

Report card

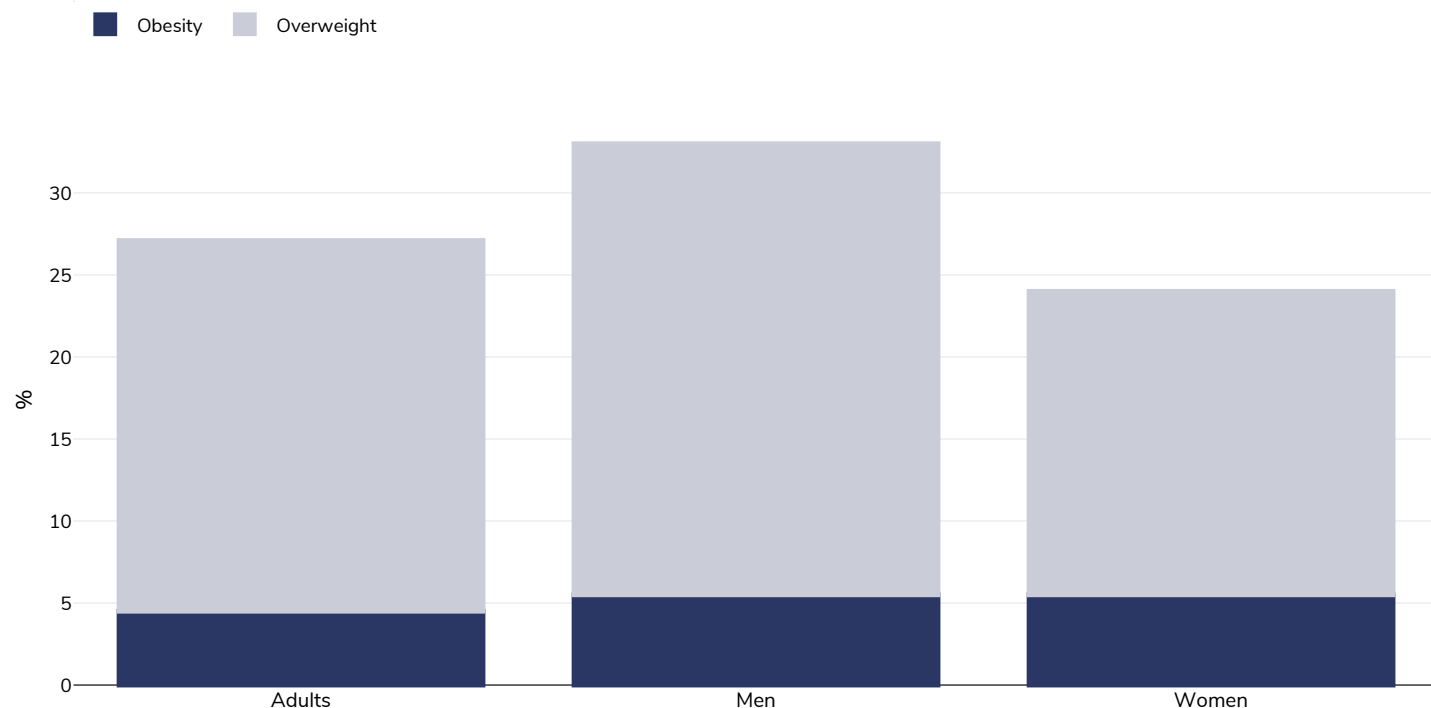
Japan



Contents	Page
Obesity prevalence	2
Trend: % Adults living with obesity, 1976-2018	4
Trend: % Adults living with overweight or obesity, 1976-2018	6
Trend: % Children living with overweight or obesity, 2010-2019	7
Trend: % Children living with overweight or obesity, 1976-2000	10
Trend: % Adults living with obesity, selected countries, 1976-2023	12
Trend: % Adults living with obesity, selected countries, 1960-2023	14
Overweight/obesity by education	16
Overweight/obesity by age	19
Overweight/obesity by region	21
Overweight/obesity by socio-economic group	22
Insufficient physical activity	24
Estimated per capita fruit intake	27
Estimated per-capita processed meat intake	28
Estimated per capita whole grains intake	29
Mental health - depression disorders	30
Mental health - anxiety disorders	31
Oesophageal cancer	32
Breast cancer	34
Colorectal cancer	35
Pancreatic cancer	37
Gallbladder cancer	39
Kidney cancer	41
Cancer of the uterus	43
Raised blood pressure	44
Raised cholesterol	47
Raised fasting blood glucose	50
Diabetes prevalence	52
Contextual factors	53

Obesity prevalence

Adults, 2019



Survey type: Measured

Age: 20+

Sample size: 4273

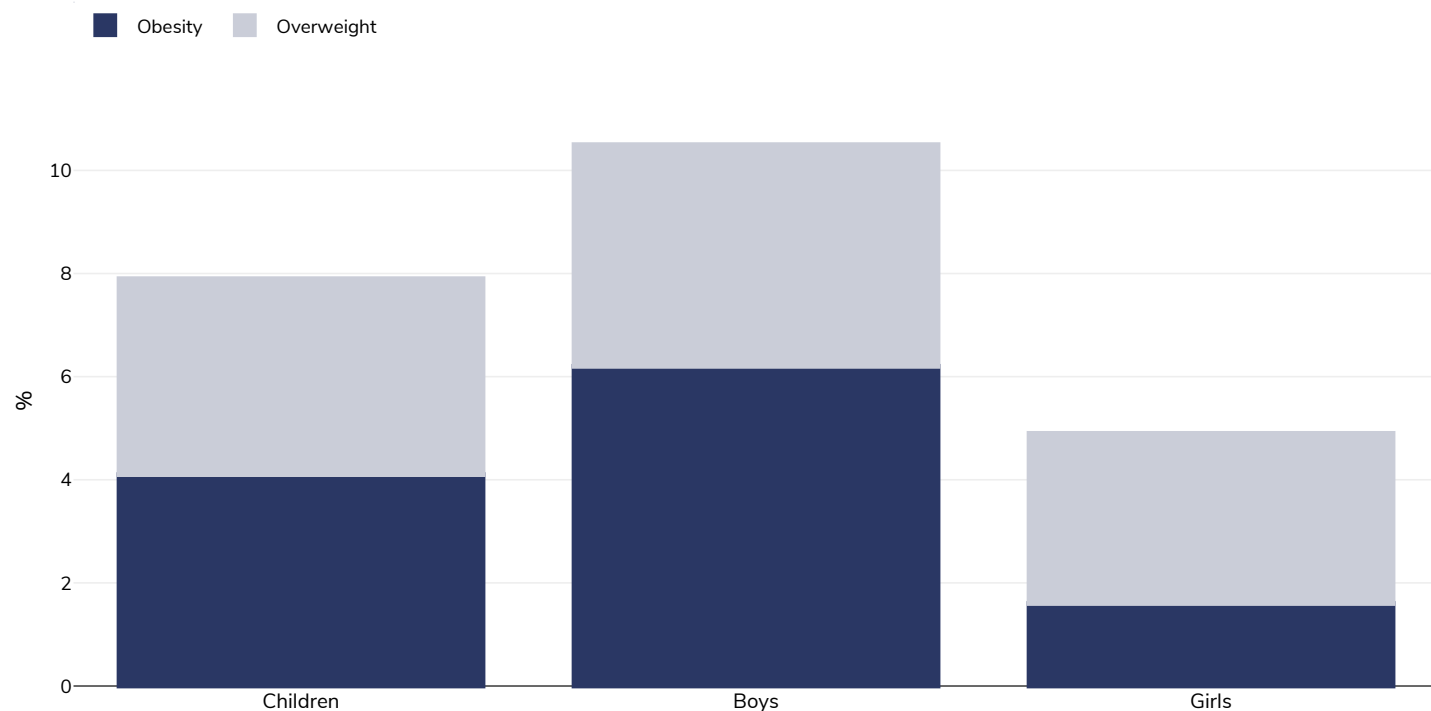
Area covered: National

References: Ministry of Health, Labor and Welfare. The National Health and Nutrition Survey (NHNS) Japan, 2019 (English Summary) . Available at https://www.nibiohn.go.jp/eiken/kenkounippon21/download_files/eiyouchousa/2019.pdf (last accessed 22.09.22)

Notes: Excel results with a breakdown of BMI 25-29.9 & 30=> available at <https://www.e-stat.go.jp/stat-search/files?page=1&layout=datalist&toukei=00450171&tstat=000001041744&cycle=7&tclass1=000001148507&tclass2val=0>

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

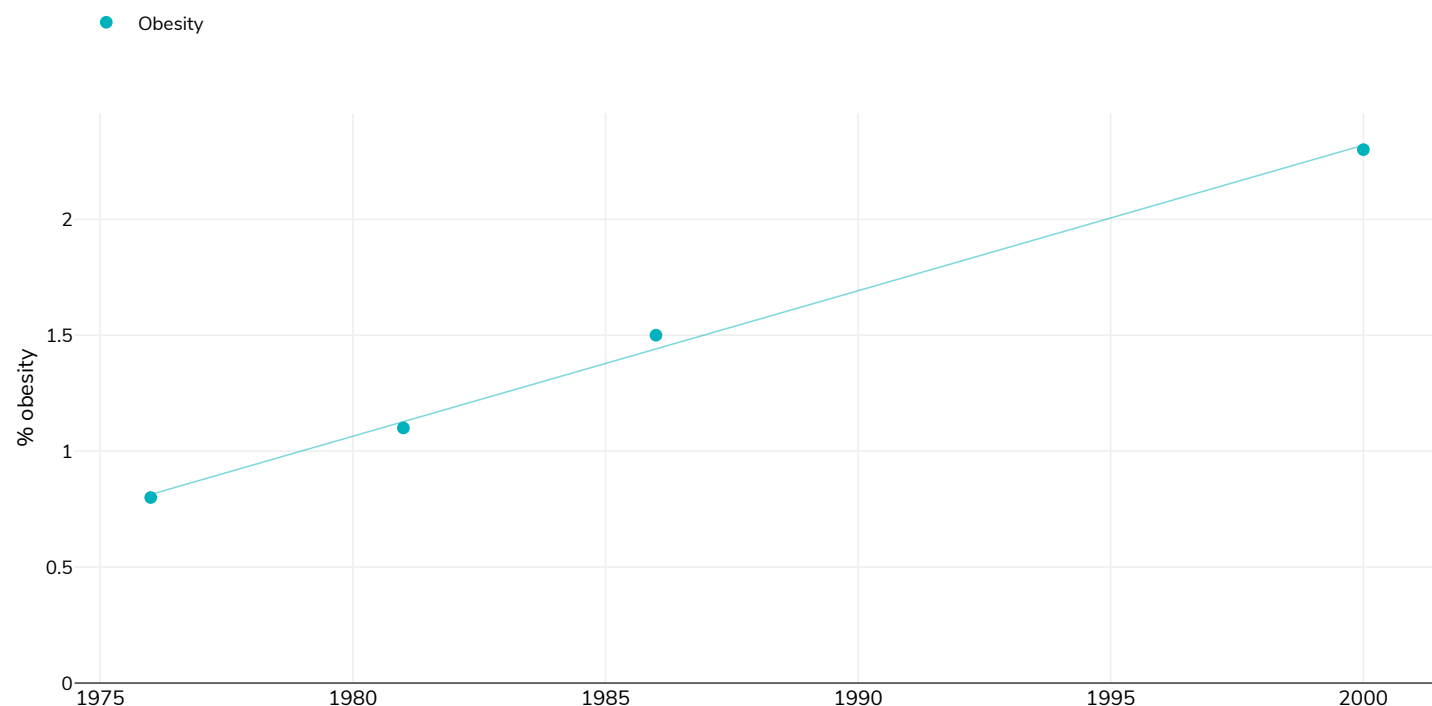
Children, 2019



Survey type:	Measured
Age:	6-14
Sample size:	393
Area covered:	National
References:	Japan National Health and Nutrition 2019 Survey. Excel results available at https://www.e-stat.go.jp/stat-search/files?page=1&layout=datalist&toukei=00450171&tstat=000001041744&cycle=7&tclass1=000001148507&tclass2val=0 (last accessed 27.09.22)
Notes:	NB VERY SMALL SAMPLE SIZE
Definitions:	Determination of obesity by school health statistics survey method. The degree of obesity in 6 to 14 years old was determined from the standard weight by age and height. Degree of obesity (overweight) = (measured weight (kg) - standard weight by height (kg)) / standard by height Weight (kg) x 100 (%) Overweight +20-30% Obesity >30%
Cutoffs:	Other

% Adults living with obesity, 1976-2018

Men



Survey type:

Measured

References:

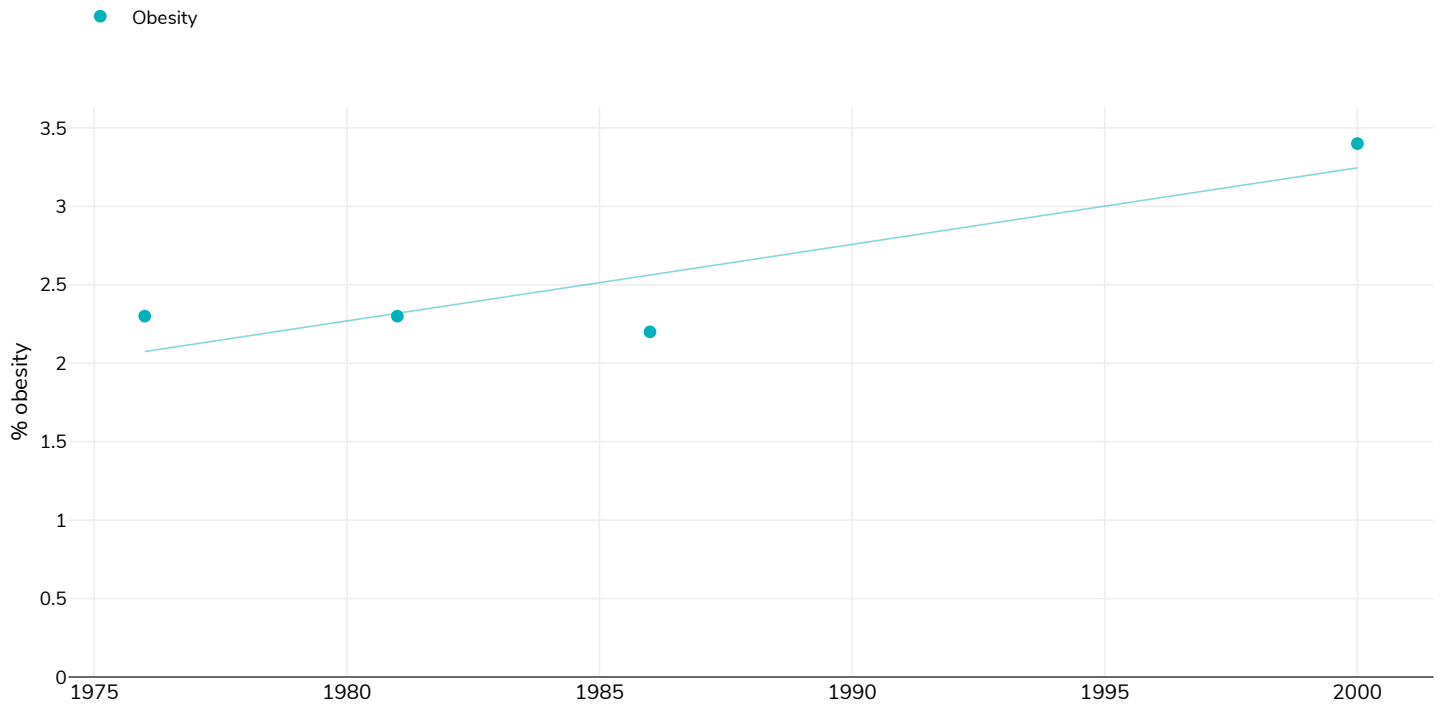
1976, 1981, 1986: Yoshiike N, Seino F, Tajima S, Arai Y, Kawano M, Furuhashi T, Inoue S. Twenty-year changes in the prevalence of overweight in Japanese adults: The National Nutrition Survey 1976-95. *Obesity Reviews* 2002;3:183-190

2000: Asia Pacific Cohort Studies Collaboration. The burden of overweight and obesity in the Asia-Pacific region. *Obesity Reviews* 2007;8:191-196.

2018: National Health and Nutrition Survey, 2018 published by the Ministry of Health, Labor and Welfare. Available at https://www.nibiohn.go.jp/eiken/kenkounippon21/download_files/eiyouchousa/2018.pdf (last accessed 17.05.21)

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: 1976, 1981, 1986: Yoshiike N, Seino F, Tajima S, Arai Y, Kawano M, Furuhashi T, Inoue S. Twenty-year changes in the prevalence of overweight in Japanese adults: The National Nutrition Survey 1976-95. *Obesity Reviews* 2002;3:183-190

2000: Asia Pacific Cohort Studies Collaboration. The burden of overweight and obesity in the Asia-Pacific region. *Obesity Reviews* 2007;8:191-196.

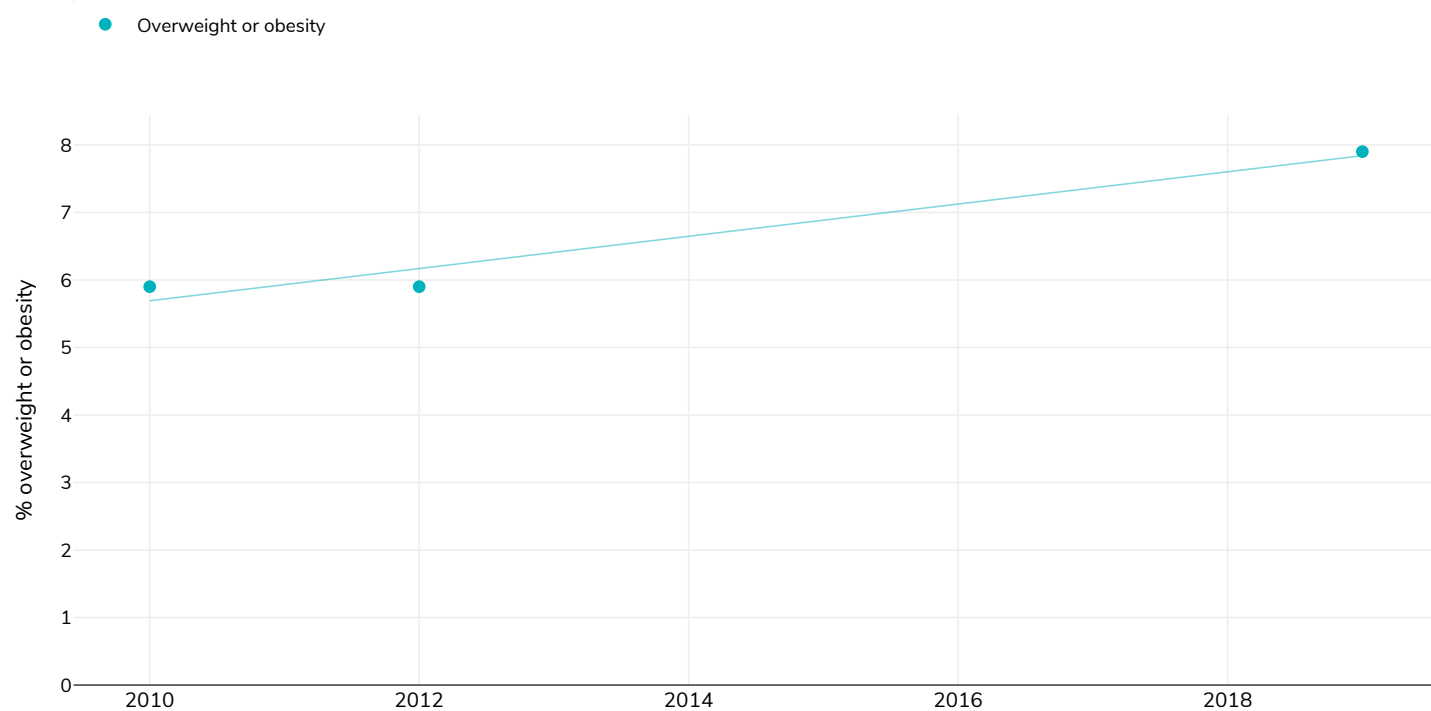
2018: National Health and Nutrition Survey, 2018 published by the Ministry of Health, Labor and Welfare. Available at https://www.nihiohn.go.jp/eiken/kenkounippon21/download_files/eiyouchousa/2018.pdf (last accessed 17.05.21)

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.

% Adults living with overweight or obesity, 1976-2018

% Children living with overweight or obesity, 2010-2019

Boys and girls



Survey type:

Measured

References:

2010: Japan National Health and Nutrition 2010 Survey. Excel results available at <https://www.e-stat.go.jp/stat-search/files?page=1&layout=datalist&toukei=00450171&tstat=000001041744&cycle=7&tclass1=000001148507&tclass2val=0> ('last accessed 18.09.23)

2012: Japan National Health and Nutrition 2012 Survey. Excel results available at <https://www.e-stat.go.jp/stat-search/files?page=1&layout=datalist&toukei=00450171&tstat=000001041744&cycle=7&tclass1=000001148507&tclass2val=0> ('last accessed 18.09.23)

2019: Japan National Health and Nutrition 2019 Survey. Excel results available at <https://www.e-stat.go.jp/stat-search/files?page=1&layout=datalist&toukei=00450171&tstat=000001041744&cycle=7&tclass1=000001148507&tclass2val=0> ('last accessed 27.09.22)

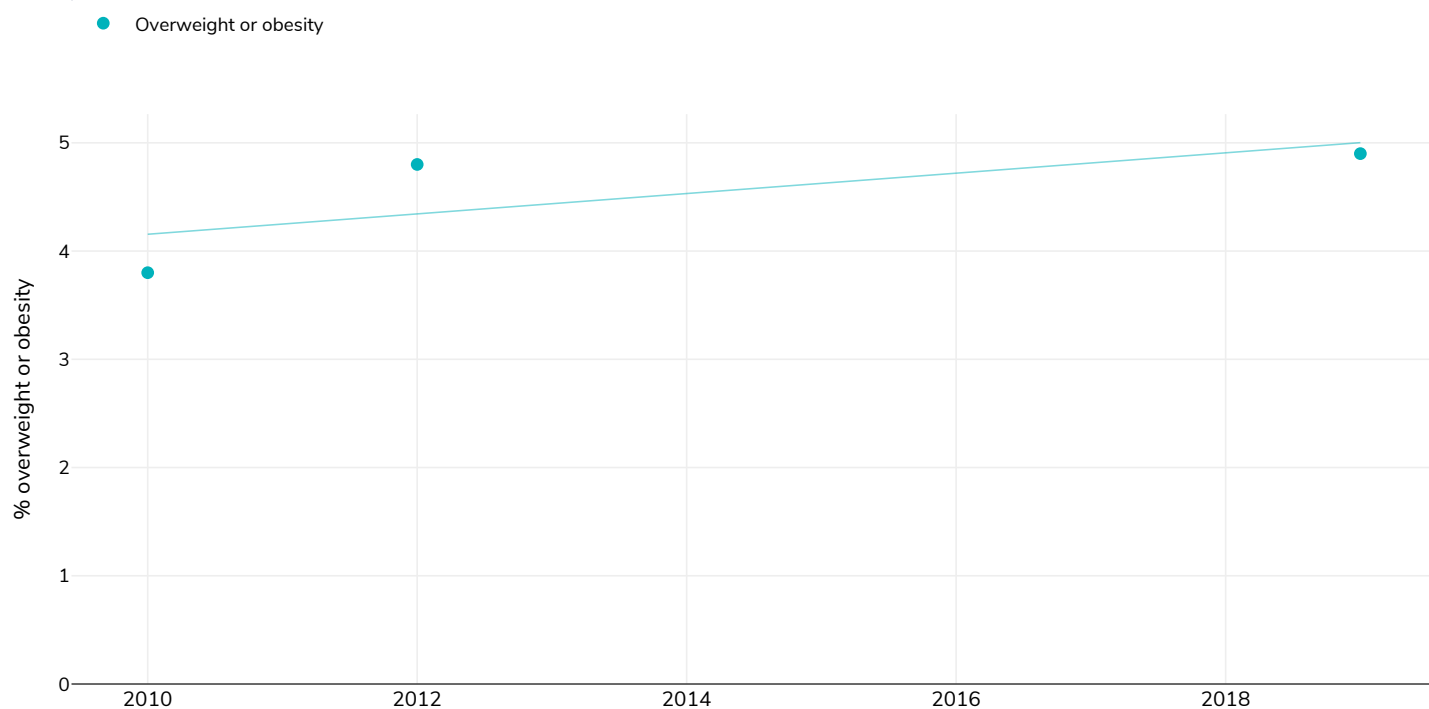
Definitions:

Determination of obesity by school health statistics survey method. The degree of obesity in 6 to 14 years old was determined from the standard weight by age and height. Degree of obesity (overweight) = (measured weight (kg) - standard weight by height (kg)) / standard by height Weight (kg) x 100 (%) Overweight +20-30% Obesity >30%

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

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.

Girls



Survey type:

Measured

References:

2010: Japan National Health and Nutrition 2010 Survey. Excel results available at <https://www.e-stat.go.jp/stat-search/files?page=1&layout=datalist&toukei=00450171&tstat=000001041744&cycle=7&tclass1=000001148507&tclass2val=0> ('last accessed 18.09.23)

2012: Japan National Health and Nutrition 2012 Survey. Excel results available at <https://www.e-stat.go.jp/stat-search/files?page=1&layout=datalist&toukei=00450171&tstat=000001041744&cycle=7&tclass1=000001148507&tclass2val=0> ('last accessed 18.09.23)

2019: Japan National Health and Nutrition 2019 Survey. Excel results available at <https://www.e-stat.go.jp/stat-search/files?page=1&layout=datalist&toukei=00450171&tstat=000001041744&cycle=7&tclass1=000001148507&tclass2val=0> ('last accessed 27.09.22)

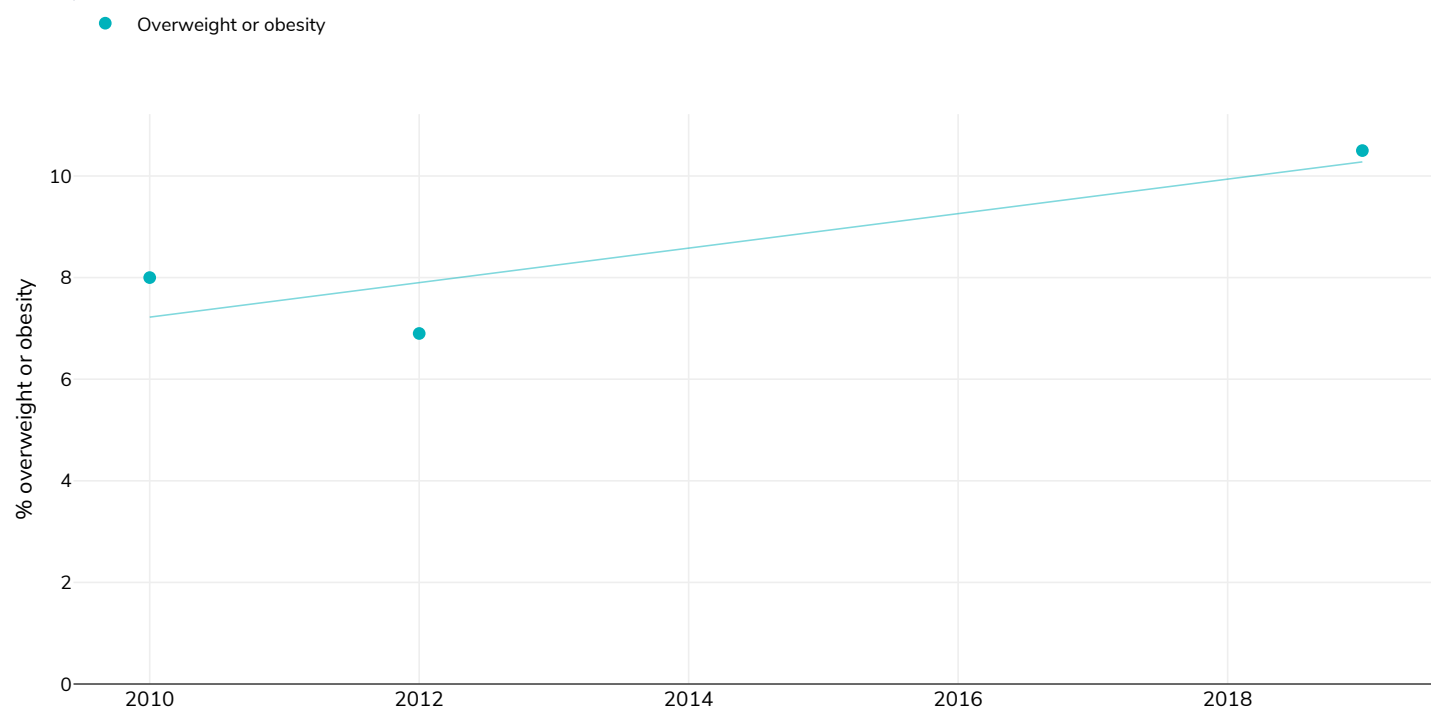
Definitions:

Determination of obesity by school health statistics survey method. The degree of obesity in 6 to 14 years old was determined from the standard weight by age and height. Degree of obesity (overweight) = (measured weight (kg) - standard weight by height (kg)) / standard by height Weight (kg) x 100 (%) Overweight +20-30% Obesity >30%

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

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.

Boys



Survey type:

Measured

References:

2010: Japan National Health and Nutrition 2010 Survey. Excel results available at <https://www.e-stat.go.jp/stat-search/files?page=1&layout=datalist&toukei=00450171&tstat=000001041744&cycle=7&tclass1=000001148507&tclass2val=0> ('last accessed 18.09.23)

2012: Japan National Health and Nutrition 2012 Survey. Excel results available at <https://www.e-stat.go.jp/stat-search/files?page=1&layout=datalist&toukei=00450171&tstat=000001041744&cycle=7&tclass1=000001148507&tclass2val=0> ('last accessed 18.09.23)

2019: Japan National Health and Nutrition 2019 Survey. Excel results available at <https://www.e-stat.go.jp/stat-search/files?page=1&layout=datalist&toukei=00450171&tstat=000001041744&cycle=7&tclass1=000001148507&tclass2val=0> ('last accessed 27.09.22)

Definitions:

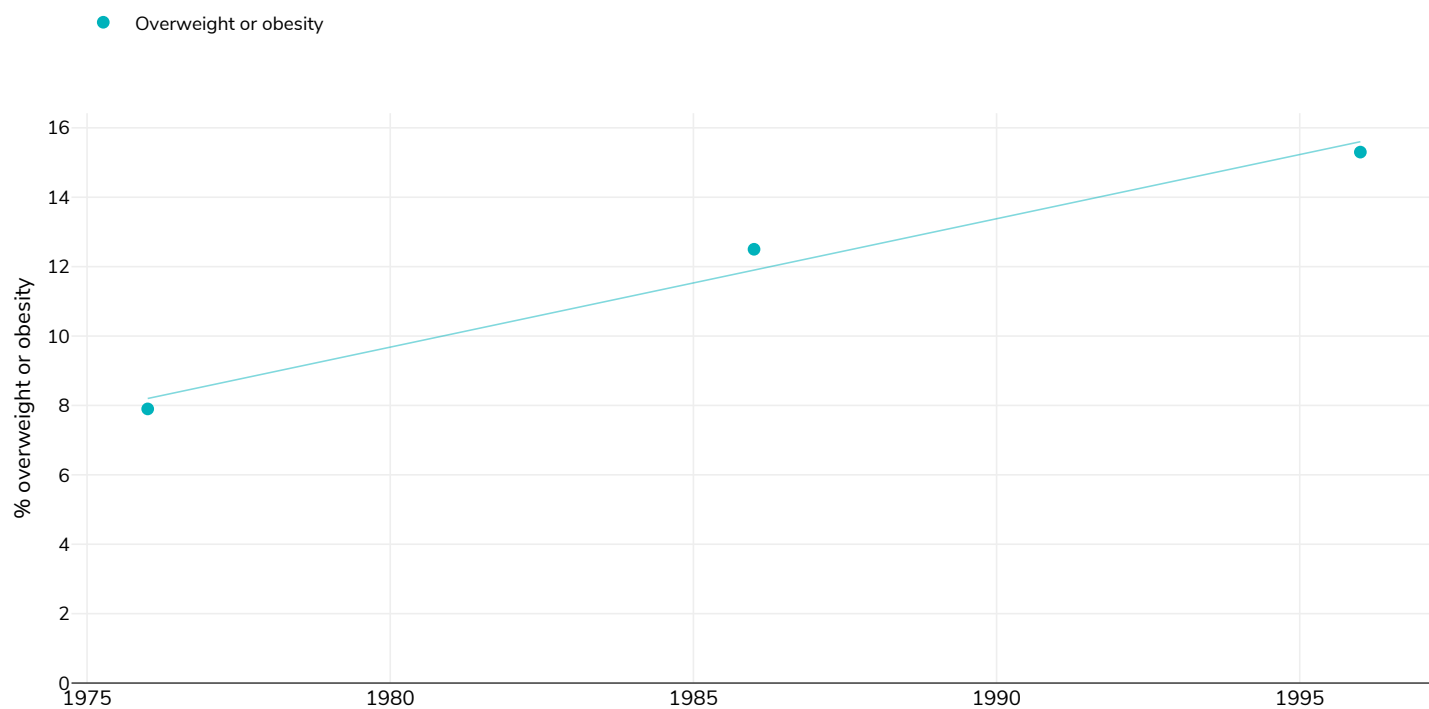
Determination of obesity by school health statistics survey method. The degree of obesity in 6 to 14 years old was determined from the standard weight by age and height. Degree of obesity (overweight) = (measured weight (kg) - standard weight by height (kg)) / standard by height Weight (kg) x 100 (%) Overweight +20-30% Obesity >30%

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

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.

% Children living with overweight or obesity, 1976-2000

Boys



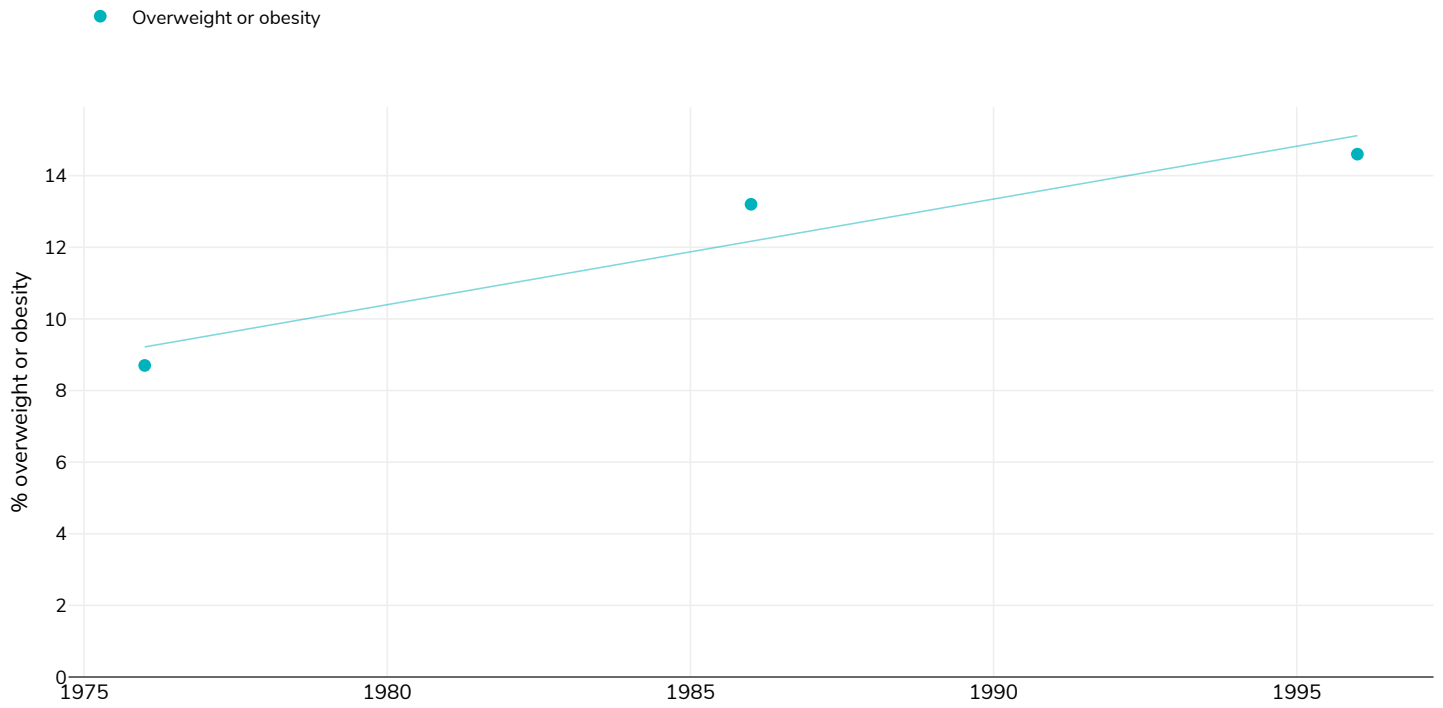
Survey type: Measured

References: Matsushita Y, Yoshiike N, Kaneda F, Yoshita K, Takimoto H. Trends in Childhood obesity in Japan over the last 25 years from the National Nutrition Survey. *Obesity Research* 2004;12(2):205-214

Definitions: IOTF

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.

Girls



Survey type: Measured

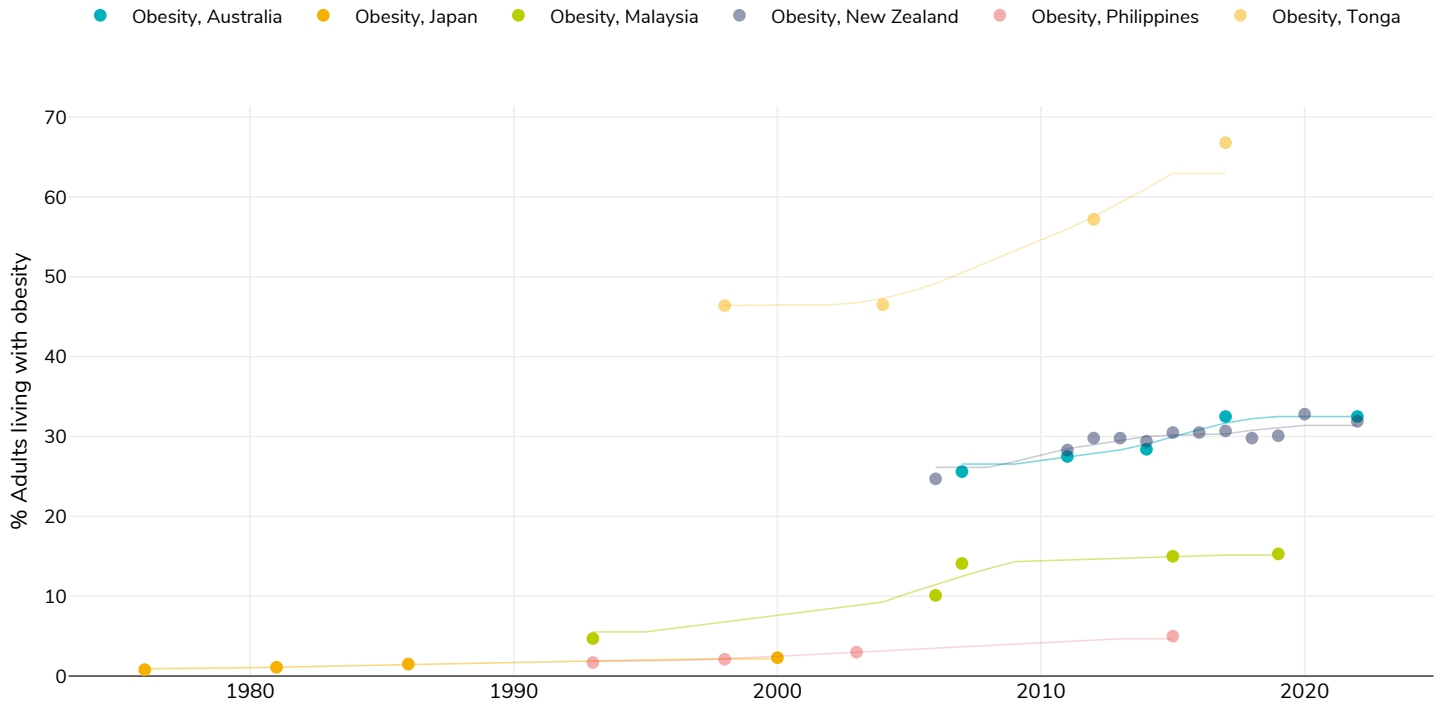
References: Matsushita Y, Yoshiike N, Kaneda F, Yoshita K, Takimoto H. Trends in Childhood obesity in Japan over the last 25 years from the National Nutrition Survey. Obesity Research 2004;12(2):205-214

Definitions: IOTF

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.

% Adults living with obesity, selected countries, 1976-2023

Men



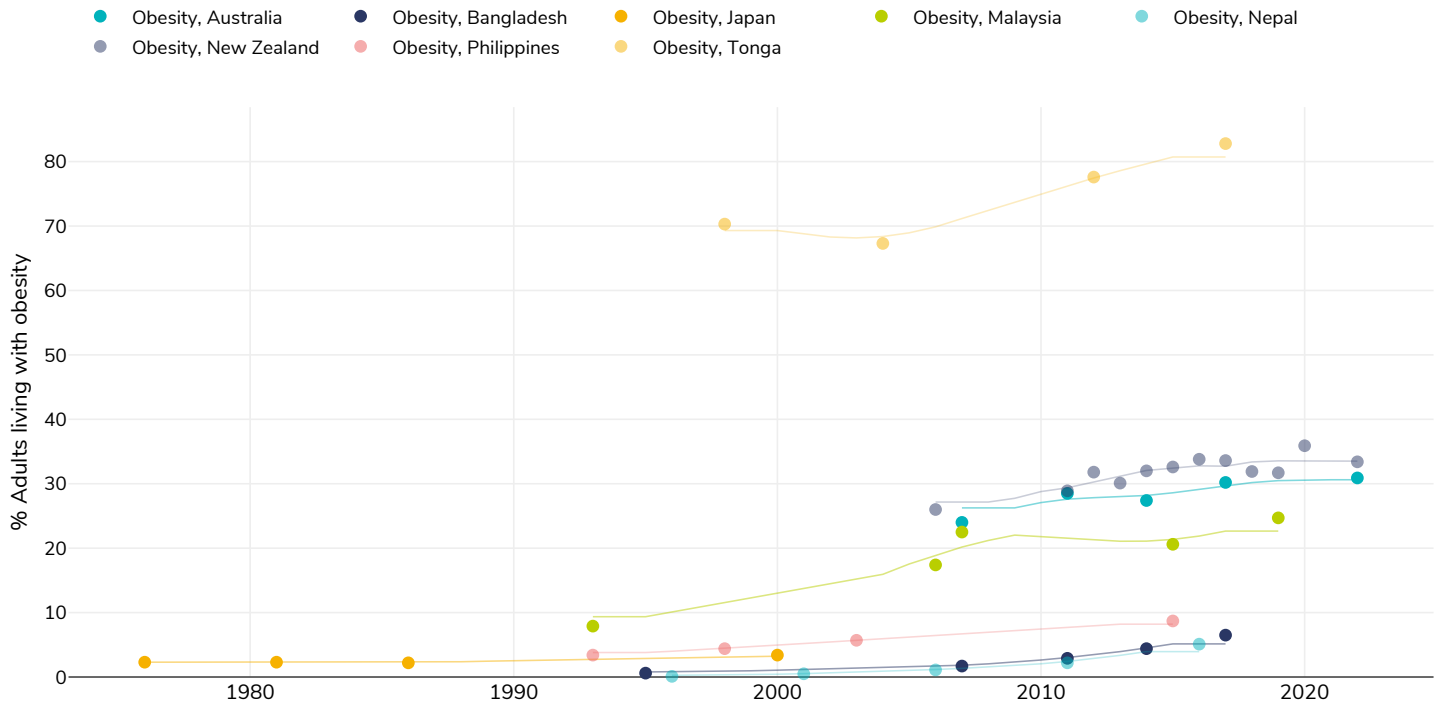
References:

For full details of references visit

<https://data.worldobesity.org/>

Different methodologies may have been used to collect this data and so data from different surveys may not be strictly comparable. Please check with original data sources for methodologies used.

Women



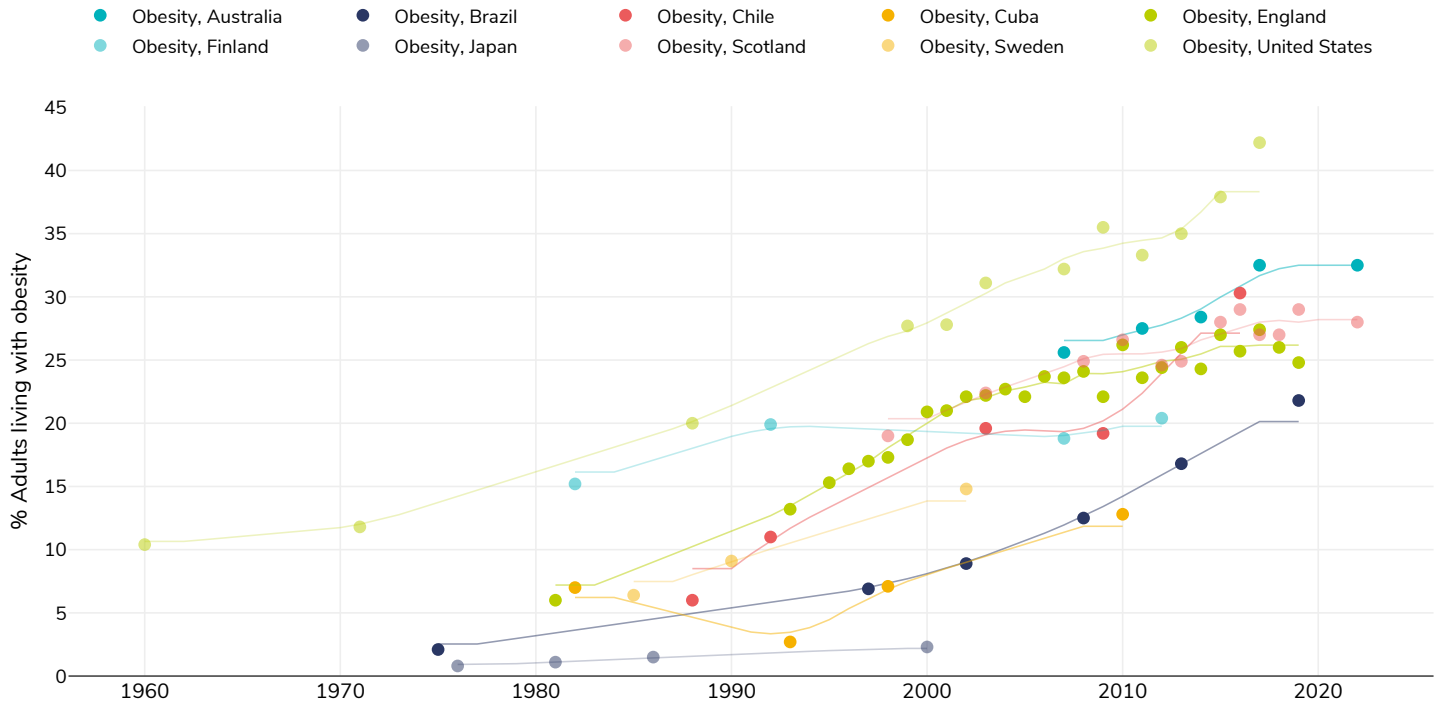
References:

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

Different methodologies may have been used to collect this data and so data from different surveys may not be strictly comparable. Please check with original data sources for methodologies used.

% Adults living with obesity, selected countries, 1960-2023

Men



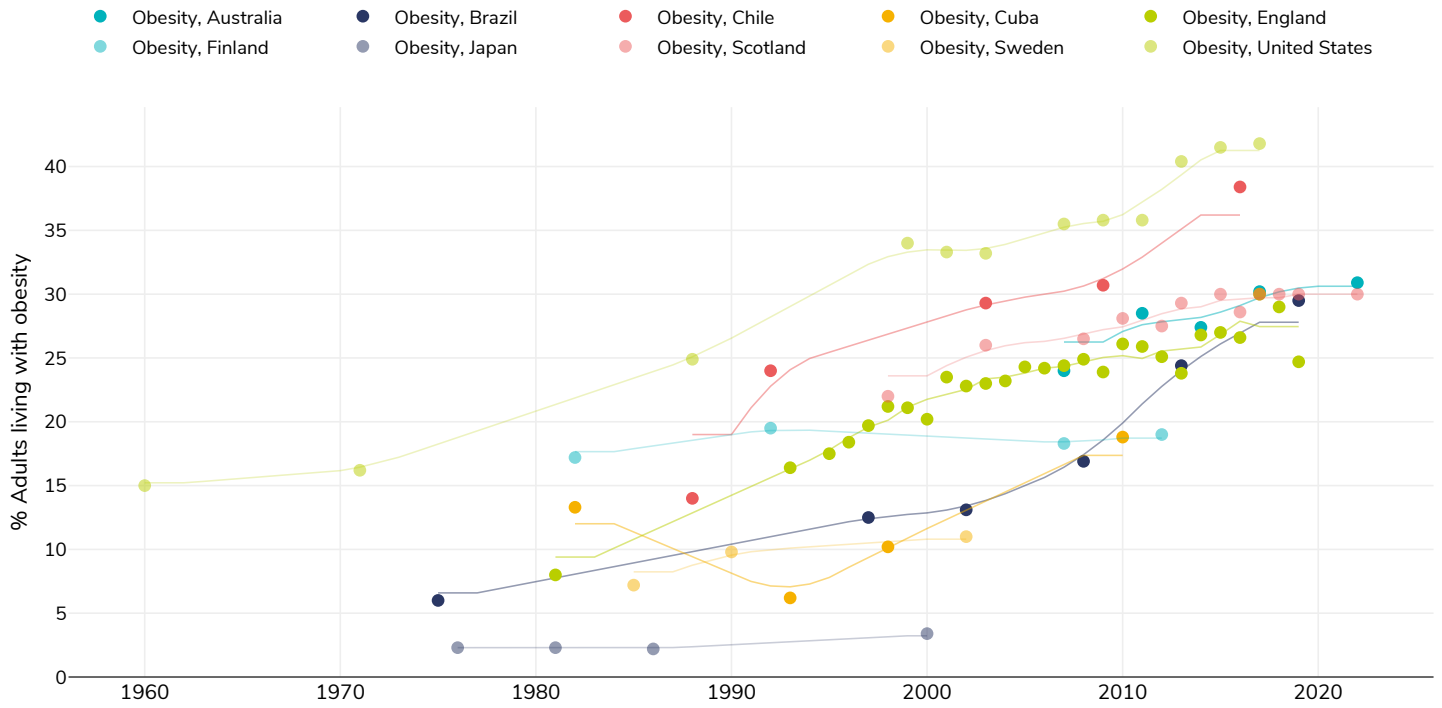
References:

For full details of references visit

<https://data.worldobesity.org/>

Different methodologies may have been used to collect this data and so data from different surveys may not be strictly comparable. Please check with original data sources for methodologies used.

Women



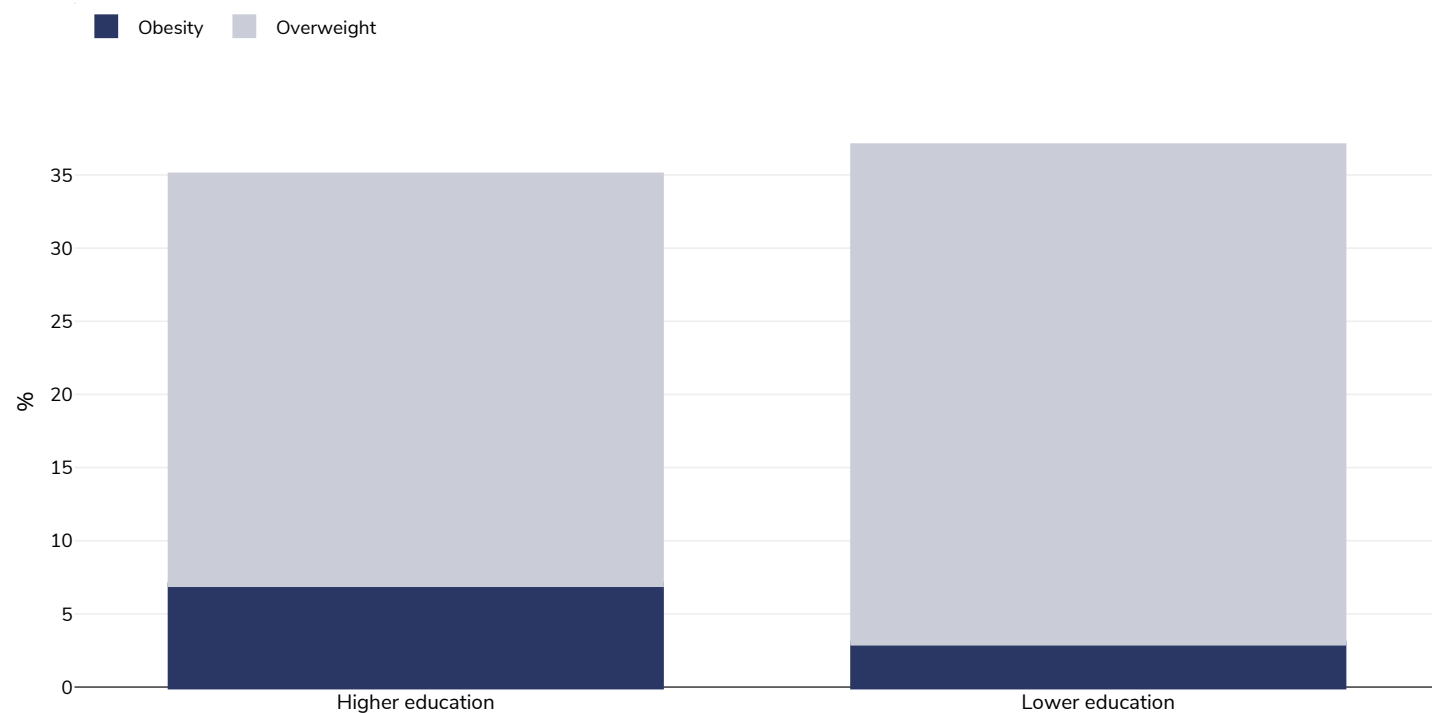
References:

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

Different methodologies may have been used to collect this data and so data from different surveys may not be strictly comparable. Please check with original data sources for methodologies used.

Overweight/obesity by education

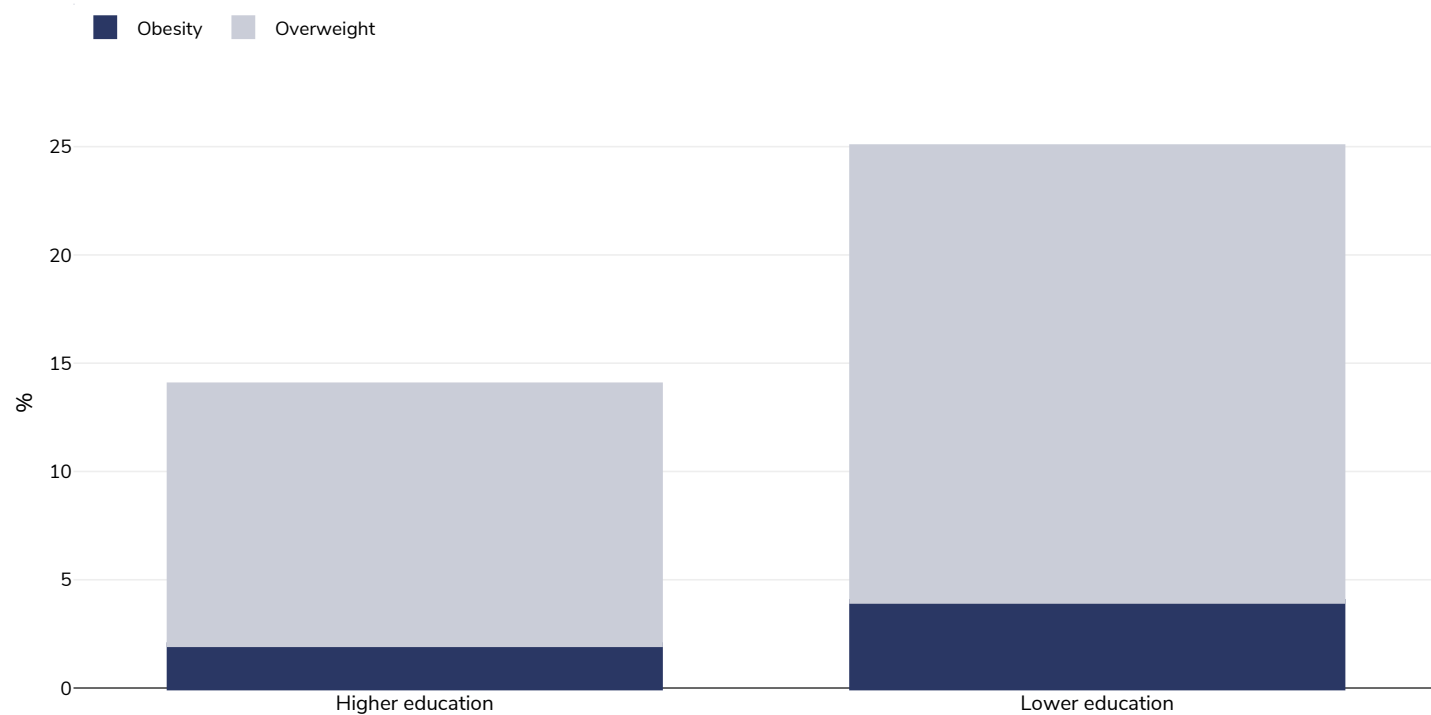
Men, 2010



Survey type:	Measured
Age:	20-64
Sample size:	2,491
Area covered:	National
References:	Nakamura, Tomiyo, et al. "Relationship between Socioeconomic Status and the Prevalence of Underweight, Overweight or Obesity in a General Japanese Population: NIPPON DATA2010." <i>Journal of Epidemiology</i> , vol. 28, no. Supplement_III, 2018, pp. S10–S16, www.ncbi.nlm.nih.gov/pmc/articles/PMC5825685/ , 10.2188/jea.je20170249. Accessed 11 Oct. 2021.

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

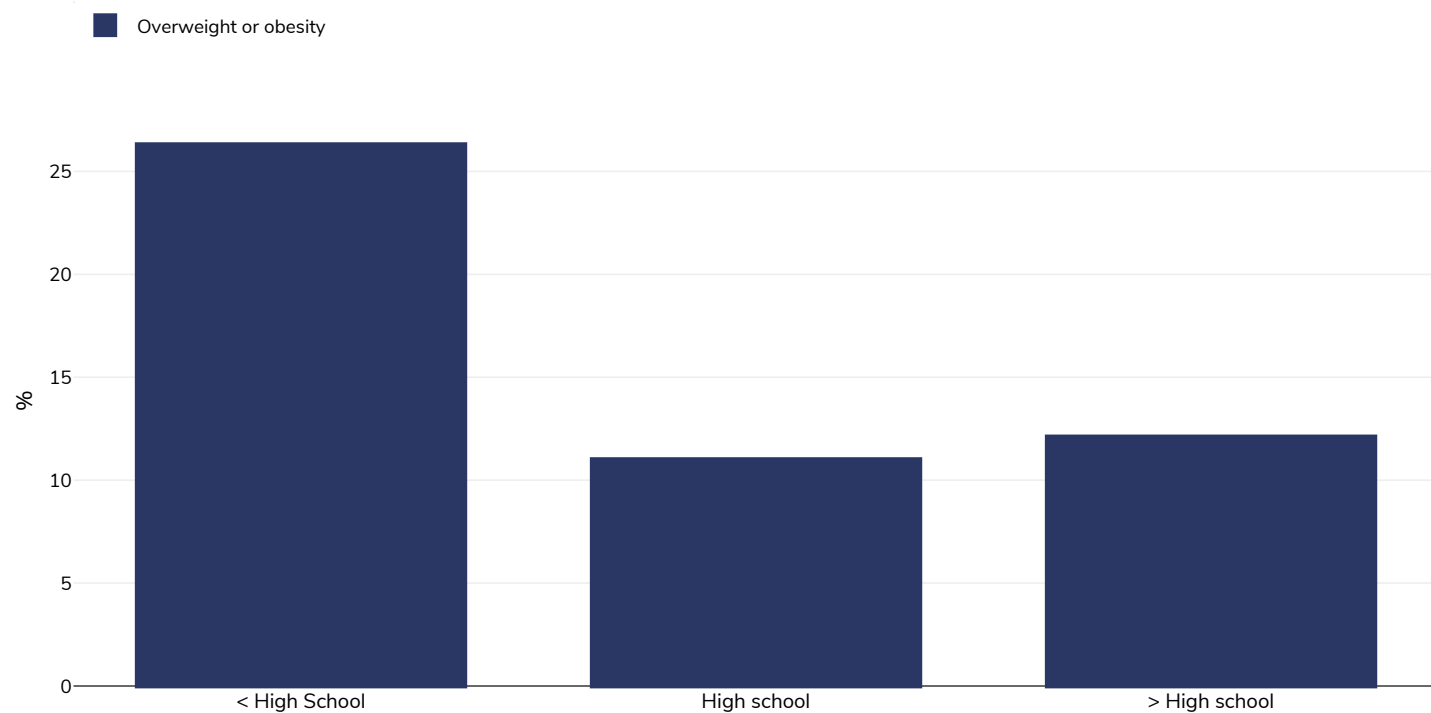
Women, 2010



Survey type:	Measured
Age:	20-64
Sample size:	2,491
Area covered:	National
References:	Nakamura, Tomiyo, et al. "Relationship between Socioeconomic Status and the Prevalence of Underweight, Overweight or Obesity in a General Japanese Population: NIPPON DATA2010." <i>Journal of Epidemiology</i> , vol. 28, no. Supplement_III, 2018, pp. S10-S16, www.ncbi.nlm.nih.gov/pmc/articles/PMC5825685/ , 10.2188/jea.je20170249. Accessed 11 Oct. 2021.

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

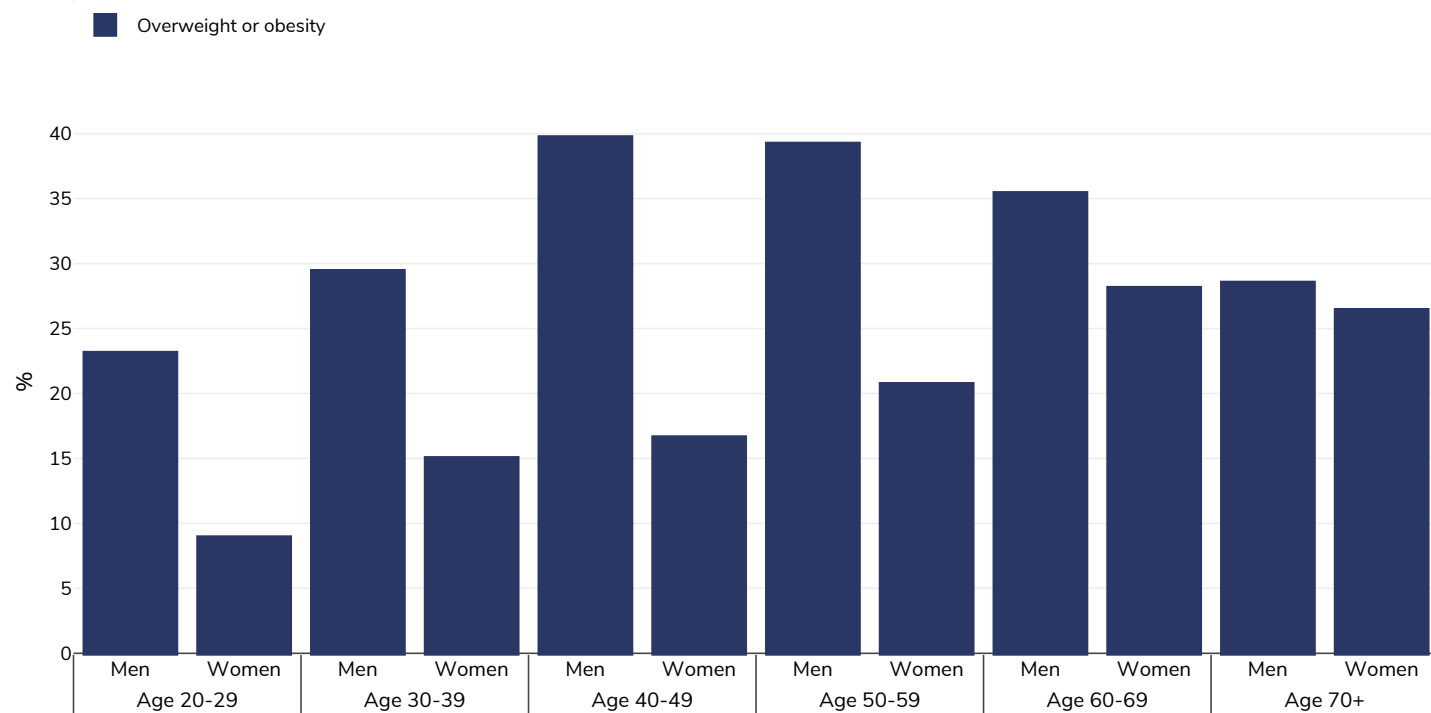
Children, 2010



Survey type:	Measured
Age:	6-11
Sample size:	397
Area covered:	National
References:	Kachi Y, Otsuka T, Kawada T. Socioeconomic Status and Overweight: A Population-Based Cross-Sectional Study of Japanese Children and Adolescents. <i>Journal of Epidemiology</i> . 2015;25(7):463-469. doi:10.2188/jea.JE20140108.
Notes:	Prevalence of overweight and obesity by Maternal Education (Paternal Education also available) Overweight, including obesity, was defined by International Obesity Task Force (IOTF) cut-offs. Note small sample size.
Cutoffs:	WHO

Overweight/obesity by age

Adults, 2019



Survey type: Measured

Sample size: 4273

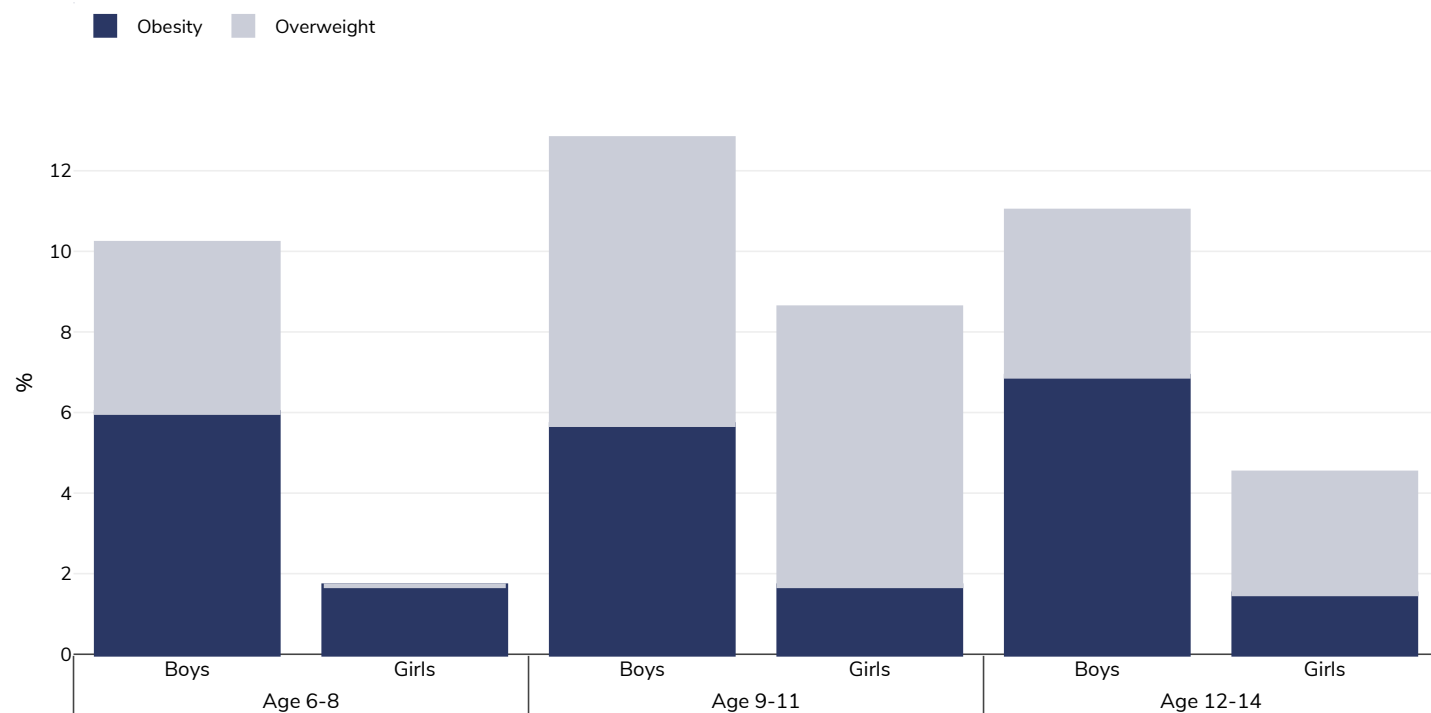
Area covered: National

References: Ministry of Health, Labor and Welfare. The National Health and Nutrition Survey (NHNS) Japan, 2019 (English Summary) . Available at https://www.nibiohn.go.jp/eiken/kenkounippon21/download_files/eiyouchousa/2019.pdf (last accessed 22.09.22)

Notes: Combined overweight or obesity only provided

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

Children, 2019



Survey type: Measured

Sample size: 393

Area covered: National

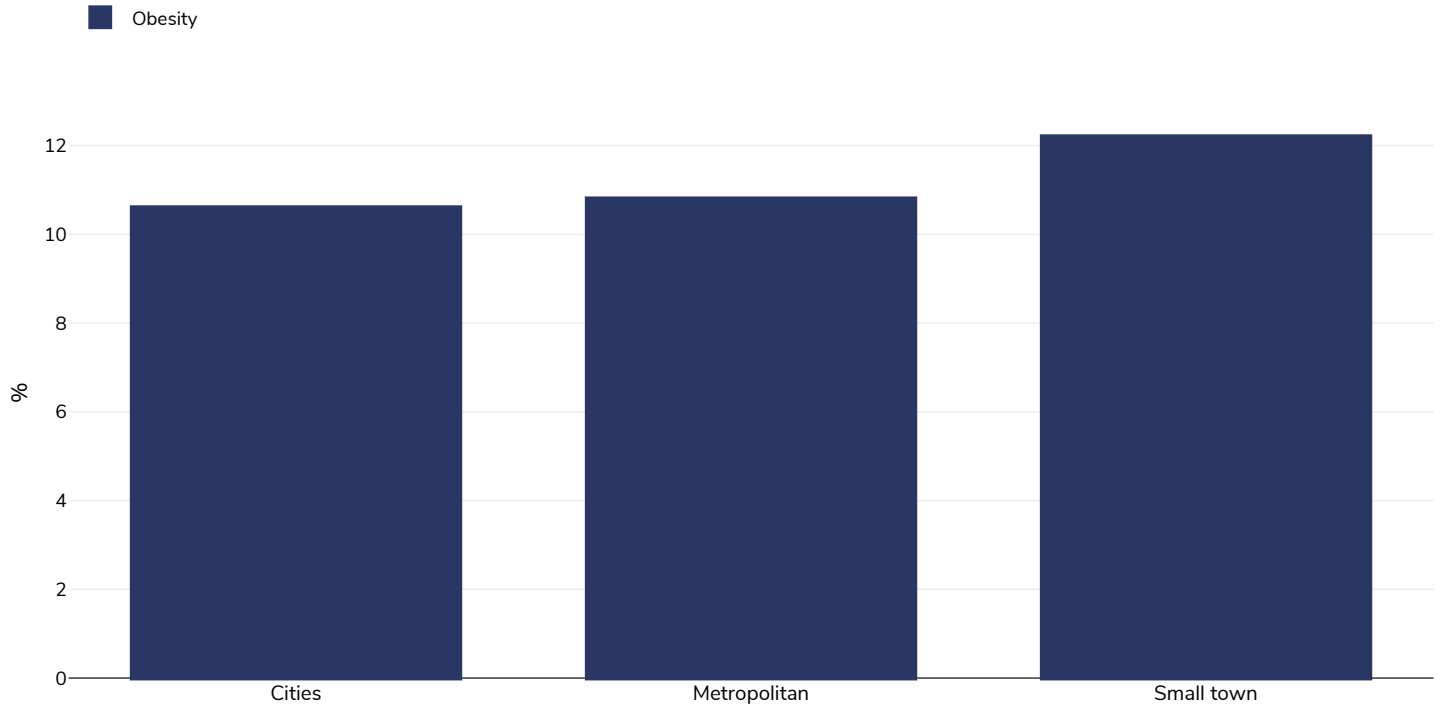
References: Japan National Health and Nutrition 2019 Survey. Excel results available at <https://www.e-stat.go.jp/stat-search/files?page=1&layout=datalist&toukei=00450171&tstat=000001041744&cycle=7&tclass1=000001148507&tclass2val=0> (last accessed 27.09.22)

Notes: NB NOTE VERY SMALL SAMPLE SIZE

Definitions: Determination of obesity by school health statistics survey method. The degree of obesity in 6 to 14 years old was determined from the standard weight by age and height. Degree of obesity (overweight) = (measured weight (kg) - standard weight by height (kg)) / standard by height Weight (kg) x 100 (%) Overweight +20-30% Obesity >30%

Overweight/obesity by region

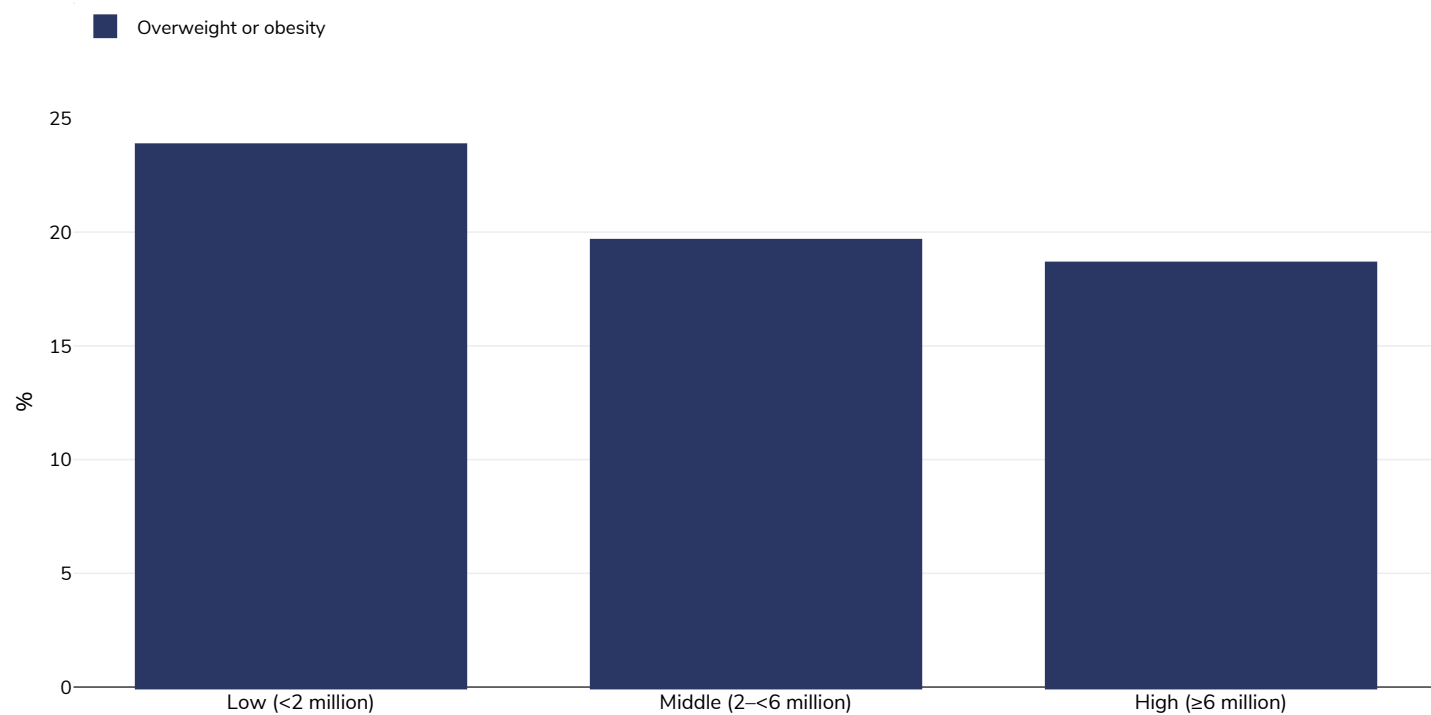
Children, 1996-2000



Survey type:	Measured
Age:	6-14
Sample size:	3083
Area covered:	National
References:	Matsushita, Yumi, et al. "Trends in Childhood Obesity in Japan over the Last 25 Years from the National Nutrition Survey." <i>Obesity Research</i> , vol. 12, no. 2, Feb. 2004, pp. 205–214, 10.1038/oby.200a4.27. Accessed 08.11.21.
Cutoffs:	IOTF

Overweight/obesity by socio-economic group

Adults, 2014



Survey type: Measured

Age: 20+

Sample size: 6000

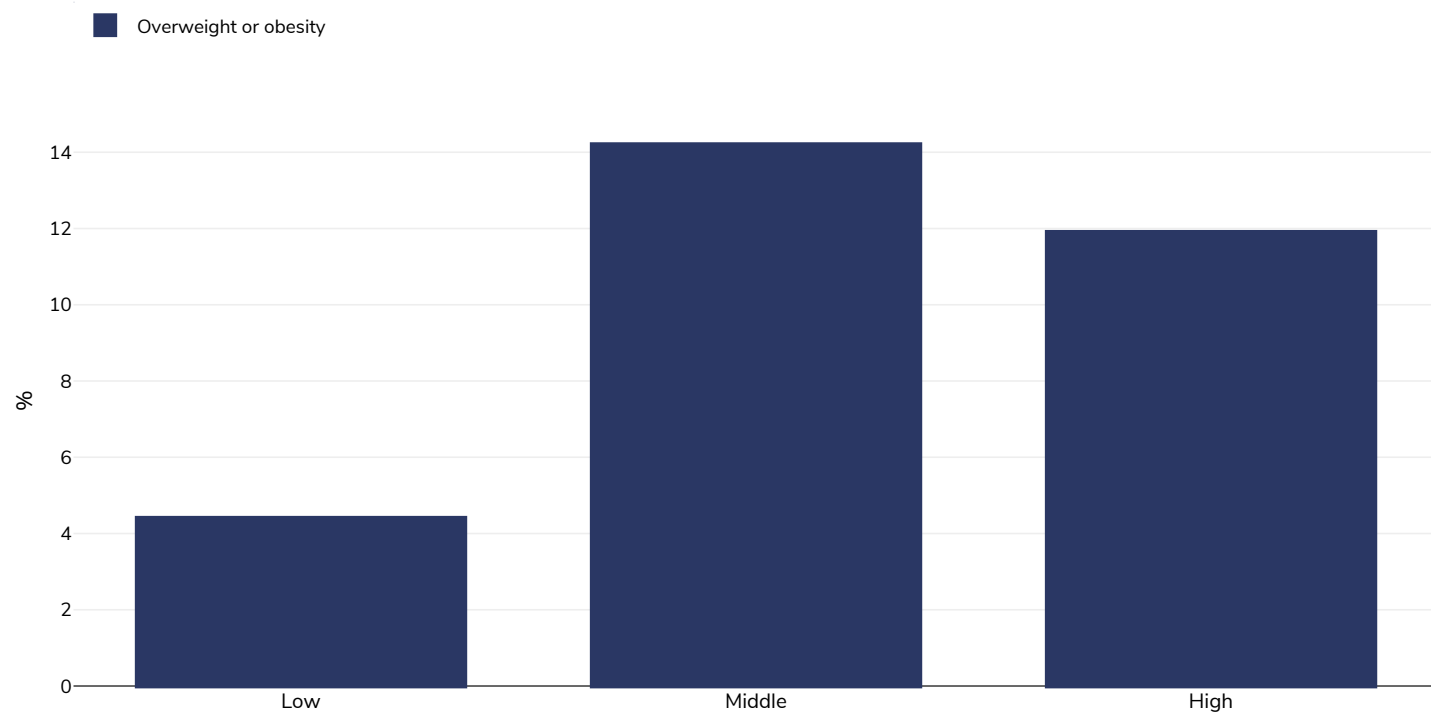
Area covered: National

References: Kurotani, Kayo, et al. "Diet Quality of Japanese Adults with Respect to Age, Sex, and Income Level in the National Health and Nutrition Survey, Japan." *Public Health Nutrition*, vol. 23, no. 5, 18 Nov. 2019, pp. 821–832, 10.1017/s1368980019002088. Accessed 08.11.21.

Notes: Data from National Health and Nutrition Survey, Japan 2014

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

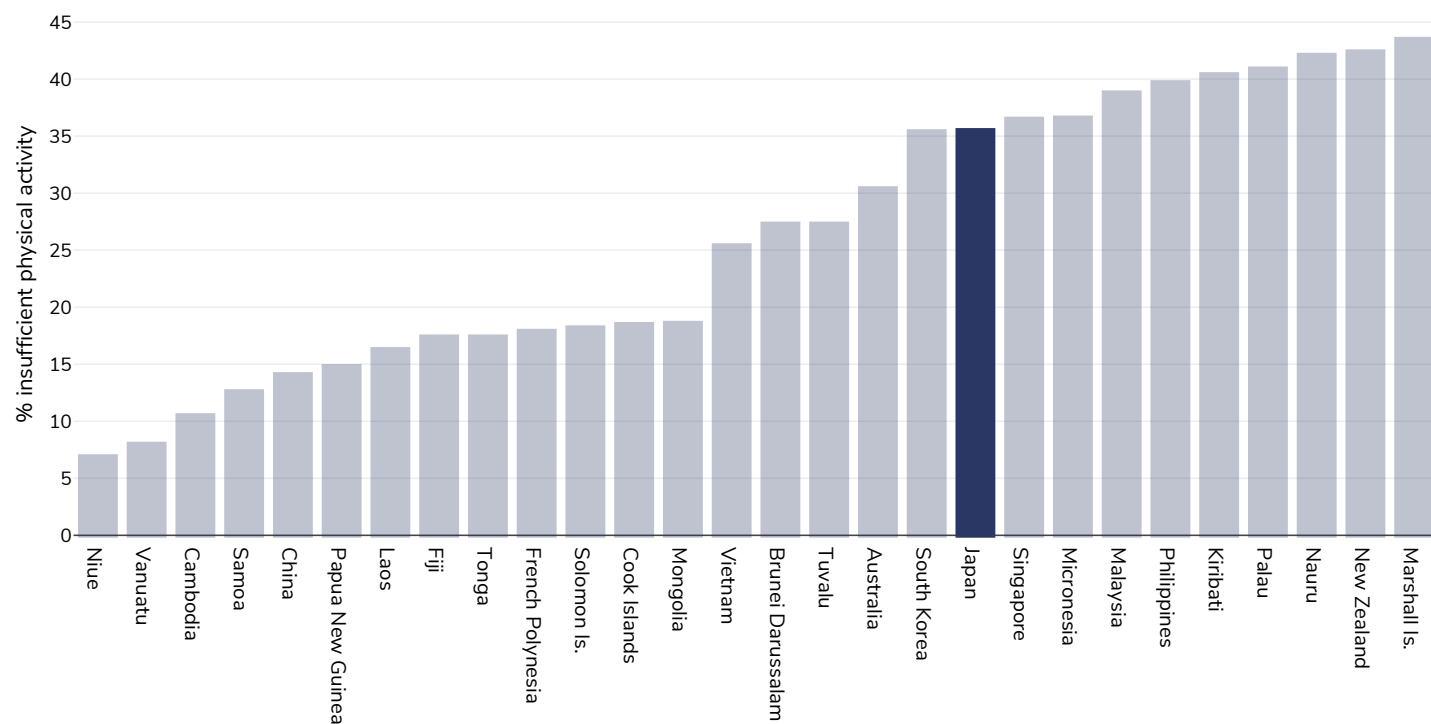
Children, 2010



Survey type:	Measured
Age:	6-11
Sample size:	397
Area covered:	National
References:	Kachi Y, Otsuka T, Kawada T. Socioeconomic Status and Overweight: A Population-Based Cross-Sectional Study of Japanese Children and Adolescents. <i>Journal of Epidemiology</i> . 2015;25(7):463-469. doi:10.2188/jea.JE20140108.
Notes:	Prevalence of overweight and obesity by household income. Overweight, including obesity, was defined by International Obesity Task Force (IOTF) cut-offs. Note small sample size.
Cutoffs:	IOTF

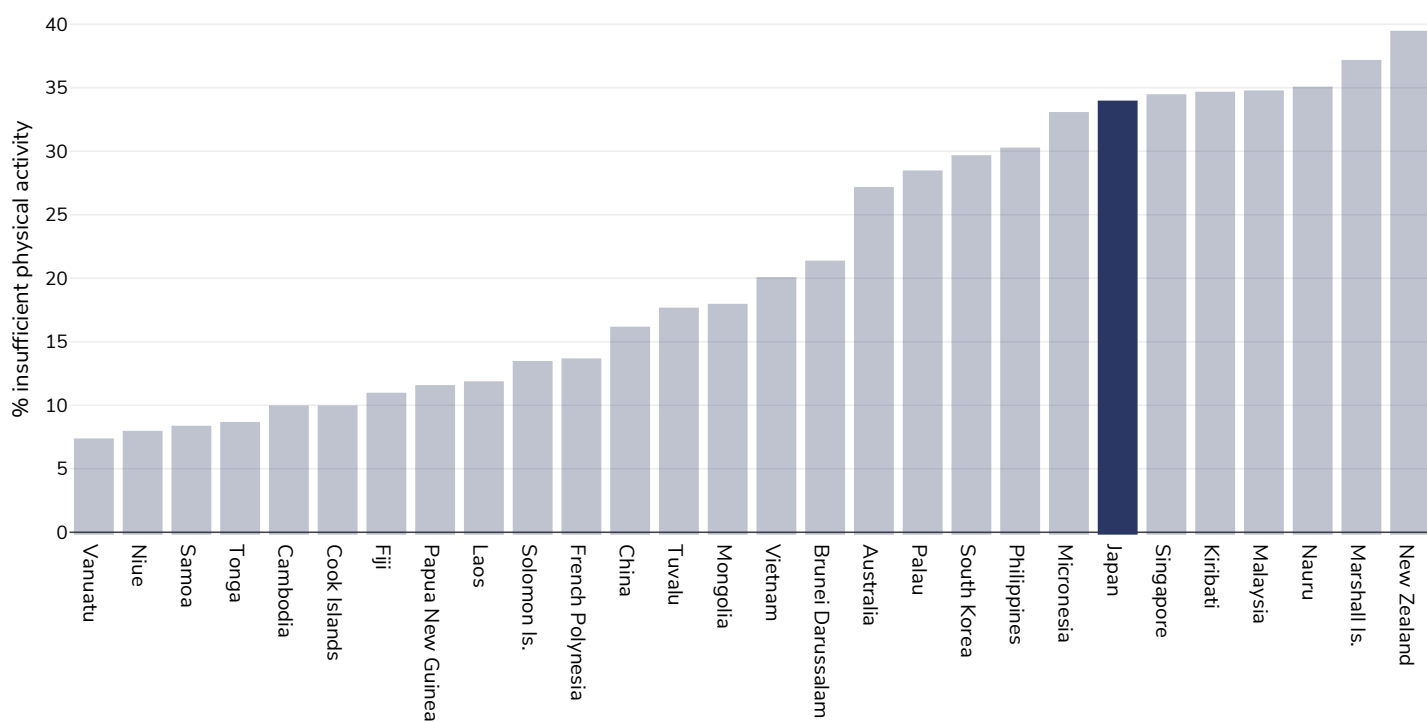
Insufficient physical activity

Adults, 2016



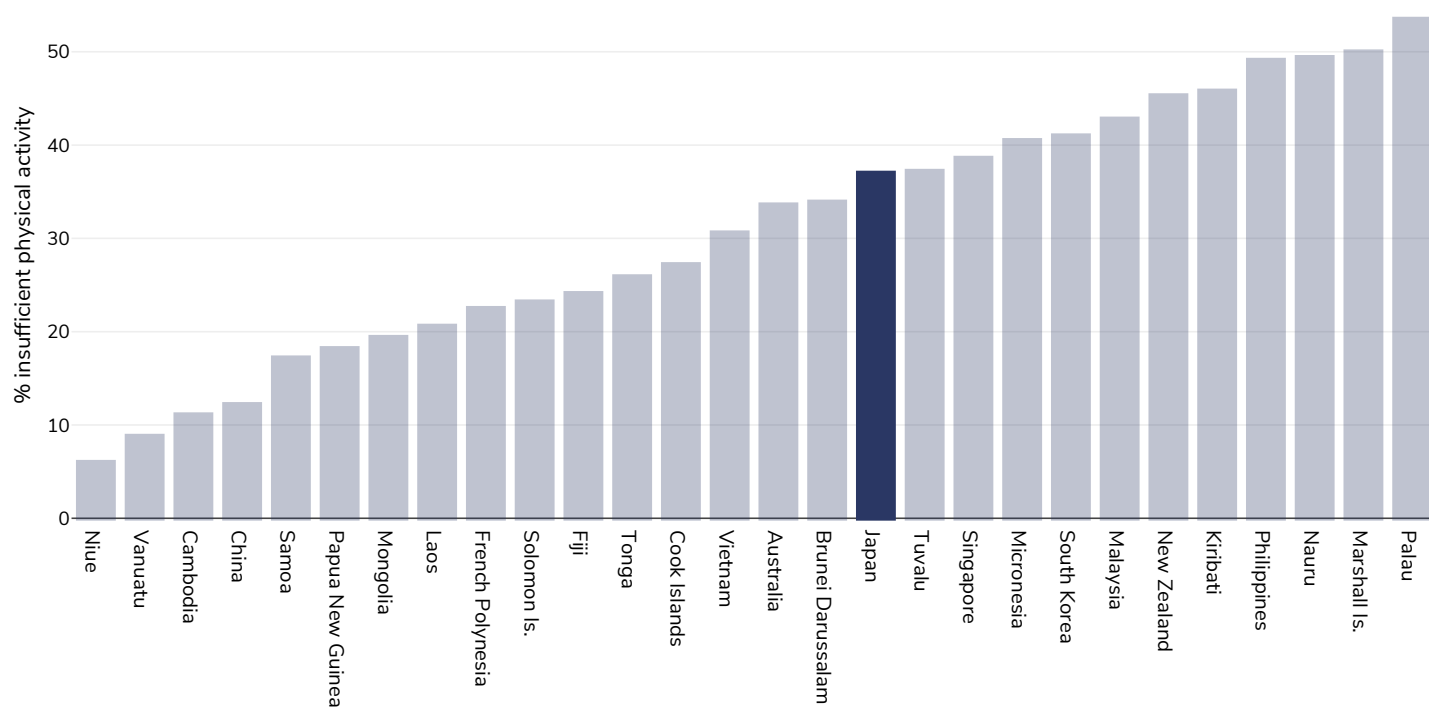
References: Guthold R, Stevens GA, Riley LM, Bull FC. Worldwide trends in insufficient physical activity from 2001 to 2016: a pooled analysis of 358 population-based surveys with 1.9 million participants. Lancet 2018 [http://dx.doi.org/10.1016/S2214-109X\(18\)30357-7](http://dx.doi.org/10.1016/S2214-109X(18)30357-7)

Men, 2016



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

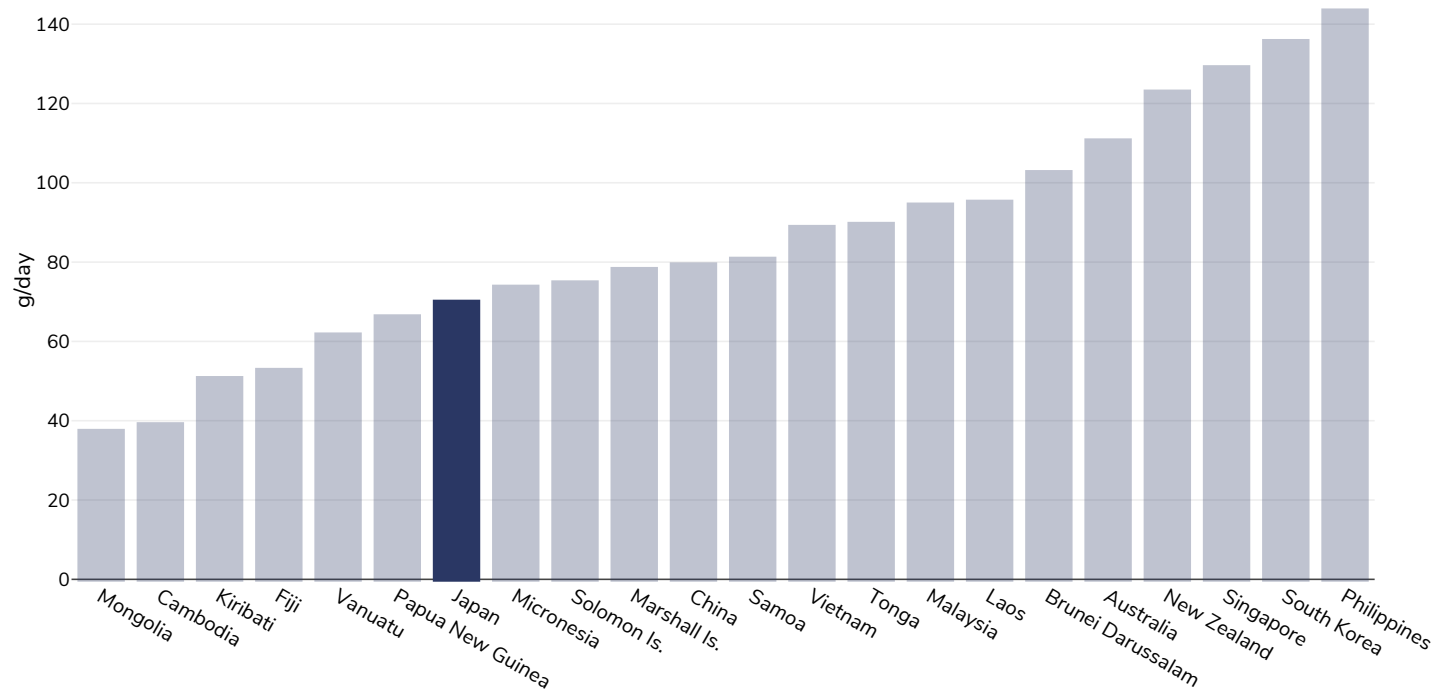
Women, 2016



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

Estimated per capita fruit intake

Adults, 2017



Survey type: Measured

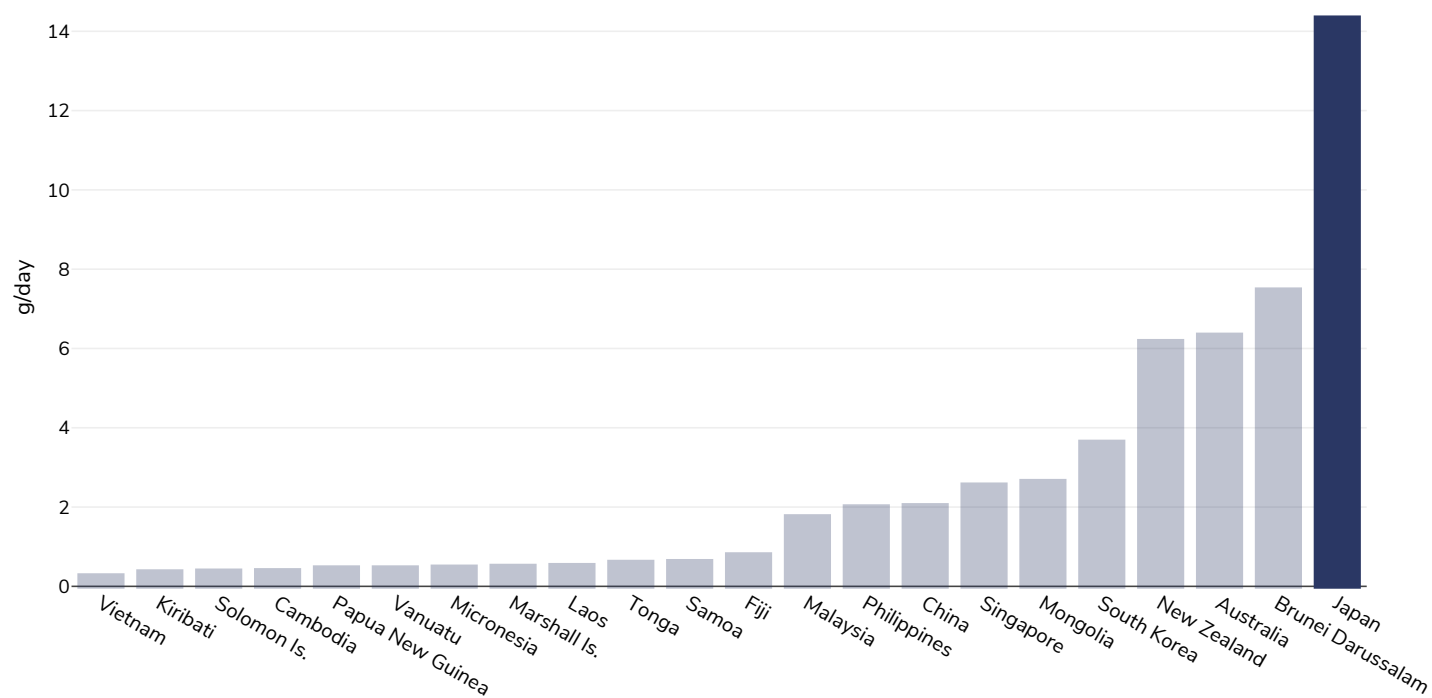
Age: 25+

References: Global Burden of Disease, the Institute for Health Metrics and Evaluation <http://ghdx.healthdata.org/>

Definitions: Estimated per-capita fruit intake (g/day)

Estimated per-capita processed meat intake

Adults, 2017



Survey type:

Measured

Age:

25+

References:

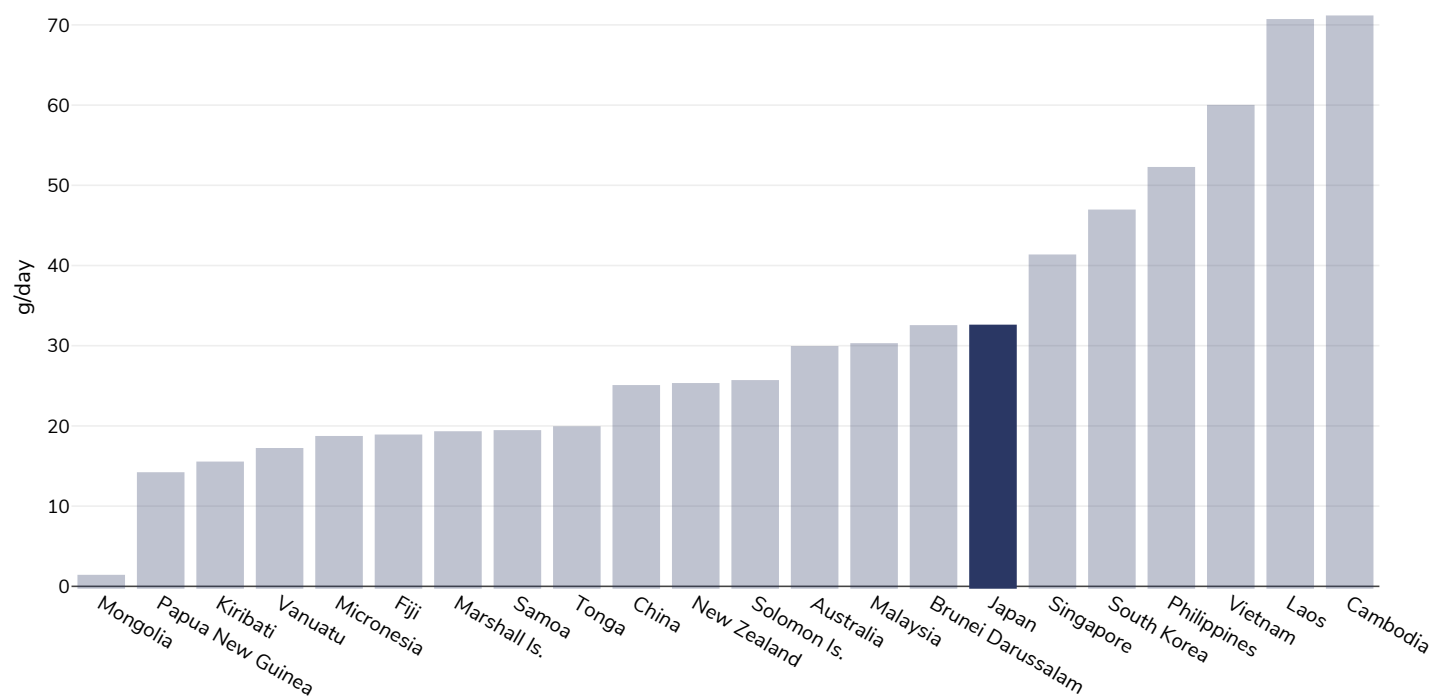
Global Burden of Disease, the Institute for Health Metrics and Evaluation <http://ghdx.healthdata.org/>

Definitions:

Estimated per-capita processed meat intake (g per day)

Estimated per capita whole grains intake

Adults, 2017



Survey type: Measured

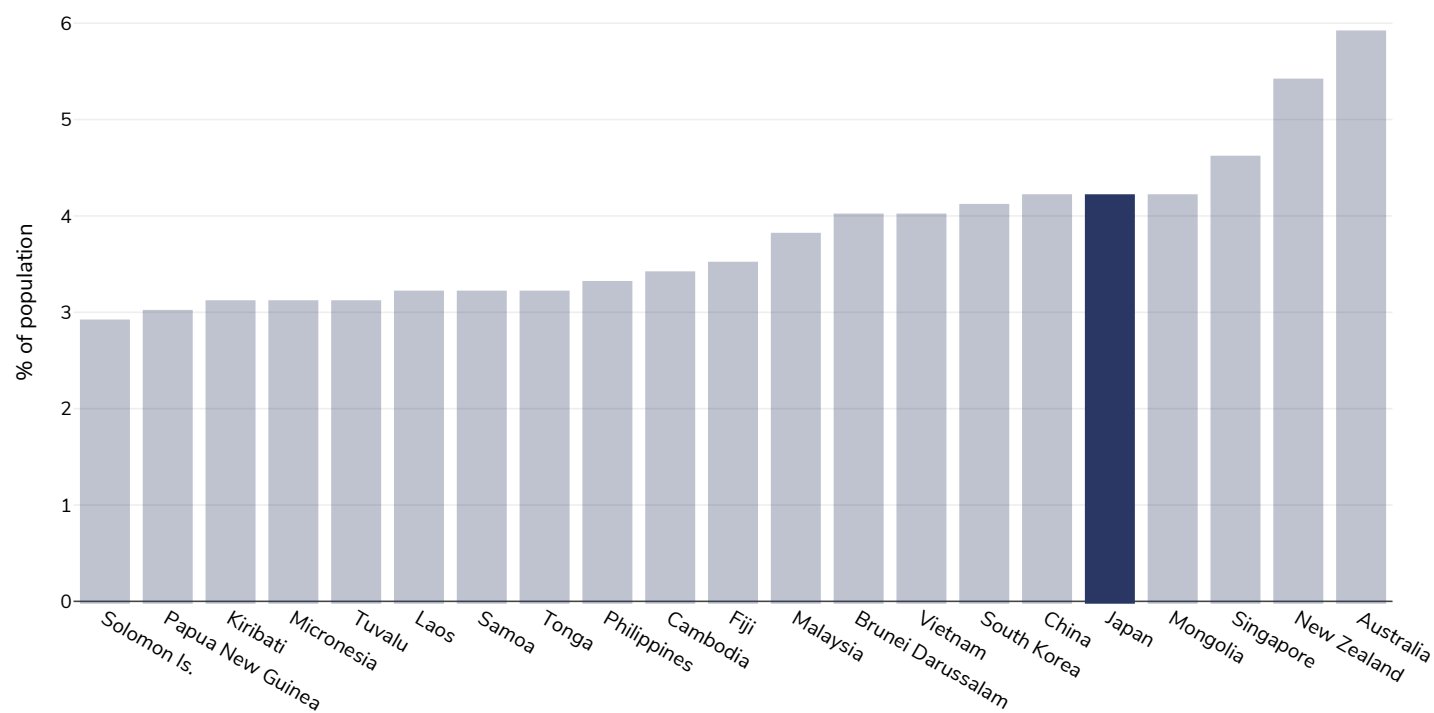
Age: 25+

References: Global Burden of Disease, the Institute for Health Metrics and Evaluation <http://ghdx.healthdata.org/>

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

Mental health - depression disorders

Adults, 2015

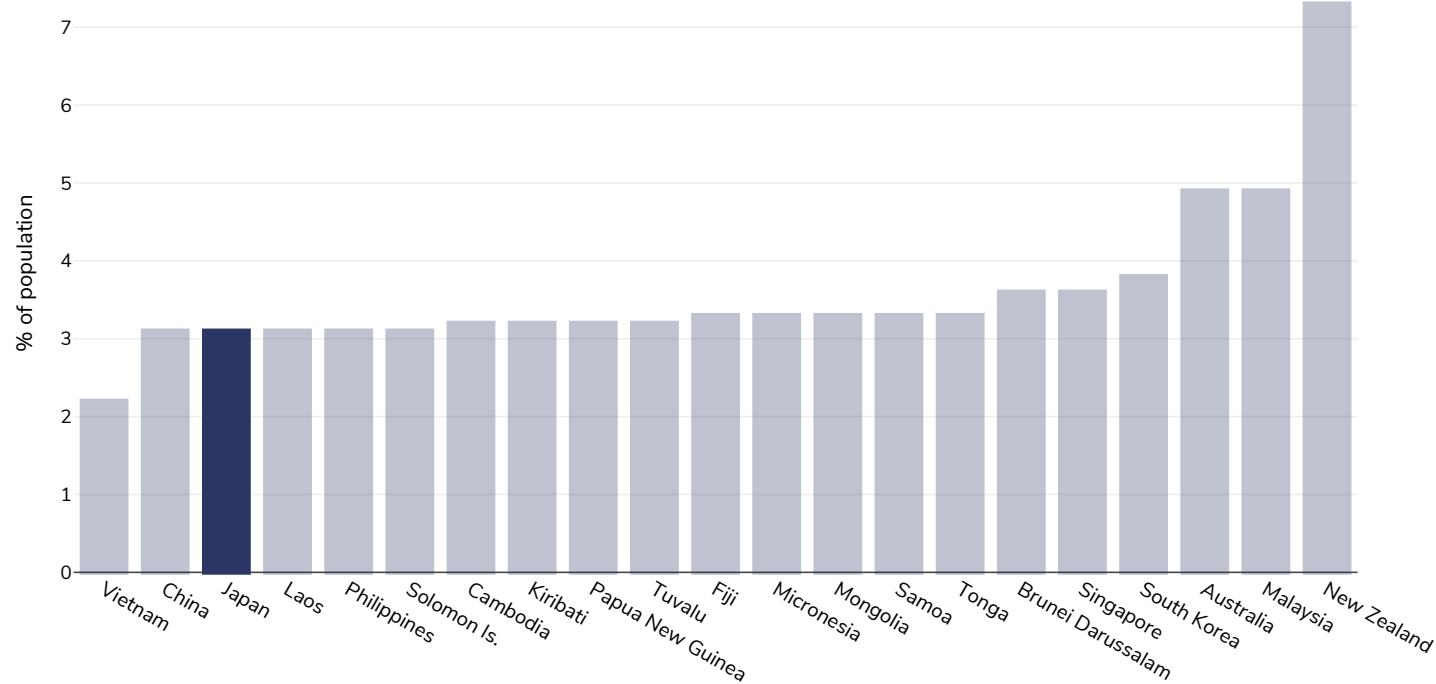


References: Prevalence data from Global Burden of Disease study 2015 (<http://ghdx.healthdata.org>) published in: Depression and Other Common Mental Disorders: Global Health Estimates. Geneva:World Health Organization; 2017. Licence: CC BY-NC-SA 3.0 IGO.

Definitions: % of population with depression disorders

Mental health - anxiety disorders

Adults, 2015

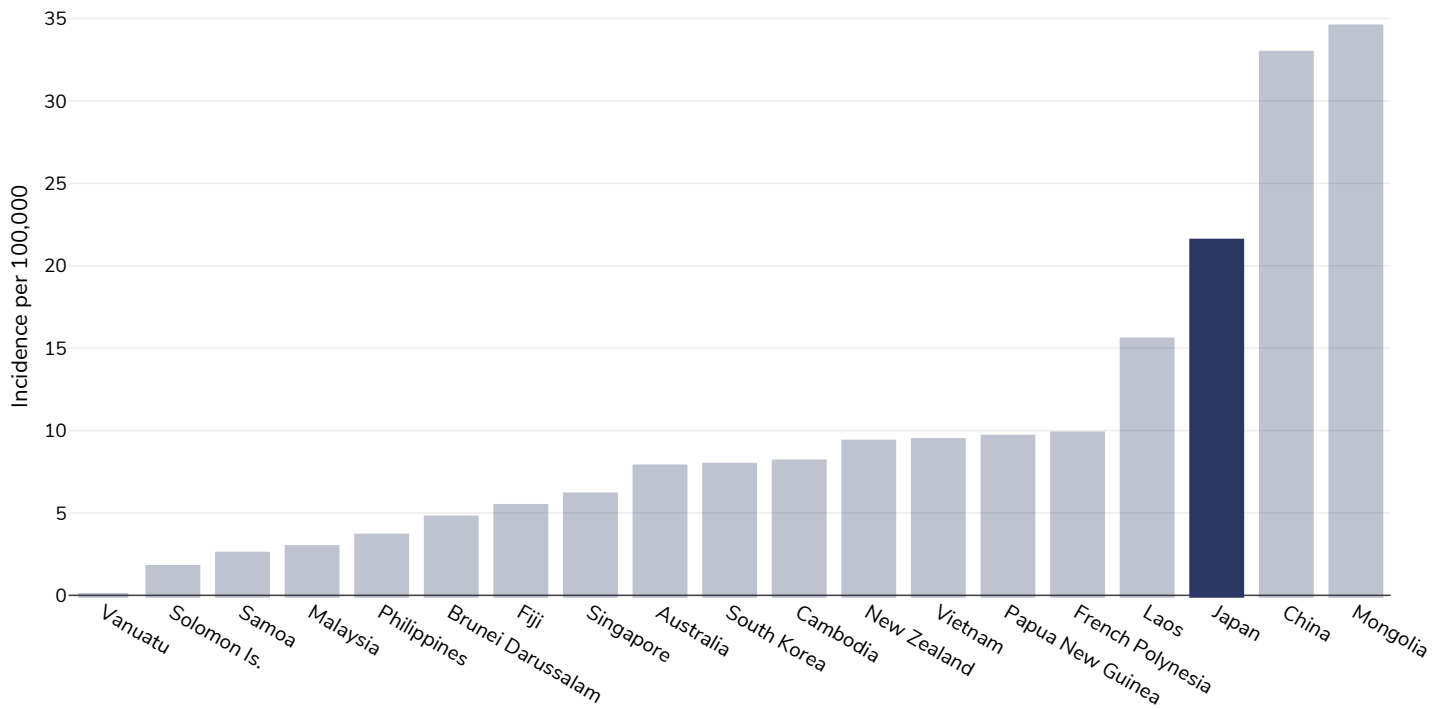


References: Prevalence data from Global Burden of Disease study 2015 (<http://ghdx.healthdata.org>) published in: Depression and Other Common Mental Disorders: Global Health Estimates. Geneva:World Health Organization; 2017. Licence: CC BY-NC-SA 3.0 IGO.

Definitions: % of population with anxiety disorders

Oesophageal cancer

Men, 2020



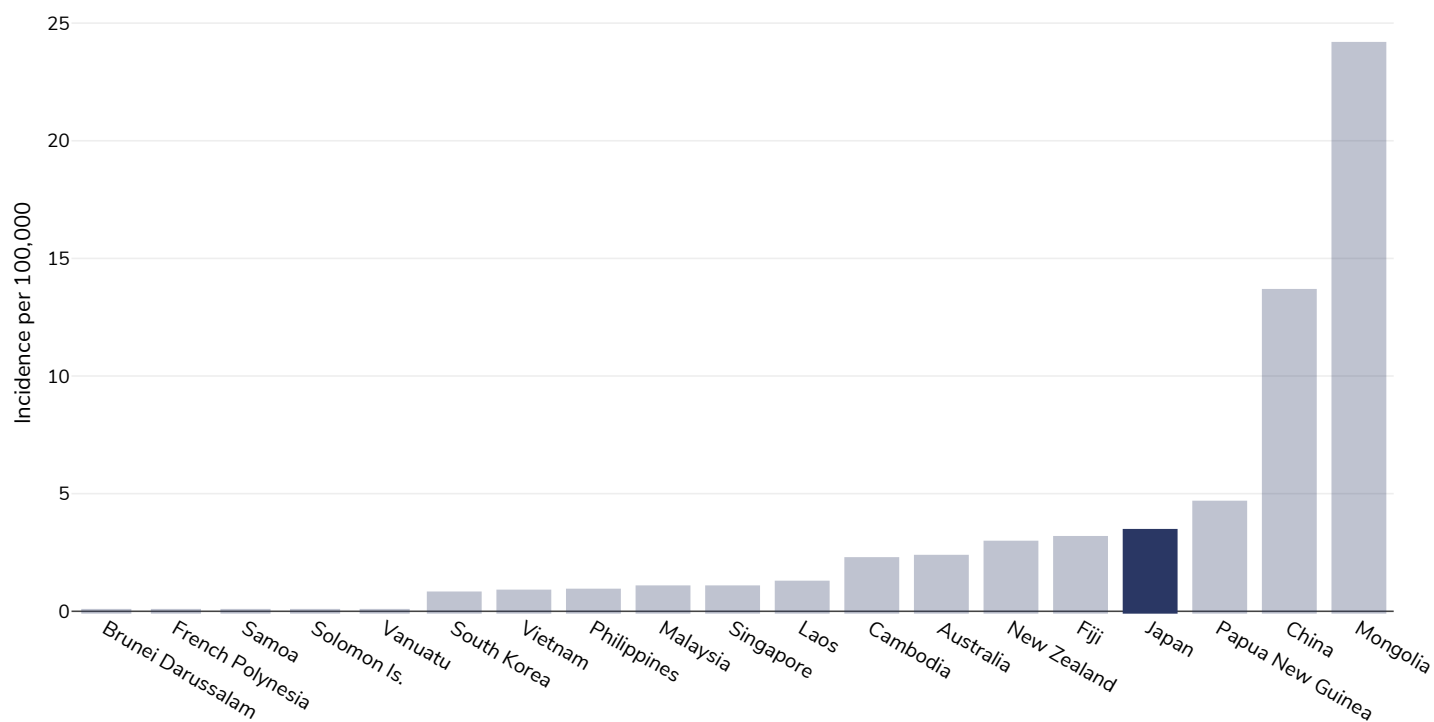
Age: 20+

Area covered: National

References: Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.fr/today>, accessed 10.01.2195

Definitions: Age-standardized incidence rates per 100 000

Women, 2020



Age: 20+

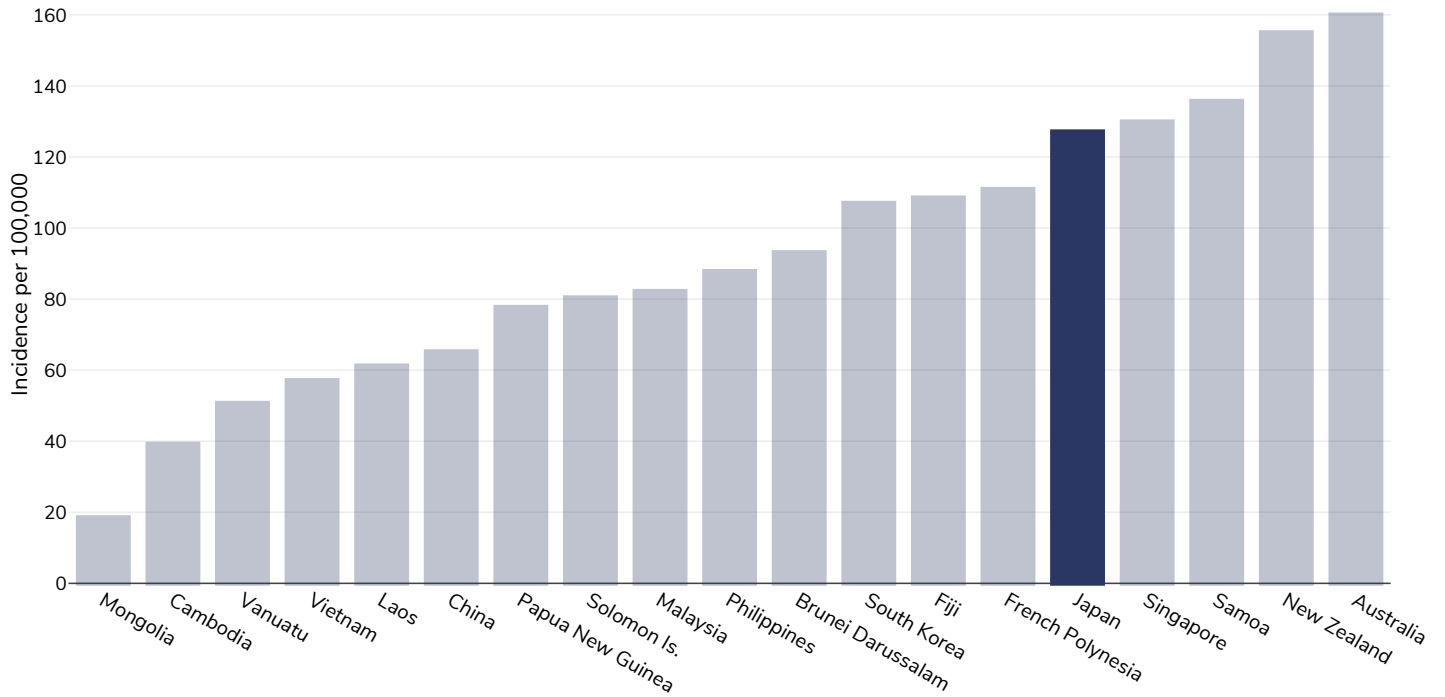
Area covered: National

References: Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.fr/today>, accessed 10.01.2195

Definitions: Age-standardized incidence rates per 100 000

Breast cancer

Women, 2020



Age: 20+

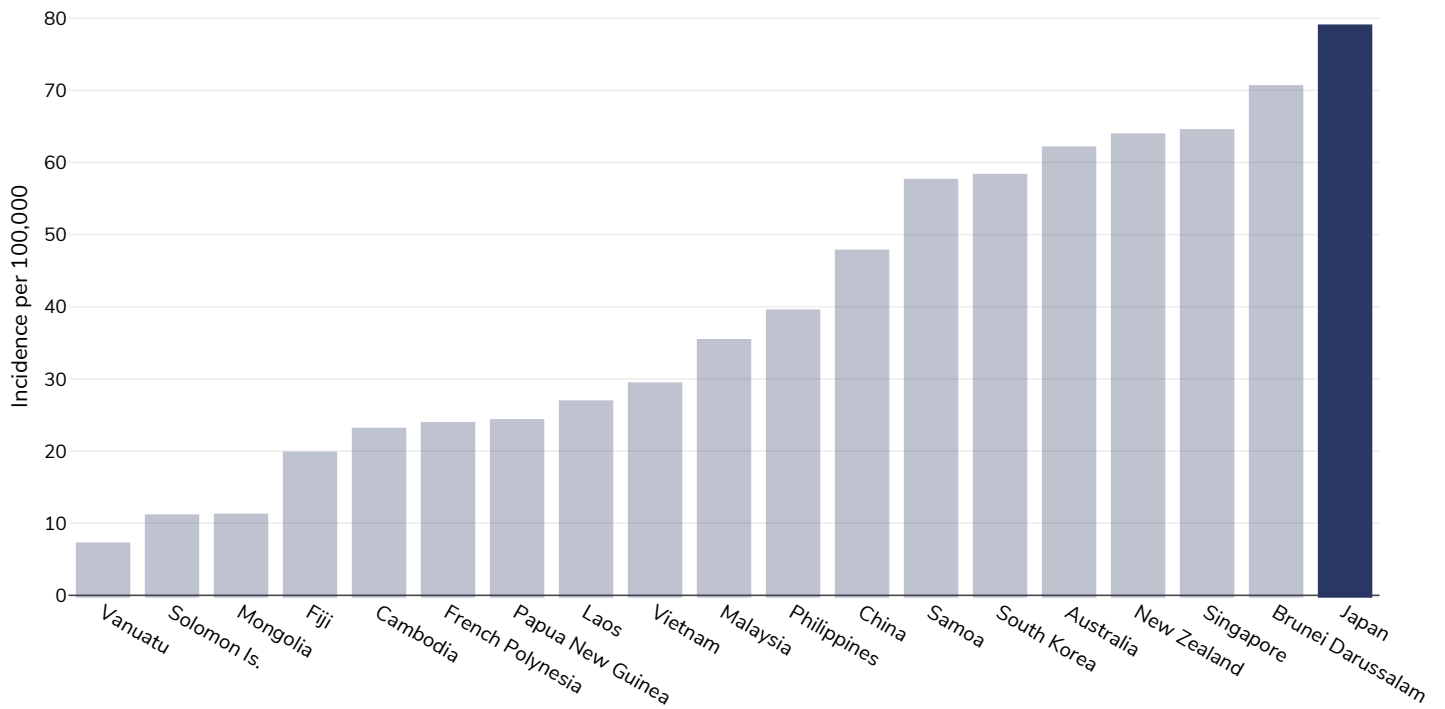
Area covered: National

References: Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.fr/today>, accessed 10.01.2195

Definitions: Age-standardized incidence rates per 100 000

Colorectal cancer

Men, 2020



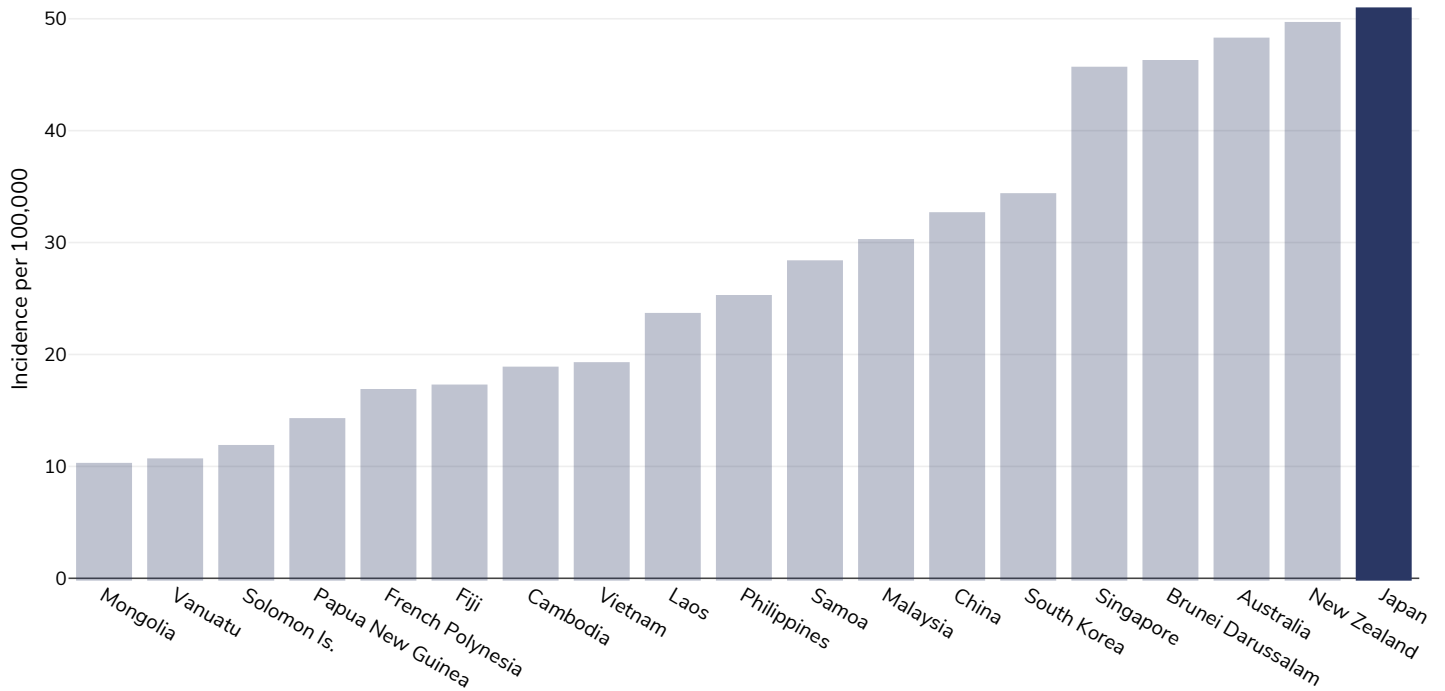
Age: 20+

Area covered: National

References: Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.fr/today>, accessed 10.01.2195

Definitions: Age-standardized incidence rates per 100 000

Women, 2020



Age: 20+

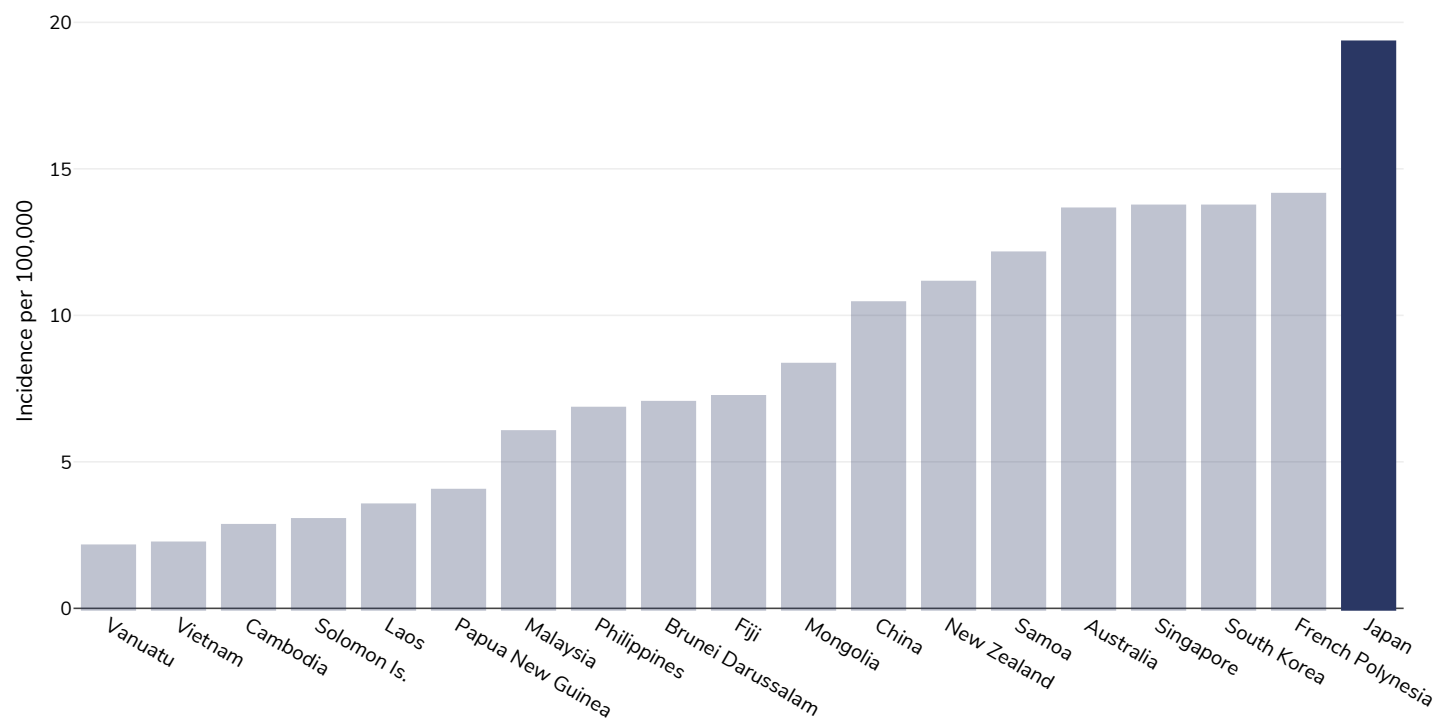
Area covered: National

References: Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.fr/today>, accessed 10.01.2195

Definitions: Age-standardized incidence rates per 100 000

Pancreatic cancer

Men, 2020



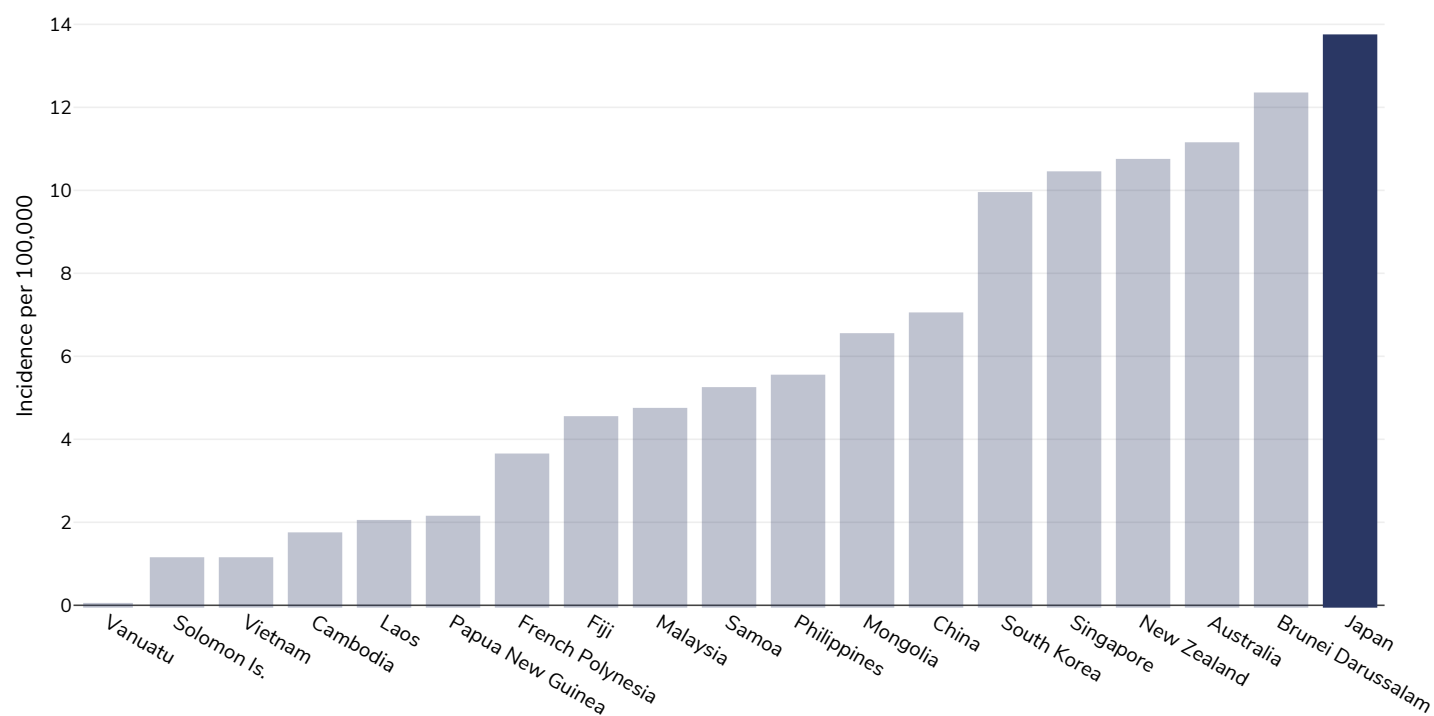
Age: 20+

Area covered: National

References: Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.fr/today>, accessed 10.01.2195

Definitions: Age-standardized incidence rates per 100 000

Women, 2020



Age: 20+

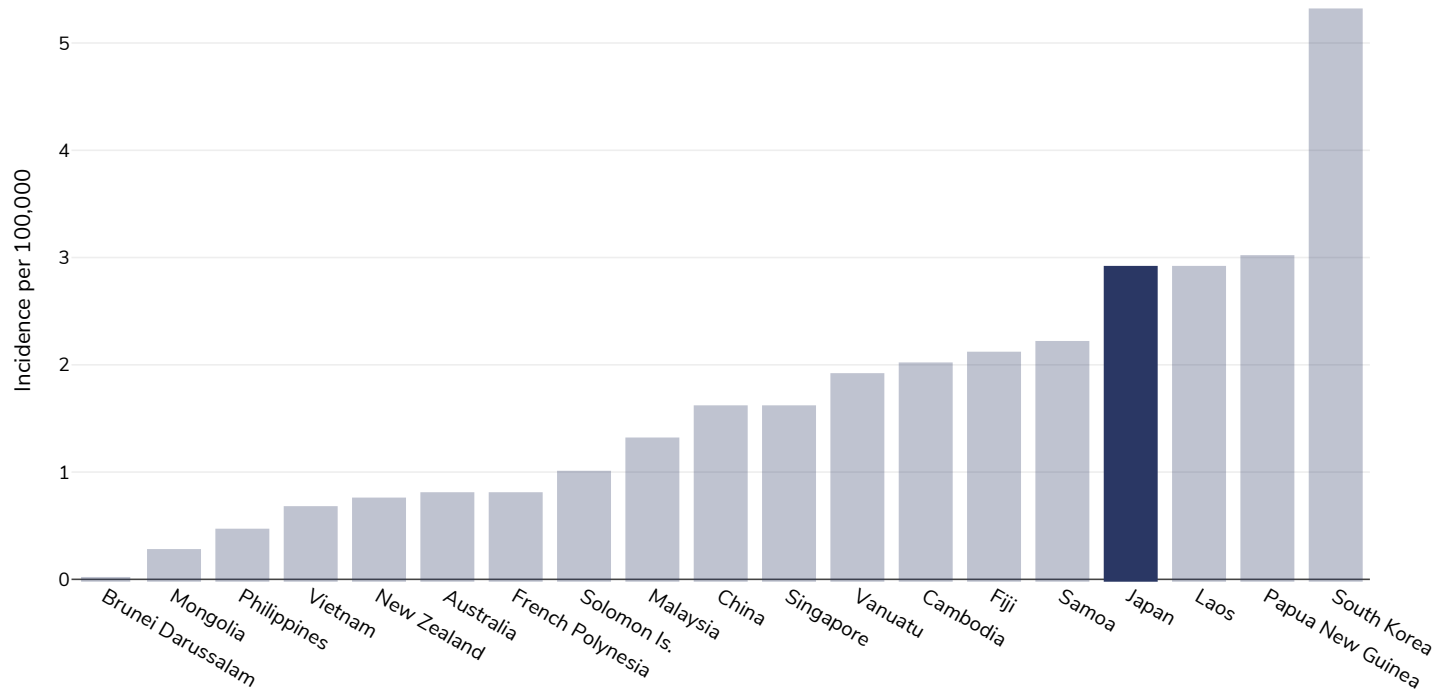
Area covered: National

References: Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.fr/today>, accessed 10.01.2195

Definitions: Age-standardized incidence rates per 100 000

Gallbladder cancer

Men, 2020



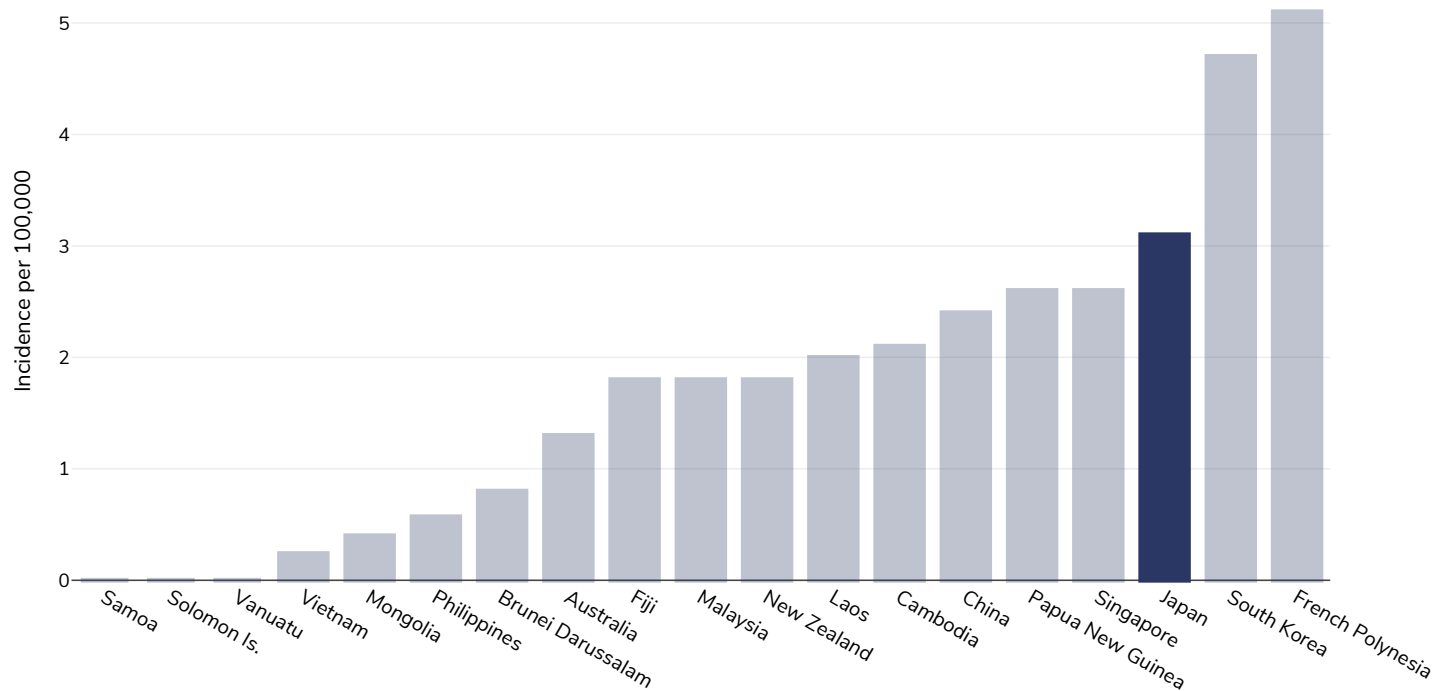
Age: 20+

Area covered: National

References: Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.fr/today>, accessed 10.01.2195

Definitions: Age-standardized incidence rates per 100 000

Women, 2020



Age: 20+

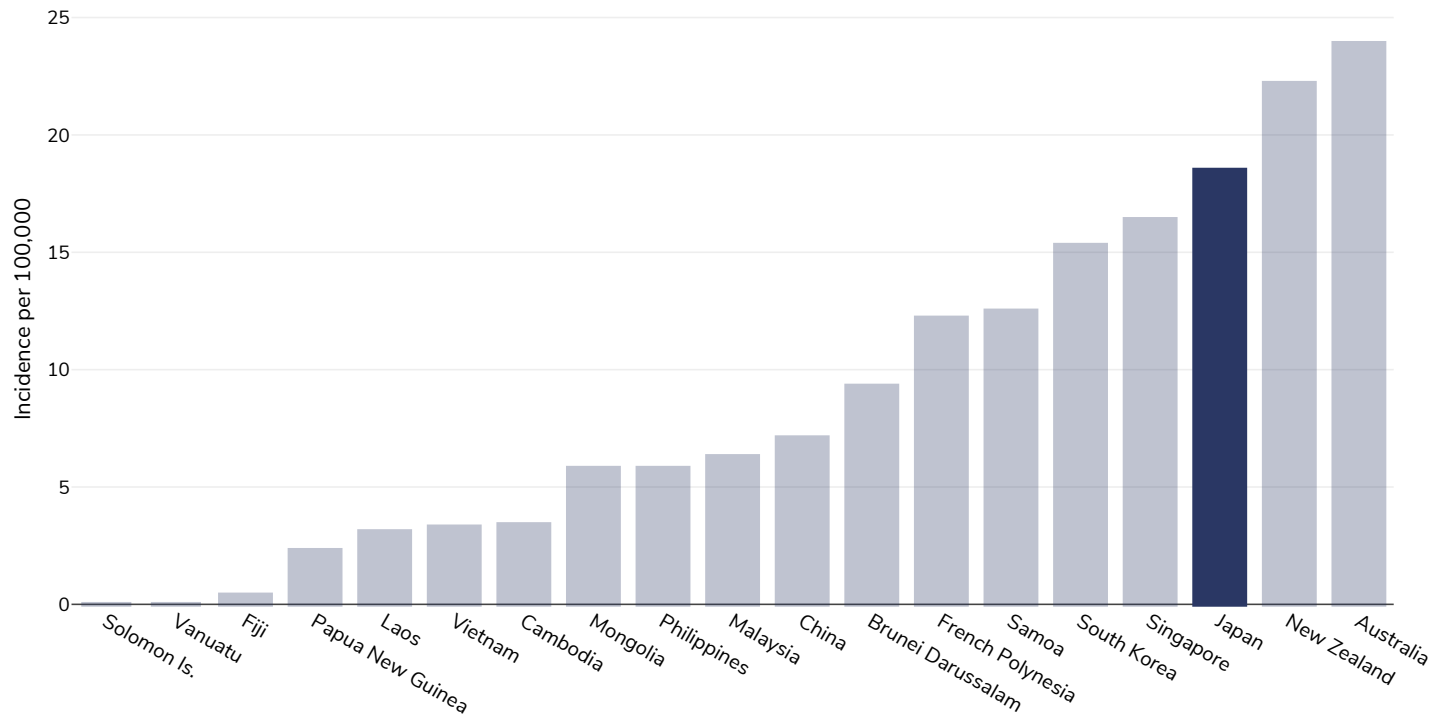
Area covered: National

References: Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.fr/today>, accessed 10.01.2195

Definitions: Age-standardized incidence rates per 100 000

Kidney cancer

Men, 2020



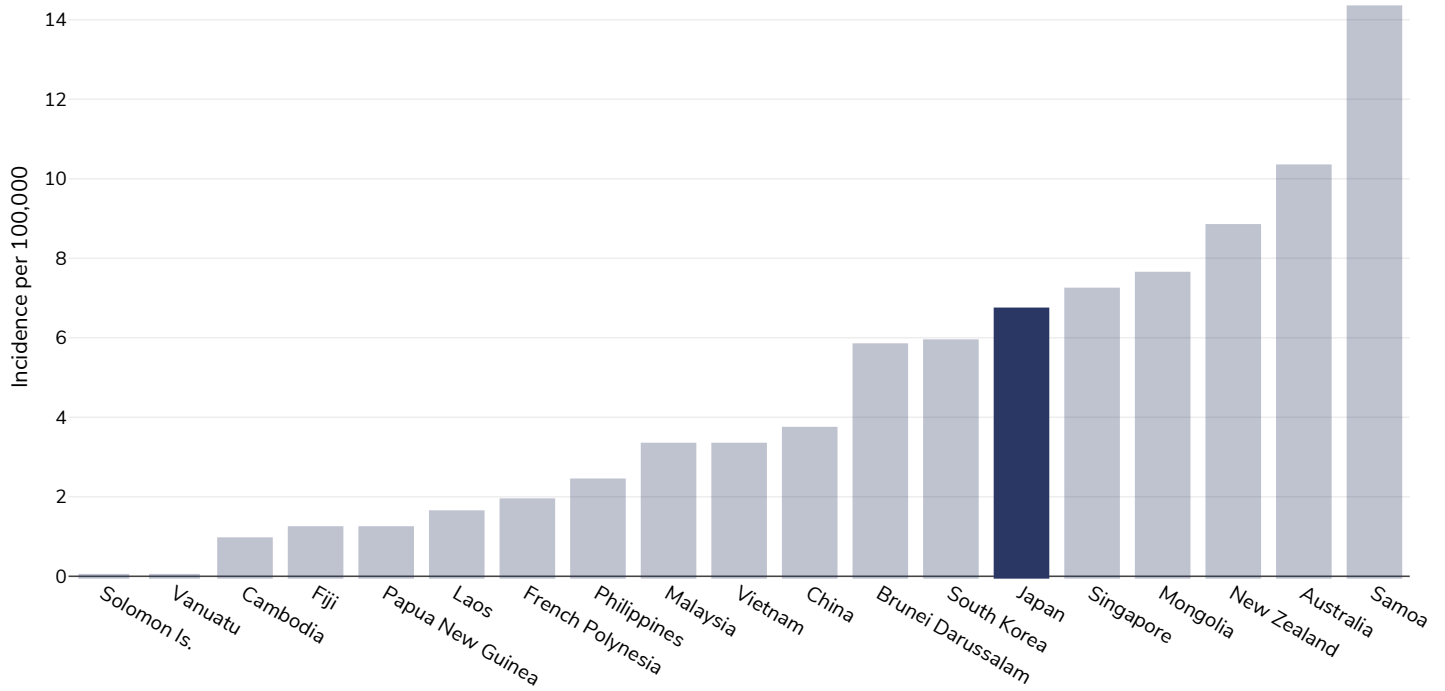
Age: 20+

Area covered: National

References: Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.fr/today>, accessed 10.01.2195

Definitions: Age-standardized incidence rates per 100 000

Women, 2020



Age: 20+

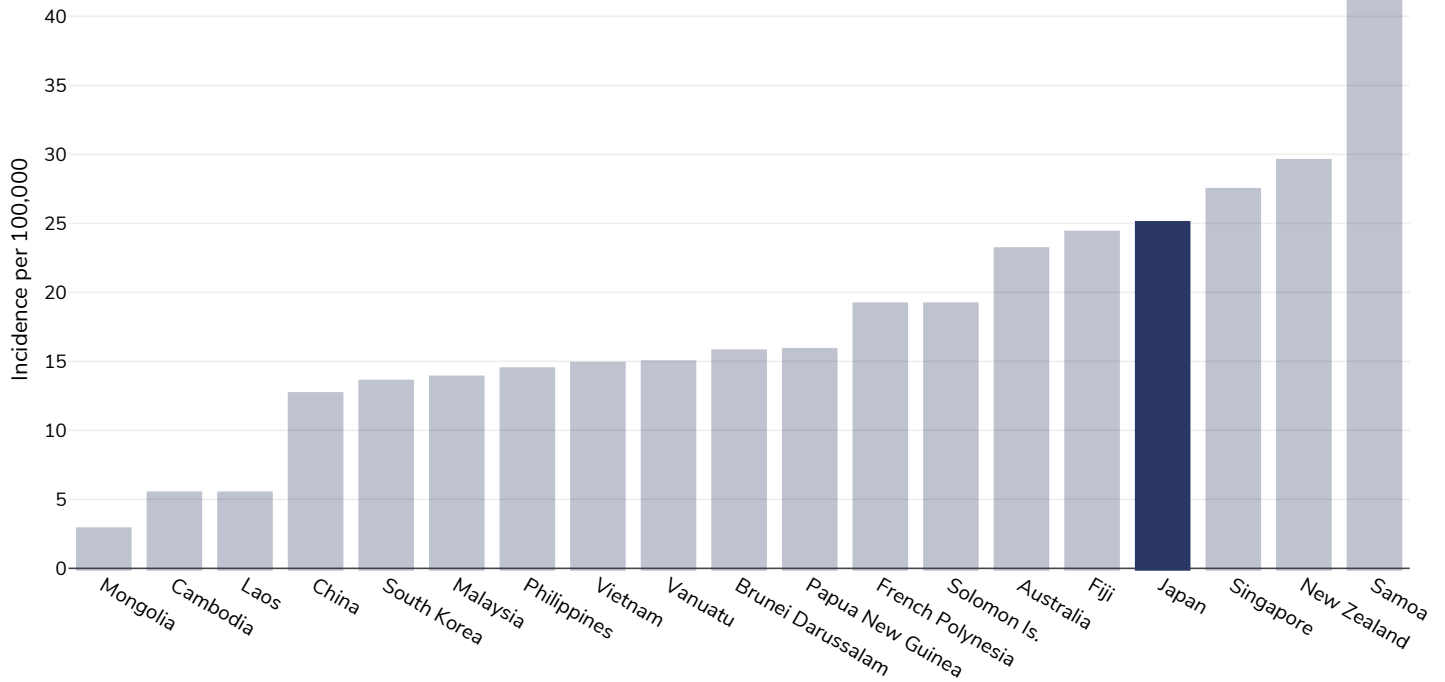
Area covered: National

References: Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.fr/today>, accessed 10.01.2195

Definitions: Age-standardized incidence rates per 100 000

Cancer of the uterus

Women, 2020



Age: 20+

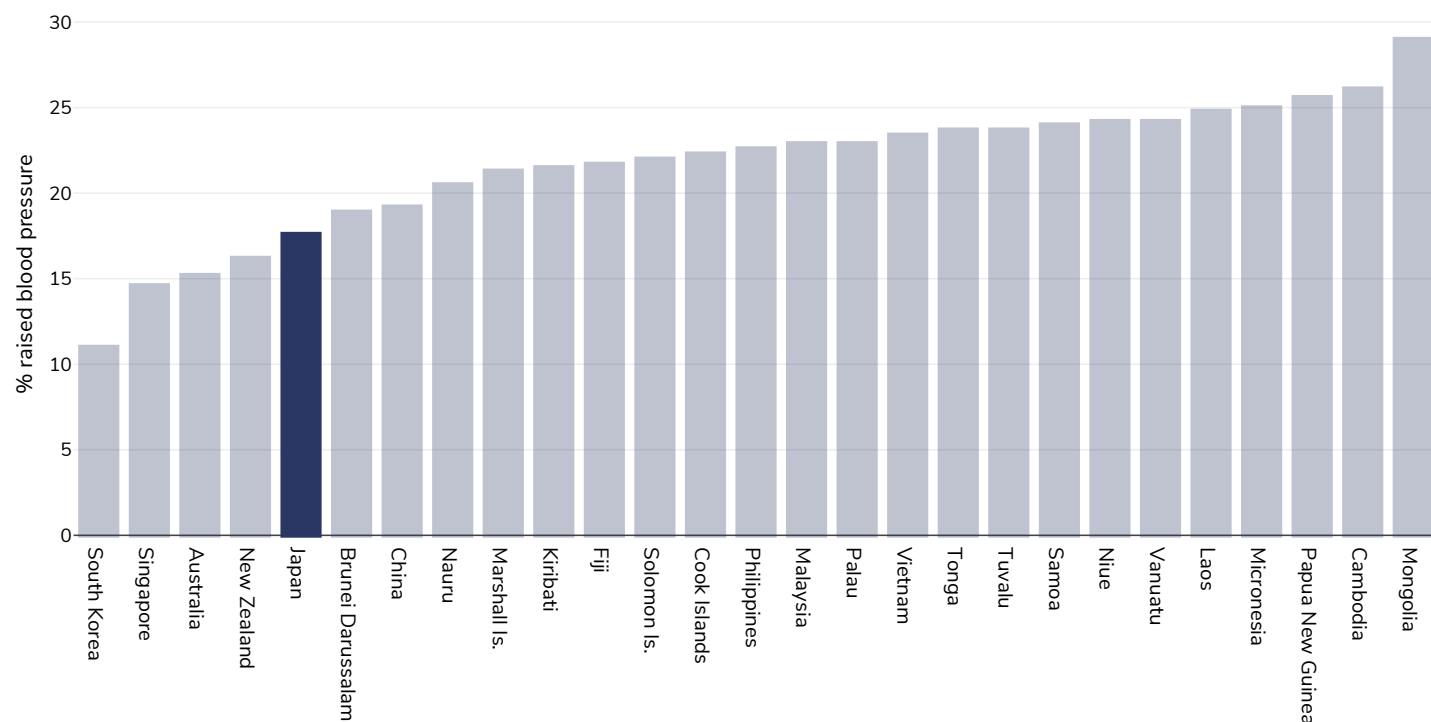
Area covered: National

References: Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.fr/today>, accessed 10.01.2195

Definitions: Age-standardized incidence rates per 100 000

Raised blood pressure

Adults, 2015



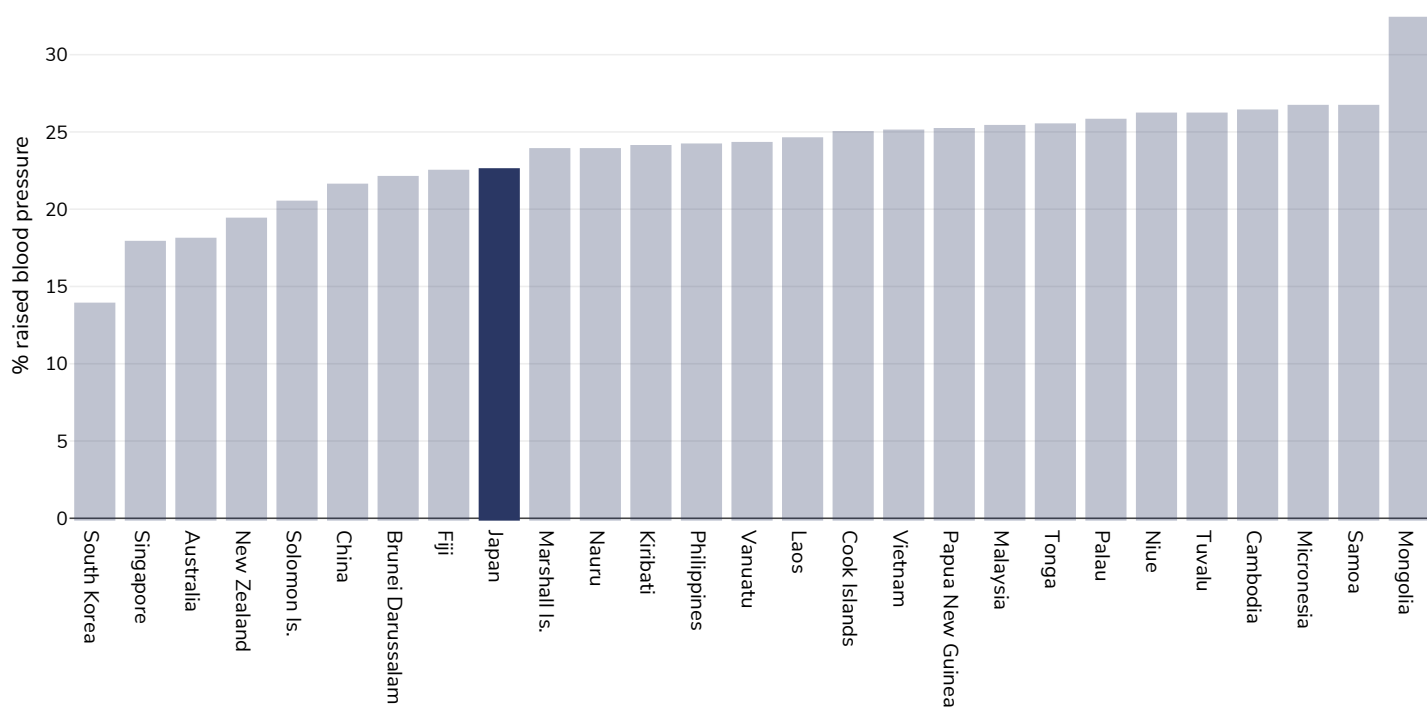
References:

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

Definitions:

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

Men, 2015



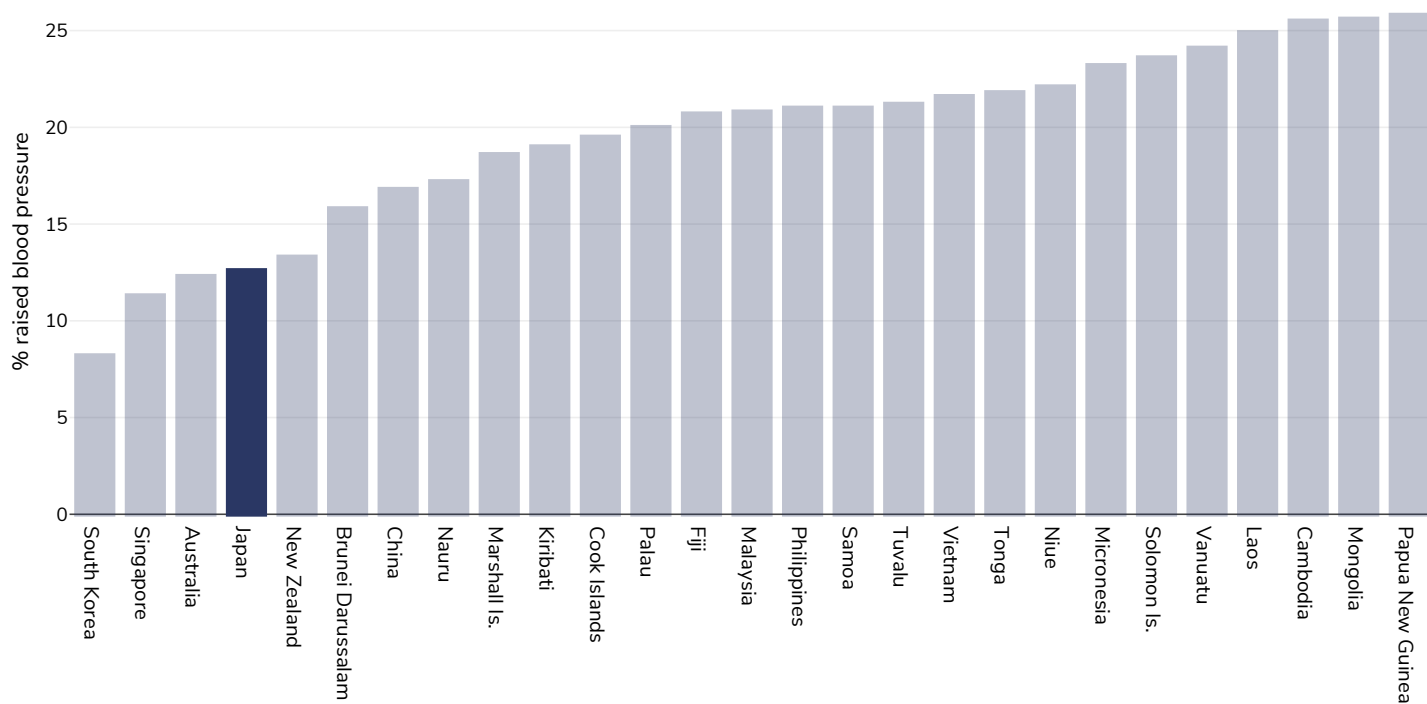
References:

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

Definitions:

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

Women, 2015



References:

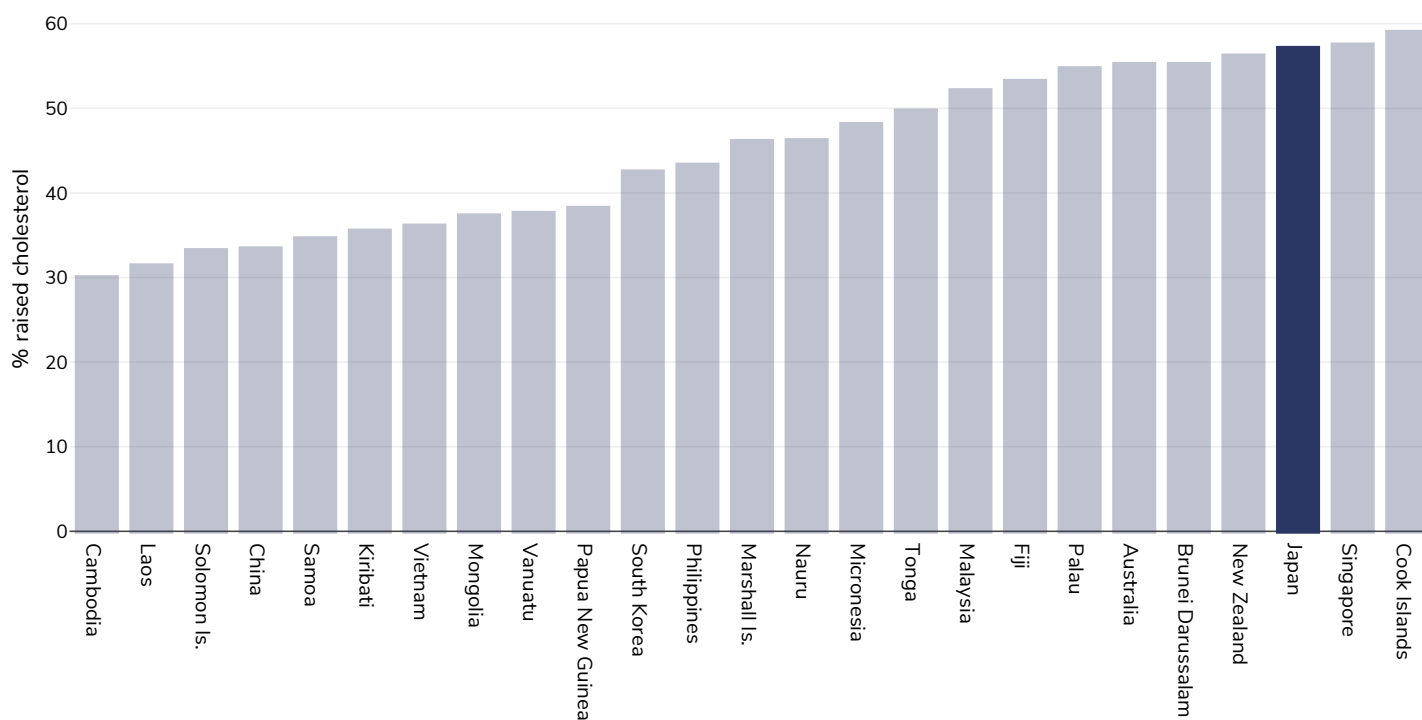
Global Health Observatory data repository, World Health Organisation,
<http://apps.who.int/gho/data/node.main.A875?lang=en>

Definitions:

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

Raised cholesterol

Adults, 2008



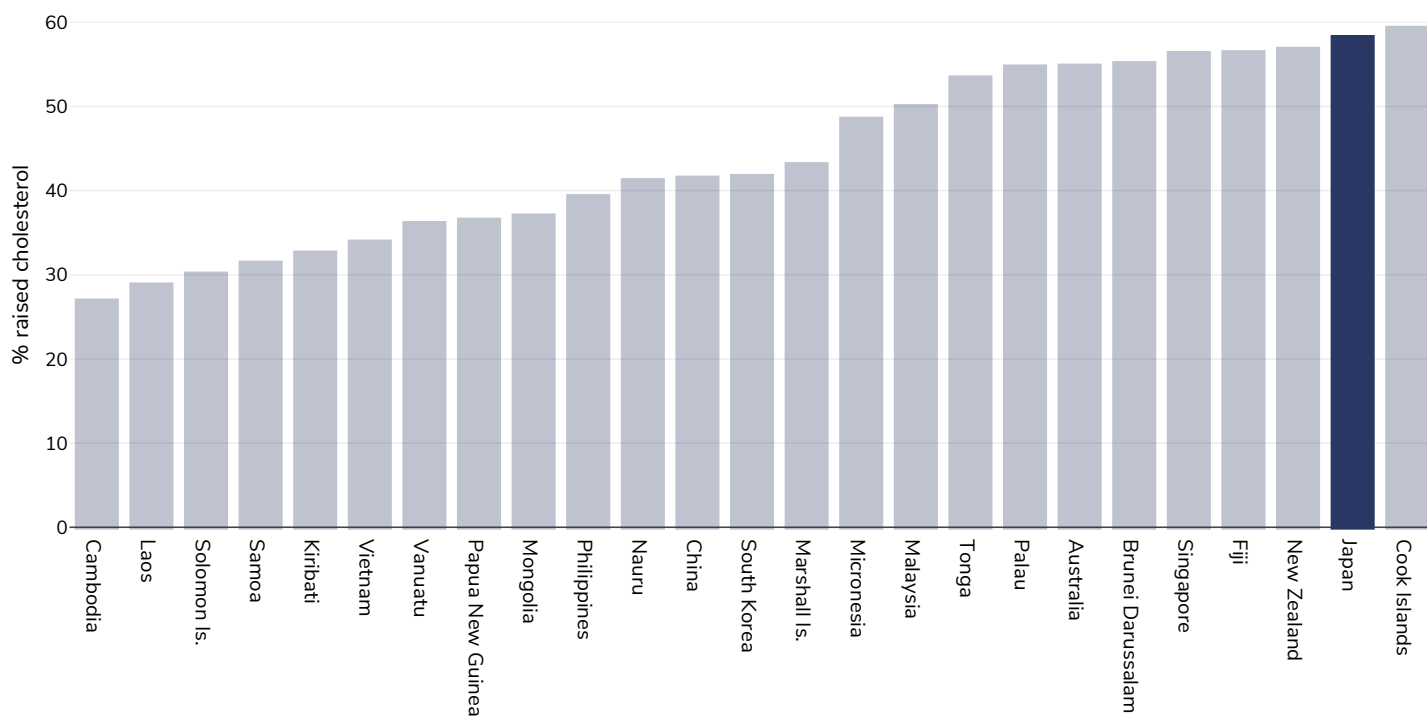
References:

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

Definitions:

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

Men, 2008



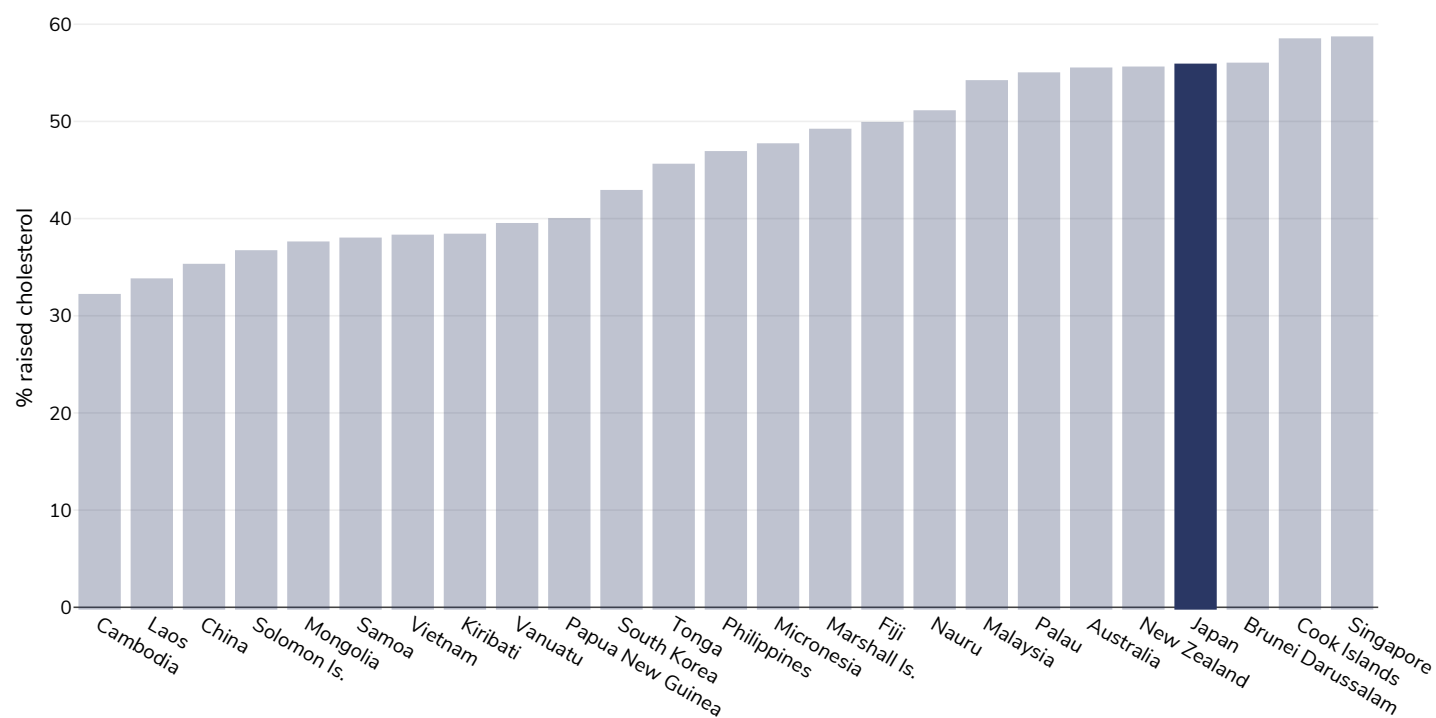
References:

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

Definitions:

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

Women, 2008



References:

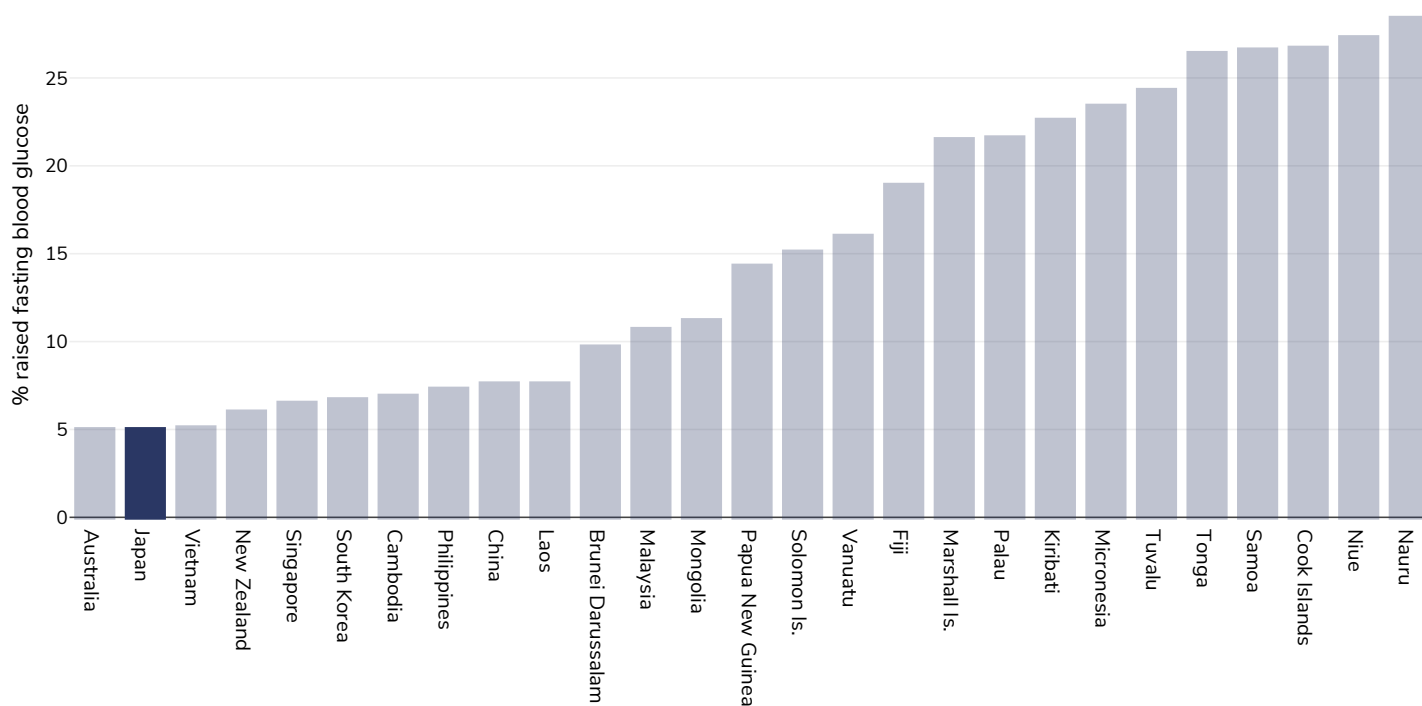
Global Health Observatory data repository, World Health Organisation,
<http://apps.who.int/gho/data/node.main.A885>

Definitions:

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

Raised fasting blood glucose

Men, 2014



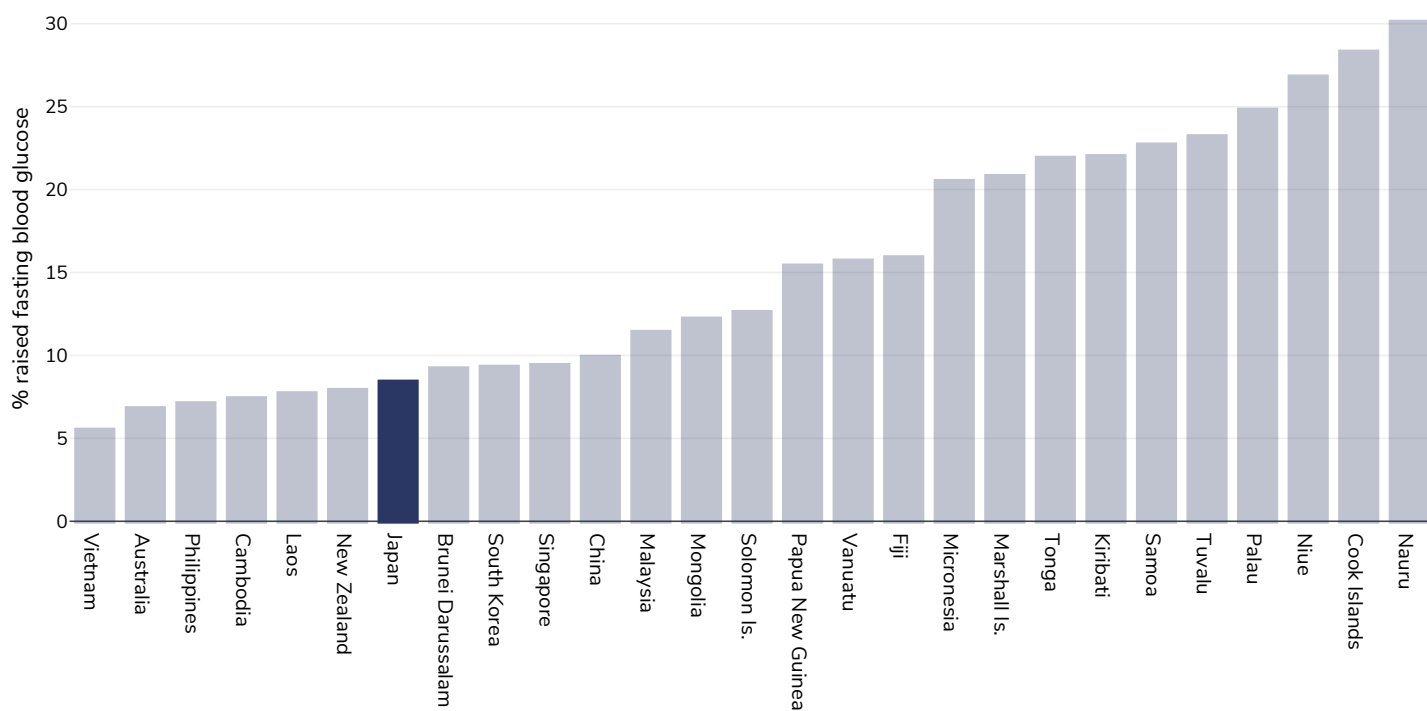
References:

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

Definitions:

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

Women, 2014



References:

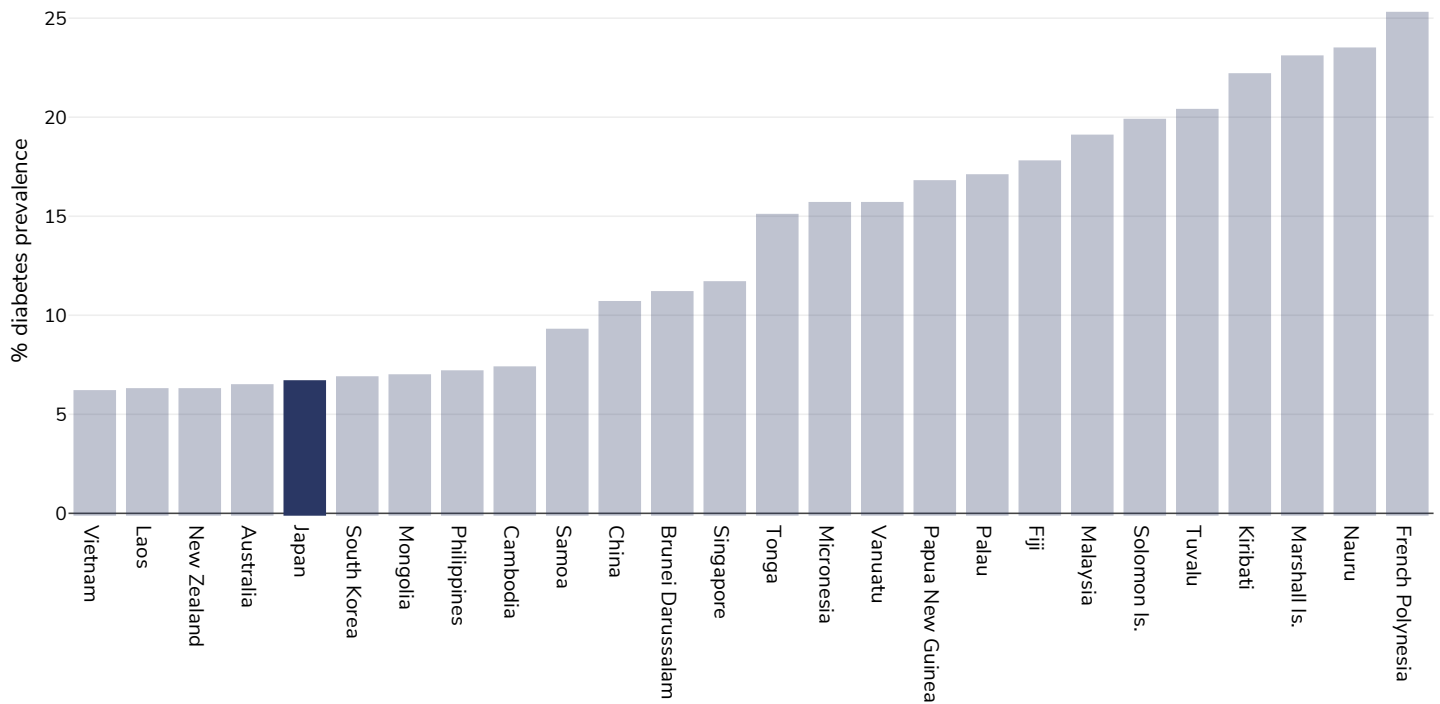
Global Health Observatory data repository, World Health Organisation,
<http://apps.who.int/gho/data/node.main.A869?lang=en>

Definitions:

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

Diabetes prevalence

Adults, 2021



Age: 20-79

Area covered: National

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

Definitions: Age-adjusted comparative prevalence of diabetes, %

Contextual factors

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



Labelling

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



Regulation and marketing

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



Political will and support

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



Monitoring and surveillance

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



Governance and resource

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

Key

Present
 Present (voluntary)
 Incoming
 Absent
 Unknown

Last updated September 13, 2022

PDF created on April 14, 2024