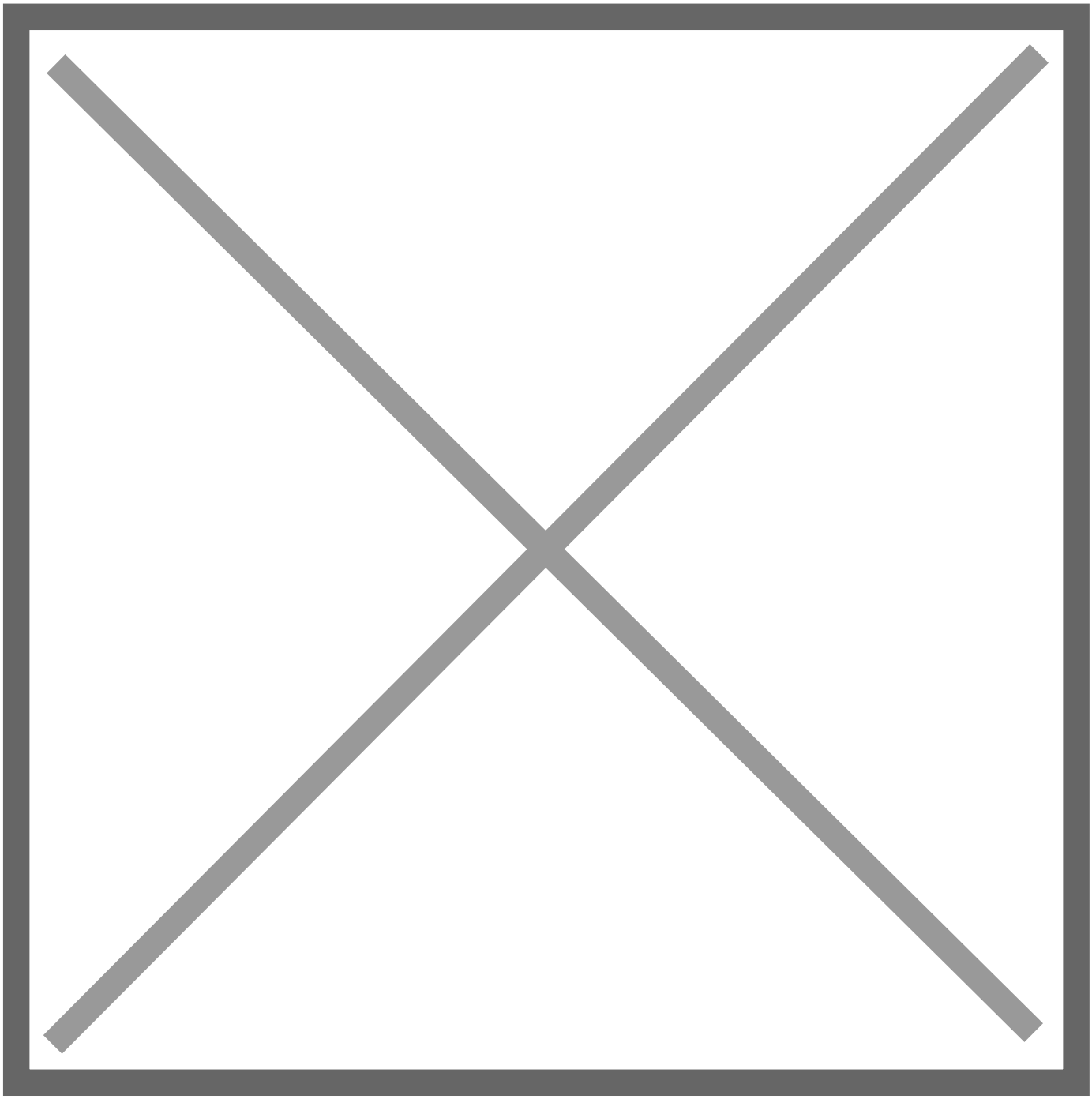
Age:	20+
Area covered:	National
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from https://vizhub.healthdata.org/gbd-compare/ [Accessed 17.03.26]
Definitions:	Estimated number living with depressive disorders per 100,000 population (20+ years of age)

Men, 2023



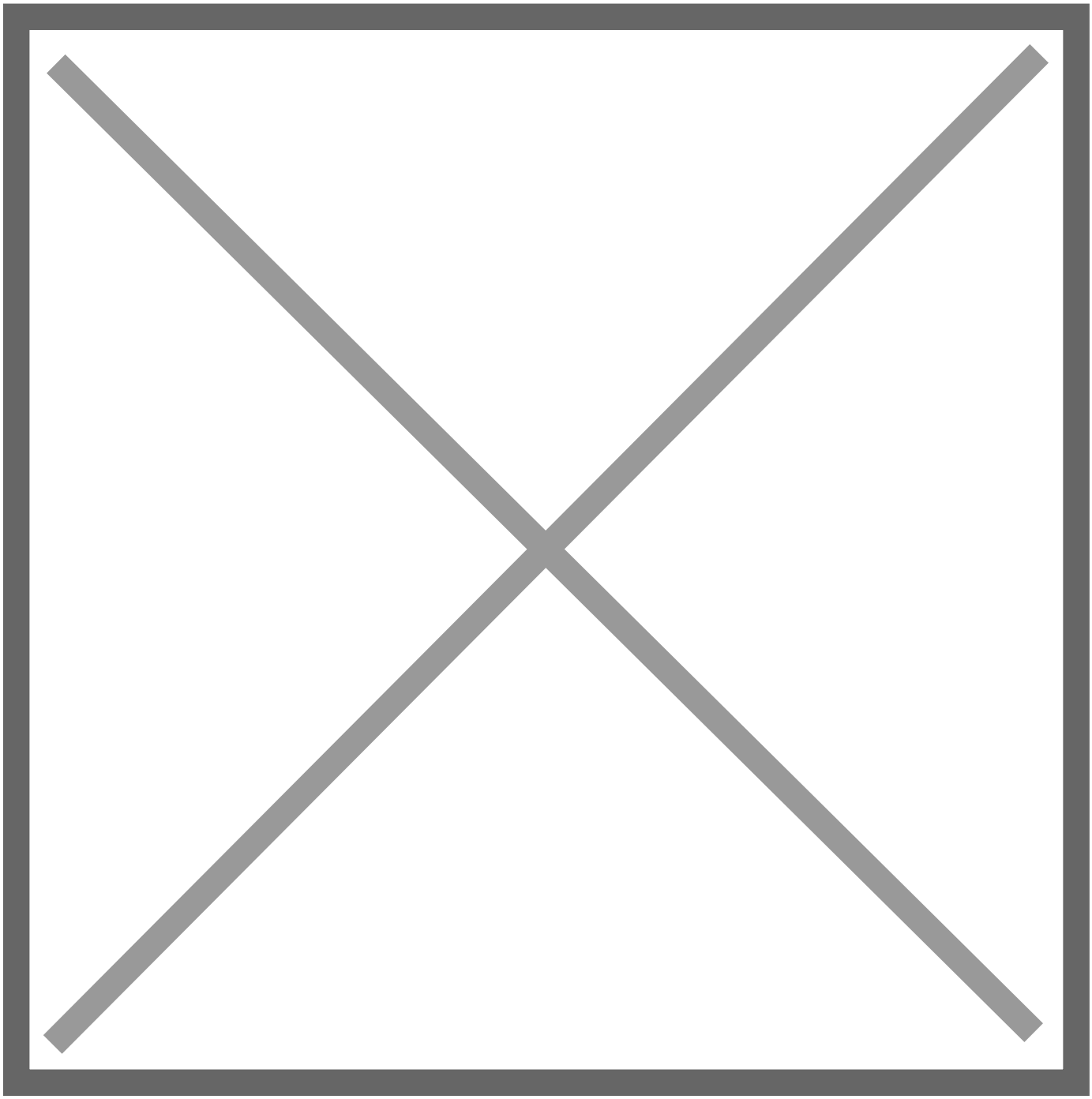
Age:	20+
Area covered:	National
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from https://vizhub.healthdata.org/gbd-compare/ [Accessed 17.03.26]
Definitions:	Estimated number living with depressive disorders per 100,000 population (20+ years of age)

Women, 2023



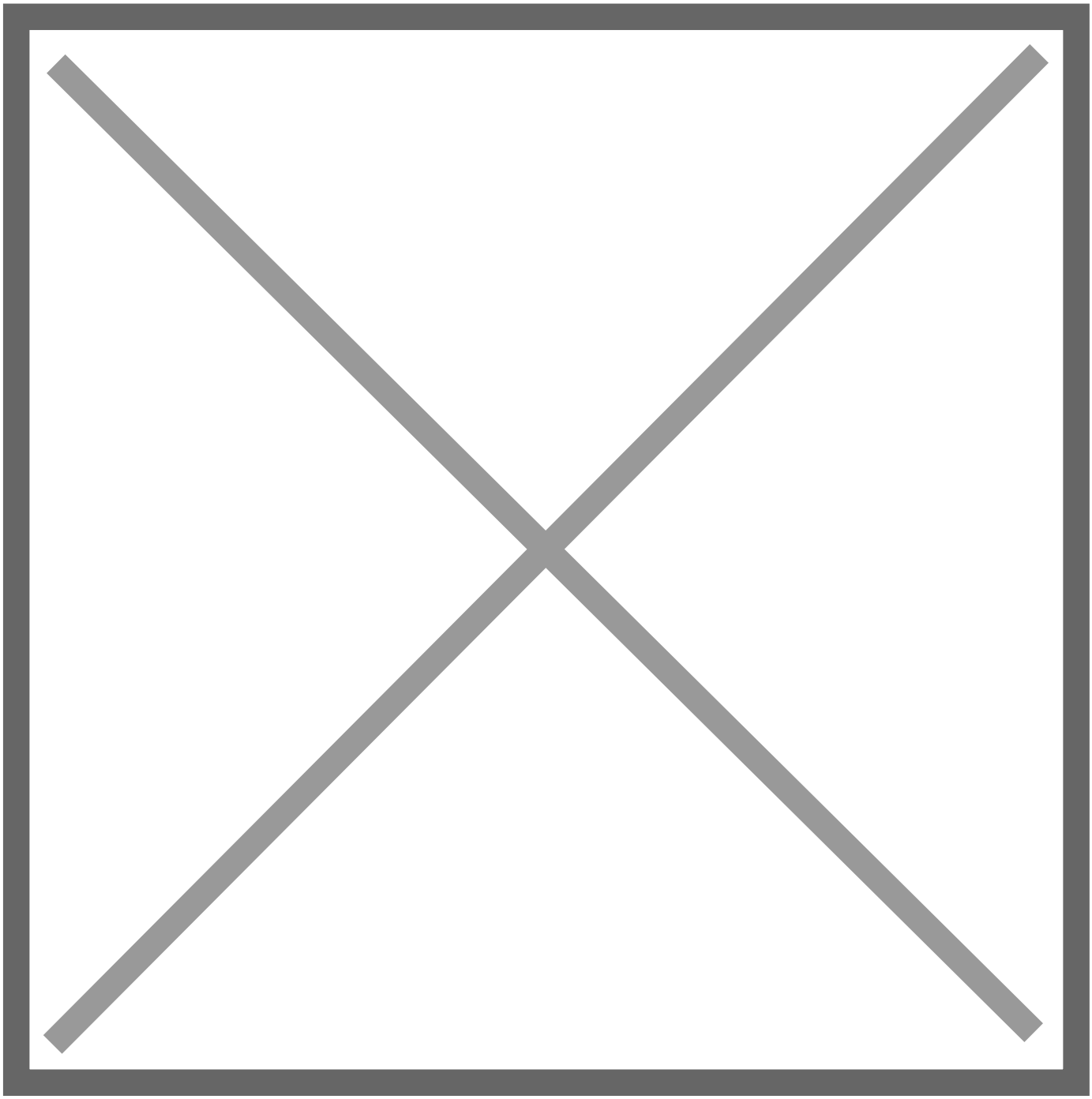
Age:	20+
Area covered:	National
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from https://vizhub.healthdata.org/gbd-compare/ [Accessed 17.03.26]
Definitions:	Estimated number living with depressive disorders per 100,000 population (20+ years of age)

Children, 2023



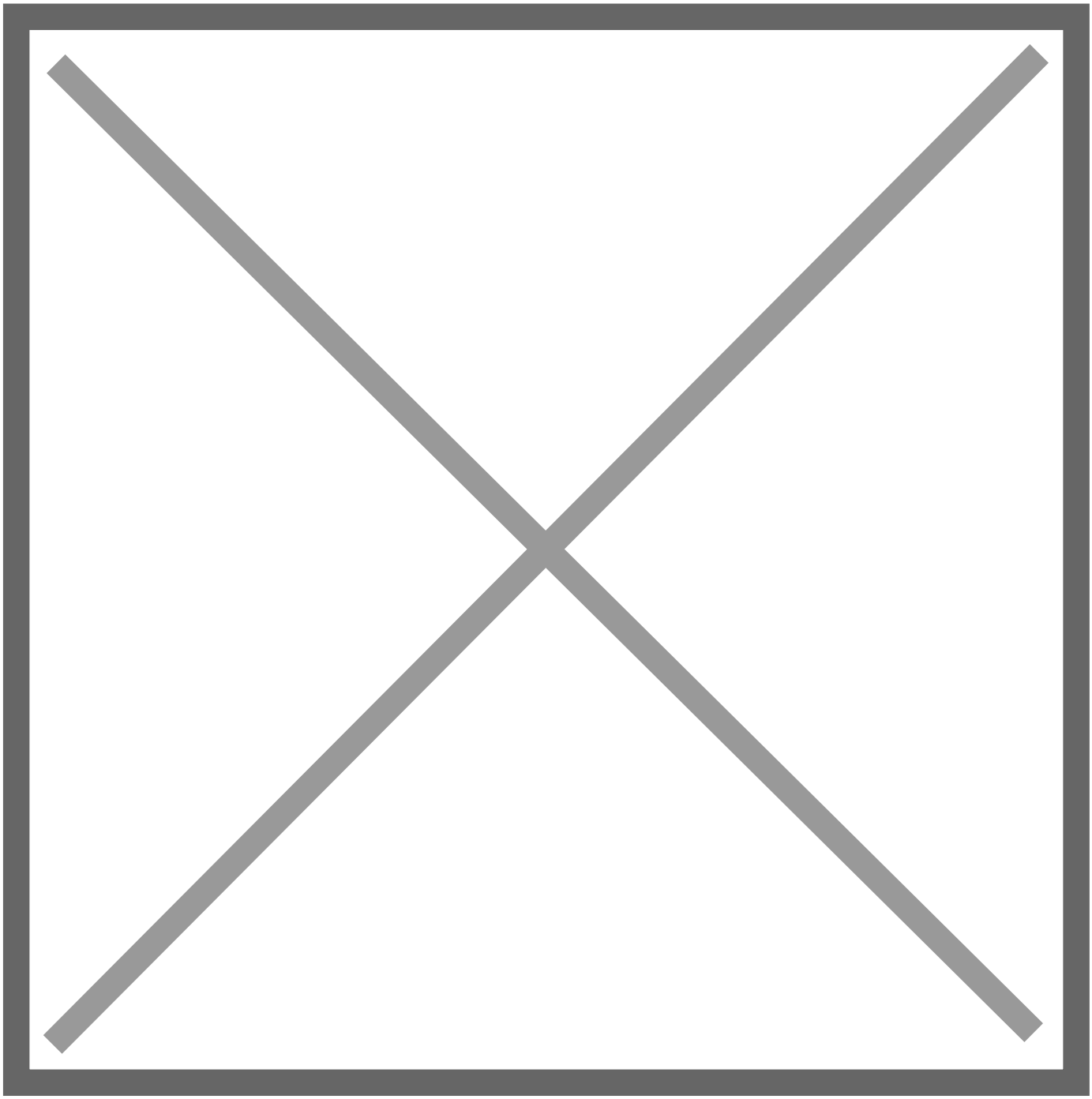
Area covered:	National
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from https://vizhub.healthdata.org/gbd-compare/ [Accessed 17.03.26]
Definitions:	Estimated number living with depressive disorders per 100,000 population (under 20 years of age)

Boys, 2023



Area covered:	National
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from https://vizhub.healthdata.org/gbd-compare/ [Accessed 17.03.26]
Definitions:	Estimated number living with depressive disorders per 100,000 population (under 20 years of age)

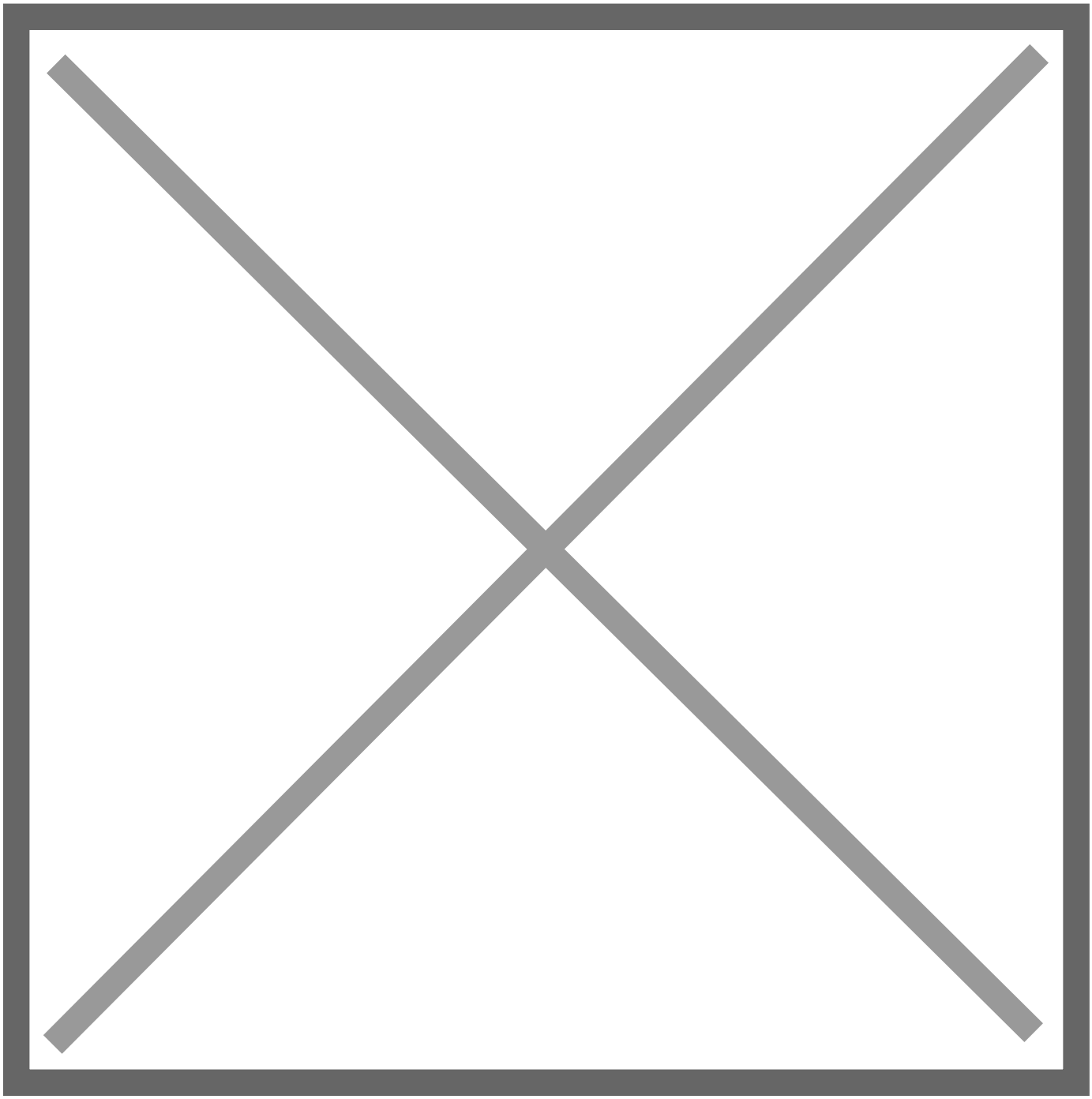
Girls, 2023



Area covered:	National
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from https://vizhub.healthdata.org/gbd-compare/ [Accessed 17.03.26]
Definitions:	Estimated number living with depressive disorders per 100,000 population (under 20 years of age)

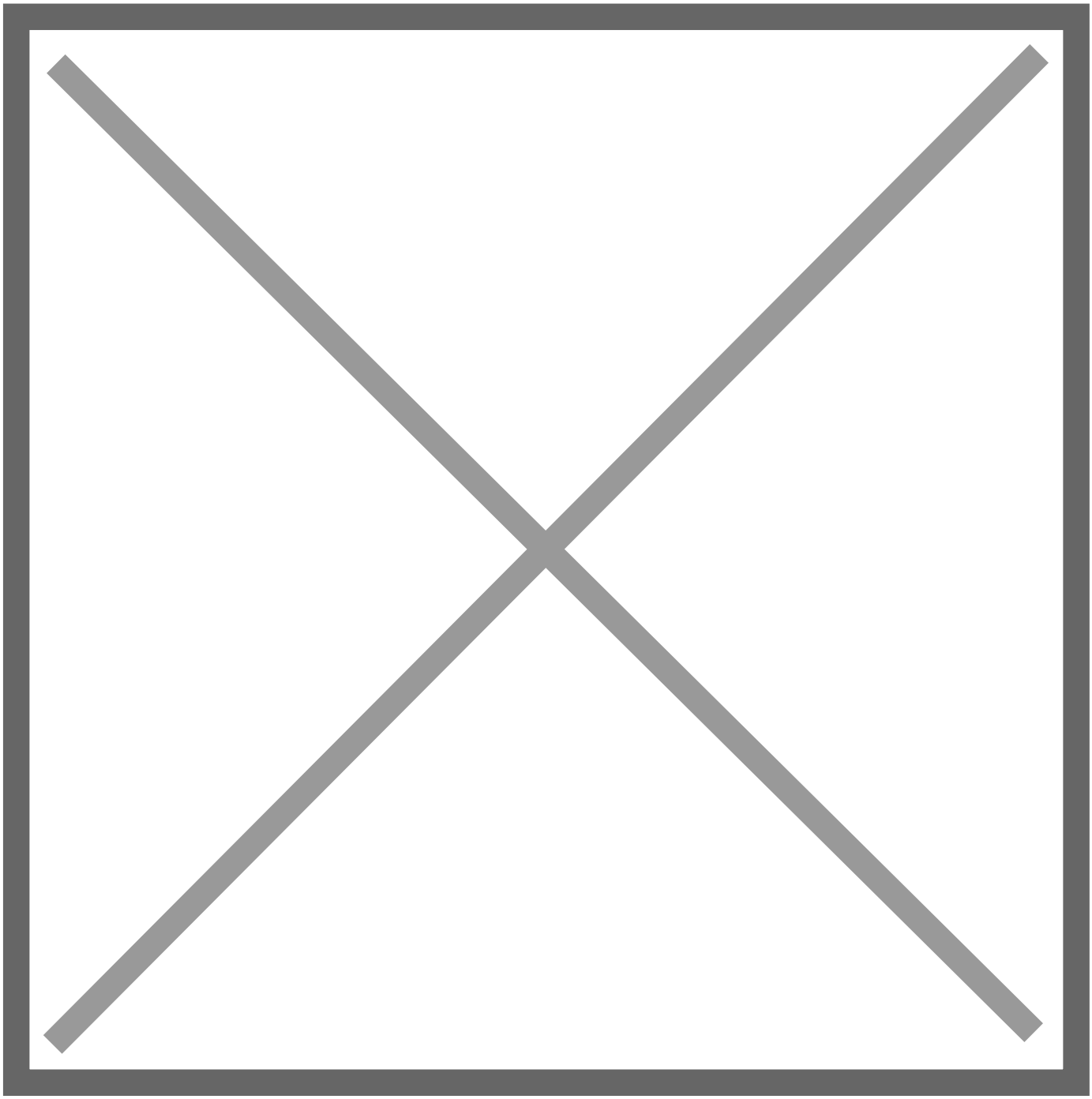
Mental health - anxiety disorders

Adults, 2023



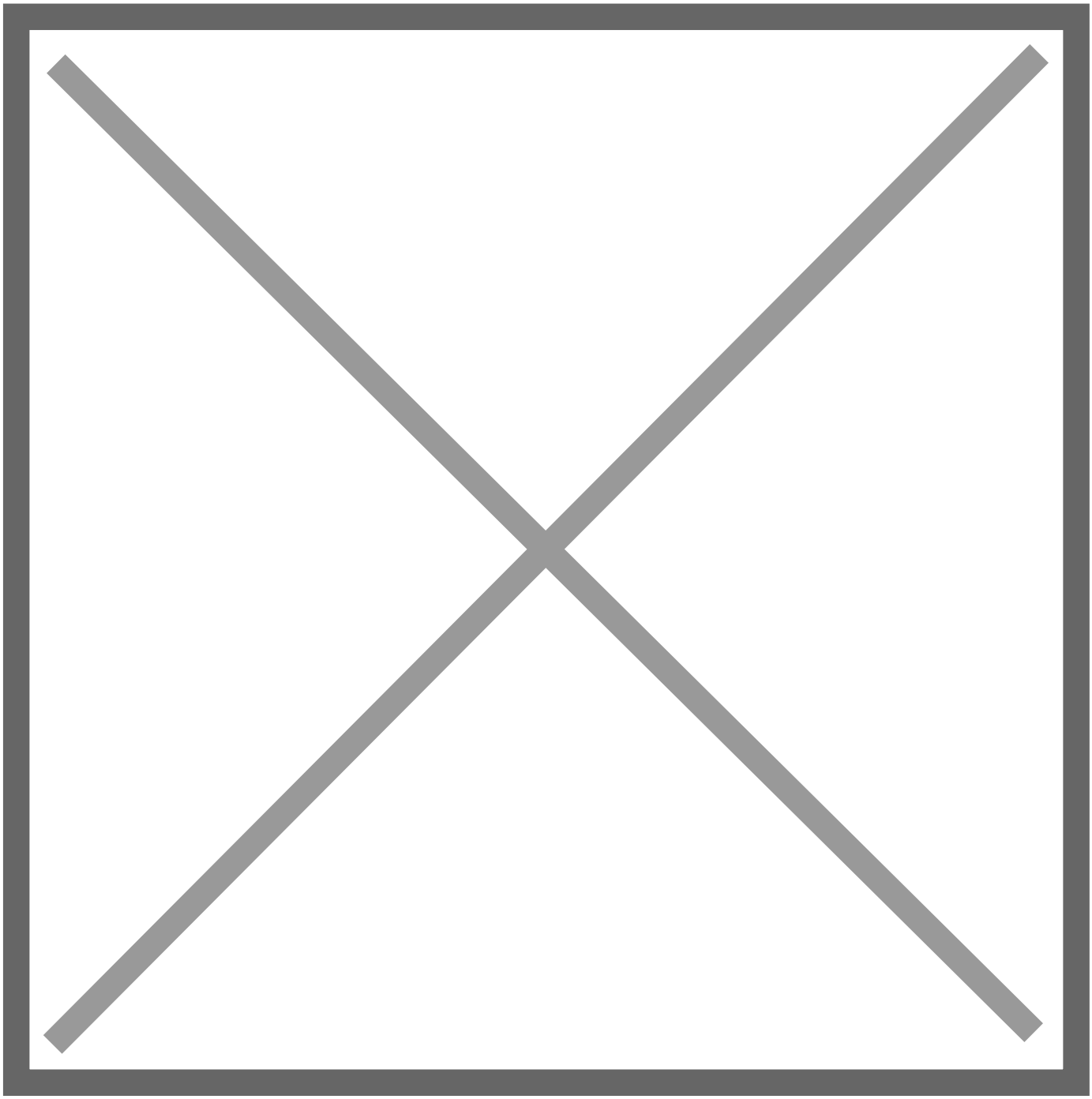
Age:	20+
Area covered:	National
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from https://vizhub.healthdata.org/gbd-compare/ [Accessed 17.03.26]
Definitions:	Estimated number living with anxiety disorders per 100,000 population (20+ years of age)

Men, 2023



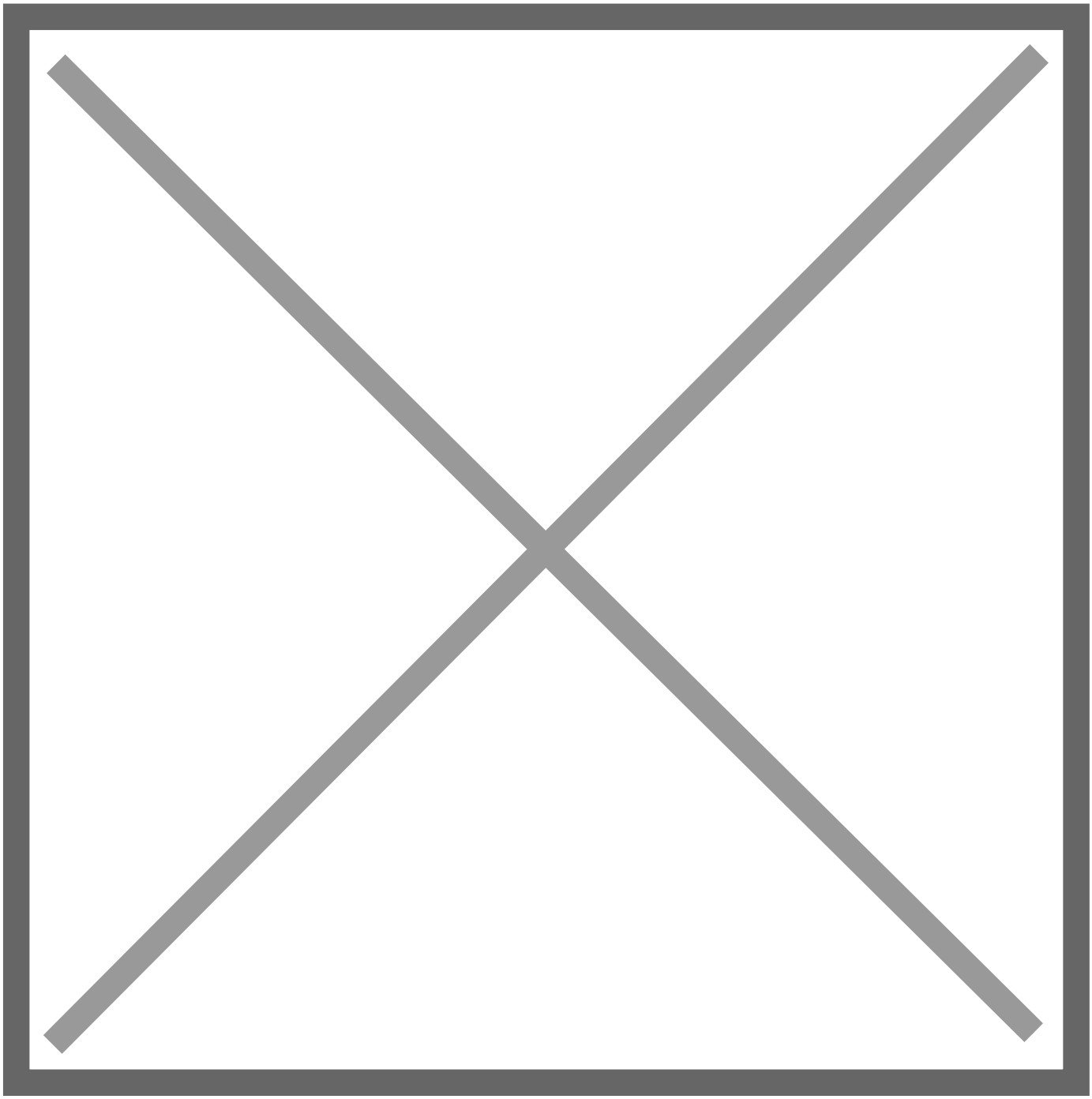
Age:	20+
Area covered:	National
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from https://vizhub.healthdata.org/gbd-compare/ [Accessed 17.03.26]
Definitions:	Estimated number living with anxiety disorders per 100,000 population (20+ years of age)

Women, 2023



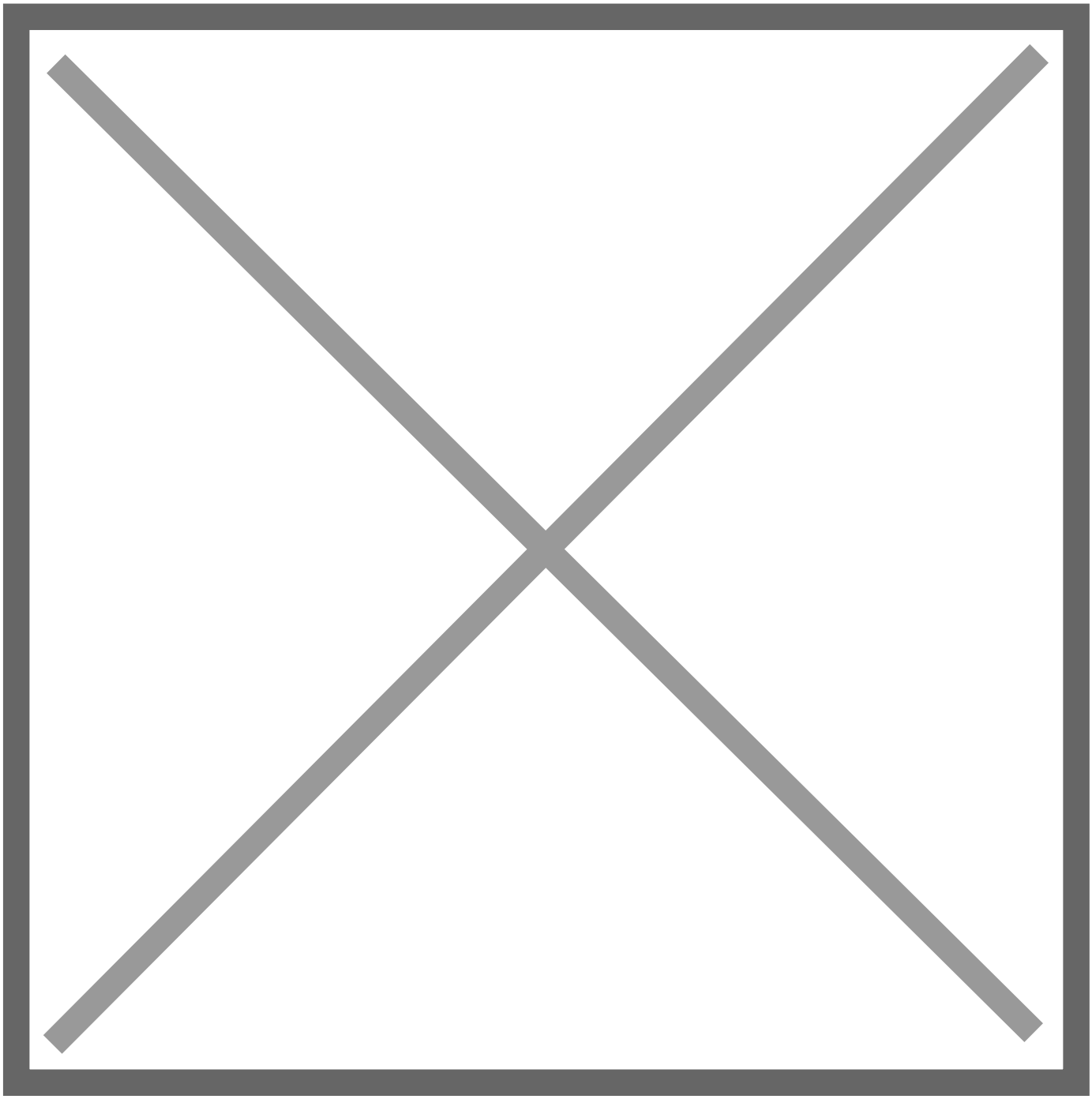
Age:	20+
Area covered:	National
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from https://vizhub.healthdata.org/gbd-compare/ [Accessed 17.03.26]
Definitions:	Estimated number living with anxiety disorders per 100,000 population (20+ years of age)

Children, 2023



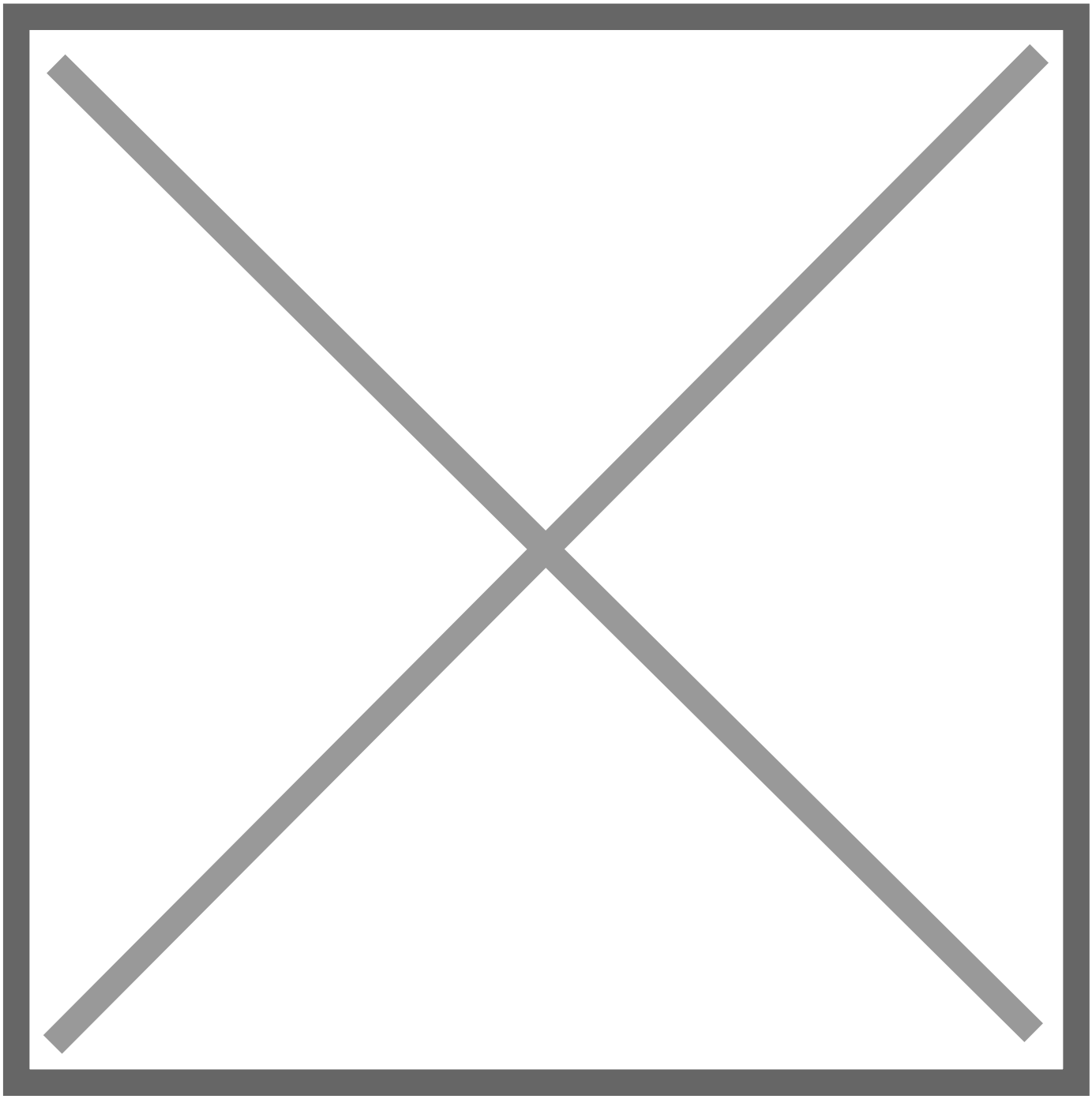
Area covered:	National
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from https://vizhub.healthdata.org/gbd-compare/ [Accessed 17.03.26]
Definitions:	Estimated number living with anxiety disorders per 100,000 population (under 20 years of age)

Boys, 2023



Area covered:	National
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from https://vizhub.healthdata.org/gbd-compare/ [Accessed 17.03.26]
Definitions:	Estimated number living with anxiety disorders per 100,000 population (under 20 years of age)

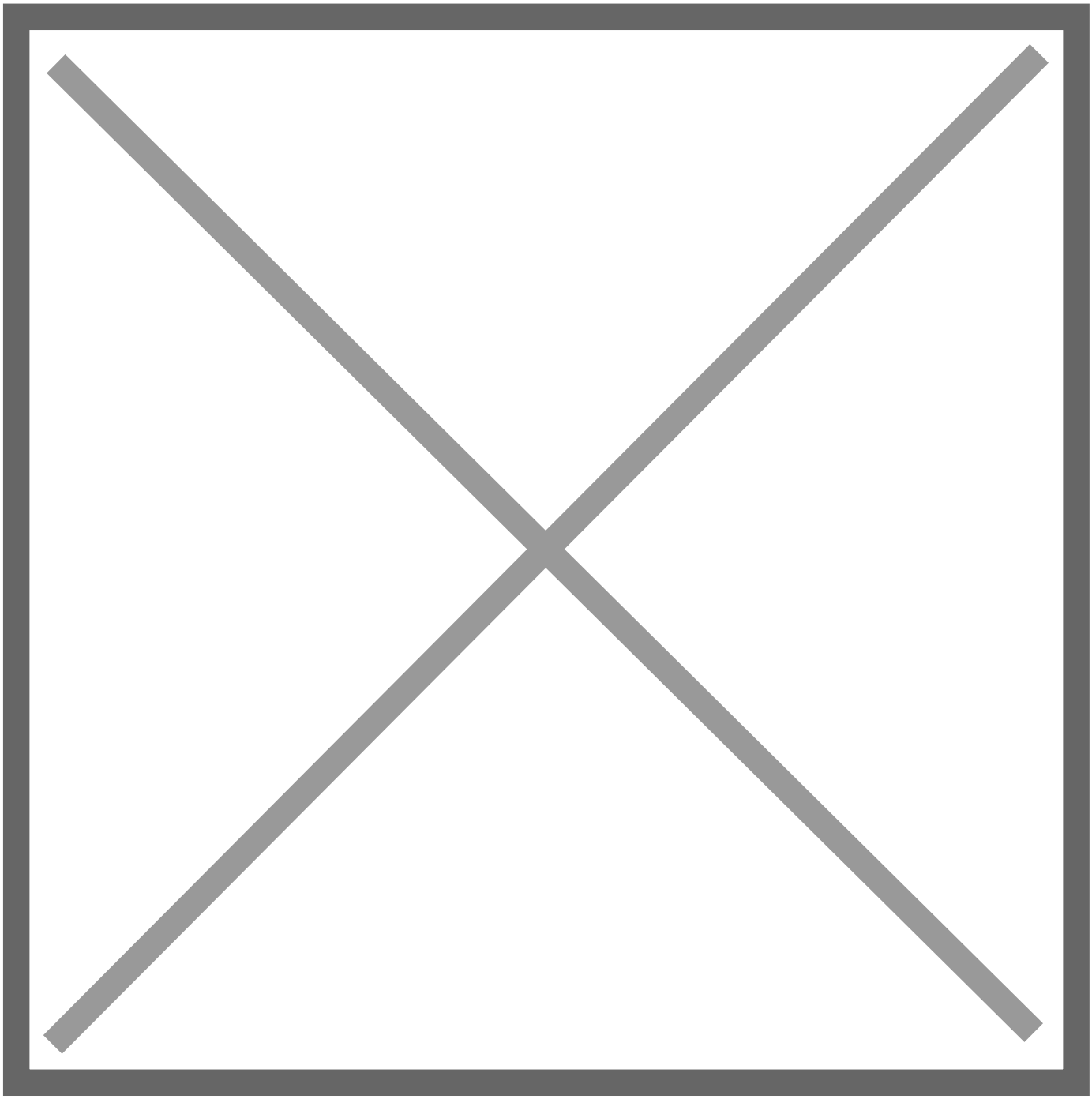
Girls, 2023



Area covered:	National
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from https://vizhub.healthdata.org/gbd-compare/ [Accessed 17.03.26]
Definitions:	Estimated number living with anxiety disorders per 100,000 population (under 20 years of age)

% Infants exclusively breastfed 0-5 months

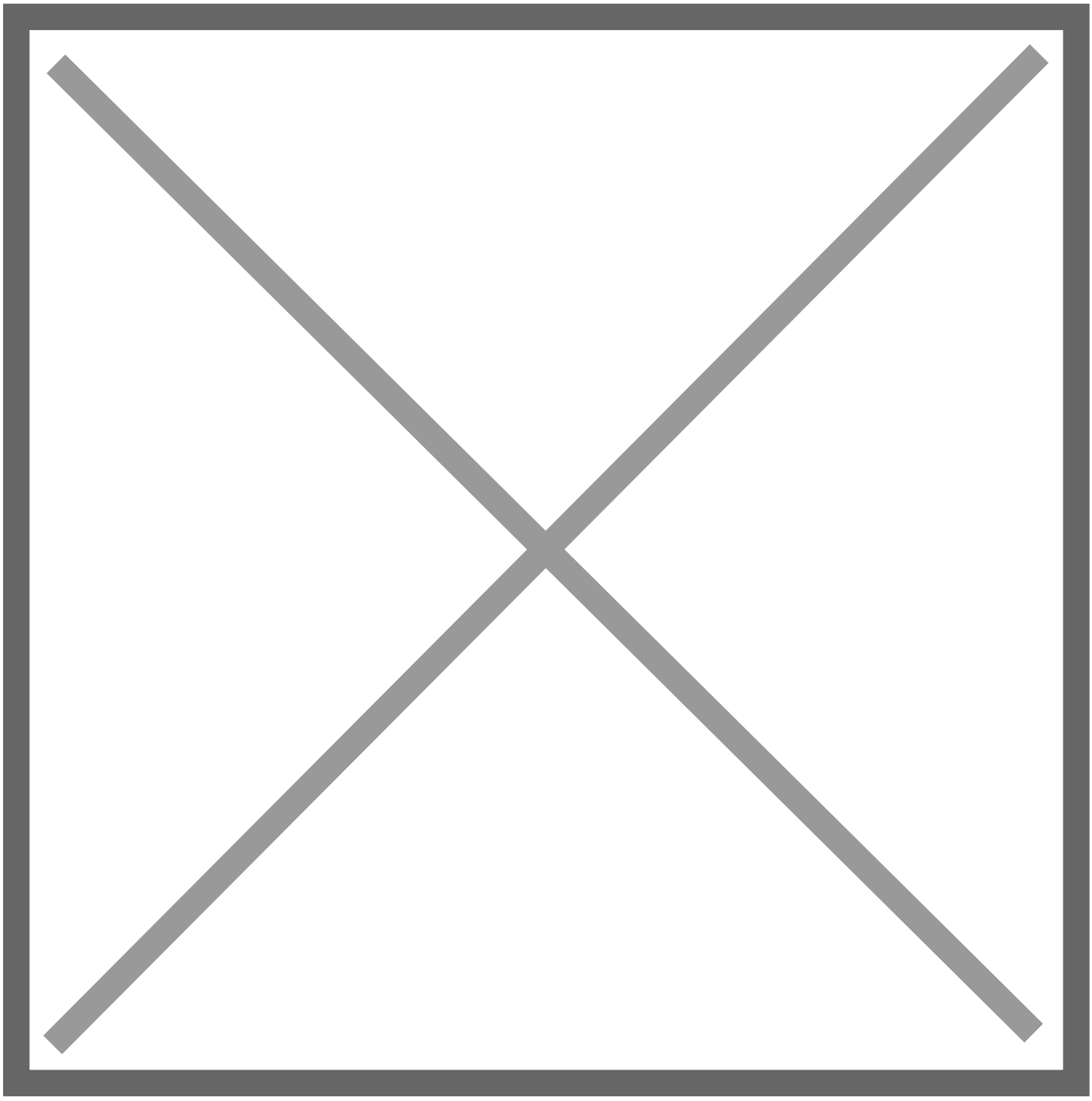
0-5 years, 2015-2023



Area covered:	National
References:	China Nutrition and Health Surveillance of Children and Lactating Women 2016–2017
Notes:	Full details available at source: United Nations Children's Fund, Division of Data, Analysis, Planning and Monitoring (2025). Global UNICEF Global Databases: Infant and Young Child Feeding: Exclusive breastfeeding, New York, November 2025.
Definitions:	Infants 0-5 months of age who received only breast milk during the previous day. The definition allows for medicines, vitamins and oral re-hydration solution to have been given. These infants would not have received water-based liquids, milk based-liquids or food.

Percent of population who cannot afford a healthy diet

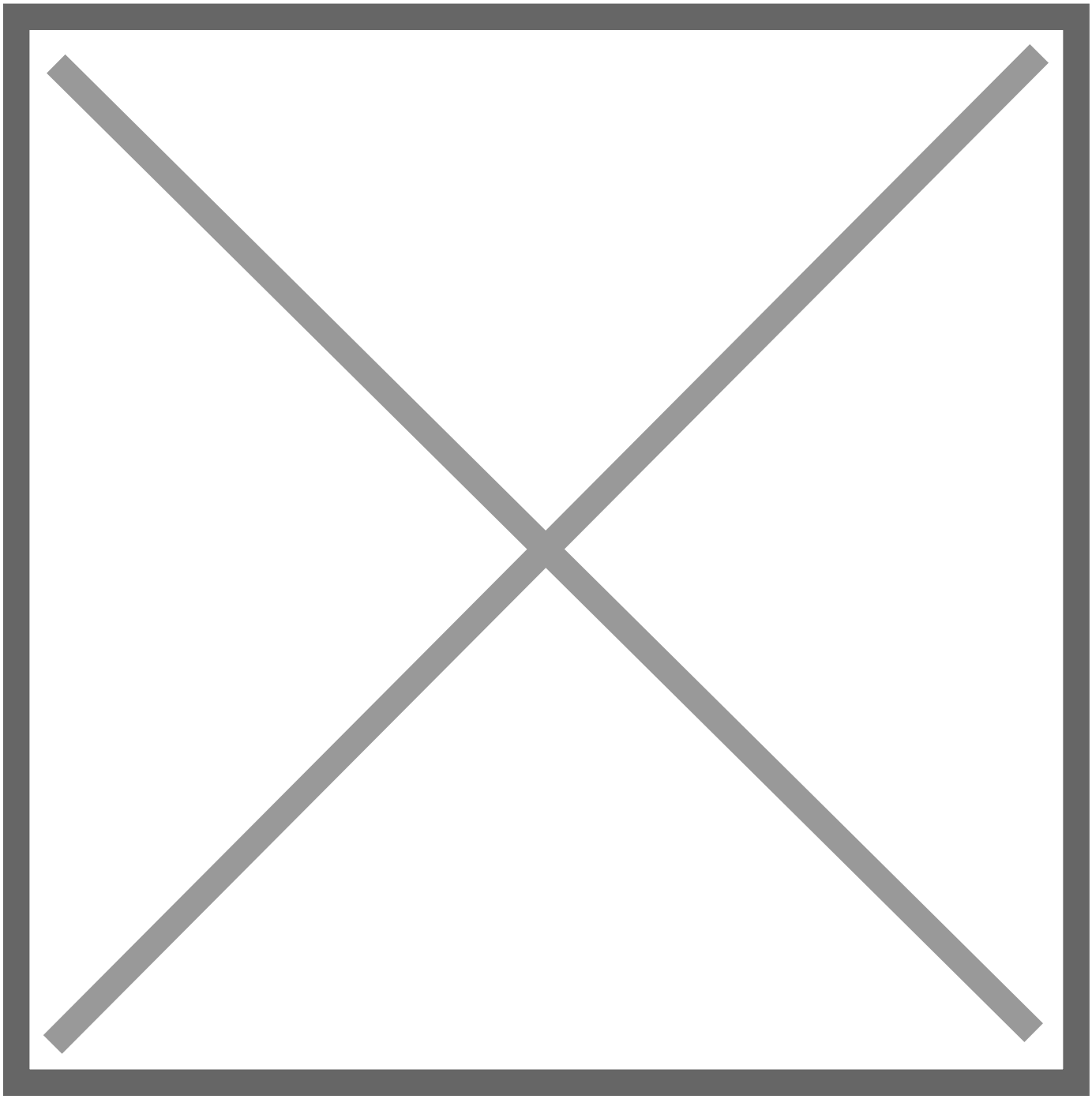
Adults, 2025



Area covered:	National
References:	FAO. 2026. FAOSTAT: Cost and Affordability of a Healthy Diet (CoAHD). https://www.fao.org/faostat/en/#data/CAHD. Licence: CC-BY-4.0. [Last Accessed 12.10.26]
Notes:	The percent of the population whose food budget is below the cost of a healthy diet.

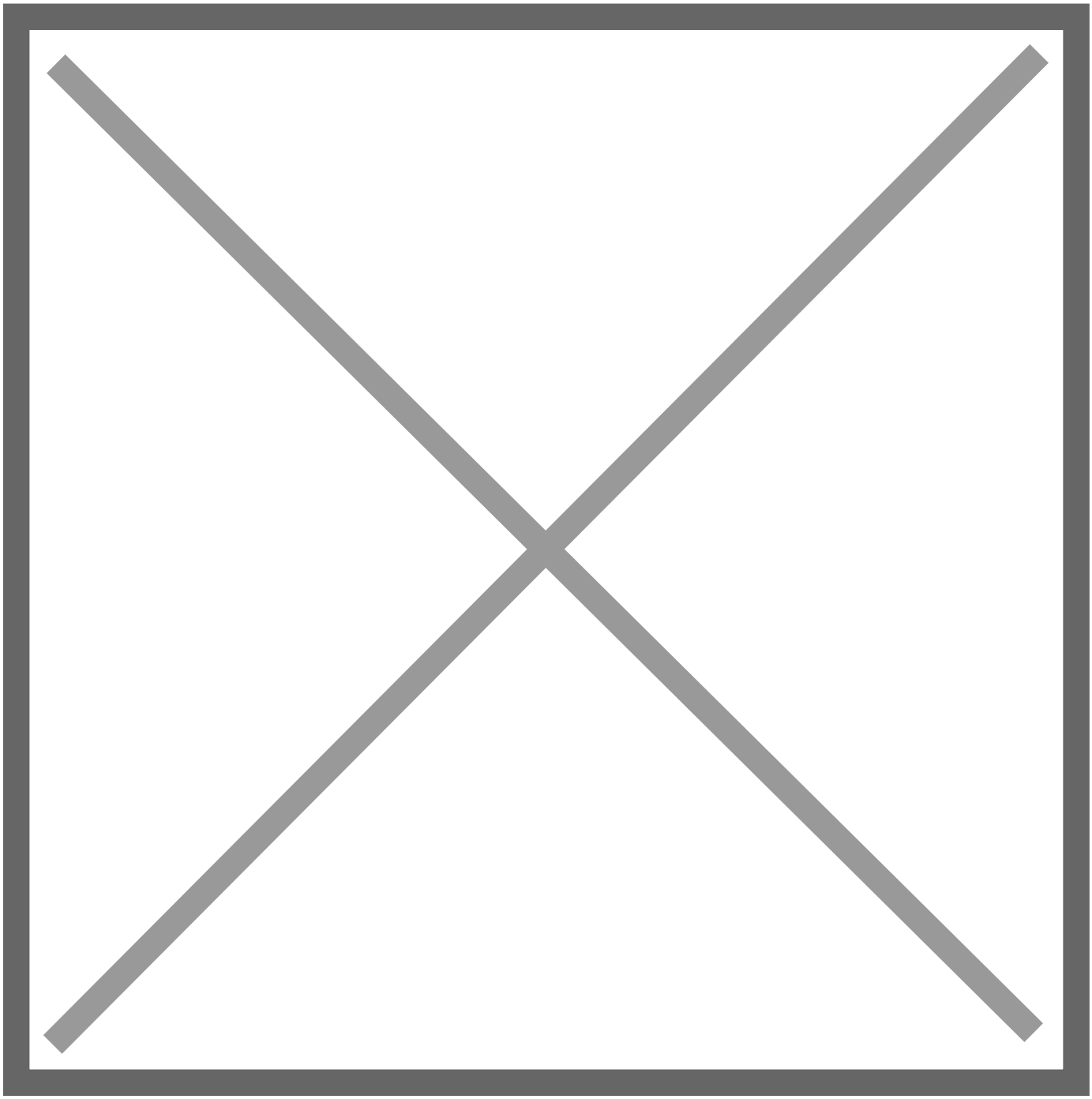
Oesophageal cancer

Men, 2022



Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]
Definitions:	Indicence per 100,000

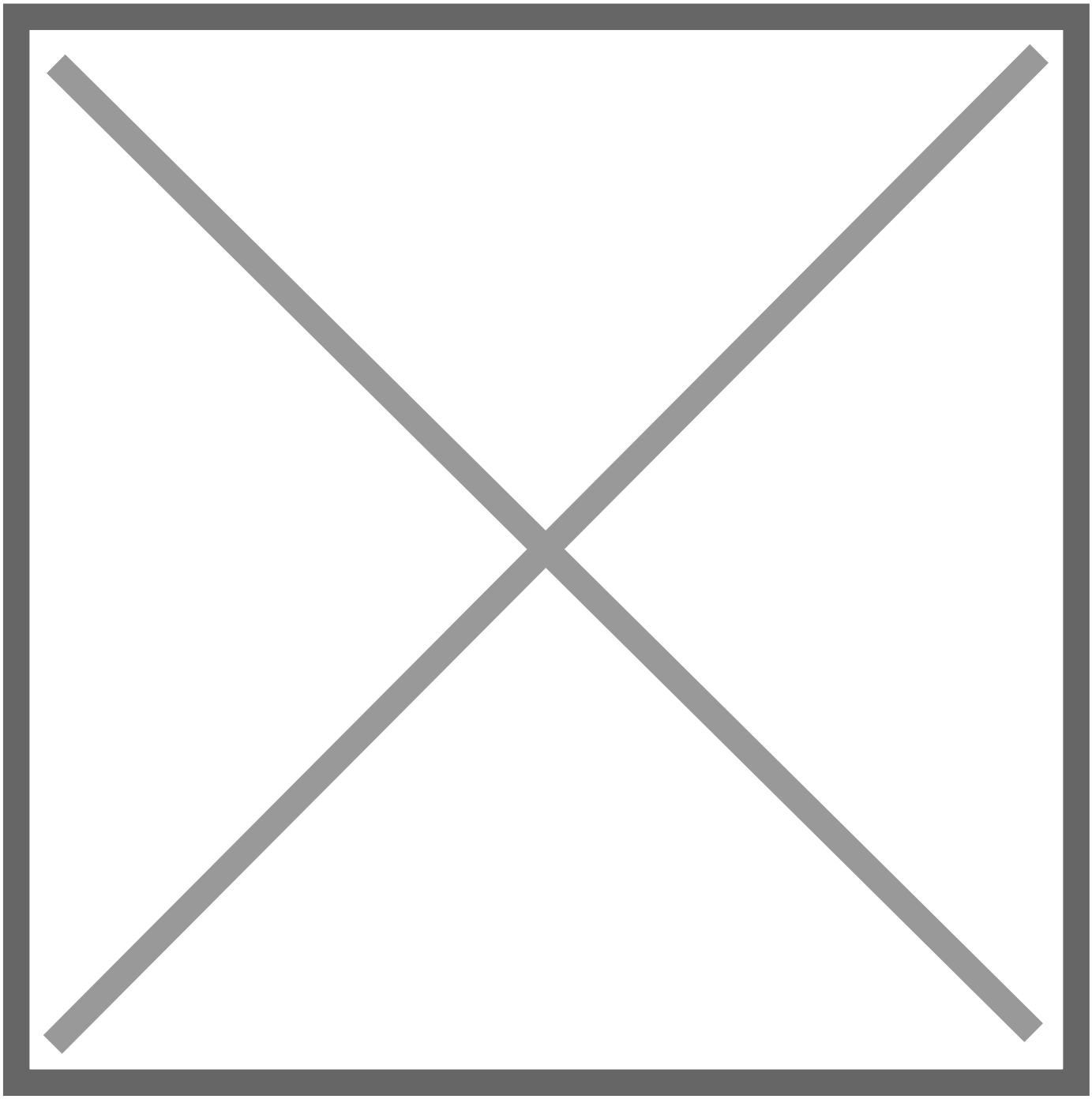
Women, 2022



Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]
Definitions:	Indicence per 100,000

Breast cancer

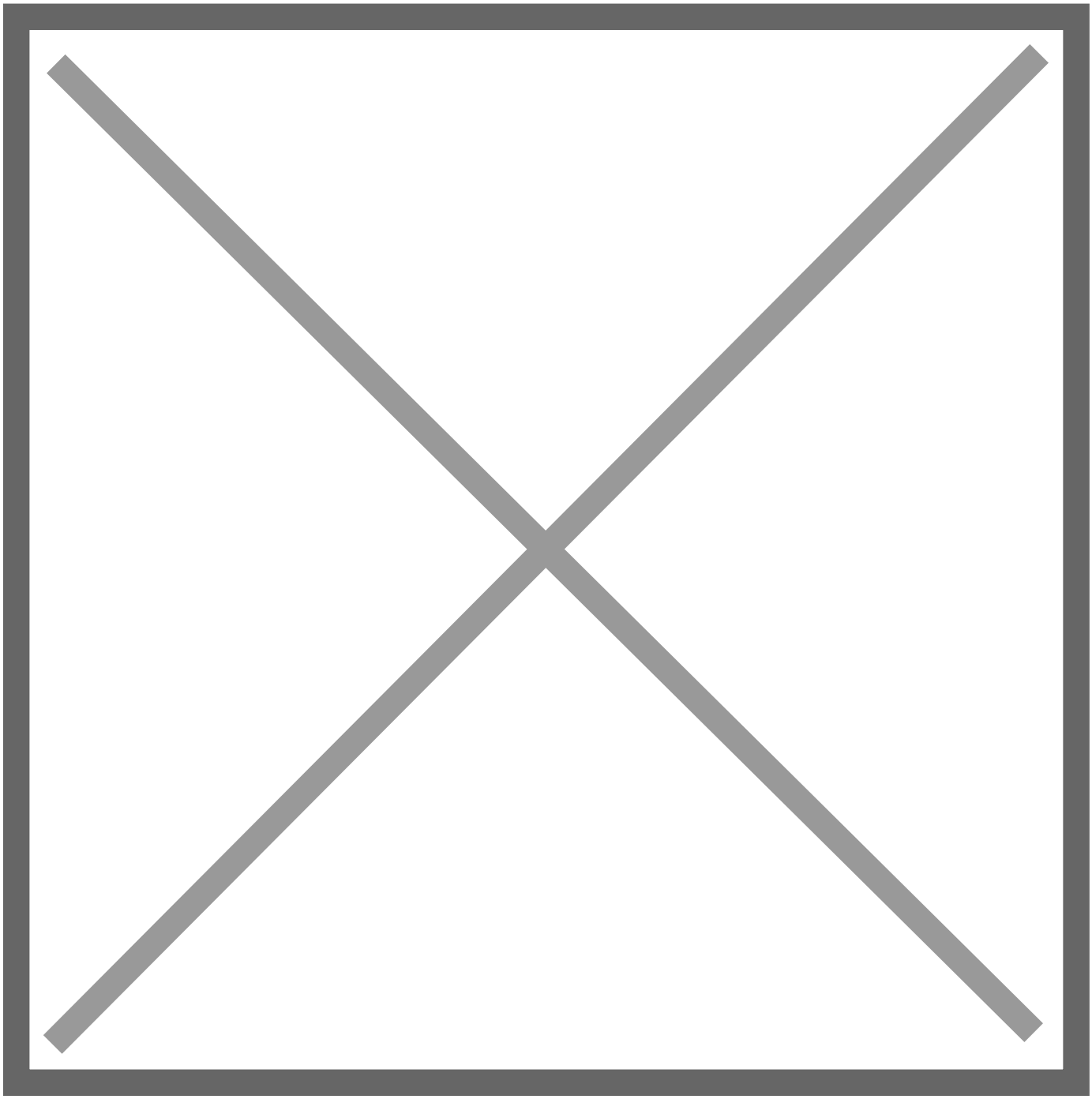
Women, 2022



Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]
Definitions:	Incidence per 100,000

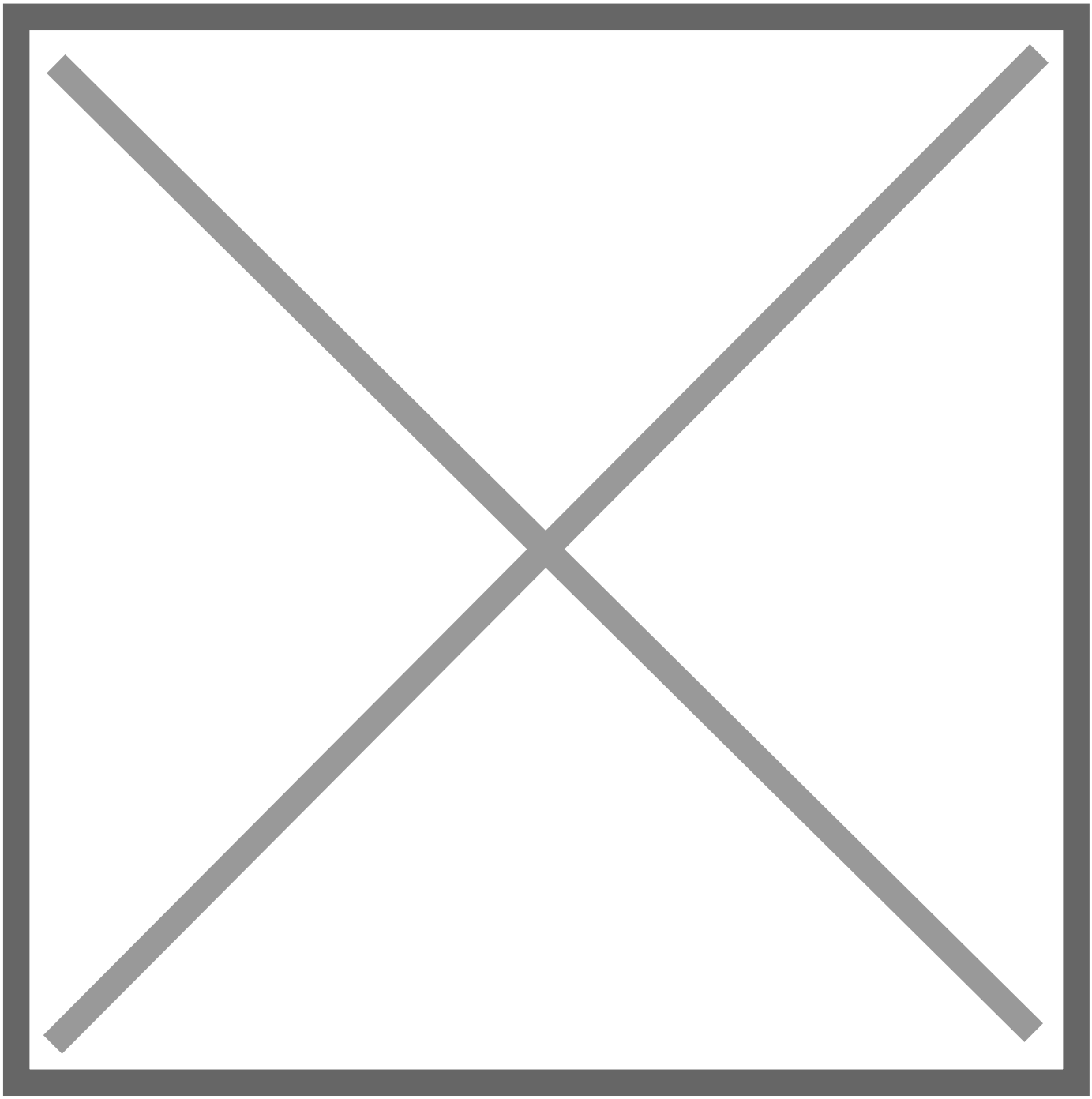
Colorectal cancer

Men, 2022



Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]
Definitions:	Incidence per 100,000

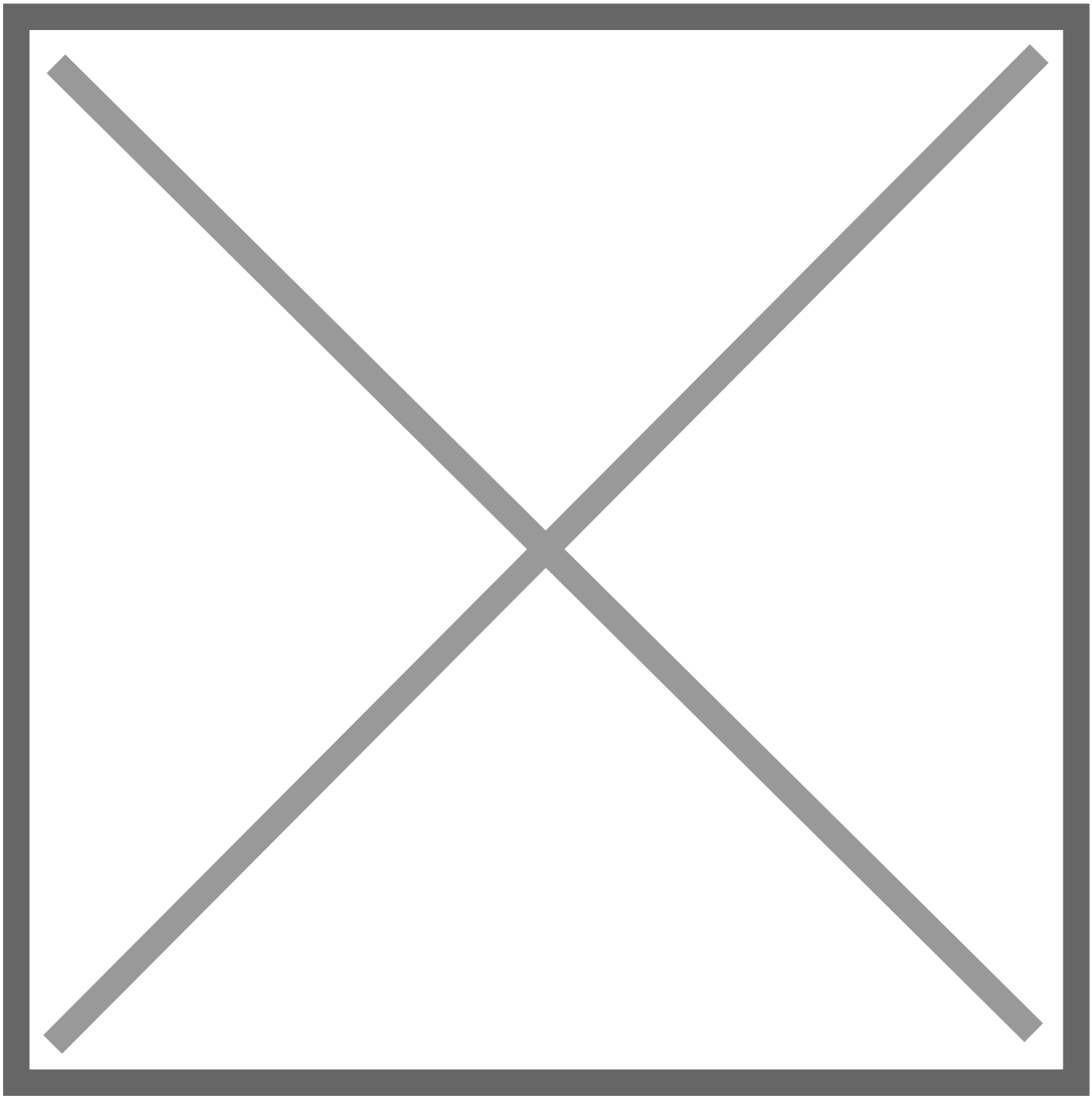
Women, 2022



Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]
Definitions:	Incidence per 100,000

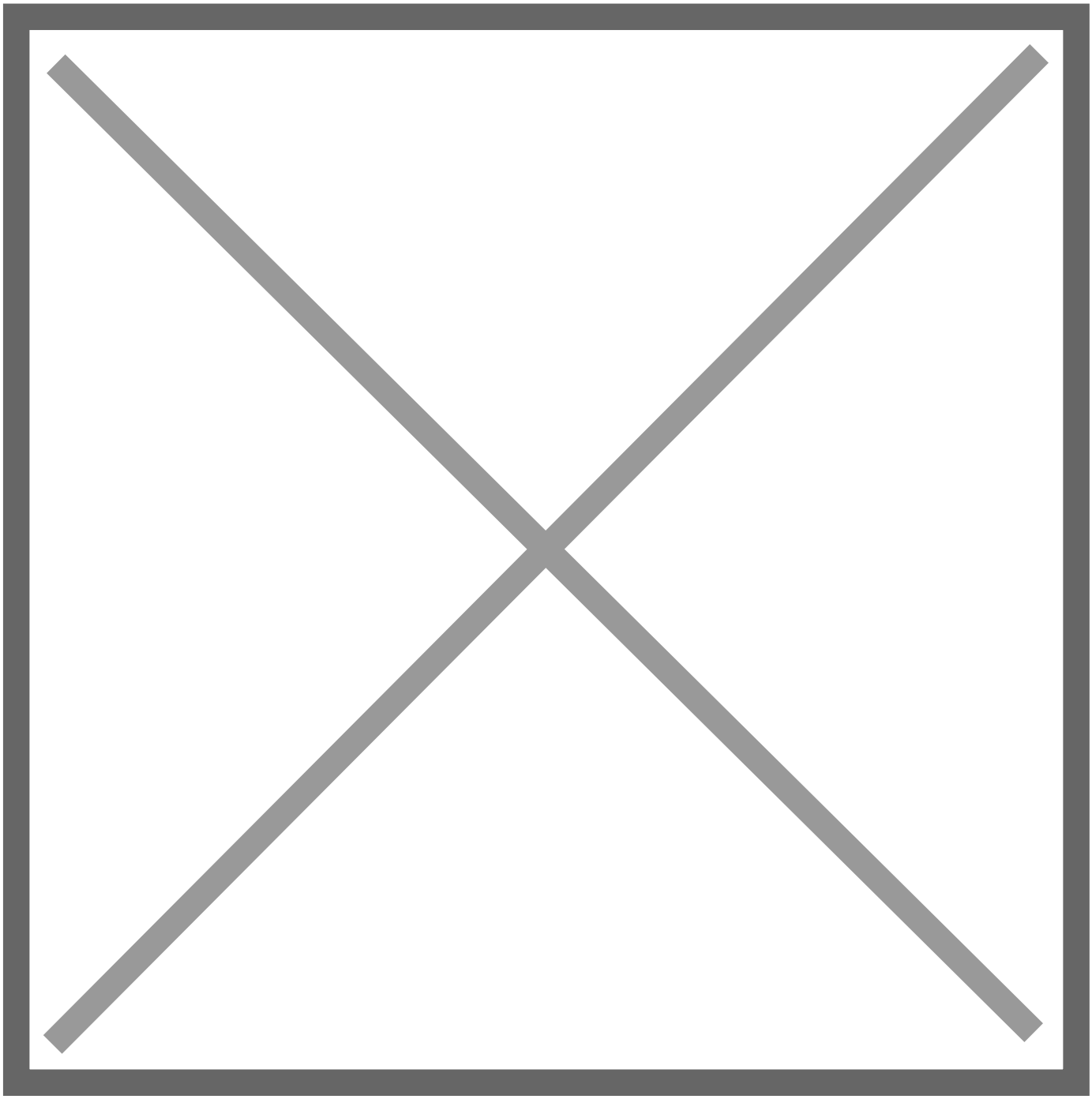
Pancreatic cancer

Men, 2022



Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]
Definitions:	Incidence per 100,000

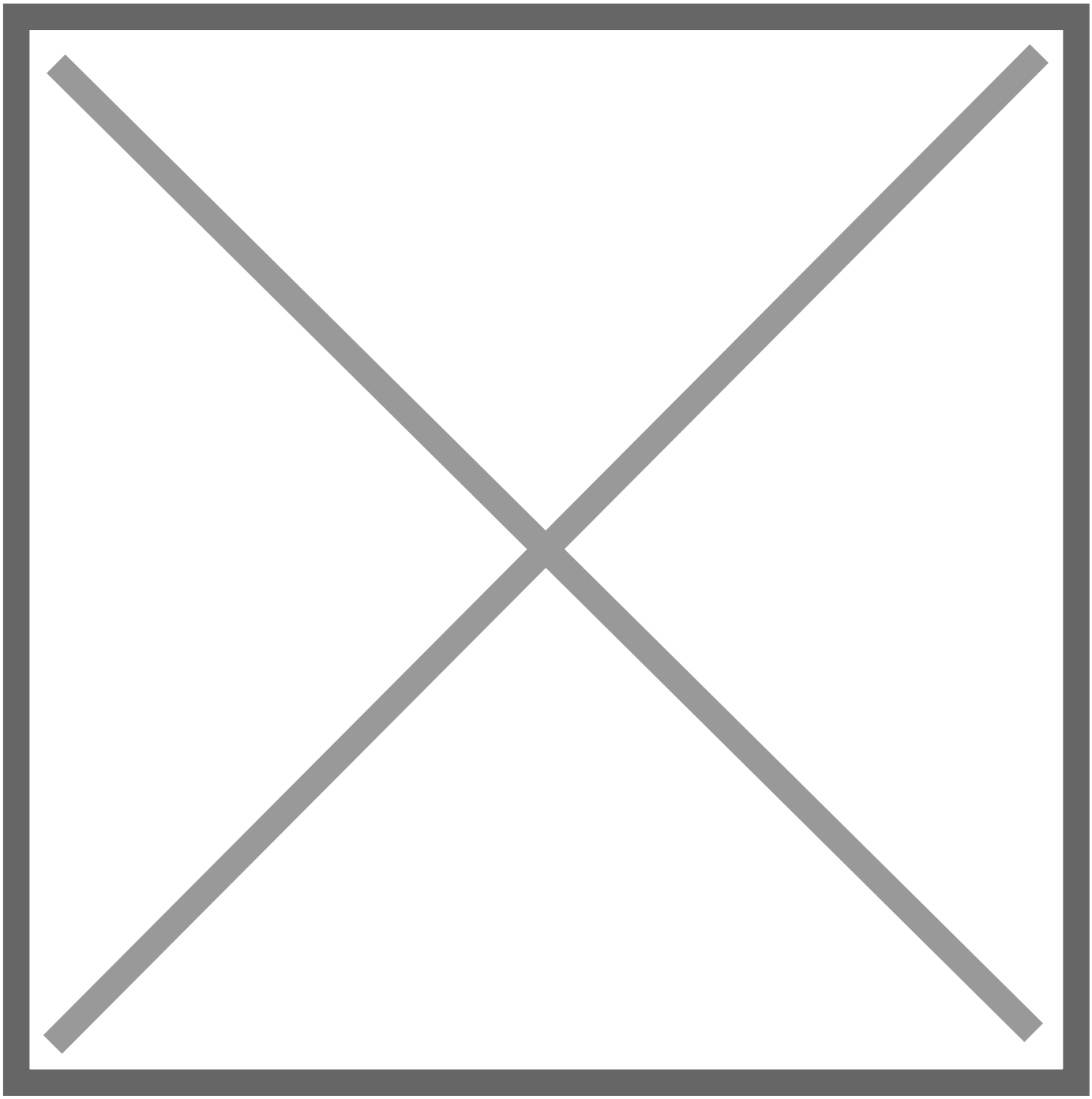
Women, 2022



Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]
Definitions:	Incidence per 100,000

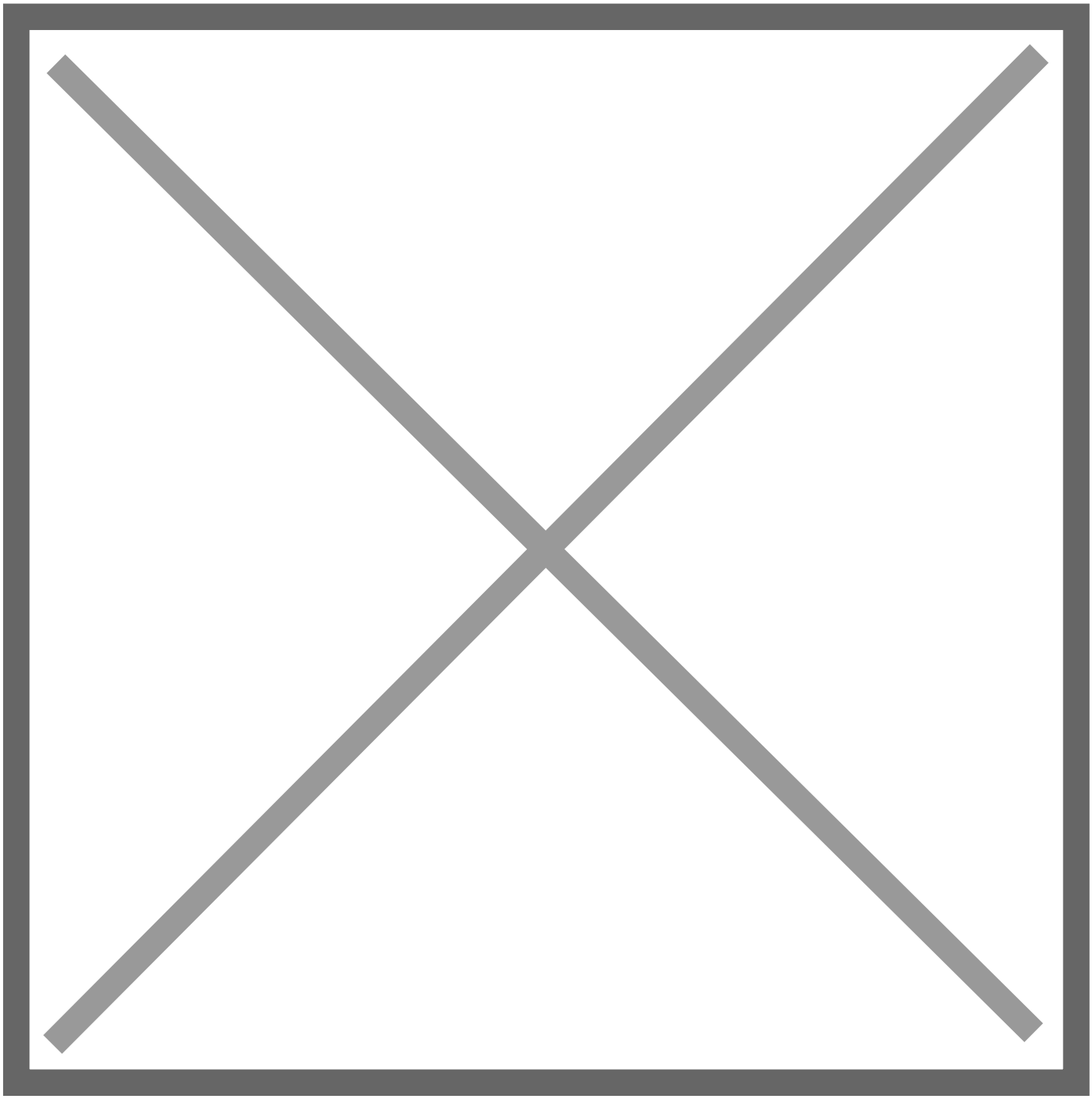
Gallbladder cancer

Men, 2022



Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]
Definitions:	Indicence per 100,000

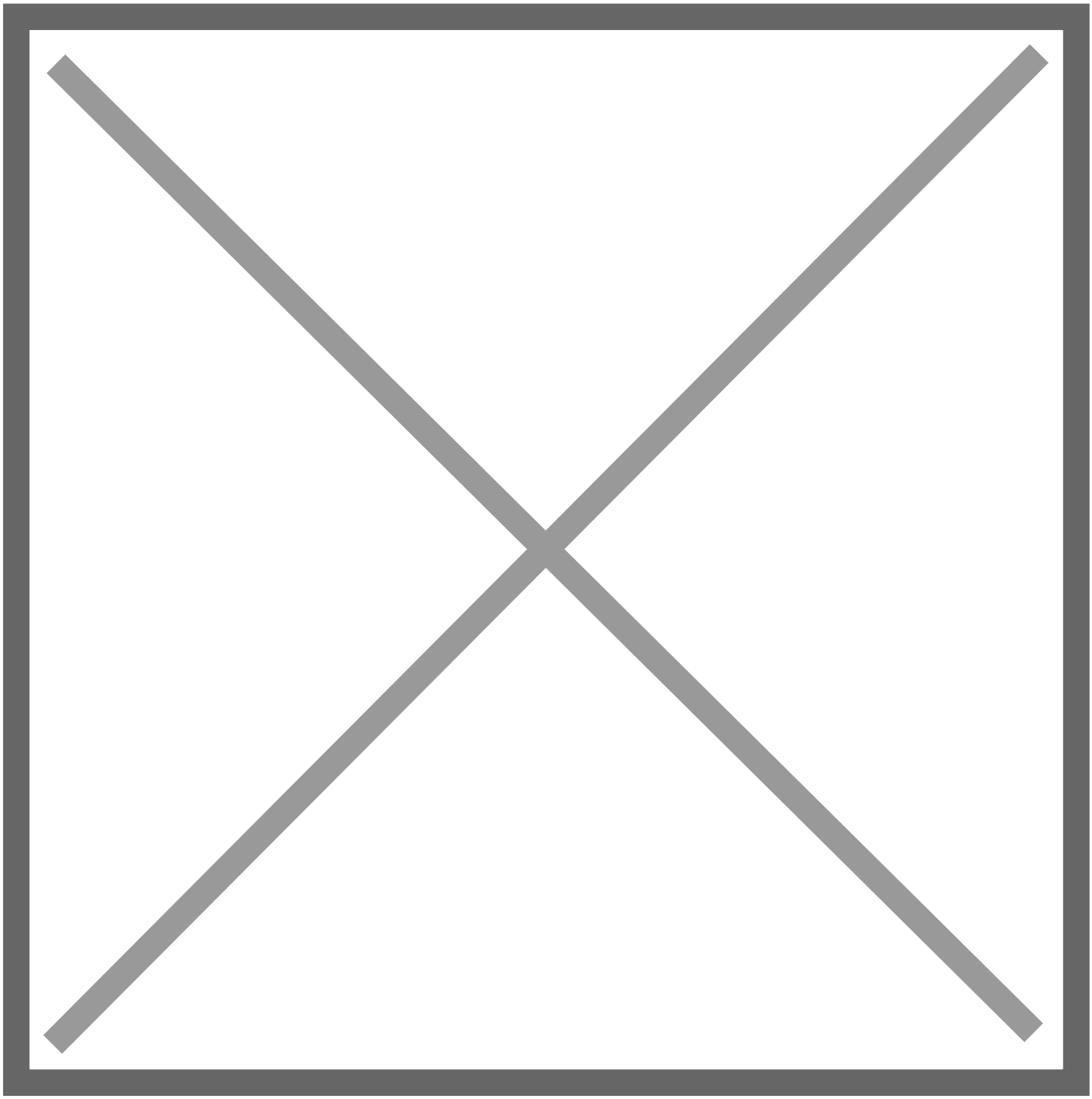
Women, 2022



Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]
Definitions:	Indicence per 100,000

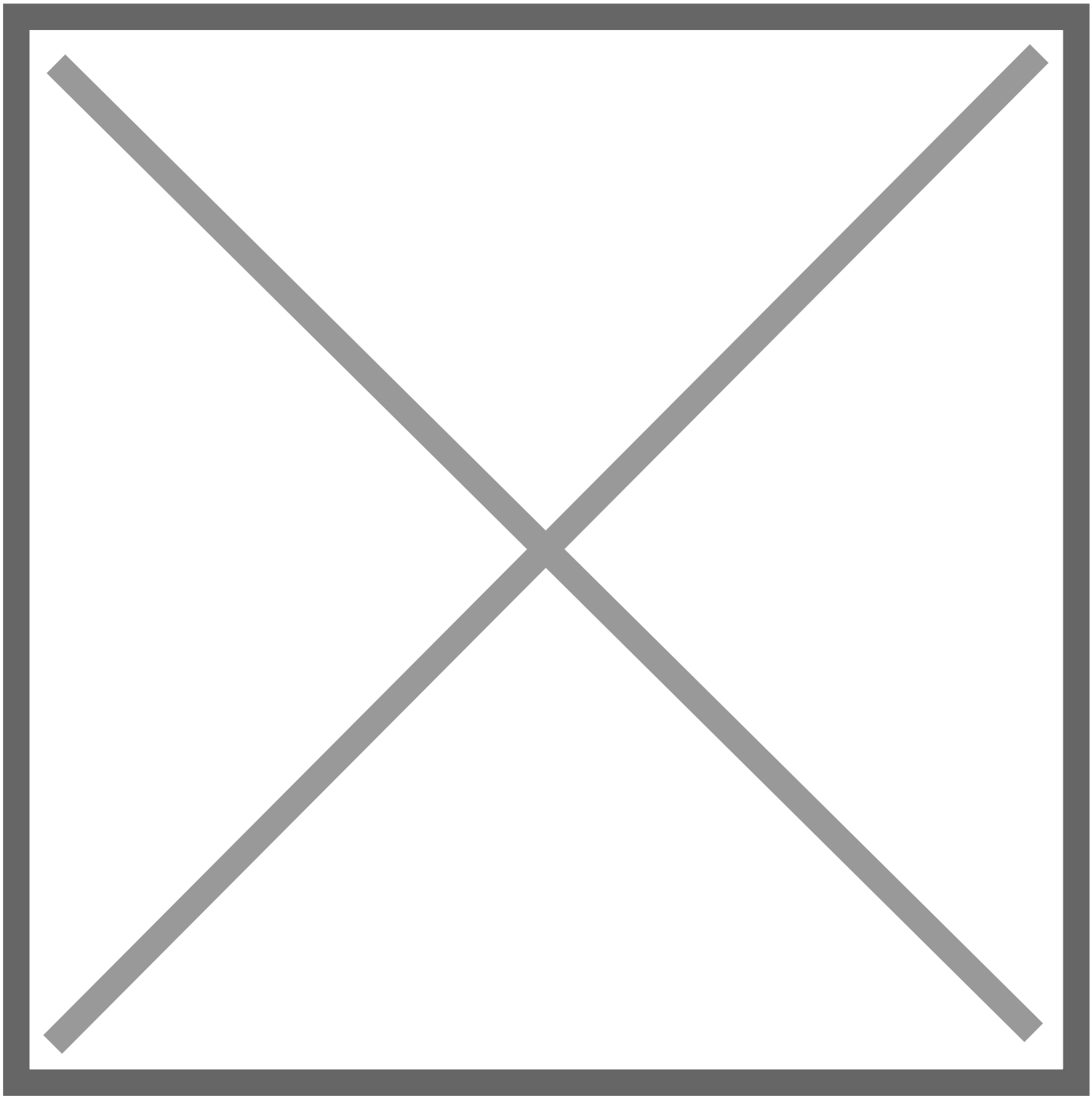
Kidney cancer

Men, 2022



Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]
Definitions:	Incidence per 100,000

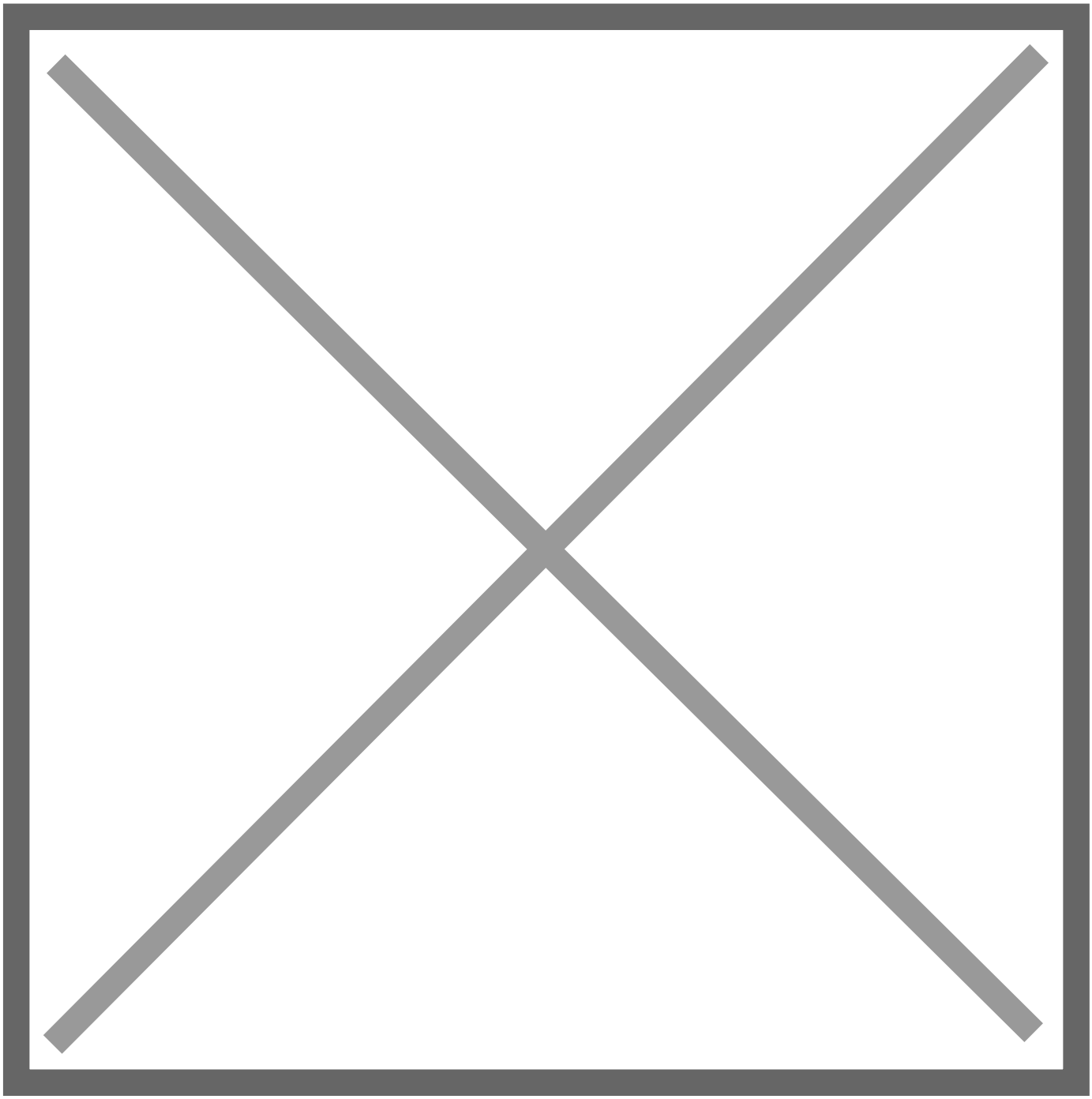
Women, 2022



Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]
Definitions:	Incidence per 100,000

Cancer of the uterus

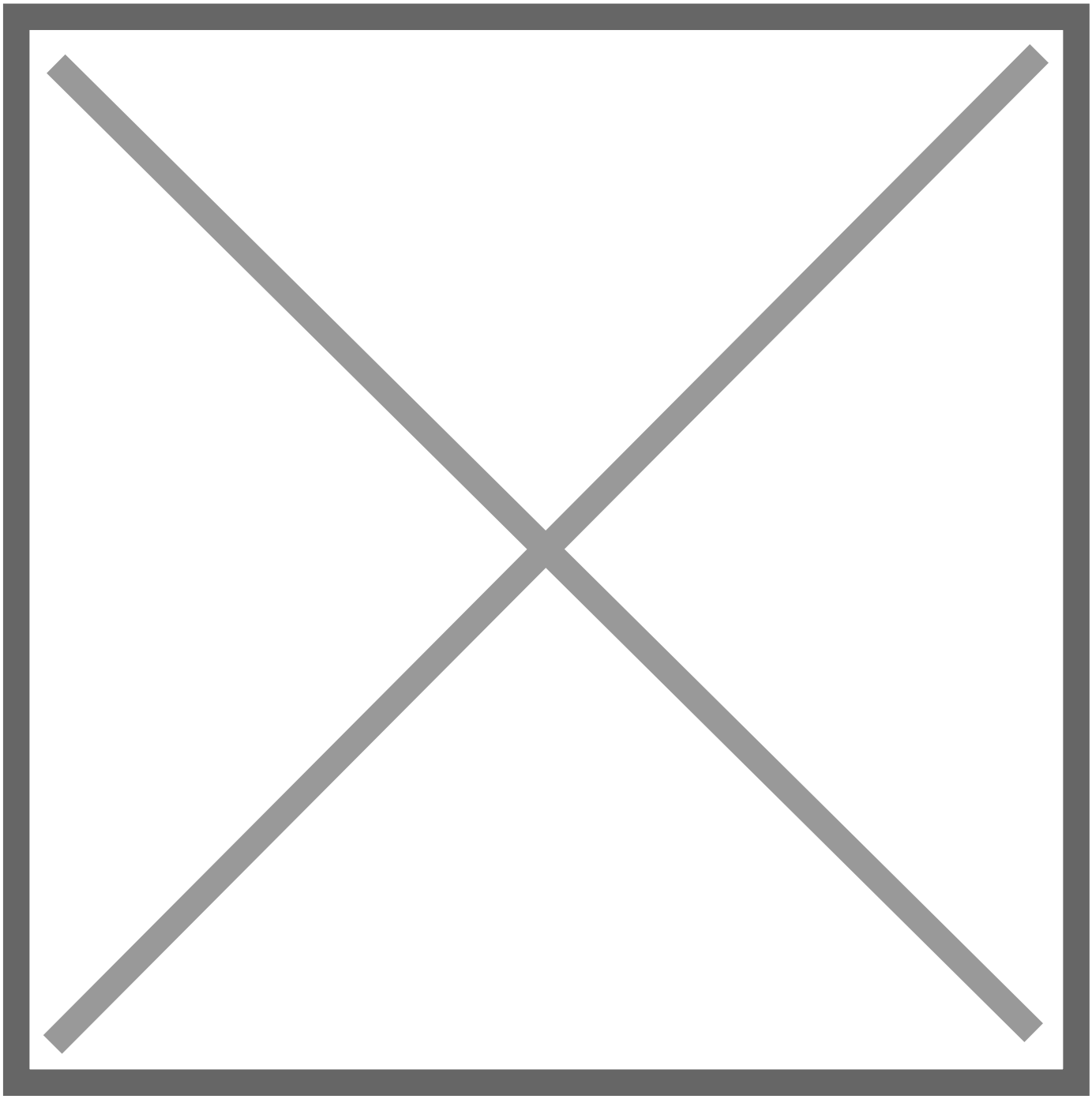
Women, 2022



Age:	20+
References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]
Definitions:	Incidence per 100,000

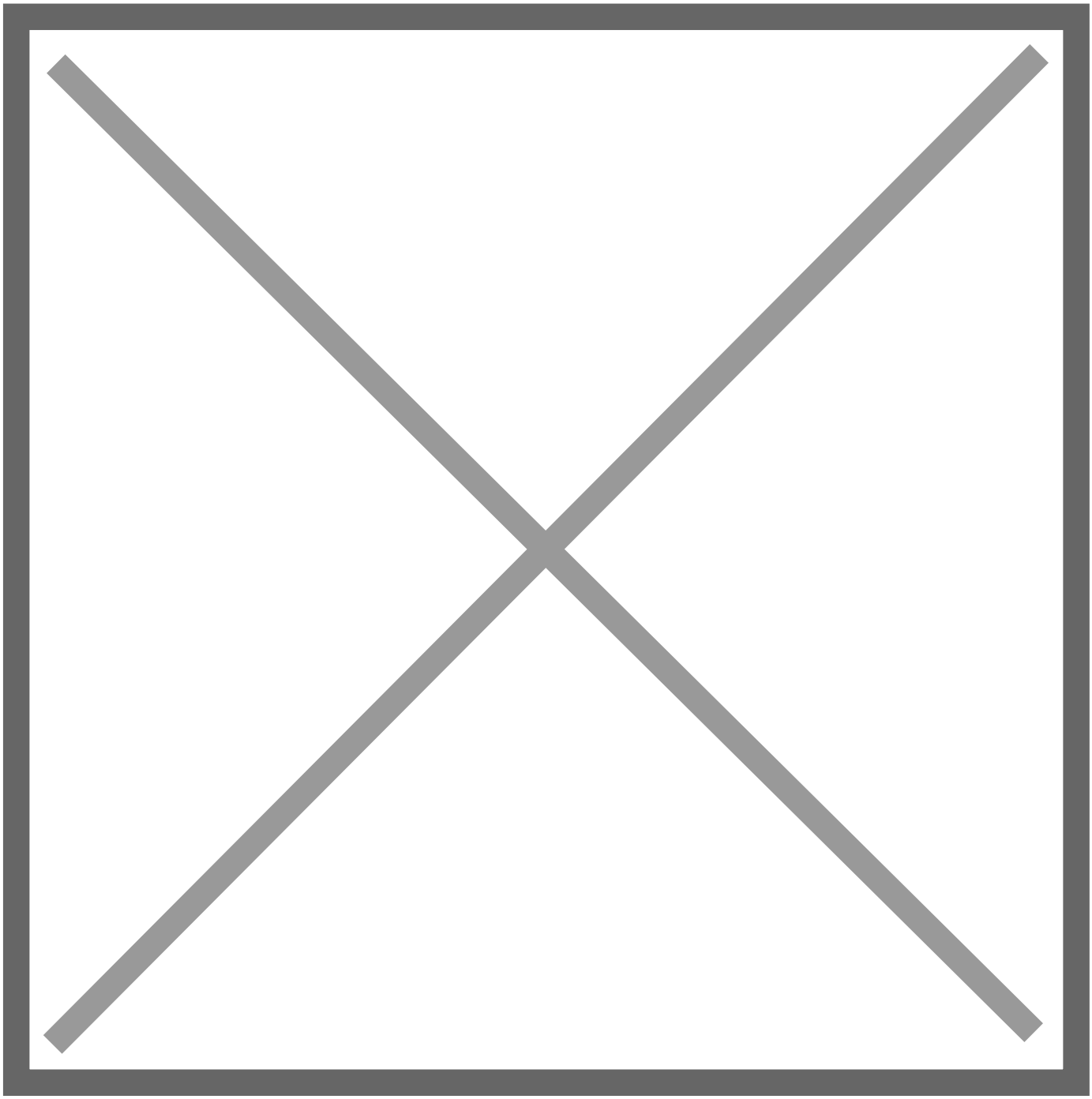
Raised blood pressure

Adults, 2019



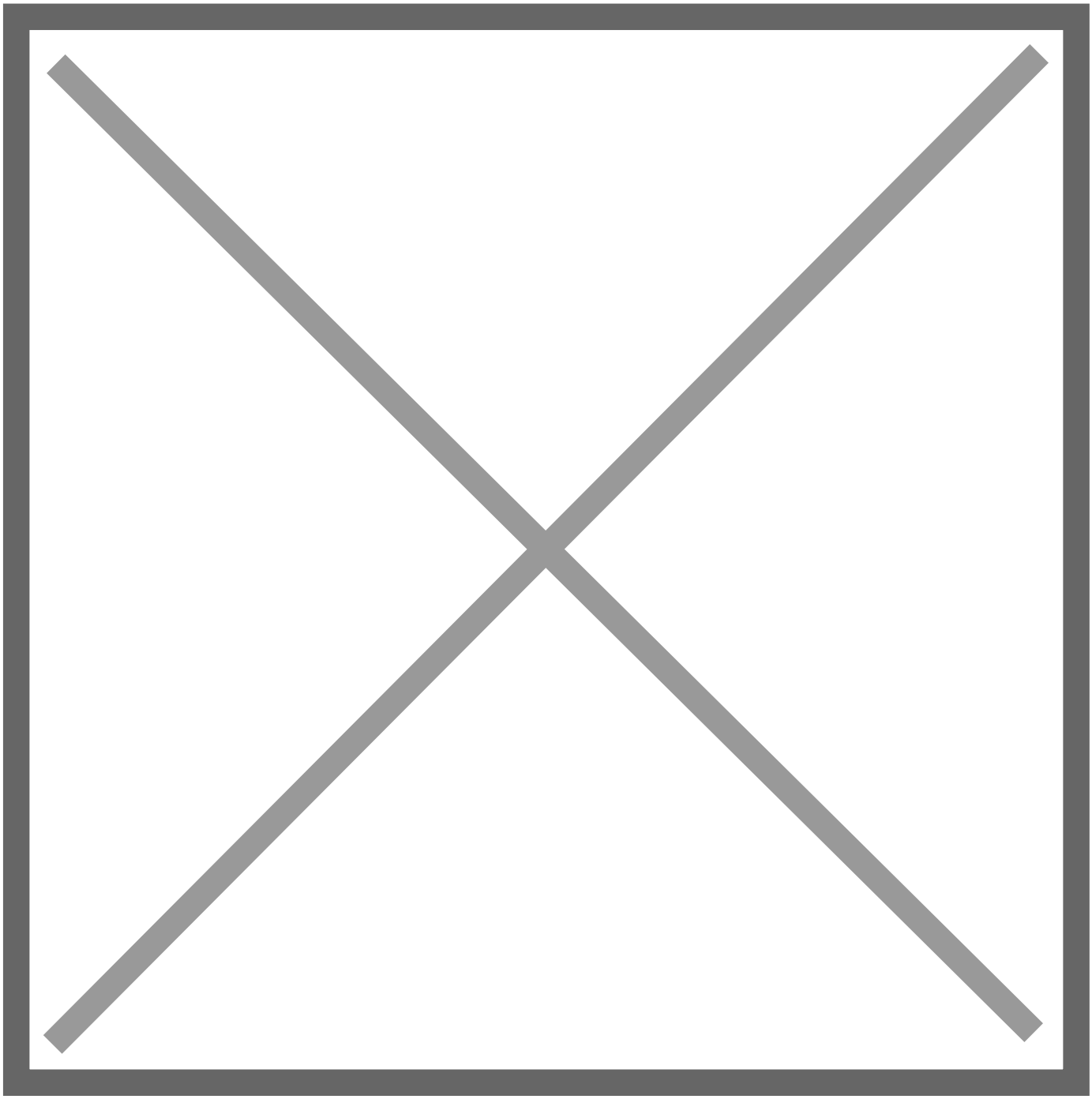
Age:	30-79
References:	World Health Organization. 2024. Hypertension: raised blood pressure (uncontrolled hypertension) among adults aged 30-79 years (%). Global Health Observatory. https://www.who.int/data/gho/data/indicators/indicator-details/GHO/prevalence-raised-blood-pressure-among-adults-30-79-years [Accessed 16.03.26]
Definitions:	Prevalence of raised blood pressure (defined as having systolic blood pressure ≥140 mmHg or diastolic blood pressure ≥90 mmHg) among adults aged 30-79.

Men, 2019



Age:	30-79
References:	World Health Organization. 2024. Hypertension: raised blood pressure (uncontrolled hypertension) among adults aged 30-79 years (%). Global Health Observatory. https://www.who.int/data/gho/data/indicators/indicator-details/GHO/prevalence-raised-blood-pressure-among-adults-30-79-years [Accessed 16.03.26]
Definitions:	Prevalence of raised blood pressure (defined as having systolic blood pressure ≥140 mmHg or diastolic blood pressure ≥90 mmHg) among adults aged 30-79.

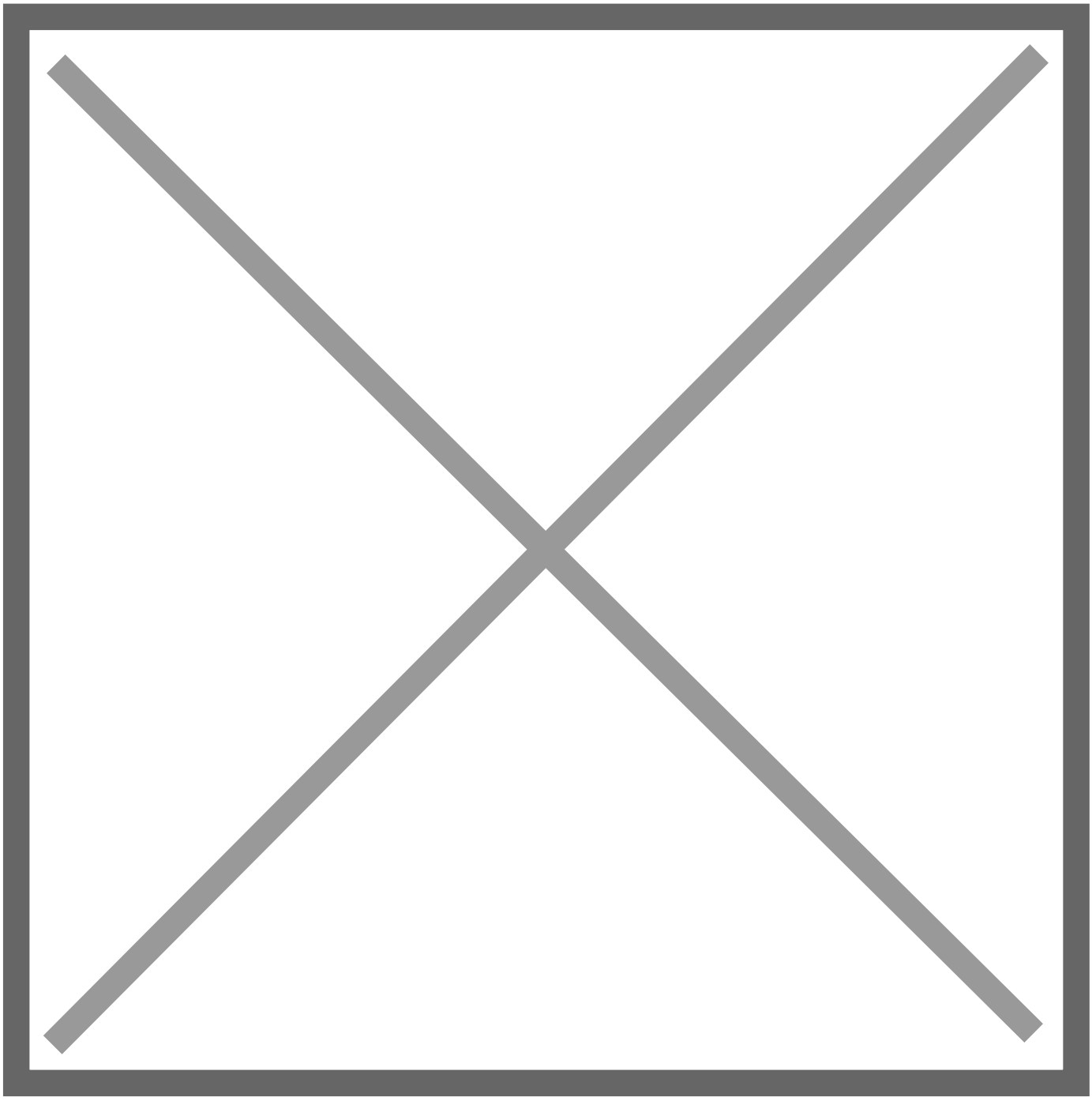
Women, 2019



Age:	30-79
References:	World Health Organization. 2024. Hypertension: raised blood pressure (uncontrolled hypertension) among adults aged 30-79 years (%). Global Health Observatory. https://www.who.int/data/gho/data/indicators/indicator-details/GHO/prevalence-raised-blood-pressure-among-adults-30-79-years [Accessed 16.03.26]
Definitions:	Prevalence of raised blood pressure (defined as having systolic blood pressure ≥140 mmHg or diastolic blood pressure ≥90 mmHg) among adults aged 30-79.

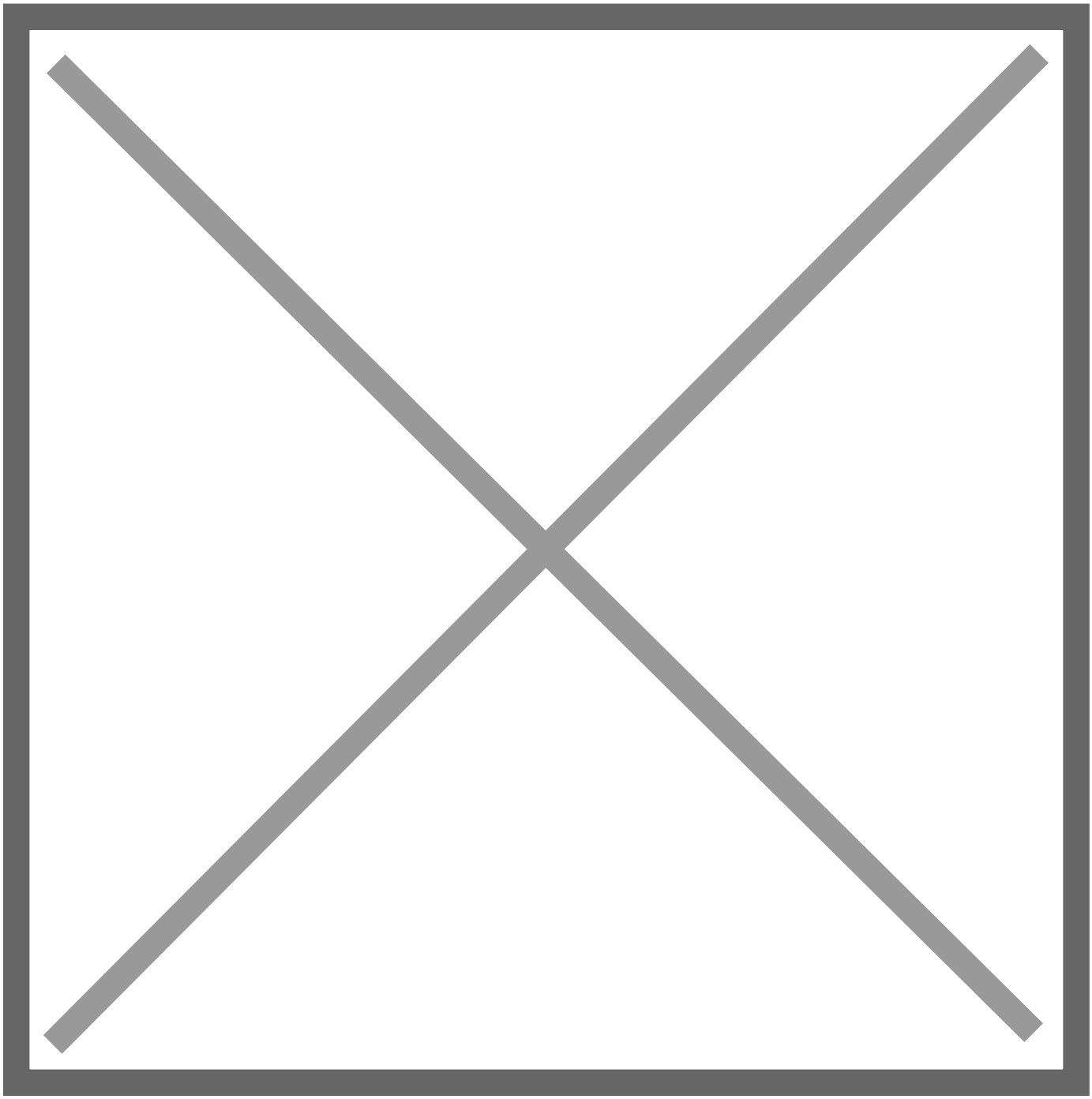
Raised cholesterol

Adults, 2008



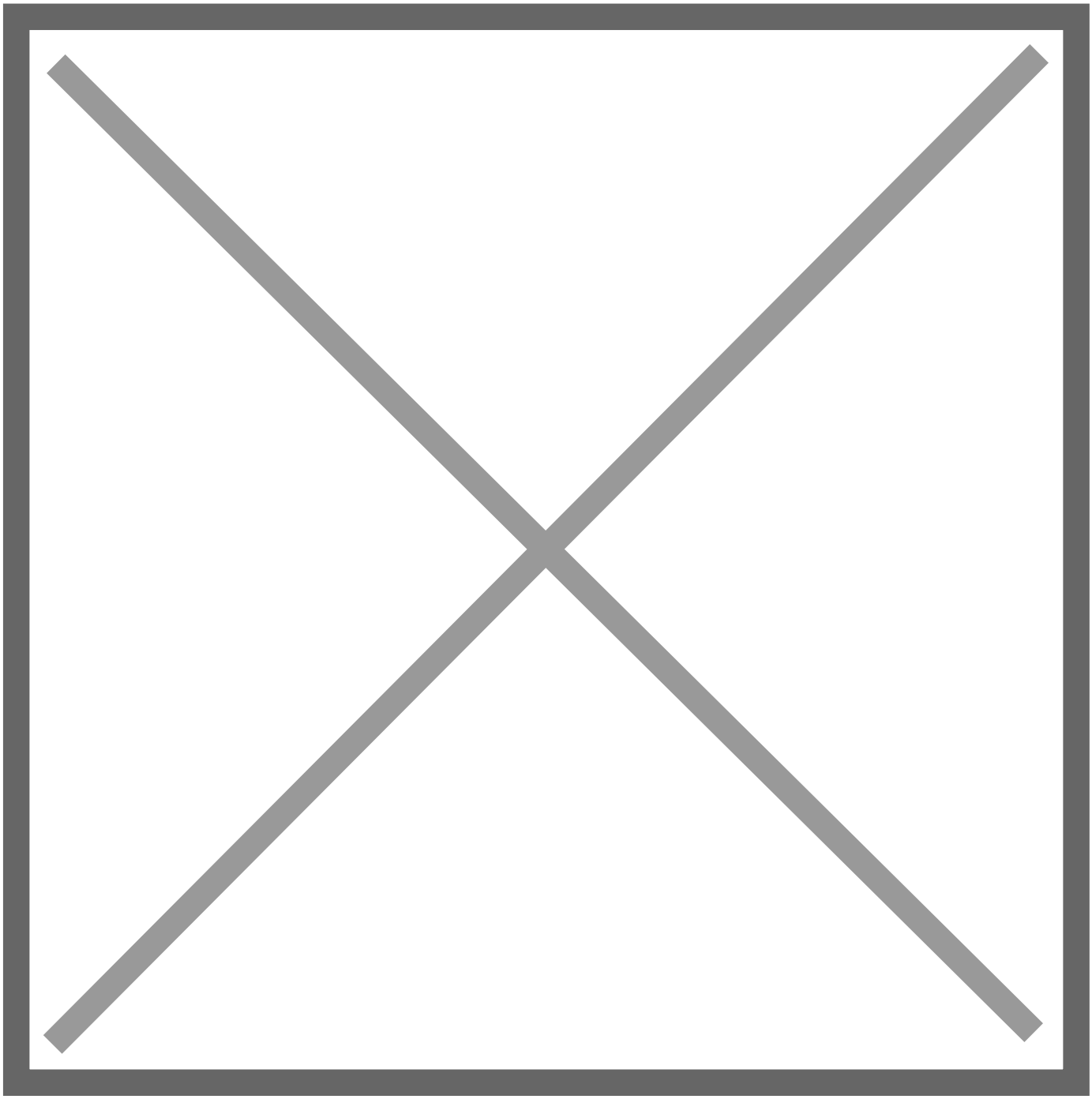
References:	Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A885
Definitions:	% Raised total cholesterol (>= 5.0 mmol/L) (age-standardized estimate).

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).

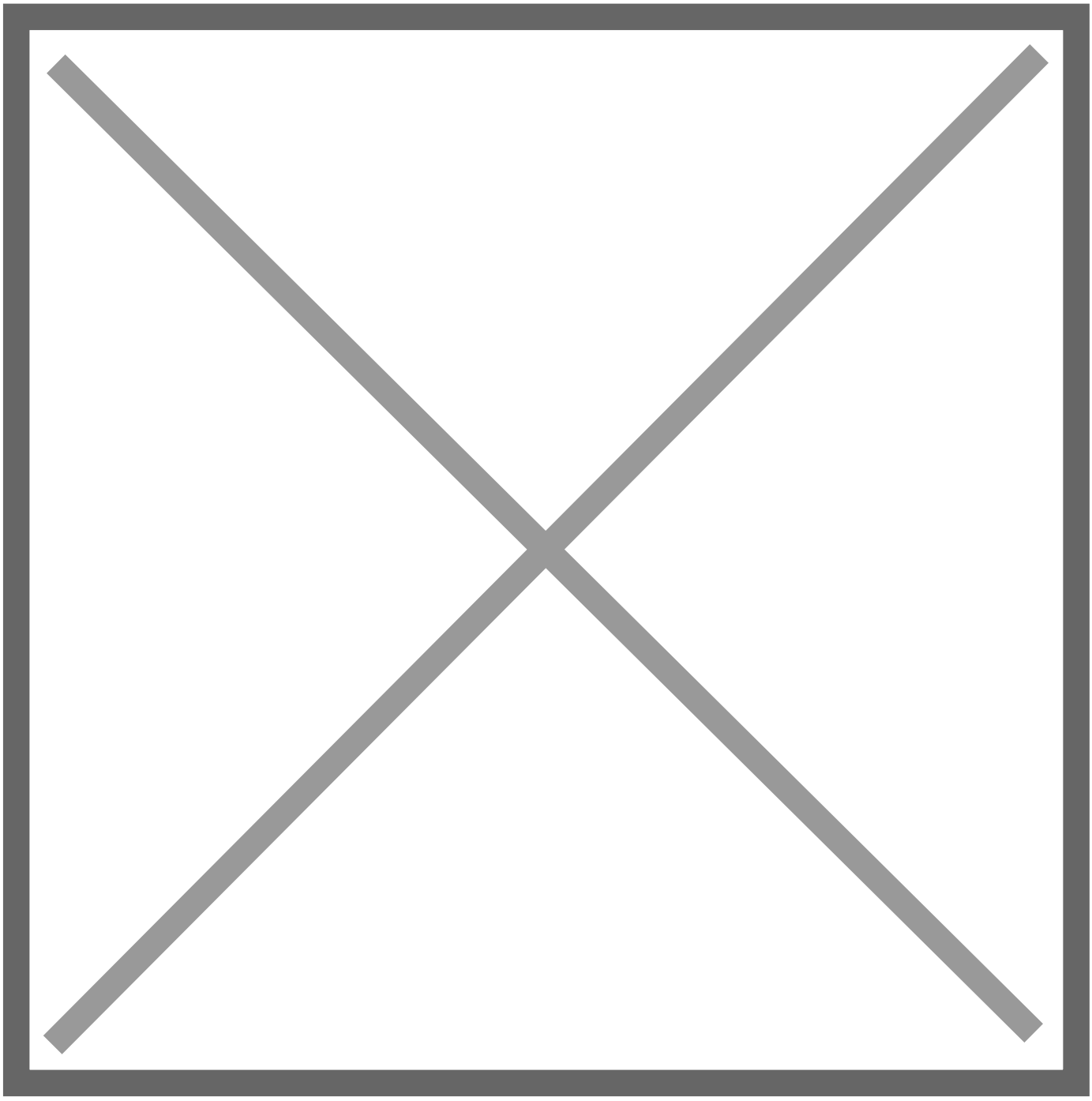
Women, 2008



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).

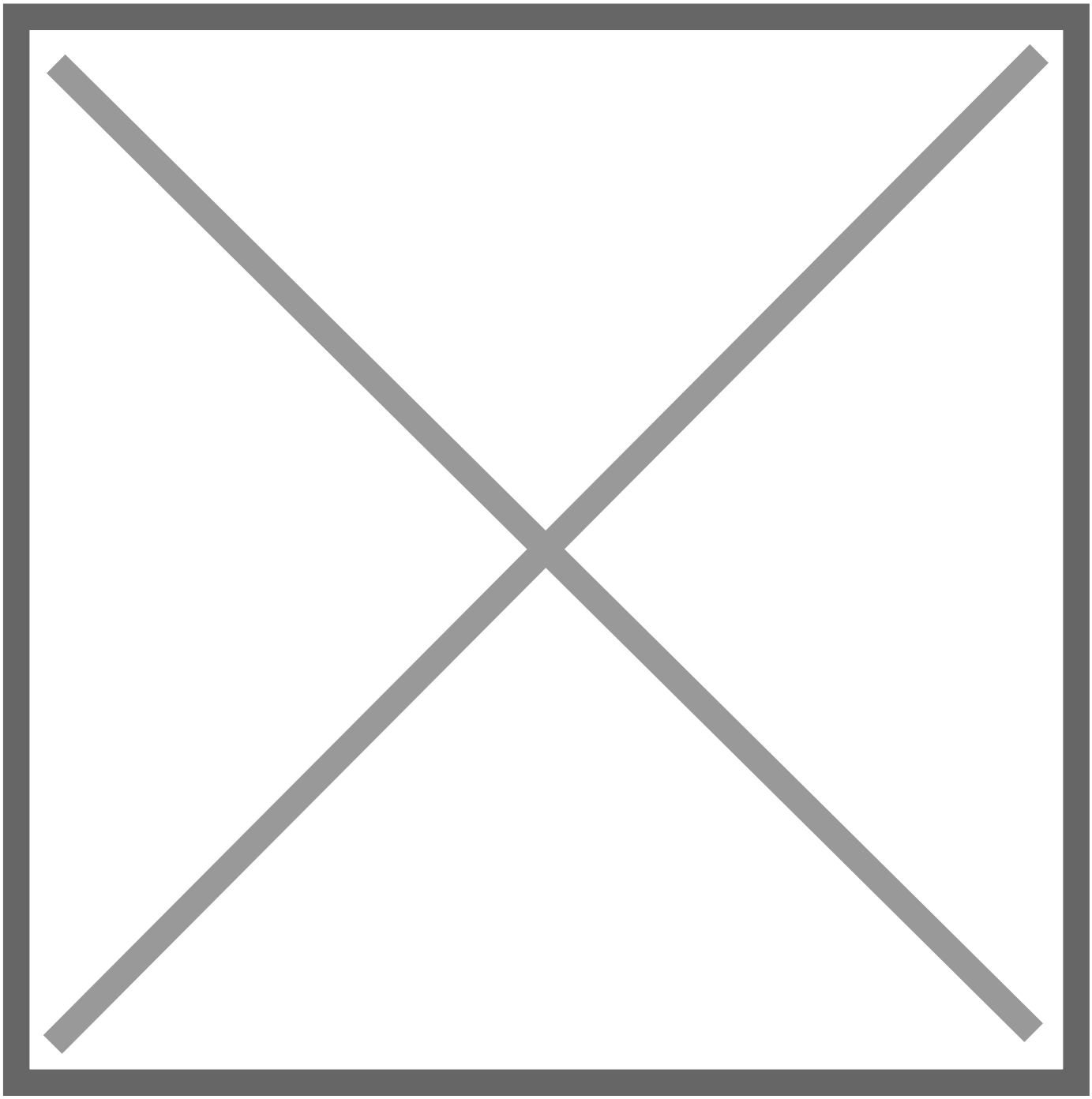
Raised fasting blood glucose

Men, 2014



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).

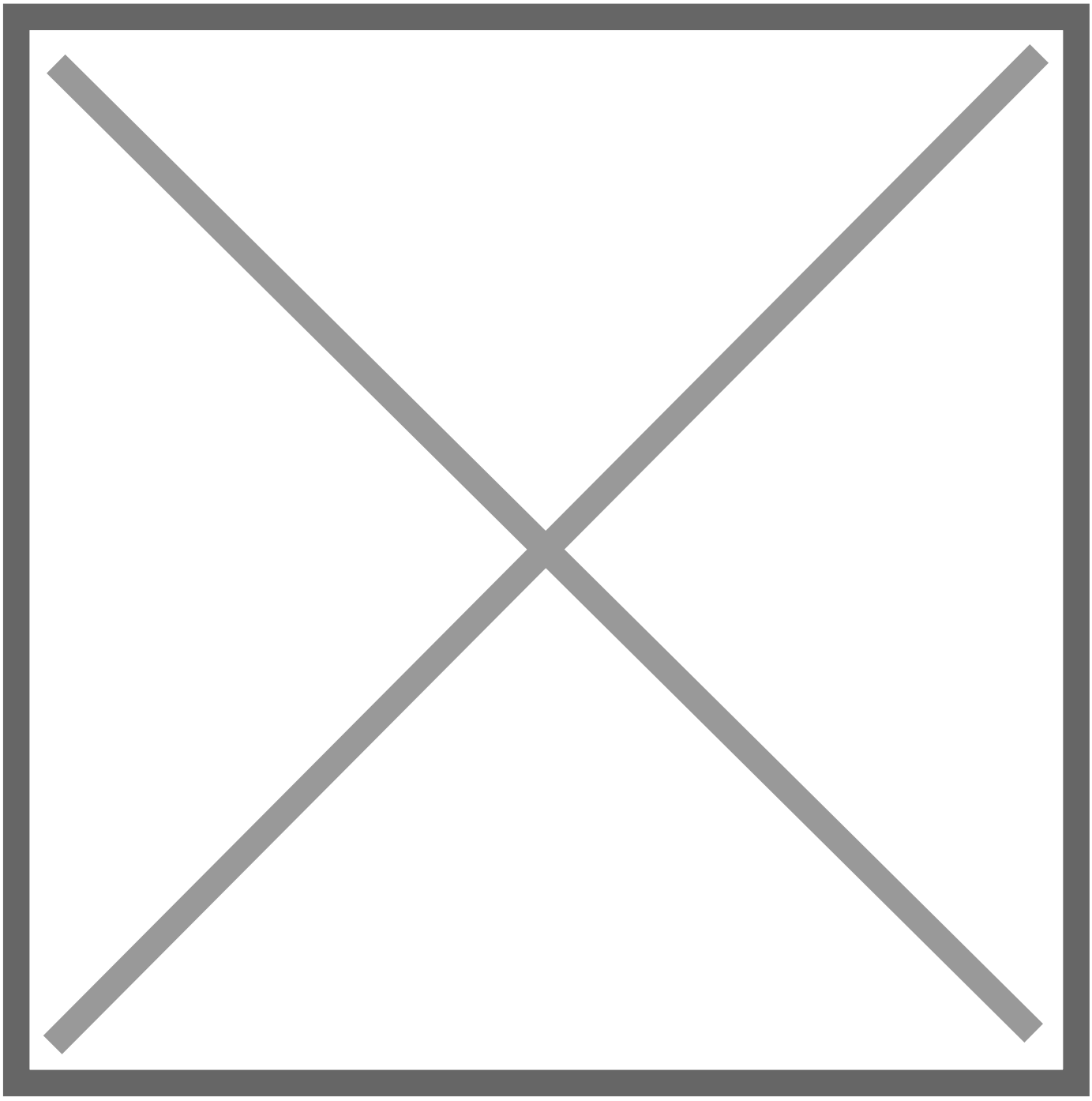
Women, 2014



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

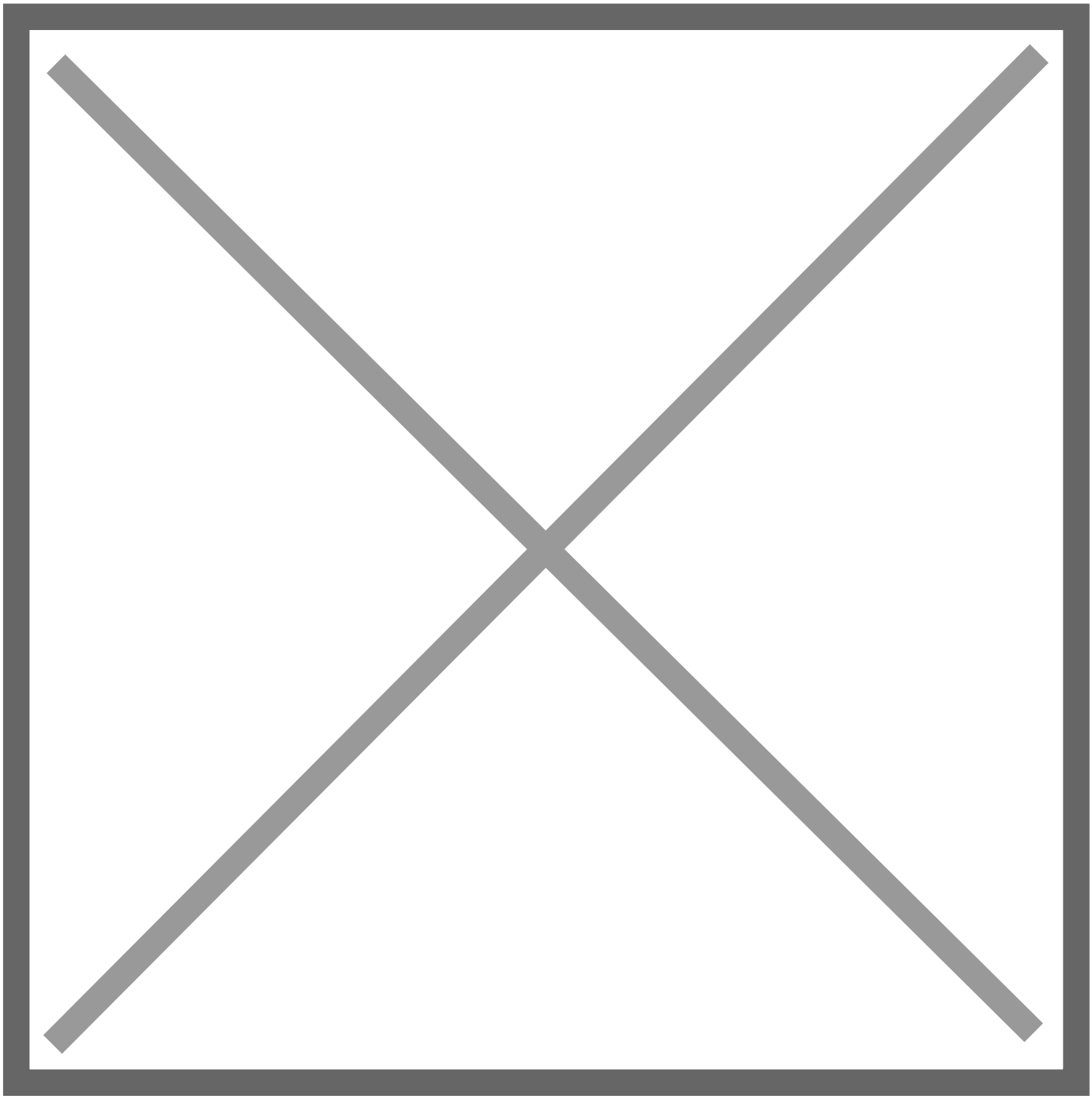
Adults, 2024



References: Reproduced with kind permission International Diabetes Federation. IDF Diabetes Atlas, 11th edn. Brussels, Belgium:International Diabetes Federation, 2025. http://www.diabetesatlas.org

Ovarian Cancer

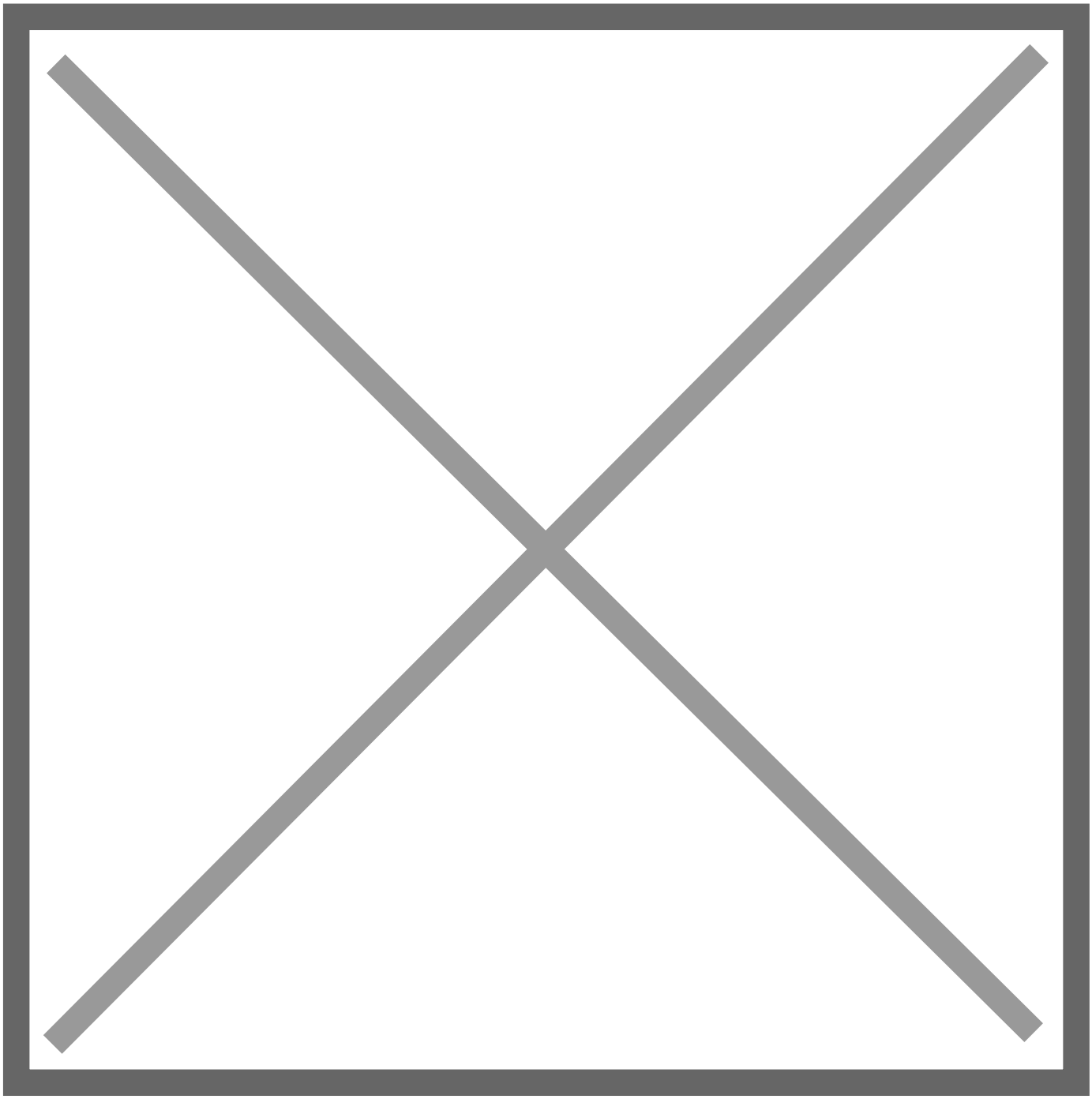
Women, 2022



Age:	20+
References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]
Definitions:	Incidence per 100,000

Leukemia

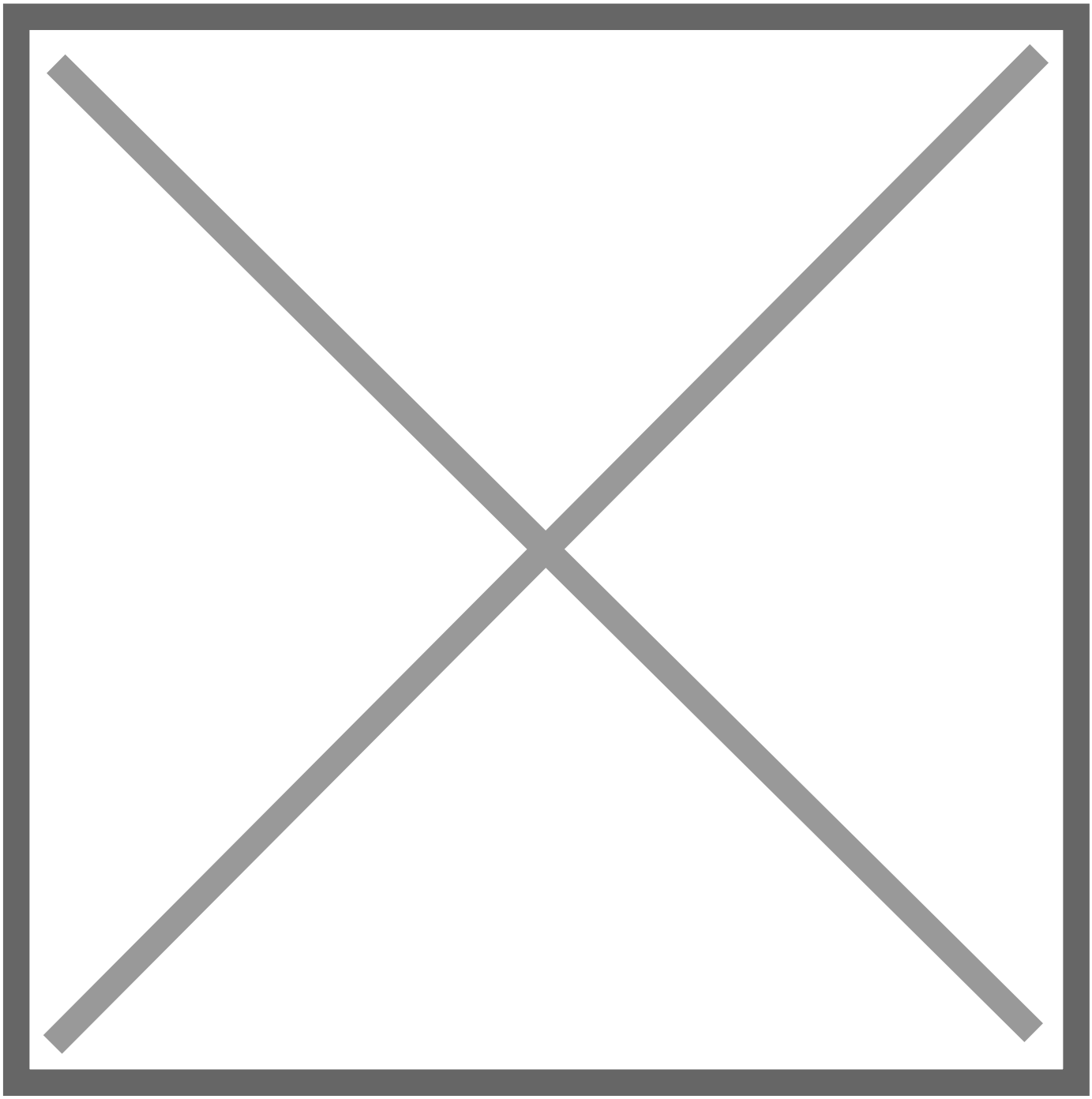
Men, 2022



Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]
Definitions:	Incidence per 100,000

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

Women, 2022

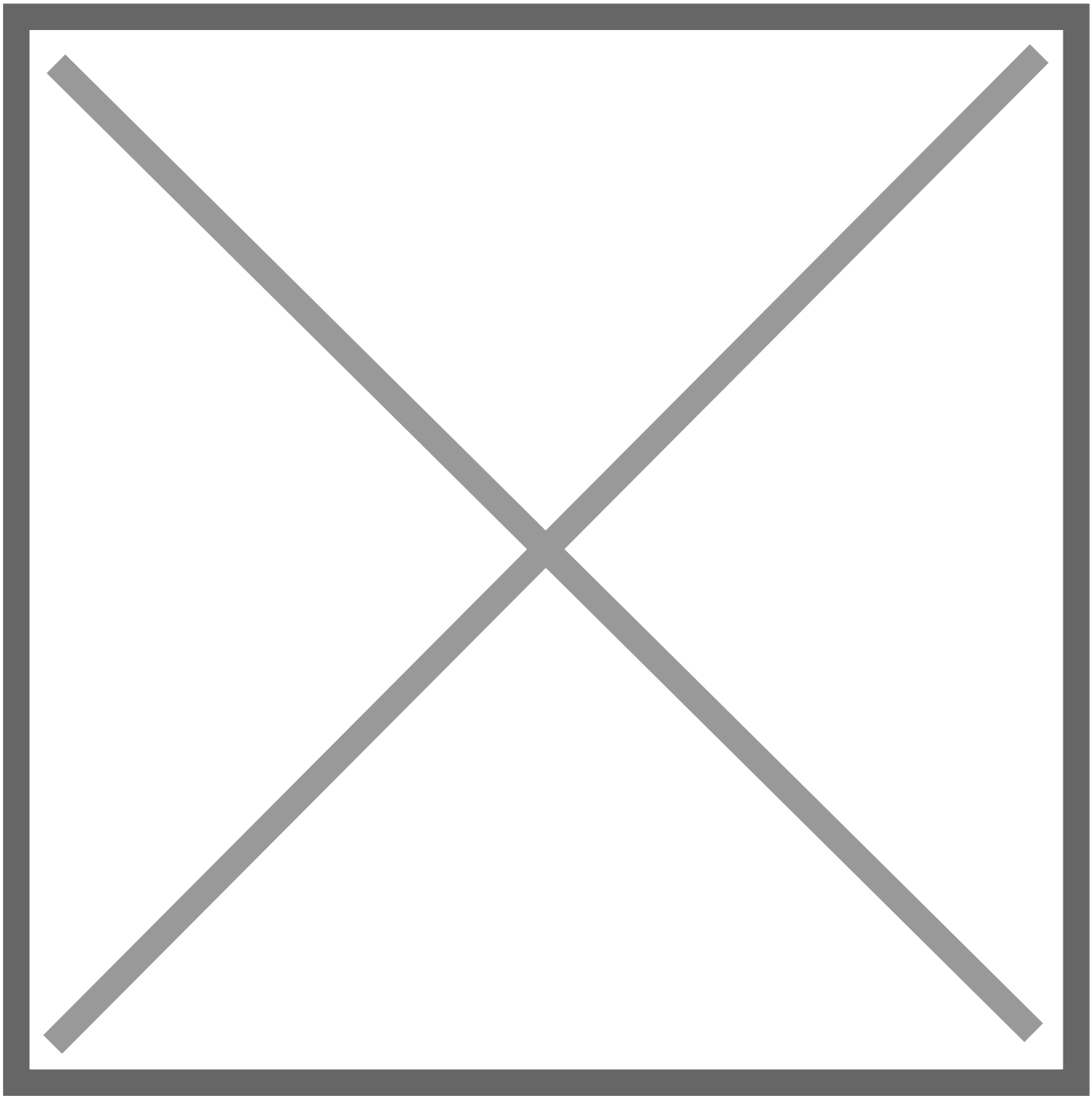


Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]
Definitions:	Incidence per 100,000

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

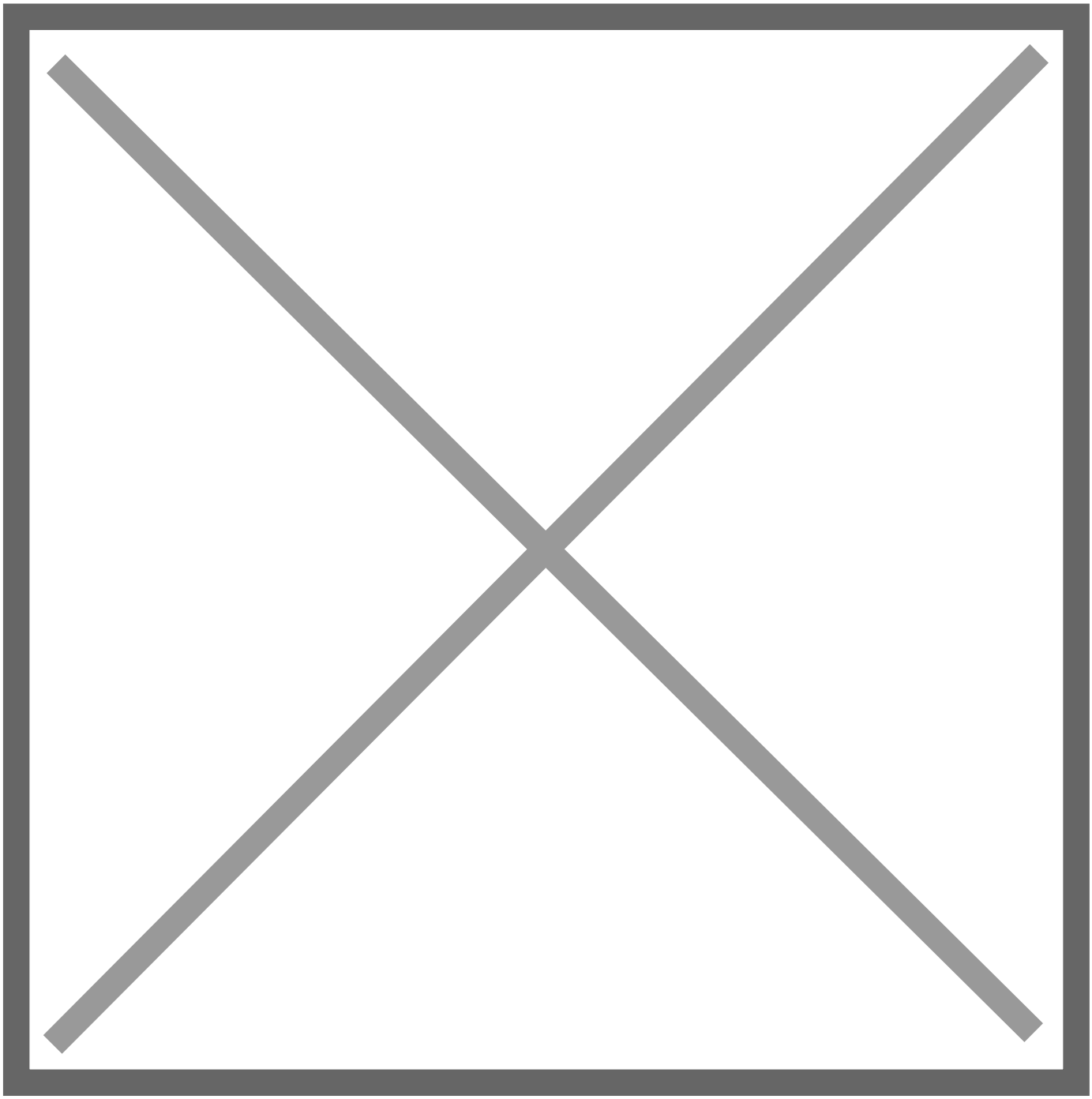
Liver and intrahepatic bile duct Cancer

Men, 2022



Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]
Definitions:	Incidence per 100,000

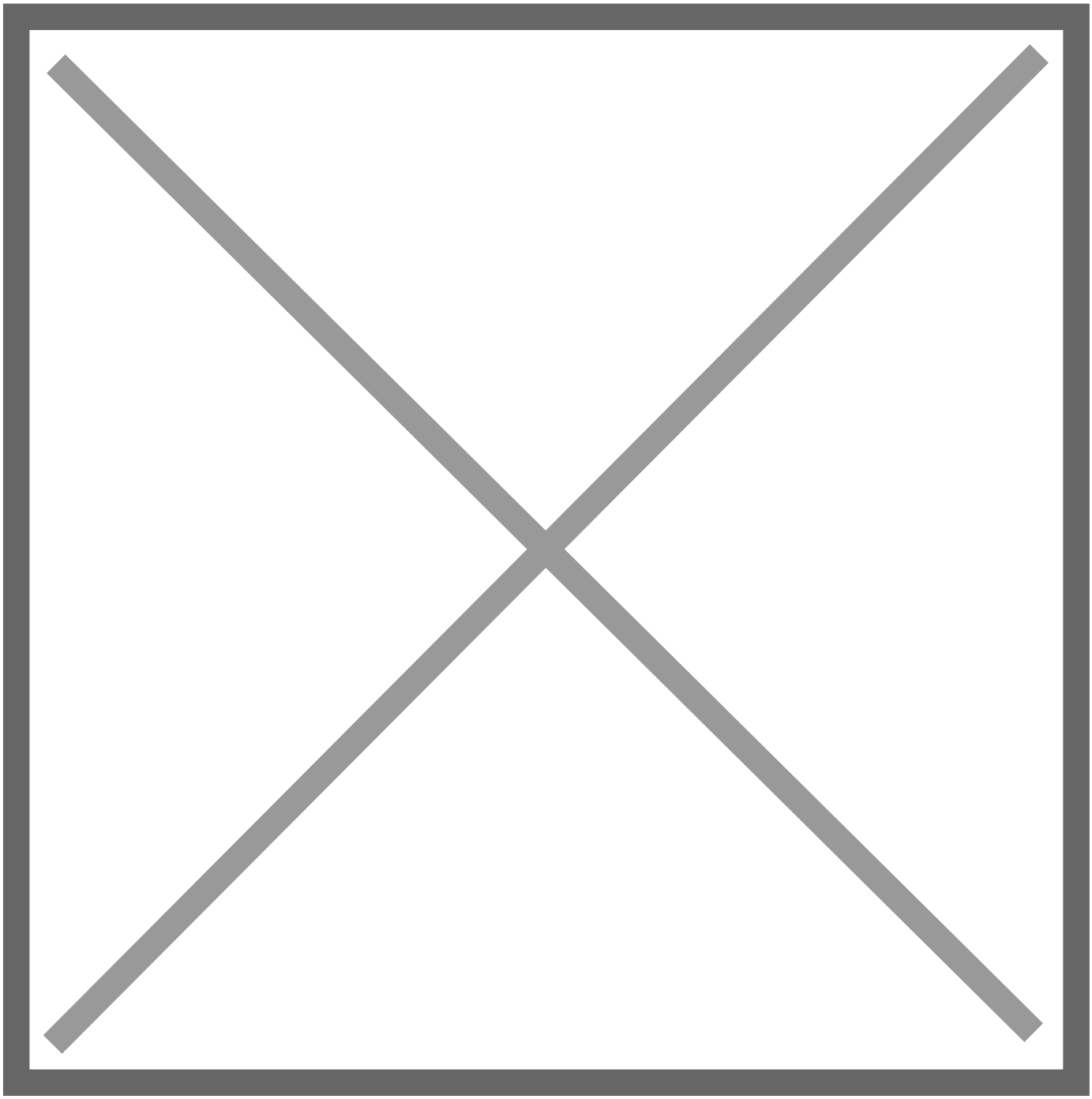
Women, 2022



Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]
Definitions:	Incidence per 100,000

Multiple Myeloma

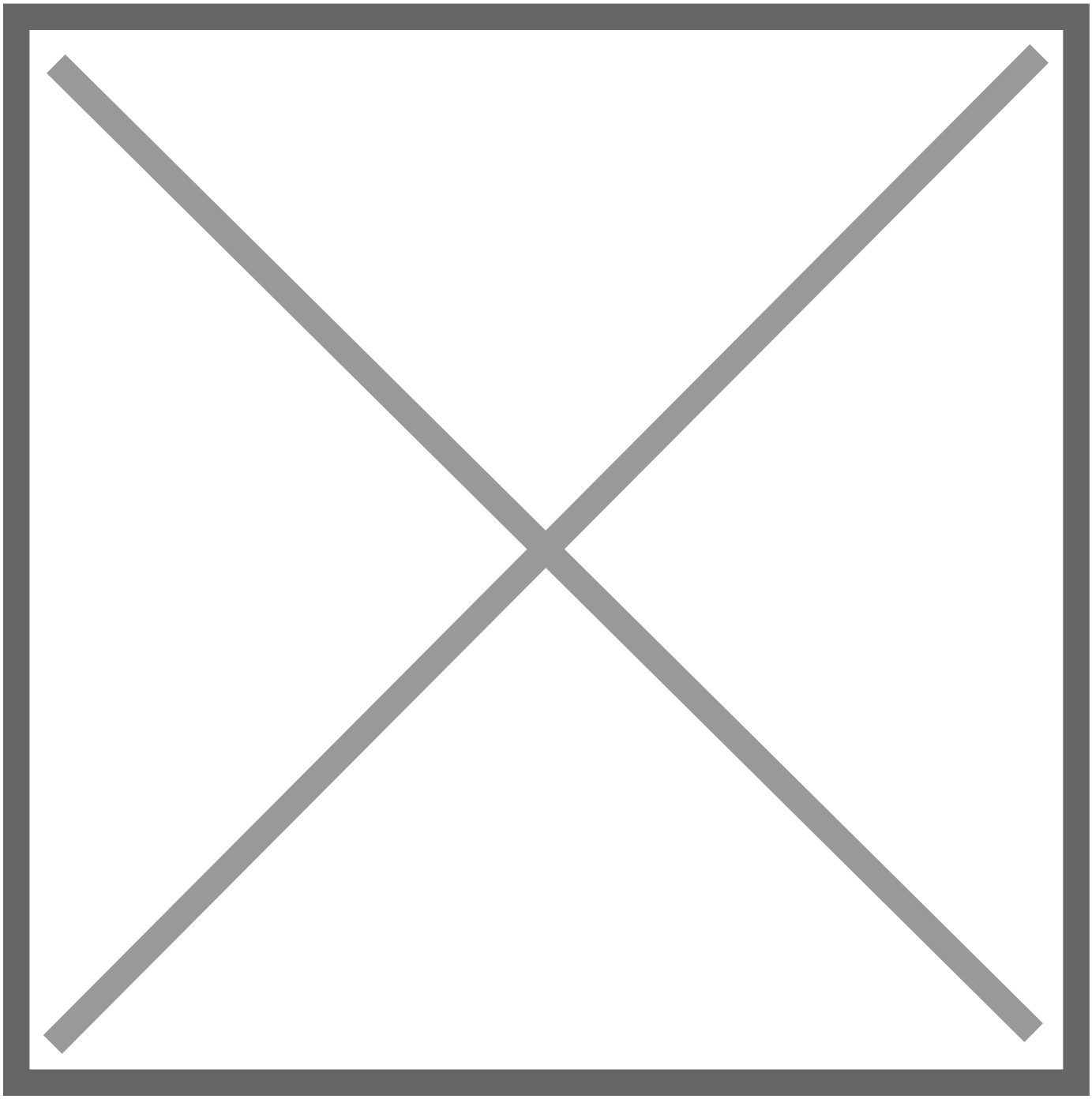
Men, 2022



Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]
Definitions:	Indicence per 100,000

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

Women, 2022

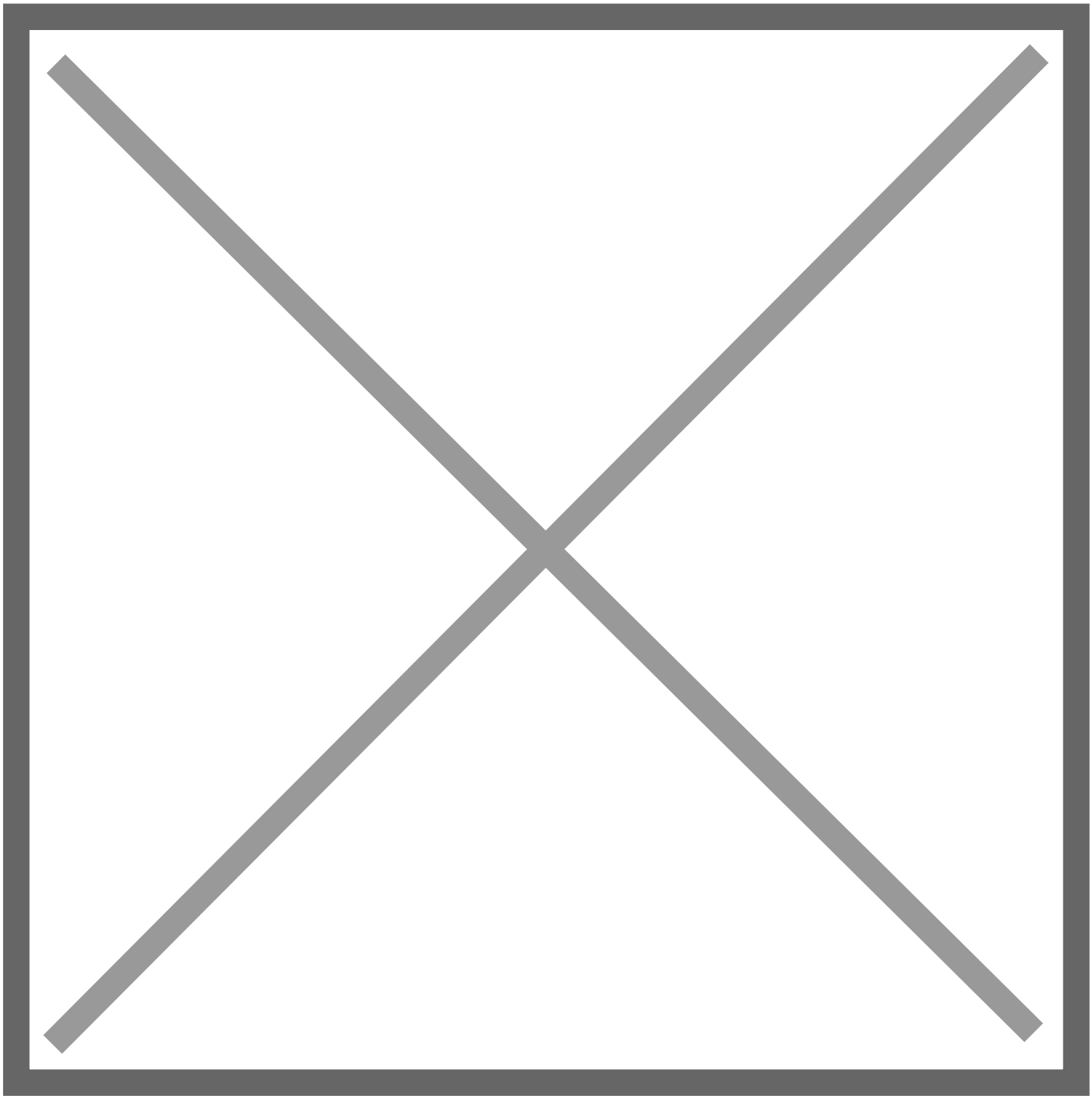


Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]
Definitions:	Indicence per 100,000

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

Non Hodgkin Lymphoma

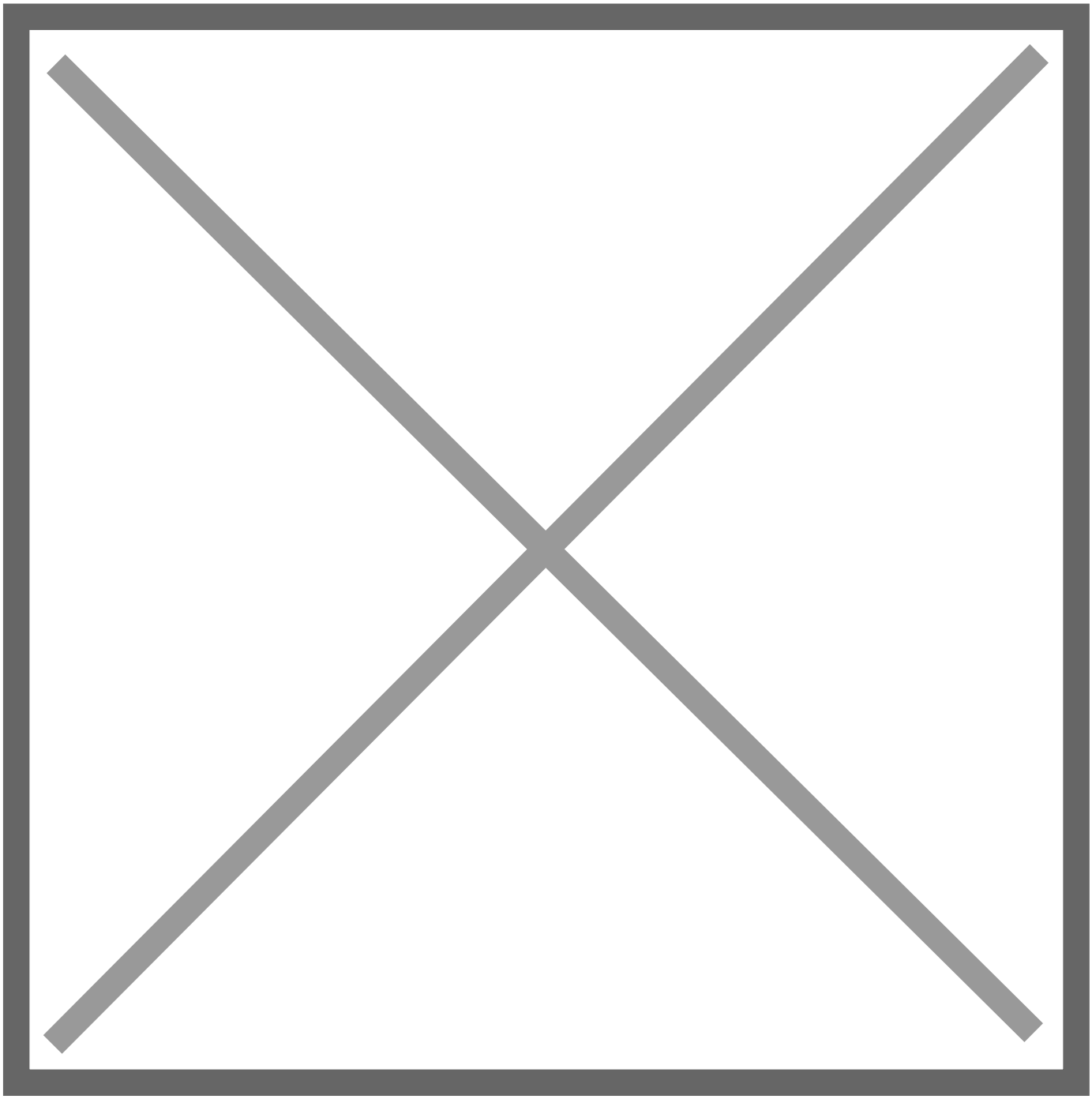
Men, 2022



Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]
Definitions:	Incidence per 100,000

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

Women, 2022

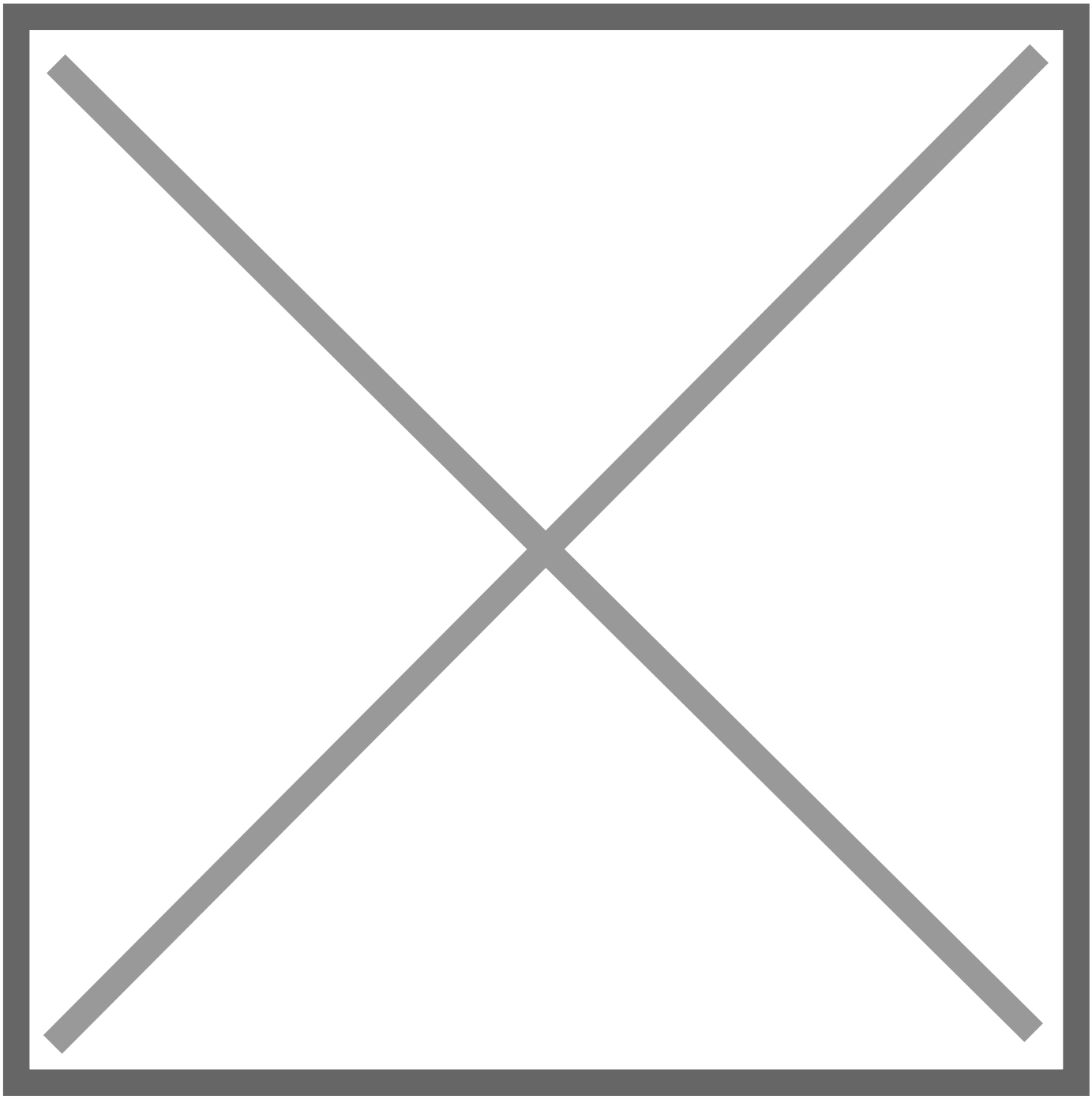


Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]
Definitions:	Incidence per 100,000

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

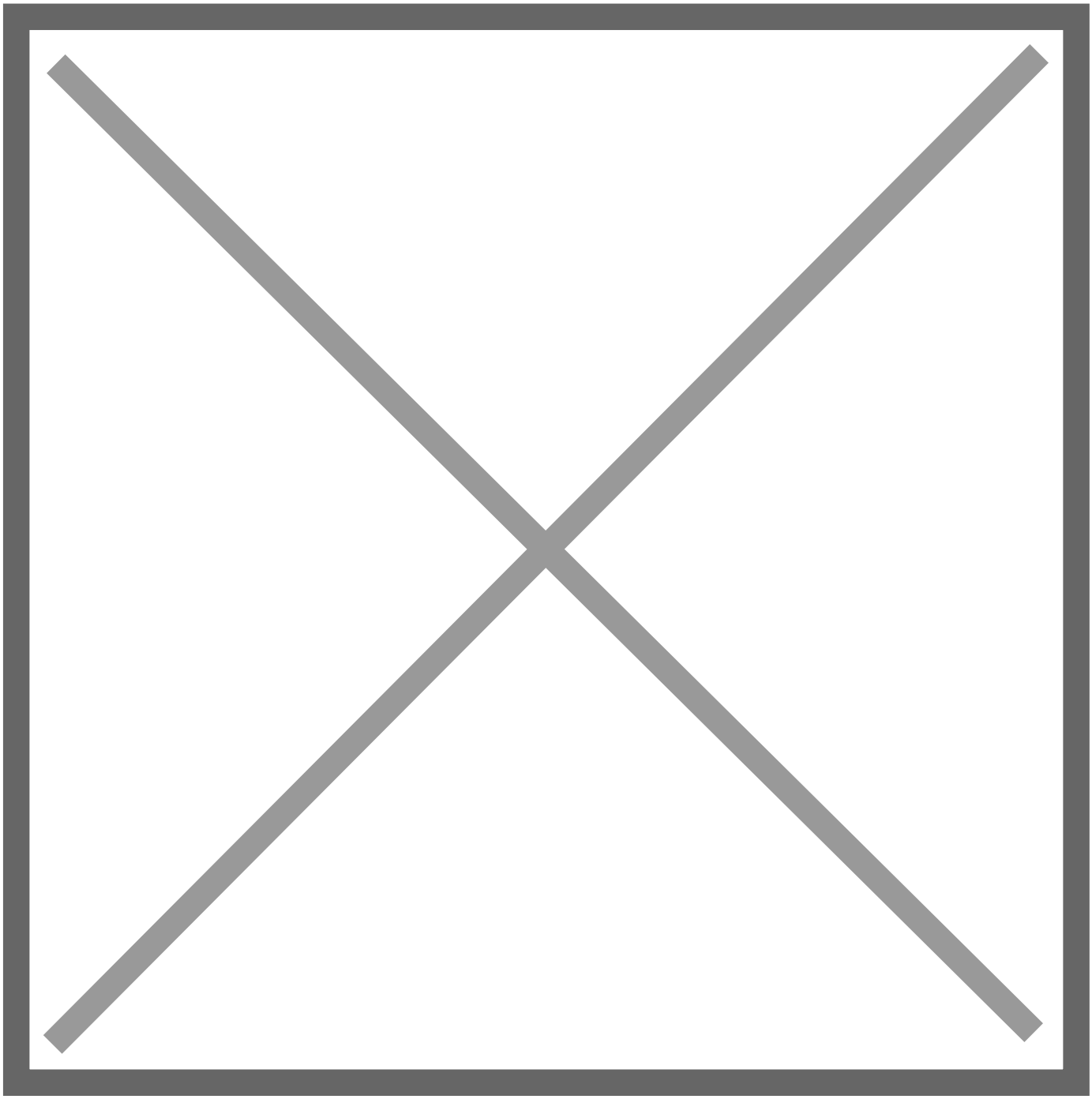
Thyroid Cancer

Men, 2022



Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]
Definitions:	Incidence per 100,000

Women, 2022



Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]
Definitions:	Incidence per 100,000

PDF created on November 5, 2026