## Report card
### China

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## Obesity prevalence

### Adults, 2015-2019

<table>
<thead>
<tr>
<th>Survey type:</th>
<th>Measured</th>
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</thead>
<tbody>
<tr>
<td>Age:</td>
<td>35-75</td>
</tr>
<tr>
<td>Sample size:</td>
<td>983476</td>
</tr>
<tr>
<td>Area covered:</td>
<td>National</td>
</tr>
</tbody>
</table>


**Notes:** Nationwide study but not nationally representative - 252 sites (152 rural counties, 100 urban districts) across China were sampled, which covered 55% of prefectural-level municipalities in mainland China. Case sampling not random sampling used. 35–75 years who had lived in the region for at least 6 of the preceding 12 months.

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
Age: 7-18
Sample size: 1617
Area covered: National


Notes: IOTF Internation Cut off. WHO & WGOC also available

Cutoffs: IOTF
% Adults living with obesity, 2002-2011

Survey type: Measured

References:

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, 1993-2009

Survey type: Measured


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 obesity, 1993-2009

Survey type: Measured

References:

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, 2002-2011
% Children living with overweight or obesity, 1982-2015

- Overweight or obesity, Boys
- Overweight or obesity, Girls

Survey type: Measured

References: For full details of references visit https://data.worldobesity.org/

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, 1976-2019

Men

References: For full details of references visit https://data.worldobesity.org/

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:

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.

For full details of references visit https://data.worldobesity.org/
Overweight/obesity by education

Adults, 2015

Survey type: Measured
Age: 18-59
Sample size: 6602
Area covered: National
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:
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, 2015

Survey type: Measured
Sample size: 6602
Area covered: National


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, 2015

Survey type: Measured
Sample size: 1617
Area covered: National

Notes: International Cut off used, WHO & WGOC also available
Cutoffs: IOTF
Overweight/obesity by region

Men, 2009

Survey type: Measured
Age: 18+

Notes: Obesity classified as BMI ≥ 30 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, 2009

Survey type: Measured
Age: 18+

Notes: Obesity classified as BMI ≥ 30 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
Age: 7-18
Sample size: 1617
Area covered: National
Notes: International Cut off used, WHO & WGOC also available
Cutoffs: IOTF
Overweight/obesity by age and region

Boys, 2005

Survey type: Measured
Age: 18
Sample size: 30447
Area covered: Regional
Cutoffs: Other
Girls, 2005

Survey type: Measured
Age: 18
Sample size: 30447
Area covered: Regional
Cutoffs: Other
Overweight/obesity by socio-economic group

Adults, 2015

<table>
<thead>
<tr>
<th>Socio-economic Group</th>
<th>Obesity</th>
<th>Overweight</th>
</tr>
</thead>
<tbody>
<tr>
<td>Low</td>
<td>5</td>
<td>35</td>
</tr>
<tr>
<td>Medium</td>
<td>7</td>
<td>33</td>
</tr>
<tr>
<td>High</td>
<td>8</td>
<td>32</td>
</tr>
</tbody>
</table>

Survey type: Measured
Age: 18-59
Sample size: 6602
Area covered: National


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)


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
Insufficient physical activity

Adults, 2016

Women, 2016

Survey type: Self-reported

Age: 11-17


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


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


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)
Estimated per capita fruit intake

Adults, 2017

Survey type: Measured
Age: 25+
References: Global Burden of Disease, the Institute for Health Metrics and Evaluation [http://ghdx.healthdata.org/]
Definitions: Estimated per-capita fruit intake (g/day)
Estimated per-capita processed meat intake

Adults, 2017

Survey type: Measured
Age: 25+
References: Global Burden of Disease, the Institute for Health Metrics and Evaluation http://ghdx.healthdata.org/
Definitions: Estimated per-capita processed meat intake (g per day)
Estimated per capita whole grains intake

Adults, 2017

Survey type: Measured
Age: 25+
References: Global Burden of Disease, the Institute for Health Metrics and Evaluation [http://ghdx.healthdata.org/]
Definitions: Estimated per-capita whole grains intake (g/day)
Mental health - depression disorders

Adults, 2015


Definitions: % of population with depression disorders
Mental health - anxiety disorders

Adults, 2015


Definitions: % of population with anxiety disorders
Oesophageal cancer

Men, 2018

Incidence per 100,000

Age: 20+


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

References:

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

Women, 2018


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

Men, 2018


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


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

Men, 2018

Age: 20+

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

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

Age: 20+


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

Men, 2018

References:

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


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

Men, 2018

Age:

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

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

<table>
<thead>
<tr>
<th>Country</th>
<th>Incidence per 100,000</th>
</tr>
</thead>
<tbody>
<tr>
<td>Solomon Is.</td>
<td>0</td>
</tr>
<tr>
<td>Vanuatu</td>
<td>2</td>
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<tr>
<td>Cambodia</td>
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<tr>
<td>Papua New Guinea</td>
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<tr>
<td>Fiji</td>
<td>8</td>
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<tr>
<td>Laos</td>
<td>10</td>
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<tr>
<td>Tahiti</td>
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<td>Philippines</td>
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<td>Brunei Darussalam</td>
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<td>Japan</td>
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<td>South Korea</td>
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<td>Australia</td>
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<tr>
<td>Samoa</td>
<td>12</td>
</tr>
</tbody>
</table>

**Age:**

20+

**References:**


**Definitions:**

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

Women, 2018


Definitions: Estimated age-standardized incidence rates (World) in 2018, cervix uteri, females, ages 20+. ASR (World) 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>=140 OR DBP>=90).
Men, 2015


Definitions: Age Standardised estimated % Raised blood pressure 2015 (SBP>=140 OR DBP>=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>=140 OR DBP>=90).
Raised cholesterol

Adults, 2008

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

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

References:

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


Definitions: % Raised total cholesterol (>= 5.0 mmol/L) (age-standardized estimate).
Raised fasting blood glucose

Men, 2014

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

Definitions:
Age Standardised % raised fasting blood glucose (>= 7.0 mmol/L or on medication).
**Women, 2014**

<table>
<thead>
<tr>
<th>Country</th>
<th>% Raised Fasting Blood Glucose</th>
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<tbody>
<tr>
<td>Vietnam</td>
<td>0</td>
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<tr>
<td>Australia</td>
<td>5</td>
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<td>Philippines</td>
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<td>New Zealand</td>
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<td>Cook Islands</td>
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<tr>
<td>Nauru</td>
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**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, 2019

Age: 20-79


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