

Report card Jordan



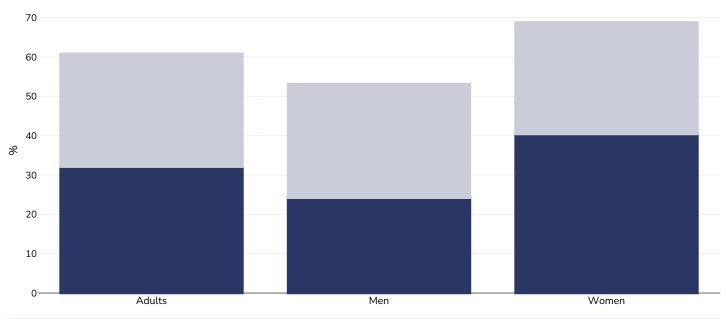
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Obesity prevalence

Adults, 2019





Survey type:	Measured
Age:	18-69
Sample size:	5713
Area covered:	National

References:

Jordan National Stepwise Survey (STEPs) for Noncommunicable Diseases Risk Factors 2019. https://www.moh.gov.jo/Echobusv3.0/SystemAssets/1dd8ffcb-c9b3-41ed-ba61-16d99670b735.pdf

Notes:

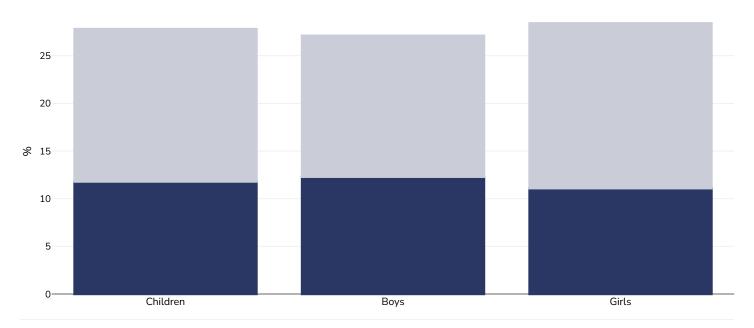
The STEPS 2019, is particularly unique because, in addition to Jordanians, it also involved the Syrian Refugee population residing in Jordan. The STEPS survey population included Jordanian and Syrian adults from both genders, aged (18-69 years old), residing in Jordan. The Jordanian sample was captured from all the 12 governorates of Jordan to enhance the geographical representation of the sample. Whereas, the Syrian refugees sample included those residing in four governorates, namely Amman, Zarqa, Irbid and Mafraq, where the majority of the Syrian refugee population exists, and only those residing outside refugee camps. Sample size: 2803 adult Syrians and 2910 Jordanian adults.

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



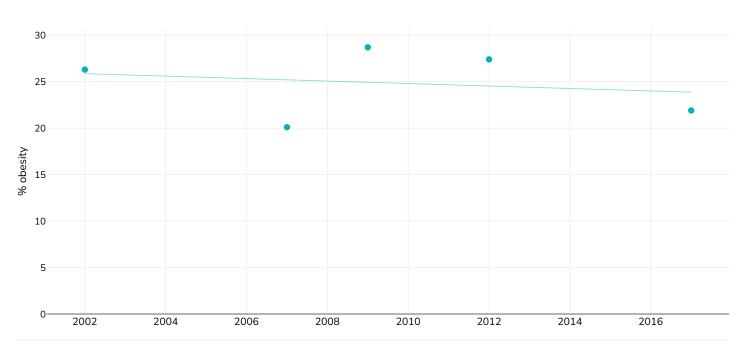


Survey type:	Measured
Age:	6-12
Sample size:	1163
Area covered:	National
References:	Recommended Citation: Ministry of Health, UNICEF, WFP, Jordan Health Aid Society International, Department of Statistics, Biolab, GroundWork. Jordan, National Micronutrient and Nutritional Survey 2019. Amman, Jordan; 2021.
Notes:	Settled Jordanian population only. Small male and female sample size.
Cutoffs:	WHO 2007



% Adults living with obesity, 2002-2018

Obesity, Women



Survey type: Measured

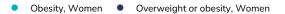
References: For full details of references visit https://data.worldobesity.org/

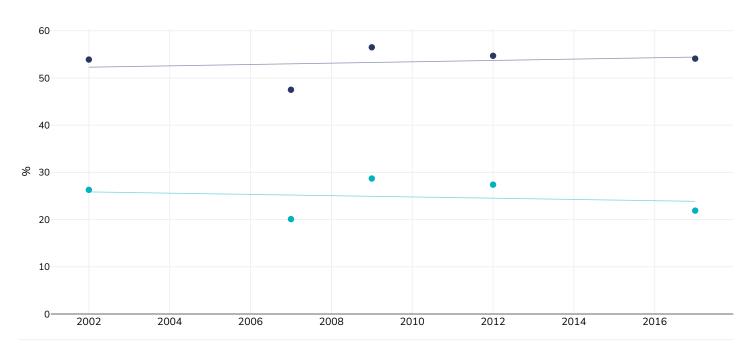
Notes: Adults aged 15-49

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



% Adults living with obesity, 2002-2018





Survey type: Measured

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

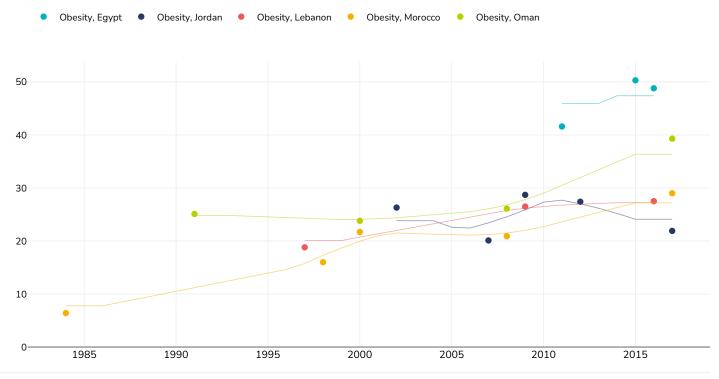
Notes: Adults aged 15-49

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



% Adults living with obesity, selected countries, 1984-2018

Women

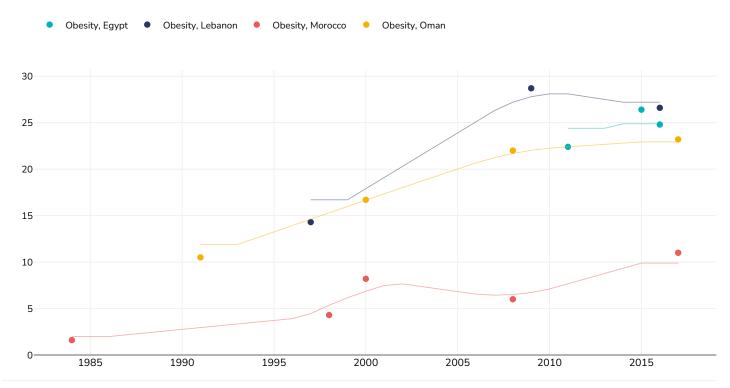


References:

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



Men



References:

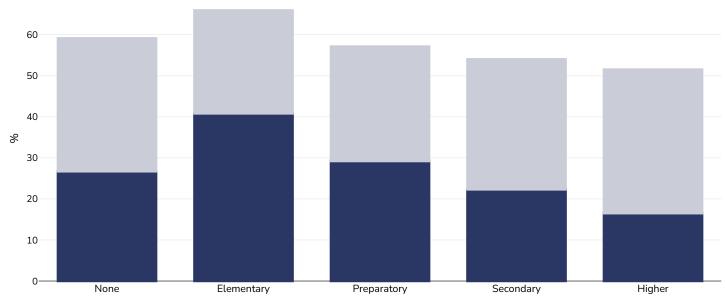
For full details of references visit https://data.worldobesity.org/



Overweight/obesity by education

Women, 2017-2018





Survey type:	Measured
Age:	15-49
Sample size:	10,787
Area covered:	National
References:	Department of Statistics/DOS and ICF. 2019. Jordan Population and Family and Health Survey 2017-18. Amman, Jordan, and Rockville, Maryland, USA: DOS and ICF. Available from: https://dhsprogram.com/publications/publication-FR346-DHS-Final-Reports.cfm [Accessed 27 March 2019].

Notes:

Demographic Health Survey data includes ever married women aged 15-49 years only and may include males aged 15-59.

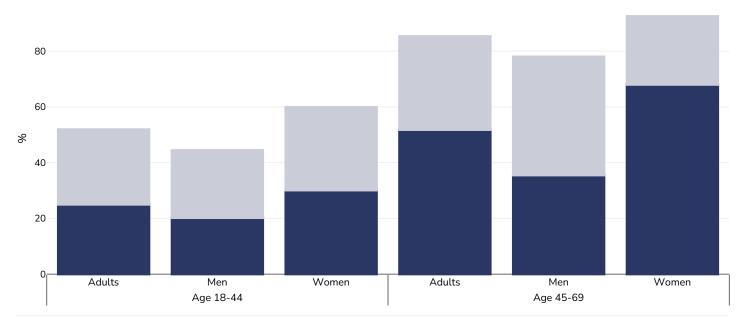
Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².



Overweight/obesity by age

Adults, 2019





Survey	Measured
type:	
Sample size:	5713
Area covered:	National

References:

Jordan National Stepwise Survey (STEPs) for Noncommunicable Diseases Risk Factors 2019. https://www.moh.gov.jo/Echobusv3.0/SystemAssets/1dd8ffcb-c9b3-41ed-ba61-16d99670b735.pdf

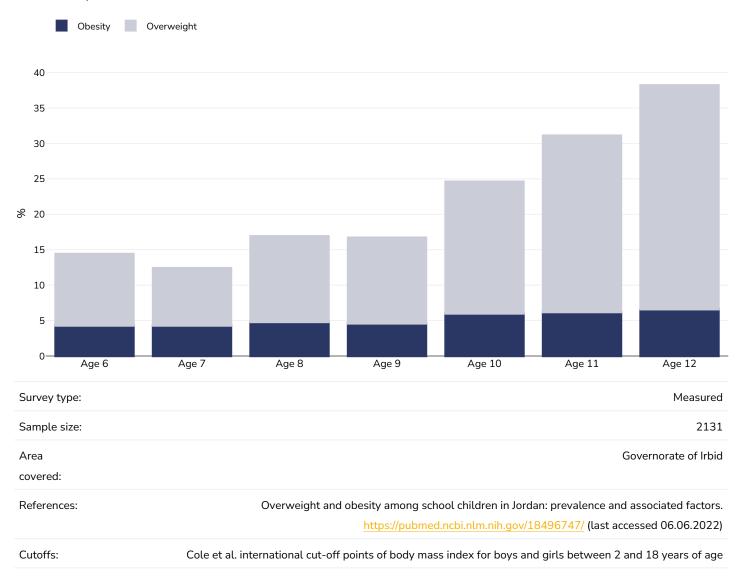
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Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².



Children, 2006

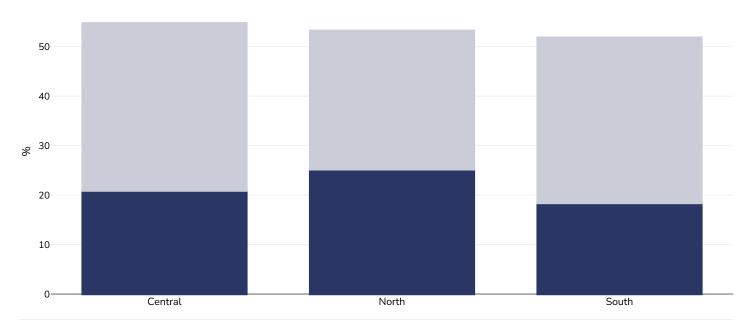




Overweight/obesity by region

Women, 2017-2018





Survey type:	Measured
Age:	15-49
Sample size:	10,787
Area covered:	National
References:	Department of Statistics/Jordan and ICF International. 2013. Jordan Population and Family Health Survey 2012. Calverton, Maryland, USA: Department of Statistics/Jordan and ICF International.
Notes:	Demographic Health Survey data includes ever married women aged 15-49 years only and may include males aged 15-59.

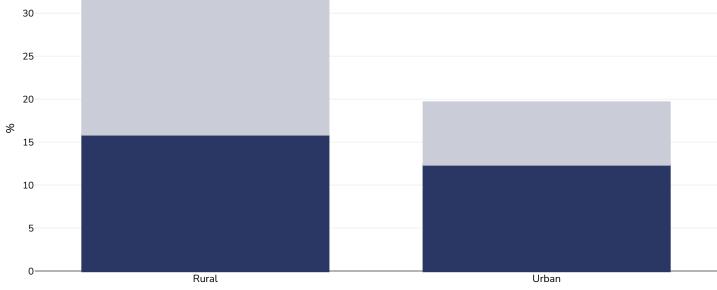
Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².



Children, 2007

Notes:





Survey	Measured
type:	
Age:	13-16
Sample	1355
size:	
Area	Irbid (North West Jordan)
covered:	

References: Abu Baker NN, Daradkeh SM. Prevalence of overweight and obesity among adolescents in Irbid governorate, Jordan. Eastern Mediterranean Health Journal (EMHJ) 2010: Vol. 16, No. 6.

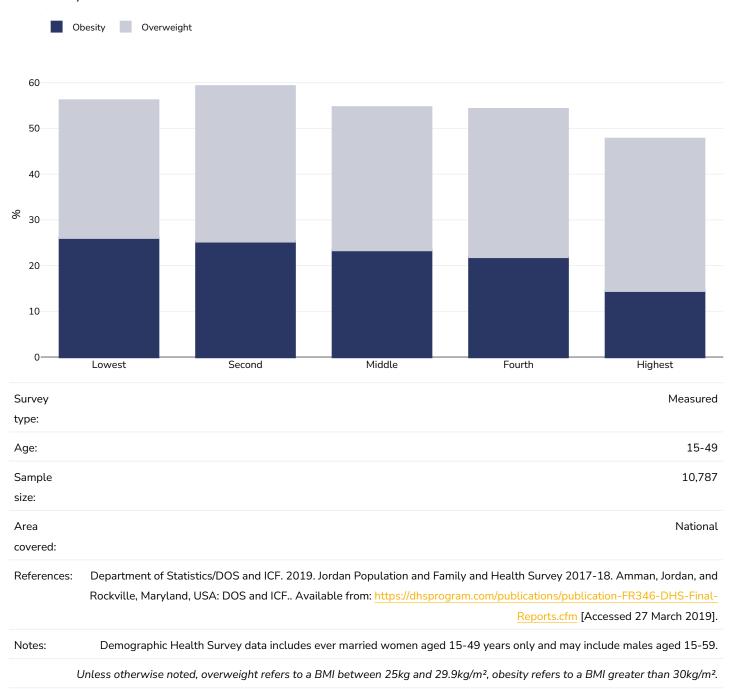
Overweight and obesity were categorized according to age—sex specific percentiles of BMI using the Centers for Disease Control BMI-forage growth charts [7]: underweight (BMI < 5th percentile); normal weight (BMI 5th—< 85th percentile), overweight (BMI 85th—< 95th percentile) or obesity(BMI \geq 95th percentile). Low income \leq 200 Jordanian dinars (JD) per month; medium income 201–600 JD per month; high income \geq 600 JD per month.

Cutoffs: CDC



Overweight/obesity by socio-economic group

Women, 2017-2018

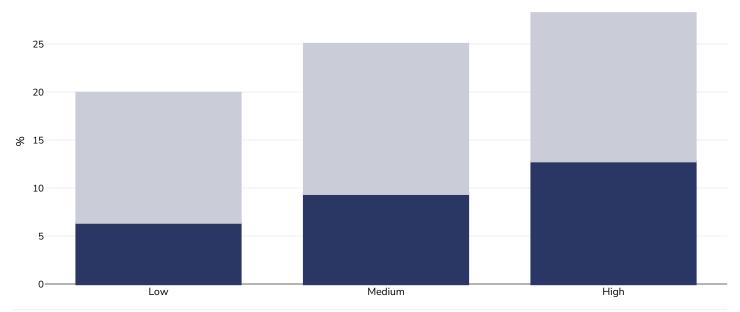




Children, 2007

Notes:





Survey	Measured
type:	
Age:	13-16
Sample	1355
size:	
Area	Irbid (North West Jordan)
covered:	

References: Abu Baker NN, Daradkeh SM. Prevalence of overweight and obesity among adolescents in Irbid governorate, Jordan. Eastern

Mediterranean Health Journal (EMHJ) 2010: Vol. 16, No. 6.

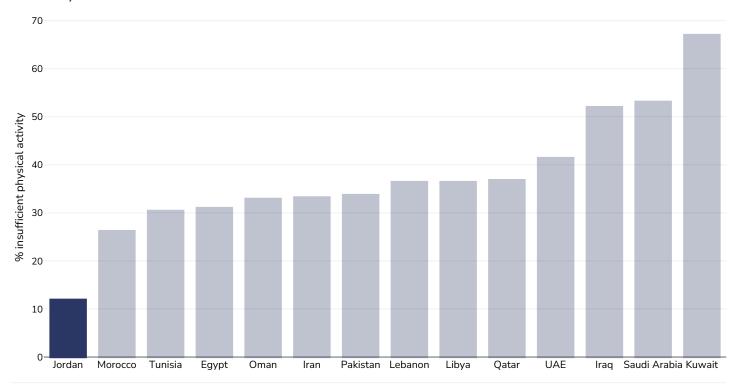
Overweight and obesity were categorized according to age—sex specific percentiles of BMI using the Centers for Disease Control BMI-forage growth charts [7]: underweight (BMI < 5th percentile); normal weight (BMI 5th—< 85th percentile), overweight (BMI 85th—< 95th percentile) or obesity(BMI ≥ 95th percentile). Low income ≤ 200 Jordanian dinars (JD) per month; medium income 201–600 JD per month; high income ≥ 600 JD per month.

Cutoffs: CDC



Insufficient physical activity

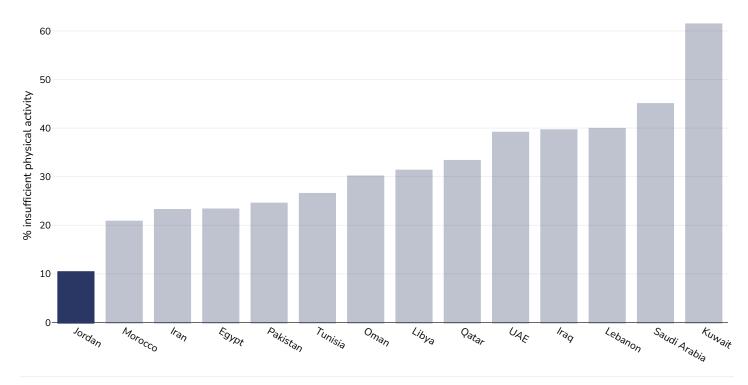
Adults, 2016



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



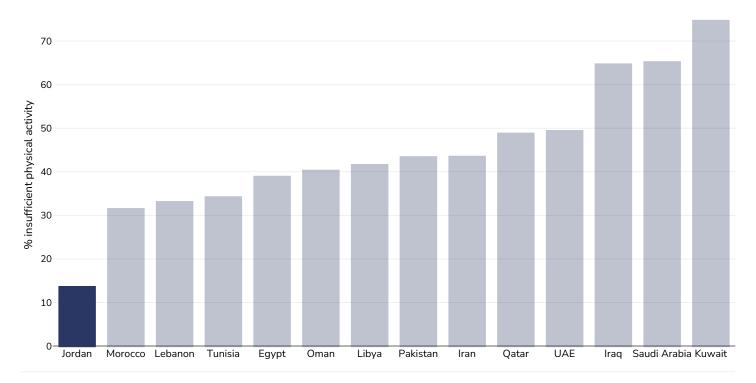
Men, 2016



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



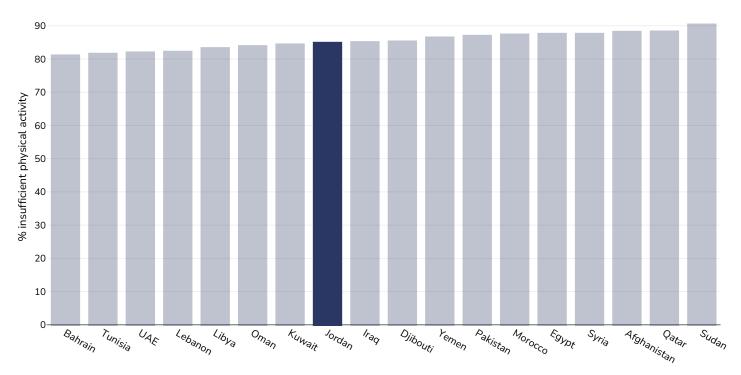
Women, 2016



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



Children, 2016



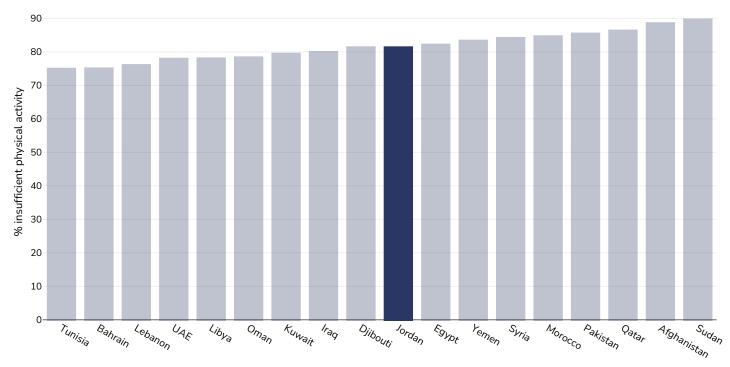
Survey type:	Self-reported
Age:	11-17
References:	Global Health Observatory data repository, World Health Organisation, https://apps.who.int/gho/data/node.main.A893ADO?lang=en (last accessed 16.03.21)
Notes:	% of school going adolescents not meeting WHO recommendations on Physical Activity for Health, i.e. doing less than 60 minutes of moderate- to vigorous-intensity physical activity daily.

Definitions: % Adolescents insufficiently active (age standardised estimate)



Boys, 2016

Definitions:



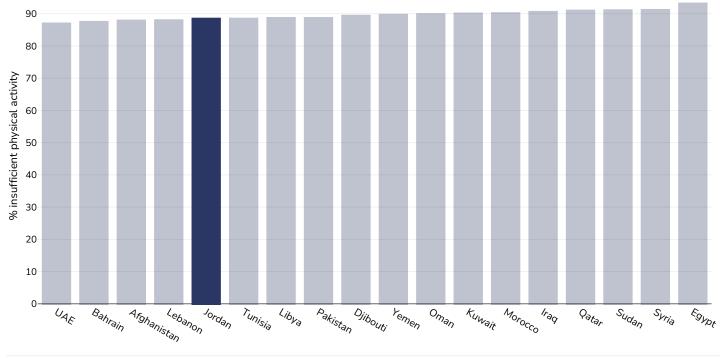
Survey type:	Self-reported
Age:	11-17
References:	Global Health Observatory data repository, World Health Organisation, https://apps.who.int/gho/data/node.main.A893ADO?lang=en (last accessed 16.03.21)
Notes:	% of school going adolescents not meeting WHO recommendations on Physical Activity for Health, i.e. doing less than 60 minutes of moderate- to vigorous-intensity physical activity daily.

% Adolescents insufficiently active (age standardised estimate)

19



Girls, 2016



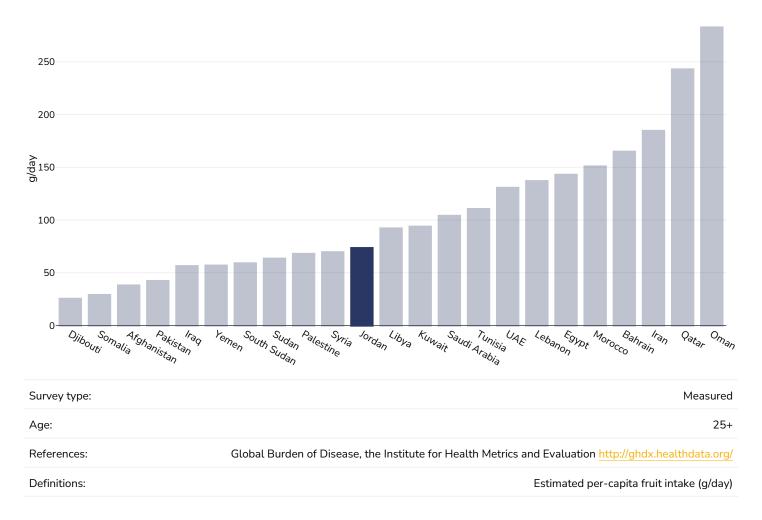
Survey type:	Self-reported
Age:	11-17
References:	Global Health Observatory data repository, World Health Organisation, https://apps.who.int/gho/data/node.main.A893ADO?lang=en (last accessed 16.03.21)
Notes:	% of school going adolescents not meeting WHO recommendations on Physical Activity for Health, i.e. doing less than 60 minutes of moderate- to vigorous-intensity physical activity daily.

Definitions: % Adolescents insufficiently active (age standardised estimate)



Estimated per capita fruit intake

Adults, 2017

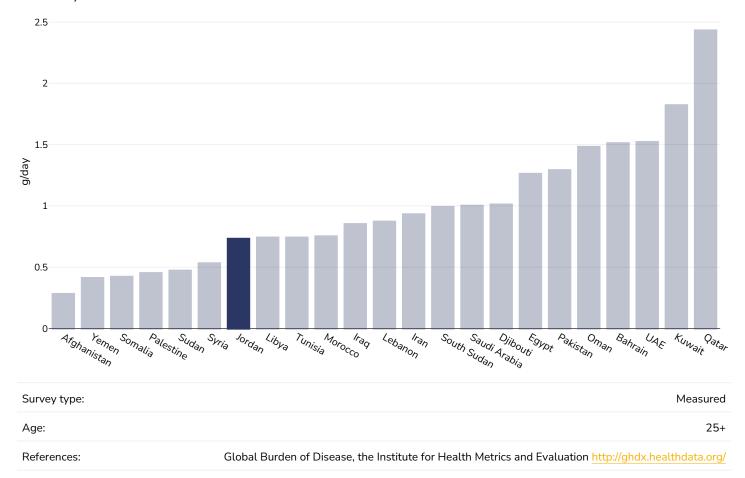




Estimated per-capita processed meat intake

Adults, 2017

Definitions:

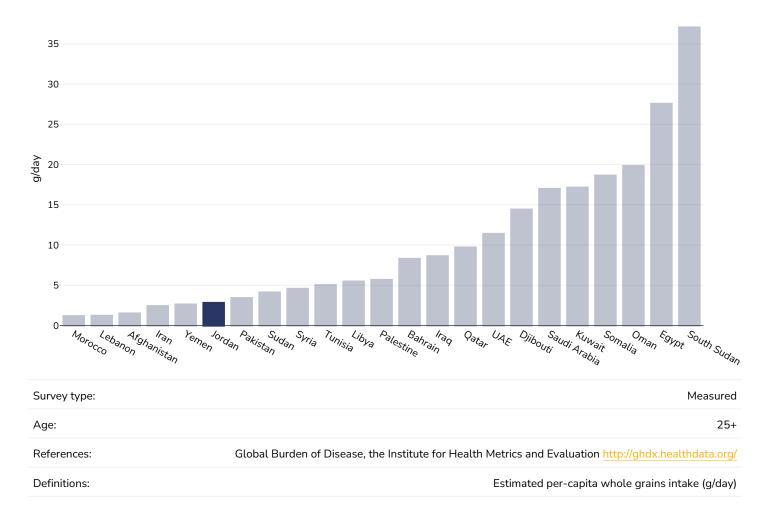


Estimated per-capita processed meat intake (g per day)



Estimated per capita whole grains intake

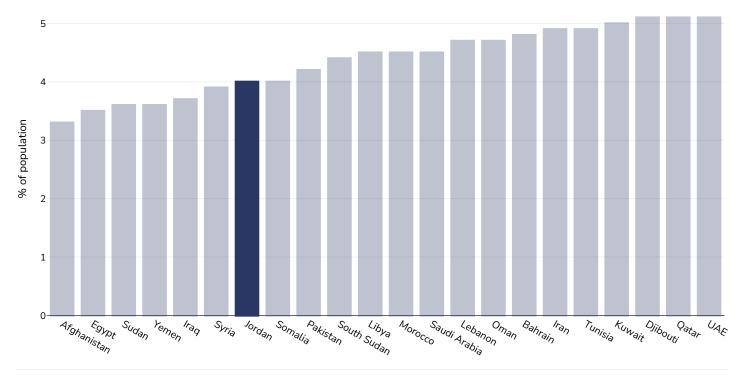
Adults, 2017





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.

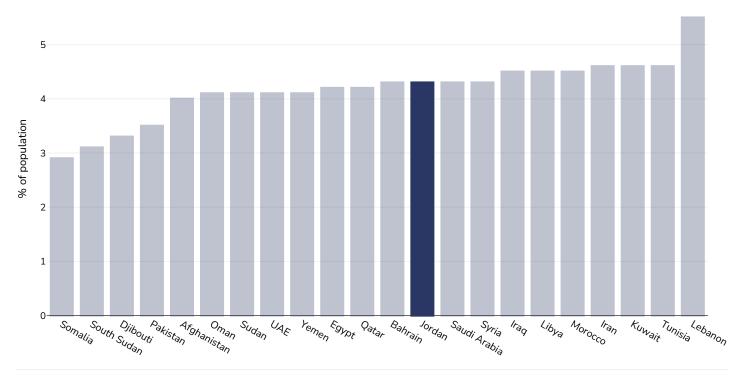
Definitions:

% of population with depression disorders



Mental health - anxiety disorders

Adults, 2015



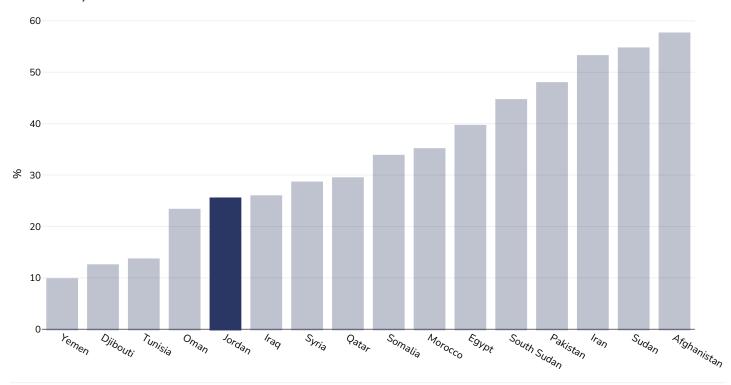
References: Prevalence data from Global Burden of Disease study 2015 (http://ghdx.healthdata.org) published in: Depression and Other Common Mental Disorders: Global Health Estimates. Geneva: World Health Organization; 2017. Licence: CC BY-NC-SA 3.0 IGO.

Definitions: % of population with anxiety disorders



% Infants exclusively breastfed 0-5 months

Children, 2010-2019



Area National covered:

References:

Jordan Population and Family and Health Survey 2017-18. Amman, Jordan, and Rockville, Maryland, USA: DOS and ICF

Notes:

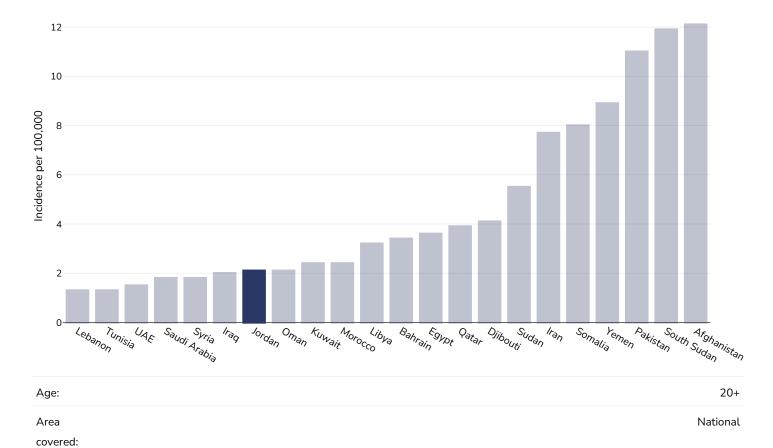
See UNICEF website for further survey information. Available at: https://data.unicef.org/resources/dataset/infant-young-child-feeding/ (last accessed 28.9.21) Citation: United Nations Children's Fund, Division of Data, Analysis, Planning and Monitoring (2021). Global UNICEF Global Databases: Infant and Young Child Feeding: Exclusive breastfeeding, New York, September 2021

Definitions: % exclusively breastfed 0-5 months



Oesophageal cancer

Men, 2020



References:

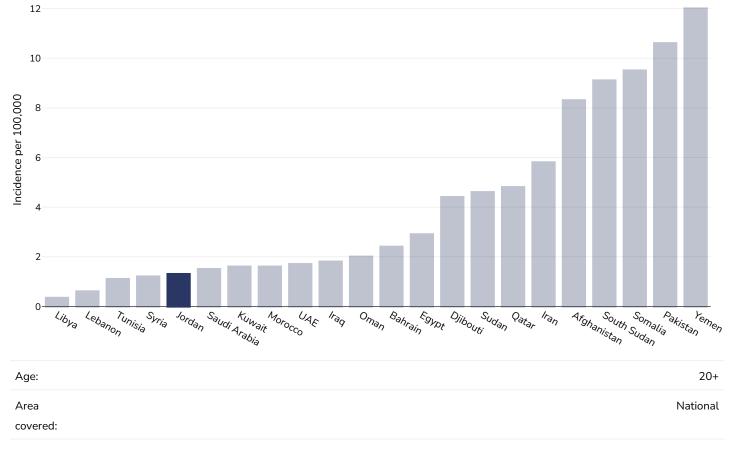
Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer
Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from:
https://gco.iarc.fr/today, accessed 10.01.2197

Definitions:

Age-standardized indicence rates per 100 000



Women, 2020



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:

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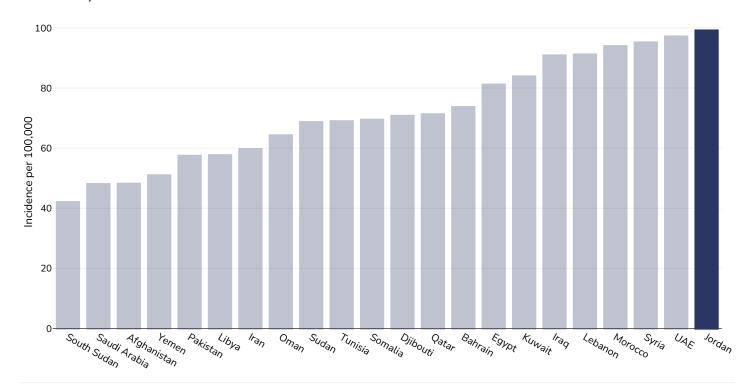
Definitions:

Age-standardized indicence rates per 100 000



Breast cancer

Women, 2020



Age: 20+

Area National covered:

References:

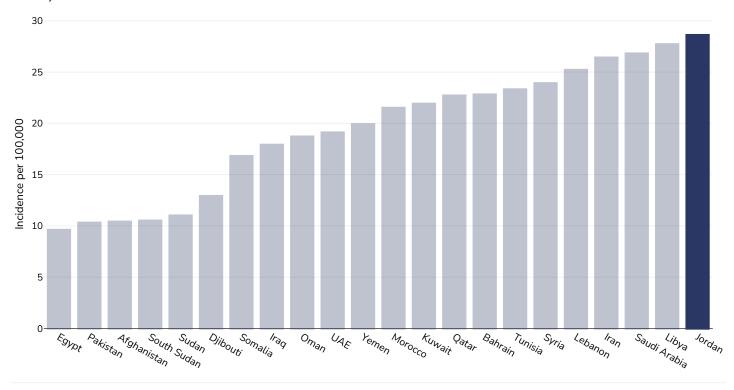
Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from:

https://gco.iarc.fr/today, accessed 10.01.2197



Colorectal cancer

Men, 2020



Age: 20+

Area National covered:

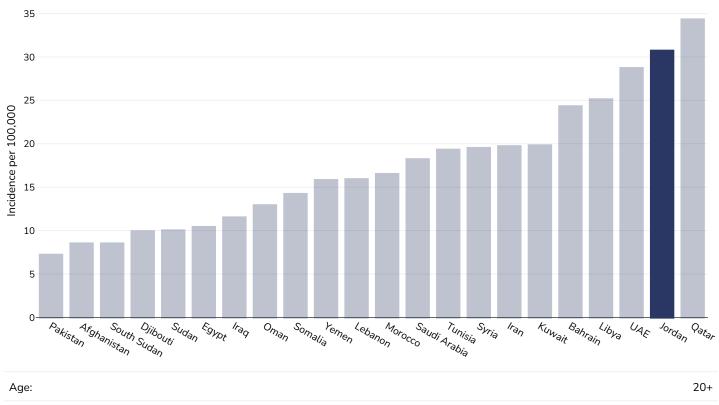
References:

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 10.01.2197



Women, 2020



Area National

covered:

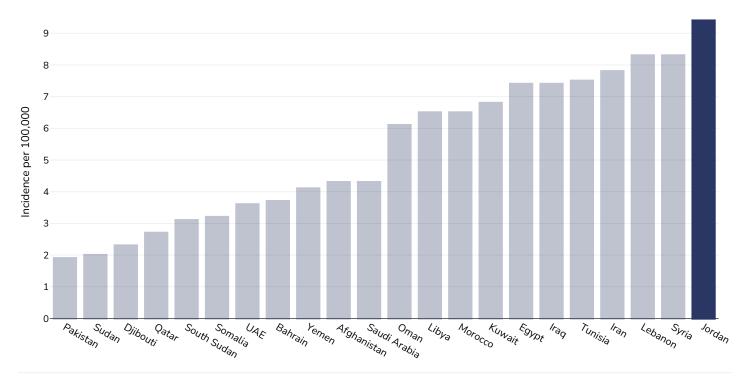
References: Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from:

https://gco.iarc.fr/today, accessed 10.01.2197



Pancreatic cancer

Men, 2020



Age: 20+

Area National covered:

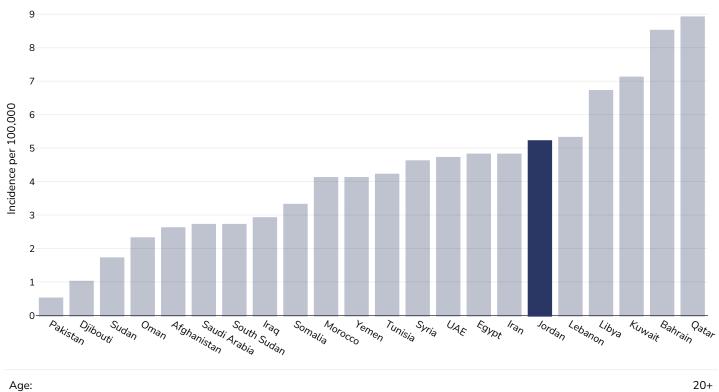
References:

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 10.01.2197



Women, 2020



Age: 20+

Area National covered:

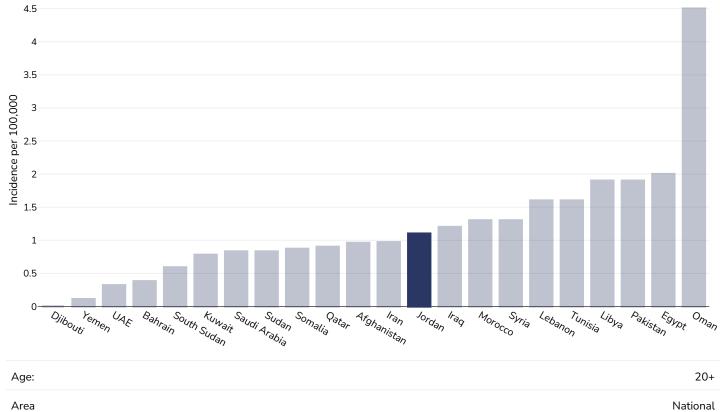
References:

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 10.01.2197



Gallbladder cancer

Men, 2020



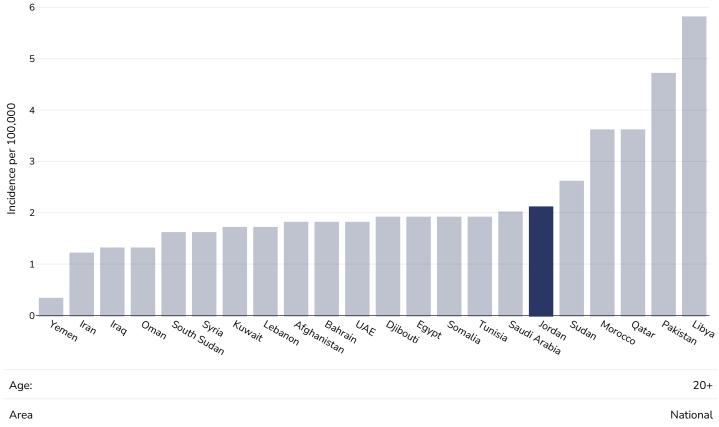
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Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from:

https://gco.iarc.fr/today, accessed 10.01.2197



Women, 2020



covered:

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 10.01.2197

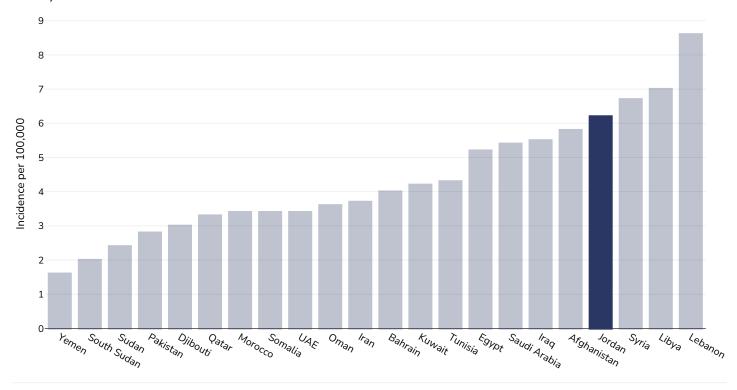
Definitions:

Age-standardized indicence rates per 100 000



Kidney cancer

Men, 2020



Age: 20+

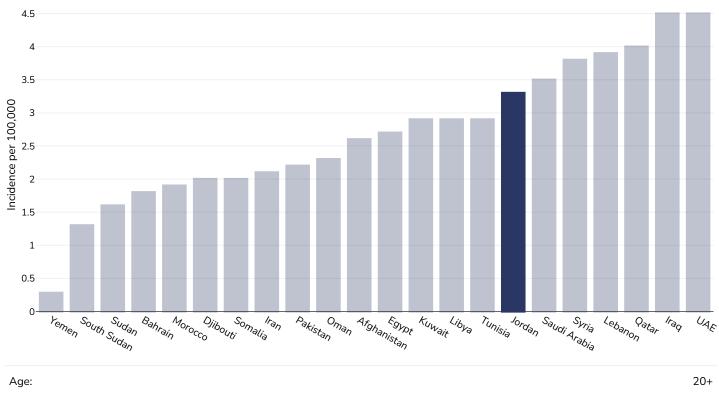
Area National covered:

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 10.01.2197





Area National

covered:

Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer References: Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from:

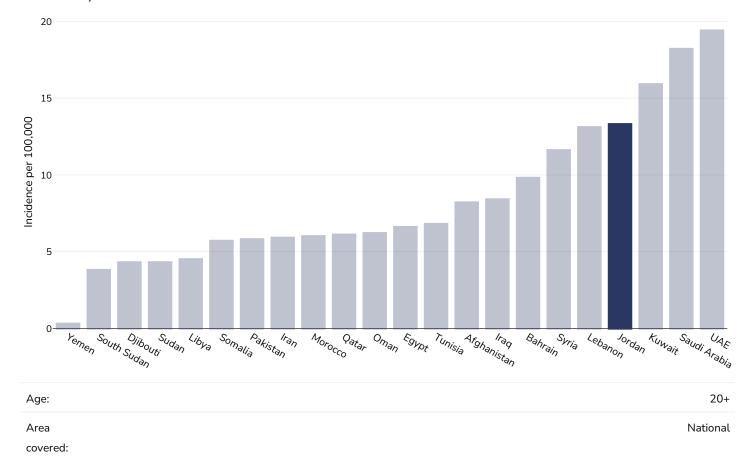
https://gco.iarc.fr/today, accessed 10.01.2197

Definitions: Age-standardized indicence rates per 100 000



Cancer of the uterus

Women, 2020



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 10.01.2197

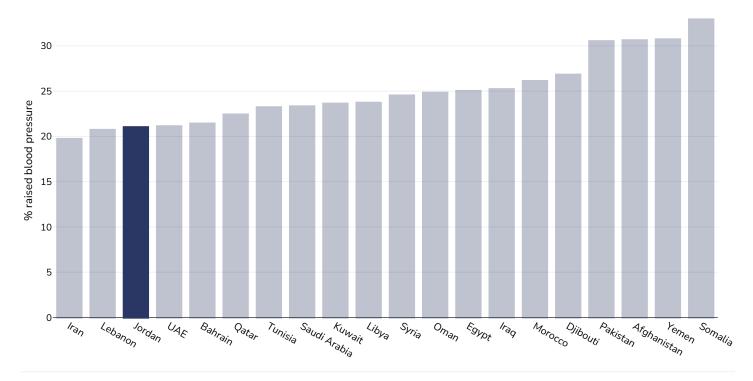
Definitions:

Age-standardized indicence rates per 100 000



Raised blood pressure

Adults, 2015



References:

Global Health Observatory data repository, World Health Organisation,

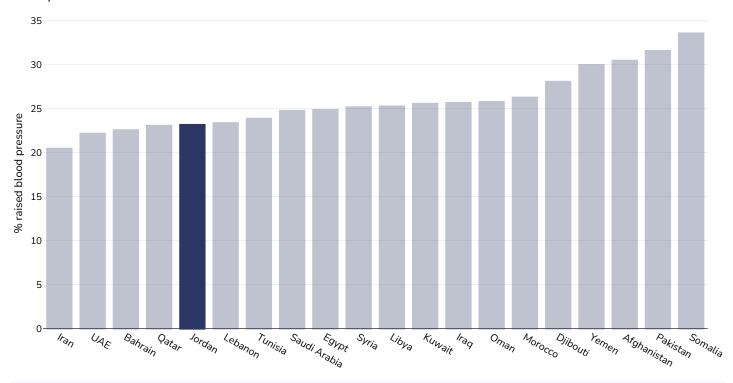
http://apps.who.int/gho/data/node.main.A875?lang=en

Definitions:

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



Men, 2015



References:

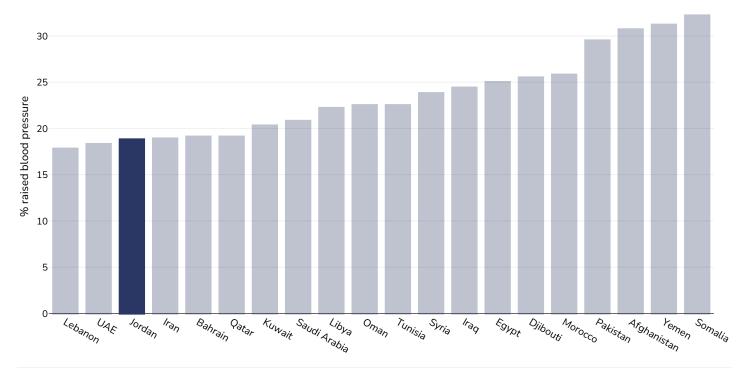
Global Health Observatory data repository, World Health Organisation,

http://apps.who.int/gho/data/node.main.A875?lang=en

Definitions:

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





References:

Global Health Observatory data repository, World Health Organisation,

http://apps.who.int/gho/data/node.main.A875?lang=en

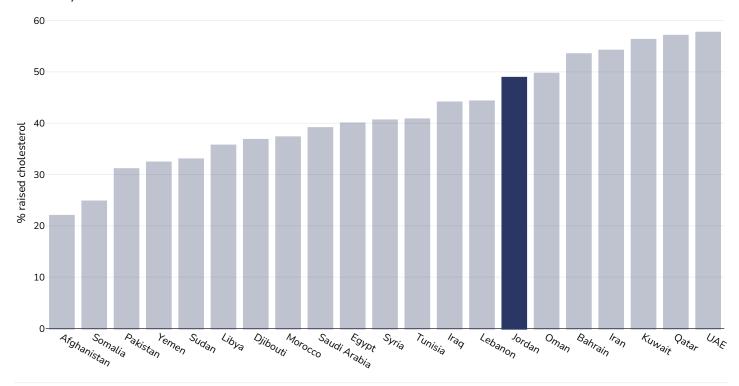
Definitions:

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



Raised cholesterol

Adults, 2008



References:

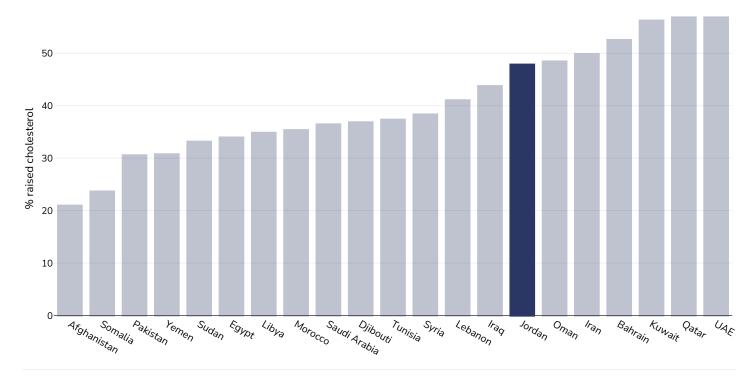
Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A885

Definitions:

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



Men, 2008



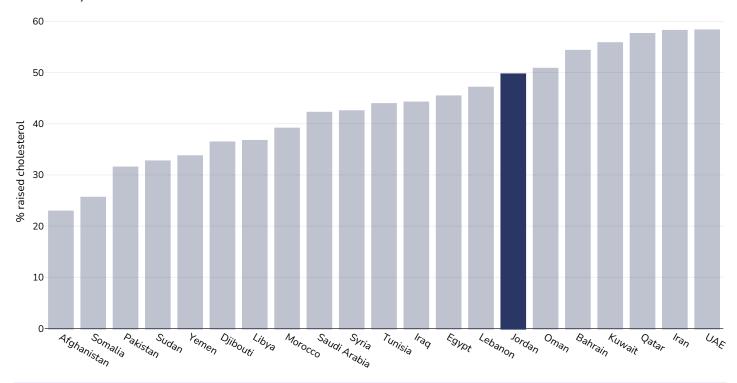
References:

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).





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

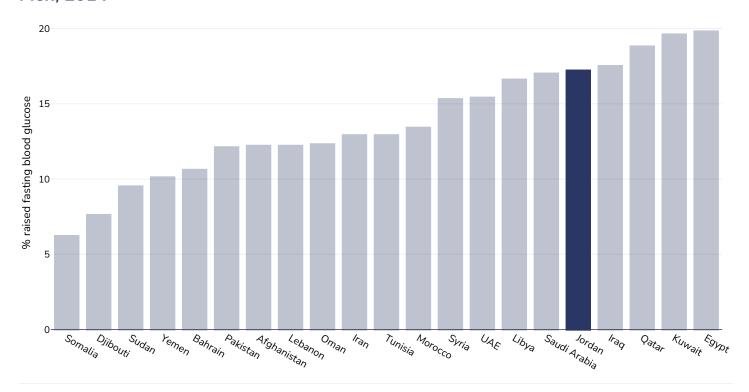
Definitions:

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



Raised fasting blood glucose

Men, 2014



References:

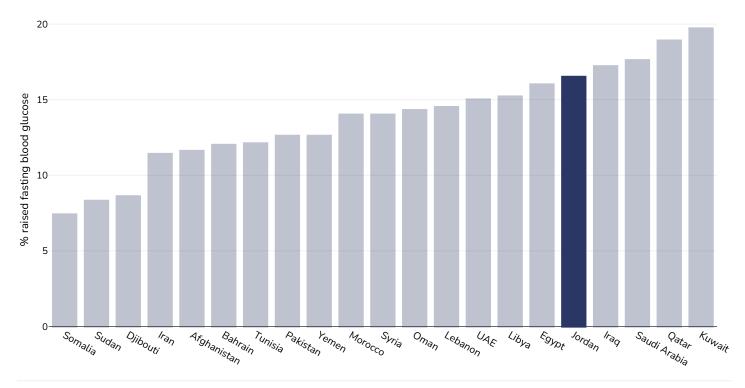
Global Health Observatory data repository, World Health Organisation,

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).





References:

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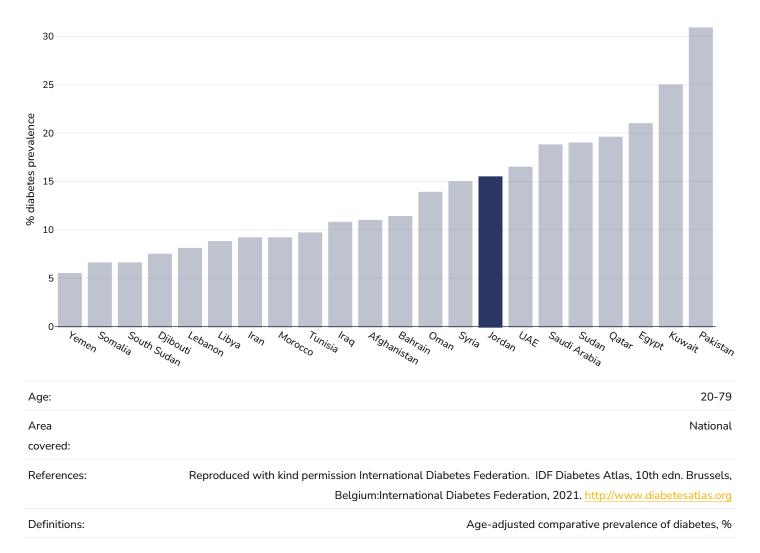
Definitions:

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Diabetes prevalence

Adults, 2021





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





Political will and support

National obesity strategy or nutrition and physical activity national strategy?	X
National obesity strategy?	X
National childhood obesity strategy?	X
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 ✓ Incoming ✓ Absent (voluntary)	nown

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