

Report card

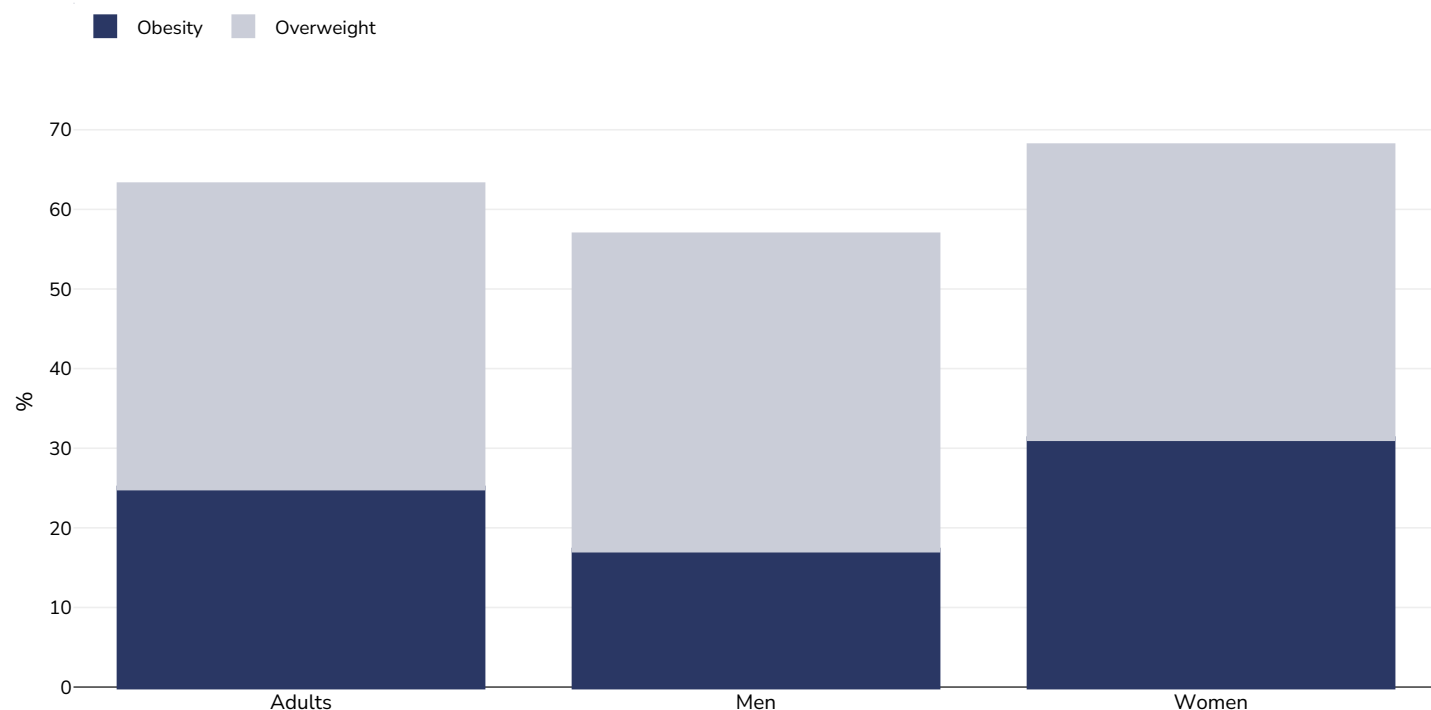
Iran



| Contents | Page |
|------------------------------------------------|------|
| Obesity prevalence | 2 |
| Trend: % Adults living with obesity, 2001-2021 | 4 |
| Overweight/obesity by education | 7 |
| Overweight/obesity by age | 9 |
| Overweight/obesity by region | 11 |
| Overweight/obesity by socio-economic group | 13 |
| Insufficient physical activity | 15 |
| Estimated per capita fruit intake | 18 |
| Estimated per-capita processed meat intake | 19 |
| Estimated per capita whole grains intake | 20 |
| Mental health - depression disorders | 21 |
| Mental health - anxiety disorders | 22 |
| % Infants exclusively breastfed 0-5 months | 23 |
| Oesophageal cancer | 24 |
| Breast cancer | 26 |
| Colorectal cancer | 27 |
| Pancreatic cancer | 29 |
| Gallbladder cancer | 31 |
| Kidney cancer | 33 |
| Cancer of the uterus | 35 |
| Raised blood pressure | 36 |
| Raised cholesterol | 39 |
| Raised fasting blood glucose | 42 |
| Diabetes prevalence | 44 |
| Contextual factors | 45 |

Obesity prevalence

Adults, 2021



Survey type: Measured

Age: 18+

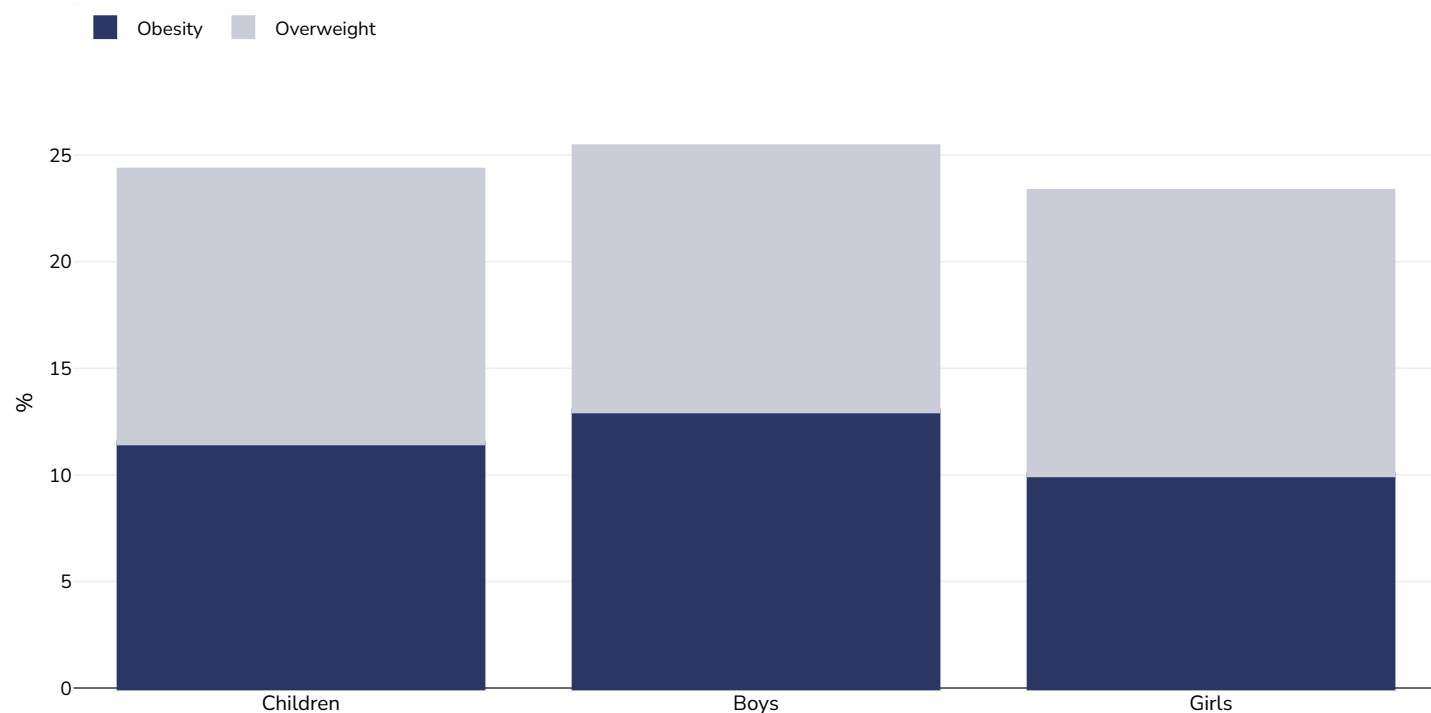
Sample size: 27745

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.

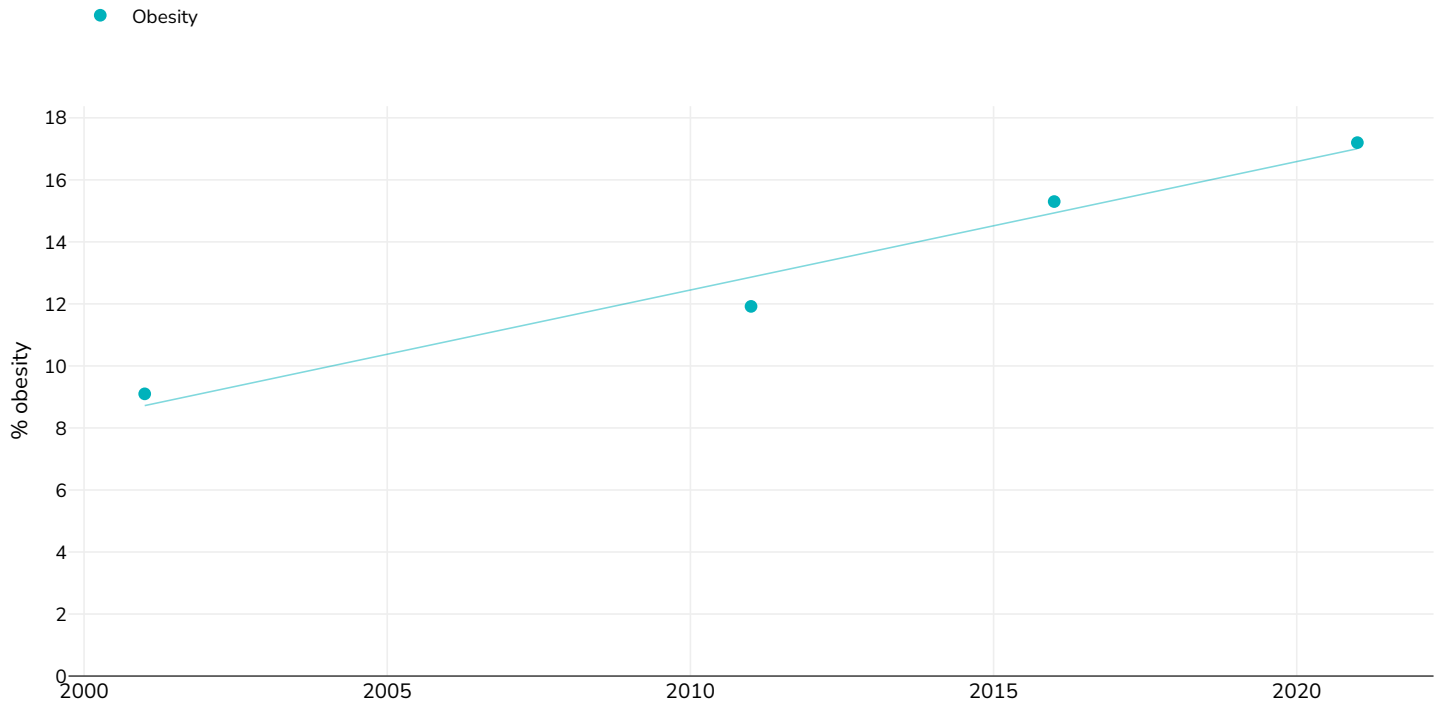
Children, 2015



| | |
|---------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Survey type: | Measured |
| Age: | 10-12 |
| Sample size: | 2506 |
| Area covered: | Regional |
| References: | Moradi G, Mostafavi F, Azadi N, Esmailnasab N, Ghaderi E. Socioeconomic Inequality in Childhood Obesity. <i>J Res Health Sci.</i> 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 |

% Adults living with obesity, 2001-2021

Men



Survey type:

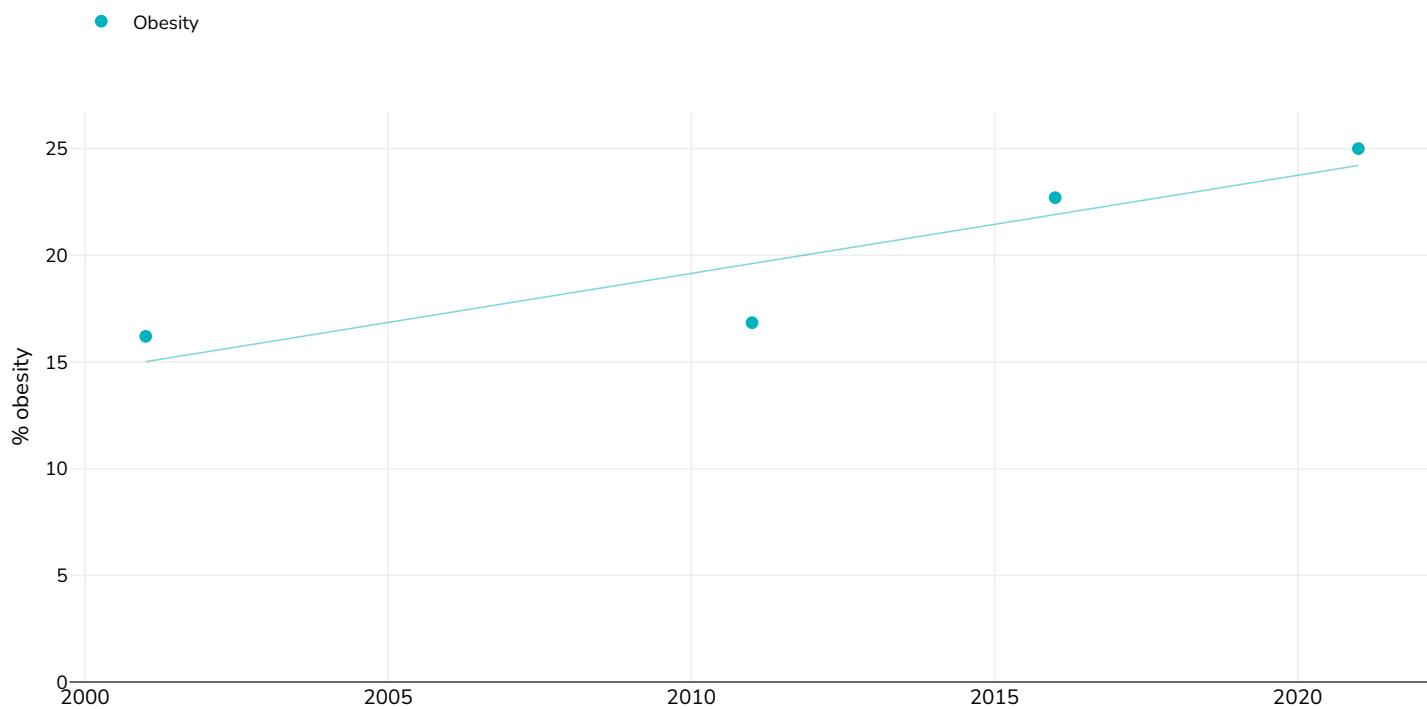
Measured

References:

For full details of references visit <https://data.worldobesity.org/>

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.

Men and women



Survey type:

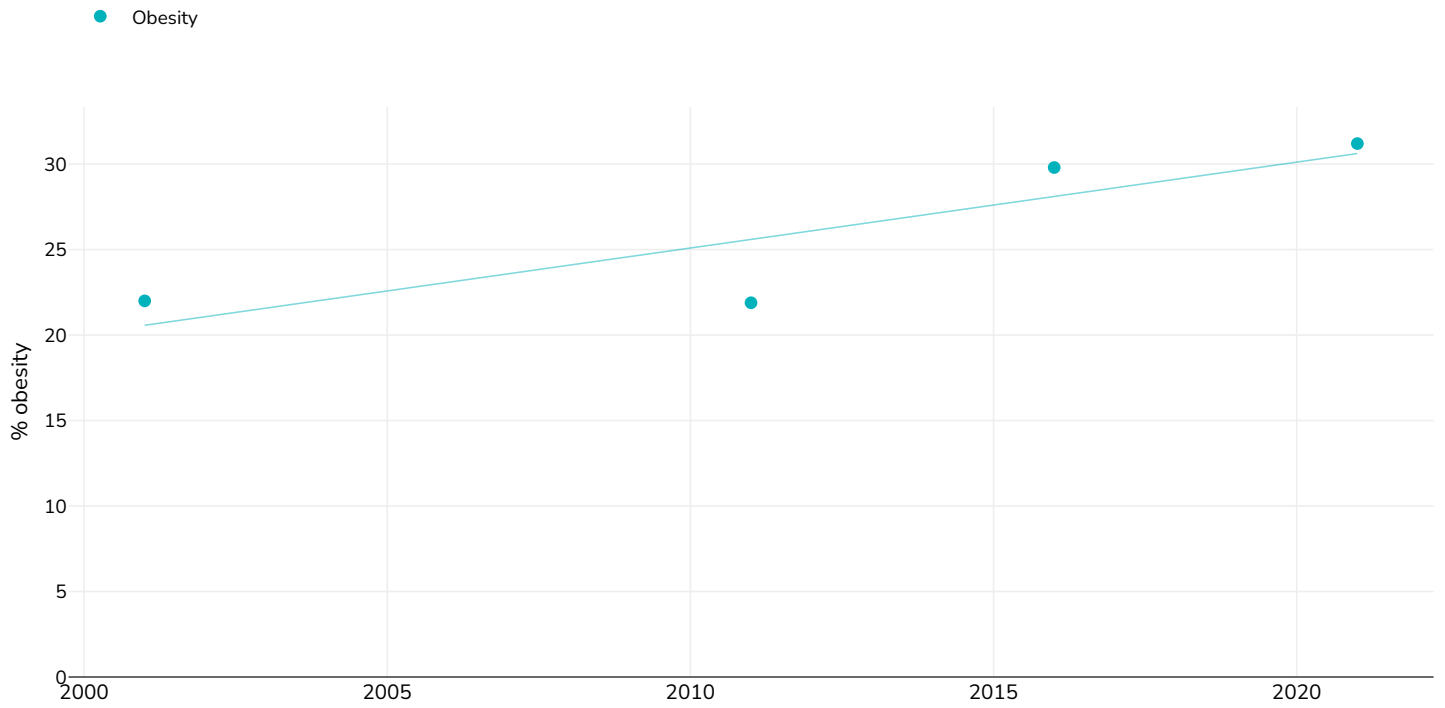
Measured

References:

For full details of references visit <https://data.worldobesity.org/>

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

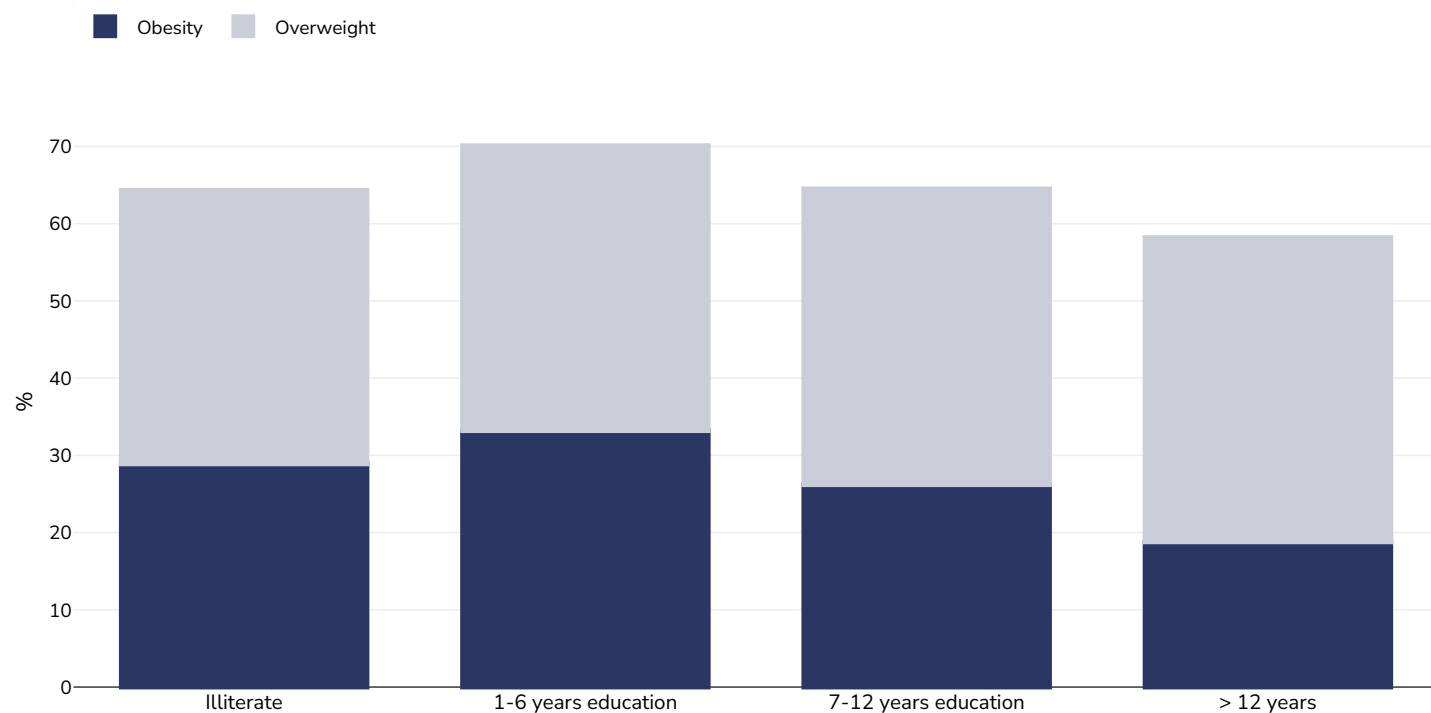
References:

For full details of references visit <https://data.worldobesity.org/>

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.

Overweight/obesity by education

Adults, 2021



Survey type: Measured

Age: 18+

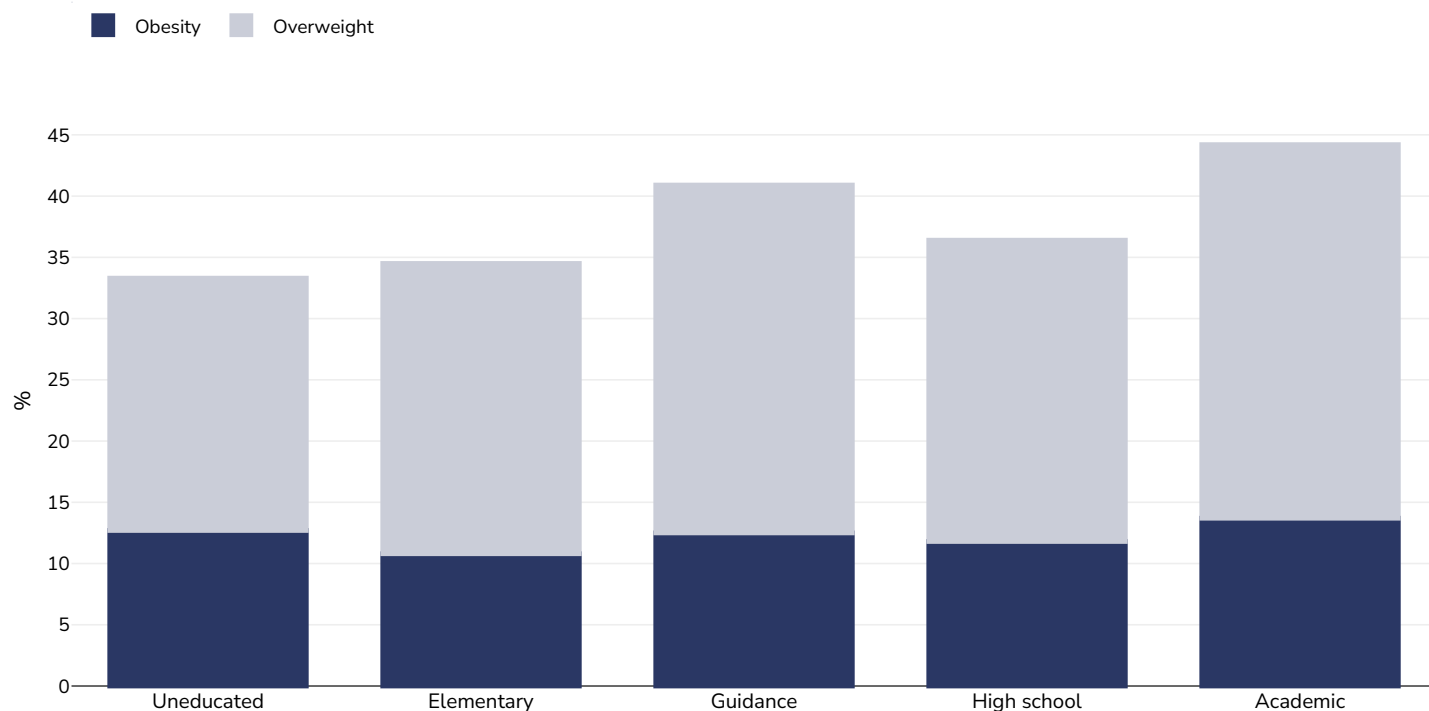
Sample size: 27745

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

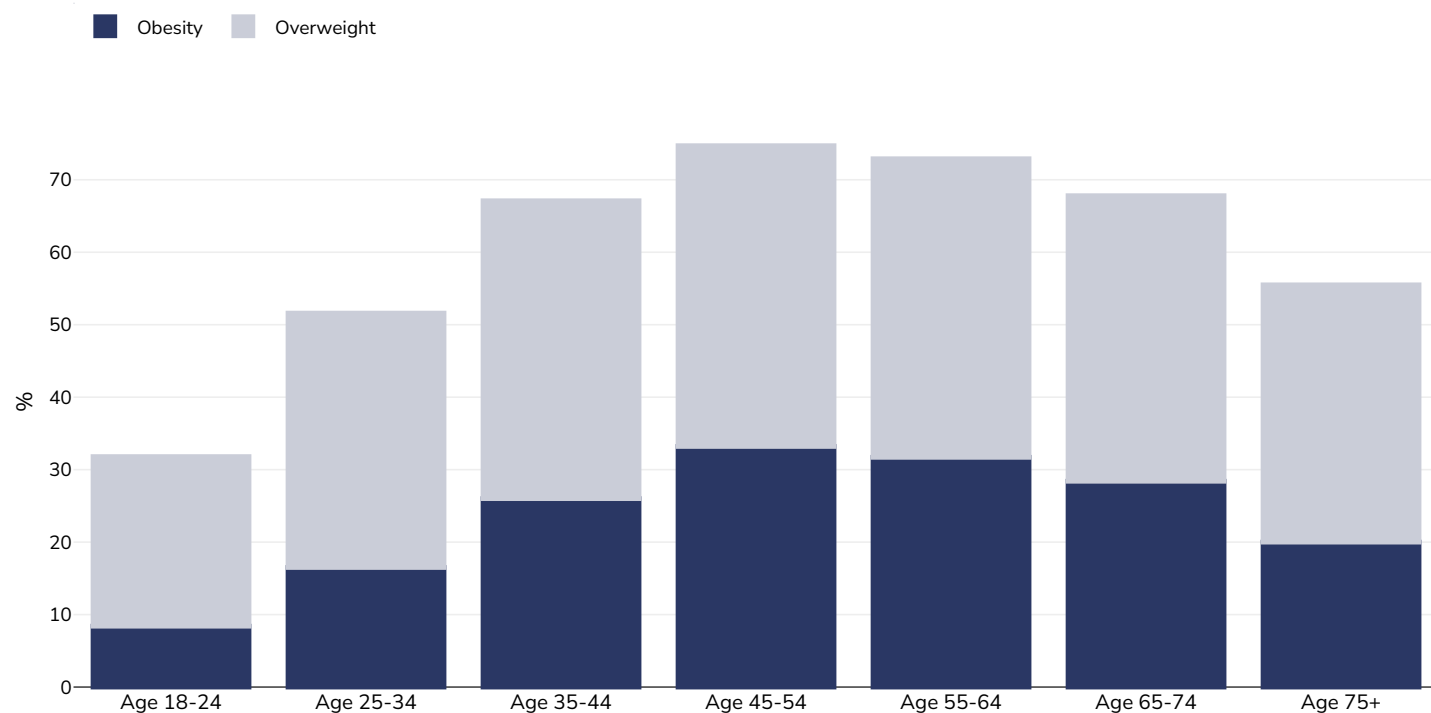
References: Moradi G, Mostafavi F, Azadi N, Esmailnasab N, Ghaderi E. Socioeconomic Inequality in Childhood Obesity. *J Res Health Sci.* 2017 Aug 15;17(3):E1-6.

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

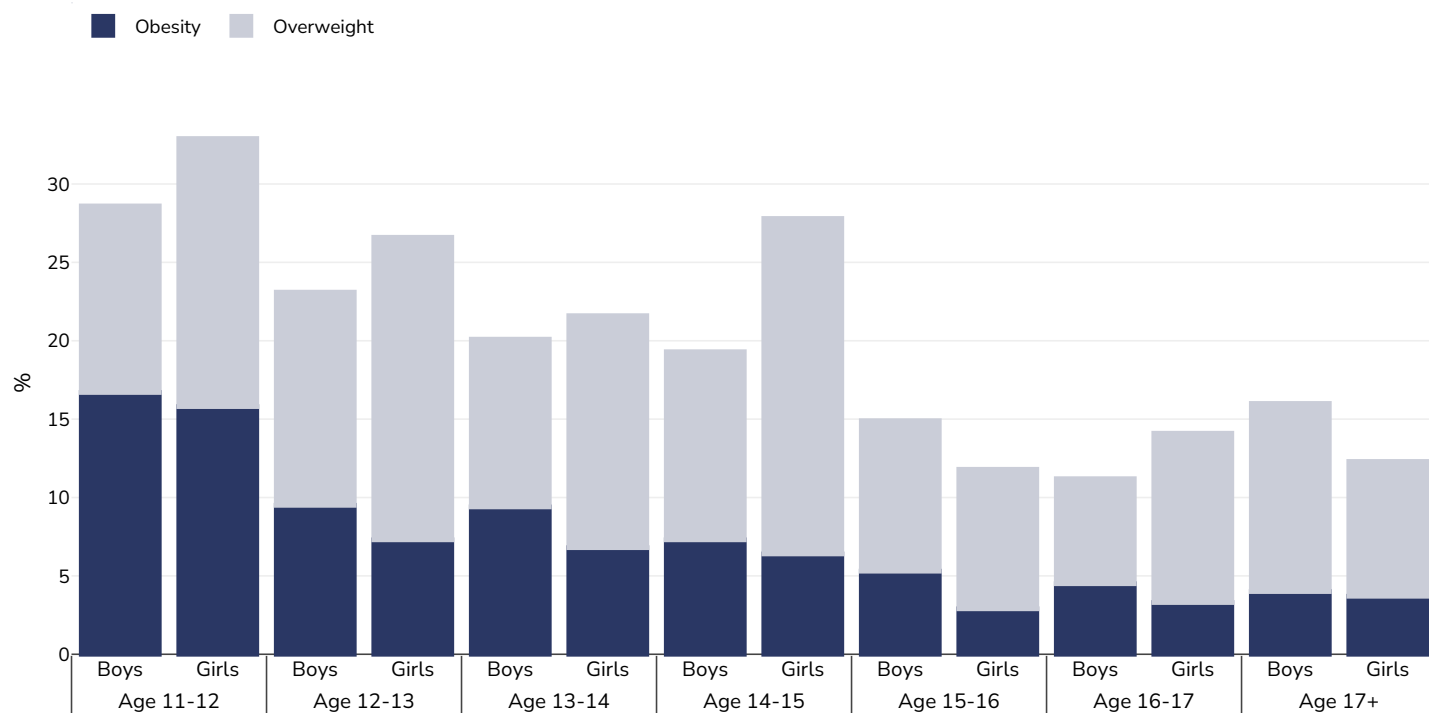
Sample size: 27745

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

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

Children, 2010-2011



Survey type: Measured

Sample size: 2000

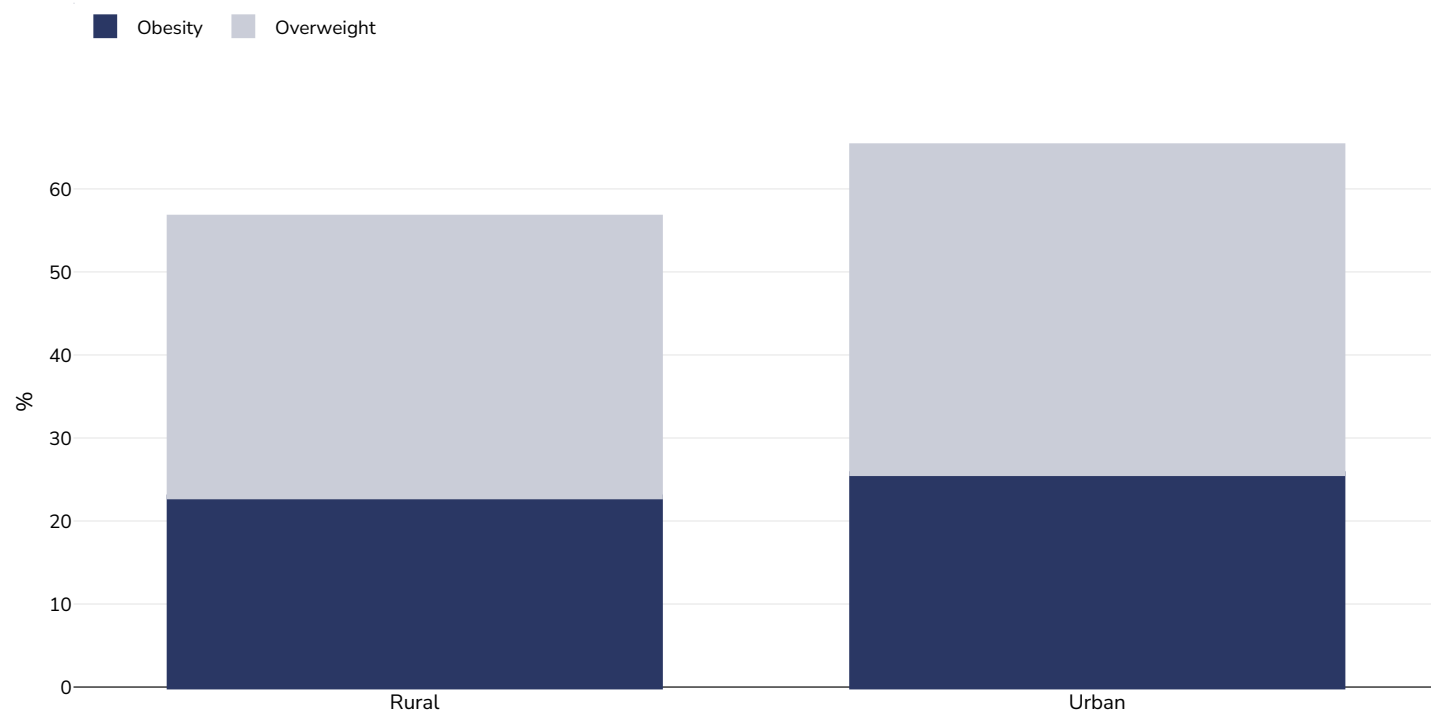
Area covered: Shiraz

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+

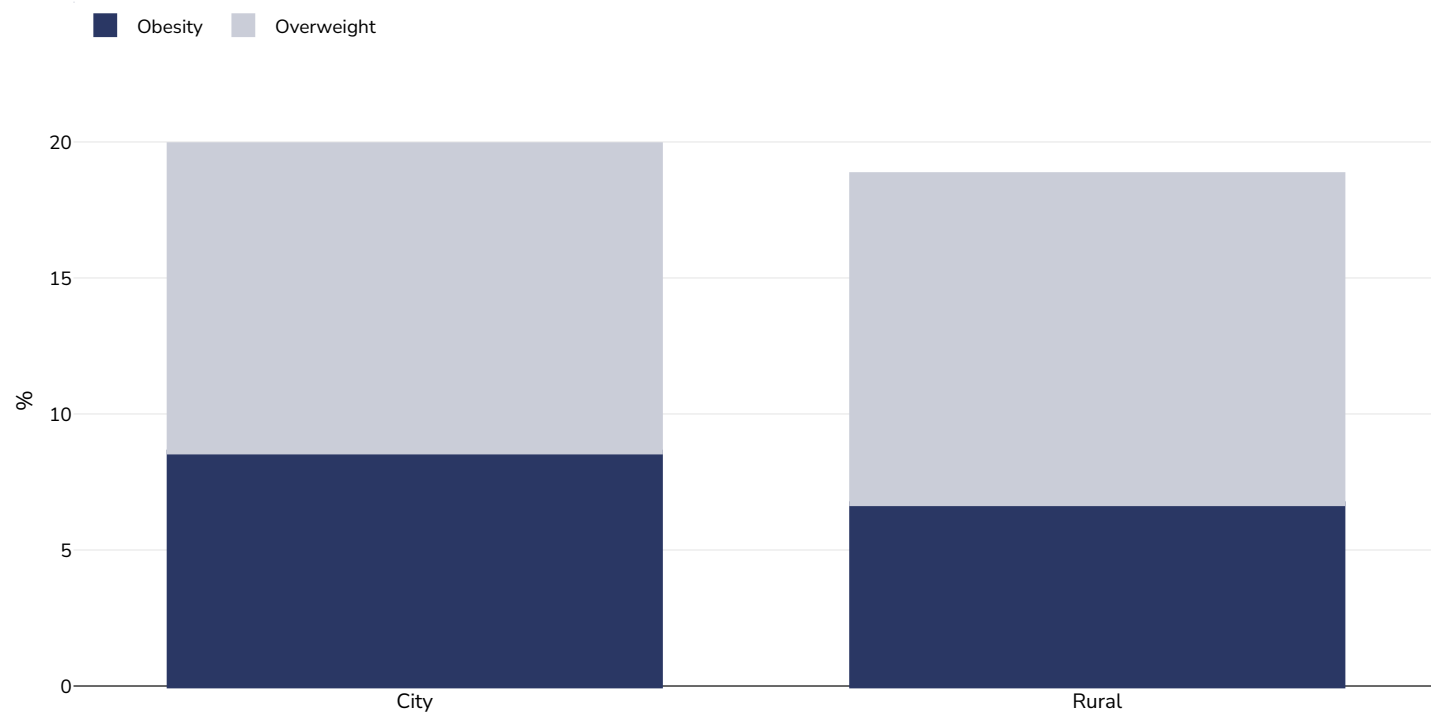
Sample size: 27745

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.

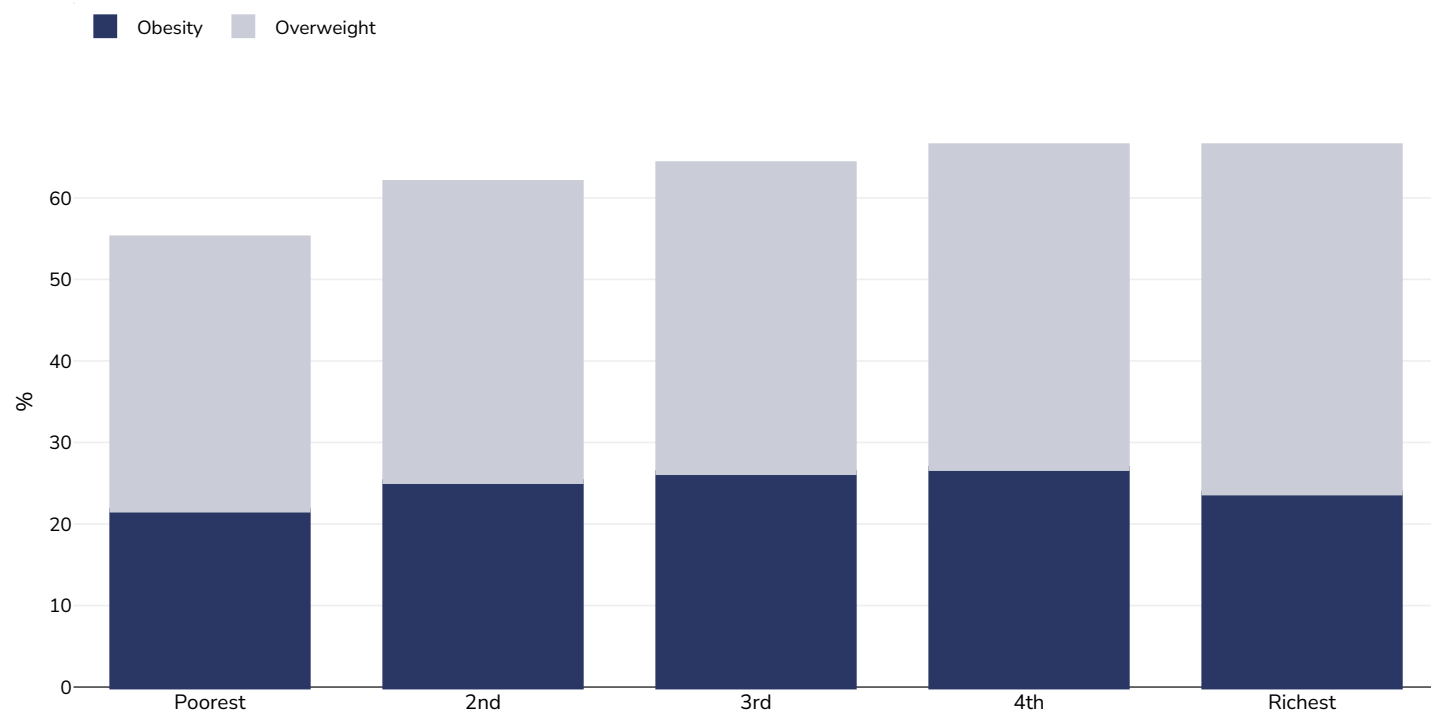
Children, 2012-2013



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

Overweight/obesity by socio-economic group

Adults, 2021



Survey type: Measured

Age: 18+

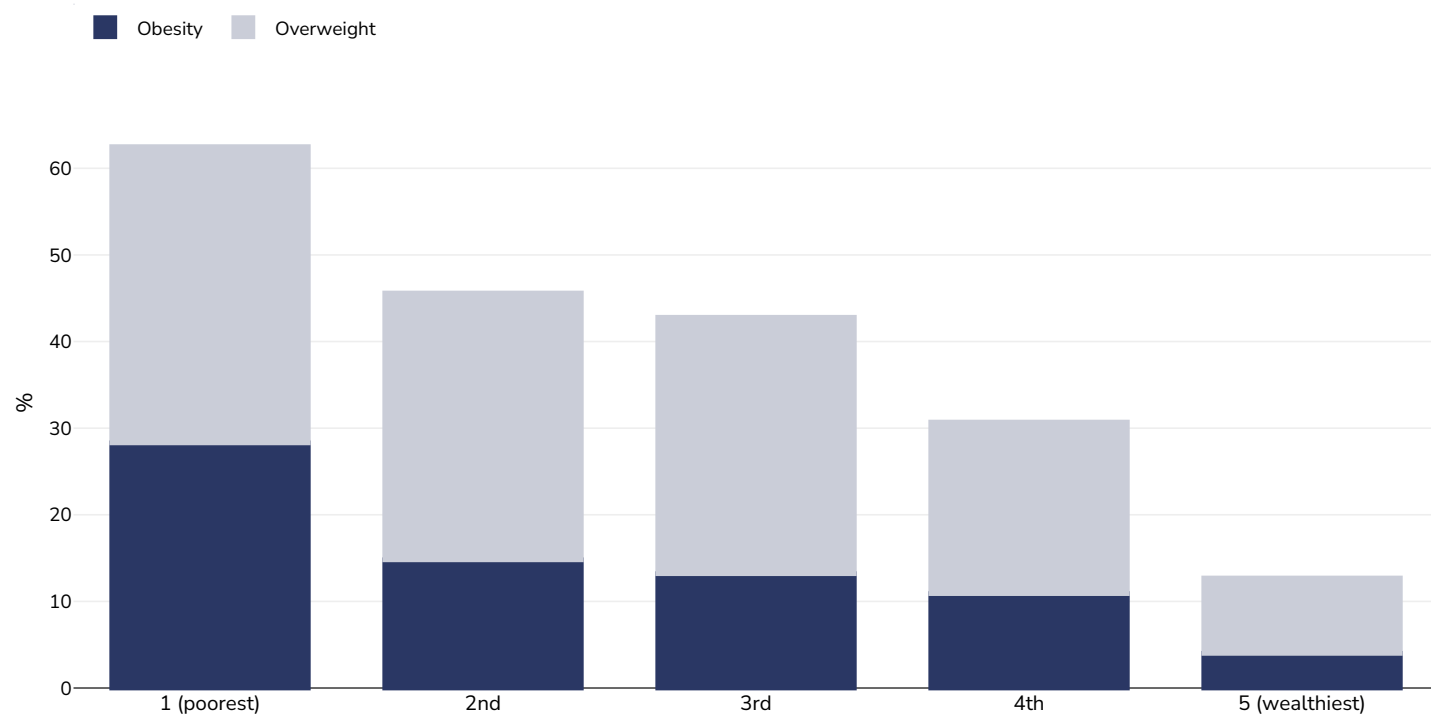
Sample size: 27745

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

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

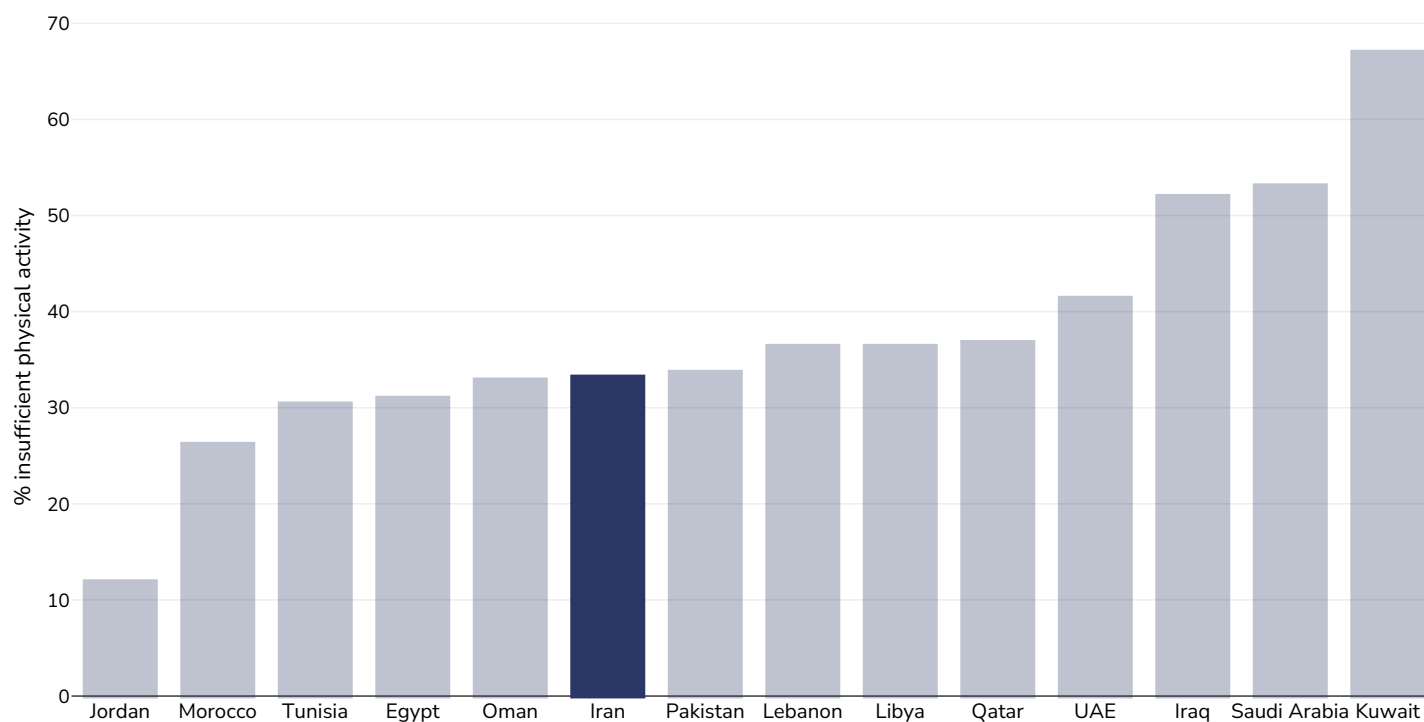
References: Moradi G, Mostafavi F, Azadi N, Esmailnasab N, Ghaderi E. Socioeconomic Inequality in Childhood Obesity. *J Res Health Sci.* 2017 Aug 15;17(3):E1-6.

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

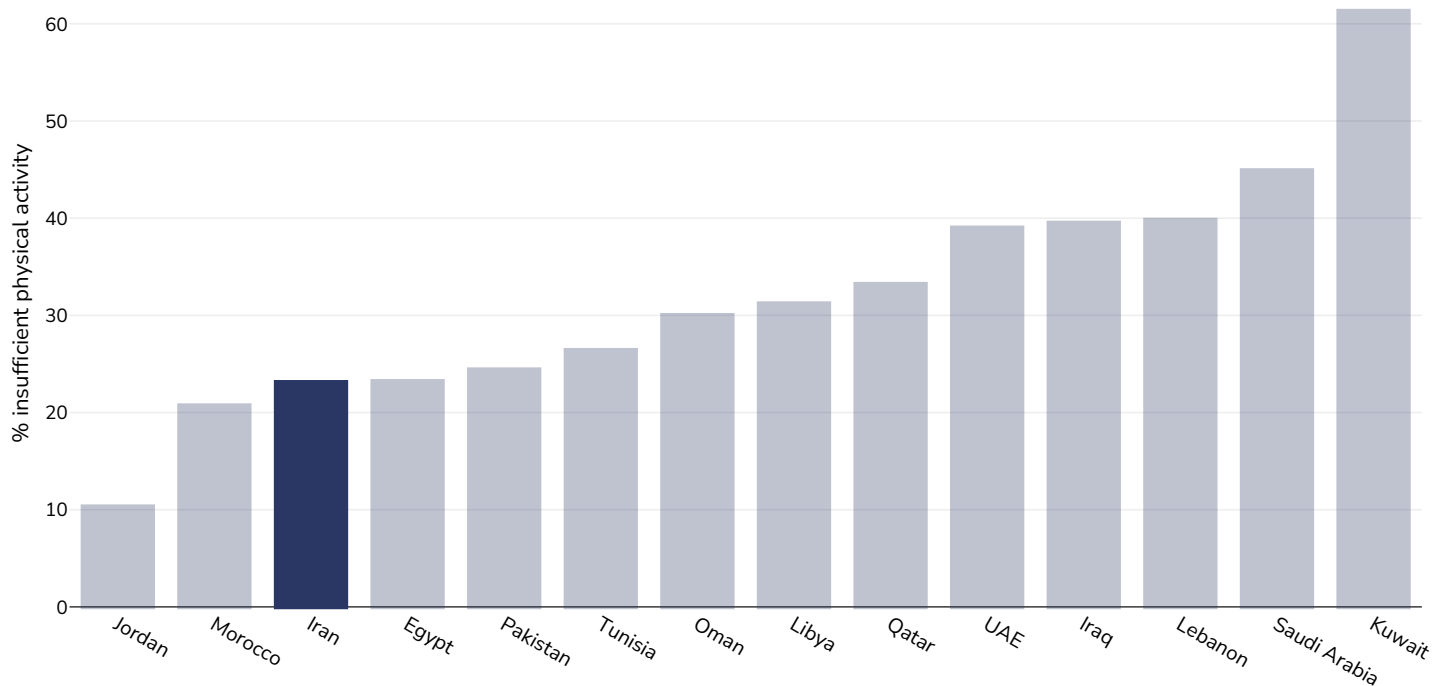
Insufficient physical activity

Adults, 2016



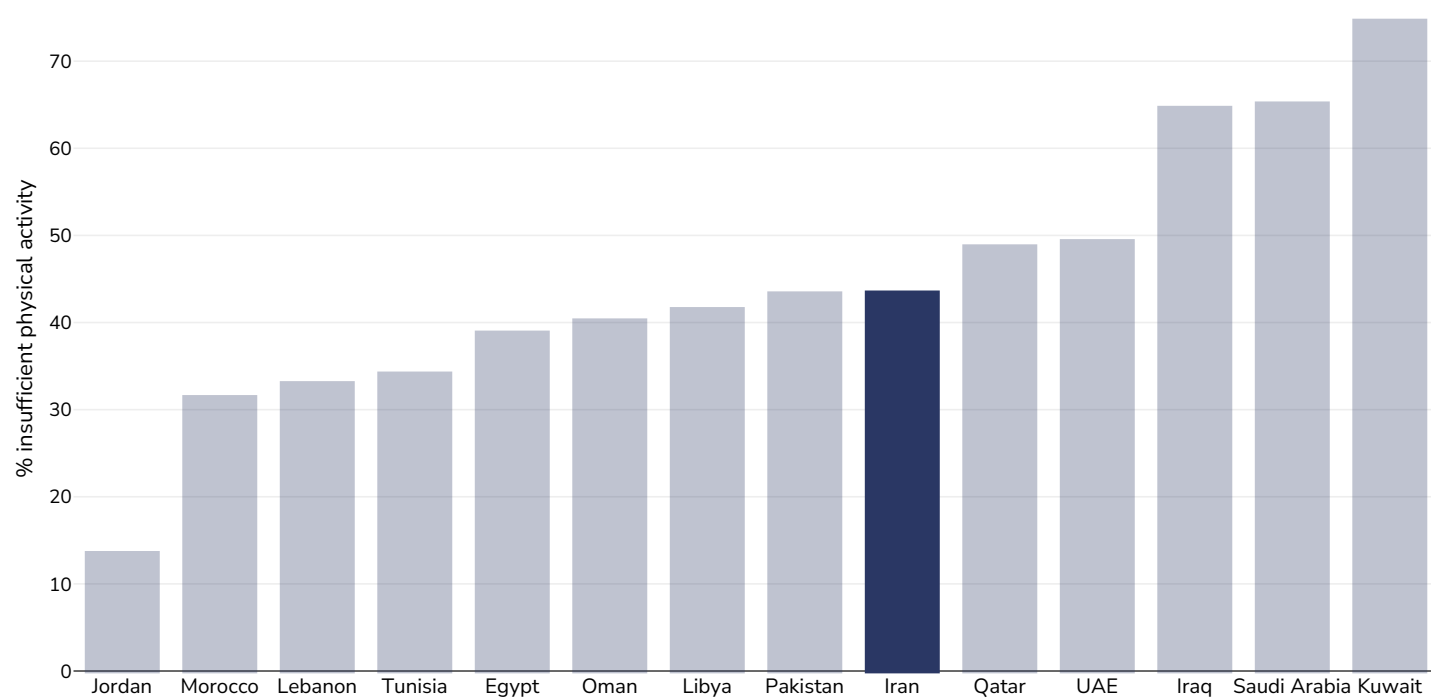
References: Guthold R, Stevens GA, Riley LM, Bull FC. Worldwide trends in insufficient physical activity from 2001 to 2016: a pooled analysis of 358 population-based surveys with 1.9 million participants. Lancet 2018 [http://dx.doi.org/10.1016/S2214-109X\(18\)30357-7](http://dx.doi.org/10.1016/S2214-109X(18)30357-7)

Men, 2016



References: Guthold R, Stevens GA, Riley LM, Bull FC. Worldwide trends in insufficient physical activity from 2001 to 2016: a pooled analysis of 358 population-based surveys with 1.9 million participants. *Lancet* 2018 [http://dx.doi.org/10.1016/S2214-109X\(18\)30357-7](http://dx.doi.org/10.1016/S2214-109X(18)30357-7)

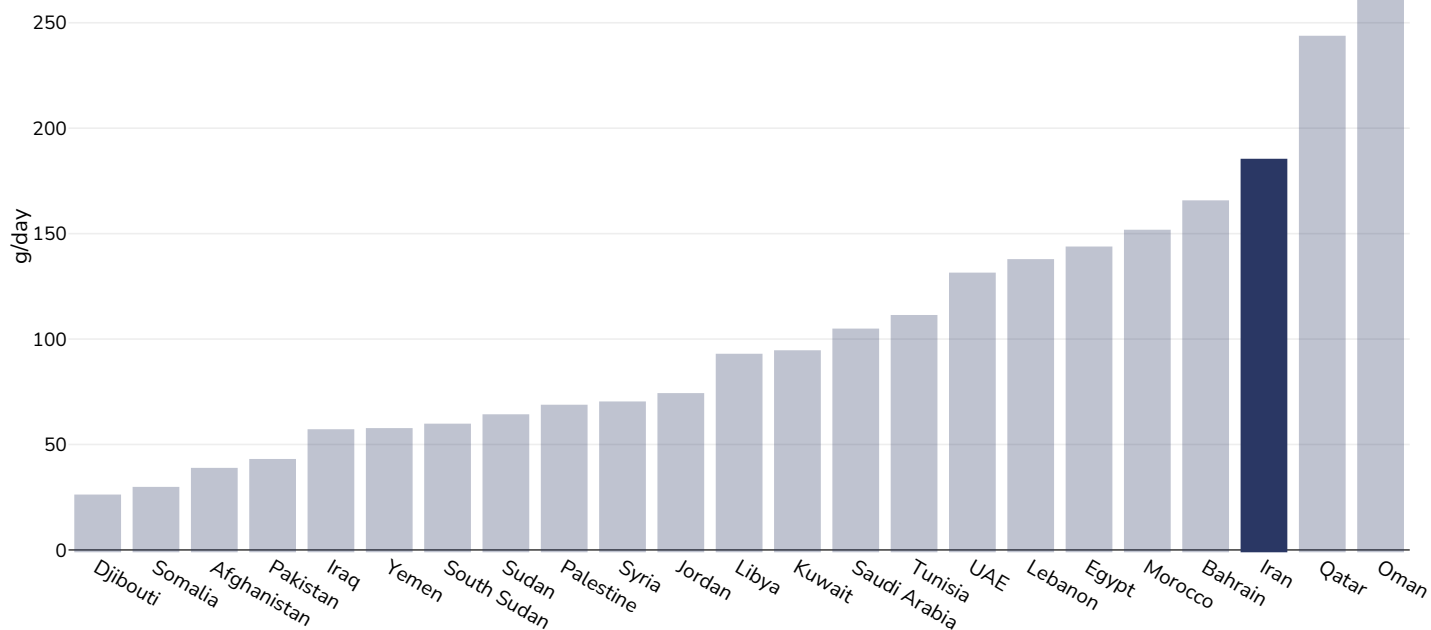
Women, 2016



References: Guthold R, Stevens GA, Riley LM, Bull FC. Worldwide trends in insufficient physical activity from 2001 to 2016: a pooled analysis of 358 population-based surveys with 1.9 million participants. Lancet 2018 [http://dx.doi.org/10.1016/S2214-109X\(18\)30357-7](http://dx.doi.org/10.1016/S2214-109X(18)30357-7)

Estimated per capita fruit intake

Adults, 2017



Survey type: Measured

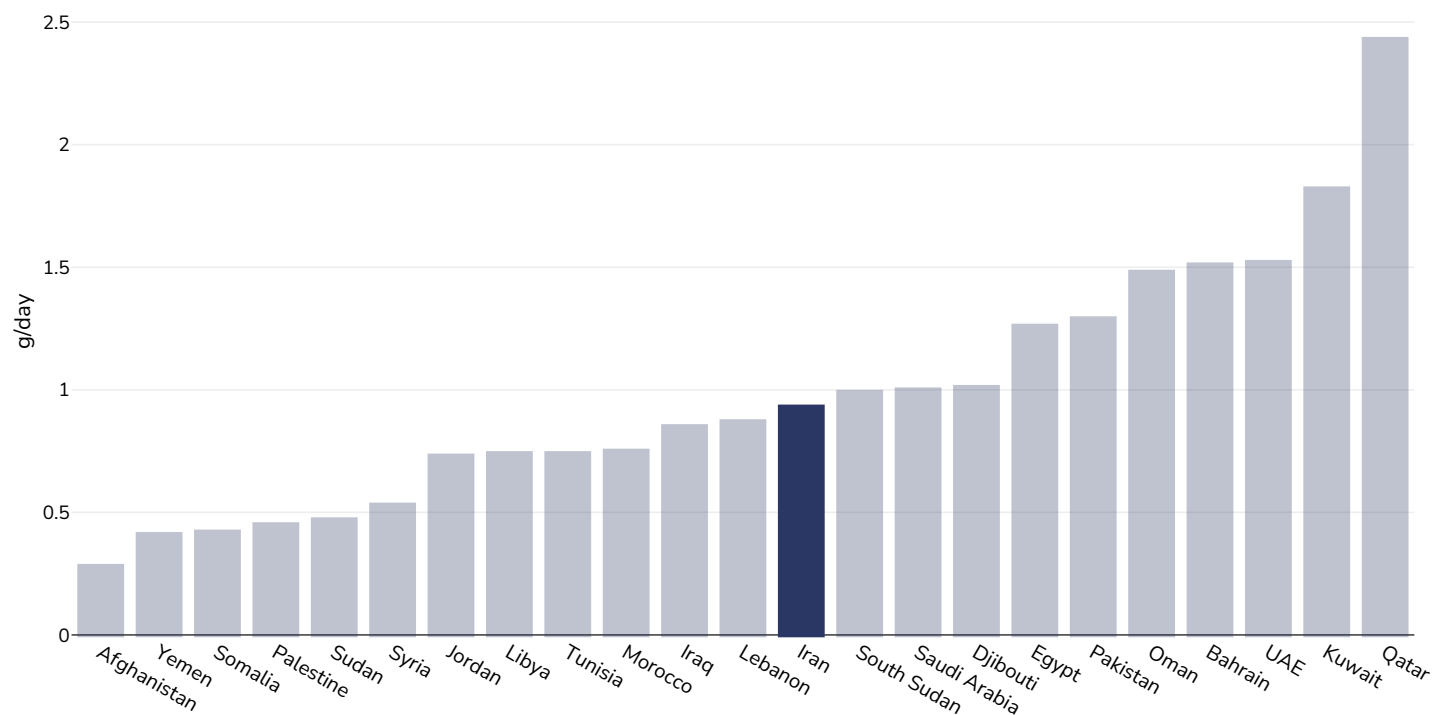
Age: 25+

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

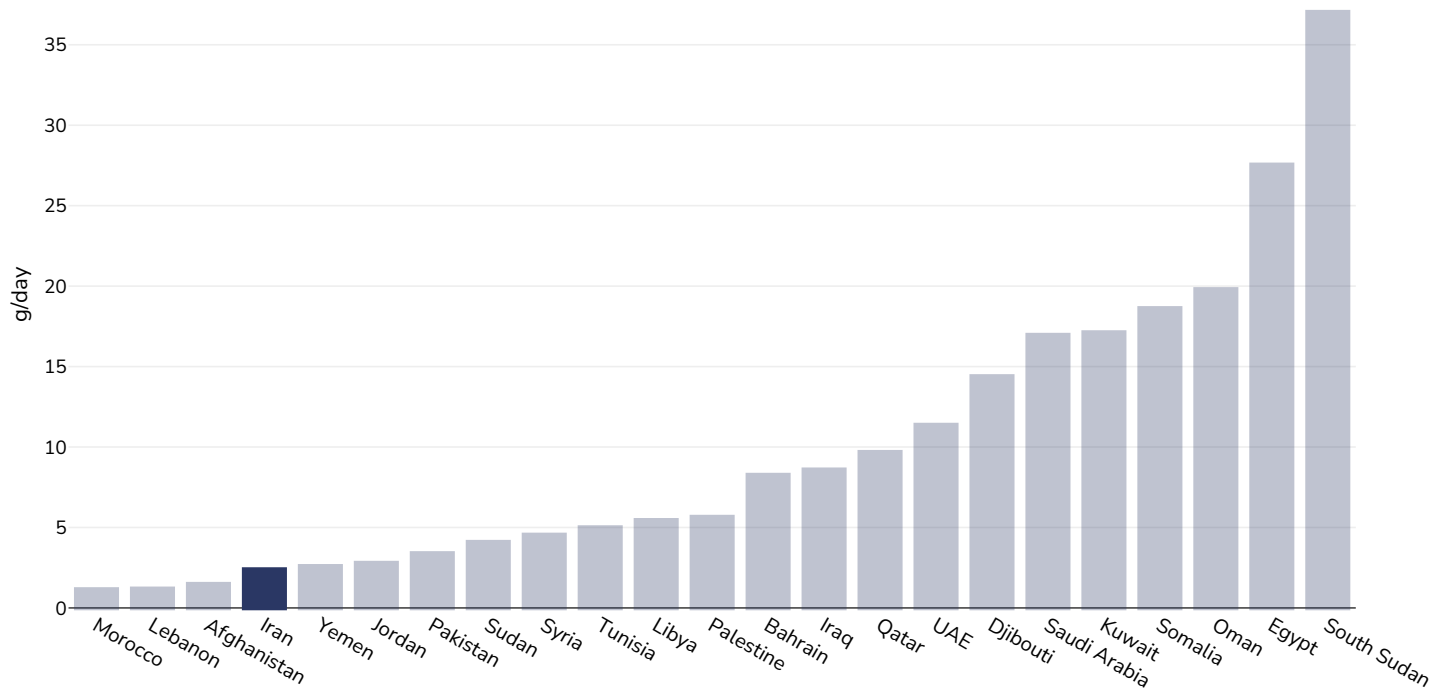
Age: 25+

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

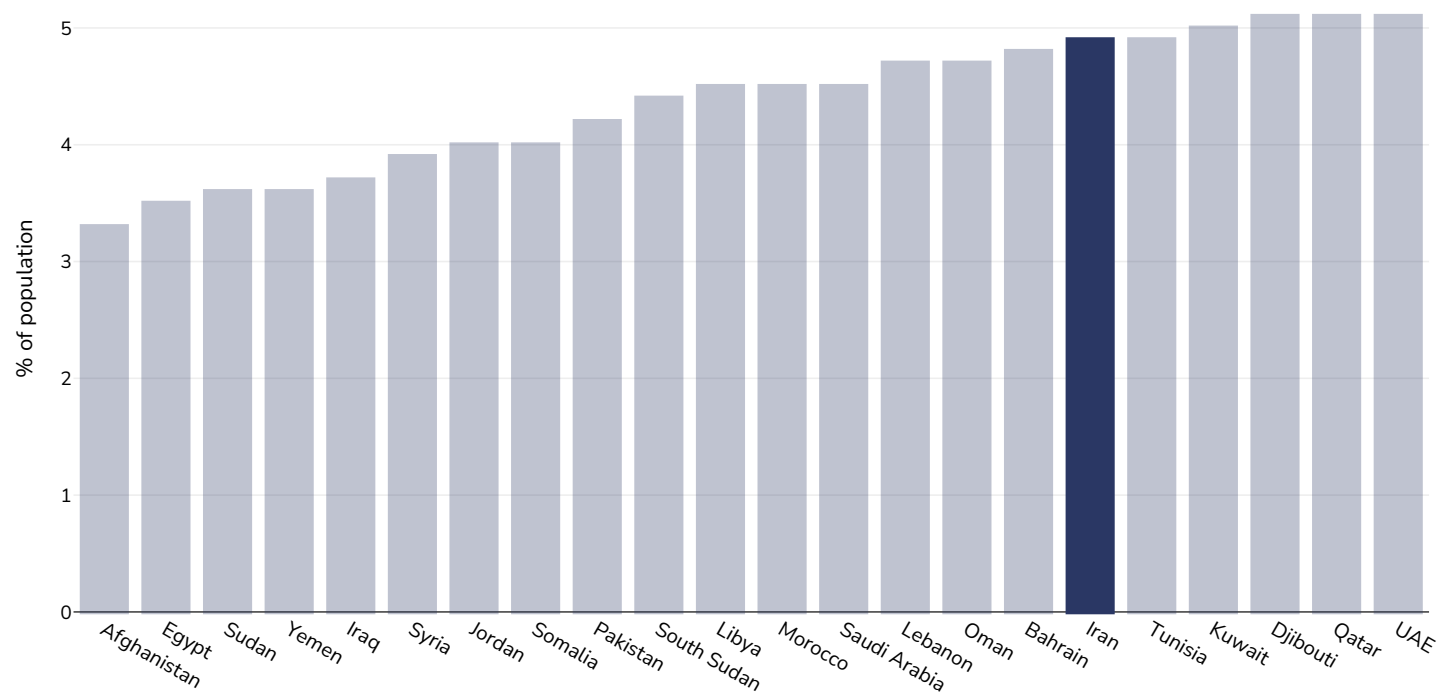
Age: 25+

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

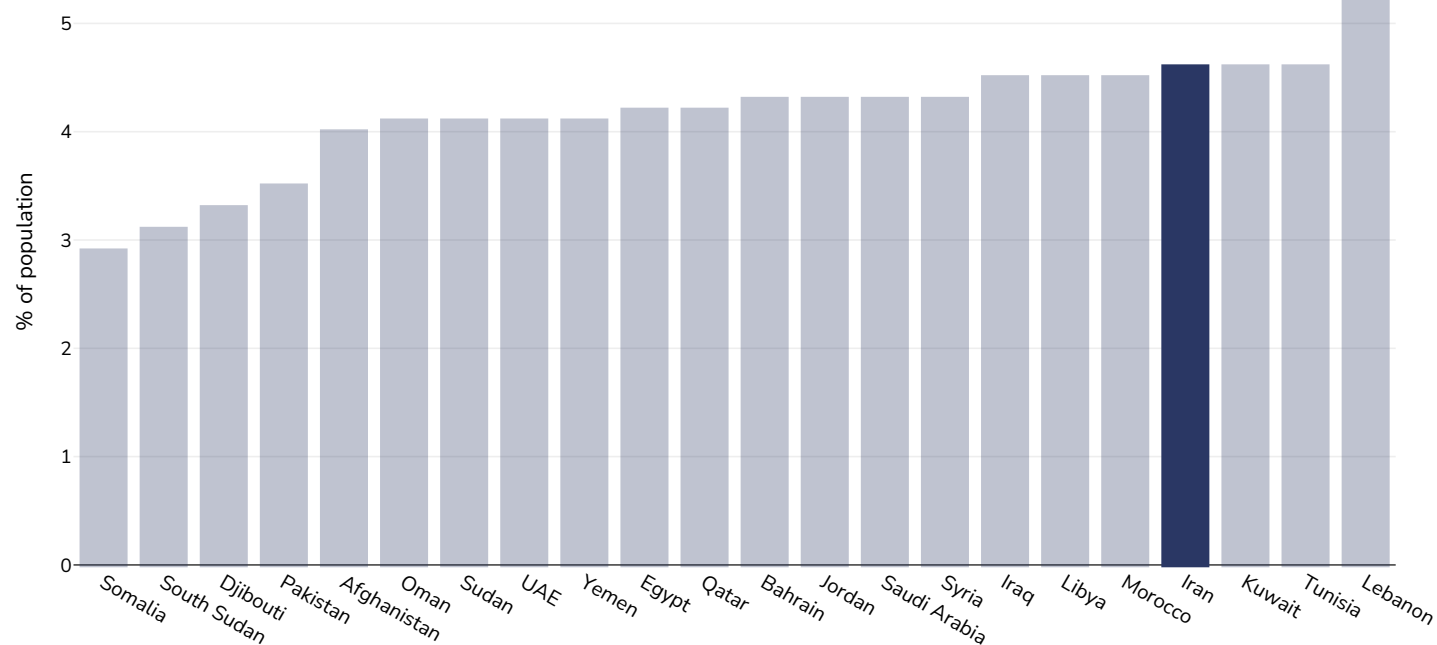


References: Prevalence data from Global Burden of Disease study 2015 (<http://ghdx.healthdata.org>) published in: Depression and Other Common Mental Disorders: Global Health Estimates. Geneva:World Health Organization; 2017. Licence: CC BY-NC-SA 3.0 IGO.

Definitions: % of population with depression disorders

Mental health - anxiety disorders

Adults, 2015

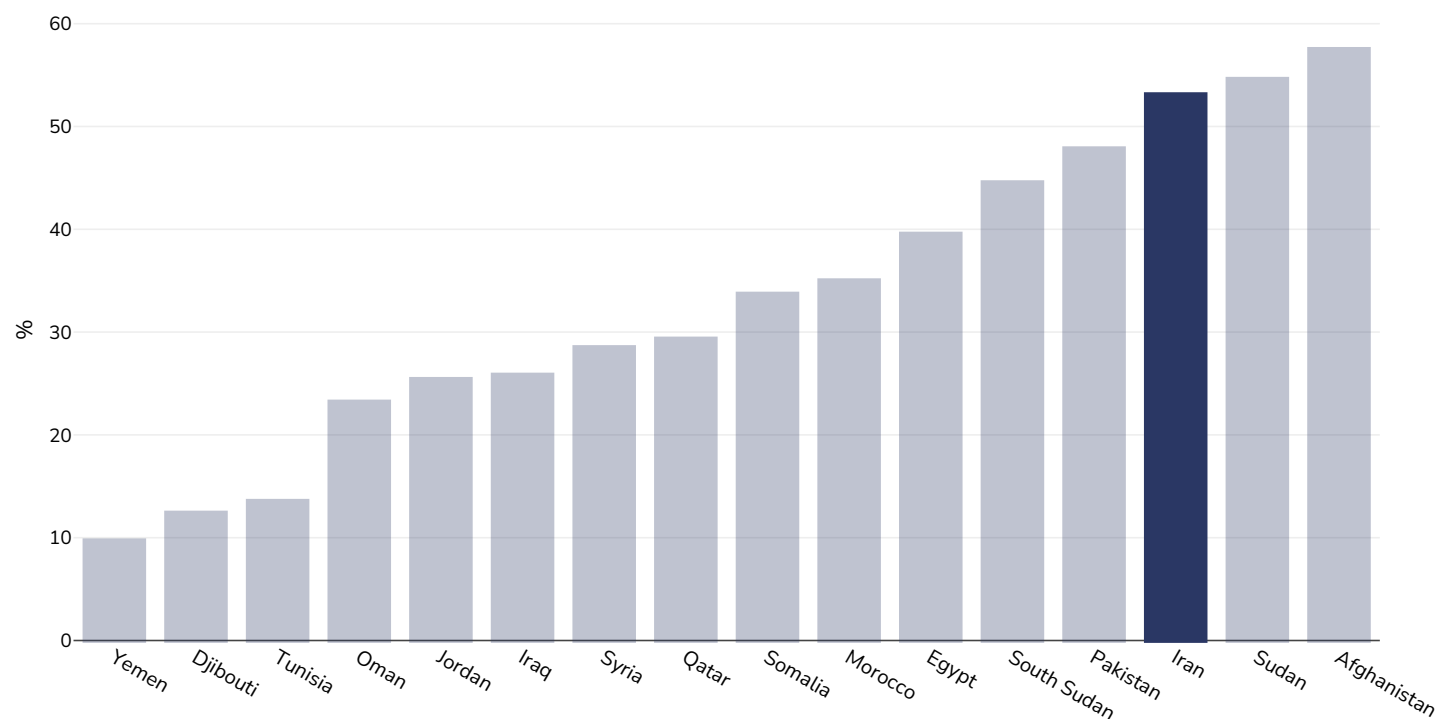


References: Prevalence data from Global Burden of Disease study 2015 (<http://ghdx.healthdata.org>) published in: Depression and Other Common Mental Disorders: Global Health Estimates. Geneva:World Health Organization; 2017. Licence: CC BY-NC-SA 3.0 IGO.

Definitions: % of population with anxiety disorders

% Infants exclusively breastfed 0-5 months

Children, 2010-2019



Area covered: National

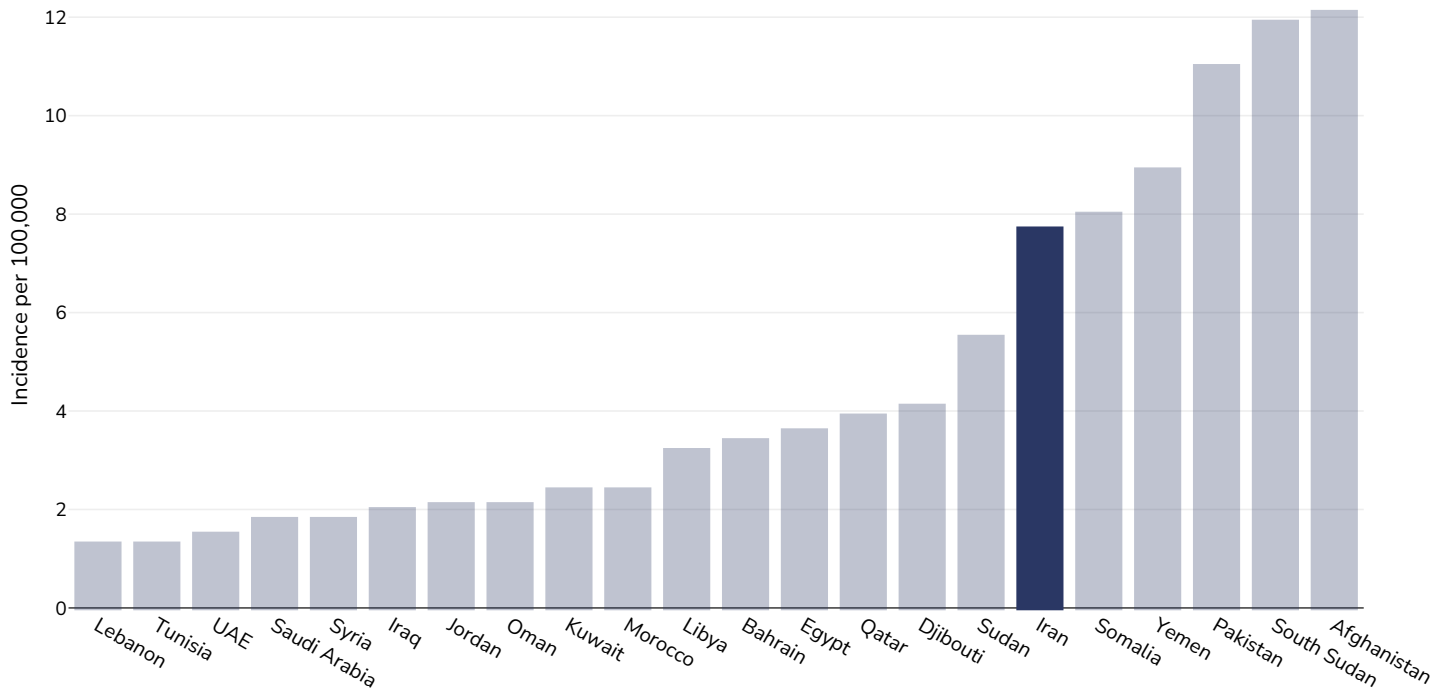
References: Iran's Multiple Indicator Demographic and Health Survey - 2010.

Notes: See UNICEF website for further survey information. Available at : <https://data.unicef.org/resources/dataset/infant-young-child-feeding/> (last accessed 28.9.21) Citation: United Nations Children's Fund, Division of Data, Analysis, Planning and Monitoring (2021). Global UNICEF Global Databases: Infant and Young Child Feeding: Exclusive breastfeeding, New York, September 2021.

Definitions: % exclusively breastfed 0-5 months

Oesophageal cancer

Men, 2020



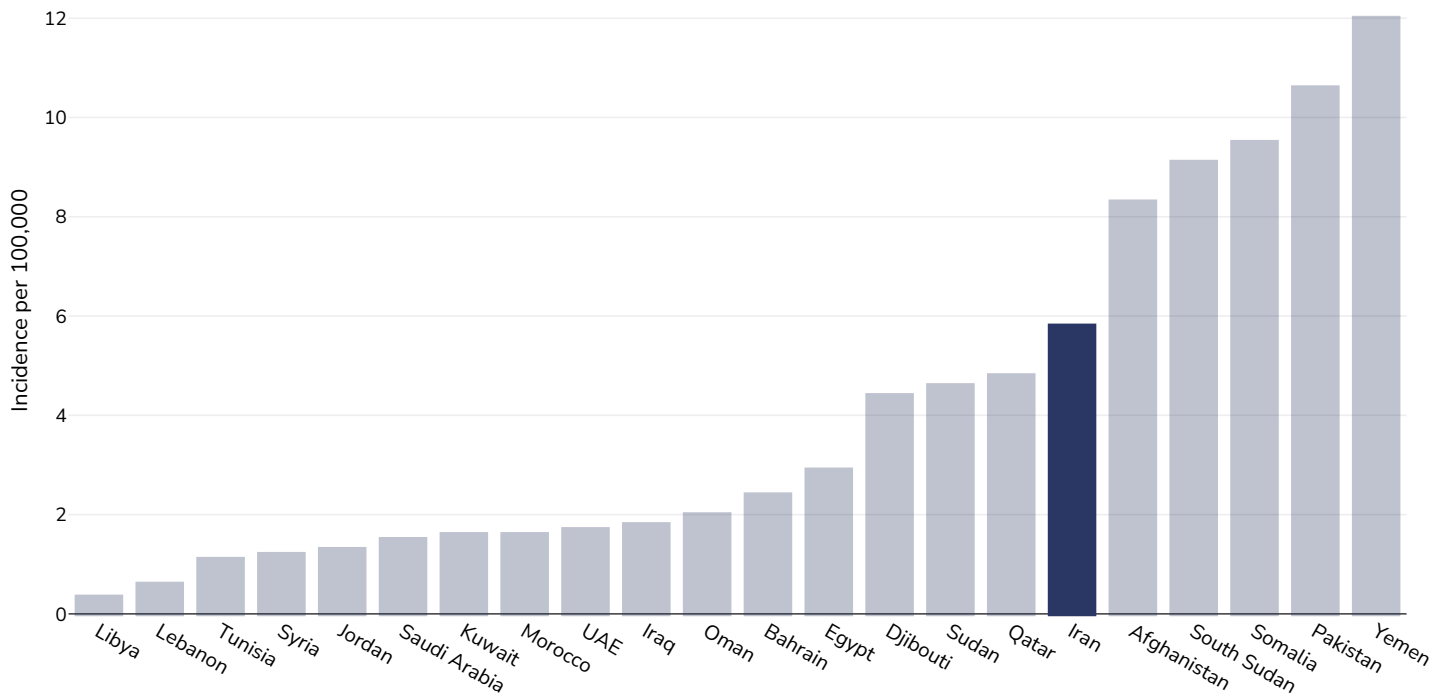
Age: 20+

Area covered: National

References: Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.fr/today>, accessed 10.01.2183

Definitions: Age-standardized incidence rates per 100 000

Women, 2020



Age: 20+

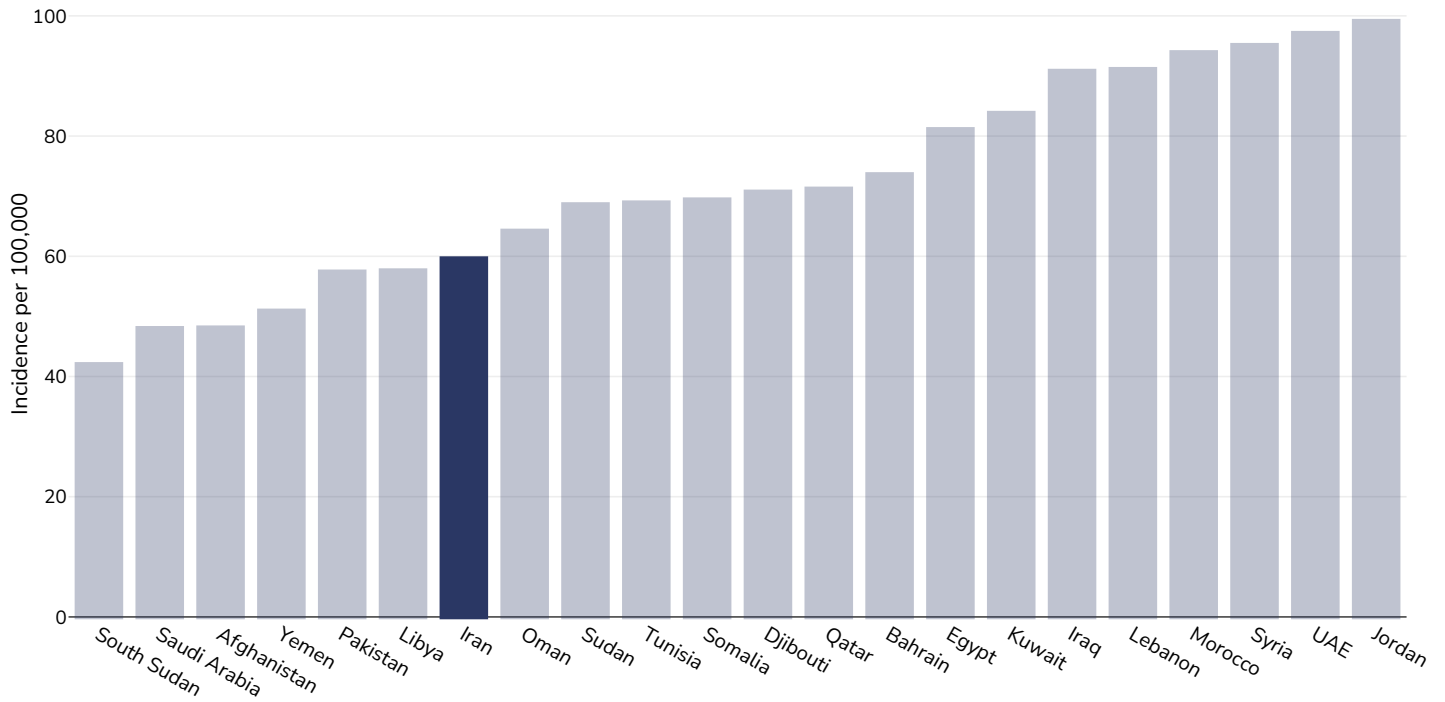
Area covered: National

References: Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.fr/today>, accessed 10.01.2183

Definitions: Age-standardized incidence rates per 100 000

Breast cancer

Women, 2020



Age: 20+

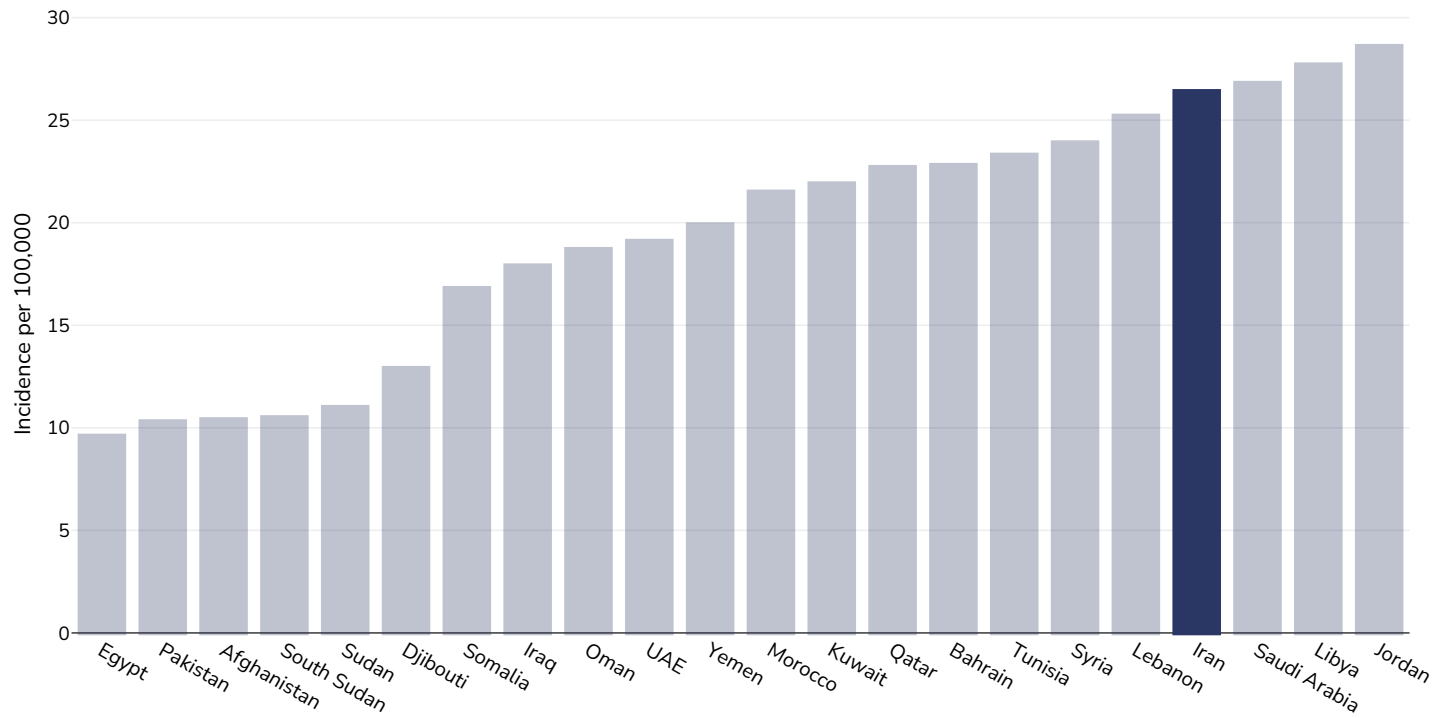
Area covered: National

References: Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.fr/today>, accessed 10.01.2183

Definitions: Age-standardized incidence rates per 100 000

Colorectal cancer

Men, 2020



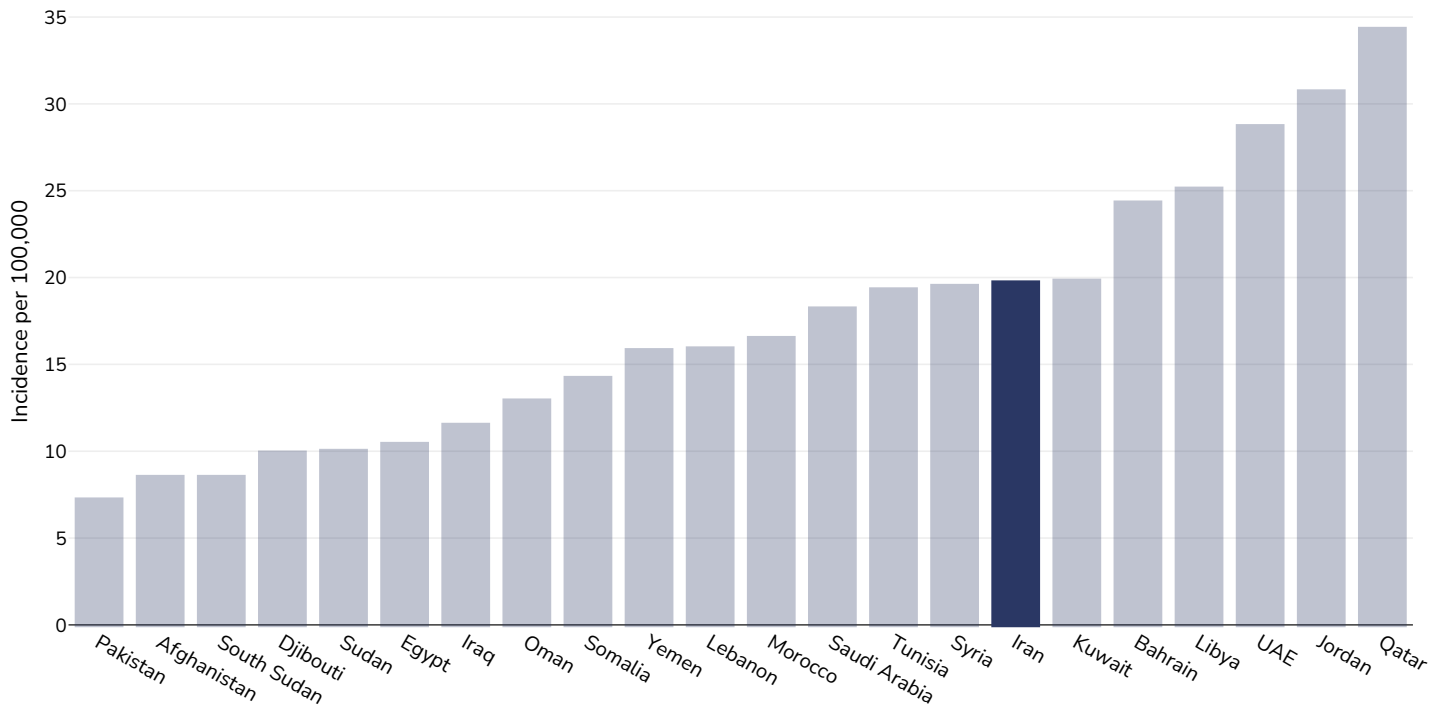
Age: 20+

Area covered: National

References: Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.fr/today>, accessed 10.01.2183

Definitions: Age-standardized incidence rates per 100 000

Women, 2020



Age: 20+

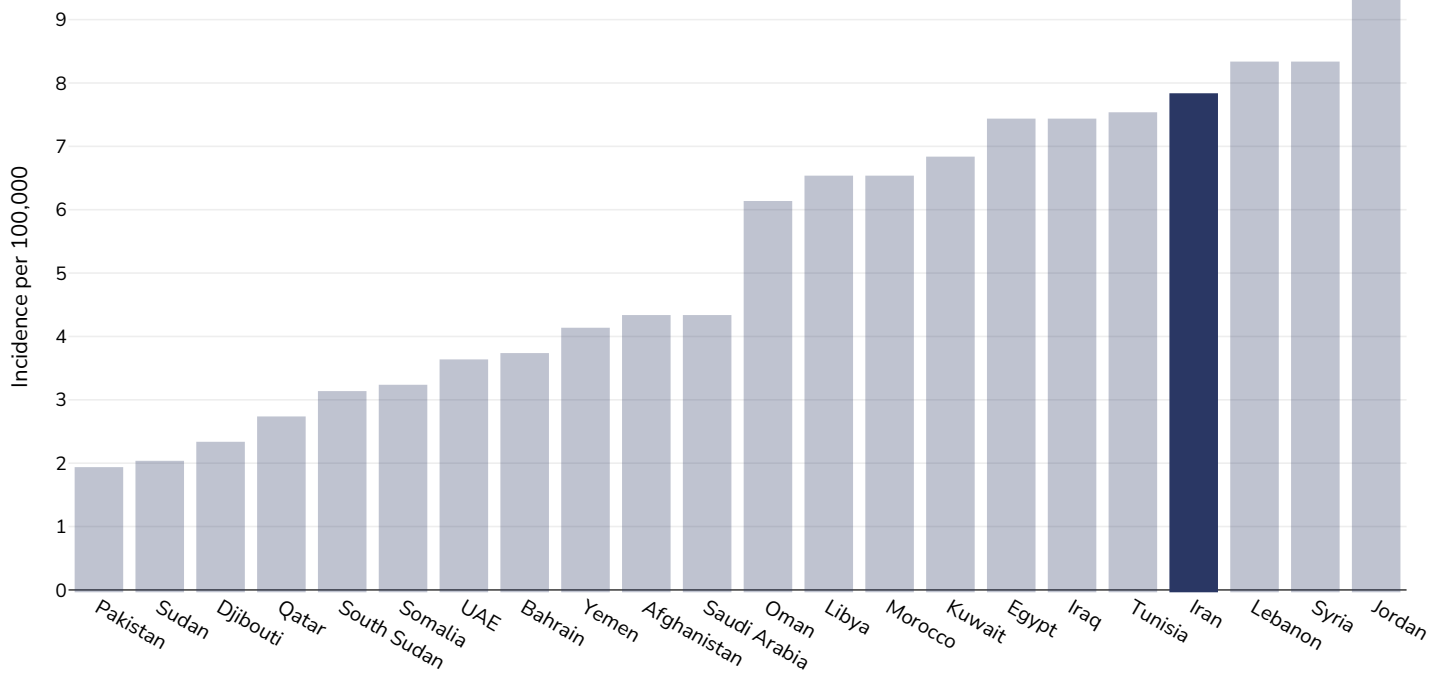
Area covered: National

References: Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.fr/today>, accessed 10.01.2183

Definitions: Age-standardized incidence rates per 100 000

Pancreatic cancer

Men, 2020



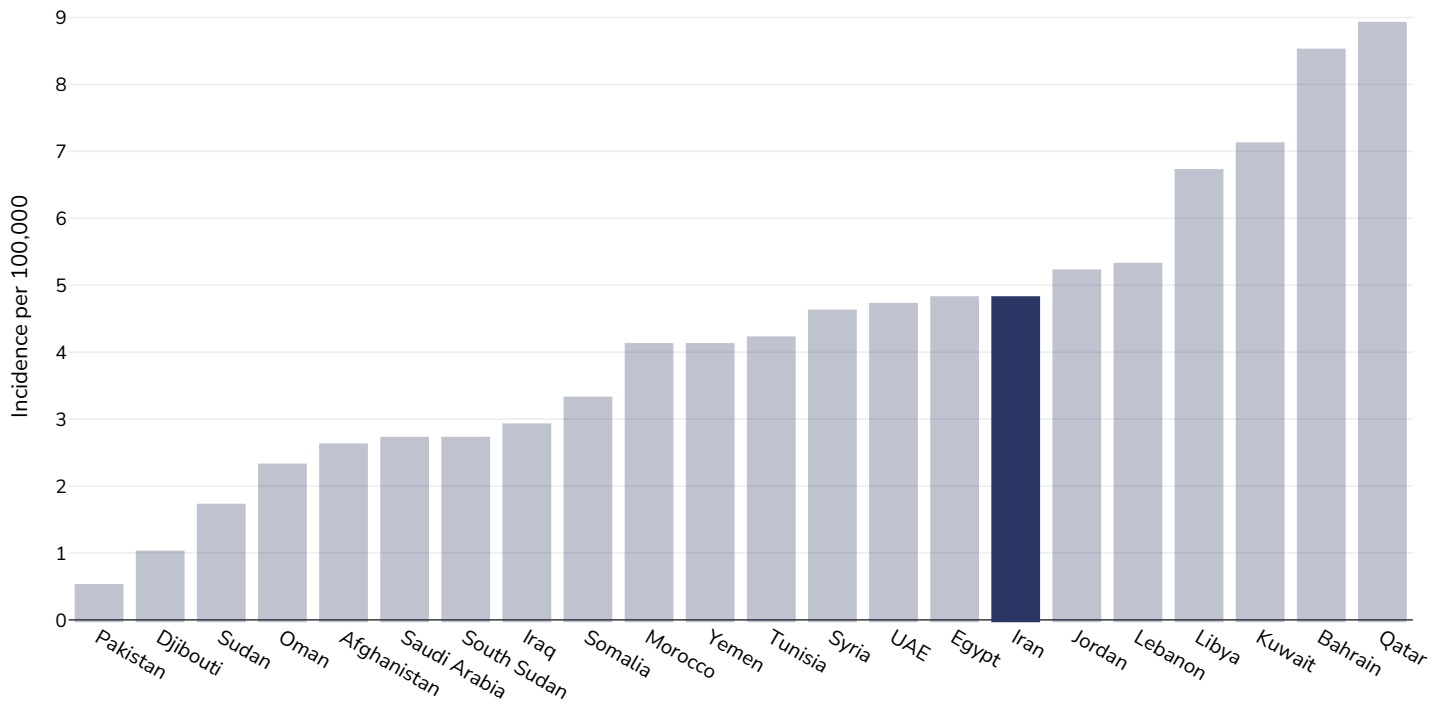
Age: 20+

Area covered: National

References: Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.fr/today>, accessed 10.01.2183

Definitions: Age-standardized incidence rates per 100 000

Women, 2020



Age: 20+

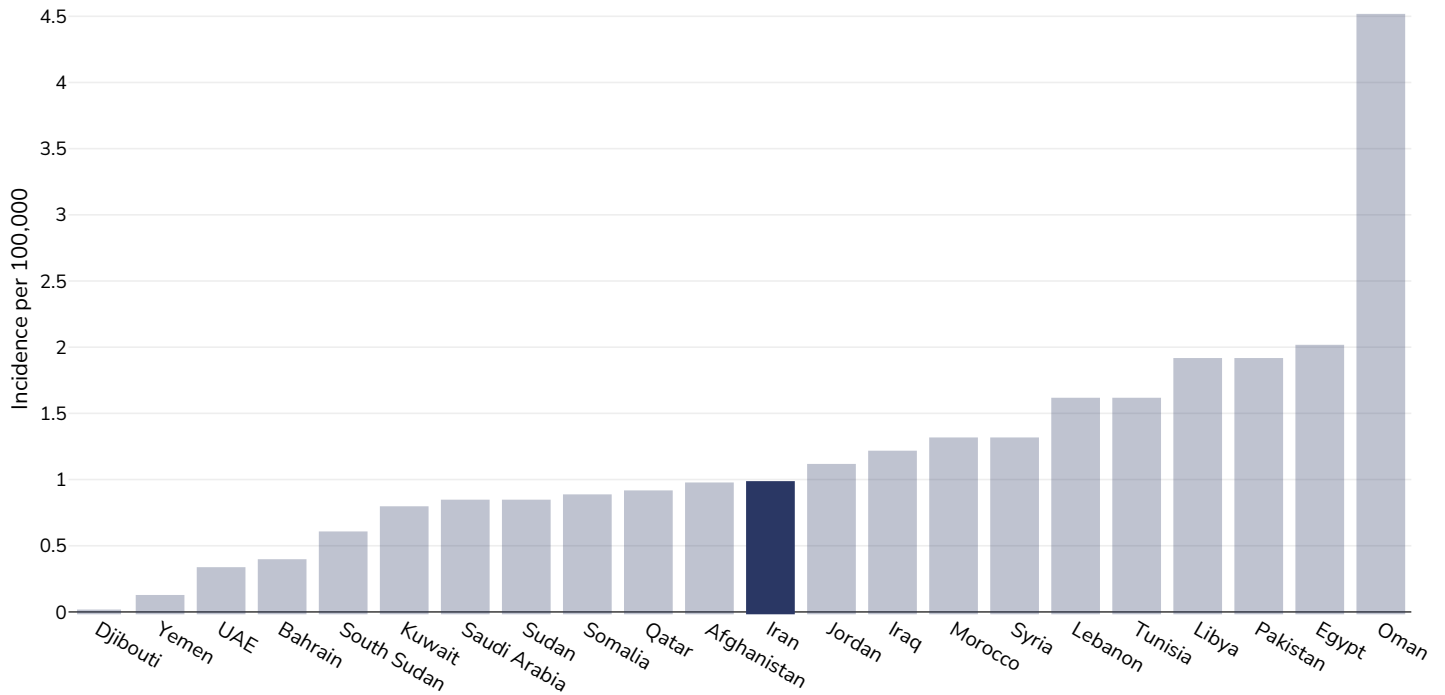
Area covered: National

References: Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.fr/today>, accessed 10.01.2183

Definitions: Age-standardized incidence rates per 100 000

Gallbladder cancer

Men, 2020



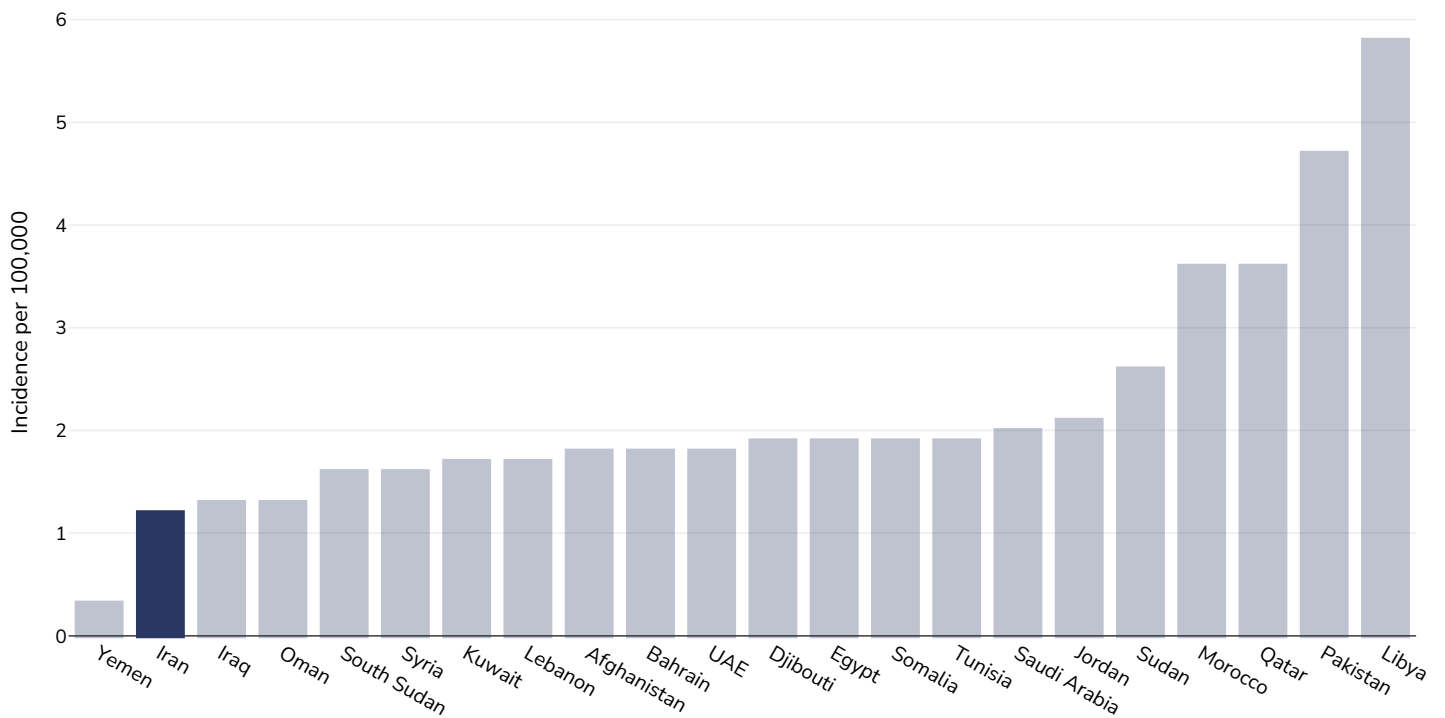
Age: 20+

Area covered: National

References: Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.fr/today>, accessed 10.01.2183

Definitions: Age-standardized incidence rates per 100 000

Women, 2020



Age: 20+

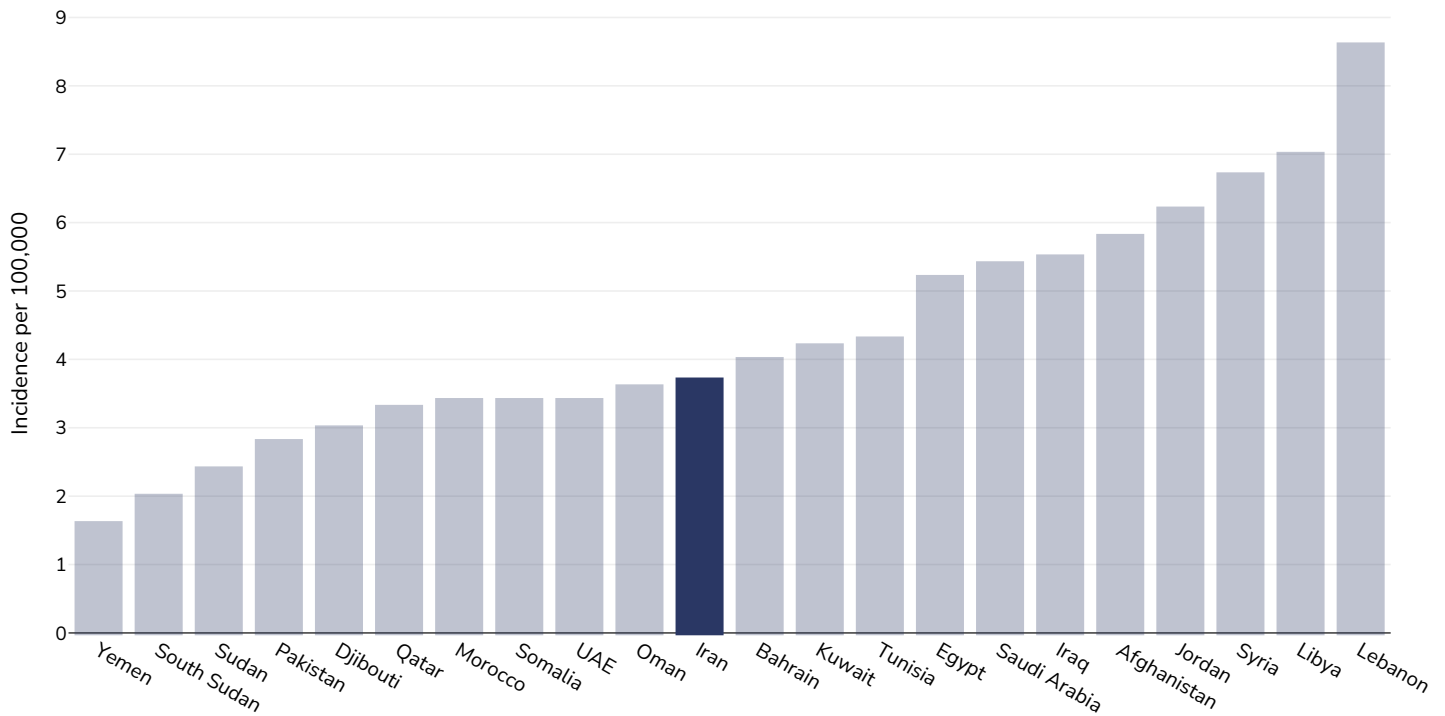
Area covered: National

References: Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.fr/today>, accessed 10.01.2183

Definitions: Age-standardized incidence rates per 100 000

Kidney cancer

Men, 2020



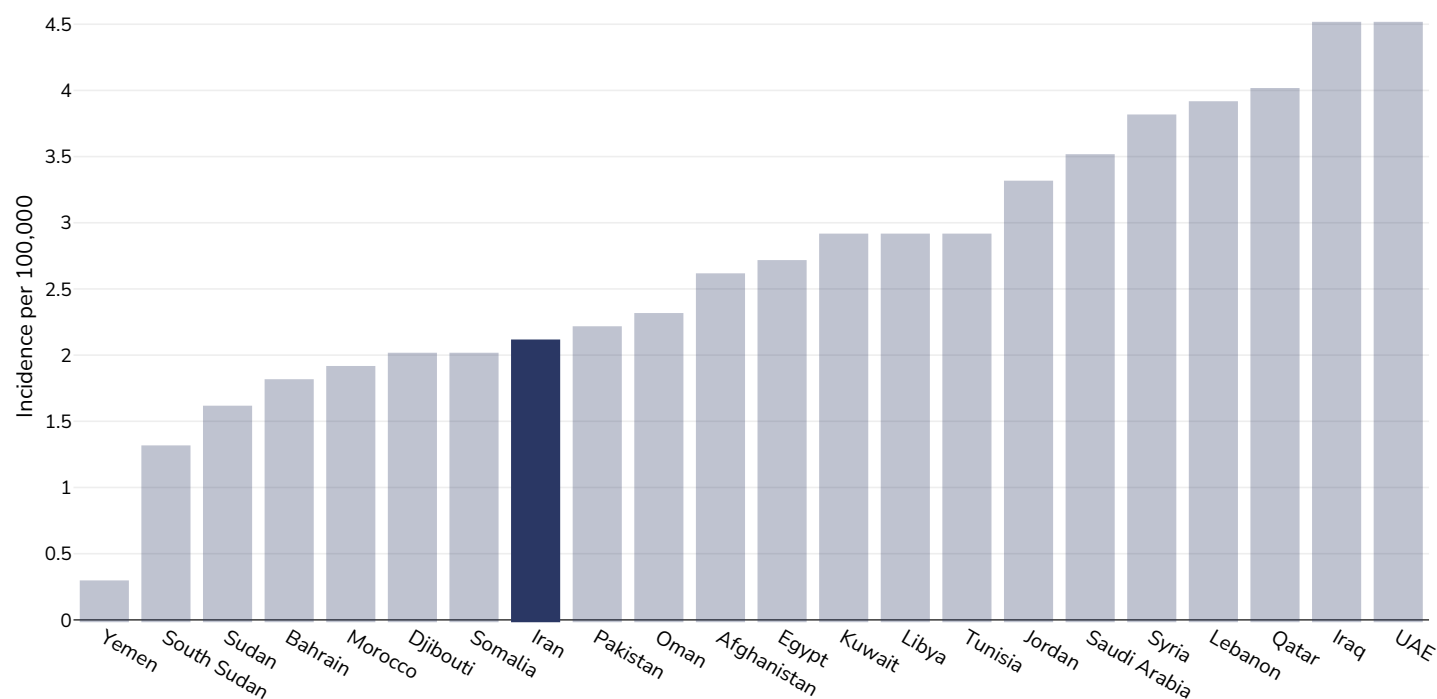
Age: 20+

Area covered: National

References: Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.fr/today>, accessed 10.01.2183

Definitions: Age-standardized incidence rates per 100 000

Women, 2020



Age: 20+

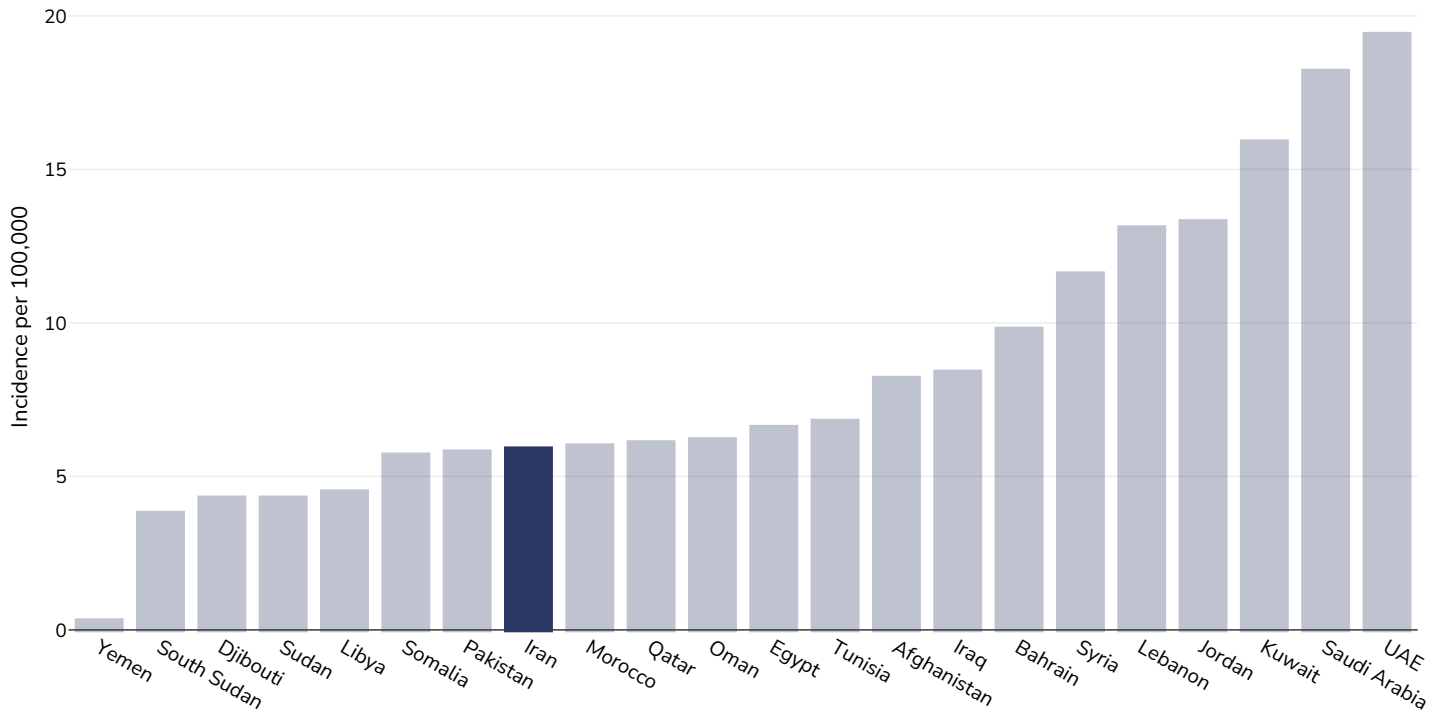
Area covered: National

References: Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.fr/today>, accessed 10.01.2183

Definitions: Age-standardized incidence rates per 100 000

Cancer of the uterus

Women, 2020



Age: 20+

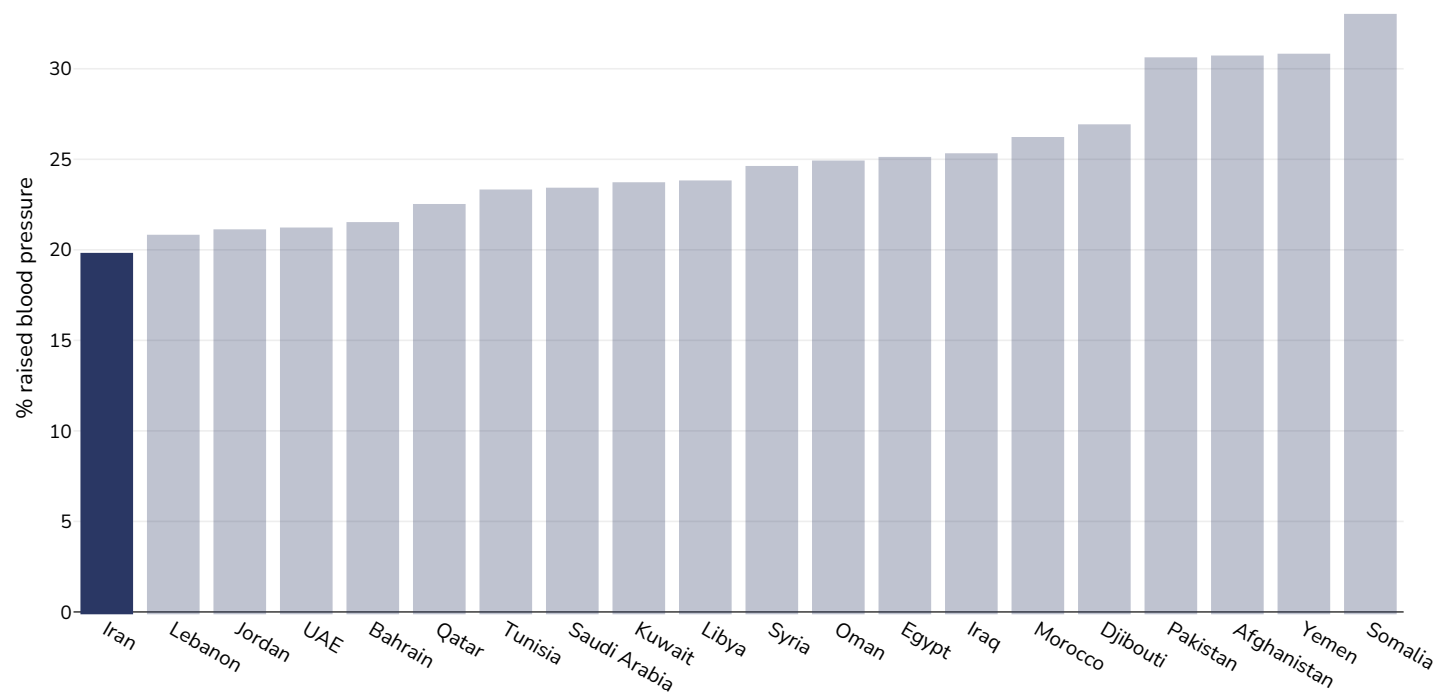
Area covered: National

References: Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.fr/today>, accessed 10.01.2183

Definitions: Age-standardized incidence rates per 100 000

Raised blood pressure

Adults, 2015



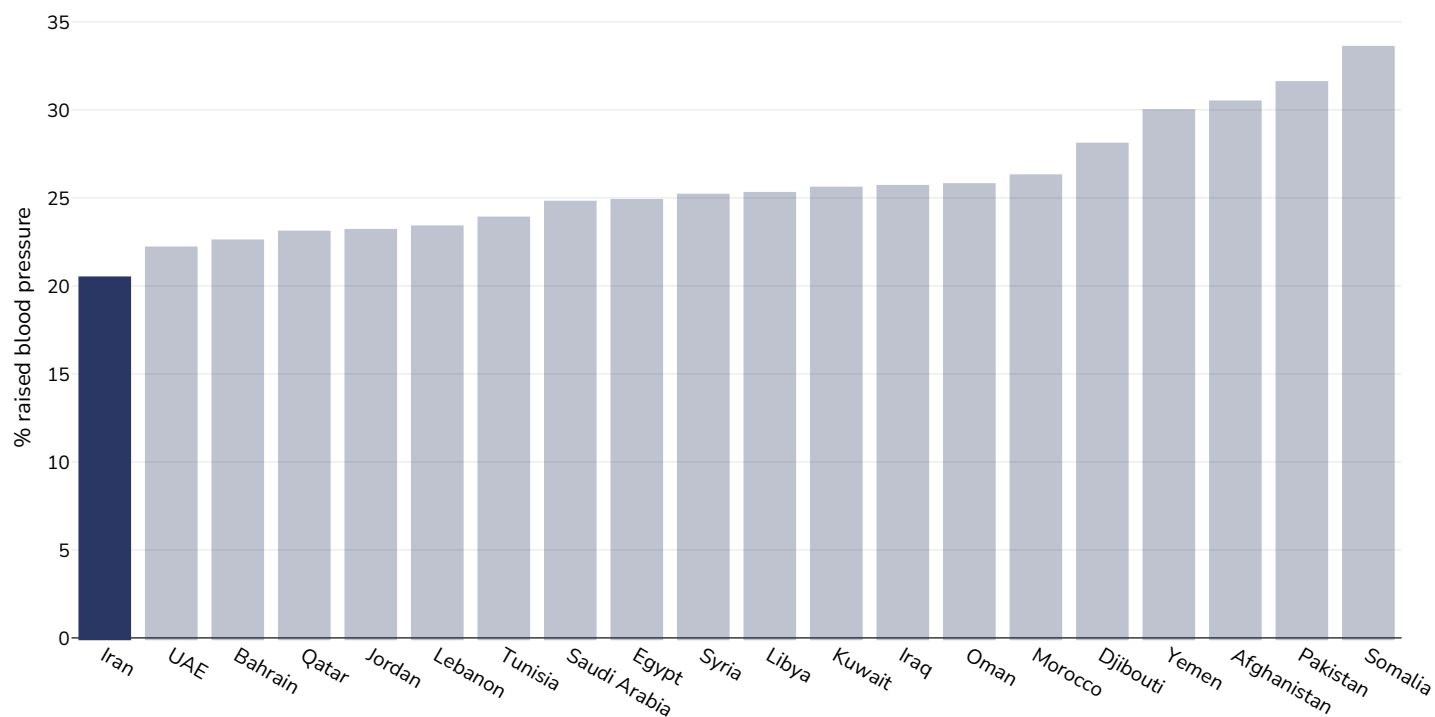
References:

Global Health Observatory data repository, World Health Organisation,
<http://apps.who.int/gho/data/node.main.A875?lang=en>

Definitions:

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

Men, 2015



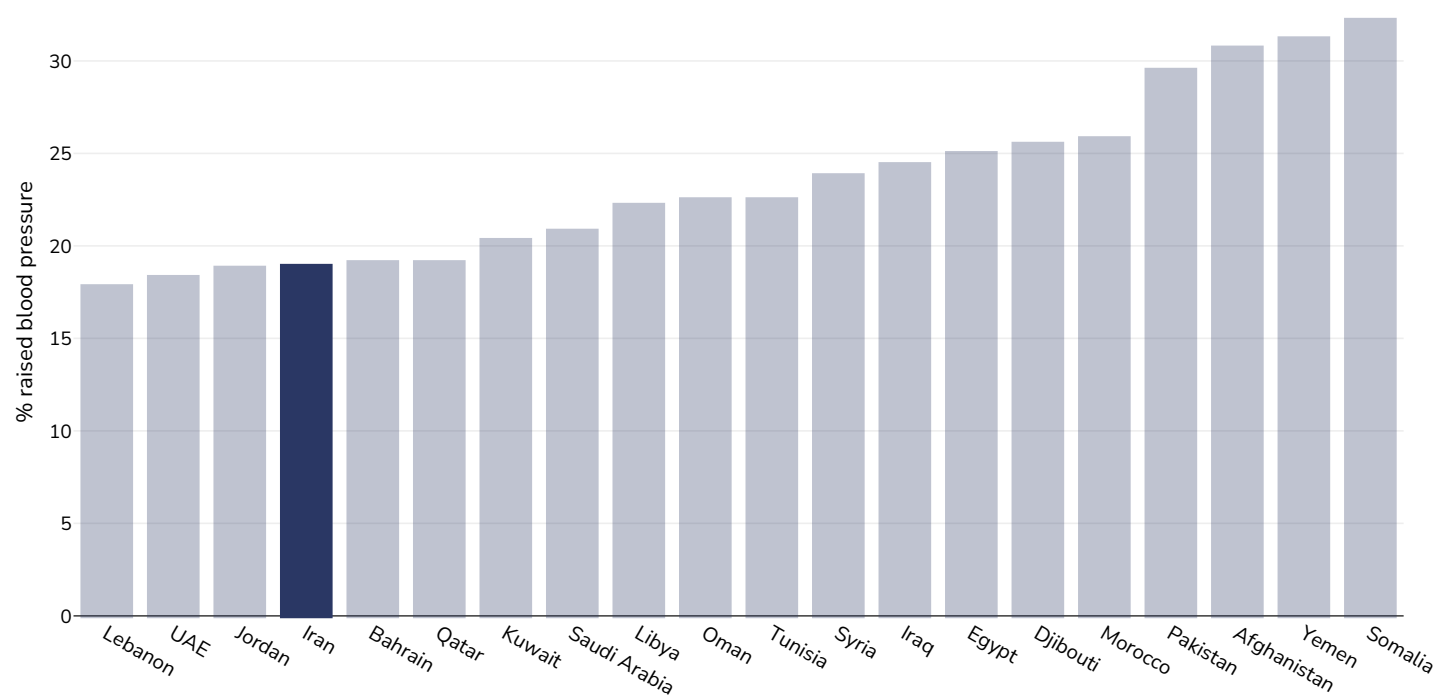
References:

Global Health Observatory data repository, World Health Organisation,
<http://apps.who.int/gho/data/node.main.A875?lang=en>

Definitions:

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

Women, 2015



References:

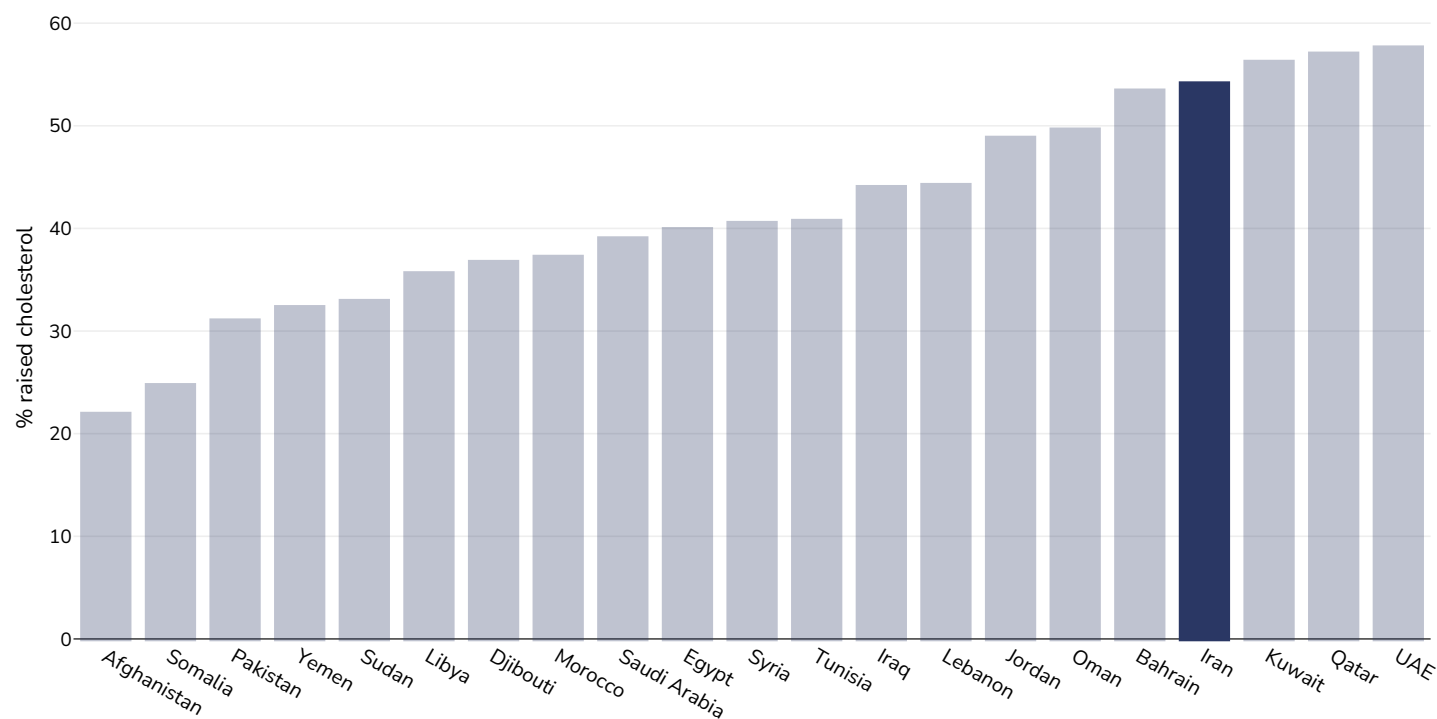
Global Health Observatory data repository, World Health Organisation,
<http://apps.who.int/gho/data/node.main.A875?lang=en>

Definitions:

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

Raised cholesterol

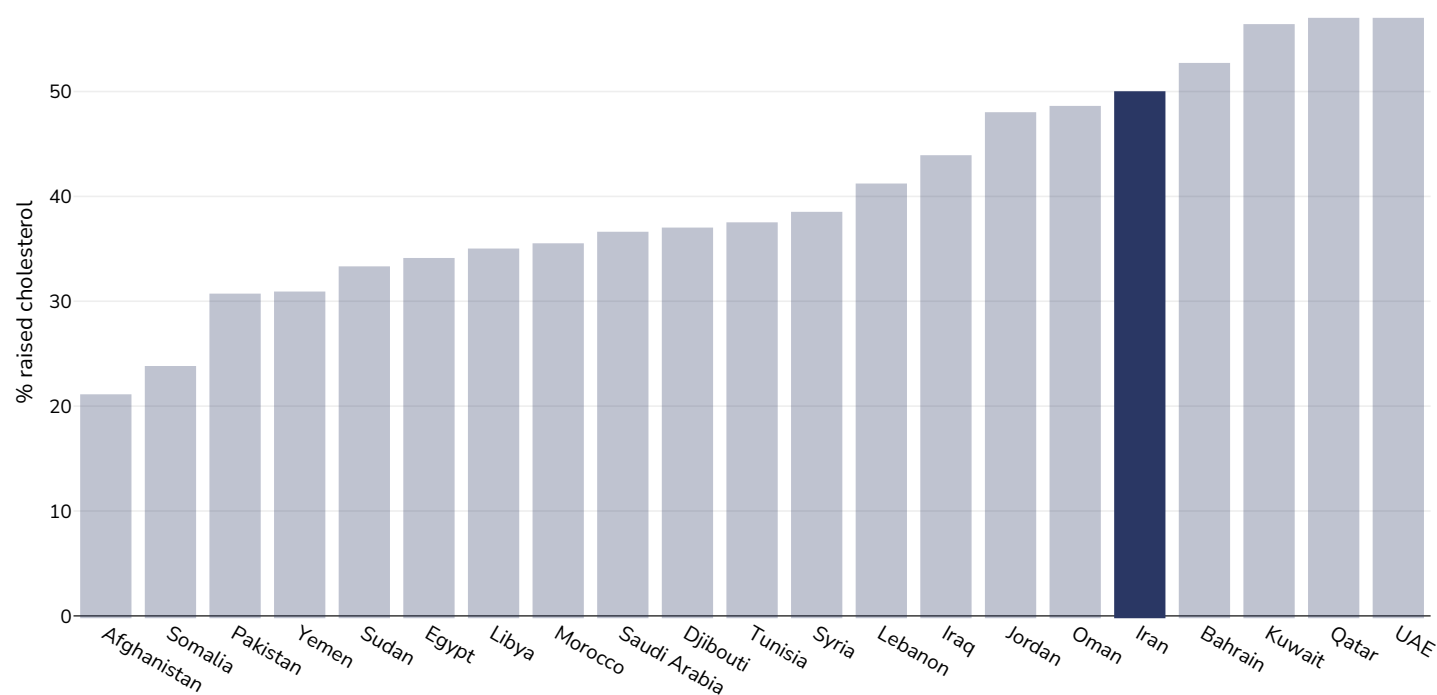
Adults, 2008



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).

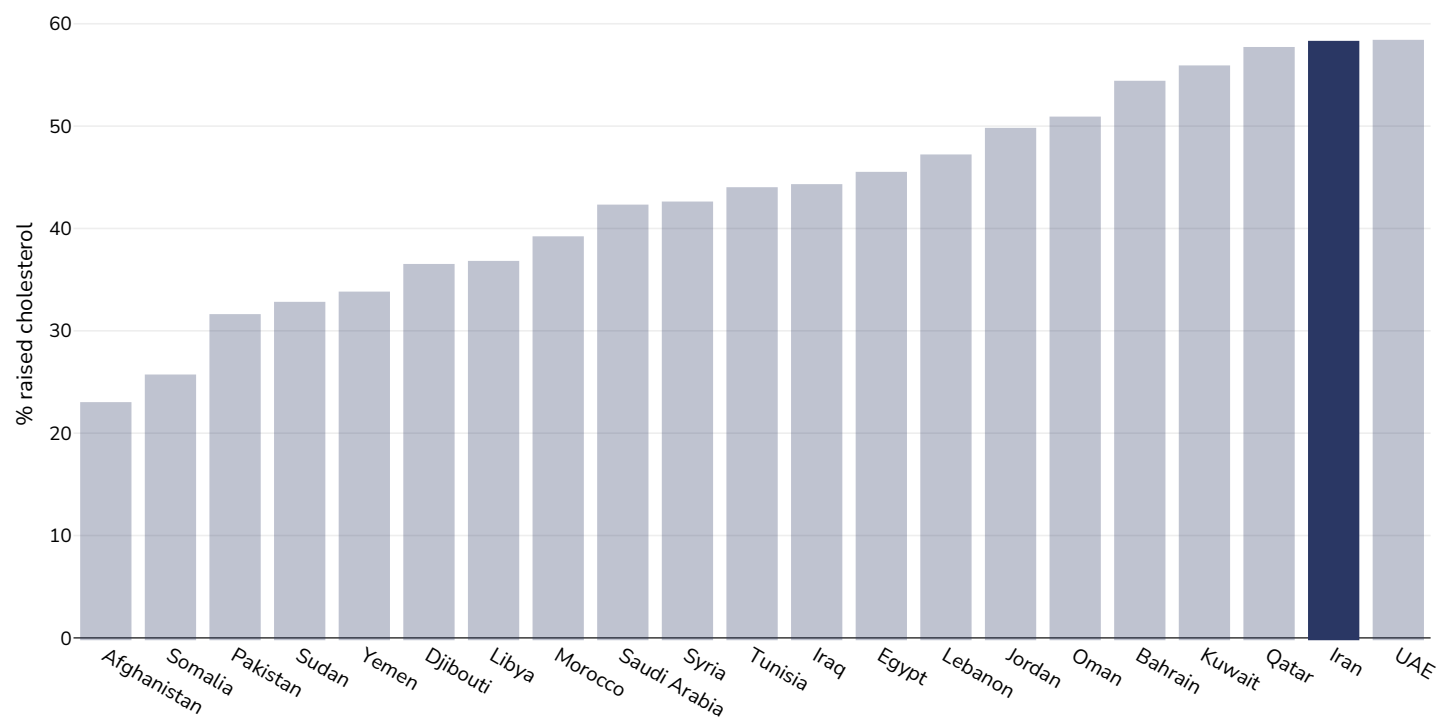
Men, 2008



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

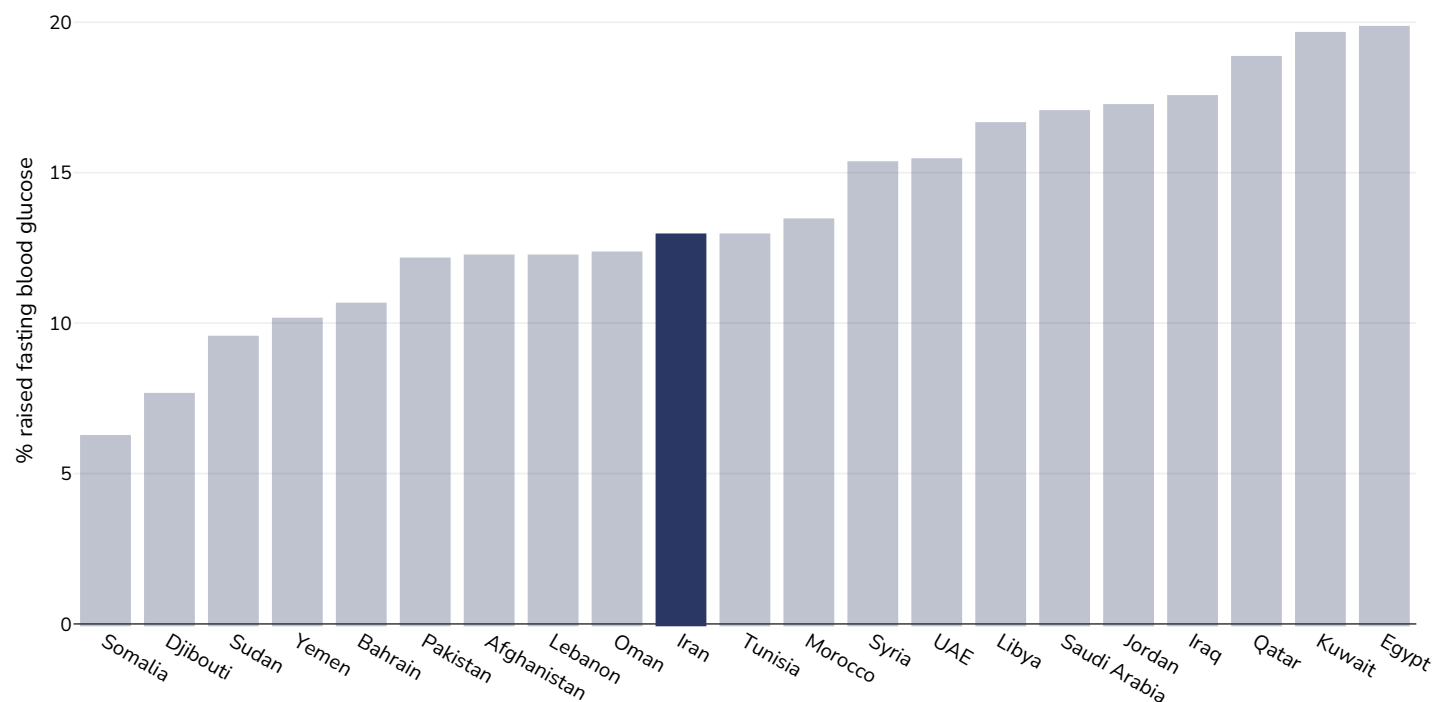


References: Global Health Observatory data repository, World Health Organisation, <http://apps.who.int/gho/data/node.main.A885>

Definitions: % Raised total cholesterol (≥ 5.0 mmol/L) (age-standardized estimate).

Raised fasting blood glucose

Men, 2014



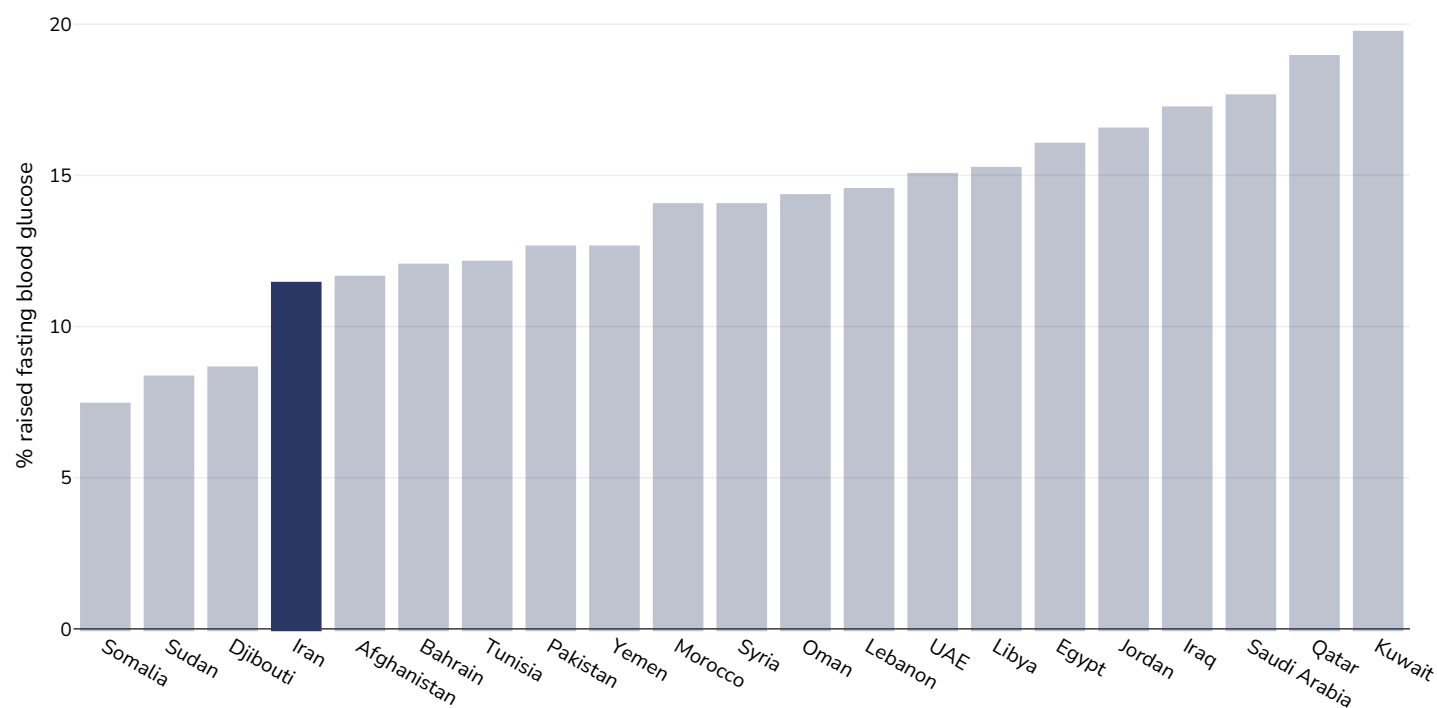
References:

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:

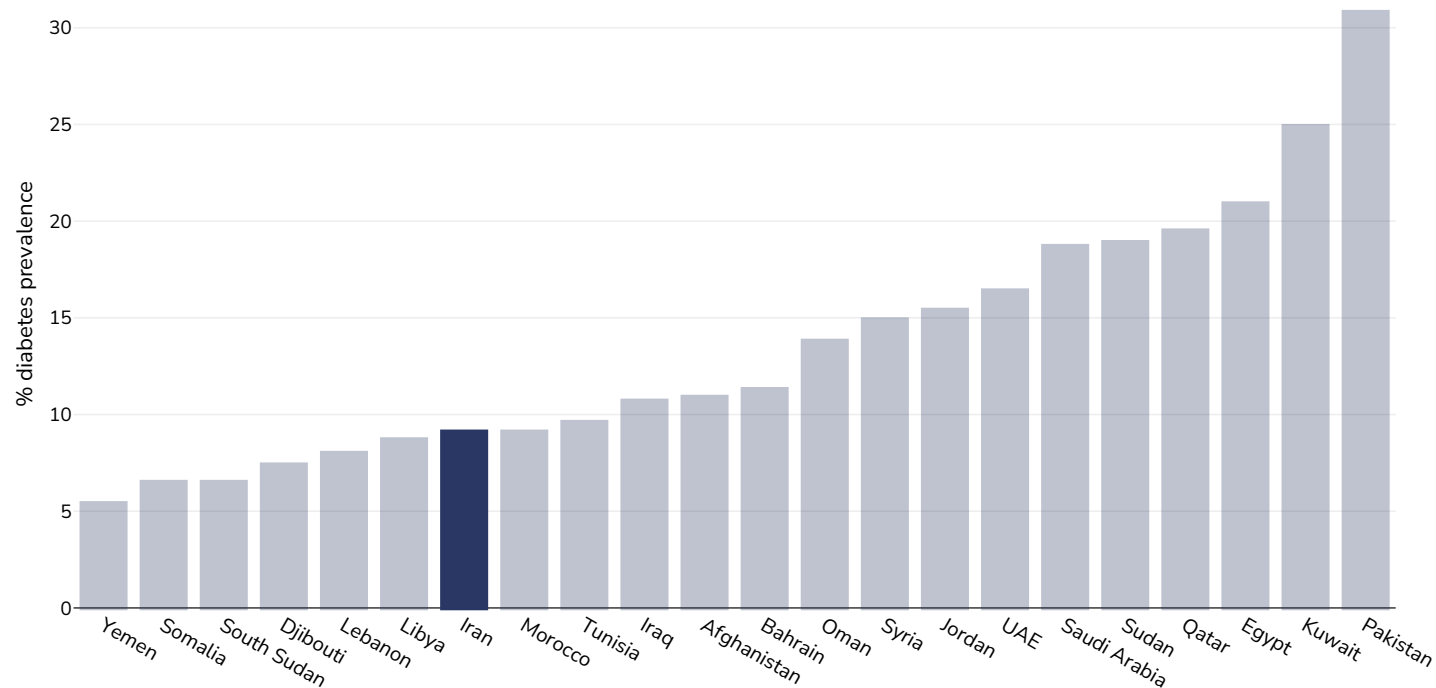
Global Health Observatory data repository, World Health Organisation,
<http://apps.who.int/gho/data/node.main.A869?lang=en>

Definitions:

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

Diabetes prevalence

Adults, 2021



Age: 20-79

Area covered: National

References: Reproduced with kind permission International Diabetes Federation. IDF Diabetes Atlas, 10th edn. Brussels, Belgium:International Diabetes Federation, 2021. <http://www.diabetesatlas.org>






Definitions: Age-adjusted comparative prevalence of diabetes, %

Contextual factors

Disclaimer: These contextual factors should be interpreted with care. Results are updated as regularly as possible and use very specific criteria. The criteria used and full definitions are available for download at the bottom of this page.



Labelling

| | |
|------------------------------------------------|-------------------------------------------------------------------------------------|
| Is there mandatory nutrition labelling? |  |
| Front-of-package labelling? |  |
| Back-of-pack nutrition declaration? |  |
| Color coding? |  |
| Warning label? |  |



Regulation and marketing

| | |
|-----------------------------------------------------------------------------------------------------------------------|----------|
| Are there fiscal policies on unhealthy products? | ✗ |
| Tax on unhealthy foods? | ✗ |
| Tax on unhealthy drinks? | ✗ |
| Are there fiscal policies on healthy products? | ✗ |
| Subsidy on fruits? | ✗ |
| Subsidy on vegetables? | ✗ |
| Subsidy on other healthy products? | ✗ |
| Mandatory limit or ban of trans fat (all settings)? | ✓ |
| Mandatory limit of trans fats in place (all settings)? | ✓ |
| Ban on trans-fats or phos in place (all settings)? | ✗ |
| Are there any mandatory policies/marketing restrictions on the promotion of unhealthy food/drinks to children? | ✓ |
| Mandatory restriction on broadcast media? | ✓ |
| Mandatory restriction on non-broadcast media? | ✗ |
| Voluntary policies/marketing restrictions on the promotion of unhealthy food/drinks to children? | ✗ |
| Are there mandatory standards for food in schools? | ✓ |
| Are there any mandatory nutrient limits in any manufactured food products? | ✓ |
| Nutrition standards for public sector procurement? | ✗ |



Political will and support

| | |
|---------------------------------------------------------------------------------|---|
| National obesity strategy or nutrition and physical activity national strategy? | ✗ |
| National obesity strategy? | ✗ |
| National childhood obesity strategy? | ✗ |
| Comprehensive nutrition strategy? | ? |
| Comprehensive physical activity strategy? | ? |
| Evidence-based dietary guidelines and/or RDAs? | ✓ |
| National target(s) on reducing obesity? | ✓ |
| Guidelines/policy on obesity treatment? | ? |
| Promotion of breastfeeding? | ✓ |



Monitoring and surveillance

| | |
|------------------------------------------------------------------------------------------------|---|
| Monitoring of the prevalence and incidence for the main obesity-related NCDs and risk factors? | ✓ |
| Within 5 years? | ✗ |



Governance and resource

| | |
|-----------------------------------------------------------------------------------------------|---|
| Multi-sectoral national co-ordination mechanism for obesity or nutrition (including obesity)? | ✓ |
|-----------------------------------------------------------------------------------------------|---|

Key

✓ Present

✓_v Present
(voluntary)

✓ Incoming

✗ Absent

? Unknown

