



Grenada



Country report card - adults

This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity for adults. 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/grenada-82/>.

Fedmeprævalens

Voksne, 2010-2011



Undersøgelsestype:	Målt
Alder:	25-64
Prævalens størrelse:	1129
Area covered:	National

Referencer:

Grenada STEPS Survey 2010/11

Medmindre andet er angivet, henviser overvægt til en BMI på mellem 25 kg og 29,9 kg/m², fedme henviser til en BMI på mere end 30 kg/m².

Double burden of underweight & overweight

Voksne, 2022



UndersĂ_gelsestype:

MĂ¥lt

Alder:

20+

Referencer:

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](https://doi.org/10.1016/S0140-6736(23)02750-2).

**Noter (kun
tilg ngelige p  
engelsk):**

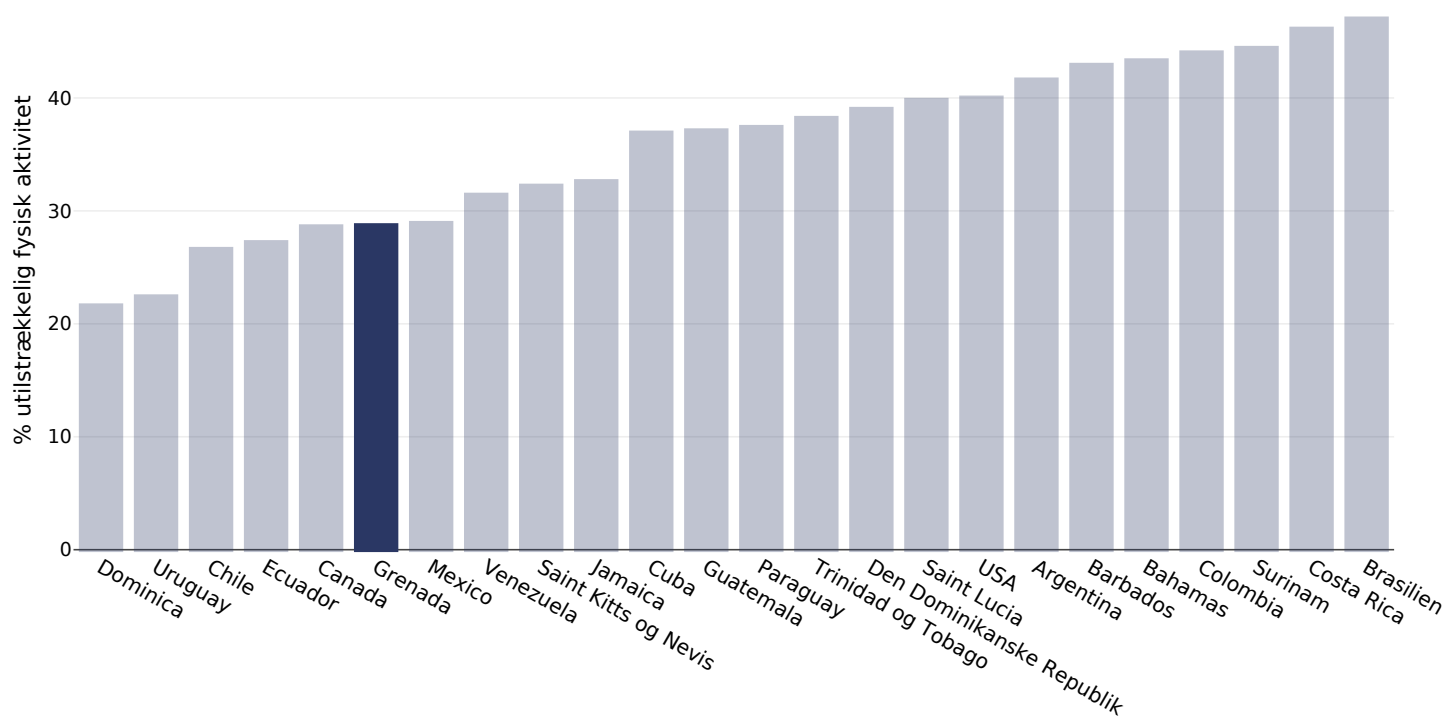
Age Standardised estimates

**Definitioner (kun
tilg ngelig p  
engelsk):**

Combined prevalence of BMI<18.5 kg/m² and BMI≥30 kg/m² (double burden of underweight and obesity)

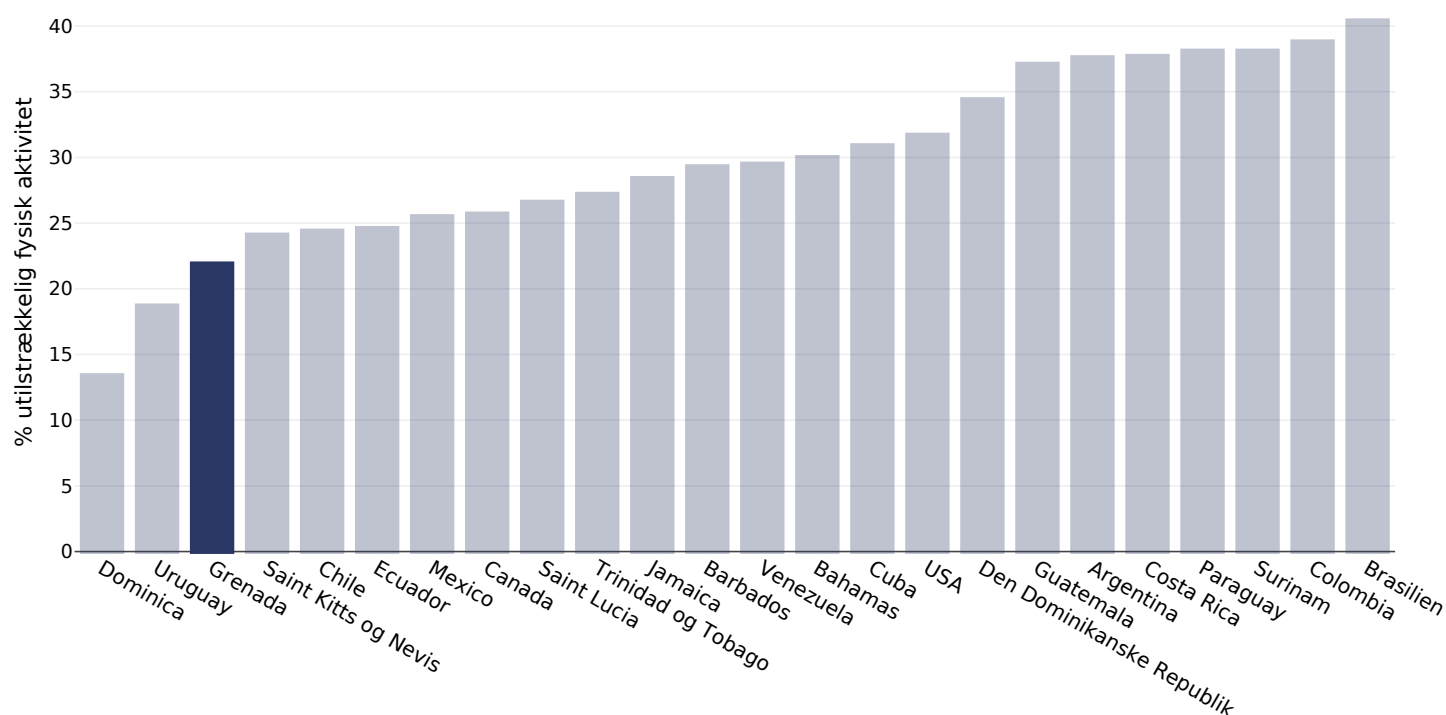
Utilstrækkelig fysisk aktivitet

Voksne, 2016



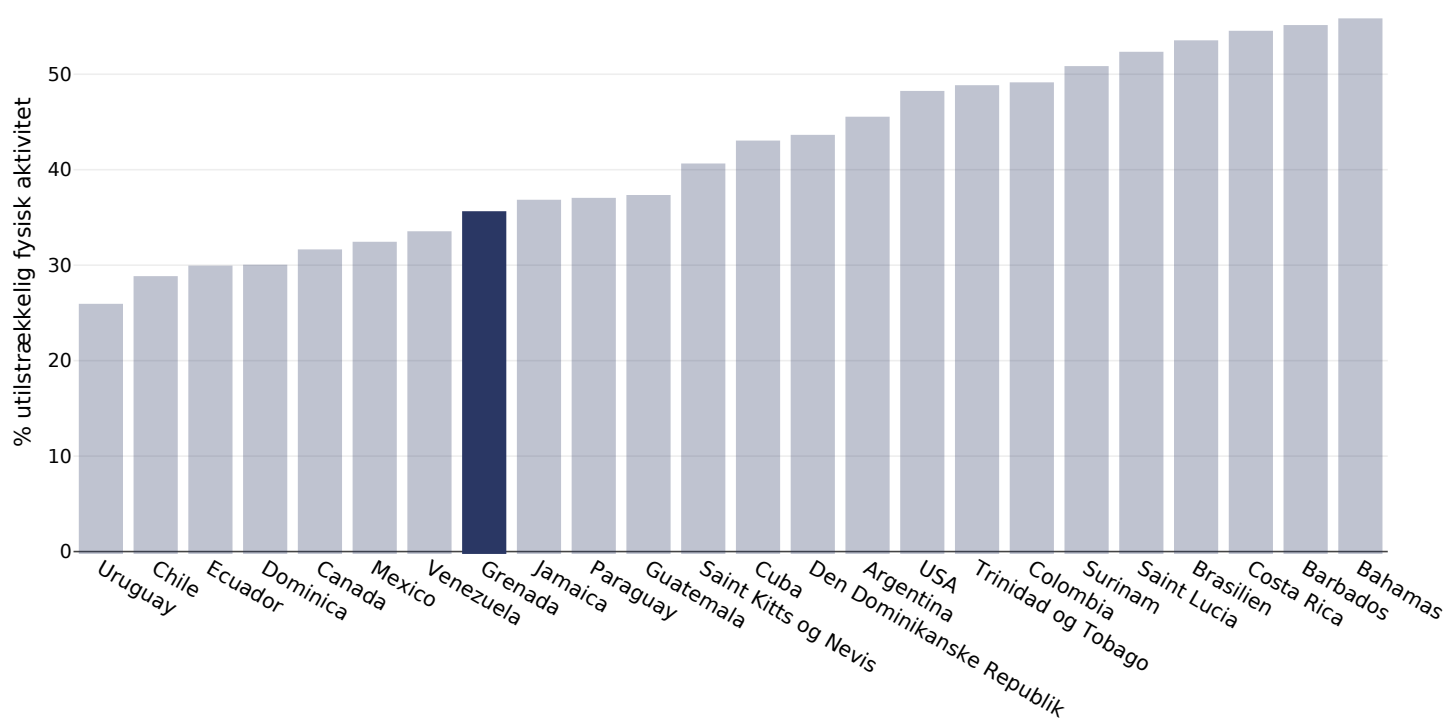
Referencer: Guthold R, Stevens GA, Riley LM, Bull FC. Worldwide trends in insufficient physical activity from 2001 to 2016: a pooled analysis of 358 population-based surveys with 1.9 million participants. Lancet 2018 [http://dx.doi.org/10.1016/S2214-109X\(18\)30357-7](http://dx.doi.org/10.1016/S2214-109X(18)30357-7)

Månd, 2016



Referencer: 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)

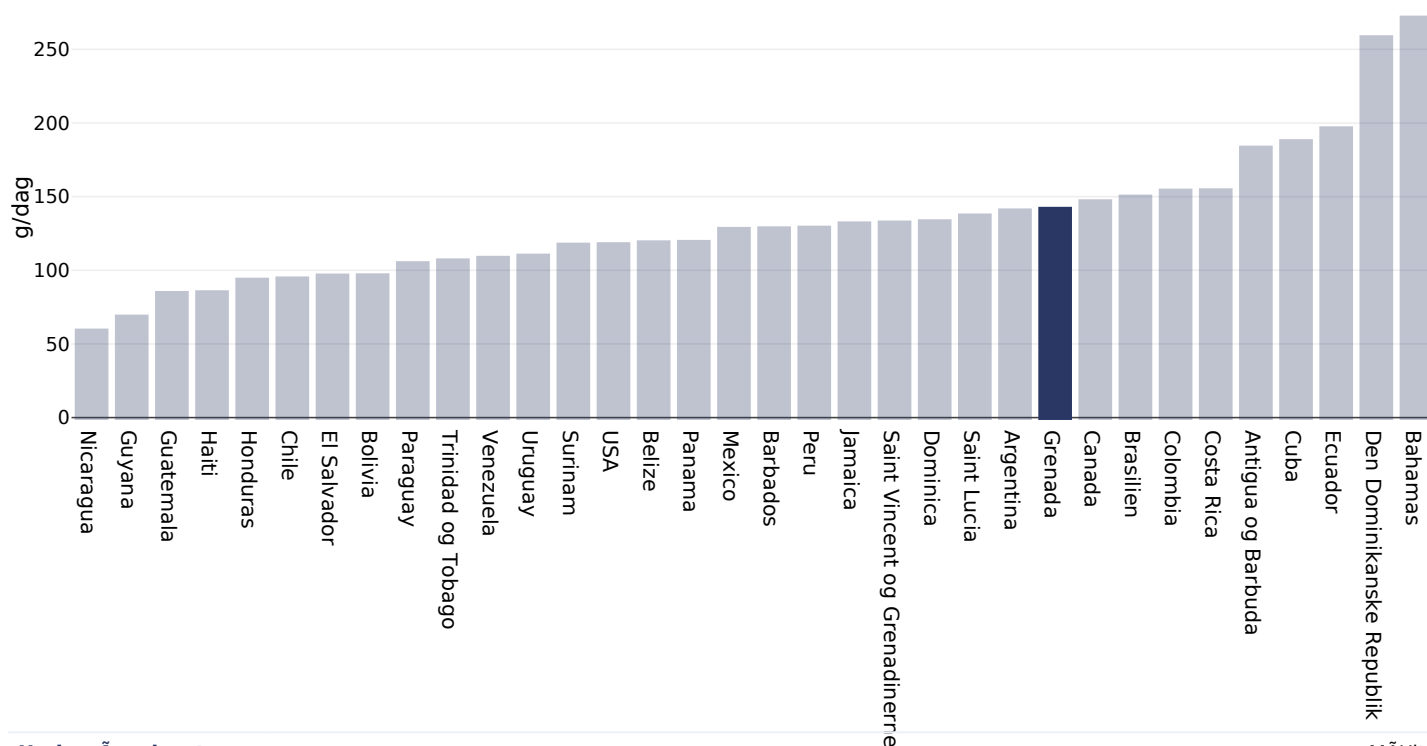
Kvinder, 2016



Referencer: 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

Voksne, 2017



Unders gelsestype:

M lt

Alder:

25+

Referencer:

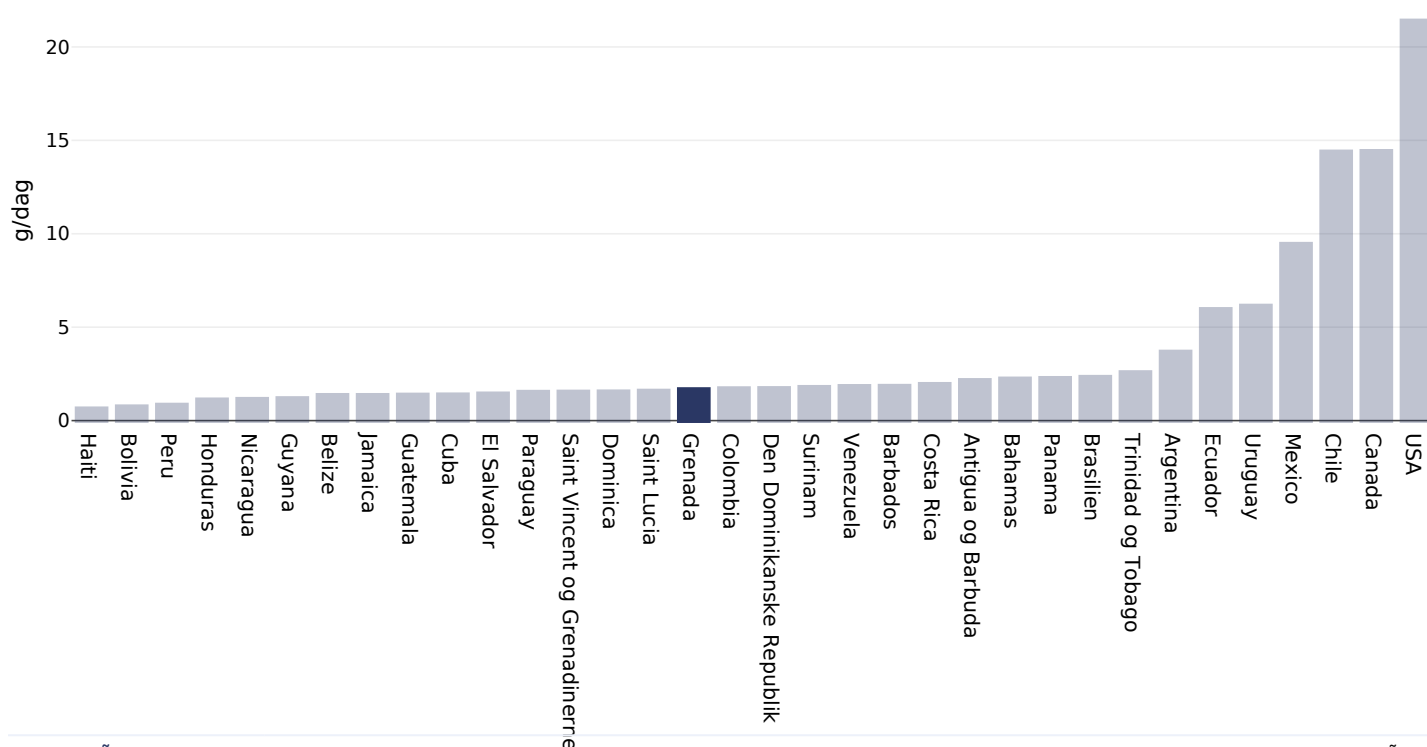
Global Burden of Disease, the Institute for Health Metrics and Evaluation <http://ghdx.healthdata.org/>

Definitioner (kun
tilg ngelig p 
engelsk):

Estimated per-capita fruit intake (g/day)

Ansl  et indtag af forarbejdet k  d pr. indbygger

Voksne, 2017



Unders  gelsestype: M  lt

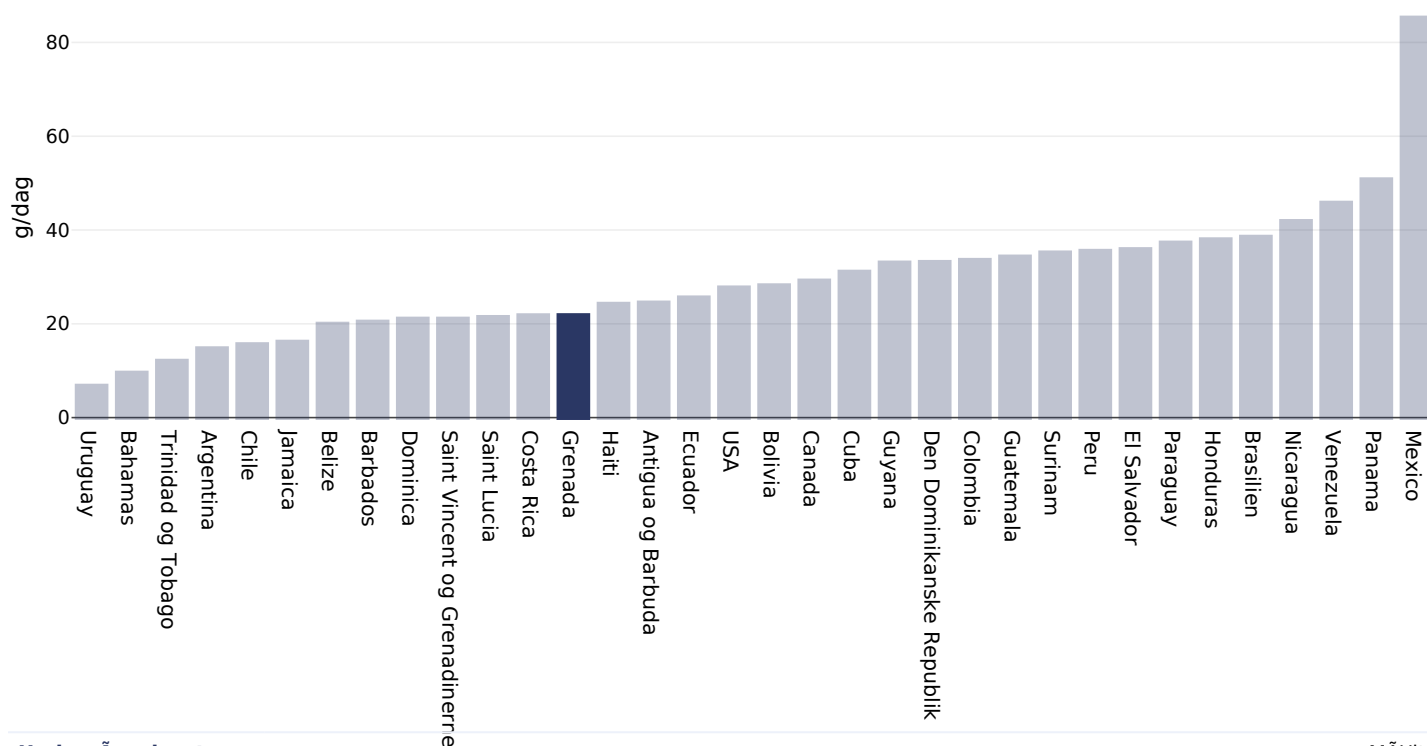
Alder: 25+

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

Definitioner (kun tilg  ngelig p   engelsk): Estimated per-capita processed meat intake (g per day)

Estimated per capita whole grains intake

Voksne, 2017



Unders gelsestype:

M lt

Alder:

25+

Referencer:

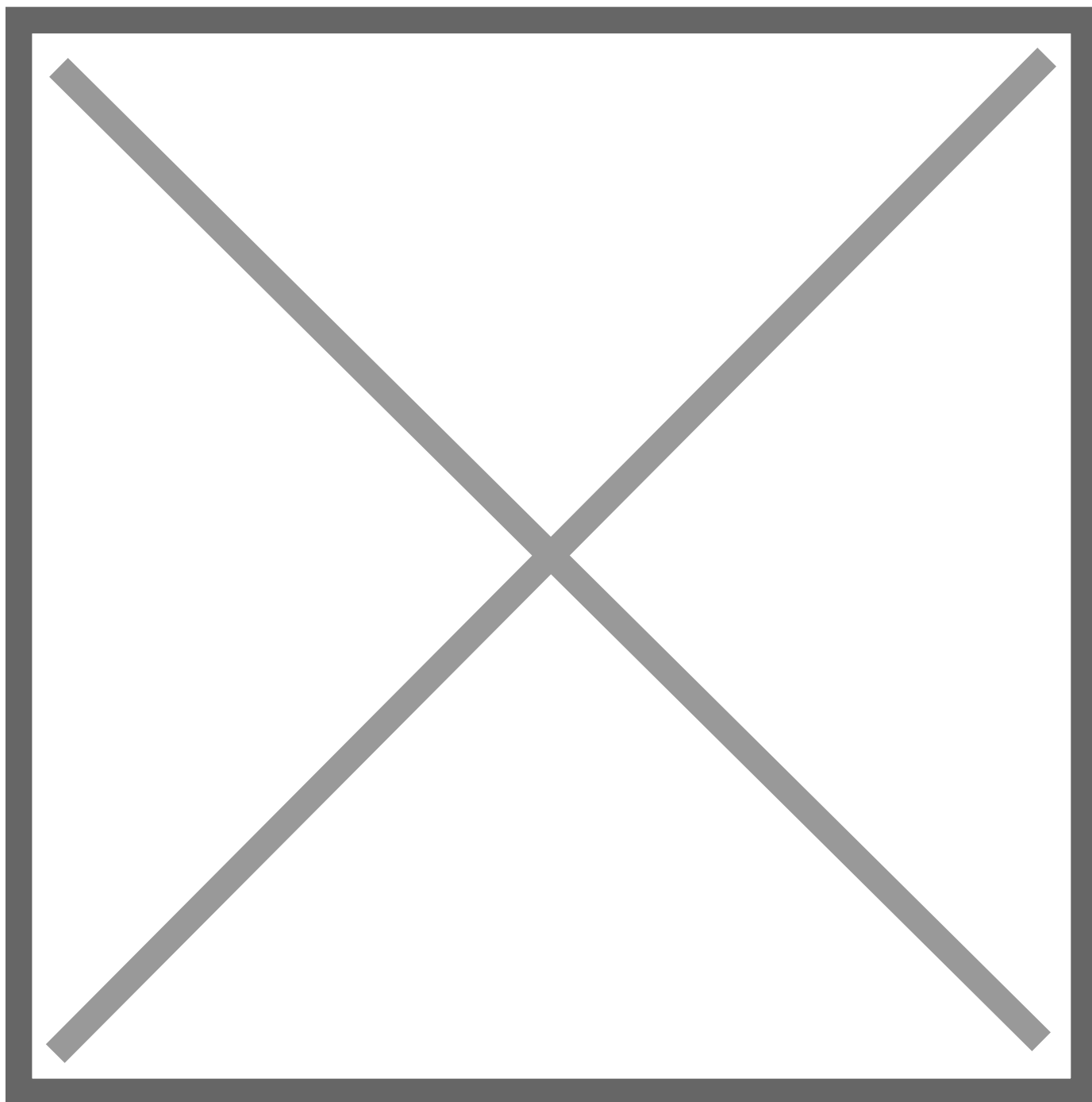
Global Burden of Disease, the Institute for Health Metrics and Evaluation <http://ghdx.healthdata.org/>

Definitioner (kun
tilg ngelig p 
engelsk):

Estimated per-capita whole grains intake (g/day)

Psyisk sundhed og depressionssymptomer

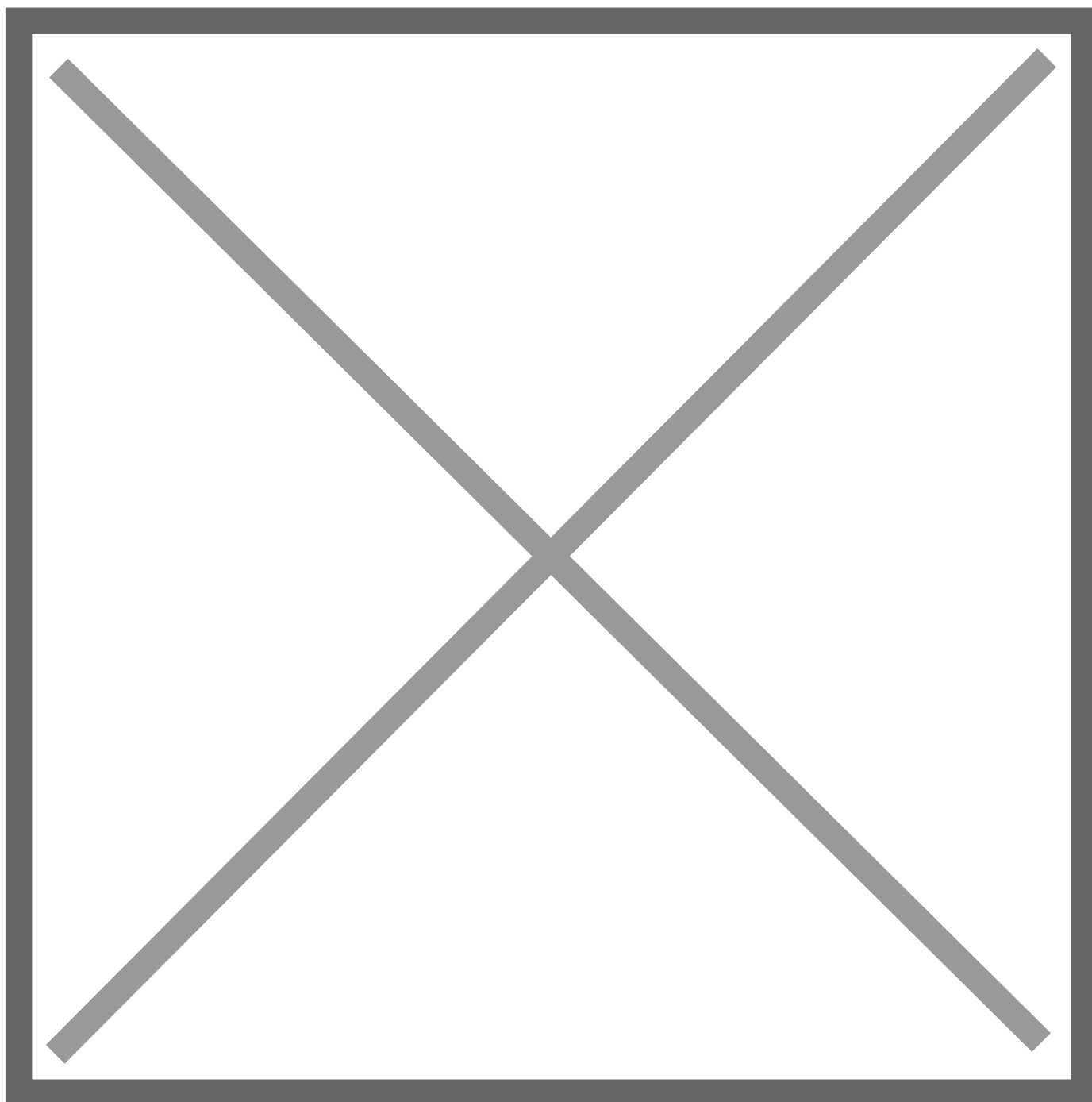
Voksne, 2021

**Alder:** 20+**Area covered:** National**Referencer:** 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)

Definitioner
(kun
tilgængelig
på engelsk):

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

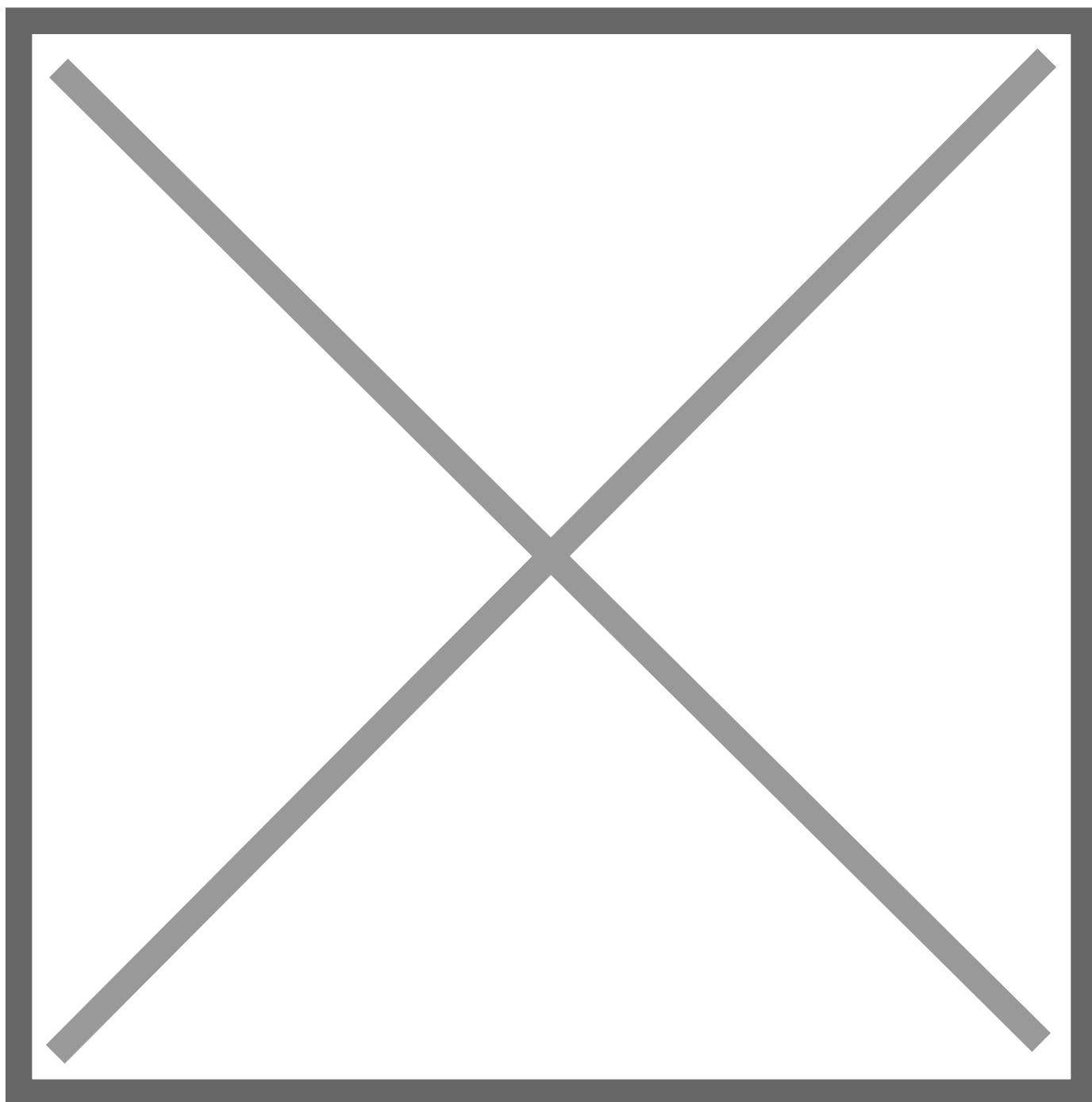
Mānd, 2021

**Alder:** 20+**Area covered:** National**Referencer:** 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)

Definitioner
(kun
tilgængelig
på engelsk):

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

Kvinder, 2021



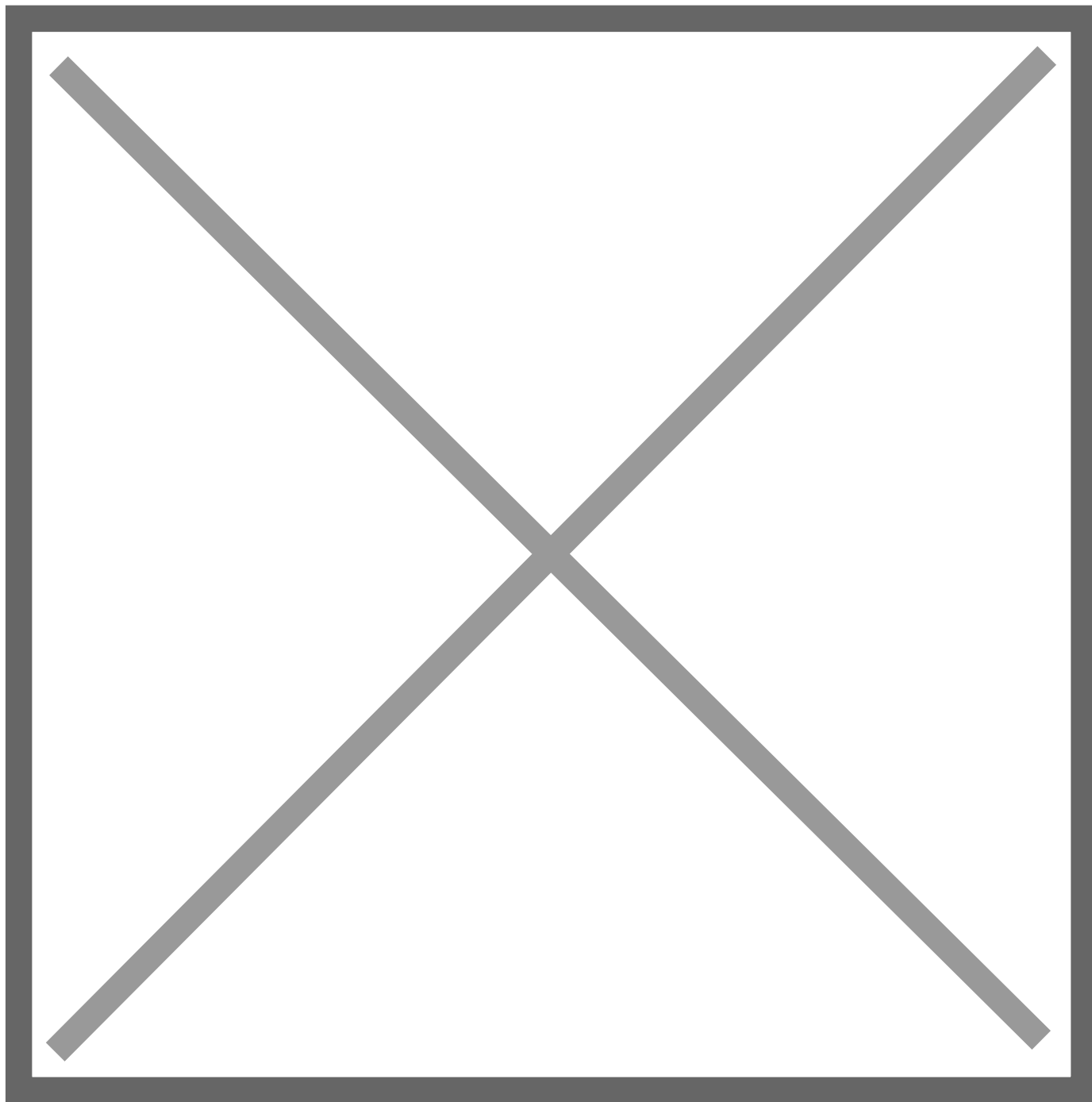
Alder:	20+
Area covered:	National
Referencer:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from http://vizhub.healthdata.org/gbd-compare . (Last accessed 23.04.25)

Definitioner
(kun
tilgængelig
på engelsk):

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

Psyisk sundhed og angstlidelser

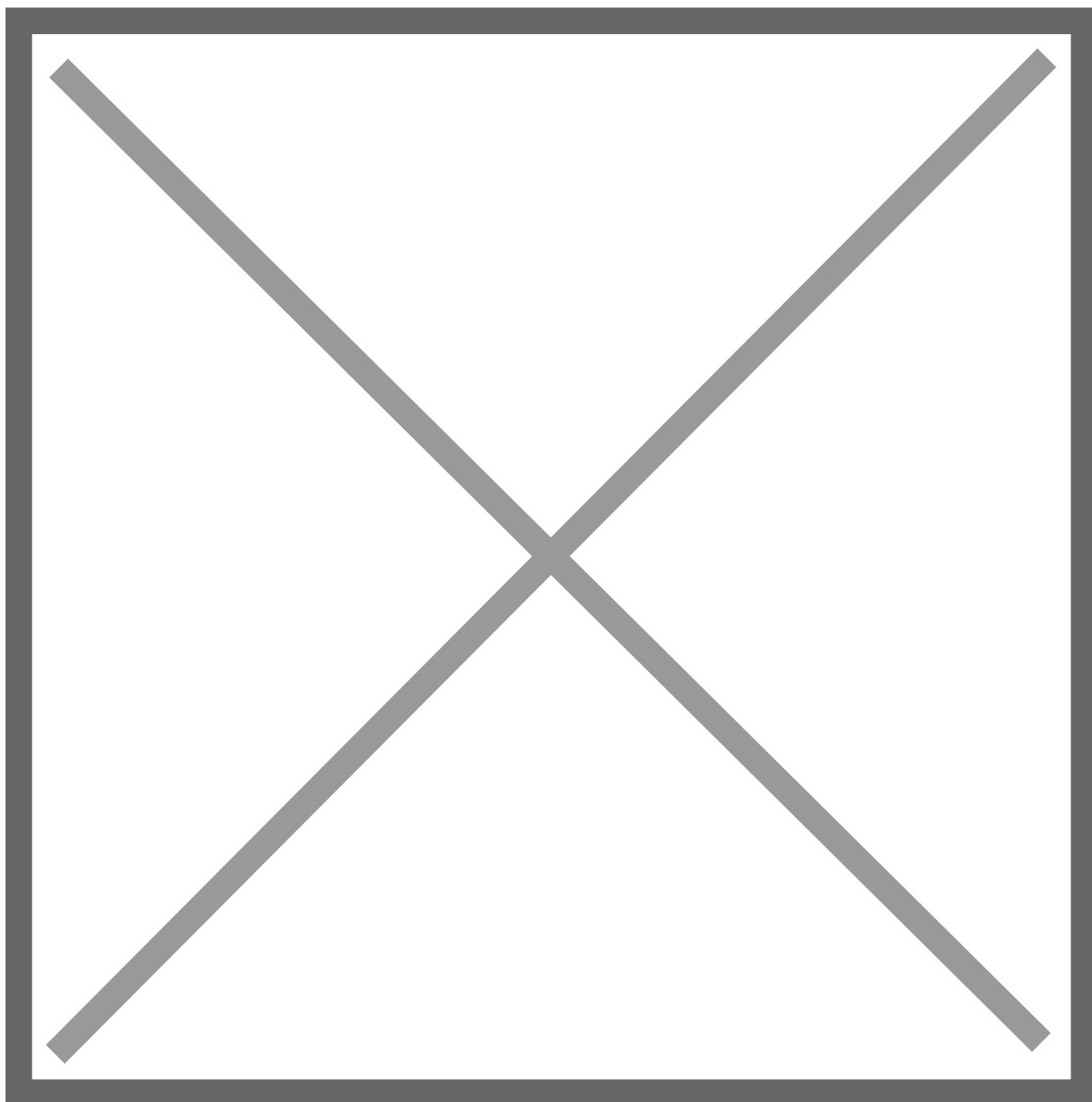
Voksne, 2021

**Alder:** 20+**Referencer:** 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).

Definitioner
(kun
tilgængelig
på engelsk):

Number living with anxiety per 100,000 population

MÃ¡nd, 2021



Alder:	20+
Referencer:	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).
Definitioner (kun tilgÃ¡ngelig pÃ¡ engelsk):	Number living with anxiety per 100,000 population

Kvinder, 2021



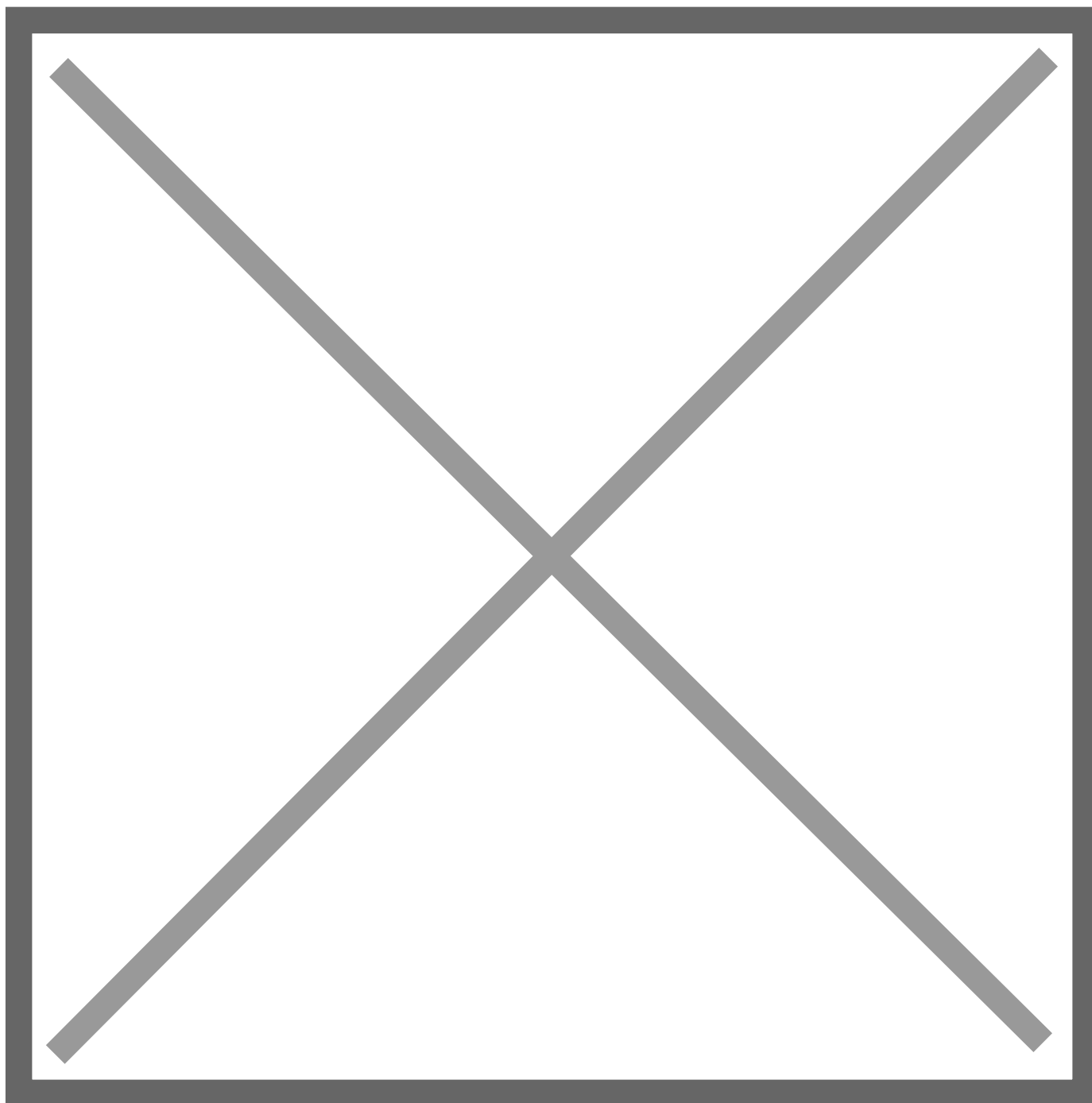
Alder: 20+

Referencer: 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).

Definitioner (kun tilgængelig på engelsk): Number living with anxiety per 100,000 population

Percent of population who cannot afford a healthy diet

Voksne, 2022



Area covered:

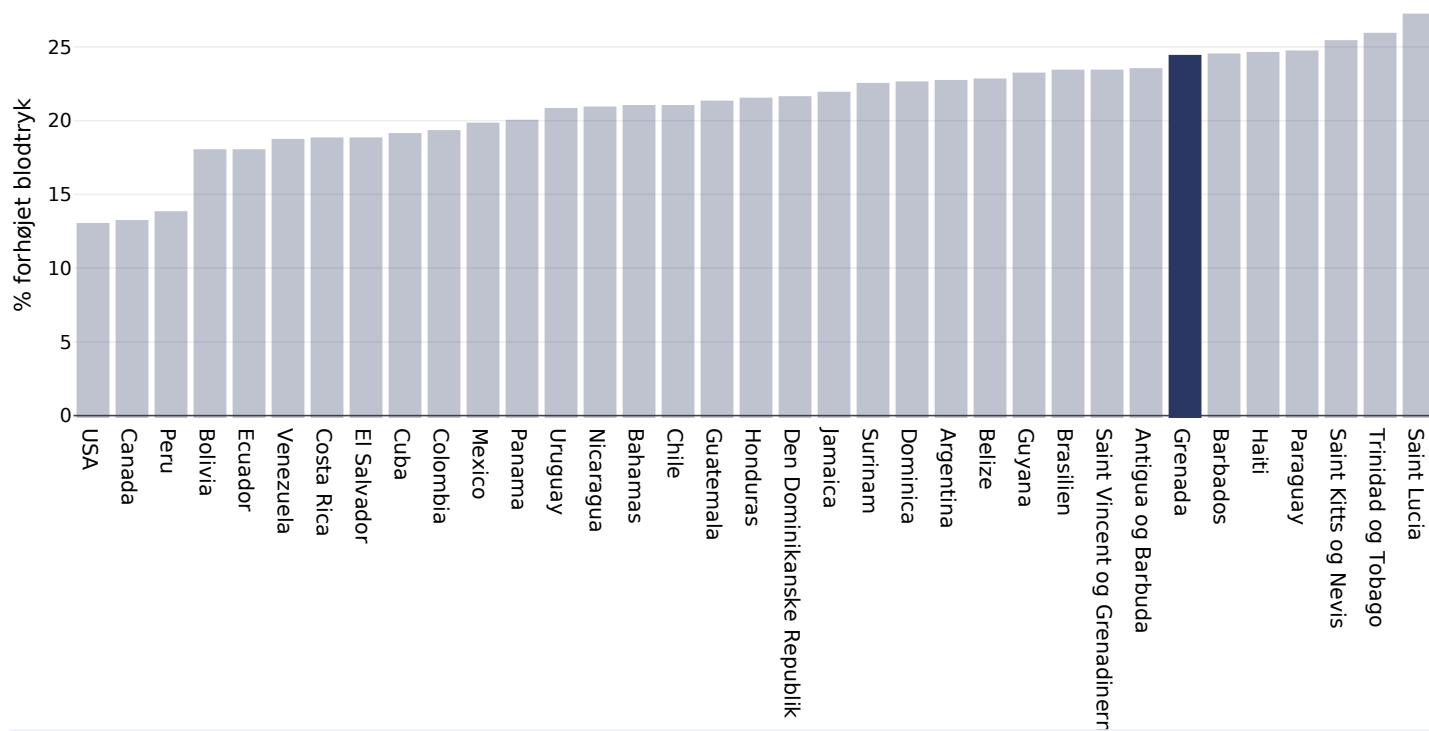
National

Referencer:

The Food Systems Dashboard. The Global Alliance for Improved Nutrition (GAIN), The Columbia Climate School, and Cornell University College of Agriculture and Life Sciences. 2024. Geneva, Switzerland.
<https://www.foodsystemsdashboard.org>. DOI: <https://doi.org/10.36072/db>.

Forhøjet blodtryk

Voksne, 2015



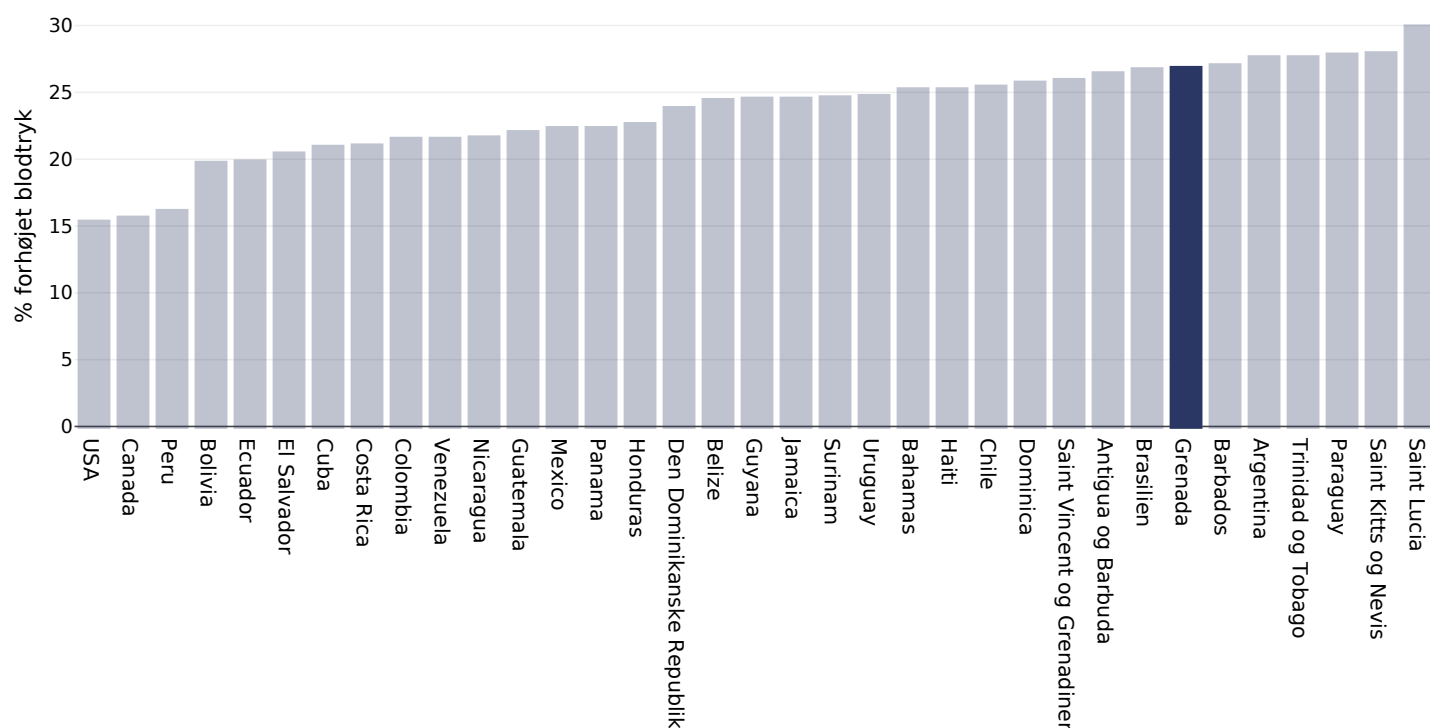
Referencer:

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

**Definitioner
(kun
tilgængelig
på engelsk):**

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

Månd, 2015



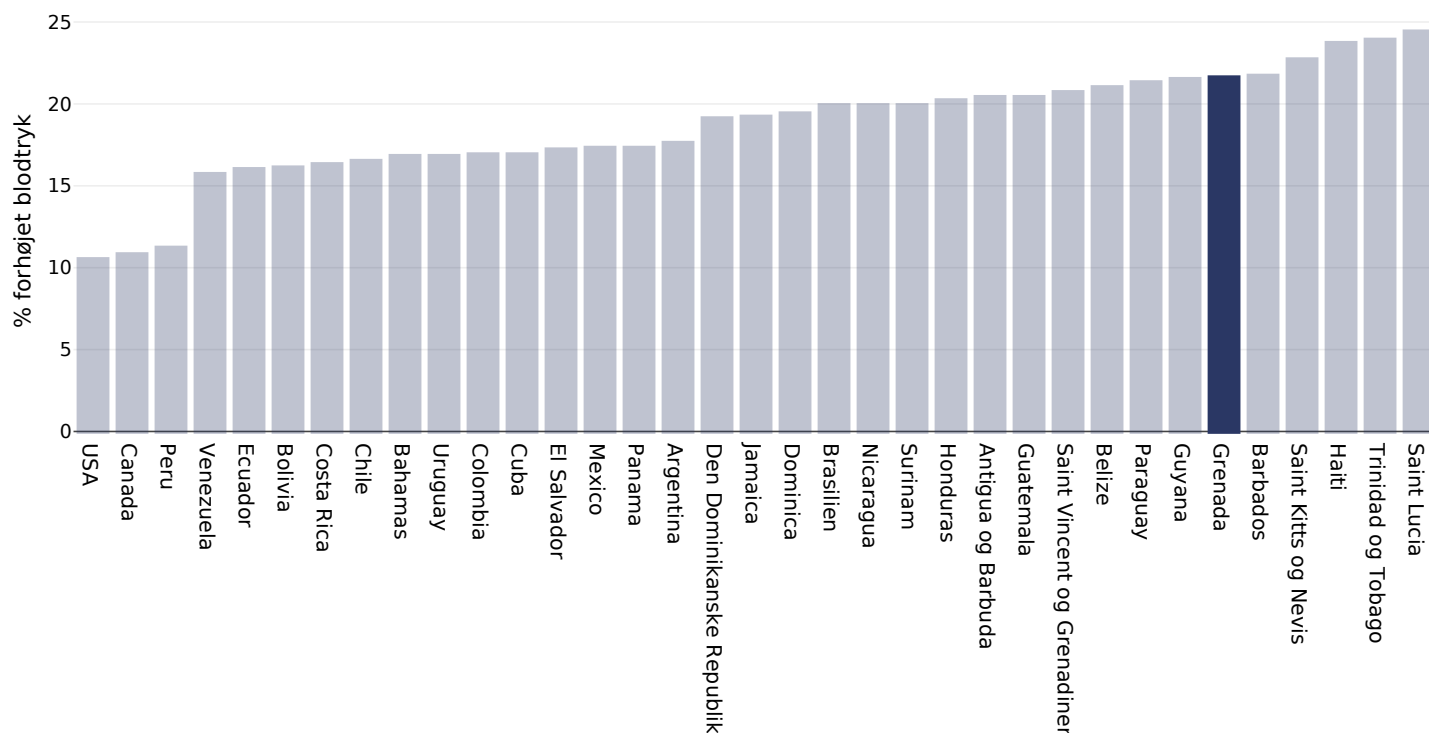
Referencer:

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

Definitioner (kun tilgængelig på engelsk):

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

Kvinder, 2015



Referencer:

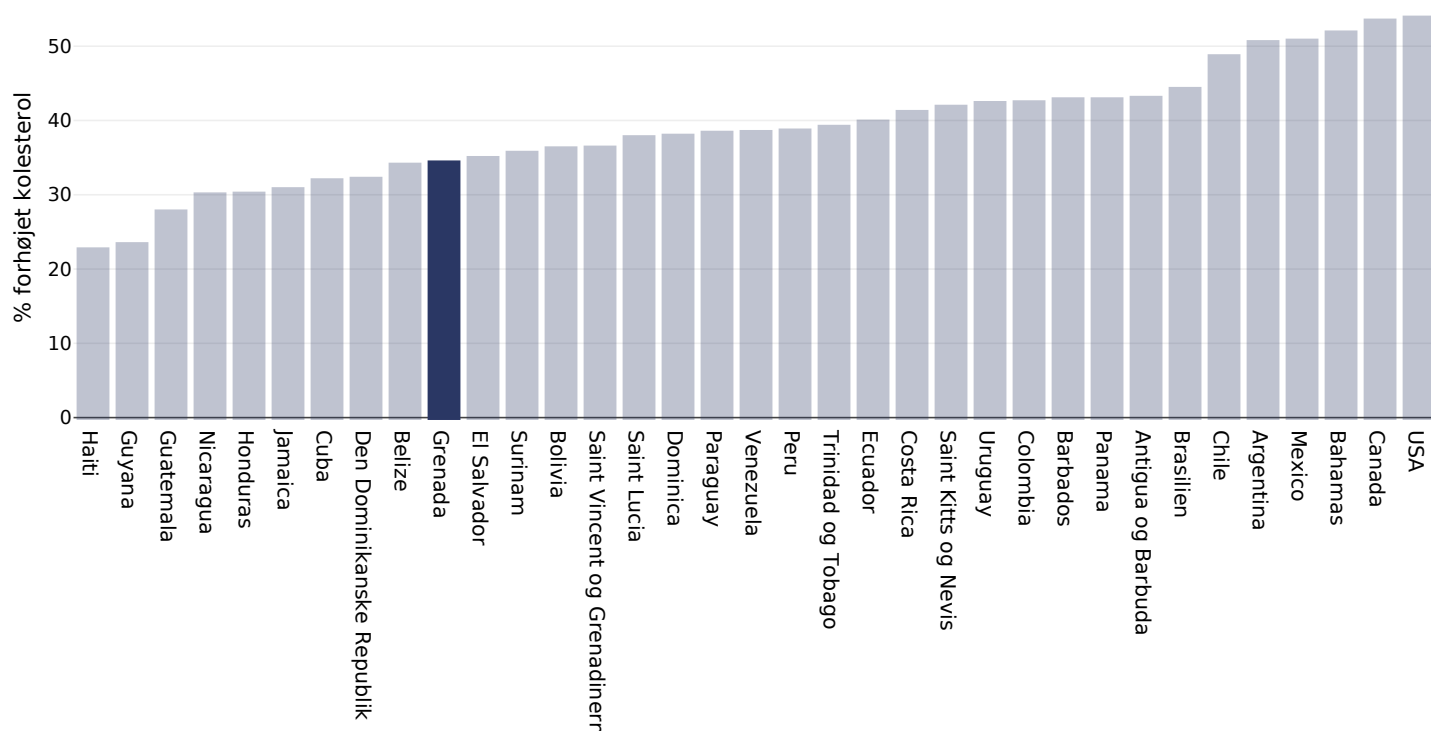
Global Health Observatory data repository, World Health Organisation,
<http://apps.who.int/gho/data/node.main.A875?lang=en>

Definitioner (kun tilgængelig på engelsk):

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

Forhøjet kolesterol

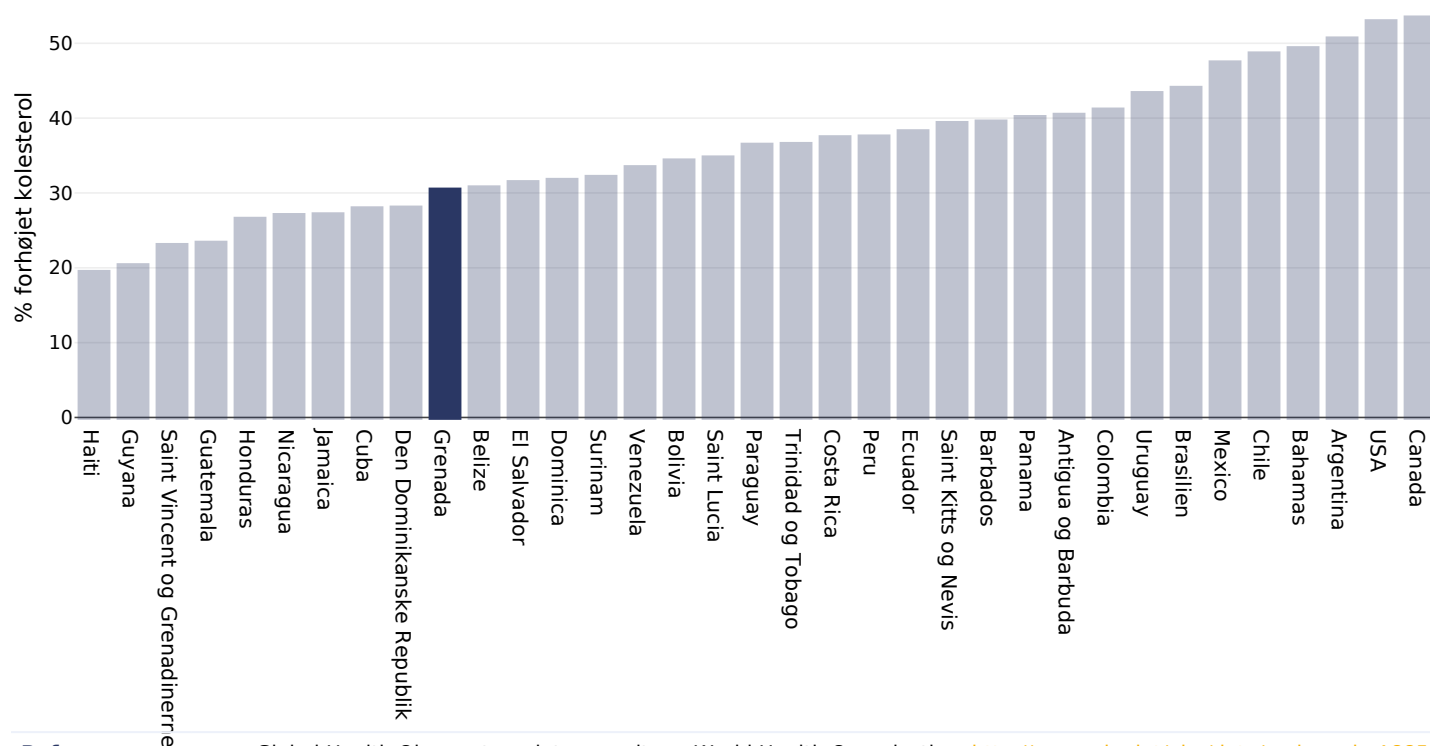
Voksne, 2008



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

Definitioner
(kun tilgængelig på engelsk): % Raised total cholesterol (≥ 5.0 mmol/L) (age-standardized estimate).

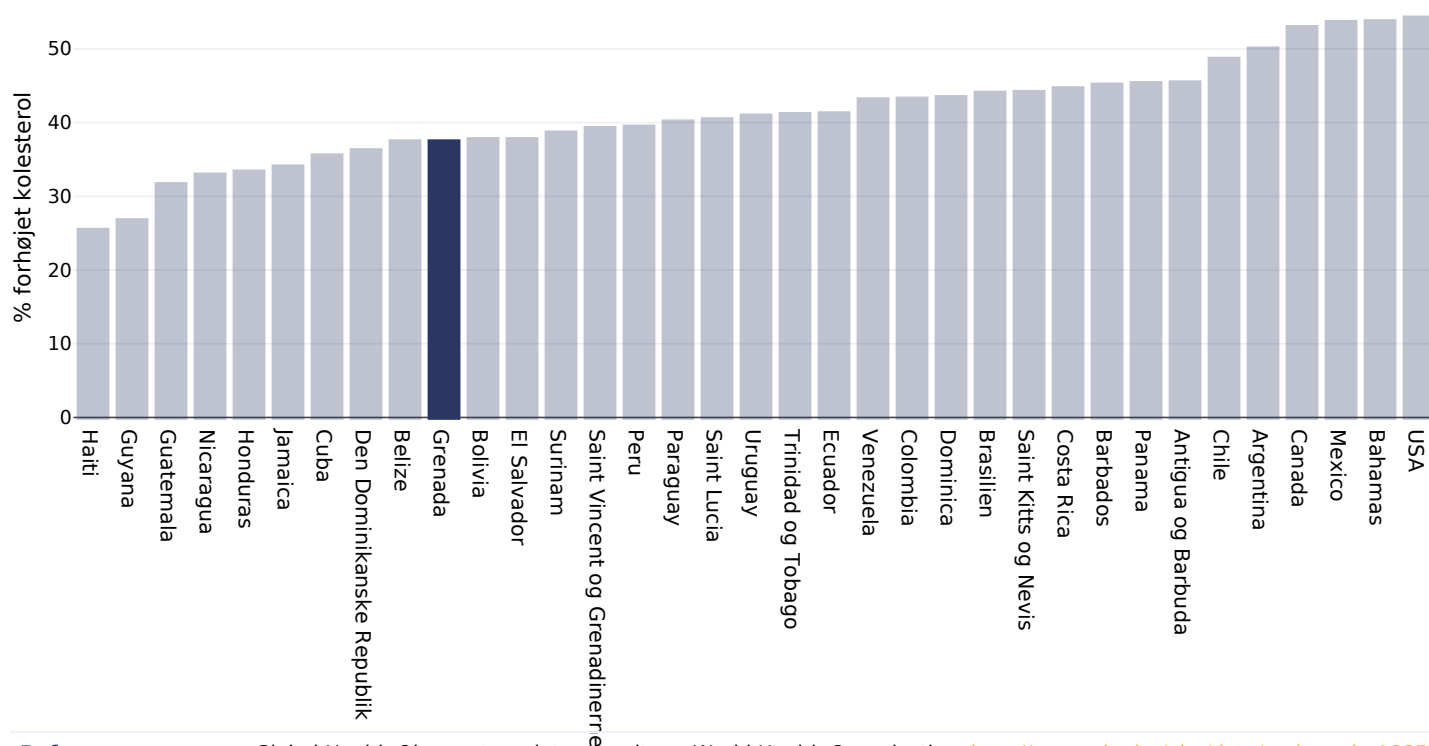
Mål, 2008



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

Definitioner (kun tilgængelig på engelsk): % Raised total cholesterol (≥ 5.0 mmol/L) (age-standardized estimate).

Kvinder, 2008

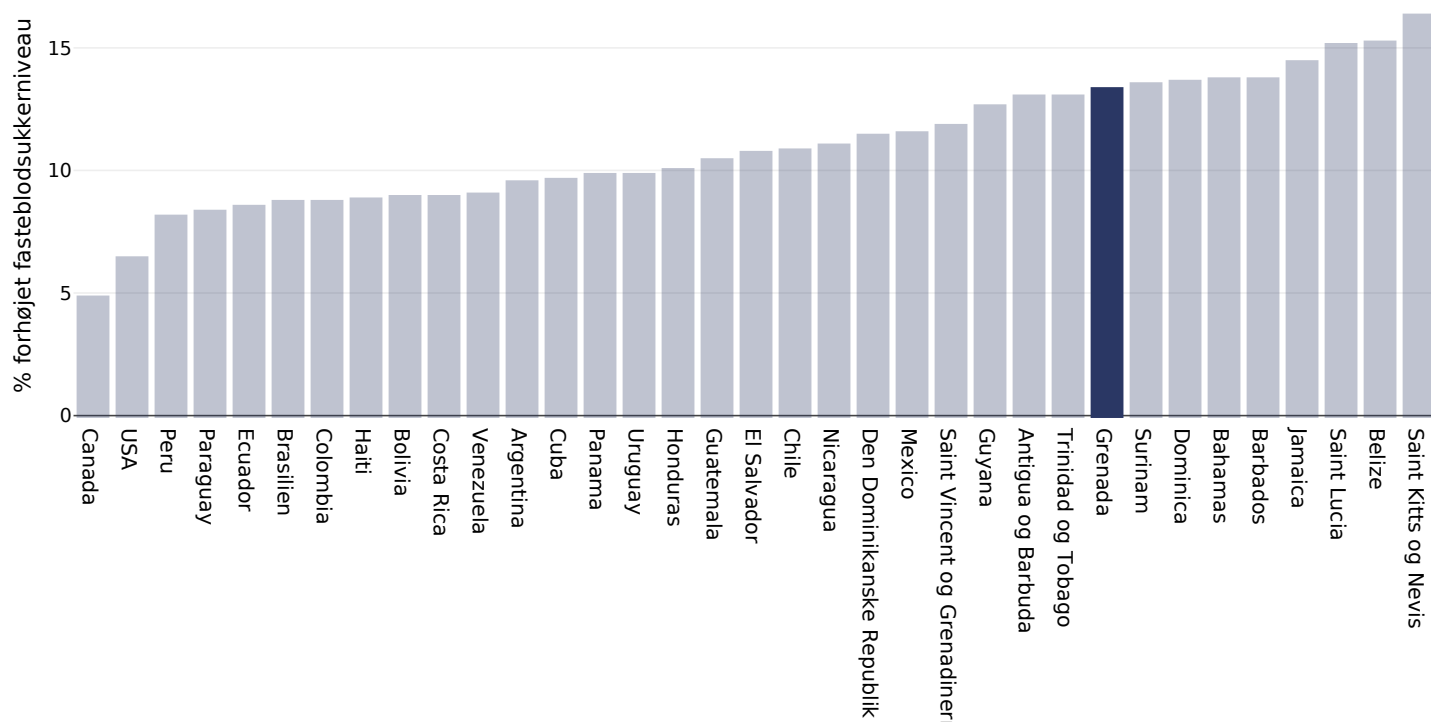


Referencer: Global Health Observatory data repository, World Health Organisation, <http://apps.who.int/gho/data/node.main.A885>

Definitioner (kun tilgængelig på engelsk): % Raised total cholesterol (≥ 5.0 mmol/L) (age-standardized estimate).

Forhøjede fasteblodsukker-niveau

Maj 2014



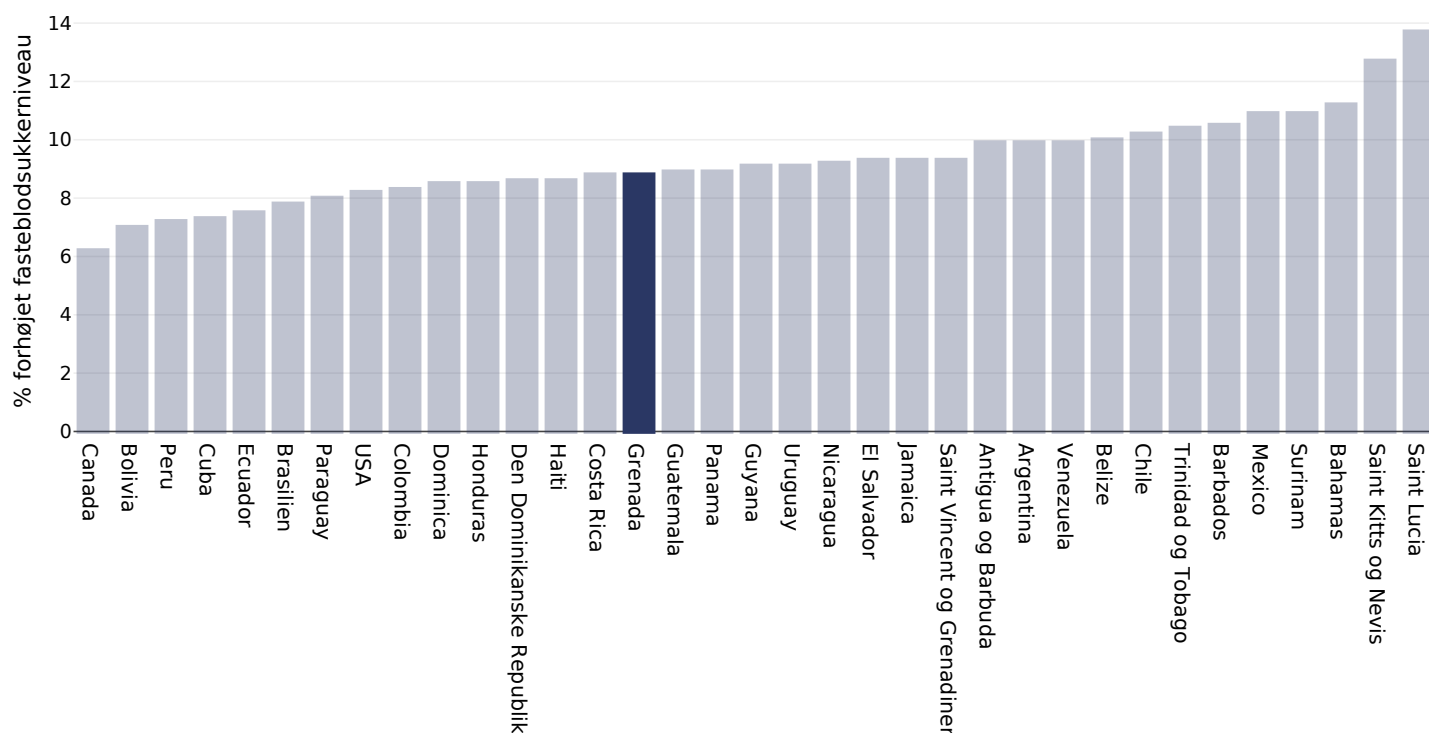
Referencer:

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

**Definitioner
(kun
tilgængelig
på engelsk):**

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

Kvinder, 2014



Referencer:

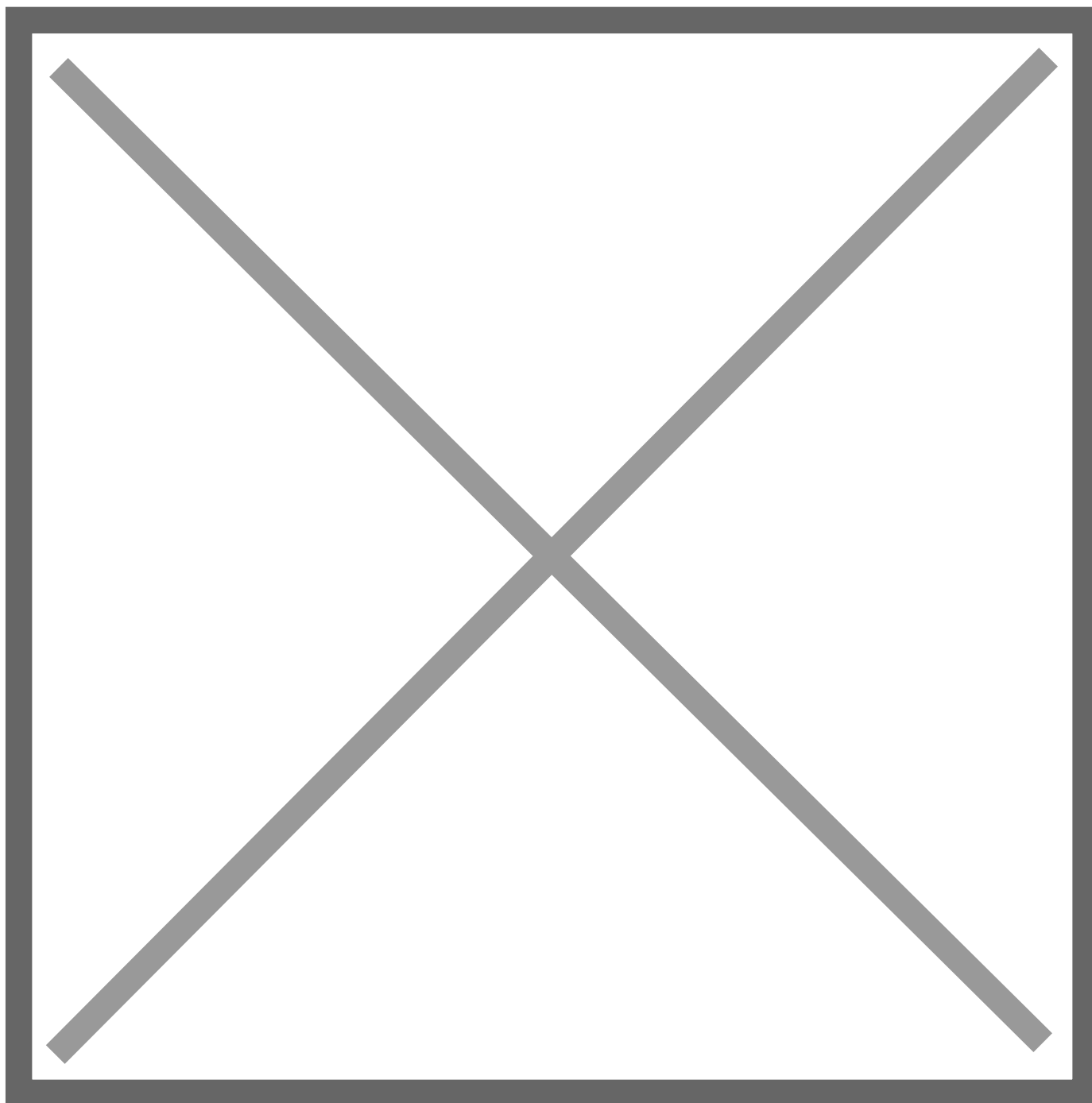
Global Health Observatory data repository, World Health Organisation,
<http://apps.who.int/gho/data/node.main.A869?lang=en>

Definitioner (kun tilgængelig på engelsk):

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

Diabetesprevalens

Voksne, 2024

**Referencer:**

Reproduced with kind permission International Diabetes Federation. IDF Diabetes Atlas, 11th edn. Brussels, Belgium:International Diabetes Federation, 2025. <http://www.diabetesatlas.org>

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