Report card
Japan

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Obesity prevalence

Adults, 2012

Survey type: Measured
Age: 15+
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.
Children, 1996-2000

Survey type: Measured
Age: 6-8
Sample size: 56604
Area covered: National


Cutoffs: IOTF
% Adults living with obesity in Japan 1976-2012

Women

Survey type: Measured

References:


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

Survey type: Measured


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 in Japan 1976-2012

Women

Survey type: Measured

References:

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

Survey type: Measured


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 in Japan 1976-1996

Boys

Survey type: Measured


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


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 in selected countries in the Asia/Oceania Region 1975-2019

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.
**Obesity, Australia**

**Obesity, Bangladesh**

**Obesity, China**

**Obesity, Japan**

**Obesity, Malaysia**

**Obesity, Nepal**

**Obesity, New Zealand**

**Obesity, Philippines**

**Obesity, Tonga**

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 in selected countries worldwide 1976-2018

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

<table>
<thead>
<tr>
<th>Year</th>
<th>Obesity, Australia</th>
<th>Obesity, Brazil</th>
<th>Obesity, Chile</th>
<th>Obesity, Cuba</th>
<th>Obesity, England</th>
<th>Obesity, Finland</th>
<th>Obesity, Japan</th>
<th>Obesity, Scotland</th>
<th>Obesity, Sweden</th>
<th>Obesity, United States</th>
</tr>
</thead>
<tbody>
<tr>
<td>2020</td>
<td>40</td>
<td>35</td>
<td>30</td>
<td>25</td>
<td>20</td>
<td>15</td>
<td>10</td>
<td>15</td>
<td>20</td>
<td>30</td>
</tr>
<tr>
<td>2010</td>
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<td>30</td>
<td>25</td>
<td>20</td>
<td>15</td>
<td>10</td>
<td>5</td>
<td>10</td>
<td>15</td>
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<td>5</td>
<td>10</td>
<td>15</td>
</tr>
<tr>
<td>1990</td>
<td>25</td>
<td>20</td>
<td>15</td>
<td>10</td>
<td>5</td>
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<td>5</td>
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<tr>
<td>1980</td>
<td>20</td>
<td>15</td>
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<td>5</td>
<td>5</td>
<td>5</td>
<td>5</td>
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<tr>
<td>1970</td>
<td>15</td>
<td>10</td>
<td>5</td>
<td>5</td>
<td>5</td>
<td>5</td>
<td>5</td>
<td>5</td>
<td>5</td>
<td>5</td>
</tr>
</tbody>
</table>

**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

**Children, 2010**

![Bar chart showing overweight or obesity by education level for children in 2010.]

<table>
<thead>
<tr>
<th>Education Level</th>
<th>% Overweight or Obesity</th>
</tr>
</thead>
<tbody>
<tr>
<td>&lt; High School</td>
<td>25</td>
</tr>
<tr>
<td>High School</td>
<td>10</td>
</tr>
<tr>
<td>&gt; High School</td>
<td>15</td>
</tr>
</tbody>
</table>

**Survey type:** Measured

**Age:** 6-11

**Sample size:** 397

**Area covered:** National


**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 socio-economic group

Children, 2010

Survey type: Measured
Age: 6-11
Sample size: 397
Area covered: National


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

Men, 2016

Women, 2016

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:

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

Adults, 2015


Definitions: % of population with anxiety disorders
Oesophageal cancer

Men, 2018

Age: 20+


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

Incidences 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, oesophagus, adults ages 20+. ASR (World) per 100,000
Breast cancer

Women, 2018

**Age:** 20+


**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+


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
Women, 2018

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: 20+


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

Age: 20+


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

<table>
<thead>
<tr>
<th>Country</th>
<th>Incidence per 100,000</th>
</tr>
</thead>
<tbody>
<tr>
<td>Solomon Is.</td>
<td>0</td>
</tr>
<tr>
<td>Vanuatu</td>
<td>2</td>
</tr>
<tr>
<td>Cambodia</td>
<td>4</td>
</tr>
<tr>
<td>Papua New Guinea</td>
<td>6</td>
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<tr>
<td>Fiji</td>
<td>8</td>
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<tr>
<td>Laos</td>
<td>10</td>
</tr>
<tr>
<td>Tahiti</td>
<td>12</td>
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<tr>
<td>Philippines</td>
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<tr>
<td>Vietnam</td>
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<td>Malaysia</td>
<td>12</td>
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<td>China</td>
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<td>Singapore</td>
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<td>Brunei Darussalam</td>
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<td>Japan</td>
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<td>South Korea</td>
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<tr>
<td>Mongolia</td>
<td>12</td>
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<td>New Zealand</td>
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<tr>
<td>Australia</td>
<td>12</td>
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<tr>
<td>Samoa</td>
<td>12</td>
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</table>

Age: 20+


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

Women, 2018

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, cervix uteri, females, ages 20+. ASR (World) 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>=140 OR DBP>=90).
Men, 2015


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

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

% raised fasting blood glucose

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, 2017


Definitions: Diabetes age-adjusted comparative prevalence (%).

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