## Report card
### Federated States of Micronesia

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Obesity prevalence

Adults, 2006

Survey type: Measured
Age: 15-64
Sample size: 2835
Area covered: National
References: Federal States of Micronesia (FSM) STEPS Survey 2006

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

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**

<table>
<thead>
<tr>
<th>Country</th>
<th>Whole Grains (g/day)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mongolia</td>
<td>1</td>
</tr>
<tr>
<td>Papua New Guinea</td>
<td>9</td>
</tr>
<tr>
<td>Kiribati</td>
<td>11</td>
</tr>
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<td>Vanuatu</td>
<td>17</td>
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<td>Micronesia</td>
<td>17</td>
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<tr>
<td>Fiji</td>
<td>23</td>
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<tr>
<td>Marshall Is.</td>
<td>27</td>
</tr>
<tr>
<td>Tonga</td>
<td>30</td>
</tr>
<tr>
<td>China</td>
<td>37</td>
</tr>
<tr>
<td>New Zealand</td>
<td>46</td>
</tr>
<tr>
<td>Solomon Is.</td>
<td>54</td>
</tr>
<tr>
<td>Australia</td>
<td>57</td>
</tr>
<tr>
<td>Malaysia</td>
<td>62</td>
</tr>
<tr>
<td>Brunei Darussalam</td>
<td>66</td>
</tr>
<tr>
<td>Japan</td>
<td>69</td>
</tr>
<tr>
<td>Singapore</td>
<td>70</td>
</tr>
<tr>
<td>South Korea</td>
<td>70</td>
</tr>
<tr>
<td>Philippines</td>
<td>70</td>
</tr>
<tr>
<td>Vietnam</td>
<td>70</td>
</tr>
<tr>
<td>Laos</td>
<td>70</td>
</tr>
<tr>
<td>Cambodia</td>
<td>70</td>
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</table>

**Survey Type:** Measured

**Age:** 25+

**References:** Global Burden of Disease, the Institute for Health Metrics and Evaluation [http://ghdx.healthdata.org/](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
Raised blood pressure

Adults, 2015


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


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


Definitions: % Raised total cholesterol (>= 5.0 mmol/L) (age-standardized estimate).
Women, 2008


Definitions: % Raised total cholesterol (>= 5.0 mmol/L) (age-standardized estimate).
Raised fasting blood glucose

Men, 2014


Definitions: Age Standardised % raised fasting blood glucose (>= 7.0 mmol/L or on medication).
Women, 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).
Diabetes prevalence

Adults, 2017


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

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