WORLD OBESITY

Kiribati

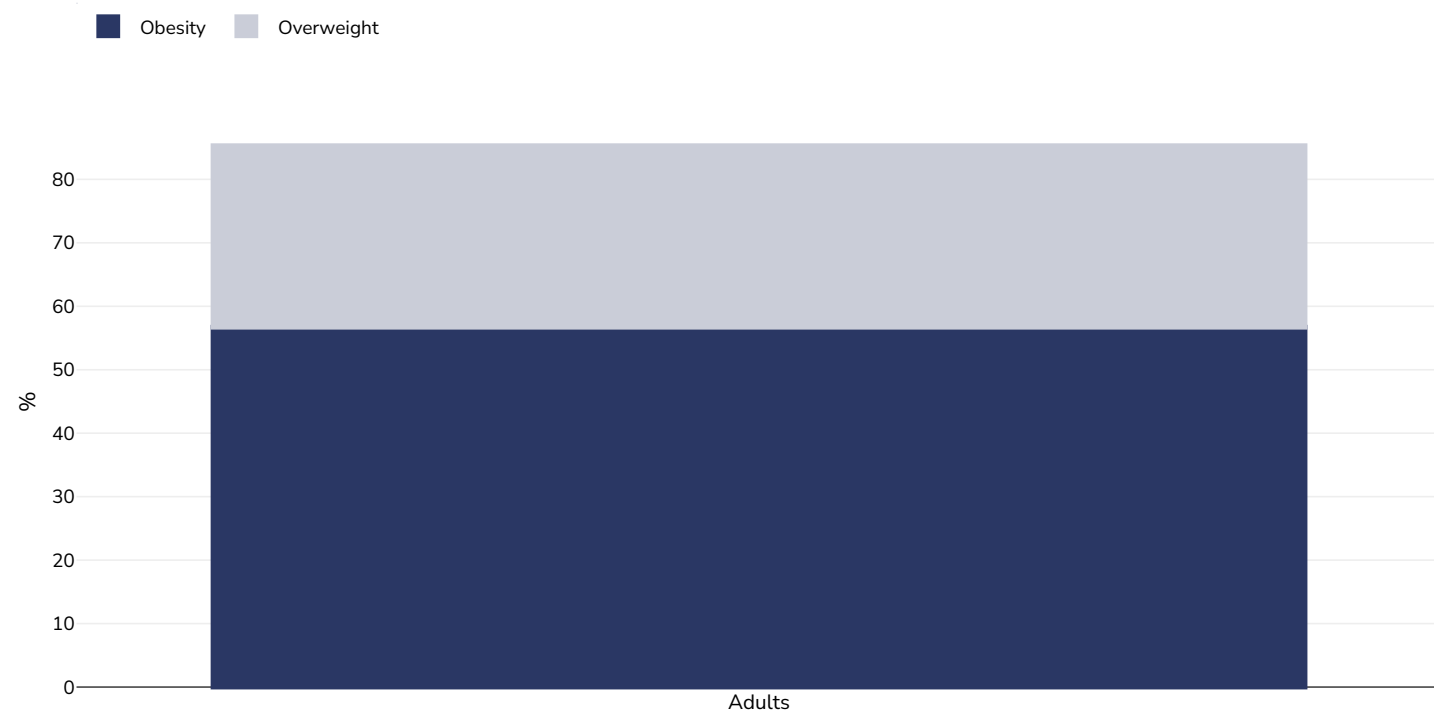## Country report card

Contents	Page

Obesity prevalence

Adults, 2018

■ Obesity   ■ Overweight

Survey type:	Measured
Age:	18+
Sample size:	483
Area covered:	South Tarawa and Butaritari
References:	Eme, P. E., et al. "Obesity Measures in the Kiribati Population: A Need to Reclassify Body Mass Index Cut-Points." BMC Public Health, vol. 20, no. 1, 11 July 2020, 10.1186/s12889-020-09217-z.

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

Children, 2022

■ Obesity　■ Overweight

Survey type:	Self-reported
Age:	13-17
Sample size:	2332
Area covered:	National
References:	Global School-Based Student Health Survey, Kiribati 2022 Fact Sheet. Available at: https://www.who.int/publications/m/item/2022-gshs-fact-sheet-kiribati (Accessed: 13.06.25)
Cutoffs:	WHO 2007

0-5 years, 2018-2019

■ Obesity   ■ Overweight

Survey type:	Measured
Age:	0-5
Sample size:	2143
Area covered:	National
References:	Kiribati National Statistics Office. 2019. Kiribati Social Development Indicator Survey 2018-19, Survey Findings Report. South Tarawa, Kiribati: National Statistics Office. https://mics-surveys-prod.s3.amazonaws.com/MICS6/East%20Asia%20and%20the%20Pacific/Kiribati/2018-2019/Survey%20findings/Kiribati%20MICS%20SDIS%202018-19%20Survey%20Findings%20Report_English.pdf (Accessed 15.06.21)
Notes:	Infants.
Definitions:	Weight for Height. Overweight = 2SD-3SD, Obesity = > 3SD
Cutoffs:	Other

Overweight/obesity by age

Adults, 2015-2016

■ Obesity ■ Overweight
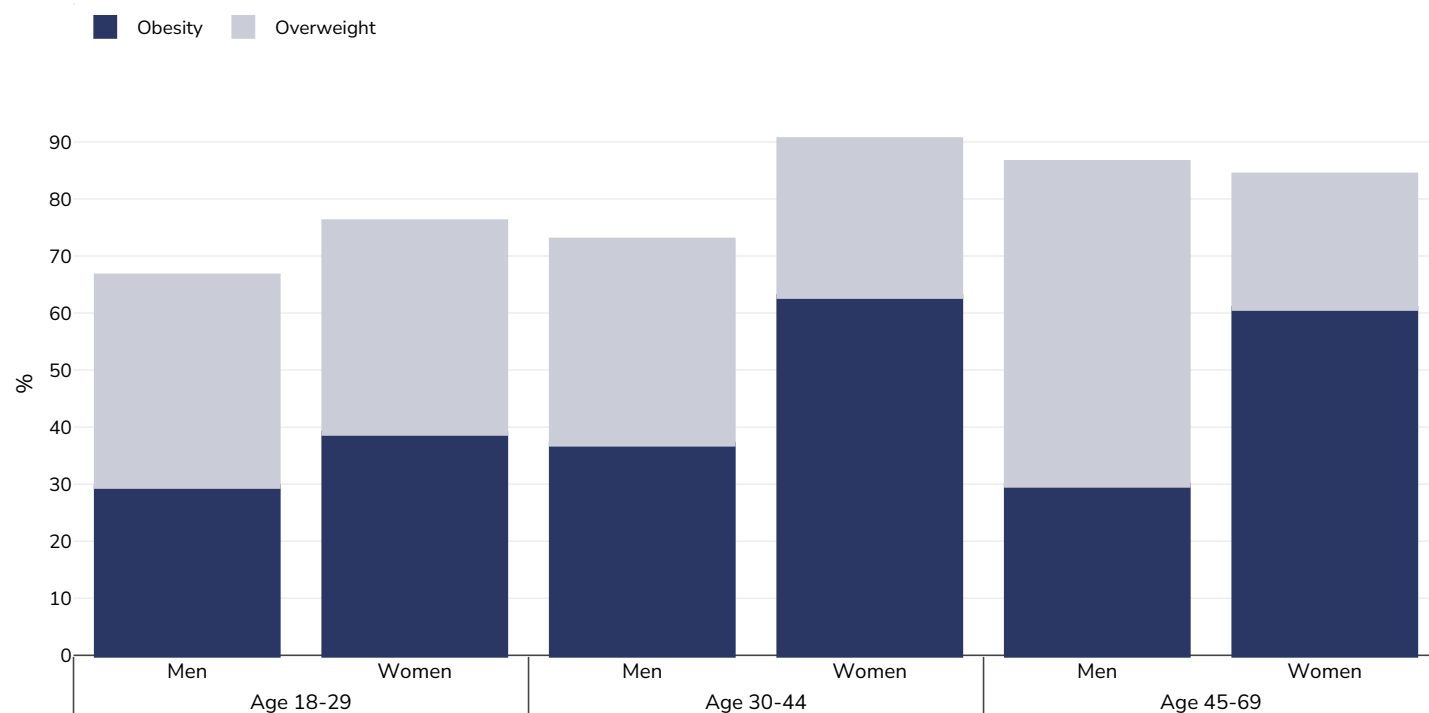
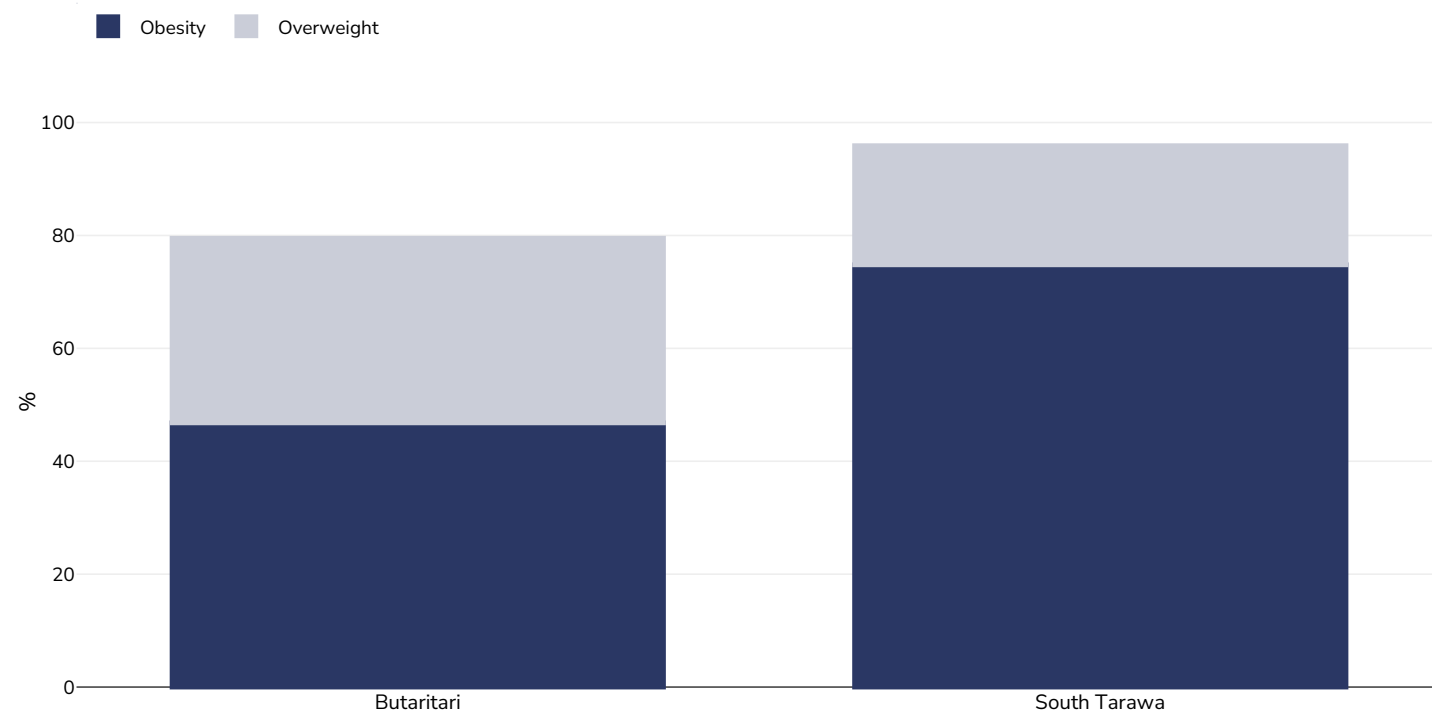| Survey type:	Measured
Sample size:	1247
Area covered:	National
References:	Kiribati STEPS Survey Report 2015-16 (available at https://www.who.int/ncds/surveillance/steps/2015-2016_Kiribati_STEPS_report.pdf?ua=1 last accessed 09.10.20)

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 region

Adults, 2018

Legend: ■ Obesity ■ Overweight

Survey type:	Measured
Age:	18+
Sample size:	483
Area covered:	South Tarawa and Butaritari
References:	Eme, P. E., et al. "Obesity Measures in the Kiribati Population: A Need to Reclassify Body Mass Index Cut-Points." BMC Public Health, vol. 20, no. 1, 11 July 2020, 10.1186/s12889-020-09217-z.

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

0-5 years, 2018-2019

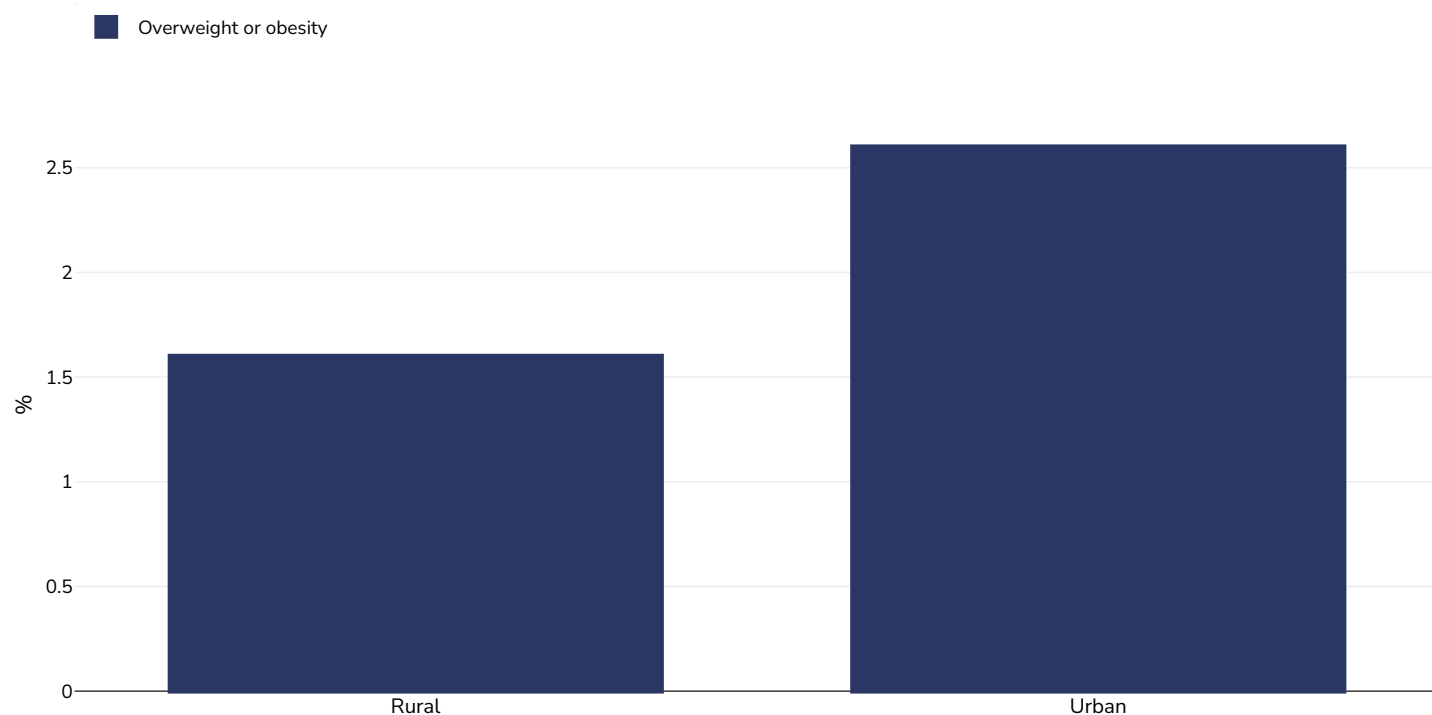■ Overweight or obesity

Sample size:	2143
References:	MICS: Kiribati 2018-2019 Social Development Indicator Survey
Notes:	UNICEF/WHO/World Bank Joint Child Malnutrition Estimates Expanded Database: Overweight (Survey Estimates), May 2023, New York. For more information about the methodology, please consult https://data.unicef.org/resources/jme-2023-country-consultations/ Percentage of children under 5 years of age falling above 2 standard deviations (moderate and severe) from the median weight-for-height of the reference population.
Definitions:	=>+2SD

Overweight/obesity by socio-economic group

0-5 years, 2018-2019

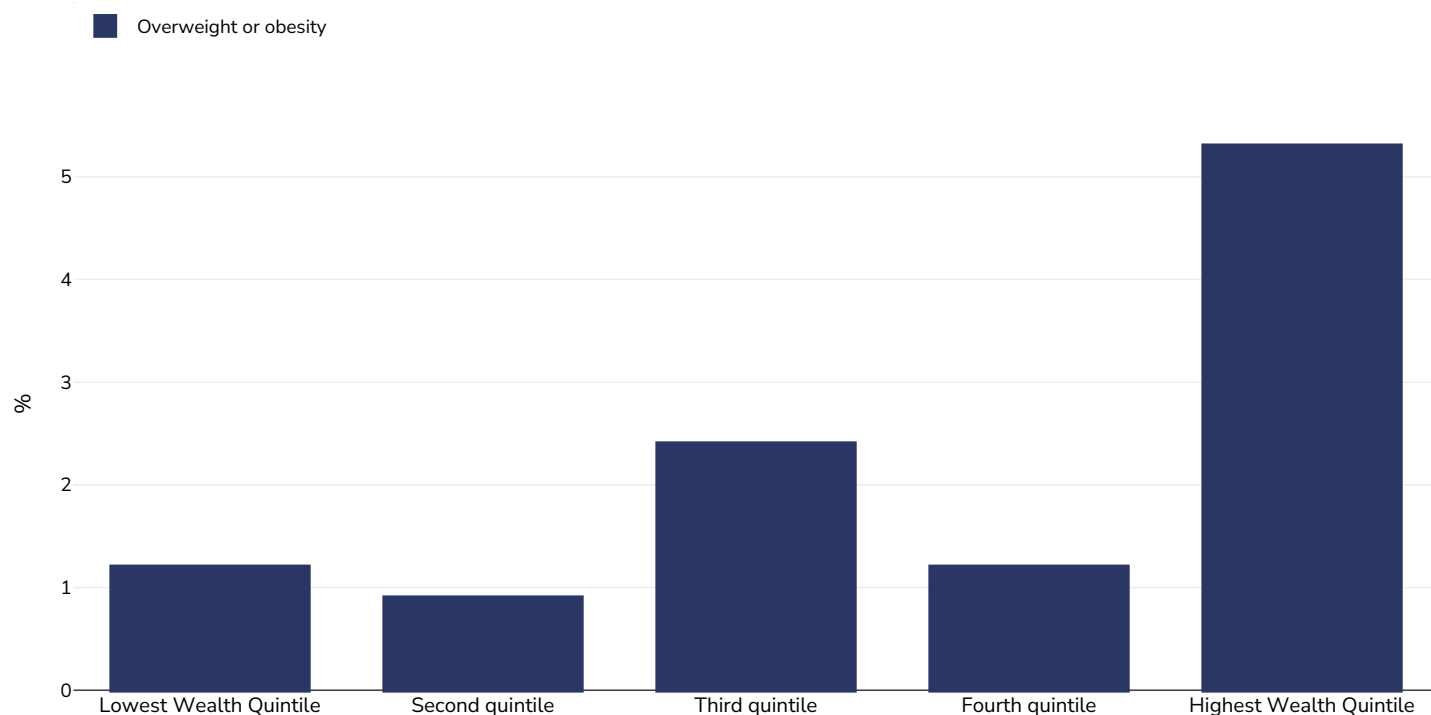■ Overweight or obesity

Sample size:	2143
References:	MICS: Kiribati 2018-2019 Social Development Indicator Survey
Notes:	UNICEF/WHO/World Bank Joint Child Malnutrition Estimates Expanded Database: Overweight (Survey Estimates), May 2023, New York. For more information about the methodology, please consult https://data.unicef.org/resources/jme-2023-country-consultations/ Percentage of children under 5 years of age falling above 2 standard deviations (moderate and severe) from the median weight-for-height of the reference population.
Definitions:	=>+2SD

Double burden of underweight & overweight

Adults, 2022
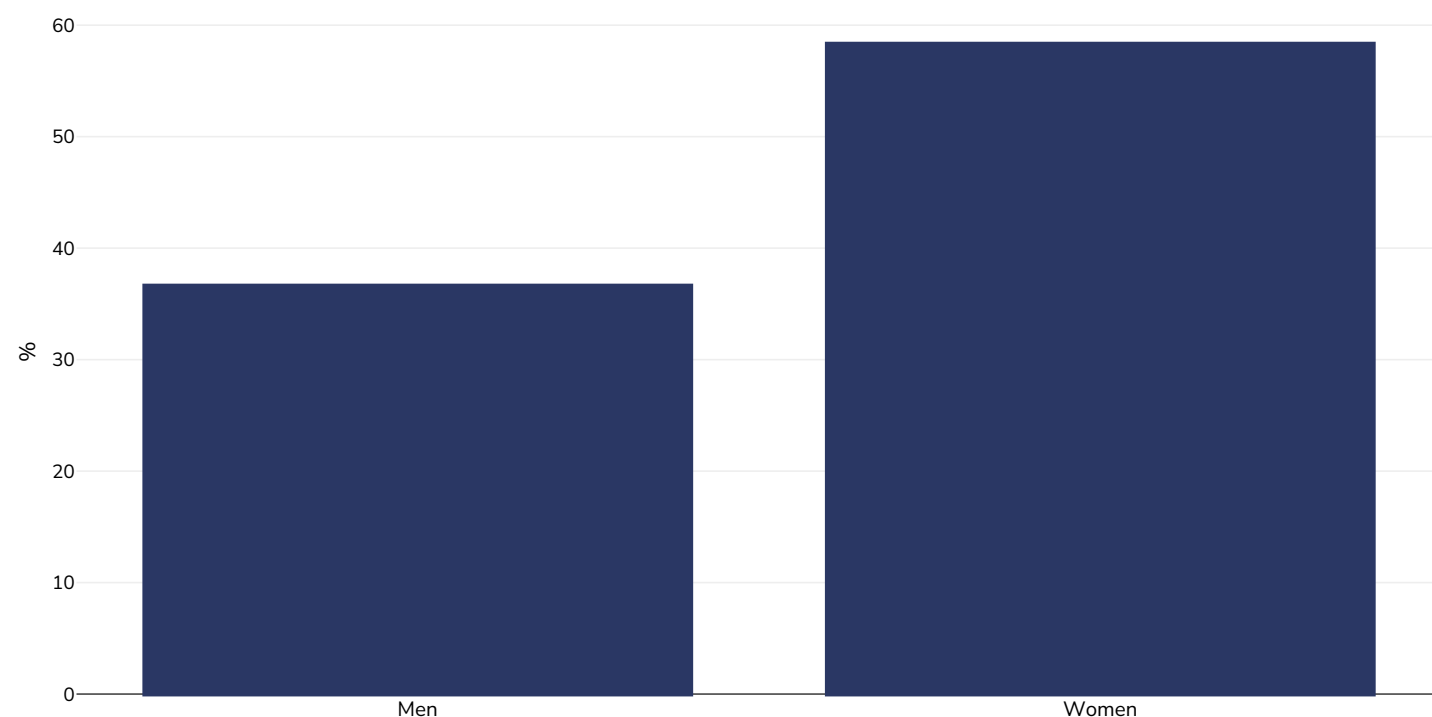
Survey type:	Measured
Age:	20+
References:	NCD Risk Factor Collaboration (NCD-RisC). Worldwide trends in underweight and obesity from 1990 to 2022: a pooled analysis of 3663 population representative studies with 222 million children, adolescents, and adults. Lancet 2024; published online Feb 29. https://doi.org/10.1016/S0140-6736(23)02750-2.
Notes:	Age Standardised estimates
Definitions:	Combined prevalence of BMI<18.5 kg/m² and BMI>=30 kg/m² (double burden of underweight and obesity)

Children, 2022

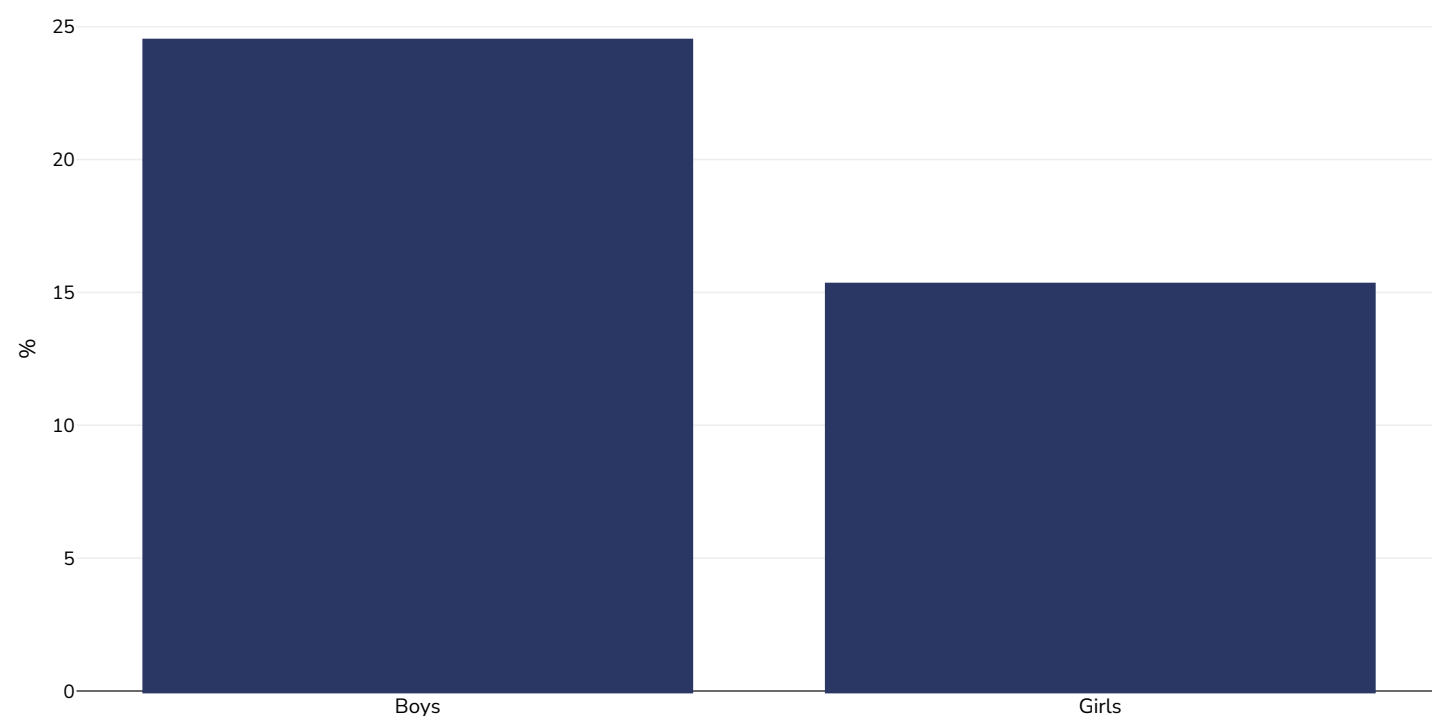

Survey type:	Measured
Age:	5-19
References:	NCD Risk Factor Collaboration (NCD-RisC). Worldwide trends in underweight and obesity from 1990 to 2022: a pooled analysis of 3663 population representative studies with 222 million children, adolescents, and adults. Lancet 2024; published online Feb 29. https://doi.org/10.1016/S0140-6736(23)02750-2.
Notes:	Age standardised estimates
Definitions:	Combined prevalence of BMI < -2SD and BMI > 2SD (double burden of thinness and obesity)
Cutoffs:	BMI < -2SD and BMI > 2SD

0-5 years, 2018-2019

Survey type:	Measured
Age:	0-5
References:	UNICEF data available at https://data.unicef.org/topic/nutrition/malnutrition/(last accessed 12.03.25)
Notes:	Children under 5 falling below -2 standard deviations from the median height for age and falling at or above +2 standard deviations from the median weight-for-height of the reference population

Insufficient physical activity

Adults, 2022

Survey type:	Self-reported
Age:	18+
Area covered:	National
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.

Men, 2022

Survey type:	Self-reported
Age:	18+
Area covered:	National
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.

Women, 2022

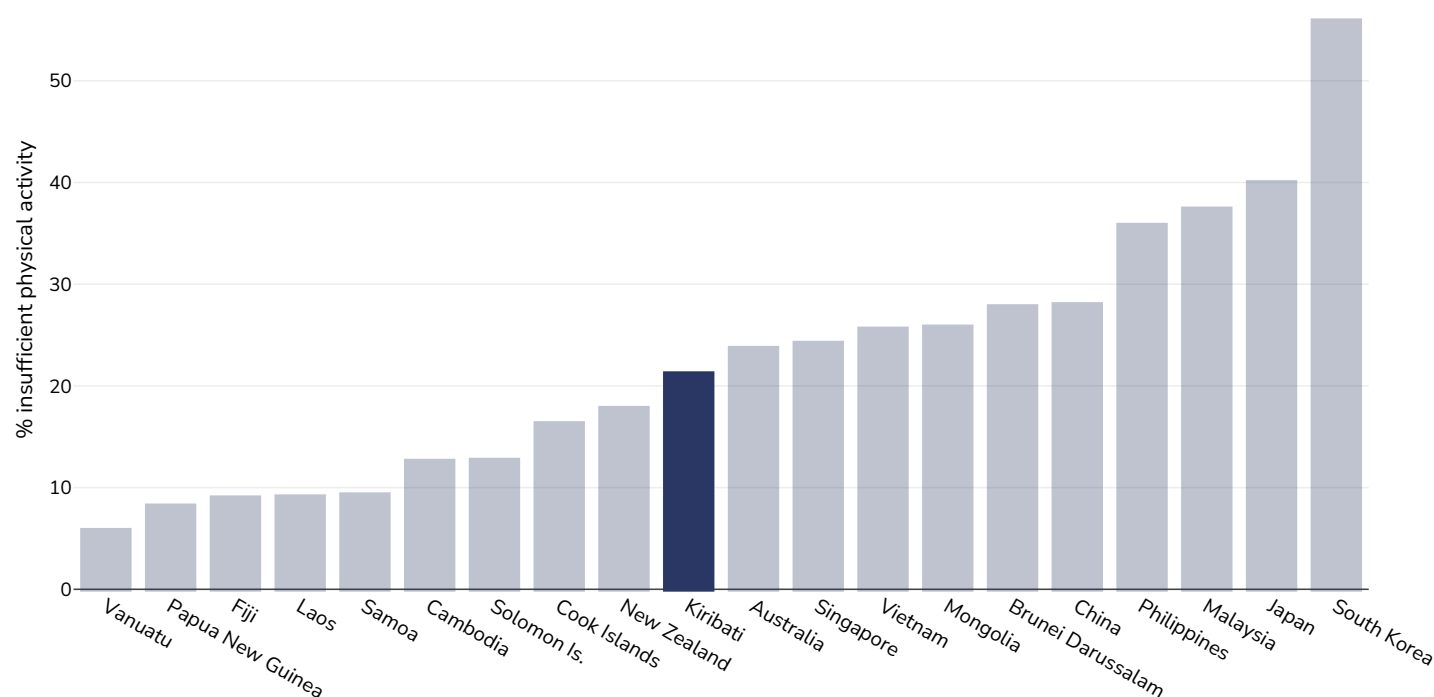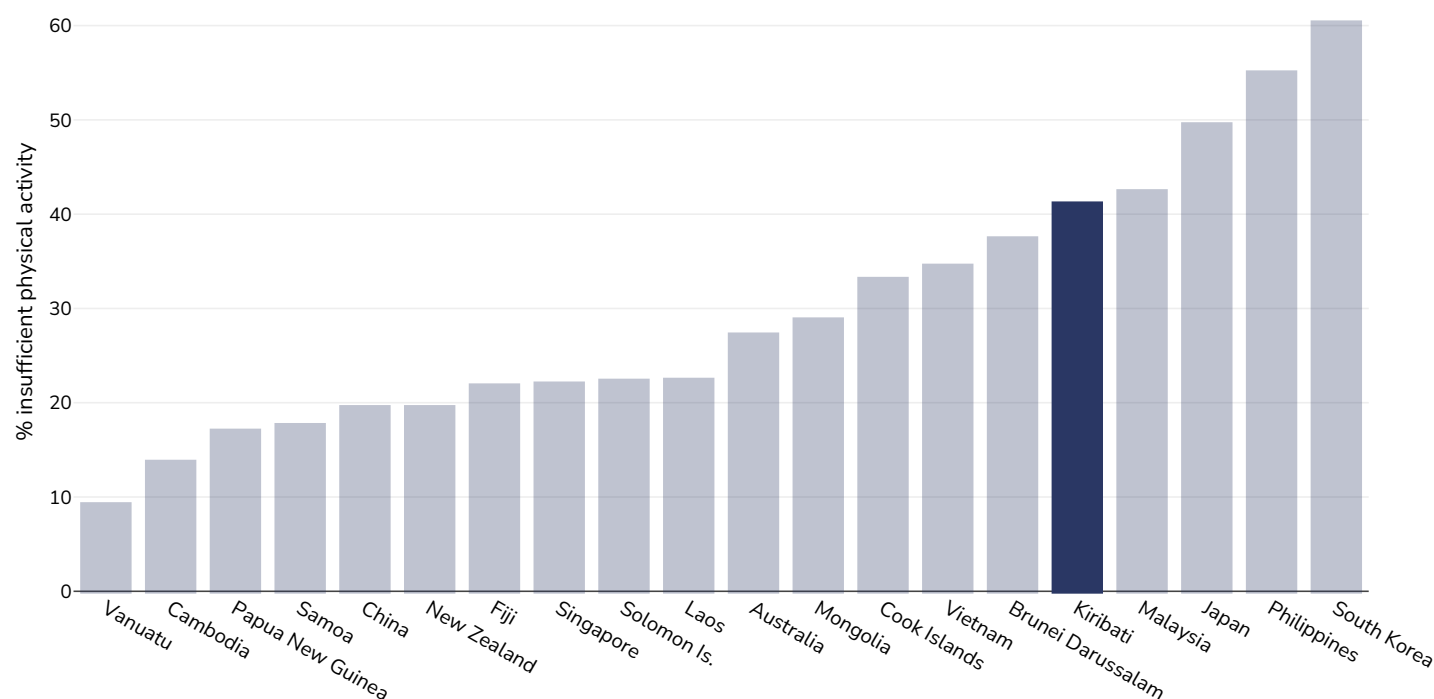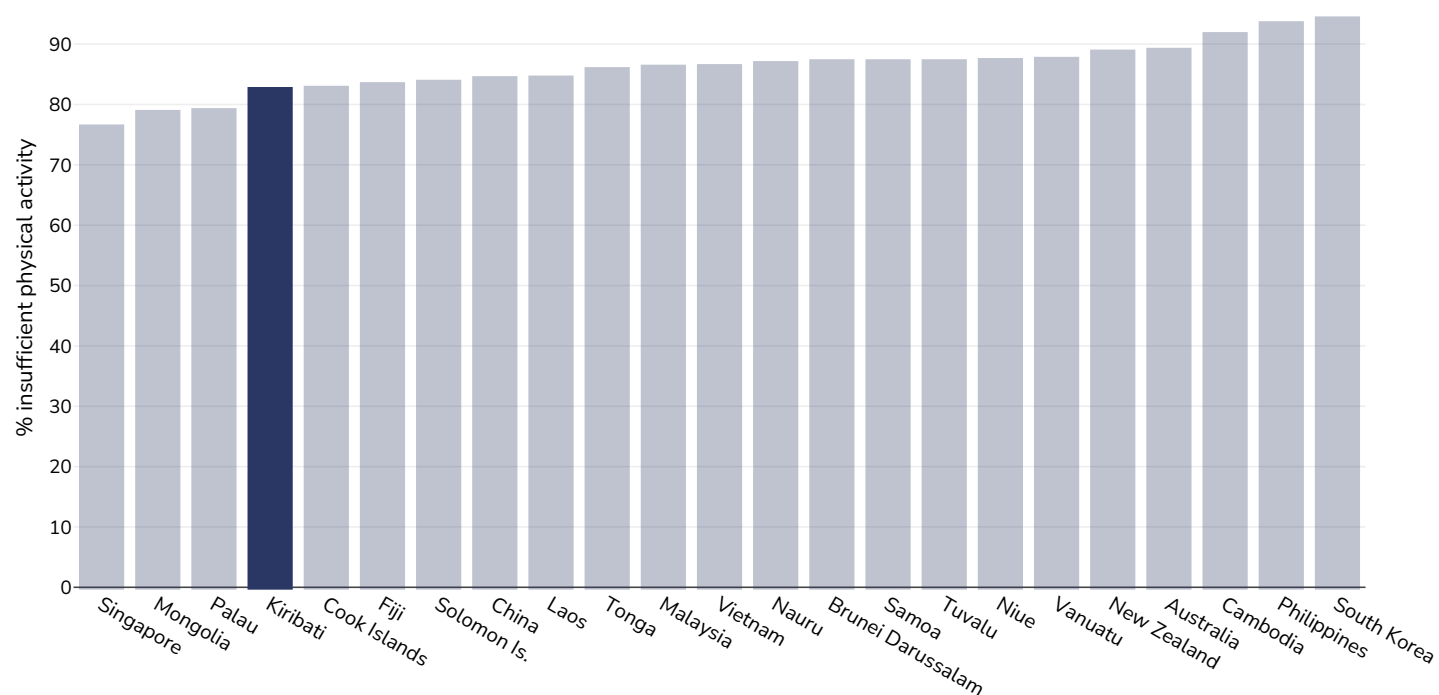| Survey type:	Self-reported
Age:	18+
Area covered:	National
References:	WHO (2024). Prevalence of insufficient physical activity among adults aged 18-years age-standardized estimate in 2022. Available at https://www.who.int/data/gho/data/indicators/indicator-details/GHO/prevalence-of-insufficient-physical-activity-among-adults-aged-18-years-(age-standardized-estimate)-(-)
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.

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

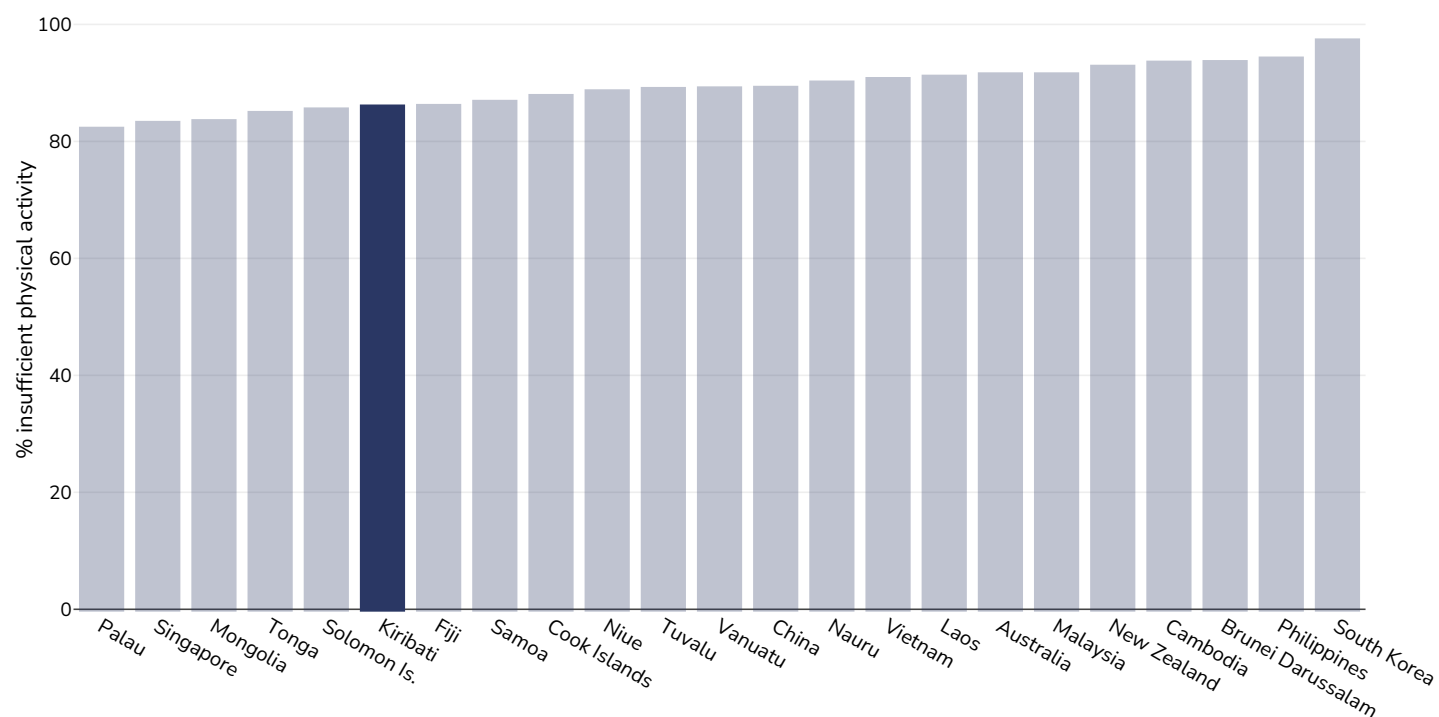| Survey type:	Self-reported
Age:	11-17
References:	Global Health Observatory data repository, World Health Organisation, https://apps.who.int/gho/data/node.main.A893ADO?lang=en (last accessed 16.03.21)
Notes:	% of school going adolescents not meeting WHO recommendations on Physical Activity for Health,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

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)

Average daily frequency of carbonated soft drink consumption

Children, 2010-2015
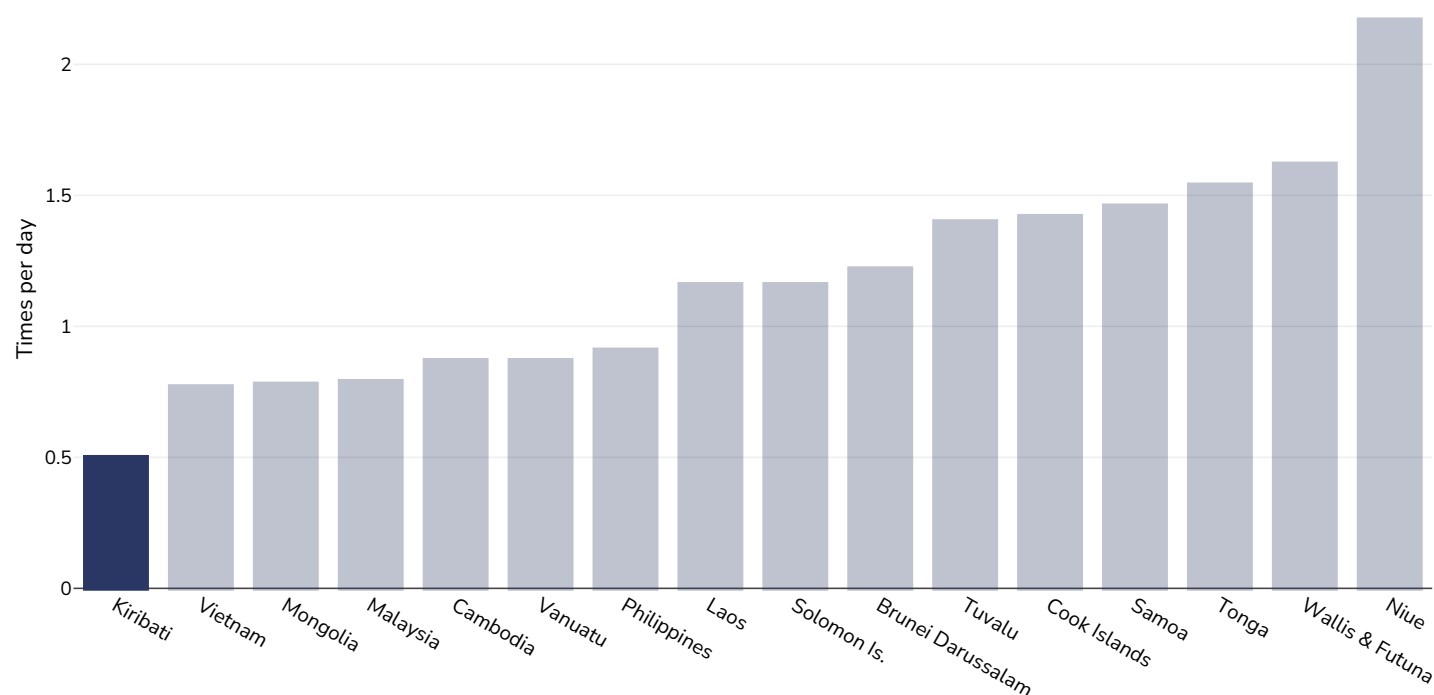
Survey type:	Measured
Age:	12-17
References:	Beal et al. (2019). Global Patterns of Adolescent Fruit, Vegetable, Carbonated Soft Drink, and Fast-food consumption: A meta-analysis of global school-based student health surveys. Food and Nutrition Bulletin. https://doi.org/10.1177/0379572119848287 sourced from Food Systems Dashboard http://www.foodsystemsdashboard.org/food-system

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
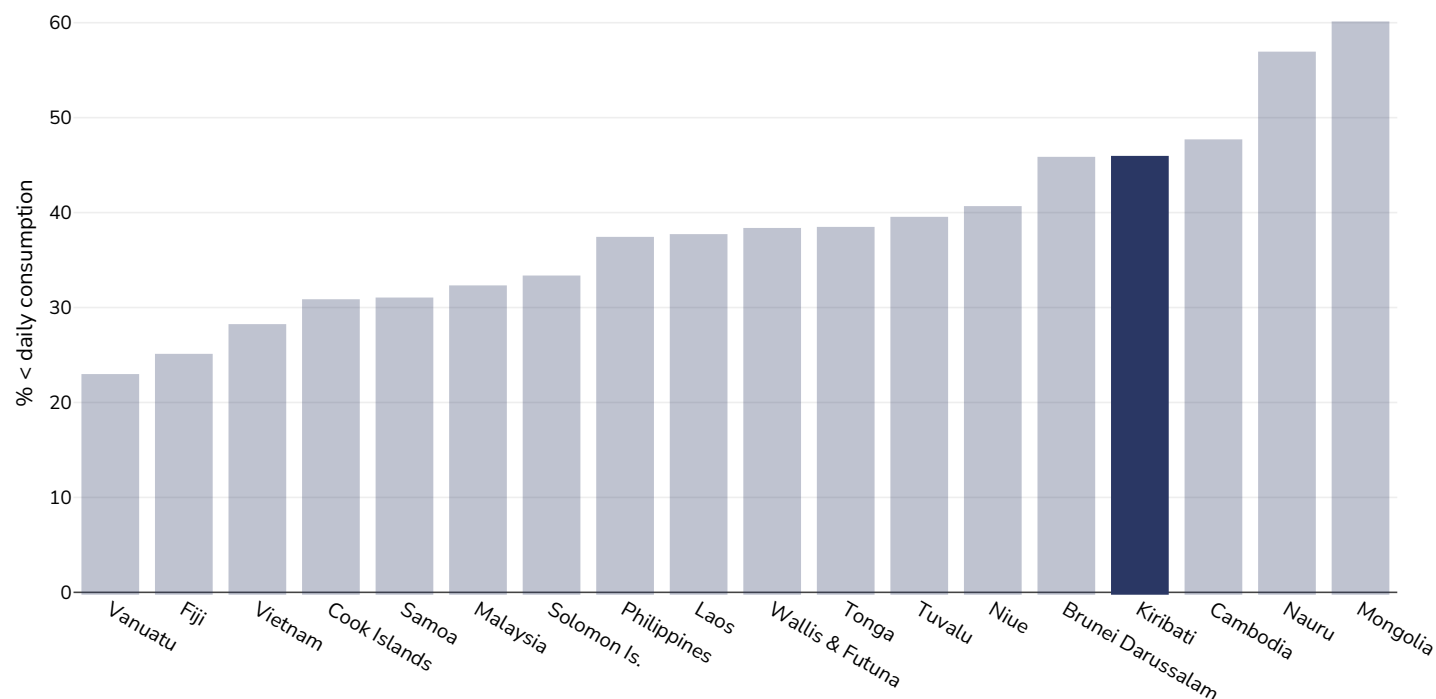
Survey type:	Measured
Age:	12-17
References:	Global School-based Student Health Surveys. Beal et al (2019). Global Patterns of Adolescent Fruit, Vegetable, Carbonated Soft Drink, and Fast-food consumption: A meta-analysis of global school-based student health surveys. Food and Nutrition Bulletin. https://doi.org/10.1177/0379572119848287. Sourced from Food Systems Dashboard http://www.foodsystemsdashboard.org/food-system
Definitions:	Prevalence of less-than-daily fruit consumption (% less-than-daily fruit consumption)

Prevalence of less than daily vegetable consumption
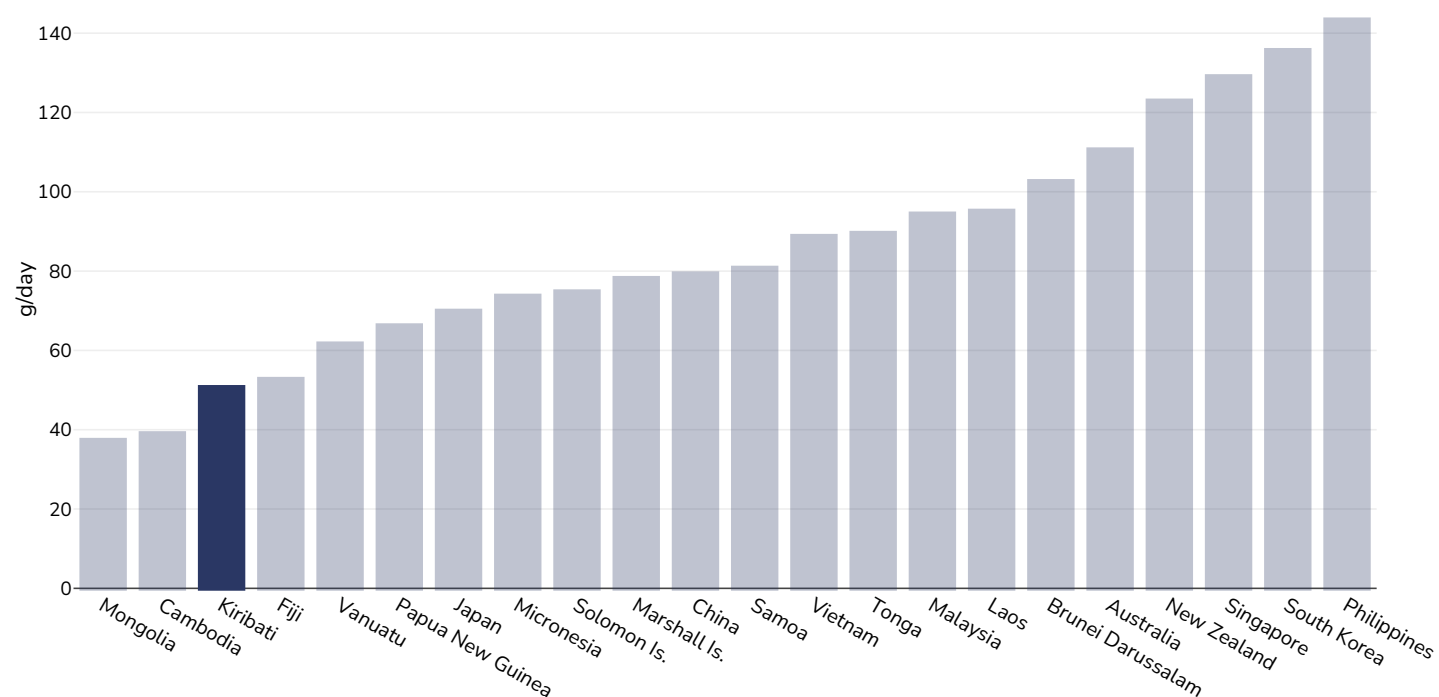
Children, 2010-2015
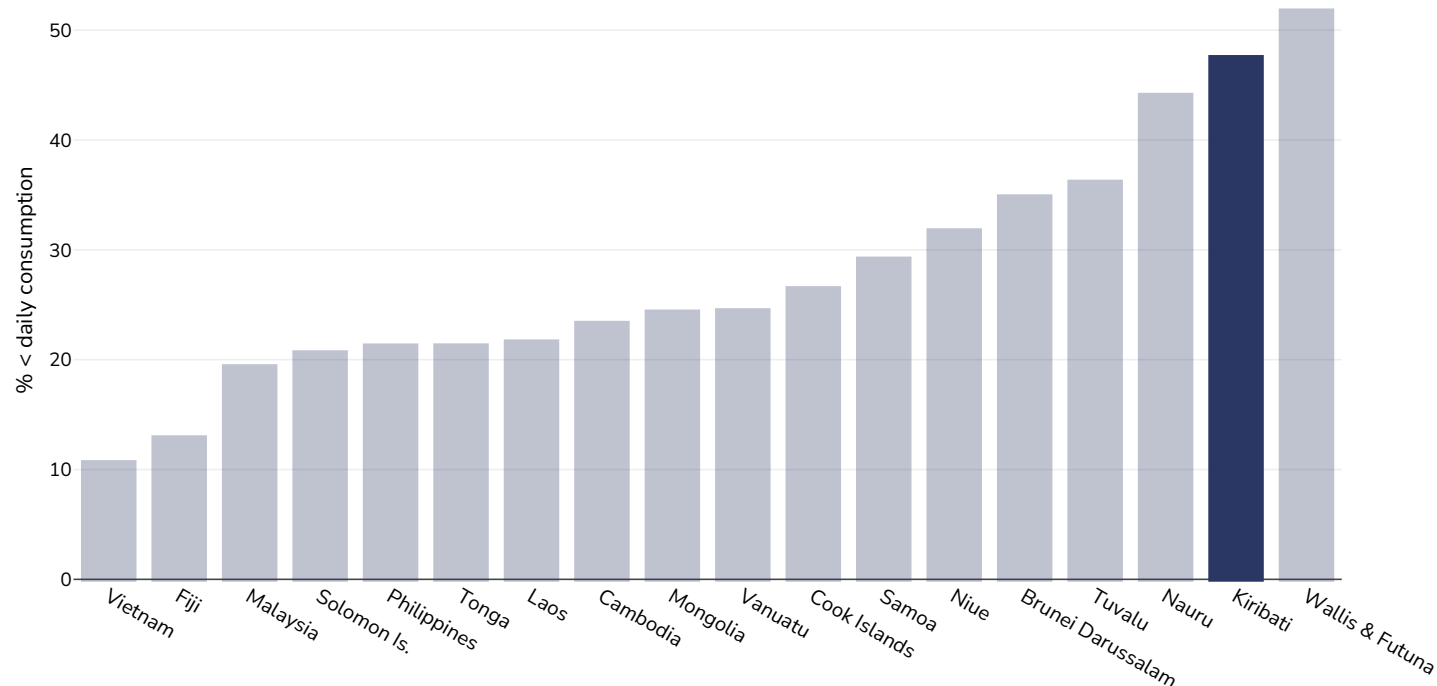
Survey type:	Measured
Age:	12-17
References:	Beal et al. (2019). Global Patterns of Adolescent Fruit, Vegetable, Carbonated Soft Drink, and Fast-food consumption: A meta-analysis of global school-based student health surveys. Food and Nutrition Bulletin. https://doi.org/10.1177/0379572119848287 sourced from Food Systems Dashboard http://www.foodsystemsdashboard.org/food-system
Definitions:	Prevalence of less-than-daily vegetable consumption (% less-than-daily vegetable consumption)

Average weekly frequency of fast food consumption

Children, 2010-2015

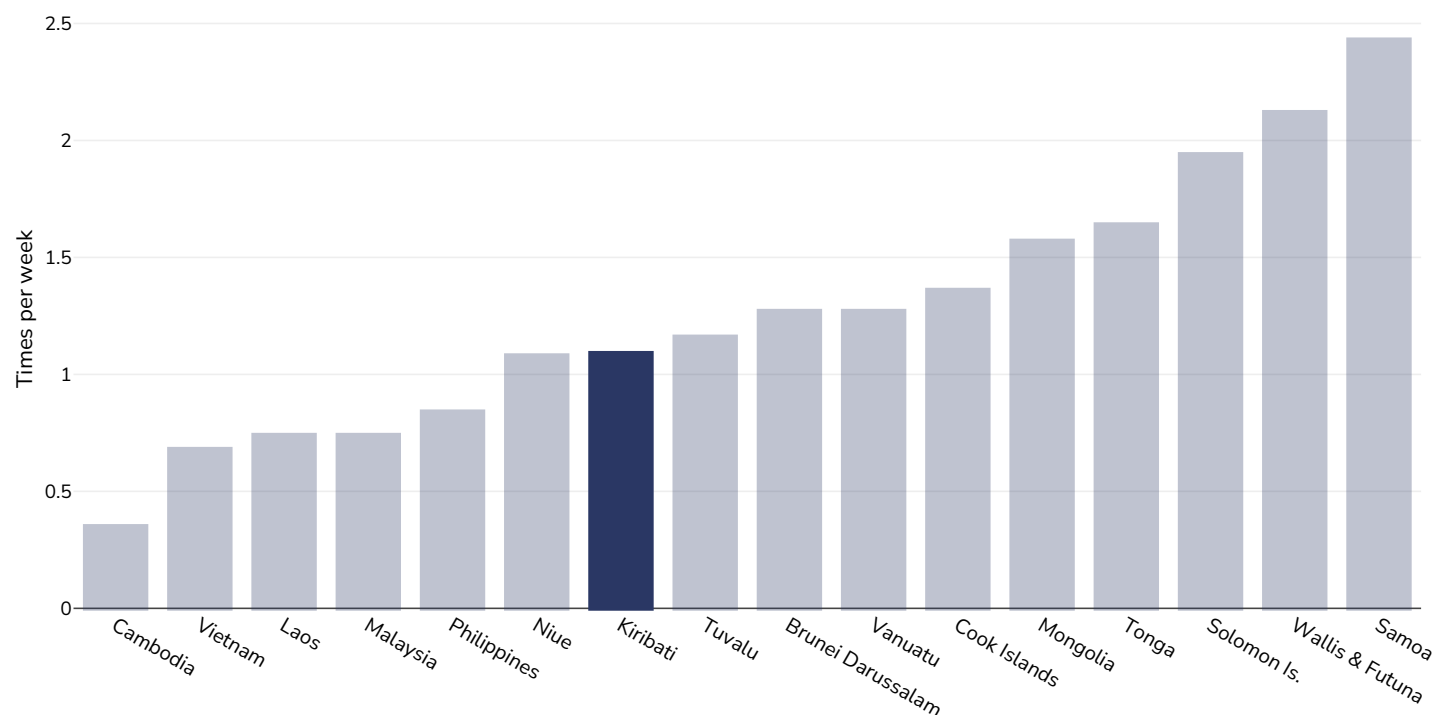| Age:	12-17

References: Beal et al. (2019). Global Patterns of Adolescent Fruit, Vegetable, Carbonated Soft Drink, and Fast-food consumption: A meta-analysis of global school-based student health surveys. Food and Nutrition Bulletin. https://doi.org/10.1177/0379572119848287 sourced from Food Systems Dashboard http://www.foodsystemsdashboard.org/food-system

Estimated per-capita processed meat intake

Adults, 2017
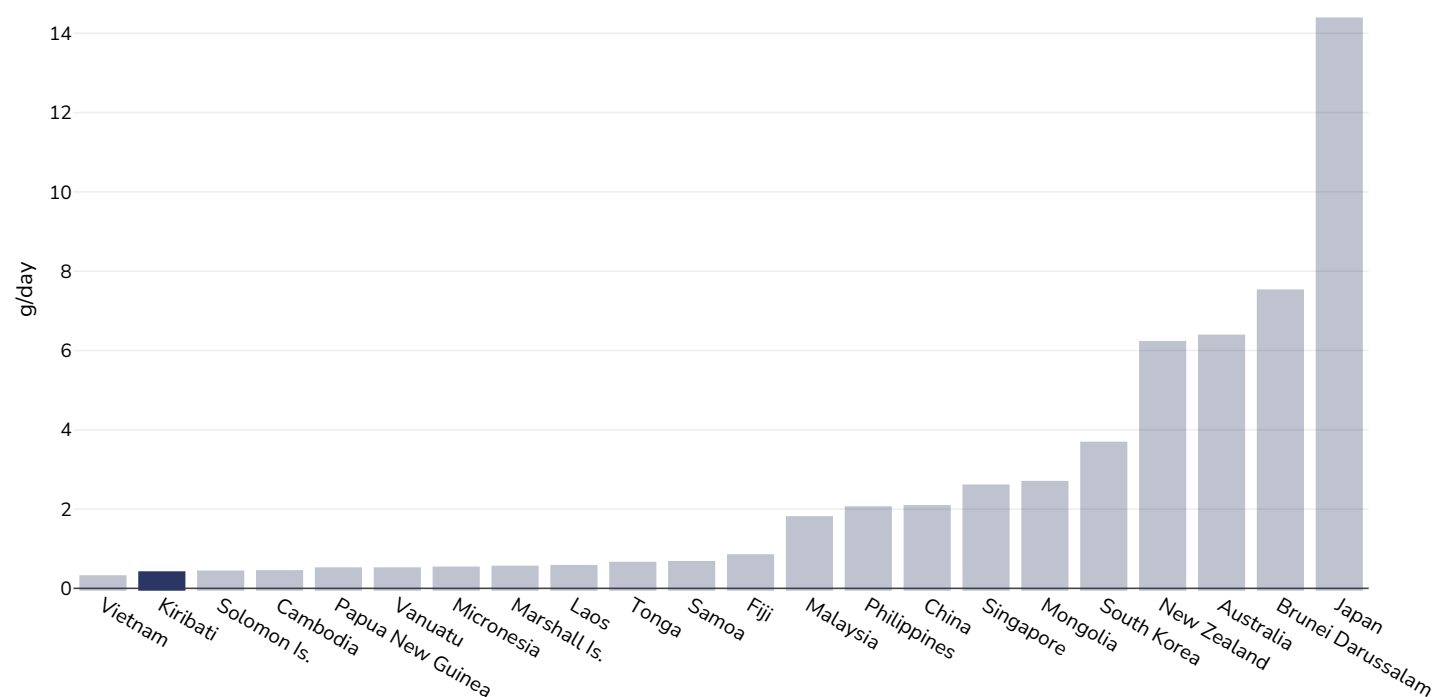
Survey type:	Measured
Age:	25+
References:	Global Burden of Disease, the Institute for Health Metrics and Evaluation http://ghdx.healthdata.org/
Definitions:	Estimated per-capita processed meat intake (g per day)

Estimated per capita whole grains intake

Adults, 2017
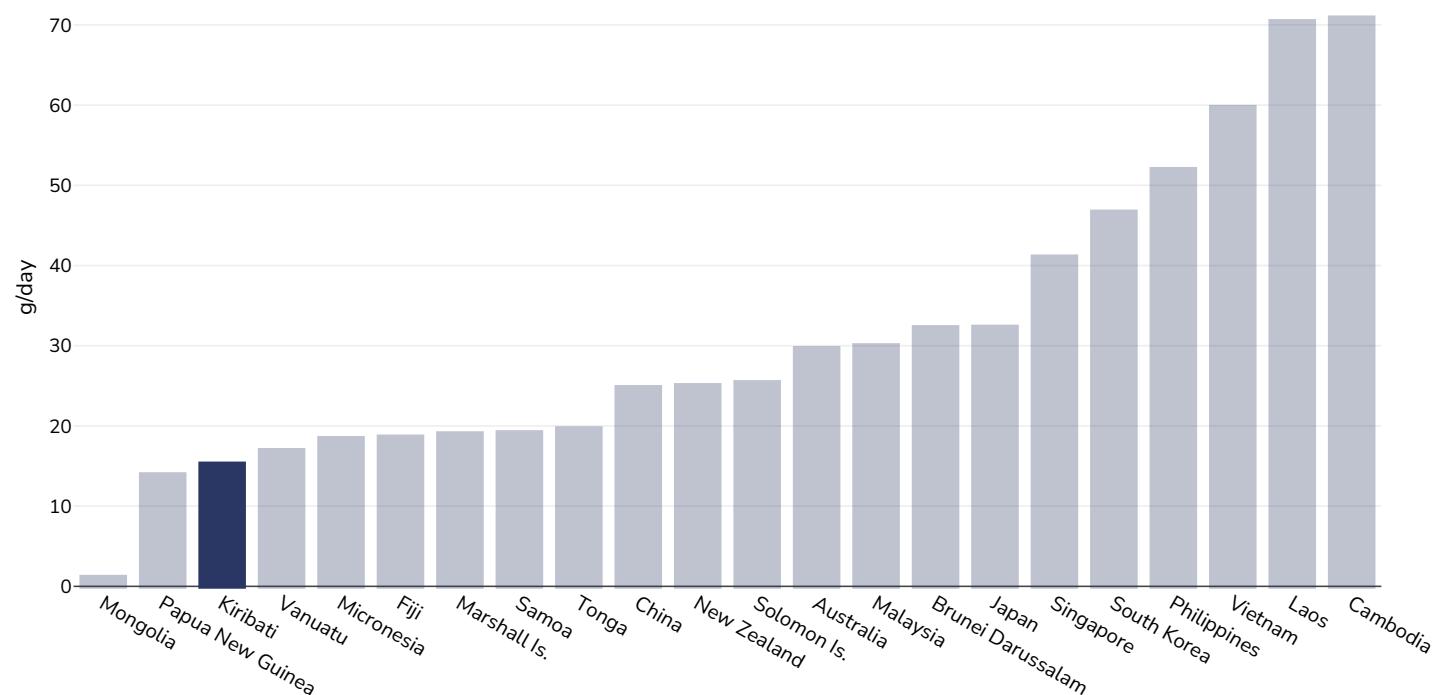
Survey type:	Measured
Age:	25+
References:	Global Burden of Disease, the Institute for Health Metrics and Evaluation http://ghdx.healthdata.org/
Definitions:	Estimated per-capita whole grains intake (g/day)

Mental health - depression disorders

Adults, 2021
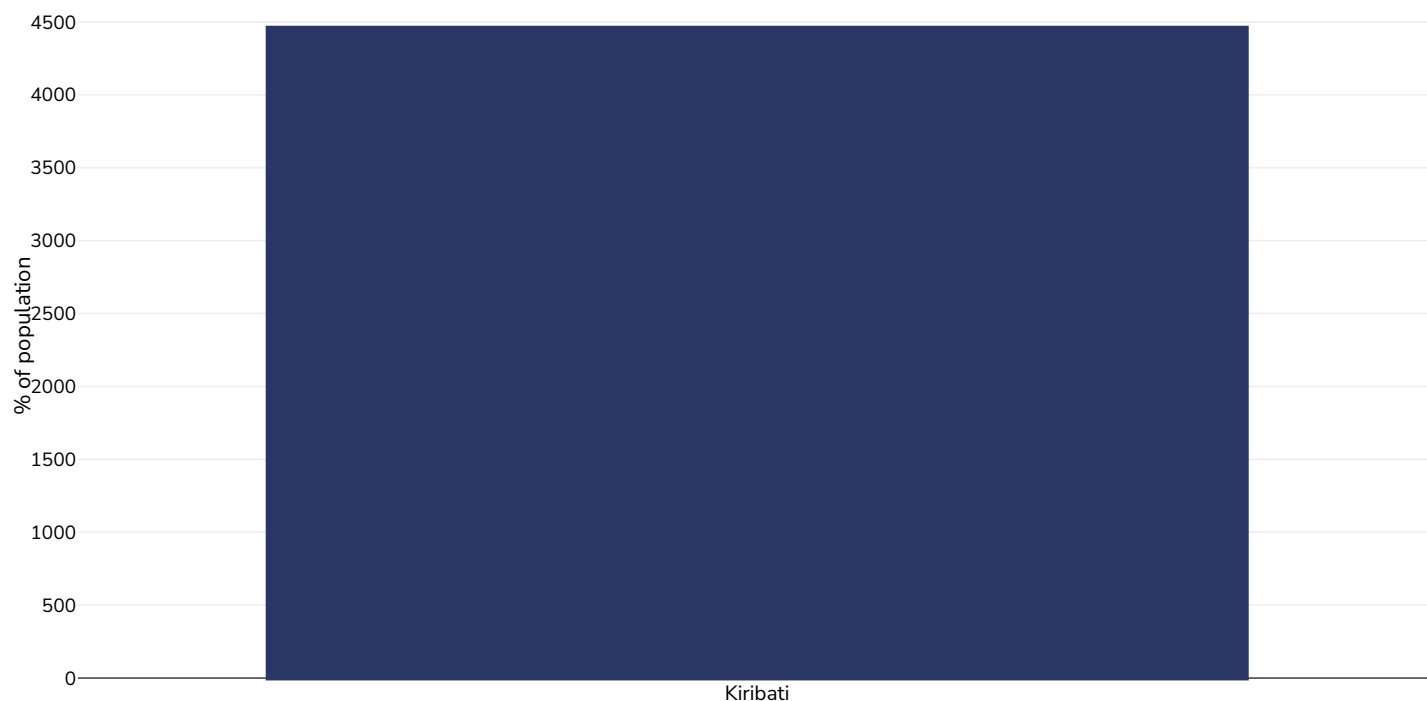
Age:	20+
Area covered:	National
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from http://vizhub.healthdata.org/gbd-compare. (Last accessed 23.04.25)
Definitions:	Number living with depression per 100,000 population (adults 20+ years)

Men, 2021

Age:	20+
Area covered:	National
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 http://vizhub.healthdata.org/gbd-compare. (Last accessed 23.04.25)
Definitions:	Number living with depression per 100,000 population (adults 20+ years)

Women, 2021

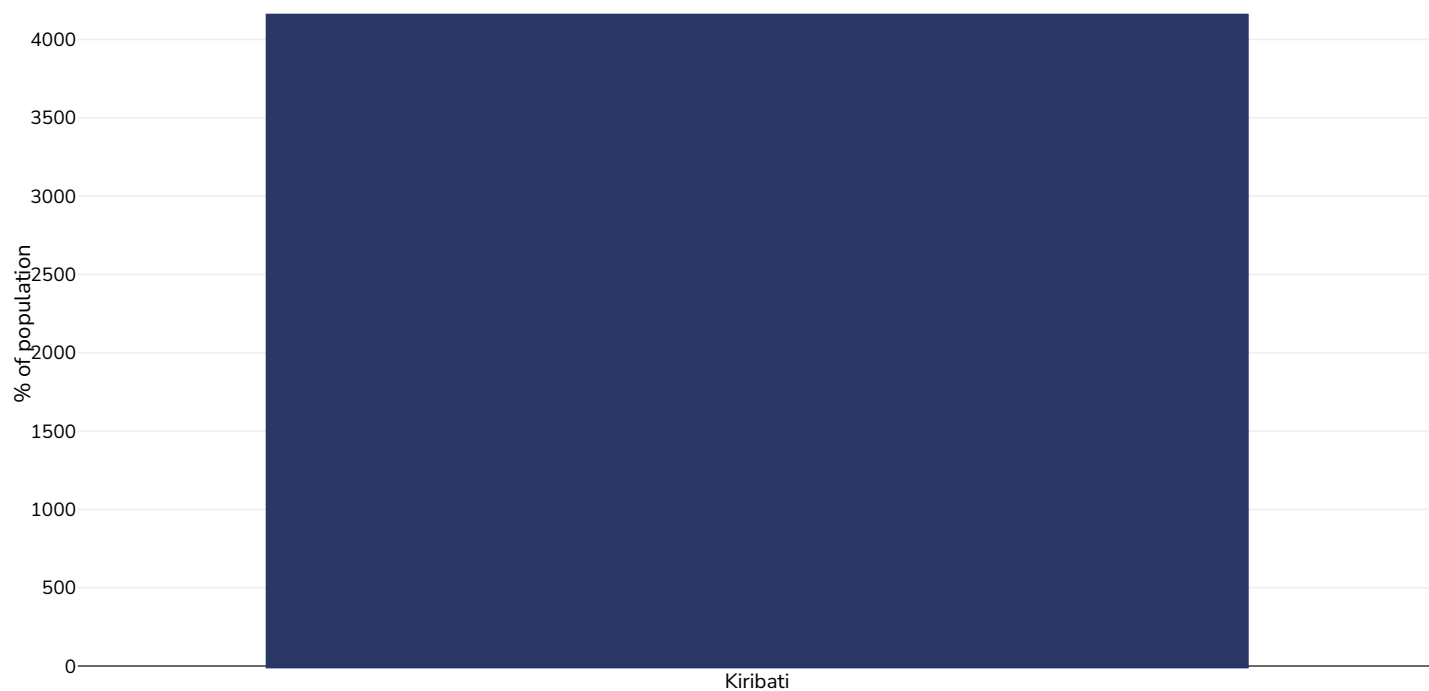|	
Age:	20+
Area covered:	National
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from http://vizhub.healthdata.org/gbd-compare. (Last accessed 23.04.25)
Definitions:	Number living with depression per 100,000 population (adults 20+ years)

Children, 2021

Area covered:	National
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 http://vizhub.healthdata.org/gbd-compare. (Last accessed 23.04.25)
Definitions:	Number living with depressive disorder per 100,000 population (Under 20 years of age)

Boys, 2021

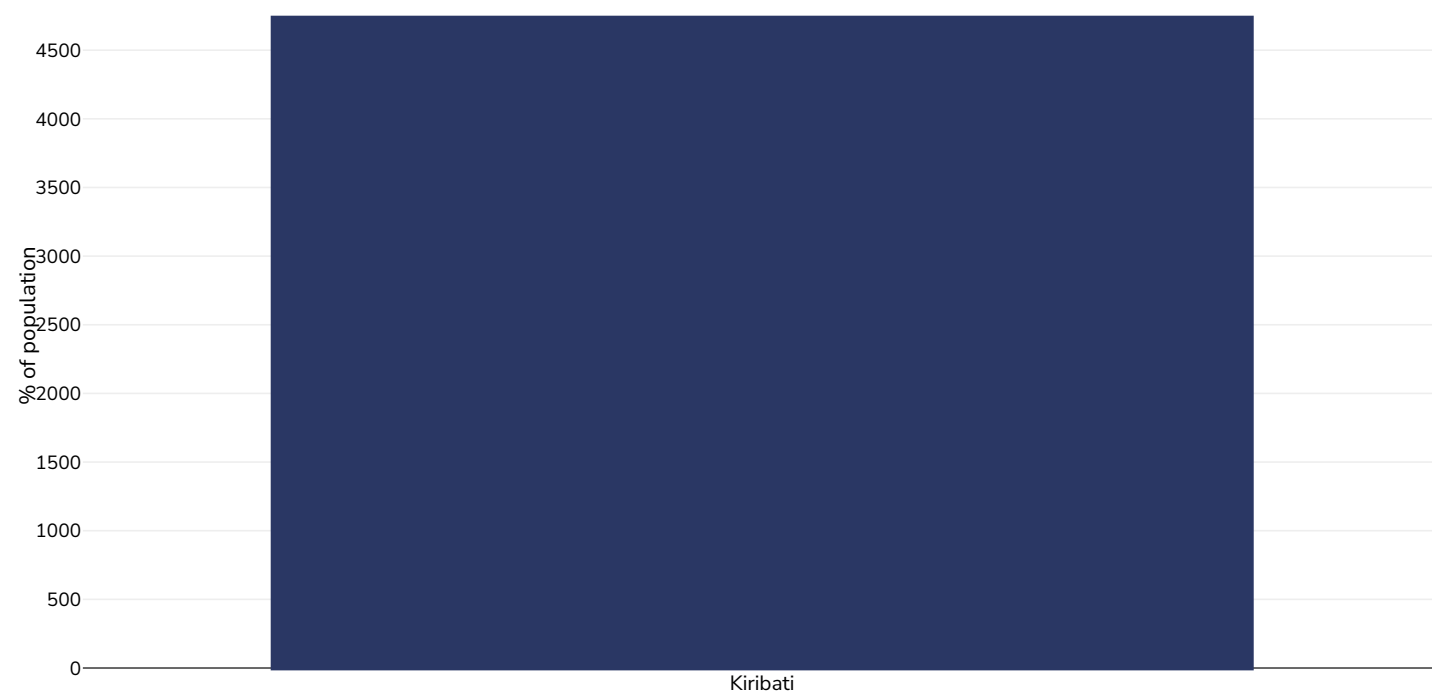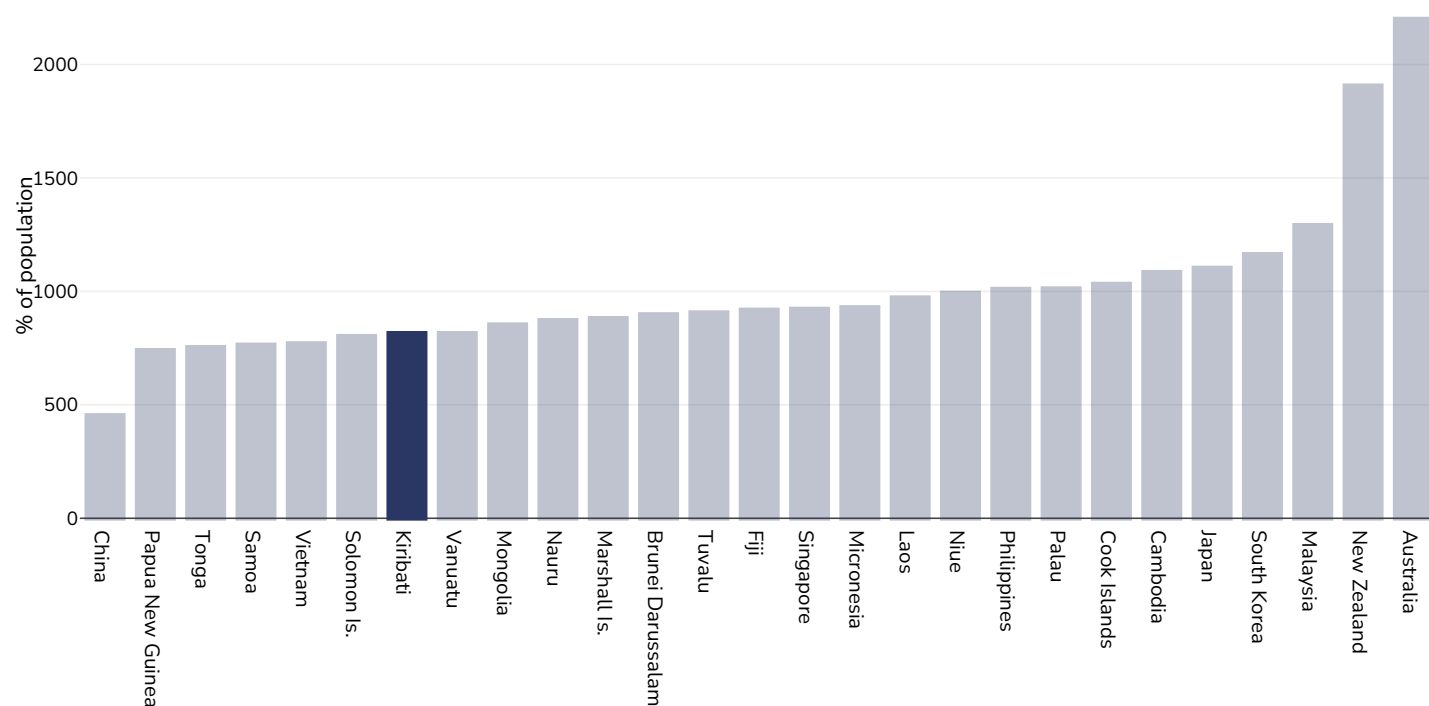| Area covered:	National
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from http://vizhub.healthdata.org/gbd-compare. (Last accessed 23.04.25)
Definitions:	Number living with depressive disorder per 100,000 population (Under 20 years of age)

Girls, 2021

Area covered:	National
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 http://vizhub.healthdata.org/gbd-compare. (Last accessed 23.04.25)
Definitions:	Number living with depressive disorder per 100,000 population (Under 20 years of age)

Mental health - anxiety disorders
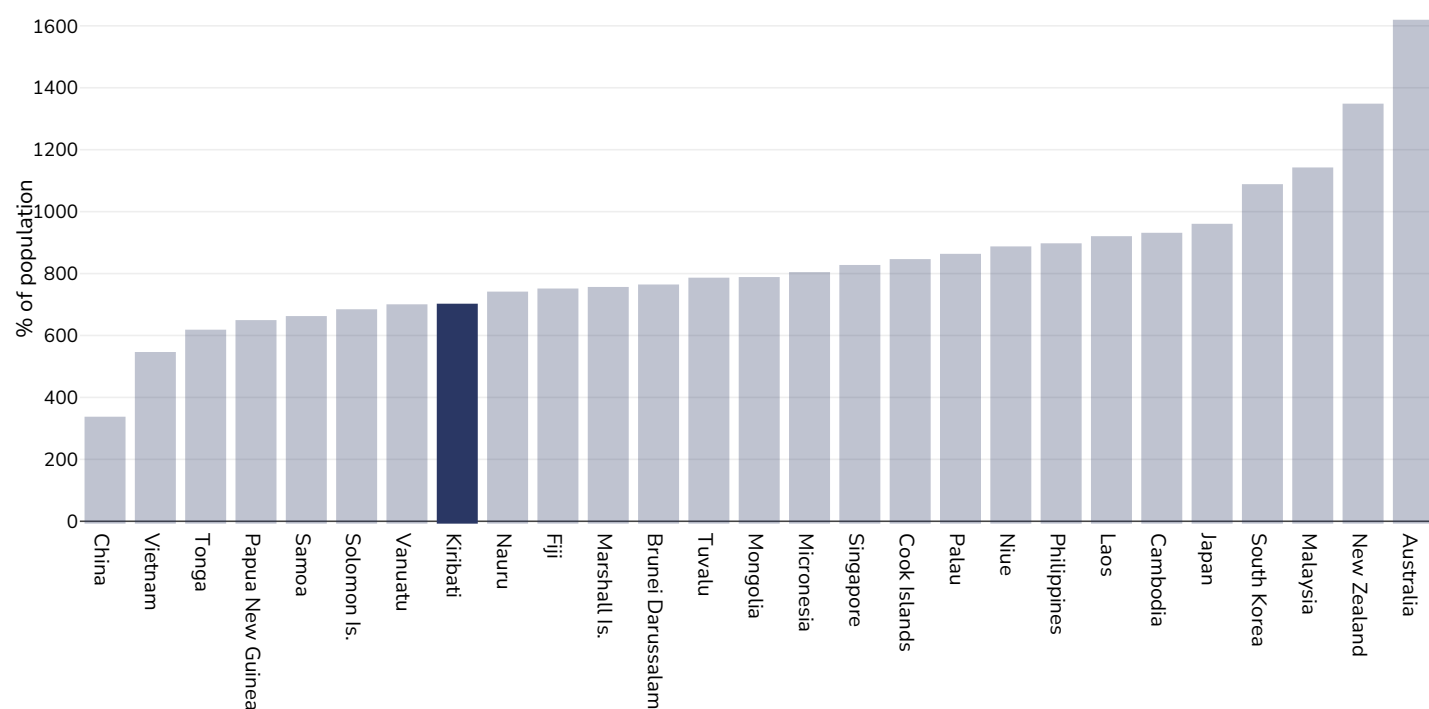
Adults, 2021

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 http://vizhub.healthdata.org/gbd-compare. (Last accessed 23.04.25).

Definitions: Number living with anxiety per 100,000 population
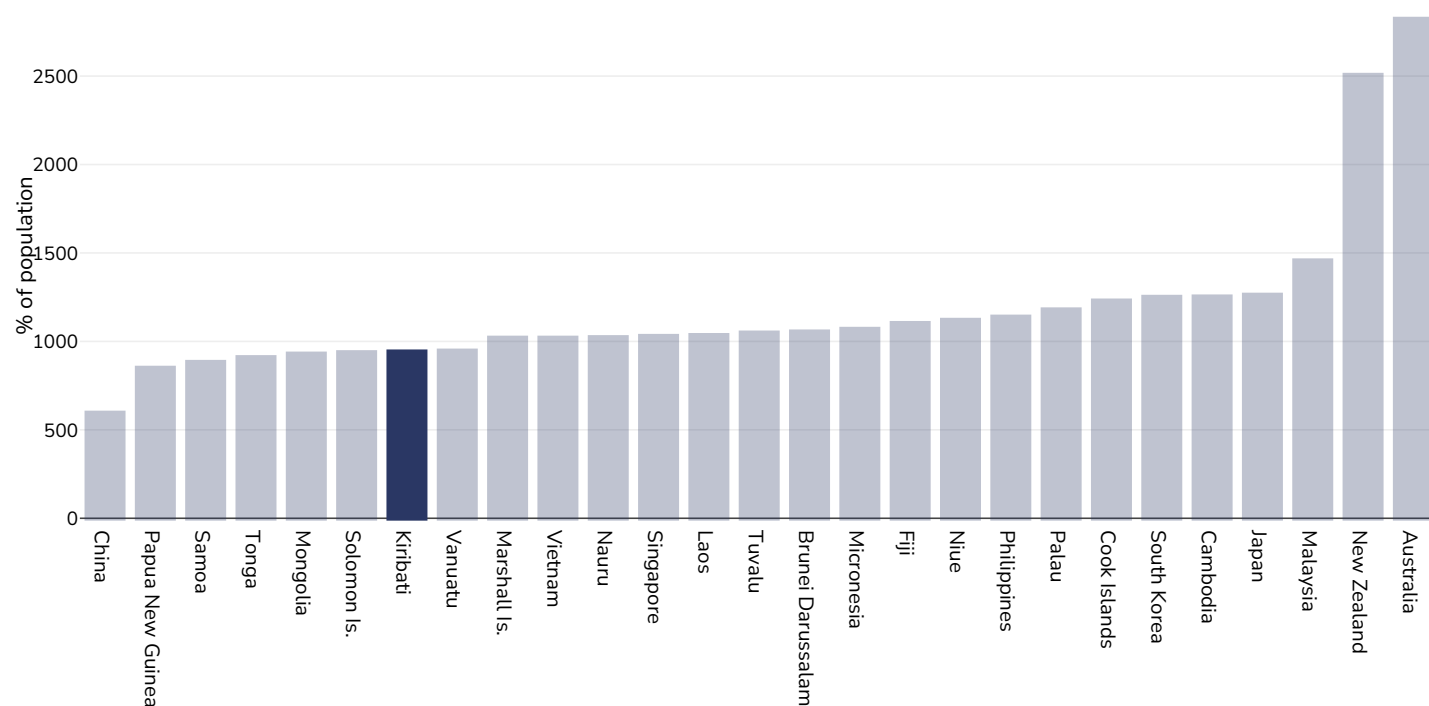
Men, 2021

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 http://vizhub.healthdata.org/gbd-compare. (Last accessed 23.04.25).
Definitions:	Number living with anxiety per 100,000 population

Women, 2021

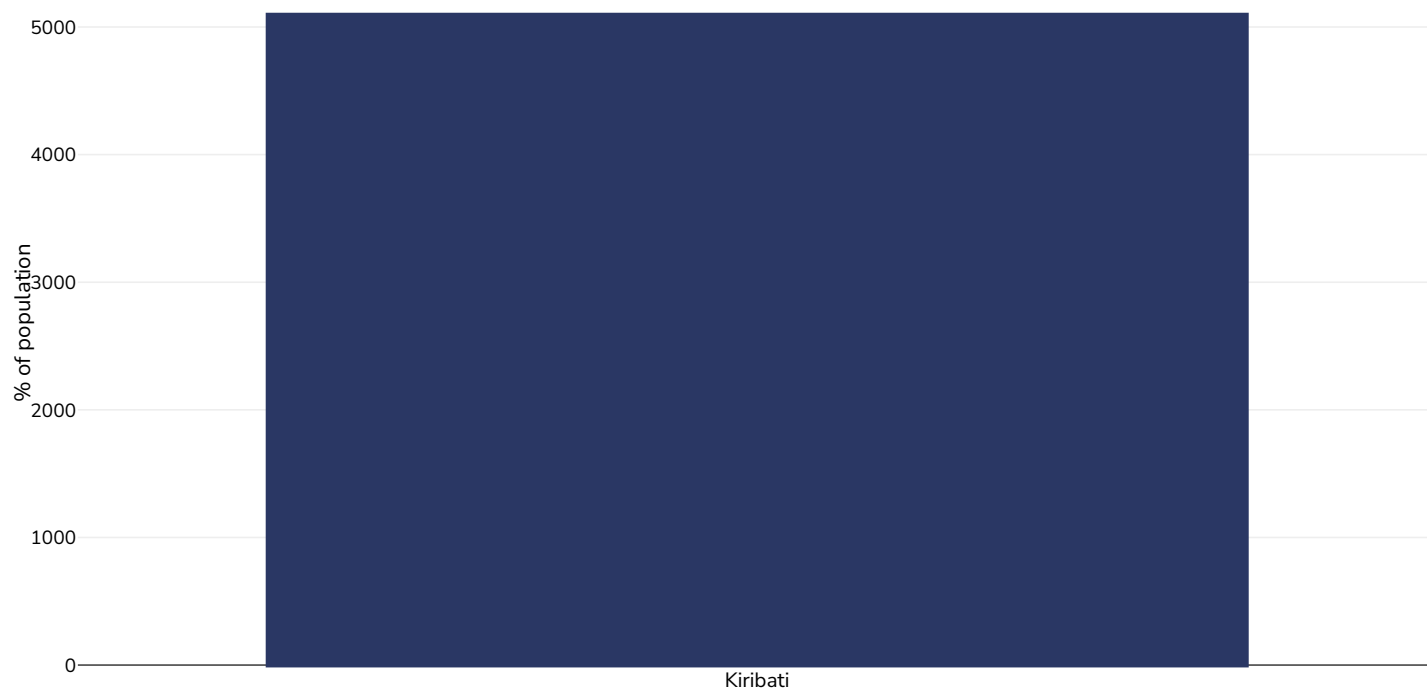|	
Age:	20+
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from http://vizhub.healthdata.org/gbd-compare. (Last accessed 23.04.25).
Definitions:	Number living with anxiety per 100,000 population

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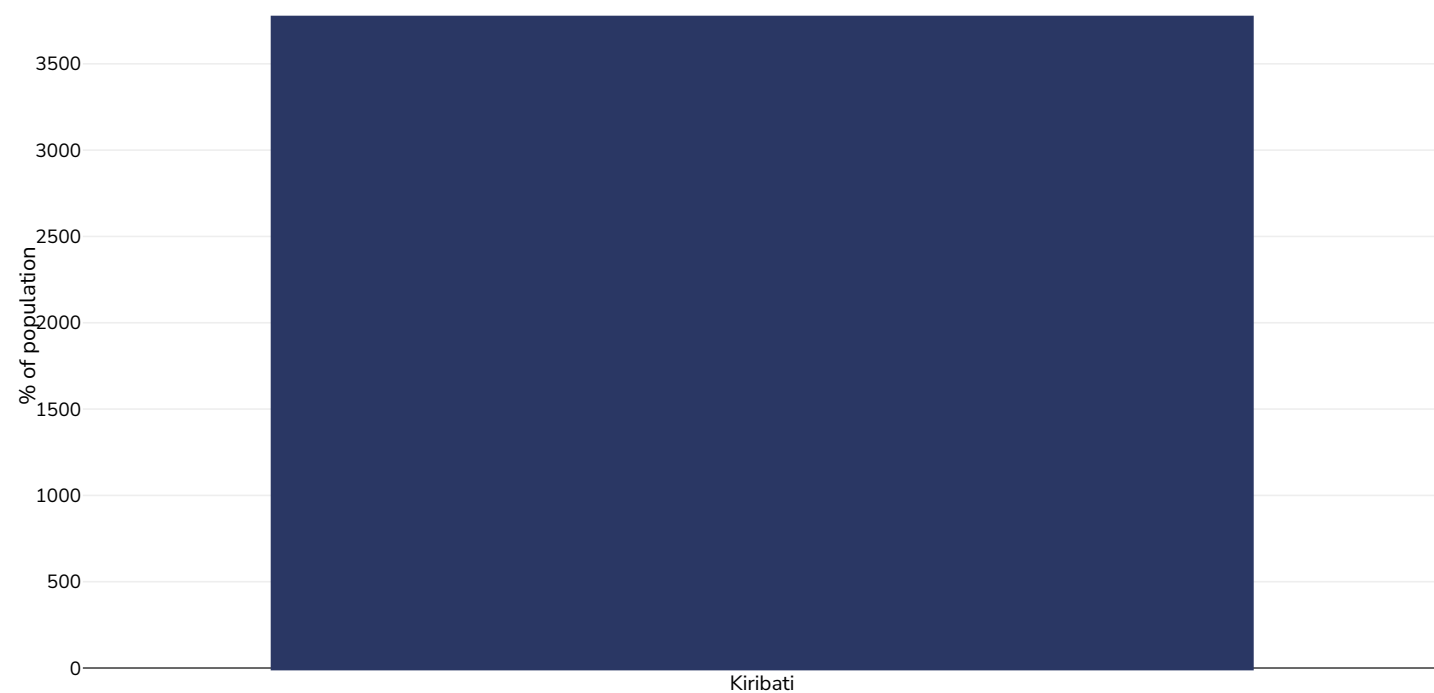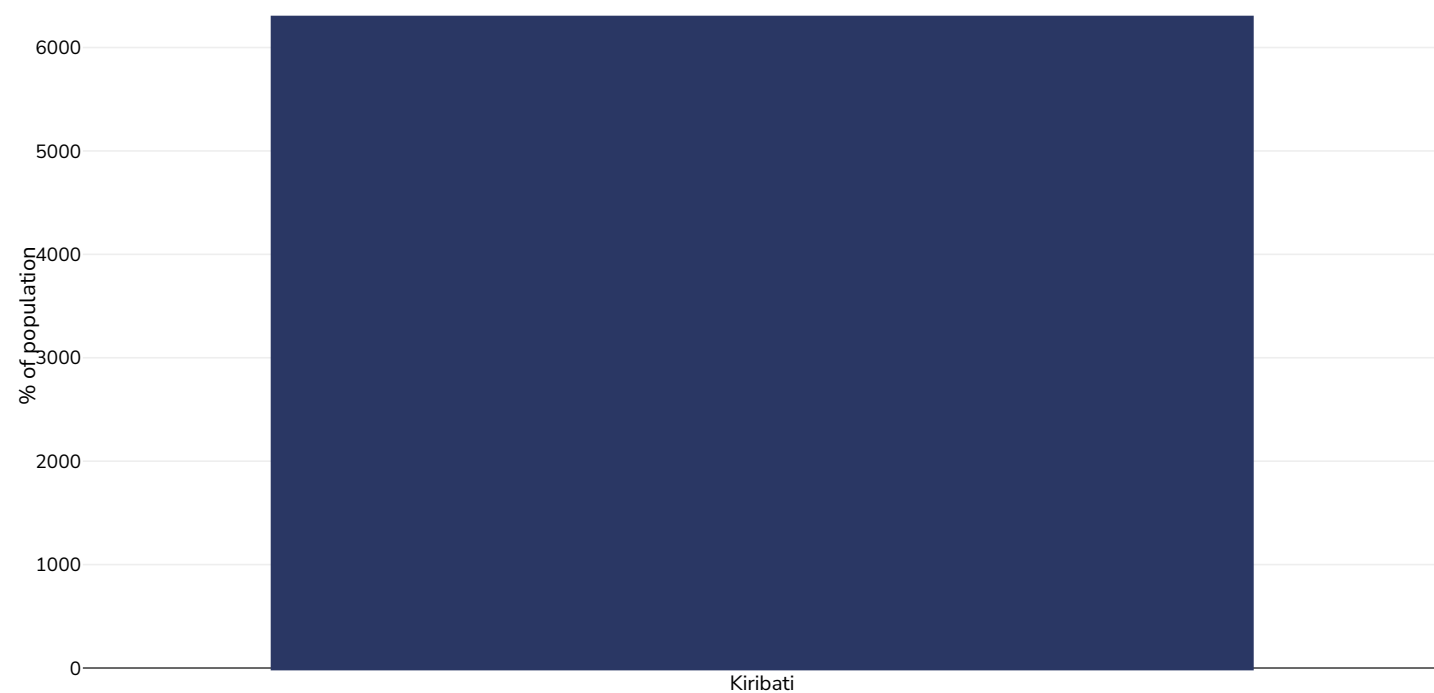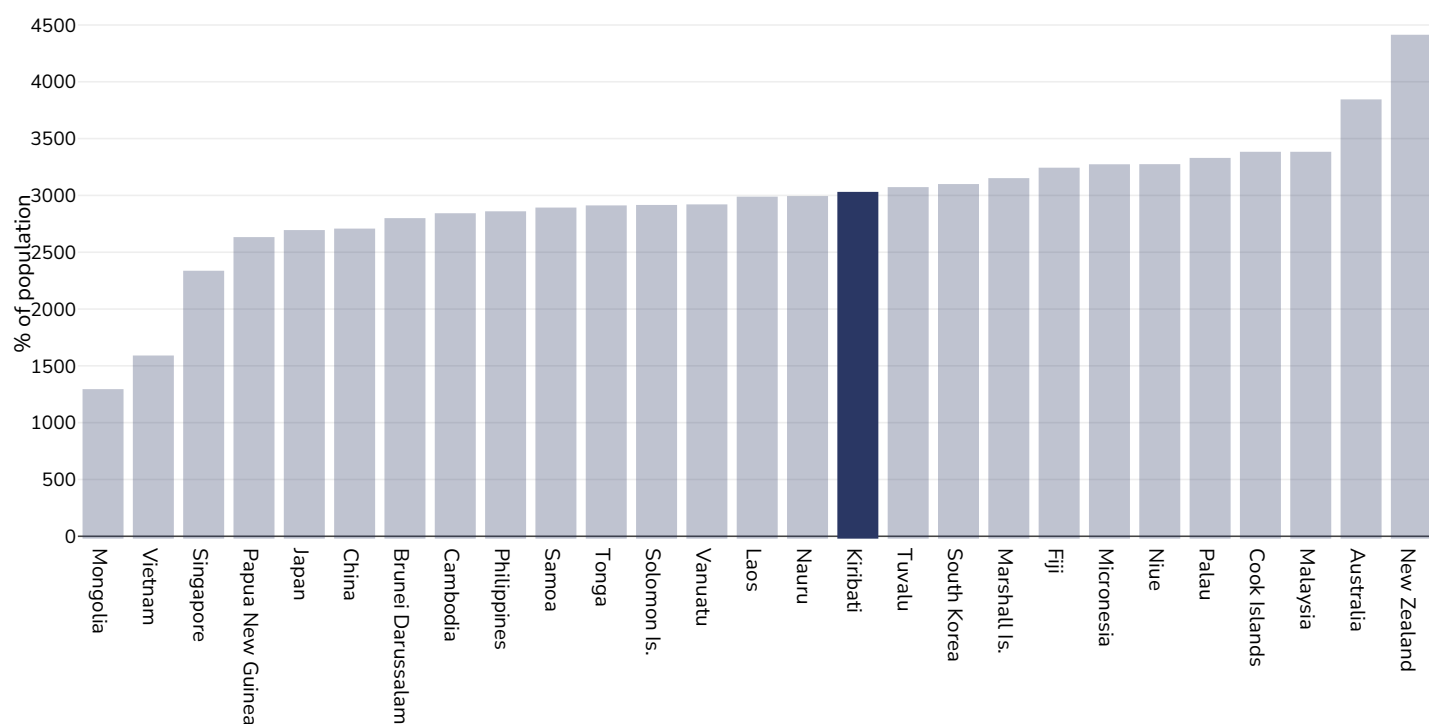
Boys, 2021
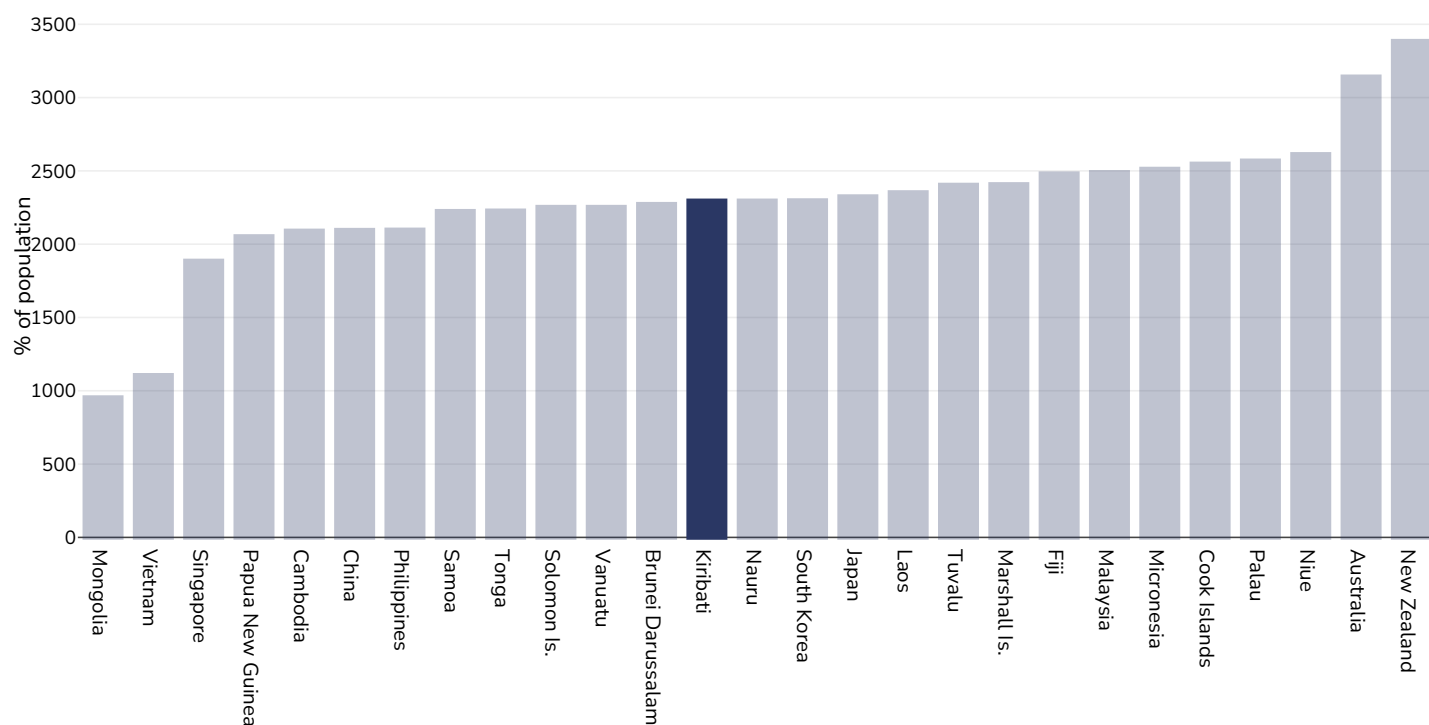
References: Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from http://vizhub.healthdata.org/gbd-compare. (Last accessed 23.04.25)

Girls, 2021
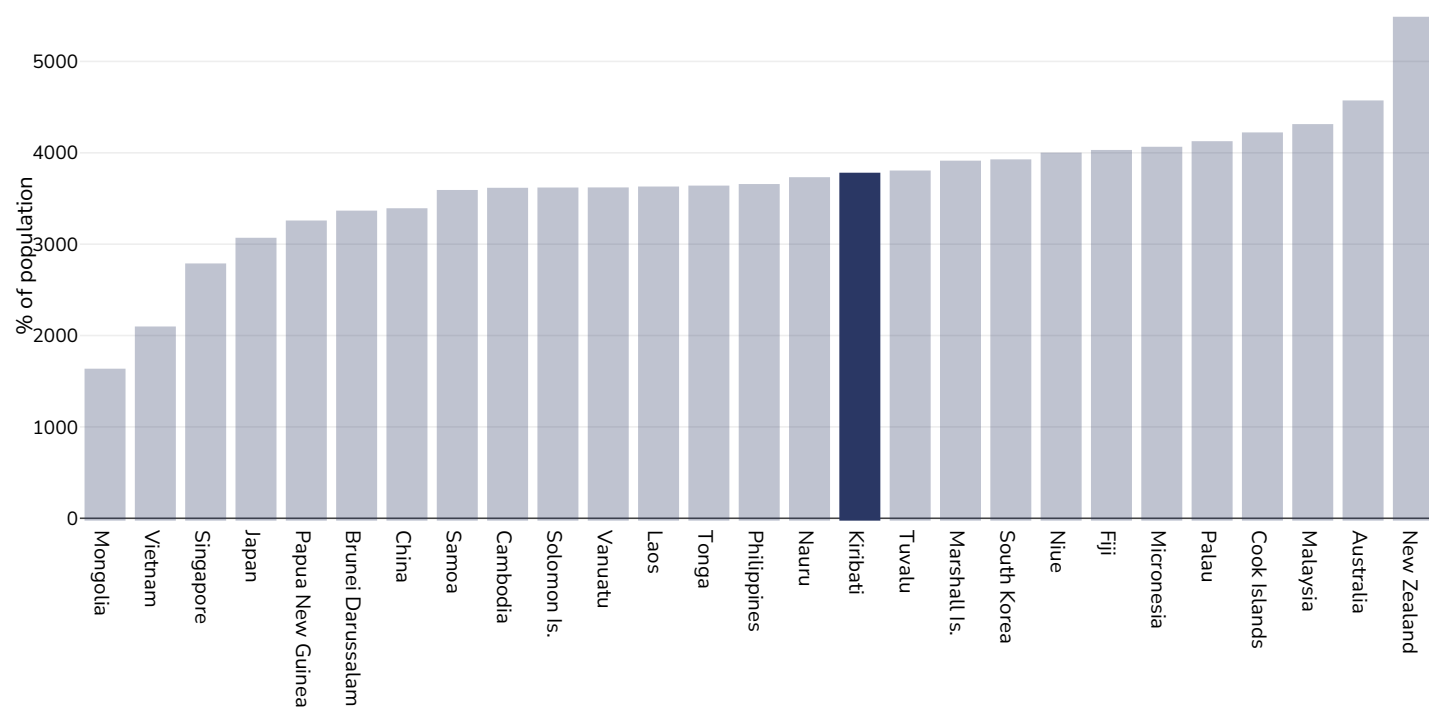
% Infants exclusively breastfed 0-5 months

0-5 years, 2007-2023
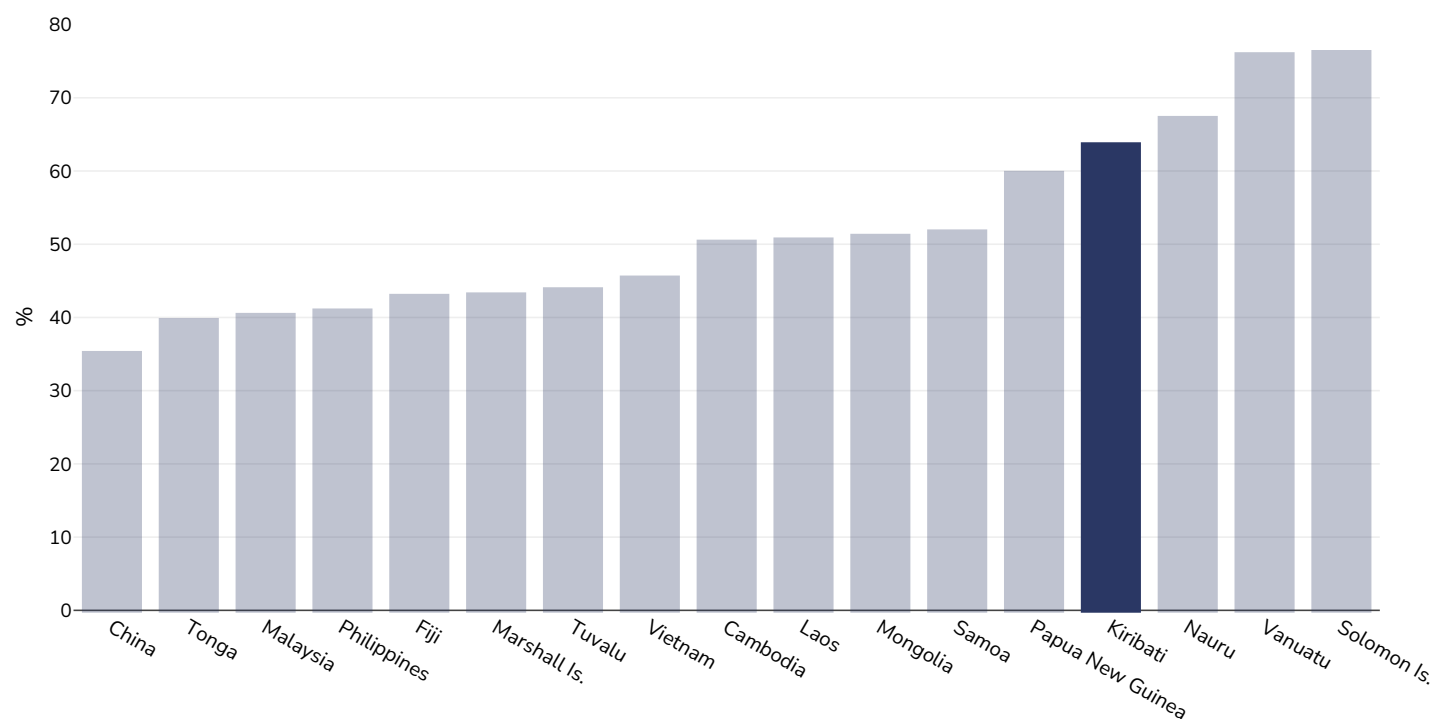
| References: | Kiribati 2018-2019 Social Development Indicator Survey |

| Notes: | Full details are available. Original citation United Nations Children's Fund, Division of Data, Analysis, Planning and Monitoring (2023). Global UNICEF Global Databases: Infant and Young Child Feeding: Exclusive breastfeeding, New York, October 2023. |

Raised blood pressure

Adults, 2015
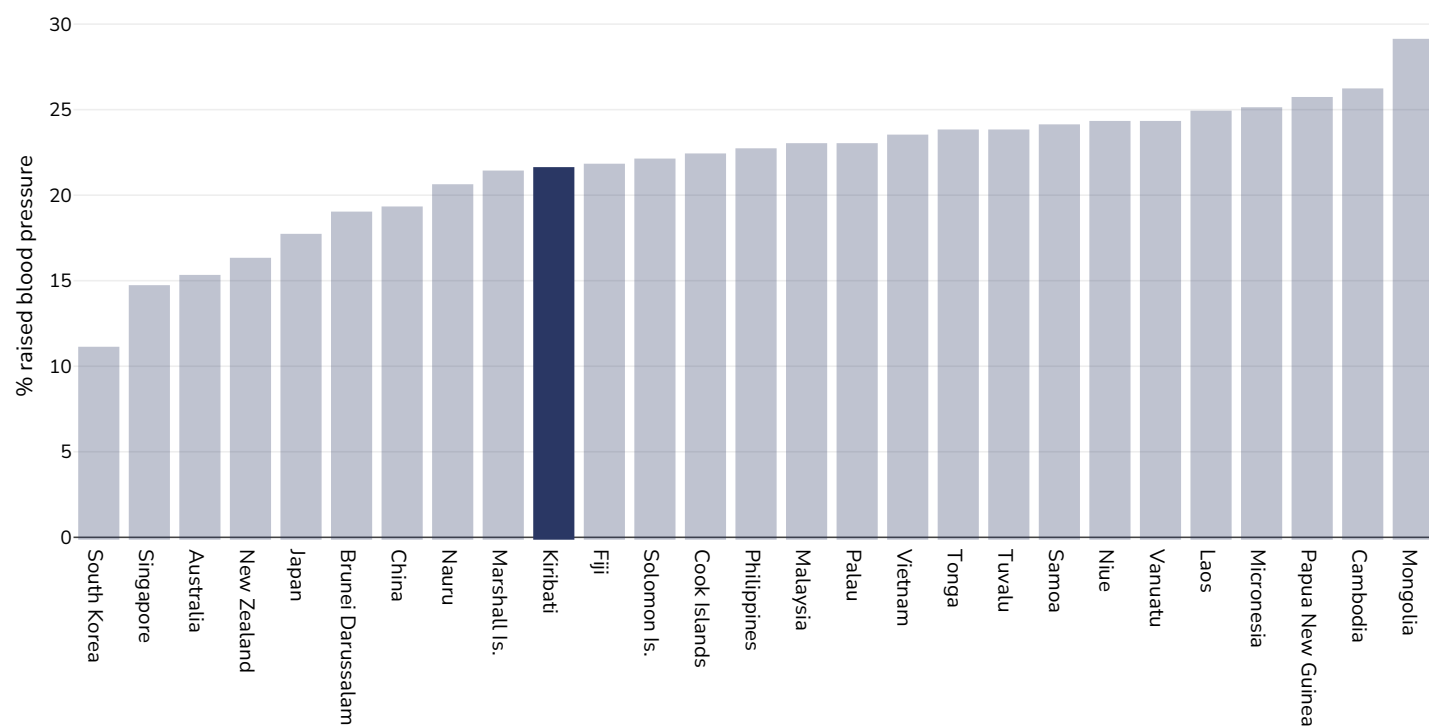
References:	Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A875?lang=en
Definitions:	Age Standardised estimated % Raised blood pressure 2015 (SBP>=140 OR DBP>=90).

Men, 2015
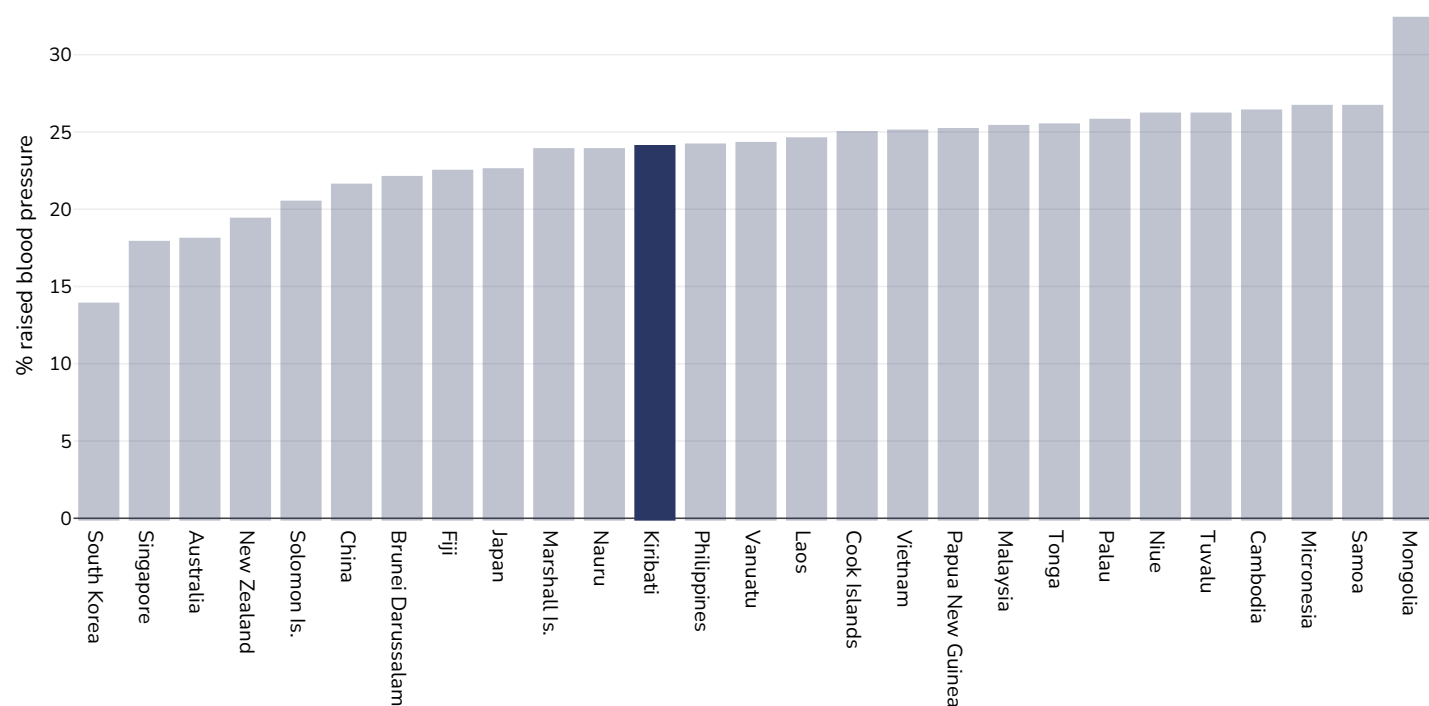
% raised blood pressure

Countries (left to right): South Korea, Singapore, Australia, New Zealand, Solomon Is., China, Brunei Darussalam, Fiji, Japan, Marshall Is., Nauru, Kiribati, Philippines, Vanuatu, Laos, Cook Islands, Vietnam, Papua New Guinea, Malaysia, Tonga, Palau, Niue, Tuvalu, Cambodia, Micronesia, Samoa, Mongolia

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).

Women, 2015
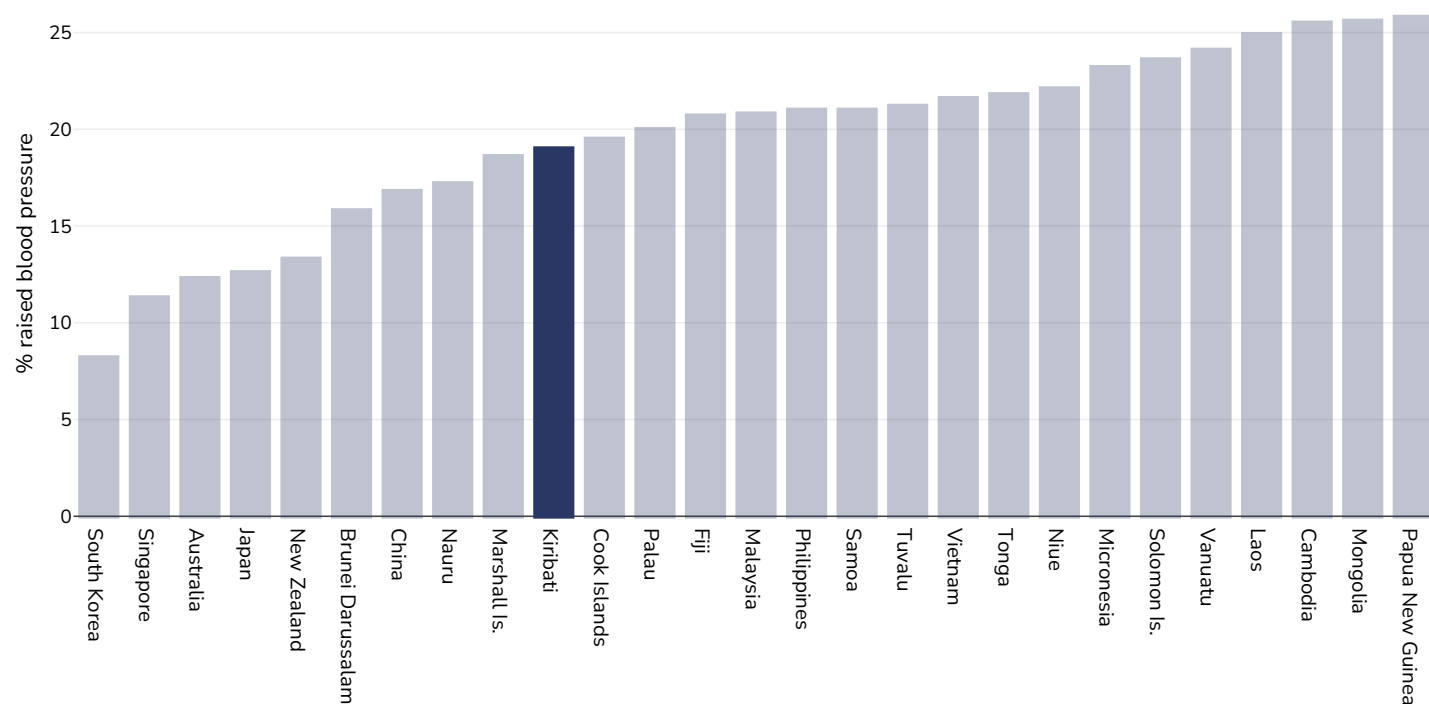
% raised blood pressure

South Korea · Singapore · Australia · Japan · New Zealand · Brunei Darussalam · China · Nauru · Marshall Is. · Kiribati · Cook Islands · Palau · Fiji · Malaysia · Philippines · Samoa · Tuvalu · Vietnam · Tonga · Niue · Micronesia · Solomon Is. · Vanuatu · Laos · Cambodia · Mongolia · Papua New Guinea

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
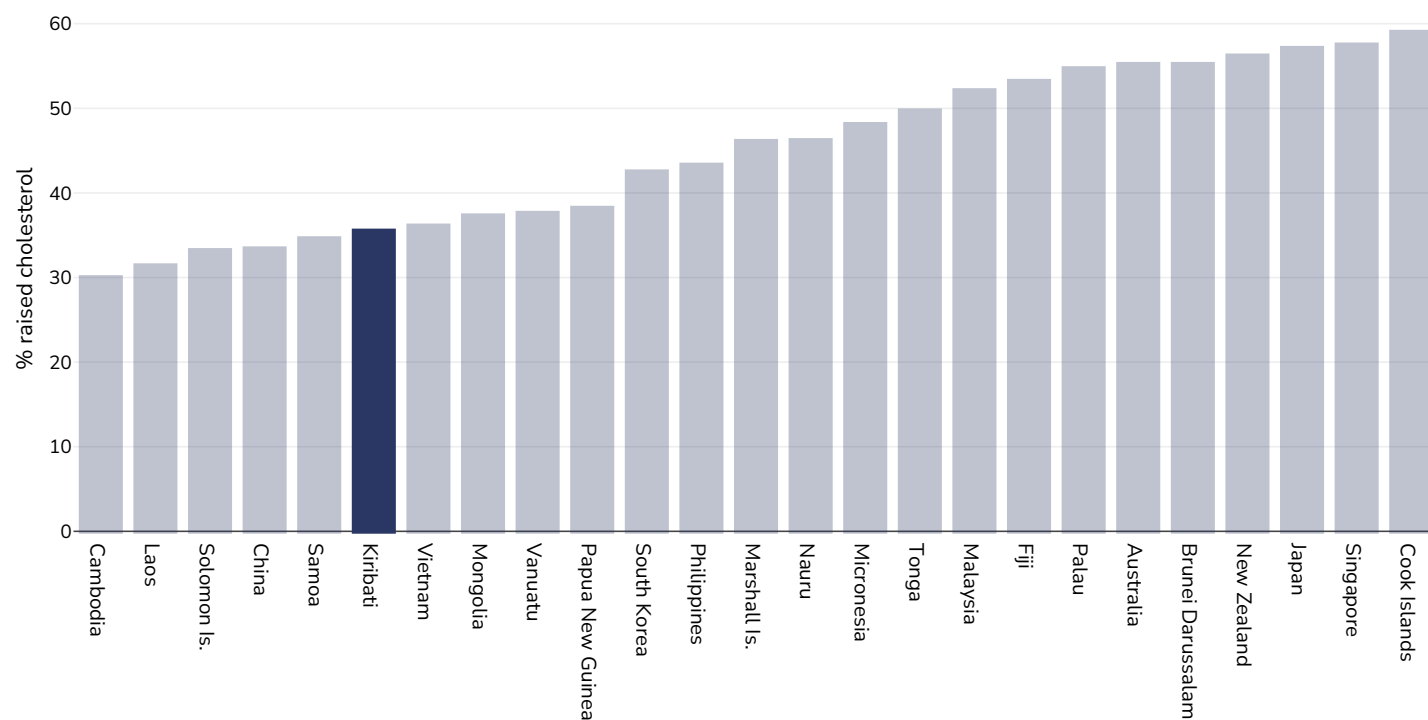
References:	Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A885
Definitions:	% Raised total cholesterol (>= 5.0 mmol/L) (age-standardized estimate).

Men, 2008
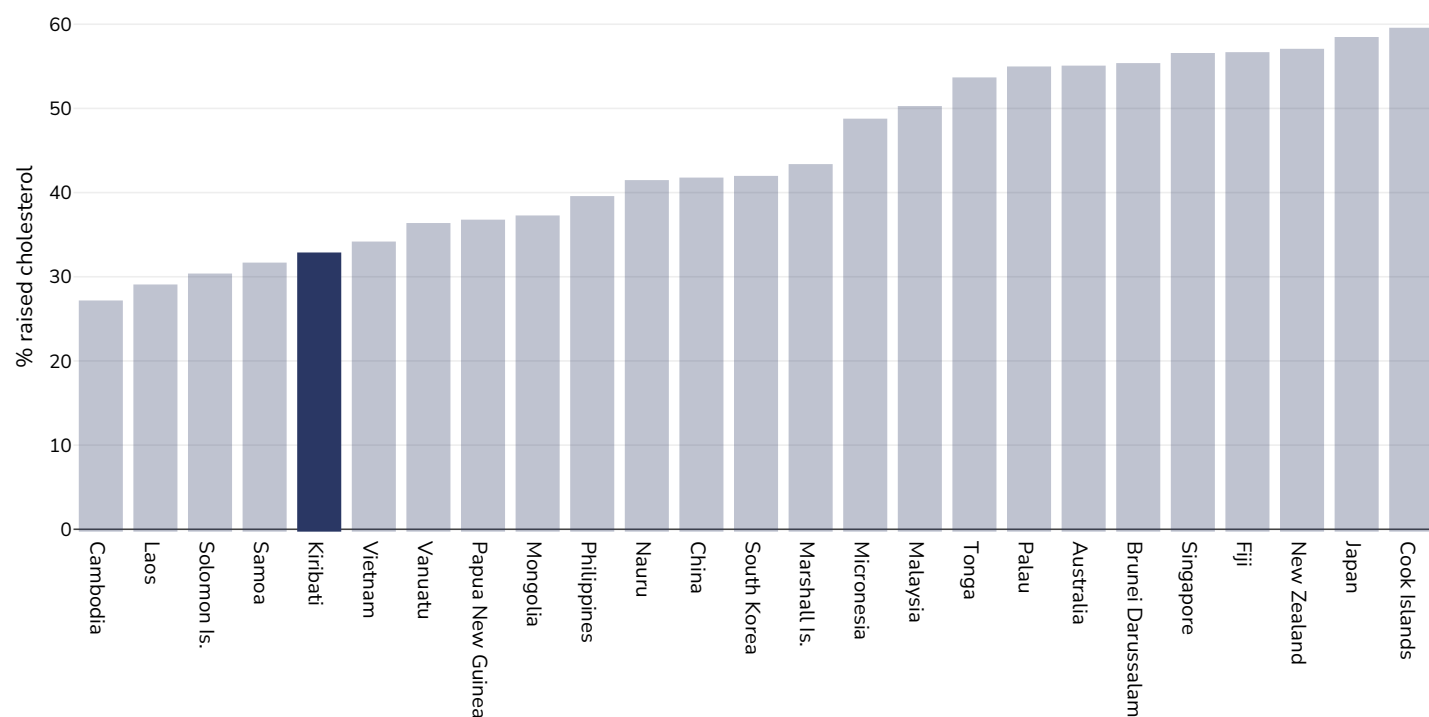
Bar chart showing % raised cholesterol by country:

- Cambodia: ~27
- Laos: ~29
- Solomon Is.: ~30.5
- Samoa: ~31.5
- Kiribati: ~33
- Vietnam: ~34
- Vanuatu: ~36.5
- Papua New Guinea: ~37
- Mongolia: ~37.5
- Philippines: ~39.5
- Nauru: ~41.5
- China: ~42
- South Korea: ~42
- Marshall Is.: ~43.5
- Micronesia: ~49
- Malaysia: ~50.5
- Tonga: ~54
- Palau: ~55
- Australia: ~55
- Brunei Darussalam: ~55.5
- Singapore: ~56.5
- Fiji: ~57
- New Zealand: ~57.5
- Japan: ~58.5
- Cook Islands: ~59.5

Y-axis: % raised cholesterol

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
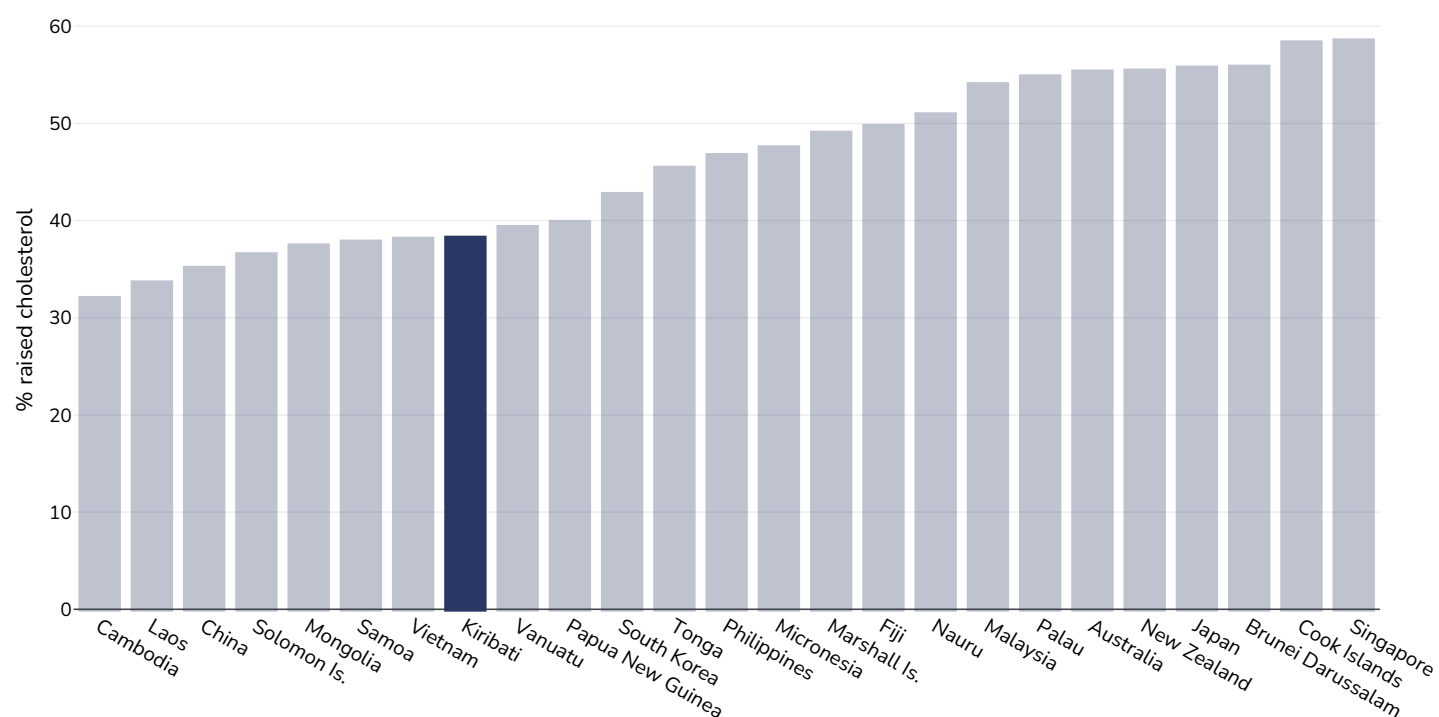
Chart: % raised cholesterol by country (ascending order): Cambodia, Laos, China, Solomon Is., Mongolia, Samoa, Vietnam, Kiribati (highlighted), Vanuatu, Papua New Guinea, South Korea, Tonga, Philippines, Micronesia, Marshall Is., Fiji, Nauru, Malaysia, Palau, Australia, New Zealand, Japan, Brunei Darussalam, Cook Islands, Singapore.

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
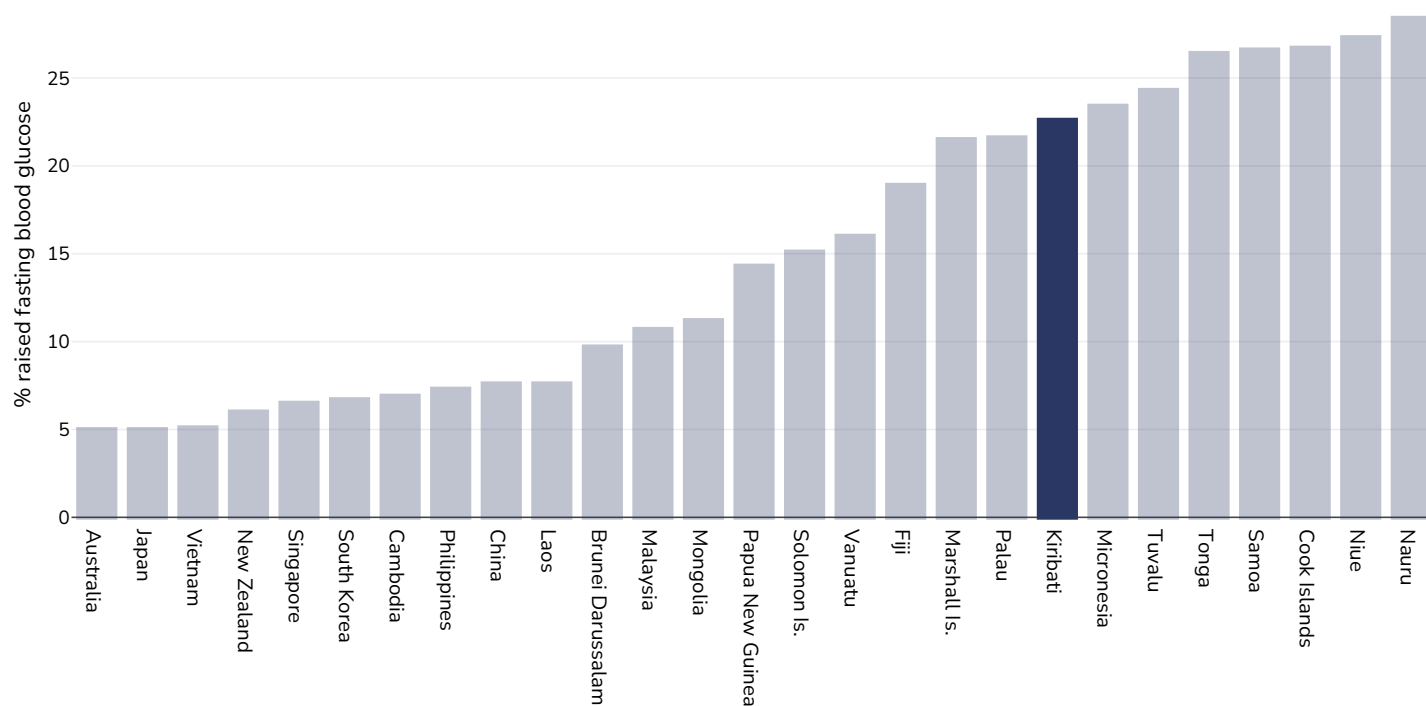
% raised fasting blood glucose

Australia, Japan, Vietnam, New Zealand, Singapore, South Korea, Cambodia, Philippines, China, Laos, Brunei Darussalam, Malaysia, Mongolia, Papua New Guinea, Solomon Is., Vanuatu, Fiji, Marshall Is., Palau, Kiribati, Micronesia, Tuvalu, Tonga, Samoa, Cook Islands, Niue, Nauru

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
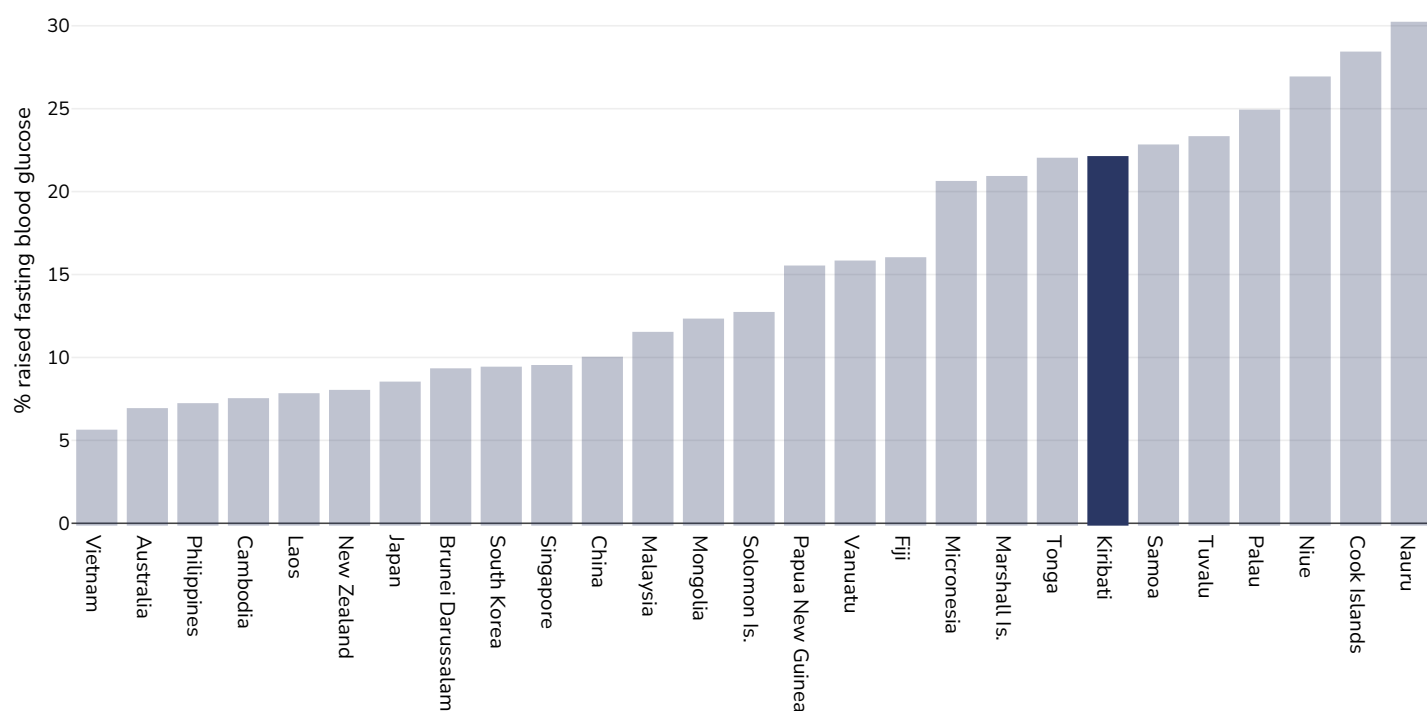
% raised fasting blood glucose

Country	Value
Vietnam	5.5
Australia	6.9
Philippines	7.2
Cambodia	7.5
Laos	7.9
New Zealand	8.0
Japan	8.5
Brunei Darussalam	9.3
South Korea	9.4
Singapore	9.5
China	10.0
Malaysia	11.5
Mongolia	12.4
Solomon Is.	12.8
Papua New Guinea	15.5
Vanuatu	15.8
Fiji	16.0
Micronesia	20.7
Marshall Is.	21.0
Tonga	22.1
Kiribati	22.2
Samoa	22.9
Tuvalu	23.3
Palau	25.0
Niue	27.0
Cook Islands	28.5
Nauru	30.2

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, 2024
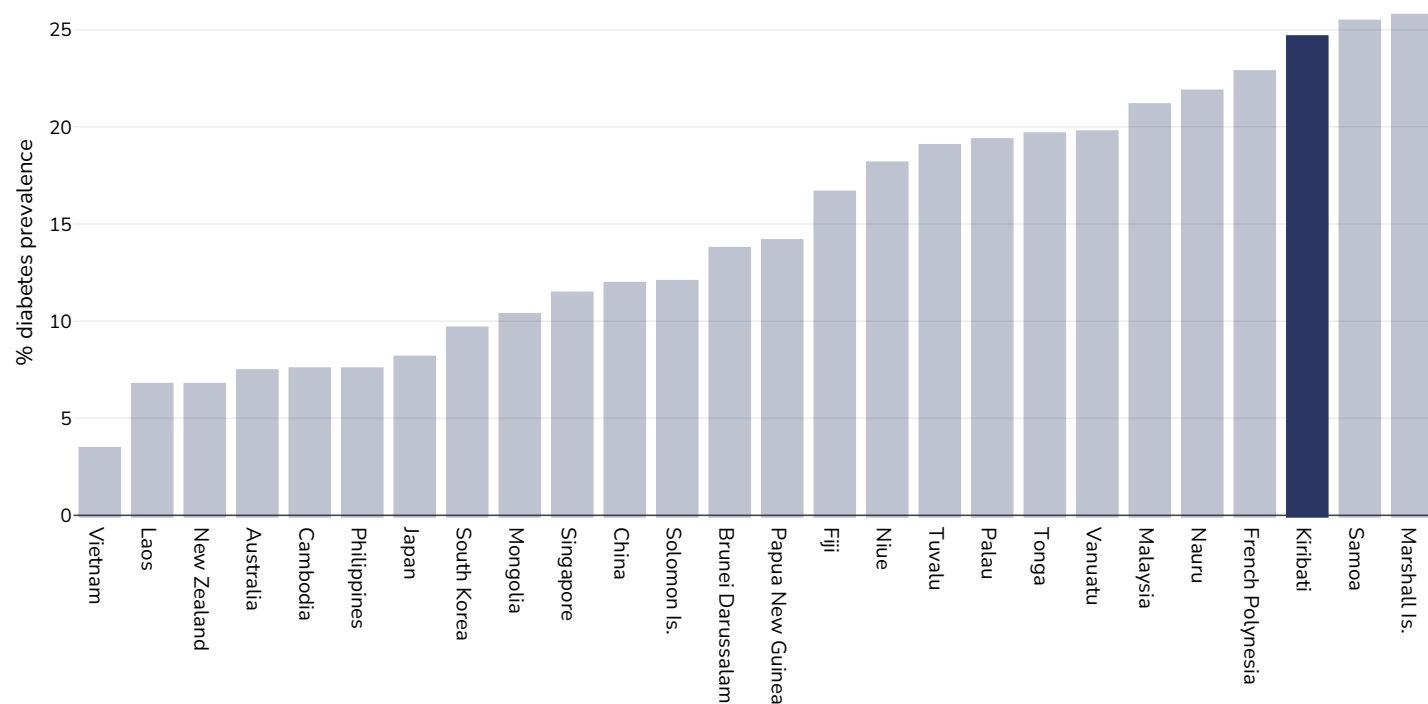
References: Reproduced with kind permission International Diabetes Federation. IDF Diabetes Atlas, 11th edn. Brussels, Belgium:International Diabetes Federation, 2025. http://www.diabetesatlas.org

PDF created on June 17, 2025