

Iceland



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/iceland-94/.



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Obesity prevalence

Adults, 2019

Obesity Overweight





Overweight/obesity by age and education









Overweight/obesity by education

Adults, 2019





Men, 2019

Obesity Overweight











Overweight/obesity by age

Adults, 2019

Obesity Overweight



https://ec.europa.eu/eurostat/databrowser/view/HLTH_EHIS_BM1E__custom_6690014/default/table?lang=en&page=time:2019 (Acessed 28.06.23)



Overweight/obesity by age and region

Men, 2014





Obesity Overweight





Overweight/obesity by age and socio-economic group

Adults, 2014

Obesity Overweight





Men, 2014

Obesity Overweight





Obesity Overweight





Overweight/obesity by age and limited activity

Adults, 2014









Obesity Overweight





Double burden of underweight & overweight





Insufficient physical activity













Estimated per capita fruit intake





Estimated per-capita processed meat intake





Estimated per capita whole grains intake





Mental health - depression disorders













Mental health - anxiety disorders









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84000			
neitono no no no no no no no no no no no no			
3000			
2000			
2000			
1000			
1000			
0	Iceland		
Age:		20+	
References:			
	Seattle, WA: IHME, University of Washington, 2023. Available from <u>http://vizhub.healthdata.org/gbd-compare.</u> (Last a	accessed 23.04.25).	
Definitions:	Number living with anxiety per 100,000 population		



Percent of population who cannot afford a healthy diet





Oesophageal cancer









Breast cancer

Women, 2022

Age 20 Age 20+





Colorectal cancer








Pancreatic cancer









Gallbladder cancer





0.9		
0.8		
0.7		
0		
0.6		
00		
0.5		
Incidence per 100,000 9.0		
0.4 		
Ĕ		
0.3		
0.2		
0.1		
0.1		
0		
0	Iceland	
Age:		20+
Area cover	d:	National
References	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (20)24).Global Cancer
	Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco	
		ccessed [16.07.24]
Definitions	1	conco por 100.000
Dermuons	inai	cence per 100,000



Kidney cancer









Cancer of the uterus





Raised blood pressure

Adults, 2015



Definitions:

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









Raised cholesterol

Adults, 2008













Raised fasting blood glucose

Men, 2014



Definitions:

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







Diabetes prevalence

Adults, 2024



References:

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



Ovarian Cancer





Leukemia

Men, 2022							
4							
3							
2							
1							
0							
⁻¹ _1	0	1	2	3	4	5	6
Age: Area covered:							20+ National
References:				, Mery L, Piñeros M, Z gency for Research on		m: <u>https://gco.iarc.wh</u>	bal Cancer
Definitions:						Incidence p	er 100,000
	Unless ot	therwise noted. overw	eight refers to a BMI l	between 25kg and 29	.9ka/m². obesitv refer	s to a BMI areater tha	n 30ka/m².



4							
3							
2							
1							
0							
-1 -1							
_	0	1	2	3	4	5	6
Age: Area covered:							20+ National
References:					Znaor A, Soerjomataran n Cancer. Available fron		oal Cancer . <u>int/today</u> ,
Definitions:						Incidence pe	r 100,000
	Unless othe	rwise noted, overw	eight refers to a BMI	between 25kg and 2	9.9kg/m², obesity refers	to a BMI greater thar	1 30kg/m².



Liver and intrahepatic bile duct Cancer









Multiple Myeloma









Non Hodgkin Lymphoma









Thyroid Cancer







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