Iran



Country report card

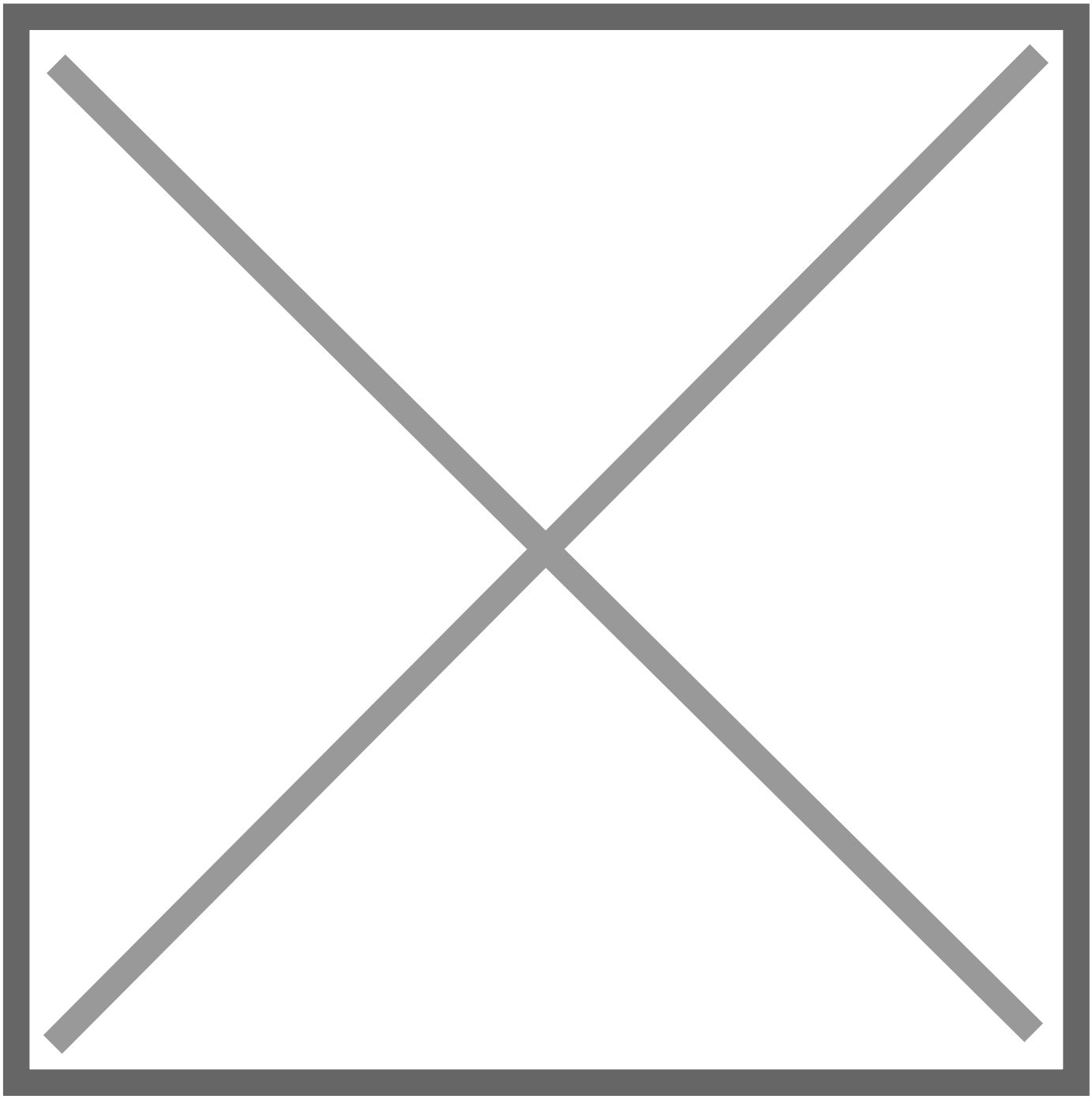
This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity . Where available, data on common and relevant obesity drivers and comorbidities are also presented.

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

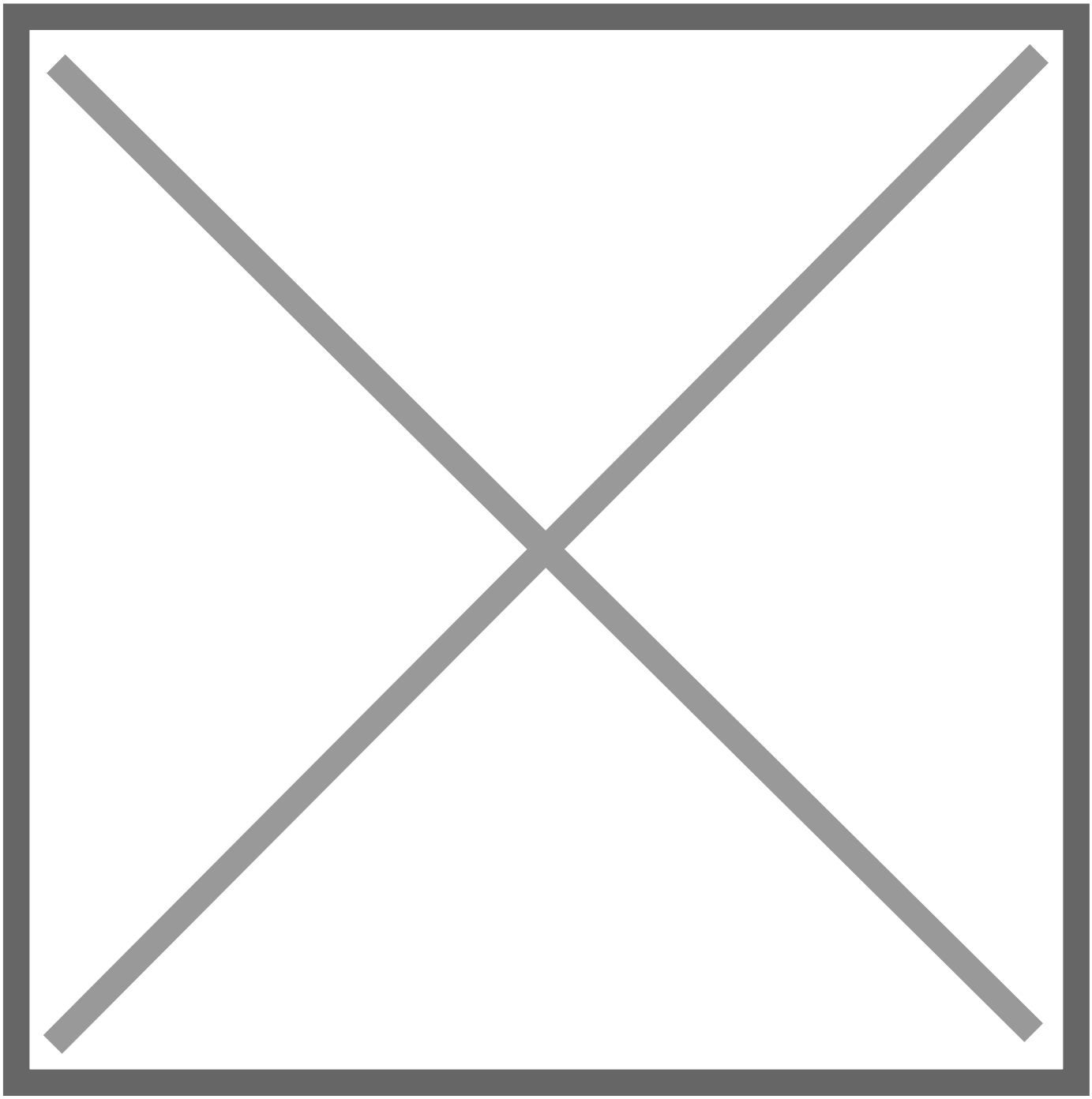
Adults, 2021



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.

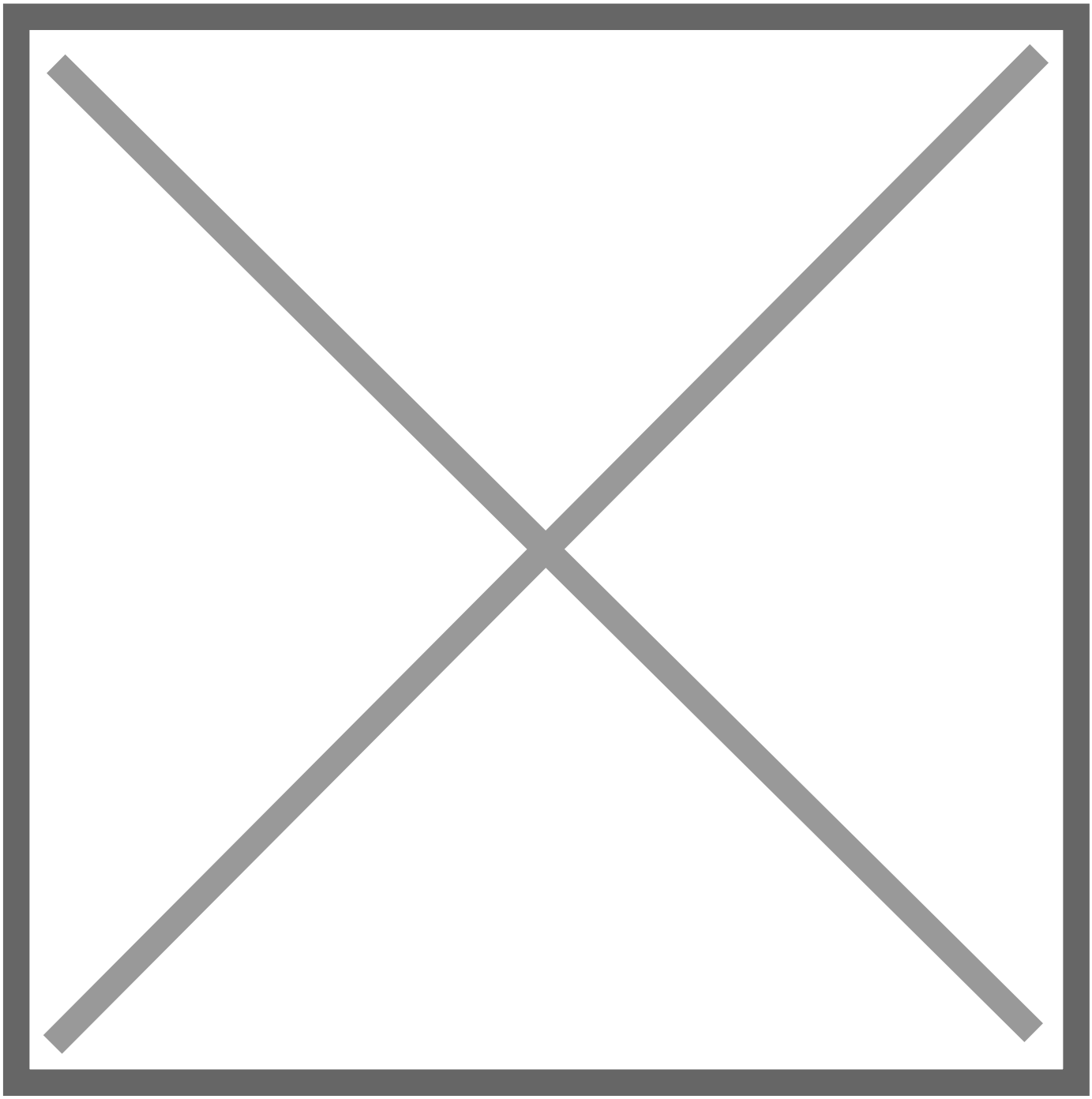
Children, 2015



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

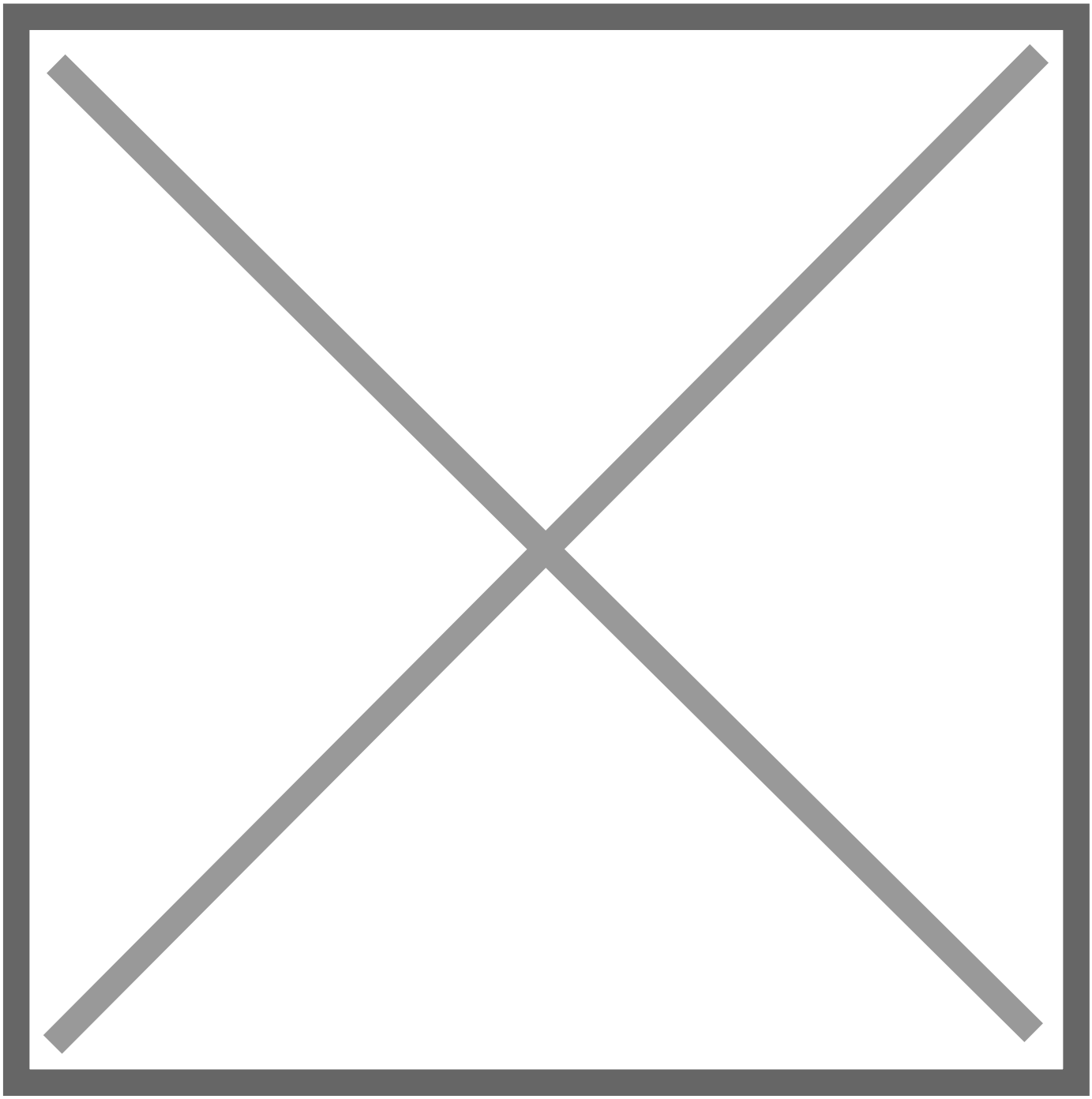
0-5 years, 2017



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:

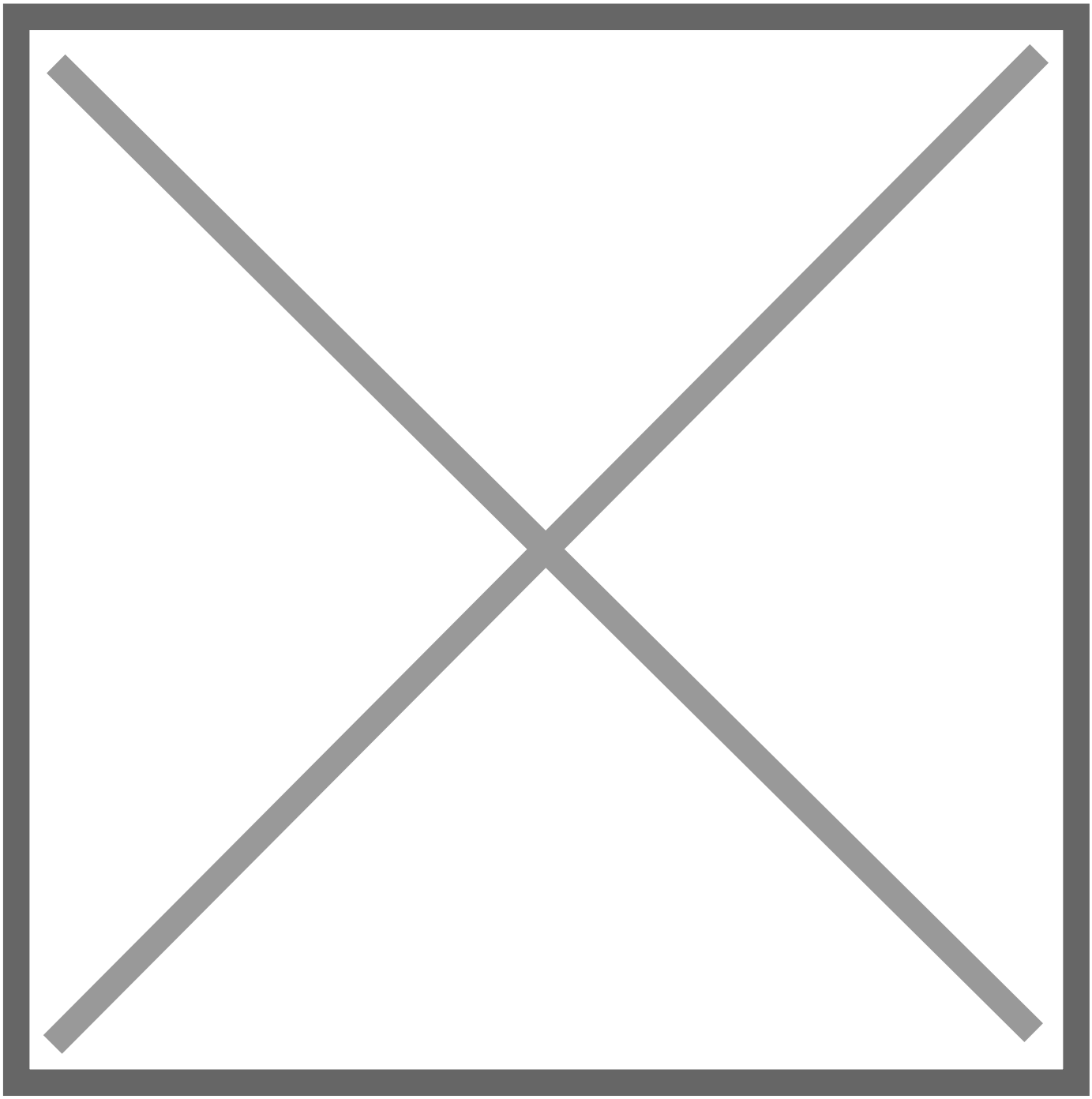
2001: Ebrahimi, S., Leech, R.M., McNaughton, S.A., Abdollahi, M., Houshiarrad, A. and Livingstone, K.M. (2021), Associations between diet quality and obesity in a nationally representative sample of Iranian households:a cross-sectional study. Obes Sci Pract. Accepted Author Manuscript. https://doi.org/10.1002/osp4.536

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.

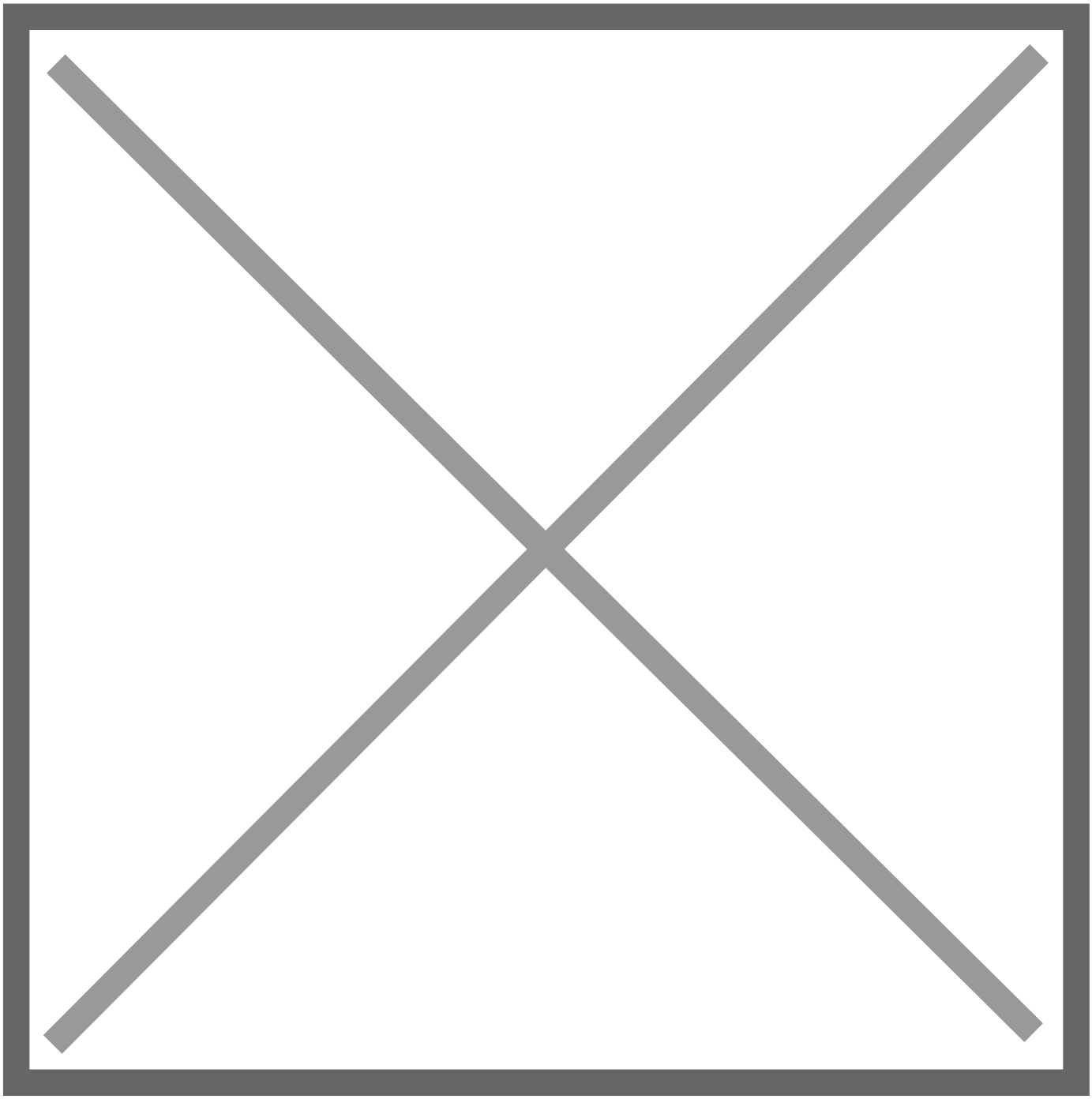
Women



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 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.

Men and women

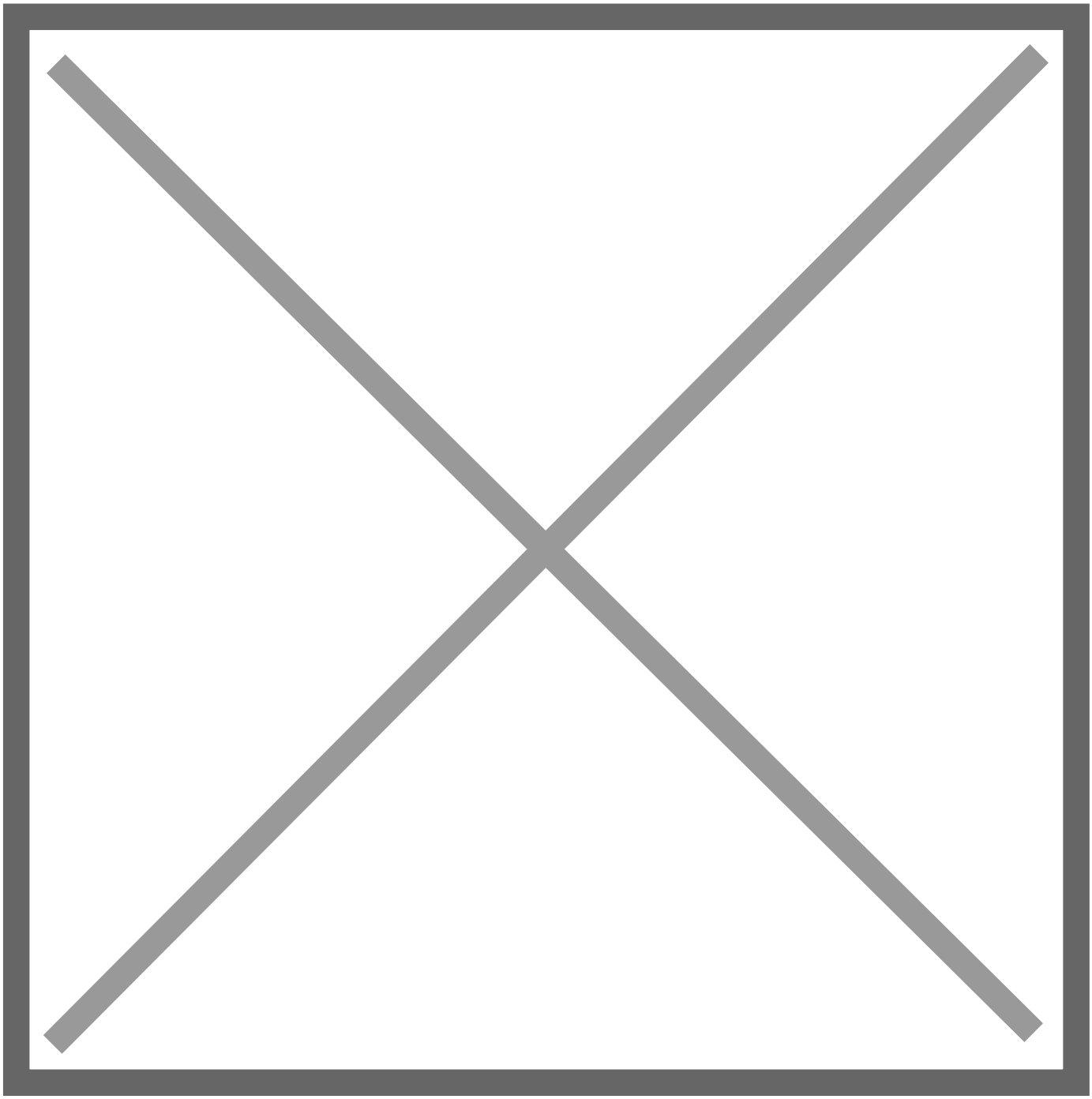


Survey type:	Measured
References:	2001: Ebrahimi, S., Leech, R.M., McNaughton, S.A., Abdollahi, M., Houshiarrad, A. and Livingstone, K.M. (2021), Associations between diet quality and obesity in a nationally representative sample of Iranian households:a cross-sectional study. Obes Sci Pract. Accepted 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.

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

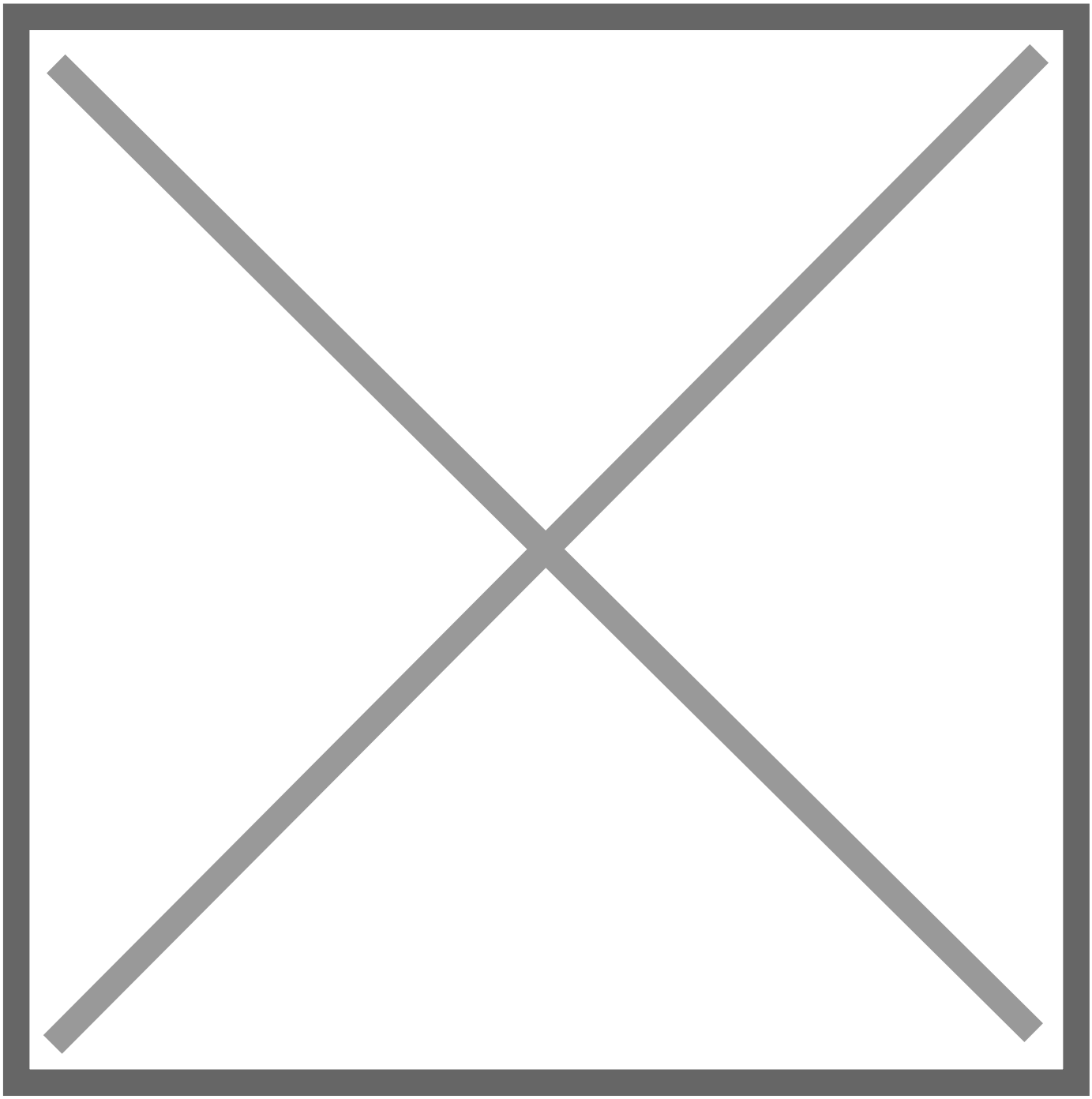
Adults, 2021



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

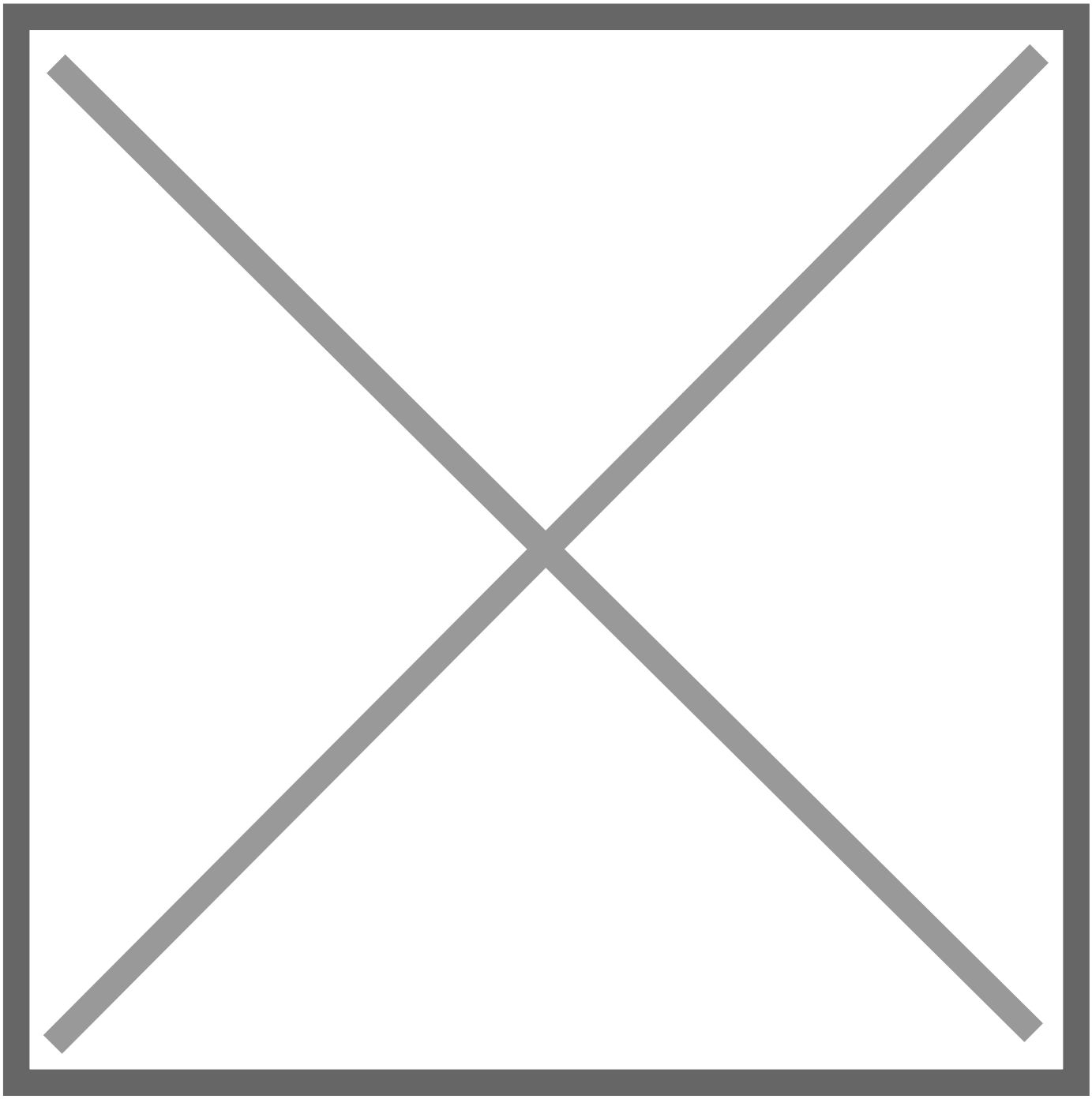


Survey type:	Measured
Age:	10-12
Sample size:	2506
Area covered:	Sub National - City of SANANDAJ
References:	Moradi G, Mostafavi F, Azadi N, Esmaeilnasab N, Ghaderi E.Socioeconomic Inequality in Childhood Obesity.J Res Health Sci. 2017 Aug 15;17(3):E1-6.

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

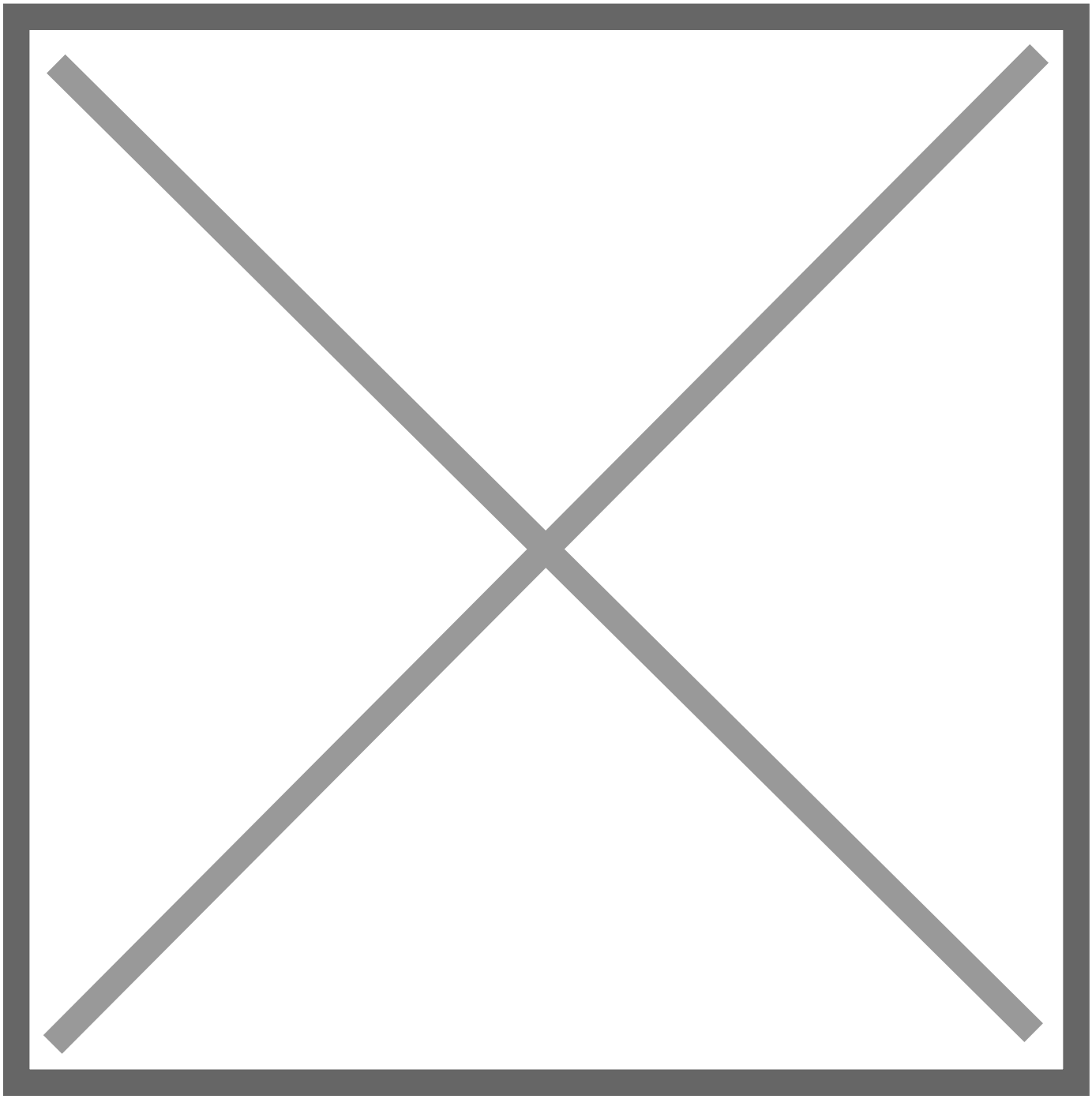
Adults, 2021



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

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

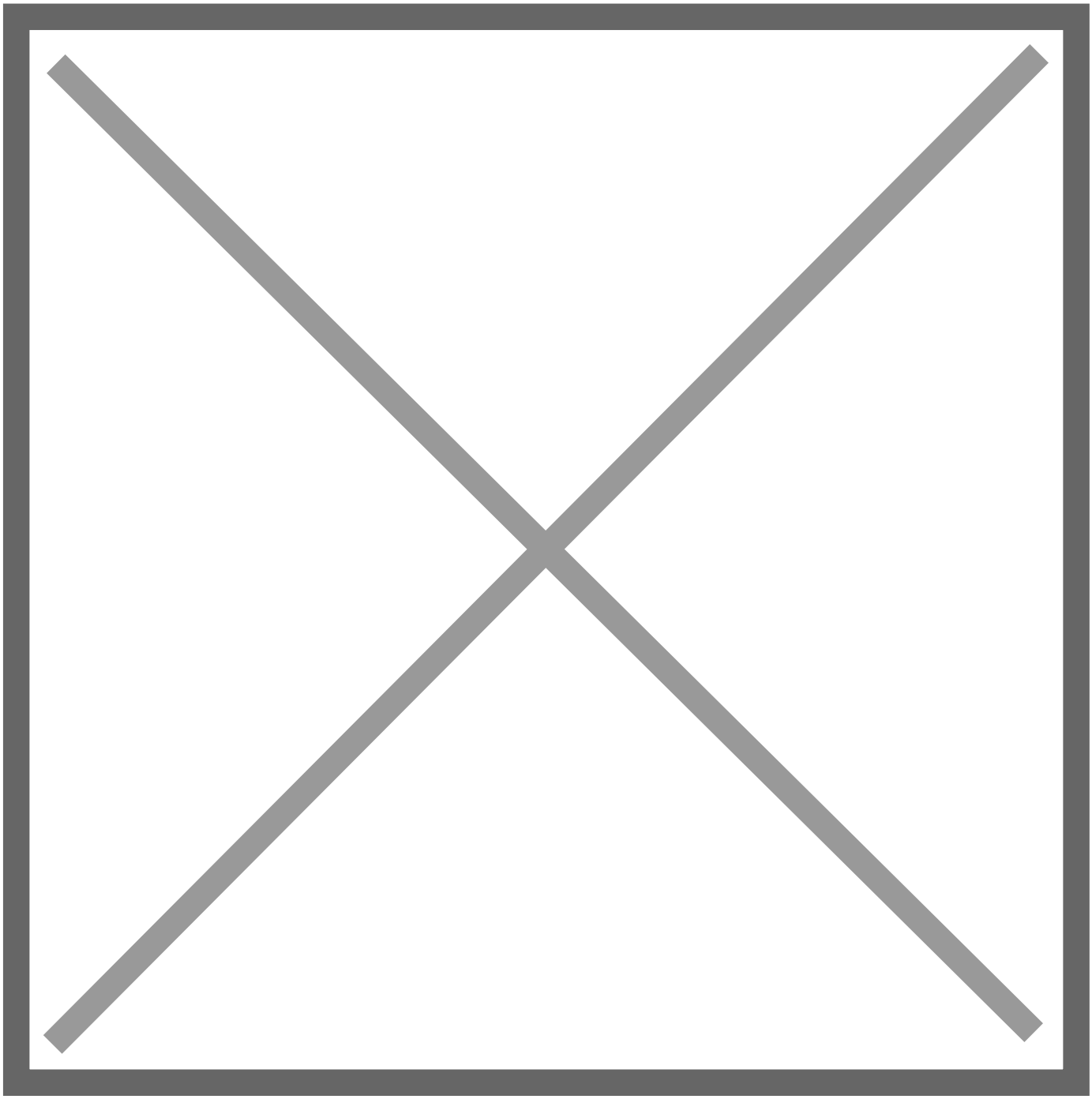
Children, 2010-2011



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

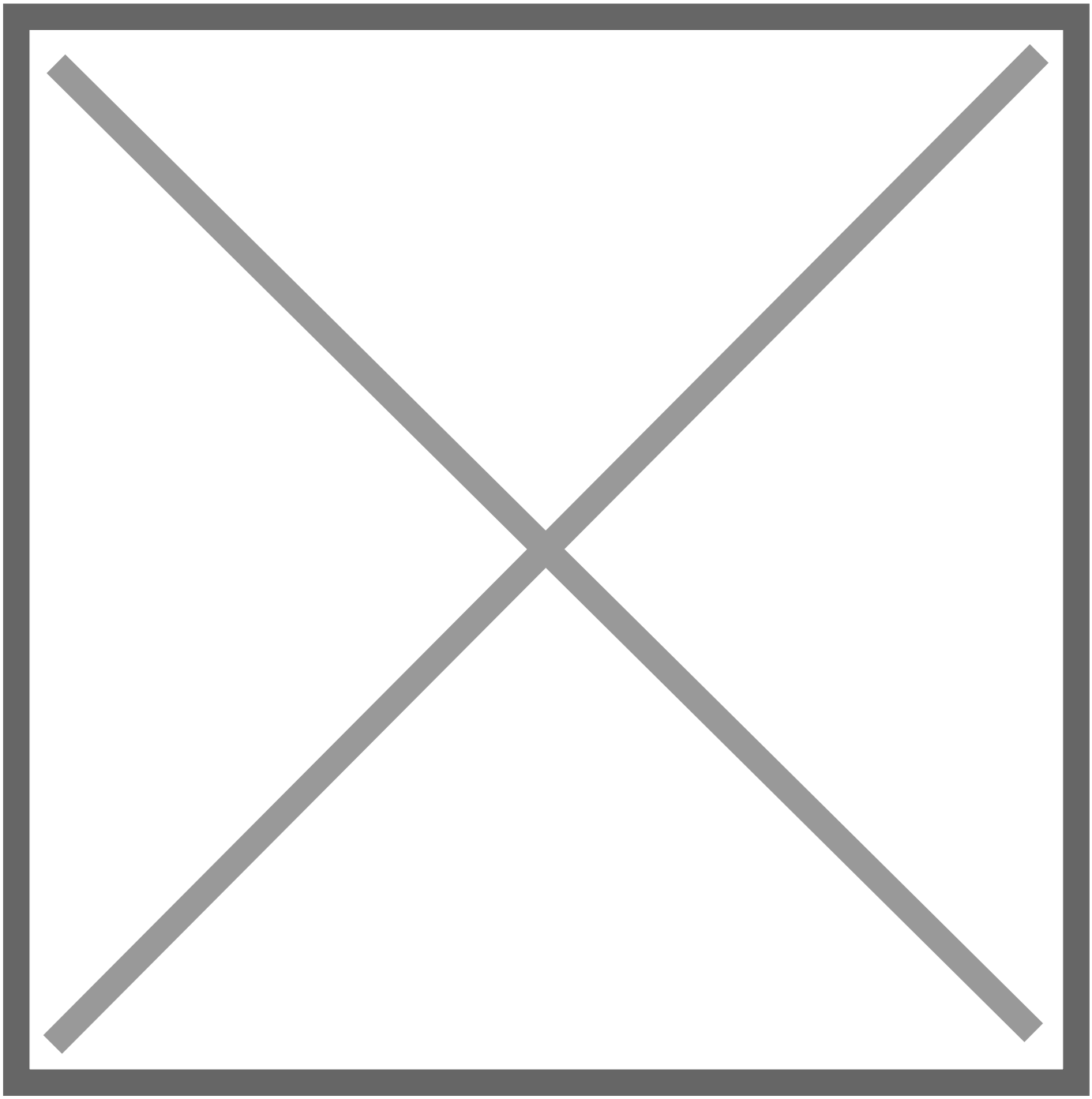
Adults, 2021



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.

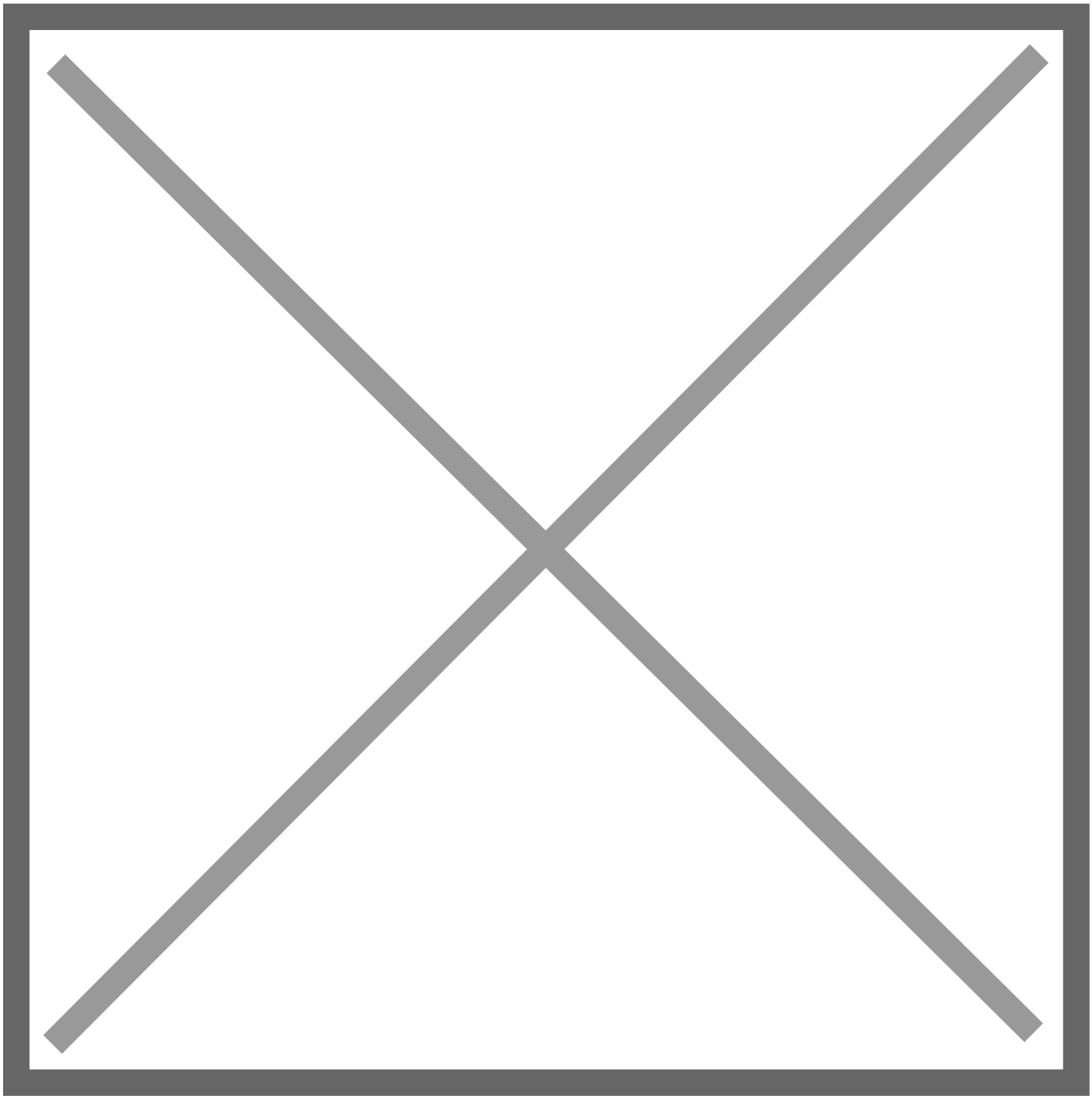
Children, 2012-2013



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 ≥ 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

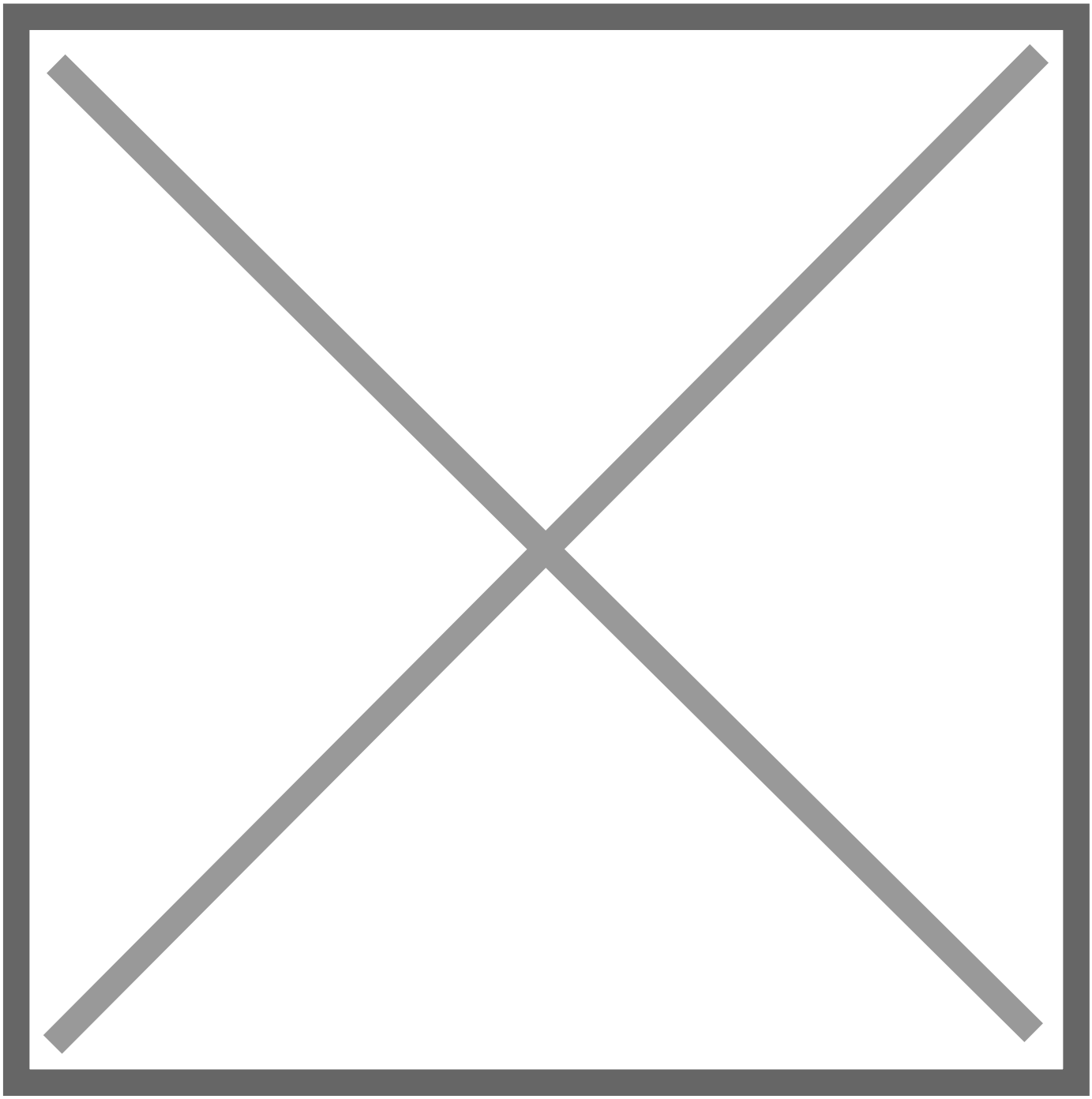
0-5 years, 2017



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. 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

Overweight/obesity by socio-economic group

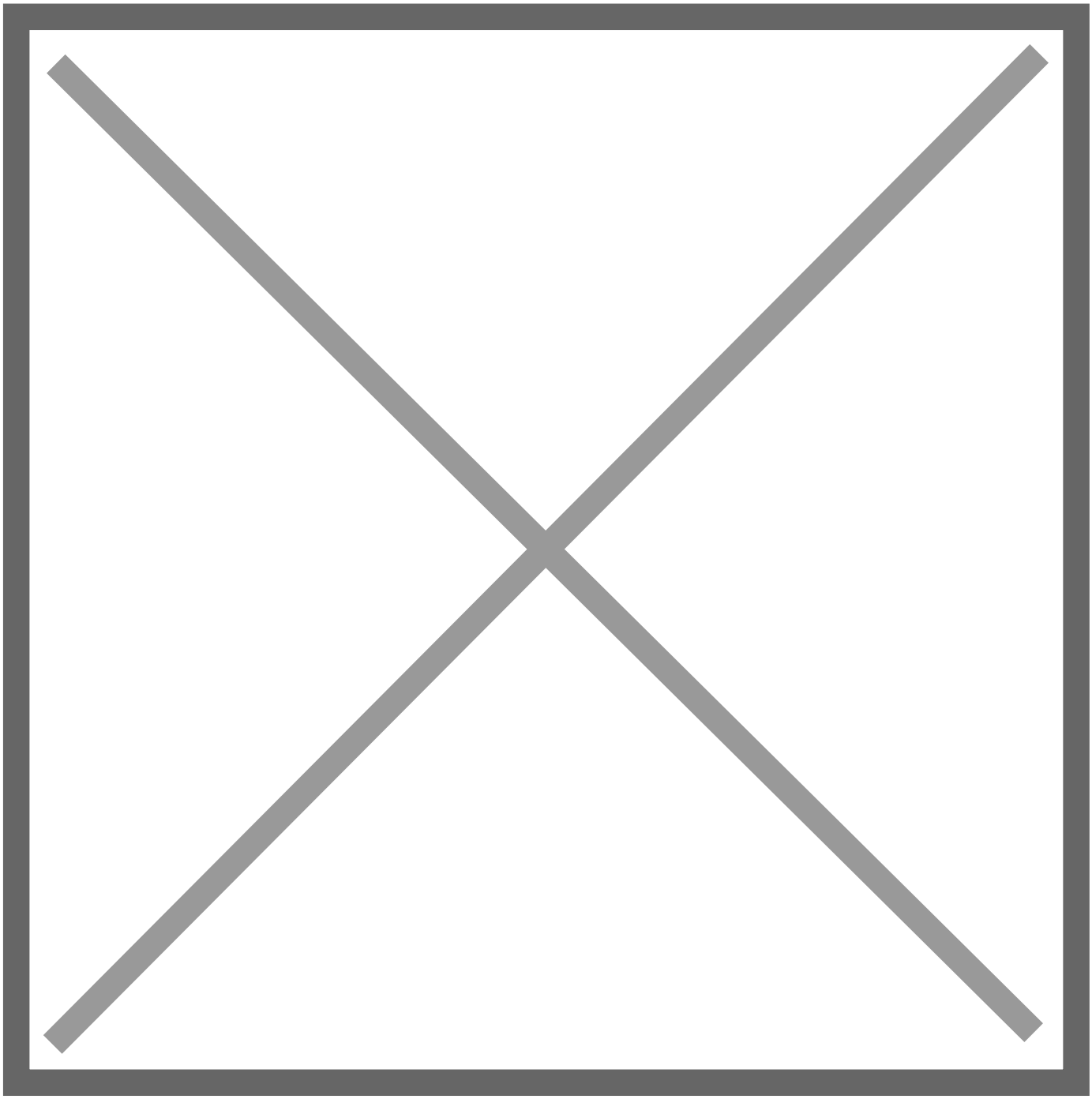
Adults, 2021



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.

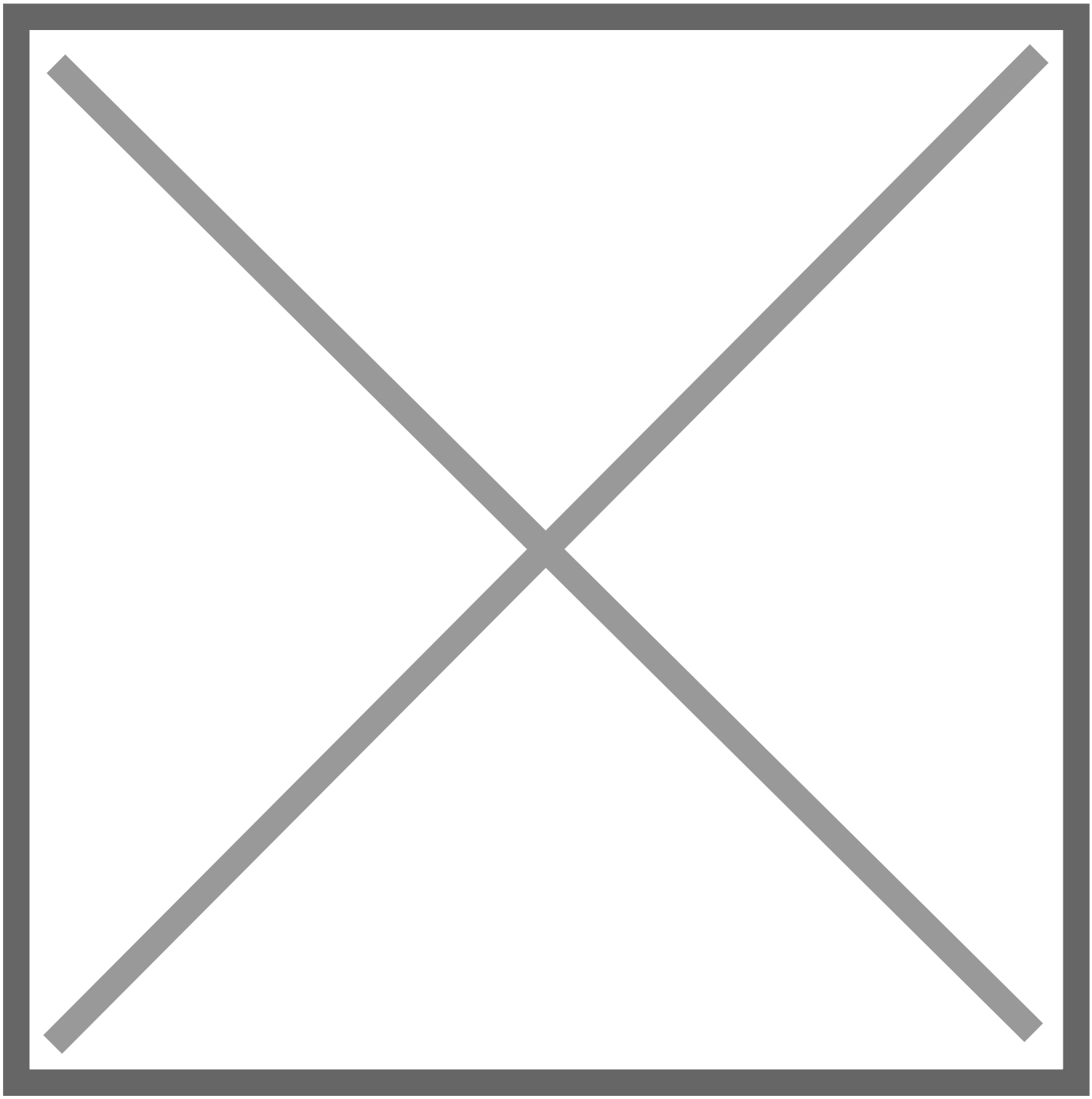
Children, 2015



Survey type:	Measured
Age:	10-12
Sample size:	2506
Area covered:	Regional
References:	Moradi G, Mostafavi F, Azadi N, 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

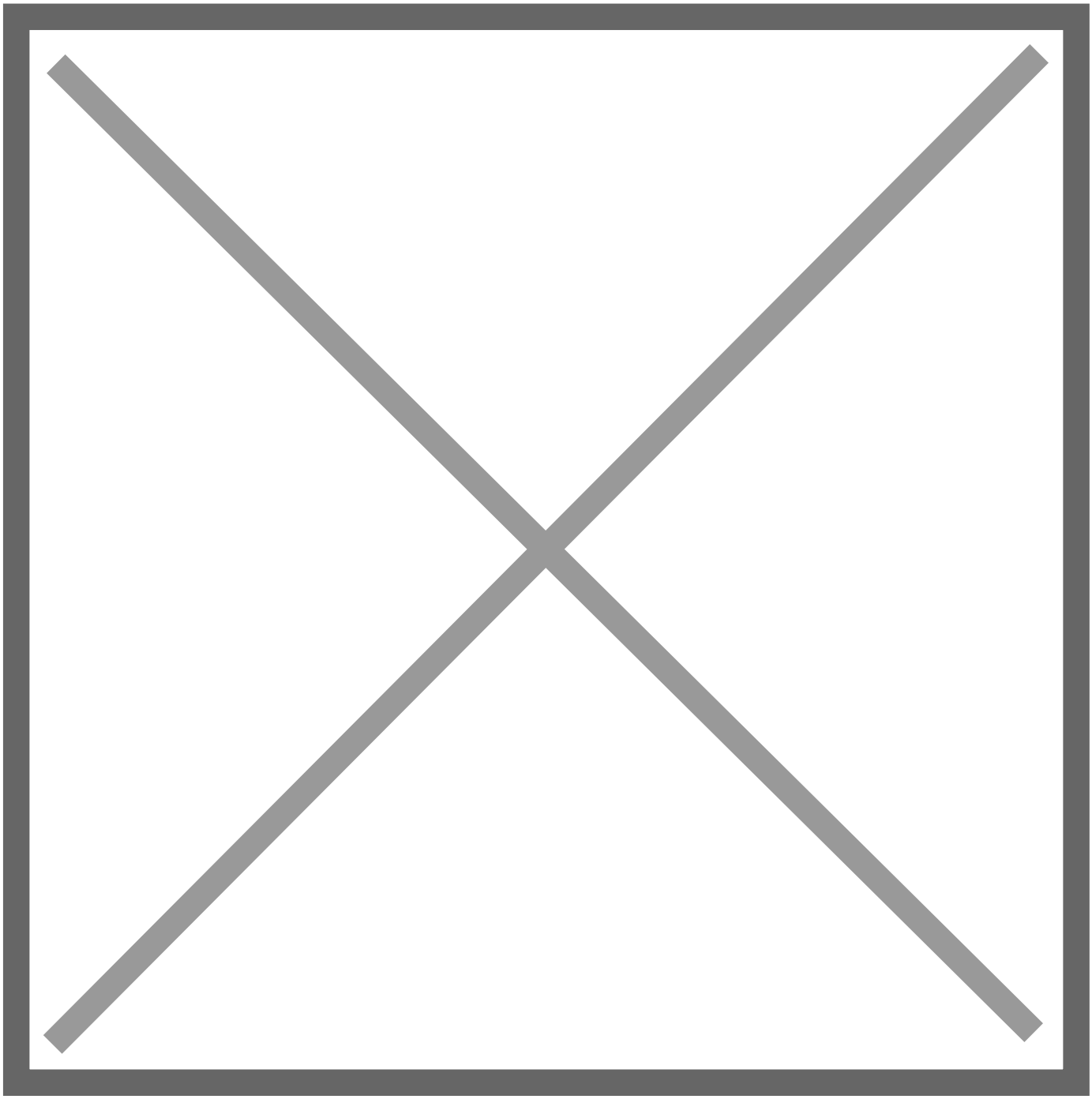
0-5 years, 2017



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

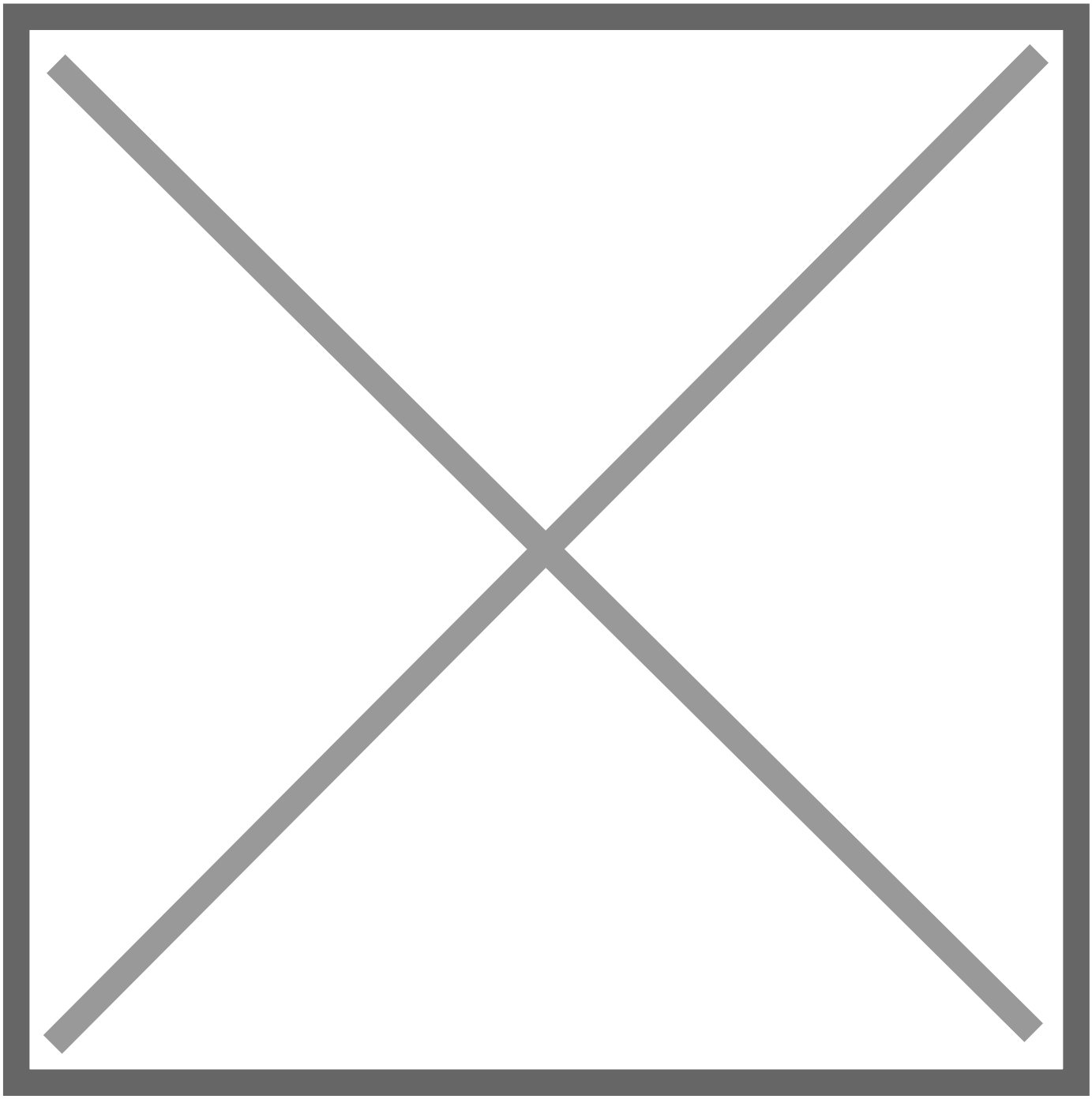
Adults, 2022



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

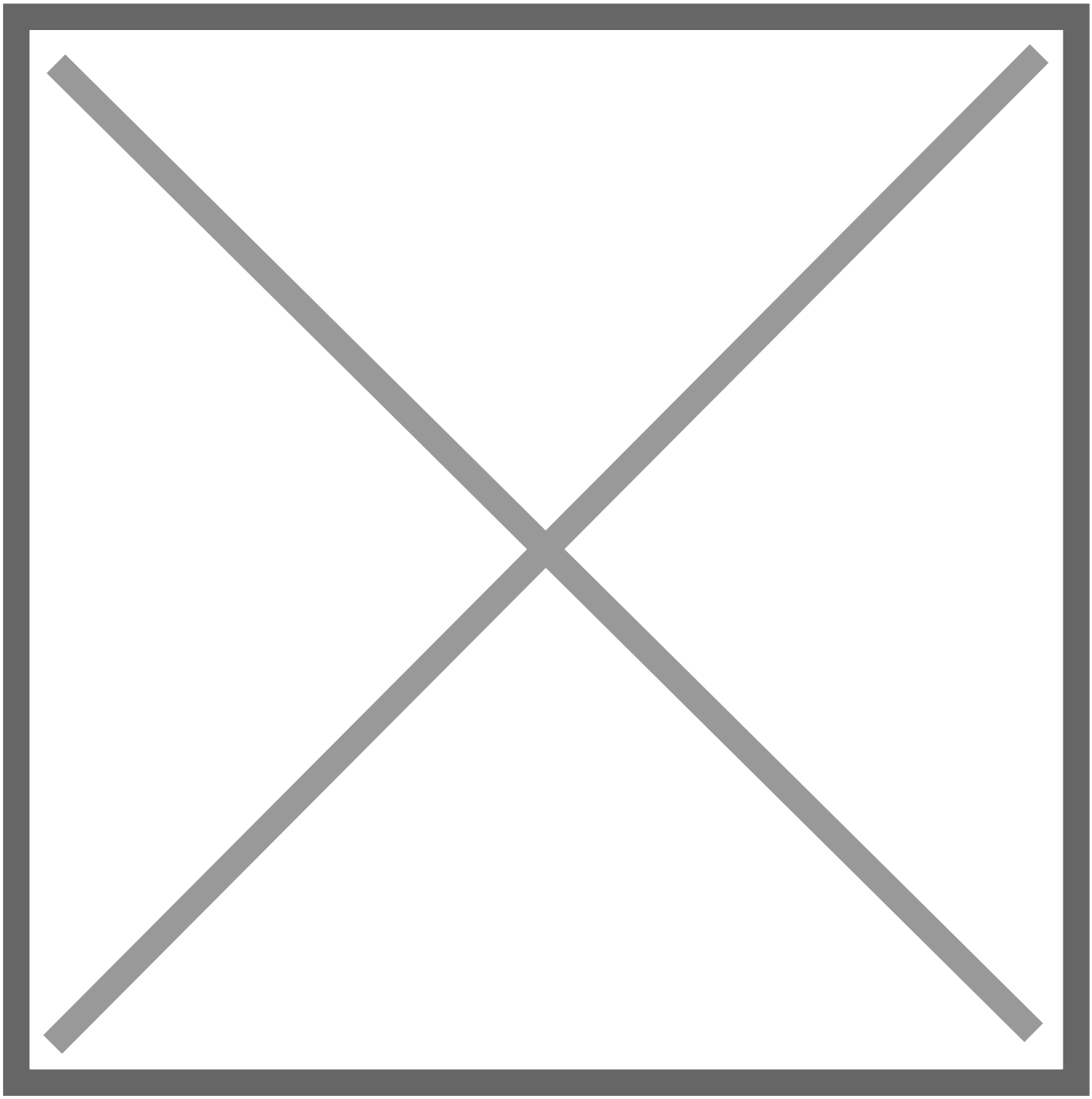


Survey type:	Measured
Age:	5-19
References:	NCD Risk Factor Collaboration (NCD-RisC). Worldwide trends in underweight and obesity from 1990 to 2022: a pooled analysis of 3663 population representative studies with 222 million children, adolescents, and adults. Lancet 2024; published online Feb 29. https://doi.org/10.1016/S0140-6736(23)02750-2.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

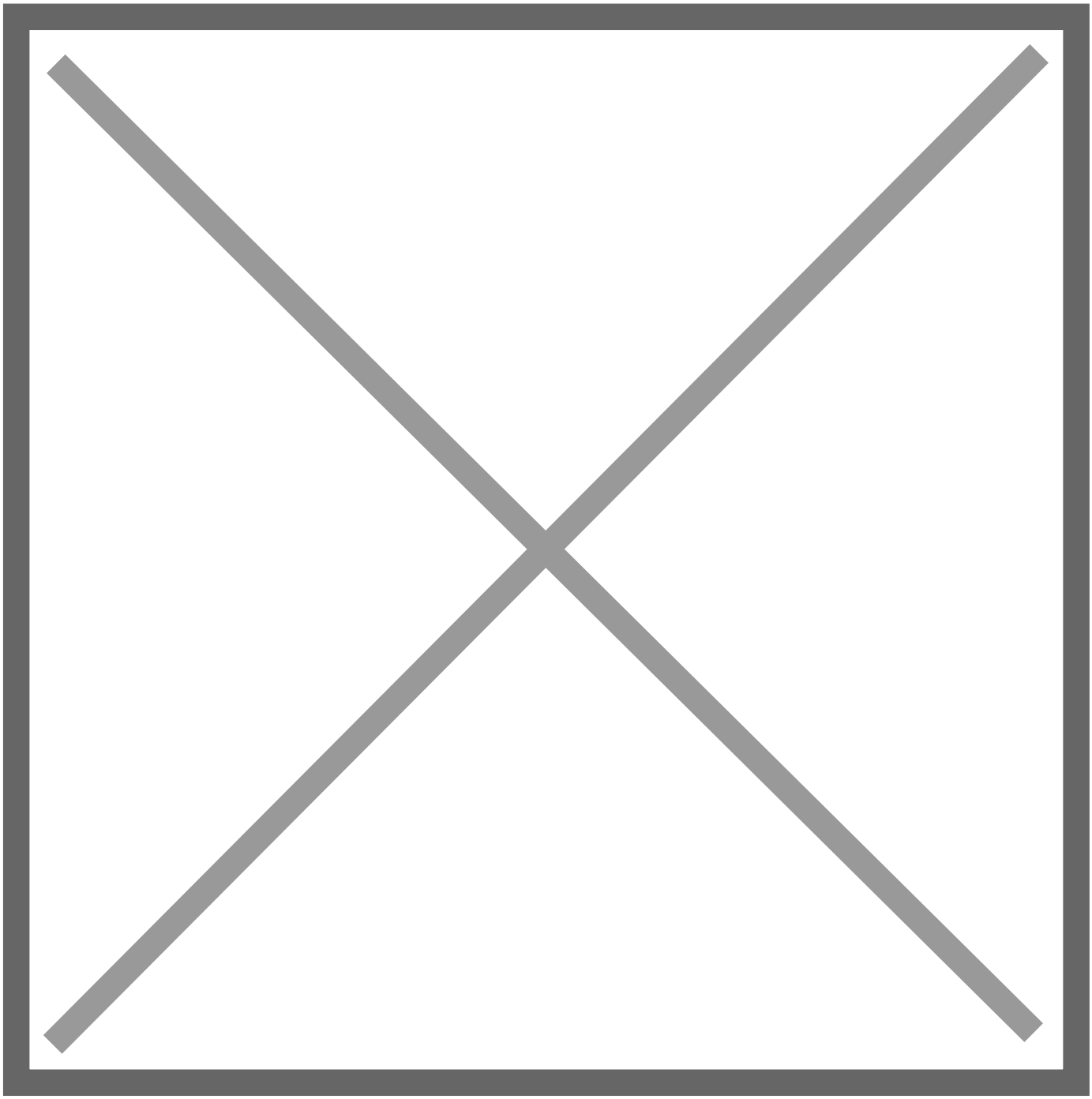
Adults, 2022



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.

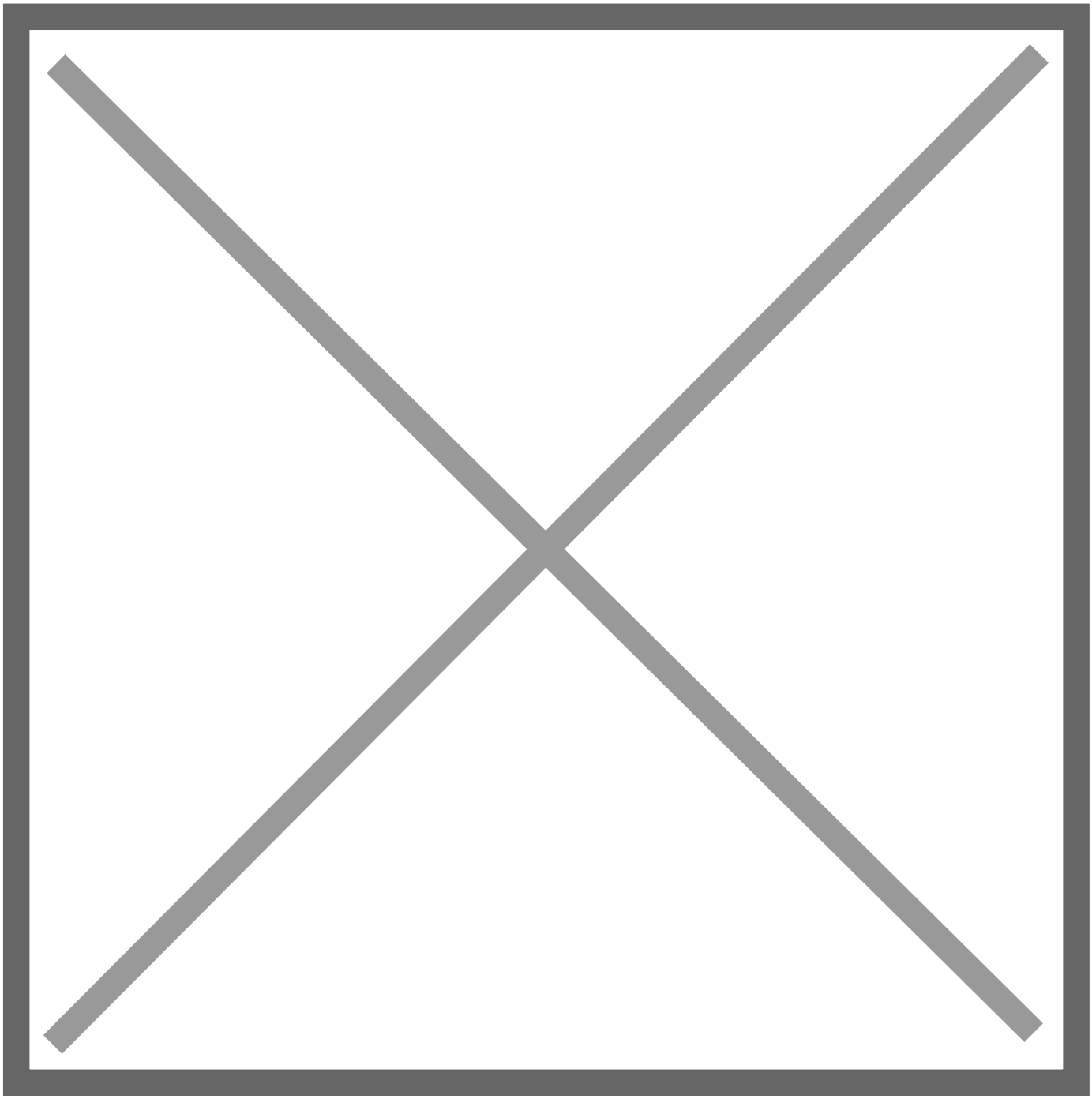
Men, 2022



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

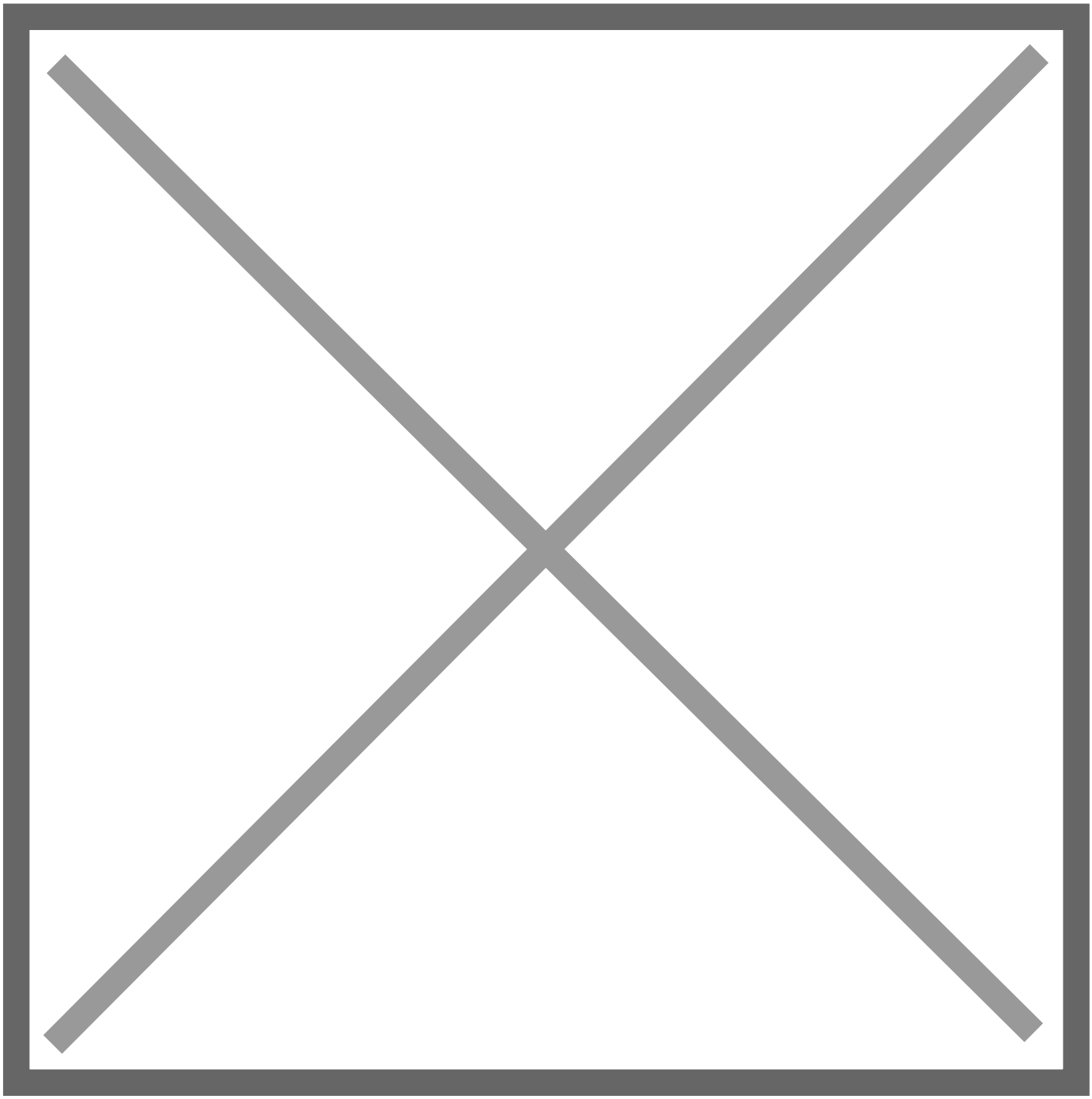


Survey type:	Self-reported
Age:	18+
Area covered:	National
References:	WHO (2024). Prevalence of insufficient physical activity among adults aged 18-years age-standardized estimate in 2022. Available at https://www.who.int/data/gho/data/indicators/indicator-details/GHO/prevalence-of-insufficient-physical-activity-among-adults-aged-18-years-(age-standardized-esti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

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

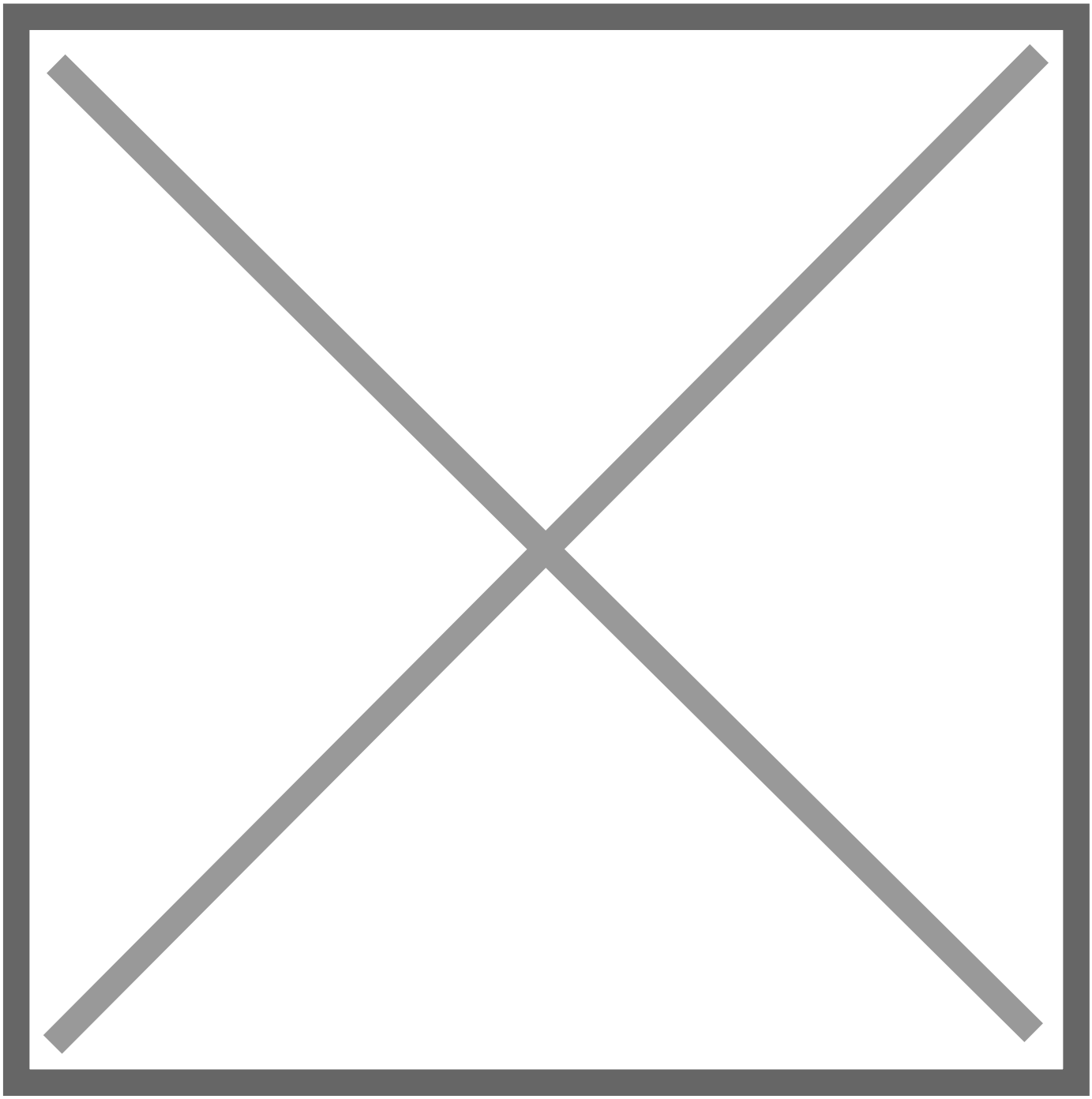
Adults, 2021-2024



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)

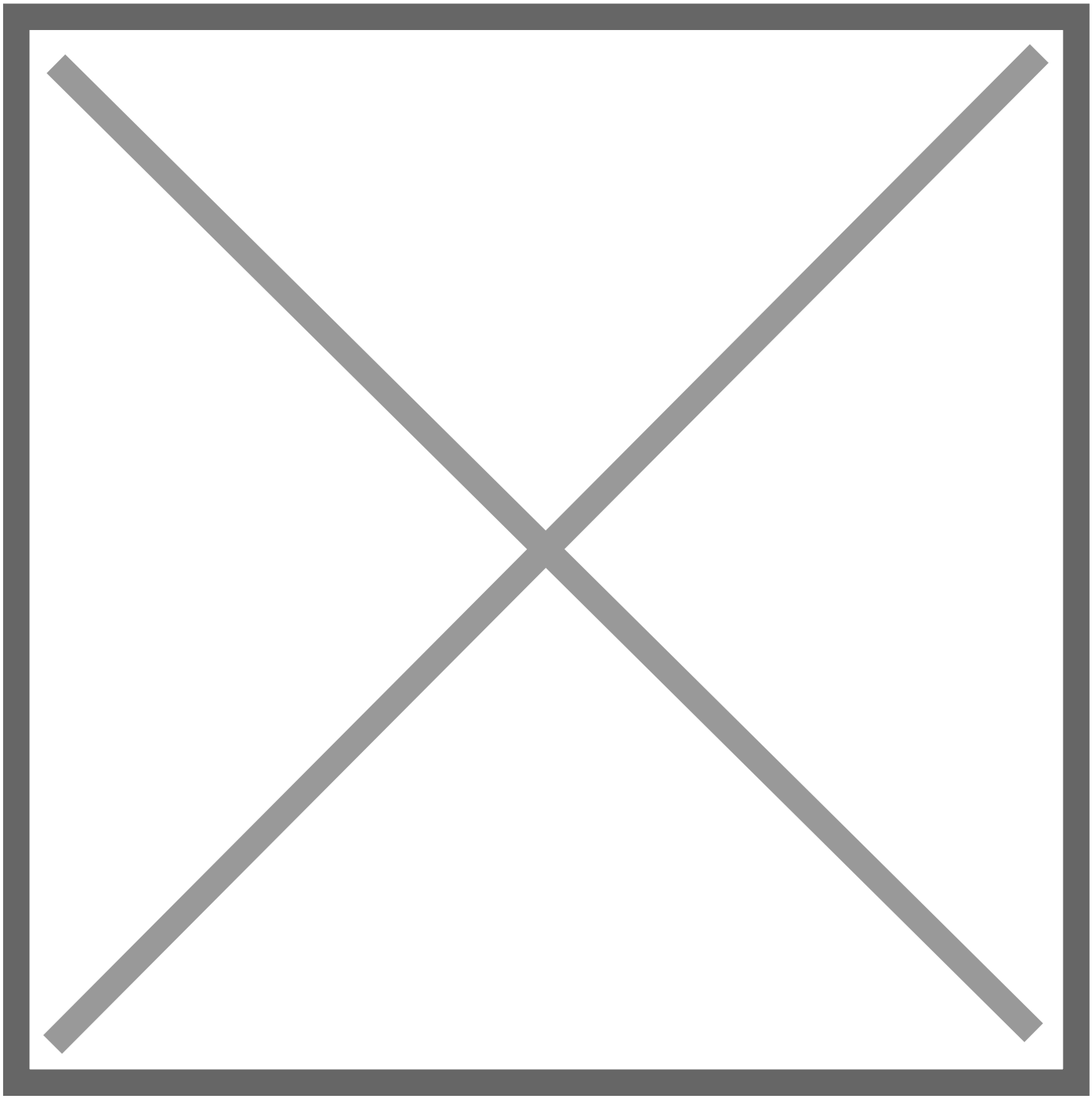
Men, 2021-2024



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

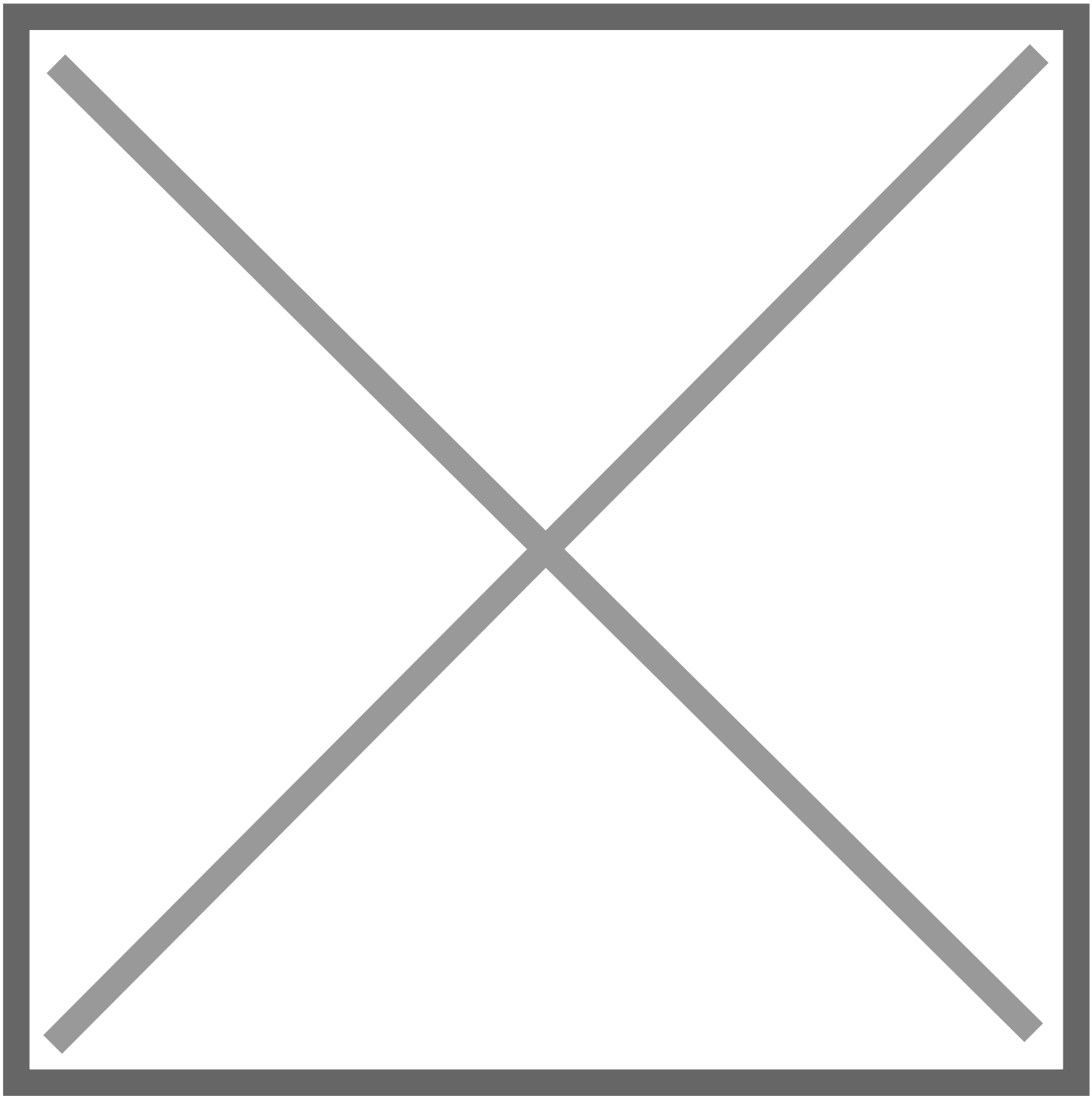


Survey type:	Self-reported
Age:	15+
Sample size:	1007
Area covered:	National
References:	Global Diet Quality Project. 2024. "DQQ Results Dataset 2021-2024." Harvard Dataverse. https://doi.org/doi:10.7910/DVN/KY3W8A Licence: CC BY-NC-SA 4.0. Accessed at dietquality.org on October 15, 2025.

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)

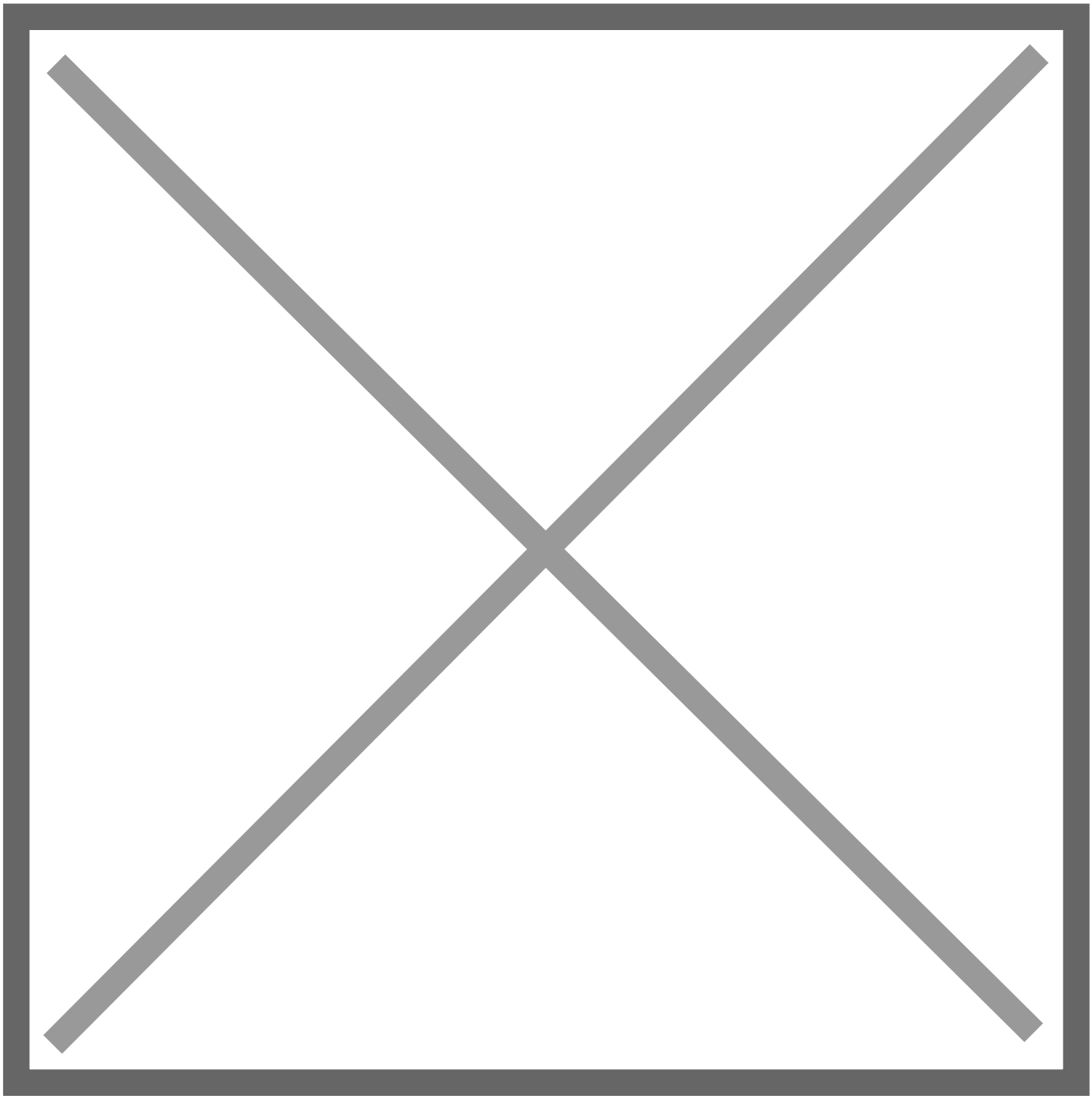
Mental health - depression disorders

Adults, 2023



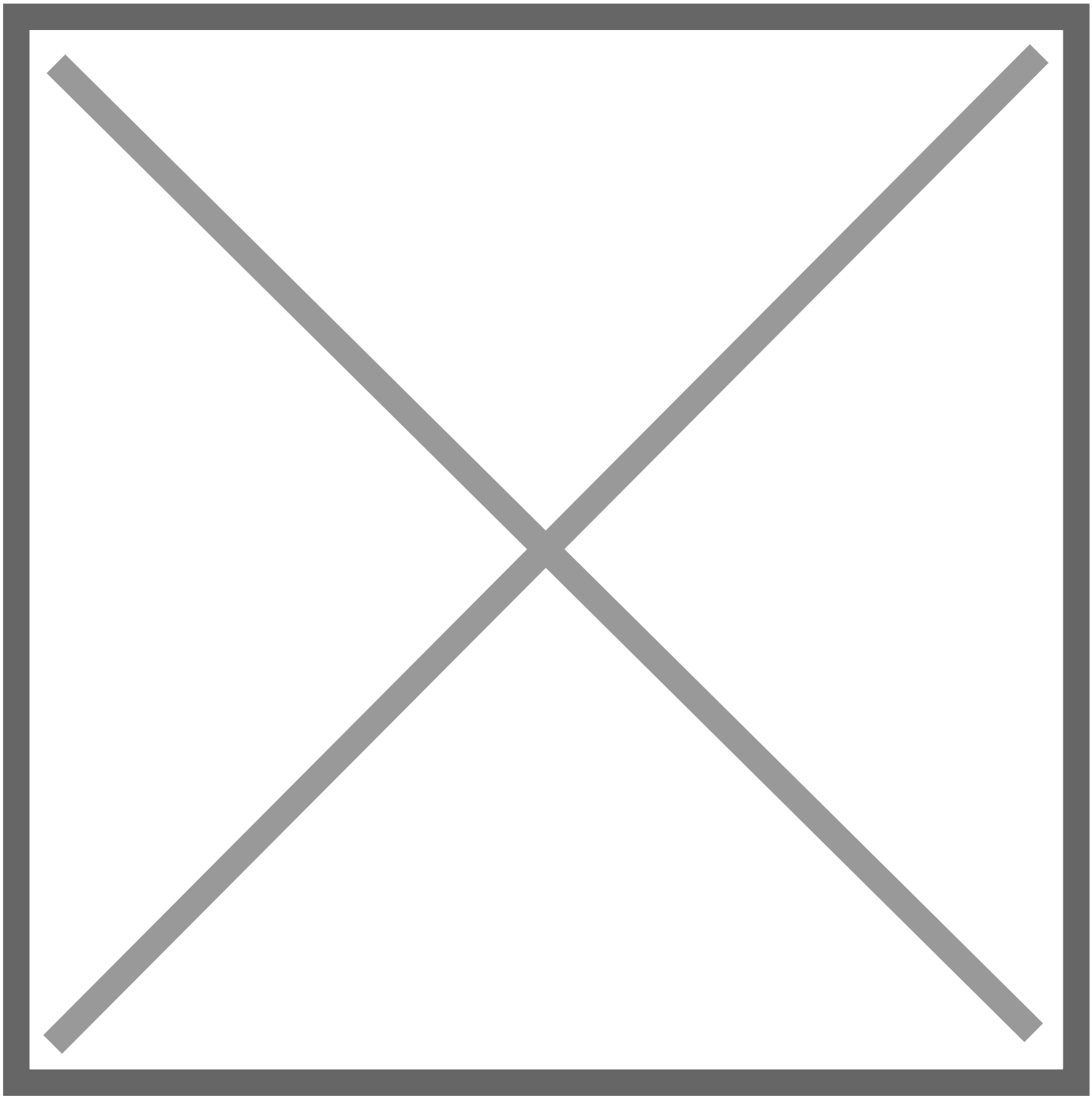
Age:	20+
Area covered:	National
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from https://vizhub.healthdata.org/gbd-compare/ [Accessed 17.03.26]
Definitions: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

Men, 2023



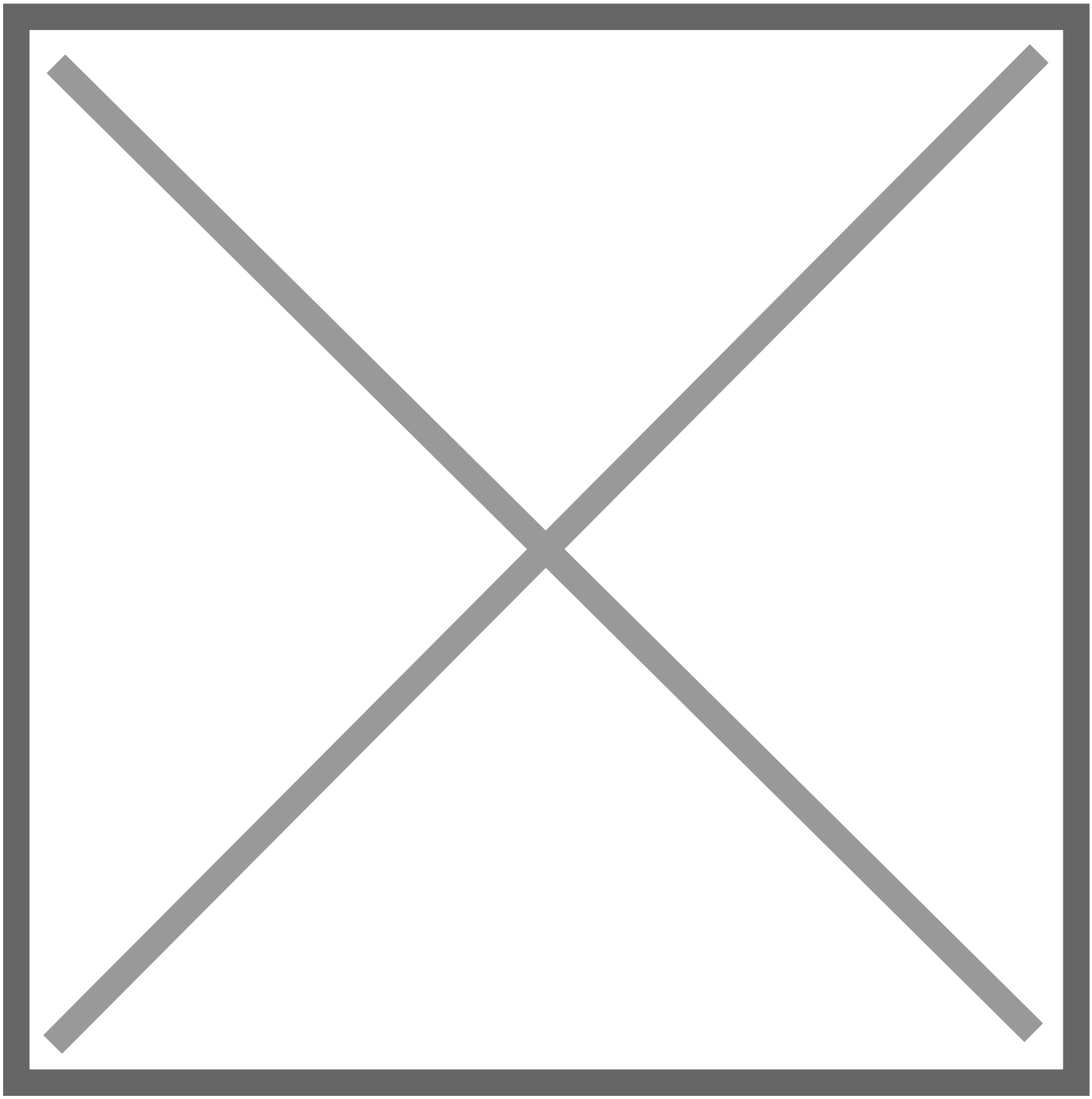
Age:	20+
Area covered:	National
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from https://vizhub.healthdata.org/gbd-compare/ [Accessed 17.03.26]
Definitions: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

Women, 2023



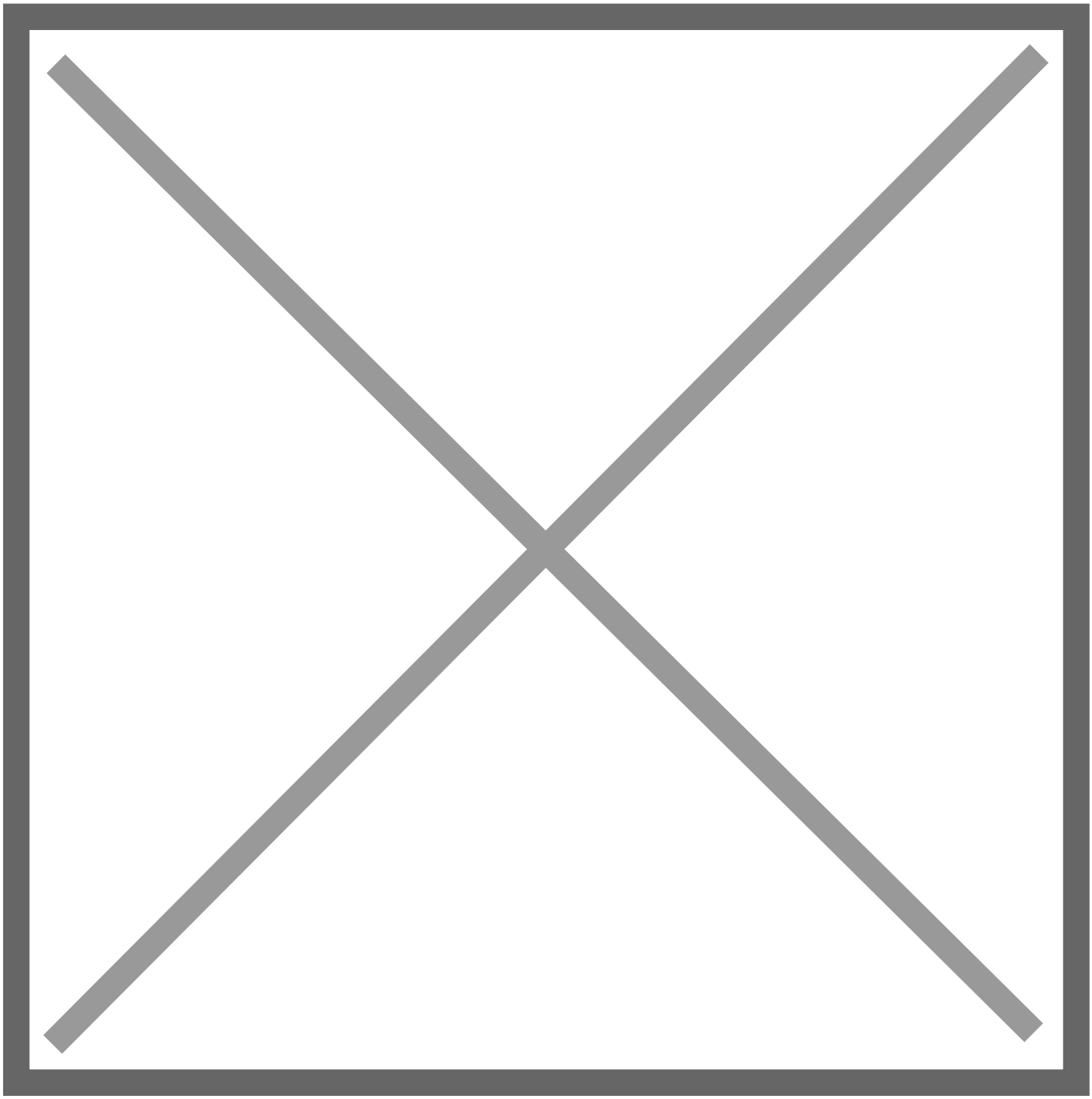
Age:	20+
Area covered:	National
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from https://vizhub.healthdata.org/gbd-compare/ [Accessed 17.03.26]
Definitions: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

Children, 2023



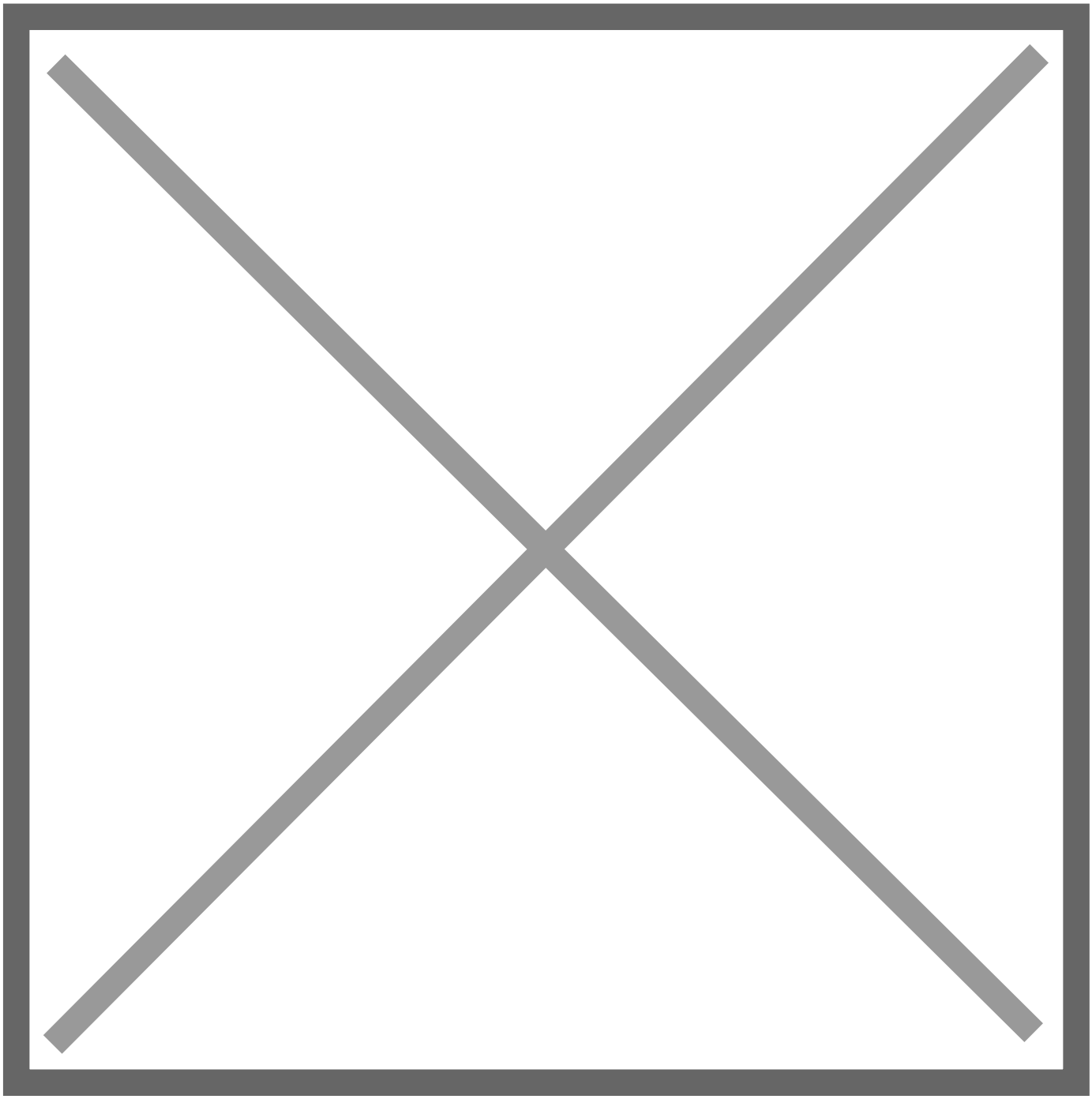
Area covered:	National
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from https://vizhub.healthdata.org/gbd-compare/ [Accessed 17.03.26]
Definitions:	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)

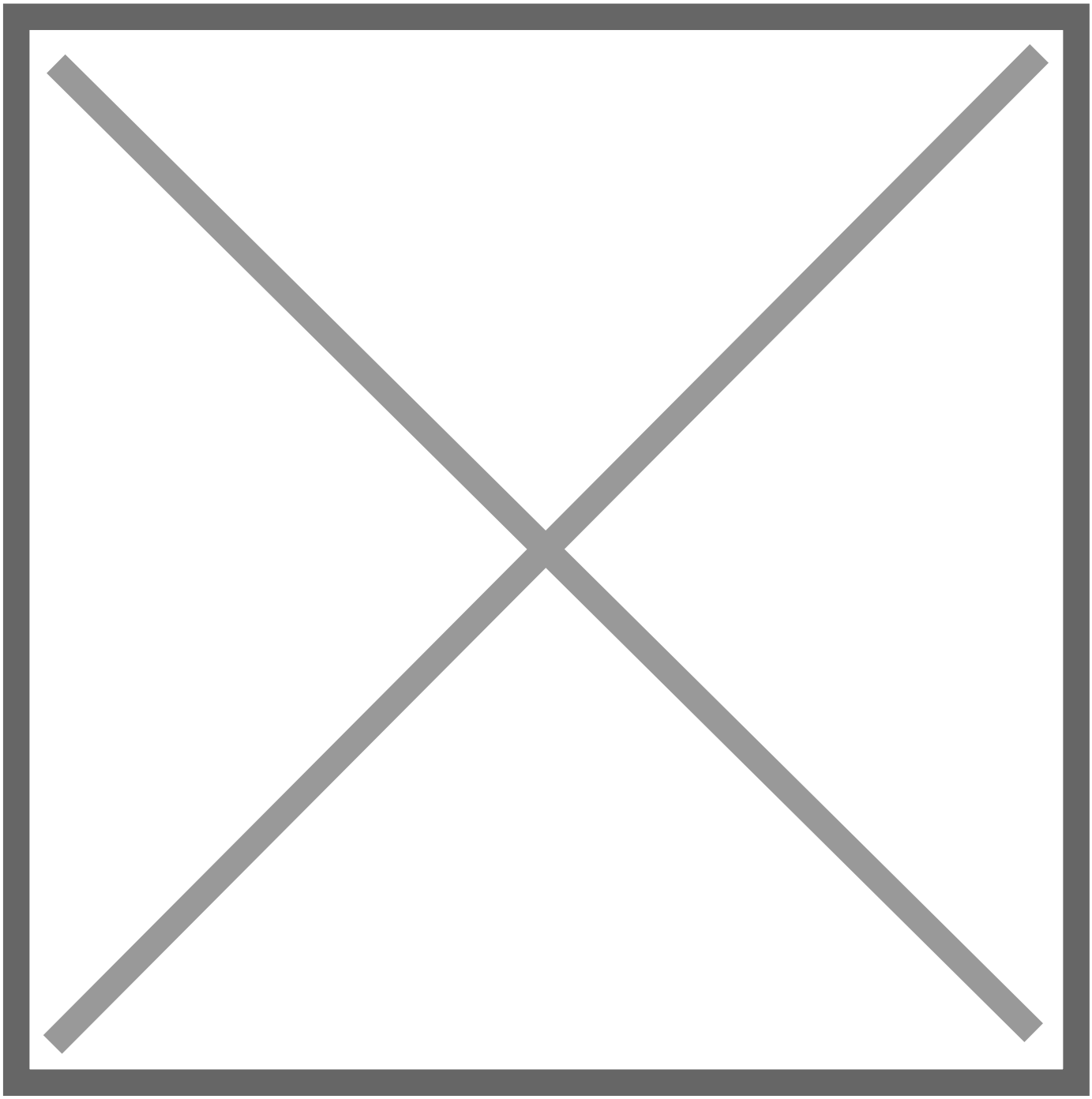
Girls, 2023



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)

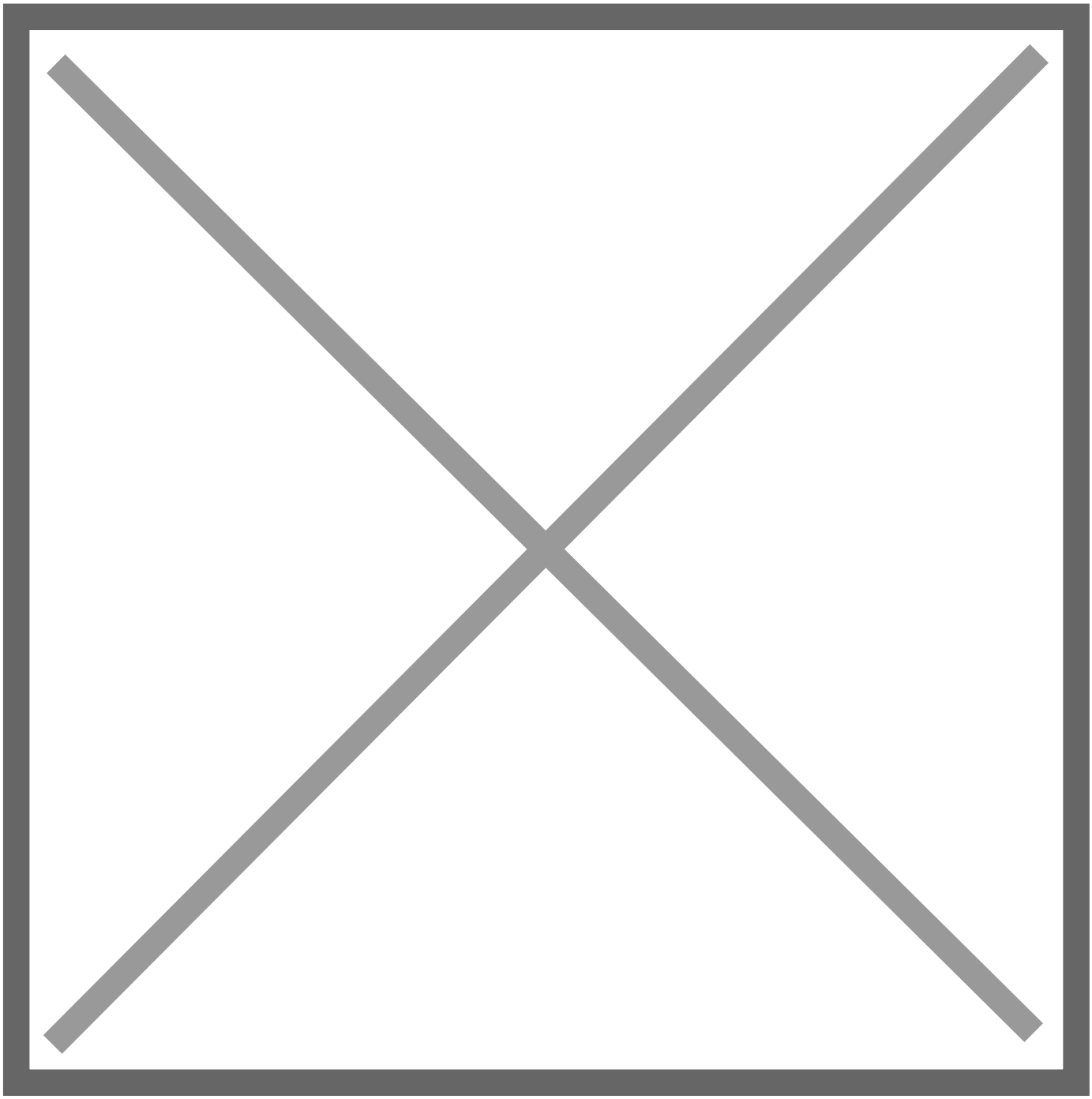
Mental health - anxiety disorders

Adults, 2023



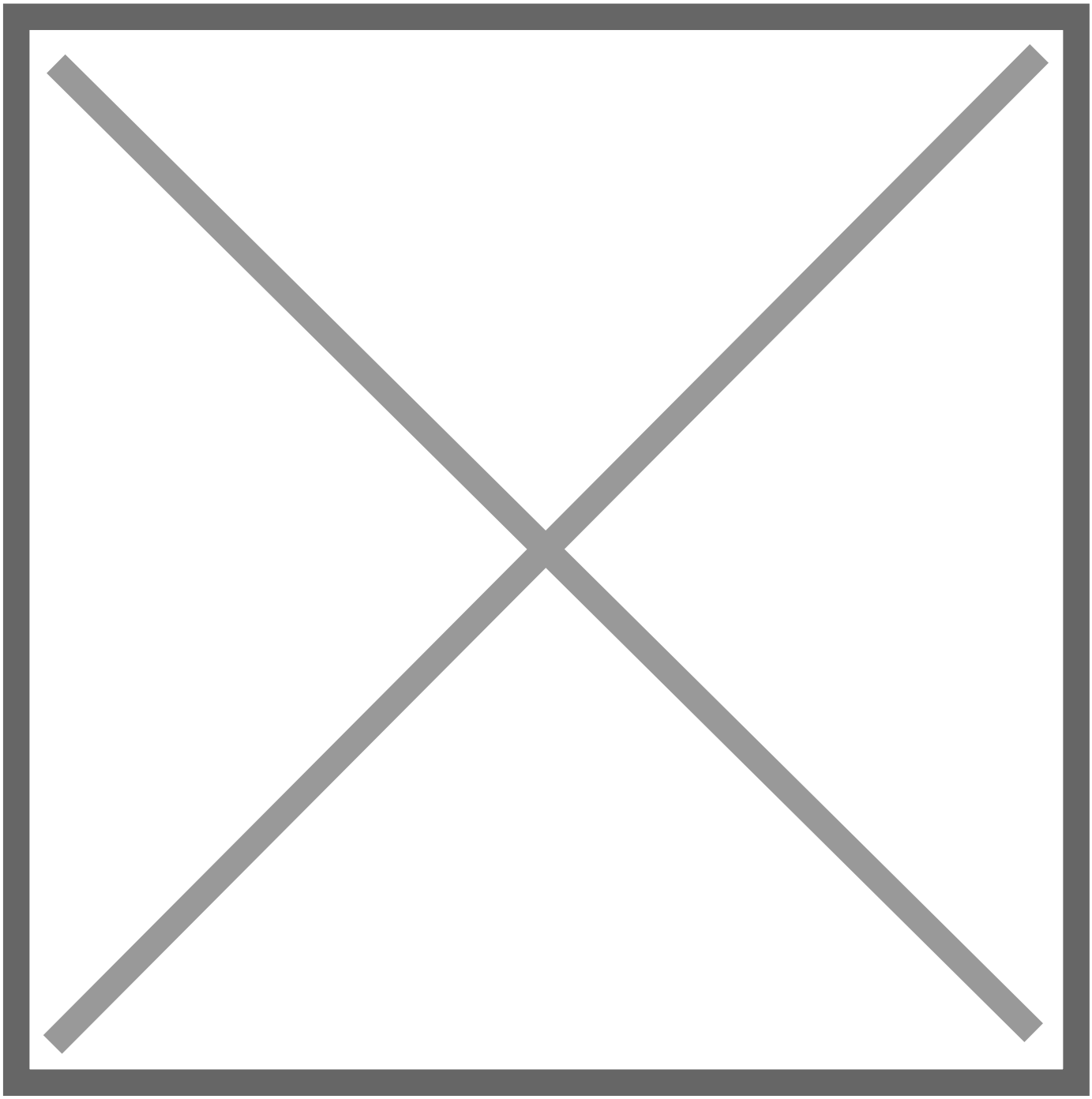
Age:	20+
Area covered:	National
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from https://vizhub.healthdata.org/gbd-compare/ [Accessed 17.03.26]
Definitions: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

Men, 2023



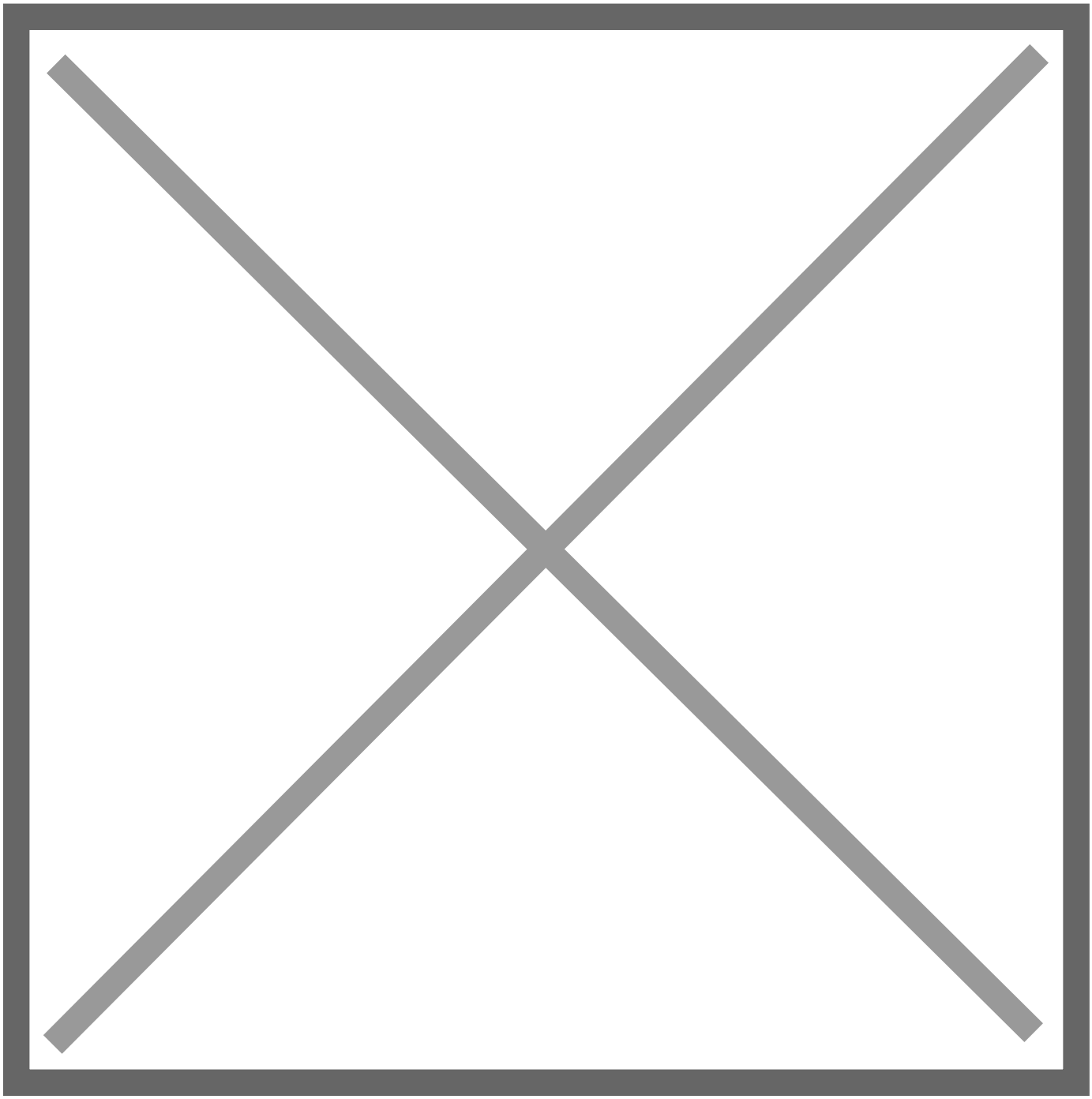
Age:	20+
Area covered:	National
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from https://vizhub.healthdata.org/gbd-compare/ [Accessed 17.03.26]
Definitions: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

Women, 2023



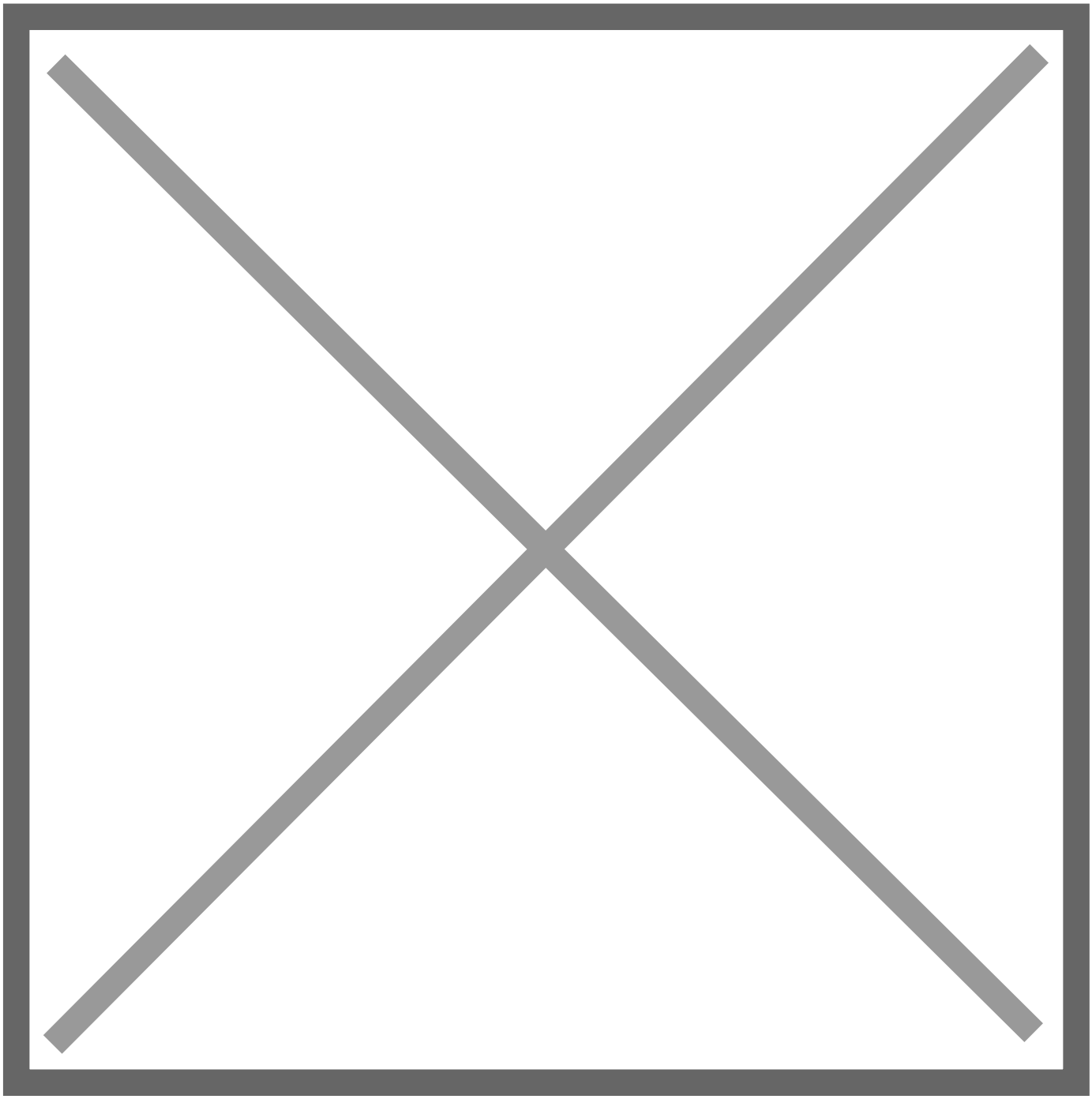
Age:	20+
Area covered:	National
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from https://vizhub.healthdata.org/gbd-compare/ [Accessed 17.03.26]
Definitions: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

Children, 2023



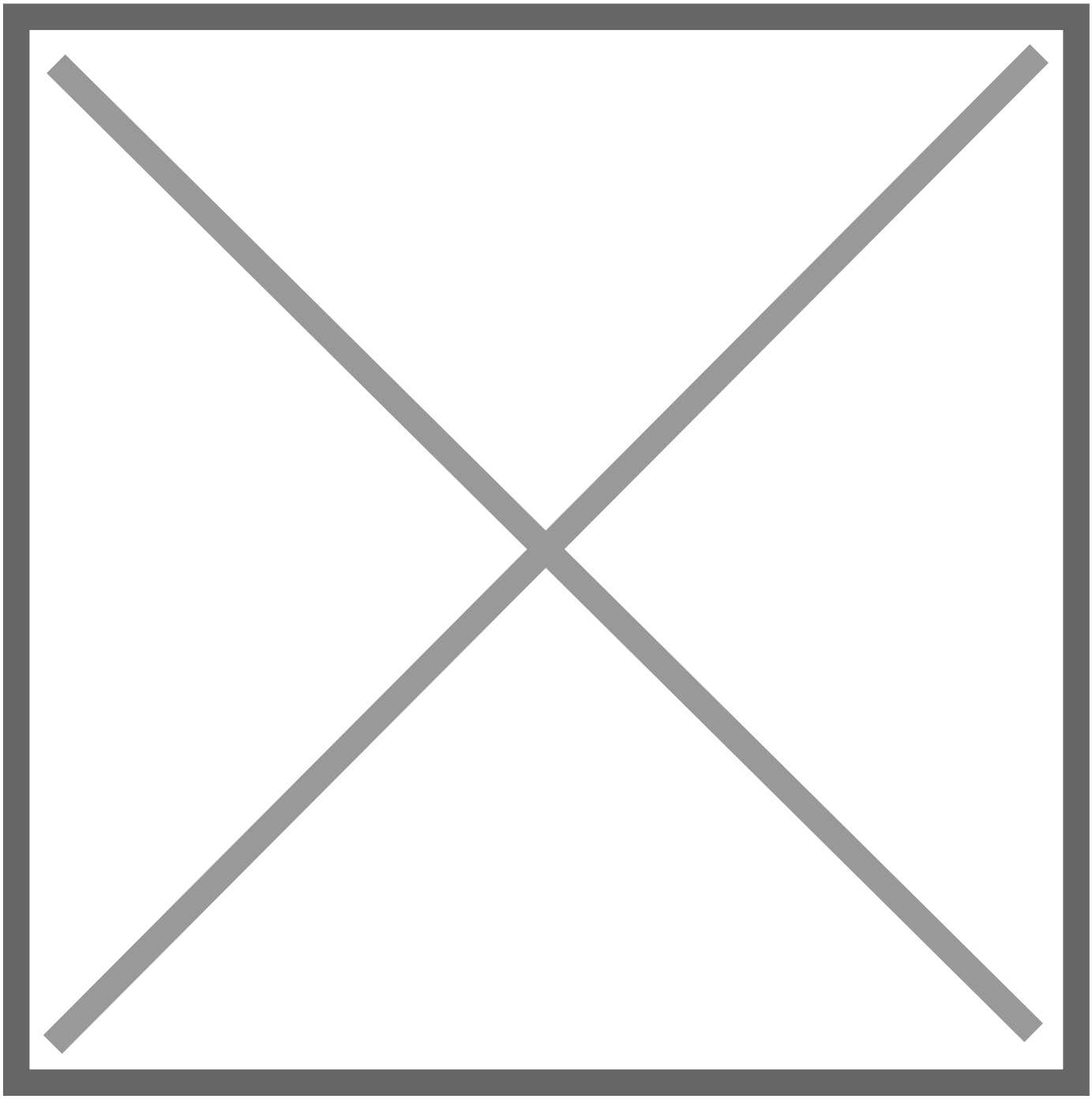
Area covered:	National
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from https://vizhub.healthdata.org/gbd-compare/ [Accessed 17.03.26]
Definitions:	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)

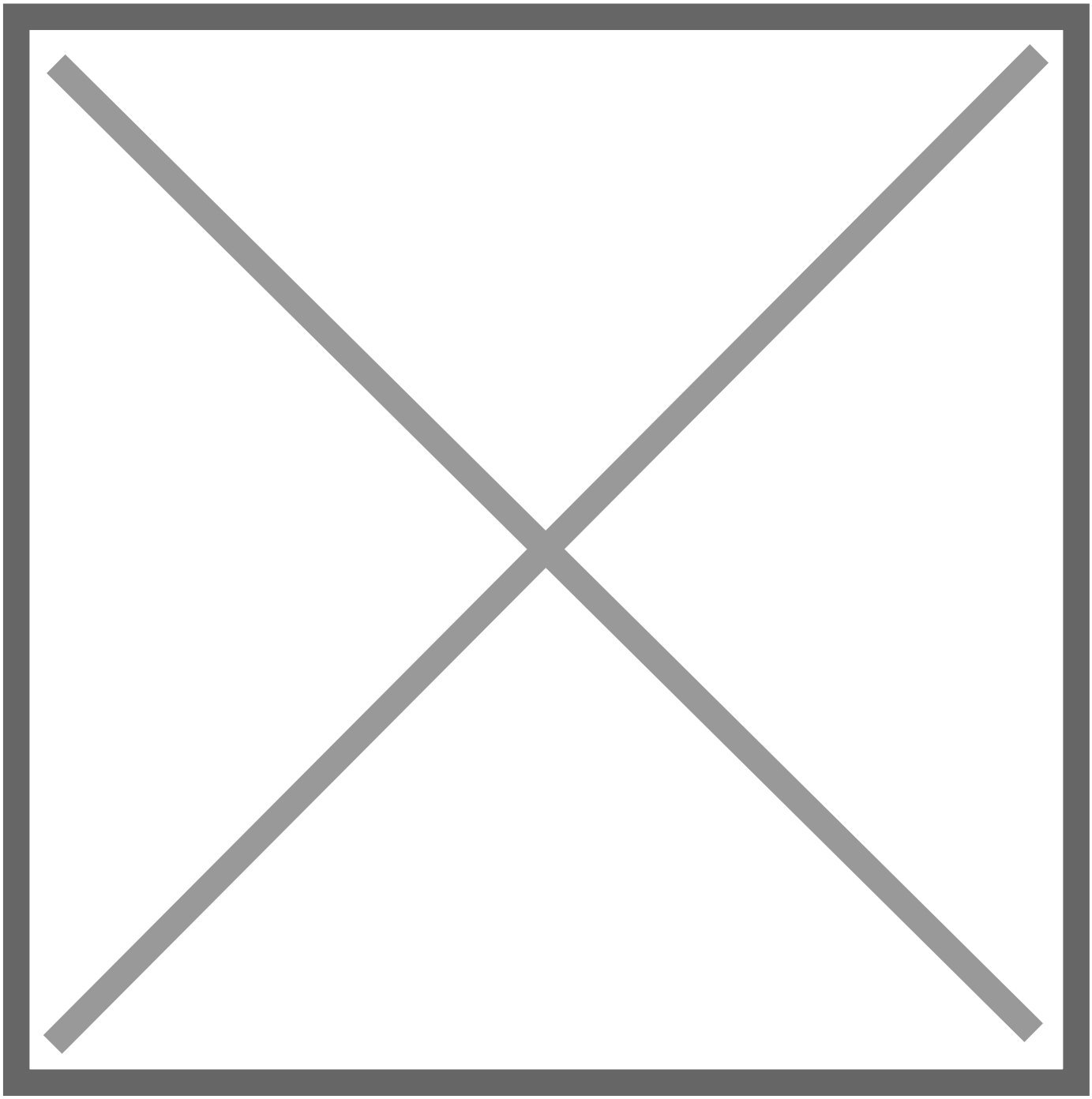
Girls, 2023



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

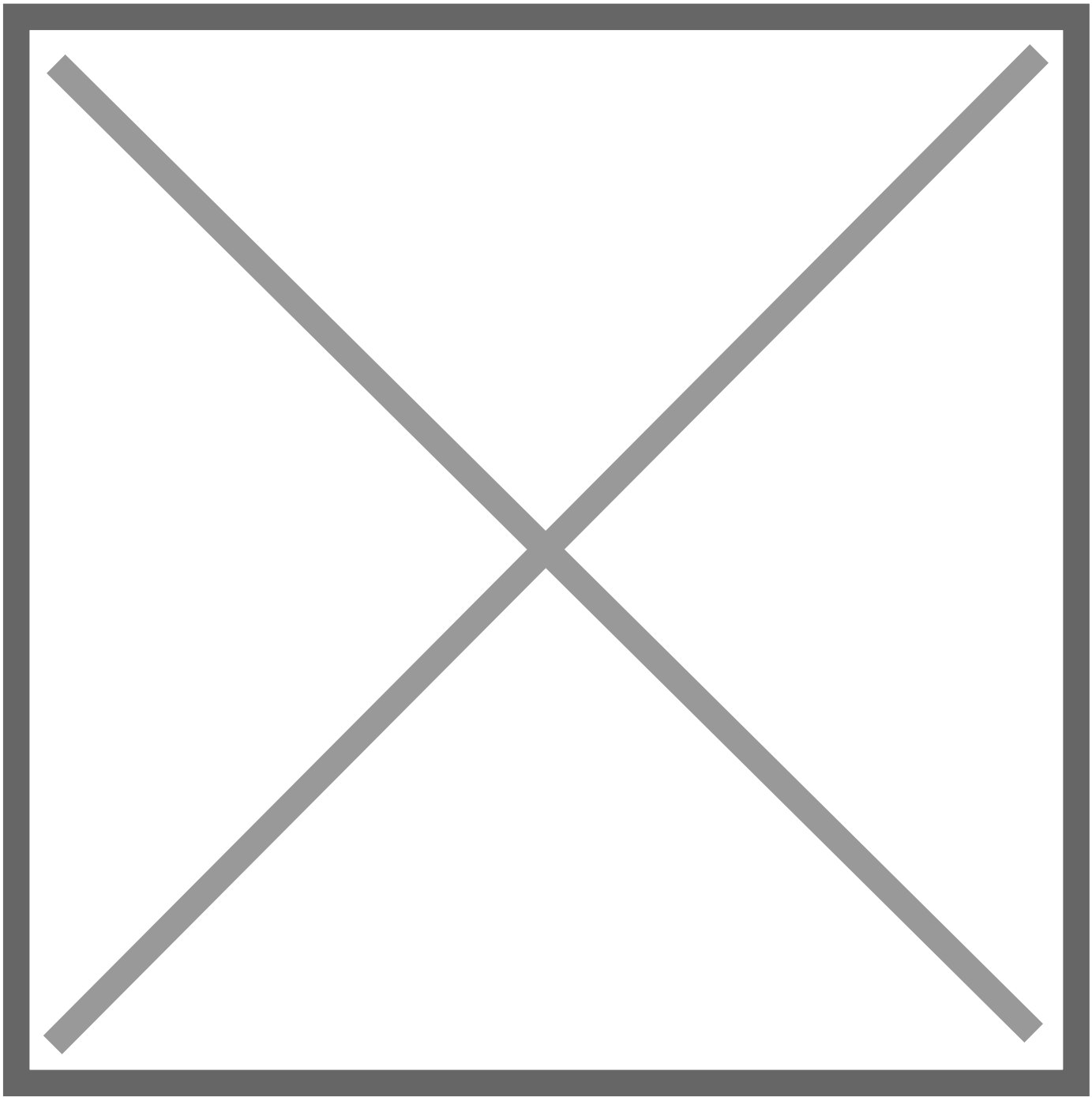
0-5 years, 2010-2023



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

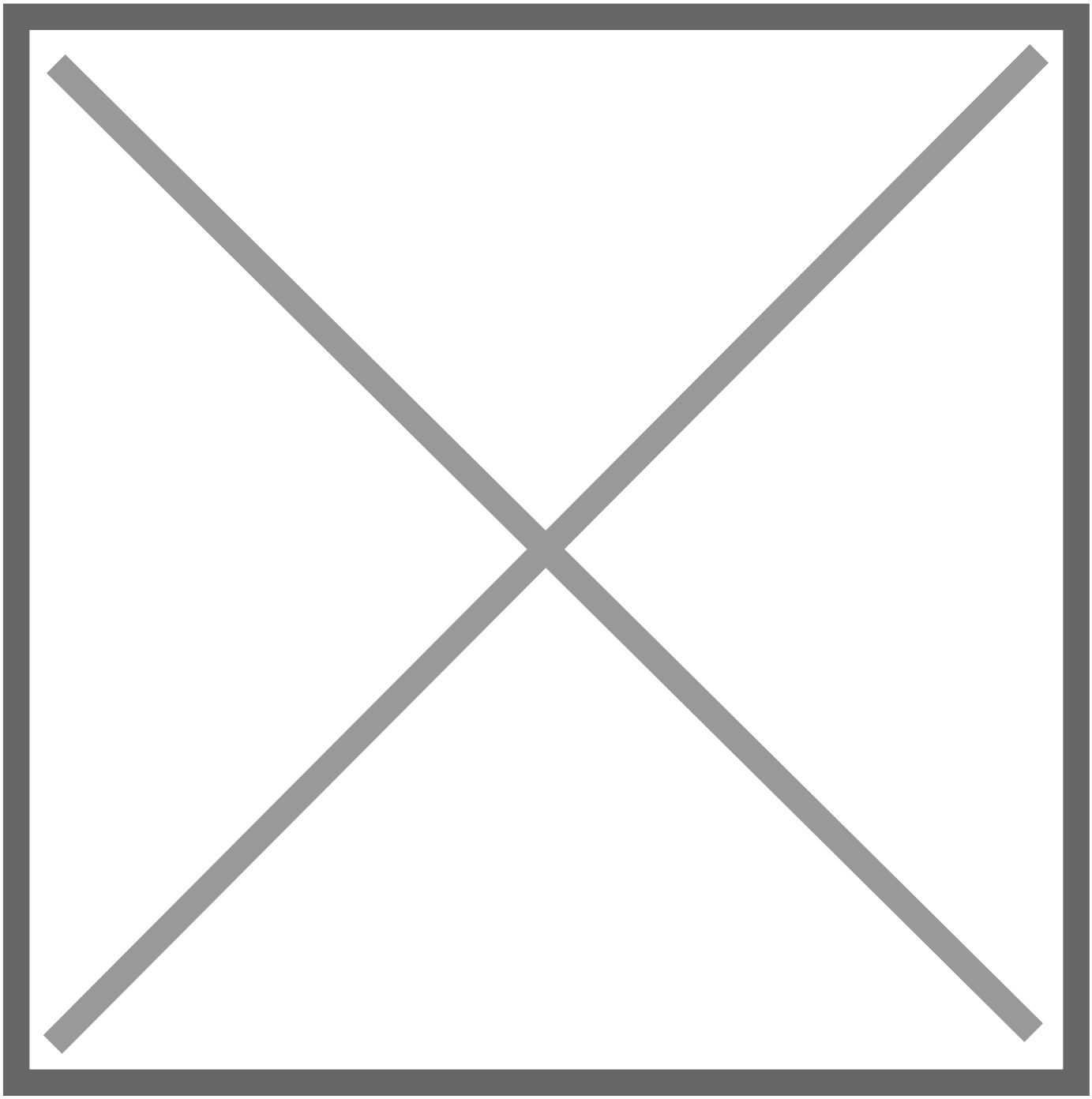
Adults, 2025



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.

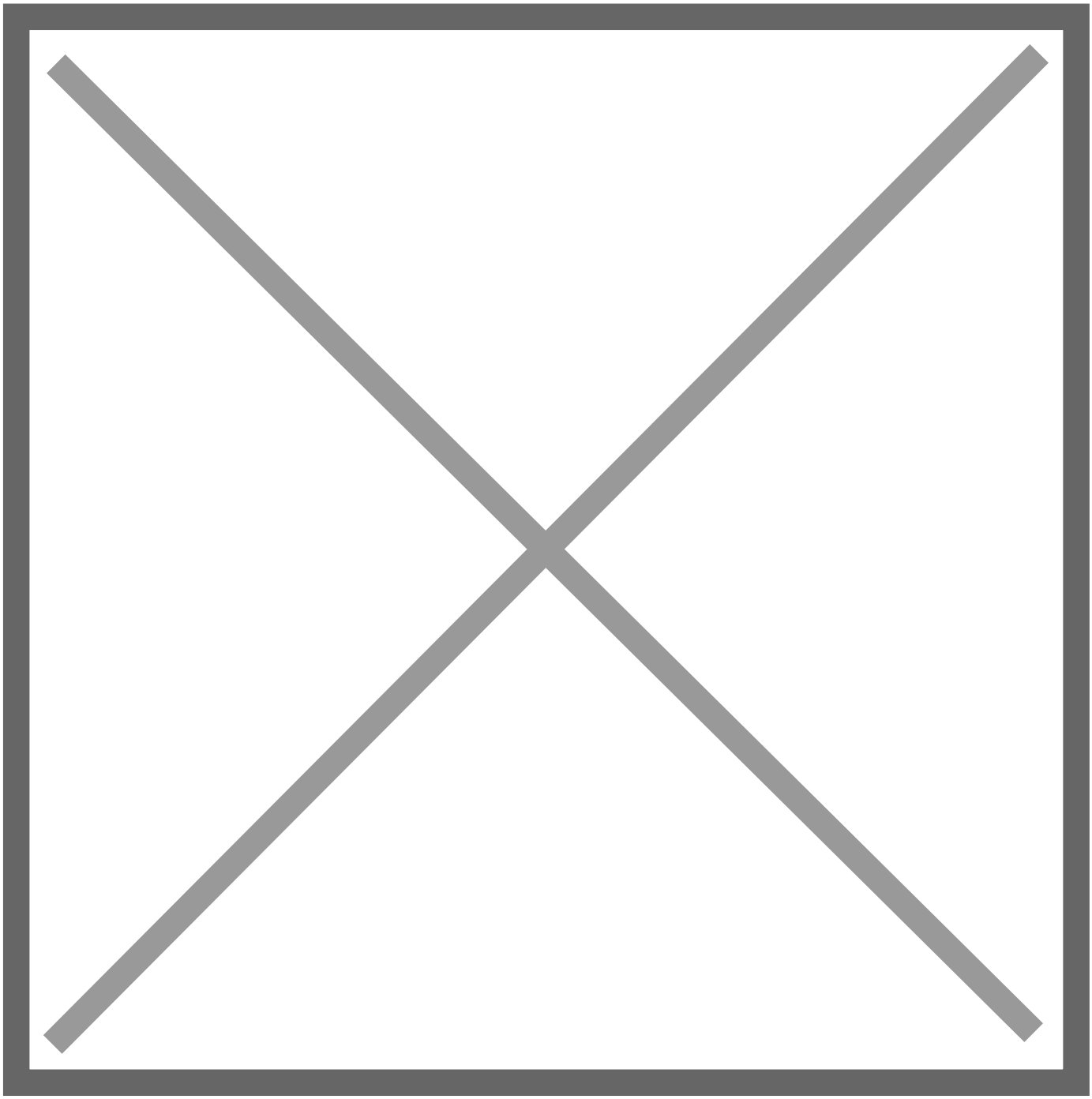
Oesophageal cancer

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

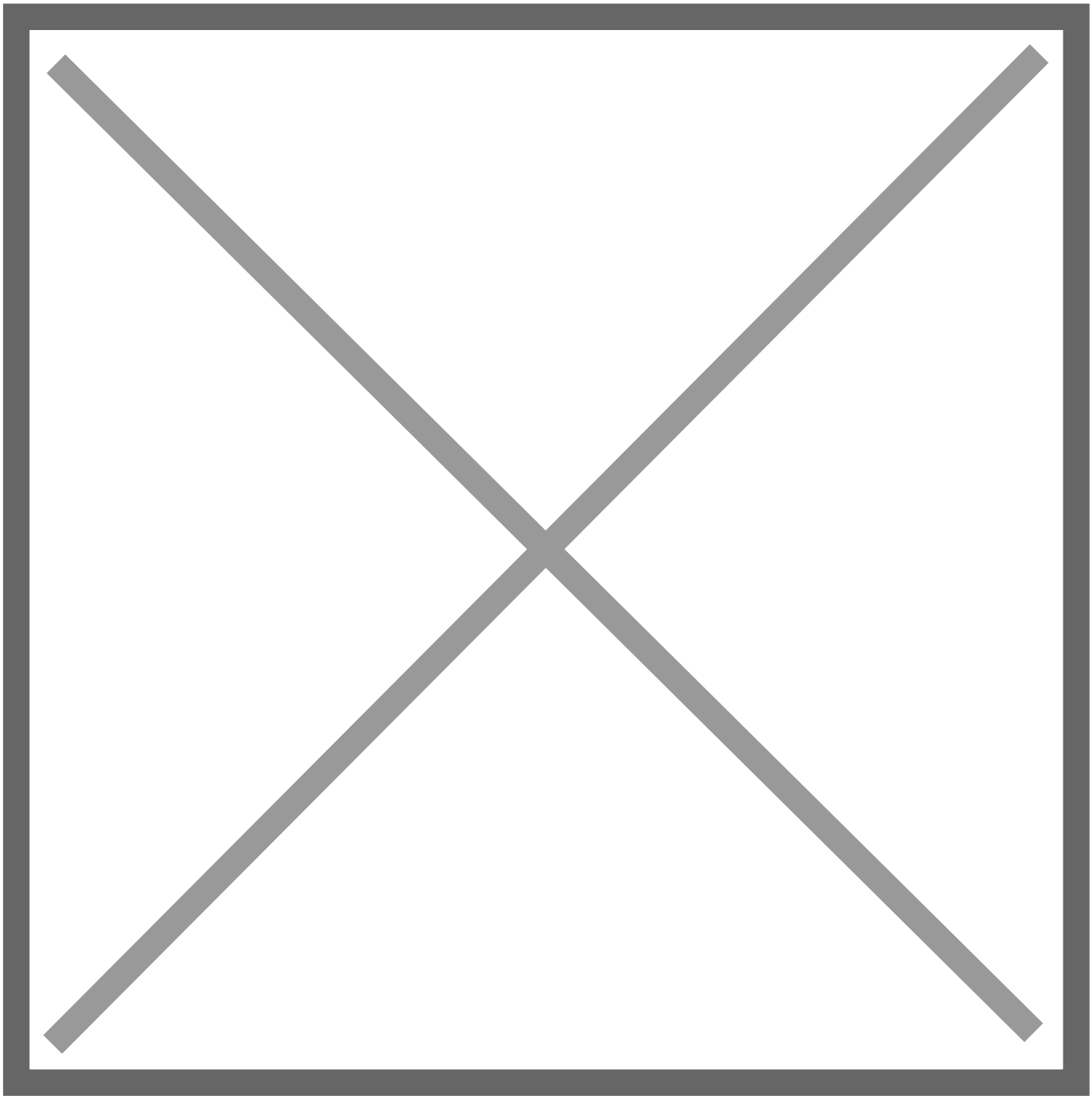
Women, 2022



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

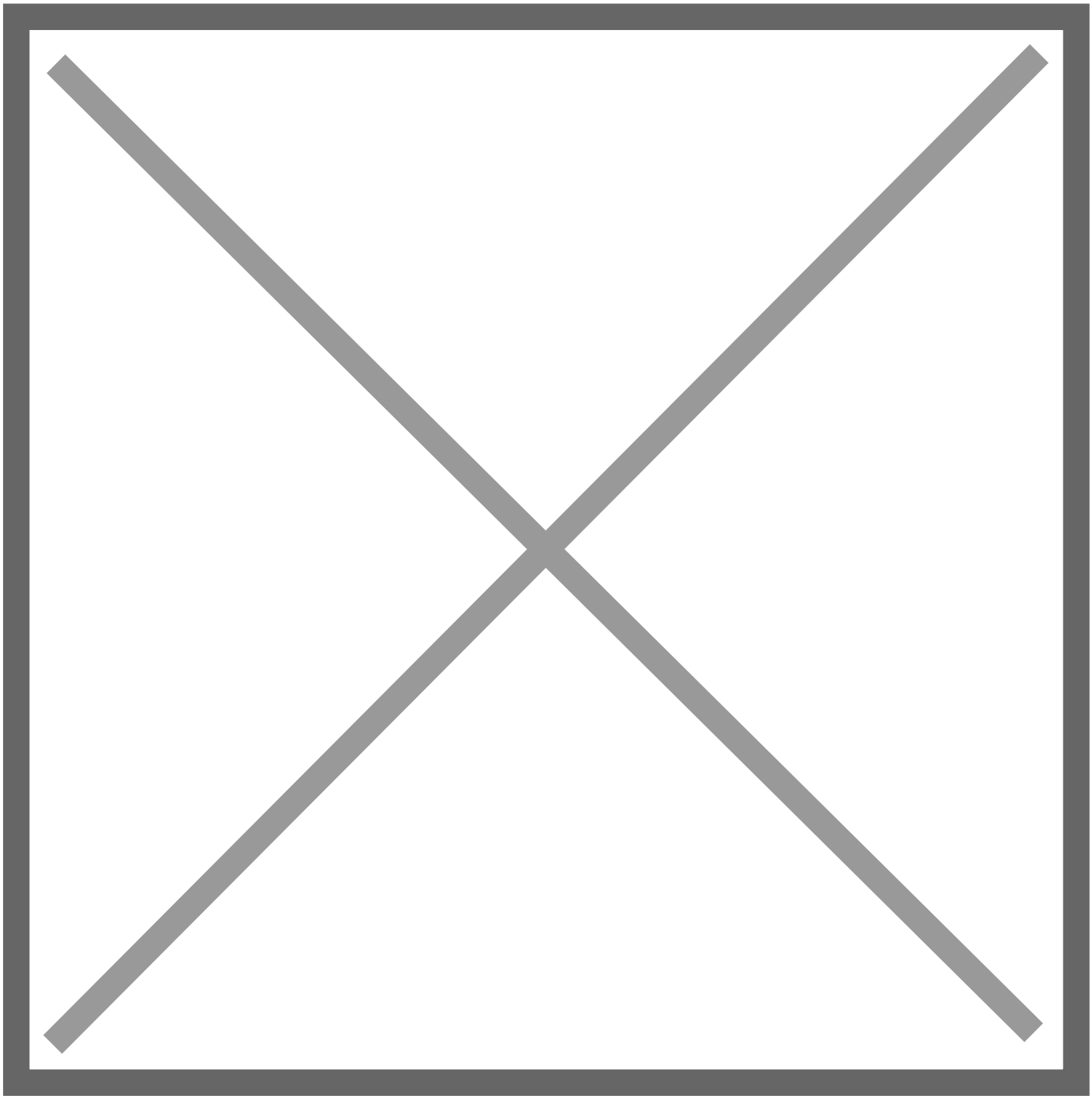
Women, 2022



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

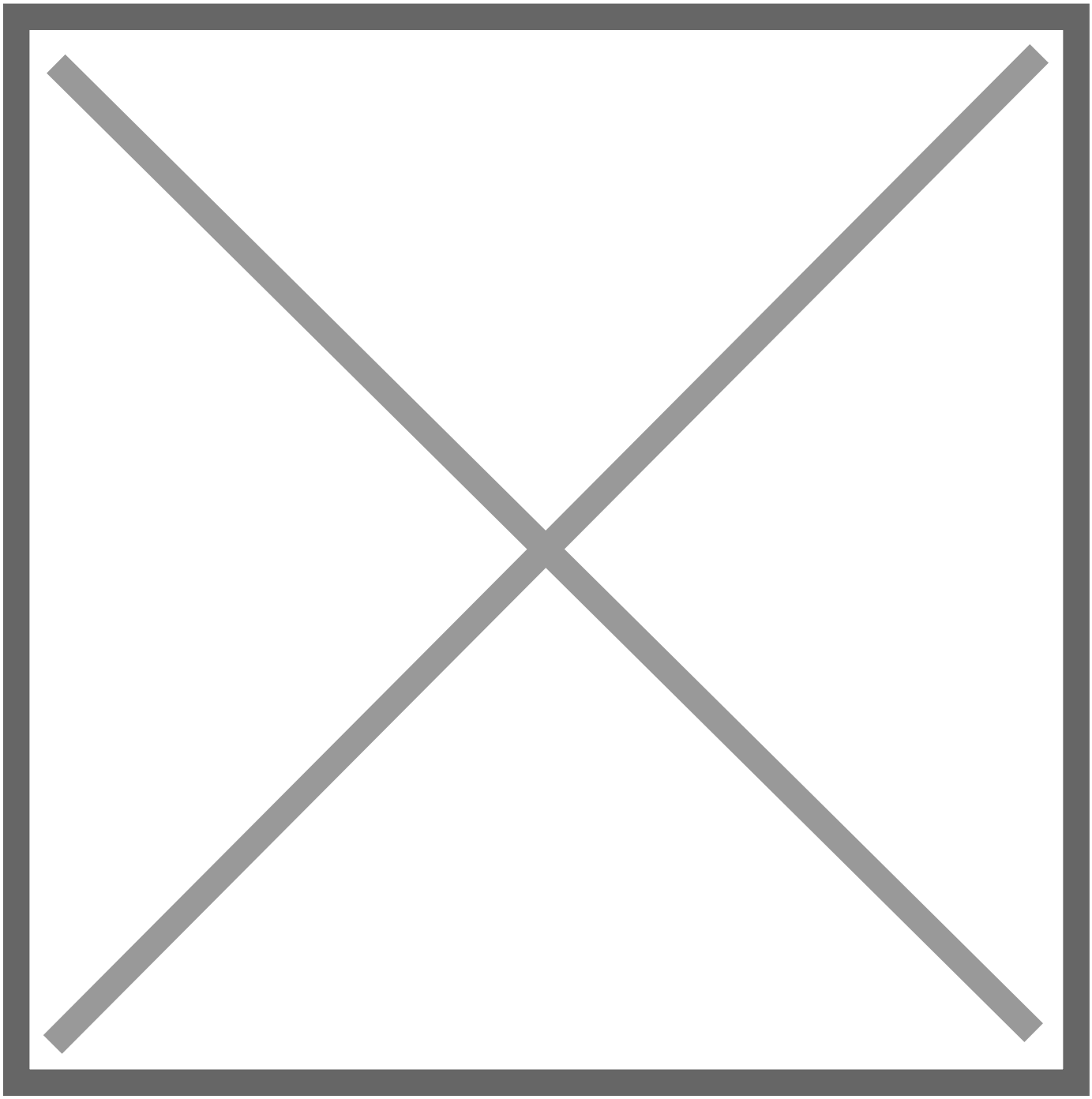
Colorectal cancer

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

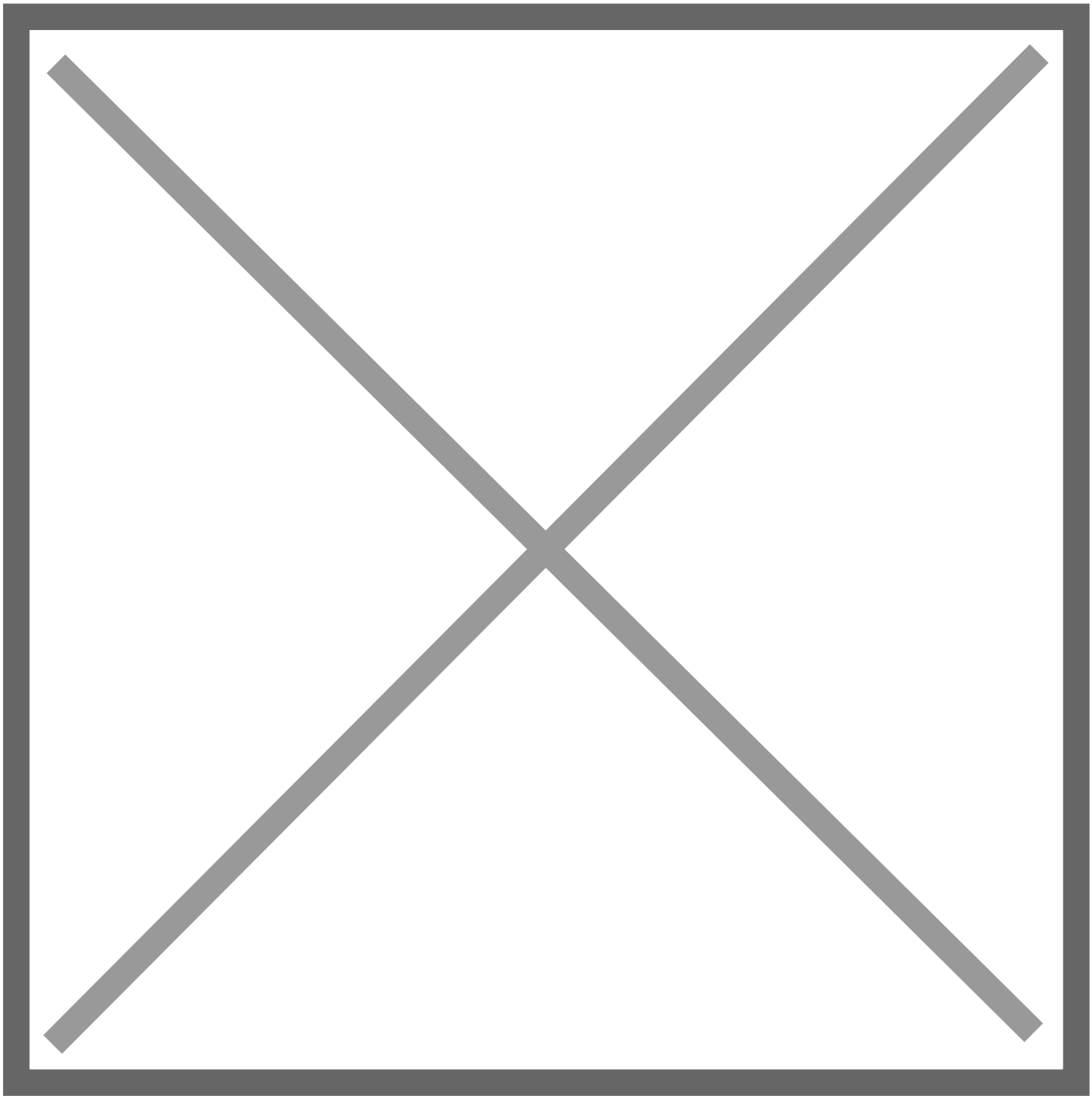
Women, 2022



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

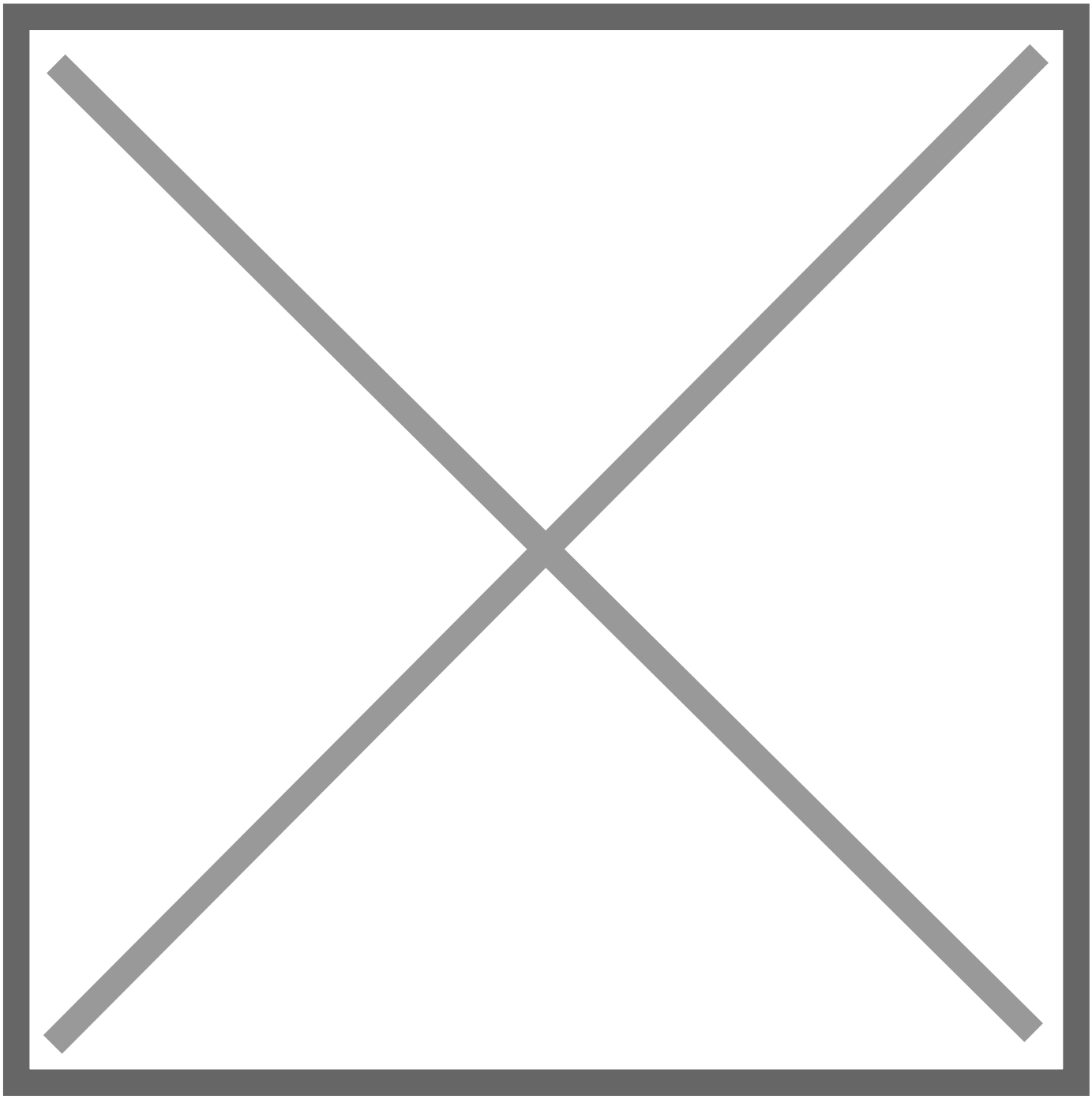
Pancreatic cancer

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

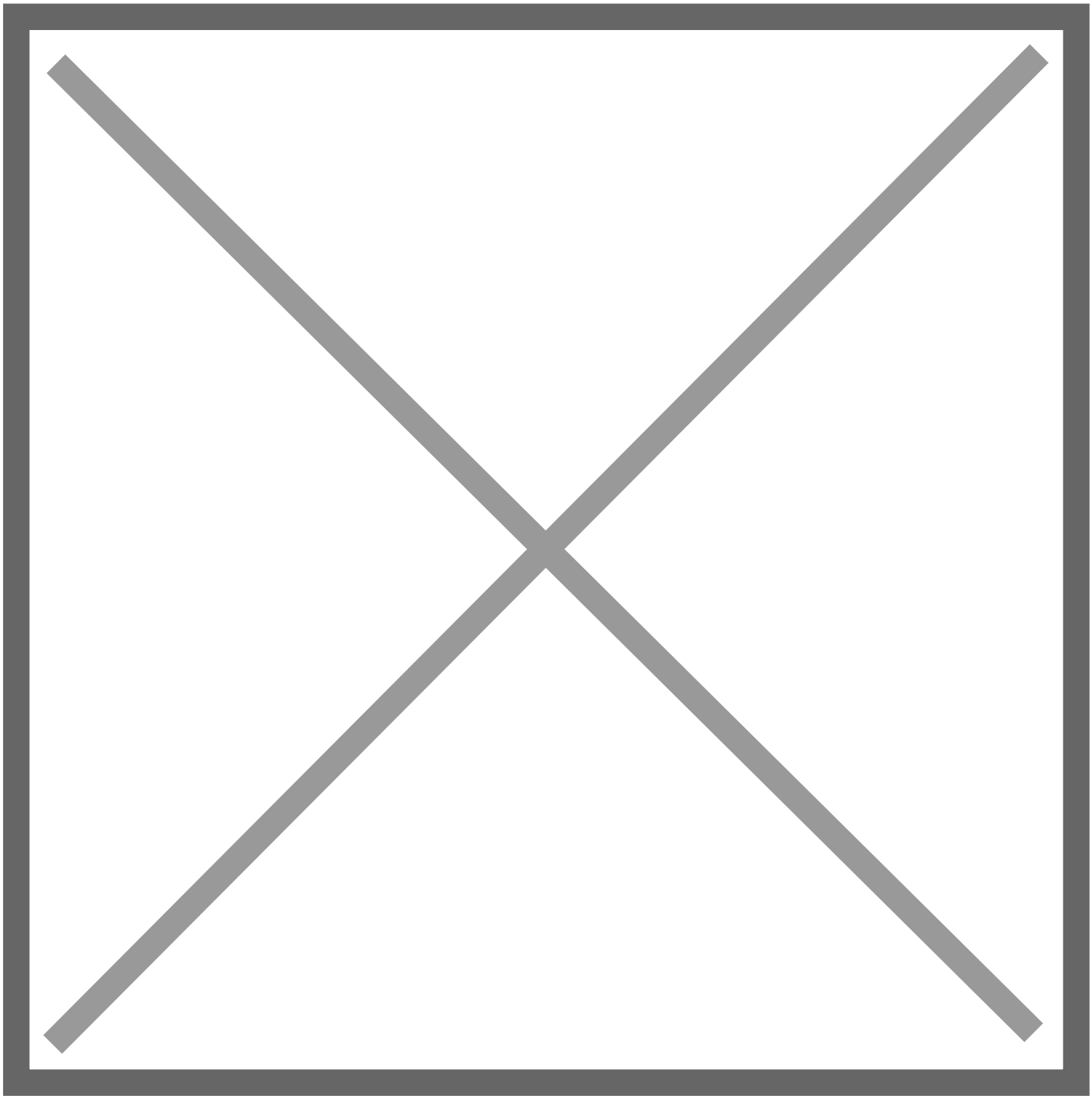
Women, 2022



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

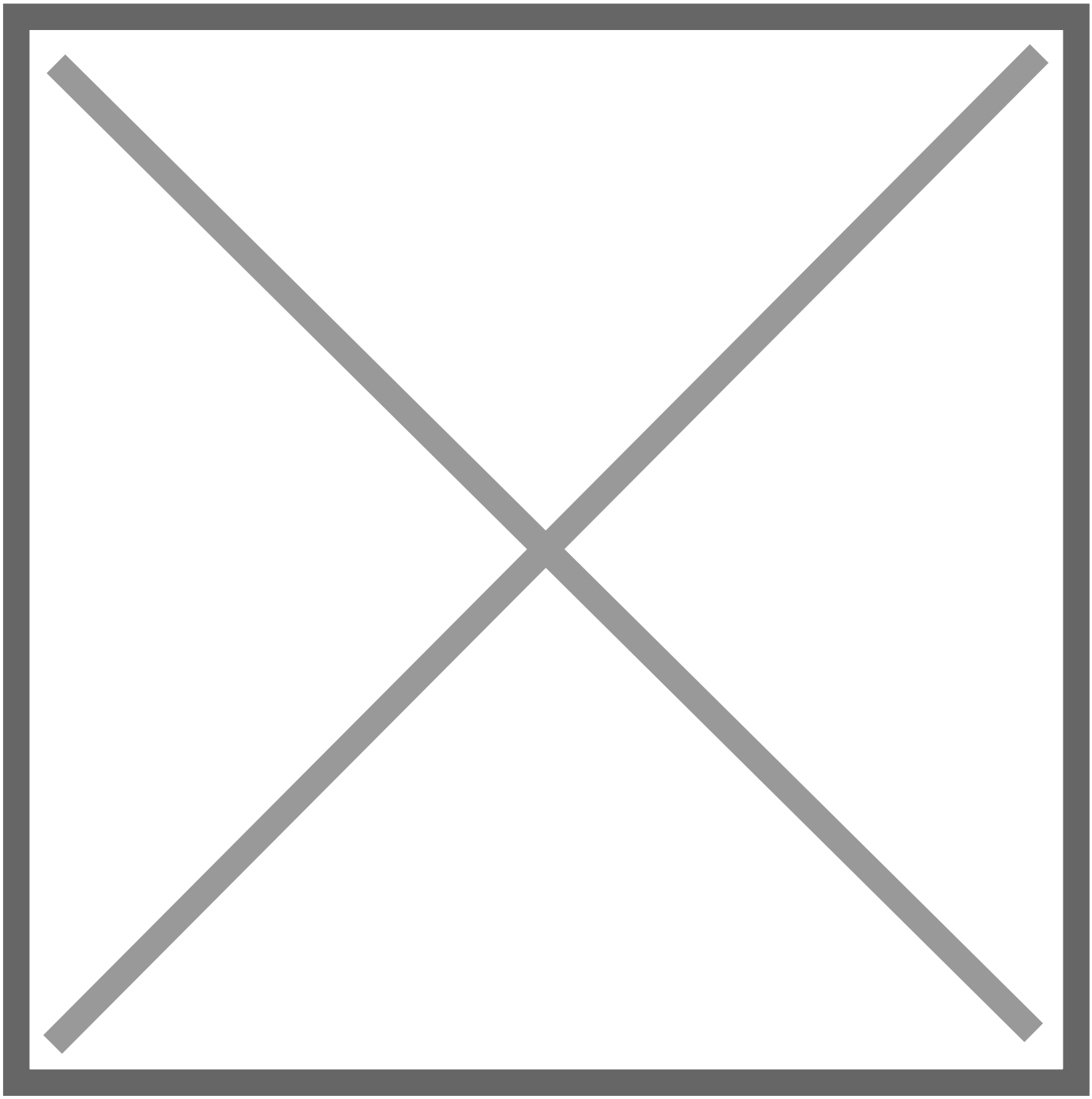
Gallbladder cancer

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

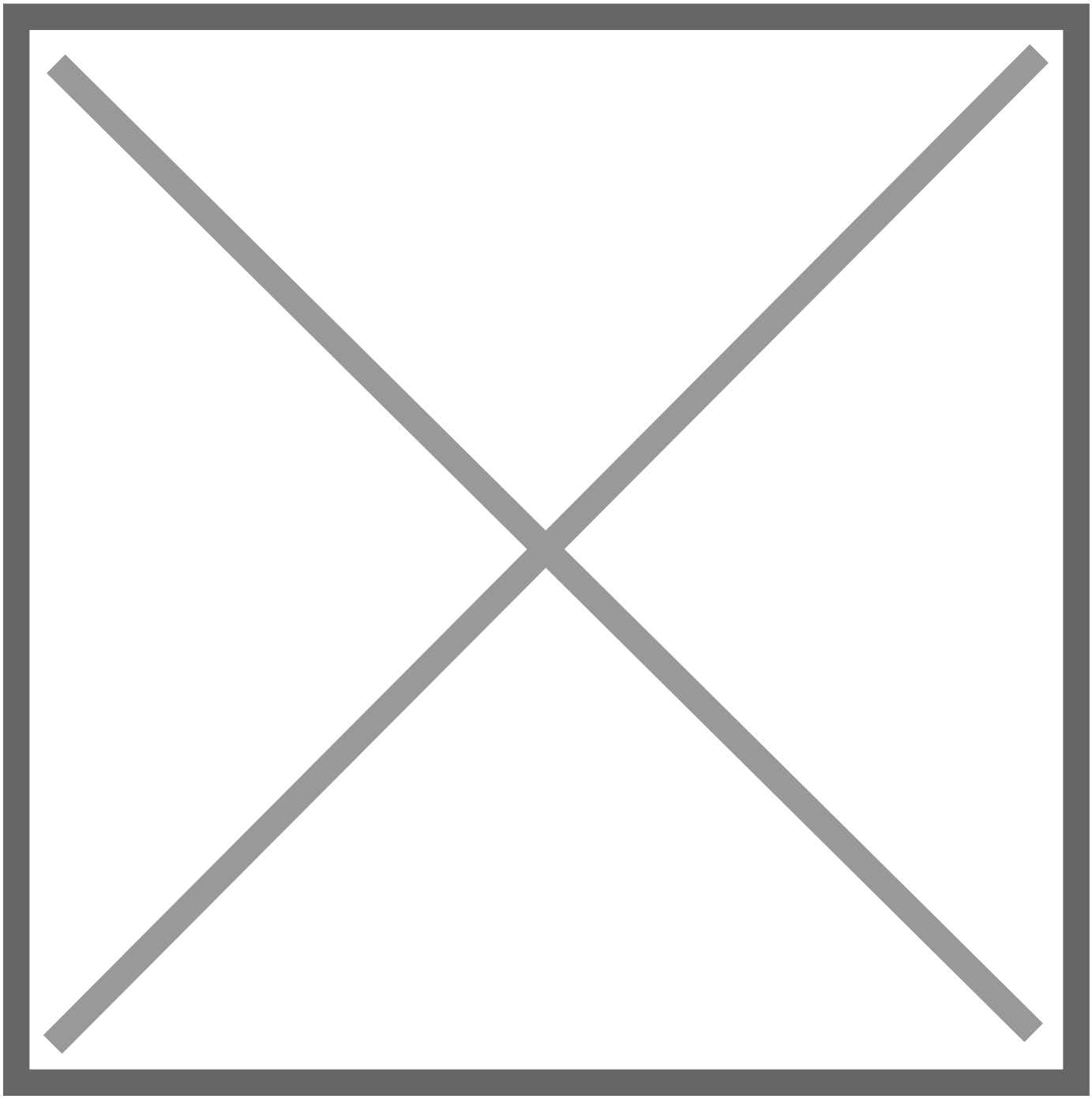
Women, 2022



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

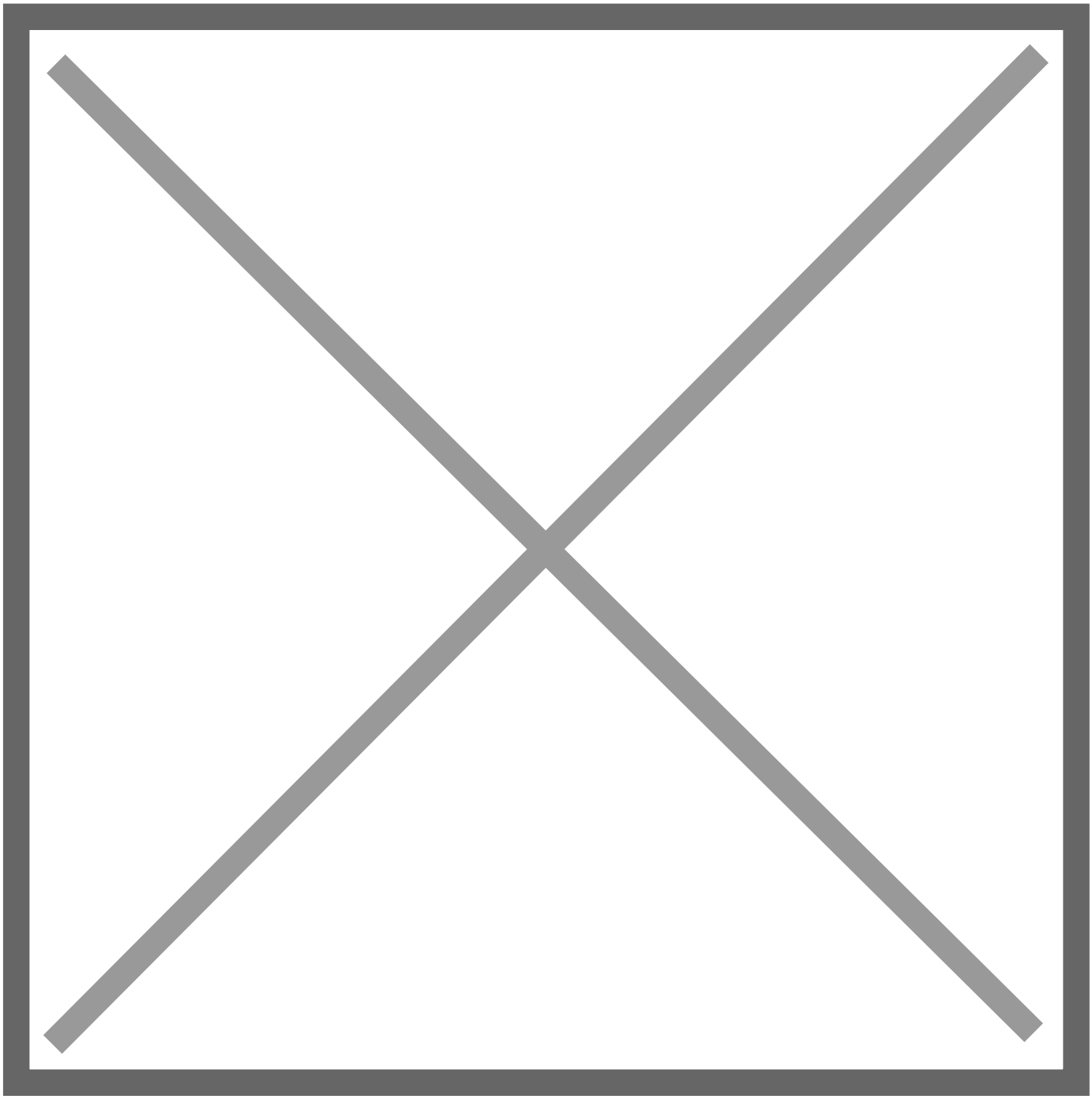
Kidney cancer

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

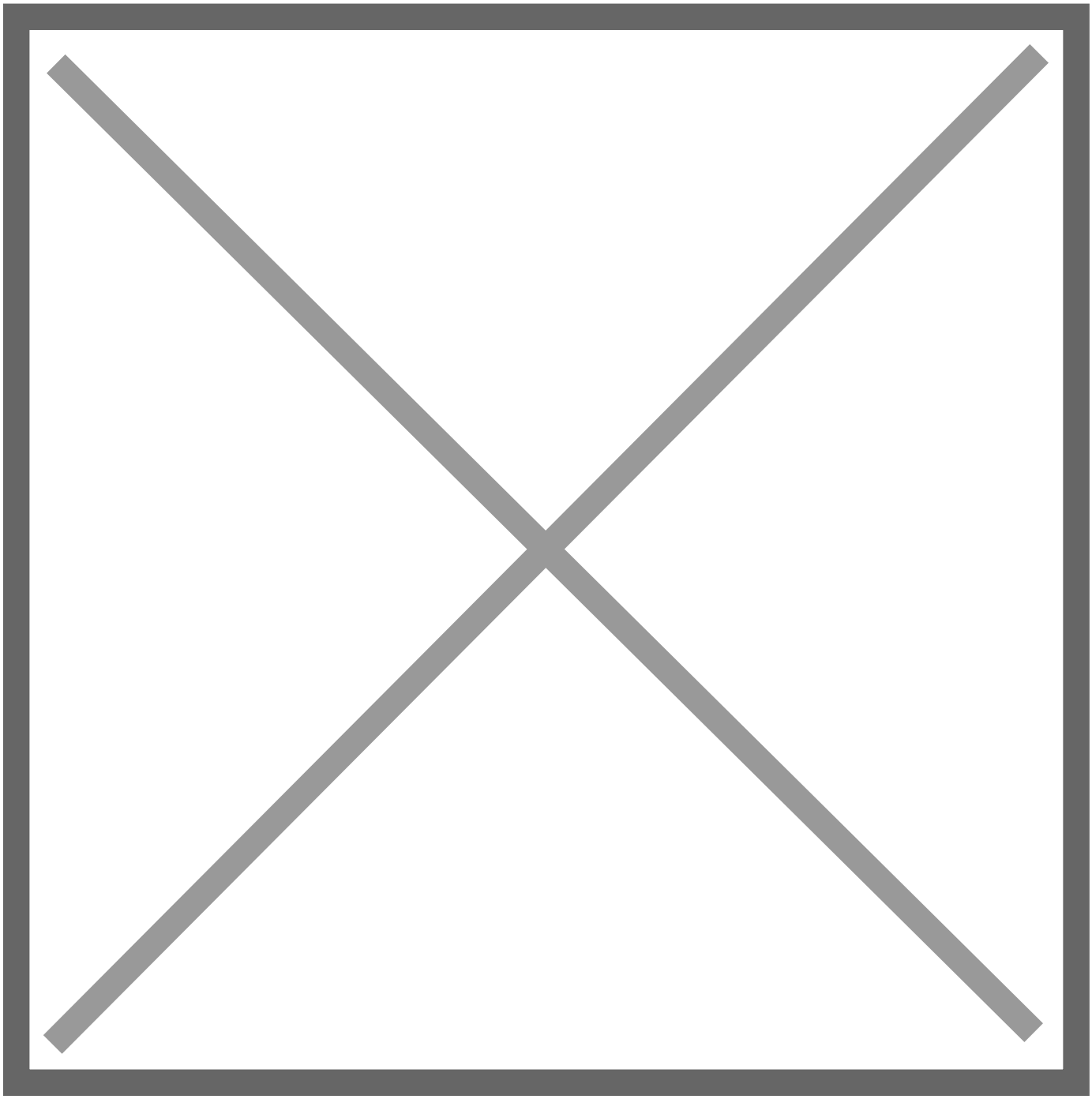
Women, 2022



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

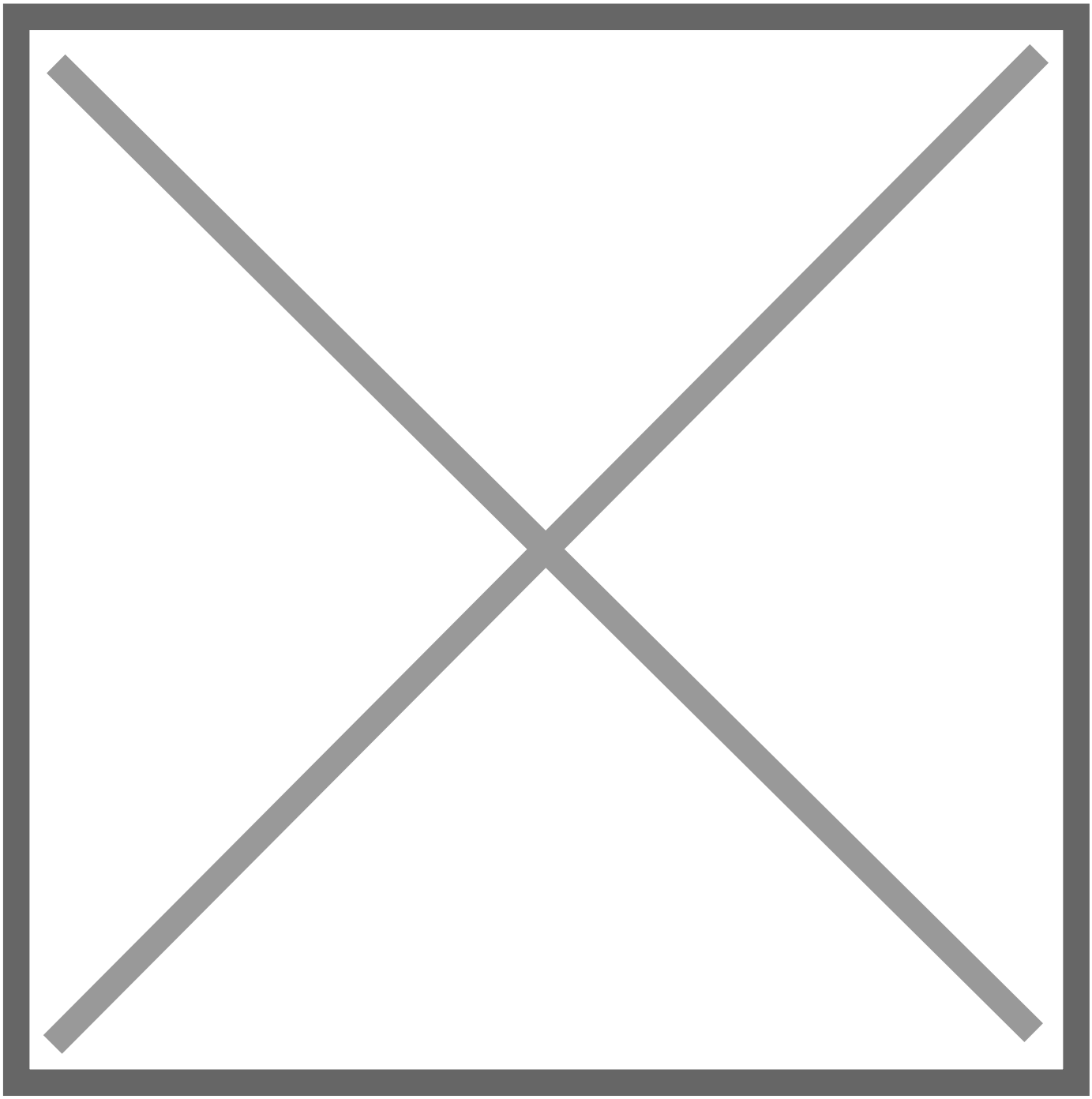
Women, 2022



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

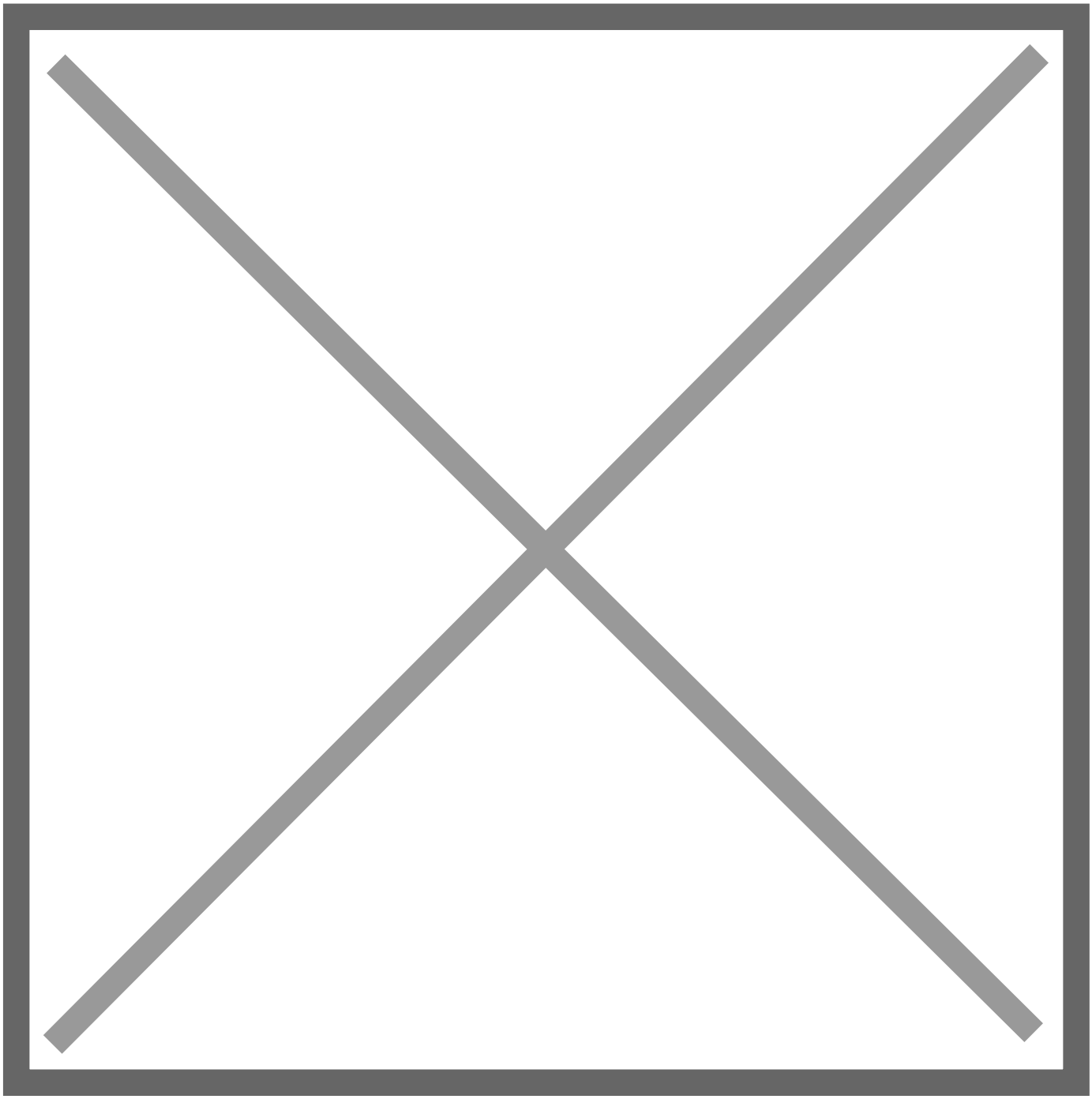
Raised blood pressure

Adults, 2019



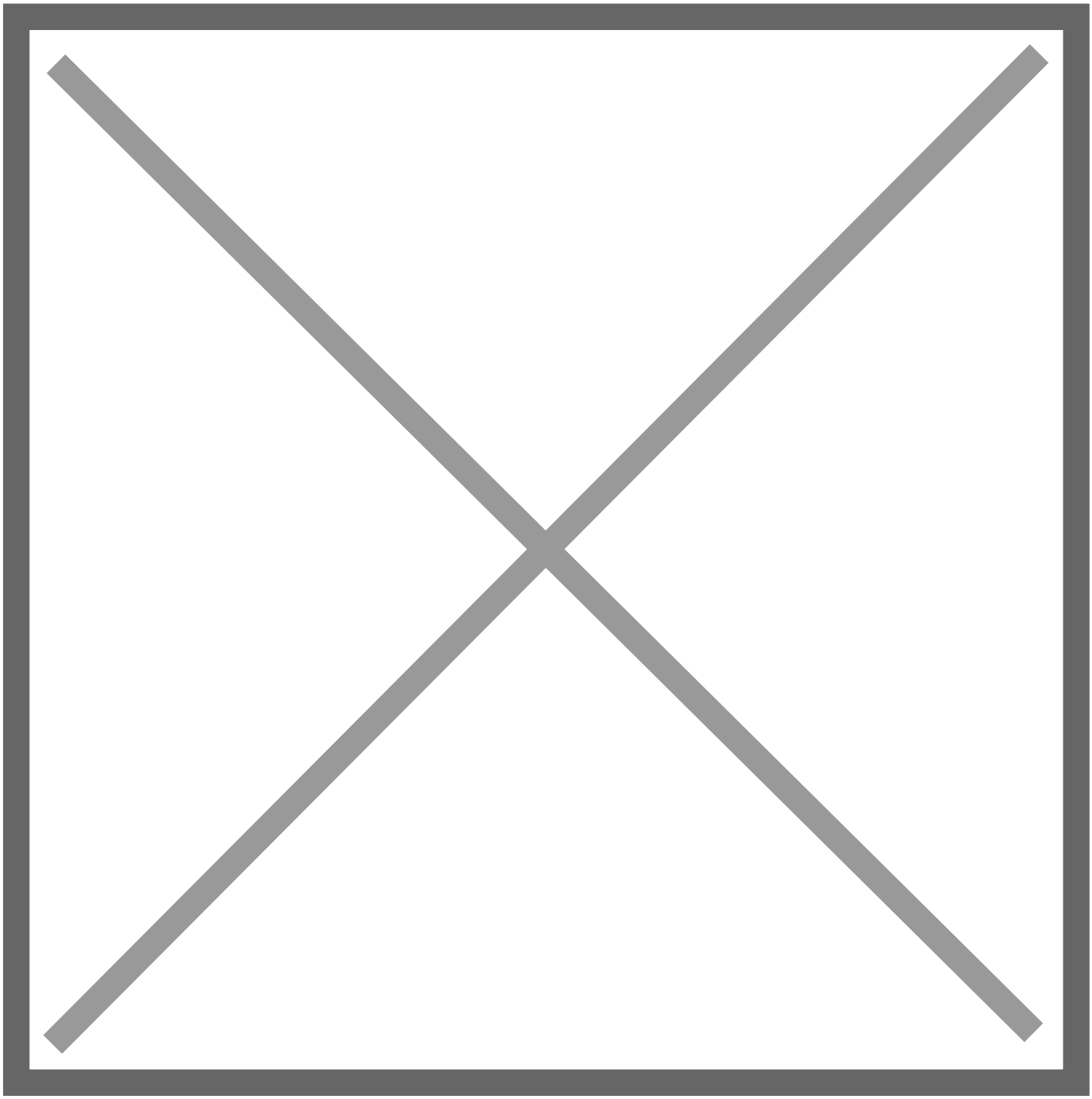
Age:	30-79
References:	World Health Organization. 2024. Hypertension: raised blood pressure (uncontrolled hypertension) among adults aged 30-79 years (%). Global Health Observatory. https://www.who.int/data/gho/data/indicators/indicator-details/GHO/prevalence-raised-blood-pressure-among-adults-30-79-years [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.

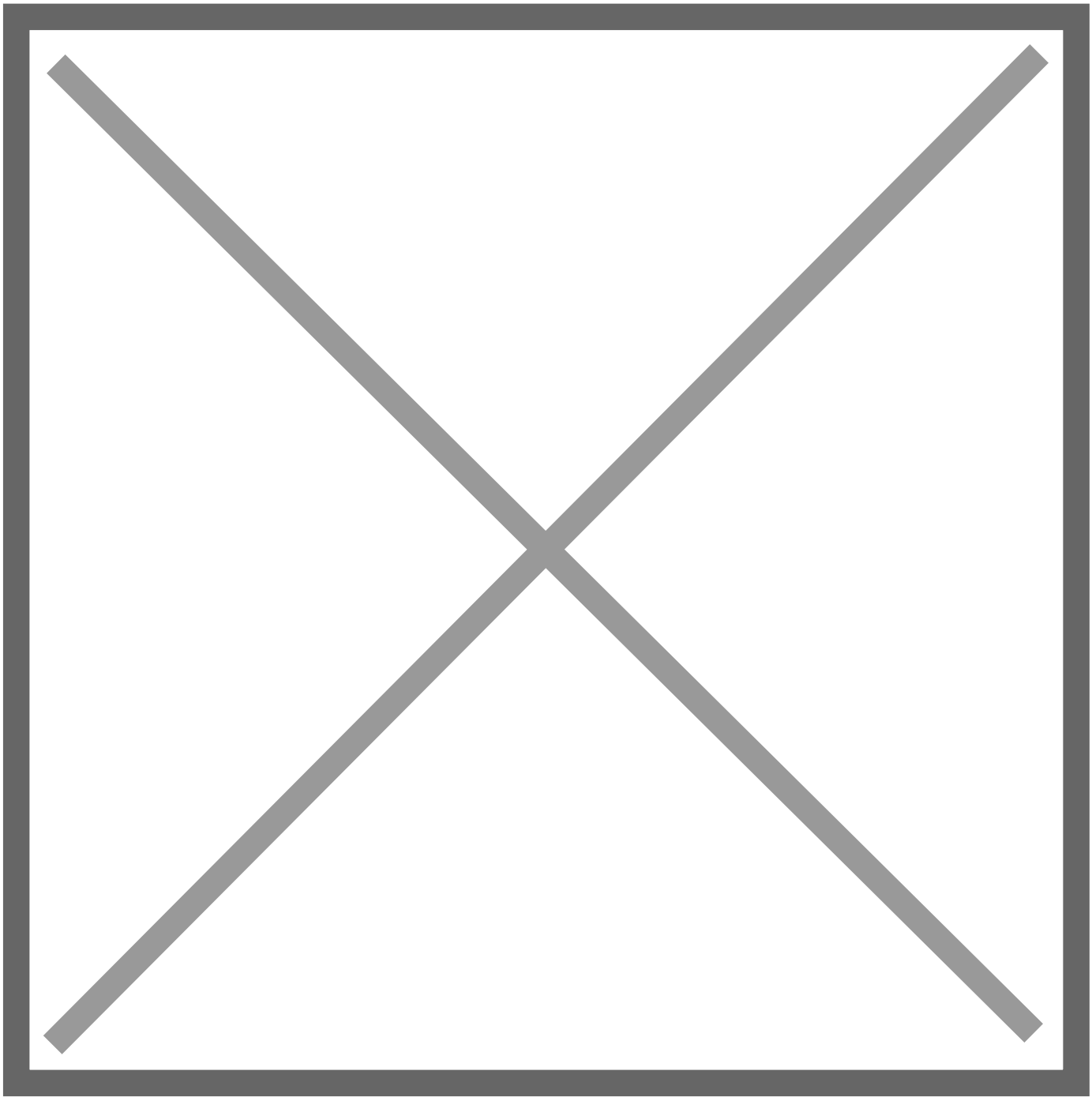
Women, 2019



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.

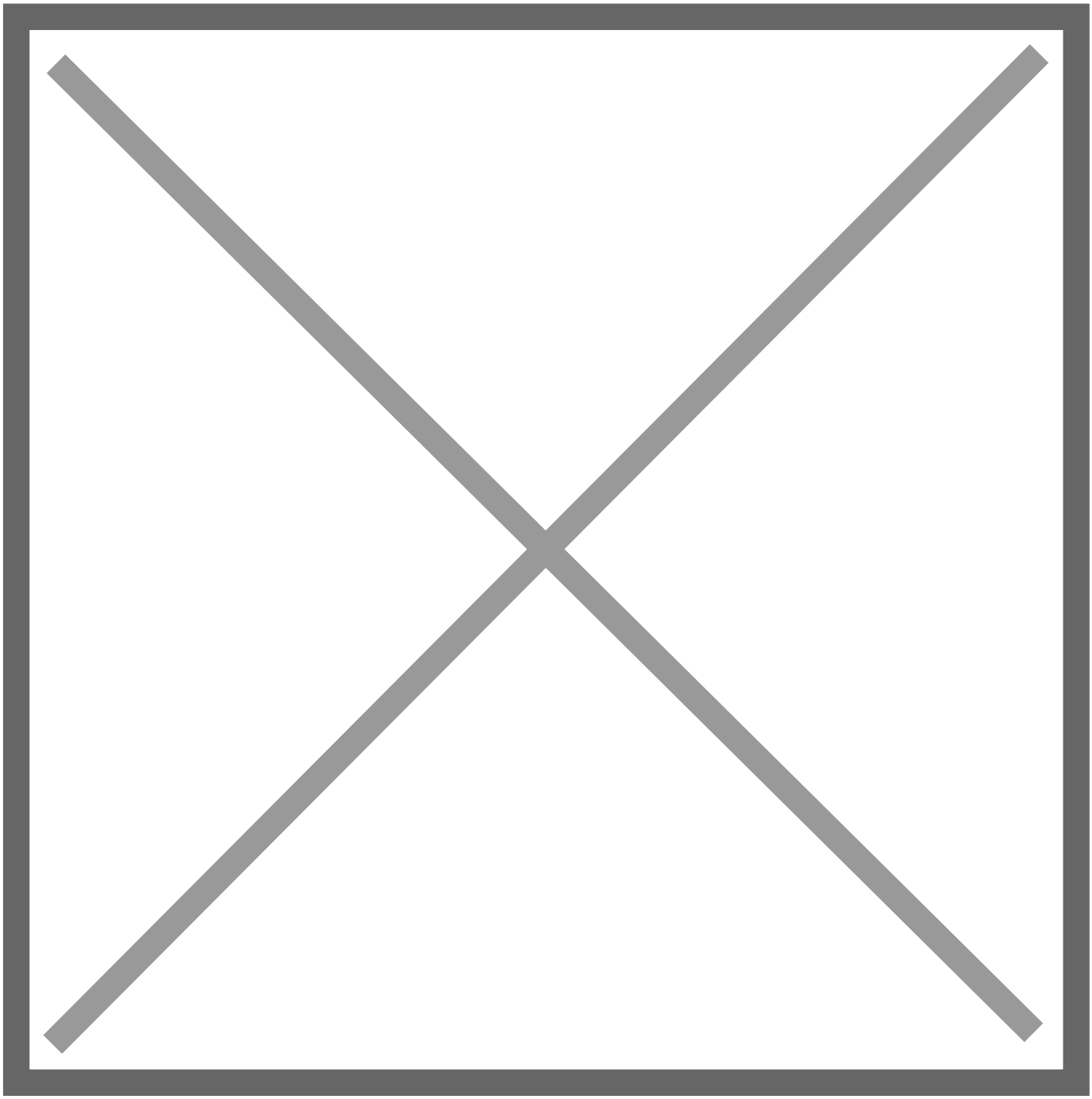
Raised cholesterol

Adults, 2008



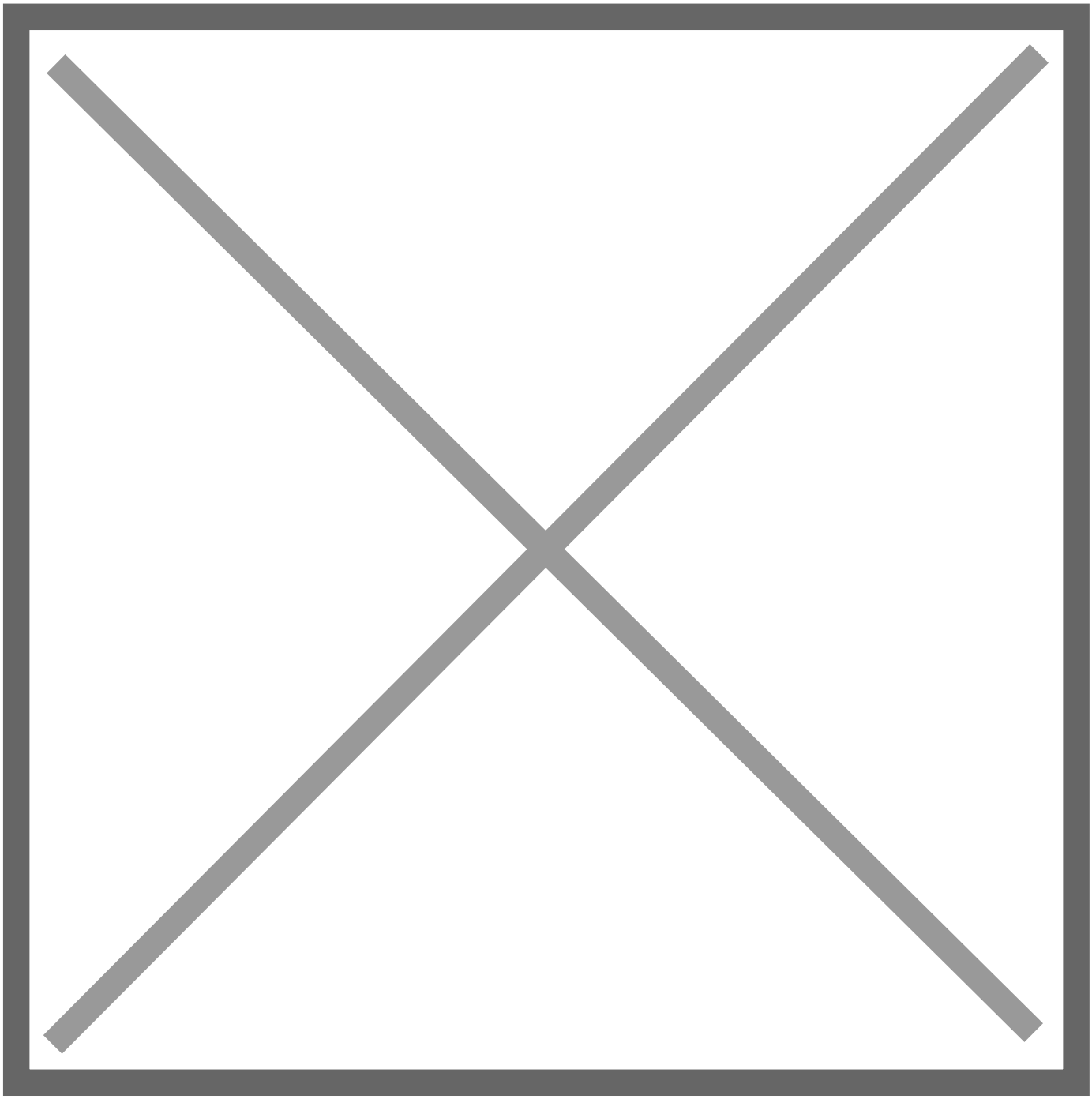
References:	Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A885
Definitions:	% Raised total cholesterol (>= 5.0 mmol/L) (age-standardized estimate).

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).

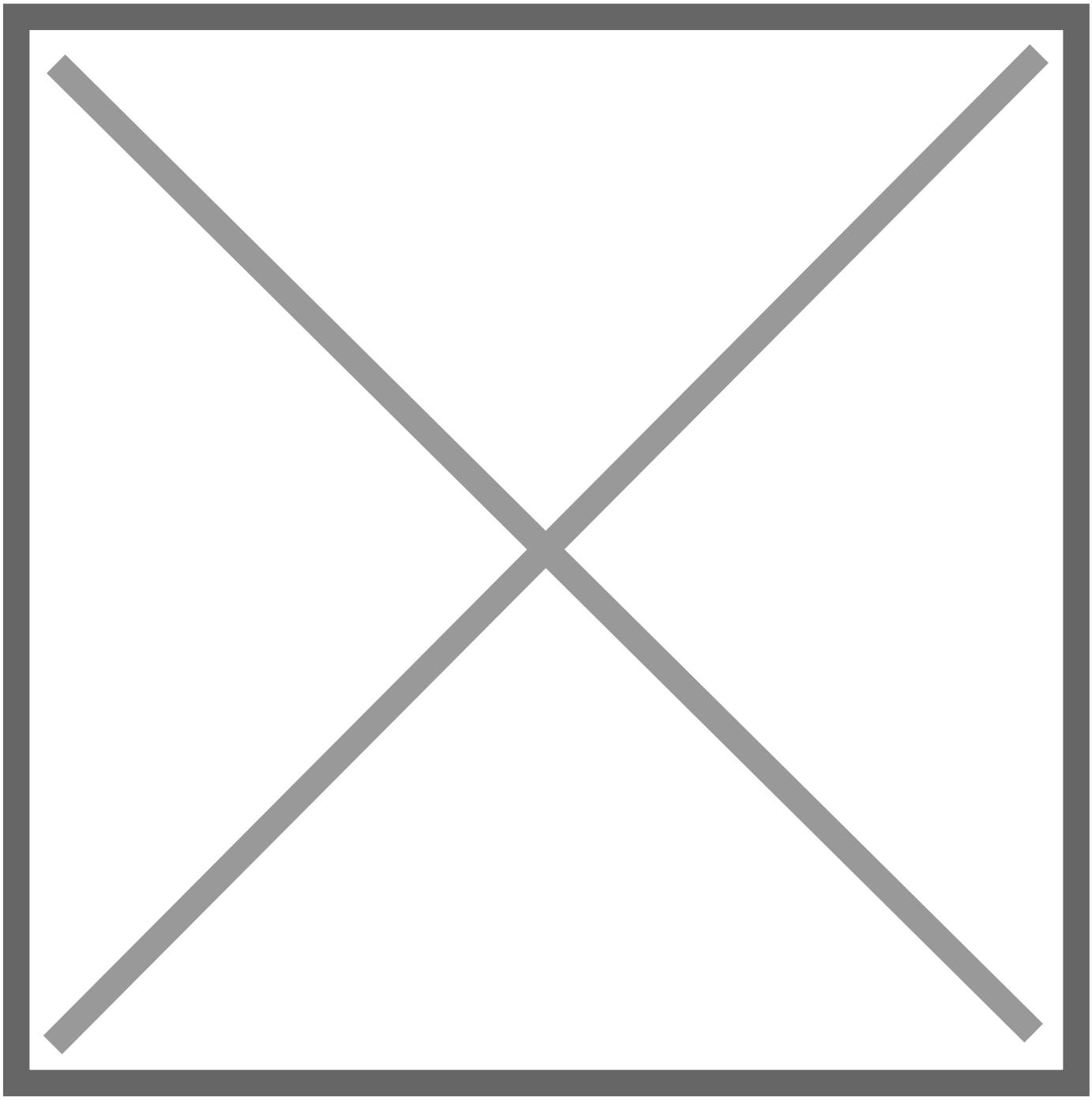
Women, 2008



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).

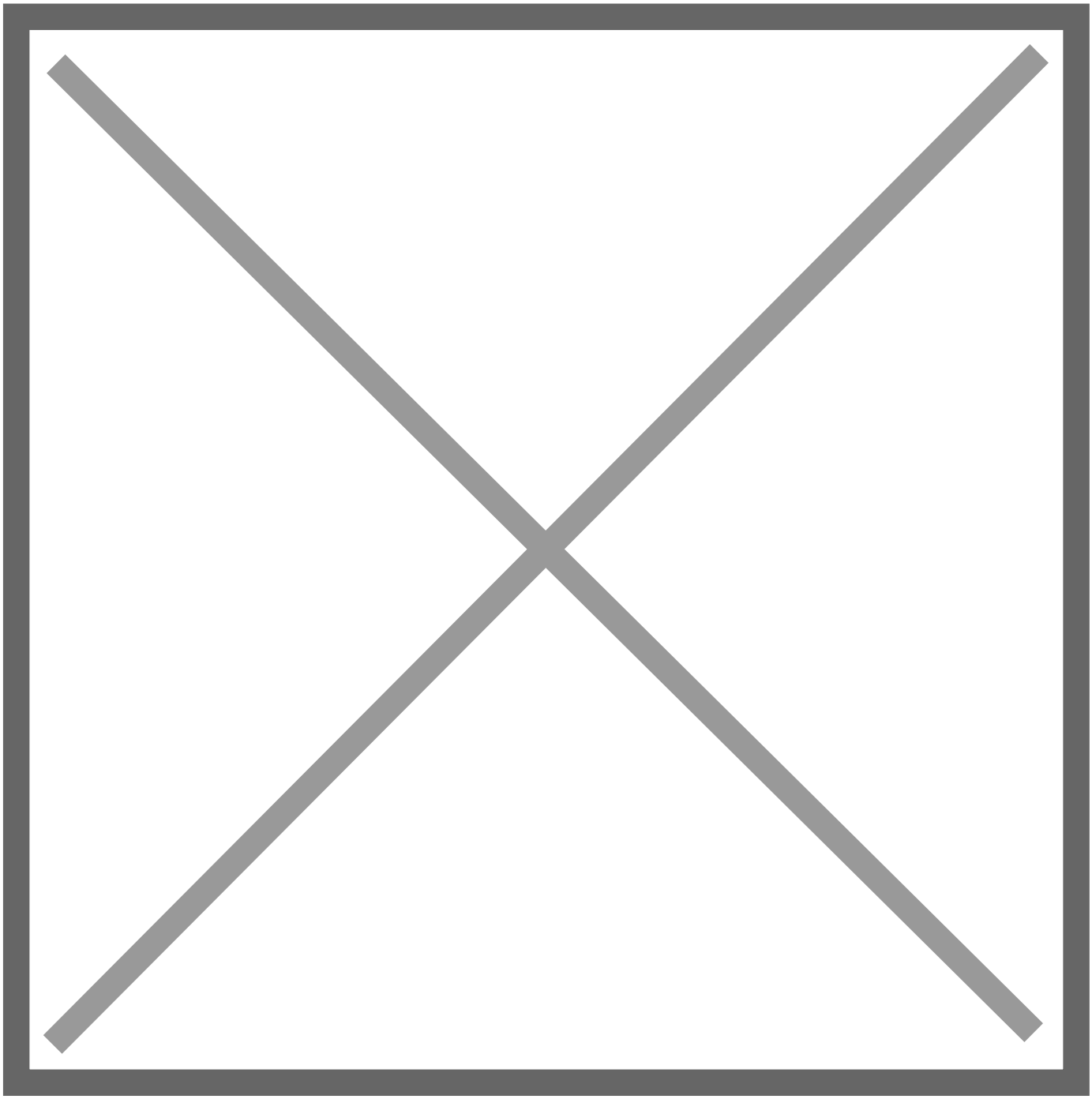
Raised fasting blood glucose

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).

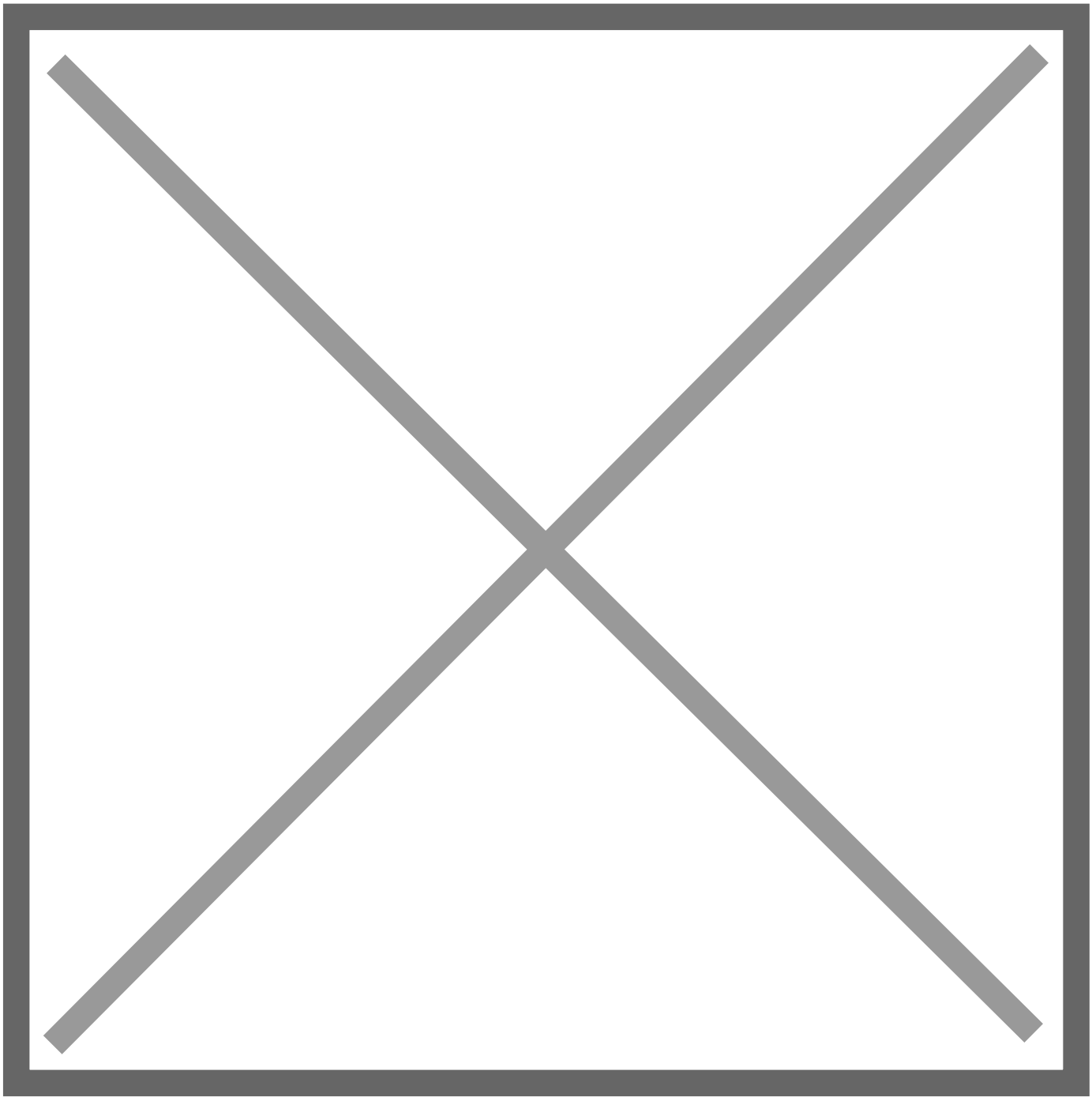
Women, 2014



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

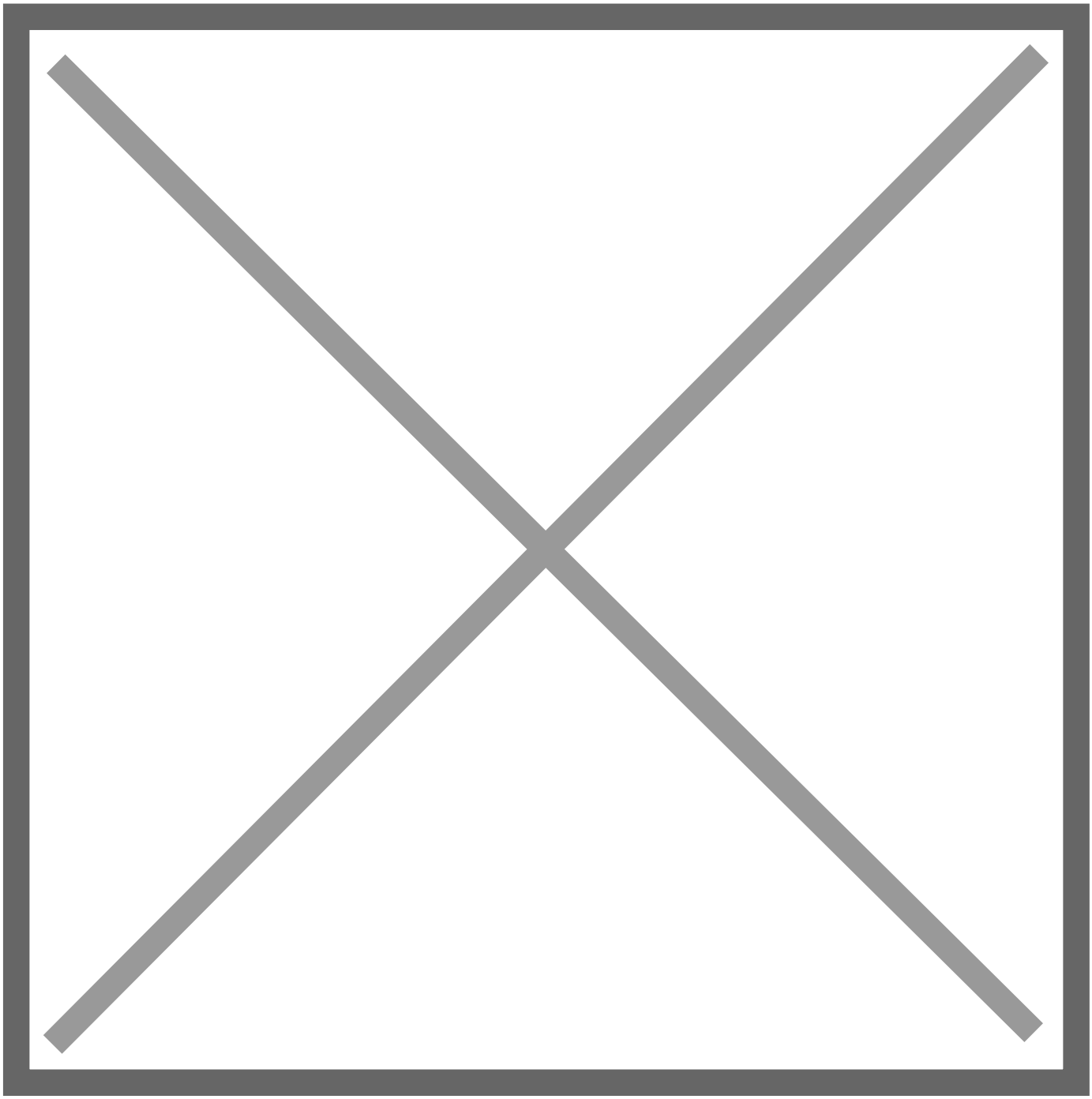
Adults, 2024



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

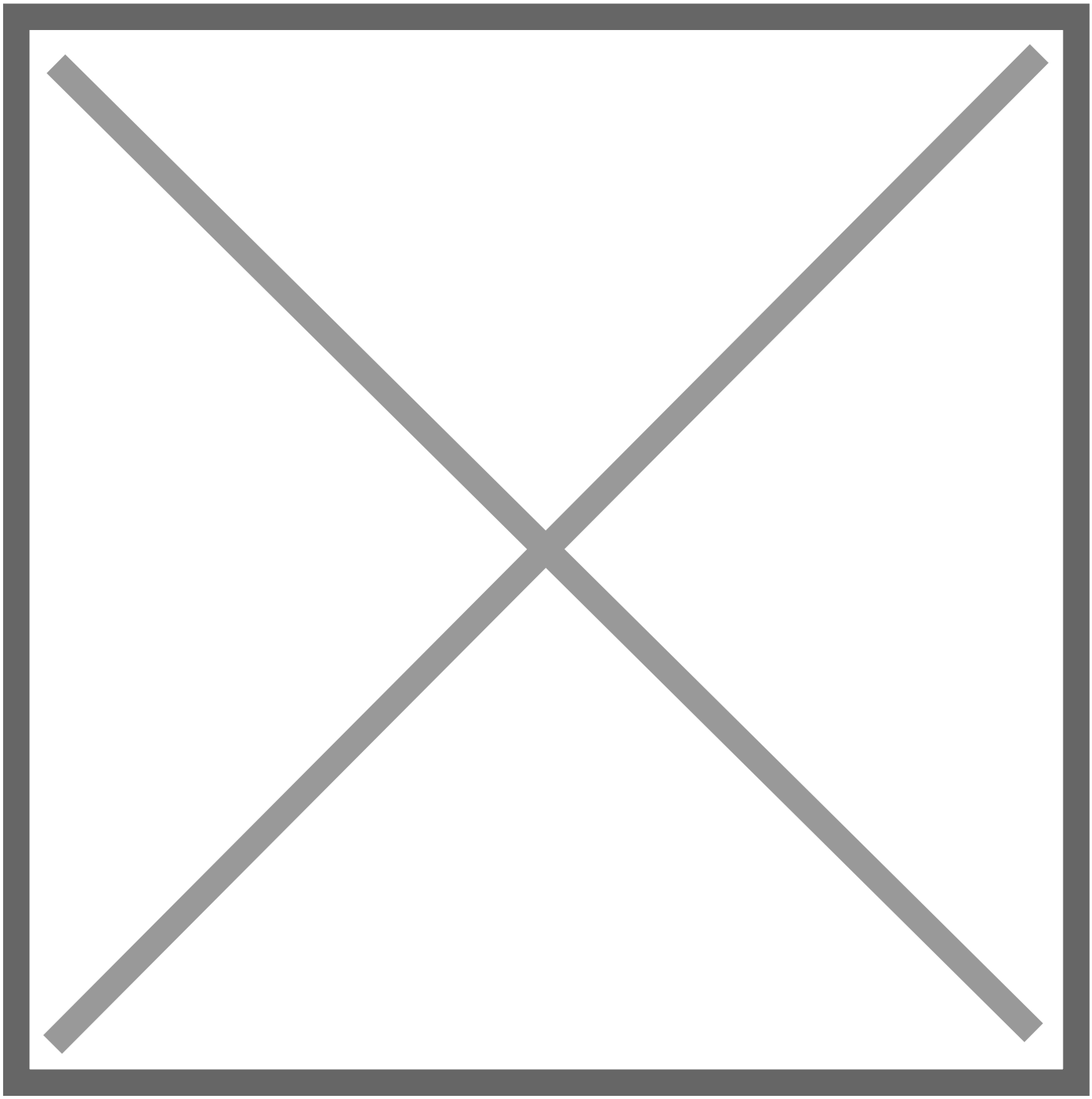
Women, 2022



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

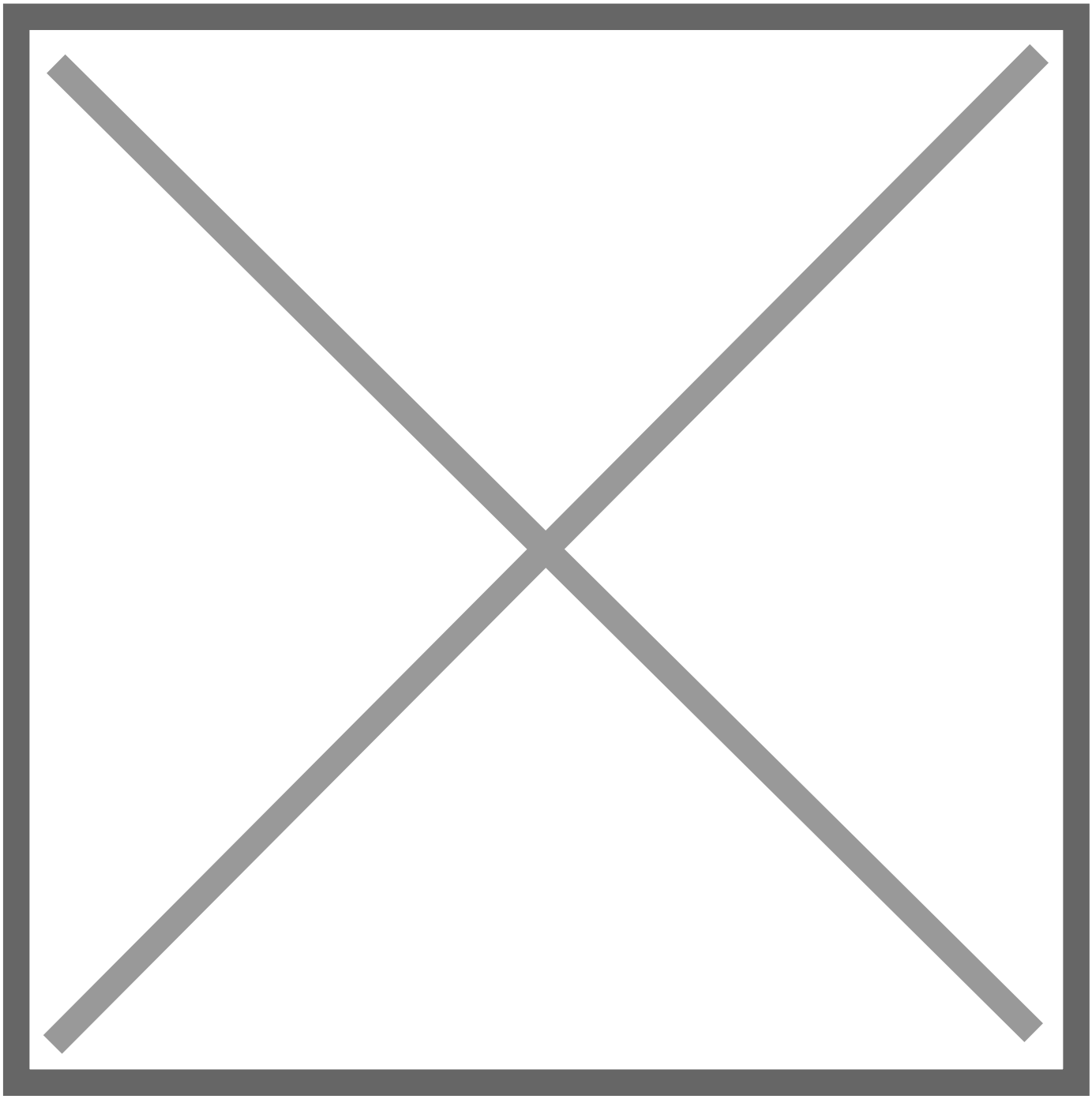
Men, 2022



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

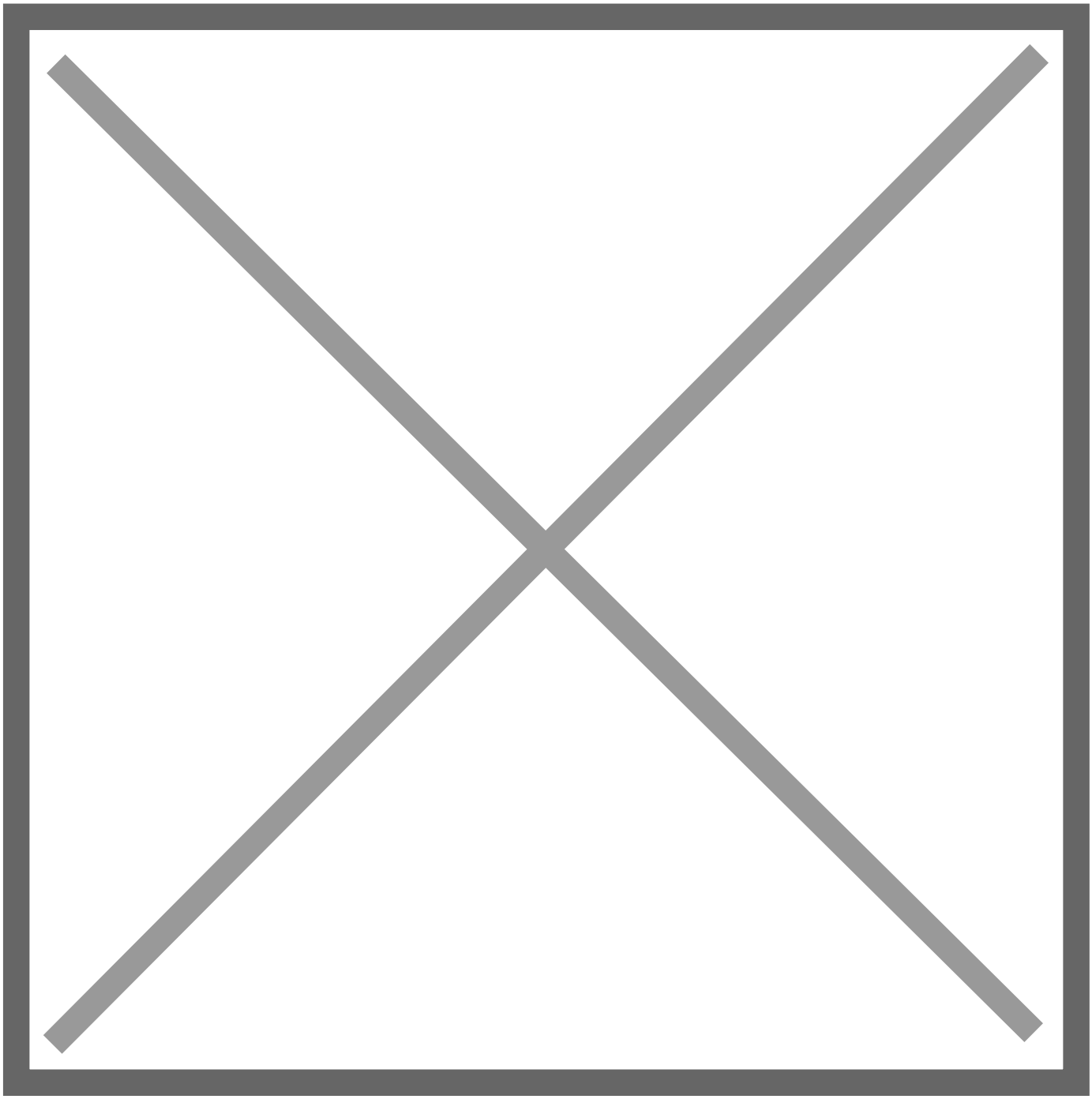


Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today,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

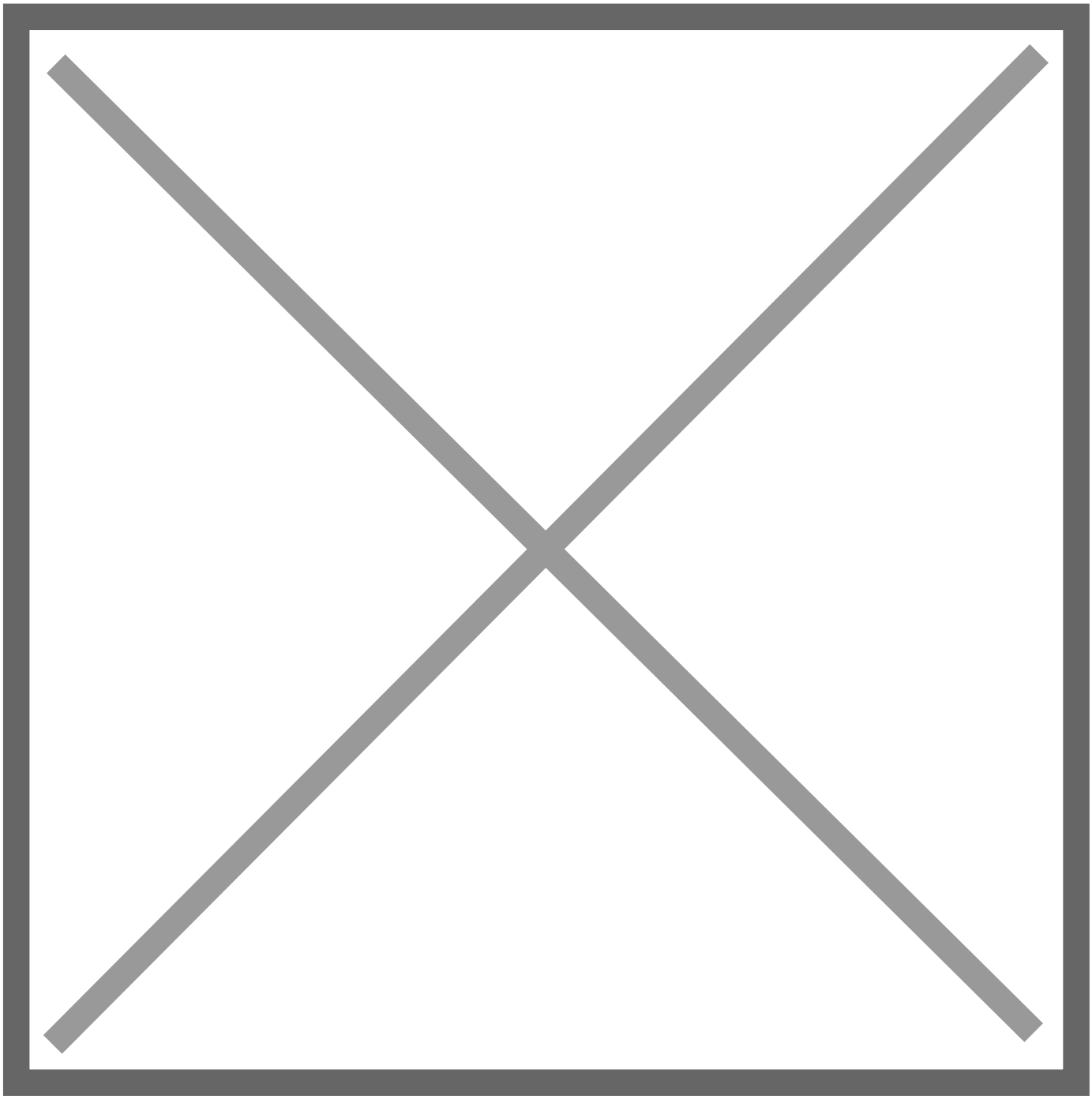
Liver and intrahepatic bile duct Cancer

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

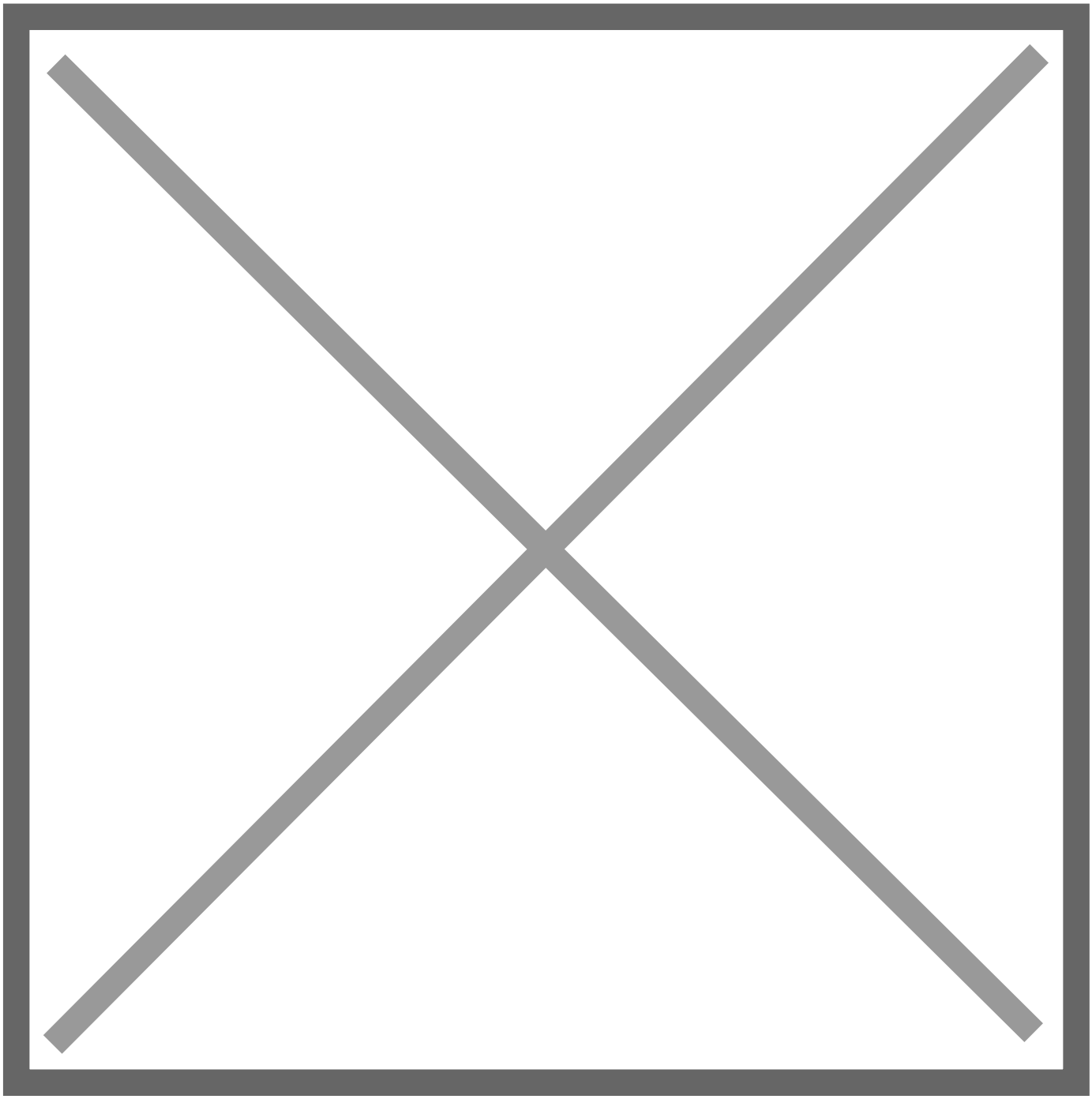
Women, 2022



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

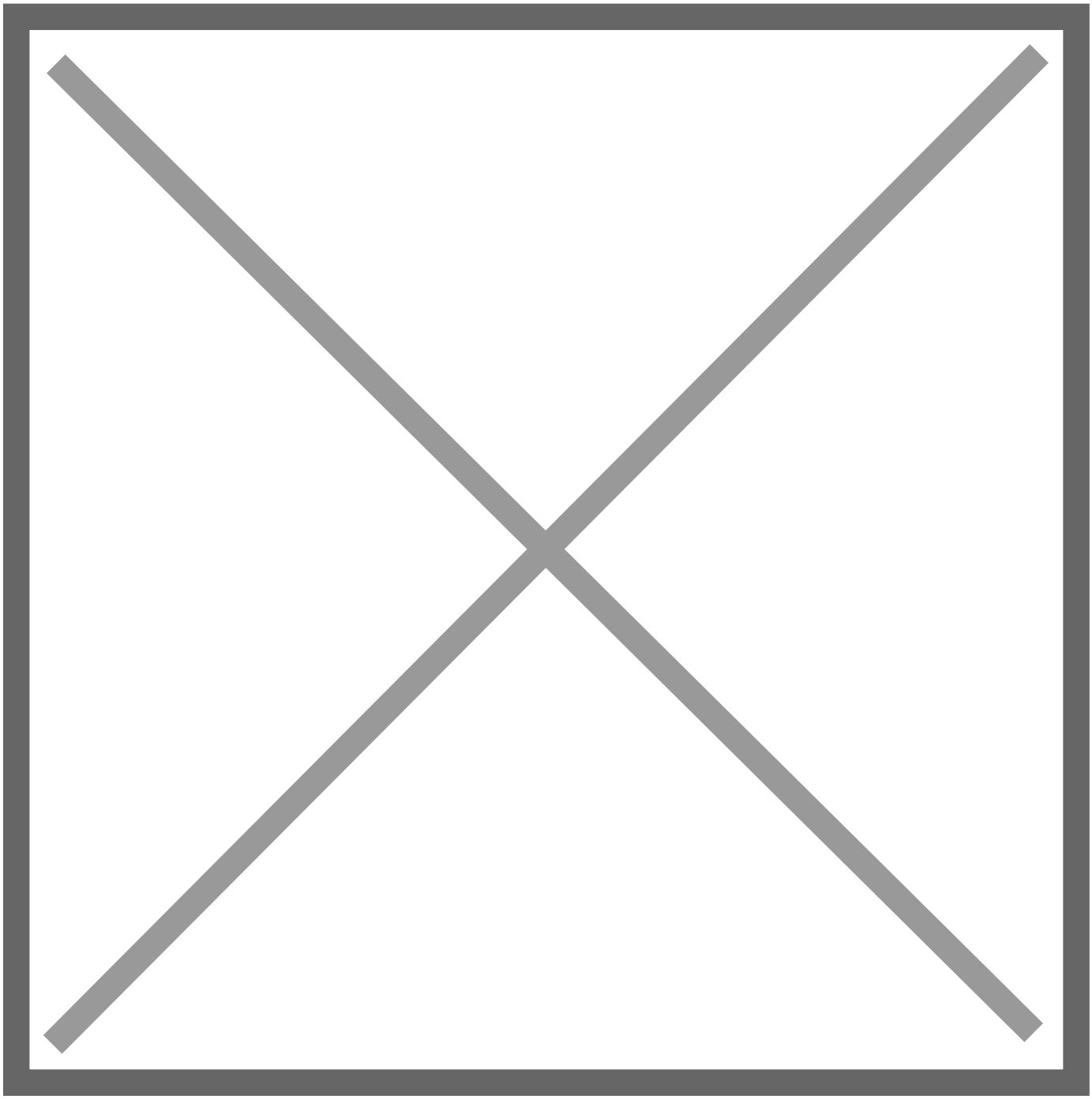
Men, 2022



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

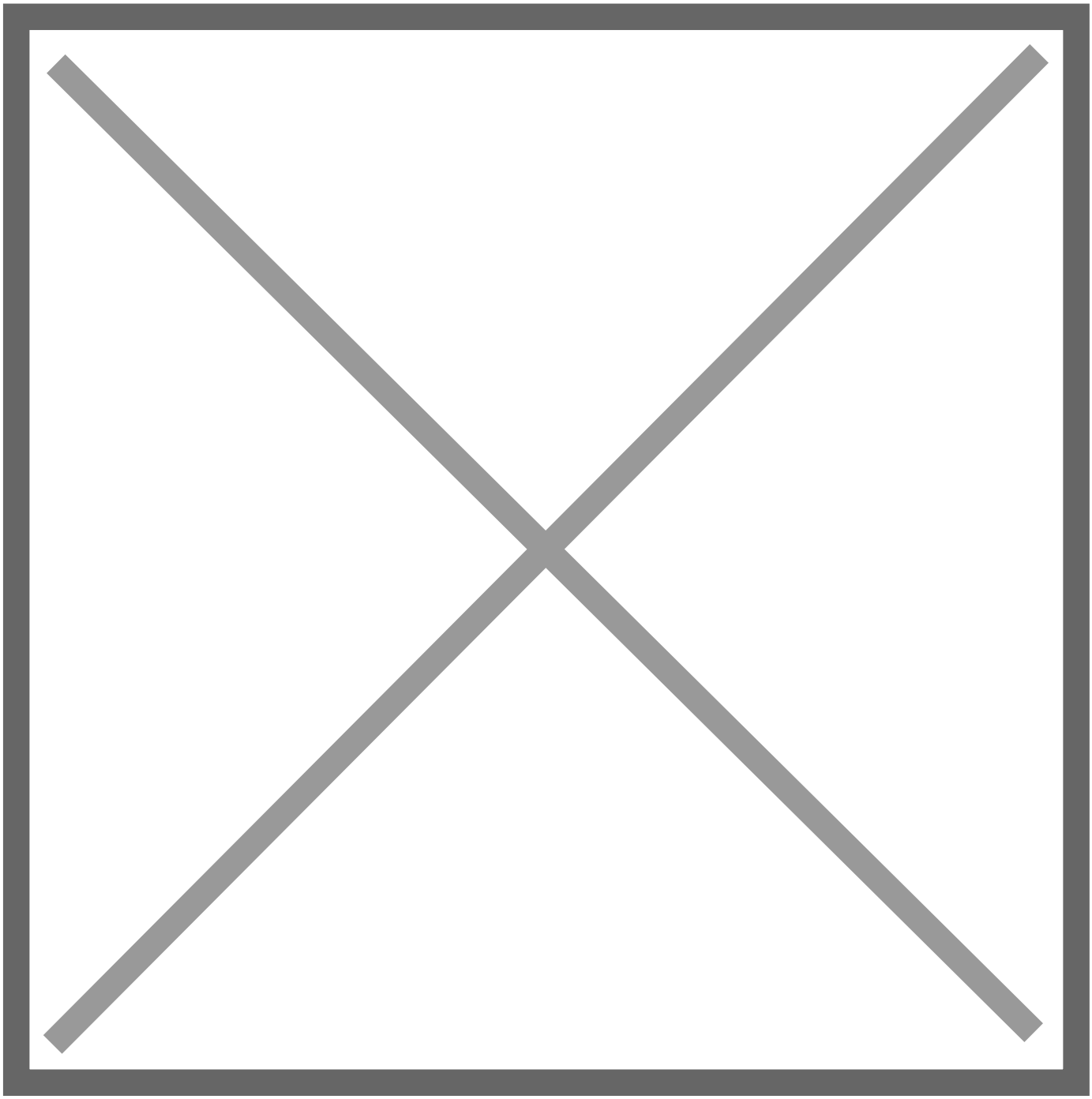


Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today,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

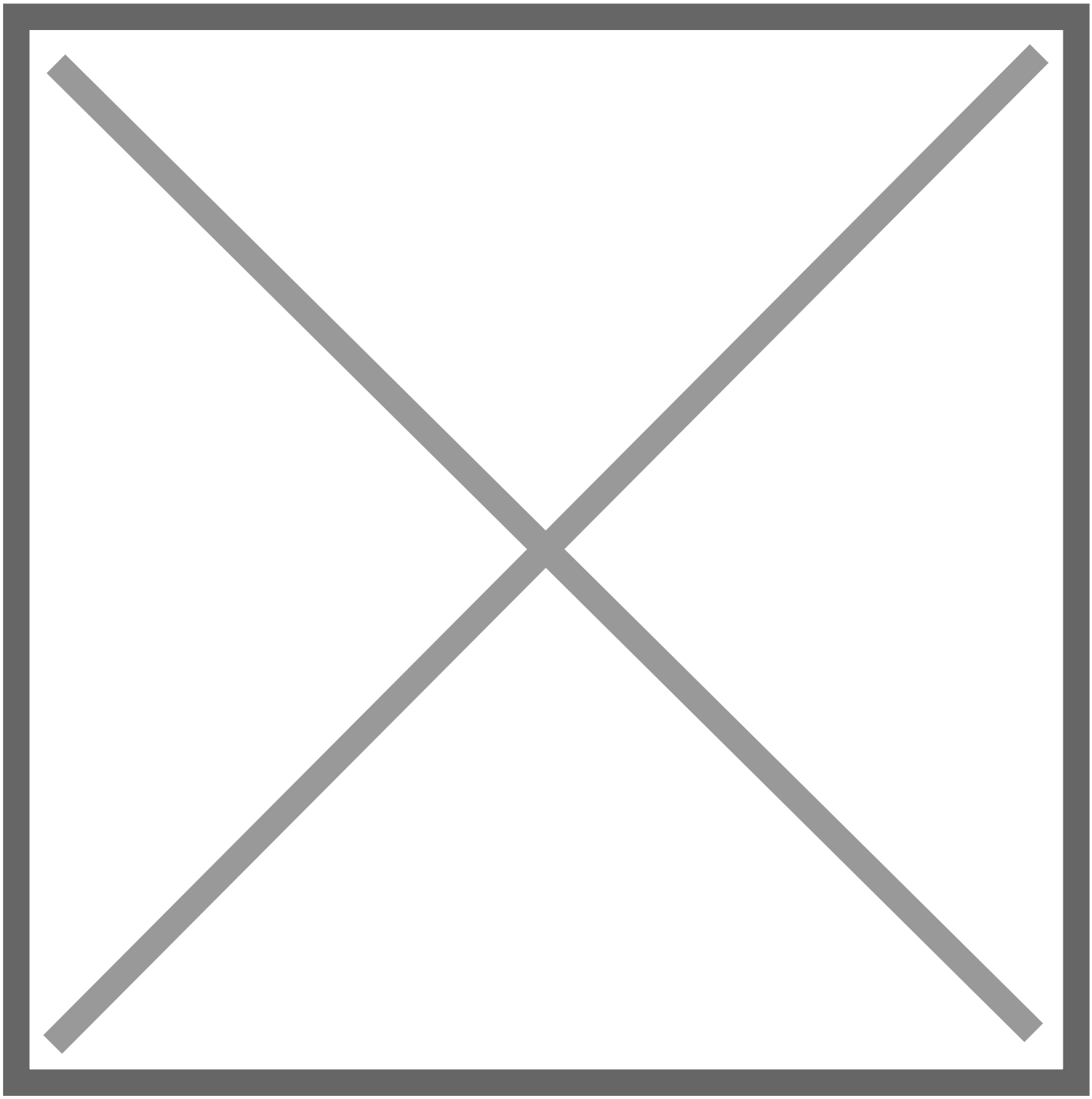
Men, 2022



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

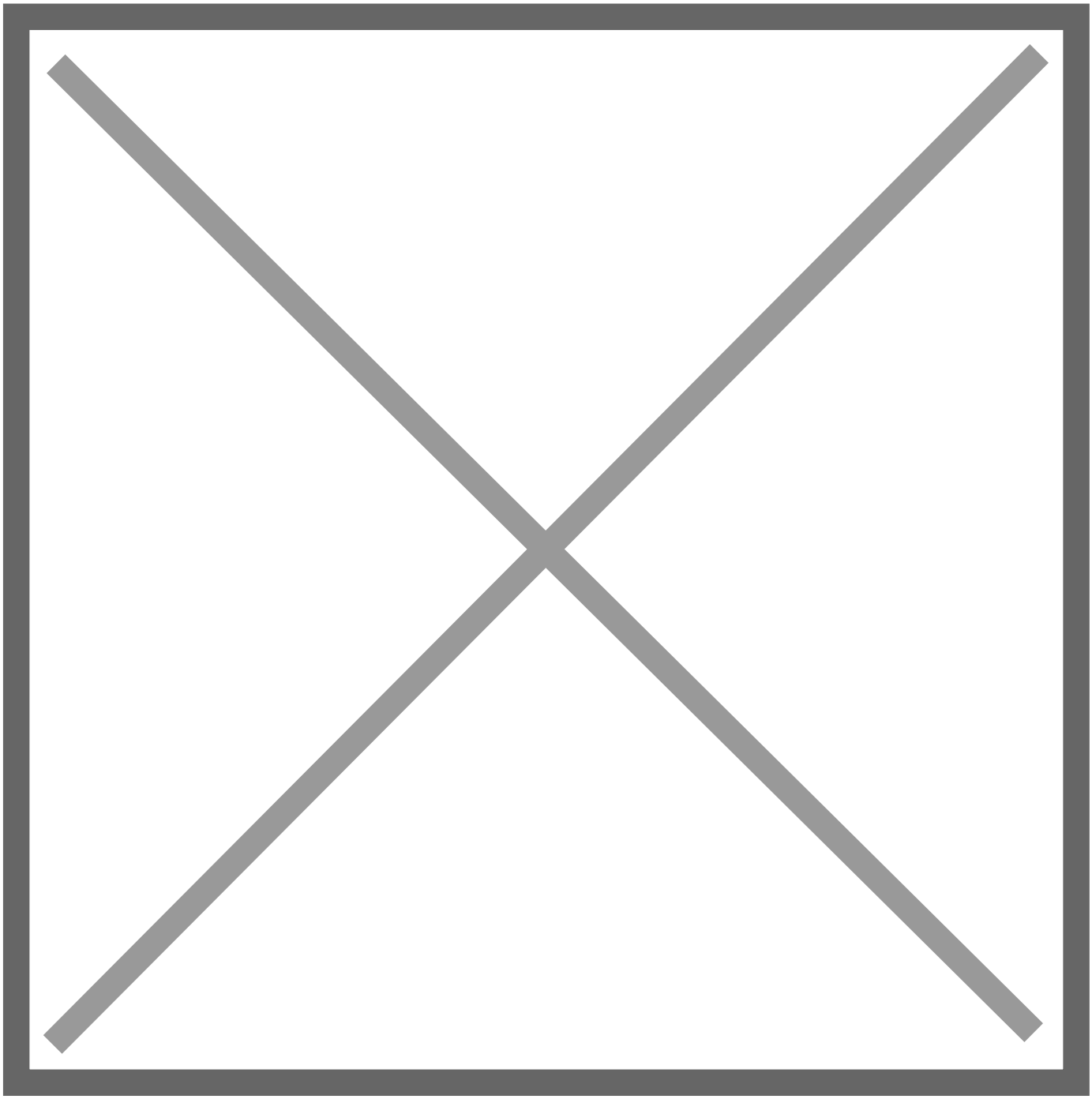


Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today,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

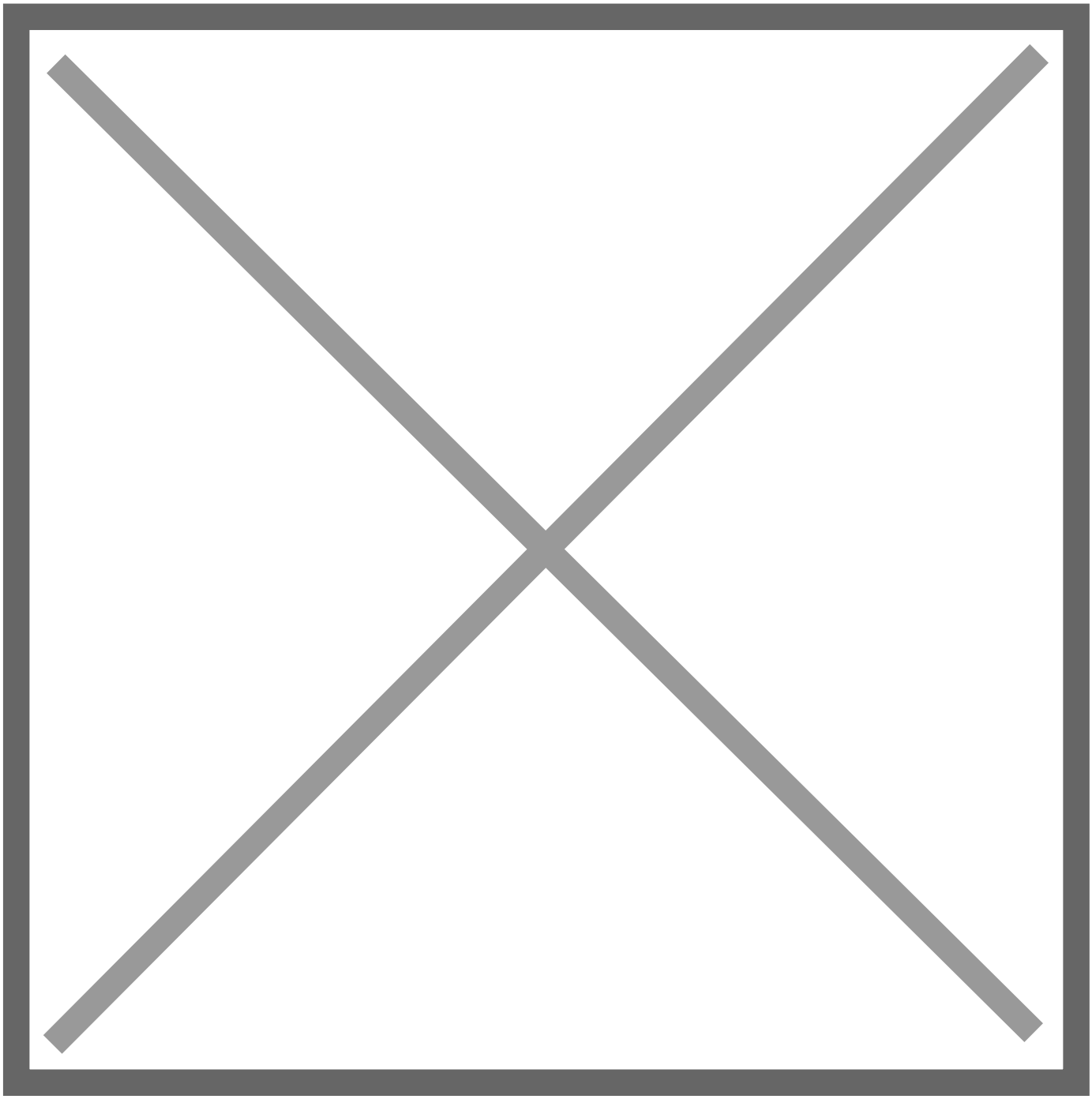
Thyroid Cancer

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 3, 2026