## Drivers

### Honduras

<table>
<thead>
<tr>
<th>Contents</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Insufficient physical activity</td>
<td>2</td>
</tr>
<tr>
<td>Average daily frequency of carbonated soft drink consumption</td>
<td>5</td>
</tr>
<tr>
<td>Estimated per capita fruit intake</td>
<td>6</td>
</tr>
<tr>
<td>Prevalence of less than daily fruit consumption</td>
<td>7</td>
</tr>
<tr>
<td>Prevalence of less than daily vegetable consumption</td>
<td>8</td>
</tr>
<tr>
<td>Average weekly frequency of fast food consumption</td>
<td>9</td>
</tr>
<tr>
<td>Estimated per-capita processed meat intake</td>
<td>10</td>
</tr>
<tr>
<td>Estimated per capita whole grains intake</td>
<td>11</td>
</tr>
<tr>
<td>Mental health - depression disorders</td>
<td>12</td>
</tr>
<tr>
<td>Mental health - anxiety disorders</td>
<td>13</td>
</tr>
<tr>
<td>% Infants exclusively breastfed 0-5 months</td>
<td>14</td>
</tr>
</tbody>
</table>
Insufficient physical activity

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)
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


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+
Definitions: Estimated per-capita fruit intake (g/day)
Prevalence of less than daily fruit consumption

Children, 2009-2015

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+


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

PDF created on August 22, 2023