Drivers
Guatemala

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Insufficient physical activity

Adults, 2016

Men, 2016

Women, 2016

Children, 2016

Survey type: Self-reported

Age: 11-17


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)
% insufficient physical activity

Survey type: Self-reported
Age: 11-17
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.A893AD0?lang=en](https://apps.who.int/gho/data/node.main.A893AD0?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

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>Guatemala</td>
<td>0</td>
</tr>
<tr>
<td>Guyana</td>
<td>10</td>
</tr>
<tr>
<td>Suriname</td>
<td>20</td>
</tr>
<tr>
<td>Jamaica</td>
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<td>Grenada</td>
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<tr>
<td>El Salvador</td>
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<td>Peru</td>
<td>60</td>
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<td>Chile</td>
<td>70</td>
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<tr>
<td>Belize</td>
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<tr>
<td>Uruguay</td>
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<td>Bolivia</td>
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<td>Dominica</td>
<td>110</td>
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<td>Antigua &amp; Barbuda</td>
<td>120</td>
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<tr>
<td>Argentina</td>
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<td>Honduras</td>
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<td>Costa Rica</td>
<td>150</td>
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<tr>
<td>St. Kitts &amp; Nevis</td>
<td>160</td>
</tr>
<tr>
<td>Bahamas</td>
<td>170</td>
</tr>
<tr>
<td>Trinidad &amp; Tobago</td>
<td>180</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

Age: 12-17

Estimated per-capita processed meat intake

Adults, 2017

Survey type: Measured

Age: 25+


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, 1998-2019

Area covered: National


Definitions: % exclusively breastfed 0-5 months

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