



Iran



Country report card

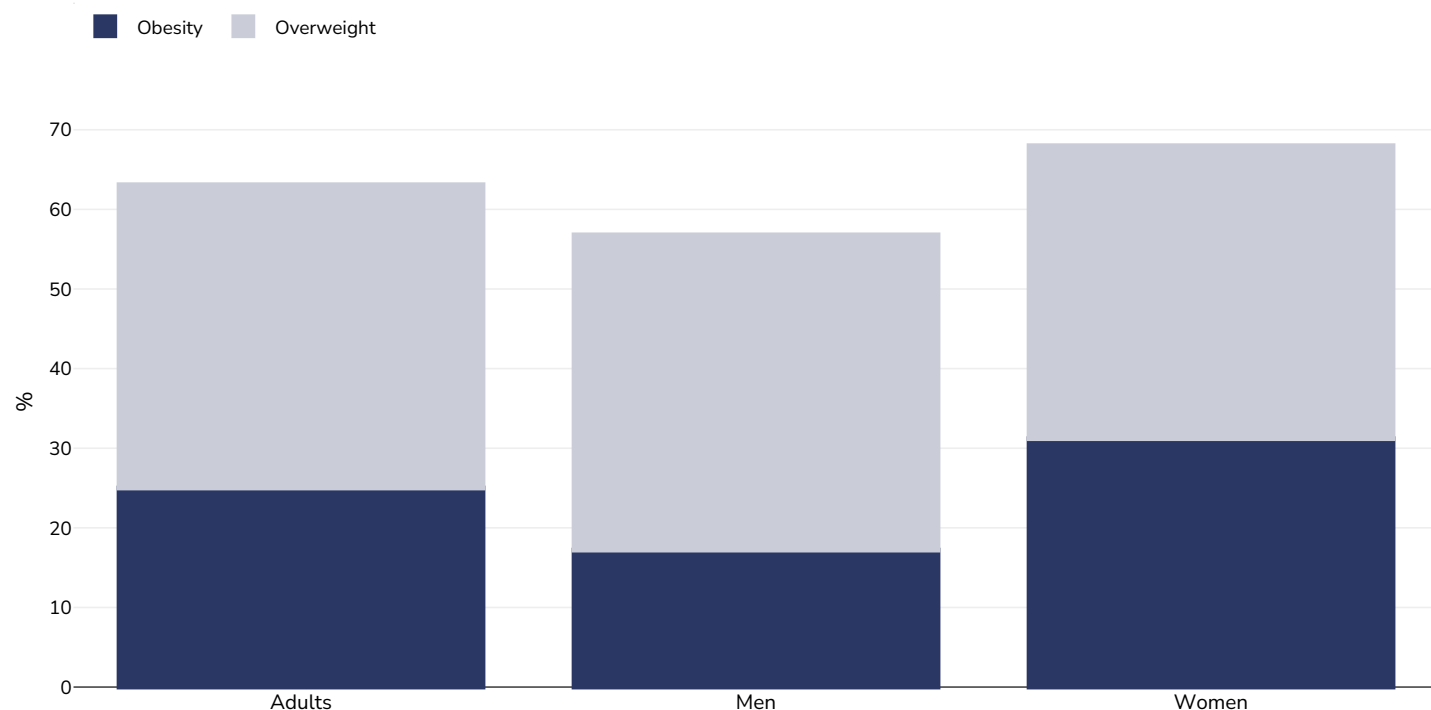
This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity . Where available, data on common and relevant obesity drivers and comorbidities are also presented.

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

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Obesity prevalence

Adults, 2021



Survey type: Measured

Age: 18+

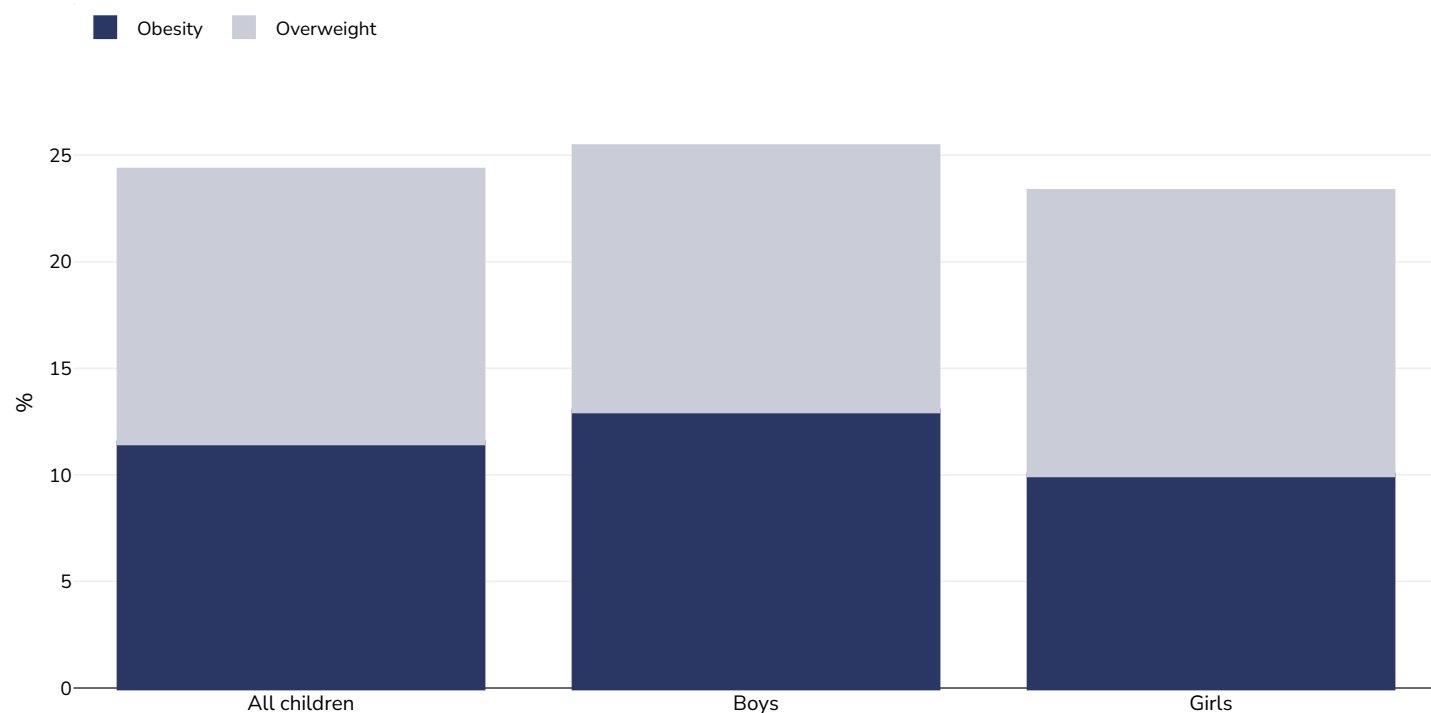
Sample size: 27745

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

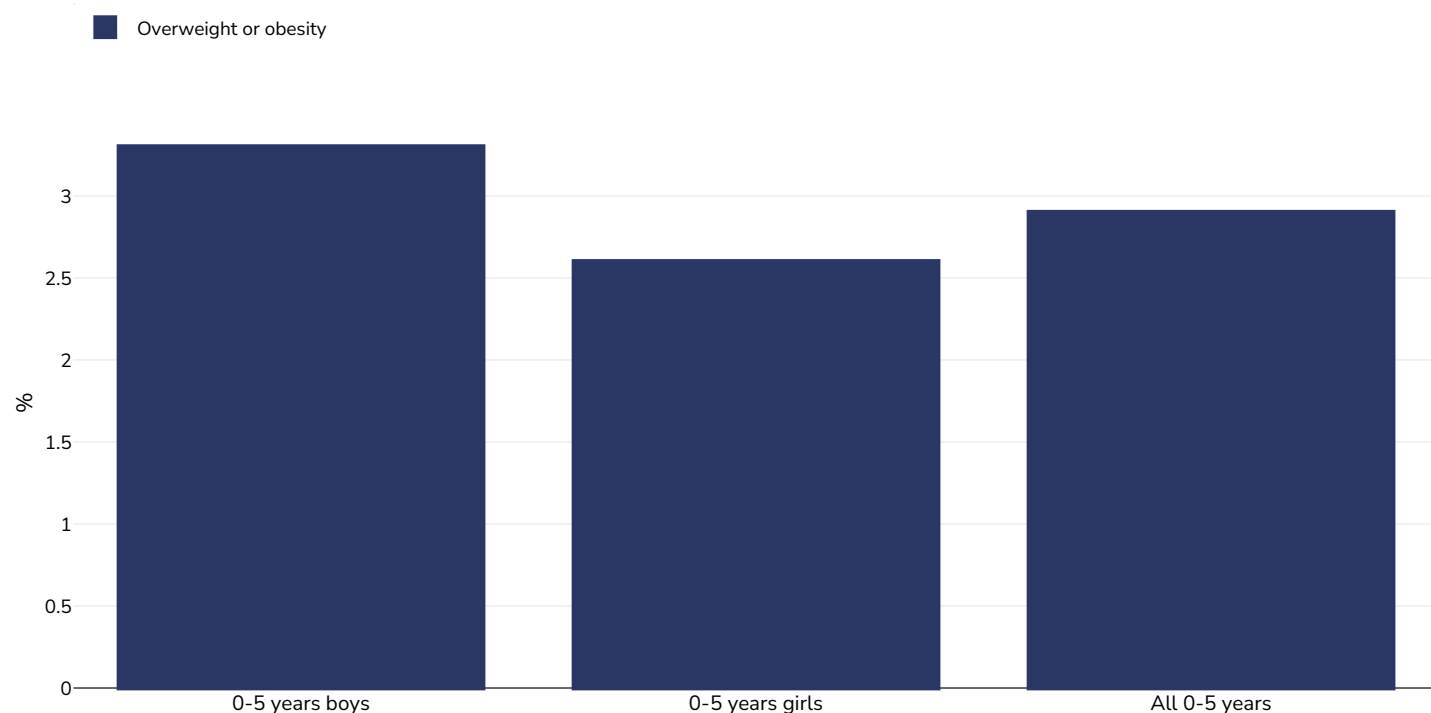
Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².

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. 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

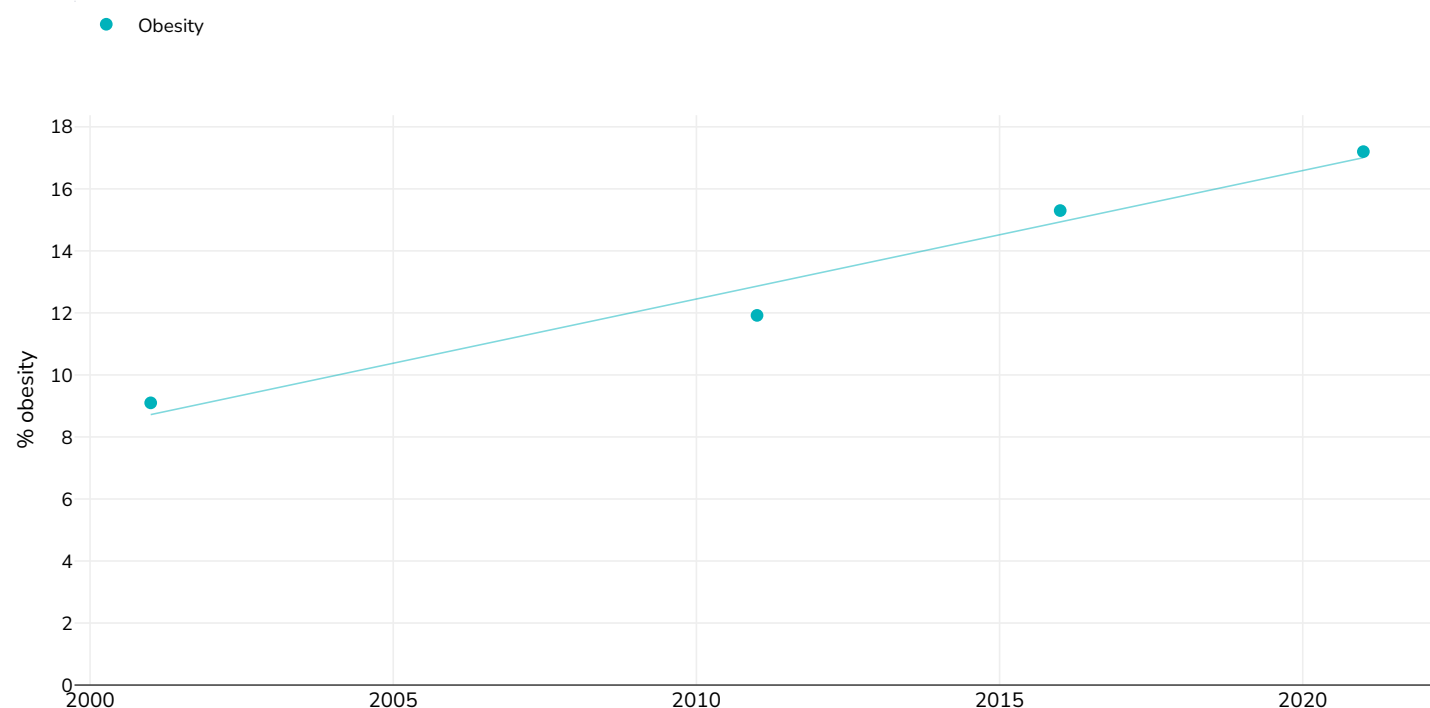
References: NNS: Children Anthropometry, Nutrition and Development Survey 2017, CANDS_IR96. Ministry of Health. 2021. Tehran, Iran

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: $\Rightarrow +2SD$

% Adults living with obesity in Iran 2001-2021

Men



Survey type:

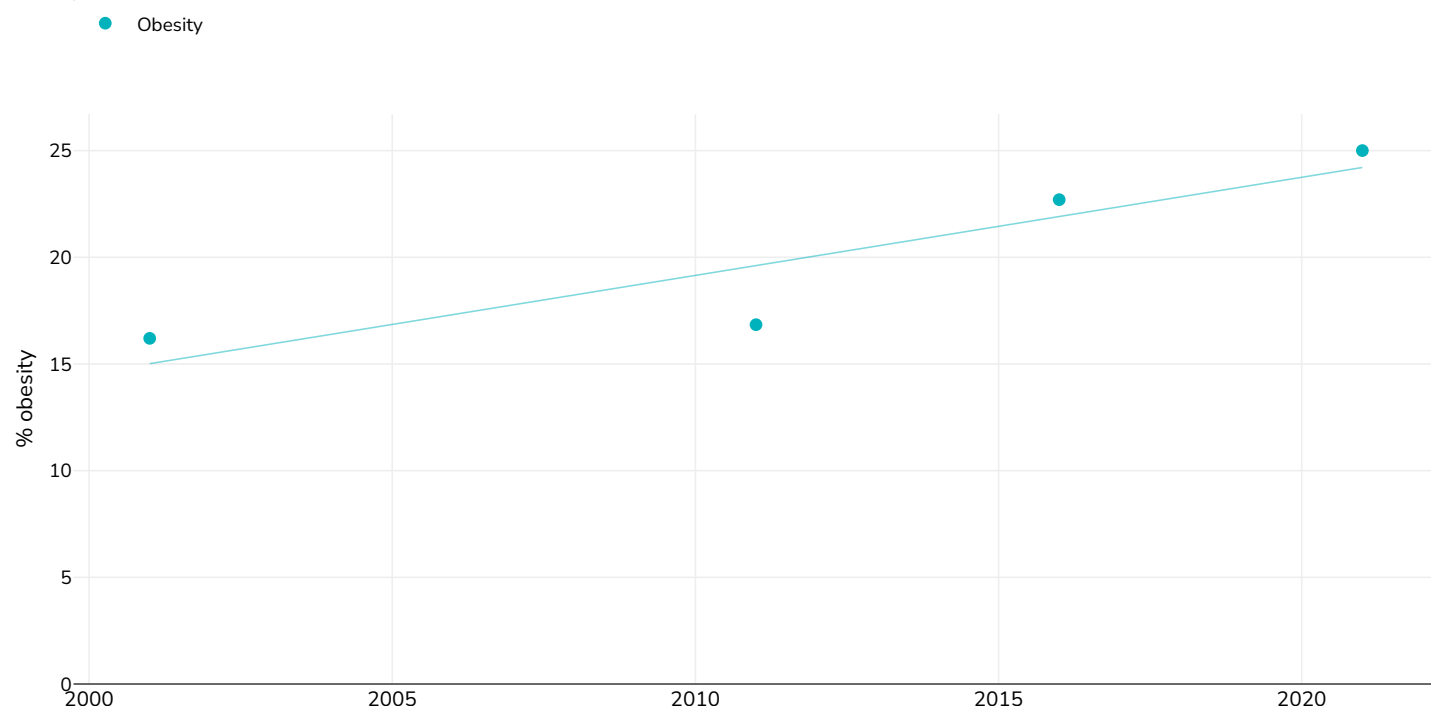
Measured

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.
- 2021: 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

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:

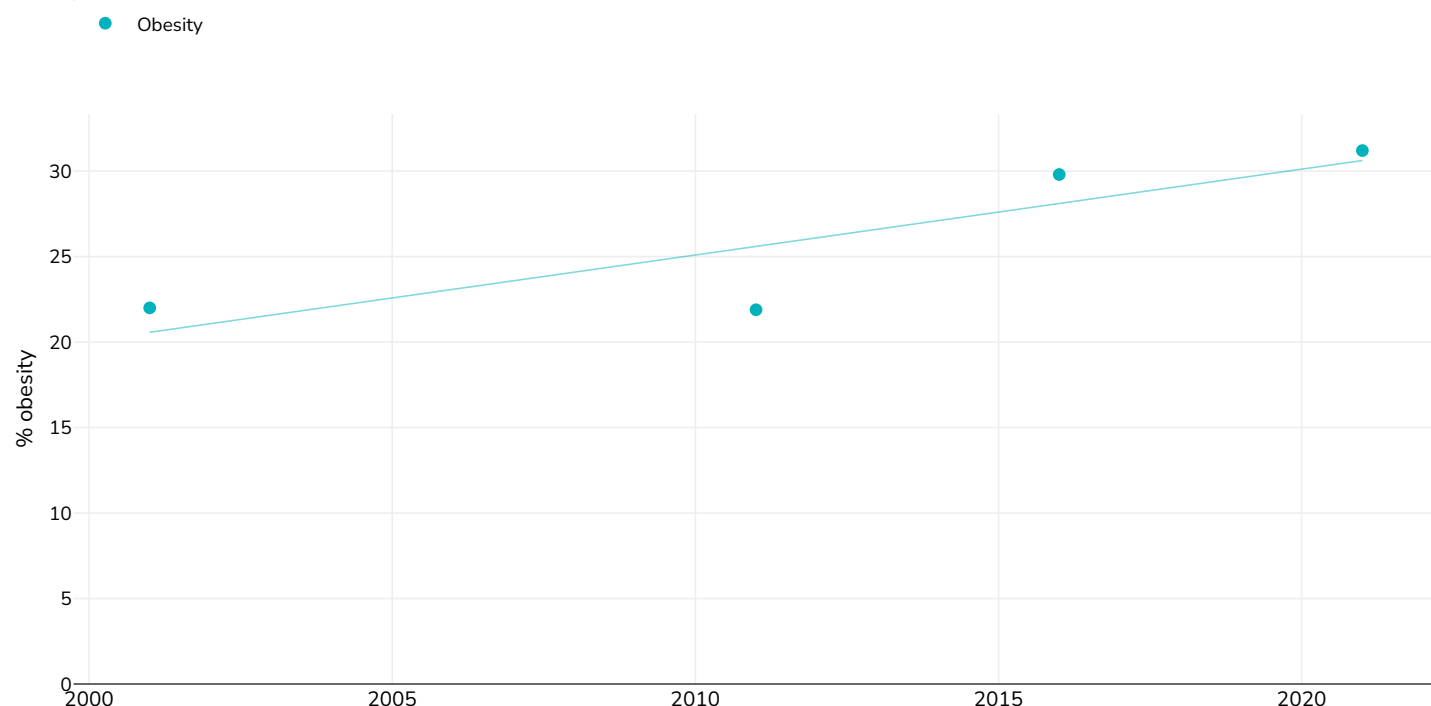
Measured

References:

- 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.
- 2021: 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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Women



Survey type:

Measured

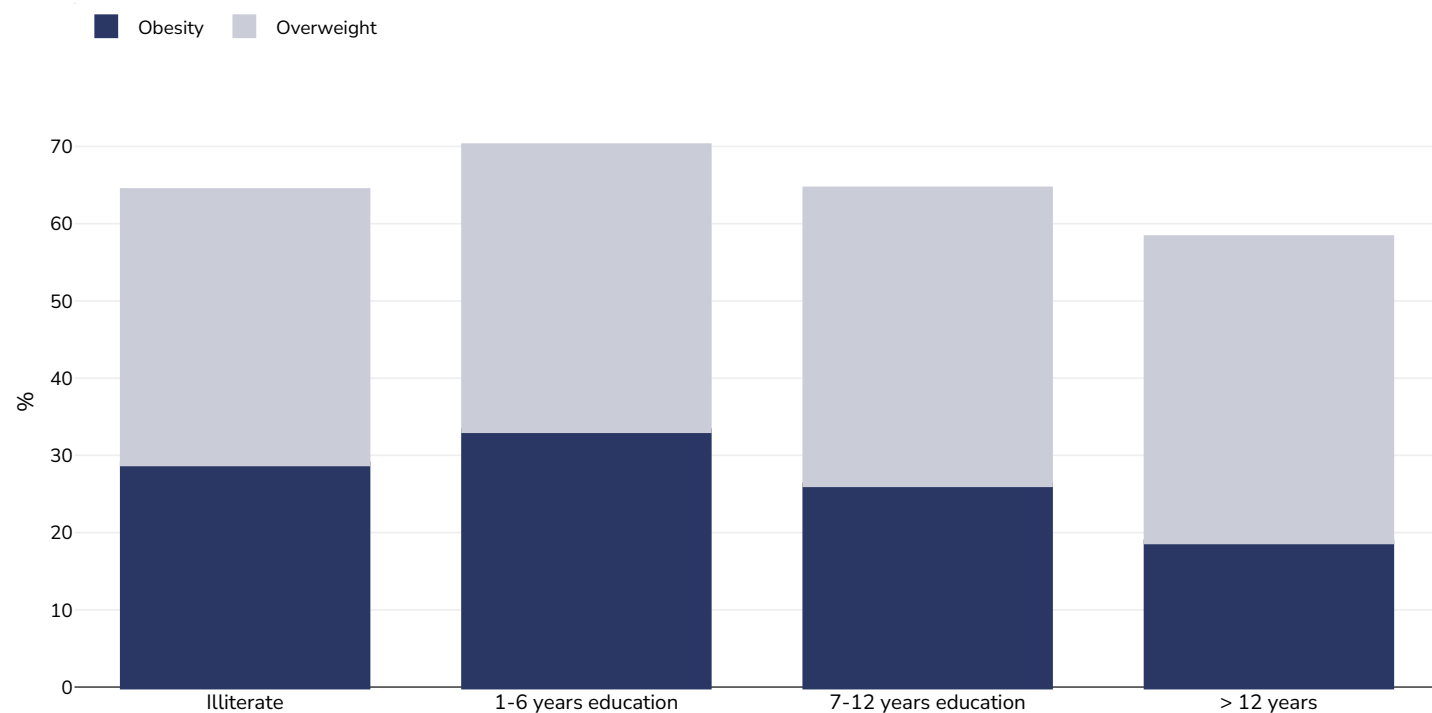
References:

- 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>
- 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.
- 2021: 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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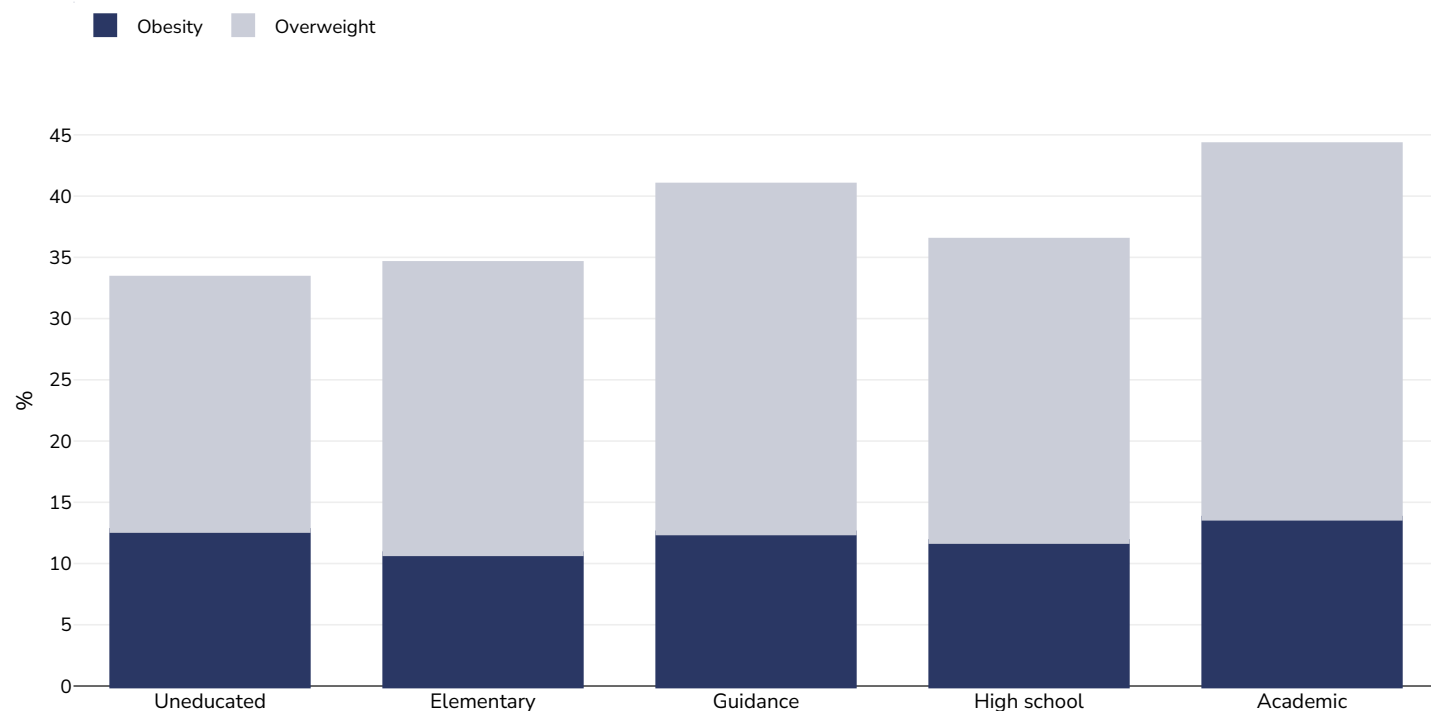
Overweight/obesity by education

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. <i>Front Endocrinol (Lausanne)</i>. 2022 Dec 1;13:1043894. doi: 10.3389/fendo.2022.1043894. PMID: 36589796; PMCID: PMC9798439.v <i>Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².</i>

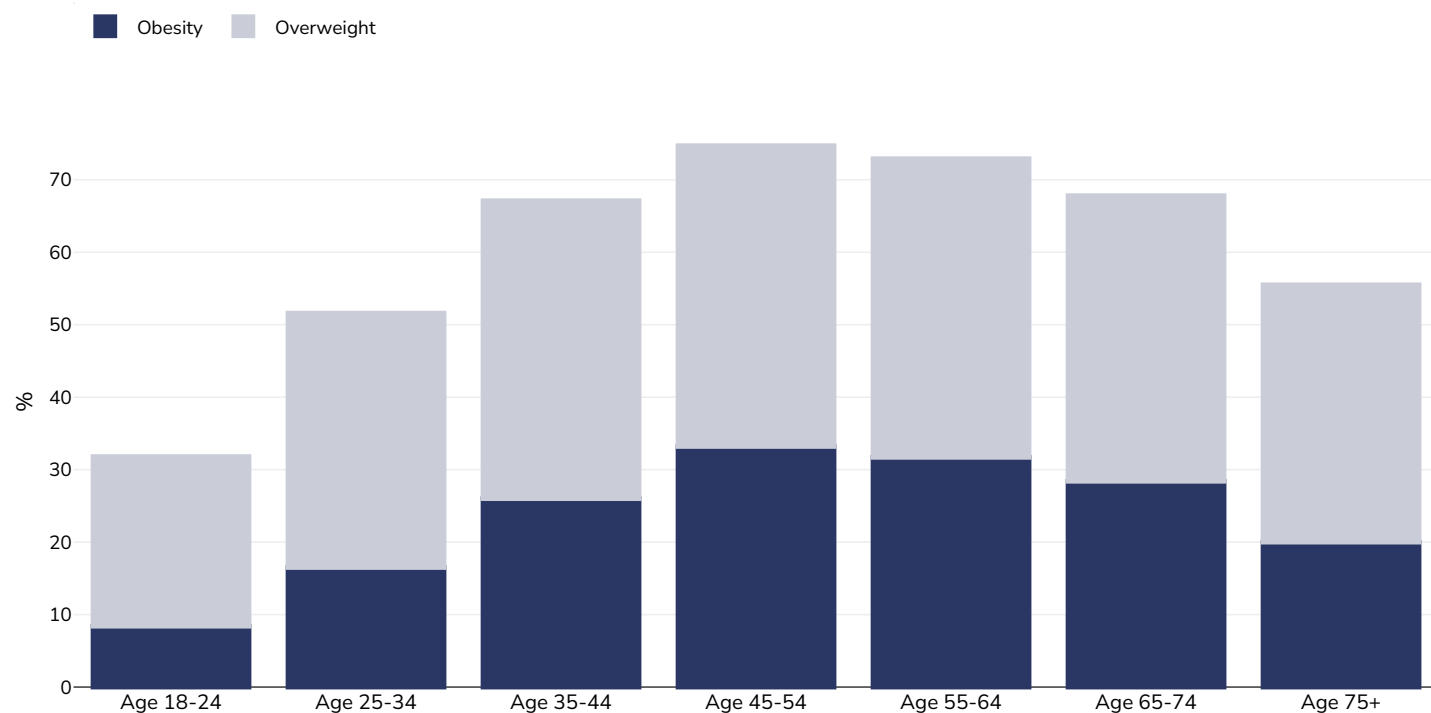
Children, 2015



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

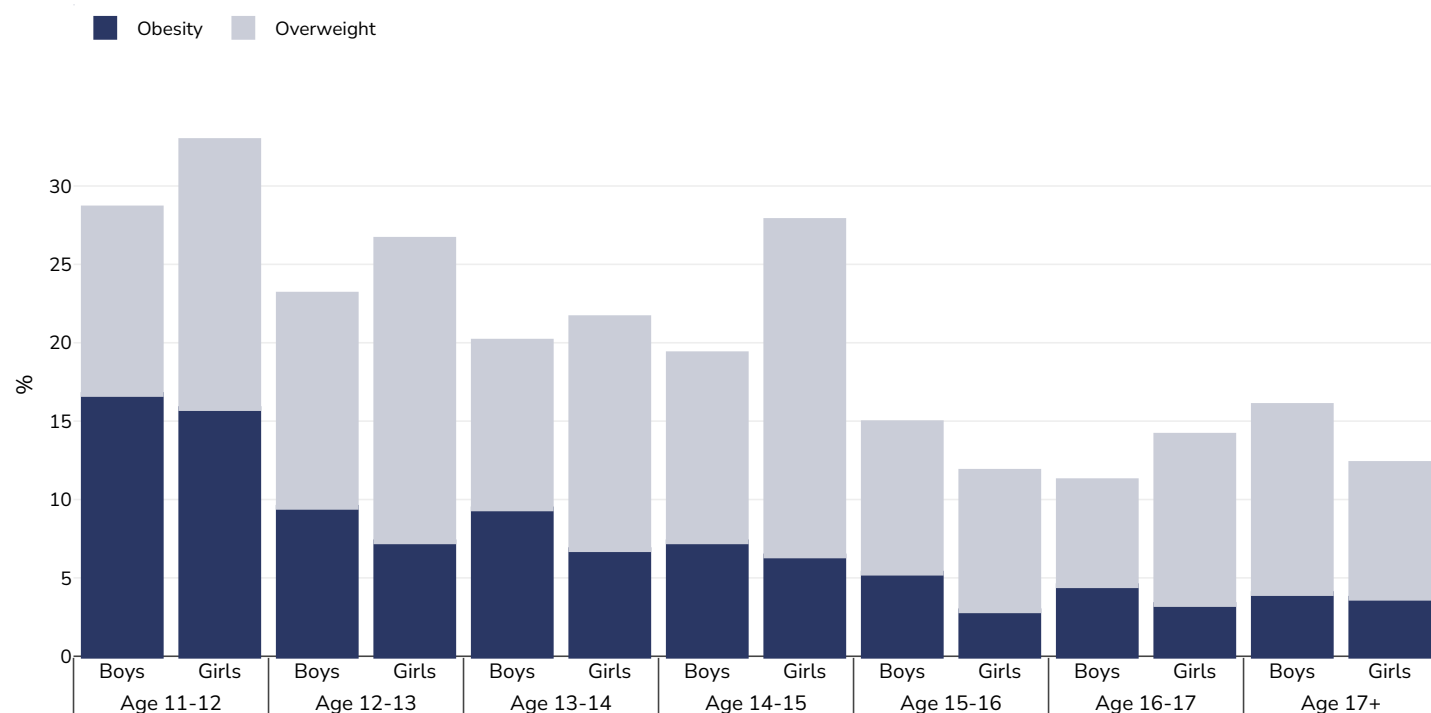
Sample size: 27745

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.

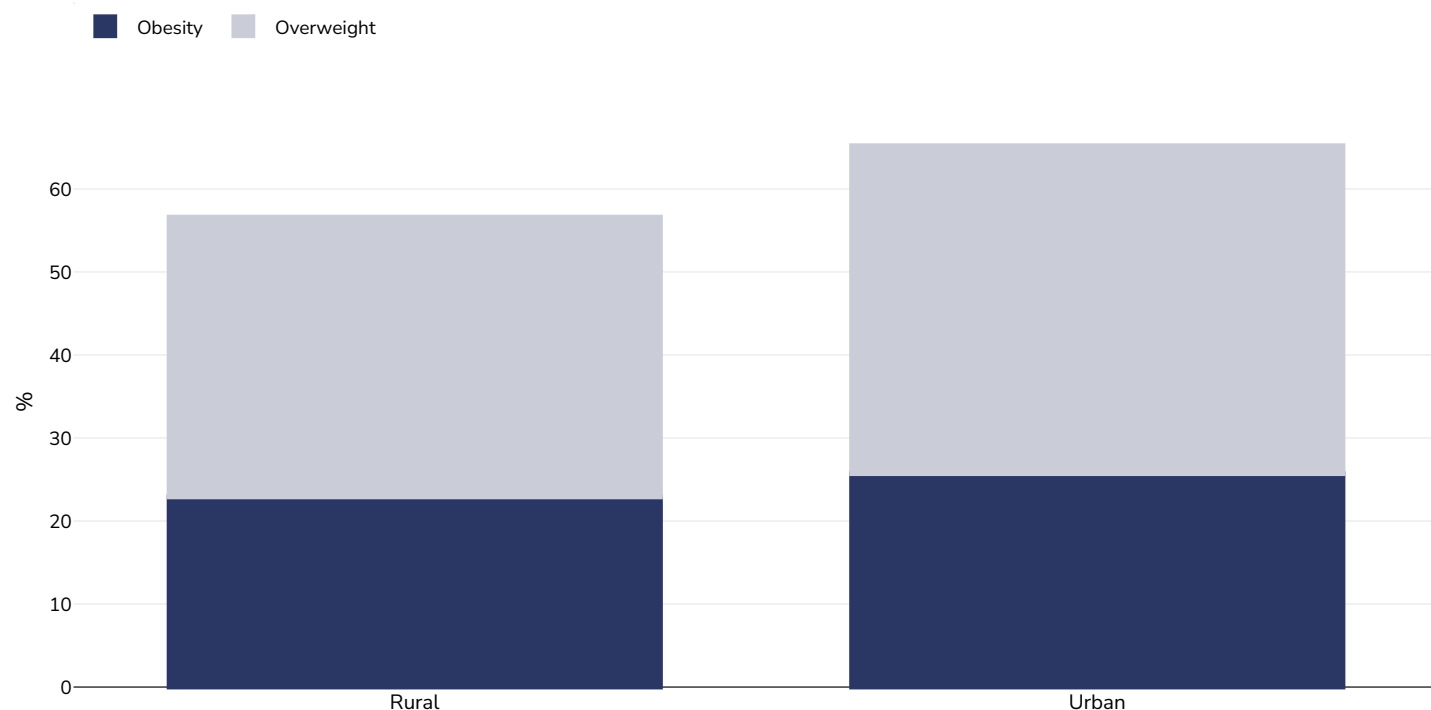
Children, 2010-2011



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

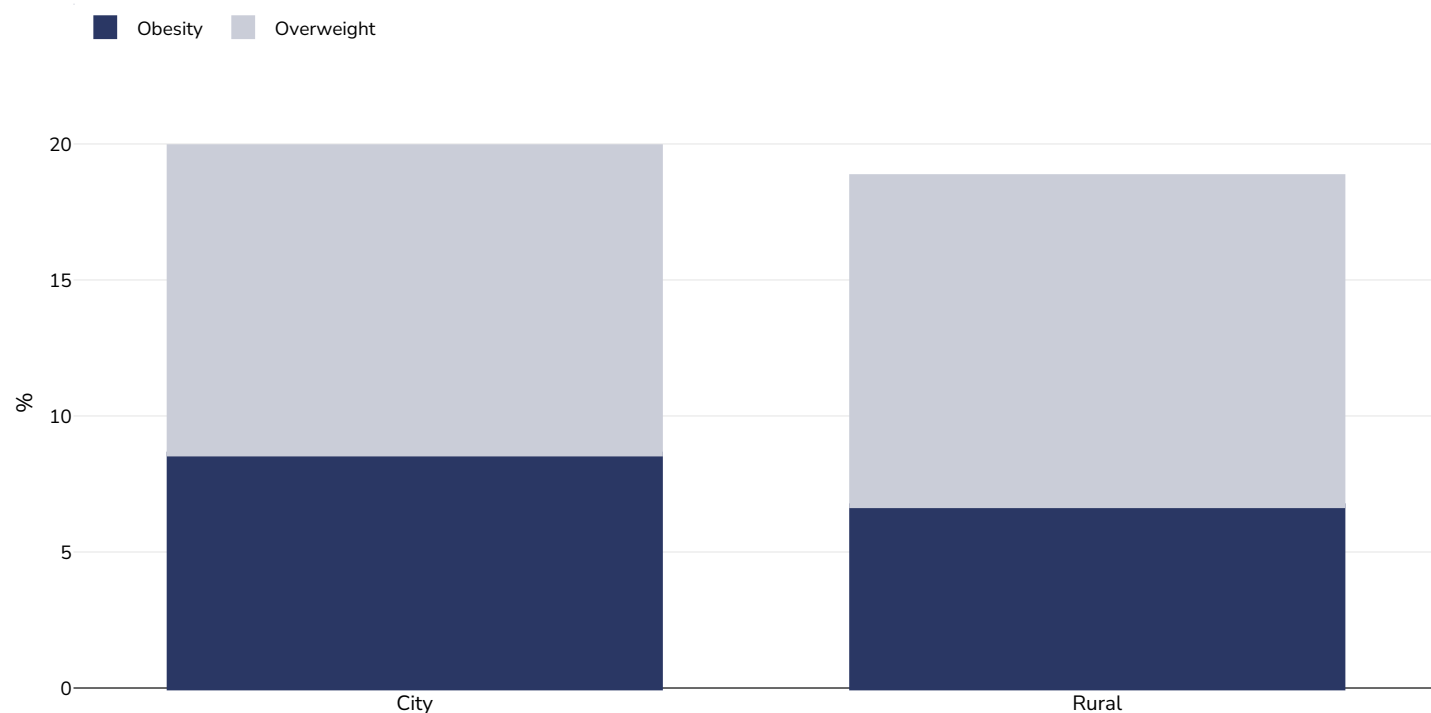
Overweight/obesity by region

Adults, 2021



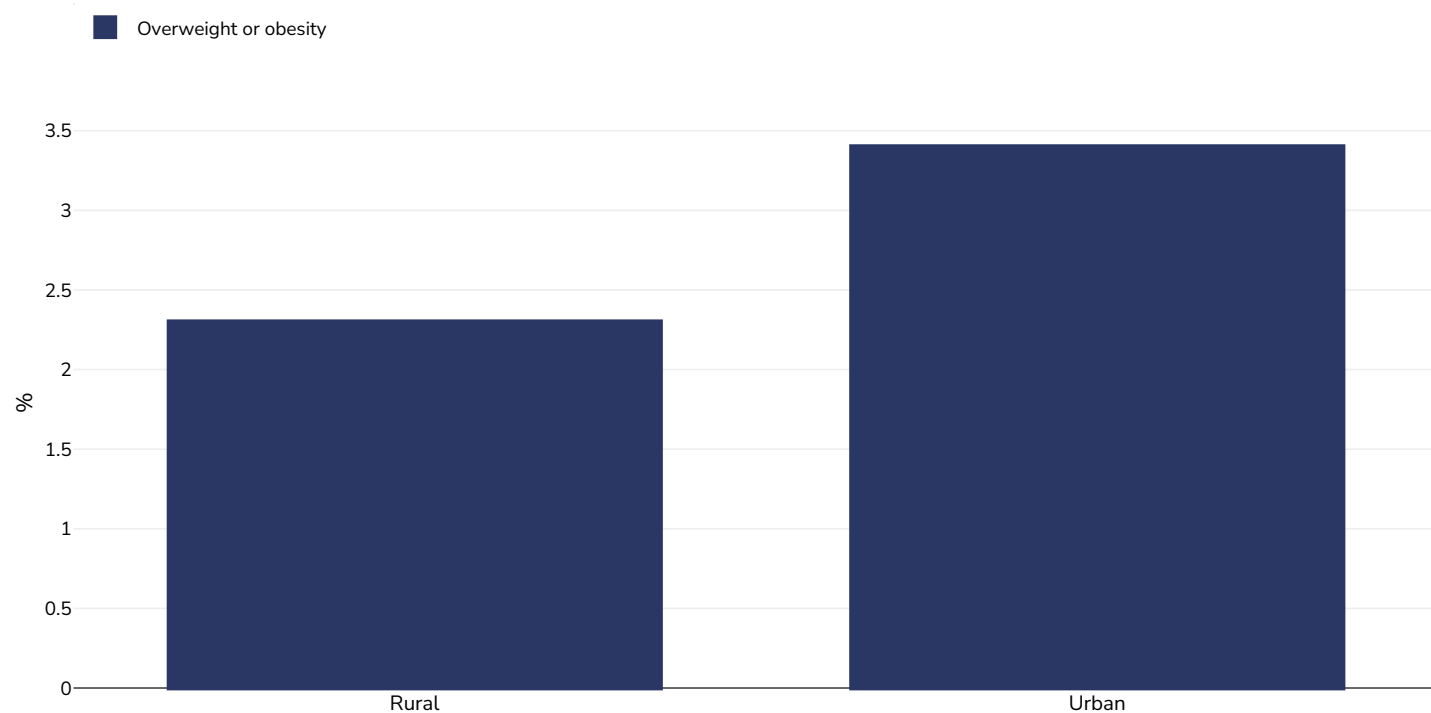
Survey type:	Measured
Age:	18+
Sample size:	27745
Area covered:	National
References:	Djalalinia S, Yoosefi M, Shahin S, Ghasemi E, Rezaei N, Ahmadi N, Rezaei N, Azmin M, Rezaei S, Nasserinejad M, Mohammadi E, Haghshenas R, Shabestari AN, Jamshidi H, Dastjerdi MV, Larijani B, Farzadfar F. The levels of BMI and patterns of obesity and overweight during the COVID-19 pandemic: Experience from the Iran STEPs 2021 survey. <i>Front Endocrinol (Lausanne)</i>. 2022 Dec 1;13:1043894. doi: 10.3389/fendo.2022.1043894. PMID: 36589796; PMCID: PMC9798439.v <i>Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².</i>

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

0-5 years, 2017



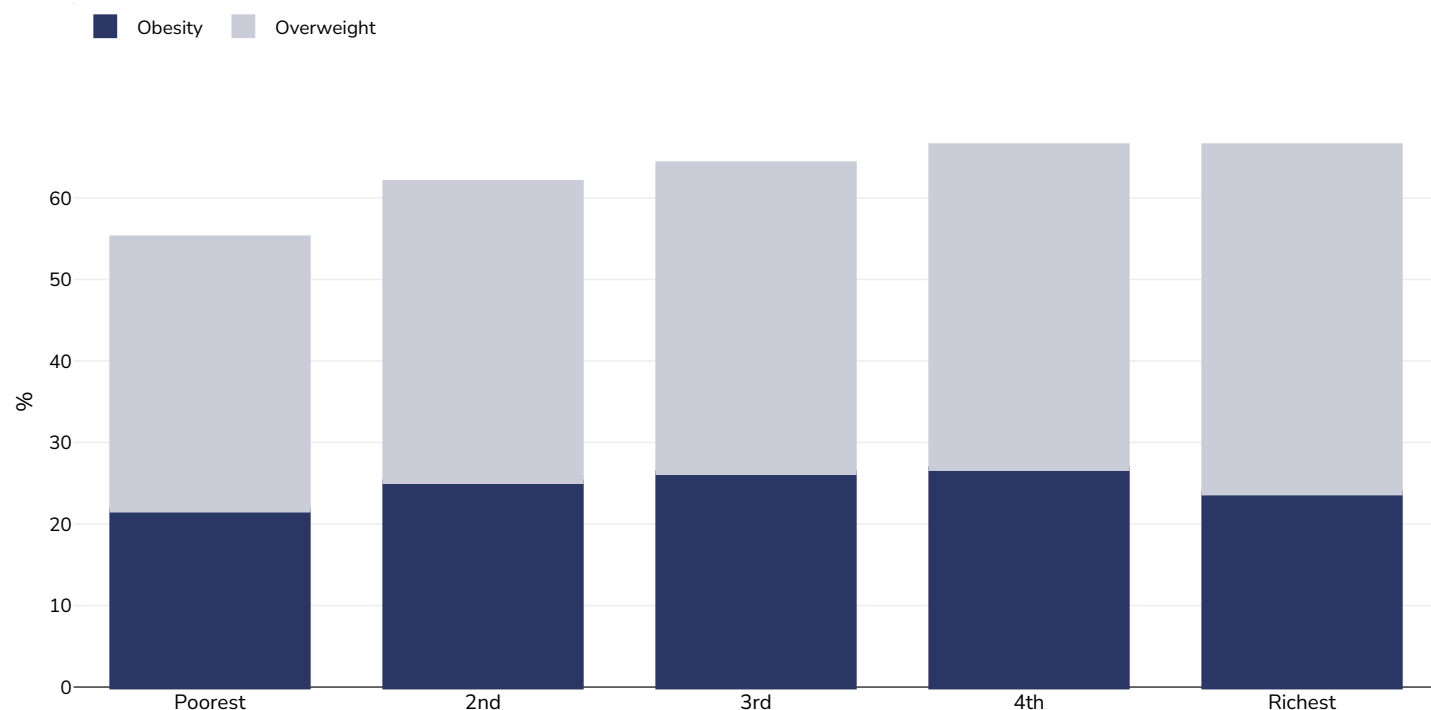
References: NNS: Children Anthropometry, Nutrition and Development Survey 2017, CANDS_IR96. Ministry of Health. 2021. Tehran, Iran

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: $\Rightarrow +2SD$

Overweight/obesity by socio-economic group

Adults, 2021



Survey type: Measured

Age: 18+

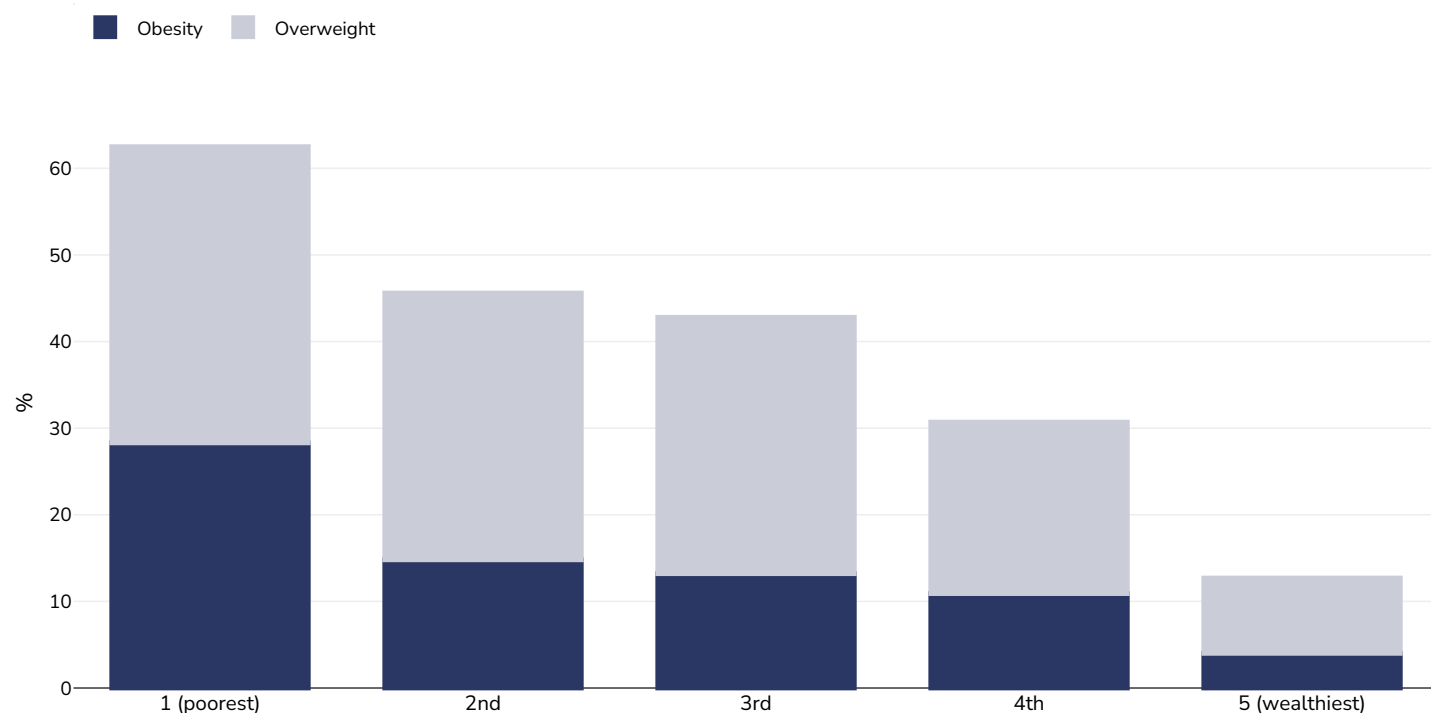
Sample size: 27745

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

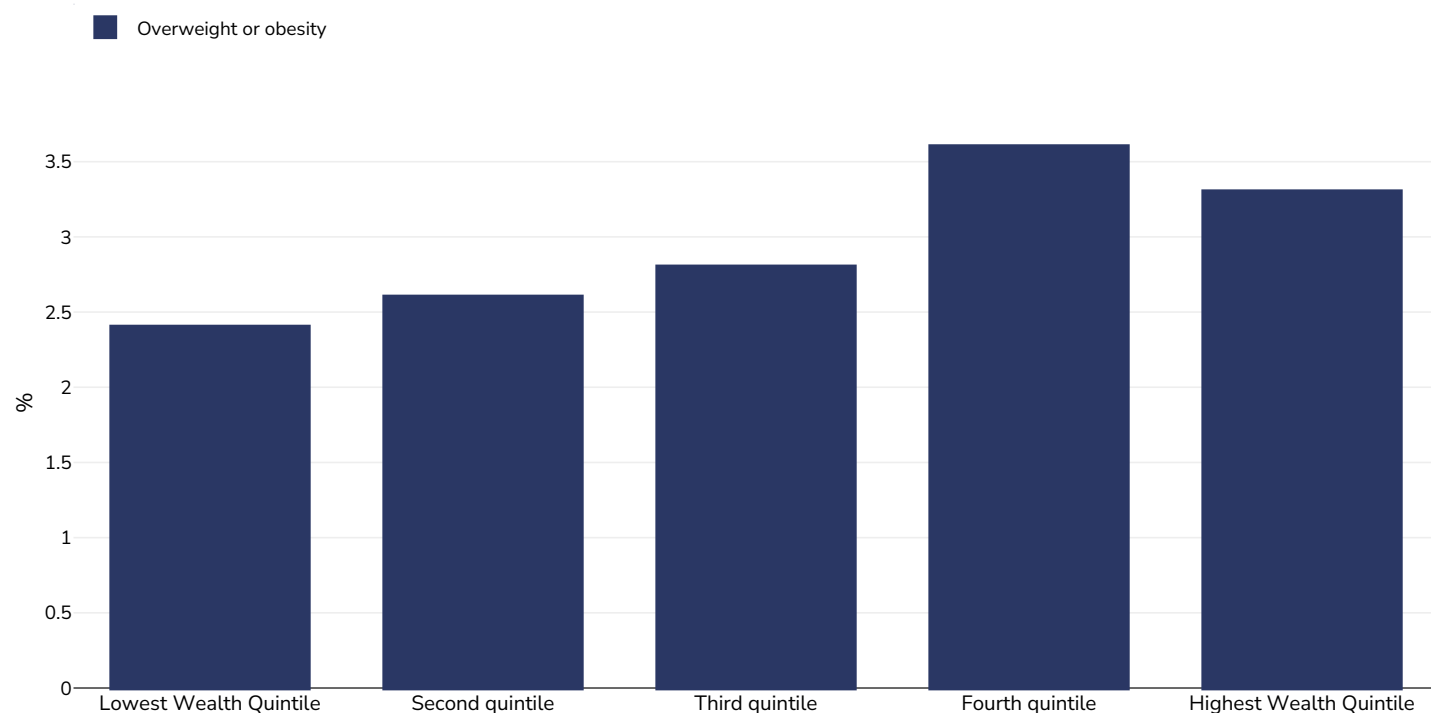
Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².

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

0-5 years, 2017



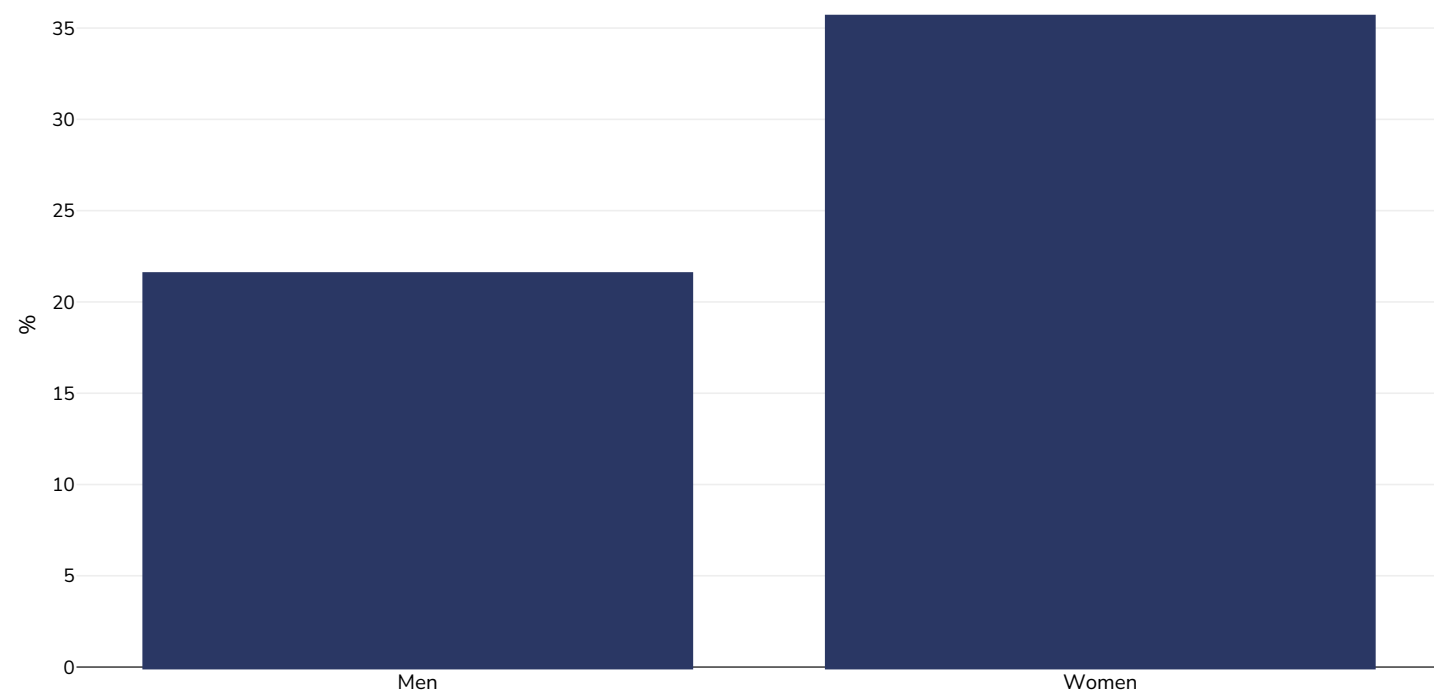
References: NNS: Children Anthropometry, Nutrition and Development Survey 2017, CANDS_IR96. Ministry of Health. 2021. Tehran, Iran

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: $\Rightarrow +2SD$

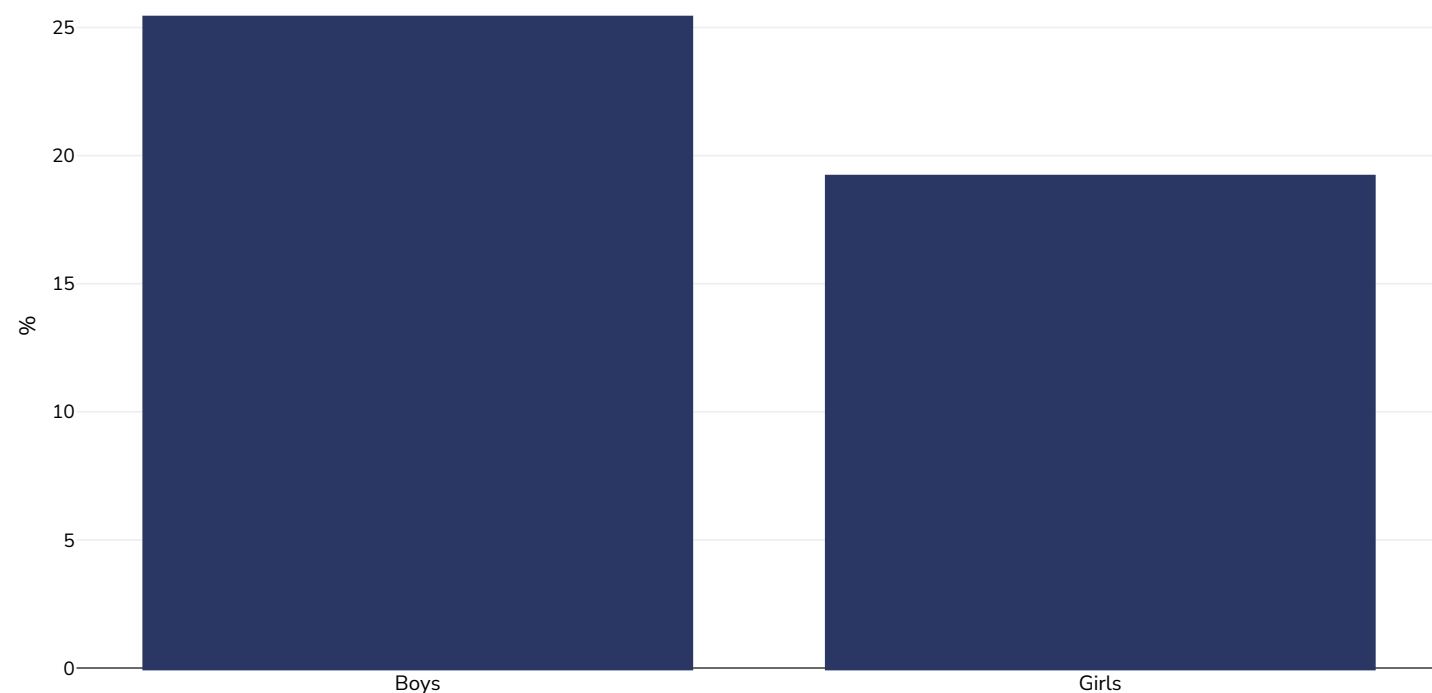
Double burden of underweight & overweight

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/m ² and BMI≥30 kg/m ² (double burden of underweight and obesity)

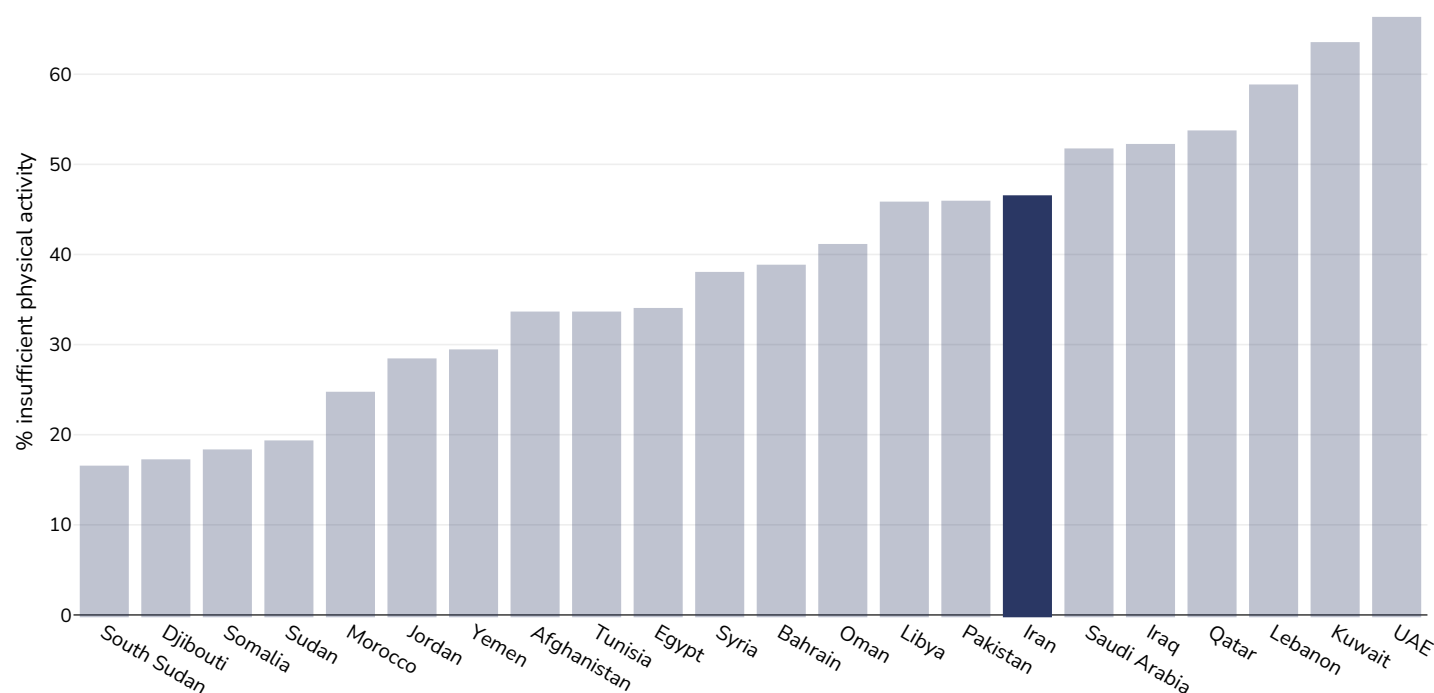
Children, 2022



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

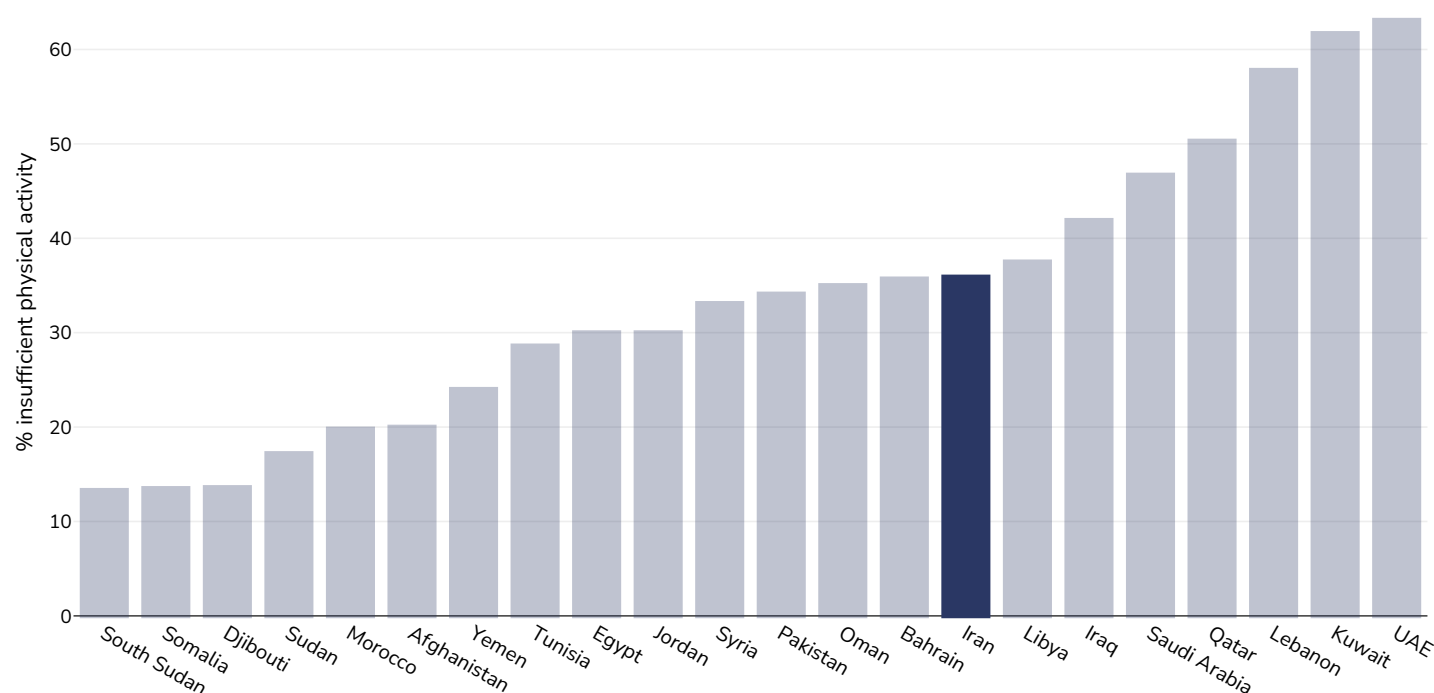
Age: 18+

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-\(age-standardized-estimate\)-\(-\)](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

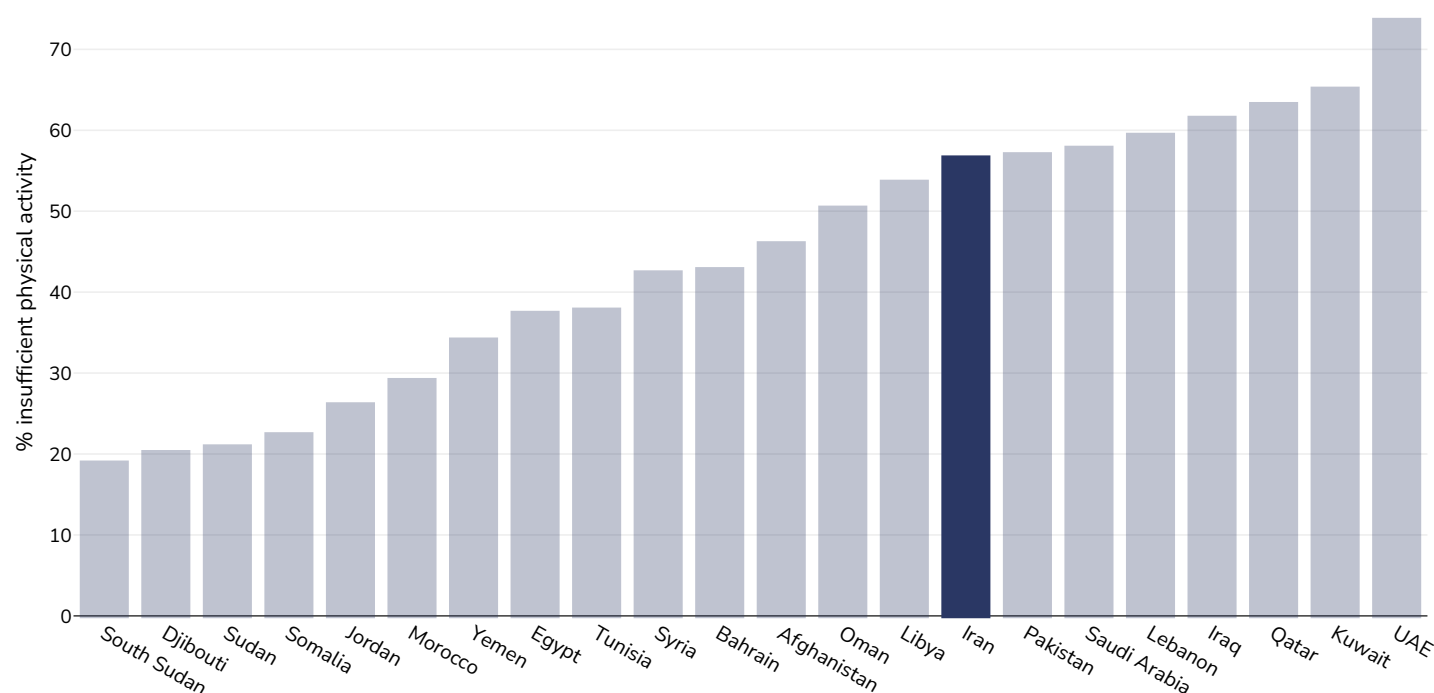
Age: 18+

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-\(age-standardized-estimate\)-\(-\)](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+

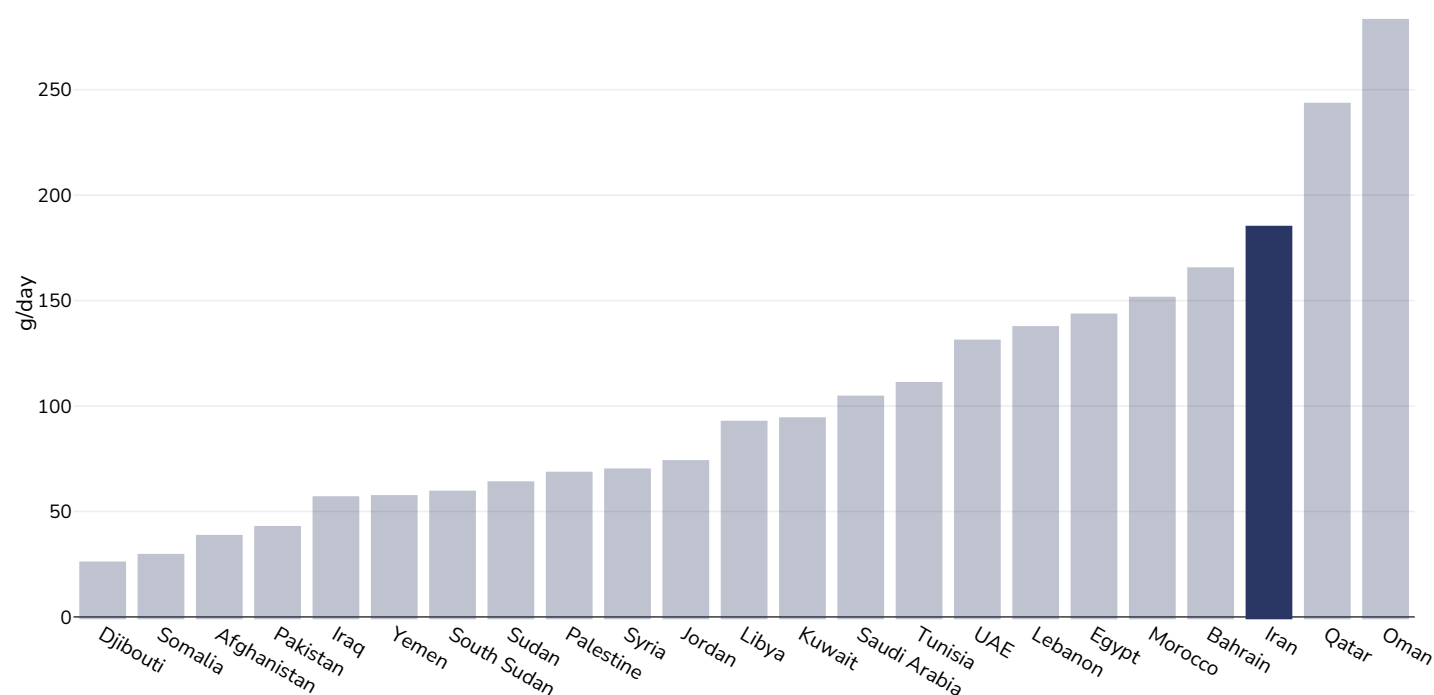
Area covered: National

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-\(age-standardized-estimate\)-\(-\)](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.

Estimated per capita fruit intake

Adults, 2017



Survey type: Measured

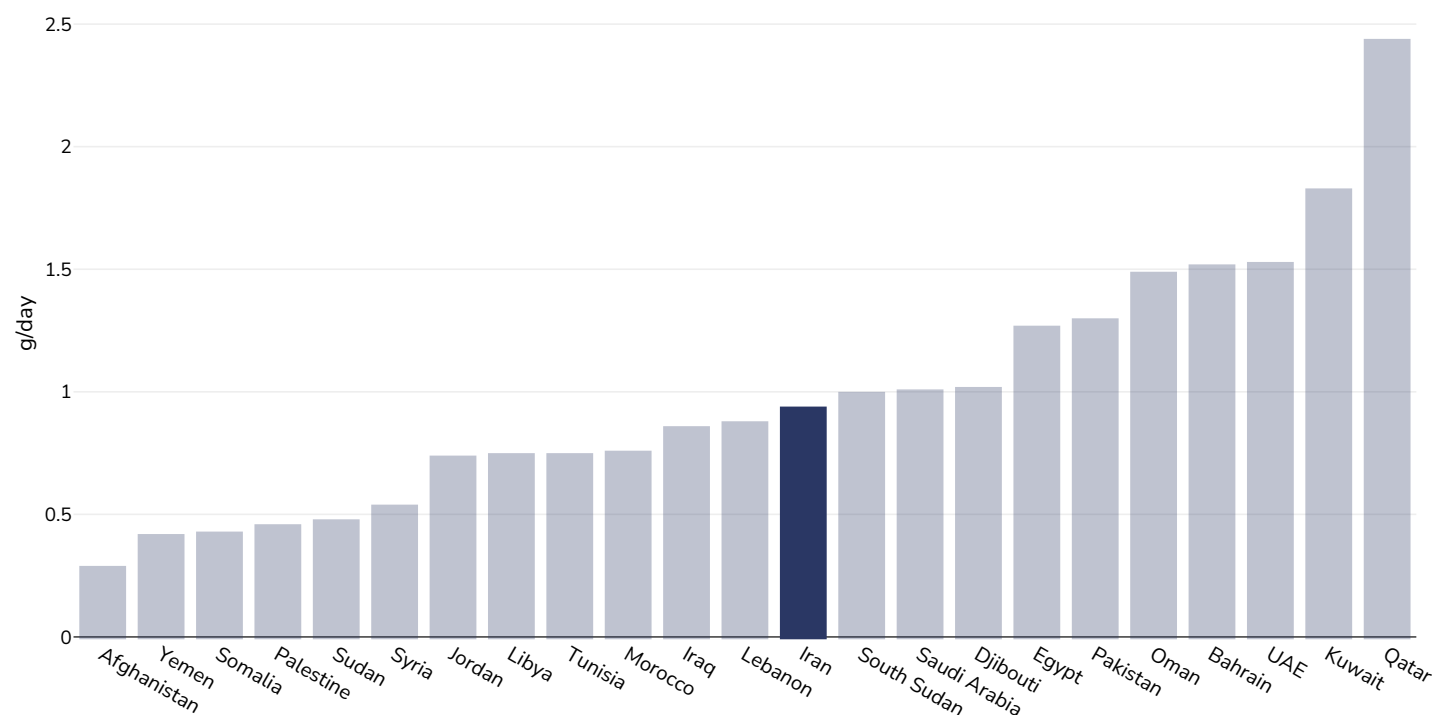
Age: 25+

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

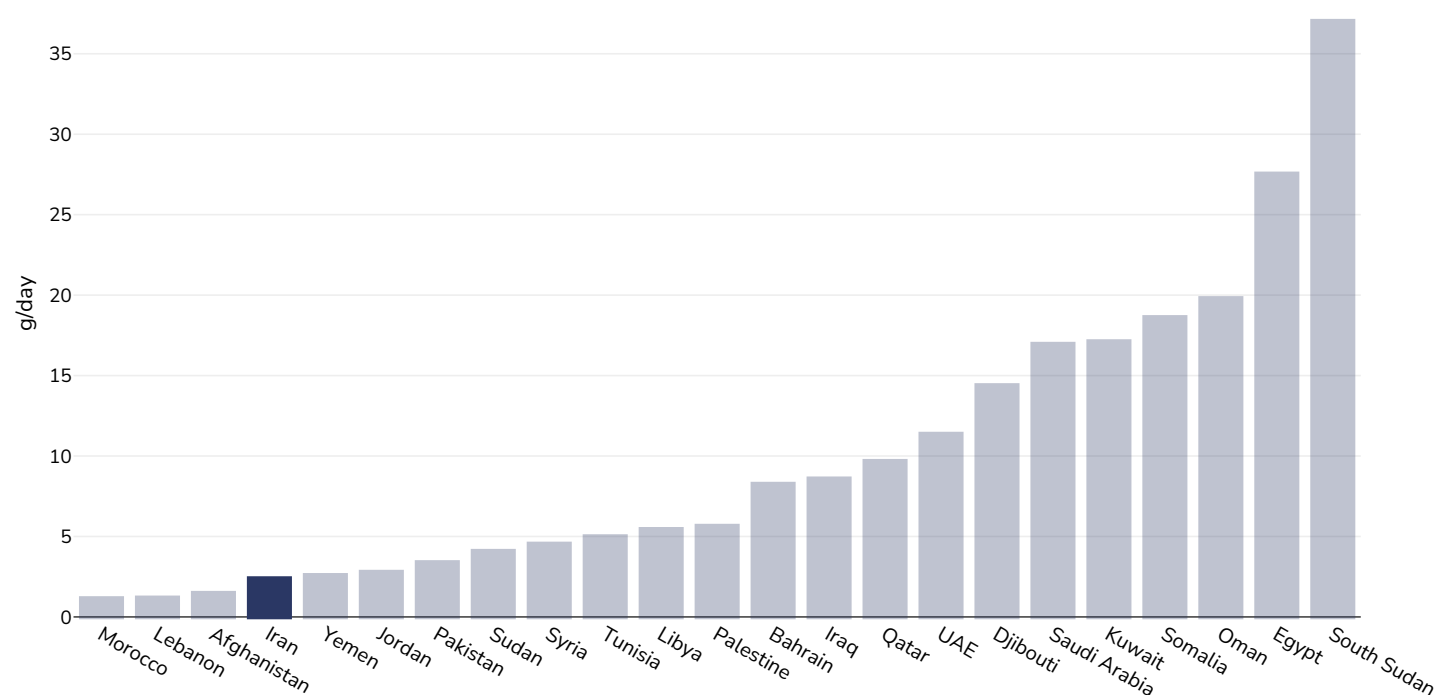
Age: 25+

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, 2021



Age: 20+

Area covered: National

References: Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

Definitions: Number living with depression per 100,000 population (adults 20+ years)

Men, 2021



Age: 20+

Area covered: National

References: Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

Definitions: Number living with depression per 100,000 population (adults 20+ years)

Women, 2021



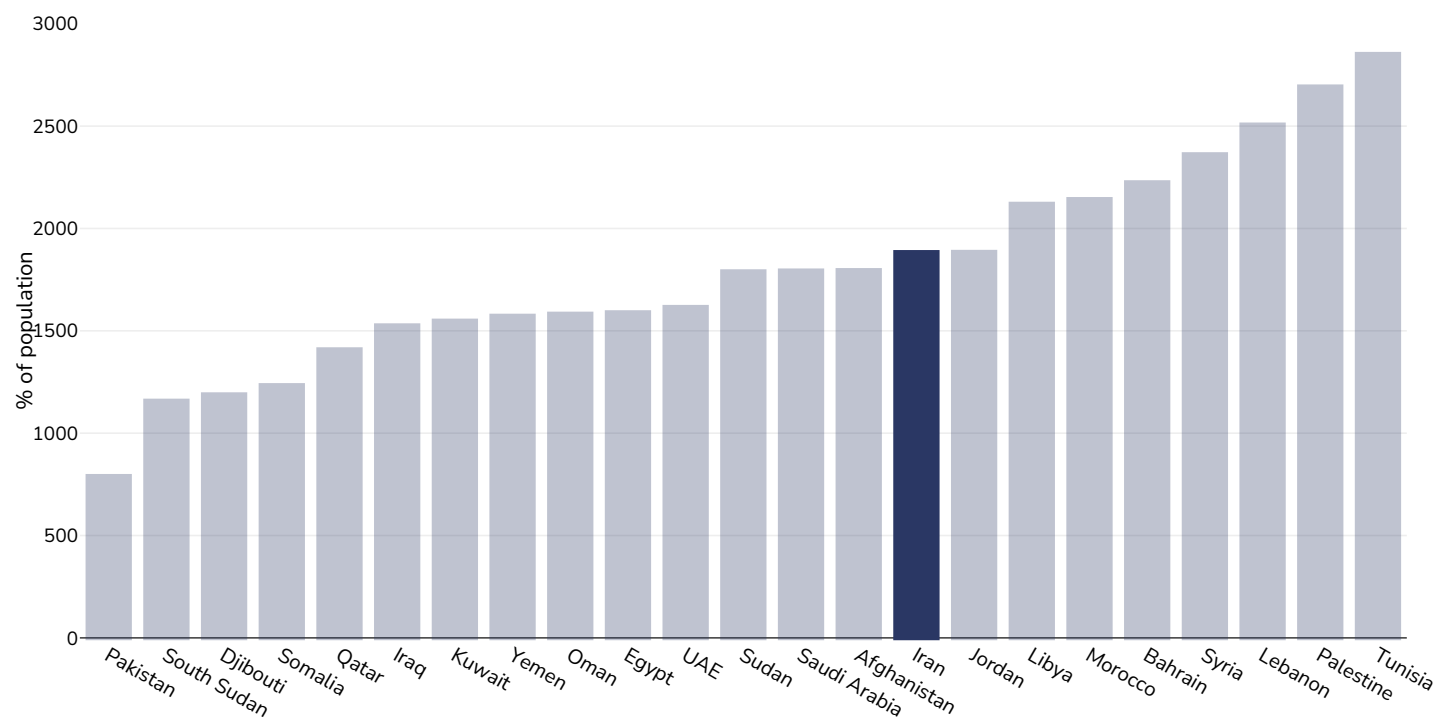
Age: 20+

Area covered: National

References: Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

Definitions: Number living with depression per 100,000 population (adults 20+ years)

Children, 2021



Area covered:

National

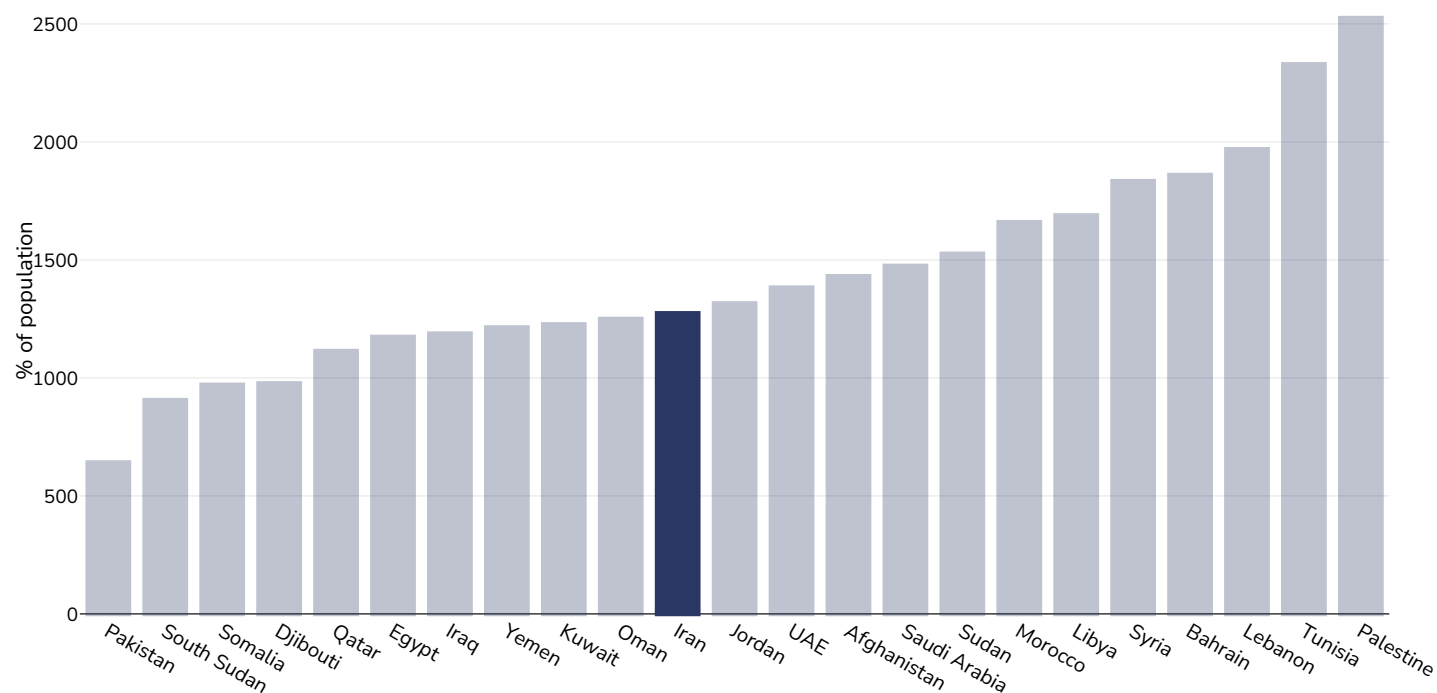
References:

Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

Definitions:

Number living with depressive disorder per 100,000 population (Under 20 years of age)

Boys, 2021



Area covered:

National

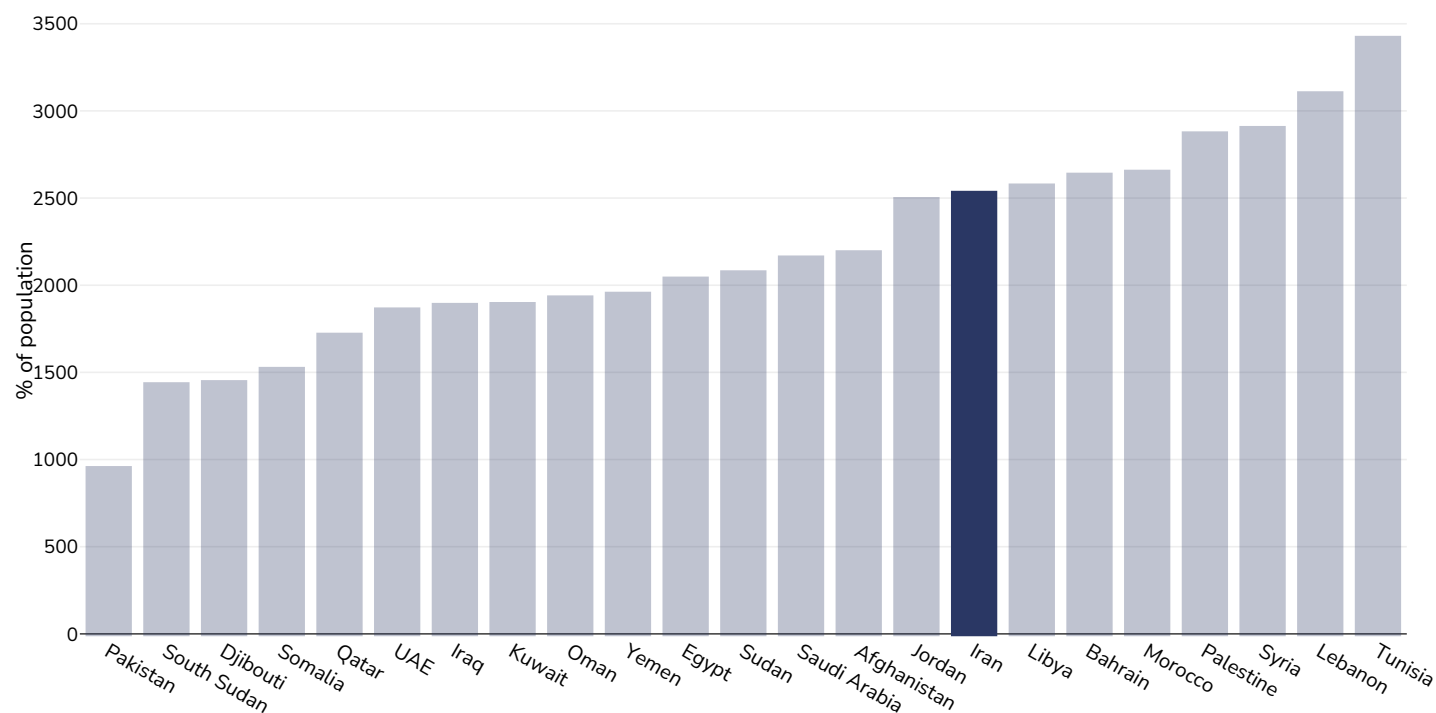
References:

Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

Definitions:

Number living with depressive disorder per 100,000 population (Under 20 years of age)

Girls, 2021



Area covered:

National

References:

Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

Definitions:

Number living with depressive disorder per 100,000 population (Under 20 years of age)

Mental health - anxiety disorders

Adults, 2021



Age: 20+

References: Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25).

Definitions: Number living with anxiety per 100,000 population

Men, 2021



Age: 20+

References: Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25).

Definitions: Number living with anxiety per 100,000 population

Women, 2021

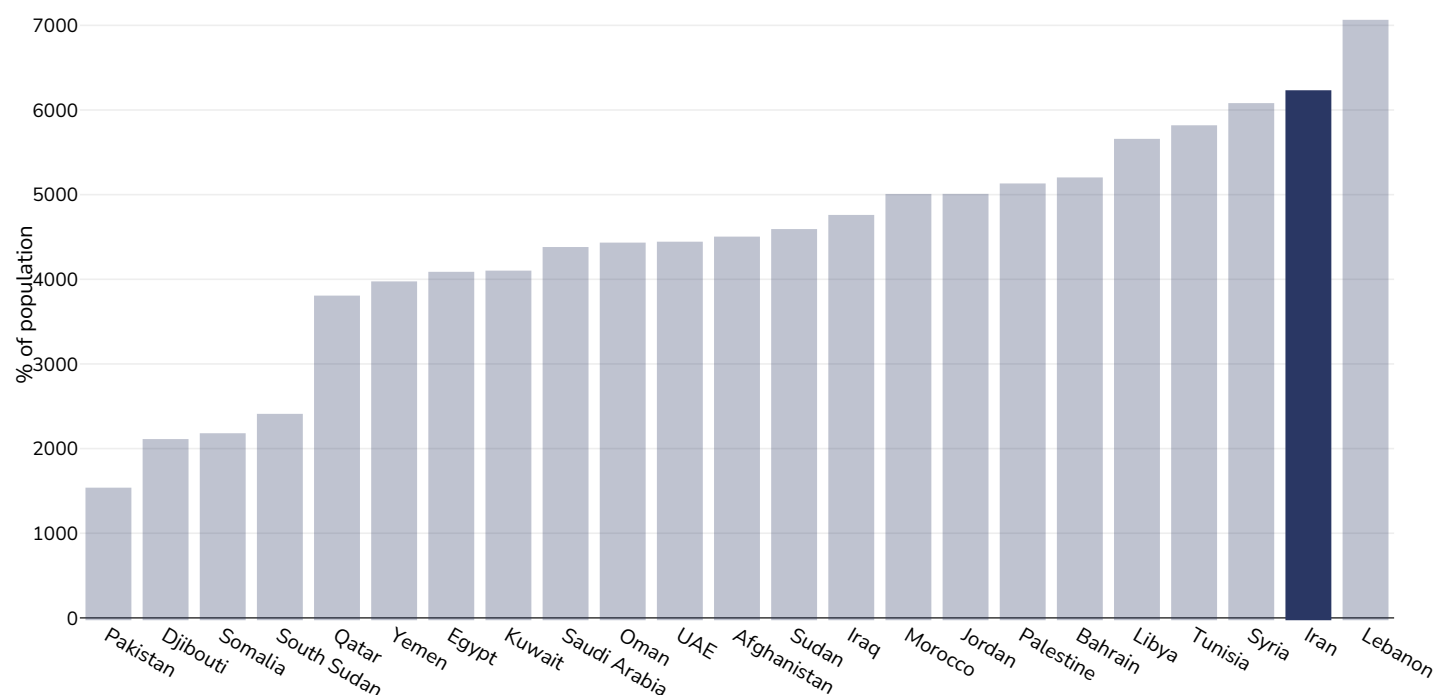


Age: 20+

References: Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25).

Definitions: Number living with anxiety per 100,000 population

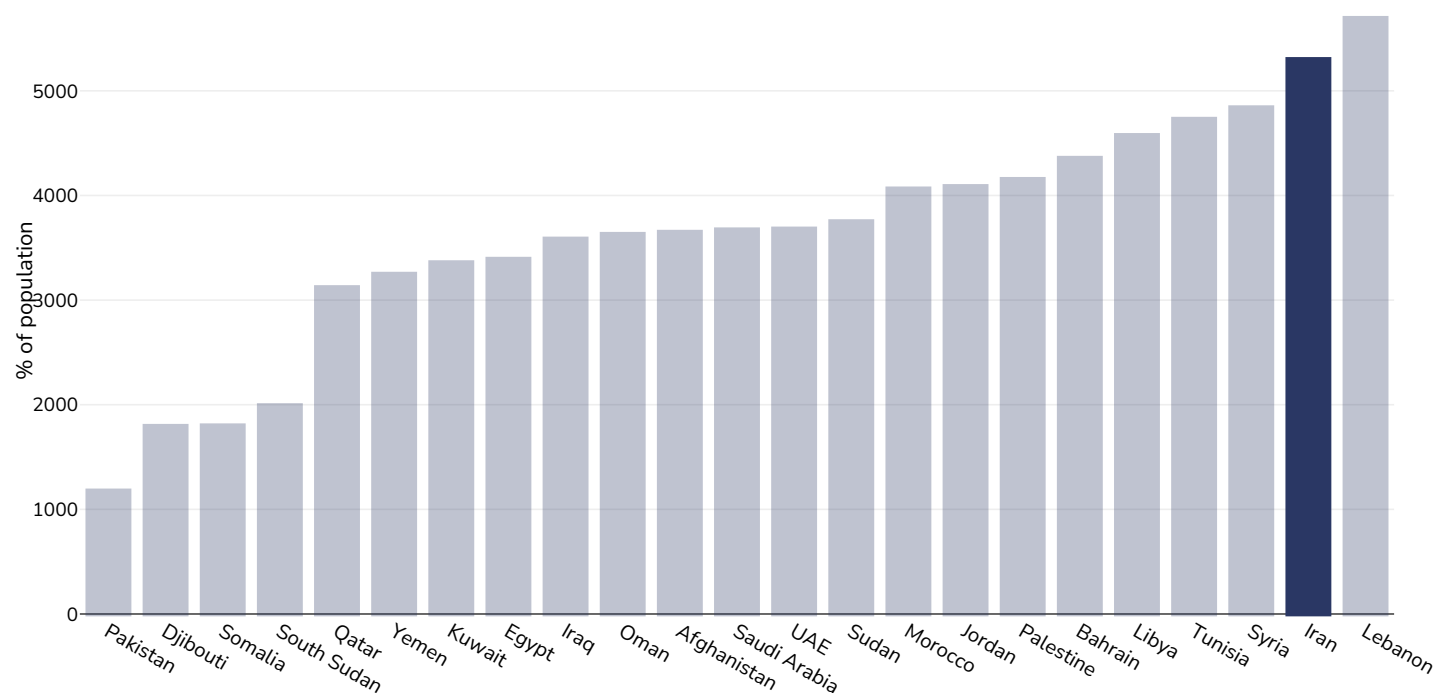
Children, 2021



References:

Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

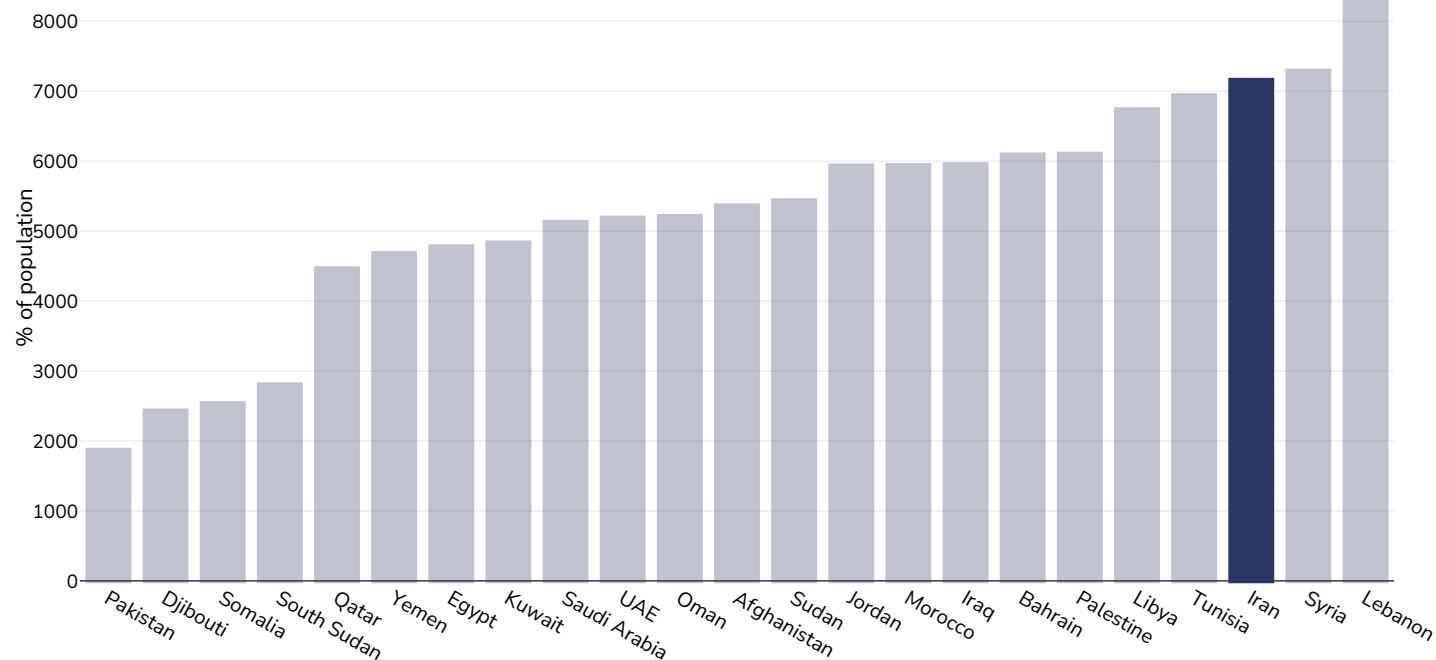
Boys, 2021



References:

Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

Girls, 2021

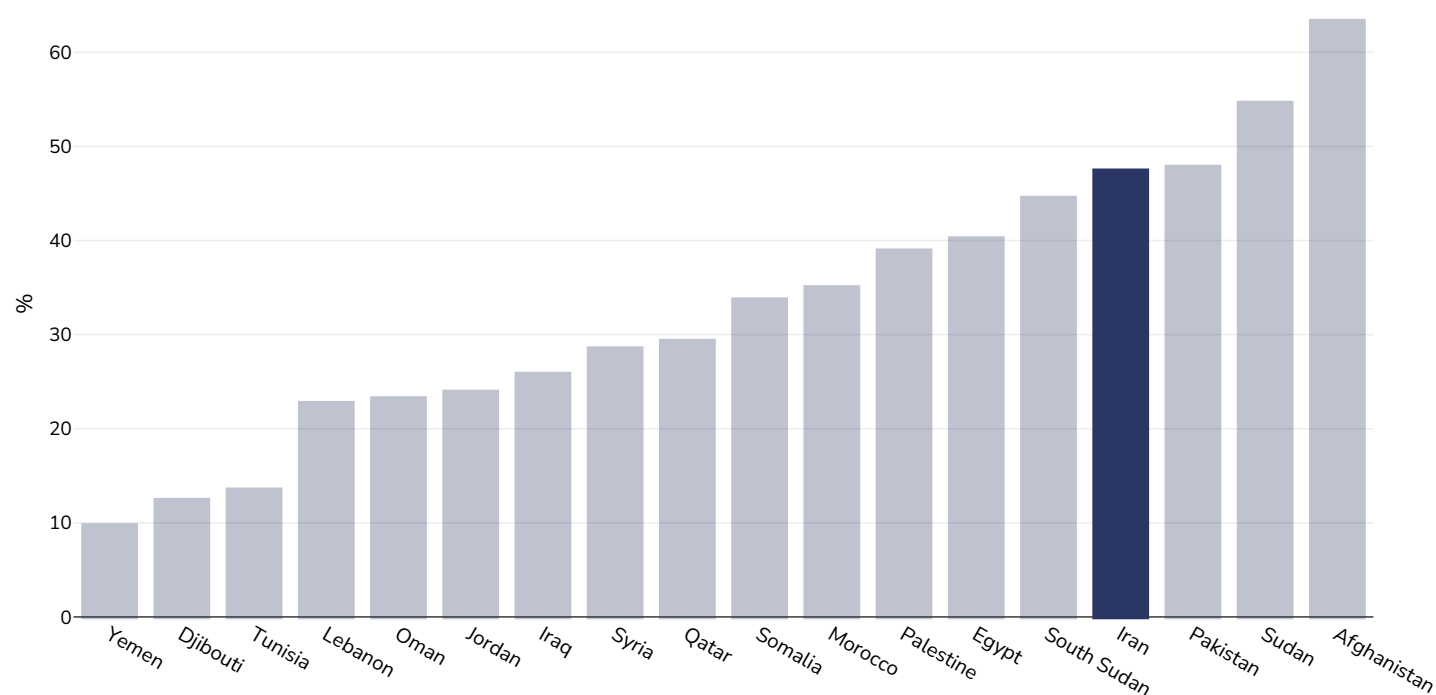


References:

Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

% Infants exclusively breastfed 0-5 months

0-5 years, 2010-2023

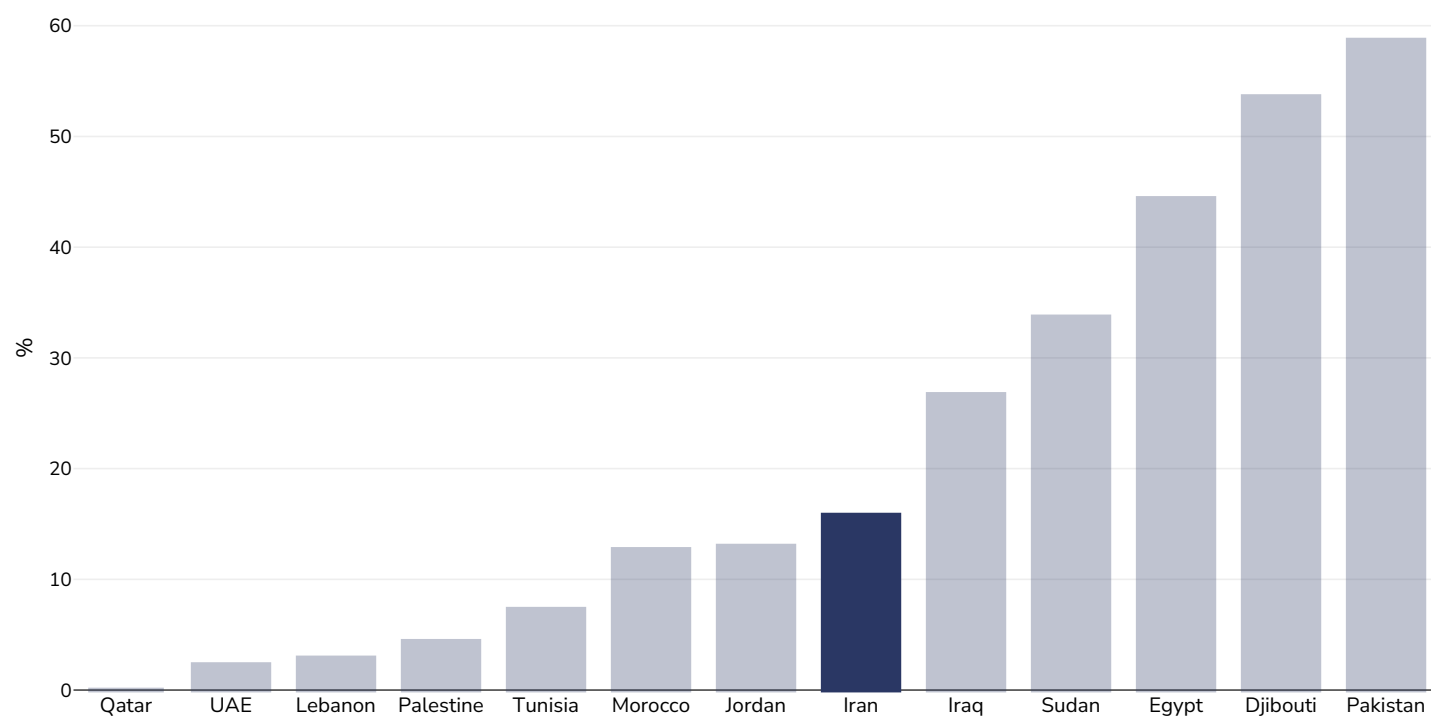


References: Children Anthropometry, Nutrition and Development Survey 2017, CANDS_IR96. Ministry of Health. 2021. Tehran, Iran

Notes: Full details are available. Original citation United Nations Children's Fund, Division of Data, Analysis, Planning and Monitoring (2023).
Global UNICEF Global Databases: Infant and Young Child Feeding: Exclusive breastfeeding, New York, October 2023.

Percent of population who cannot afford a healthy diet

Adults, 2022



Area covered:

National

References:

The Food Systems Dashboard. The Global Alliance for Improved Nutrition (GAIN), The Columbia Climate School, and Cornell University College of Agriculture and Life Sciences. 2024. Geneva, Switzerland. <https://www.foodsystemsdashboard.org>. DOI: <https://doi.org/10.36072/db>.

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

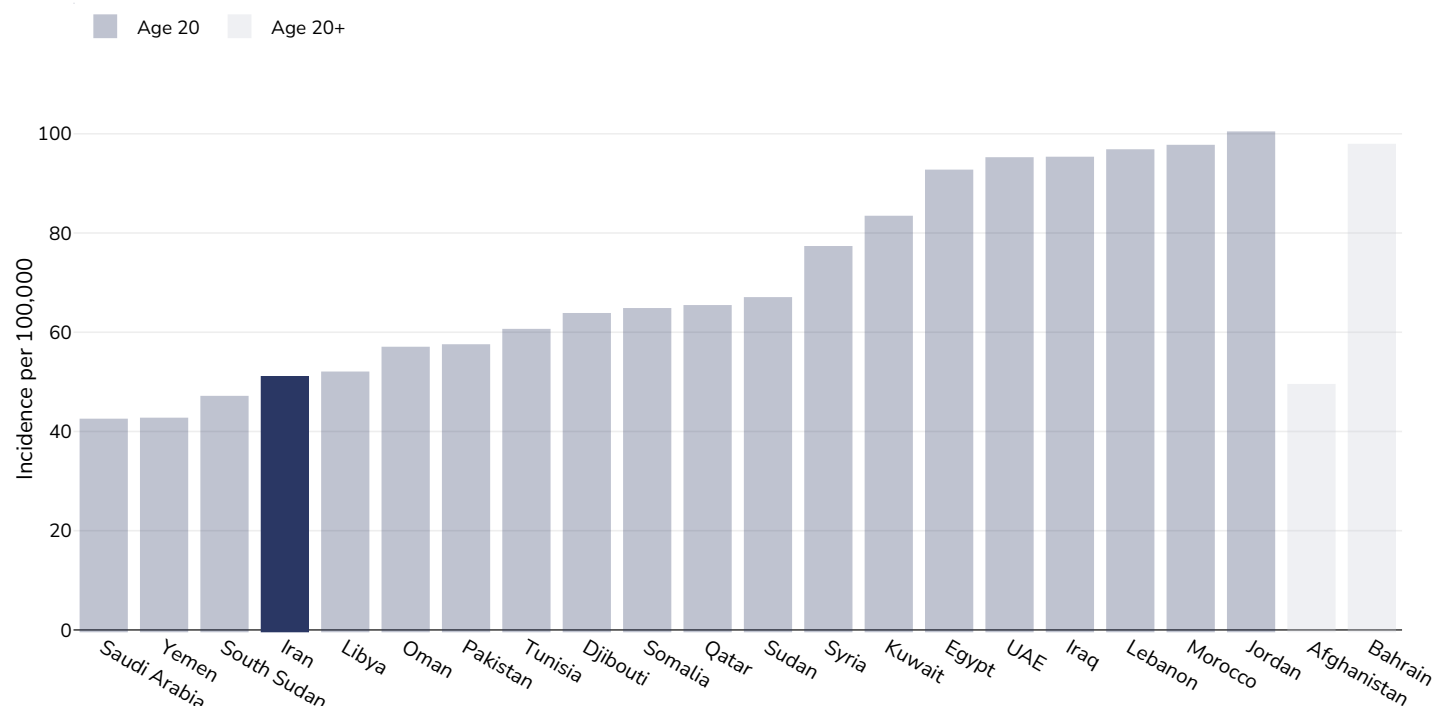
Women, 2022



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



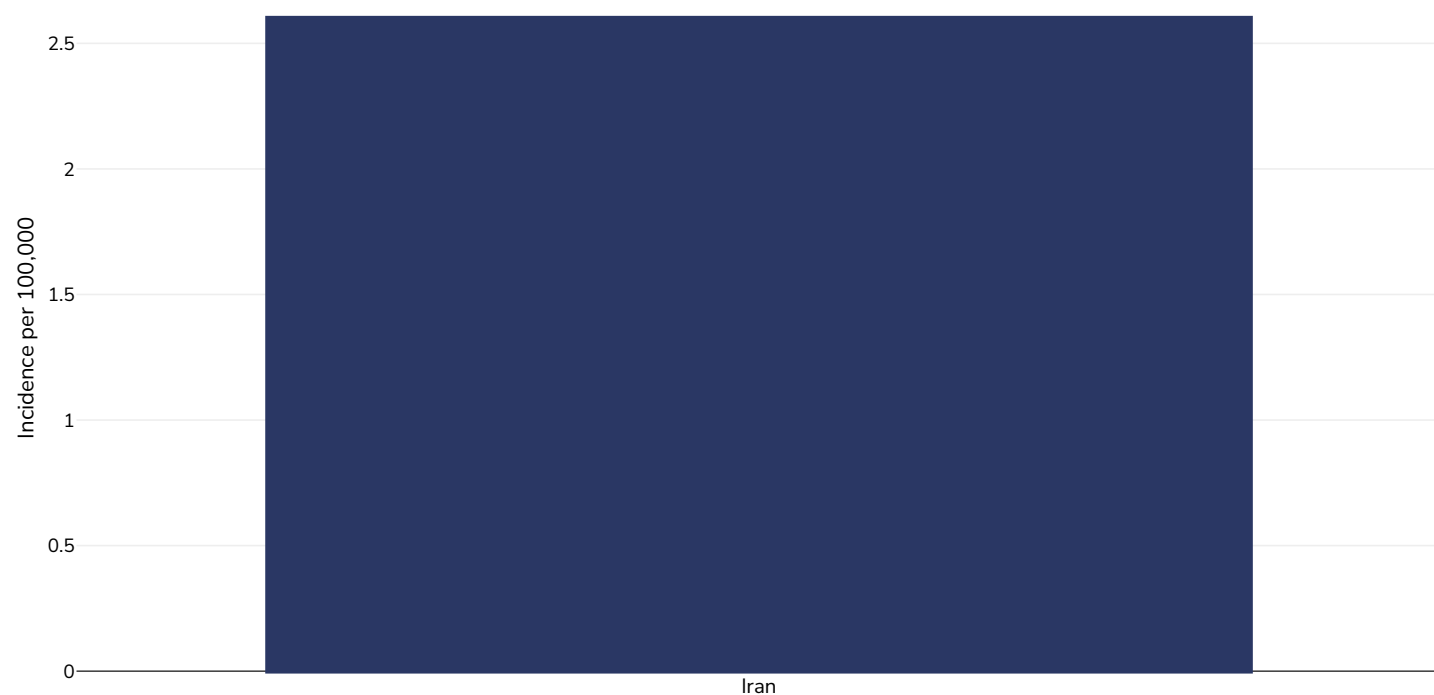
Age: 20+

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



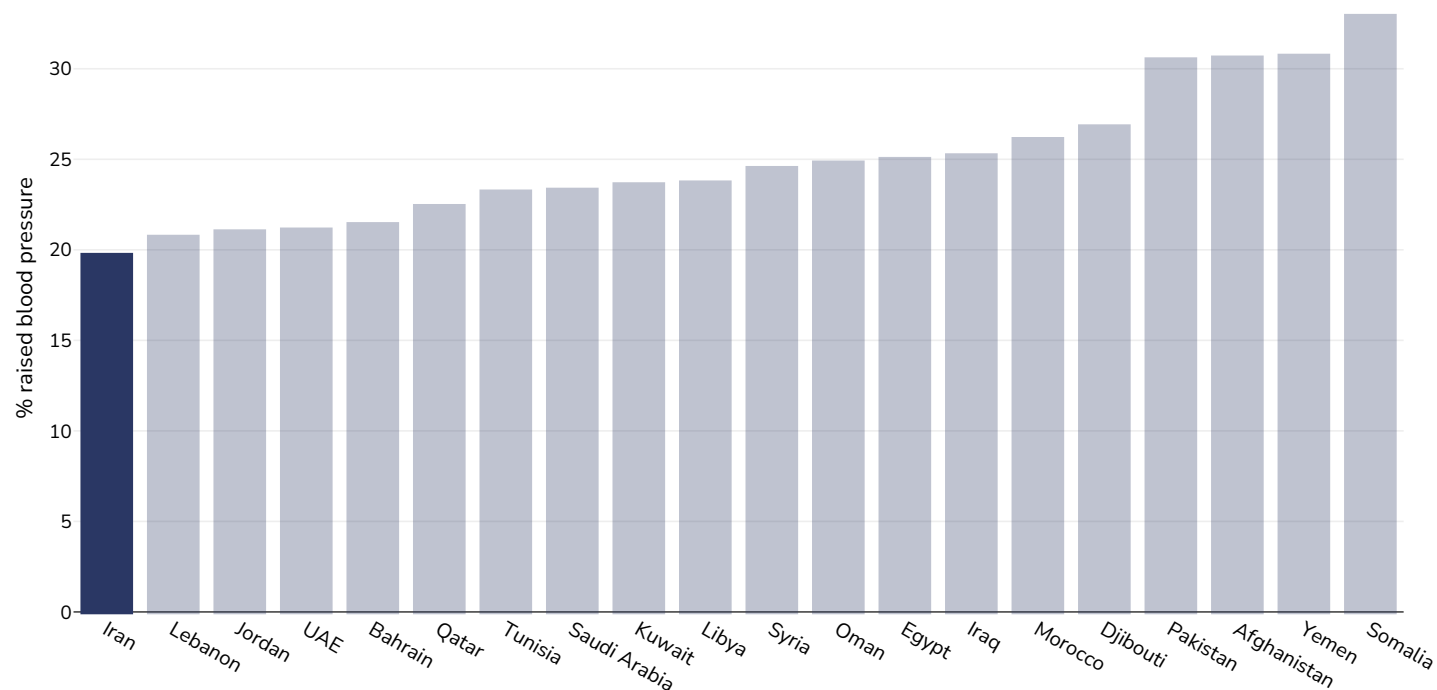
Age: 20+

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

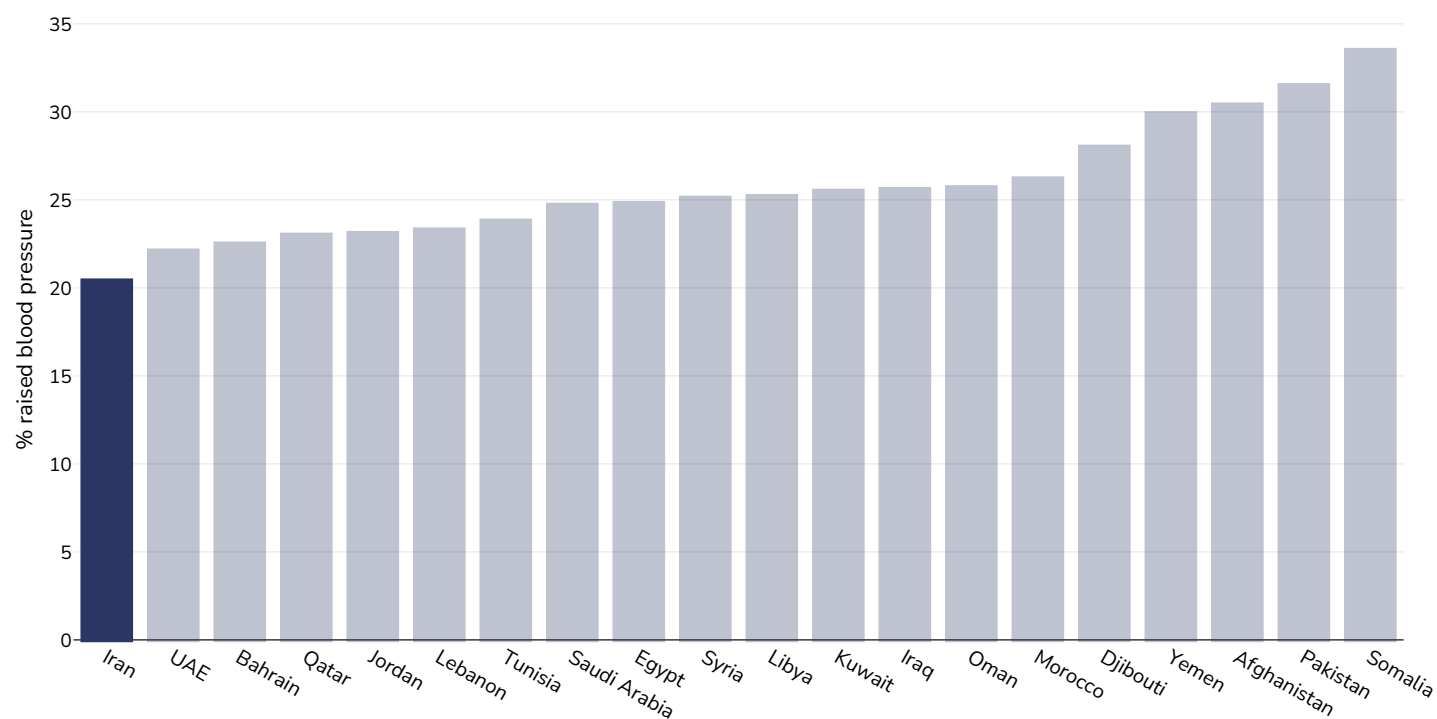
Adults, 2015



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).

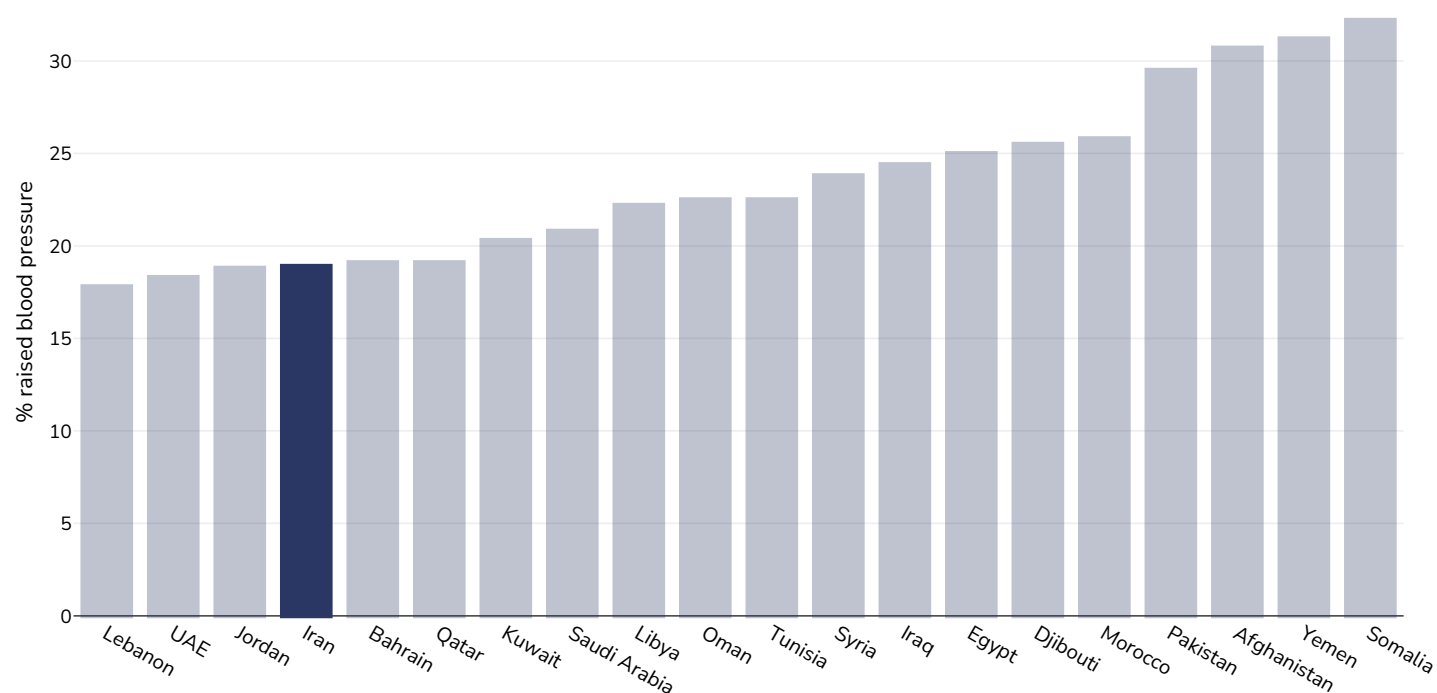
Men, 2015



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

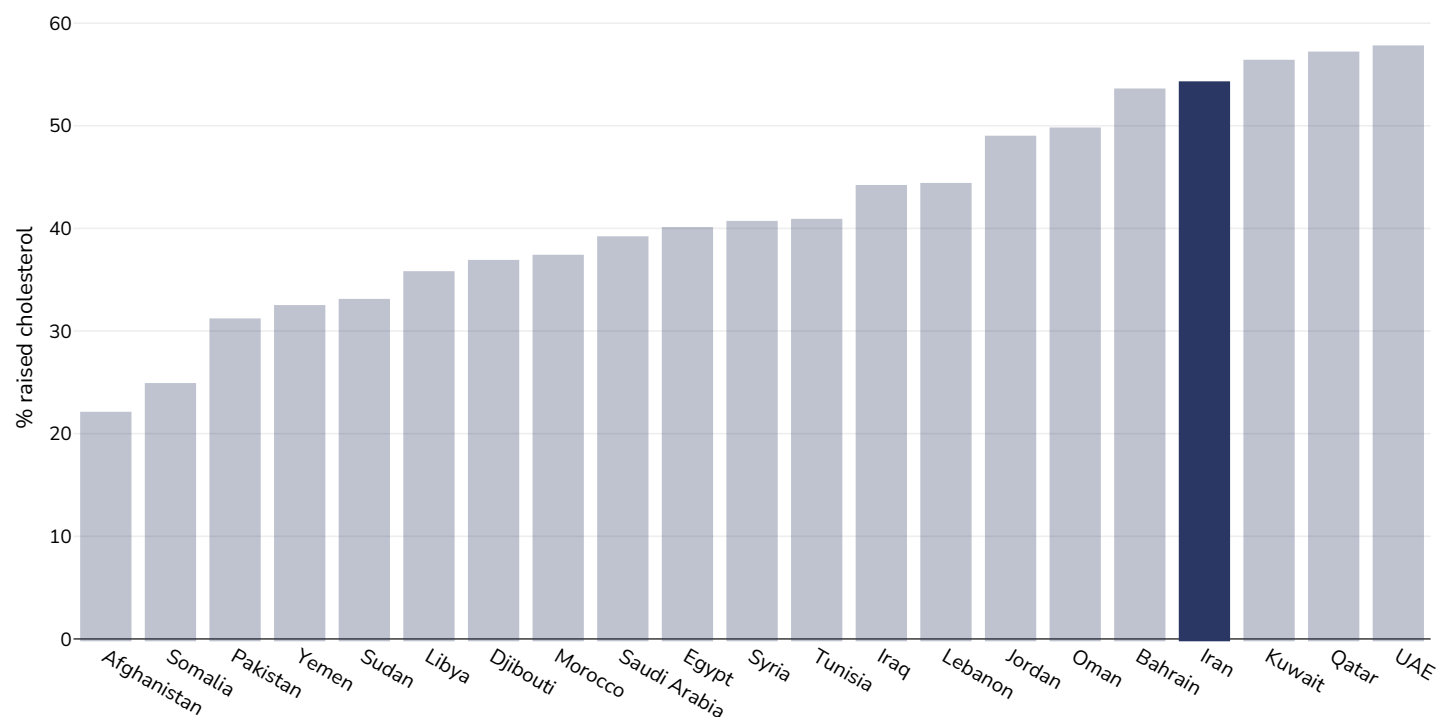


References: Global Health Observatory data repository, World Health Organisation, <http://apps.who.int/gho/data/node.main.A875?lang=en>

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

Raised cholesterol

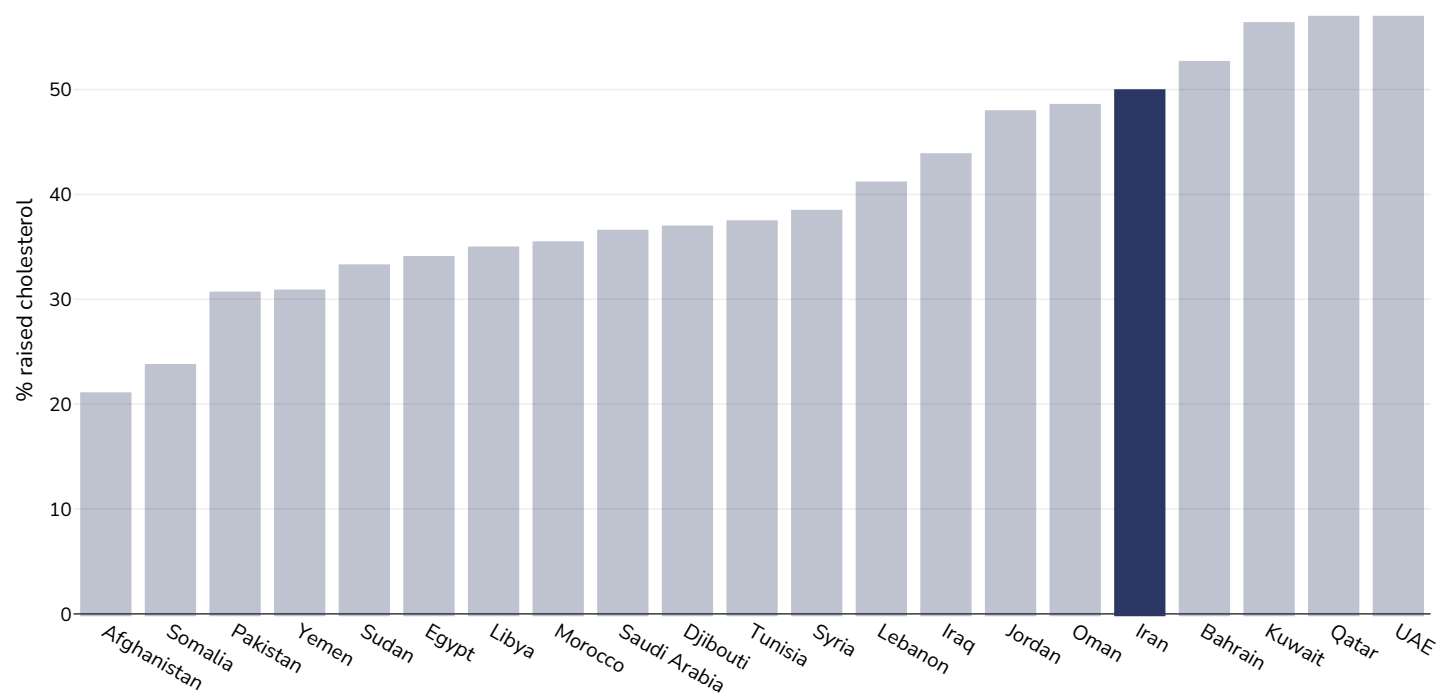
Adults, 2008



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).

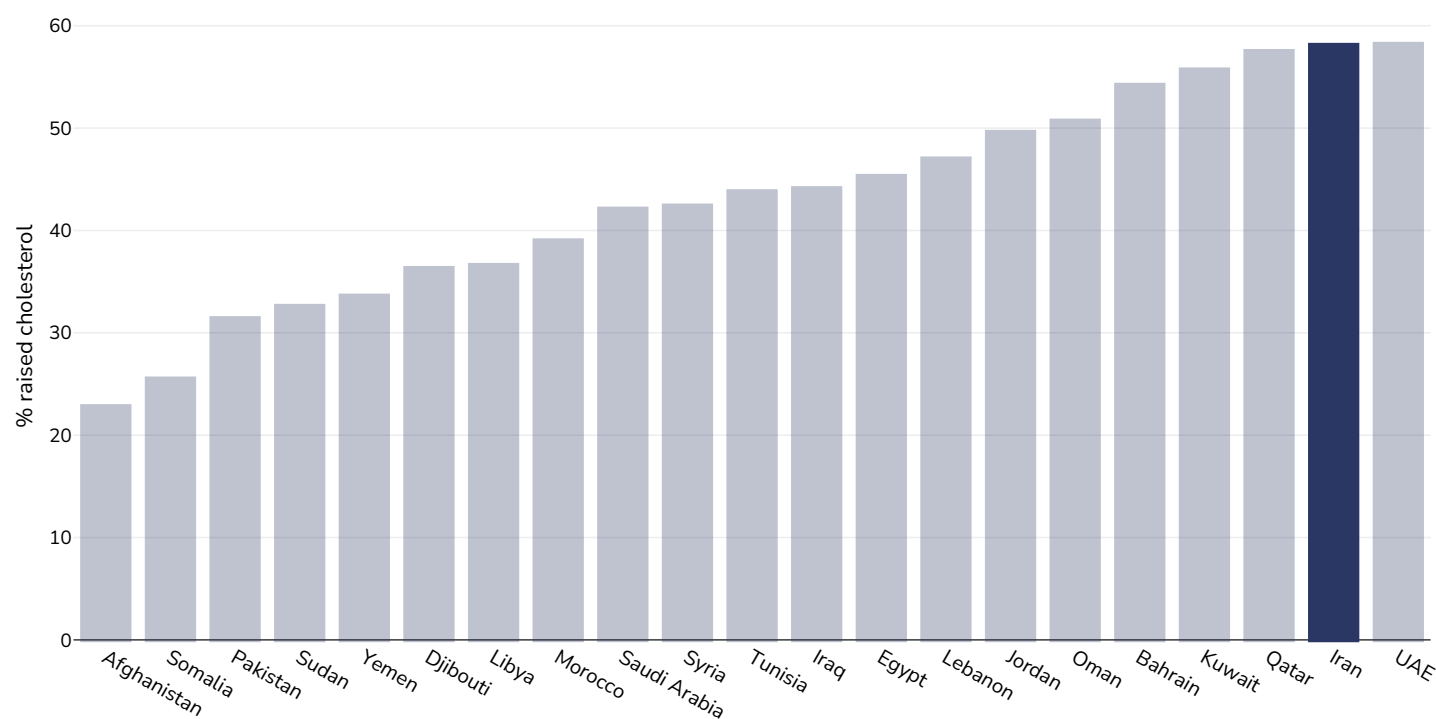
Men, 2008



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

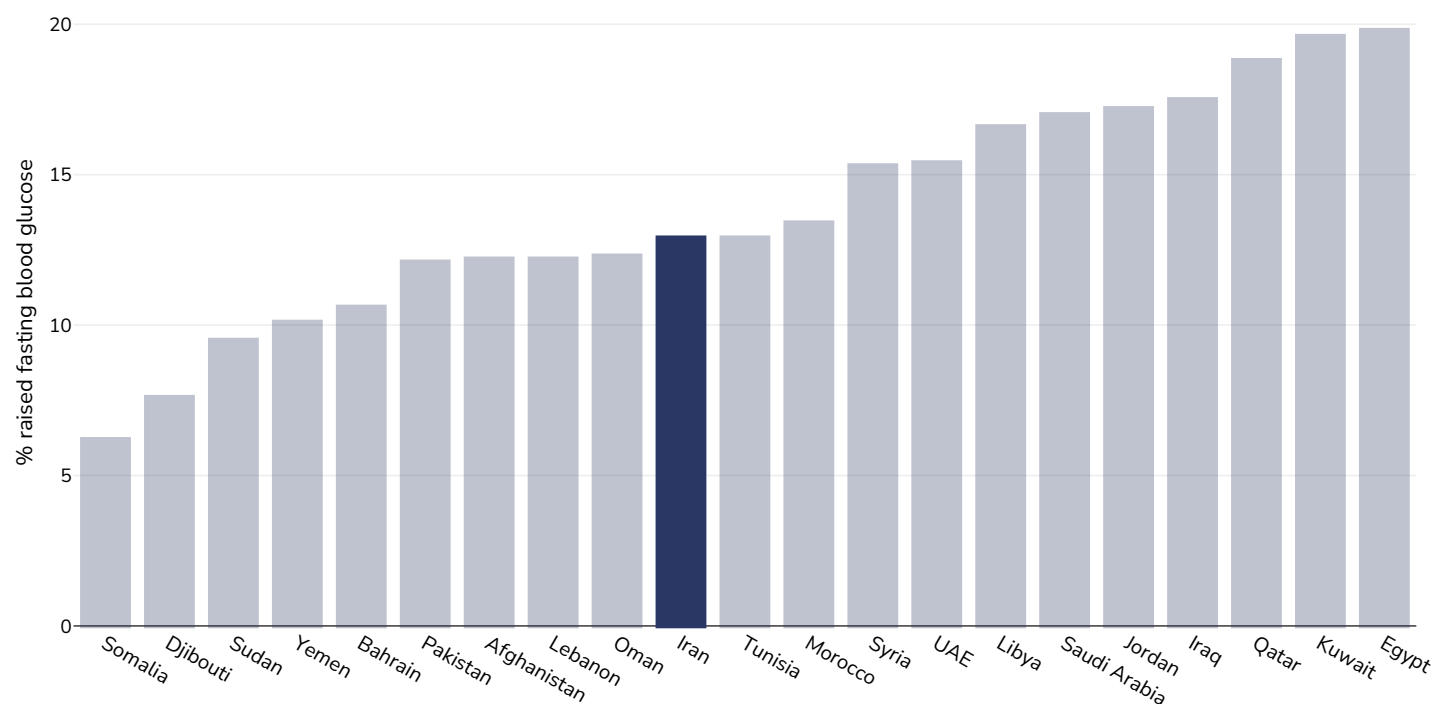


References: Global Health Observatory data repository, World Health Organisation, <http://apps.who.int/gho/data/node.main.A885>

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

Raised fasting blood glucose

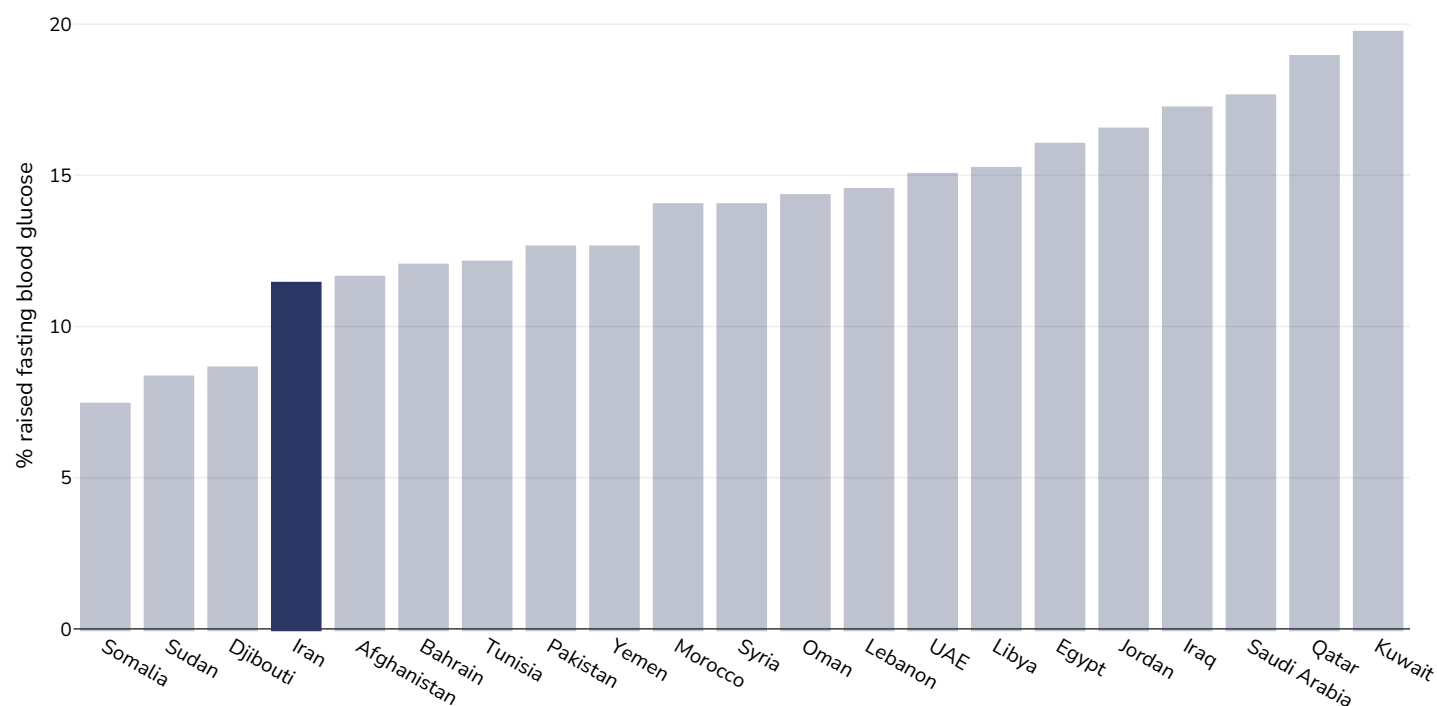
Men, 2014



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

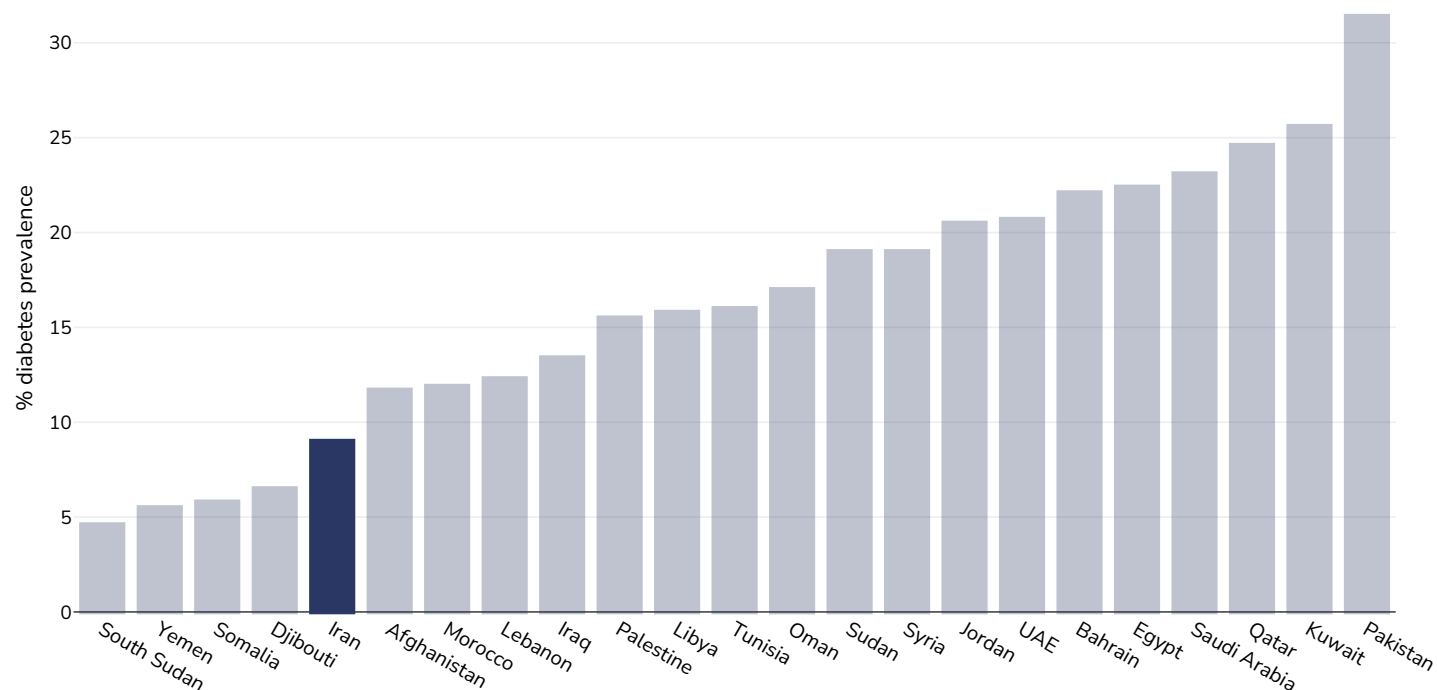


References: Global Health Observatory data repository, World Health Organisation, <http://apps.who.int/gho/data/node.main.A869?lang=en>

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

Diabetes prevalence

Adults, 2024

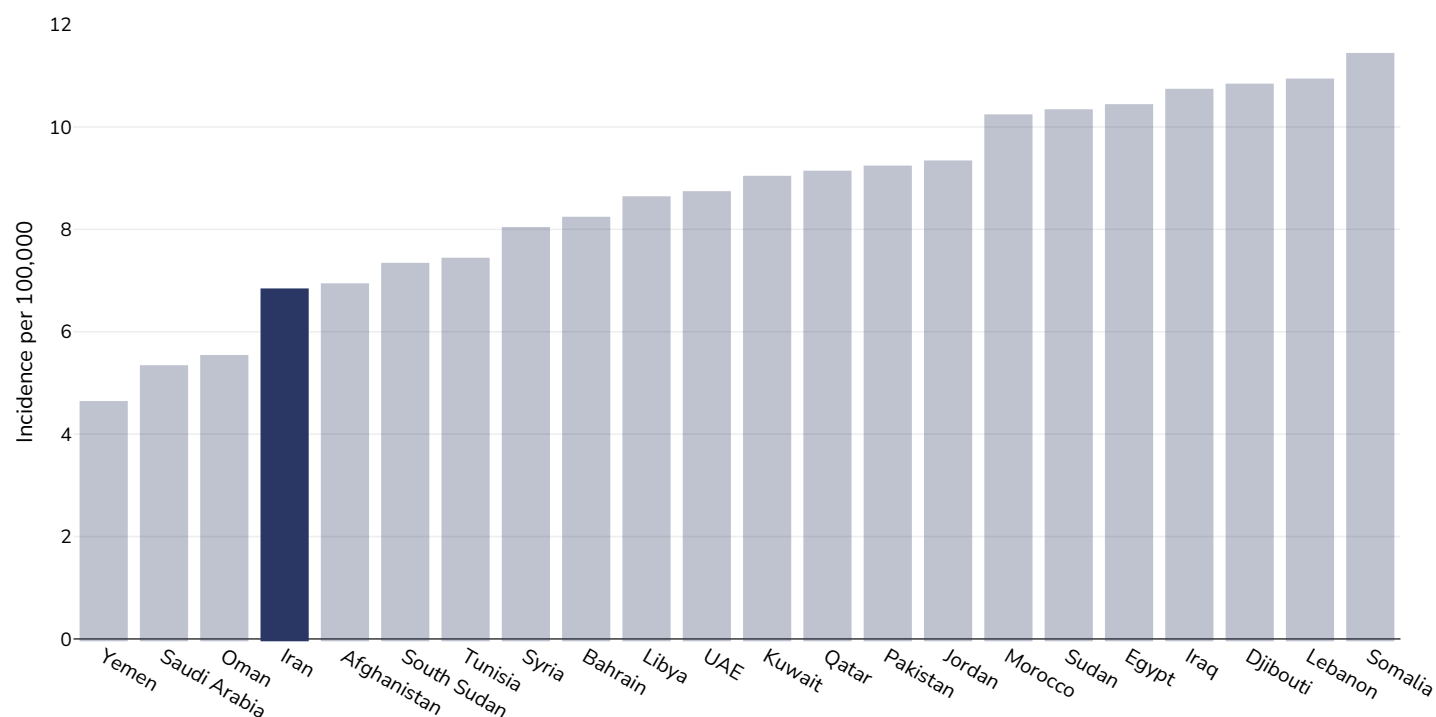


References:

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+

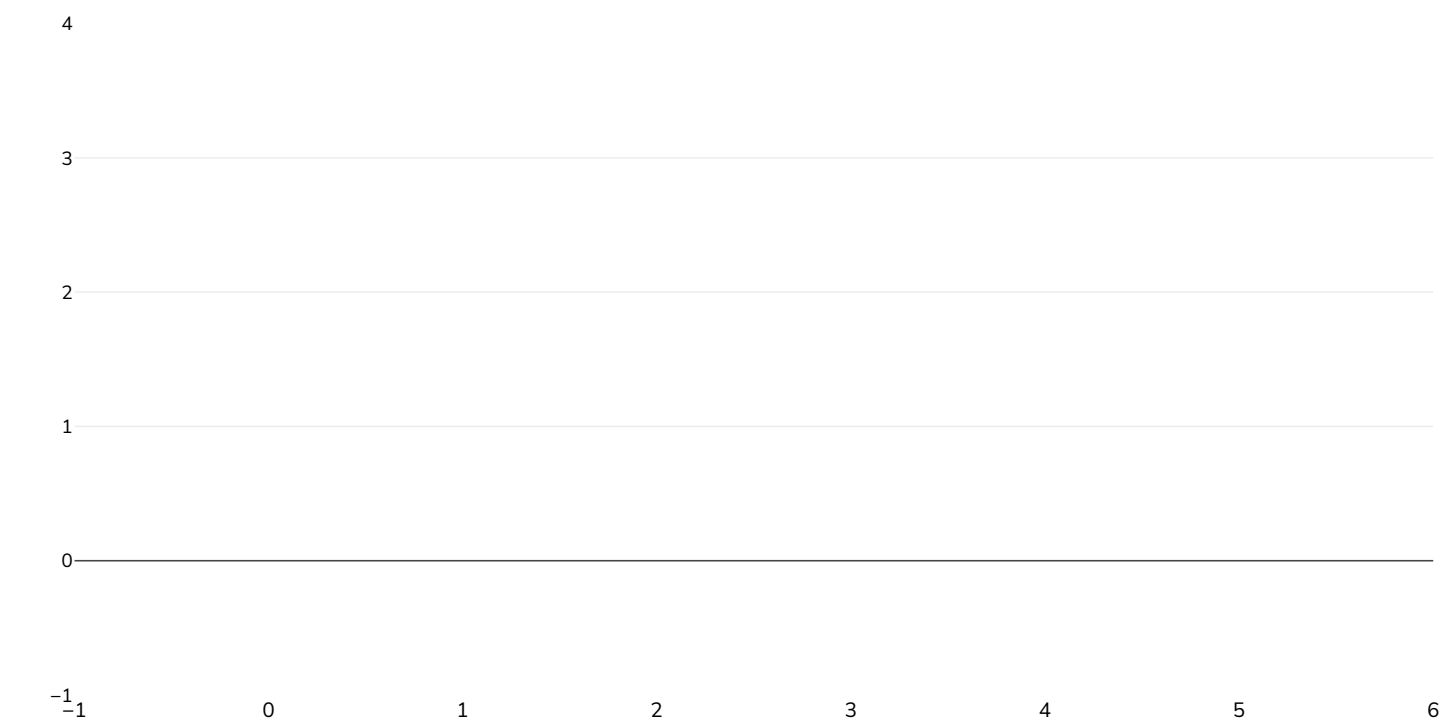
Area covered: National

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

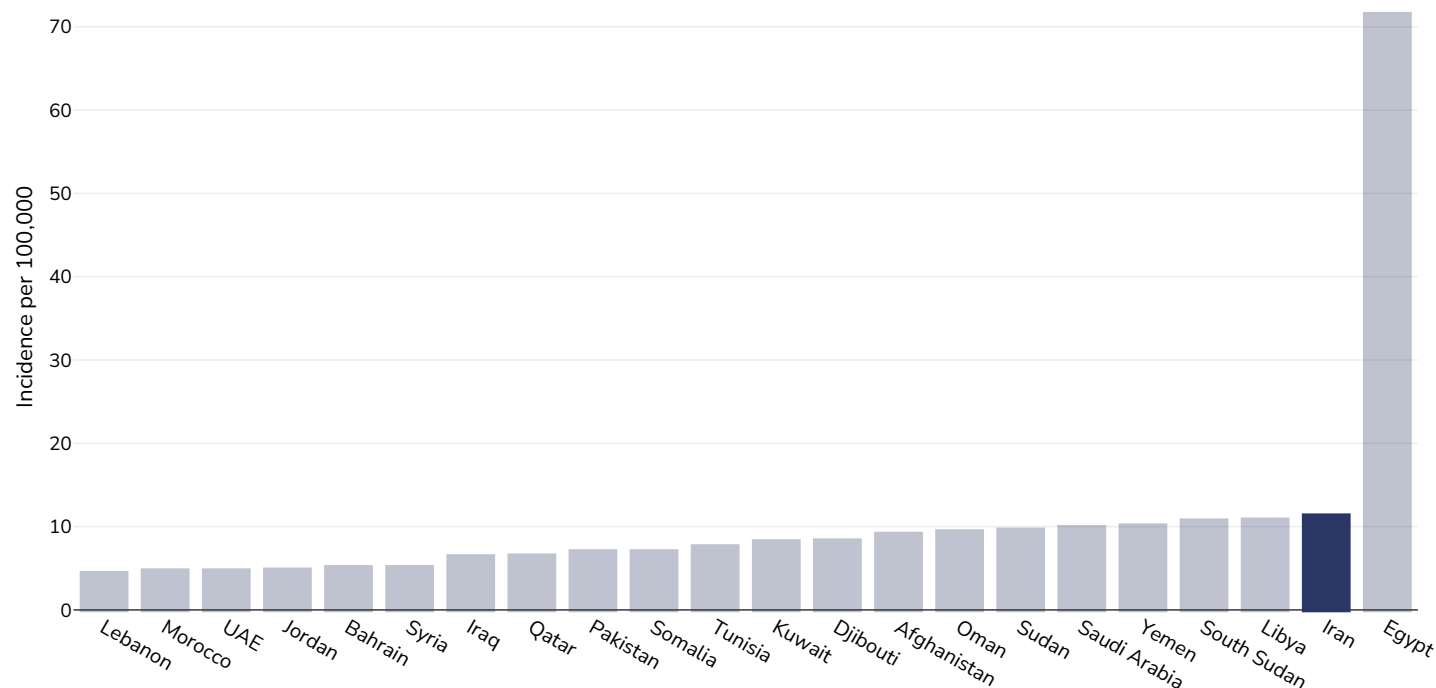
References: Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.who.int/today>, accessed [16.07.24]

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



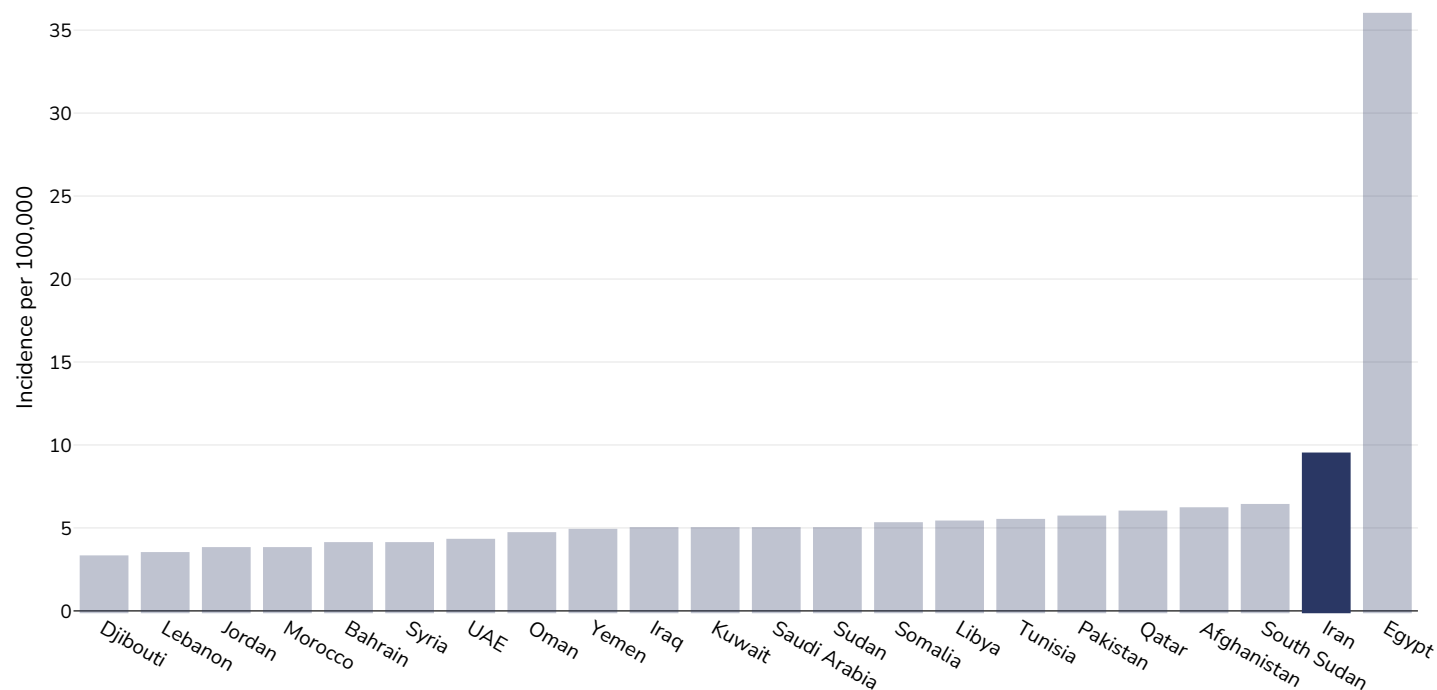
Age: 20+

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+

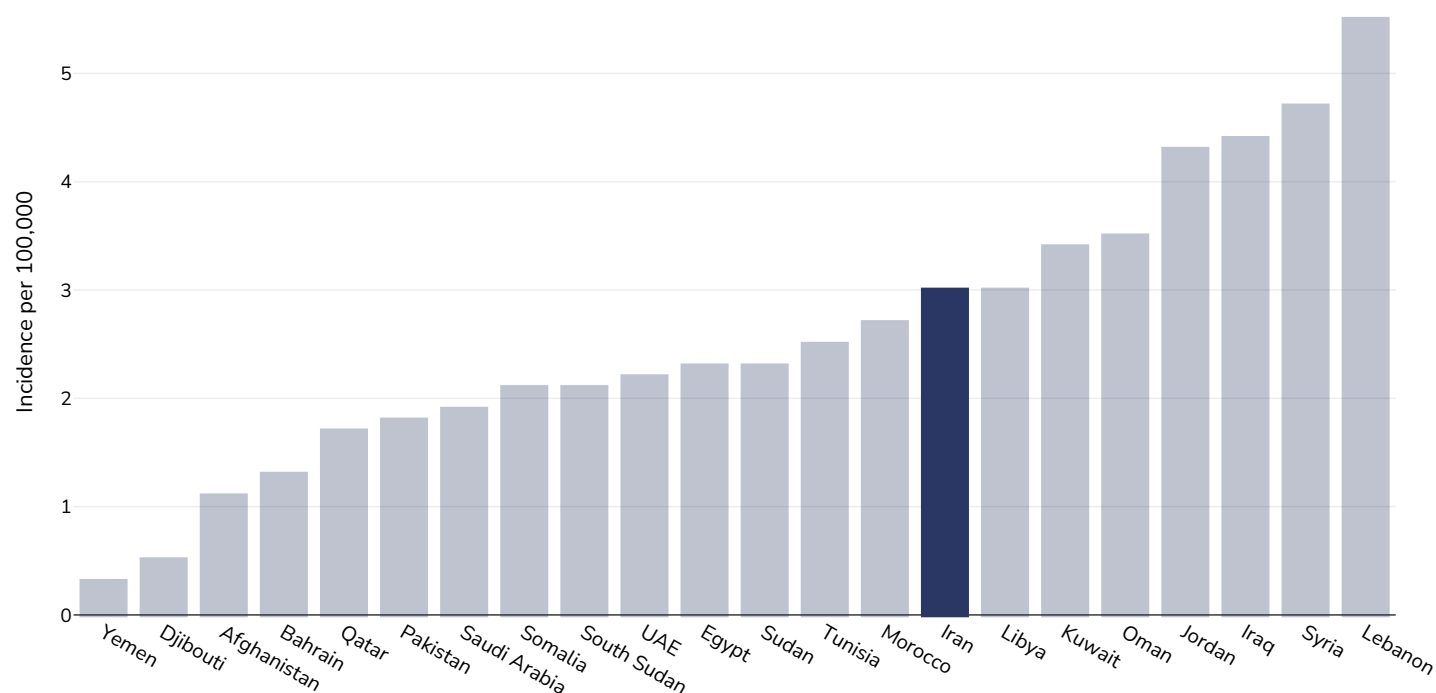
Area covered: National

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+

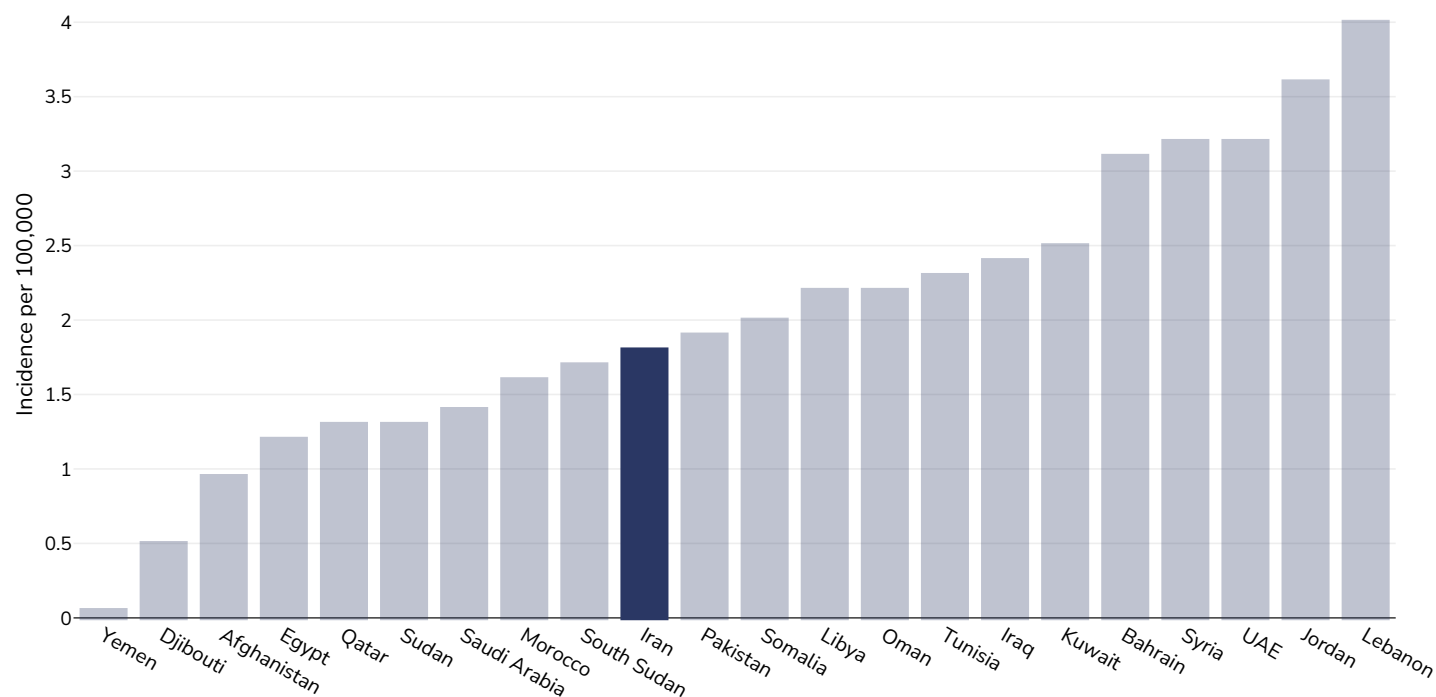
Area covered: National

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: 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

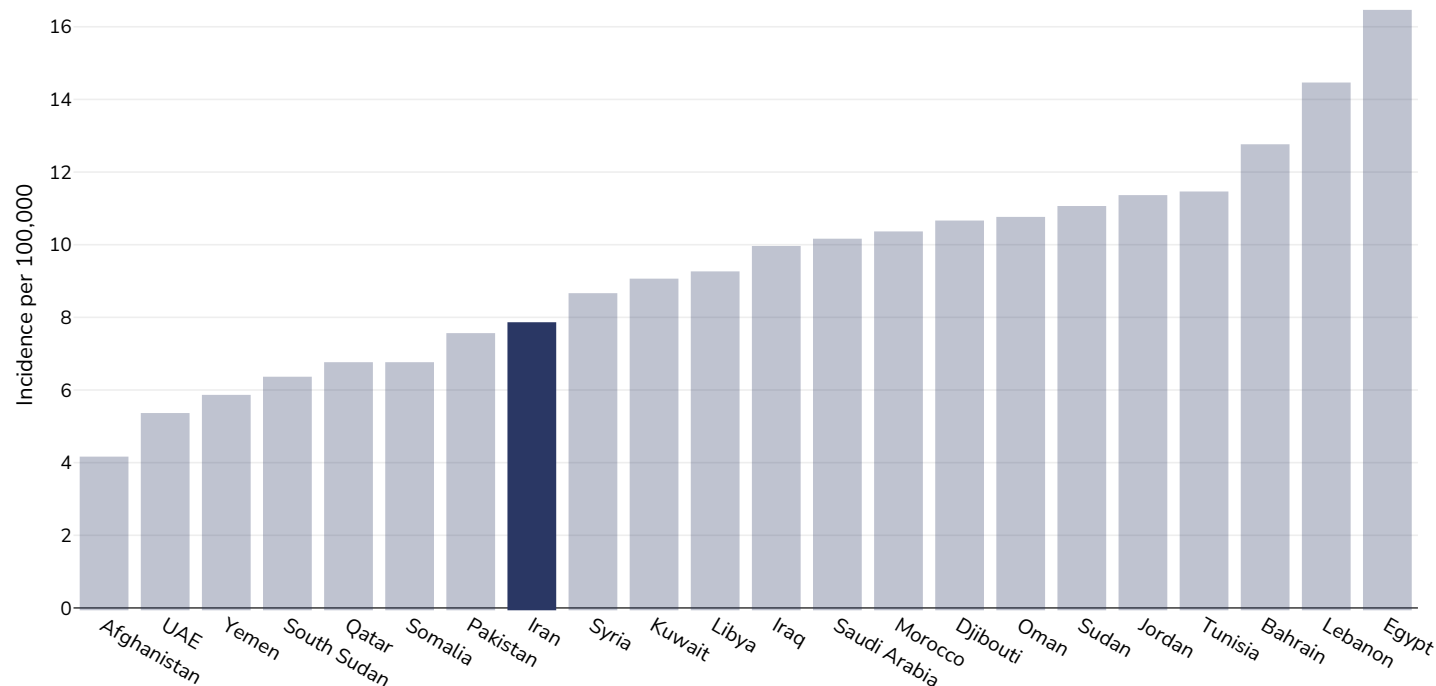
References: Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.who.int/today>, accessed [16.07.24]

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.

Non Hodgkin Lymphoma

Men, 2022



Age: 20+

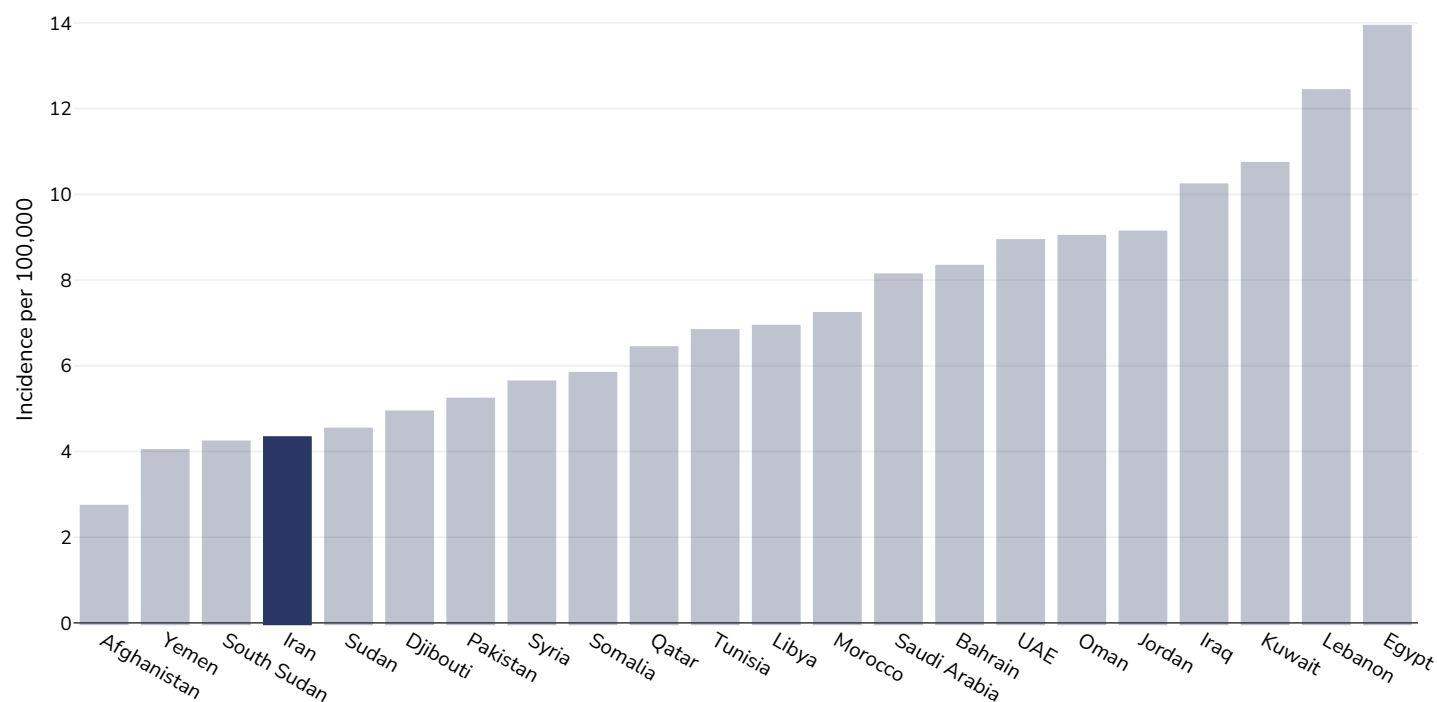
Area covered: National

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

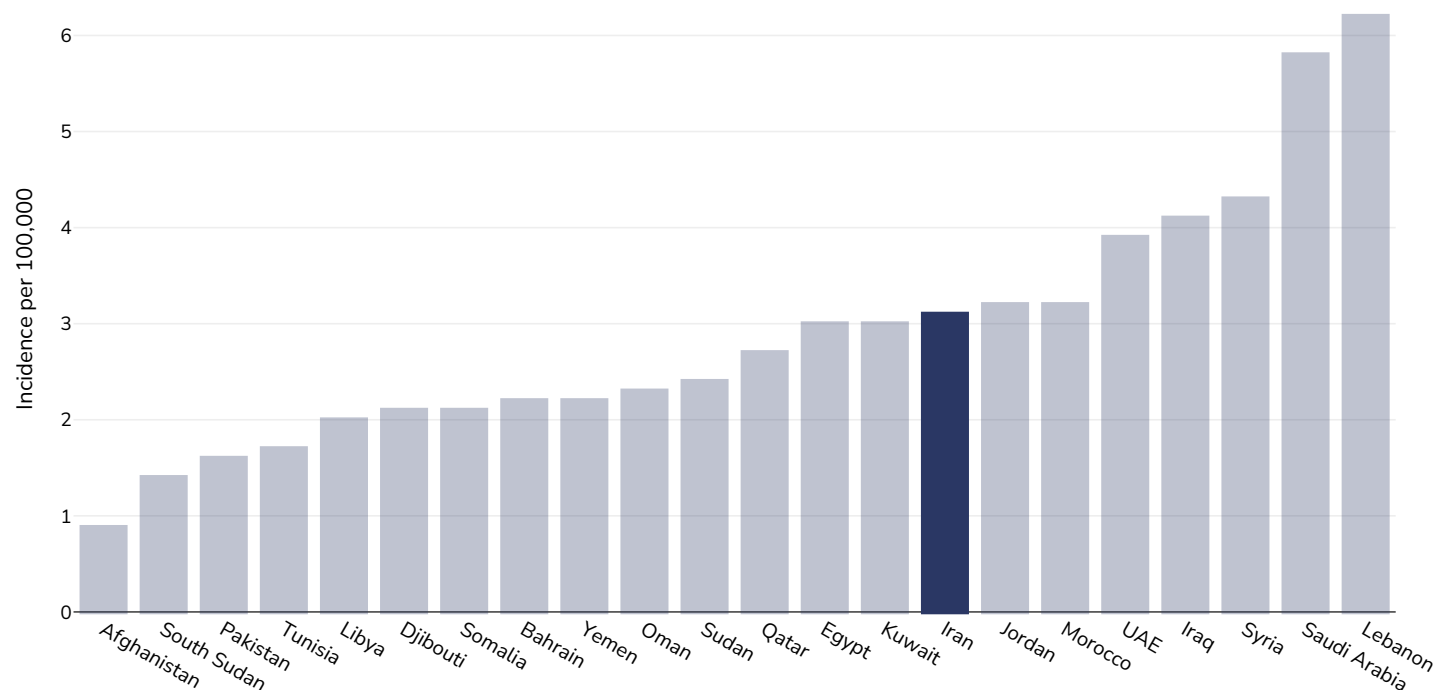
References: Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.who.int/today>, accessed [16.07.24]

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



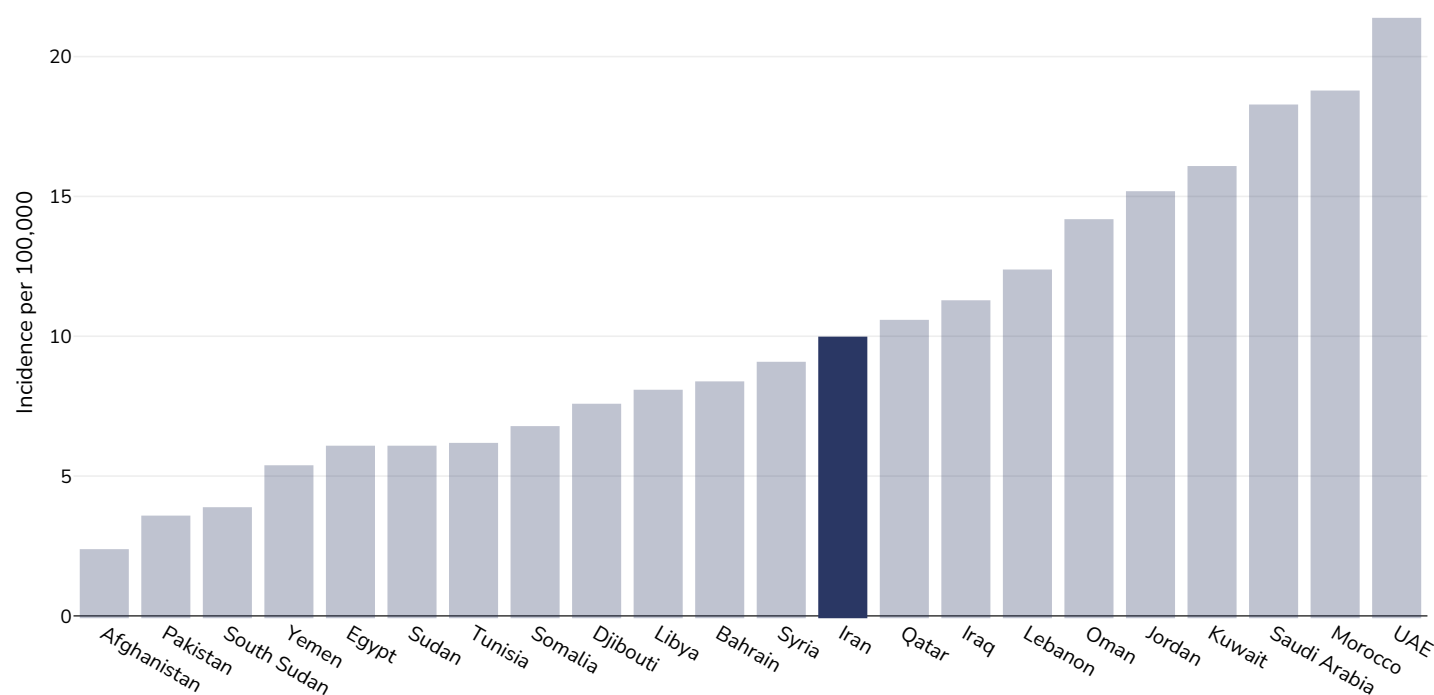
Age: 20+

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 June 17, 2025