Report card
Libya

Contents	Page

Obesity prevalence

Adults, 2015

■ Obesity ■ Overweight
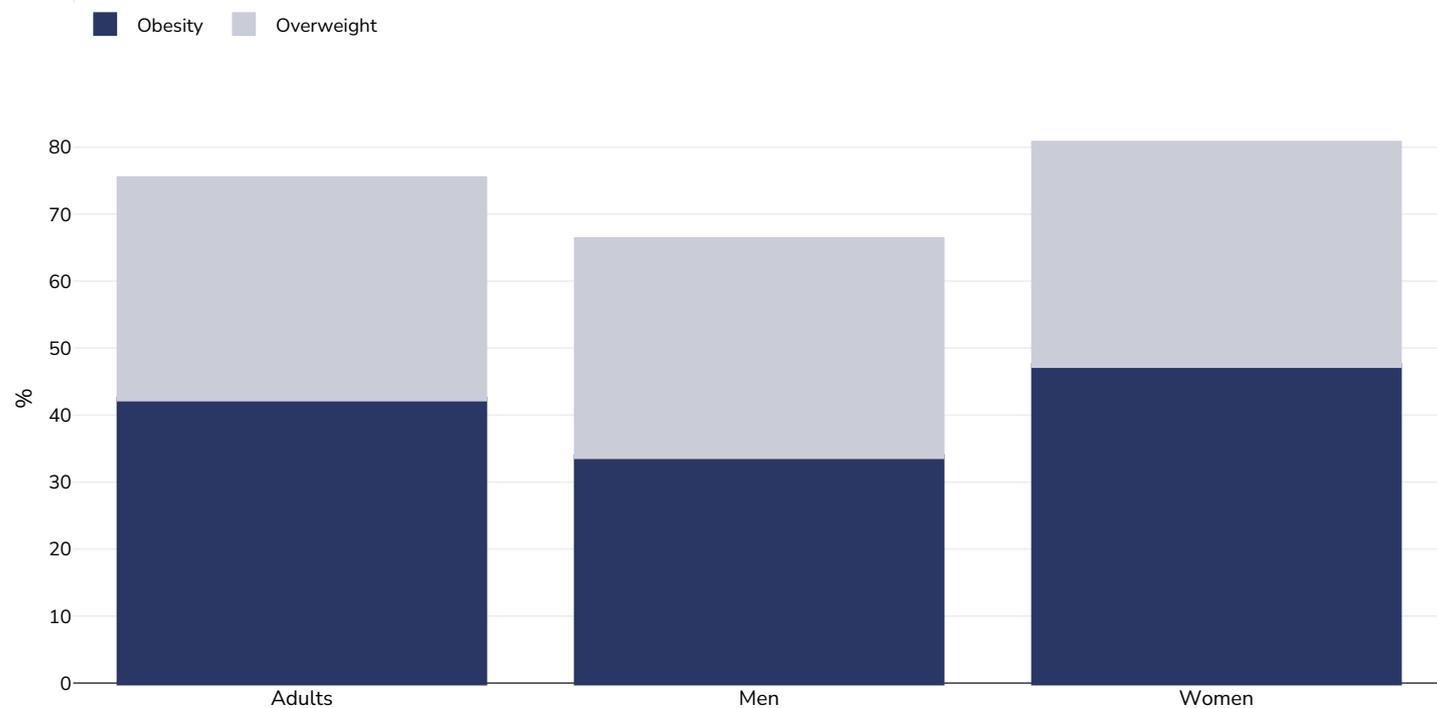
Survey type:	Measured
Age:	20-65
Sample size:	401
Area covered:	Benghazi
References:	Prevalence of Overweight and Obesity among Libyan Men and Women. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6662481/ (last accessed 05.06.2022)

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

Children, 2013-2014

Legend: ■ Obesity ■ Overweight

Survey type:	Measured
Age:	15-18
Sample size:	307
Area covered:	Regional
References:	Musaiger A.O et al. 2016. Prevalence of overweight and obesity among adolescents in eight Arab countries: comparison between two international standards (ARABEAT-2). Nutr Hosp. 33(5). pp. 1062-1065.
Notes:	Region: Tripoli, Note: Small sample size, n=307
Cutoffs:	IOTF

Infants, 2014
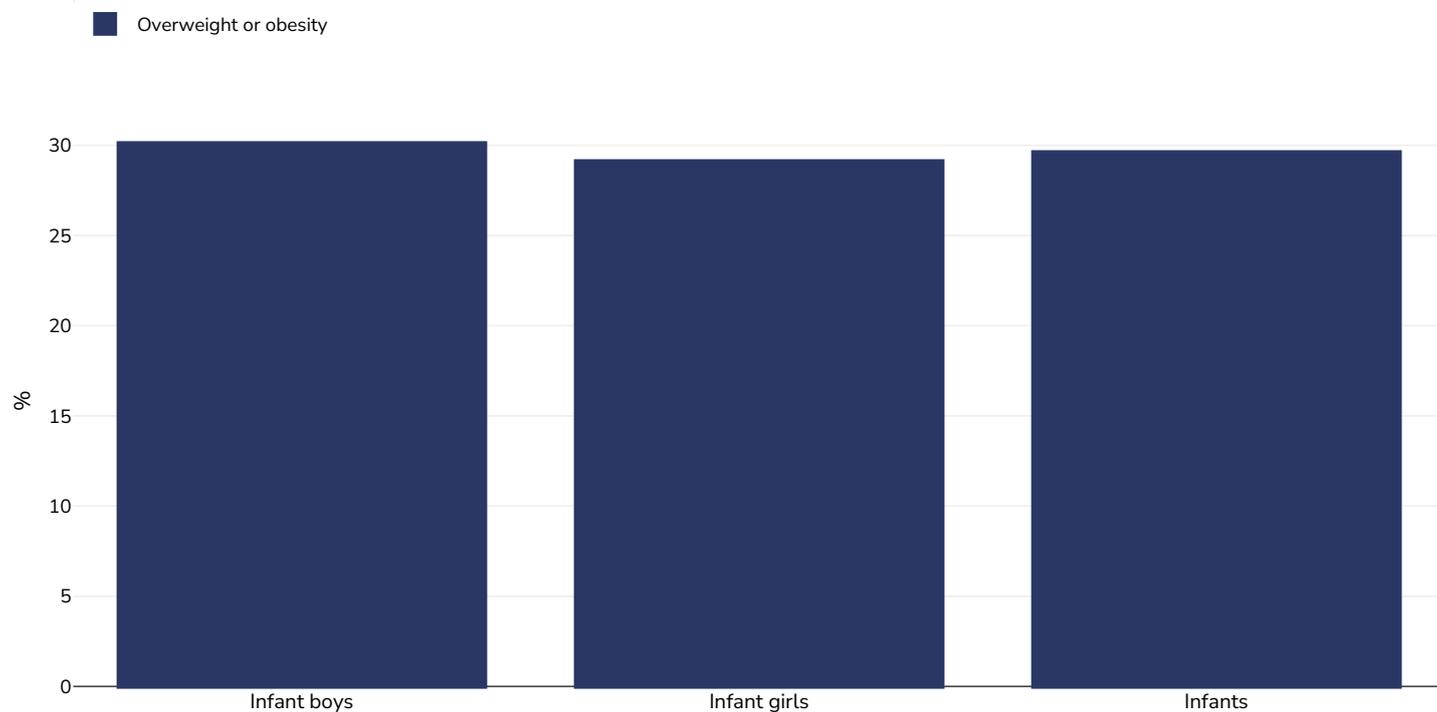
■ Overweight or obesity

Age:	0-5
Sample size:	9876
References:	PAPFAM: Libya 2014 National Family Health 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 age

Adults, 2015

Legend: ■ Obesity ■ Overweight
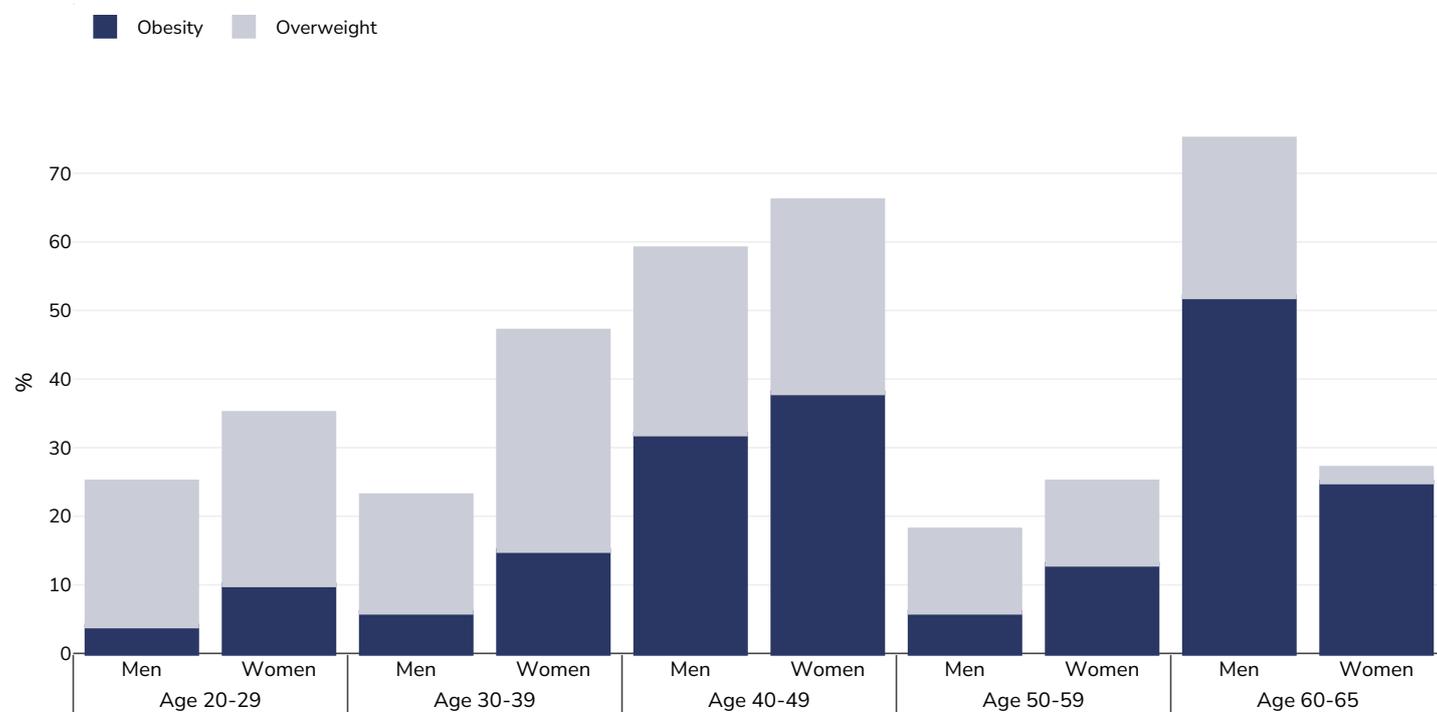
| Survey type:	Measured
Sample size:	401
Area covered:	Benghazi
References:	Prevalence of Overweight and Obesity among Libyan Men and Women. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6662481/ (last accessed 05.06.2022)

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

Infants, 1995

■ Overweight or obesity
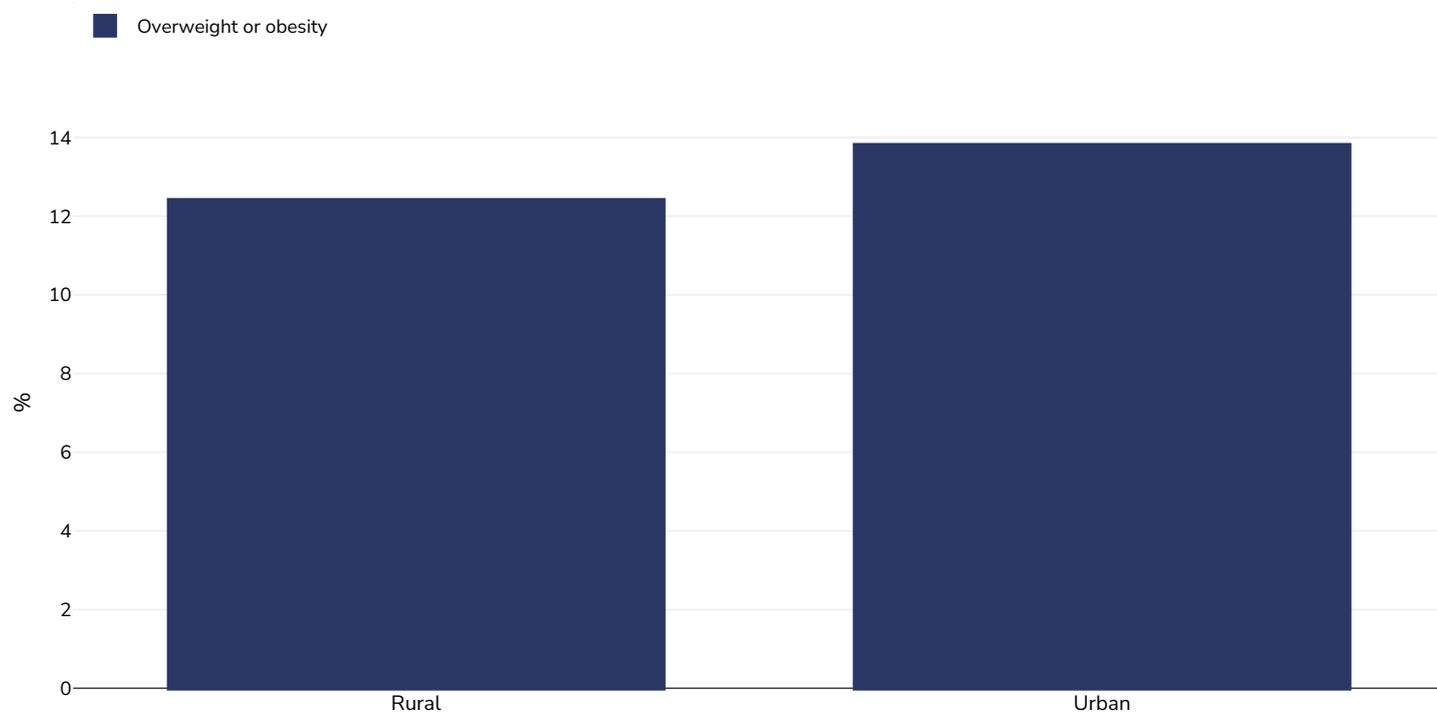
Sample size:	4452
References:	PAPFAM: Libyan maternal and child health survey. PAPCHILD Surveys. Cairo: The League of Arab States, 1997
Notes:	UNICEF/WHO/World Bank Joint Child Malnutrition Estimates Expanded Database: Overweight (Survey Estimates), May 2023, New York. For more information about the 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

Infants, 2014
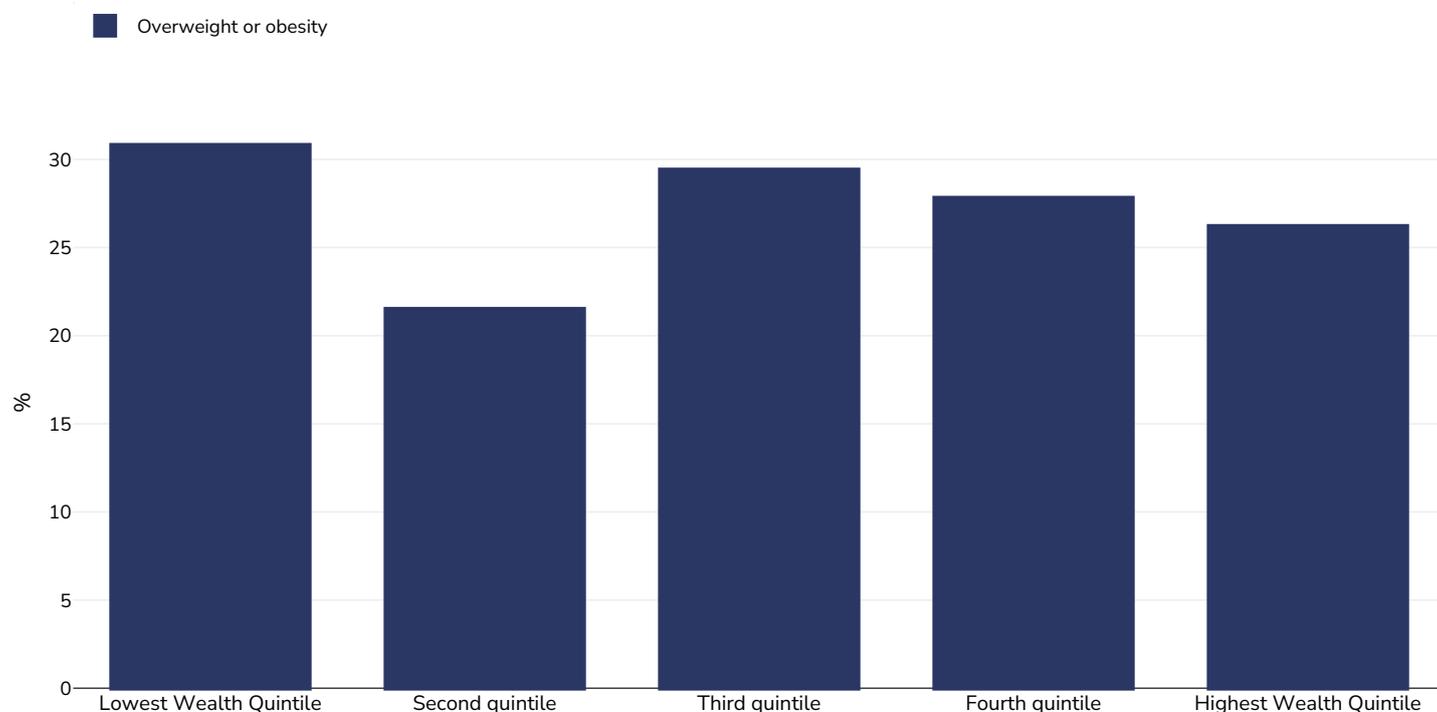
■ Overweight or obesity

Sample size:	9876

References:	PAPFAM: Libya 2014 National Family Health 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

Insufficient physical activity

Adults, 2016
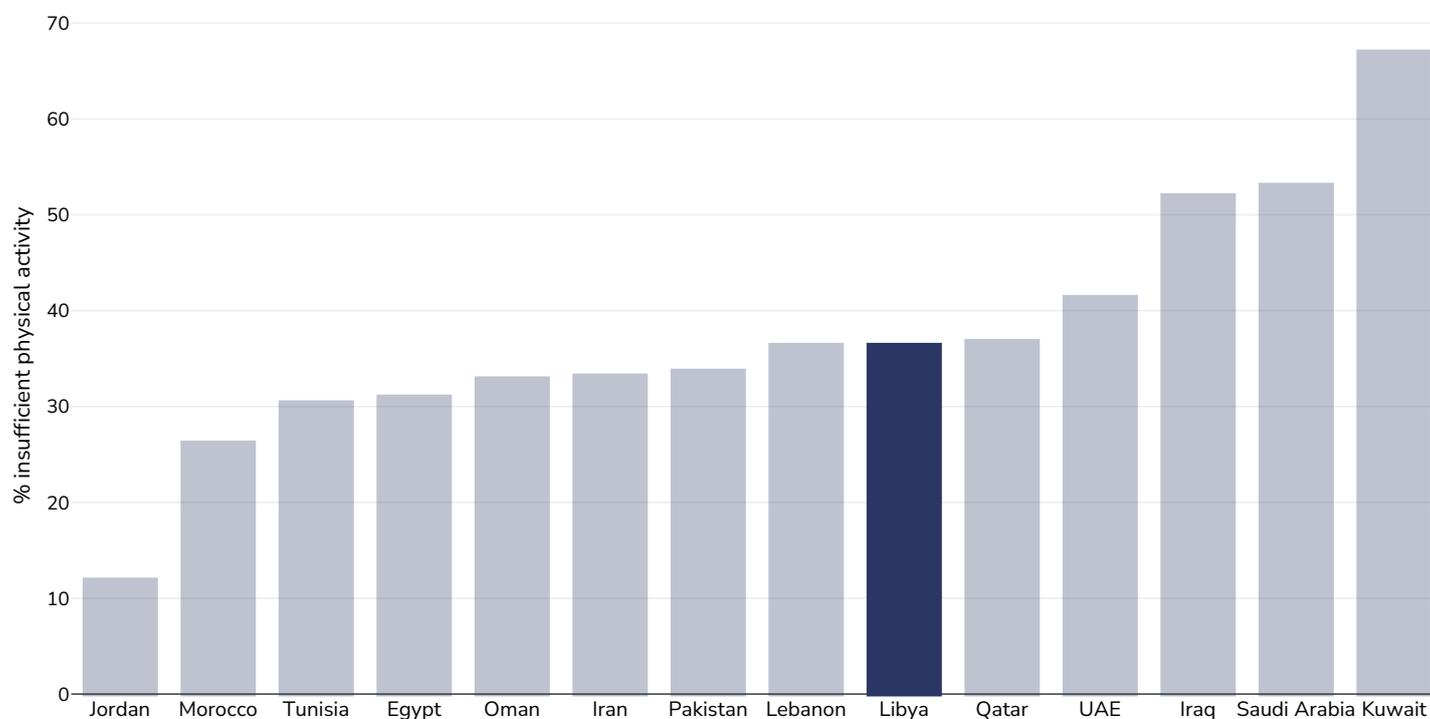
References: Guthold R, Stevens GA, Riley LM, Bull FC. Worldwide trends in insufficient physical activity from 2001 to 2016: a pooled analysis of 358 population-based surveys with 1.9 million participants. Lancet 2018 http://dx.doi.org/10.1016/S2214-109X (18)30357-7

Men, 2016

References: Guthold R, Stevens GA, Riley LM, Bull FC. Worldwide trends in insufficient physical activity from 2001 to 2016: a pooled analysis of 358 population-based surveys with 1.9 million participants. Lancet 2018 http://dx.doi.org/10.1016/S2214-109X (18)30357-7

Women, 2016

% insufficient physical activity (y-axis)

Countries (x-axis, left to right): Jordan, Morocco, Lebanon, Tunisia, Egypt, Oman, Libya, Pakistan, Iran, Qatar, UAE, Iraq, Saudi Arabia, Kuwait

References: Guthold R, Stevens GA, Riley LM, Bull FC. Worldwide trends in insufficient physical activity from 2001 to 2016: a pooled analysis of 358 population-based surveys with 1.9 million participants. Lancet 2018 http://dx.doi.org/10.1016/S2214-109X (18)30357-7

Children, 2016

Chart: % insufficient physical activity by country (y-axis 0–90).

Countries (left to right): Bahrain, Tunisia, UAE, Lebanon, Libya, Oman, Kuwait, Jordan, Iraq, Djibouti, Yemen, Pakistan, Morocco, Egypt, Syria, Afghanistan, Qatar, Sudan

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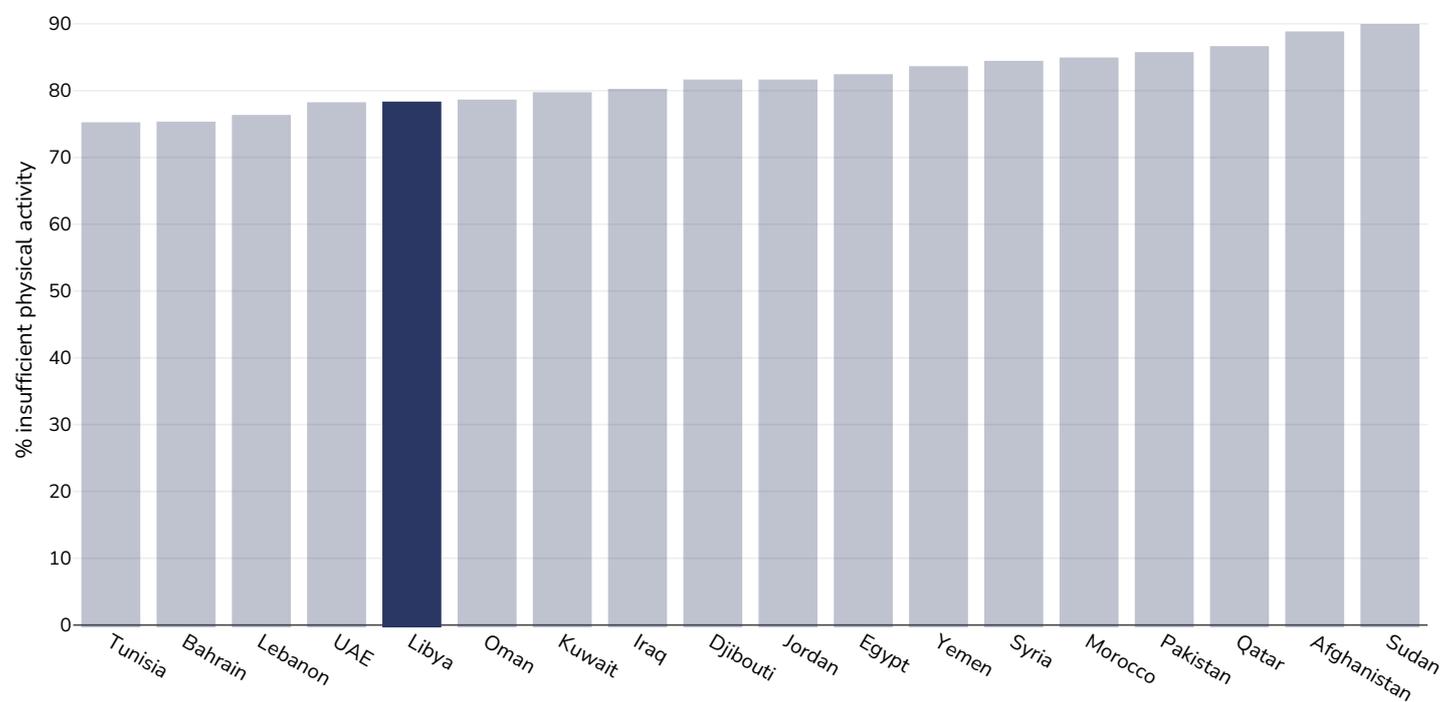
Survey type:	Self-reported
Age:	11-17
References:	Global Health Observatory data repository, World Health Organisation, https://apps.who.int/gho/data/node.main.A893ADO?lang=en (last accessed 16.03.21)
Notes:	% of school going adolescents not meeting WHO recommendations on Physical Activity for Health,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

Girls, 2016
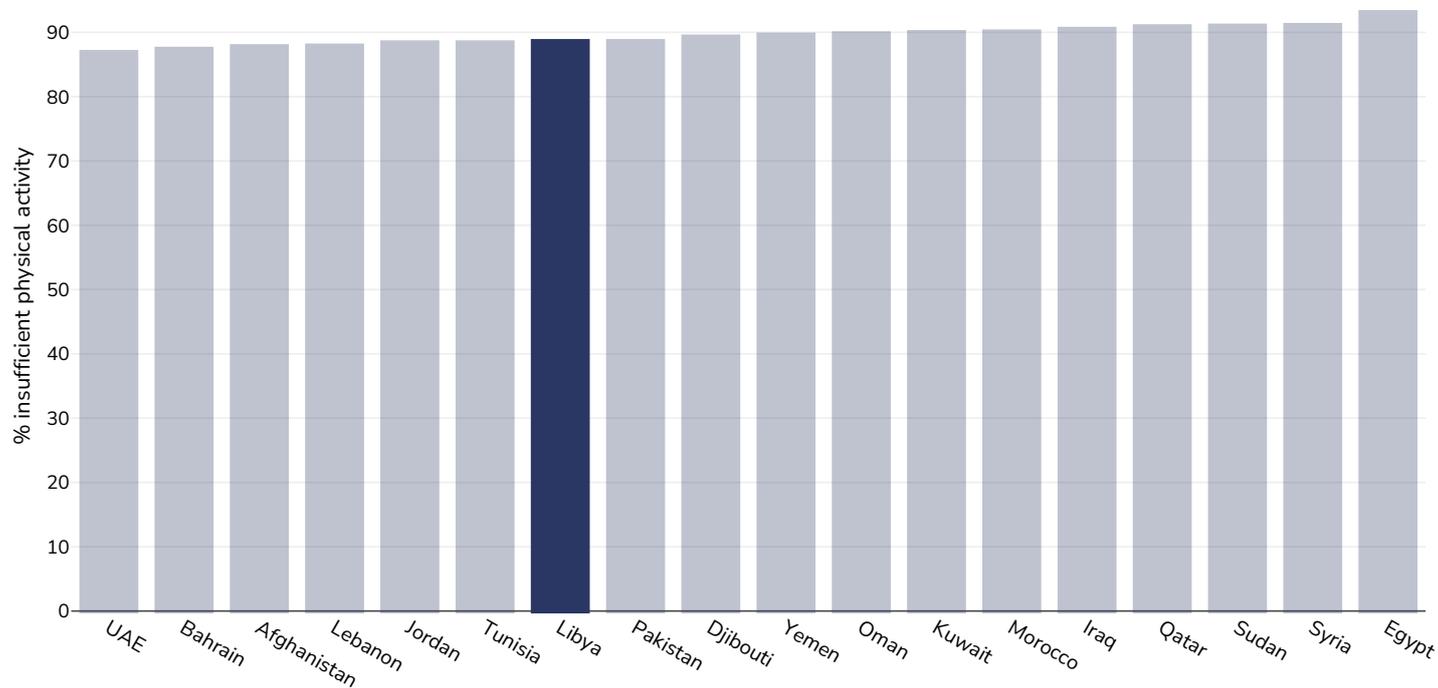
| Survey type:	Self-reported
Age:	11-17
References:	Global Health Observatory data repository, World Health Organisation, https://apps.who.int/gho/data/node.main.A893ADO?lang=en (last accessed 16.03.21)
Notes:	% of school going adolescents not meeting WHO recommendations on Physical Activity for Health, i.e. doing less than 60 minutes of moderate- to vigorous-intensity physical activity daily.
Definitions:	% Adolescents insufficiently active (age standardised estimate)

Estimated per capita fruit intake

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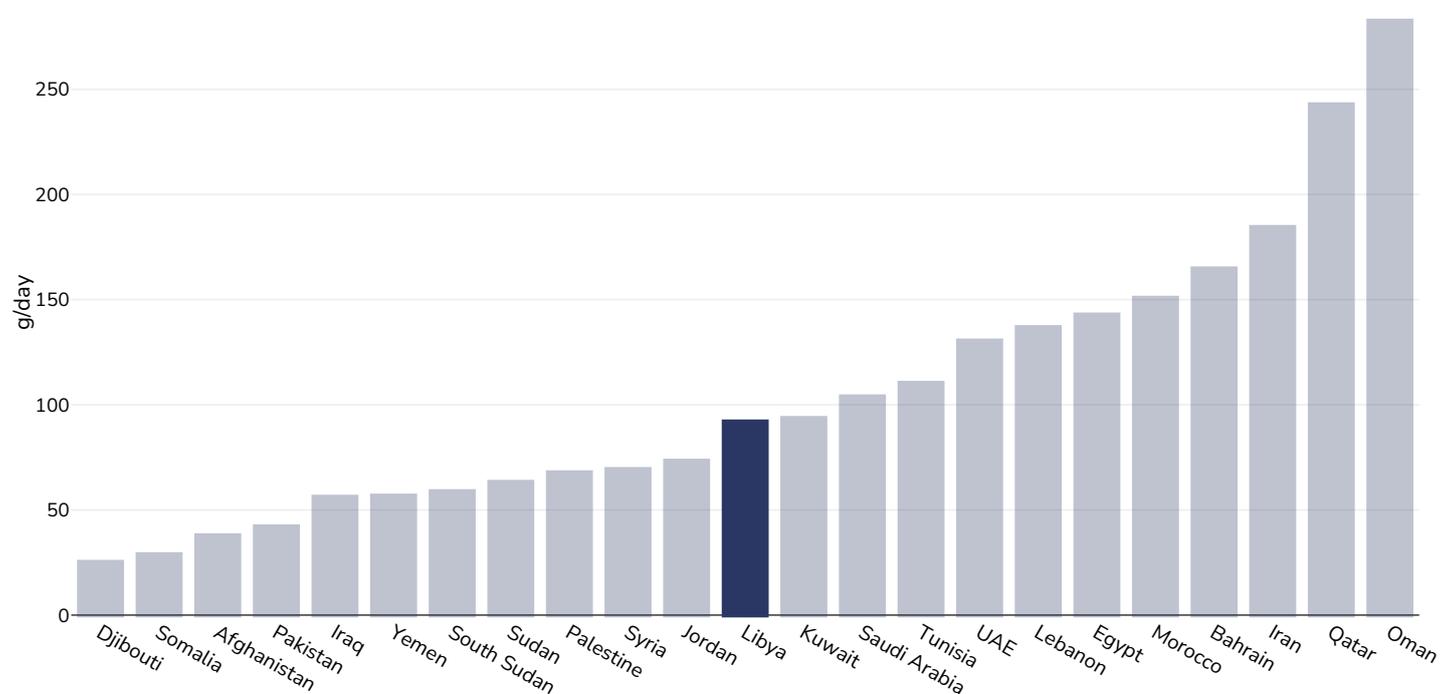
Survey type:	Measured
Age:	25+
References:	Global Burden of Disease, the Institute for Health Metrics and Evaluation http://ghdx.healthdata.org/
Definitions:	Estimated per-capita fruit intake (g/day)

Estimated per-capita processed meat intake

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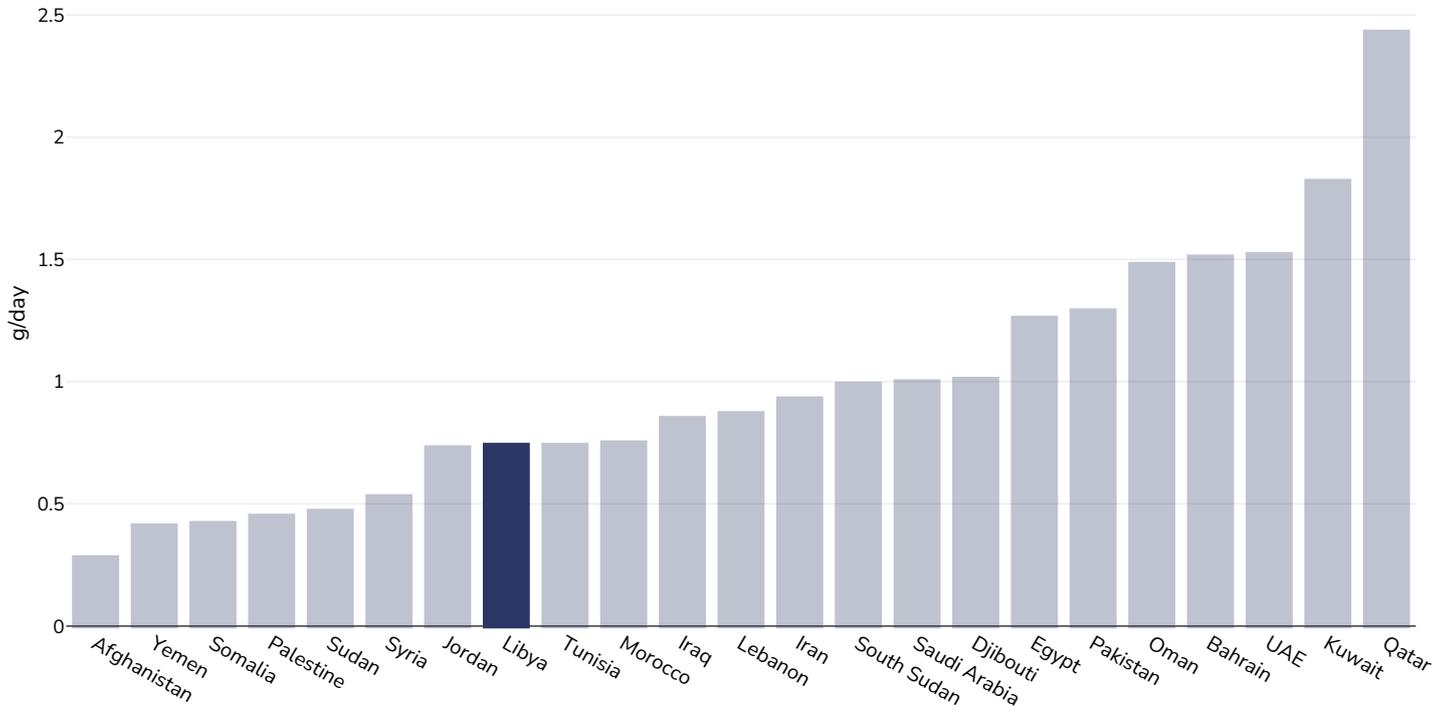
Survey type:	Measured
Age:	25+
References:	Global Burden of Disease, the Institute for Health Metrics and Evaluation http://ghdx.healthdata.org/
Definitions:	Estimated per-capita processed meat intake (g per day)

Estimated per capita whole grains intake

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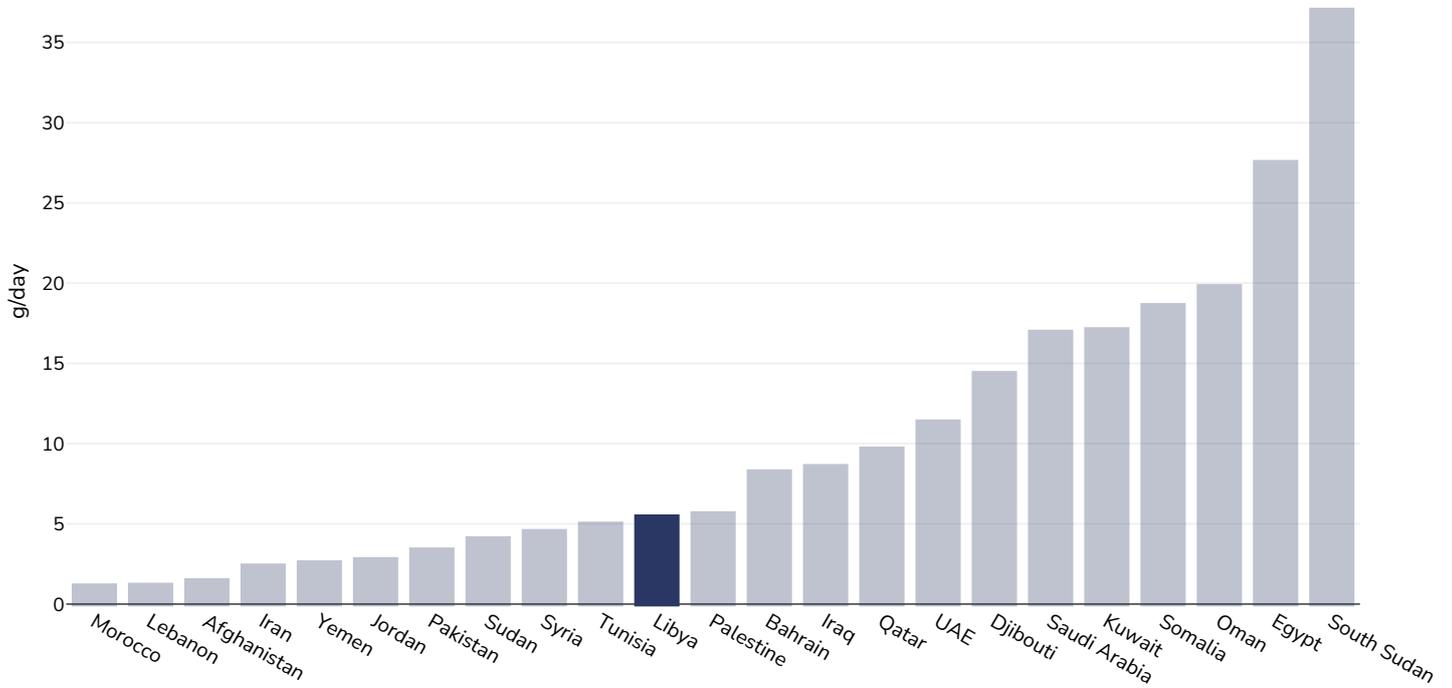
Survey type:	Measured
Age:	25+
References:	Global Burden of Disease, the Institute for Health Metrics and Evaluation http://ghdx.healthdata.org/
Definitions:	Estimated per-capita whole grains intake (g/day)

Mental health - depression disorders

Adults, 2015
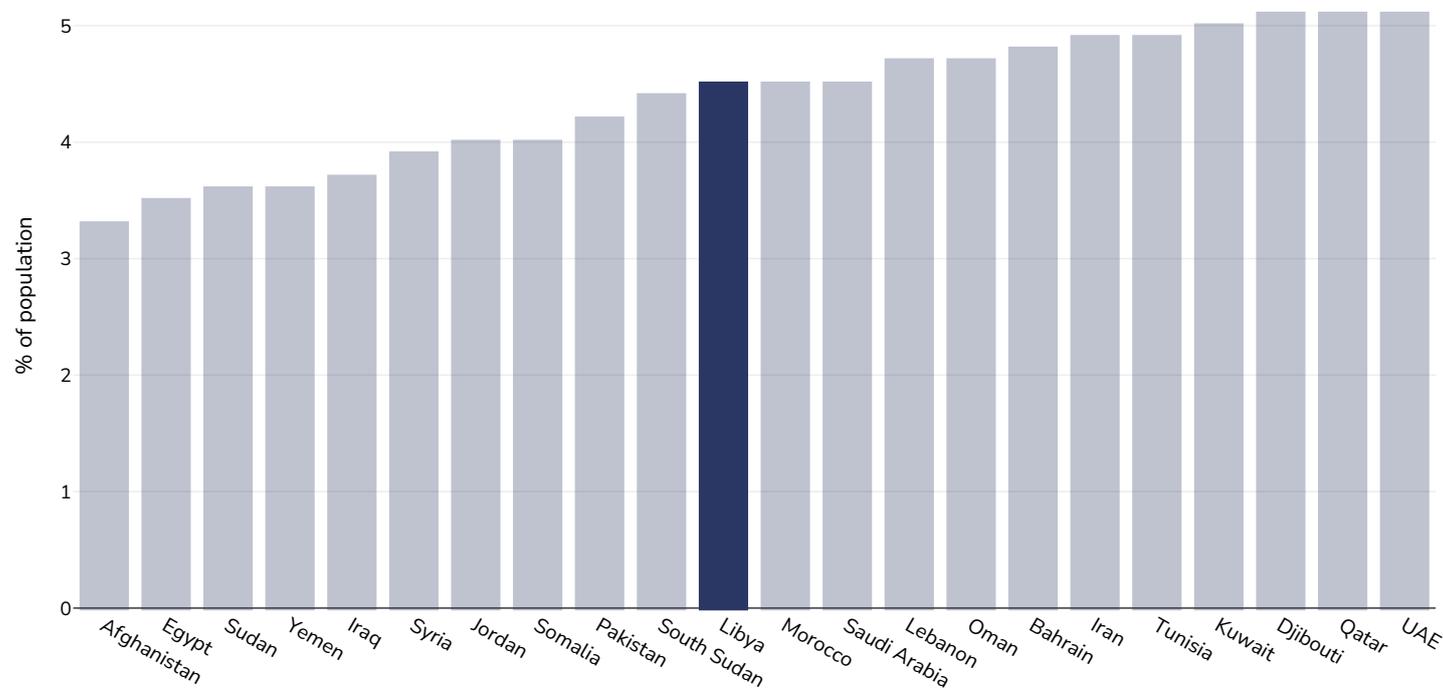
% of population

Afghanistan, Egypt, Sudan, Yemen, Iraq, Syria, Jordan, Somalia, Pakistan, South Sudan, Libya, Morocco, Saudi Arabia, Lebanon, Oman, Bahrain, Iran, Tunisia, Kuwait, Djibouti, Qatar, UAE

References: Prevalence data from Global Burden of Disease study 2015 (http://ghdx.healthdata.org) published in: Depression and Other Common Mental Disorders: Global Health Estimates. Geneva:World Health Organization; 2017. Licence: CC BY-NC-SA 3.0 IGO.

Definitions: % of population with depression disorders

Mental health - anxiety disorders

Adults, 2015
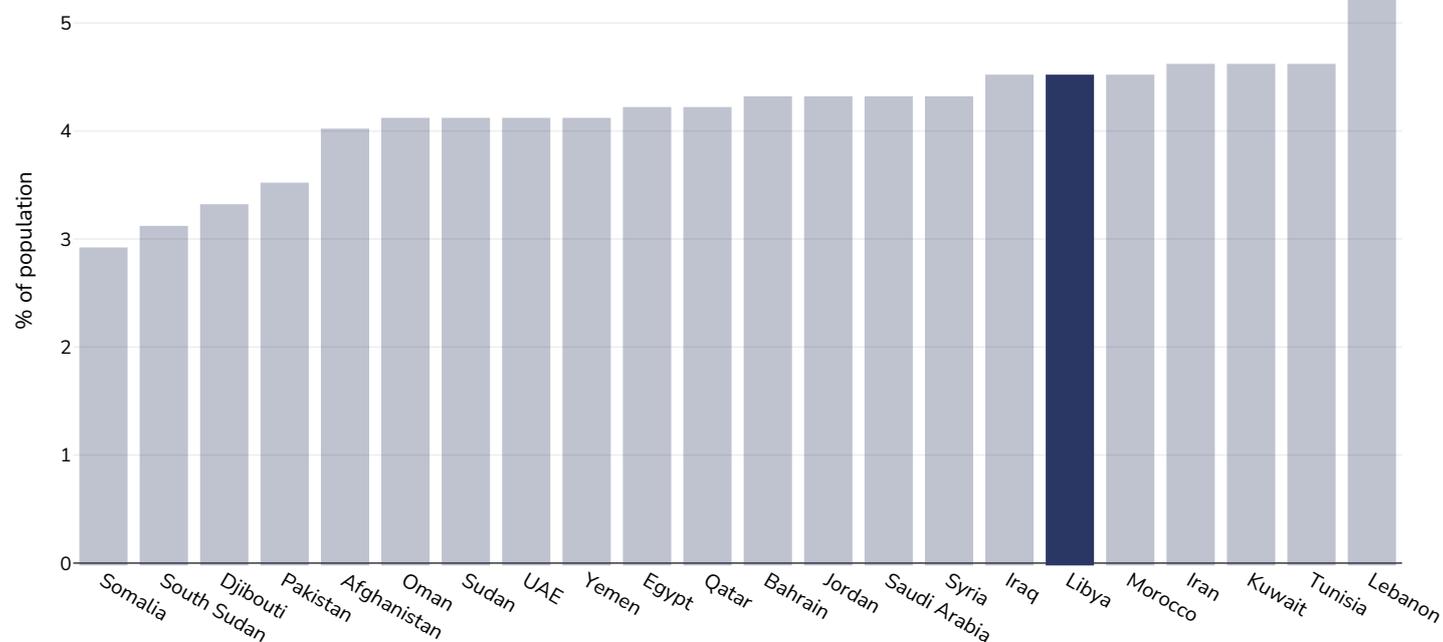
% of population (y-axis)

Countries (x-axis, left to right): Somalia, South Sudan, Djibouti, Pakistan, Afghanistan, Oman, Sudan, UAE, Yemen, Egypt, Qatar, Bahrain, Jordan, Saudi Arabia, Syria, Iraq, Libya, Morocco, Iran, Kuwait, Tunisia, Lebanon

References: Prevalence data from Global Burden of Disease study 2015 (http://ghdx.healthdata.org) published in: Depression and Other Common Mental Disorders: Global Health Estimates. Geneva:World Health Organization; 2017. Licence: CC BY-NC-SA 3.0 IGO.

Definitions: % of population with anxiety disorders

Oesophageal cancer

Men, 2020

Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.fr/today, accessed 10.01.2221
Definitions:	Age-standardized indicence rates per 100 000

Women, 2020
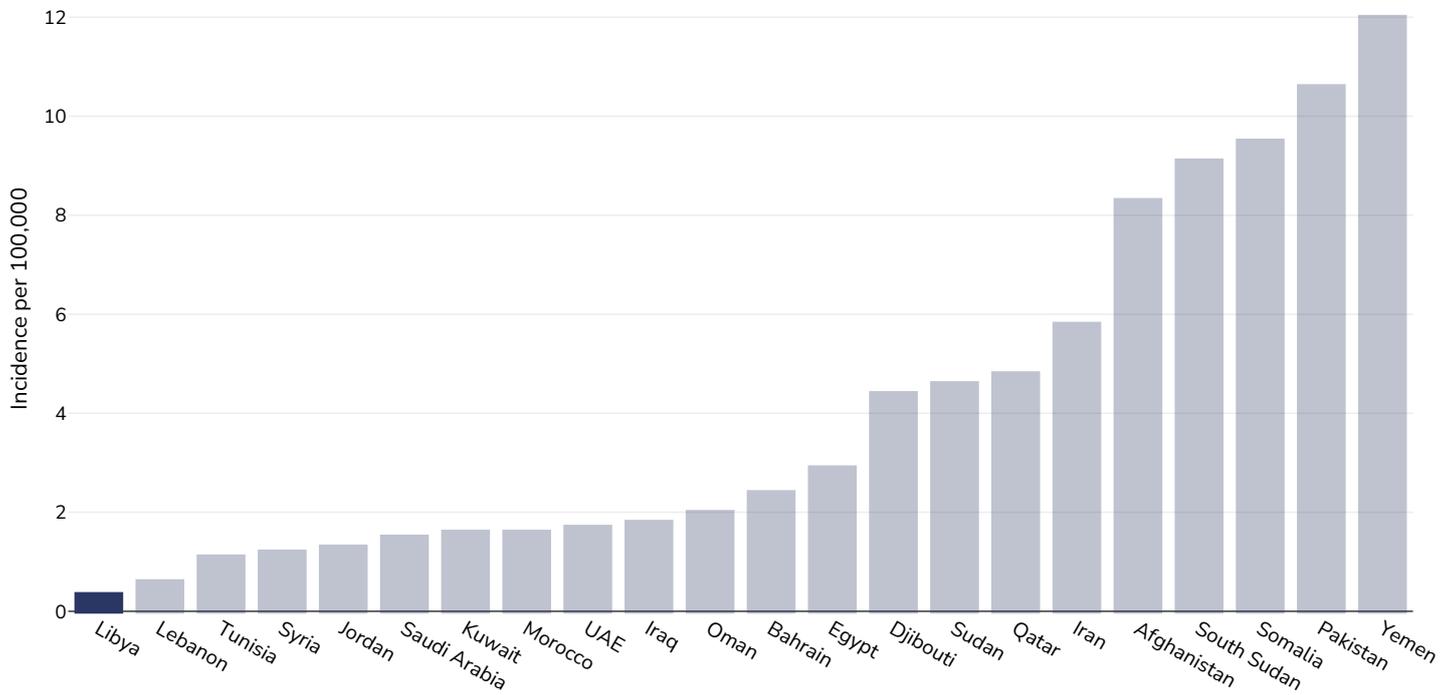
Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.fr/today, accessed 10.01.2221
Definitions:	Age-standardized indicence rates per 100 000

Breast cancer

Women, 2020
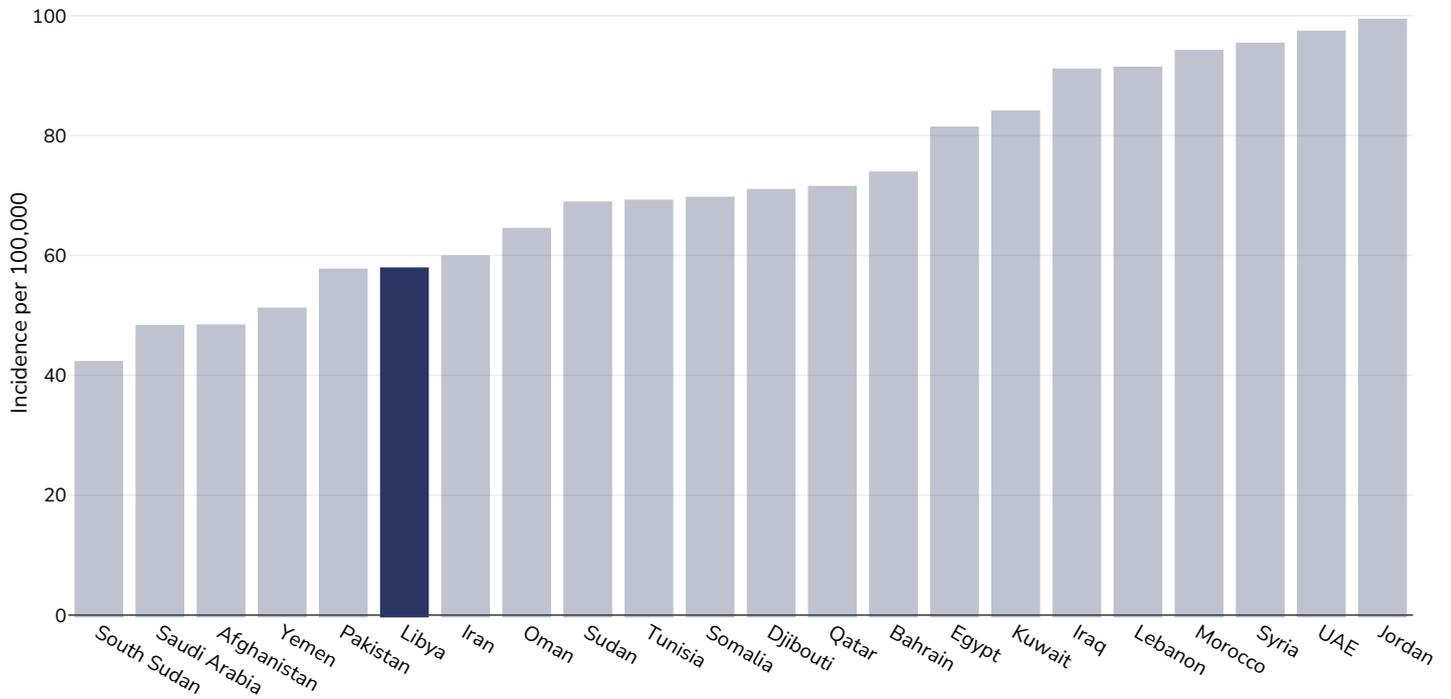
Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.fr/today, accessed 10.01.2221
Definitions:	Age-standardized indicence rates per 100 000

Colorectal cancer

## Men, 2020

Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.fr/today, accessed 10.01.2221
Definitions:	Age-standardized indicence rates per 100 000

Women, 2020
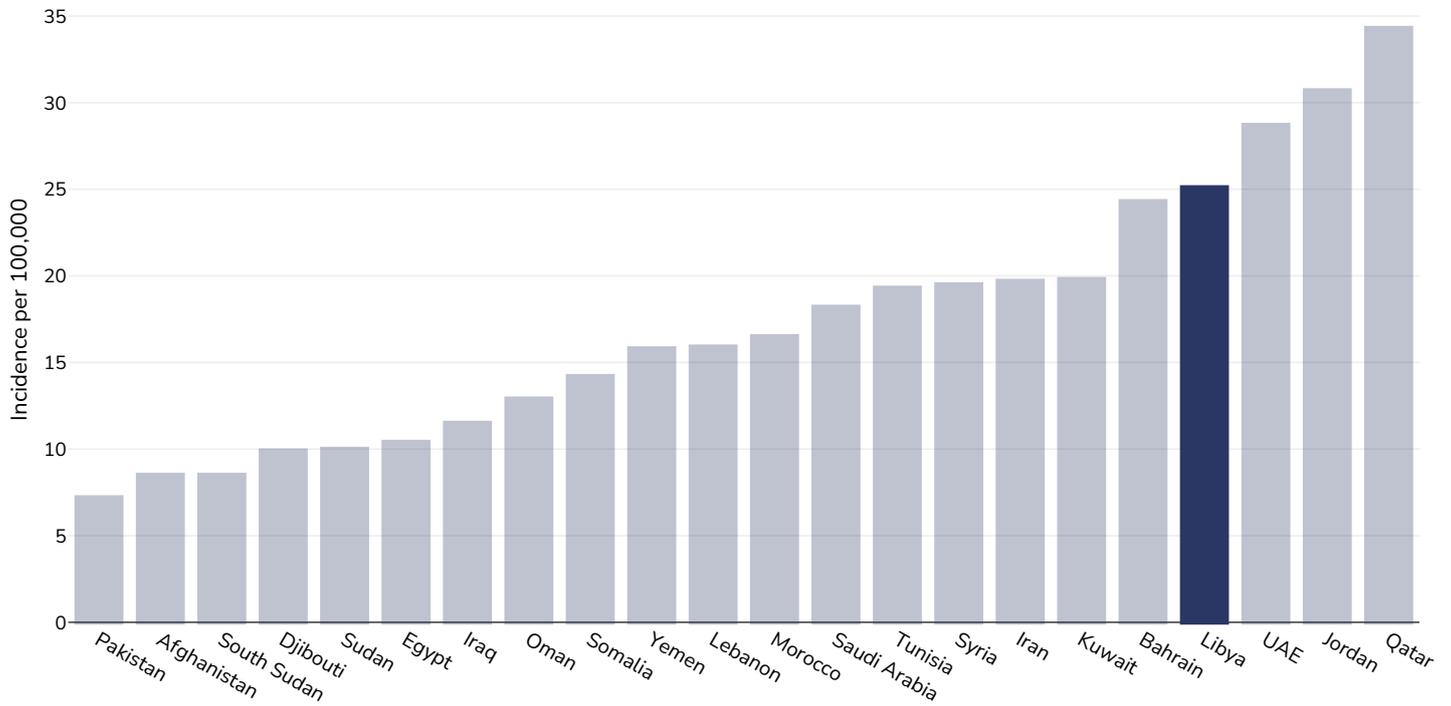
Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.fr/today, accessed 10.01.2221
Definitions:	Age-standardized indicence rates per 100 000

Pancreatic cancer

## Men, 2020

Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.fr/today, accessed 10.01.2221
Definitions:	Age-standardized indicence rates per 100 000

Women, 2020

Chart: Incidence per 100,000 by country (ascending): Pakistan, Djibouti, Sudan, Oman, Afghanistan, Saudi Arabia, South Sudan, Iraq, Somalia, Morocco, Yemen, Tunisia, Syria, UAE, Egypt, Iran, Jordan, Lebanon, Libya, Kuwait, Bahrain, Qatar
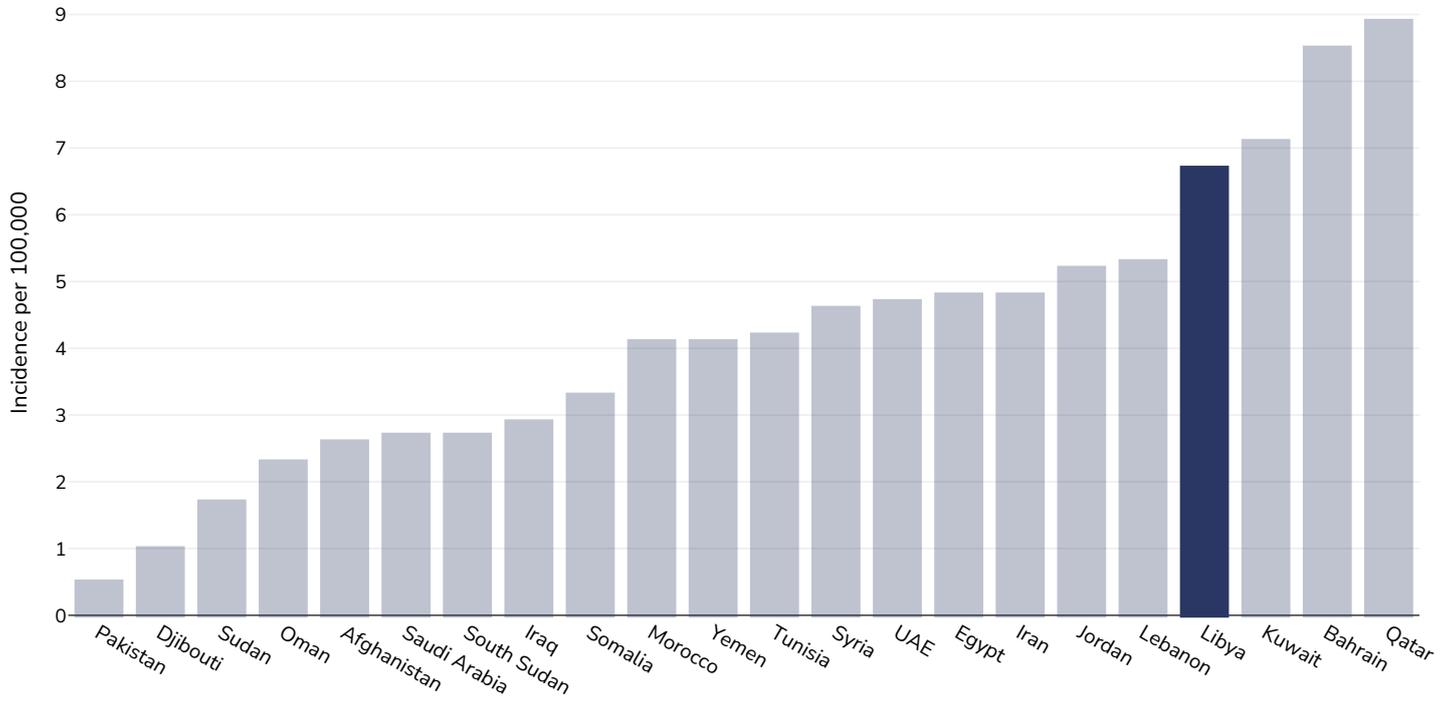
Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.fr/today, accessed 10.01.2221
Definitions:	Age-standardized indicence rates per 100 000

Gallbladder cancer

Men, 2020

Chart: Incidence per 100,000 (y-axis, 0 to 4.5) by country:

- Djibouti: ~0.02
- Yemen: ~0.13
- UAE: ~0.35
- Bahrain: ~0.4
- South Sudan: ~0.6
- Kuwait: ~0.8
- Saudi Arabia: ~0.85
- Sudan: ~0.85
- Somalia: ~0.88
- Qatar: ~0.92
- Afghanistan: ~0.98
- Iran: ~0.98
- Jordan: ~1.12
- Iraq: ~1.22
- Morocco: ~1.32
- Syria: ~1.32
- Lebanon: ~1.62
- Tunisia: ~1.62
- Libya: ~1.92
- Pakistan: ~1.92
- Egypt: ~2.02
- Oman: ~4.52

Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.fr/today, accessed 10.01.2221
Definitions:	Age-standardized indicence rates per 100 000

Women, 2020

Chart: Incidence per 100,000 by country

| Country	Incidence per 100,000
Yemen	0.35
Iran	1.22
Iraq	1.32
Oman	1.32
South Sudan	1.62
Syria	1.62
Kuwait	1.72
Lebanon	1.72
Afghanistan	1.83
Bahrain	1.83
UAE	1.83
Djibouti	1.92
Egypt	1.92
Somalia	1.92
Tunisia	2.02
Saudi Arabia	2.13
Jordan	2.63
Sudan	3.63
Morocco	3.63
Qatar	4.72
Pakistan	5.82
Libya	
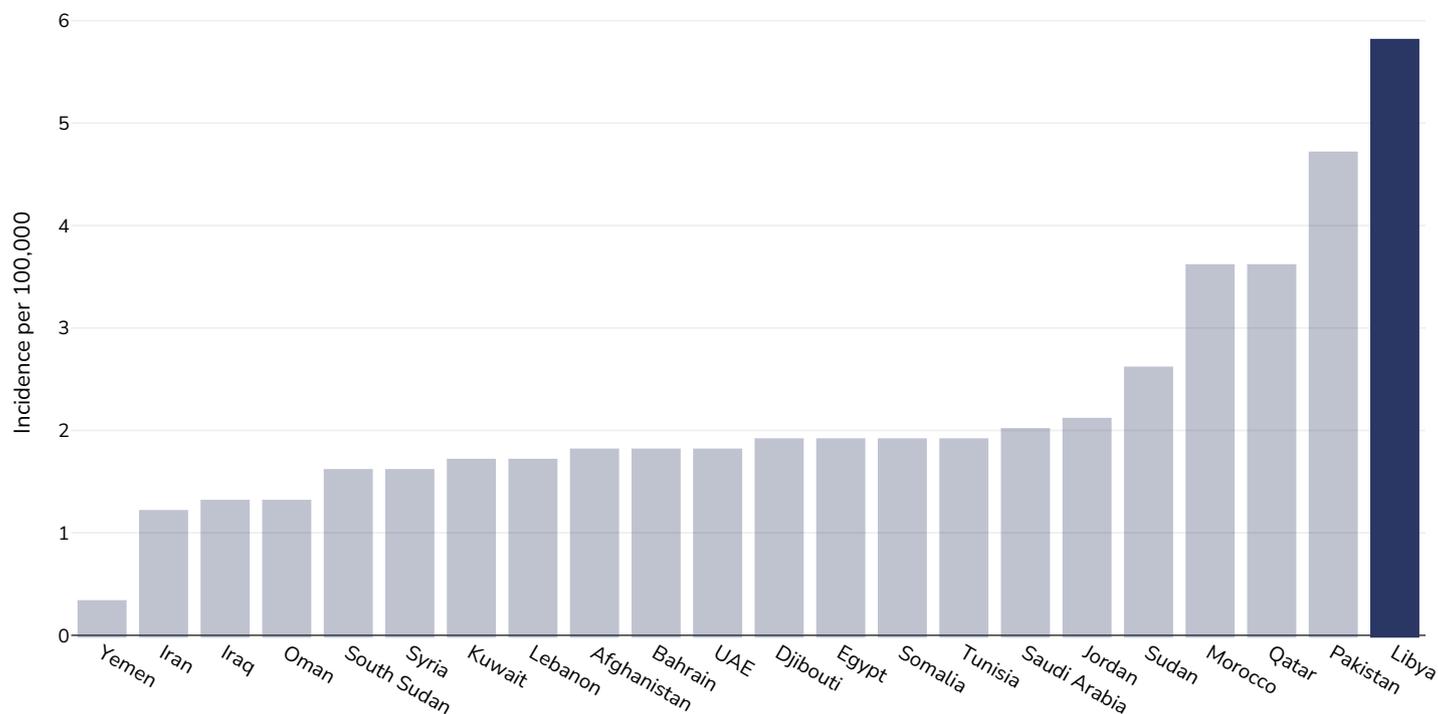
Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.fr/today, accessed 10.01.2221
Definitions:	Age-standardized indicence rates per 100 000

Kidney cancer

## Men, 2020

Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.fr/today, accessed 10.01.2221
Definitions:	Age-standardized indicence rates per 100 000

Women, 2020

Incidence per 100,000

Yemen, South Sudan, Sudan, Bahrain, Morocco, Djibouti, Somalia, Iran, Pakistan, Oman, Afghanistan, Egypt, Kuwait, Libya, Tunisia, Jordan, Saudi Arabia, Syria, Lebanon, Qatar, Iraq, UAE
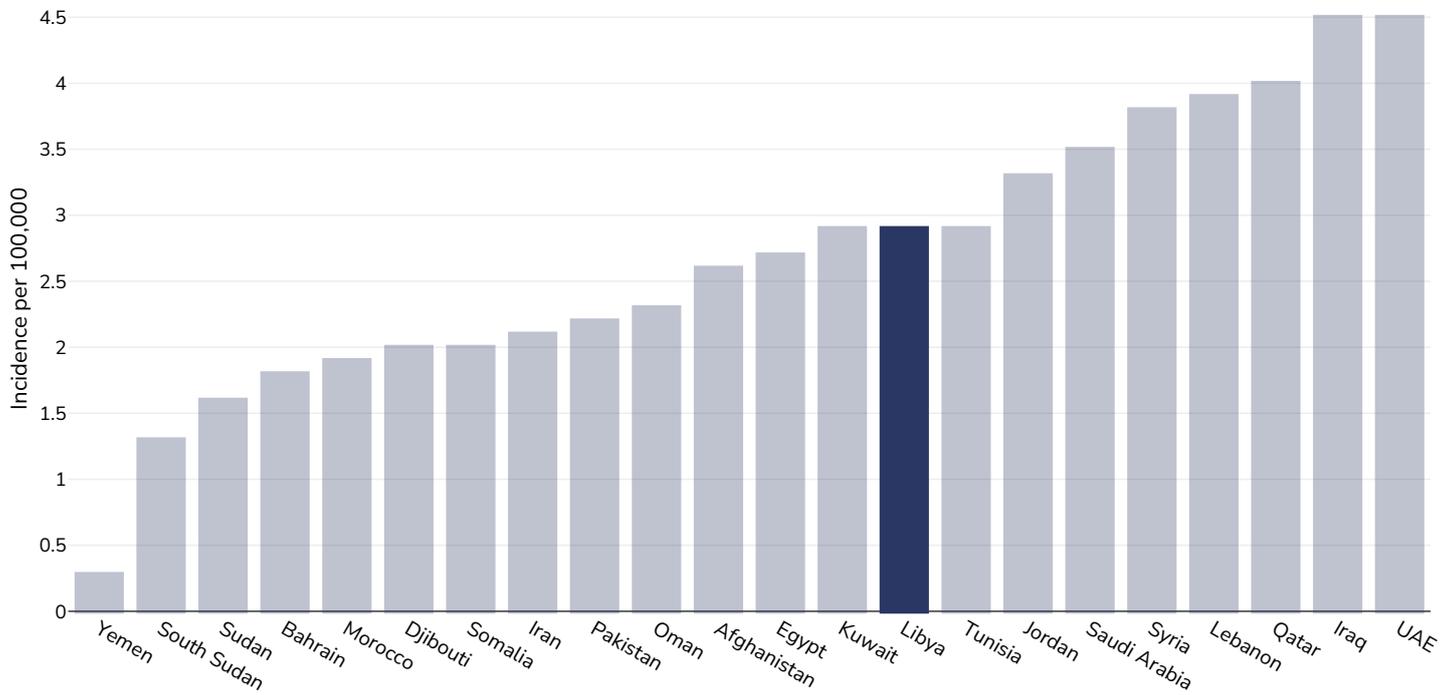
Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.fr/today, accessed 10.01.2221
Definitions:	Age-standardized indicence rates per 100 000

Cancer of the uterus

Women, 2020
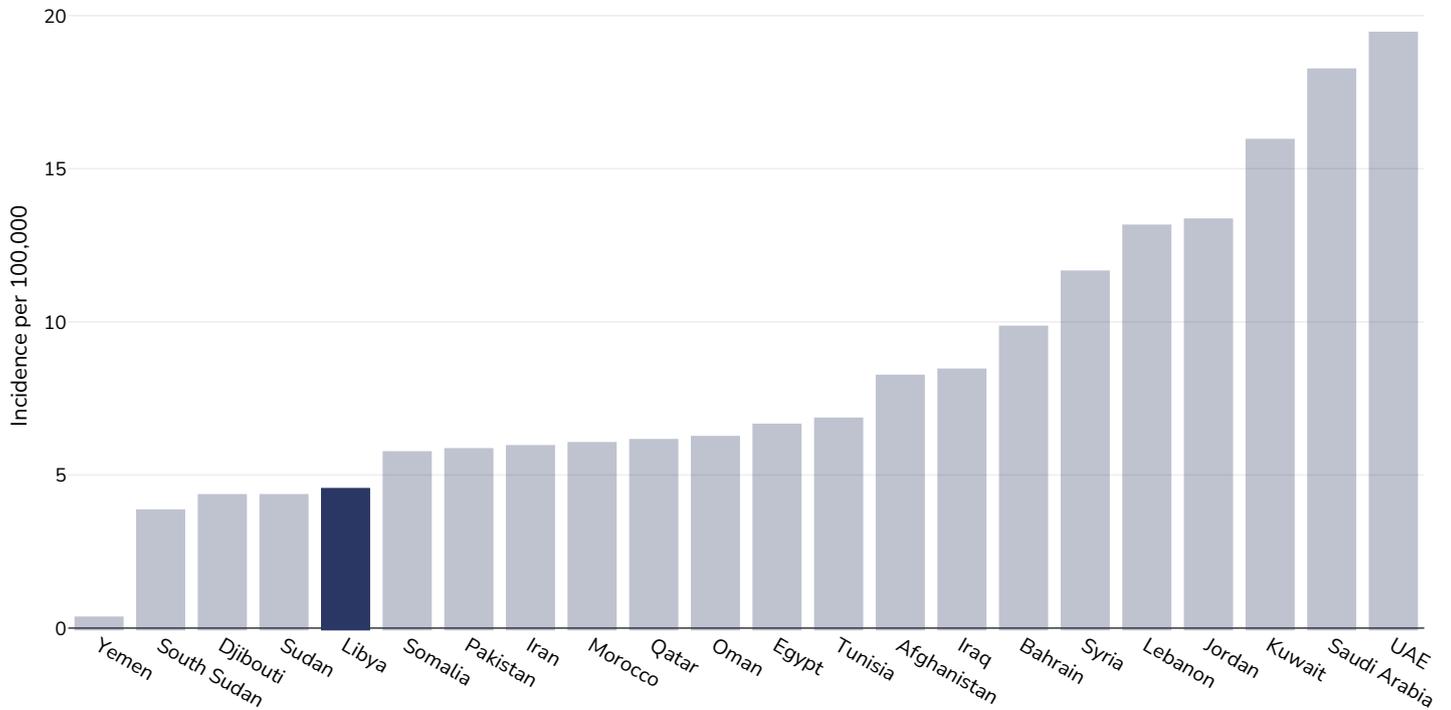

Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.fr/today, accessed 10.01.2221
Definitions:	Age-standardized indicence rates per 100 000

Raised blood pressure

Adults, 2015
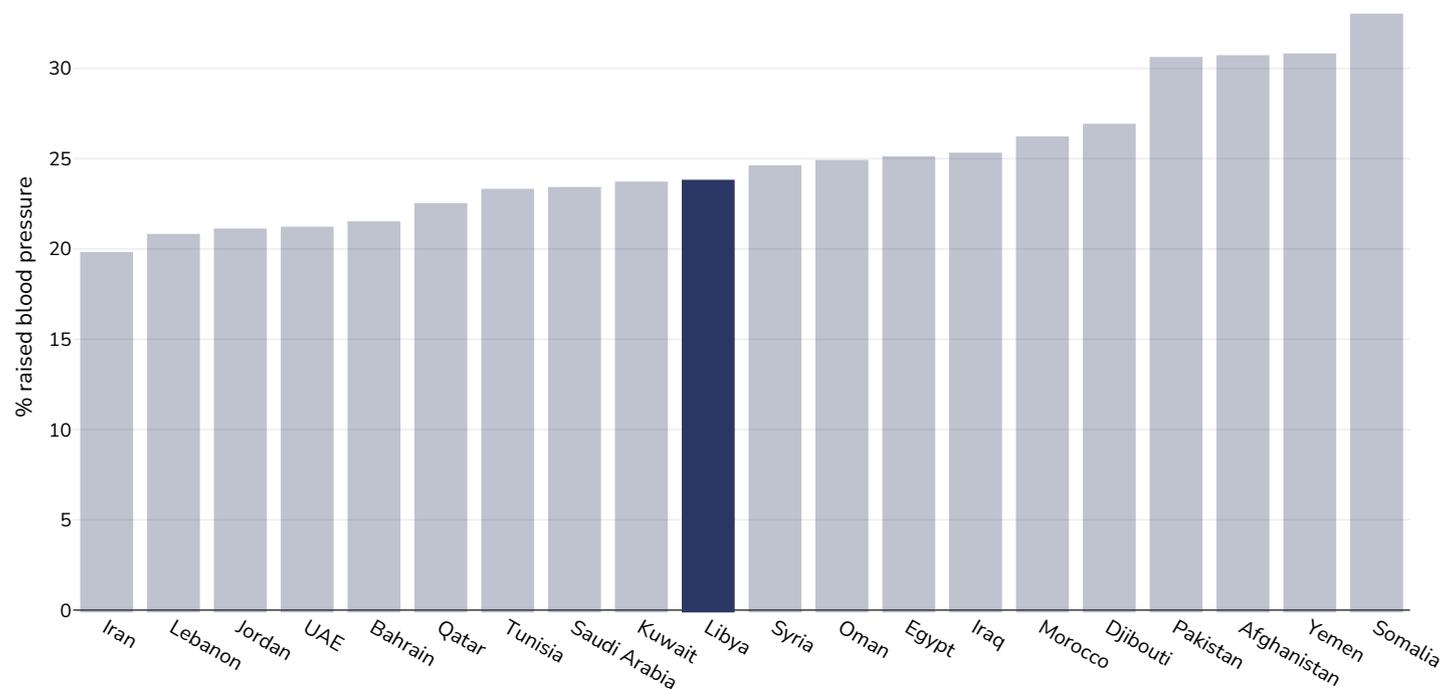
% raised blood pressure (y-axis)

Countries (x-axis, left to right): Iran, Lebanon, Jordan, UAE, Bahrain, Qatar, Tunisia, Saudi Arabia, Kuwait, Libya, Syria, Oman, Egypt, Iraq, Morocco, Djibouti, Pakistan, Afghanistan, Yemen, Somalia

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
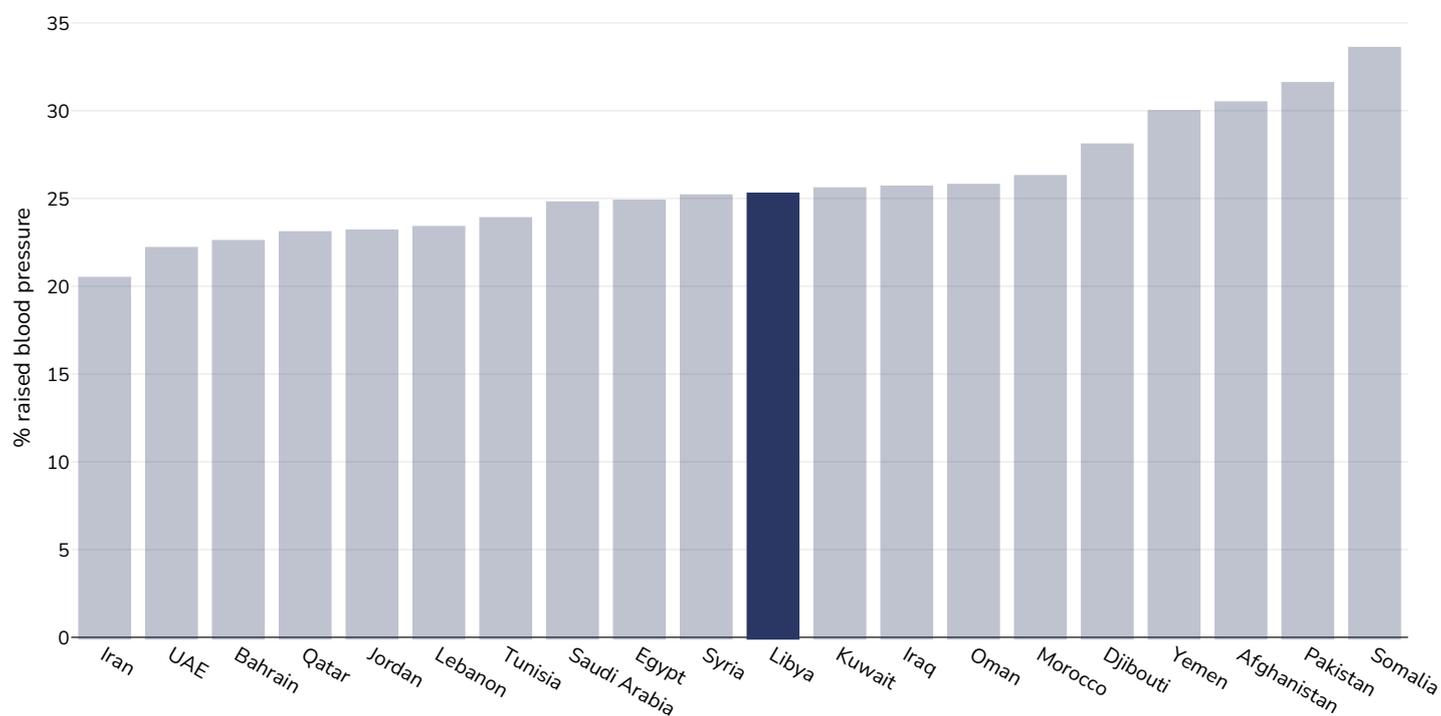
% raised blood pressure

Iran, UAE, Bahrain, Qatar, Jordan, Lebanon, Tunisia, Saudi Arabia, Egypt, Syria, Libya, Kuwait, Iraq, Oman, Morocco, Djibouti, Yemen, Afghanistan, Pakistan, Somalia

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
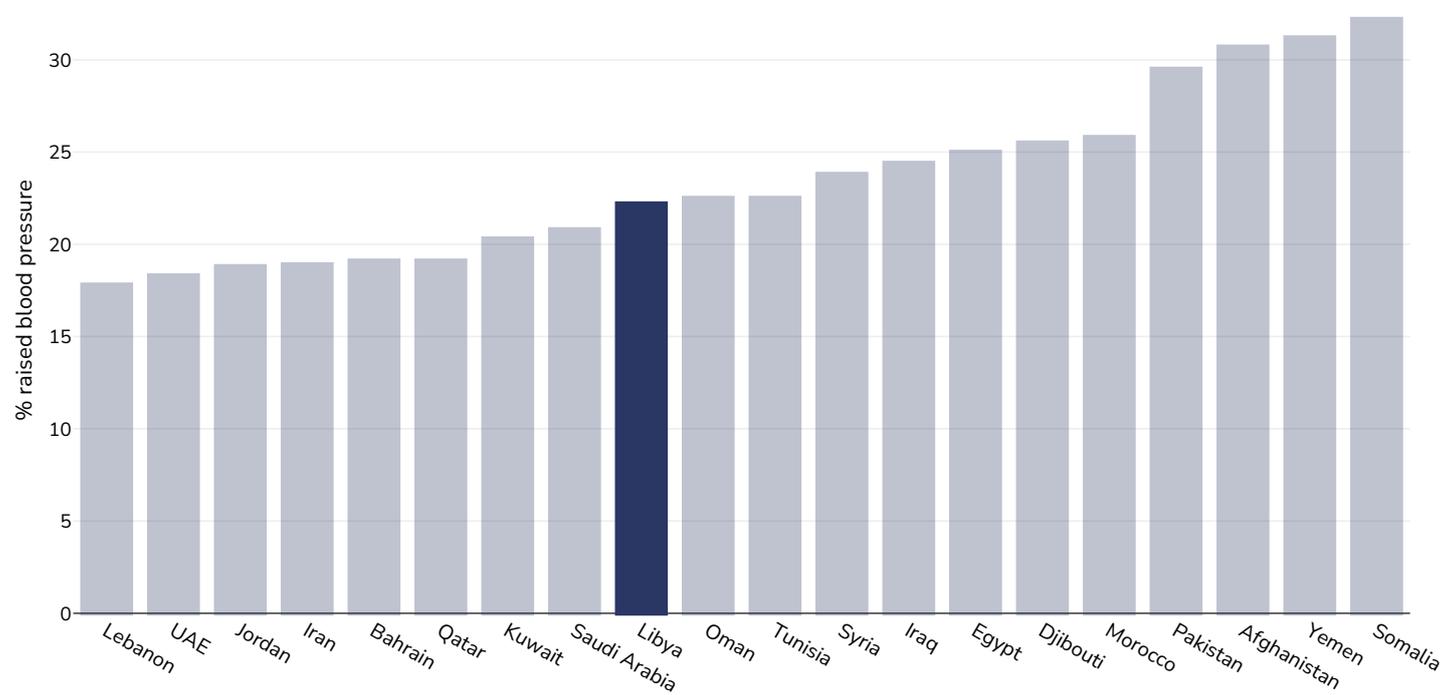
Chart: % raised blood pressure by country (Women, 2015)

Country	% raised blood pressure
Lebanon	17.9
UAE	18.4
Jordan	18.9
Iran	19.0
Bahrain	19.2
Qatar	19.2
Kuwait	20.4
Saudi Arabia	20.9
Libya	22.3
Oman	22.6
Tunisia	22.6
Syria	24.0
Iraq	24.5
Egypt	25.1
Djibouti	25.6
Morocco	25.9
Pakistan	29.6
Afghanistan	30.8
Yemen	31.3
Somalia	32.3

Y-axis: % raised blood pressure

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
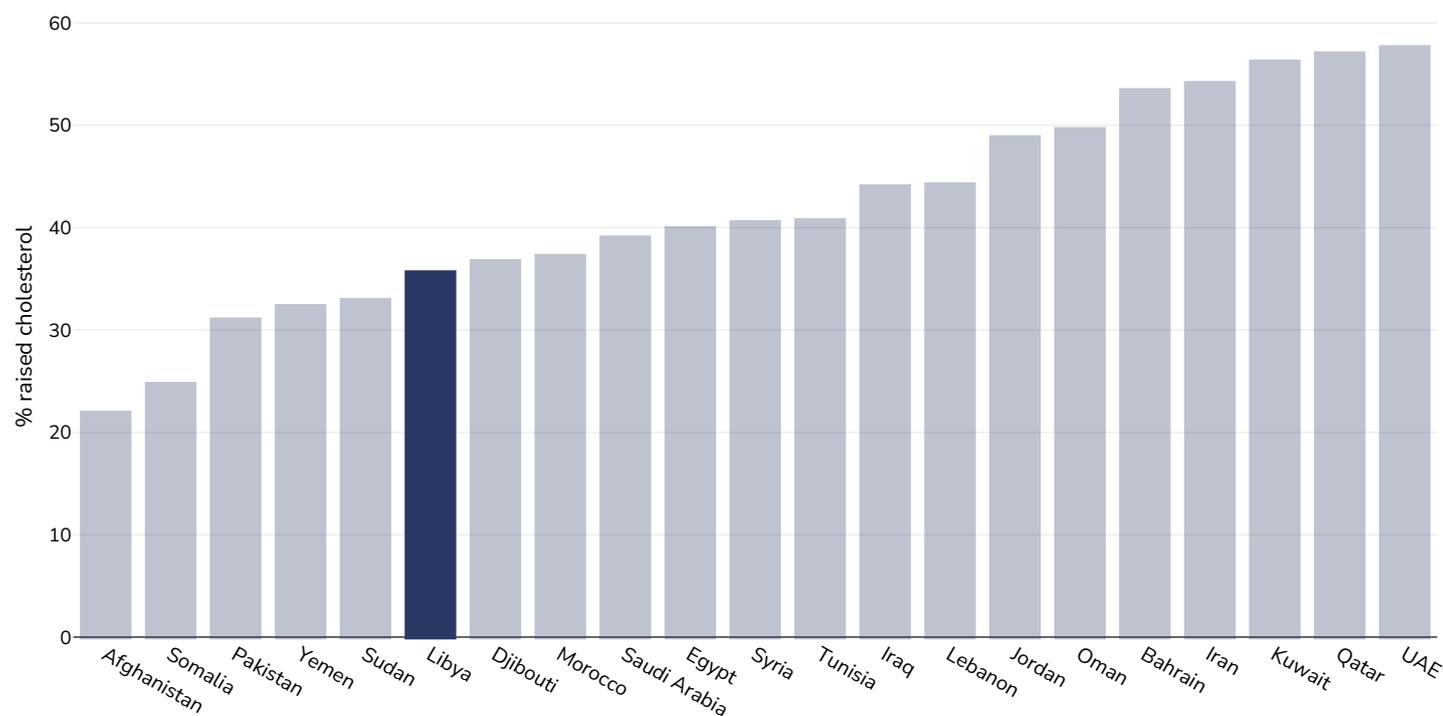
% raised cholesterol

Afghanistan, Somalia, Pakistan, Yemen, Sudan, Libya, Djibouti, Morocco, Saudi Arabia, Egypt, Syria, Tunisia, Iraq, Lebanon, Jordan, Oman, Bahrain, Iran, Kuwait, Qatar, UAE

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
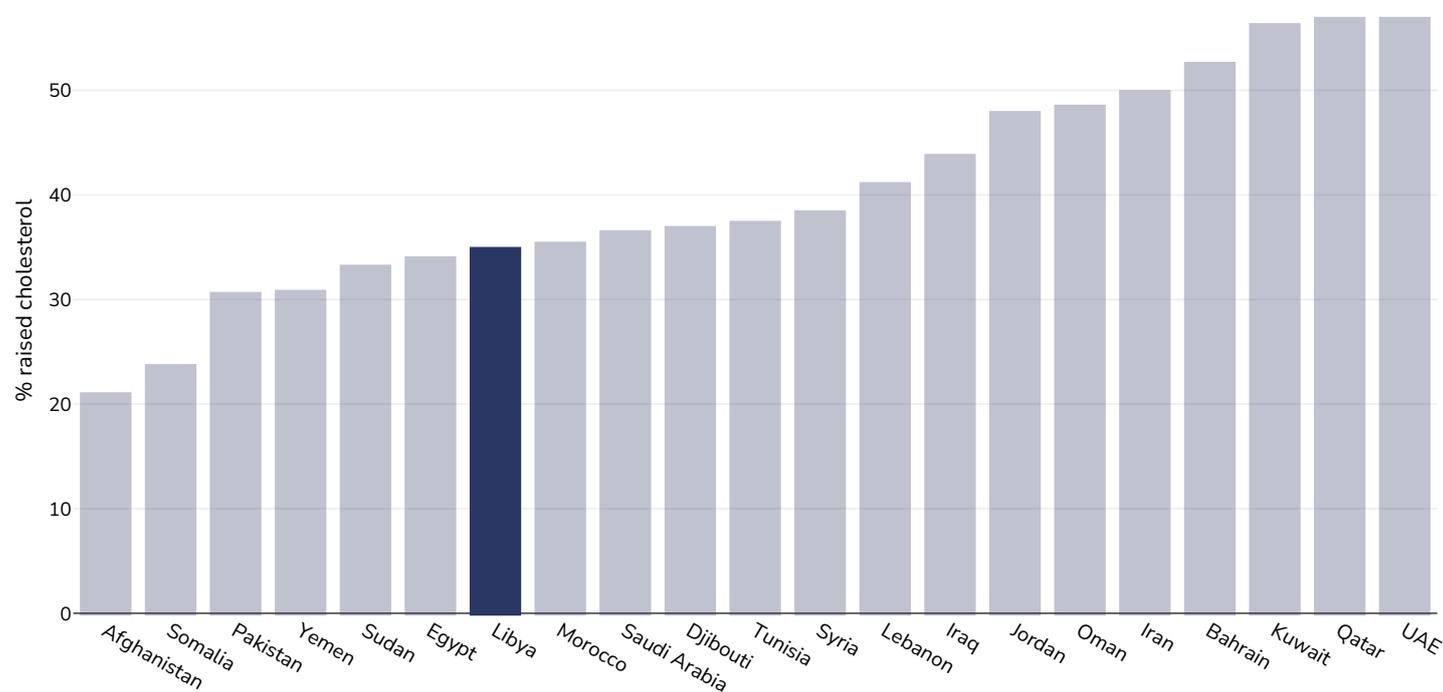
% raised cholesterol

Afghanistan		
Somalia		
Pakistan		
Yemen		
Sudan		
Egypt		
Libya		
Morocco		
Saudi Arabia		
Djibouti		
Tunisia		
Syria		
Lebanon		
Iraq		
Jordan		
Oman		
Iran		
Bahrain		
Kuwait		
Qatar		
UAE		

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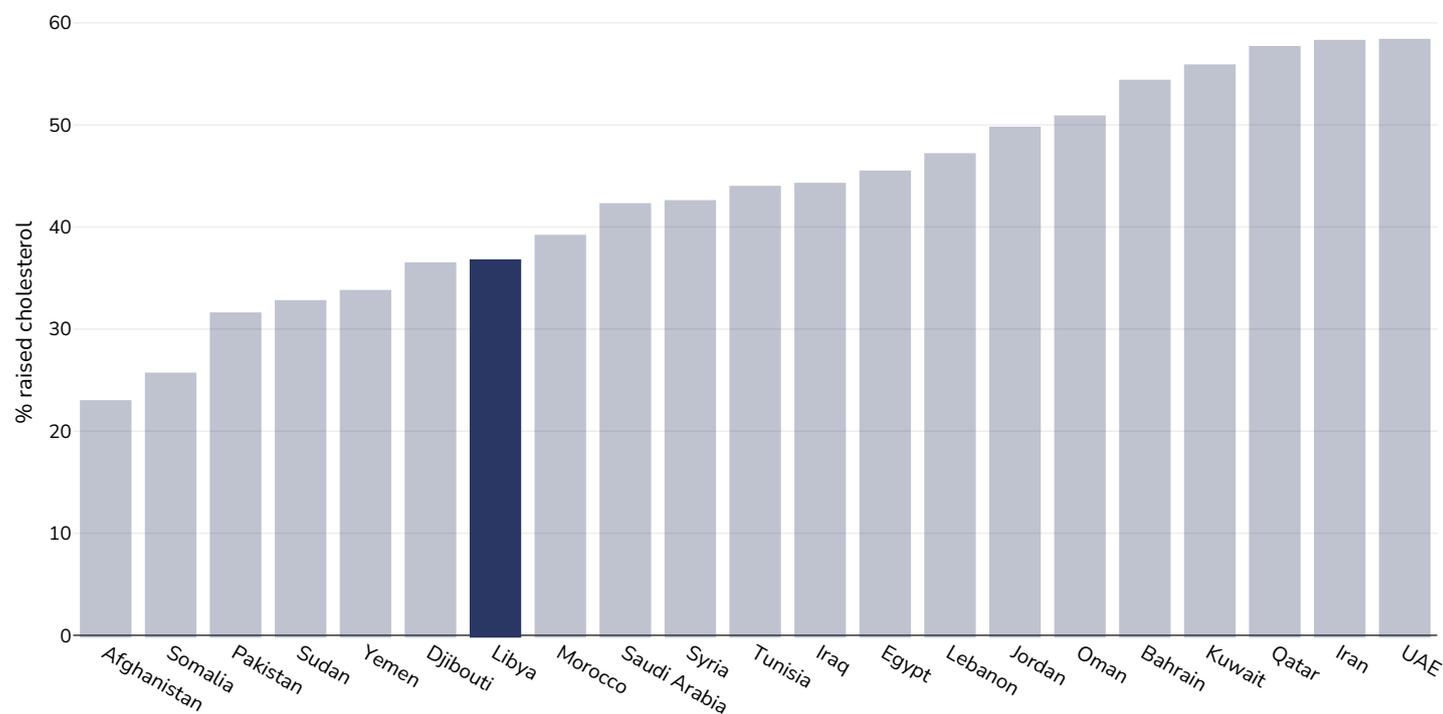
References:	Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A885
Definitions:	% Raised total cholesterol (>= 5.0 mmol/L) (age-standardized estimate).

Raised fasting blood glucose

Men, 2014
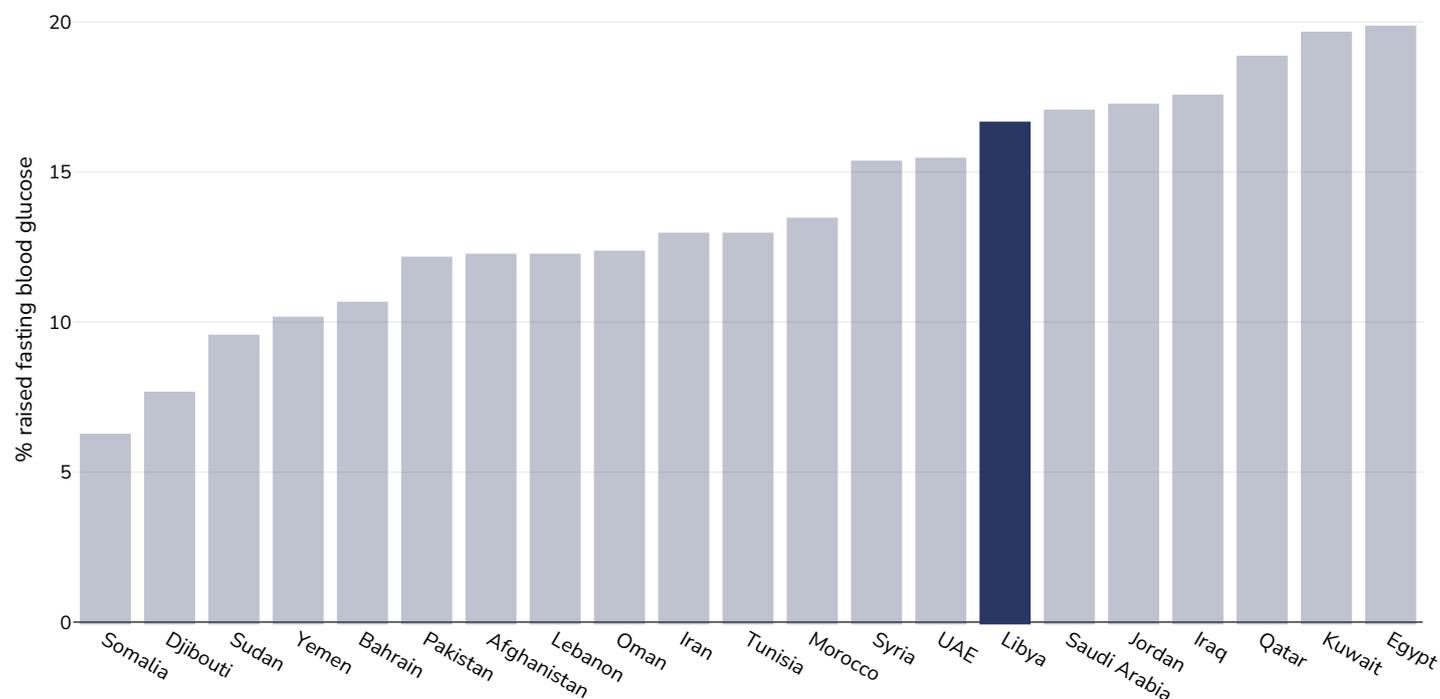
References: Global Health Observatory data repository, World Health Organisation,

http://apps.who.int/gho/data/node.main.A869?lang=en

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

Women, 2014
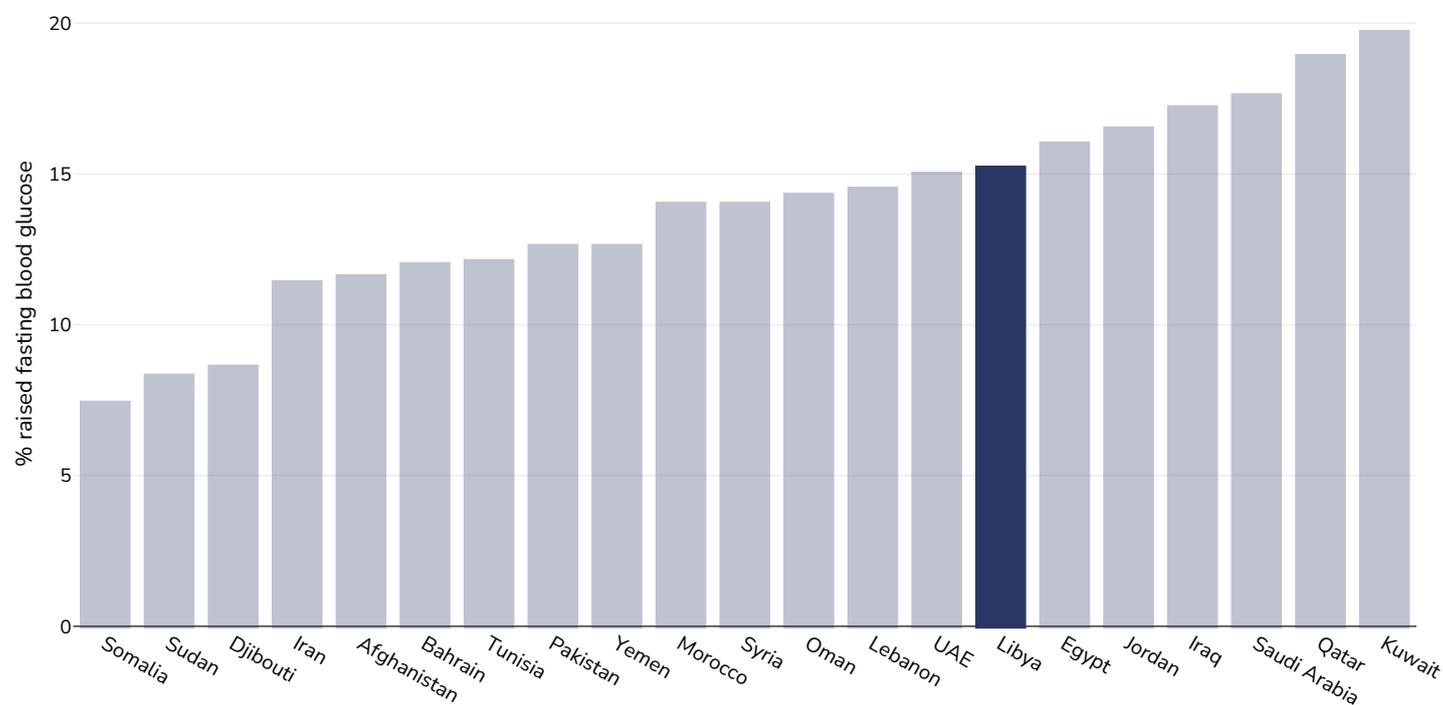
% raised fasting blood glucose

Somalia, Sudan, Djibouti, Iran, Afghanistan, Bahrain, Tunisia, Pakistan, Yemen, Morocco, Syria, Oman, Lebanon, UAE, Libya, Egypt, Jordan, Iraq, Saudi Arabia, Qatar, Kuwait

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, 2021
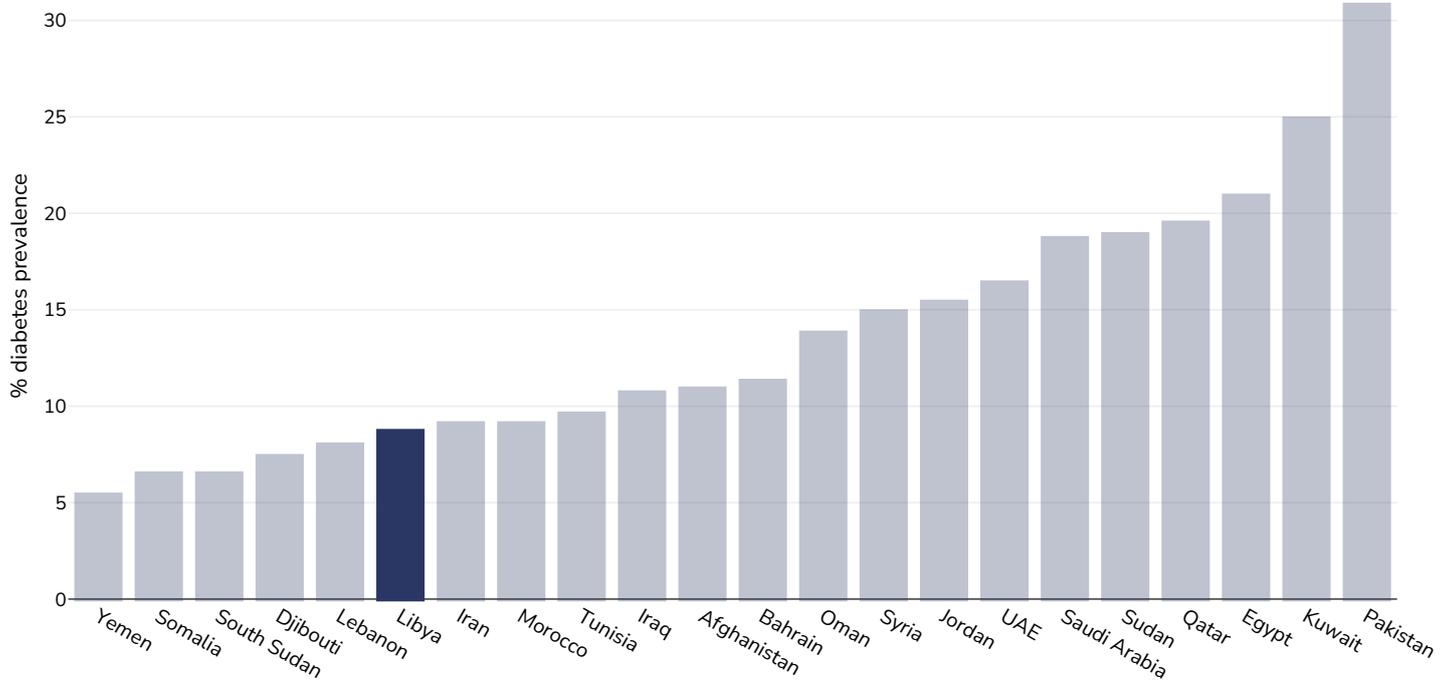
Age:	20-79
Area covered:	National
References:	Reproduced with kind permission International Diabetes Federation. IDF Diabetes Atlas, 10th edn. Brussels, Belgium:International Diabetes Federation, 2021. http://www.diabetesatlas.org
Definitions:	Age-adjusted comparative prevalence of diabetes, %

Contextual factors

Disclaimer: These contextual factors should be interpreted with care. Results are updated as regularly as possible and use very specific criteria. The criteria used and full definitions are available for download at the bottom of this page.

Labelling

Is there mandatory nutrition labelling?	✖
Front-of-package labelling?	✖
Back-of-pack nutrition declaration?	✖
Color coding?	✖
Warning label?	✖

Regulation and marketing

Are there fiscal policies on unhealthy products? ❌

Tax on unhealthy foods? ❌

Tax on unhealthy drinks? ❌

Are there fiscal policies on healthy products? ❌

Subsidy on fruits? ❌

Subsidy on vegetables? ❌

Subsidy on other healthy products? ❌

Mandatory limit or ban of trans fat (all settings)? ❌

Mandatory limit of trans fats in place (all settings)? ❌

Ban on trans-fats or phos in place (all settings)? ❌

Are there any mandatory policies/marketing restrictions on the promotion of unhealthy food/drinks to children? ❌

Mandatory restriction on broadcast media? ❌

Mandatory restriction on non-broadcast media? ❌

Voluntary policies/marketing restrictions on the promotion of unhealthy food/drinks to children? ❌

Are there mandatory standards for food in schools? ❌

Are there any mandatory nutrient limits in any manufactured food products? ❌

Nutrition standards for public sector procurement? ❌

Political will and support

National obesity strategy or nutrition and physical activity national strategy?	❌
National obesity strategy?	❌
National childhood obesity strategy?	❌
Comprehensive nutrition strategy?	❌
Comprehensive physical activity strategy?	❌
Evidence-based dietary guidelines and/or RDAs?	❌
National target(s) on reducing obesity?	❌
Guidelines/policy on obesity treatment?	❌
Promotion of breastfeeding?	❓

Monitoring and surveillance

Monitoring of the prevalence and incidence for the main obesity-related NCDs and risk factors?	✅
Within 5 years?	❌

Governance and resource

Multi-sectoral national co-ordination mechanism for obesity or nutrition (including obesity)?	❌

Key

✅ Present   ✅ᵥ Present (voluntary)   ✔️ Incoming   ❌ Absent   ❓ Unknown

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