

Report card

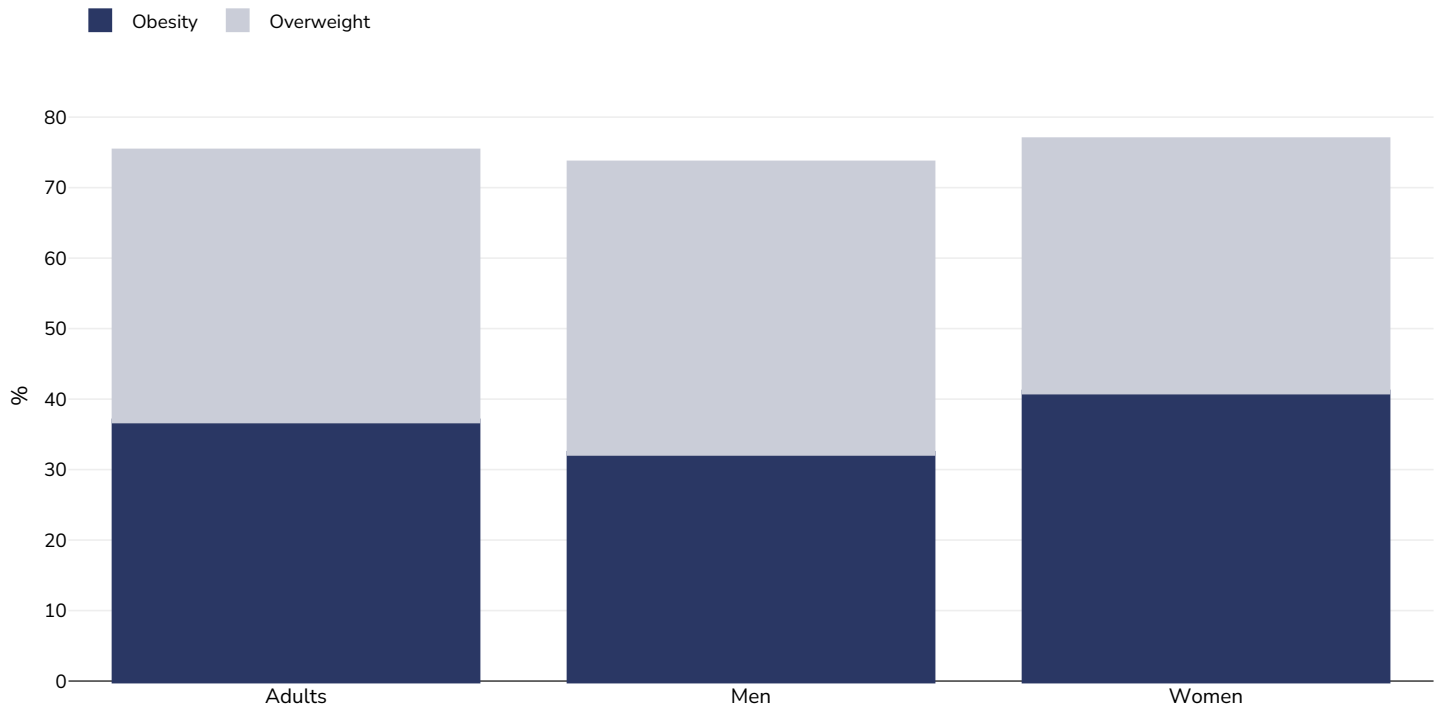
Mexico



Contents	Page
Obesity prevalence	2
Trend: % Children living with overweight or obesity, 2012-2021	5
Trend: % Children living with overweight or obesity, 2012-2021	9
Trend: % Adults living with obesity, 1992-2022	11
Trend: % Adults living with overweight or obesity, 1992-2022	18
Trend: % Adults living with obesity, selected countries, 1960-2022	25
Overweight/obesity by education	30
Overweight/obesity by age	32
Overweight/obesity by region	34
Overweight/obesity by socio-economic group	39
Insufficient physical activity	42
Estimated per capita fruit intake	48
Estimated per-capita processed meat intake	49
Estimated per capita whole grains intake	50
Mental health - depression disorders	51
Mental health - anxiety disorders	52
% Infants exclusively breastfed 0-5 months	53
Oesophageal cancer	54
Breast cancer	56
Colorectal cancer	57
Pancreatic cancer	59
Gallbladder cancer	61
Kidney cancer	63
Cancer of the uterus	65
Raised blood pressure	66
Raised cholesterol	69
Raised fasting blood glucose	72
Diabetes prevalence	74
Contextual factors	75

Obesity prevalence

Adults, 2022

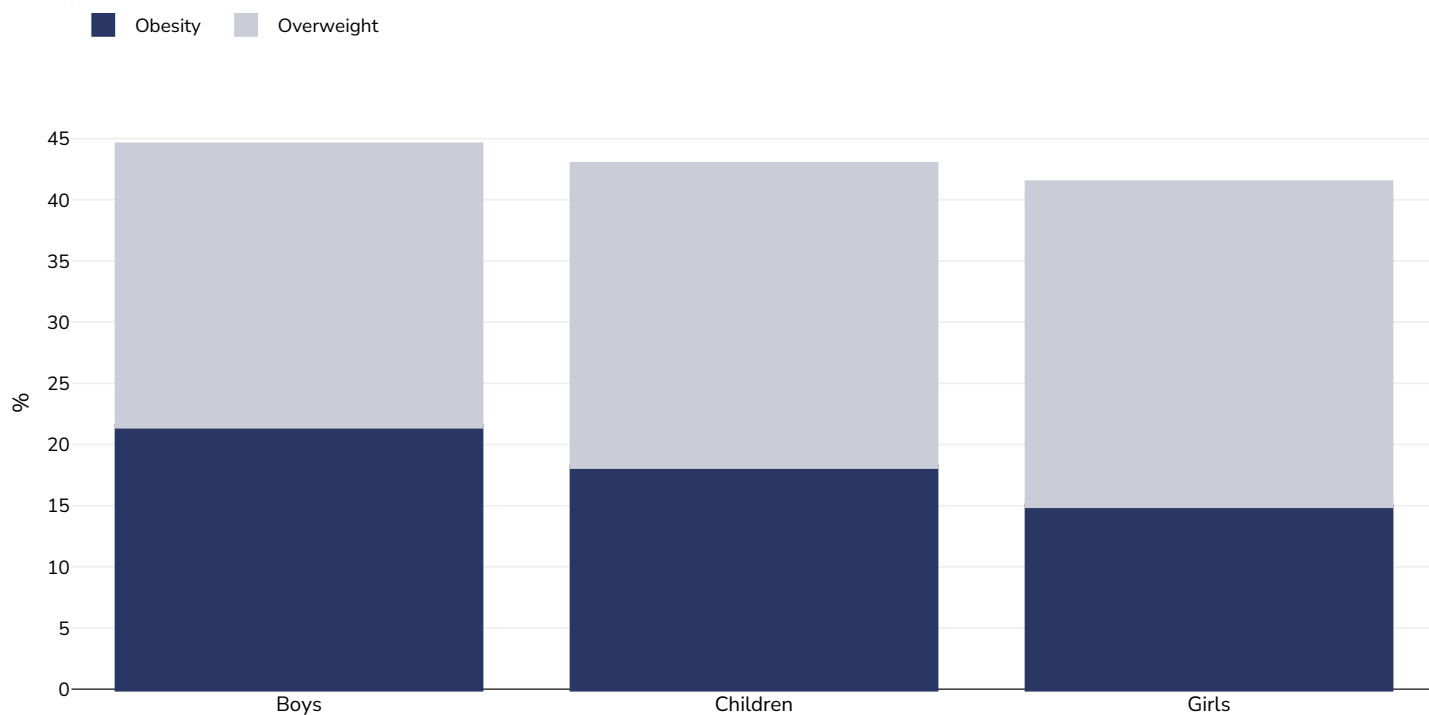


Survey type:	Measured
Age:	20+
Sample size:	8563
Area covered:	National

References: Campos-Nonato I, Galván-Valencia O, Hernández-Barrera L, Oviedo-Solís C, Barquera S. Prevalence of obesity and associated risk factors in Mexican adults: results of the Ensanut 2022. *Salud Publica Mex.* 2023;65(supl 1): S238-S247. <https://doi.org/10.21149/14809>. Available at <https://saludpublica.mx/index.php/spm/article/view/14809/12424> (last accessed 11.12.23)

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

Children, 2021



Survey type: Measured

Age: 12-19

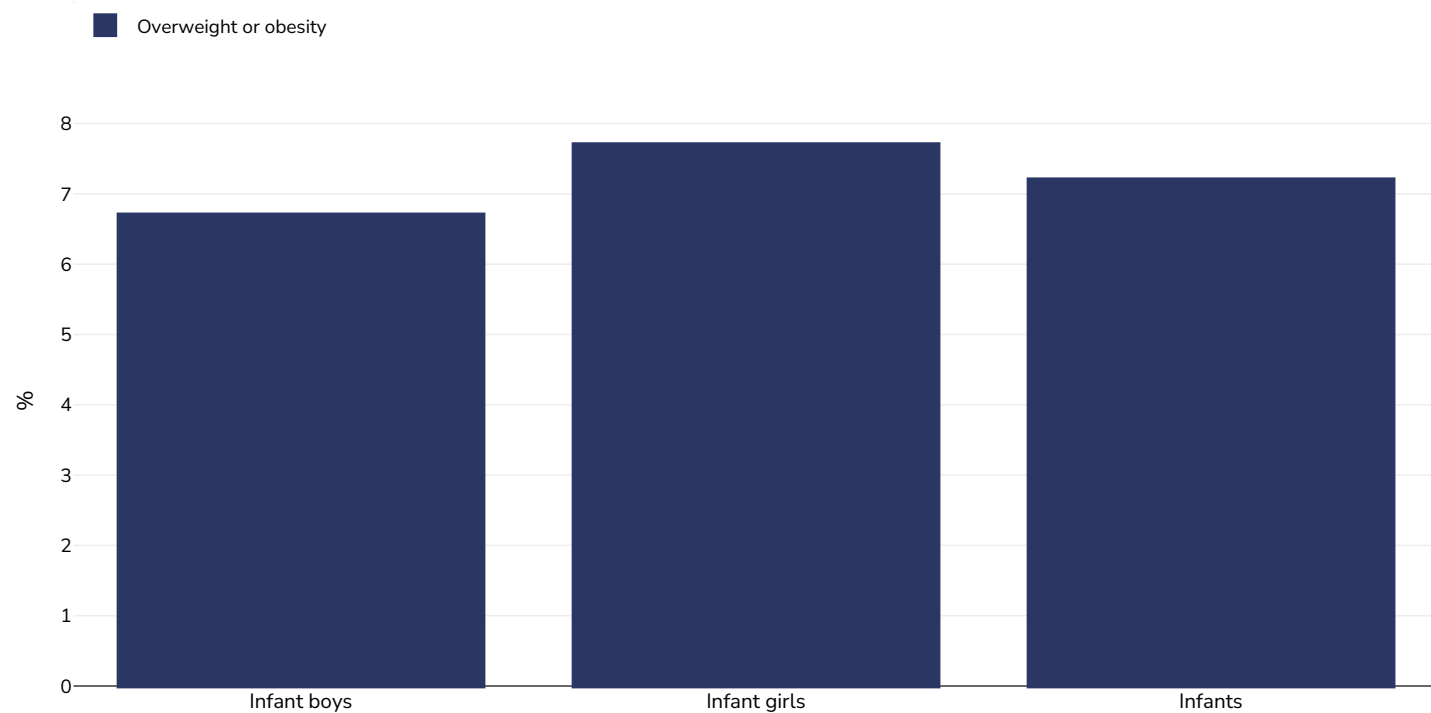
Sample size: 2230

Area covered: National

References: Shamah-Levy T, Romero-Martínez M, Barrientos-Gutiérrez T, Cuevas-Nasu L, Bautista-Arredondo S, Colchero MA, Gaona-Pineda EB, Lazcano-Ponce E, Martínez-Barnetche J, Alpuche-Arana C, Rivera-Dommarco J. Encuesta Nacional de Salud y Nutrición 2021 sobre Covid-19. Resultados nacionales. Cuernavaca, México: Instituto Nacional de Salud Pública, 2022. <https://ensanut.insp.mx/encuestas/ensanutcontinua2021/informes.php> (Accessed 03.01.2023)

Cutoffs: WHO 2007

Infants, 2021



Age: 0-5

Sample size: 9771967

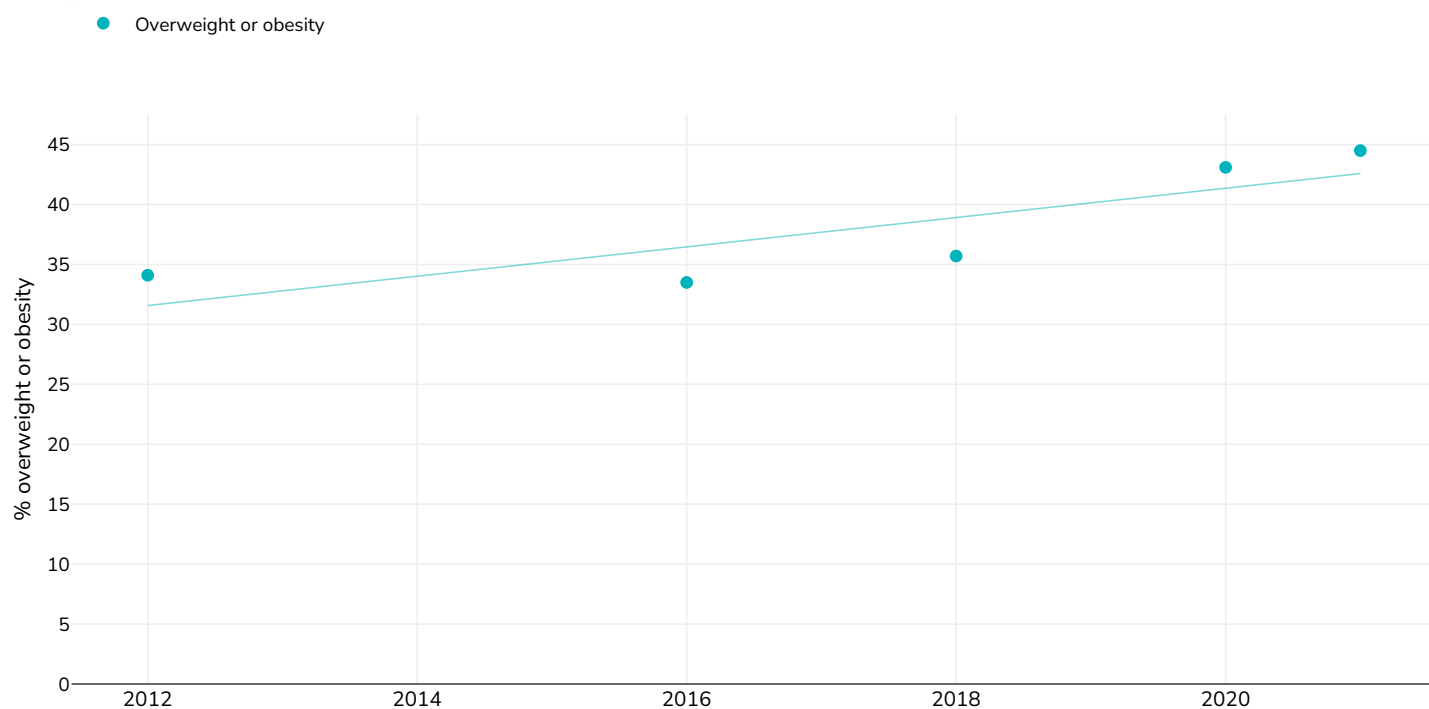
References: Other: Encuesta Nacional de Salud y Nutrición Continua, Mexico 2021

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

% Children living with overweight or obesity, 2012-2021

Boys



Survey type: Measured

References:

2012: ENSANUT 2012, <https://ensanut.insp.mx/encuestas/ensanut2012/doctos/informes/ENSANUT2012ResultadosNacionales.pdf> (Accessed 15.12.20)

2016: Shamah-Levy T, Cuevas-Nasu L, Gaona-Pineda EB, Gómez-Acosta LM, Morales-Ruán MC, Hernández-Ávila M, Rivera-Dommarco JA. Overweight and obesity in children and adolescents, 2016 Halfway National Health and Nutrition Survey update. *Salud Publica Mex* 2018;60:244-253.

2018: Encuesta Nacional de Salud y Nutrición 2018. <https://ensanut.insp.mx/encuestas/ensanut2018/informes.php> (Accessed 15.12.20)

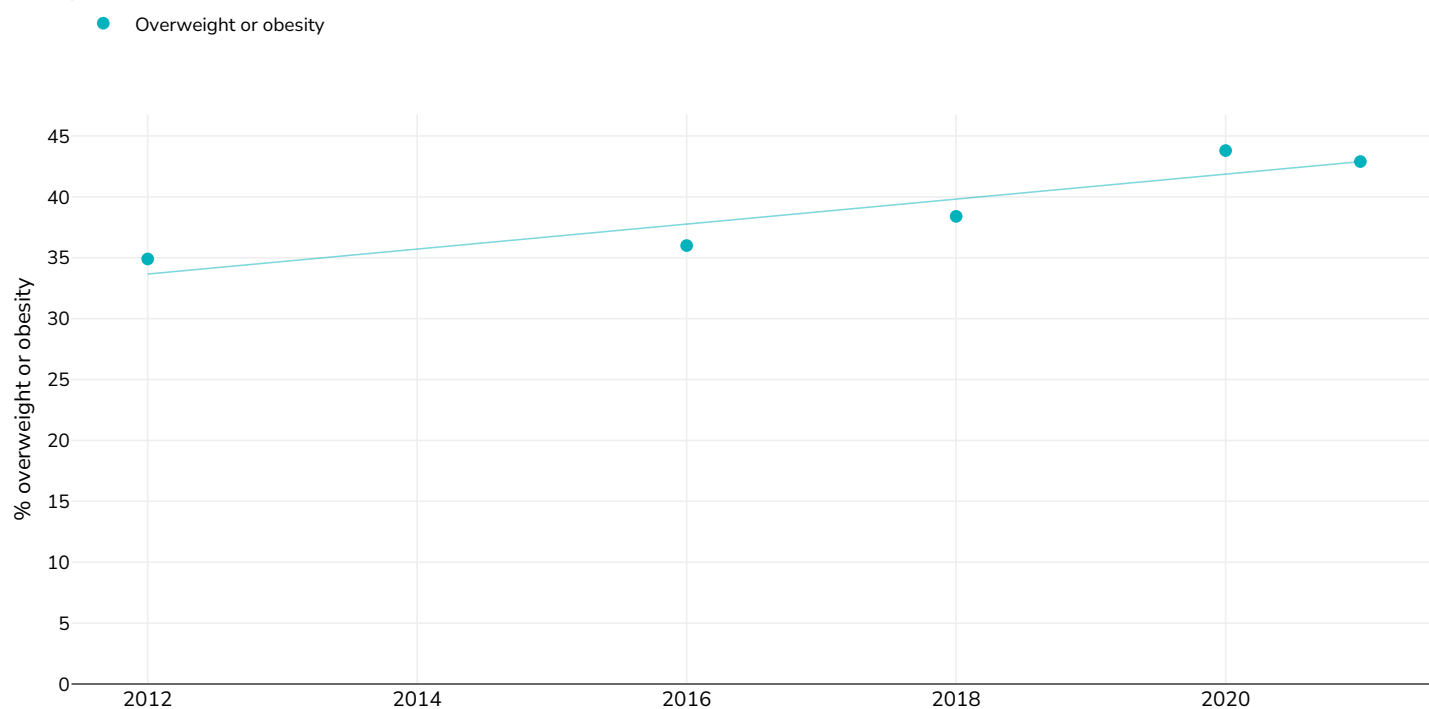
2020: Shamah-Levy T, Romero-Martínez M, Barrientos-Gutiérrez T, Cuevas-Nasu L, Bautista-Arredondo S, Colchero MA, Gaona-Pineda EB, Lazcano-Ponce E, Martínez-Barnette J, Alpuche-Arana C, Rivera-Dommarco J. Encuesta Nacional de Salud y Nutrición 2020 sobre Covid-19. Resultados nacionales. Cuernavaca, México: Instituto Nacional de Salud Pública, 2021. <https://ensanut.insp.mx/encuestas/ensanutcontinua2020/doctos/informes/ensanutCovid19ResultadosNacionales.pdf> (Accessed 11.01.2022)

2021: Shamah-Levy T, Romero-Martínez M, Barrientos-Gutiérrez T, Cuevas-Nasu L, Bautista-Arredondo S, Colchero MA, Gaona-Pineda EB, Lazcano-Ponce E, Martínez-Barnette J, Alpuche-Arana C, Rivera-Dommarco J. Encuesta Nacional de Salud y Nutrición 2021 sobre Covid-19. Resultados nacionales. Cuernavaca, México: Instituto Nacional de Salud Pública, 2022. <https://ensanut.insp.mx/encuestas/ensanutcontinua2021/informes.php> (Accessed 03.01.2023)

Notes: Aged 12-19

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Boys and girls



Survey type: Measured

References:

2012: ENSANUT 2012, <https://ensanut.insp.mx/encuestas/ensanut2012/doctos/informes/ENSANUT2012ResultadosNacionales.pdf> (Accessed 15.12.20)

2016: Shamah-Levy T, Cuevas-Nasu L, Gaona-Pineda EB, Gómez-Acosta LM, Morales-Ruán MC, Hernández-Ávila M, Rivera-Dommarco JA. Overweight and obesity in children and adolescents, 2016 Halfway National Health and Nutrition Survey update. *Salud Publica Mex* 2018;60:244-253.

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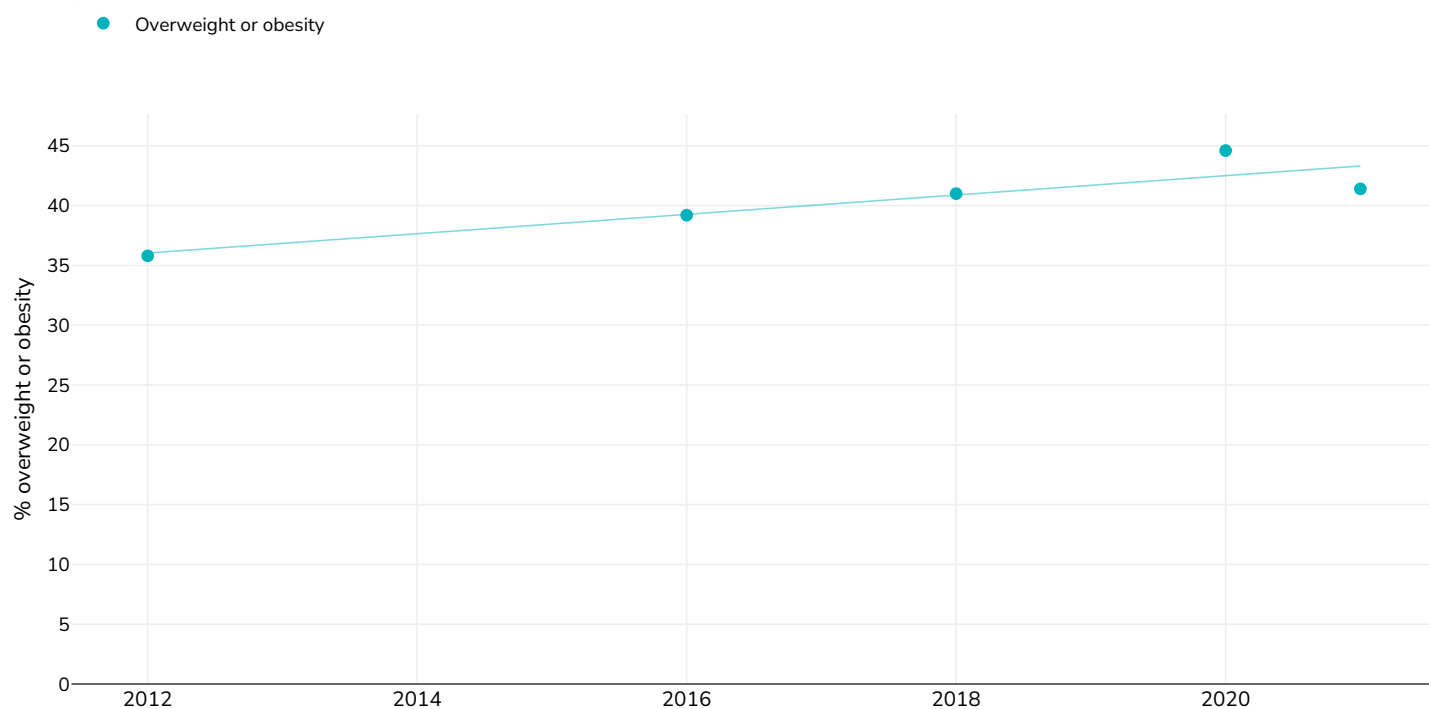
2020: Shamah-Levy T, Romero-Martínez M, Barrientos-Gutiérrez T, Cuevas-Nasu L, Bautista-Arredondo S, Colchero MA, Gaona-Pineda EB, Lazcano-Ponce E, Martínez-Barnette J, Alpuche-Arana C, Rivera-Dommarco J. Encuesta Nacional de Salud y Nutrición 2020 sobre Covid-19. Resultados nacionales. Cuernavaca, México: Instituto Nacional de Salud Pública, 2021. <https://ensanut.insp.mx/encuestas/ensanutcontinua2020/doctos/informes/ensanutCovid19ResultadosNacionales.pdf> (Accessed 11.01.2022)

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Girls



Survey type: Measured

References:

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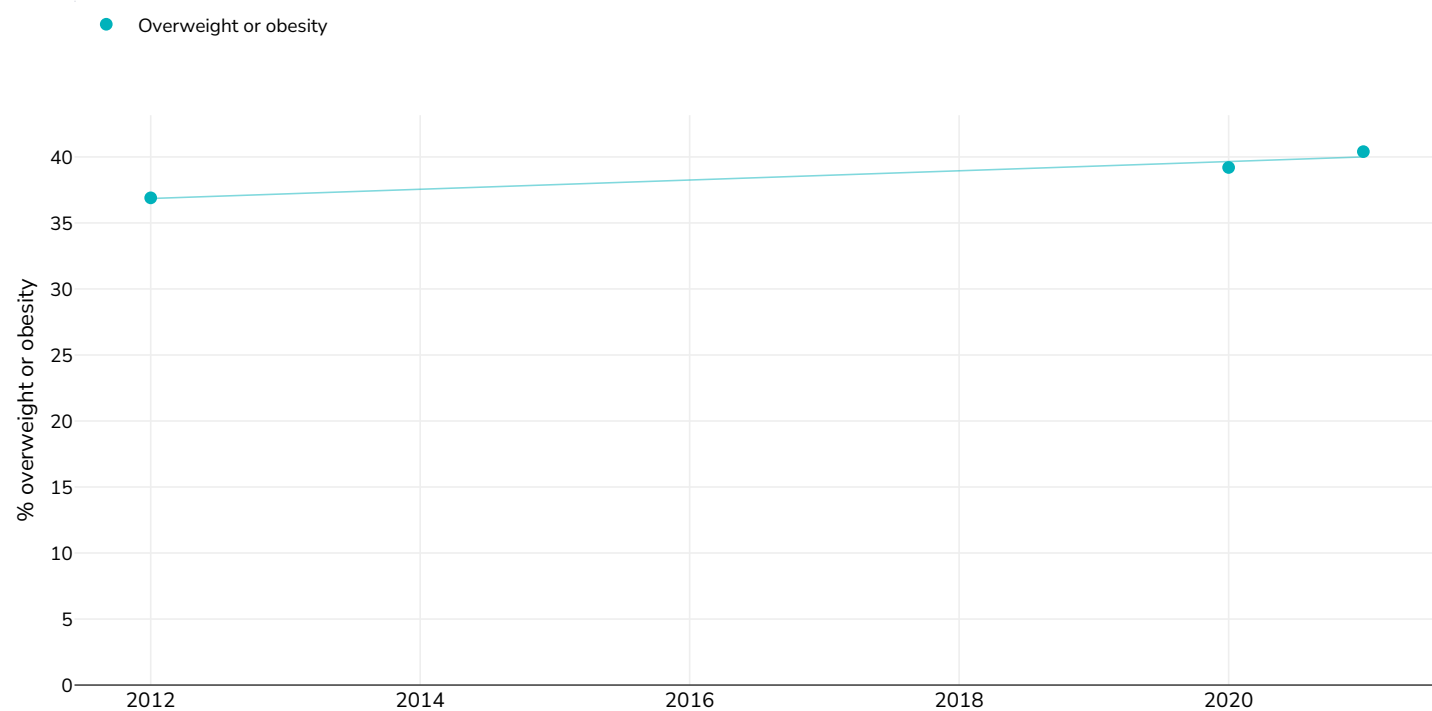
2021: Shamah-Levy T, Romero-Martínez M, Barrientos-Gutiérrez T, Cuevas-Nasu L, Bautista-Arredondo S, Colchero MA, Gaona-Pineda EB, Lazcano-Ponce E, Martínez-Barnetche J, Alpuche-Arana C, Rivera-Dommarco J. Encuesta Nacional de Salud y Nutrición 2021 sobre Covid-19. Resultados nacionales. Cuernavaca, México: Instituto Nacional de Salud Pública, 2022. <https://ensanut.insp.mx/encuestas/ensanutcontinua2021/informes.php> (Accessed 03.01.2023)

Notes: Aged 12-19

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% Children living with overweight or obesity, 2012-2021

Boys



Survey
type:

Measured

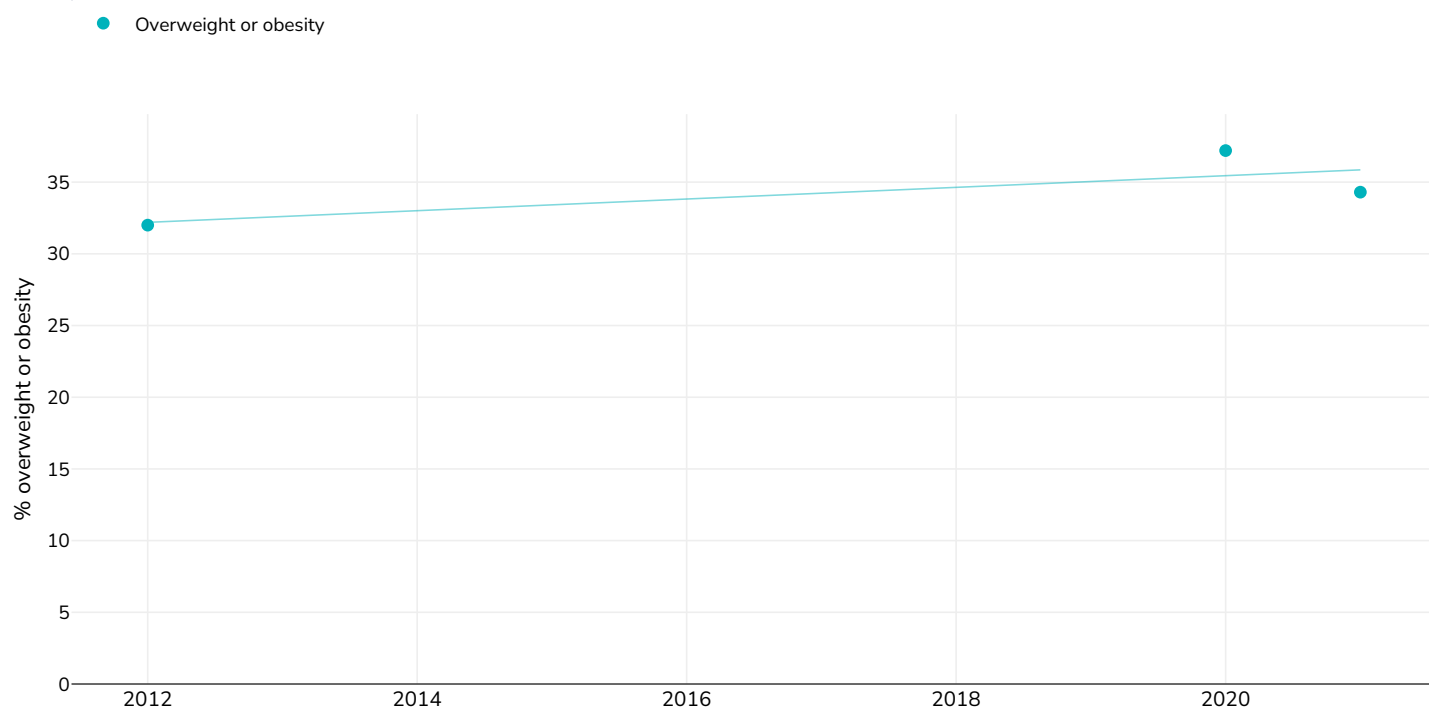
References: 2012: ENSANUT 2012 <http://ensanut.insp.mx/informes/ENSANUT2012ResultadosNacionales.pdf> accessed 25th June 2014
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Notes:

Aged 5-11

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Girls



Survey
type:

Measured

- References:
- 2012: ENSANUT 2012 <http://ensanut.insp.mx/informes/ENSANUT2012ResultadosNacionales.pdf> accessed 25th June 2014
 - 2020: Shamah-Levy T, Romero-Martínez M, Barrientos-Gutiérrez T, Cuevas-Nasu L, Bautista-Arredondo S, Colchero MA, GaonaPineda EB, Lazcano-Ponce E, Martínez-Barnetche J, Alpuche-Arana C, Rivera-Dommarco J. Encuesta Nacional de Salud y Nutrición 2020 sobre Covid-19. Resultados nacionales. Cuernavaca, México: Instituto Nacional de Salud Pública, 2021. <https://ensanut.insp.mx/encuestas/ensanutcontinua2020/doctos/informes/ensanutCovid19ResultadosNacionales.pdf> (Accessed 11.01.2022)
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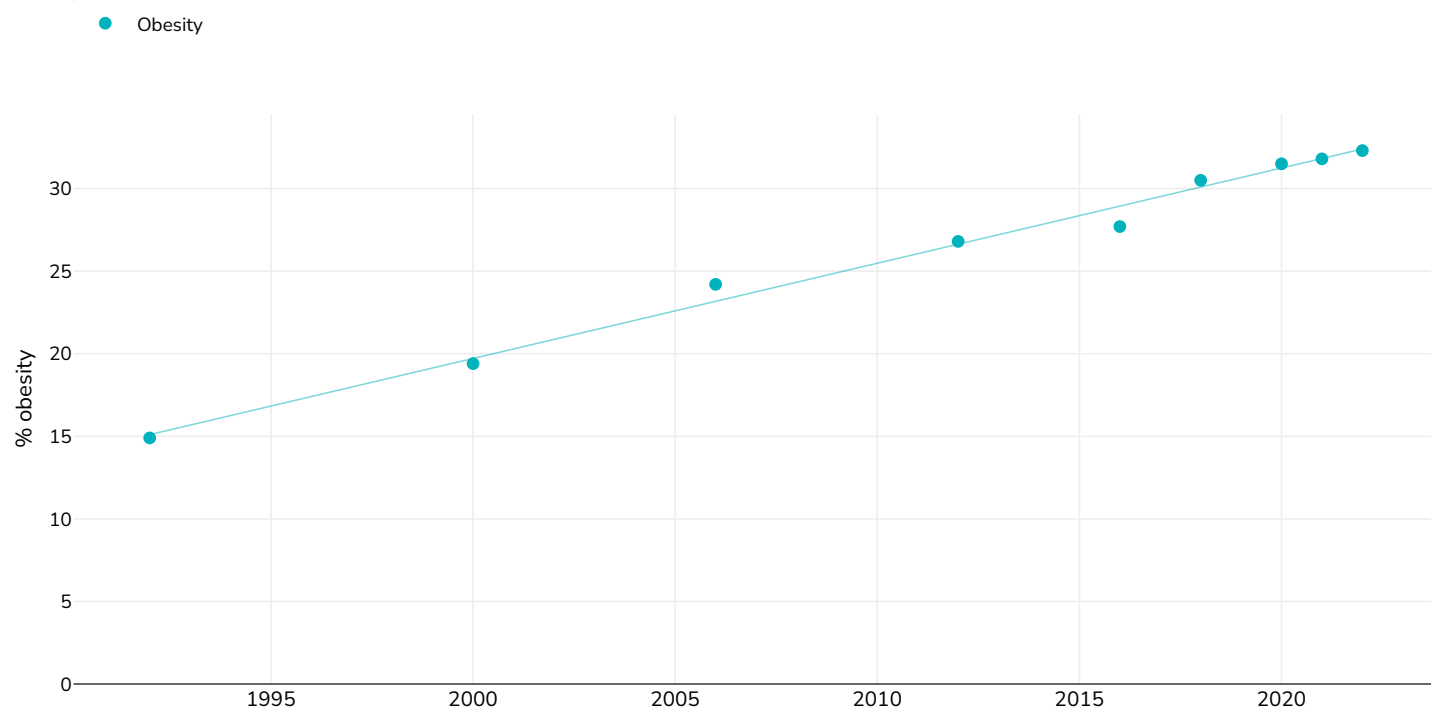
Notes:

Aged 5-11

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% Adults living with obesity, 1992-2022

Men



Survey type: Measured

References: 1992: Arroyo et al. Prevalence of Pre-Obesity and Obesity in Urban Adult Mexicans in Comparison with other Large Surveys. *Obesity Research*. 2000;8:179-185

2000: Personal Communication from Dr C Sanchez Castillio, Body Mass Index cutoff points for Type 2 Diabetes Mellitus and Hypertension in the Mexican National Health Survey 2000.

2006: Olaiz-Fernández G, Rivera-Dommarco J, Shamah-Levy T, Rojas R, Villalpando-Hernández S, Hernández-Avila M, Sepúlveda-Amor J. Encuesta Nacional de Salud y Nutrición 2006. Cuernavaca, México: Instituto Nacional de Salud Pública, 2006. (National Health and Nutrition Survey 2006).

2012: ENSANUT 2012 <http://ensanut.insp.mx/informes/ENSANUT2012ResultadosNacionales.pdf> accessed 25th June 2014

2016: Encuesta Nacional de Salud y Nutrición de Medio Camino 2016

2018: Encuesta Nacional de Salud y Nutrición 2018. <https://ensanut.insp.mx/encuestas/ensanut2018/informes.php> (Accessed 15.12.20)

2020: Shamah-Levy T, Romero-Martínez M, Barrientos-Gutiérrez T, Cuevas-Nasu L, Bautista-Arredondo S, Colchero MA, Gaona-Pineda EB, Lazcano-Ponce E, Martínez-Barnetche J, Alpuche-Arana C, Rivera-Dommarco J. Encuesta Nacional de Salud y Nutrición 2020 sobre Covid-19. Resultados nacionales. Cuernavaca, México: Instituto Nacional de Salud Pública, 2021. <https://ensanut.insp.mx/encuestas/ensanutcontinua2020/doctos/informes/ensanutCovid19ResultadosNacionales.pdf> (Accessed 11.01.2022)

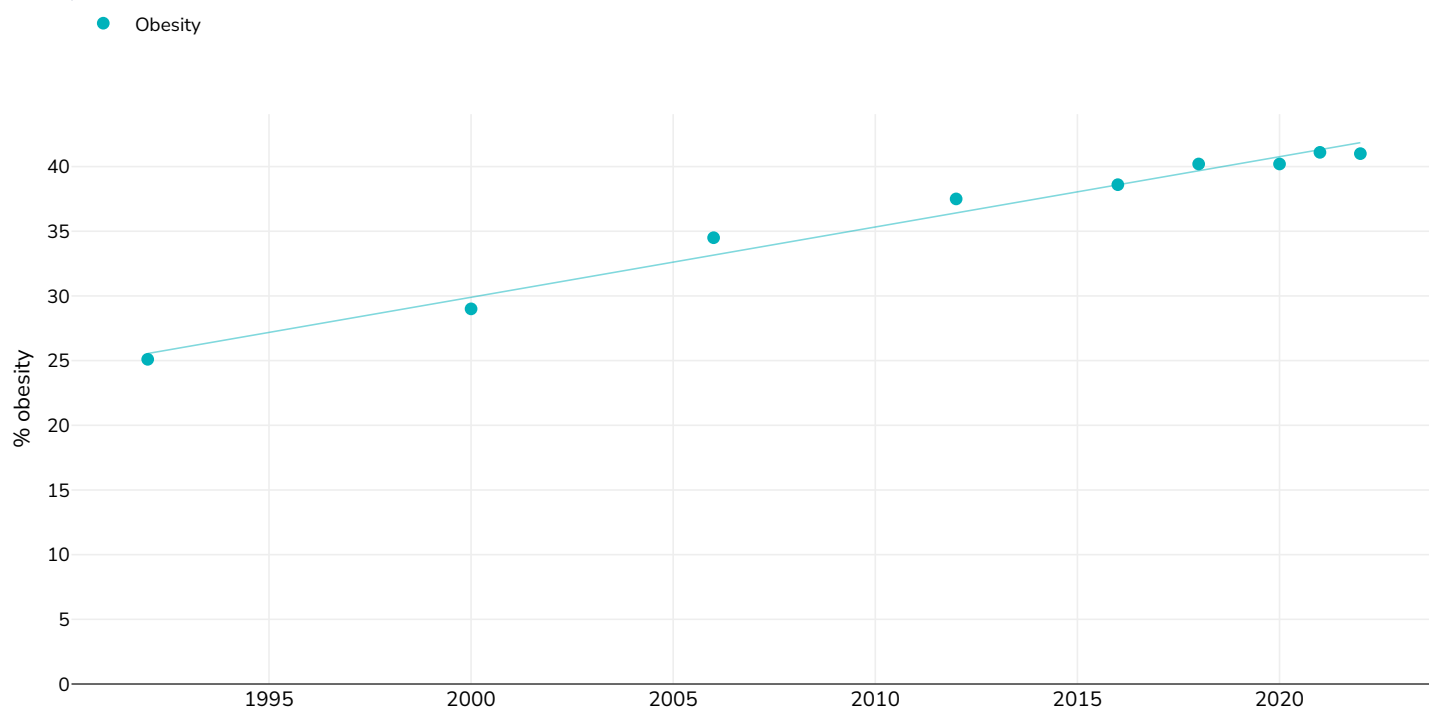
2021: Shamah-Levy T, Romero-Martínez M, Barrientos-Gutiérrez T, Cuevas-Nasu L, Bautista-Arredondo S, Colchero MA, Gaona-Pineda EB, Lazcano-Ponce E, Martínez-Barnetche J, Alpuche-Arana C, Rivera-Dommarco J. Encuesta Nacional de Salud y Nutrición 2021 sobre Covid-19. Resultados nacionales. Cuernavaca, México: Instituto Nacional de Salud Pública, 2022. <https://ensanut.insp.mx/encuestas/ensanutcontinua2021/informes.php> (Accessed 03.01.2023)

2022: Campos-Nonato I, Galván-Valencia O, Hernández-Barrera L, Oviedo-Solís C, Barquera S. Prevalence of obesity and associated risk factors in Mexican adults: results of the Ensanut 2022. *Salud Publica Mex*. 2023;65(supl 1): S238-S247. <https://doi.org/10.21149/14809>. Available at <https://saludpublica.mx/index.php/spm/article/view/14809/12424> (last accessed

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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Women



Survey
type:

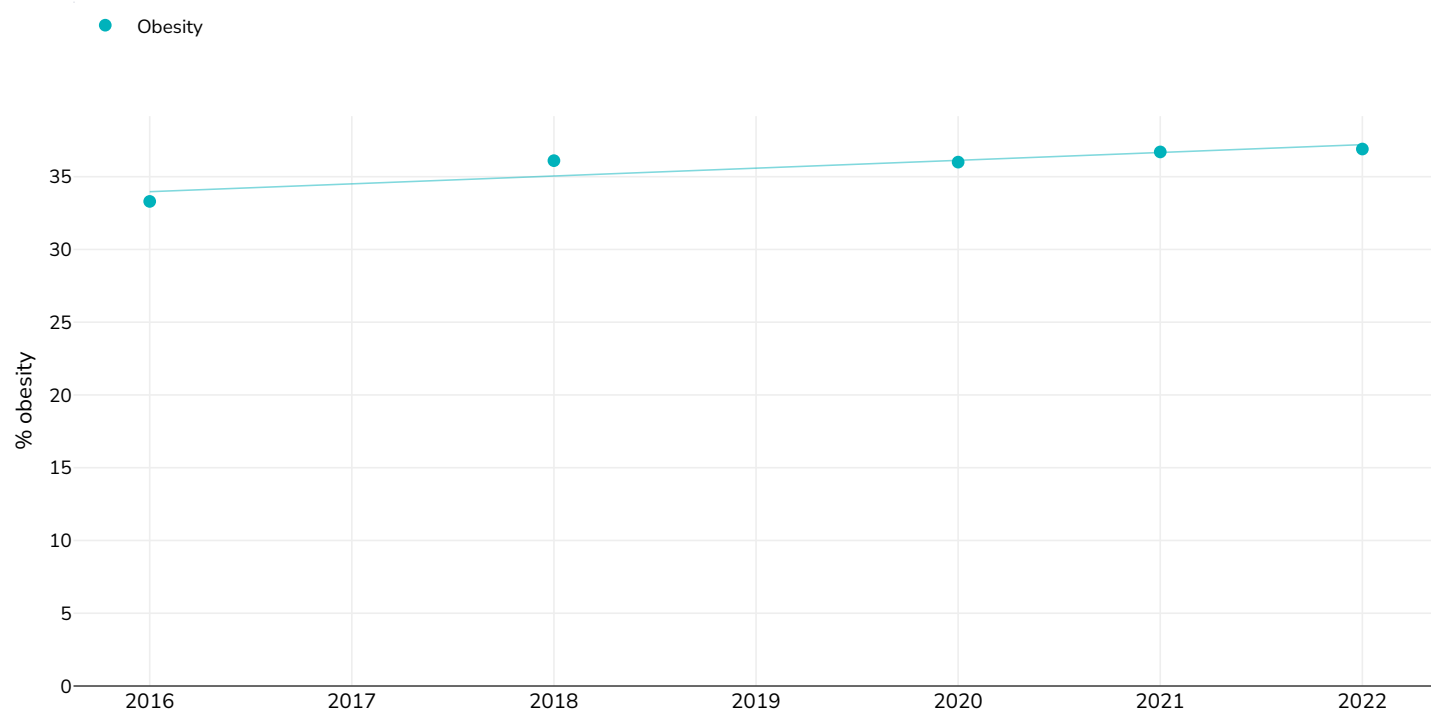
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- References:
- 1992: Arroyo et al. Prevalence of Pre-Obesity and Obesity in Urban Adult Mexicans in Comparison with other Large Surveys. *Obesity Research*. 2000;8:179-185
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Men and women



Survey
type:

Measured

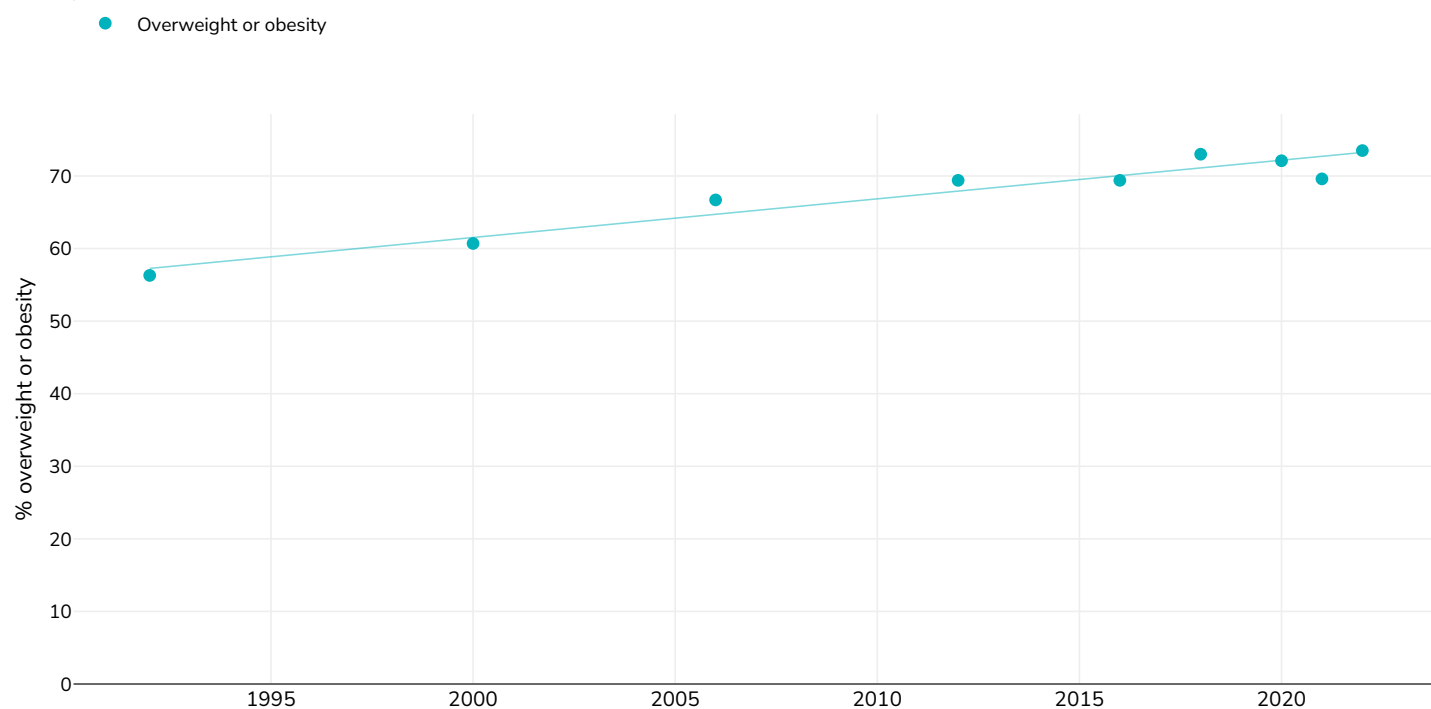
- References:
- 1992: Arroyo et al. Prevalence of Pre-Obesity and Obesity in Urban Adult Mexicans in Comparison with other Large Surveys. *Obesity Research*. 2000;8:179-185
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% Adults living with overweight or obesity, 1992-2022

Men



Survey type:

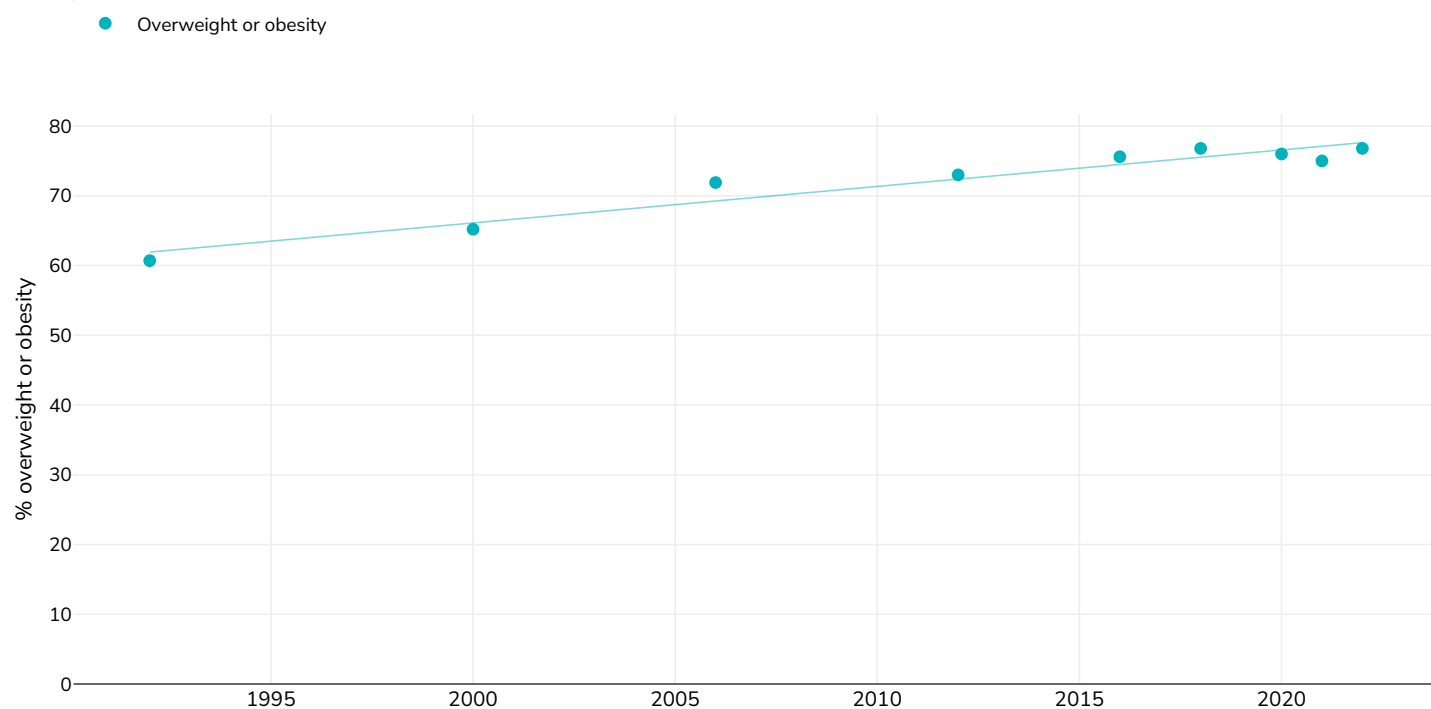
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 - 2022: Campos-Nonato I, Galván-Valencia O, Hernández-Barrera L, Oviedo-Solís C, Barquera S. Prevalence of obesity and associated risk factors in Mexican adults: results of the Ensanut 2022. *Salud Publica Mex*. 2023;65(supl 1): S238-S247. <https://doi.org/10.21149/14809>. Available at <https://saludpublica.mx/index.php/spm/article/view/14809/12424> (last accessed

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Different methodologies may have been used to collect this data and so data from different surveys may not be strictly comparable. Please check with original data sources for methodologies used.

Women



Survey
type:

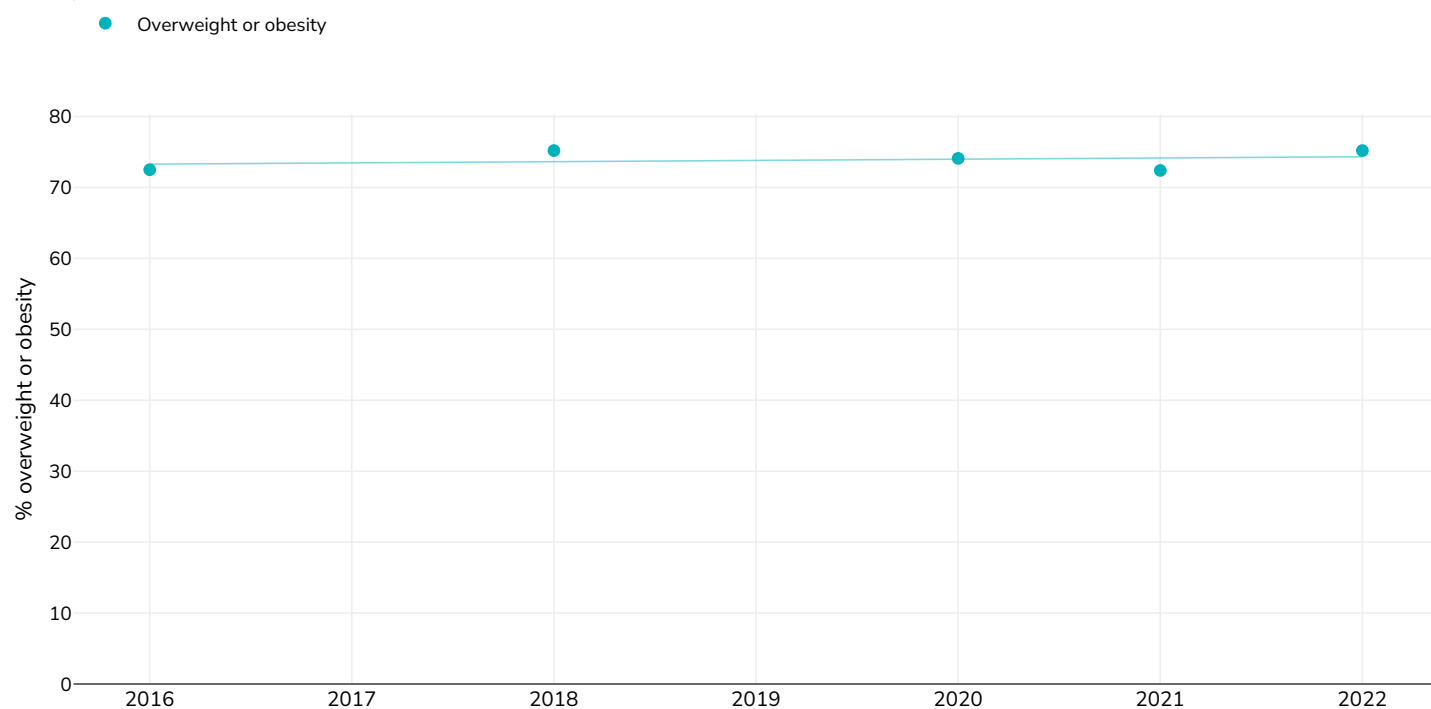
Measured

- References:
- 1992: Arroyo et al. Prevalence of Pre-Obesity and Obesity in Urban Adult Mexicans in Comparison with other Large Surveys. *Obesity Research*. 2000;8:179-185
 - 2000: Personal Communication from Dr C Sanchez Castillio, Body Mass Index cutoff points for Type 2 Diabetes Mellitus and Hypertension in the Mexican National Health Survey 2000.
 - 2006: Olaiz-Fernández G, Rivera-Dommarco J, Shamah-Levy T, Rojas R, Villalpando-Hernández S, Hernández-Avila M, Sepúlveda-Amor J. Encuesta Nacional de Salud y Nutrición 2006. Cuernavaca, México: Instituto Nacional de Salud Pública, 2006. (National Health and Nutrition Survey 2006).
 - 2012: ENSANUT 2012 <http://ensanut.insp.mx/informes/ENSANUT2012ResultadosNacionales.pdf> accessed 25th June 2014
 - 2016: Encuesta Nacional de Salud y Nutrición de Medio Camino 2016
 - 2018: Encuesta Nacional de Salud y Nutrición 2018. <https://ensanut.insp.mx/encuestas/ensanut2018/informes.php> (Accessed 15.12.20)
 - 2020: Shamah-Levy T, Romero-Martínez M, Barrientos-Gutiérrez T, Cuevas-Nasu L, Bautista-Arredondo S, Colchero MA, Gaona-Pineda EB, Lazcano-Ponce E, Martínez-Barnetche J, Alpuche-Arana C, Rivera-Dommarco J. Encuesta Nacional de Salud y Nutrición 2020 sobre Covid-19. Resultados nacionales. Cuernavaca, México: Instituto Nacional de Salud Pública, 2021. <https://ensanut.insp.mx/encuestas/ensanutcontinua2020/doctos/informes/ensanutCovid19ResultadosNacionales.pdf> (Accessed 11.01.2022)
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 - 2022: Campos-Nonato I, Galván-Valencia O, Hernández-Barrera L, Oviedo-Solís C, Barquera S. Prevalence of obesity and associated risk factors in Mexican adults: results of the Ensanut 2022. *Salud Publica Mex*. 2023;65(supl 1): S238-S247. <https://doi.org/10.21149/14809>. Available at <https://saludpublica.mx/index.php/spm/article/view/14809/12424> (last accessed

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Men and women



Survey
type:

Measured

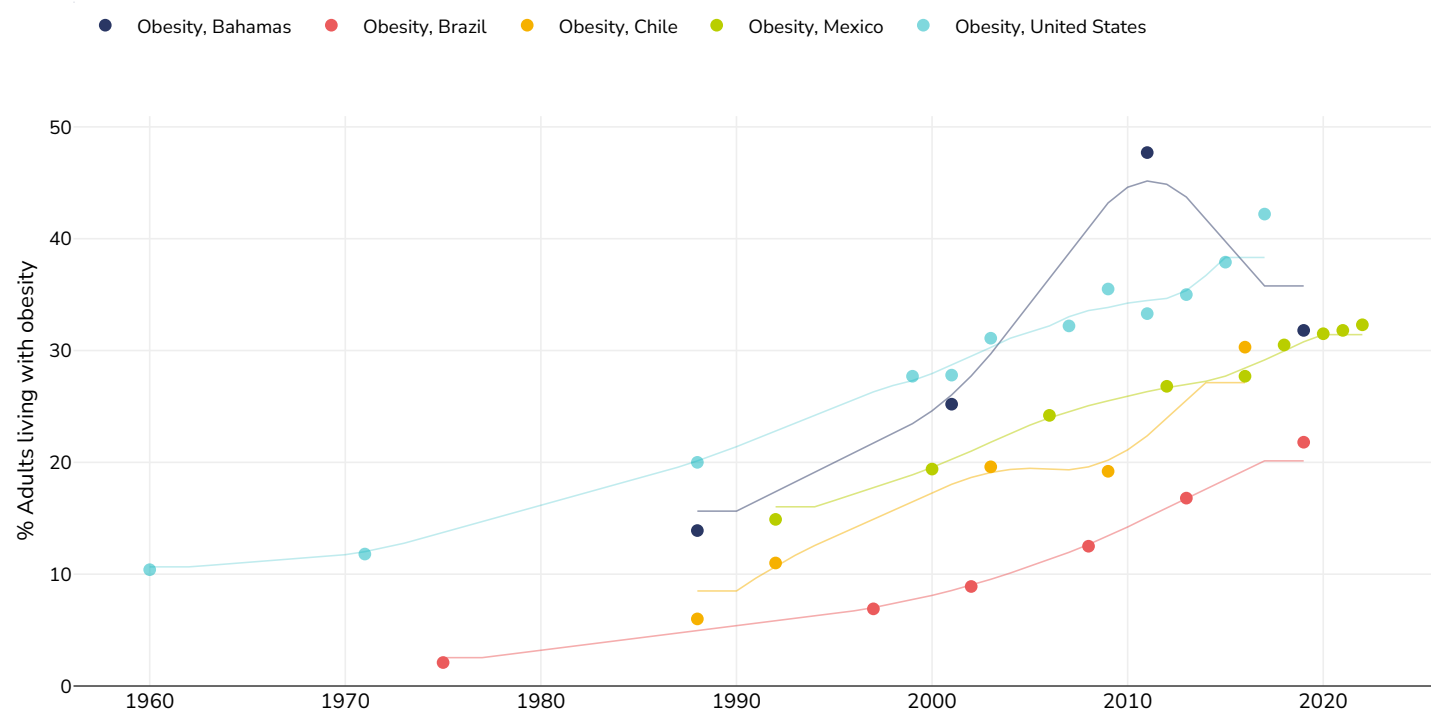
- References:
- 1992: Arroyo et al. Prevalence of Pre-Obesity and Obesity in Urban Adult Mexicans in Comparison with other Large Surveys. *Obesity Research*. 2000;8:179-185
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 - 2006: Olaiz-Fernández G, Rivera-Dommarco J, Shamah-Levy T, Rojas R, Villalpando-Hernández S, Hernández-Avila M, Sepúlveda-Amor J. Encuesta Nacional de Salud y Nutrición 2006. Cuernavaca, México: Instituto Nacional de Salud Pública, 2006. (National Health and Nutrition Survey 2006).
 - 2012: ENSANUT 2012 <http://ensanut.insp.mx/informes/ENSANUT2012ResultadosNacionales.pdf> accessed 25th June 2014
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 - 2021: Shamah-Levy T, Romero-Martínez M, Barrientos-Gutiérrez T, Cuevas-Nasu L, Bautista-Arredondo S, Colchero MA, Gaona-Pineda EB, Lazcano-Ponce E, Martínez-Barnette J, Alpuche-Arana C, Rivera-Dommarco J. Encuesta Nacional de Salud y Nutrición 2021 sobre Covid-19. Resultados nacionales. Cuernavaca, México: Instituto Nacional de Salud Pública, 2022. <https://ensanut.insp.mx/encuestas/ensanutcontinua2021/informes.php> (Accessed 03.01.2023)
 - 2022: Campos-Nonato I, Galván-Valencia O, Hernández-Barrera L, Oviedo-Solís C, Barquera S. Prevalence of obesity and associated risk factors in Mexican adults: results of the Ensanut 2022. *Salud Publica Mex*. 2023;65(supl 1): S238-S247. <https://doi.org/10.21149/14809>. Available at <https://saludpublica.mx/index.php/spm/article/view/14809/12424> (last accessed

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% Adults living with obesity, selected countries, 1960-2022

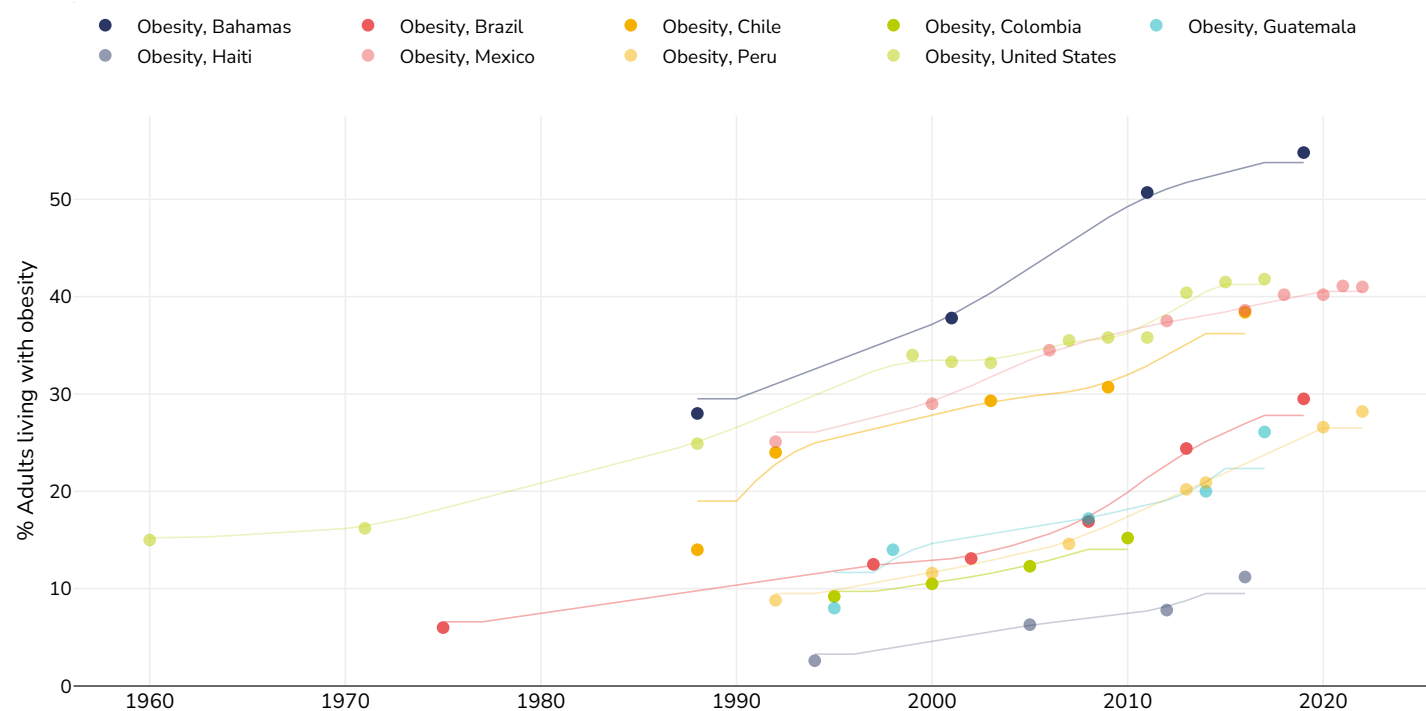
Men



- References:
- 1960, 1971, 1973, 1976, 1988, 1991: Flegal KM, Carroll MD, Kuczmarski RJ, Johnson CL. Overweight and obesity in the United States: prevalence and trends, 1960-1994. *International Journal of Obesity* (1998);22:39-47
 - 1975: Monteiro CA, Conde WL, Popking BM. Is obesity replacing or adding to undernutrition? Evidence from different social classes in Brazil. *2002. Public Health Nutrition*:51(1A), 105-112
 - 1992: Arroyo et al. Prevalence of Pre-Obesity and Obesity in Urban Adult Mexicans in Comparison with other Large Surveys. *Obesity Research*. 2000;8:179-185
 - 1994, 1995: Martorell R, Khan LK, Hughes ML, Grummer Strawn LM. Obesity in women from developing countries. *EJCN* (2000) 54:247-252
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 - 2005: 1st Argentinian National Survey of Risk Factors (Encuesta Nacional de Factores de Riesgo). Results from 1-3rd survey reported in the 4th survey report: https://www.indec.gov.ar/ftp/cuadros/publicaciones/enfr_2018_resultados_definitivos.pdf
 - 2006: Olaiz-Fernández G, Rivera-Dommarco J, Shamah-Levy T, Rojas R, Villalpando-Hernández S, Hernández-Avila M, Sepúlveda-Amor J. Encuesta Nacional de Salud y Nutrición 2006. Cuernavaca, México: Instituto Nacional de Salud Pública, 2006. (National Health and Nutrition Survey 2006)

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Women



References:

1960, 1971, 1973, 1976, 1988, 1991: Flegal KM, Carroll MD, Kuczmarski RJ, Johnson CL. Overweight and obesity in the United States: prevalence and trends, 1960-1994. *International Journal of Obesity* (1998);22:39-47

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1994, 1995: Martorell R, Khan LK, Hughes ML, Grummer Strawn LM. Obesity in women from developing countries. *EJCN* (2000) 54;247-252

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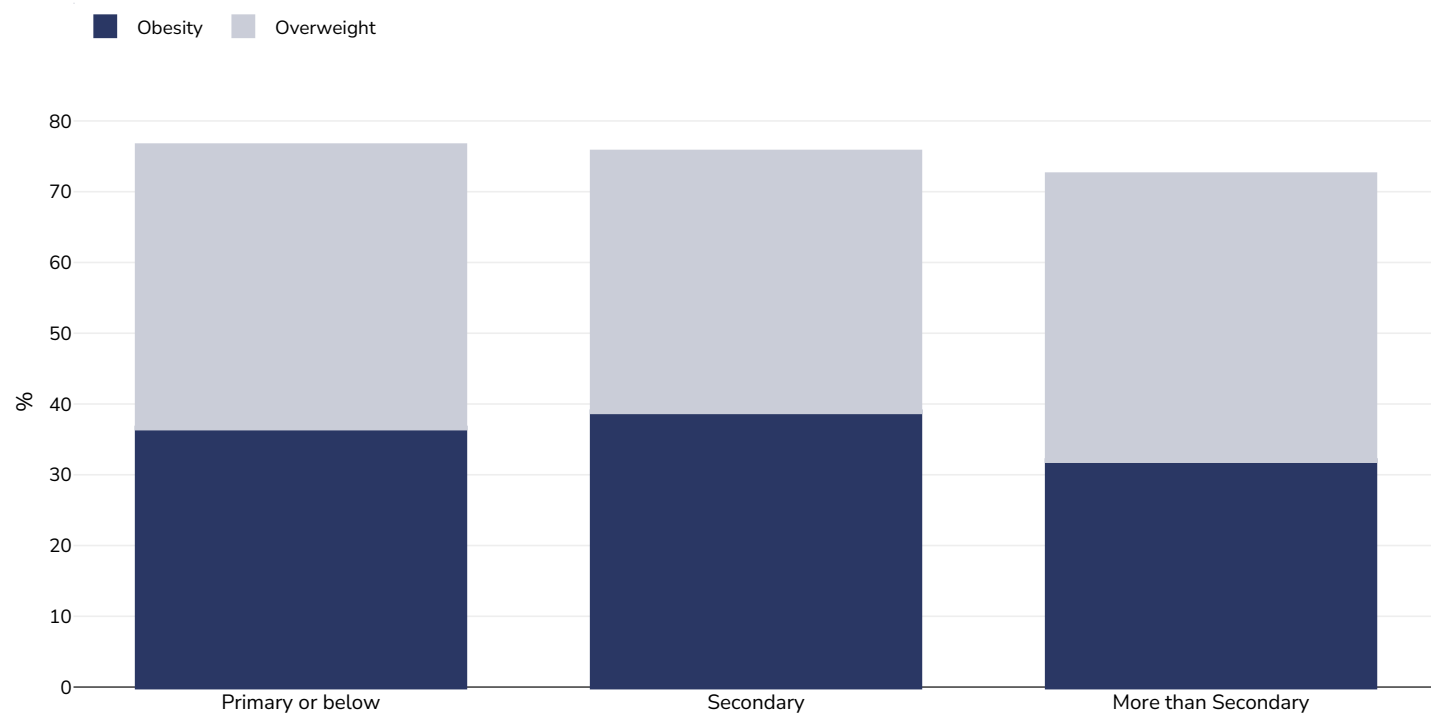
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Overweight/obesity by education

Adults, 2022



Survey type: Measured

Age: 20+

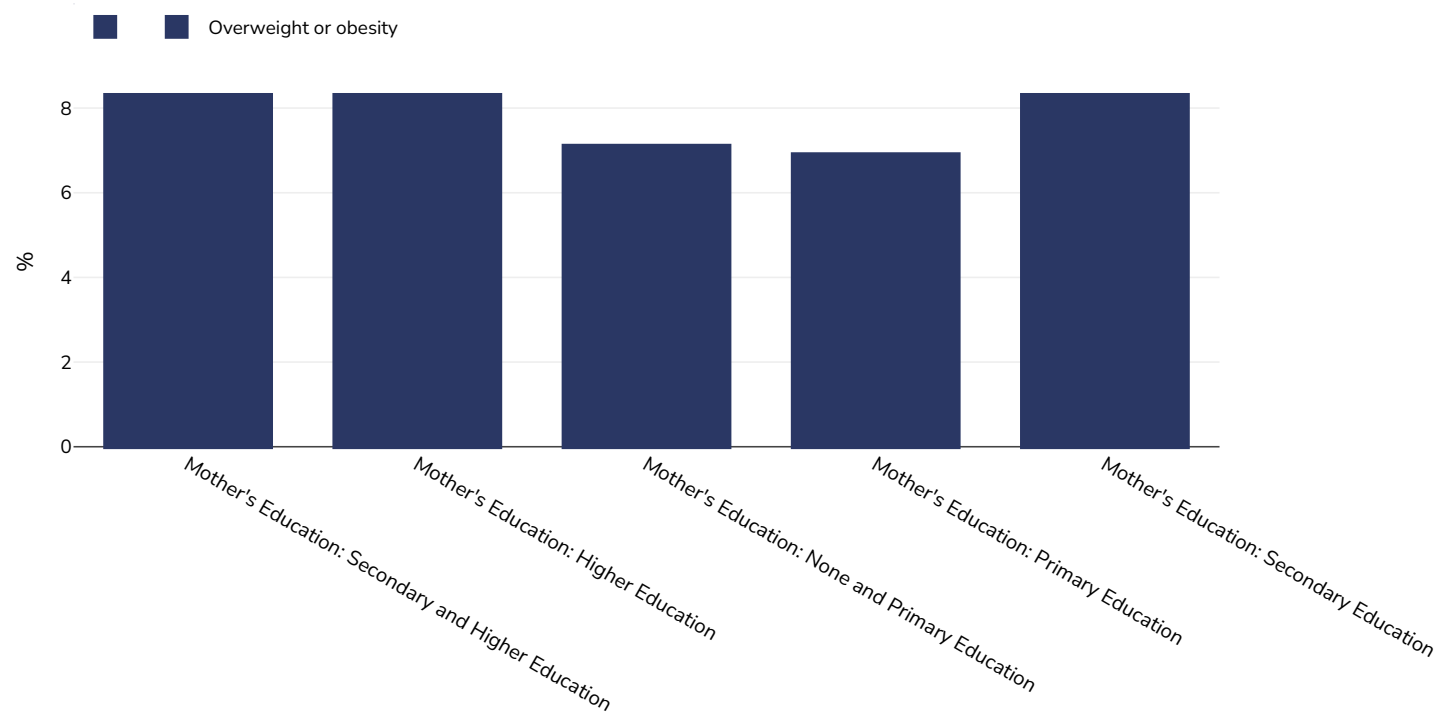
Sample size: 8563

Area covered: National

References: Campos-Nonato I, Galván-Valencia O, Hernández-Barrera L, Oviedo-Solís C, Barquera S. Prevalence of obesity and associated risk factors in Mexican adults: results of the Ensanut 2022. *Salud Publica Mex.* 2023;65(supl 1): S238-S247. <https://doi.org/10.21149/14809>. Available at <https://saludpublica.mx/index.php/spm/article/view/14809/12424> (last accessed 11.12.23)

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Infants, 2020



Sample size: 9891242

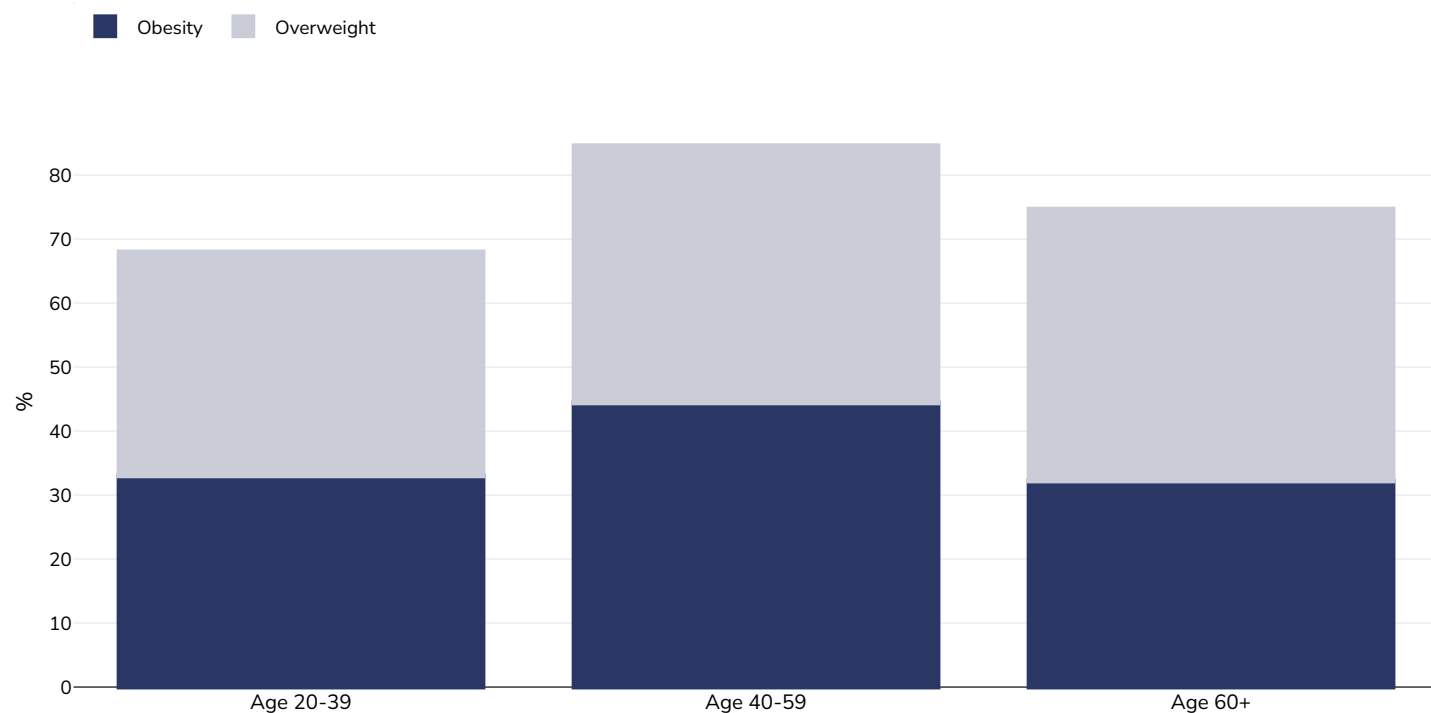
References: Other: Encuesta Nacional de Salud y Nutrición Continua COVID-19, Mexico 2020

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, 2022



Survey type: Measured

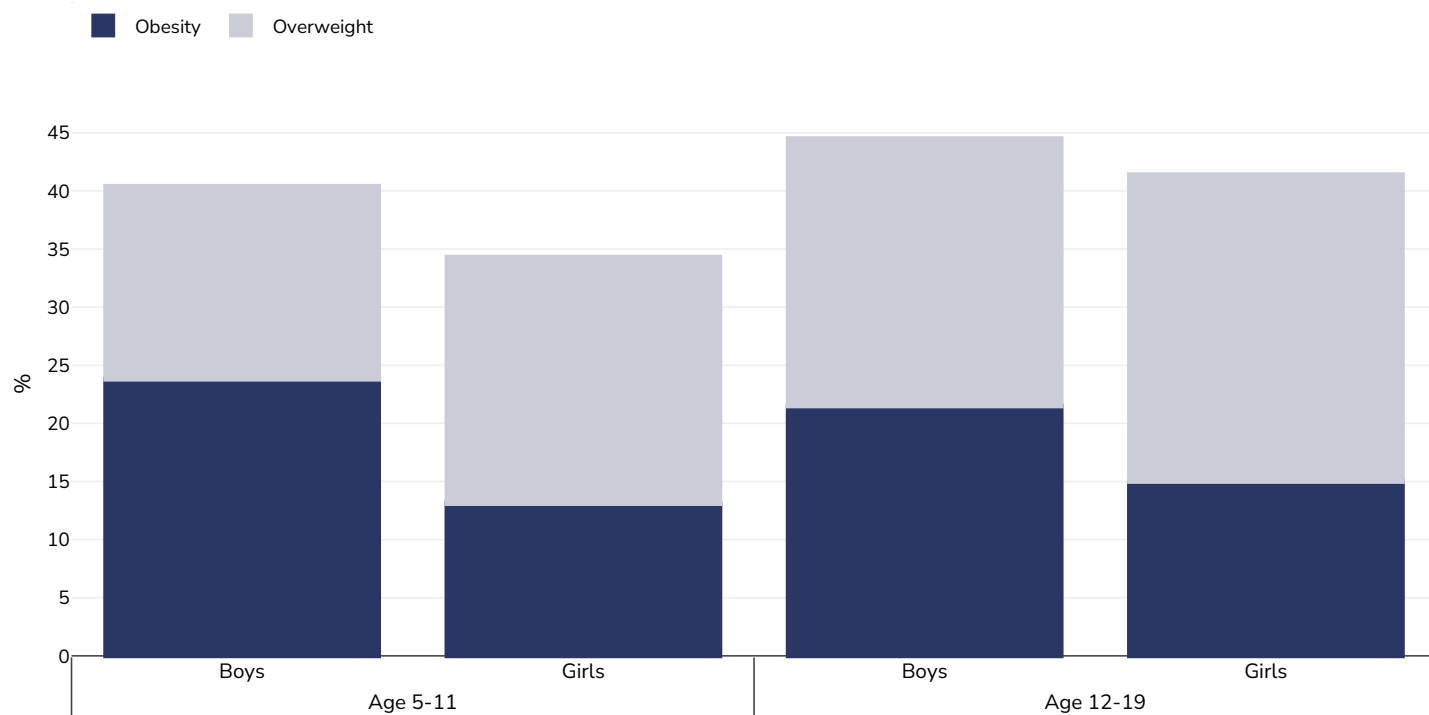
Sample size: 8563

Area covered: National

References: Campos-Nonato I, Galván-Valencia O, Hernández-Barrera L, Oviedo-Solís C, Barquera S. Prevalence of obesity and associated risk factors in Mexican adults: results of the Ensanut 2022. *Salud Publica Mex.* 2023;65(supl 1): S238-S247. <https://doi.org/10.21149/14809>. Available at <https://saludpublica.mx/index.php/spm/article/view/14809/12424> (last accessed 11.12.23)

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Children, 2021



Survey type: Measured

Sample size: 4889

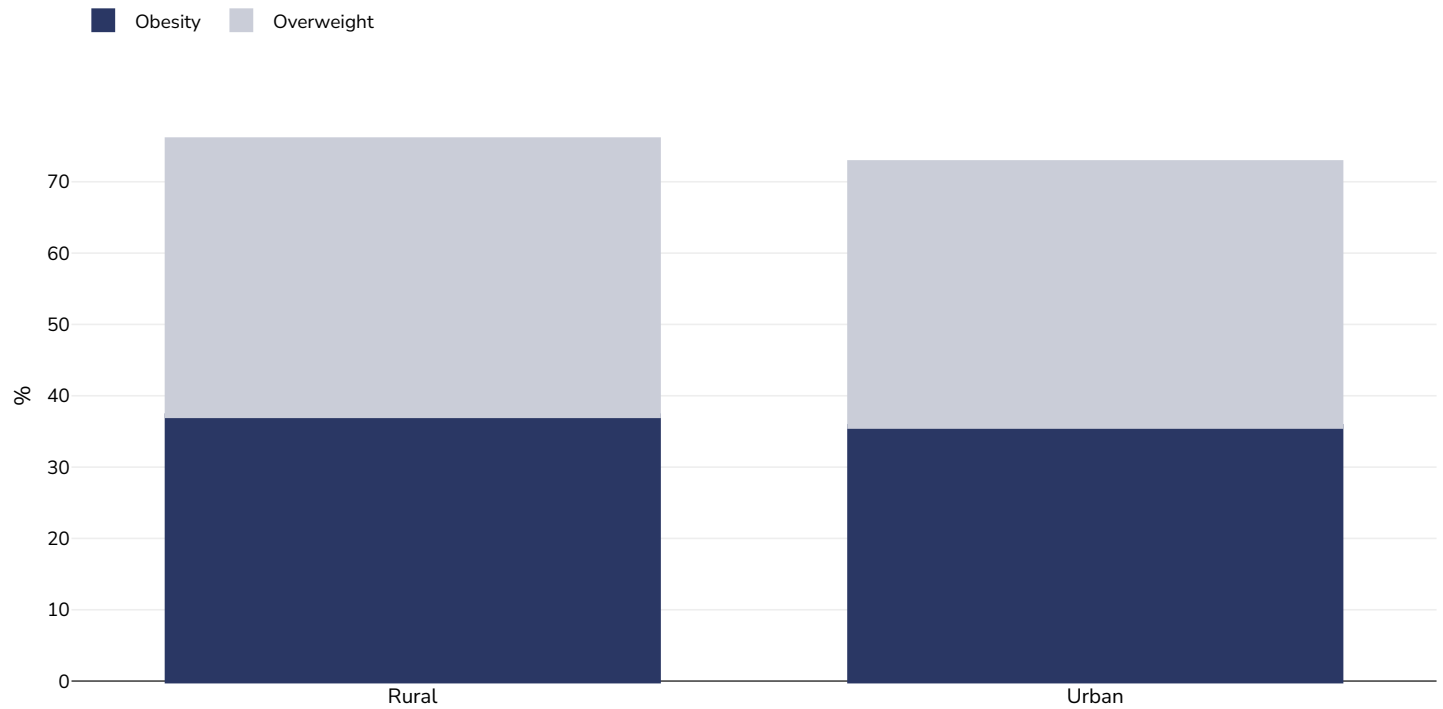
Area covered: National

References: Shamah-Levy T, Romero-Martínez M, Barrientos-Gutiérrez T, Cuevas-Nasu L, Bautista-Arredondo S, Colchero MA, Gaona-Pineda EB, Lazcano-Ponce E, Martínez-Barnetche J, Alpuche-Arana C, Rivera-Dommarco J. Encuesta Nacional de Salud y Nutrición 2021 sobre Covid-19. Resultados nacionales. Cuernavaca, México: Instituto Nacional de Salud Pública, 2022. <https://ensanut.insp.mx/encuestas/ensanutcontinua2021/informes.php> (Accessed 03.01.2023)

Cutoffs: WHO

Overweight/obesity by region

Adults, 2022

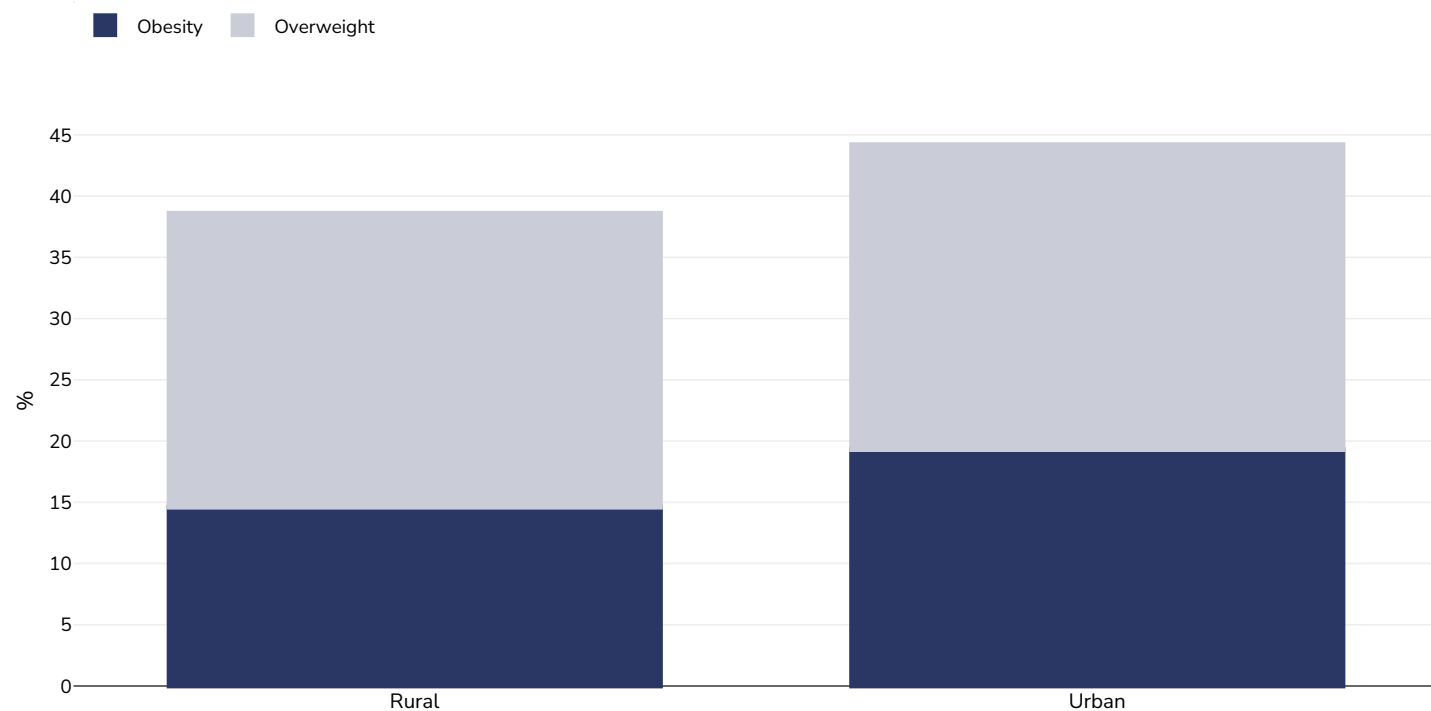


Survey type:	Measured
Age:	20+
Sample size:	8563
Area covered:	National

References: Campos-Nonato I, Galván-Valencia O, Hernández-Barrera L, Oviedo-Solís C, Barquera S. Prevalence of obesity and associated risk factors in Mexican adults: results of the Ensanut 2022. *Salud Publica Mex.* 2023;65(supl 1): S238-S247. <https://doi.org/10.21149/14809>. Available at <https://saludpublica.mx/index.php/spm/article/view/14809/12424> (last accessed 11.12.23)

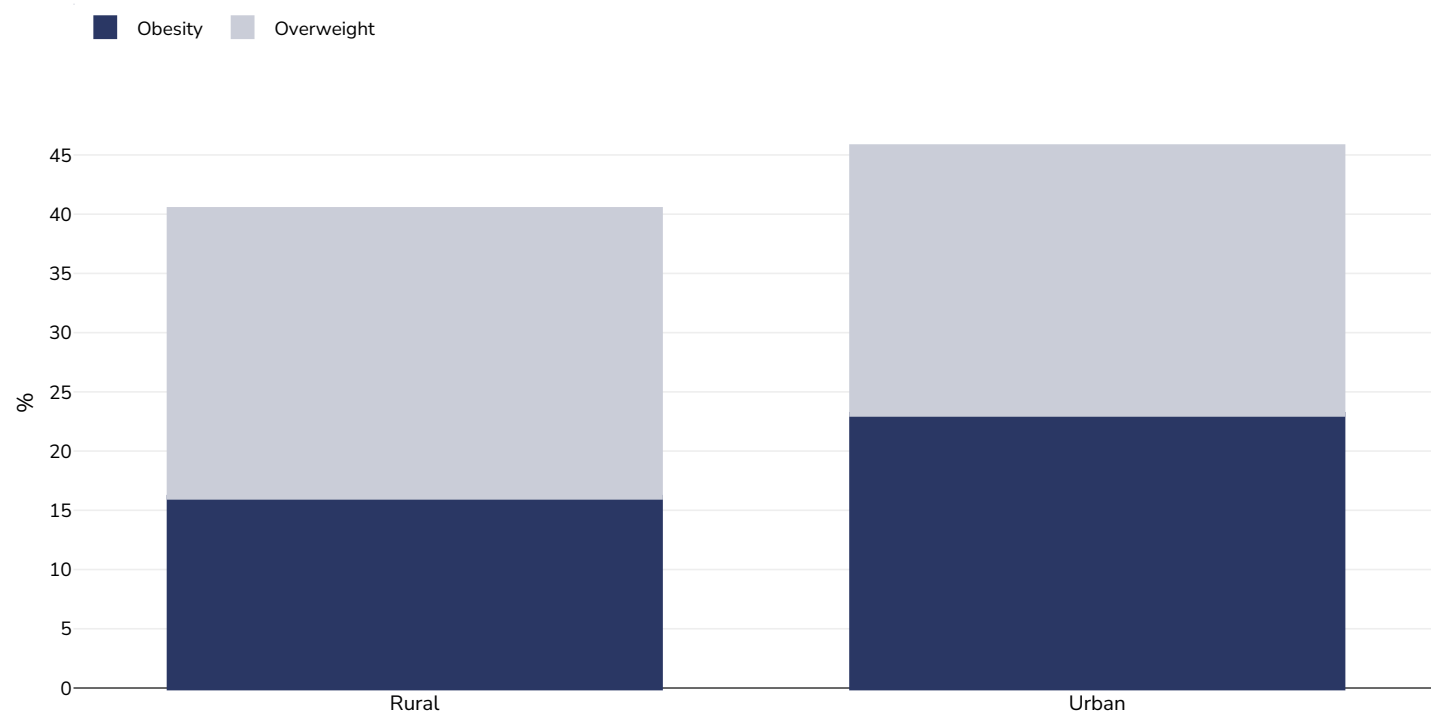
Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².

Children, 2021



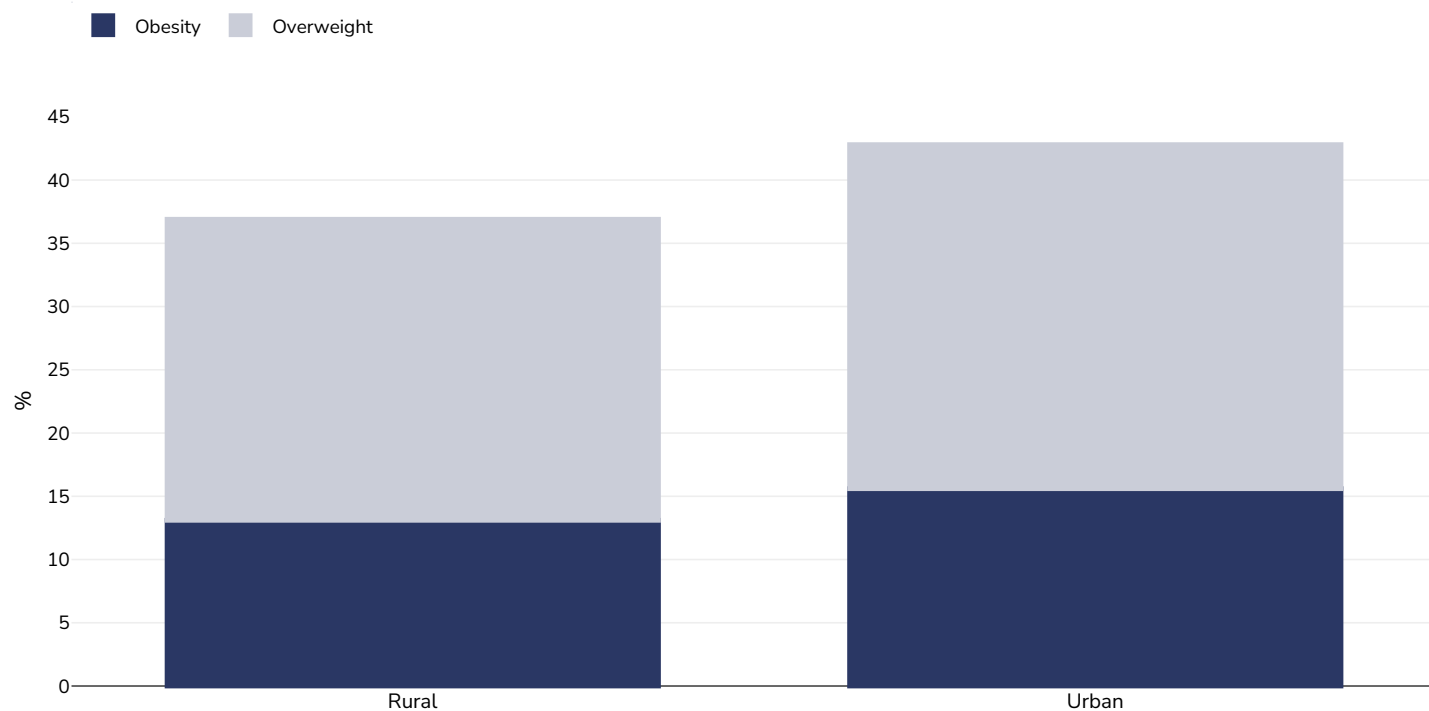
Survey type:	Measured
Age:	12-19
Sample size:	2230
Area covered:	National
References:	Shamah-Levy T, Romero-Martínez M, Barrientos-Gutiérrez T, Cuevas-Nasu L, Bautista-Arredondo S, Colchero MA, Gaona-Pineda EB, Lazcano-Ponce E, Martínez-Barnetche J, Alpuche-Arana C, Rivera-Dommarco J. Encuesta Nacional de Salud y Nutrición 2021 sobre Covid-19. Resultados nacionales. Cuernavaca, México: Instituto Nacional de Salud Pública, 2022. https://ensanut.insp.mx/encuestas/ensanutcontinua2021/informes.php (Accessed 03.01.2023)
Cutoffs:	WHO Shamah-Levy T, Romero-Martínez M, Barrientos-Gutiérrez T, Cuevas-Nasu L, Bautista-Arredondo S, Colchero MA, Gaona-Pineda EB, Lazcano-Ponce E, Martínez-Barnetche J, Alpuche-Arana C, Rivera-Dommarco J. Encuesta Nacional de Salud y Nutrición 2021 sobre Covid-19. Resultados nacionales. Cuernavaca, México: Instituto Nacional de Salud Pública, 2022. https://ensanut.insp.mx/encuestas/ensanutcontinua2021/informes.php (Accessed 03.01.2023)

Boys, 2021



Survey type:	Measured
Age:	12-19
Sample size:	2230
Area covered:	National
References:	Shamah-Levy T, Romero-Martínez M, Barrientos-Gutiérrez T, Cuevas-Nasu L, Bautista-Arredondo S, Colchero MA, Gaona-Pineda EB, Lazcano-Ponce E, Martínez-Barnetche J, Alpuche-Arana C, Rivera-Dommarco J. Encuesta Nacional de Salud y Nutrición 2021 sobre Covid-19. Resultados nacionales. Cuernavaca, México: Instituto Nacional de Salud Pública, 2022. https://ensanut.insp.mx/encuestas/ensanutcontinua2021/informes.php (Accessed 03.01.2023)
Cutoffs:	WHO Shamah-Levy T, Romero-Martínez M, Barrientos-Gutiérrez T, Cuevas-Nasu L, Bautista-Arredondo S, Colchero MA, Gaona-Pineda EB, Lazcano-Ponce E, Martínez-Barnetche J, Alpuche-Arana C, Rivera-Dommarco J. Encuesta Nacional de Salud y Nutrición 2021 sobre Covid-19. Resultados nacionales. Cuernavaca, México: Instituto Nacional de Salud Pública, 2022. https://ensanut.insp.mx/encuestas/ensanutcontinua2021/informes.php (Accessed 03.01.2023)

Girls, 2021



Survey type: Measured

Age: 12-19

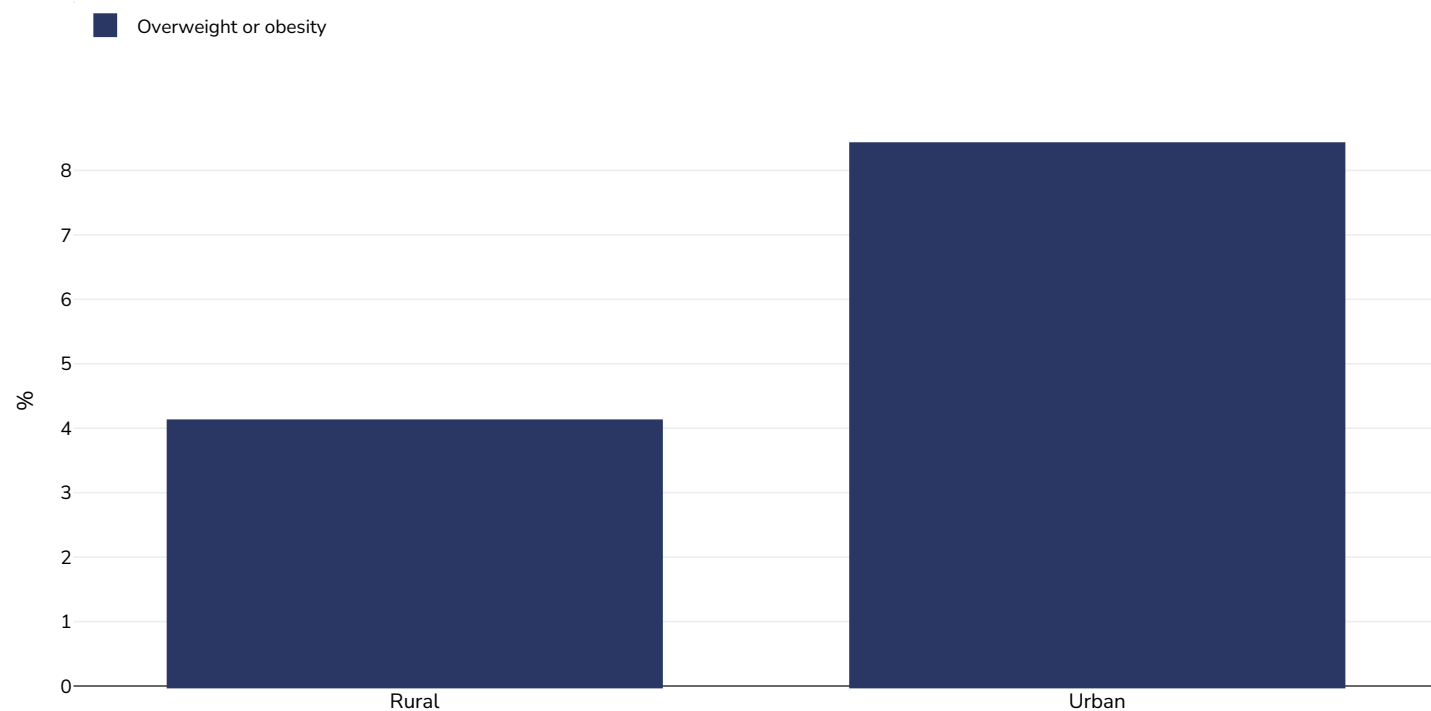
Sample size: 2230

Area covered: National

References: Shamah-Levy T, Romero-Martínez M, Barrientos-Gutiérrez T, Cuevas-Nasu L, Bautista-Arredondo S, Colchero MA, Gaona-Pineda EB, Lazcano-Ponce E, Martínez-Barnetche J, Alpuche-Arana C, Rivera-Dommarco J. Encuesta Nacional de Salud y Nutrición 2021 sobre Covid-19. Resultados nacionales. Cuernavaca, México: Instituto Nacional de Salud Pública, 2022. <https://ensanut.insp.mx/encuestas/ensanutcontinua2021/informes.php> (Accessed 03.01.2023)

Cutoffs: WHO Shamah-Levy T, Romero-Martínez M, Barrientos-Gutiérrez T, Cuevas-Nasu L, Bautista-Arredondo S, Colchero MA, Gaona-Pineda EB, Lazcano-Ponce E, Martínez-Barnetche J, Alpuche-Arana C, Rivera-Dommarco J. Encuesta Nacional de Salud y Nutrición 2021 sobre Covid-19. Resultados nacionales. Cuernavaca, México: Instituto Nacional de Salud Pública, 2022. <https://ensanut.insp.mx/encuestas/ensanutcontinua2021/informes.php> (Accessed 03.01.2023)

Infants, 2021



Sample size: 9771967

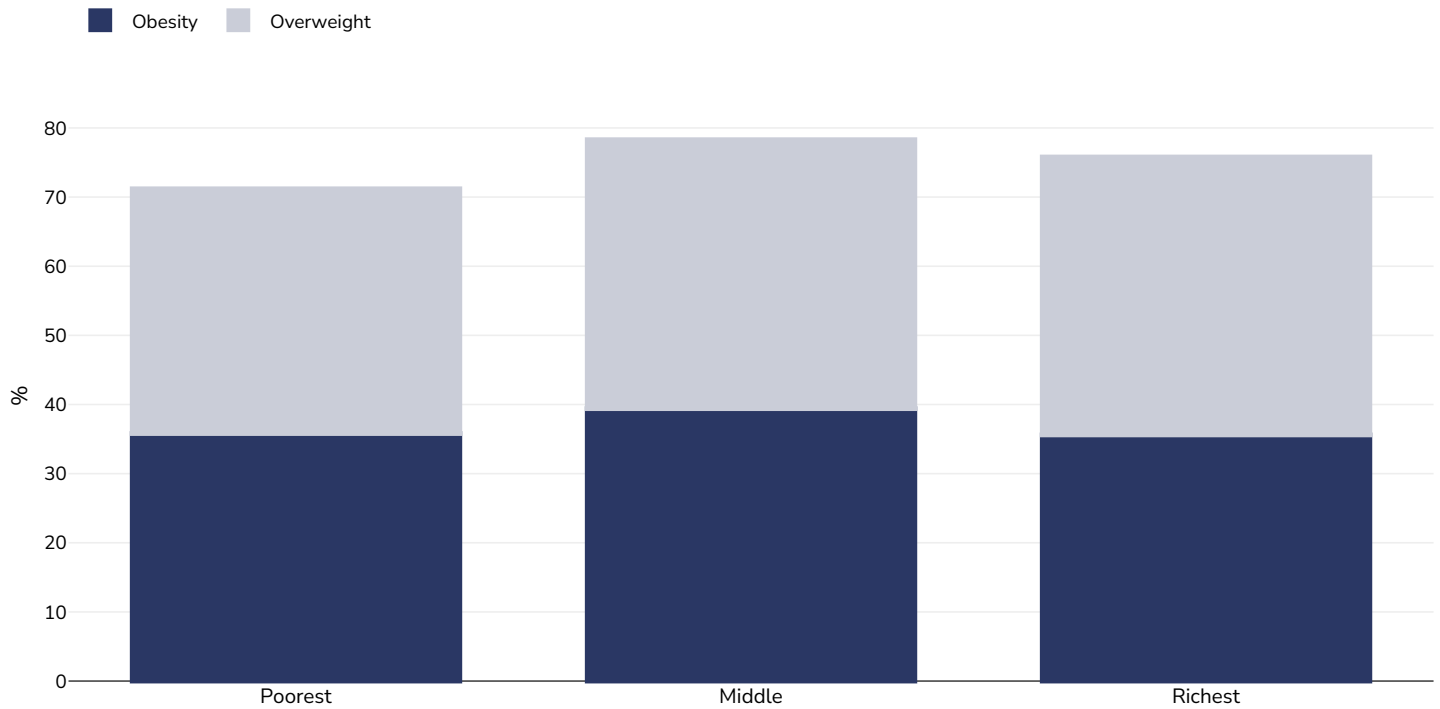
References: Other: Encuesta Nacional de Salud y Nutrición Continua, Mexico 2021

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

Adults, 2022

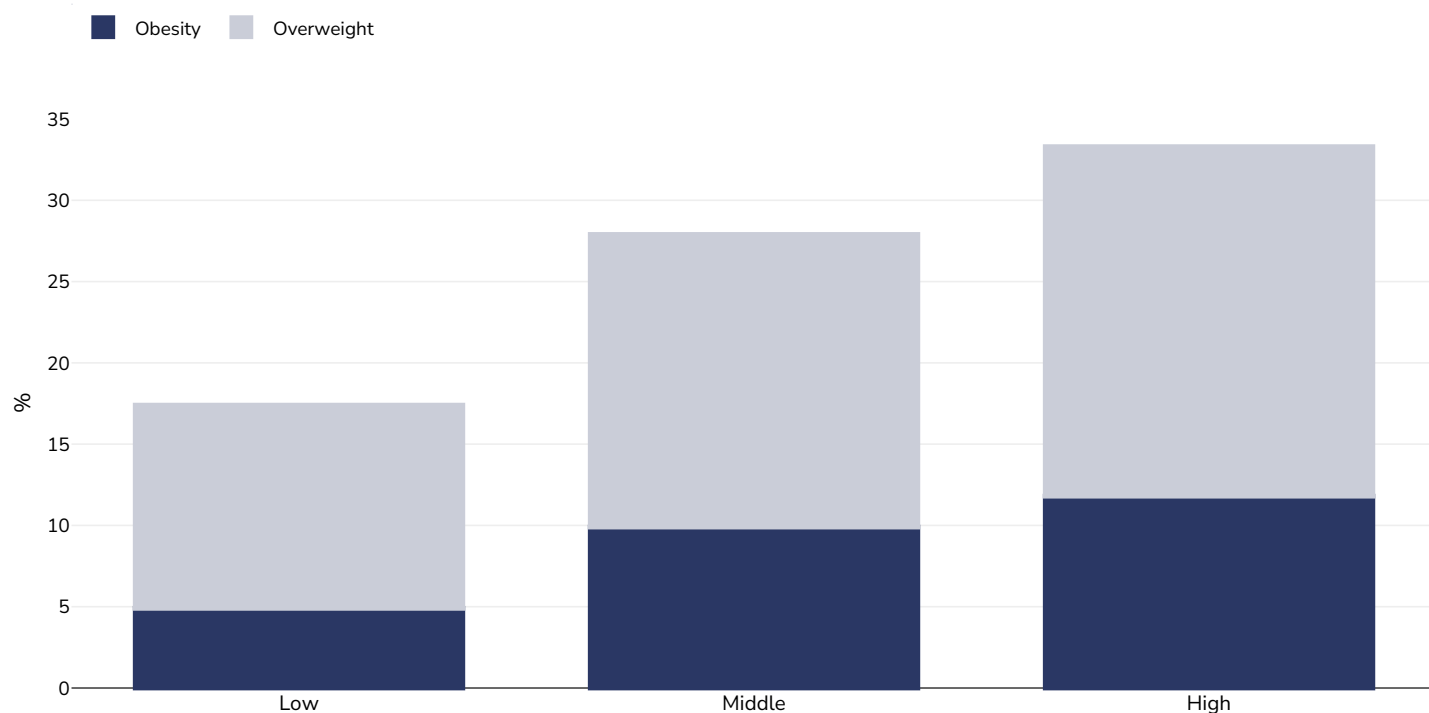


Survey type:	Measured
Age:	20+
Sample size:	8563
Area covered:	National

References: Campos-Nonato I, Galván-Valencia O, Hernández-Barrera L, Oviedo-Solís C, Barquera S. Prevalence of obesity and associated risk factors in Mexican adults: results of the Ensanut 2022. *Salud Publica Mex.* 2023;65(supl 1): S238-S247. <https://doi.org/10.21149/14809>. Available at <https://saludpublica.mx/index.php/spm/article/view/14809/12424> (last accessed 11.12.23)

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

Children, 2006



Survey type: Measured

Age: 5-11

Sample size: Children aged 5-11yr: n=15111

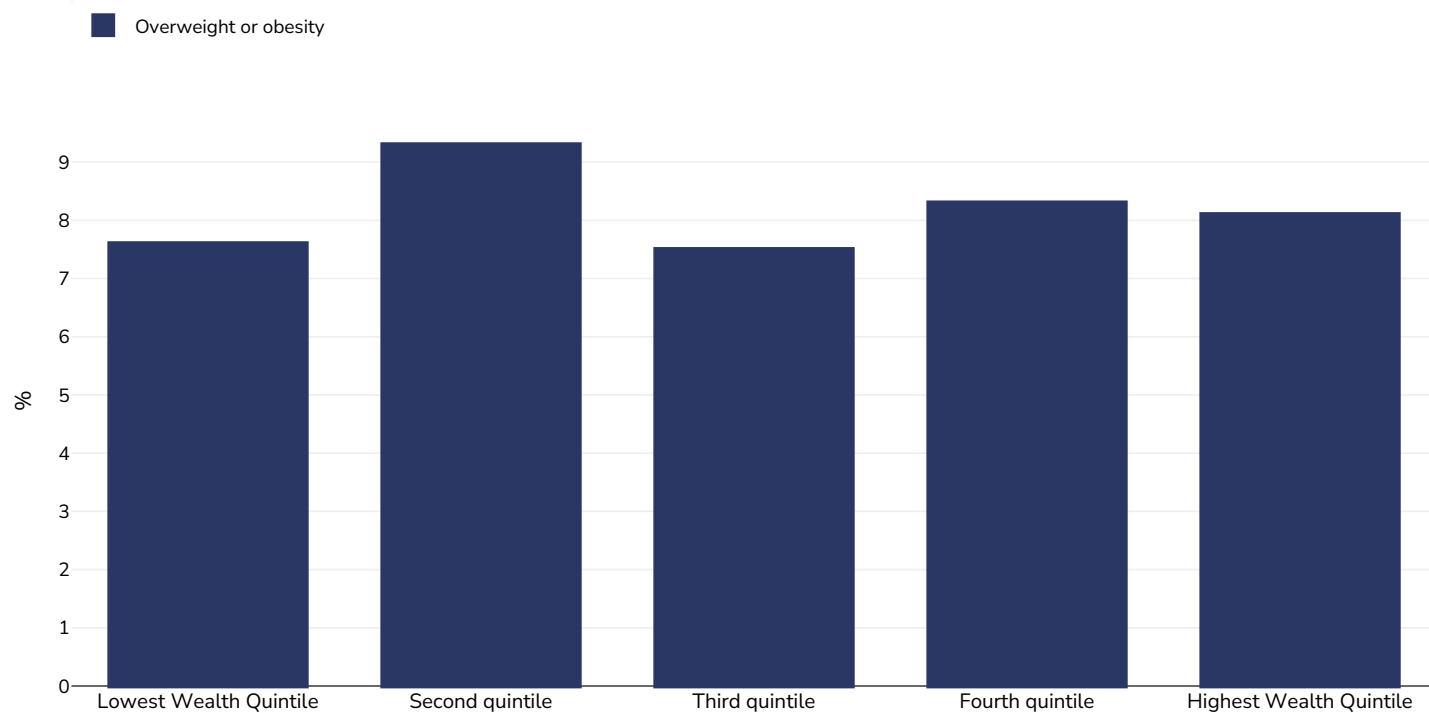
Area covered: National: Mexican National Health and Nutrition Survey 2006 (ENSANUT 2006)

References: Bonvecchio A, Safdie M, Monterrubio EA, Gust T, Villalpando S, Rivera JA. Overweight and obesity trends in Mexican children 2 to 18 years of age from 1988 to 2006. *Salud Publica Mex* 2009;51 suppl 4:S586-S594.

Notes: Prevalence of overweight and obesity by Socioeconomic Level. Overweight and obesity were classified according to IOTF criteria, based on BMI measurements, with cutoff points for BMI based on an international reference population drafted from seven countries, specific for age and sex. Said cutoff points are a projection of the criteria proposed by WHO for diagnosing overweight (BMI of 25-29.9) and obesity (BMI of 30 or more) in adults.

Cutoffs: IOTF

Infants, 2020



Sample size: 9891242

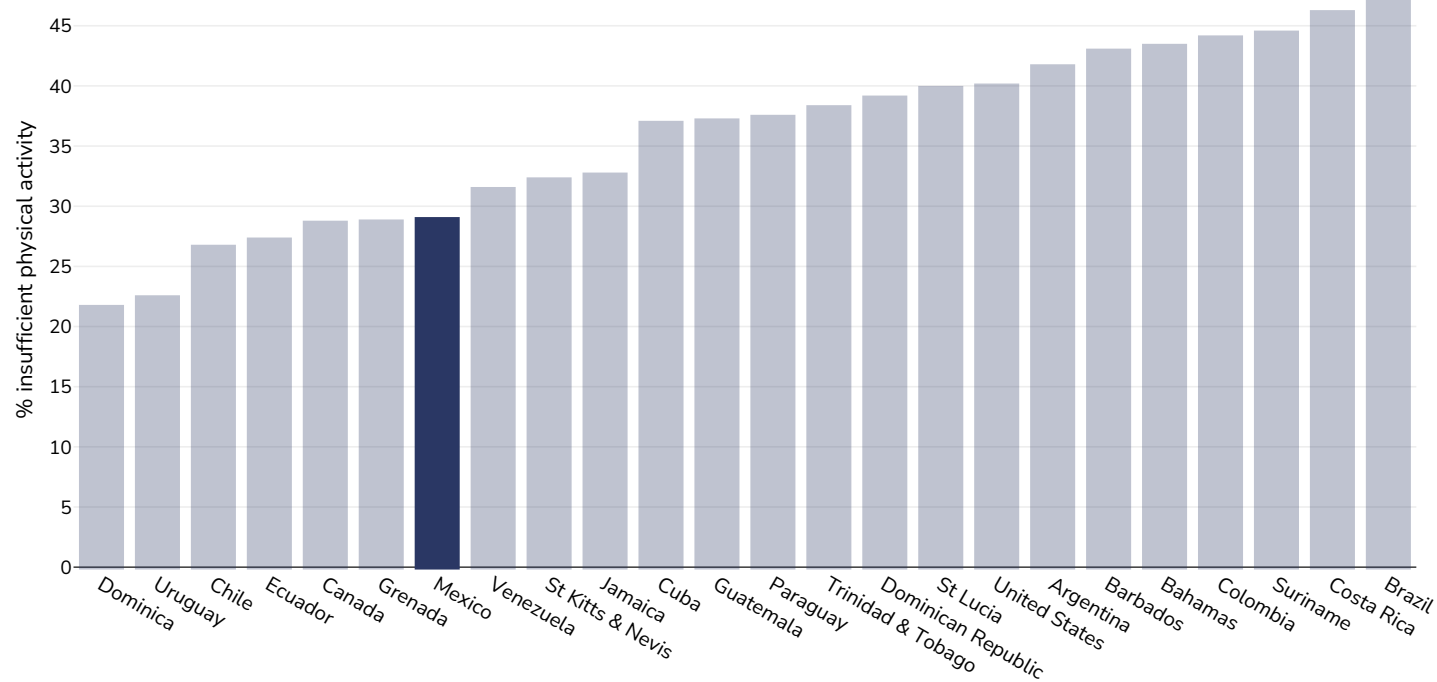
References: Other: Encuesta Nacional de Salud y Nutrición Continua COVID-19, Mexico 2020

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

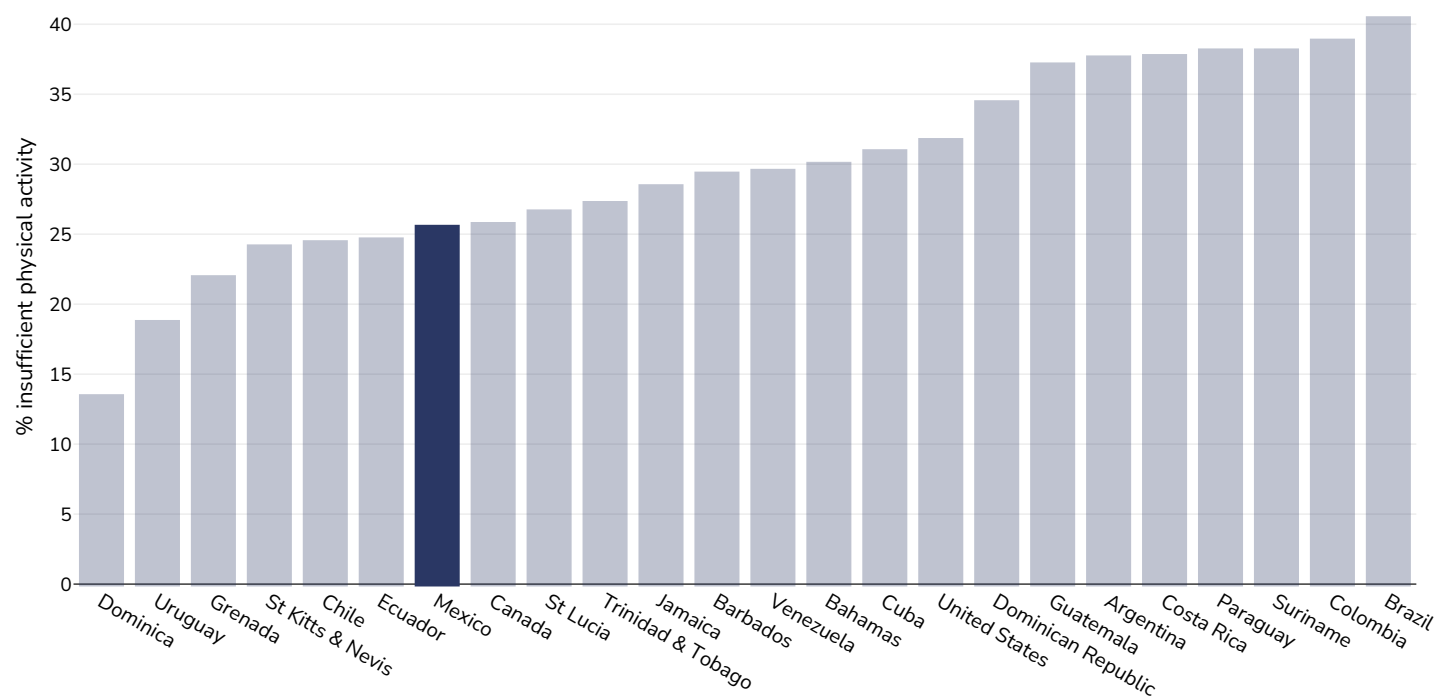
Insufficient physical activity

Adults, 2016



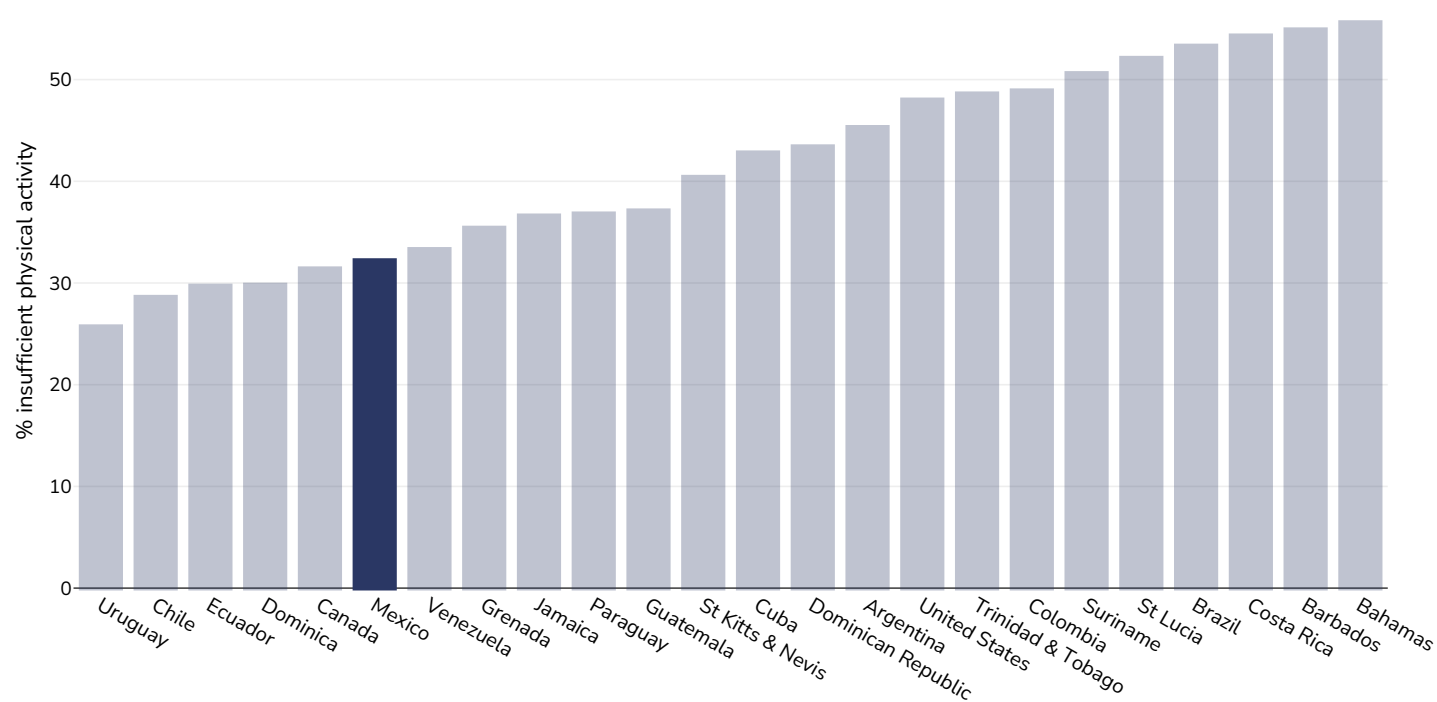
References: Guthold R, Stevens GA, Riley LM, Bull FC. Worldwide trends in insufficient physical activity from 2001 to 2016: a pooled analysis of 358 population-based surveys with 1.9 million participants. *Lancet* 2018 [http://dx.doi.org/10.1016/S2214-109X\(18\)30357-7](http://dx.doi.org/10.1016/S2214-109X(18)30357-7)

Men, 2016



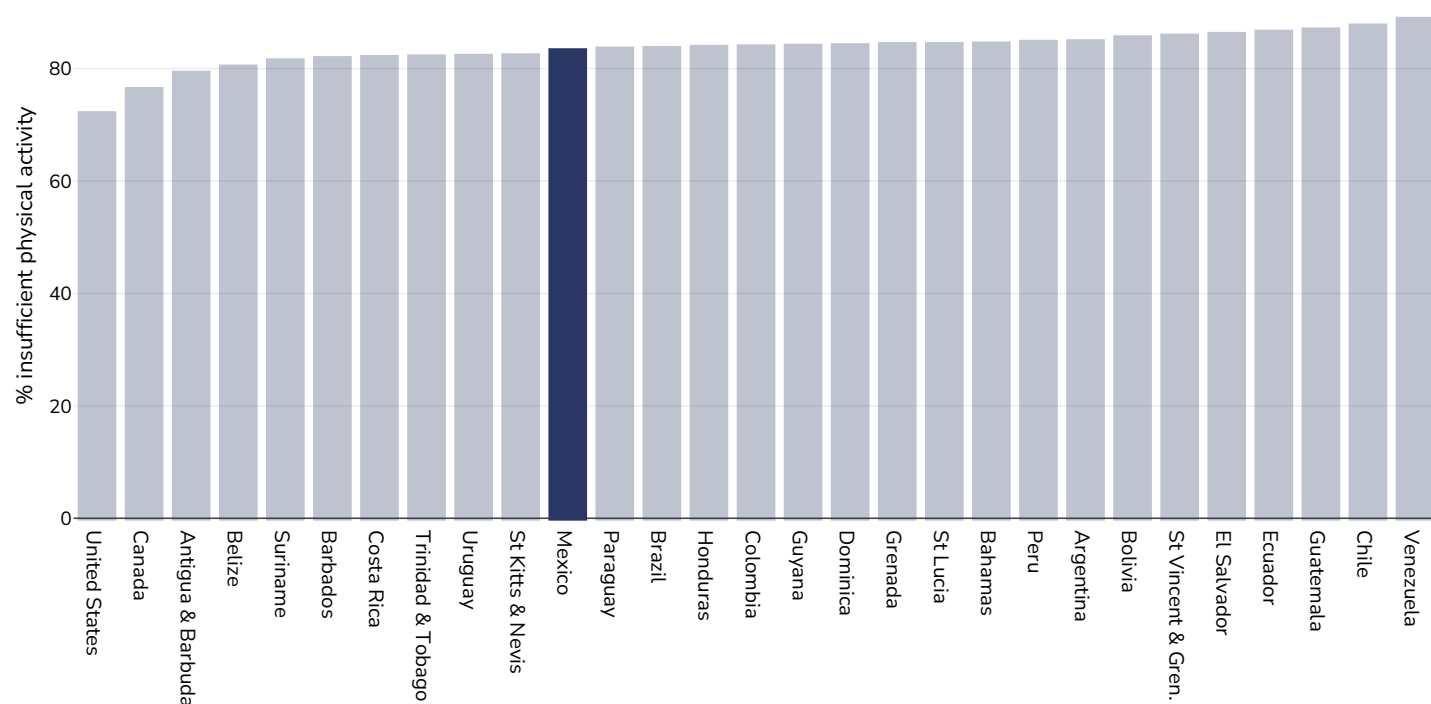
References: Guthold R, Stevens GA, Riley LM, Bull FC. Worldwide trends in insufficient physical activity from 2001 to 2016: a pooled analysis of 358 population-based surveys with 1.9 million participants. Lancet 2018 [http://dx.doi.org/10.1016/S2214-109X\(18\)30357-7](http://dx.doi.org/10.1016/S2214-109X(18)30357-7)

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)

Children, 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)

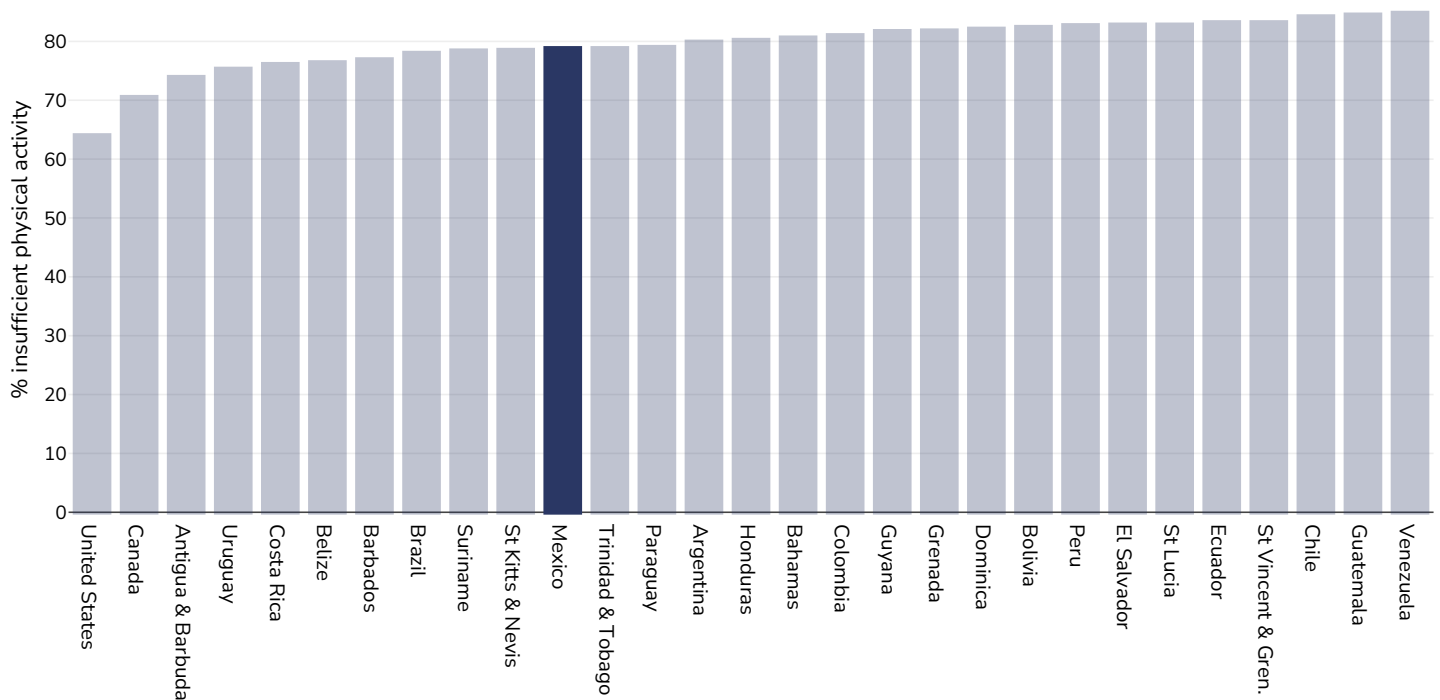
Notes:

% 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

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)

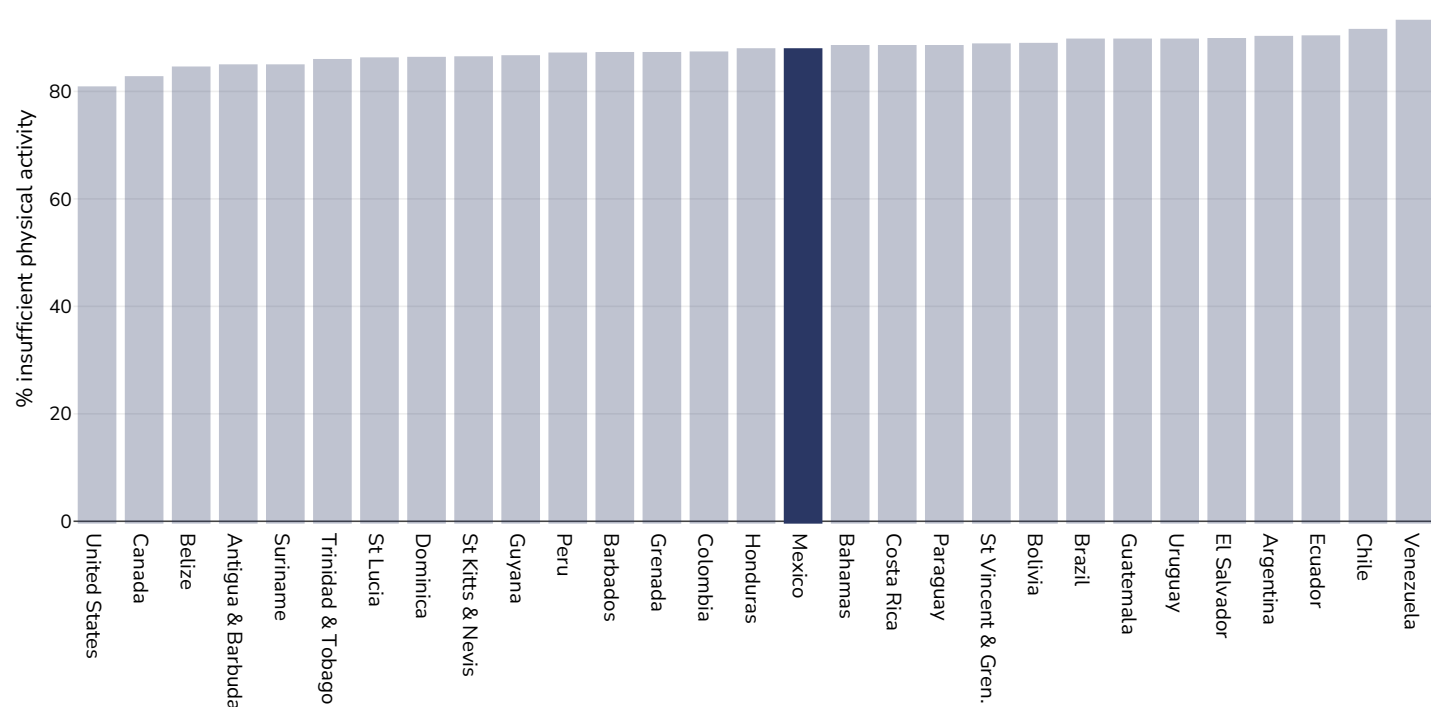
Notes:

% 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

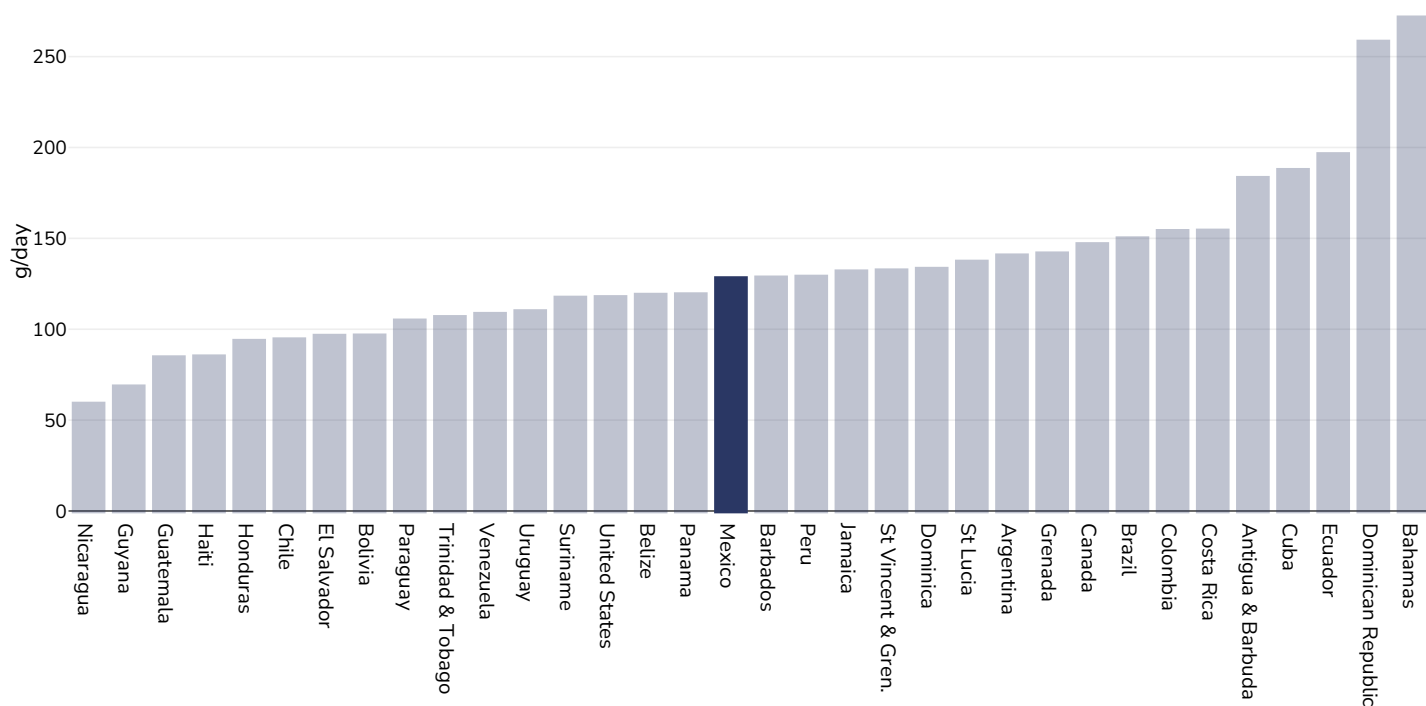
References: Global Health Observatory data repository, World Health Organisation, <https://apps.who.int/gho/data/node.main.A893ADO?lang=en> (last accessed 16.03.21)

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:

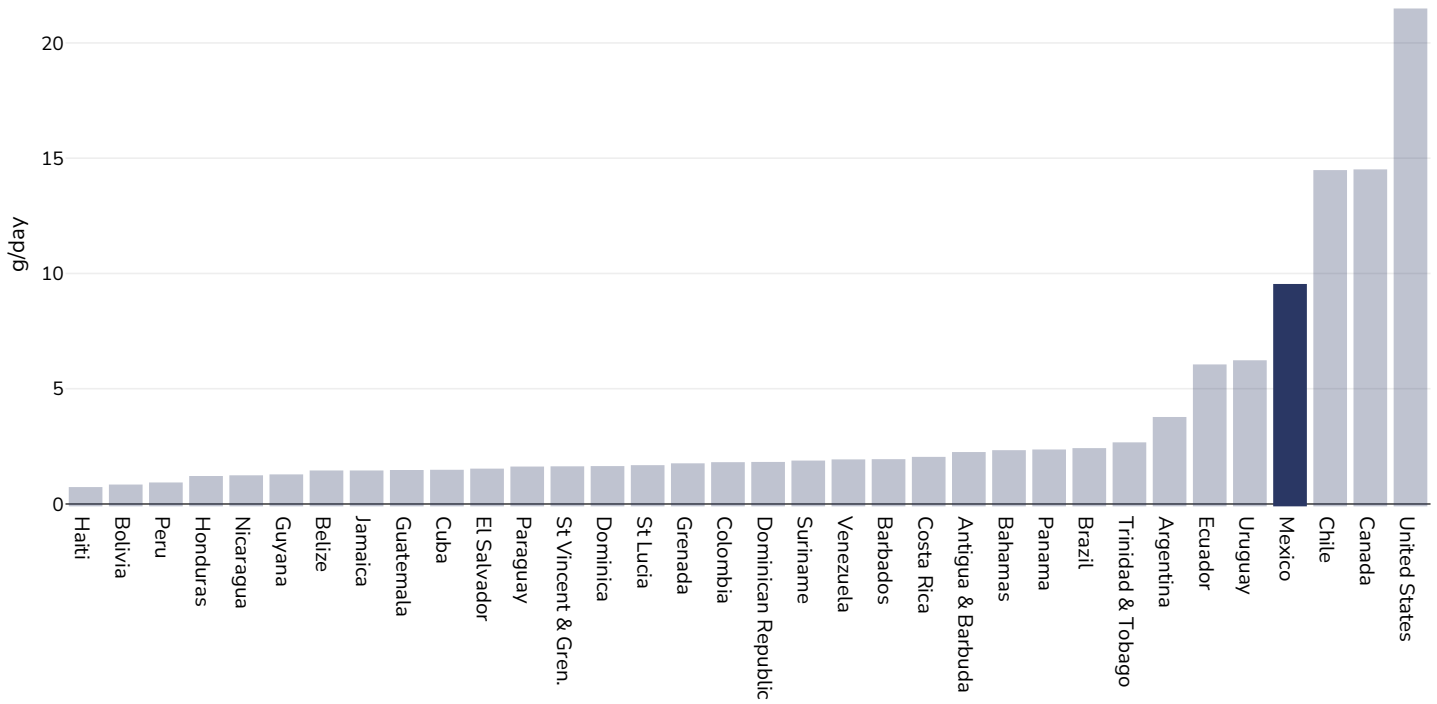
Global Burden of Disease, the Institute for Health Metrics and Evaluation <http://ghdx.healthdata.org/>

Definitions:

Estimated per-capita fruit intake (g/day)

Estimated per-capita processed meat intake

Adults, 2017



Survey type:

Measured

Age:

25+

References:

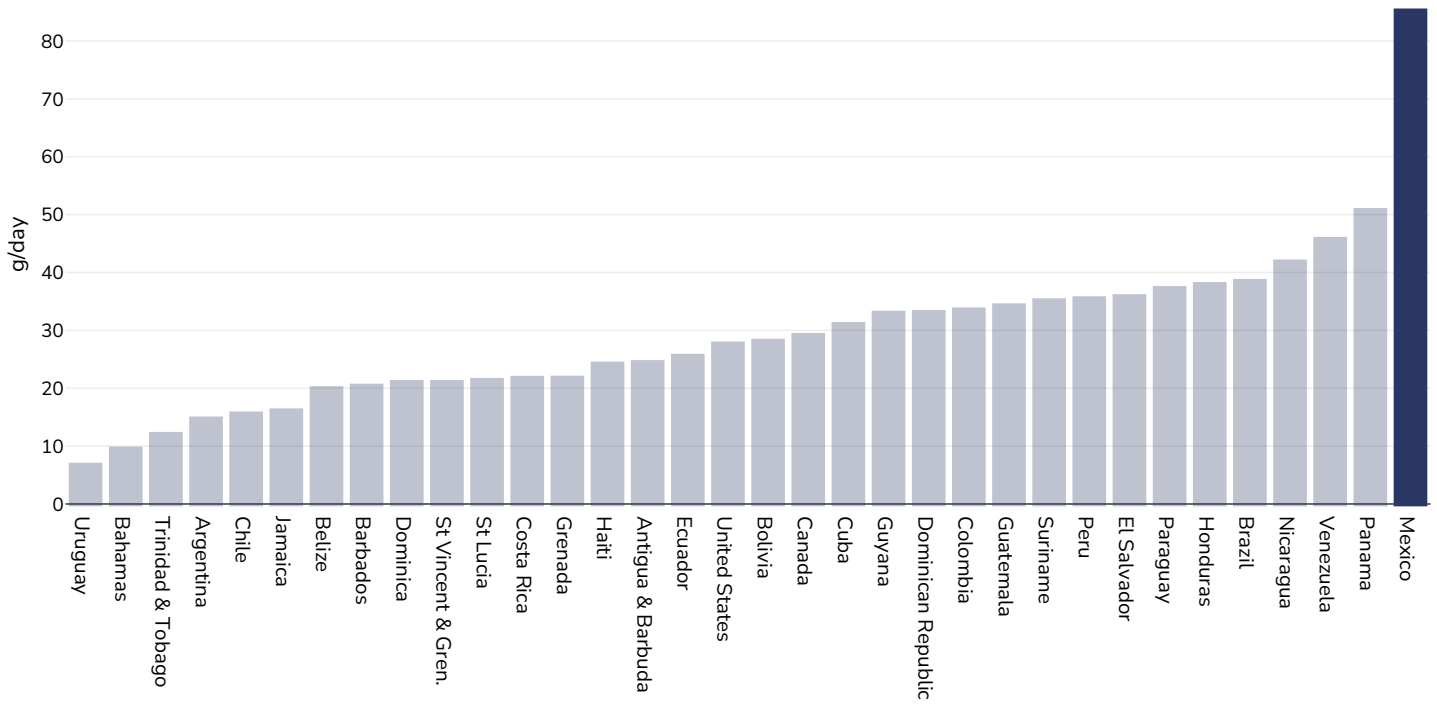
Global Burden of Disease, the Institute for Health Metrics and Evaluation <http://ghdx.healthdata.org/>

Definitions:

Estimated per-capita processed meat intake (g per day)

Estimated per capita whole grains intake

Adults, 2017



Survey type:

Measured

Age:

25+

References:

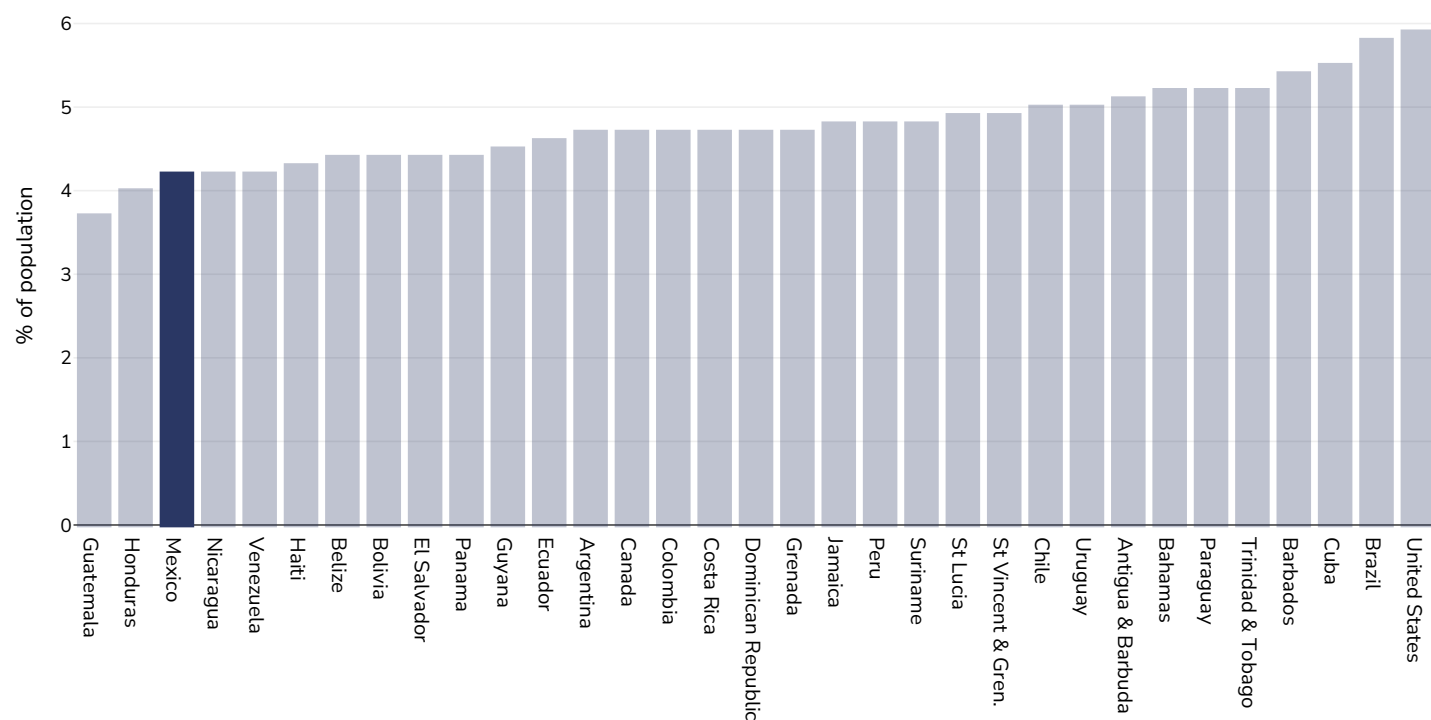
Global Burden of Disease, the Institute for Health Metrics and Evaluation <http://ghdx.healthdata.org/>

Definitions:

Estimated per-capita whole grains intake (g/day)

Mental health - depression disorders

Adults, 2015

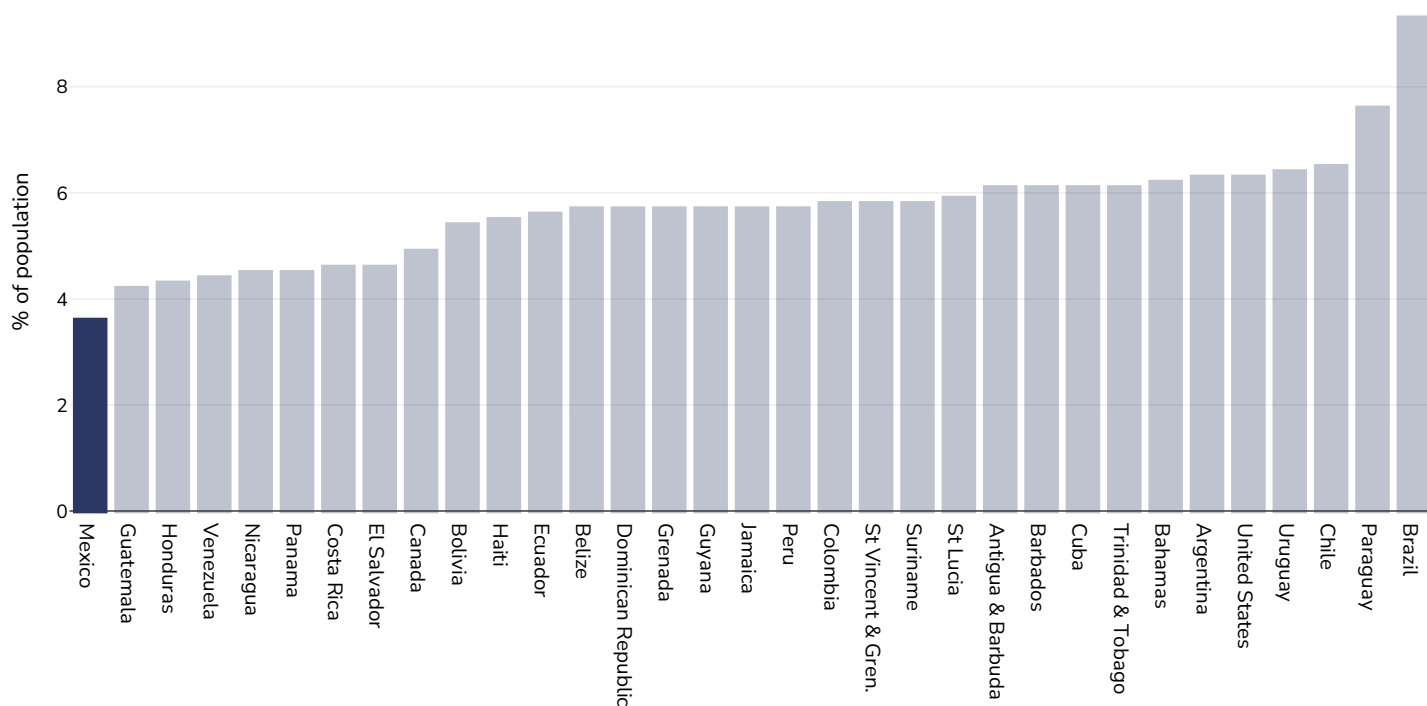


References: Prevalence data from Global Burden of Disease study 2015 (<http://ghdx.healthdata.org>) published in: Depression and Other Common Mental Disorders: Global Health Estimates. Geneva:World Health Organization; 2017. Licence: CC BY-NC-SA 3.0 IGO.

Definitions: % of population with depression disorders

Mental health - anxiety disorders

Adults, 2015

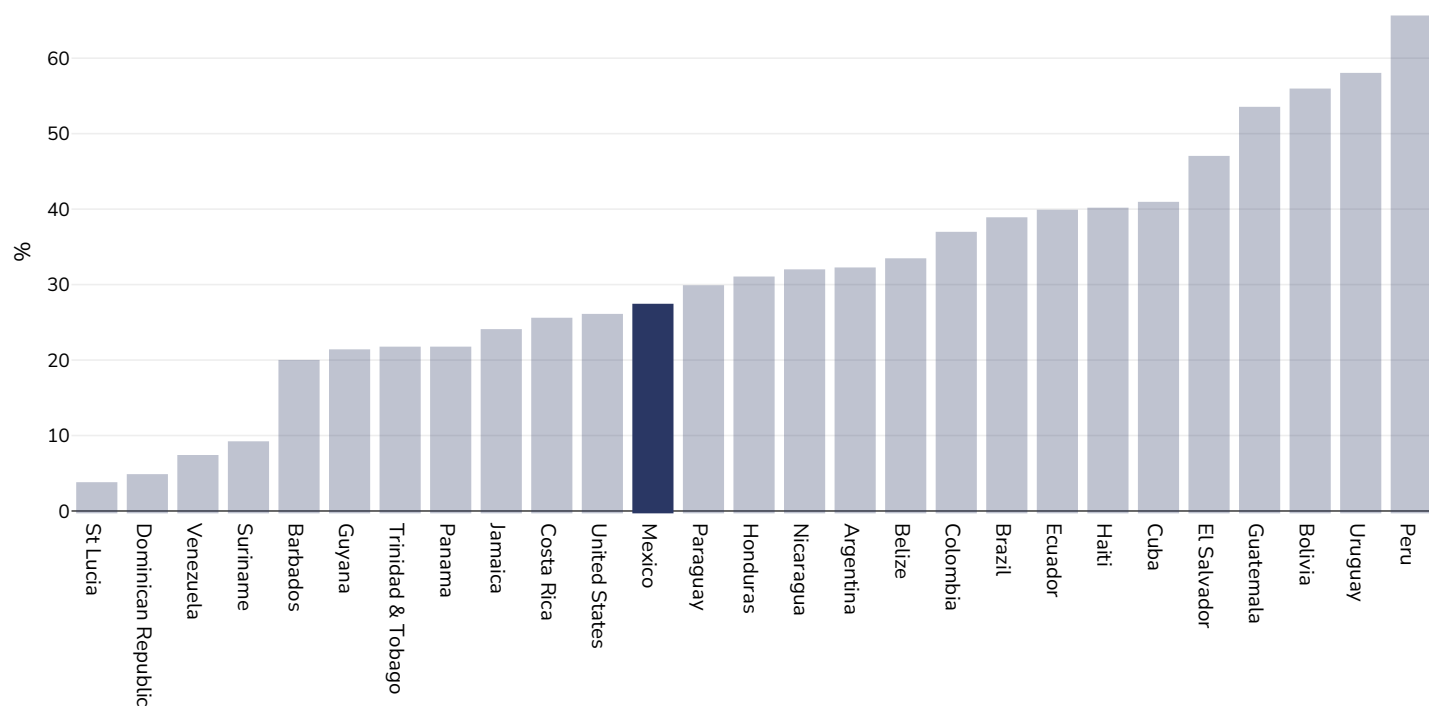


References: Prevalence data from Global Burden of Disease study 2015 (<http://ghdx.healthdata.org>) published in: Depression and Other Common Mental Disorders: Global Health Estimates. Geneva:World Health Organization; 2017. Licence: CC BY-NC-SA 3.0 IGO.

Definitions: % of population with anxiety disorders

% Infants exclusively breastfed 0-5 months

Children, 1998-2019



Area covered: National

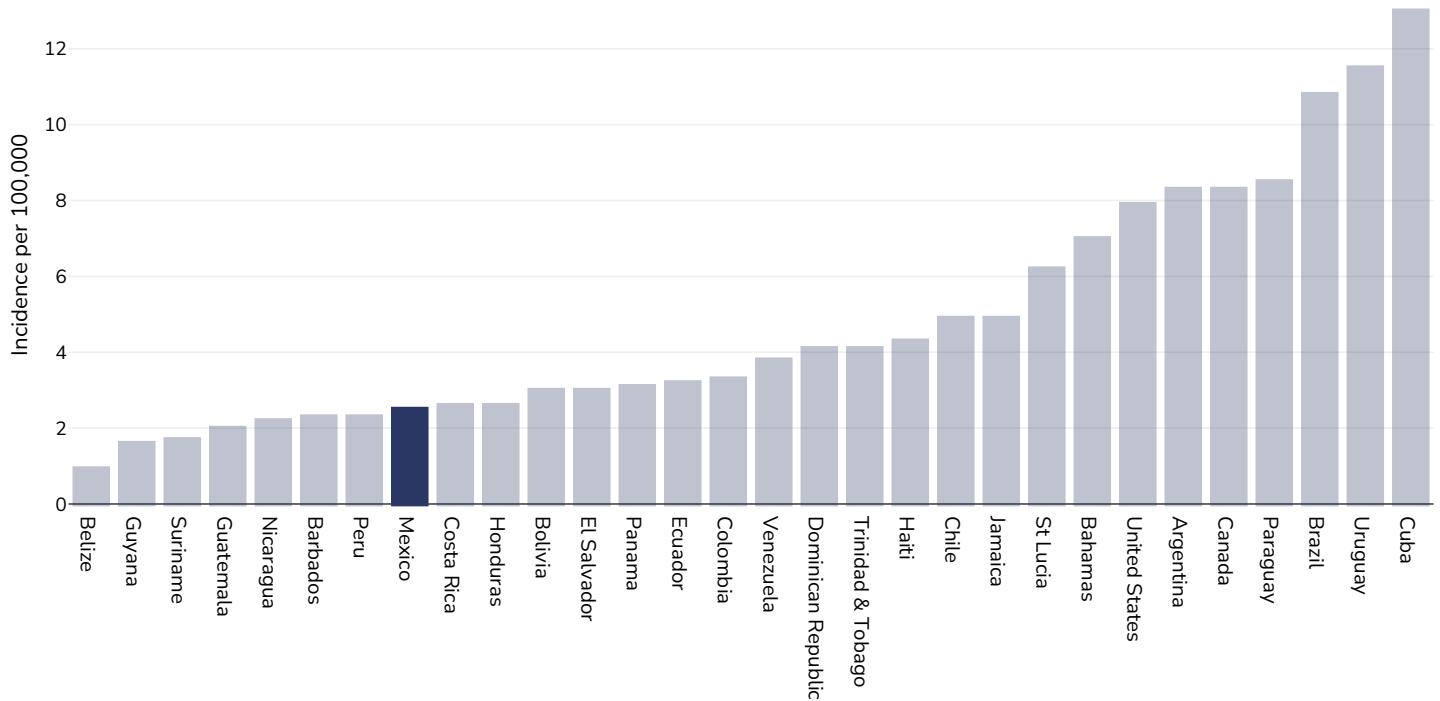
References: Encuesta nacional de salud y nutrición 2018. Cuernavaca, México: Instituto Nacional de Salud Pública, 2019

Notes: See UNICEF website for further survey information. Available at : <https://data.unicef.org/resources/dataset/infant-young-child-feeding/> (last accessed 28.9.21) Citation: United Nations Children's Fund, Division of Data, Analysis, Planning and Monitoring (2021). Global UNICEF Global Databases: Infant and Young Child Feeding: Exclusive breastfeeding, New York, September 2021.

Definitions: % exclusively breastfed 0-5 months

Oesophageal cancer

Men, 2020



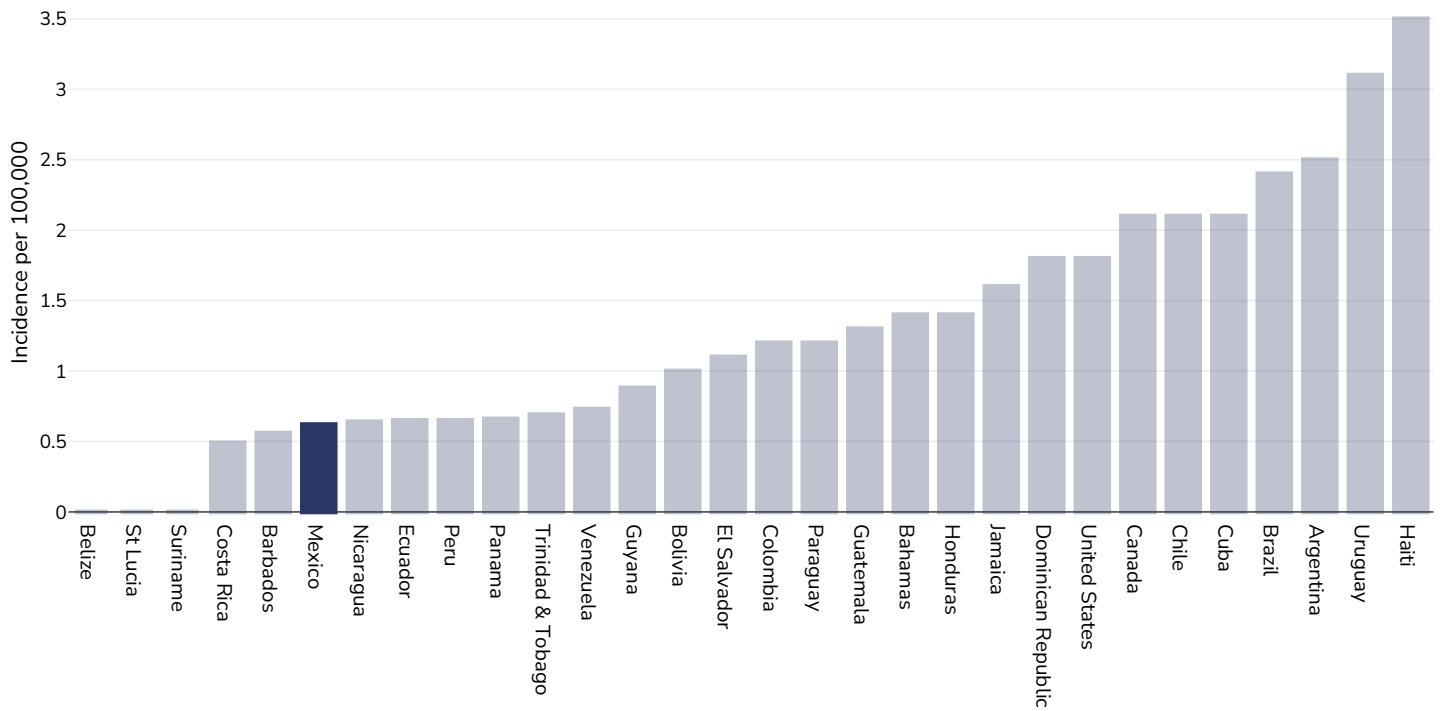
Age: 20+

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 10.01.2243

Definitions: Age-standardized incidence rates per 100 000

Women, 2020



Age: 20+

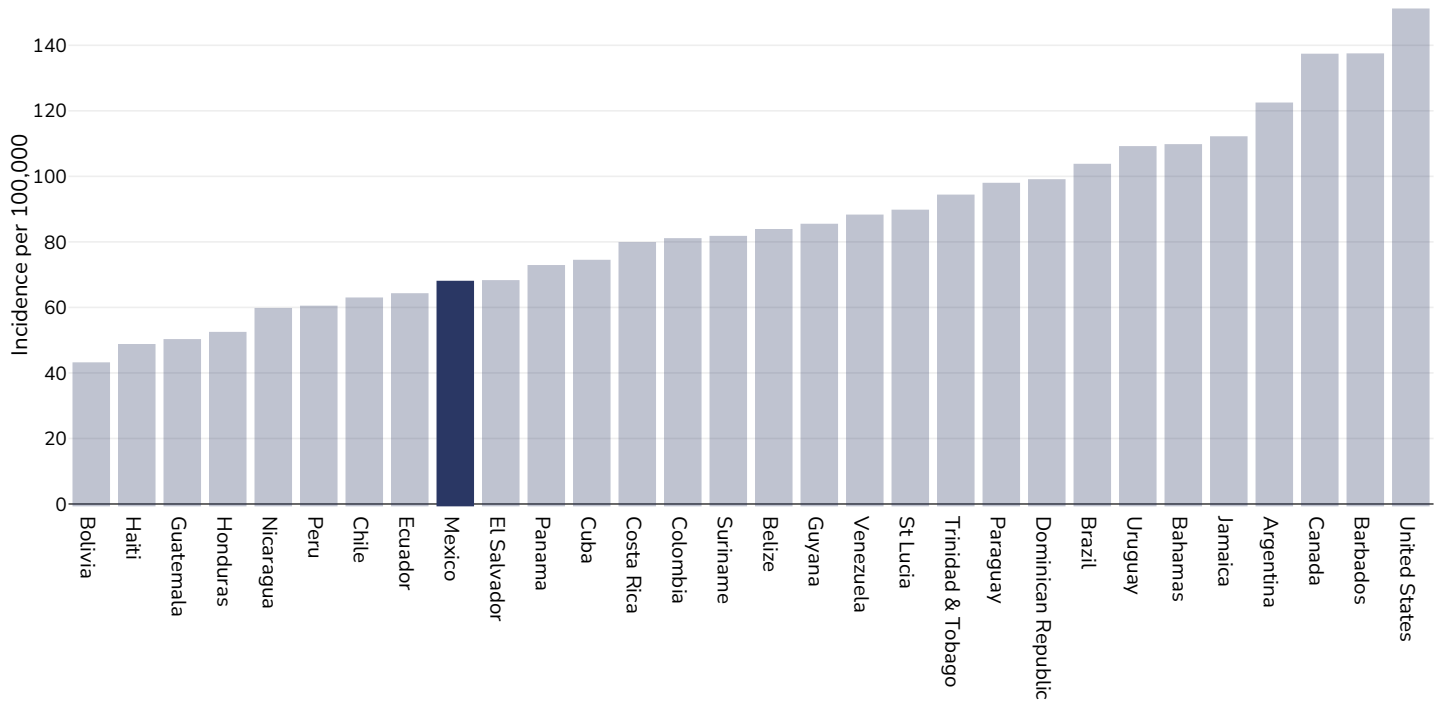
Area covered: National

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 10.01.2243

Definitions: Age-standardized incidence rates per 100 000

Breast cancer

Women, 2020



Age: 20+

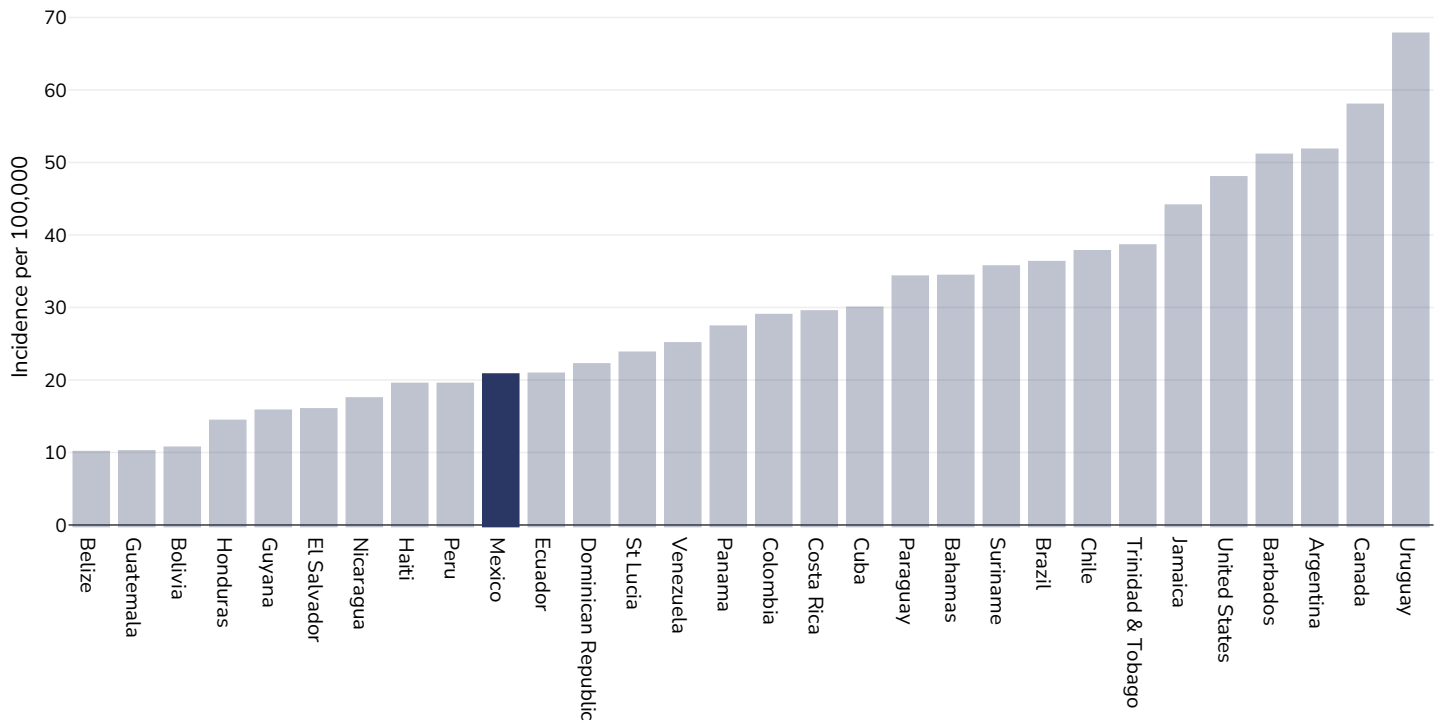
Area covered: National

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 10.01.2243

Definitions: Age-standardized incidence rates per 100 000

Colorectal cancer

Men, 2020



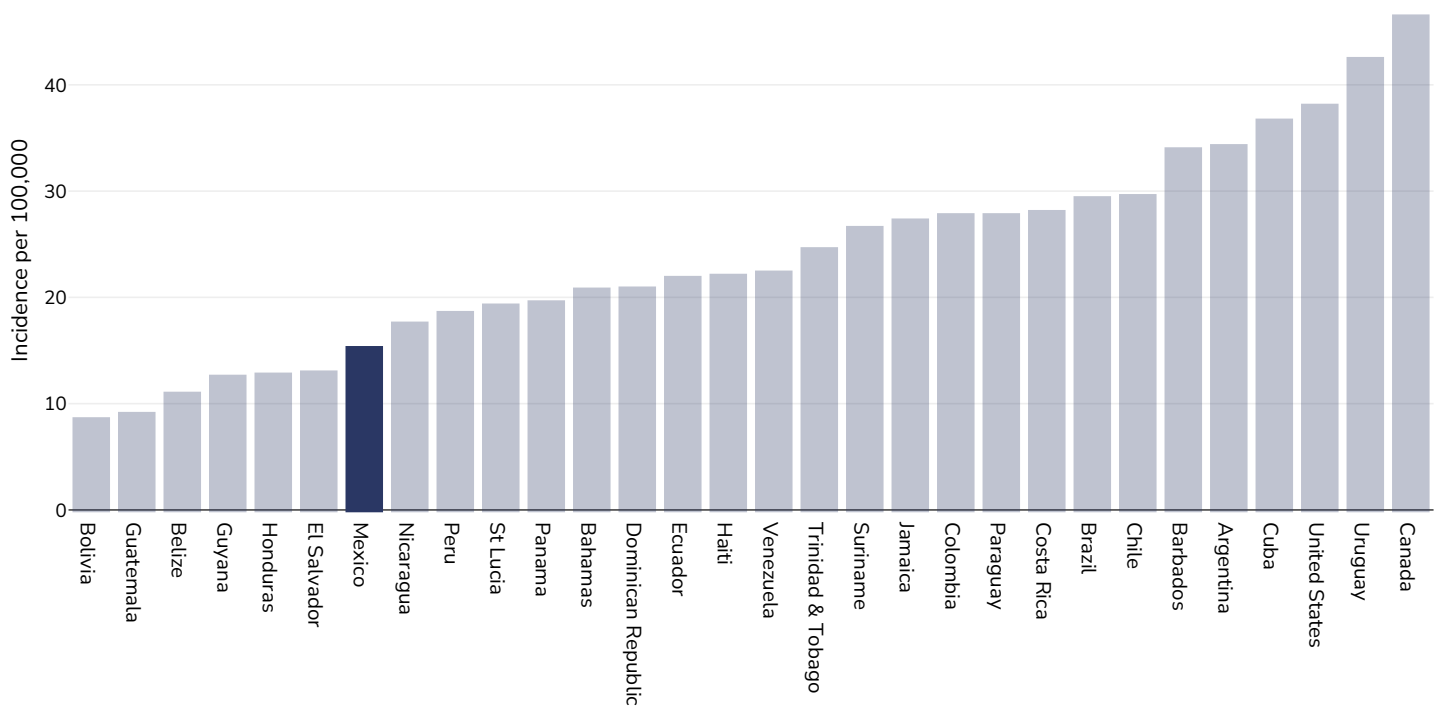
Age: 20+

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 10.01.2243

Definitions: Age-standardized incidence rates per 100 000

Women, 2020



Age: 20+

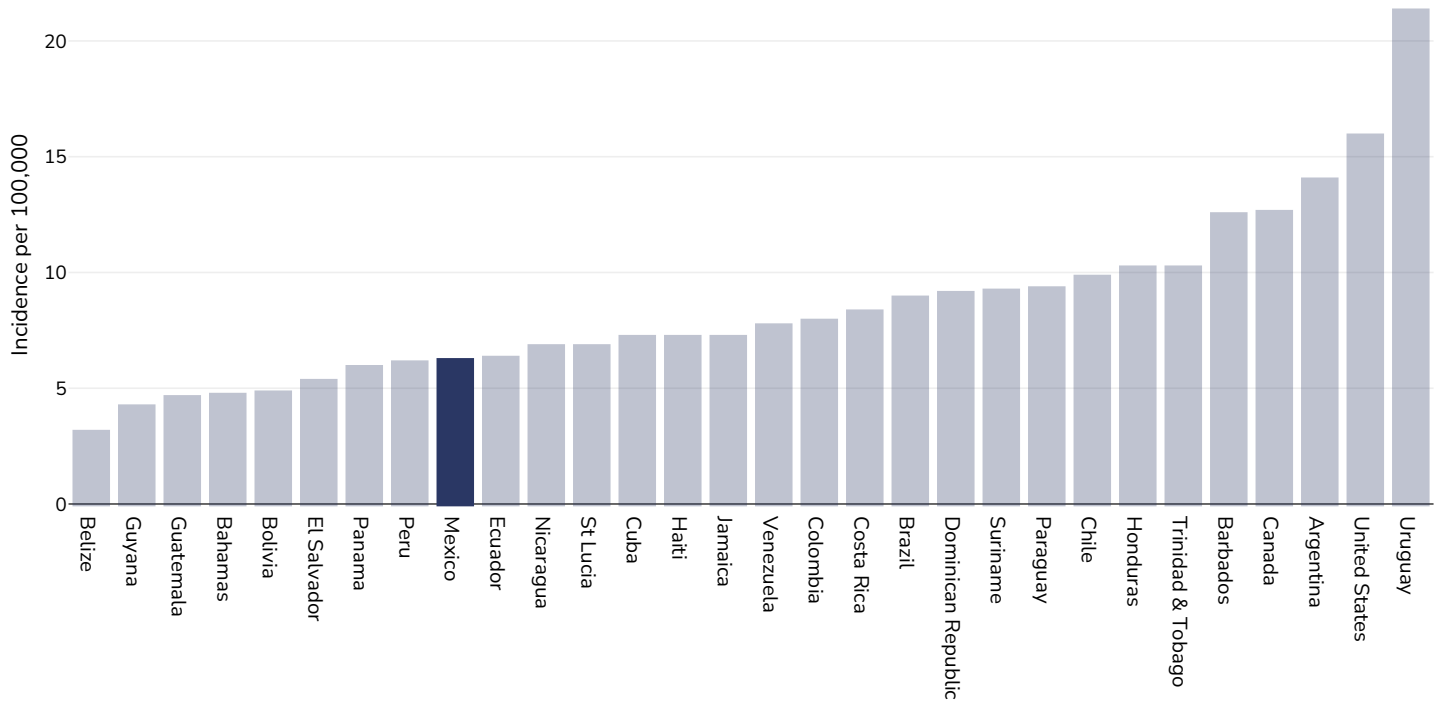
Area covered: National

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 10.01.2243

Definitions: Age-standardized incidence rates per 100 000

Pancreatic cancer

Men, 2020



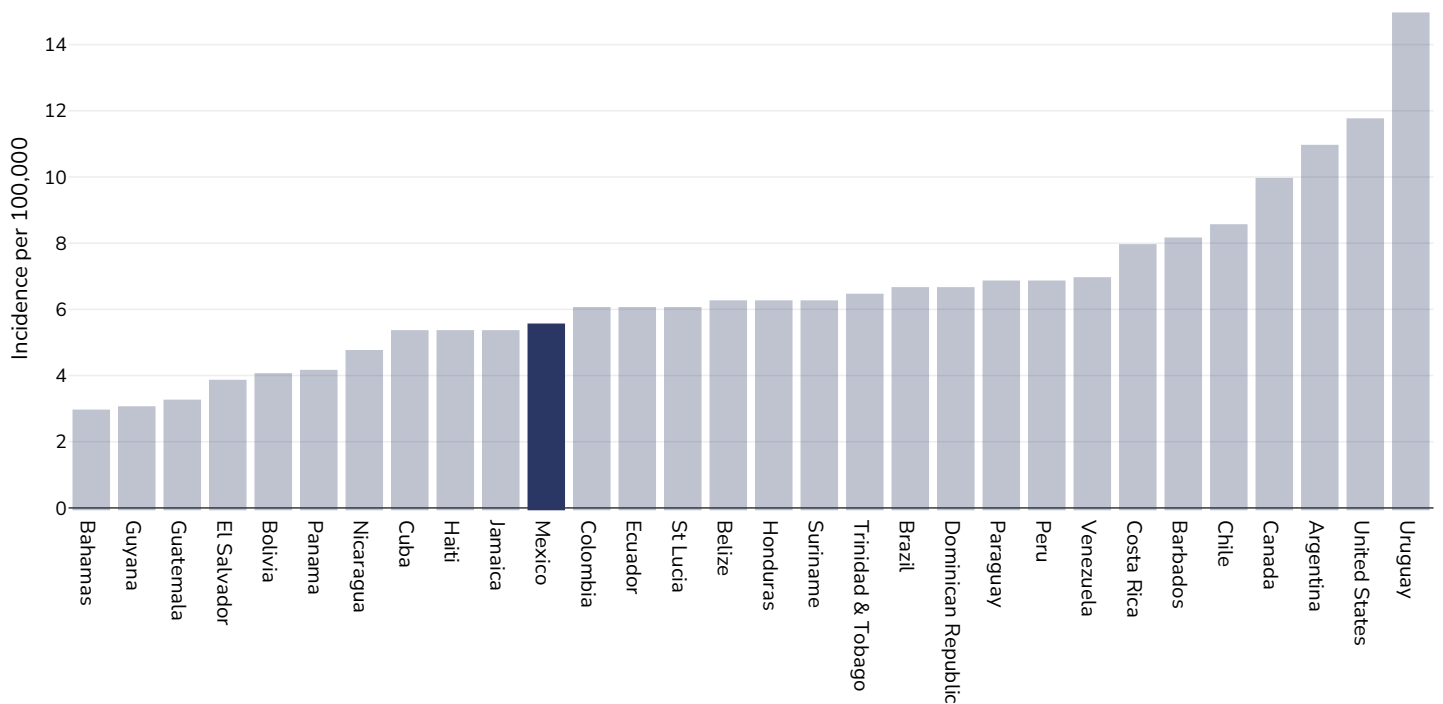
Age: 20+

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 10.01.2243

Definitions: Age-standardized incidence rates per 100 000

Women, 2020



Age: 20+

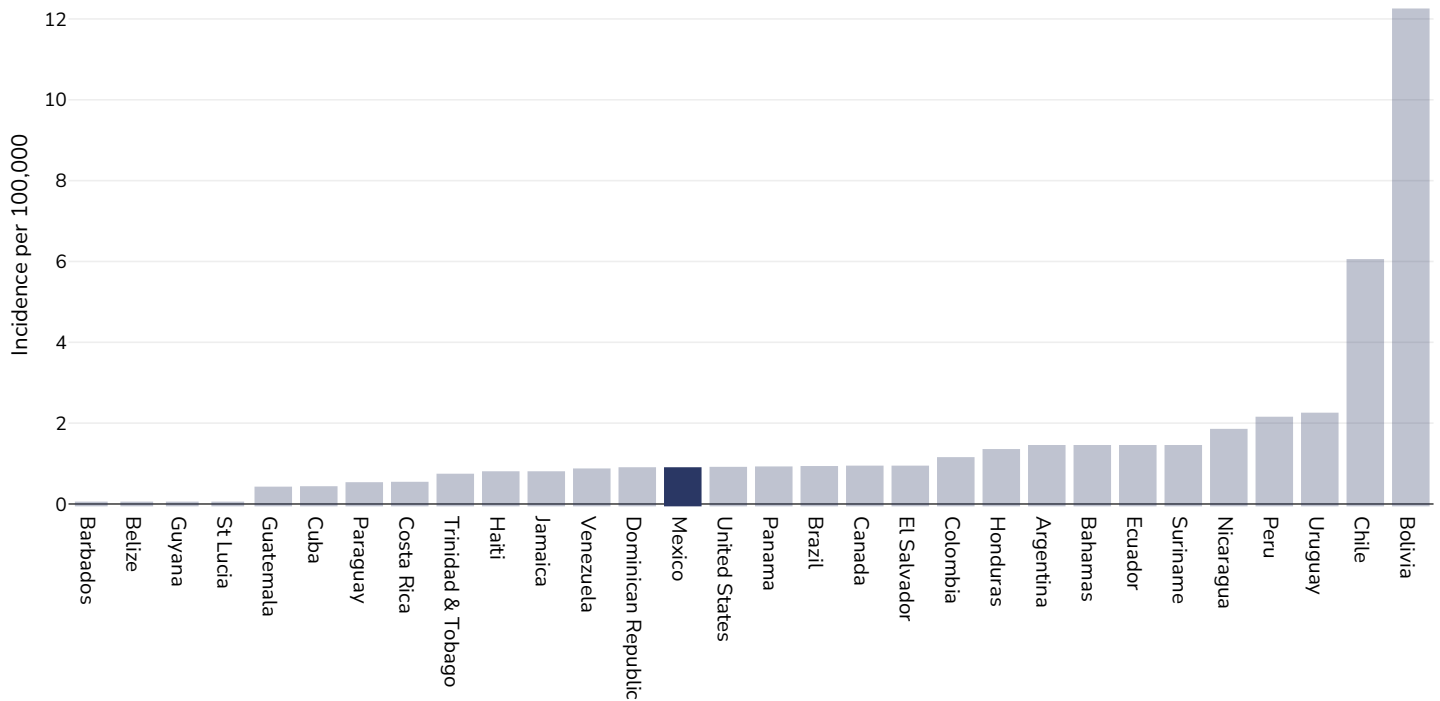
Area covered: National

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 10.01.2243

Definitions: Age-standardized incidence rates per 100 000

Gallbladder cancer

Men, 2020



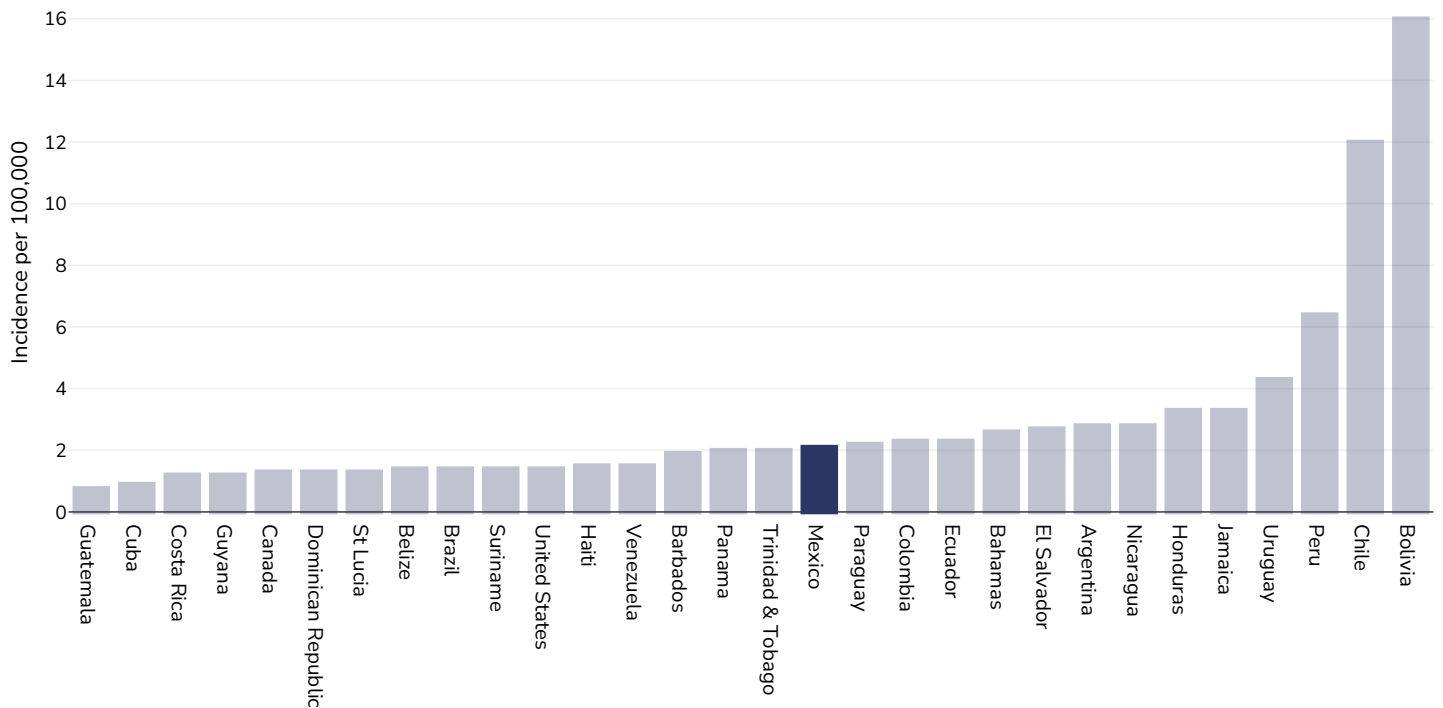
Age: 20+

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 10.01.2243

Definitions: Age-standardized incidence rates per 100 000

Women, 2020



Age: 20+

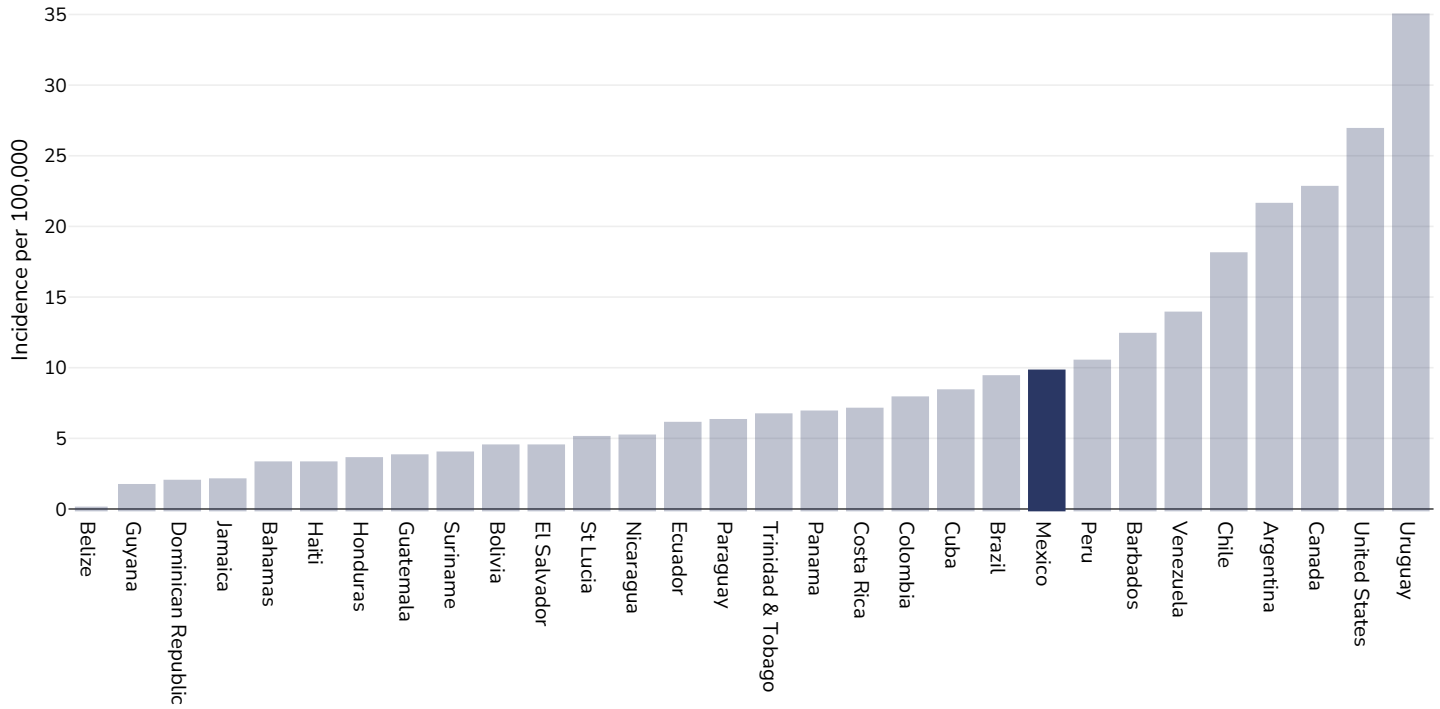
Area covered: National

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 10.01.2243

Definitions: Age-standardized incidence rates per 100 000

Kidney cancer

Men, 2020



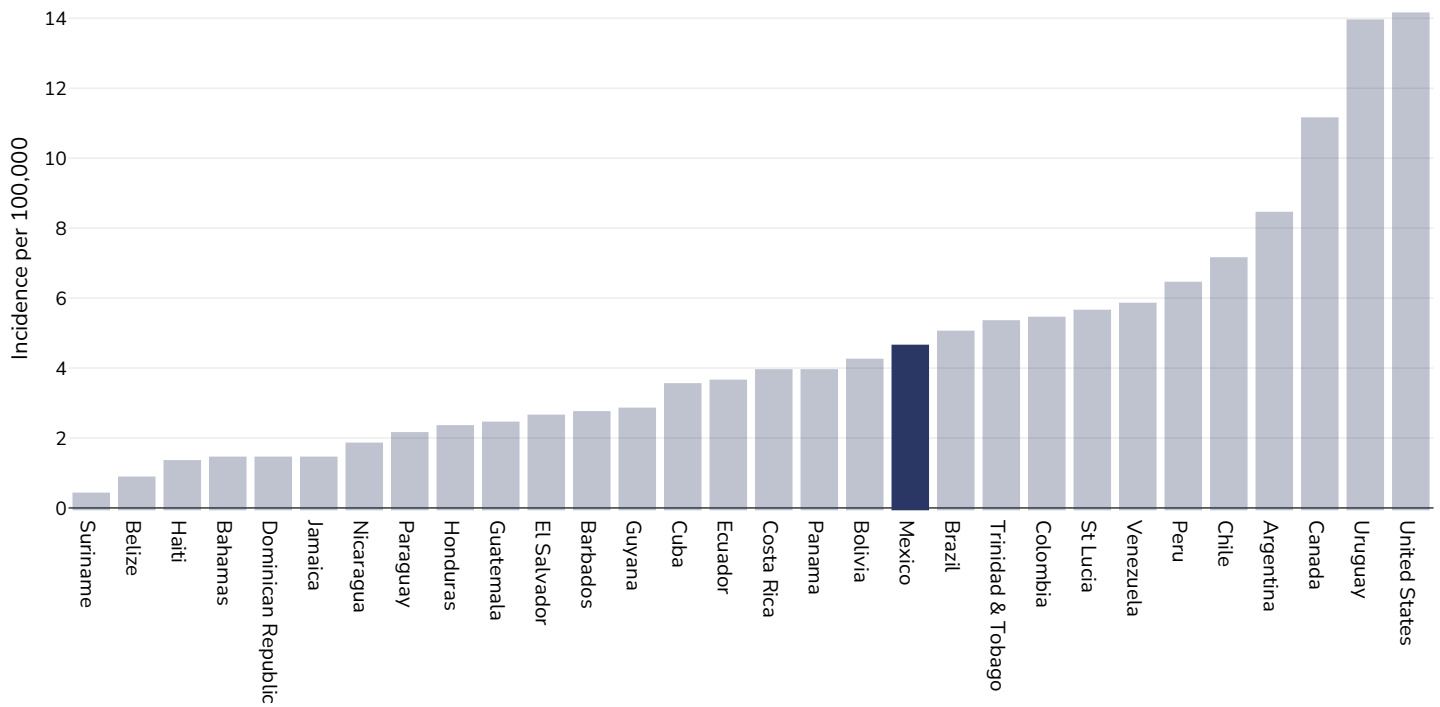
Age: 20+

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 10.01.2243

Definitions: Age-standardized incidence rates per 100 000

Women, 2020



Age: 20+

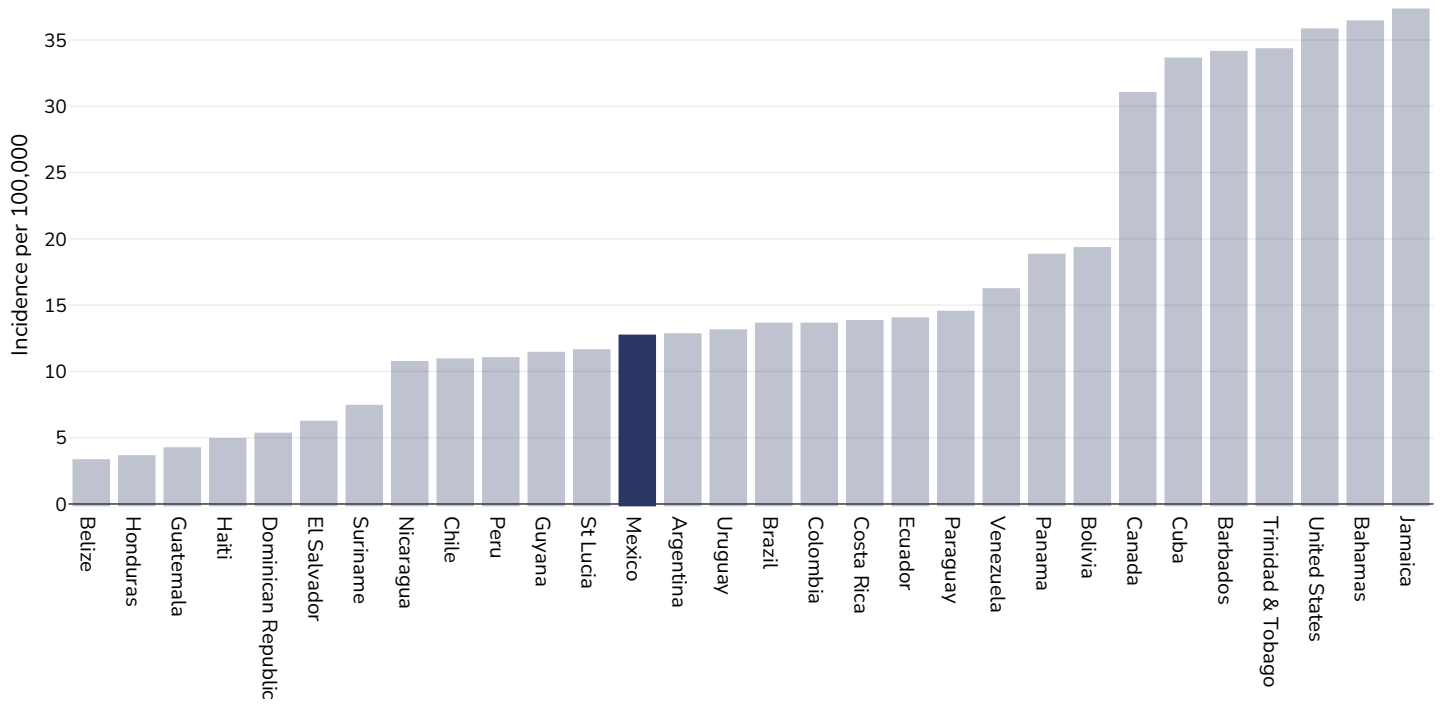
Area covered: National

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 10.01.2243

Definitions: Age-standardized incidence rates per 100 000

Cancer of the uterus

Women, 2020



Age: 20+

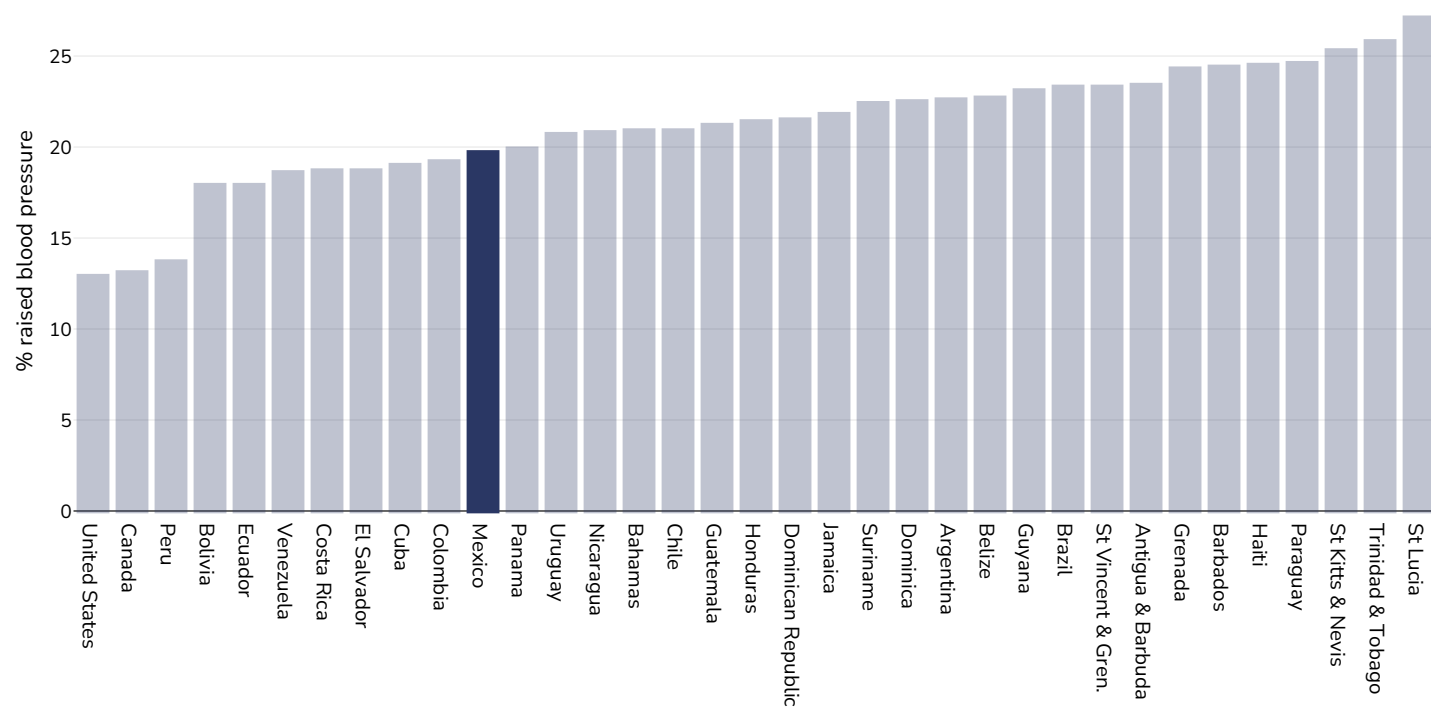
Area covered: National

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 10.01.2243

Definitions: Age-standardized incidence rates per 100 000

Raised blood pressure

Adults, 2015



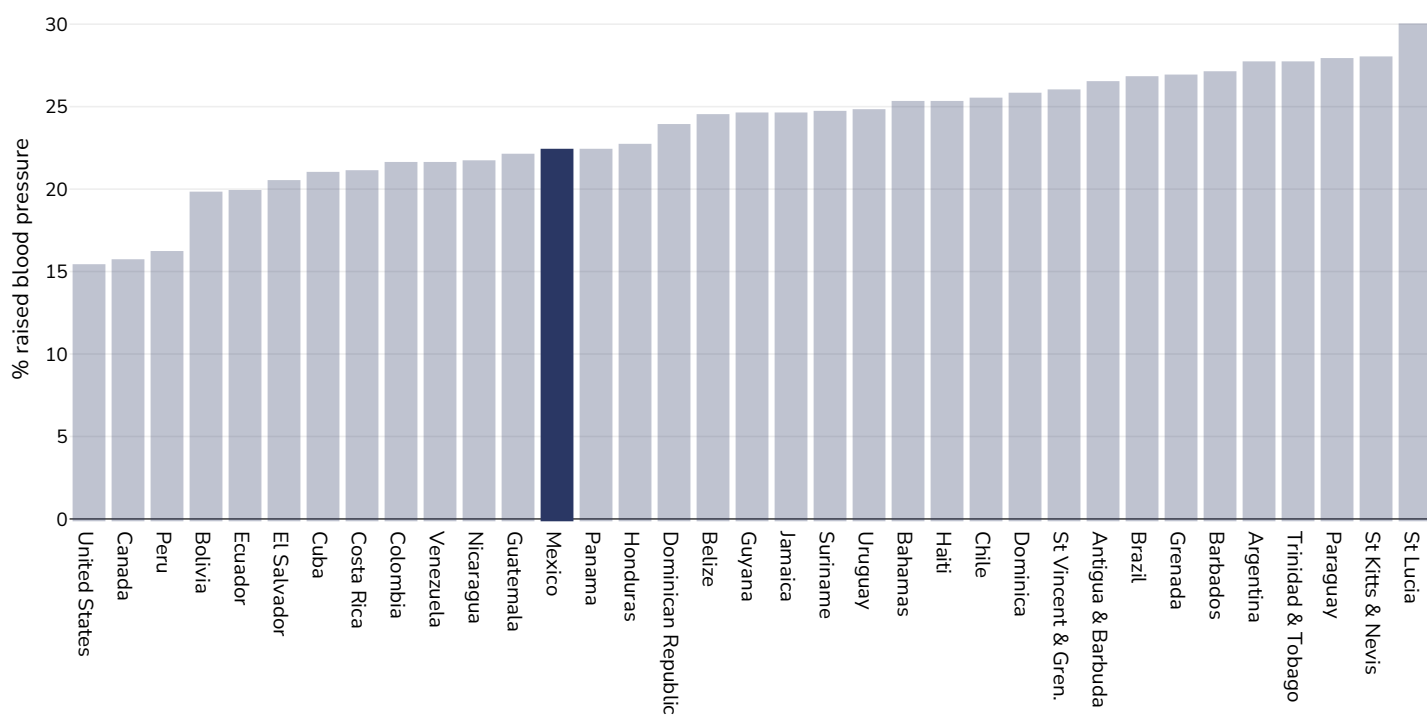
References:

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 \geq 140 OR DBP \geq 90).

Men, 2015



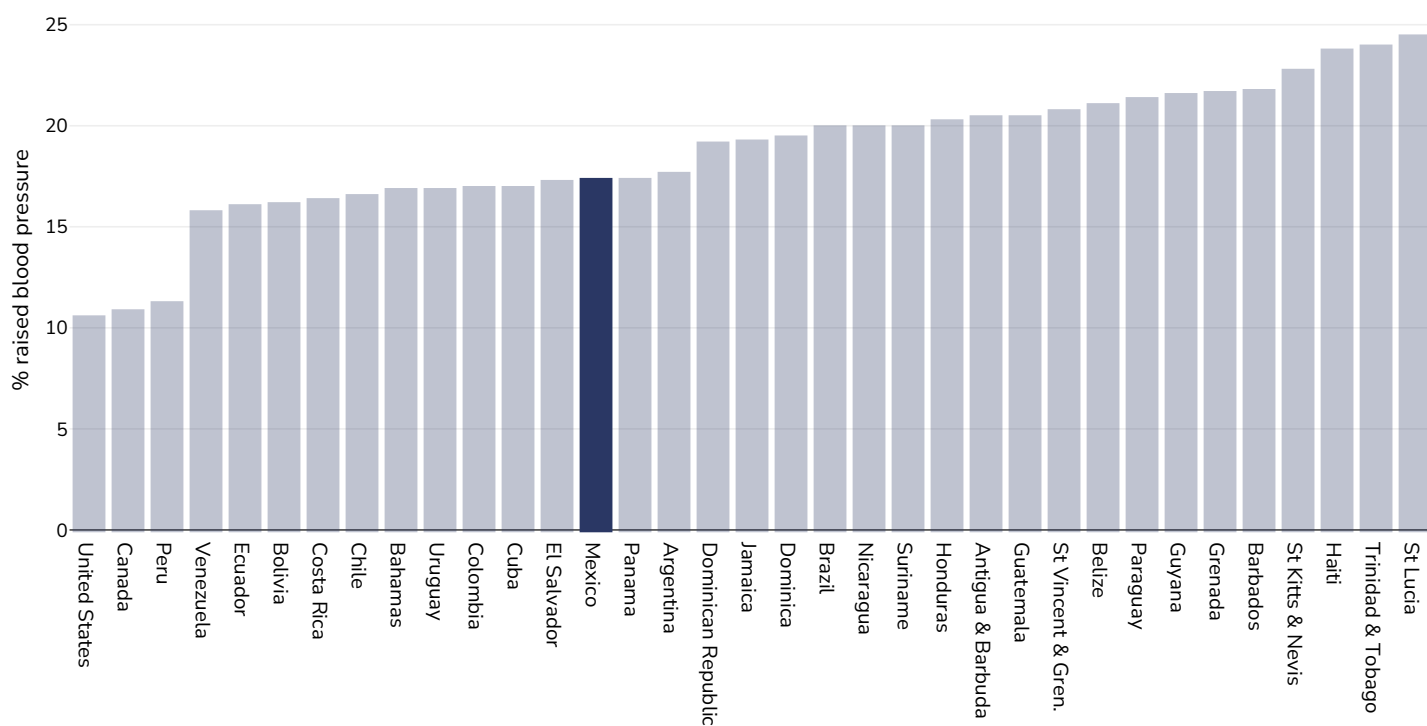
References:

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 \geq 140 OR DBP \geq 90).

Women, 2015



References:

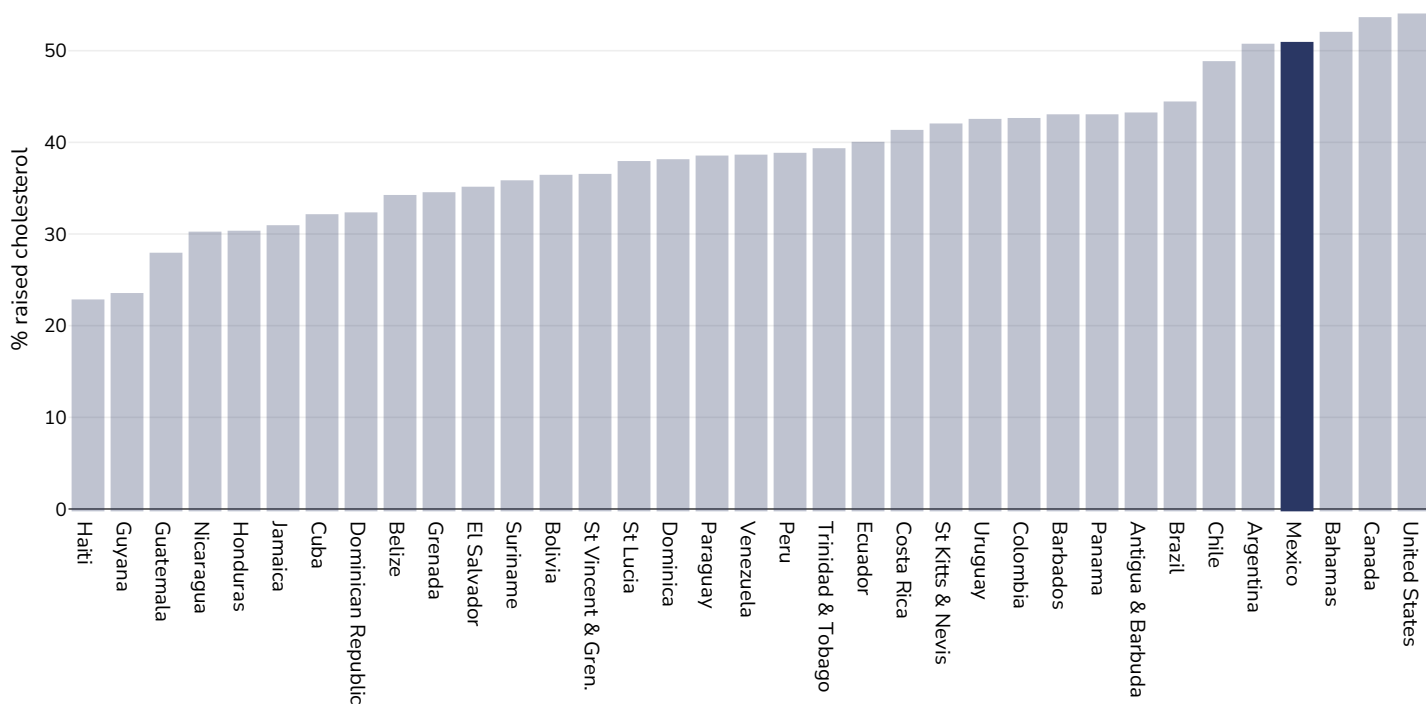
Global Health Observatory data repository, World Health Organisation,
<http://apps.who.int/gho/data/node.main.A875?lang=en>

Definitions:

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

Raised cholesterol

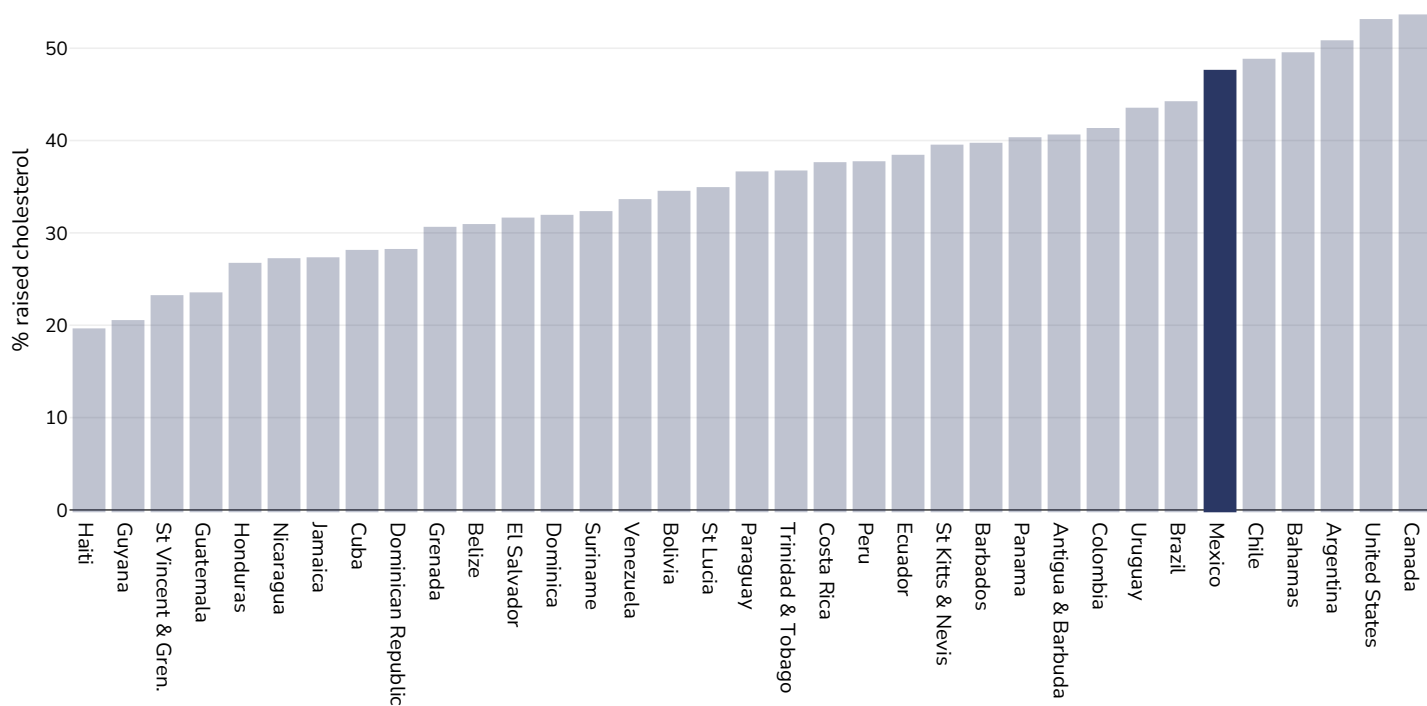
Adults, 2008



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).

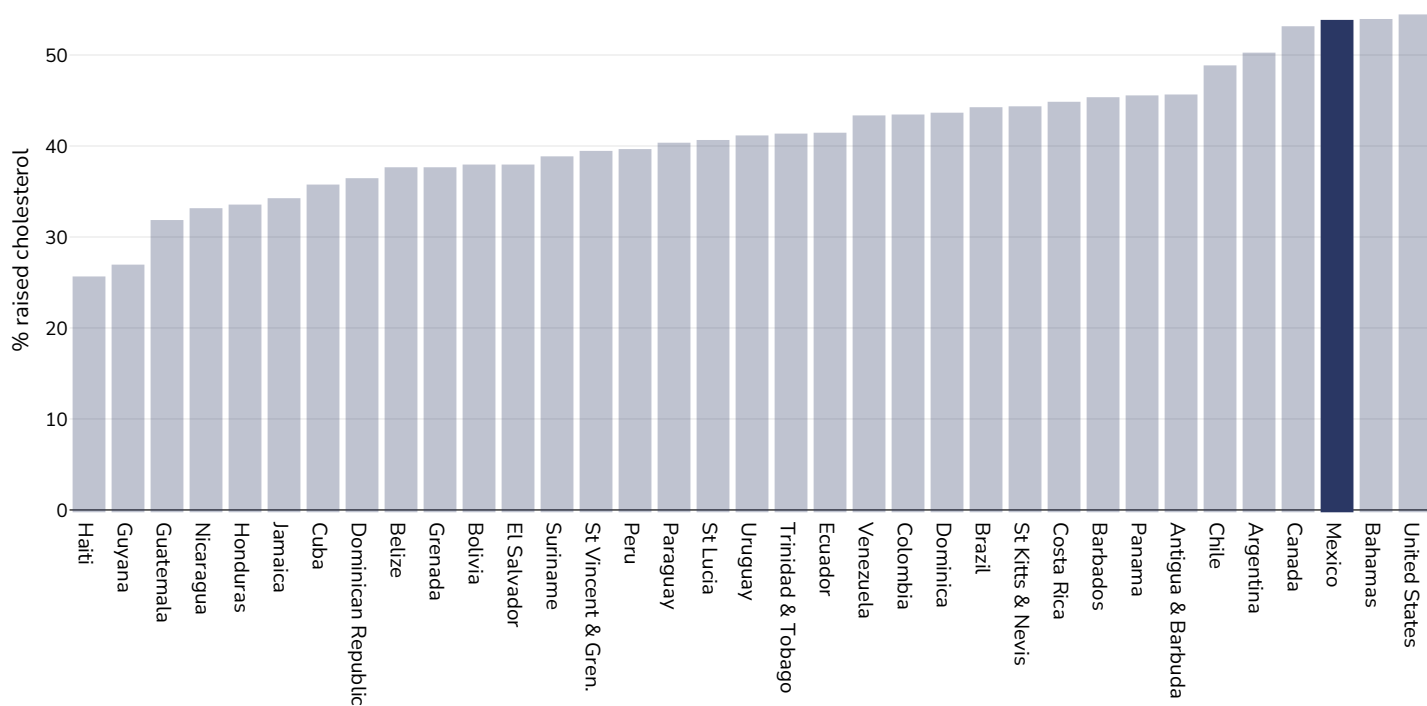
Men, 2008



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

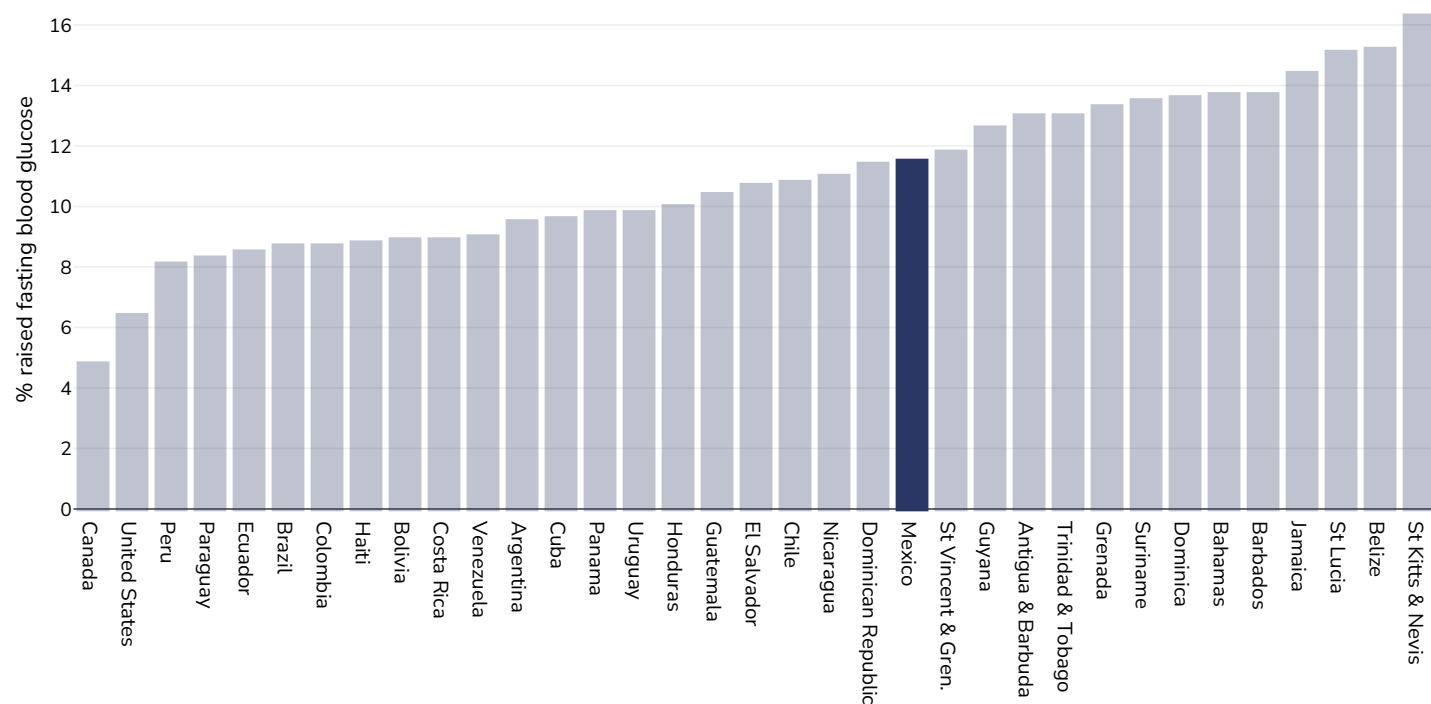


References: Global Health Observatory data repository, World Health Organisation, <http://apps.who.int/gho/data/node.main.A885>

Definitions: % Raised total cholesterol (≥ 5.0 mmol/L) (age-standardized estimate).

Raised fasting blood glucose

Men, 2014



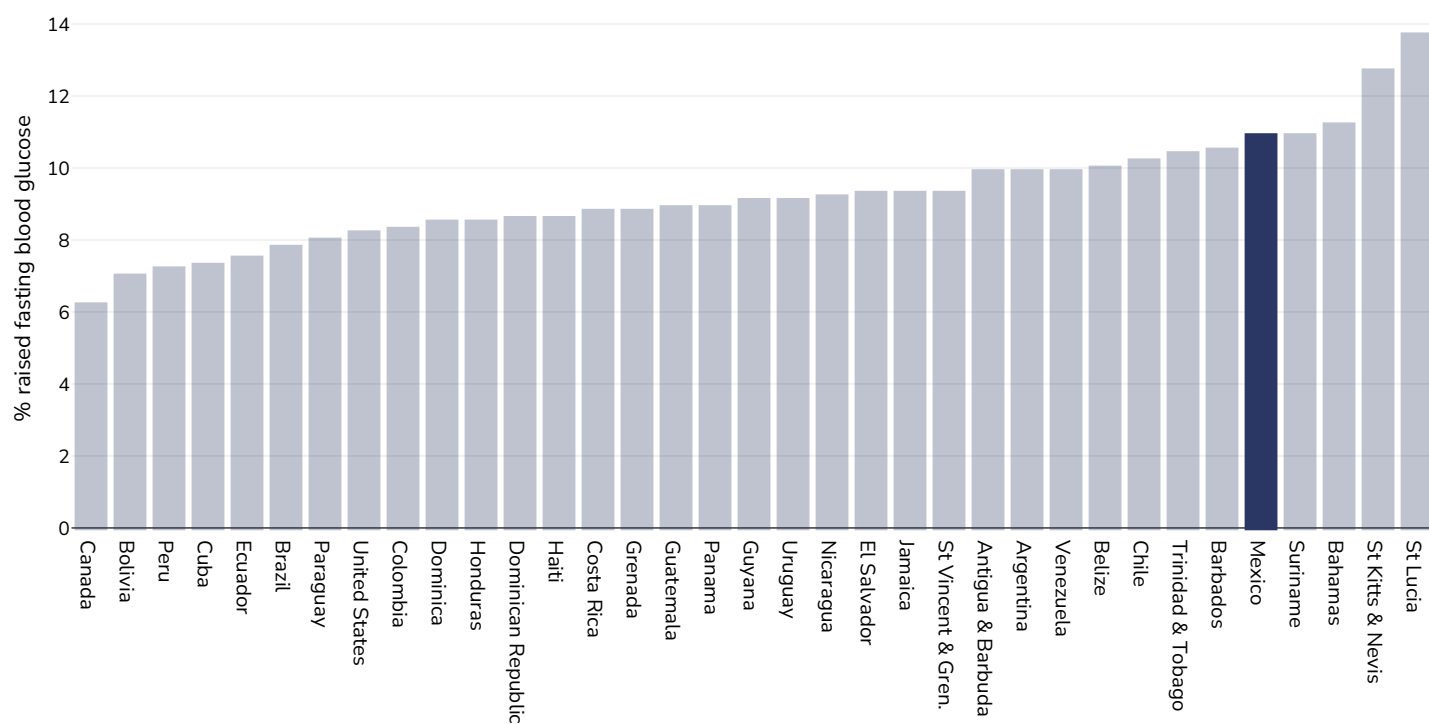
References:

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



References:

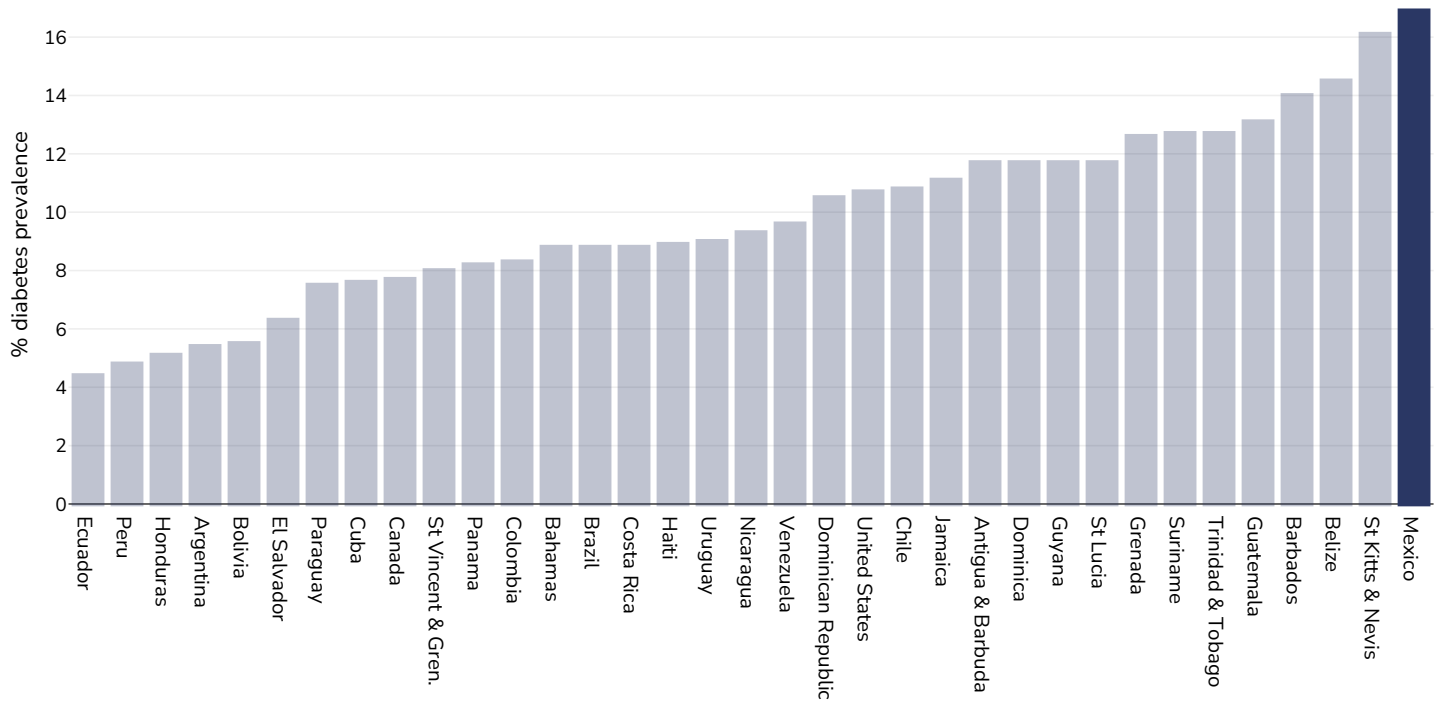
Global Health Observatory data repository, World Health Organisation,
<http://apps.who.int/gho/data/node.main.A869?lang=en>

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?	✓ _v
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