



China



Country report card - adults

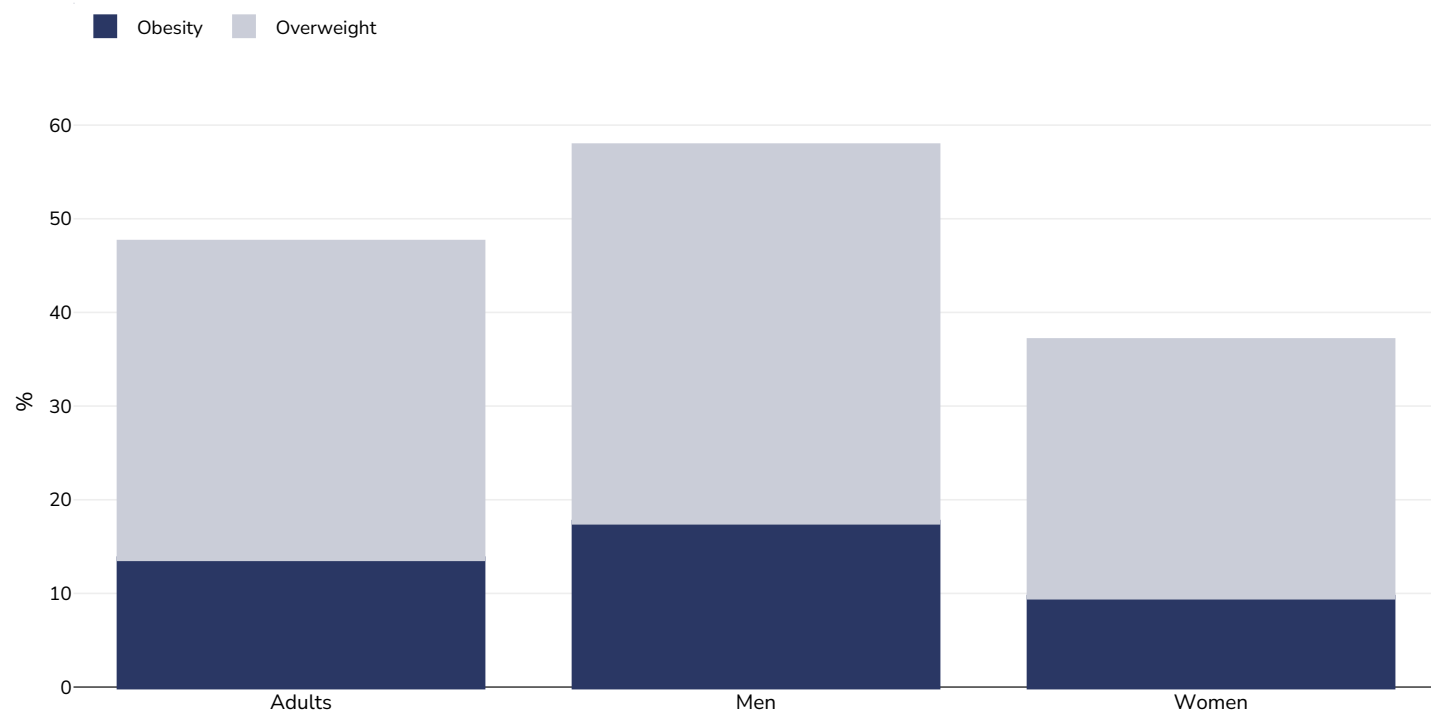
This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity for adults. Where available, data on common and relevant obesity drivers and comorbidities are also presented.

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

Contents	Page
Obesity prevalence	3
Trend: % Adults living with obesity, 2002-2019	4
Trend: % Adults living with obesity, 2002-2019	6
Trend: % Adults living with overweight or obesity by urbanisation in China 1993-2009	8
Trend: % Adults living with overweight or obesity in China 1993-2009	9
Trend: % Adults living with overweight or obesity, 2002-2019	10
Trend: % Adults living with overweight or obesity, 2002-2019	12
Overweight/obesity by education	14
Overweight/obesity by age	15
Overweight/obesity by region	16
Overweight/obesity by age and region	18
Overweight/obesity by socio-economic group	20
Overweight/obesity by ethnicity	23
Double burden of underweight & overweight	24
Insufficient physical activity	25
Estimated per capita fruit intake	28
Estimated per-capita processed meat intake	29
Estimated per capita whole grains intake	30
Mental health - depression disorders	31
Mental health - anxiety disorders	34
Percent of population who cannot afford a healthy diet	37
Oesophageal cancer	38
Breast cancer	40
Colorectal cancer	41
Pancreatic cancer	43
Gallbladder cancer	45
Kidney cancer	47
Cancer of the uterus	49
Raised blood pressure	50
Raised cholesterol	53
Raised fasting blood glucose	56
Diabetes prevalence	58
Ovarian Cancer	59
Leukemia	60
Liver and intrahepatic bile duct Cancer	62
Multiple Myeloma	64
Non Hodgkin Lymphoma	66
Thyroid Cancer	68

Obesity prevalence

Adults, 2019

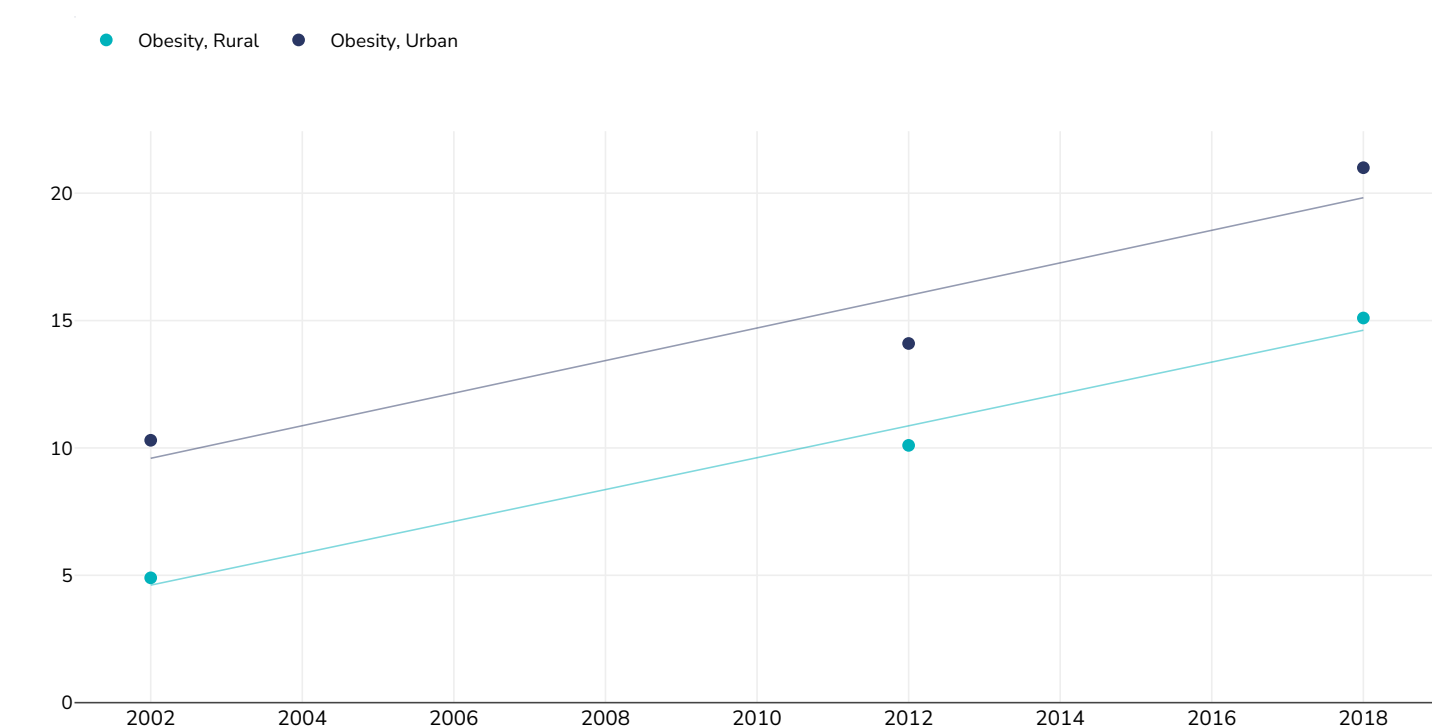


Survey type:	Measured
Age:	18+
Sample size:	15,770,094
Area covered:	National
References:	Chen, K et al. (2023). Prevalence of obesity and associated complications in China: A cross-sectional, real-world study in 15.8 million adults. Diabetes Obesity and Metabolism, [online] 25(11), pp.3390–3399. doi: https://doi.org/10.1111/dom.15238
Notes:	Chinese Cut Offs applied
Cutoffs:	Overweight BMI ≥ 24 – <28 Kg/m ² Obesity BMI ≥ 28 Kg/m ²

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

% Adults living with obesity, 2002-2019

Men



Survey type:

Measured

References:

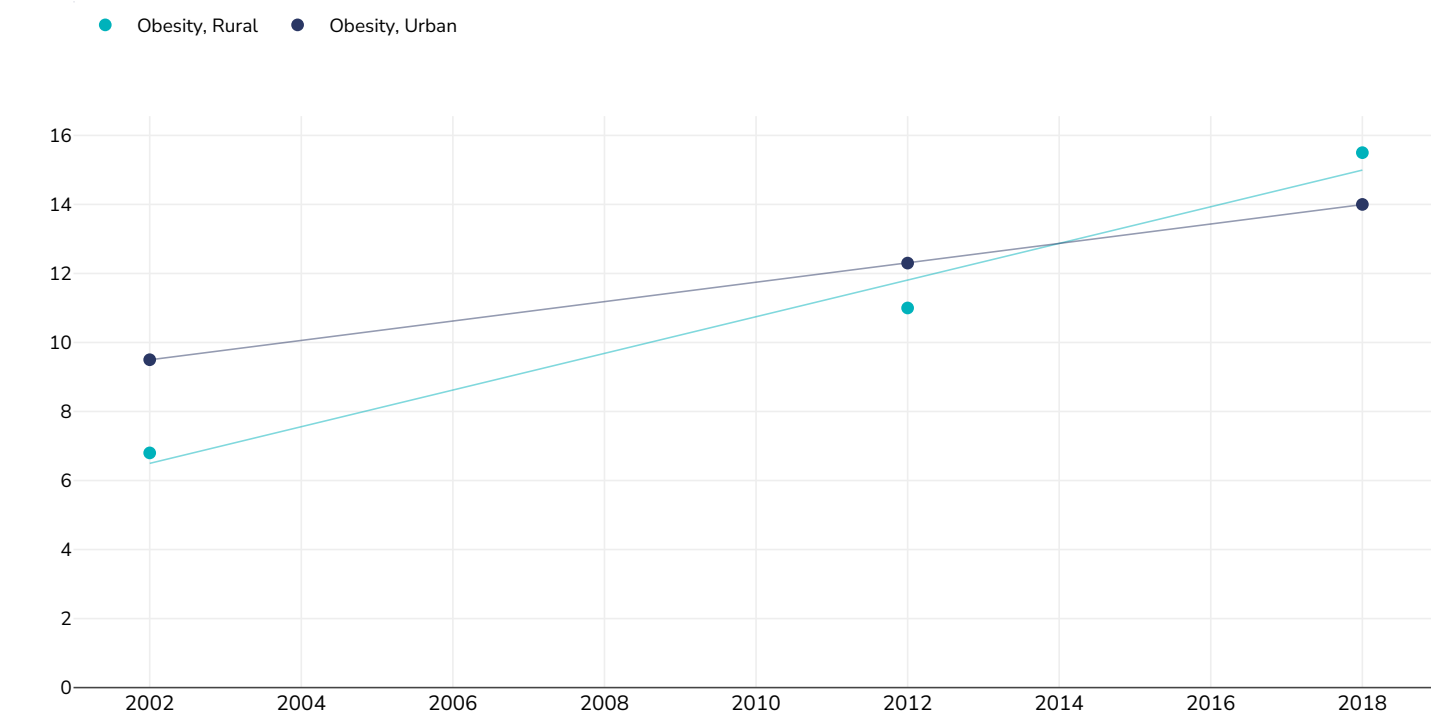
Wen Peng, Shiqi Chen and Xinguang Chen et al. Trends in major non-communicable diseases and related risk factors in China 2002–2019: an analysis of nationally representative survey data. The Lancet Regional Health: Western Pacific. 2023. Vol. 43. DOI: 10.1016/j.lanwpc.2023.100809
Wen Peng, Shiqi Chen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

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.

Women



Survey type:

Measured

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
 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
 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

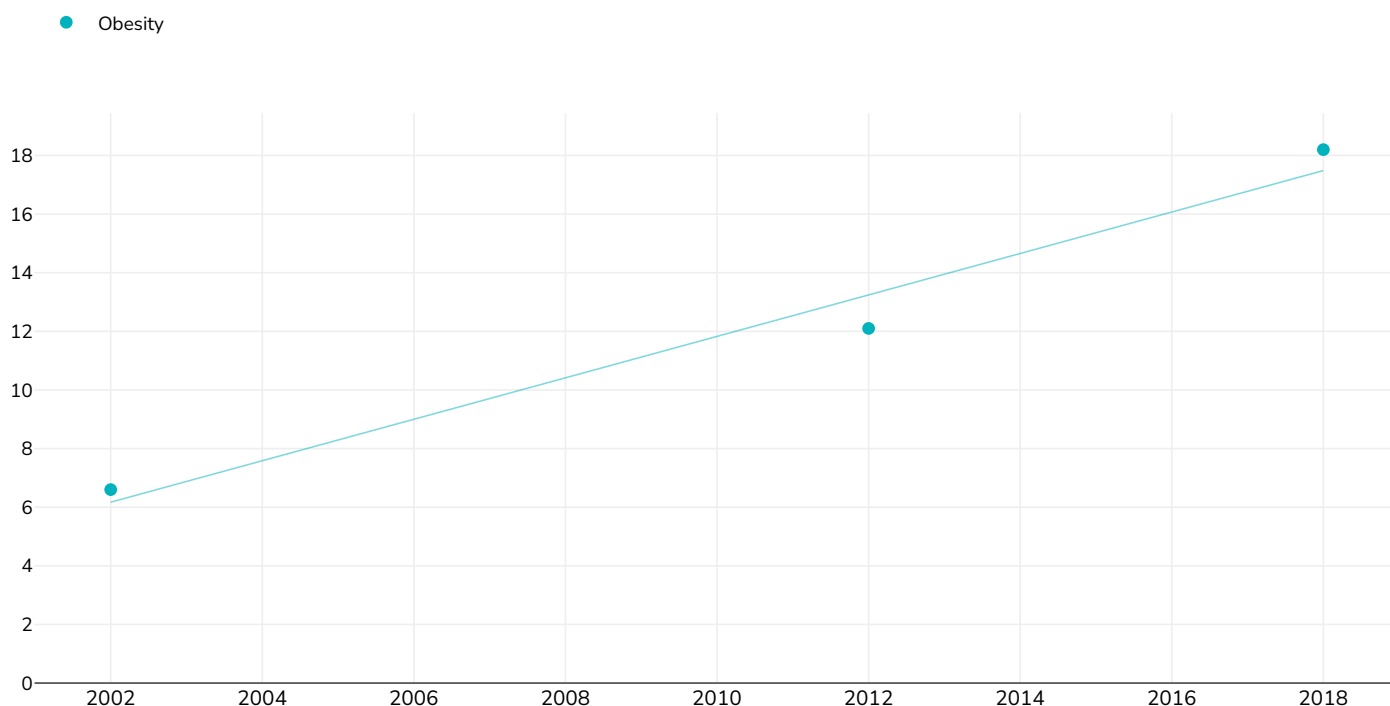
Definitions:

Overweight BMI ≥ 24 – < 28 Kg/m² Obesity BMI ≥ 28 Kg/m²

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.

% Adults living with obesity, 2002-2019

Men



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
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
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

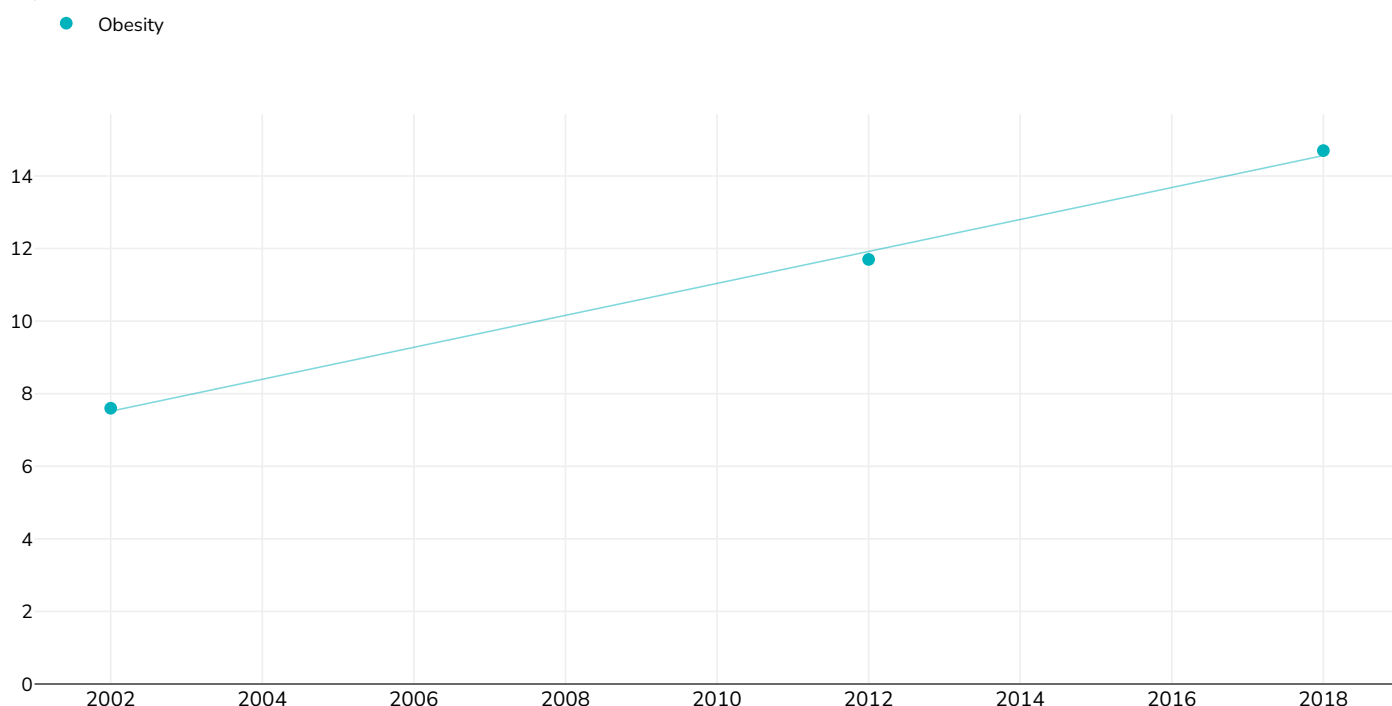
Definitions:

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.

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.

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.2023.100809
 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
 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

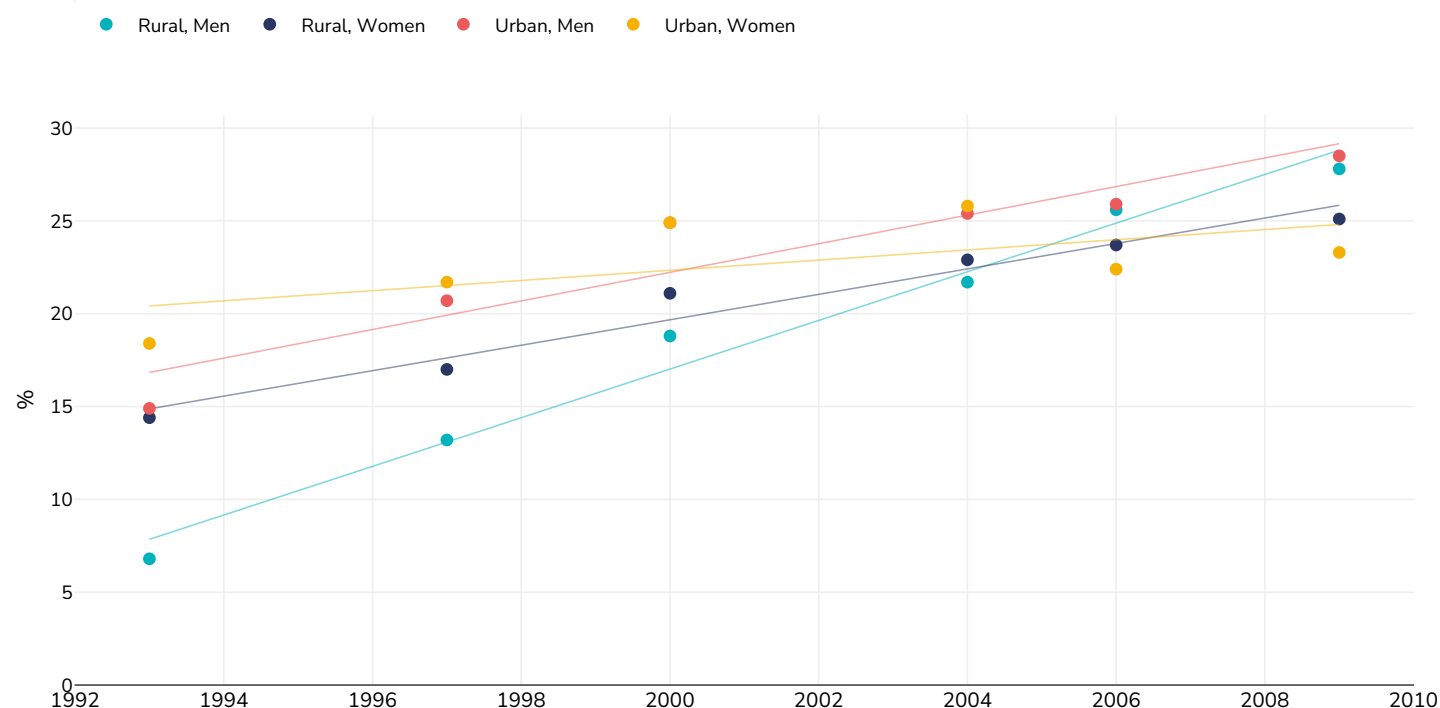
Definitions:

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.

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.

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



Survey type:

Measured

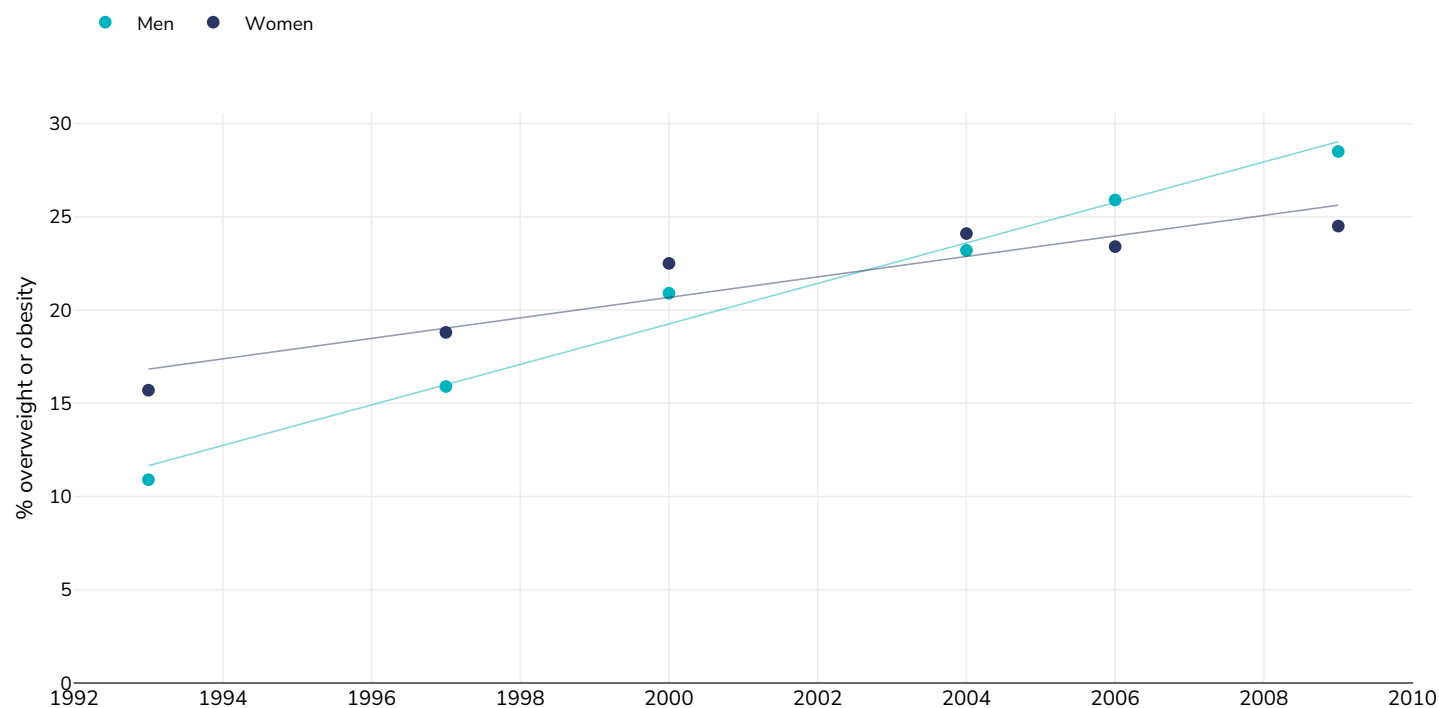
References:

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

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

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



Survey type:

Measured

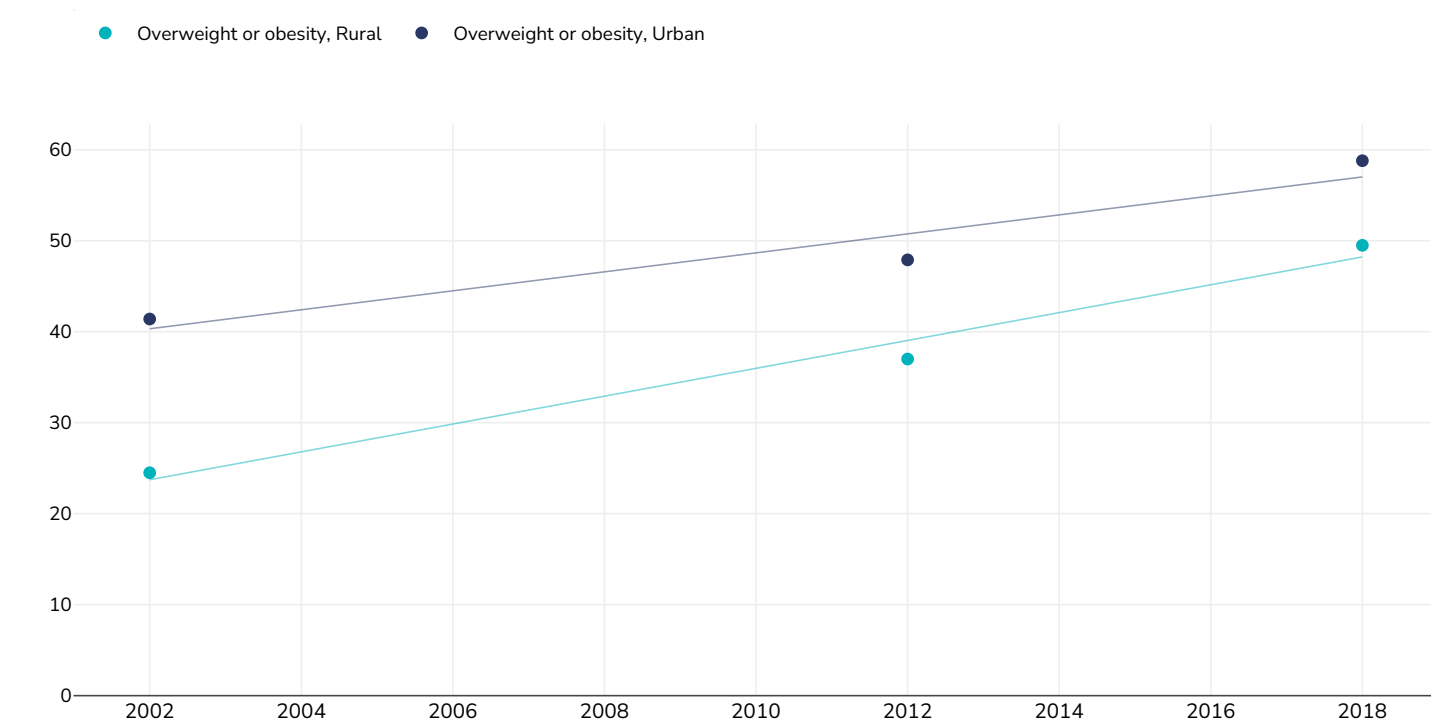
References: Xi, B., Liang, Y., He, T., Reilly, K. H., Hu, Y., Wang, Q., Yan, Y. and Mi, J. (2012), Secular trends in the prevalence of general and abdominal obesity among Chinese adults, 1993-2009. *Obesity Reviews*, 13: 287-296. doi: 10.1111/j.1467-789X.2011.00944.x

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

% Adults living with overweight or obesity, 2002-2019

Men



Survey type:

Measured

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
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
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

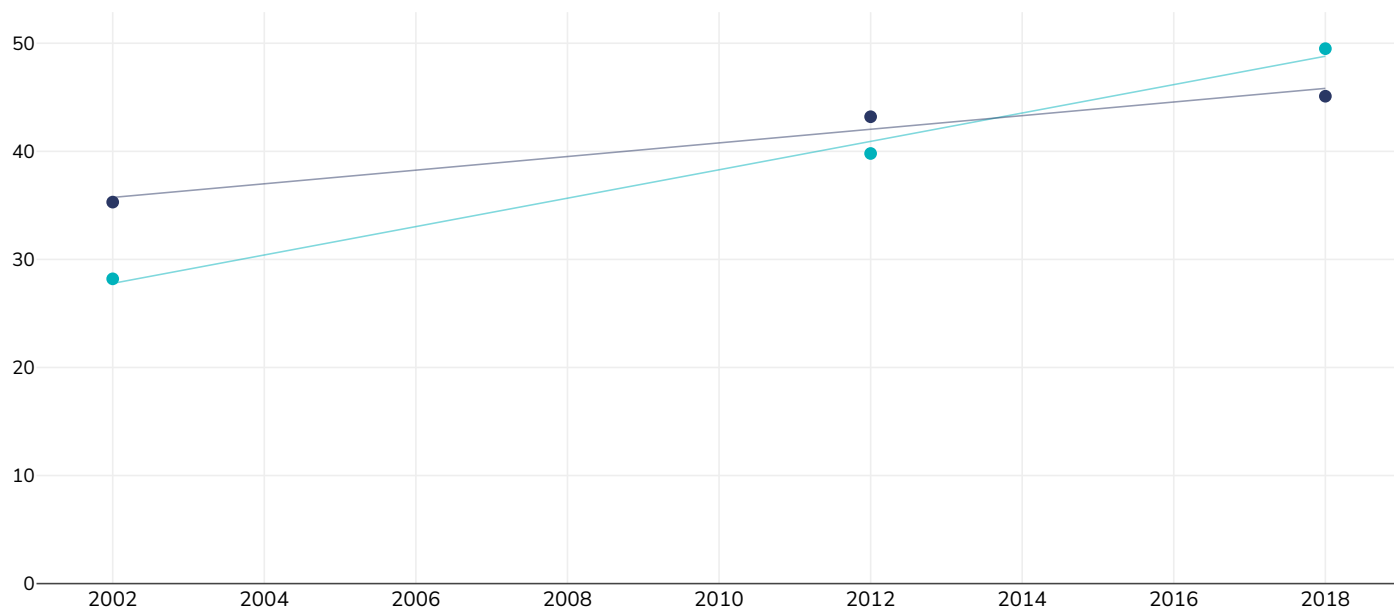
Definitions:

Overweight BMI ≥ 24 – <28 Kg/m² Obesity BMI ≥ 28 Kg/m²

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.

Women

● Overweight or obesity, Rural ● Overweight or obesity, Urban



Survey type: Measured

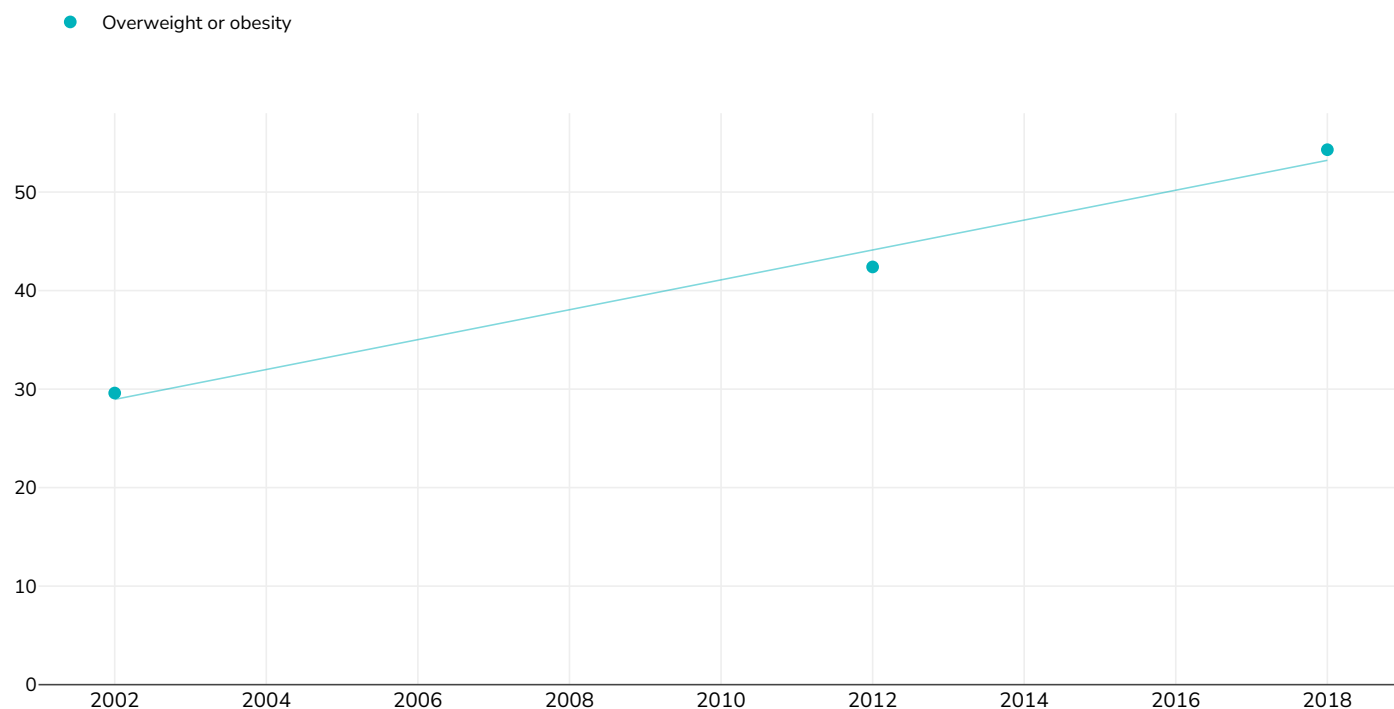
References: Wen Peng, Shiqi Chen and Xinguang Chen et al. Trends in major non-communicable diseases and related risk factors in China 2002–2019: an analysis of nationally representative survey data. The Lancet Regional Health: Western Pacific. 2023. Vol. 43. DOI: 10.1016/j.lanwpc.2023.100809
Wen Peng,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

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.

% Adults living with overweight or obesity, 2002-2019

Men



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
 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
 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

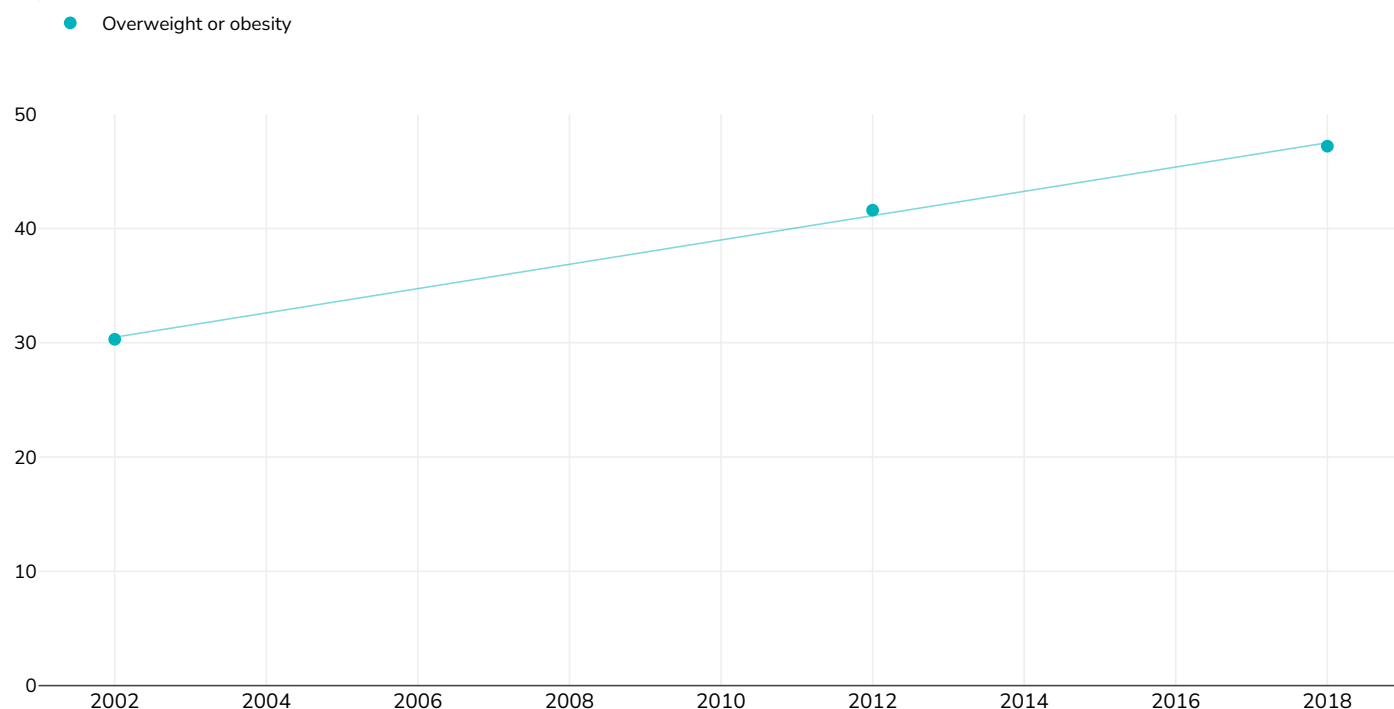
Definitions:

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.

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.

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.2023.100809
 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
 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:

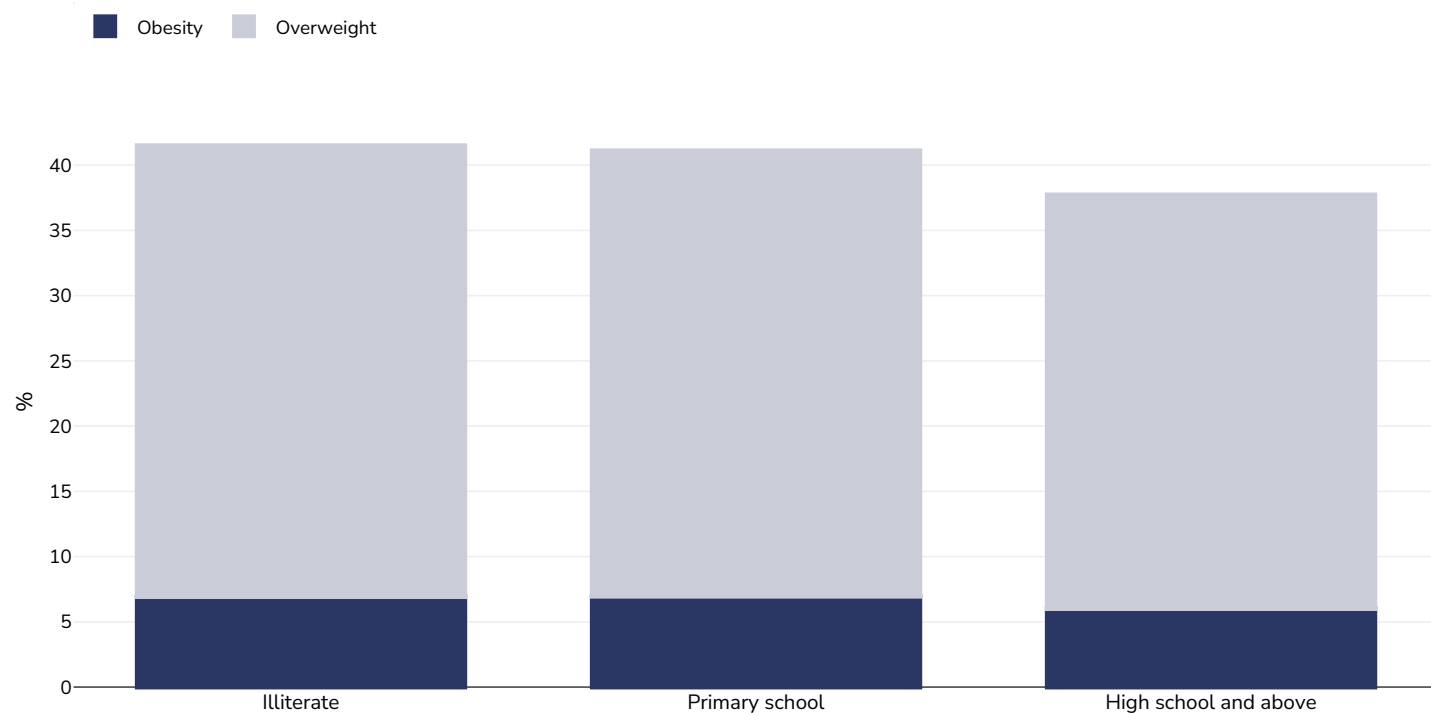
Overweight BMI ≥ 24 – < 28 Kg/m² Obesity BMI ≥ 28 Kg/m²

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

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

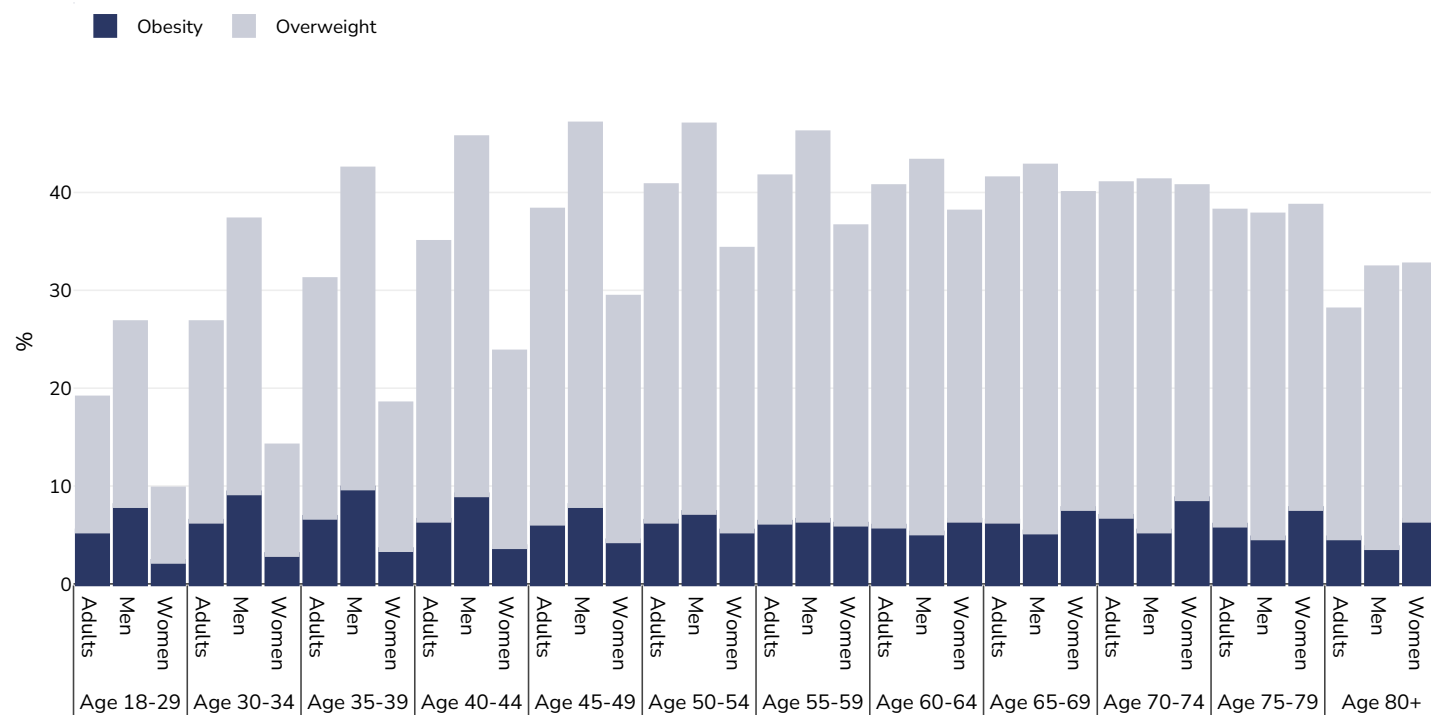
Adults, 2015



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. <i>Nutrients</i> , 12(9), p.2811.
Notes:	3699 men and 2903 women
Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m ² , obesity refers to a BMI greater than 30kg/m ² .	

Overweight/obesity by age

Adults, 2019



Survey type: Measured

Sample size: 15,770,094

Area covered: National

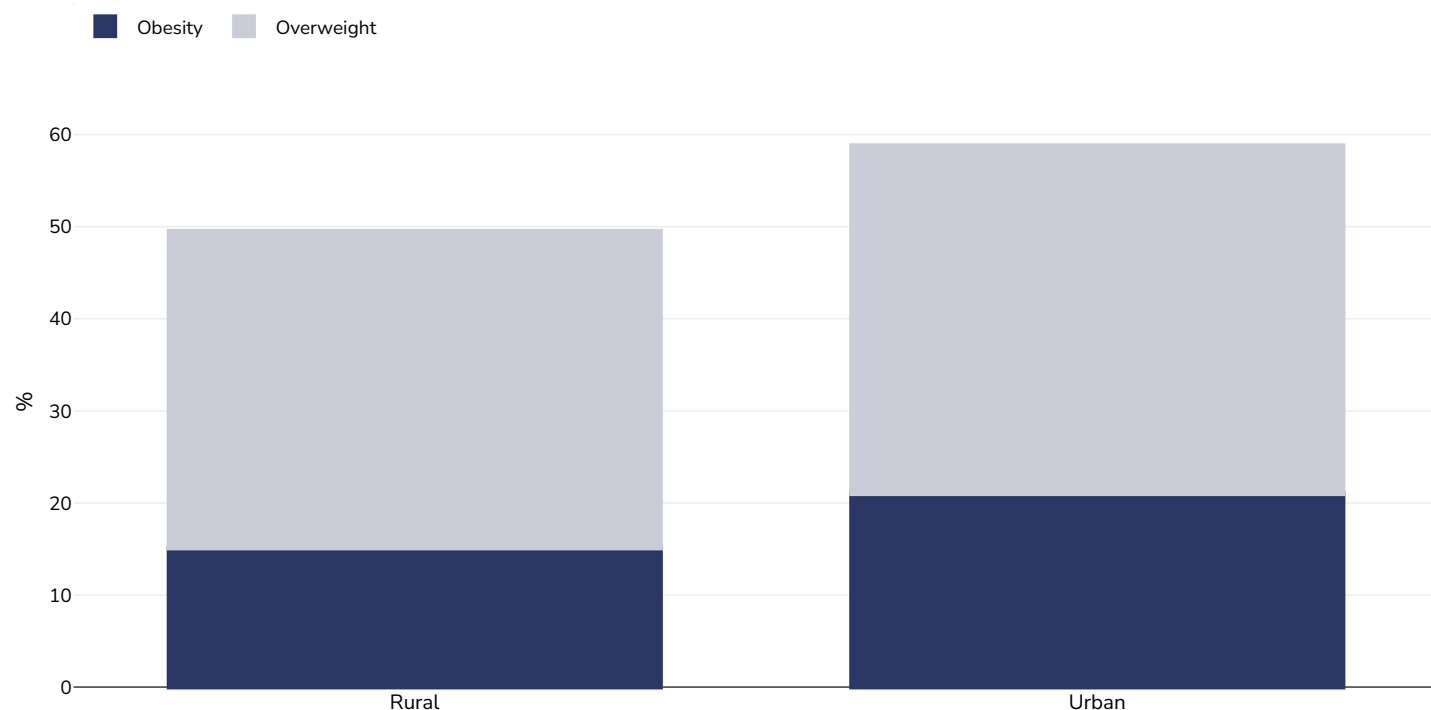
References: Chen, K., Shen, Z., Gu, W., Lyu, Z., Qi, X., Mu, Y. and Ning, Y. (2023). Prevalence of obesity and associated complications in China: A cross-sectional, real-world study in 15.8 million adults. Diabetes Obesity and Metabolism, [online] 25(11), pp.3390–3399. doi: <https://doi.org/10.1111/dom.15238>.

Notes: WHO Cutoffs shown to allow for international comparison. Study also reports data using Chinese cutoffs.

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

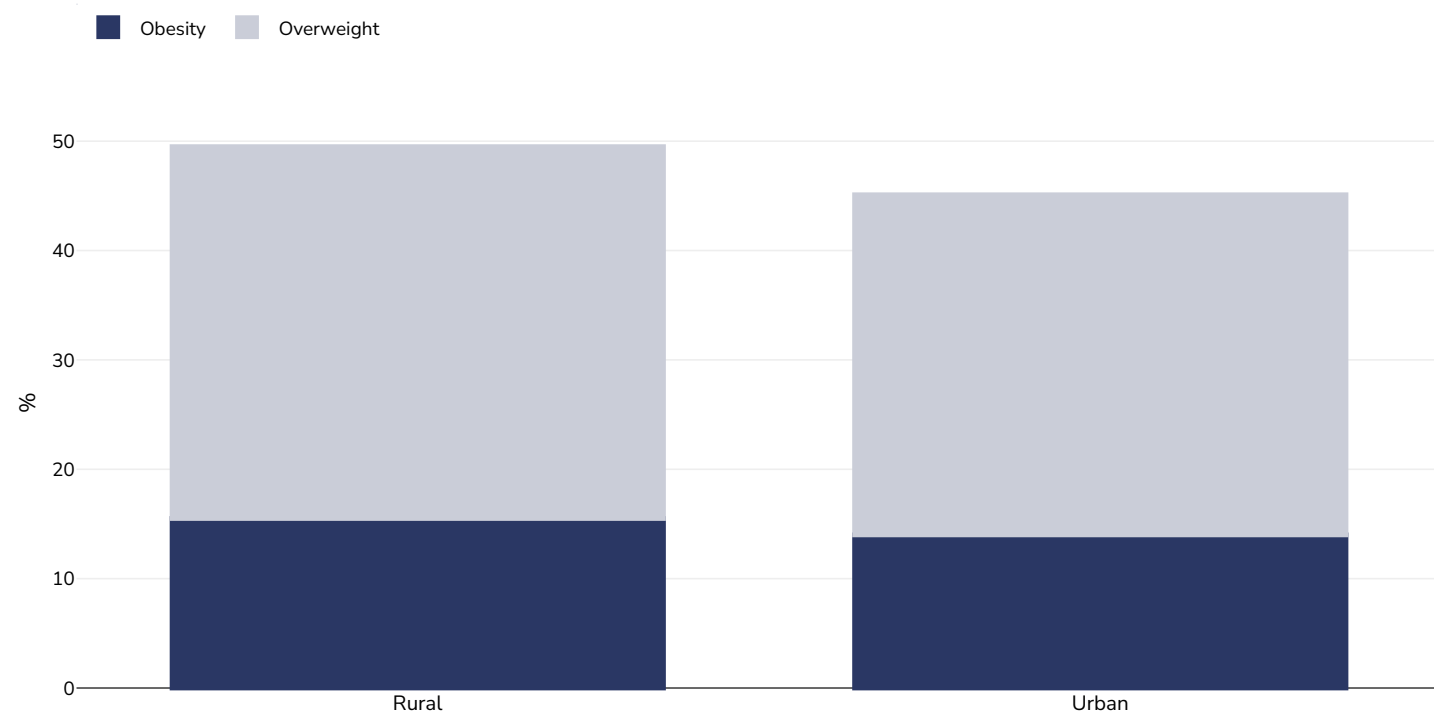
Overweight/obesity by region

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/m ² Obesity BMI ≥ 28 Kg/m ²
Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m ² , obesity refers to a BMI greater than 30kg/m ² .	

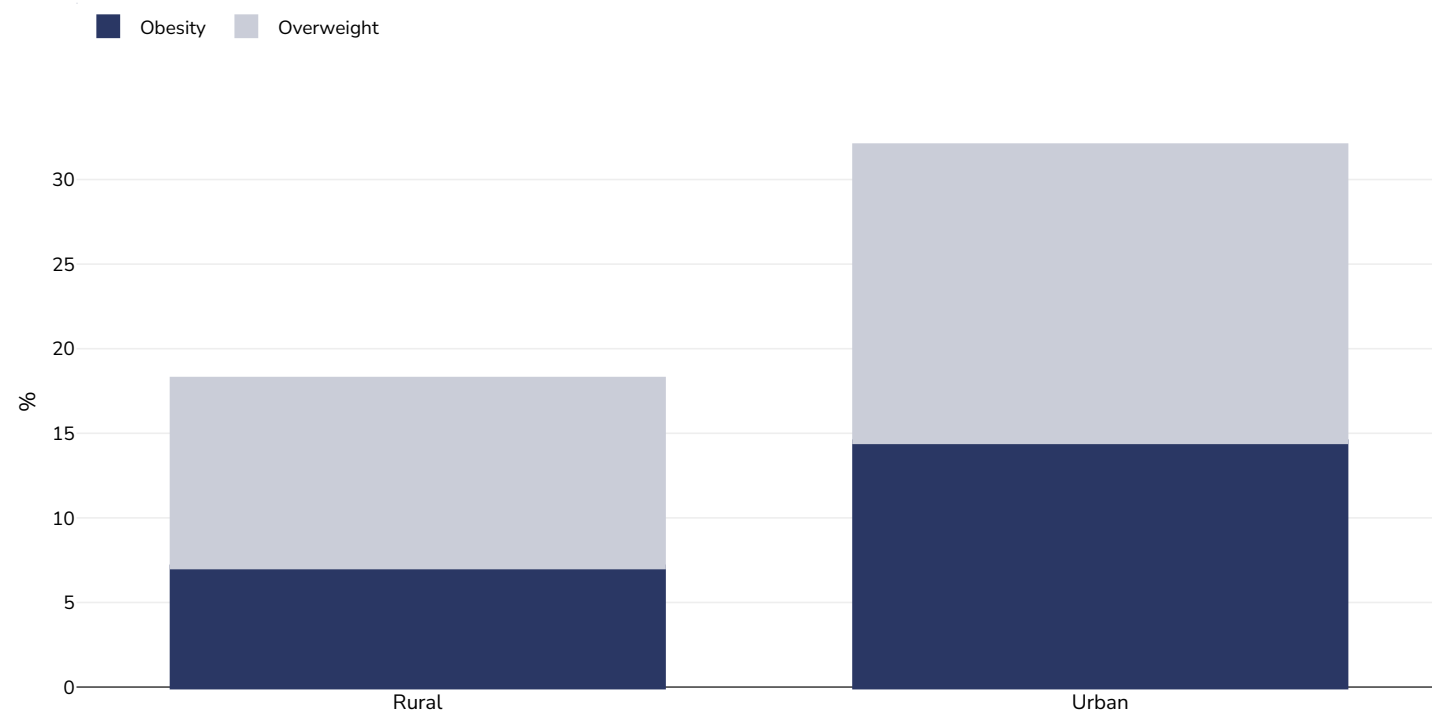
Women, 2018-2019



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/m ² Obesity BMI ≥ 28 Kg/m ²
Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m ² , obesity refers to a BMI greater than 30kg/m ² .	

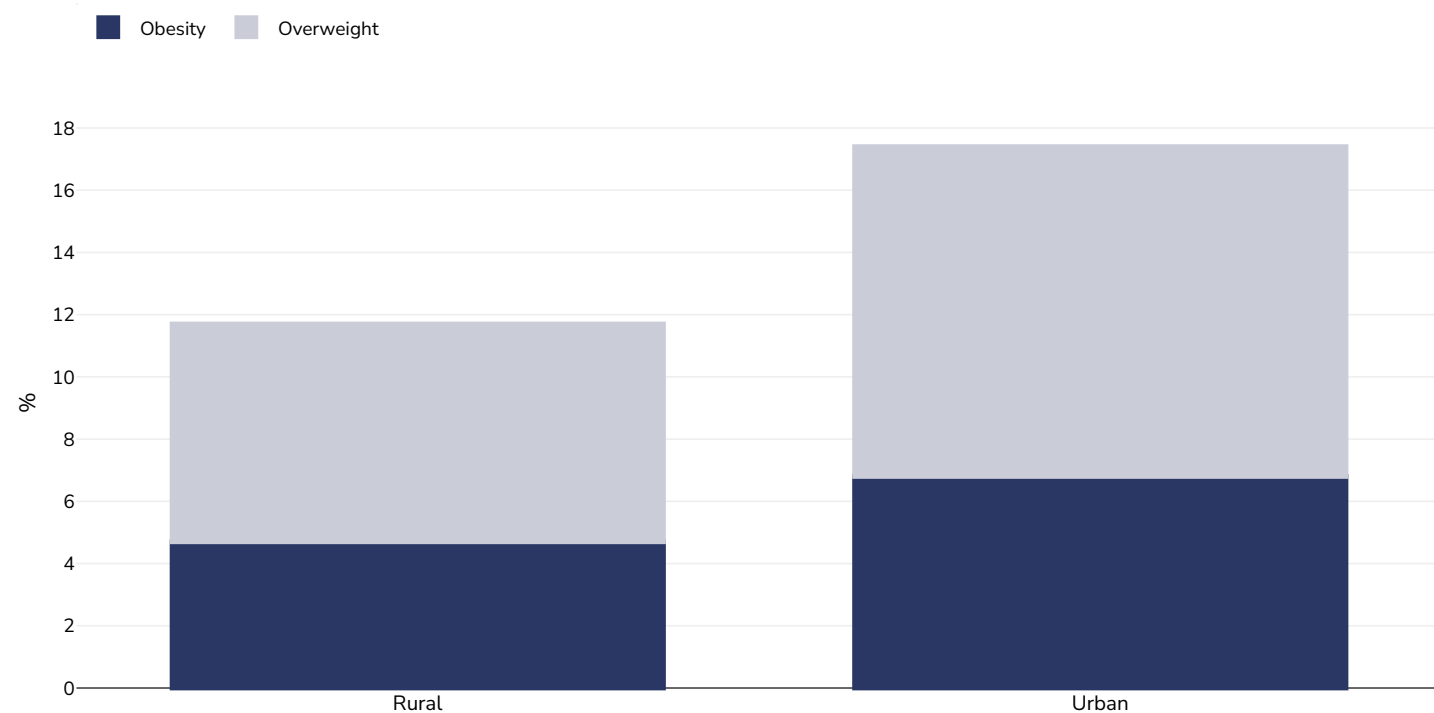
Overweight/obesity by age and region

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/m ² , obesity refers to a BMI greater than 30kg/m ² .	

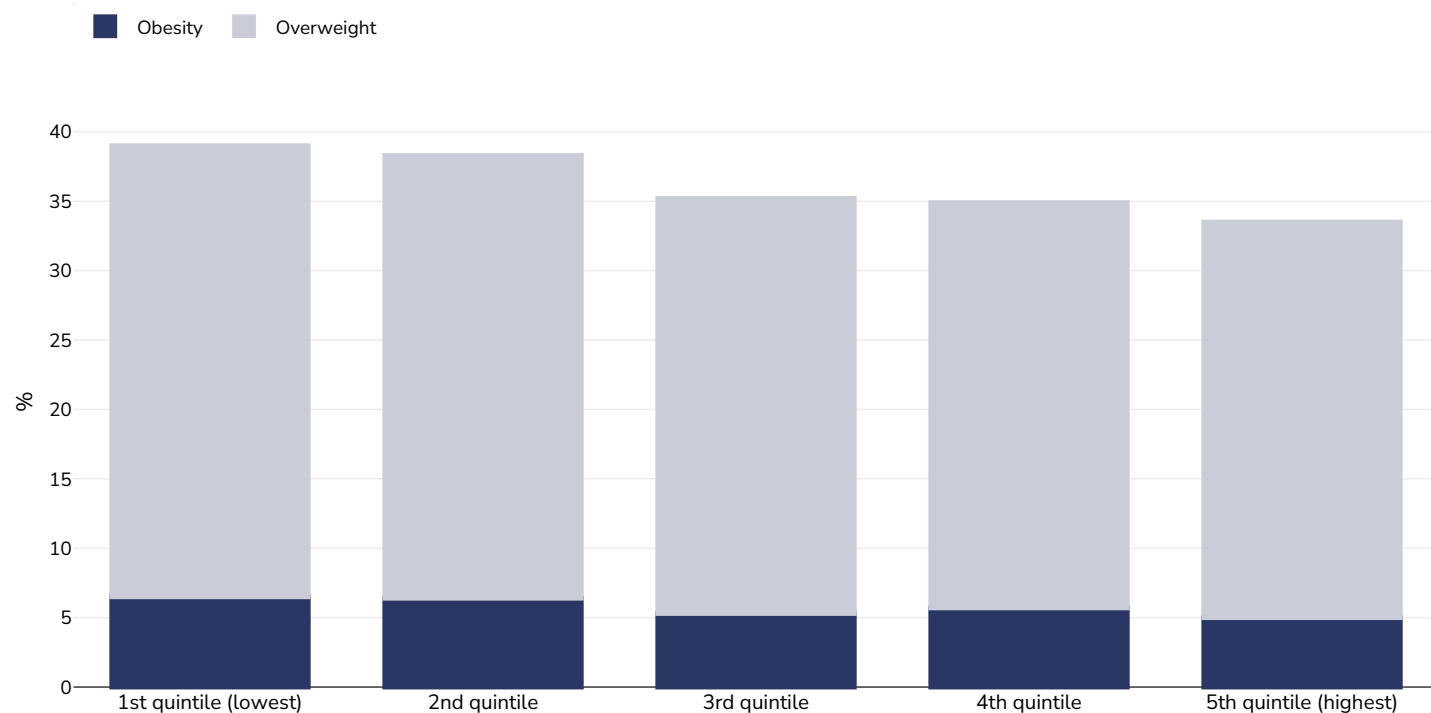
Women, 2005



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/m ² , obesity refers to a BMI greater than 30kg/m ² .	

Overweight/obesity by socio-economic group

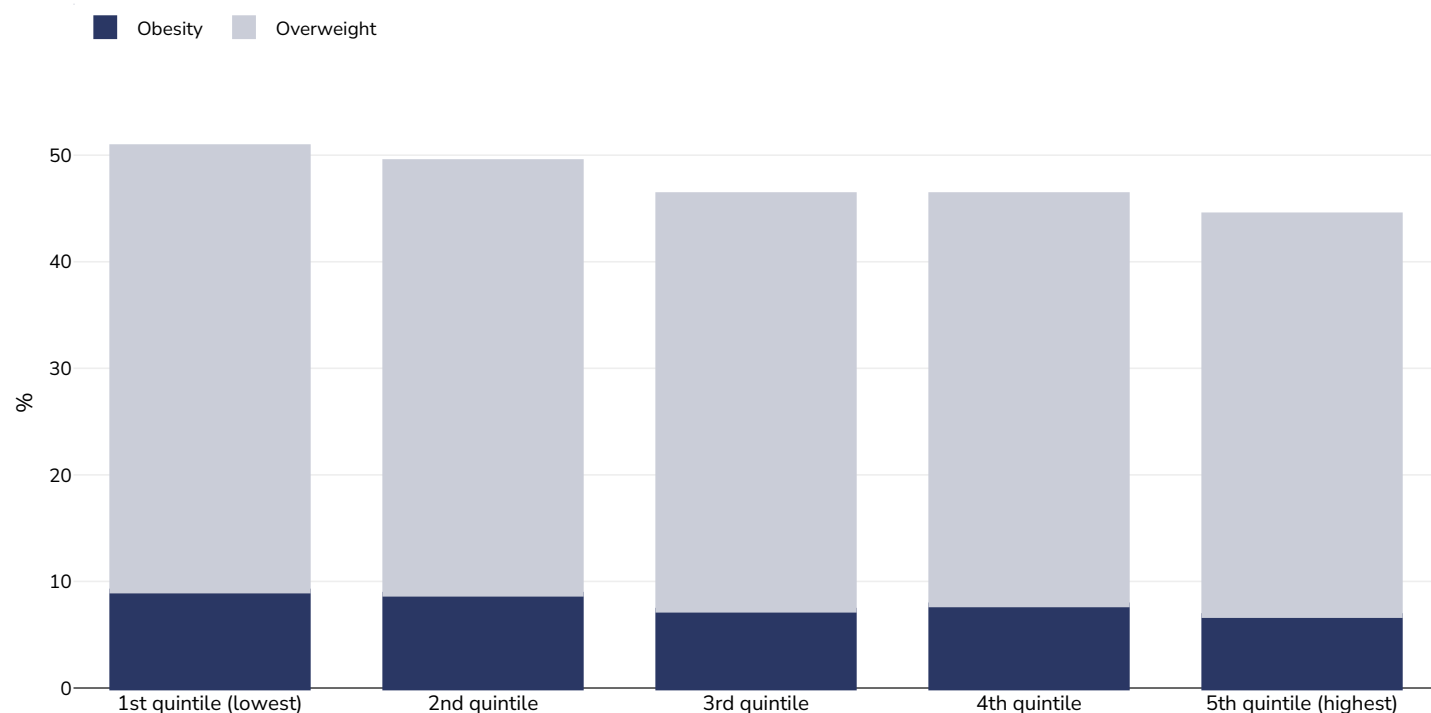
Adults, 2019



Survey type:	Measured
Age:	18+
Sample size:	15,770,094
Area covered:	National
References:	Chen, K. et al. 2023. Prevalence of obesity and associated complications in China: A cross-sectional, real-world study in 15.8 million adults. <i>Diabetes Obesity and Metabolism</i> , [online] 25(11), pp.3390–3399. doi: https://doi.org/10.1111/dom.15238 .
Notes:	WHO Cutoffs shown to allow for international comparison. Study also reports data using Chinese cutoffs.
Definitions:	Cities in China were divided into quintiles according to the city's GDP per capita level in 2018 as follows: first quintile: CNY 15,119 to 40,817; second quintile: CNY 40,850 to 56,513; third quintile: CNY 56,636 to 75,572; fourth quintile: CNY 75,611 to 103,667; fifth quintile: CNY 103,757 to 200,022.

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

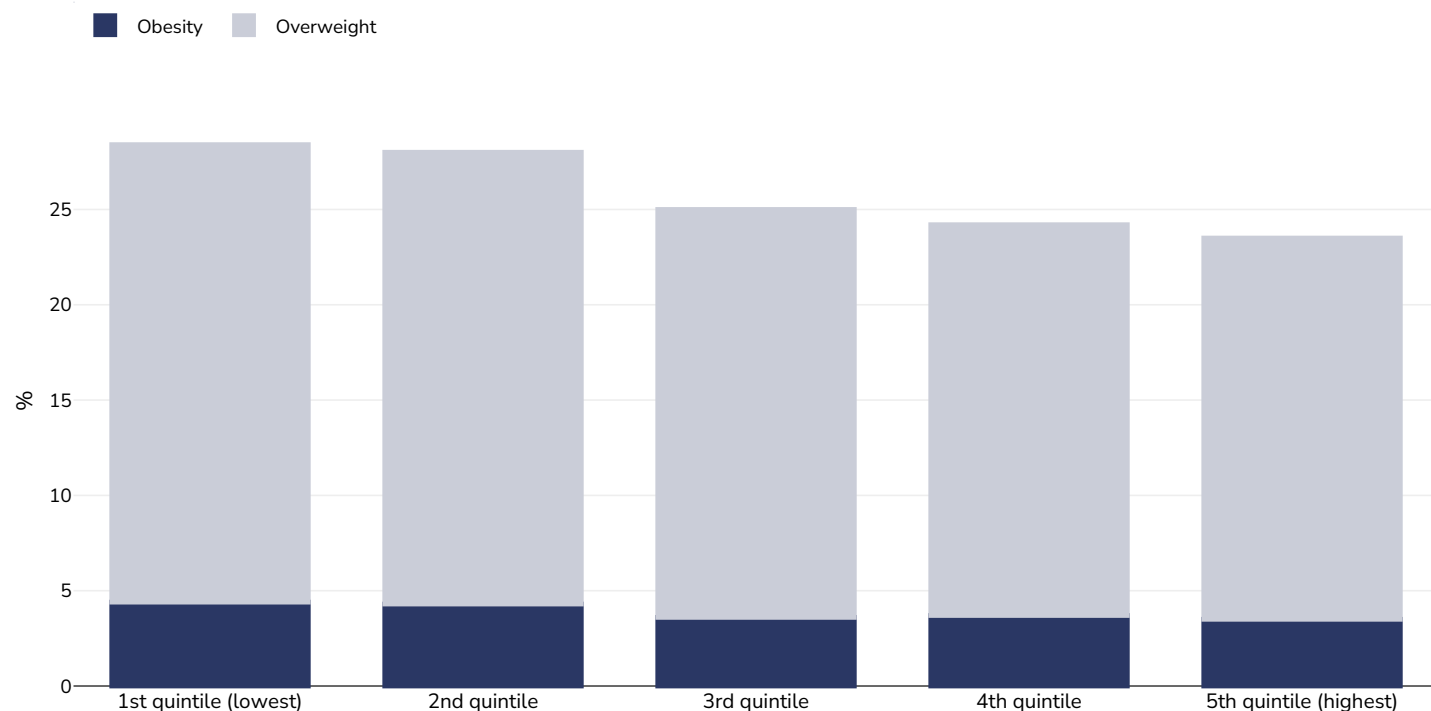
Men, 2019



Survey type:	Measured
Age:	18+
Sample size:	15,770,094
Area covered:	National
References:	Chen, K. et al. 2023. Prevalence of obesity and associated complications in China: A cross-sectional, real-world study in 15.8 million adults. <i>Diabetes Obesity and Metabolism</i> , [online] 25(11), pp.3390–3399. doi: https://doi.org/10.1111/dom.15238 .
Notes:	WHO Cutoffs shown to allow for international comparison. Study also reports data using Chinese cutoffs.
Definitions:	Cities in China were divided into quintiles according to the city's GDP per capita level in 2018 as follows: first quintile: CNY 15,119 to 40,817; second quintile: CNY 40,850 to 56,513; third quintile: CNY 56,636 to 75,572; fourth quintile: CNY 75,611 to 103,667; fifth quintile: CNY 103,757 to 200,022.

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

Women, 2019



Survey type: Measured

Age: 18+

Sample size: 15,770,094

Area covered: National

References: Chen, K. et al. 2023. Prevalence of obesity and associated complications in China: A cross-sectional, real-world study in 15.8 million adults. *Diabetes Obesity and Metabolism*, [online] 25(11), pp.3390–3399. doi:<https://doi.org/10.1111/dom.15238>.

Notes: WHO Cutoffs shown to allow for international comparison. Study also reports data using Chinese cutoffs.

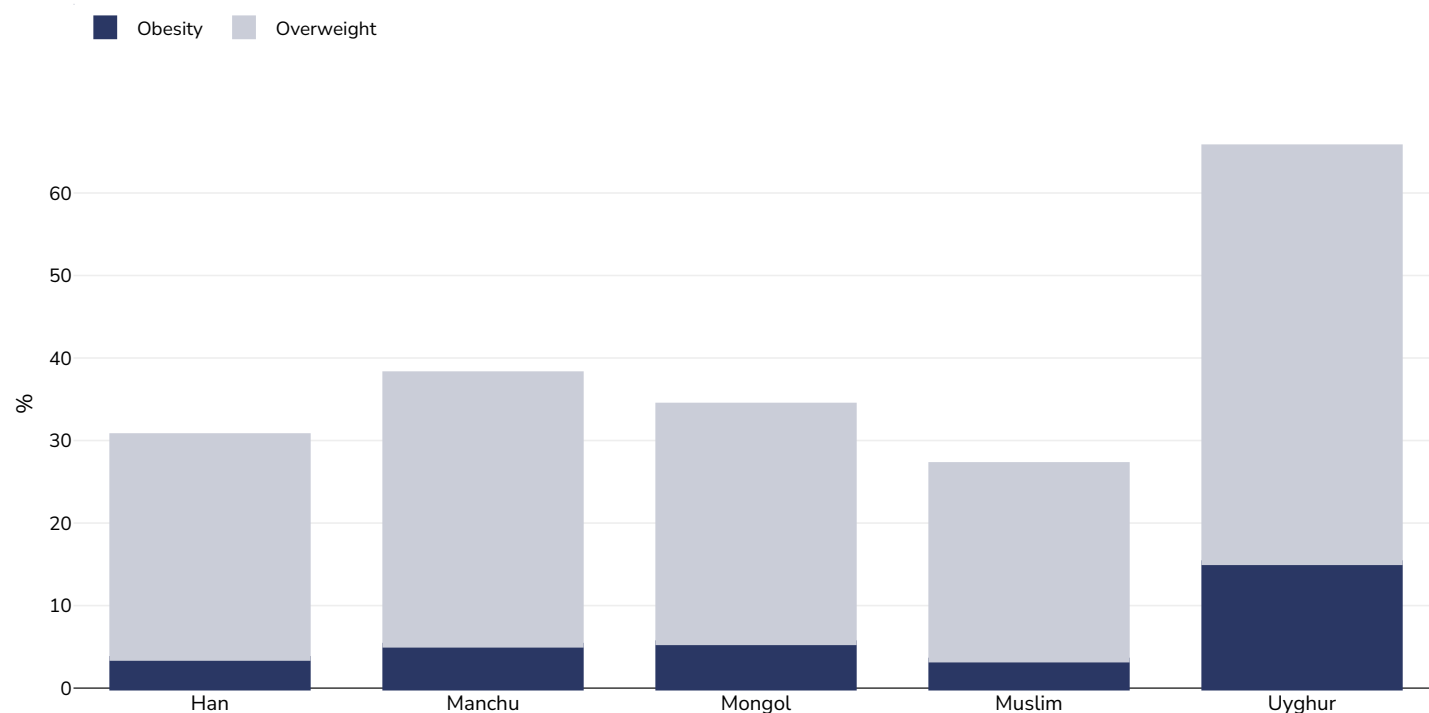
Definitions: Cities in China were divided into quintiles according to the city's GDP per capita level in 2018 as follows: first quintile: CNY 15,119 to 40,817; second quintile: CNY 40,850 to 56,513; third quintile: CNY 56,636 to 75,572; fourth quintile: CNY 75,611 to 103,667; fifth quintile: CNY 103,757 to 200,022.

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 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.

Adults, 2014-2015



Survey type: Measured

Age: 40+

Sample size: 726,390

Area covered: National

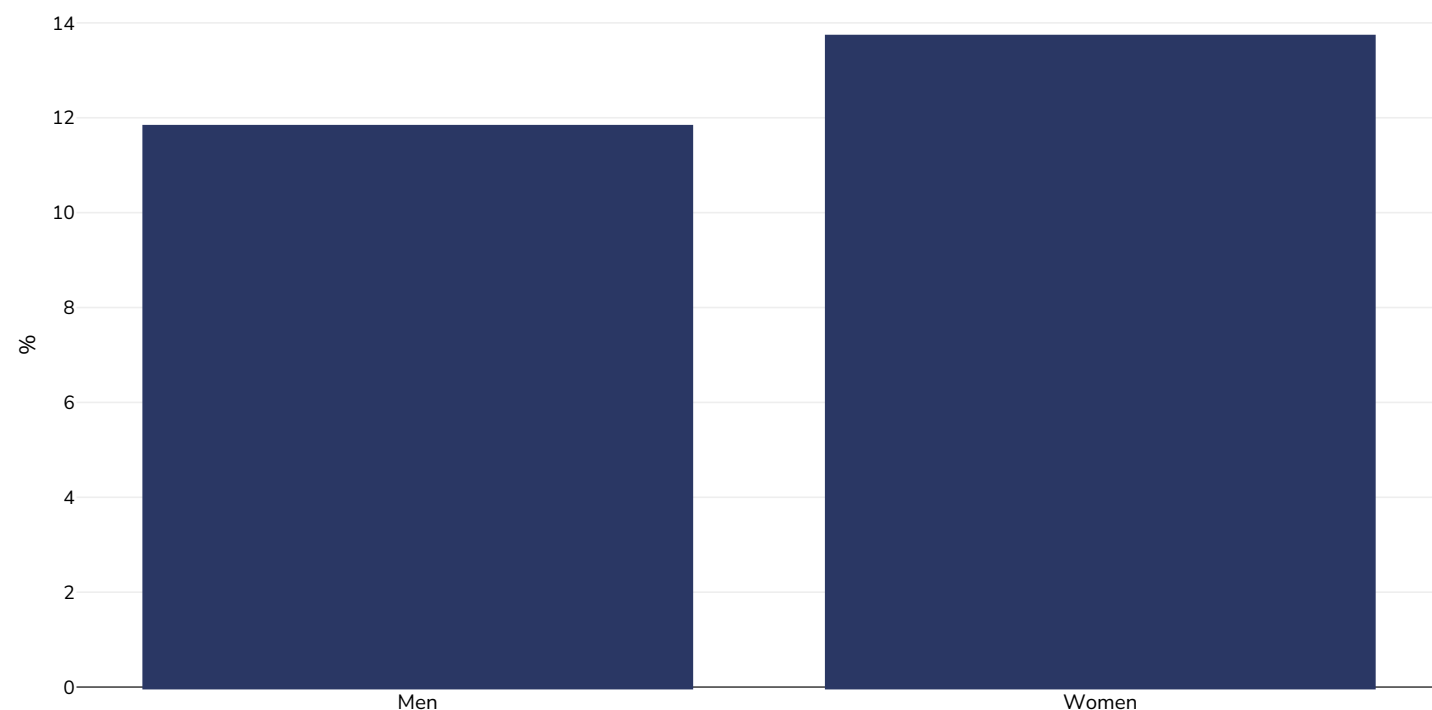
References: Tong, X. et al. (2019). Prevalence and ethnic pattern of overweight and obesity among middle-aged and elderly adults in China. European Journal of Preventive Cardiology, [online] 26(16), pp.1785–1789. doi:<https://doi.org/10.1177/2047487319845129>

Notes: Data from China National Stroke Screening and Prevention Project Study (CNSPP)

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

Double burden of underweight & overweight

Adults, 2022



Survey type: Measured

Age: 20+

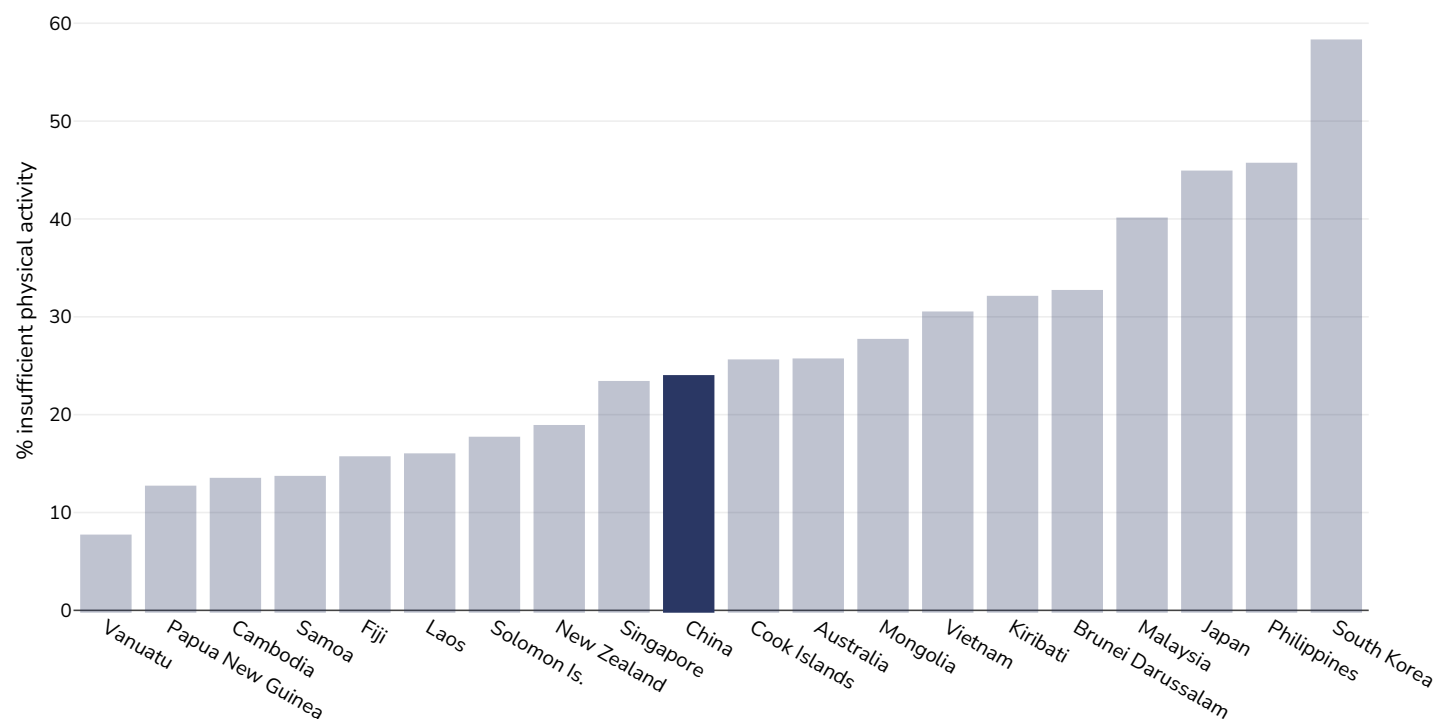
References: NCD Risk Factor Collaboration (NCD-RisC). Worldwide trends in underweight and obesity from 1990 to 2022: a pooled analysis of 3663 population representative studies with 222 million children, adolescents, and adults. Lancet 2024; published online Feb 29. [https://doi.org/10.1016/S0140-6736\(23\)02750-2](https://doi.org/10.1016/S0140-6736(23)02750-2).

Notes: Age Standardised estimates

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

Insufficient physical activity

Adults, 2022



Survey type: Self-reported

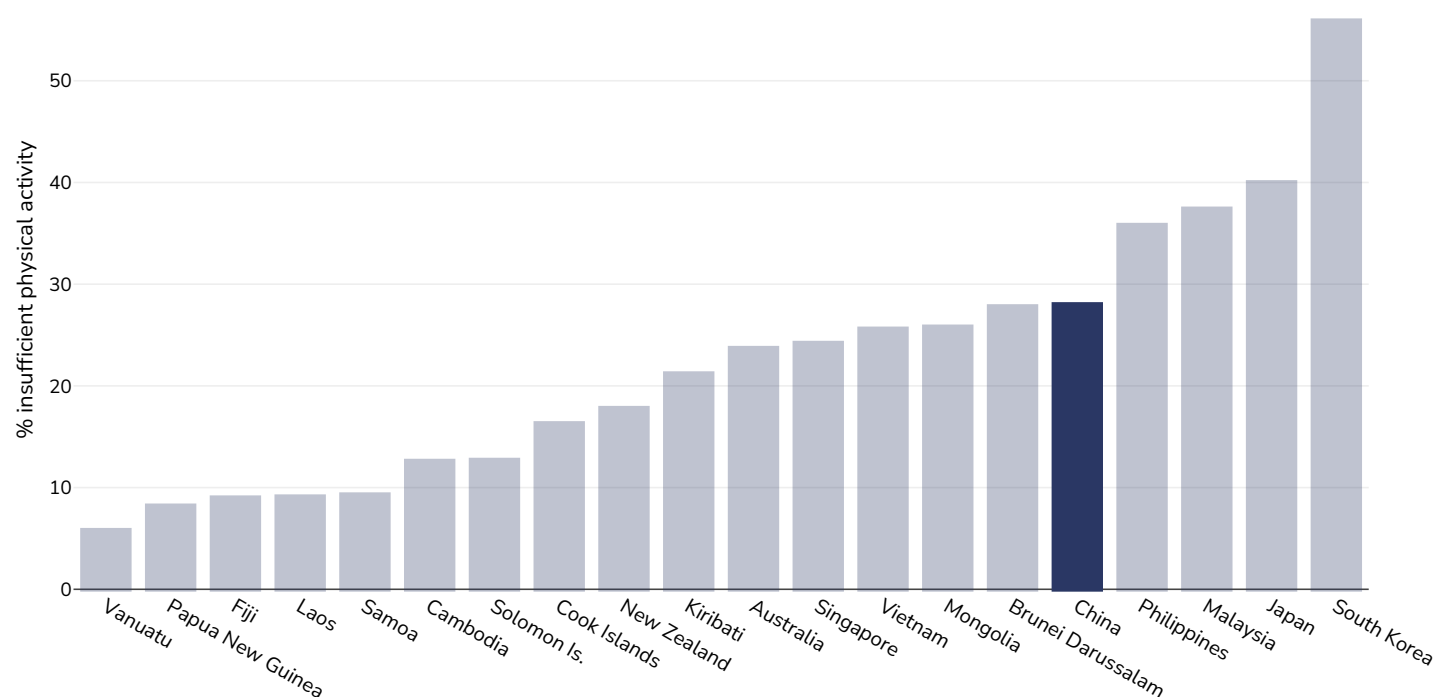
Age: 18+

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-\(age-standardized-estimate\)-\(-\)](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

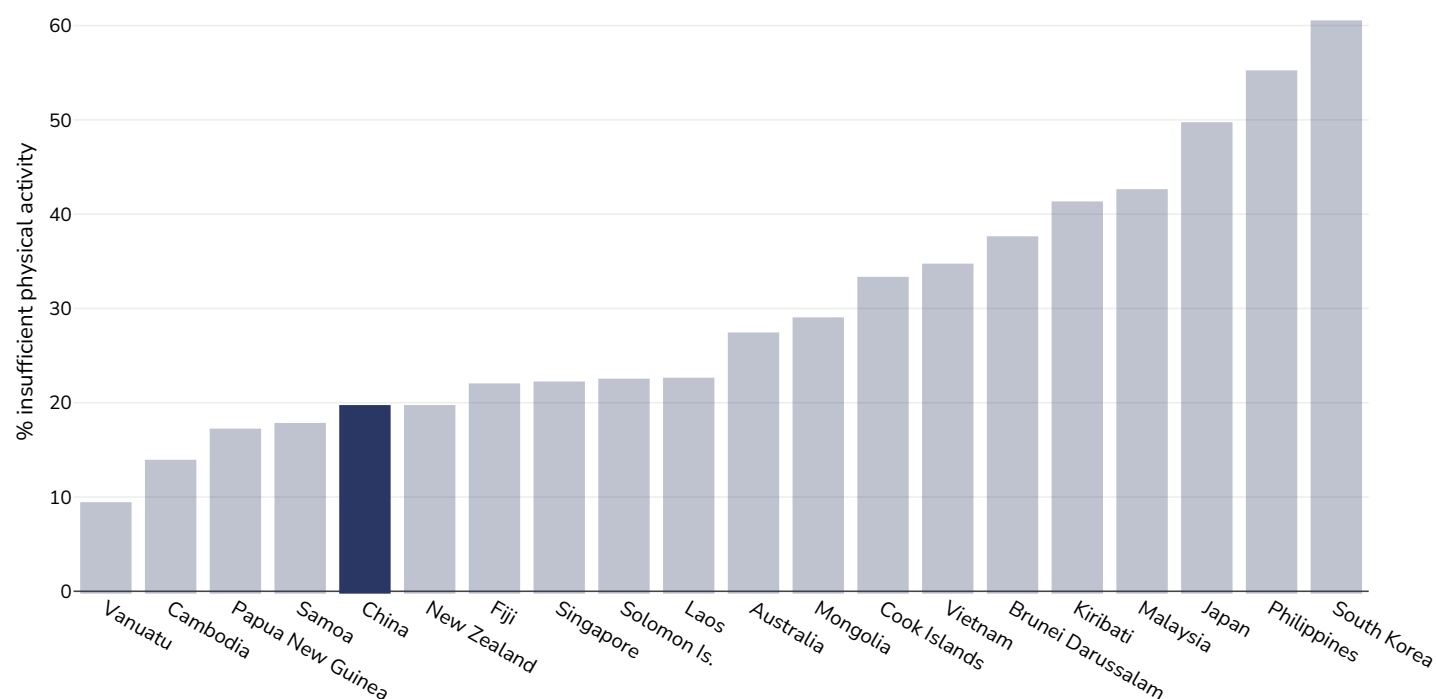
Age: 18+

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-\(age-standardized-estimate\)-\(-\)](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+

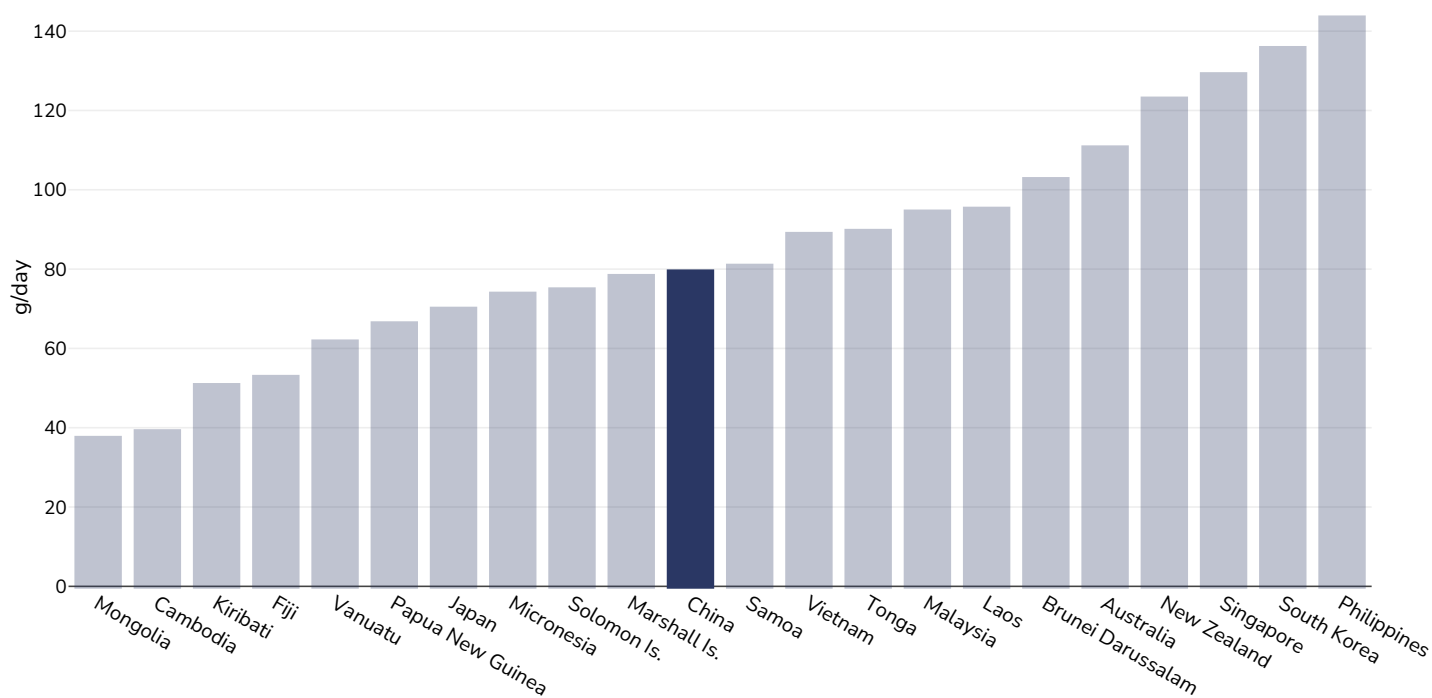
Area covered: National

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-\(age-standardized-estimate\)-\(-\)](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.

Estimated per capita fruit intake

Adults, 2017



Survey type: Measured

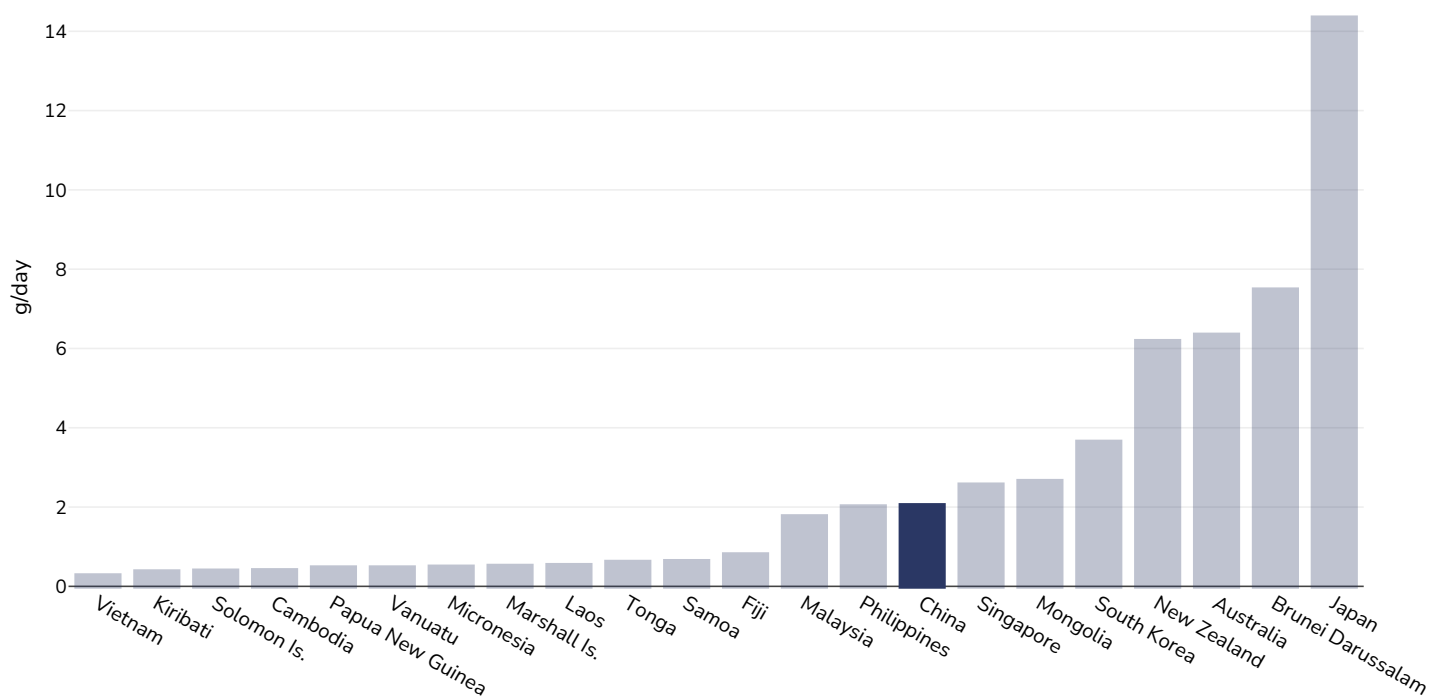
Age: 25+

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

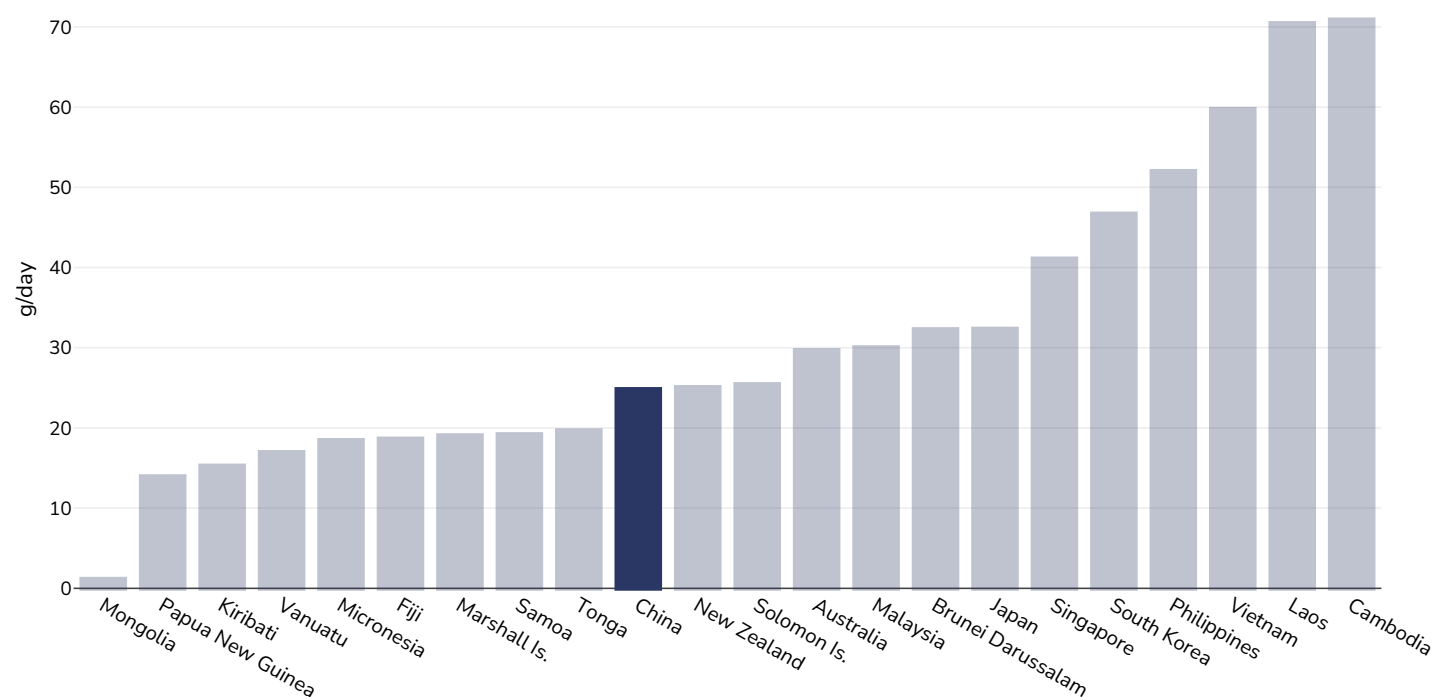
Age: 25+

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

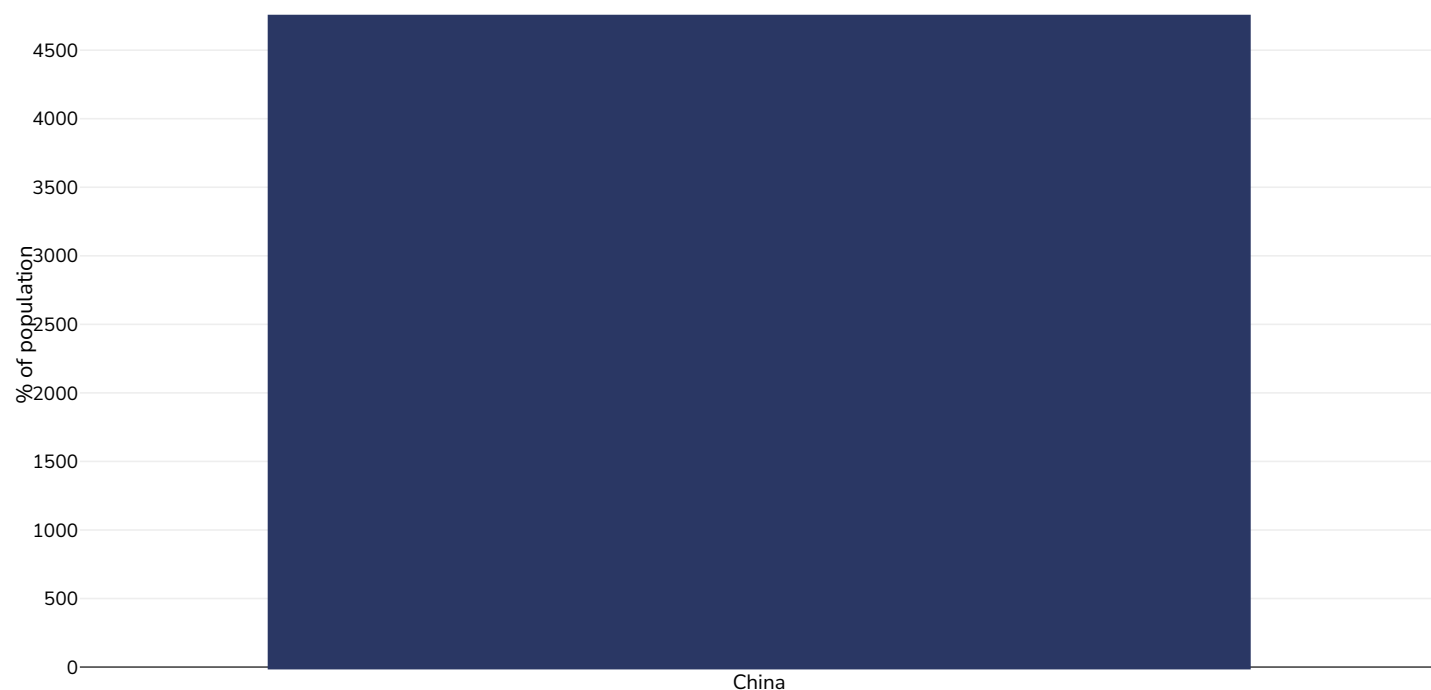
Age: 25+

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, 2021



Age: 20+

Area covered: National

References: Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

Definitions: Number living with depression per 100,000 population (adults 20+ years)

Men, 2021



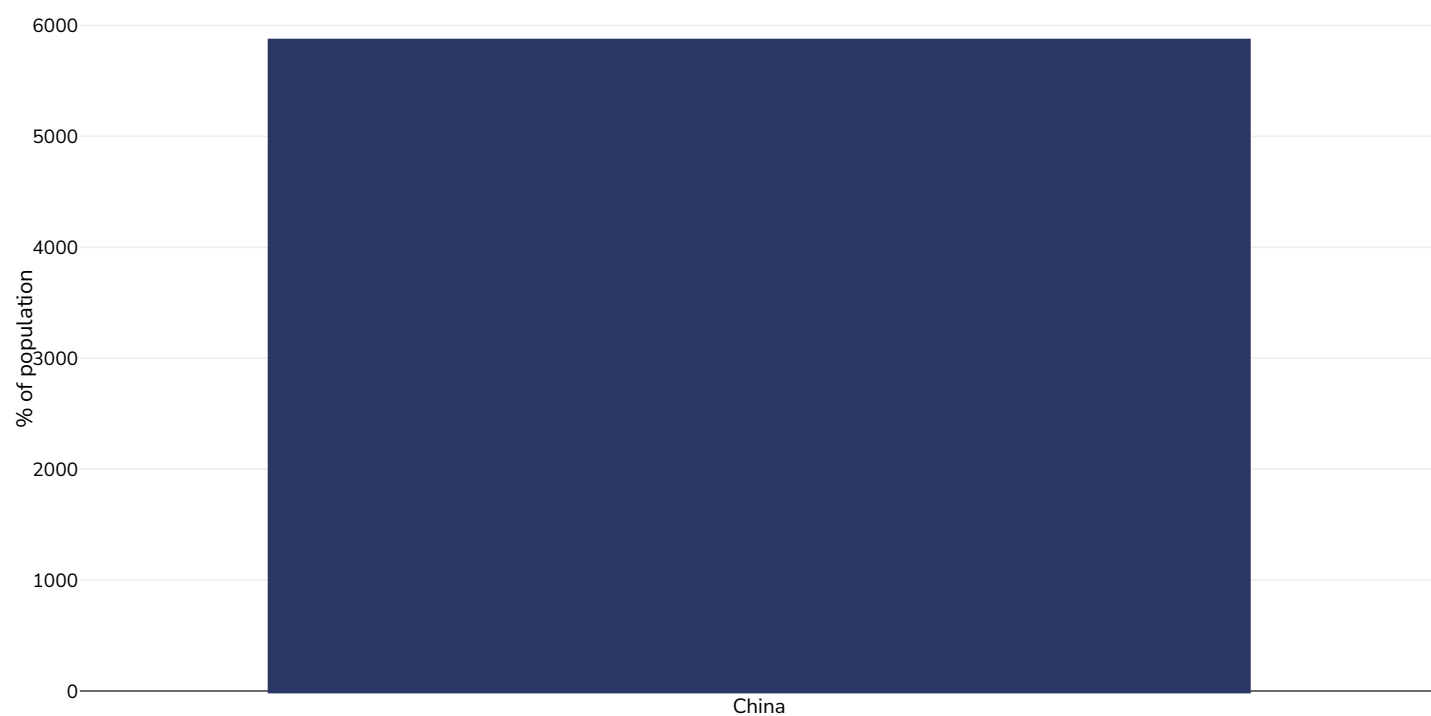
Age: 20+

Area covered: National

References: Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

Definitions: Number living with depression per 100,000 population (adults 20+ years)

Women, 2021



Age: 20+

Area covered: National

References: Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

Definitions: Number living with depression per 100,000 population (adults 20+ years)

Mental health - anxiety disorders

Adults, 2021

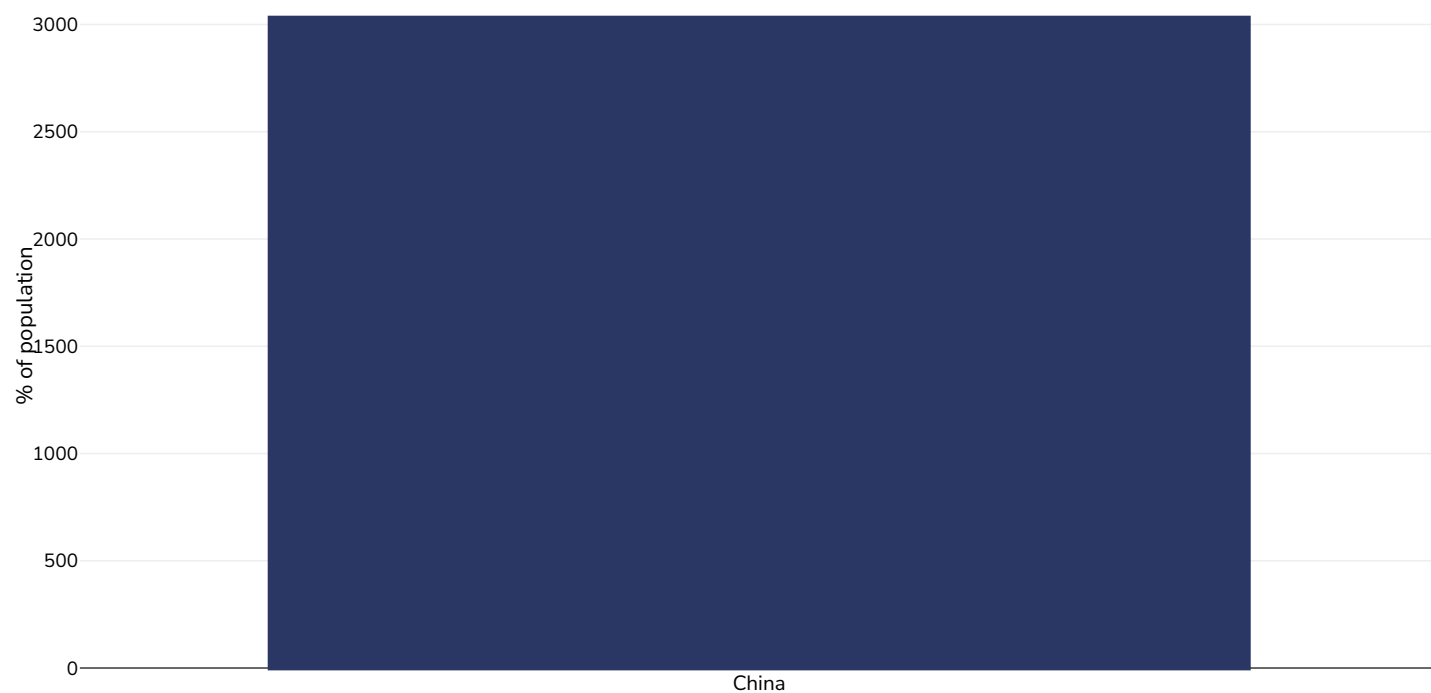


Age: 20+

References: Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25).

Definitions: Number living with anxiety per 100,000 population

Men, 2021

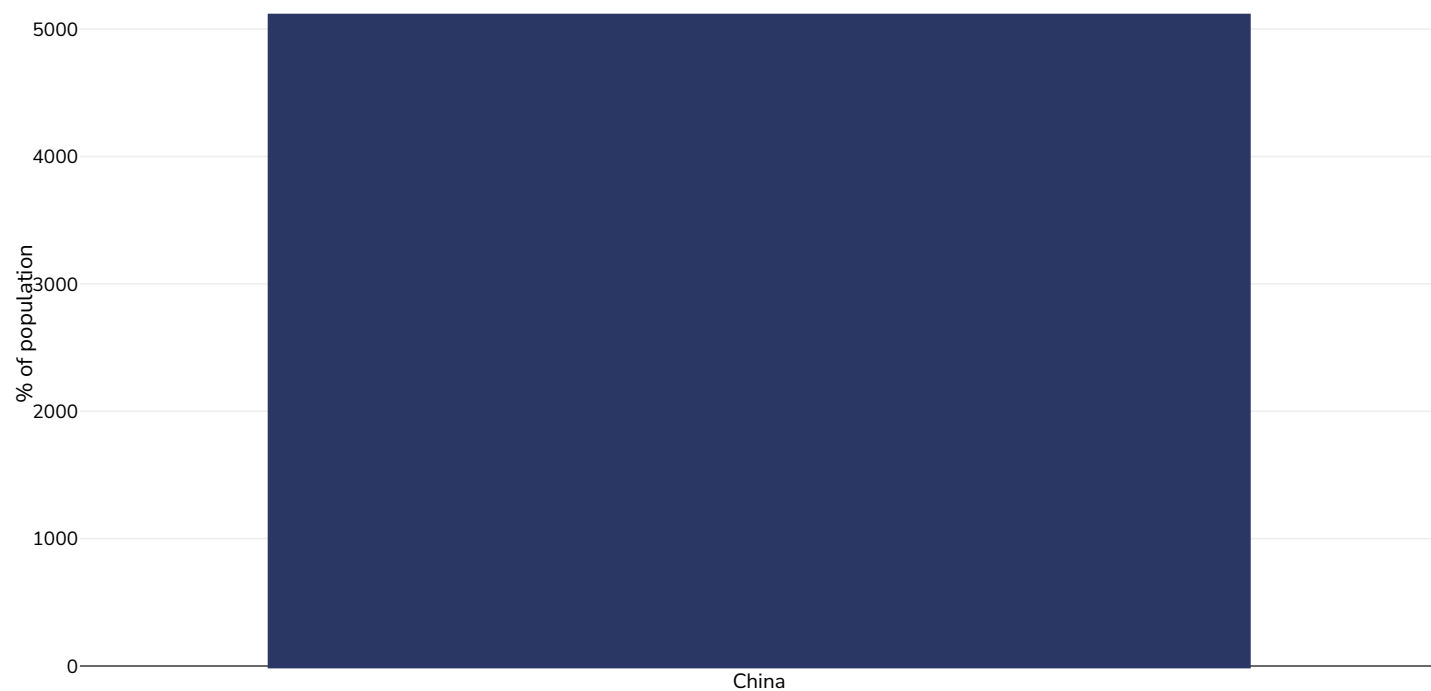


Age: 20+

References: Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25).

Definitions: Number living with anxiety per 100,000 population

Women, 2021



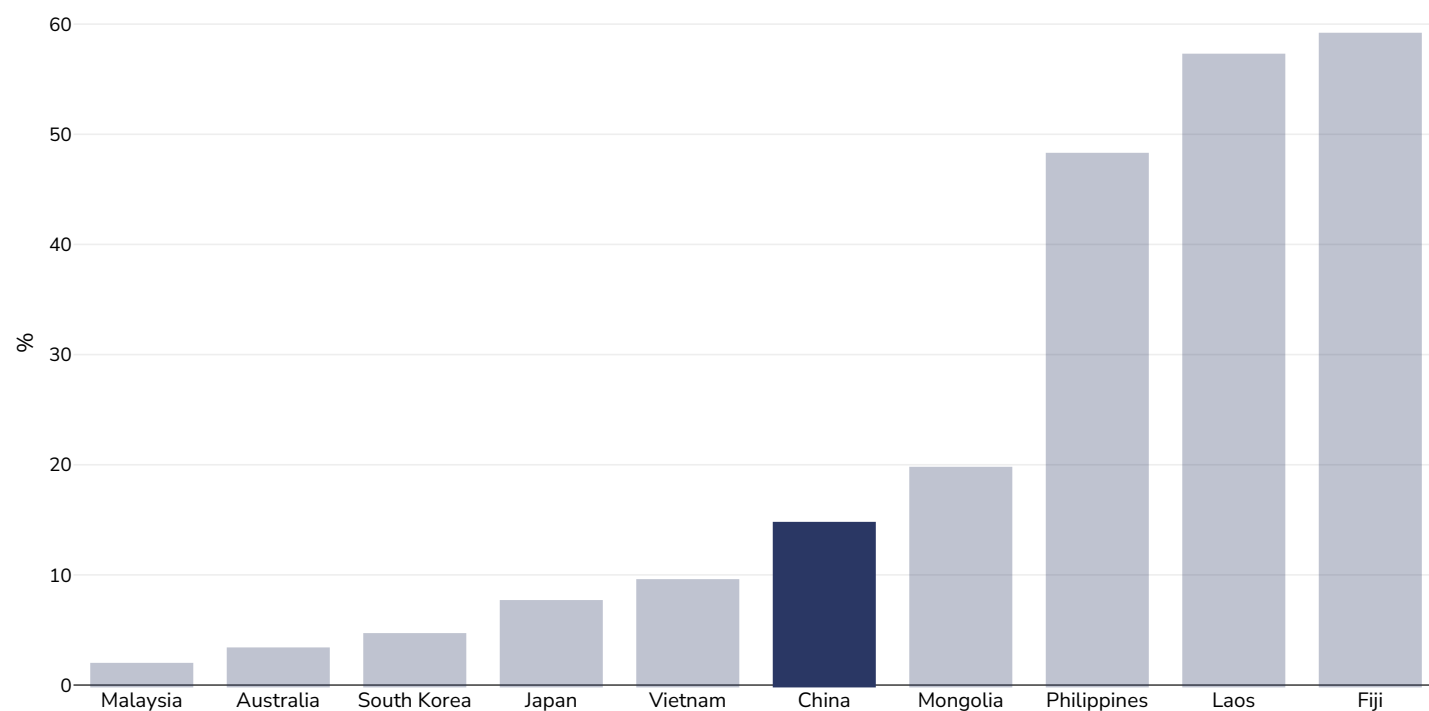
Age: 20+

References: Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25).

Definitions: Number living with anxiety per 100,000 population

Percent of population who cannot afford a healthy diet

Adults, 2022



Area covered:

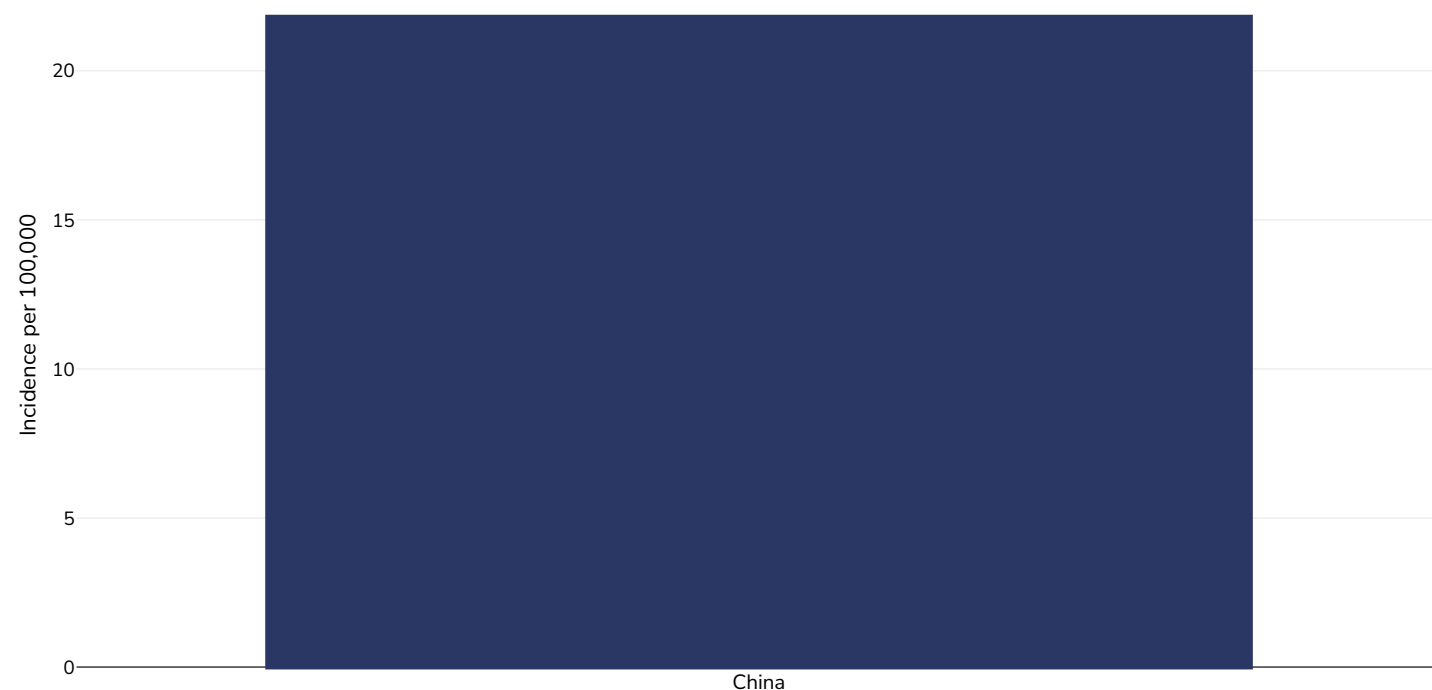
National

References:

The Food Systems Dashboard. The Global Alliance for Improved Nutrition (GAIN), The Columbia Climate School, and Cornell University College of Agriculture and Life Sciences. 2024. Geneva, Switzerland. <https://www.foodsystemsdashboard.org>. DOI: <https://doi.org/10.36072/db>.

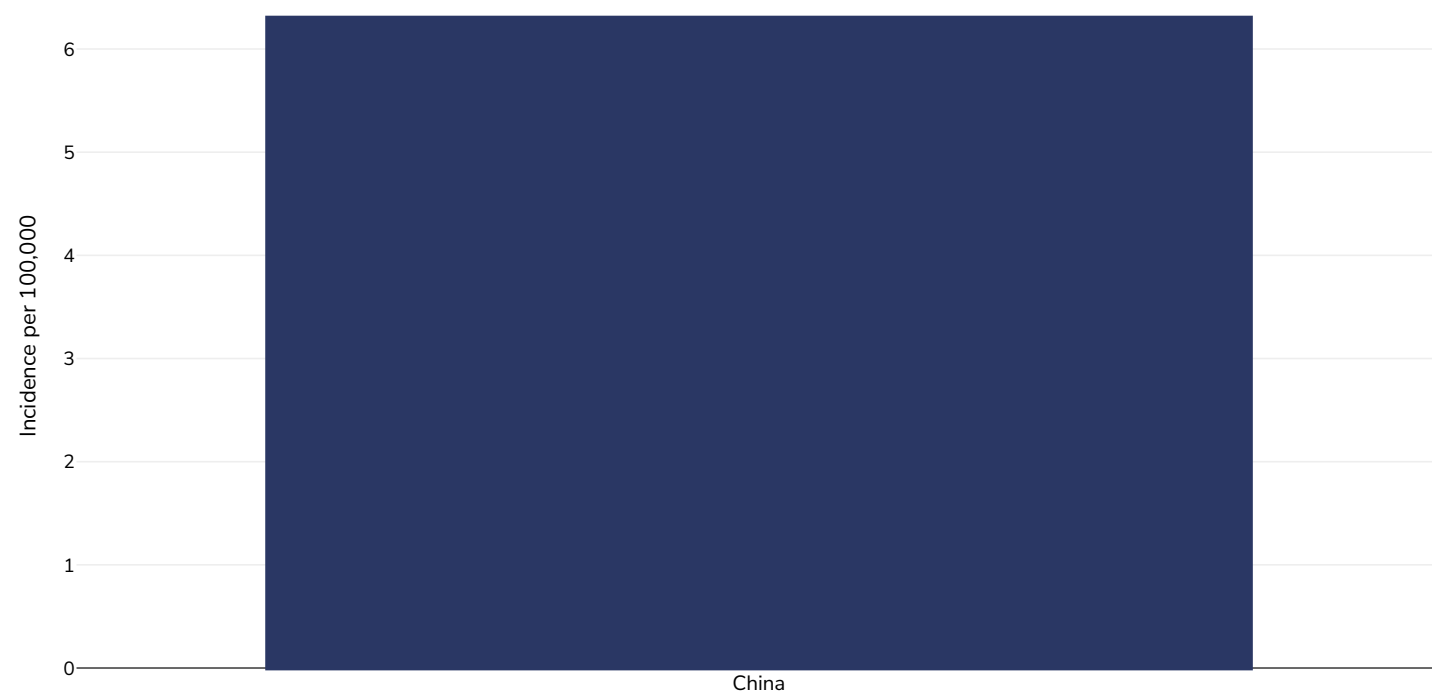
Oesophageal cancer

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

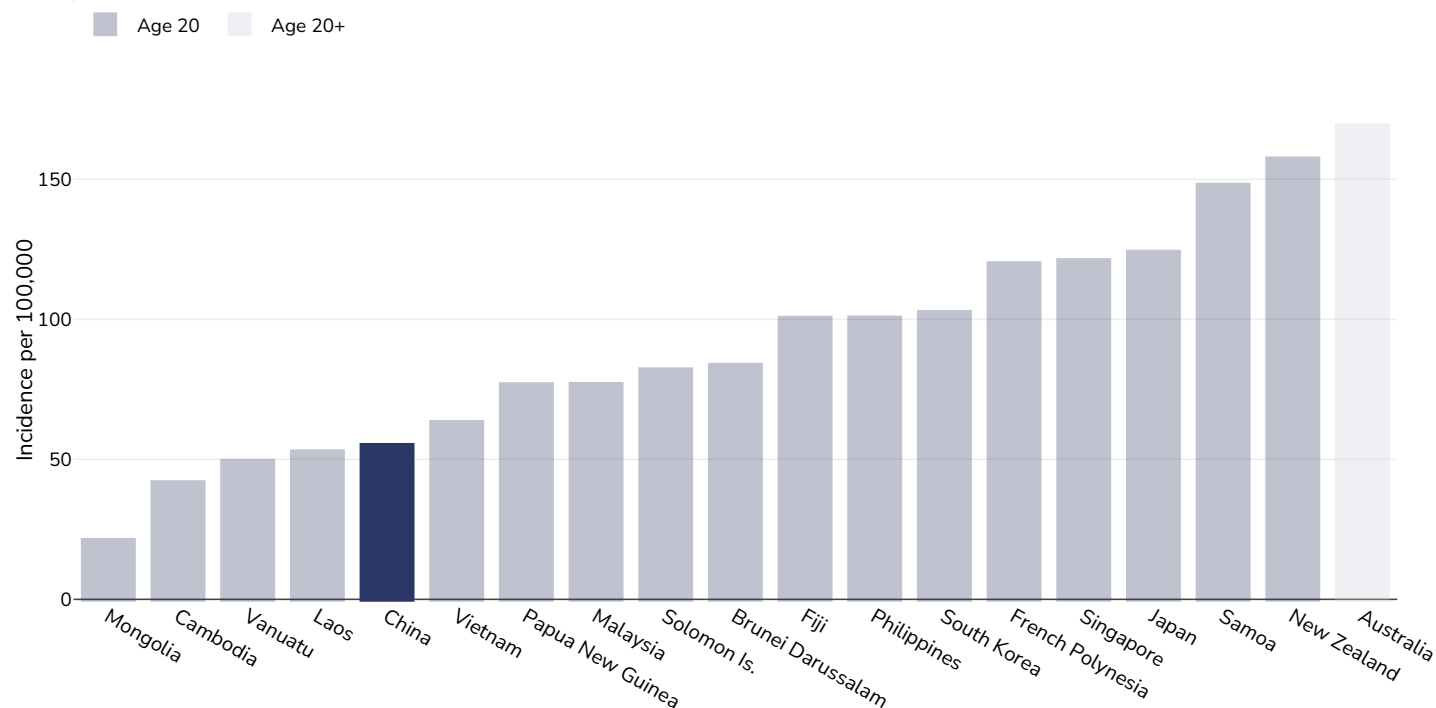
Women, 2022



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:

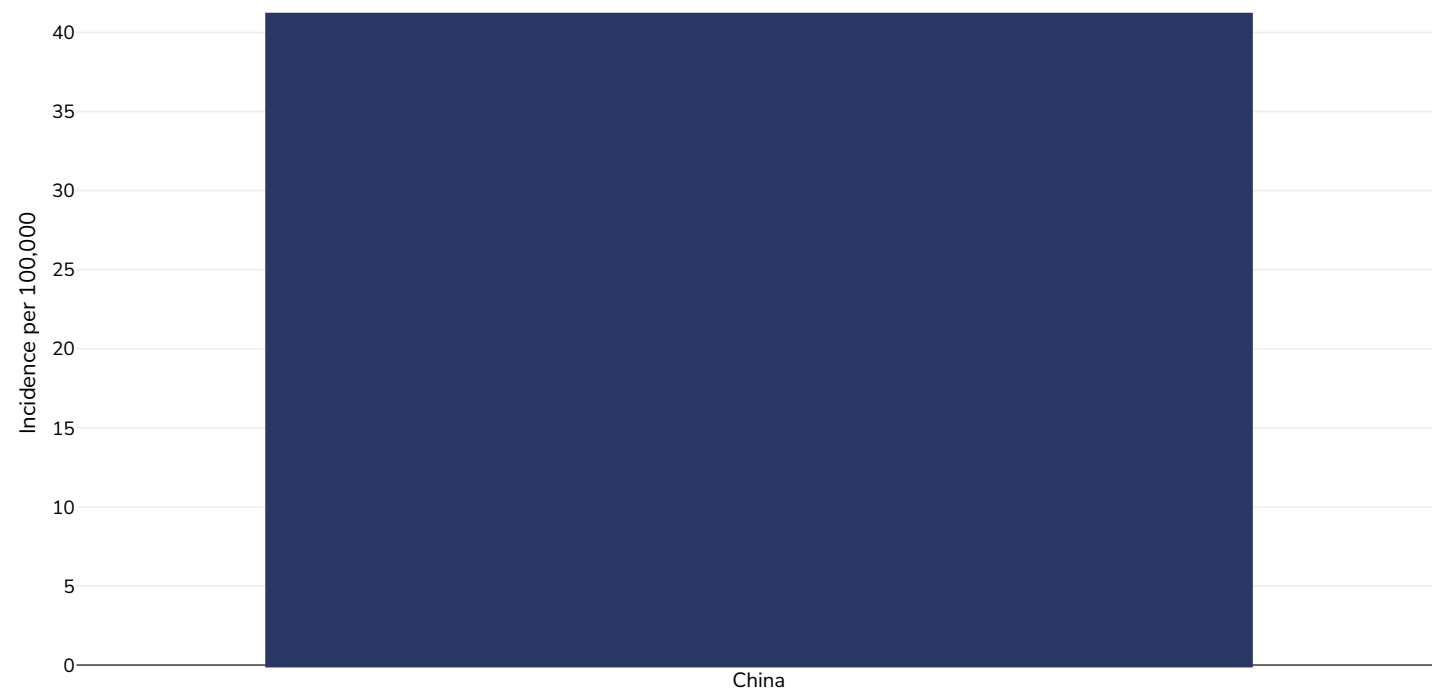
Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.who.int/today>, accessed [16.07.24]

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

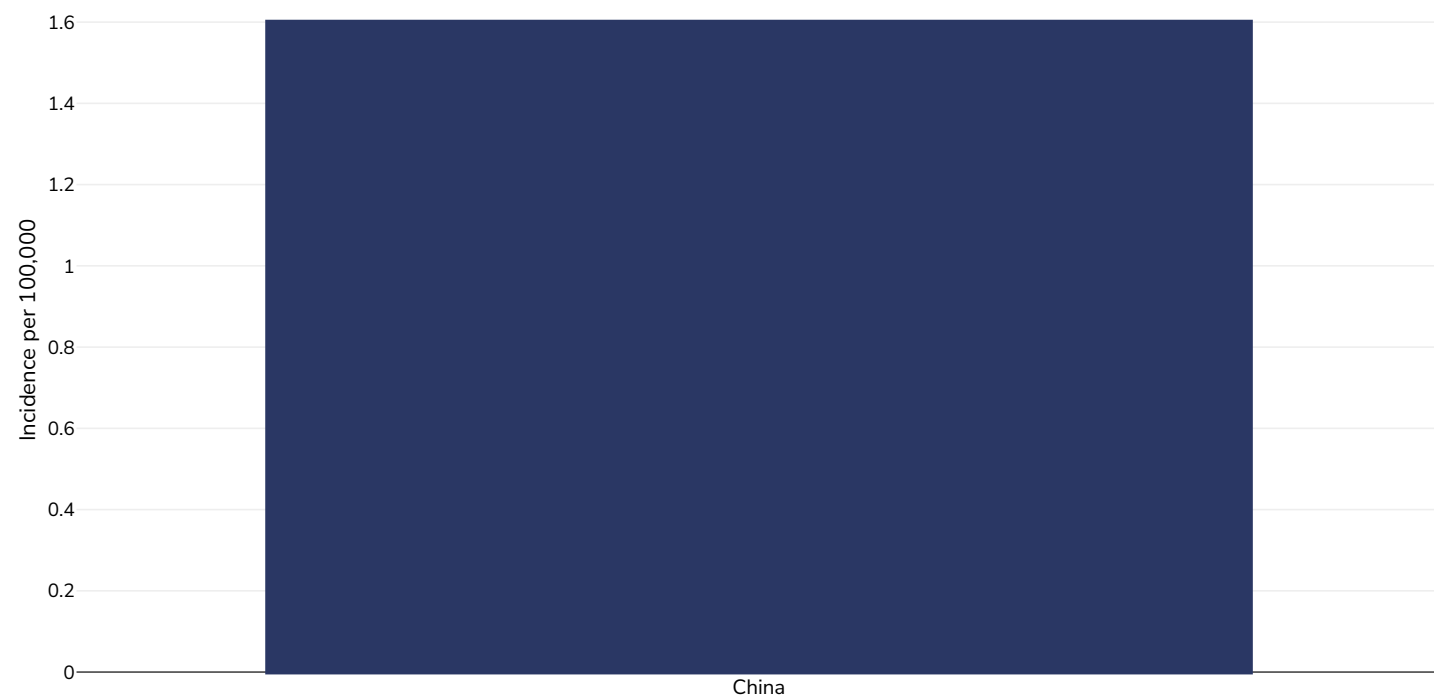
Women, 2022



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

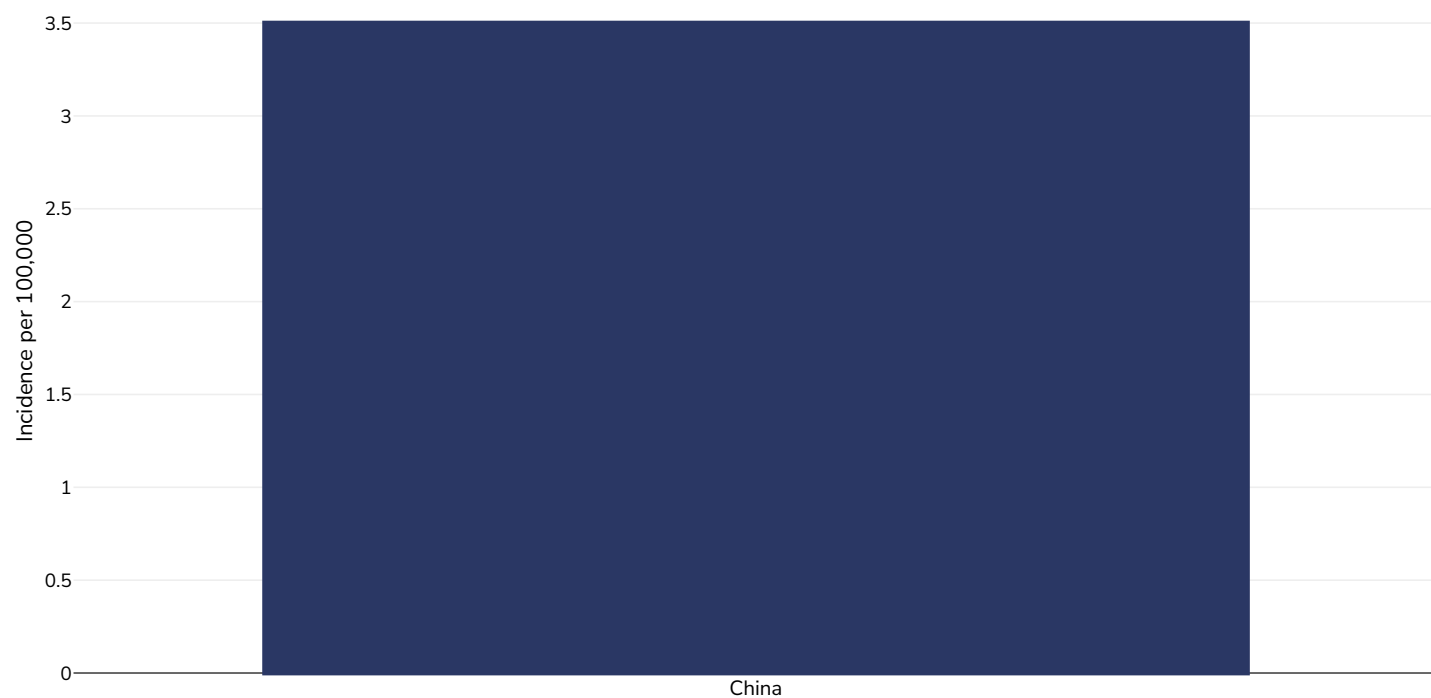
Kidney cancer

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



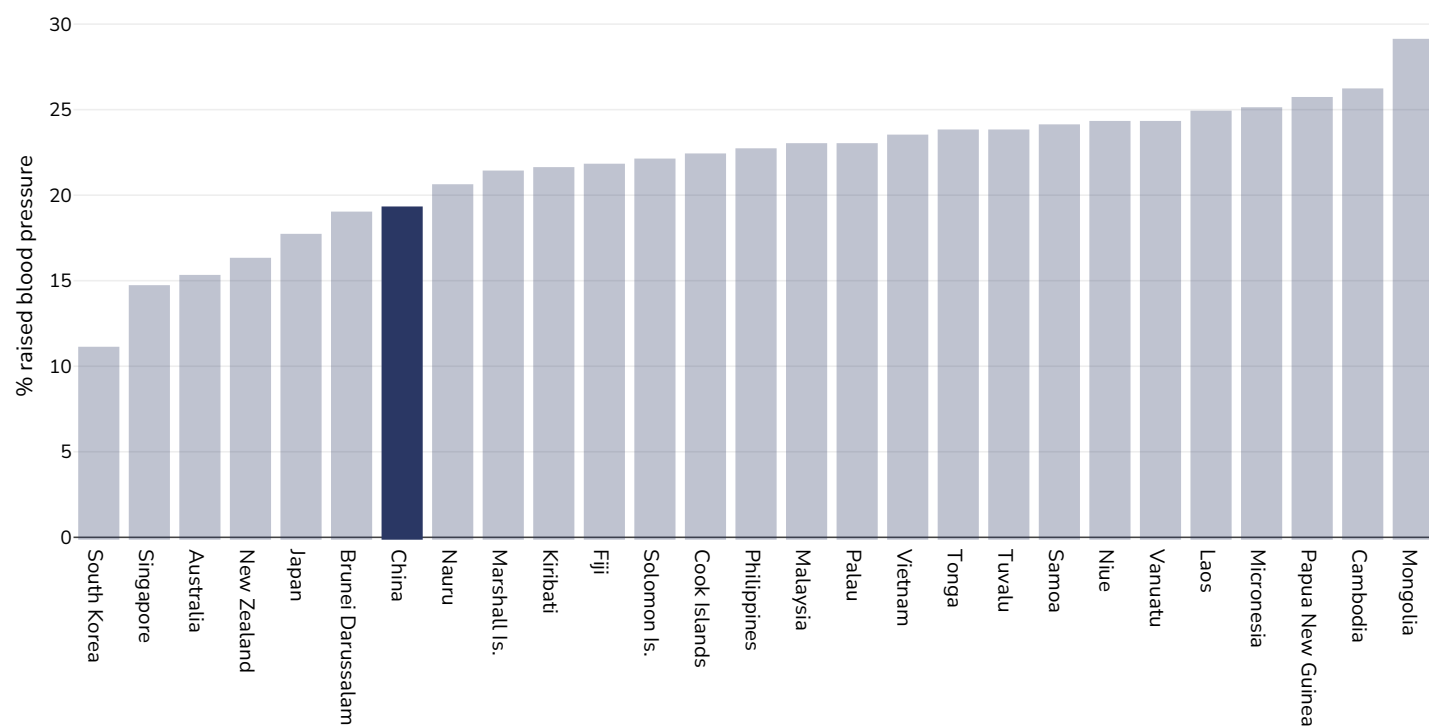
Age: 20+

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

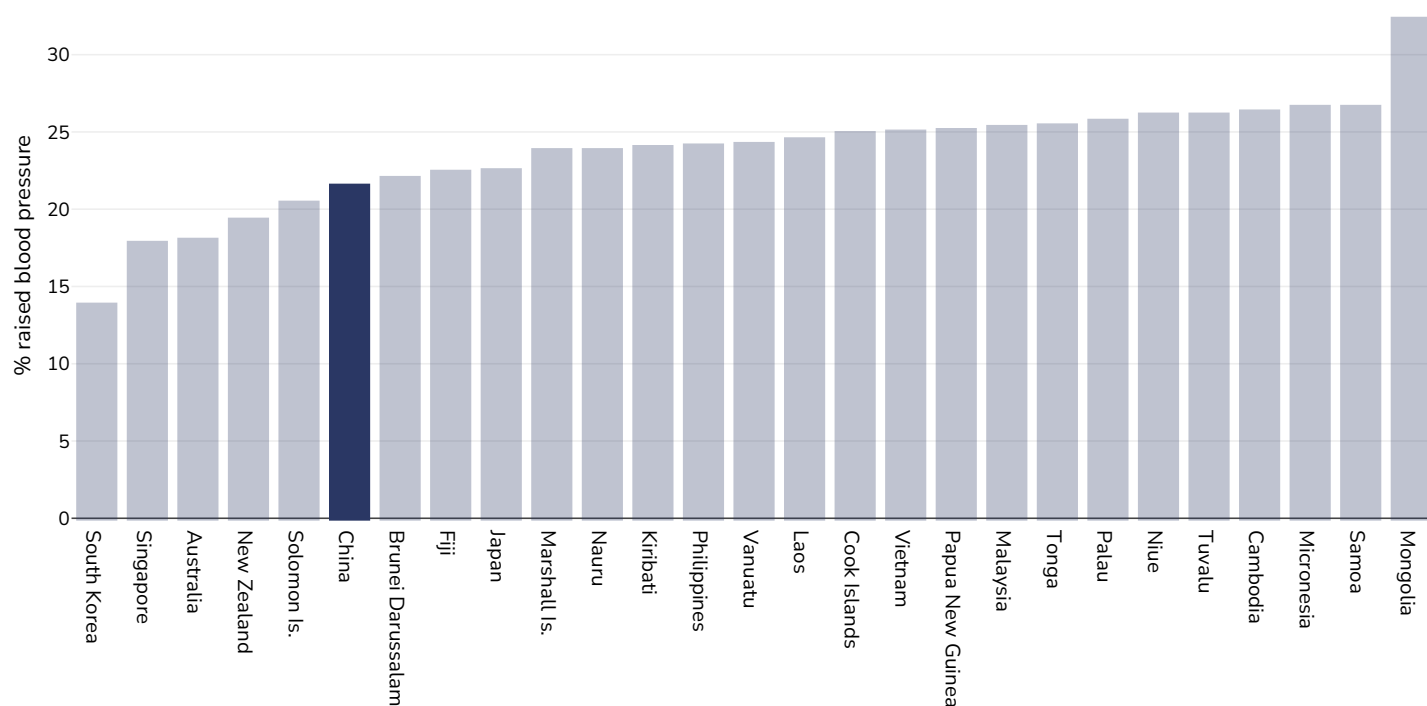
Adults, 2015



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 \geq 140 OR DBP \geq 90).

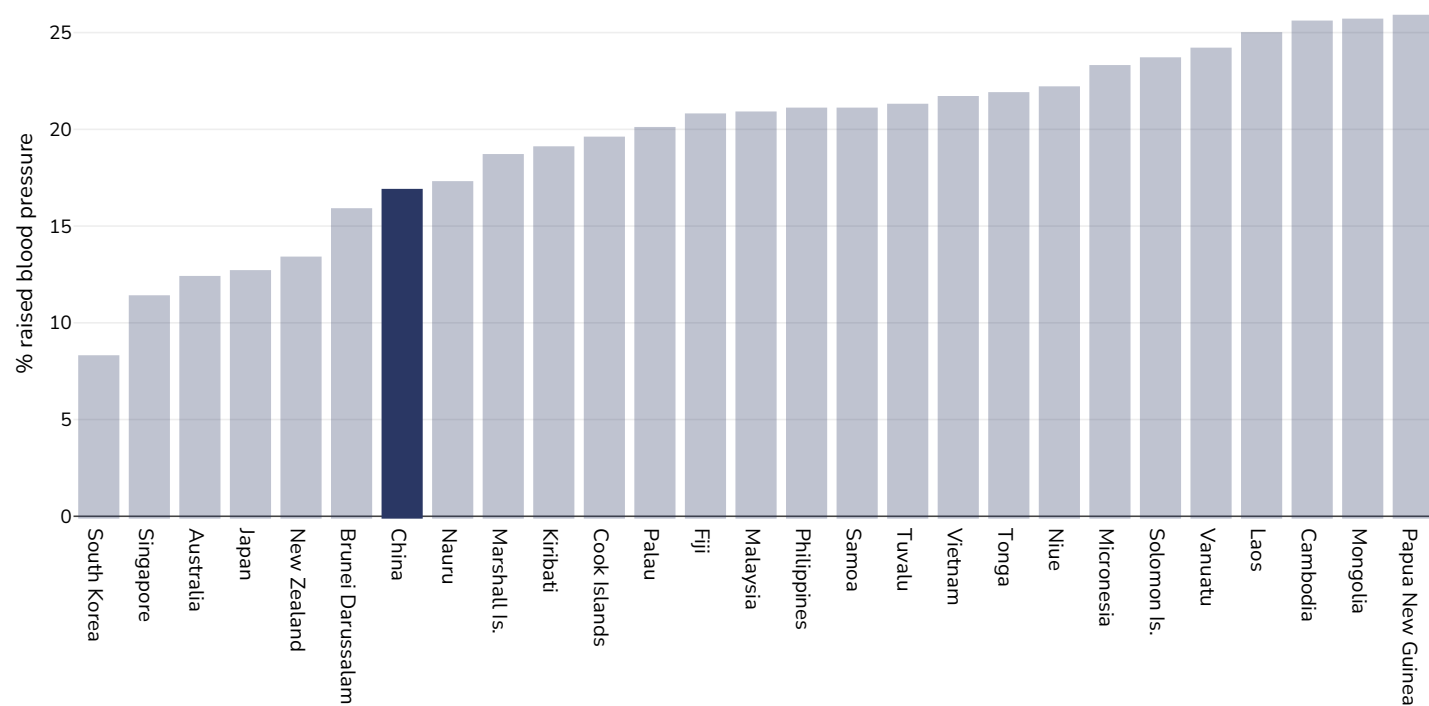
Men, 2015



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 \geq 140 OR DBP \geq 90).

Women, 2015

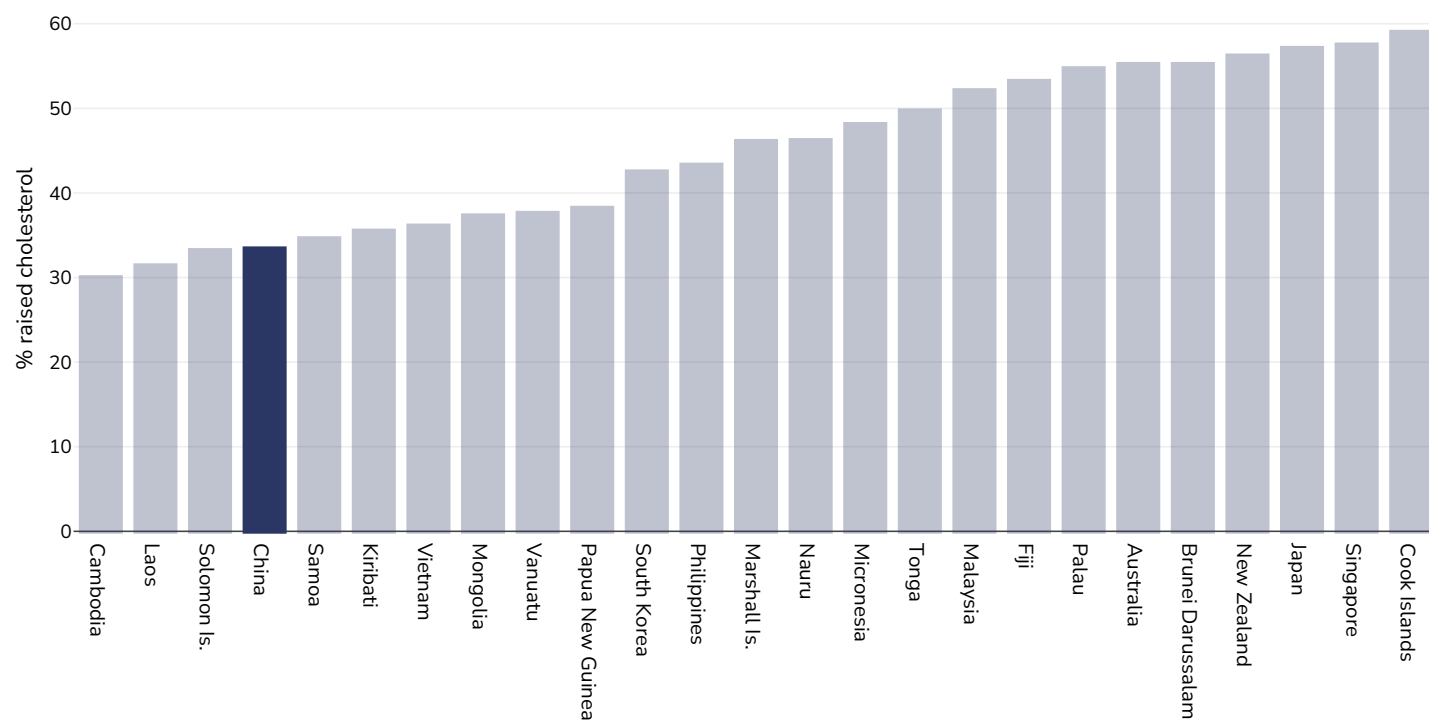


References: Global Health Observatory data repository, World Health Organisation, <http://apps.who.int/gho/data/node.main.A875?lang=en>

Definitions: Age Standardised estimated % Raised blood pressure 2015 (SBP \geq 140 OR DBP \geq 90).

Raised cholesterol

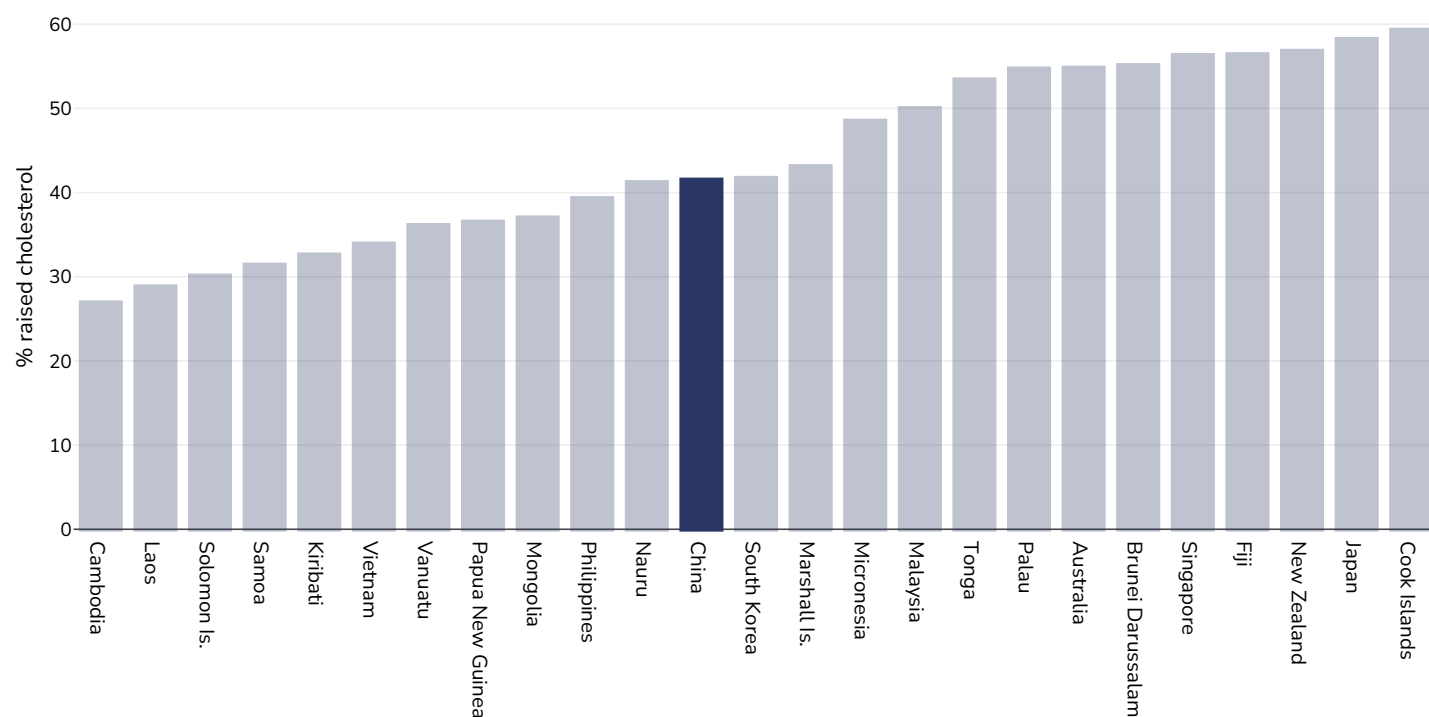
Adults, 2008



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).

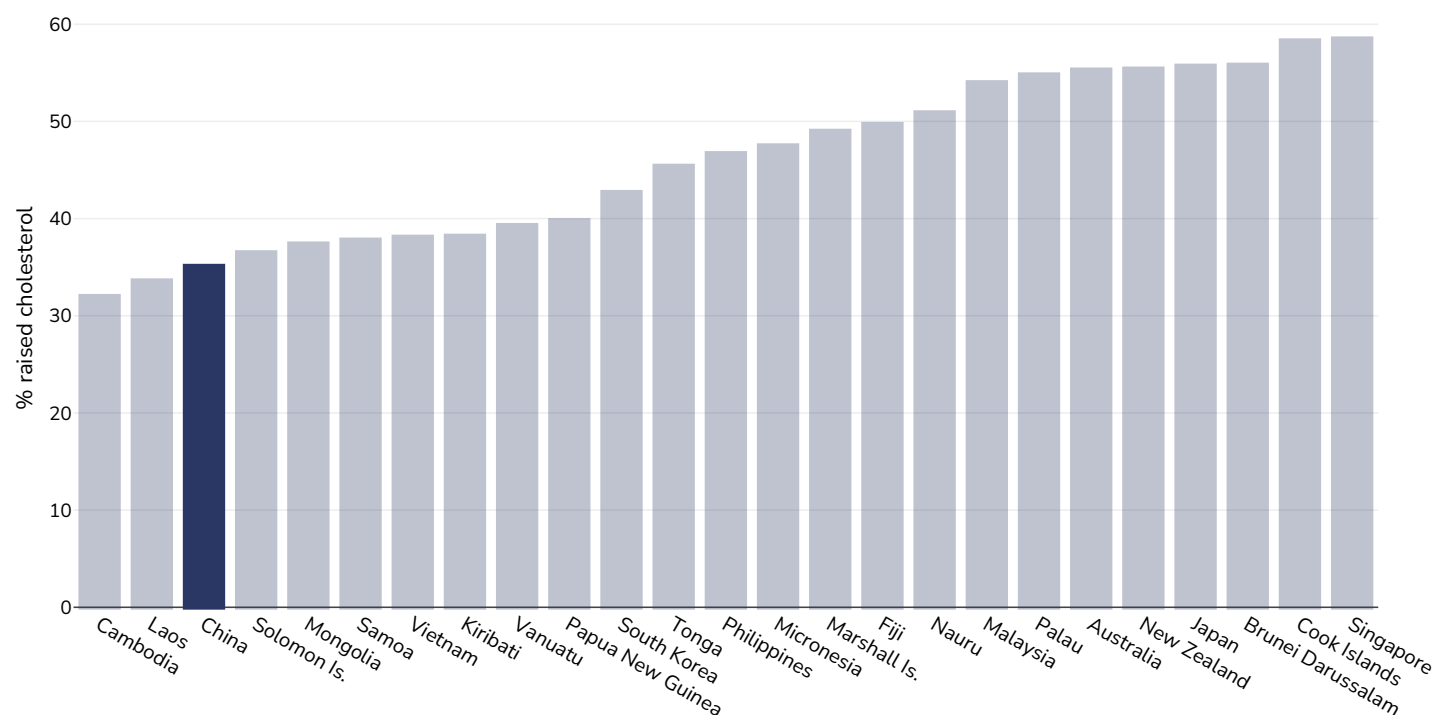
Men, 2008



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

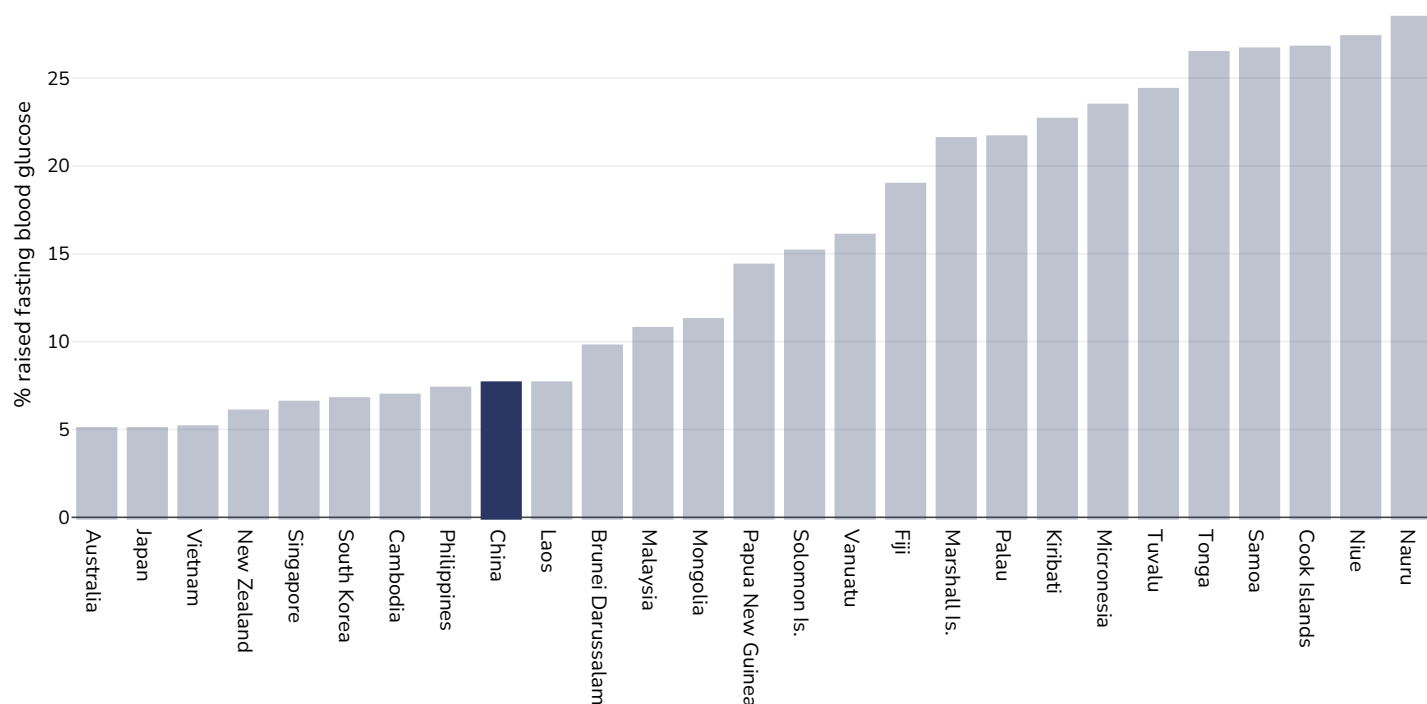


References: Global Health Observatory data repository, World Health Organisation, <http://apps.who.int/gho/data/node.main.A885>

Definitions: % Raised total cholesterol (≥ 5.0 mmol/L) (age-standardized estimate).

Raised fasting blood glucose

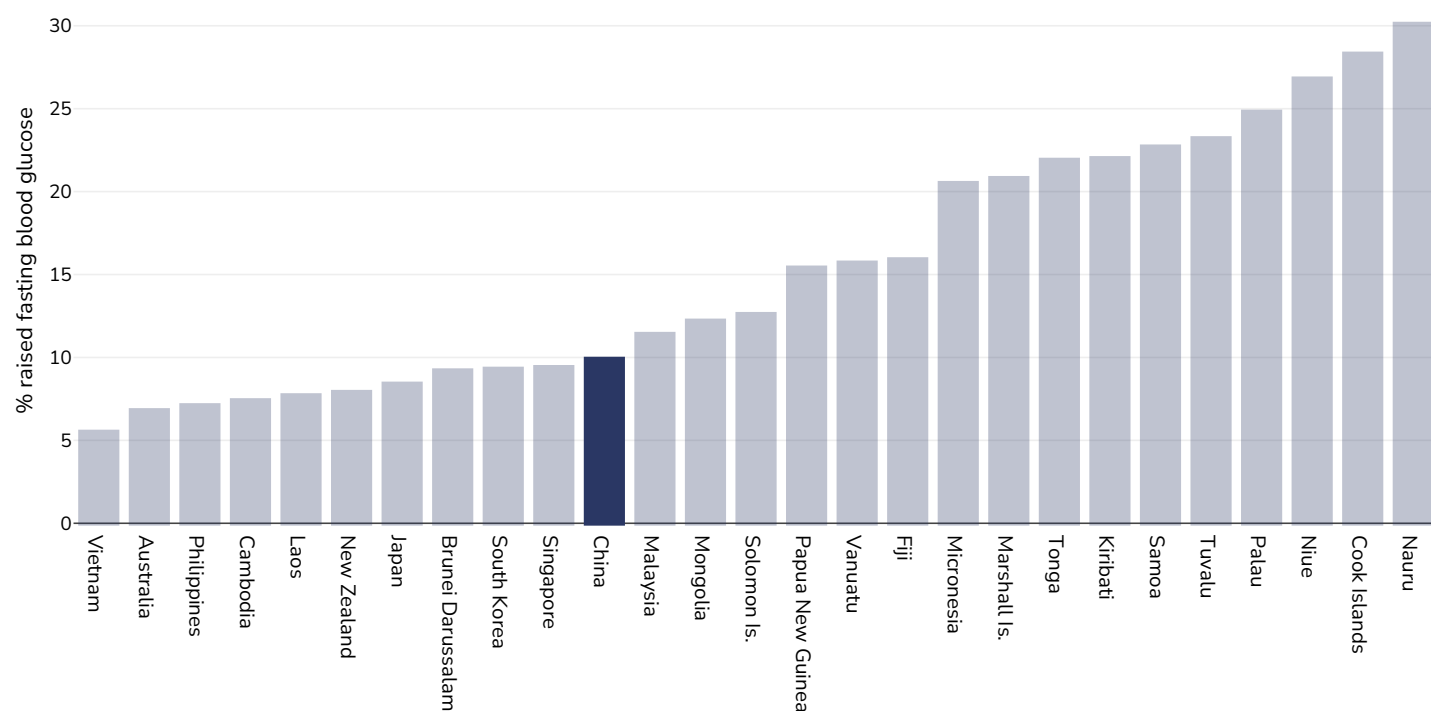
Men, 2014



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

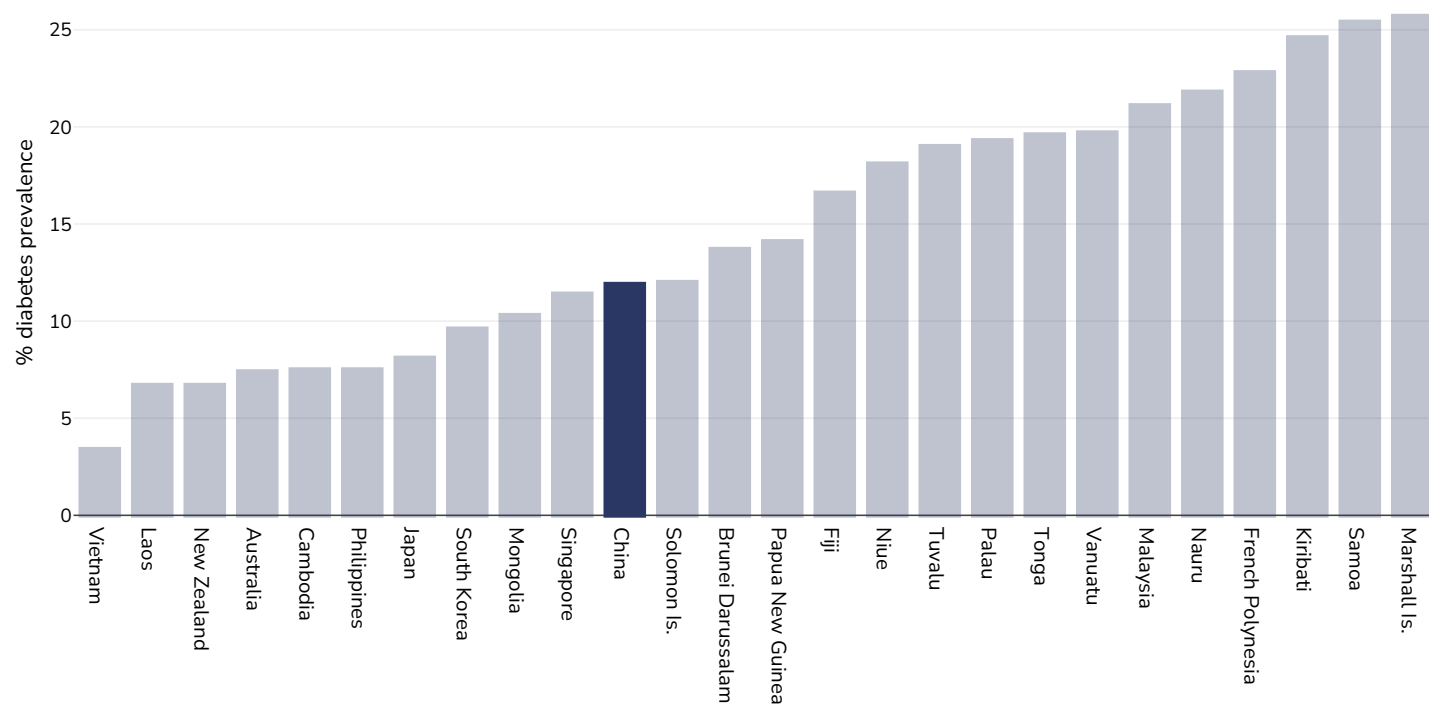


References: Global Health Observatory data repository, World Health Organisation, <http://apps.who.int/gho/data/node.main.A869?lang=en>

Definitions: Age Standardised % raised fasting blood glucose (≥ 7.0 mmol/L or on medication).

Diabetes prevalence

Adults, 2024

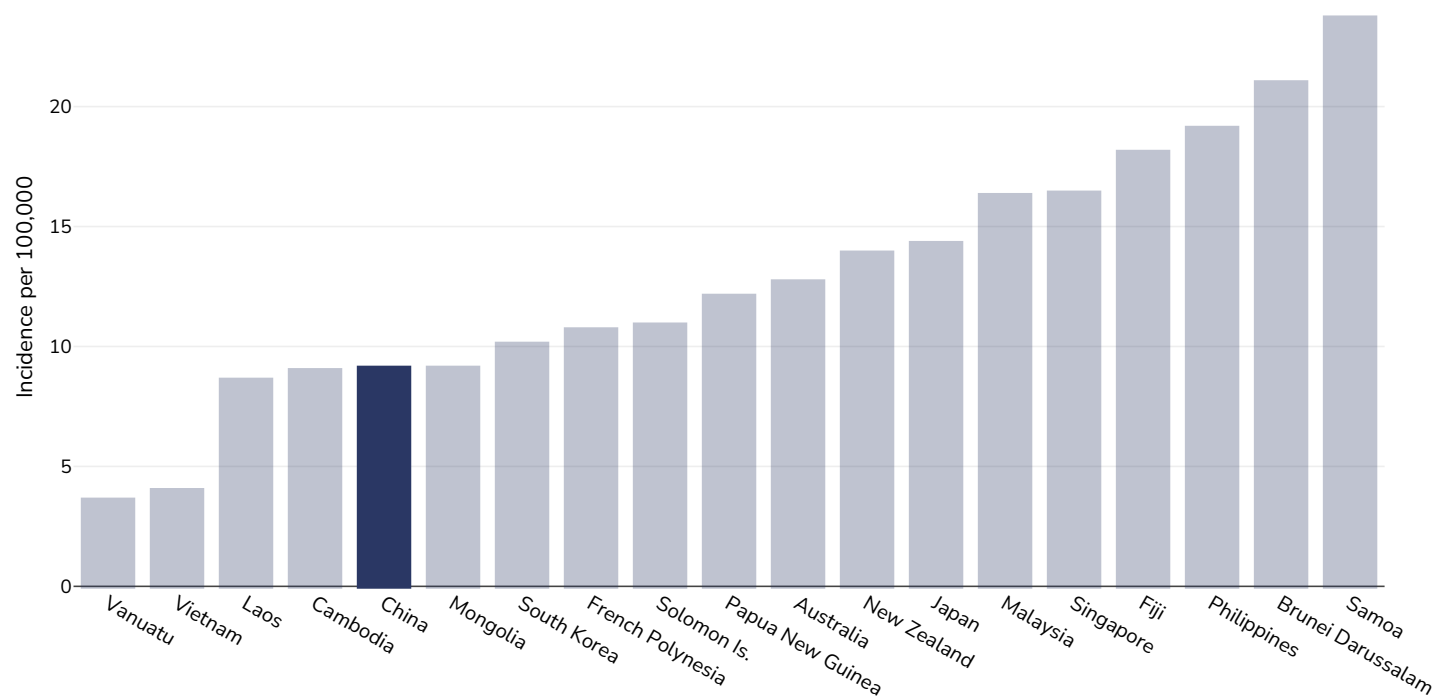


References:

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



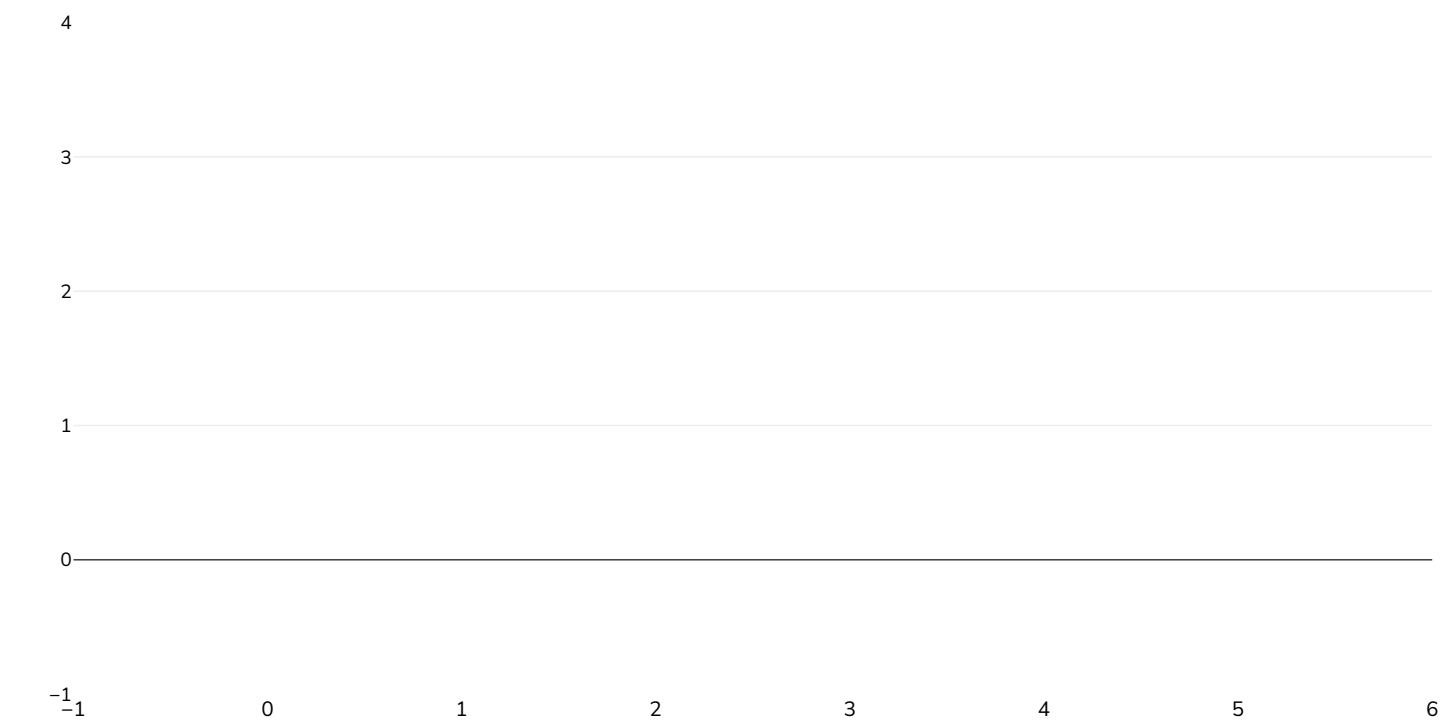
Age: 20+

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+

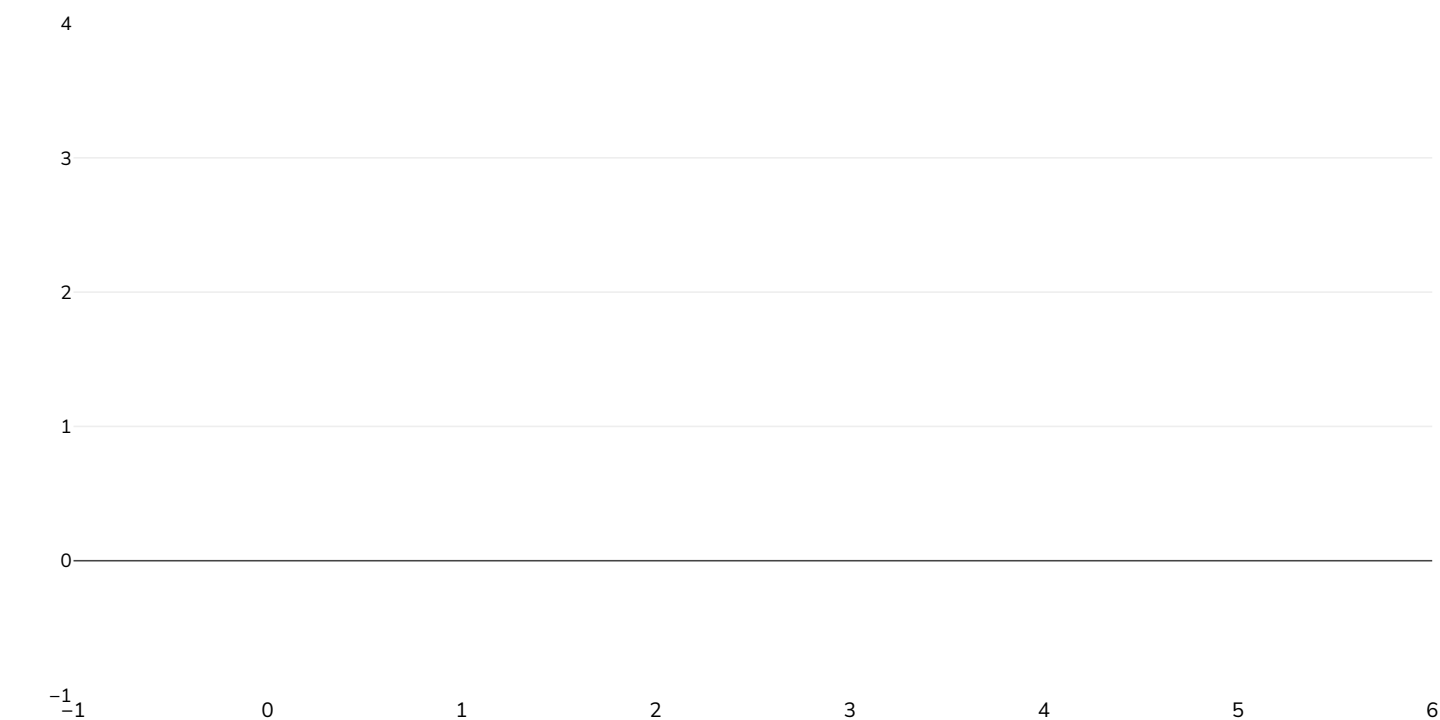
Area covered: National

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

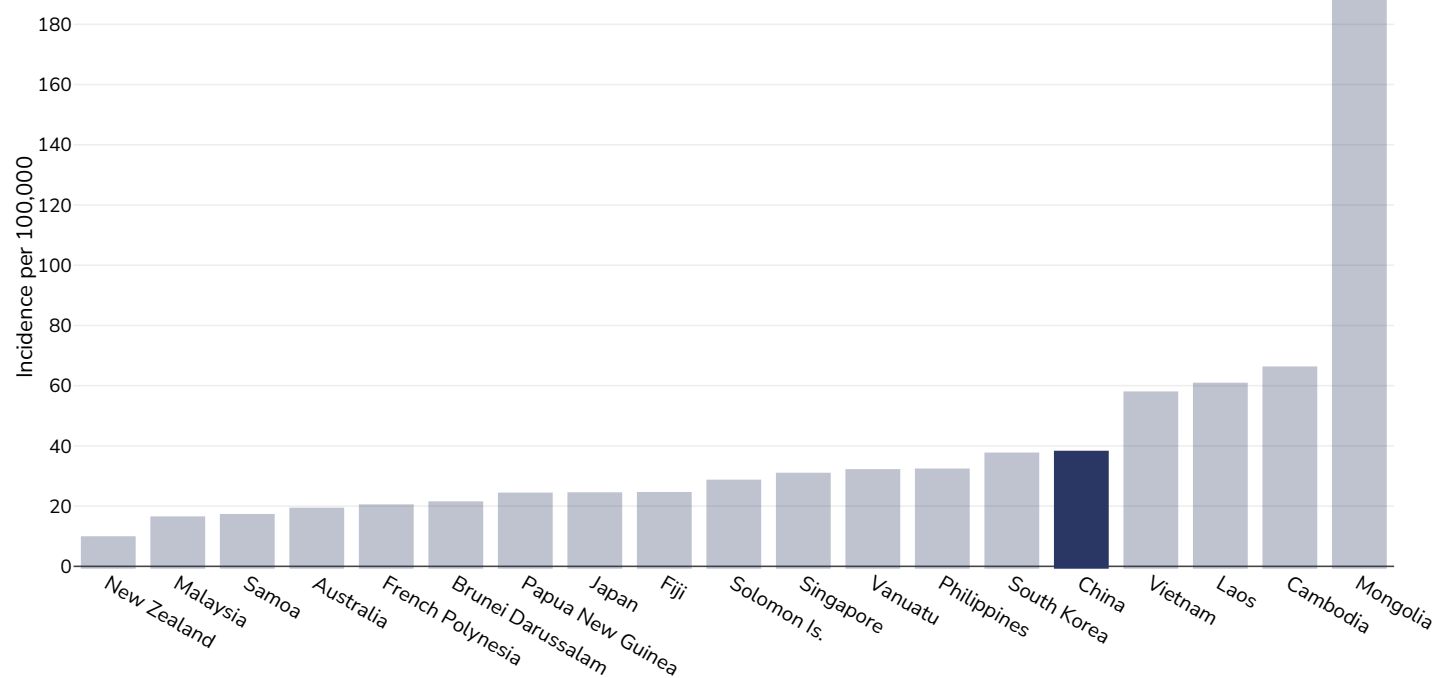
References: Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.who.int/today>, accessed [16.07.24]

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



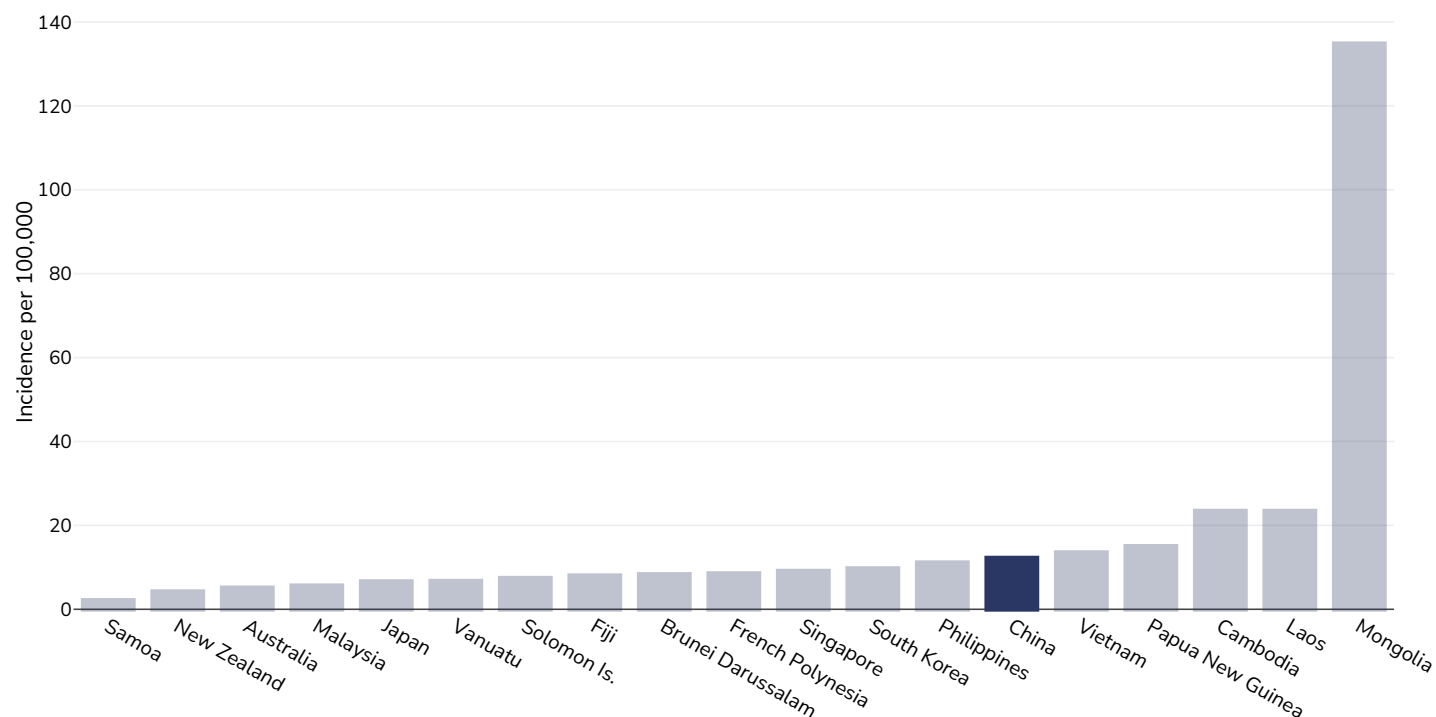
Age: 20+

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+

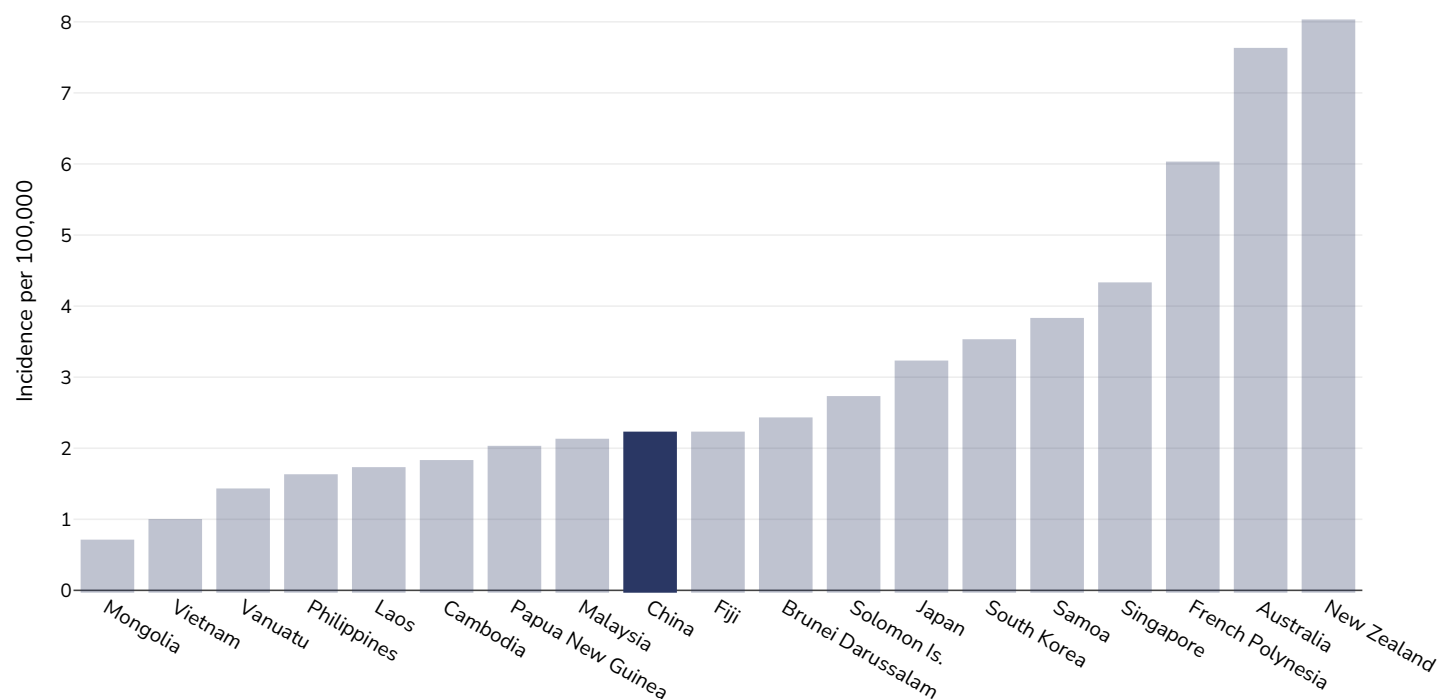
Area covered: National

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+

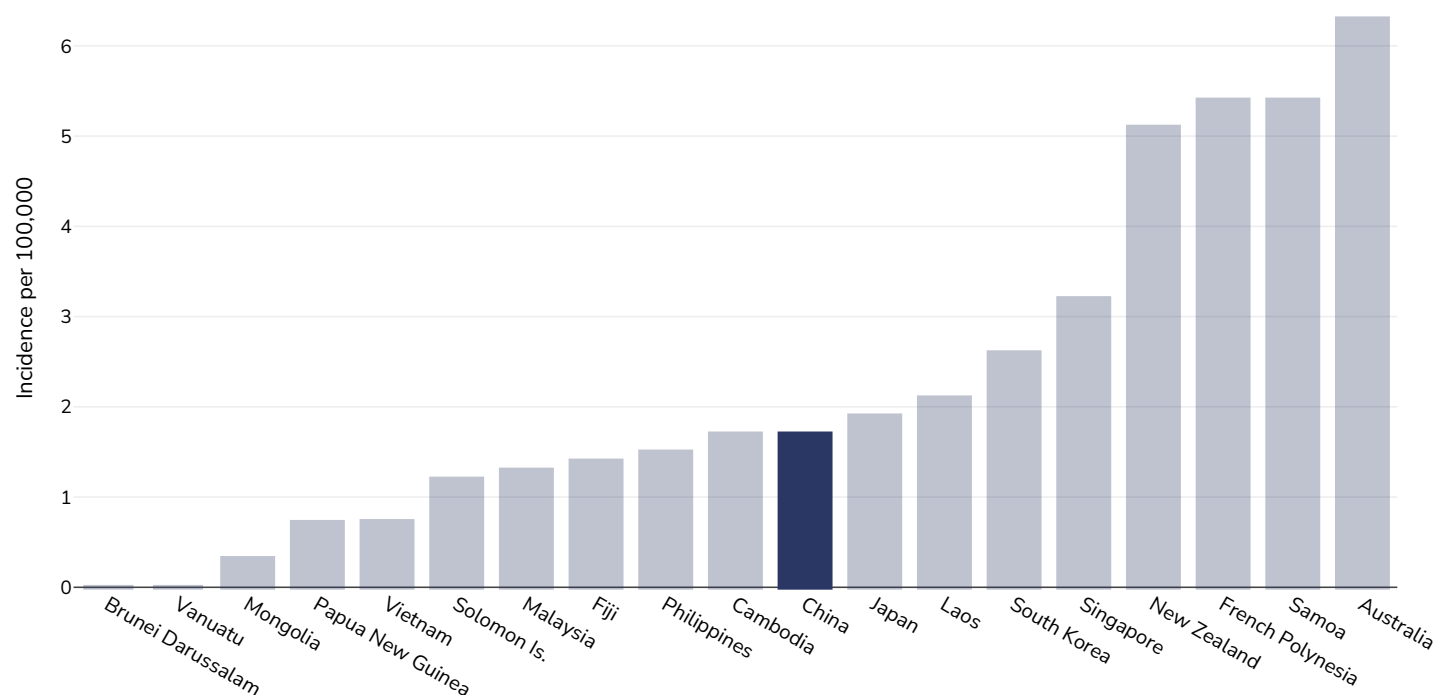
Area covered: National

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: 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

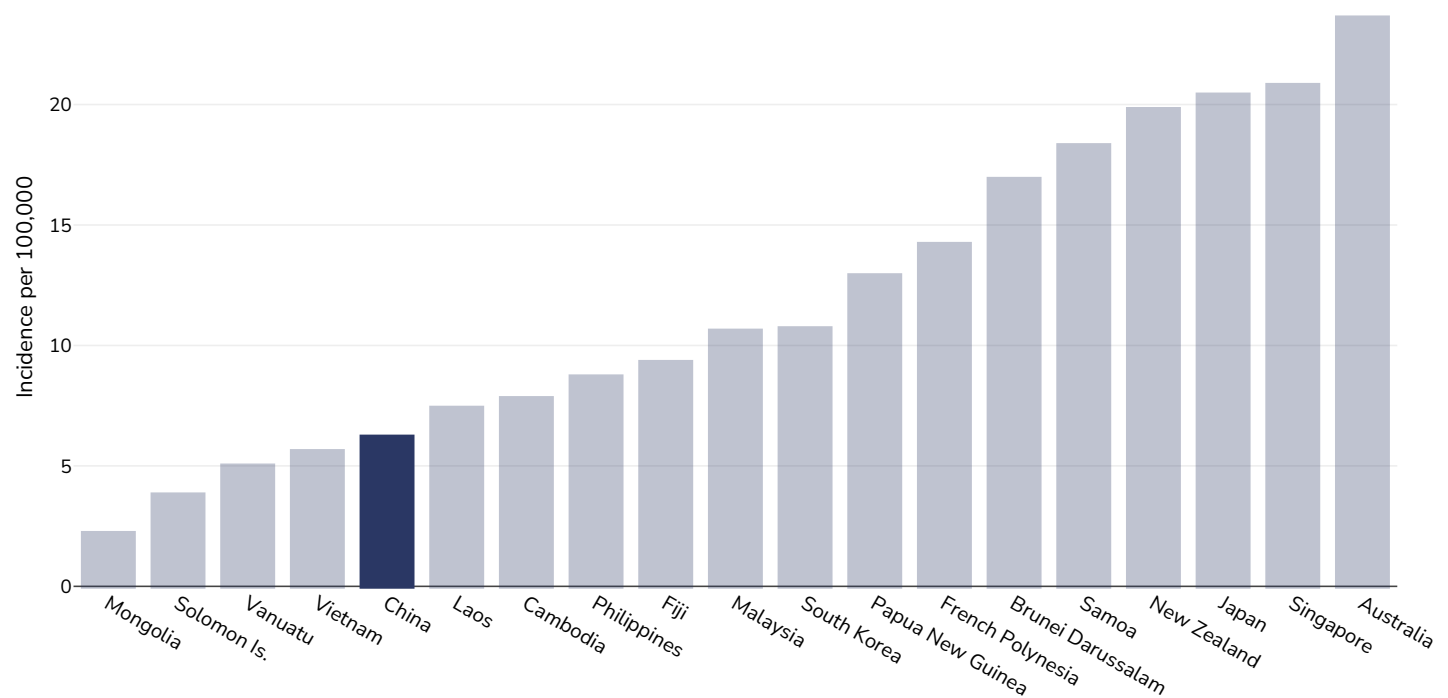
References: Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.who.int/today>, accessed [16.07.24]

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.

Non Hodgkin Lymphoma

Men, 2022



Age: 20+

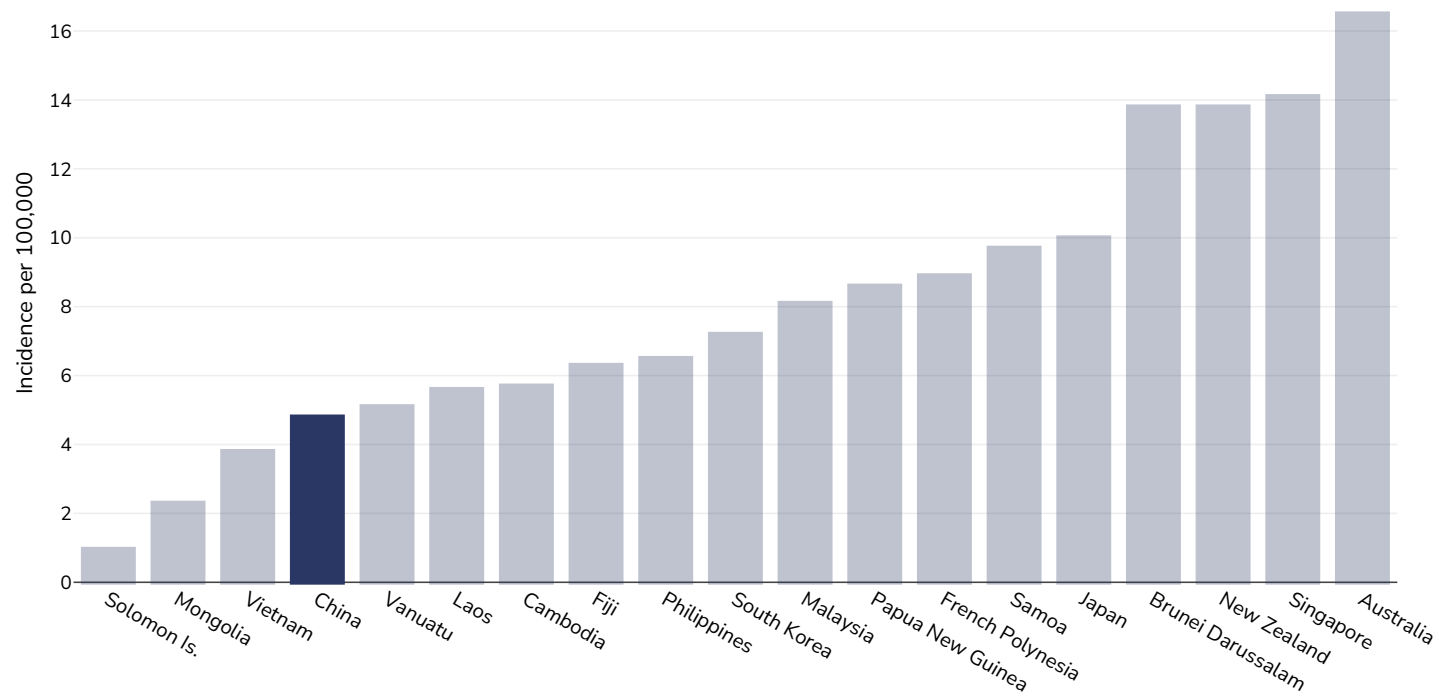
Area covered: National

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

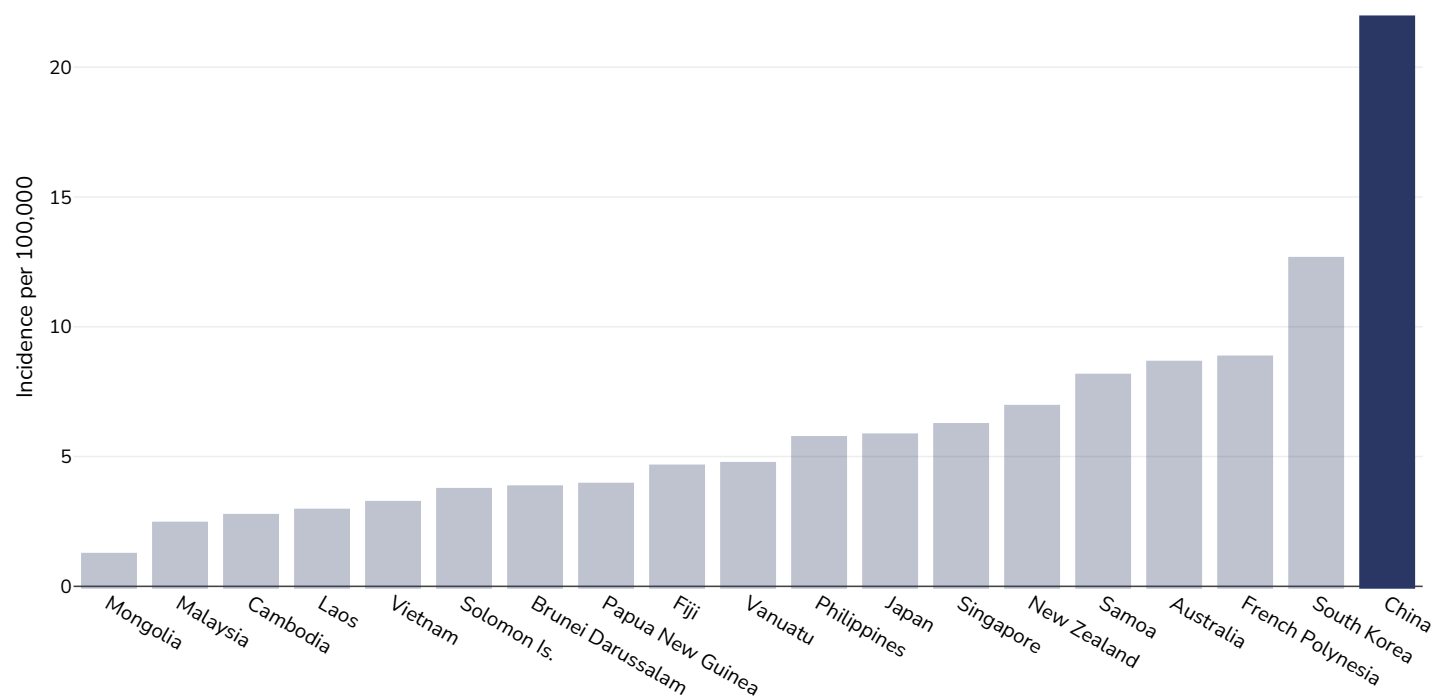
References: Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.who.int/today>, accessed [16.07.24]

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



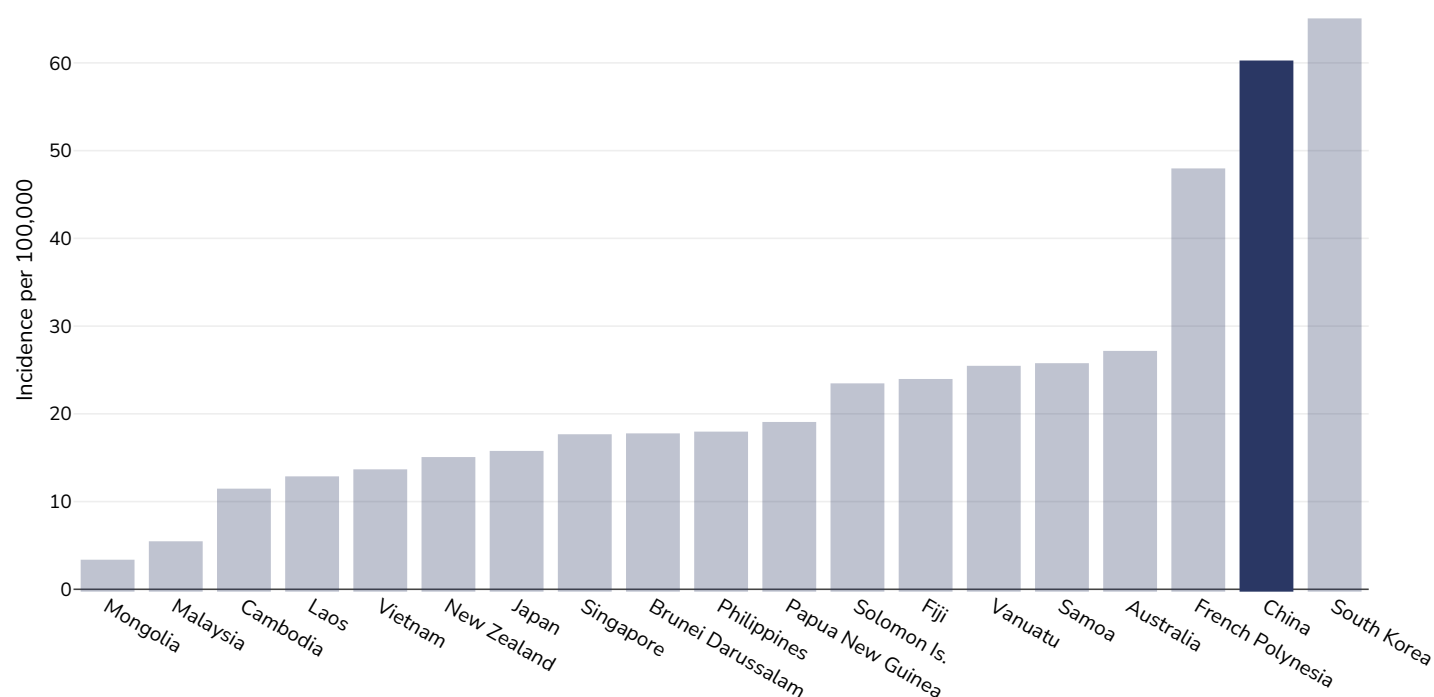
Age: 20+

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 June 17, 2025