## Drivers

### Indonesia

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Insufficient physical activity

Adults, 2016

Men, 2016

Women, 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)
Boys, 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)
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, 2014-2015

Survey type: Measured
Age: 12-17

References:
https://doi.org/10.1177/0379572119848287 sourced from Food Systems Dashboard
http://www.foodsystemsdashboard.org/food-system
Estimated per capita fruit intake

Adults, 2017

<table>
<thead>
<tr>
<th>Country</th>
<th>Estimated per-capita fruit intake (g/day)</th>
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</thead>
<tbody>
<tr>
<td>Timor-Leste</td>
<td>20</td>
</tr>
<tr>
<td>Bangladesh</td>
<td>30</td>
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<tr>
<td>Sri Lanka</td>
<td>40</td>
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<tr>
<td>Myanmar</td>
<td>44</td>
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<td>North Korea</td>
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<tr>
<td>Bhutan</td>
<td>60</td>
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<tr>
<td>Nepal</td>
<td>63</td>
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<td>India</td>
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<td>Indonesia</td>
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<tr>
<td>Maldives</td>
<td>130</td>
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<tr>
<td>Thailand</td>
<td>140</td>
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</tbody>
</table>

Survey type: Measured
Age: 25+
Definitions: Estimated per-capita fruit intake (g/day)
Prevalence of less than daily fruit consumption

Children, 2008-2015

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, 2008-2015

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, 2014-2015

Age: 12-17

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

<table>
<thead>
<tr>
<th>Country</th>
<th>g/day</th>
<th>Survey type</th>
<th>Age</th>
<th>References</th>
<th>Definitions</th>
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<tbody>
<tr>
<td>Maldives</td>
<td>14</td>
<td>Measured</td>
<td>25+</td>
<td>Global Burden of Disease, the Institute for Health Metrics and Evaluation</td>
<td>Estimated per-capita whole grains intake (g/day)</td>
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<tr>
<td>India</td>
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</table>

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, 2015-2020

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Area covered:

References:

Indonesia Demographic and Health Survey 2017. Jakarta, Indonesia: BKKBN, BPS, Kemenkes, and ICF.

Notes:


Definitions:

% exclusively breastfed 0-5 months