



# Marshall Islands



## Country report card

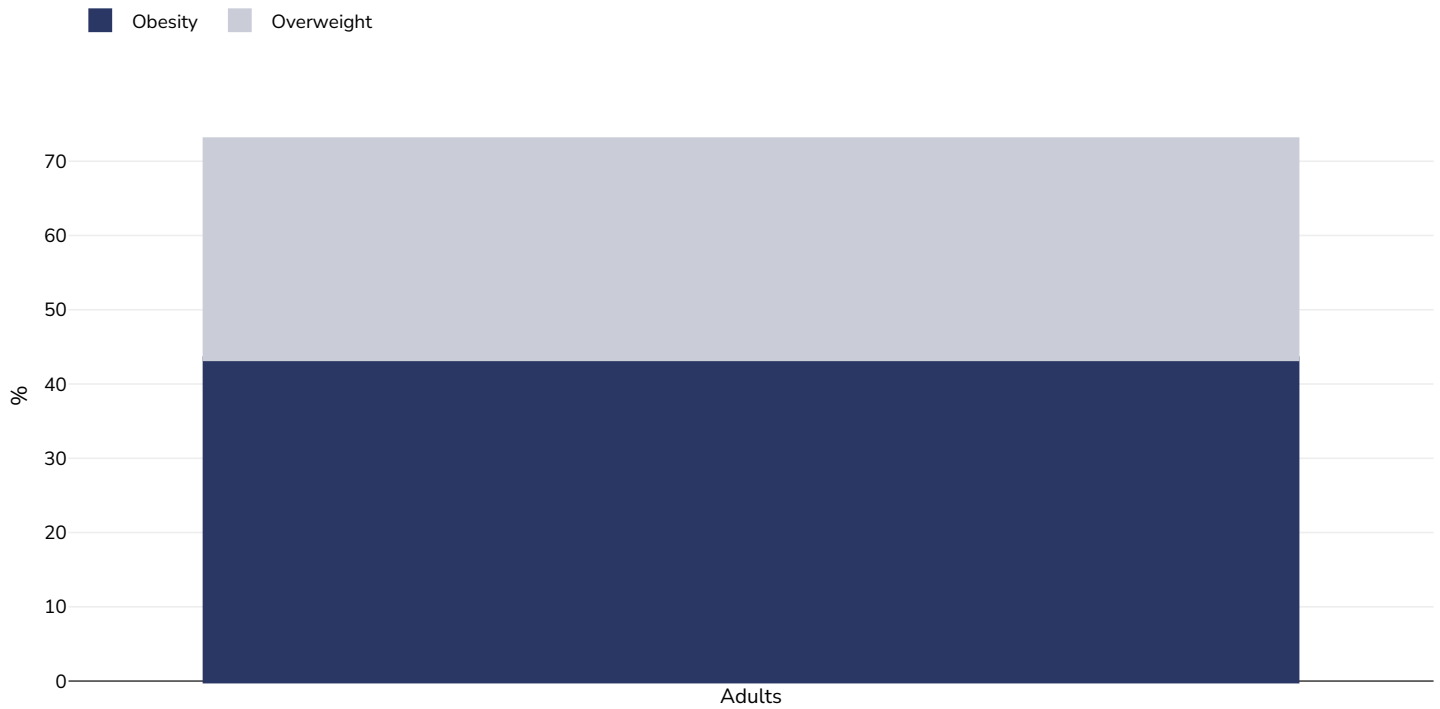
*This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity . Where available, data on common and relevant obesity drivers and comorbidities are also presented.*

*View the latest version of this report on the Global Obesity Observatory at <https://data.worldobesity.org/country/marshall-islands-134/>.*

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## Obesity prevalence

### Adults, 2023



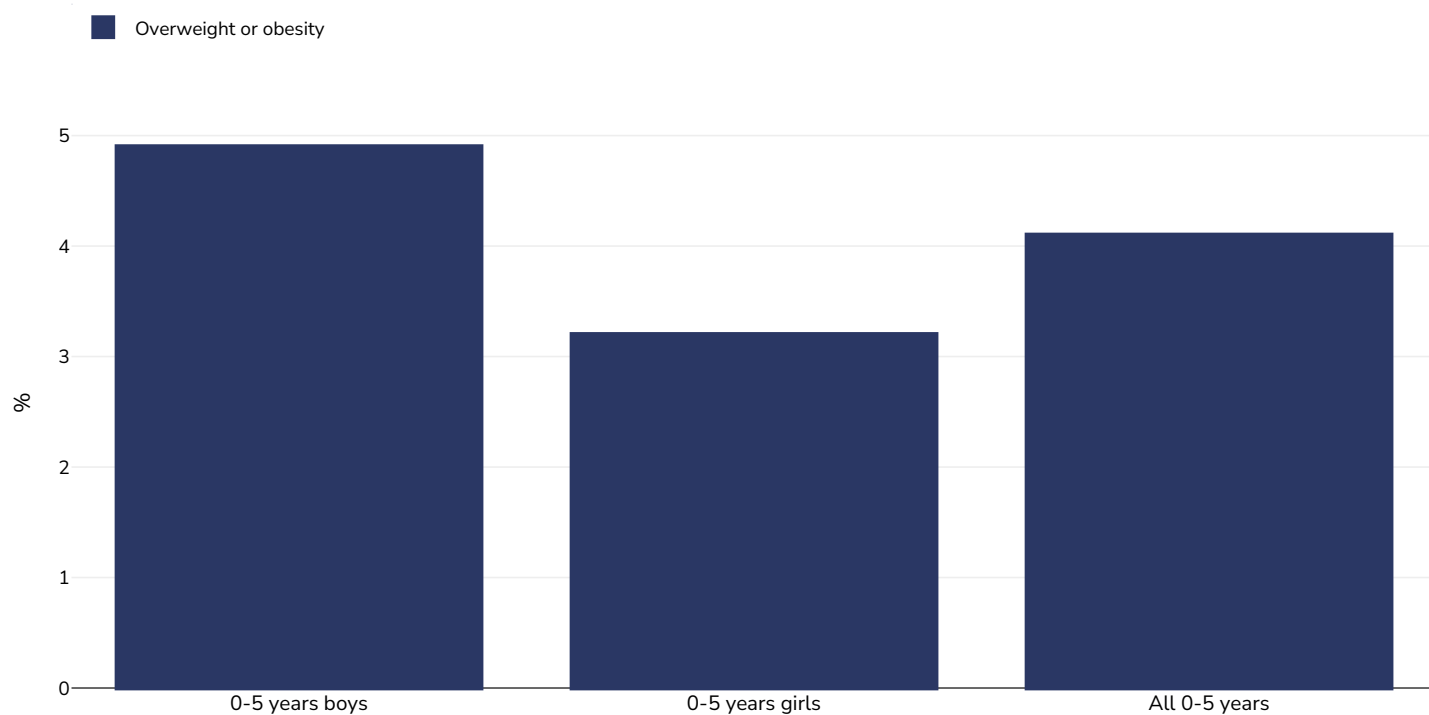
<b>Survey type:</b>	Measured
<b>Age:</b>	18+
<b>Sample size:</b>	2,678
<b>Area covered:</b>	National
<b>References:</b>	Republic of the Marshall Islands: Adult Hybrid Survey 2023. <a href="https://www.pihoa.org/wp-content/uploads/2024/11/RMI-2023-Hybrid-Survey-Report-FINAL_6Nov24.pdf">https://www.pihoa.org/wp-content/uploads/2024/11/RMI-2023-Hybrid-Survey-Report-FINAL_6Nov24.pdf</a> [Last Accessed 26.08.25]
<b>Notes:</b>	Although all islands were not surveyed, the islands included contain 86% of the overall population of RMI. Islands included were Majuro, Kwajalein, Amo, Jaluit, Wotje and Kili.
<i>Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m<sup>2</sup>, obesity refers to a BMI greater than 30kg/m<sup>2</sup>.</i>	

## Children, 2024



Survey type:	Measured
Age:	15-16
Sample size:	1243
Area covered:	National
References:	Marshall Islands Rapid Youth Survey 2024. <a href="https://www.pihoa.org/wp-content/uploads/2025/08/2024-RMI-Rapid_Endorsed-14July25.pdf">https://www.pihoa.org/wp-content/uploads/2025/08/2024-RMI-Rapid_Endorsed-14July25.pdf</a> [Accessed 26.08.25]
Notes:	Data for all high school students, including those above age 17, available in report
Definitions:	CDC BMI percentiles were used to determine BMI categories for those students under 17 years old
Cutoffs:	CDC

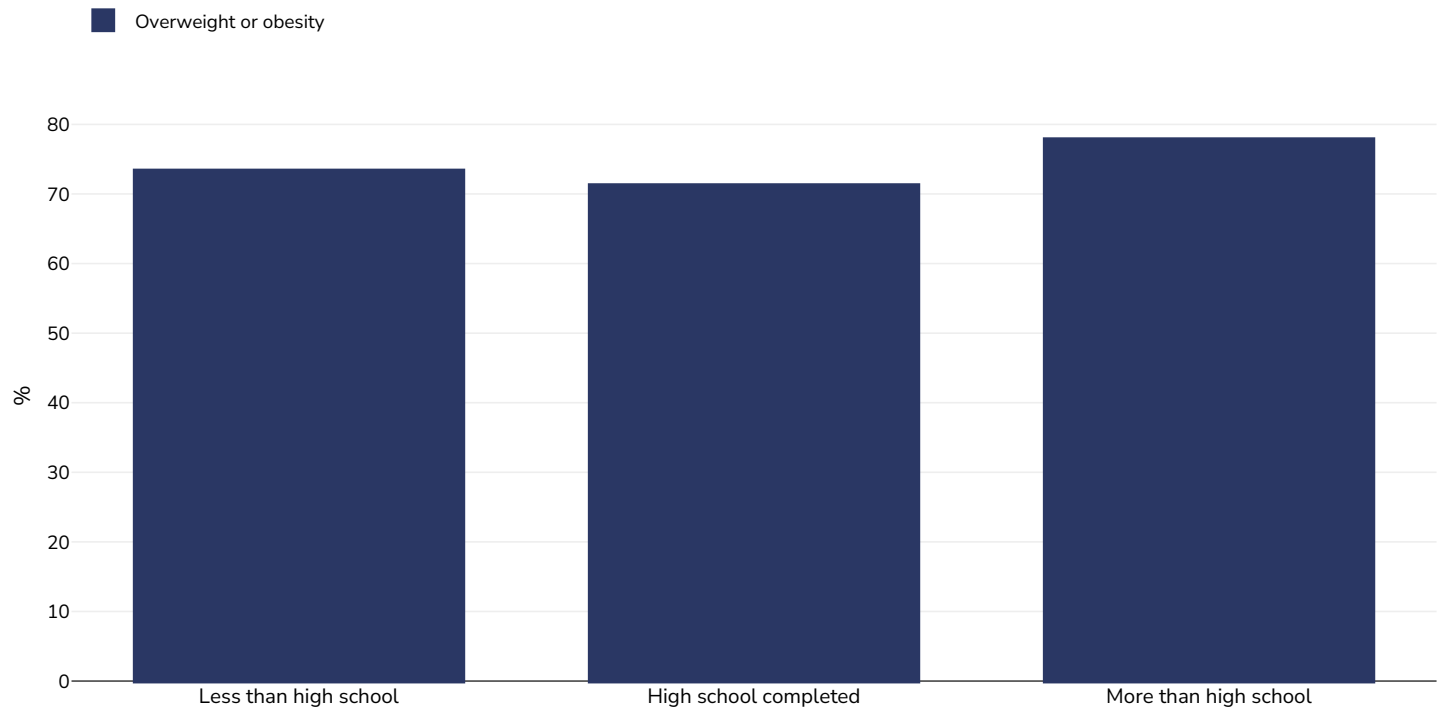
## 0-5 years, 2017



<b>Age:</b>	0-5
<b>Sample size:</b>	873
<b>References:</b>	MICS-Style: Republic of the Marshall Islands Integrated Child Health and Nutrition Survey 2017, Final Report. Majuro, Republic of the Marshall Islands: RMI Ministry of Health and Human Services, RMI Economic, Policy Planning and Statistic Office, 2017
<b>Notes:</b>	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 <a href="https://data.unicef.org/resources/jme-2023-country-consultations/">https://data.unicef.org/resources/jme-2023-country-consultations/</a> 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.
<b>Definitions:</b>	=>+2SD

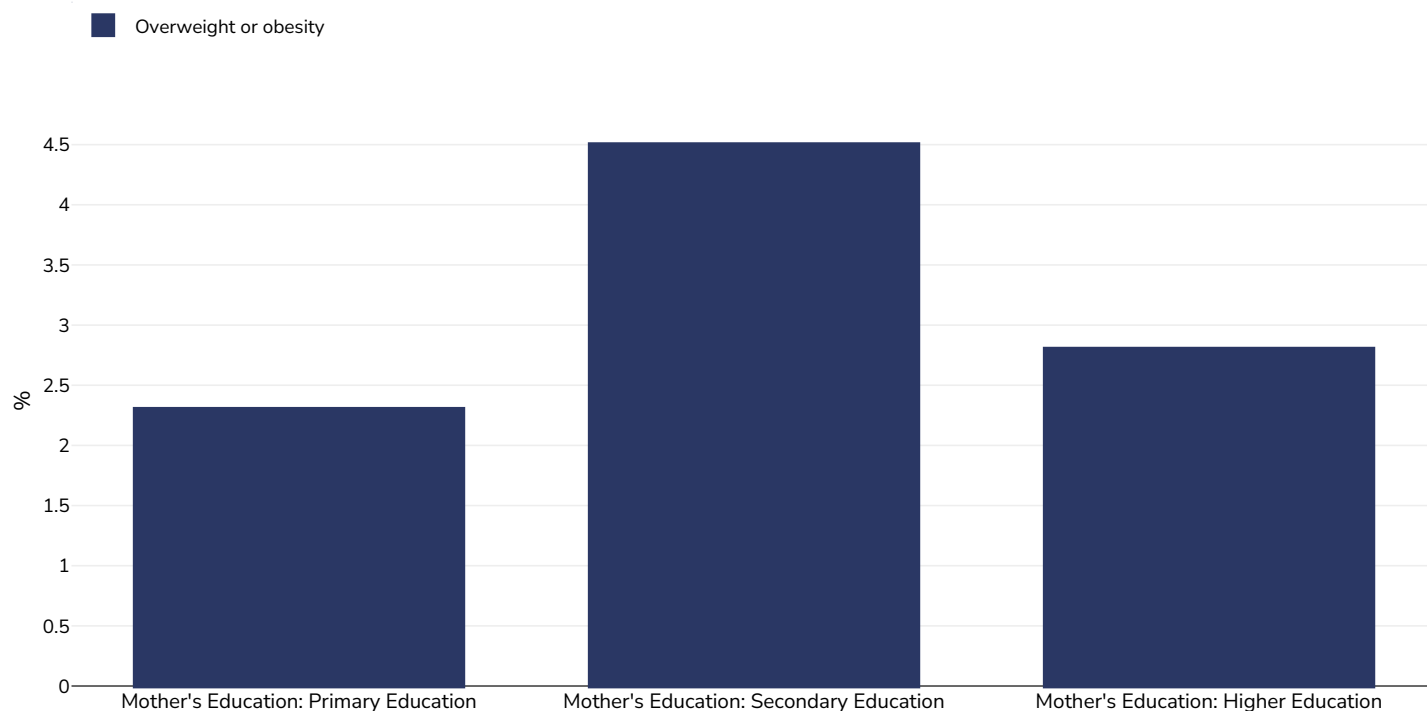
## Overweight/obesity by education

### Adults, 2023



Survey type:	Measured
Age:	18+
Sample size:	2,678
Area covered:	National
References:	Republic of the Marshall Islands: Adult Hybrid Survey 2023. <a href="https://www.pihoa.org/wp-content/uploads/2024/11/RMI-2023-Hybrid-Survey-Report-FINAL_6Nov24.pdf">https://www.pihoa.org/wp-content/uploads/2024/11/RMI-2023-Hybrid-Survey-Report-FINAL_6Nov24.pdf</a> [Last Accessed 26.08.25]
Notes:	Although all islands were not surveyed, the islands included contain 86% of the overall population of RMI. Islands included were Majuro, Kwajalein, Amo, Jaluit, Wotje and Kili.
<i>Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m<sup>2</sup>, obesity refers to a BMI greater than 30kg/m<sup>2</sup>.</i>	

## 0-5 years, 2017



**Sample size:** 873

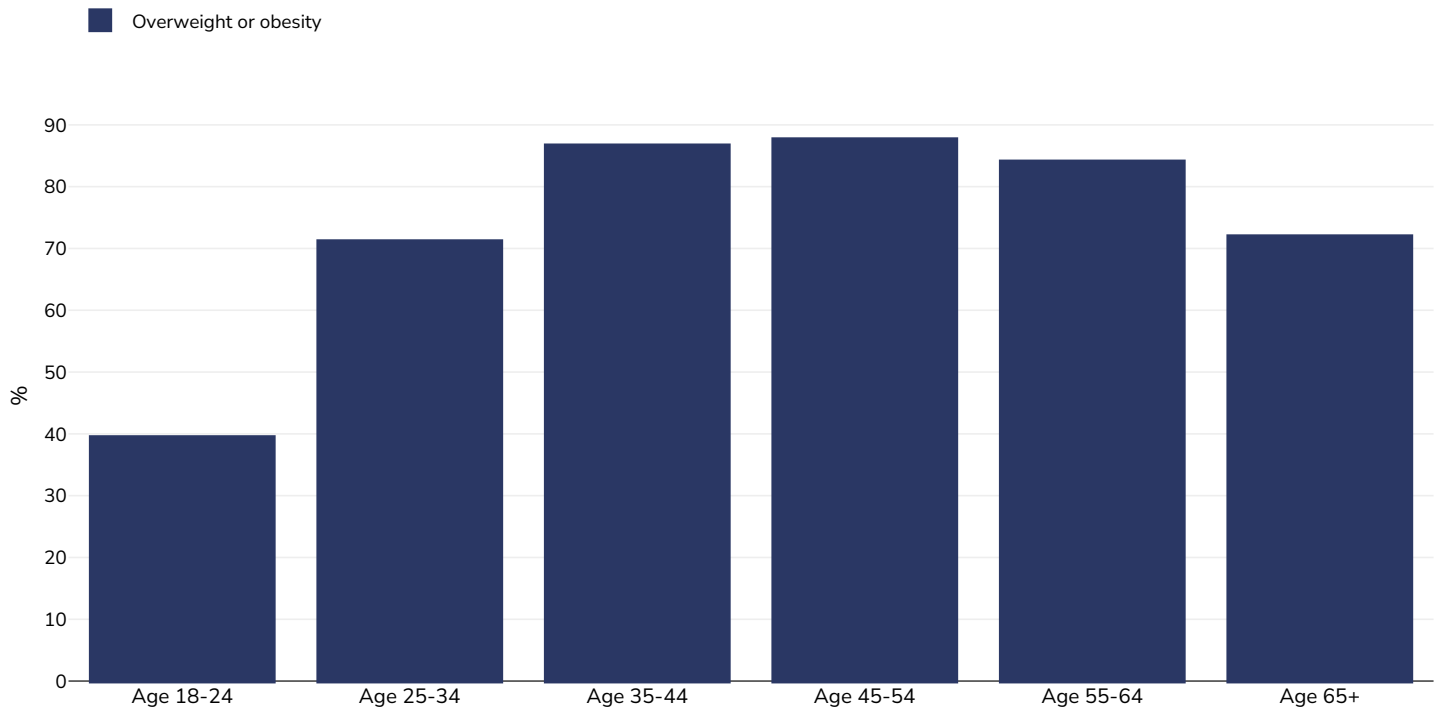
**References:** MICS-Style: Republic of the Marshall Islands Integrated Child Health and Nutrition Survey 2017, Final Report. Majuro, Republic of the Marshall Islands: RMI Ministry of Health and Human Services, RMI Economic, Policy Planning and Statistic Office, 2017

**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

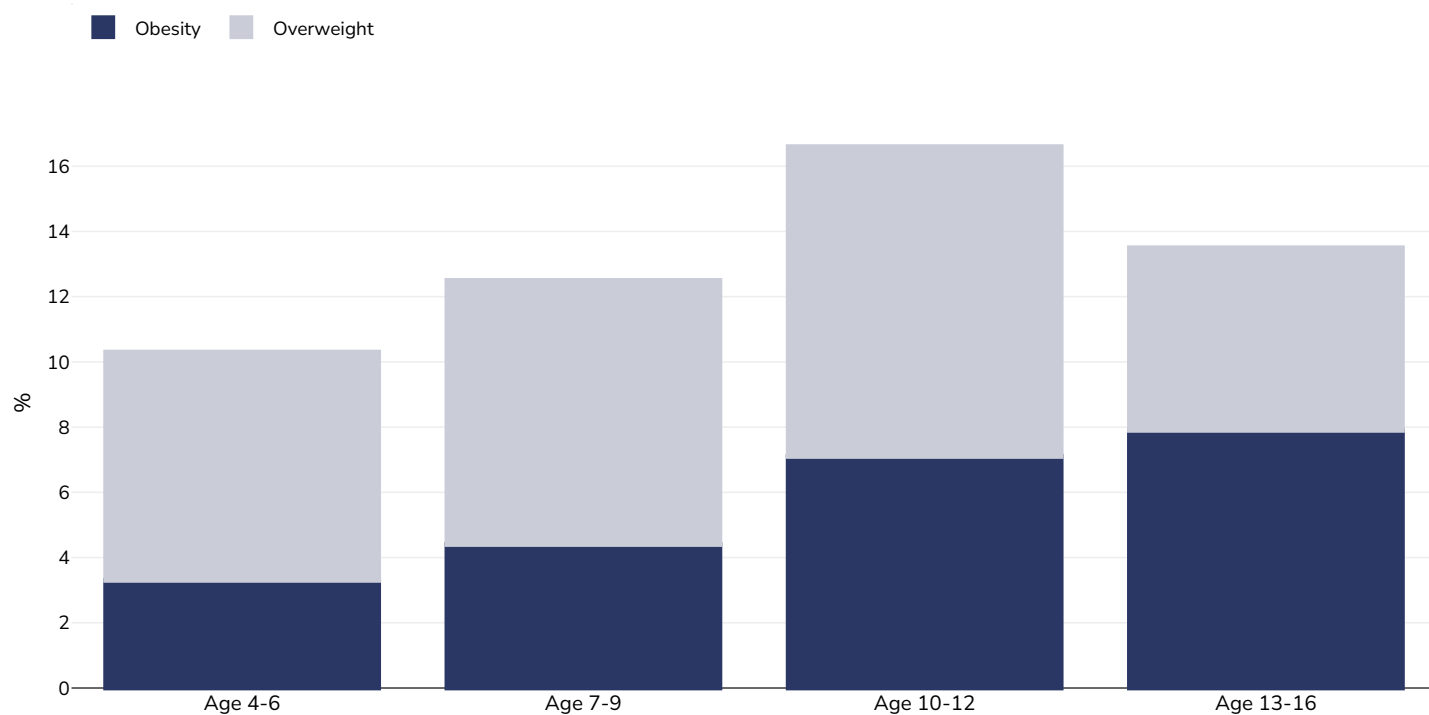
## Overweight/obesity by age

### Adults, 2023



<b>Survey type:</b>	Measured
<b>Sample size:</b>	2,678
<b>Area covered:</b>	National
<b>References:</b>	Republic of the Marshall Islands: Adult Hybrid Survey 2023. <a href="https://www.pihoa.org/wp-content/uploads/2024/11/RMI-2023-Hybrid-Survey-Report-FINAL_6Nov24.pdf">https://www.pihoa.org/wp-content/uploads/2024/11/RMI-2023-Hybrid-Survey-Report-FINAL_6Nov24.pdf</a> [Last Accessed 26.08.25]
<b>Notes:</b>	Although all islands were not surveyed, the islands included contain 86% of the overall population of RMI. Islands included were Majuro, Kwajalein, Amo, Jaluit, Wotje and Kili.
<i>Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m<sup>2</sup>, obesity refers to a BMI greater than 30kg/m<sup>2</sup>.</i>	

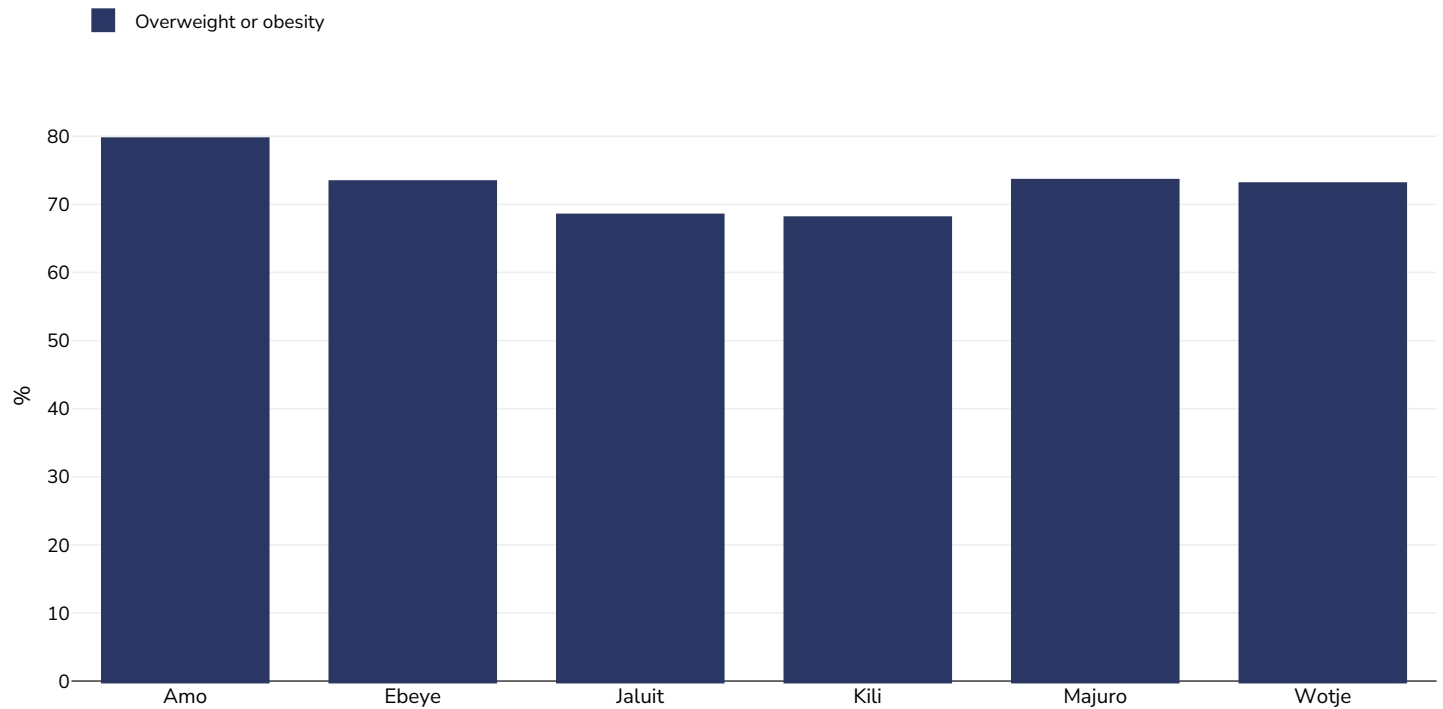
## Children, 2017-2018



Survey type:	Measured
Sample size:	3271
Area covered:	Subnational
References:	Passmore, E. and Smith, T., 2019. Dual Burden of Stunting and Obesity Among Elementary School Children on Majuro, Republic of Marshall Islands. <i>Hawai'i Journal of Health &amp; Social Welfare</i> , 78(8), p.262.
Notes:	CDC Cut-offs
Cutoffs:	CDC

## Overweight/obesity by region

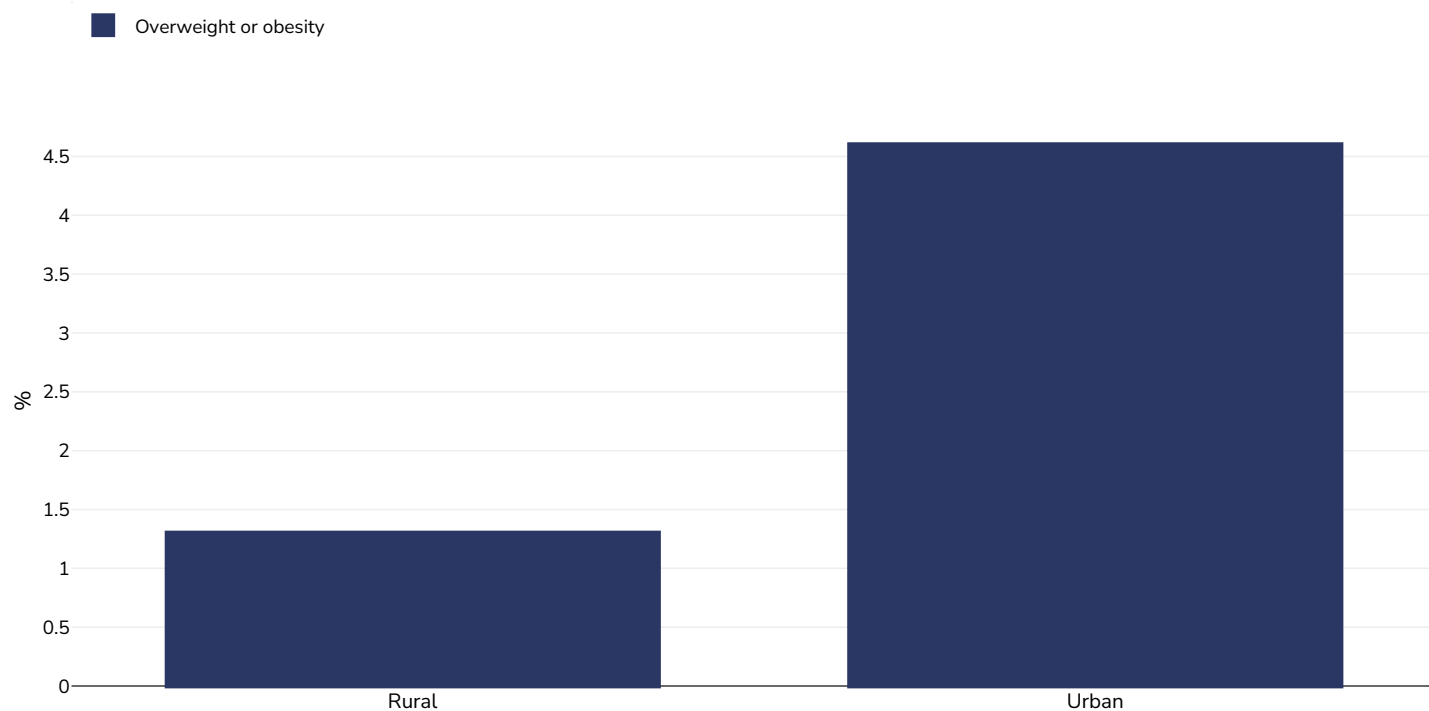
### Adults, 2023



Survey type:	Measured
Age:	18+
Sample size:	2,678
Area covered:	National
References:	Republic of the Marshall Islands: Adult Hybrid Survey 2023. <a href="https://www.pihoa.org/wp-content/uploads/2024/11/RMI-2023-Hybrid-Survey-Report-FINAL_6Nov24.pdf">https://www.pihoa.org/wp-content/uploads/2024/11/RMI-2023-Hybrid-Survey-Report-FINAL_6Nov24.pdf</a> [Last Accessed 26.08.25]

*Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m<sup>2</sup>, obesity refers to a BMI greater than 30kg/m<sup>2</sup>.*

## 0-5 years, 2017



**Sample size:** 873

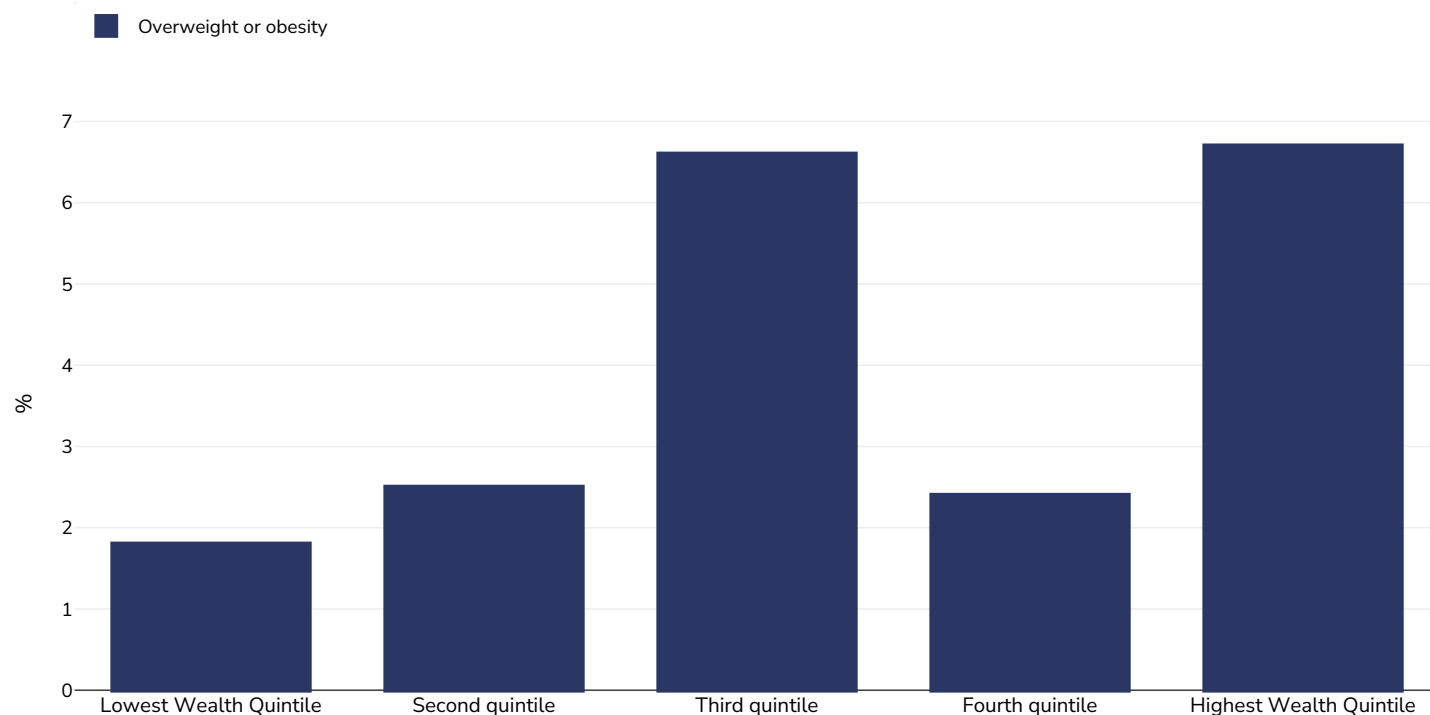
**References:** MICS-Style: Republic of the Marshall Islands Integrated Child Health and Nutrition Survey 2017, Final Report. Majuro, Republic of the Marshall Islands: RMI Ministry of Health and Human Services, RMI Economic, Policy Planning and Statistic Office, 2017

**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

0-5 years, 2017



**Sample size:** 873

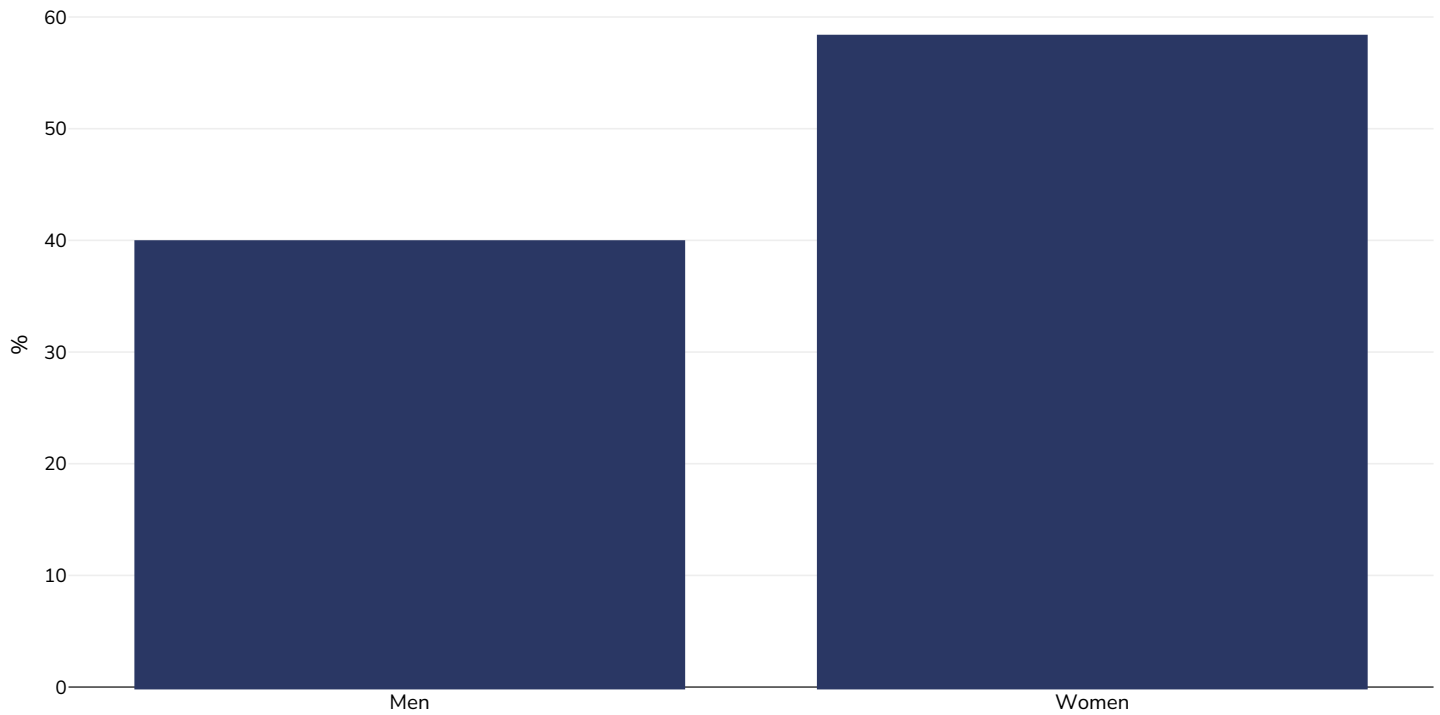
**References:** MICS-Style: Republic of the Marshall Islands Integrated Child Health and Nutrition Survey 2017, Final Report. Majuro, Republic of the Marshall Islands: RMI Ministry of Health and Human Services, RMI Economic, Policy Planning and Statistic Office, 2017

**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

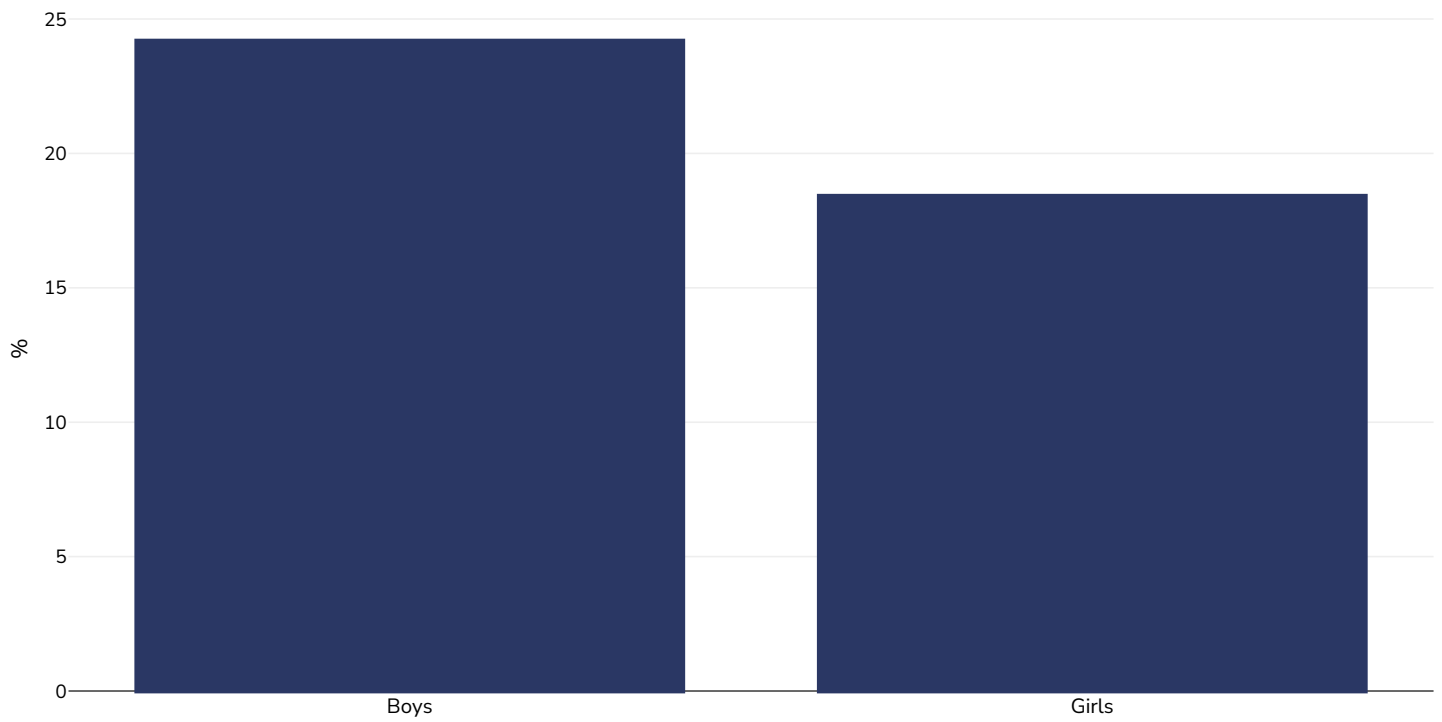
## Double burden of underweight & overweight

### Adults, 2022



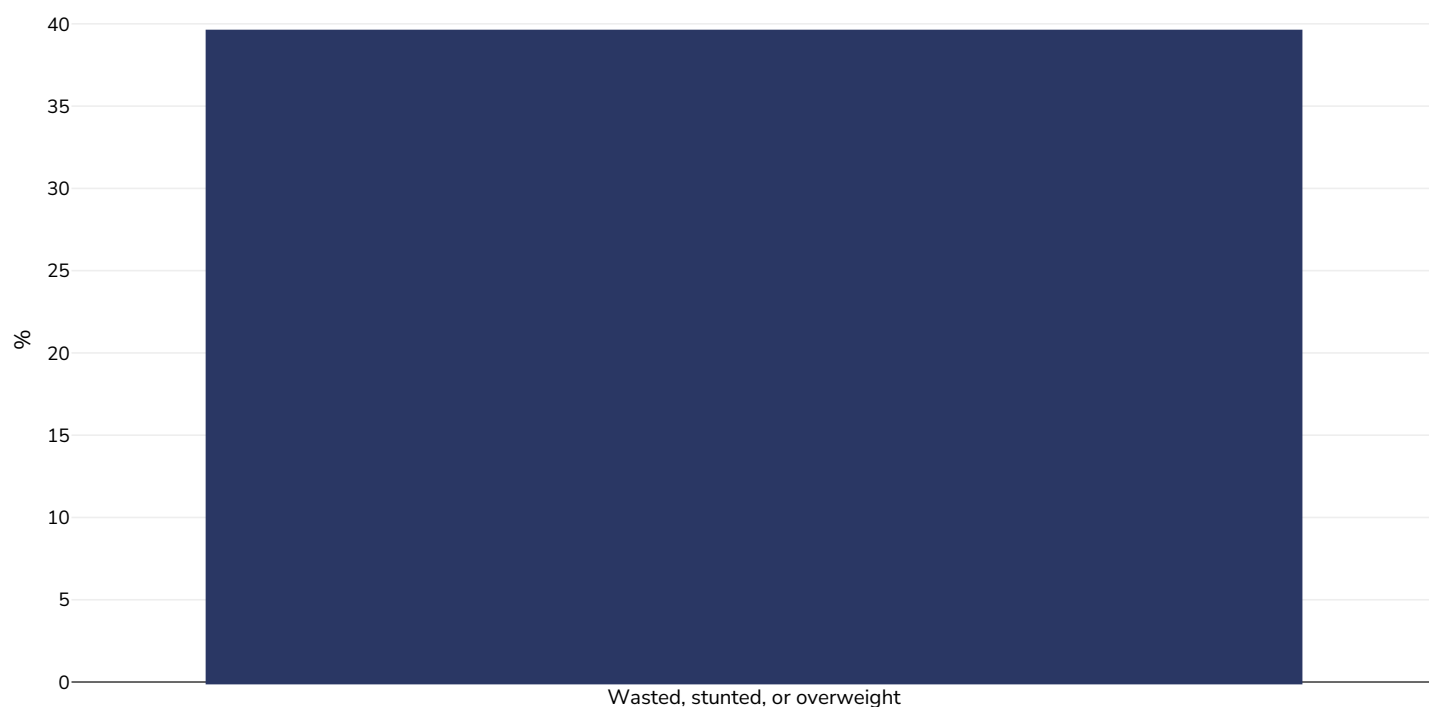
<b>Survey type:</b>	Measured
<b>Age:</b>	20+
<b>References:</b>	NCD Risk Factor Collaboration (NCD-RisC). Worldwide trends in underweight and obesity from 1990 to 2022: a pooled analysis of 3663 population representative studies with 222 million children, adolescents, and adults. Lancet 2024; published online Feb 29. <a href="https://doi.org/10.1016/S0140-6736(23)02750-2">https://doi.org/10.1016/S0140-6736(23)02750-2</a> .
<b>Notes:</b>	Age Standardised estimates
<b>Definitions:</b>	Combined prevalence of BMI<18.5 kg/m <sup>2</sup> and BMI>=30 kg/m <sup>2</sup> (double burden of underweight and obesity)

### Children, 2022



<b>Survey type:</b>	Measured
<b>Age:</b>	5-19
<b>References:</b>	NCD Risk Factor Collaboration (NCD-RisC). Worldwide trends in underweight and obesity from 1990 to 2022: a pooled analysis of 3663 population representative studies with 222 million children, adolescents, and adults. Lancet 2024; published online Feb 29. <a href="https://doi.org/10.1016/S0140-6736(23)02750-2">https://doi.org/10.1016/S0140-6736(23)02750-2</a> .
<b>Notes:</b>	Age standardised estimates
<b>Definitions:</b>	Combined prevalence of BMI < -2SD and BMI > 2SD (double burden of thinness and obesity)
<b>Cutoffs:</b>	BMI < -2SD and BMI > 2SD

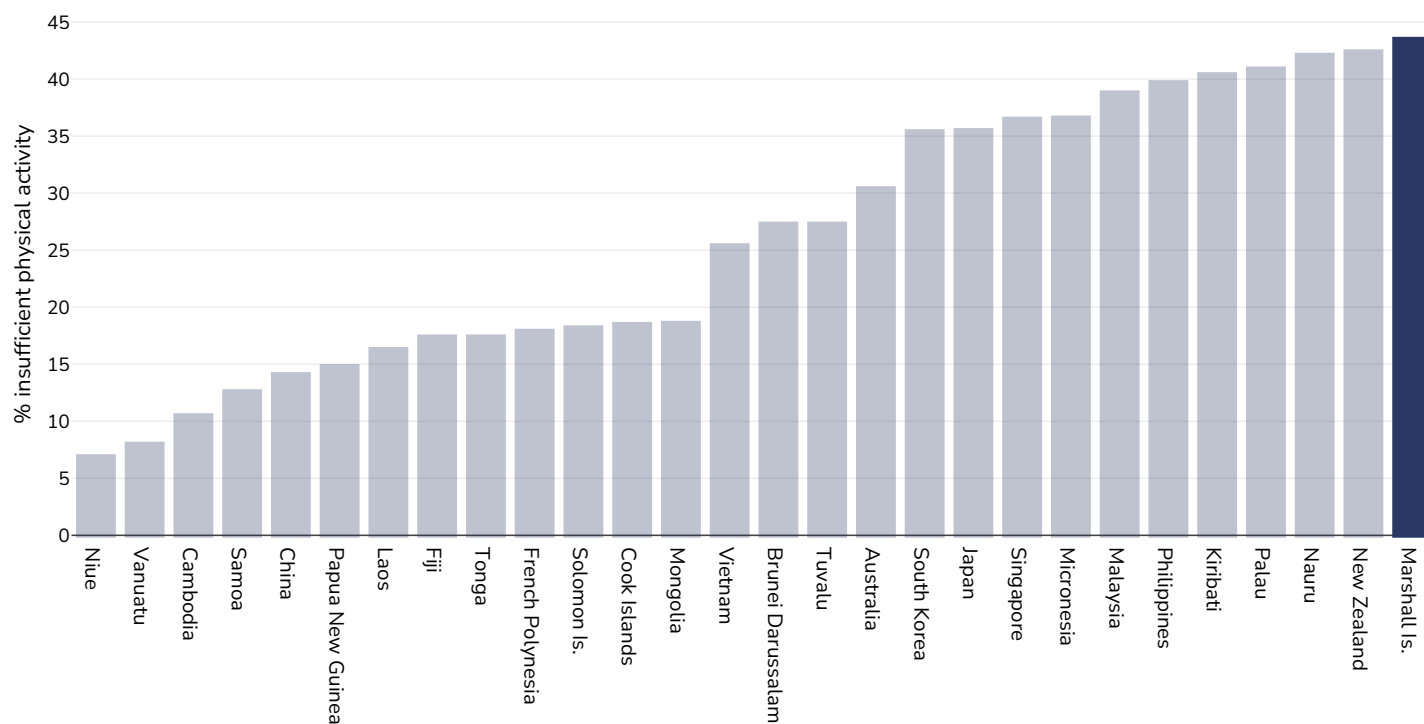
### 0-5 years, 2017



<b>Survey type:</b>	Measured
<b>Age:</b>	0-5
<b>References:</b>	United Nations Children’s Fund, Division of Data, Analysis, Planning and Monitoring (2025). Global UNICEF Global Databases: Overlapping Stunting, Wasting and Overweight (Survey Estimates), 2025, New York. For more information, visit: <a href="https://data.unicef.org/topic/nutrition/malnutrition/">https://data.unicef.org/topic/nutrition/malnutrition/</a> [Accessed 06.08.25]
<b>Notes:</b>	Republic of the Marshall Islands Integrated Child Health and Nutrition Survey 2017, Final Report. Majuro, Republic of the Marshall Islands: RMI Ministry of Health and Human Services, RMI Economic, Policy Planning and Statistic Office, 2017
<b>Definitions:</b>	Combined percentage of children under 5 years of age who are either wasted, stunted, or overweight (falling below -2 standard deviations from the median weight-for-height, falling below -2 standard deviations from the median height for age, or falling at or above +2 standard deviations from the median weight-for-height of the reference population)
<b>Cutoffs:</b>	WHZ <-2, HAZ <-2 and WHZ >+2

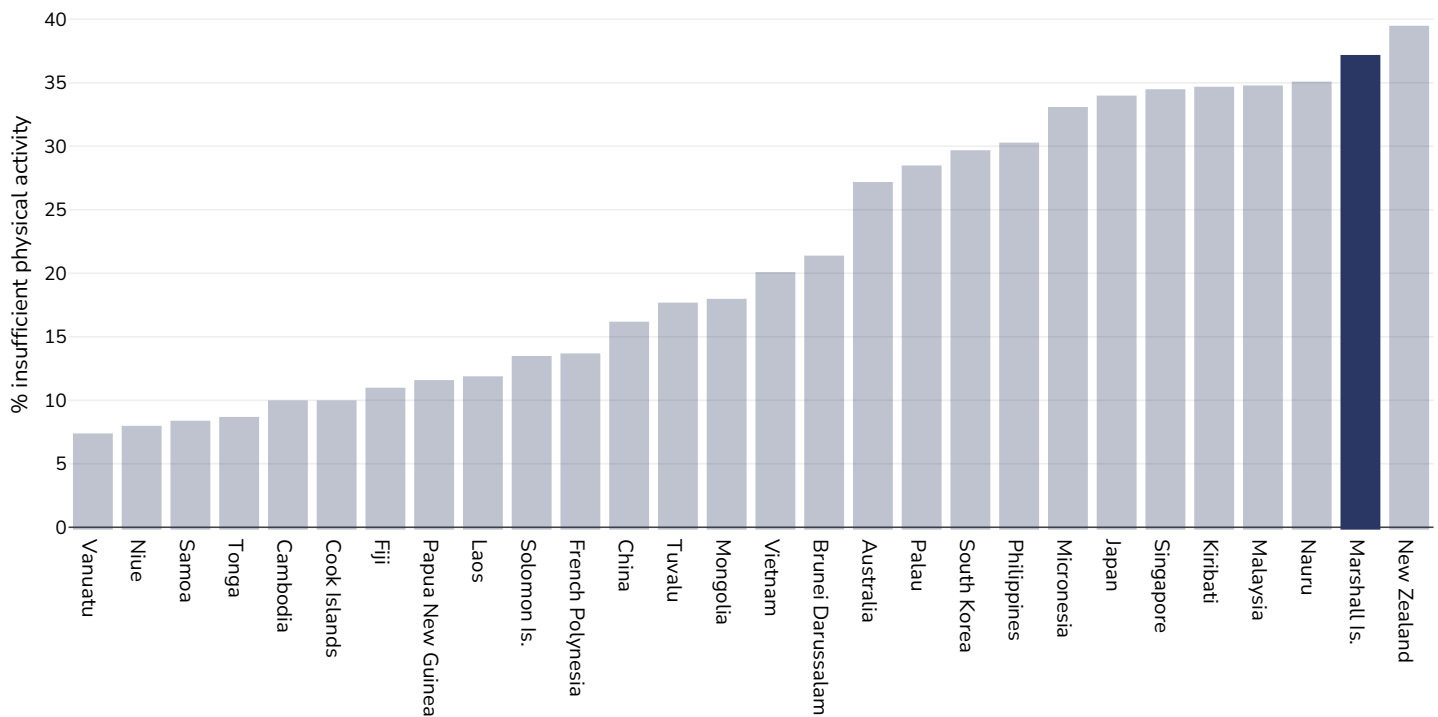
## Insufficient physical activity

### Adults, 2016



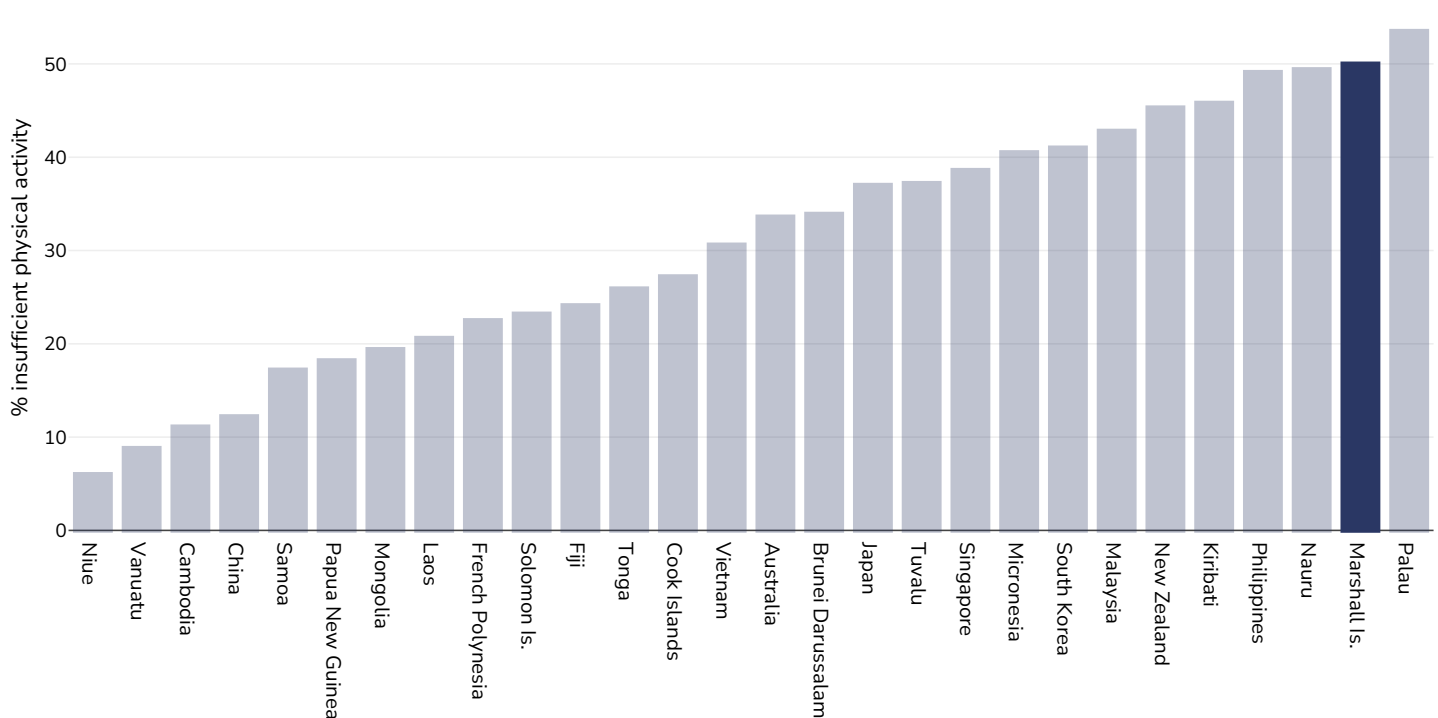
**References:** Guthold R, Stevens GA, Riley LM, Bull FC. Worldwide trends in insufficient physical activity from 2001 to 2016: a pooled analysis of 358 population-based surveys with 1.9 million participants. Lancet 2018 [http://dx.doi.org/10.1016/S2214-109X\(18\)30357-7](http://dx.doi.org/10.1016/S2214-109X(18)30357-7)

### 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](http://dx.doi.org/10.1016/S2214-109X(18)30357-7)

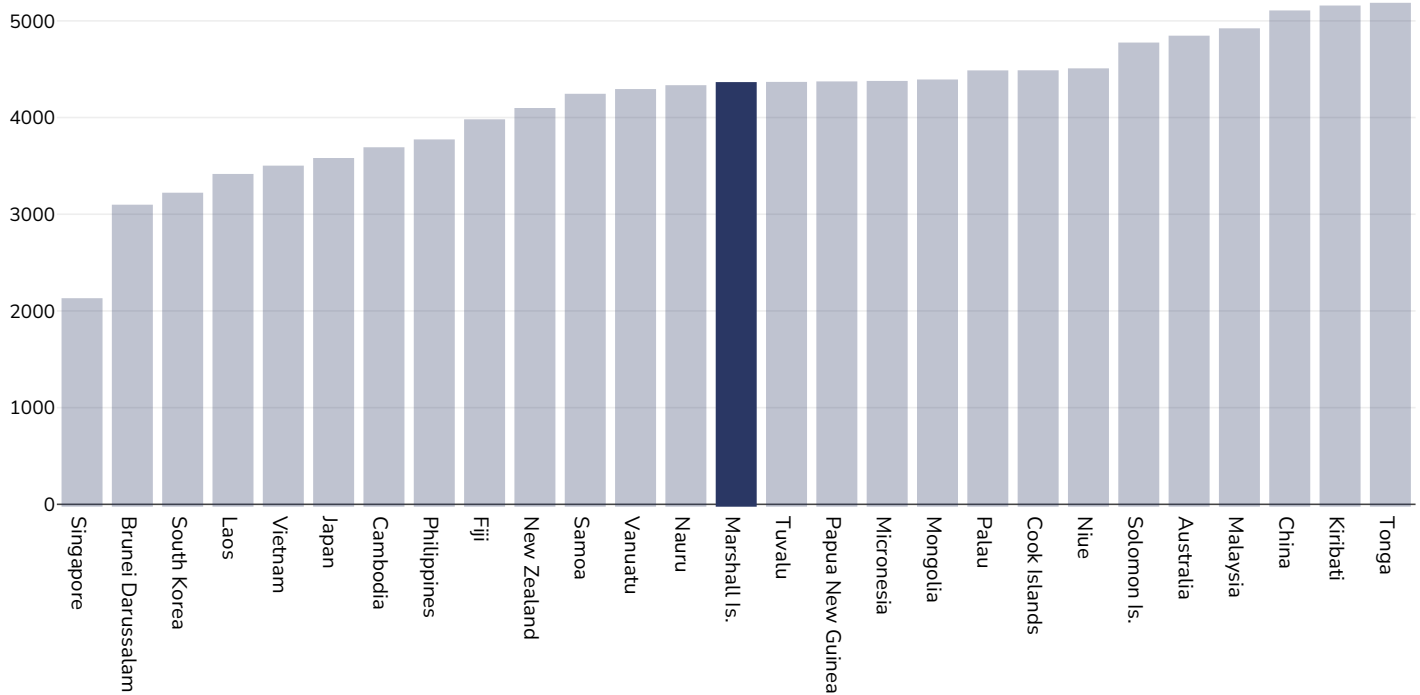
### Women, 2016



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](http://dx.doi.org/10.1016/S2214-109X(18)30357-7)

## Mental health - depression disorders

### Adults, 2023



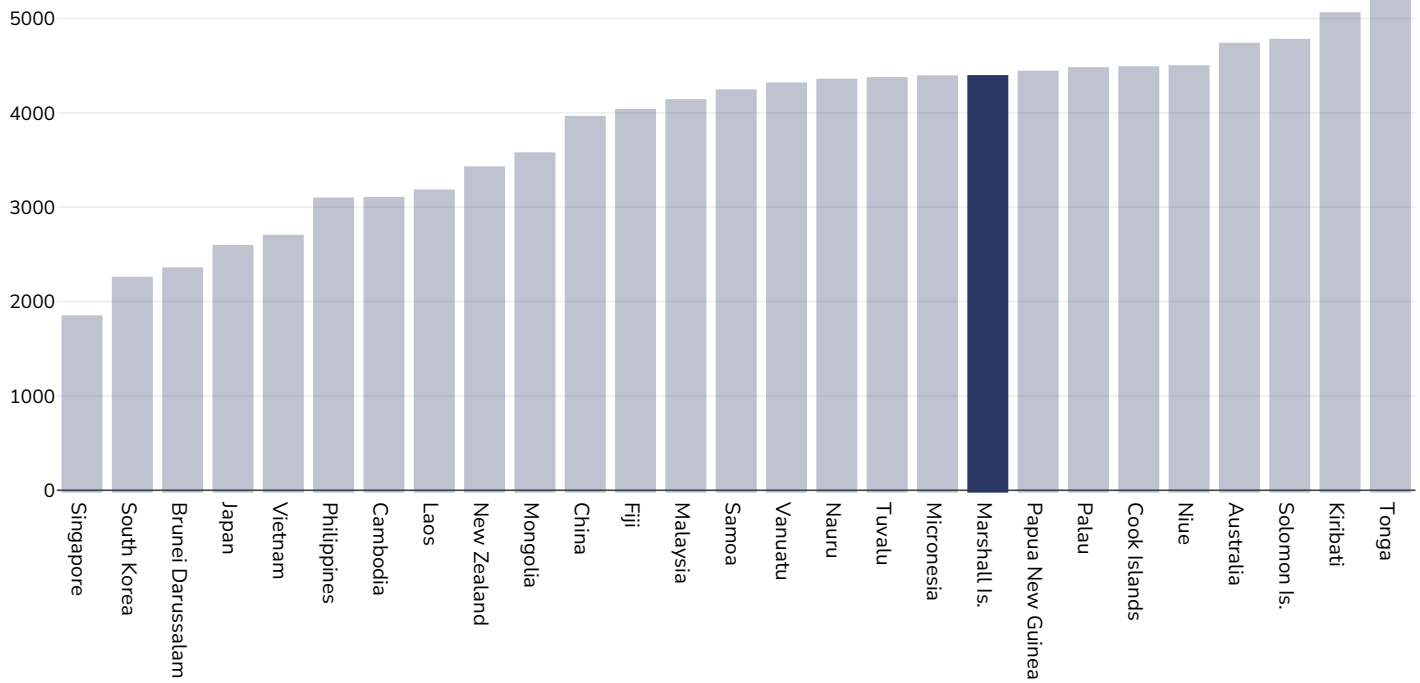
Age: 20+

Area covered: National

References: Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from <https://vizhub.healthdata.org/gbd-compare/> [Accessed 17.03.26]

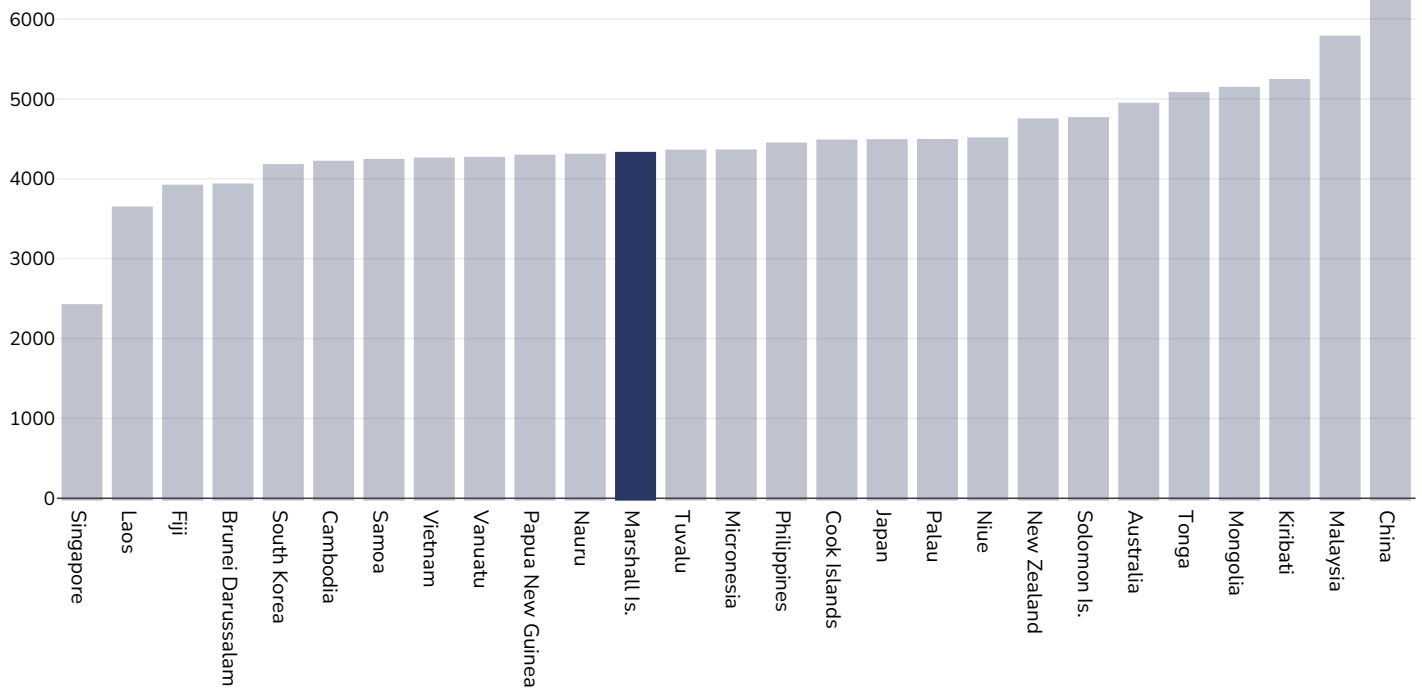
Definitions: Estimated number living with depressive disorders per 100,000 population (20+ years of age)

**Men, 2023**



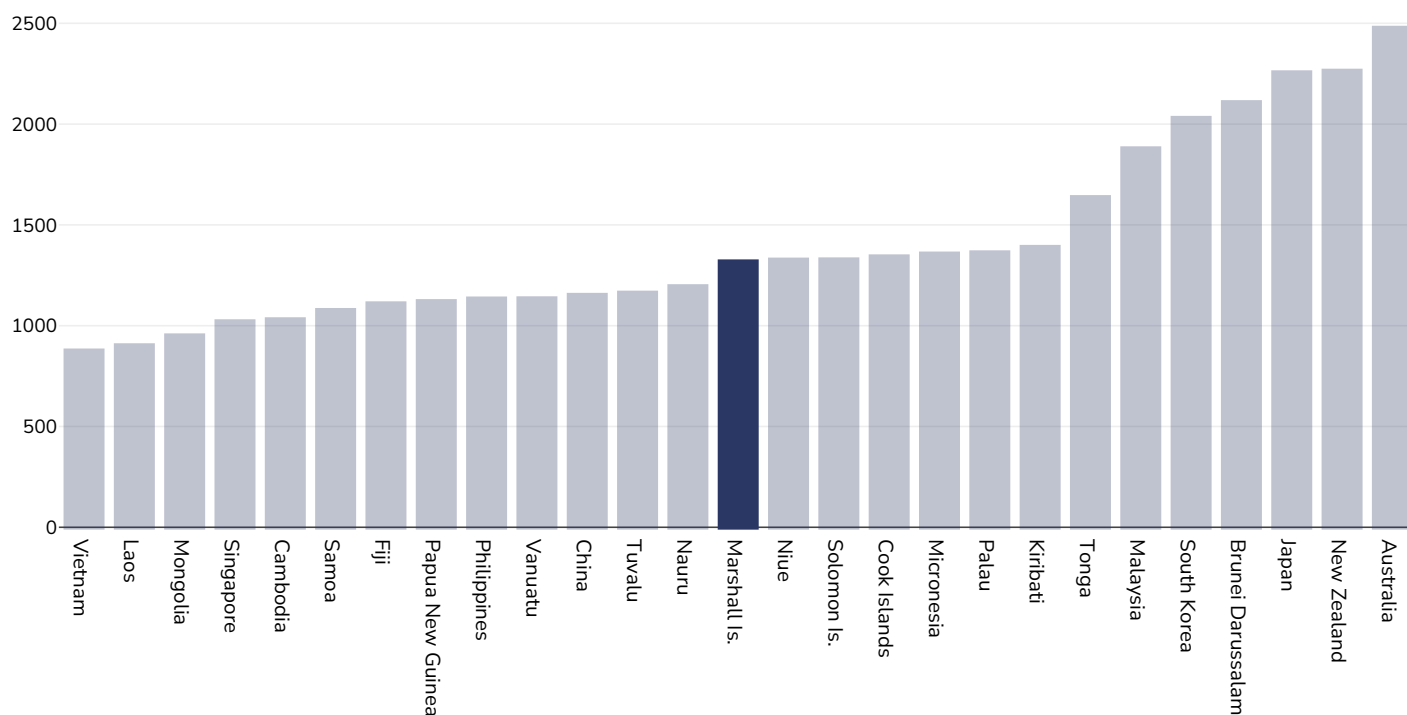
<b>Age:</b>	20+
<b>Area covered:</b>	National
<b>References:</b>	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from <a href="https://vizhub.healthdata.org/gbd-compare/">https://vizhub.healthdata.org/gbd-compare/</a> [Accessed 17.03.26]
<b>Definitions:</b>	Estimated number living with depressive disorders per 100,000 population (20+ years of age)

## Women, 2023



<b>Age:</b>	20+
<b>Area covered:</b>	National
<b>References:</b>	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from <a href="https://vizhub.healthdata.org/gbd-compare/">https://vizhub.healthdata.org/gbd-compare/</a> [Accessed 17.03.26]
<b>Definitions:</b>	Estimated number living with depressive disorders per 100,000 population (20+ years of age)

## Children, 2023



Area covered:

National

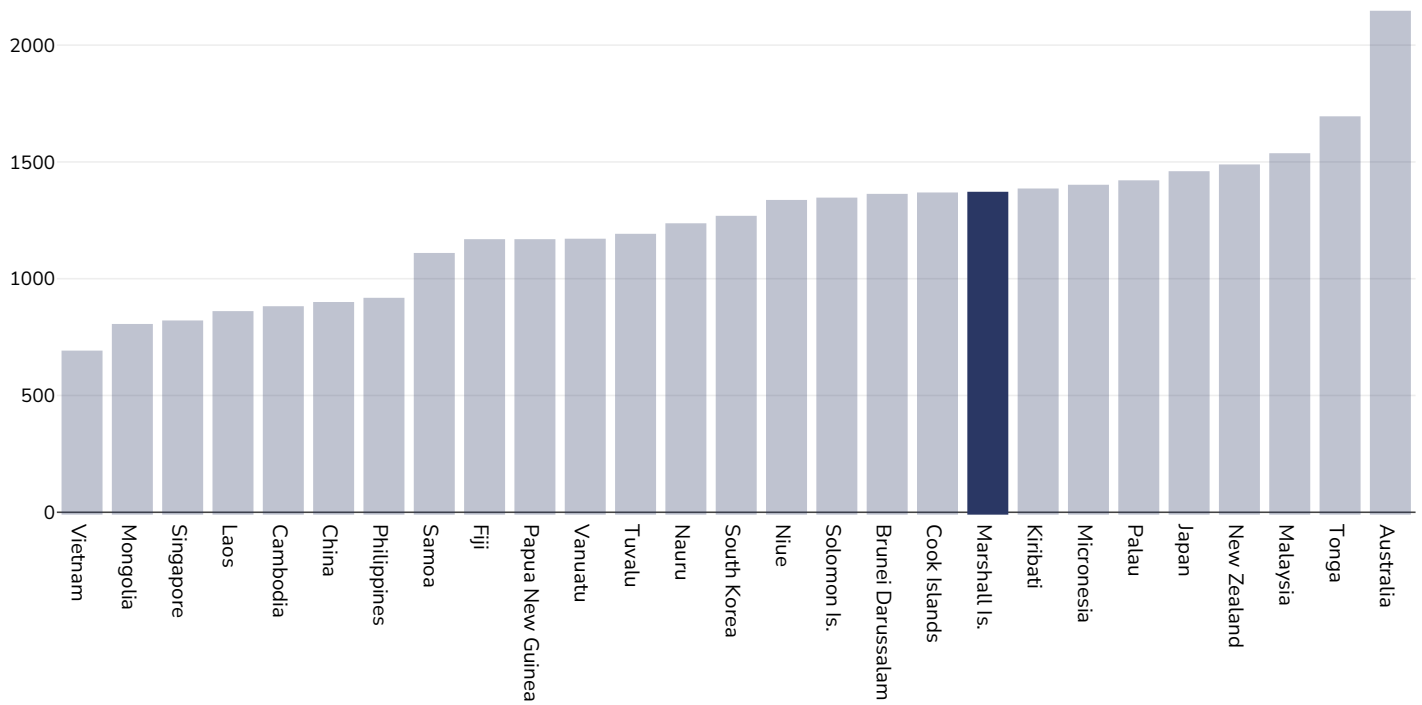
References:

Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from <https://vizhub.healthdata.org/gbd-compare/> [Accessed 17.03.26]

Definitions:

Estimated number living with depressive disorders per 100,000 population (under 20 years of age)

## Boys, 2023



Area covered:

National

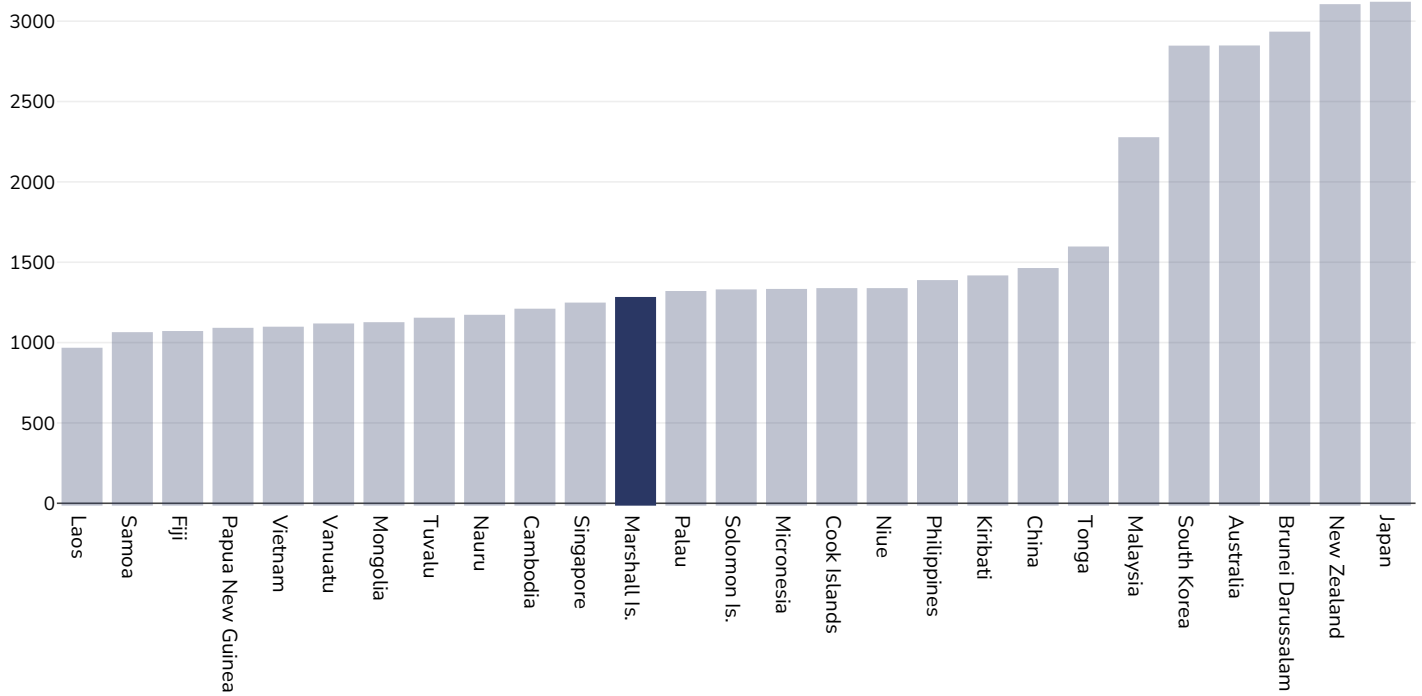
References:

Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from <https://vizhub.healthdata.org/gbd-compare/> [Accessed 17.03.26]

Definitions:

Estimated number living with depressive disorders per 100,000 population (under 20 years of age)

## Girls, 2023



Area covered:

National

References:

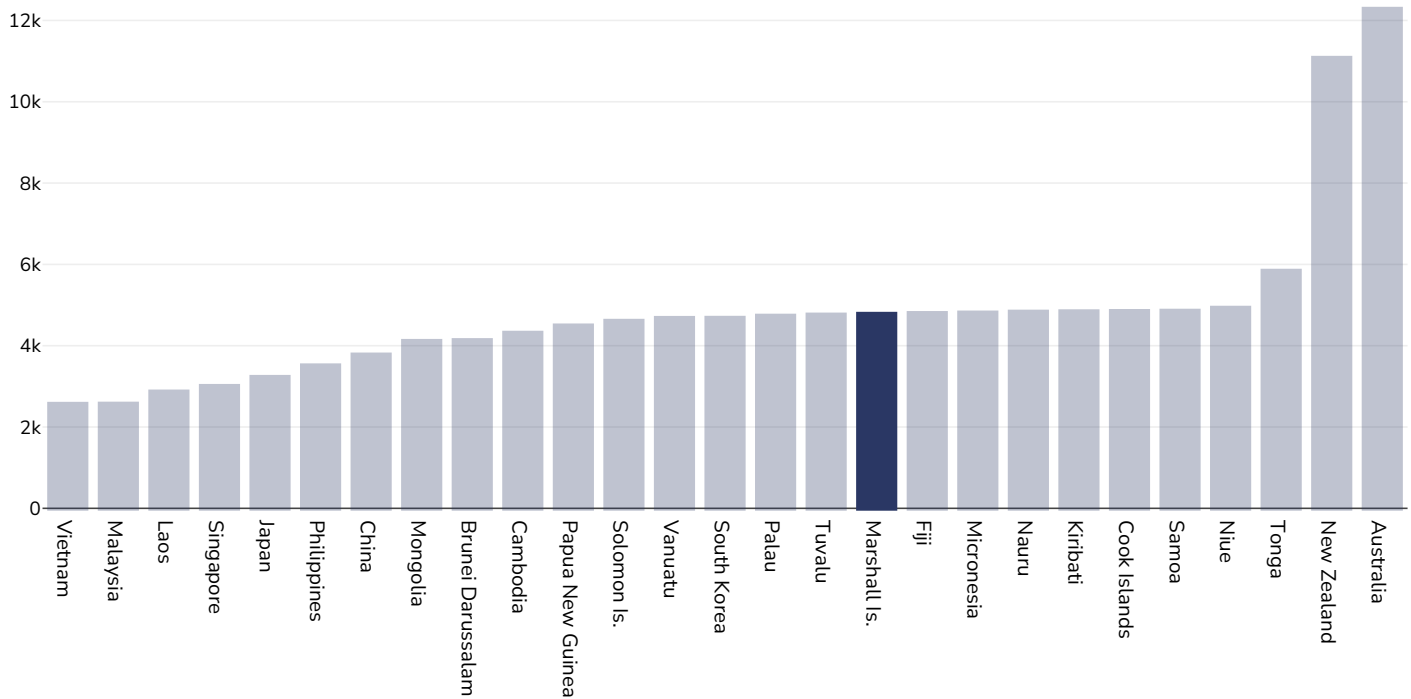
Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from <https://vizhub.healthdata.org/gbd-compare/> [Accessed 17.03.26]

Definitions:

Estimated number living with depressive disorders per 100,000 population (under 20 years of age)

## Mental health - anxiety disorders

### Adults, 2023



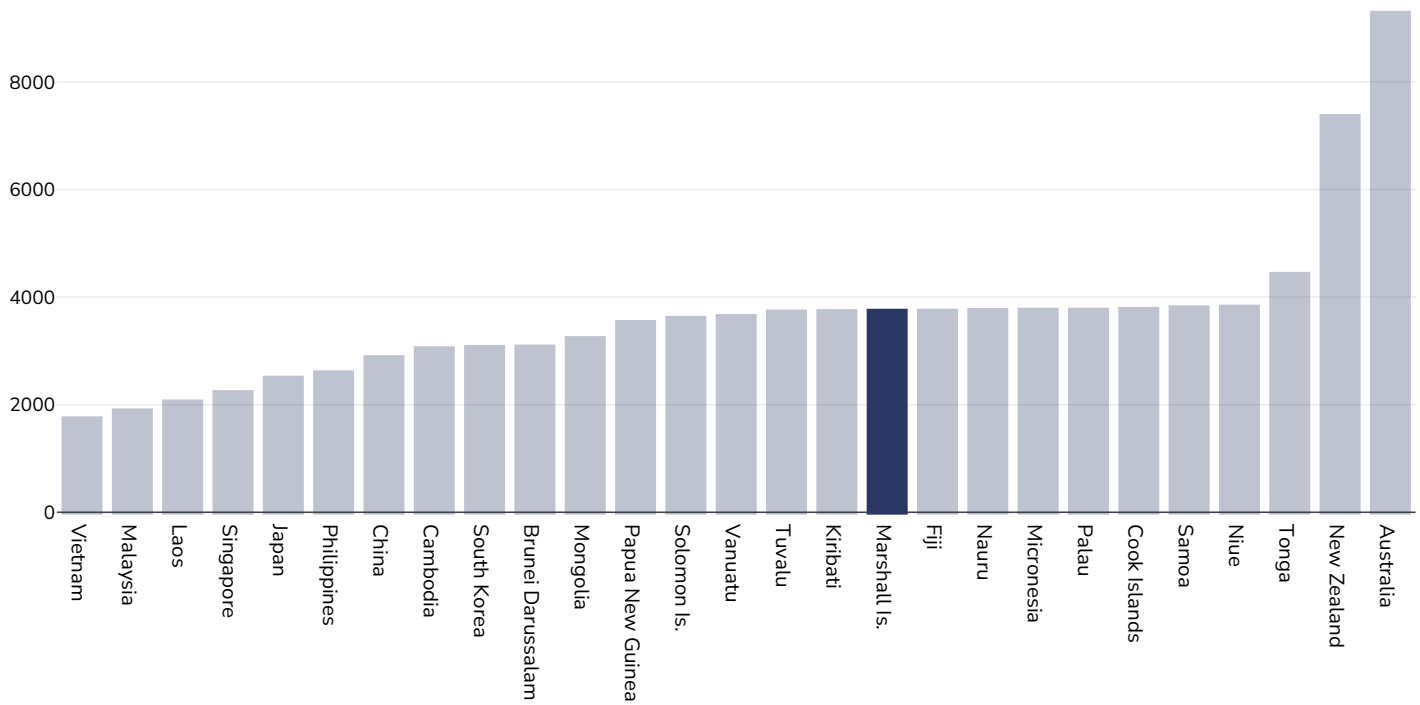
Age: 20+

Area covered: National

References: Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from <https://vizhub.healthdata.org/gbd-compare/> [Accessed 17.03.26]

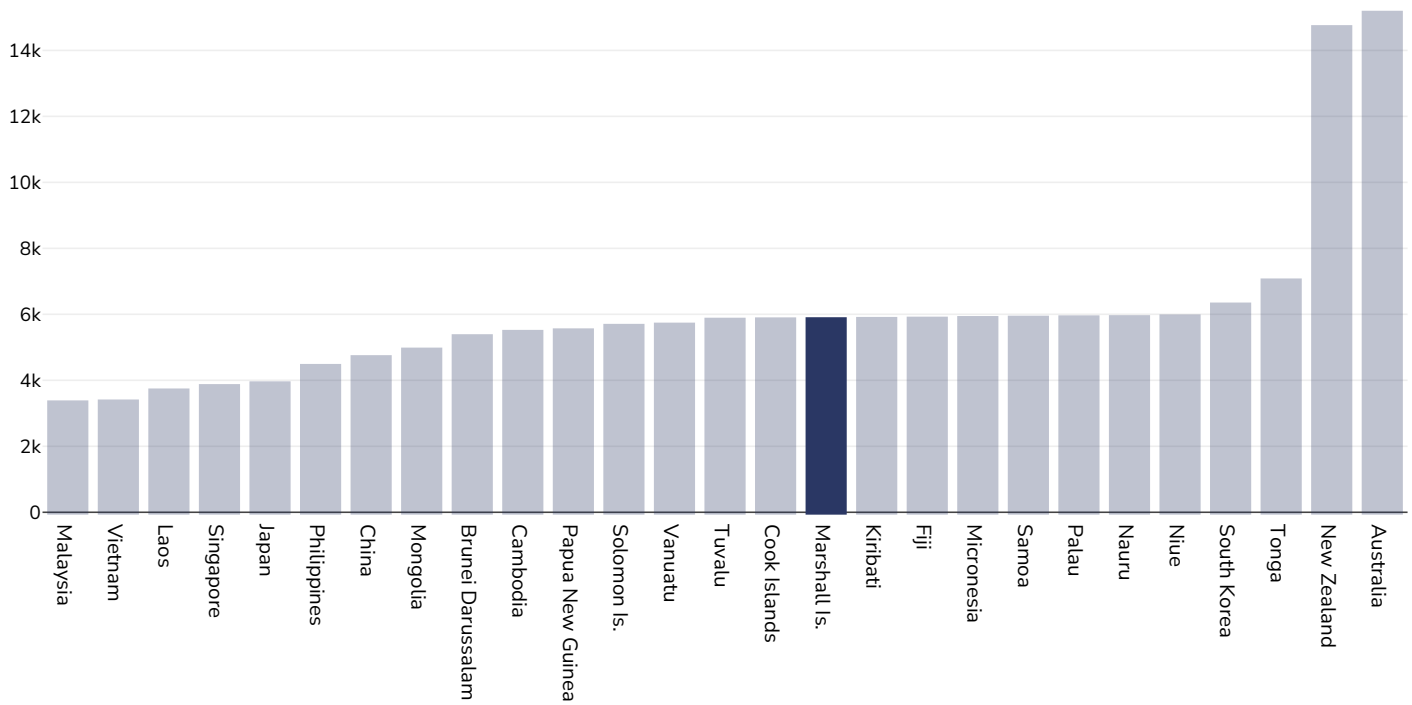
Definitions: Estimated number living with anxiety disorders per 100,000 population (20+ years of age)

**Men, 2023**



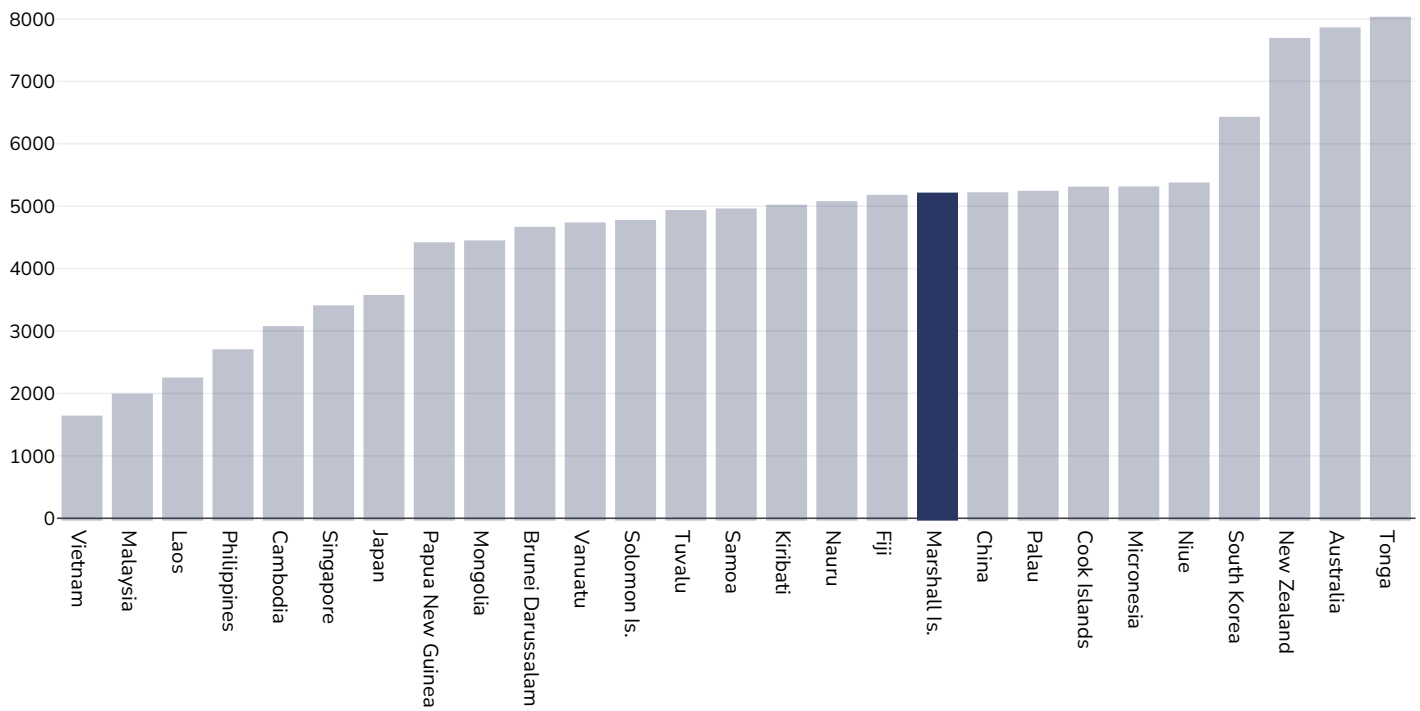
<b>Age:</b>	20+
<b>Area covered:</b>	National
<b>References:</b>	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from <a href="https://vizhub.healthdata.org/gbd-compare/">https://vizhub.healthdata.org/gbd-compare/</a> [Accessed 17.03.26]
<b>Definitions:</b>	Estimated number living with anxiety disorders per 100,000 population (20+ years of age)

## Women, 2023



<b>Age:</b>	20+
<b>Area covered:</b>	National
<b>References:</b>	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from <a href="https://vizhub.healthdata.org/gbd-compare/">https://vizhub.healthdata.org/gbd-compare/</a> [Accessed 17.03.26]
<b>Definitions:</b>	Estimated number living with anxiety disorders per 100,000 population (20+ years of age)

## Children, 2023



Area covered:

National

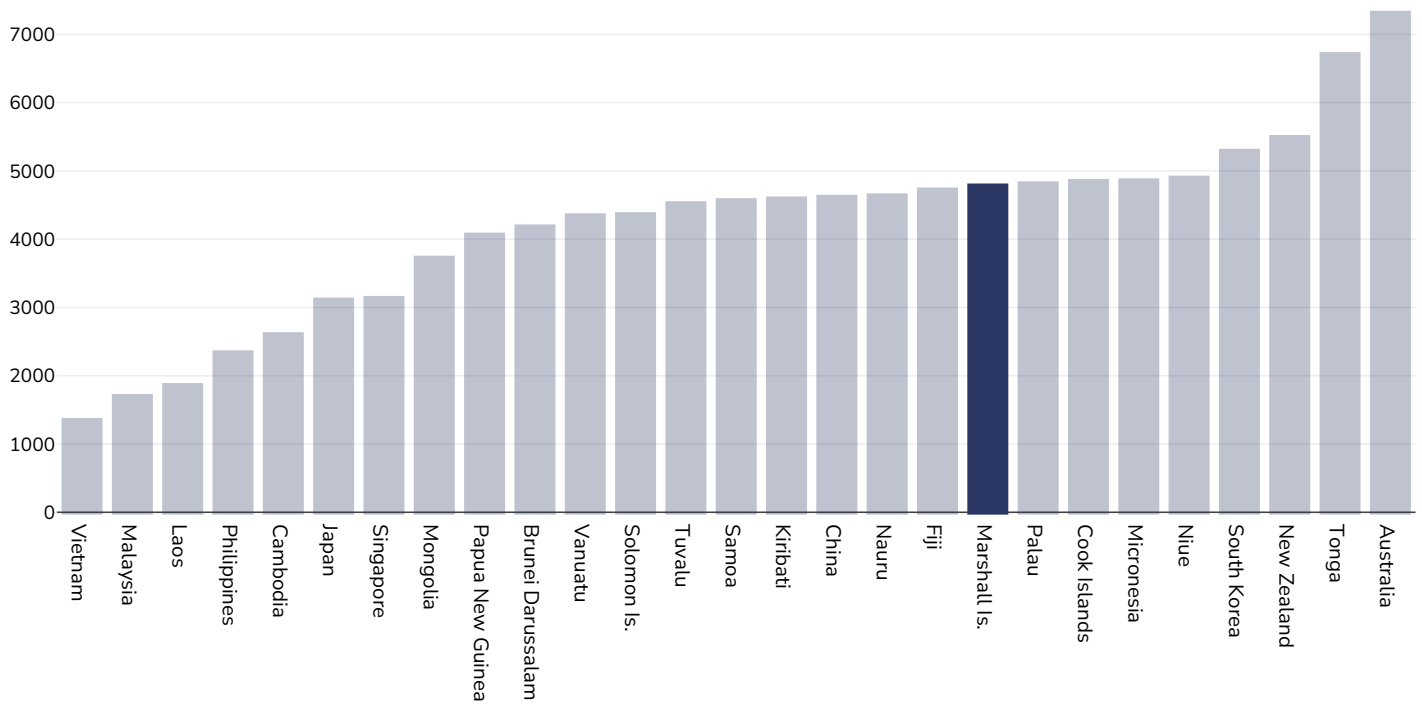
References:

Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from <https://vizhub.healthdata.org/gbd-compare/> [Accessed 17.03.26]

Definitions:

Estimated number living with anxiety disorders per 100,000 population (under 20 years of age)

## Boys, 2023



Area covered:

National

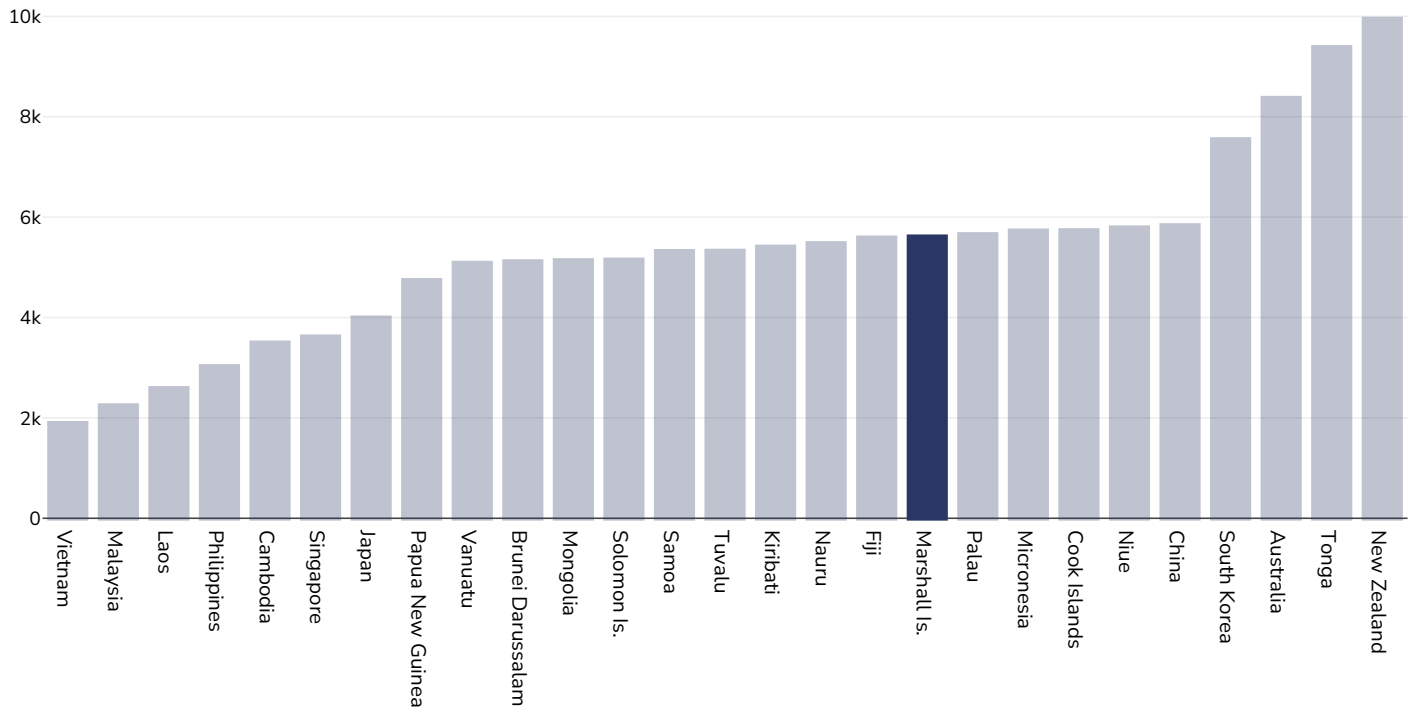
References:

Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from <https://vizhub.healthdata.org/gbd-compare/> [Accessed 17.03.26]

Definitions:

Estimated number living with anxiety disorders per 100,000 population (under 20 years of age)

## Girls, 2023



Area covered:

National

References:

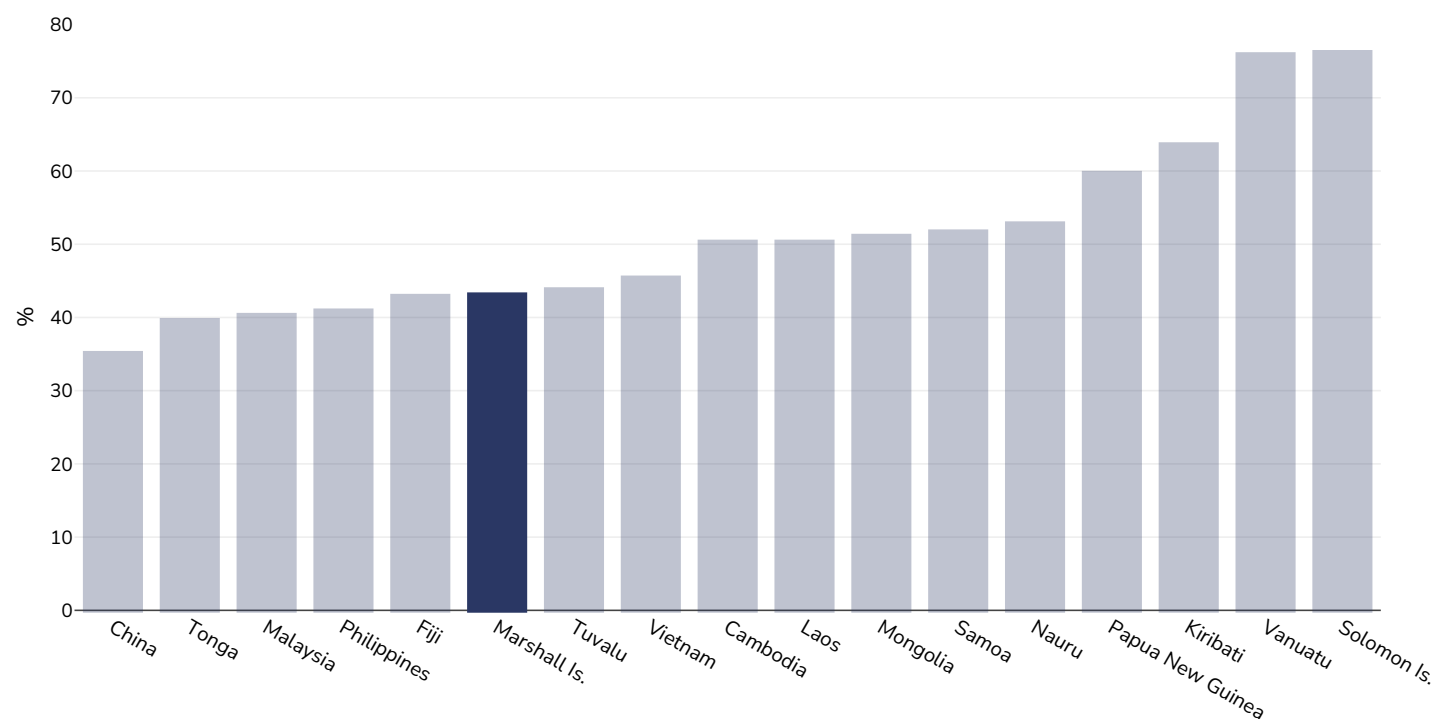
Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from <https://vizhub.healthdata.org/gbd-compare/> [Accessed 17.03.26]

Definitions:

Estimated number living with anxiety disorders per 100,000 population (under 20 years of age)

## % Infants exclusively breastfed 0-5 months

0-5 years, 2015-2023



**Area covered:** National

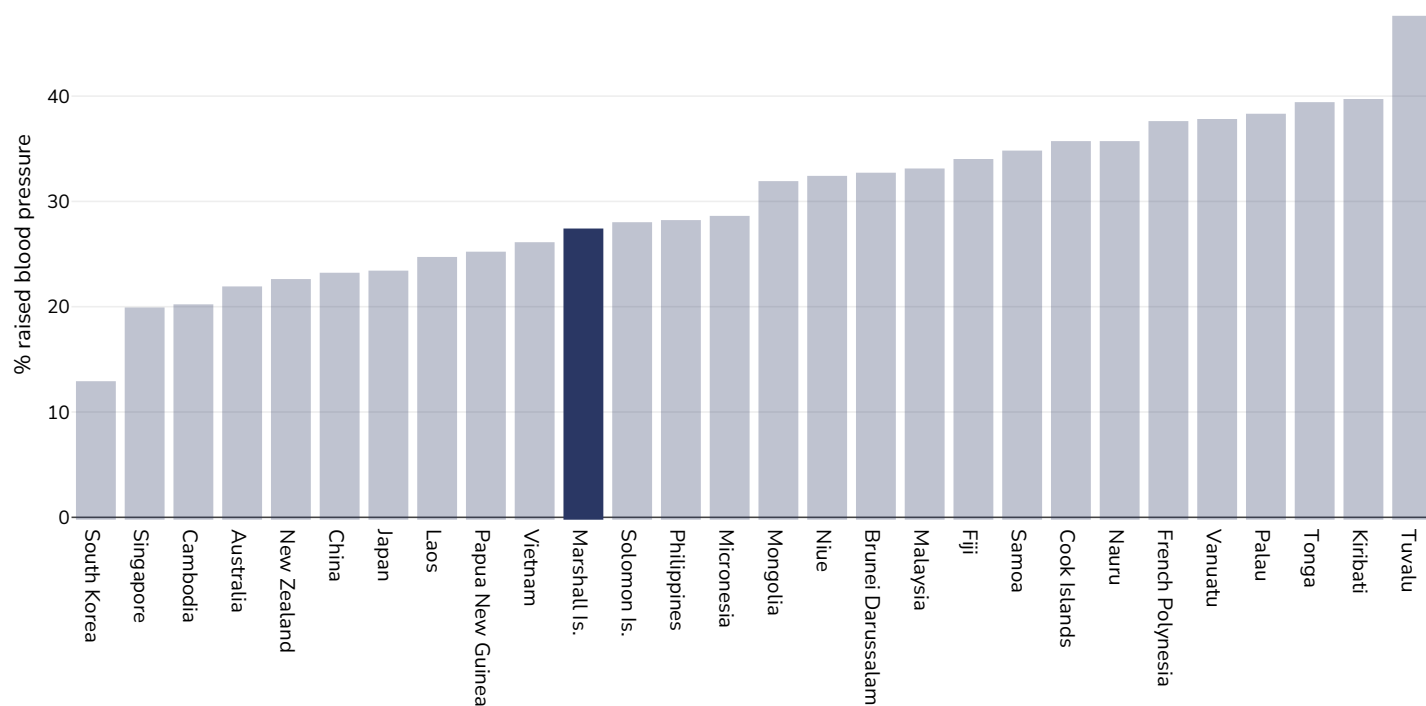
**References:** Republic of the Marshall Islands Integrated Child Health and Nutrition Survey 2017, Final Report. Majuro, Republic of the Marshall Islands: RMI Ministry of Health and Human Services, RMI Economic, Policy Planning and Statistic Office, 2017

**Notes:** Full details available at source: United Nations Children’s Fund, Division of Data, Analysis, Planning and Monitoring (2025). Global UNICEF Global Databases: Infant and Young Child Feeding: Exclusive breastfeeding, New York, November 2025.

**Definitions:** Infants 0-5 months of age who received only breast milk during the previous day. The definition allows for medicines, vitamins and oral re-hydration solution to have been given. These infants would not have received water-based liquids, milk based-liquids or food.

## Raised blood pressure

### Adults, 2019

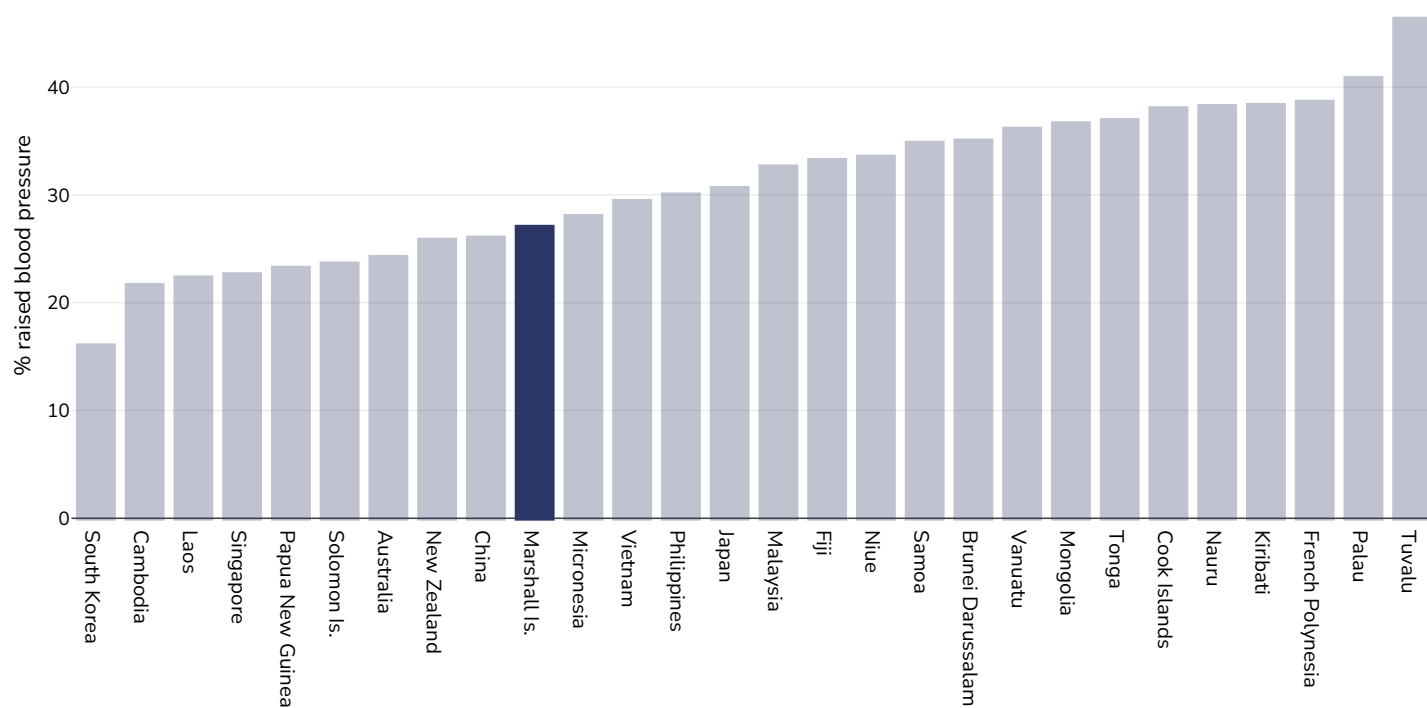


Age: 30-79

References: World Health Organization. 2024. Hypertension: raised blood pressure (uncontrolled hypertension) among adults aged 30-79 years (%). Global Health Observatory. <https://www.who.int/data/gho/data/indicators/indicator-details/GHO/prevalence-raised-blood-pressure-among-adults-30-79-years> [Accessed 16.03.26]

Definitions: Prevalence of raised blood pressure (defined as having systolic blood pressure  $\geq 140$  mmHg or diastolic blood pressure  $\geq 90$  mmHg) among adults aged 30-79.

## Men, 2019

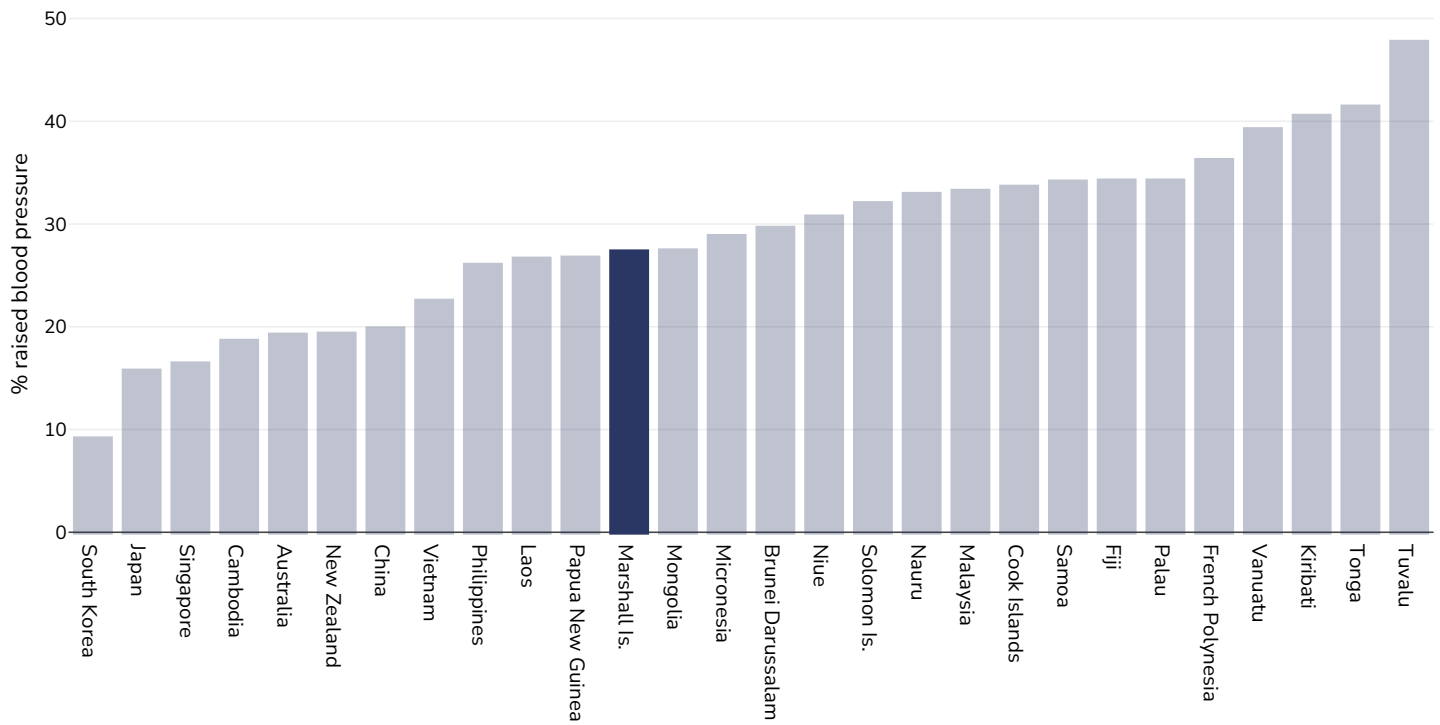


Age: 30-79

References: World Health Organization. 2024. Hypertension: raised blood pressure (uncontrolled hypertension) among adults aged 30-79 years (%). Global Health Observatory. <https://www.who.int/data/gho/data/indicators/indicator-details/GHO/prevalence-raised-blood-pressure-among-adults-30-79-years> [Accessed 16.03.26]

Definitions: Prevalence of raised blood pressure (defined as having systolic blood pressure  $\geq 140$  mmHg or diastolic blood pressure  $\geq 90$  mmHg) among adults aged 30-79.

## Women, 2019



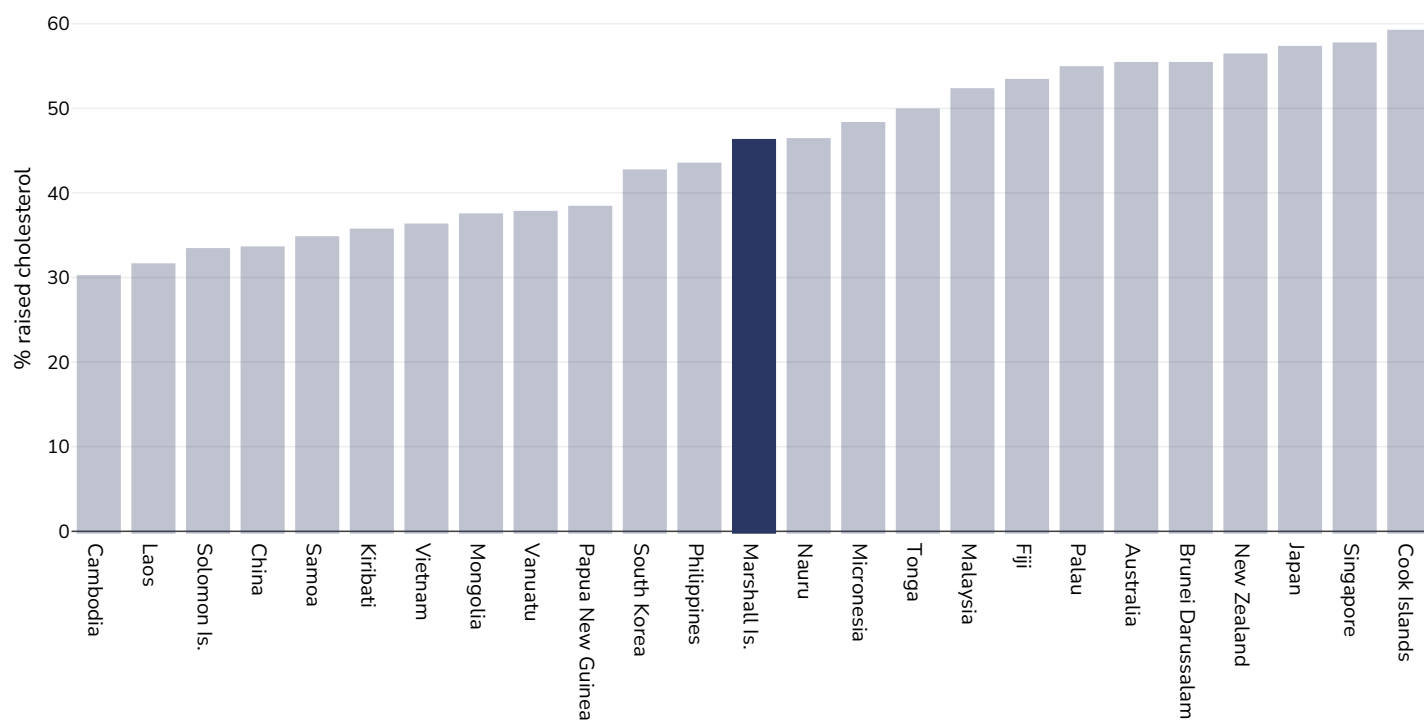
Age: 30-79

References: World Health Organization. 2024. Hypertension: raised blood pressure (uncontrolled hypertension) among adults aged 30-79 years (%). Global Health Observatory. <https://www.who.int/data/gho/data/indicators/indicator-details/GHO/prevalence-raised-blood-pressure-among-adults-30-79-years> [Accessed 16.03.26]

Definitions: Prevalence of raised blood pressure (defined as having systolic blood pressure  $\geq 140$  mmHg or diastolic blood pressure  $\geq 90$  mmHg) among adults aged 30-79.

## Raised cholesterol

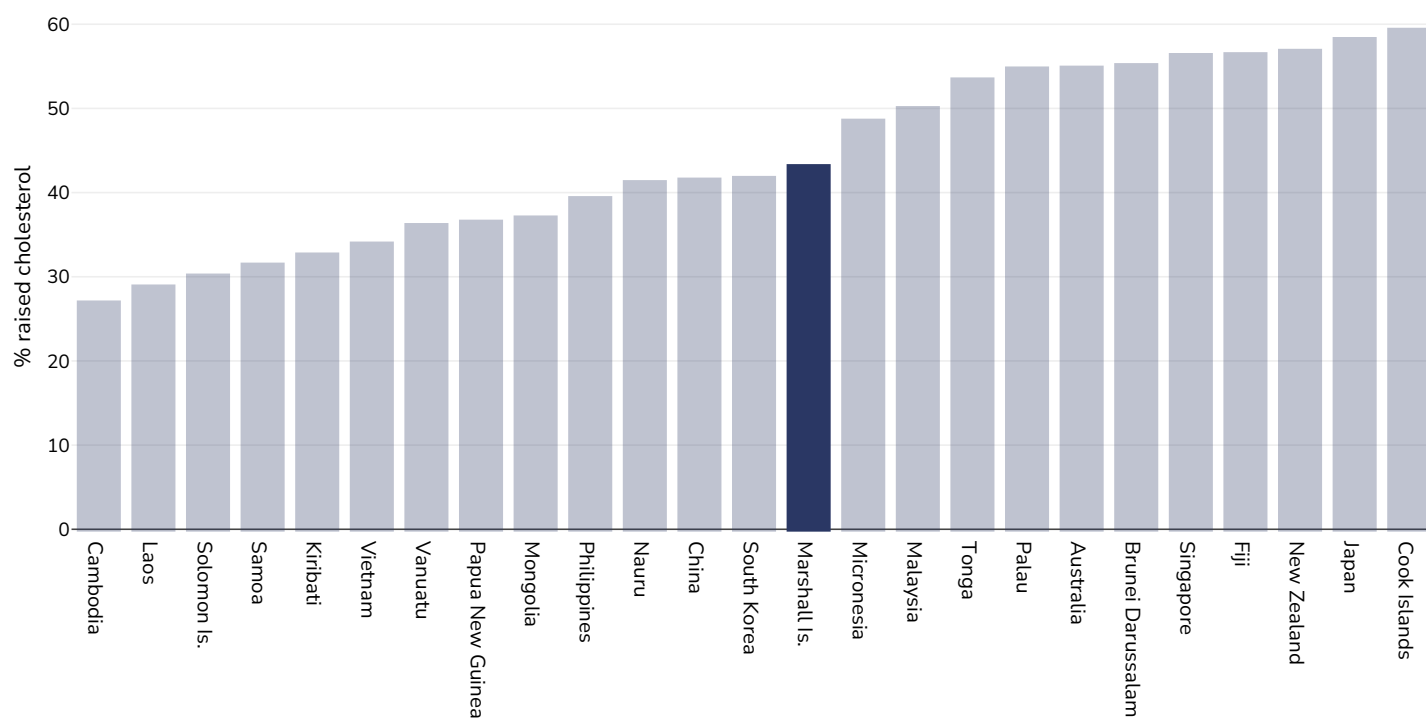
### Adults, 2008



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

**Definitions:** % Raised total cholesterol ( $\geq 5.0$  mmol/L) (age-standardized estimate).

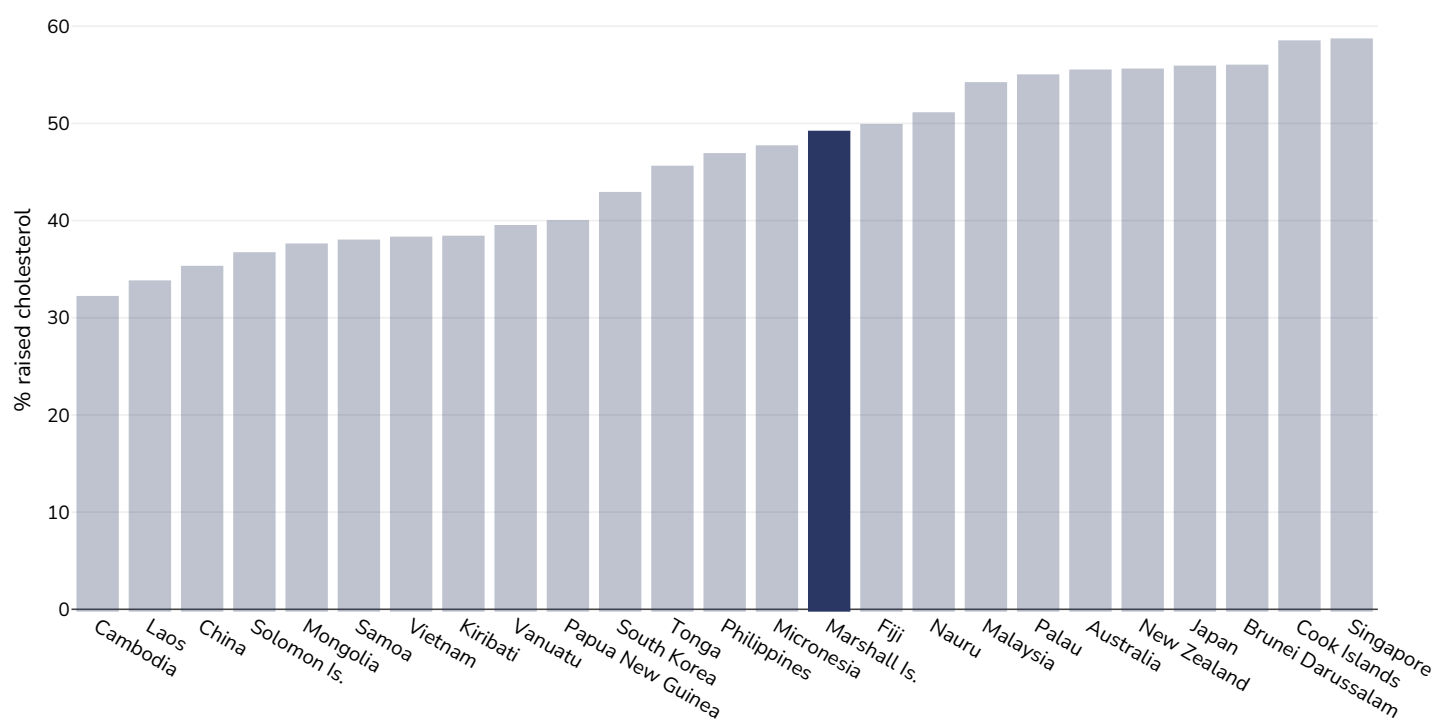
## Men, 2008



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

**Definitions:** % Raised total cholesterol ( $\geq 5.0$  mmol/L) (age-standardized estimate).

## Women, 2008

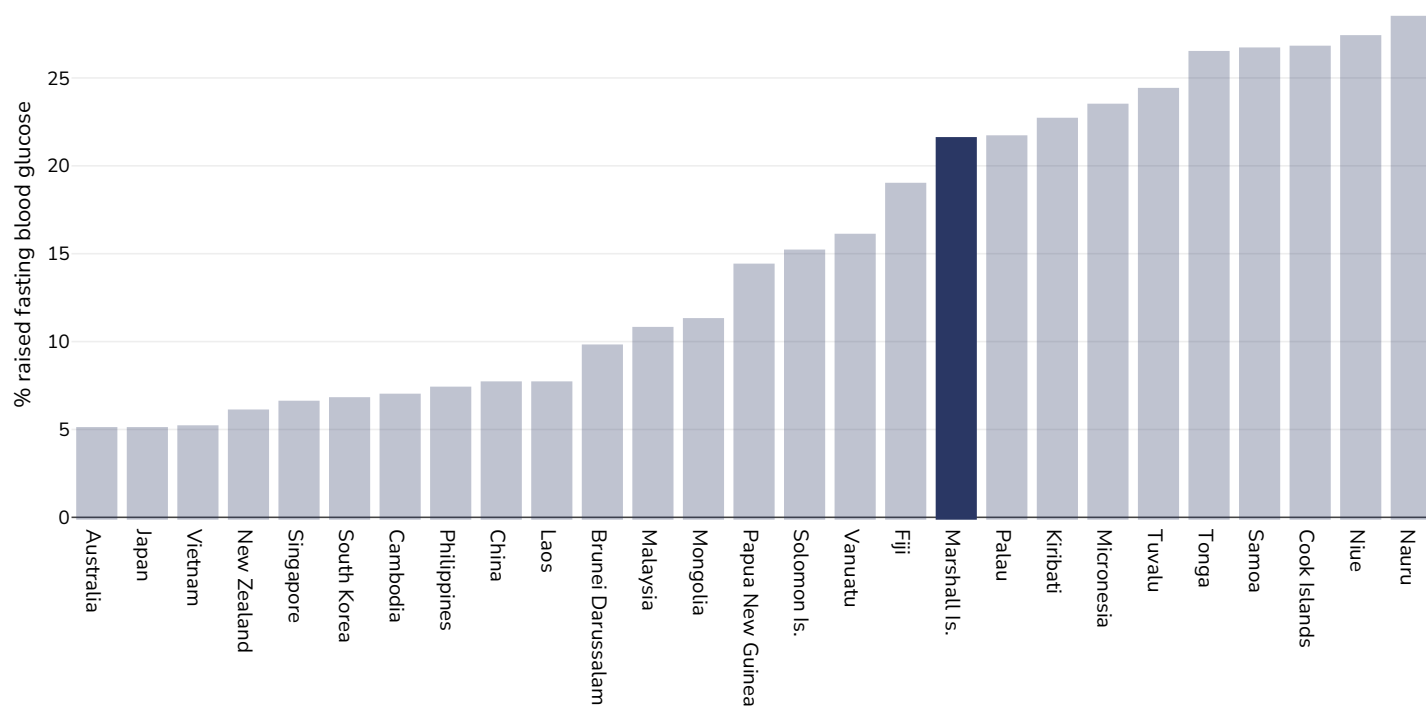


**References:** Global Health Observatory data repository, World Health Organisation, <http://apps.who.int/gho/data/node.main.A885>

**Definitions:** % Raised total cholesterol ( $\geq 5.0$  mmol/L) (age-standardized estimate).

## Raised fasting blood glucose

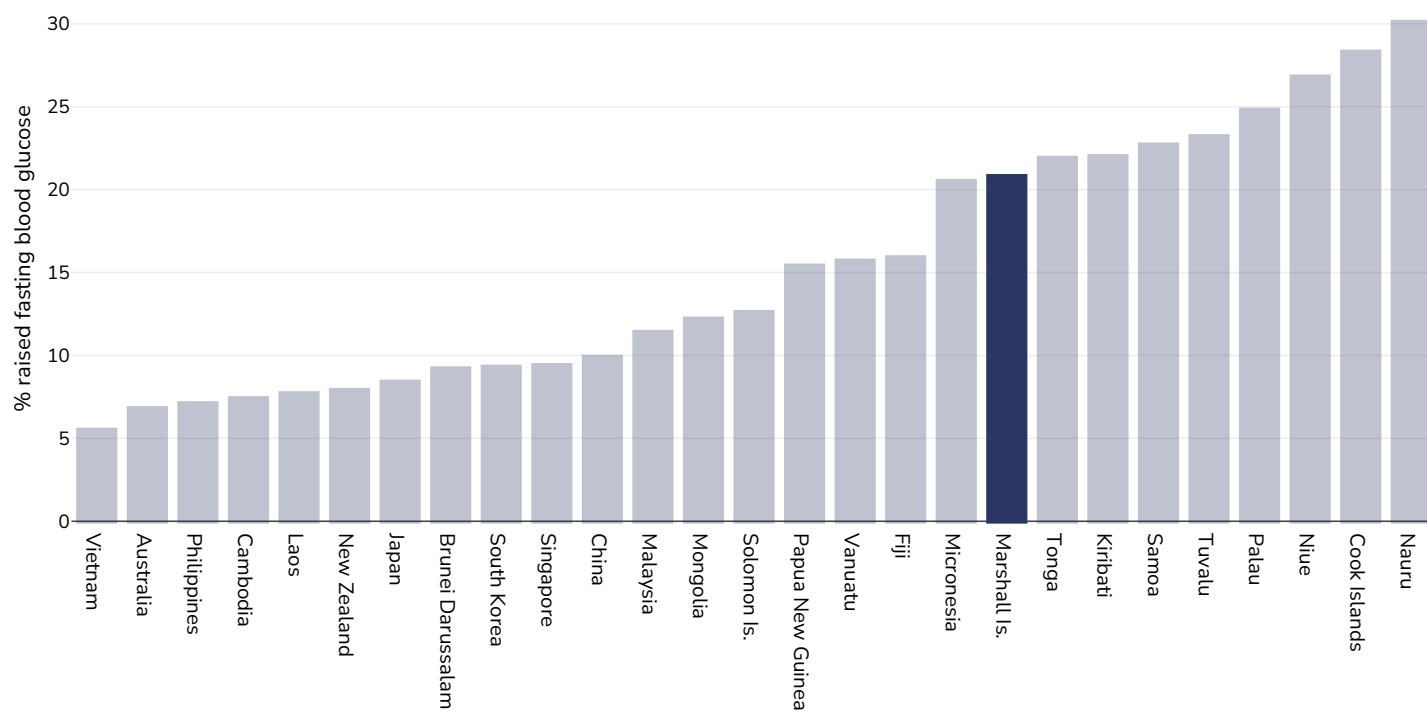
Men, 2014



**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 ( $\geq 7.0$  mmol/L or on medication).

## Women, 2014

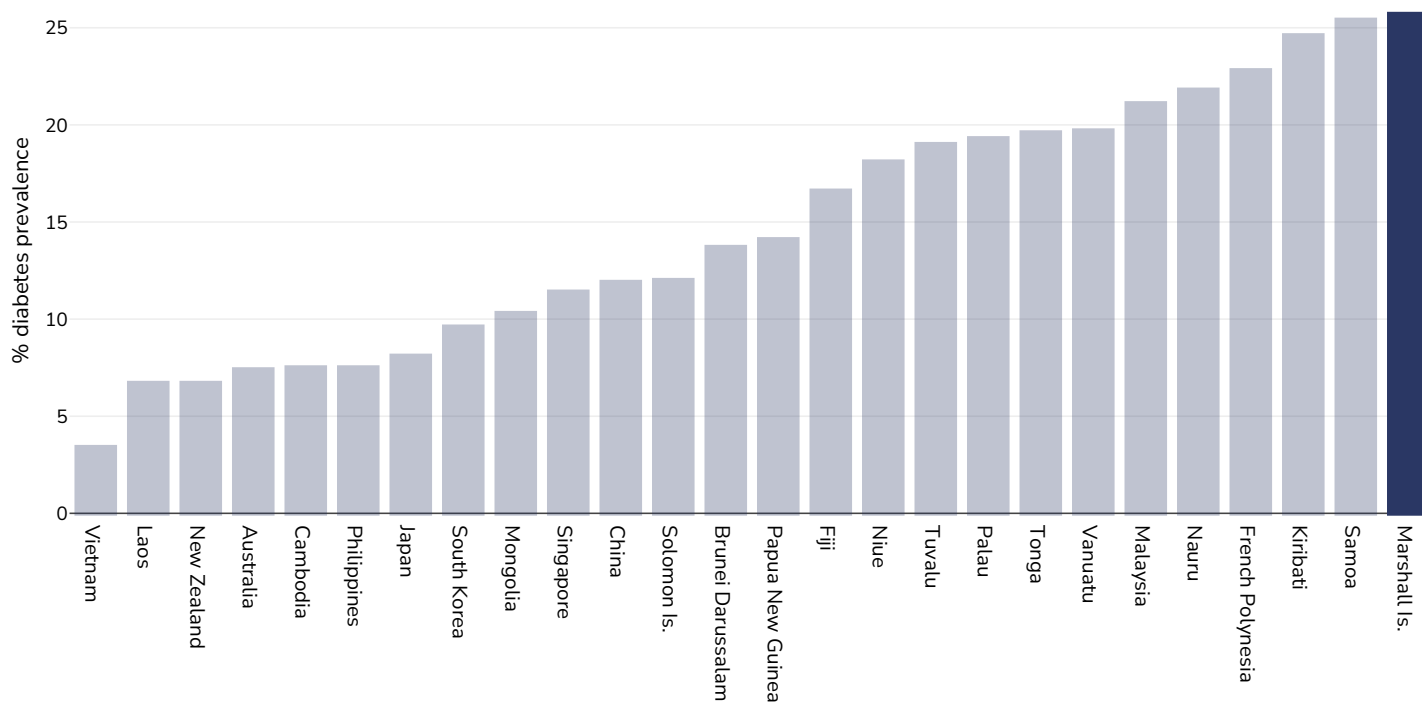


**References:** Global Health Observatory data repository, World Health Organisation, <http://apps.who.int/gho/data/node.main.A869?lang=en>

**Definitions:** Age Standardised % raised fasting blood glucose ( $\geq 7.0$  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>

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