

Report card

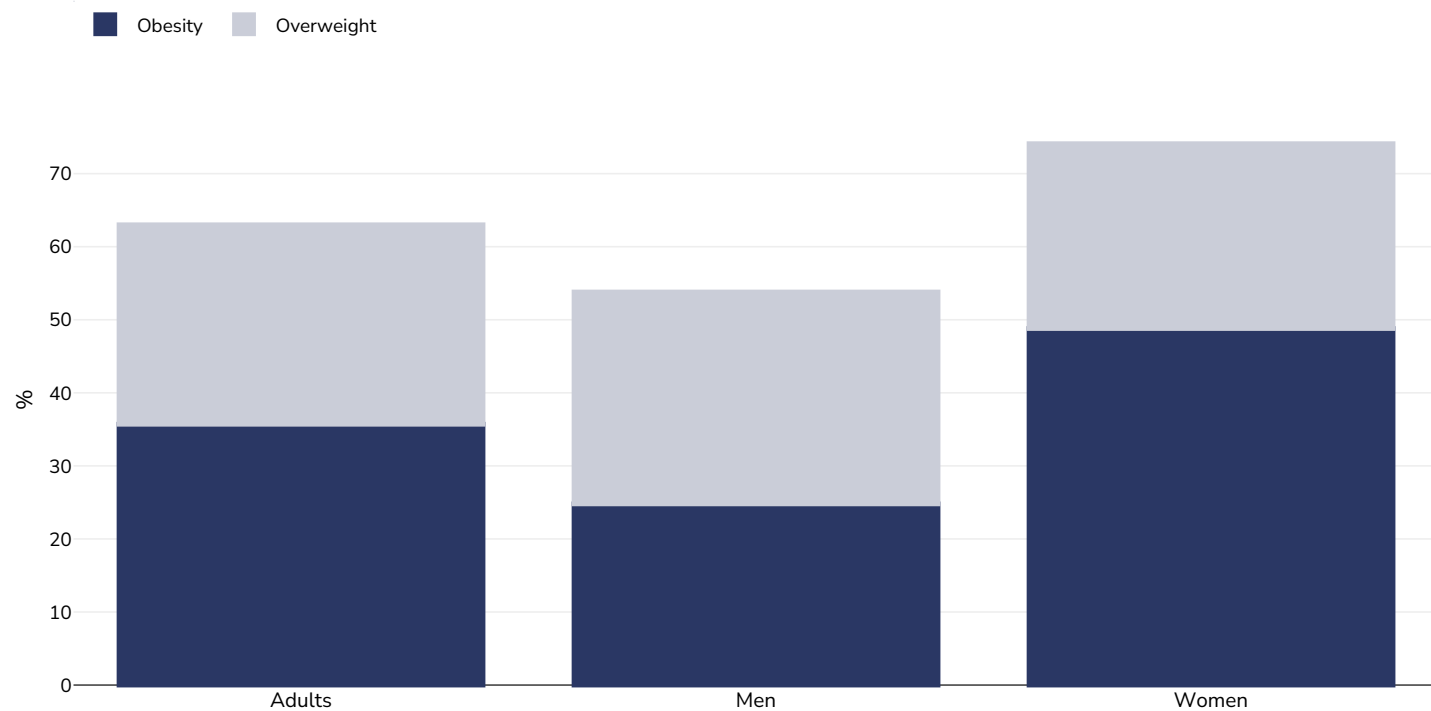
Egypt



Contents	Page
Obesity prevalence	2
Trend: % Adults living with obesity in Egypt 2011-2016	5
Trend: % Adults living with obesity in Egypt 1992-2014	7
Trend: % Adults living with overweight or obesity in Egypt 2011-2016	8
Trend: % Adults living with overweight or obesity in Egypt 1992-2014	10
Trend: % Adults living with obesity in selected countries in the EMRO Region 1984-2017, selected countries	11
Overweight/obesity by education	14
Overweight/obesity by age	19
Overweight/obesity by region	21
Overweight/obesity by socio-economic group	25
Insufficient physical activity	29
Average daily frequency of carbonated soft drink consumption	35
Estimated per capita fruit intake	36
Prevalence of less than daily fruit consumption	37
Prevalence of less than daily vegetable consumption	38
Average weekly frequency of fast food consumption	39
Estimated per-capita processed meat intake	40
Estimated per capita whole grains intake	41
Mental health - depression disorders	42
Mental health - anxiety disorders	43
% Infants exclusively breastfed 0-5 months	44
Oesophageal cancer	45
Breast cancer	47
Colorectal cancer	48
Pancreatic cancer	50
Gallbladder cancer	52
Kidney cancer	54
Cancer of the uterus	56
Raised blood pressure	57
Raised cholesterol	60
Raised fasting blood glucose	63
Diabetes prevalence	65
Contextual factors	66

Obesity prevalence

Adults, 2016-2017



Survey type:

Age:

Sample size:

Area covered:

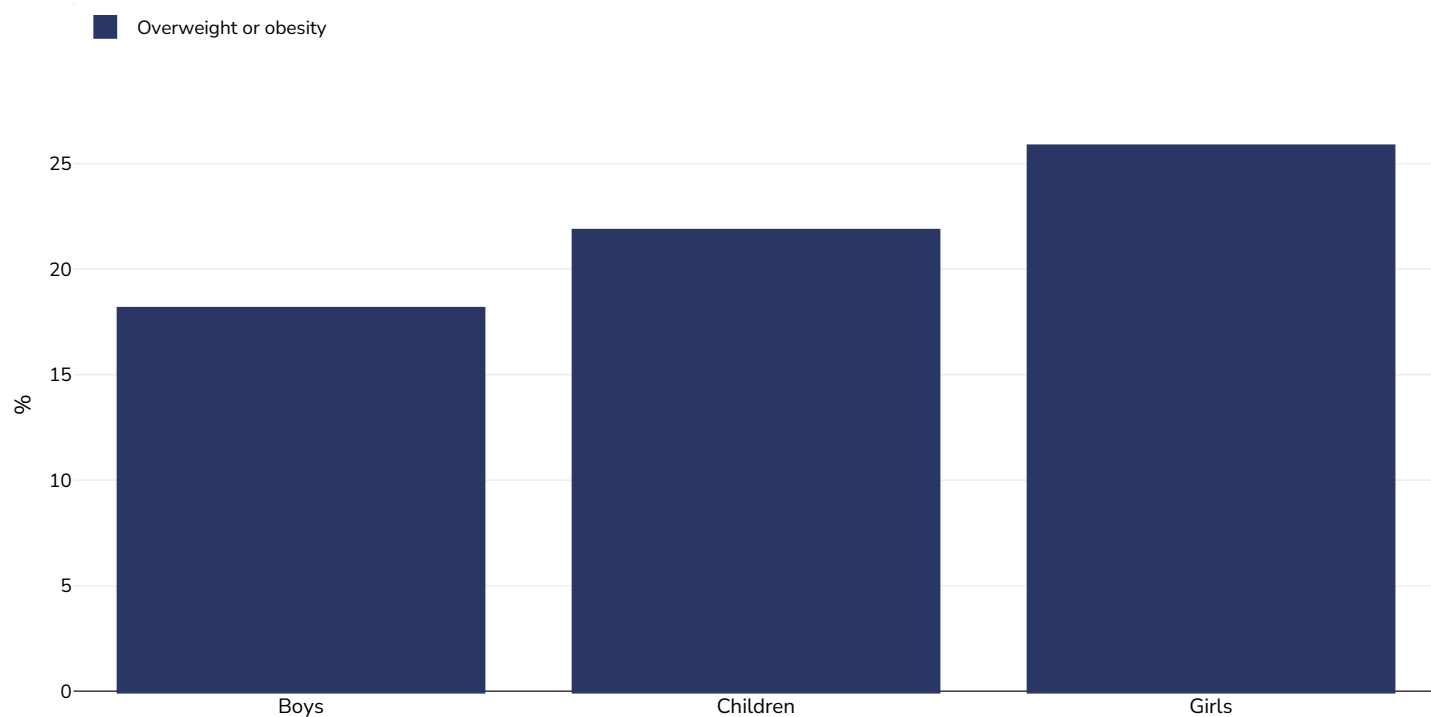
References:

Egypt National STEPwise Survey For Noncommunicable Diseases Risk Factors

https://www.who.int/ncds/surveillance/steps/Egypt_National_STEPwise_Survey_For_Noncommunicable_Diseases_Risk_Factors_2017_2018

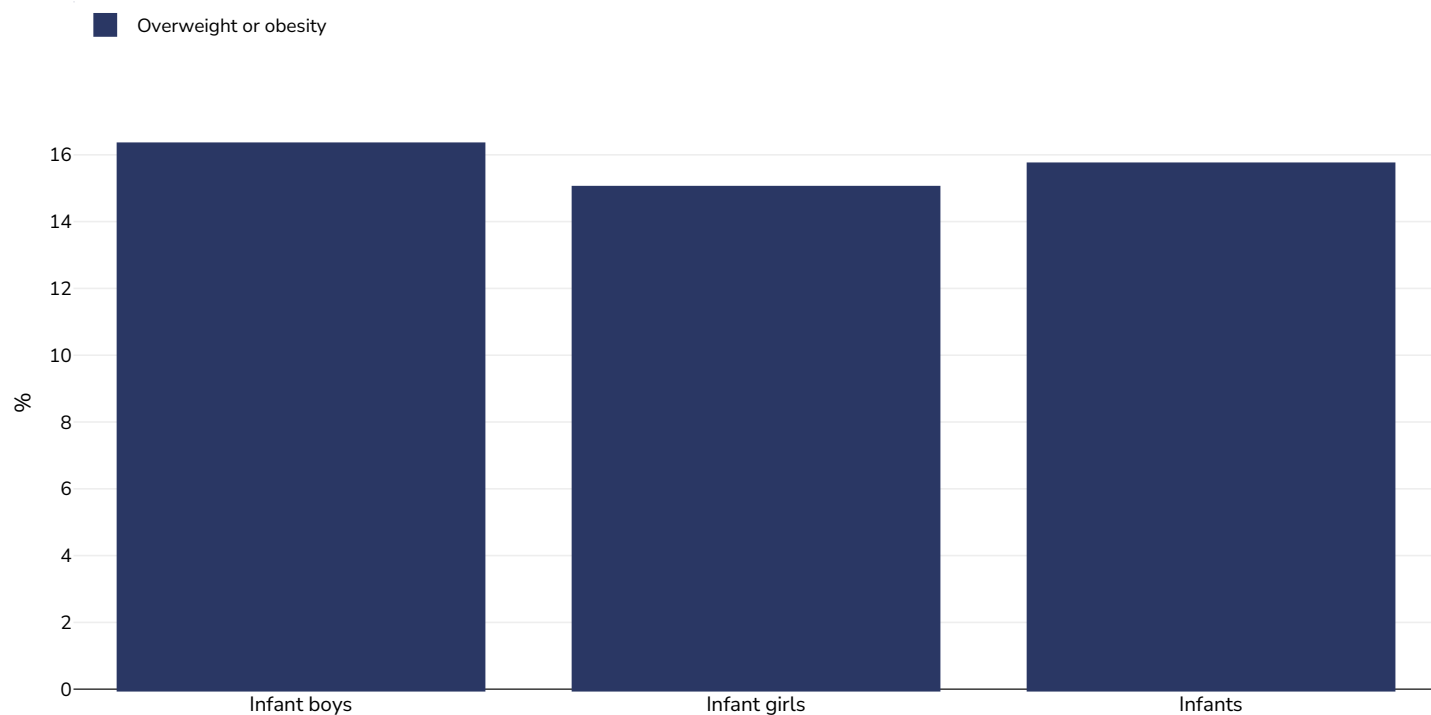
Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².

Children, 2018-2020



Survey type:	Measured
Age:	6-11
Sample size:	33150
Area covered:	National
References:	EL-Shafie AM, Kasemy ZA, Omar ZA, et al. Prevalence of short stature and malnutrition among Egyptian primary school children and their coexistence with Anemia. <i>Italian Journal of Pediatrics</i> . 2020 Jun;46(1):91. DOI: 10.1186/s13052-020-00855-y.
Notes:	Boys = 17,143, Girls = 16,007
Cutoffs:	WHO 2007

Infants, 2014



Age: 0-5

Sample size: 14088

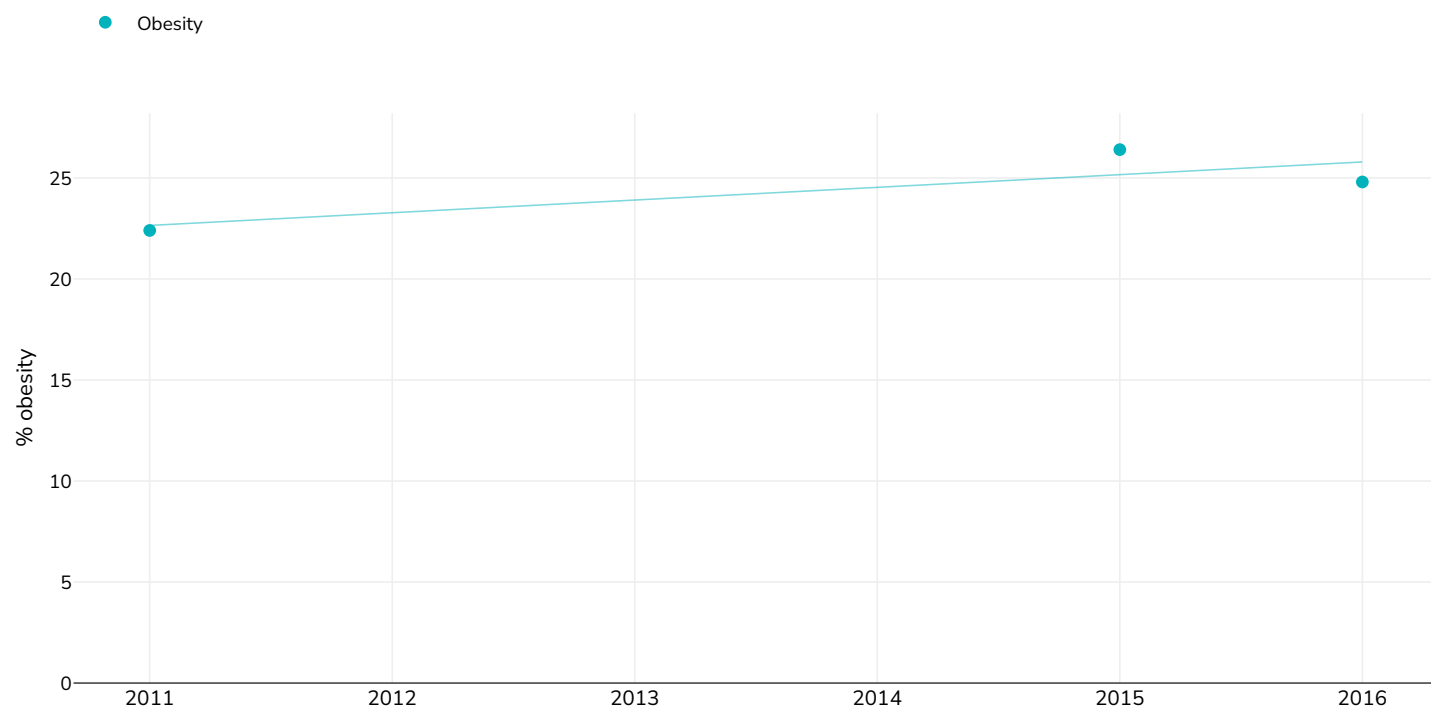
References: DHS: Egypt demographic and health survey 2014. Demographic and Health Surveys. Cairo, Egypt and Rockville, Maryland, USA: Ministry of Health and Population and ICF International, 2015.

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 in Egypt 2011-2016

Men



Survey
type:

References:

2011: WHO EMRO Egypt STEPS

2015: Ministry of Health and Population/Egypt, El-Zanaty and Associates/Egypt, and ICF International. 2015. Egypt Health Issues Sur

Egypt: Ministry of Health and Population/Egypt and ICF International. Available at <http://dhsprogram.com/publications/publication-FR>

[Reports.cfm#sthash](#)

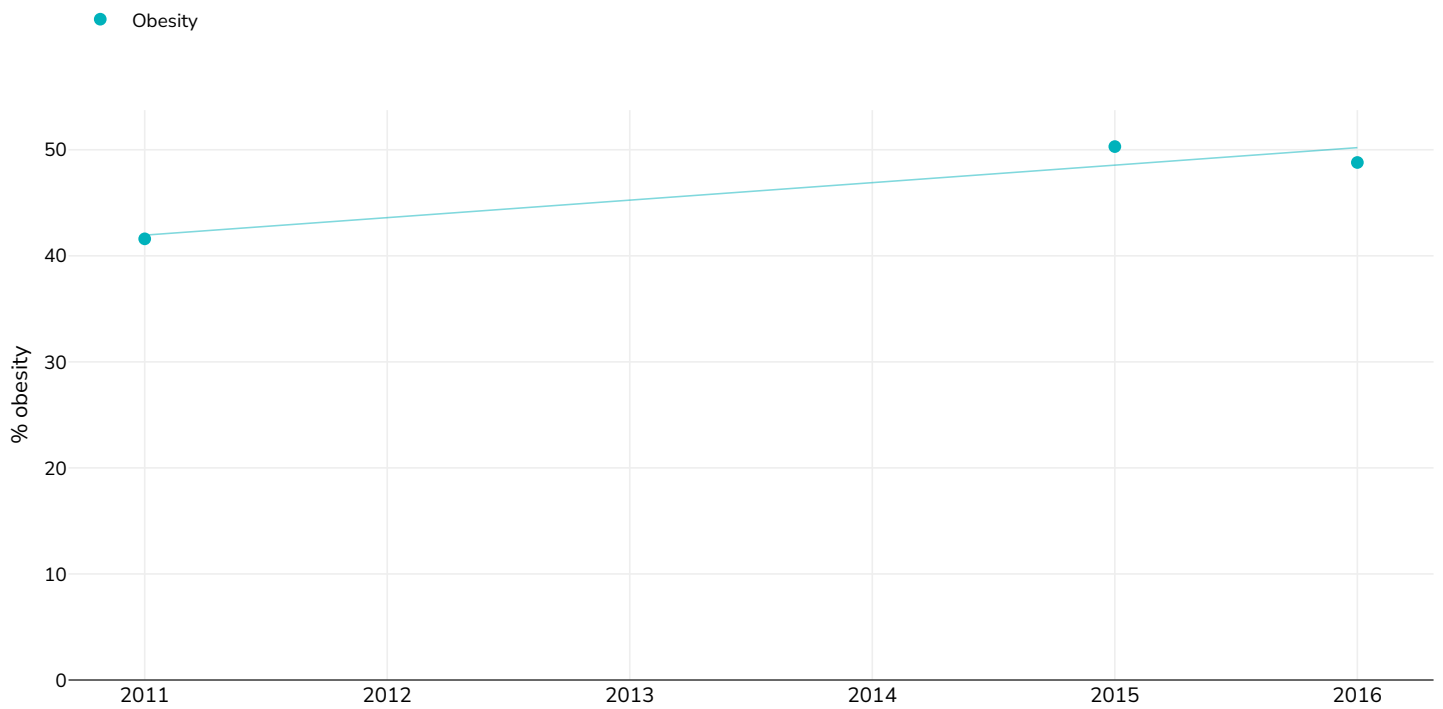
2016: Egypt National STEPwise Survey For Noncommunicable Diseases Risk Fact

https://www.who.int/ncds/surveillance/steps/Egypt_National_STEPwise_Survey_For_Noncommunicable_Diseases_Risk_Factors_2017_

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI great

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

Women



Survey
type:

References:

2011: WHO EMRO Egypt STEPS

2015: Ministry of Health and Population/Egypt, El-Zanaty and Associates/Egypt, and ICF International. 2015. Egypt Health Issues Sur

Egypt: Ministry of Health and Population/Egypt and ICF International. Available at <http://dhsprogram.com/publications/publication-FR>

[Reports.cfm#sthash](#)

2016: Egypt National STEPwise Survey For Noncommunicable Diseases Risk Fact

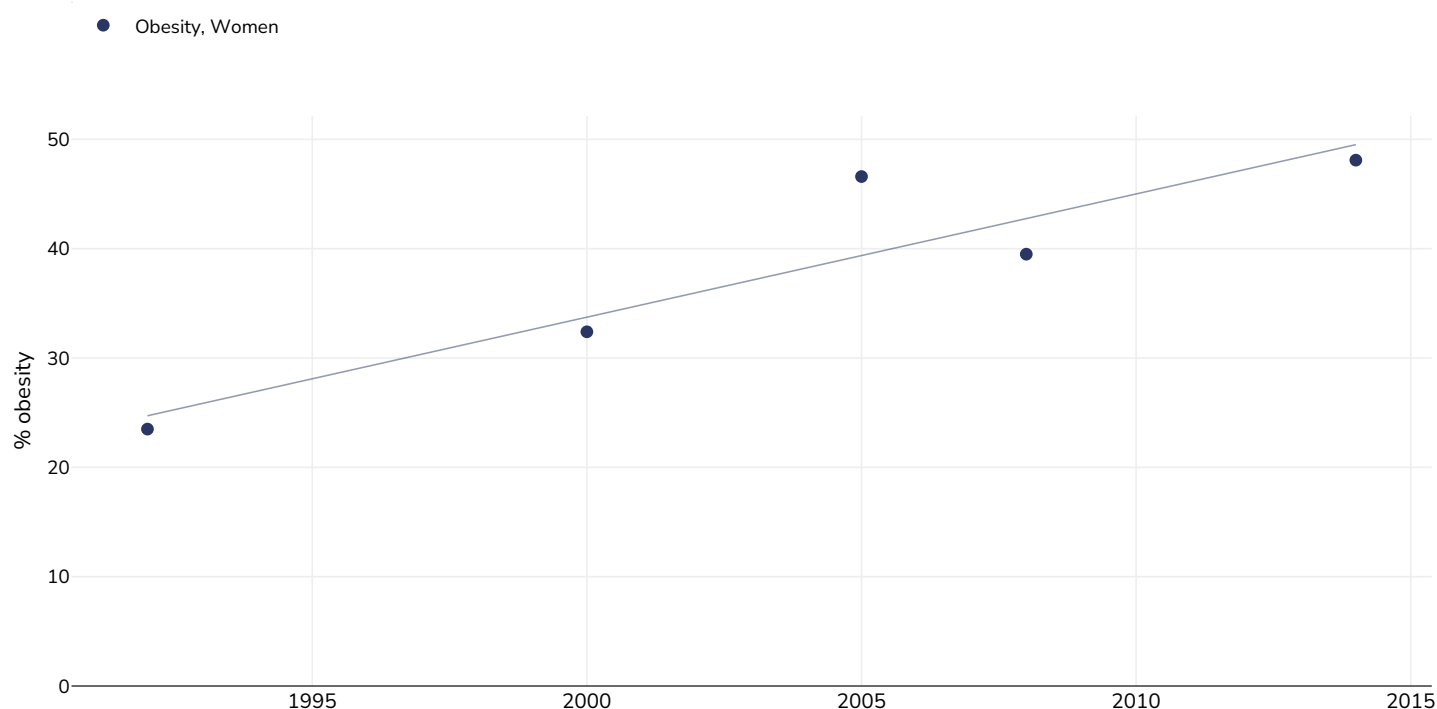
https://www.who.int/ncds/surveillance/steps/Egypt_National_STEPwise_Survey_For_Noncommunicable_Diseases_Risk_Factors_2017_

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI great

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

sources for met

% Adults living with obesity in Egypt 1992-2014



Survey type: Measured

References: 1992: Martorell R, Khan LK, Hughes ML, Grummer Strawn LM. Obesity in women from developing countries. EJCN (2000) 54;247-252
 2000: SCN (2004). 5th Report on the World Nutrition Situation. Nutrition for Improved Development Outcomes. Appendix 11
 2005: El-Zanaty, Fatma and Ann Way. 2006. Egypt Demographic and Health Survey 2005. Cairo, Egypt: Ministry of Health and Population, National Population Council, El-Zanaty and Associates, and ORC Macro.
 2008: El-Zanaty, Fatma and Ann Way. 2009. Egypt Demographic and Health Survey 2008. Cairo, Egypt: Ministry of Health/Egypt, El-Zanaty and Associates/Egypt, and Macro International.
 2014: Ministry of Health and Population/Egypt, El-Zanaty and Associates/Egypt, and ICF International. 2015. Egypt Demographic and Health Survey 2014. Cairo, Egypt: Ministry of Health and Population and ICF International.

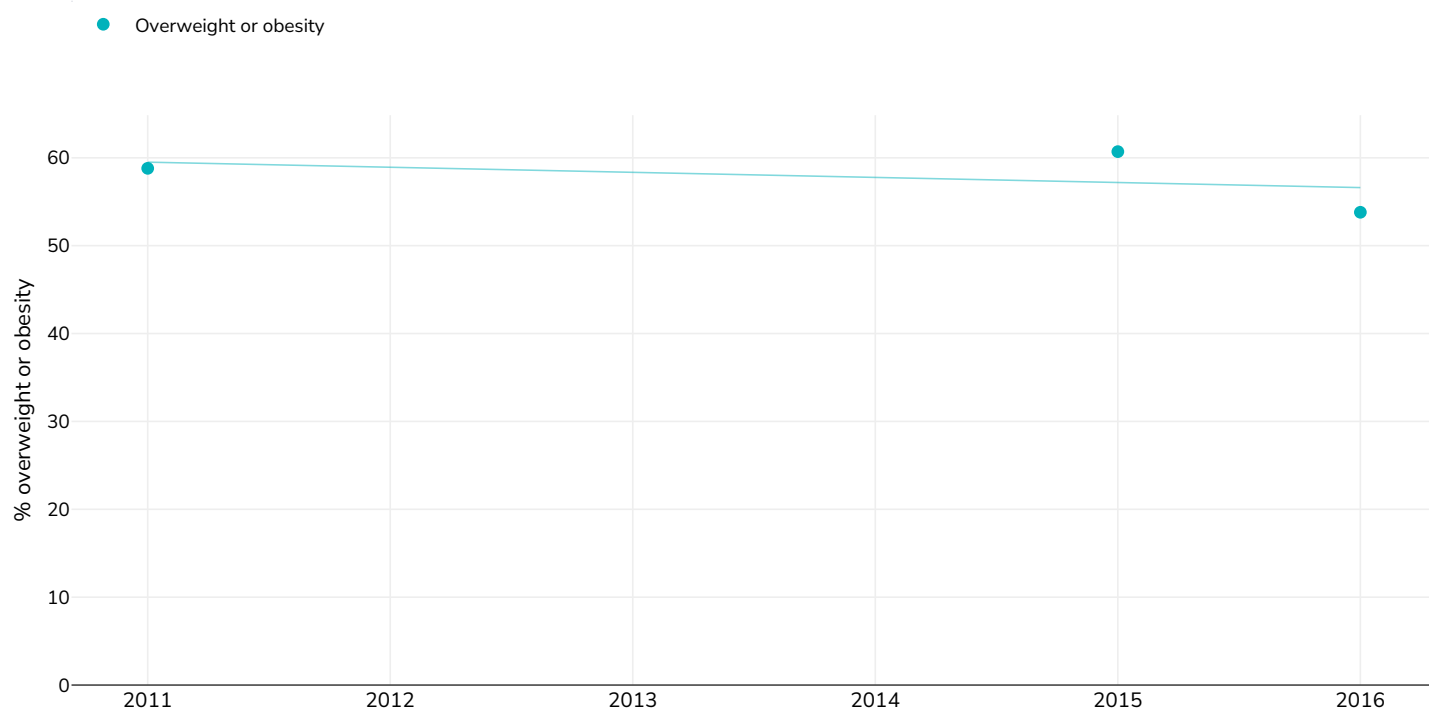
Notes: Adults aged 15-49

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 Egypt 2011-2016

Men



Survey
type:

References:

2011: WHO EMRO Egypt STEPS

2015: Ministry of Health and Population/Egypt, El-Zanaty and Associates/Egypt, and ICF International. 2015. Egypt Health Issues Sur

Egypt: Ministry of Health and Population/Egypt and ICF International. Available at <http://dhsprogram.com/publications/publication-FR>

[Reports.cfm#sthash](#)

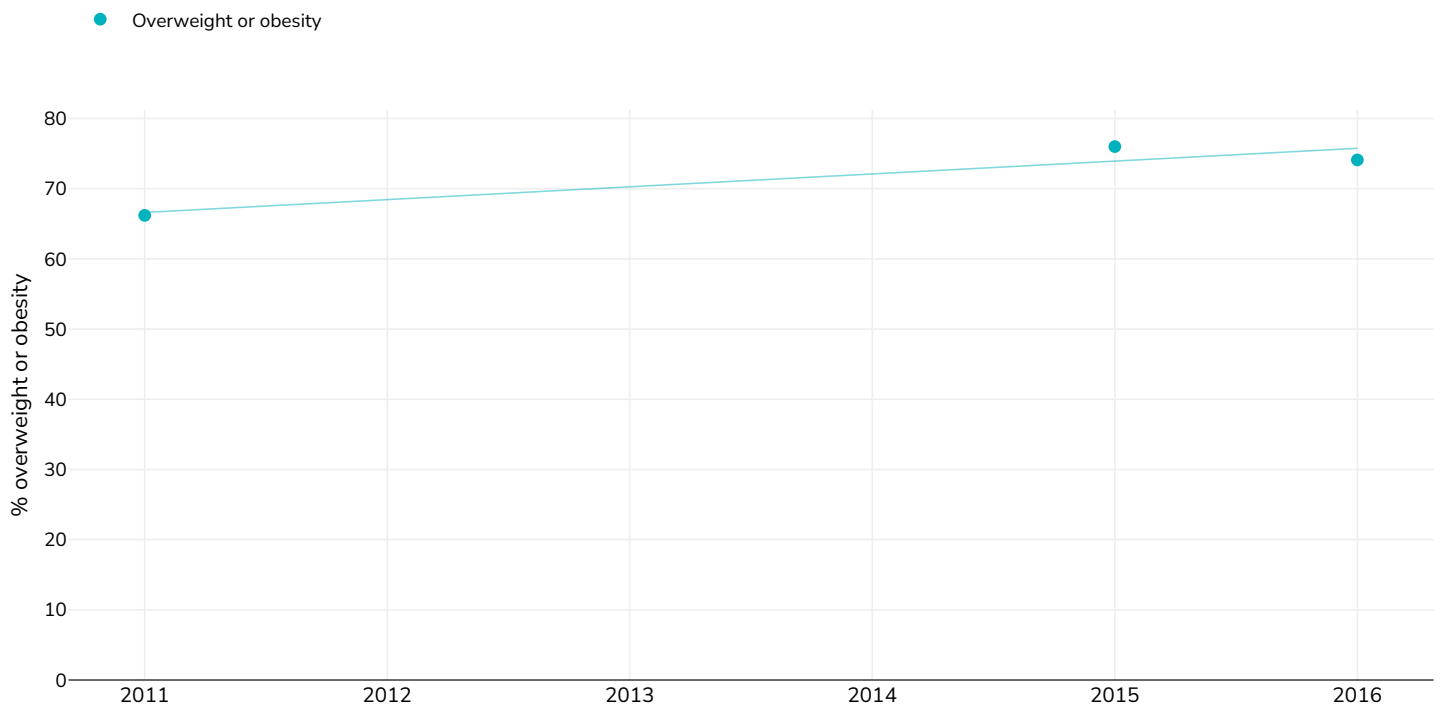
2016: Egypt National STEPwise Survey For Noncommunicable Diseases Risk Fact

https://www.who.int/ncds/surveillance/steps/Egypt_National_STEPwise_Survey_For_Noncommunicable_Diseases_Risk_Factors_2017_

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI great

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

Women



Survey
type:

References:

2011: WHO EMRO Egypt STEPS

2015: Ministry of Health and Population/Egypt, El-Zanaty and Associates/Egypt, and ICF International. 2015. Egypt Health Issues Sur

Egypt: Ministry of Health and Population/Egypt and ICF International. Available at <http://dhsprogram.com/publications/publication-FR>

[Reports.cfm#sthash](#)

2016: Egypt National STEPwise Survey For Noncommunicable Diseases Risk Fact

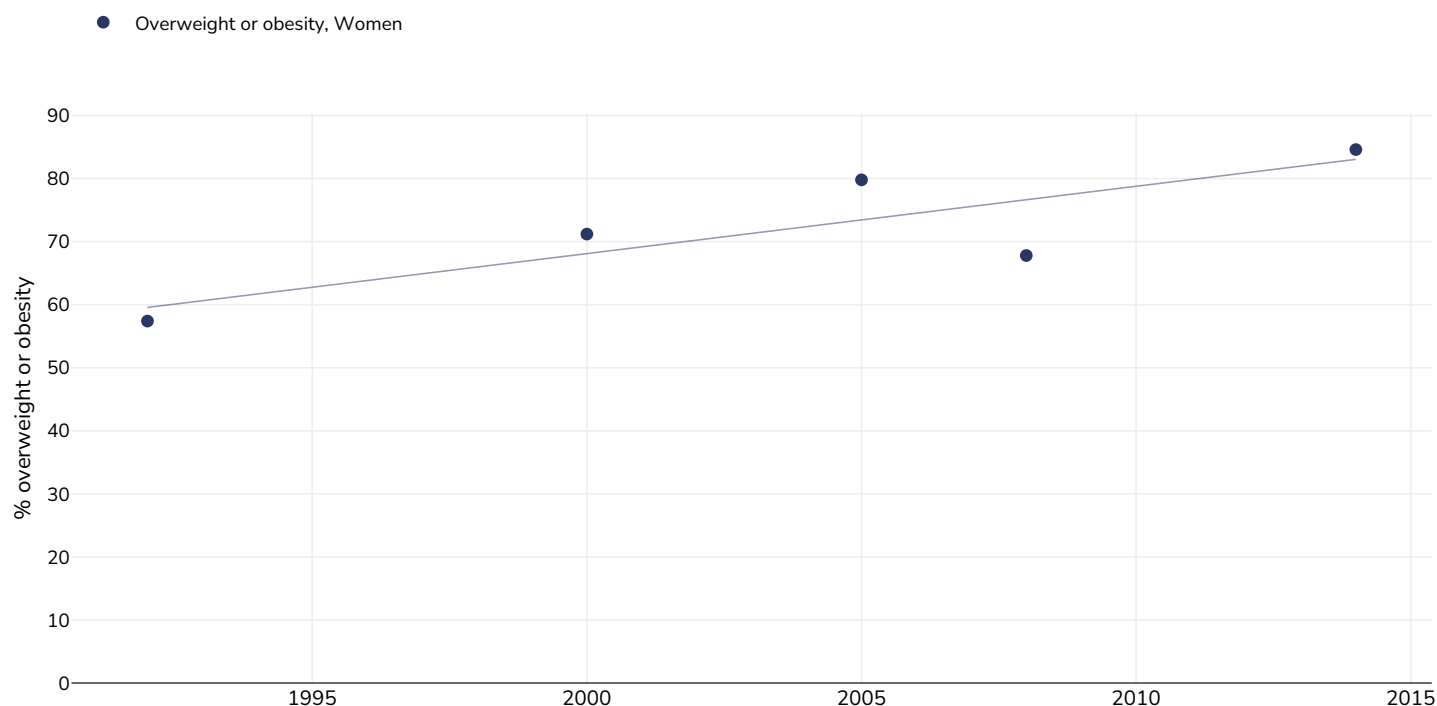
https://www.who.int/ncds/surveillance/steps/Egypt_National_STEPwise_Survey_For_Noncommunicable_Diseases_Risk_Factors_2017_

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI great

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

sources for met

% Adults living with overweight or obesity in Egypt 1992-2014



Survey type: Measured

References: 1992: Martorell R, Khan LK, Hughes ML, Grummer Strawn LM. Obesity in women from developing countries. EJCN (2000) 54;247-252
 2000: SCN (2004). 5th Report on the World Nutrition Situation. Nutrition for Improved Development Outcomes. Appendix 11
 2005: El-Zanaty, Fatma and Ann Way. 2006. Egypt Demographic and Health Survey 2005. Cairo, Egypt: Ministry of Health and Population, National Population Council, El-Zanaty and Associates, and ORC Macro.
 2008: El-Zanaty, Fatma and Ann Way. 2009. Egypt Demographic and Health Survey 2008. Cairo, Egypt: Ministry of Health/Egypt, El-Zanaty and Associates/Egypt, and Macro International.
 2014: Ministry of Health and Population/Egypt, El-Zanaty and Associates/Egypt, and ICF International. 2015. Egypt Demographic and Health Survey 2014. Cairo, Egypt: Ministry of Health and Population and ICF International.

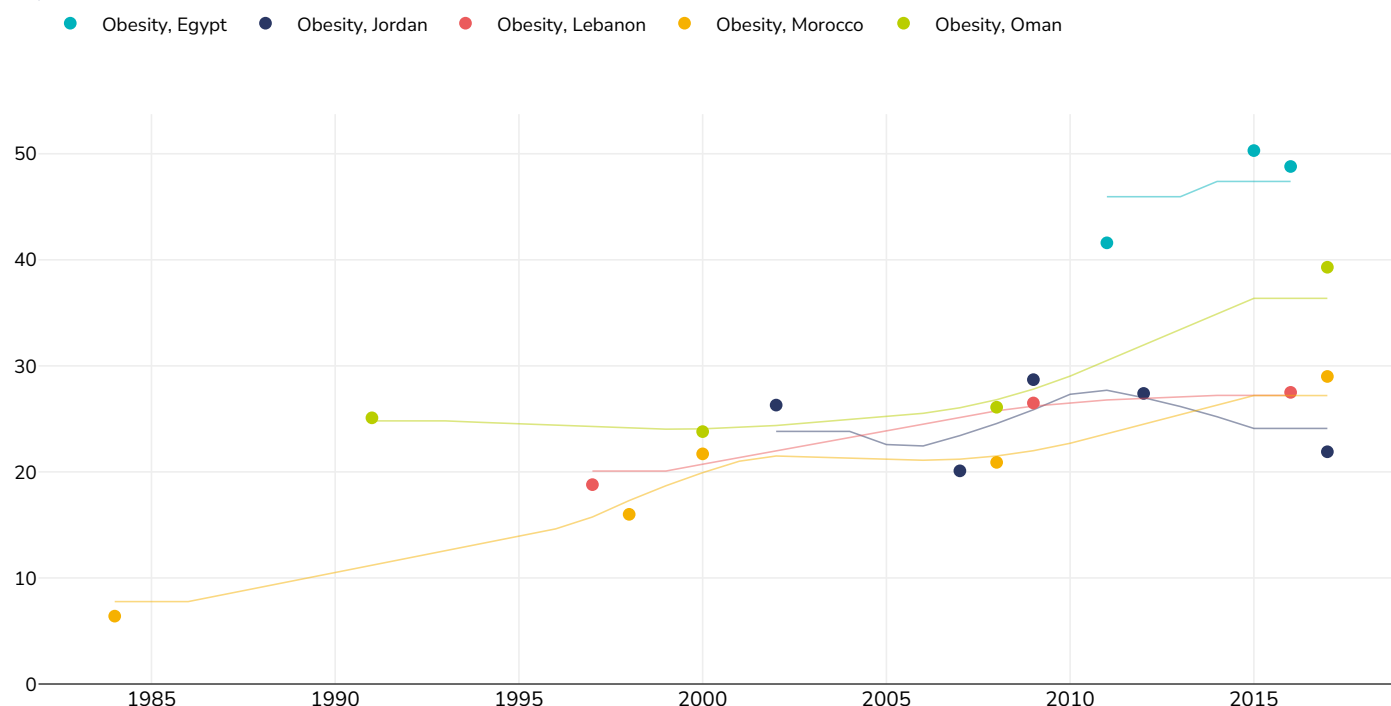
Notes: Adults aged 15-49

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 in selected countries in the EMRO Region 1984-2017, selected countries

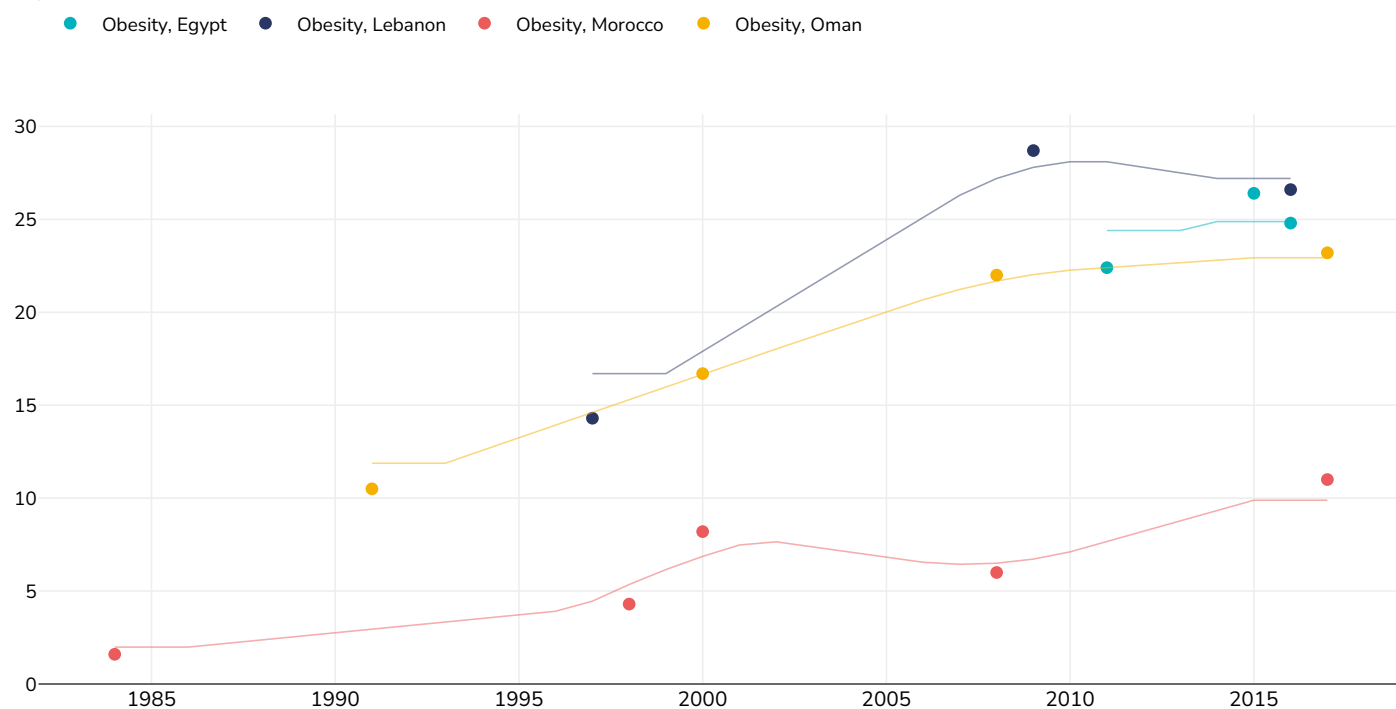
Women



- References:
- 1984, 1998: Benjelloun S. Nutrition transition in Morocco. *Public Health Nutrition*. 2002;5(1A):135-140
 - 1991: Al-Lawati JA, Jousilahti PJ. Prevalence and 10year secular trend of obesity in Oman. *Saudi Med J* 2004;25:346-351
 - 1997: Sibai AM, Hwalla N, Adra N, Rahal B. Prevalence and Covariates of Obesity in Lebanon: Findings from the First Epidemiological Study. *Obesity Research* 2003;11:1353-1361
 - 2000: Personal Communication from Morocco Minister of Health. National Survey carried out in 2000. Details in press for *Journal of Hypertension* (April 03)
 - 2002: WHO Infobase, Macro international data
 - 2007: Department of Statistics [Jordan] and Macro International. 2008. *Jordan Population and Family Health Survey 2007: Key Findings*. Calverton, Maryland, USA: Department of Statistics and Macro International.
 - 2008: Rhazi K EL, Nejari C, Zidouh A et al. Prevalence of obesity and associated sociodemographic and lifestyle factors in Morocco. *Public Health Nutrition* 2010;14(1):160-167
 - 2009: WHO STEPS Report 2009 Lebanon
 - 2011: WHO EMRO Egypt STEPS Survey 2011-12
 - 2012: Department of Statistics/Jordan and ICF International. 2013. *Jordan Population and Family Health Survey 2012*. Calverton, Maryland, USA: Department of Statistics/Jordan and ICF International.
 - 2015: Ministry of Health and Population/Egypt, El-Zanaty and Associates/Egypt, and ICF International. 2015. *Egypt Health Issues Survey 2015*. Cairo, Egypt: Ministry of Health and Population/Egypt and ICF International. Available at <http://dhsprogram.com/publications/publication-FR313-DHS-Final-Reports.cfm#sthash.StgV9s6X.dpuf>
 - 2016: WHO STEPWISE APPROACH FOR NON-COMMUNICABLE DISEASESRISK FACTOR SURVEILLANCE, Lebanon, 2016-2017 https://www.who.int/ncds/surveillance/steps/Lebanon_STEPS_report_2016-2017.pdf?ua=1 (last accessed 16.10.19)
 - 2017: Executive Summary. Oman National Non-Communicable Disease & their Risk Factors Survey 2017 https://mohcsr.gov.om/wp-content/uploads/2019/01/Executive-Summary_NCDsurvey2017_En.pdf (last accessed 17.10.19)

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

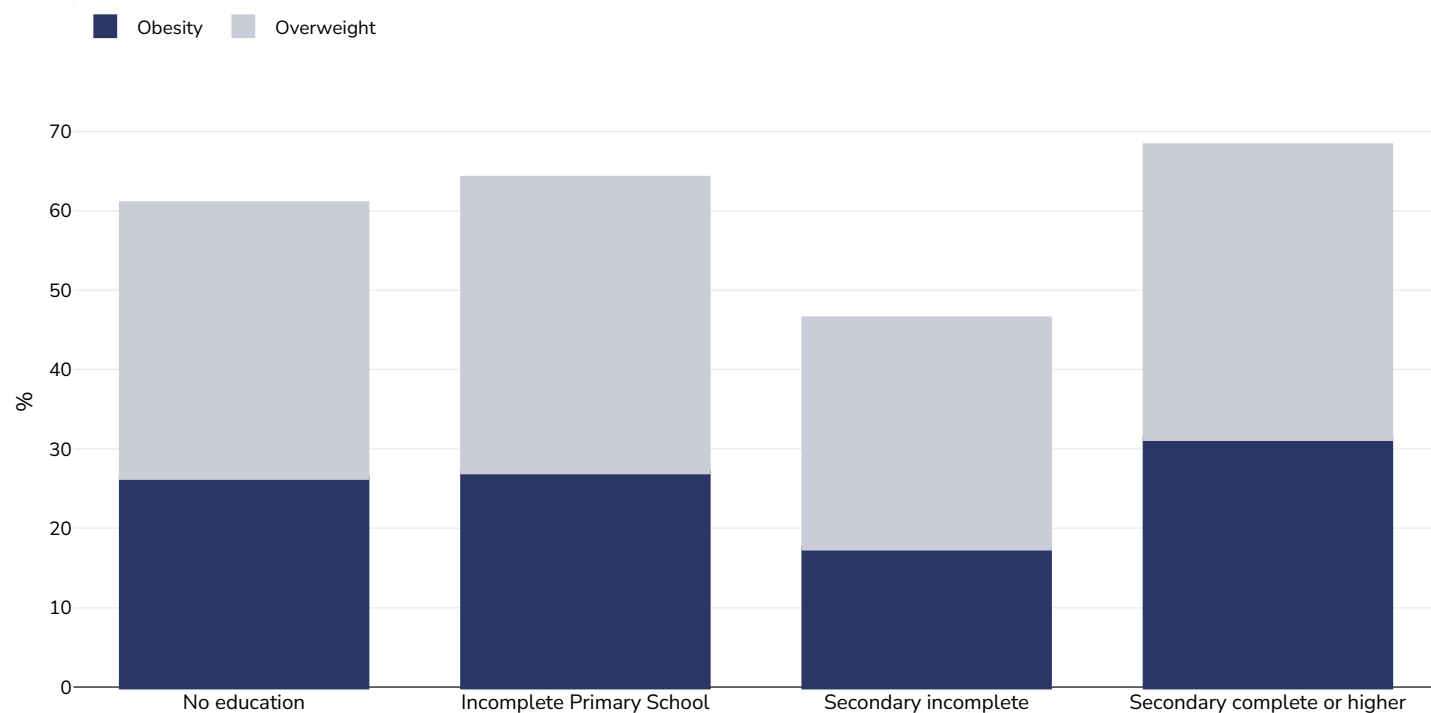


- References:
- 1984, 1998: Benjelloun S. Nutrition transition in Morocco. *Public Health Nutrition*. 2002;5(1A):135-140
 - 1991: AL-Lawati JA, Jousilahti PJ. Prevalence and 10year secular trend of obesity in Oman. *Saudi Med J* 2004;25:346-351
 - 1997: Sibai AM, Hwalla N, Adra N, Rahal B. Prevalence and Covariates of Obesity in Lebanon: Findings from the First Epidemiological Study. *Obesity Research* 2003;11:1353-1361
 - 2000: Personal Communication from Morocco Minister of Health. National Survey carried out in 2000. Details in press for *Journal of Hypertension* (April 03)
 - 2002: WHO Infobase, Macro international data
 - 2007: Department of Statistics [Jordan] and Macro International. 2008. *Jordan Population and Family Health Survey 2007: Key Findings*. Calverton, Maryland, USA: Department of Statistics and Macro International.
 - 2008: Rhazi K EL, Nejari C, Zidouh A et al. Prevalence of obesity and associated sociodemographic and lifestyle factors in Morocco. *Public Health Nutrition* 2010;14(1):160-167
 - 2009: WHO STEPS Report 2009 Lebanon
 - 2011: WHO EMRO Egypt STEPS Survey 2011-12
 - 2012: Department of Statistics/Jordan and ICF International. 2013. *Jordan Population and Family Health Survey 2012*. Calverton, Maryland, USA: Department of Statistics/Jordan and ICF International.
 - 2015: Ministry of Health and Population/Egypt, El-Zanaty and Associates/Egypt, and ICF International. 2015. *Egypt Health Issues Survey 2015*. Cairo, Egypt: Ministry of Health and Population/Egypt and ICF International. Available at <http://dhsprogram.com/publications/publication-FR313-DHS-Final-Reports.cfm#sthash.StgV9s6X.dpuf>
 - 2016: WHO STEPWISE APPROACH FOR NON-COMMUNICABLE DISEASESRISK FACTOR SURVEILLANCE, Lebanon, 2016-2017 https://www.who.int/ncds/surveillance/steps/Lebanon_STEPS_report_2016-2017.pdf?ua=1 (last accessed 16.10.19)
 - 2017: Executive Summary. Oman National Non-Communicable Disease & their Risk Factors Survey 2017 https://mohcsr.gov.om/wp-content/uploads/2019/01/Executive-Summary_NCDsurvey2017_En.pdf (last accessed 17.10.19)

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

Men, 2015



Survey type: Measured

Age: 15-59

Sample size: 15602

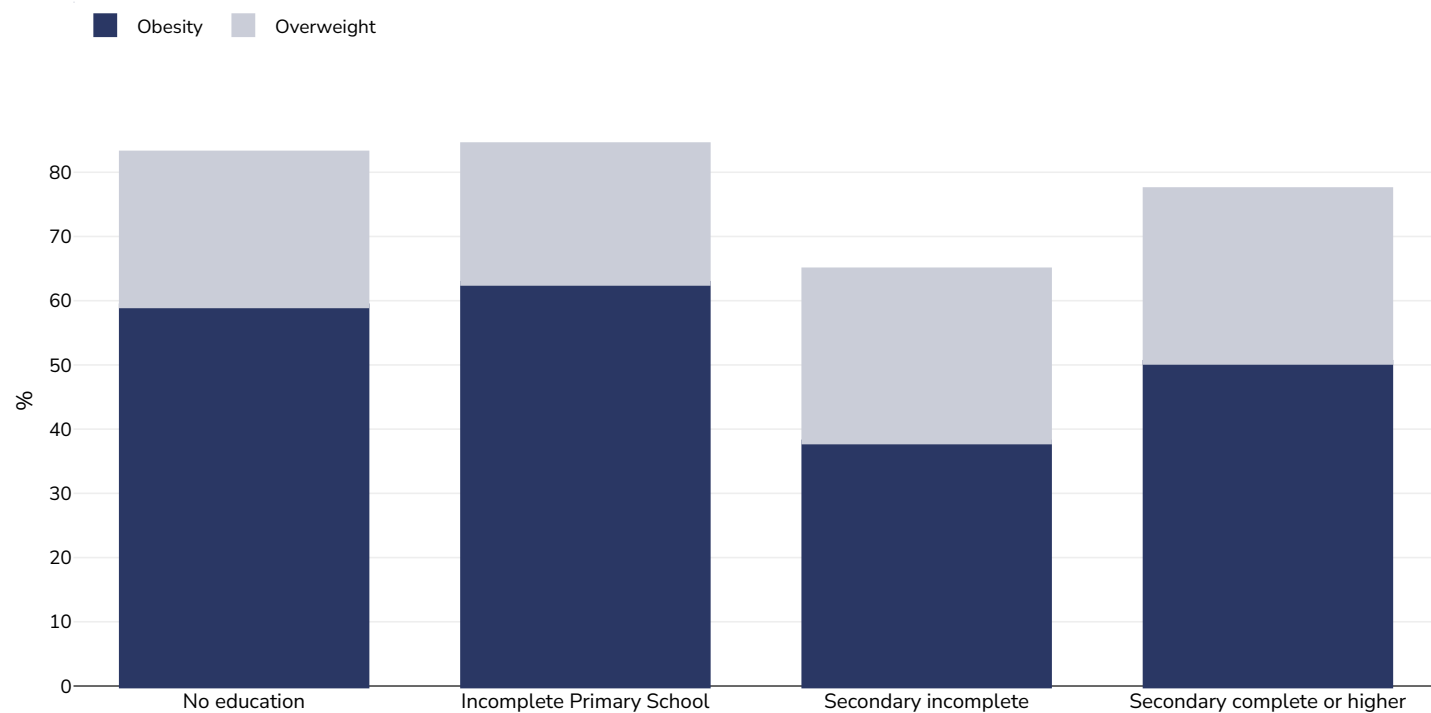
Area covered: National

References: DHS Egypt 2015. Ministry of Health and Population/Egypt, El-Zanaty and Associates/Egypt, and ICF International. 2015. Egypt Health Issues Survey 2015. Cairo, Egypt: Ministry of Health and Population/Egypt and ICF International. - See more at: <http://dhsprogram.com/publications/publication-FR313-DHS-Final-Reports.cfm#sthash.StgV9s6X.dpuf>

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.

Women, 2015



Survey type: Measured

Age: 15-59

Sample size: 15602

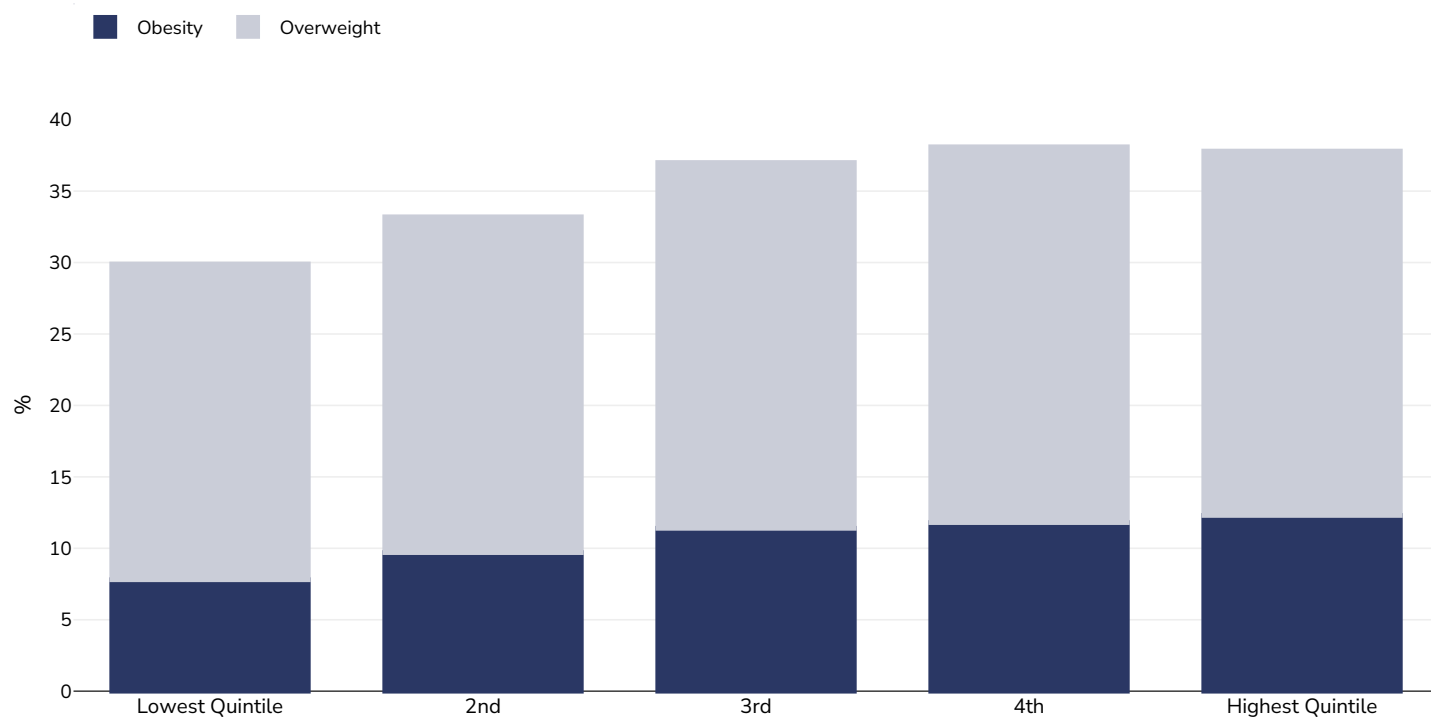
Area covered: National

References: DHS Egypt 2015. Ministry of Health and Population/Egypt, El-Zanaty and Associates/Egypt, and ICF International. 2015. Egypt Health Issues Survey 2015. Cairo, Egypt: Ministry of Health and Population/Egypt and ICF International. - See more at: <http://dhsprogram.com/publications/publication-FR313-DHS-Final-Reports.cfm#sthash.StgV9s6X.dpuf>

Notes: Demographic Health Survey data includes ever married women aged 15-49 years only and may include males aged 15-59.

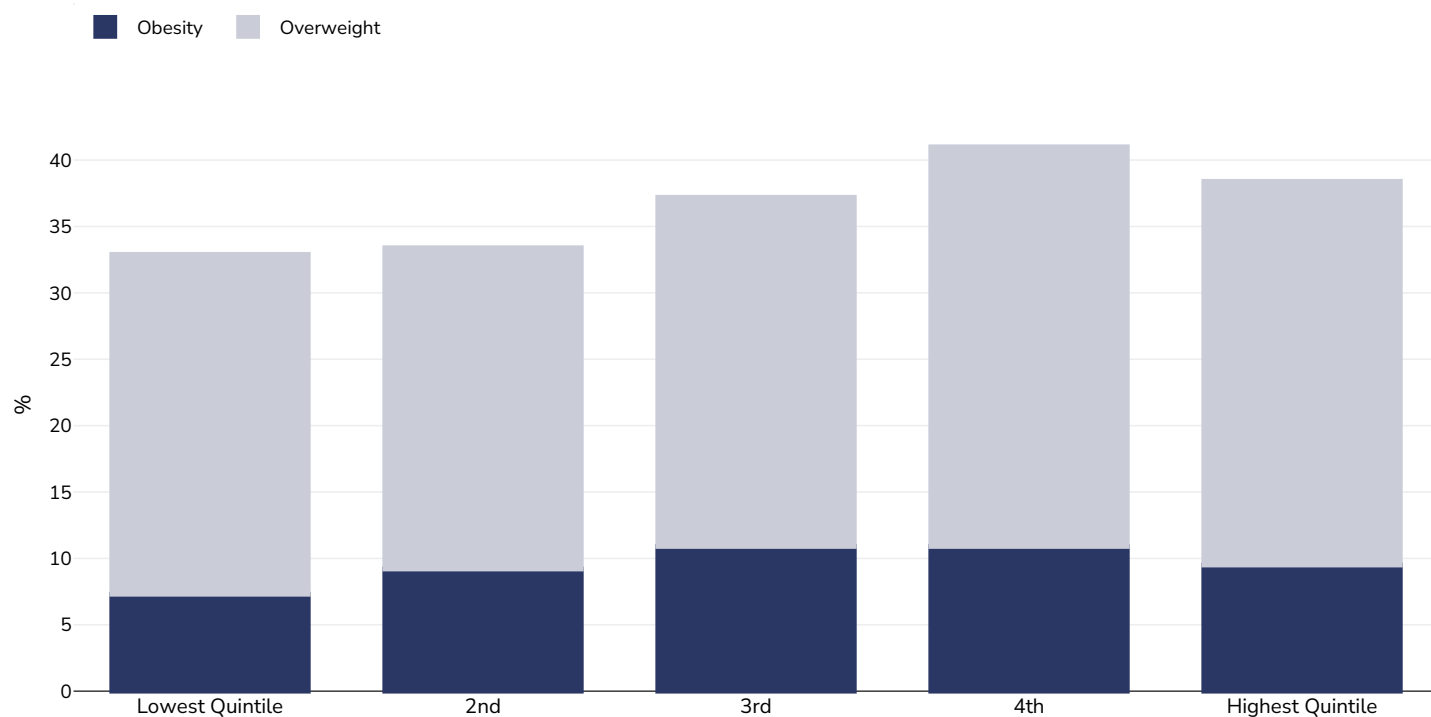
Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².

Boys, 2014



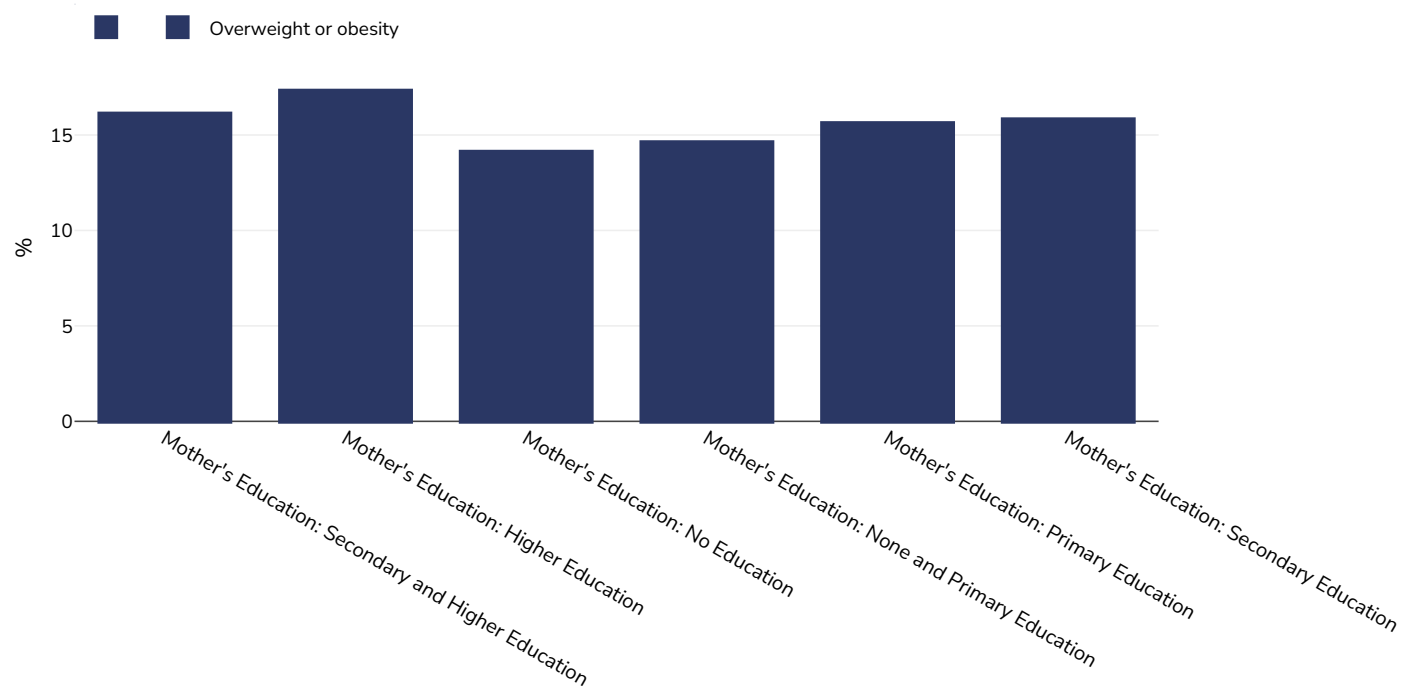
Survey type:	Measured
Age:	5-19
Sample size:	32980
Area covered:	National
References:	Ministry of Health and Population/Egypt, El-Zanaty and Associates/Egypt, and ICF International. 2015. Egypt Demographic and Health Survey 2014. Cairo, Egypt: Ministry of Health and Population and ICF International.
Notes:	WHO Cut off used Based on Mothers education level
Cutoffs:	WHO

Girls, 2014



Survey type:	Measured
Age:	5-19
Sample size:	32980
Area covered:	National
References:	Ministry of Health and Population/Egypt, El-Zanaty and Associates/Egypt, and ICF International. 2015. Egypt Demographic and Health Survey 2014. Cairo, Egypt: Ministry of Health and Population and ICF International.
Notes:	WHO Cut off used Based on Mothers education level
Cutoffs:	WHO

Infants, 2014



Sample size: 14088

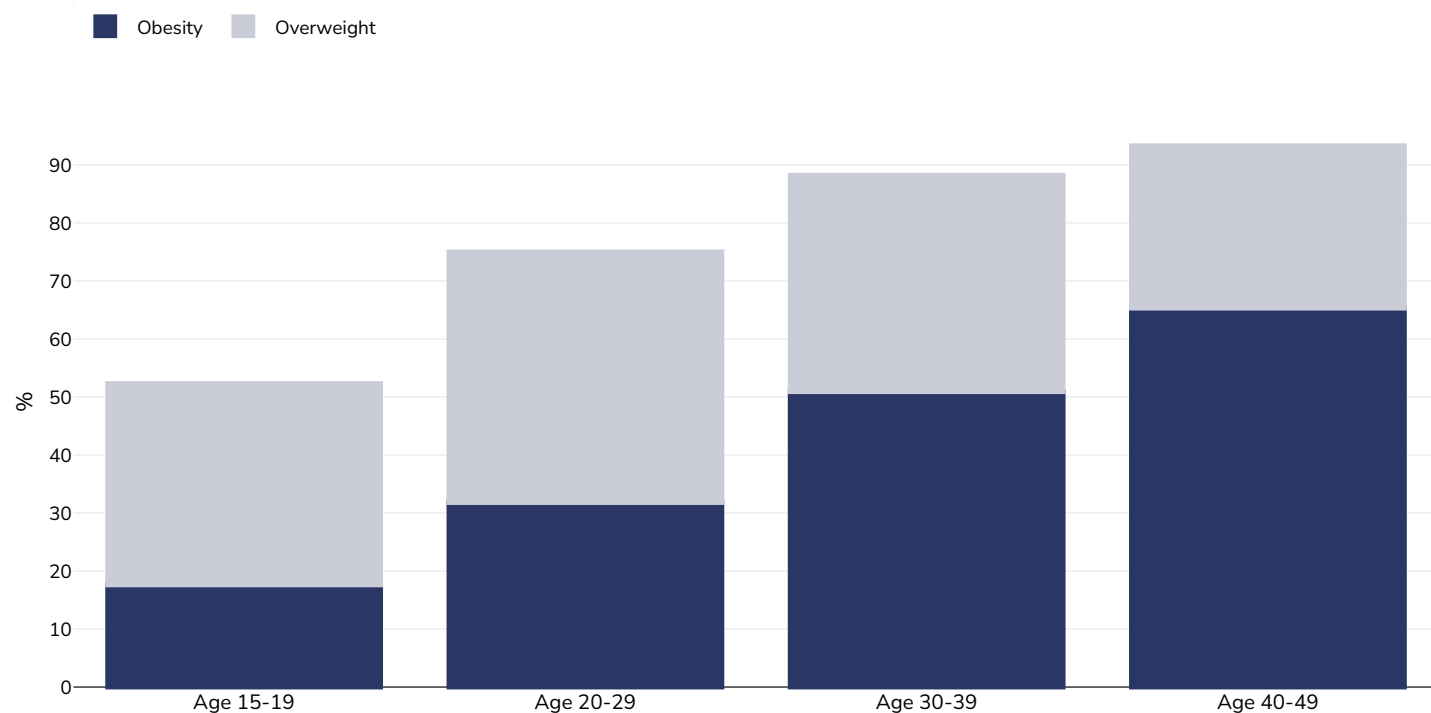
References: DHS: Egypt demographic and health survey 2014. Demographic and Health Surveys. Cairo, Egypt and Rockville, Maryland, USA: Ministry of Health and Population and ICF International, 2015.

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

Women, 2014



Survey type: Measured

Sample size: 19021

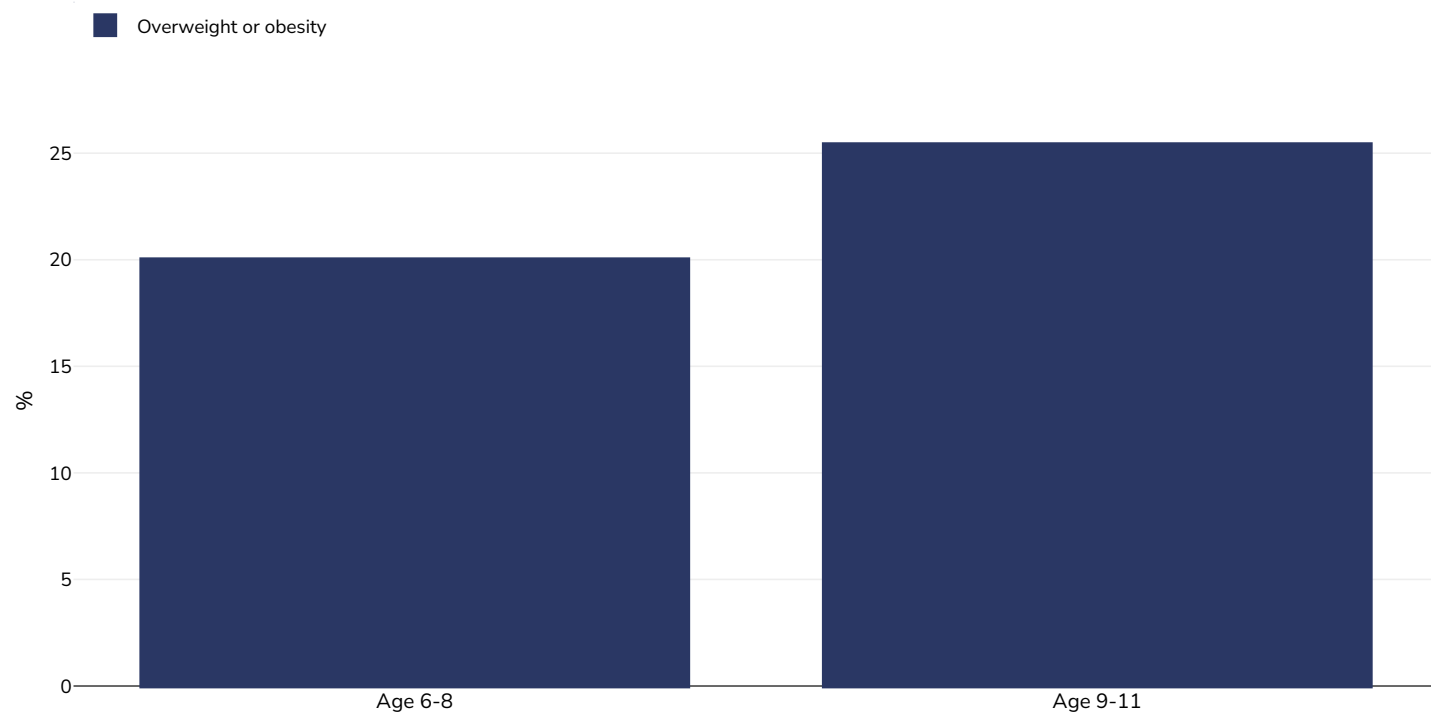
Area covered: National

References: Ministry of Health and Population/Egypt, El-Zanaty and Associates/Egypt, and ICF International. 2015. Egypt Demographic and Health Survey 2014. Cairo, Egypt: Ministry of Health and Population and ICF International.

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.

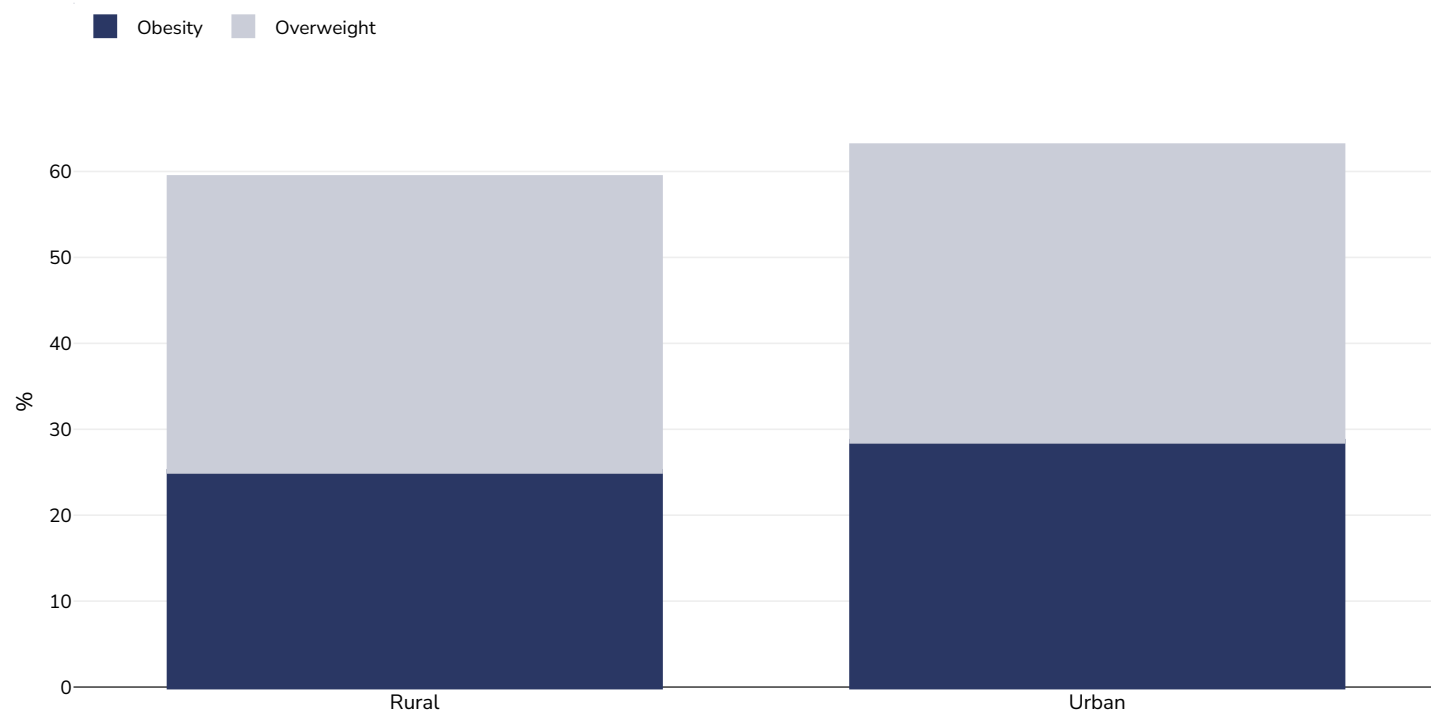
Children, 2018-2020



Survey type:	Measured
Sample size:	33,150
Area covered:	National
References:	El Shafie, A.M., Kasemy, Z.A., Alkalash, S.H., Hewedy, S.M., Kotb, N.M., Abd El-Hady, H.S., Eladawy, E.S., Zeid, M.A., Abd El Hamid, M.E., Hemed, E.H. and Elshafie, M.A., 2020. Prevalence of Short Stature and Malnutrition among Egyptian Primary School Children and their Coexistence with Anemia.
Notes:	Boys = 17,143, Girls = 16,007
Cutoffs:	WHO 2007

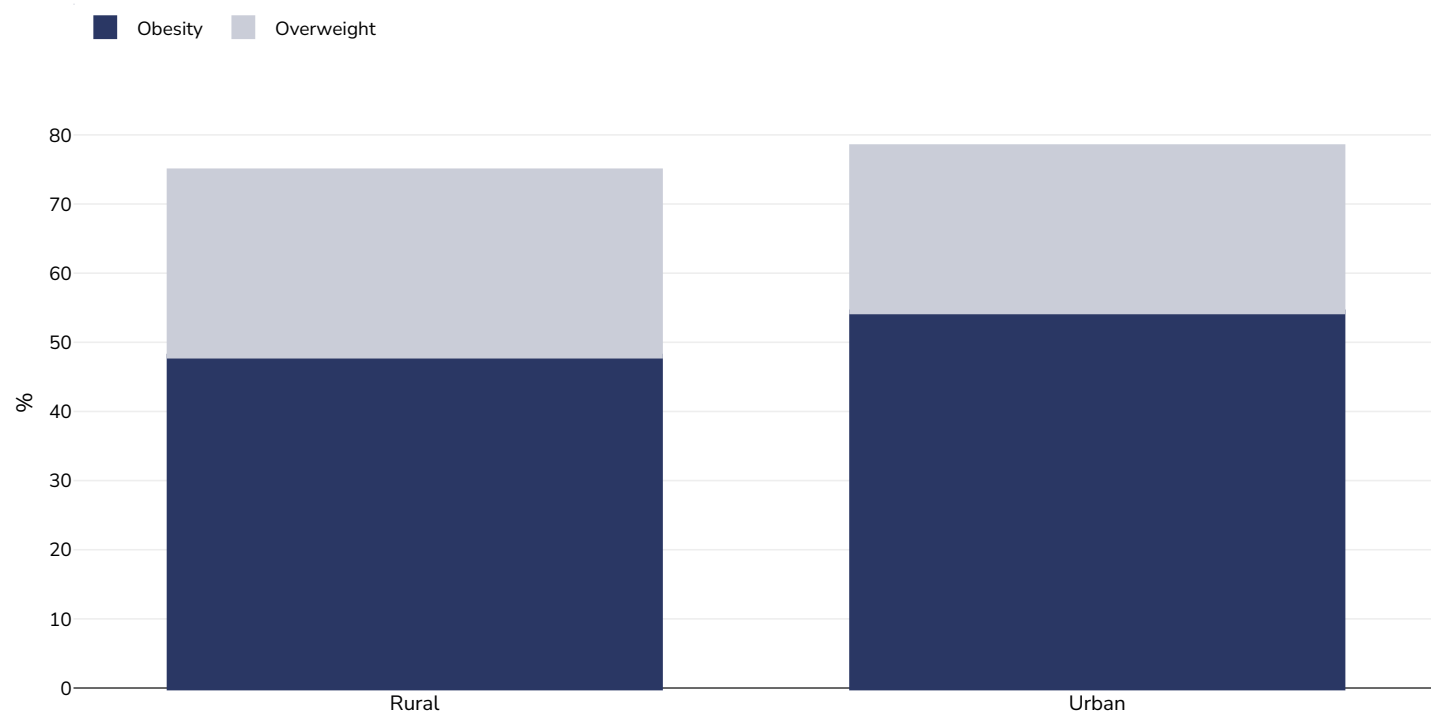
Overweight/obesity by region

Men, 2015



Survey type:	Measured
Age:	15-59
Sample size:	15602
Area covered:	National
References:	DHS Egypt 2015. Ministry of Health and Population/Egypt, El-Zanaty and Associates/Egypt, and ICF International. 2015. Egypt Health Issues Survey 2015. Cairo, Egypt: Ministry of Health and Population/Egypt and ICF International. - See more at: http://dhsprogram.com/publications/publication-FR313-DHS-Final-Reports.cfm#sthash.StgV9s6X.dpuf
Notes:	Demographic Health Survey data includes ever married women aged 15-49 years only and may include males aged 15-59. <i>Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².</i>

Women, 2015



Survey type: Measured

Age: 15-59

Sample size: 15602

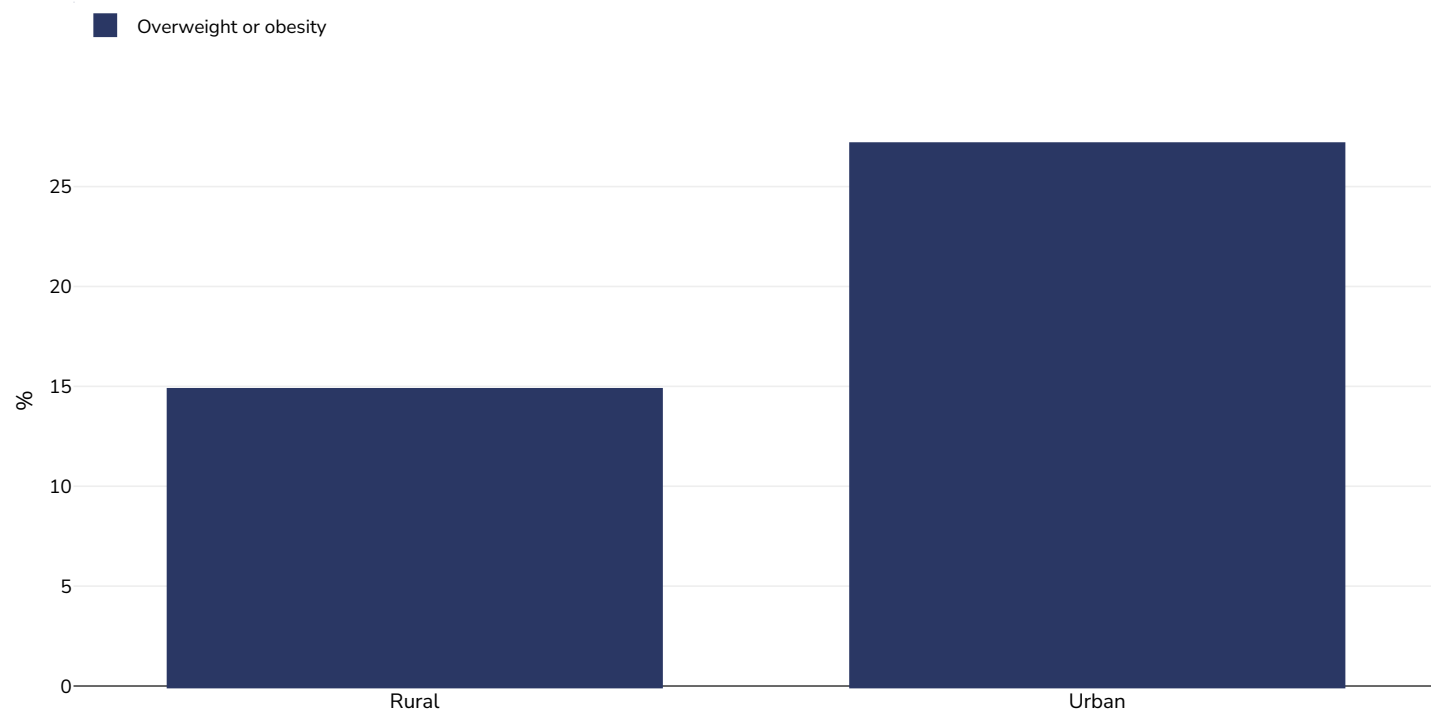
Area covered: National

References: DHS Egypt 2015. Ministry of Health and Population/Egypt, El-Zanaty and Associates/Egypt, and ICF International. 2015. Egypt Health Issues Survey 2015. Cairo, Egypt: Ministry of Health and Population/Egypt and ICF International. - See more at: <http://dhsprogram.com/publications/publication-FR313-DHS-Final-Reports.cfm#sthash.StgV9s6X.dpuf>

Notes: Demographic Health Survey data includes ever married women aged 15-49 years only and may include males aged 15-59.

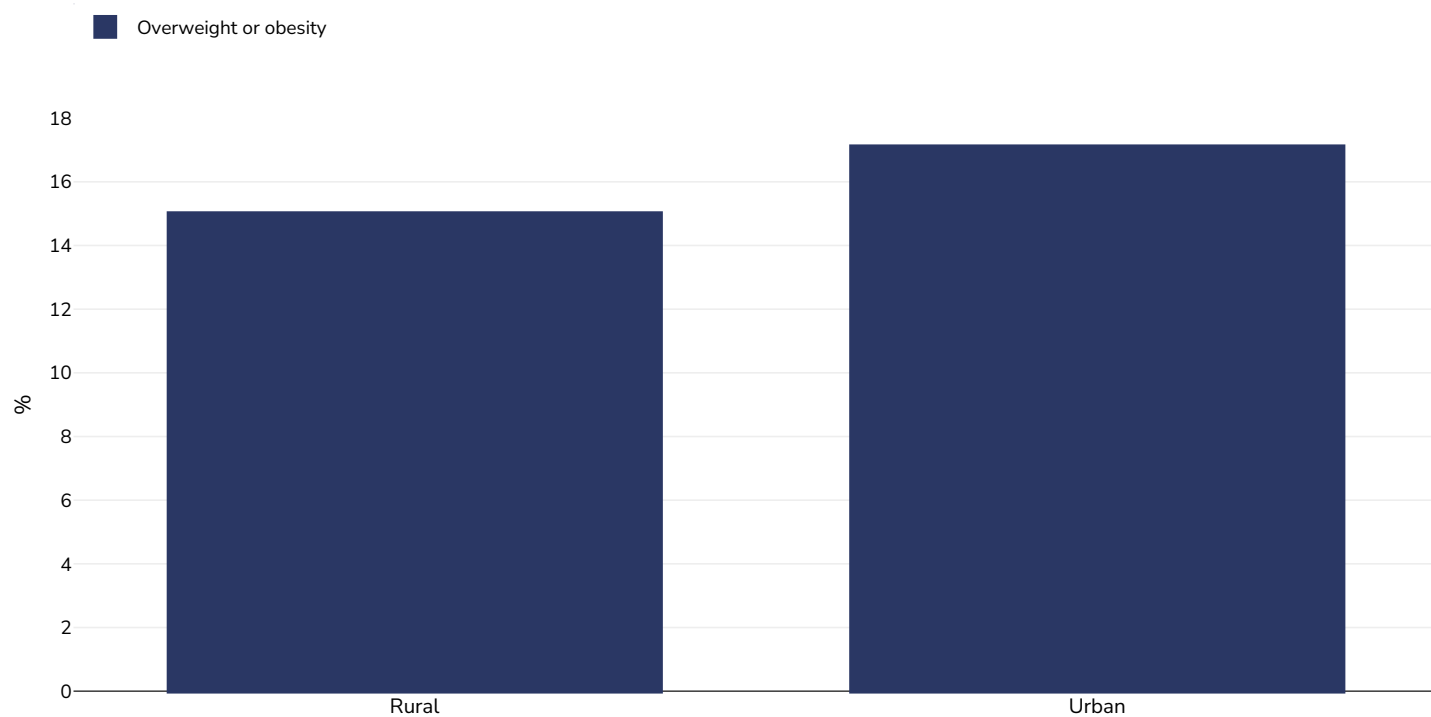
Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².

Children, 2018-2020



Survey type:	Measured
Age:	6-11
Sample size:	33,150
Area covered:	National
References:	El Shafie, A.M., Kasemy, Z.A., Alkalash, S.H., Hewedy, S.M., Kotb, N.M., Abd El-Hady, H.S., Eladawy, E.S., Zeid, M.A., Abd El Hamid, M.E., Hemeda, E.H. and Elshafie, M.A., 2020. Prevalence of Short Stature and Malnutrition among Egyptian Primary School Children and their Coexistence with Anemia.
Notes:	Boys = 17,143, Girls = 16,007
Cutoffs:	WHO 2007

Infants, 2014



Sample size: 14088

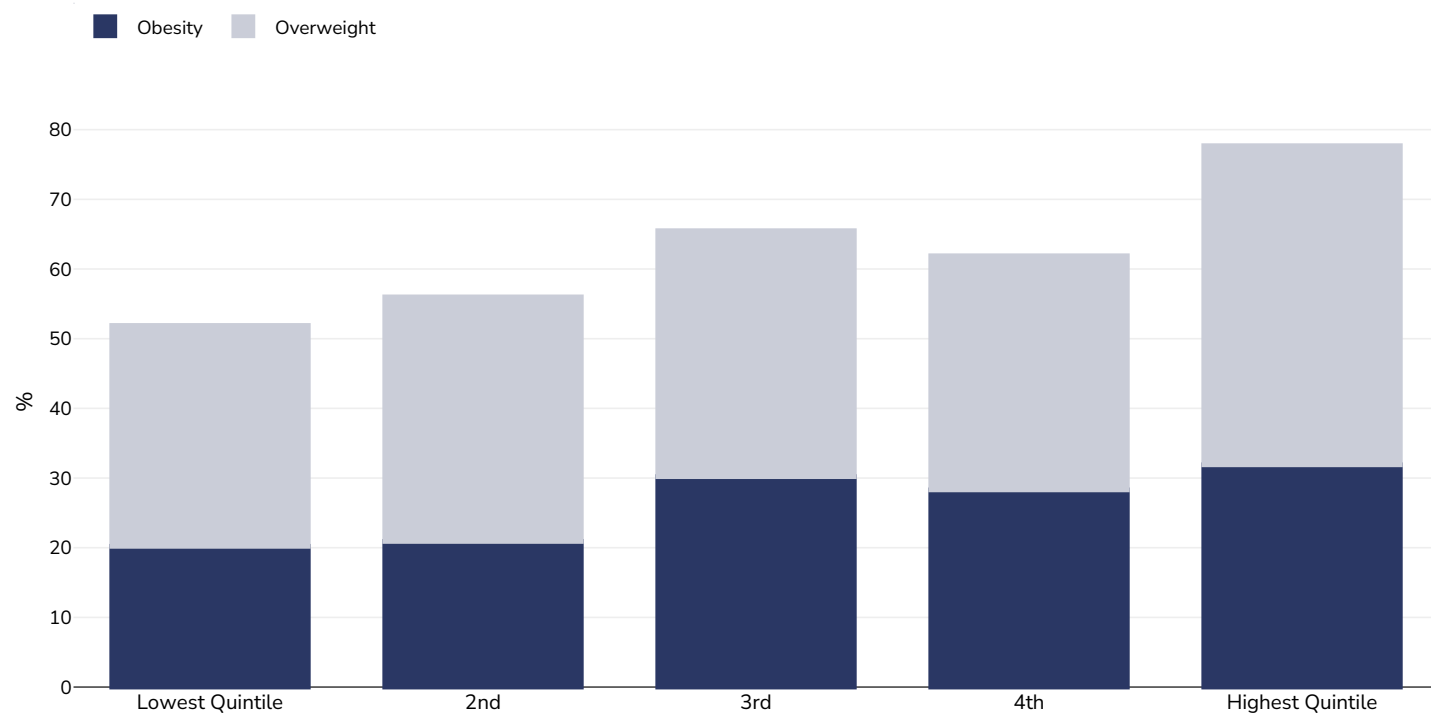
References: DHS: Egypt demographic and health survey 2014. Demographic and Health Surveys. Cairo, Egypt and Rockville, Maryland, USA: Ministry of Health and Population and ICF International, 2015.

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 socio-economic group

Men, 2015



Survey type: Measured

Age: 15-59

Sample size: 15602

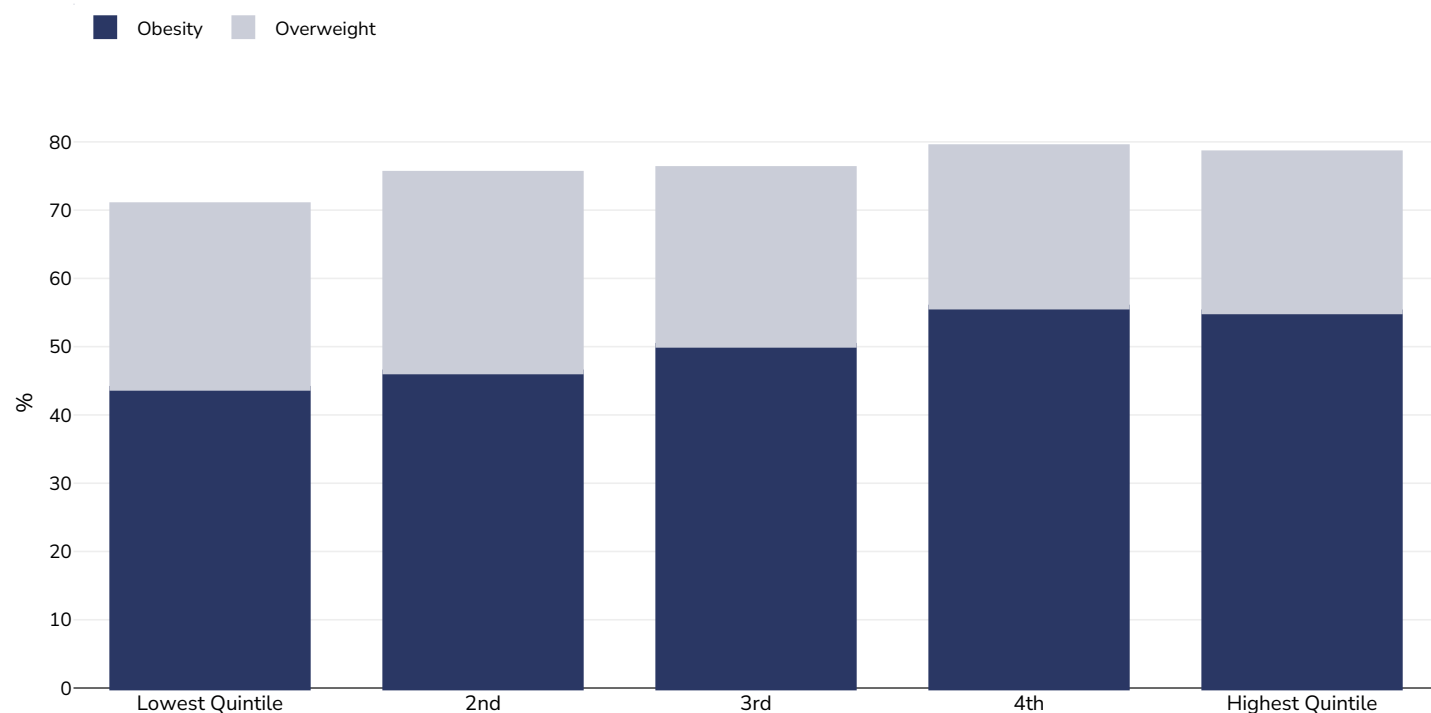
Area covered: National

References: DHS Egypt 2015. Ministry of Health and Population/Egypt, El-Zanaty and Associates/Egypt, and ICF International. 2015. Egypt Health Issues Survey 2015. Cairo, Egypt: Ministry of Health and Population/Egypt and ICF International. - Available at <https://dhsprogram.com/pubs/pdf/FR313/FR313.pdf> (last accessed 22.08.22)

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.

Women, 2015



Survey type: Measured

Age: 15-59

Sample size: 15602

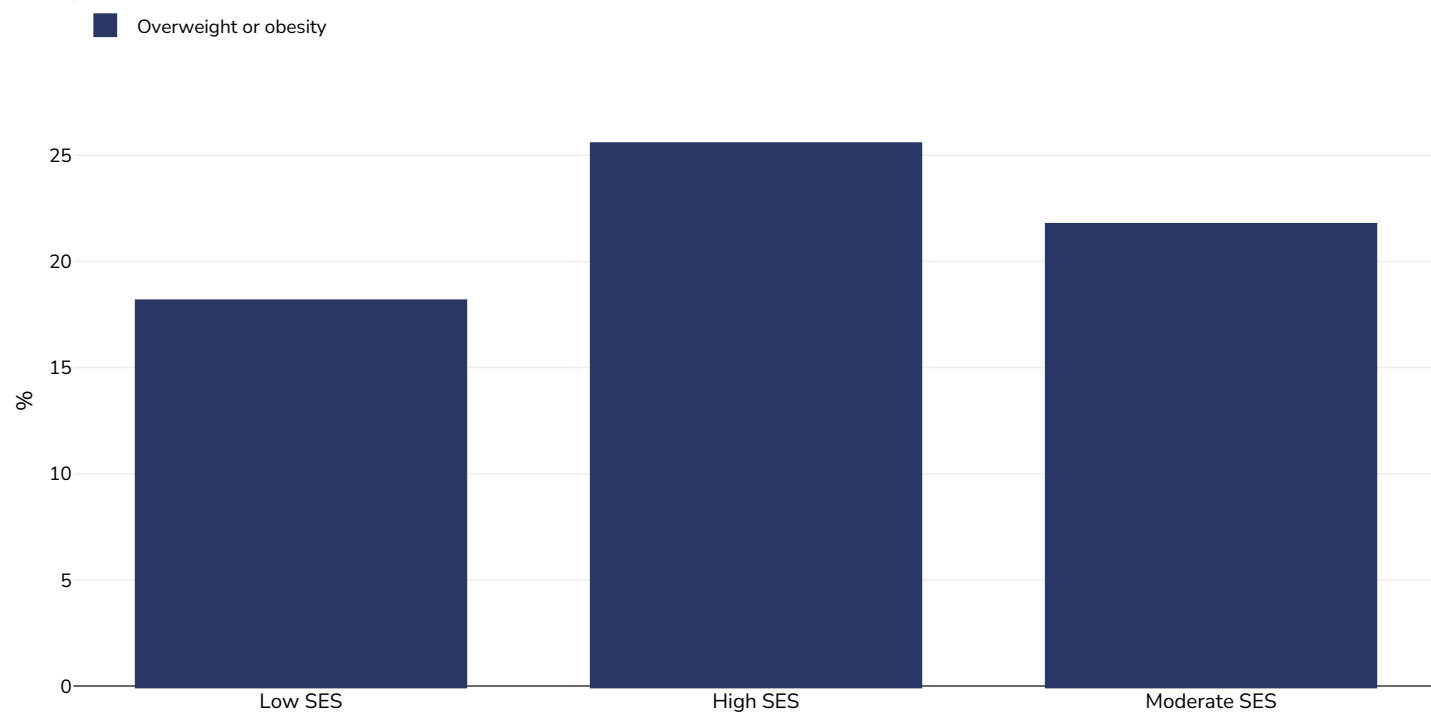
Area covered: National

References: DHS Egypt 2015. Ministry of Health and Population/Egypt, El-Zanaty and Associates/Egypt, and ICF International. 2015. Egypt Health Issues Survey 2015. Cairo, Egypt: Ministry of Health and Population/Egypt and ICF International. - Available at <https://dhsprogram.com/pubs/pdf/FR313/FR313.pdf> (last accessed 22.08.22)

Notes: Demographic Health Survey data includes ever married women aged 15-49 years only and may include males aged 15-59.

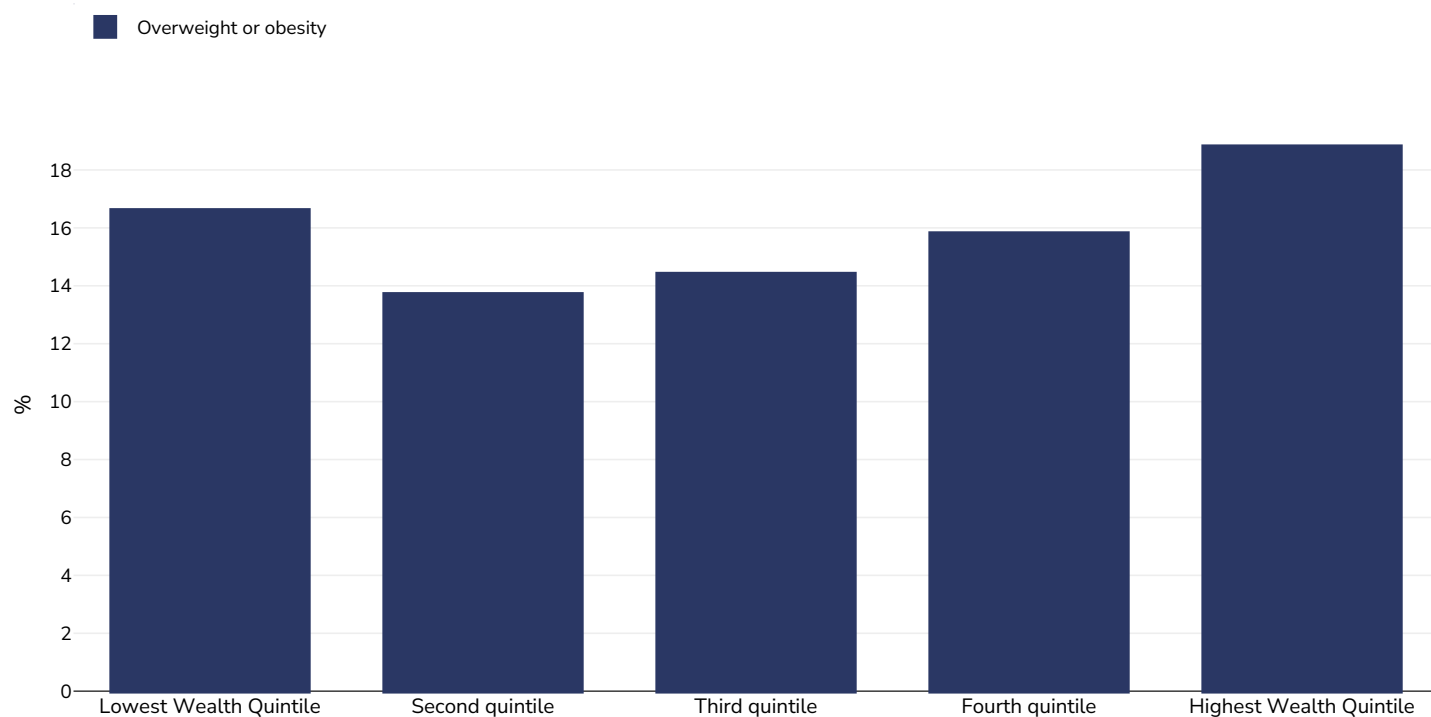
Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².

Children, 2018-2020



Survey type:	Measured
Age:	6-11
Sample size:	33,150
Area covered:	National
References:	El Shafie, A.M., Kasemy, Z.A., Alkalash, S.H., Hewedy, S.M., Kotb, N.M., Abd El-Hady, H.S., Eladawy, E.S., Zeid, M.A., Abd El Hamid, M.E., Hemeda, E.H. and Elshafie, M.A., 2020. Prevalence of Short Stature and Malnutrition among Egyptian Primary School Children and their Coexistence with Anemia.
Notes:	Boys = 17,143, Girls = 16,007
Cutoffs:	WHO 2007

Infants, 2014



Sample size: 14088

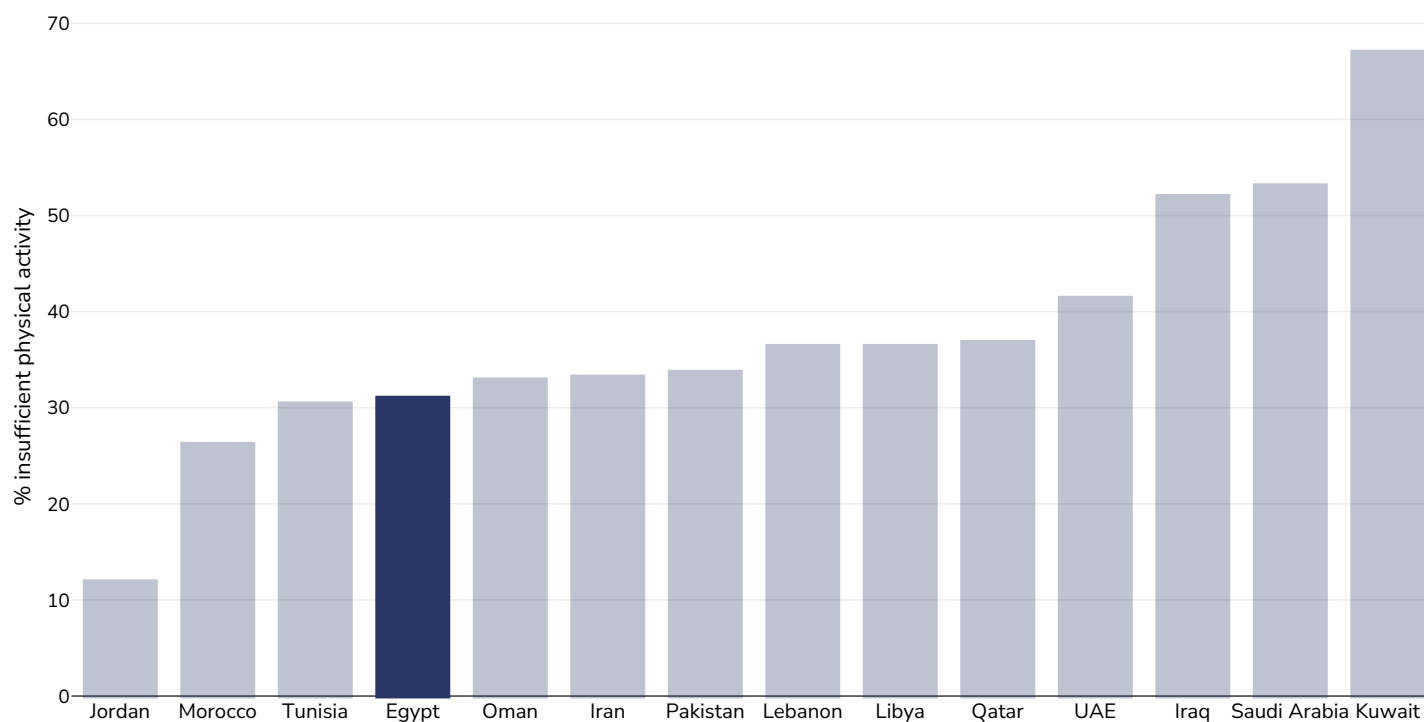
References: DHS: Egypt demographic and health survey 2014. Demographic and Health Surveys. Cairo, Egypt and Rockville, Maryland, USA: Ministry of Health and Population and ICF International, 2015.

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

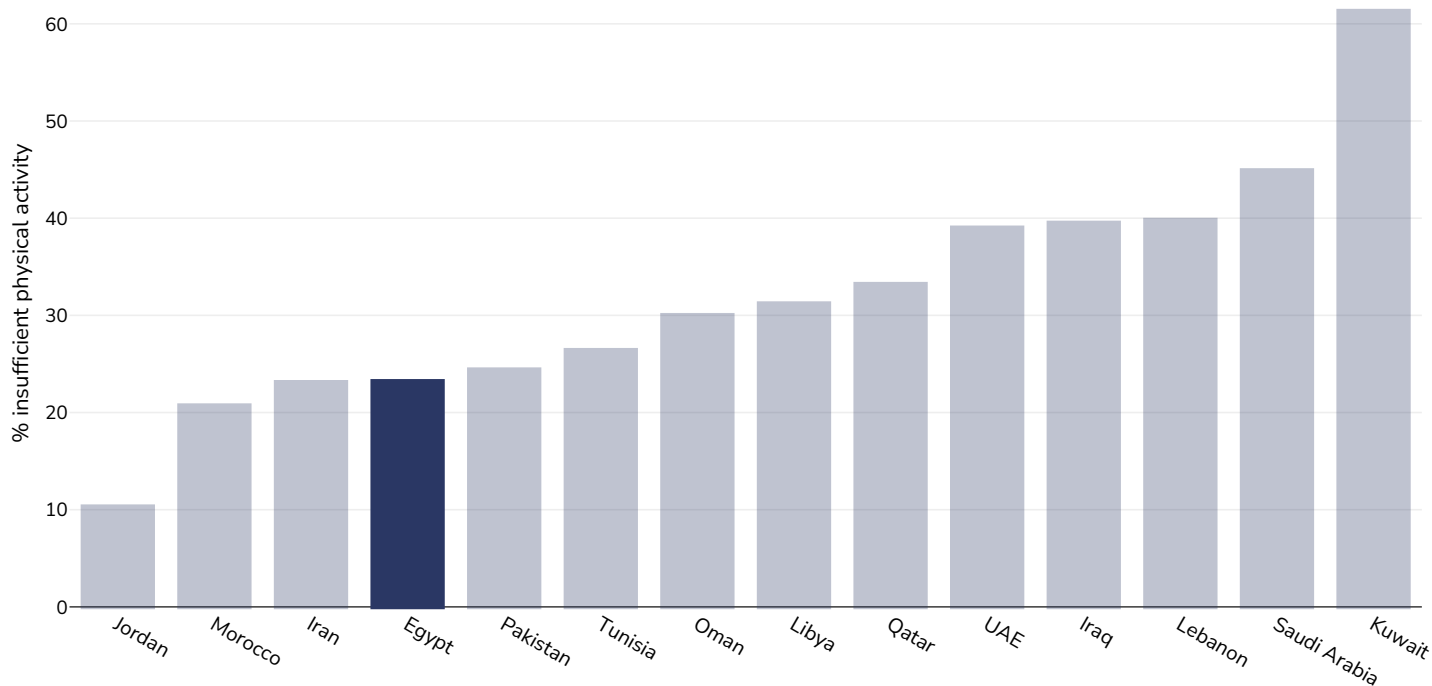
Insufficient physical activity

Adults, 2016



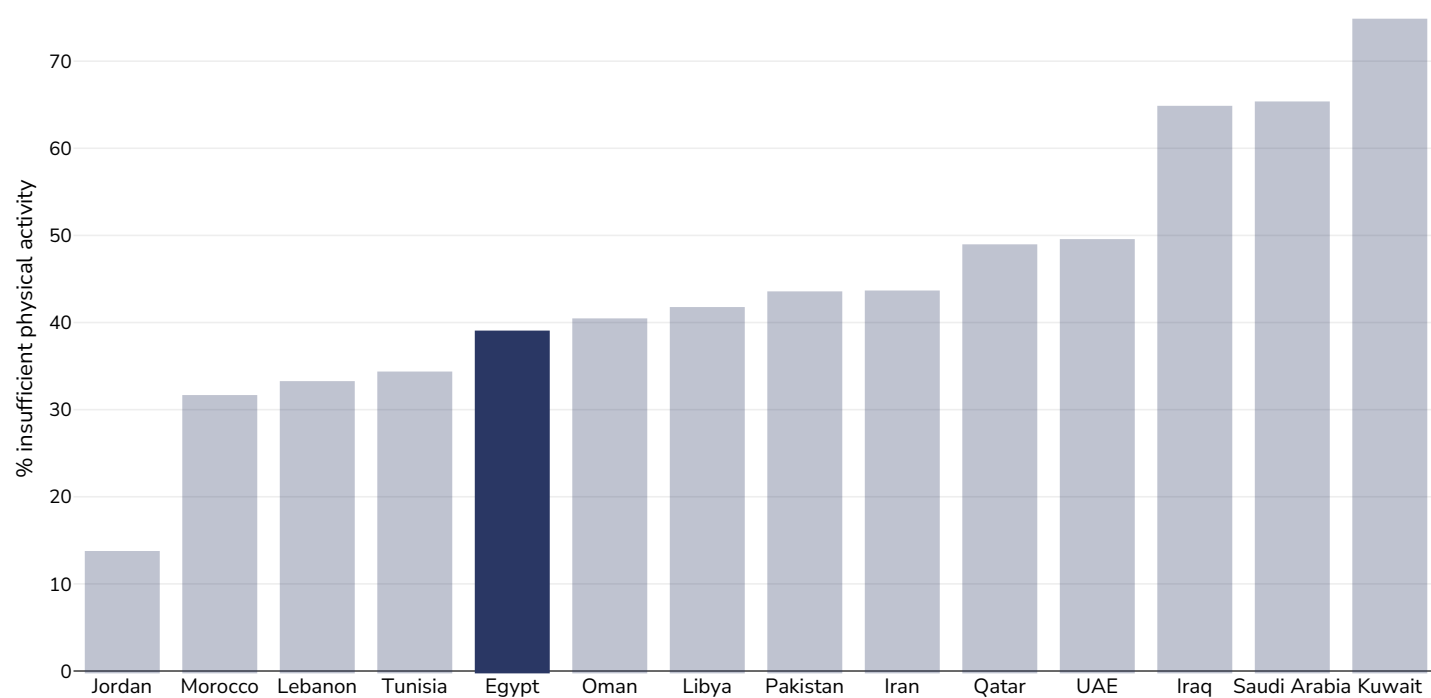
References: Guthold R, Stevens GA, Riley LM, Bull FC. Worldwide trends in insufficient physical activity from 2001 to 2016: a pooled analysis of 358 population-based surveys with 1.9 million participants. *Lancet* 2018 [http://dx.doi.org/10.1016/S2214-109X\(18\)30357-7](http://dx.doi.org/10.1016/S2214-109X(18)30357-7)

Men, 2016



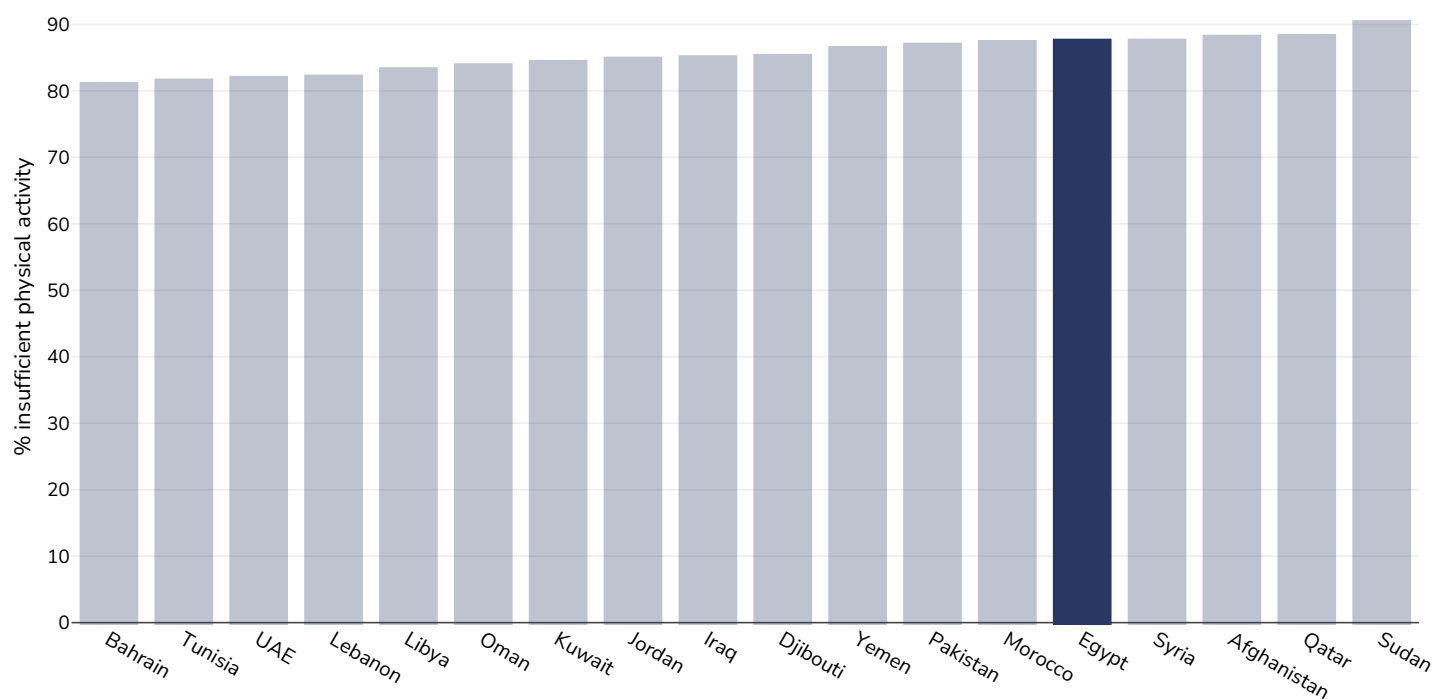
References: Guthold R, Stevens GA, Riley LM, Bull FC. Worldwide trends in insufficient physical activity from 2001 to 2016: a pooled analysis of 358 population-based surveys with 1.9 million participants. *Lancet* 2018 [http://dx.doi.org/10.1016/S2214-109X\(18\)30357-7](http://dx.doi.org/10.1016/S2214-109X(18)30357-7)

Women, 2016



References: Guthold R, Stevens GA, Riley LM, Bull FC. Worldwide trends in insufficient physical activity from 2001 to 2016: a pooled analysis of 358 population-based surveys with 1.9 million participants. Lancet 2018 [http://dx.doi.org/10.1016/S2214-109X\(18\)30357-7](http://dx.doi.org/10.1016/S2214-109X(18)30357-7)

Children, 2016



Survey type: Self-reported

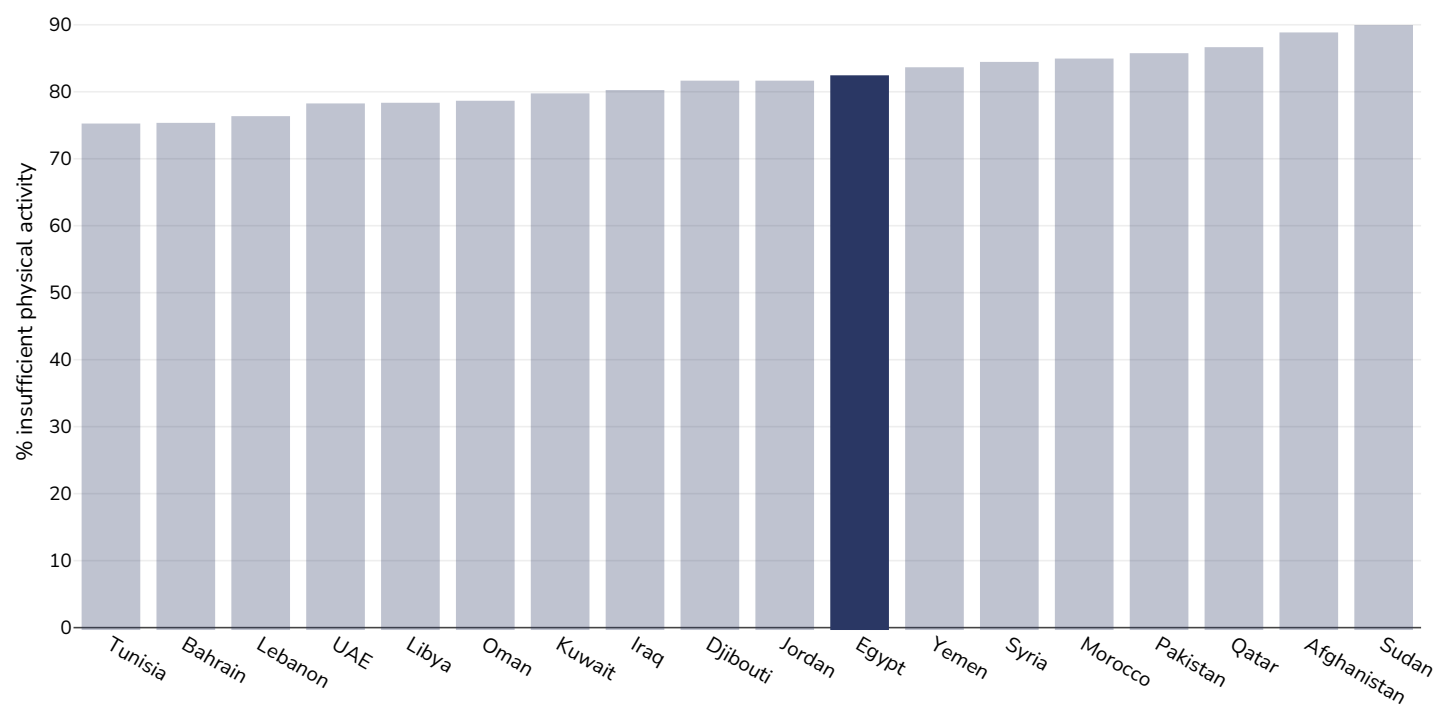
Age: 11-17

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

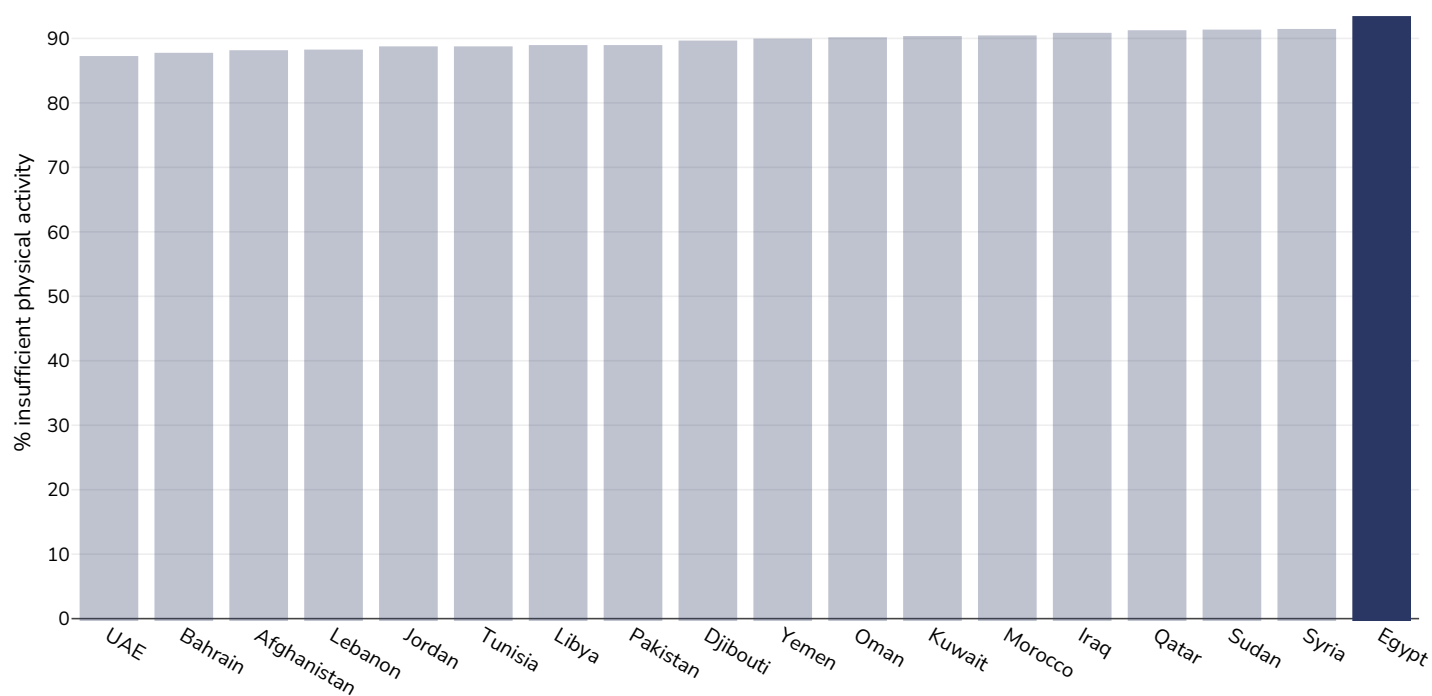
Age: 11-17

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

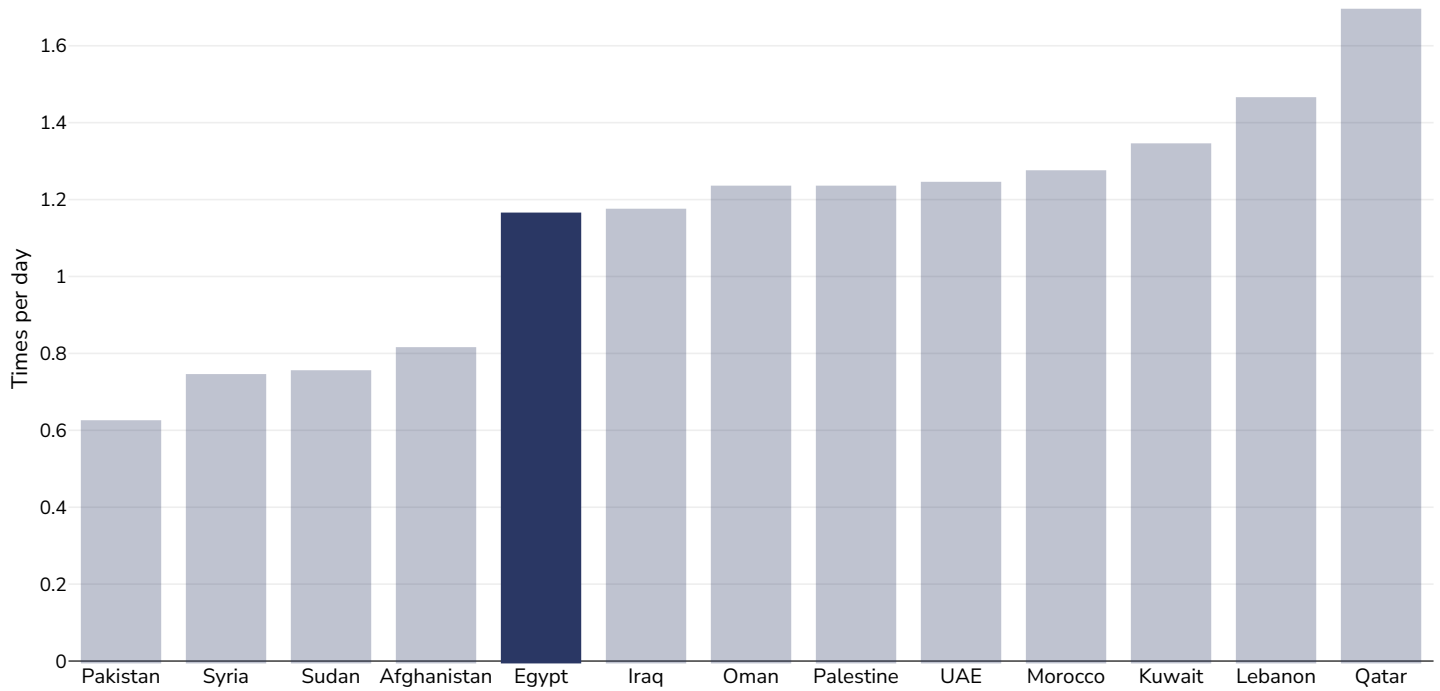
References: Global Health Observatory data repository, World Health Organisation, <https://apps.who.int/gho/data/node.main.A893ADO?lang=en> (last accessed 16.03.21)

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 daily frequency of carbonated soft drink consumption

Children, 2009-2015



Survey
type:

Measured

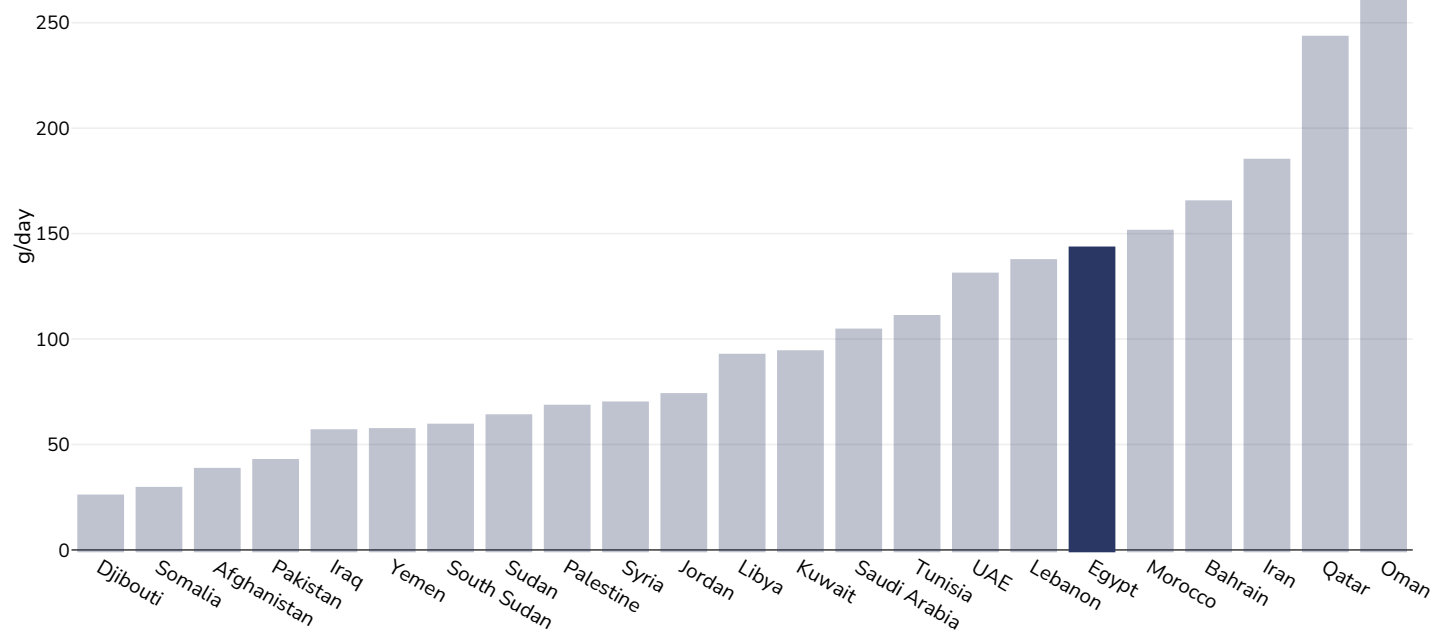
Age:

12-17

References: Beal et al. (2019). Global Patterns of Adolescent Fruit, Vegetable, Carbonated Soft Drink, and Fast-food consumption: A meta-analysis of global school-based student health surveys. Food and Nutrition Bulletin. <https://doi.org/10.1177/0379572119848287> sourced from Food Systems Dashboard <http://www.foodsystemsdashboard.org/food-system>

Estimated per capita fruit intake

Adults, 2017



Survey type: Measured

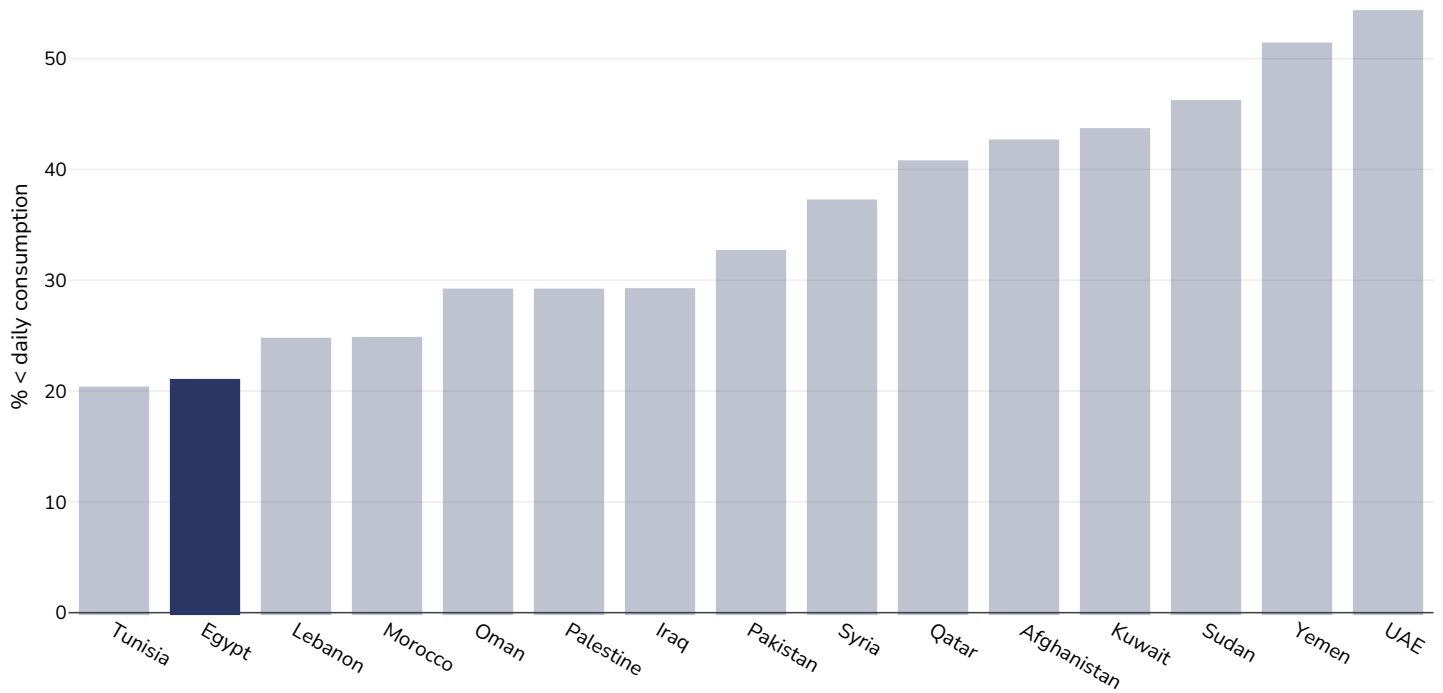
Age: 25+

References: Global Burden of Disease, the Institute for Health Metrics and Evaluation <http://ghdx.healthdata.org/>

Definitions: Estimated per-capita fruit intake (g/day)

Prevalence of less than daily fruit consumption

Children, 2008-2015



Survey type: Measured

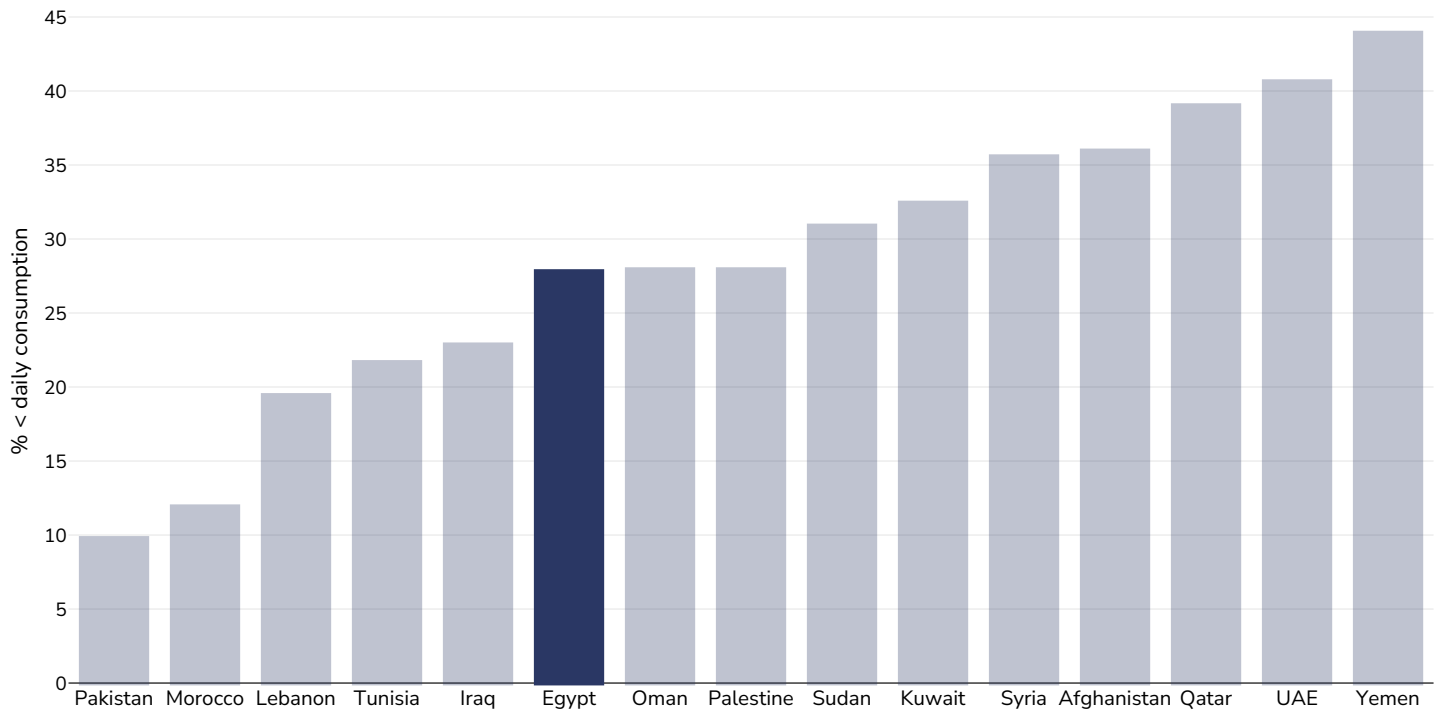
Age: 12-17

References: Global School-based Student Health Surveys. Beal et al (2019). Global Patterns of Adolescent Fruit, Vegetable, Carbonated Soft Drink, and Fast-food consumption: A meta-analysis of global school-based student health surveys. Food and Nutrition Bulletin. <https://doi.org/10.1177/0379572119848287>. Sourced from Food Systems Dashboard <http://www.foodsystemsdashboard.org/food-system>

Definitions: Prevalence of less-than-daily fruit consumption (% less-than-daily fruit consumption)

Prevalence of less than daily vegetable consumption

Children, 2008-2015



Survey type: Measured

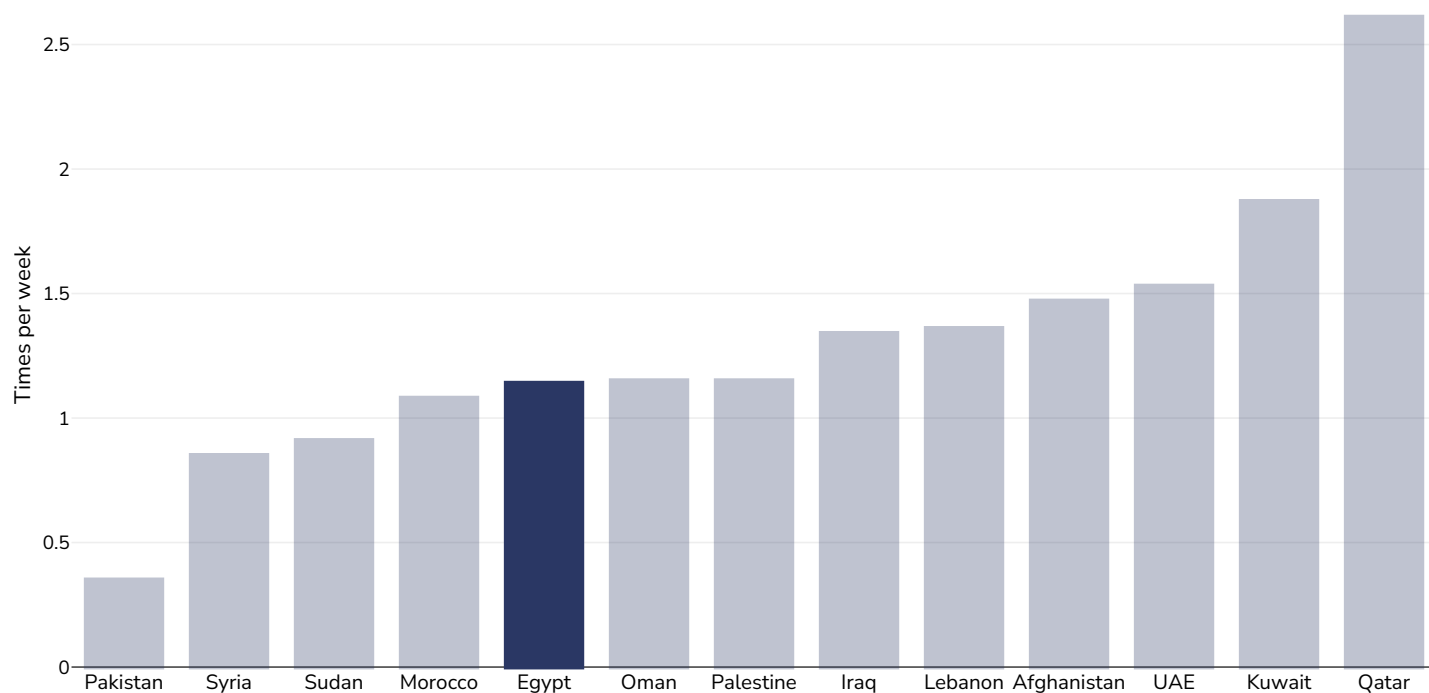
Age: 12-17

References: Beal et al. (2019). Global Patterns of Adolescent Fruit, Vegetable, Carbonated Soft Drink, and Fast-food consumption: A meta-analysis of global school-based student health surveys. Food and Nutrition Bulletin. <https://doi.org/10.1177/0379572119848287> sourced from Food Systems Dashboard <http://www.foodsystemsdashboard.org/food-system>

Definitions: Prevalence of less-than-daily vegetable consumption (% less-than-daily vegetable consumption)

Average weekly frequency of fast food consumption

Children, 2009-2015

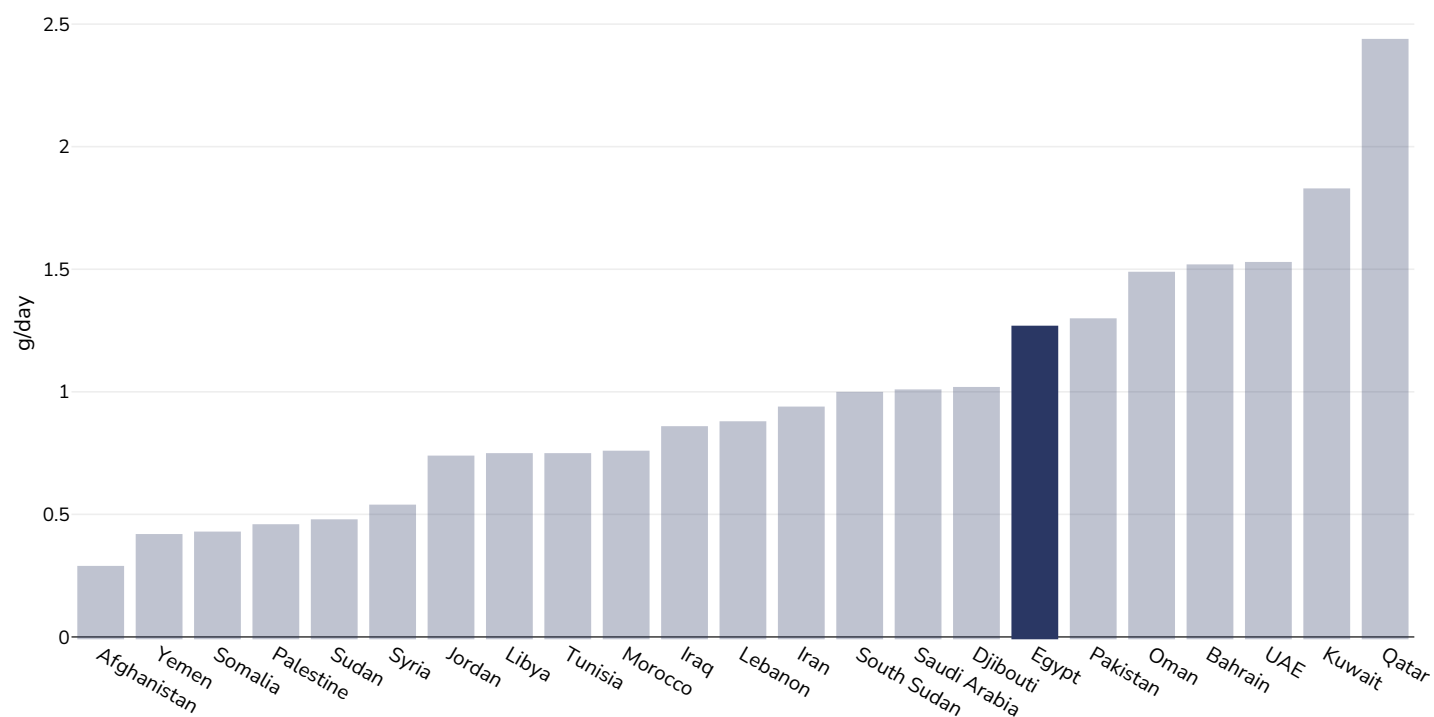


Age: 12-17

References: Beal et al. (2019). Global Patterns of Adolescent Fruit, Vegetable, Carbonated Soft Drink, and Fast-food consumption: A meta-analysis of global school-based student health surveys. Food and Nutrition Bulletin. <https://doi.org/10.1177/0379572119848287> sourced from Food Systems Dashboard <http://www.foodsystemsdashboard.org/food-system>

Estimated per-capita processed meat intake

Adults, 2017



Survey type: Measured

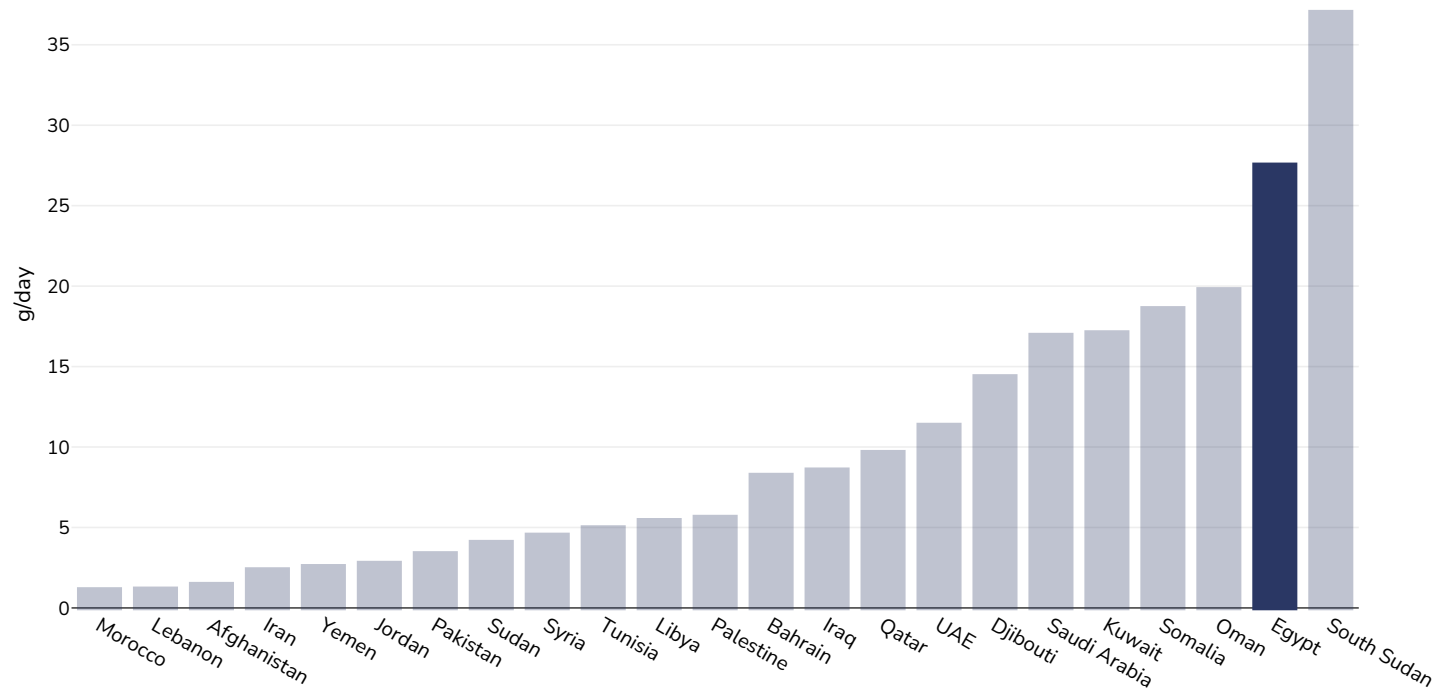
Age: 25+

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

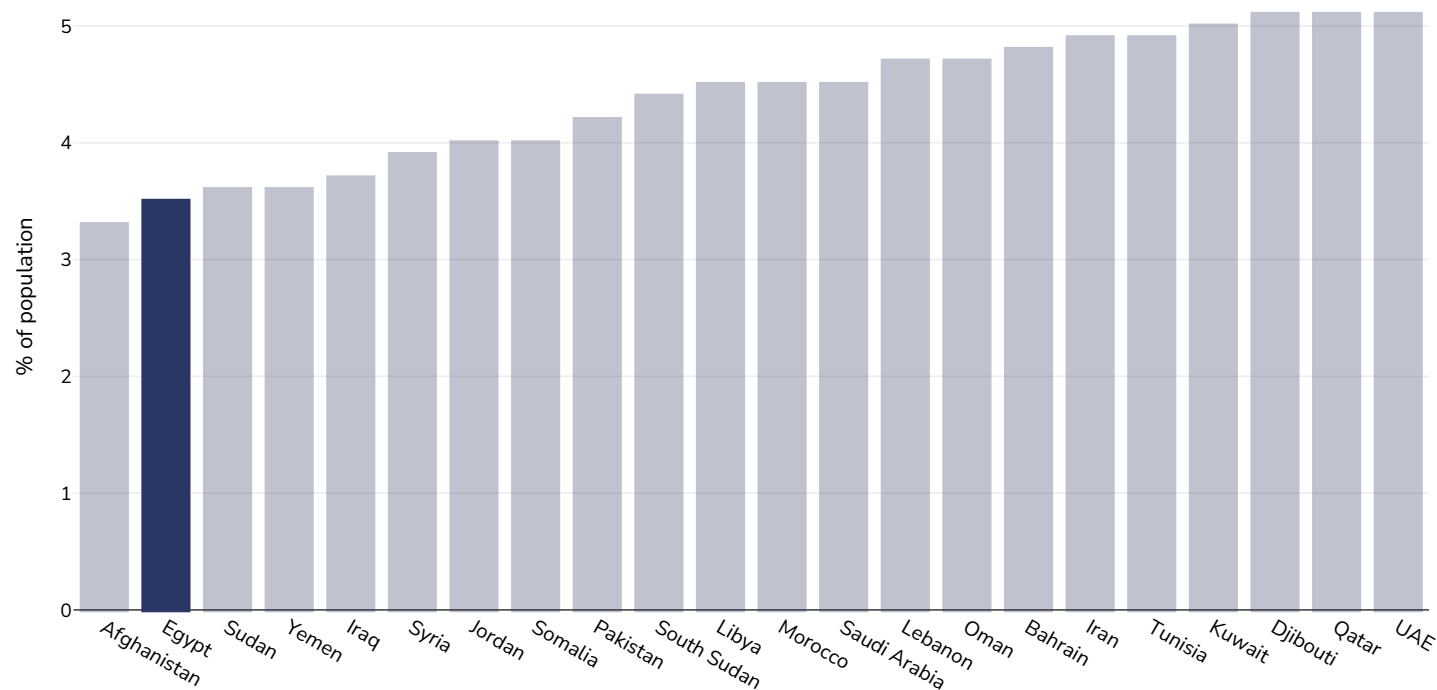
Age: 25+

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

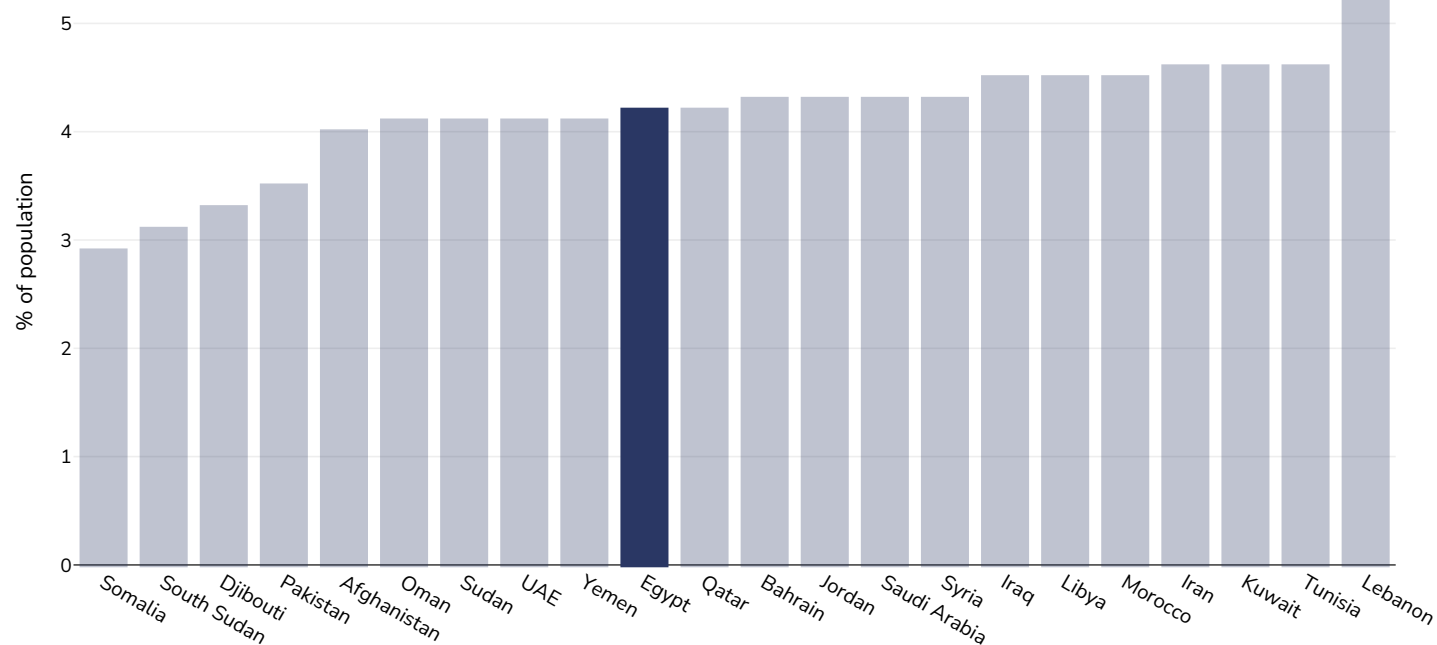


References: Prevalence data from Global Burden of Disease study 2015 (<http://ghdx.healthdata.org>) published in: Depression and Other Common Mental Disorders: Global Health Estimates. Geneva:World Health Organization; 2017. Licence: CC BY-NC-SA 3.0 IGO.

Definitions: % of population with depression disorders

Mental health - anxiety disorders

Adults, 2015

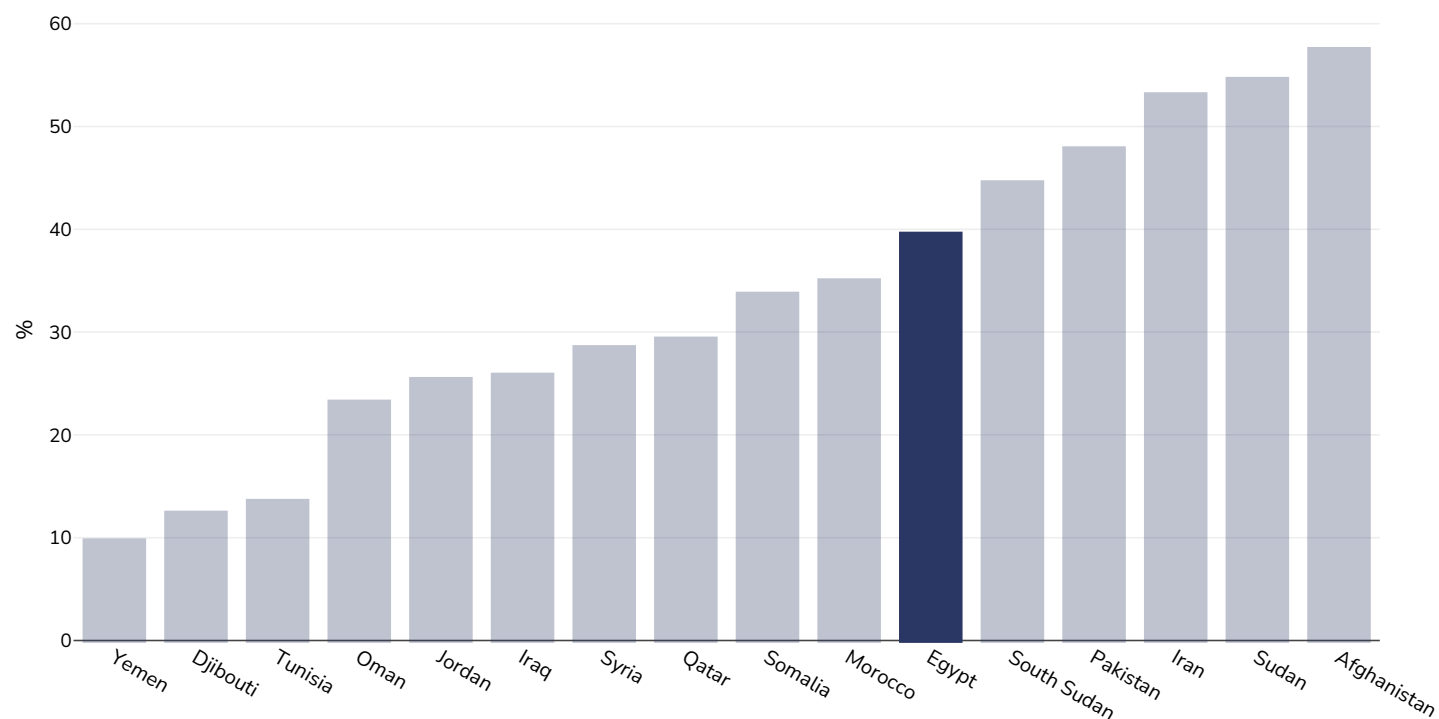


References: Prevalence data from Global Burden of Disease study 2015 (<http://ghdx.healthdata.org>) published in: Depression and Other Common Mental Disorders: Global Health Estimates. Geneva:World Health Organization; 2017. Licence: CC BY-NC-SA 3.0 IGO.

Definitions: % of population with anxiety disorders

% Infants exclusively breastfed 0-5 months

Children, 2010-2019



Area covered: National

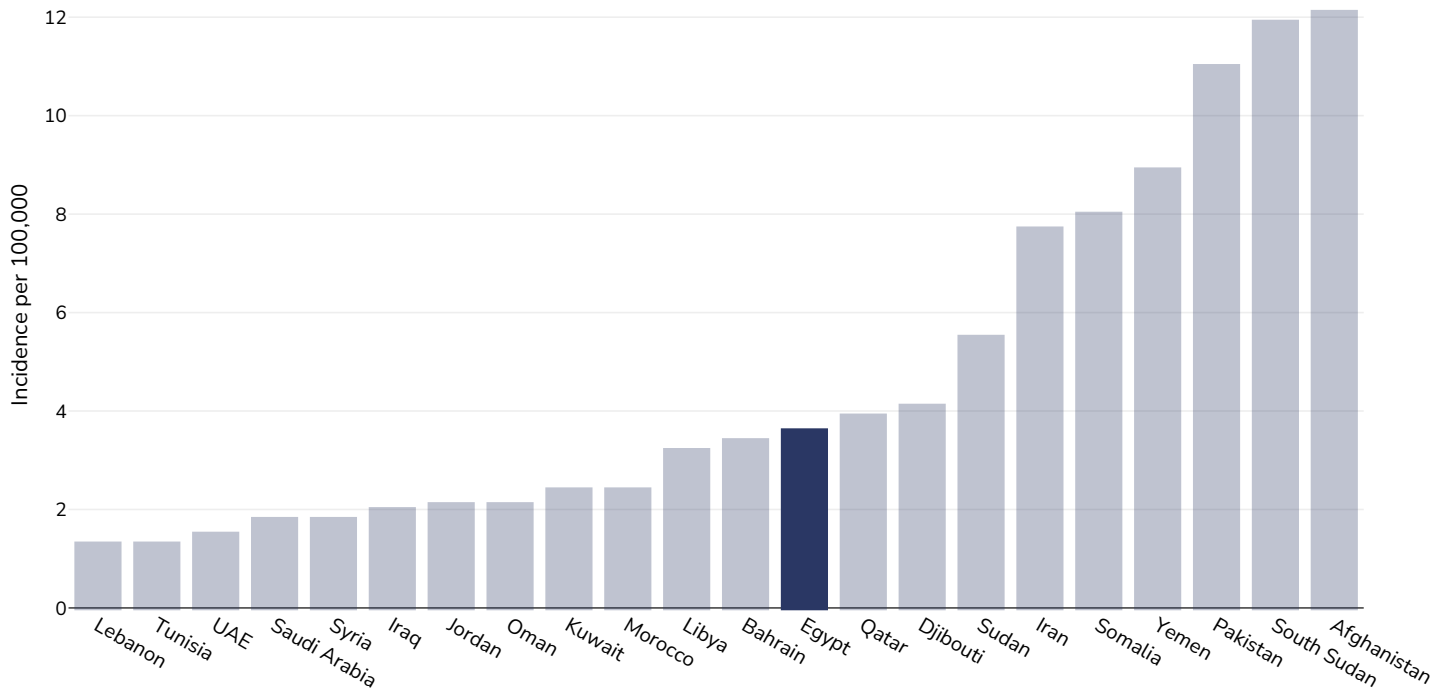
References: Egypt demographic and health survey 2014. Demographic and Health Surveys. Cairo, Egypt and Rockville, Maryland, USA: Ministry of Health and Population and ICF International, 2015.

Notes: See UNICEF website for further survey information. Available at : <https://data.unicef.org/resources/dataset/infant-young-child-feeding/> (last accessed 28.9.21) Citation: United Nations Children’s Fund, Division of Data, Analysis, Planning and Monitoring (2021). Global UNICEF Global Databases: Infant and Young Child Feeding: Exclusive breastfeeding, New York, September 2021.

Definitions: % exclusively breastfed 0-5 months

Oesophageal cancer

Men, 2020



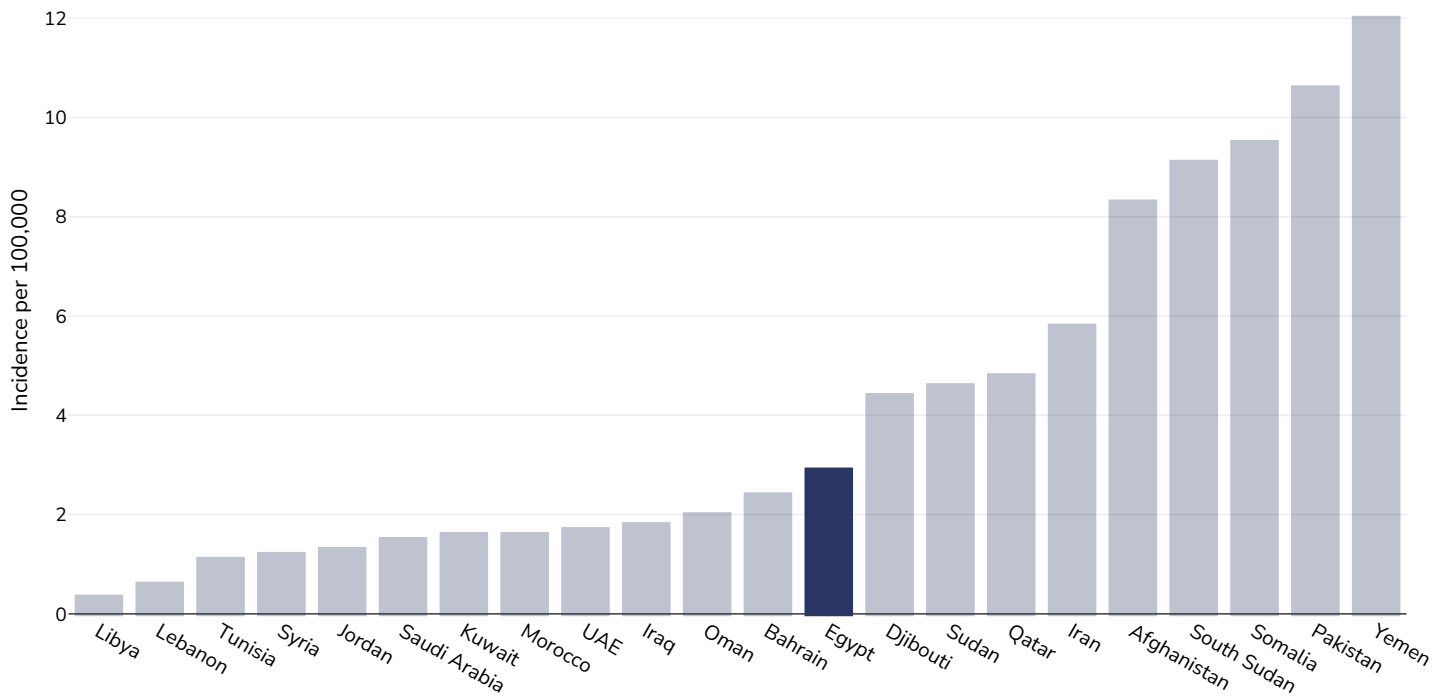
Age: 20+

Area covered: National

References: Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.fr/today>, accessed 10.01.2119

Definitions: Age-standardized incidence rates per 100 000

Women, 2020



Age: 20+

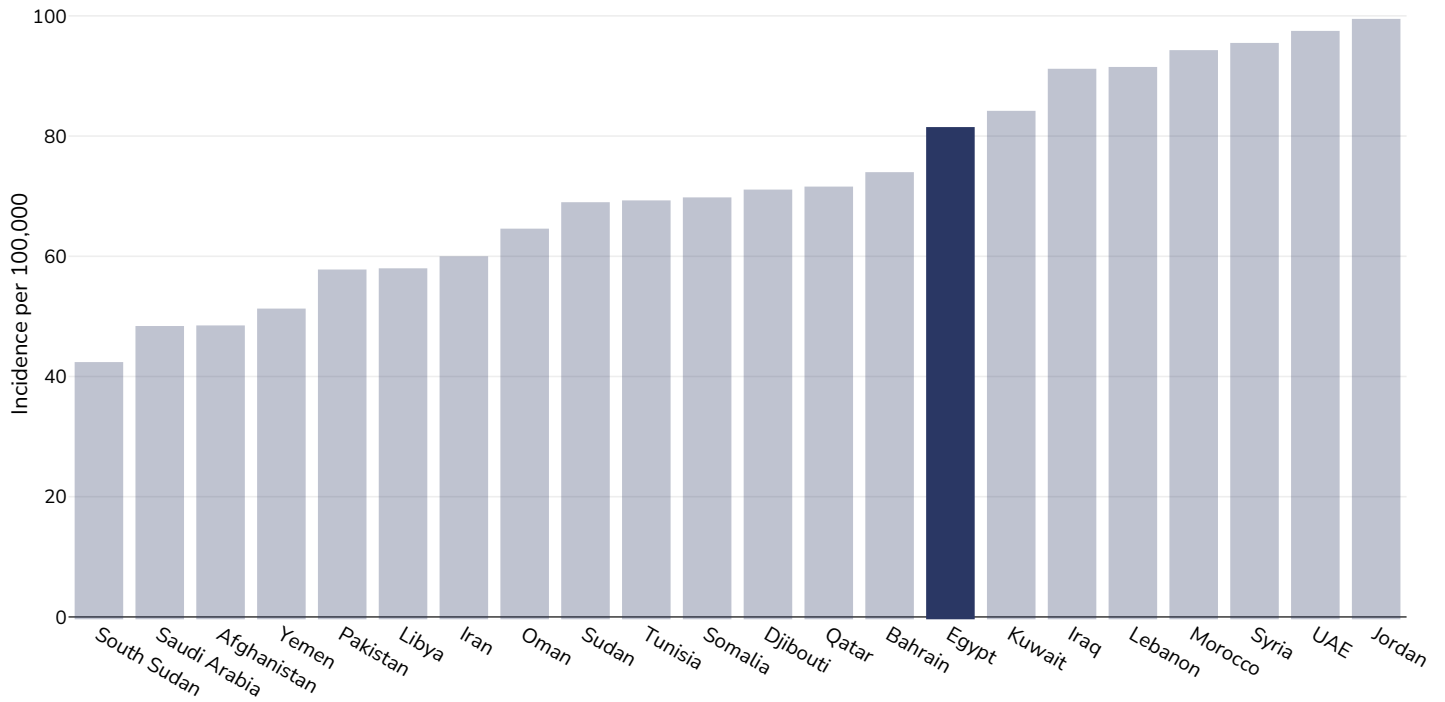
Area covered: National

References: Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.fr/today>, accessed 10.01.2119

Definitions: Age-standardized incidence rates per 100 000

Breast cancer

Women, 2020



Age: 20+

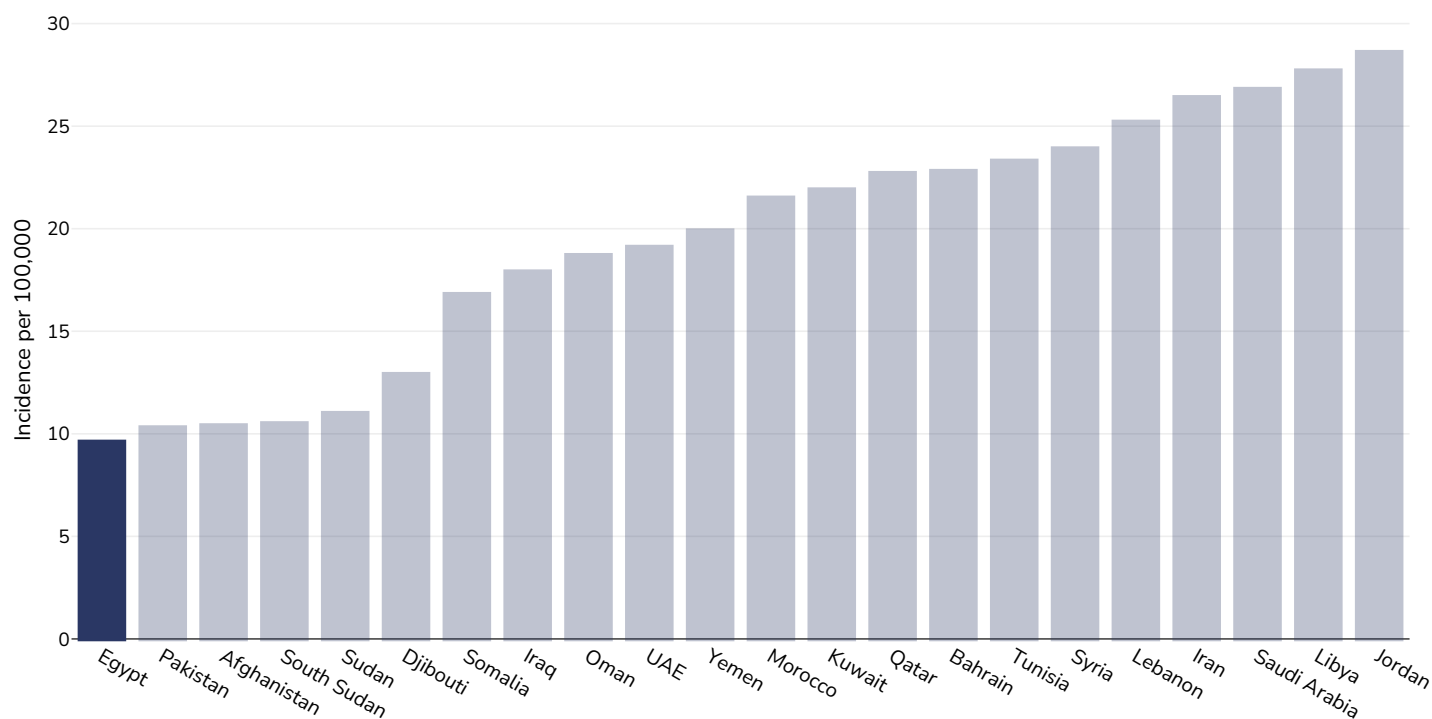
Area covered: National

References: Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.fr/today>, accessed 10.01.2119

Definitions: Age-standardized incidence rates per 100 000

Colorectal cancer

Men, 2020



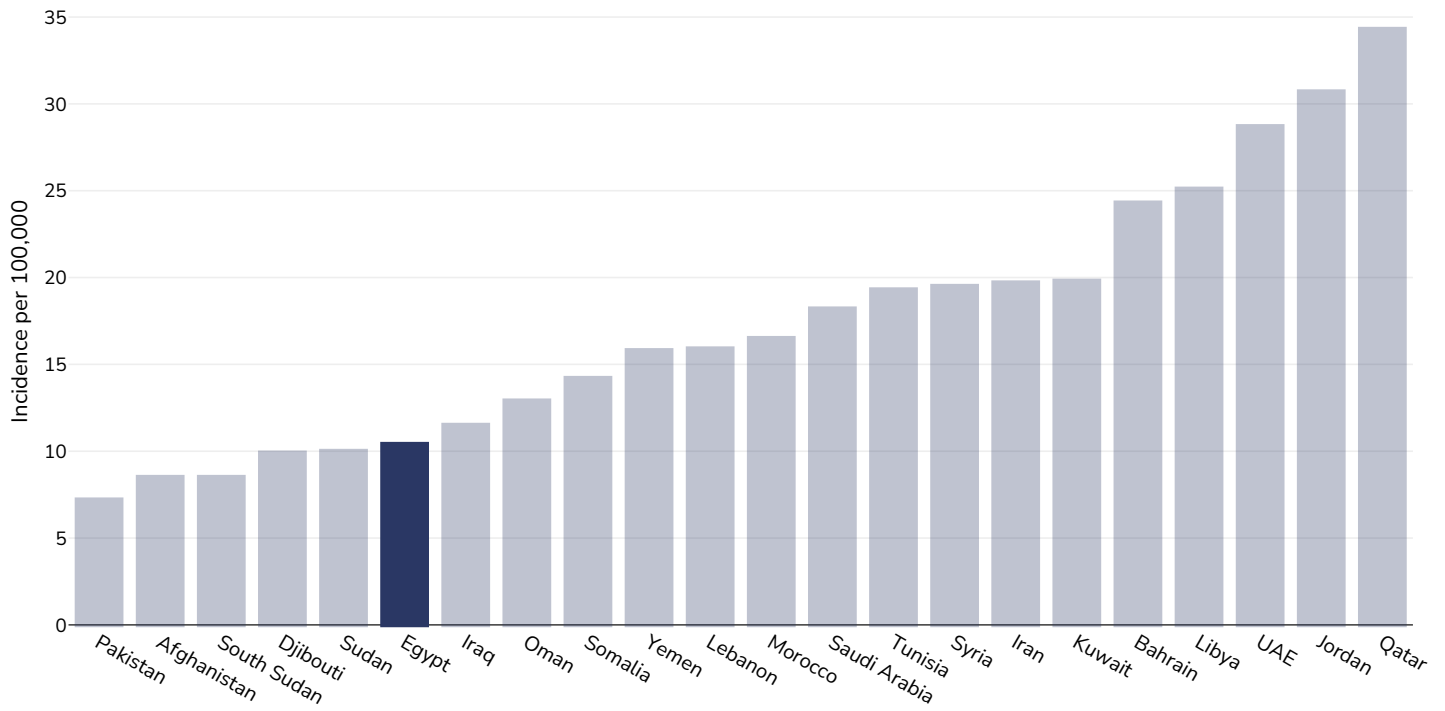
Age: 20+

Area covered: National

References: Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.fr/today>, accessed 10.01.2119

Definitions: Age-standardized incidence rates per 100 000

Women, 2020



Age: 20+

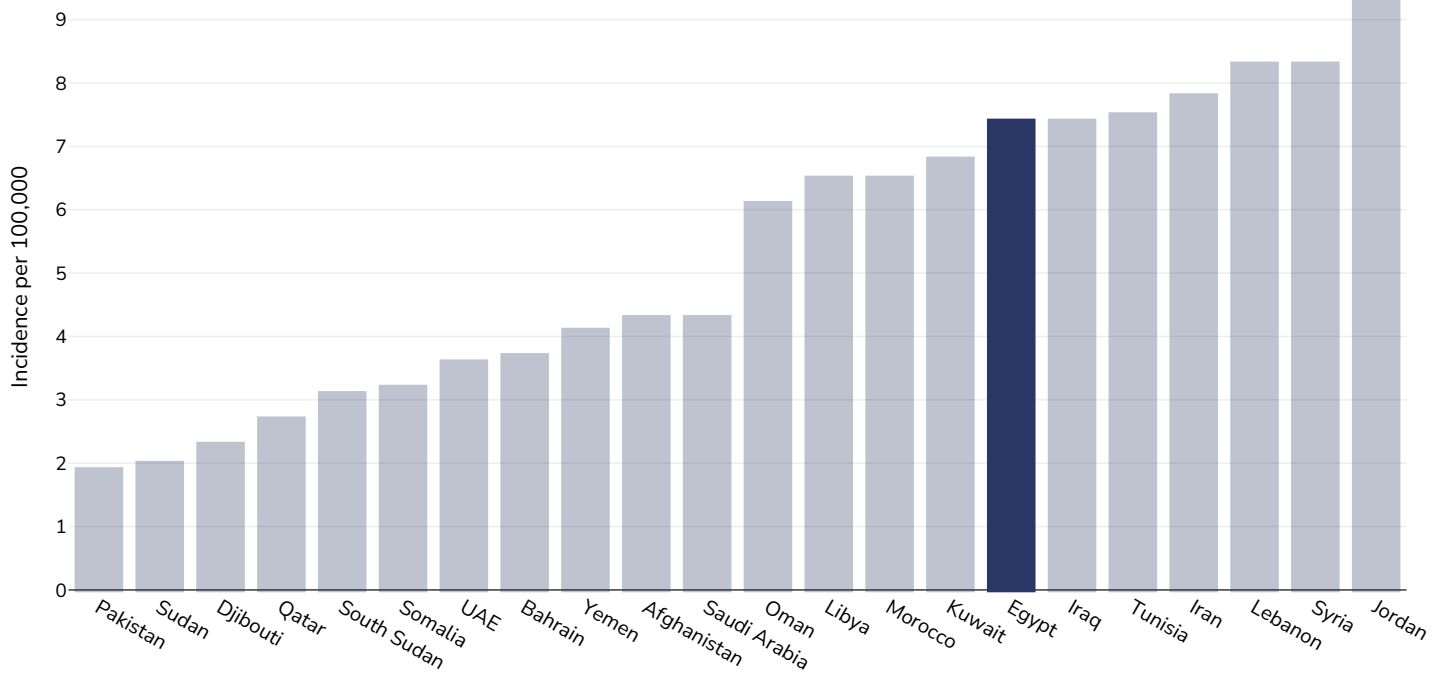
Area covered: National

References: Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.fr/today>, accessed 10.01.2119

Definitions: Age-standardized incidence rates per 100 000

Pancreatic cancer

Men, 2020



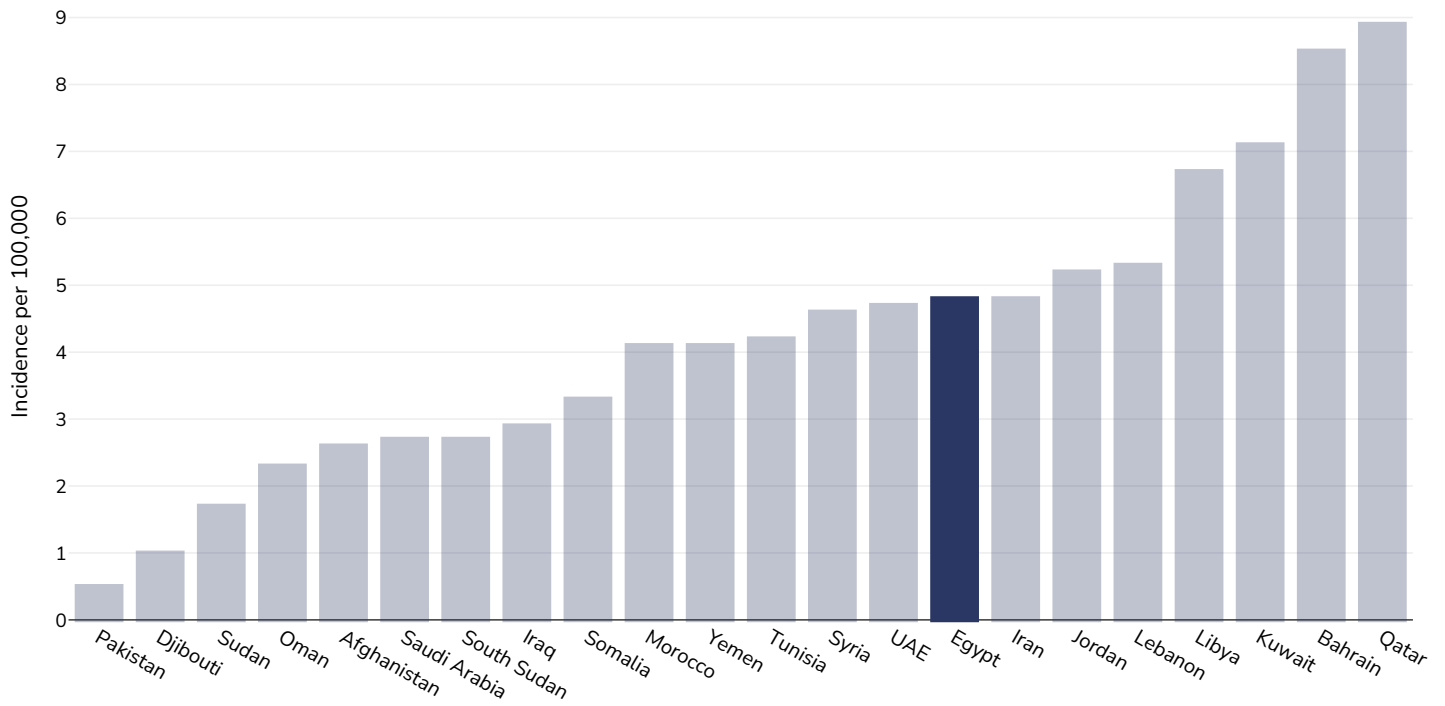
Age: 20+

Area covered: National

References: Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.fr/today>, accessed 10.01.2119

Definitions: Age-standardized incidence rates per 100 000

Women, 2020



Age: 20+

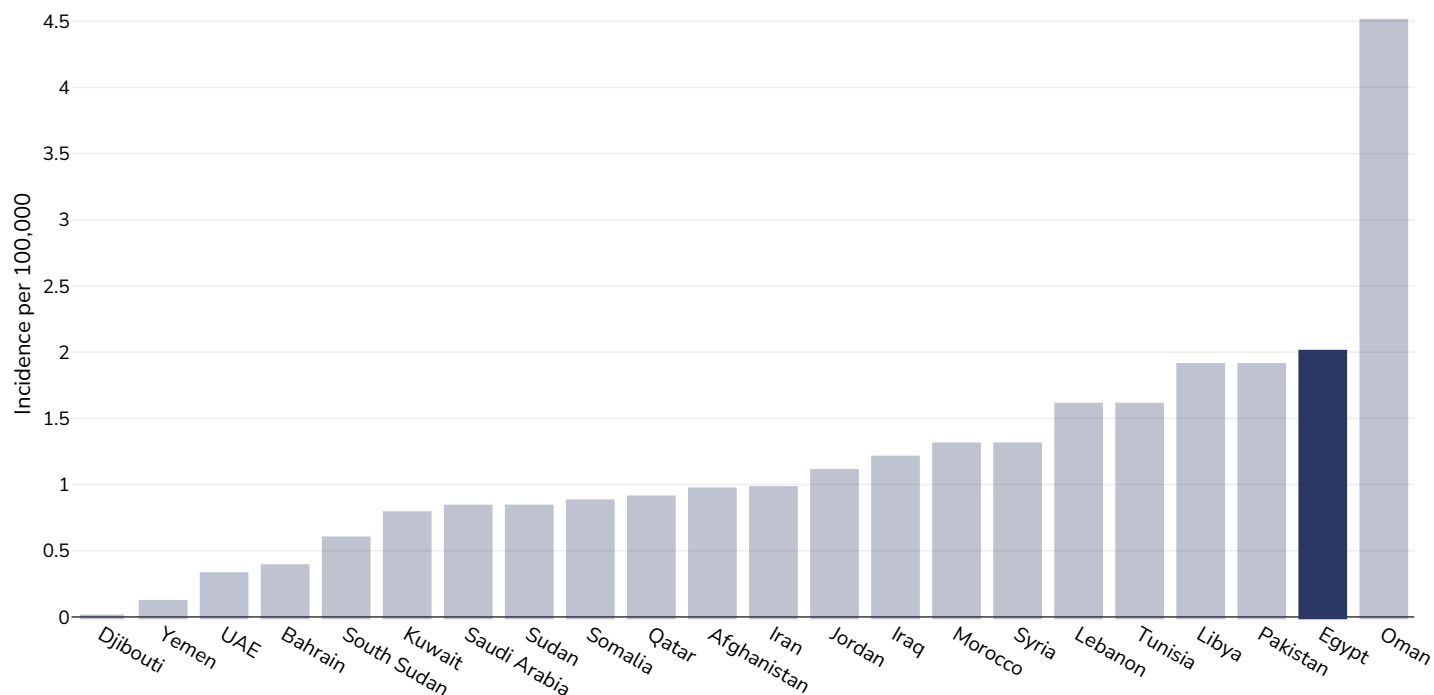
Area covered: National

References: Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.fr/today>, accessed 10.01.2119

Definitions: Age-standardized incidence rates per 100 000

Gallbladder cancer

Men, 2020



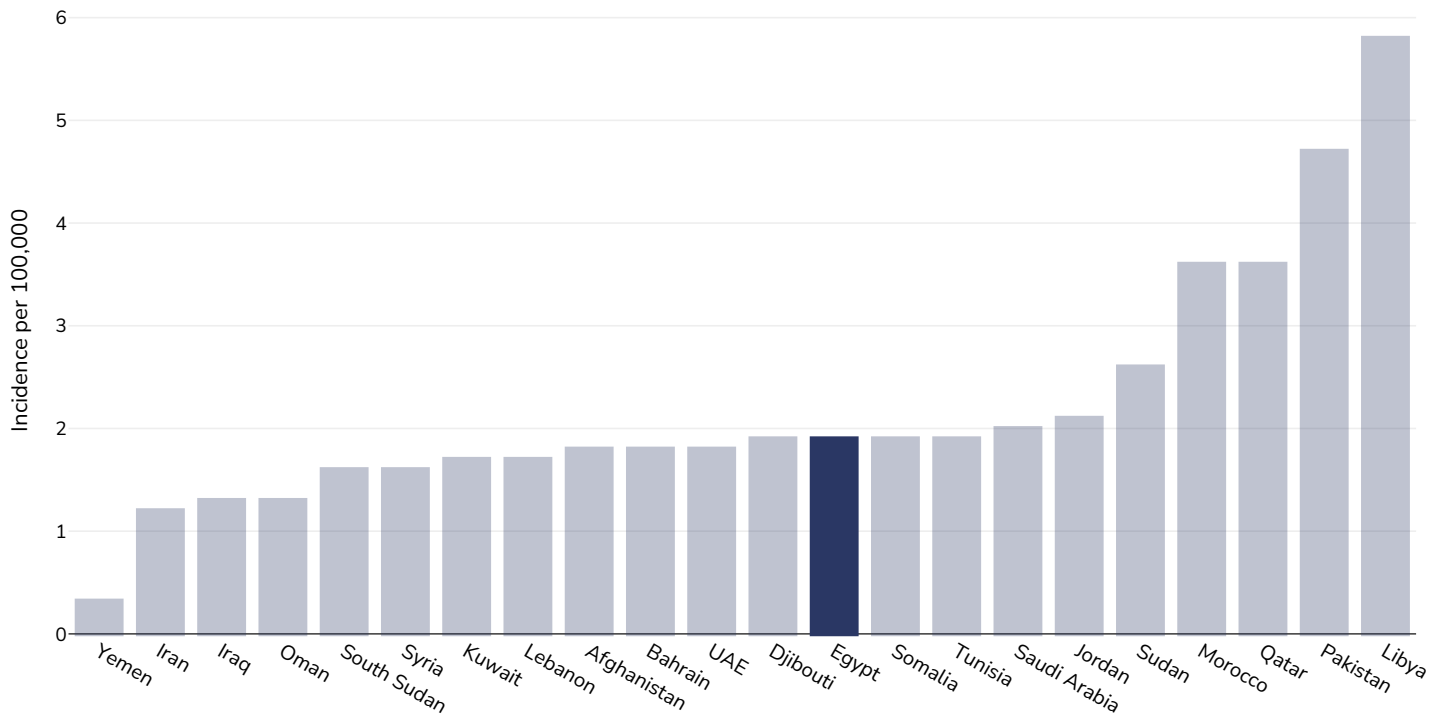
Age: 20+

Area covered: National

References: Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.fr/today>, accessed 10.01.2119

Definitions: Age-standardized incidence rates per 100 000

Women, 2020



Age: 20+

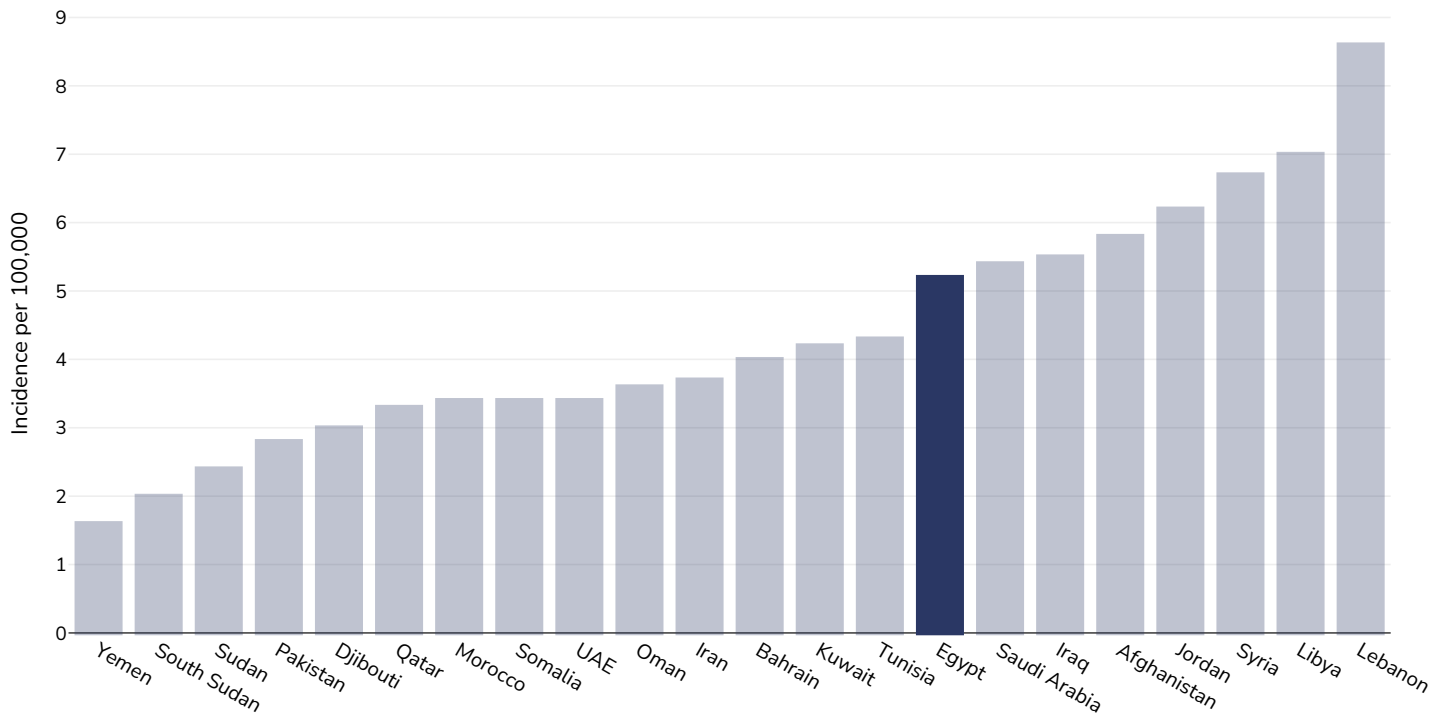
Area covered: National

References: Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.fr/today>, accessed 10.01.2119

Definitions: Age-standardized incidence rates per 100 000

Kidney cancer

Men, 2020



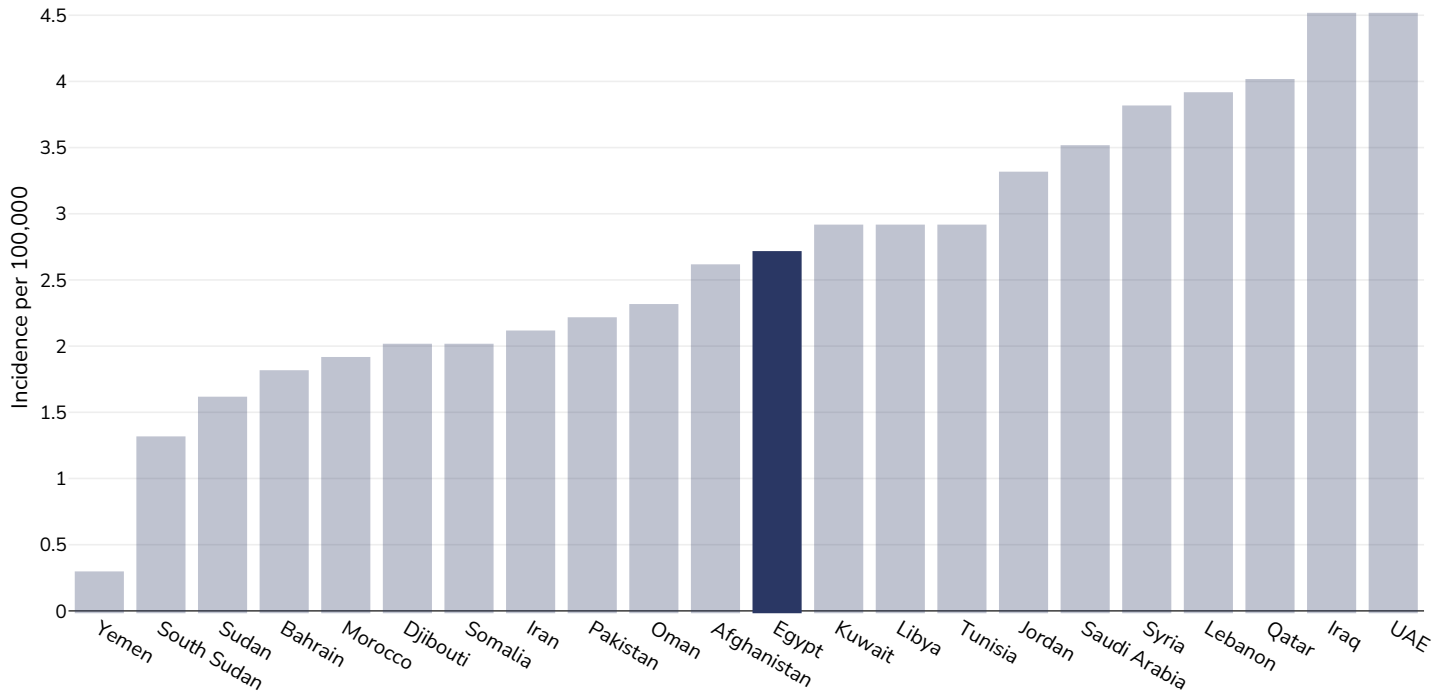
Age: 20+

Area covered: National

References: Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.fr/today>, accessed 10.01.2119

Definitions: Age-standardized incidence rates per 100 000

Women, 2020



Age: 20+

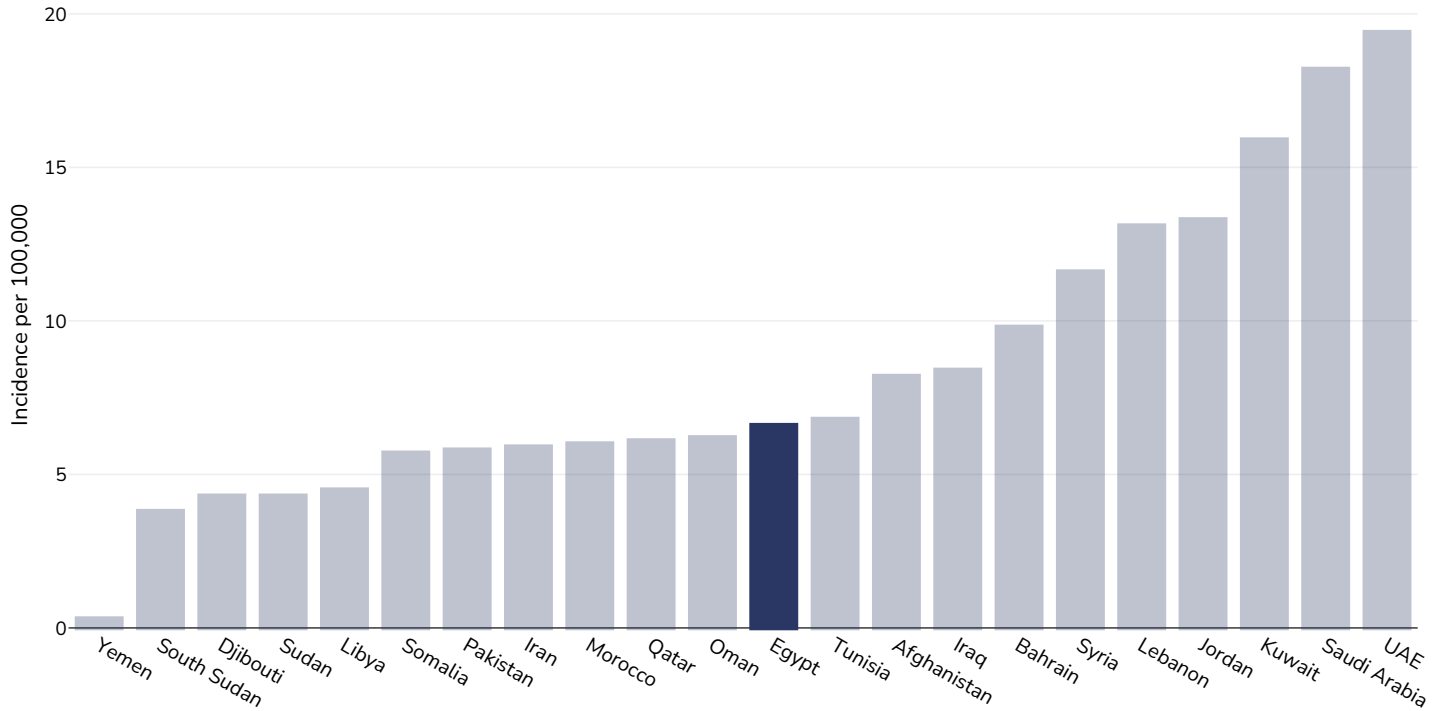
Area covered: National

References: Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.fr/today>, accessed 10.01.2119

Definitions: Age-standardized incidence rates per 100 000

Cancer of the uterus

Women, 2020



Age: 20+

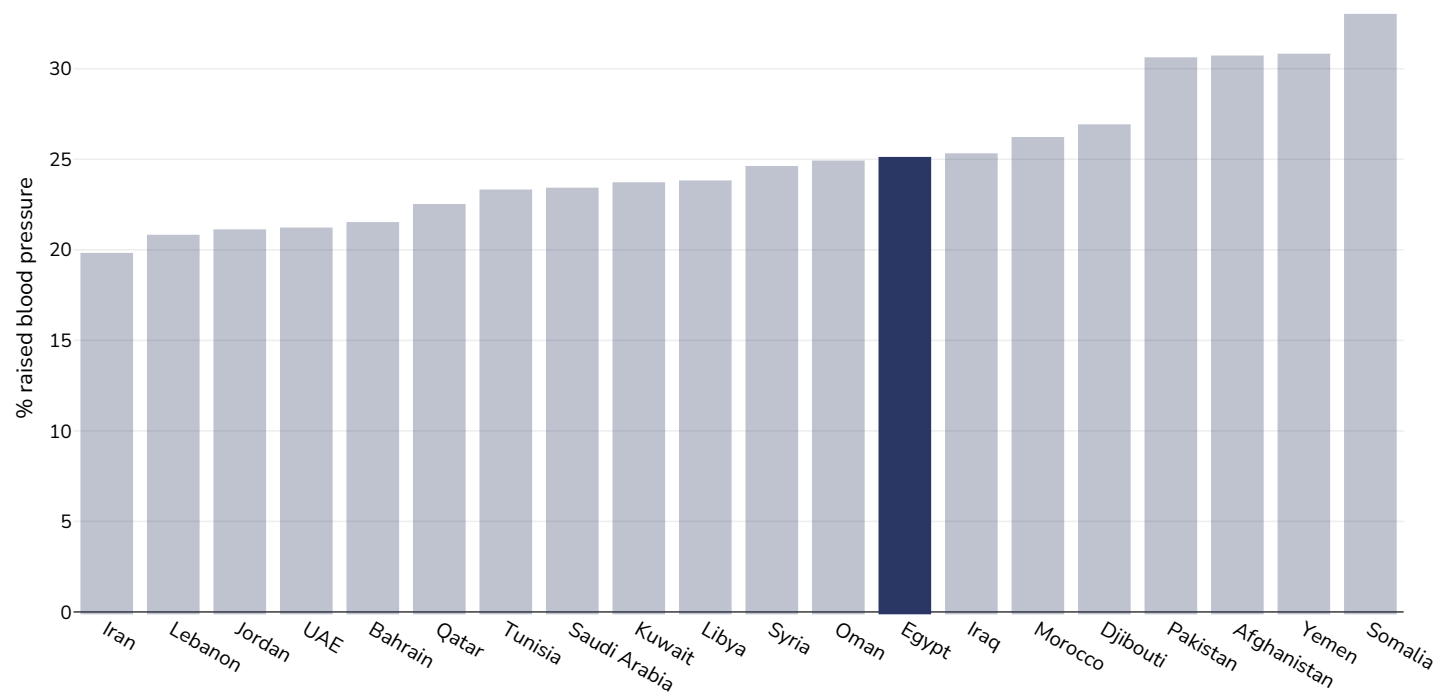
Area covered: National

References: Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.fr/today>, accessed 10.01.2119

Definitions: Age-standardized incidence rates per 100 000

Raised blood pressure

Adults, 2015



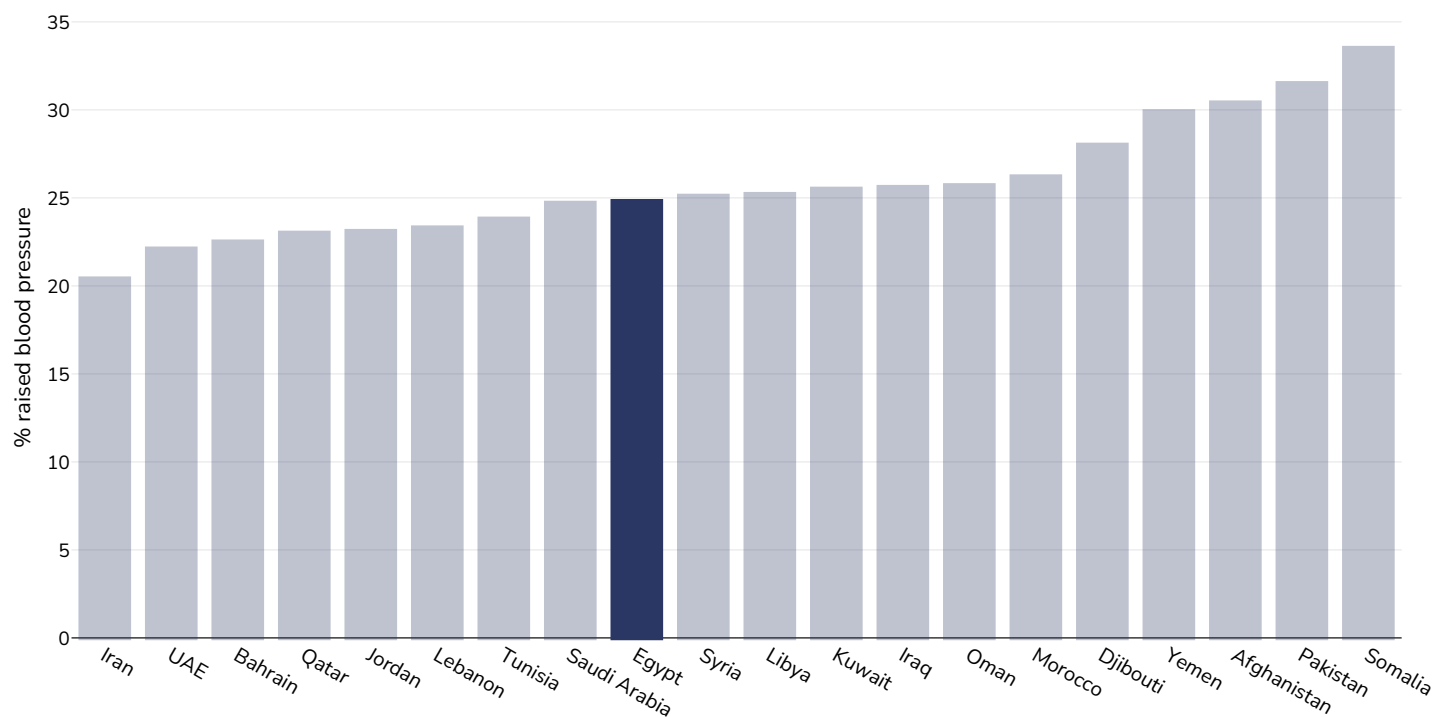
References:

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



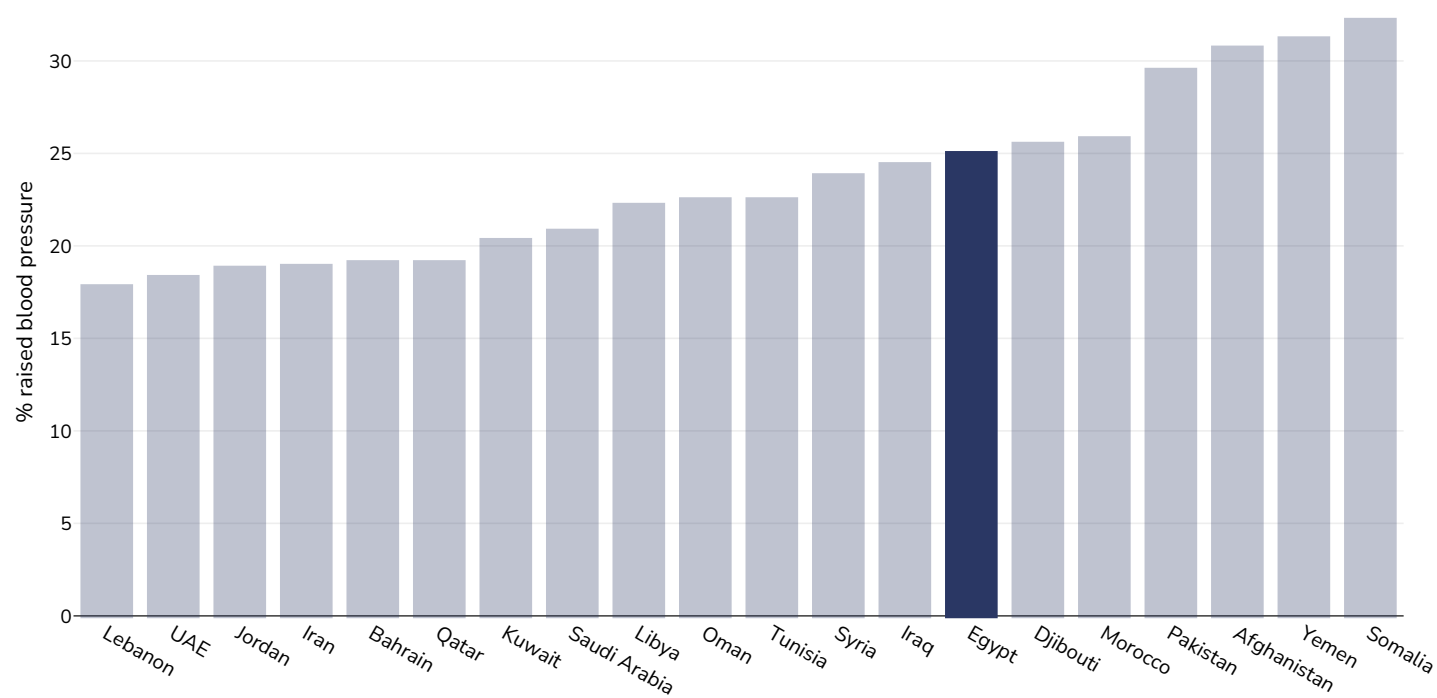
References:

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:

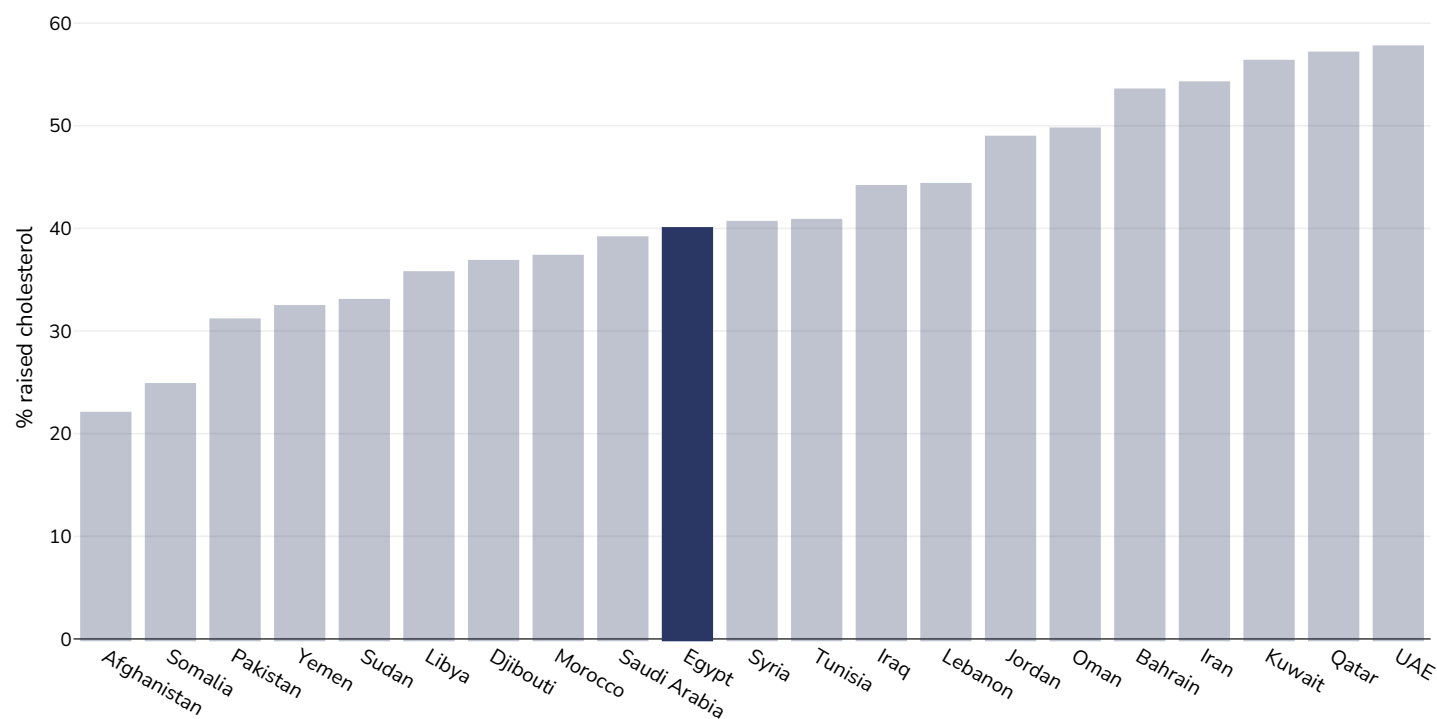
Global Health Observatory data repository, World Health Organisation,
<http://apps.who.int/gho/data/node.main.A875?lang=en>

Definitions:

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

Raised cholesterol

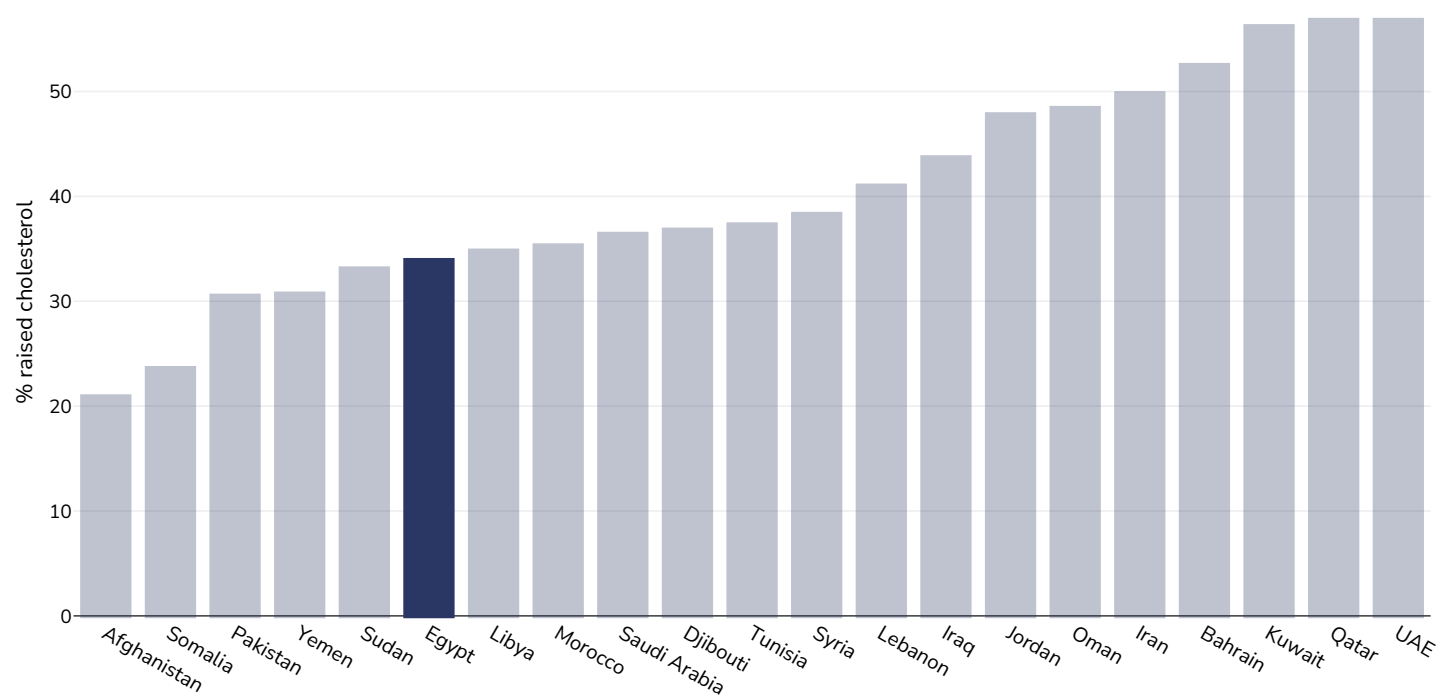
Adults, 2008



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).

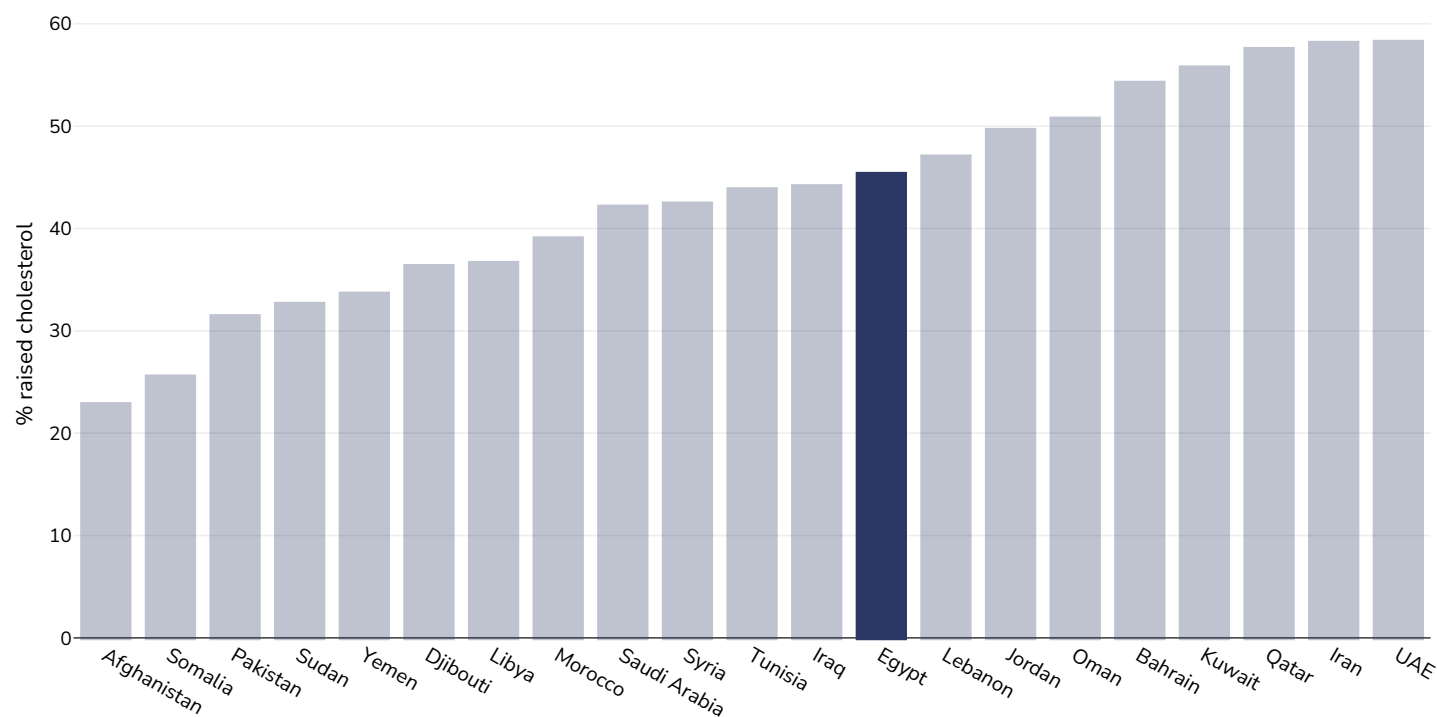
Men, 2008



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

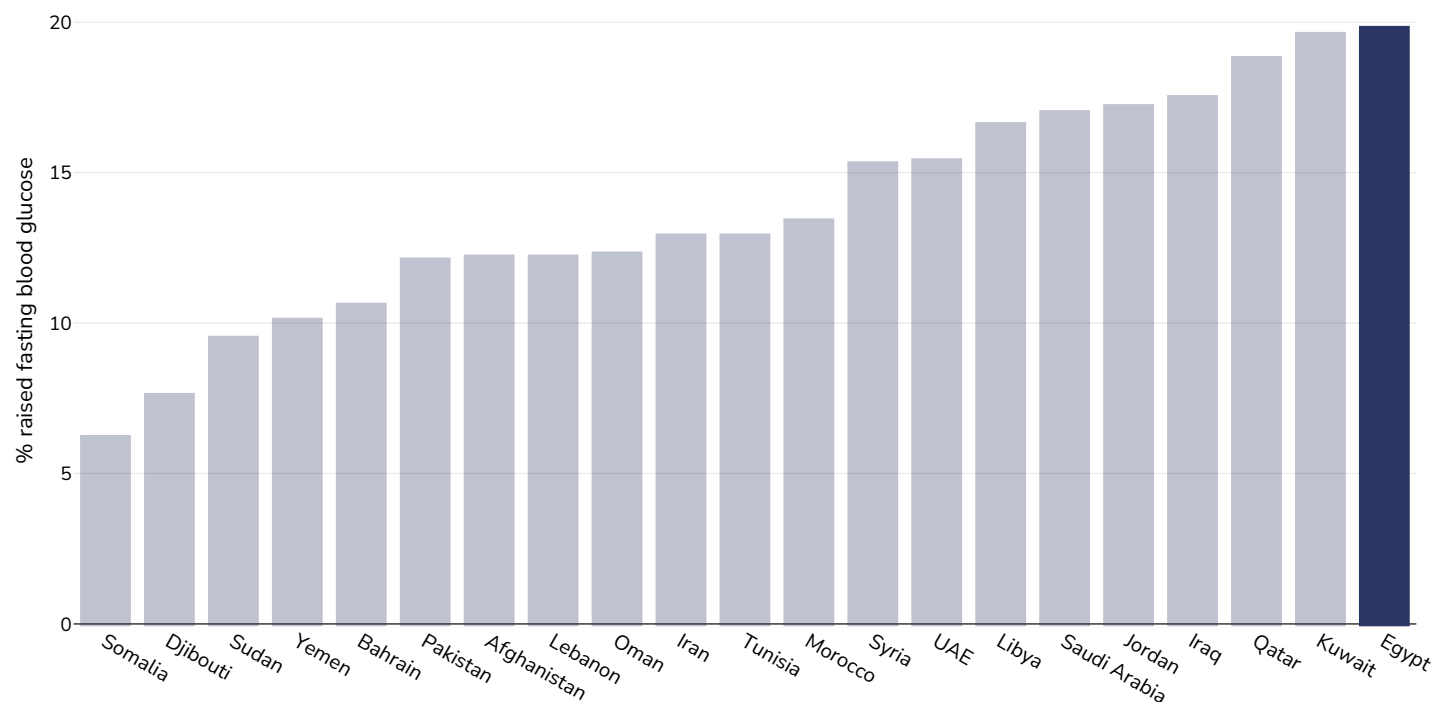


References: Global Health Observatory data repository, World Health Organisation, <http://apps.who.int/gho/data/node.main.A885>

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

Raised fasting blood glucose

Men, 2014



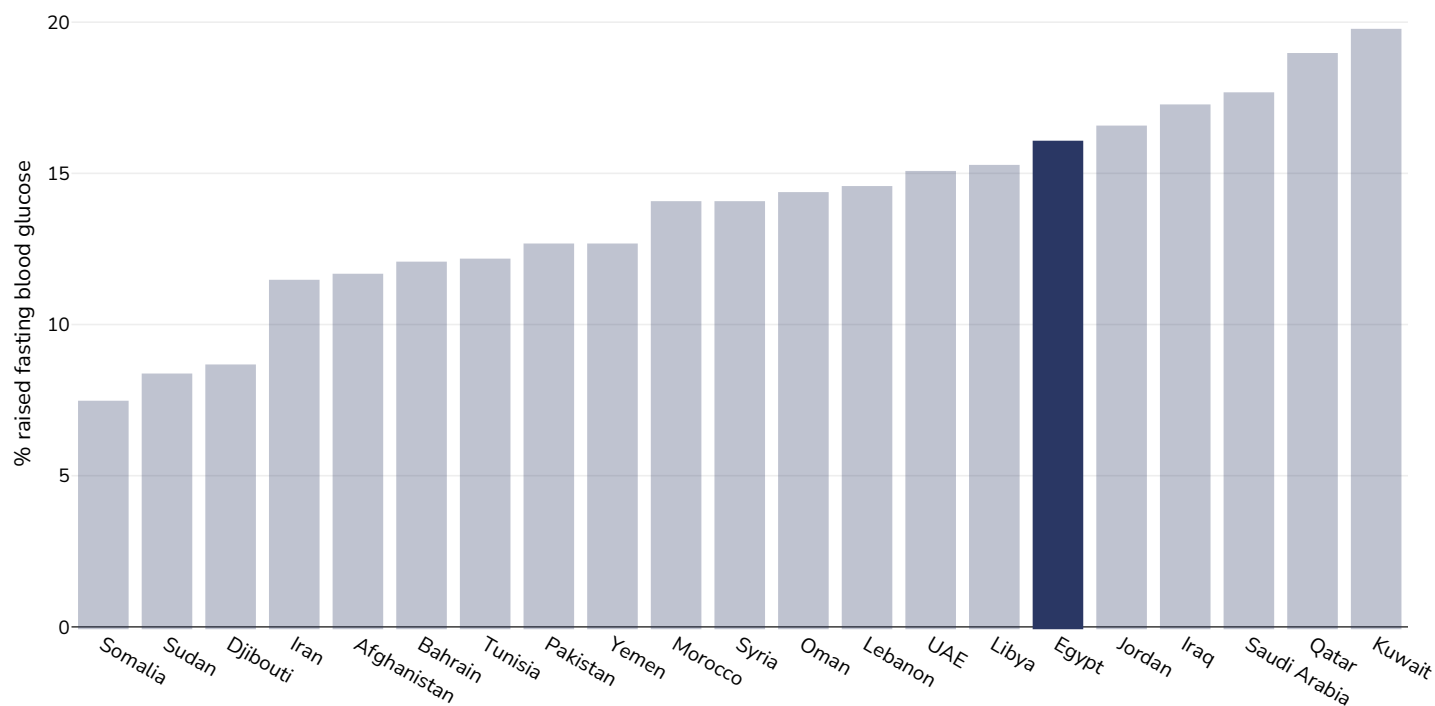
References:

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:

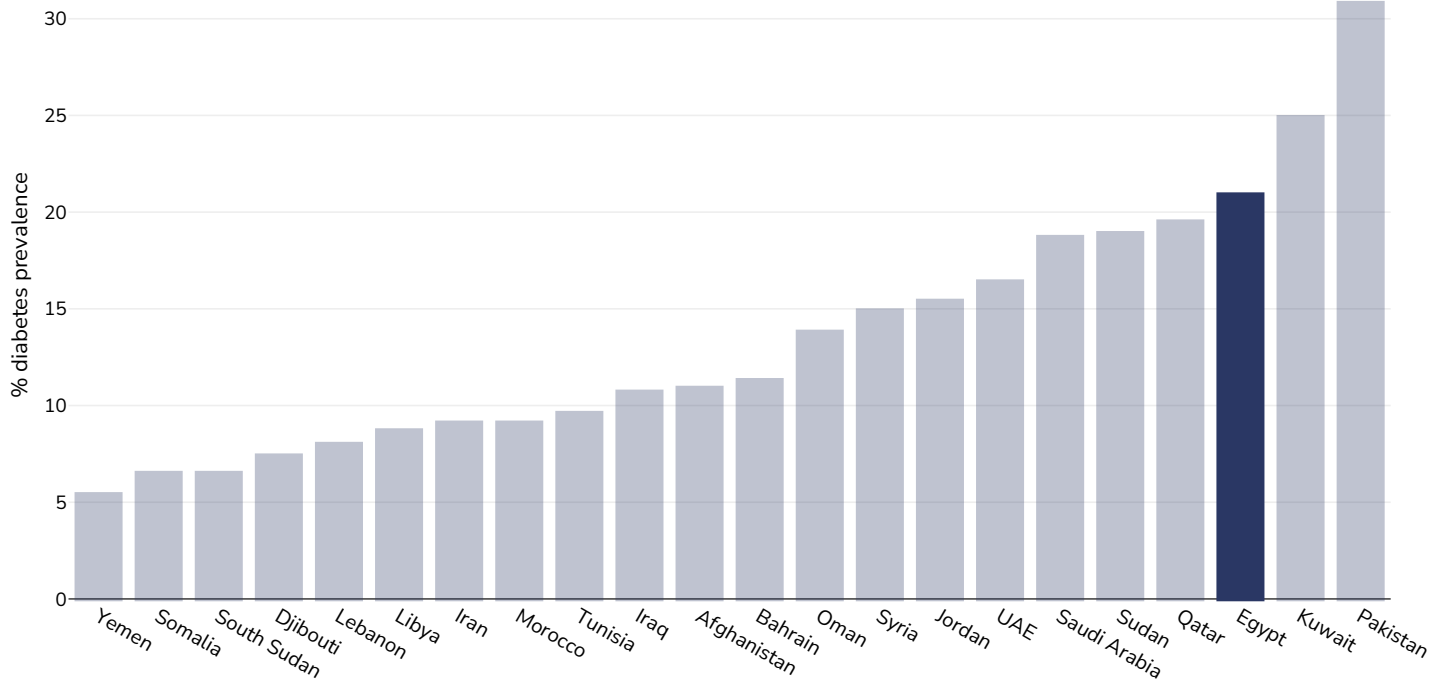
Global Health Observatory data repository, World Health Organisation,
<http://apps.who.int/gho/data/node.main.A869?lang=en>

Definitions:

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

Diabetes prevalence

Adults, 2021



Age: 20-79

Area covered: National

References: Reproduced with kind permission International Diabetes Federation. IDF Diabetes Atlas, 10th edn. Brussels, Belgium:International Diabetes Federation, 2021. <http://www.diabetesatlas.org>

Definitions: Age-adjusted comparative prevalence of diabetes, %

Contextual factors

Disclaimer: These contextual factors should be interpreted with care. Results are updated as regularly as possible and use very specific criteria. The criteria used and full definitions are available for download at the bottom of this page.



Labelling

Is there mandatory nutrition labelling?	X
Front-of-package labelling?	X
Back-of-pack nutrition declaration?	?
Color coding?	X
Warning label?	X



Regulation and marketing

Are there fiscal policies on unhealthy products?	✗
Tax on unhealthy foods?	✗
Tax on unhealthy drinks?	✗
Are there fiscal policies on healthy products?	✗
Subsidy on fruits?	✗
Subsidy on vegetables?	✗
Subsidy on other healthy products?	✗
Mandatory limit or ban of trans fat (all settings)?	✓
Mandatory limit of trans fats in place (all settings)?	✓
Ban on trans-fats or phos in place (all settings)?	✗
Are there any mandatory policies/marketing restrictions on the promotion of unhealthy food/drinks to children?	✗
Mandatory restriction on broadcast media?	✗
Mandatory restriction on non-broadcast media?	✗
Voluntary policies/marketing restrictions on the promotion of unhealthy food/drinks to children?	✗
Are there mandatory standards for food in schools?	✗
Are there any mandatory nutrient limits in any manufactured food products?	✗
Nutrition standards for public sector procurement?	✗



Political will and support

National obesity strategy or nutrition and physical activity national strategy?	✗
National obesity strategy?	✗
National childhood obesity strategy?	✗
Comprehensive nutrition strategy?	✓
Comprehensive physical activity strategy?	✗
Evidence-based dietary guidelines and/or RDAs?	✗
National target(s) on reducing obesity?	✓
Guidelines/policy on obesity treatment?	✗
Promotion of breastfeeding?	✓



Monitoring and surveillance

Monitoring of the prevalence and incidence for the main obesity-related NCDs and risk factors?	✓
Within 5 years?	✓



Governance and resource

Multi-sectoral national co-ordination mechanism for obesity or nutrition (including obesity)?	✗
--	----------

Key

✓ Present

✓_v Present

(voluntary)

✓ Incoming

✗ Absent

? Unknown