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Obesity prevalence

Adults, 2010-2011

Survey type: Measured
Age: 15-74
Sample size: 8031
Area covered: Regional


Notes: Urban study and genders are combined

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: 2-5

Sample size: 3503

Area covered: National

References: Cuba MICS5 2014 Dataset, analysed by Rachel Jackson Leach at World Obesity October 2016

Notes: IOTF International Monthly Cut Off

Cutoffs: IOTF
% Adults living with obesity in Cuba 1982-2010

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 in Cuba 1982-2010

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.
Overweight/obesity by education

Boys, 2014

Survey type: Measured
Age: 2-5
Sample size: 3503
Area covered: National
References: Cuba MICS5 2014 Dataset, analysed by Rachel Jackson Leach at World Obesity October 2016
Notes: IOTF International Monthly Cut Off Primary or no education Girls insufficient sample size for reliable data
Cutoffs: IOTF
Girls, 2014

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Obesity</th>
<th>Overweight</th>
</tr>
</thead>
<tbody>
<tr>
<td>Secondary</td>
<td>15</td>
<td>10</td>
</tr>
<tr>
<td>Some post secondary</td>
<td>10</td>
<td>15</td>
</tr>
<tr>
<td>Bachelor's degree or higher</td>
<td>15</td>
<td>20</td>
</tr>
</tbody>
</table>

Survey type: Measured
Age: 2-5
Sample size: 3503
Area covered: National
References: Cuba MICS5 2014 Dataset, analysed by Rachel Jackson Leach at World Obesity October 2016
Notes: IOTF International Monthly Cut Off Primary or no education Girls insufficient sample size for reliable data
Cutoffs: IOTF
Overweight/obesity by age

Children, 2014

Survey type: Measured
Sample size: 3503
Area covered: National
References: Cuba MICS5 2014 Dataset, analysed by Rachel Jackson Leach at World Obesity October 2016
Notes: IOTF International Monthly Cut Off
Cutoffs: IOTF
Overweight/obesity by region

Boys, 2014

Survey type: Measured
Age: 2-5
Sample size: 3503
Area covered: National
References: Cuba MICS5 2014 Dataset, analysed by Rachel Jackson Leach at World Obesity October 2016
Notes: IOTF International Monthly Cut Off
Cutoffs: IOTF
Girls, 2014

Survey type: Measured
Age: 2-5
Sample size: 3503
Area covered: National
References: Cuba MICS5 2014 Dataset, analysed by Rachel Jackson Leach at World Obesity October 2016
Notes: IOTF International Monthly Cut Off
Cutoffs: IOTF
Insufficient physical activity

Adults, 2016

Men, 2016

Women, 2016

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

References:

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
Age: 20+


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

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, 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

Incidence per 100,000

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

Men, 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, 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


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

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: 20+


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>
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<tbody>
<tr>
<td>Belize</td>
<td>2</td>
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<tr>
<td>Suriname</td>
<td>4</td>
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<tr>
<td>Haiti</td>
<td>0</td>
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<tr>
<td>Dominican Republic</td>
<td>2</td>
</tr>
<tr>
<td>Jamaica</td>
<td>1</td>
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<tr>
<td>Nicaragua</td>
<td>1</td>
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<tr>
<td>Guatemala</td>
<td>1</td>
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<tr>
<td>El Salvador</td>
<td>1</td>
</tr>
<tr>
<td>Guyana</td>
<td>1</td>
</tr>
<tr>
<td>Honduras</td>
<td>1</td>
</tr>
<tr>
<td>Paraguay</td>
<td>1</td>
</tr>
<tr>
<td>St Lucia</td>
<td>1</td>
</tr>
<tr>
<td>Bahamas</td>
<td>1</td>
</tr>
<tr>
<td>Trinidad &amp; Tobago</td>
<td>1</td>
</tr>
<tr>
<td>Colombia</td>
<td>2</td>
</tr>
<tr>
<td>Costa Rica</td>
<td>2</td>
</tr>
<tr>
<td>Barbados</td>
<td>2</td>
</tr>
<tr>
<td>Bolivia</td>
<td>2</td>
</tr>
<tr>
<td>Mexico</td>
<td>2</td>
</tr>
<tr>
<td>Panama</td>
<td>2</td>
</tr>
<tr>
<td>Brazil</td>
<td>2</td>
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<td>Cuba</td>
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<td>Peru</td>
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<td>Venezuela</td>
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<td>Chile</td>
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<td>Argentina</td>
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<td>Canada</td>
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<td>Uruguay</td>
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</table>

**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

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, 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

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).
Women, 2015


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

Adults, 2008


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, 2014-2019

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, 2014-2019

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, 2017


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

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