# Report card

## Kiribati

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Obesity prevalence

Adults, 2004-2006

Survey type: Measured
Age: 15-64
Sample size: 1755
Area covered: National
References: Kiribati STEPS Survey 2004-6

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
**Children, 2011**

- **Survey type:** Self-reported
- **Age:** 13-17
- **References:** Global School-based Student Health Survey (GSHS), available at [https://www.cdc.gov/gshs/countries/index.htm](https://www.cdc.gov/gshs/countries/index.htm) (last accessed 28.04.20)
- **Notes:** WHO cutoffs.

**Cutoffs:**

- **WHO**

---

<table>
<thead>
<tr>
<th>Boys</th>
<th>Girls</th>
</tr>
</thead>
<tbody>
<tr>
<td>30%</td>
<td>45%</td>
</tr>
</tbody>
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- Overweight or obesity
Insufficient physical activity

Adults, 2016

Men, 2016

Children, 2010

Age: 11-17


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, 2010

Age: 11-17


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)
Girls, 2010

Age: 11-17


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)
Average daily frequency of carbonated soft drink consumption

Children, 2010-2015

Survey type: Measured
Age: 12-17

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)
Prevalence of less-than-daily fruit consumption

Children, 2010-2015

Survey type: Measured
Age: 12-17


Definitions: Prevalence of less-than-daily fruit consumption (% less-than-daily fruit consumption)
Prevalence of less-than-daily vegetable consumption

Children, 2010-2015

Survey type: Measured
Age: 12-17


Definitions: Prevalence of less-than-daily vegetable consumption (% less-than-daily vegetable consumption)
Average weekly frequency of fast food consumption

Children, 2010-2015

Age: 12-17

### Estimated per-capita processed meat intake

#### Adults, 2017

<table>
<thead>
<tr>
<th>Country</th>
<th>g/day</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vietnam</td>
<td>1.7</td>
</tr>
<tr>
<td>Kiribati</td>
<td>2.4</td>
</tr>
<tr>
<td>Solomon Is.</td>
<td>2.7</td>
</tr>
<tr>
<td>Papua New Guinea</td>
<td>3.0</td>
</tr>
<tr>
<td>Vanuatu</td>
<td>3.4</td>
</tr>
<tr>
<td>Micronesia</td>
<td>3.7</td>
</tr>
<tr>
<td>Marshall Is.</td>
<td>4.0</td>
</tr>
<tr>
<td>Laos</td>
<td>4.3</td>
</tr>
<tr>
<td>Tonga</td>
<td>4.6</td>
</tr>
<tr>
<td>Fiji</td>
<td>5.0</td>
</tr>
<tr>
<td>Samoa</td>
<td>5.3</td>
</tr>
<tr>
<td>Malaysia</td>
<td>5.6</td>
</tr>
<tr>
<td>Philippines</td>
<td>5.9</td>
</tr>
<tr>
<td>China</td>
<td>6.3</td>
</tr>
<tr>
<td>Singapore</td>
<td>6.7</td>
</tr>
<tr>
<td>Mongolia</td>
<td>7.1</td>
</tr>
<tr>
<td>South Korea</td>
<td>7.5</td>
</tr>
<tr>
<td>New Zealand</td>
<td>7.8</td>
</tr>
<tr>
<td>Australia</td>
<td>8.2</td>
</tr>
<tr>
<td>Brunei Darussalam</td>
<td>8.6</td>
</tr>
<tr>
<td>Japan</td>
<td>9.0</td>
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</table>

### Survey Details

- **Survey type:** Measured
- **Age:** 25+
- **References:** Global Burden of Disease, the Institute for Health Metrics and Evaluation [http://ghdx.healthdata.org/](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


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

Adults, 2015


Definitions: % of population with anxiety disorders
Raised blood pressure

Adults, 2015


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

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


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

Definitions:
% Raised total cholesterol (>= 5.0 mmol/L) (age-standardized estimate).
Raised fasting blood glucose

Men, 2014


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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