

# Conductores

# Mongolia

Upper-middle income



## Report cards

Our report cards collate all the most-recent graphics for this country. If you would like to produce a custom report based on selected graphics, just tap the Add to custom PDF button below the graphics you would like to use.

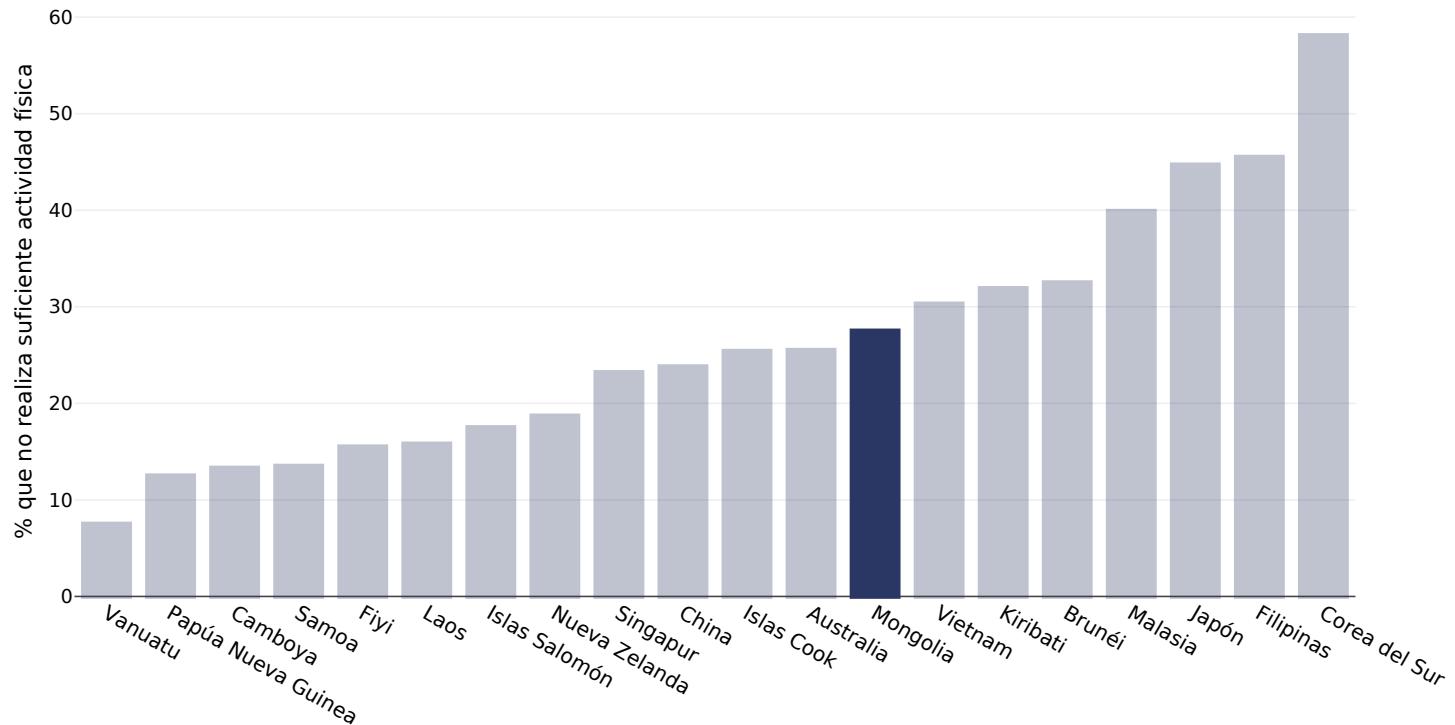
[Report card \(adult data\)](#)

[Report card \(child data\)](#)

[Report card \(under-5s data\)](#)

## Actividad física insuficiente

**Adultos, 2022**



**Tipo de encuesta:**

Autodeclarado

**Edad:**

18+

**Zona abarcada:**

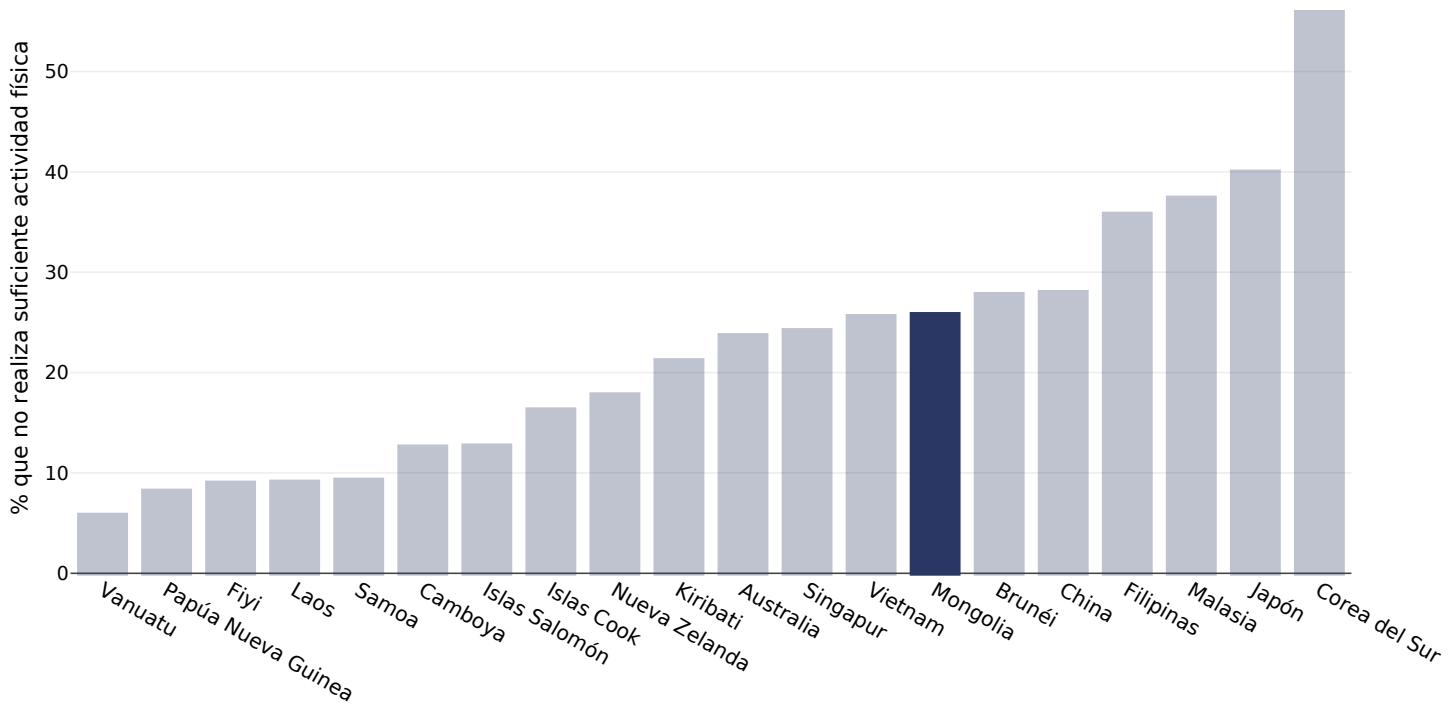
Nacional

**Referencias:** WHO (2024). Prevalence of insufficient physical activity among adults aged 18-years age-standardized estimate in 2022. Available at [https://www.who.int/data/gho/data/indicators/indicator-details/GHO/prevalence-of-insufficient-physical-activity-among-adults-aged-18-years-\(age-standardized-estimate\)-\(-\)](https://www.who.int/data/gho/data/indicators/indicator-details/GHO/prevalence-of-insufficient-physical-activity-among-adults-aged-18-years-(age-standardized-estimate)-(-))

**Definiciones (solo disponible en inglés):**

Percent of population attaining less than 150 minutes of moderate-intensity physical activity per week, or less than 75 minutes of vigorous-intensity physical activity per week, or equivalent.

## Hombres, 2022



**Tipo de encuesta:**

Autodeclarado

**Edad:**

18+

**Zona abarcada:**

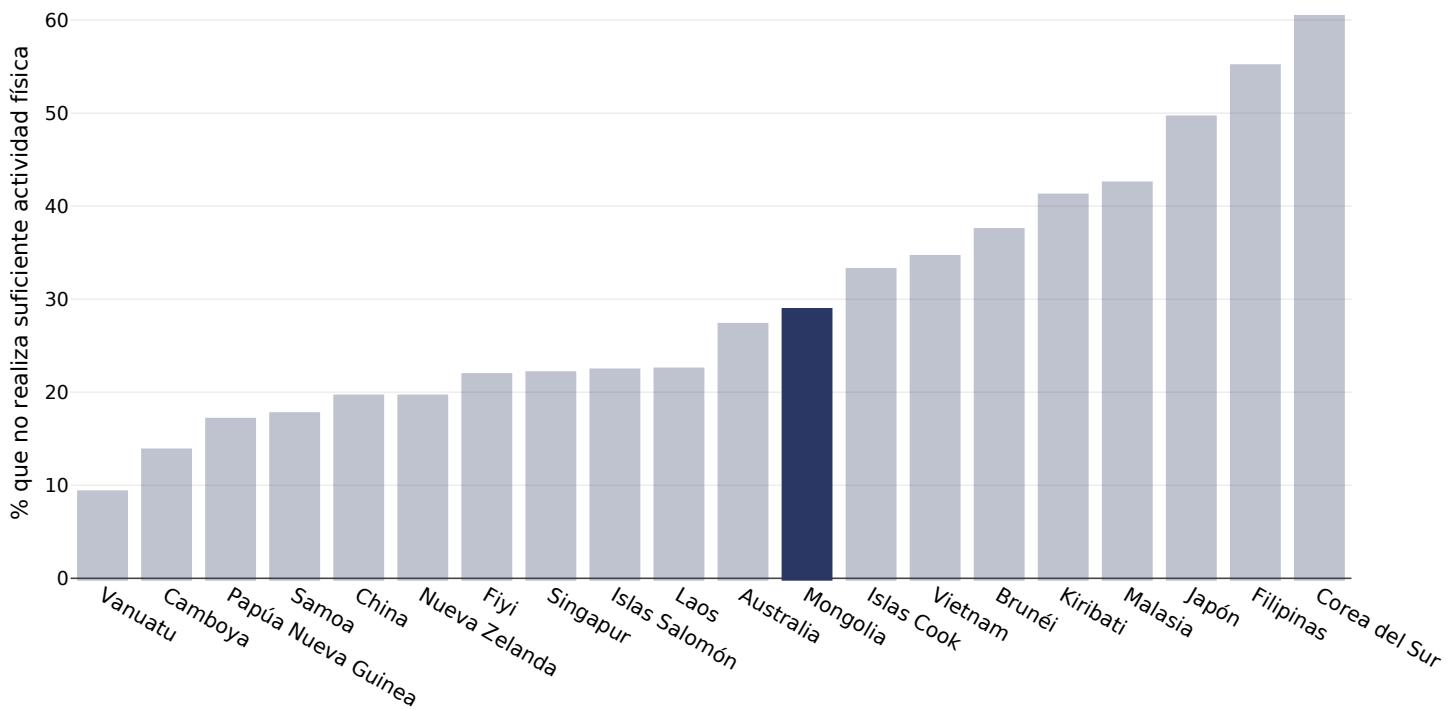
Nacional

**Referencias:** WHO (2024). Prevalence of insufficient physical activity among adults aged 18-years age-standardized estimate in 2022. Available at [https://www.who.int/data/gho/data/indicators/indicator-details/GHO/prevalence-of-insufficient-physical-activity-among-adults-aged-18-years-\(age-standardized-estimate\)-\(-](https://www.who.int/data/gho/data/indicators/indicator-details/GHO/prevalence-of-insufficient-physical-activity-among-adults-aged-18-years-(age-standardized-estimate)-(-)

**Definiciones (solo disponible en inglés):**

Percent of population attaining less than 150 minutes of moderate-intensity physical activity per week, or less than 75 minutes of vigorous-intensity physical activity per week, or equivalent.

## Mujeres, 2022



**Tipo de encuesta:**

Autodeclarado

**Edad:**

18+

**Zona abarcada:**

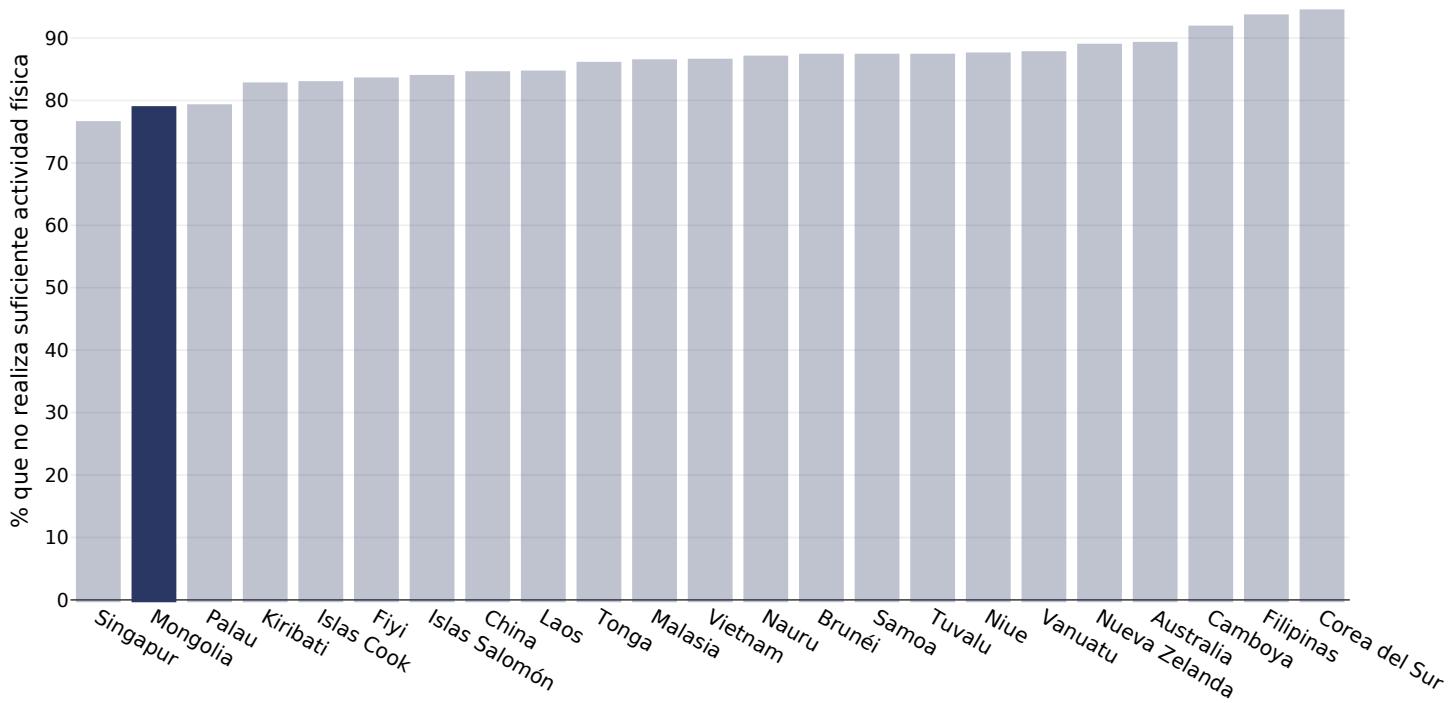
Nacional

**Referencias:** WHO (2024). Prevalence of insufficient physical activity among adults aged 18-years age-standardized estimate in 2022. Available at [https://www.who.int/data/gho/data/indicators/indicator-details/GHO/prevalence-of-insufficient-physical-activity-among-adults-aged-18-years-\(age-standardized-estimate\)-\(-](https://www.who.int/data/gho/data/indicators/indicator-details/GHO/prevalence-of-insufficient-physical-activity-among-adults-aged-18-years-(age-standardized-estimate)-(-)

**Definiciones (solo disponible en inglés):**

Percent of population attaining less than 150 minutes of moderate-intensity physical activity per week, or less than 75 minutes of vigorous-intensity physical activity per week, or equivalent.

## Niños, 2016



**Tipo de encuesta:**

Autodeclarado

**Edad:**

11-17

**Referencias:**

Global Health Observatory data repository, World Health Organisation,

<https://apps.who.int/gho/data/node.main.A893ADO?lang=en> (last accessed 16.03.21)

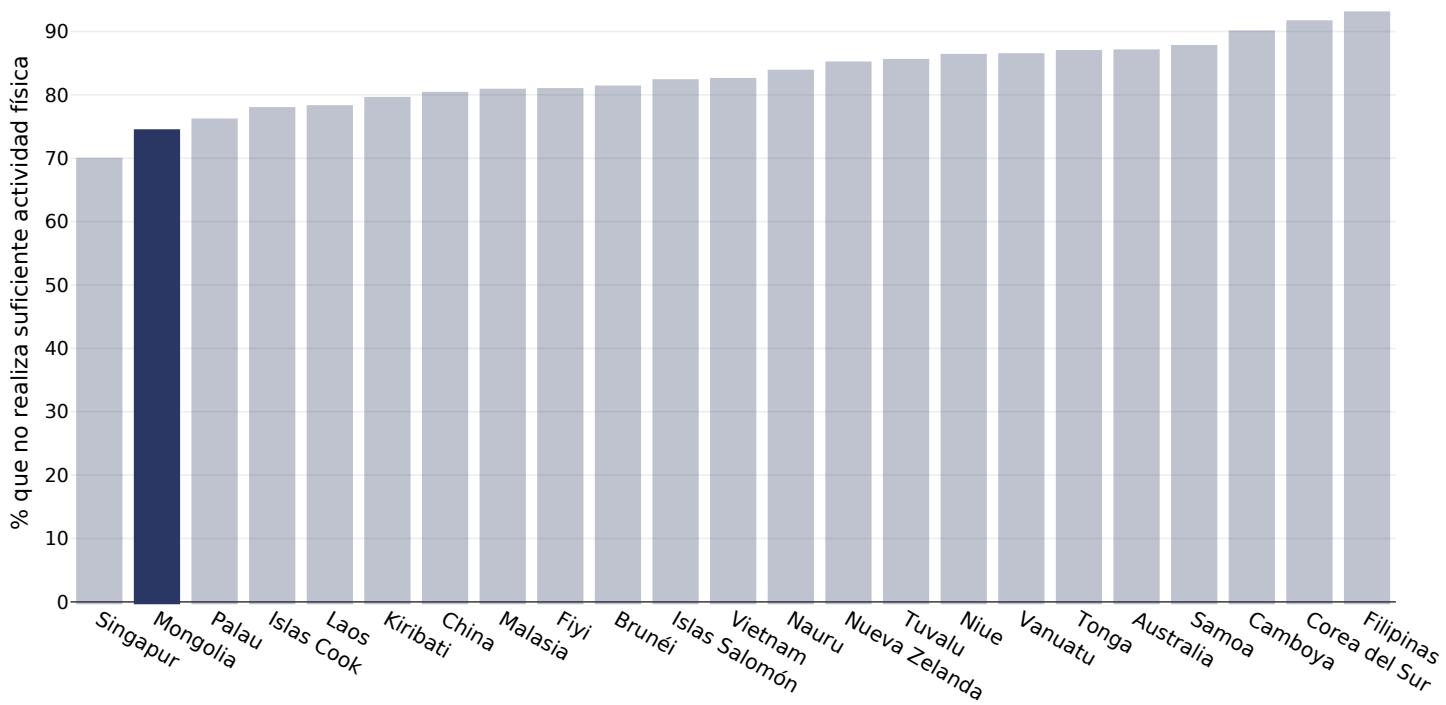
**Notas:**

% 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.

**Definiciones  
(solo disponible en inglés):**

% Adolescents insufficiently active (age standardised estimate)

## Chicos, 2016



**Tipo de encuesta:**

Autodeclarado

**Edad:**

11-17

**Referencias:**

Global Health Observatory data repository, World Health Organisation,

<https://apps.who.int/gho/data/node.main.A893ADO?lang=en> (last accessed 16.03.21)

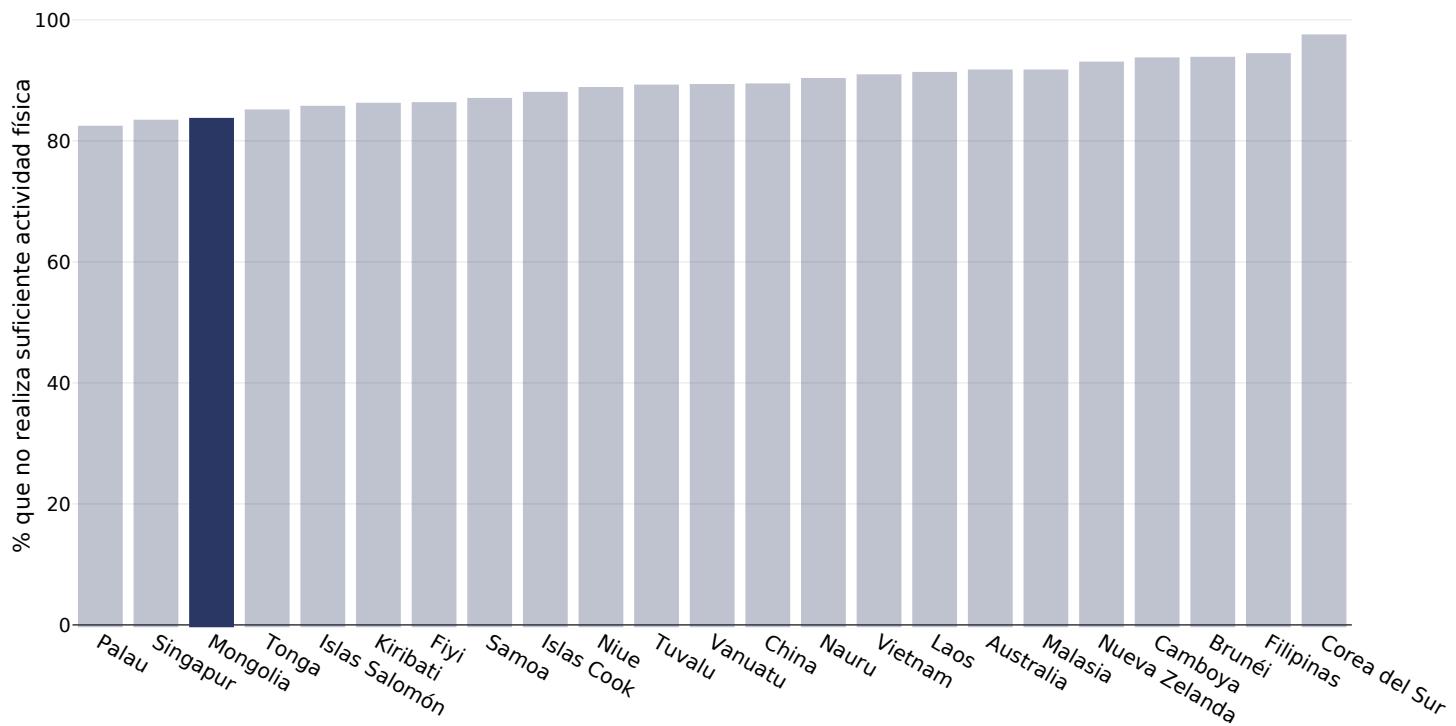
**Notas:**

% 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.

**Definiciones  
(solo disponible en inglés):**

% Adolescents insufficiently active (age standardised estimate)

## Chicas, 2016



**Tipo de encuesta:**

Autodeclarado

**Edad:**

11-17

**Referencias:**

Global Health Observatory data repository, World Health Organisation,

<https://apps.who.int/gho/data/node.main.A893ADO?lang=en> (last accessed 16.03.21)

**Notas:**

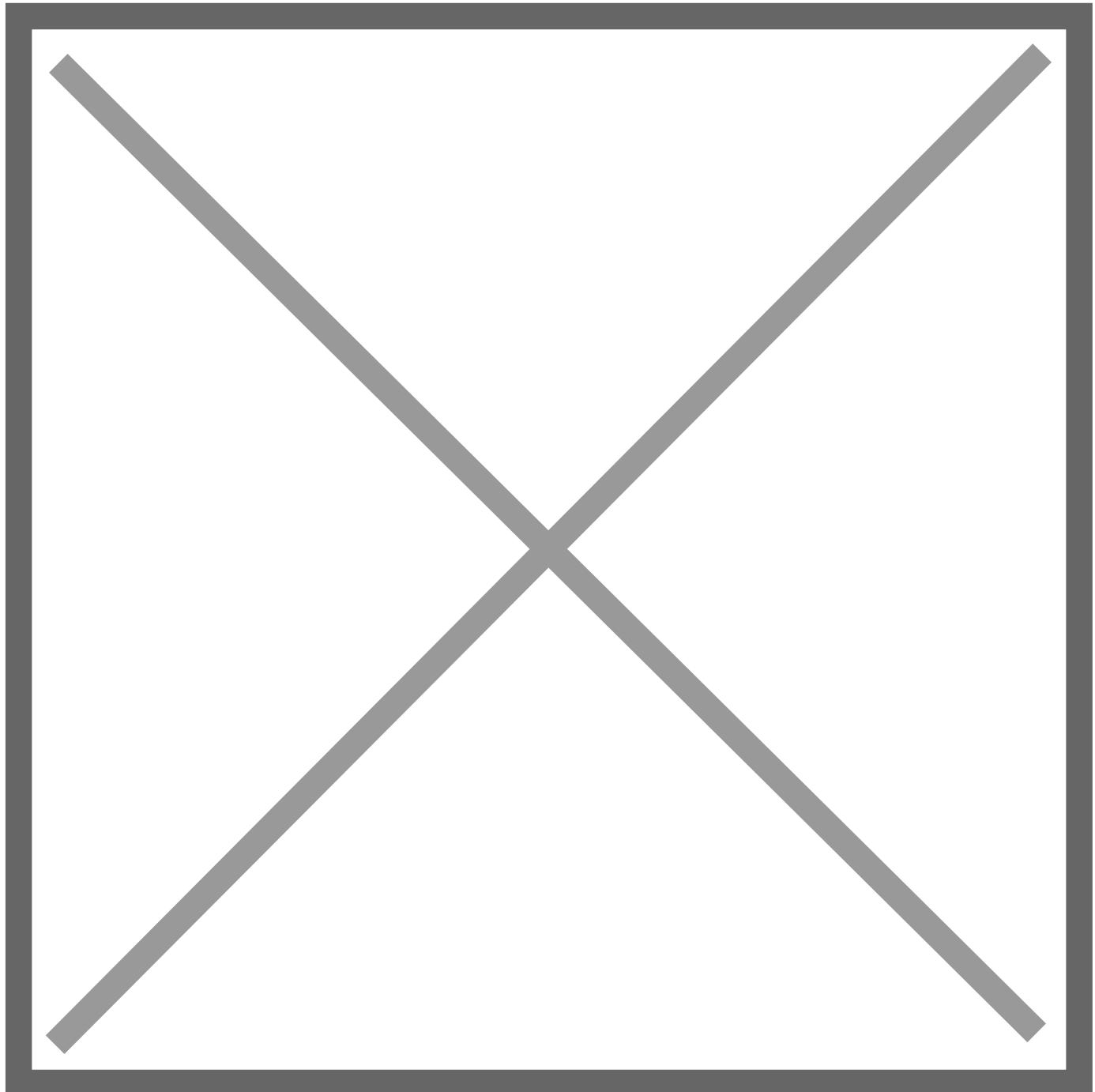
% of school going adolescents not meeting WHO recommendations on Physical Activity for Health, i.e. doing less than 60 minutes of moderate- to vigorous-intensity physical activity daily.

**Definiciones  
(solo disponible en inglés):**

% Adolescents insufficiently active (age standardised estimate)

## Frecuencia media diaria de consumo de refrescos carbonatados

Niños, 2010-2015



Tipo de  
encuesta:

Medido

Edad:

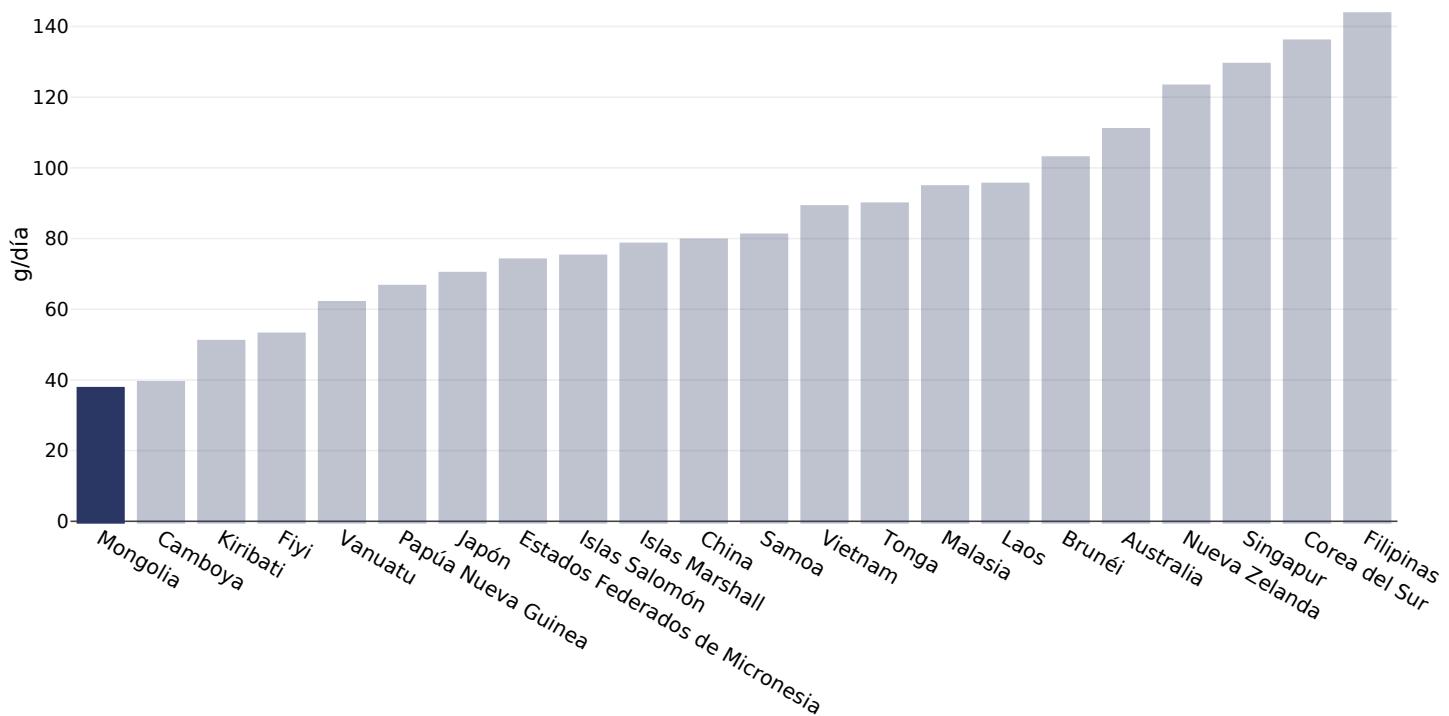
12-17

**Referencias:** Beal et al. (2019). Global Patterns of Adolescent Fruit, Vegetable, Carbonated Soft Drink, and Fast-food consumption: A meta-analysis of global school-based student health surveys. *Food and Nutrition Bulletin*.  
<https://doi.org/10.1177/0379572119848287> sourced from Food Systems Dashboard  
<http://www.foodsystemsdashboard.org/food-system>

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## Estimated per capita fruit intake

**Adultos, 2017**



**Tipo de encuesta:**

Medido

**Edad:**

25+

**Referencias:**

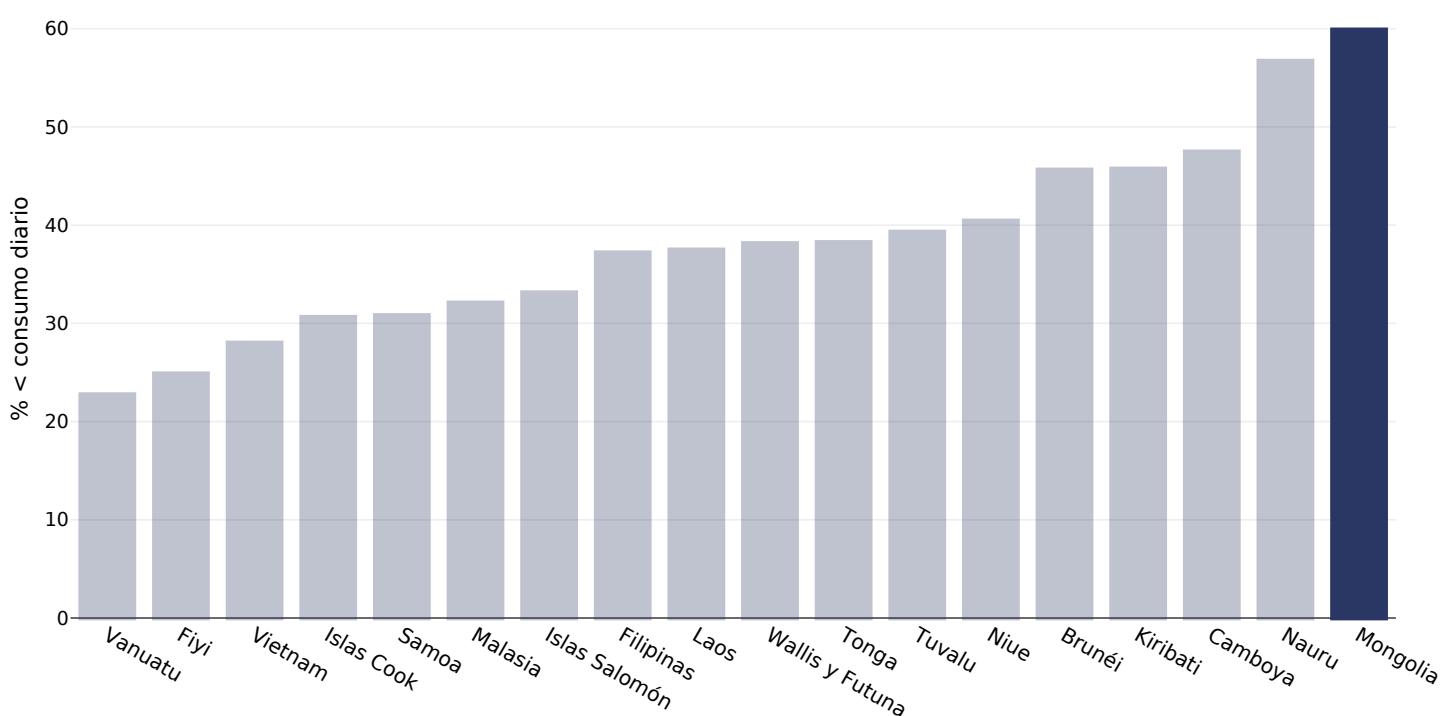
Global Burden of Disease, the Institute for Health Metrics and Evaluation <http://ghdx.healthdata.org/>

**Definiciones (solo disponible en inglés):**

Estimated per-capita fruit intake (g/day)

## Prevalencia del consumo de fruta menos de una vez al día

### Niños, 2010-2015



**Tipo de encuesta:**

Medido

**Edad:**

12-17

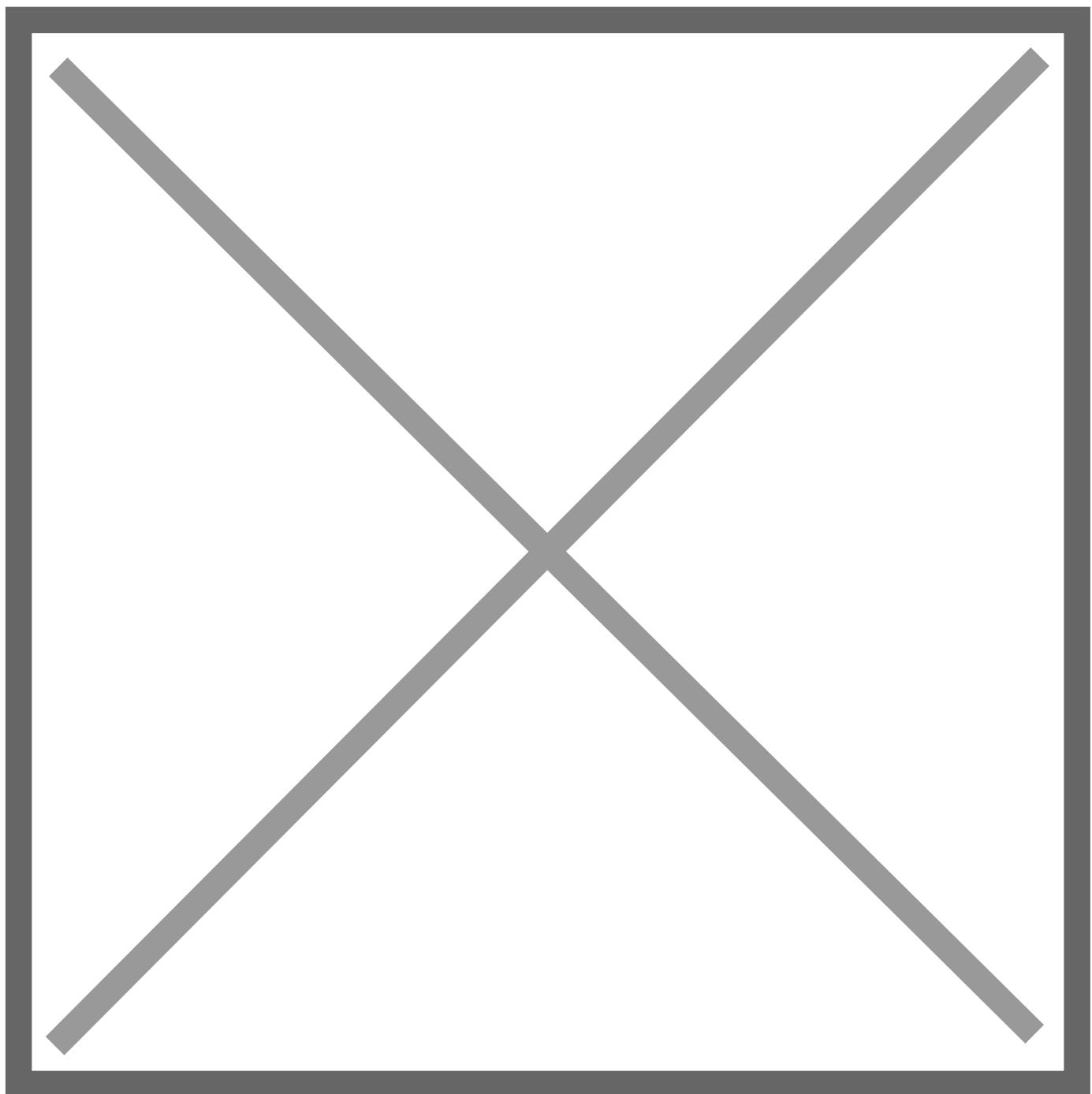
**Referencias:**

Global School-based Student Health Surveys. Beal et al (2019). Global Patterns of Adolescent Fruit, Vegetable, Carbonated Soft Drink, and Fast-food consumption: A meta-analysis of global school-based student health surveys. Food and Nutrition Bulletin. <https://doi.org/10.1177/0379572119848287>. Sourced from Food Systems Dashboard <http://www.foodsystemsdashboard.org/food-system>

**Definiciones (solo disponible en inglés):**

Prevalence of less-than-daily fruit consumption (% less-than-daily fruit consumption)

## Prevalencia del consumo de verdura menos de una vez al día Niños, 2010-2015



Tipo de  
encuesta:

Medido

Edad:

12-17

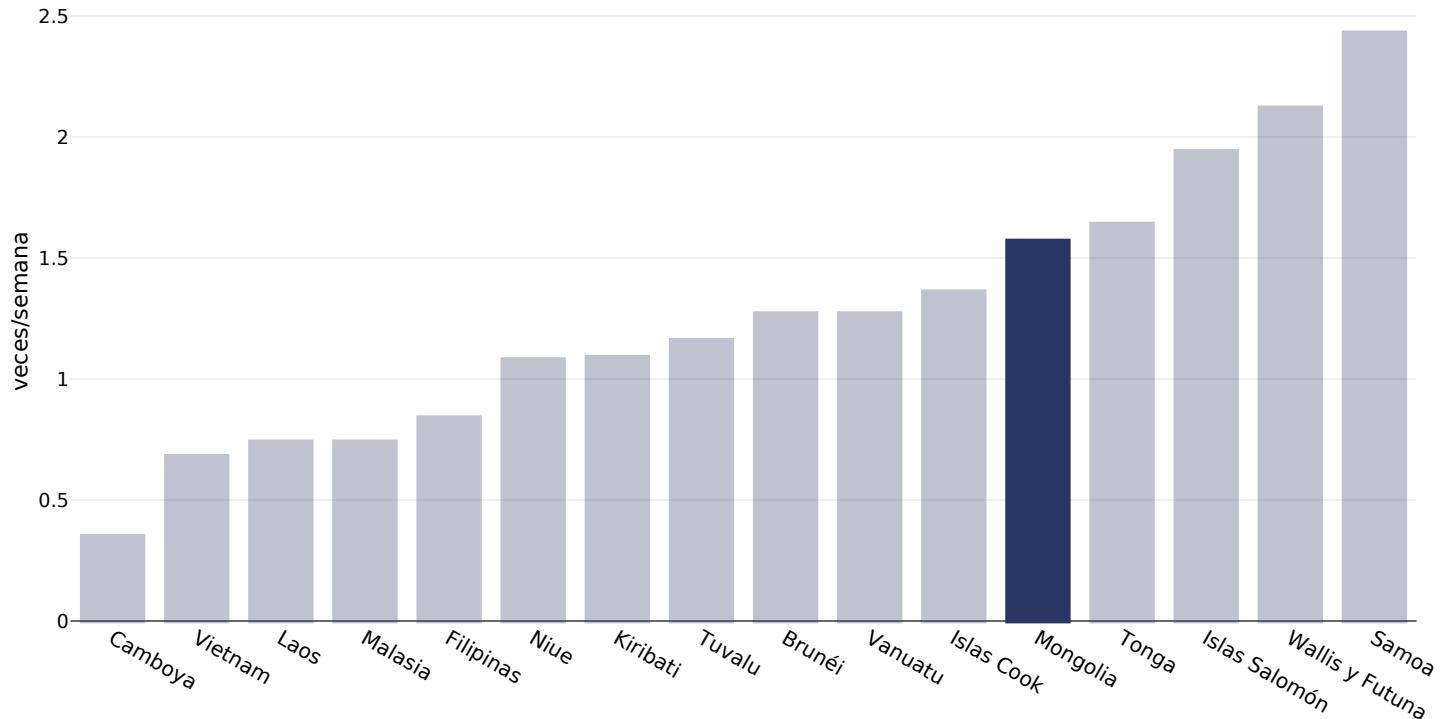
**Referencias:** Beal et al. (2019). Global Patterns of Adolescent Fruit, Vegetable, Carbonated Soft Drink, and Fast-food consumption: A meta-analysis of global school-based student health surveys. *Food and Nutrition Bulletin*.  
<https://doi.org/10.1177/0379572119848287> sourced from Food Systems Dashboard  
<http://www.foodsystemsdashboard.org/food-system>

**Definiciones  
(solo  
disponible en  
inglés):**

Prevalence of less-than-daily vegetable consumption (% less-than-daily vegetable consumption)

## Frecuencia media semanal de consumo de comida rápida

Niños, 2010-2015



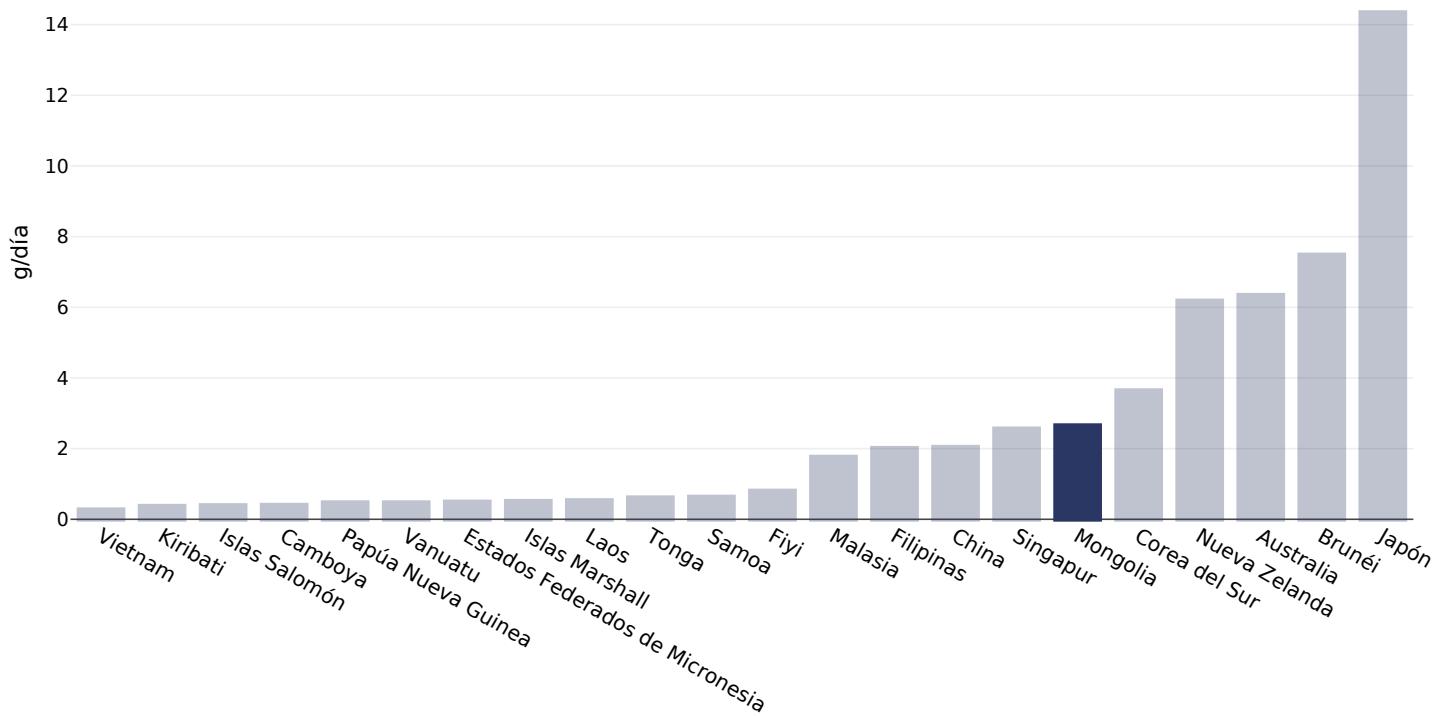
Edad:

12-17

Referencias: Beal et al. (2019). Global Patterns of Adolescent Fruit, Vegetable, Carbonated Soft Drink, and Fast-food consumption: A meta-analysis of global school-based student health surveys. Food and Nutrition Bulletin. <https://doi.org/10.1177/0379572119848287> sourced from Food Systems Dashboard <http://www.foodsystemsdashboard.org/food-system>

## Ingesta estimada de carne procesada per cápita

**Adultos, 2017**



**Tipo de encuesta:**

Medido

**Edad:**

25+

**Referencias:**

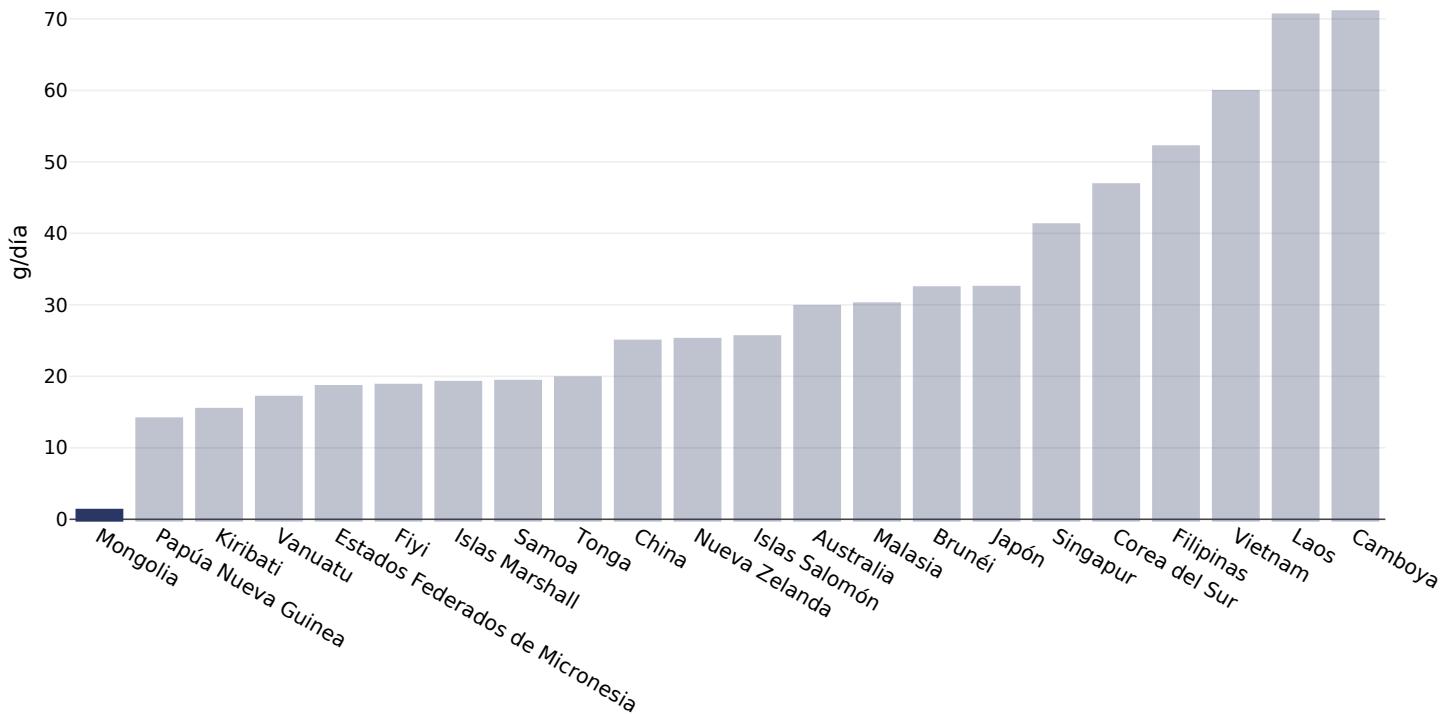
Global Burden of Disease, the Institute for Health Metrics and Evaluation <http://ghdx.healthdata.org/>

**Definiciones (solo disponible en inglés):**

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

## Estimated per capita whole grains intake

**Adultos, 2017**



**Tipo de encuesta:**

Medido

**Edad:**

25+

**Referencias:**

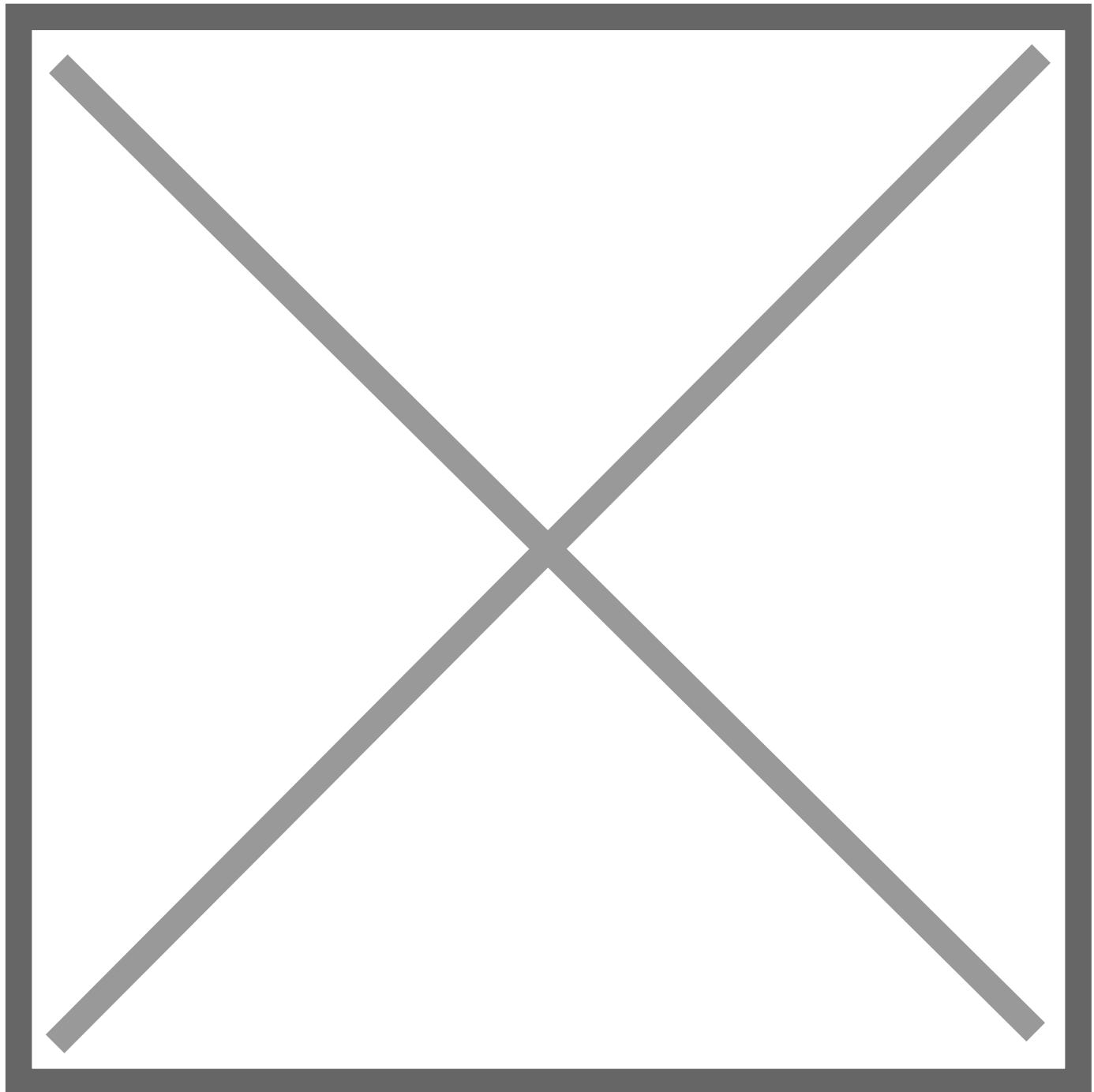
Global Burden of Disease, the Institute for Health Metrics and Evaluation <http://ghdx.healthdata.org/>

**Definiciones (solo disponible en inglés):**

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

## Salud mental: trastornos de depresión

Adultos, 2021



Edad:

20+

Zona  
abarcada:

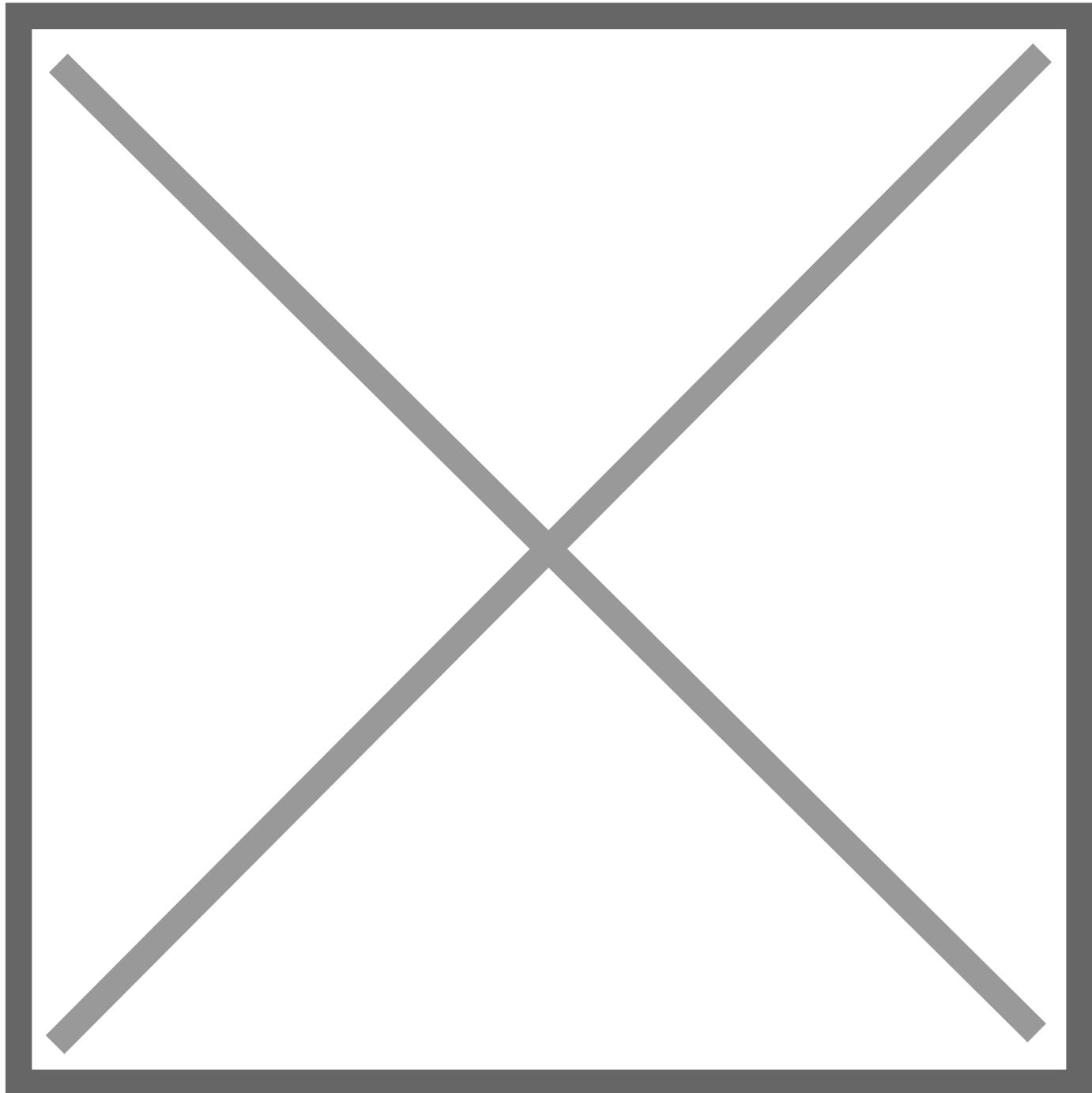
Nacional

**Referencias:** 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 <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

**Definiciones  
(solo  
disponible en  
inglés):**

Number living with depression per 100,000 population (adults 20+ years)

## Hombres, 2021



**Edad:**

20+

**Zona abarcada:**

Nacional

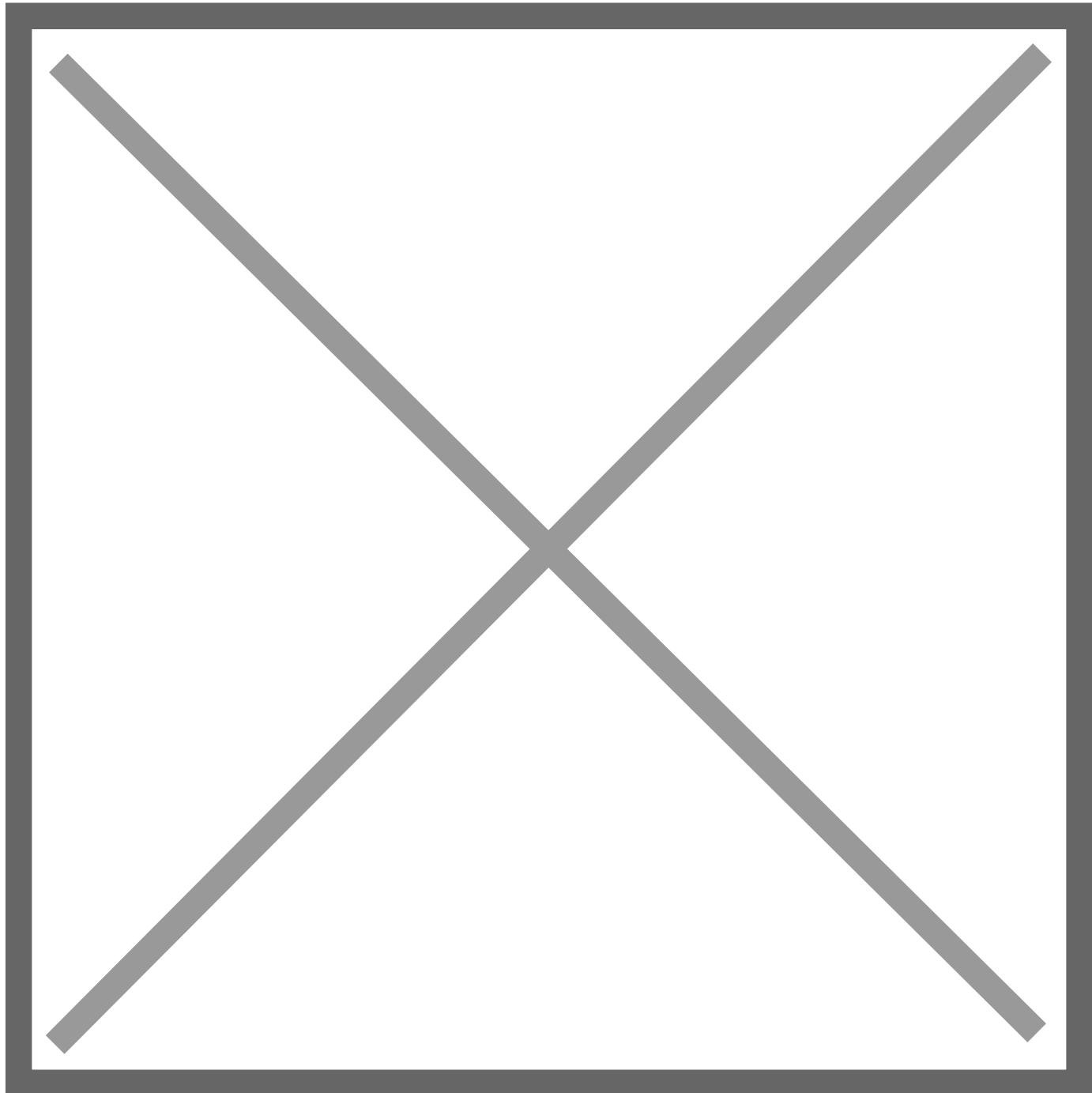
**Referencias:**

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 <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

**Definiciones  
(solo  
disponible en  
inglés):**

Number living with depression per 100,000 population (adults 20+ years)

Mujeres, 2021



**Edad:**

20+

**Zona abarcada:**

Nacional

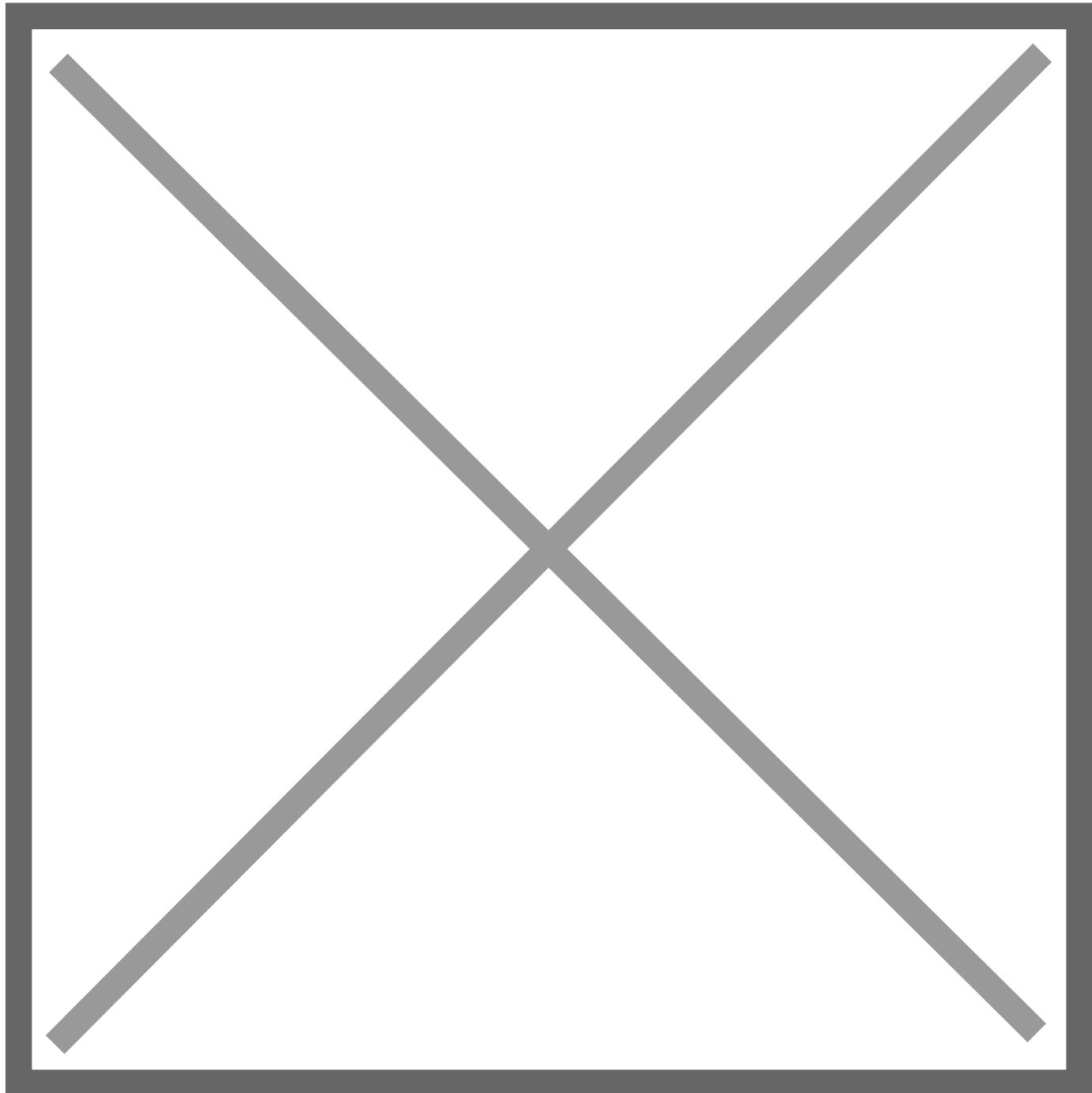
**Referencias:**

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 <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

**Definiciones  
(solo  
disponible en  
inglés):**

Number living with depression per 100,000 population (adults 20+ years)

## Niños, 2021



Zona  
abarcada:

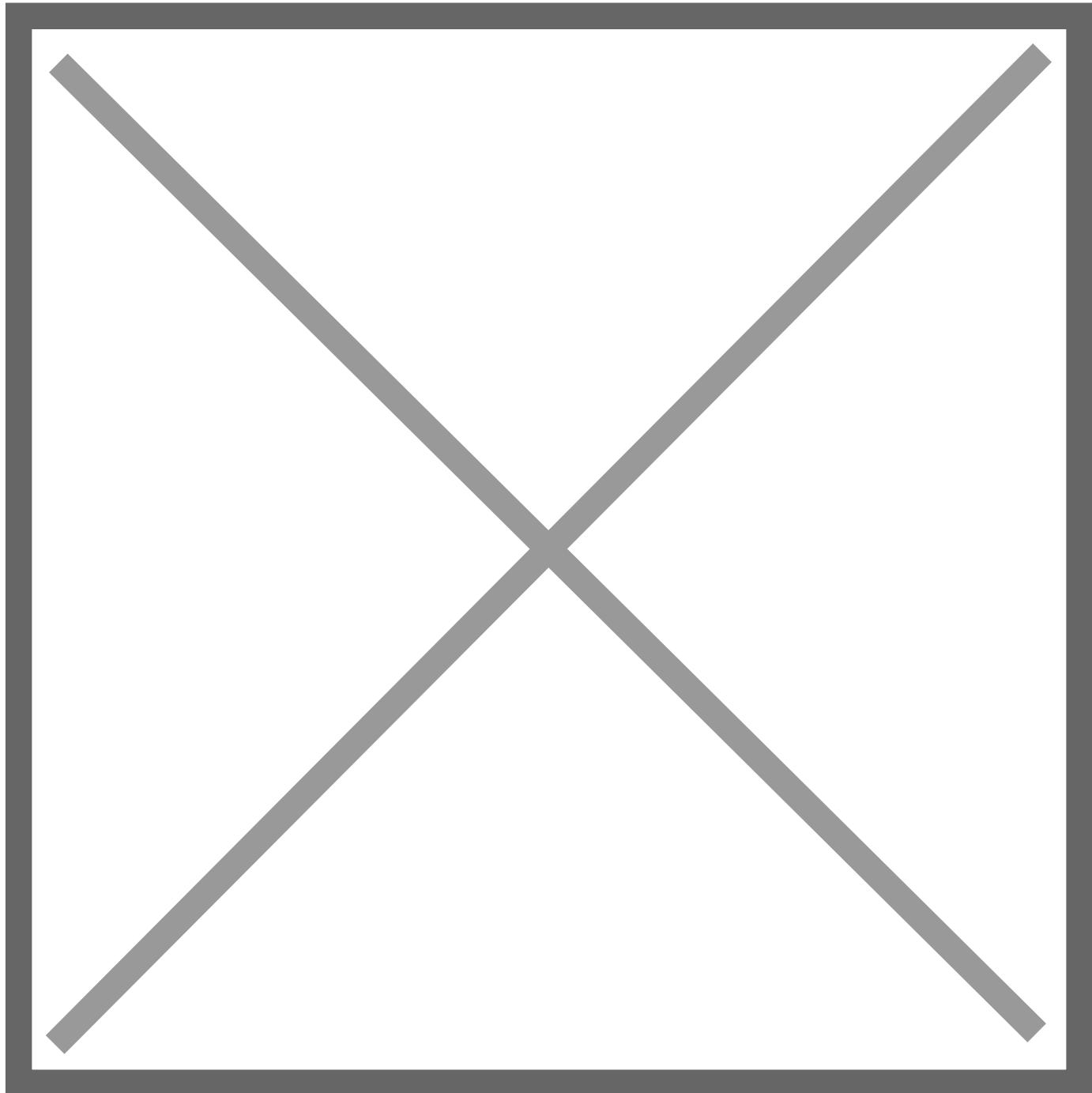
Nacional

**Referencias:** 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 <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

**Definiciones  
(solo  
disponible en  
inglés):**

Number living with depressive disorder per 100,000 population (Under 20 years of age)

Chicos, 2021



Zona  
abarcada:

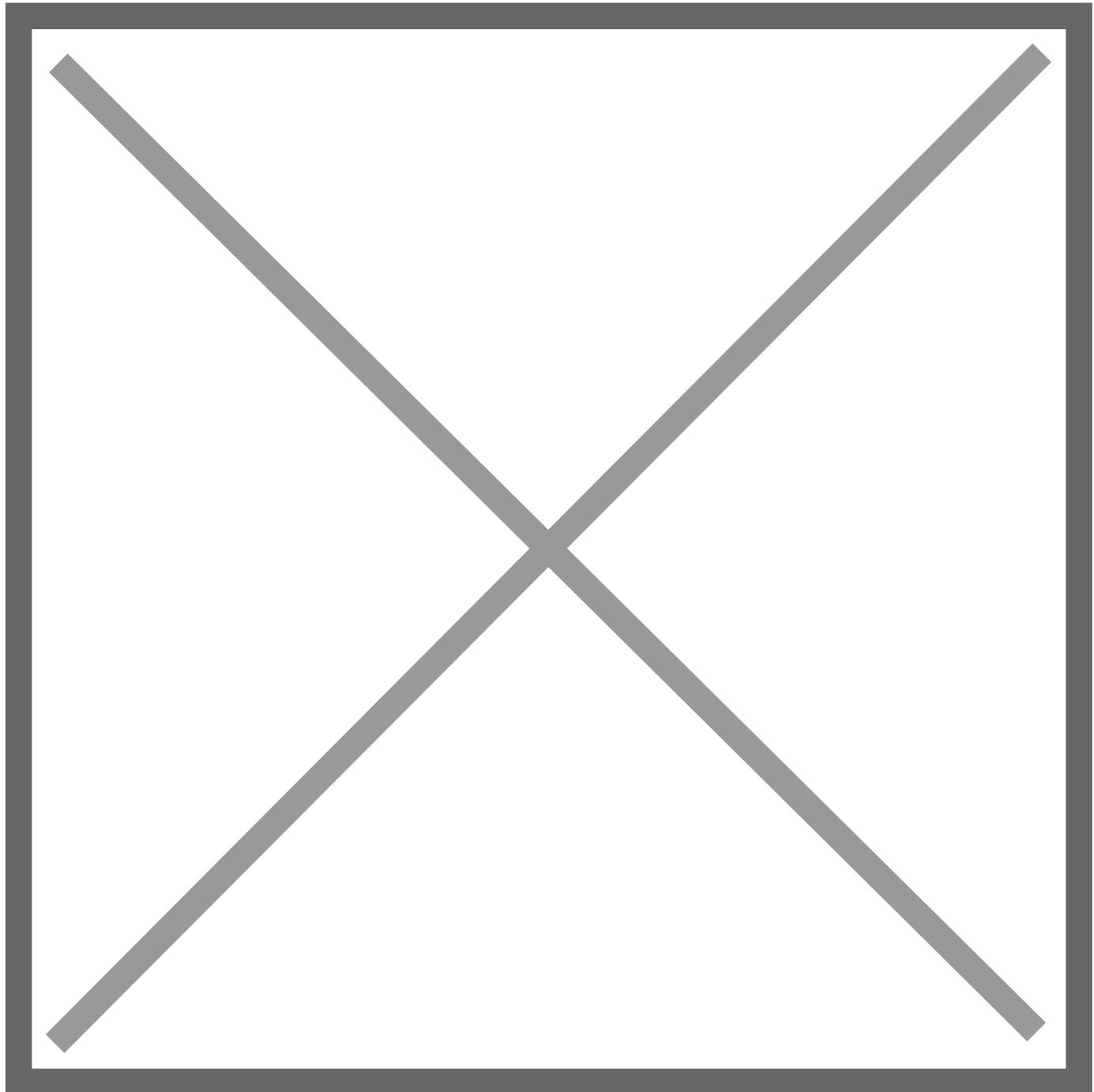
Nacional

**Referencias:** 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 <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

**Definiciones  
(solo  
disponible en  
inglés):**

Number living with depressive disorder per 100,000 population (Under 20 years of age)

## Chicas, 2021



Zona  
abarcada:

Nacional

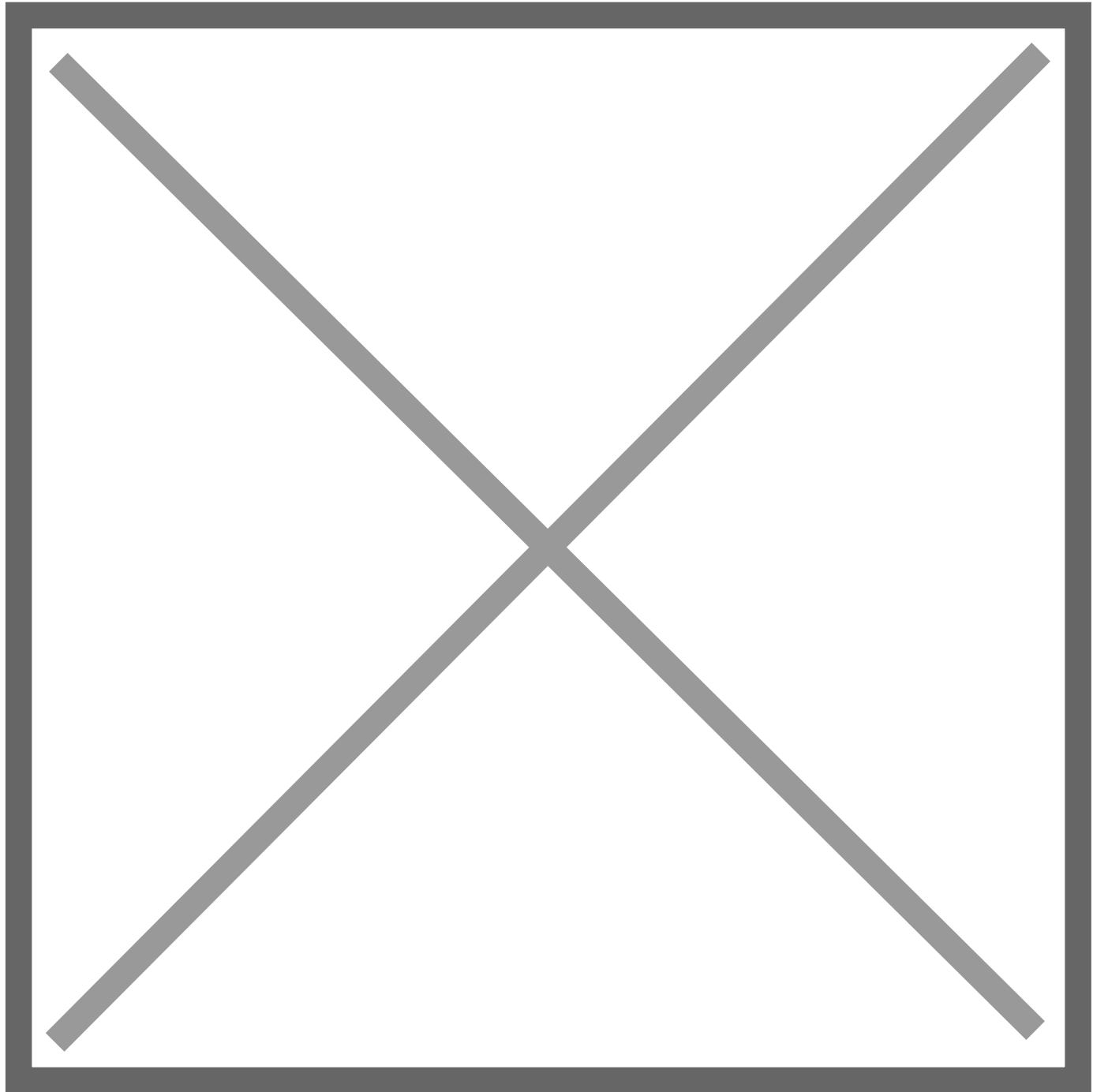
**Referencias:** Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

**Definiciones  
(solo  
disponible en  
inglés):**

Number living with depressive disorder per 100,000 population (Under 20 years of age)

## Salud mental: trastornos de ansiedad

Adultos, 2021



**Edad:**

20+

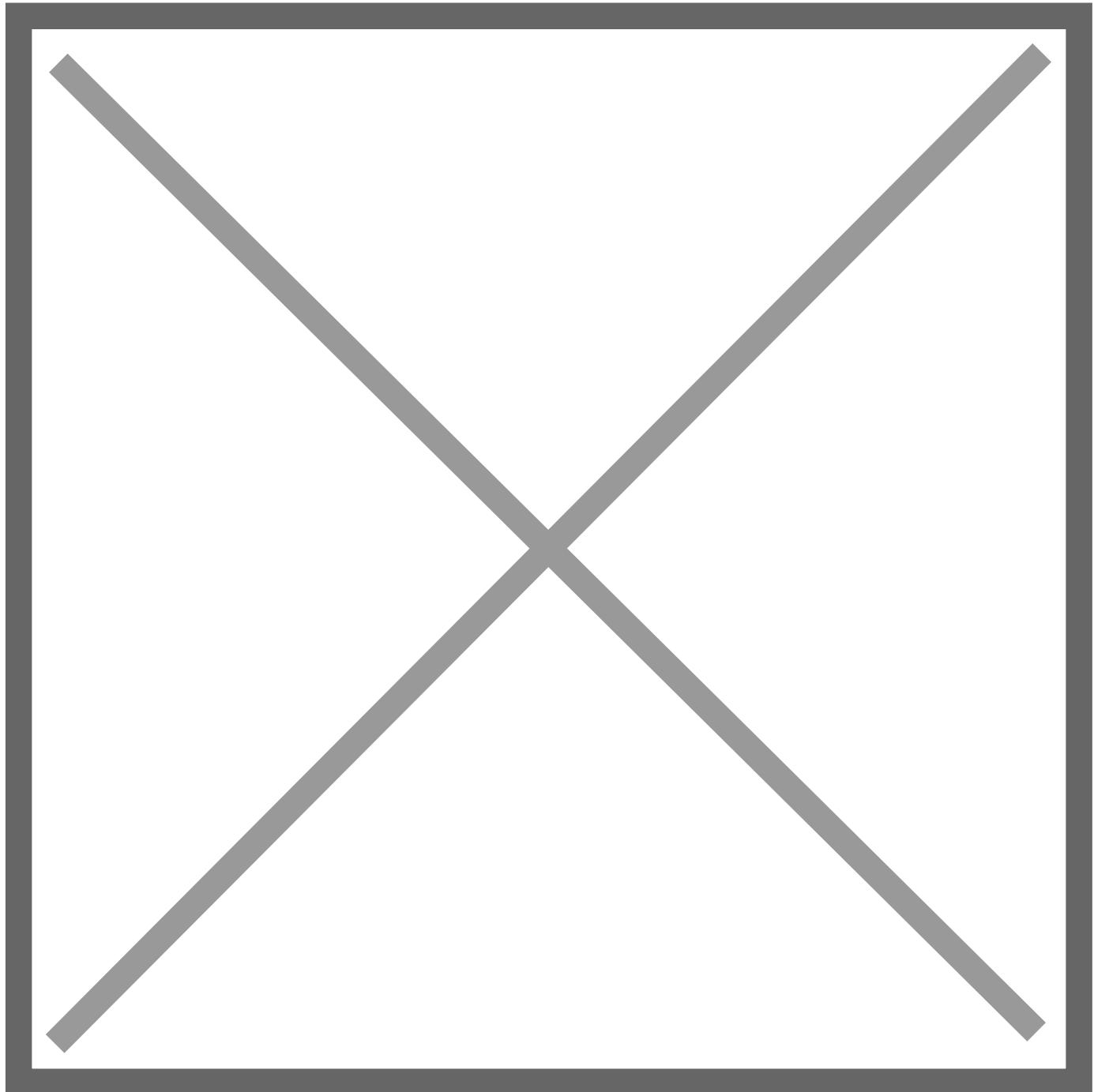
**Referencias:**

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 <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25).

**Definiciones  
(solo  
disponible en  
inglés):**

Number living with anxiety per 100,000 population

## Hombres, 2021



**Edad:**

20+

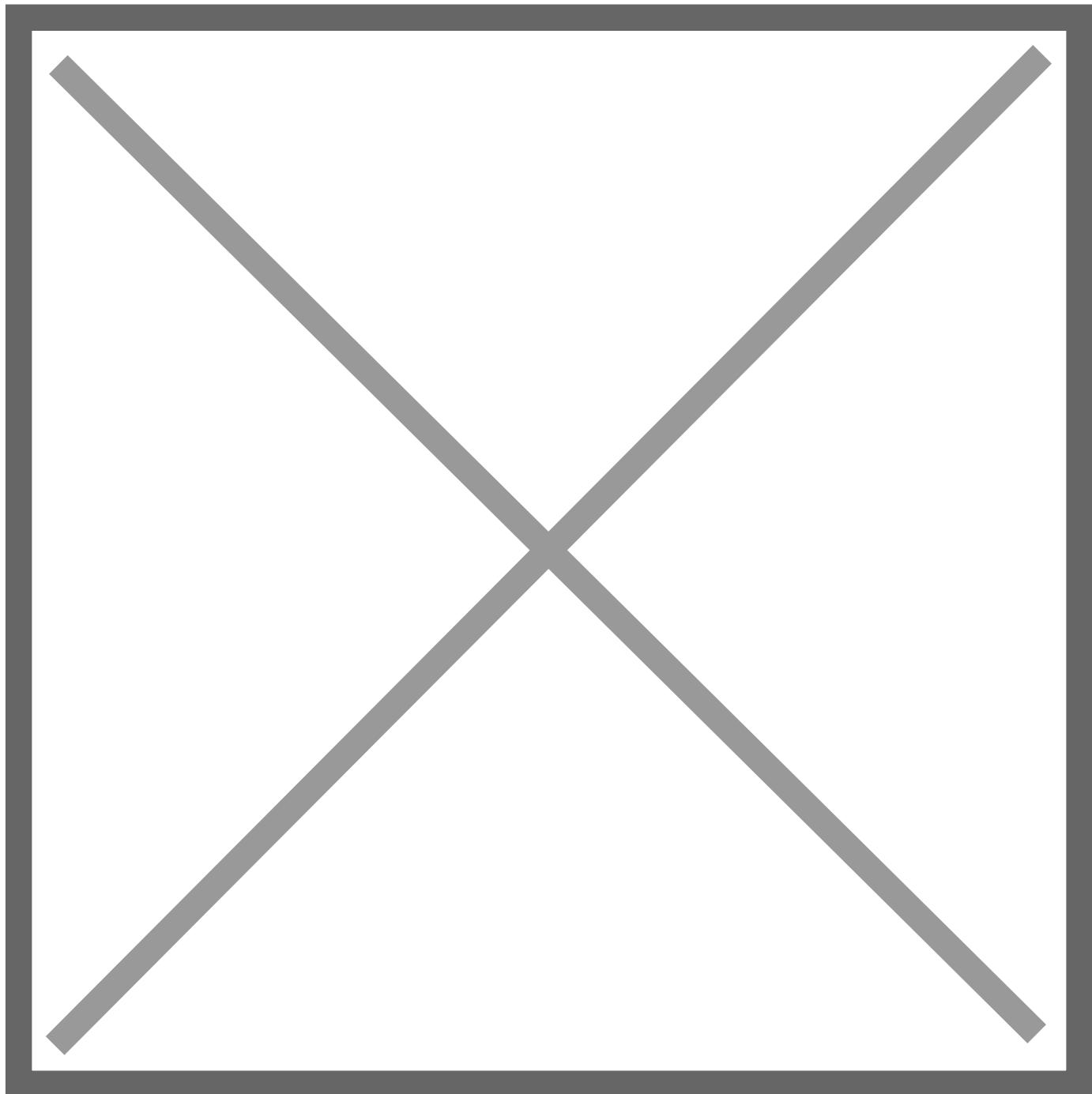
**Referencias:**

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 <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25).

**Definiciones  
(solo  
disponible en  
inglés):**

Number living with anxiety per 100,000 population

## Mujeres, 2021



**Edad:**

20+

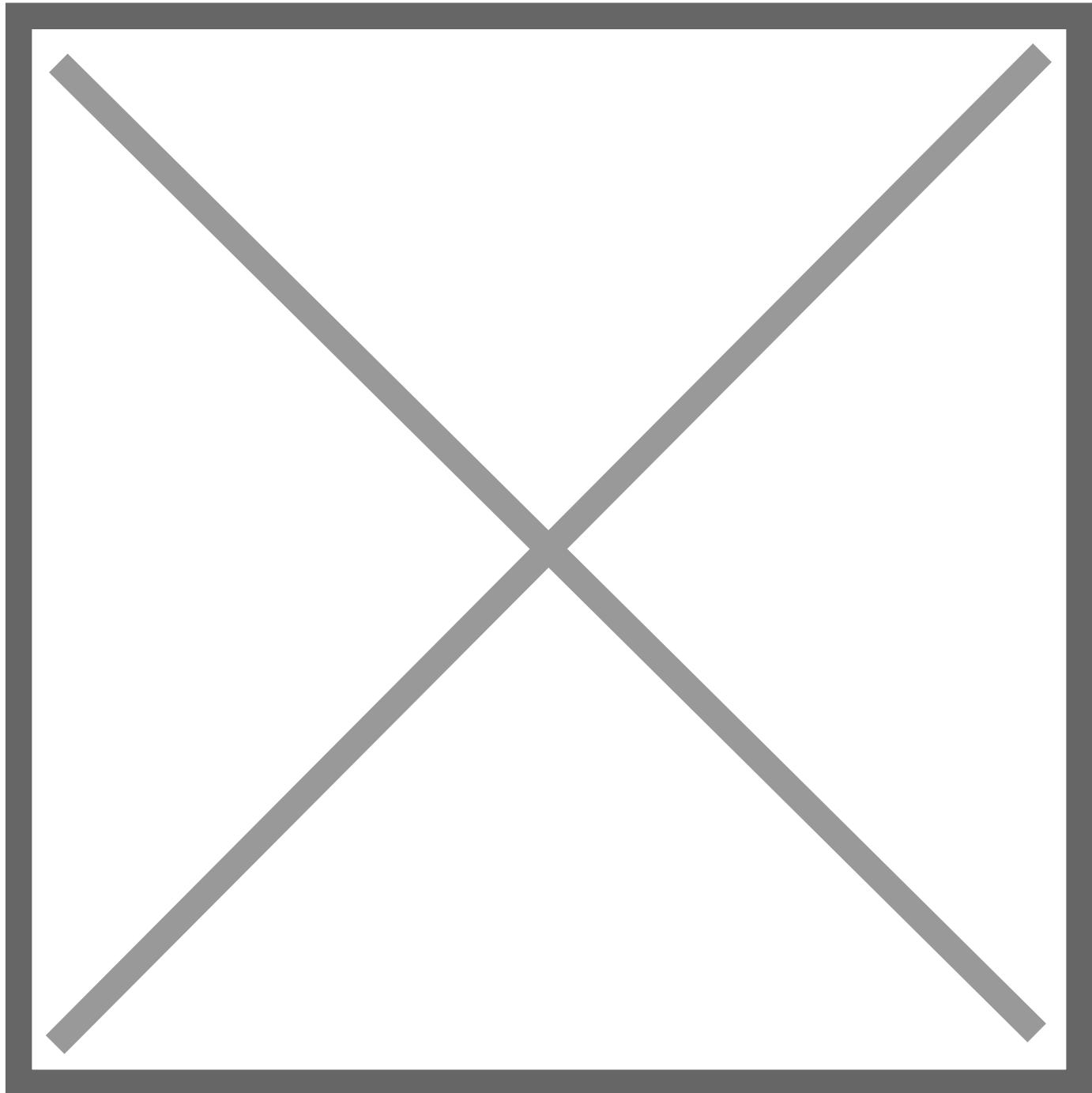
**Referencias:**

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 <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25).

**Definiciones  
(solo  
disponible en  
inglés):**

Number living with anxiety per 100,000 population

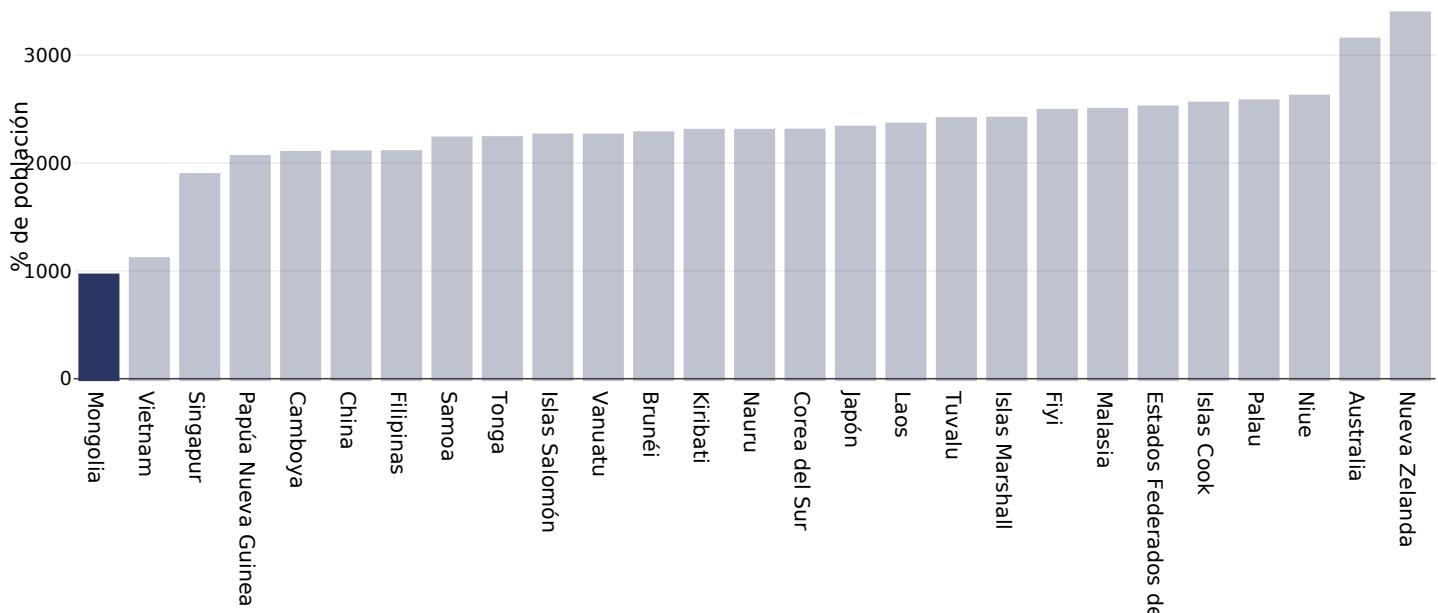
## Niños, 2021



### Referencias:

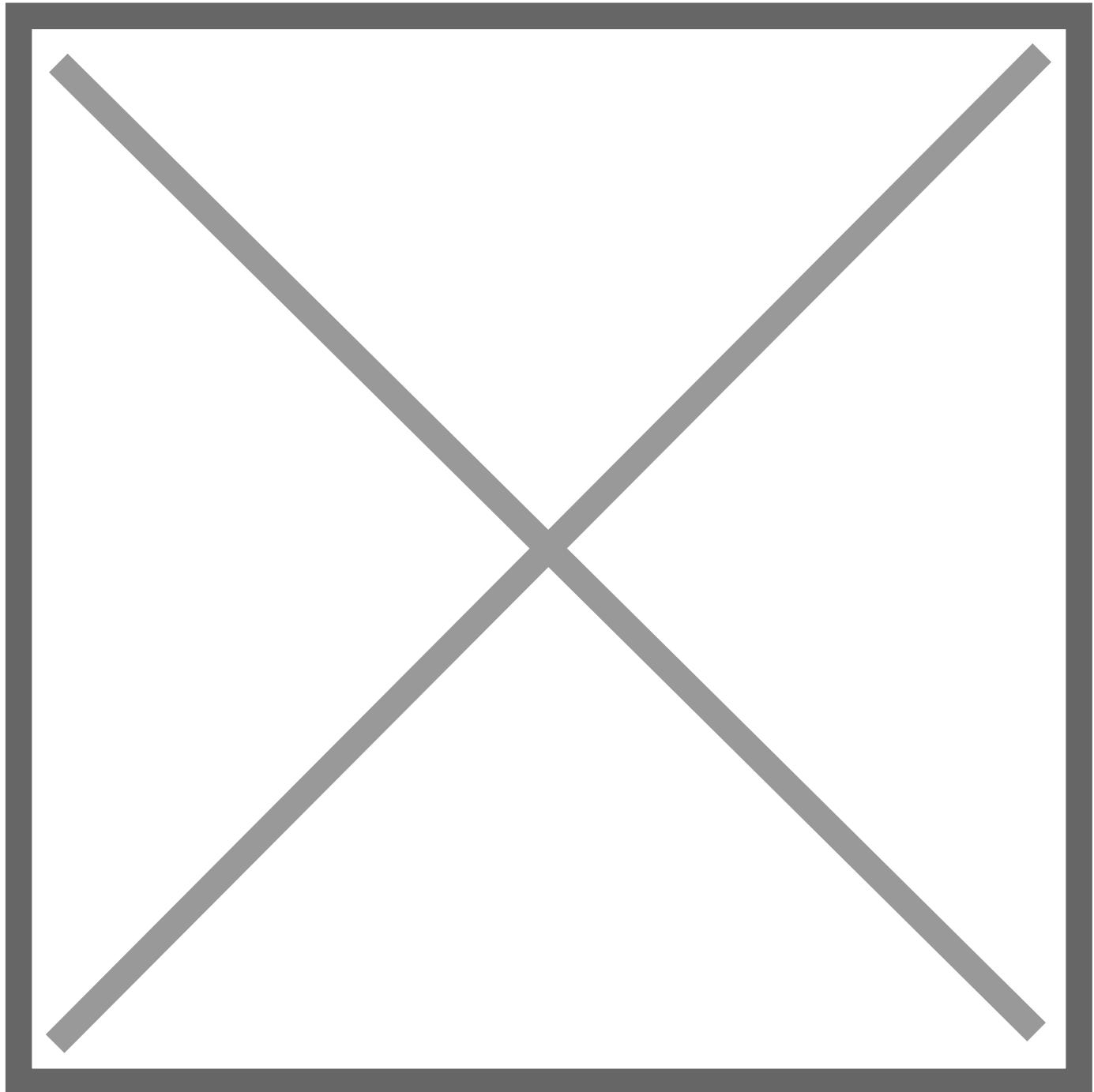
Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

## Chicos, 2021


**Referencias:**

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 <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

## Chicas, 2021



### Referencias:

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 <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

**% de los lactantes se alimentan exclusivamente de leche materna 0-5 meses****0-5 years, 2007-2023****Referencias:**

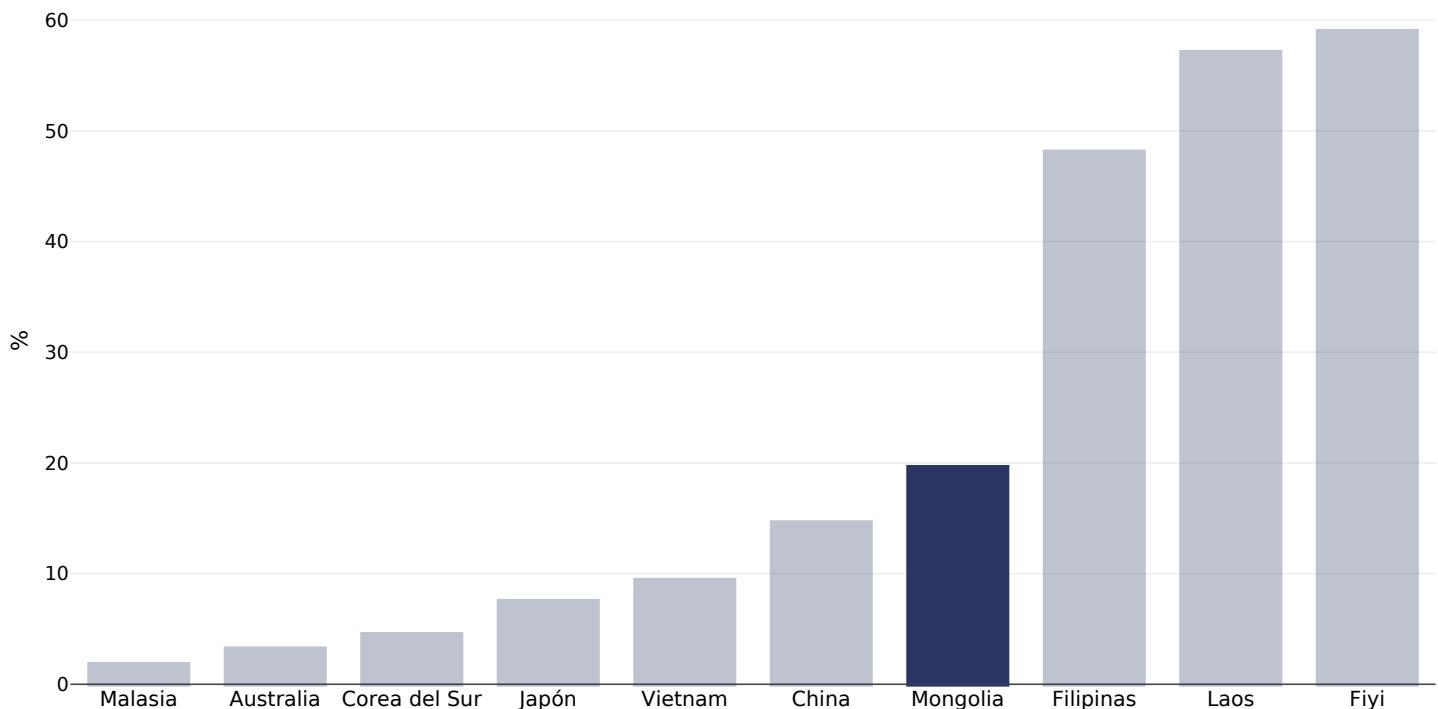
Mongolia Multiple Indicator Cluster Survey 2023

**Notas:**

Full details are available. Original citation: United Nations Children's Fund, Division of Data, Analysis, Planning and Monitoring (2024). Global UNICEF Global Databases: Infant and Young Child Feeding: Exclusive breastfeeding, New York, December 2024.

## Percent of population who cannot afford a healthy diet

**Adultos, 2022**



**Zona abarcada:**

Nacional

**Referencias:**

The Food Systems Dashboard. The Global Alliance for Improved Nutrition (GAIN), The Columbia Climate School, and Cornell University College of Agriculture and Life Sciences. 2024. Geneva, Switzerland.  
<https://www.foodsystemsdashboard.org>. DOI: <https://doi.org/10.36072/db>.

PDF created on July 19, 2025