### Contents

<table>
<thead>
<tr>
<th>Topic</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Obesity prevalence</td>
<td>2</td>
</tr>
<tr>
<td>Insufficient physical activity</td>
<td>3</td>
</tr>
<tr>
<td>Estimated per-capita fruit intake</td>
<td>6</td>
</tr>
<tr>
<td>Estimated per-capita processed meat intake</td>
<td>7</td>
</tr>
<tr>
<td>Estimated per-capita whole grains intake</td>
<td>8</td>
</tr>
<tr>
<td>Mental health - depression disorders</td>
<td>9</td>
</tr>
<tr>
<td>Mental health - anxiety disorders</td>
<td>10</td>
</tr>
<tr>
<td>Oesophageal cancer</td>
<td>11</td>
</tr>
<tr>
<td>Breast cancer</td>
<td>13</td>
</tr>
<tr>
<td>Colorectal cancer</td>
<td>14</td>
</tr>
<tr>
<td>Pancreatic cancer</td>
<td>16</td>
</tr>
<tr>
<td>Gallbladder cancer</td>
<td>18</td>
</tr>
<tr>
<td>Kidney cancer</td>
<td>20</td>
</tr>
<tr>
<td>Cancer of the uterus</td>
<td>22</td>
</tr>
<tr>
<td>Raised blood pressure</td>
<td>23</td>
</tr>
<tr>
<td>Raised cholesterol</td>
<td>26</td>
</tr>
<tr>
<td>Raised fasting blood glucose</td>
<td>29</td>
</tr>
<tr>
<td>Diabetes prevalence</td>
<td>31</td>
</tr>
</tbody>
</table>
Obesity prevalence

Women, 2012

Survey type: Measured
Age: 15-49
Sample size: 4737
Area covered: National
References: DHS Comoros 2012
Notes: Demographic Health Survey data includes ever married women aged 15-49 years only and may include males aged 15-59.

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

Adults, 2016

Men, 2016

% insufficient physical activity

Women, 2016

% insufficient physical activity

Estimated per-capita fruit intake

Adults, 2017

Survey type: Measured
Age: 25+
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


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

Incidence per 100,000

Age:

20+

References:

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

Women, 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, breast, females, ages 20+. ASR (World) per 100,000
Colorectal cancer

Men, 2018

Age: 20+


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

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, colorectum, adults, ages 20+. ASR (World) per 100,000
Pancreatic cancer

Men, 2018


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

Incidence per 100,000

Age:

20+


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

Men, 2018

Incidence per 100,000

Age: 20+


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

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

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

Men, 2018


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

Incidence per 100,000 and above

Age: 20+


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

Women, 2018


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

Adults, 2015

% raised blood pressure

References:

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

<table>
<thead>
<tr>
<th>Country</th>
<th>% Raised Blood Pressure</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nigeria</td>
<td>24.5%</td>
</tr>
<tr>
<td>Cameroon</td>
<td>23.9%</td>
</tr>
<tr>
<td>Algeria</td>
<td>24.4%</td>
</tr>
<tr>
<td>Angola</td>
<td>23.8%</td>
</tr>
<tr>
<td>Eritrea</td>
<td>24.0%</td>
</tr>
<tr>
<td>Lesotho</td>
<td>25.0%</td>
</tr>
<tr>
<td>Kenya</td>
<td>24.6%</td>
</tr>
<tr>
<td>Seychelles</td>
<td>24.1%</td>
</tr>
<tr>
<td>Mauritania</td>
<td>24.2%</td>
</tr>
<tr>
<td>South Africa</td>
<td>24.3%</td>
</tr>
<tr>
<td>Finnland</td>
<td>24.4%</td>
</tr>
<tr>
<td>Comoros</td>
<td>24.5%</td>
</tr>
<tr>
<td>Cote d’Ivoire</td>
<td>24.6%</td>
</tr>
<tr>
<td>Gabon</td>
<td>24.7%</td>
</tr>
<tr>
<td>Madagascar</td>
<td>24.8%</td>
</tr>
<tr>
<td>Mozambique</td>
<td>24.9%</td>
</tr>
<tr>
<td>Liberia</td>
<td>25.0%</td>
</tr>
<tr>
<td>Malawi</td>
<td>25.1%</td>
</tr>
<tr>
<td>Ethiopia</td>
<td>25.2%</td>
</tr>
<tr>
<td>Togo</td>
<td>25.3%</td>
</tr>
<tr>
<td>Eswatini</td>
<td>25.4%</td>
</tr>
<tr>
<td>Mozambique</td>
<td>25.5%</td>
</tr>
<tr>
<td>Eritrea</td>
<td>25.6%</td>
</tr>
<tr>
<td>Equatorial Guinea</td>
<td>25.7%</td>
</tr>
<tr>
<td>DR Congo</td>
<td>25.8%</td>
</tr>
<tr>
<td>Burundi</td>
<td>25.9%</td>
</tr>
<tr>
<td>Cape Verde</td>
<td>26.0%</td>
</tr>
<tr>
<td>Cabo Verde</td>
<td>26.1%</td>
</tr>
<tr>
<td>Mali</td>
<td>26.2%</td>
</tr>
<tr>
<td>Nigeria</td>
<td>26.3%</td>
</tr>
<tr>
<td>Central African Rep</td>
<td>26.4%</td>
</tr>
<tr>
<td>Chad</td>
<td>26.5%</td>
</tr>
<tr>
<td>Mauritania</td>
<td>26.6%</td>
</tr>
</tbody>
</table>

**References:**

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

% raised blood pressure


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

Adults, 2008

References:

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

% raised fasting blood glucose

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


Definitions: Age Standardised % raised fasting blood glucose ($\geq 7.0$ mmol/L or on medication).
Diabetes prevalence

Adults, 2017


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

PDF created on August 19, 2020