

# **Jordan**



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.

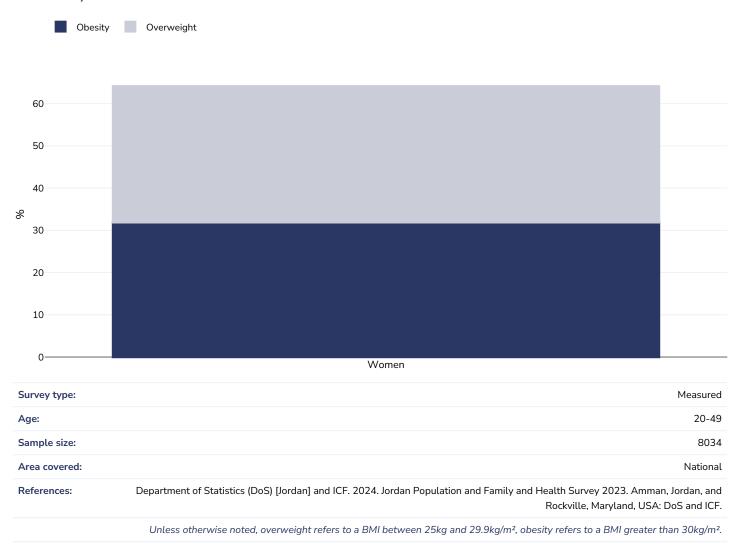


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# **Obesity prevalence**

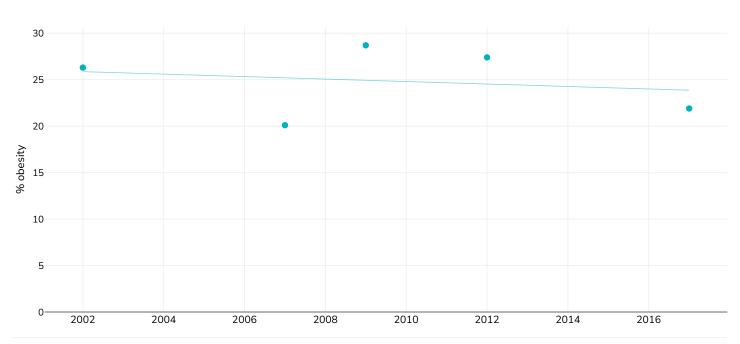
### Women, 2023





### % Adults living with obesity in Jordan 2002-2017

Obesity, Women



Survey type: Measured

References:

2002: WHO Infobase, Macro international data

2007: Department of Statistics [Jordan] and Macro International. 2008. Jordan Population and Family Health Survey 2007: Key Findings.

Calverton, Maryland, USA: Department of Statistics and Macro International.

2009: Department of Statistics [Jordan] and ICF Macro. 2010. Jordan Population and Family Health Survey 2009. Calverton, Maryland, USA: Department of Statistics and ICF Macro.

2012: 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.

2017: 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: <a href="https://dhsprogram.com/publications/publication-FR346-DHS-Final-Reports.cfm">https://dhsprogram.com/publications/publication-FR346-DHS-Final-Reports.cfm</a>
[Accessed 27 March 2019].

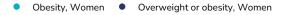
[Accessed 27 March 2015].

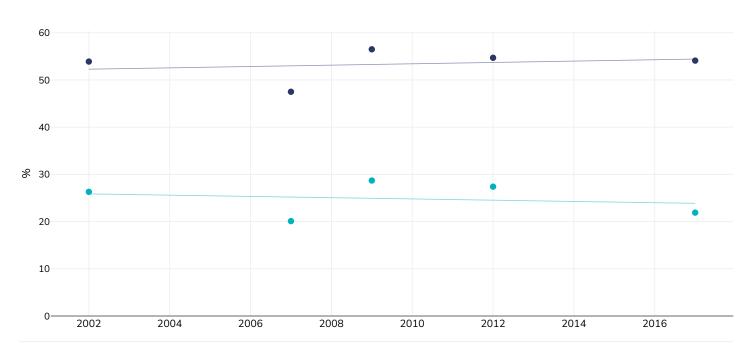
Notes: Adults aged 15-49

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 overweight or obesity in Jordan 2002-2017





Survey type: Measured

References:

2002: WHO Infobase, Macro international data

2007: Department of Statistics [Jordan] and Macro International. 2008. Jordan Population and Family Health Survey 2007: Key Findings.

Calverton, Maryland, USA: Department of Statistics and Macro International.

2009: Department of Statistics [Jordan] and ICF Macro. 2010. Jordan Population and Family Health Survey 2009. Calverton, Maryland, USA: Department of Statistics and ICF Macro.

2012: 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.

2017: 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: <a href="https://dhsprogram.com/publications/publication-FR346-DHS-Final-Reports.cfm">https://dhsprogram.com/publications/publication-FR346-DHS-Final-Reports.cfm</a>
[Accessed 27 March 2019].

[Accessed 27 March 2015].

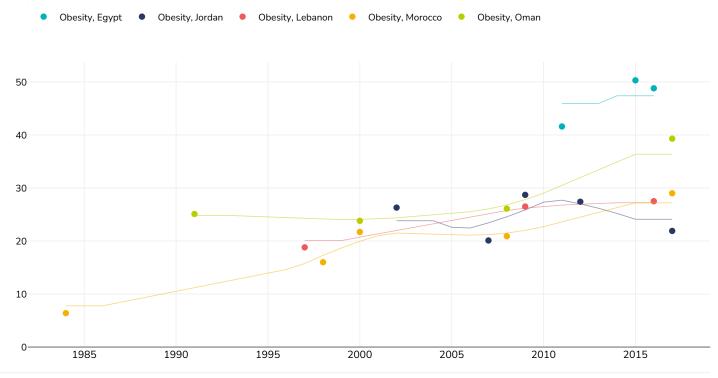
Notes: Adults aged 15-49

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 in selected countries in the EMRO Region 1984-2017, selected countries

#### Women



References:

1984, 1998: Benjelloun S. Nutrition transition in Morocco. Public Health Nutrition. 2002;5(1A):135-140

1991: Al-Lawati JA, Jousilahti PJ. Prevalence and 10year secular trend of obesity in Oman. Saudi Med J 2004;25:346-351 1997: Sibai AM, Hwalla N, Adra N, Rahal B. Prevalence and Covariates of Obesity in Lebanon: Findings from the First Epidemiolgical Study. Obesity Research 203;11:1353-1361

2000: Personal Communication from Morocco Minister of Health. National Survey carried out in 2000. Details in press for Journal of Hypertension (Arpil 03)

2002: WHO Infobase, Macro international data

2007: Department of Statistics [Jordan] and Macro International. 2008. Jordan Population and Family Health Survey 2007: Key Findings. Calverton, Maryland, USA: Department of Statistics and Macro International.

2008: Rhazi K El, Nejjari C, Zidouh A et al. Prevalence of obesity and associated sociodemographic and lifestyle factors in Morocco. Public Health Nutrition 2010:14(1)160-167

2009: WHO STEPS Report 2009 Lebanon

2011: WHO EMRO Egypt STEPS Survey 2011-12

2012: 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.

2015: Ministry of Health and Population/Egypt, El-Zanaty and Associates/Egypt, and ICF International. 2015. Egypt Health Issues Survey
2015. Cairo, Egypt: Ministry of Health and Population/Egypt and ICF International. Available at

 $\underline{\text{http://dhsprogram.com/publications/publication-FR313-DHS-Final-Reports.cfm\#sthash.StgV9s6X.dpuf}$ 

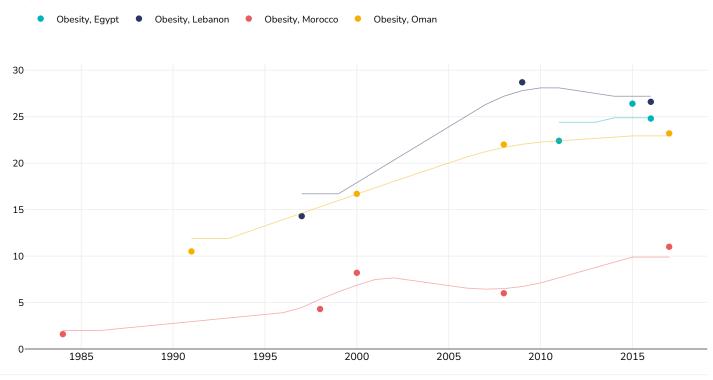
2016: WHO STEPWISE APPROACH FOR NON-COMMUNICABLE DISEASESRISK FACTOR SURVEILLANCE, Lebanon, 2016-2017

https://www.who.int/ncds/surveillance/steps/Lebanon\_STEPS\_report\_2016-2017.pdf?ua=1 (last accessed 16.10.19)

2017: Executive Summary. Oman National Non-Communicable Disease & their Risk Factors Survey 2017 <a href="https://mohcsr.gov.om/wp-content/uploads/2019/01/Executive-Summary\_NCDsurvey2017\_En.pdf">https://mohcsr.gov.om/wp-content/uploads/2019/01/Executive-Summary\_NCDsurvey2017\_En.pdf</a> (last accessed 17.10.19)



#### Men



References:

1984, 1998: Benjelloun S. Nutrition transition in Morocco. Public Health Nutrition. 2002;5(1A):135-140

1991: Al-Lawati JA, Jousilahti PJ. Prevalence and 10year secular trend of obesity in Oman. Saudi Med J 2004;25:346-351 1997: Sibai AM, Hwalla N, Adra N, Rahal B. Prevalence and Covariates of Obesity in Lebanon: Findings from the First Epidemiolgical Study. Obesity Research 203;11:1353-1361

2000: Personal Communication from Morocco Minister of Health. National Survey carried out in 2000. Details in press for Journal of Hypertension (Arpil 03)

2002: WHO Infobase, Macro international data

2007: Department of Statistics [Jordan] and Macro International. 2008. Jordan Population and Family Health Survey 2007: Key Findings.

Calverton, Maryland, USA: Department of Statistics and Macro International.

2008: Rhazi K El, Nejjari C, Zidouh A et al. Prevalence of obesity and associated sociodemographic and lifestyle factors in Morocco. Public Health Nutrition 2010:14(1)160-167

2009: WHO STEPS Report 2009 Lebanon

2011: WHO EMRO Egypt STEPS Survey 2011-12

2012: 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.

2015: Ministry of Health and Population/Egypt, El-Zanaty and Associates/Egypt, and ICF International. 2015. Egypt Health Issues Survey
2015. Cairo, Egypt: Ministry of Health and Population/Egypt and ICF International. Available at

http://dhsprogram.com/publications/publication-FR313-DHS-Final-Reports.cfm#sthash.StgV9s6X.dpuf

2016: WHO STEPWISE APPROACH FOR NON-COMMUNICABLE DISEASESRISK FACTOR SURVEILLANCE, Lebanon, 2016-2017 https://www.who.int/ncds/surveillance/steps/Lebanon\_STEPS\_report\_2016-2017.pdf?ua=1 (last accessed 16.10.19)

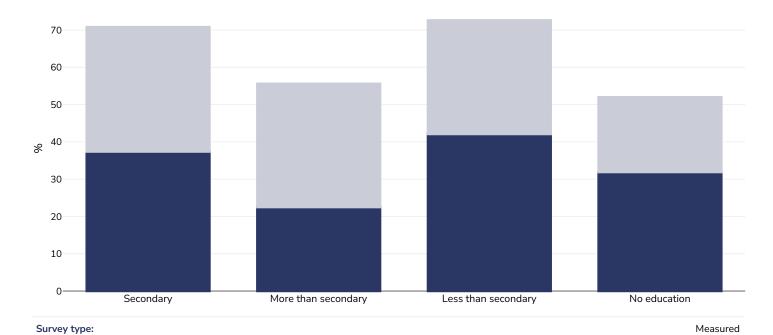
2017: Executive Summary. Oman National Non-Communicable Disease & their Risk Factors Survey 2017 <a href="https://mohcsr.gov.om/wp-content/uploads/2019/01/Executive-Summary\_NCDsurvey2017\_En.pdf">https://mohcsr.gov.om/wp-content/uploads/2019/01/Executive-Summary\_NCDsurvey2017\_En.pdf</a> (last accessed 17.10.19)



# Overweight/obesity by education

### Women, 2023





Age:	20-49
Sample size:	8034
Area covered:	National
References:	Department of Statistics (DoS) [Jordan] and ICF. 2024. Jordan Population and Family and Health Survey 2023. Amman, Jordan, and Rockville, Maryland, USA: DoS and ICF.

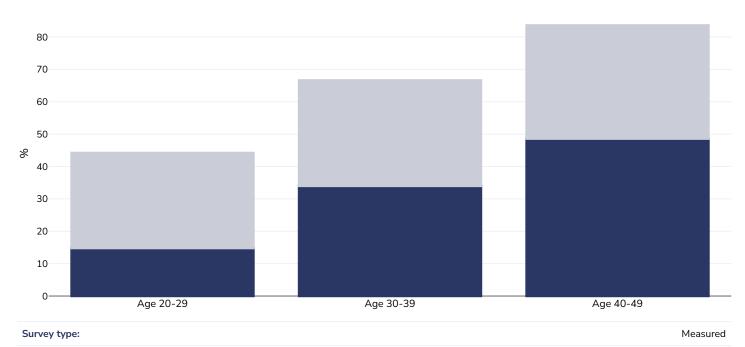
 $Unless \ otherwise \ noted, overweight \ refers \ to \ a \ BMI \ between \ 25kg \ and \ 29.9kg/m^2, obesity \ refers \ to \ a \ BMI \ greater \ than \ 30kg/m^2.$ 



# Overweight/obesity by age

### Women, 2023





Sample size:

Area covered:

National

References:

Department of Statistics (DoS) [Jordan] and ICF. 2024. Jordan Population and Family and Health Survey 2023. Amman, Jordan, and Rockville, Maryland, USA: DoS and ICF.

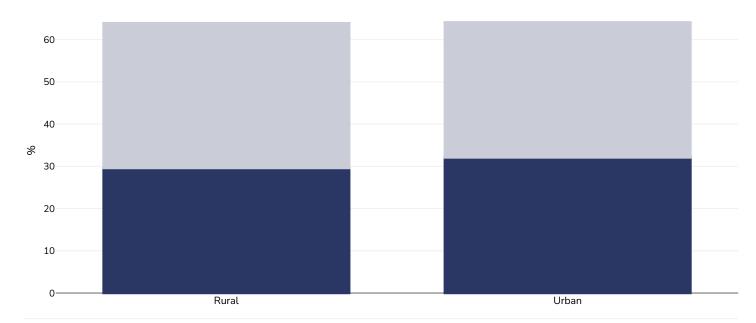
 $Unless \ otherwise \ noted, overweight \ refers \ to \ a \ BMI \ between \ 25kg \ and \ 29.9kg/m^2, obesity \ refers \ to \ a \ BMI \ greater \ than \ 30kg/m^2.$ 



# Overweight/obesity by region

### Women, 2023





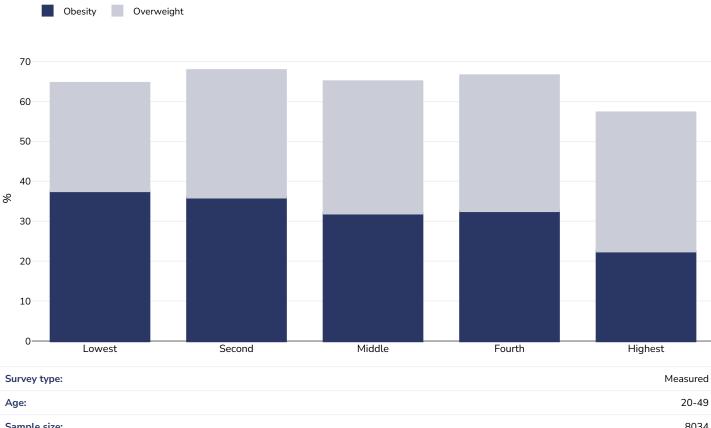
Survey type:	Measured
Age:	20-49
Sample size:	8034
Area covered:	National
References:	Department of Statistics (DoS) [Jordan] and ICF. 2024. Jordan Population and Family and Health Survey 2023. Amman, Jordan, and Rockville, Maryland, USA: DoS and ICF.

 $Unless \ otherwise \ noted, overweight \ refers \ to \ a \ BMI \ between \ 25kg \ and \ 29.9kg/m^2, obesity \ refers \ to \ a \ BMI \ greater \ than \ 30kg/m^2.$ 



# Overweight/obesity by socio-economic group

### Women, 2023



Age: 20-49

Sample size: 8034

Area covered: National References: Department of Statistics (DoS) [Jordan] and ICF. 2024. Jordan Population and Family and Health Survey 2023. Amman, Jordan, and Rockville, Maryland, USA: DoS and ICF.

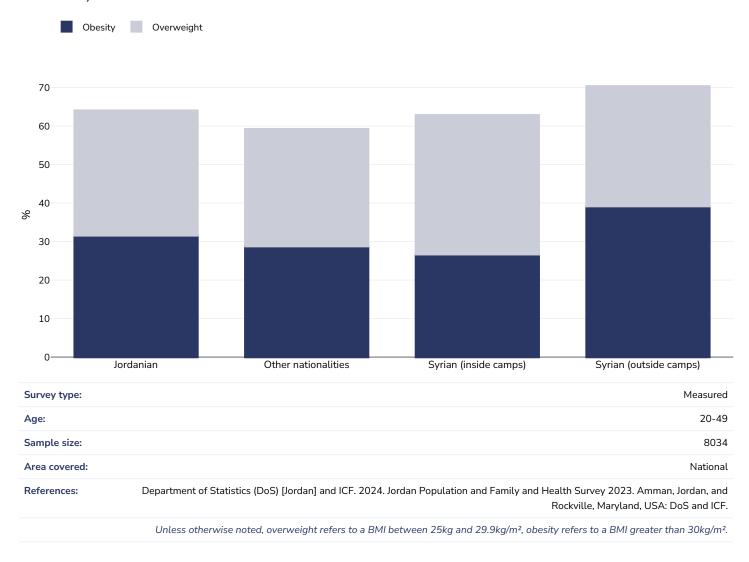
 $Unless \ otherwise \ noted, \ overweight \ refers \ to \ a \ BMI \ between \ 25kg \ and \ 29.9kg/m^2, \ obesity \ refers \ to \ a \ BMI \ greater \ than \ 30kg/m^2.$ 



# Overweight/obesity by ethnicity

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

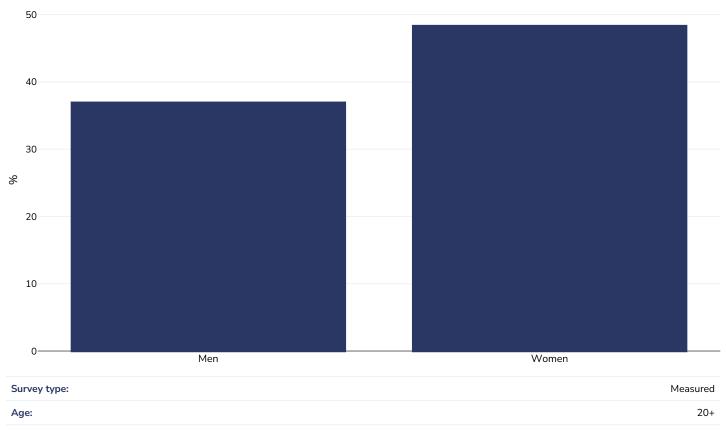
#### Women, 2023





# Double burden of underweight & overweight

#### Adults, 2022



References: 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.

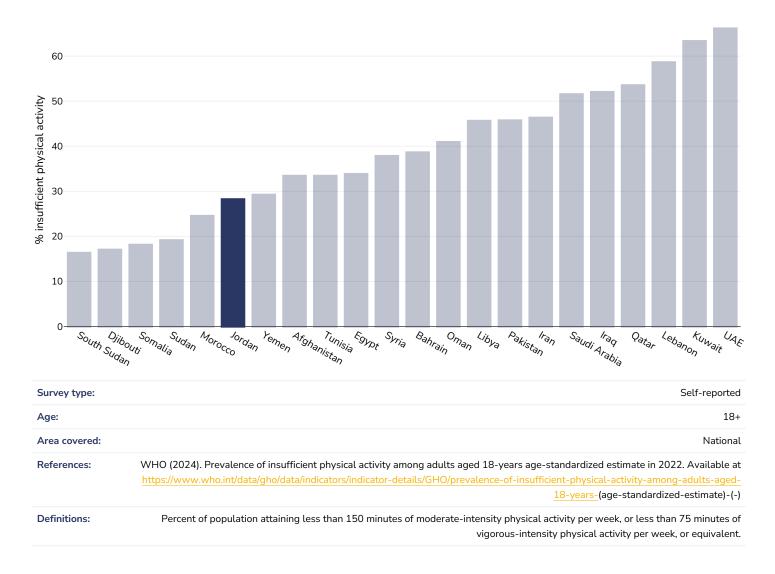
https://doi.org/10.1016/S0140-6736(23)02750-2.

Notes: Age Standardised estimates

Definitions: Combined prevalence of BMI<18.5 kg/m² and BMI>=30 kg/m² (double burden of underweight and obesity)

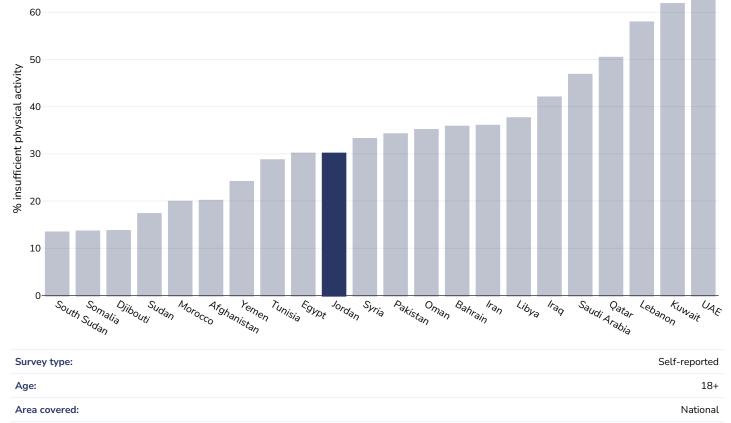


# Insufficient physical activity





#### Men, 2022



References:

WHO (2024). Prevalence of insufficient physical activity among adults aged 18-years age-standardized estimate in 2022. Available at <a href="https://www.who.int/data/gho/data/indicators/indicator-details/GHO/prevalence-of-insufficient-physical-activity-among-adults-aged-number of the control of the contro

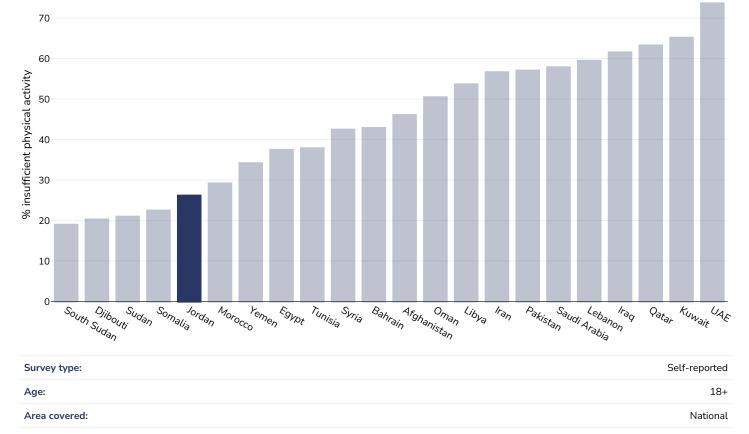
18-years-(age-standardized-estimate)-(-)

**Definitions:** 

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.



#### Women, 2022



References: WHO (2024). Prevalence of insufficient physical activity among adults aged 18-years age-standardized estimate in 2022. Available at

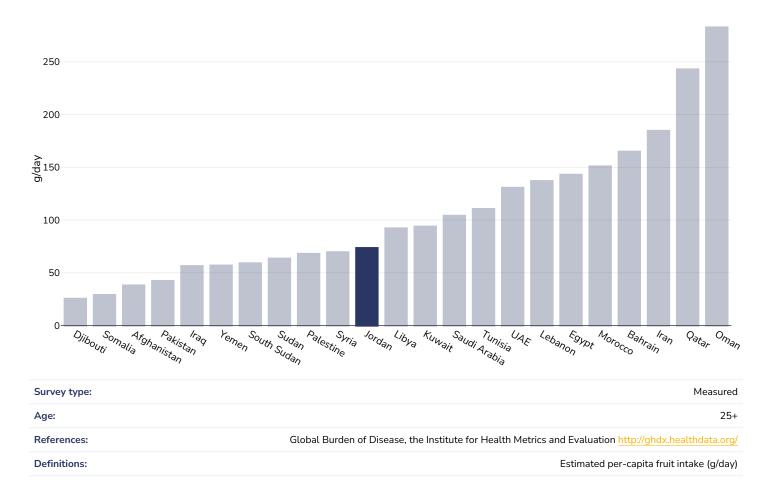
https://www.who.int/data/gho/data/indicators/indicator-details/GHO/prevalence-of-insufficient-physical-activity-among-adults-aged-18-years-(age-standardized-estimate)-(-)

**Definitions:** 

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.

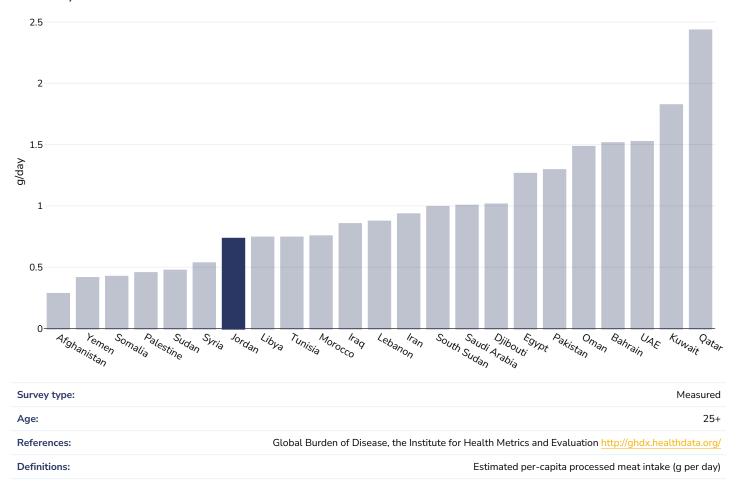


# Estimated per capita fruit intake



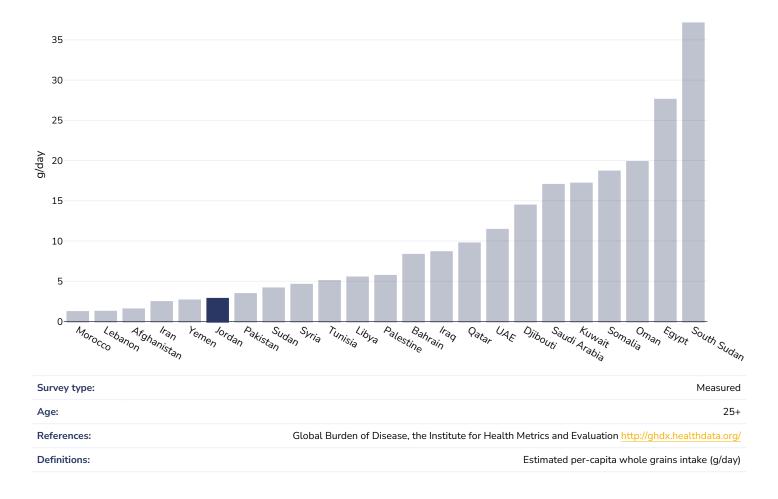


# Estimated per-capita processed meat intake



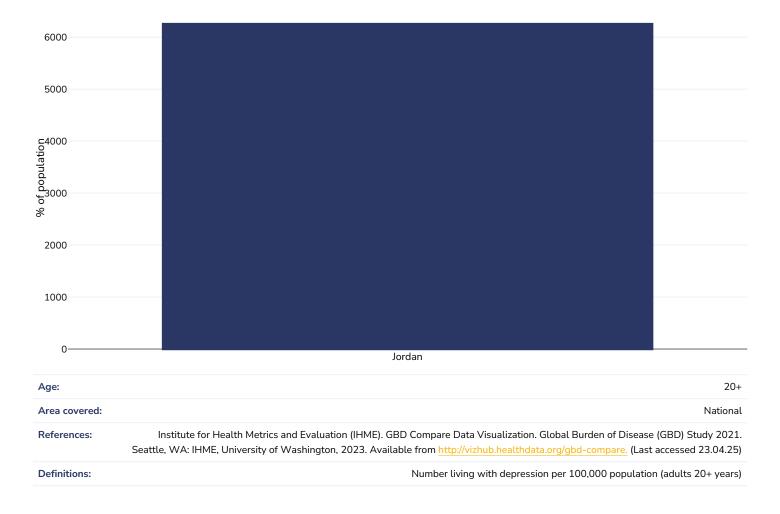


# Estimated per capita whole grains intake





# Mental health - depression disorders



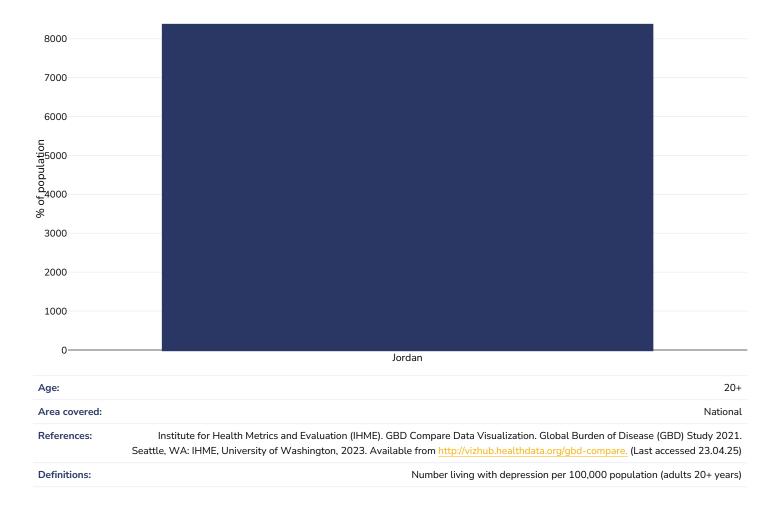


### Men, 2021



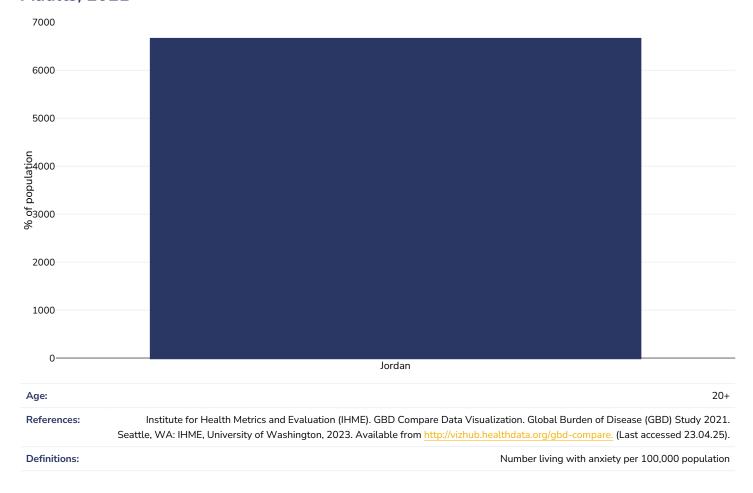


### Women, 2021





# Mental health - anxiety disorders





### Men, 2021



References:

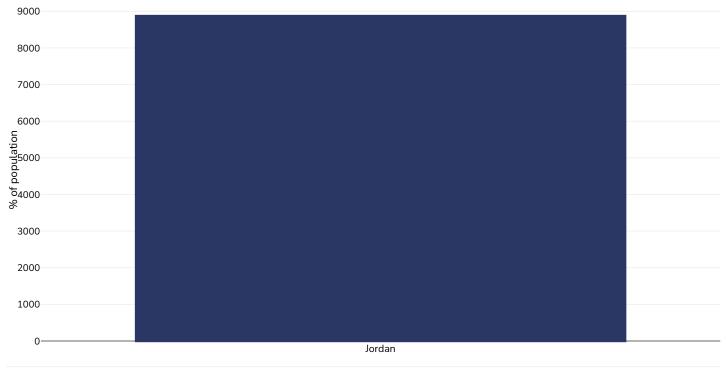
Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <a href="http://vizhub.healthdata.org/gbd-compare">http://vizhub.healthdata.org/gbd-compare</a>. (Last accessed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

Definitions:

Number living with anxiety per 100,000 population



### Women, 2021



Age: 20+

References:

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 <a href="http://vizhub.healthdata.org/gbd-compare">http://vizhub.healthdata.org/gbd-compare</a>. (Last accessed 23.04.25).

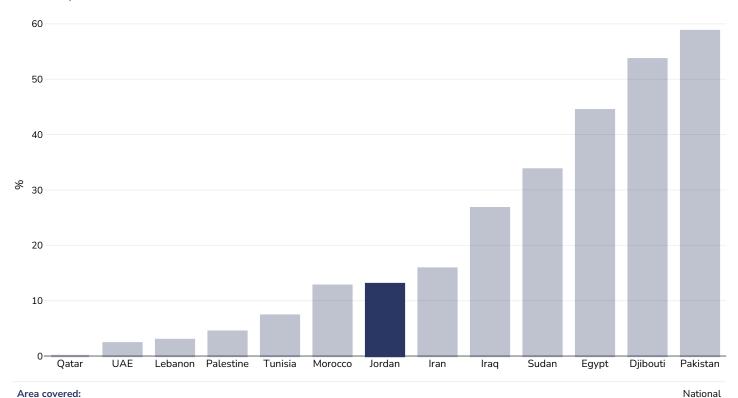
Definitions:

Number living with anxiety per 100,000 population



# Percent of population who cannot afford a healthy diet

### Adults, 2022



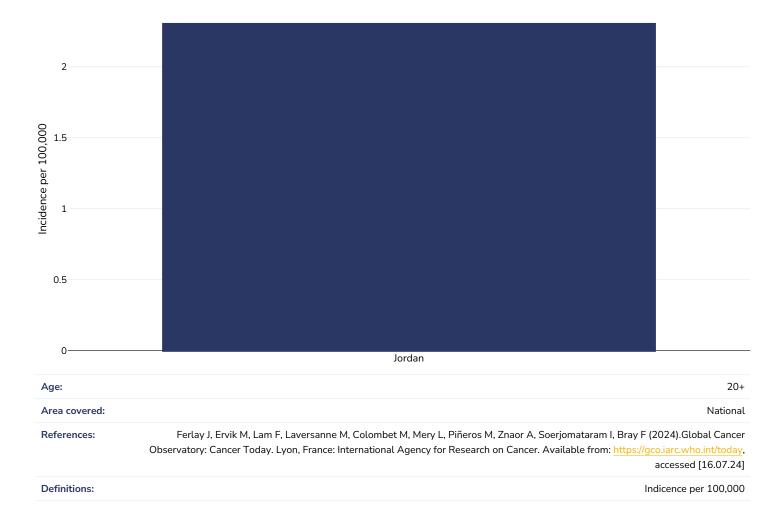
References:

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.



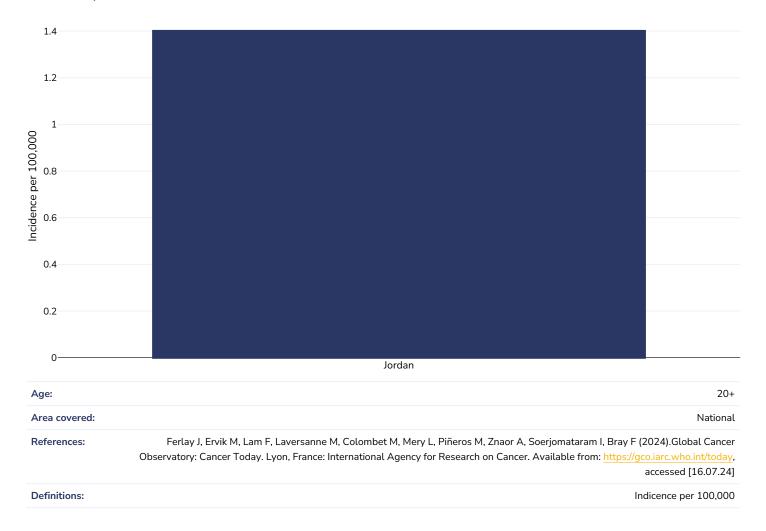
# Oesophageal cancer

### Men, 2022





### Women, 2022

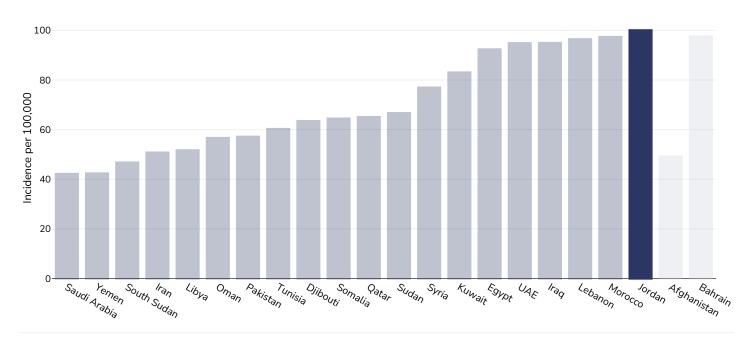




#### **Breast cancer**

#### Women, 2022





Area covered: National

References:

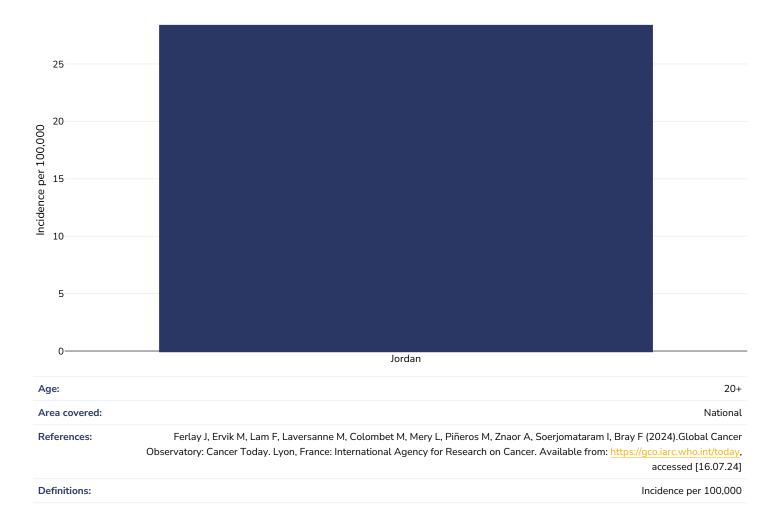
Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <a href="https://gco.iarc.who.int/today">https://gco.iarc.who.int/today</a>,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

Definitions: Incidence per 100,000



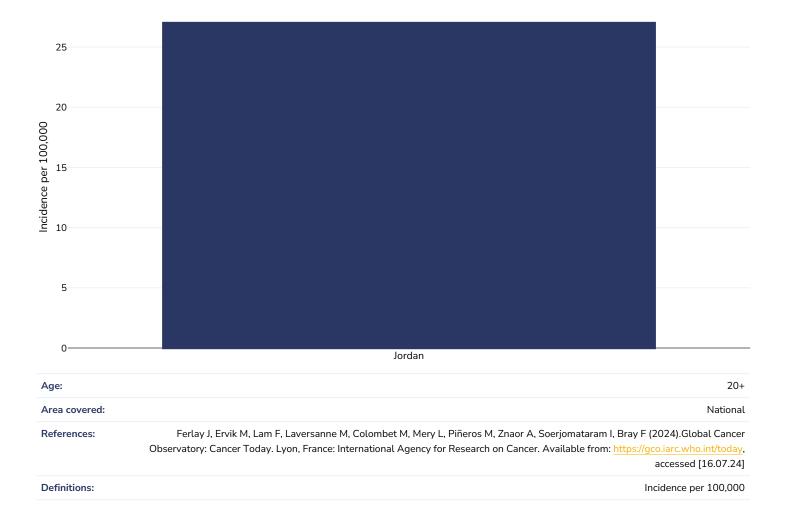
### **Colorectal cancer**

### Men, 2022





### Women, 2022





### Pancreatic cancer

### Men, 2022

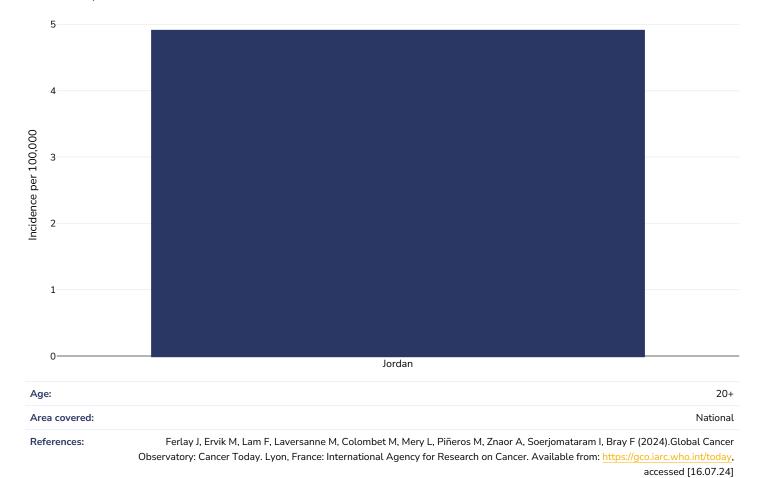


Incidence per 100,000



### Women, 2022

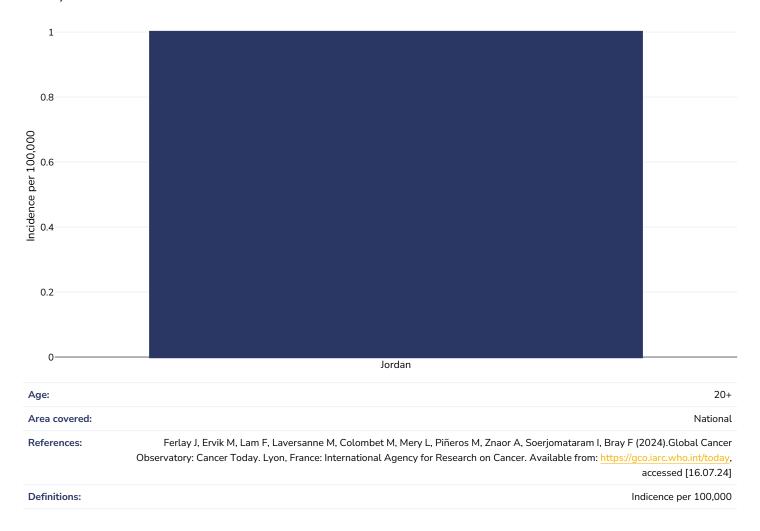
**Definitions:** 





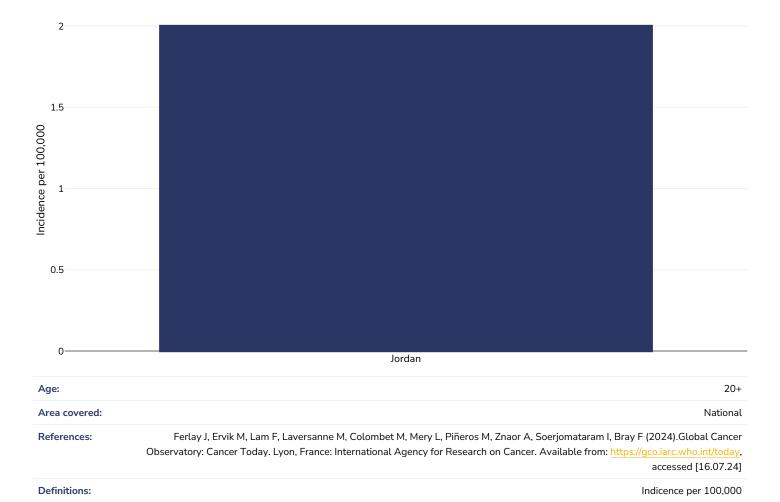
### Gallbladder cancer

### Men, 2022





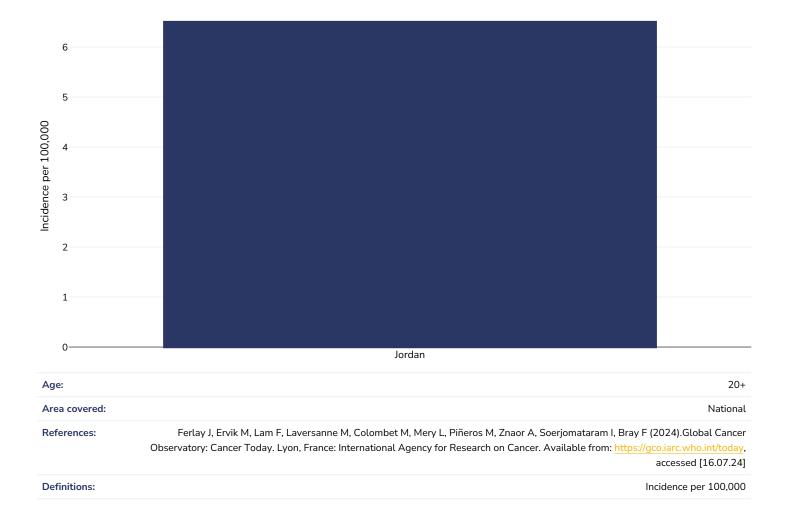
### Women, 2022





### Kidney cancer

### Men, 2022



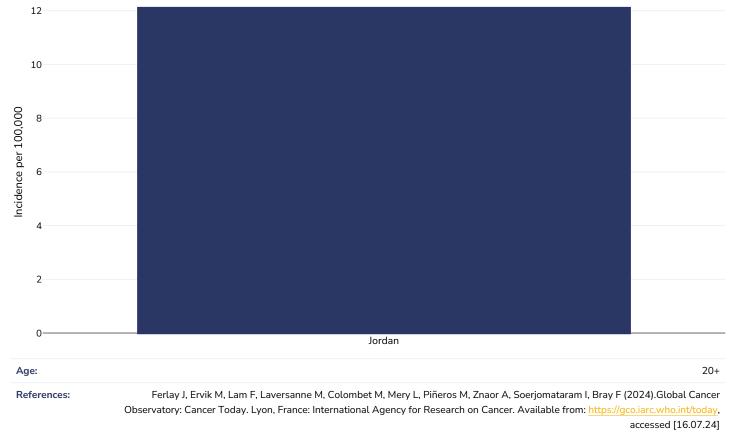






## Cancer of the uterus

## Women, 2022

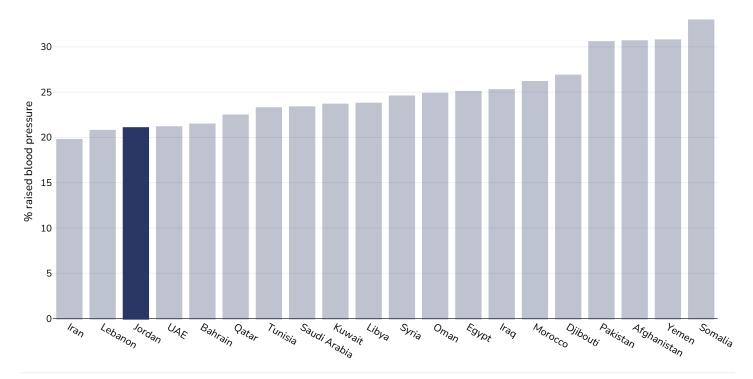


Definitions: Incidence per 100,000



# Raised blood pressure

## Adults, 2015



References:

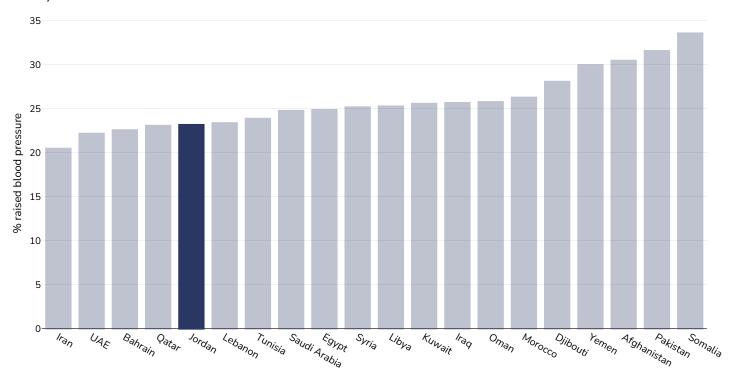
Global Health Observatory data repository, World Health Organisation, <a href="http://apps.who.int/gho/data/node.main.A875?lang=en">http://apps.who.int/gho/data/node.main.A875?lang=en</a>

Definitions:

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



## Men, 2015



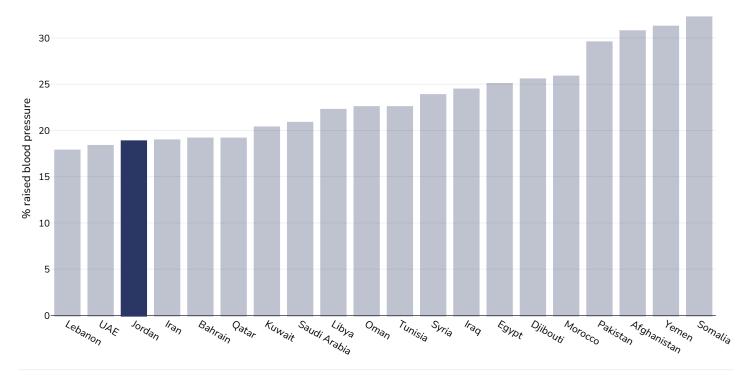
References:

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

Definitions:

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





References:

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

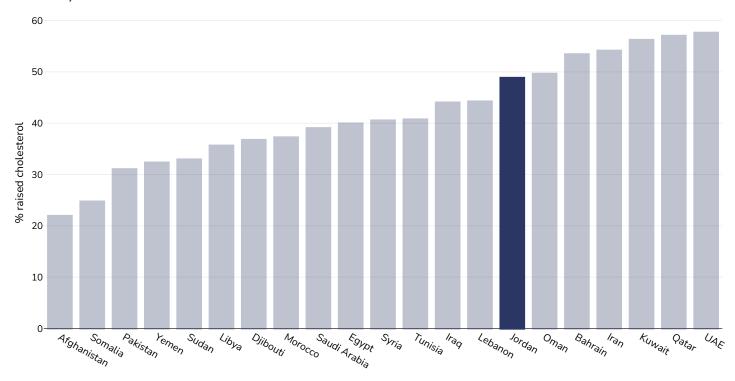
Definitions:

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



## Raised cholesterol

## Adults, 2008



References:

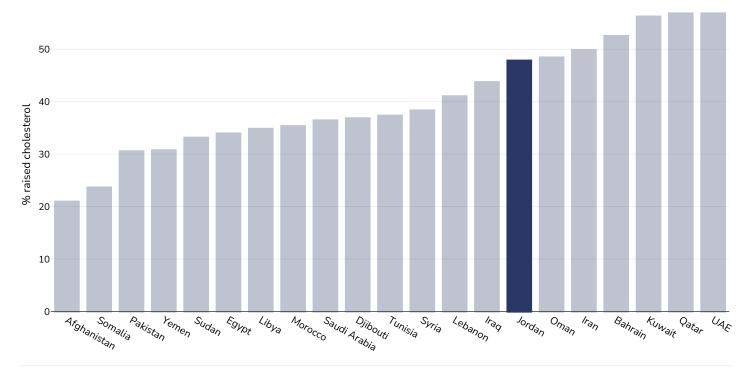
Global Health Observatory data repository, World Health Organisation, <a href="http://apps.who.int/gho/data/node.main.A885">http://apps.who.int/gho/data/node.main.A885</a>

Definitions:

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



## Men, 2008



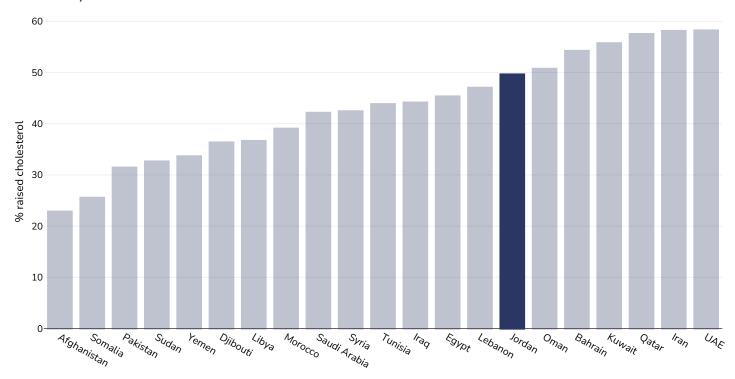
References:

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

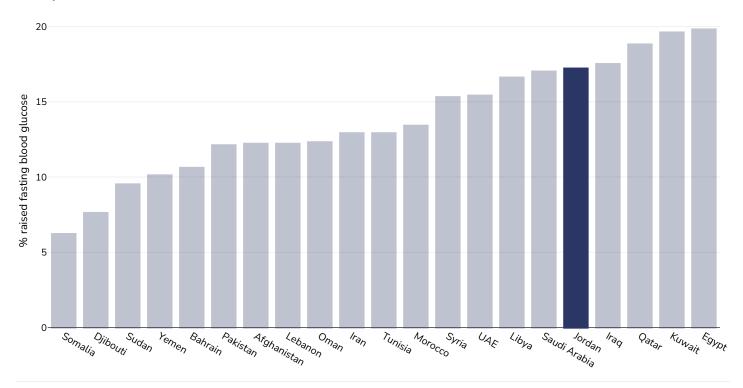
Definitions:

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



# Raised fasting blood glucose

## Men, 2014



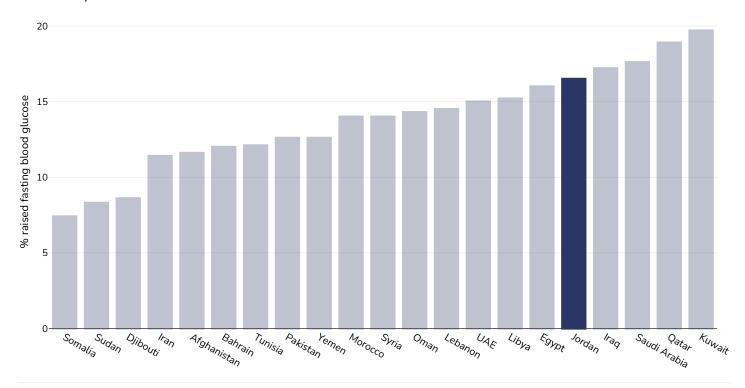
References:

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

Definitions:

Age Standardised % raised fasting blood glucose (>= 7.0 mmoVL or on medication).





References:

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

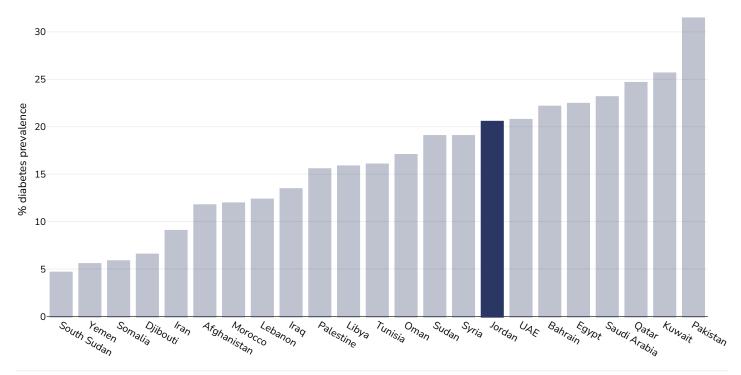
Definitions:

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



# Diabetes prevalence

## Adults, 2024



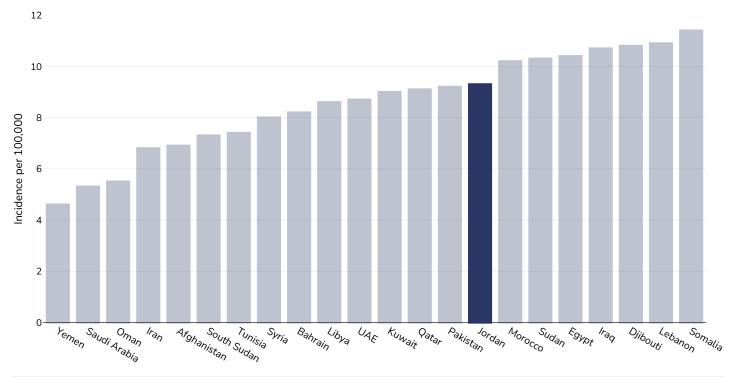
References:

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



## **Ovarian Cancer**

## Women, 2022



Age: 20+

References:

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: <a href="https://gco.iarc.who.int/today">https://gco.iarc.who.int/today</a>, accessed [16.07.24]

Definitions: Incidence per 100,000



# Leukemia

Men, 2022											
4											
3											
2											
1											
0———											
<sup>-1</sup> _1	0	1	2	3	4	5	6				
Age: Area covered:							20+ National				
References:	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: <a href="https://gco.iarc.who.int/today">https://gco.iarc.who.int/today</a> , accessed [16.07.24]										
Definitions:						Incidence pe					
	Unless oth	nerwise noted, overw	veight refers to a BMI	between 25kg and 29	9.9kg/m², obesity refers	to a BMI greater than	30kg/m².				

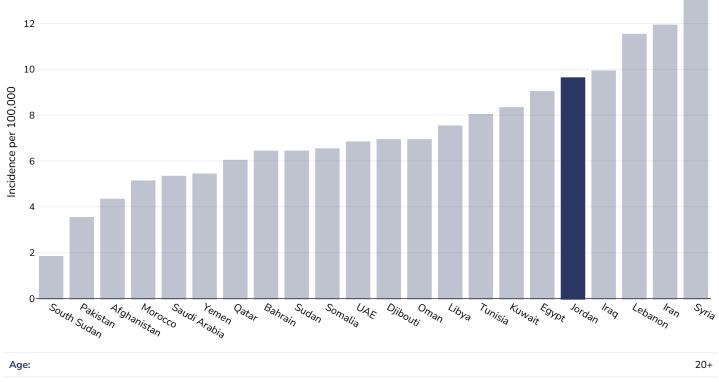


Women, 20	022										
4											
3											
2											
1											
0———											
<sup>-1</sup> 1	0	1	2	3	4	5	6				
Age:							20+				
Area covered:							National				
References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <a href="https://gco.iarc.who.int/today">https://gco.iarc.who.int/today</a> , accessed [16.07.24]										
Definitions:						Incidence pe	er 100,000				
	Unless oth	erwise noted, overw	reight refers to a BMI l	petween 25kg and 29	.9kg/m², obesity refers	s to a BMI greater than	n 30kg/m².				



#### Leukemia

### Men, 2022



Area covered: National

References:

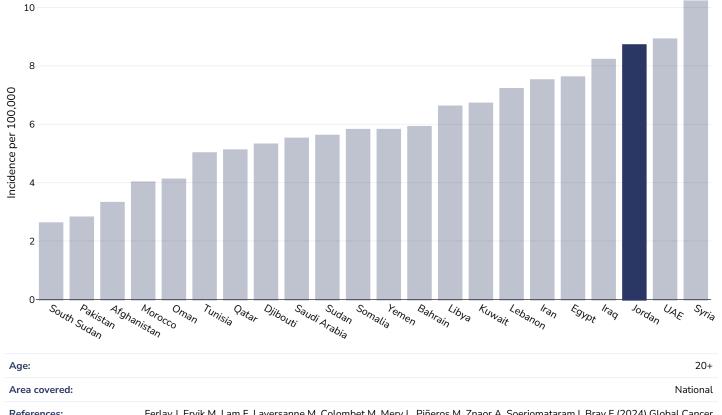
Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <a href="https://gco.iarc.who.int/today">https://gco.iarc.who.int/today</a>,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

Definitions: Incidence per 100,000

accessed [16.07.24]



### Women, 2022



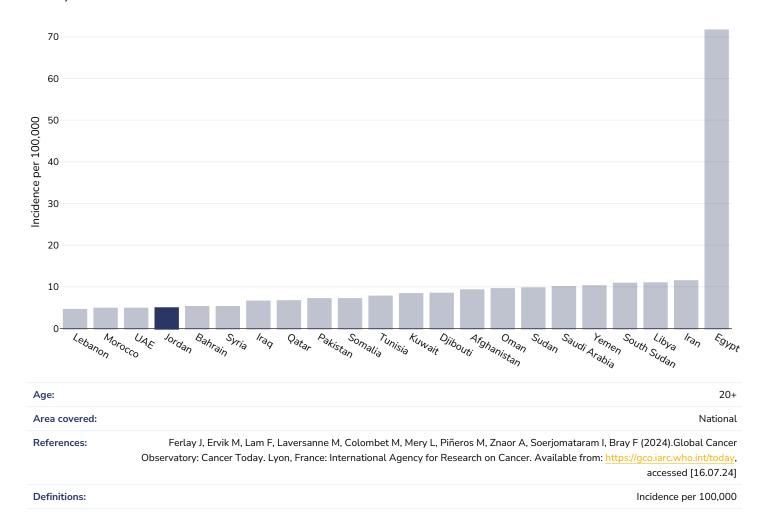
References: Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today,

Definitions: Incidence per 100,000

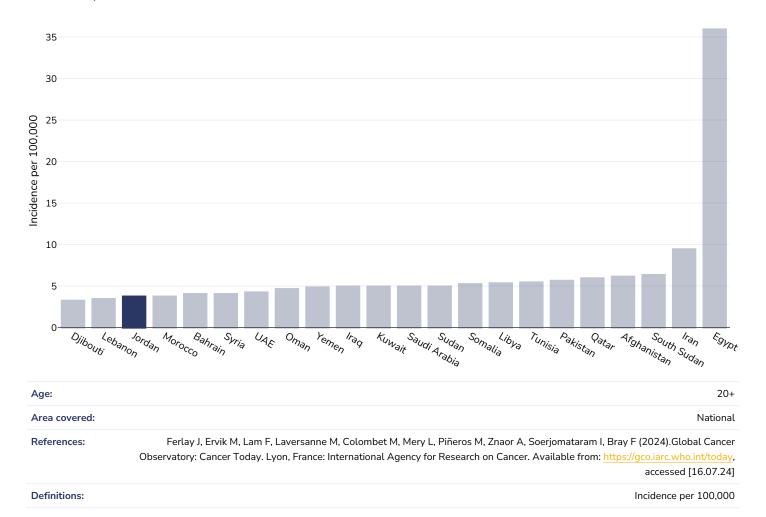


# Liver and intrahepatic bile duct Cancer

### Men, 2022



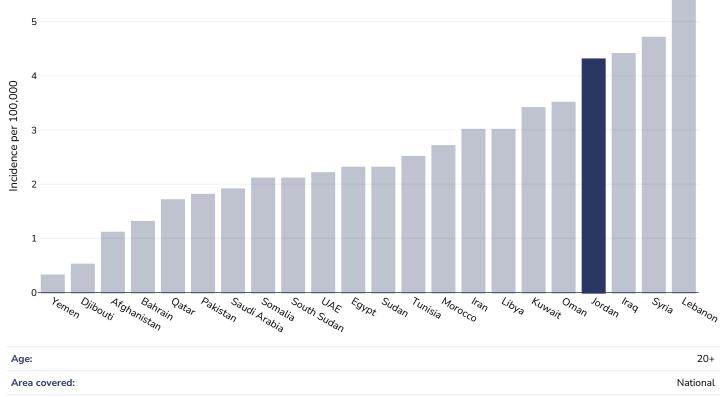






## Multiple Myeloma

### Men, 2022



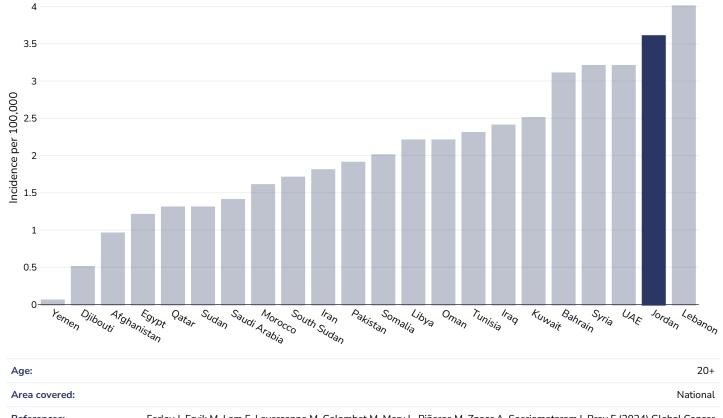
References:

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]

**Definitions:** 

Indicence per 100,000





Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer References:

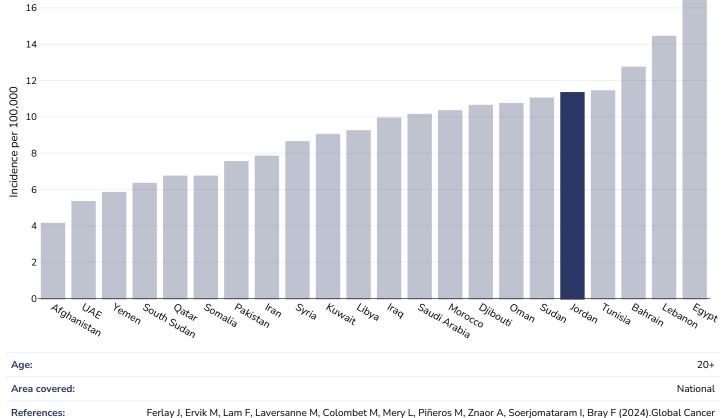
Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]

**Definitions:** Indicence per 100,000



## Non Hodgkin Lymphoma

## Men, 2022



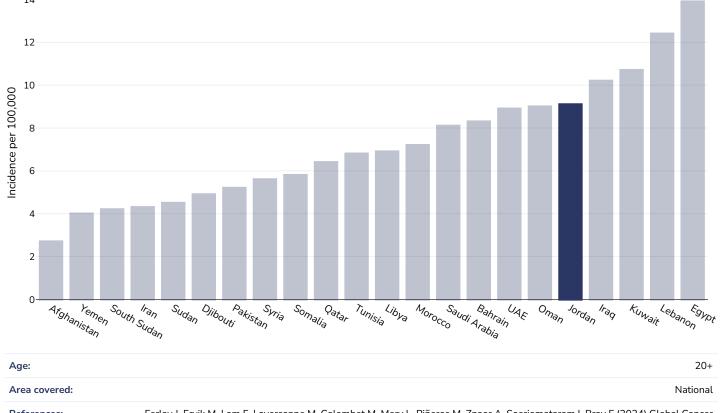
Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <a href="https://gco.iarc.who.int/today">https://gco.iarc.who.int/today</a>,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

Definitions: Incidence per 100,000

accessed [16.07.24]



### Women, 2022



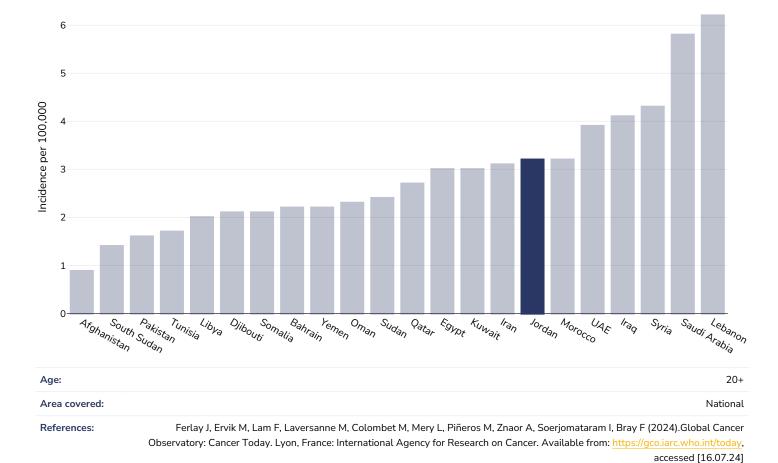
References: Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <a href="https://gco.iarc.who.int/today">https://gco.iarc.who.int/today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

Definitions: Incidence per 100,000



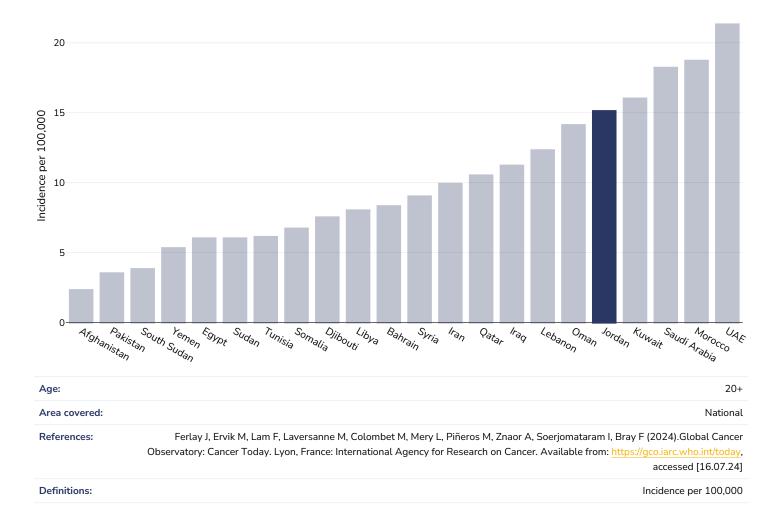
## **Thyroid Cancer**

### Men, 2022



Definitions: Incidence per 100,000





PDF created on June 17, 2025