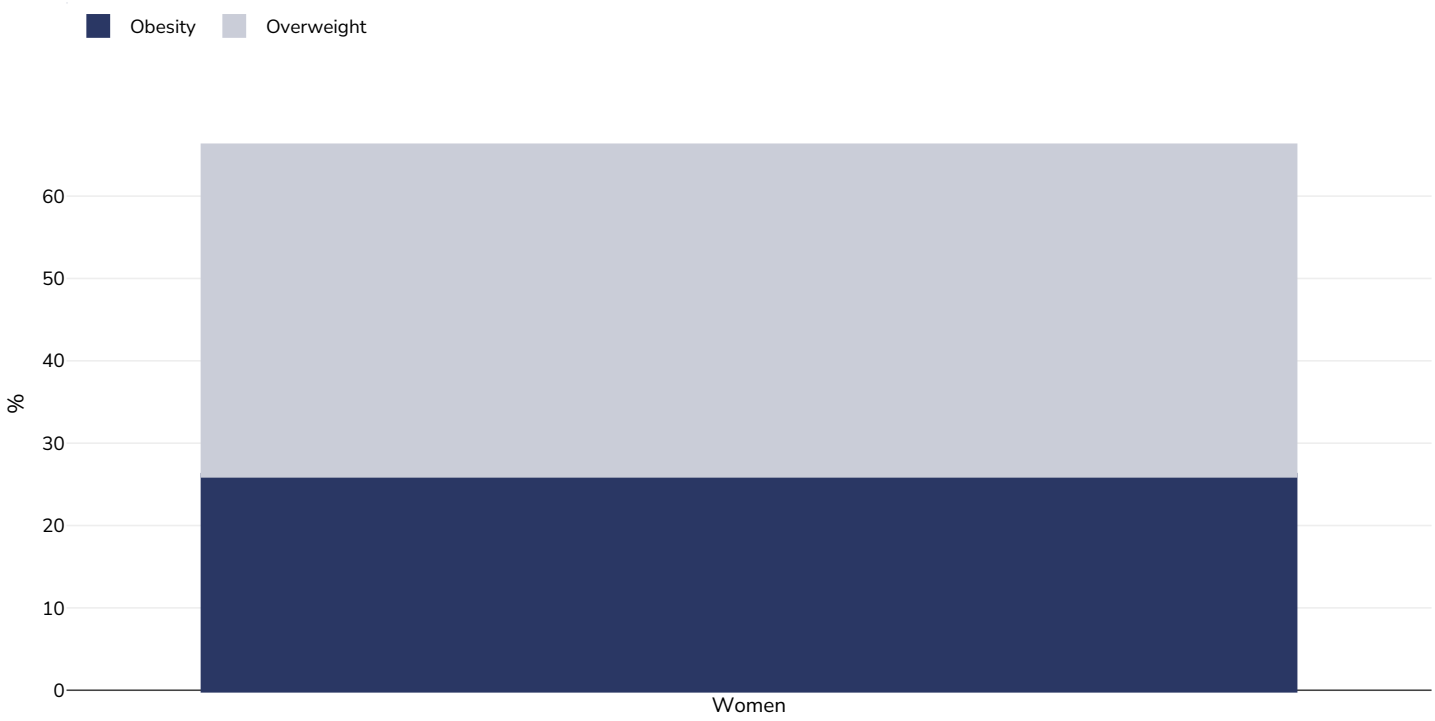
Report card
Guatemala

Obesity prevalence

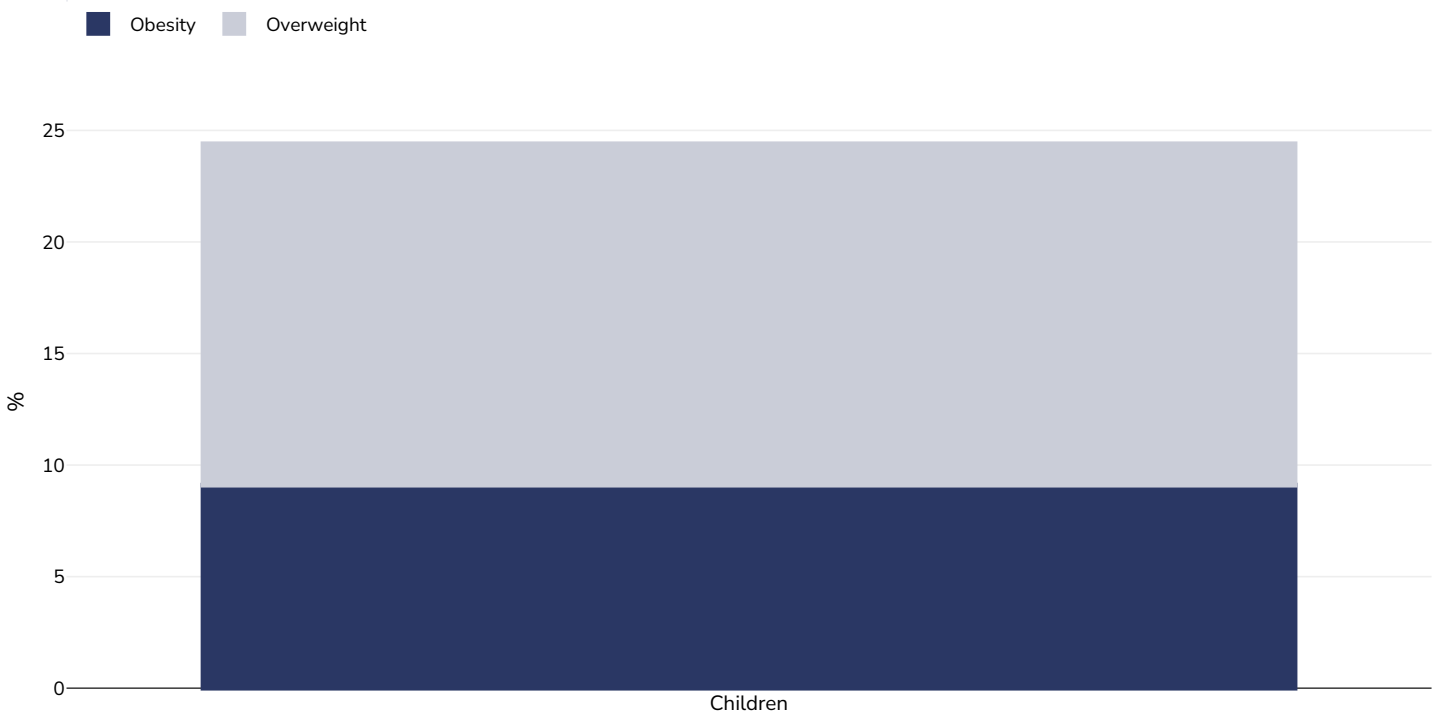
Women, 2017



Survey type:	Measured
Age:	15-49
Sample size:	1182
Area covered:	National
References:	Pickens, C. M., Flores-Ayala, R., Addo, O. Y., Whitehead, R. D., Jr, Palmieri, M., Ramirez-Zea, M., Hong, Y., & Jefferds, M. E. (2020). Prevalence and Predictors of High Blood Pressure Among Women of Reproductive Age and Children Aged 10 to 14 Years in Guatemala. Preventing chronic disease, 17, E66. https://doi.org/10.5888/pcd17.190403
Notes:	Non-pregnant women

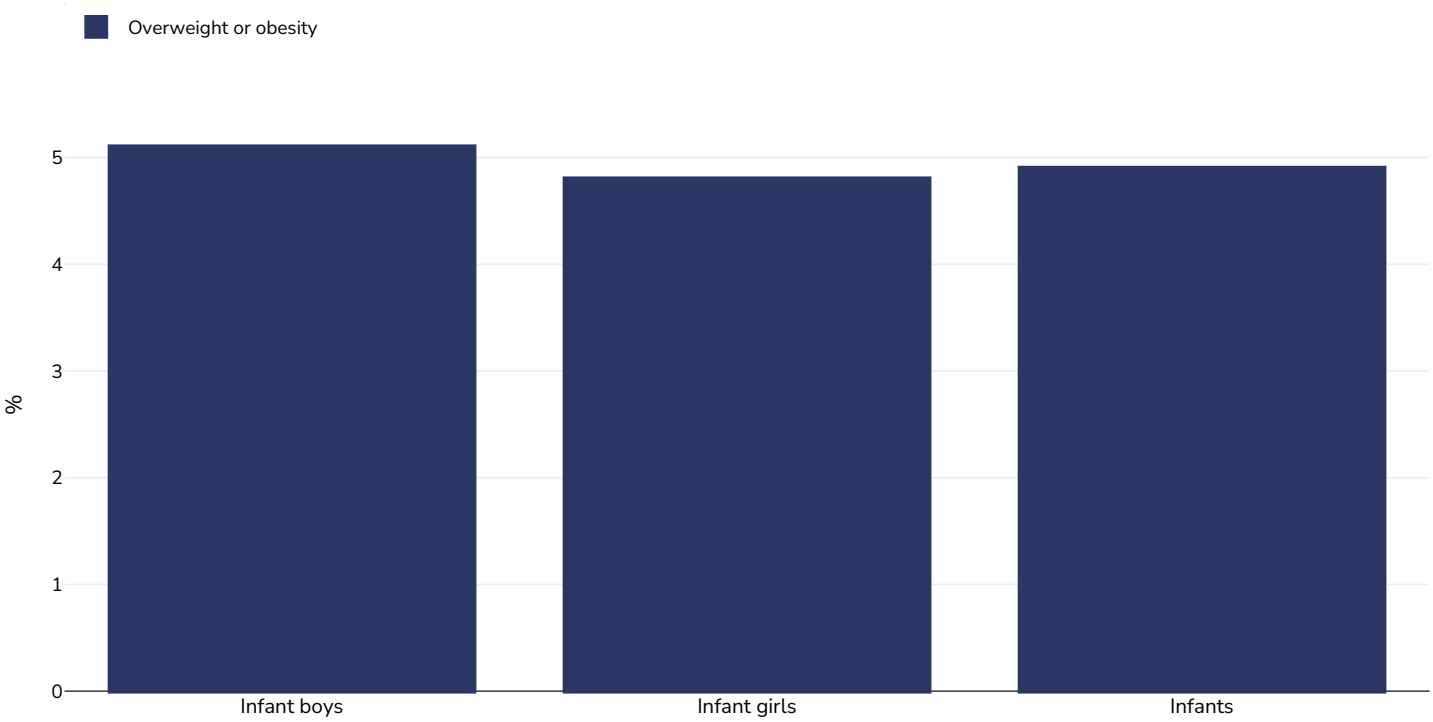
Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².

Children, 2017



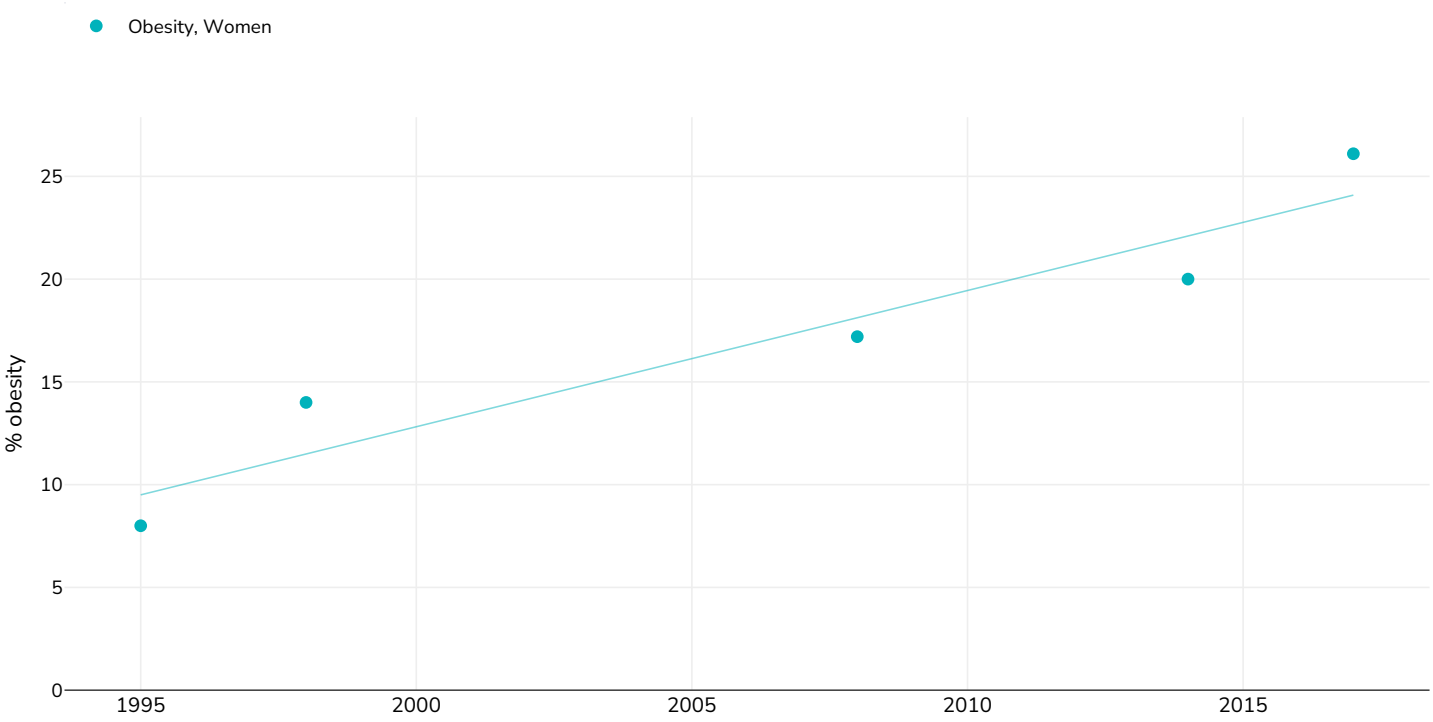
Survey type:	Measured
Age:	10-14
Sample size:	560
Area covered:	National
References:	Pickens, C. M., Flores-Ayala, R., Addo, O. Y., Whitehead, R. D., Jr, Palmieri, M., Ramirez-Zea, M., Hong, Y., & Jefferds, M. E. (2020). Prevalence and Predictors of High Blood Pressure Among Women of Reproductive Age and Children Aged 10 to 14 Years in Guatemala. Preventing chronic disease, 17, E66. https://doi.org/10.5888/pcd17.190403
Notes:	Small sample size.
Cutoffs:	WHO 2007

Infants, 2014-2015



Age:	0-5
Sample size:	12585
References:	DHS: Encuesta Nacional de Salud Materno Infantil 2014-2015. Ciudad de Guatemala, Guatemala, 2015.
Notes:	UNICEF/WHO/World Bank Joint Child Malnutrition Estimates Expanded Database: Overweight (Survey Estimates), May 2023, New York. For more information about the methodology, please consult https://data.unicef.org/resources/jme-2023-country-consultations/ Percentage of children under 5 years of age falling above 2 standard deviations (moderate and severe) from the median weight-for-height of the reference population.
Definitions:	=>+2SD

% Adults living with obesity, 1995-2017

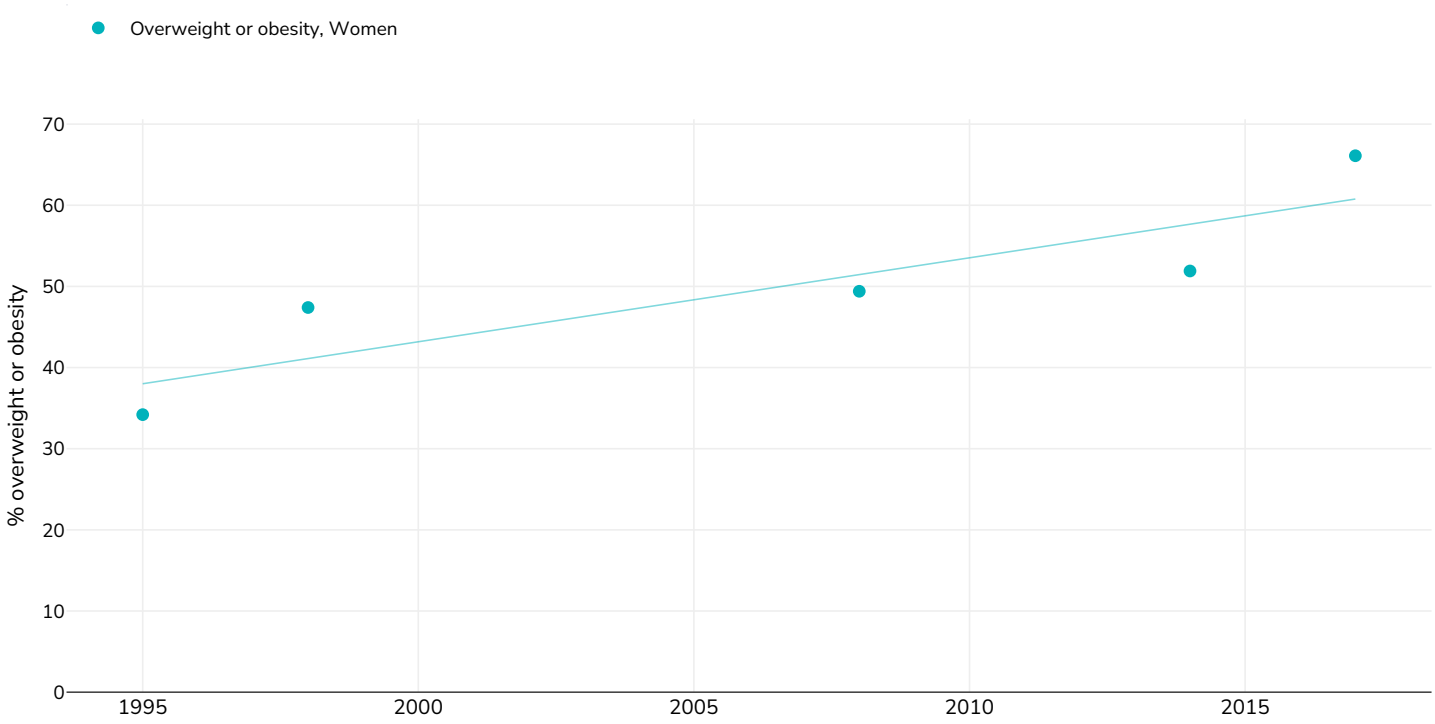


Survey type:	Measured
References:	1995: Martorell R, Khan LK, Hughes ML, Grummer Strawn LM. Obesity in women from developing countries. EJCN (2000) 54;247-252 1998: Instituto Nacional de Estadística - INE/Guatemala and Macro International. 1999. Guatemala Encuesta Nacional de Salud Materno Infantil 1998-1999. Calverton, Maryland, USA: Instituto Nacional de Estadística - INE/Guatemala and Macro International. 2008: Ramirez-Zea M, Kroker-Lobos MF, Close-Fernandez R, Kanter R. The double burden of malnutrition in indigenous and nonindigenous Guatemalan populations. Am J Clin Nutr. 2014 Dec;100(6):1644S-51S. doi: 10.3945/ajcn.114.083857 2014: Ministerio de Salud Pública y Asistencia Social - MSPAS/Guatemala, Instituto Nacional de Estadística - INE/Guatemala, Secretaría de Planificación y Programación del la Presidencia - Segeplán/Guatemala and ICF International. 2017. Encuesta Nacional de Salud Materno Infantil 2014-2015: Informe Final. Rockville, Maryland, USA: MSPAS, INE, Segeplán and ICF International. 2017: Pickens, C. M., Flores-Ayala, R., Addo, O. Y., Whitehead, R. D., Jr, Palmieri, M., Ramirez-Zea, M., Hong, Y., & Jefferds, M. E. (2020). Prevalence and Predictors of High Blood Pressure Among Women of Reproductive Age and Children Aged 10 to 14 Years in Guatemala. Preventing chronic disease, 17, E66. https://doi.org/10.5888/pcd17.190403

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

Different methodologies may have been used to collect this data and so data from different surveys may not be strictly comparable. Please check with original data sources for methodologies used.

% Adults living with overweight or obesity, 1995-2017



Survey type:	Measured

References:

1995: Martorell R, Khan LK, Hughes ML, Grummer Strawn LM. Obesity in women from developing countries. EJCN (2000) 54;247-252

1998: Instituto Nacional de Estadística - INE/Guatemala and Macro International. 1999. Guatemala Encuesta Nacional de Salud Materno Infantil 1998-1999. Calverton, Maryland, USA: Instituto Nacional de Estadística - INE/Guatemala and Macro International.

2008: Ramirez-Zea M, Kroker-Lobos MF, Close-Fernandez R, Kanter R. The double burden of malnutrition in indigenous and nonindigenous Guatemalan populations. Am J Clin Nutr. 2014 Dec;100(6):1644S-51S. doi: 10.3945/ajcn.114.083857

2014: Ministerio de Salud Pública y Asistencia Social - MSPAS/Guatemala, Instituto Nacional de Estadística - INE/Guatemala, Secretaría de Planificación y Programación del la Presidencia - Segeplán/Guatemala and ICF International. 2017. Encuesta Nacional de Salud Materno Infantil 2014-2015: Informe Final. Rockville, Maryland, USA: MSPAS, INE, Segeplán and ICF International.

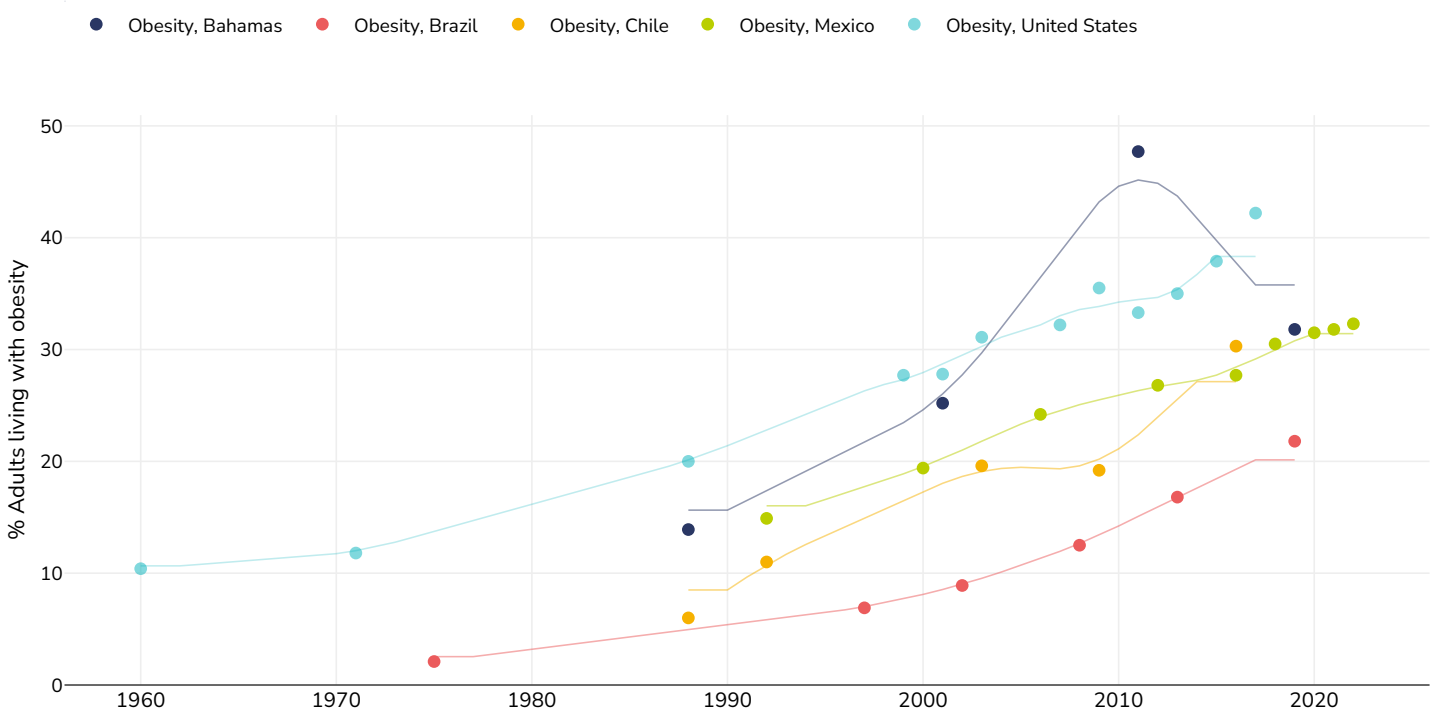
2017: Pickens, C. M., Flores-Ayala, R., Addo, O. Y., Whitehead, R. D., Jr, Palmieri, M., Ramirez-Zea, M., Hong, Y., & Jefferds, M. E. (2020). Prevalence and Predictors of High Blood Pressure Among Women of Reproductive Age and Children Aged 10 to 14 Years in Guatemala. Preventing chronic disease, 17, E66. https://doi.org/10.5888/pcd17.190403

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

Different methodologies may have been used to collect this data and so data from different surveys may not be strictly comparable. Please check with original data sources for methodologies used.

% Adults living with obesity, selected countries, 1960-2022

Men



References: 1960, 1971, 1973, 1976, 1988, 1991: Flegal KM, Carroll MD, Kuczmarski RJ, Johnson CL. Overweight and obesity in the United States: prevalence and trends, 1960-1994. International Journal of Obesity (1998);22:39-47

1975: Monteiro CA, Conde WL, Popking BM. Is obesity replacing or adding to undernutrition? Evidence from different social classes in Brazil. 2002. Public Health Nutrition:51(1A), 105-112

1992: Arroyo et al. Prevalence of Pre-Obesity and Obesity in Urban Adult Mexicans in Comparison with other Large Surveys. Obesity Research. 2000;8:179-185

1994, 1995: Martorell R, Khan LK, Hughes ML, Grummer Strawn LM. Obesity in women from developing countries. EJCN (2000) 54;247-252

1997: Filozof C, Gonzales C, Sereday M, Mazza C, Braguinsky J. Obesity prevalence and trends in Latin American countries. Obesity Reviews, 2001;2:99-196

1998: Instituto Nacional de Estadística - INE/Guatemala and Macro International. 1999. Guatemala Encuesta Nacional de Salud Materno Infantil 1998-1999. Calverton, Maryland, USA: Instituto Nacional de Estadística - INE/Guatemala and Macro International.

1999: Centres for Disease Control and Prevention. http://www.cdc.gov/

2000: SCN (2004). 5th Report on the World Nutrition Situation. Nutrition for Improved Development Outcomes. Appendix 11

2001: N Brathwaite, A Brathwaite, M Taylor. The Socio-economic Determinants of Obesity in Adults in the Bahamas.West Indian Med J 2011; 60 (4): 434

2002: Monteiro CA, Conde WL and Popkin BA. (2007). Income-specific trends in obesity in Brazil: 1975 - 2003. American Journal of Public Health, 97 (10): 1808 - 1812.

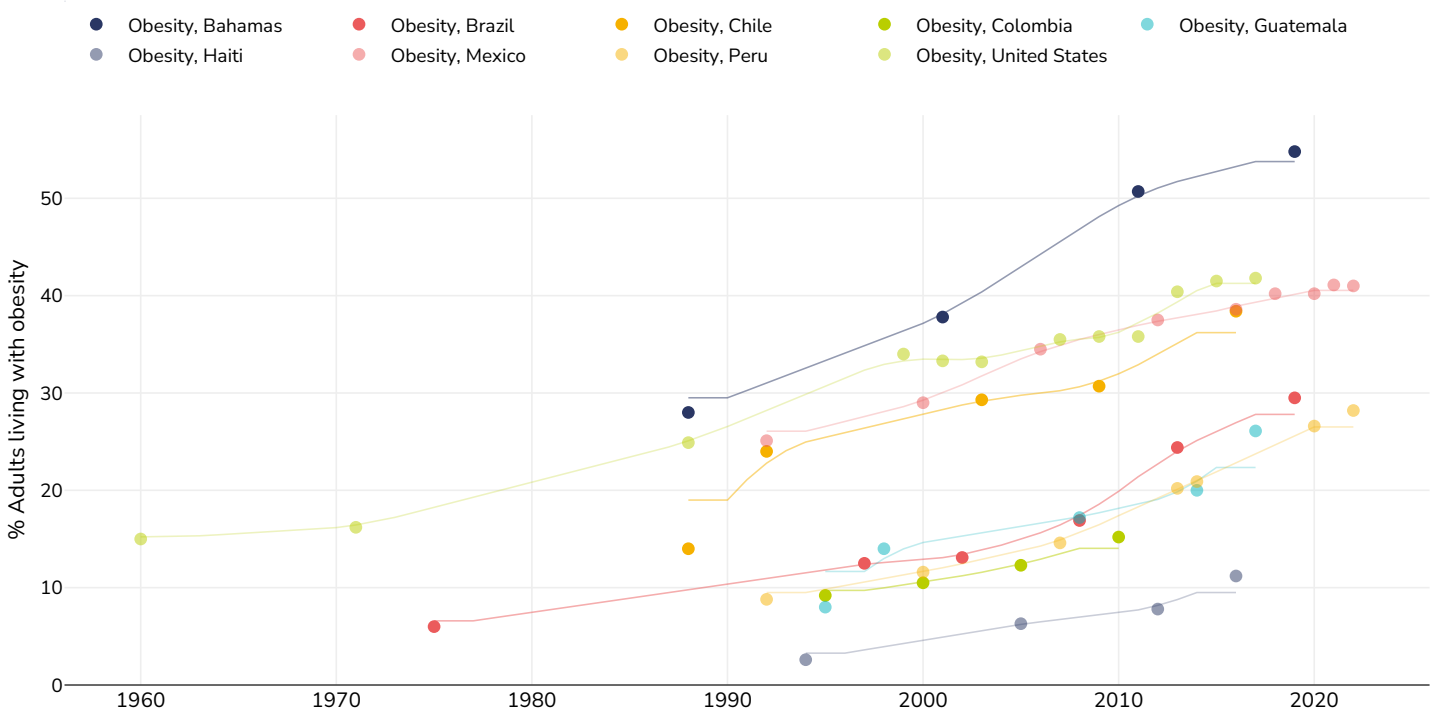
2003: Ogden CL, Carroll MD, Curtin LR, McDowell MA,Tabak CJ, & Flegal KM. (2006). Prevalence of Overweight and Obesity in the United States, 1999-2004. The Journal of the American Medical Association, Vol 295(13):1549 - 1555.

2005: 1st Argentinian National Survey of Risk Factors (Encuesta Nacional de Factores de Riesgo). Results from 1-3rd survey reported in the 4th survey report: https://www.indec.gob.ar/ftp/cuadros/publicaciones/enfr_2018_resultados_definitivos.pdf

2006: Olaiz-Fernández G, Rivera-Dommarco J, Shamah-Levy T, Rojas R, Villalpando-Hernández S, Hernández-Avila M, Sepúlveda-Amor J. Encuesta Nacional de Salud y Nutrición 2006. Cuernavaca, México: Instituto Nacional de Salud Pública, 2006. (National Health and Nutrition Survey 2006)

Different methodologies may have been used to collect this data and so data from different surveys may not be strictly comparable. Please check with original data sources for methodologies used.

Women



References:

1960, 1971, 1973, 1976, 1988, 1991: Flegal KM, Carroll MD, Kuczmarski RJ, Johnson CL. Overweight and obesity in the United States: prevalence and trends, 1960-1994. International Journal of Obesity (1998);22:39-47

1975: Monteiro CA, Conde WL, Popking BM. Is obesity replacing or adding to undernutrition? Evidence from different social classes in Brazil. 2002. Public Health Nutrition:51(1A), 105-112

1992: Arroyo et al. Prevalence of Pre-Obesity and Obesity in Urban Adult Mexicans in Comparison with other Large Surveys. Obesity Research. 2000;8:179-185

1994, 1995: Martorell R, Khan LK, Hughes ML, Grummer Strawn LM. Obesity in women from developing countries. EJCN (2000) 54;247-252

1997: Filozof C, Gonzales C, Sereday M, Mazza C, Braguinsky J. Obesity prevalence and trends in Latin American countries. Obesity Reviews, 2001;2:99-196

1998: Instituto Nacional de Estadística - INE/Guatemala and Macro International. 1999. Guatemala Encuesta Nacional de Salud Materno Infantil 1998-1999. Calverton, Maryland, USA: Instituto Nacional de Estadística - INE/Guatemala and Macro International.

1999: Centres for Disease Control and Prevention. http://www.cdc.gov/

2000: SCN (2004). 5th Report on the World Nutrition Situation. Nutrition for Improved Development Outcomes. Appendix 11

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2002: Monteiro CA, Conde WL and Popkin BA. (2007). Income-specific trends in obesity in Brazil: 1975 - 2003. American Journal of Public Health, 97 (10): 1808 - 1812.

2003: Ogden CL, Carroll MD, Curtin LR, McDowell MA,Tabak CJ, & Flegal KM. (2006). Prevalence of Overweight and Obesity in the United States, 1999-2004. The Journal of the American Medical Association, Vol 295(13):1549 - 1555.

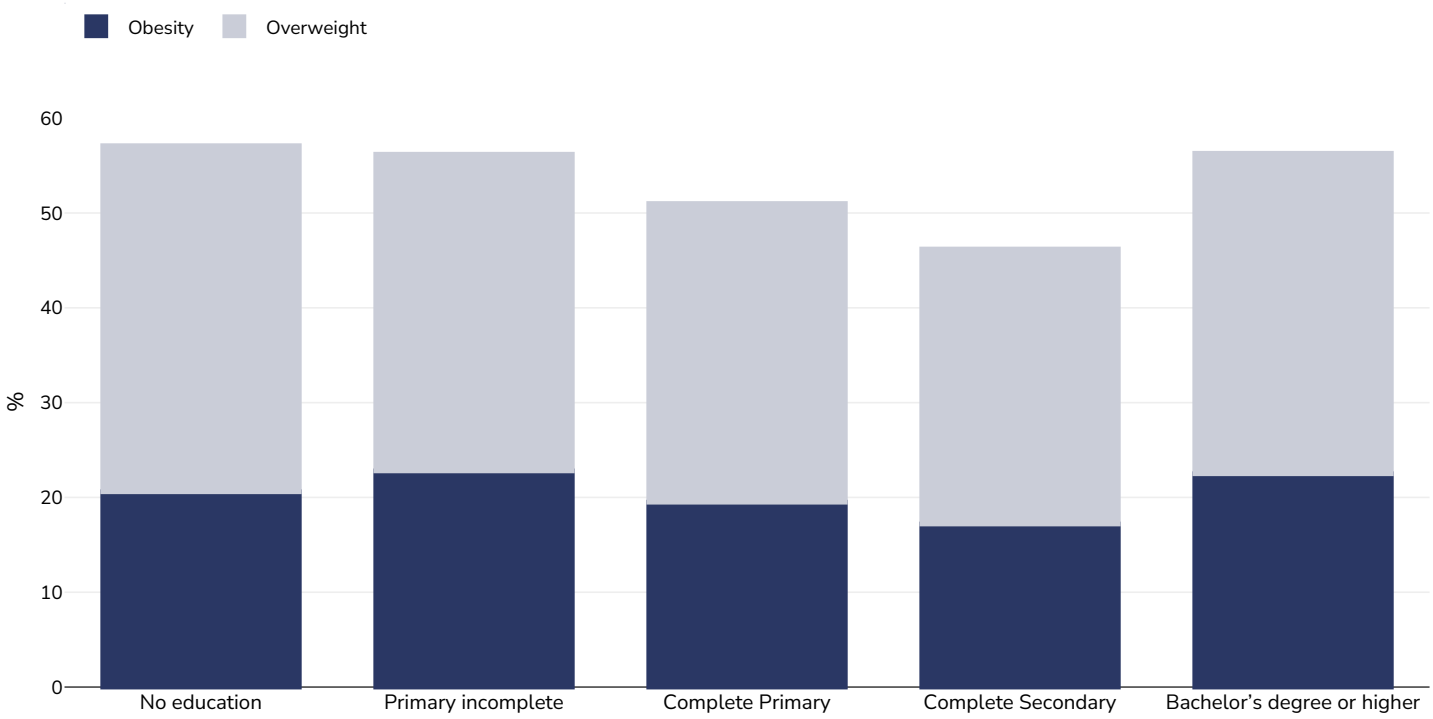
2005: 1st Argentinian National Survey of Risk Factors (Encuesta Nacional de Factores de Riesgo). Results from 1-3rd survey reported in the 4th survey report: https://www.indec.gob.ar/ftp/cuadros/publicaciones/enfr_2018_resultados_definitivos.pdf

2006: Olaiz-Fernández G, Rivera-Dommarco J, Shamah-Levy T, Rojas R, Villalpando-Hernández S, Hernández-Avila M, Sepúlveda-Amor J. Encuesta Nacional de Salud y Nutrición 2006. Cuernavaca, México: Instituto Nacional de Salud Pública, 2006. (National Health and Nutrition Survey 2006)

Different methodologies may have been used to collect this data and so data from different surveys may not be strictly comparable. Please check with original data sources for methodologies used.

Overweight/obesity by education

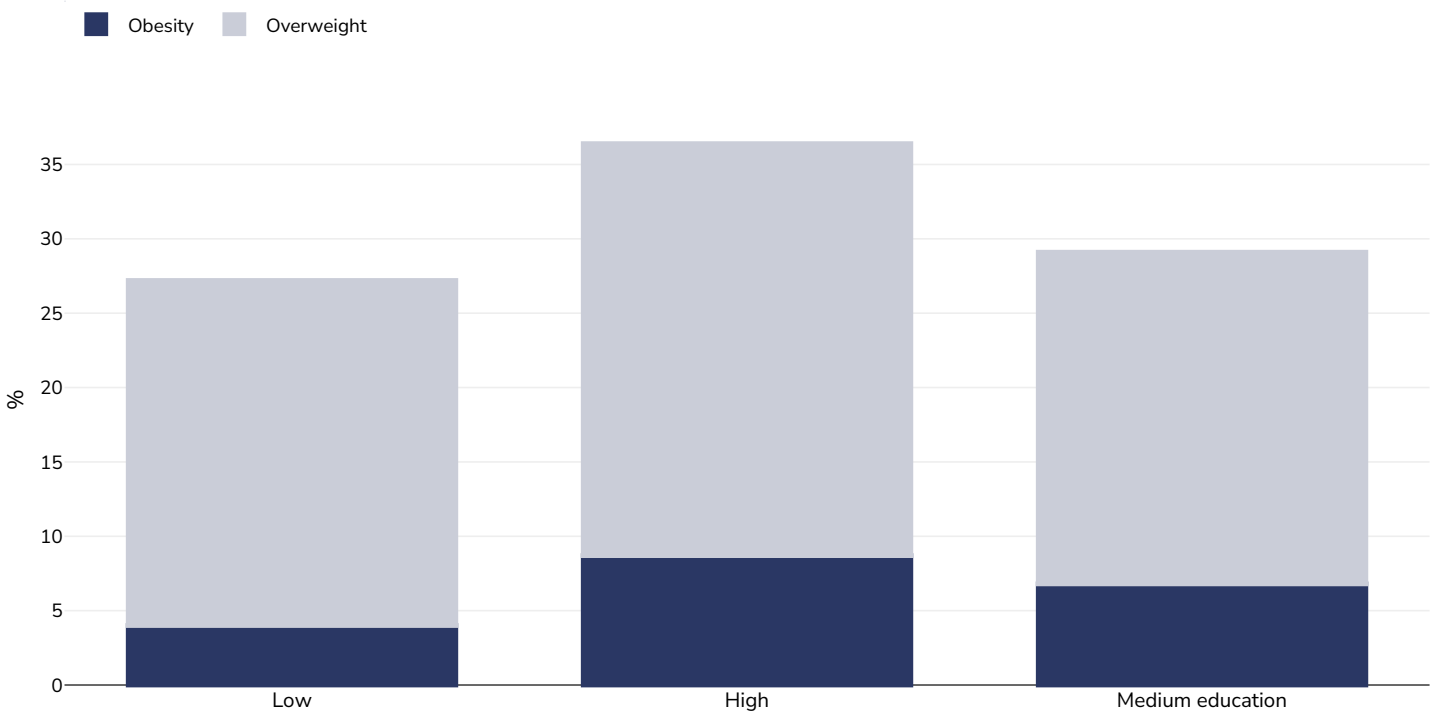
Women, 2014-2015



Survey type:	Measured
Age:	15-49
Sample size:	23891
Area covered:	National
References:	Ministerio de Salud Pública y Asistencia Social - MSPAS/Guatemala, Instituto Nacional de Estadística - INE/Guatemala, Secretaría de Planificación y Programación del la Presidencia - Segeplán/Guatemala and ICF International. 2017. Encuesta Nacional de Salud Materno Infantil 2014-2015: Informe Final. Rockville, Maryland, USA: MSPAS, INE, Segeplán and ICF International.
Notes:	Demographic Health Survey data includes ever married women aged 15-49 years only and may include males aged 15-59.

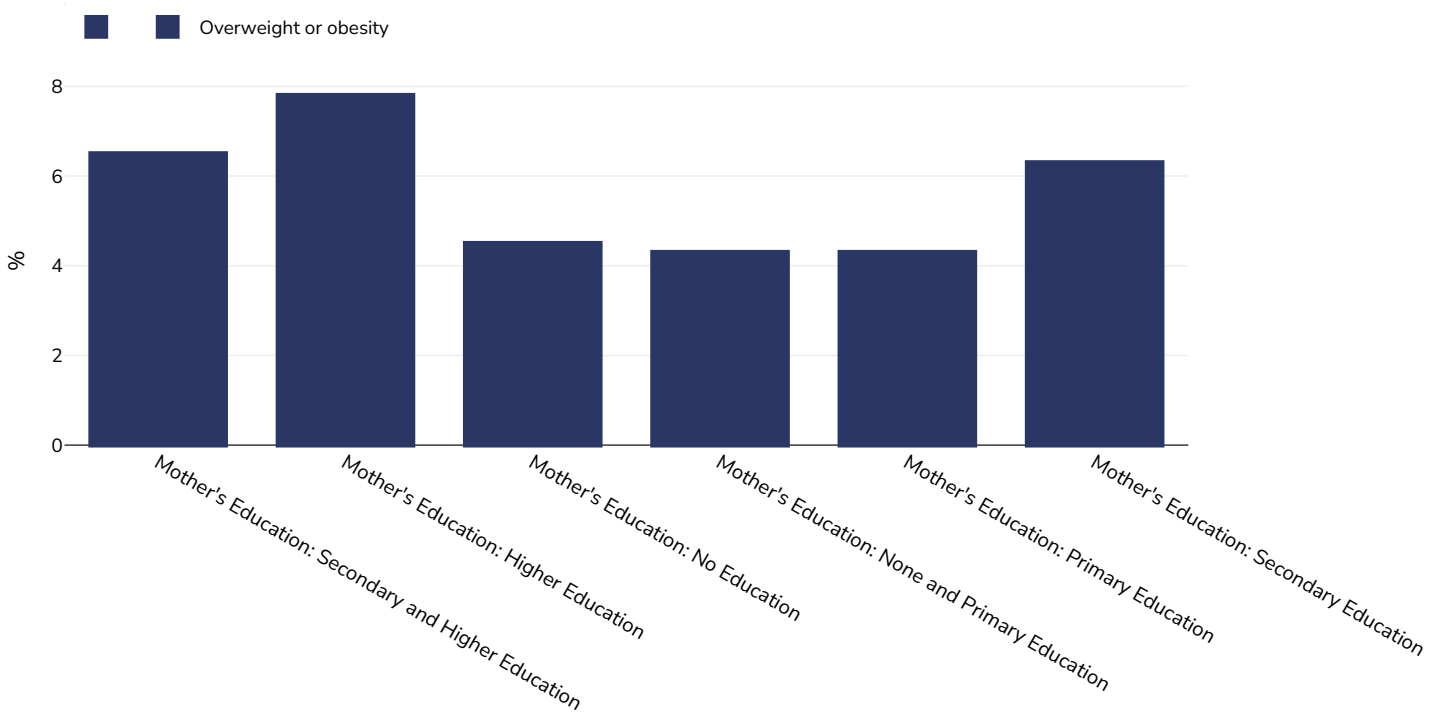
Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².

Girls, 2014-2015



Survey type:	Measured
Age:	15-19
Sample size:	1086
Area covered:	National
References:	Mazariegos M, Kroker-Lobos MF, Ramírez-Zea M. Socio-economic and ethnic disparities of malnutrition in all its forms in Guatemala. Public Health Nutr. 2020 Aug;23(S1):s68-s76. doi: 10.1017/S1368980019002738. Epub 2019 Oct 7. PMID: 31588883.
Cutoffs:	WHO

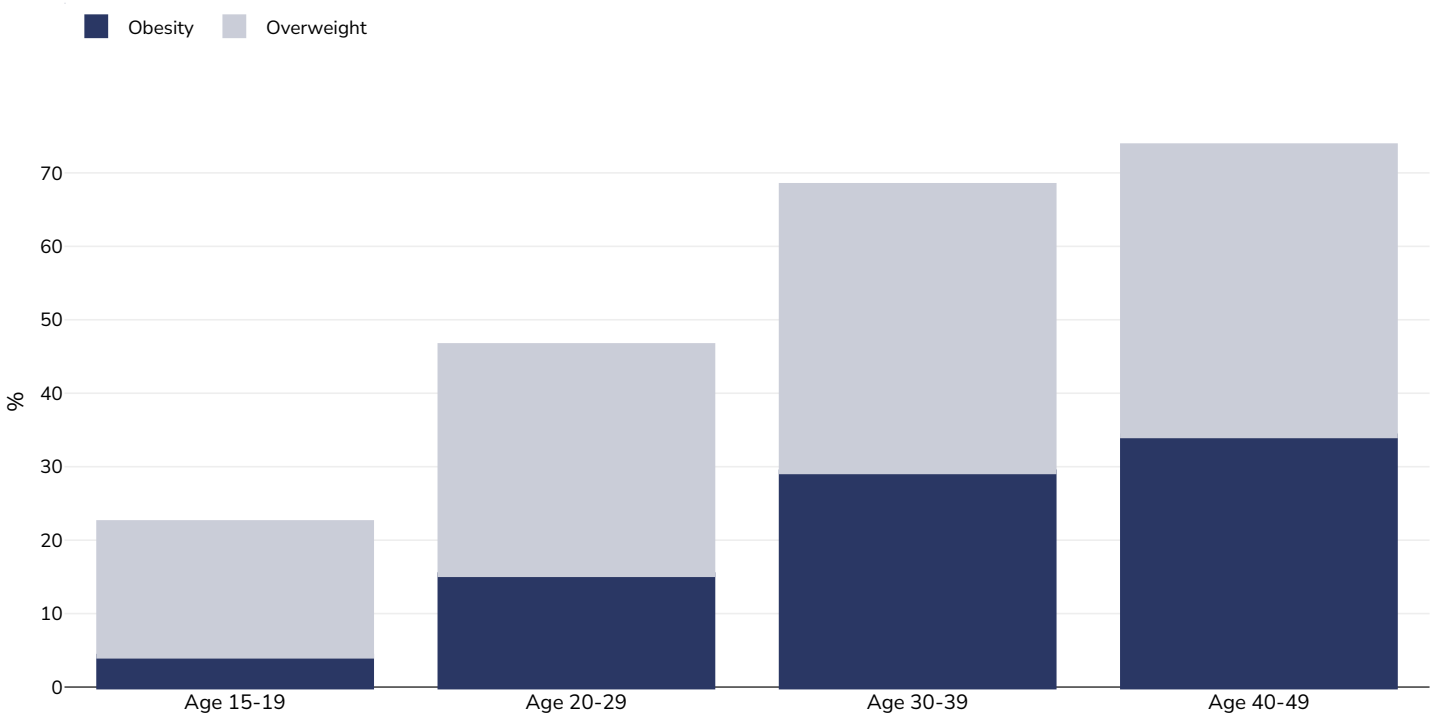
Infants, 2014-2015



Sample size:	12585
References:	DHS: Encuesta Nacional de Salud Materno Infantil 2014-2015. Ciudad de Guatemala, Guatemala, 2015.
Notes:	UNICEF/WHO/World Bank Joint Child Malnutrition Estimates Expanded Database: Overweight (Survey Estimates), May 2023, New York. For more information about the methodology, please consult https://data.unicef.org/resources/jme-2023-country-consultations/ Percentage of children under 5 years of age falling above 2 standard deviations (moderate and severe) from the median weight-for-height of the reference population.
Definitions:	=>+2SD

Overweight/obesity by age

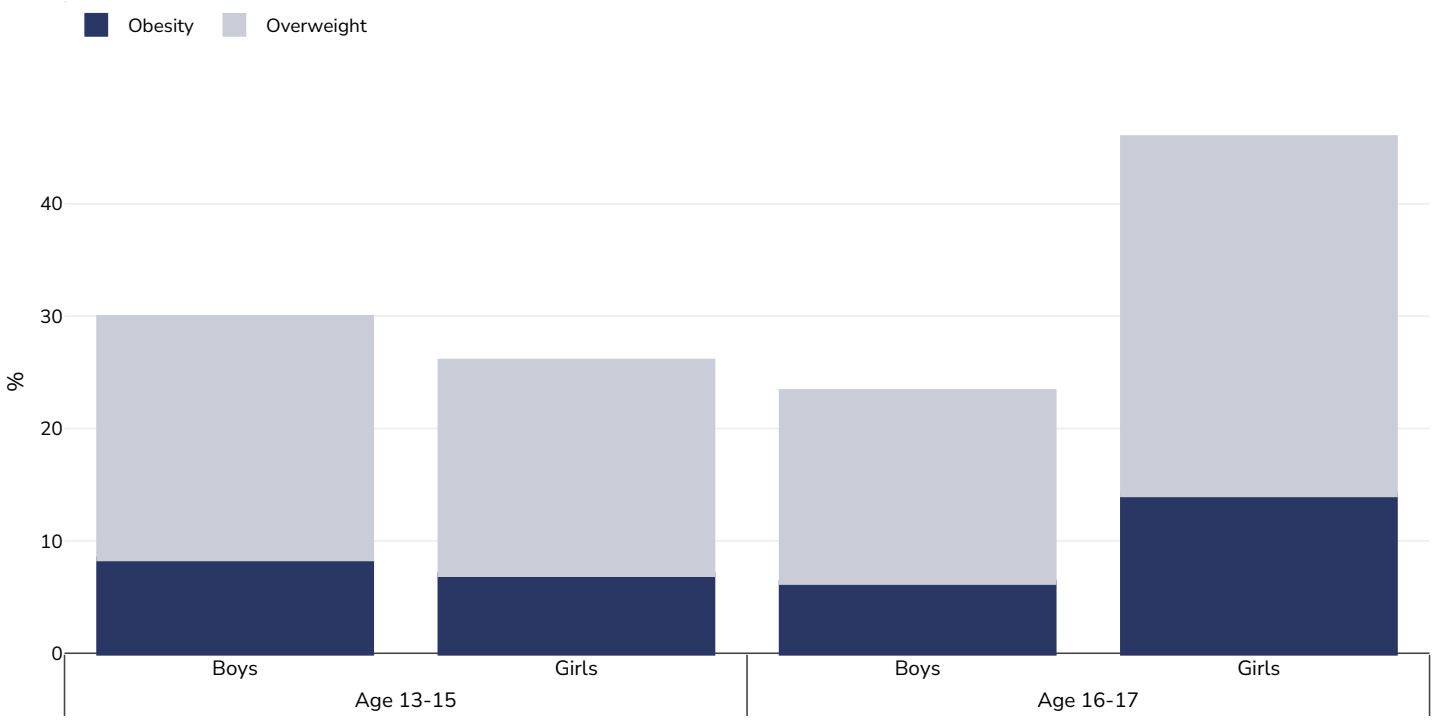
Women, 2014-2015



Survey type:	Measured
Sample size:	23891
Area covered:	National
References:	Ministerio de Salud Pública y Asistencia Social - MSPAS/Guatemala, Instituto Nacional de Estadística - INE/Guatemala, Secretaría de Planificación y Programación del la Presidencia - Segeplán/Guatemala and ICF International. 2017. Encuesta Nacional de Salud Materno Infantil 2014-2015: Informe Final. Rockville, Maryland, USA: MSPAS, INE, Segeplán and ICF International.
Notes:	Demographic Health Survey data includes ever married women aged 15-49 years only and may include males aged 15-59.

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

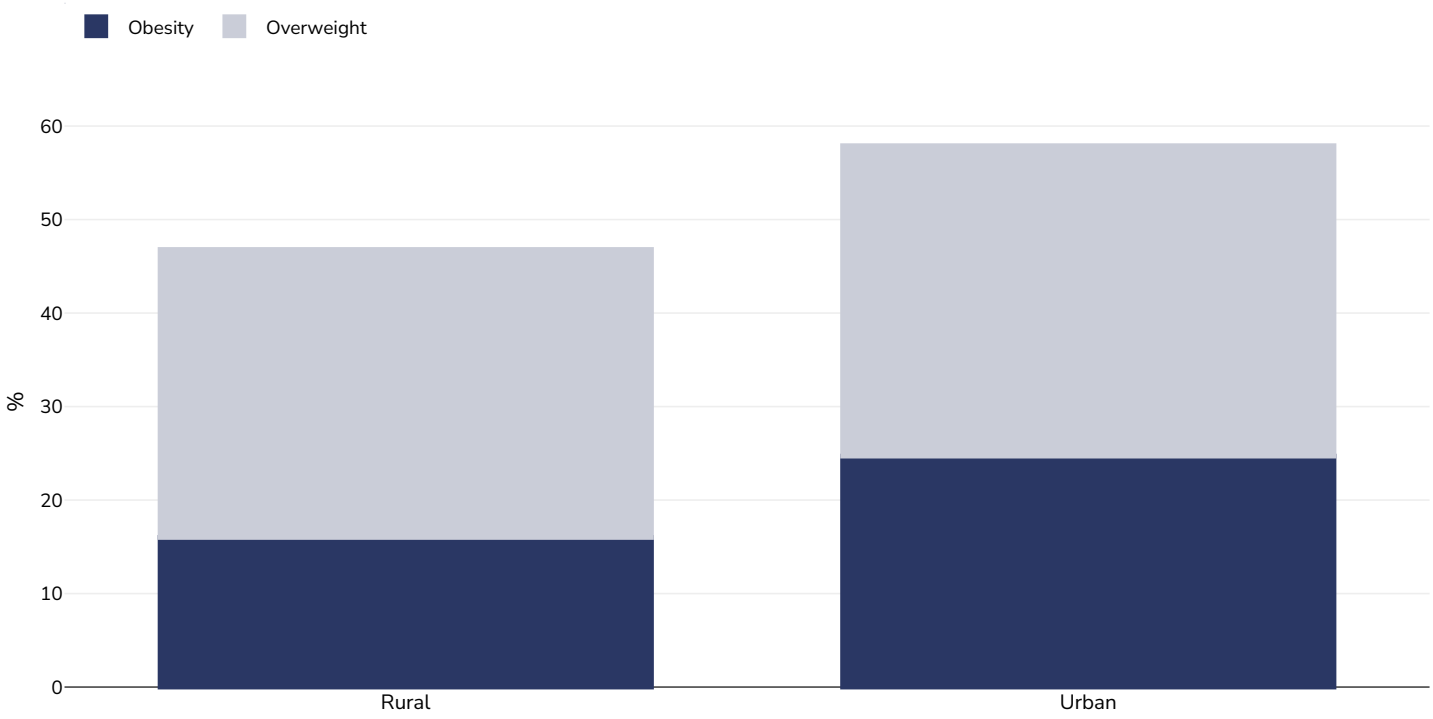
Children, 2015



Survey type:	Self-reported
Sample size:	4374
Area covered:	National
References:	Global School-based Student Health Survey, Guatemala ,2015 Fact Sheet https://www.who.int/ncds/surveillance/gshs/gshs_fs_guatemala_2015.pdf (last accessed 28.09.20)
Cutoffs:	WHO

Overweight/obesity by region

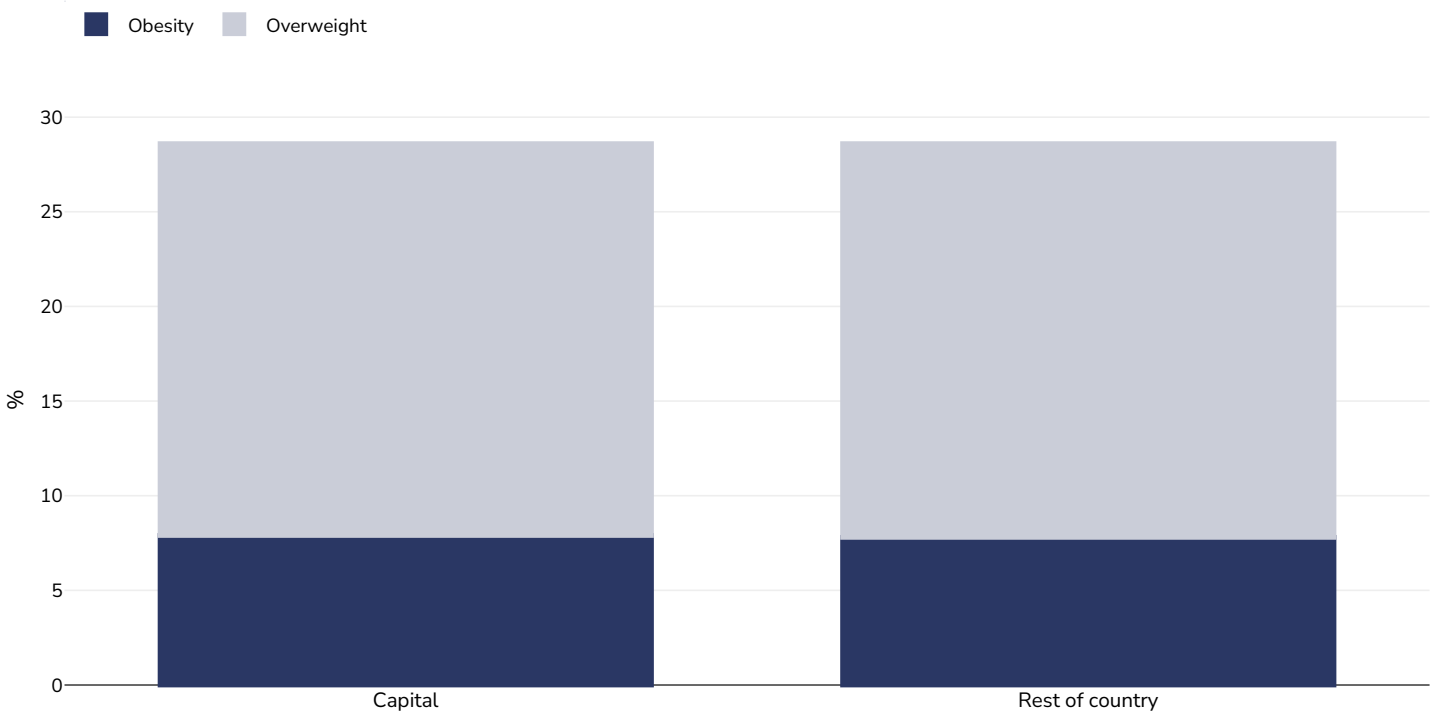
Women, 2014-2015



Survey type:	Measured
Age:	15-49
Sample size:	23891
Area covered:	National
References:	Ministerio de Salud Pública y Asistencia Social - MSPAS/Guatemala, Instituto Nacional de Estadística - INE/Guatemala, Secretaría de Planificación y Programación del la Presidencia - Segeplán/Guatemala and ICF International. 2017. Encuesta Nacional de Salud Materno Infantil 2014-2015: Informe Final. Rockville, Maryland, USA: MSPAS, INE, Segeplán and ICF International.
Notes:	Demographic Health Survey data includes ever married women aged 15-49 years only and may include males aged 15-59.

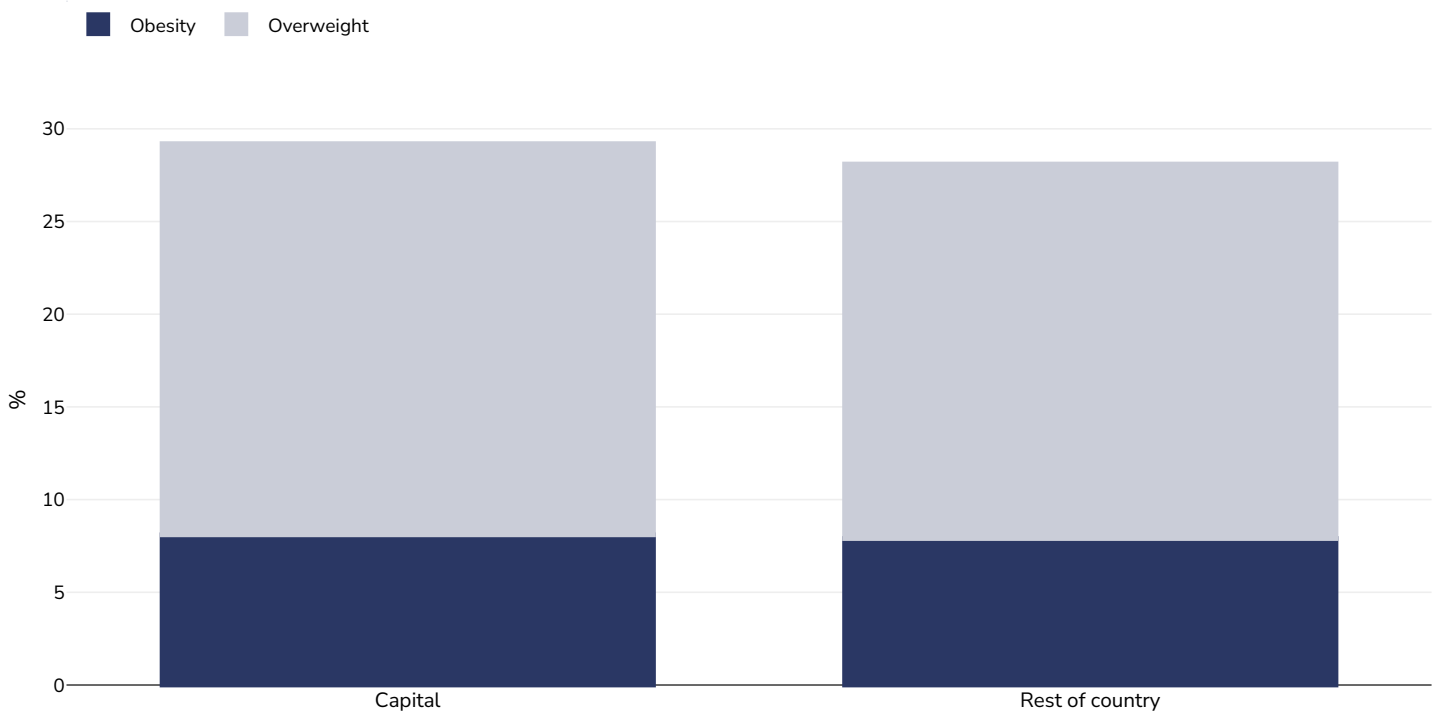
Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².

Boys, 2015



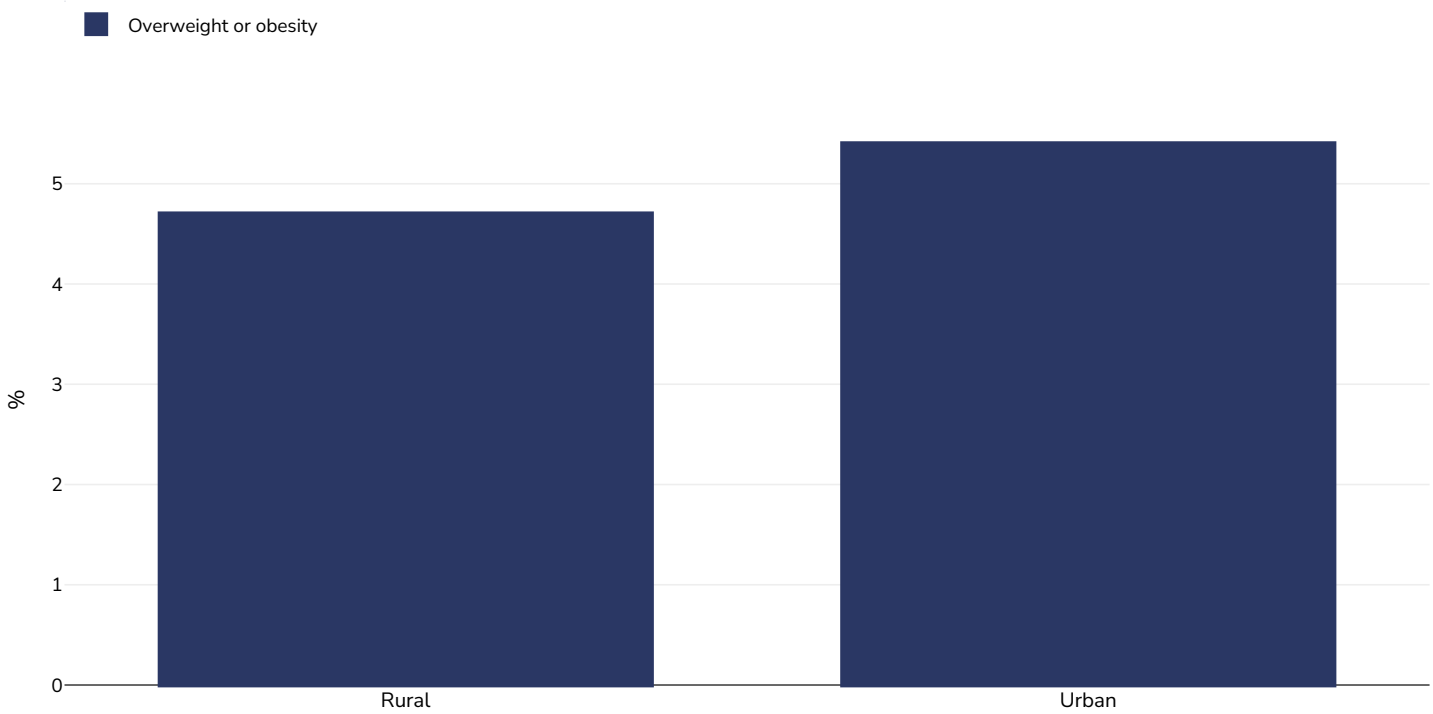
Survey type:	Self-reported
Age:	13-17
Sample size:	4374
Area covered:	National
References:	World Health Organization. Global school-based student health survey (GSHS). Available from: https://www.who.int/ncds/surveillance/gshs/factsheets/en/. [Accessed 20 February 2019].
Notes:	WHO cut-offs used and based on Self-reported data.
Cutoffs:	WHO

Girls, 2015



Survey type:	Self-reported
Age:	13-17
Sample size:	4374
Area covered:	National
References:	World Health Organization. Global school-based student health survey (GSHS). Available from: https://www.who.int/ncds/surveillance/gshs/factsheets/en/. [Accessed 20 February 2019].
Notes:	WHO cut-offs used and based on Self-reported data.
Cutoffs:	WHO

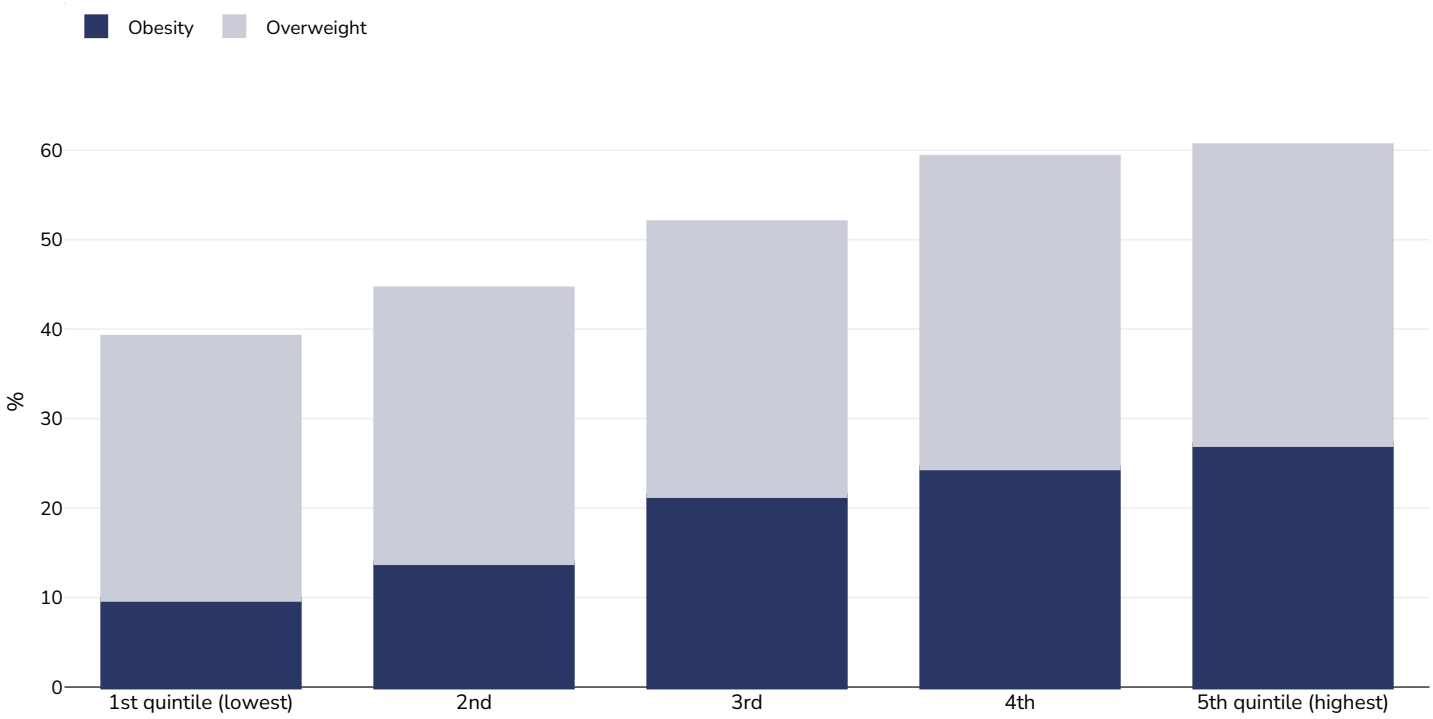
Infants, 2014-2015



Sample size:	12585
References:	DHS: Encuesta Nacional de Salud Materno Infantil 2014-2015. Ciudad de Guatemala, Guatemala, 2015.
Notes:	UNICEF/WHO/World Bank Joint Child Malnutrition Estimates Expanded Database: Overweight (Survey Estimates), May 2023, New York. For more information about the methodology, please consult https://data.unicef.org/resources/jme-2023-country-consultations/ Percentage of children under 5 years of age falling above 2 standard deviations (moderate and severe) from the median weight-for-height of the reference population.
Definitions:	=>+2SD

Overweight/obesity by socio-economic group

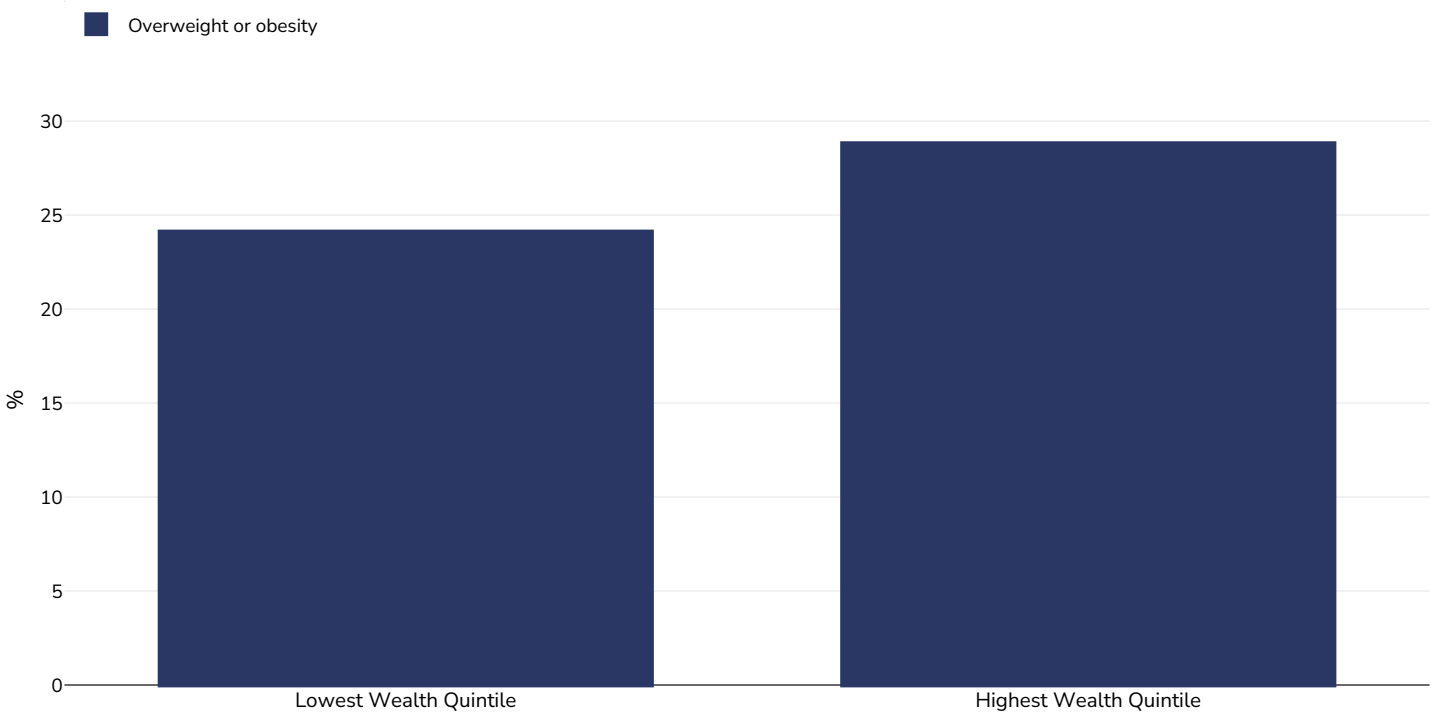
Women, 2014-2015



Survey type:	Measured
Age:	15-49
Sample size:	23891
Area covered:	National
References:	Ministerio de Salud Pública y Asistencia Social - MSPAS/Guatemala, Instituto Nacional de Estadística - INE/Guatemala, Secretaría de Planificación y Programación del la Presidencia - Segeplán/Guatemala and ICF International. 2017. Encuesta Nacional de Salud Materno Infantil 2014-2015: Informe Final. Rockville, Maryland, USA: MSPAS, INE, Segeplán and ICF International.
Notes:	Demographic Health Survey data includes ever married women aged 15-49 years only and may include males aged 15-59.

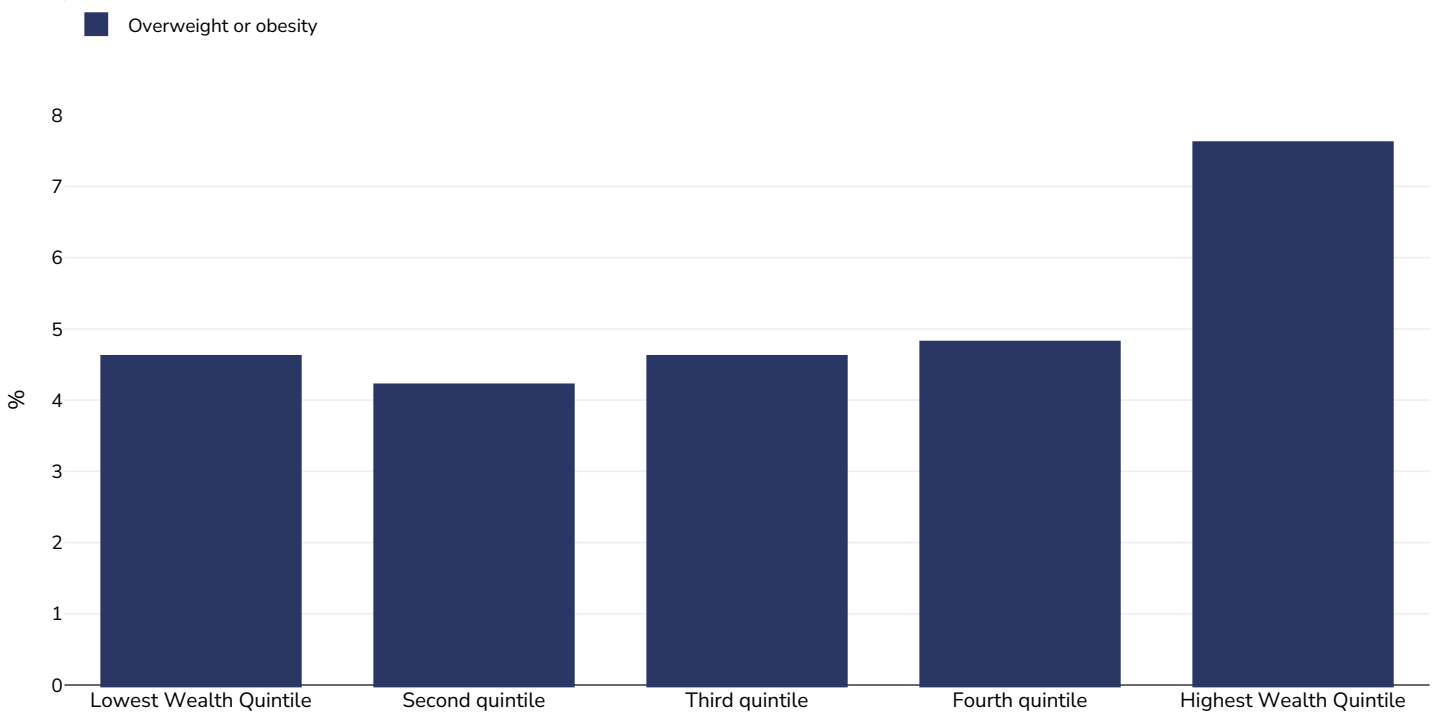
Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².

Girls, 2014-2015



Survey type:	Measured
Age:	15-19
Sample size:	4487
Area covered:	National
References:	Benedict, Rukundo K., Allison Schmale, and Sorrel Namaste. 2018. Adolescent Nutrition 2000-2017: DHS Data on Adolescents Age 15-19. DHS Comparative Report No. 47. Rockville, Maryland, USA: ICF. Ministerio de Salud Pública y Asistencia Social - MSPAS/Guatemala, Instituto Nacional de Estadística - INE/Guatemala, Secretaría de Planificación y Programación del la Presidencia - Segeplán/Guatemala and ICF International. 2017. Encuesta Nacional de Salud Materno Infantil 2014-2015: Informe Final. Rockville, Maryland, USA: MSPAS, INE, Segeplán and ICF International.
Definitions:	BMI for age: between +1 SD and +2 SD is overweight and greater than +2 SD is obesity
Cutoffs:	WHO 2007

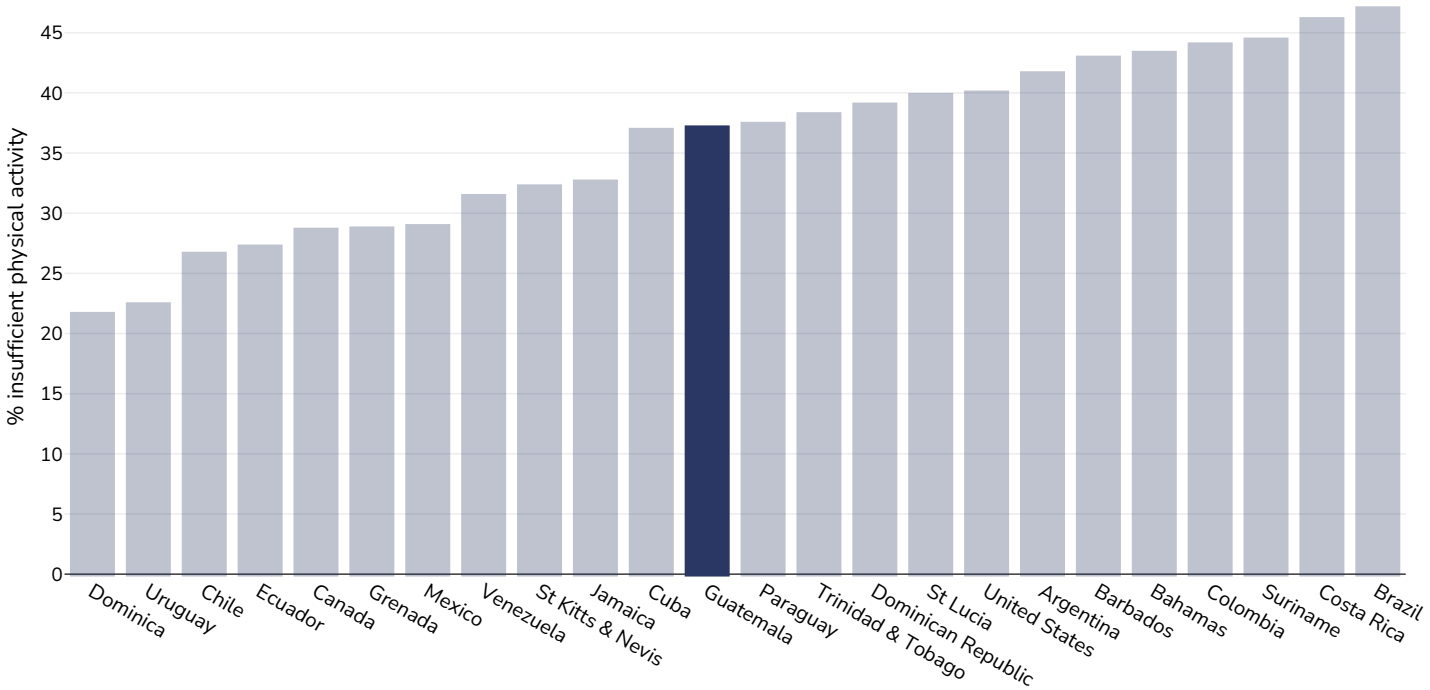
Infants, 2014-2015



Sample size:	12585
References:	DHS: Encuesta Nacional de Salud Materno Infantil 2014-2015. Ciudad de Guatemala, Guatemala, 2015.
Notes:	UNICEF/WHO/World Bank Joint Child Malnutrition Estimates Expanded Database: Overweight (Survey Estimates), May 2023, New York. For more information about the methodology, please consult https://data.unicef.org/resources/jme-2023-country-consultations/ Percentage of children under 5 years of age falling above 2 standard deviations (moderate and severe) from the median weight-for-height of the reference population.
Definitions:	=>+2SD

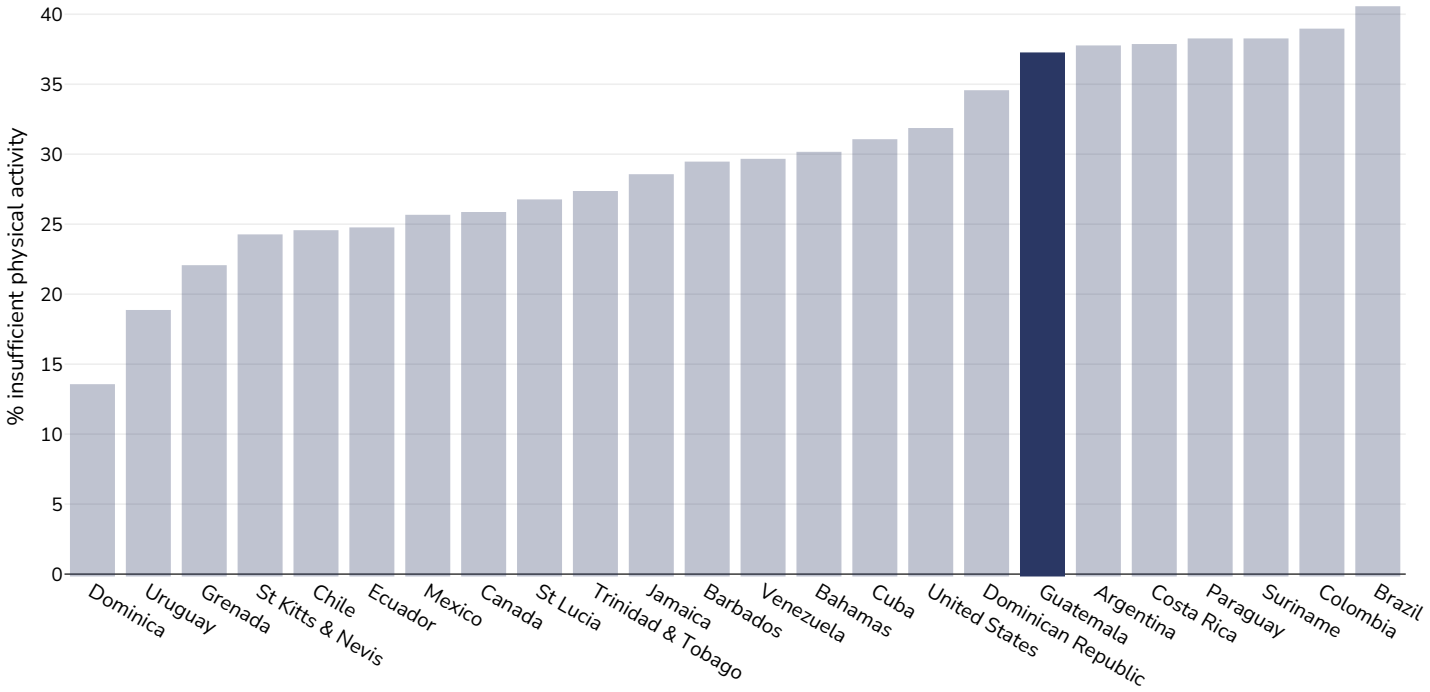
Insufficient physical activity

Adults, 2016



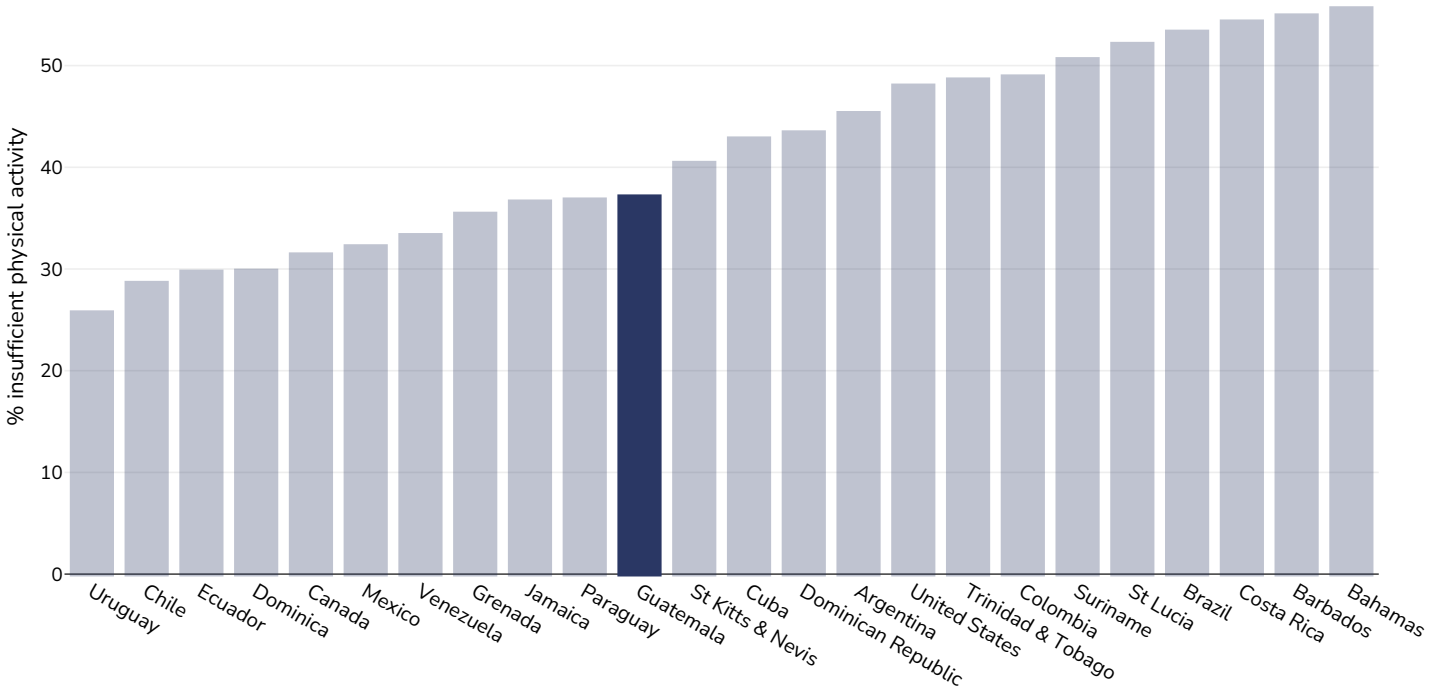
References: Guthold R, Stevens GA, Riley LM, Bull FC. Worldwide trends in insufficient physical activity from 2001 to 2016: a pooled analysis of 358 population-based surveys with 1.9 million participants. Lancet 2018 http://dx.doi.org/10.1016/S2214-109X(18)30357-7

Men, 2016



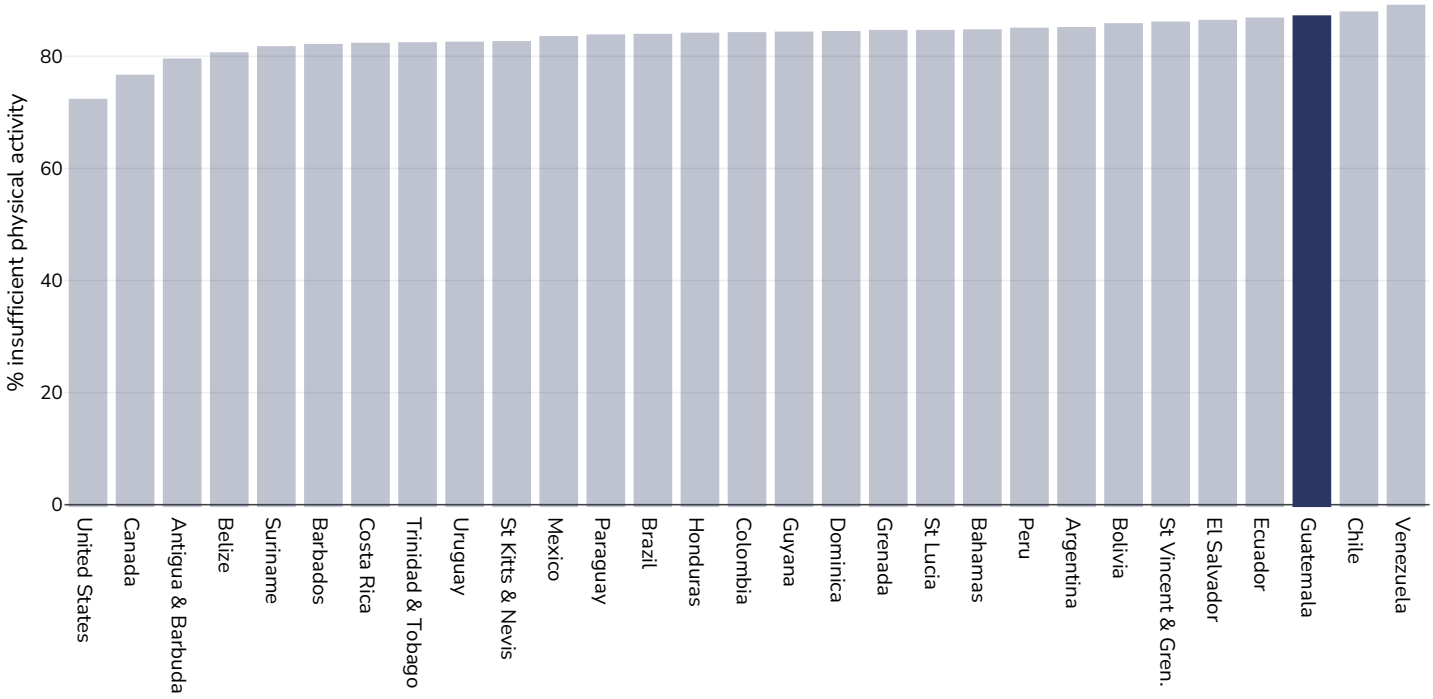
References: Guthold R, Stevens GA, Riley LM, Bull FC. Worldwide trends in insufficient physical activity from 2001 to 2016: a pooled analysis of 358 population-based surveys with 1.9 million participants. Lancet 2018 http://dx.doi.org/10.1016/S2214-109X(18)30357-7

Women, 2016



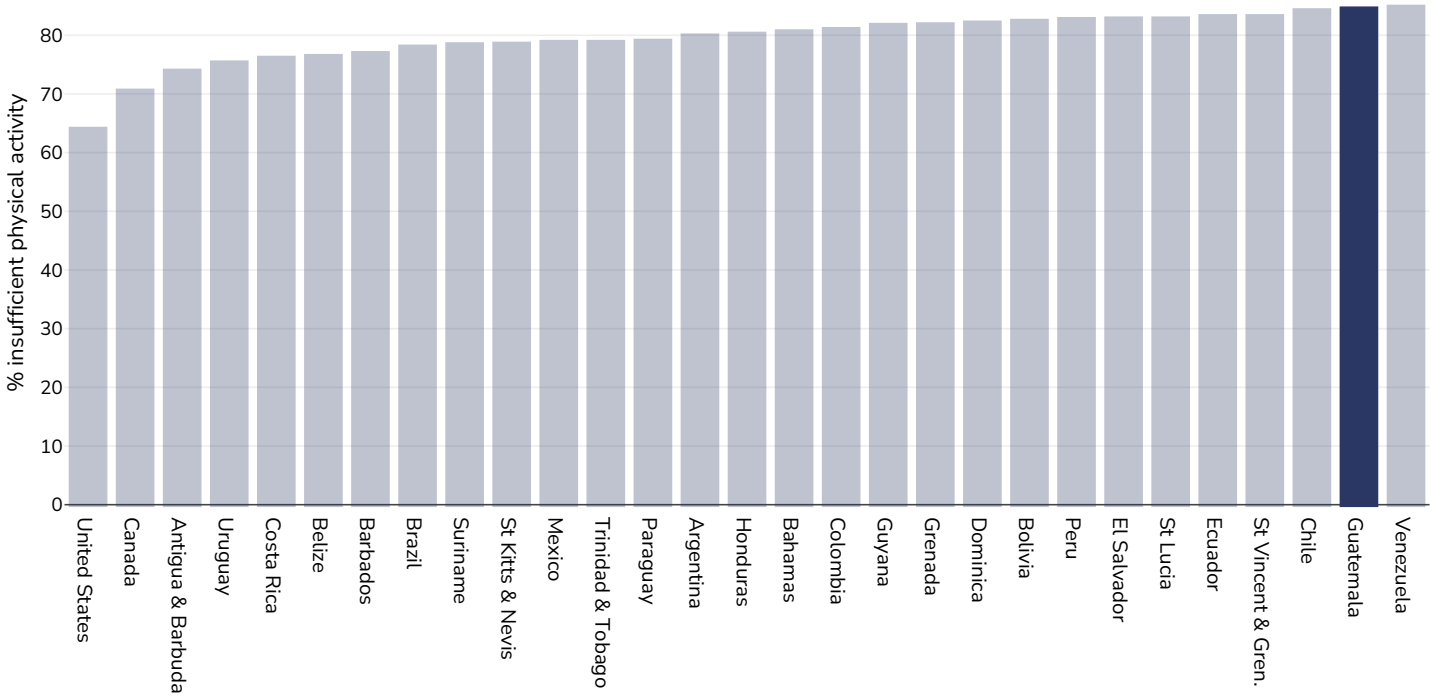
References: Guthold R, Stevens GA, Riley LM, Bull FC. Worldwide trends in insufficient physical activity from 2001 to 2016: a pooled analysis of 358 population-based surveys with 1.9 million participants. Lancet 2018 http://dx.doi.org/10.1016/S2214-109X(18)30357-7

Children, 2016



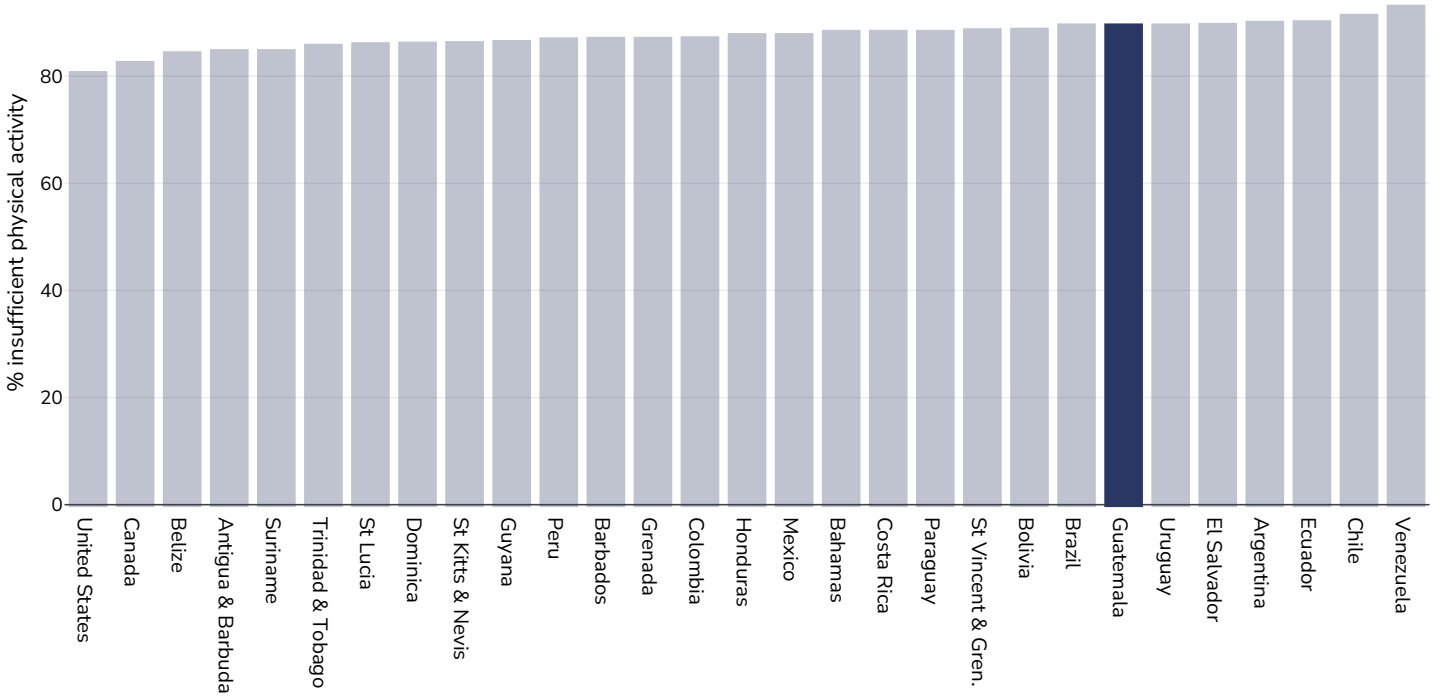
Survey type:	Self-reported
Age:	11-17
References:	Global Health Observatory data repository, World Health Organisation, https://apps.who.int/gho/data/node.main.A893ADO?lang=en (last accessed 16.03.21)
Notes:	% of school going adolescents not meeting WHO recommendations on Physical Activity for Health, i.e. doing less than 60 minutes of moderate- to vigorous-intensity physical activity daily.
Definitions:	% Adolescents insufficiently active (age standardised estimate)

Boys, 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.A893ADO?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)

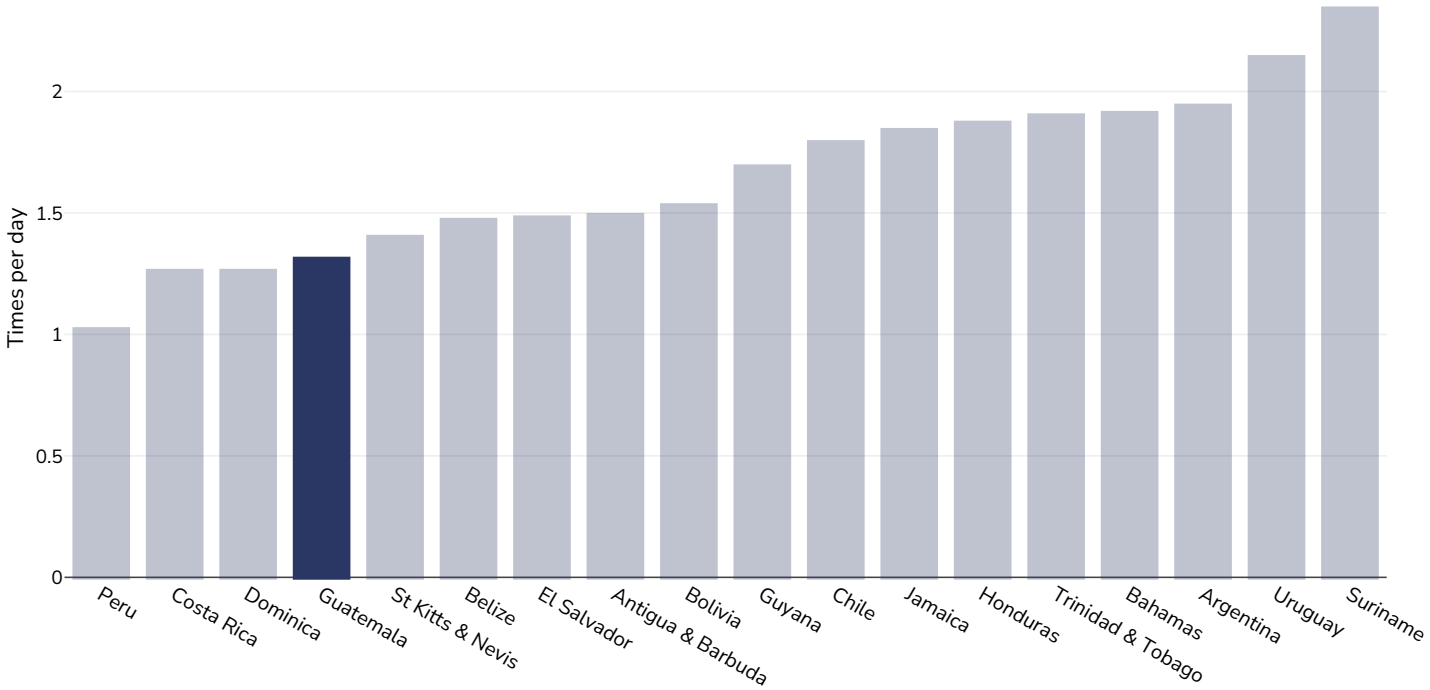
Girls, 2016



Survey type:	Self-reported
Age:	11-17
References:	Global Health Observatory data repository, World Health Organisation, https://apps.who.int/gho/data/node.main.A893ADO?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

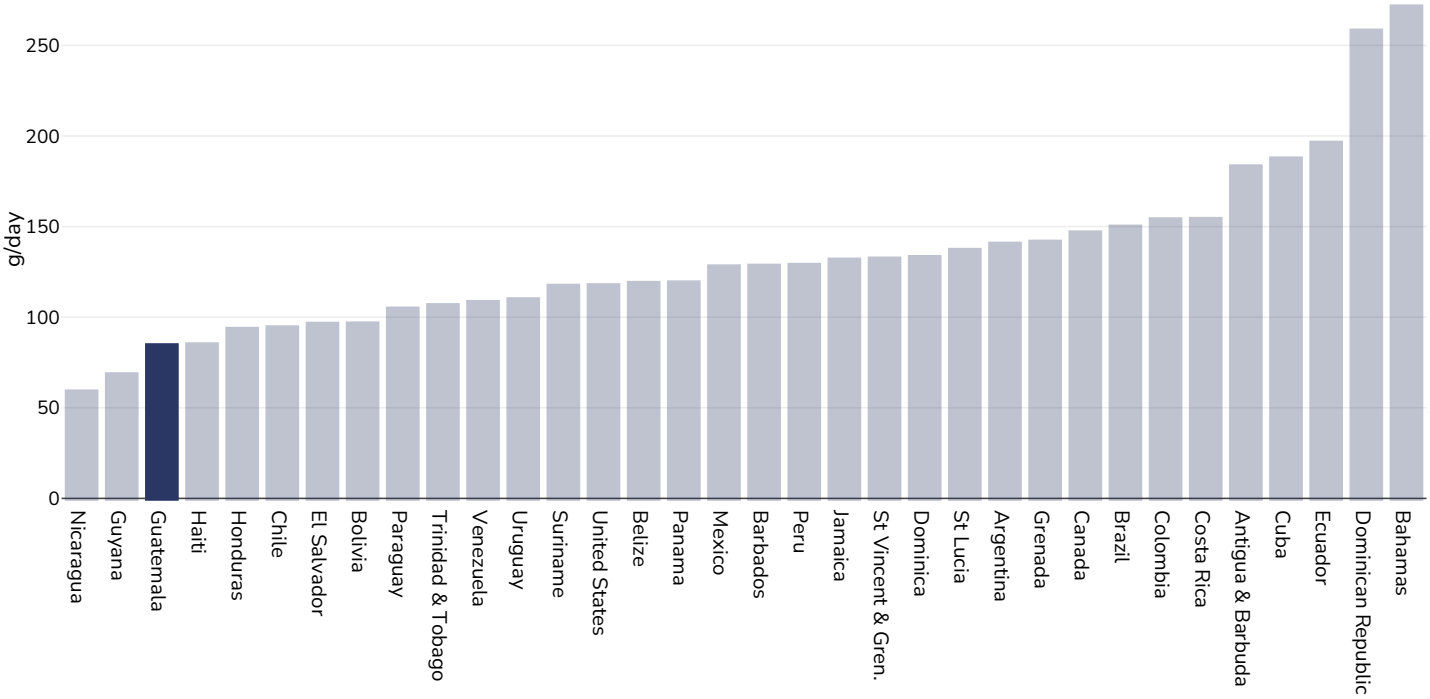
Children, 2009-2015



Survey type:	Measured
Age:	12-17
References:	Beal et al. (2019). Global Patterns of Adolescent Fruit, Vegetable, Carbonated Soft Drink, and Fast-food consumption: A meta-analysis of global school-based student health surveys. Food and Nutrition Bulletin. https://doi.org/10.1177/0379572119848287 sourced from Food Systems Dashboard http://www.foodsystemsdashboard.org/food-system

Estimated per capita fruit intake

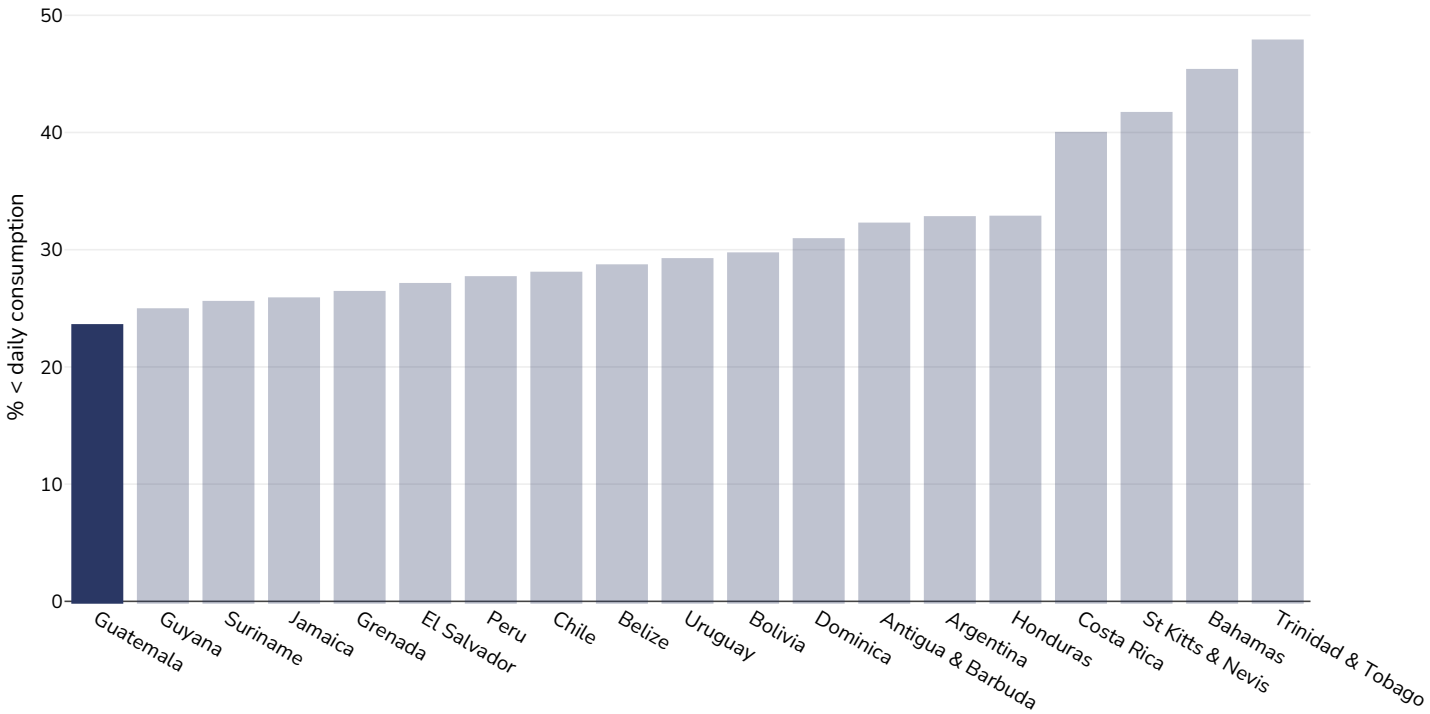
Adults, 2017



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

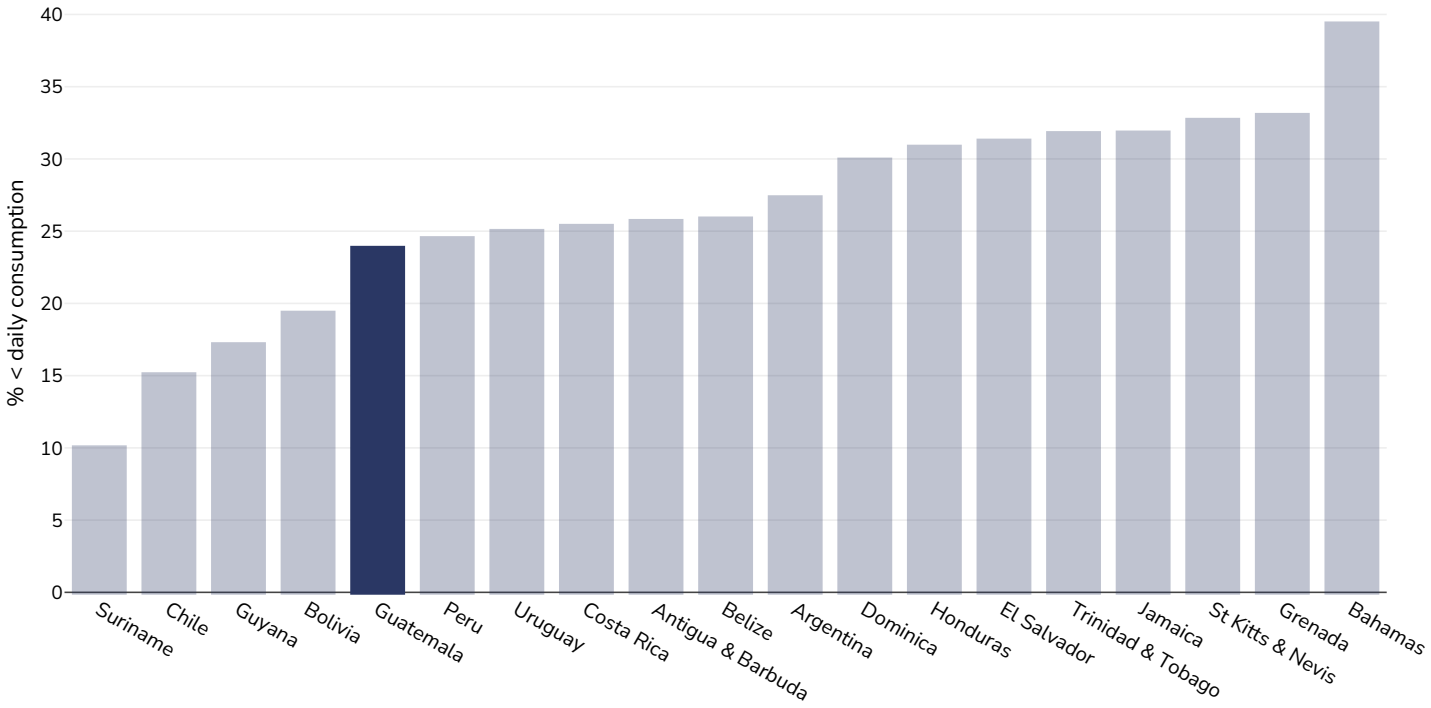
Children, 2009-2015



Survey type:	Measured
Age:	12-17
References:	Global School-based Student Health Surveys. Beal et al (2019). Global Patterns of Adolescent Fruit, Vegetable, Carbonated Soft Drink, and Fast-food consumption: A meta-analysis of global school-based student health surveys. Food and Nutrition Bulletin. https://doi.org/10.1177/0379572119848287. Sourced from Food Systems Dashboard http://www.foodsystemsdashboard.org/food-system
Definitions:	Prevalence of less-than-daily fruit consumption (% less-than-daily fruit consumption)

Prevalence of less than daily vegetable consumption

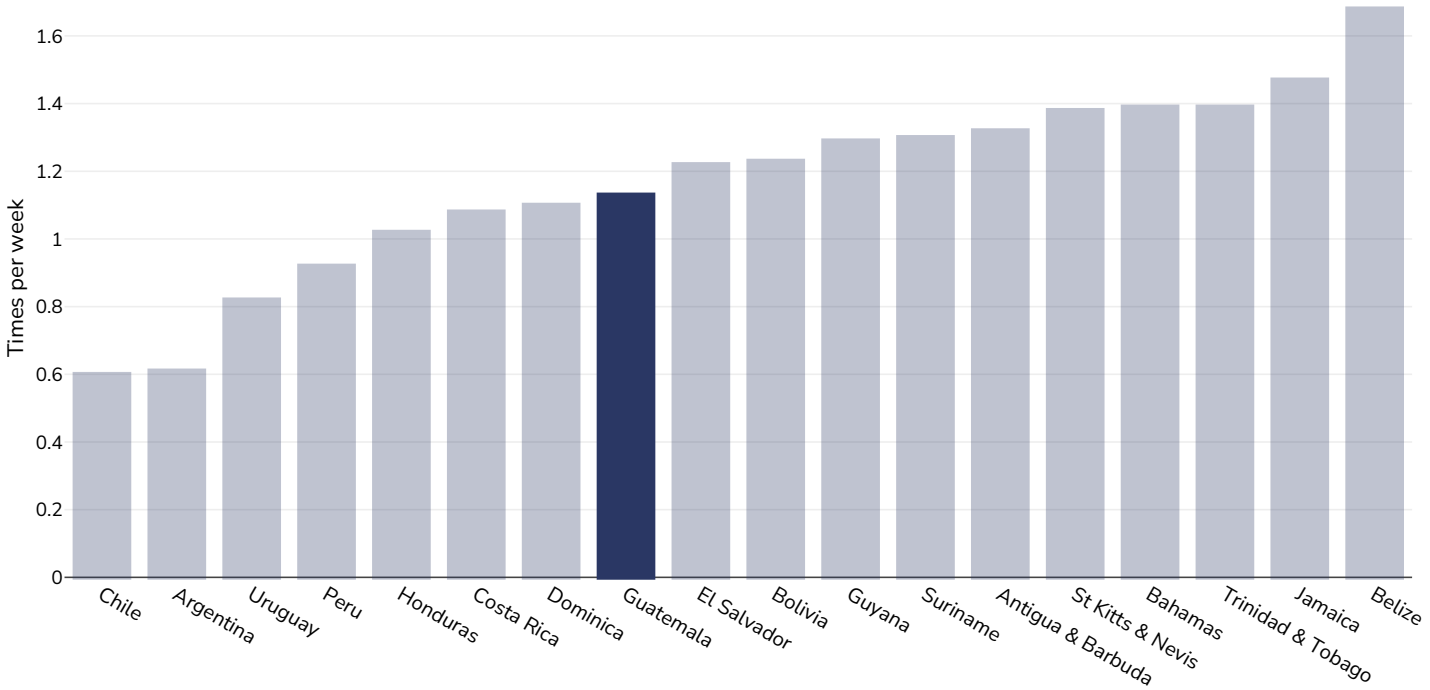
Children, 2009-2015



Survey type:	Measured
Age:	12-17
References:	Beal et al. (2019). Global Patterns of Adolescent Fruit, Vegetable, Carbonated Soft Drink, and Fast-food consumption: A meta-analysis of global school-based student health surveys. Food and Nutrition Bulletin. https://doi.org/10.1177/0379572119848287 sourced from Food Systems Dashboard http://www.foodsystemsdashboard.org/food-system
Definitions:	Prevalence of less-than-daily vegetable consumption (% less-than-daily vegetable consumption)

Average weekly frequency of fast food consumption

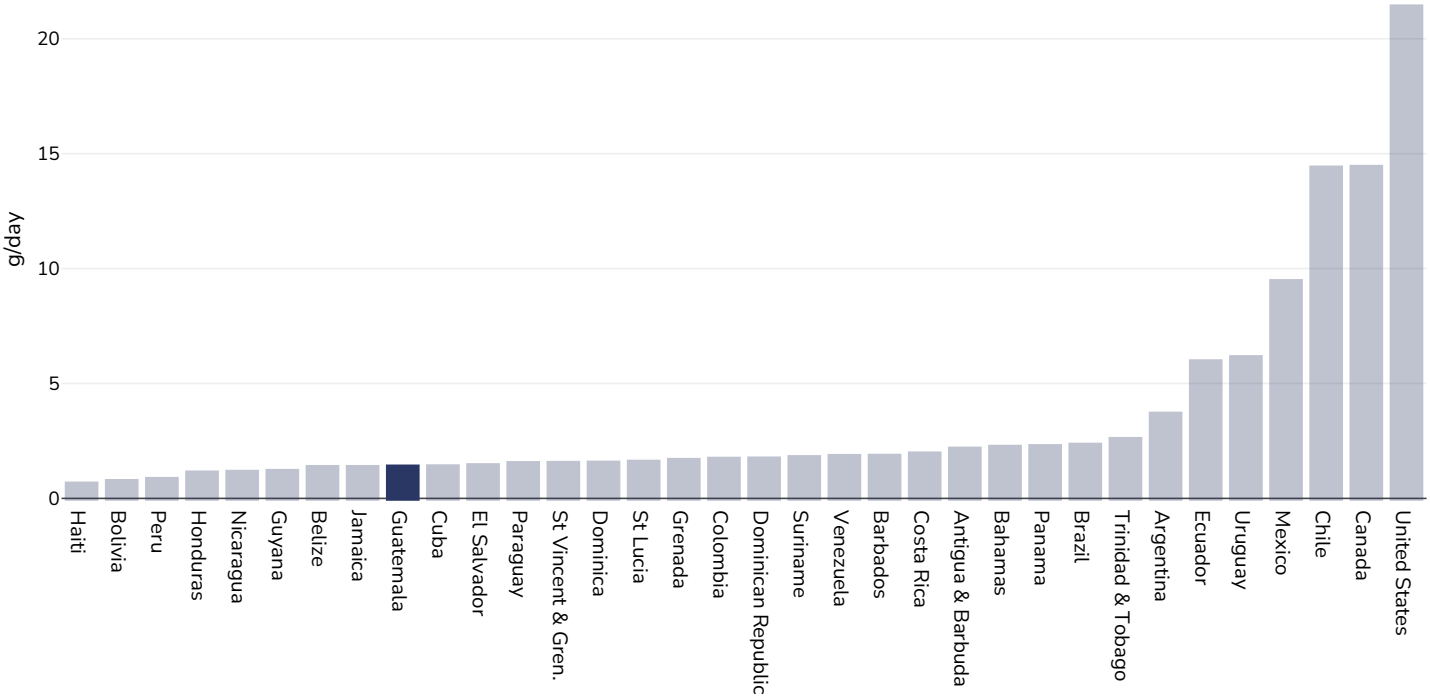
Children, 2009-2015



Age:	12-17
References:	Beal et al. (2019). Global Patterns of Adolescent Fruit, Vegetable, Carbonated Soft Drink, and Fast-food consumption: A meta-analysis of global school-based student health surveys. Food and Nutrition Bulletin. https://doi.org/10.1177/0379572119848287 sourced from Food Systems Dashboard http://www.foodsystemsdashboard.org/food-system

Estimated per-capita processed meat intake

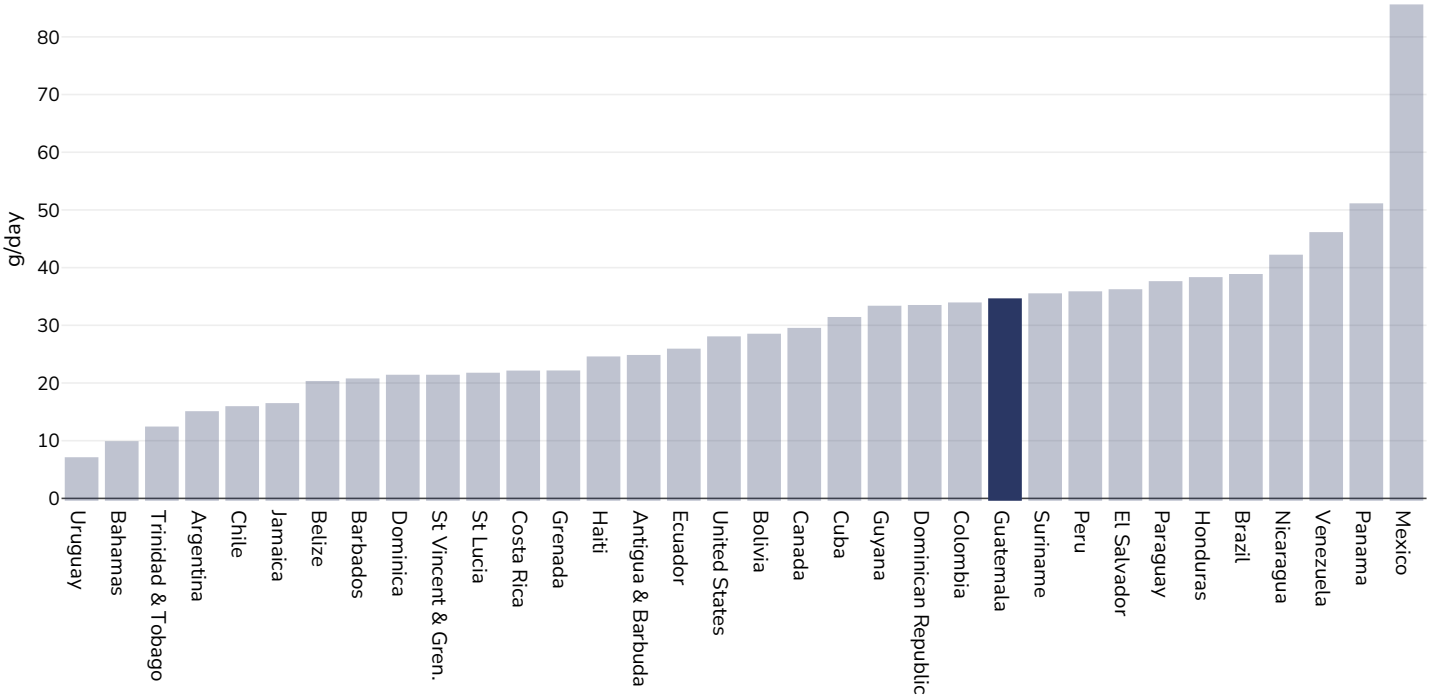
Adults, 2017



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

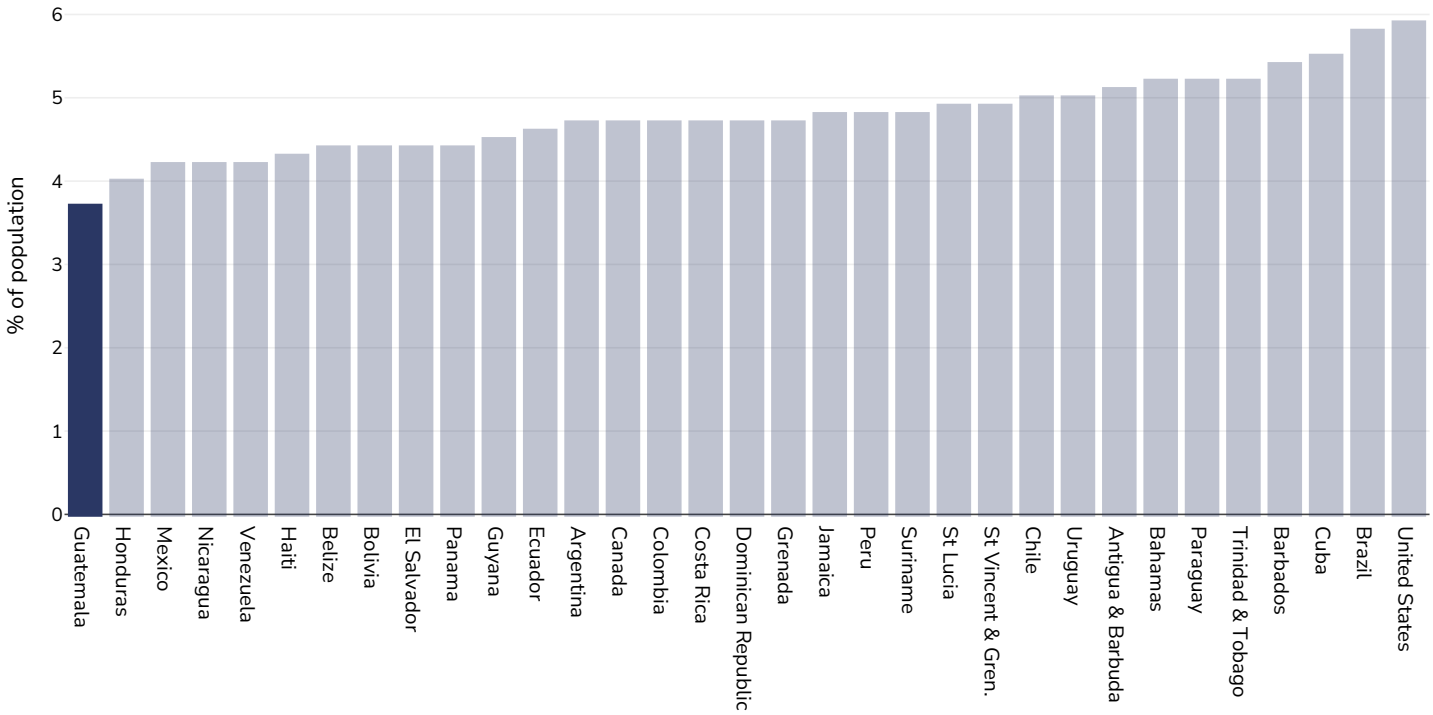
Adults, 2017



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

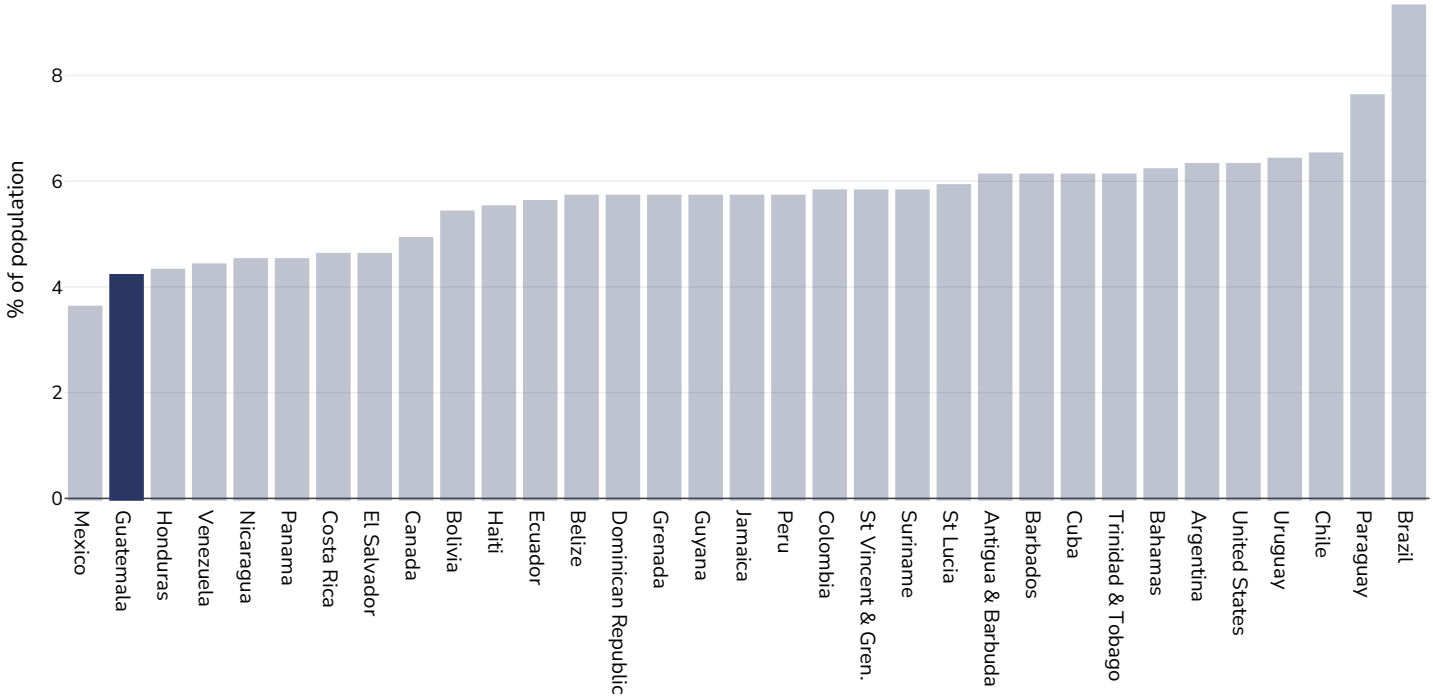


References: Prevalence data from Global Burden of Disease study 2015 (http://ghdx.healthdata.org) published in: Depression and Other Common Mental Disorders: Global Health Estimates. Geneva:World Health Organization; 2017. Licence: CC BY-NC-SA 3.0 IGO.

Definitions: % of population with depression disorders

Mental health - anxiety disorders

Adults, 2015

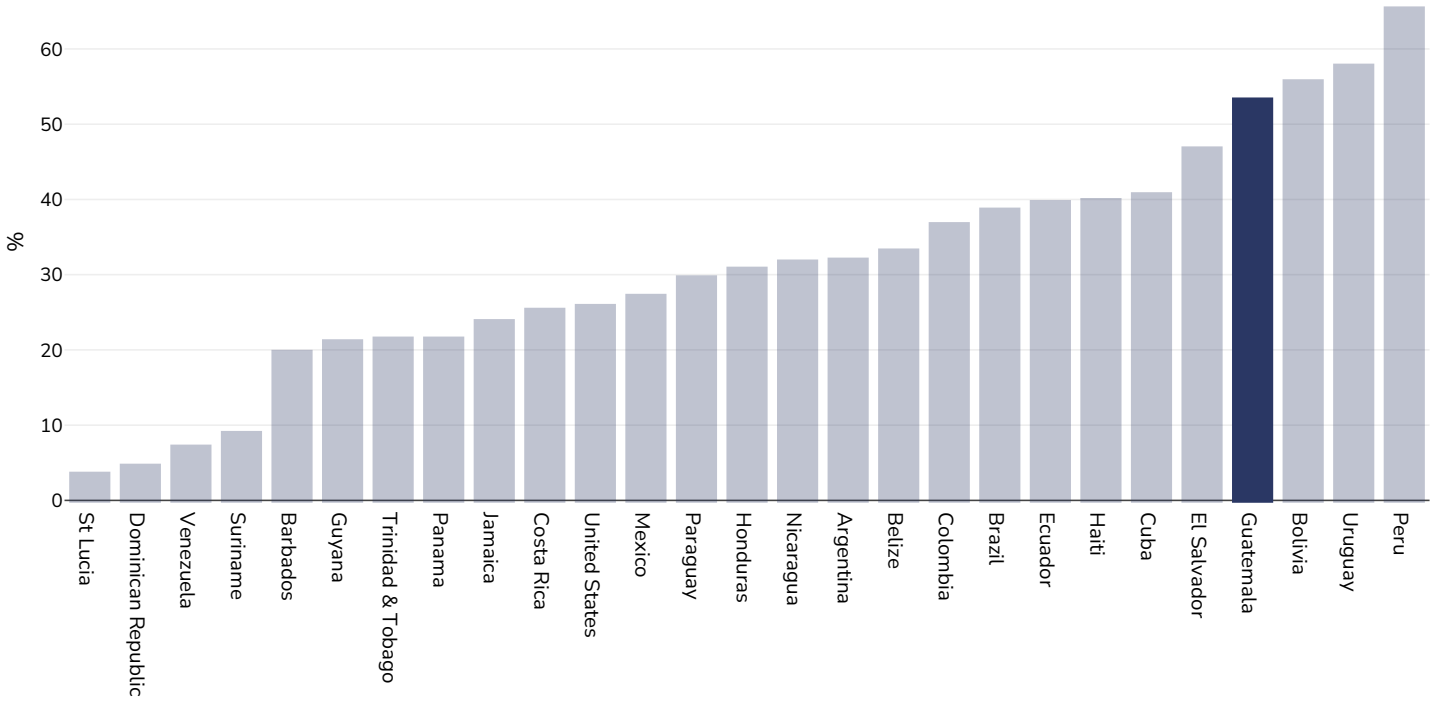


References: Prevalence data from Global Burden of Disease study 2015 (http://ghdx.healthdata.org) published in: Depression and Other Common Mental Disorders: Global Health Estimates. Geneva:World Health Organization; 2017. Licence: CC BY-NC-SA 3.0 IGO.

Definitions: % of population with anxiety disorders

% Infants exclusively breastfed 0-5 months

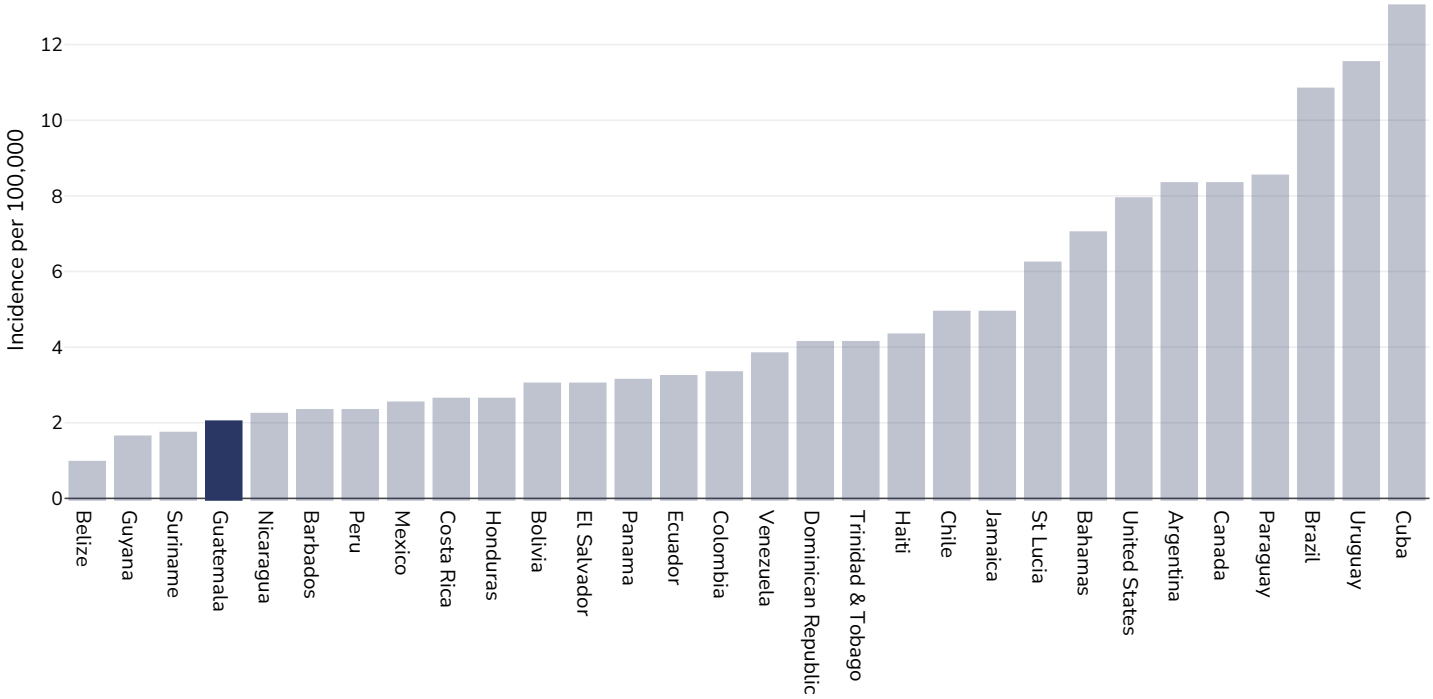
Children, 1998-2019



Area covered:	National
References:	Encuesta Nacional de Salud Materno Infantil 2014-2015. Ciudad de Guatemala, Guatemala, 2015.
Notes:	See UNICEF website for further survey information. Available at : https://data.unicef.org/resources/dataset/infant-young-child-feeding/ (last accessed 28.9.21) Citation: United Nations Children's Fund, Division of Data, Analysis, Planning and Monitoring (2021). Global UNICEF Global Databases: Infant and Young Child Feeding: Exclusive breastfeeding, New York, September 2021.
Definitions:	% exclusively breastfed 0-5 months

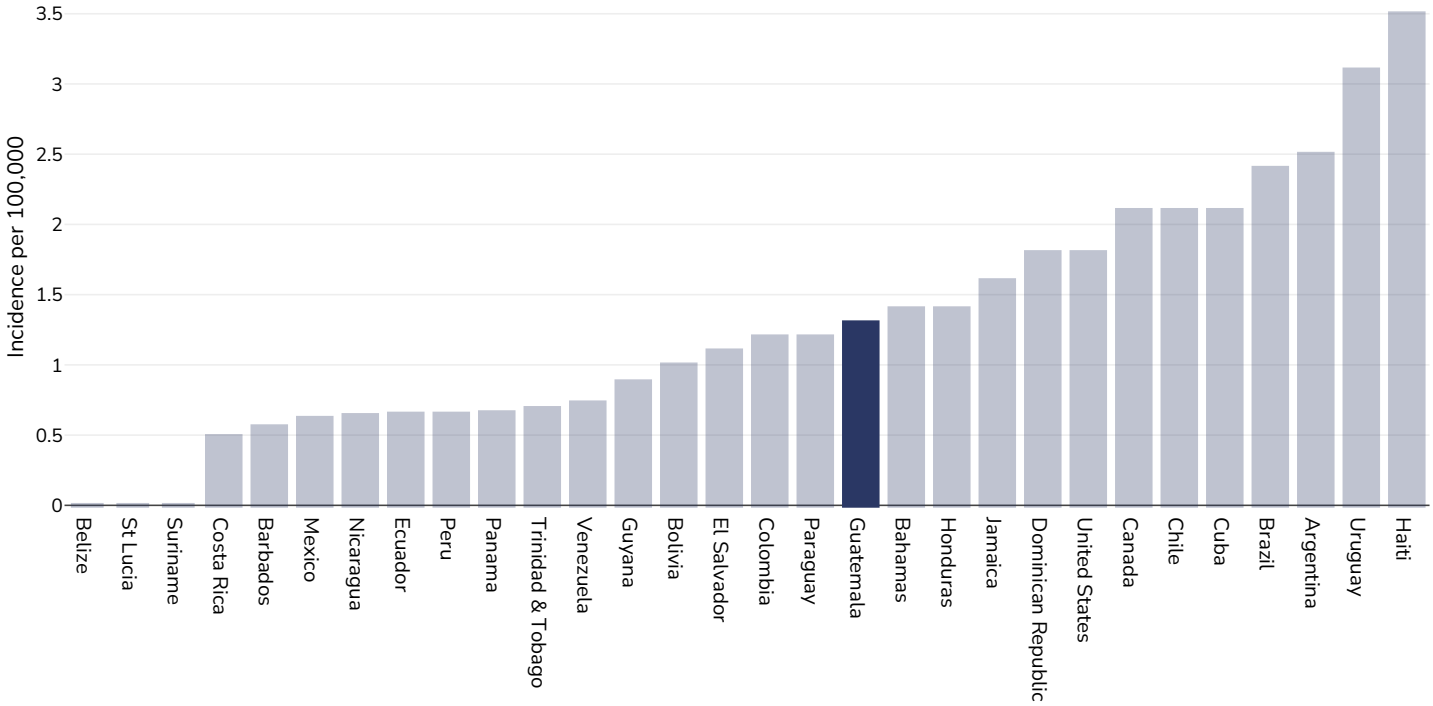
Oesophageal cancer

Men, 2020



Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.fr/today, accessed 10.01.2163
Definitions:	Age-standardized indicence rates per 100 000

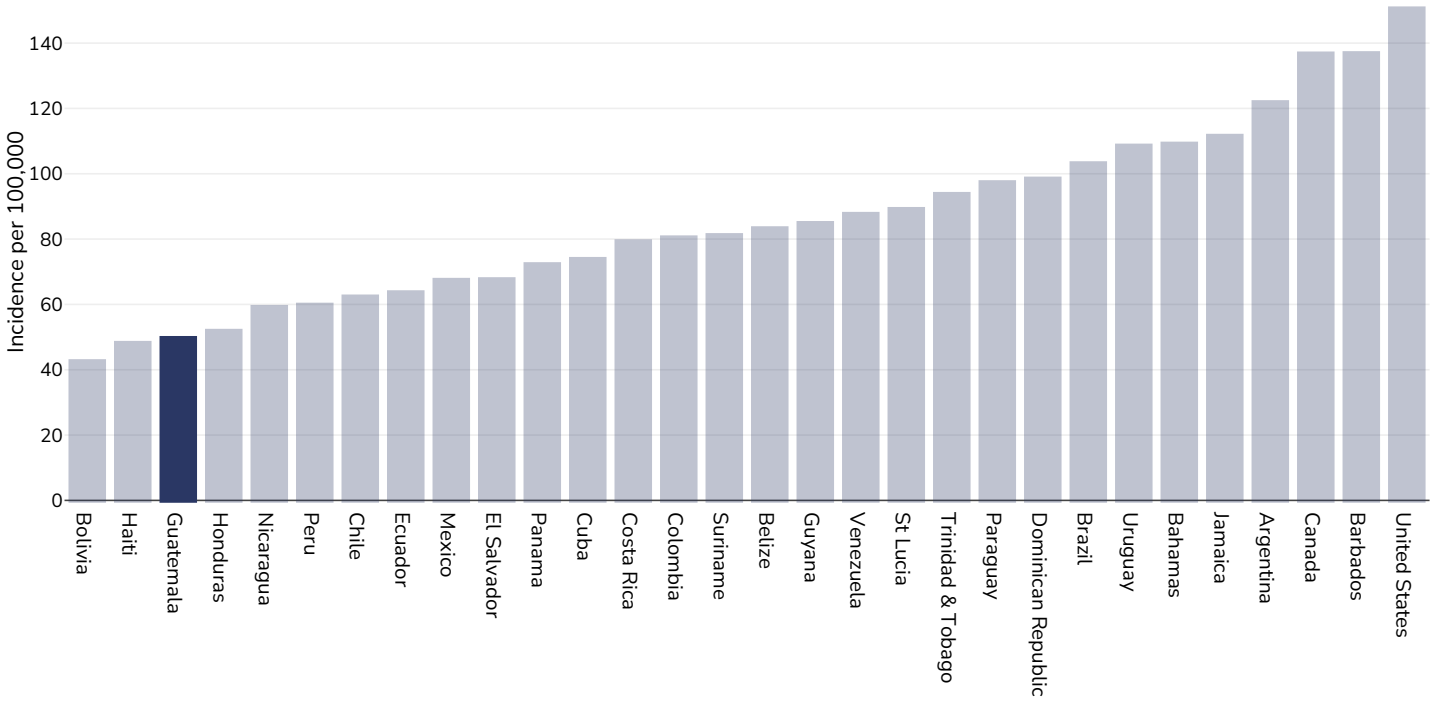
Women, 2020



Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.fr/today, accessed 10.01.2163
Definitions:	Age-standardized indicence rates per 100 000

Breast cancer

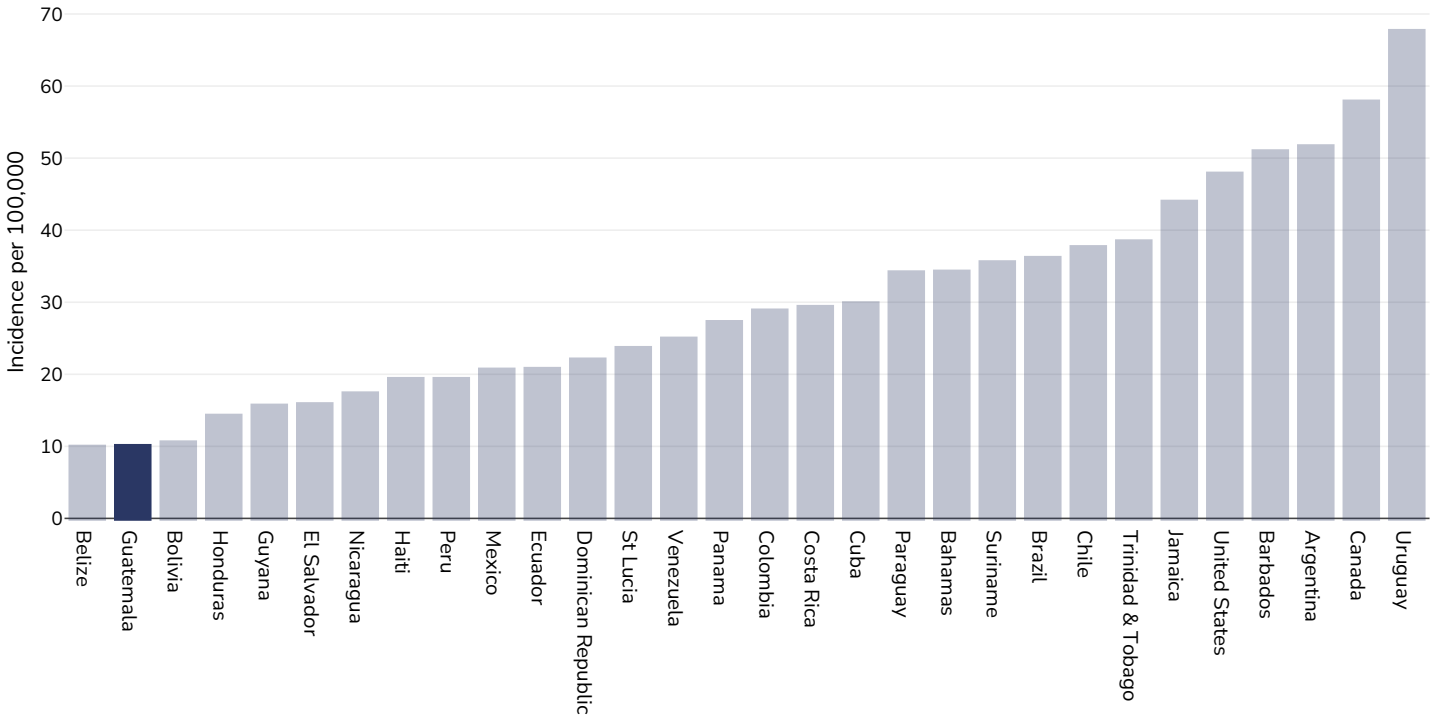
Women, 2020



Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.fr/today, accessed 10.01.2163
Definitions:	Age-standardized indicence rates per 100 000

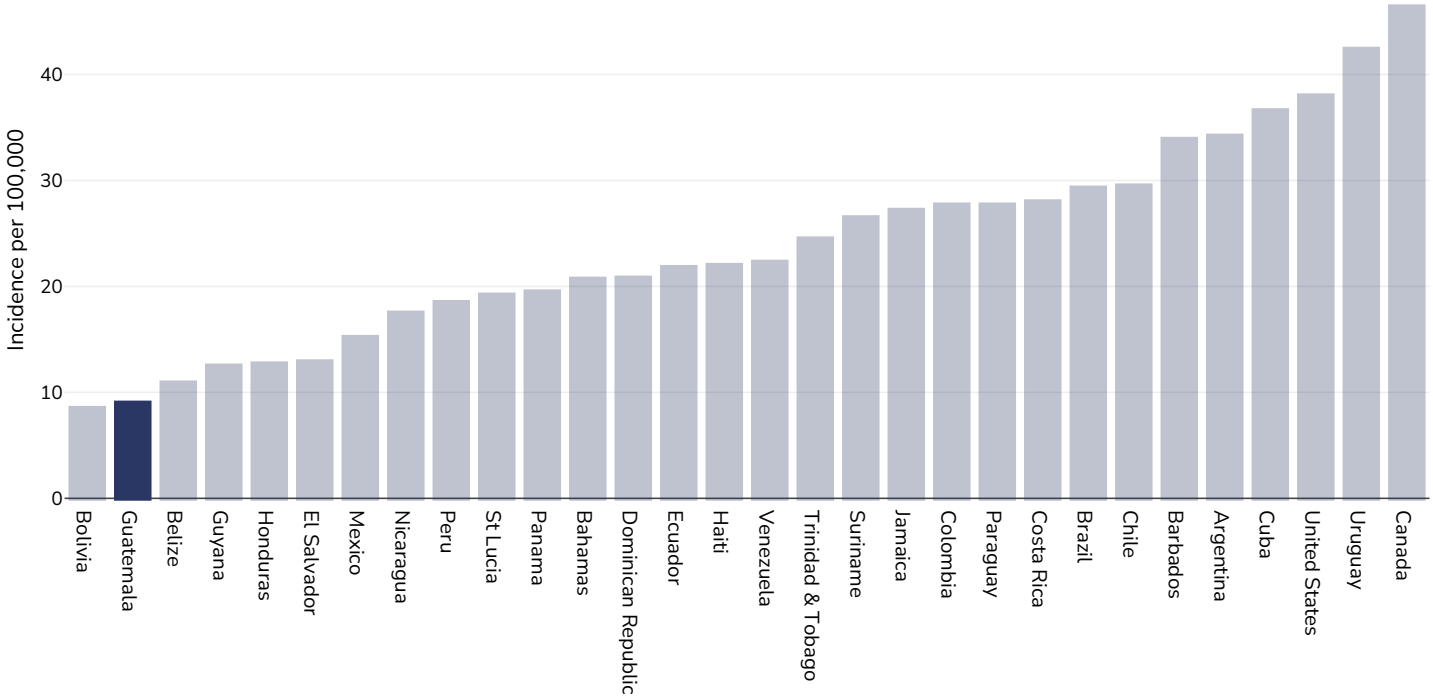
Colorectal cancer

Men, 2020



Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.fr/today, accessed 10.01.2163
Definitions:	Age-standardized indicence rates per 100 000

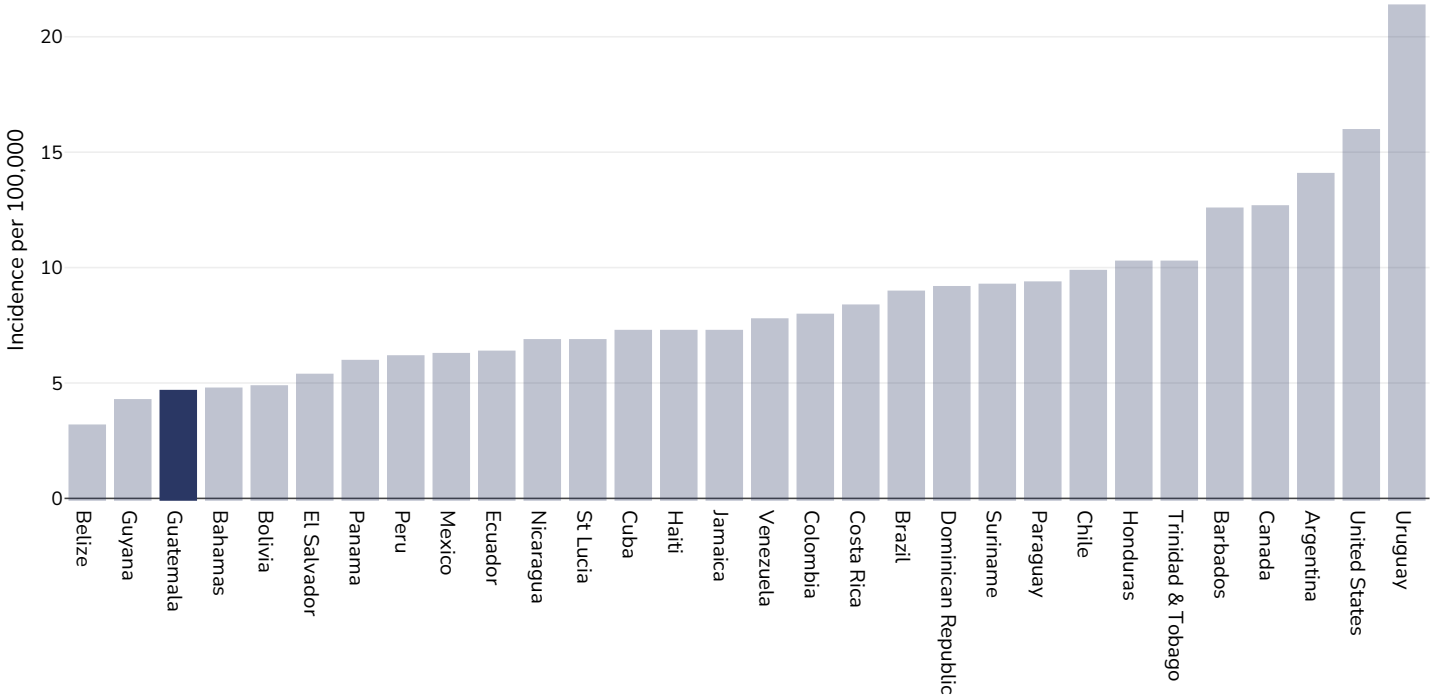
Women, 2020



Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.fr/today, accessed 10.01.2163
Definitions:	Age-standardized indicence rates per 100 000

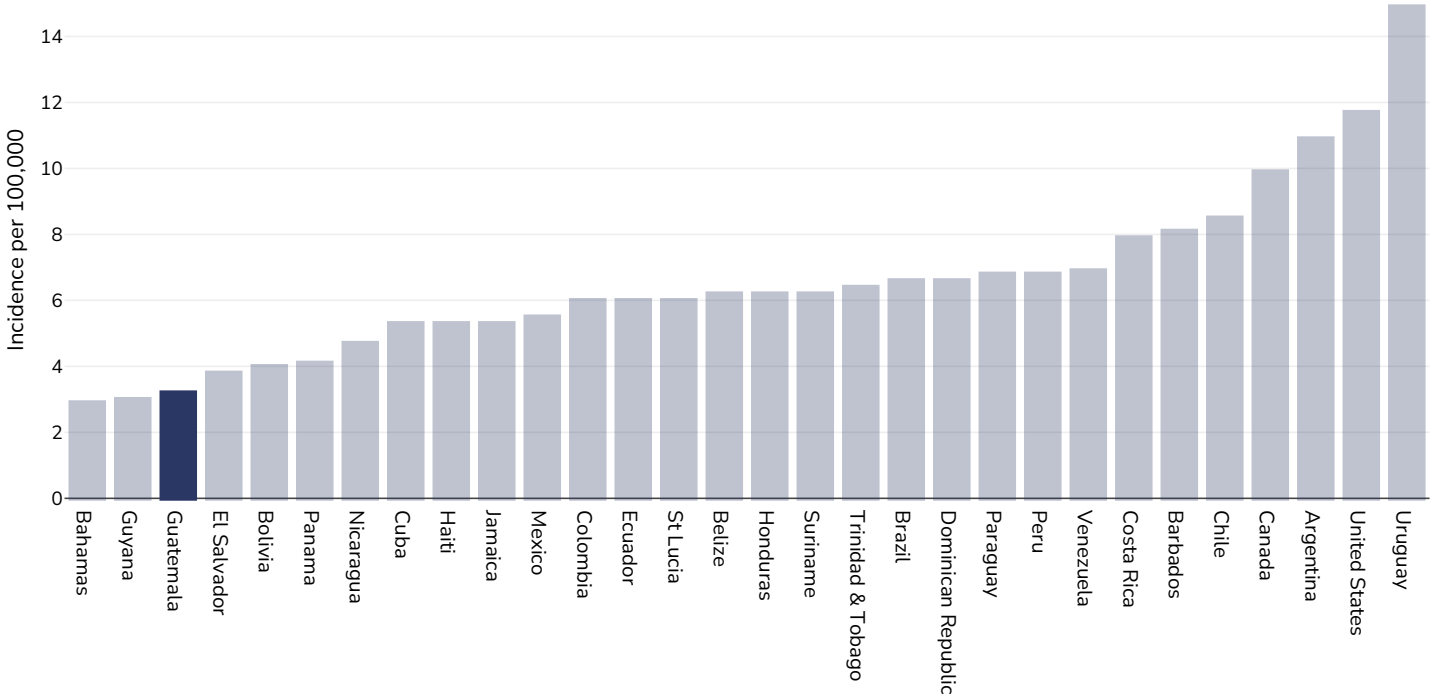
Pancreatic cancer

Men, 2020



Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.fr/today, accessed 10.01.2163
Definitions:	Age-standardized indicence rates per 100 000

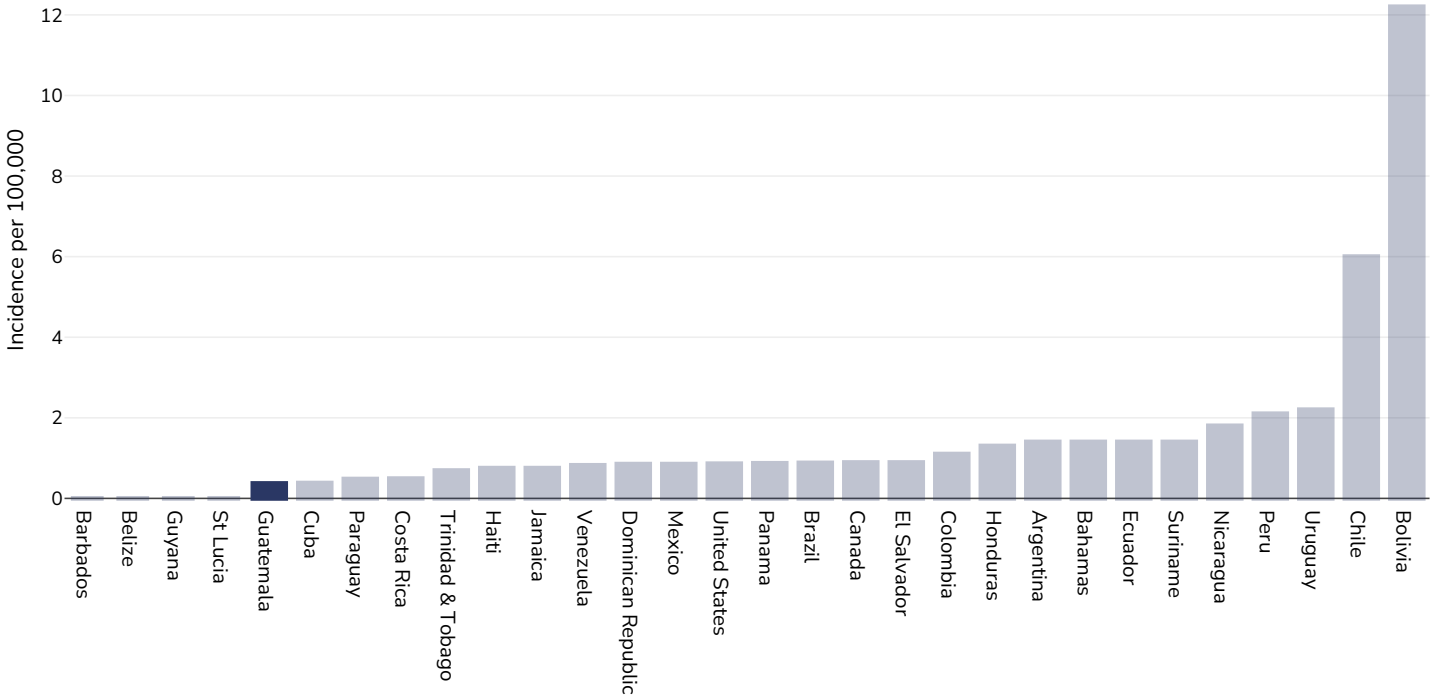
Women, 2020



Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.fr/today, accessed 10.01.2163
Definitions:	Age-standardized indicence rates per 100 000

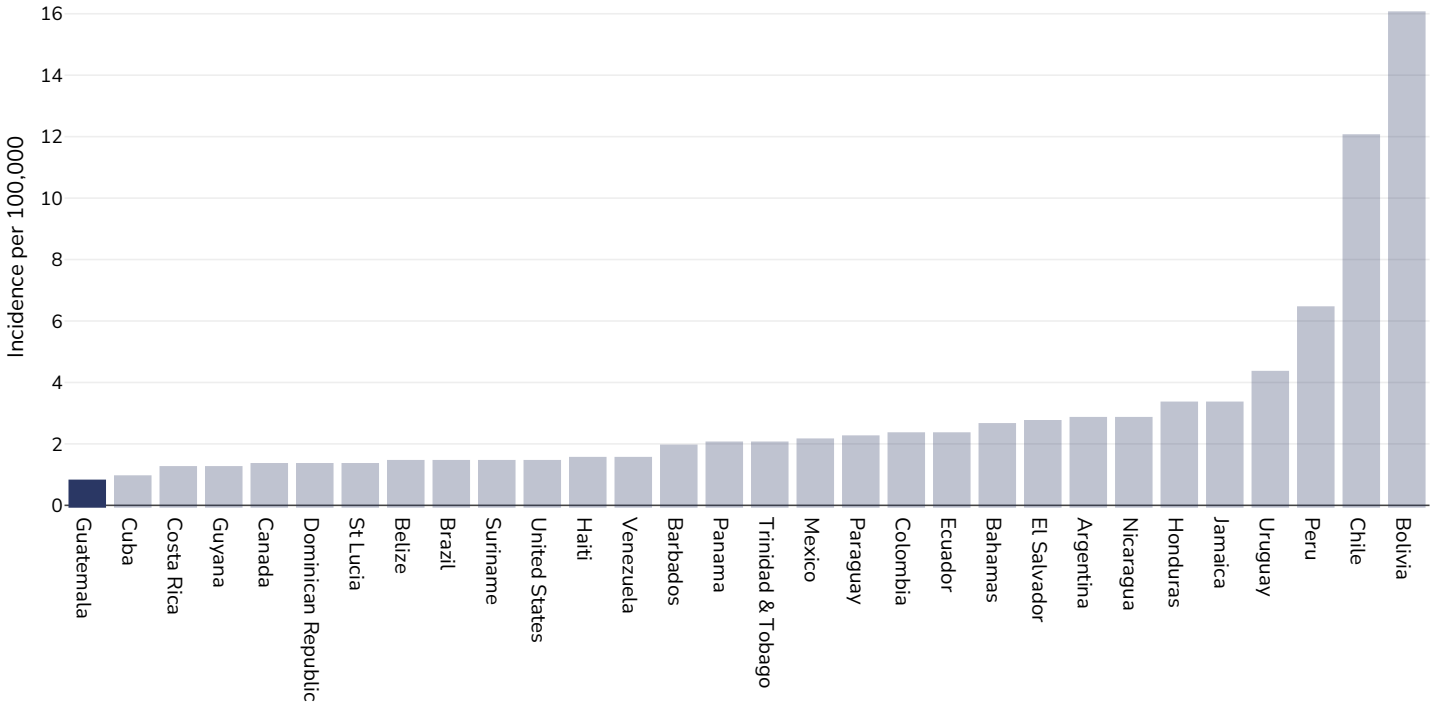
Gallbladder cancer

Men, 2020



Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.fr/today, accessed 10.01.2163
Definitions:	Age-standardized indicence rates per 100 000

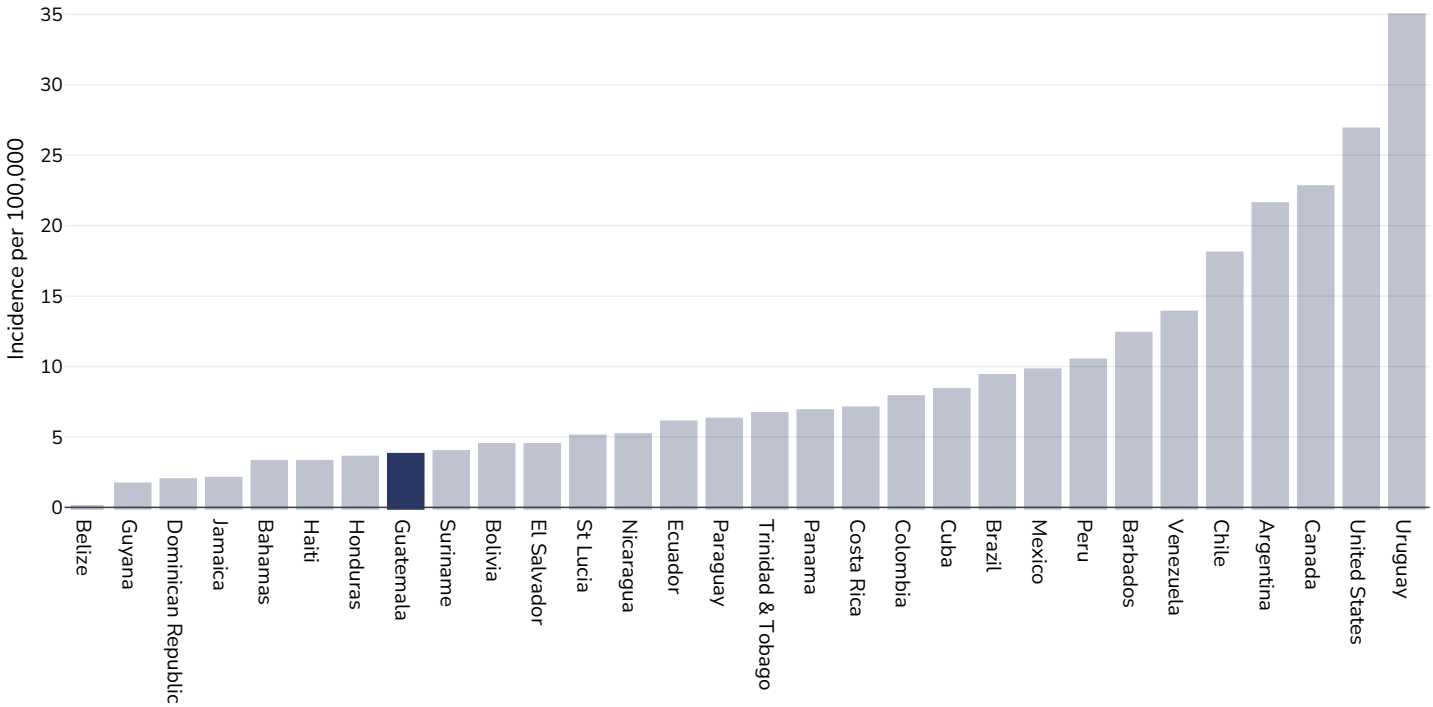
Women, 2020



Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.fr/today, accessed 10.01.2163
Definitions:	Age-standardized indicence rates per 100 000

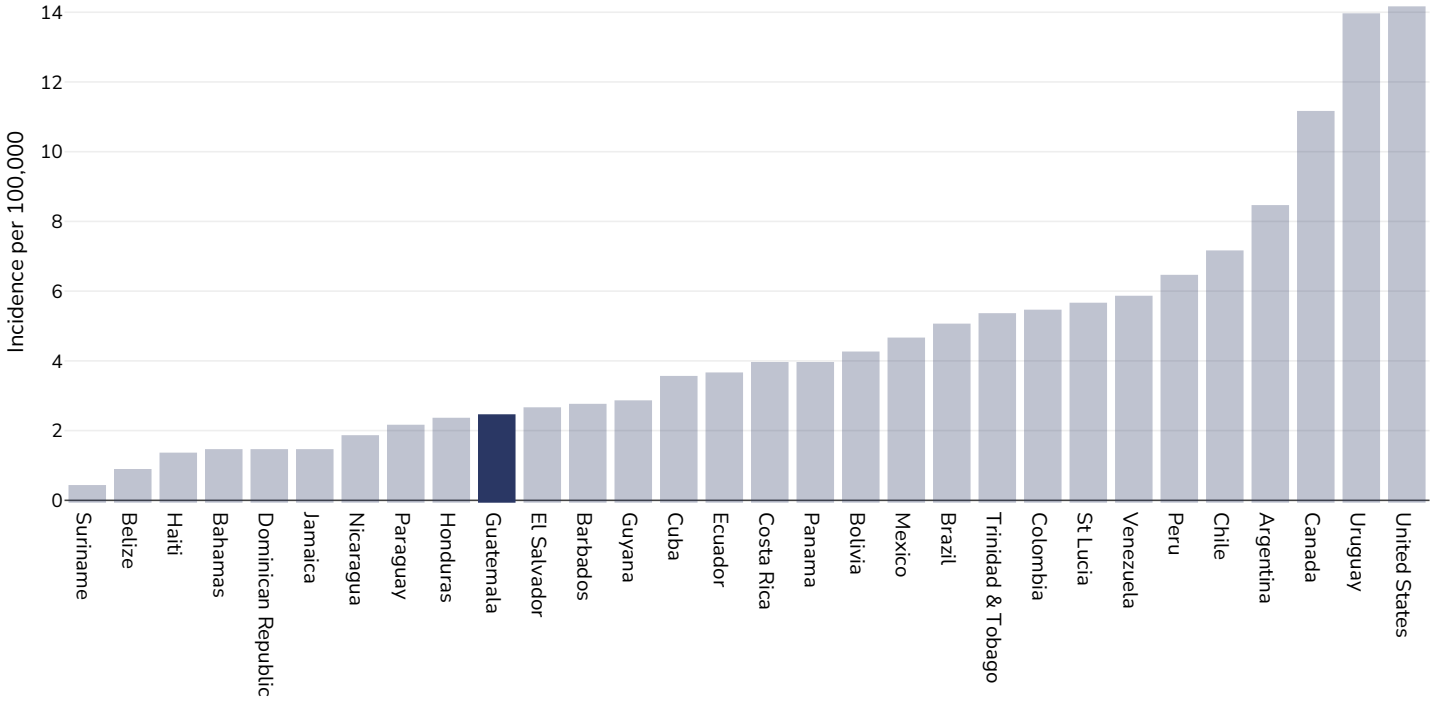
Kidney cancer

Men, 2020



Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.fr/today, accessed 10.01.2163
Definitions:	Age-standardized indicence rates per 100 000

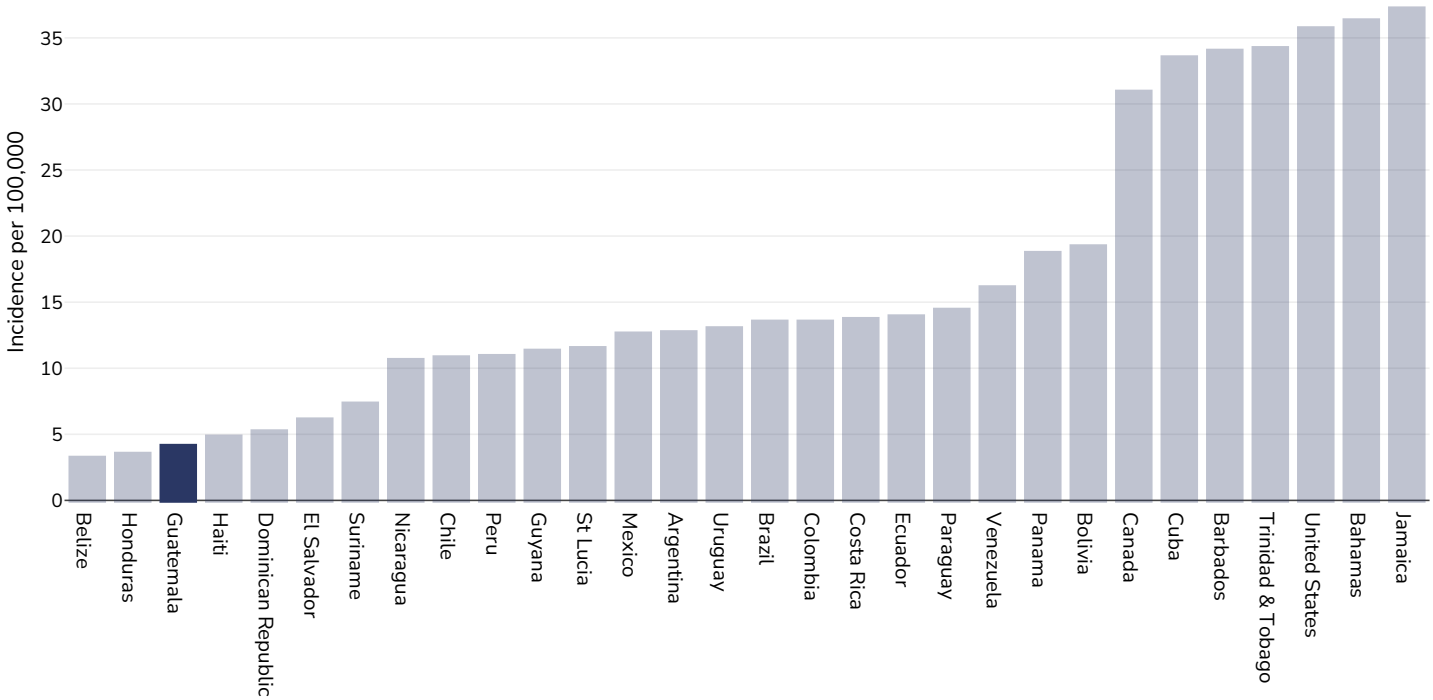
Women, 2020



Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.fr/today, accessed 10.01.2163
Definitions:	Age-standardized indicence rates per 100 000

Cancer of the uterus

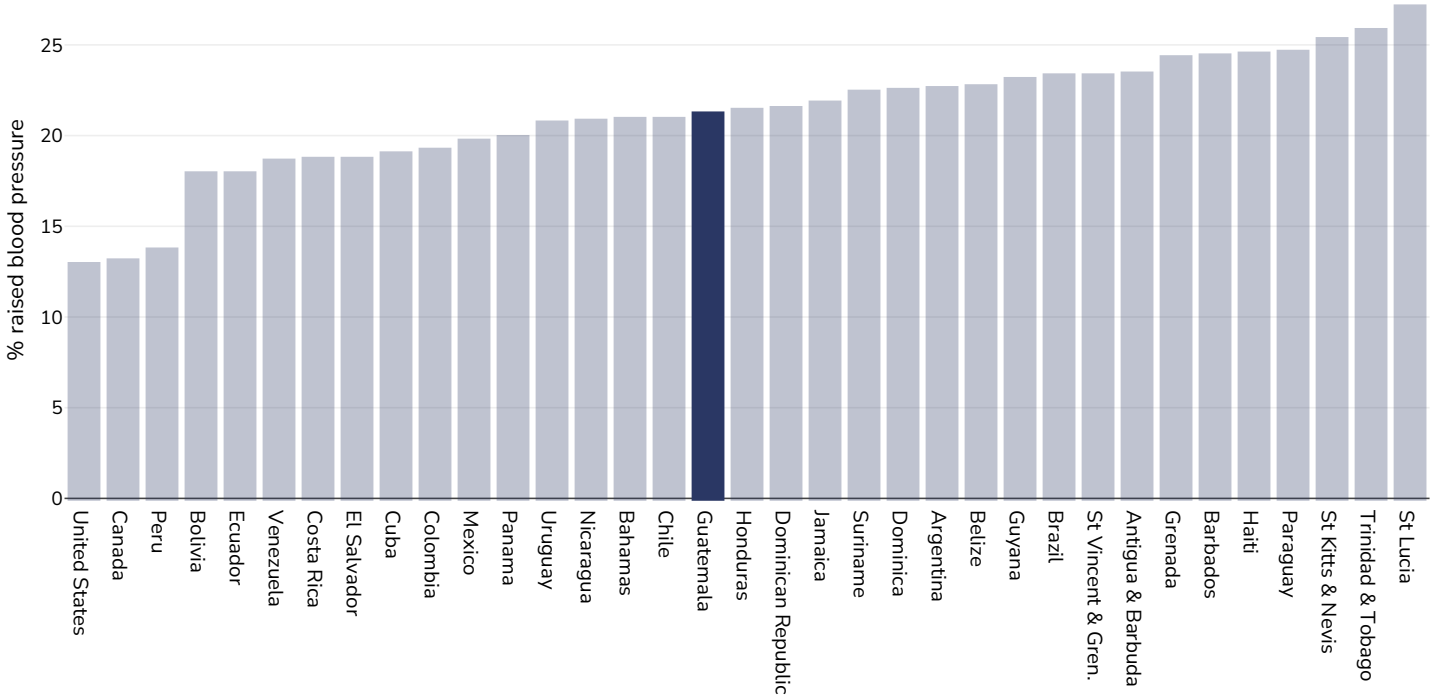
Women, 2020



Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.fr/today, accessed 10.01.2163
Definitions:	Age-standardized indicence rates per 100 000

Raised blood pressure

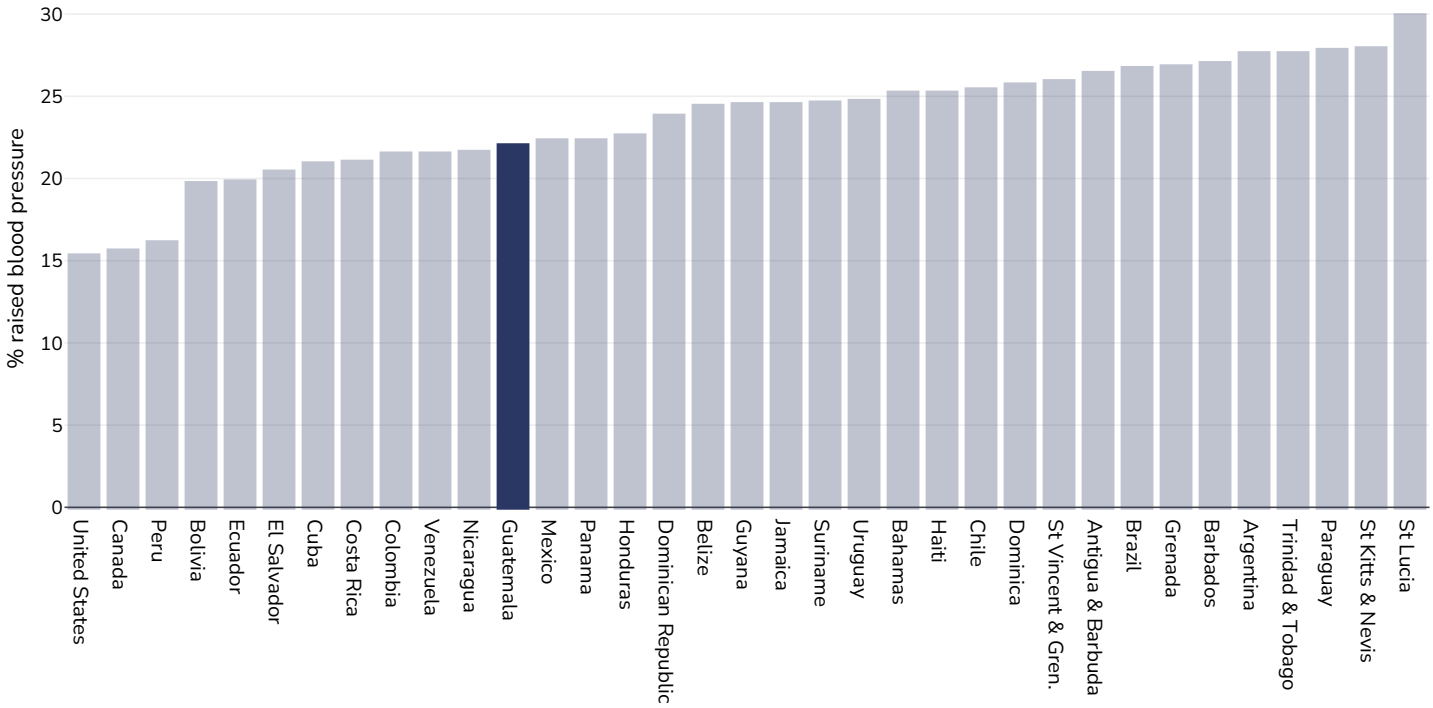
Adults, 2015



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>=140 OR DBP>=90).

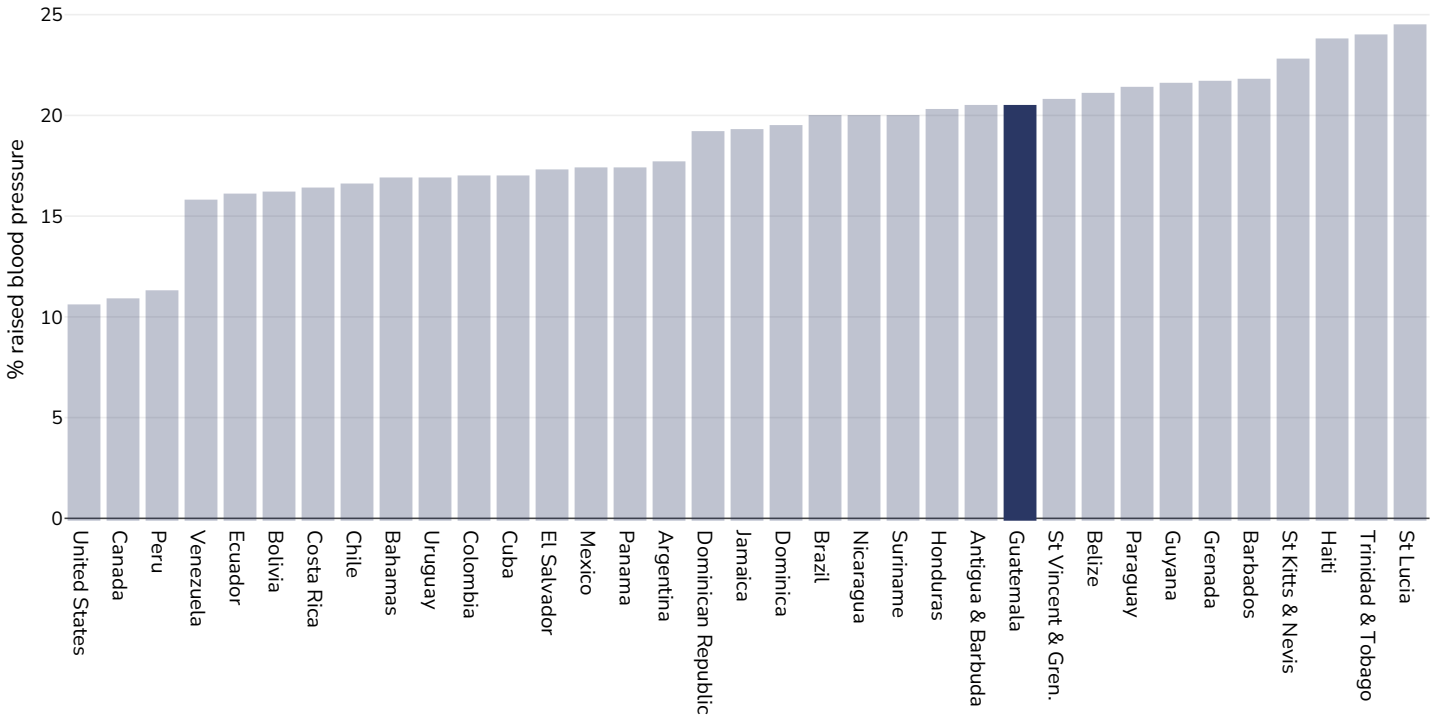
Men, 2015



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>=140 OR DBP>=90).

Women, 2015

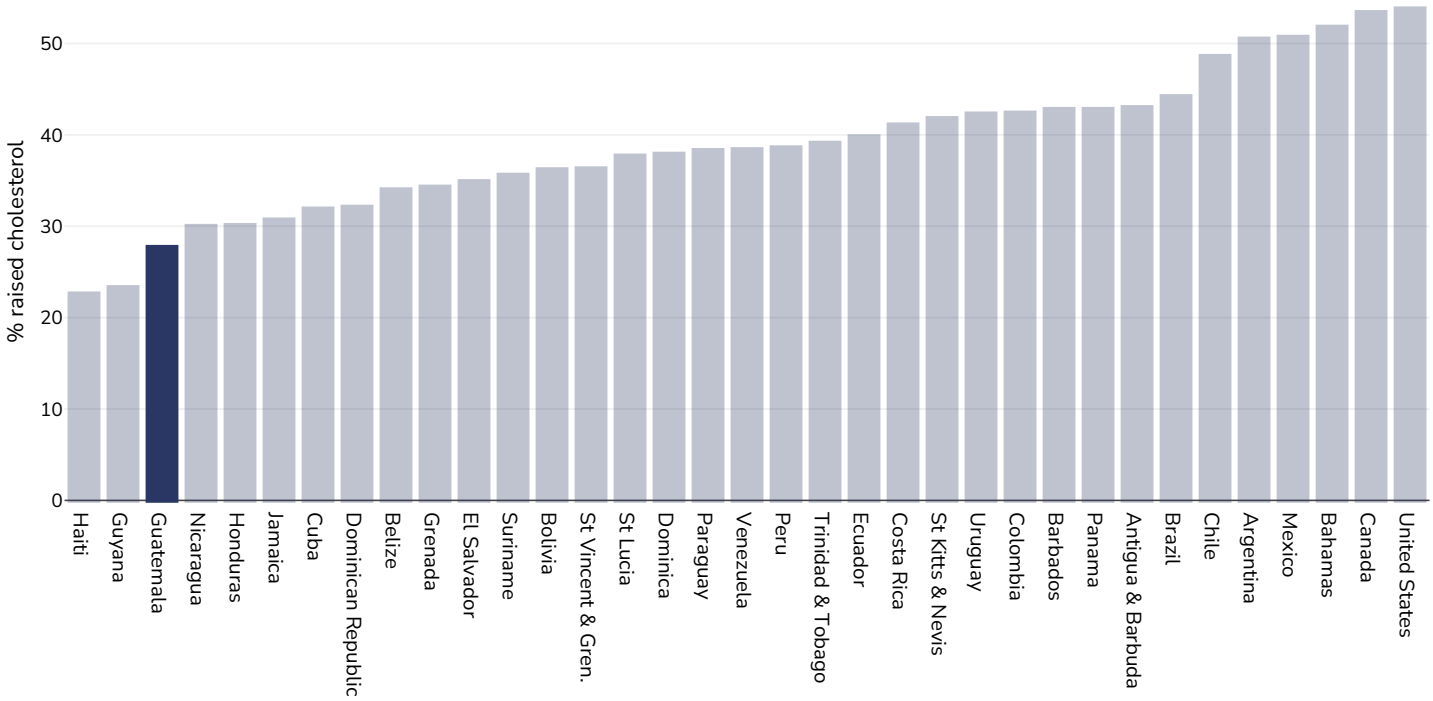


References: Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A875?lang=en

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

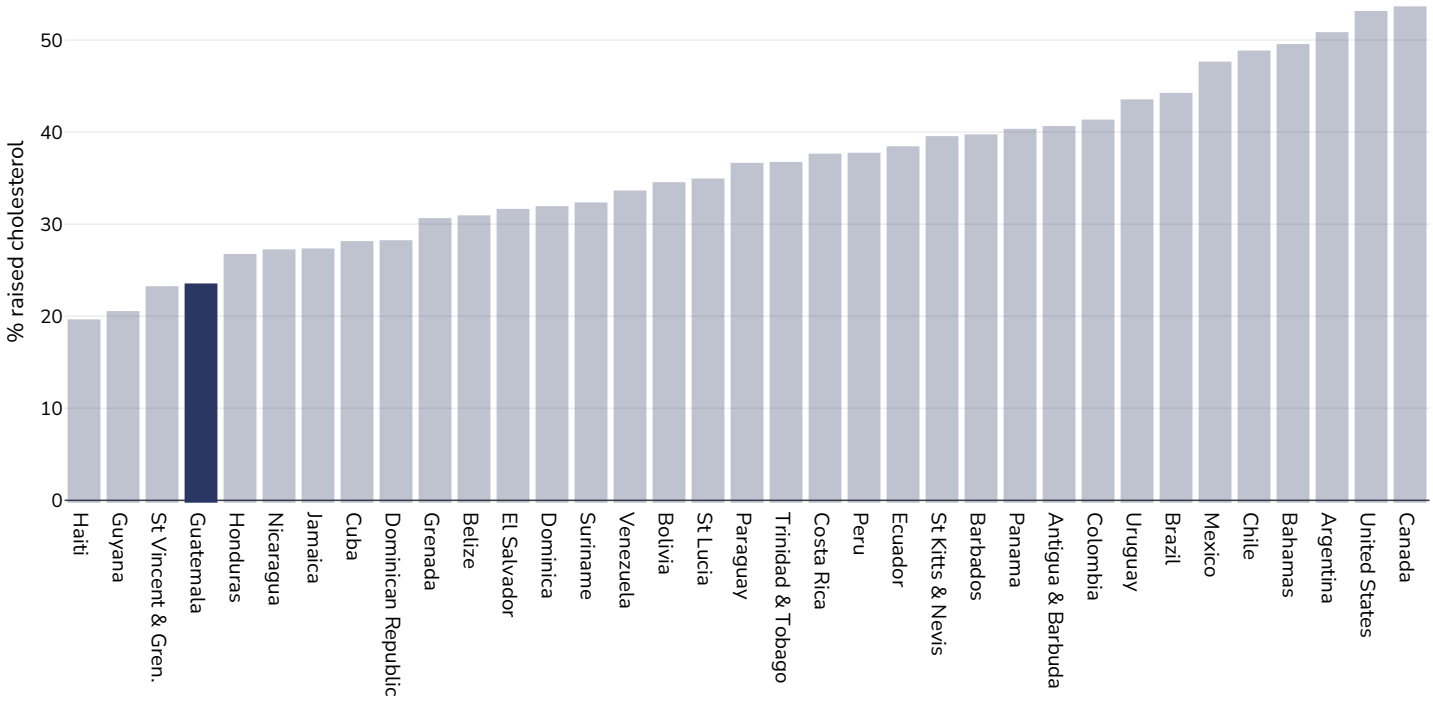
Raised cholesterol

Adults, 2008



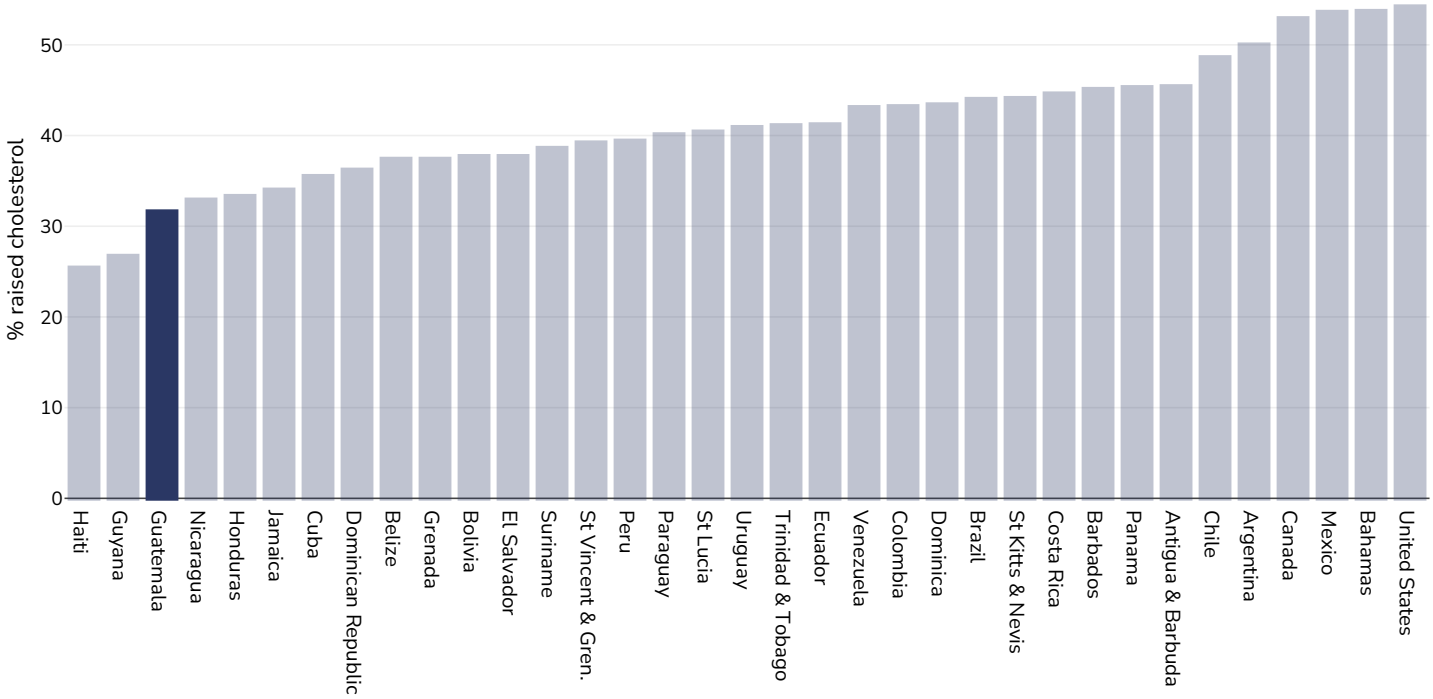
References:	Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A885
Definitions:	% Raised total cholesterol (>= 5.0 mmol/L) (age-standardized estimate).

Men, 2008



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

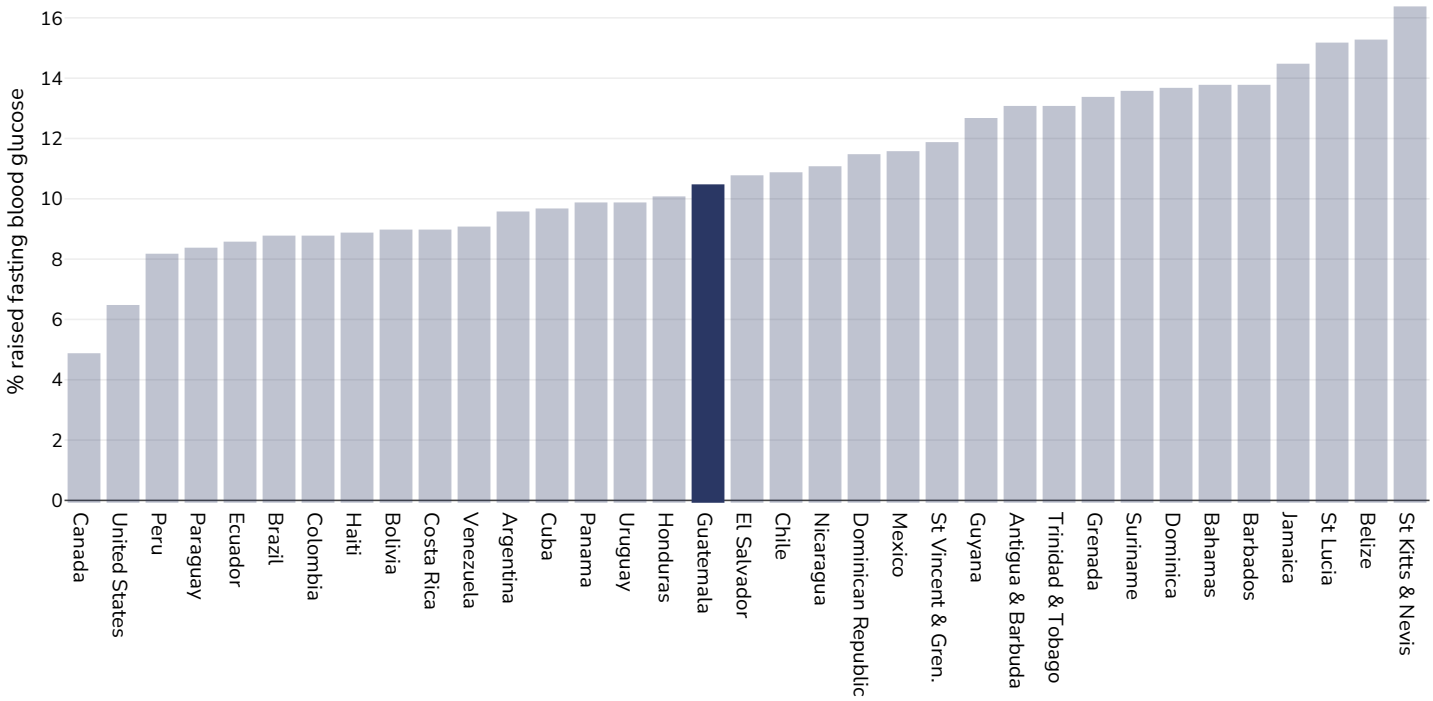


References: Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A885

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

Raised fasting blood glucose

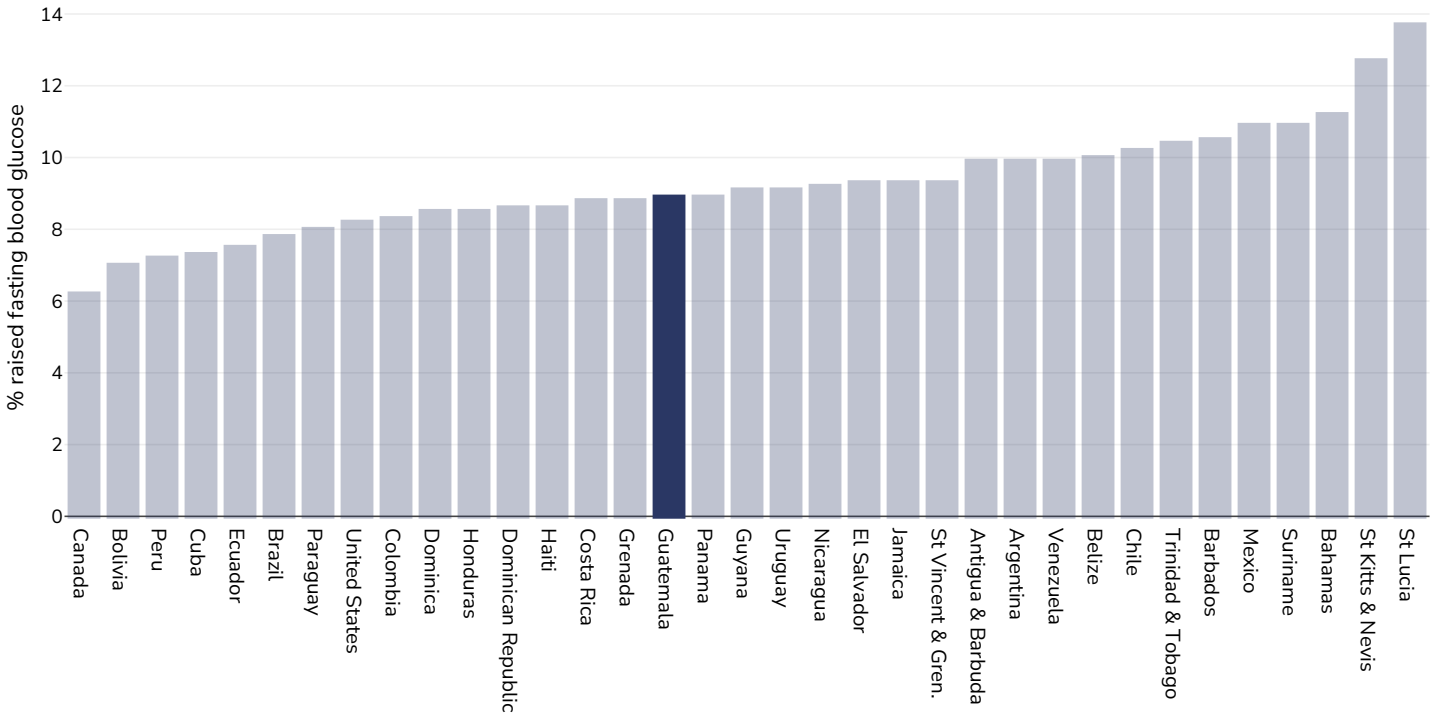
Men, 2014



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

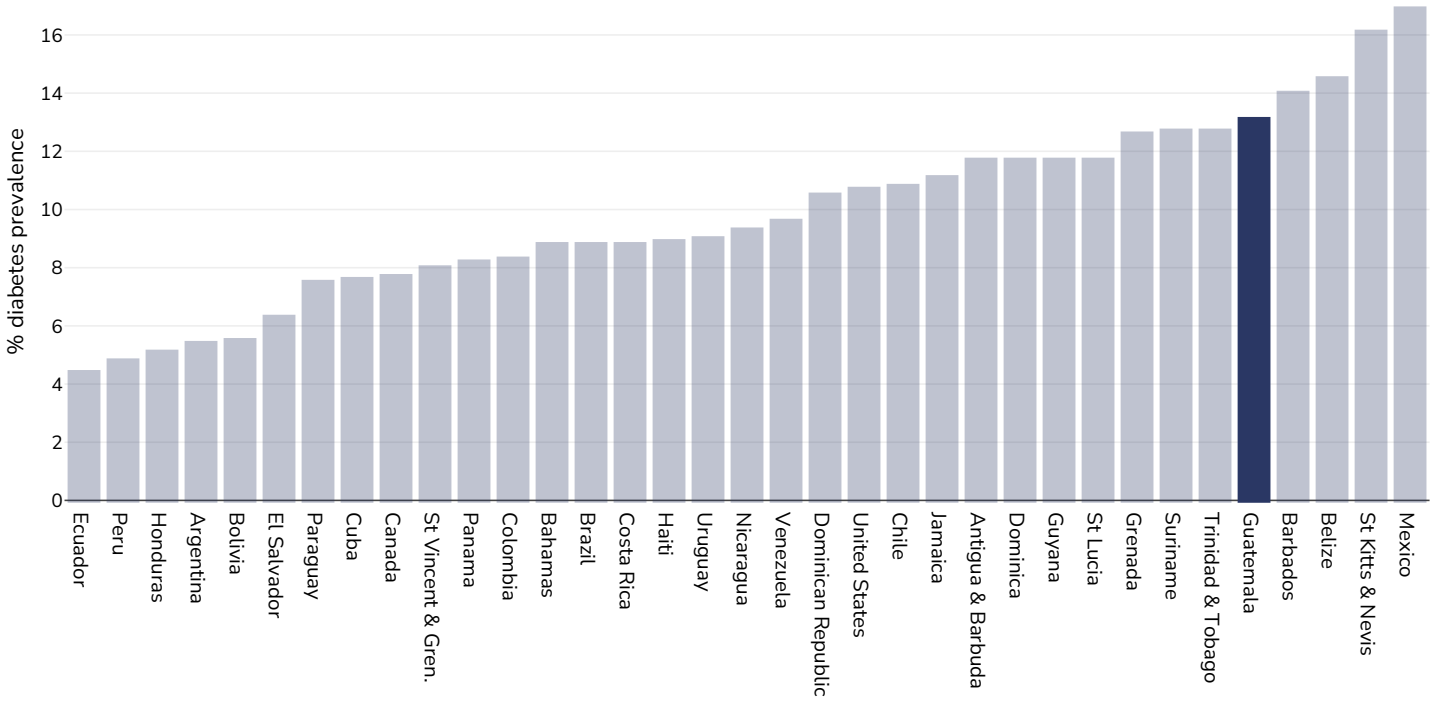


References: Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A869?lang=en

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, %

Contextual factors

Disclaimer: These contextual factors should be interpreted with care. Results are updated as regularly as possible and use very specific criteria. The criteria used and full definitions are available for download at the bottom of this page.

Labelling

Is there mandatory nutrition labelling?	✓
Front-of-package labelling?	✗
Back-of-pack nutrition declaration?	✓
Color coding?	✗
Warning label?	✗

Regulation and marketing

Are there fiscal policies on unhealthy products?	✓
Tax on unhealthy foods?	✗
Tax on unhealthy drinks?	✓
Are there fiscal policies on healthy products?	✗
Subsidy on fruits?	✗
Subsidy on vegetables?	✗
Subsidy on other healthy products?	✗
Mandatory limit or ban of trans fat (all settings)?	✗
Mandatory limit of trans fats in place (all settings)?	✗
Ban on trans-fats or phos in place (all settings)?	✗
Are there any mandatory policies/marketing restrictions on the promotion of unhealthy food/drinks to children?	✗
Mandatory restriction on broadcast media?	✗
Mandatory restriction on non-broadcast media?	✗
Voluntary policies/marketing restrictions on the promotion of unhealthy food/drinks to children?	✗
Are there mandatory standards for food in schools?	✓
Are there any mandatory nutrient limits in any manufactured food products?	✗
Nutrition standards for public sector procurement?	✗

Political will and support

National obesity strategy or nutrition and physical activity national strategy?	✓
National obesity strategy?	✗
National childhood obesity strategy?	✓
Comprehensive nutrition strategy?	✗
Comprehensive physical activity strategy?	✗
Evidence-based dietary guidelines and/or RDAs?	✓
National target(s) on reducing obesity?	✓
Guidelines/policy on obesity treatment?	✗
Promotion of breastfeeding?	✓

Monitoring and surveillance

Monitoring of the prevalence and incidence for the main obesity-related NCDs and risk factors?	✓
Within 5 years?	✓

Governance and resource

Multi-sectoral national co-ordination mechanism for obesity or nutrition (including obesity)?	✗

Key

✓ Present

✓v Present (voluntary)

✓ Incoming

✗ Absent

? Unknown

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