## Drivers

**Maldives**

<table>
<thead>
<tr>
<th>Contents</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Insufficient physical activity</td>
<td>2</td>
</tr>
<tr>
<td>Average daily frequency of carbonated soft drink consumption</td>
<td>8</td>
</tr>
<tr>
<td>Estimated per capita fruit intake</td>
<td>9</td>
</tr>
<tr>
<td>Prevalence of less than daily fruit consumption</td>
<td>10</td>
</tr>
<tr>
<td>Prevalence of less than daily vegetable consumption</td>
<td>11</td>
</tr>
<tr>
<td>Average weekly frequency of fast food consumption</td>
<td>12</td>
</tr>
<tr>
<td>Estimated per-capita processed meat intake</td>
<td>13</td>
</tr>
<tr>
<td>Estimated per capita whole grains intake</td>
<td>14</td>
</tr>
<tr>
<td>Mental health - depression disorders</td>
<td>15</td>
</tr>
<tr>
<td>Mental health - anxiety disorders</td>
<td>16</td>
</tr>
<tr>
<td>% Infants exclusively breastfed 0-5 months</td>
<td>17</td>
</tr>
</tbody>
</table>
Insufficient physical activity

Adults, 2016

Men, 2016

Women, 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


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, 2014-2015

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, 2008-2015

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, 2008-2015

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, 2014-2015

Maldives

Indonesia

Timor-Leste

Bangladesh

Thailand

References:

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

% of population

Timor-Leste  India  Indonesia  Maldives  Myanmar  Sri Lanka  Thailand  Nepal  Bhutan  North Korea  Bangladesh

0  0.5  1  1.5  2  2.5  3  3.5  4  4.5

References:

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

Children, 2015-2020

<table>
<thead>
<tr>
<th>Country</th>
<th>2015-2020</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thailand</td>
<td>15%</td>
</tr>
<tr>
<td>Indonesia</td>
<td>25%</td>
</tr>
<tr>
<td>Myanmar</td>
<td>30%</td>
</tr>
<tr>
<td>Bhutan</td>
<td>35%</td>
</tr>
<tr>
<td>India</td>
<td>40%</td>
</tr>
<tr>
<td>Nepal</td>
<td>45%</td>
</tr>
<tr>
<td>Bangladesh</td>
<td>50%</td>
</tr>
<tr>
<td>Maldives</td>
<td>60%</td>
</tr>
<tr>
<td>Timor-Leste</td>
<td>65%</td>
</tr>
<tr>
<td>Sri Lanka</td>
<td>80%</td>
</tr>
</tbody>
</table>

Area covered: National

References: Maldives Demographic and Health Survey 2016-17. Malé, Maldives, and Rockville, Maryland, USA: MOH and ICF


Definitions: % exclusively breastfed 0-5 months