



Jamaica



Country report card - adults

This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity for adults. 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/jamaica-103/>.

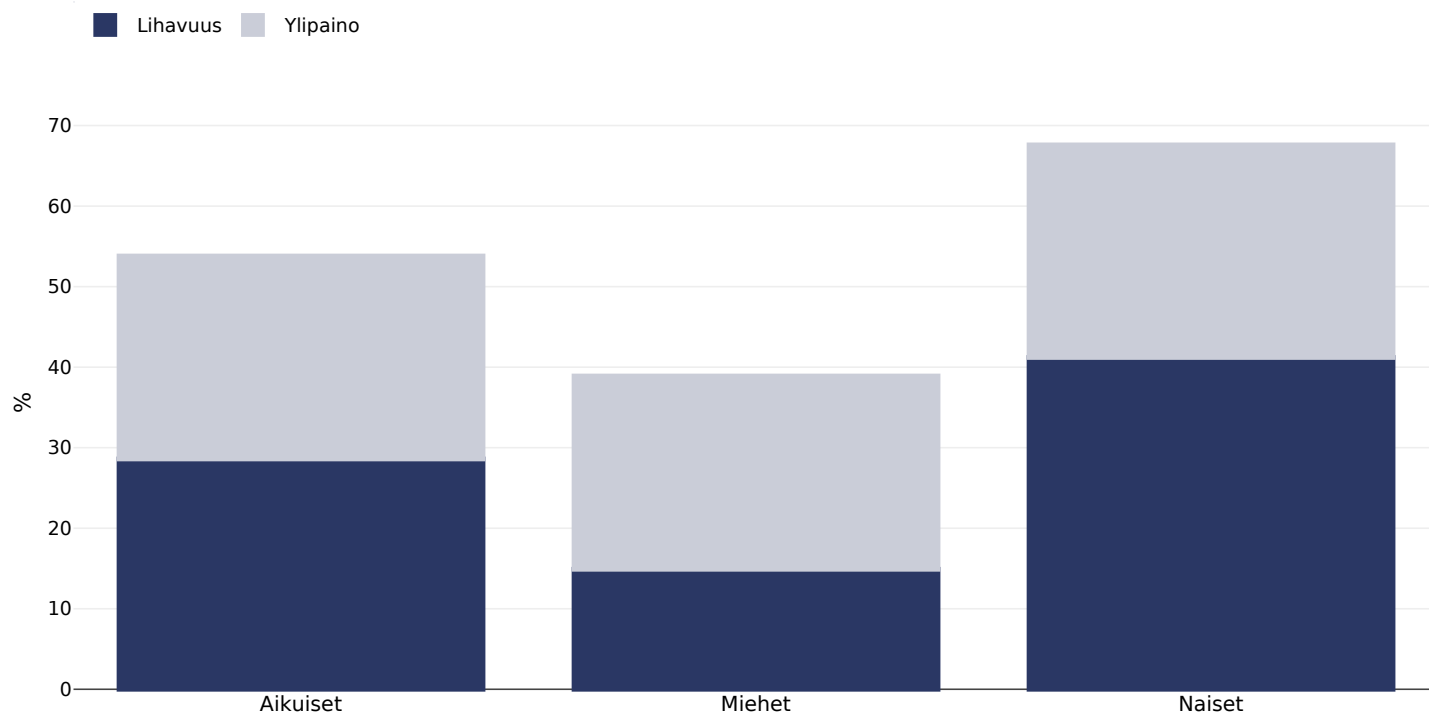
Kansallinen lihavuuden riski *7,5/10 This is a composite "obesity risk" score (out of 10, the highest risk) based on obesity prevalence, rate of increase, likelihood of meeting the 2025 target, treatment indicator and childhood stunting levels.

Lapsuusajan lihavuuden riski *7/11 This is a "risk score" for each country's likelihood of having or acquiring a major childhood obesity problem during the 2020s, taking account of current prevalence levels and risk for future obesity (based on stunting among infants, maternal obesity, maternal smoking, and breastfeeding rates).

* Perustuu arvioituihin tietoihin. Lisätietoja näet kohdasta Julkaisut

Lihavuuden esiintyvyys

Aikuiset, 2016-2017

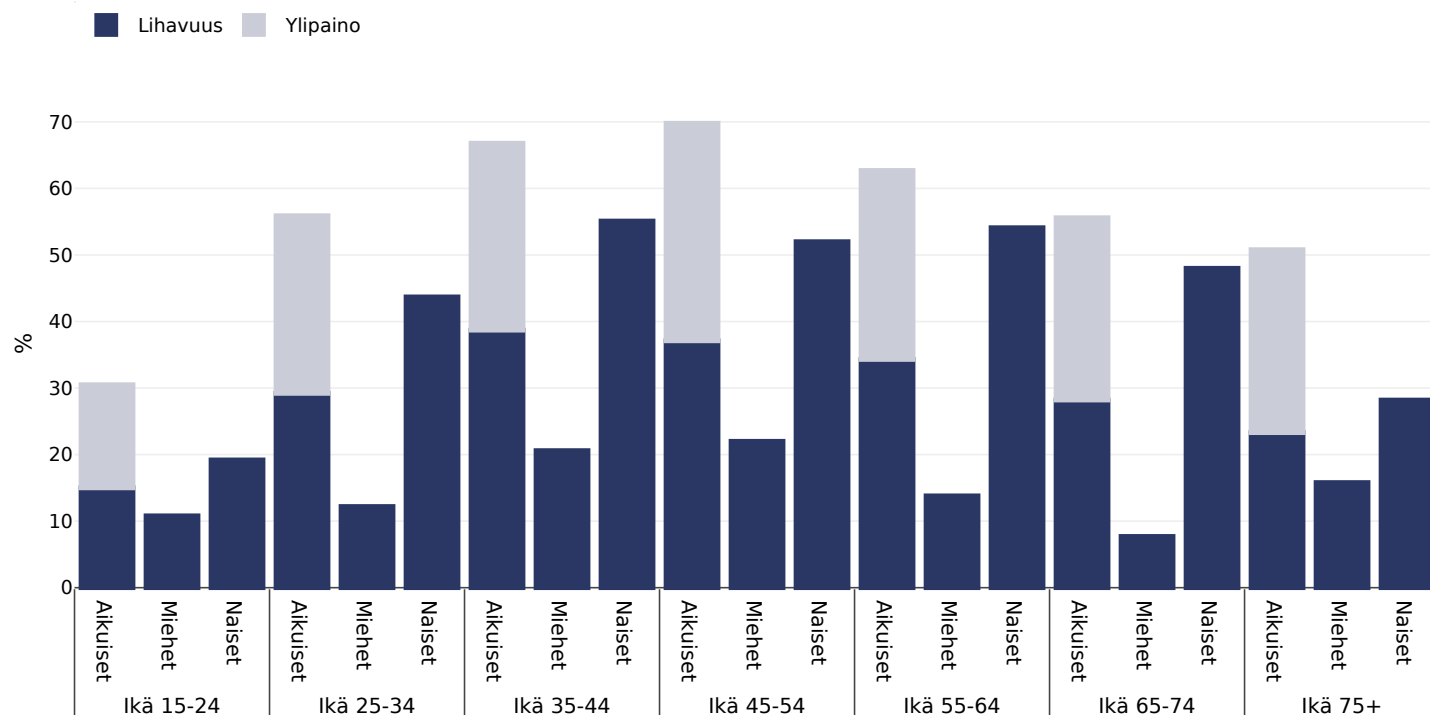


Tutkimustyyppi:	Mitattu
Ikä:	15-75
Otoksen koko:	2807
Peittoalue:	Kansallinen
Viitteet:	Jamaica Health and Lifestyle Survey III (2016-2017) https://view.officeapps.live.com/op/view.aspx?src=https%3A%2F%2Fcaribbeaninstituteofnephrology.net%2Fwp-content%2Fuploads%2F2019%2F04%2FJHLS-III-NCD-Metabolic-Risk-Factors-and-CVC-Renal-Conference-2019-01-18Final1-1.pptx&wdOrigin=BROWSELINK (last accessed 04.05.2022)

Ellei toisin mainita, ylipaino viittaa kehon painoindeksiin 25–29,9 kg/m², lihavuus viittaa yli 30 kg/m²:n painoindeksiin.

Ylipaino/lihavuus iÄän mukaan

Aikuiset, 2016-2017



Tutkimustyyppi:

Mitattu

Otoksen koko:

2807

Peittoalue:

Kansallinen

Viitteet:

Jamaica Health and Lifestyle Survey III (2016-2017)
<https://view.officeapps.live.com/op/view.aspx?src=https%3A%2F%2Fcaribbeaninstituteofnephrology.net%2Fwp-content%2Fuploads%2F2019%2F04%2FJHLS-III-NCD-Metabolic-Risk-Factors-and-CVC-Renal-Conference-2019-01-18Final1-1.pptx&wdOrigin=BROWSELINK> (last accessed 04.05.2022)

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Double burden of underweight & overweight

Aikuiset, 2022



Tutkimustyyppi:

Mitattu

Ikä:

20+

Viitteet:

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](https://doi.org/10.1016/S0140-6736(23)02750-2).

Huomiot:

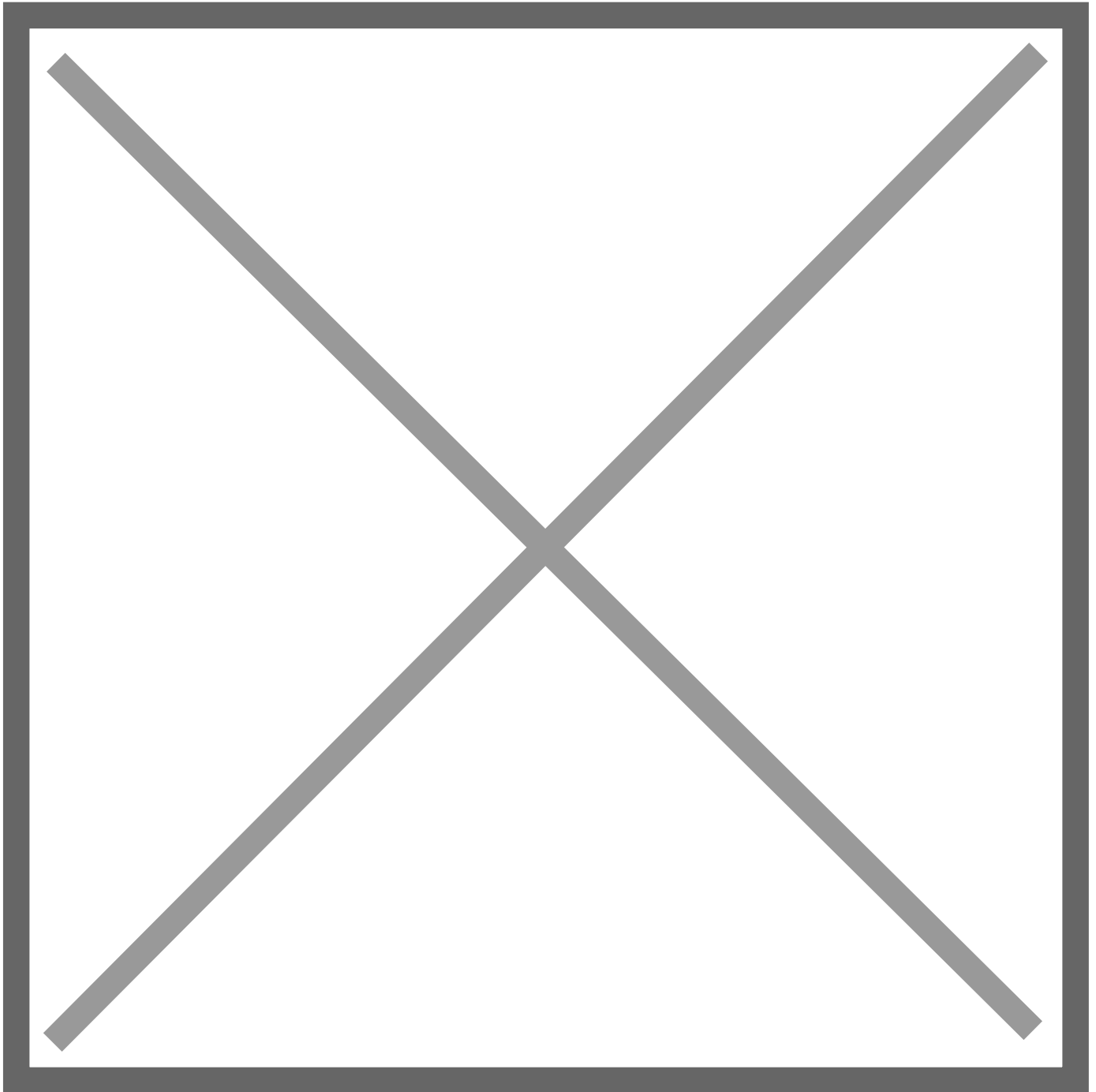
Age Standardised estimates

Määritelmät:

Combined prevalence of BMI<18.5 kg/m² and BMI≥30 kg/m² (double burden of underweight and obesity)

Riittävästi liikunta

Aikuiset, 2022

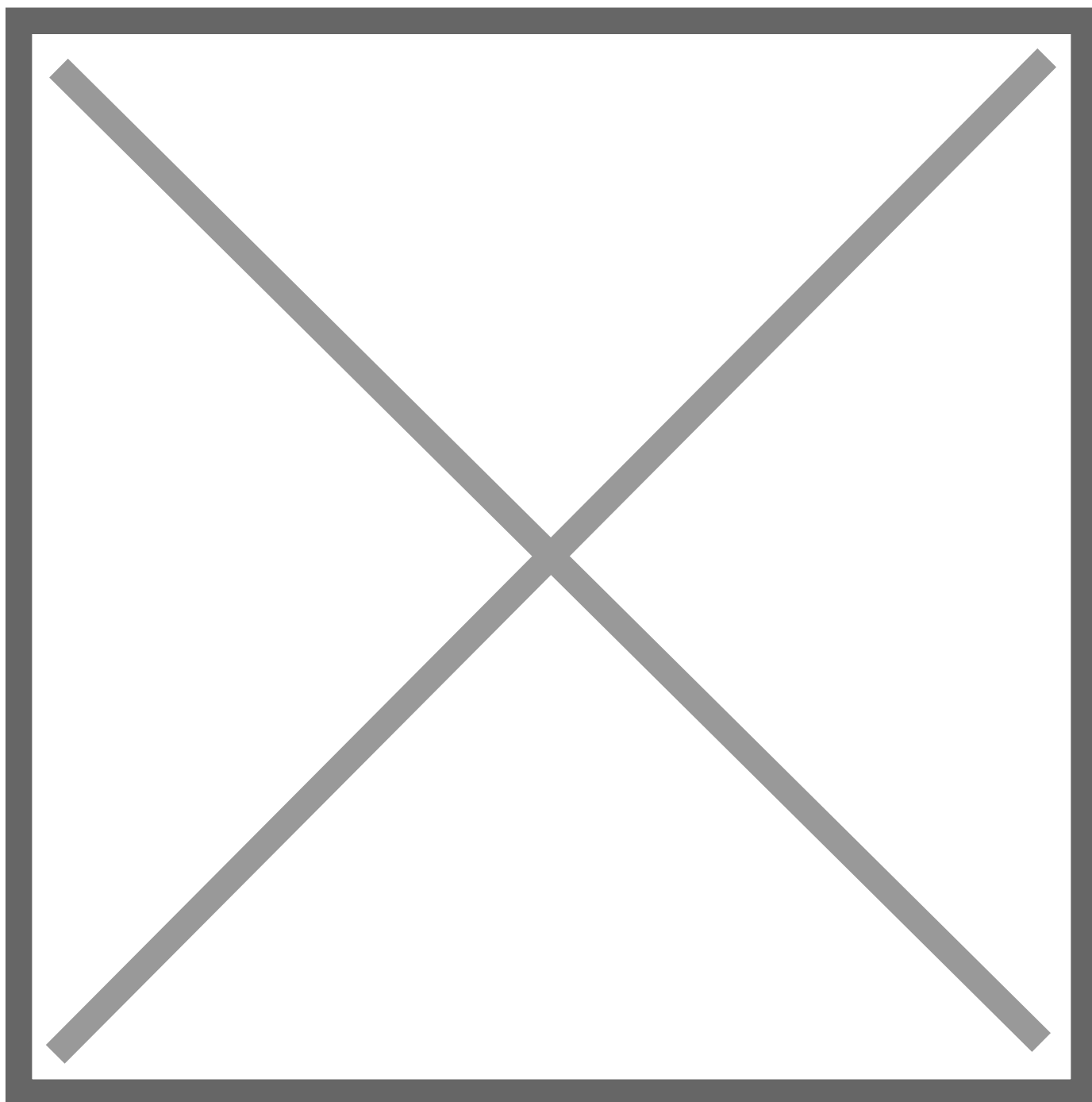


Tutkimustyyppi:	Itse ilmoitettu
Ikä:	18+
Peittoalue:	Kansallinen

Viitteet: 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)-(-))

Määritelmät: 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.

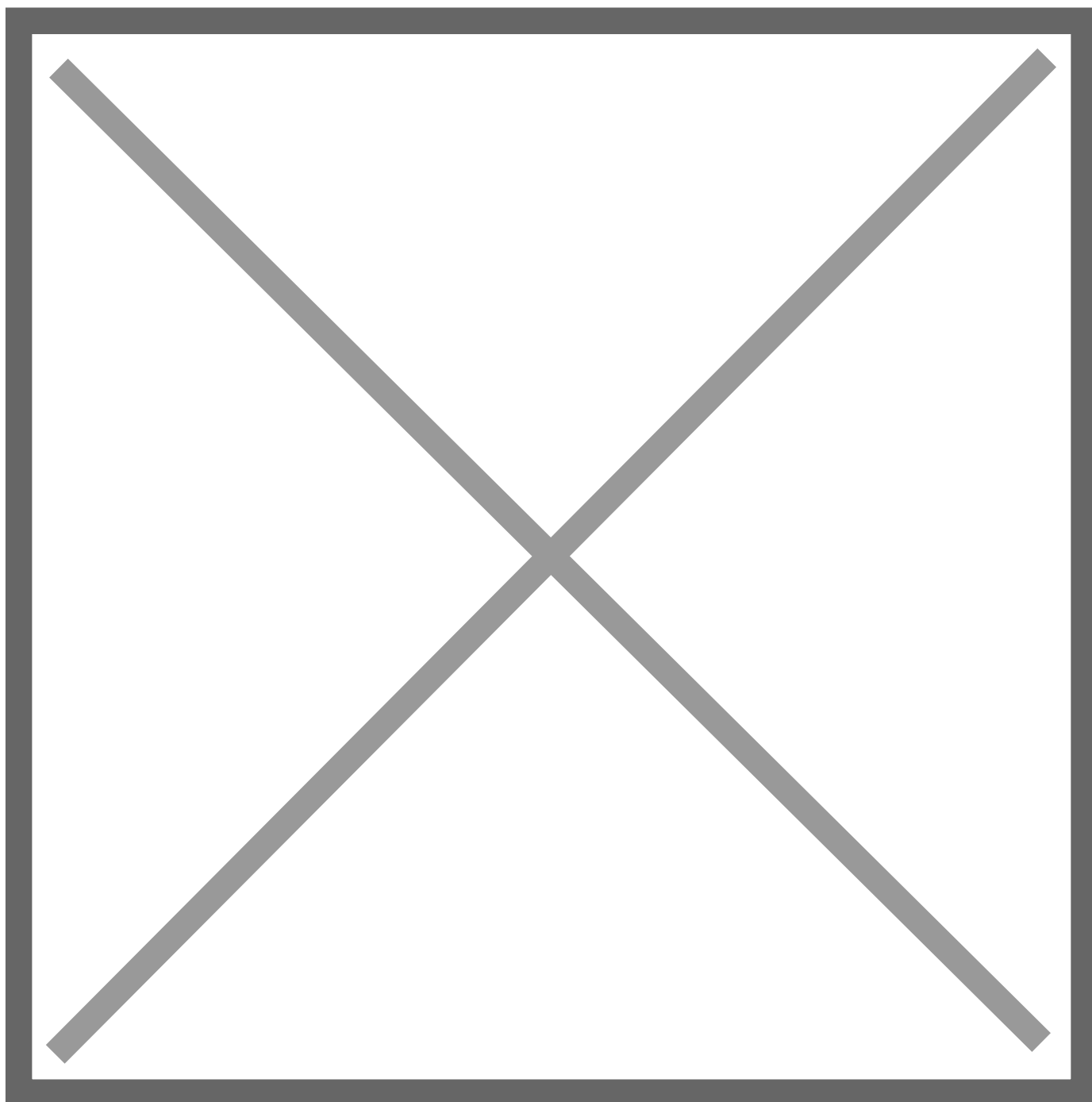
Miehet, 2022



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Määritelmät: 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.

Naiset, 2022

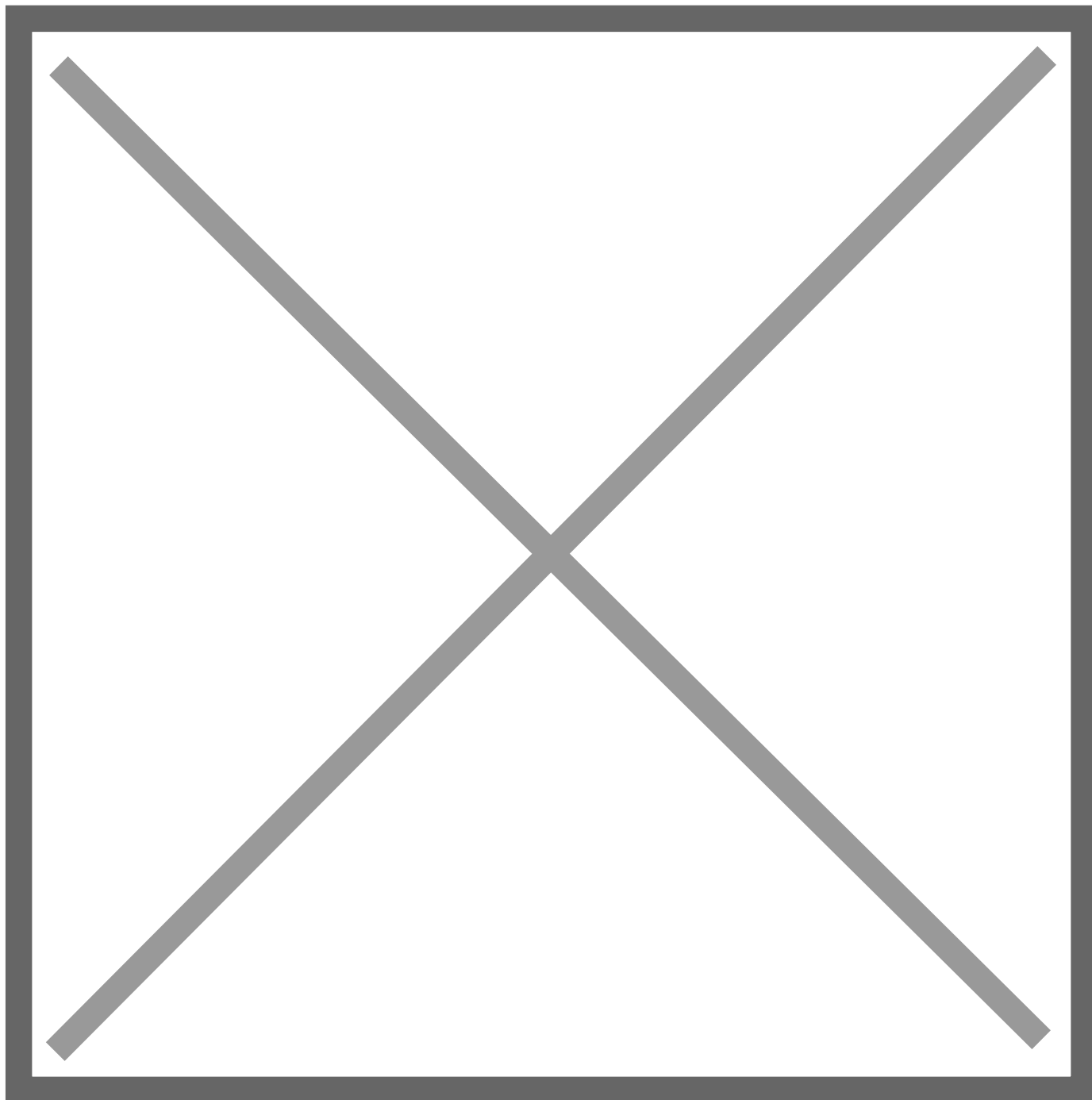


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Määritelmät: Percent of population attaining less than 150 minutes of moderate-intensity physical activity per week, or less than 75 minutes of vigorous-intensity physical activity per week, or equivalent.

Estimated per capita fruit intake

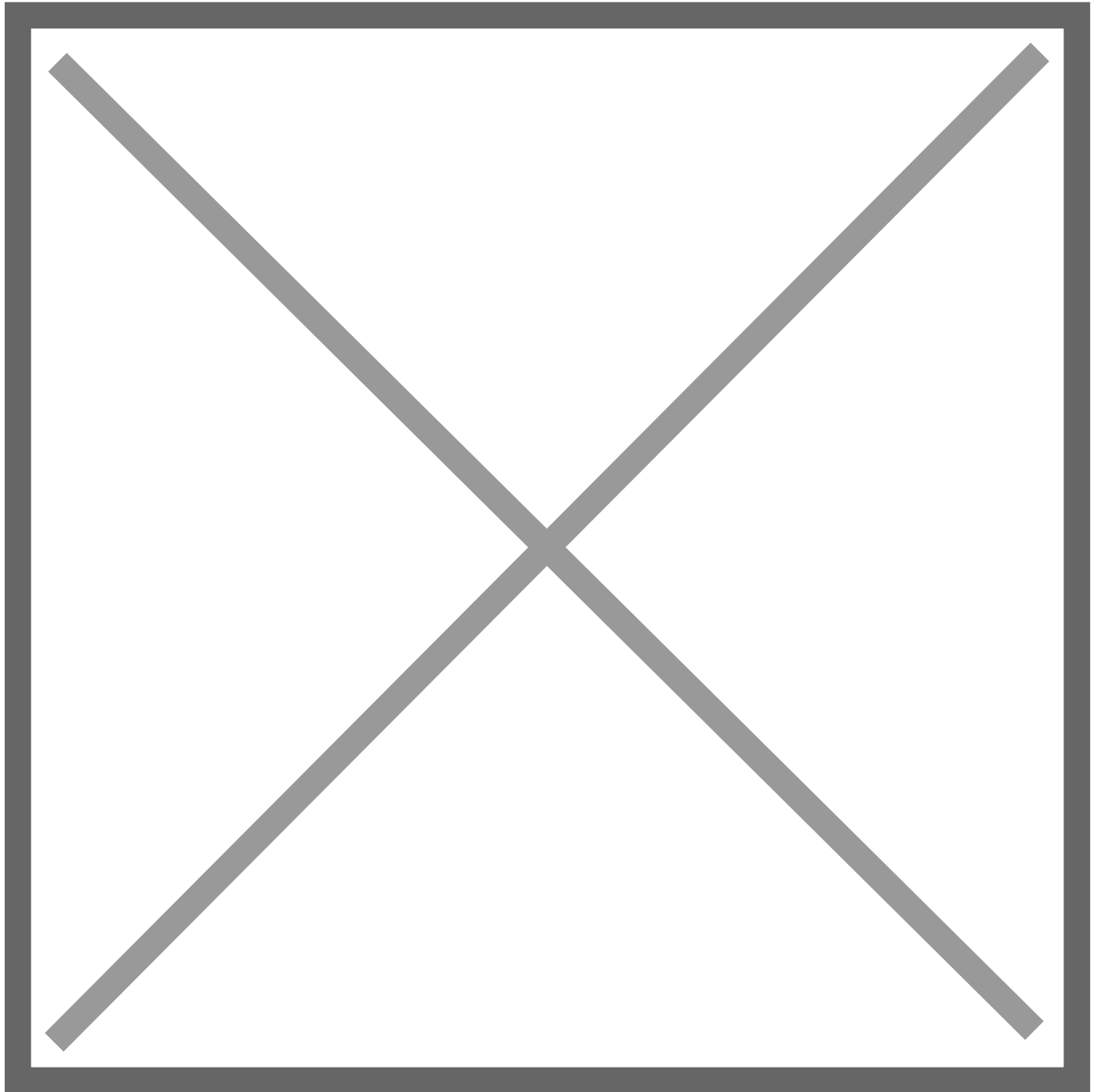
Aikuiset, 2017



Tutkimustyyppi:	Mitattu
Ikä:	25+
Viitteet:	Global Burden of Disease, the Institute for Health Metrics and Evaluation http://ghdx.healthdata.org/
Määritelmät:	Estimated per-capita fruit intake (g/day)

Arvioitu lihajalosteiden kulutus henkeä kohti

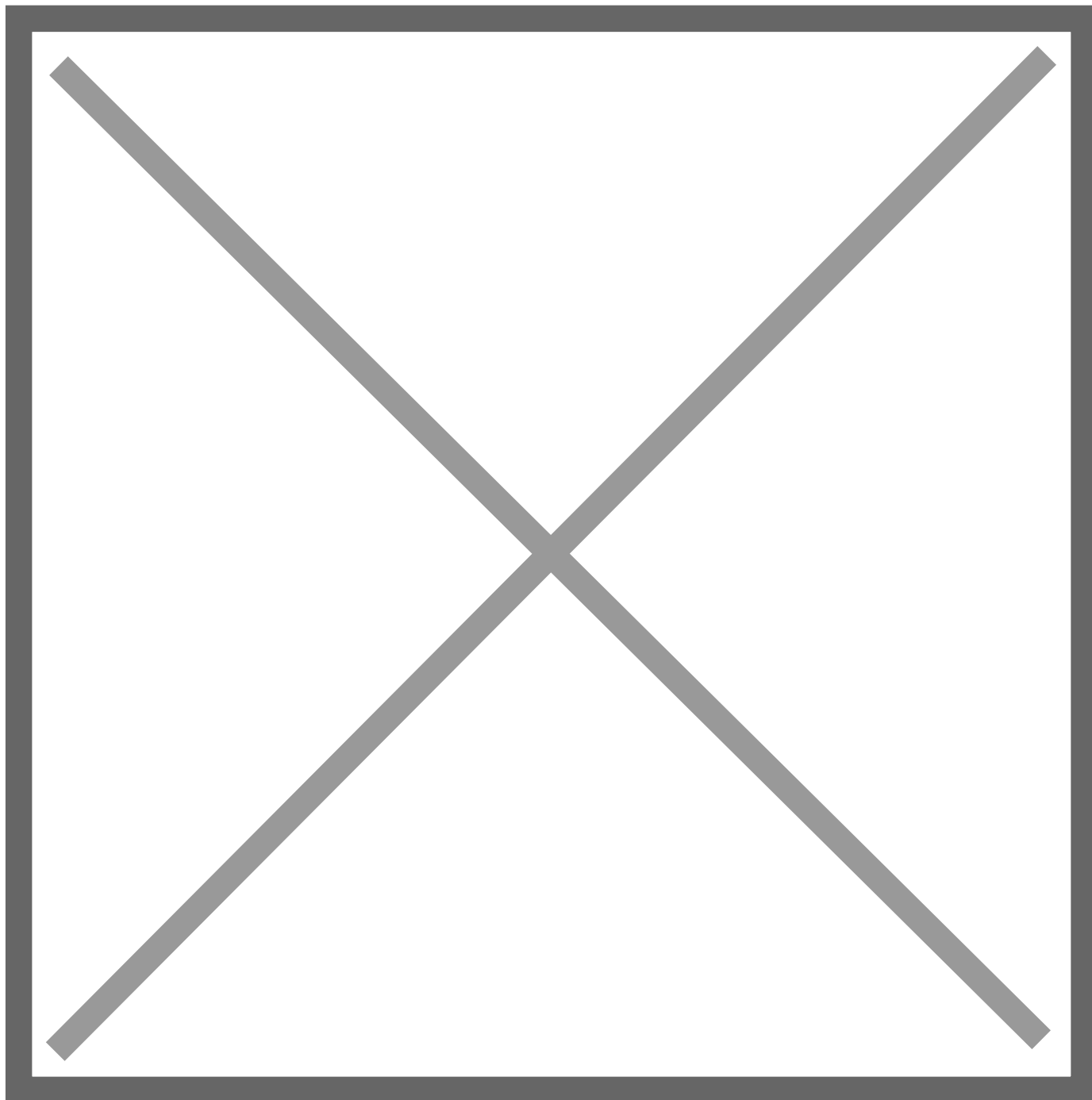
Aikuiset, 2017



Tutkimustyyppi:	Mitattu
Ikä:	25+
Viitteet:	Global Burden of Disease, the Institute for Health Metrics and Evaluation http://ghdx.healthdata.org/
Määritelmät:	Estimated per-capita processed meat intake (g per day)

Estimated per capita whole grains intake

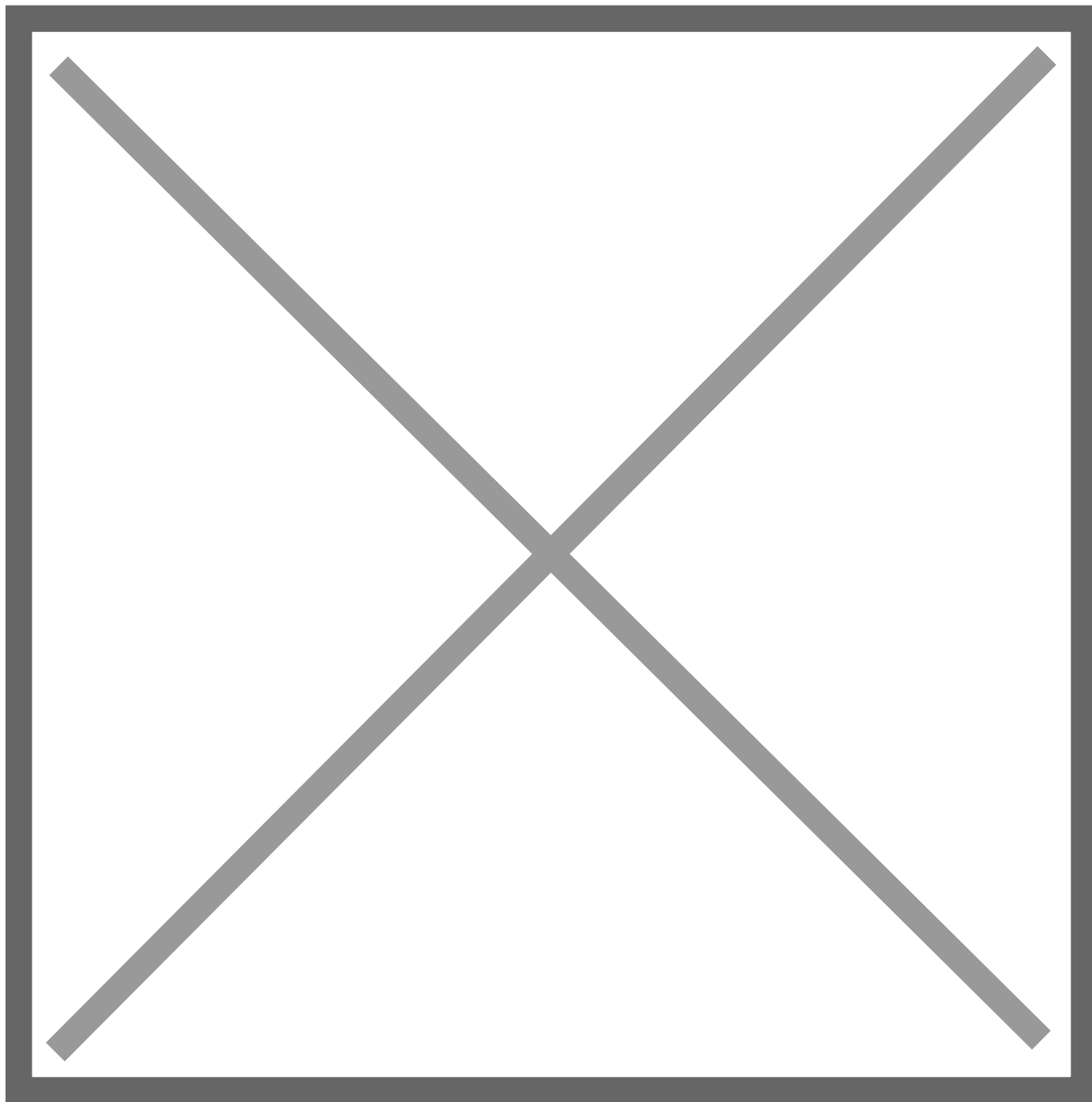
Aikuiset, 2017



Tutkimustyyppi:	Mitattu
Ikä:	25+
Viitteet:	Global Burden of Disease, the Institute for Health Metrics and Evaluation http://ghdx.healthdata.org/
Määritelmät:	Estimated per-capita whole grains intake (g/day)

Mielenterveys- ja masennustilat

Aikuiset, 2021



Ikä: 20+

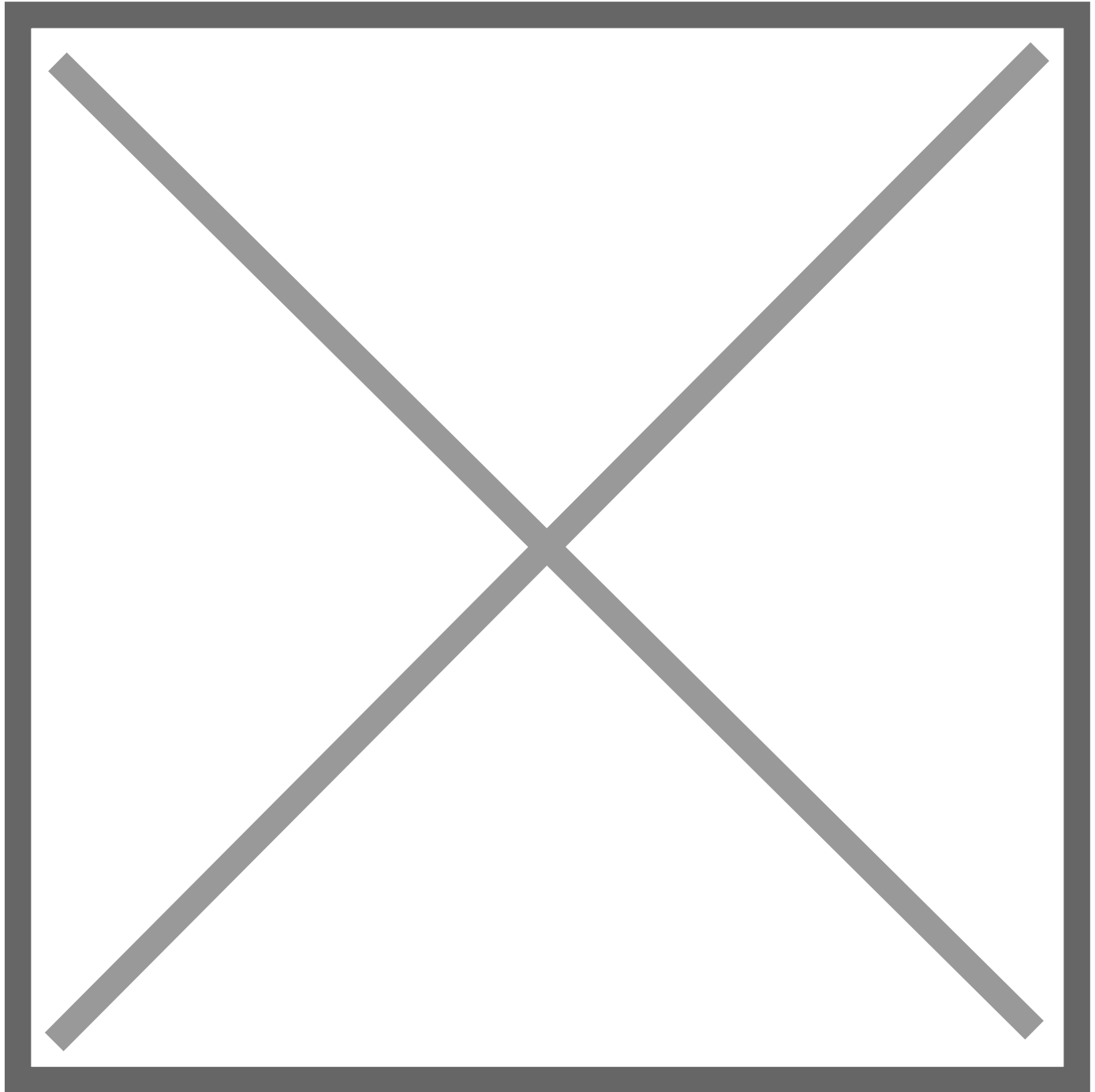
Peittoalue: Kansallinen

Viitteet: 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)

Määritelmät:

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

Miehet, 2021



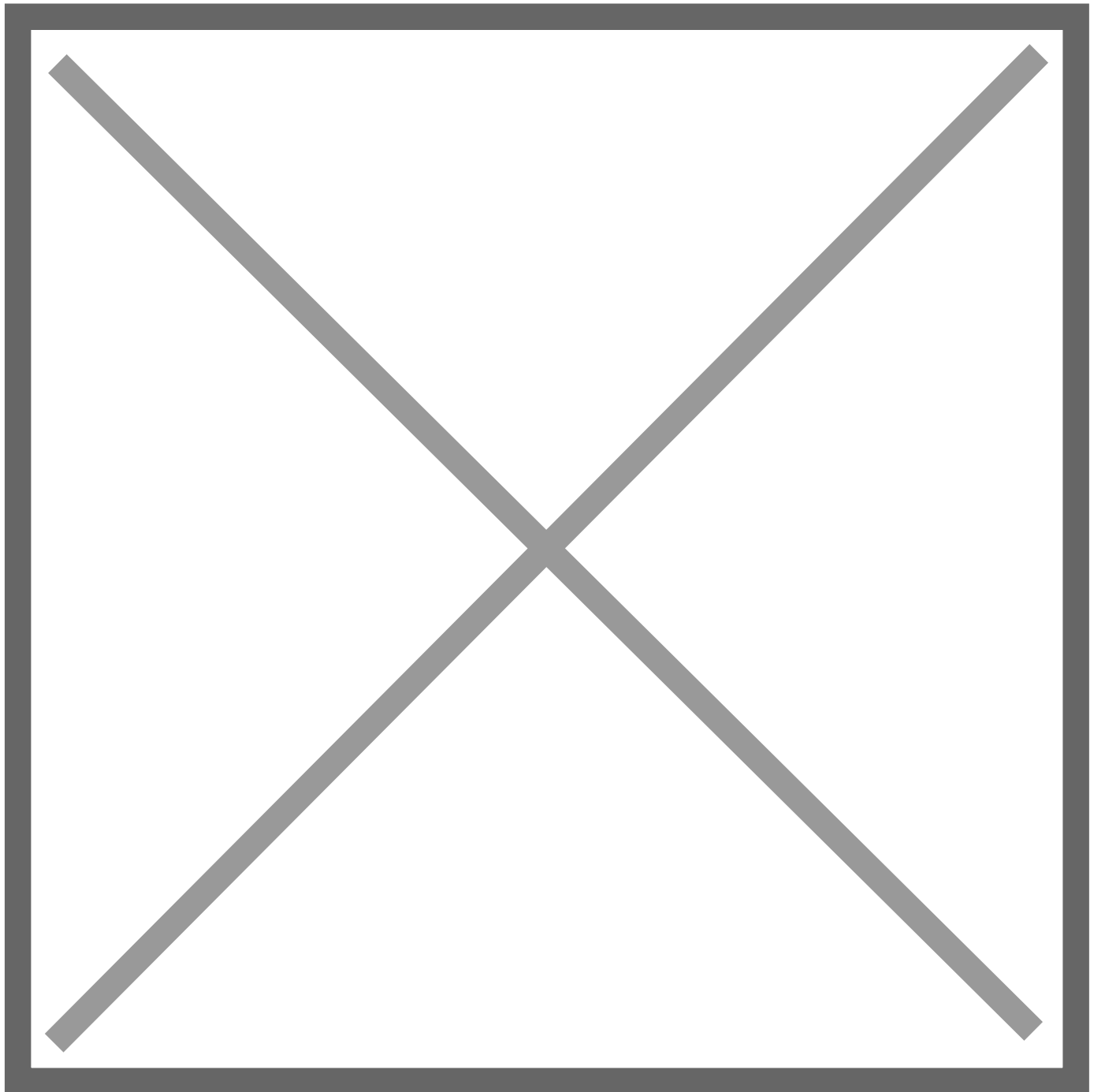
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Viitteet: Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last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

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

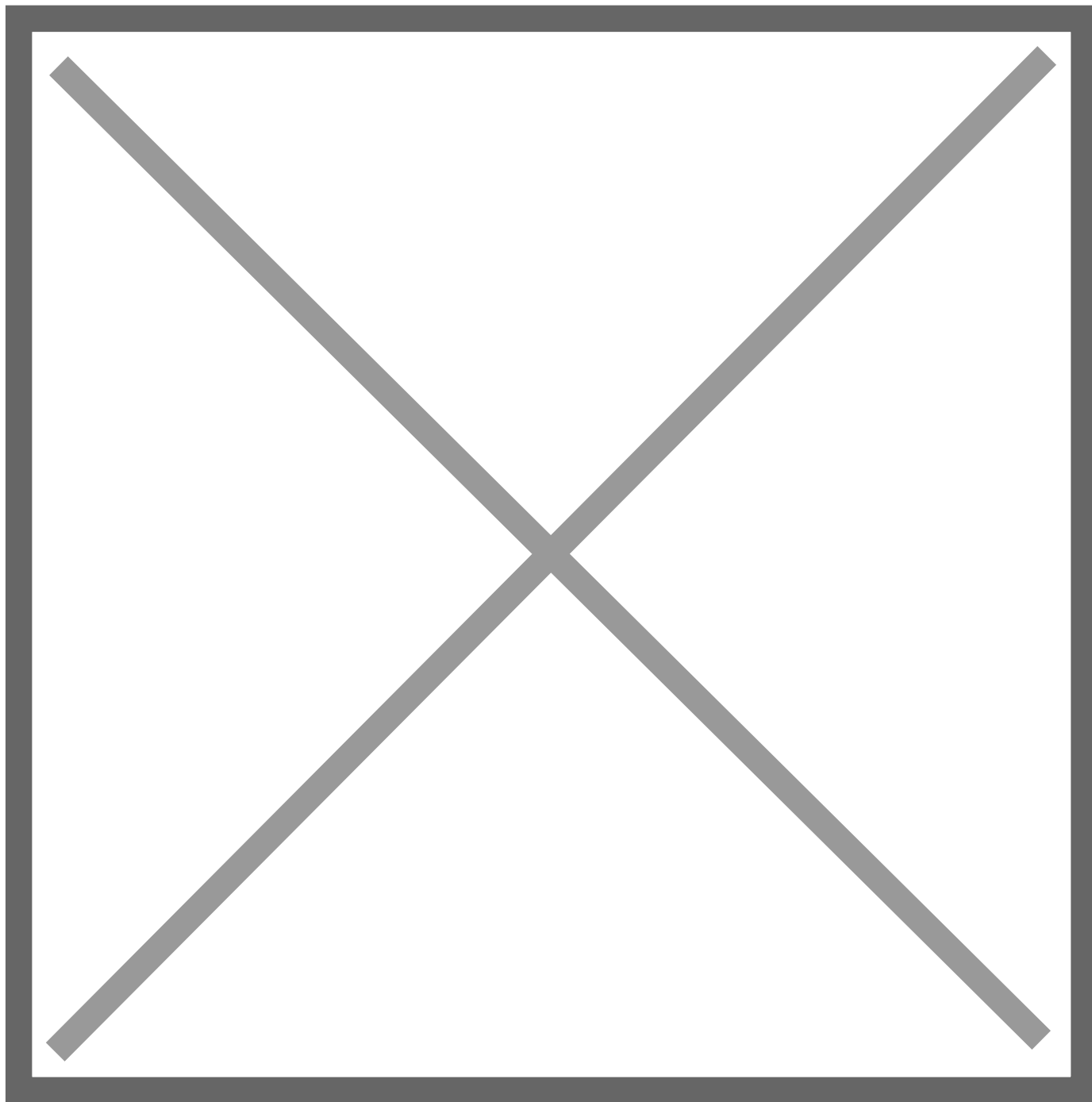
Naiset, 2021



Ikä:	20+
Peittoalue:	Kansallinen
Viitteet:	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)
Määritelmät:	Number living with depression per 100,000 population (adults 20+ years)

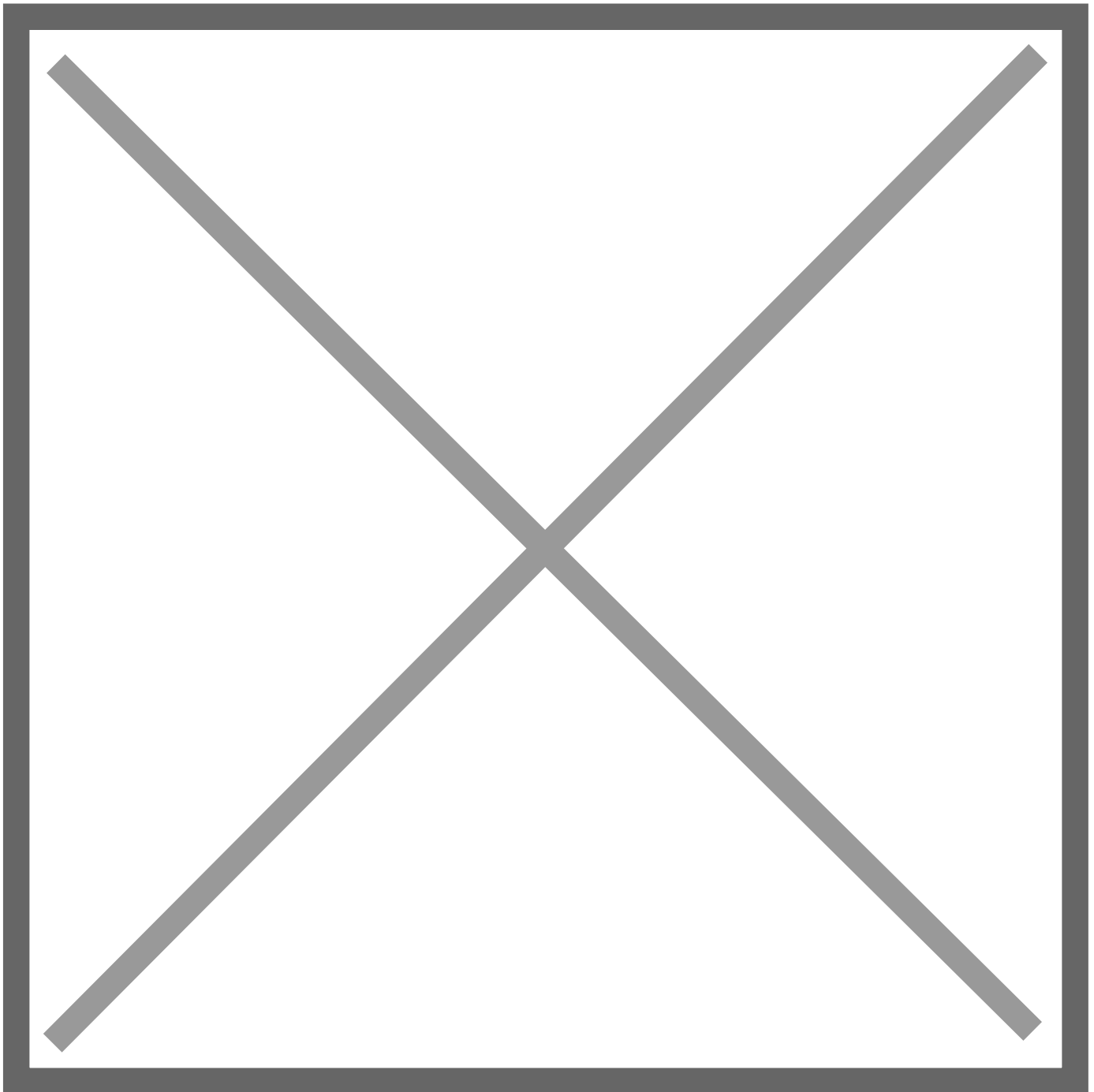
Mielenterveys- ja ahdistuneisuushäiriöt

Aikuiset, 2021



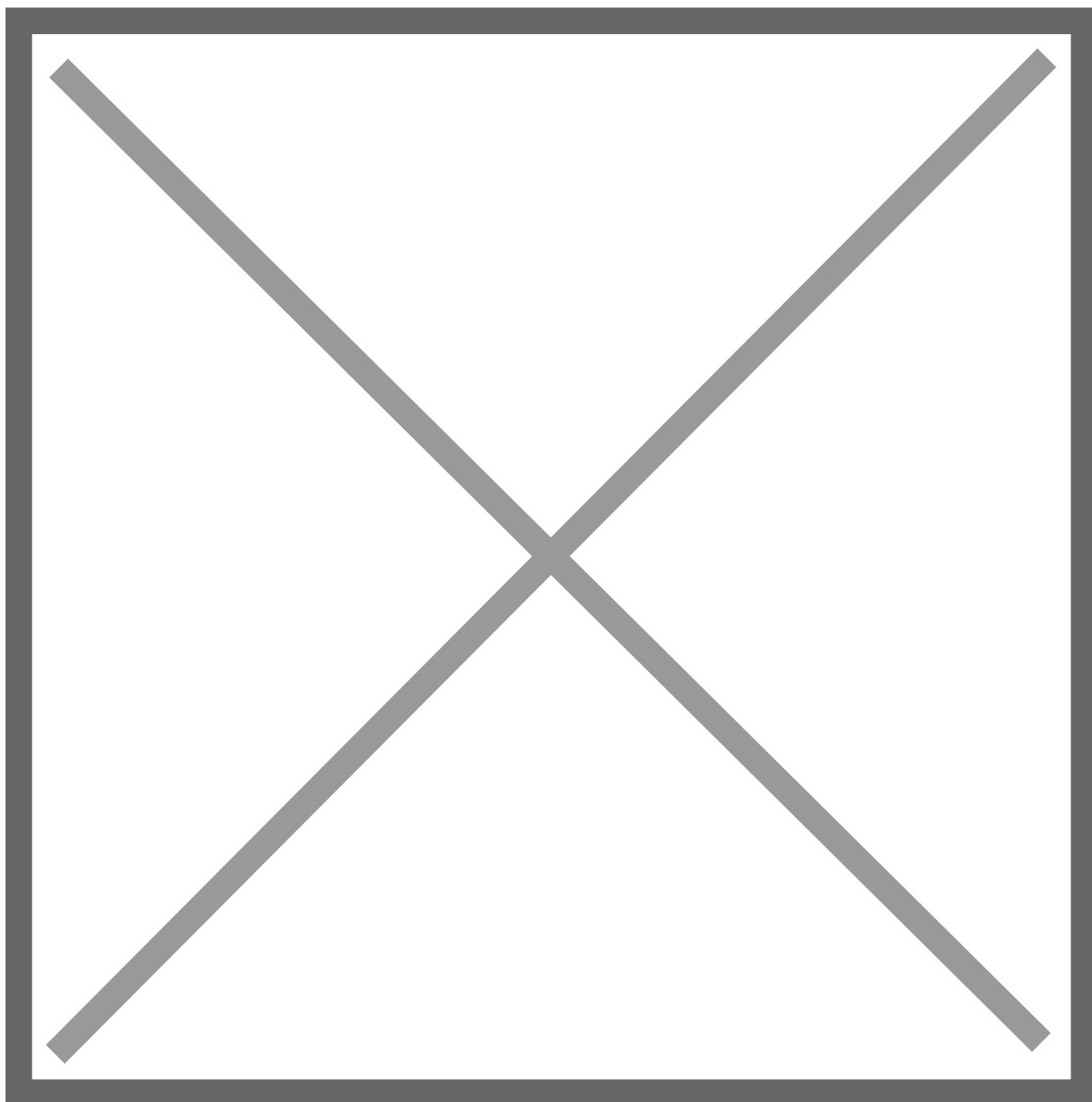
Ikä:	20+
Viitteet:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from http://vizhub.healthdata.org/gbd-compare . (Last accessed 23.04.25).
Määritelmät:	Number living with anxiety per 100,000 population

Miehet, 2021



Ikä:	20+
Viitteet:	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).
Määritelmät:	Number living with anxiety per 100,000 population

Naiset, 2021



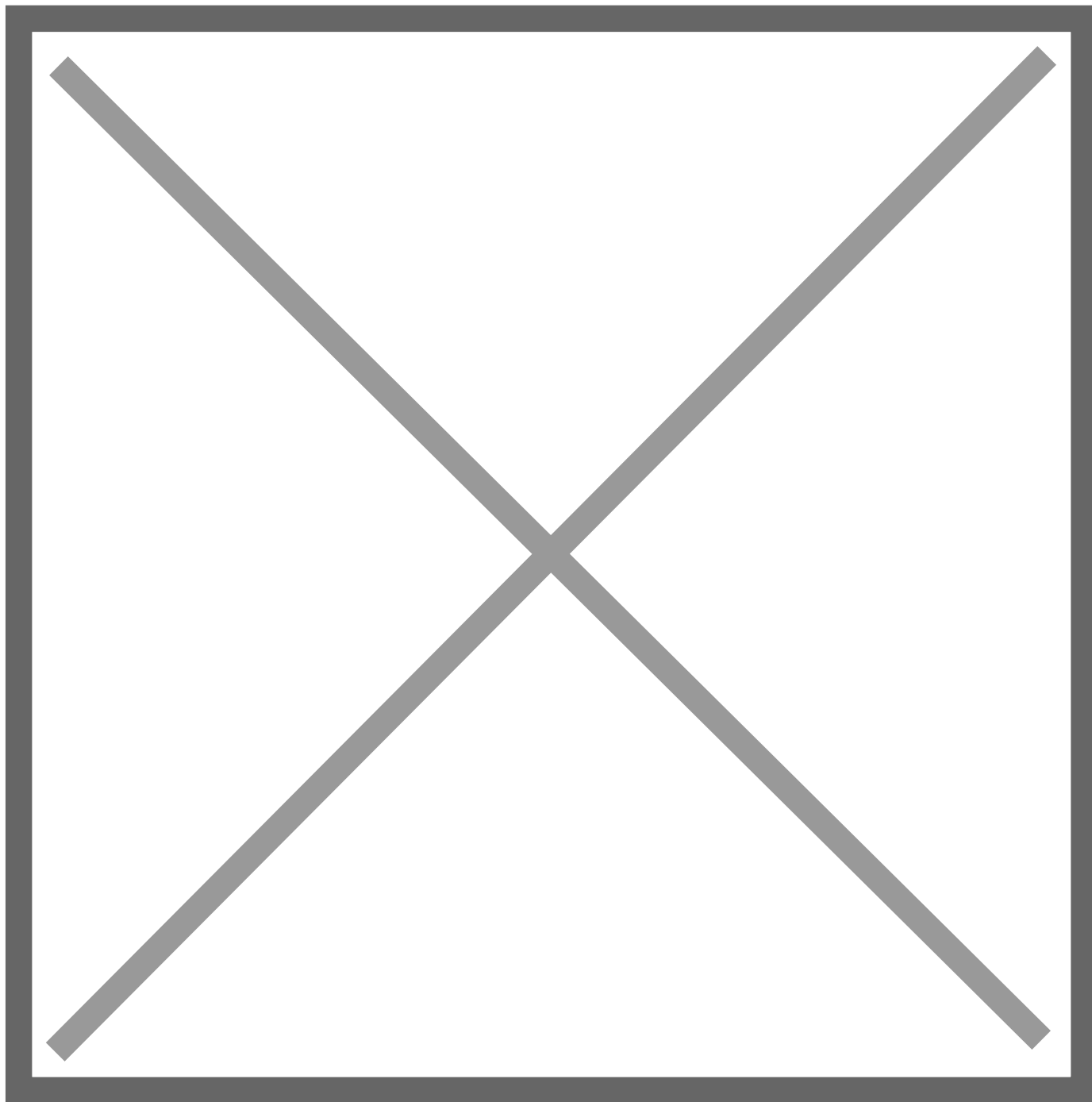
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Määritelmät: Number living with anxiety per 100,000 population

Percent of population who cannot afford a healthy diet

Aikuiset, 2022



Peittoalue:

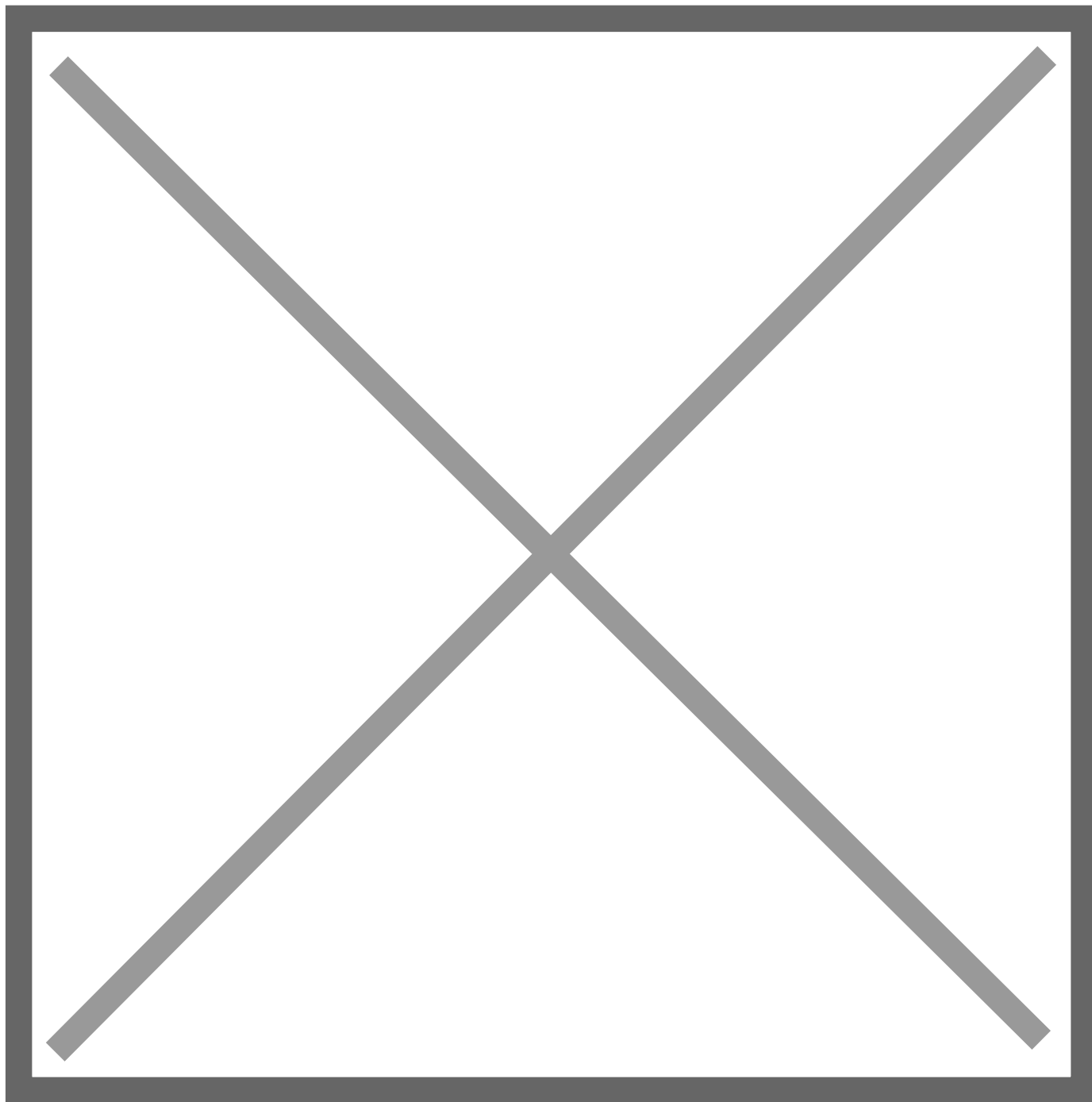
Kansallinen

Viitteet:

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>.

Ruokatorven syÃ¶pÃ¶

Miehet, 2022

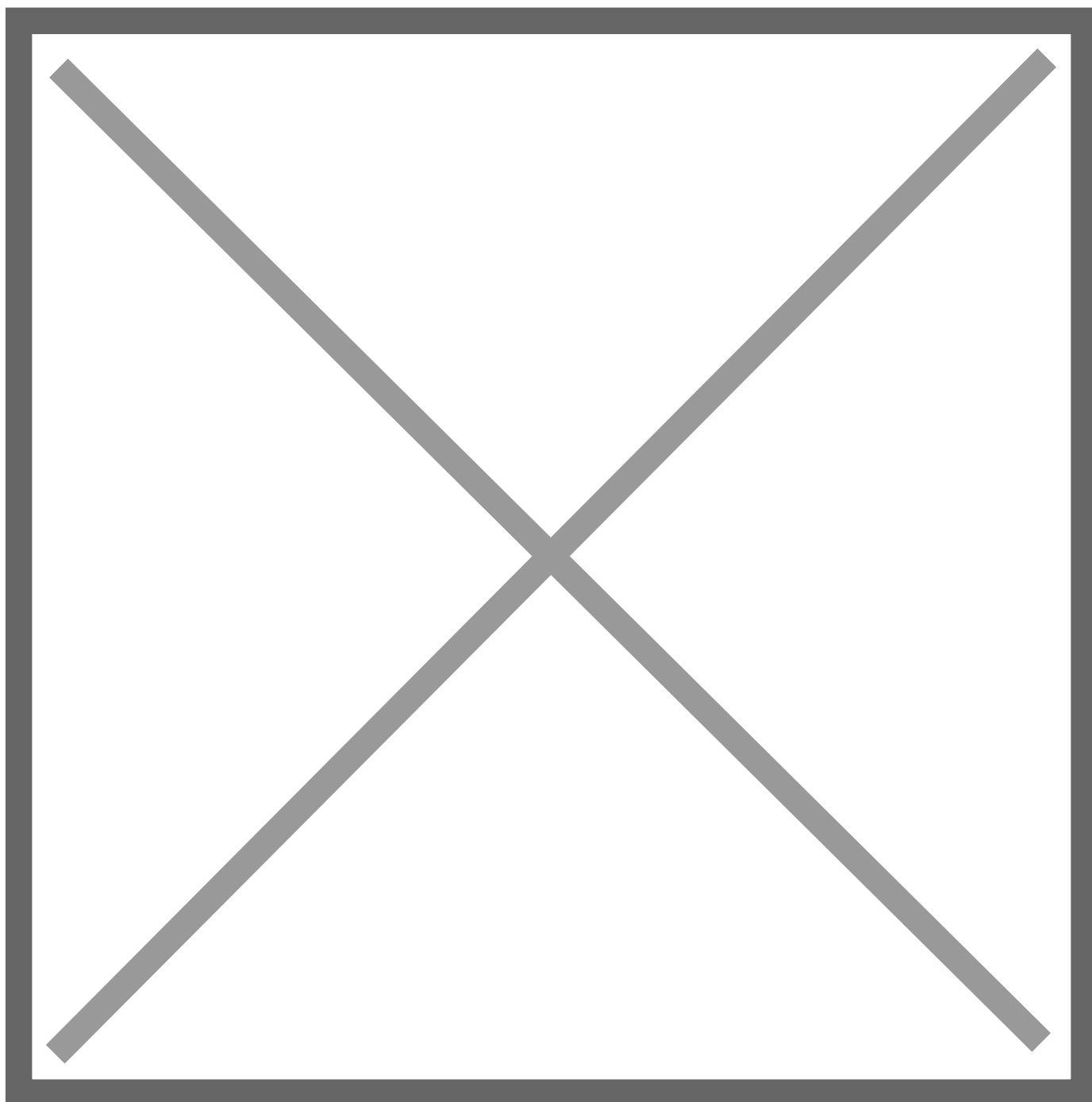


IkÃ¶:	20+
Peittoalue:	Kansallinen

Viitteet: 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]

Määritelmät: Incidence per 100,000

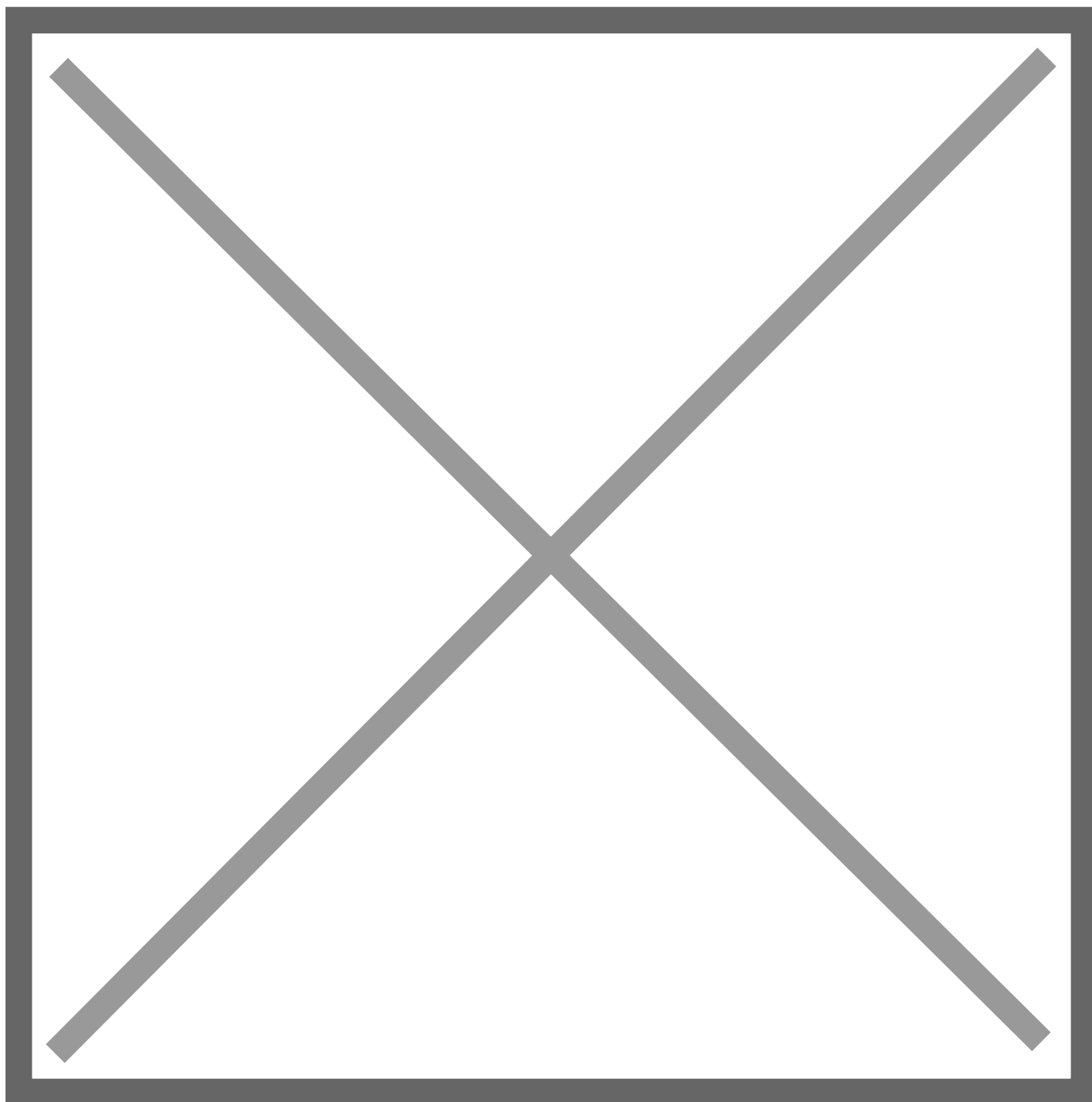
Naiset, 2022



Ikä:	20+
Peittoalue:	Kansallinen
Viitteet:	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]
Määritelmät:	Indicence per 100,000

RintasyÃ¶pÃ¶

Naiset, 2022



Peittoalue:

Kansallinen

Viitteet:

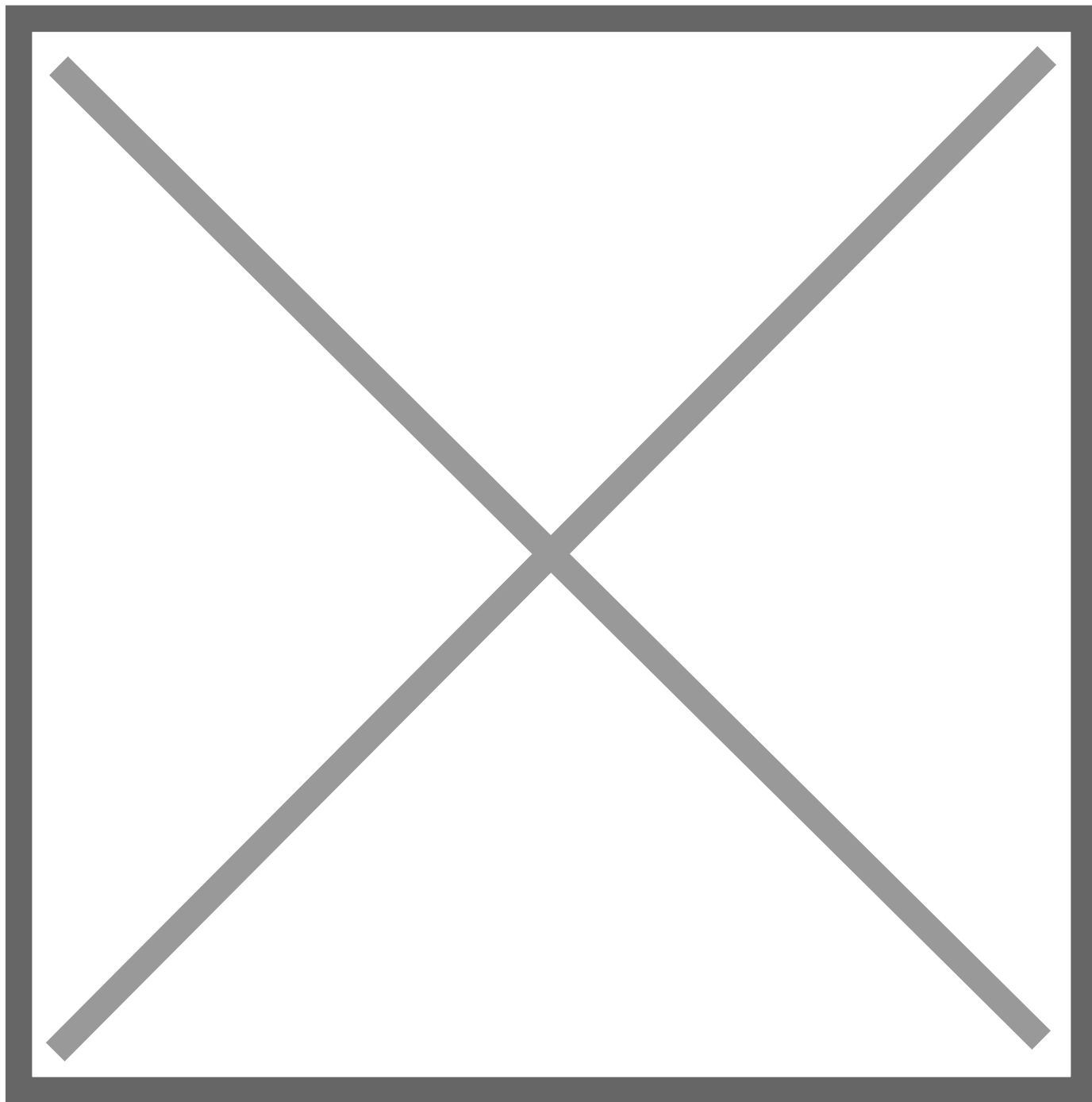
Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.who.int/today>, accessed [16.07.24]

Määritelmät:

Incidence per 100,000

Paksusuolen syÃ¶pÃ¶

Miehet, 2022

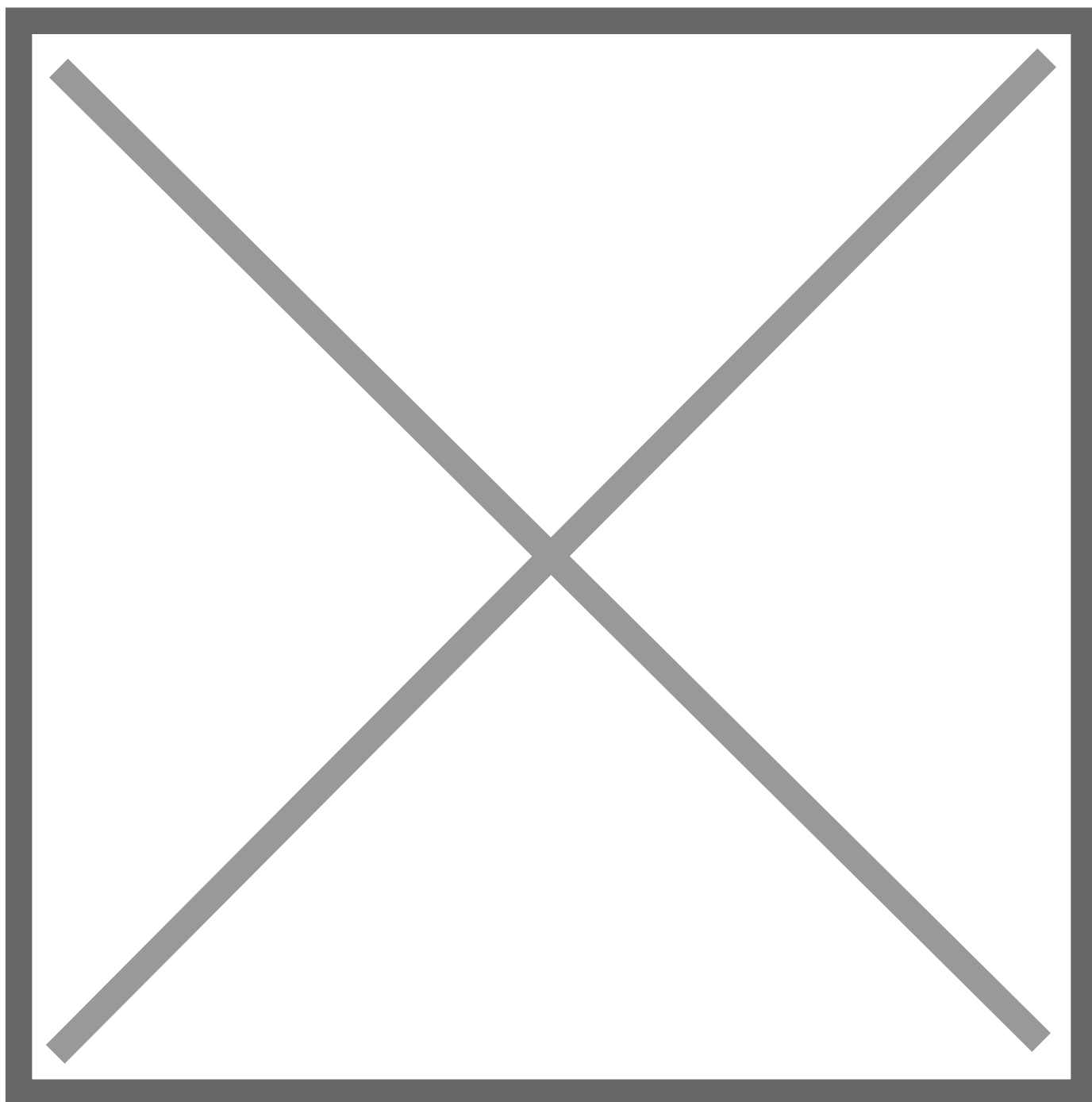


IkÃ¶:	20+
Peittoalue:	Kansallinen

Viitteet: 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]

Määritelmät: Incidence per 100,000

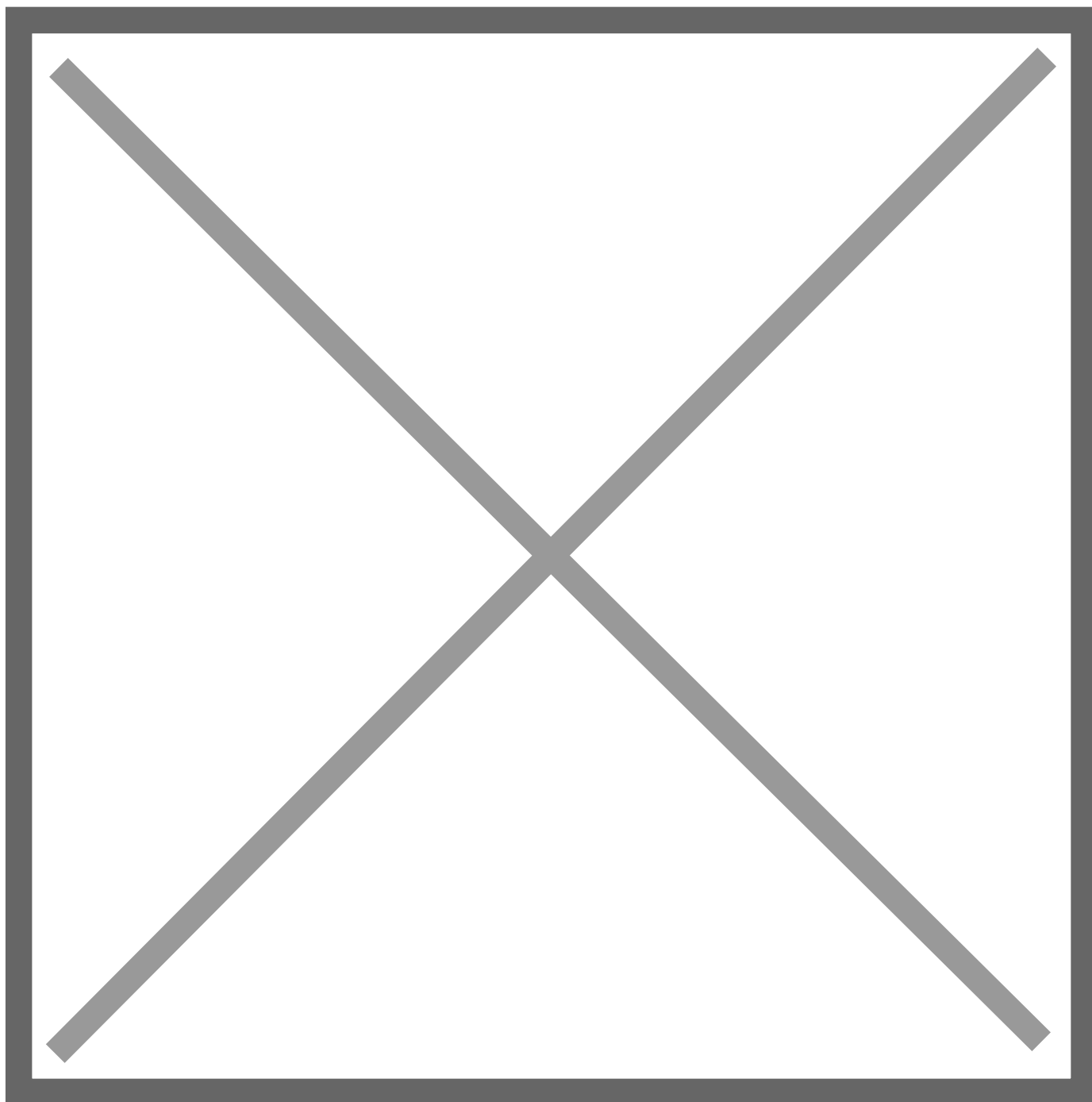
Naiset, 2022



Ikä:	20+
Peittoalue:	Kansallinen
Viitteet:	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]
Määritelmät:	Incidence per 100,000

HaimasyÄ¶pÄ¶

Miehet, 2022

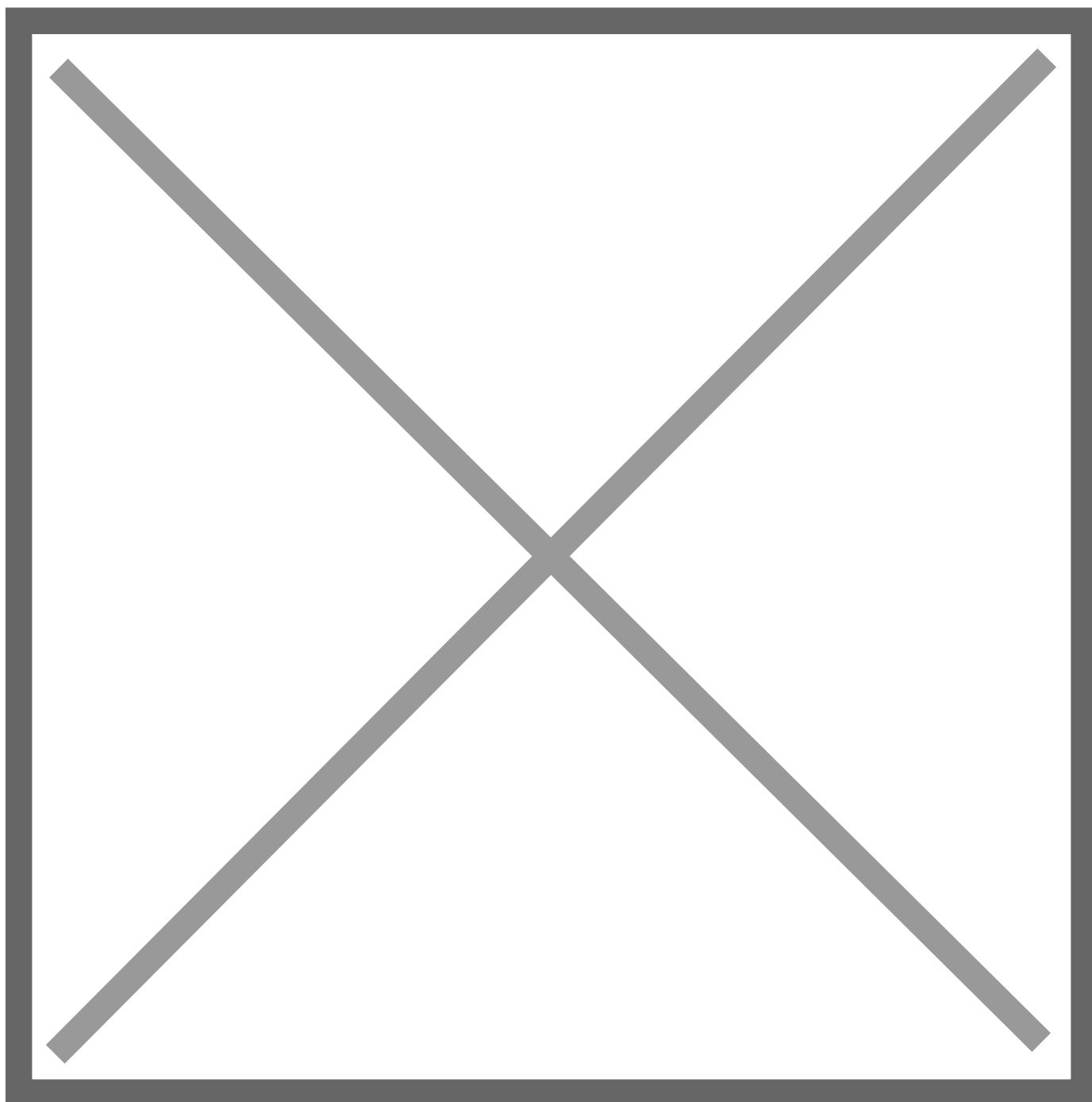


IkÄ¶:	20+
Peittoalue:	Kansallinen

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Määritelmät: Incidence per 100,000

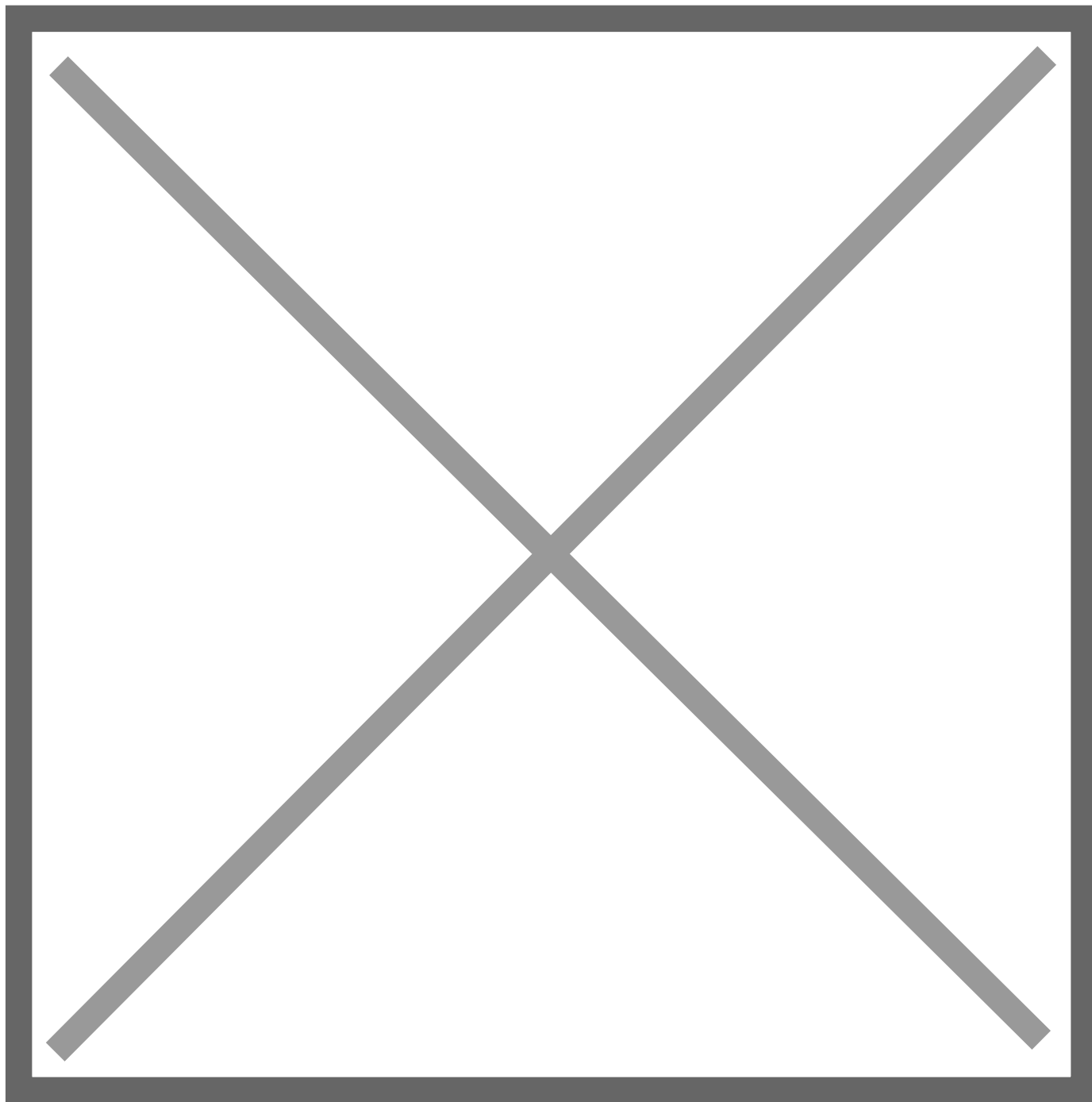
Naiset, 2022



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Peittoalue:	Kansallinen
Viitteet:	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]
Määritelmät:	Incidence per 100,000

Sappirakon syÄpÄx

Miehet, 2022

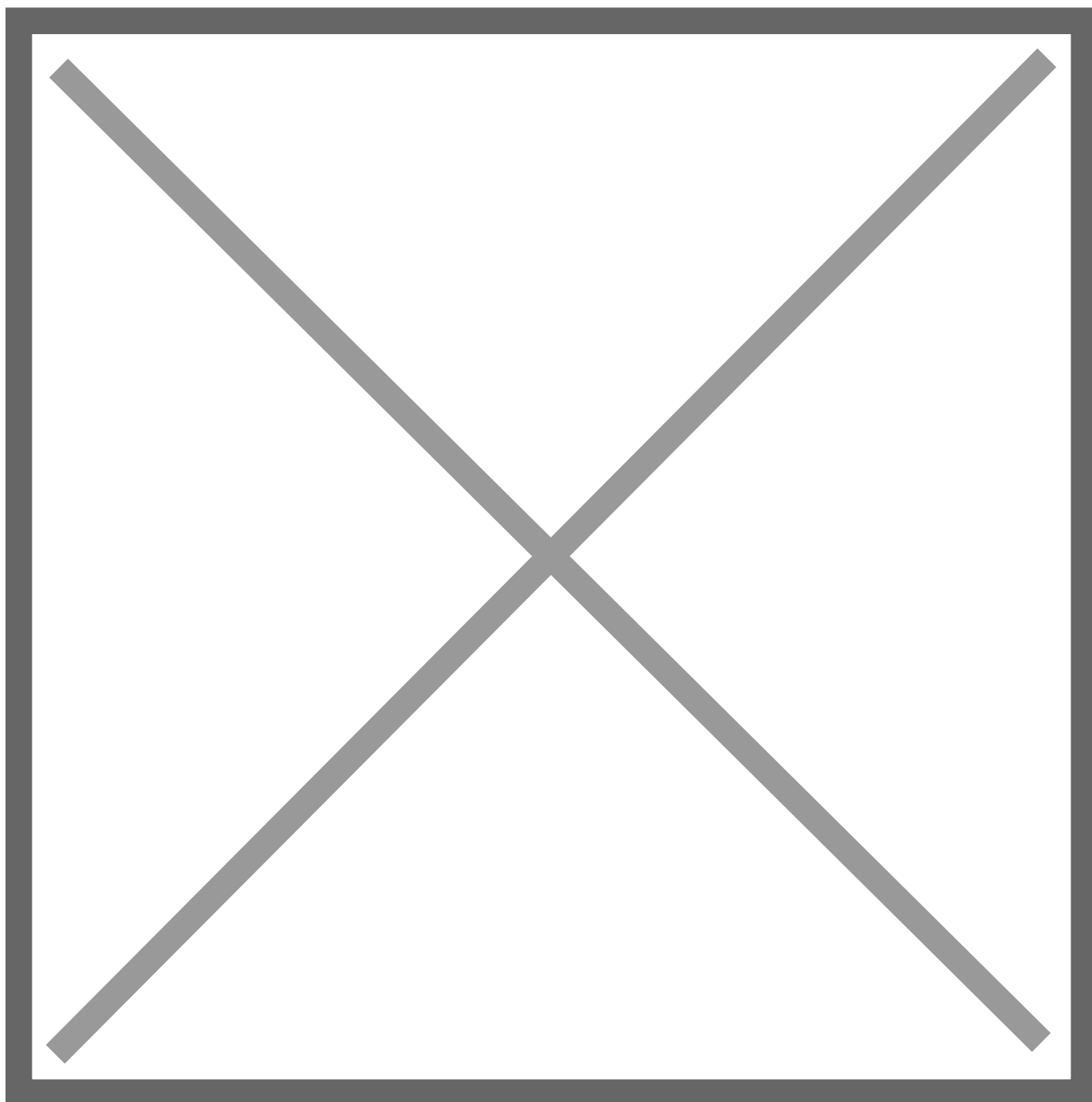


IkÄx:	20+
Peittoalue:	Kansallinen

Viitteet: 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]

Määritelmät: Incidence per 100,000

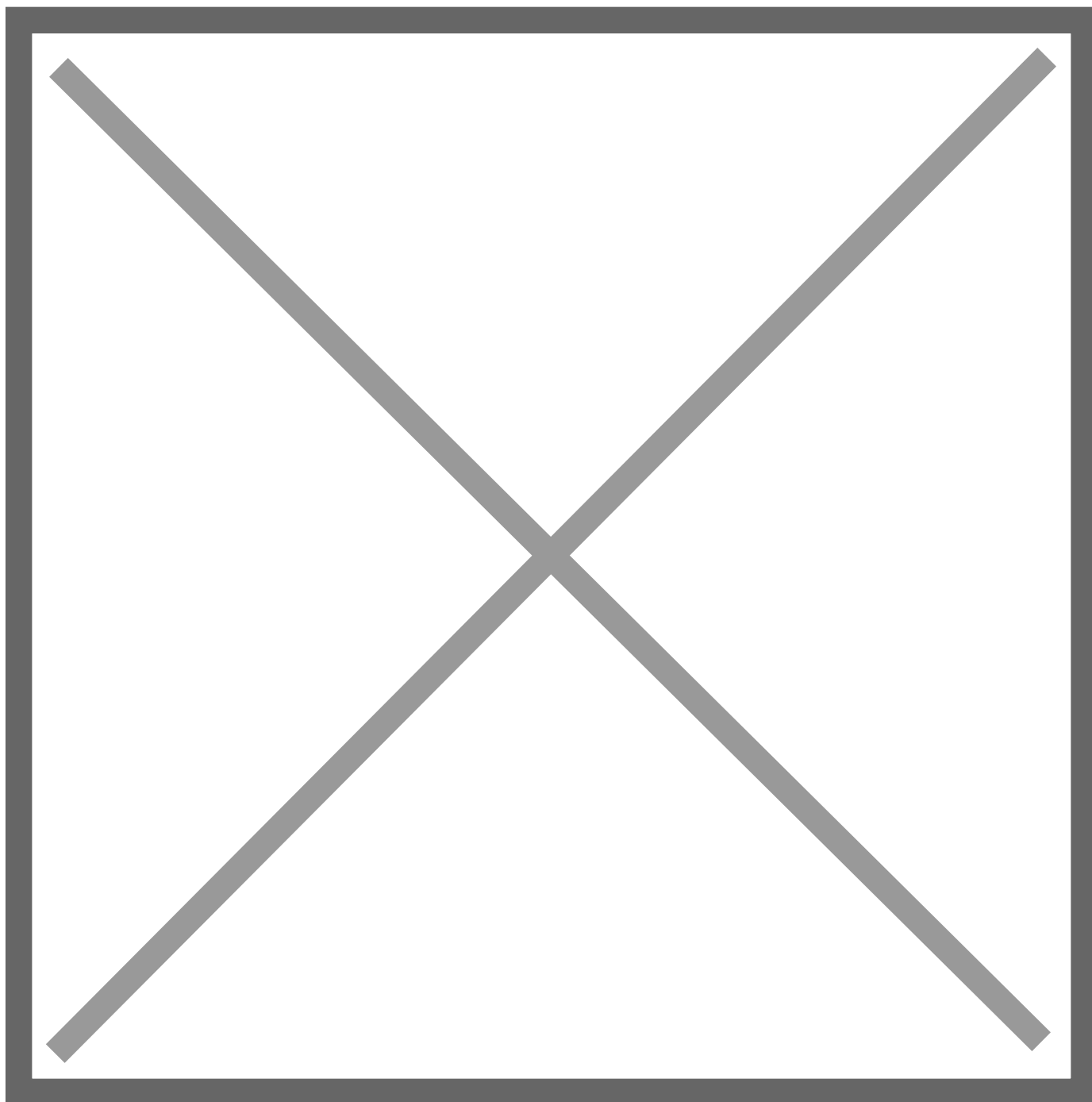
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Määritelmät:	Indicence per 100,000

Munuaissyöpä

Miehet, 2022

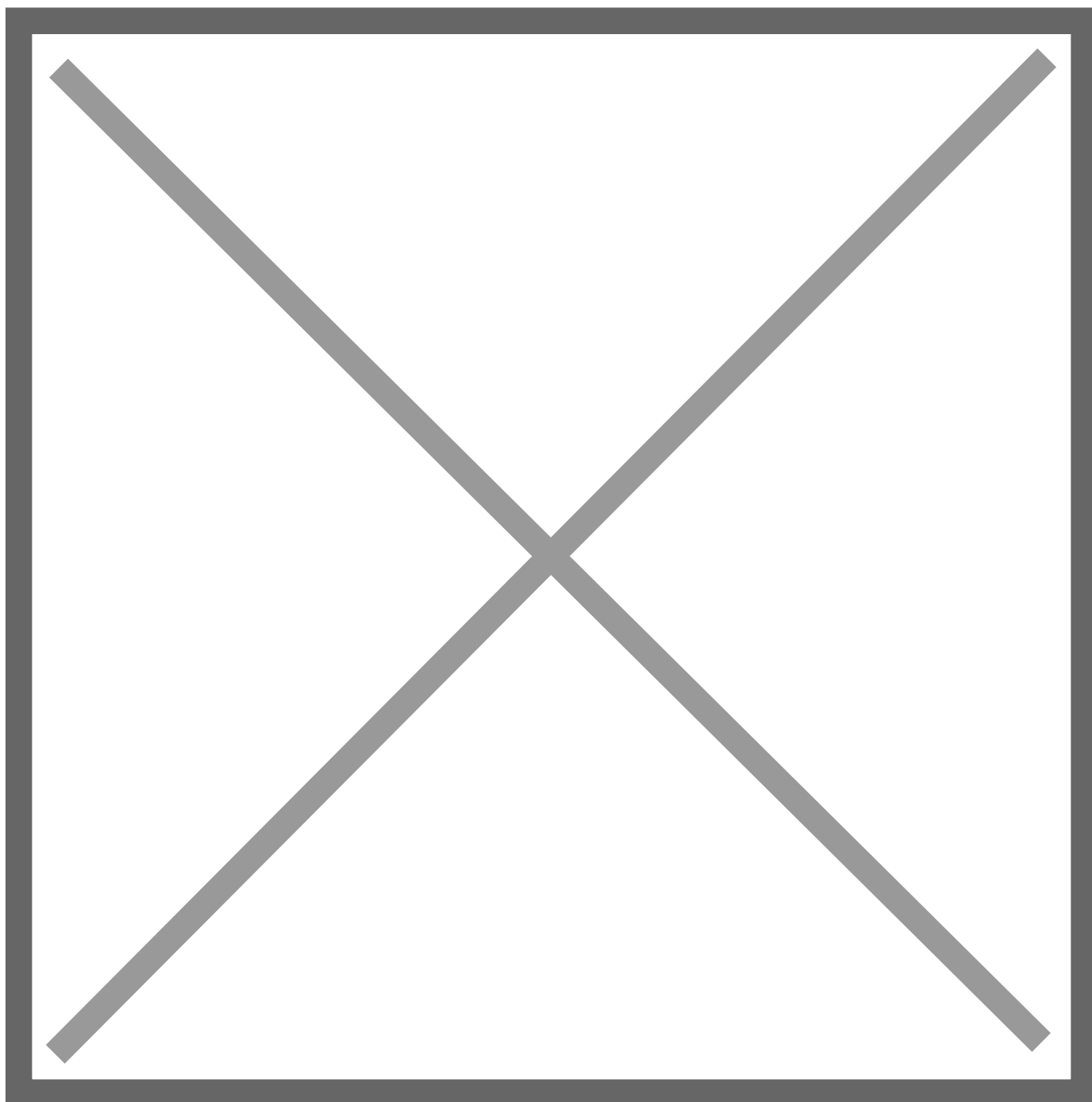


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Määritelmät: Incidence per 100,000

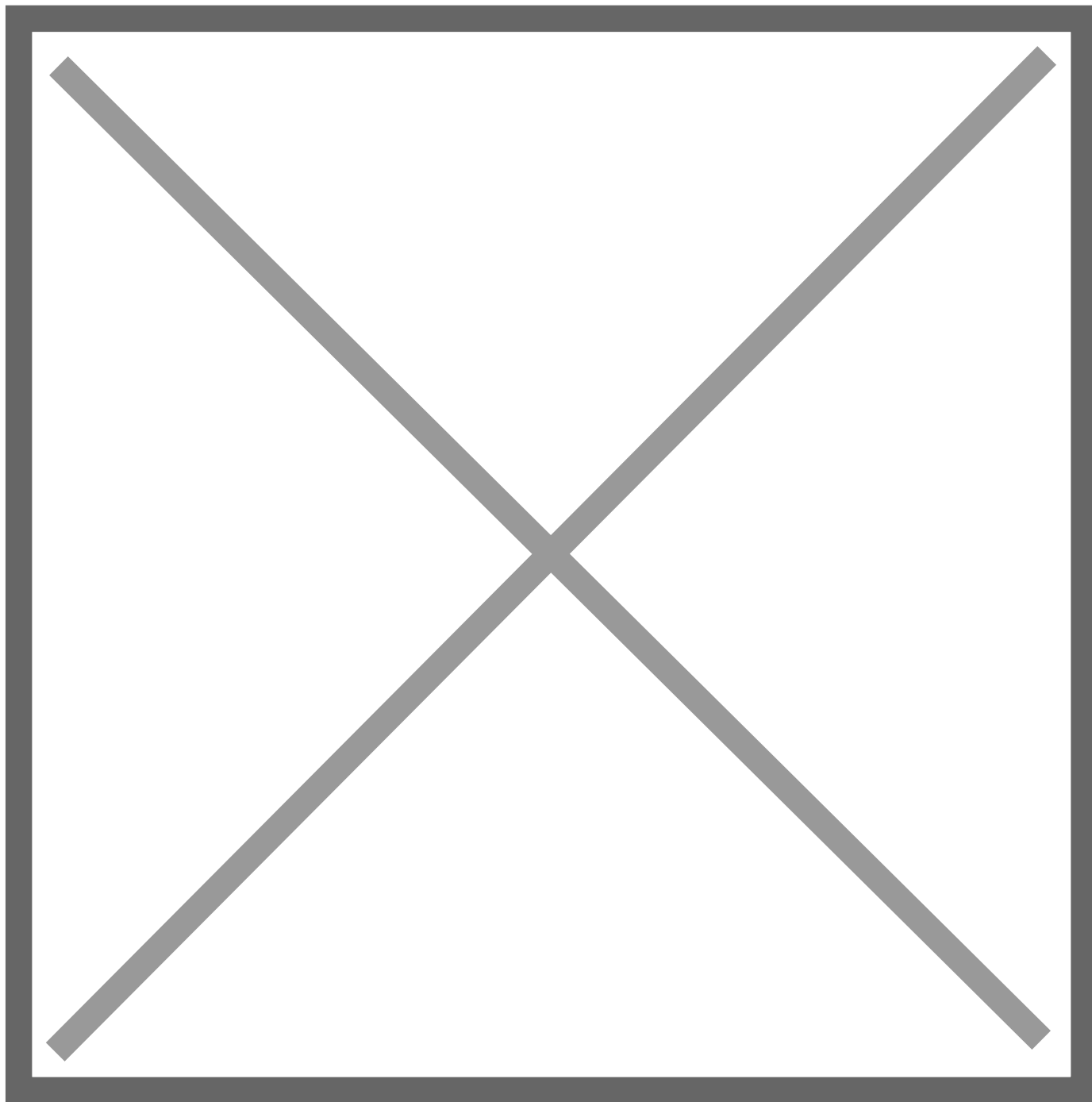
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Määritelmät:	Incidence per 100,000

Kohdunkaulan syÃ¶pÃ¶

Naiset, 2022



IkÃ¶: 20+

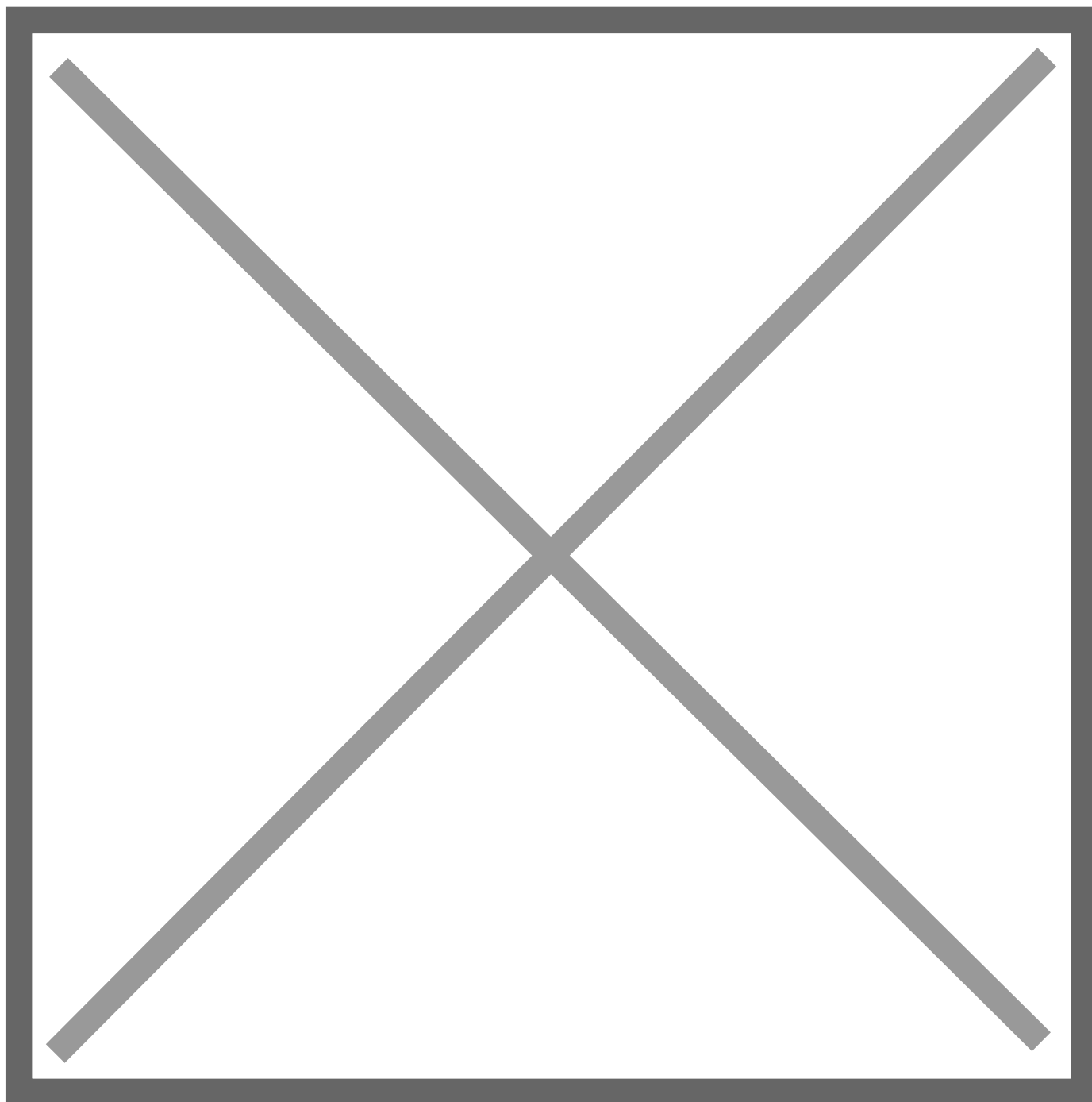
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Määritelmät:

Incidence per 100,000

Kohonnut verenpaine

Aikuiset, 2015

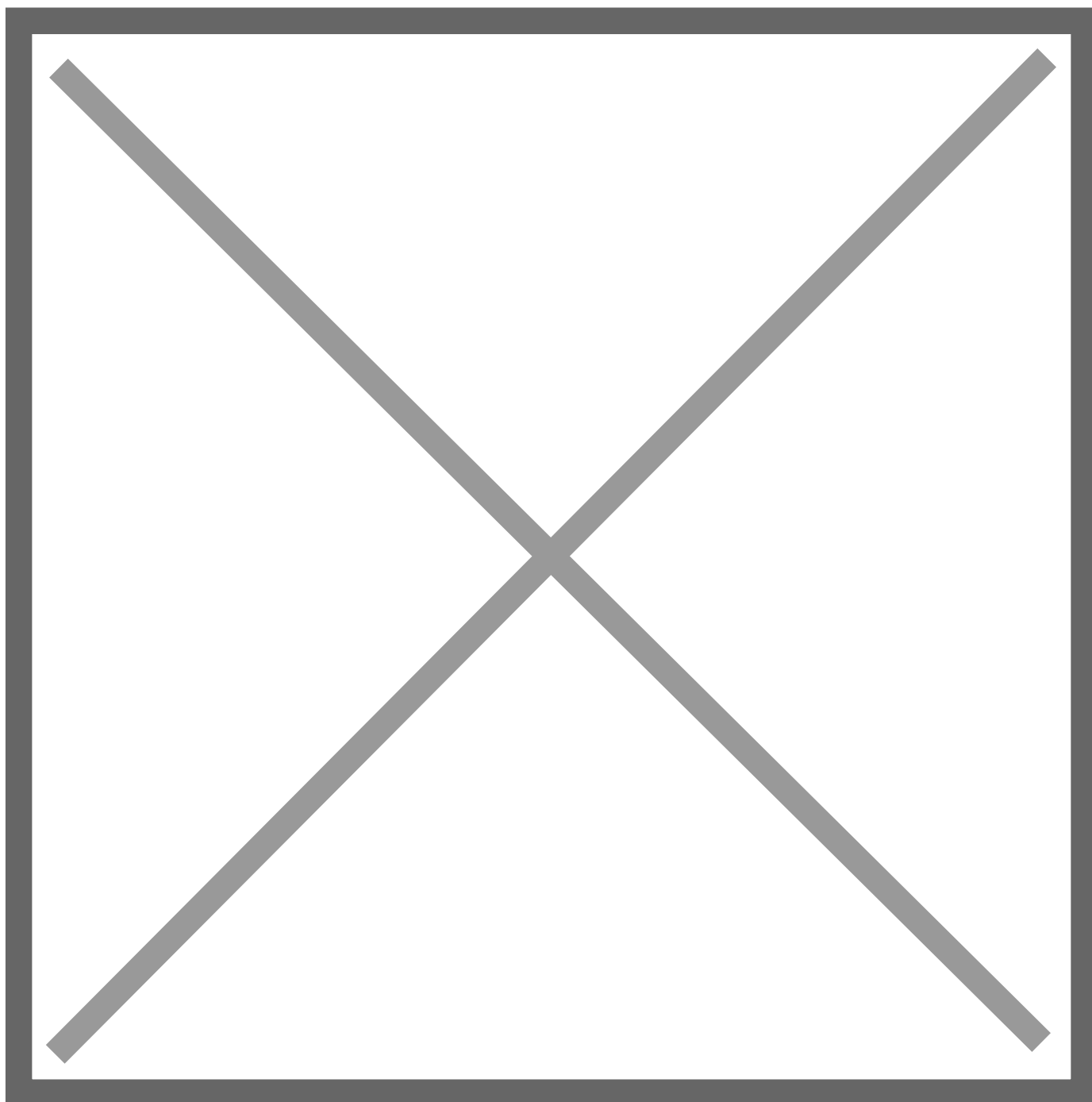
**Viitteet:**

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

Määritelmät:

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

Miehet, 2015



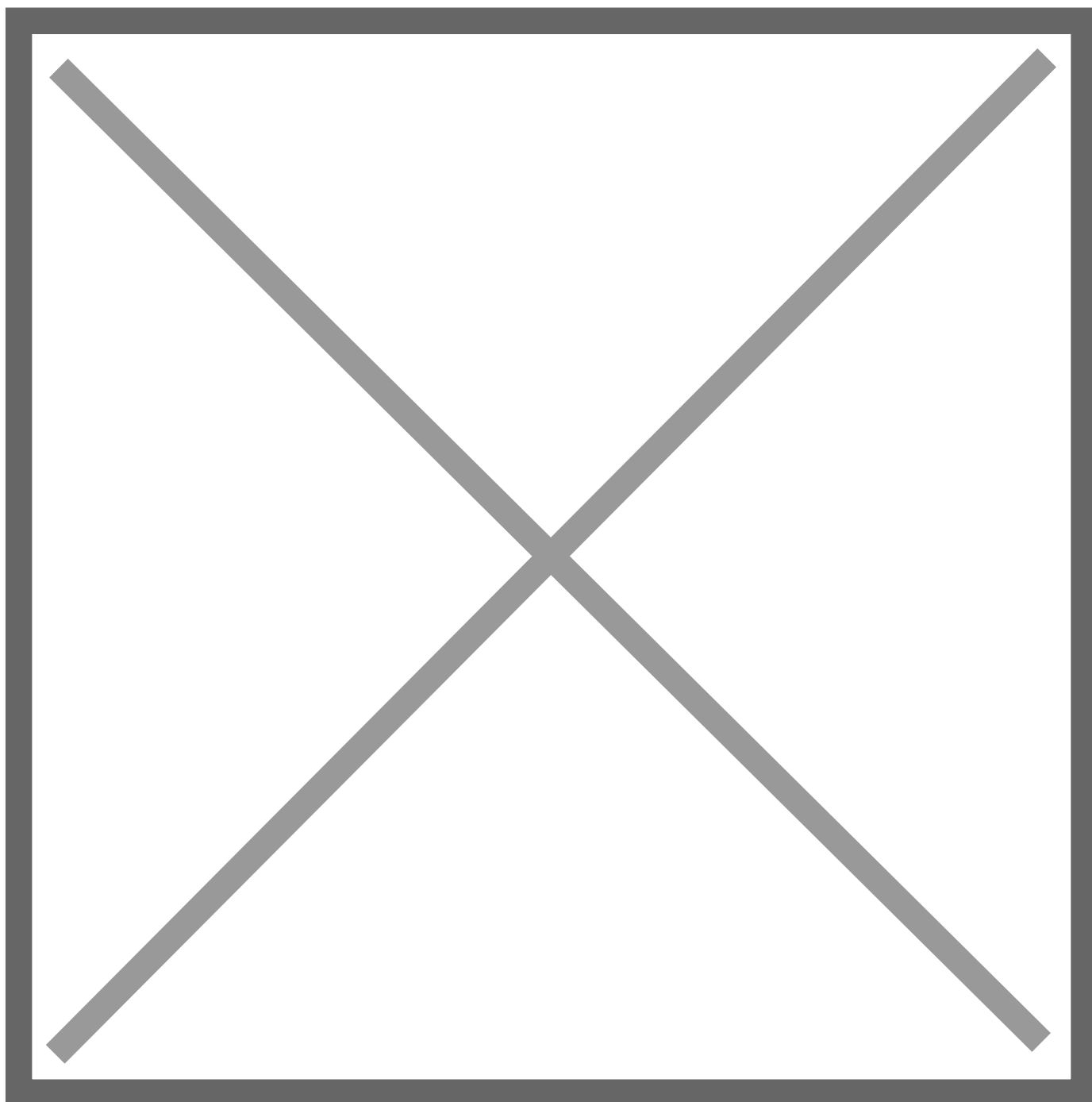
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Määritelmät:

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

Naiset, 2015



Viitteet:

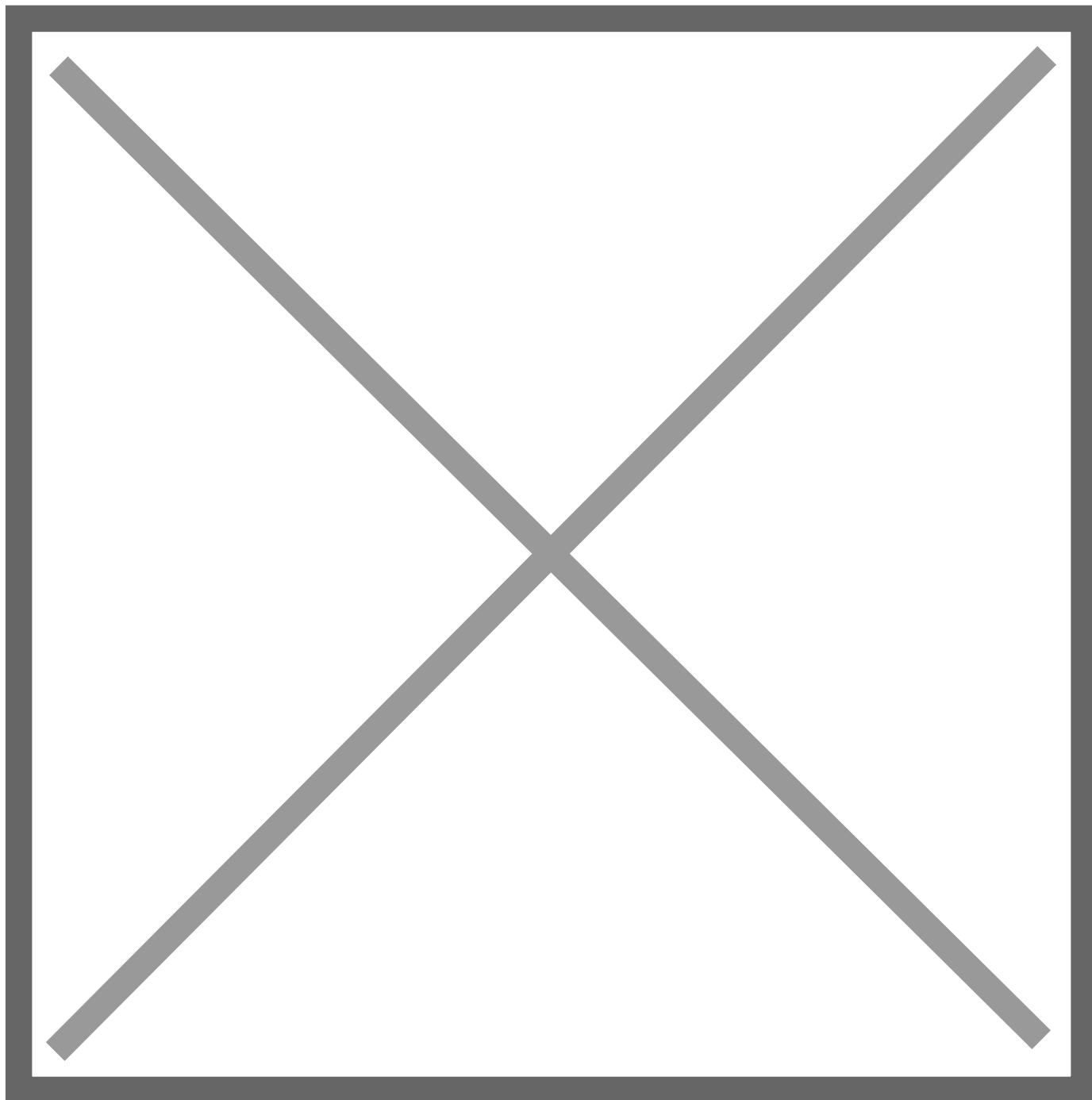
Global Health Observatory data repository, World Health Organisation,
<http://apps.who.int/gho/data/node.main.A875?lang=en>

Määritelmät:

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

Kohonnut kolesteroli

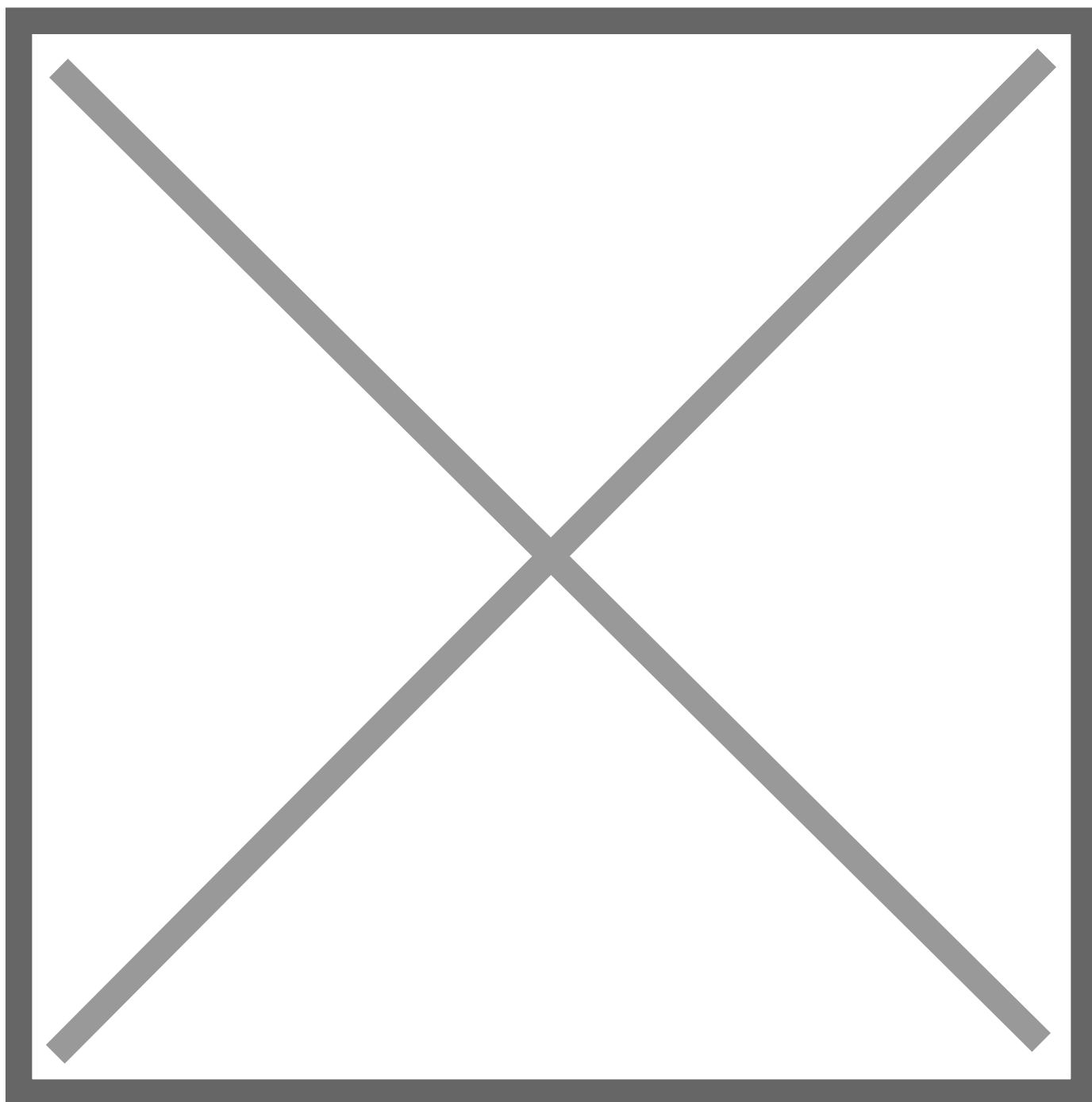
Aikuiset, 2008



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

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

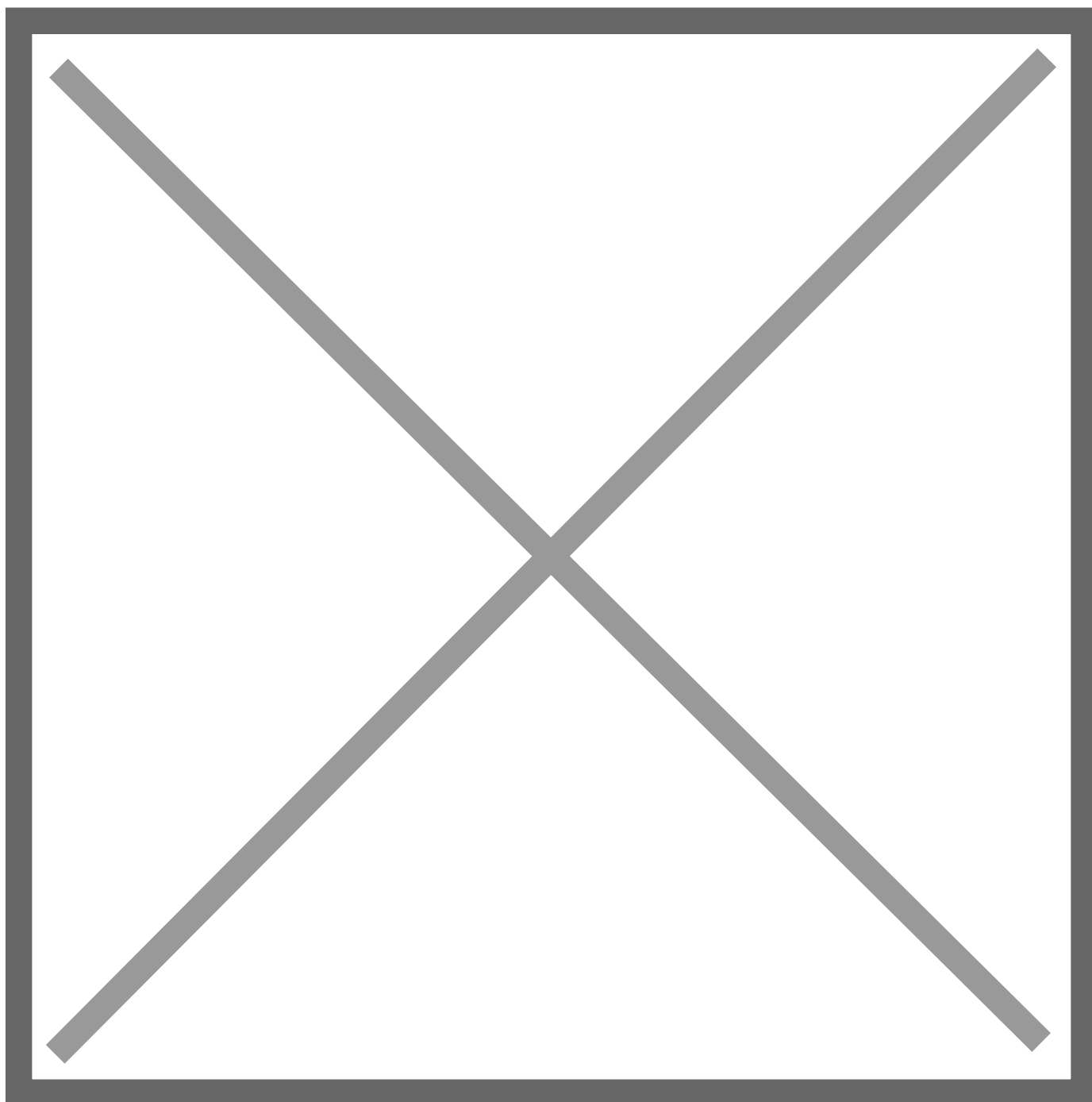
Miehet, 2008



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

Naiset, 2008

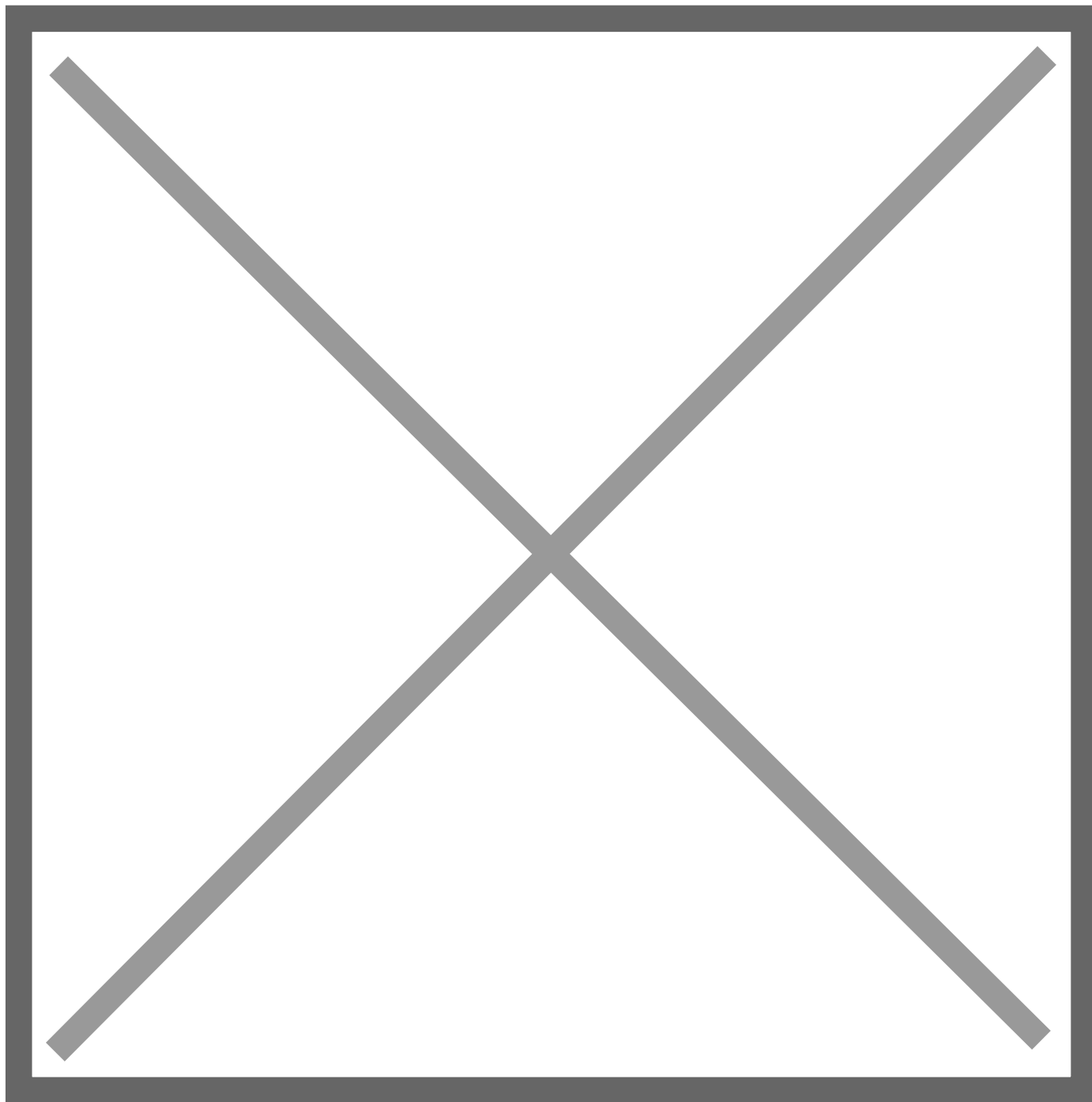


Viitteet: Global Health Observatory data repository, World Health Organisation, <http://apps.who.int/gho/data/node.main.A885>

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

Kohonnut verensokerin paastoarvo

Miehet, 2014

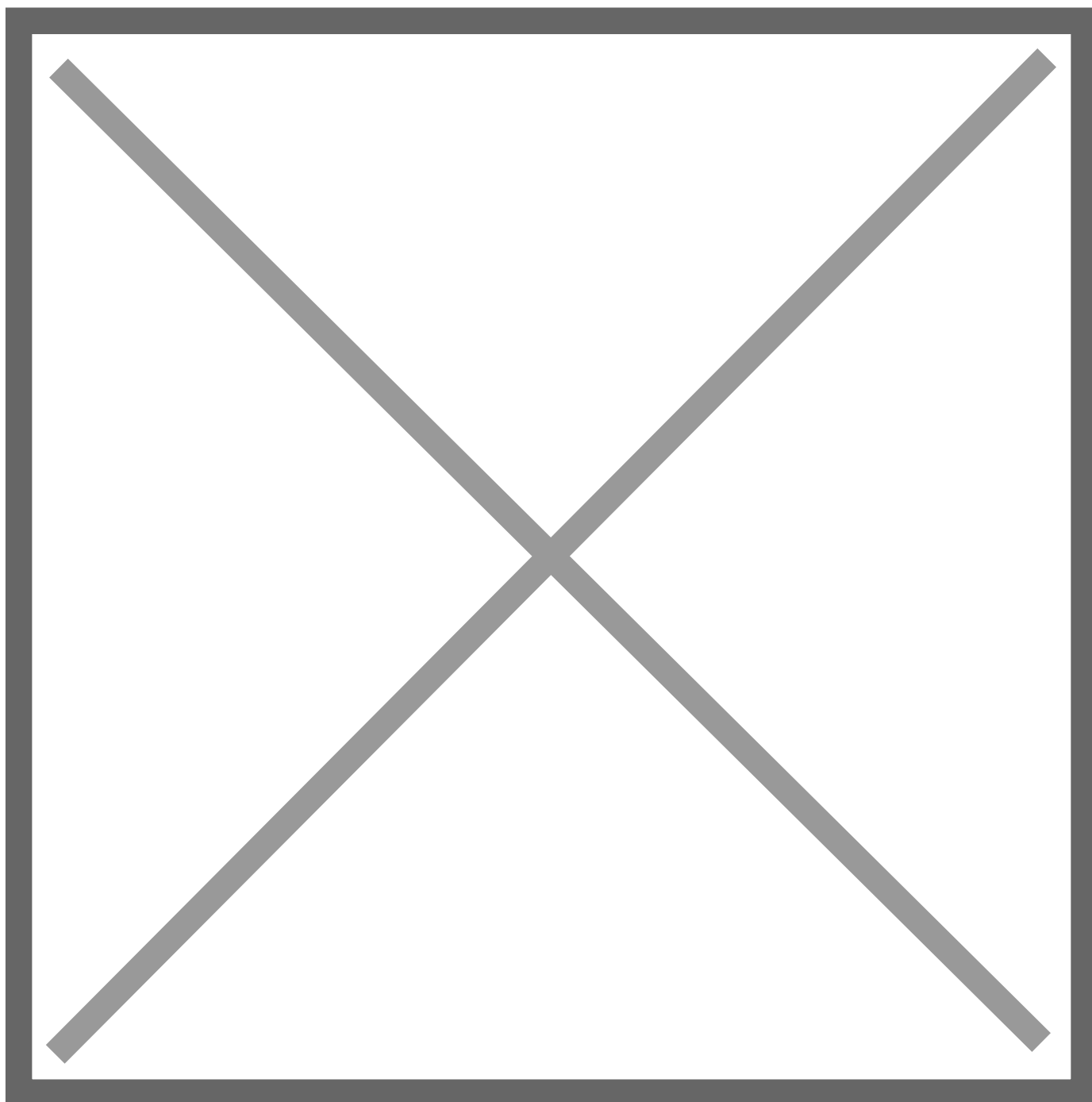
**Viitteet:**

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

Määritelmät:

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

Naiset, 2014



Viitteet:

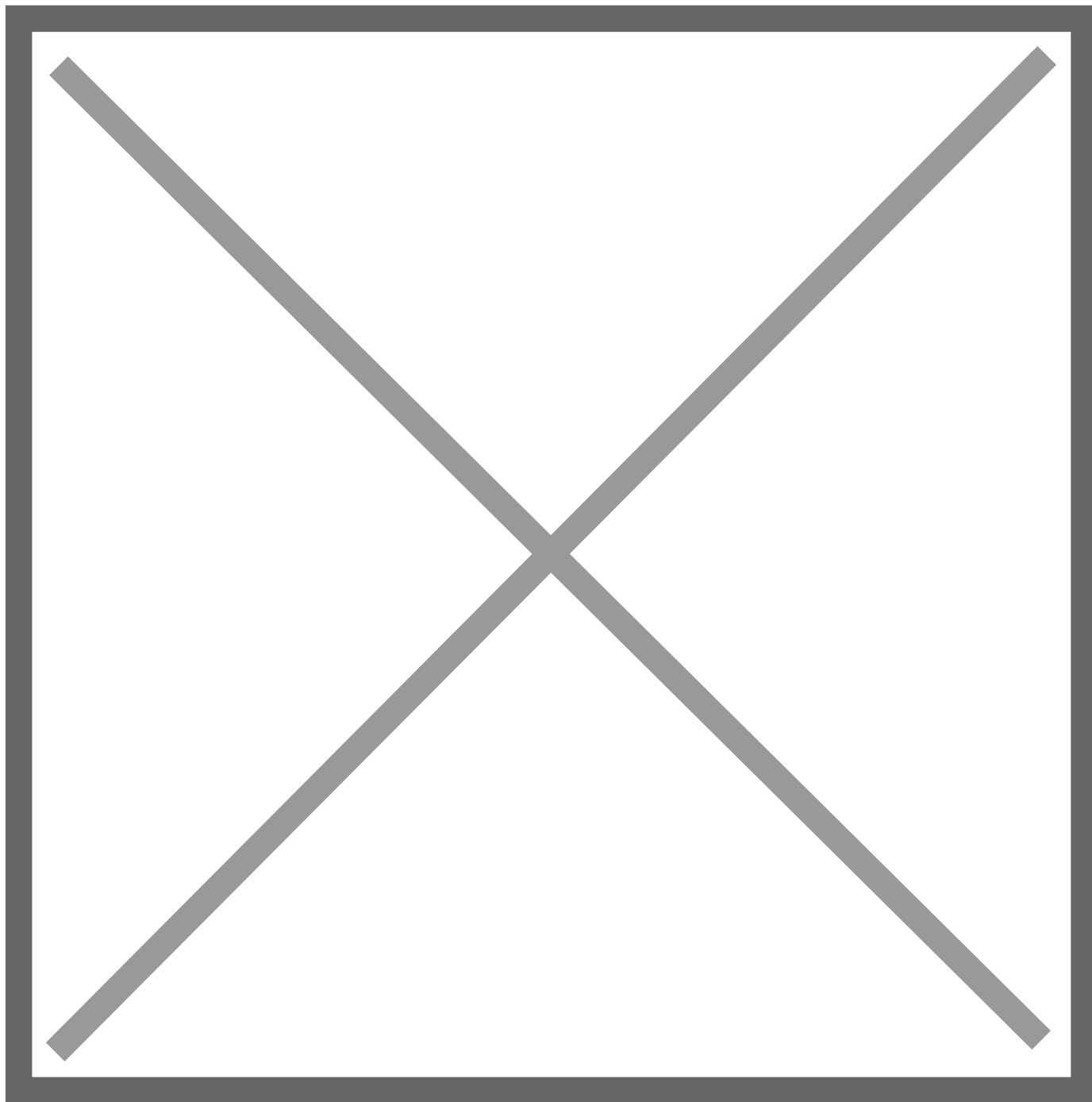
Global Health Observatory data repository, World Health Organisation,
<http://apps.who.int/gho/data/node.main.A869?lang=en>

Määritelmät:

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

Diabeteksen esiintyvyys

Aikuiset, 2024

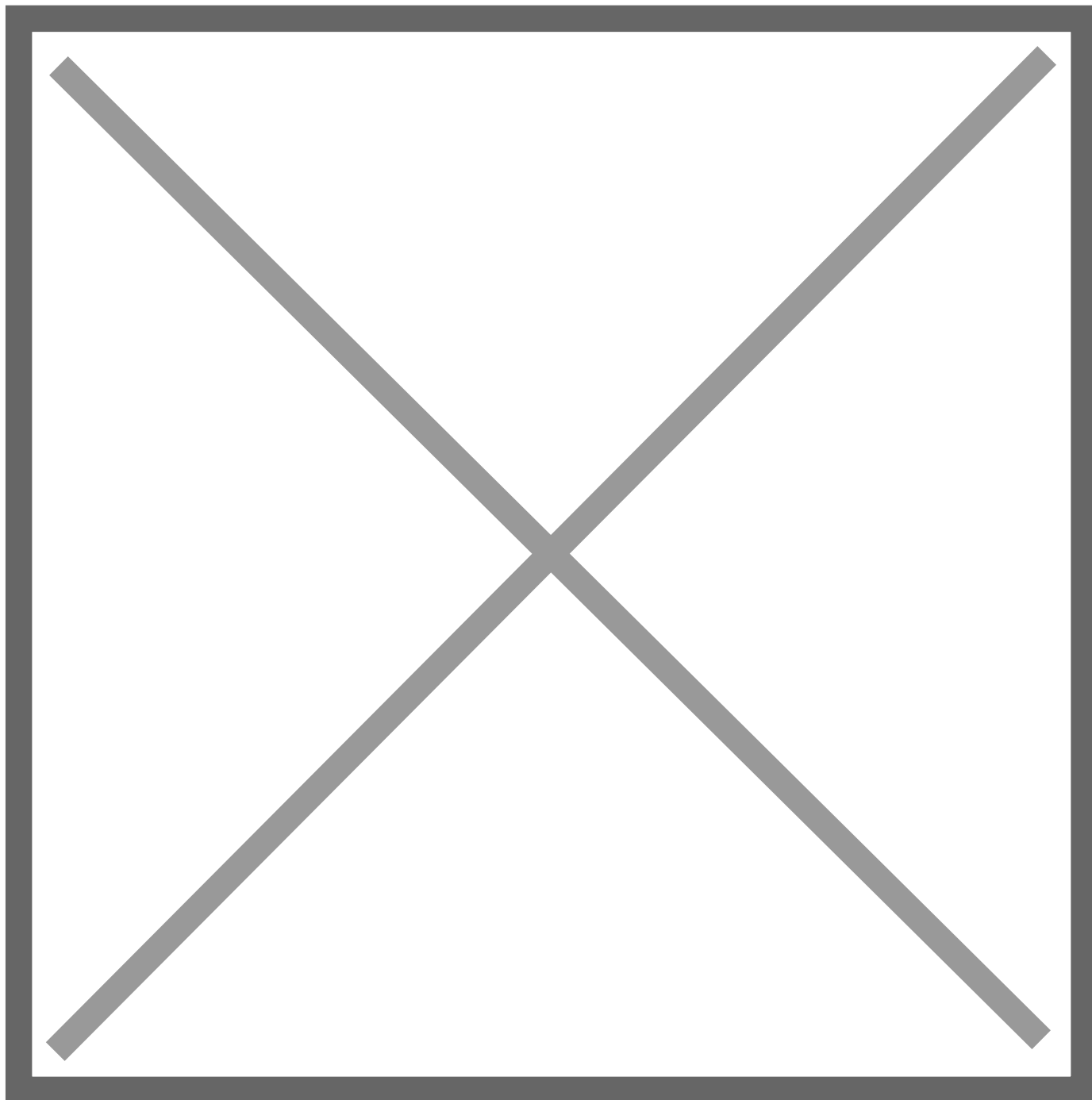


Viitteet:

Reproduced with kind permission International Diabetes Federation. IDF Diabetes Atlas, 11th edn. Brussels, Belgium:International Diabetes Federation, 2025. <http://www.diabetesatlas.org>

Ovarian Cancer

Naiset, 2022



IkÄ: 20+

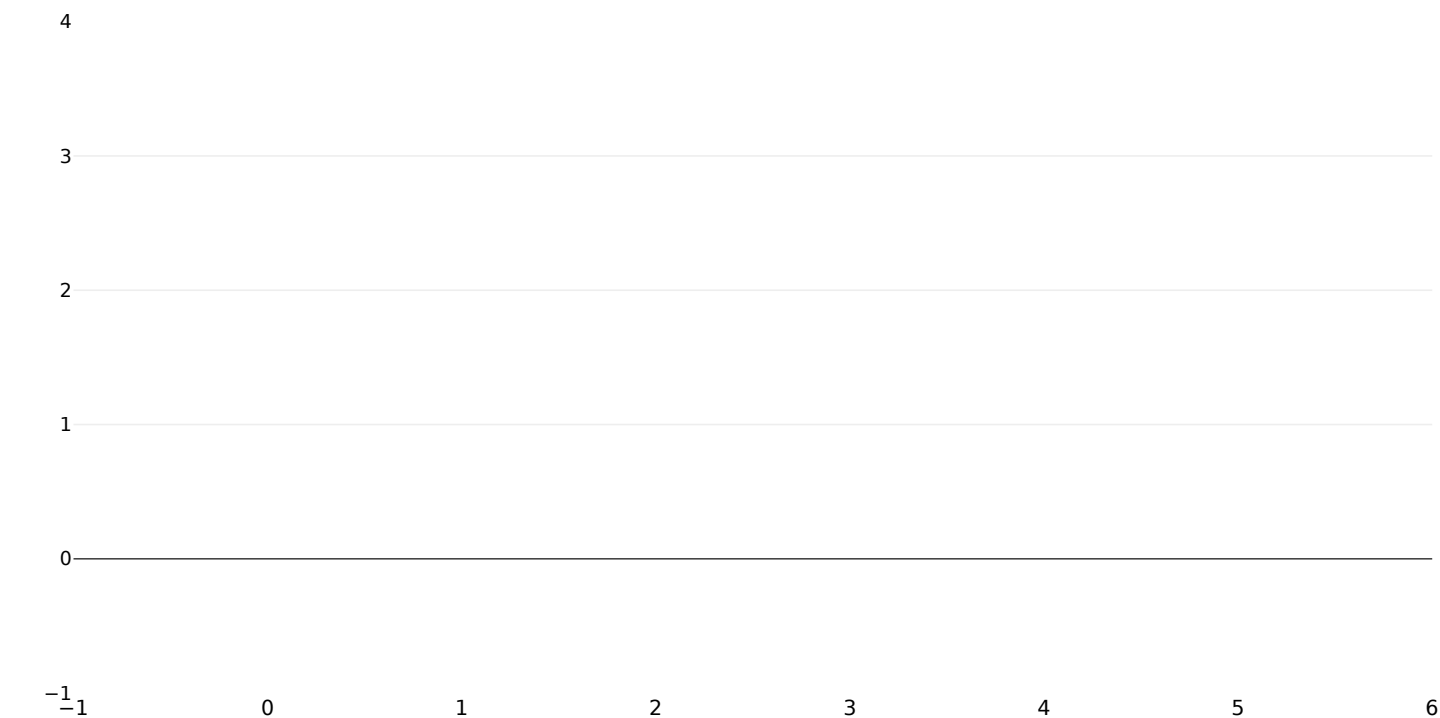
Viitteet: Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.who.int/today>, accessed [16.07.24]

Määritelmät:

Incidence per 100,000

Leukemia

Miehet, 2022



Ikä: 20+

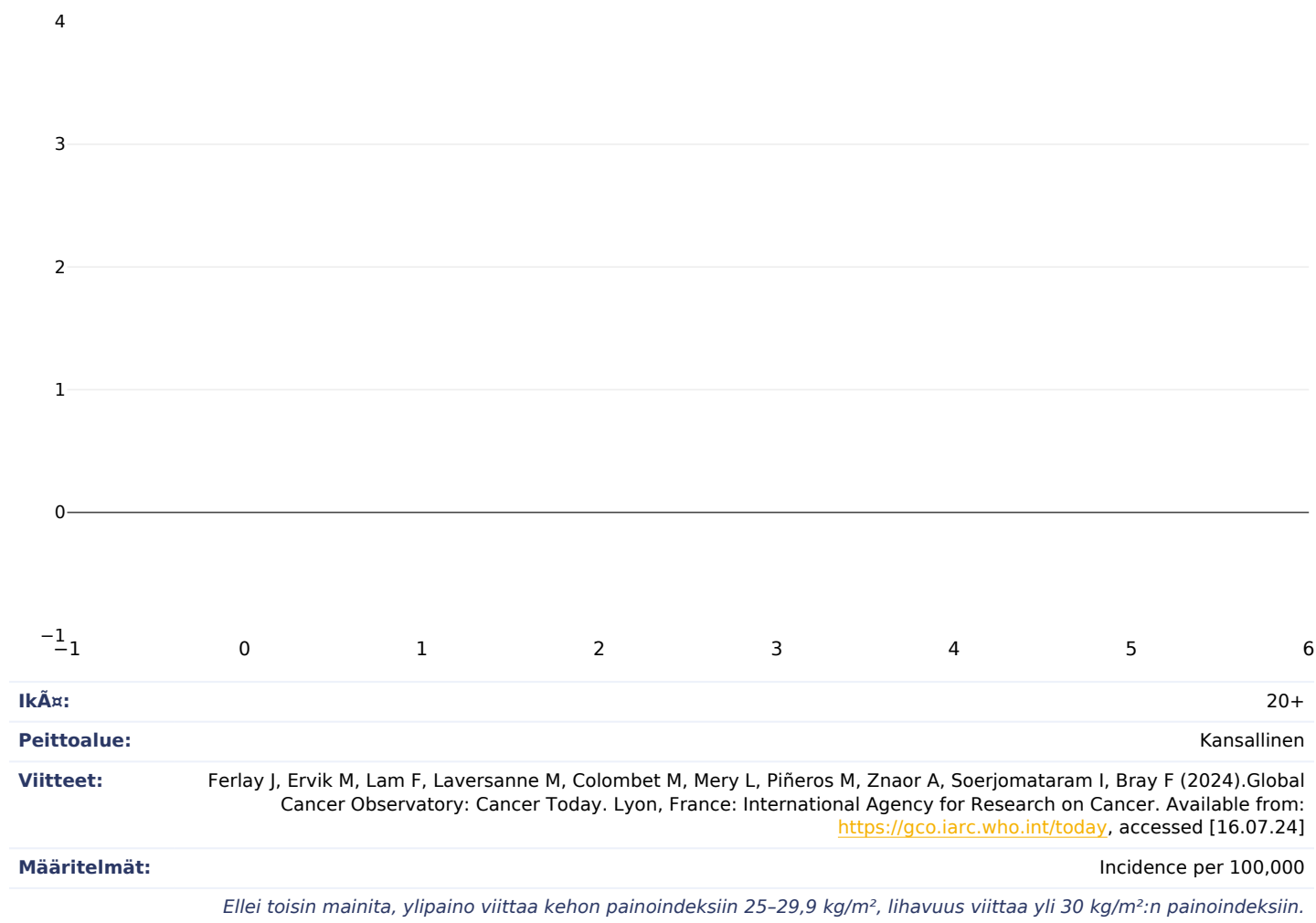
Peittoalue: Kansallinen

Viitteet: 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]

Määritelmät: Incidence per 100,000

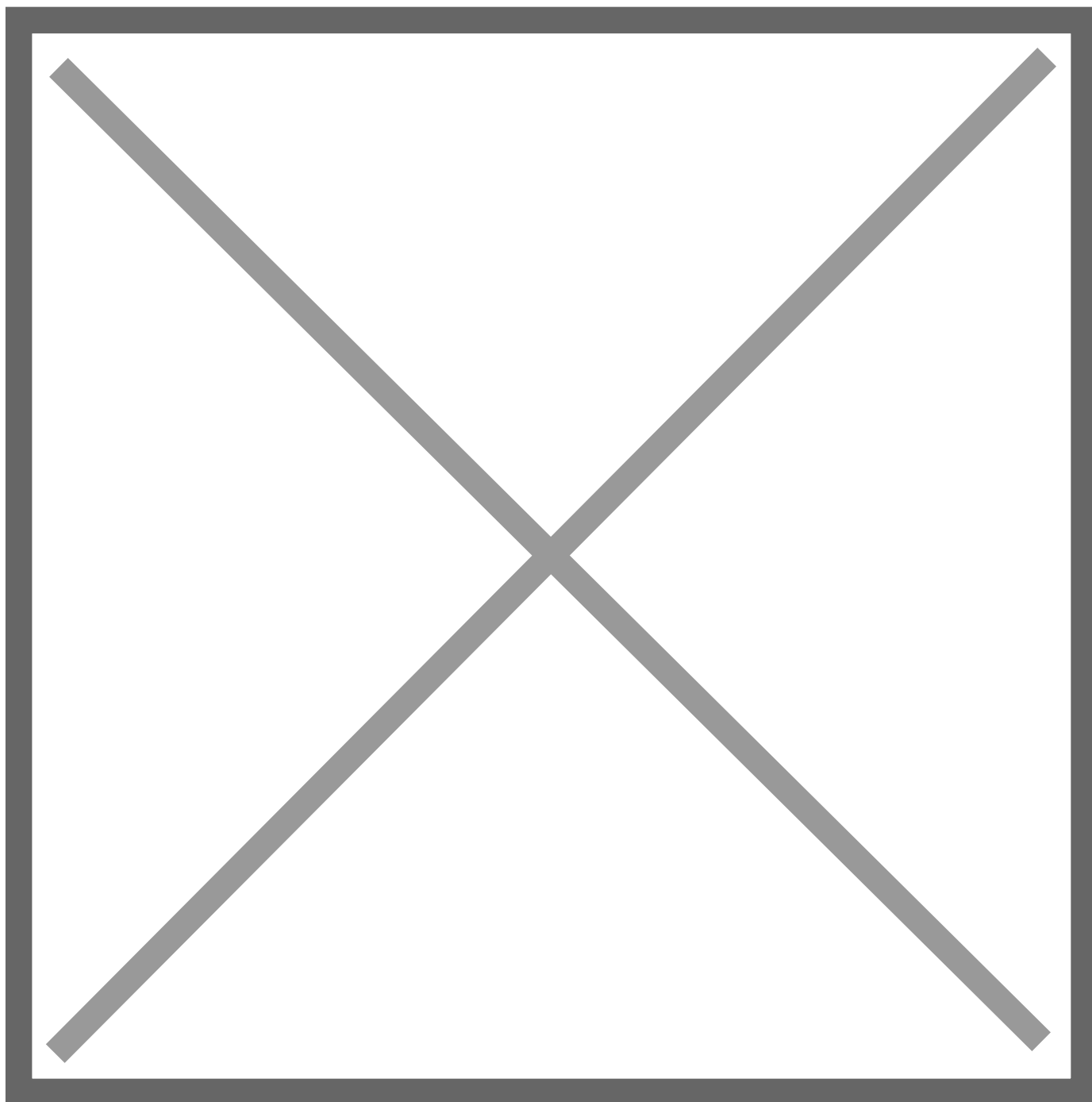
Ellei toisin mainita, ylipaino viittaa kehon painoindeksiin 25–29,9 kg/m², lihavuus viittaa yli 30 kg/m²:n painoindeksiin.

Naiset, 2022



Leukemia

Miehet, 2022



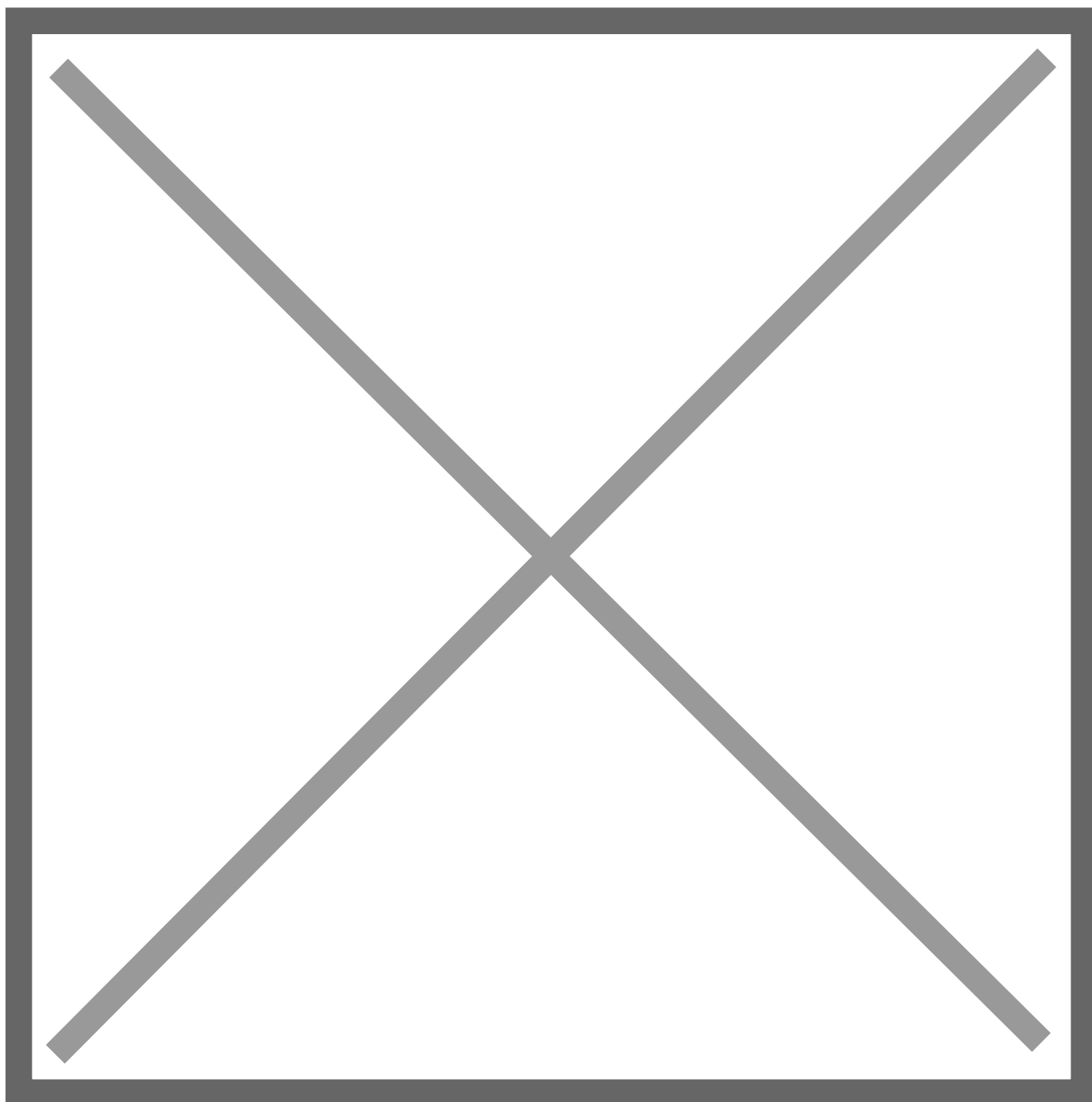
Ikä:	20+
Peittoalue:	Kansallinen

Viitteet: 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]

Määritelmät: Incidence per 100,000

Ellei toisin mainita, ylipaino viittaa kehon painoindeksiin 25–29,9 kg/m², lihavuus viittaa yli 30 kg/m²:n painoindeksiin.

Naiset, 2022

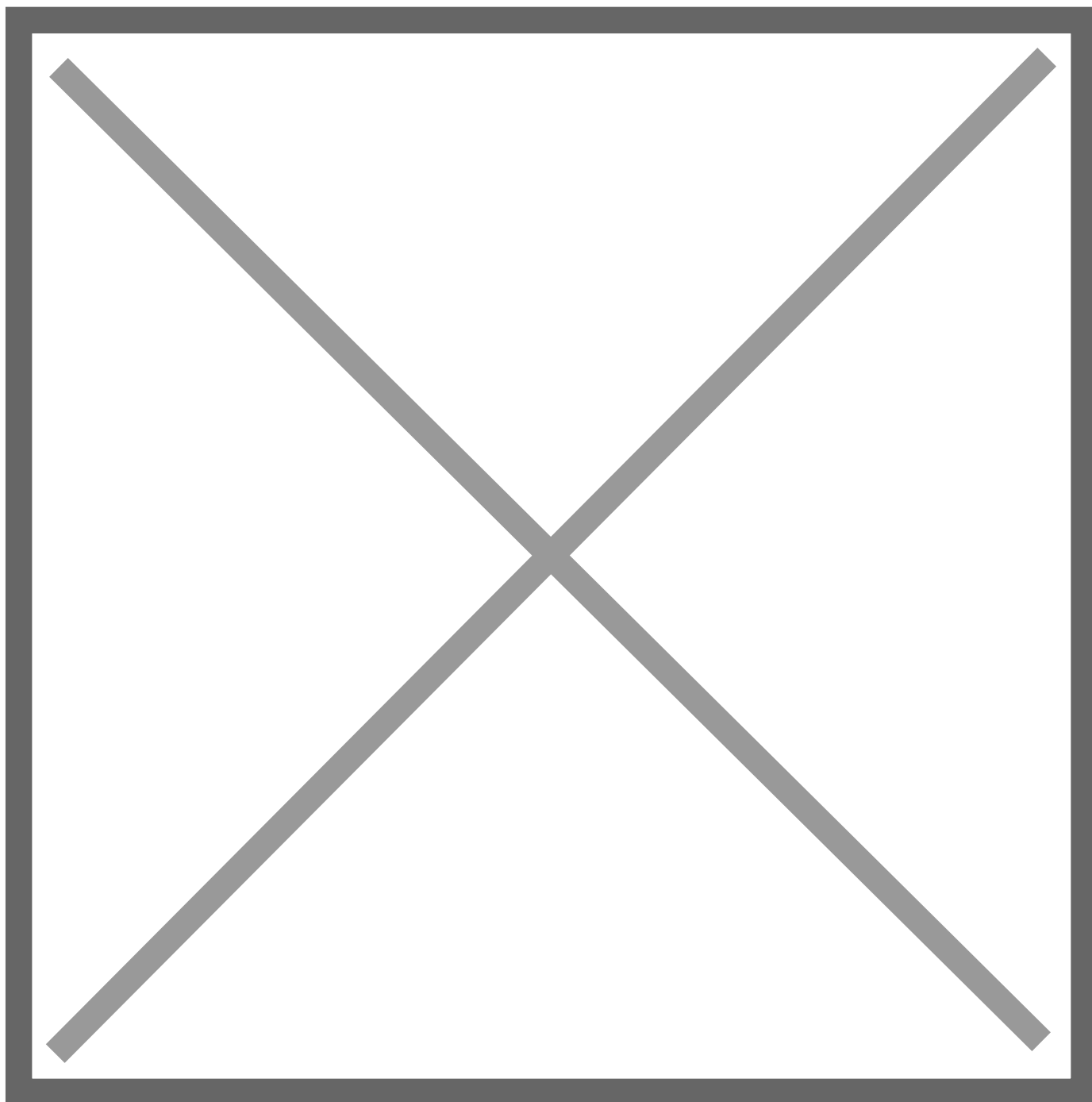


Ikä:	20+
Peittoalue:	Kansallinen
Viitteet:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today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

Ellei toisin mainita, ylipaino viittaa kehon painoindeksiin 25–29,9 kg/m², lihavuus viittaa yli 30 kg/m²:n painoindeksiin.

Liver and intrahepatic bile duct Cancer

Miehet, 2022

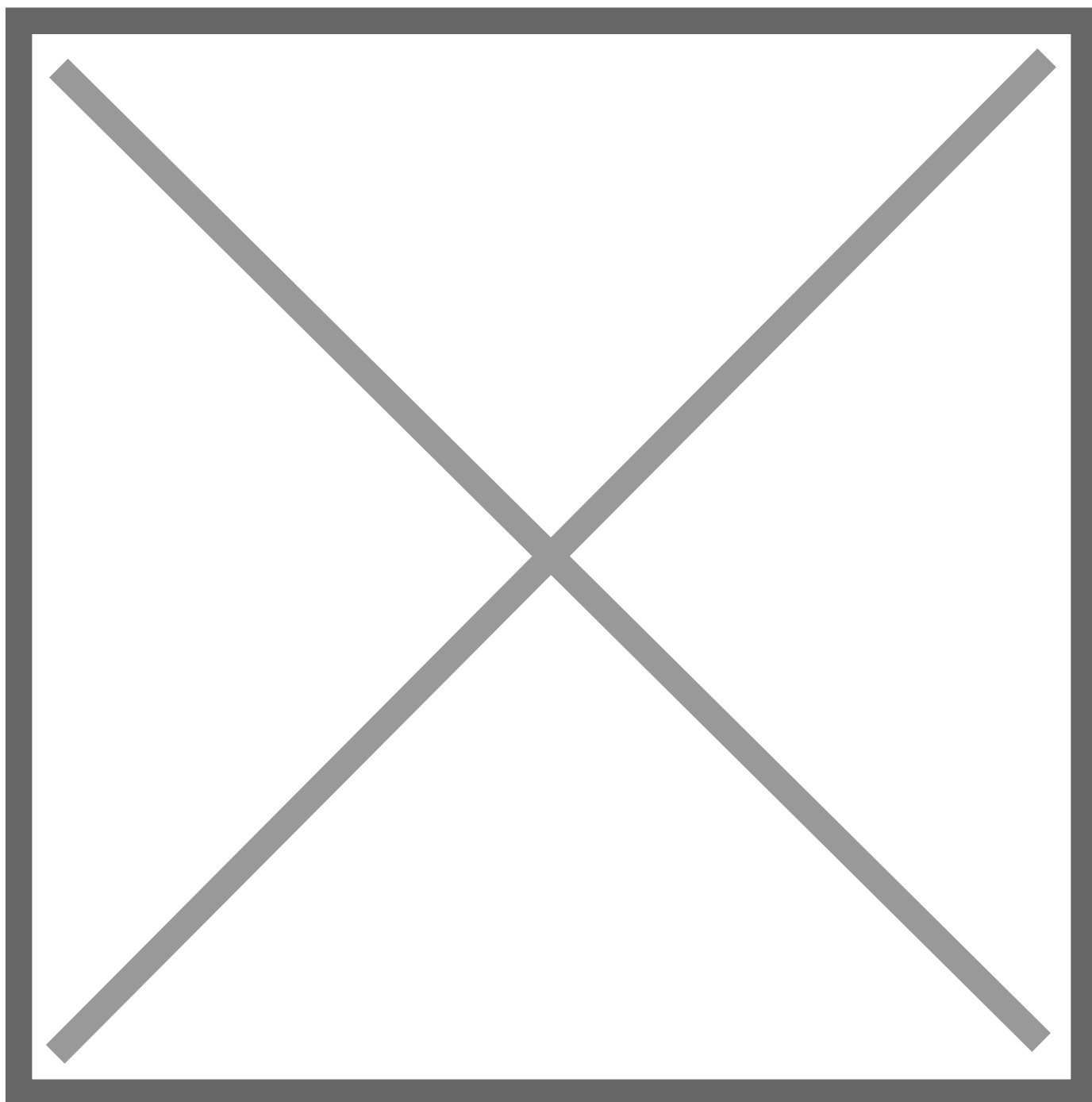


IkÄx:	20+
Peittoalue:	Kansallinen

Viitteet: 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]

Määritelmät: Incidence per 100,000

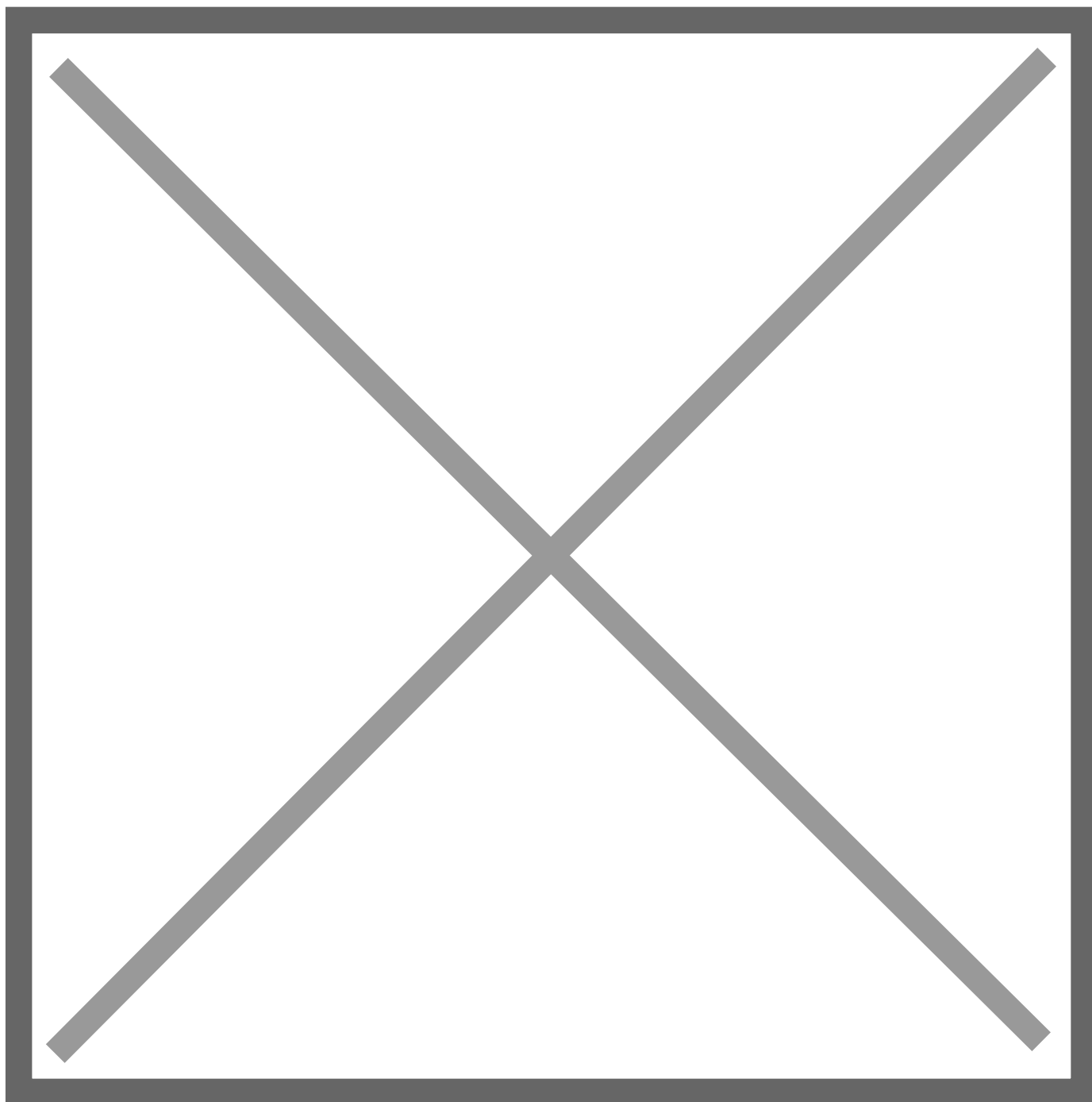
Naiset, 2022



Ikä:	20+
Peittoalue:	Kansallinen
Viitteet:	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]
Määritelmät:	Incidence per 100,000

Multiple Myeloma

Miehet, 2022



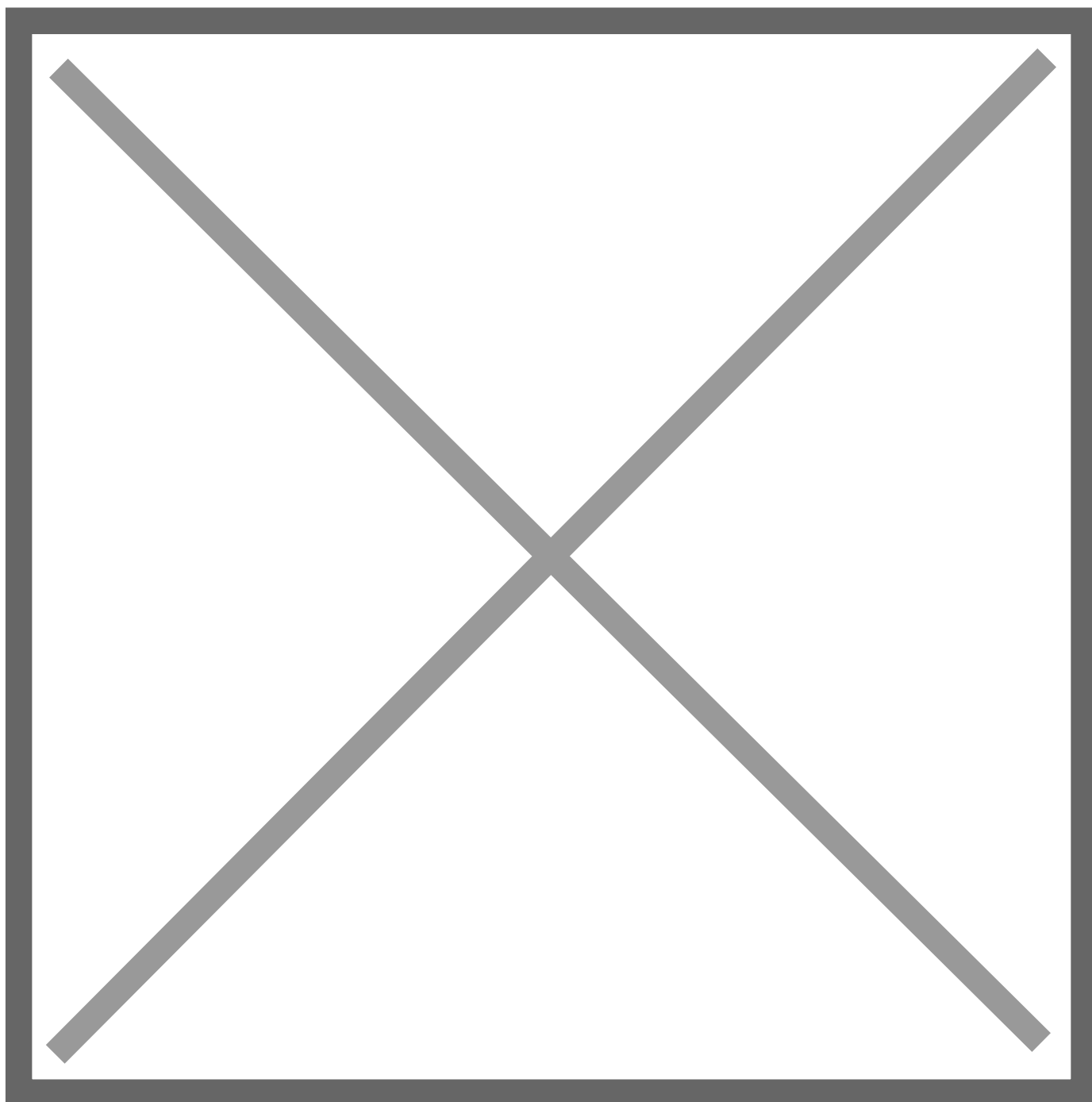
IkÄ:	20+
Peittoalue:	Kansallinen

Viitteet: 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]

Määritelmät: Incidence per 100,000

Ellei toisin mainita, ylipaino viittaa kehon painoindeksiin 25–29,9 kg/m², lihavuus viittaa yli 30 kg/m²:n painoindeksiin.

Naiset, 2022

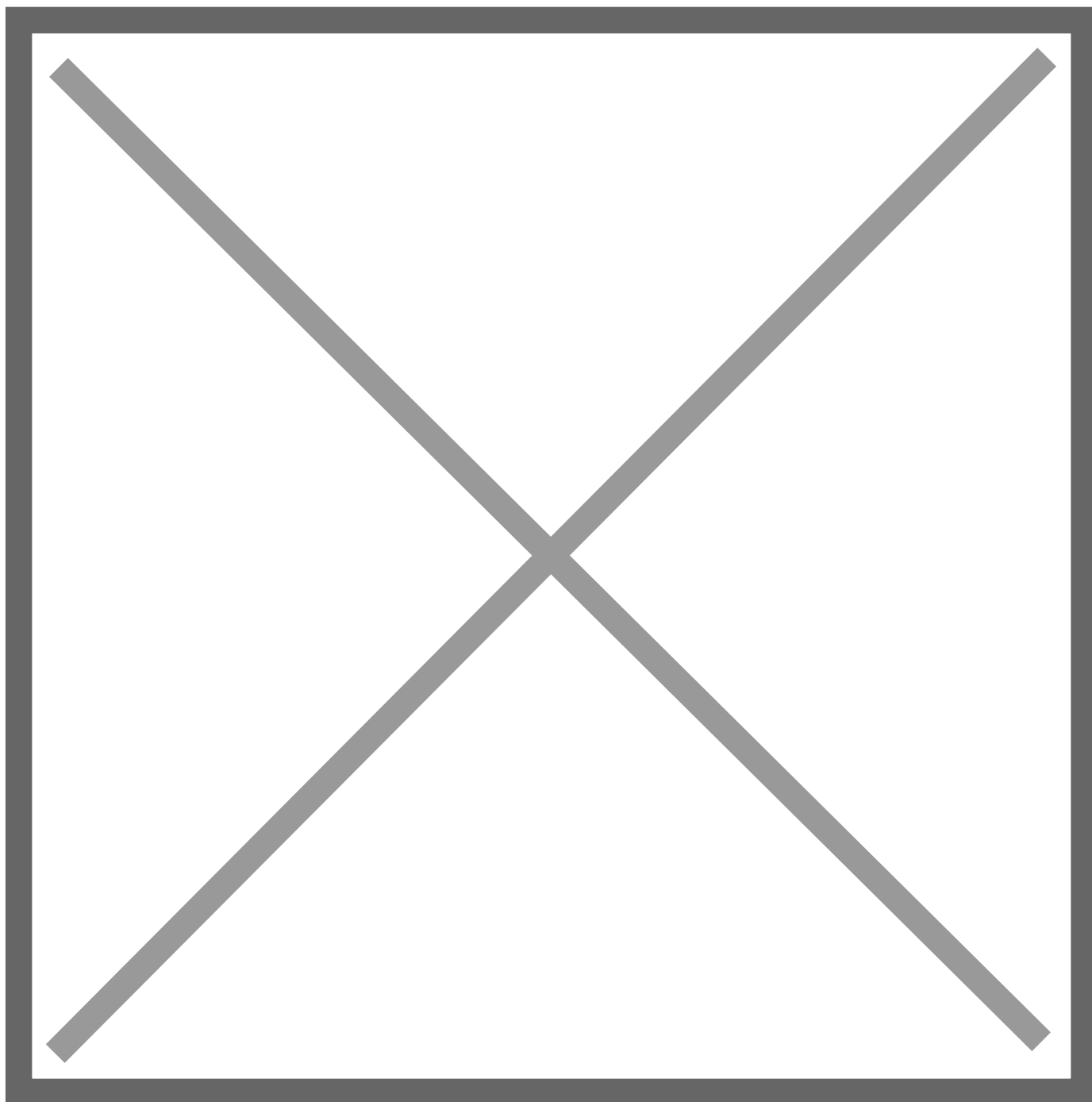


Ikä:	20+
Peittoalue:	Kansallinen
Viitteet:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today , accessed [16.07.24]
Määritelmät:	Indicence per 100,000

Ellei toisin mainita, ylipaino viittaa kehon painoindeksiin 25–29,9 kg/m², lihavuus viittaa yli 30 kg/m²:n painoindeksiin.

Non Hodgkin Lymphoma

Miehet, 2022



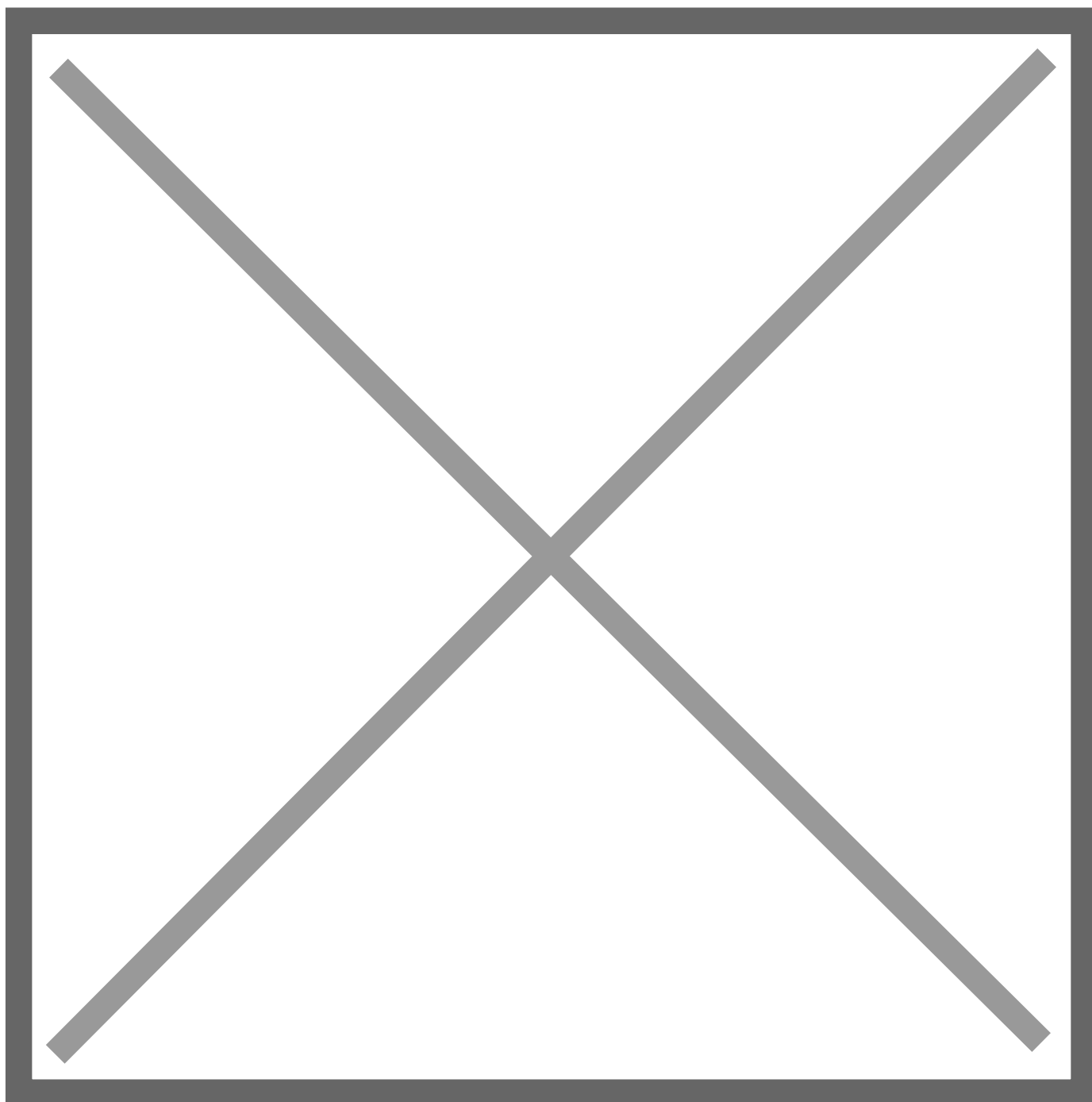
Ikä:	20+
Peittoalue:	Kansallinen

Viitteet: 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]

Määritelmät: Incidence per 100,000

Ellei toisin mainita, ylipaino viittaa kehon painoindeksiin 25–29,9 kg/m², lihavuus viittaa yli 30 kg/m²:n painoindeksiin.

Naiset, 2022

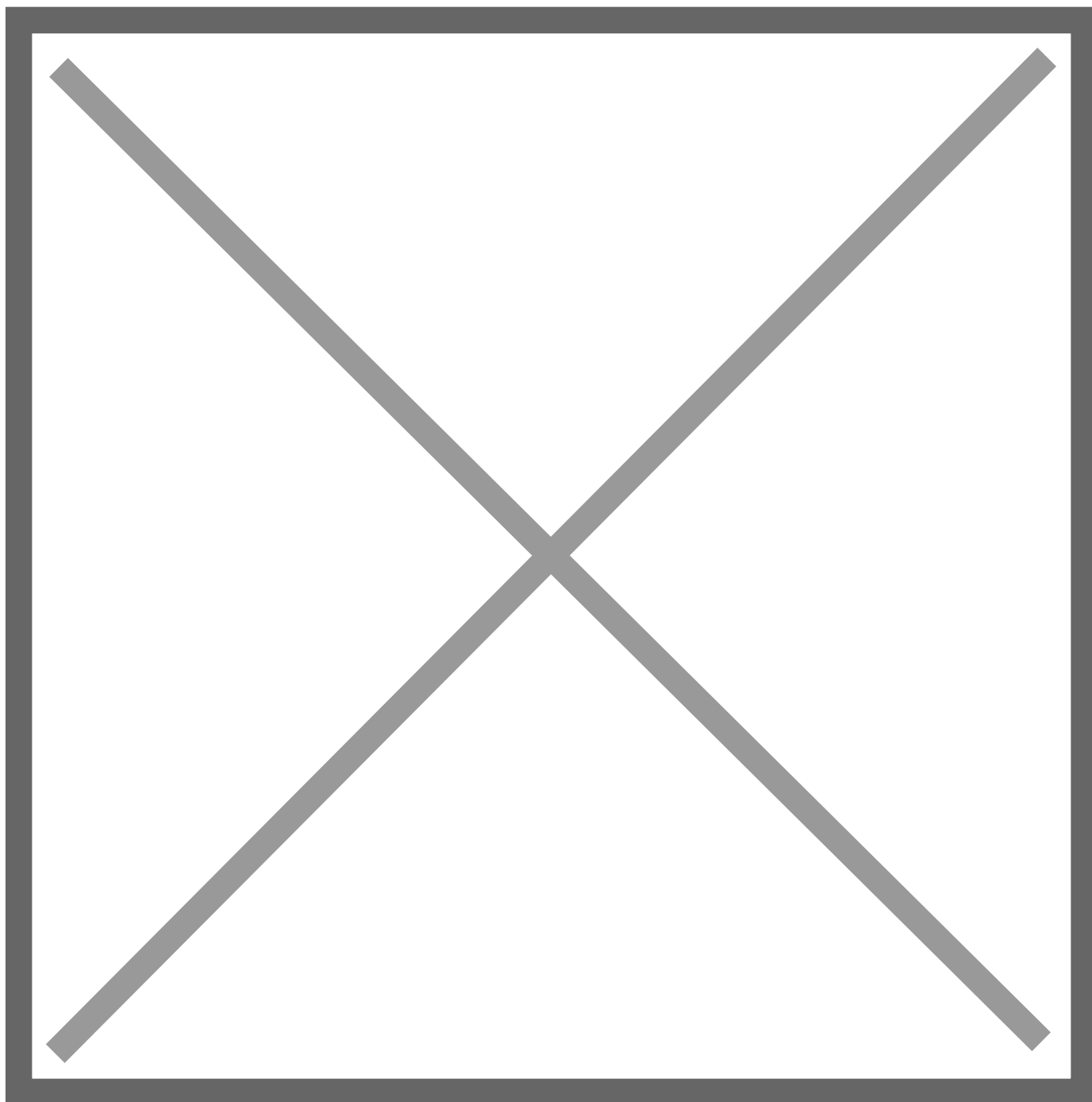


Ikä:	20+
Peittoalue:	Kansallinen
Viitteet:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today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

Ellei toisin mainita, ylipaino viittaa kehon painoindeksiin 25–29,9 kg/m², lihavuus viittaa yli 30 kg/m²:n painoindeksiin.

Thyroid Cancer

Miehet, 2022

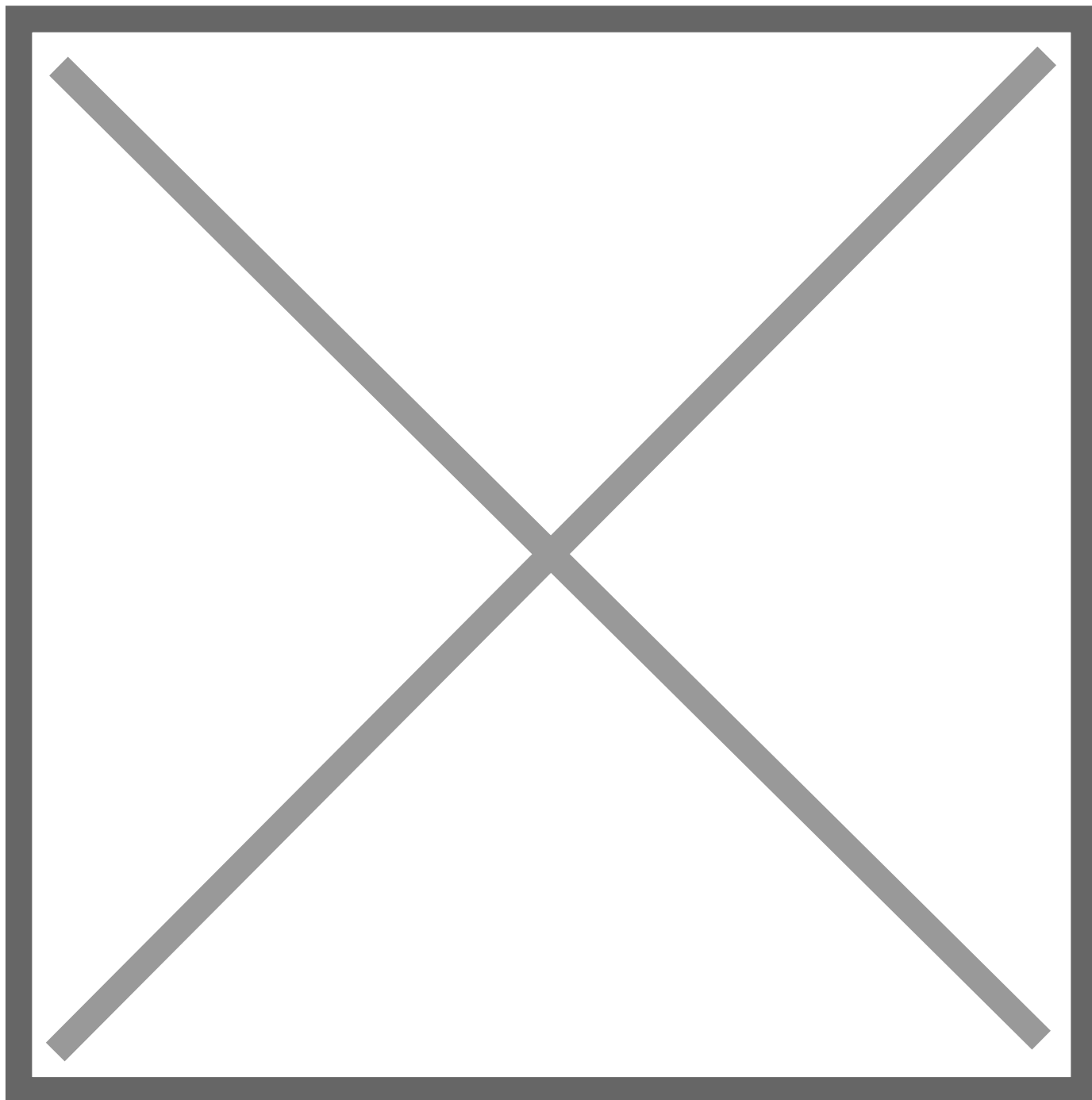


IkÄä:	20+
Peittoalue:	Kansallinen
Viitteet:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today , accessed [16.07.24]

Määritelmät:

Incidence per 100,000

Naiset, 2022



Ikä: 20+

Peittoalue: Kansallinen

Viitteet: 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]

Määritelmät: Incidence per 100,000

