

Maldives



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.

View the latest version of this report on the Global Obesity Observatory at <u>https://data.worldobesity.org/country/maldives-</u>131/.



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Obesity prevalence

Adults, 2020-2021





https://health.gov.mv/storage/uploads/2ywDEKYN/vltwo5kq.pdf (Accessed 20.06.23)

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



% Adults living with obesity in Maldives 2009-2016





Men



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



% Adults living with overweight or obesity in Maldives 2009-2016

Women

Overweight or obesity



2011: Maldives STEPS Survey 2011

2016: Ministry of Health - MOH/Maldives and ICF. 2018. Maldives Demographic and Health Survey 2016-17. Malé, Maldives, and

Rockville, Maryland, USA: MOH and ICF. https://www.dhsprogram.com/pubs/pdf/FR349/FR349/FR349.pdf (Last accessed 03.08.2022)

2020: WHO STEP Survey on Risk Factors for Noncommunicable Diseases. Maldives 2020-21.

https://health.gov.mv/storage/uploads/2ywDEKYN/vltwo5kq.pdf (Accessed 20.06.23)

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



Men

Overweight or obesity



2020: WHO STEP Survey on Risk Factors for Noncommunicable Diseases. Maldives 2020-21.

https://health.gov.mv/storage/uploads/2ywDEKYN/vltwo5kq.pdf (Accessed 20.06.23)

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

Men, 2017

Notes:

Obesity Overweight



References: Ministry of Health - MOH/Maldives and ICF. 2018. Maldives Demographic and Health Survey 2016-17. Malé, Maldives, and Rockville, Maryland, USA: MOH and ICF.

Demographic Health Survey data includes ever married women aged 15-49 years only and may include males aged 15-59.

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







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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 age

Adults, 2020-2021



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Overweight/obesity by socio-economic group

Men, 2017

Notes:

Obesity Overweight



 References:
 Ministry of Health - MOH/Maldives and ICF. 2018. Maldives Demographic and Health Survey 2016-17. Malé, Maldives, and Rockville,

 Maryland, USA: MOH and ICF. https://www.dhsprogram.com/pubs/pdf/FR349/FR349/FR349.pdf

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Double burden of underweight & overweight





Insufficient physical activity





Men, 2022











Estimated per capita fruit intake





Estimated per-capita processed meat intake







Estimated per capita whole grains intake





Mental health - depression disorders





Men, 2021

Definitions:	Number living with depression per 100,000 population (adults 20+ years)			
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 <u>http://vizhub.healthdata.org/gbd-compare</u> . (Last accessed 23.04.25)			
Area covered:	National			
Age:	20+			
-	Maldives			
0				
500				
500				
1000				
% 1500				
of Do				
2500 uotation dod do 1500				
5 ²⁵⁰⁰				
3000				
3500				
3500				
4000				



5000			
4000			
of population % of 2000			
0			
	Maldives		
Age:		20+	
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 <u>http://vizhub.healthdata.org/gbd-compare.</u> (Last accessed 23.04.25)		
Definitions:	Number living with depression per 100,000 population (adults 20+ years)		



Mental health - anxiety disorders





Men, 2021











Percent of population who cannot afford a healthy diet





Oesophageal cancer



27







Breast cancer

Women, 2022

Age 20 Age 20+



Definitions:

Incidence per 100,000



Colorectal cancer

Men, 2022









Pancreatic cancer

Men, 2022









Gallbladder cancer









Kidney cancer

Men, 2022








Cancer of the uterus





Raised blood pressure

Adults, 2015





Men, 2015



Definitions:

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







Raised cholesterol

Adults, 2008





Men, 2008









Raised fasting blood glucose









Diabetes prevalence

Adults, 2024



Diabetes Federation, 2025. http://www.diabetesatlas.org



Ovarian Cancer

Women, 2022



Definitions:

Incidence per 100,000



Leukemia

Men, 2022							
4							
3							
2							
1							
0							
-1_1	0	1	2	3	4	5	6
Age:							20+
Area covered: References:			sanne M, Colombet M rance: International Aç			m: <u>https://gco.iarc.wh</u>	
Definitions:						Incidence p	er 100,000
	Unless ot	therwise noted. overw	eight refers to a BMI l	between 25kg and 29	.9ka/m². obesitv refer	s to a BMI greater tha	n 30ka/m².



4							
2							
3							
2							
1							
0							
-1 -1	0	1	2	3	4	5	6
Age:							20+
Area covered:							National
References:					Znaor A, Soerjomatarar n Cancer. Available fror	m: <u>https://gco.iarc.whc</u>	
Definitions:						Incidence pe	er 100,000
	Unless othe	erwise noted, overw	eight refers to a BMI	between 25kg and 2	9.9kg/m², obesity refers	to a BMI greater than	n 30kg/m².



Leukemia

Men, 2022



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Liver and intrahepatic bile duct Cancer



Men, 2022







Multiple Myeloma

Men, 2022



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Non Hodgkin Lymphoma



Men, 2022

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









Thyroid Cancer

Men, 2022







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