## Drivers

### Eswatini

<table>
<thead>
<tr>
<th>Contents</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Insufficient physical activity</td>
<td>2</td>
</tr>
<tr>
<td>Average daily frequency of carbonated soft drink consumption</td>
<td>5</td>
</tr>
<tr>
<td>Estimated per capita fruit intake</td>
<td>6</td>
</tr>
<tr>
<td>Prevalence of less than daily fruit consumption</td>
<td>7</td>
</tr>
<tr>
<td>Prevalence of less than daily vegetable consumption</td>
<td>8</td>
</tr>
<tr>
<td>Average weekly frequency of fast food consumption</td>
<td>9</td>
</tr>
<tr>
<td>Estimated per-capita processed meat intake</td>
<td>10</td>
</tr>
<tr>
<td>Estimated per capita whole grains intake</td>
<td>11</td>
</tr>
<tr>
<td>Mental health - depression disorders</td>
<td>12</td>
</tr>
<tr>
<td>Mental health - anxiety disorders</td>
<td>13</td>
</tr>
<tr>
<td>% Infants exclusively breastfed 0-5 months</td>
<td>14</td>
</tr>
</tbody>
</table>
Insufficient physical activity

Adults, 2016

Men, 2016

% insufficient physical activity

References:
Women, 2016

Average daily frequency of carbonated soft drink consumption

Children, 2009-2015

Survey type: Measured
Age: 12-17
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, 2009-2015

<table>
<thead>
<tr>
<th>Country</th>
<th>% &lt; daily consumption</th>
</tr>
</thead>
<tbody>
<tr>
<td>Algeria</td>
<td>15</td>
</tr>
<tr>
<td>Malawi</td>
<td>20</td>
</tr>
<tr>
<td>Seychelles</td>
<td>25</td>
</tr>
<tr>
<td>Eswatini</td>
<td>30</td>
</tr>
<tr>
<td>Mauritius</td>
<td>35</td>
</tr>
<tr>
<td>Tanzania</td>
<td>40</td>
</tr>
<tr>
<td>Mozambique</td>
<td>43</td>
</tr>
<tr>
<td>Benin</td>
<td>44</td>
</tr>
<tr>
<td>Mauritania</td>
<td>45</td>
</tr>
<tr>
<td>Namibia</td>
<td>45</td>
</tr>
</tbody>
</table>

**Survey type:** Measured

**Age:** 12-17


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

Children, 2009-2015

Survey type: Measured
Age: 12-17


Definitions: Prevalence of less-than-daily vegetable consumption (% less-than-daily vegetable consumption)
Average weekly frequency of fast food consumption

Children, 2009-2015

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
% Infants exclusively breastfed 0-5 months

Children, 2005-2020

Area covered: National


Definitions: % exclusively breastfed 0-5 months

PDF created on October 30, 2021