## Drivers

### India

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Insufficient physical activity

Adults, 2016

Men, 2016

Women, 2016

% 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)
<table>
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<th>Country</th>
<th>% insufficient physical activity</th>
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<tr>
<td>Bangladesh</td>
<td>60</td>
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<td>Thailand</td>
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<td>India</td>
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<td>Sri Lanka</td>
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<td>Nepal</td>
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<td>Bhutan</td>
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<tr>
<td>Myanmar</td>
<td>80</td>
</tr>
<tr>
<td>Indonesia</td>
<td>80</td>
</tr>
<tr>
<td>Timor-Leste</td>
<td>80</td>
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</tbody>
</table>

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


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)
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)
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


Definitions: % of population with depression disorders
Mental health - anxiety disorders

Adults, 2015

% of population


Definitions: % of population with anxiety disorders
% Infants exclusively breastfed 0-5 months

Children, 2015-2020

Area covered: National


Definitions: % exclusively breastfed 0-5 months

PDF created on July 24, 2023