# Iran



## Country report card

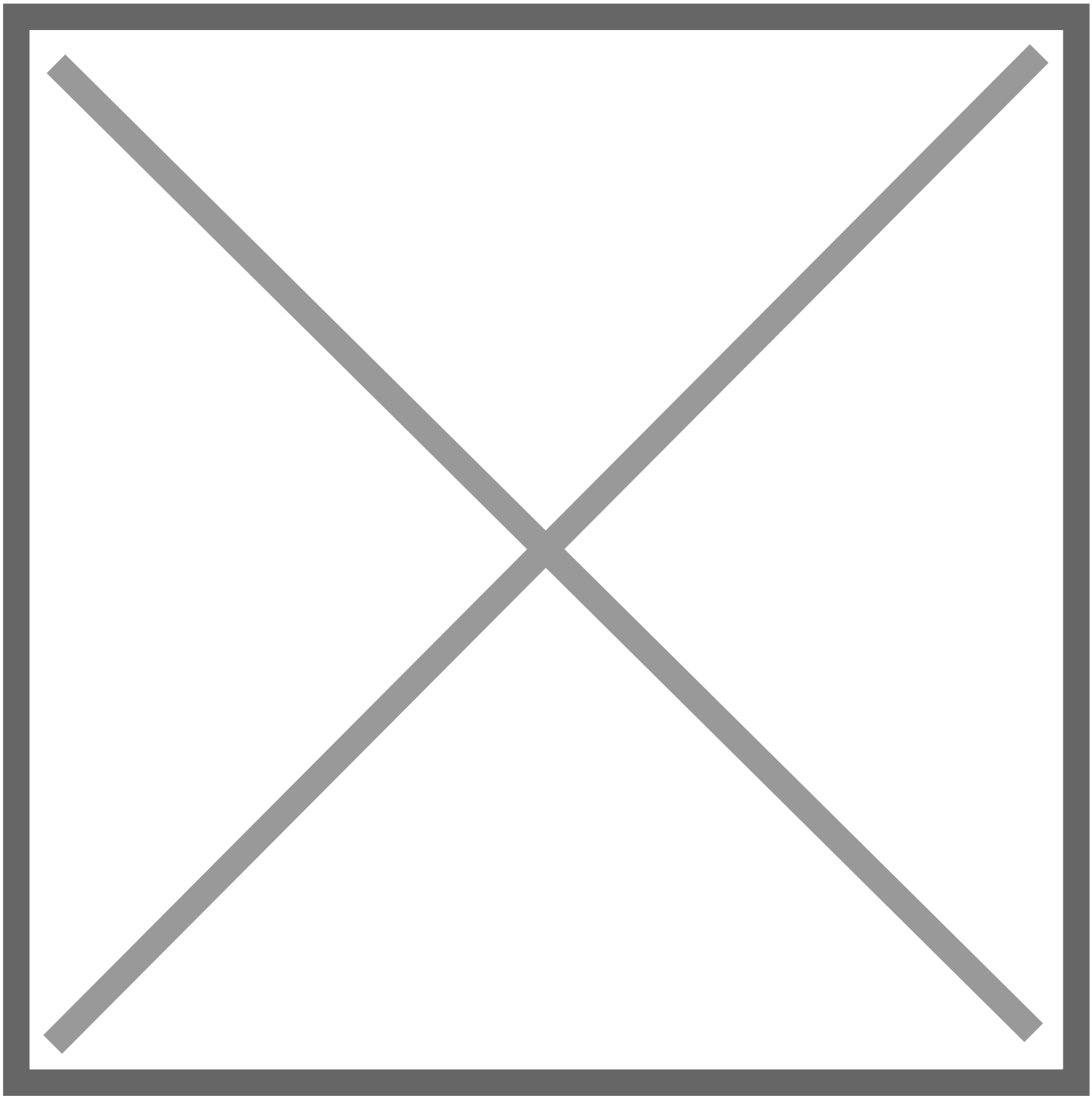
*This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity . Where available, data on common and relevant obesity drivers and comorbidities are also presented.*

*View the latest version of this report on the Global Obesity Observatory at https://data.worldobesity.org/country/iran-97/.*

| Contents | Page |
|---|---|
| Obesity prevalence | 3 |
| Trend: % Adults living with obesity in Iran 2001-2021 | 9 |
| Overweight/obesity by education | 16 |
| Overweight/obesity by age | 21 |
| Overweight/obesity by region | 25 |
| Overweight/obesity by socio-economic group | 31 |
| Double burden of underweight & obesity | 37 |
| Insufficient physical activity | 42 |
| Average weekly frequency of fast food consumption | 49 |
| Mental health - depression disorders | 56 |
| Mental health - anxiety disorders | 63 |
| % Infants exclusively breastfed 0-5 months | 70 |
| Percent of population who cannot afford a healthy diet | 72 |
| Oesophageal cancer | 73 |
| Breast cancer | 76 |
| Colorectal cancer | 78 |
| Pancreatic cancer | 81 |
| Gallbladder cancer | 84 |
| Kidney cancer | 87 |
| Cancer of the uterus | 90 |
| Raised blood pressure | 92 |
| Raised cholesterol | 96 |
| Raised fasting blood glucose | 99 |
| Diabetes prevalence | 101 |
| Ovarian Cancer | 102 |
| Leukemia | 104 |
| Liver and intrahepatic bile duct Cancer | 109 |
| Multiple Myeloma | 112 |
| Non Hodgkin Lymphoma | 117 |
| Thyroid Cancer | 122 |

## Obesity prevalence

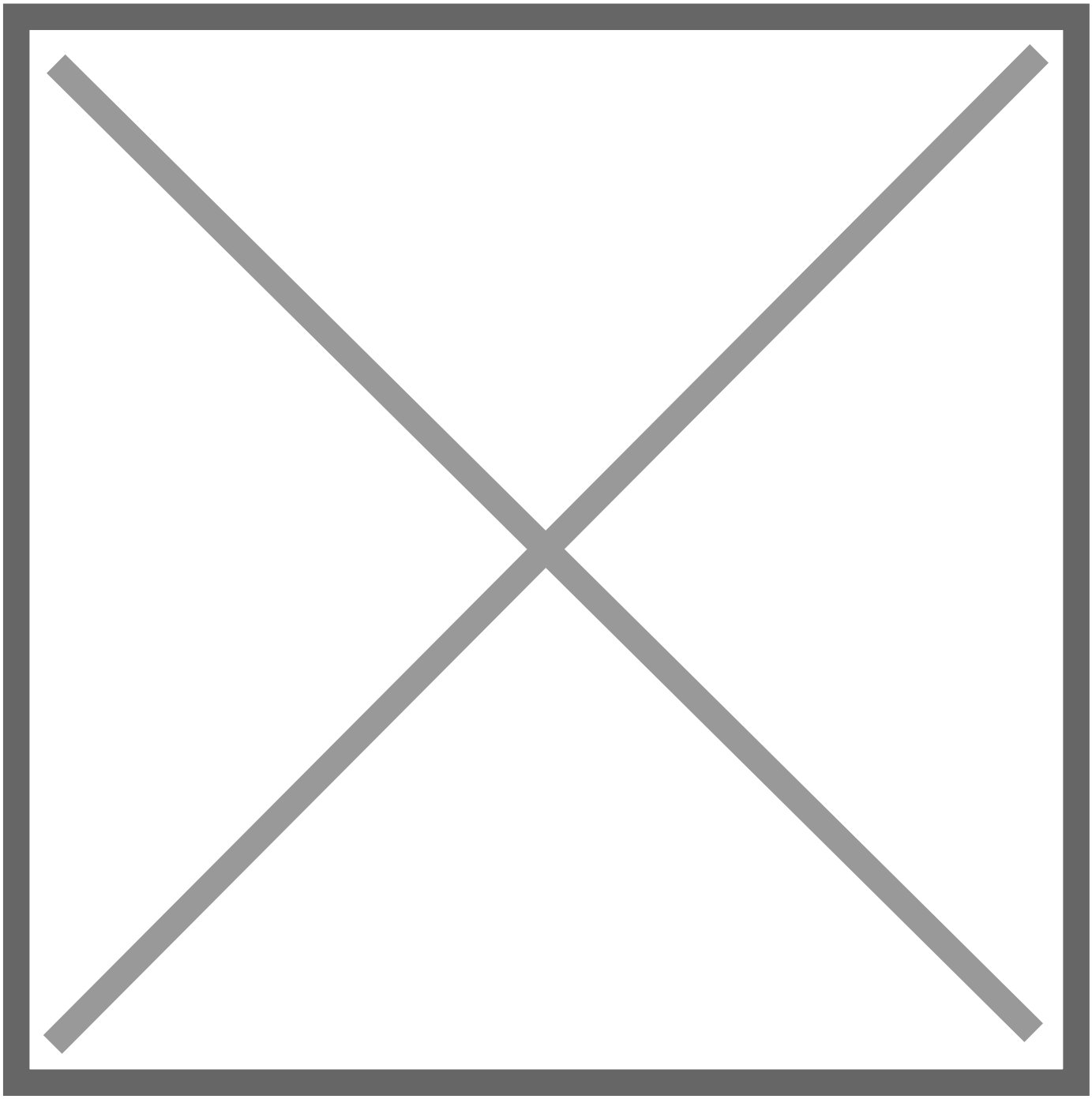
## Adults, 2021



| | |
|---|---|
| **Survey type:** | Measured |
| **Age:** | 18+ |
| **Sample size:** | 27745 |
| **Area covered:** | National |
| **References:** | Djalalinia S, Yoosefi M, Shahin S, Ghasemi E, Rezaei N, Ahmadi N, Rezaei N, Azmin M, Rezaei S, Nasserinejad M, Mohammadi E, Haghshenas R, Shabestari AN, Jamshidi H, Dastjerdi MV, Larijani B, Farzadfar F. The levels of BMI and patterns of obesity and overweight during the COVID-19 pandemic: Experience from the Iran STEPs 2021 survey. Front Endocrinol (Lausanne). 2022 Dec 1;13:1043894. doi: 10.3389/fendo.2022.1043894. PMID: 36589796; PMCID: PMC9798439.v |

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

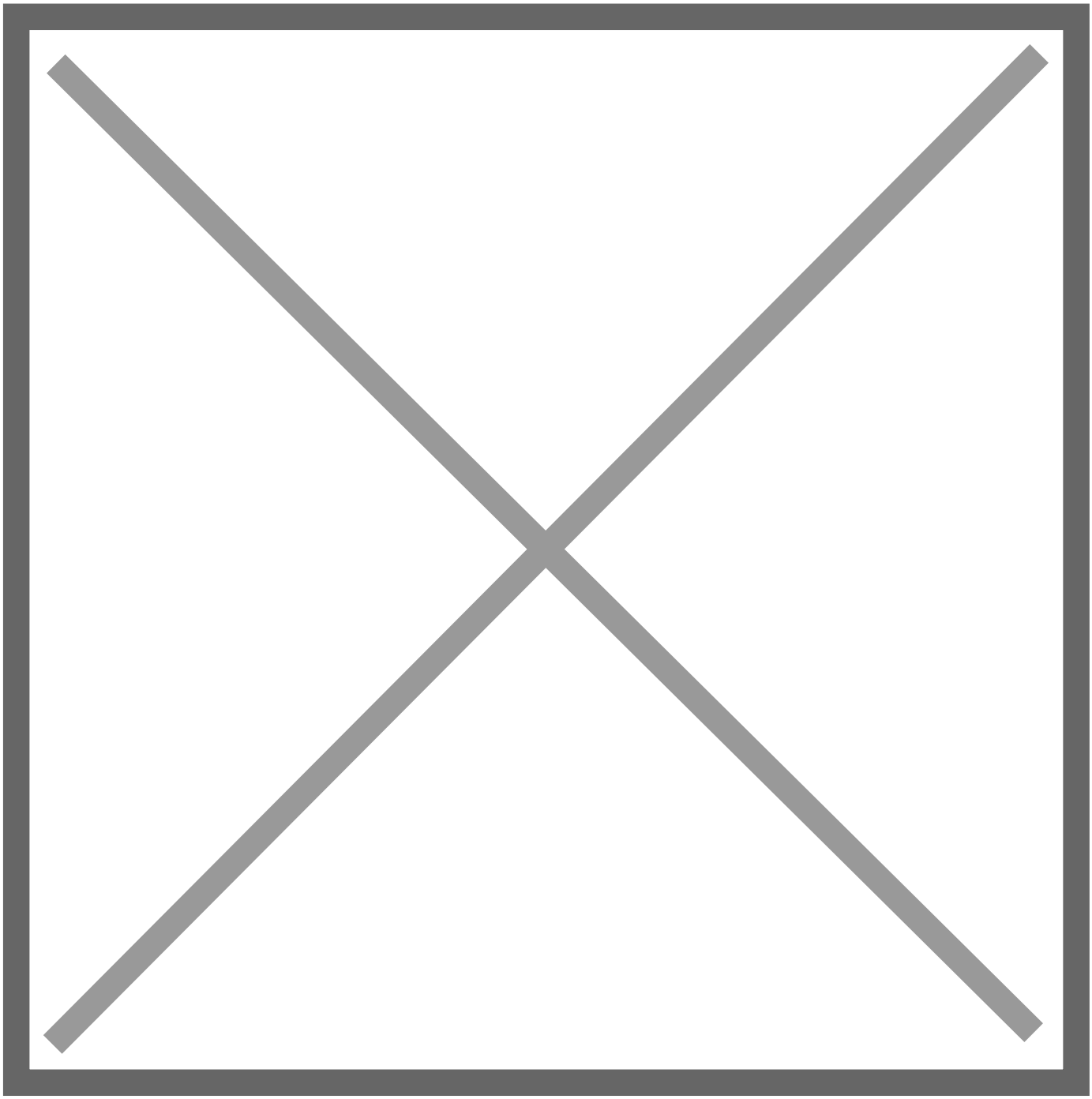
## Children, 2015



| | |
|---|---|
| **Survey type:** | Measured |
| **Age:** | 10-12 |
| **Sample size:** | 2506 |
| **Area covered:** | Regional |
| **References:** | Moradi G, Mostafavi F, Azadi N, Esmaeilnasab N, Ghaderi E.Socioeconomic Inequality in Childhood Obesity.J Res Health Sci. 2017 Aug 15;17(3):E1-6. |

| | |
|---|---|
| **Notes:** | Region: Sanandaj, Western Iran, NB. Combined child data estimated. These estimates were calculated by weighting male and female survey results. Weighting based on World Bank Population % total female 2019 ( https://data.worldbank.org/indicator/SP.POP.TOTL.FE.ZS - accessed 21.10.20)' |
| **Definitions:** | Cut off: WHO 85th & 95th Centile |
| **Cutoffs:** | WHO |

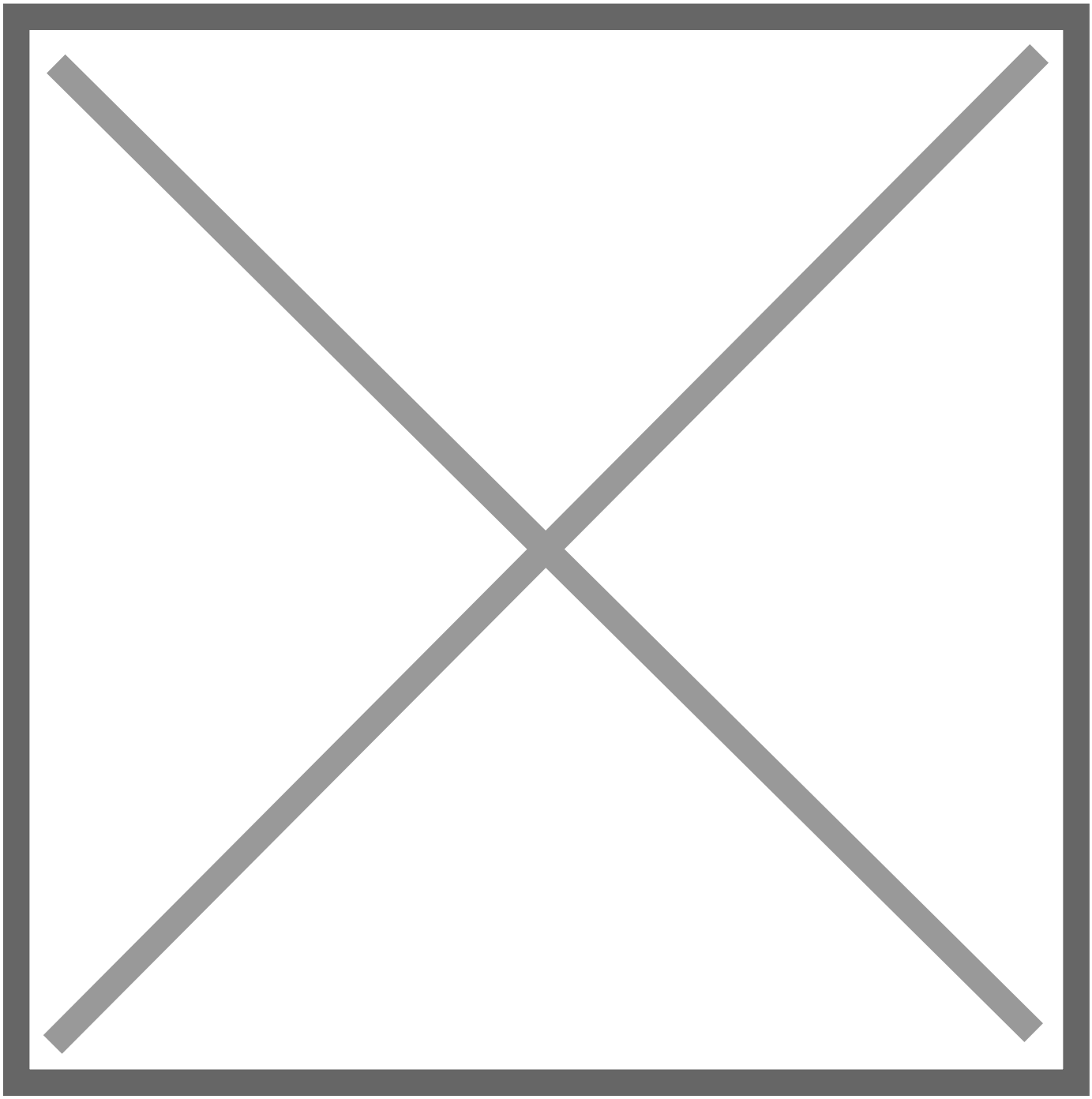
## 0-5 years, 2017



| | |
|---|---|
| **Age:** | 0-5 |
| **References:** | NNS: Children Anthropometry, Nutrition and Development Survey 2017, CANDS_IR96. Ministry of Health. 2021. Tehran, Iran |
| **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 in Iran 2001-2021

## Men



| | |
|---|---|
| **Survey type:** | Measured |

**References:**

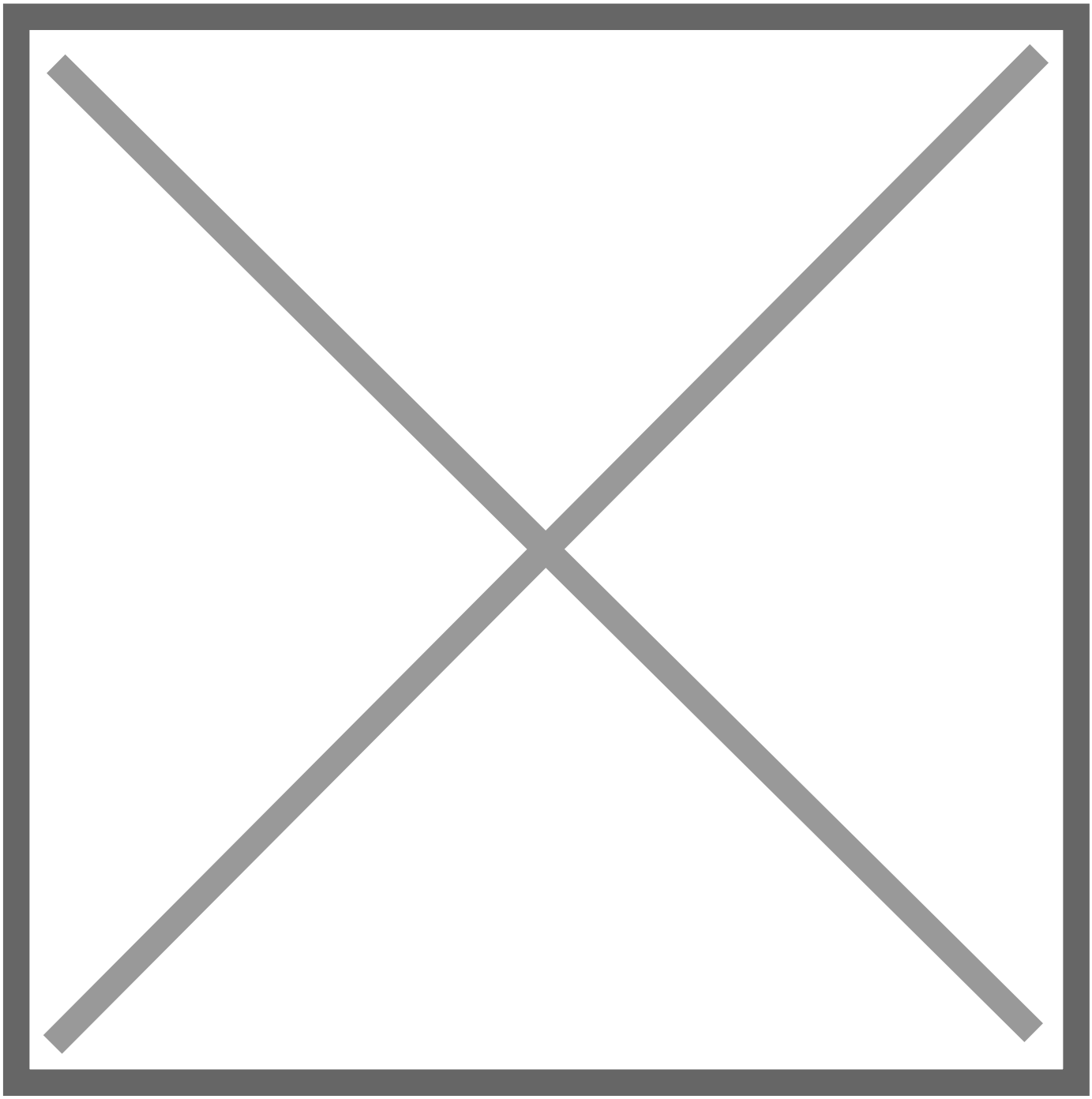
2001: Ebrahimi, S., Leech, R.M., McNaughton, S.A., Abdollahi, M., Houshiarrad, A. and Livingstone, K.M. (2021), Associations between diet quality and obesity in a nationally representative sample of Iranian households:a cross-sectional study. Obes Sci Pract. Accepted Author Manuscript. https://doi.org/10.1002/osp4.536

2011: Iran 2011 STEPS National Report https://cdn.who.int/media/docs/default-source/ncds/ncd-surveillance/data-reporting/iran/steps/iran-2011-steps-report.pdf?sfvrsn=77f321fd_2&download=true (Accessed 14.09.23)

2016: Djalalinia S, Saeedi Moghaddam S, Sheidaei A, Rezaei N, Naghibi Iravani SS, Modirian M, Zokaei H, Yoosefi M, Gohari K, Kousha A, Abdi Z, Naderimagham S, Soroush AR, Larijani B, Farzadfar F. Patterns of Obesity and Overweight in the Iranian Population: Findings of STEPs 2016. Front Endocrinol (Lausanne). 2020 Feb 26;11:42. doi: 10.3389/fendo.2020.00042. PMID: 32174887; PMCID: PMC7055062.

*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.*

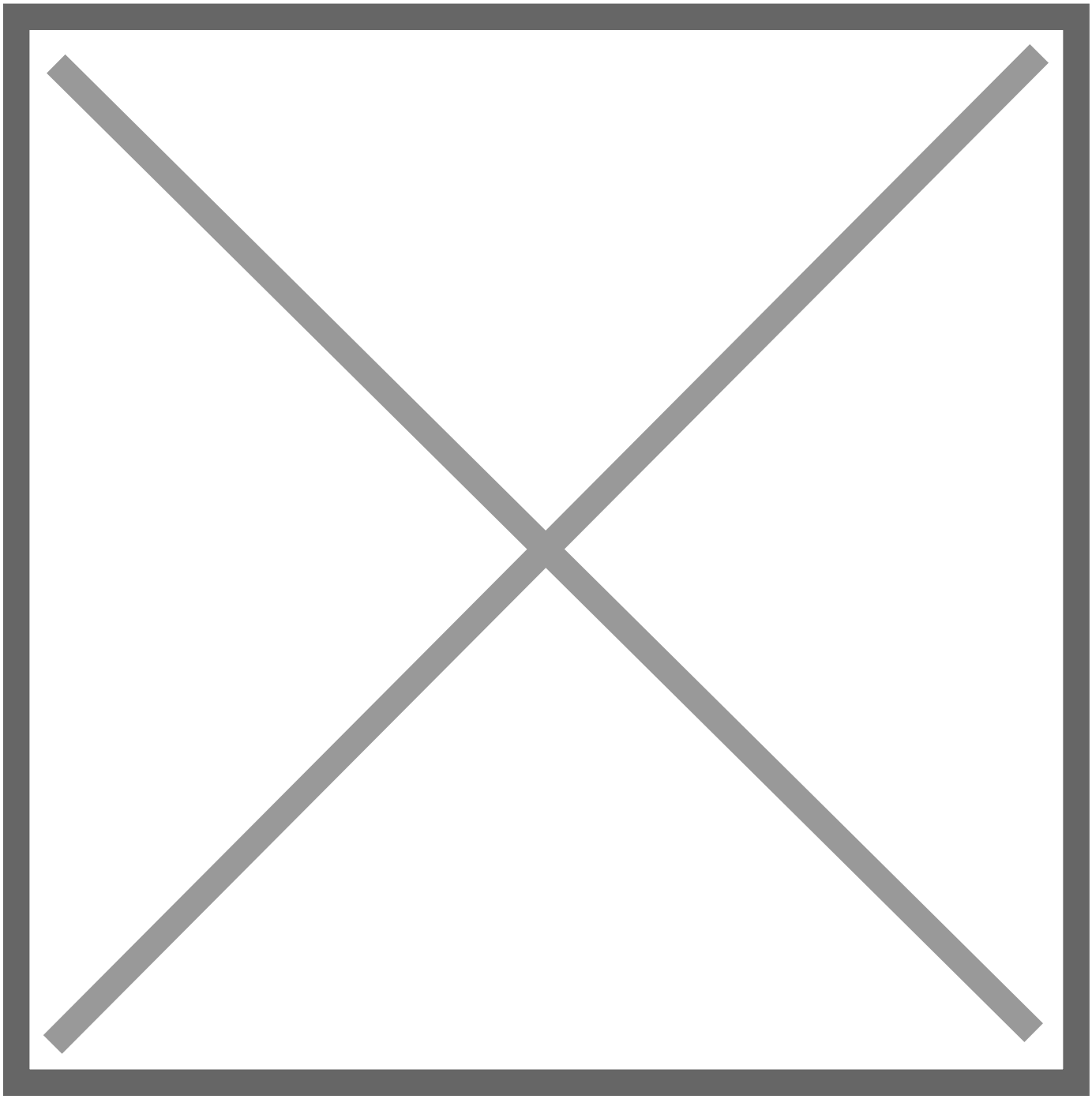
## Women



| | |
|---|---|
| **Survey type:** | Measured |
| **References:** | 2001: Ebrahimi, S., Leech, R.M., McNaughton, S.A., Abdollahi, M., Houshiarrad, A. and Livingstone, K.M. (2021), Associations between diet quality and obesity in a nationally representative sample of Iranian households:a cross-sectional study. Obes Sci Pract. Accepted Author Manuscript. https://doi.org/10.1002/osp4.536<br>2011: Iran 2011 STEPS National Report https://cdn.who.int/media/docs/default-source/ncds/ncd-surveillance/data-reporting/iran/steps/iran-2011-steps-report.pdf?sfvrsn=77f321fd_2&download=true (Accessed 14.09.23)<br>2016: Djalalinia S, Saeedi Moghaddam S, Sheidaei A, Rezaei N, Naghibi Iravani SS, Modirian M, Zokaei H, Yoosefi M, Gohari K, Kousha A, Abdi Z, Naderimagham S, Soroush AR, Larijani B, Farzadfar F. Patterns of Obesity and Overweight in the Iranian Population: Findings of STEPs 2016. Front Endocrinol (Lausanne). 2020 Feb 26;11:42. doi: 10.3389/fendo.2020.00042. PMID: 32174887; PMCID: PMC7055062. |

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## Men and women

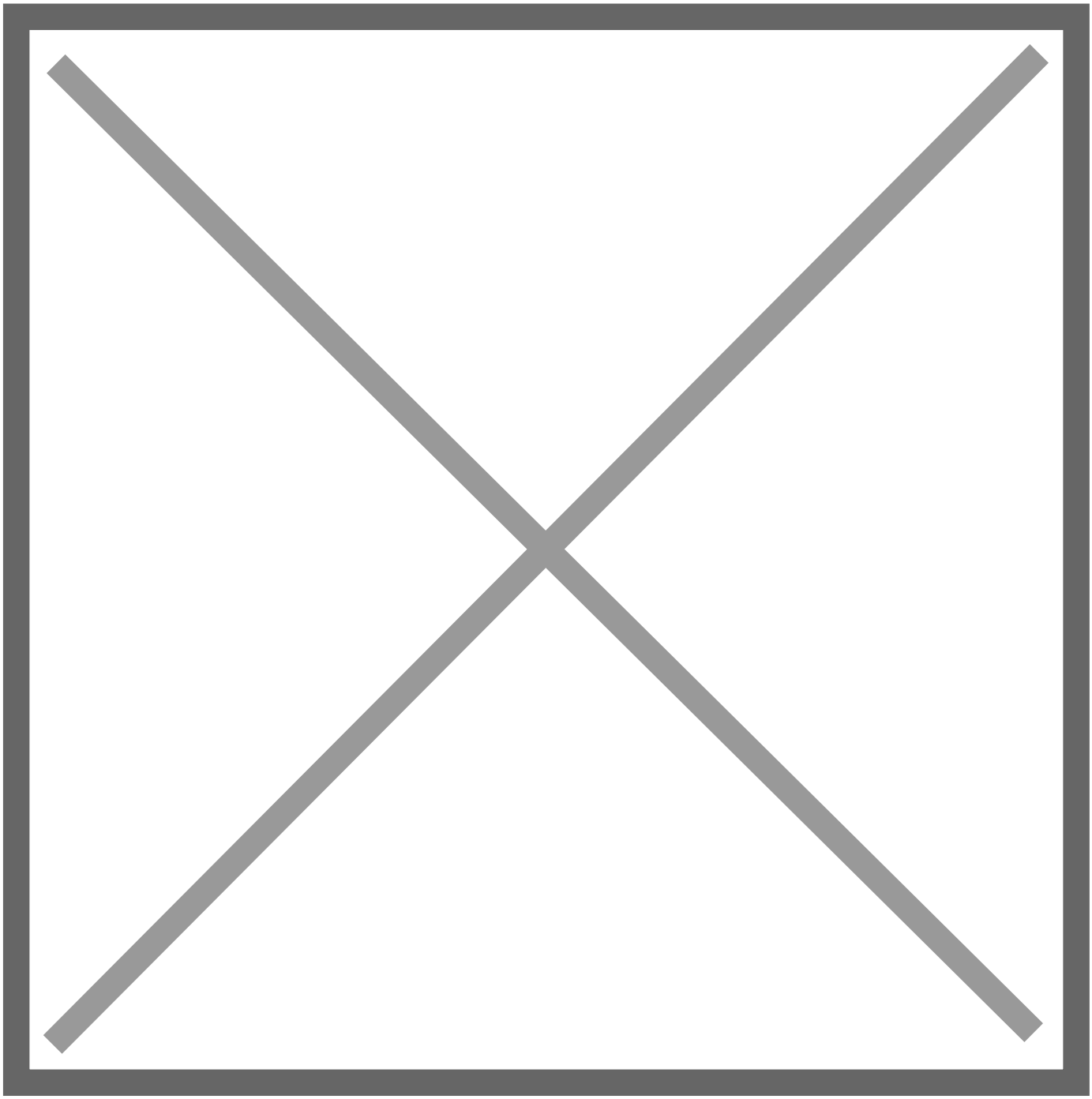


| | |
|---|---|
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| **References:** | 2001: Ebrahimi, S., Leech, R.M., McNaughton, S.A., Abdollahi, M., Houshiarrad, A. and Livingstone, K.M. (2021), Associations between diet quality and obesity in a nationally representative sample of Iranian households:a cross-sectional study. Obes Sci Pract. Accepted Author Manuscript. https://doi.org/10.1002/osp4.536<br>2011: Iran 2011 STEPS National Report https://cdn.who.int/media/docs/default-source/ncds/ncd-surveillance/data-reporting/iran/steps/iran-2011-steps-report.pdf?sfvrsn=77f321fd_2&download=true (Accessed 14.09.23)<br>2016: Djalalinia S, Saeedi Moghaddam S, Sheidaei A, Rezaei N, Naghibi Iravani SS, Modirian M, Zokaei H, Yoosefi M, Gohari K, Kousha A, Abdi Z, Naderimagham S, Soroush AR, Larijani B, Farzadfar F. Patterns of Obesity and Overweight in the Iranian Population: Findings of STEPs 2016. Front Endocrinol (Lausanne). 2020 Feb 26;11:42. doi: 10.3389/fendo.2020.00042. PMID: 32174887; PMCID: PMC7055062. |

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## Overweight/obesity by education

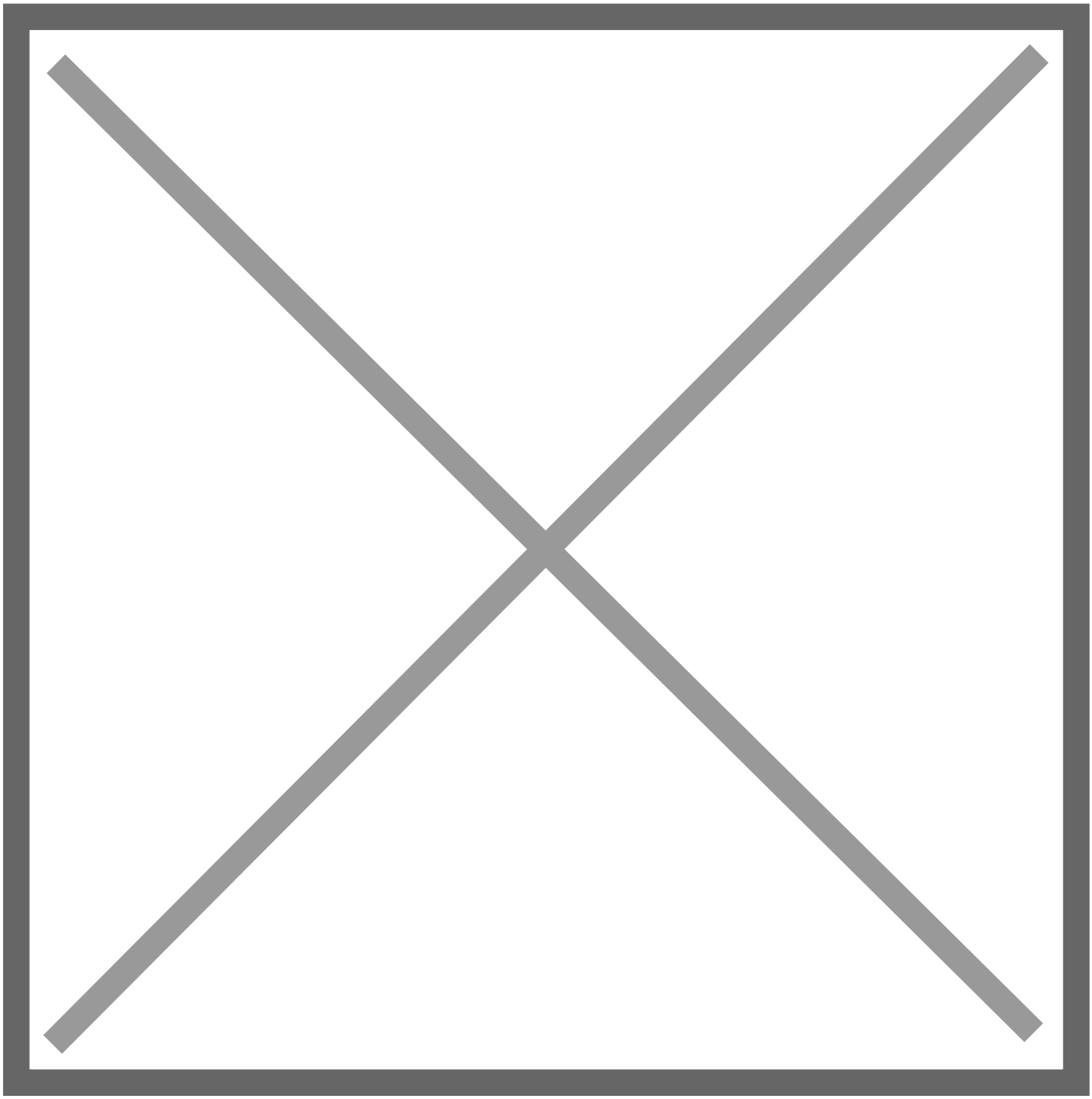
## Adults, 2021



| | |
|---|---|
| **Survey type:** | Measured |
| **Age:** | 18+ |
| **Sample size:** | 27745 |
| **Area covered:** | National |
| **References:** | Djalalinia S, Yoosefi M, Shahin S, Ghasemi E, Rezaei N, Ahmadi N, Rezaei N, Azmin M, Rezaei S, Nasserinejad M, Mohammadi E, Haghshenas R, Shabestari AN, Jamshidi H, Dastjerdi MV, Larijani B, Farzadfar F. The levels of BMI and patterns of obesity and overweight during the COVID-19 pandemic: Experience from the Iran STEPs 2021 survey. Front Endocrinol (Lausanne). 2022 Dec 1;13:1043894. doi: 10.3389/fendo.2022.1043894. PMID: 36589796; PMCID: PMC9798439.v |

*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

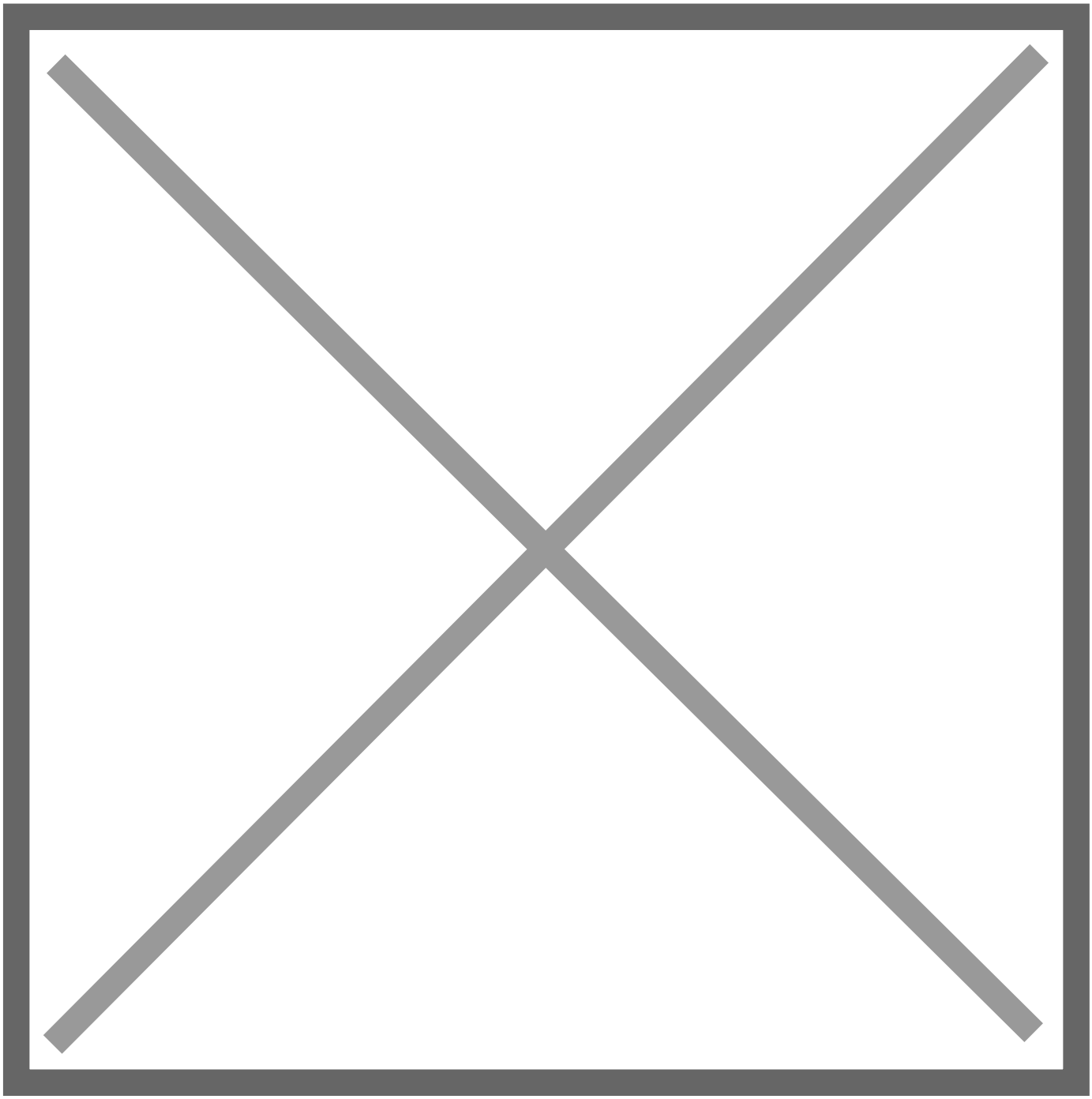


| | |
|---|---|
| **Survey type:** | Measured |
| **Age:** | 10-12 |
| **Sample size:** | 2506 |
| **Area covered:** | Sub National - City of SANANDAJ |
| **References:** | Moradi G, Mostafavi F, Azadi N, Esmaeilnasab N, Ghaderi E.Socioeconomic Inequality in Childhood Obesity.J Res Health Sci. 2017 Aug 15;17(3):E1-6. |

| | |
|---|---|
| **Notes:** | WHO Cut off 85th & 95th Centile Socioeconomic & Educational status based on self report questionnaire Estimated calculated by World Obesity, not age standardised |
| **Cutoffs:** | WHO |

## Overweight/obesity by age

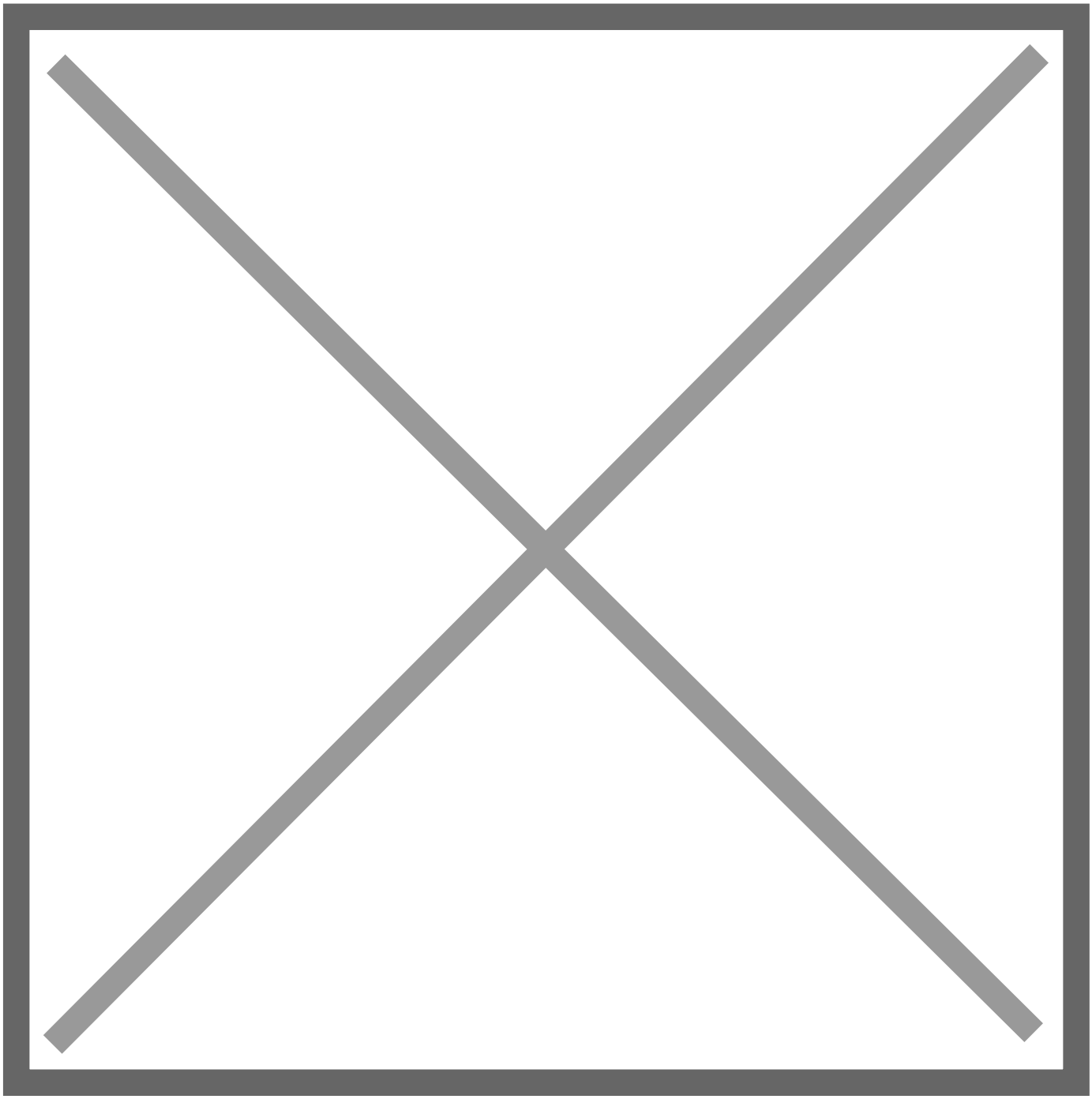
## Adults, 2021



| | |
|---|---|
| **Survey type:** | Measured |
| **Sample size:** | 27745 |
| **Area covered:** | National |
| **References:** | Djalalinia S, Yoosefi M, Shahin S, Ghasemi E, Rezaei N, Ahmadi N, Rezaei N, Azmin M, Rezaei S, Nasserinejad M, Mohammadi E, Haghshenas R, Shabestari AN, Jamshidi H, Dastjerdi MV, Larijani B, Farzadfar F. The levels of BMI and patterns of obesity and overweight during the COVID-19 pandemic: Experience from the Iran STEPs 2021 survey. Front Endocrinol (Lausanne). 2022 Dec 1;13:1043894. doi: 10.3389/fendo.2022.1043894. PMID: 36589796; PMCID: PMC9798439.v |

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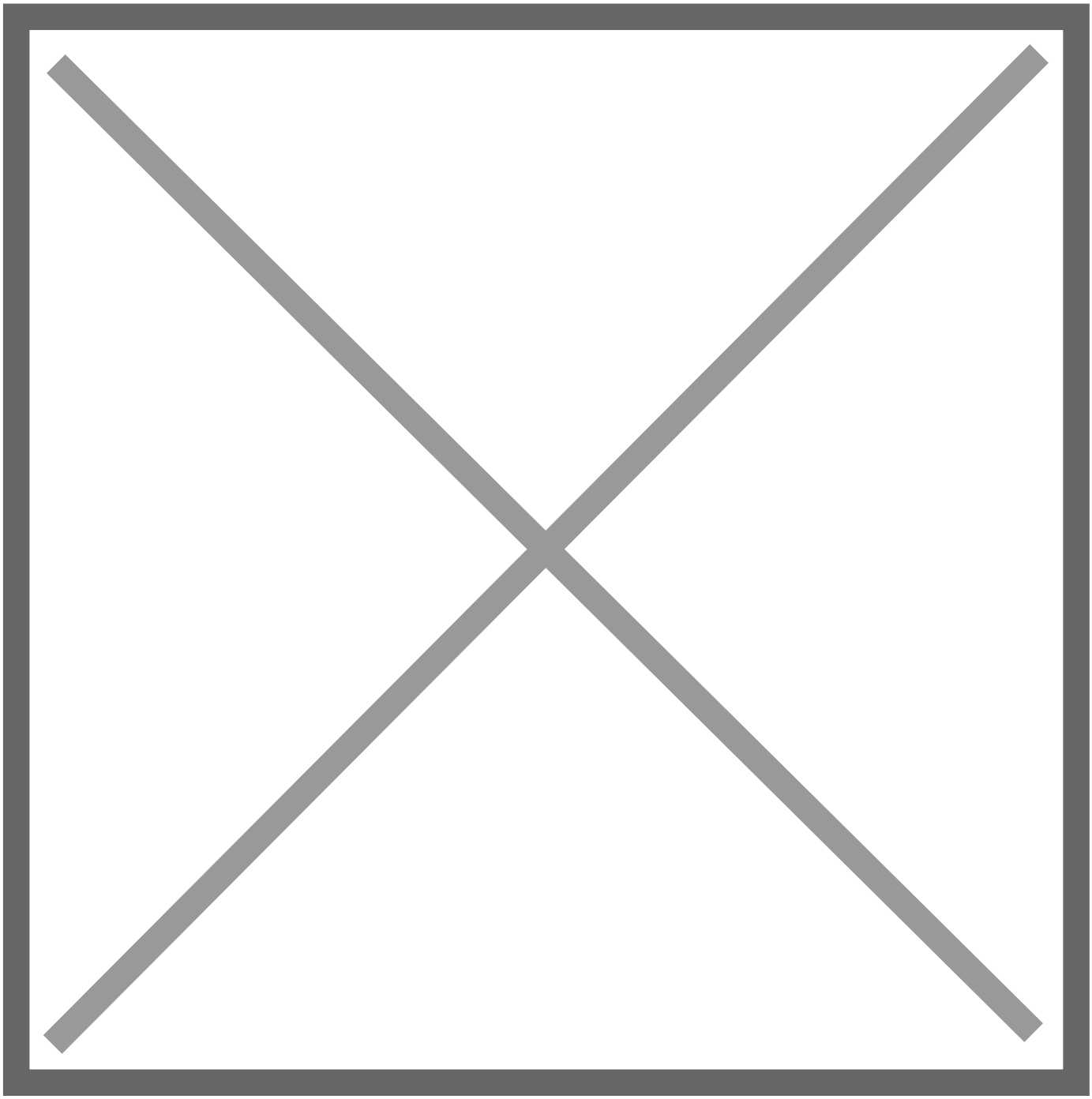
## Children, 2010-2011



| | |
|---|---|
| **Survey type:** | Measured |
| **Sample size:** | 2000 |
| **Area covered:** | Shiraz |
| **References:** | Prevalence of Childhood Obesity and Hypertension in South of Iran. https://pubmed.ncbi.nlm.nih.gov/23880805/ (last accessed 31.05.2022) |
| **Cutoffs:** | BMI-for-age Z-score |

## Overweight/obesity by region

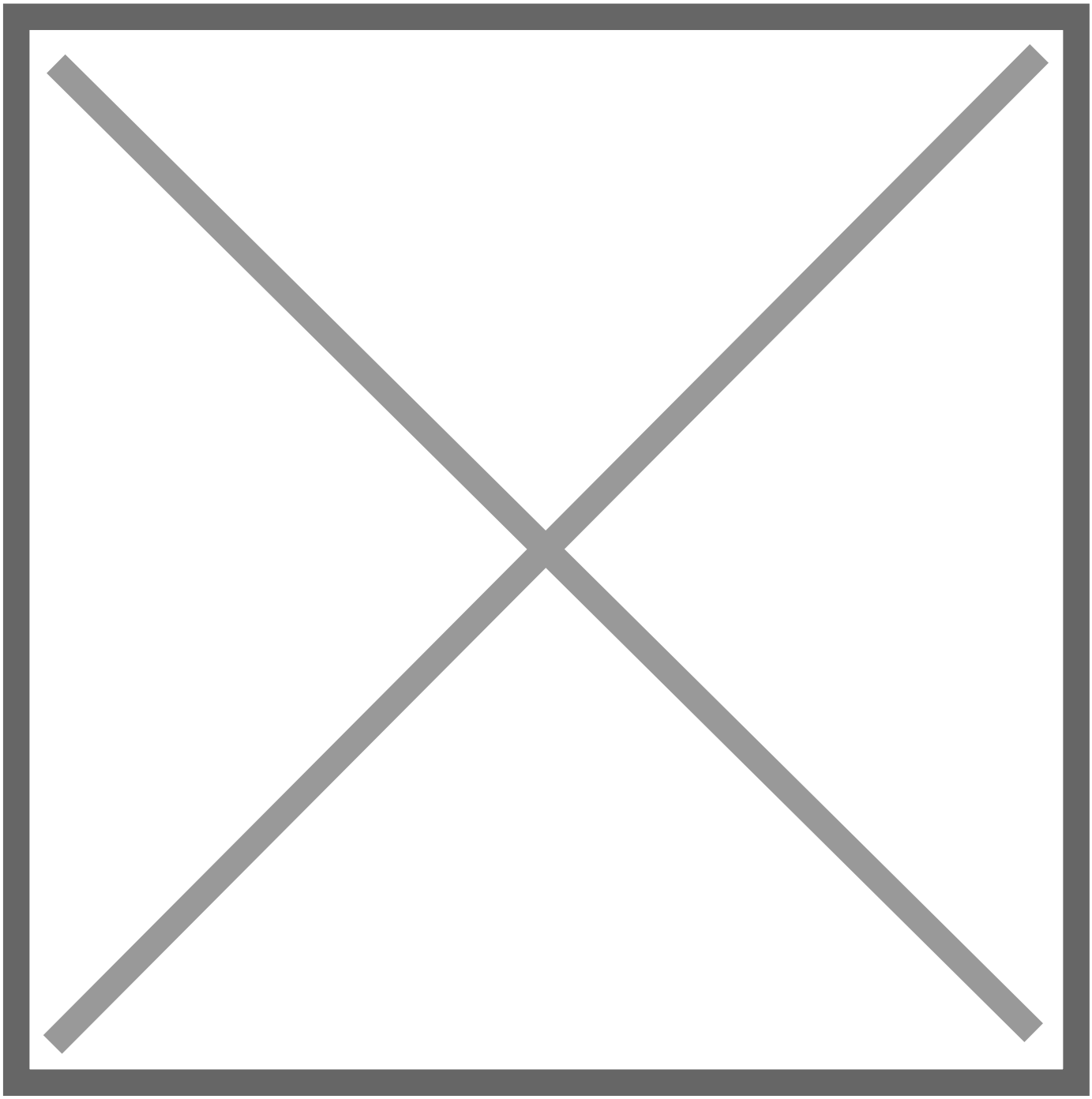
## Adults, 2021



| | |
|---|---|
| **Survey type:** | Measured |
| **Age:** | 18+ |
| **Sample size:** | 27745 |
| **Area covered:** | National |
| **References:** | Djalalinia S, Yoosefi M, Shahin S, Ghasemi E, Rezaei N, Ahmadi N, Rezaei N, Azmin M, Rezaei S, Nasserinejad M, Mohammadi E, Haghshenas R, Shabestari AN, Jamshidi H, Dastjerdi MV, Larijani B, Farzadfar F. The levels of BMI and patterns of obesity and overweight during the COVID-19 pandemic: Experience from the Iran STEPs 2021 survey. Front Endocrinol (Lausanne). 2022 Dec 1;13:1043894. doi: 10.3389/fendo.2022.1043894. PMID: 36589796; PMCID: PMC9798439.v |

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

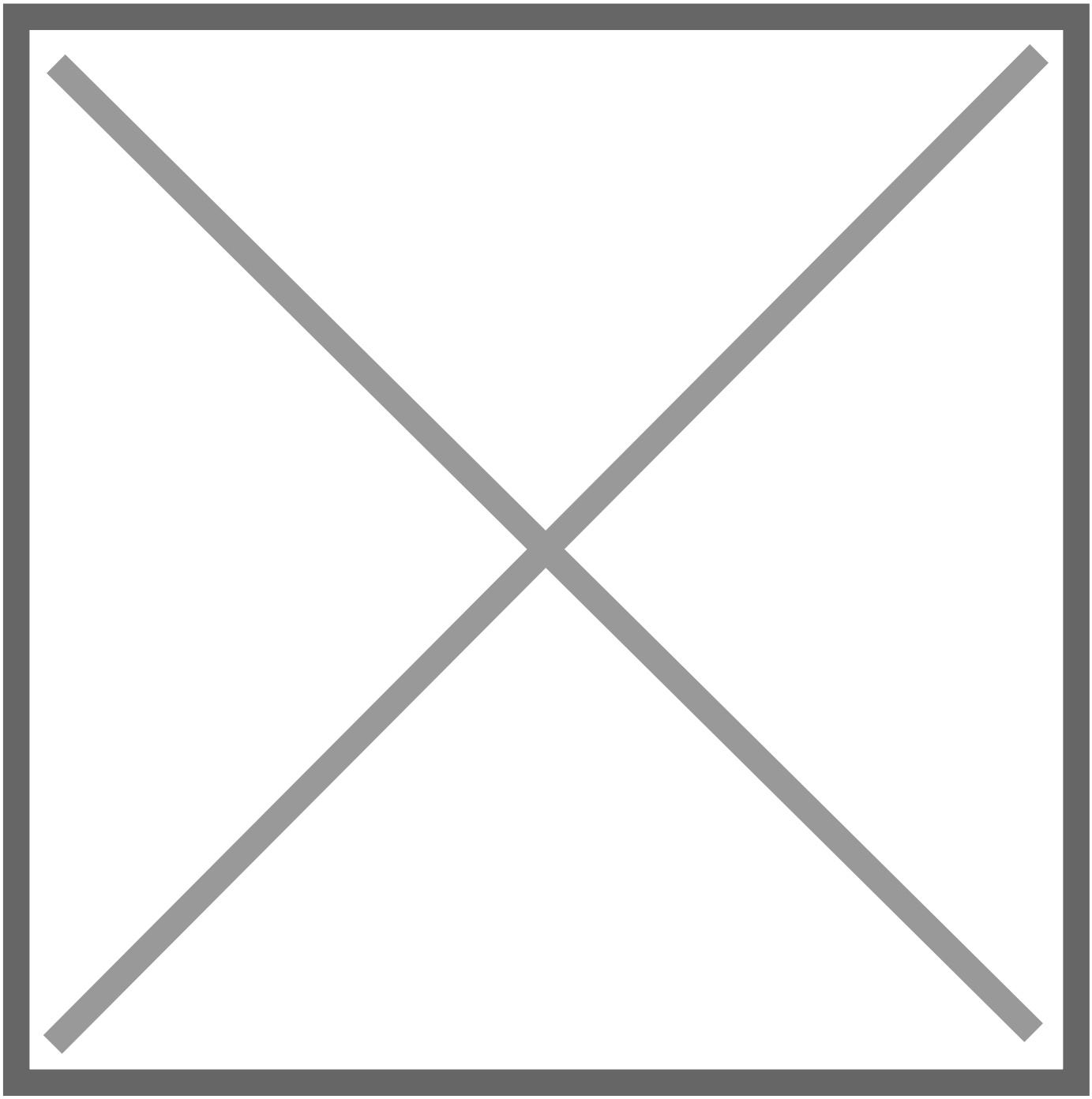
## Children, 2012-2013



| | |
|---|---|
| **Survey type:** | Measured |
| **Age:** | 6-12 |
| **Sample size:** | 2195 |
| **Area covered:** | Regional - Semnan Province |
| **References:** | Batool Karimi; Raheb Ghorbani. Overweight and Obesity in the Iranian Schoolchildren. Middle East Journal of Rehabilitation and Health 01/2015; 2(1). DOI: 10.17795/mejrh-24433 |

| | |
|---|---|
| **Notes:** | Overweight is defined as a BMI ≥ 85th percentile and lower than the 95th percentile for children of the same age and sex. Obesity is defined as a BMI ≥ 95th percentile for children of the same age and sex. |
| **Cutoffs:** | Other |

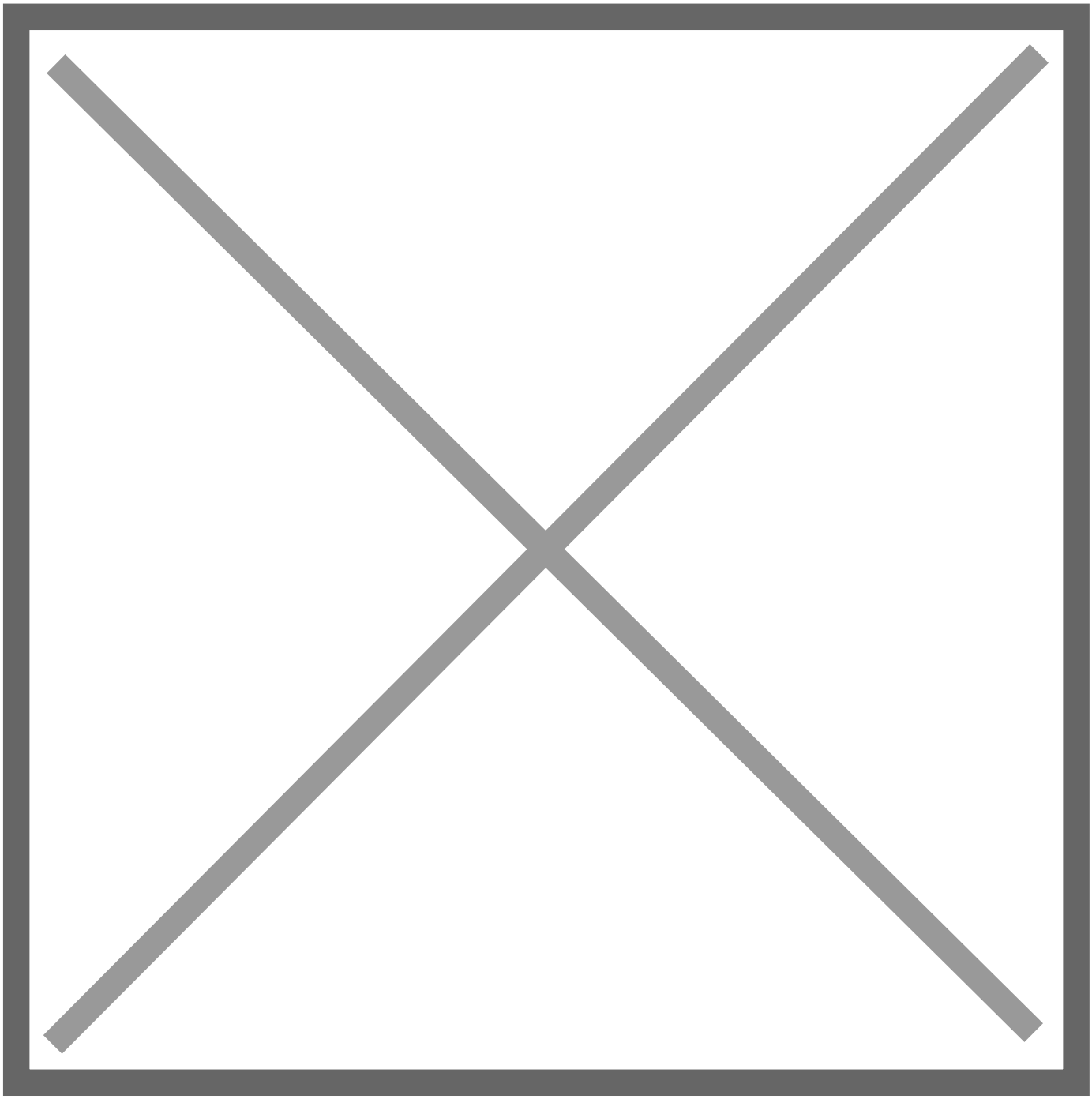
## 0-5 years, 2017



| | |
|---|---|
| **References:** | NNS: Children Anthropometry, Nutrition and Development Survey 2017, CANDS_IR96. Ministry of Health. 2021. Tehran, Iran |
| **Notes:** | UNICEF/WHO/World Bank Joint Child Malnutrition Estimates Expanded Database: Overweight (Survey Estimates), May 2023, New York.<br>For more information about the methodology, please consult https://data.unicef.org/resources/jme-2023-country-consultations/<br>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

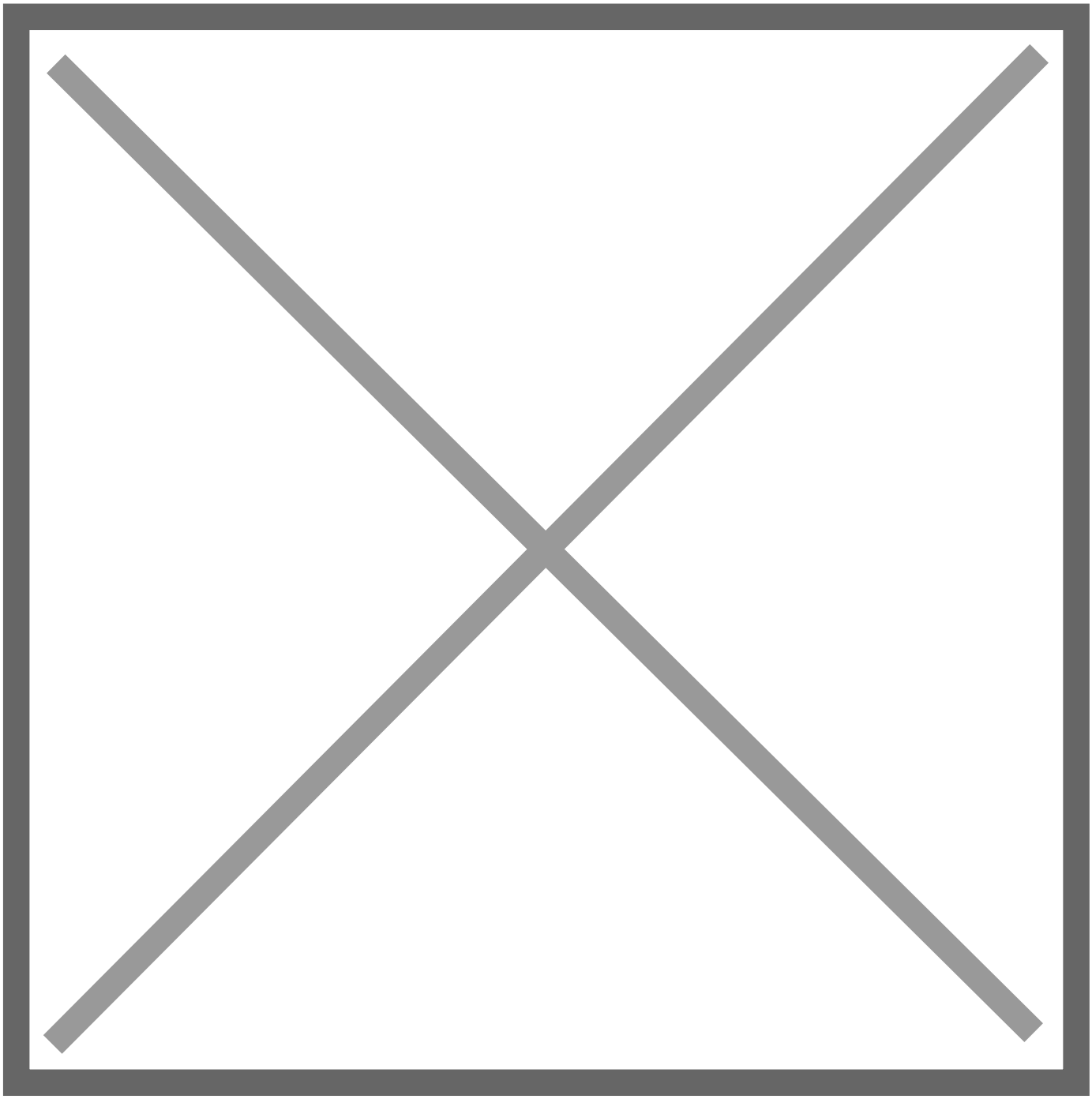
## Adults, 2021



| | |
|---|---|
| **Survey type:** | Measured |
| **Age:** | 18+ |
| **Sample size:** | 27745 |
| **Area covered:** | National |
| **References:** | Djalalinia S, Yoosefi M, Shahin S, Ghasemi E, Rezaei N, Ahmadi N, Rezaei N, Azmin M, Rezaei S, Nasserinejad M, Mohammadi E, Haghshenas R, Shabestari AN, Jamshidi H, Dastjerdi MV, Larijani B, Farzadfar F. The levels of BMI and patterns of obesity and overweight during the COVID-19 pandemic: Experience from the Iran STEPs 2021 survey. Front Endocrinol (Lausanne). 2022 Dec 1;13:1043894. doi: 10.3389/fendo.2022.1043894. PMID: 36589796; PMCID: PMC9798439.v |

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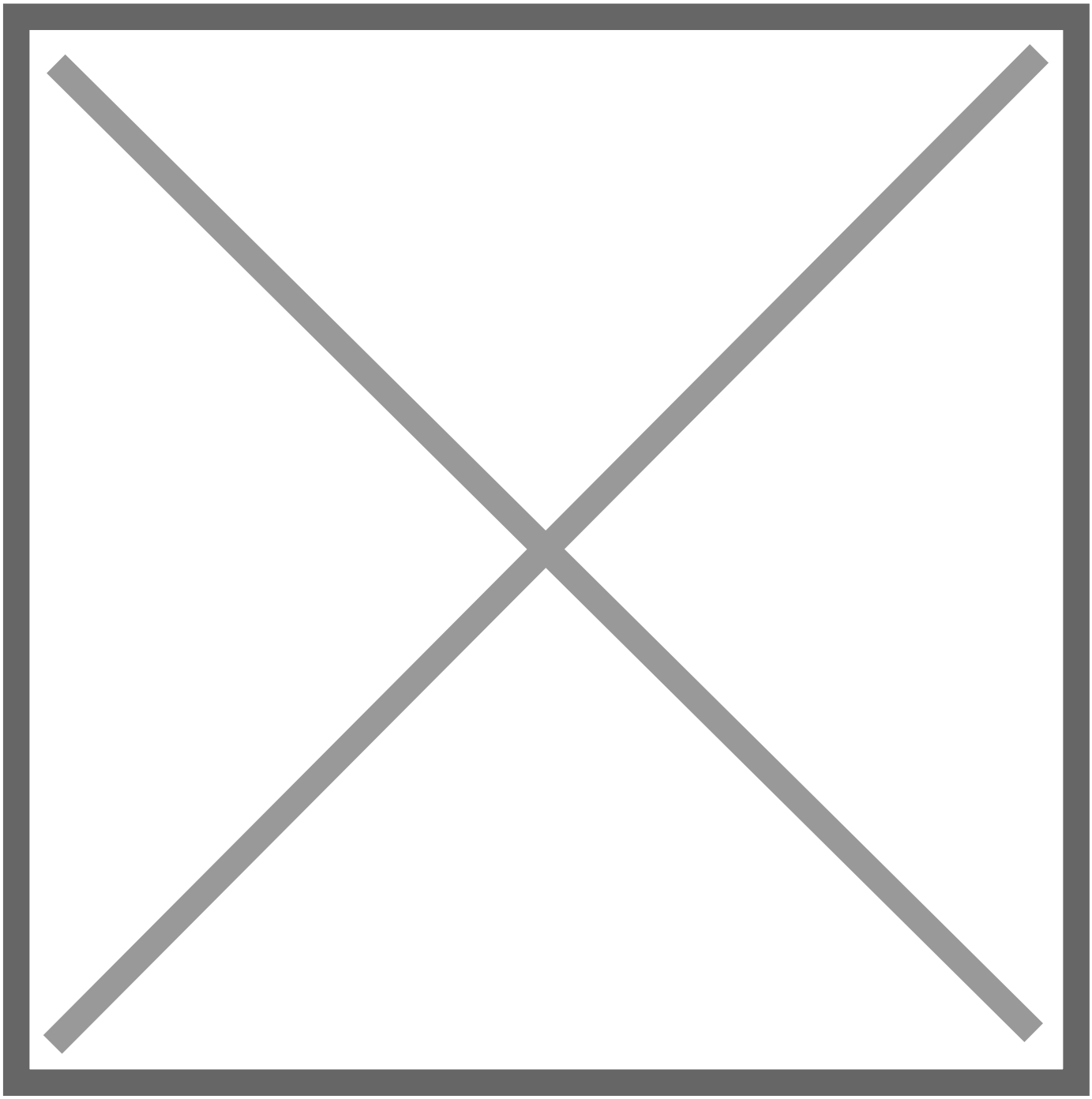
## Children, 2015



| | |
|---|---|
| **Survey type:** | Measured |
| **Age:** | 10-12 |
| **Sample size:** | 2506 |
| **Area covered:** | Regional |
| **References:** | Moradi G, Mostafavi F, Azadi N, Esmaeilnasab N, Ghaderi E.Socioeconomic Inequality in Childhood Obesity.J Res Health Sci. 2017 Aug 15;17(3):E1-6. |

| | |
|---|---|
| **Notes:** | Sub National - City of SANANDAJ WHO Cut off 85th & 95th Centile Socioeconomic & Educational status based on self report questionnaire Estimated calculated by World Obesity, not age standardised |
| **Cutoffs:** | WHO |

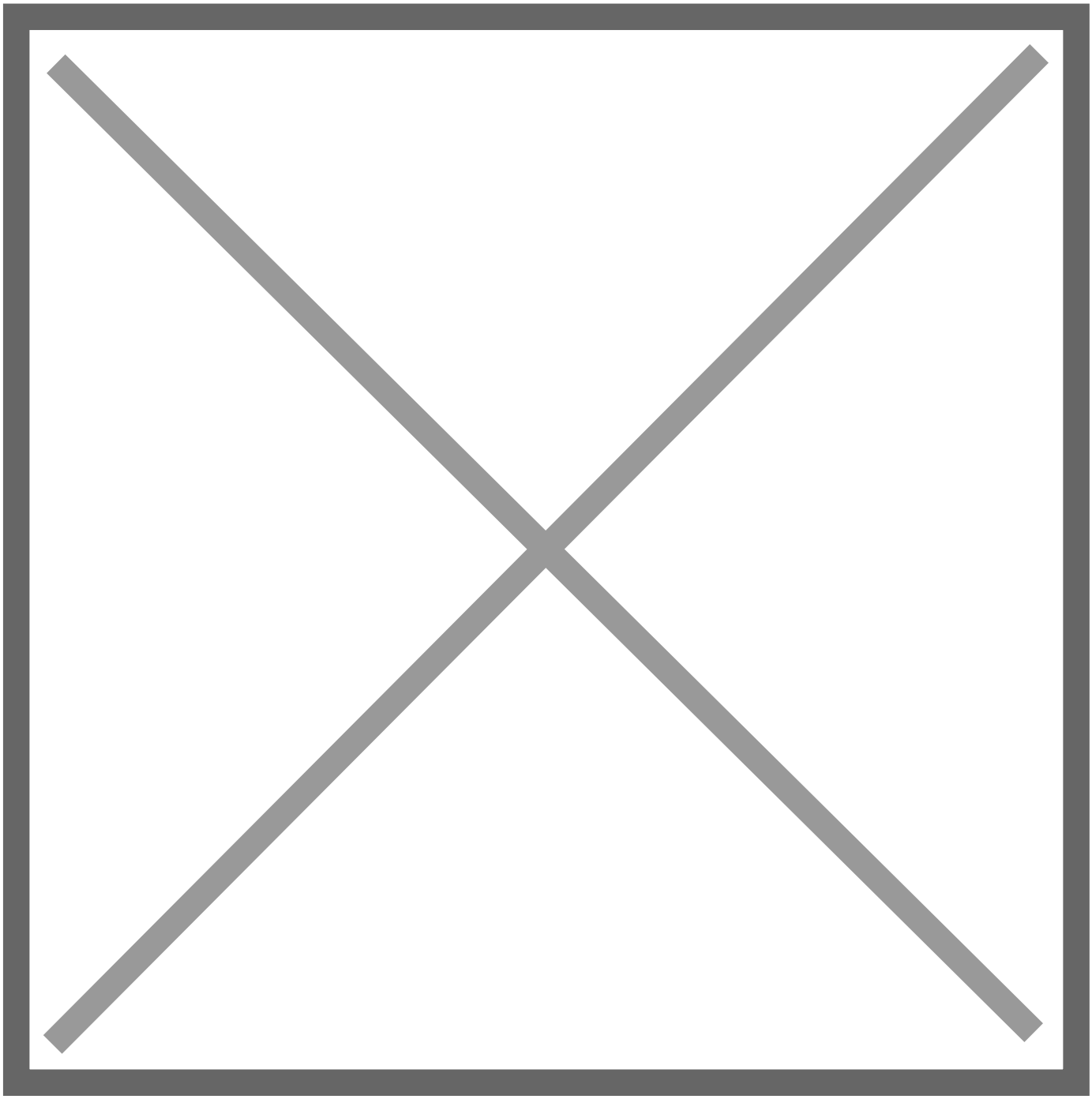
## 0-5 years, 2017



| | |
|---|---|
| **References:** | NNS: Children Anthropometry, Nutrition and Development Survey 2017, CANDS_IR96. Ministry of Health. 2021. Tehran, Iran |
| **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 |

## Double burden of underweight & obesity

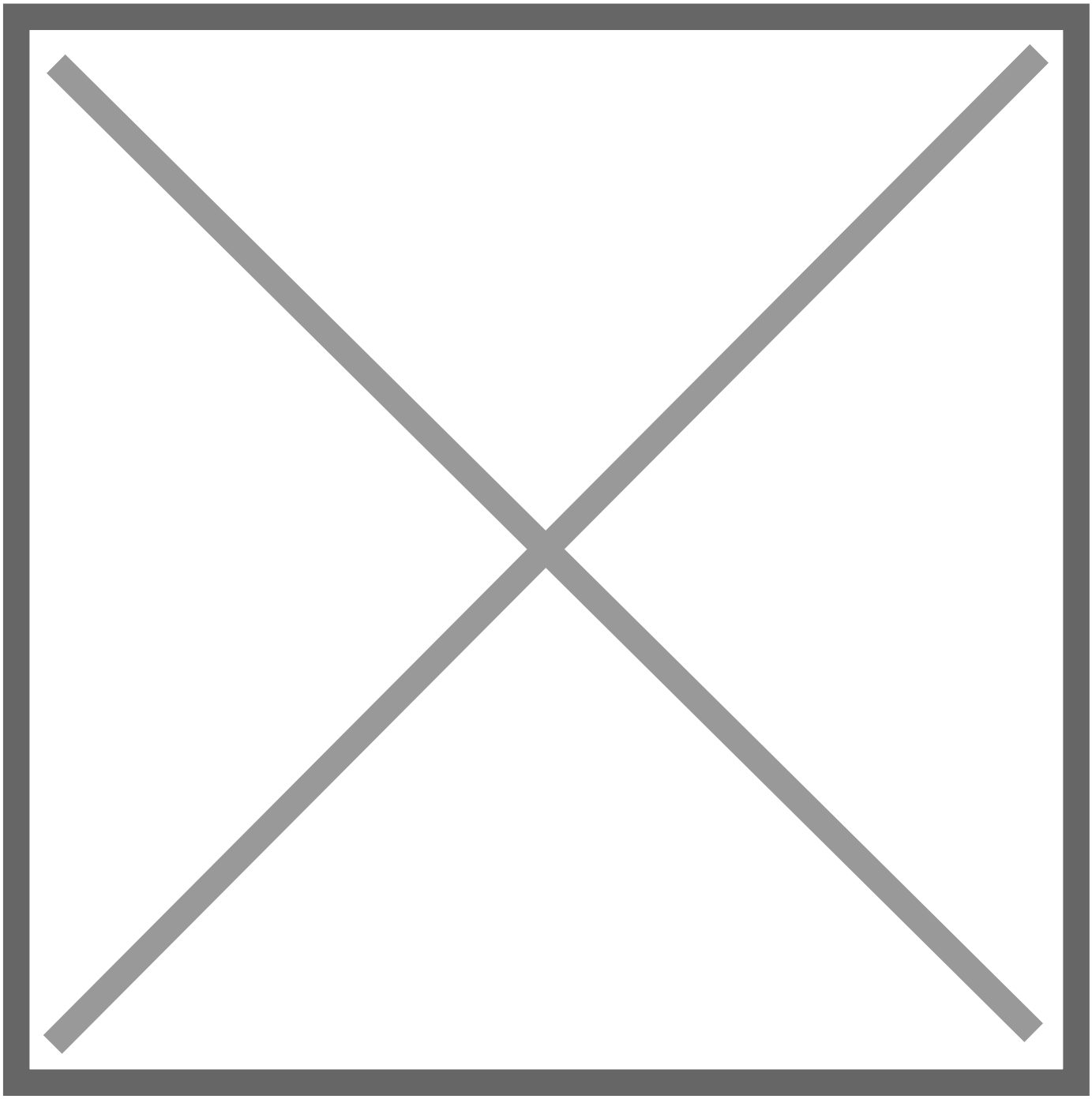
## Adults, 2022



| | |
|---|---|
| **Survey type:** | Measured |
| **Age:** | 20+ |
| **References:** | NCD Risk Factor Collaboration (NCD-RisC). Worldwide trends in underweight and obesity from 1990 to 2022: a pooled analysis of 3663 population representative studies with 222 million children, adolescents, and adults. Lancet 2024; published online Feb 29. https://doi.org/10.1016/S0140-6736(23)02750-2. |
| **Notes:** | Age Standardised estimates |

| | |
|---|---|
| **Definitions:** | Combined prevalence of BMI<18.5 kg/m² and BMI>=30 kg/m² (double burden of underweight and obesity) |

## Children, 2022

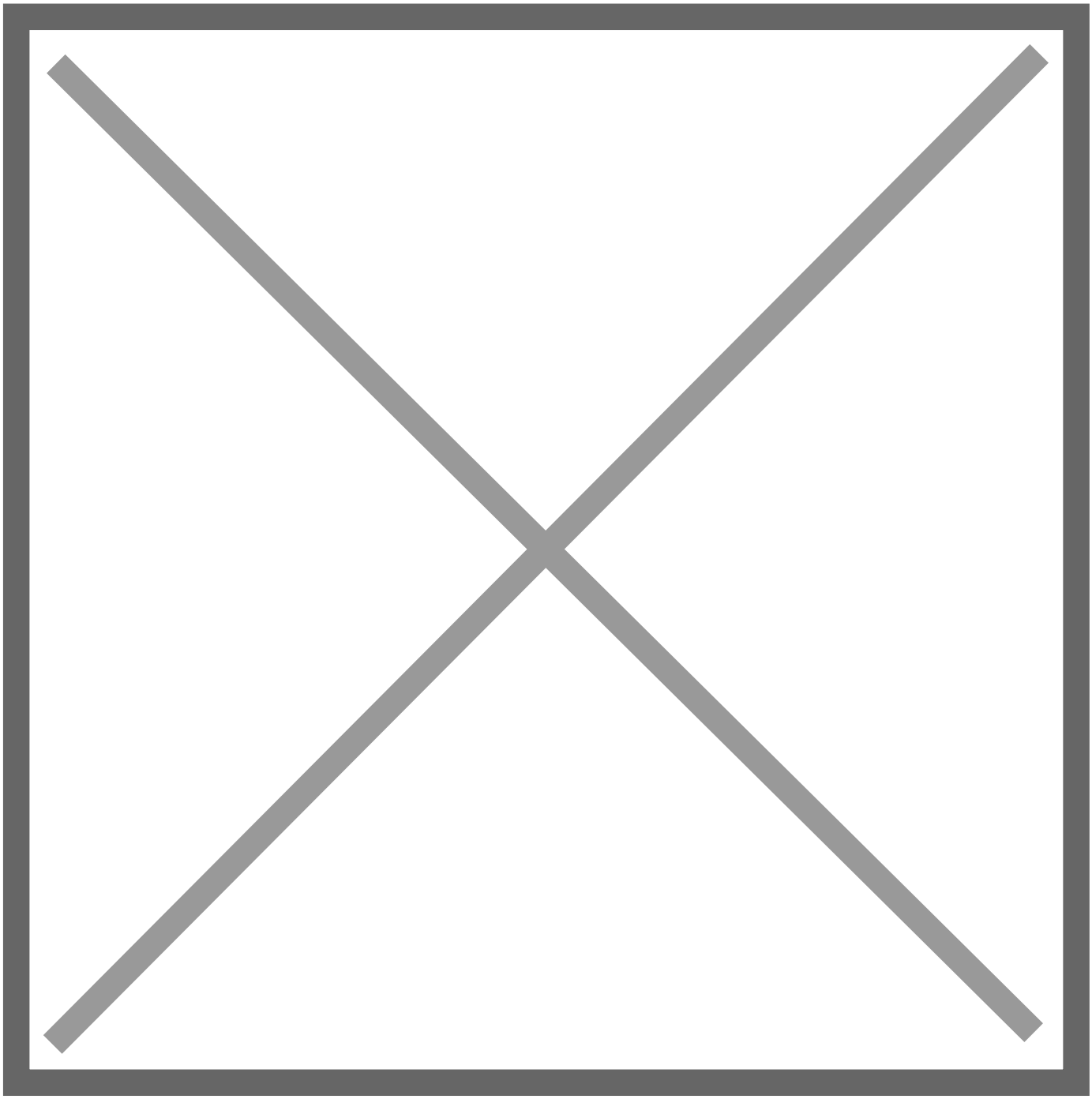


| | |
|---|---|
| **Survey type:** | Measured |
| **Age:** | 5-19 |
| **References:** | NCD Risk Factor Collaboration (NCD-RisC). Worldwide trends in underweight and obesity from 1990 to 2022: a pooled analysis of 3663 population representative studies with 222 million children, adolescents, and adults. Lancet 2024; published online Feb 29. https://doi.org/10.1016/S0140-6736(23)02750-2. |
| **Notes:** | Age standardised estimates |

| | |
|---|---|
| **Definitions:** | Combined prevalence of BMI < -2SD and BMI > 2SD (double burden of thinness and obesity) |
| **Cutoffs:** | BMI < -2SD and BMI > 2SD |

## Insufficient physical activity

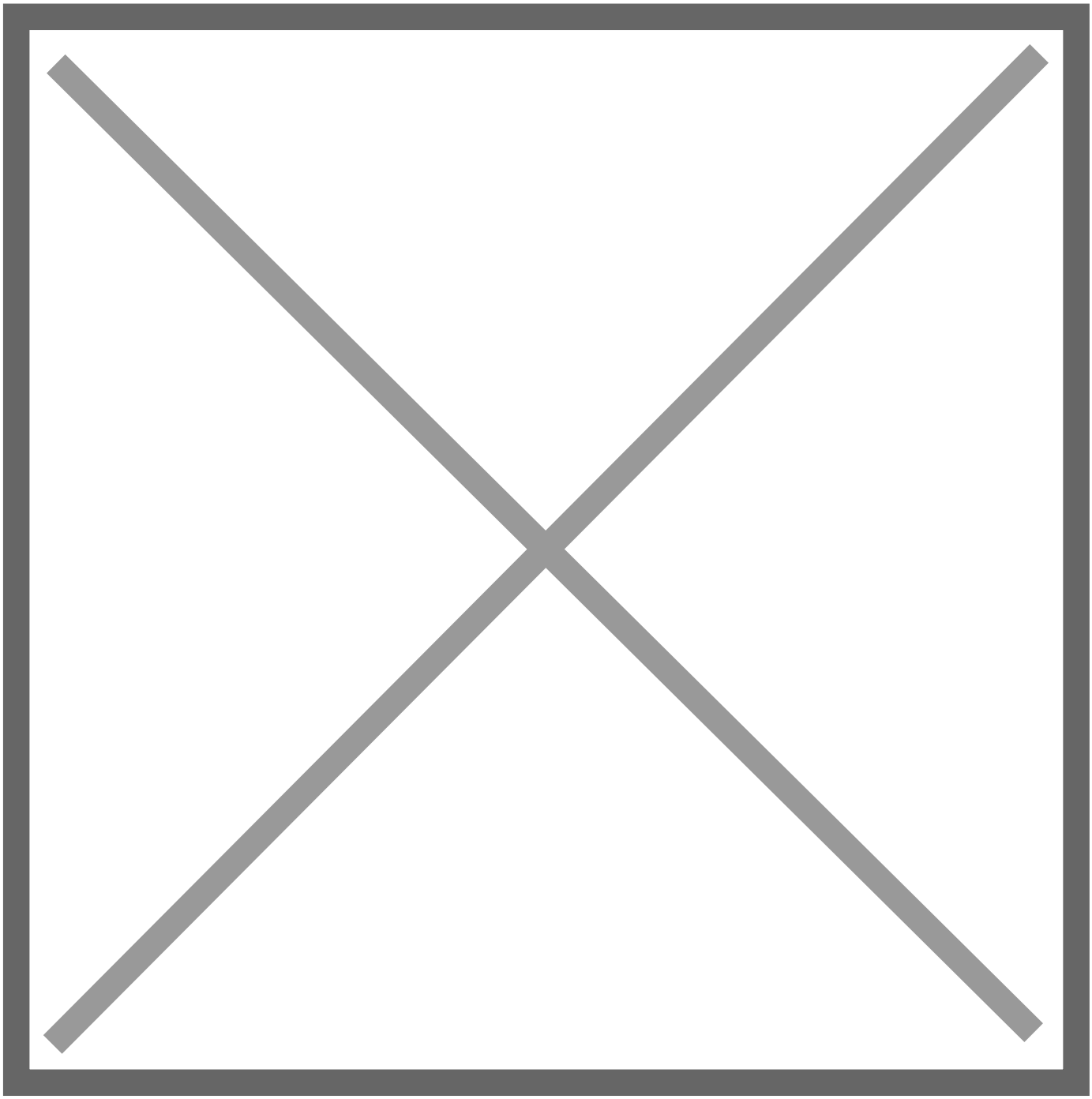
## Adults, 2022



| | |
|---|---|
| **Survey type:** | Self-reported |
| **Age:** | 18+ |
| **Area covered:** | National |
| **References:** | WHO (2024). Prevalence of insufficient physical activity among adults aged 18-years age-standardized estimate in 2022. Available at https://www.who.int/data/gho/data/indicators/indicator-details/GHO/prevalence-of-insufficient-physical-activity-among-adults-aged-18-years-(age-standardized-estimate)-(-) |

| | |
|---|---|
| **Definitions:** | Percent of population attaining less than 150 minutes of moderate-intensity physical activity per week, or less than 75 minutes of vigorous-intensity physical activity per week, or equivalent. |

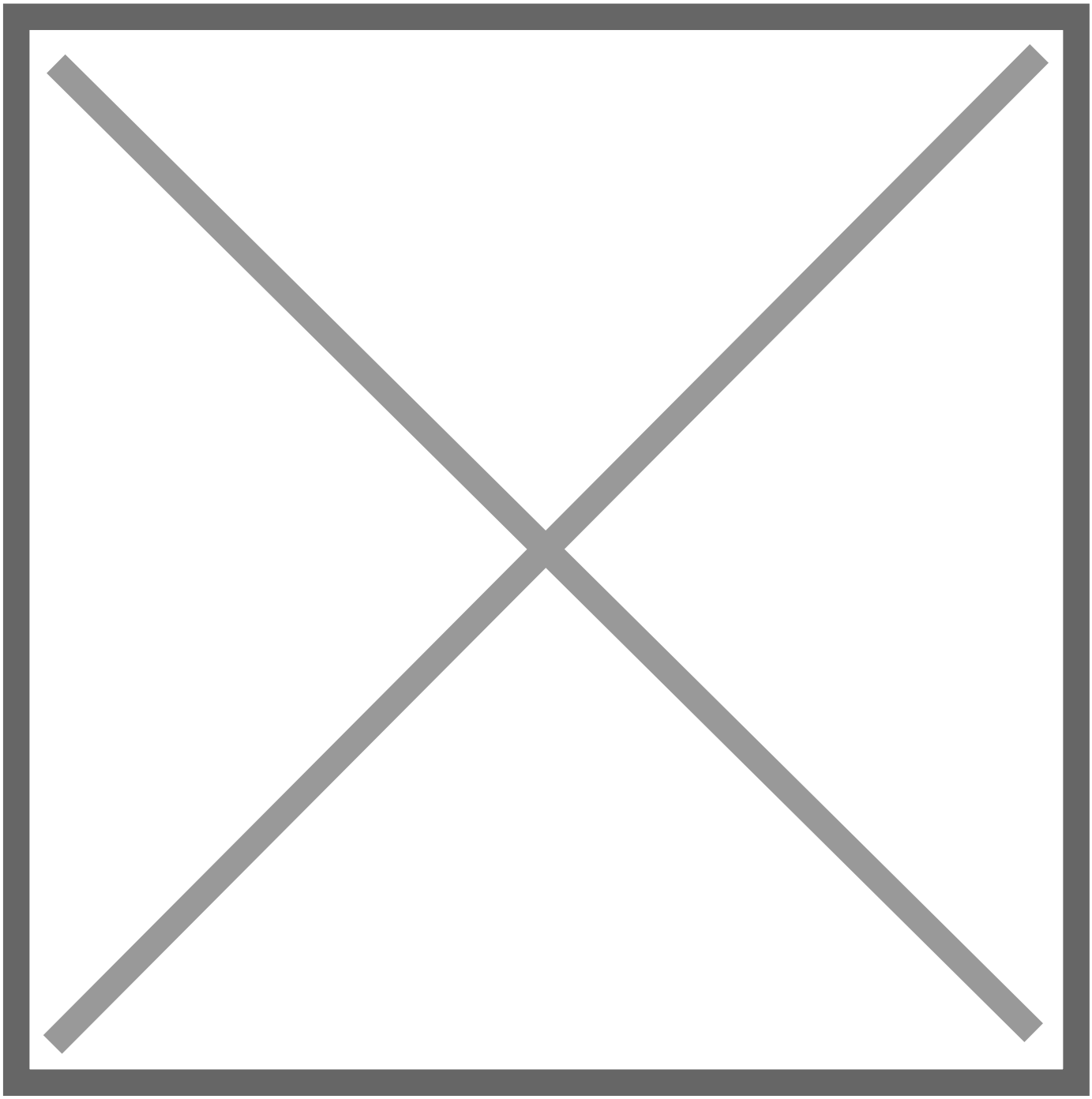
## Men, 2022



| | |
|---|---|
| **Survey type:** | Self-reported |
| **Age:** | 18+ |
| **Area covered:** | National |
| **References:** | WHO (2024). Prevalence of insufficient physical activity among adults aged 18-years age-standardized estimate in 2022. Available at https://www.who.int/data/gho/data/indicators/indicator-details/GHO/prevalence-of-insufficient-physical-activity-among-adults-aged-18-years-(age-standardized-estimate)-(-) |

| | |
|---|---|
| **Definitions:** | Percent of population attaining less than 150 minutes of moderate-intensity physical activity per week, or less than 75 minutes of vigorous-intensity physical activity per week, or equivalent. |

## Women, 2022

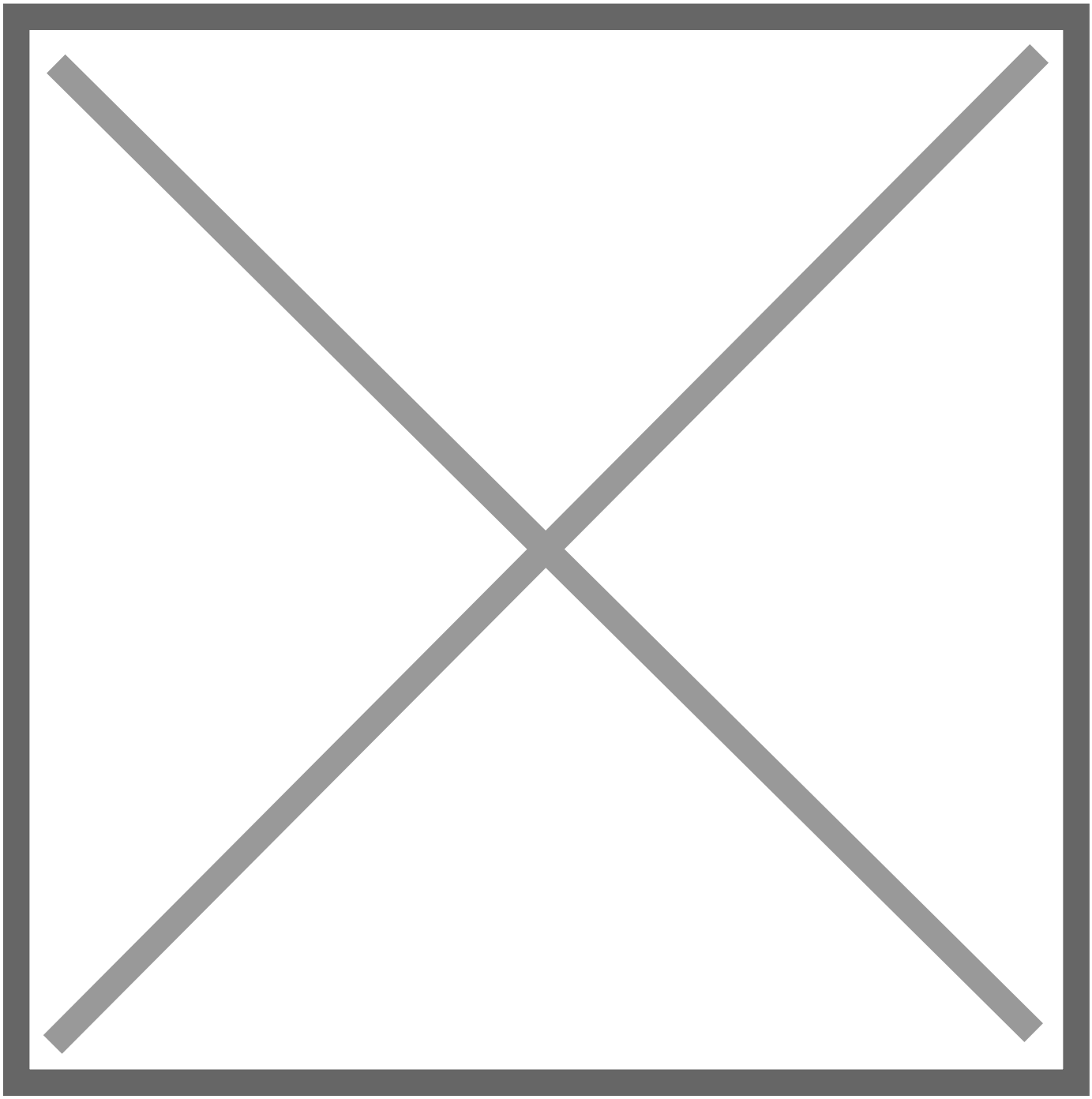


| | |
|---|---|
| **Survey type:** | Self-reported |
| **Age:** | 18+ |
| **Area covered:** | National |
| **References:** | WHO (2024). Prevalence of insufficient physical activity among adults aged 18-years age-standardized estimate in 2022. Available at https://www.who.int/data/gho/data/indicators/indicator-details/GHO/prevalence-of-insufficient-physical-activity-among-adults-aged-18-years-(age-standardized-estimate)-(-) |

| | |
|---|---|
| **Definitions:** | Percent of population attaining less than 150 minutes of moderate-intensity physical activity per week, or less than 75 minutes of vigorous-intensity physical activity per week, or equivalent. |

## Average weekly frequency of fast food consumption

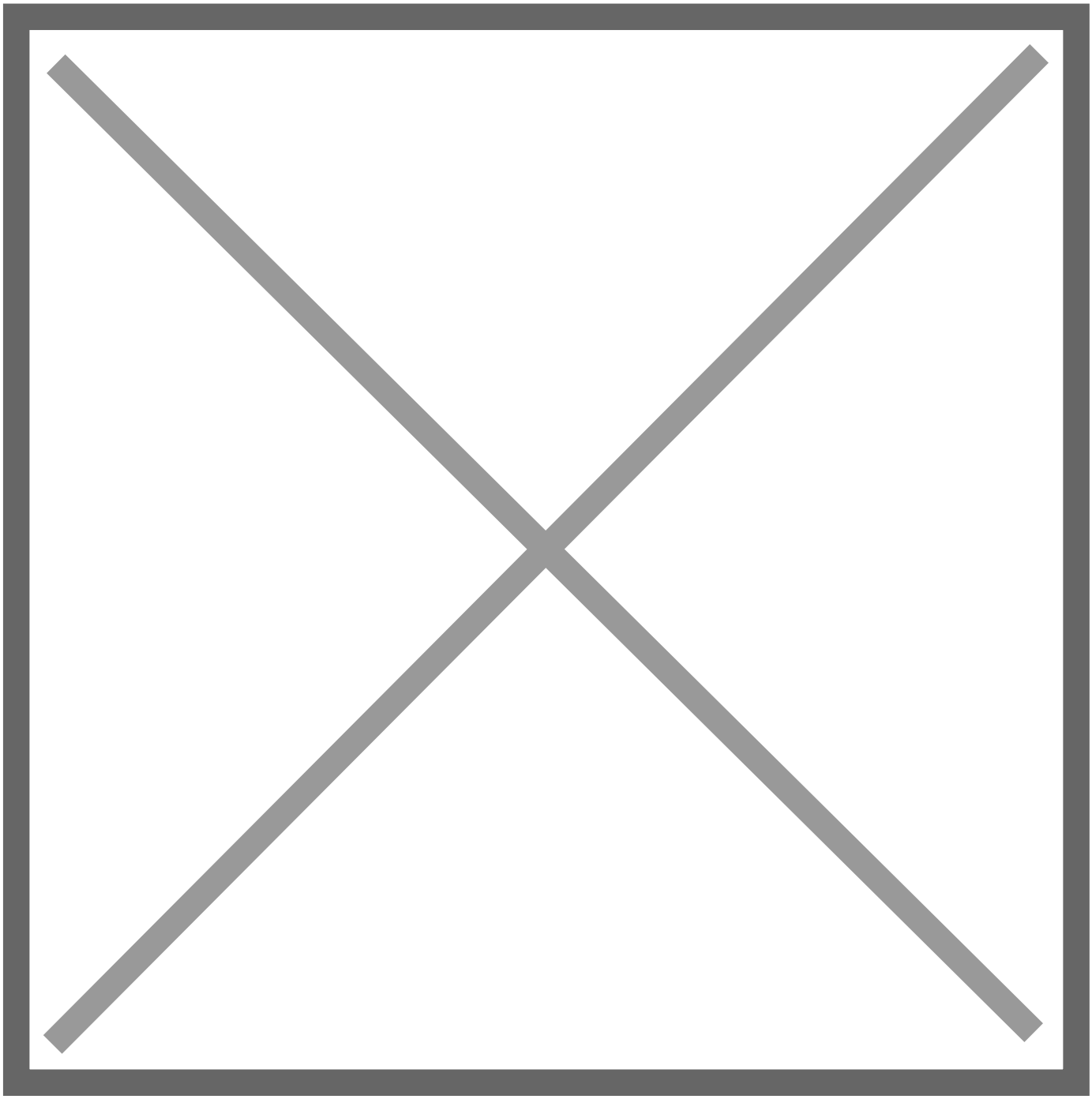
## Adults, 2021-2024



| | |
|---|---|
| **Survey type:** | Self-reported |
| **Age:** | 15+ |
| **Sample size:** | 1007 |
| **Area covered:** | National |
| **References:** | Global Diet Quality Project. 2024. "DQQ Results Dataset 2021-2024." Harvard Dataverse. https://doi.org/doi:10.7910/DVN/KY3W8A Licence: CC BY-NC-SA 4.0. Accessed at dietquality.org on October 15, 2025. |

| | |
|---|---|
| **Notes:** | For more global dietary survey data, visit the Global Diet Quality Project website at https://www.dietquality.org/ |
| **Definitions:** | Proportion of the population who consumed fast food during the previous day or night (self-reported) |

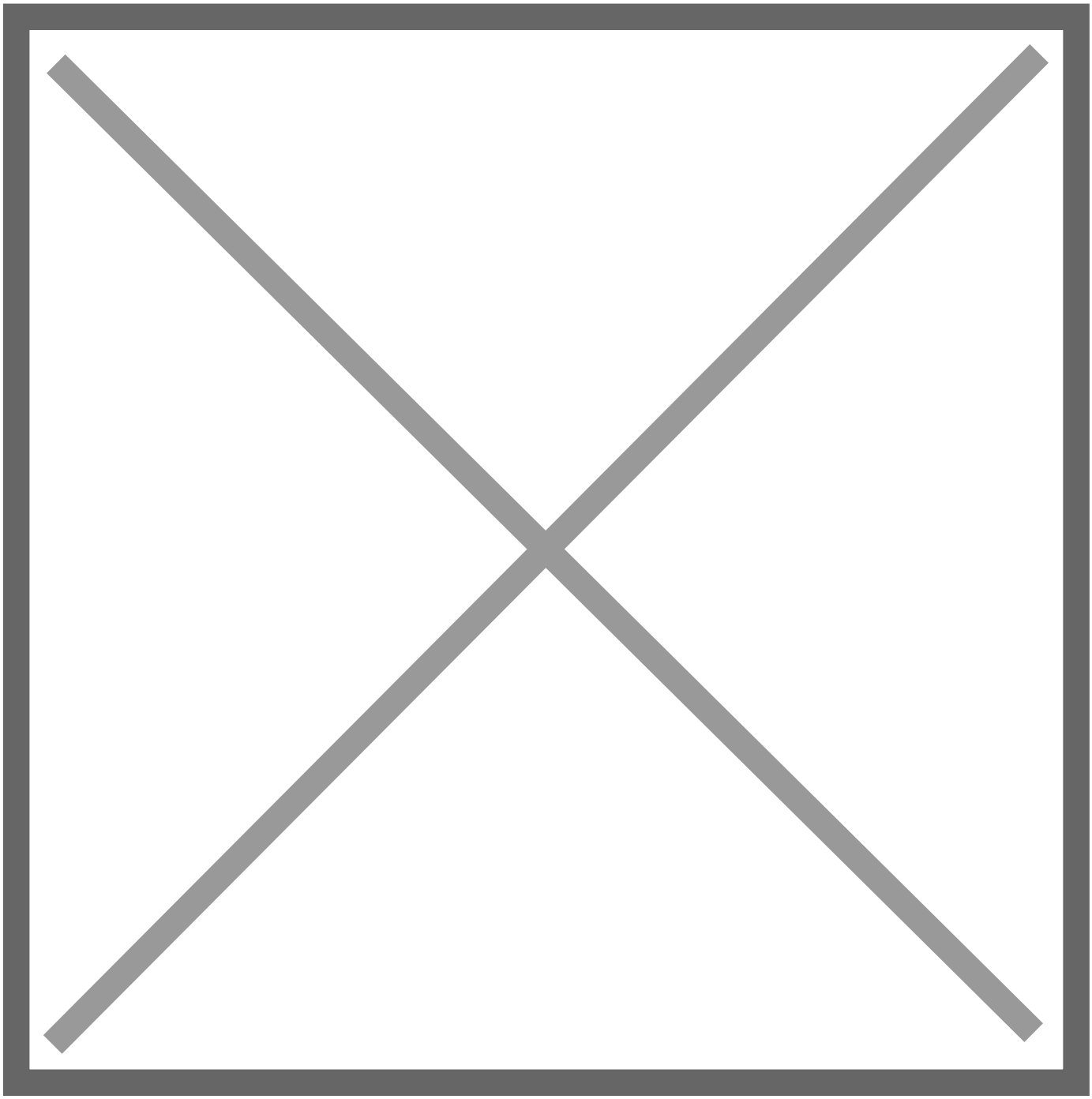
## Men, 2021-2024



| | |
|---|---|
| **Survey type:** | Self-reported |
| **Age:** | 15+ |
| **Sample size:** | 1007 |
| **Area covered:** | National |
| **References:** | Global Diet Quality Project. 2024. "DQQ Results Dataset 2021-2024." Harvard Dataverse. https://doi.org/doi:10.7910/DVN/KY3W8A Licence: CC BY-NC-SA 4.0. Accessed at dietquality.org on October 15, 2025. |

| | |
|---|---|
| **Notes:** | For more global dietary survey data, visit the Global Diet Quality Project website at https://www.dietquality.org/ |
| **Definitions:** | Proportion of the population who consumed fast food during the previous day or night (self-reported) |

## Women, 2021-2024

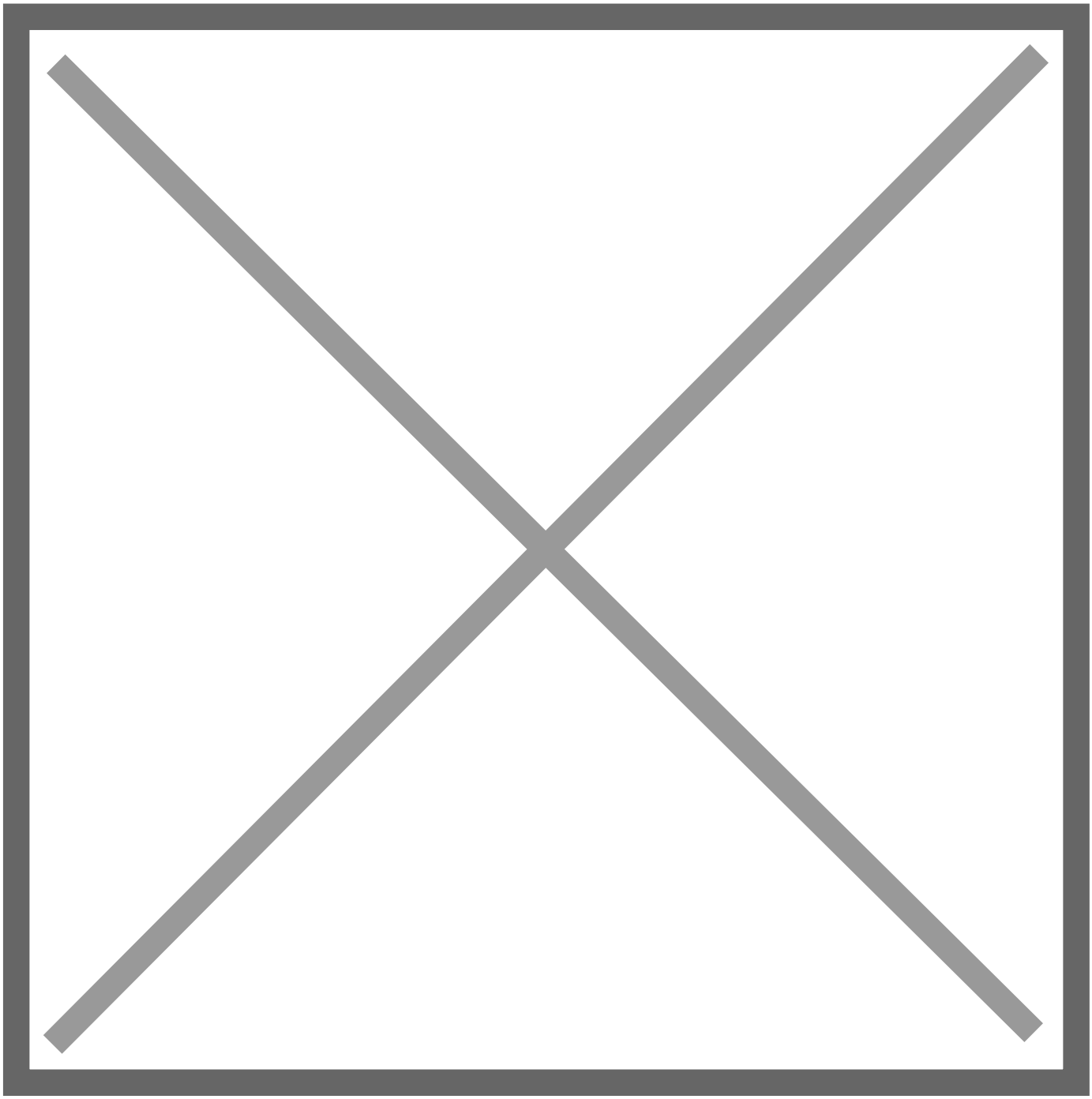


| | |
|---|---|
| **Survey type:** | Self-reported |
| **Age:** | 15+ |
| **Sample size:** | 1007 |
| **Area covered:** | National |
| **References:** | Global Diet Quality Project. 2024. "DQQ Results Dataset 2021-2024." Harvard Dataverse. https://doi.org/doi:10.7910/DVN/KY3W8A Licence: CC BY-NC-SA 4.0. Accessed at dietquality.org on October 15, 2025. |

| | |
|---|---|
| **Notes:** | For more global dietary survey data, visit the Global Diet Quality Project website at https://www.dietquality.org/ |
| **Definitions:** | Proportion of the population who consumed fast food during the previous day or night (self-reported) |

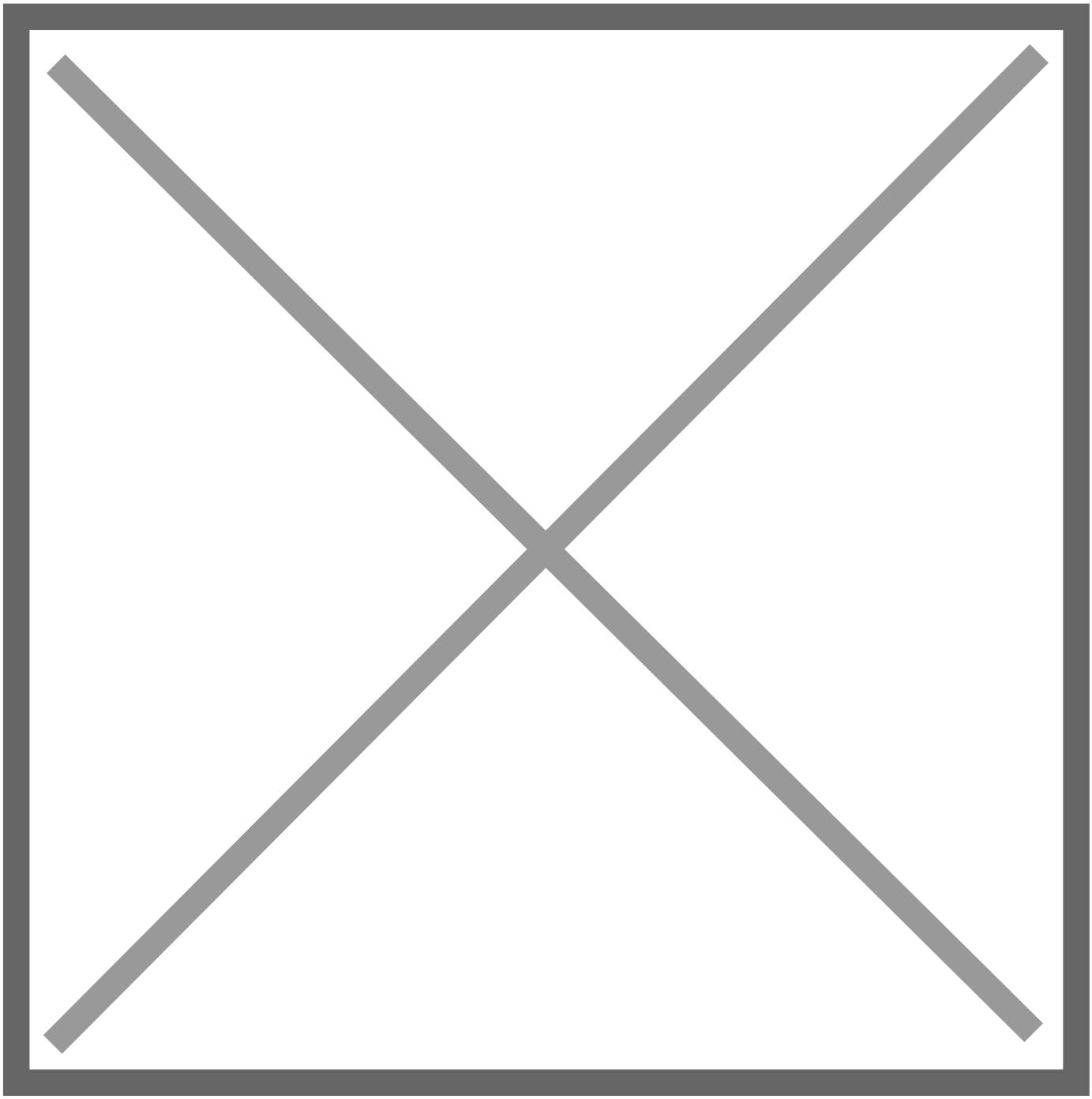
## Mental health - depression disorders

## Adults, 2023



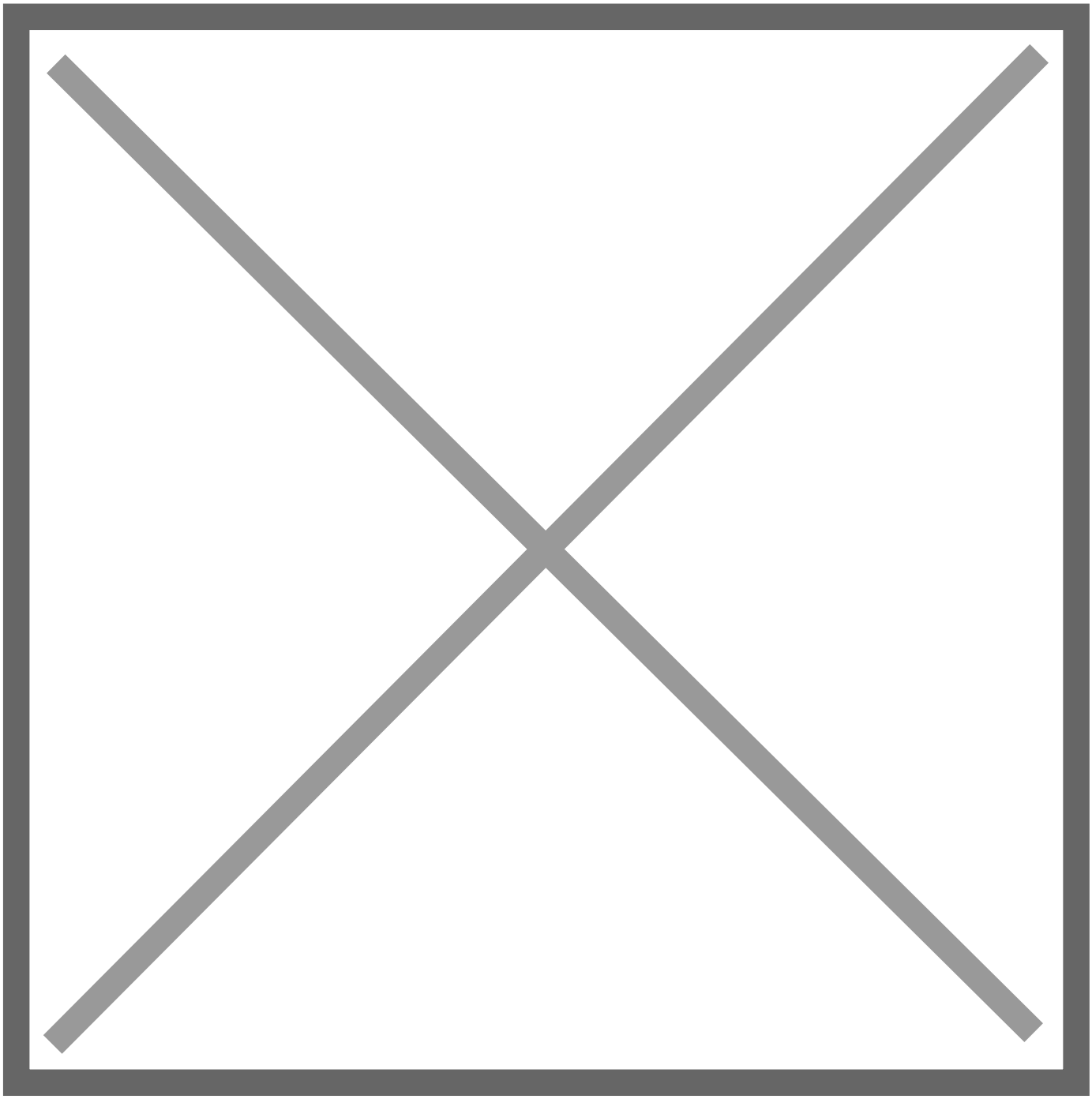
| | |
|---|---|
| **Age:** | 20+ |
| **Area covered:** | National |
| **References:** | Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from https://vizhub.healthdata.org/gbd-compare/ [Accessed 17.03.26] |
| **Definitions:** | Estimated number living with depressive disorders per 100,000 population (20+ years of age) |

## Men, 2023



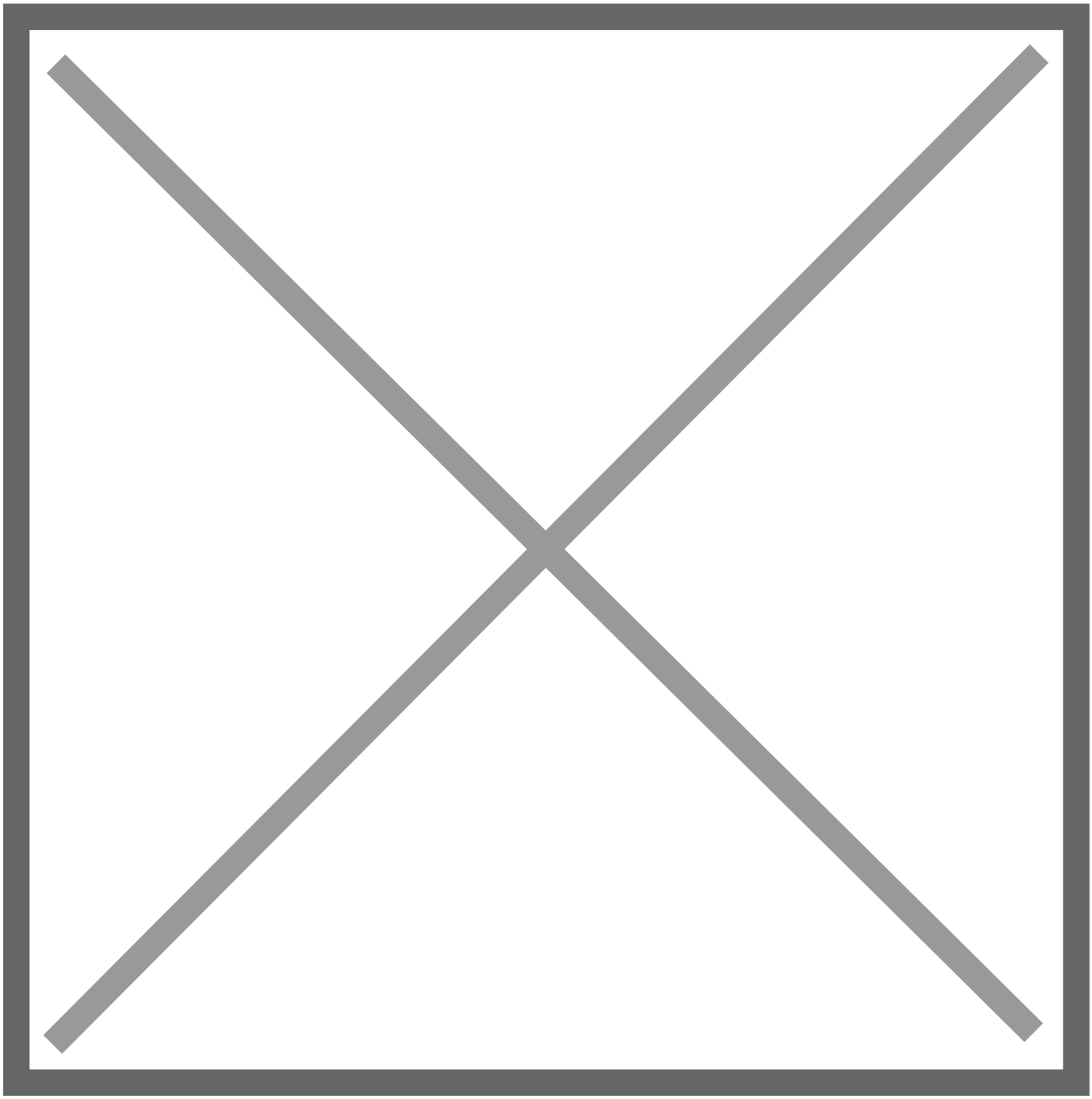
| | |
|---|---|
| **Age:** | 20+ |
| **Area covered:** | National |
| **References:** | Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from https://vizhub.healthdata.org/gbd-compare/ [Accessed 17.03.26] |
| **Definitions:** | Estimated number living with depressive disorders per 100,000 population (20+ years of age) |

## Women, 2023



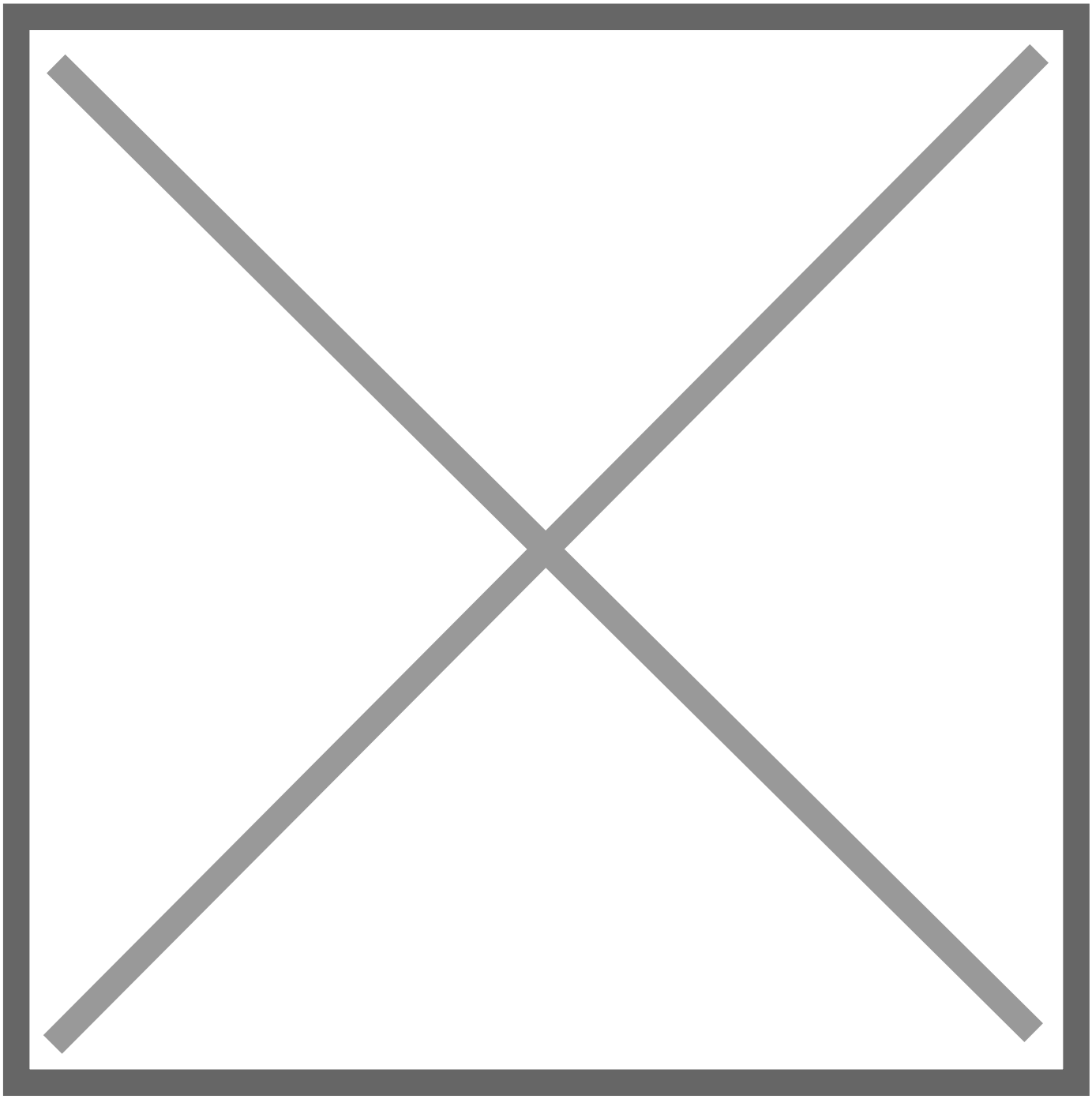
| | |
|---|---|
| **Age:** | 20+ |
| **Area covered:** | National |
| **References:** | Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from https://vizhub.healthdata.org/gbd-compare/ [Accessed 17.03.26] |
| **Definitions:** | Estimated number living with depressive disorders per 100,000 population (20+ years of age) |

## Children, 2023



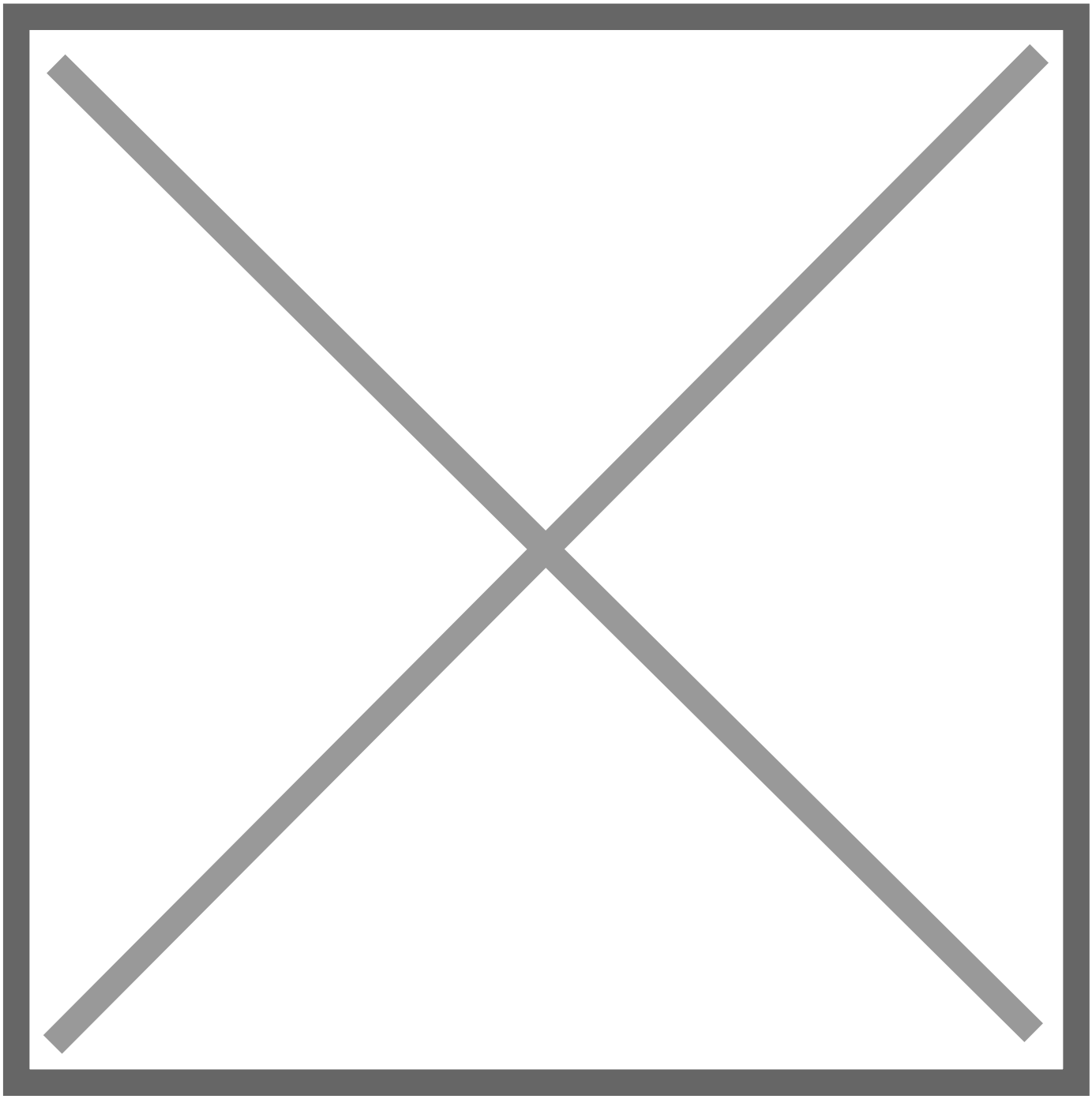
| | |
|---|---|
| **Area covered:** | National |
| **References:** | Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from https://vizhub.healthdata.org/gbd-compare/ [Accessed 17.03.26] |
| **Definitions:** | Estimated number living with depressive disorders per 100,000 population (under 20 years of age) |

## Boys, 2023



| | |
|---|---|
| **Area covered:** | National |
| **References:** | Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from https://vizhub.healthdata.org/gbd-compare/ [Accessed 17.03.26] |
| **Definitions:** | Estimated number living with depressive disorders per 100,000 population (under 20 years of age) |

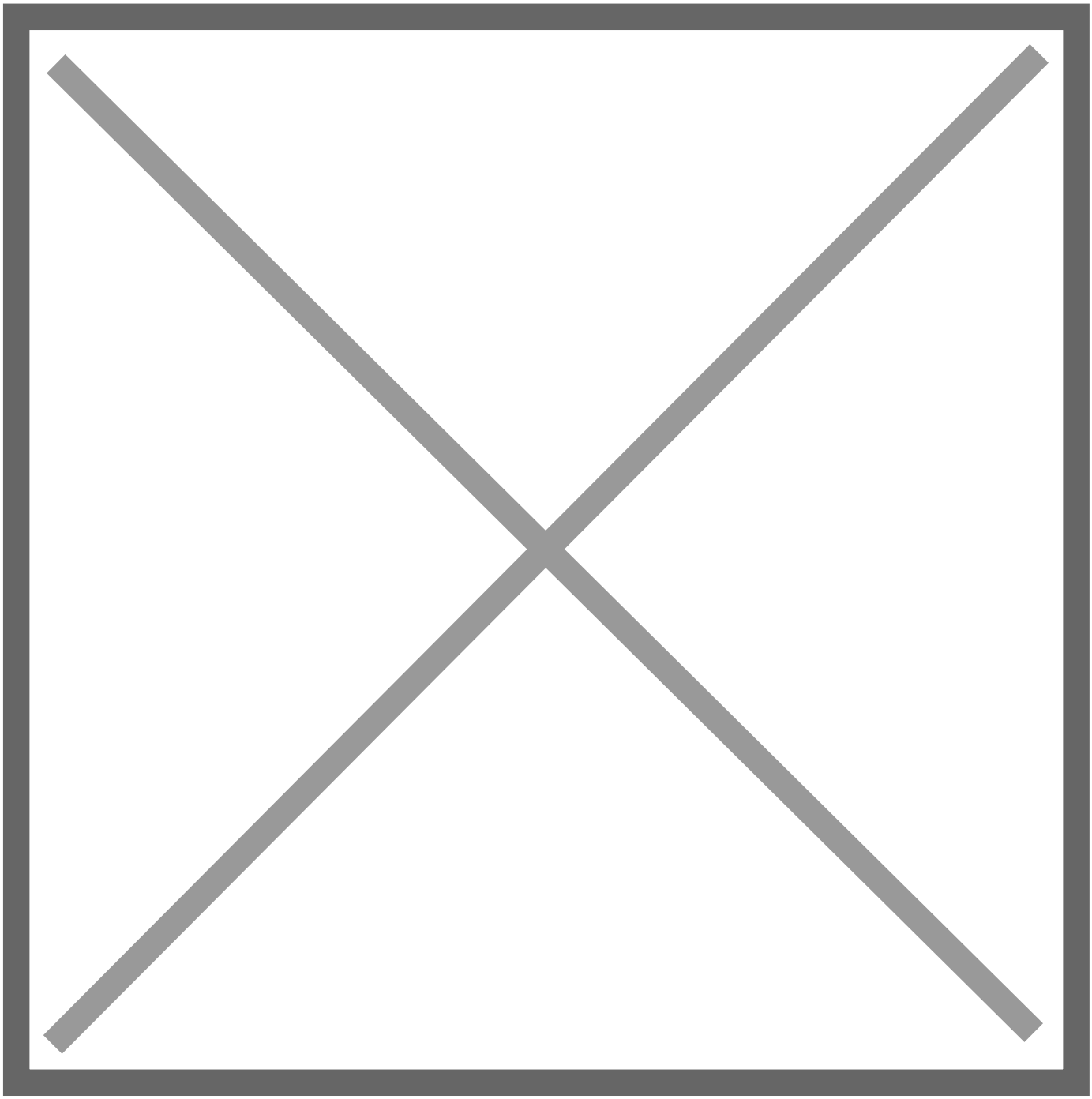
## Girls, 2023



| | |
|---|---|
| **Area covered:** | National |
| **References:** | Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from https://vizhub.healthdata.org/gbd-compare/ [Accessed 17.03.26] |
| **Definitions:** | Estimated number living with depressive disorders per 100,000 population (under 20 years of age) |

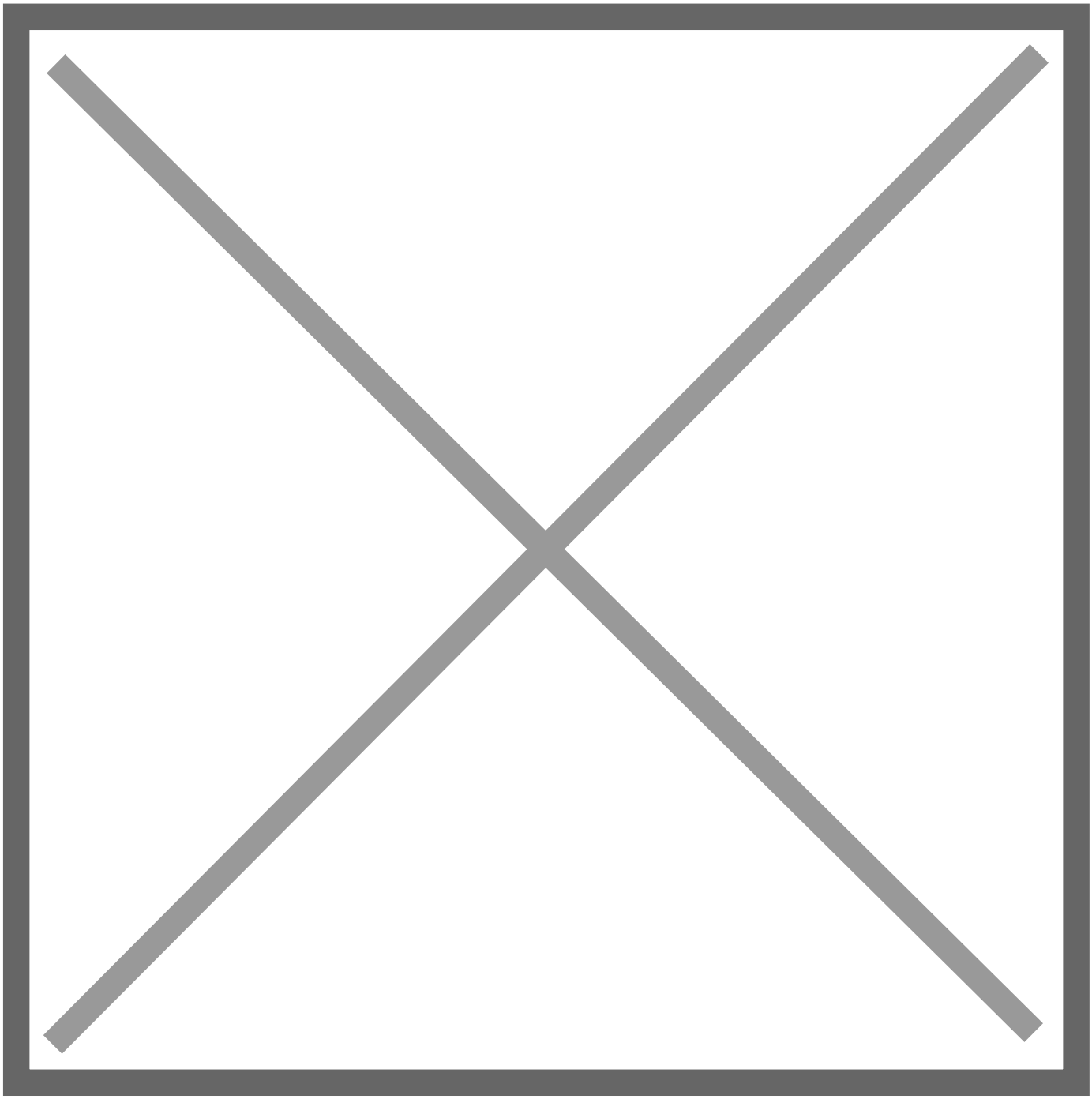
## Mental health - anxiety disorders

## Adults, 2023



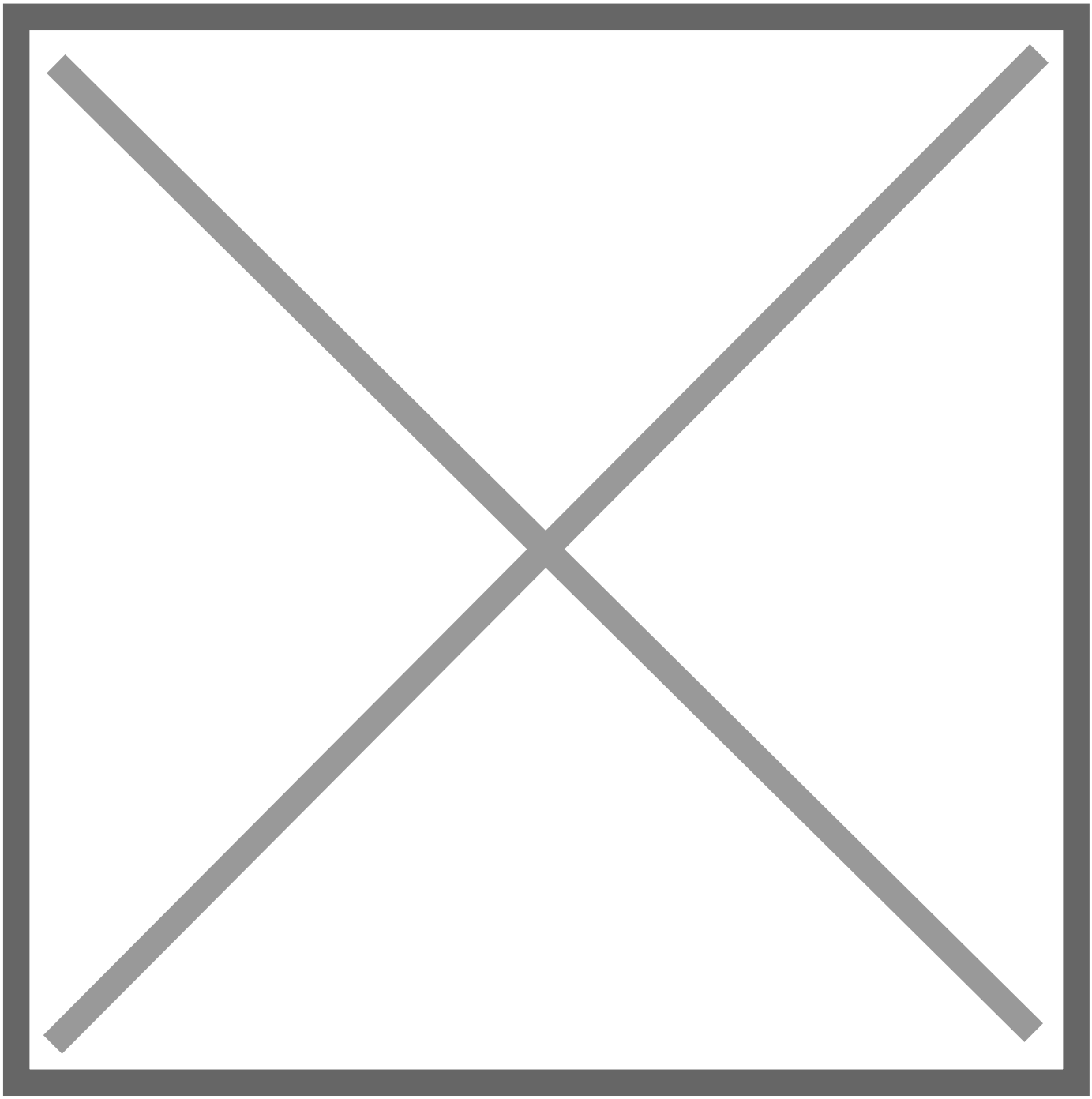
| | |
|---|---|
| **Age:** | 20+ |
| **Area covered:** | National |
| **References:** | Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from https://vizhub.healthdata.org/gbd-compare/ [Accessed 17.03.26] |
| **Definitions:** | Estimated number living with anxiety disorders per 100,000 population (20+ years of age) |

## Men, 2023



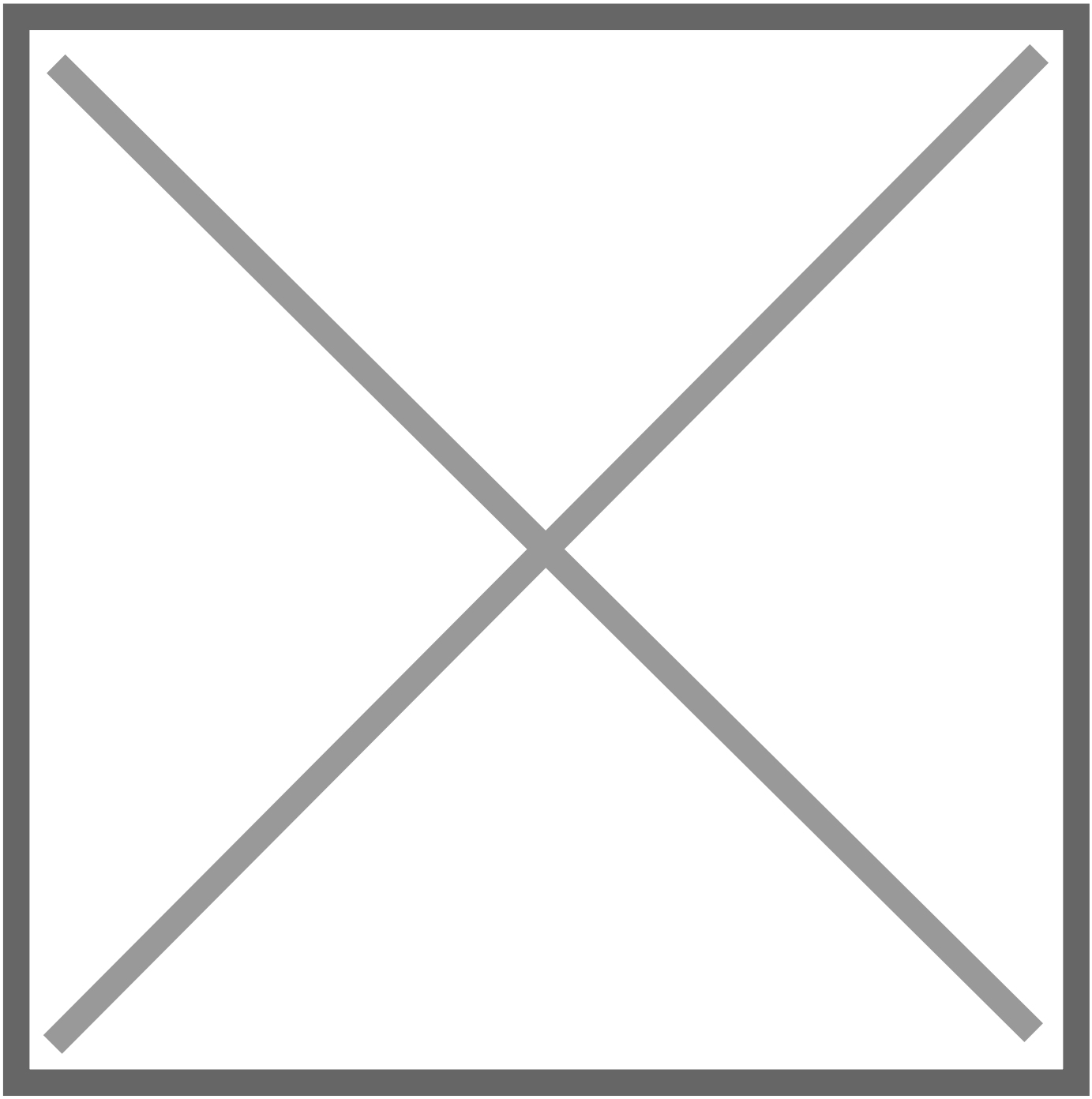
| | |
|---|---|
| **Age:** | 20+ |
| **Area covered:** | National |
| **References:** | Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from https://vizhub.healthdata.org/gbd-compare/ [Accessed 17.03.26] |
| **Definitions:** | Estimated number living with anxiety disorders per 100,000 population (20+ years of age) |

## Women, 2023



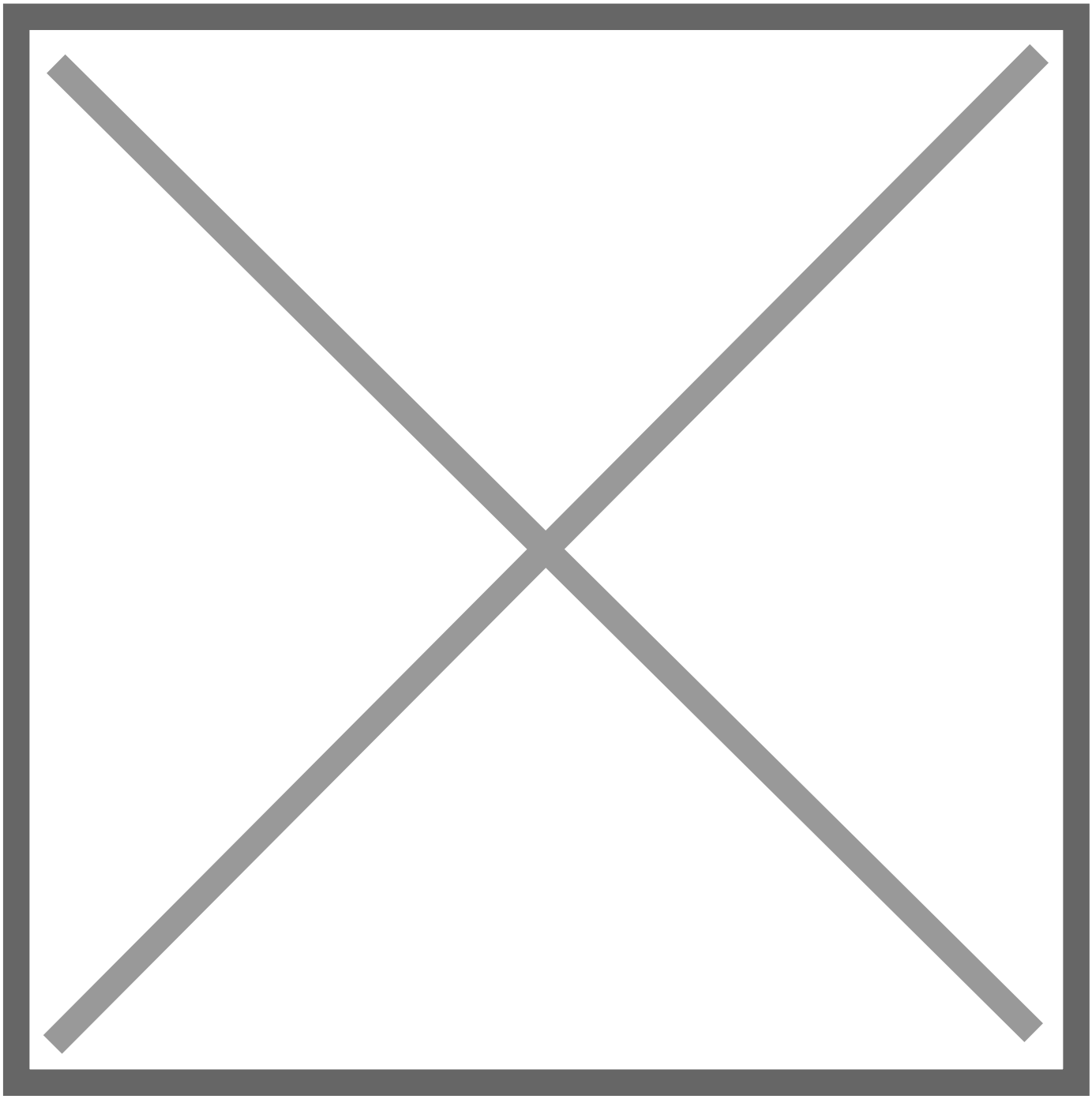
| | |
|---|---|
| **Age:** | 20+ |
| **Area covered:** | National |
| **References:** | Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from https://vizhub.healthdata.org/gbd-compare/ [Accessed 17.03.26] |
| **Definitions:** | Estimated number living with anxiety disorders per 100,000 population (20+ years of age) |

## Children, 2023



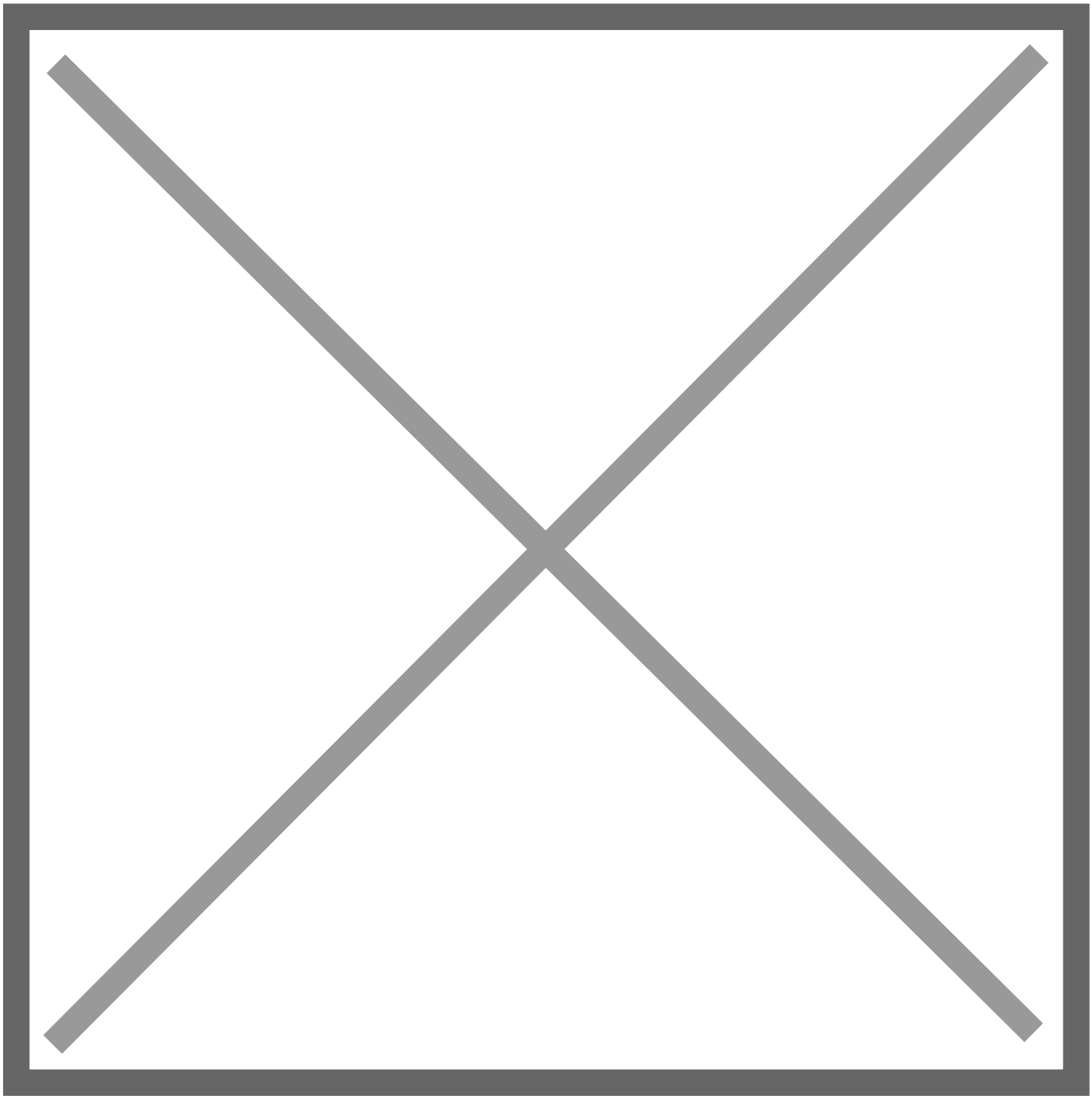
| | |
|---|---|
| **Area covered:** | National |
| **References:** | Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from https://vizhub.healthdata.org/gbd-compare/ [Accessed 17.03.26] |
| **Definitions:** | Estimated number living with anxiety disorders per 100,000 population (under 20 years of age) |

## Boys, 2023



| | |
|---|---|
| **Area covered:** | National |
| **References:** | Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from https://vizhub.healthdata.org/gbd-compare/ [Accessed 17.03.26] |
| **Definitions:** | Estimated number living with anxiety disorders per 100,000 population (under 20 years of age) |

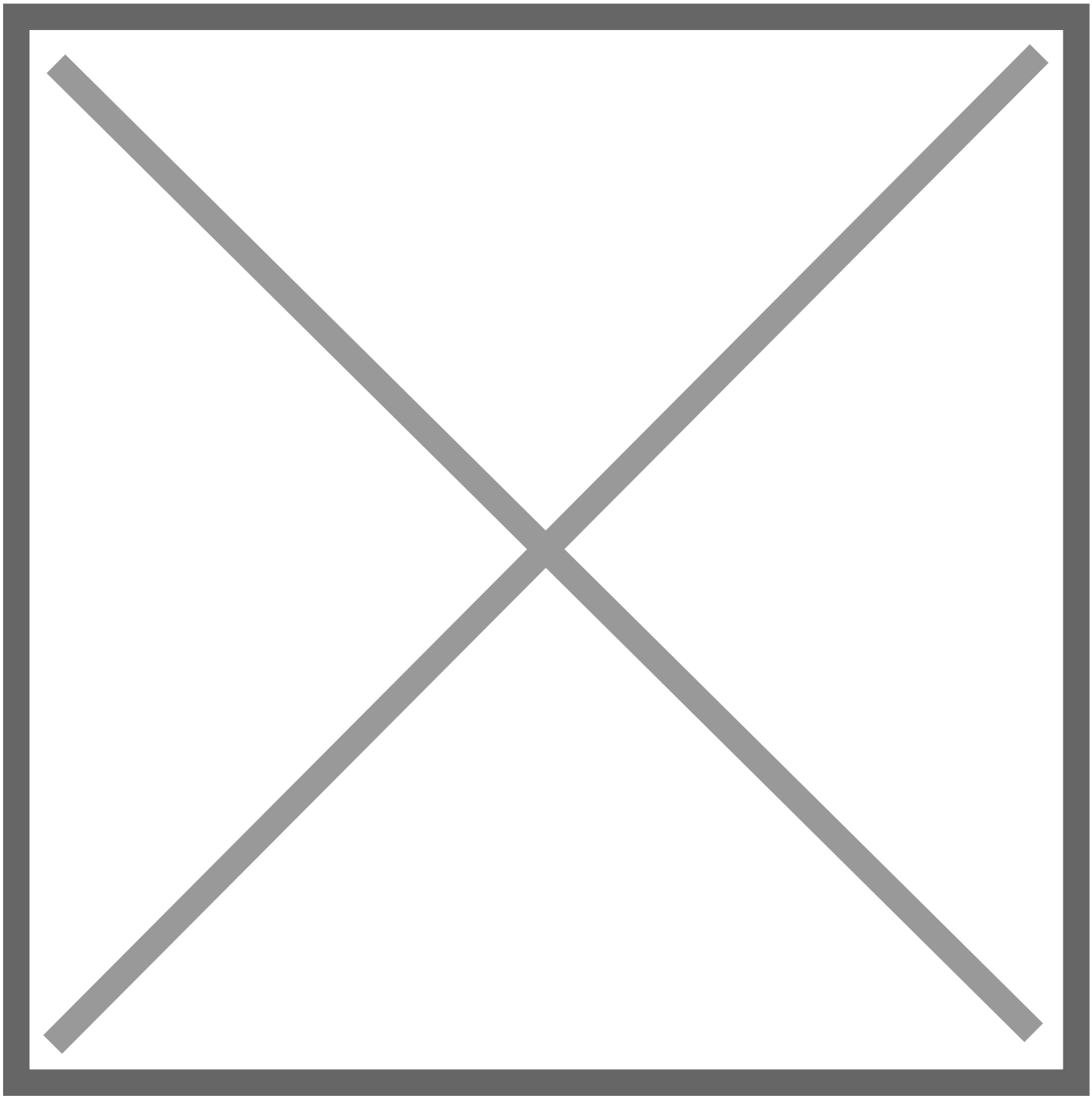
## Girls, 2023



| | |
|---|---|
| **Area covered:** | National |
| **References:** | Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from https://vizhub.healthdata.org/gbd-compare/ [Accessed 17.03.26] |
| **Definitions:** | Estimated number living with anxiety disorders per 100,000 population (under 20 years of age) |

## % Infants exclusively breastfed 0-5 months

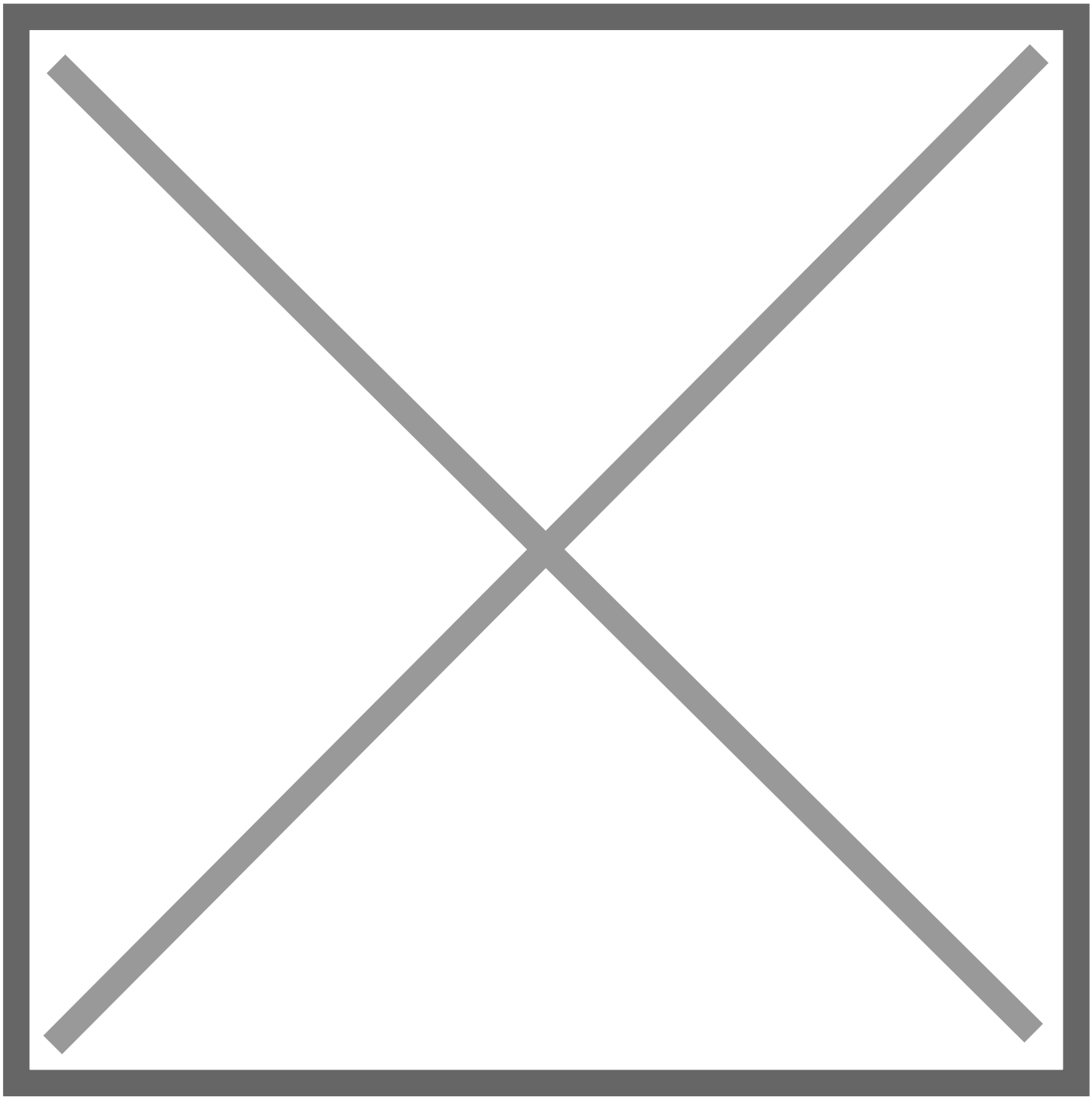
## 0-5 years, 2010-2023



| | |
|---|---|
| **Area covered:** | National |
| **References:** | Children Anthropometry, Nutrition and Development Survey 2017, CANDS_IR96. Ministry of Health. 2021. Tehran, Iran |
| **Notes:** | Full details available at source: United Nations Children's Fund, Division of Data, Analysis, Planning and Monitoring (2025). Global UNICEF Global Databases: Infant and Young Child Feeding: Exclusive breastfeeding, New York, November 2025. |
| **Definitions:** | Infants 0-5 months of age who received only breast milk during the previous day. The definition allows for medicines, vitamins and oral re-hydration solution to have been given. These infants would not have received water-based liquids, milk based-liquids or food. |

# Percent of population who cannot afford a healthy diet

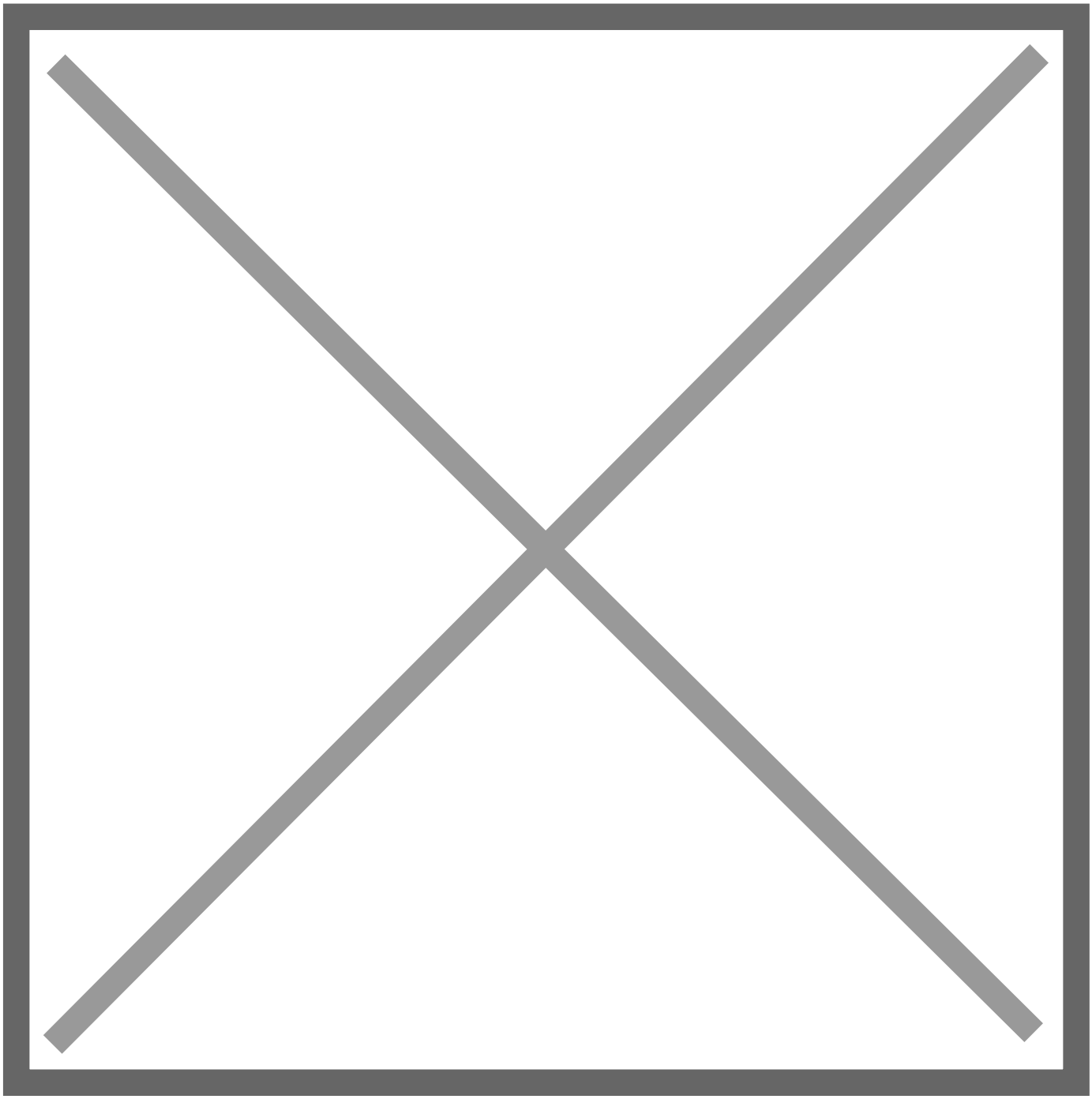
## Adults, 2025



| | |
|---|---|
| **Area covered:** | National |
| **References:** | FAO. 2026. FAOSTAT: Cost and Affordability of a Healthy Diet (CoAHD). https://www.fao.org/faostat/en/#data/CAHD. Licence: CC-BY-4.0. [Last Accessed 12.10.26] |
| **Notes:** | The percent of the population whose food budget is below the cost of a healthy diet. |

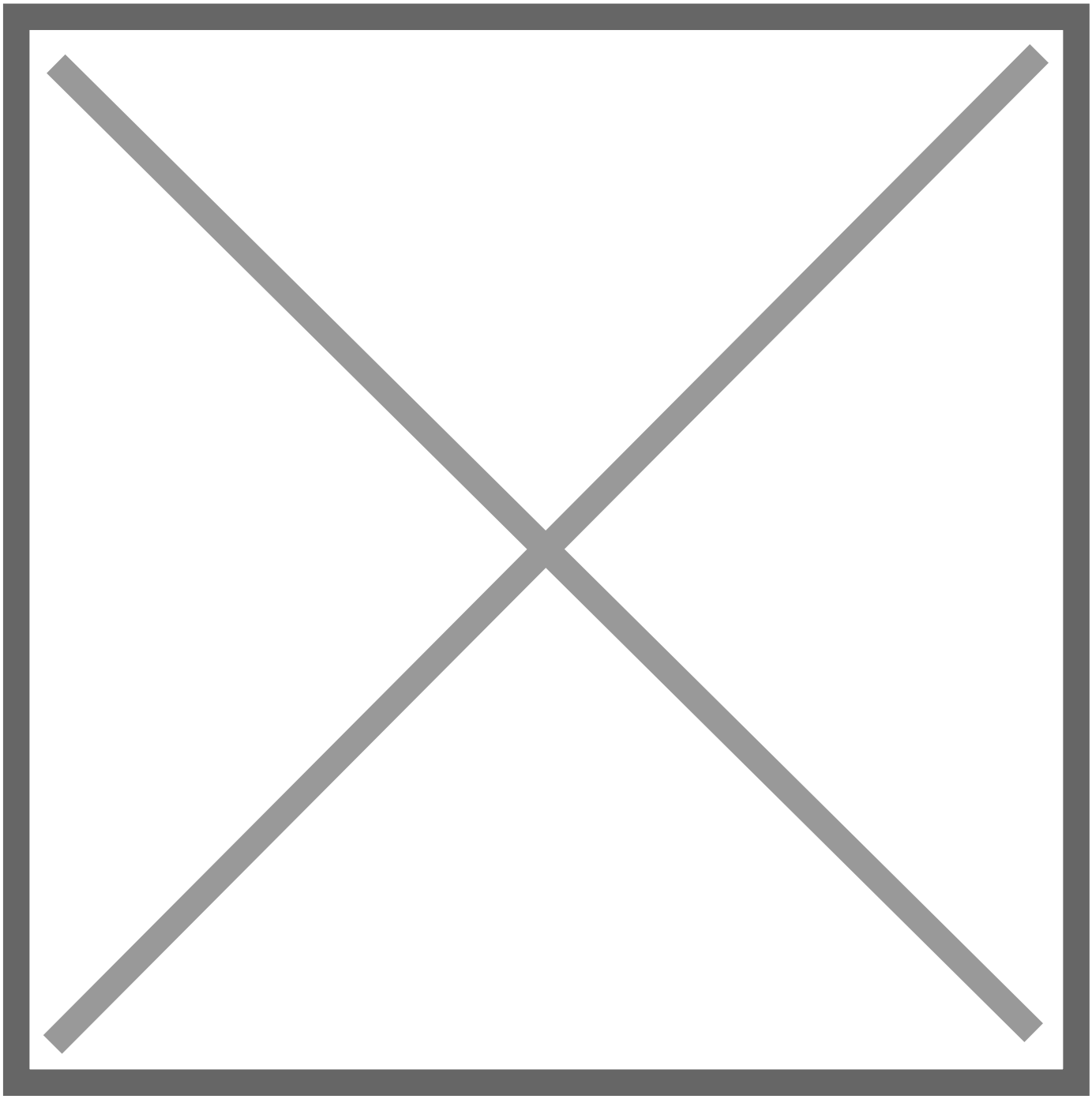
## Oesophageal cancer

## Men, 2022



| | |
|---|---|
| **Age:** | 20+ |
| **Area covered:** | National |
| **References:** | Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24] |
| **Definitions:** | Indicence per 100,000 |

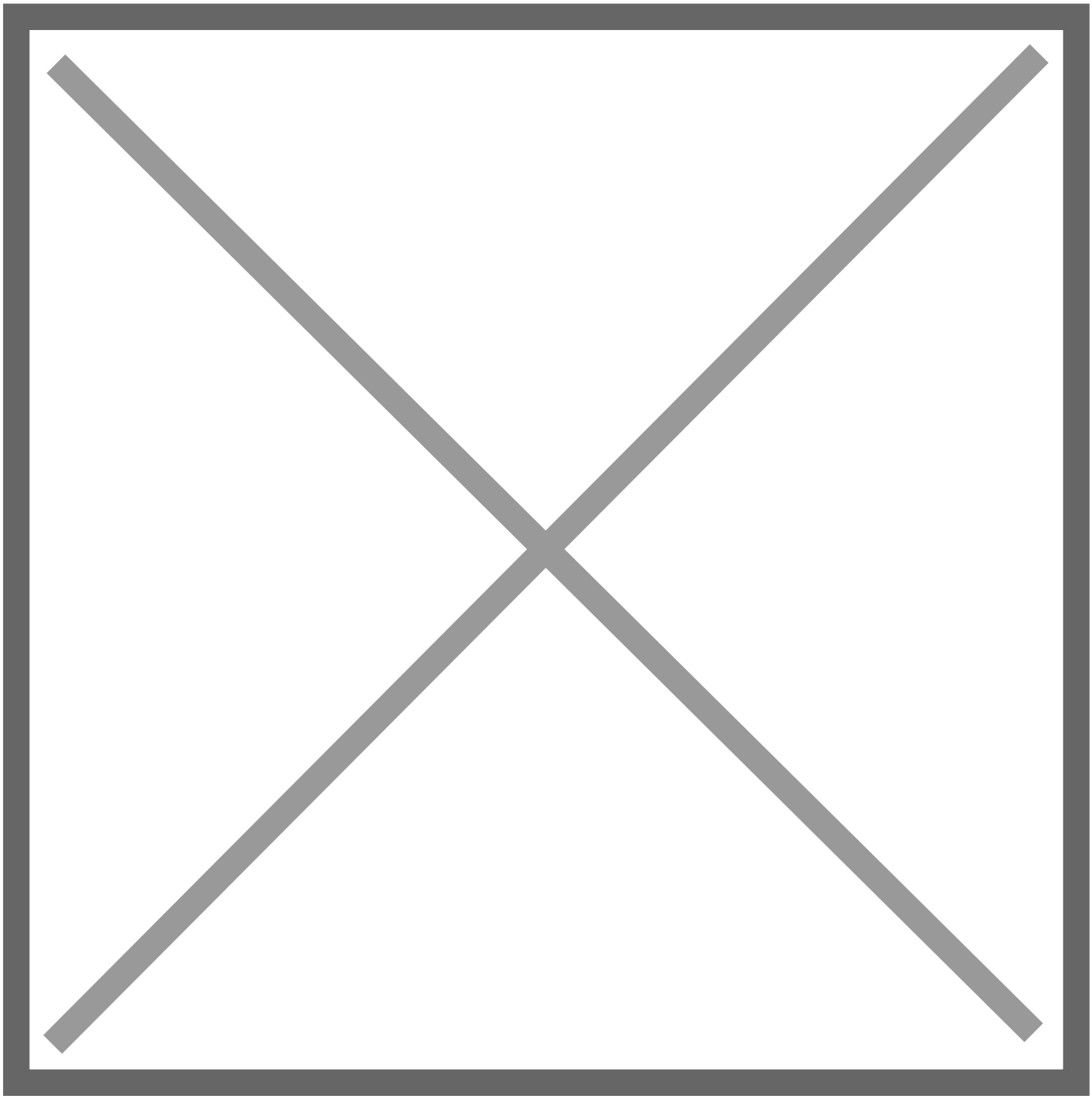
## Women, 2022



| | |
|---|---|
| **Age:** | 20+ |
| **Area covered:** | National |
| **References:** | Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24] |
| **Definitions:** | Indicence per 100,000 |

## Breast cancer

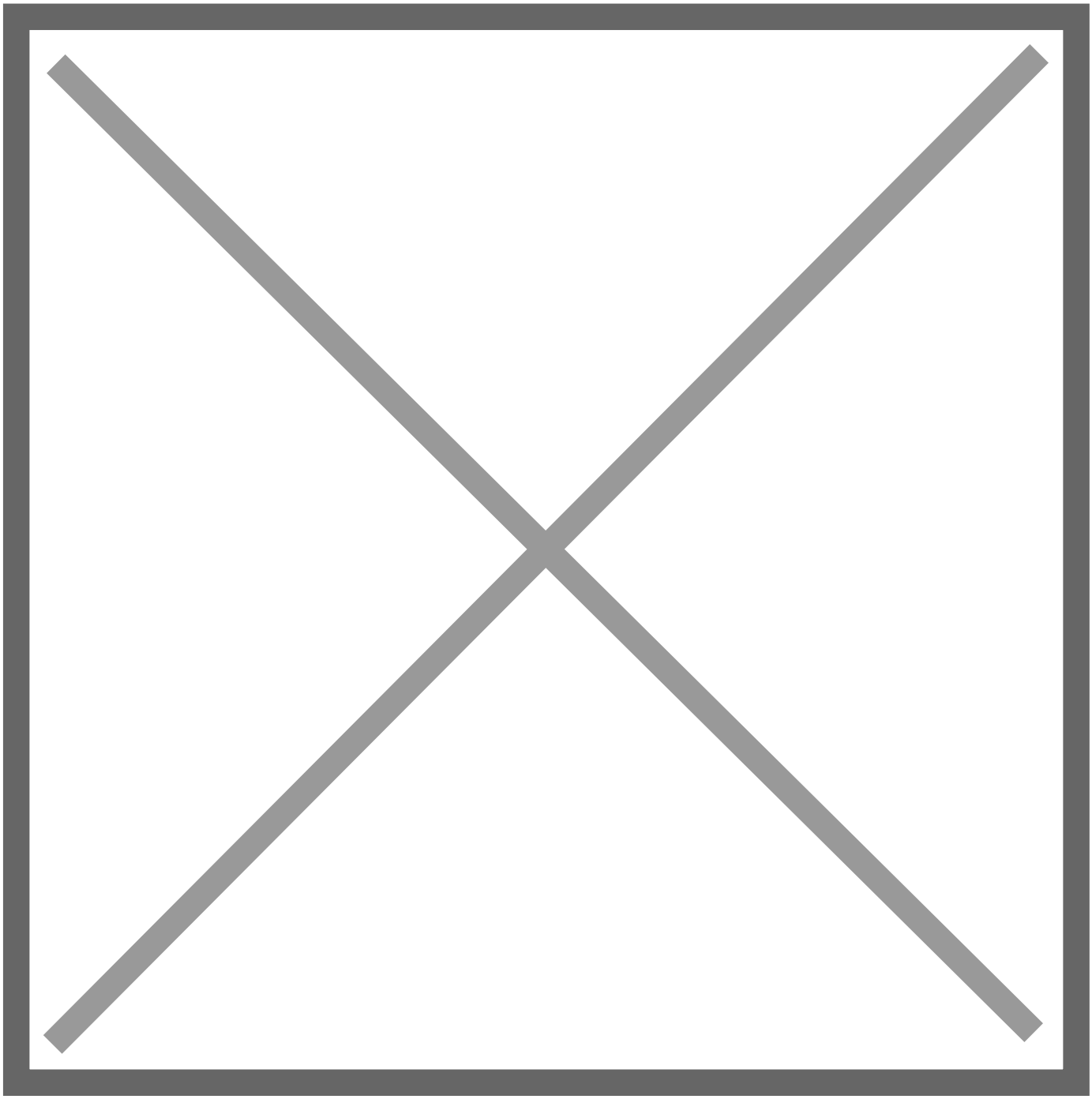
## Women, 2022



| | |
|---|---|
| **Area covered:** | National |
| **References:** | Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24] |
| **Definitions:** | Incidence per 100,000 |

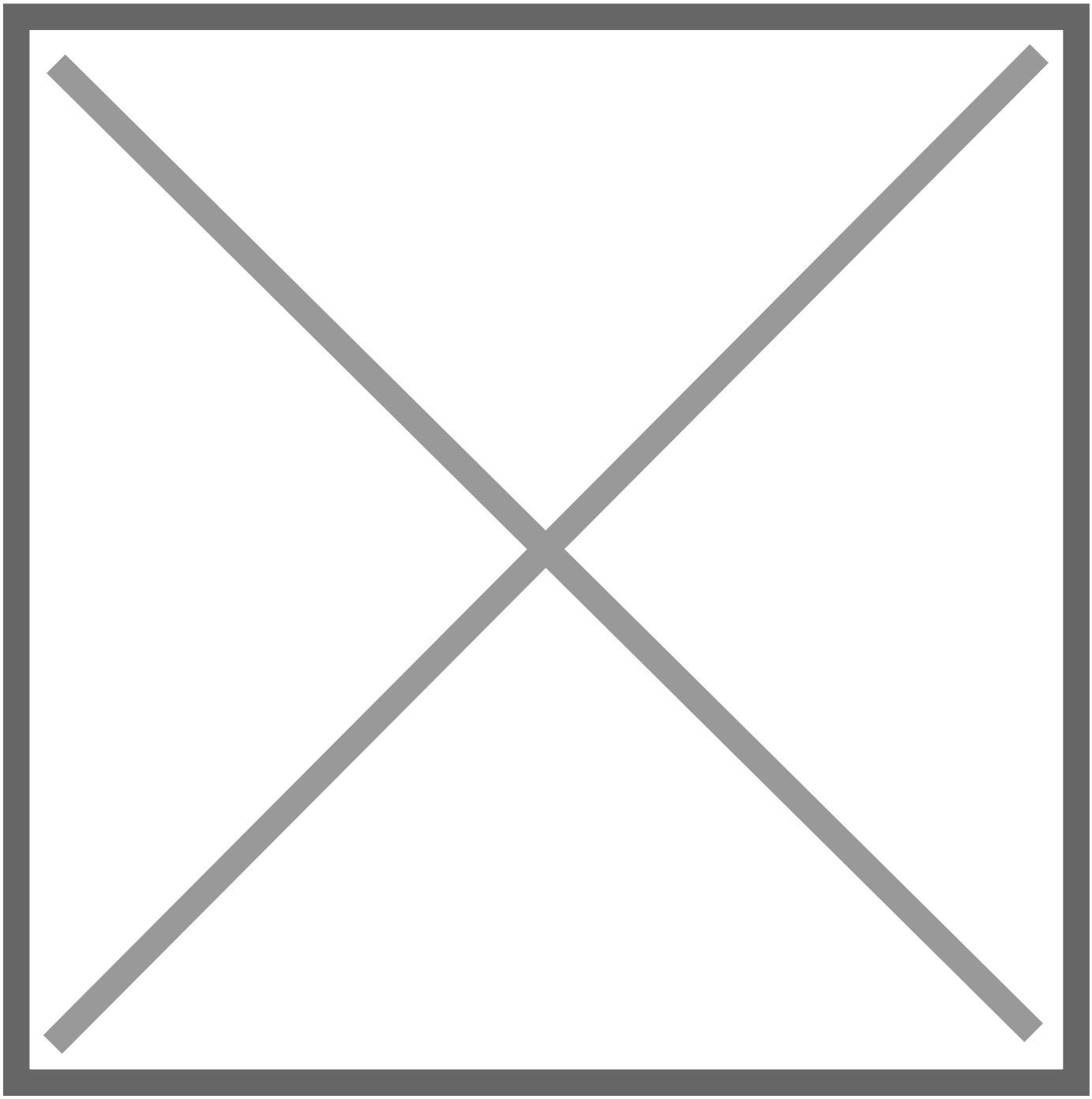
## Colorectal cancer

## Men, 2022



| | |
|---|---|
| **Age:** | 20+ |
| **Area covered:** | National |
| **References:** | Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24] |
| **Definitions:** | Incidence per 100,000 |

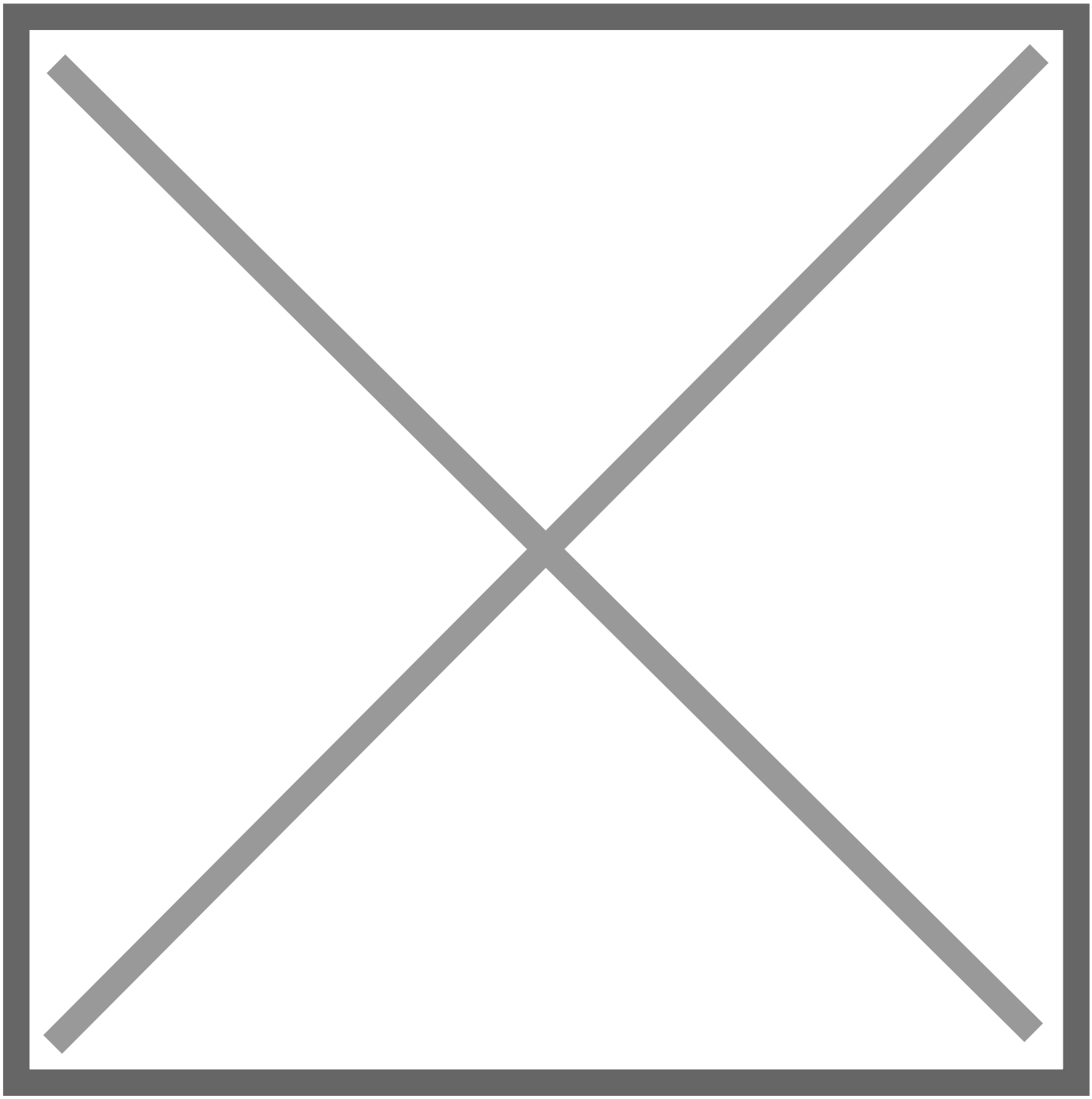
## Women, 2022



| | |
|---|---|
| **Age:** | 20+ |
| **Area covered:** | National |
| **References:** | Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24] |
| **Definitions:** | Incidence per 100,000 |

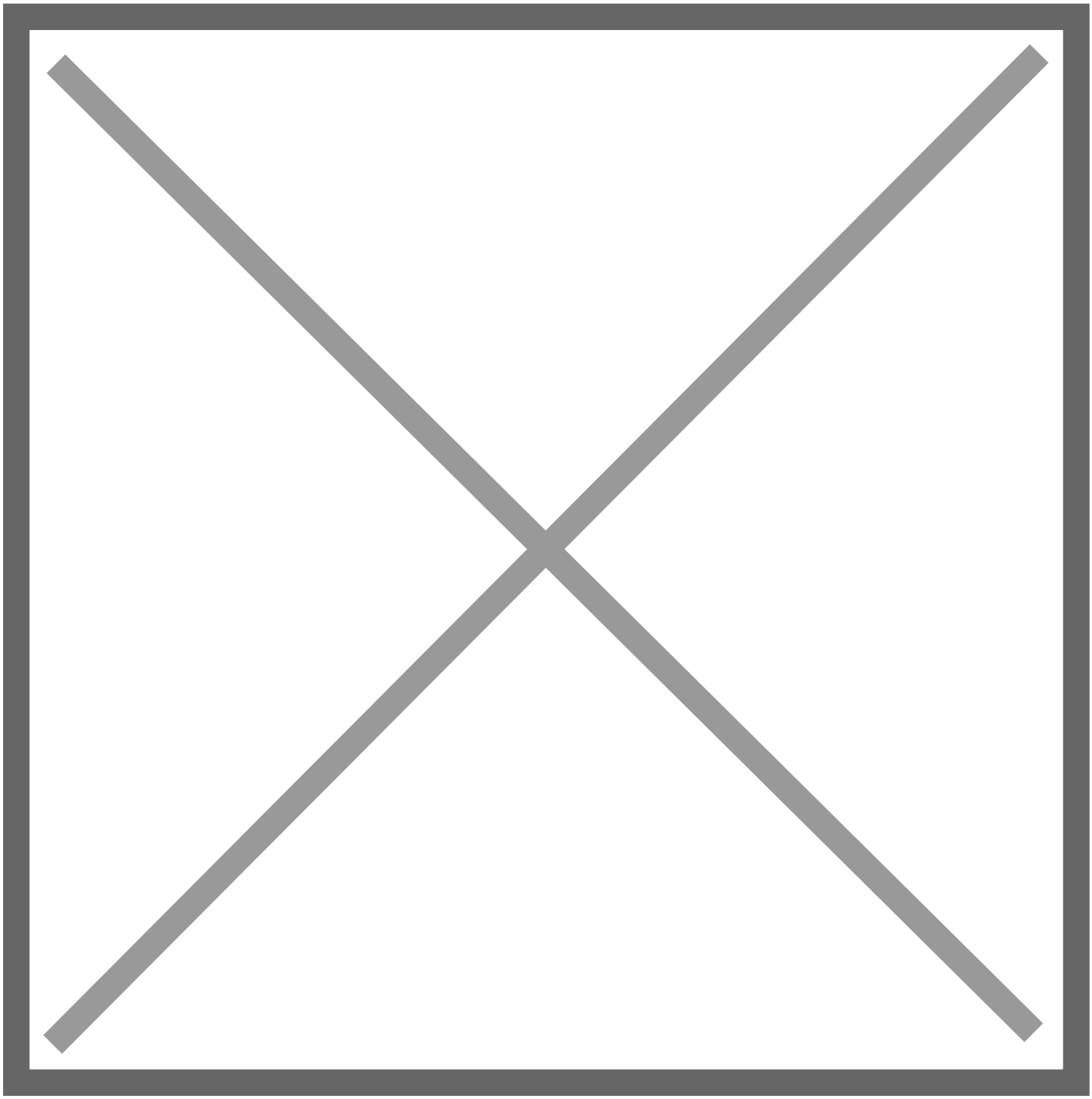
## Pancreatic cancer

## Men, 2022



| | |
|---|---|
| **Age:** | 20+ |
| **Area covered:** | National |
| **References:** | Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24] |
| **Definitions:** | Incidence per 100,000 |

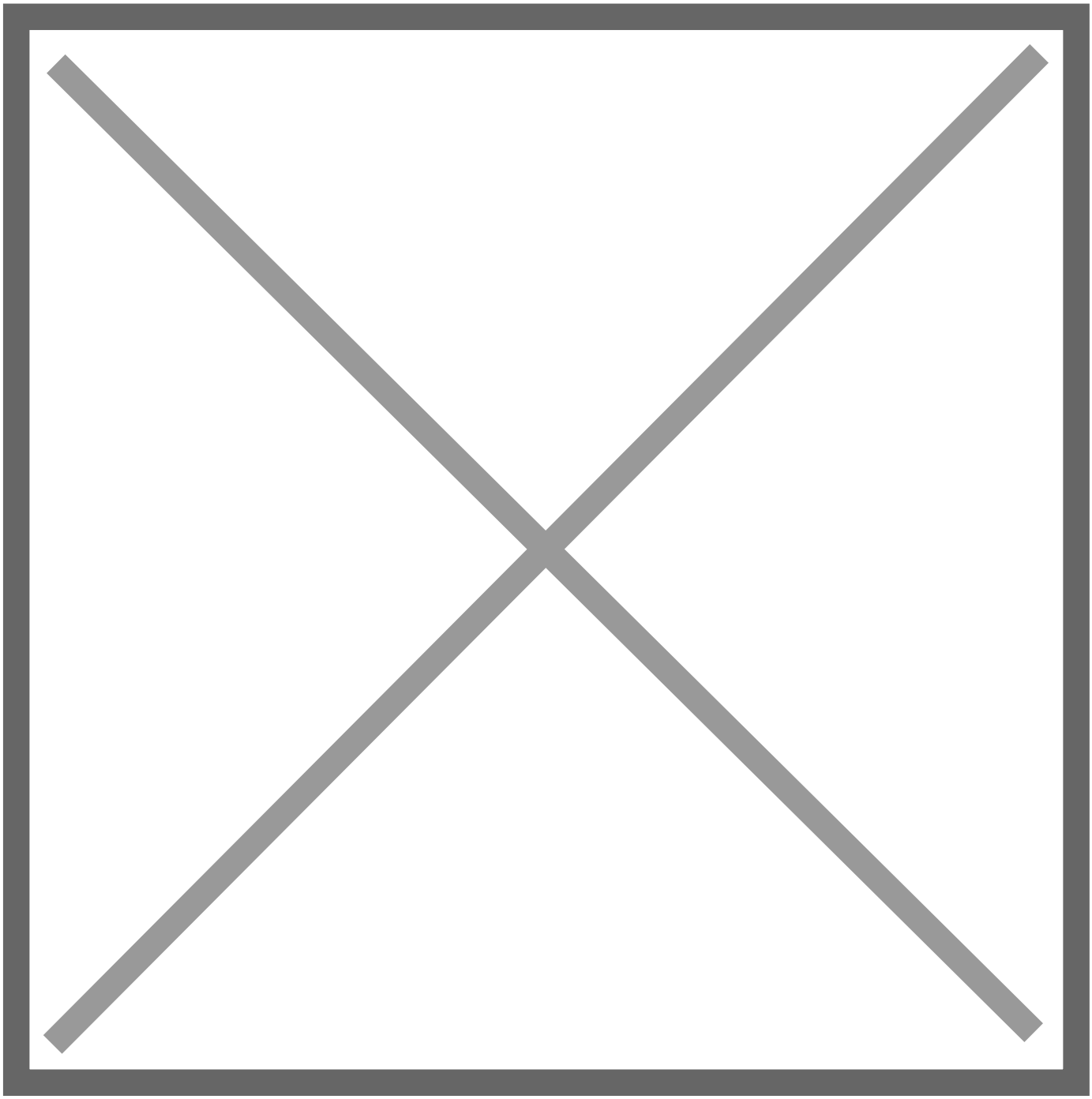
## Women, 2022



| | |
|---|---|
| **Age:** | 20+ |
| **Area covered:** | National |
| **References:** | Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24] |
| **Definitions:** | Incidence per 100,000 |

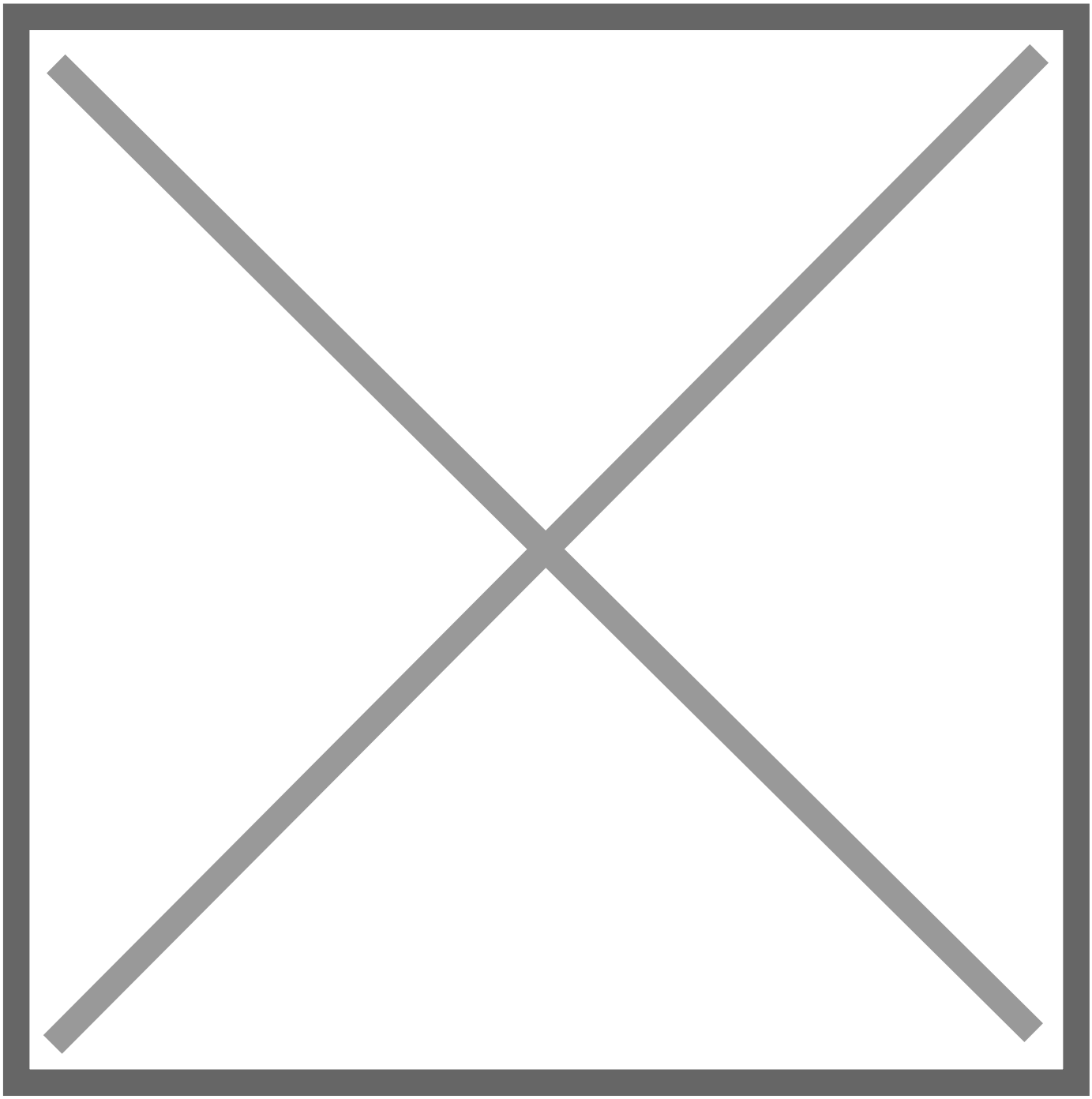
## Gallbladder cancer

## Men, 2022



| | |
|---|---|
| **Age:** | 20+ |
| **Area covered:** | National |
| **References:** | Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24] |
| **Definitions:** | Indicence per 100,000 |

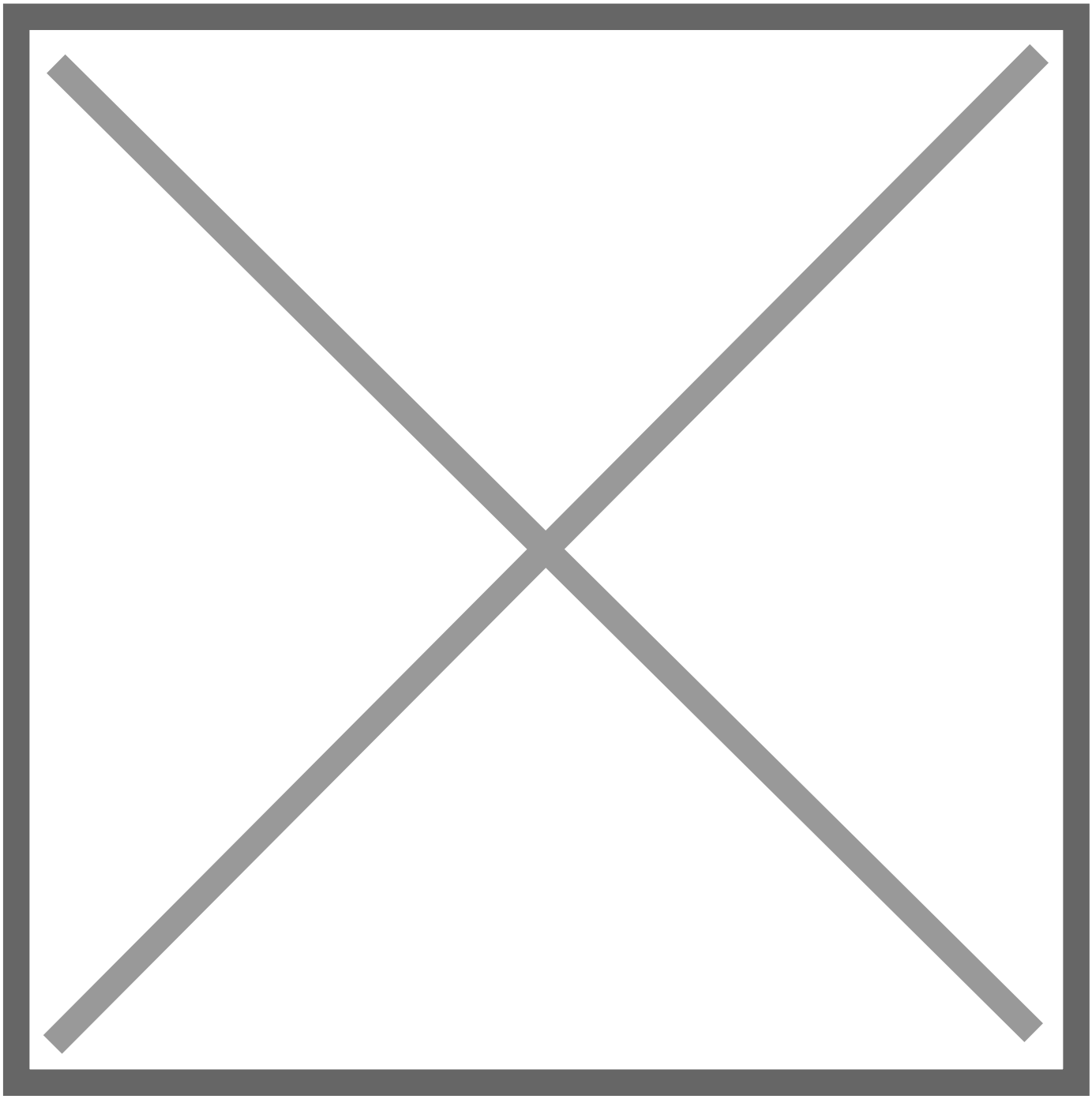
## Women, 2022



| | |
|---|---|
| **Age:** | 20+ |
| **Area covered:** | National |
| **References:** | Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24] |
| **Definitions:** | Indicence per 100,000 |

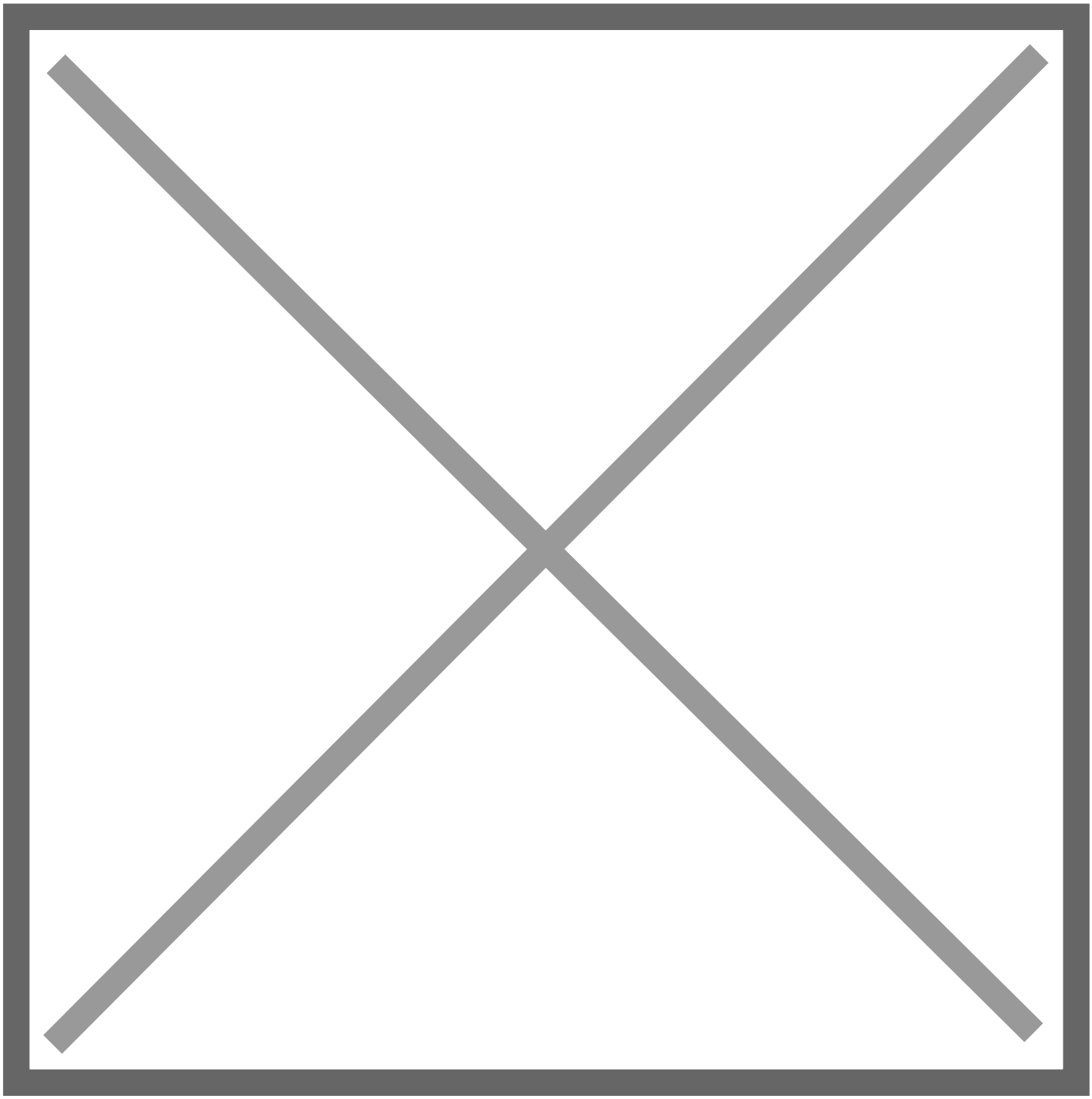
## Kidney cancer

## Men, 2022



| | |
|---|---|
| **Age:** | 20+ |
| **Area covered:** | National |
| **References:** | Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24] |
| **Definitions:** | Incidence per 100,000 |

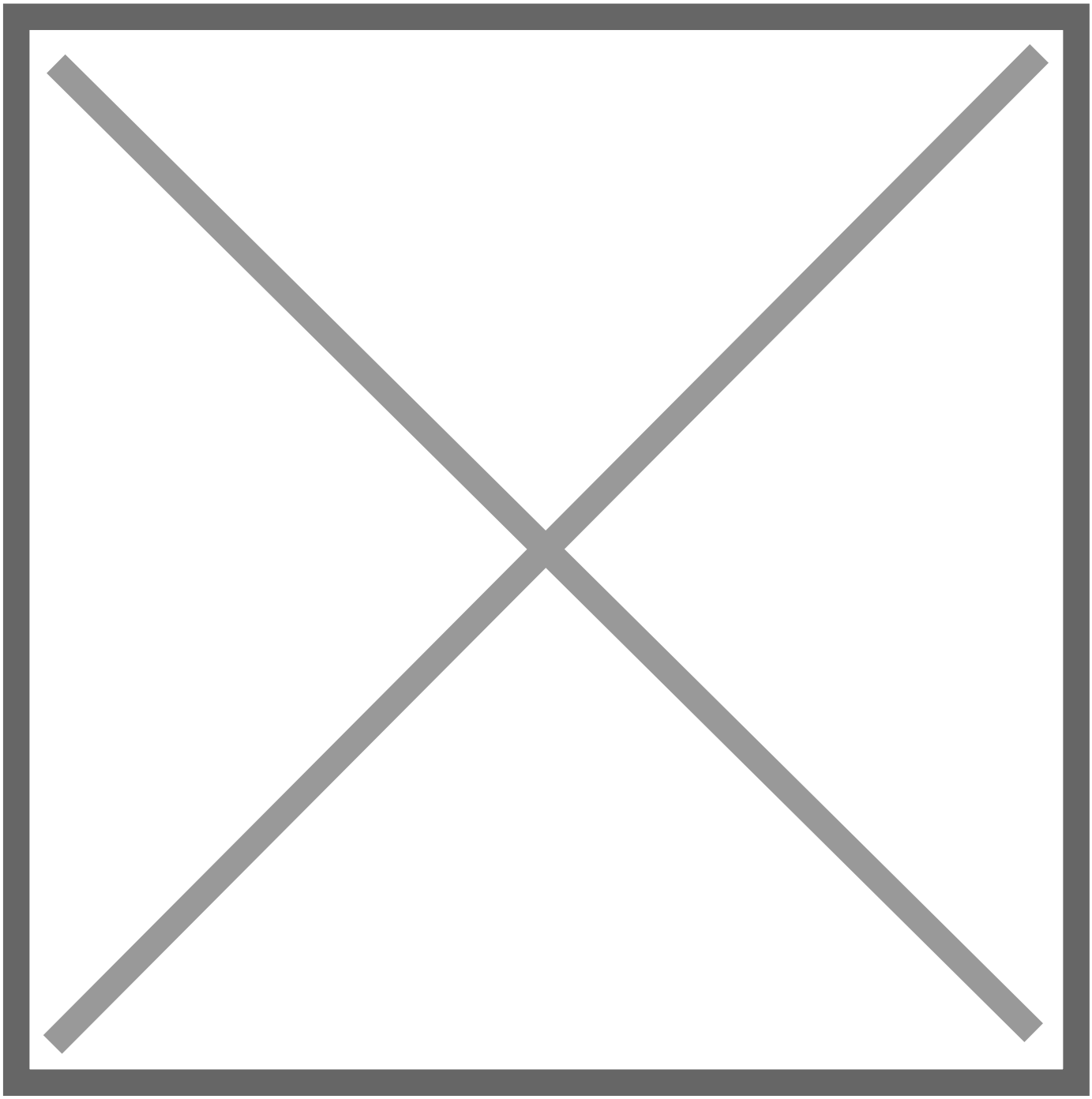
## Women, 2022



| | |
|---|---|
| **Age:** | 20+ |
| **Area covered:** | National |
| **References:** | Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24] |
| **Definitions:** | Incidence per 100,000 |

## Cancer of the uterus

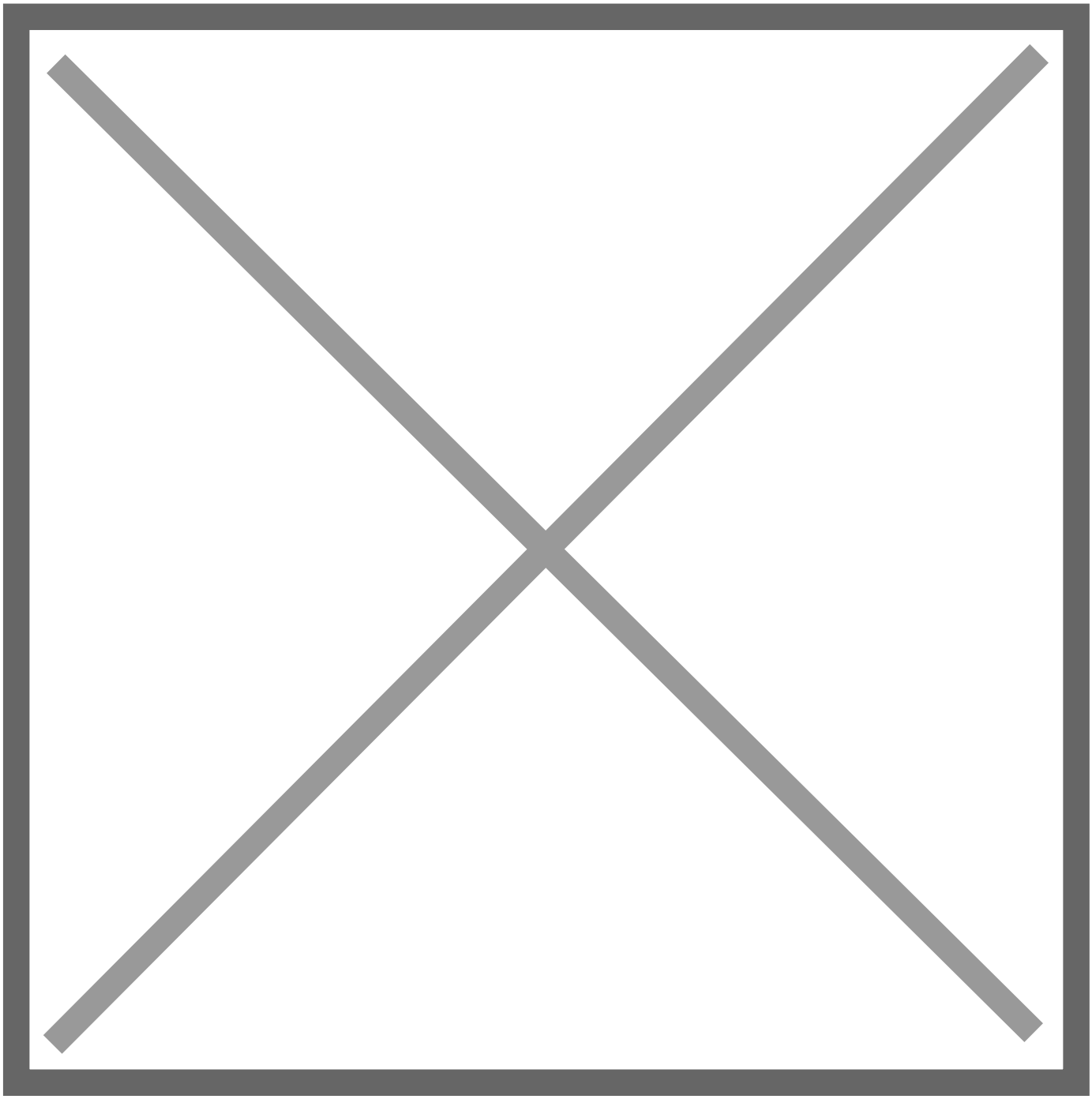
## Women, 2022



| | |
|---|---|
| **Age:** | 20+ |
| **References:** | Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24] |
| **Definitions:** | Incidence per 100,000 |

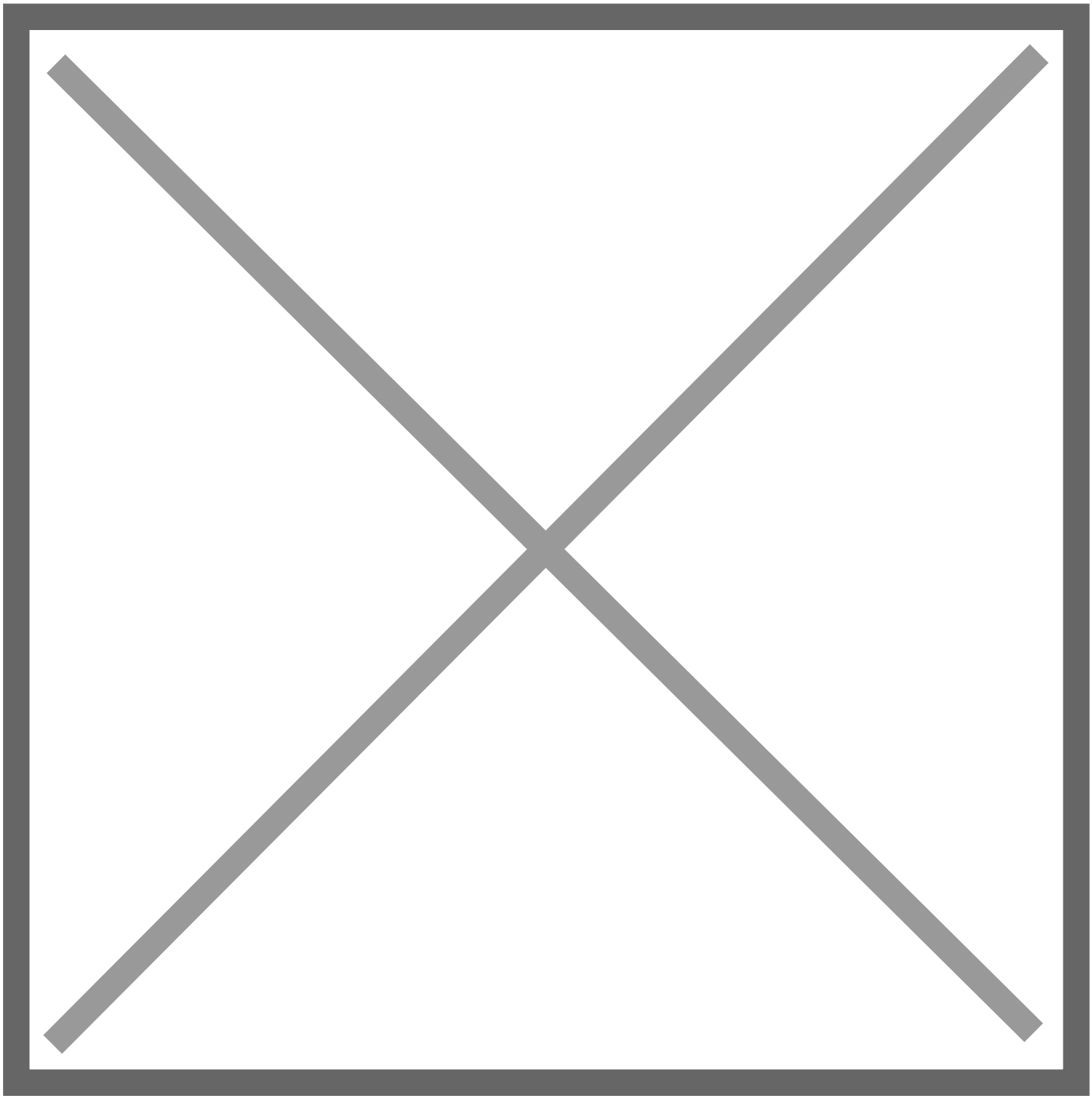
## Raised blood pressure

## Adults, 2019



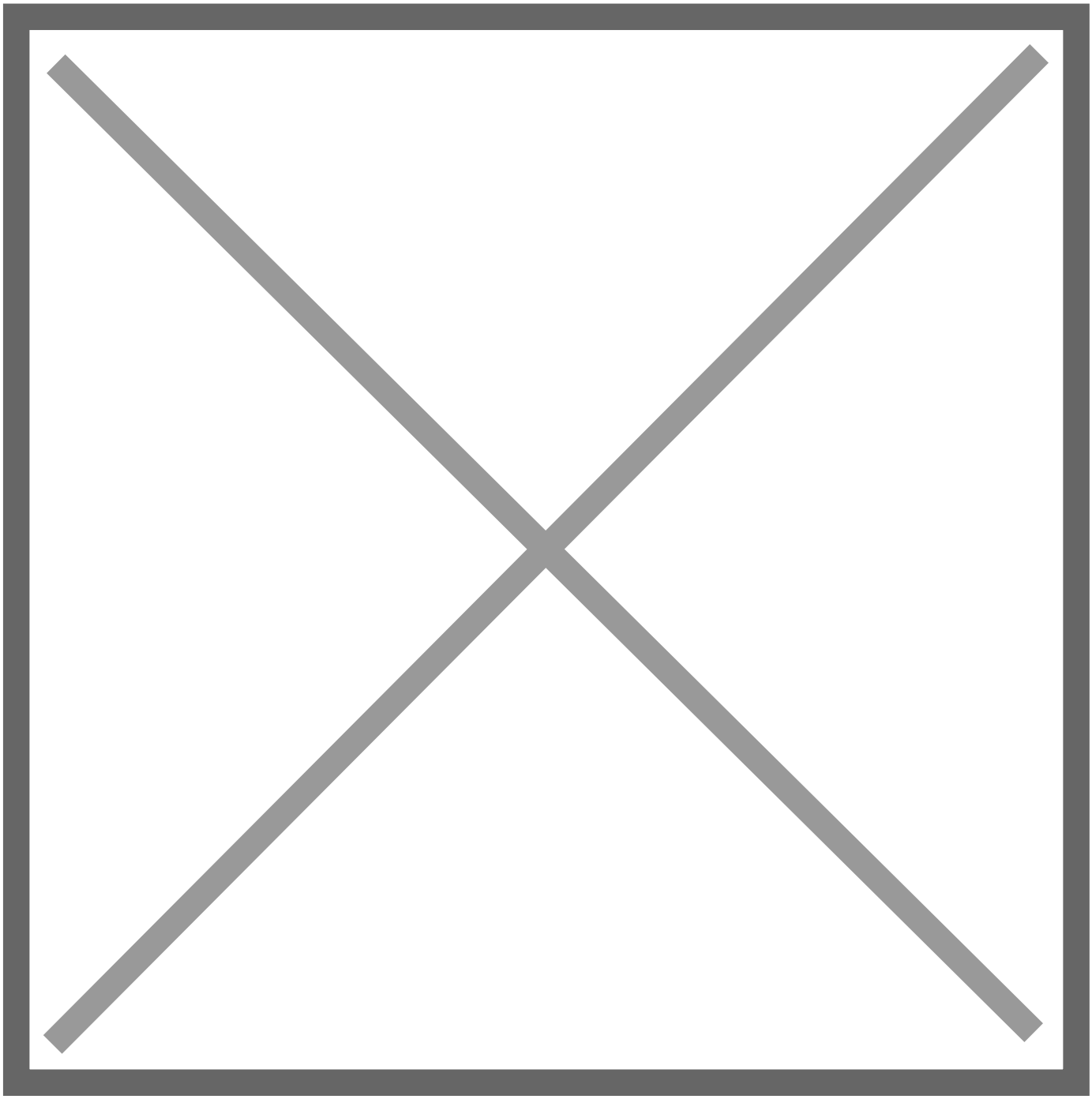
| | |
|---|---|
| **Age:** | 30-79 |
| **References:** | World Health Organization. 2024. Hypertension: raised blood pressure (uncontrolled hypertension) among adults aged 30-79 years (%). Global Health Observatory. https://www.who.int/data/gho/data/indicators/indicator-details/GHO/prevalence-raised-blood-pressure-among-adults-30-79-years [Accessed 16.03.26] |
| **Definitions:** | Prevalence of raised blood pressure (defined as having systolic blood pressure ≥140 mmHg or diastolic blood pressure ≥90 mmHg) among adults aged 30-79. |

## Men, 2019



| | |
|---|---|
| **Age:** | 30-79 |
| **References:** | World Health Organization. 2024. Hypertension: raised blood pressure (uncontrolled hypertension) among adults aged 30-79 years (%). Global Health Observatory. https://www.who.int/data/gho/data/indicators/indicator-details/GHO/prevalence-raised-blood-pressure-among-adults-30-79-years [Accessed 16.03.26] |
| **Definitions:** | Prevalence of raised blood pressure (defined as having systolic blood pressure ≥140 mmHg or diastolic blood pressure ≥90 mmHg) among adults aged 30-79. |

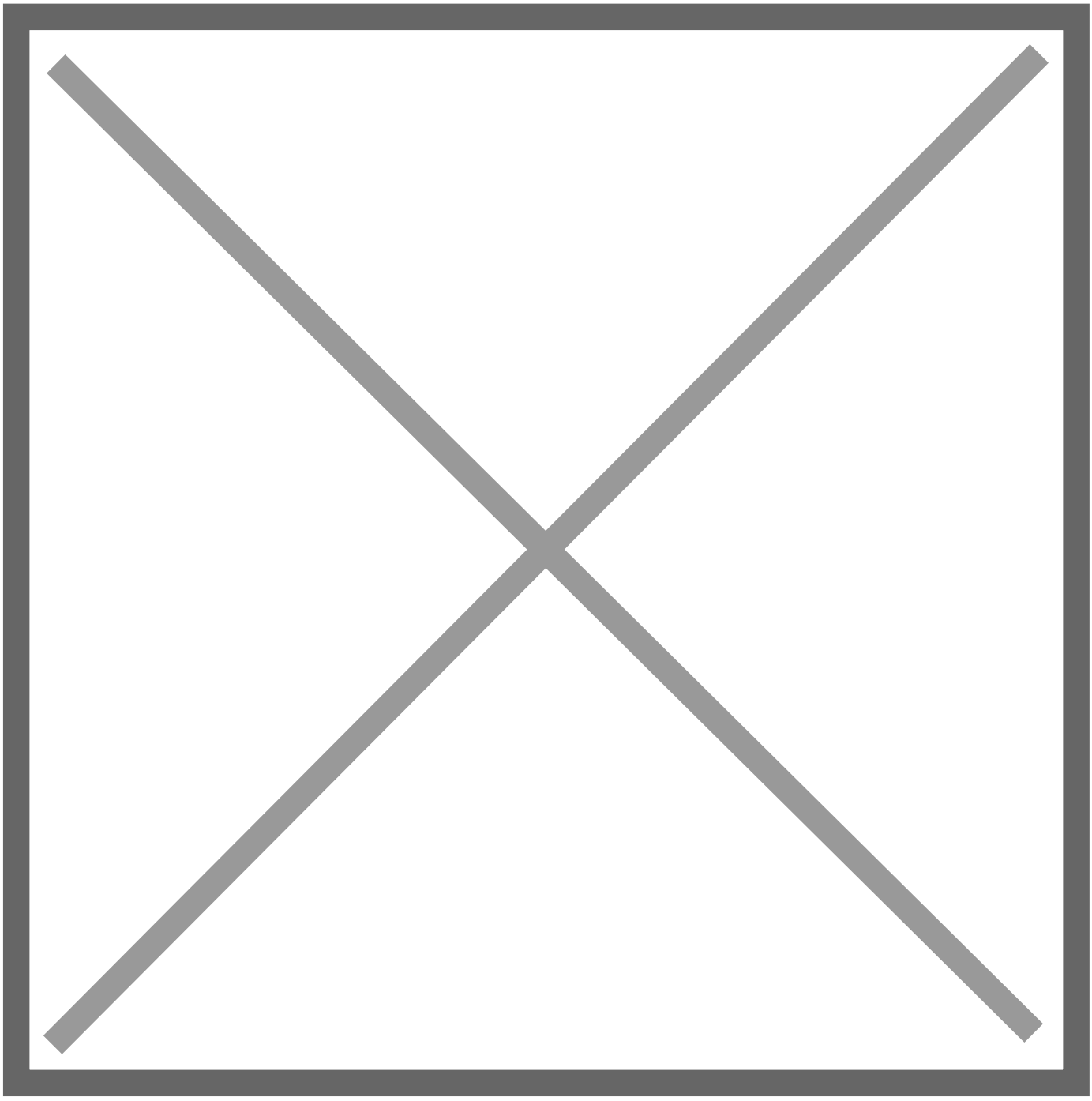
## Women, 2019



| | |
|---|---|
| **Age:** | 30-79 |
| **References:** | World Health Organization. 2024. Hypertension: raised blood pressure (uncontrolled hypertension) among adults aged 30-79 years (%). Global Health Observatory. https://www.who.int/data/gho/data/indicators/indicator-details/GHO/prevalence-raised-blood-pressure-among-adults-30-79-years [Accessed 16.03.26] |
| **Definitions:** | Prevalence of raised blood pressure (defined as having systolic blood pressure ≥140 mmHg or diastolic blood pressure ≥90 mmHg) among adults aged 30-79. |

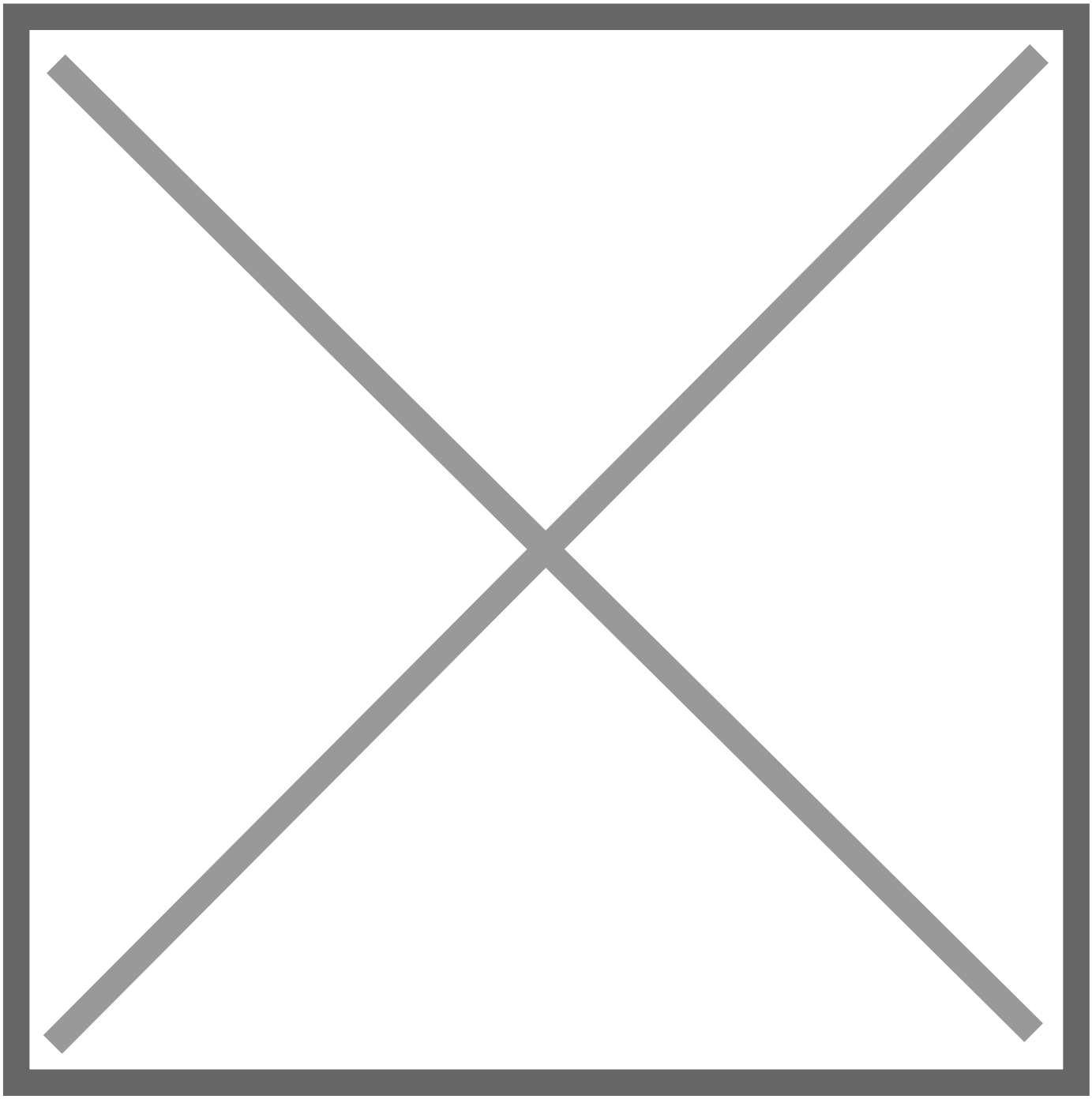
## Raised cholesterol

### Adults, 2008



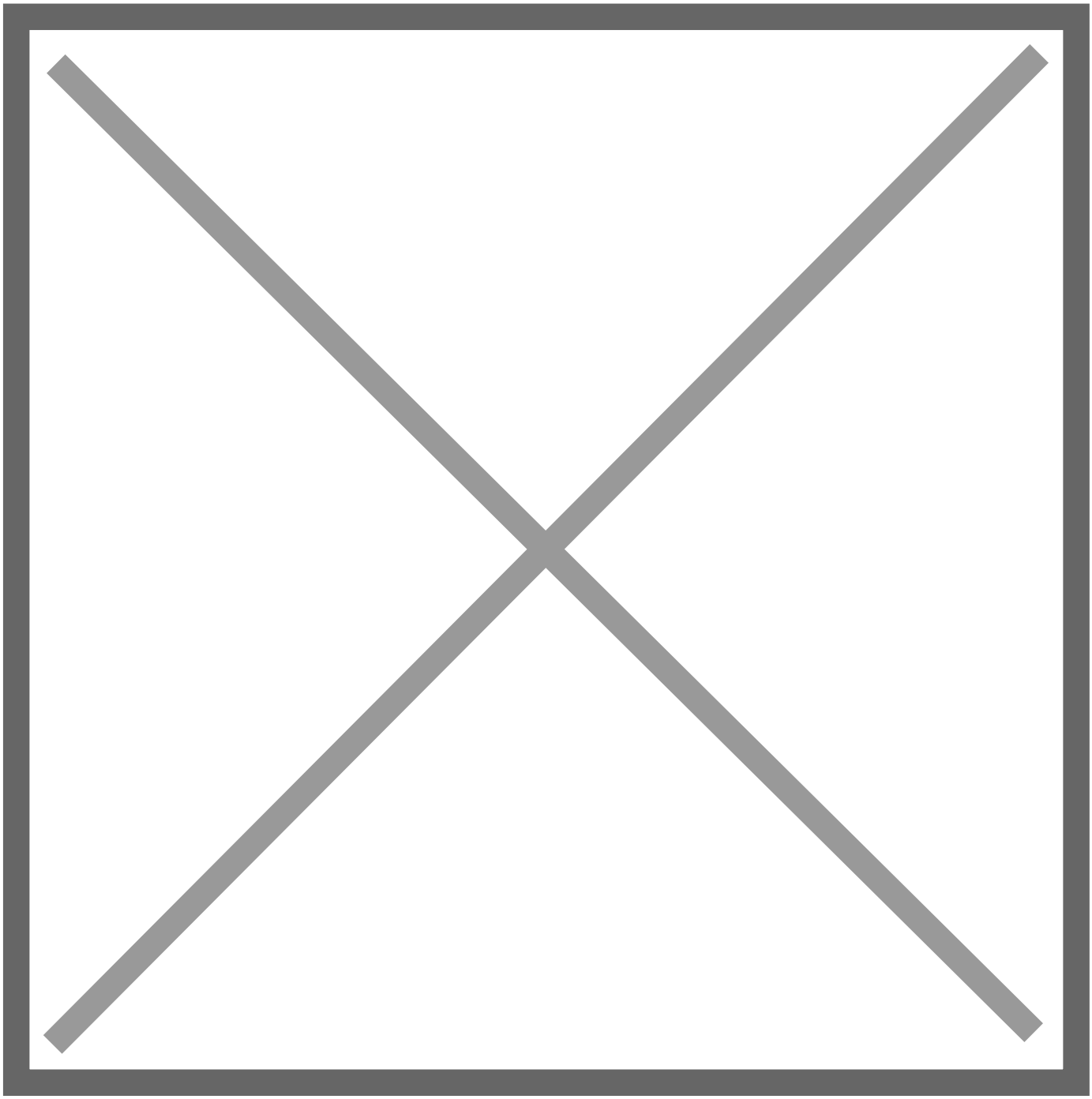
| | |
|---|---|
| **References:** | Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A885 |
| **Definitions:** | % Raised total cholesterol (>= 5.0 mmol/L) (age-standardized estimate). |

## 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). |

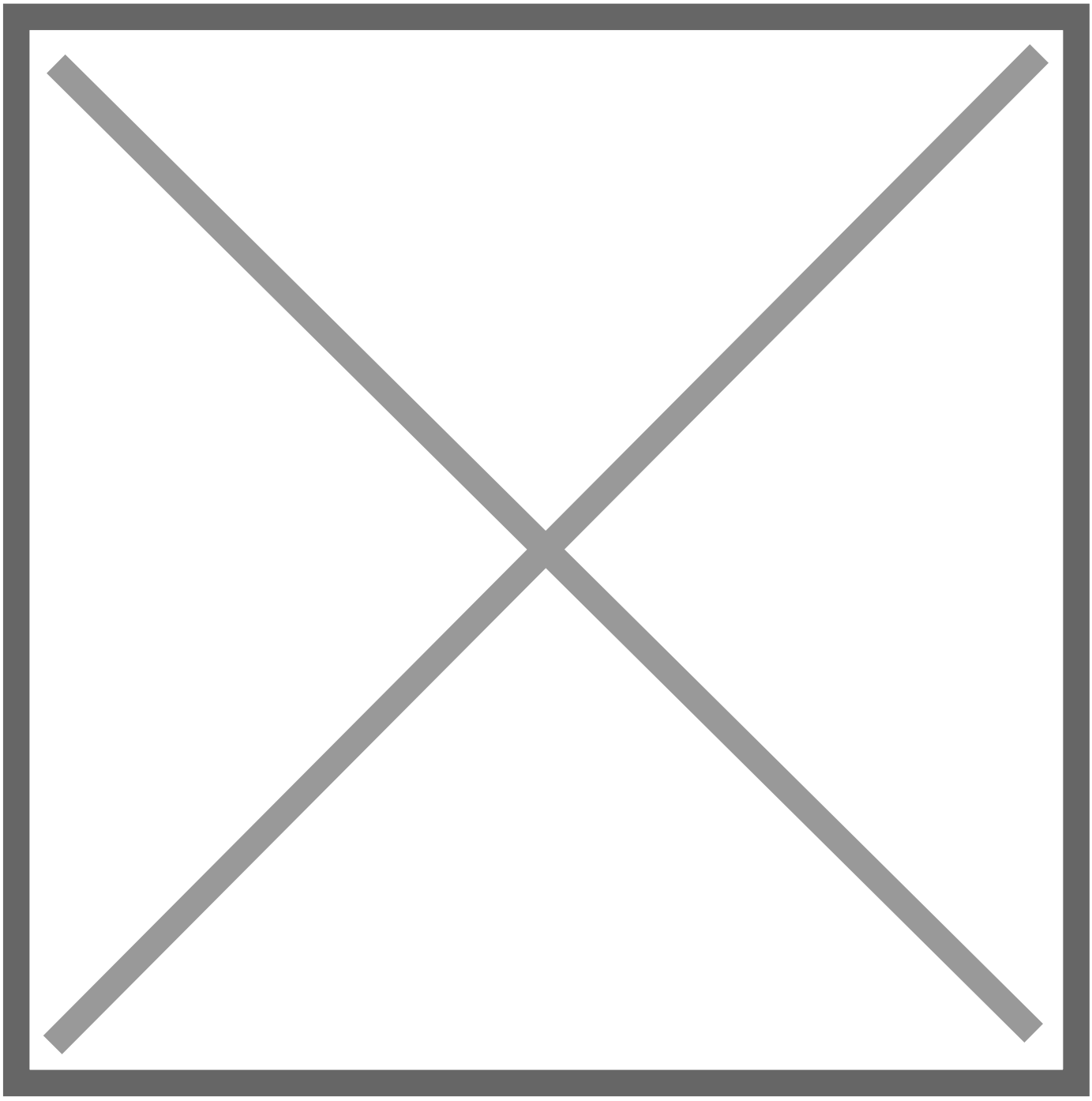
## Women, 2008



| | |
|---|---|
| **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). |

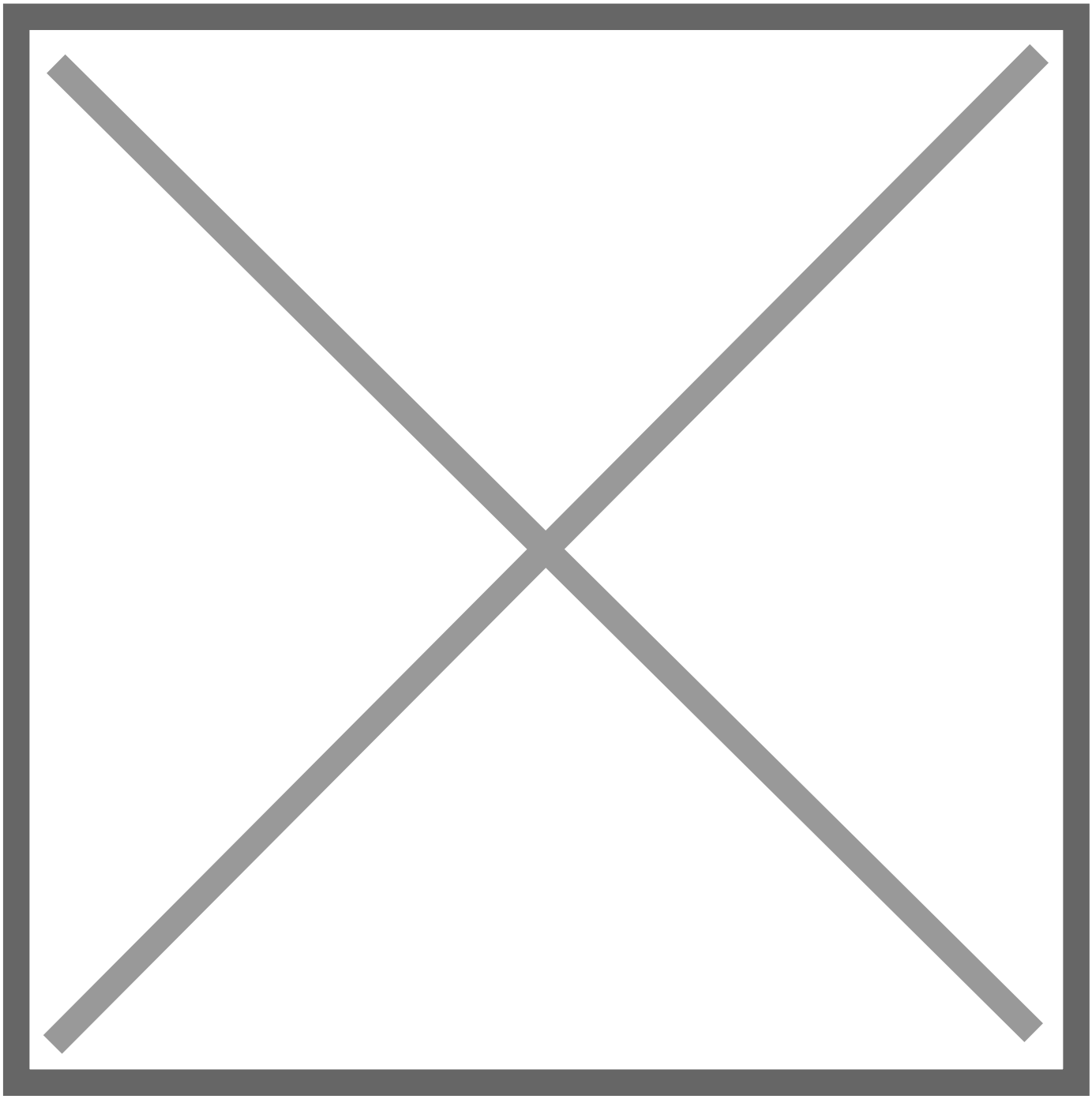
# Raised fasting blood glucose

## 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). |

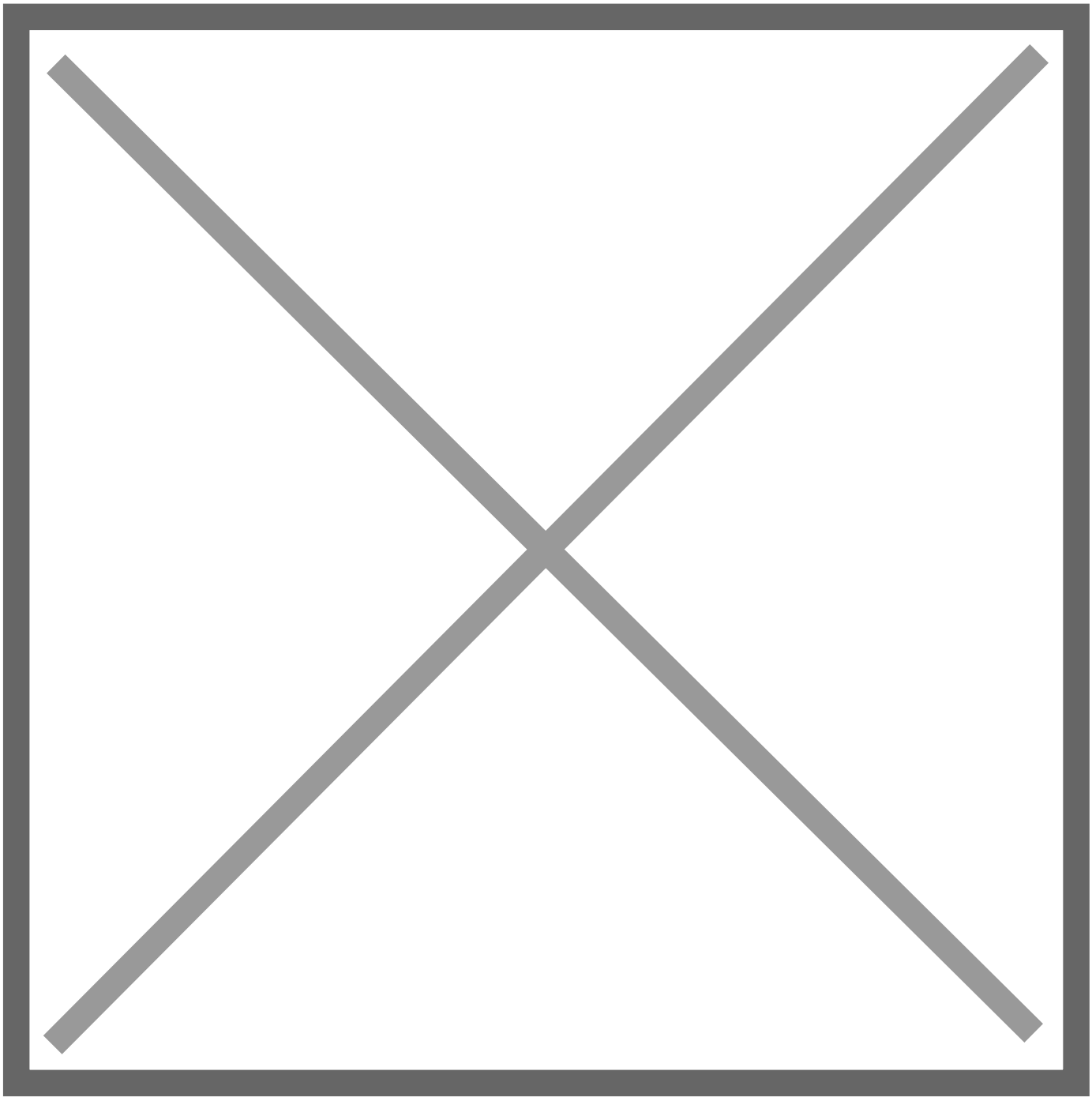
## Women, 2014



| | |
|---|---|
| **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

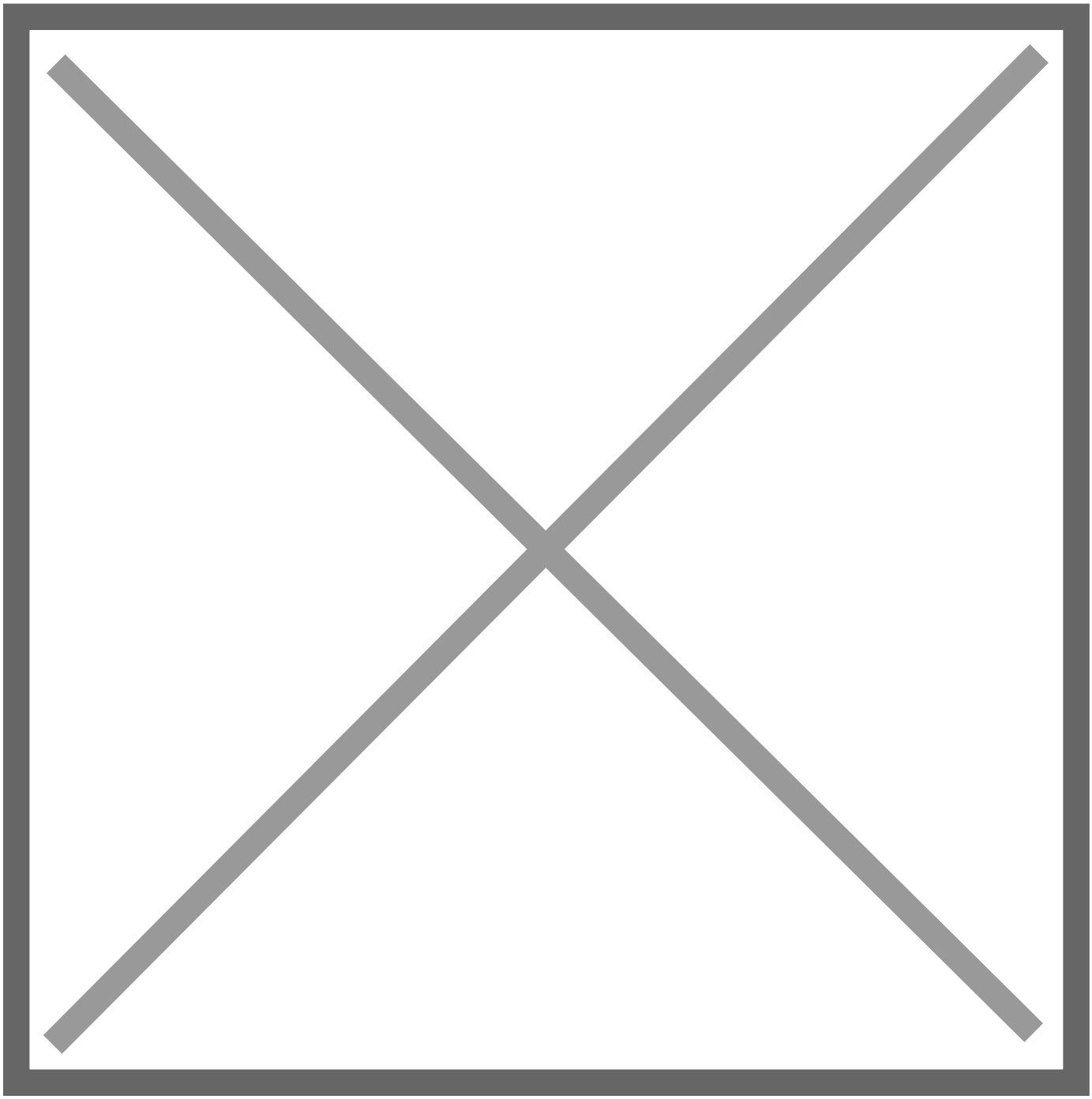
## Adults, 2024



**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

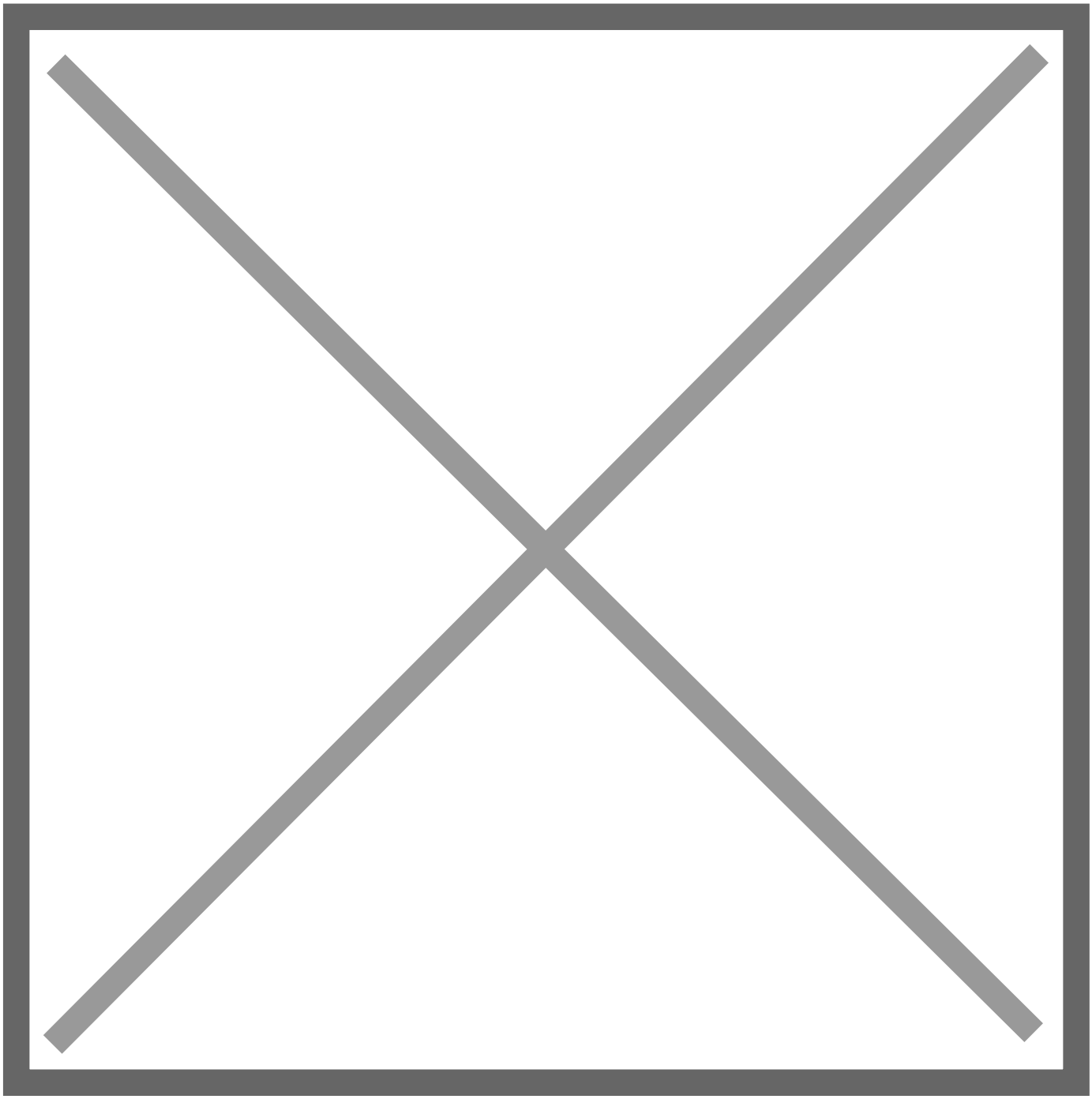
## Women, 2022



| | |
|---|---|
| **Age:** | 20+ |
| **References:** | Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24] |
| **Definitions:** | Incidence per 100,000 |

## Leukemia

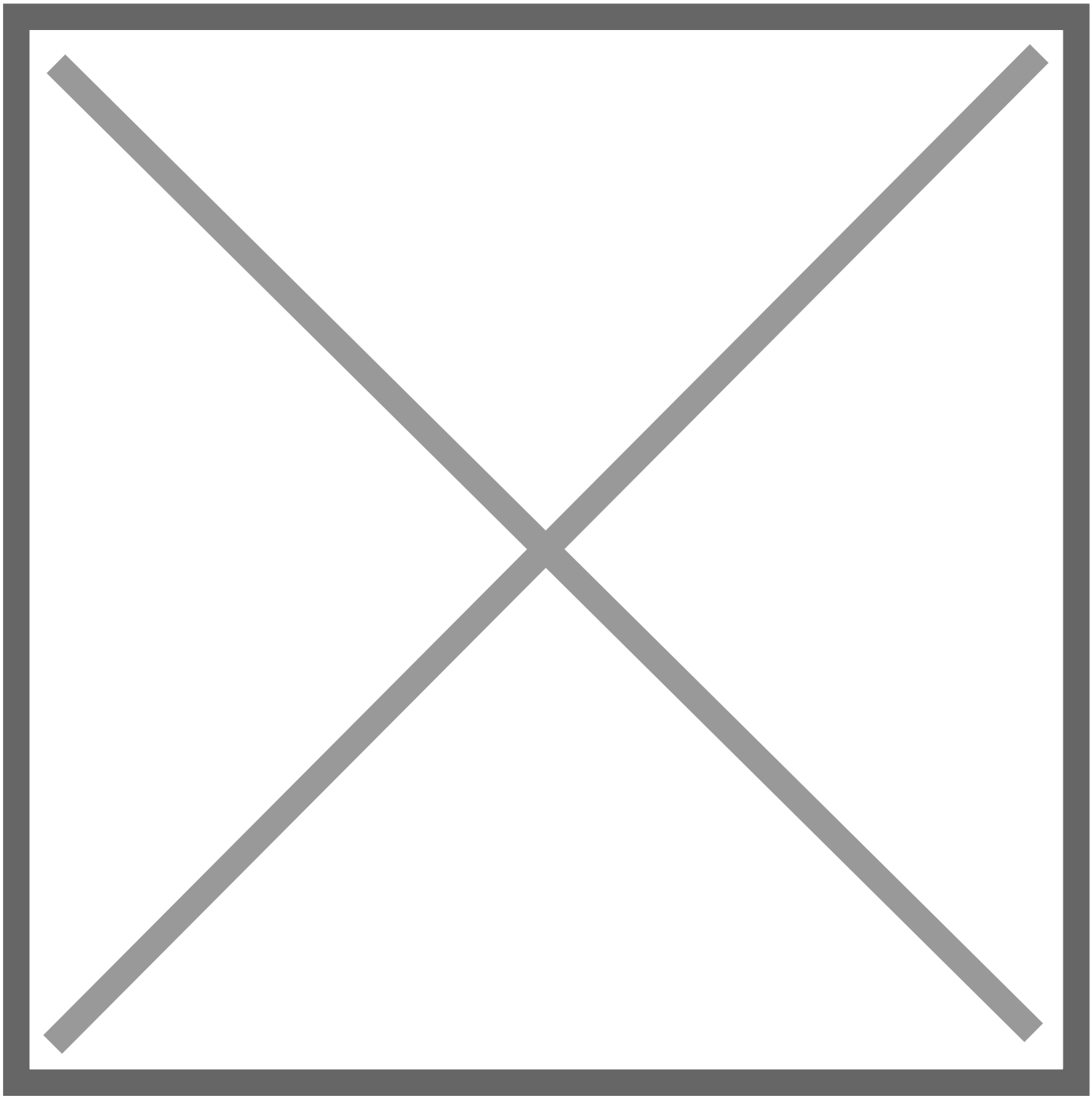
## Men, 2022



| | |
|---|---|
| **Age:** | 20+ |
| **Area covered:** | National |
| **References:** | Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24] |
| **Definitions:** | Incidence per 100,000 |

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

## Women, 2022

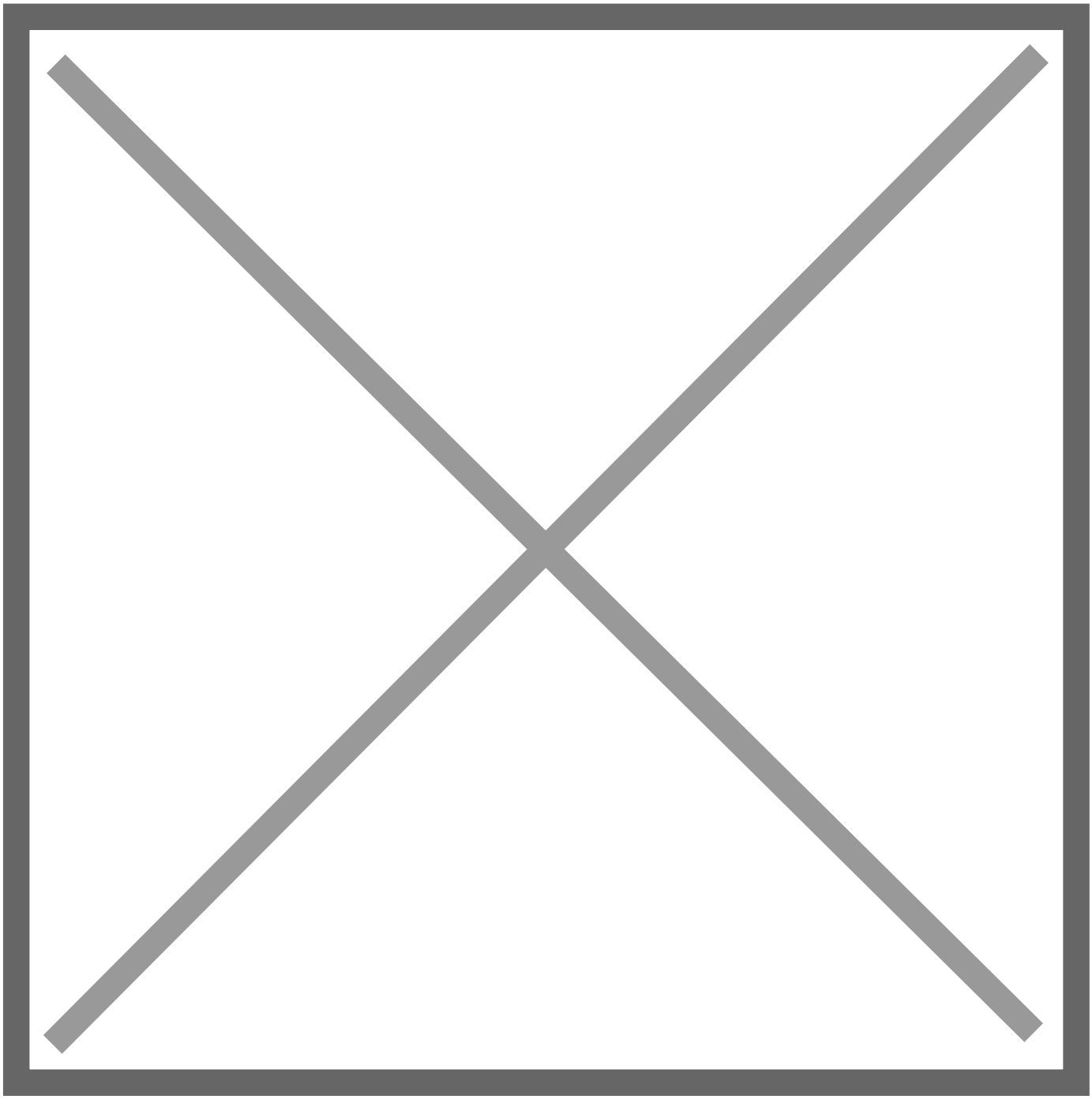


| | |
|---|---|
| **Age:** | 20+ |
| **Area covered:** | National |
| **References:** | Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24] |
| **Definitions:** | Incidence per 100,000 |

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

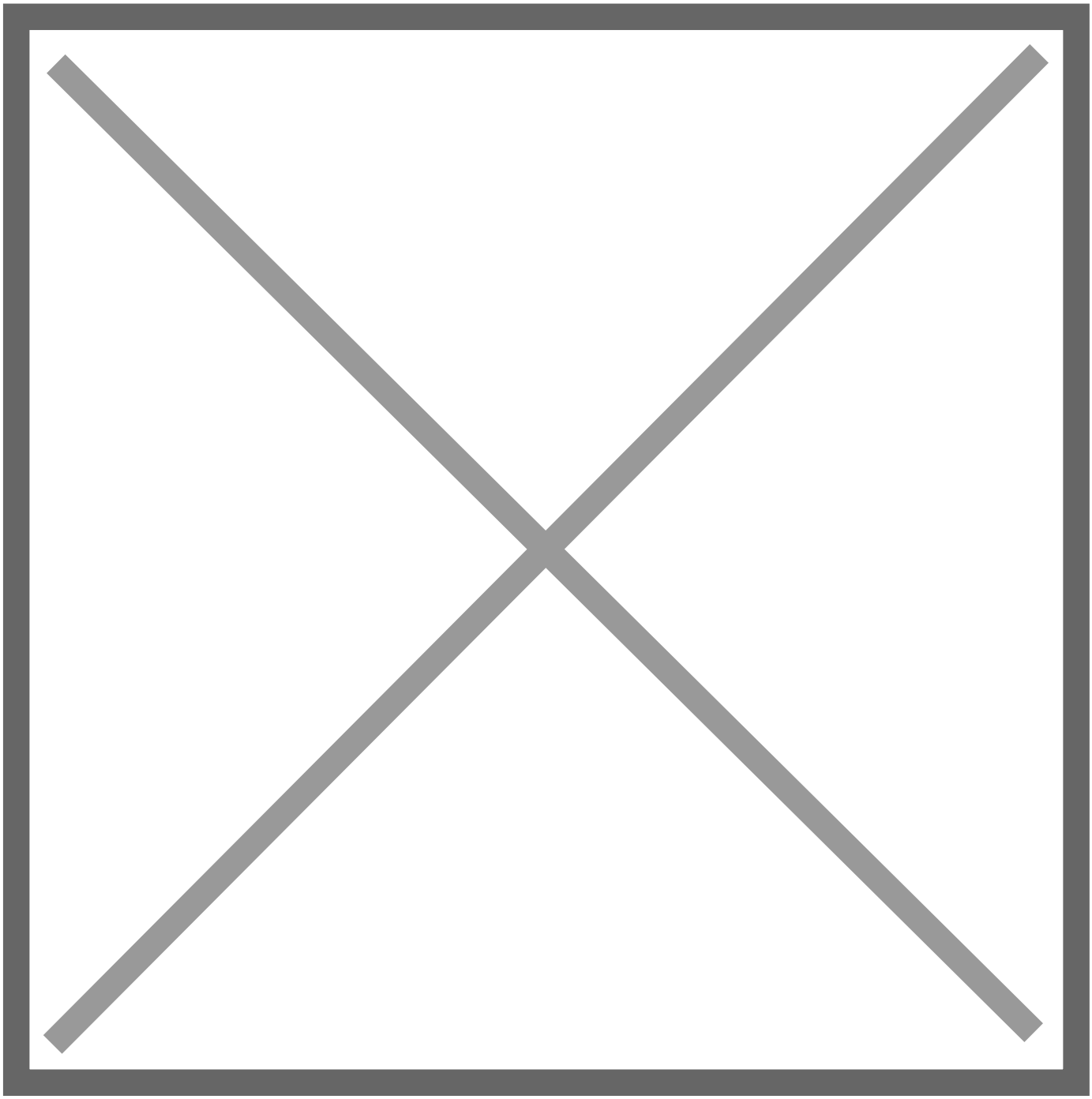
## Liver and intrahepatic bile duct Cancer

## Men, 2022



| | |
|---|---|
| **Age:** | 20+ |
| **Area covered:** | National |
| **References:** | Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24] |
| **Definitions:** | Incidence per 100,000 |

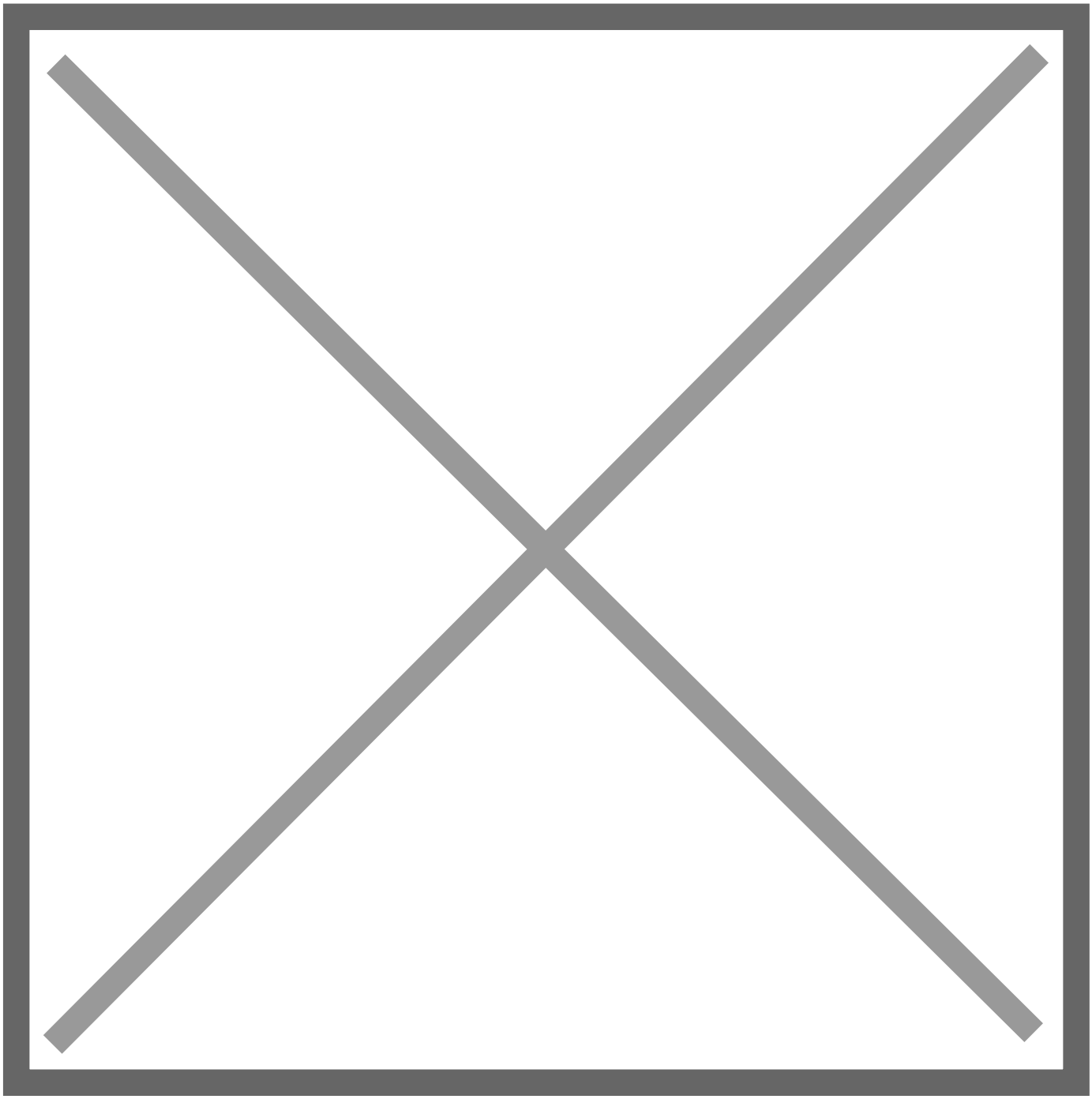
## Women, 2022



| | |
|---|---|
| **Age:** | 20+ |
| **Area covered:** | National |
| **References:** | Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24] |
| **Definitions:** | Incidence per 100,000 |

## Multiple Myeloma

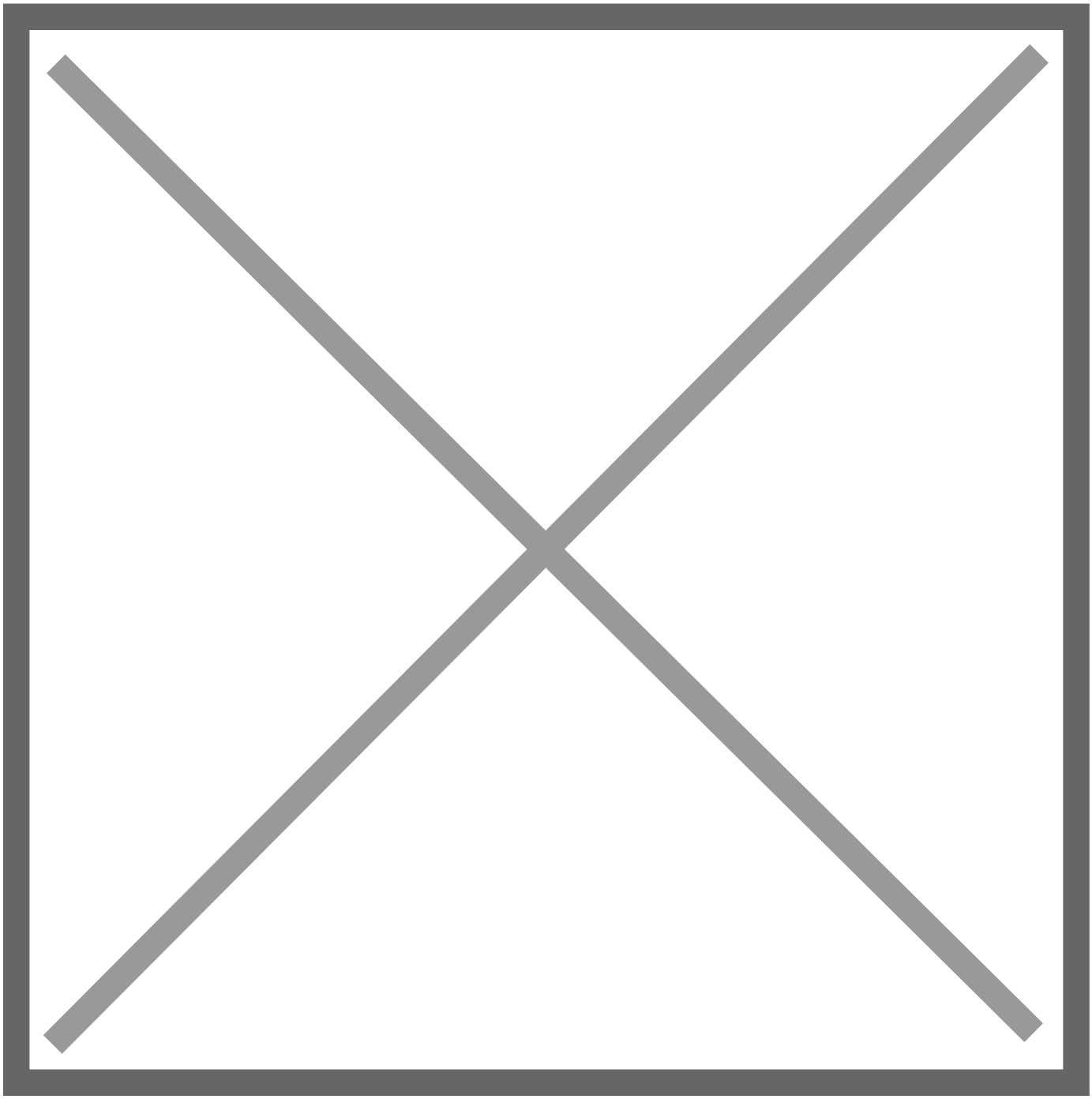
## Men, 2022



| | |
|---|---|
| **Age:** | 20+ |
| **Area covered:** | National |
| **References:** | Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24] |
| **Definitions:** | Indicence per 100,000 |

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

## Women, 2022

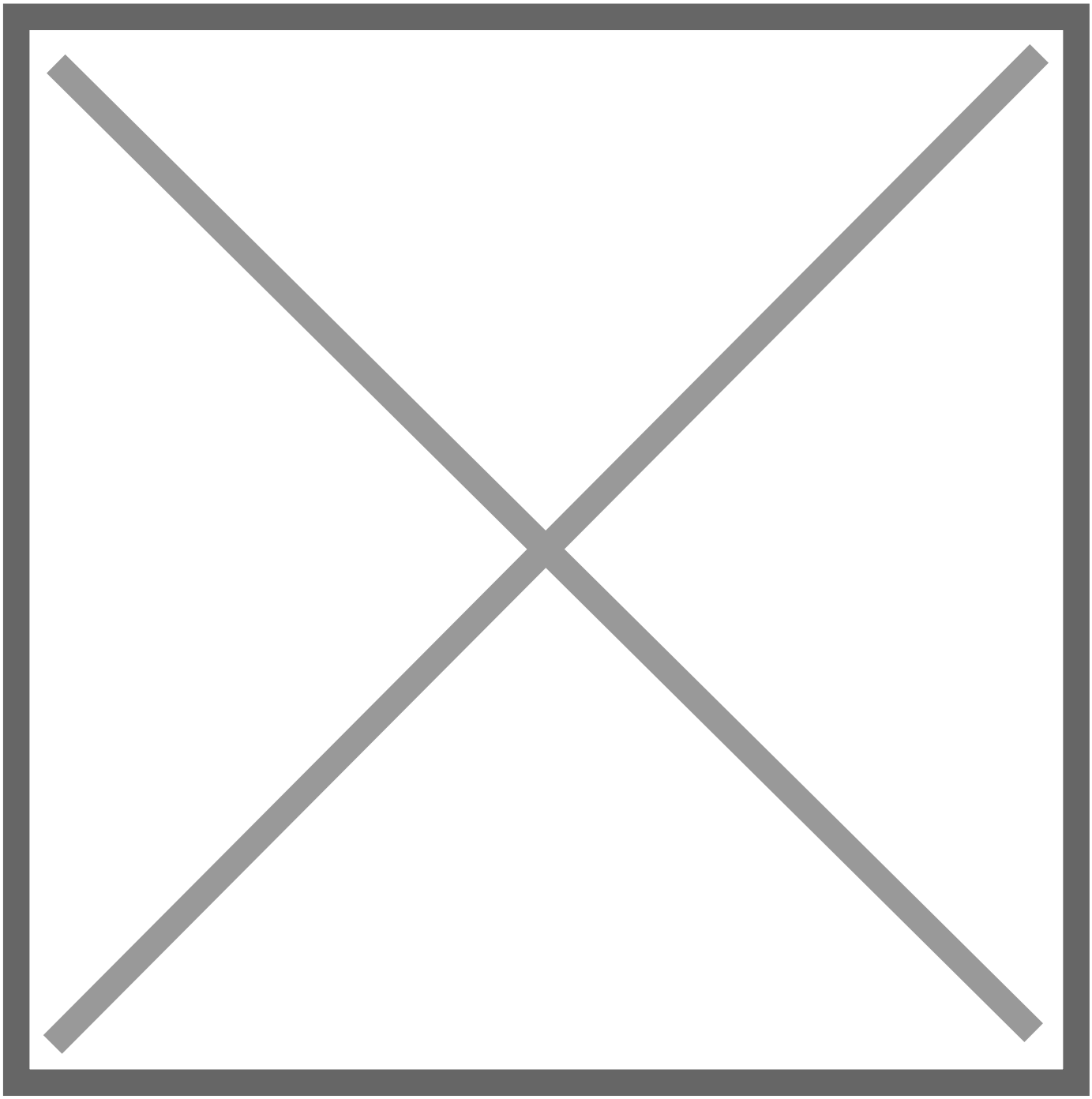


| | |
|---|---|
| **Age:** | 20+ |
| **Area covered:** | National |
| **References:** | Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24] |
| **Definitions:** | Indicence per 100,000 |

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

## Non Hodgkin Lymphoma

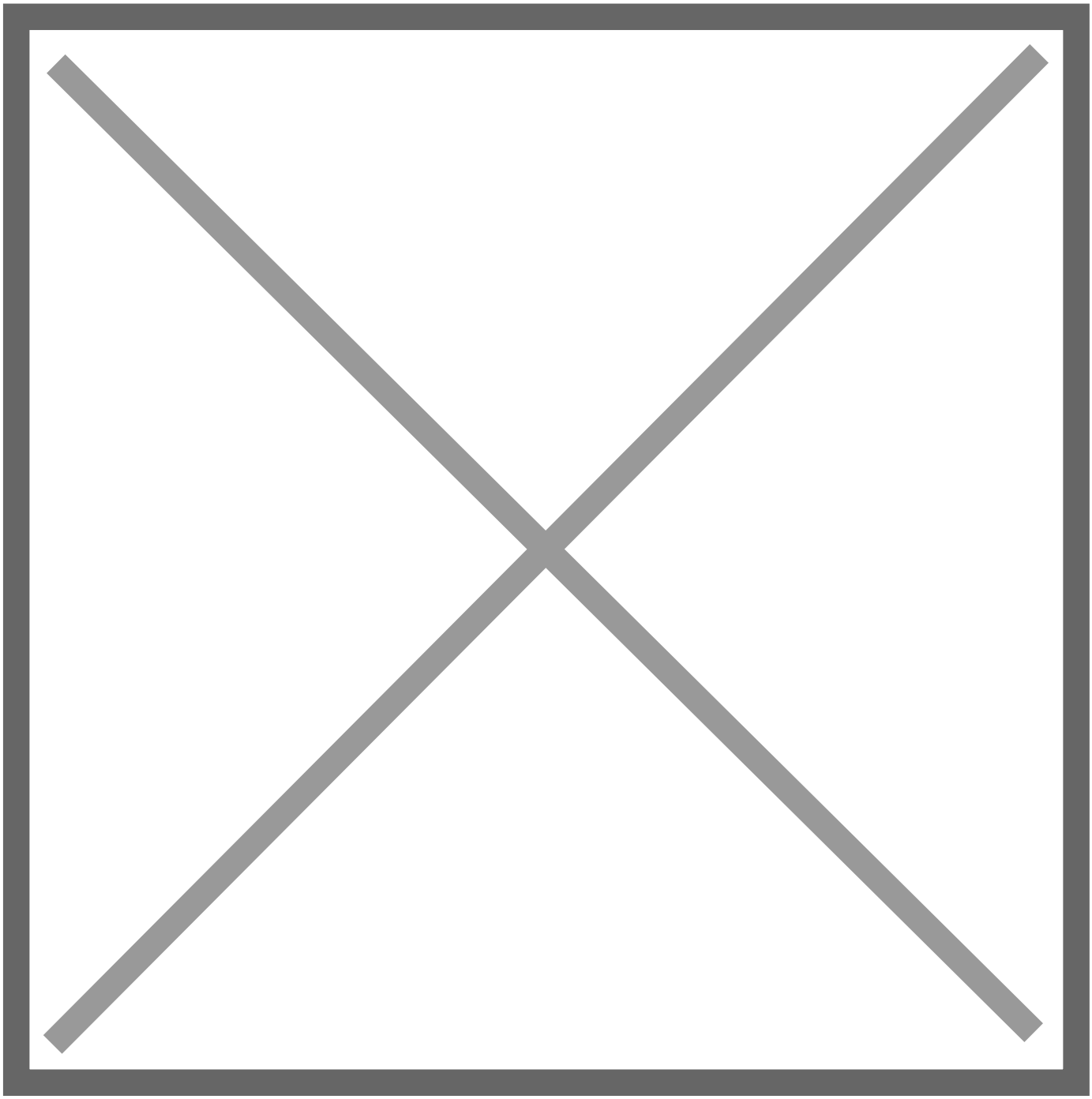
## Men, 2022



| | |
|---|---|
| **Age:** | 20+ |
| **Area covered:** | National |
| **References:** | Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24] |
| **Definitions:** | Incidence per 100,000 |

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

## Women, 2022

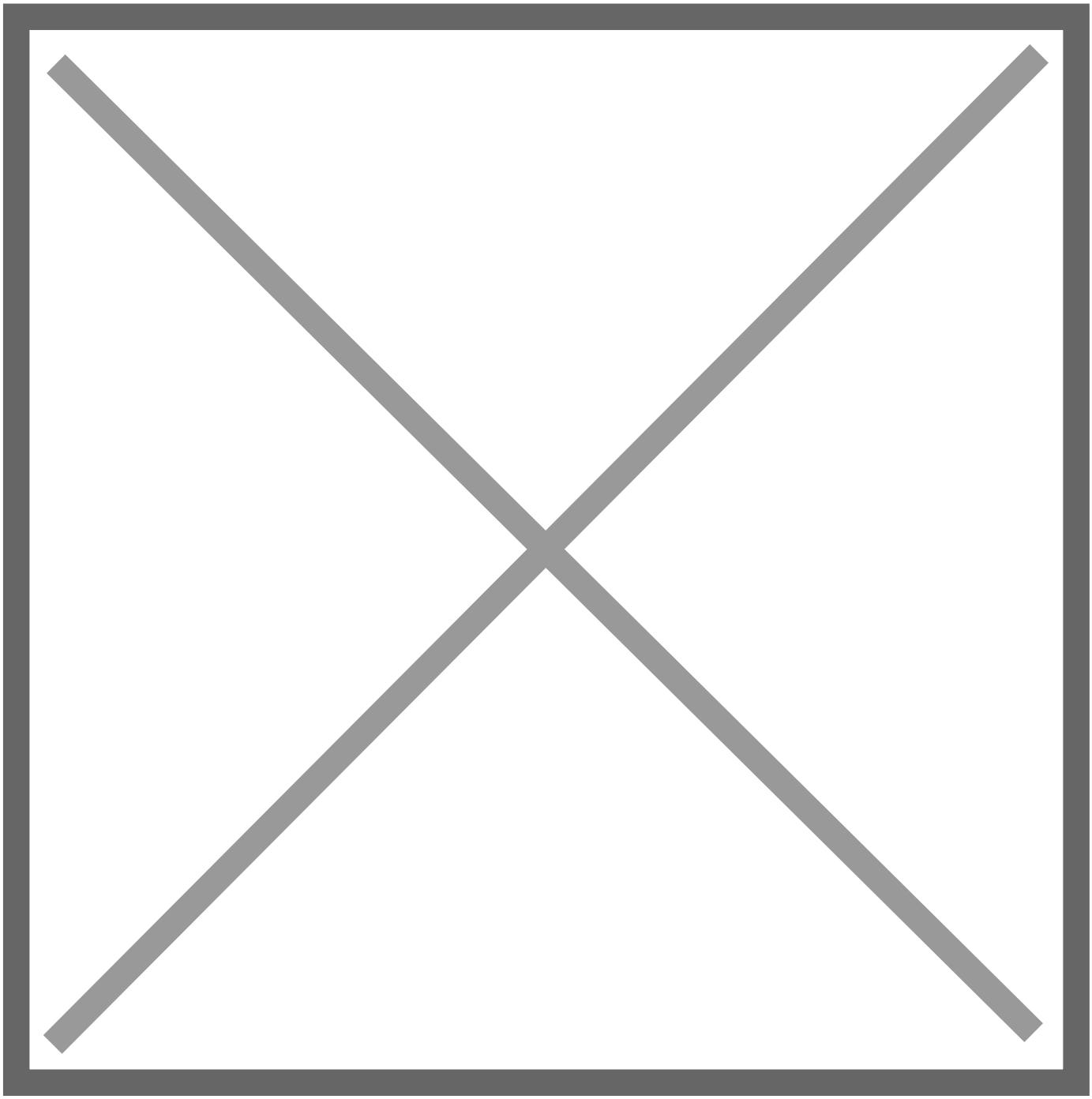


| | |
|---|---|
| **Age:** | 20+ |
| **Area covered:** | National |
| **References:** | Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24] |
| **Definitions:** | Incidence per 100,000 |

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

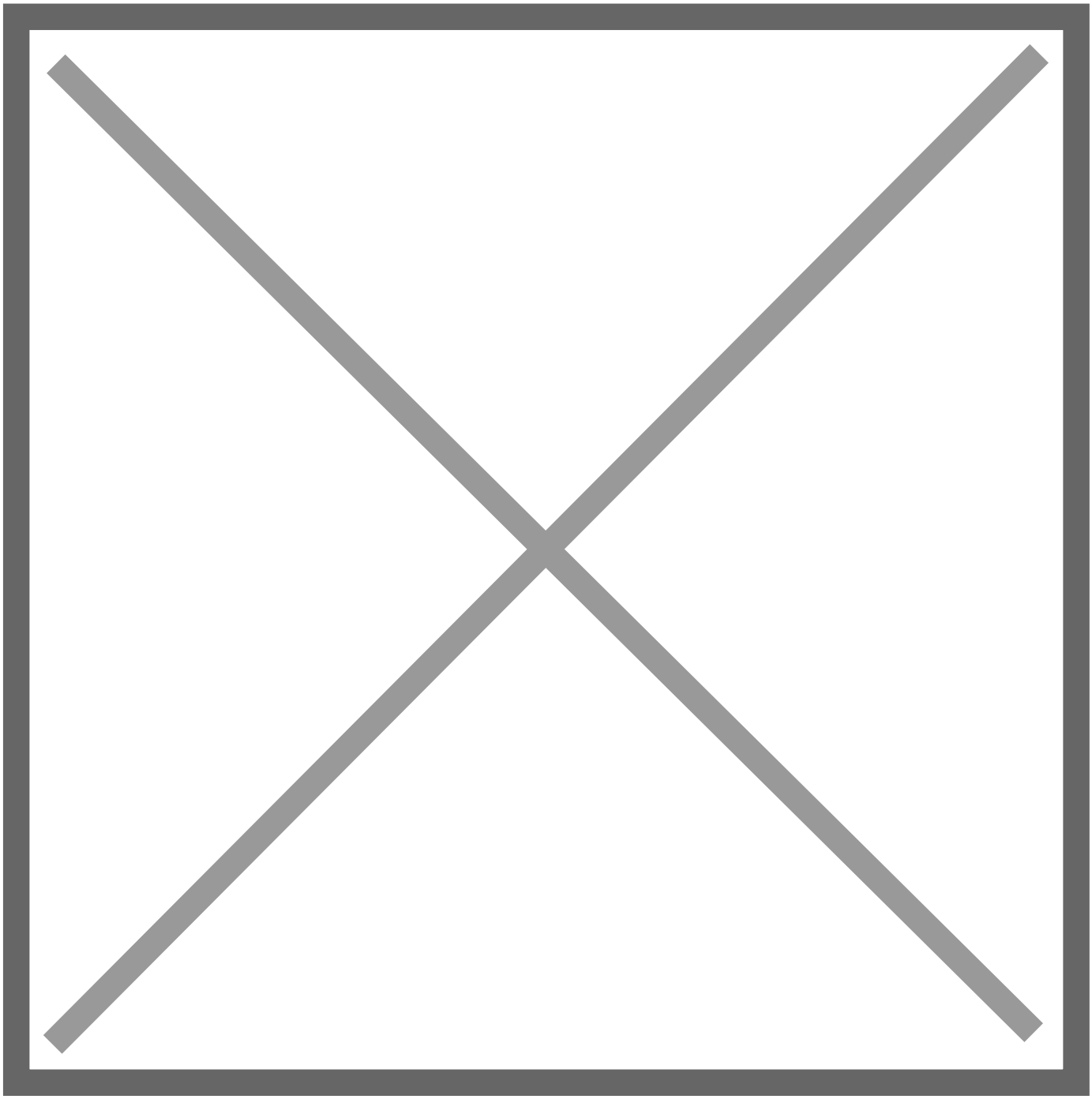
## Thyroid Cancer

## Men, 2022



| | |
|---|---|
| **Age:** | 20+ |
| **Area covered:** | National |
| **References:** | Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24] |
| **Definitions:** | Incidence per 100,000 |

## Women, 2022



| | |
|---|---|
| **Age:** | 20+ |
| **Area covered:** | National |
| **References:** | Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24] |
| **Definitions:** | Incidence per 100,000 |

*PDF created on November 4, 2026*