

Laos



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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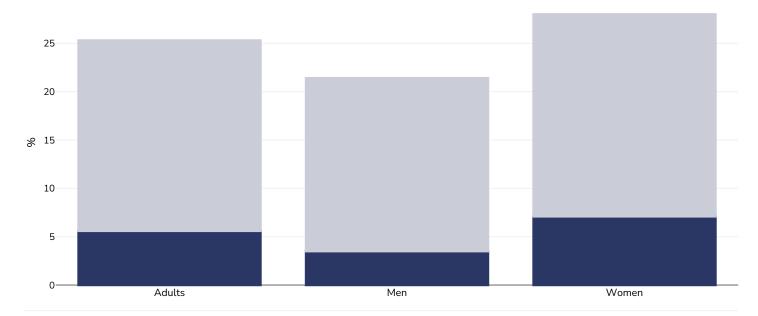
National obesity risk *7/10 This is a composite â??obesity riskâ?? score (out of 10, the highest risk) based on obesity prevalence, rate of increase, likelihood of meeting the 2025 target, treatment indicator and childhood stunting levels. Childhood obesity risk *4/11 This is a â??risk scoreâ?? for each countryâ??s likelihood of having or acquiring a major childhood obesity problem during the 2020s, taking account of current prevalence levels and risk for future obesity (based on stunting among infants, maternal obesity, maternal smoking, and breastfeeding rates).

* Based on estimated data. For more information see Publications



Obesity prevalence

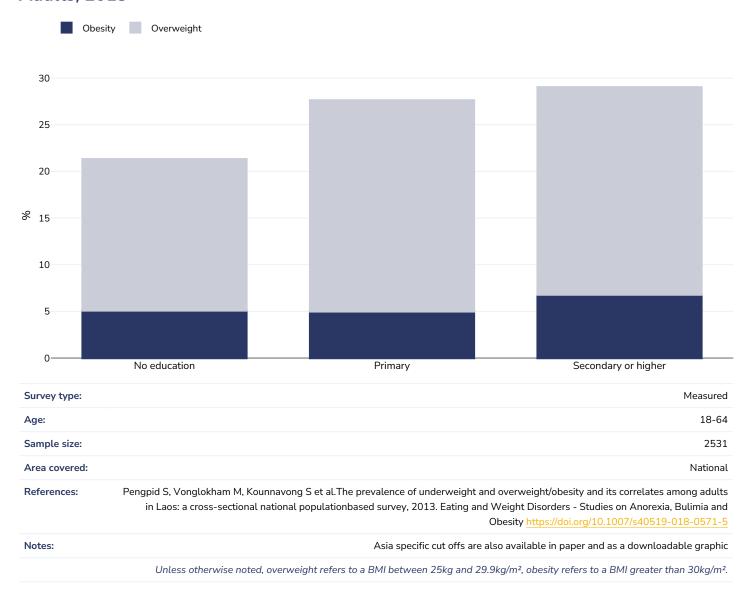




Survey type:	Measured
Age:	18-64
Sample size:	2531
Area covered:	National
References:	Pengpid S, Vonglokham M, Kounnavong S et al. The prevalence of underweight and overweight/obesity and its correlates among adults in Laos: a cross-sectional national population based survey, 2013. Eating and Weight Disorders - Studies on Anorexia, Bulimia and Obesity https://doi.org/10.1007/s40519-018-0571-5
Notes:	Paper provides data using Asian Cut Offs. The data presented on map uses BMI 25-29,9 kg/m2 overweight and BMI=>30 kg/m2 Obesity. Downloadable graphics use Asia specific cut offs

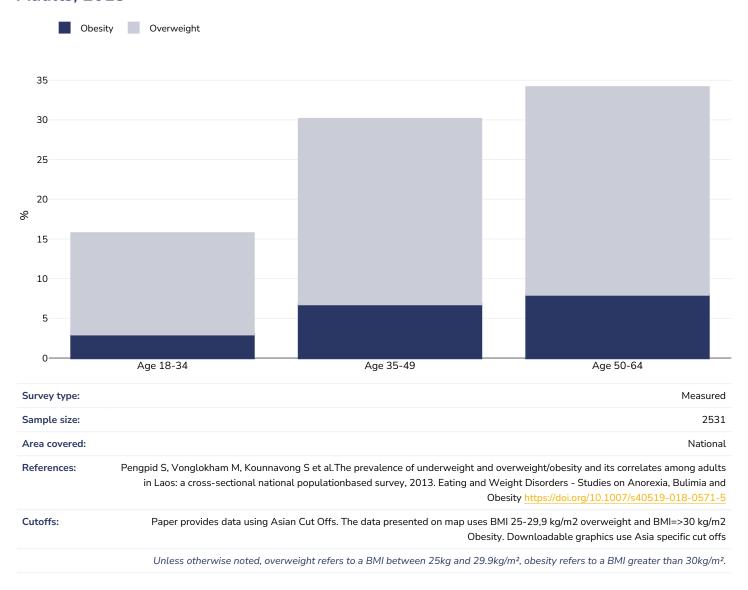


Overweight/obesity by education





Overweight/obesity by age



Asia specific cut offs are also available in paper and as a downloadable graphic

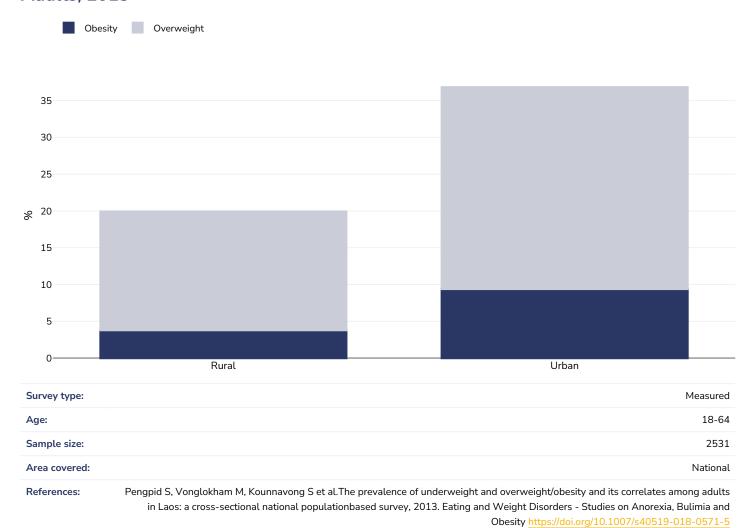
Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².



Overweight/obesity by region

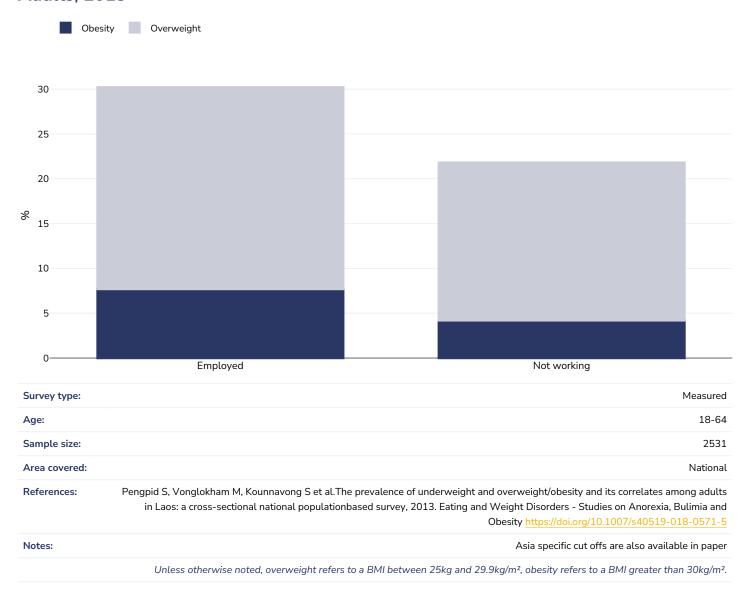
Adults, 2013

Notes:



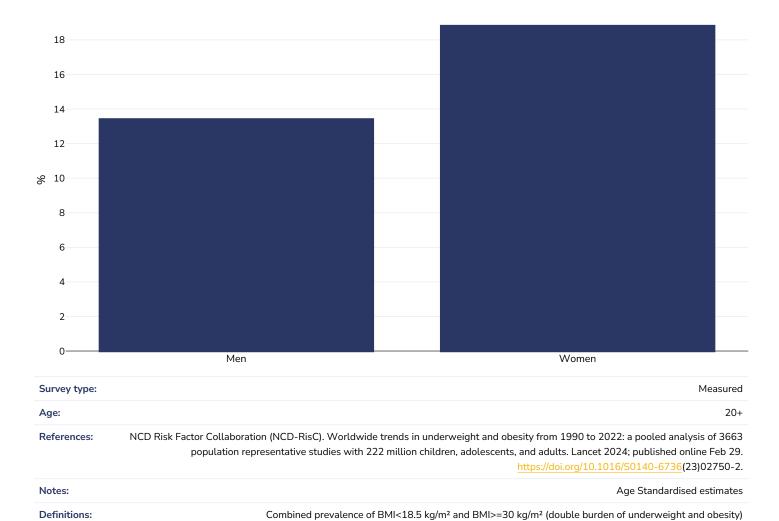


Overweight/obesity by socio-economic group



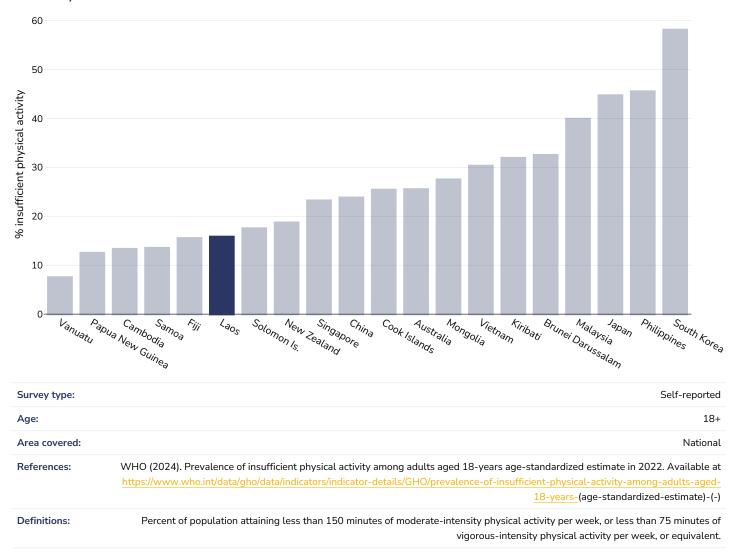


Double burden of underweight & overweight



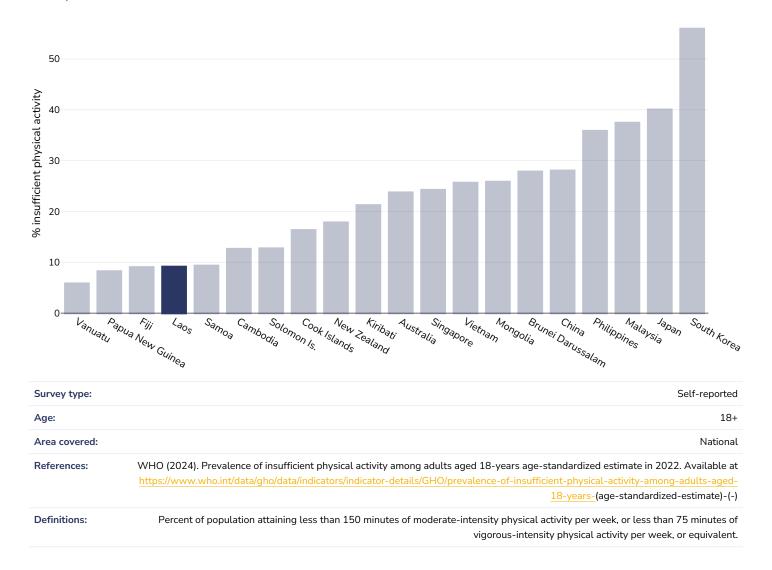


Insufficient physical activity



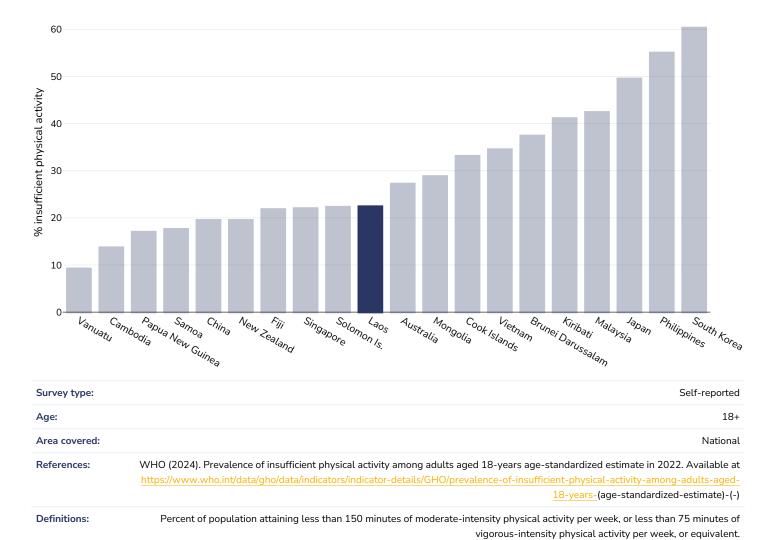


Men, 2022



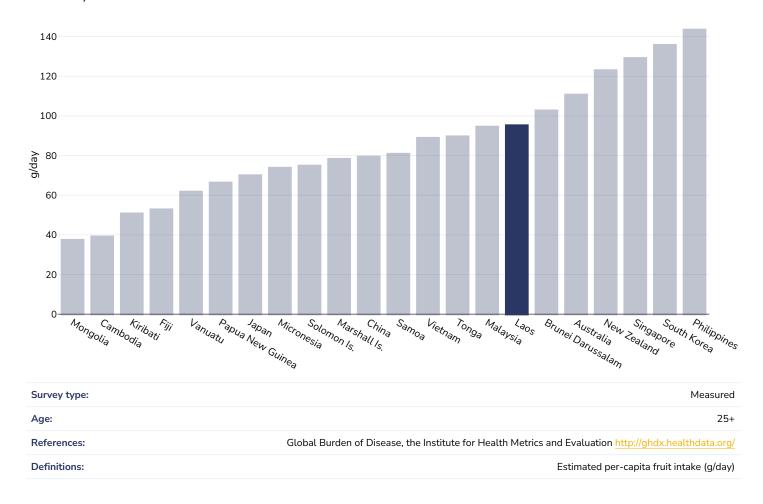


Women, 2022



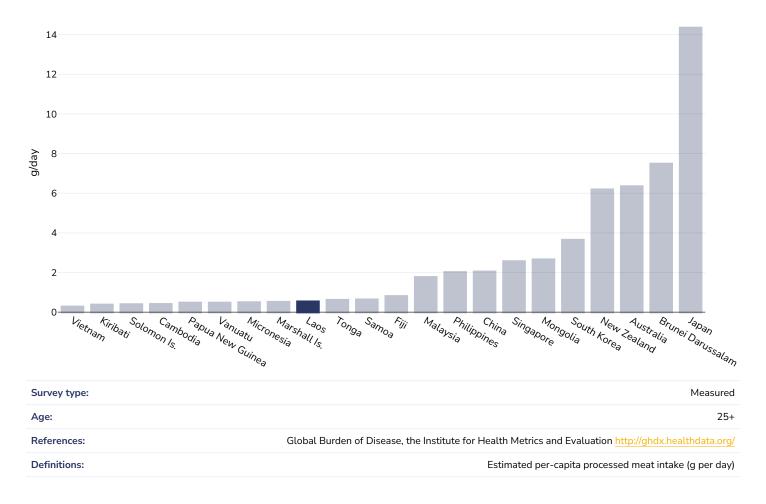


Estimated per capita fruit intake



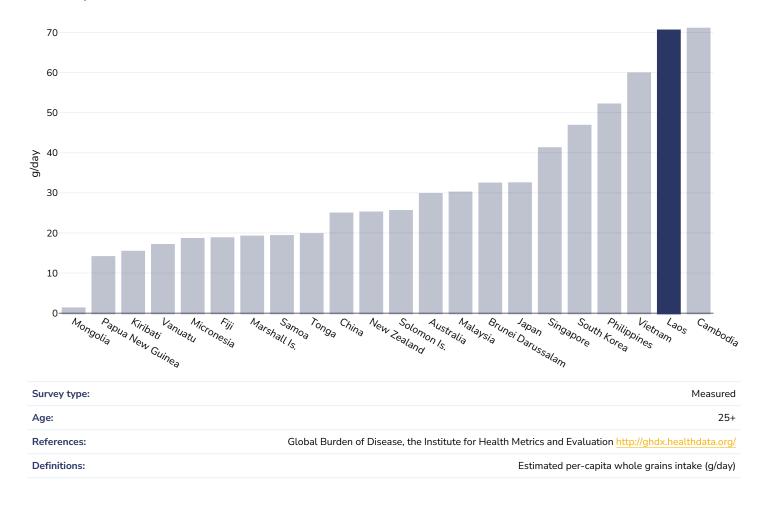


Estimated per-capita processed meat intake





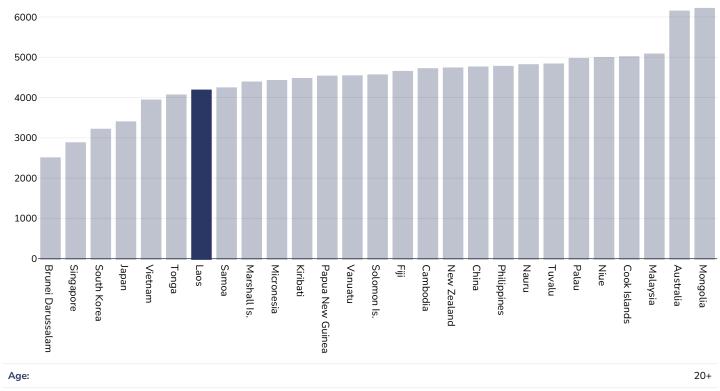
Estimated per capita whole grains intake





Mental health - depression disorders

Adults, 2021



Area covered: National

References:

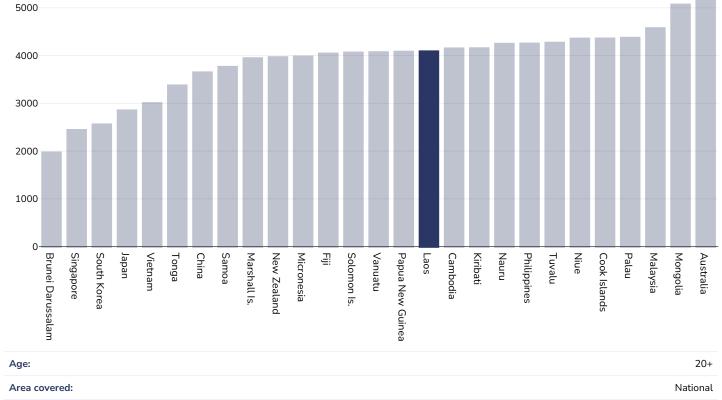
Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from http://vizhub.healthdata.org/gbd-compare. (Last accessed 23.04.25)

Definitions:

Number living with depression per 100,000 population (adults 20+ years)



Men, 2021



References:

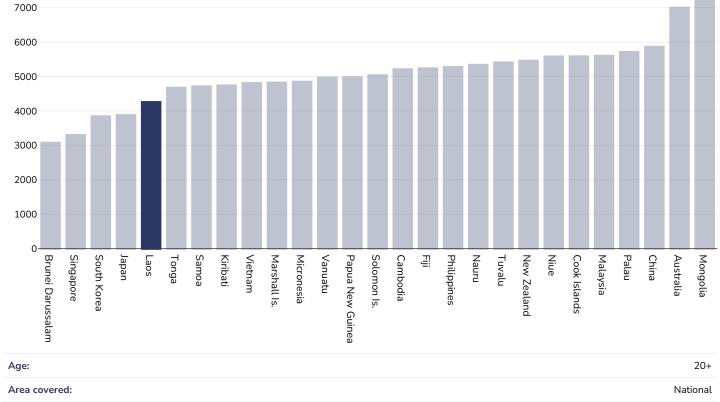
Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from http://vizhub.healthdata.org/gbd-compare. (Last accessed 23.04.25)

Definitions:

Number living with depression per 100,000 population (adults 20+ years)



Women, 2021



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)

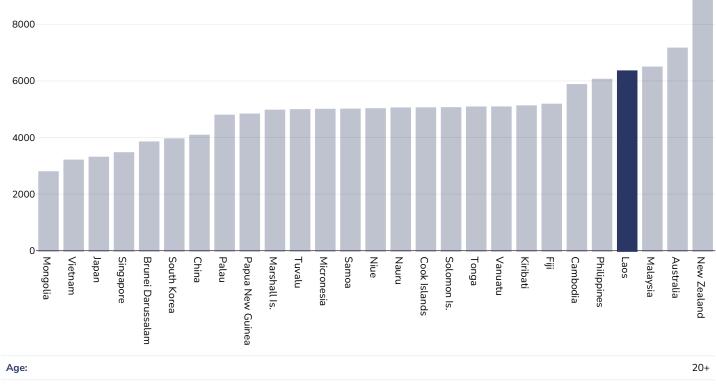
Definitions:

Number living with depression per 100,000 population (adults 20+ years)



Mental health - anxiety disorders

Adults, 2021



References:

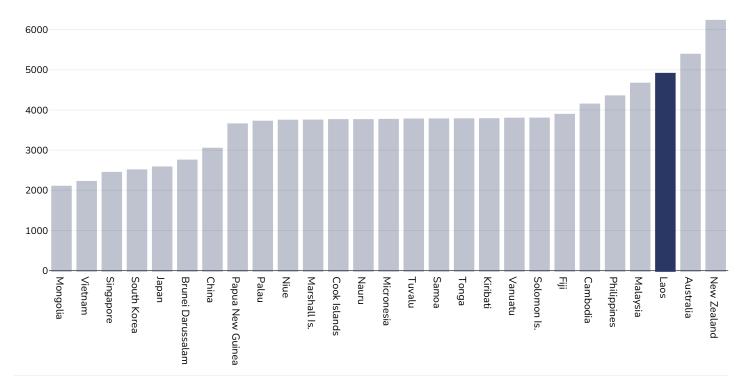
Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from http://vizhub.healthdata.org/gbd-compare. (Last accessed 23.04.25).

Definitions:

Number living with anxiety per 100,000 population



Men, 2021



Age: 20+

References:

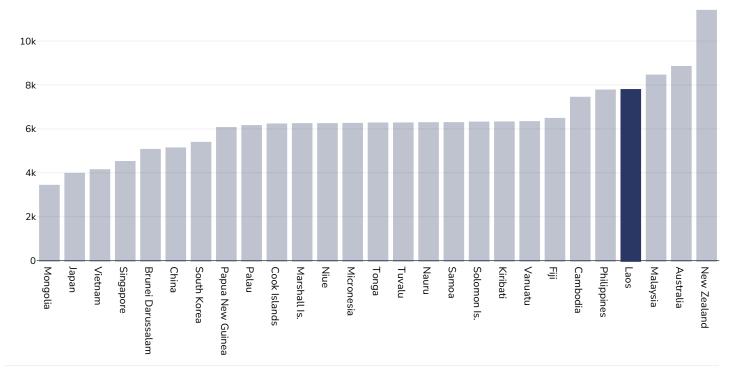
Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from http://vizhub.healthdata.org/gbd-compare. (Last accessed 23.04.25).

Definitions:

Number living with anxiety per 100,000 population



Women, 2021



Age: 20+

References:

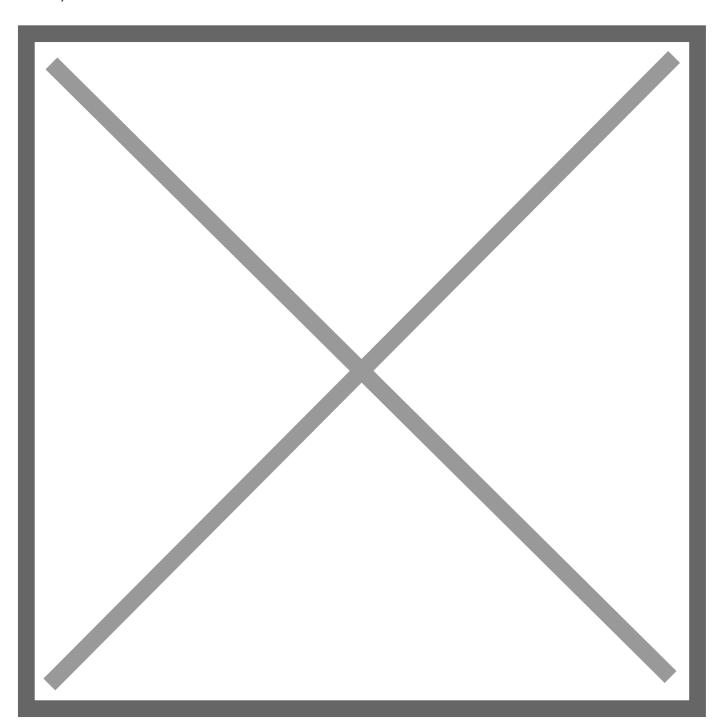
Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from http://vizhub.healthdata.org/gbd-compare. (Last accessed 23.04.25).

Definitions:

Number living with anxiety per 100,000 population



Percent of population who cannot afford a healthy diet



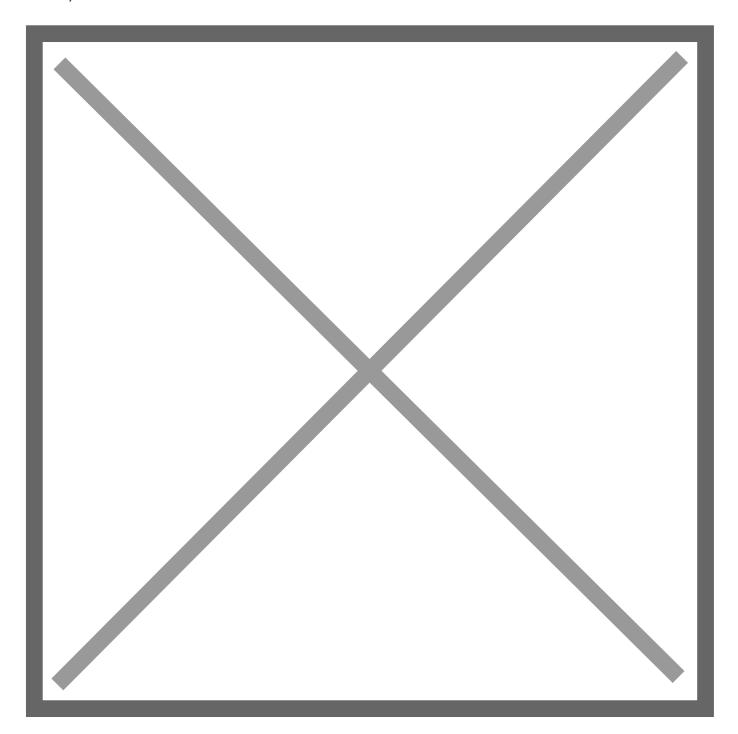
Area covered:	National
References:	FAO. 2025. FAOSTAT: Cost and Affordability of a Healthy Diet (CoAHD). https://www.fao.org/faostat/en/#data/CAHD. Licence: CC-BY-4.0. [Last Accessed 15.10.25]
Notes:	The percent of the population whose food budget is below the cost of a healthy diet.



NCD-Risk (score)



Adults, 2021-2024



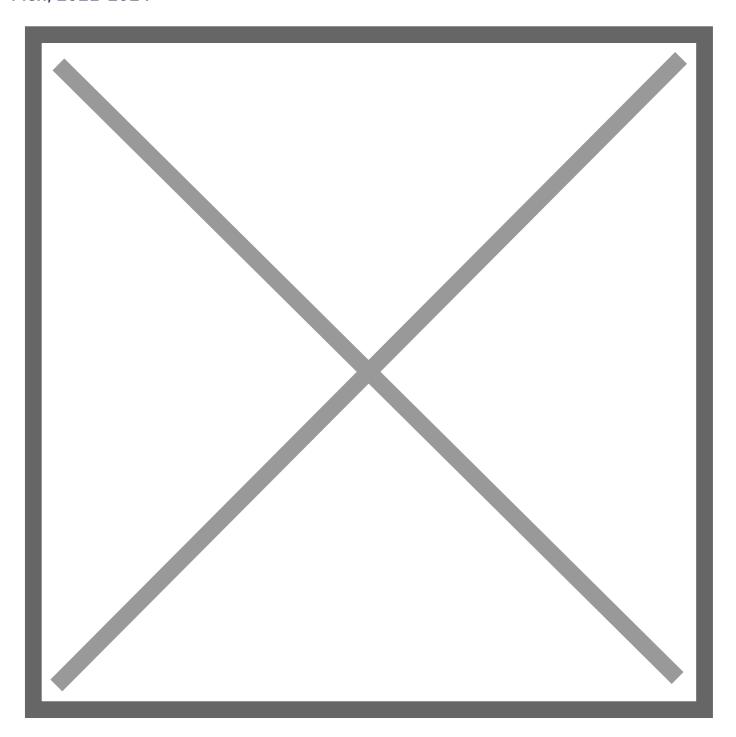
Survey type:	Self-reported
Age:	15+
Sample size:	1000
Area covered:	National
References:	Global Diet Quality Project. 2024. ?DQQ Results Dataset 2021-2024.? Harvard Dataverse. https://doi.org/doi:10.7910/DVN/KY3W8A Licence: CC BY-NC-SA 4.0. Accessed at dietquality.org on October 15, 2025.



Notes:	For more global dietary survey data, visit the Global Diet Quality Project website at https://www.dietquality.org/
Definitions:	The NCD-Risk score is an indicator of dietary risk factors for NCDs, based on consumption during the previous day or night of eight food groups that are negatively associated with meeting WHO recommendations on free sugar, salt, total and saturated fat, and red and
	processed meat. The score ranges from zero to nine expressed as an average score.



Men, 2021-2024



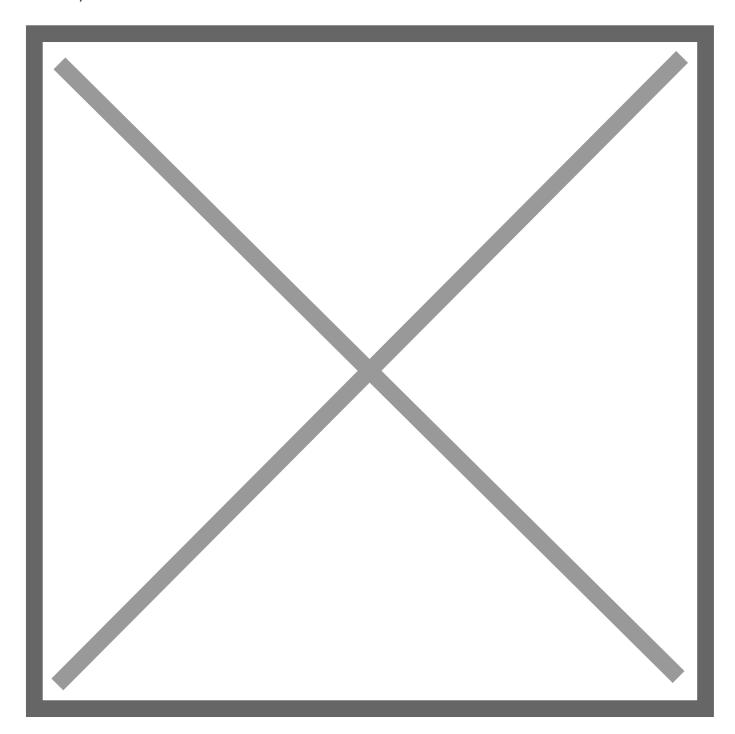
Survey type:	Self-reported
Age:	15+
Sample size:	1000
Area covered:	National
References:	Global Diet Quality Project. 2024. ?DQQ Results Dataset 2021-2024.? Harvard Dataverse. https://doi.org/doi:10.7910/DVN/KY3W8A Licence: CC BY-NC-SA 4.0. Accessed at dietquality.org on October 15, 2025.



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	processed meat. The score ranges from zero to nine expressed as an average score.



Women, 2021-2024



Survey type:	Self-reported
Age:	15+
Sample size:	1000
Area covered:	National
References:	Global Diet Quality Project. 2024. ?DQQ Results Dataset 2021-2024.? Harvard Dataverse. https://doi.org/doi:10.7910/DVN/KY3W8A Licence: CC BY-NC-SA 4.0. Accessed at dietquality.org on October 15, 2025.



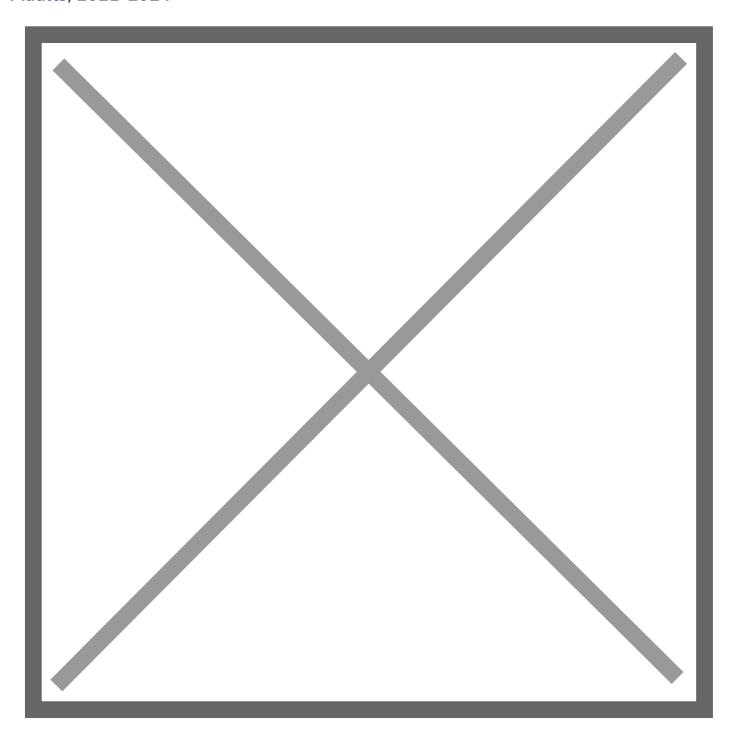
groups that are negatively associated with meeting WHO recommendations on free sugar, salt, total and saturated fat, and red and	Notes:	For more global dietary survey data, visit the Global Diet Quality Project website at https://www.dietquality.org/
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NCD-Protect (score)



Adults, 2021-2024



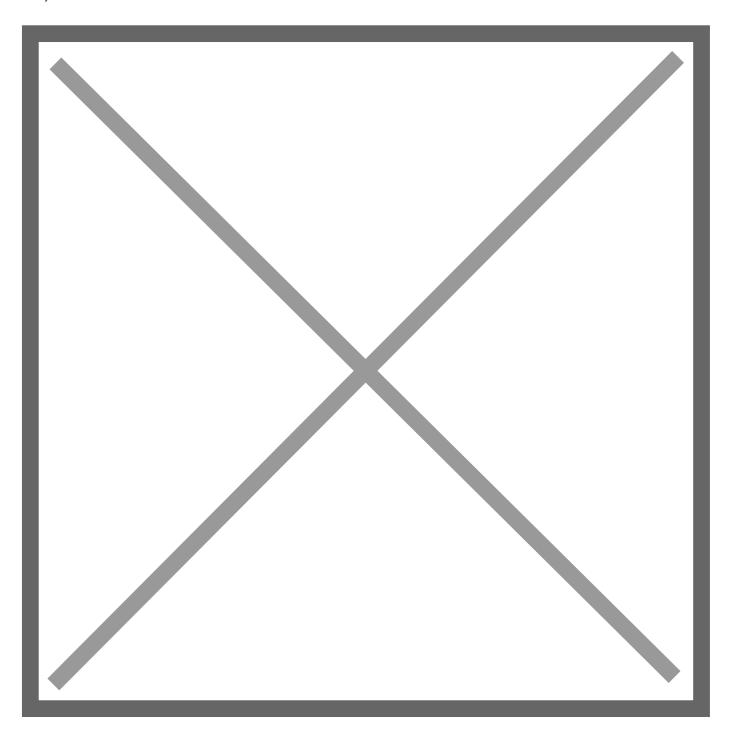
Survey type:	Self-reported
Age:	15+
Sample size:	1000
Area covered:	National
References:	Global Diet Quality Project. 2024. ?DQQ Results Dataset 2021-2024.? Harvard Dataverse. https://doi.org/doi:10.7910/DVN/KY3W8A Licence: CC BY-NC-SA 4.0. Accessed at dietquality.org on October 15, 2025.



Notes:	For more global dietary survey data, visit the Global Diet Quality Project website at https://www.dietquality.org/
Definitions:	The NCD-Protect score is an indicator of dietary factors protective against NCDs, based on consumption during the previous day or night of nine food groups that are associated with meeting WHO recommendations on fruits, vegetables, whole grains, pulses, nuts and seeds, and fiber. The score ranges from zero to nine expressed as an average score.



Men, 2021-2024



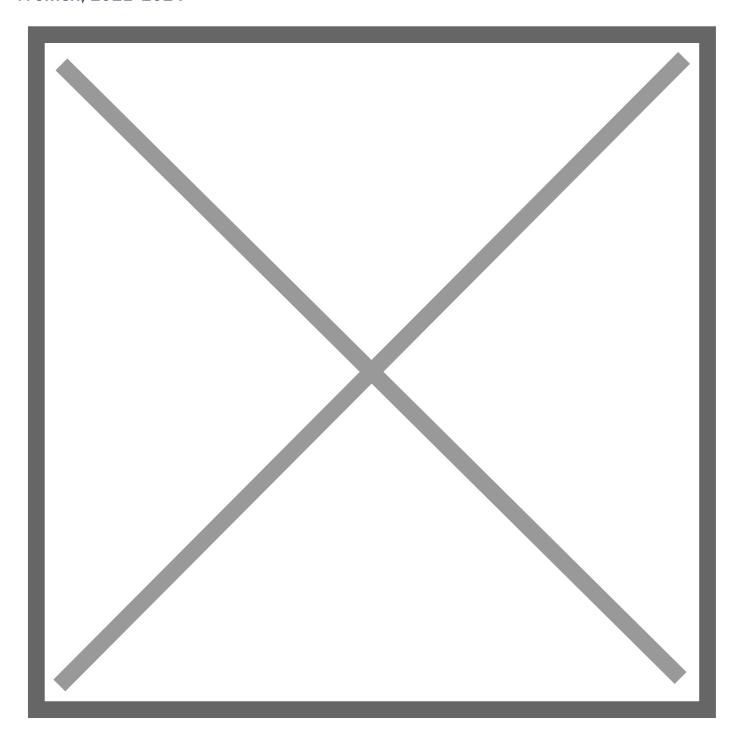
Survey type:	Self-reported
Age:	15+
Sample size:	1000
Area covered:	National
References:	Global Diet Quality Project. 2024. ?DQQ Results Dataset 2021-2024.? Harvard Dataverse. https://doi.org/doi:10.7910/DVN/KY3W8A Licence: CC BY-NC-SA 4.0. Accessed at dietquality.org on October 15, 2025.



Notes:	For more global dietary survey data, visit the Global Diet Quality Project website at https://www.dietquality.org/
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Women, 2021-2024



Survey type:	Self-reported
Age:	15+
Sample size:	1000
Area covered:	National
References:	Global Diet Quality Project. 2024. ?DQQ Results Dataset 2021-2024.? Harvard Dataverse. https://doi.org/doi:10.7910/DVN/KY3W8A Licence: CC BY-NC-SA 4.0. Accessed at dietquality.org on October 15, 2025.

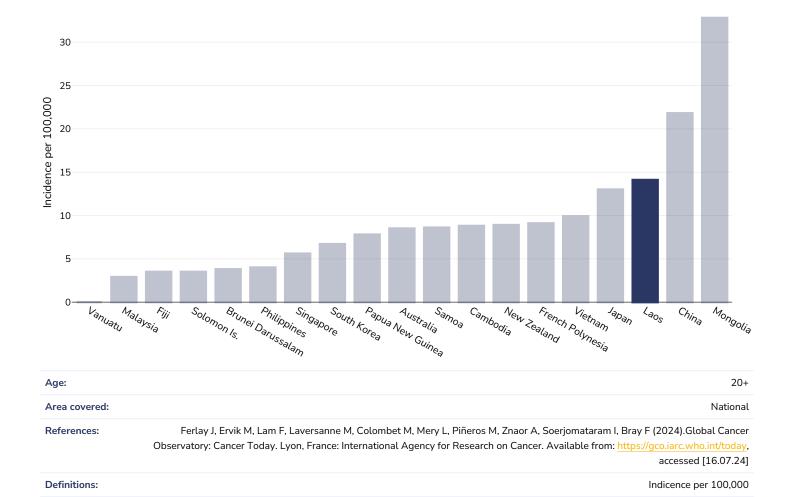


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Definitions:	The NCD-Protect score is an indicator of dietary factors protective against NCDs, based on consumption during the previous day or night of nine food groups that are associated with meeting WHO recommendations on fruits, vegetables, whole grains, pulses, nuts and seeds, and fiber. The score ranges from zero to nine expressed as an average score.

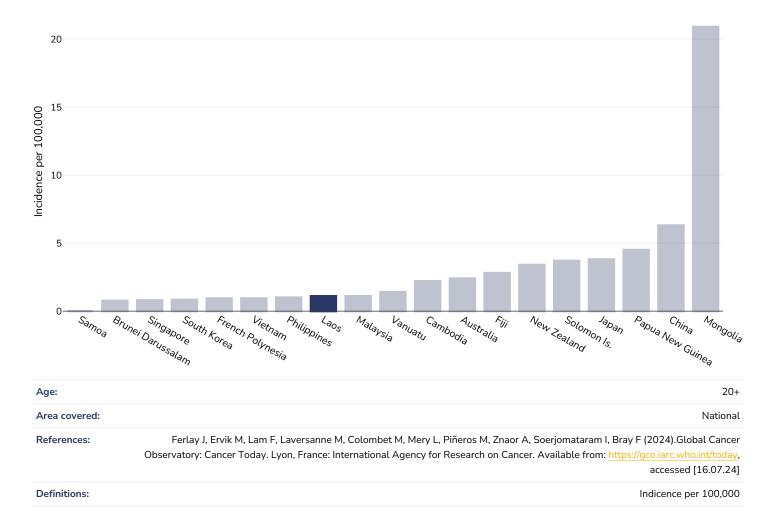


Oesophageal cancer

Men, 2022





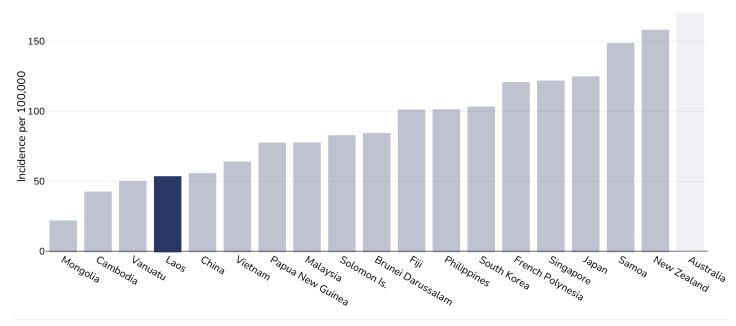




Breast cancer

Women, 2022





Area covered: National

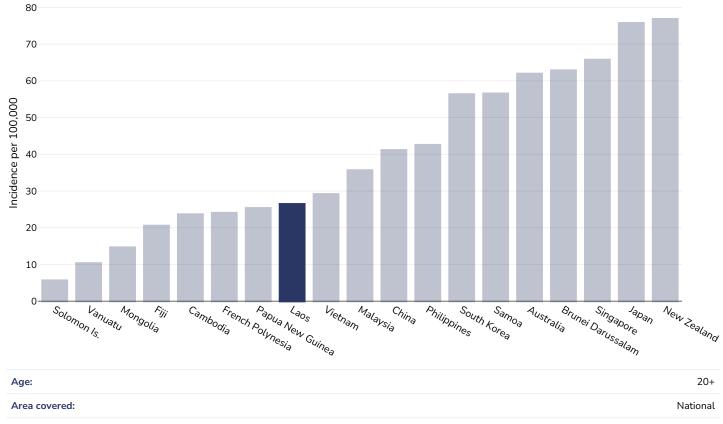
References:

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: https://gco.iarc.who.int/today, accessed [16.07.24]



Colorectal cancer

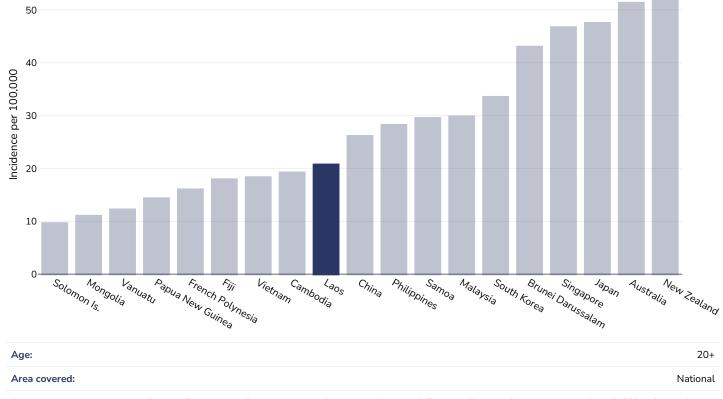
Men, 2022



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]





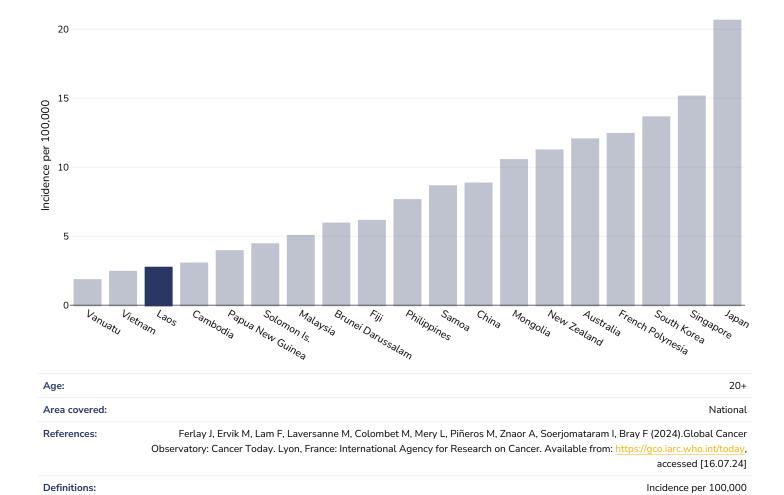
References: Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today,

accessed [16.07.24]

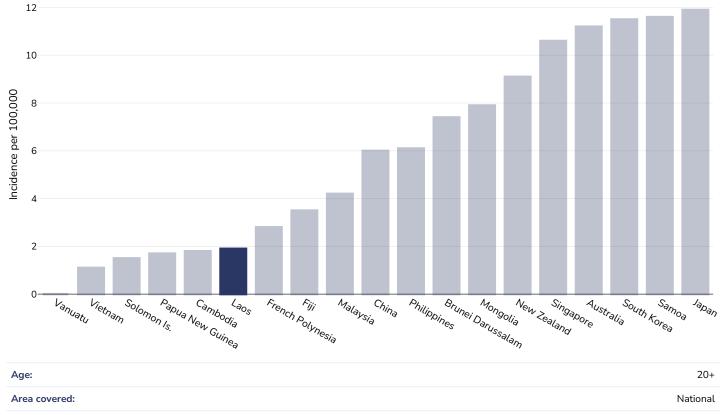


Pancreatic cancer

Men, 2022







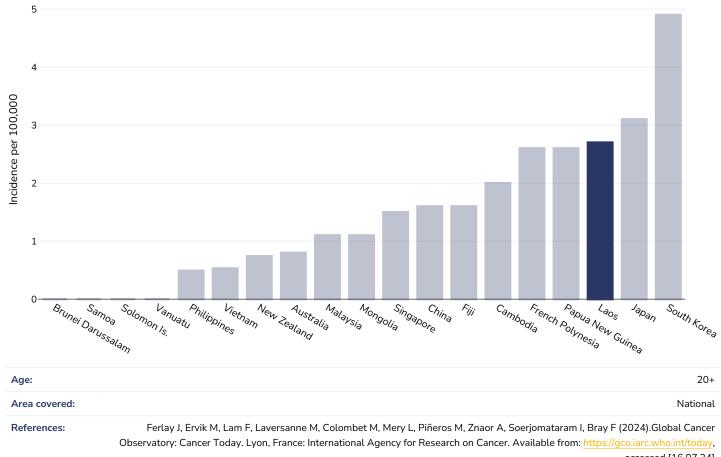
References: Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today,

accessed [16.07.24]



Gallbladder cancer

Men, 2022

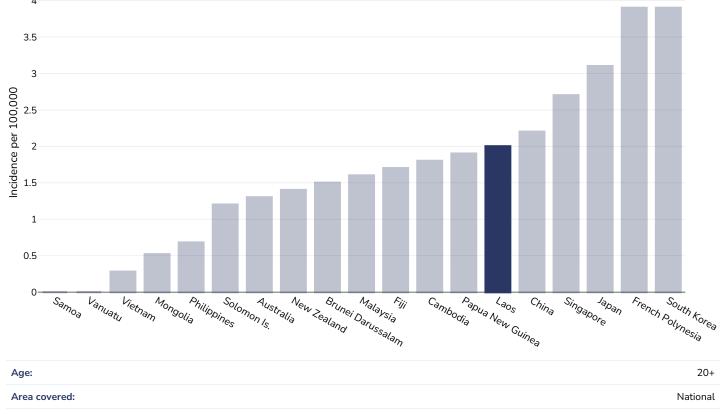


accessed [16.07.24]

Definitions:

Indicence per 100,000





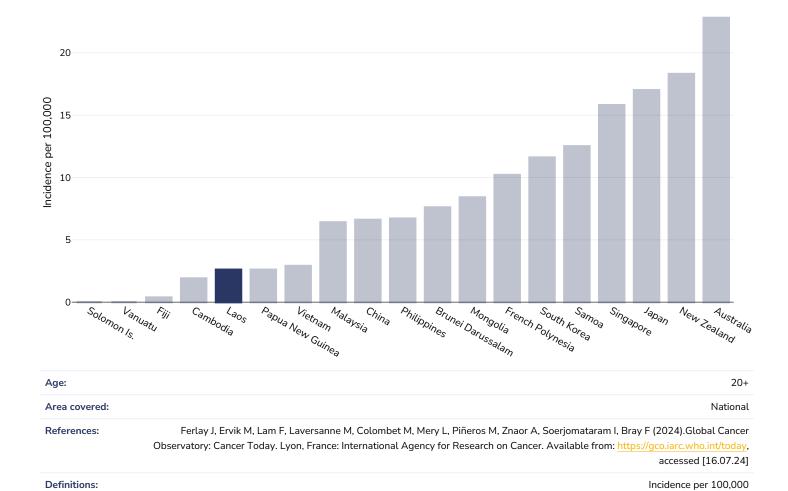
References: Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today,

accessed [16.07.24]

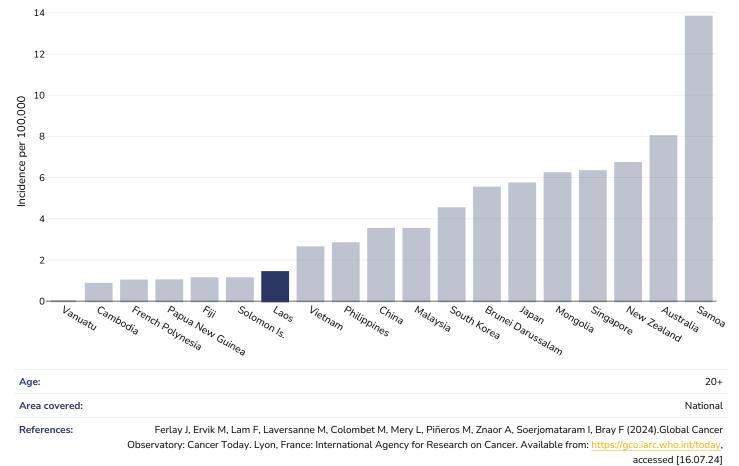


Kidney cancer

Men, 2022





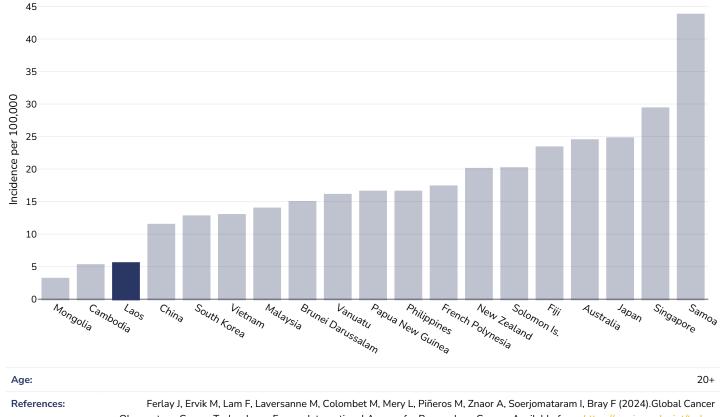




Cancer of the uterus

Women, 2022

Definitions:



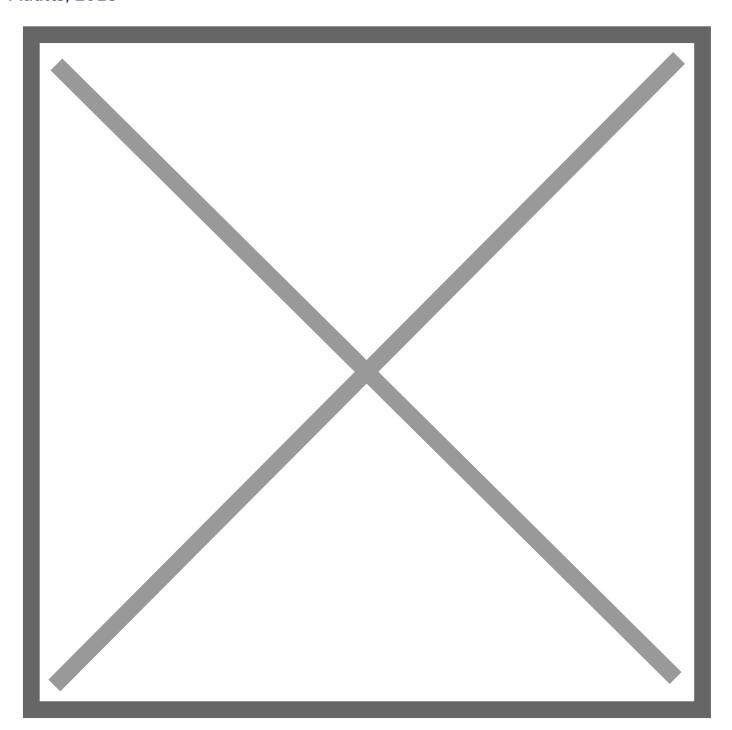
Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]

Incidence per 100,000



Raised blood pressure

Adults, 2015



References:

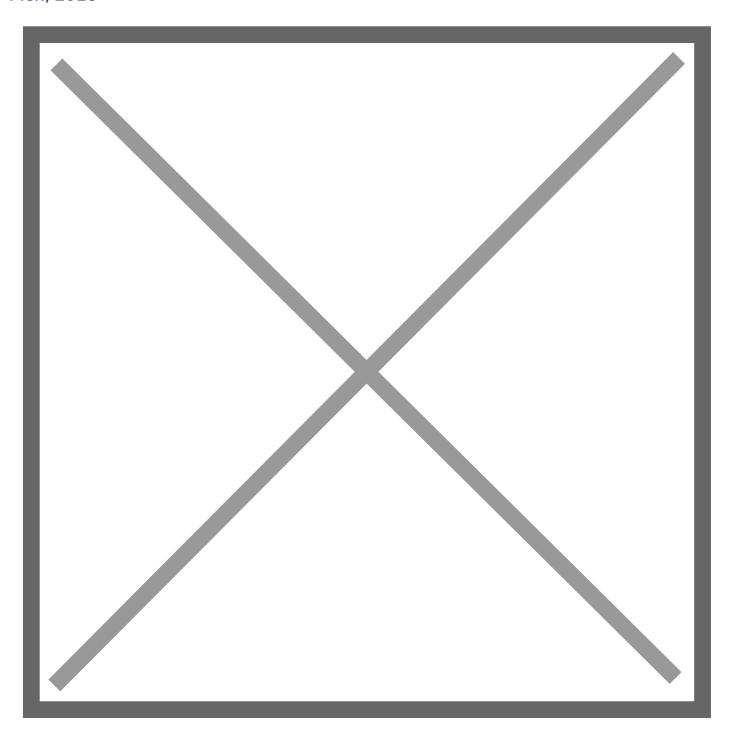
Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A875?lang=en

Definitions:

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



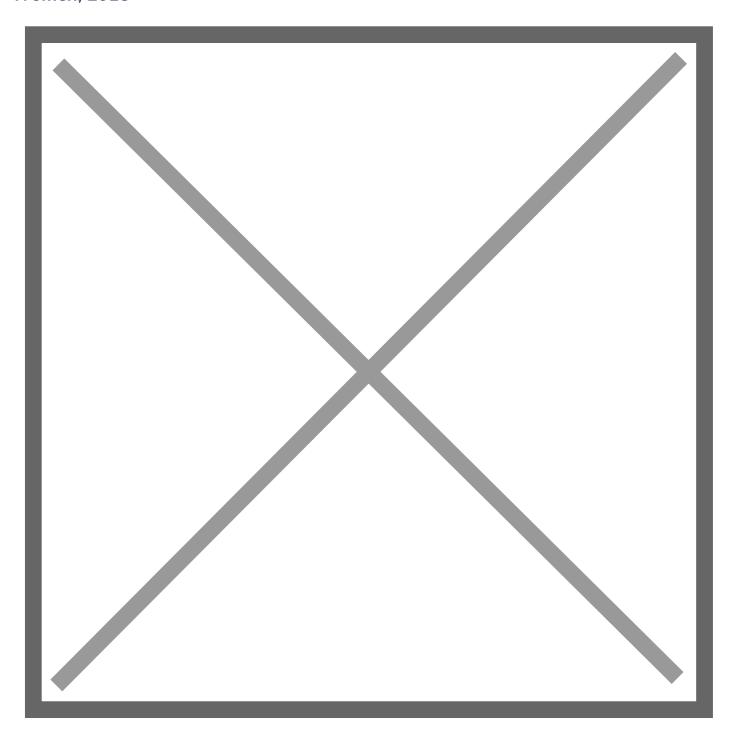
Men, 2015



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).





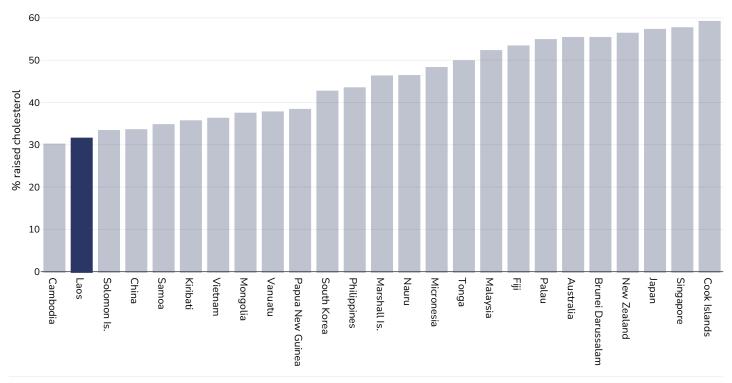
References: Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A875?lang=en

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



Raised cholesterol

Adults, 2008



References:

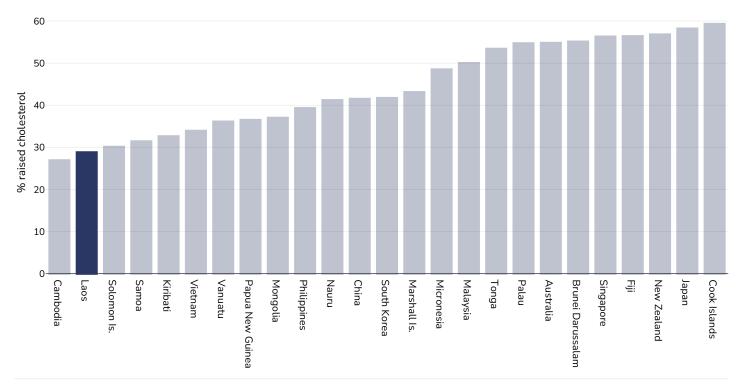
Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A885

Definitions:

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



Men, 2008



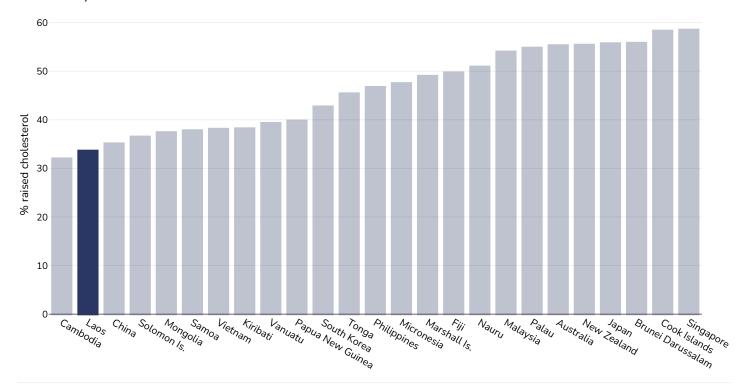
References:

 ${\bf Global\ Health\ Observatory\ data\ repository,\ World\ Health\ Organisation,\ \underline{http://apps.who.int/gho/data/node.main.A885}}$

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

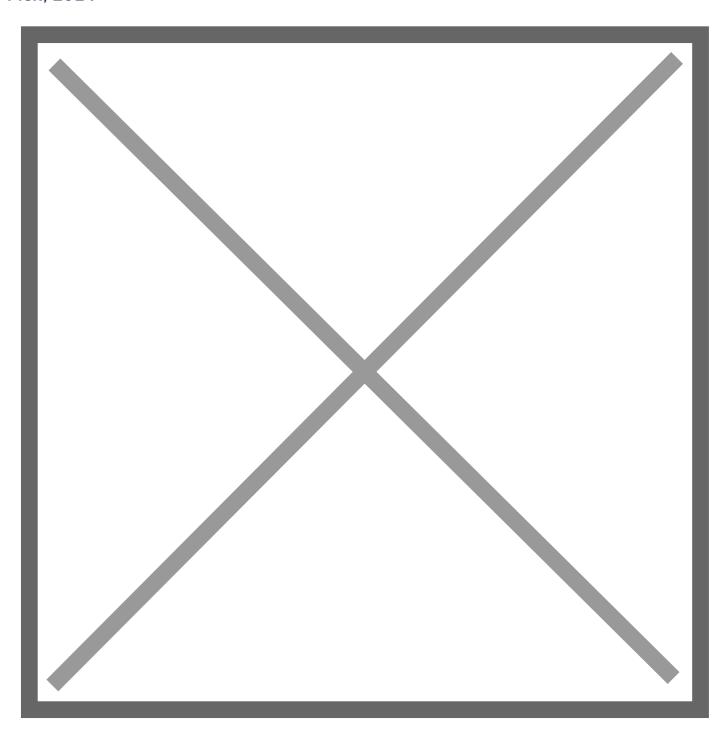
Definitions:

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



Raised fasting blood glucose

Men, 2014



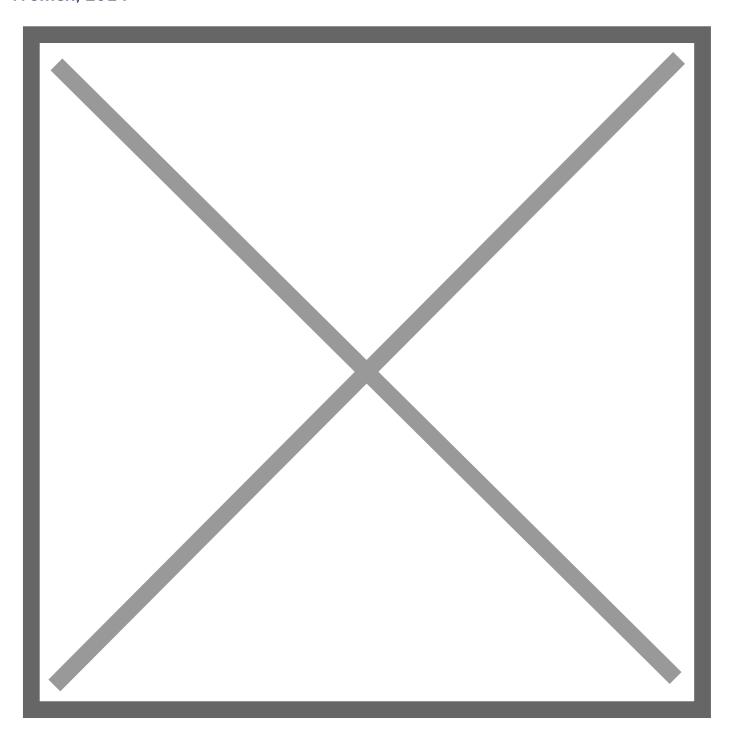
References:

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 mmoVL or on medication).





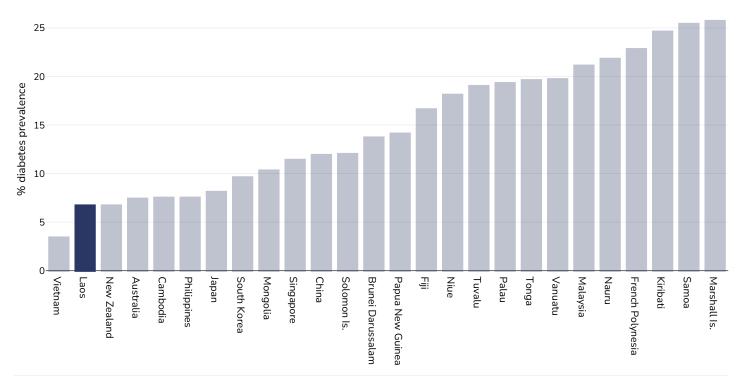
References: Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A869?lang=en

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



Diabetes prevalence

Adults, 2024



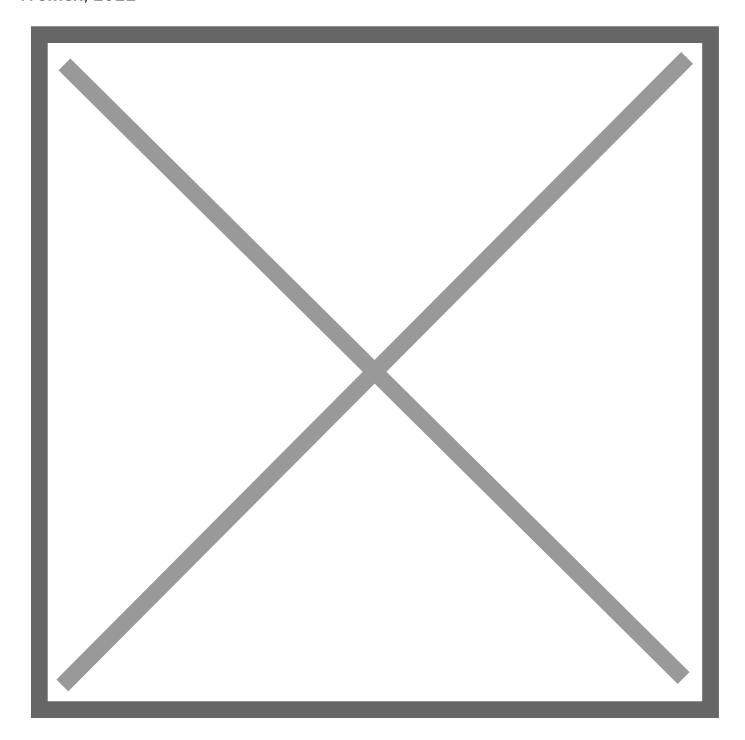
References:

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



Ovarian Cancer





Age: 20+

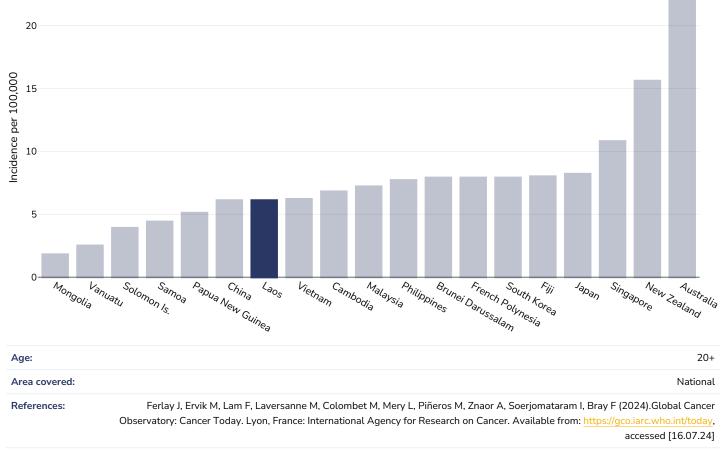
References: Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today,

accessed [16.07.24]



Leukemia

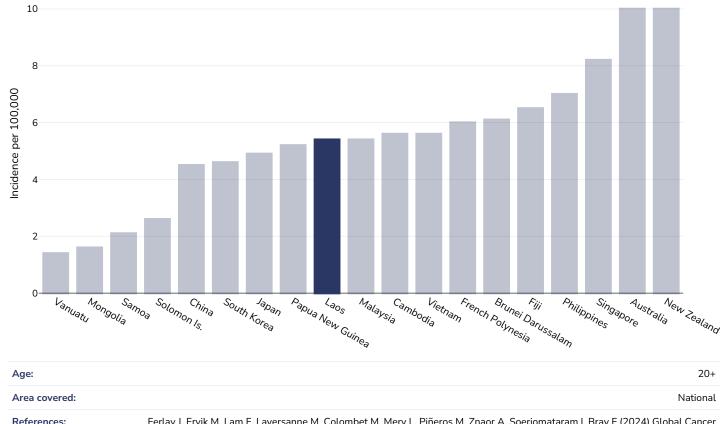
Men, 2022



Definitions: Incidence per 100,000

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





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]

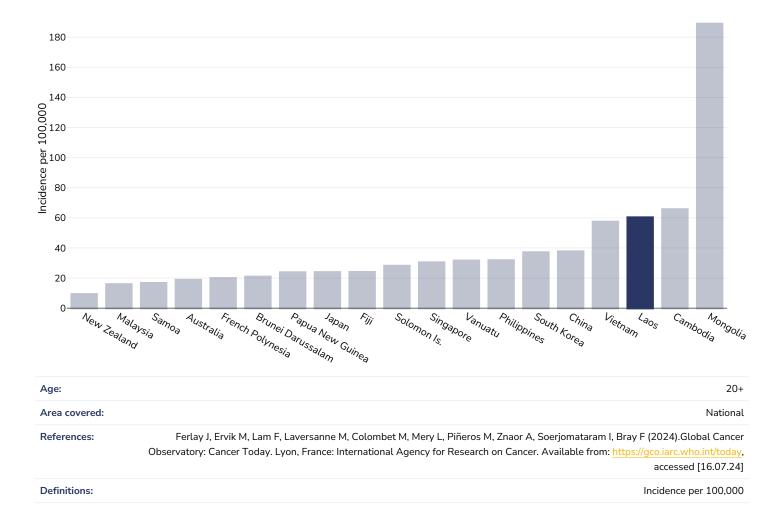
Definitions: Incidence per 100,000

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

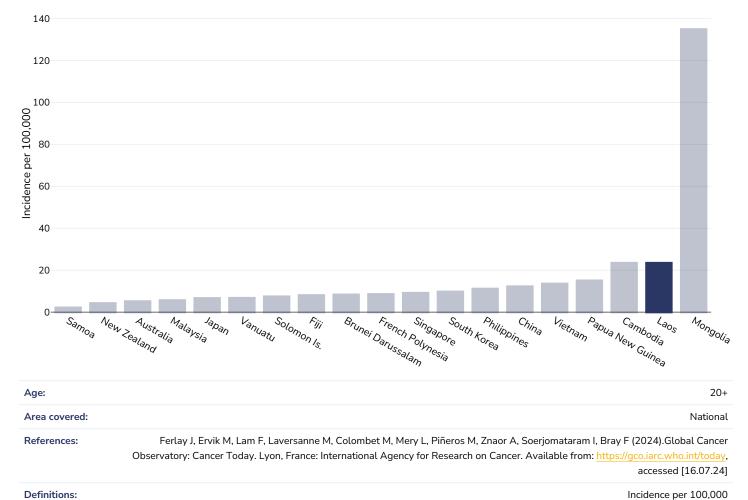


Liver and intrahepatic bile duct Cancer

Men, 2022



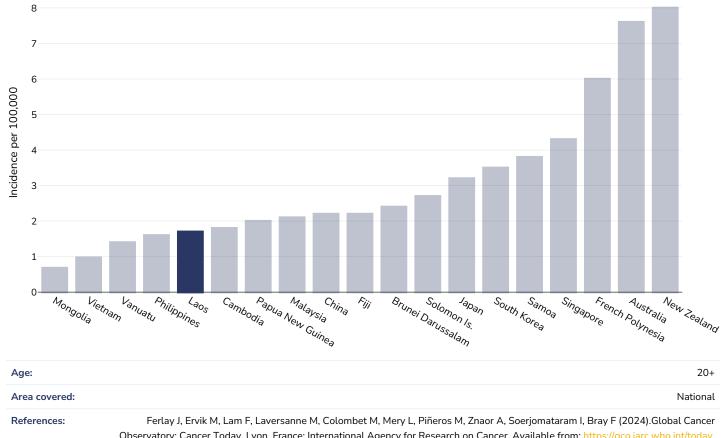






Multiple Myeloma

Men, 2022



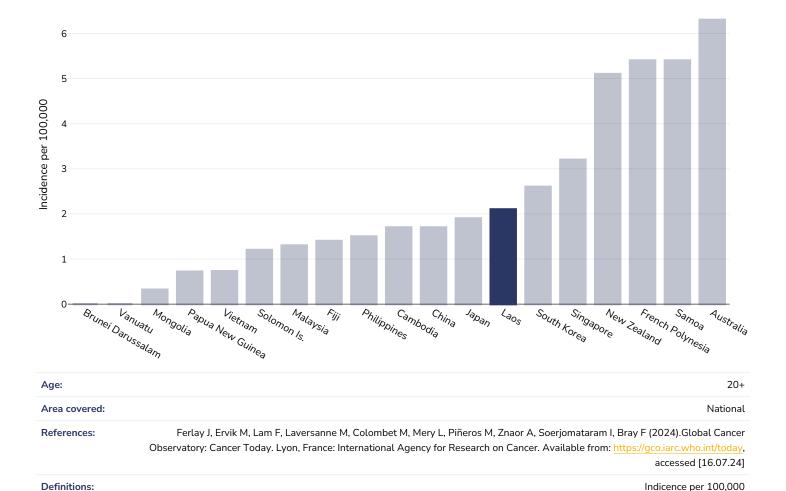
Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today,

accessed [16.07.24]

Definitions: Indicence per 100,000

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





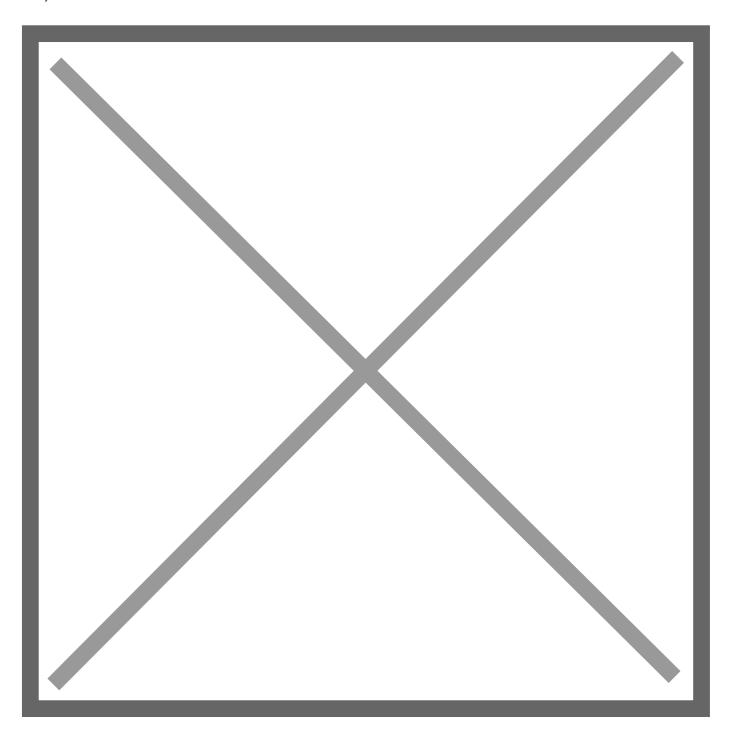
 $Unless \ otherwise \ noted, overweight \ refers \ to \ a \ BMI \ between \ 25kg \ and \ 29.9kg/m^2, obesity \ refers \ to \ a \ BMI \ greater \ than \ 30kg/m^2.$



Non Hodgkin Lymphoma



Men, 2022

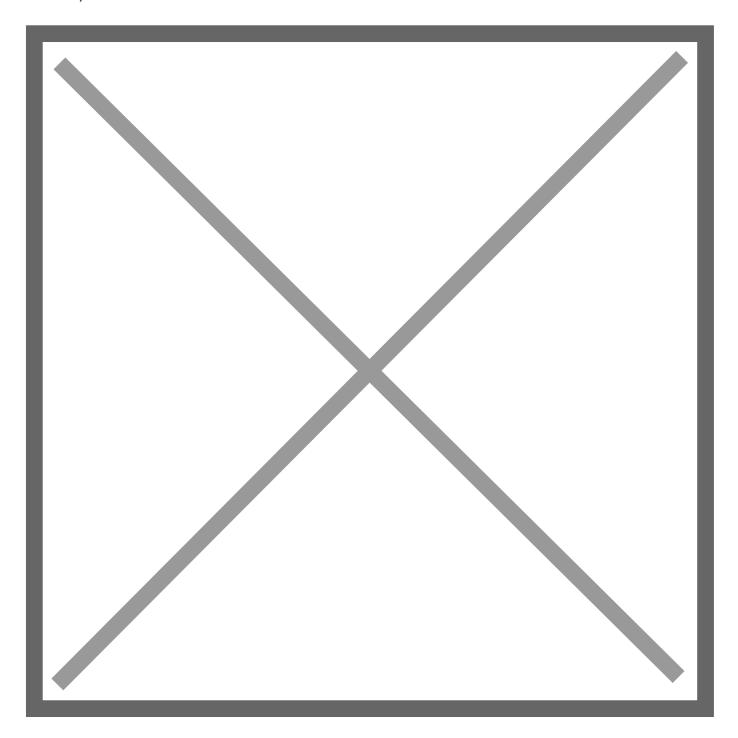


Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today , accessed [16.07.24]
Definitions:	Incidence per 100.000



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





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: https://gco.iarc.who.int/today , accessed [16.07.24]
Definitions:	Incidence per 100.000

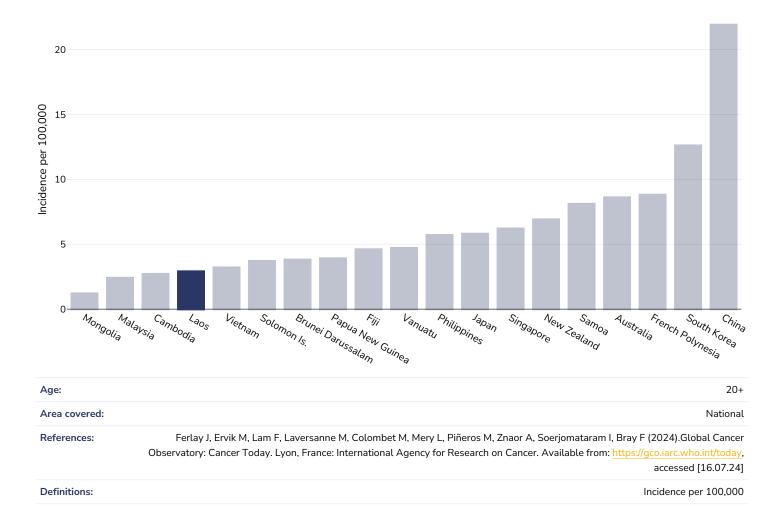


 $Unless \ otherwise \ noted, overweight \ refers \ to \ a \ BMI \ between \ 25kg \ and \ 29.9kg/m^2, obesity \ refers \ to \ a \ BMI \ greater \ than \ 30kg/m^2.$

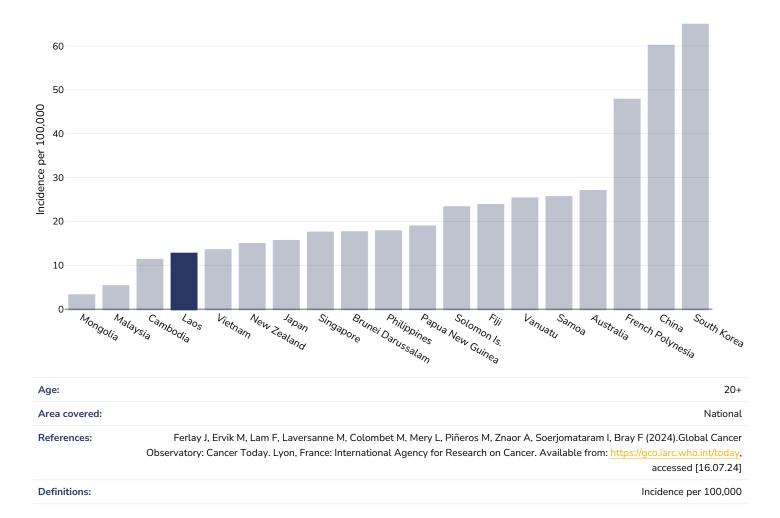


Thyroid Cancer

Men, 2022







PDF created on November 21, 2025