# Drivers

## Laos

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Insufficient physical activity

Adults, 2016

Men, 2016

% insufficient physical activity

Children, 2016

Survey type: Self-reported

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, 2016

Survey type: Self-reported
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)
Survey type: Self-reported

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

<table>
<thead>
<tr>
<th>Country</th>
<th>% &lt; daily consumption</th>
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<tbody>
<tr>
<td>Vietnam</td>
<td>48</td>
</tr>
<tr>
<td>Fiji</td>
<td>40</td>
</tr>
<tr>
<td>Malaysia</td>
<td>33</td>
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<td>Solomon Is.</td>
<td>30</td>
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<tr>
<td>Tonga</td>
<td>30</td>
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<td>Laos</td>
<td>30</td>
</tr>
<tr>
<td>Cambodia</td>
<td>29</td>
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<tr>
<td>Mongolia</td>
<td>28</td>
</tr>
<tr>
<td>Vanuatu</td>
<td>26</td>
</tr>
<tr>
<td>Cook Islands</td>
<td>24</td>
</tr>
<tr>
<td>Niue</td>
<td>23</td>
</tr>
<tr>
<td>Brunei Darussalam</td>
<td>22</td>
</tr>
<tr>
<td>Tuvalu</td>
<td>21</td>
</tr>
<tr>
<td>Nauru</td>
<td>21</td>
</tr>
<tr>
<td>Kiribati</td>
<td>21</td>
</tr>
<tr>
<td>Wallis &amp; Futuna</td>
<td>52</td>
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</table>

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

Estimated per-capita processed meat intake

Adults, 2017

Survey type: Measured

Age: 25+

References: Global Burden of Disease, the Institute for Health Metrics and Evaluation [http://ghdx.healthdata.org/]

Definitions: Estimated per-capita processed meat intake (g per day)
Estimated per capita whole grains intake

Adults, 2017

Survey type: Measured
Age: 25+

References: Global Burden of Disease, the Institute for Health Metrics and Evaluation [http://ghdx.healthdata.org/]

Definitions: Estimated per-capita whole grains intake (g/day)
Mental health - depression disorders

Adults, 2015


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

Adults, 2015


Definitions: % of population with anxiety disorders
% Infants exclusively breastfed 0-5 months

Children, 2004-2020

Area covered: National


Definitions: % exclusively breastfed 0-5 months

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