## Report card

### Laos

<table>
<thead>
<tr>
<th>Contents</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Obesity prevalence</td>
<td>2</td>
</tr>
<tr>
<td>Overweight/obesity by education</td>
<td>3</td>
</tr>
<tr>
<td>Overweight/obesity by region</td>
<td>4</td>
</tr>
<tr>
<td>Overweight/obesity by socio-economic group</td>
<td>5</td>
</tr>
<tr>
<td>Insufficient physical activity</td>
<td>6</td>
</tr>
<tr>
<td>Average daily frequency of carbonated soft drink consumption</td>
<td>9</td>
</tr>
<tr>
<td>Estimated per-capita fruit intake</td>
<td>10</td>
</tr>
<tr>
<td>Prevalence of less-than-daily fruit consumption</td>
<td>11</td>
</tr>
<tr>
<td>Prevalence of less-than-daily vegetable consumption</td>
<td>12</td>
</tr>
<tr>
<td>Average weekly frequency of fast food consumption</td>
<td>13</td>
</tr>
<tr>
<td>Estimated per-capita processed meat intake</td>
<td>14</td>
</tr>
<tr>
<td>Estimated per-capita whole grains intake</td>
<td>15</td>
</tr>
<tr>
<td>Mental health - depression disorders</td>
<td>16</td>
</tr>
<tr>
<td>Mental health - anxiety disorders</td>
<td>17</td>
</tr>
<tr>
<td>Oesophageal cancer</td>
<td>18</td>
</tr>
<tr>
<td>Breast cancer</td>
<td>20</td>
</tr>
<tr>
<td>Colorectal cancer</td>
<td>21</td>
</tr>
<tr>
<td>Pancreatic cancer</td>
<td>23</td>
</tr>
<tr>
<td>Gallbladder cancer</td>
<td>25</td>
</tr>
<tr>
<td>Kidney cancer</td>
<td>27</td>
</tr>
<tr>
<td>Cancer of the uterus</td>
<td>29</td>
</tr>
<tr>
<td>Raised blood pressure</td>
<td>30</td>
</tr>
<tr>
<td>Raised cholesterol</td>
<td>33</td>
</tr>
<tr>
<td>Raised fasting blood glucose</td>
<td>36</td>
</tr>
<tr>
<td>Diabetes prevalence</td>
<td>38</td>
</tr>
</tbody>
</table>
## Obesity prevalence

### Adults, 2013

<table>
<thead>
<tr>
<th></th>
<th>Obesity</th>
<th>Overweight</th>
</tr>
</thead>
<tbody>
<tr>
<td>Men</td>
<td></td>
<td>5</td>
</tr>
<tr>
<td>Women</td>
<td>5</td>
<td></td>
</tr>
</tbody>
</table>

### Survey type: Measured

### Age: 18-64

### Sample size: 2531

### Area covered: National

### References:

### 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
- 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 education

Adults, 2013

Survey type: Measured
Age: 18-64
Sample size: 2531
Area covered: National


Notes: 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

<table>
<thead>
<tr>
<th></th>
<th>Obesity</th>
<th>Overweight</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rural</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Urban</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Survey type:** Measured  
**Age:** 18-64  
**Sample size:** 2531  
**Area covered:** National  
**Notes:** 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 socio-economic group

Adults, 2013

Survey type: Measured
Age: 18-64
Sample size: 2531
Area covered: National
Notes: Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
Insufficient physical activity

Adults, 2016

Women, 2016

Average daily frequency of carbonated soft drink consumption

Children, 2010-2015

Survey type: Measured
Age: 12-17

References:
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

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+


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
Oesophageal cancer

Men, 2018

Age:


Definitions: Estimated age-standardized incidence rates (World) in 2018, oesophagus, adults ages 20+. ASR (World) per 100,000
Women, 2018

Age:

References: Global Cancer Observatory, Cancer incidence rates [http://gco.iarc.fr/] (last accessed 30th June 2020)

Definitions: Estimated age-standardized incidence rates (World) in 2018, oesophagus, adults ages 20+. ASR (World) per 100,000
Breast cancer

Women, 2018

Age: 20+


Definitions: Estimated age-standardized incidence rates (World) in 2018, breast, females, ages 20+. ASR (World) per 100,000
Colorectal cancer

Men, 2018

Age: 20+

References: Global Cancer Observatory, Cancer incidence rates http://gco.iarc.fr/ (last accessed 30th June 2020)

Definitions: Estimated age-standardized incidence rates (World) in 2018, colorectum, adults, ages 20+. ASR (World) per 100,000
**Women, 2018**

Age: 20+


Definitions: Estimated age-standardized incidence rates (World) in 2018, colorectum, adults, ages 20+. ASR (World) per 100,000
Pancreatic cancer

Men, 2018

Age: 20+


Definitions: Estimated age-standardized incidence rates (World) in 2018, pancreas, adults, ages 20+. ASR (World) per 100,000
**Women, 2018**

<table>
<thead>
<tr>
<th>Country</th>
<th>Incidence per 100,000</th>
</tr>
</thead>
<tbody>
<tr>
<td>Solomon Is.</td>
<td>0.2</td>
</tr>
<tr>
<td>Vanuatu</td>
<td>0.3</td>
</tr>
<tr>
<td>Vietnam</td>
<td>0.5</td>
</tr>
<tr>
<td>Cambodia</td>
<td>1.4</td>
</tr>
<tr>
<td>Laos</td>
<td>2.3</td>
</tr>
<tr>
<td>Fiji</td>
<td>3.5</td>
</tr>
<tr>
<td>Tahiti</td>
<td>4.8</td>
</tr>
<tr>
<td>Malaysia</td>
<td>6.3</td>
</tr>
<tr>
<td>Philippines</td>
<td>8.2</td>
</tr>
<tr>
<td>Mongolia</td>
<td>9.3</td>
</tr>
<tr>
<td>China</td>
<td>10.0</td>
</tr>
<tr>
<td>Singapore</td>
<td>11.2</td>
</tr>
<tr>
<td>South Korea</td>
<td>12.1</td>
</tr>
<tr>
<td>Australia</td>
<td>11.0</td>
</tr>
<tr>
<td>New Zealand</td>
<td>9.3</td>
</tr>
<tr>
<td>Brunei Darussalam</td>
<td>8.2</td>
</tr>
<tr>
<td>Samoa</td>
<td>10.0</td>
</tr>
<tr>
<td>Japan</td>
<td>12.0</td>
</tr>
</tbody>
</table>

**Age:**

20+

**References:**

**Definitions:**
Estimated age-standardized incidence rates (World) in 2018, pancreas, adults, ages 20+. ASR (World) per 100,000
Gallbladder cancer

Men, 2018


Definitions: Estimated age-standardized incidence rates (World) in 2018, gallbladder, adults, ages 20+. ASR (World) per 100,000
**Women, 2018**

<table>
<thead>
<tr>
<th>Country</th>
<th>Incidence per 100,000</th>
</tr>
</thead>
<tbody>
<tr>
<td>Samoa</td>
<td>0</td>
</tr>
<tr>
<td>Solomon Is.</td>
<td>0</td>
</tr>
<tr>
<td>Vanuatu</td>
<td>0</td>
</tr>
<tr>
<td>Vietnam</td>
<td>1</td>
</tr>
<tr>
<td>Mongolia</td>
<td>1</td>
</tr>
<tr>
<td>Brunei Darussalam</td>
<td>1</td>
</tr>
<tr>
<td>Philippines</td>
<td>2</td>
</tr>
<tr>
<td>Malaysia</td>
<td>2</td>
</tr>
<tr>
<td>Fiji</td>
<td>2</td>
</tr>
<tr>
<td>New Zealand</td>
<td>3</td>
</tr>
<tr>
<td>Singapore</td>
<td>3</td>
</tr>
<tr>
<td>Australia</td>
<td>4</td>
</tr>
<tr>
<td>Laos</td>
<td>5</td>
</tr>
<tr>
<td>Cambodia</td>
<td>4</td>
</tr>
<tr>
<td>Papua New Guinea</td>
<td>4</td>
</tr>
<tr>
<td>China</td>
<td>5</td>
</tr>
<tr>
<td>Tahiti</td>
<td>5</td>
</tr>
<tr>
<td>Japan</td>
<td>9</td>
</tr>
<tr>
<td>South Korea</td>
<td>9</td>
</tr>
</tbody>
</table>

**Age:** 20+


**Definitions:** Estimated age-standardized incidence rates (World) in 2018, gallbladder, adults, ages 20+. ASR (World) per 100,000
Kidney cancer

Men, 2018

References: Global Cancer Observatory, Cancer incidence rates [http://gco.iarc.fr/] (last accessed 30th June 2020)

Definitions: Estimated age-standardized incidence rates (World) in 2018, kidney, adults, ages 20+. ASR (World) per 100,000
Age: 20+


Definitions: Estimated age-standardized incidence rates (World) in 2018, kidney, adults, ages 20+. ASR (World) per 100,000
Cancer of the uterus

Women, 2018

Age:


Definitions: Estimated age-standardized incidence rates (World) in 2018, cervix uteri, females, ages 20+. ASR (World) 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


Definitions: Age Standardised estimated % Raised blood pressure 2015 (SBP≥140 OR DBP≥90).
Women, 2015

References:

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).
Women, 2008


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 mmol/L or on medication).
Women, 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 mmol/L or on medication).
Diabetes prevalence

Adults, 2017


Definitions: Diabetes age-adjusted comparative prevalence (%).

PDF created on September 4, 2020