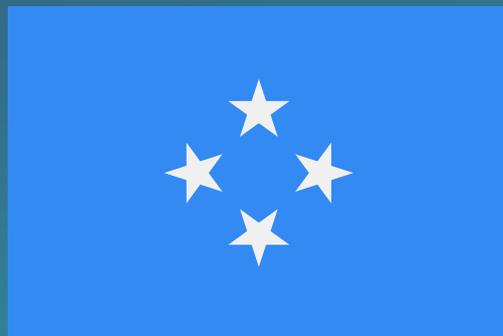




Federated States of Micronesia



Country report card

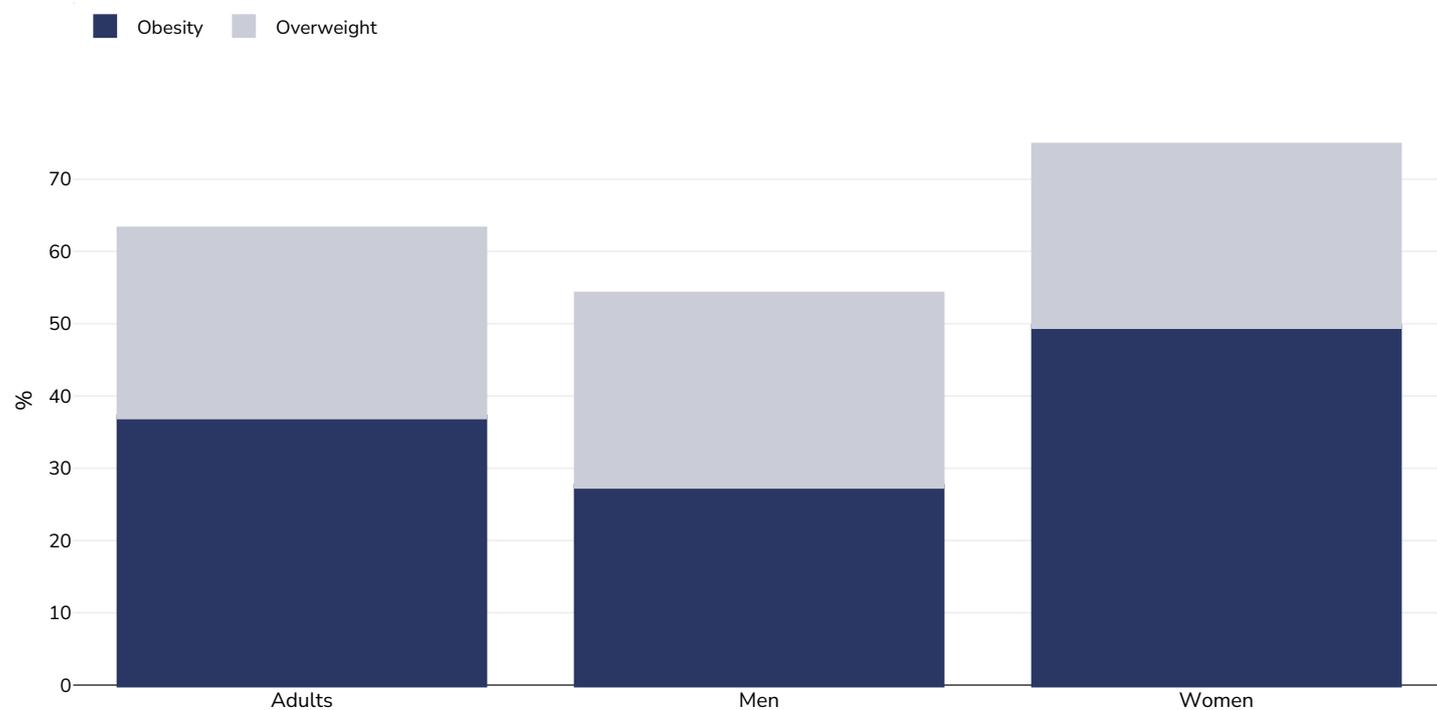
This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity . Where available, data on common and relevant obesity drivers and comorbidities are also presented.

View the latest version of this report on the Global Obesity Observatory at <https://data.worldobesity.org/country/federated-states-of-micronesia-68/>.

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Obesity prevalence

Adults, 2014



Age: 18-69

Sample size: 2048

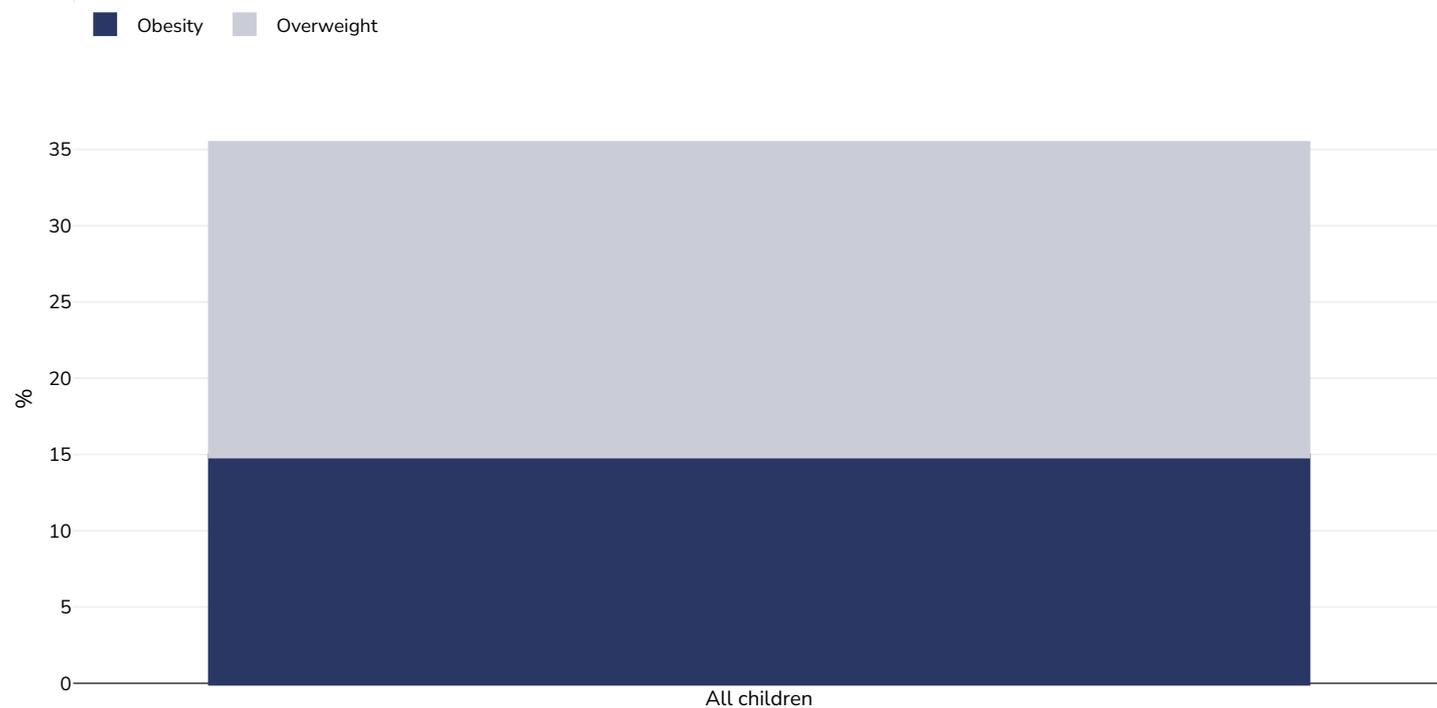
Area covered: Regional

References: Federal States of Micronesia (FSM) STEPS Survey 2014. Available at: [https://cdn.who.int/media/docs/default-source/ncds/ncd-surveillance/data-reporting/micronesia-\(federated-states-of\)/chuuk_factsheet_2016_2ndsteps_final.pdf?sfvrsn=9cbef31e_1&download=true](https://cdn.who.int/media/docs/default-source/ncds/ncd-surveillance/data-reporting/micronesia-(federated-states-of)/chuuk_factsheet_2016_2ndsteps_final.pdf?sfvrsn=9cbef31e_1&download=true). Accessed: 11.10.21.

Notes: State of Chuuk

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

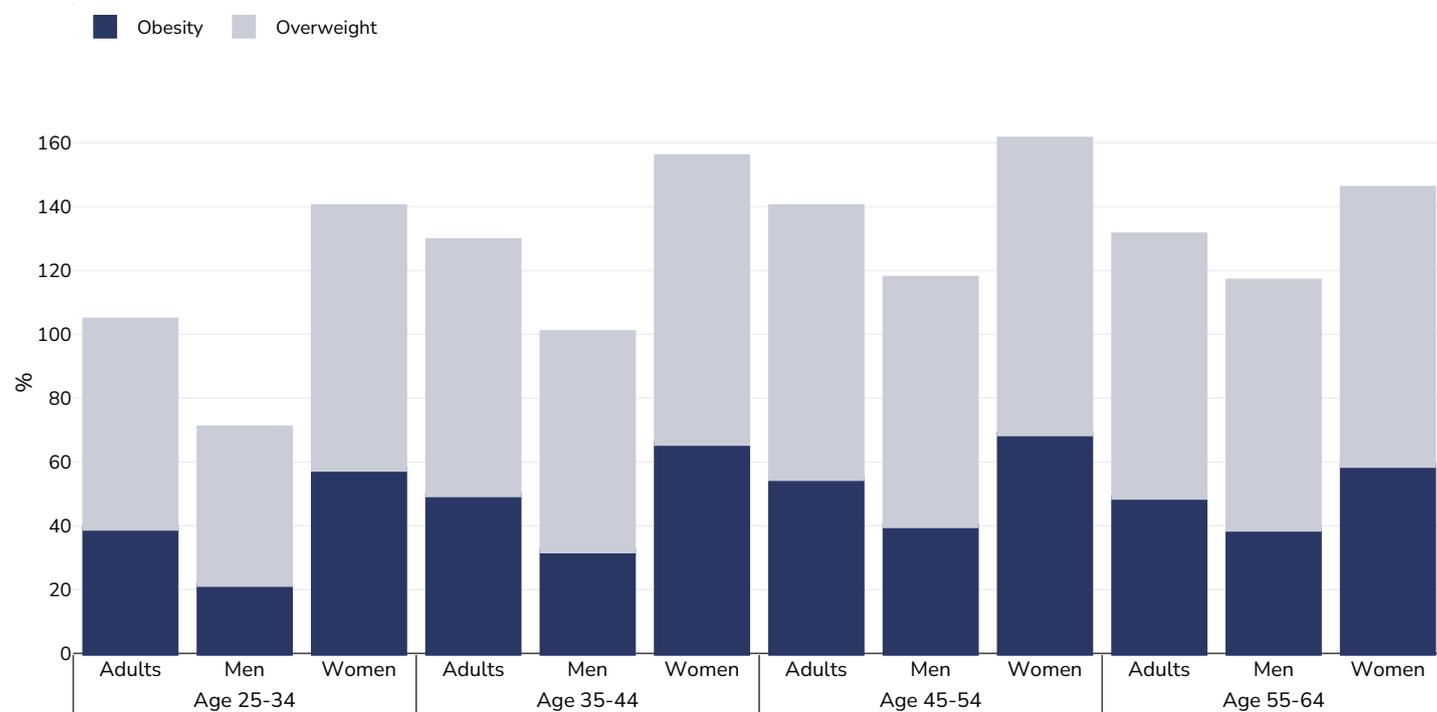
Children, 2016-2018



Survey type:	Measured
Age:	15-19
Sample size:	4186
Area covered:	National
References:	FSM Youth NCD Risk Factors. 2017 report. https://www.pihoa.org/wp-content/uploads/2022/05/FSM-National-High-School-Survey-report-2017_FINAL.pdf (Accessed 17.01.23)
Notes:	Measured data was used in all three of four states (self-report in Yap). The state Chuuk is underrepresented in the overall FSM estimates.

Overweight/obesity by age

Adults, 2006



Survey type: Measured

Sample size: 1778 (624 Men, 1154 Women)

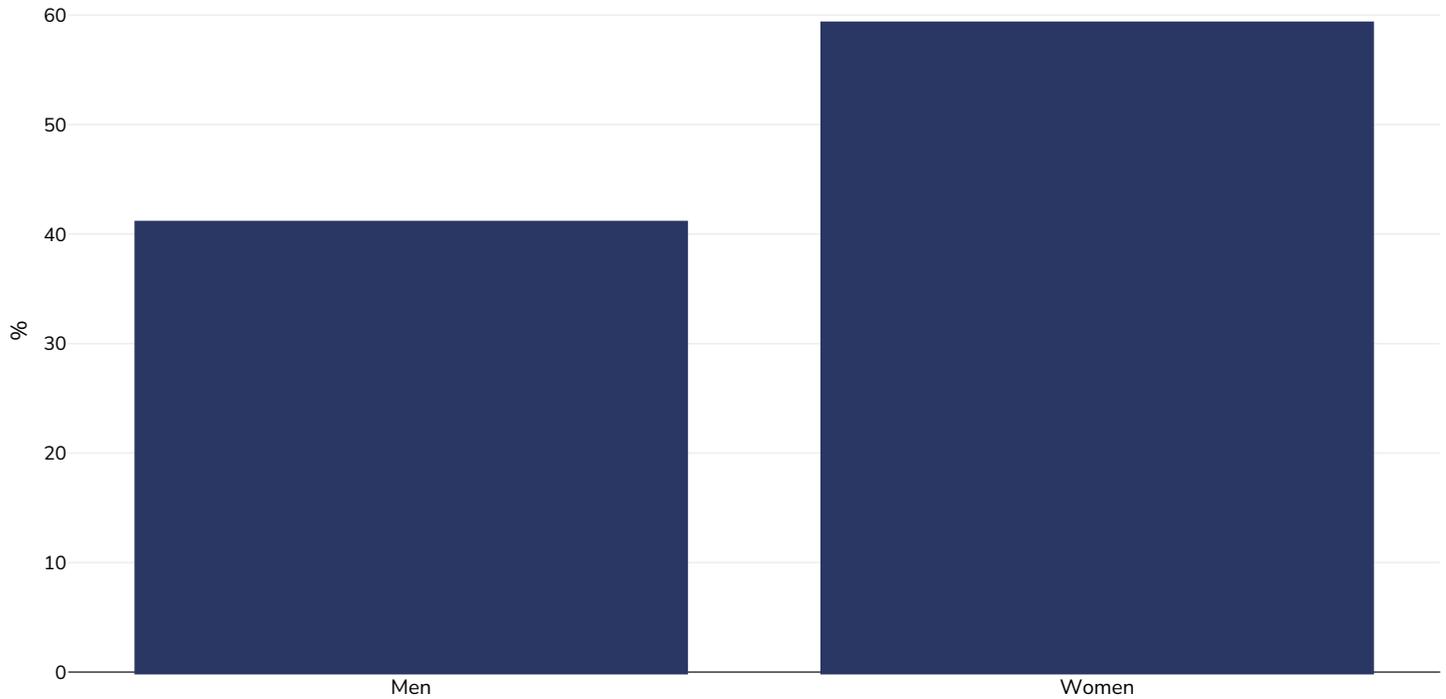
Area covered: National

References: 2006 STEPS Country report Micronesia (Federated States of) Available at: [https://cdn.who.int/media/docs/default-source/ncds/ncd-surveillance/data-reporting/micronesia-\(federated-states-of\)/steps/2006-steps-report-micronesia.pdf?sfvrsn=5932a4b7_3&download=true](https://cdn.who.int/media/docs/default-source/ncds/ncd-surveillance/data-reporting/micronesia-(federated-states-of)/steps/2006-steps-report-micronesia.pdf?sfvrsn=5932a4b7_3&download=true) (accessed 27.10.22)

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

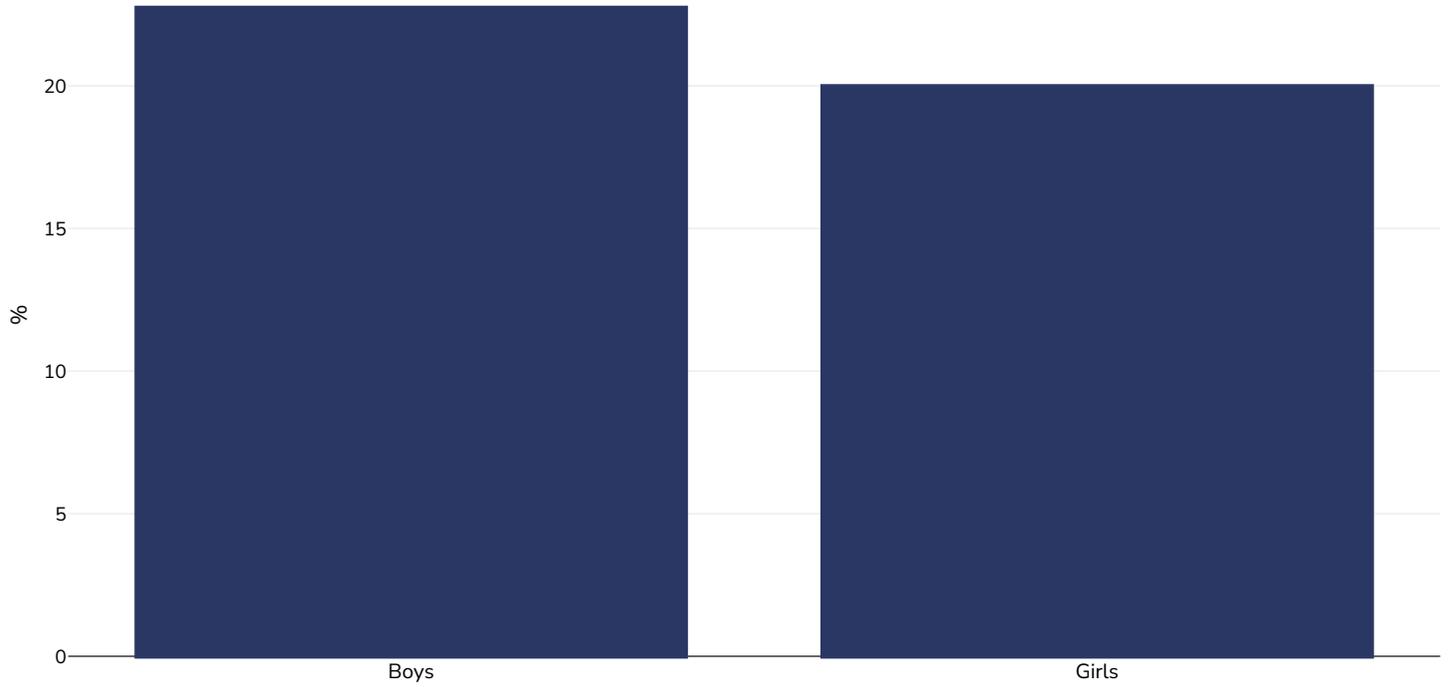
Double burden of underweight & overweight

Adults, 2022



Survey type:	Measured
Age:	20+
References:	NCD Risk Factor Collaboration (NCD-RisC). Worldwide trends in underweight and obesity from 1990 to 2022: a pooled analysis of 3663 population representative studies with 222 million children, adolescents, and adults. Lancet 2024; published online Feb 29. https://doi.org/10.1016/S0140-6736(23)02750-2 .
Notes:	Age Standardised estimates
Definitions:	Combined prevalence of BMI<18.5 kg/m ² and BMI>=30 kg/m ² (double burden of underweight and obesity)

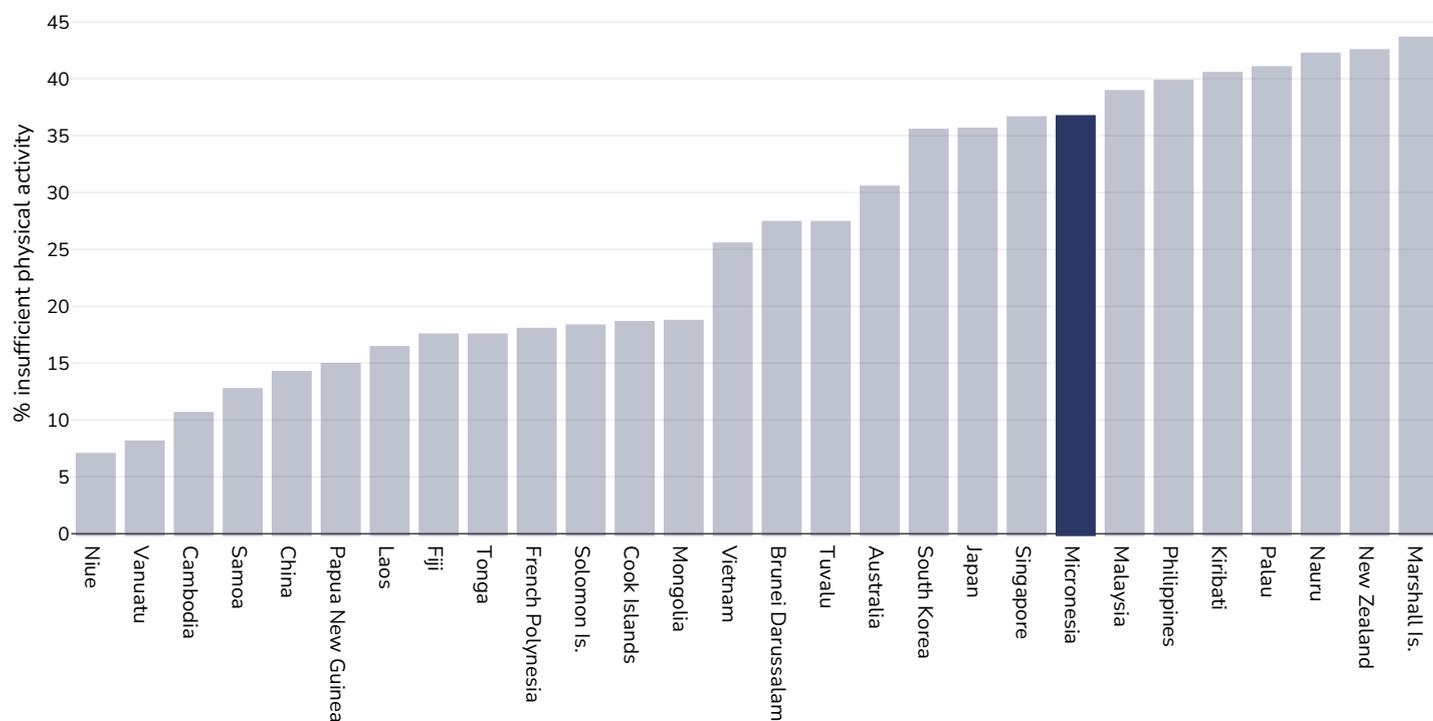
Children, 2022



Survey type:	Measured
Age:	5-19
References:	NCD Risk Factor Collaboration (NCD-RisC). Worldwide trends in underweight and obesity from 1990 to 2022: a pooled analysis of 3663 population representative studies with 222 million children, adolescents, and adults. Lancet 2024; published online Feb 29. https://doi.org/10.1016/S0140-6736(23)02750-2 .
Notes:	Age standardised estimates
Definitions:	Combined prevalence of BMI < -2SD and BMI > 2SD (double burden of thinness and obesity)
Cutoffs:	BMI < -2SD and BMI > 2SD

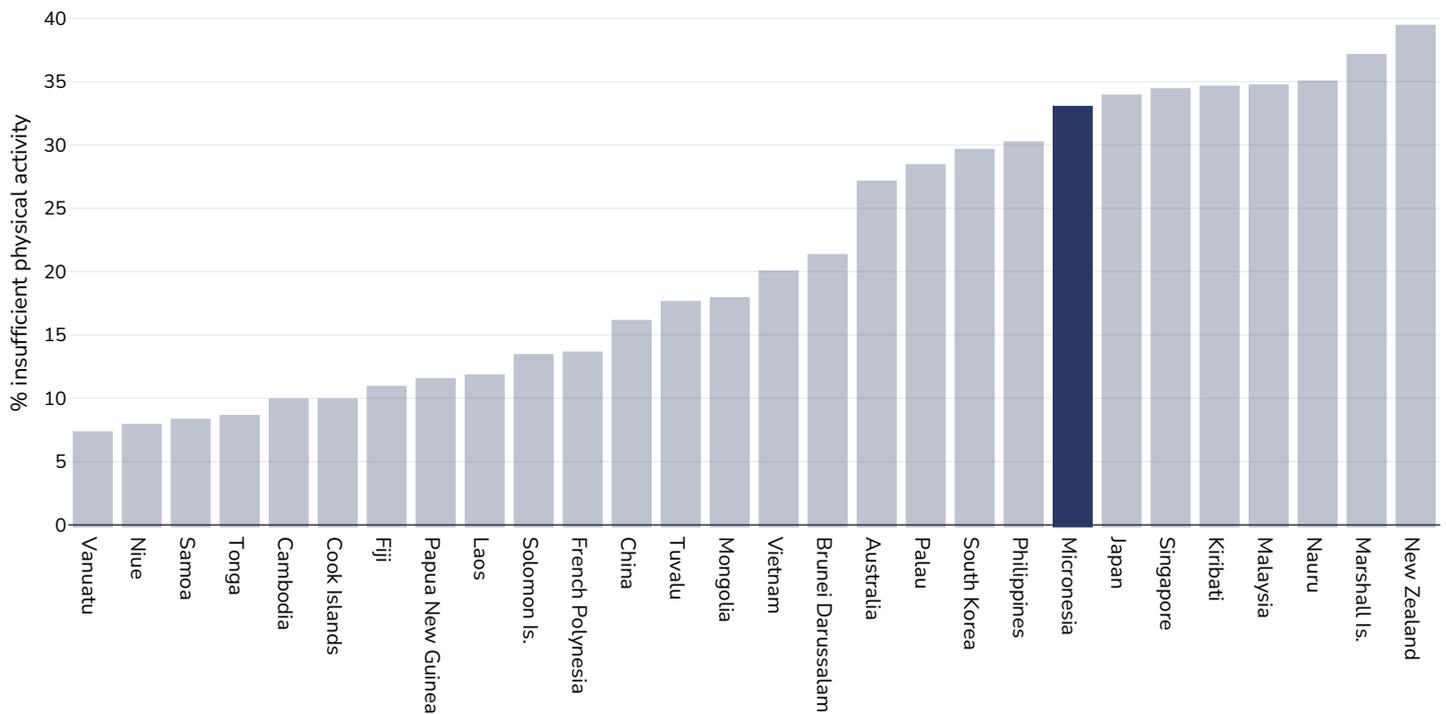
Insufficient physical activity

Adults, 2016



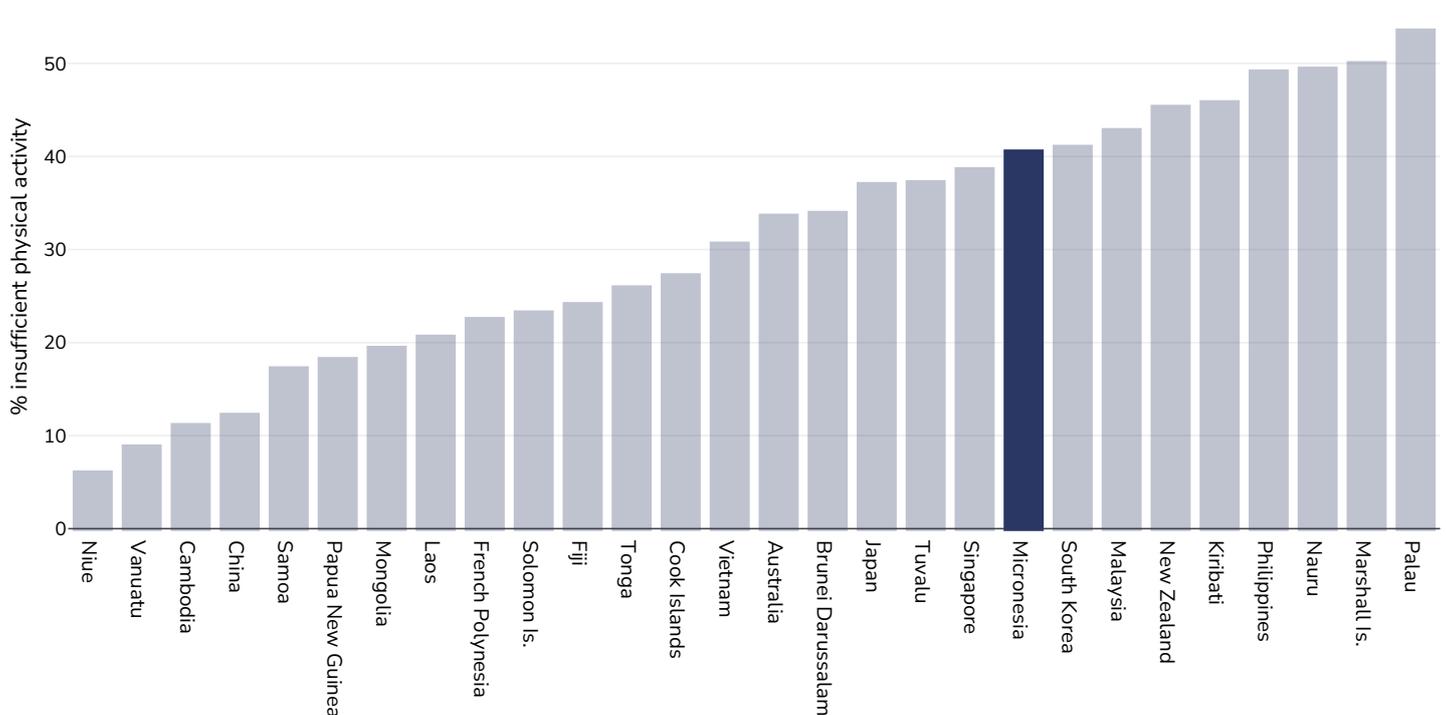
References: Guthold R, Stevens GA, Riley LM, Bull FC. Worldwide trends in insufficient physical activity from 2001 to 2016: a pooled analysis of 358 population-based surveys with 1.9 million participants. Lancet 2018 [http://dx.doi.org/10.1016/S2214-109X\(18\)30357-7](http://dx.doi.org/10.1016/S2214-109X(18)30357-7)

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)

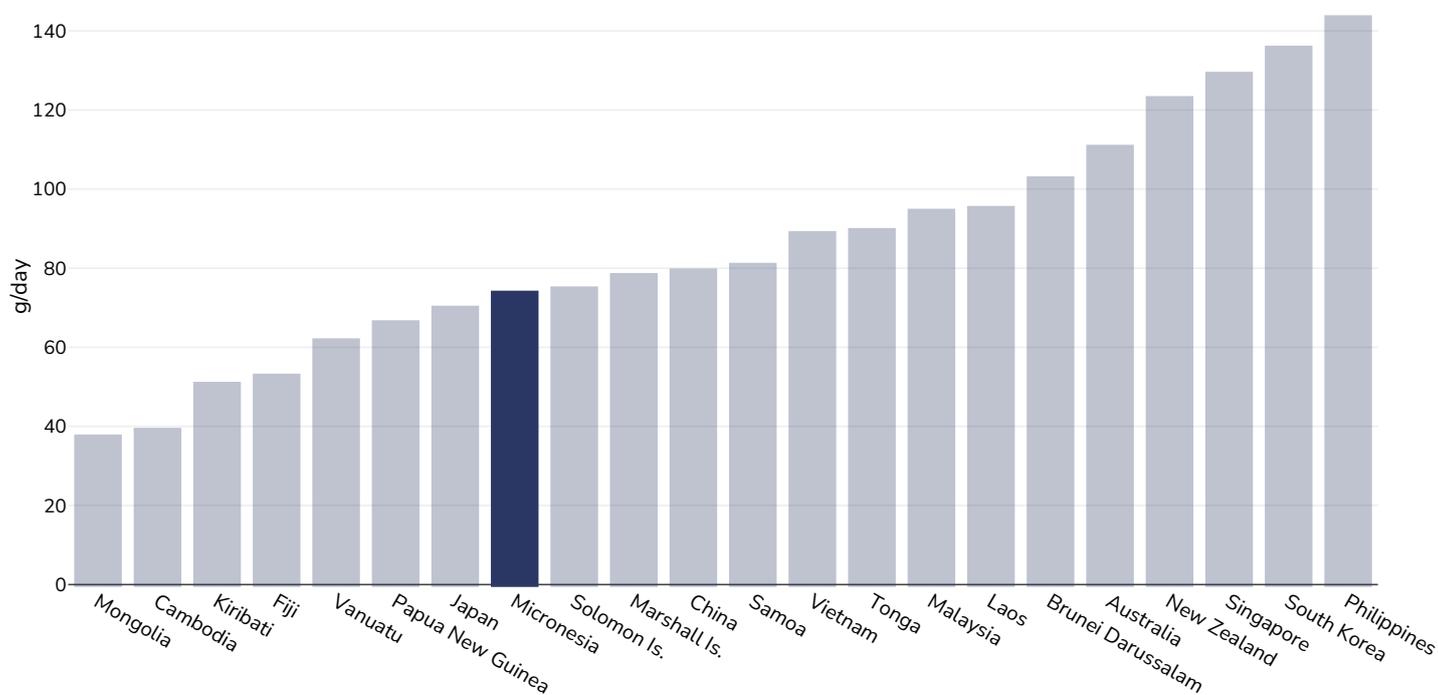
Women, 2016



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)

Estimated per capita fruit intake

Adults, 2017



Survey type: Measured

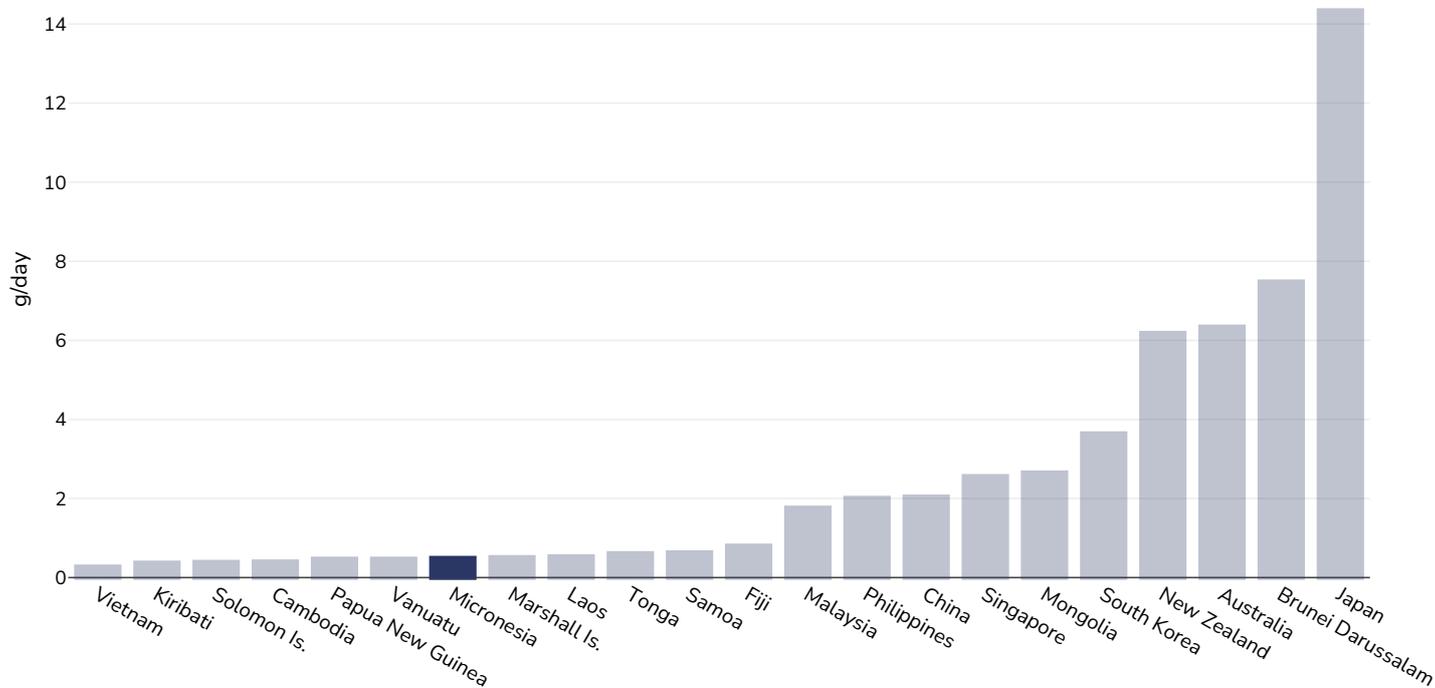
Age: 25+

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

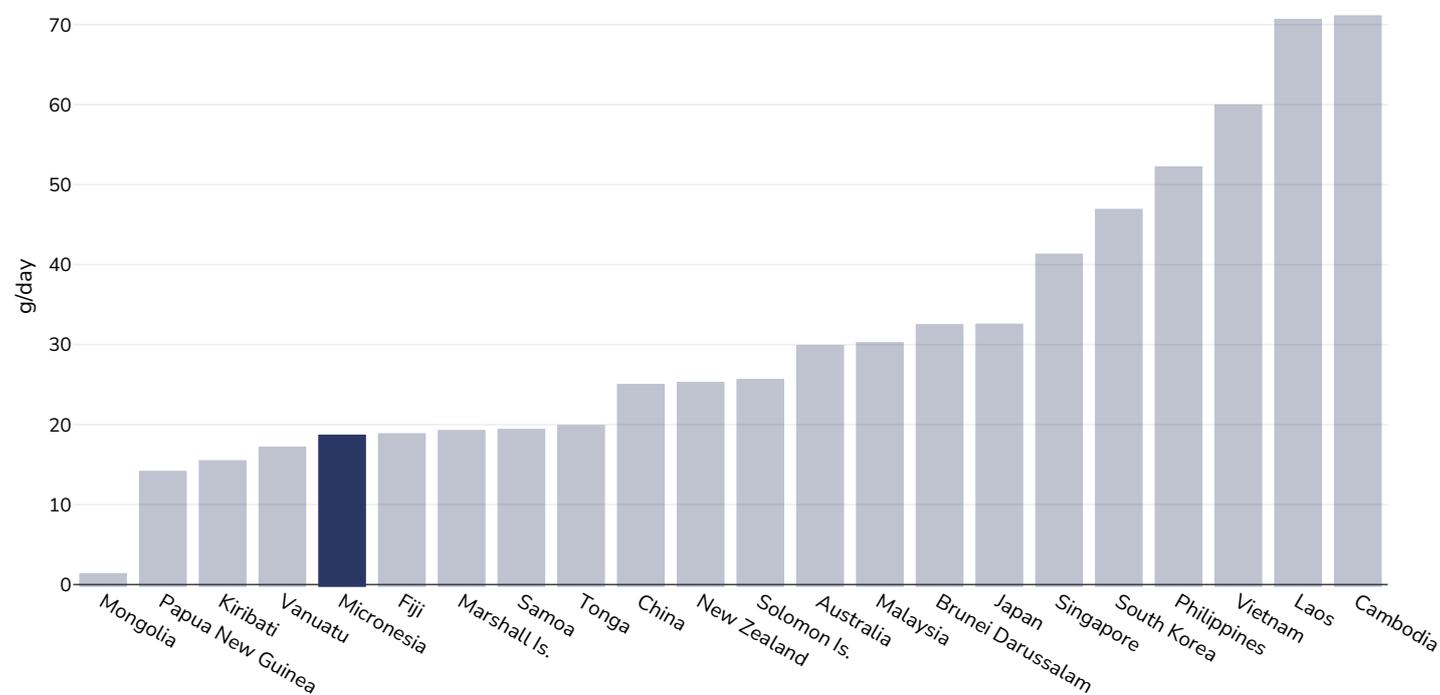
Age: 25+

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

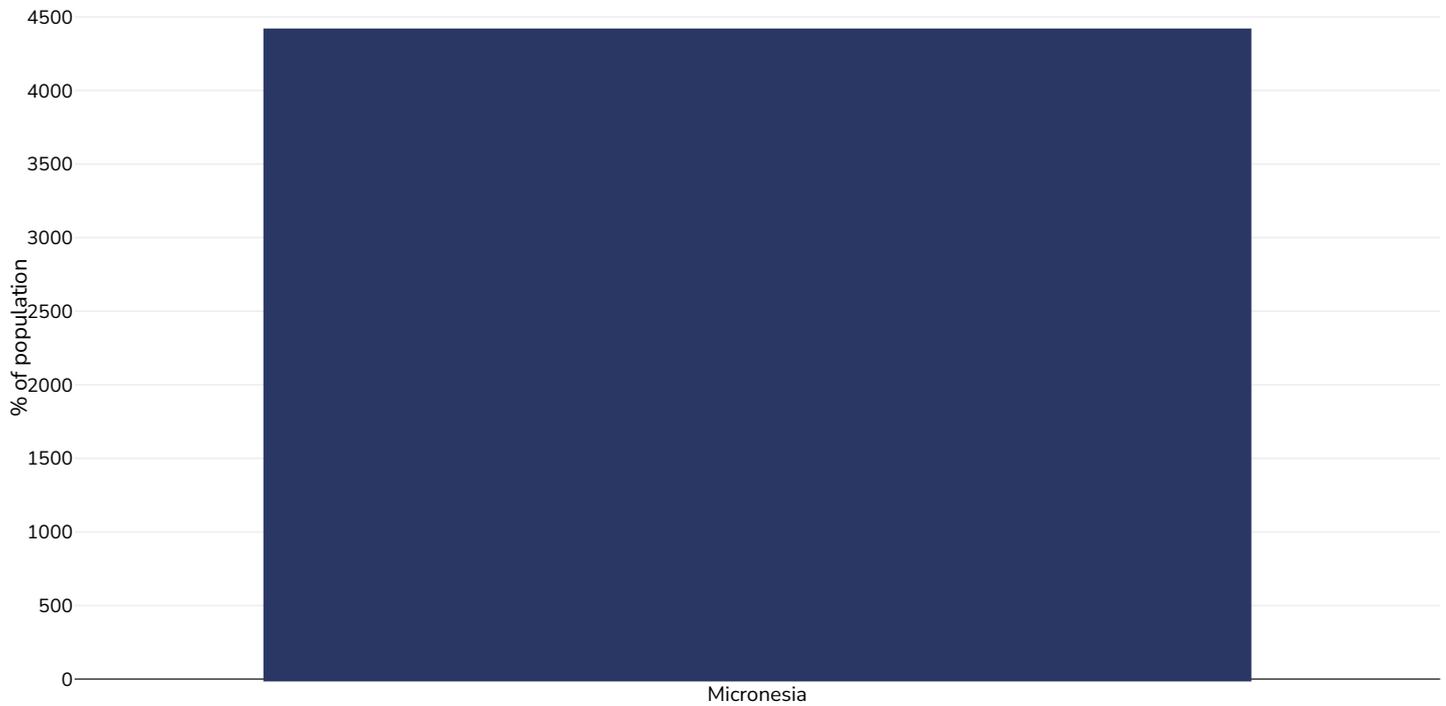
Age: 25+

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, 2021



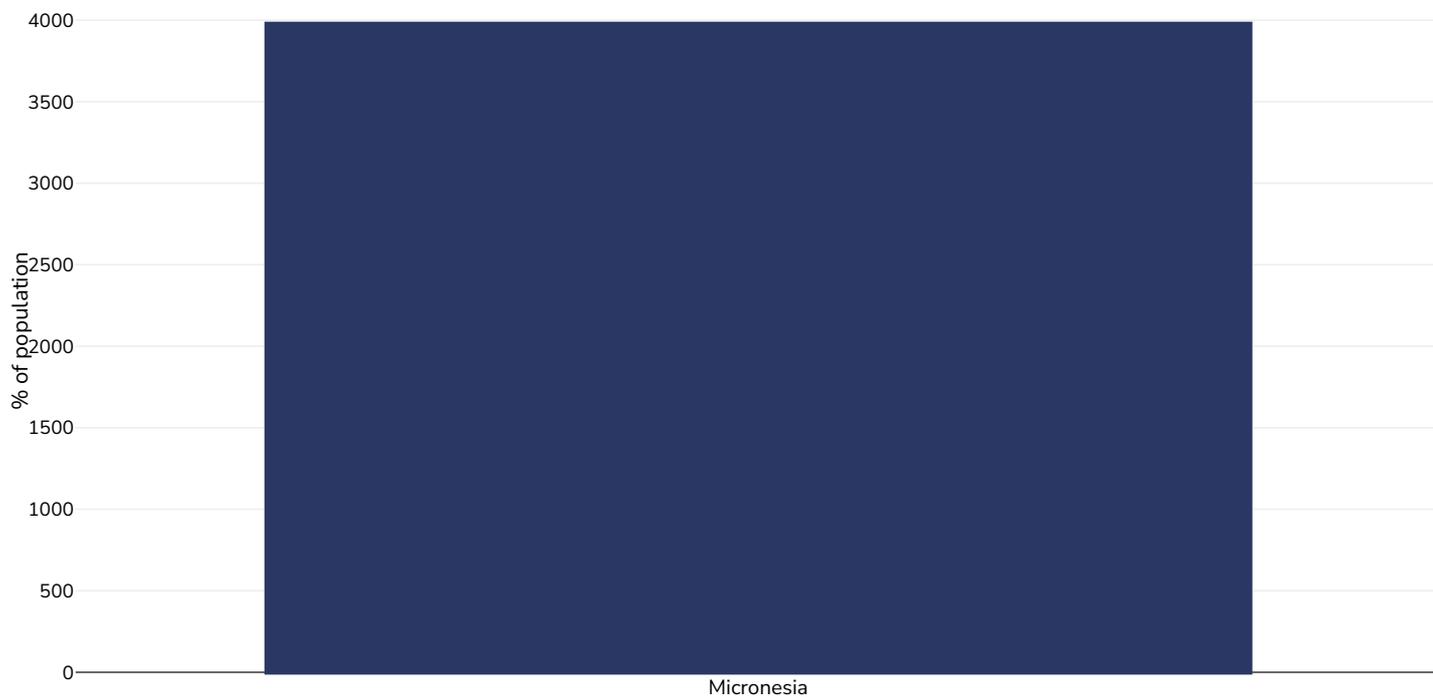
Age: 20+

Area covered: National

References: Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

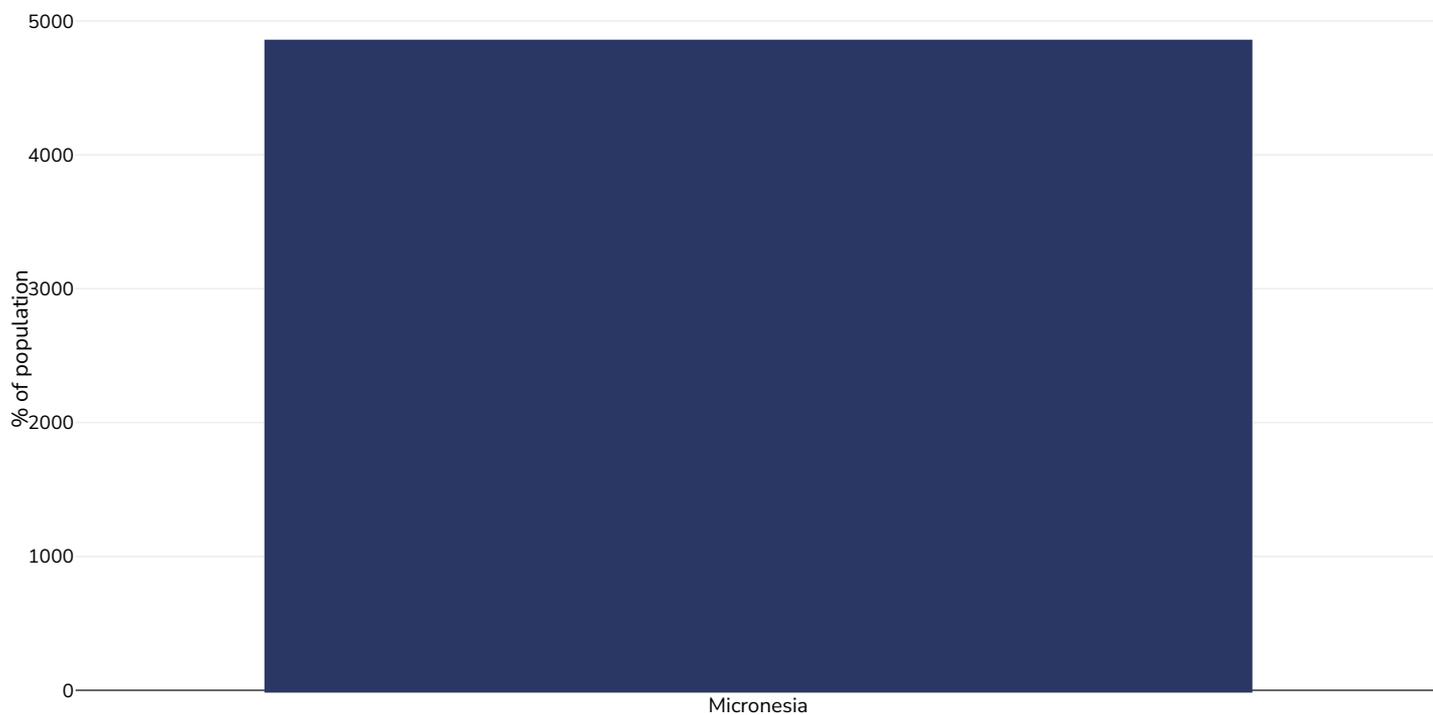
Definitions: Number living with depression per 100,000 population (adults 20+ years)

Men, 2021



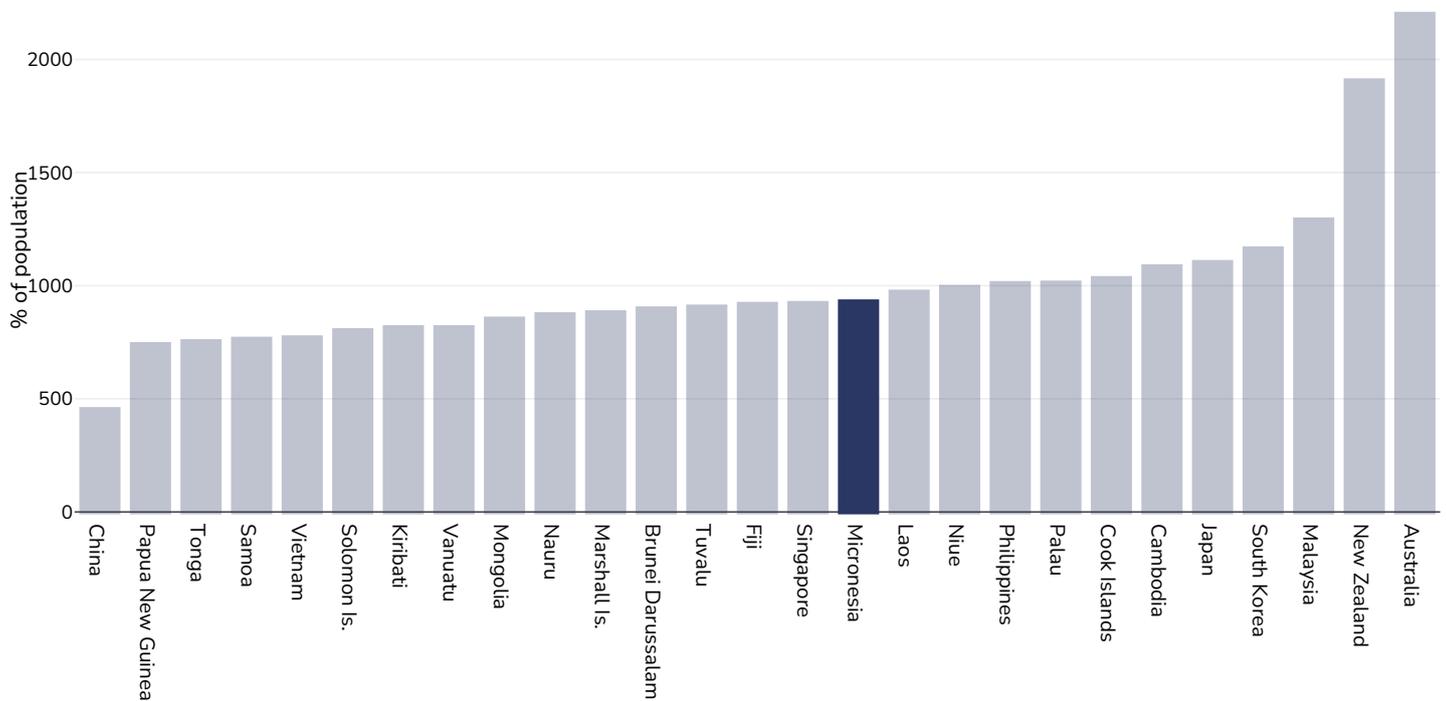
Age:	20+
Area covered:	National
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from http://vizhub.healthdata.org/gbd-compare . (Last accessed 23.04.25)
Definitions:	Number living with depression per 100,000 population (adults 20+ years)

Women, 2021



Age:	20+
Area covered:	National
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from http://vizhub.healthdata.org/gbd-compare . (Last accessed 23.04.25)
Definitions:	Number living with depression per 100,000 population (adults 20+ years)

Children, 2021



Area covered:

National

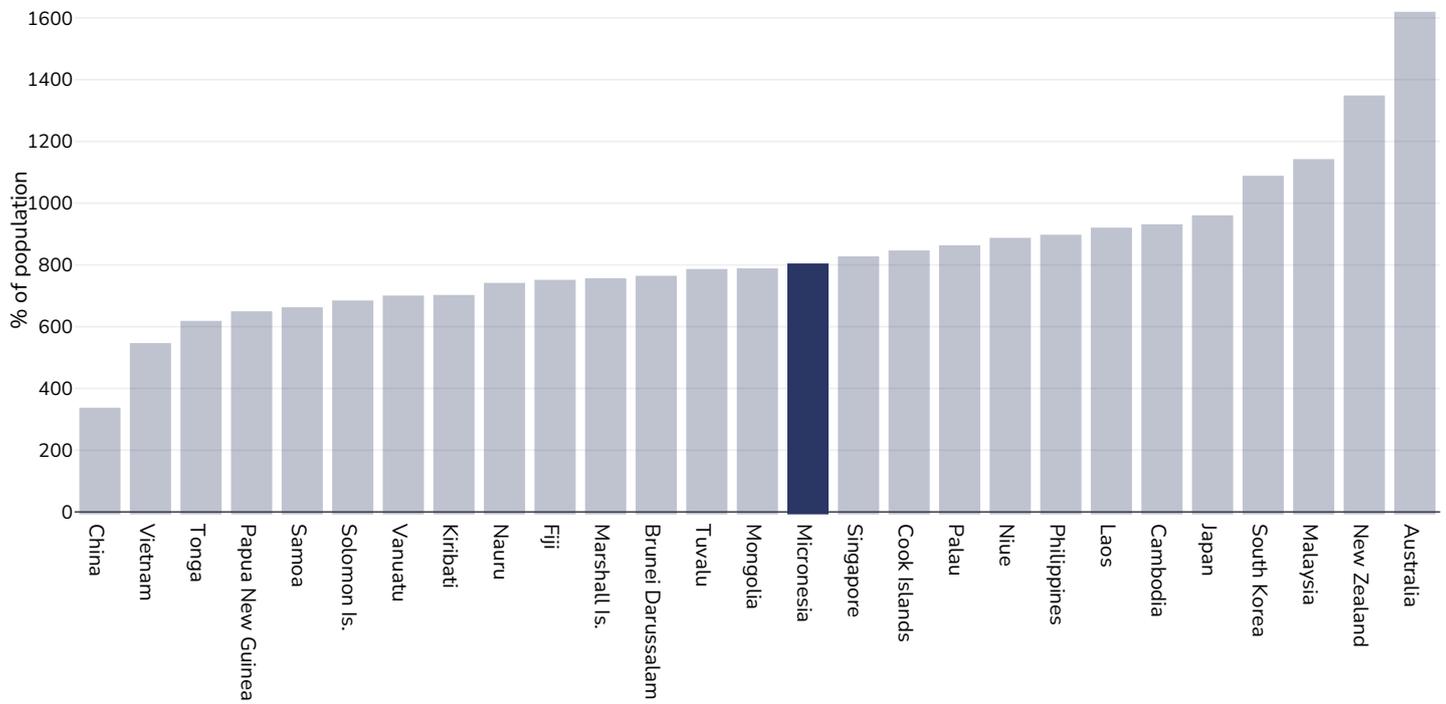
References:

Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

Definitions:

Number living with depressive disorder per 100,000 population (Under 20 years of age)

Boys, 2021



Area covered:

National

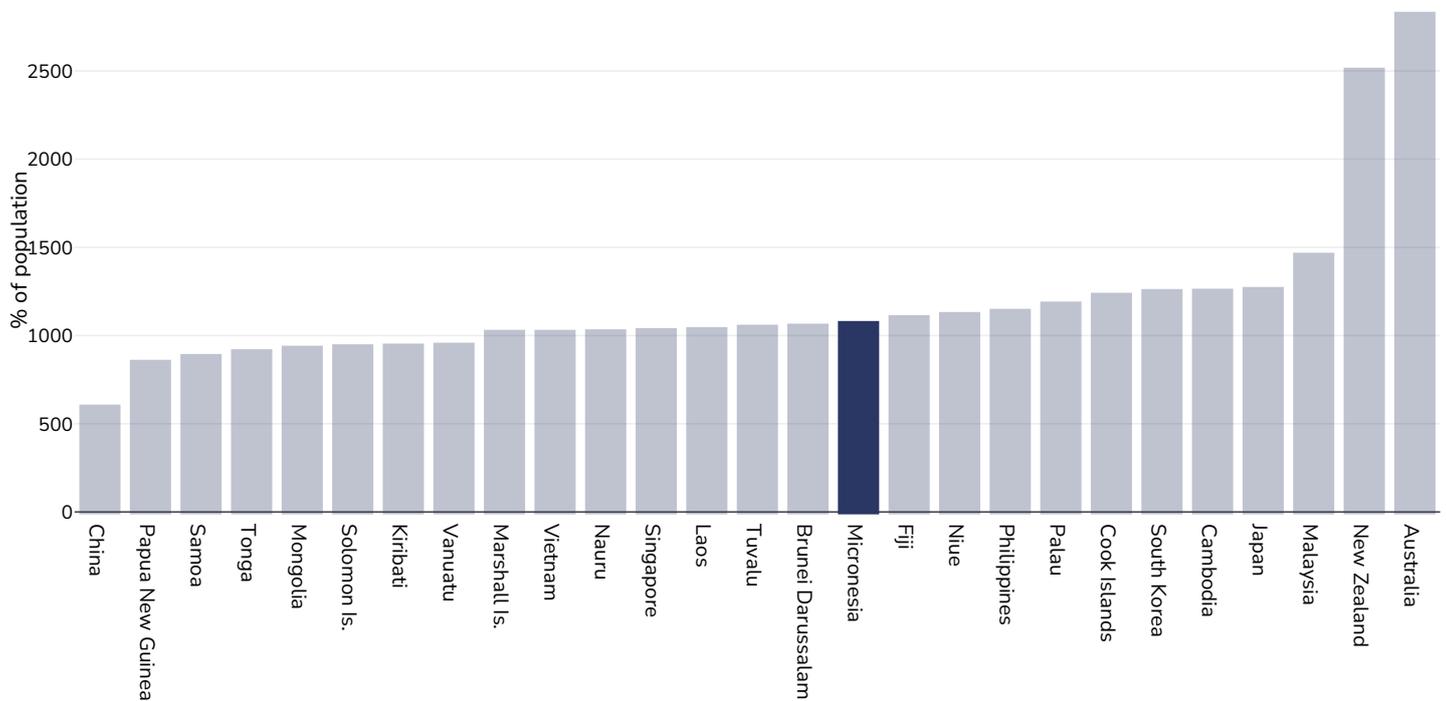
References:

Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

Definitions:

Number living with depressive disorder per 100,000 population (Under 20 years of age)

Girls, 2021



Area covered:

National

References:

Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

Definitions:

Number living with depressive disorder per 100,000 population (Under 20 years of age)

Mental health - anxiety disorders

Adults, 2021

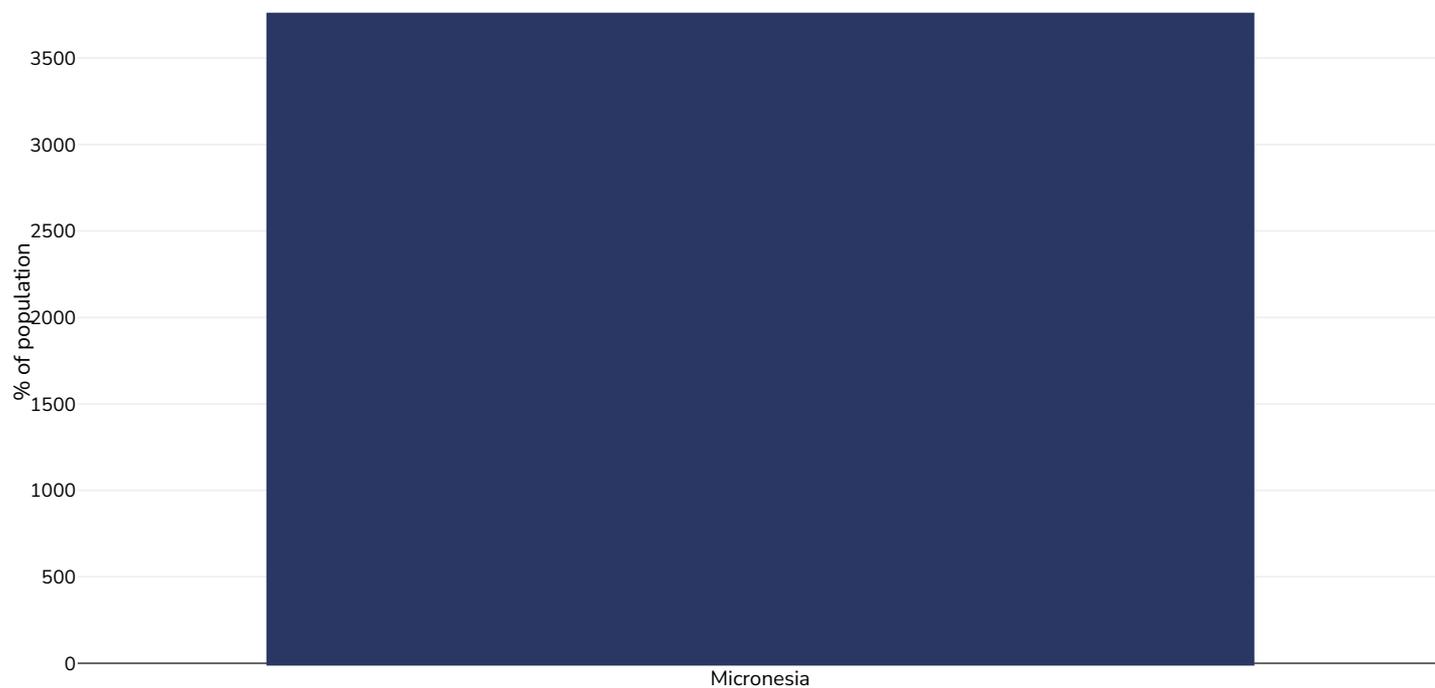


Age: 20+

References: Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25).

Definitions: Number living with anxiety per 100,000 population

Men, 2021

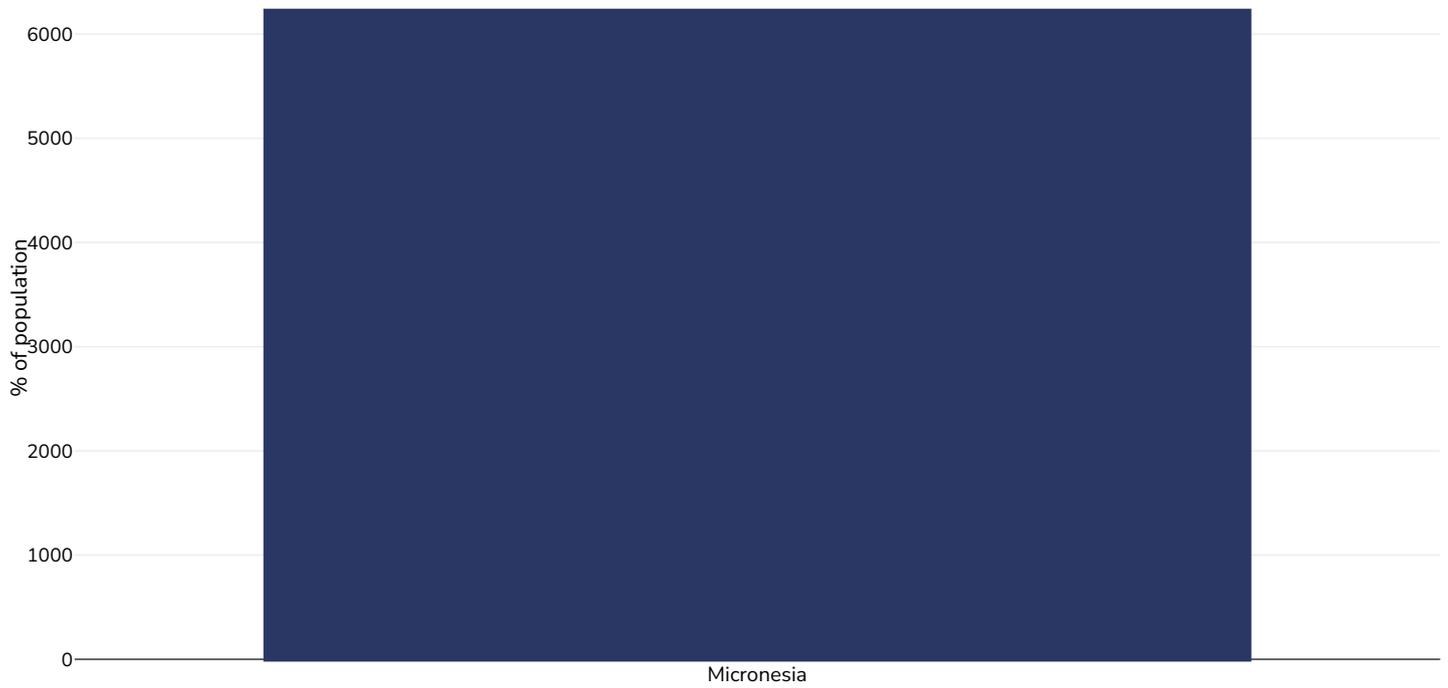


Age: 20+

References: Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25).

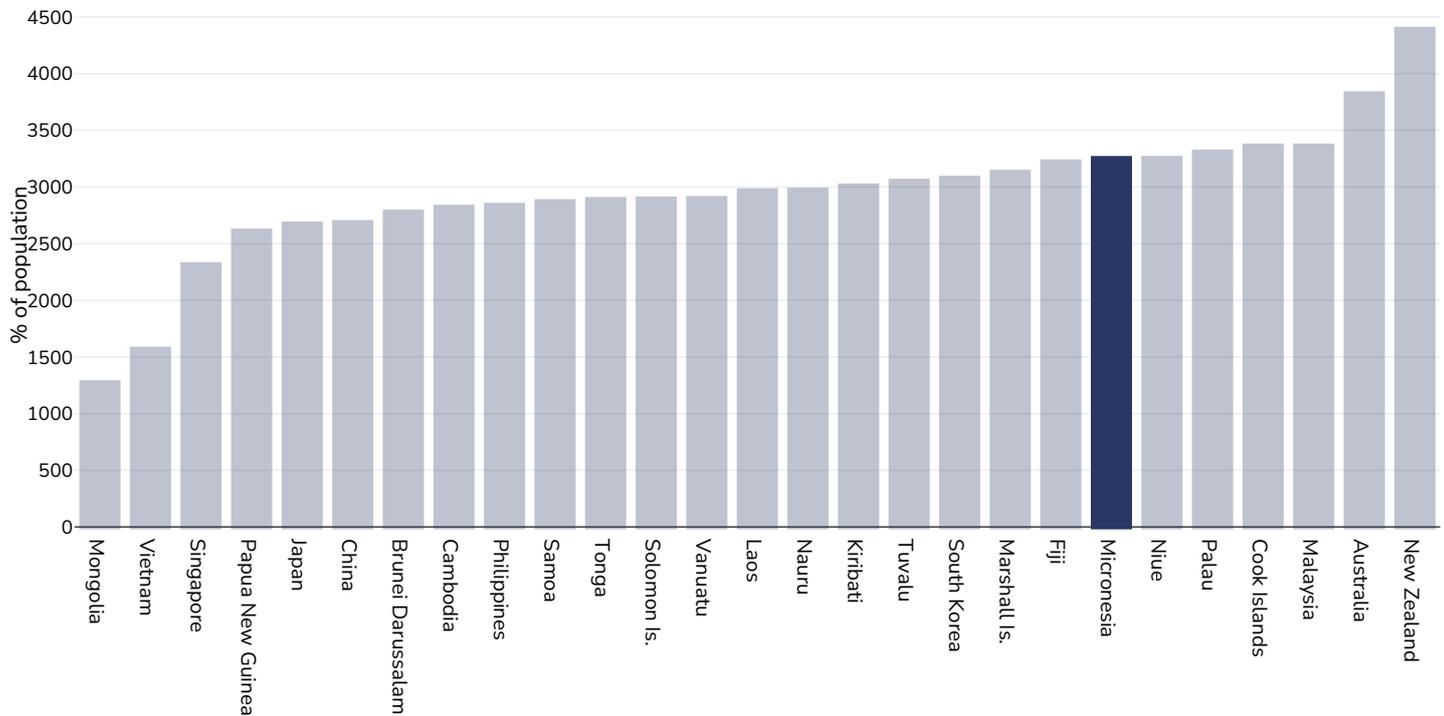
Definitions: Number living with anxiety per 100,000 population

Women, 2021



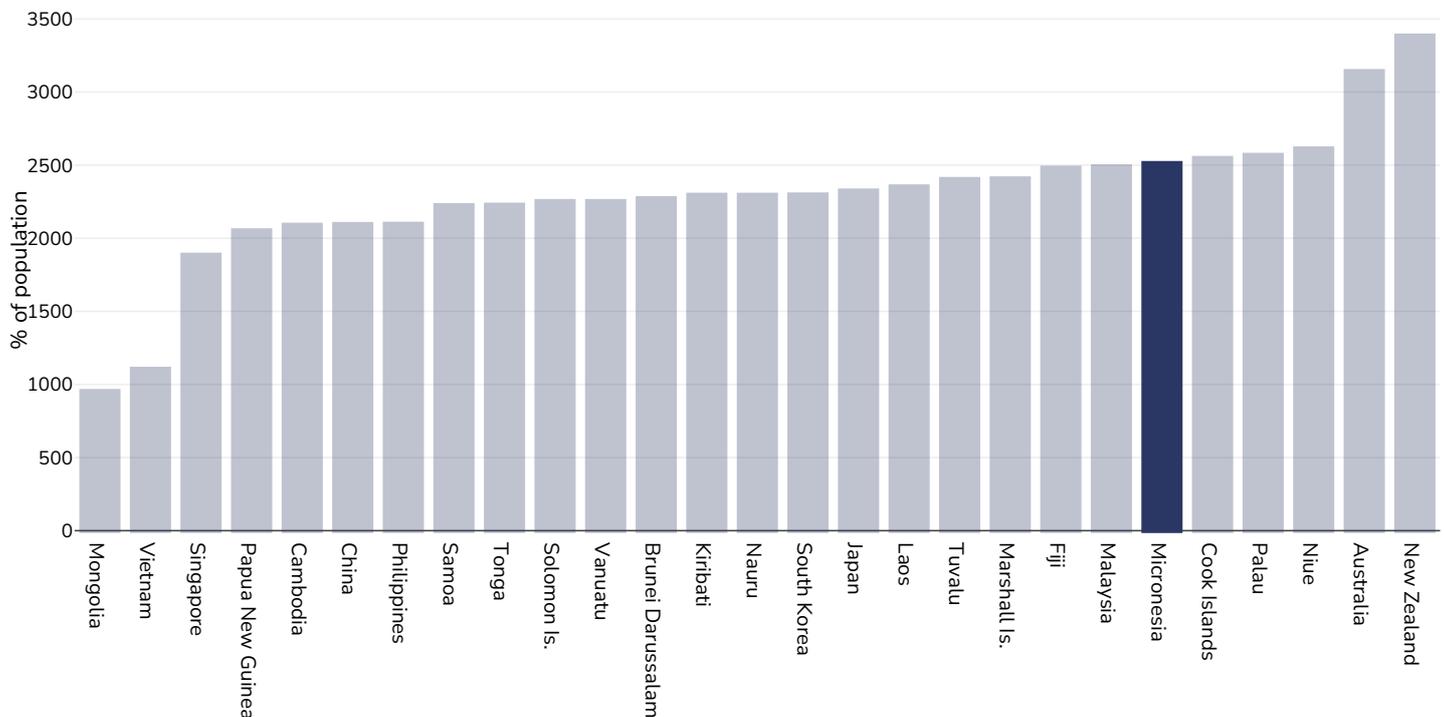
Age:	20+
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from http://vizhub.healthdata.org/gbd-compare . (Last accessed 23.04.25).
Definitions:	Number living with anxiety per 100,000 population

Children, 2021



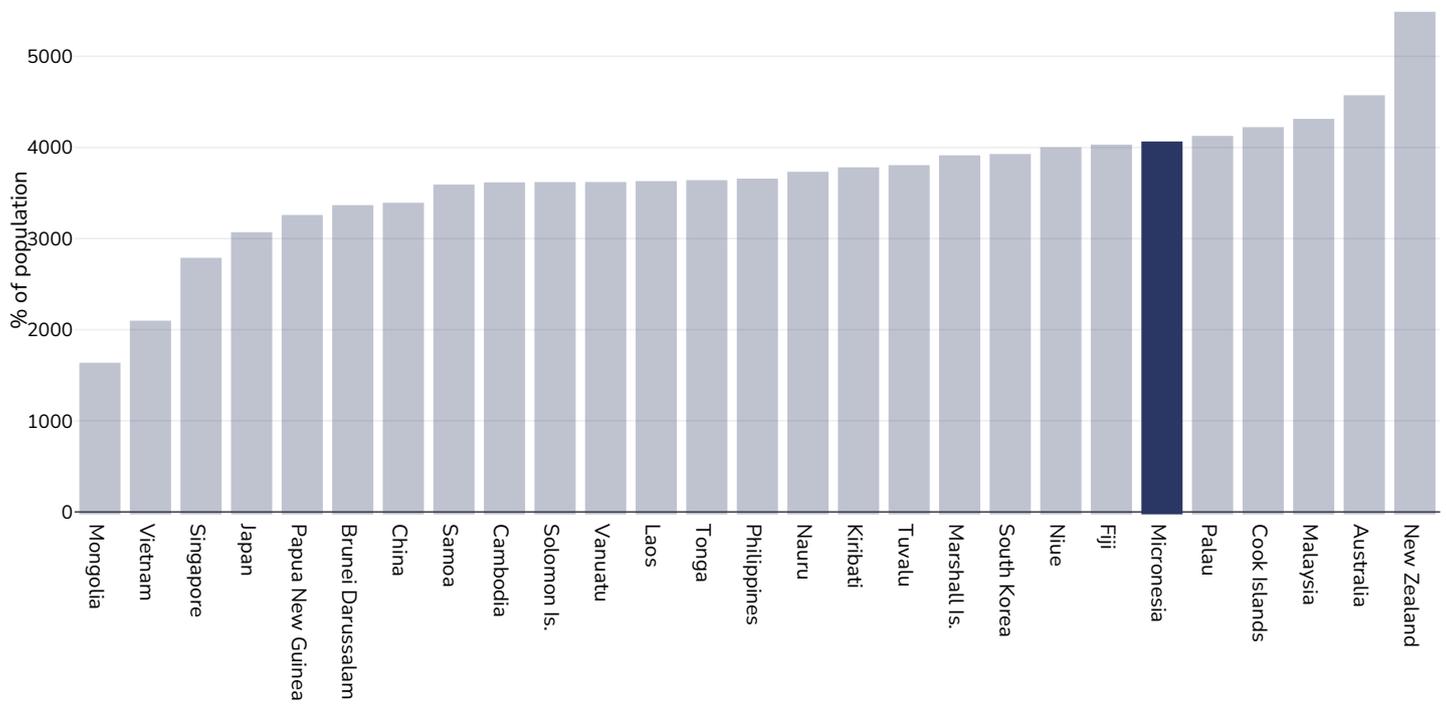
References: Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

Boys, 2021



References: Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

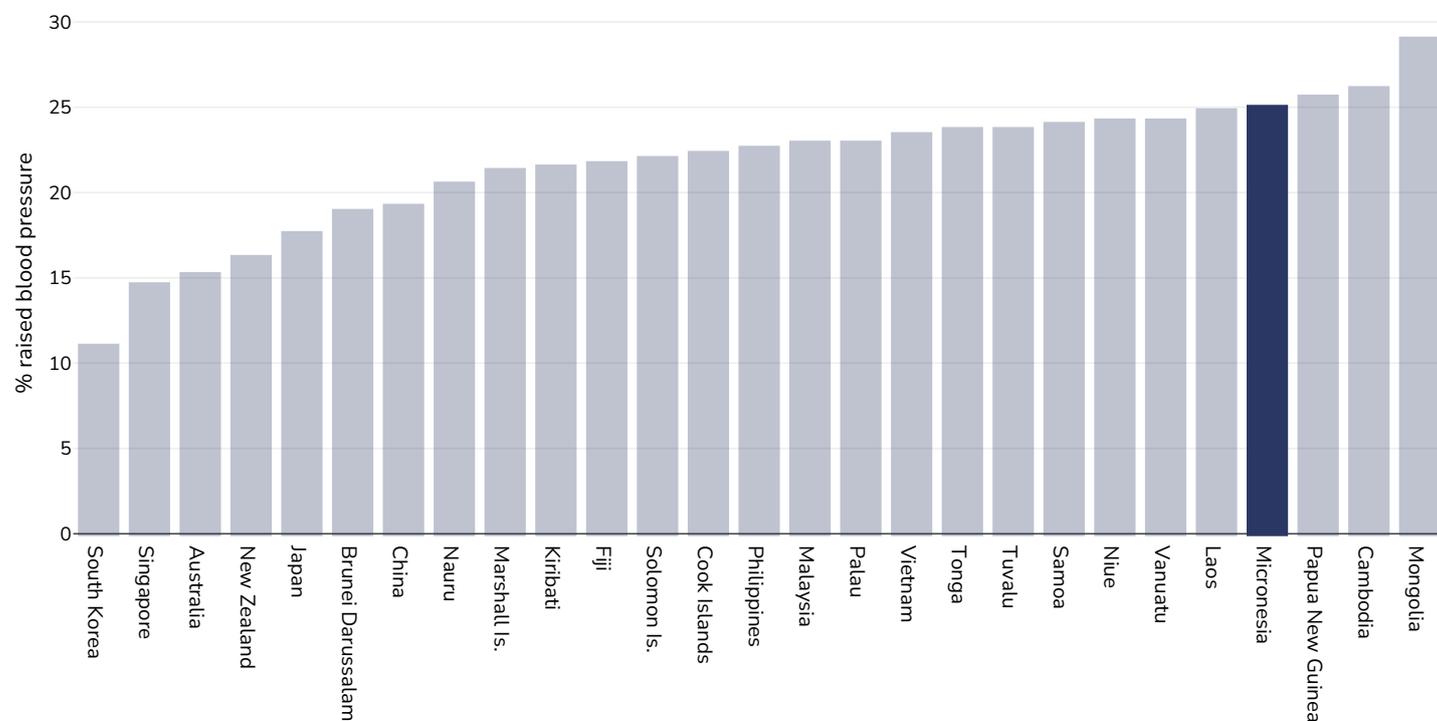
Girls, 2021



References: Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

Raised blood pressure

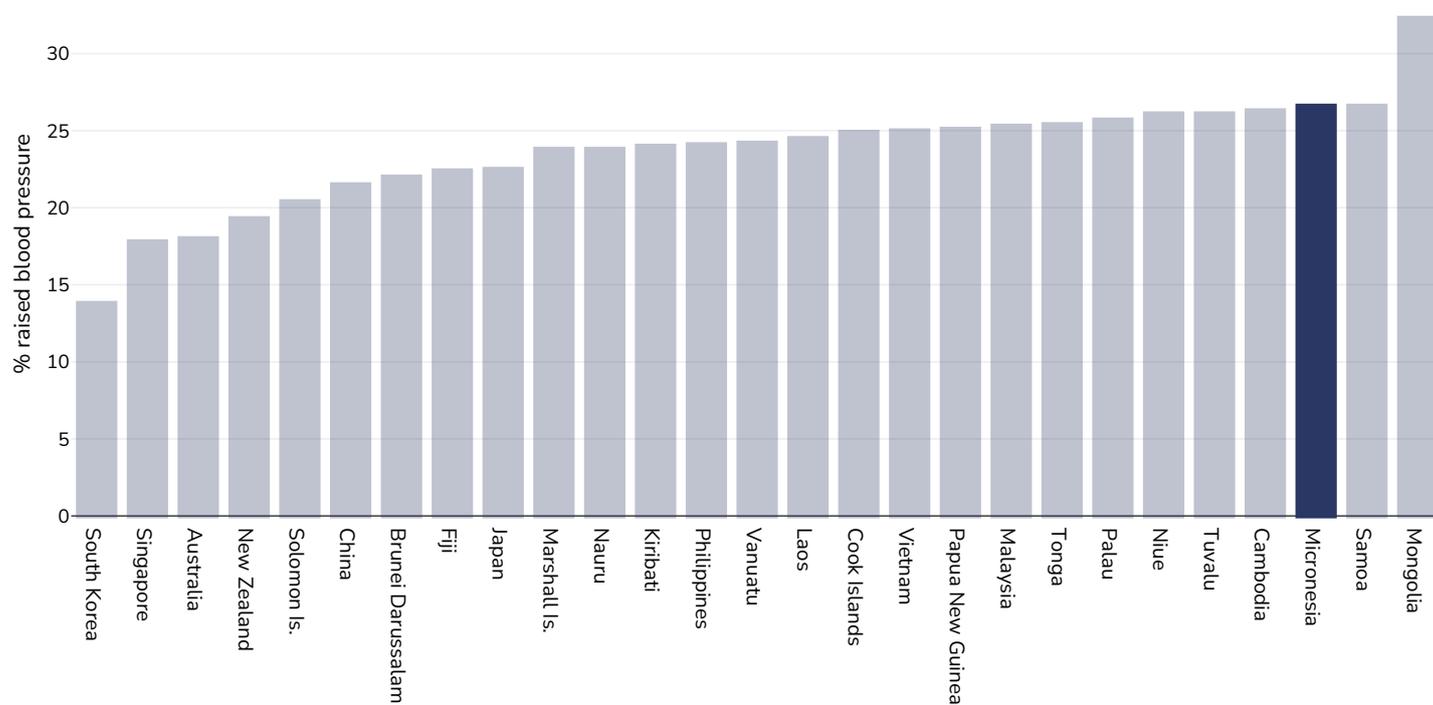
Adults, 2015



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).

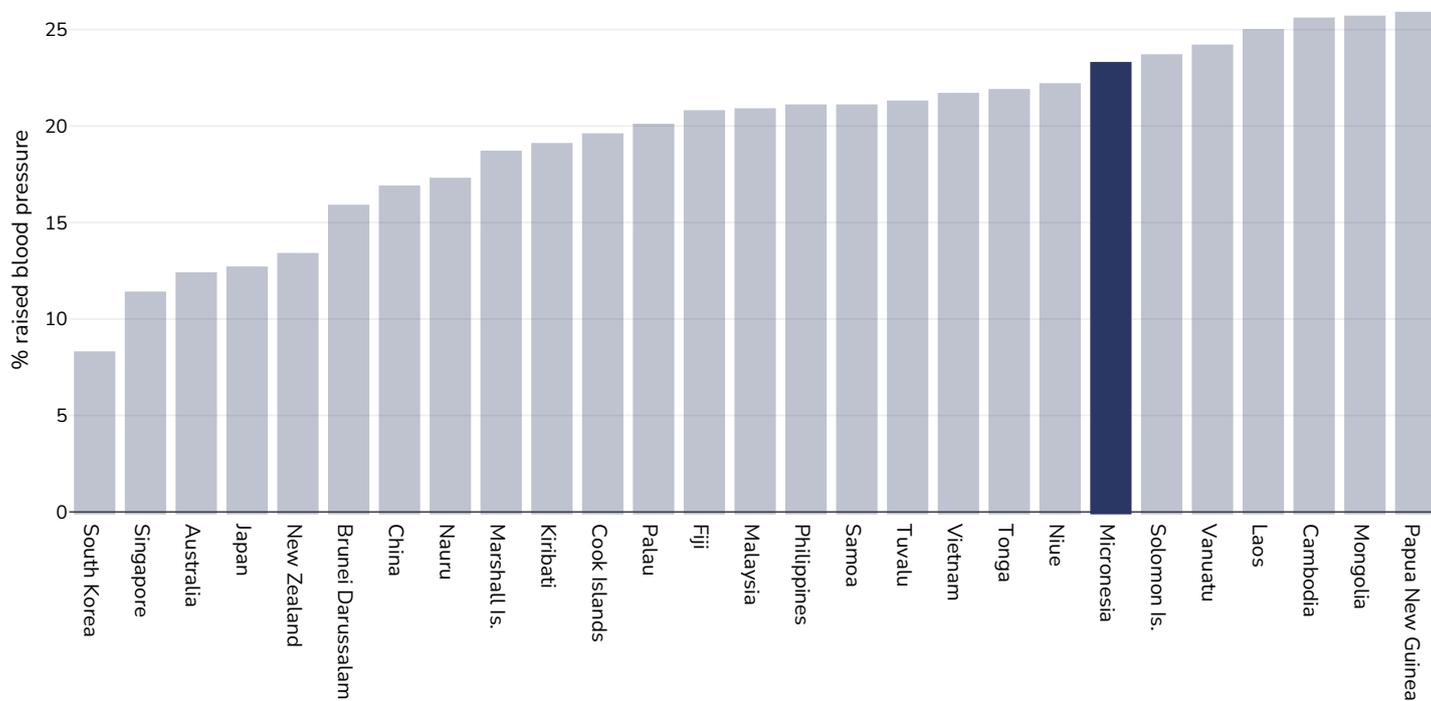
Men, 2015



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

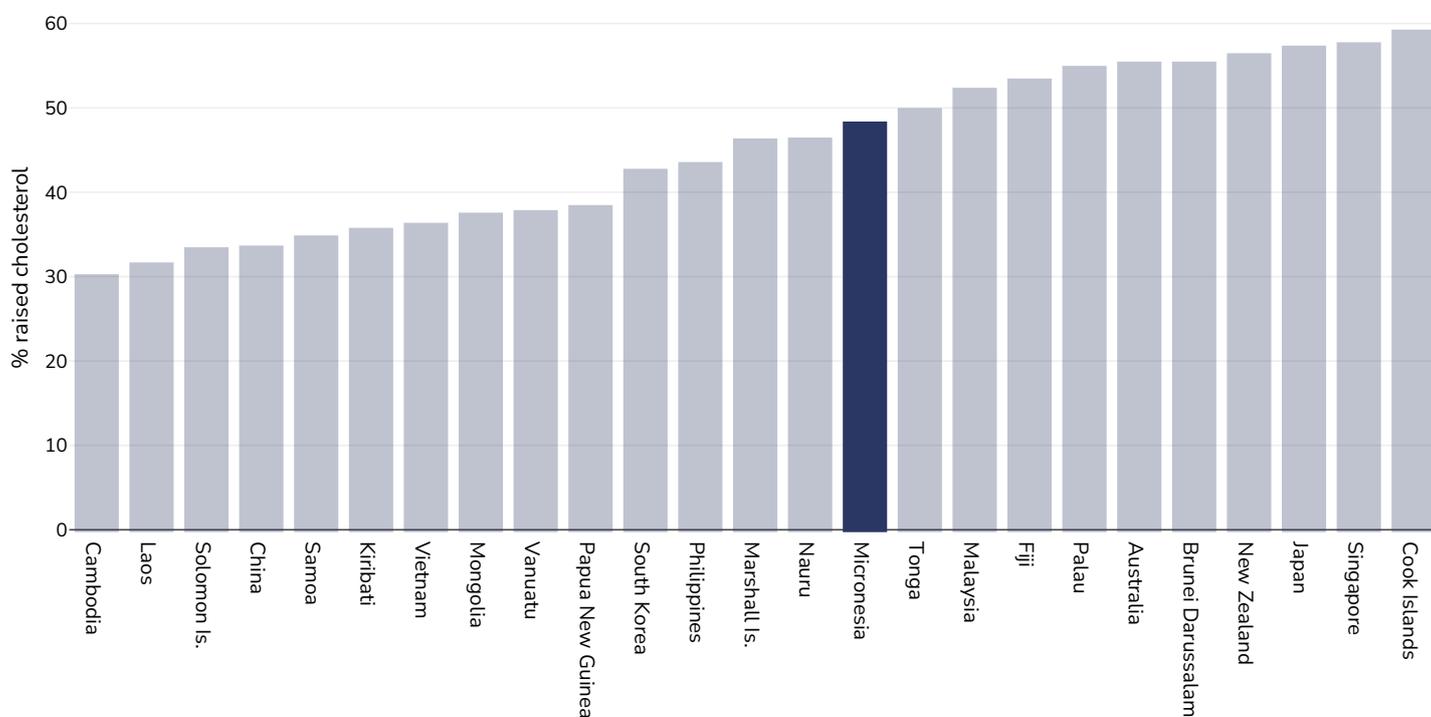


References: Global Health Observatory data repository, World Health Organisation, <http://apps.who.int/gho/data/node.main.A875?lang=en>

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

Raised cholesterol

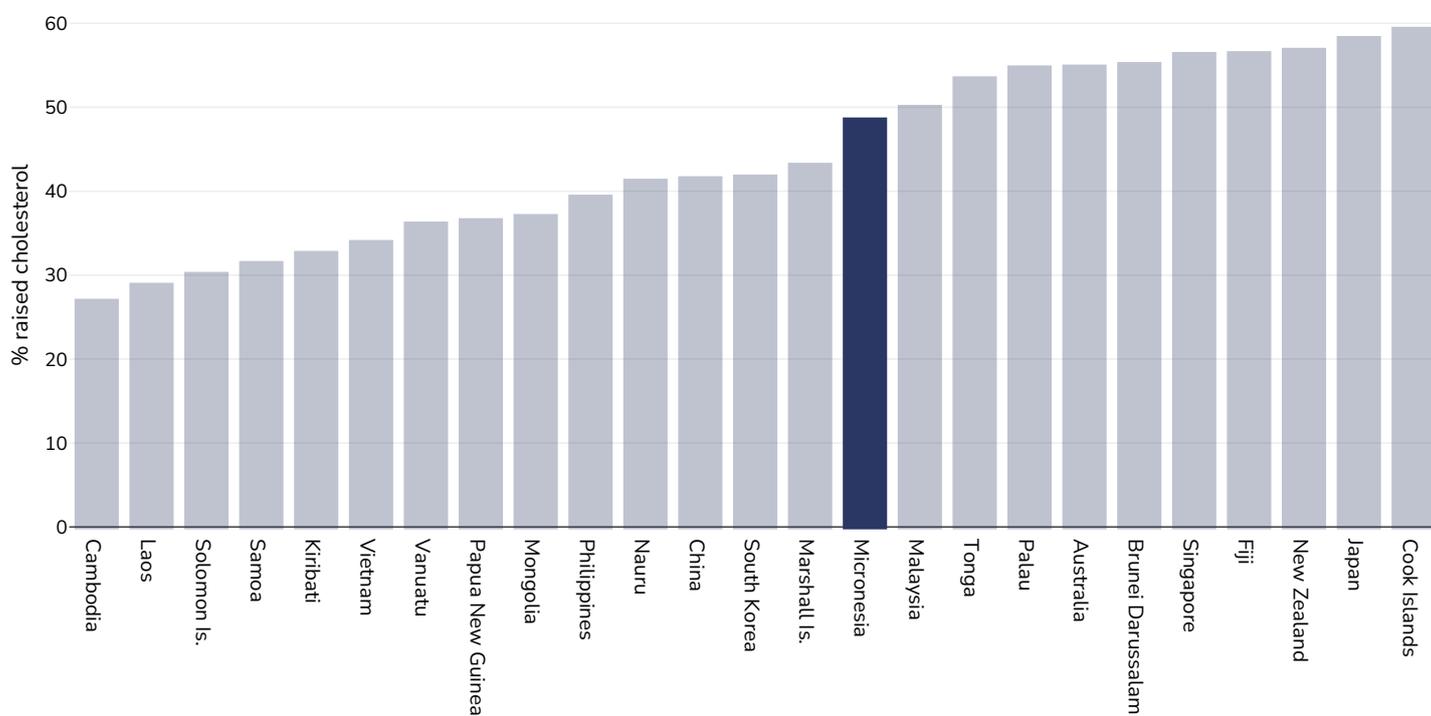
Adults, 2008



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).

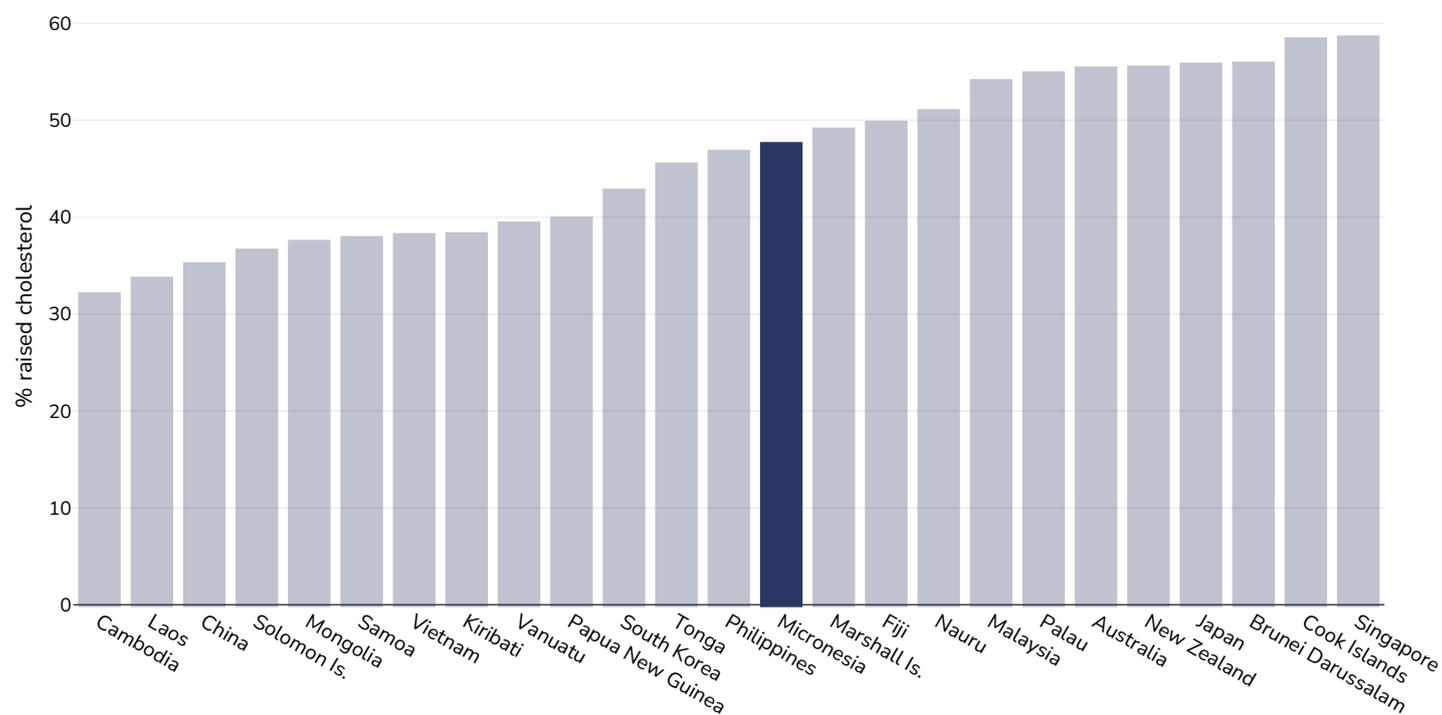
Men, 2008



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

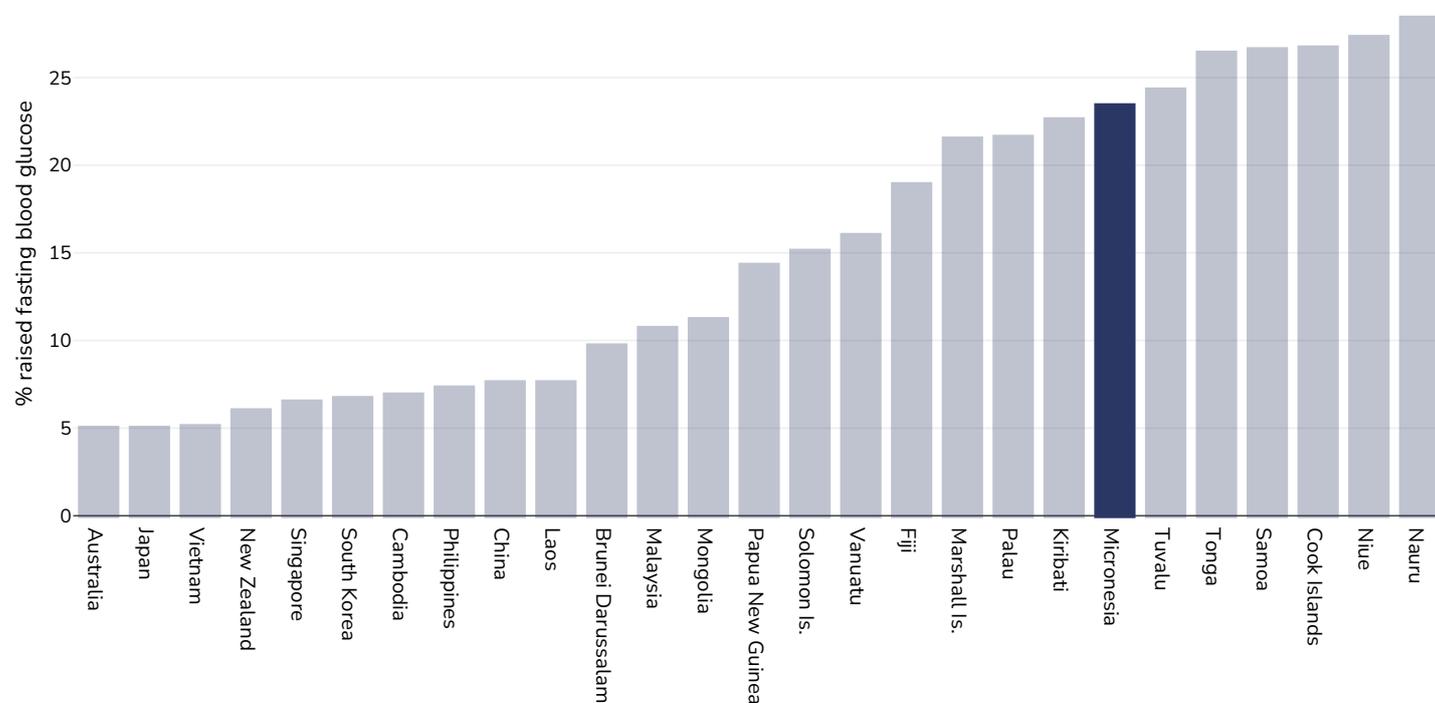


References: Global Health Observatory data repository, World Health Organisation, <http://apps.who.int/gho/data/node.main.A885>

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

Raised fasting blood glucose

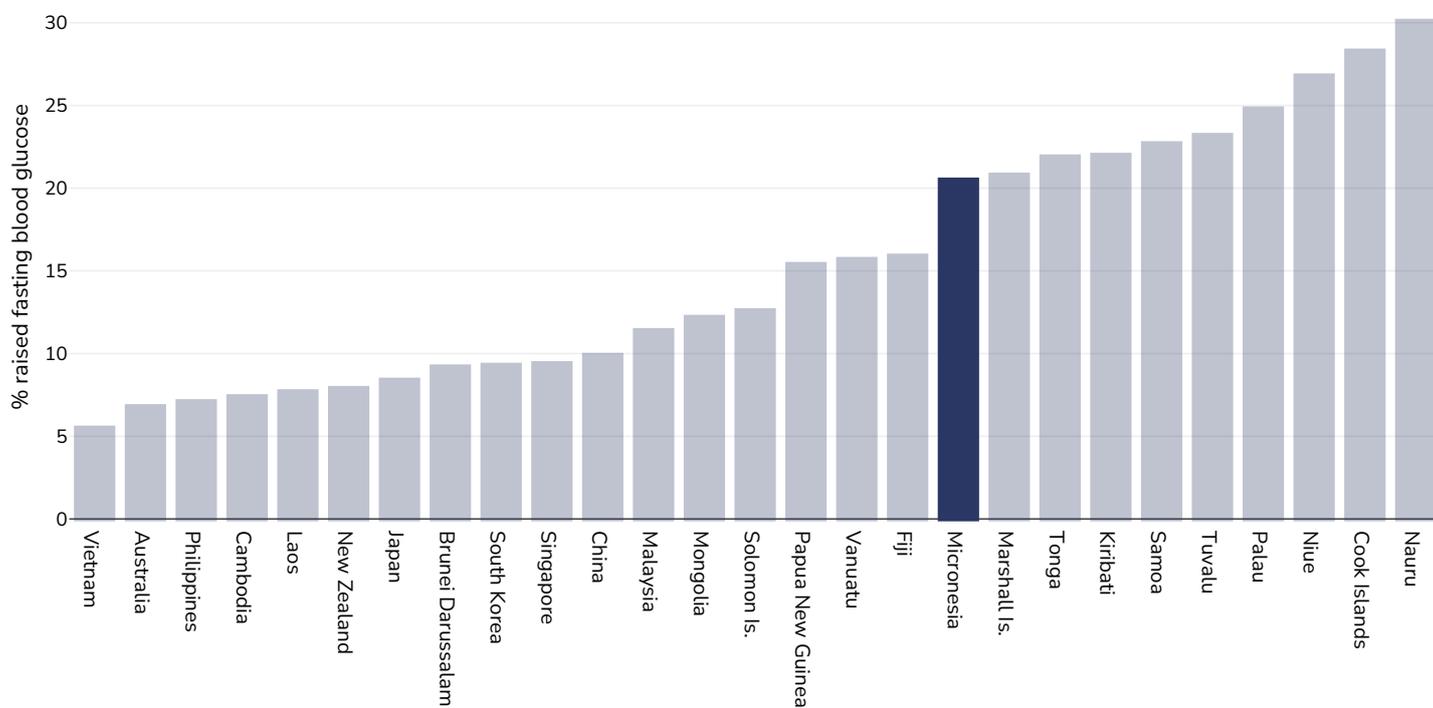
Men, 2014



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

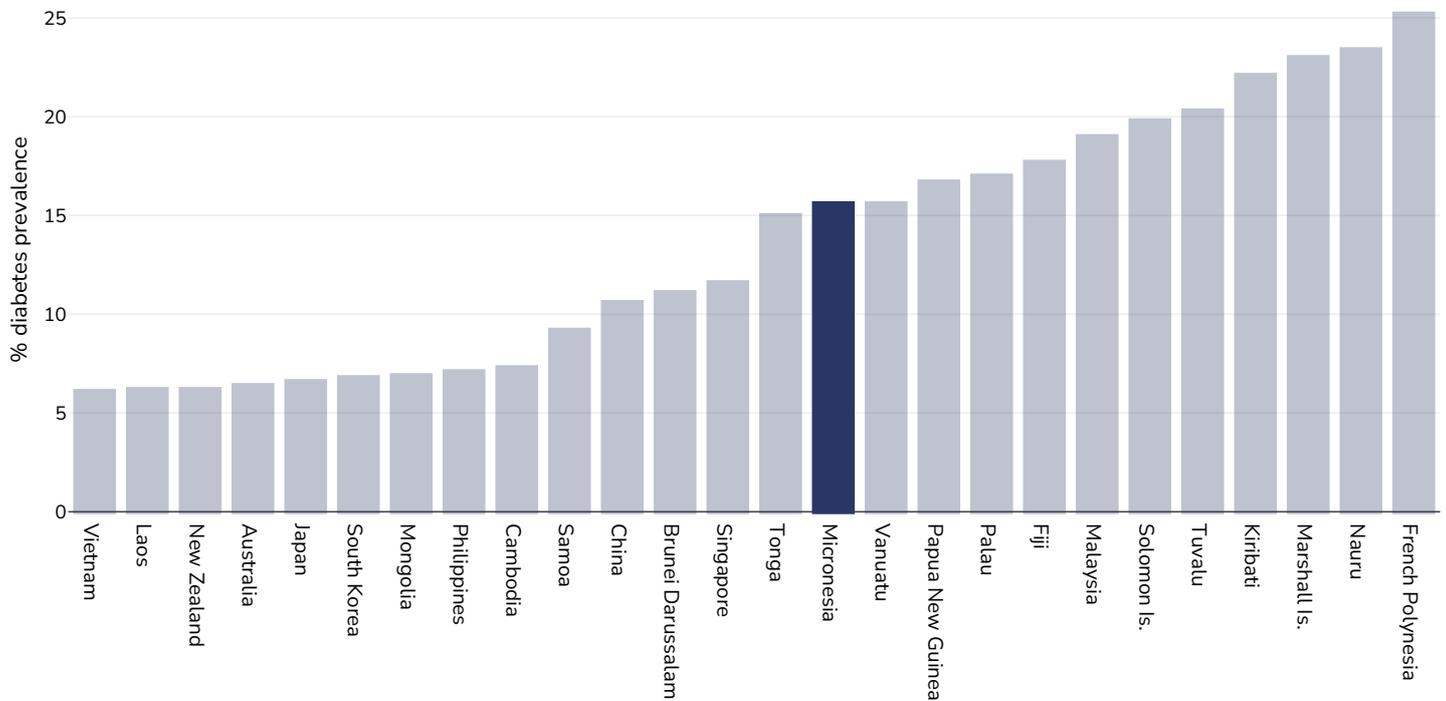


References: Global Health Observatory data repository, World Health Organisation, <http://apps.who.int/gho/data/node.main.A869?lang=en>

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, %

PDF created on June 17, 2025