# Report card

## Israel

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<td>40</td>
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Obesity prevalence

Adults, 2014-2016

<table>
<thead>
<tr>
<th></th>
<th>Obesity</th>
<th>Overweight</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adults</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Men</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Women</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Survey type: Measured
Age: 18-64
Sample size: 3011
Area covered: National


Notes: NB. Combined adult 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 08.10.20)

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
**Children, 2015-2016**

Survey type: Measured  
Age: 6-11  
Sample size: 1792  
Area covered: National  

**References:**  

**Notes:**  
Sample size is for 2-11 years. The total 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 02.03.21)

**Cutoffs:**  
WHO

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**Graph:**

- **Bar chart** showing the percentage of obesity and overweight among children, boys, and girls.

- **Children:**
  - Obesity: 10%
  - Overweight: 10%

- **Boys:**
  - Obesity: 15%
  - Overweight: 15%

- **Girls:**
  - Obesity: 20%
  - Overweight: 20%

---

**Legend:**

- Obesity
- Overweight
Overweight/obesity by age

Adults, 2014-2016

<table>
<thead>
<tr>
<th></th>
<th>Men</th>
<th>Women</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age 18-34</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Obesity</td>
<td>10</td>
<td>15</td>
</tr>
<tr>
<td>Overweight</td>
<td>20</td>
<td>30</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th>Men</th>
<th>Women</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age 35-44</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Obesity</td>
<td>20</td>
<td>30</td>
</tr>
<tr>
<td>Overweight</td>
<td>30</td>
<td>40</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th>Men</th>
<th>Women</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age 45-64</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Obesity</td>
<td>30</td>
<td>40</td>
</tr>
<tr>
<td>Overweight</td>
<td>40</td>
<td>50</td>
</tr>
</tbody>
</table>

Survey type: Measured
Sample size: 3011
Area covered: National

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

Ethnic groups are as defined by publication of origin and are not as defined by WOF. In some instances ethnicity is conflated with nationality and/or race.

Men, 2014-2016

Survey type: Measured
Sample size: 3011
Area covered: National

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
Women, 2014-2016

Survey type: Measured
Sample size: 3011
Area covered: National


Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
Boys, 2015-2016

Survey type: Measured
Age: 2-11
Sample size: 1792
Area covered: National
Cutoffs: WHO
Girls, 2015-2016

Survey type: Measured
Age: 2-11
Sample size: 1792
Area covered: National
Cutoffs: WHO
Insufficient physical activity

Children, 2016

Survey type: Self-reported
Age: 11-17
Notes: % of school going adolescents not meeting WHO recommendations on Physical Activity for Health, i.e. doing less than 60 minutes of moderate- to vigorous-intensity physical activity daily.
Definitions: % Adolescents insufficiently active (age standardised estimate)
Boys, 2016

Survey type: Self-reported
Age: 11-17


Notes: % of school going adolescents not meeting WHO recommendations on Physical Activity for Health, i.e. doing less than 60 minutes of moderate- to vigorous-intensity physical activity daily.

Definitions: % Adolescents insufficiently active (age standardised estimate)
Girls, 2016

Survey type: Self-reported
Age: 11-17
Notes: % of school going adolescents not meeting WHO recommendations on Physical Activity for Health, i.e. doing less than 60 minutes of moderate- to vigorous-intensity physical activity daily.
Definitions: % Adolescents insufficiently active (age standardised estimate)
Prevalence of at least daily carbonated soft drink consumption

Children, 2010-2014

Survey type: Measured


Notes: 15-year-old adolescents

Definitions: Prevalence of at least daily carbonated soft drink consumption (% of at least daily carbonated soft drink consumption)
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)
### Prevalence of less than daily fruit consumption

**Children, 2010-2014**

![Bar chart showing prevalence of less than daily fruit consumption among children in various countries.](chart.png)

#### Survey type:
- Measured

#### References:

#### Definitions:
- Prevalence of less-than-daily fruit consumption (% less-than-daily fruit consumption)
Prevalence of less than daily vegetable consumption

Children, 2010-2014

<table>
<thead>
<tr>
<th>Country</th>
<th>% &lt; daily consumption</th>
</tr>
</thead>
<tbody>
<tr>
<td>Spain</td>
<td>49</td>
</tr>
<tr>
<td>Estonia</td>
<td>47</td>
</tr>
<tr>
<td>Germany</td>
<td>43</td>
</tr>
<tr>
<td>Latvia</td>
<td>39</td>
</tr>
<tr>
<td>Italy</td>
<td>38</td>
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<tr>
<td>Slovakia</td>
<td>36</td>
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<tr>
<td>Austria</td>
<td>35</td>
</tr>
<tr>
<td>Hungary</td>
<td>34</td>
</tr>
<tr>
<td>Poland</td>
<td>33</td>
</tr>
<tr>
<td>Estonia</td>
<td>32</td>
</tr>
<tr>
<td>Italy</td>
<td>31</td>
</tr>
<tr>
<td>Spain</td>
<td>27</td>
</tr>
<tr>
<td>Germany</td>
<td>26</td>
</tr>
<tr>
<td>Latvia</td>
<td>24</td>
</tr>
<tr>
<td>Iran</td>
<td>23</td>
</tr>
<tr>
<td>Hungary</td>
<td>22</td>
</tr>
<tr>
<td>Poland</td>
<td>21</td>
</tr>
<tr>
<td>Estonia</td>
<td>20</td>
</tr>
<tr>
<td>Germany</td>
<td>19</td>
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<tr>
<td>Latvia</td>
<td>18</td>
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<tr>
<td>Italy</td>
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<td>Spain</td>
<td>16</td>
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<td>Germany</td>
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<td>Latvia</td>
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<td>Italy</td>
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<td>Spain</td>
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<td>Latvia</td>
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<td>Italy</td>
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<td>Spain</td>
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<td>Germany</td>
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<td>Italy</td>
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<td>Spain</td>
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<td>Germany</td>
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</tr>
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<td>Latvia</td>
<td>2</td>
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<tr>
<td>Italy</td>
<td>1</td>
</tr>
<tr>
<td>Spain</td>
<td>0</td>
</tr>
</tbody>
</table>

Survey type: Measured
Age: 12-17
Definitions: Prevalence of less-than-daily vegetable consumption (% less-than-daily vegetable consumption)
Estimated per-capita processed meat intake

Adults, 2017

Survey type: Measured
Age: 25+


Definitions: Estimated per-capita processed meat intake (g per day)
Estimated per capita whole grains intake

Adults, 2017

Survey type: Measured

Age: 25+


Definitions: Estimated per-capita whole grains intake (g/day)
Mental health - depression disorders

Adults, 2015


Definitions: % of population with depression disorders
Mental health - anxiety disorders

Adults, 2015


Definitions: % of population with anxiety disorders
Oesophageal cancer

Men, 2018

References: Global Cancer Observatory, Cancer incidence rates [http://gco.iarc.fr/] (last accessed 30th June 2020)

Definitions: Estimated age-standardized incidence rates (World) in 2018, oesophagus, adults ages 20+. ASR (World) per 100,000
Women, 2018


Definitions: Estimated age-standardized incidence rates (World) in 2018, oesophagus, adults ages 20+. ASR (World) per 100,000
Breast cancer
Women, 2018

References: Global Cancer Observatory, Cancer incidence rates [http://gco.iarc.fr/] (last accessed 30th June 2020)

Definitions: Estimated age-standardized incidence rates (World) in 2018, breast, females, ages 20+. ASR (World) per 100,000
Colorectal cancer

Men, 2018

References: Global Cancer Observatory, Cancer incidence rates [http://gco.iarc.fr/] (last accessed 30th June 2020)

Definitions: Estimated age-standardized incidence rates (World) in 2018, colorectum, adults, ages 20+. ASR (World) per 100,000
Women, 2018

Incidence per 100,000

Age: 20+

References: Global Cancer Observatory, Cancer incidence rates [http://gco.iarc.fr/] (last accessed 30th June 2020)

Definitions: Estimated age-standardized incidence rates (World) in 2018, colorectum, adults, ages 20+. ASR (World) per 100,000
Pancreatic cancer

Men, 2018

Age: 20+


Definitions: Estimated age-standardized incidence rates (World) in 2018, pancreas, adults, ages 20+. ASR (World) per 100,000
Age: 20+


Definitions: Estimated age-standardized incidence rates (World) in 2018, pancreas, adults, ages 20+. ASR (World) per 100,000
Gallbladder cancer

Men, 2018

Age:


Definitions: Estimated age-standardized incidence rates (World) in 2018, gallbladder, adults, ages 20+. ASR (World) per 100,000
Women, 2018


Definitions: Estimated age-standardized incidence rates (World) in 2018, gallbladder, adults, ages 20+. ASR (World) per 100,000
Kidney cancer

Men, 2018


Definitions: Estimated age-standardized incidence rates (World) in 2018, kidney, adults, ages 20+. ASR (World) per 100,000
Women, 2018

Incidence per 100,000

Age: 20+

References: Global Cancer Observatory, Cancer incidence rates http://gco.iarc.fr/ (last accessed 30th June 2020)

Definitions: Estimated age-standardized incidence rates (World) in 2018, kidney, adults, ages 20+. ASR (World) per 100,000
Cancer of the uterus

Women, 2018

Incidence per 100,000

Age:
20+


Definitions: Estimated age-standardized incidence rates (World) in 2018, cervix uteri, females, ages 20+. ASR (World) per 100,000
Raised blood pressure

Adults, 2015


Definitions: Age Standardised estimated % Raised blood pressure 2015 (SBP>=140 OR DBP>=90).
Men, 2015


Definitions: Age Standardised estimated % Raised blood pressure 2015 (SBP>=140 OR DBP>=90).

Definitions: Age Standardised estimated % Raised blood pressure 2015 (SBP>=140 OR DBP>=90).
Raised cholesterol

Adults, 2008


Definitions: % Raised total cholesterol (>= 5.0 mmol/L) (age-standardized estimate).
Men, 2008


Definitions: % Raised total cholesterol (>= 5.0 mmol/L) (age-standardized estimate).
Women, 2008


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

Men, 2014


Definitions: Age Standardised % raised fasting blood glucose (>= 7.0 mmol/L or on medication).
Women, 2014

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

Definitions:
Age Standardised % raised fasting blood glucose (>= 7.0 mmol/L or on medication).
Diabetes prevalence

Adults, 2021

Age: 20-79

Area covered: National


Definitions: Age-adjusted comparative prevalence of diabetes, %

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