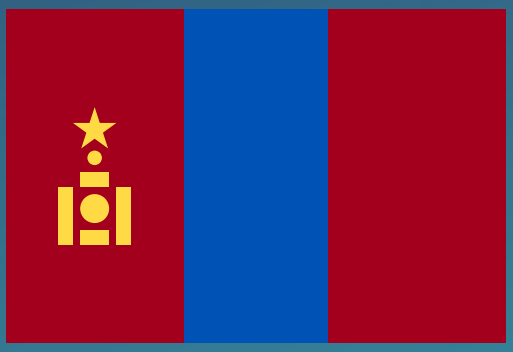
Mongolia



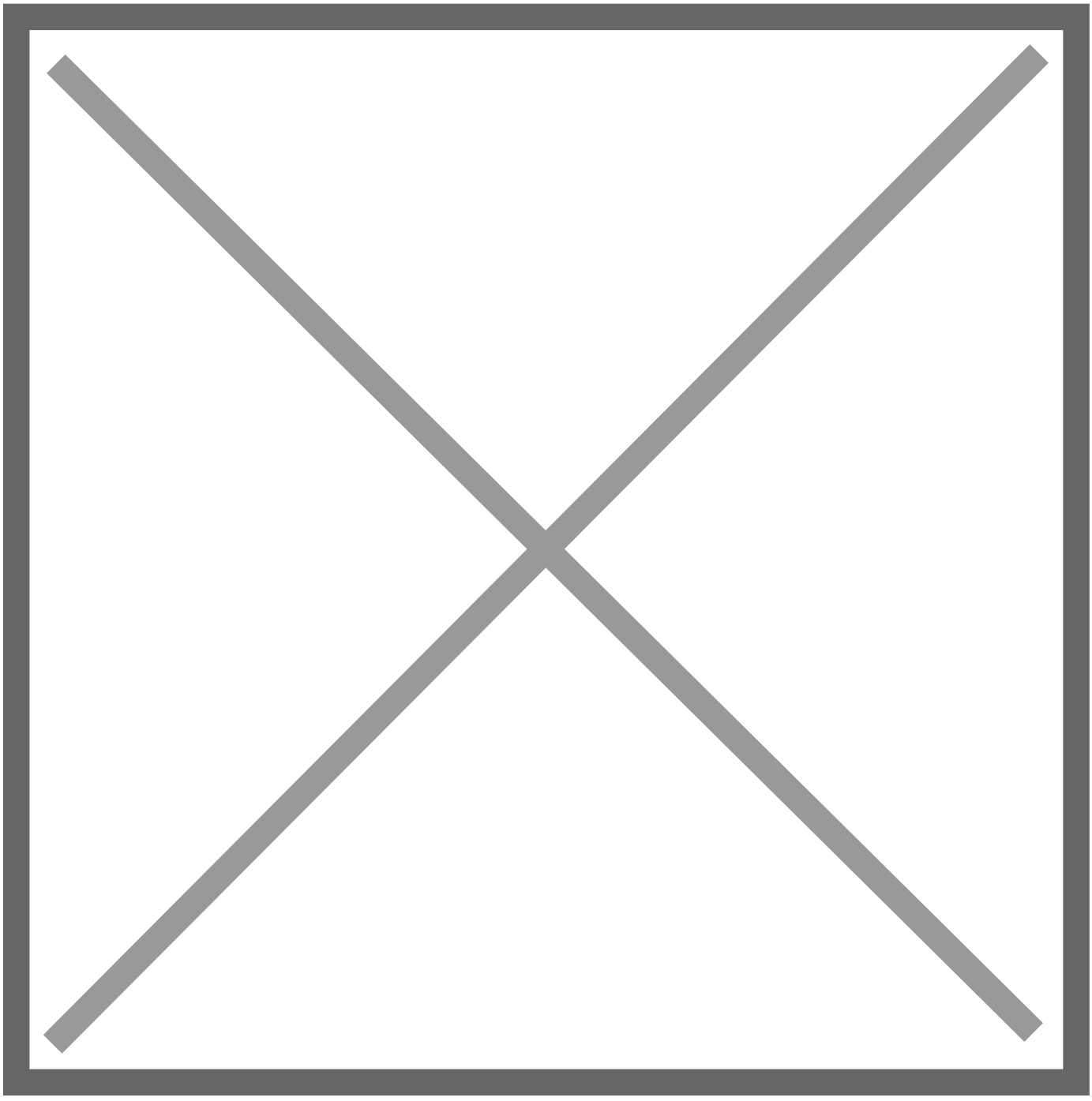
Country report card

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/mongolia-143/.

Obesity prevalence

Adults, 2023

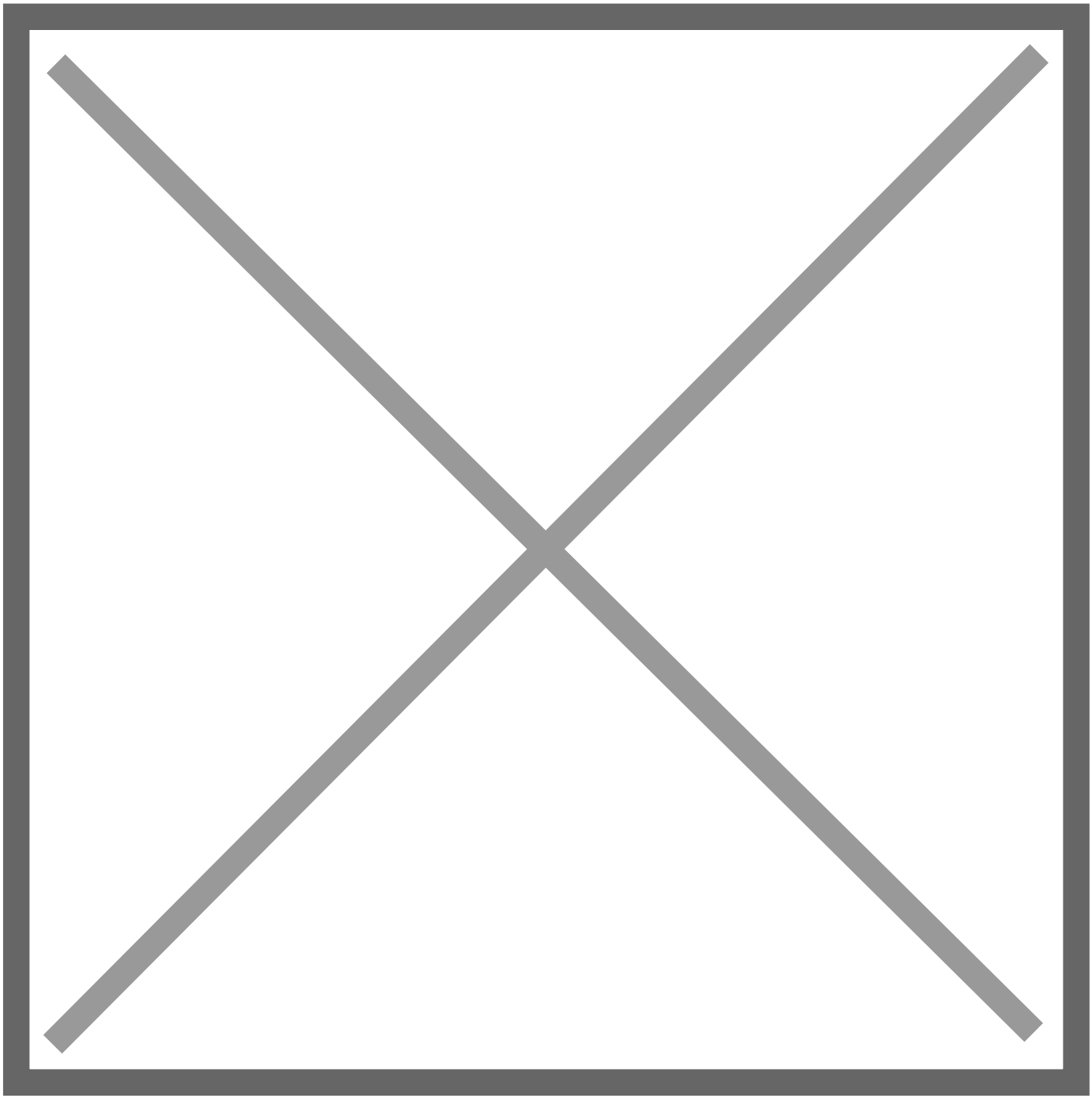


Survey type:	Measured
Age:	15-49
Sample size:	4,463
Area covered:	National

□□□□ :	UNICEF. 2025. Nutrition status of the population of Mongolia: Sixth national nutrition survey key indicators report. https://www.unicef.org/mongolia/reports/nutrition-status-population-mongolia [Accessed 14.01.26]
Notes:	Includes non-pregnant women of reproductive age and men aged 15-49. NB. Combined adult data estimated. These estimates were calculated by weighting male and female survey results. Weighting based on World Bank Mongolia Population % total female 2023 (https://data.worldbank.org/indicator/SP.POP.TOTL.FE.ZS - accessed 14.01.26)

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

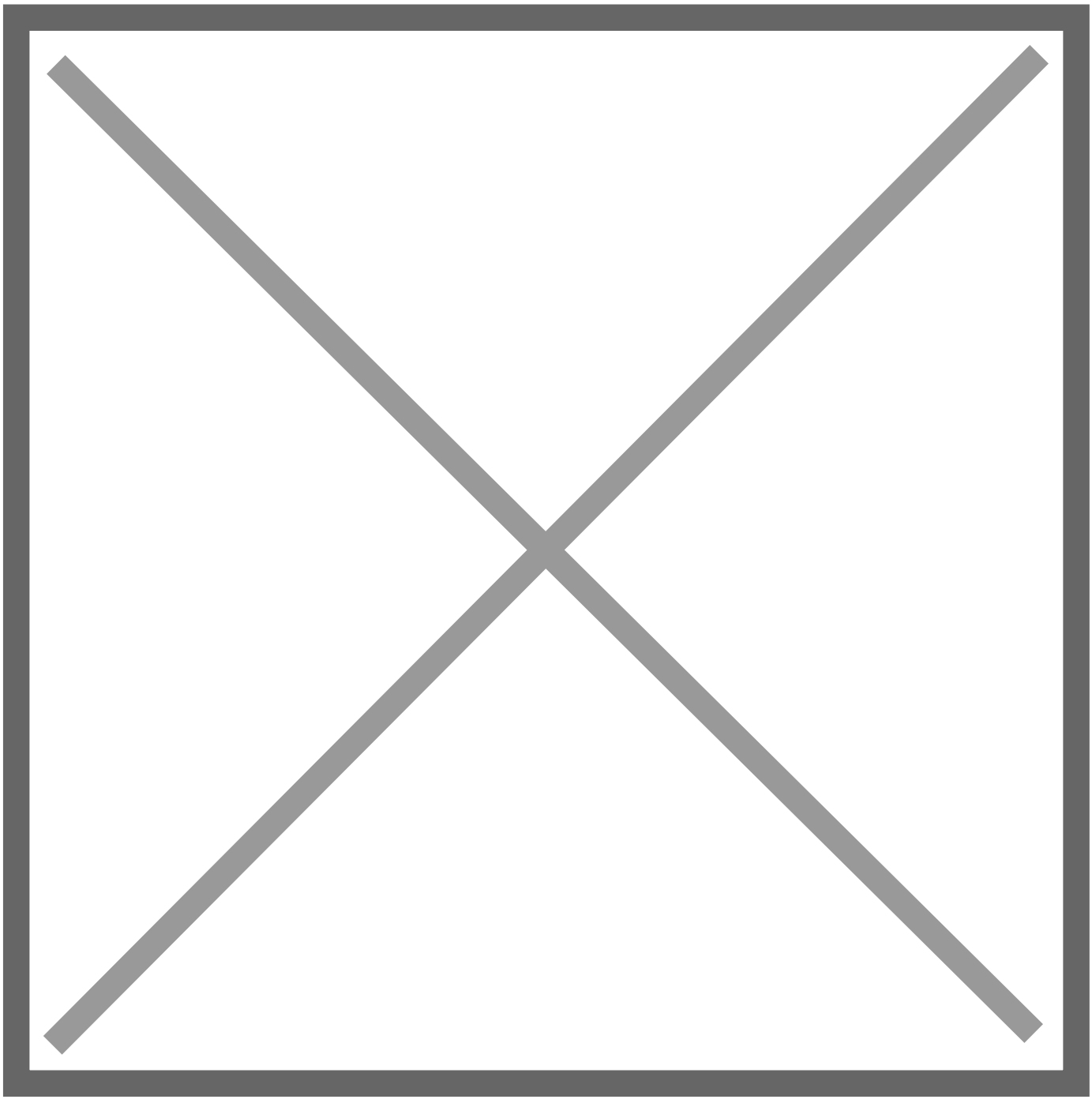
Children, 2023



Survey type:	Measured
Age:	13-17
Sample size:	3311
Area covered:	National
□□□ :	Global School-Based Student Health Survey, Mongolia 2023: Youth's Health Behavior Among Secondary School Children, GSHS-2023. Ulaanbaatar; 2024. Available at: https://www.who.int/publications/m/item/2021-gshs-country-report-mongolia (Accessed: 13.06.25)

Cutoffs:	WHO

0-5 years, 2023

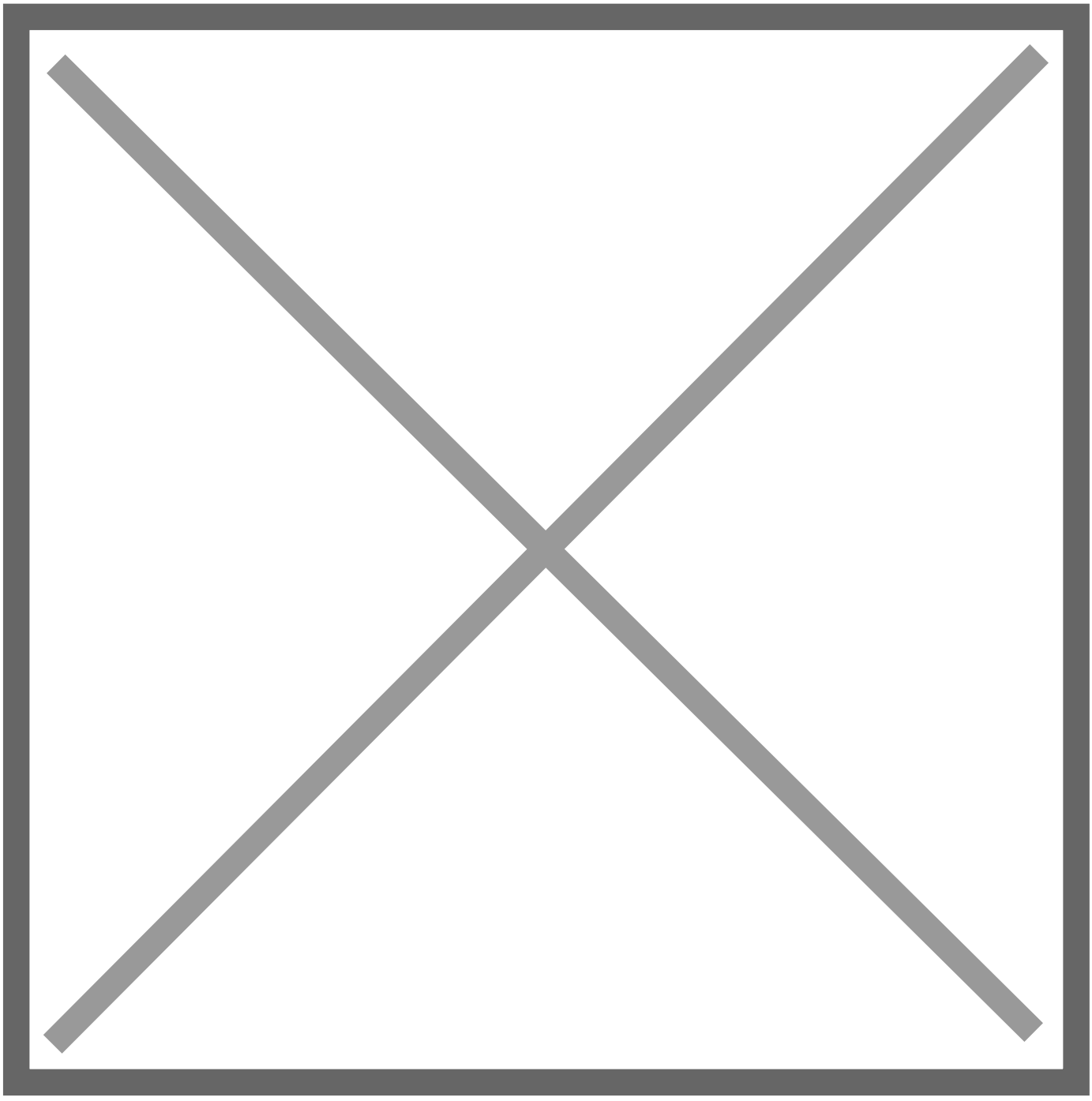


Survey type:	Measured
Age:	0-5
Sample size:	5117
Area covered:	National
□□□ :	Mongolia Multiple Indicator Cluster Survey 2023
Notes:	UNICEF/WHO/World Bank Joint Child Malnutrition Estimates Expanded Database: Overweight estimates: National and Disaggregated, July 2025, New York. Weighted sample size. For more information, please consult https://data.unicef.org/resources/jme/.

Definitions:	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.
Cutoffs:	=>+2SD

% Adults living with obesity in Mongolia 2005-2019

Men



Survey type:	Measured

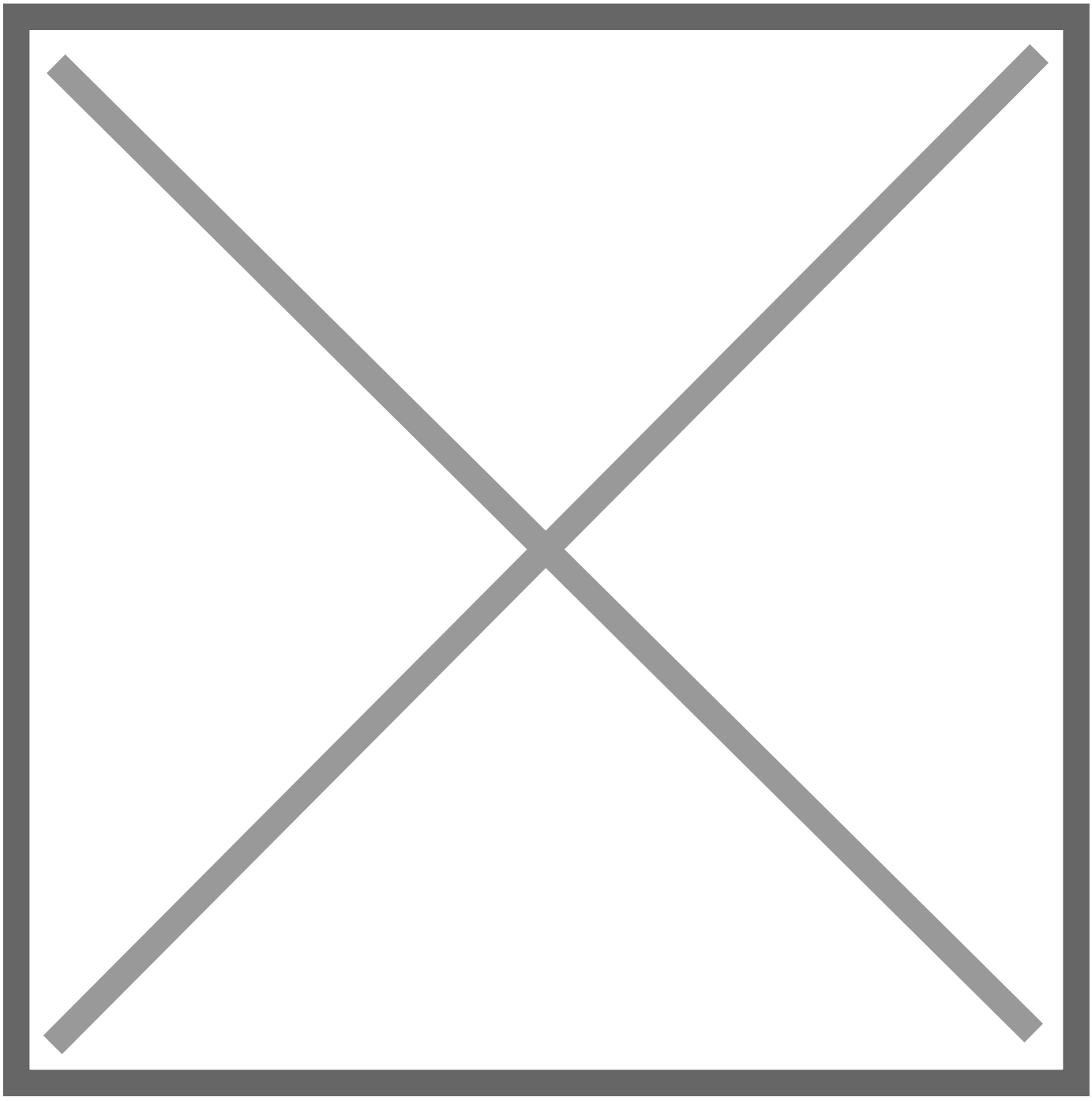
□□□□ :

2005: Mongolian STEPS Survey on the prevalence of noncommunicable disease risk factors 2006
2009: Mongolian STEPS Survey on the Prevalence of Non-communicable Disease and Injury Risk Factors - 2009
2013: Chimeddamba O, Gearon E, Stevenson C et al. Trends in Adult Overweight and Obesity Prevalence in Mongolica 2005-2013. Obesity 2016;24(10):2194-2201
2019: Fourth national STEPS Survey on the Prevalence of Noncommunicable Disease and Injury Risk Factors 2019. Brief Summary. Available at https://cdn.who.int/media/docs/default-source/ncds/ncd-surveillance/data-reporting/mongolia/mongolia-steps-survey---2019_brief-summary_english.pdf?sfvrsn=5ba7a1d3_1&download=true (last accessed 16.09.21)

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

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



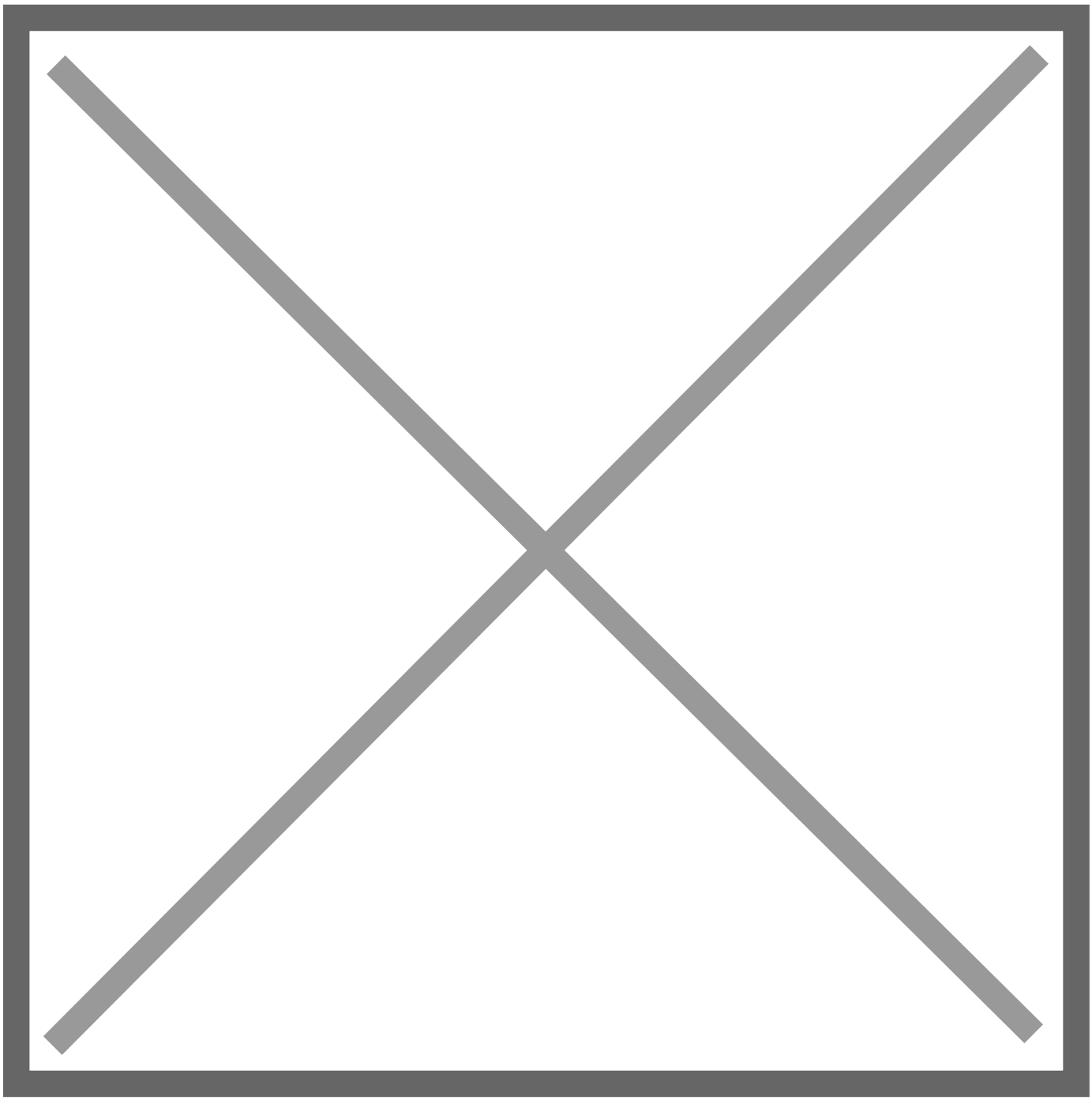
Survey type:	Measured
□□□ :	2005: Mongolian STEPS Survey on the prevalence of noncommunicable disease risk factors 2006 2009: Mongolian STEPS Survey on the Prevalence of Non-communicable Disease and Injury Risk Factors - 2009 2013: Chimeddamba O, Gearon E, Stevenson C et al. Trends in Adult Overweight and Obesity Prevalence in Mongolica 2005-2013. Obesity 2016;24(10):2194-2201 2019: Fourth national STEPS Survey on the Prevalence of Noncommunicable Disease and Injury Risk Factors 2019. Brief Summary. Available at https://cdn.who.int/media/docs/default-source/ncds/ncd-surveillance/data-reporting/mongolia/mongolia-steps-survey---2019_brief-summary_english.pdf?sfvrsn=5ba7a1d3_1&download=true (last accessed 16.09.21)

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

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.

% Adults living with overweight or obesity in Mongolia 2005-2019

Men



Survey type:	Measured

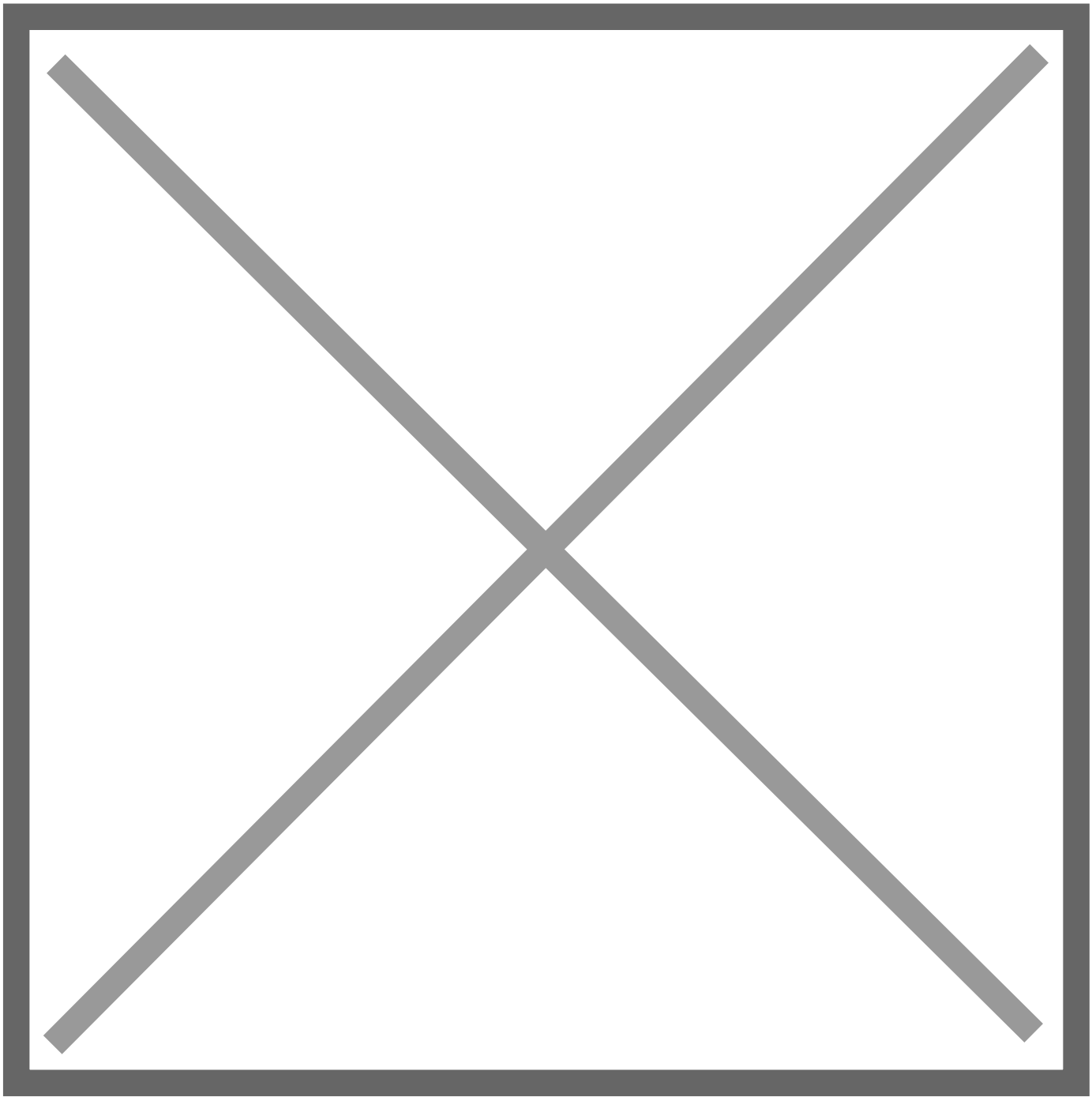
□□□□ :

2005: Mongolian STEPS Survey on the prevalence of noncommunicable disease risk factors 2006
2009: Mongolian STEPS Survey on the Prevalence of Non-communicable Disease and Injury Risk Factors - 2009
2013: Chimeddamba O, Gearon E, Stevenson C et al. Trends in Adult Overweight and Obesity Prevalence in Mongolica 2005-2013. Obesity 2016;24(10):2194-2201
2019: Fourth national STEPS Survey on the Prevalence of Noncommunicable Disease and Injury Risk Factors 2019. Brief Summary. Available at https://cdn.who.int/media/docs/default-source/ncds/ncd-surveillance/data-reporting/mongolia/mongolia-steps-survey---2019_brief-summary_english.pdf?sfvrsn=5ba7a1d3_1&download=true (last accessed 16.09.21)

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

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



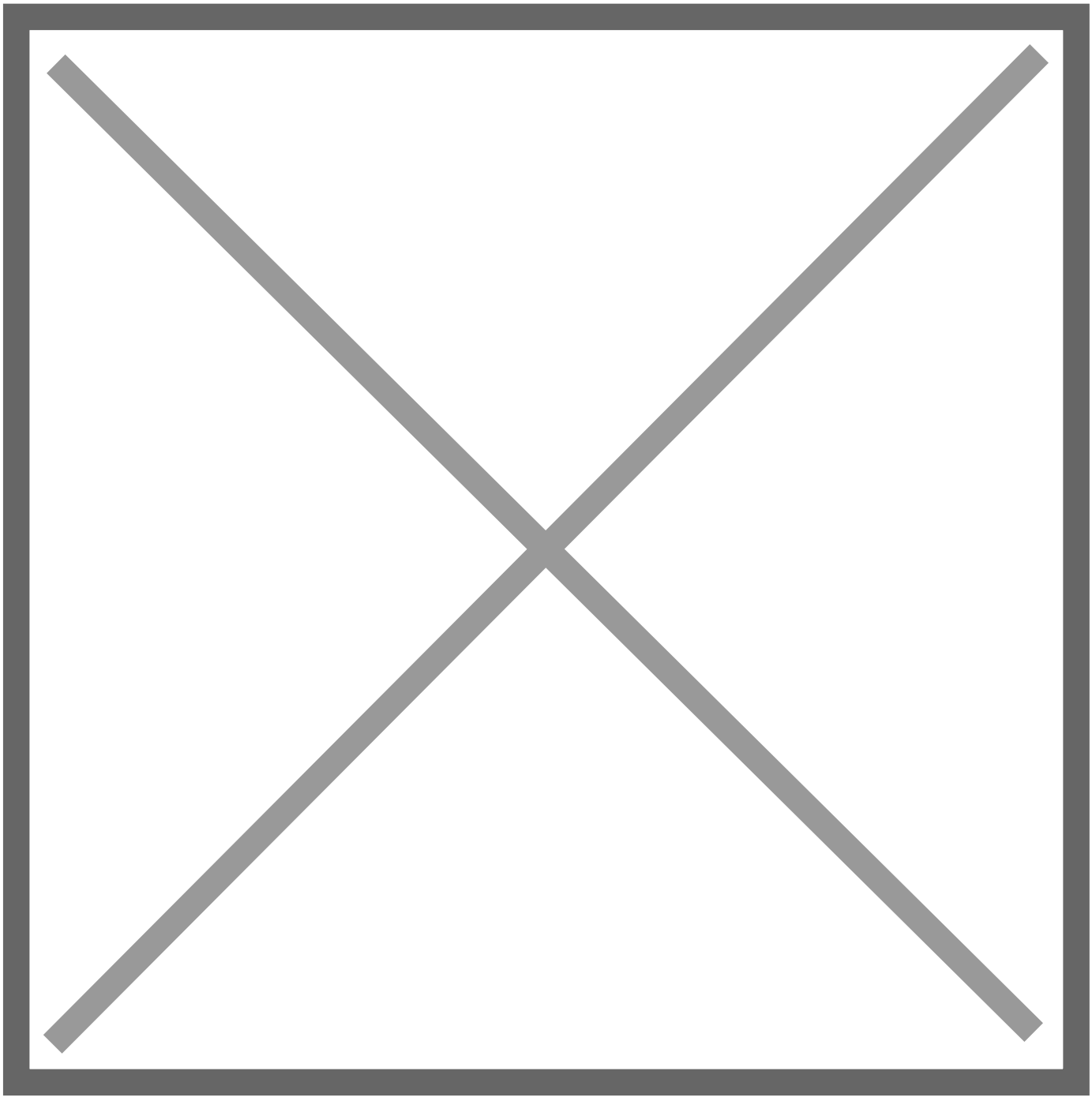
Survey type:	Measured
□□□ :	2005: Mongolian STEPS Survey on the prevalence of noncommunicable disease risk factors 2006 2009: Mongolian STEPS Survey on the Prevalence of Non-communicable Disease and Injury Risk Factors - 2009 2013: Chimeddamba O, Gearon E, Stevenson C et al. Trends in Adult Overweight and Obesity Prevalence in Mongolica 2005-2013. Obesity 2016;24(10):2194-2201 2019: Fourth national STEPS Survey on the Prevalence of Noncommunicable Disease and Injury Risk Factors 2019. Brief Summary. Available at https://cdn.who.int/media/docs/default-source/ncds/ncd-surveillance/data-reporting/mongolia/mongolia-steps-survey---2019_brief-summary_english.pdf?sfvrsn=5ba7a1d3_1&download=true (last accessed 16.09.21)

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

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.

Overweight/obesity by education

Men, 2017

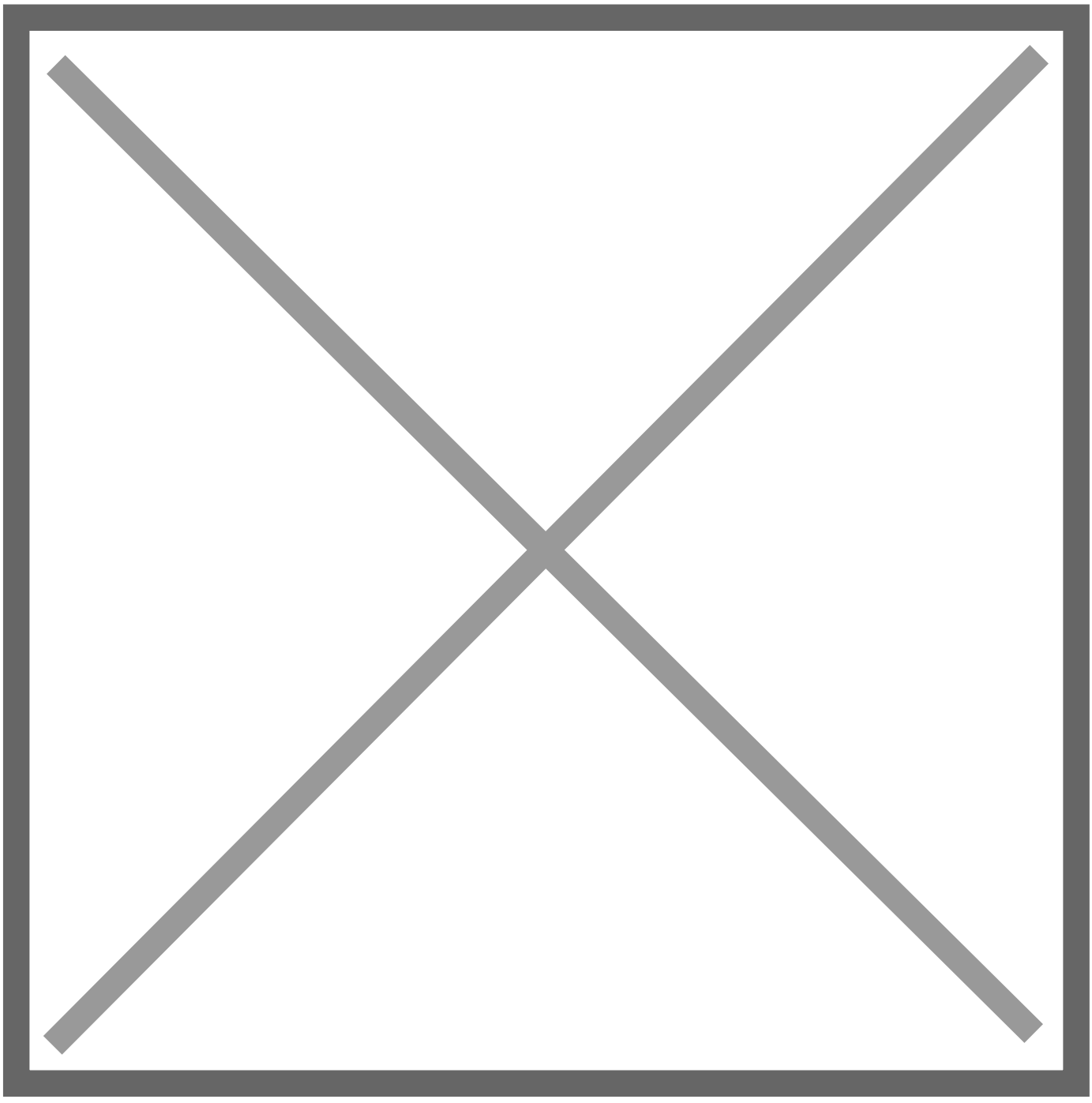


Survey type:	Measured
Age:	15-49
Sample size:	3314
Area covered:	National

□□□□ : National Centre for Public Health (2017). Nutrition status of the population of Mongolia. Fifth National Nutrition Survey. Ulaanbaatar, Mongolia. Available at https://www.unicef.org/mongolia/reports/fifth-national-nutrition-survey-report (accessed 20.04.2020)

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

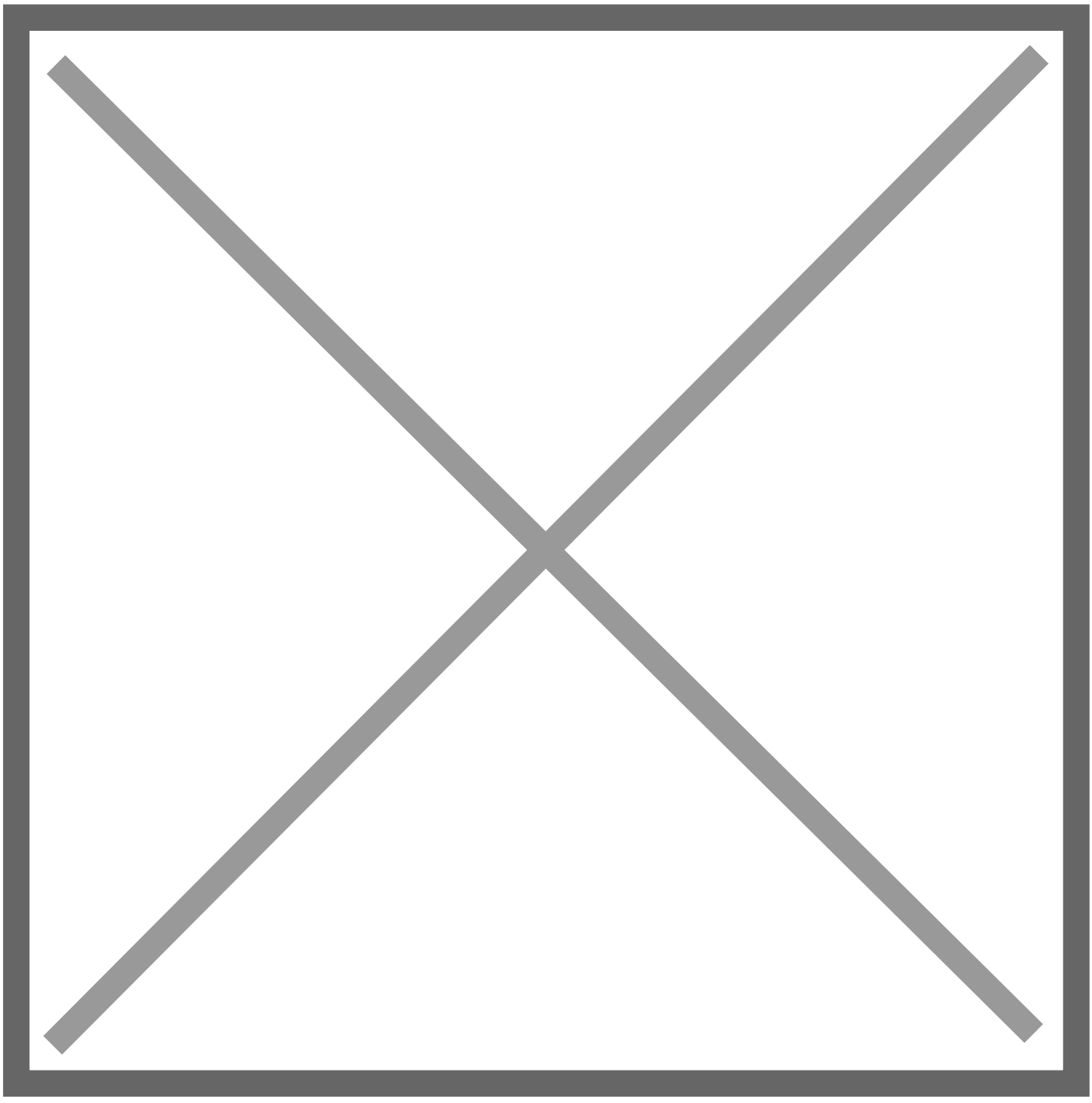
Women, 2017



Survey type:	Measured
Age:	15-49
Sample size:	3314
Area covered:	National
□□□ :	National Centre for Public Health (2017). Nutrition status of the population of Mongolia. Fifth National Nutrition Survey. Ulaanbaatar, Mongolia. Available at https://www.unicef.org/mongolia/reports/fifth-national-nutrition-survey-report (accessed 20.04.2020)

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

0-5 years, 2018

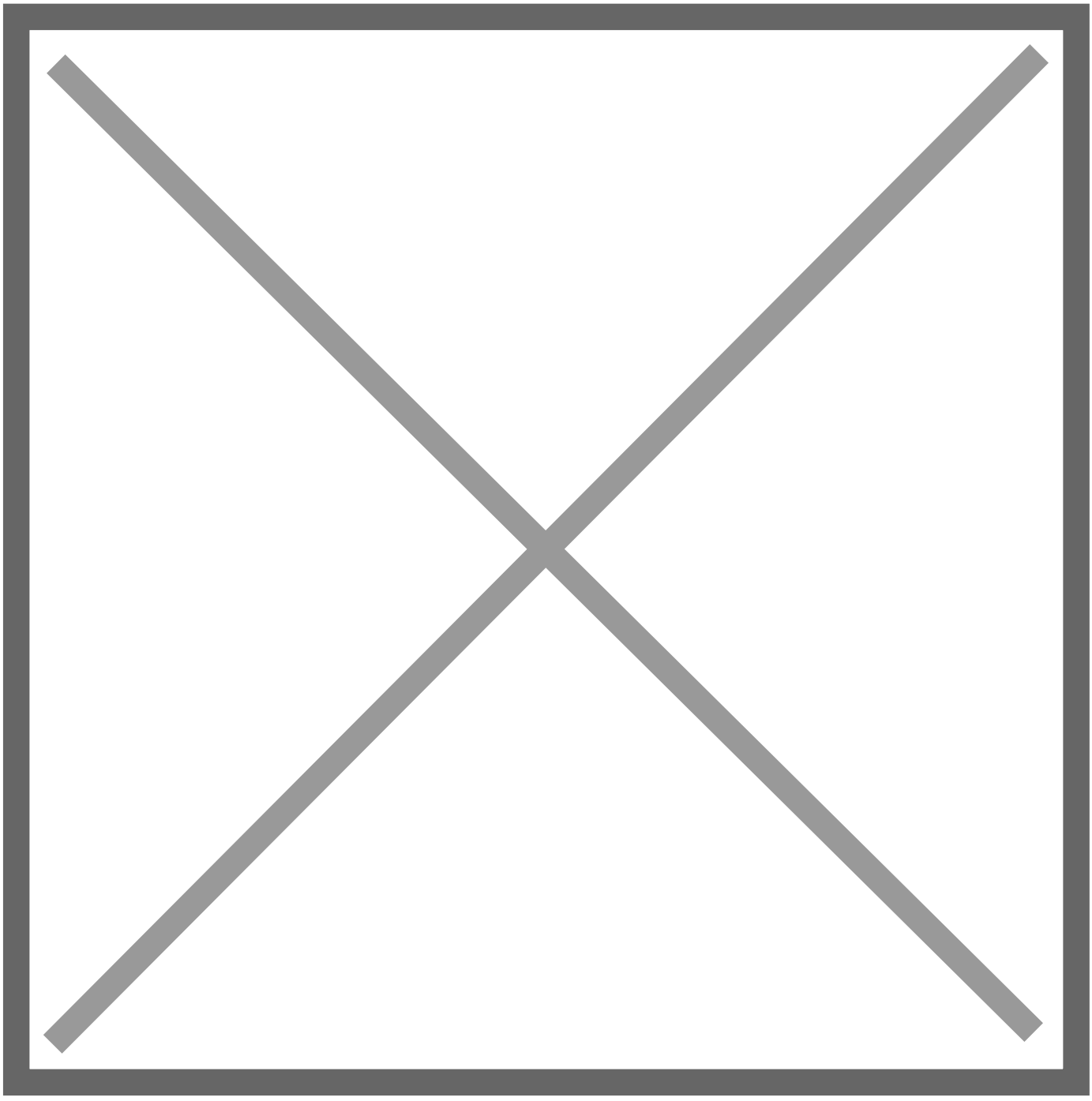


Survey type:	Measured
Sample size:	5,882
Area covered:	National
□□□ :	NSO. 2019. Social Indicator Sample Survey-2018, Survey Findings Report. Ulaanbaatar, Mongolia: National Statistical Office of Mongolia. https://washdata.org/sites/default/files/documents/reports/2019-10/Mongolia-2018-MICS-report.pdf
Notes:	Mother's education

Definitions:	Weight for height. Overweight = Between +2SD and +3SD. Obesity = >+3SD
Cutoffs:	Other

Overweight/obesity by age

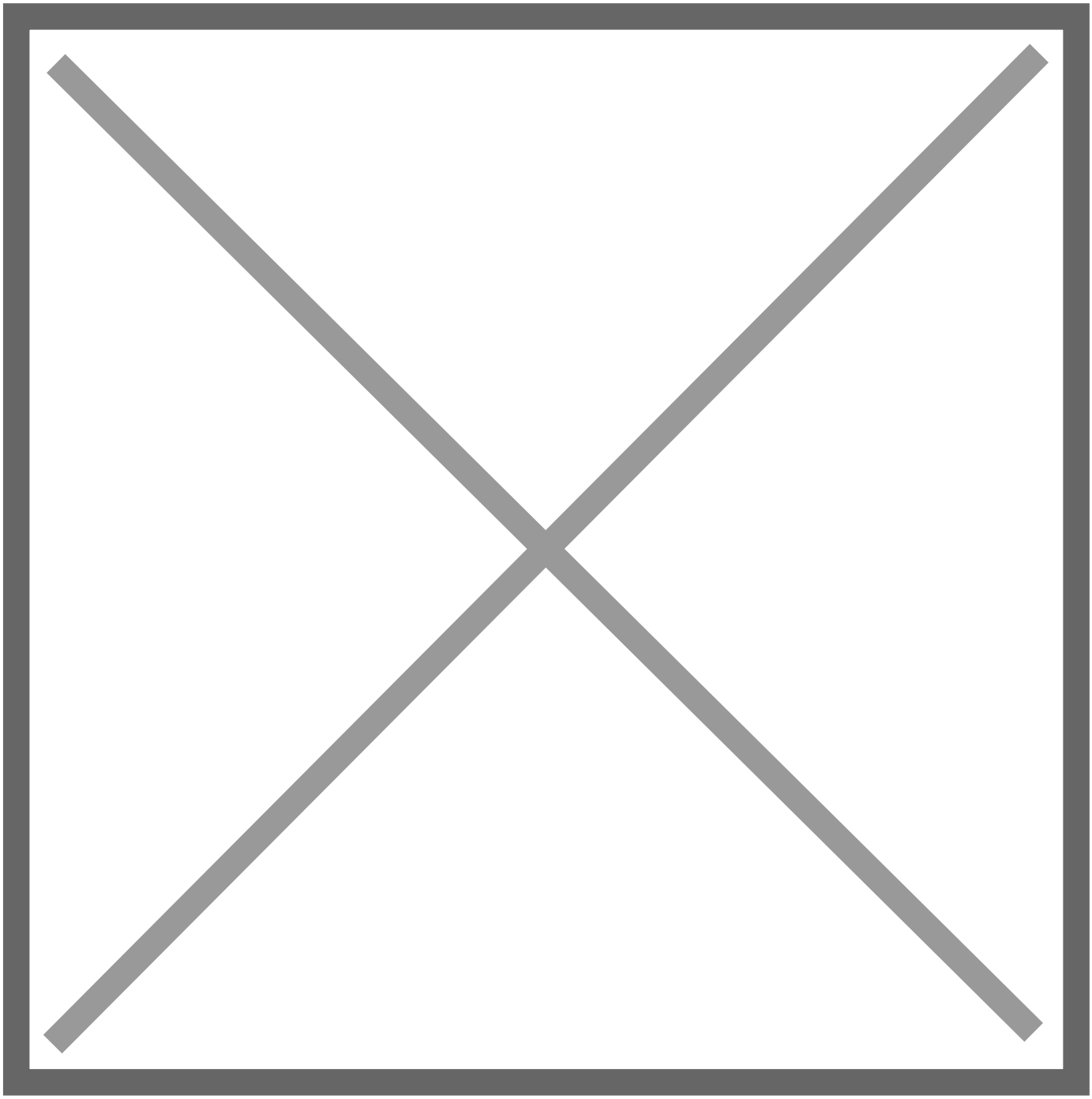
Adults, 2017



Survey type:	Measured
Sample size:	2,578
Area covered:	National
□□□ :	Nutrition Status of the Population of Mongolia: Fifth National Nutrition Survey Report 2017. Available at: https://www.unicef.org/mongolia/media/1116/file/NNS_V_undsen_tailan_EN.pdf. Accessed 02.11.21.

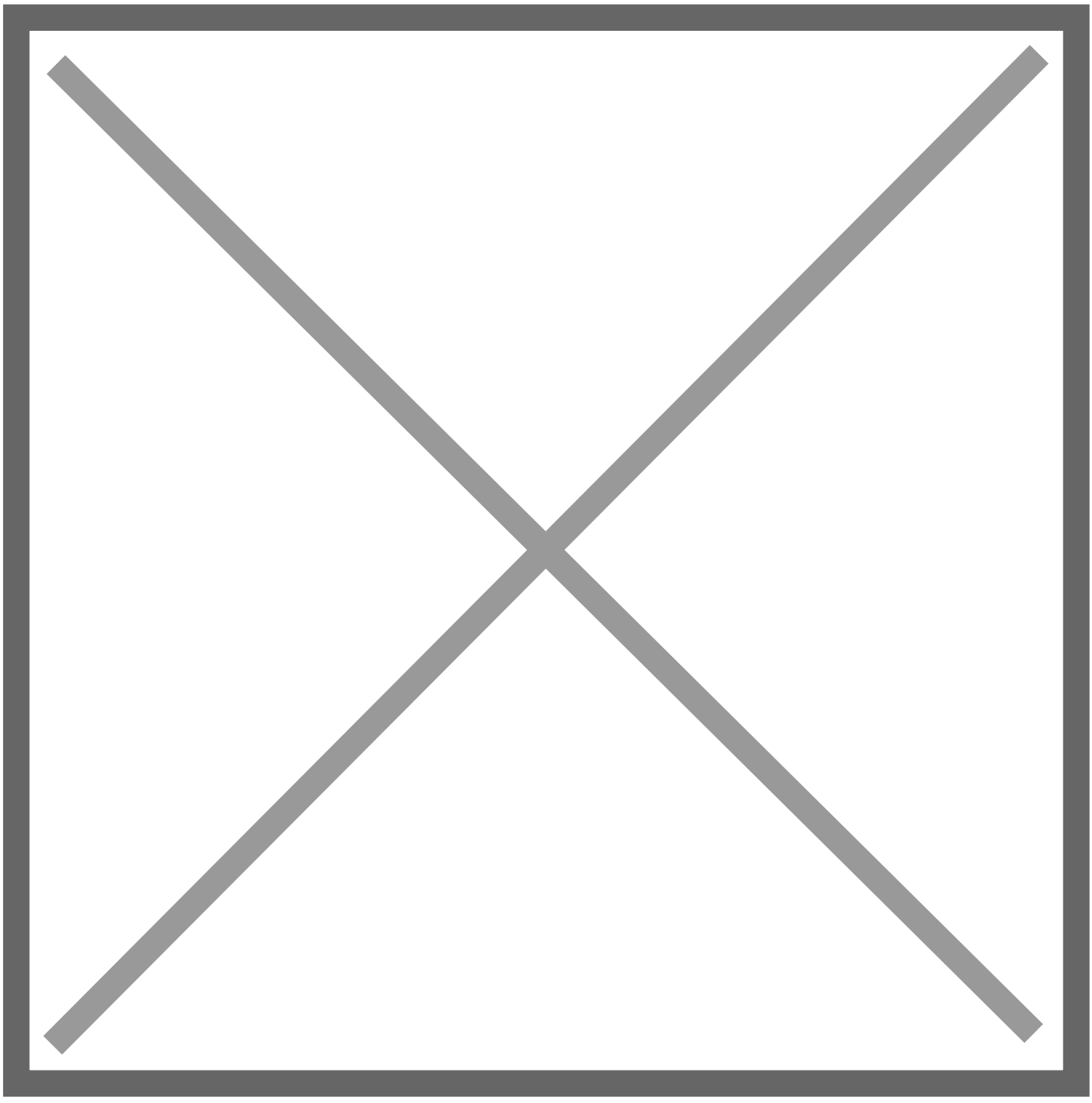
Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².

Children, 2017-2018



Survey type:	Measured
Sample size:	1750
Area covered:	National
Definitions:	Nutrition Status of the Population of Mongolia: Fifth National Nutrition Survey Report 2017. Available at: https://www.unicef.org/mongolia/media/1116/file/NNS_V_undsen_tailan_EN.pdf. Accessed 02.11.21.
Cutoffs:	WHO

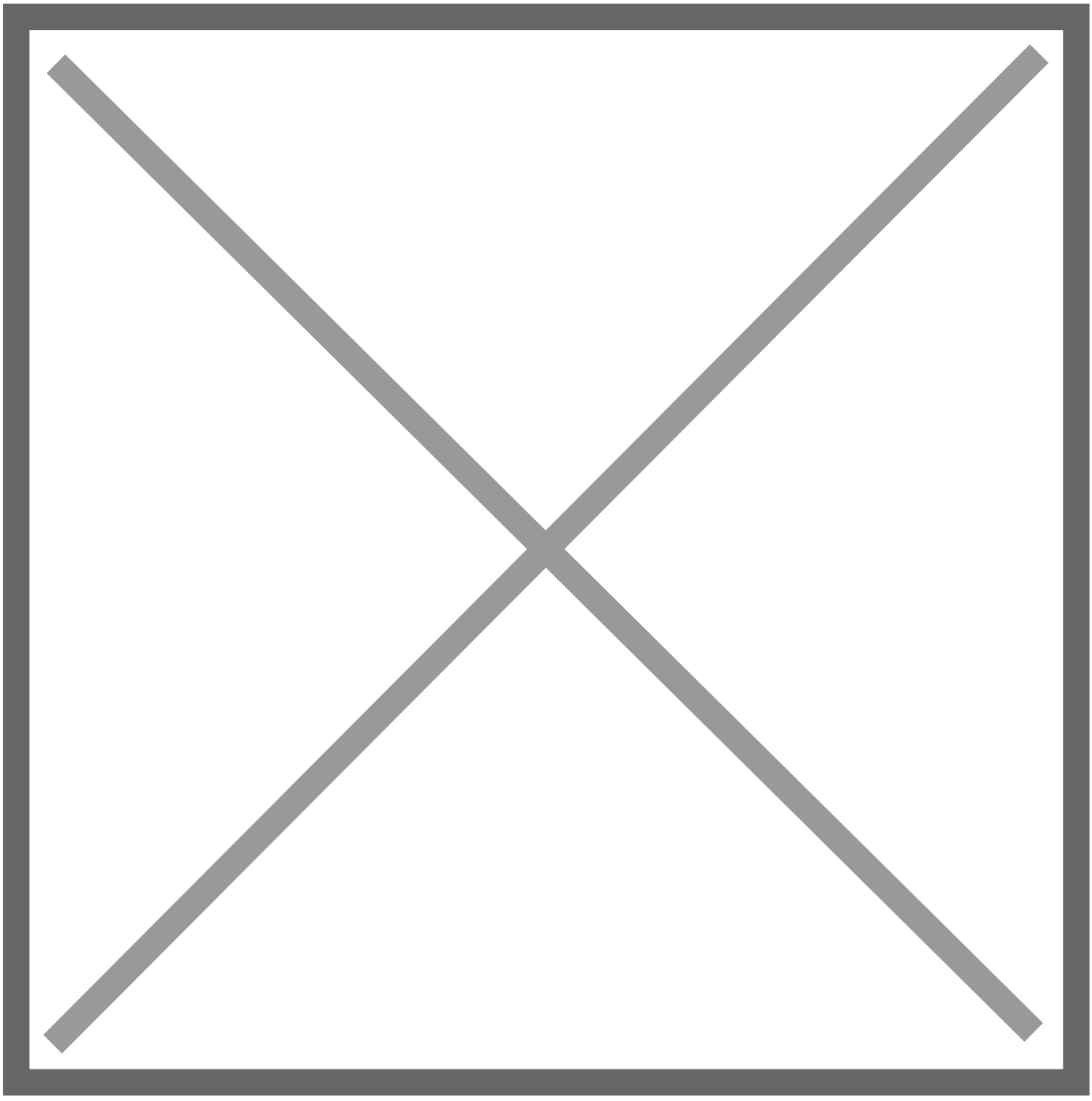
0-5 years, 2013



Survey type:	Measured
Sample size:	3404
Area covered:	National
□□□ :	Mongolia MICS 2013 Survey - data analysed by R Jackson Leach, F Montague. World Obesity Federation
Notes:	IOTF monthly cut offs
Cutoffs:	IOTF

Overweight/obesity by region

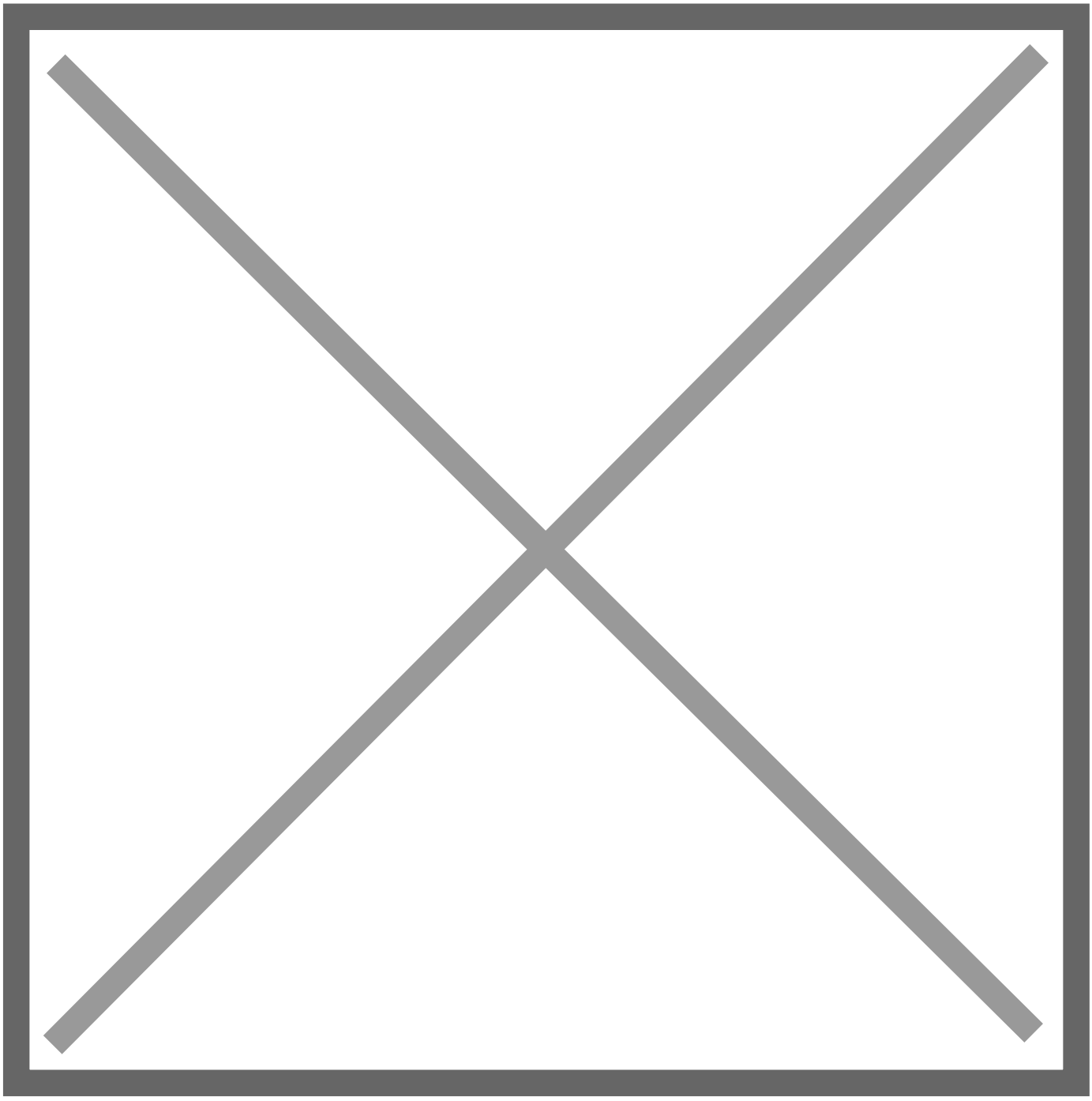
Men, 2023



Survey type:	Measured
Age:	15-49
Sample size:	4,463
Area covered:	National

□□□□ :	UNICEF. 2025. Nutrition status of the population of Mongolia: Sixth national nutrition survey key indicators report. https://www.unicef.org/mongolia/reports/nutrition-status-population-mongolia [Accessed 14.01.26]
Notes:	Includes non-pregnant women of reproductive age and men aged 15-49.
	Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².

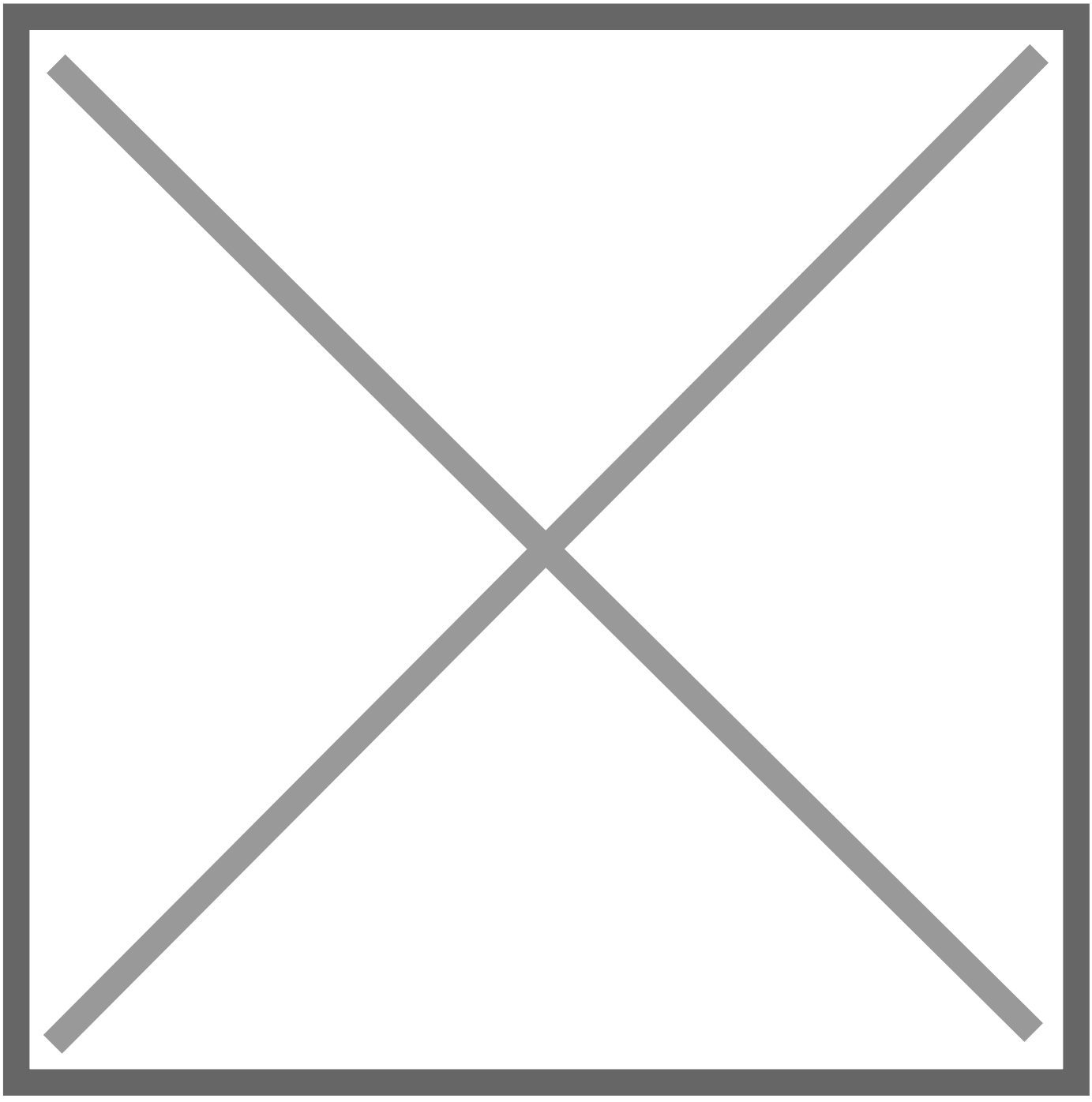
Women, 2023



Survey type:	Measured
Age:	15-49
Sample size:	4,463
Area covered:	National
□□□ :	UNICEF. 2025. Nutrition status of the population of Mongolia: Sixth national nutrition survey key indicators report. https://www.unicef.org/mongolia/reports/nutrition-status-population-mongolia [Accessed 14.01.26]
Notes:	Includes non-pregnant women of reproductive age and men aged 15-49.

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

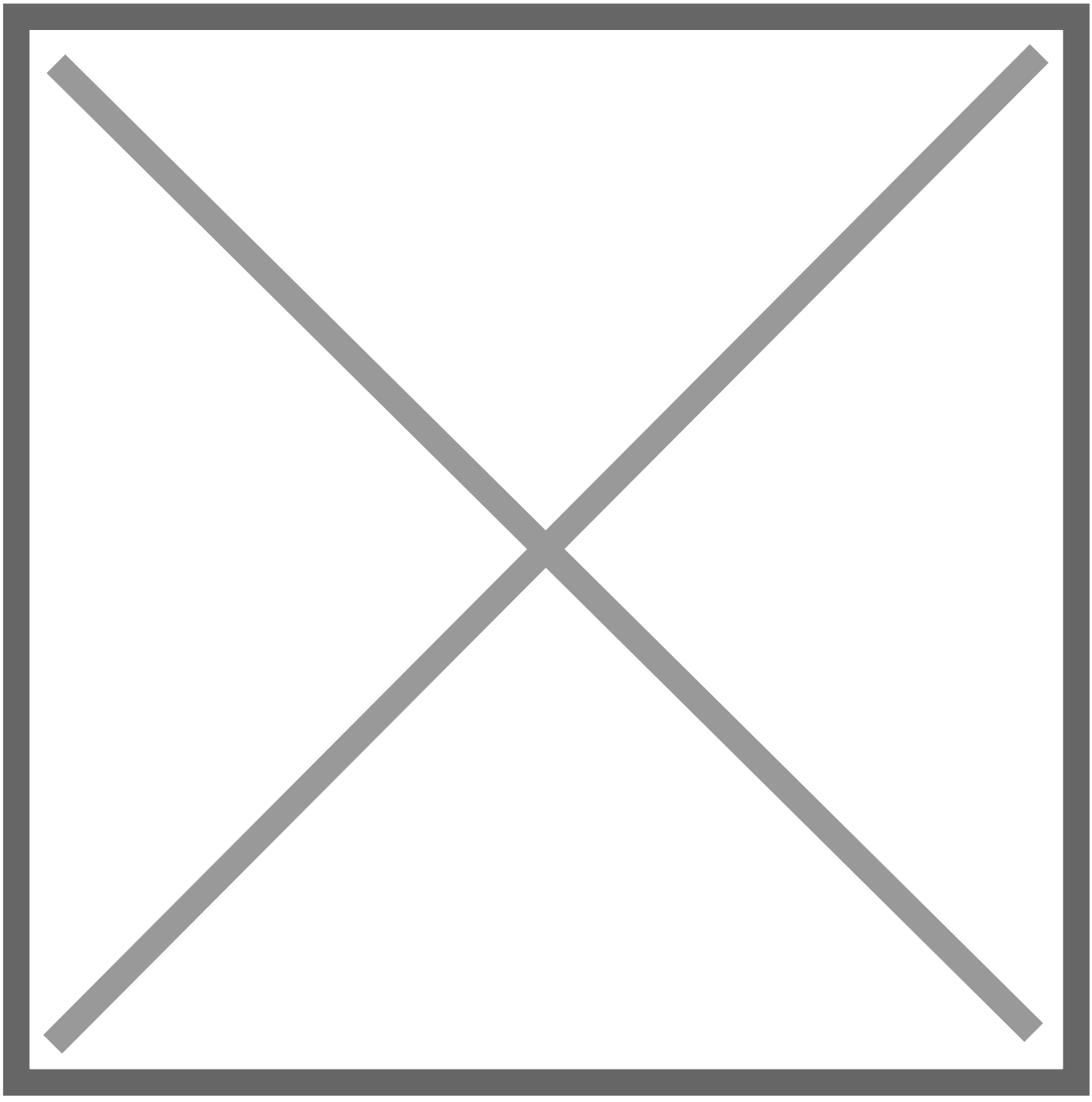
Children, 2023



Survey type:	Measured
Age:	13-17
Sample size:	3311
Area covered:	National
□□□ :	Global School-Based Student Health Survey, Mongolia 2023: Youth's Health Behavior Among Secondary School Children, GSHS-2023. Ulaanbaatar; 2024. Available at: https://www.who.int/publications/m/item/2021-gshs-country-report-mongolia (Accessed: 13.06.25)

Cutoffs:	WHO 2007

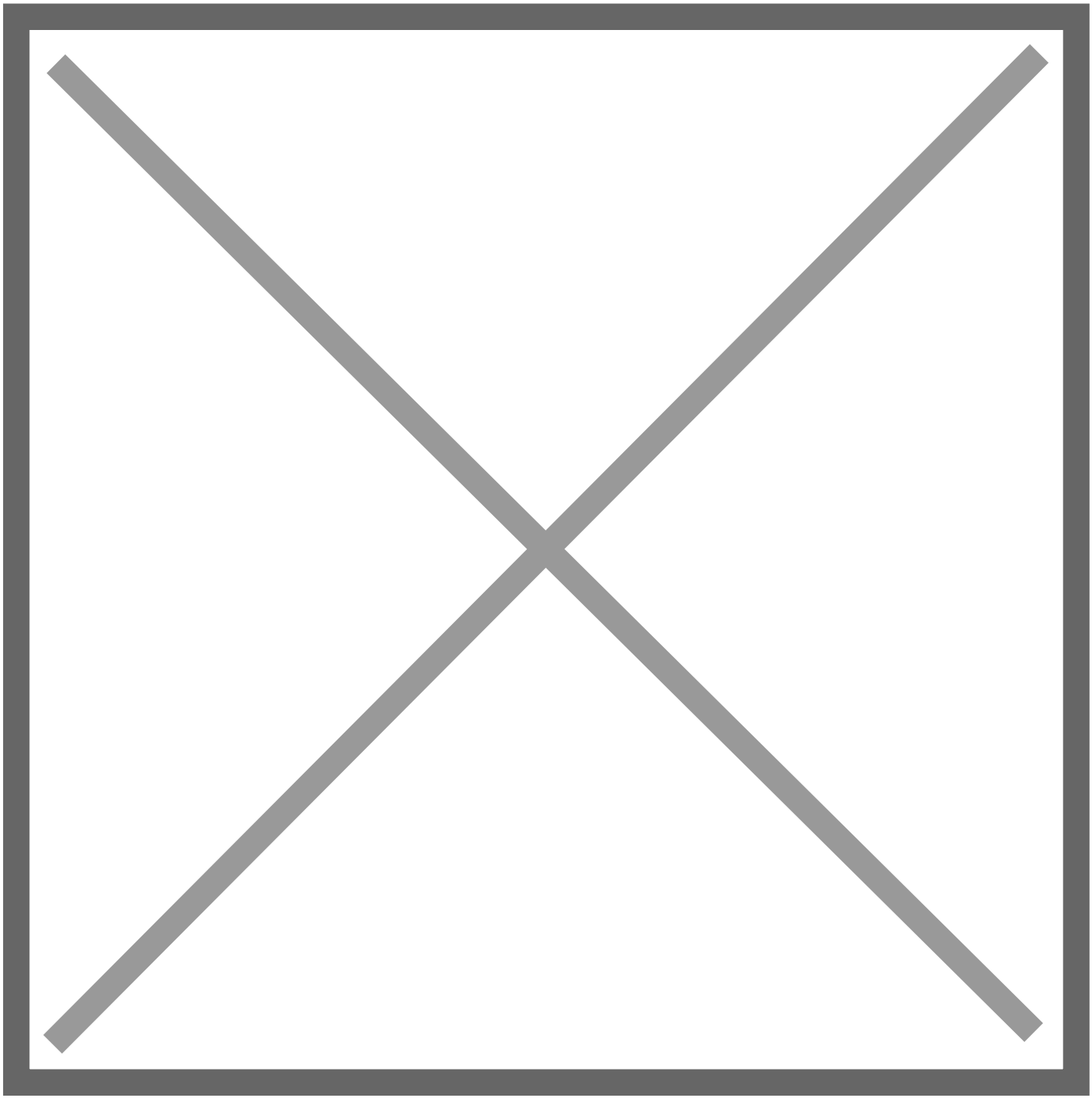
Boys, 2023



Survey type:	Measured
Age:	13-17
Sample size:	3311
Area covered:	National
□□□ :	Global School-Based Student Health Survey, Mongolia 2023: Youth's Health Behavior Among Secondary School Children, GSHS-2023. Ulaanbaatar; 2024. Available at: https://www.who.int/publications/m/item/2021-gshs-country-report-mongolia (Accessed: 13.06.25)

Cutoffs:	WHO 2007

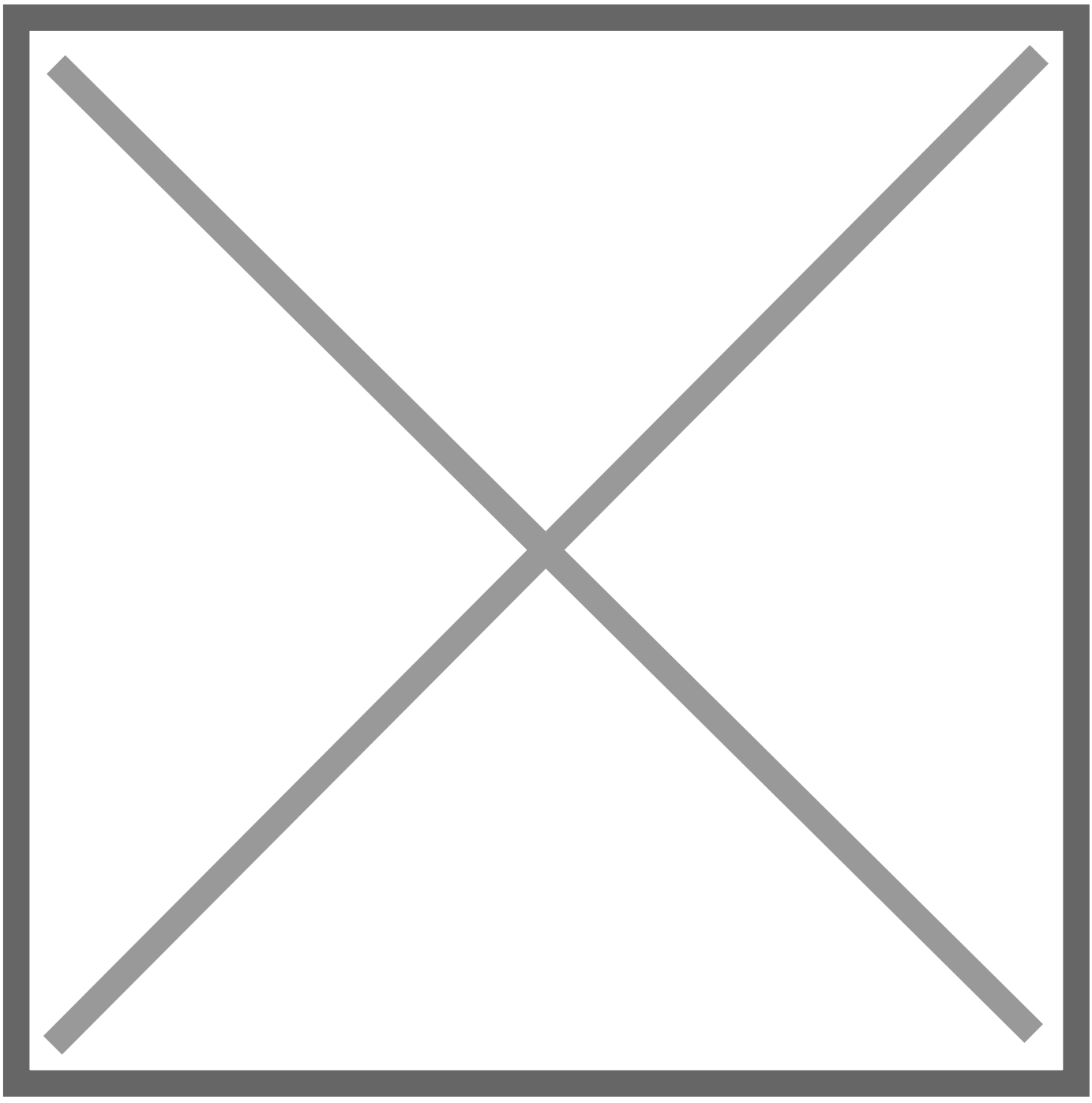
Girls, 2023



Survey type:	Measured
Age:	13-17
Sample size:	3311
Area covered:	National
□□□ :	Global School-Based Student Health Survey, Mongolia 2023: Youth's Health Behavior Among Secondary School Children, GSHS-2023. Ulaanbaatar; 2024. Available at: https://www.who.int/publications/m/item/2021-gshs-country-report-mongolia (Accessed: 13.06.25)

Cutoffs:	WHO 2007

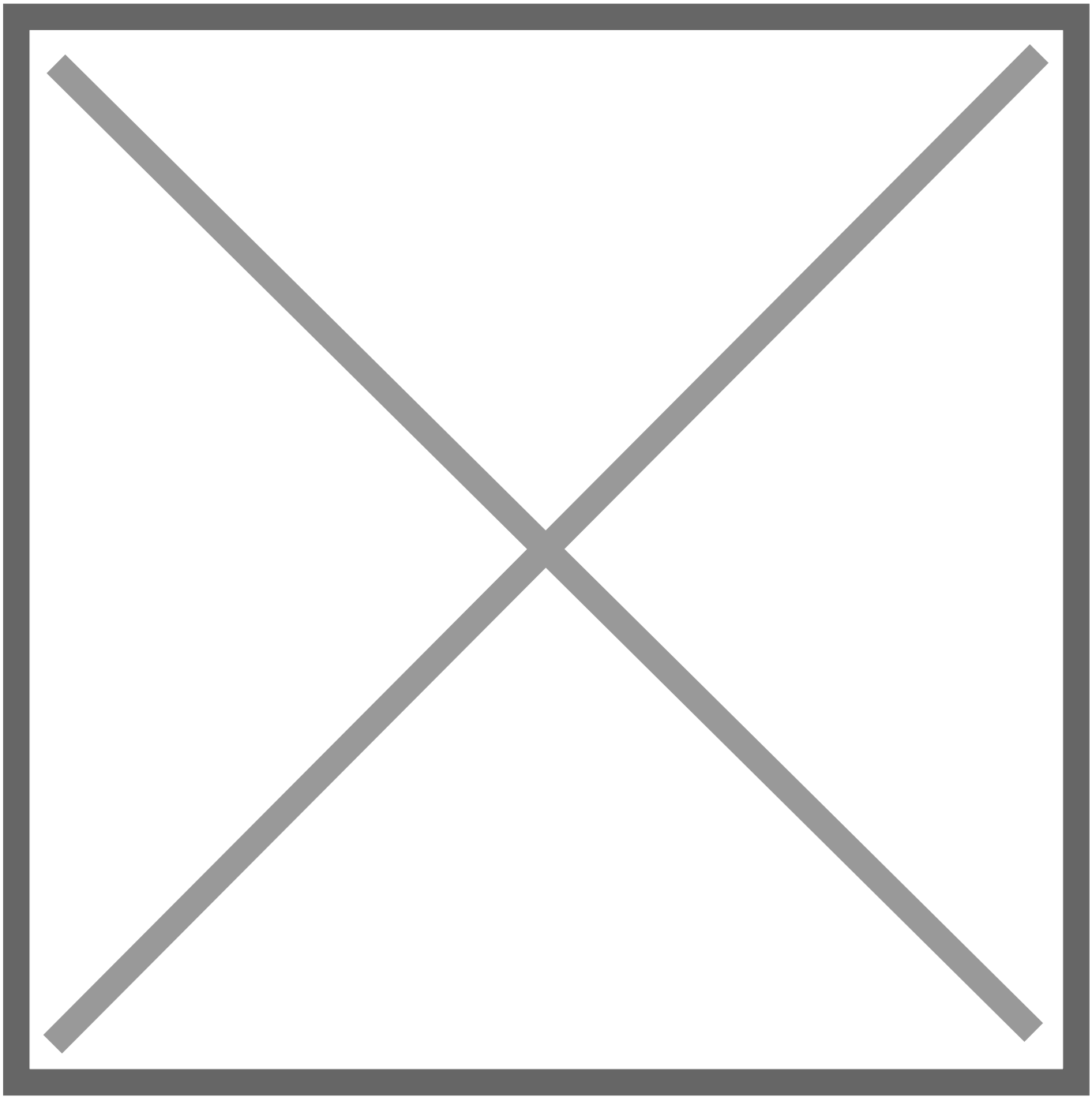
0-5 years, 2023



Survey type:	Measured
Sample size:	5117
Area covered:	National
□□□ :	UNICEF (2023) MONGOLIA Social Indicator Sample Survey-2023 KEY INDICATORS REPORT. Available at (https://mics.unicef.org/sites/mics/files/2024-07/Mongolia%202023%20SISS-MICS%20Key%20Indicators%20Report_English.pdf last accessed 11.06.25)
Cutoffs:	>2SD <3 SD, =>3SD

Overweight/obesity by socio-economic group

Men, 2017

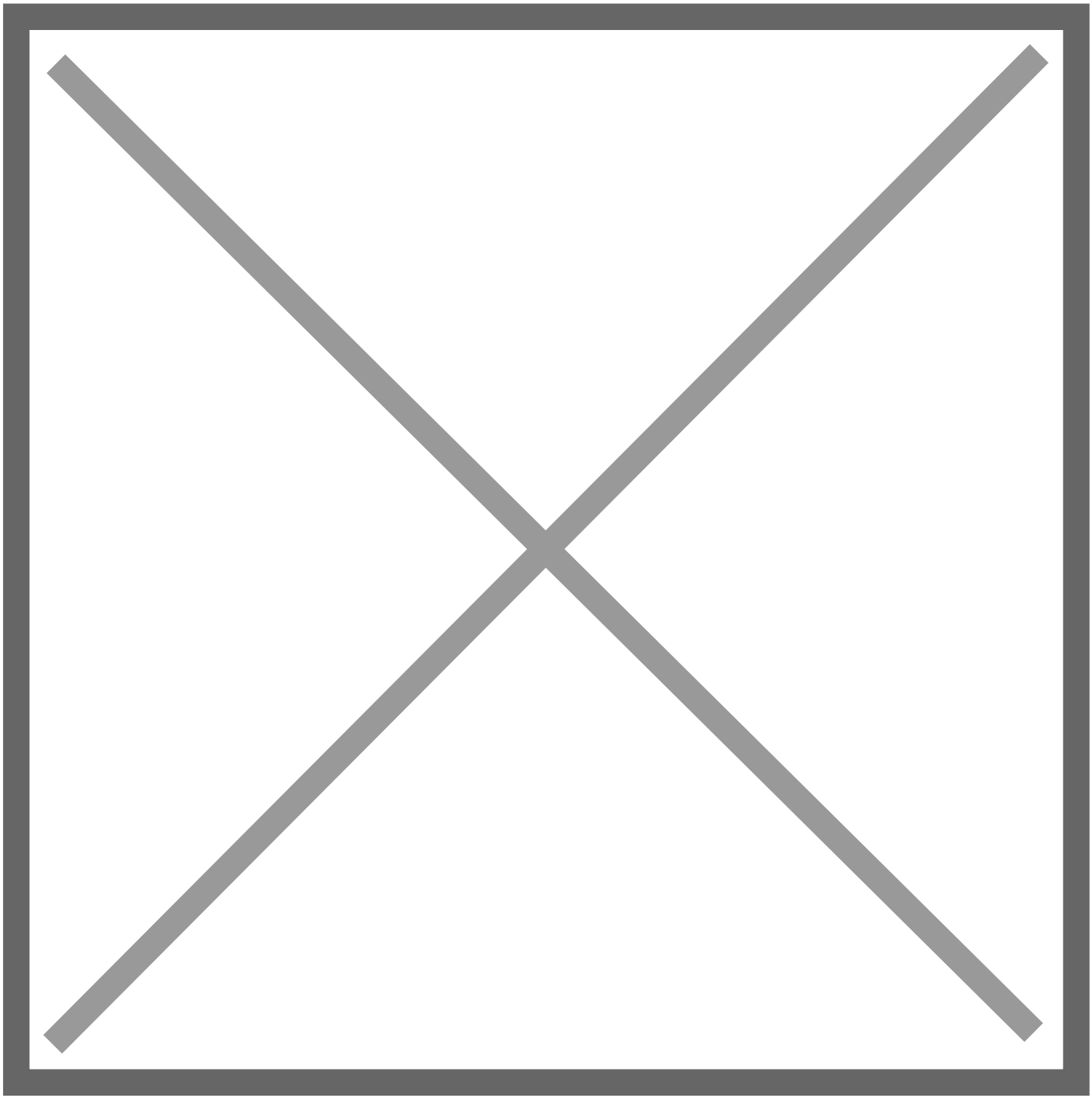


Survey type:	Measured
Age:	15-49
Sample size:	3314
Area covered:	National

□□□□ : National Centre for Public Health (2017). Nutrition status of the population of Mongolia. Fifth National Nutrition Survey. Ulaanbaatar, Mongolia. Available at https://www.unicef.org/mongolia/reports/fifth-national-nutrition-survey-report (accessed 20.04.2020)

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

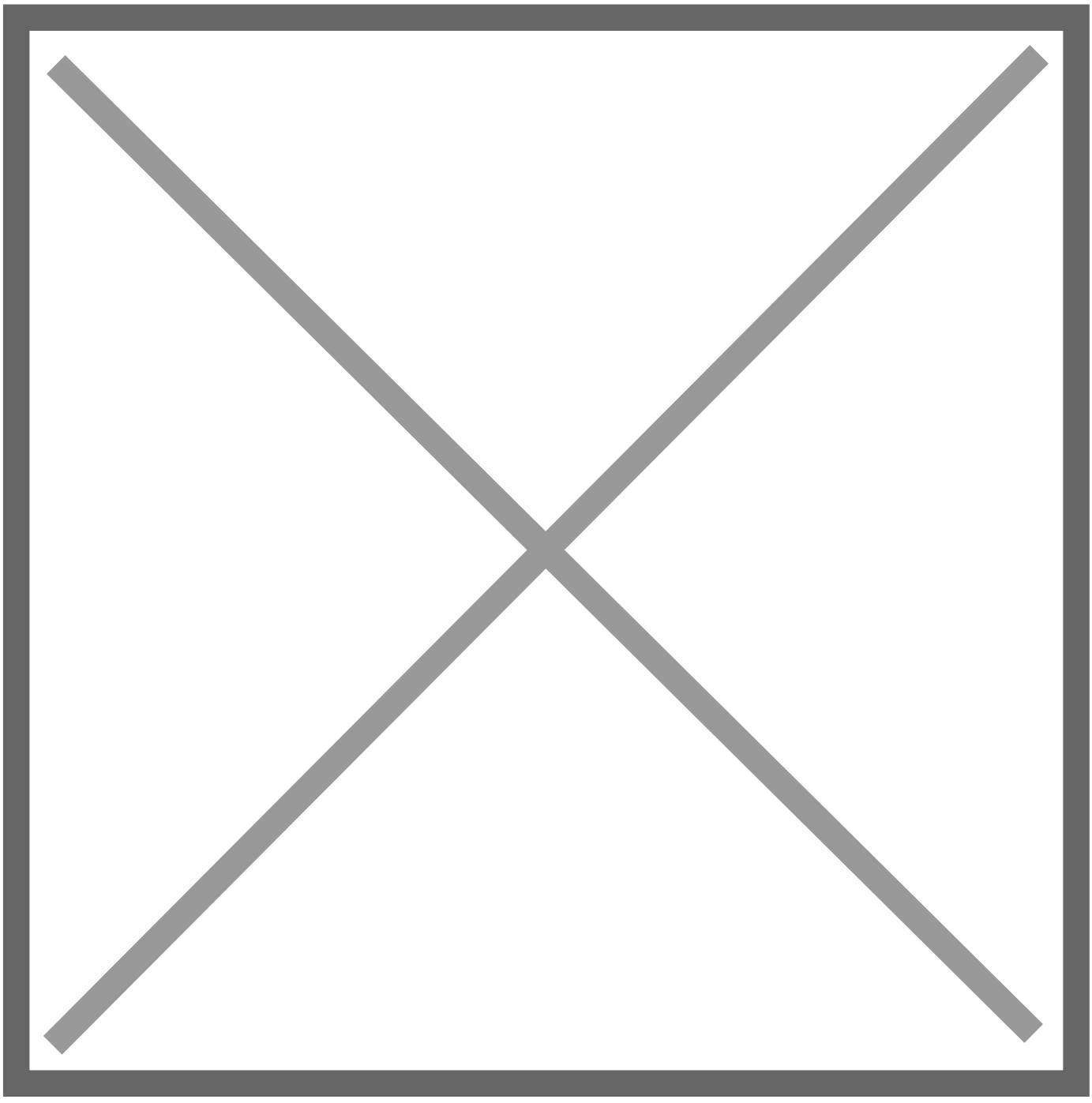
Women, 2017



Survey type:	Measured
Age:	15-49
Sample size:	3314
Area covered:	National
□□□ :	National Centre for Public Health (2017). Nutrition status of the population of Mongolia. Fifth National Nutrition Survey. Ulaanbaatar, Mongolia. Available at https://www.unicef.org/mongolia/reports/fifth-national-nutrition-survey-report (accessed 20.04.2020)

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

0-5 years, 2018



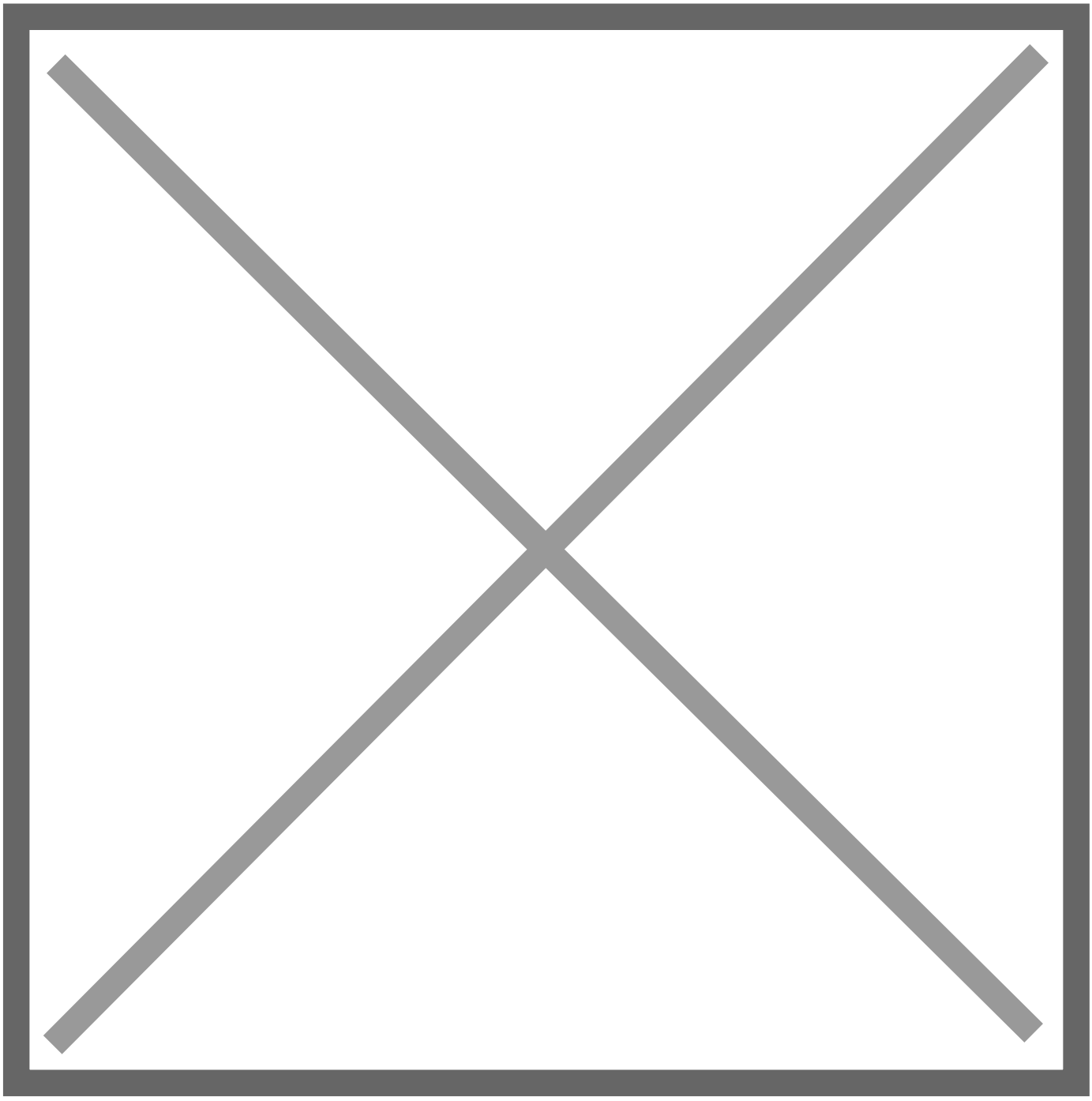
Survey type:	Measured
Sample size:	5882
Area covered:	National
□□□ :	NSO. 2019. Social Indicator Sample Survey-2018, Survey Findings Report. Ulaanbaatar, Mongolia: National Statistical Office of Mongolia. https://washdata.org/sites/default/files/documents/reports/2019-10/Mongolia-2018-MICS-report.pdf (Accessed 24.06.21)
Notes:	Infants.

Definitions:	Weight for height. Overweight = Between +2SD and +3SD. Obesity = >+3SD
Cutoffs:	Other

Overweight/obesity by ethnicity

Ethnic groups are as defined by publication of origin and are not as defined by WOF. In some instances ethnicity is conflated with nationality and/or race.

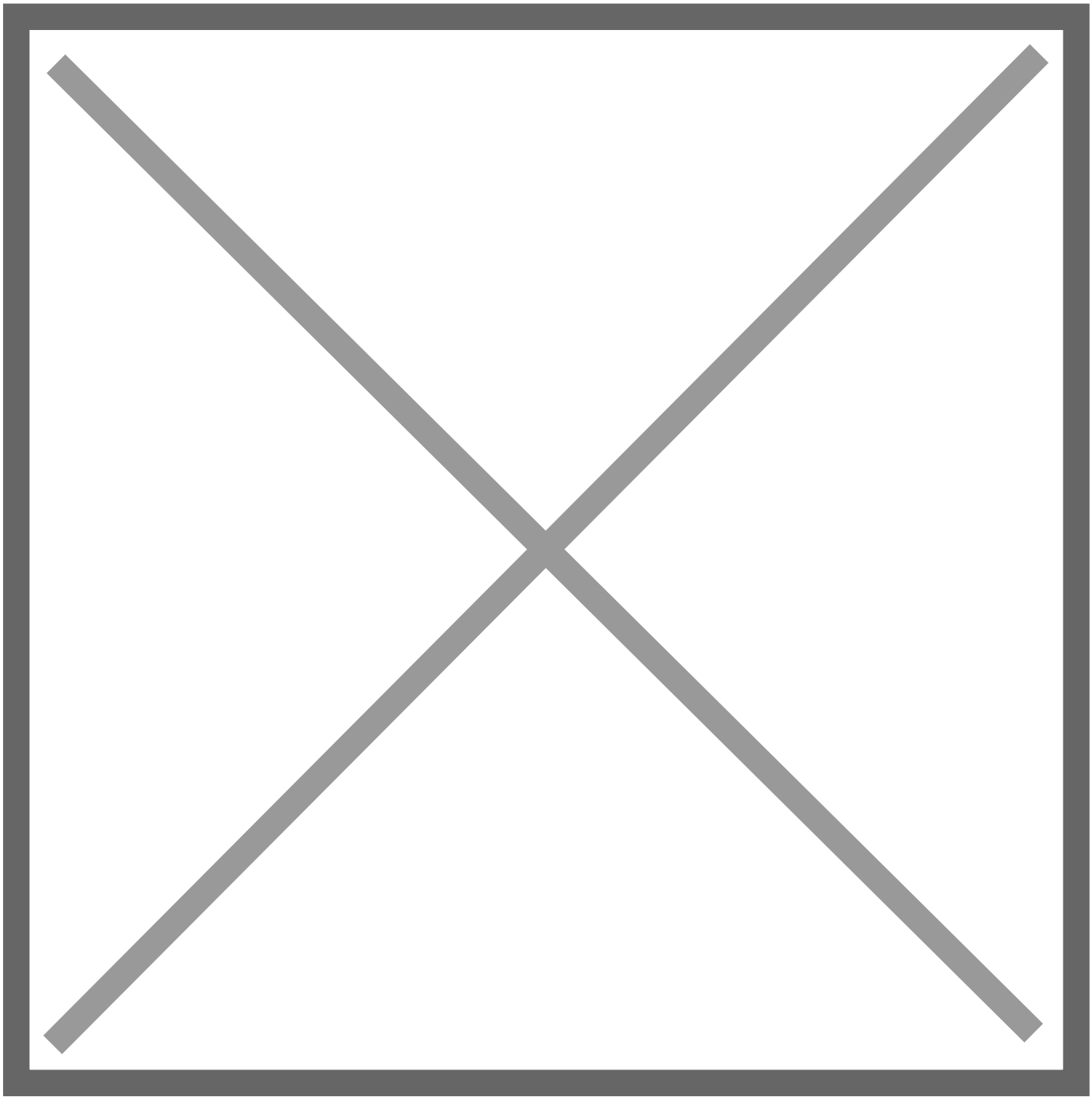
Men, 2017



Survey type:	Measured
Age:	15-49
Sample size:	2,578
Area covered:	National
□□□ :	Nutrition Status of the Population of Mongolia: Fifth National Nutrition Survey Report 2017. Available at: https://www.unicef.org/mongolia/media/1116/file/NNS_V_undsen_tailan_EN.pdf. Accessed 02.11.21.

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

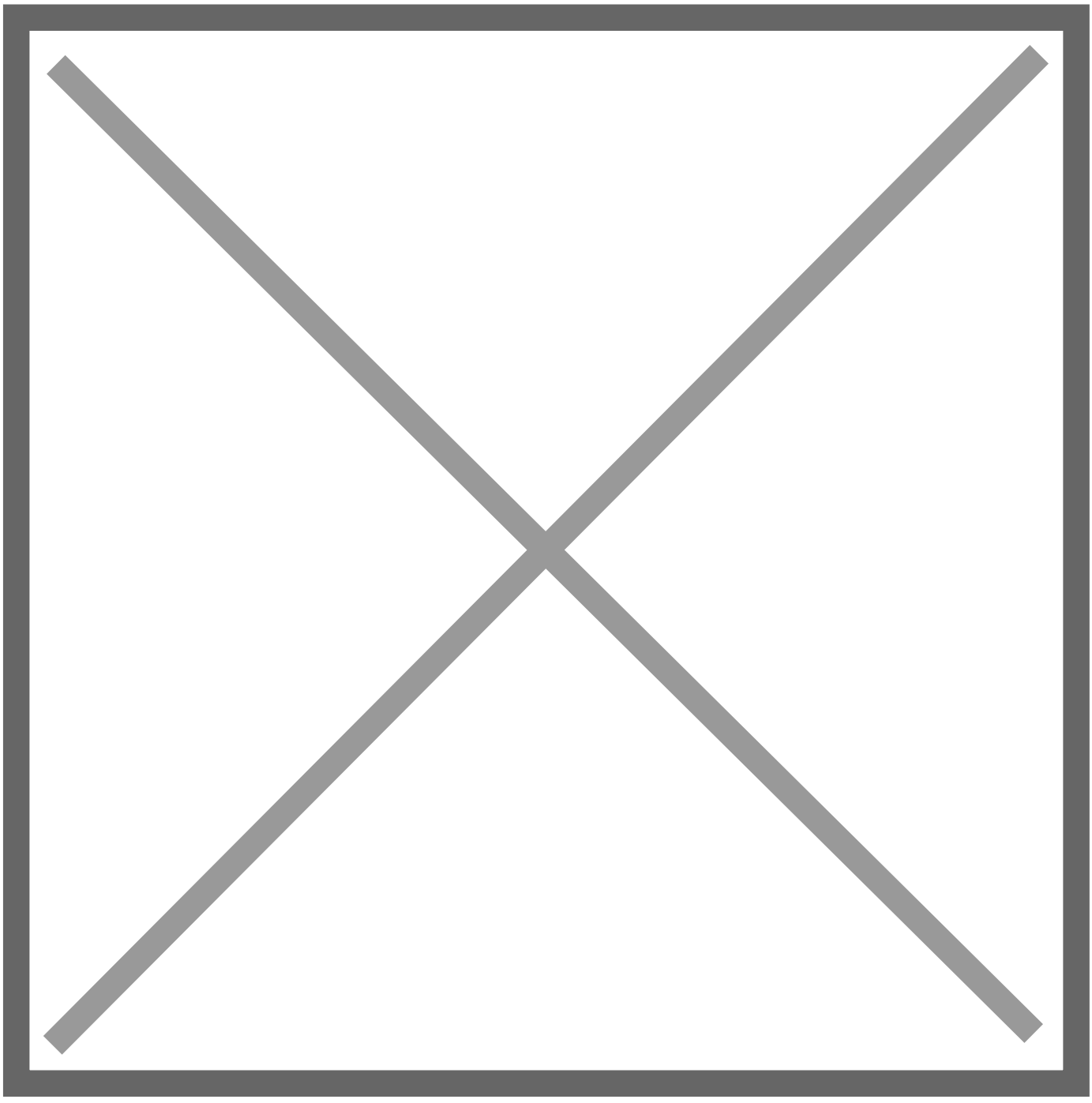
Women, 2017



Survey type:	Measured
Age:	15-49
Sample size:	2,578
Area covered:	National
□□□ :	Nutrition Status of the Population of Mongolia: Fifth National Nutrition Survey Report 2017. Available at: https://www.unicef.org/mongolia/media/1116/file/NNS_V_undsen_tailan_EN.pdf. Accessed 02.11.21.

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

0-5 years, 2018

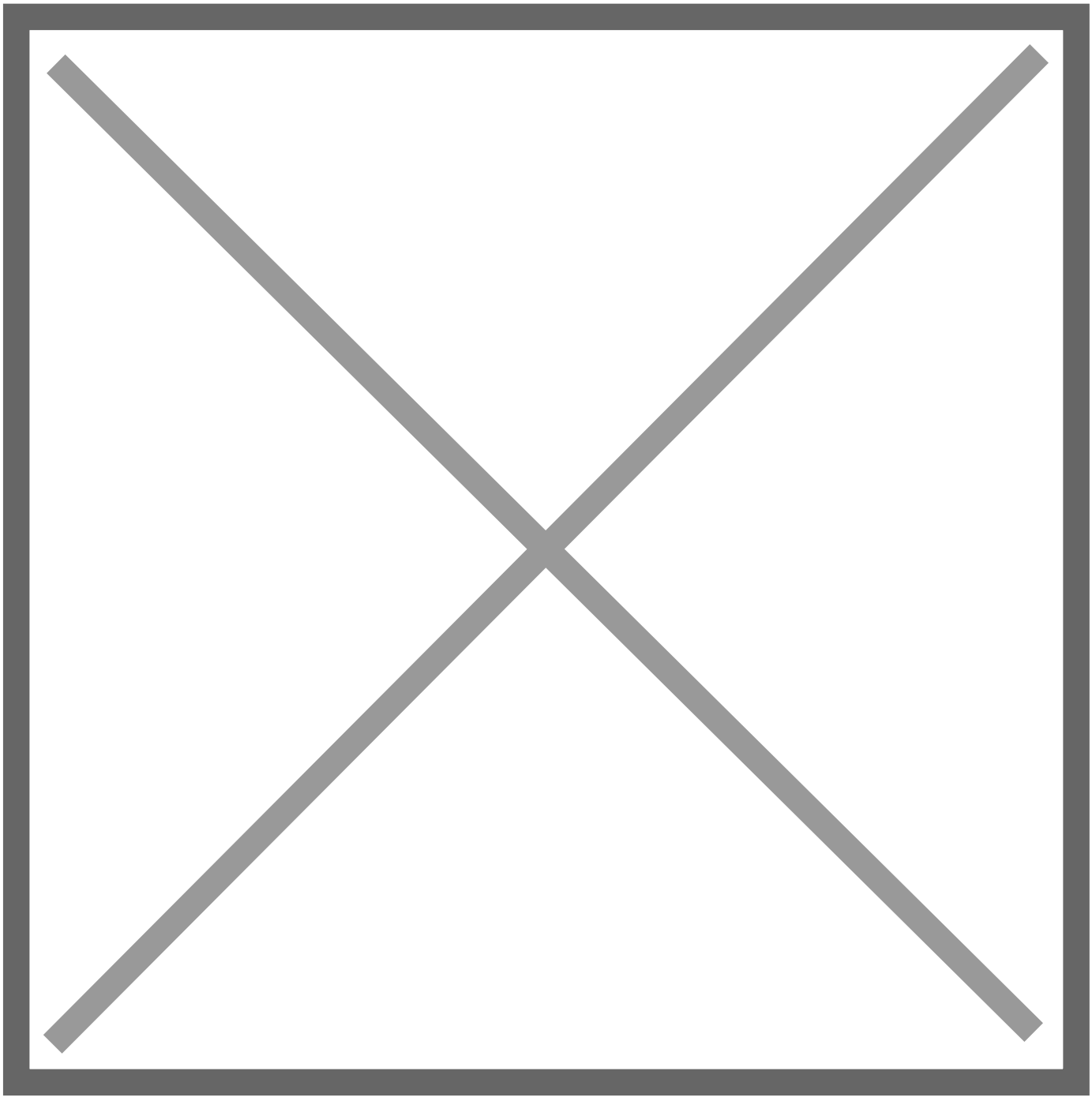


Survey type:	Measured
Sample size:	5,882
Area covered:	National
□□□ :	NSO. 2019. Social Indicator Sample Survey-2018, Survey Findings Report. Ulaanbaatar, Mongolia: National Statistical Office of Mongolia. https://washdata.org/sites/default/files/documents/reports/2019-10/Mongolia-2018-MICS-report.pdf
Notes:	Ethnicity of household head

Definitions:	Weight for height. Overweight = Between +2SD and +3SD. Obesity = >+3SD
Cutoffs:	Other

Double burden of underweight & obesity

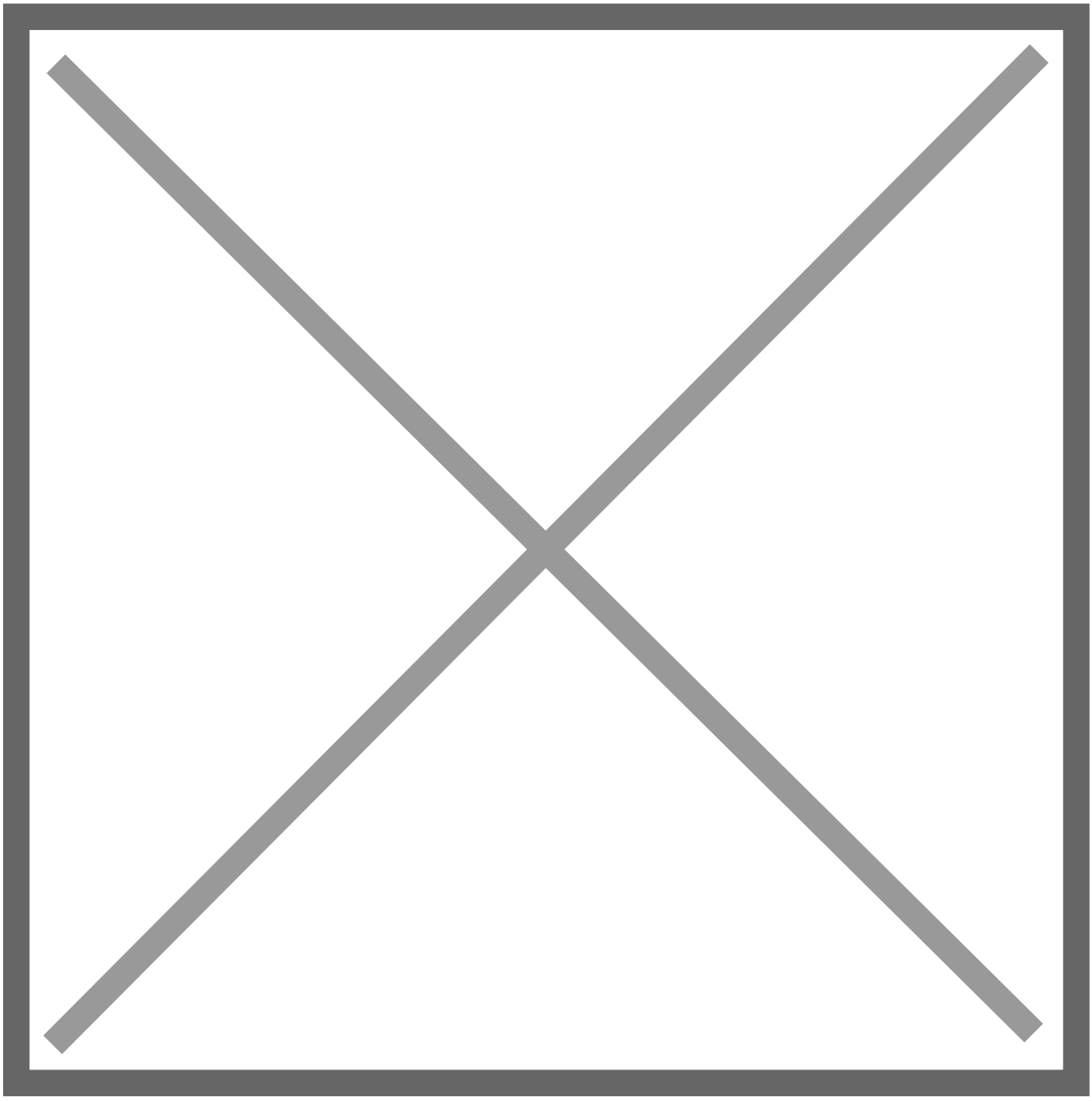
Adults, 2022



Survey type:	Measured
Age:	20+
□□□ :	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. https://doi.org/10.1016/S0140-6736(23)02750-2.

Notes:	Age Standardised estimates
Definitions:	Combined prevalence of BMI<18.5 kg/m² and BMI>=30 kg/m² (double burden of underweight and obesity)

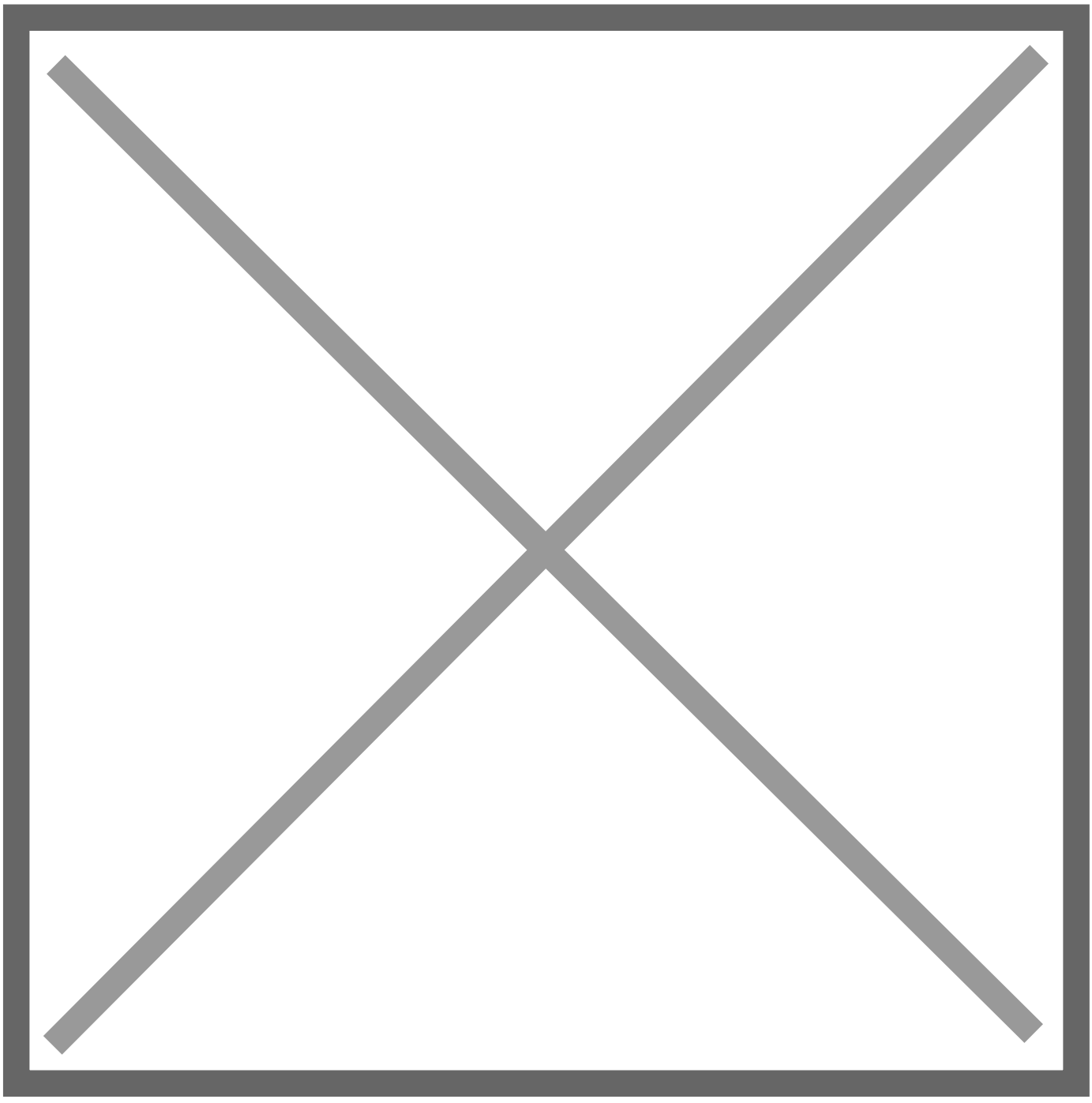
Children, 2022



Survey type:	Measured
Age:	5-19
□□□ :	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. https://doi.org/10.1016/S0140-6736(23)02750-2.
Notes:	Age standardised estimates
Definitions:	Combined prevalence of BMI < -2SD and BMI > 2SD (double burden of thinness and obesity)

Cutoffs:	BMI < -2SD and BMI > 2SD

0-5 years, 2018

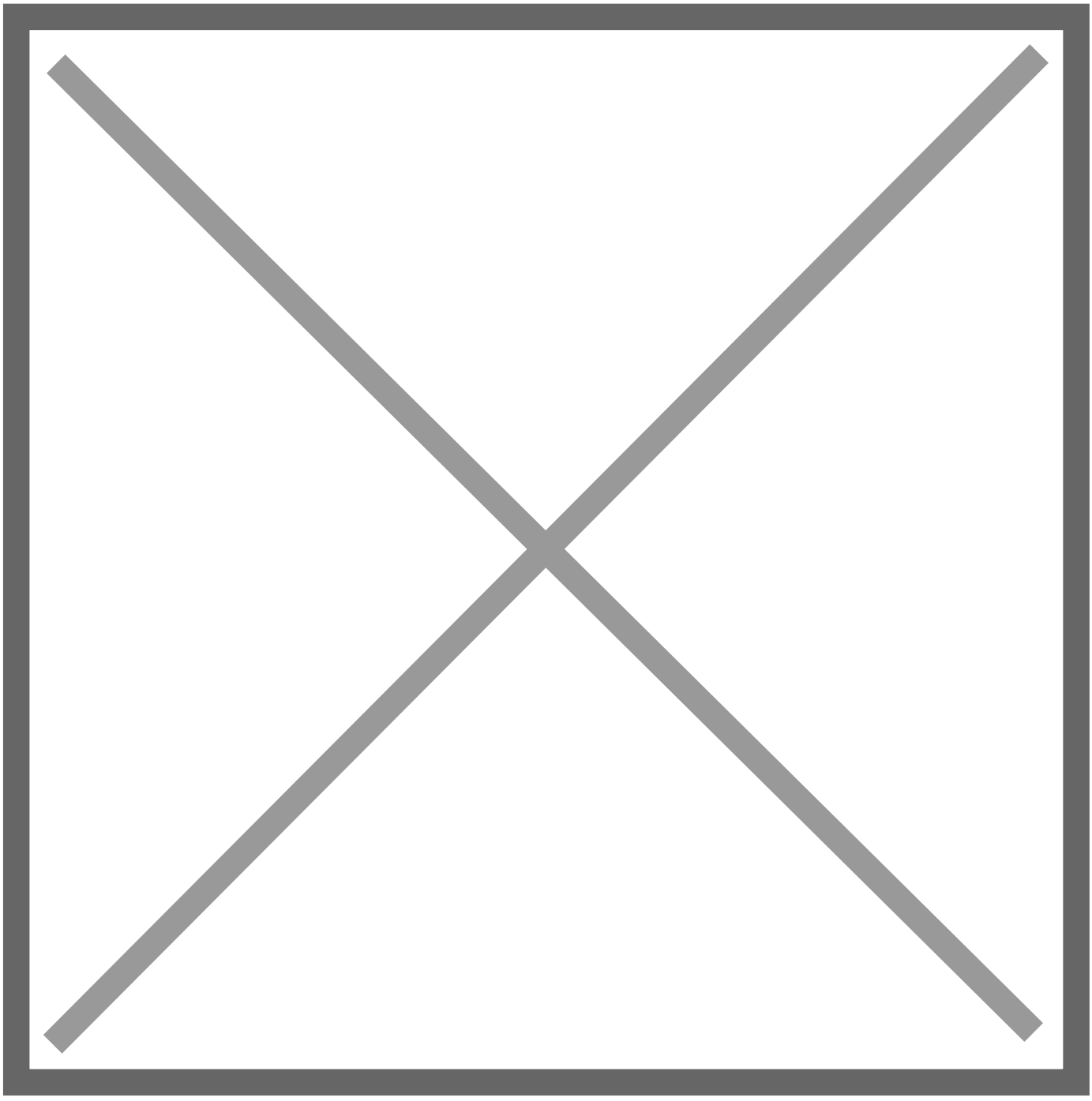


Survey type:	Measured
Age:	0-5
□□□ :	United Nations Children's Fund, Division of Data, Analysis, Planning and Monitoring (2025). Global UNICEF Global Databases: Overlapping Stunting, Wasting and Overweight (Survey Estimates), 2025, New York. For more information, visit: https://data.unicef.org/topic/nutrition/malnutrition/ [Accessed 06.08.25]
Notes:	Social Indicator Sample Survey-2018, Survey Findings Report. Ulaanbaatar, Mongolia: National Statistical Office of Mongolia
Definitions:	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)

Cutoffs:	WHZ <-2, HAZ <-2 and WHZ >+2

Insufficient physical activity

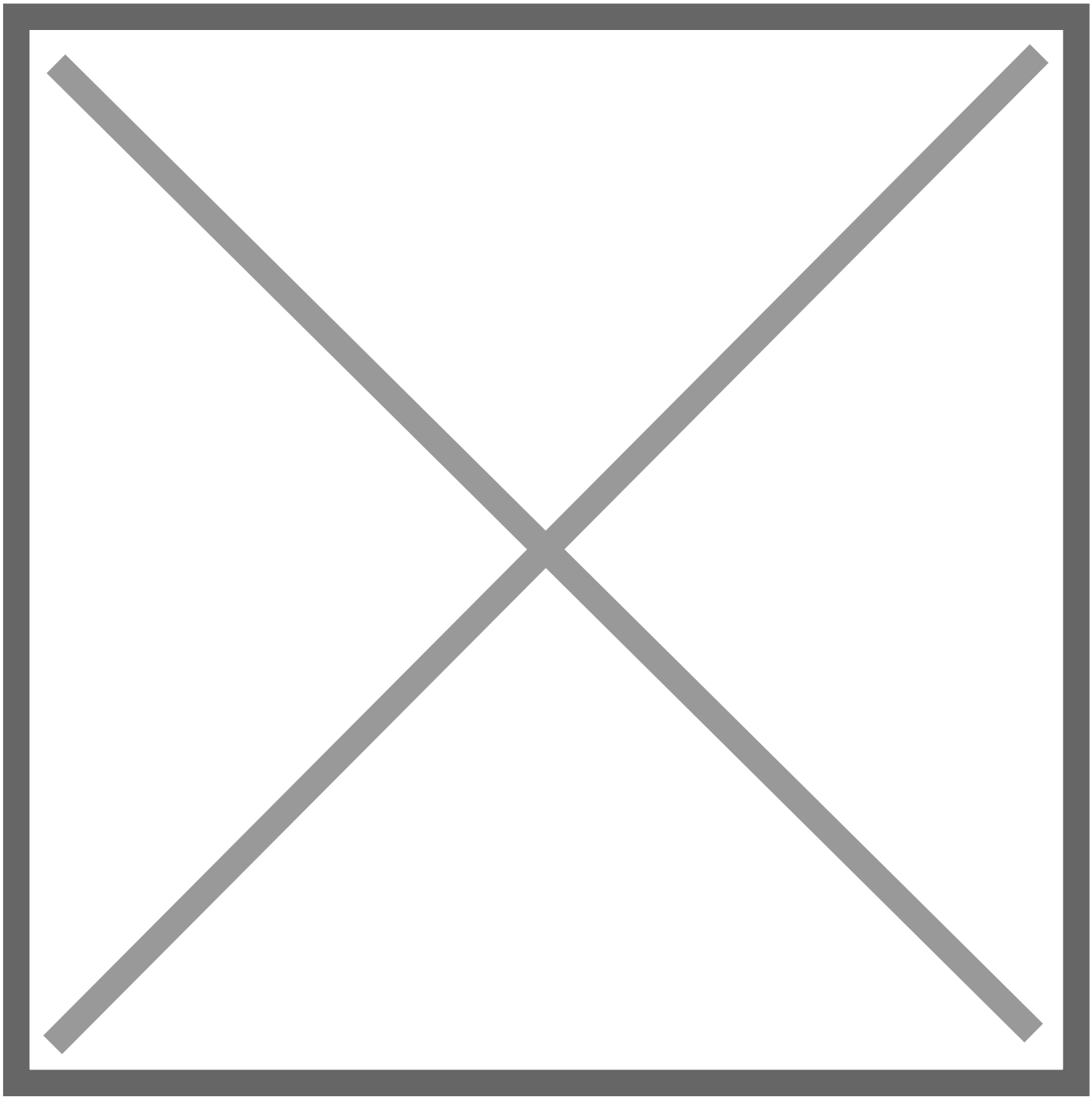
Adults, 2022



Survey type:	Self-reported
Age:	18+
Area covered:	National

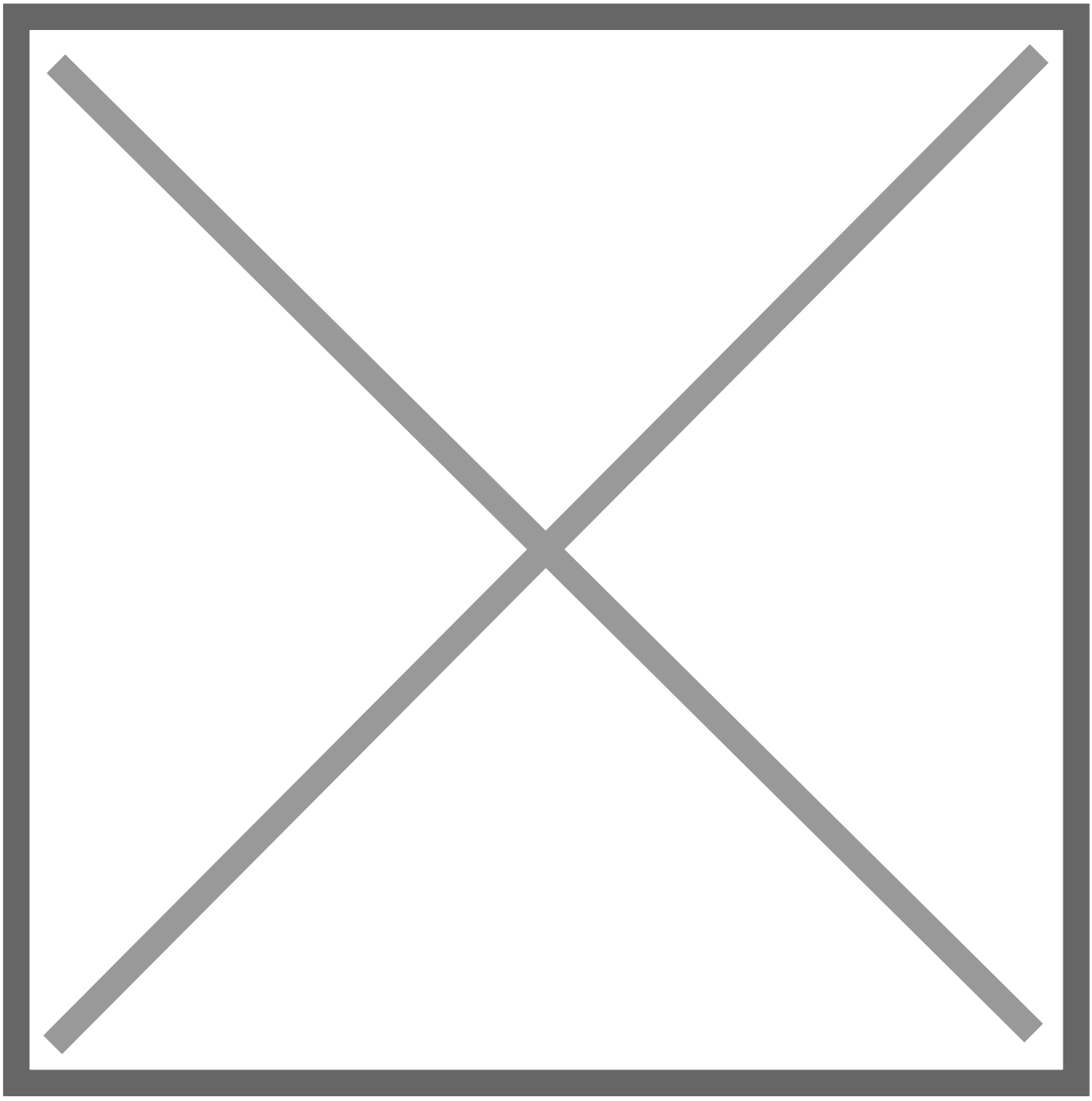
□□□□ :	WHO (2024). Prevalence of insufficient physical activity among adults aged 18-years age-standardized estimate in 2022. Available at https://www.who.int/data/gho/data/indicators/indicator-details/GHO/prevalence-of-insufficient-physical-activity-among-adults-aged-18-years-(age-standardized-estimate)-(-)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

Men, 2022



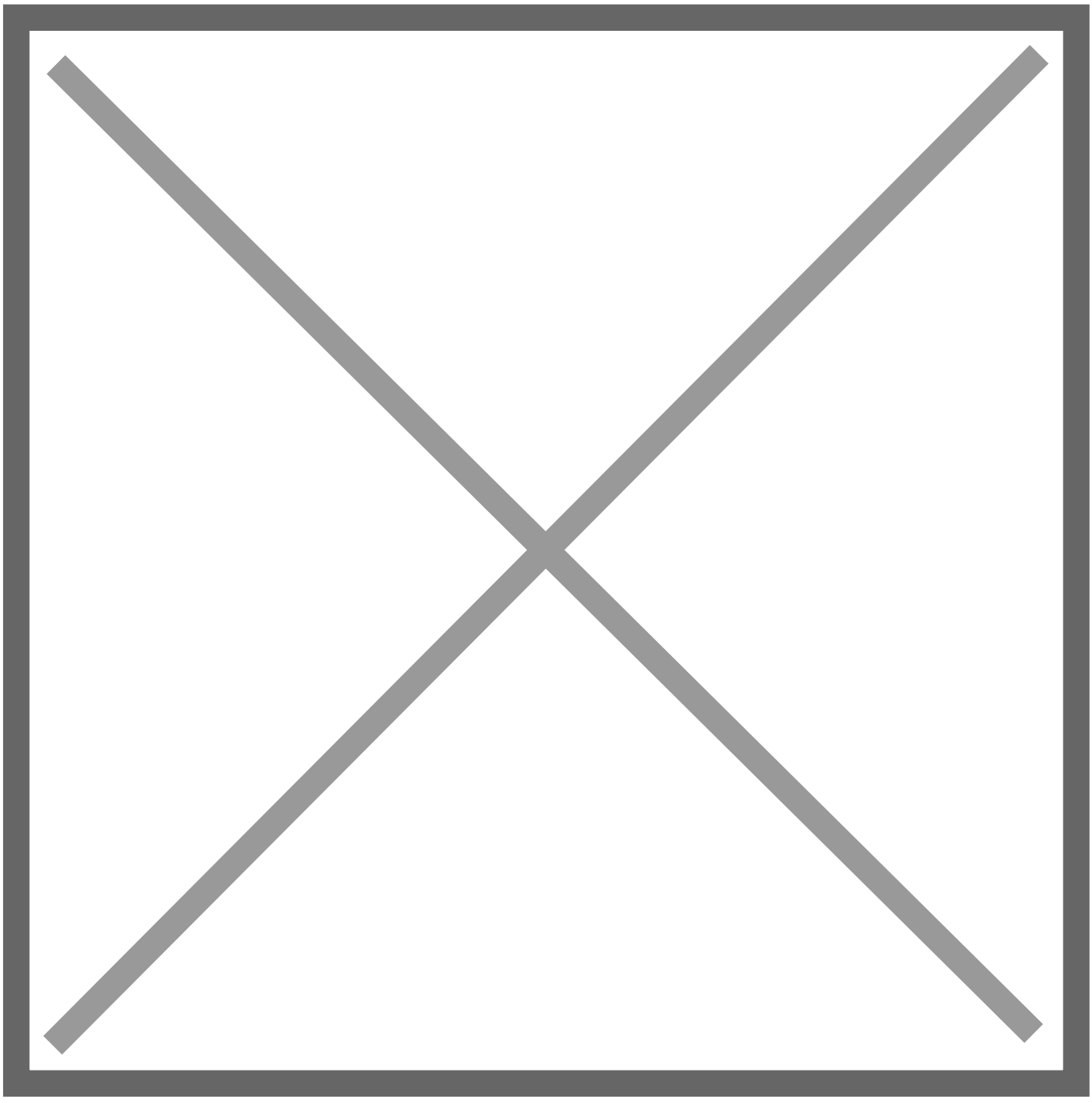
Survey type:	Self-reported
Age:	18+
Area covered:	National
□□□ :	WHO (2024). Prevalence of insufficient physical activity among adults aged 18-years age-standardized estimate in 2022. Available at https://www.who.int/data/gho/data/indicators/indicator-details/GHO/prevalence-of-insufficient-physical-activity-among-adults-aged-18-years-(age-standardized-estimate)-(-)
Definitions:	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.

Women, 2022



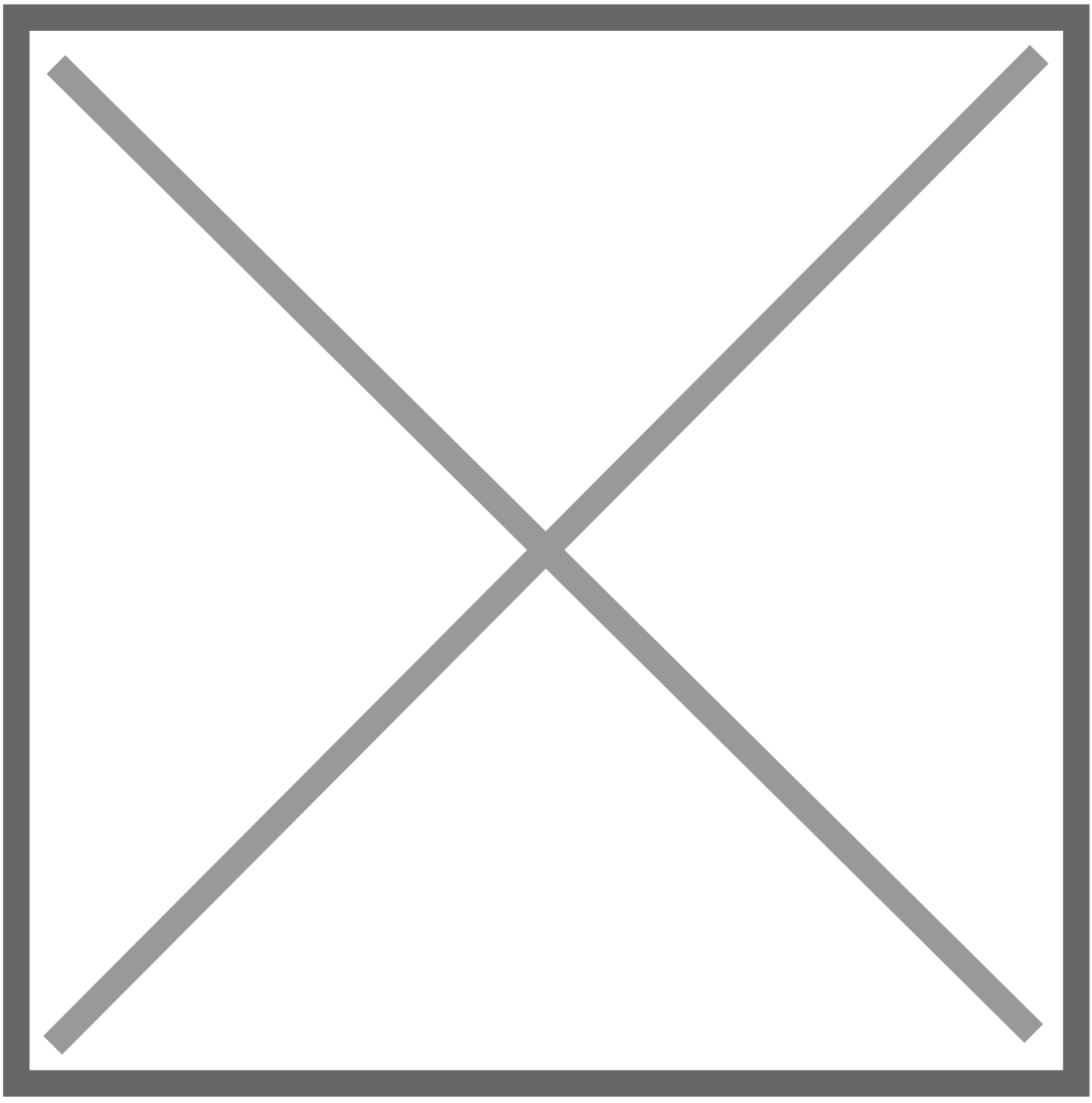
Survey type:	Self-reported
Age:	18+
Area covered:	National
□□□ :	WHO (2024). Prevalence of insufficient physical activity among adults aged 18-years age-standardized estimate in 2022. Available at https://www.who.int/data/gho/data/indicators/indicator-details/GHO/prevalence-of-insufficient-physical-activity-among-adults-aged-18-years-(age-standardized-estimate)-(-)
Definitions:	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.

Children, 2016



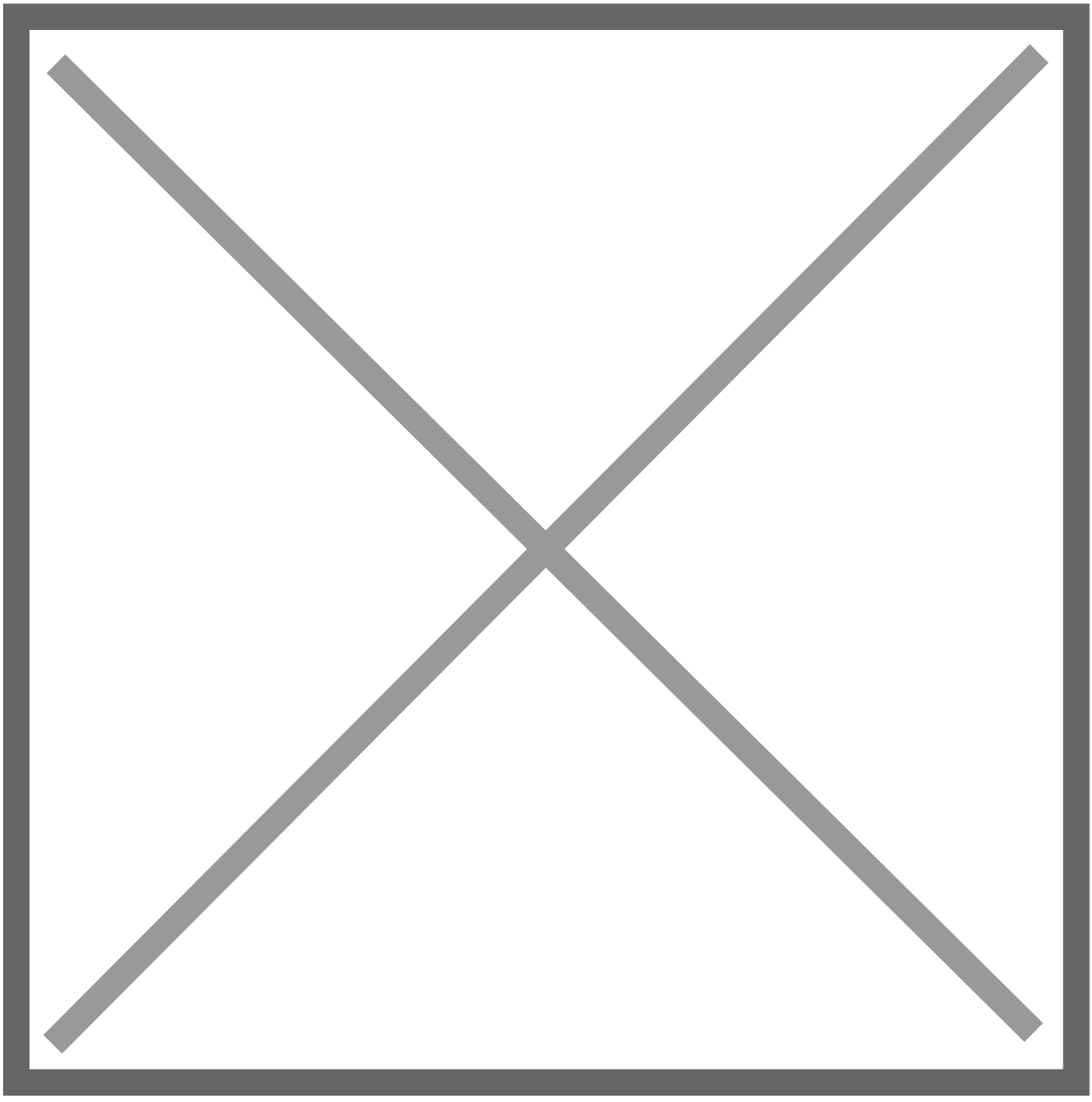
Survey type:	Self-reported
Age:	11-17
□□□ :	Global Health Observatory data repository, World Health Organisation, https://apps.who.int/gho/data/node.main.A893ADO?lang=en (last accessed 16.03.21)
Notes:	% of school going adolescents not meeting WHO recommendations on Physical Activity for Health, i.e. 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
□□□ :	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)

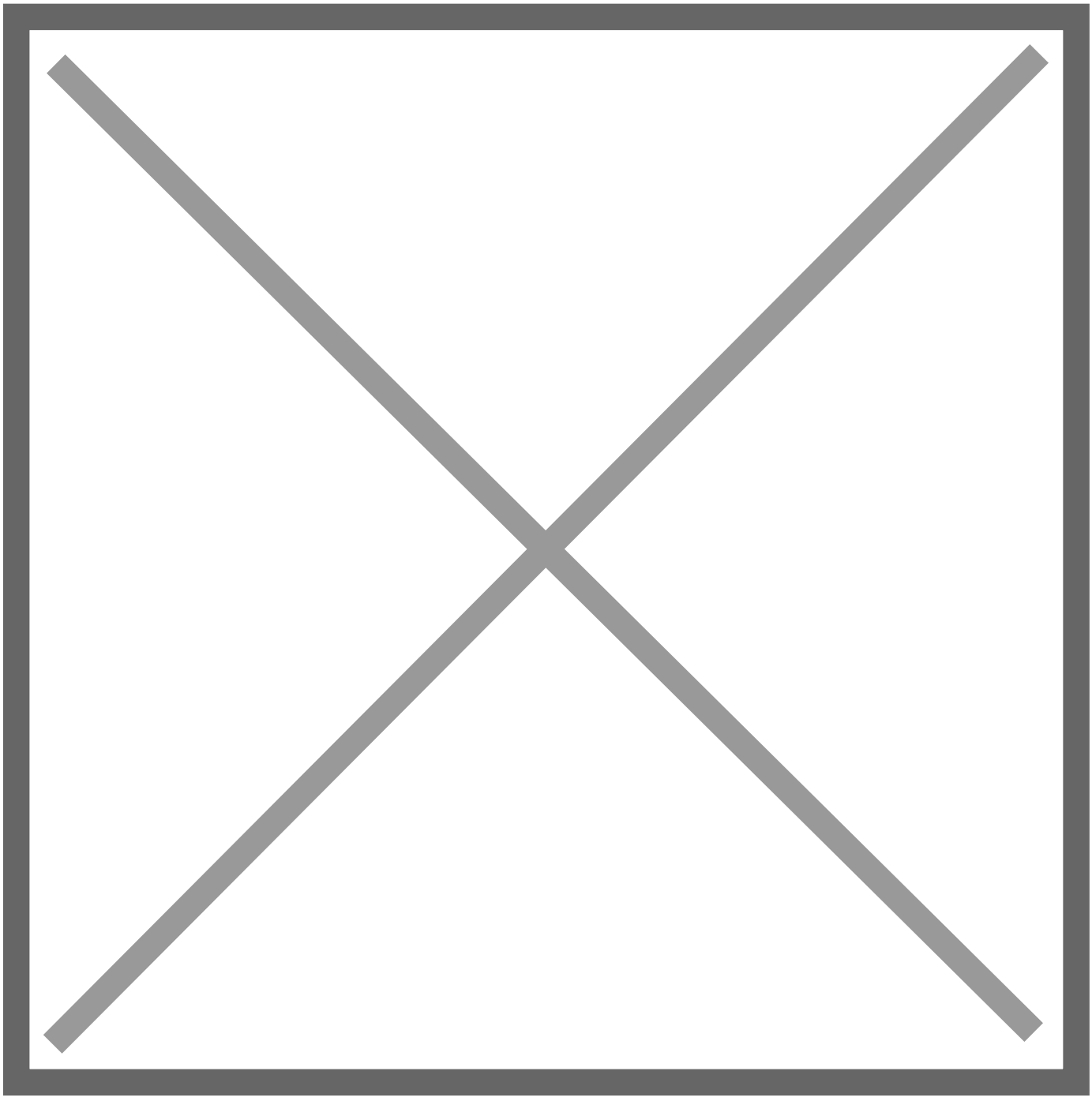
Girls, 2016



Survey type:	Self-reported
Age:	11-17
□□□ :	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)

Average daily frequency of carbonated soft drink consumption

Children, 2010-2015

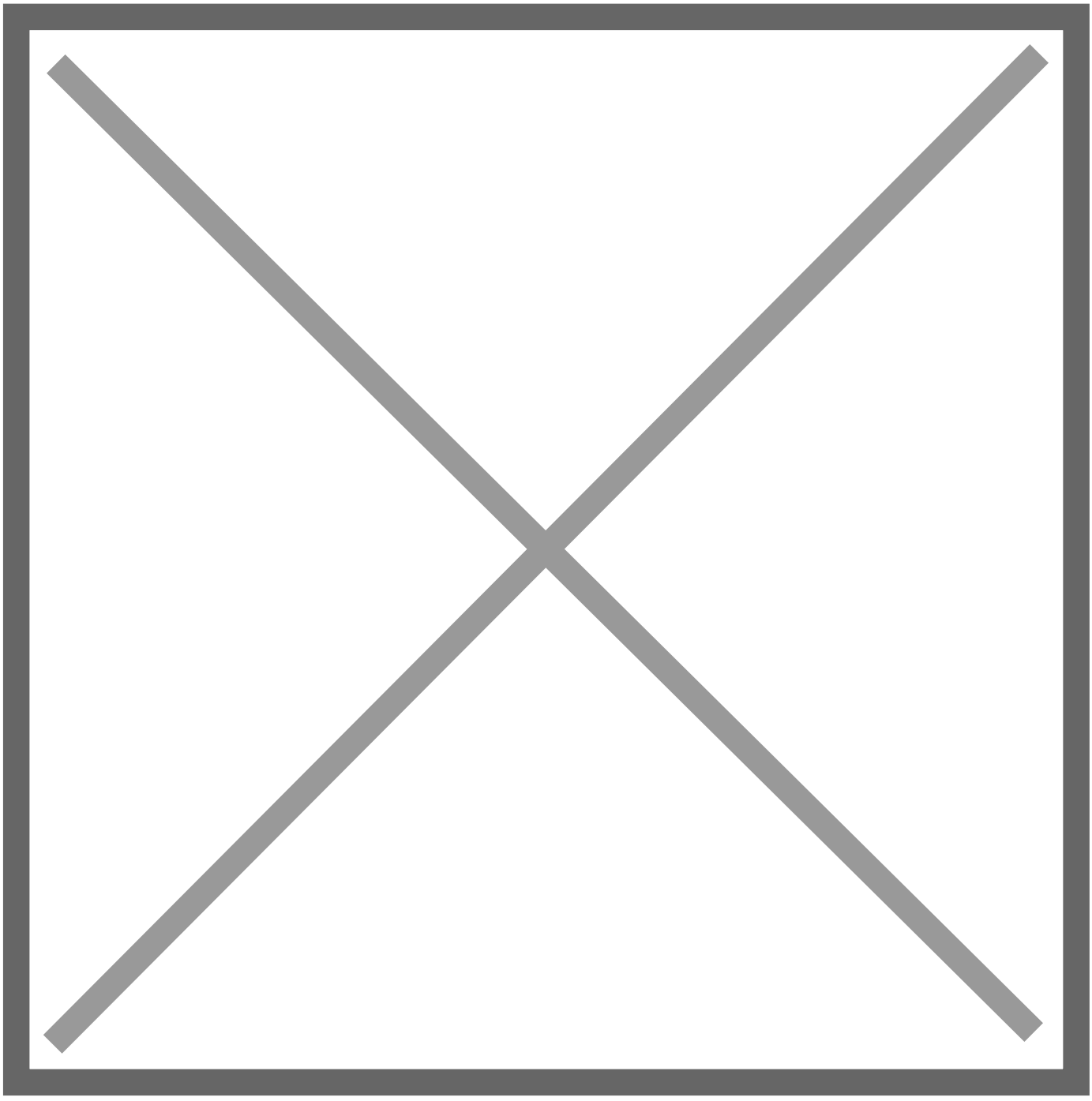


Survey type:	Measured
Age:	12-17

□□□□ : 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

Prevalence of less than daily fruit consumption

Children, 2013

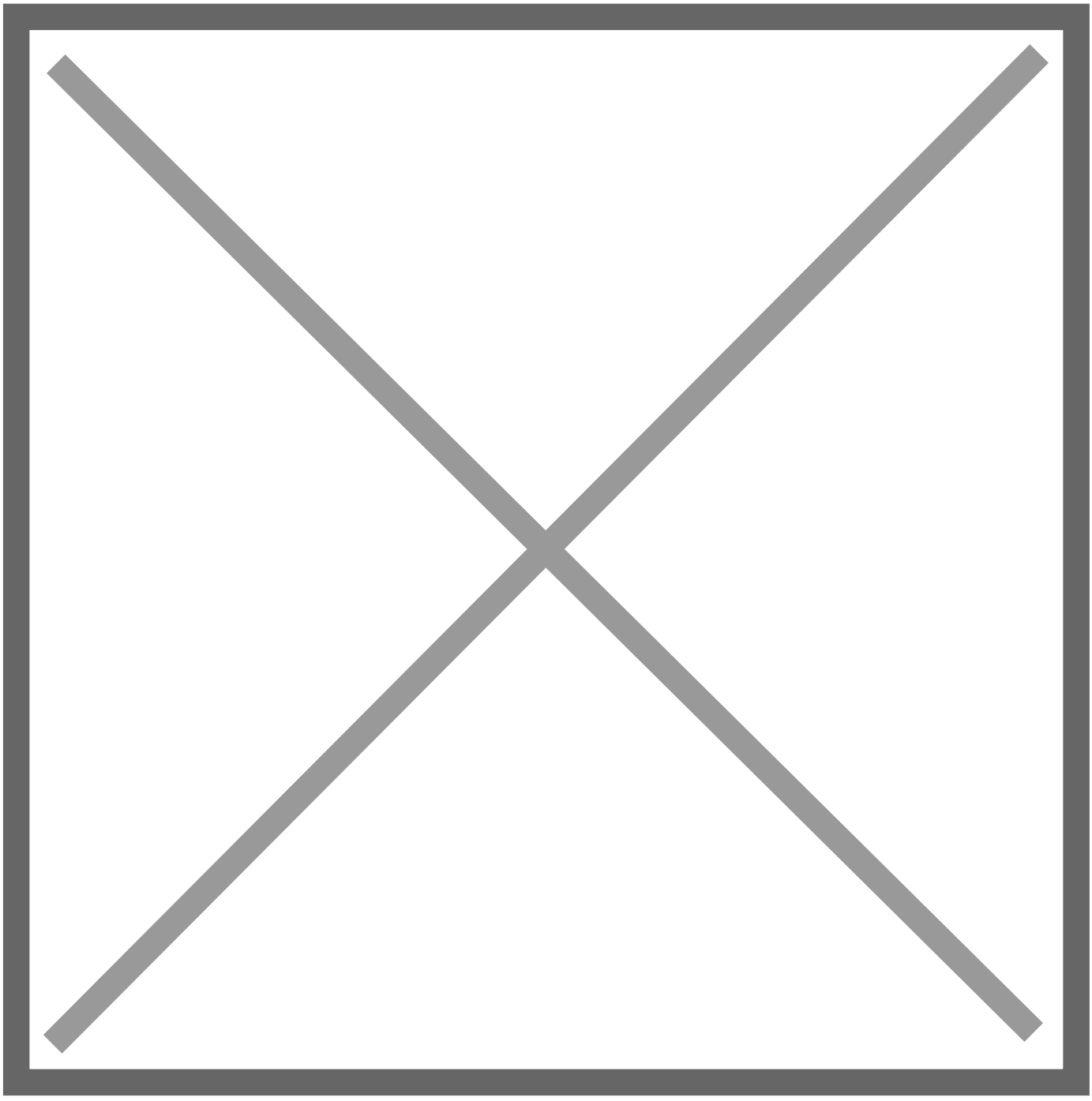


Survey type:	Self-reported
Age:	12-17
Area covered:	National

□□□□ :	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
Definitions:	Prevalence of less-than-daily fruit consumption (% less-than-daily fruit consumption)

Prevalence of less than daily vegetable consumption

Children, 2013

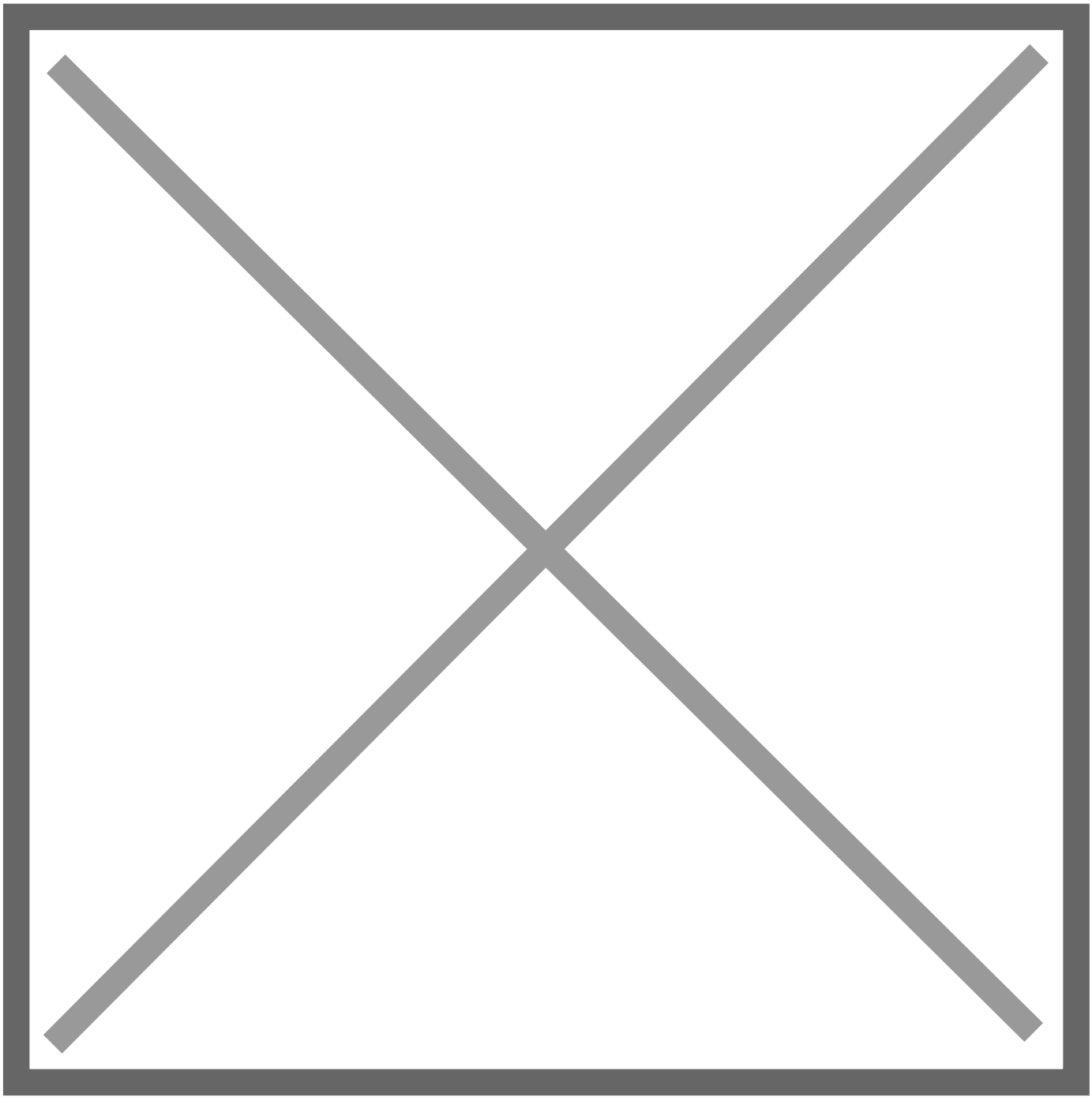


Survey type:	Self-reported
Age:	12-17
Area covered:	National

□□□□ :	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
Definitions:	Prevalence of less-than-daily vegetable consumption (% less-than-daily vegetable consumption)

Average weekly frequency of fast food consumption

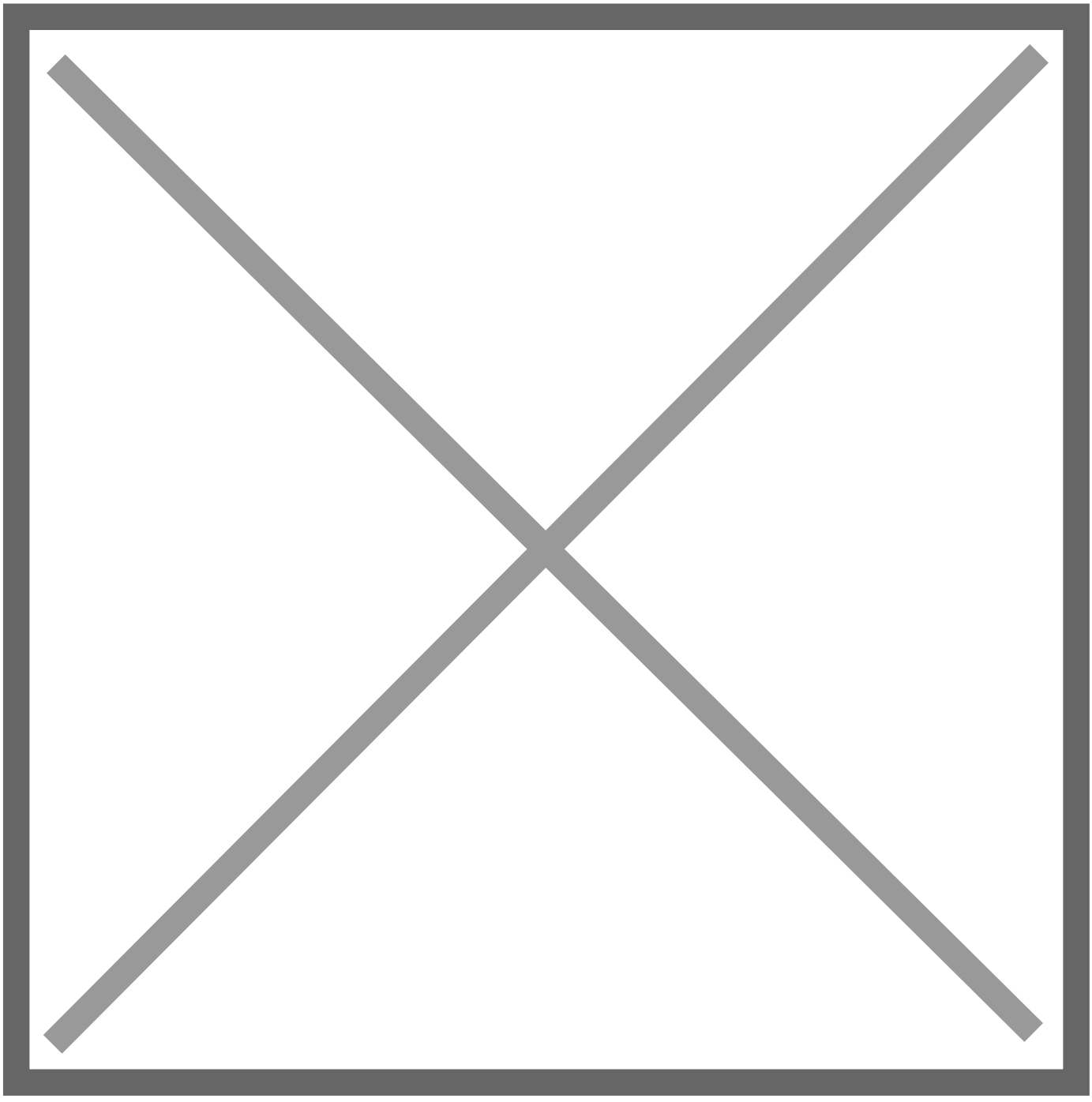
Adults, 2021-2024



Survey type:	Self-reported
Age:	15+
Sample size:	1000
Area covered:	National

□□□□ :	Global Diet Quality Project. 2024. “DQQ Results Dataset 2021-2024.” Harvard Dataverse. https://doi.org/doi:10.7910/DVN/KY3W8A Licence: CC BY-NC-SA 4.0. Accessed at dietquality.org on October 15, 2025.
Notes:	For more global dietary survey data, visit the Global Diet Quality Project website at https://www.dietquality.org/
Definitions:	Proportion of the population who consumed fast food during the previous day or night (self-reported)

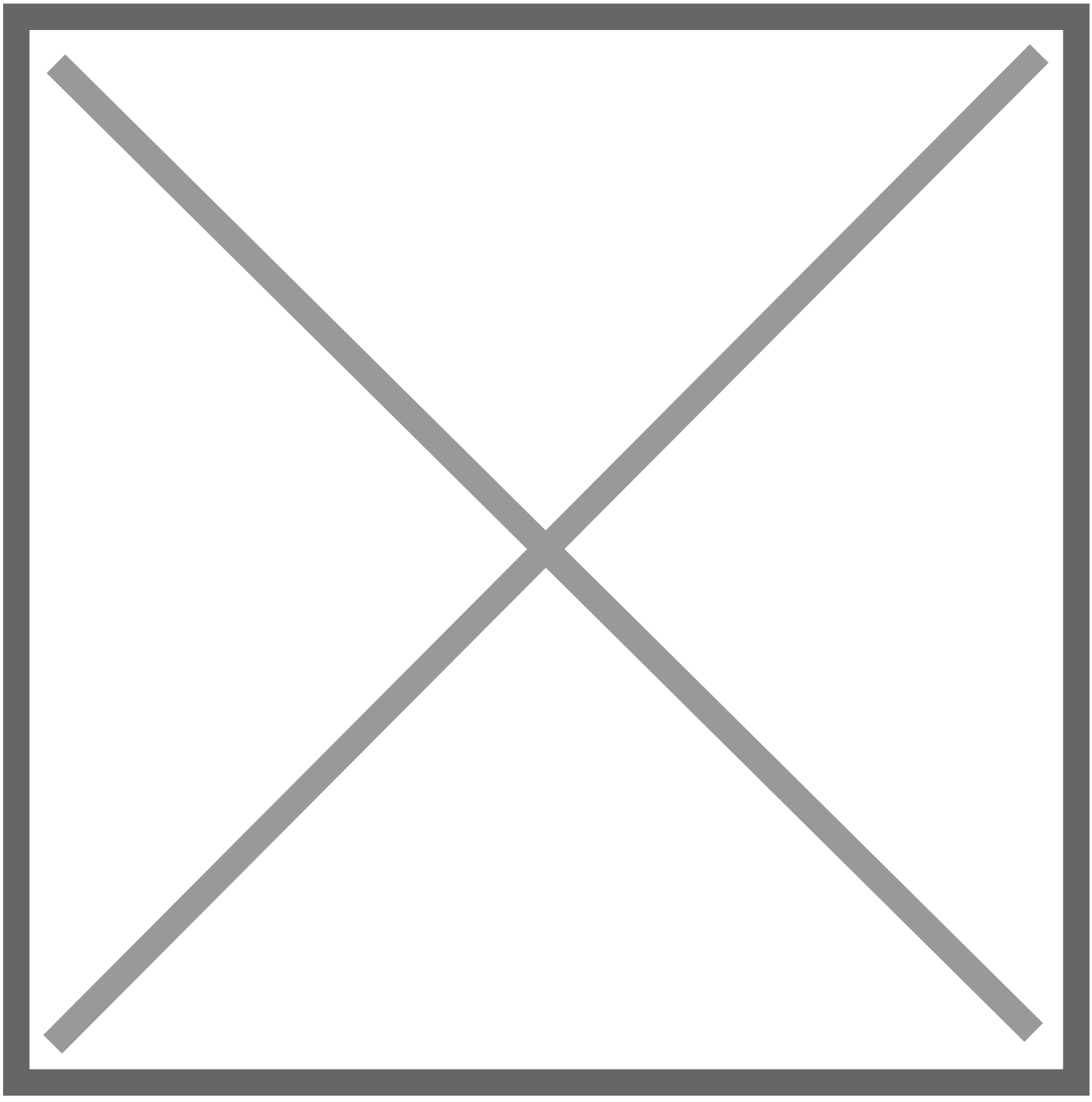
Men, 2021-2024



Survey type:	Self-reported
Age:	15+
Sample size:	1000
Area covered:	National
□□□ :	Global Diet Quality Project. 2024. “DQQ Results Dataset 2021-2024.” Harvard Dataverse. https://doi.org/doi:10.7910/DVN/KY3W8A Licence: CC BY-NC-SA 4.0. Accessed at dietquality.org on October 15, 2025.

Notes:	For more global dietary survey data, visit the Global Diet Quality Project website at https://www.dietquality.org/
Definitions:	Proportion of the population who consumed fast food during the previous day or night (self-reported)

Women, 2021-2024

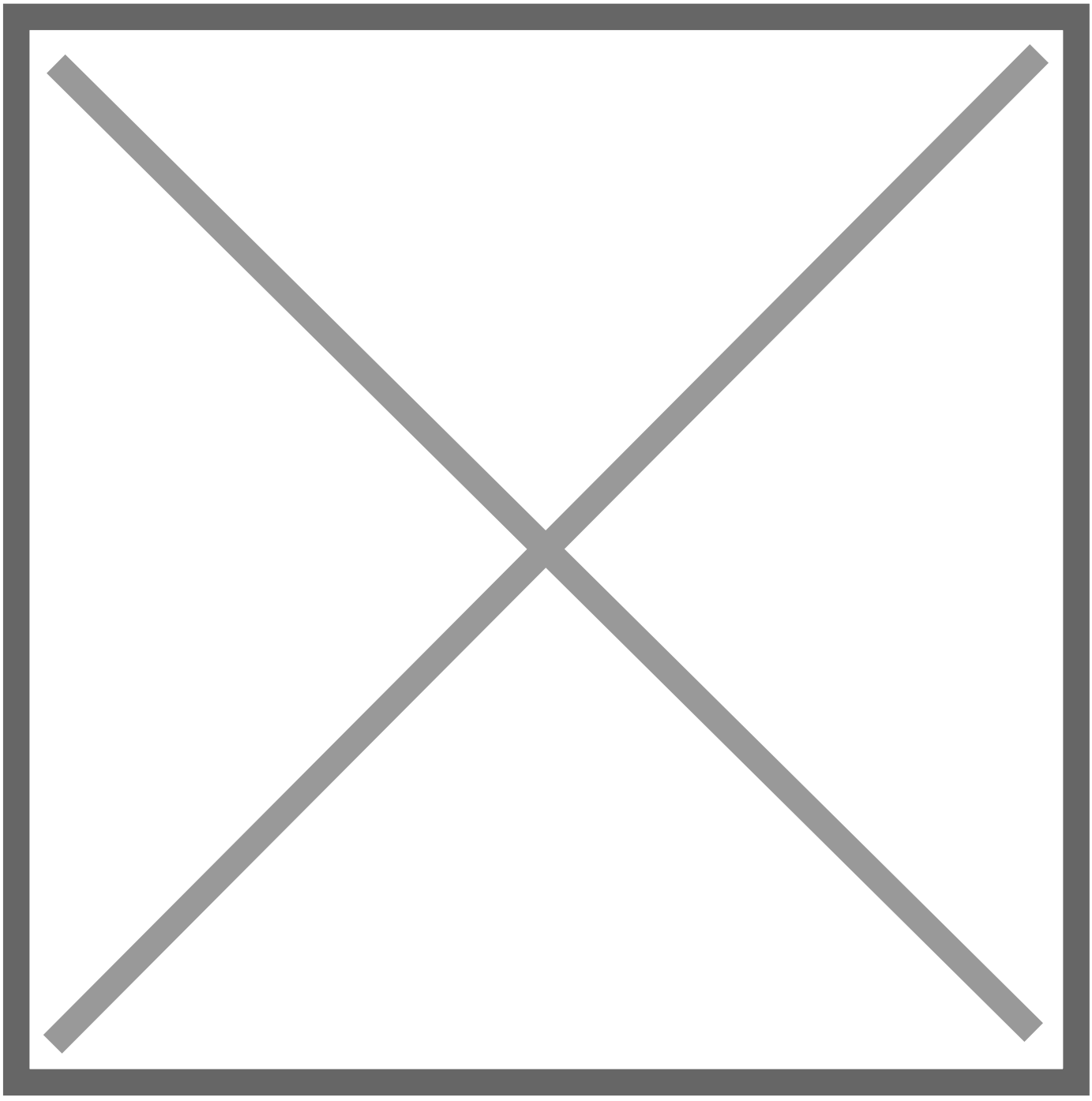


Survey type:	Self-reported
Age:	15+
Sample size:	1000
Area covered:	National
□□□ :	Global Diet Quality Project. 2024. “DQQ Results Dataset 2021-2024.” Harvard Dataverse. https://doi.org/doi:10.7910/DVN/KY3W8A Licence: CC BY-NC-SA 4.0. Accessed at dietquality.org on October 15, 2025.

Notes:	For more global dietary survey data, visit the Global Diet Quality Project website at https://www.dietquality.org/
Definitions:	Proportion of the population who consumed fast food during the previous day or night (self-reported)

Mental health - depression disorders

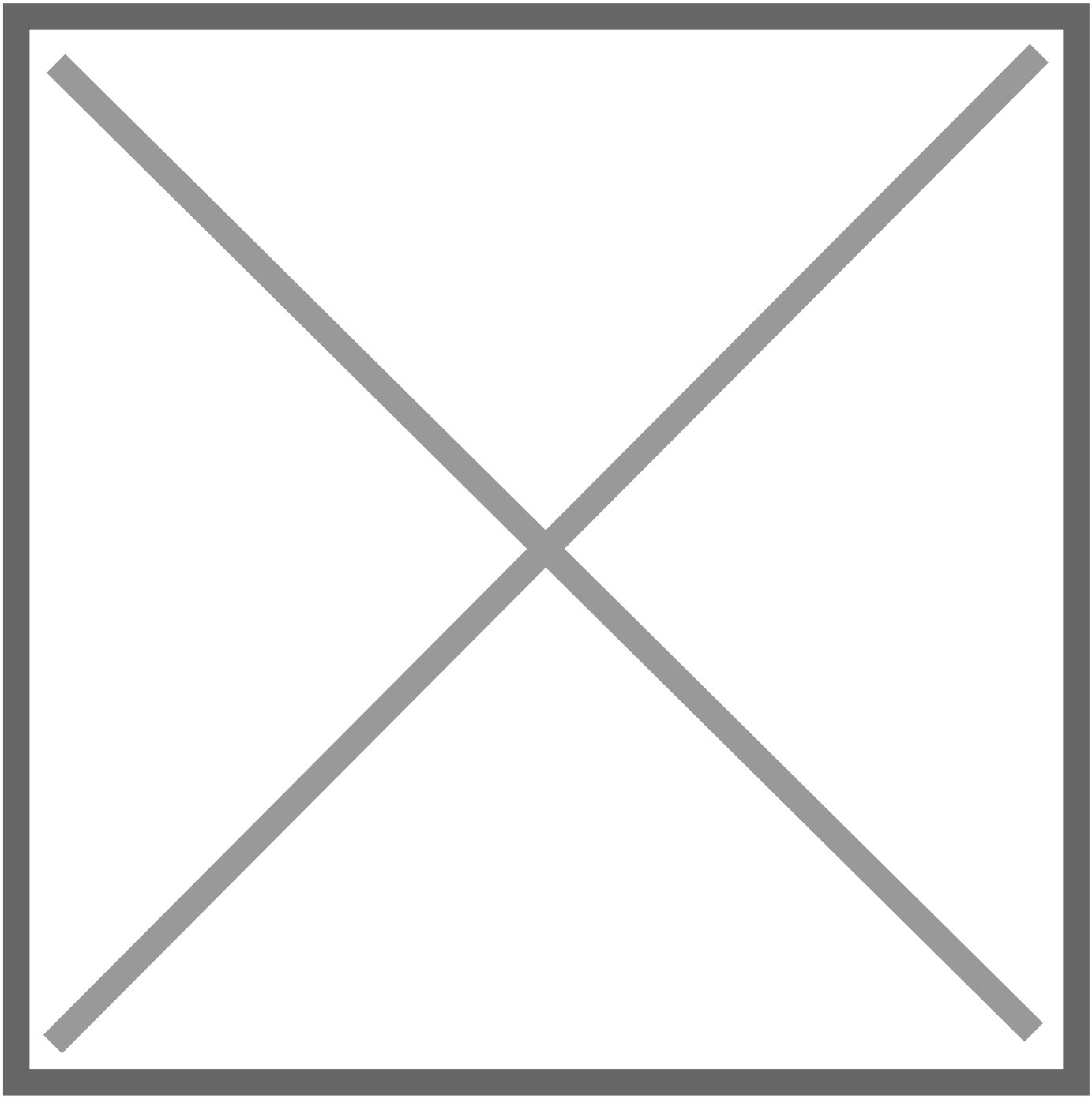
Adults, 2023



Age:	20+
Area covered:	National
□□□ :	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]

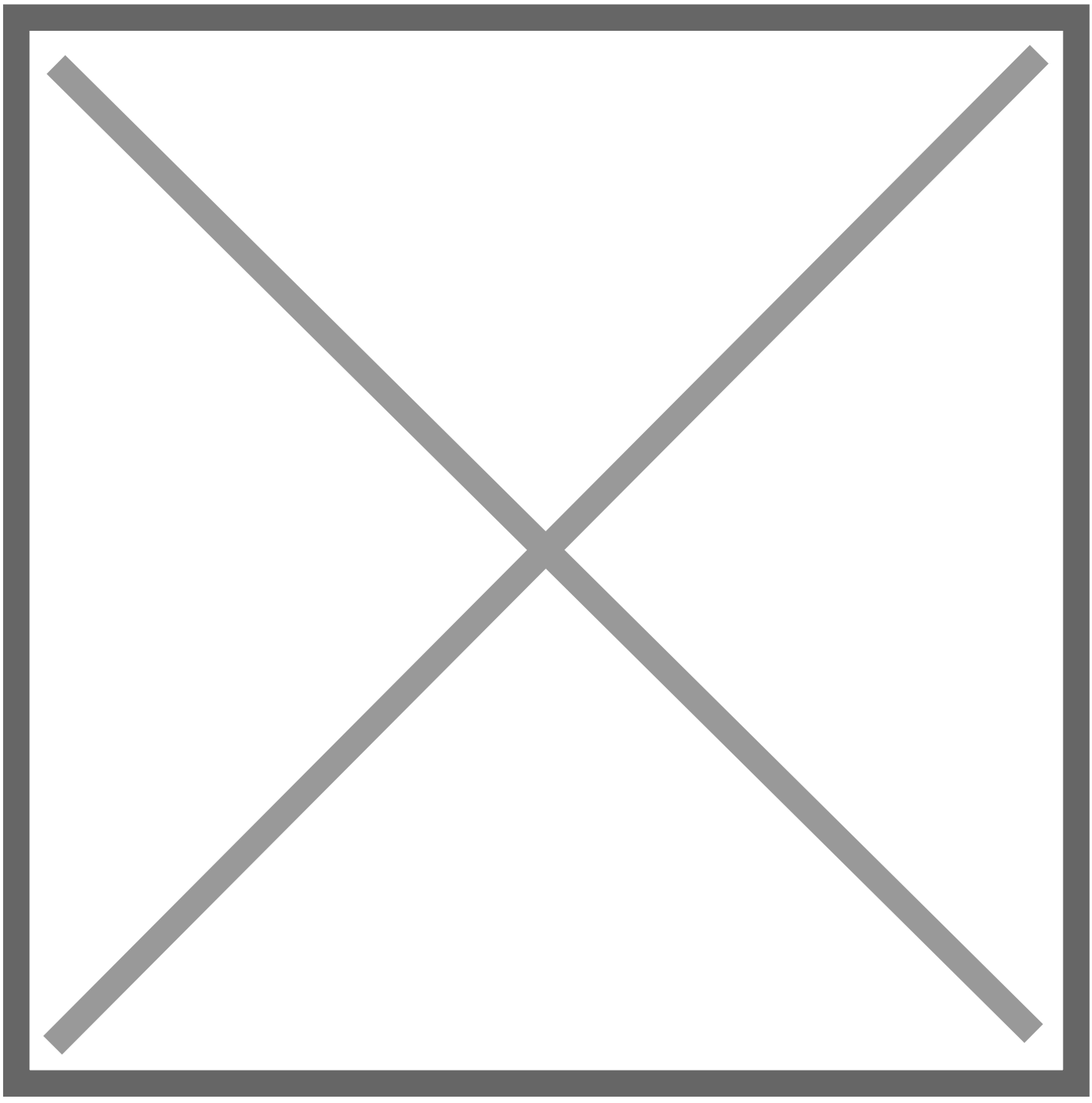
Definitions:	Estimated number living with depressive disorders per 100,000 population (20+ years of age)

Men, 2023



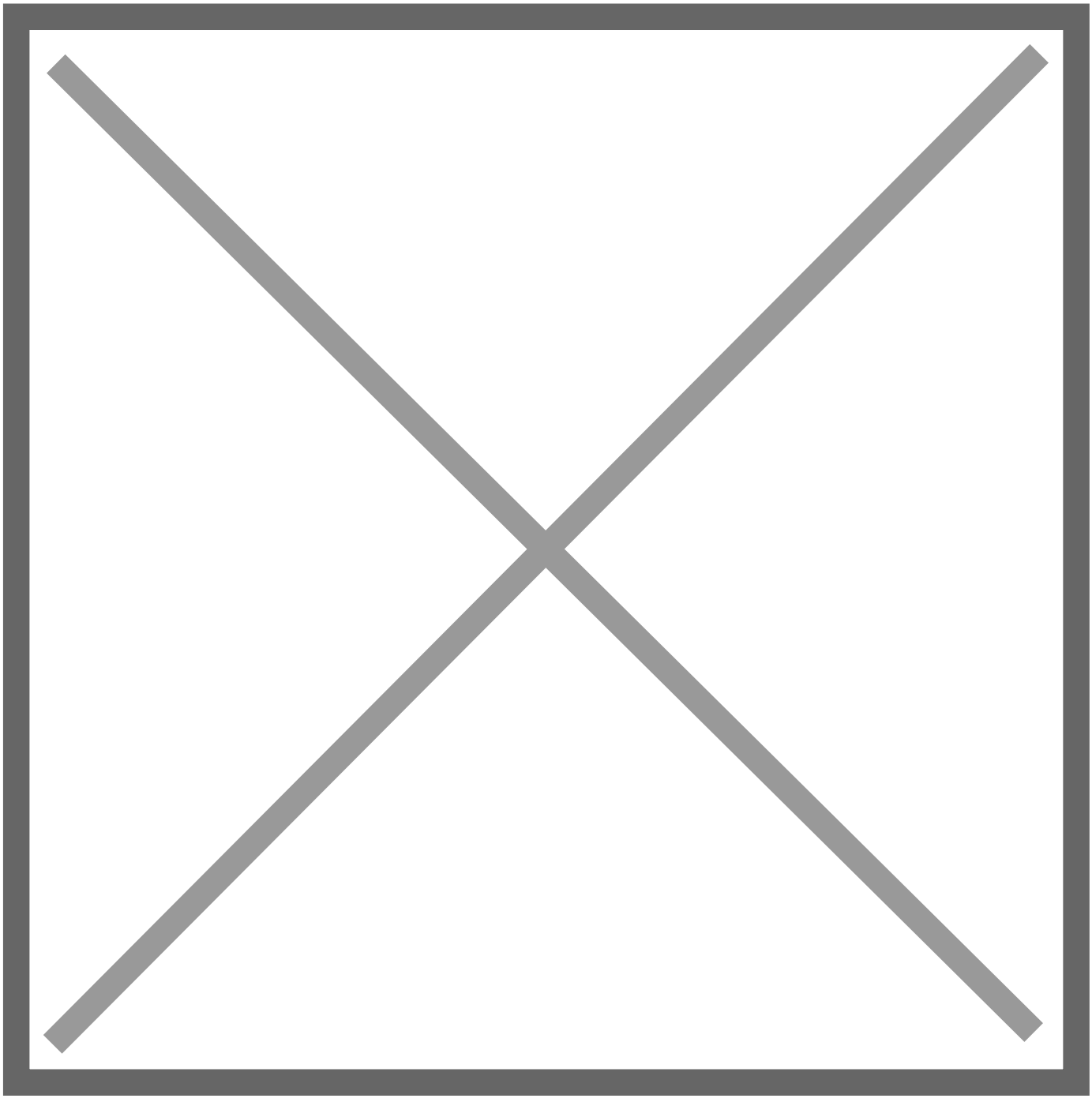
Age:	20+
Area covered:	National
□□□ :	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from https://vizhub.healthdata.org/gbd-compare/ [Accessed 17.03.26]
Definitions: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

Women, 2023



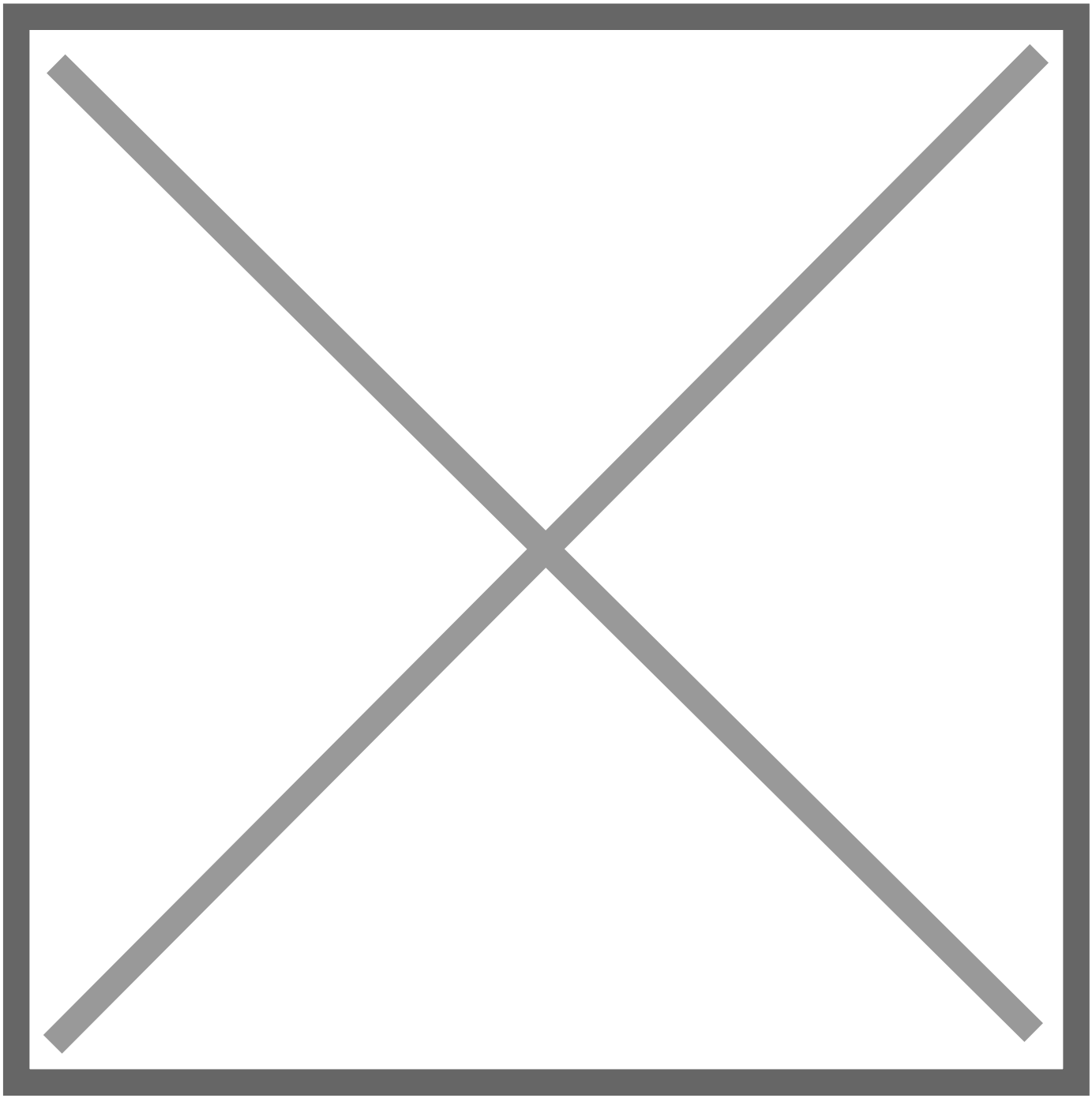
Age:	20+
Area covered:	National
□□□ :	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from https://vizhub.healthdata.org/gbd-compare/ [Accessed 17.03.26]
Definitions: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

Children, 2023



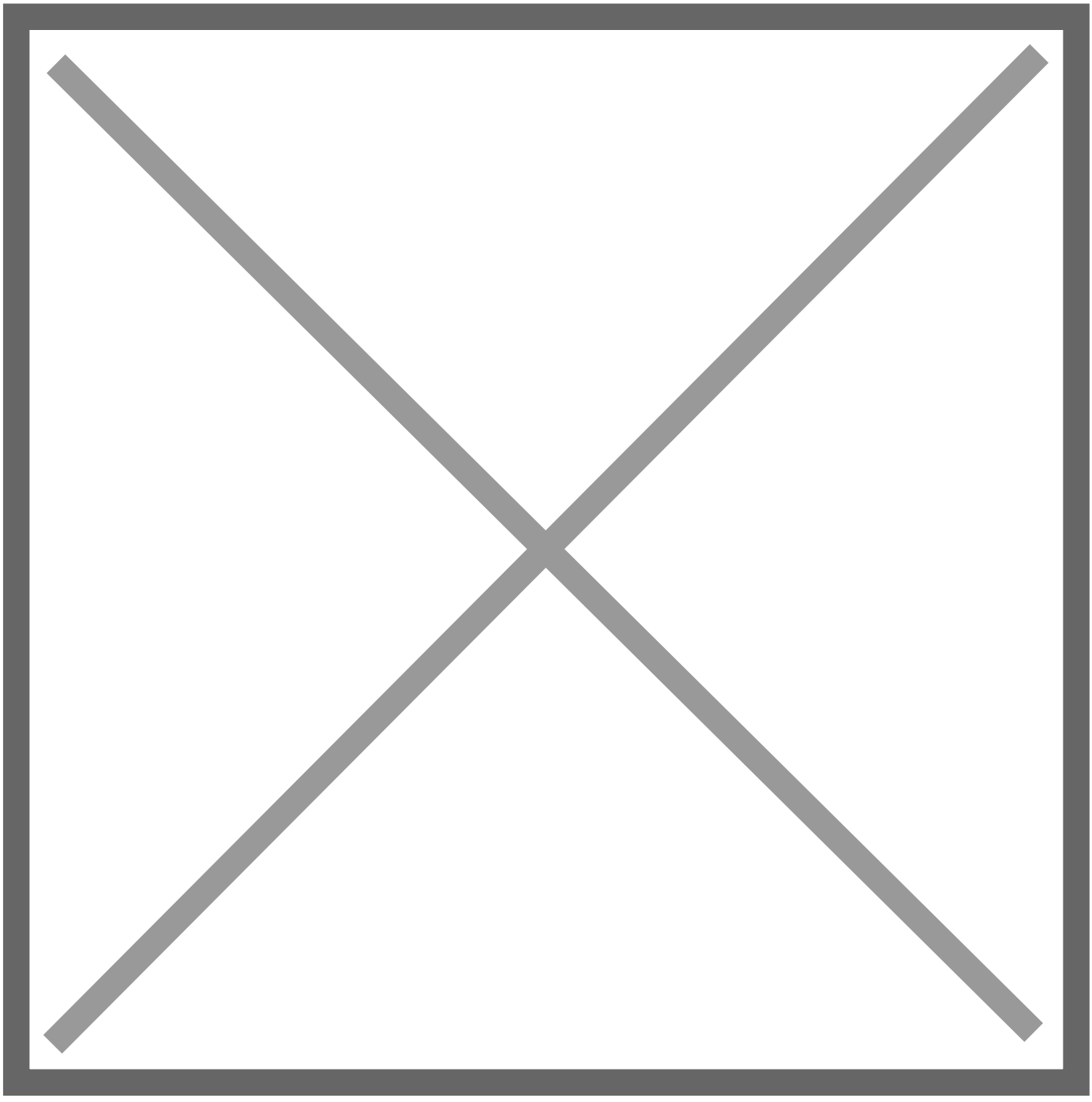
Area covered:	National
□□□ :	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from https://vizhub.healthdata.org/gbd-compare/ [Accessed 17.03.26]
Definitions:	Estimated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

Boys, 2023



Area covered:	National
□□□ :	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)

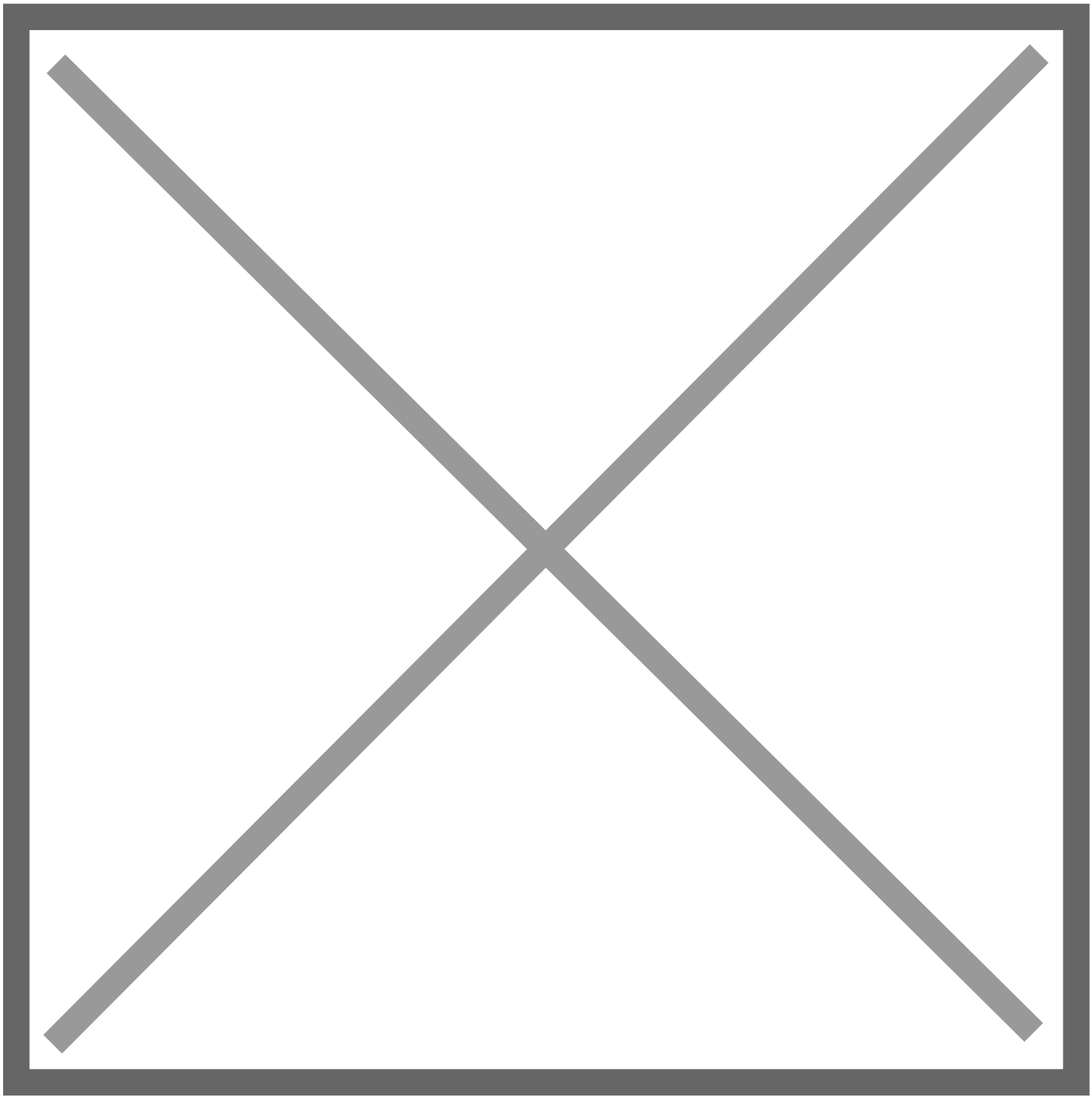
Girls, 2023



Area covered:	National
□□□ :	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

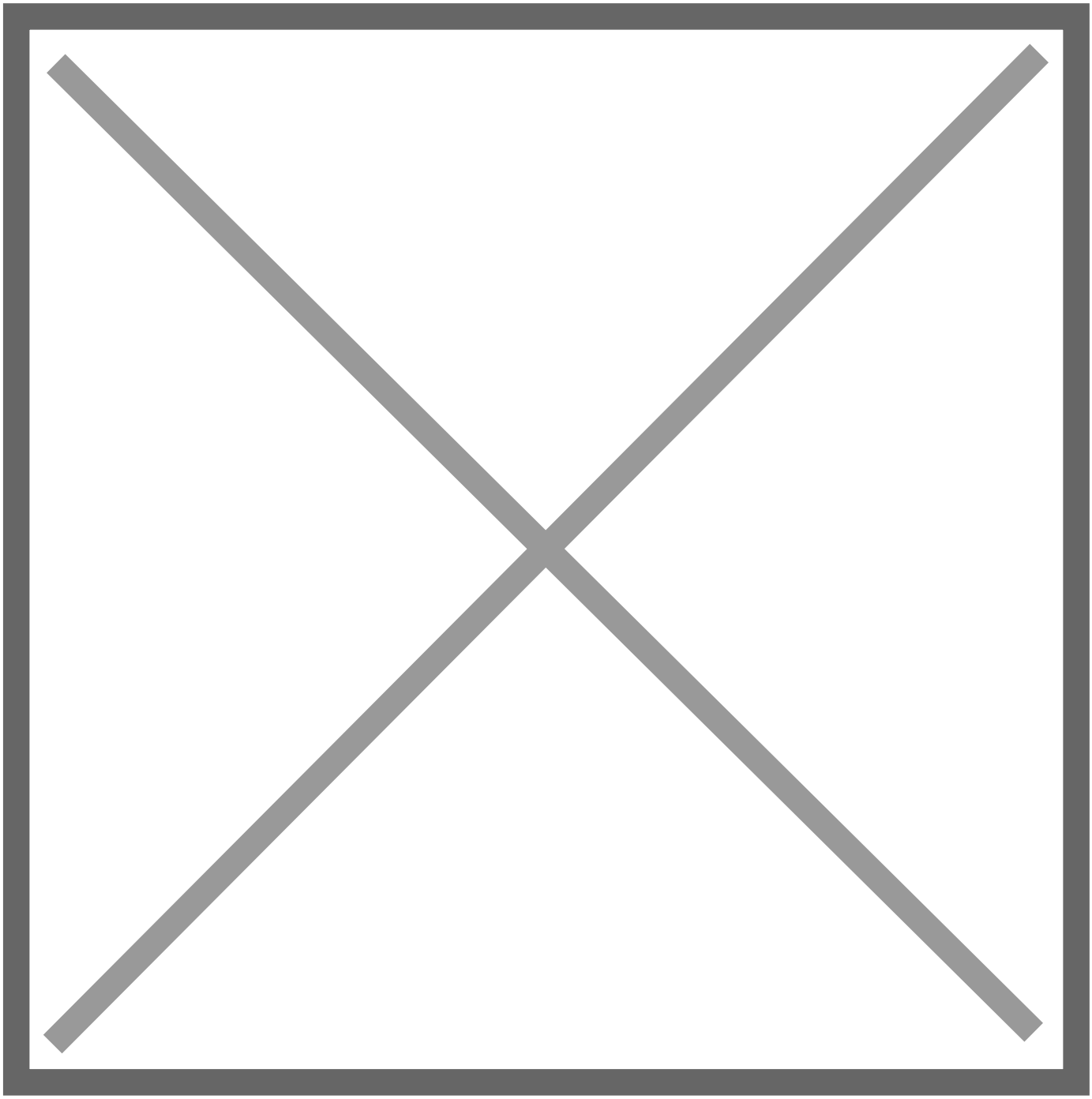
Adults, 2023



Age:	20+
Area covered:	National
□□□ :	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]

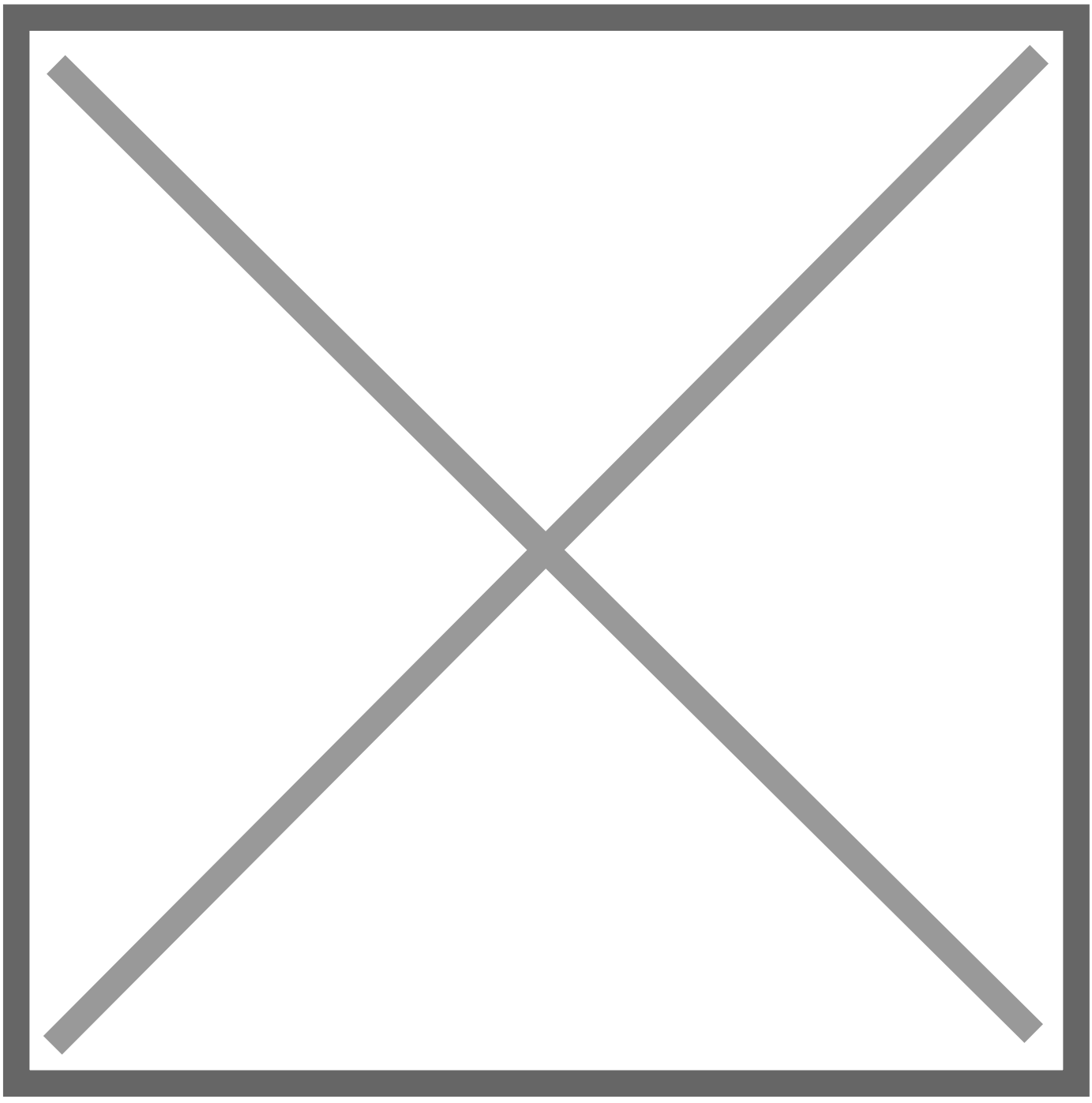
Definitions:	Estimated number living with anxiety disorders per 100,000 population (20+ years of age)

Men, 2023



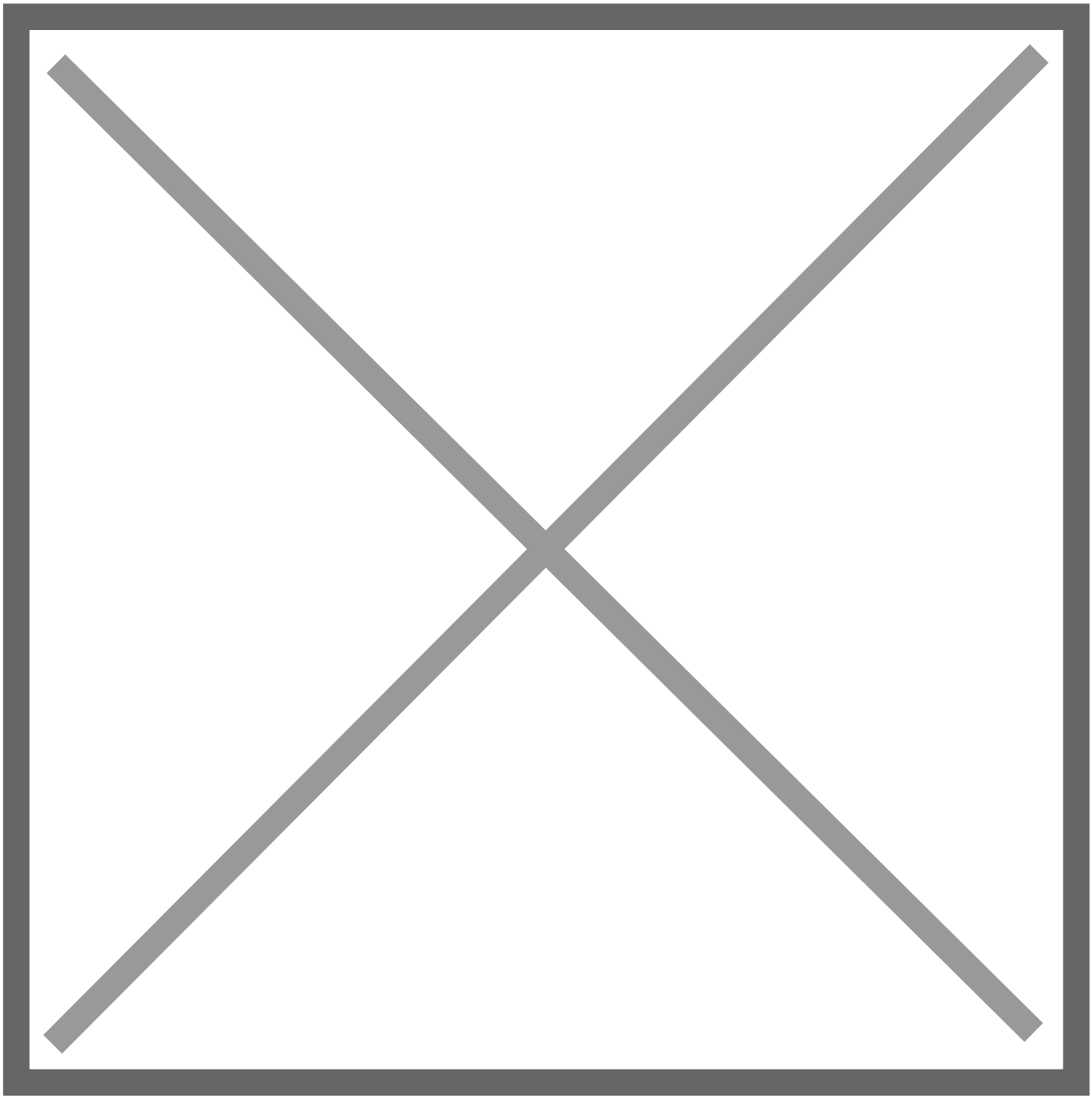
Age:	20+
Area covered:	National
□□□ :	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from https://vizhub.healthdata.org/gbd-compare/ [Accessed 17.03.26]
Definitions: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

Women, 2023



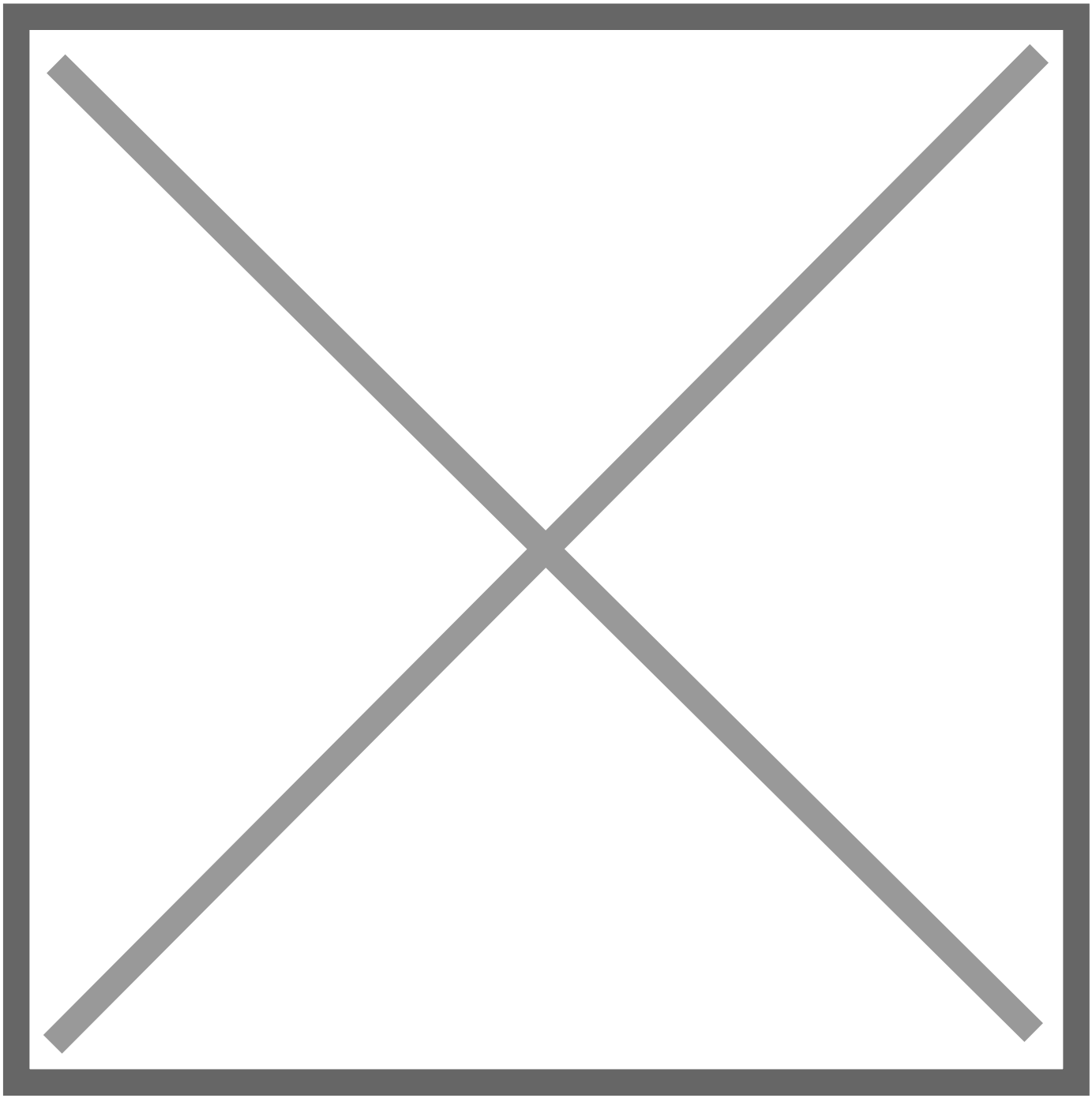
Age:	20+
Area covered:	National
□□□ :	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from https://vizhub.healthdata.org/gbd-compare/ [Accessed 17.03.26]
Definitions: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

Children, 2023



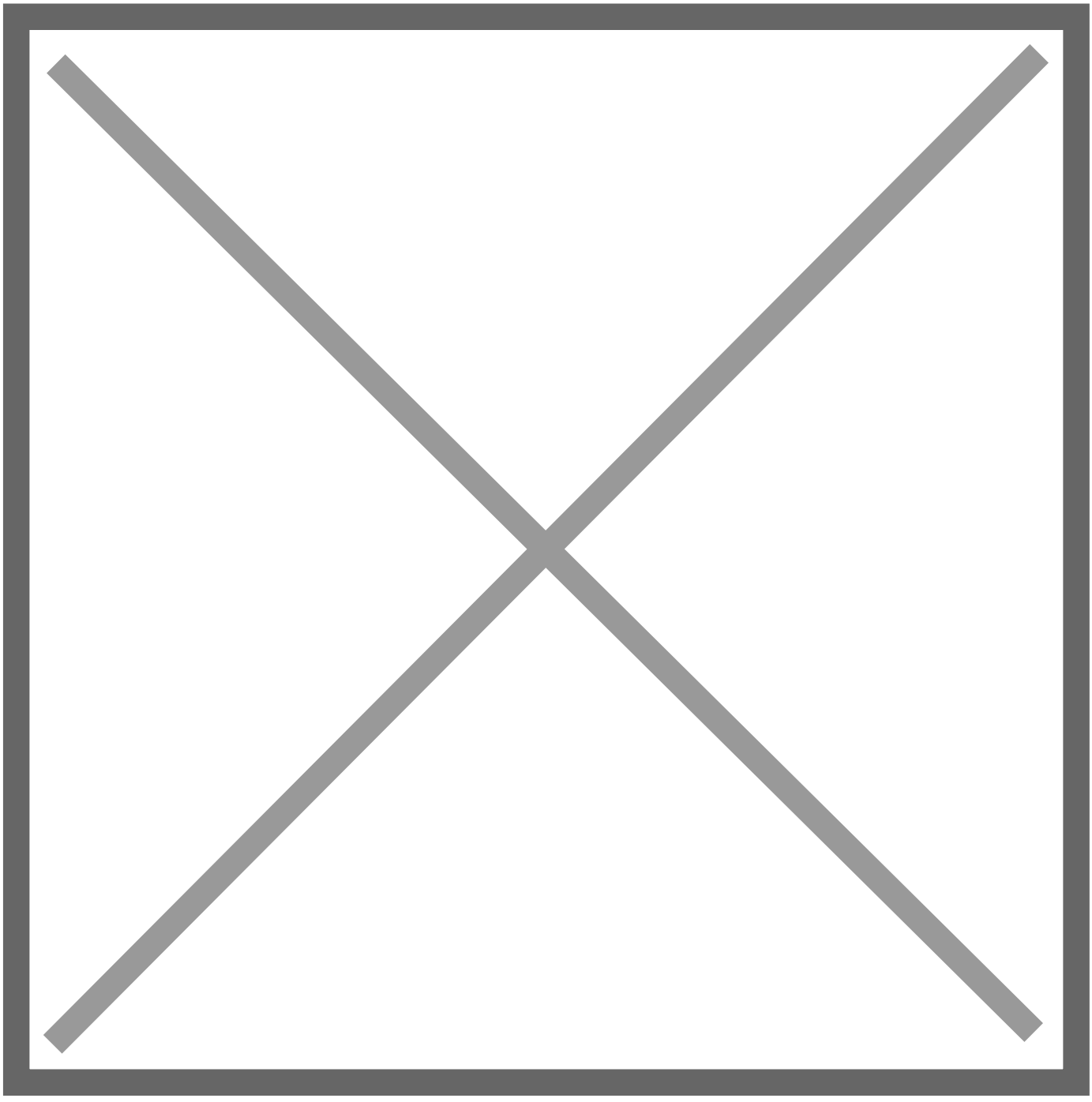
Area covered:	National
□□□ :	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from https://vizhub.healthdata.org/gbd-compare/ [Accessed 17.03.26]
Definitions:	Estimated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

Boys, 2023



Area covered:	National
□□□ :	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)

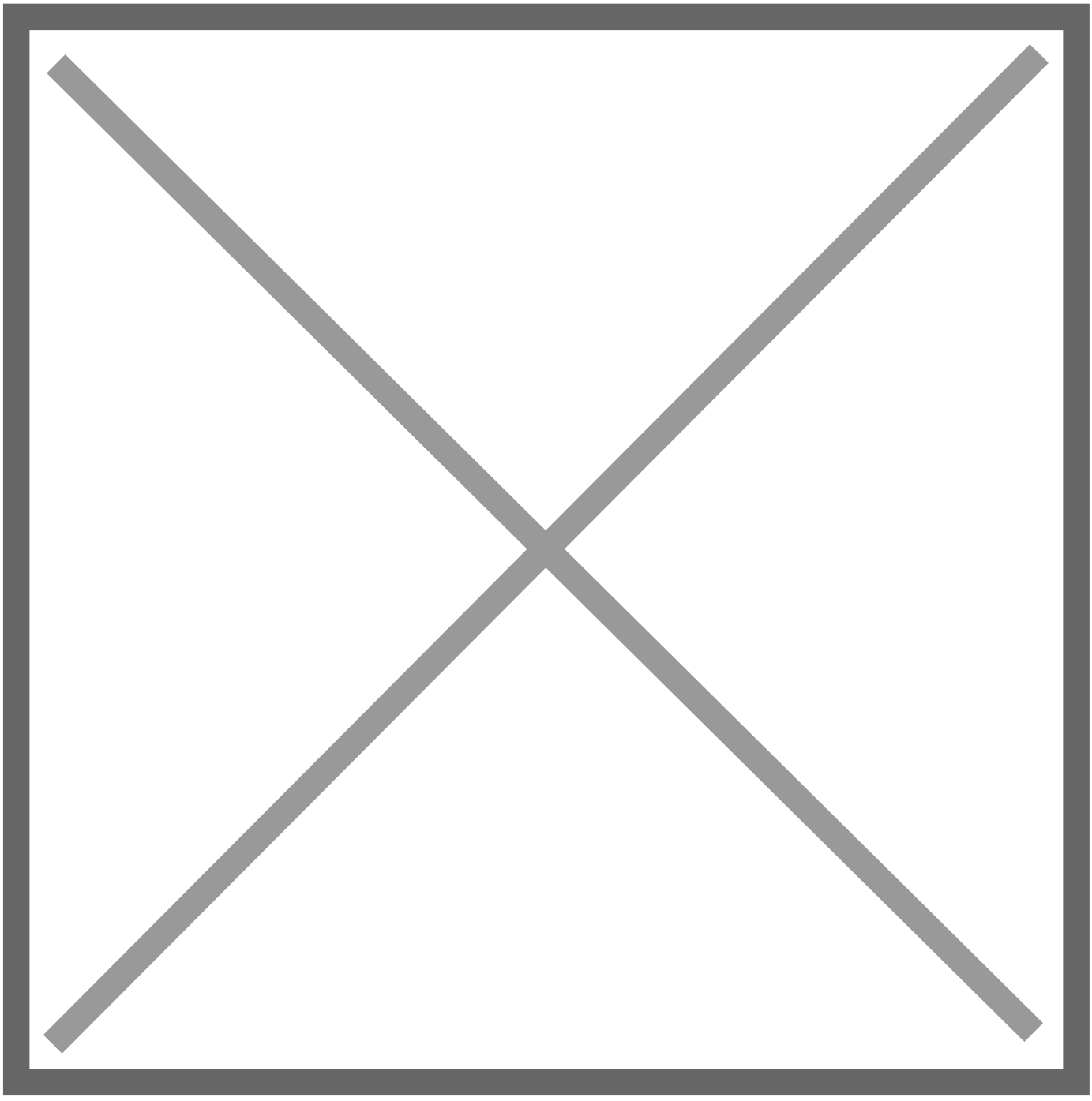
Girls, 2023



Area covered:	National
□□□ :	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

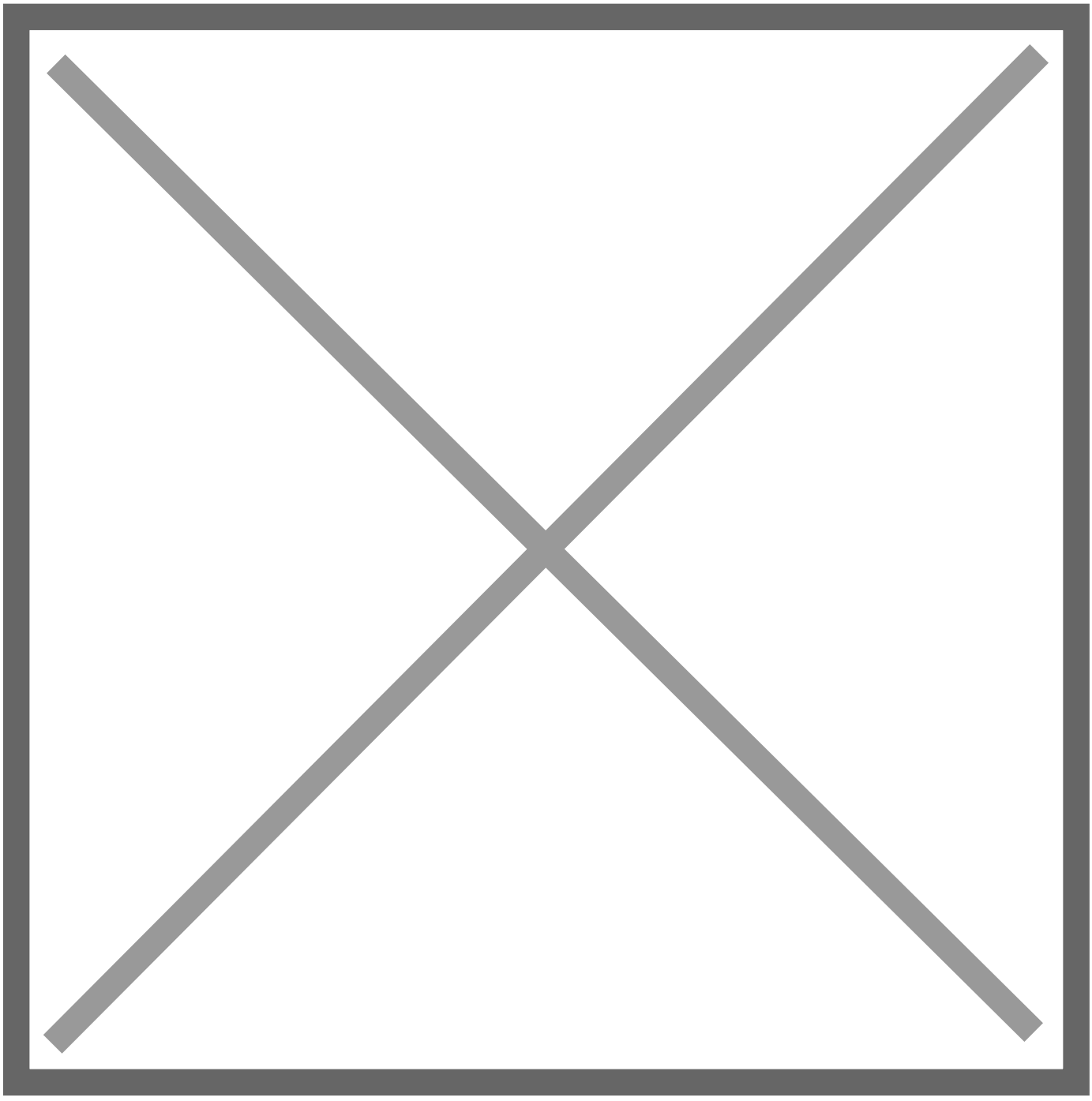


Area covered:	National
□□□ :	Mongolia Multiple Indicator Cluster Survey 2023
Notes:	Full details available at source: United Nations Children's Fund, Division of Data, Analysis, Planning and Monitoring (2025). Global UNICEF Global Databases: Infant and Young Child Feeding: Exclusive breastfeeding, New 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.

Percent of population who cannot afford a healthy diet

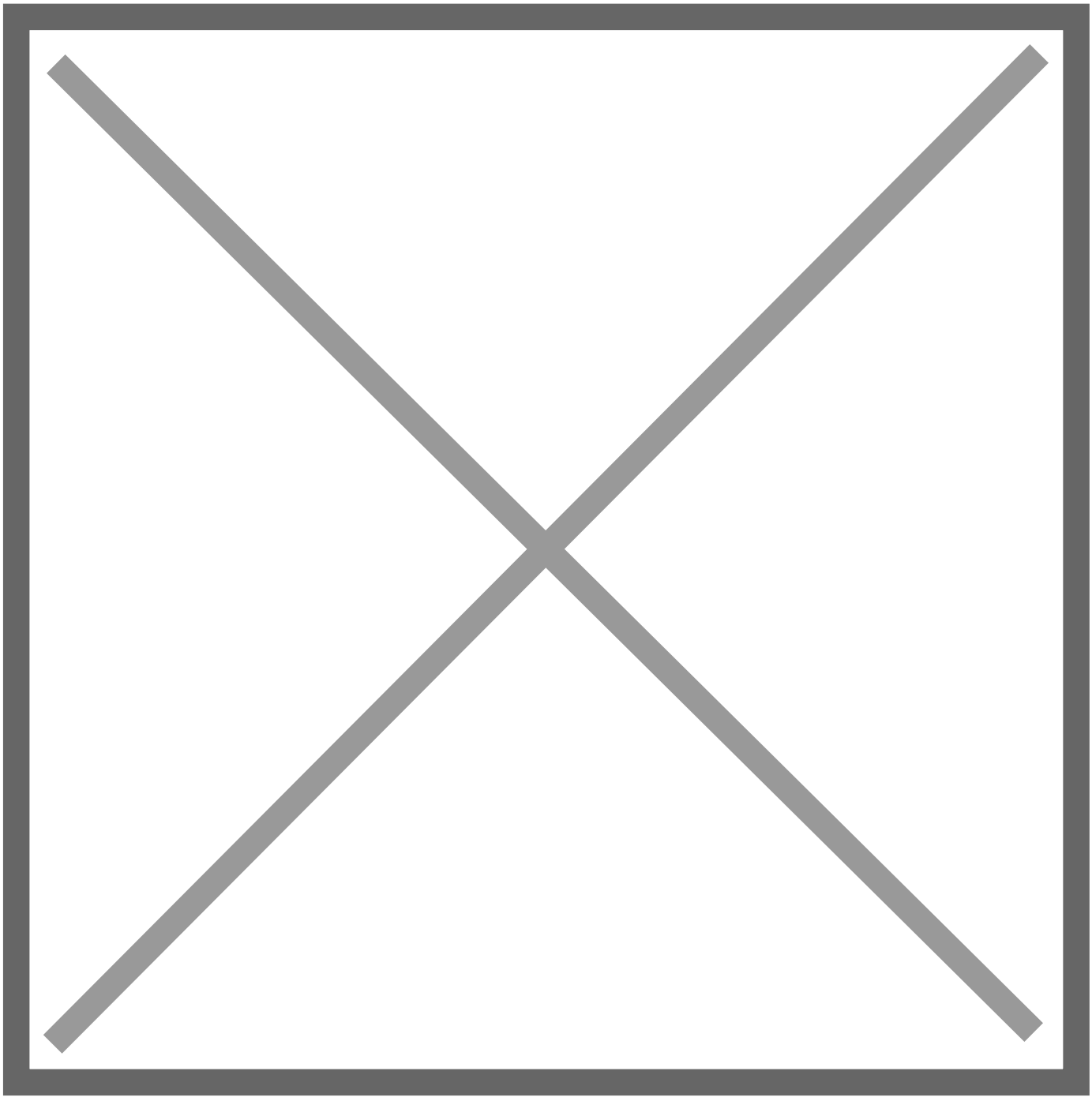
Adults, 2025



Area covered:	National
□□□ :	FAO. 2026. FAOSTAT: Cost and Affordability of a Healthy Diet (CoAHD). https://www.fao.org/faostat/en/#data/CAHD. Licence: CC-BY-4.0. [Last Accessed 12.10.26]
Notes:	The percent of the population whose food budget is below the cost of a healthy diet.

Oesophageal cancer

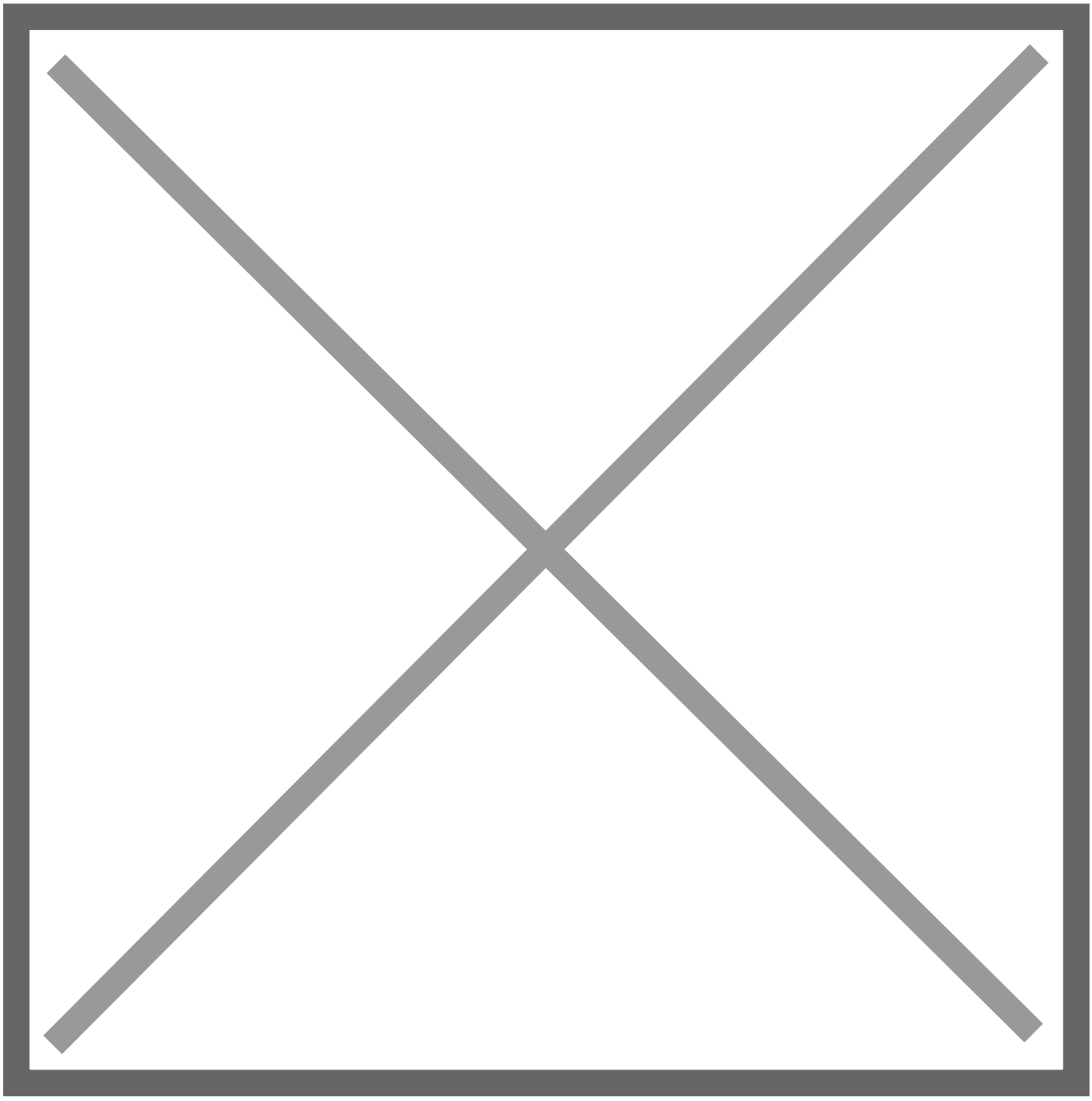
Men, 2022



Age:	20+
Area covered:	National

□□□□ :	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]
Definitions:	Indicence per 100,000

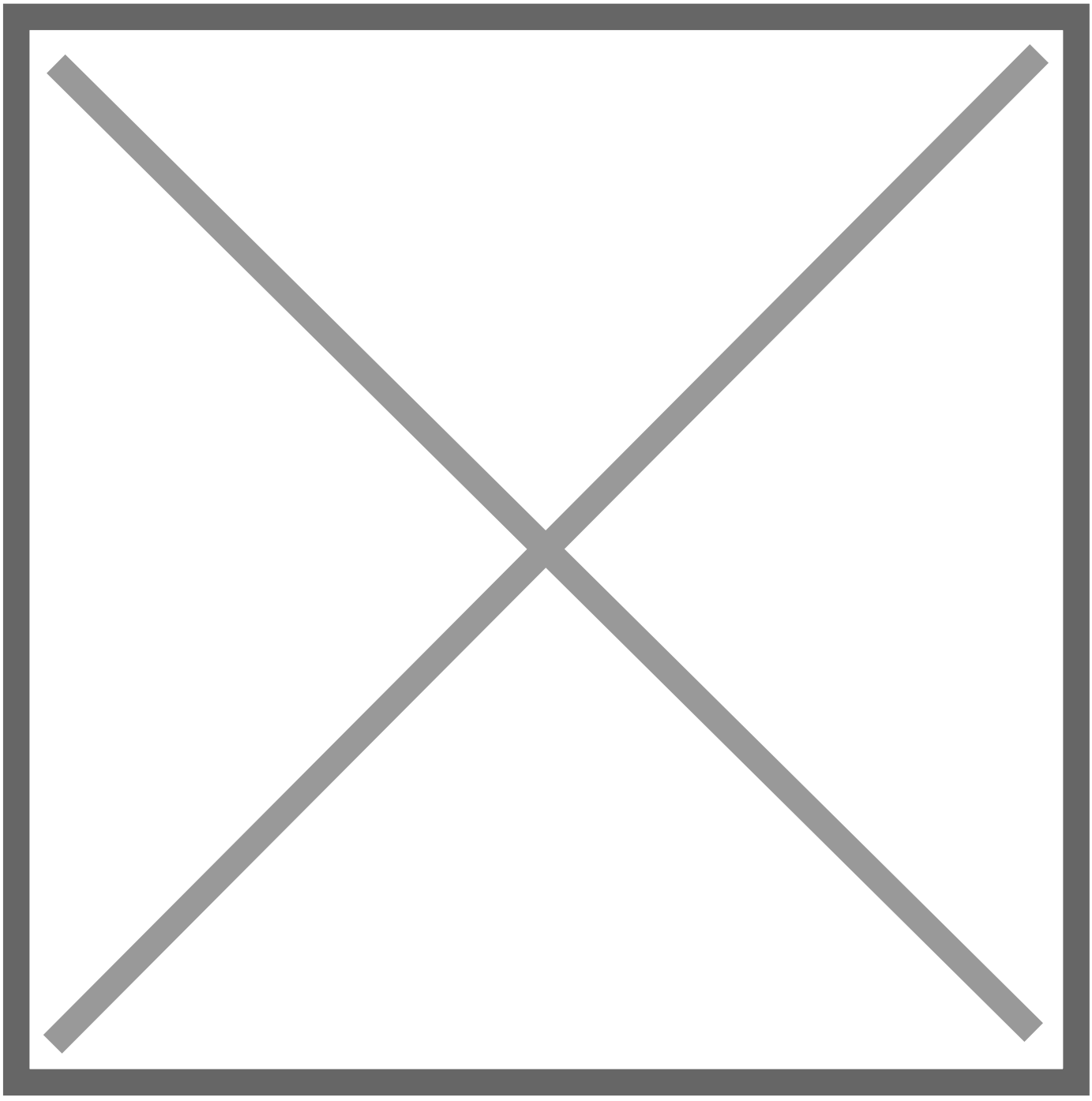
Women, 2022



Age:	20+
Area covered:	National
□□□ :	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]
Definitions:	Indicence per 100,000

Breast cancer

Women, 2022

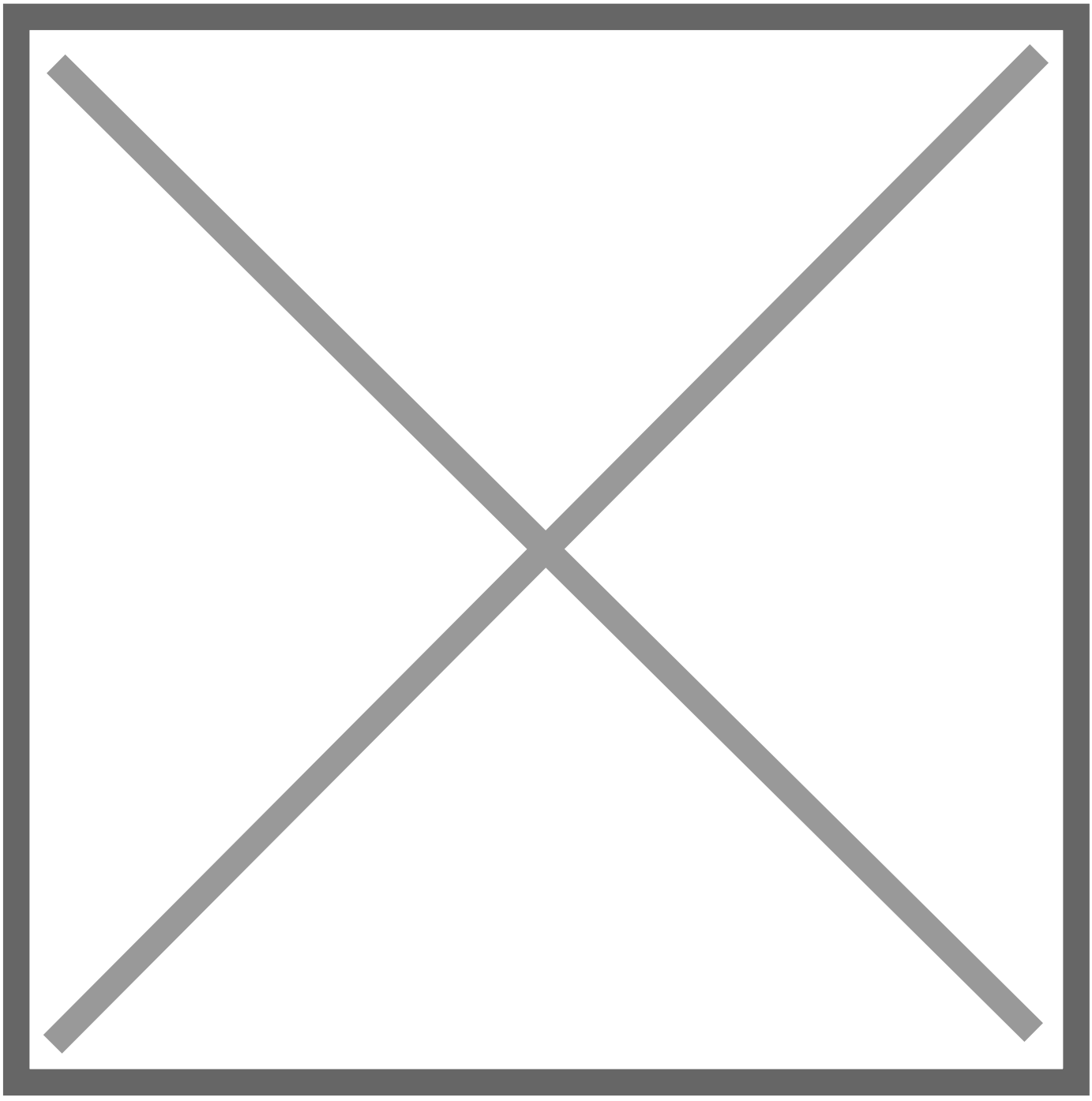


Area covered:	National
□□□ :	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]

Definitions:	Incidence per 100,000

Colorectal cancer

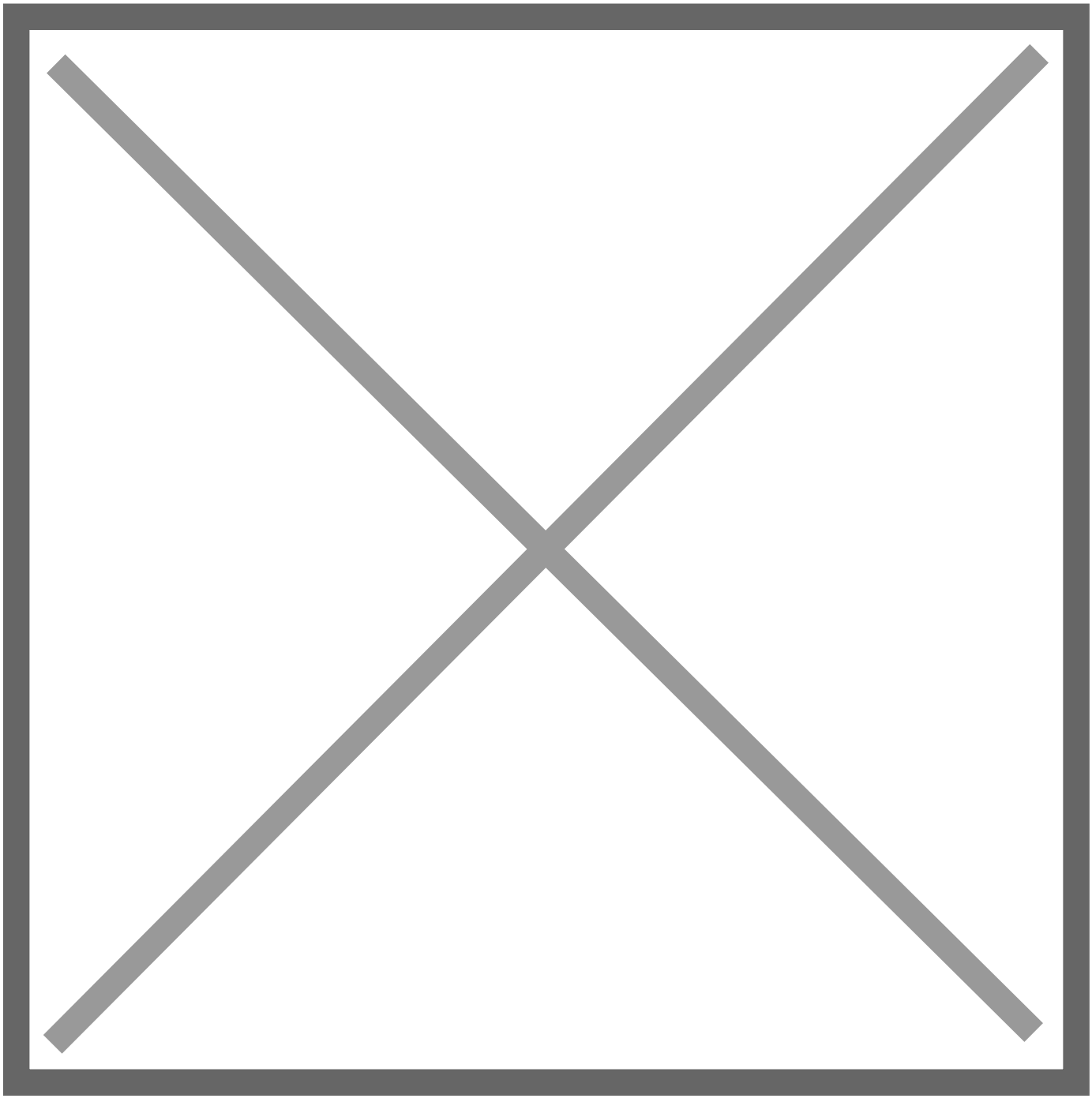
Men, 2022



Age:	20+
Area covered:	National

□□□□ :	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]
Definitions:	Incidence per 100,000

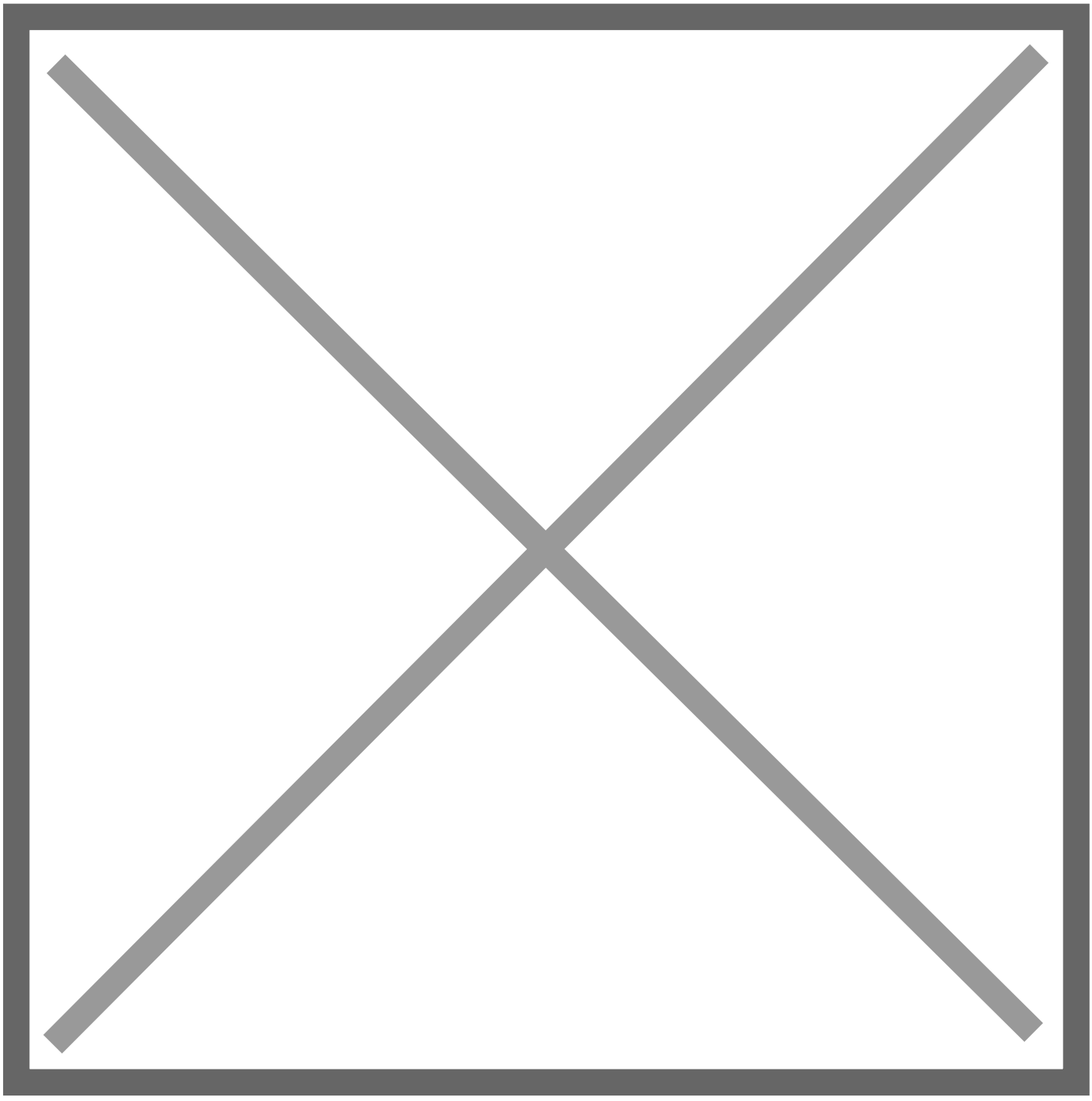
Women, 2022



Age:	20+
Area covered:	National
□□□ :	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]
Definitions:	Incidence per 100,000

Pancreatic cancer

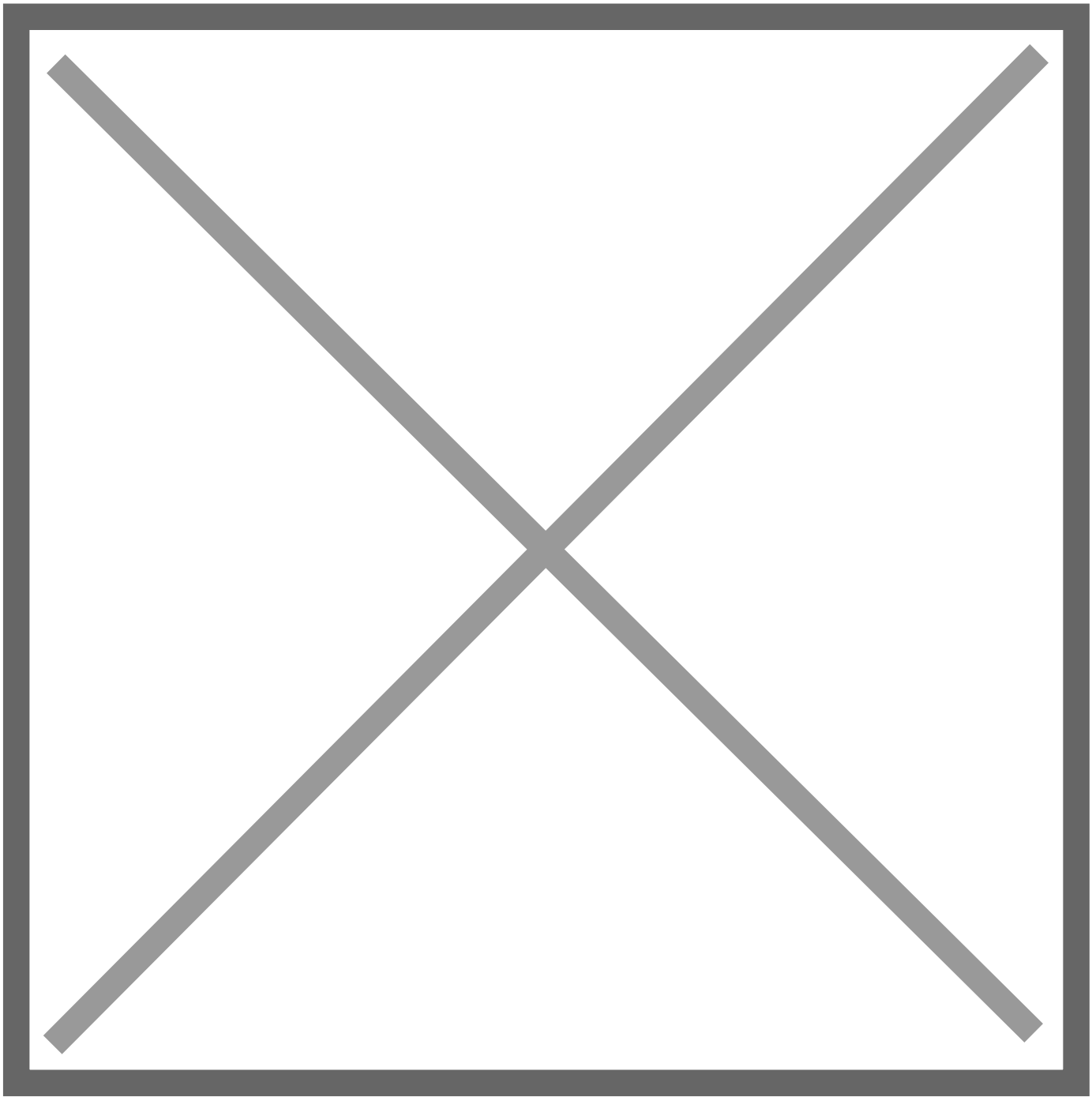
Men, 2022



Age:	20+
Area covered:	National

□□□□ :	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]
Definitions:	Incidence per 100,000

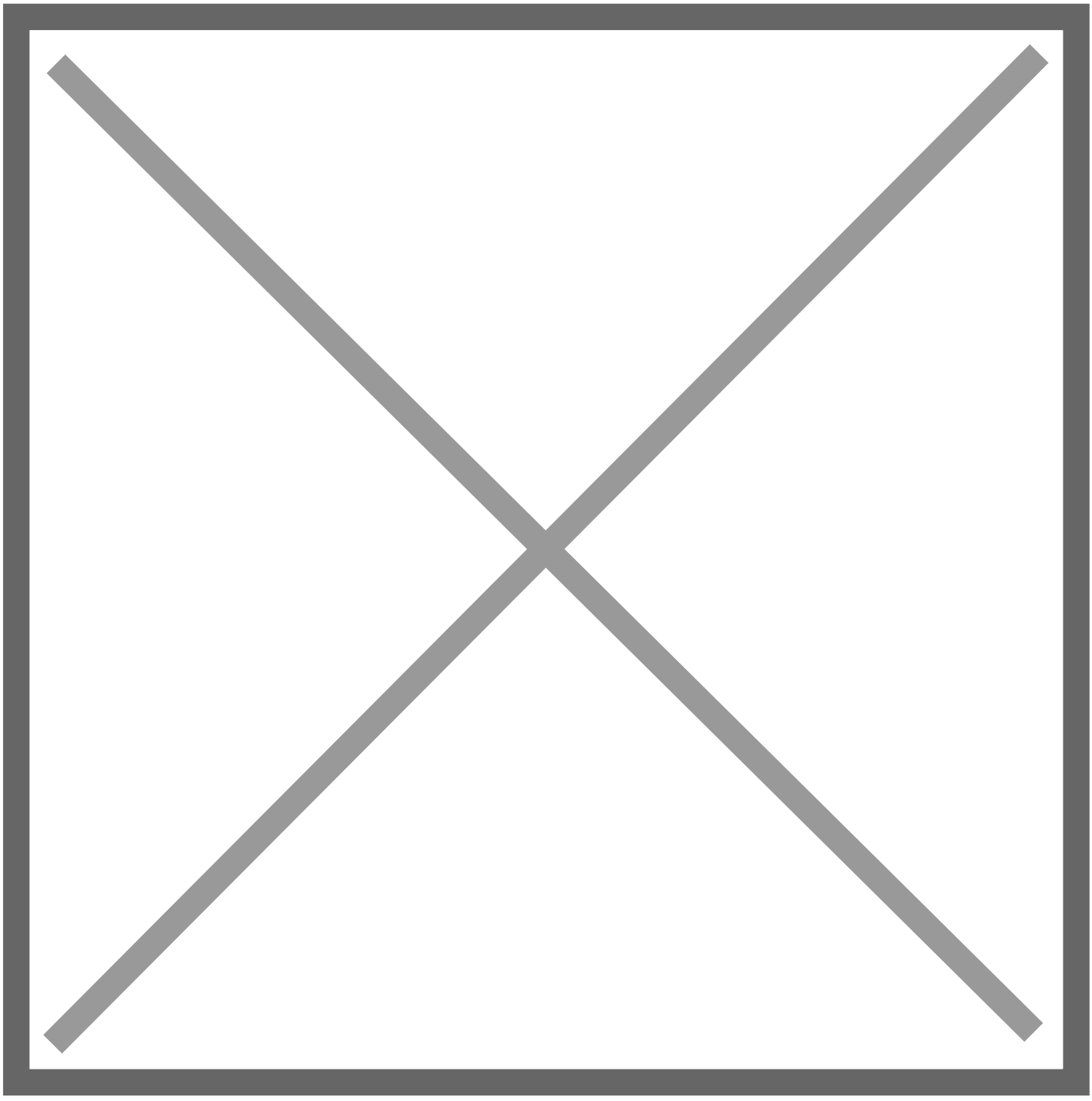
Women, 2022



Age:	20+
Area covered:	National
□□□ :	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]
Definitions:	Incidence per 100,000

Gallbladder cancer

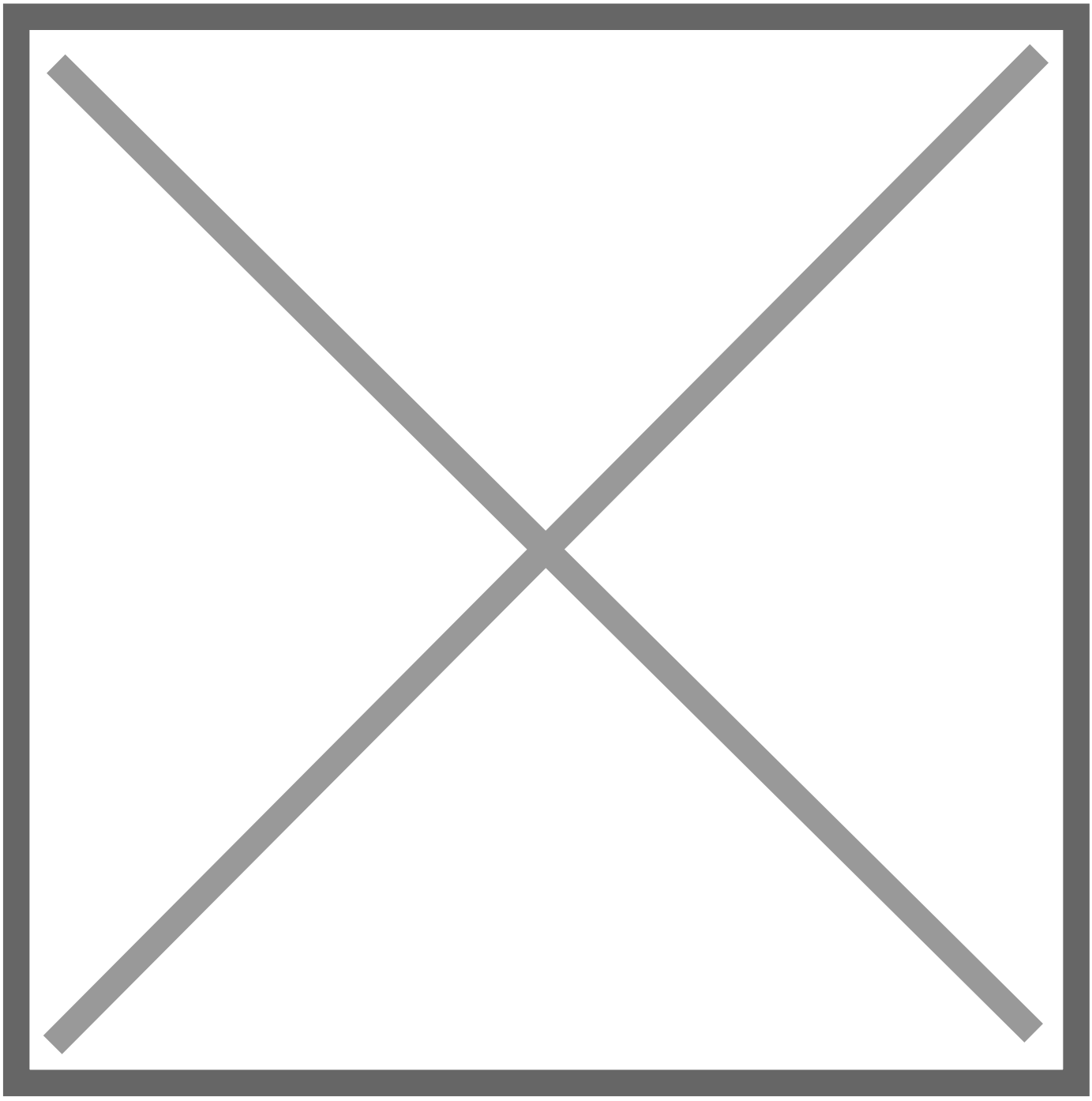
Men, 2022



Age:	20+
Area covered:	National

□□□□ :	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]
Definitions:	Indicence per 100,000

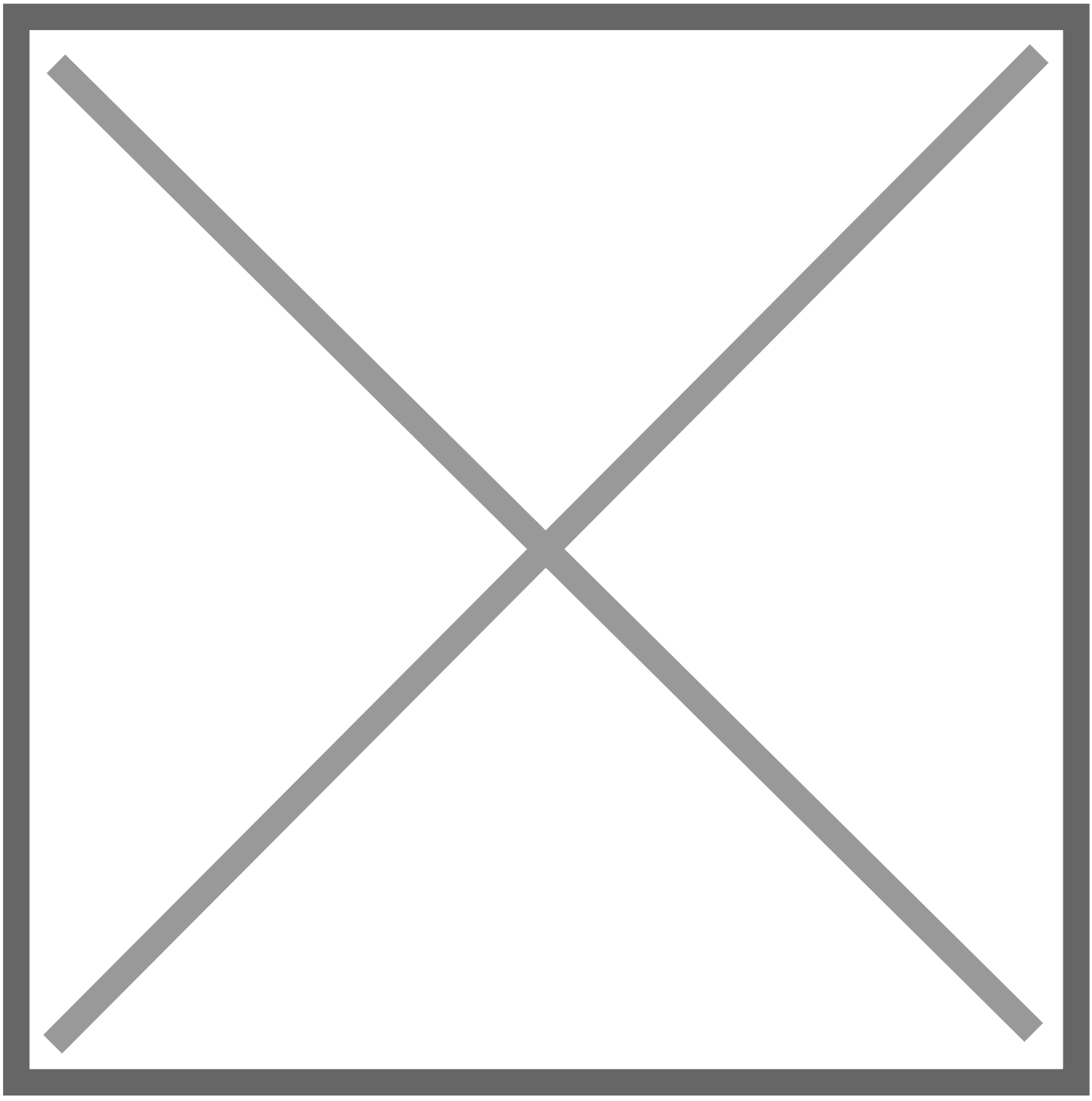
Women, 2022



Age:	20+
Area covered:	National
□□□ :	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]
Definitions:	Indicence per 100,000

Kidney cancer

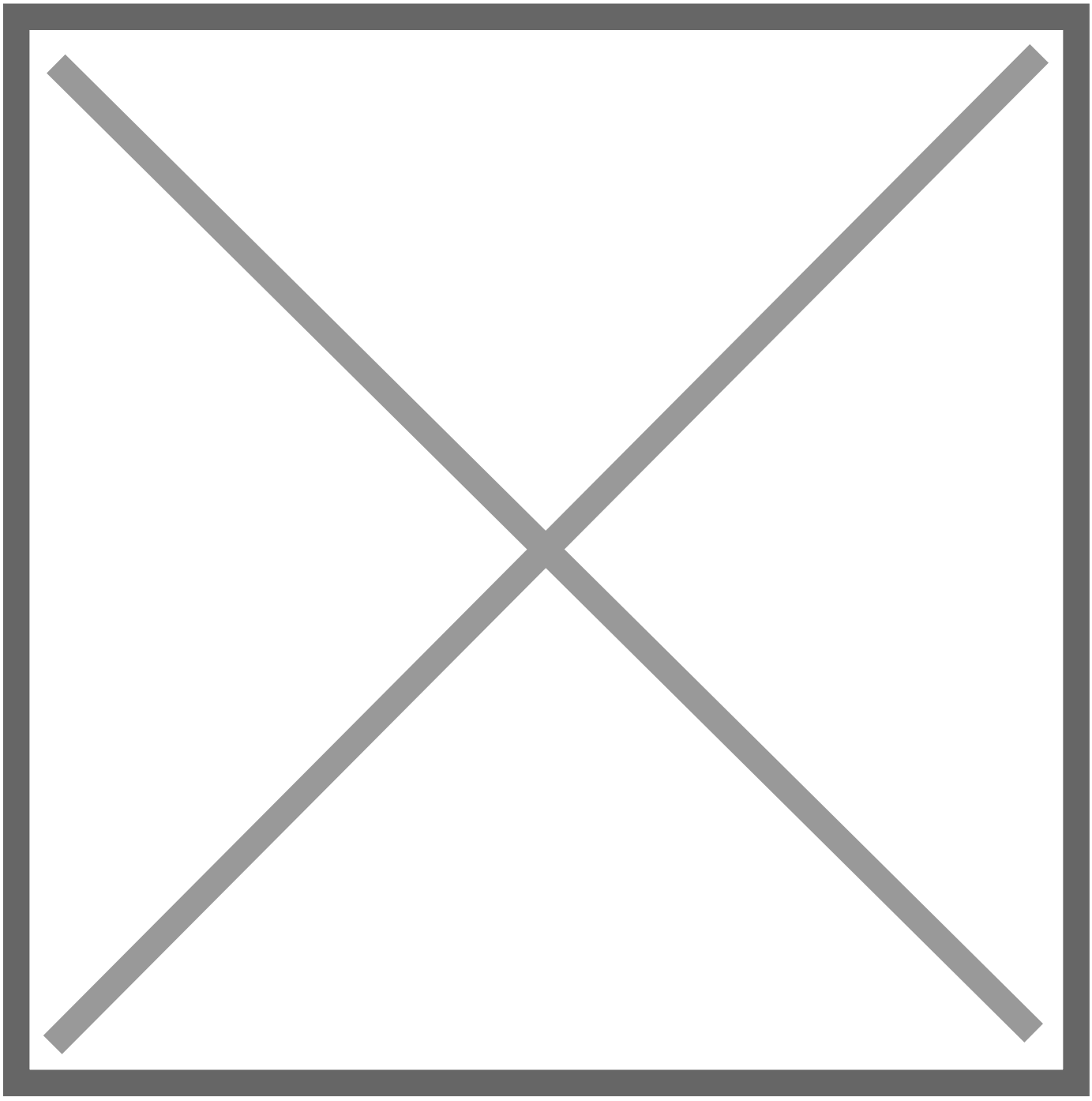
Men, 2022



Age:	20+
Area covered:	National

□□□□ :	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]
Definitions:	Incidence per 100,000

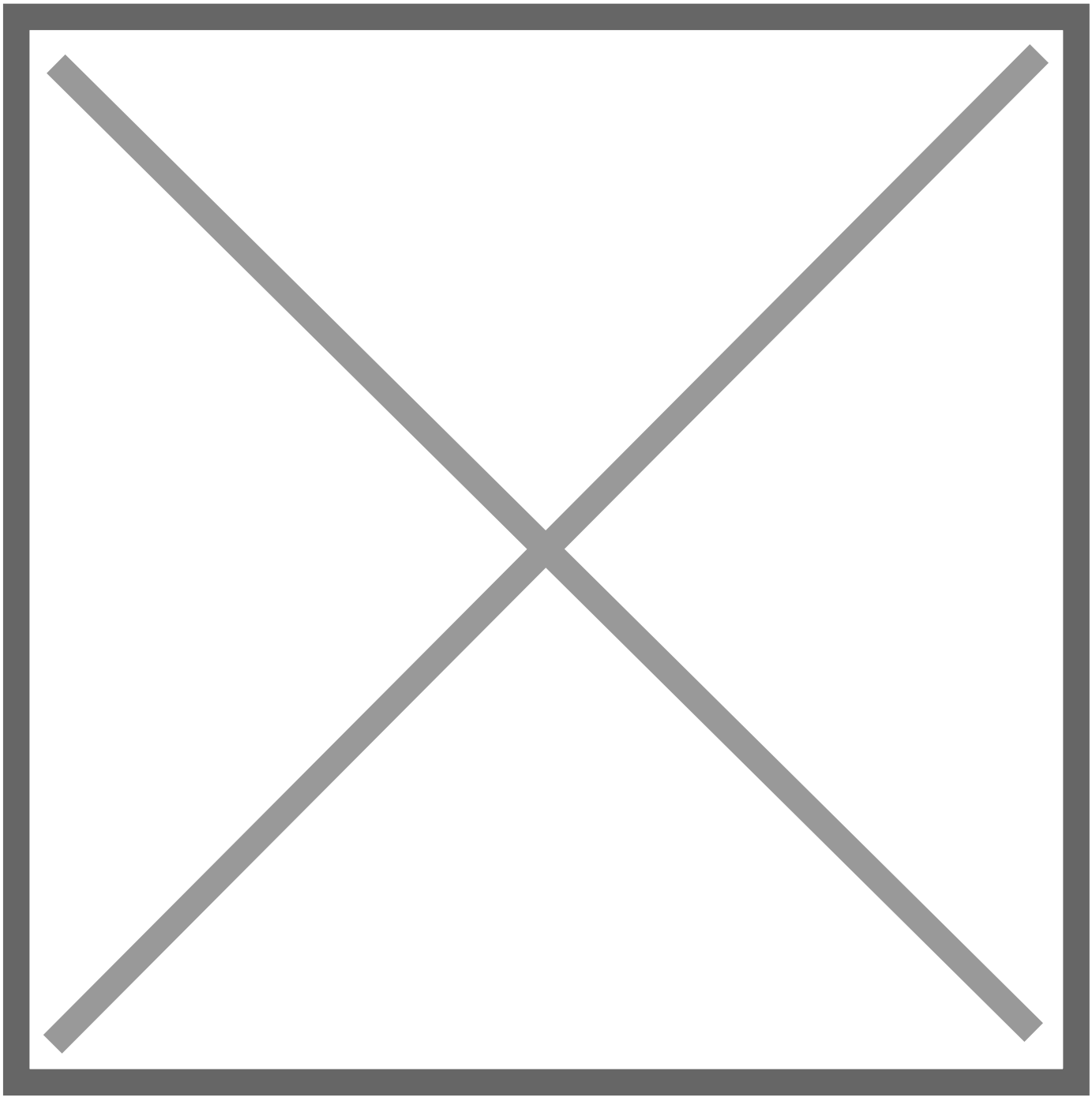
Women, 2022



Age:	20+
Area covered:	National
□□□ :	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]
Definitions:	Incidence per 100,000

Cancer of the uterus

Women, 2022

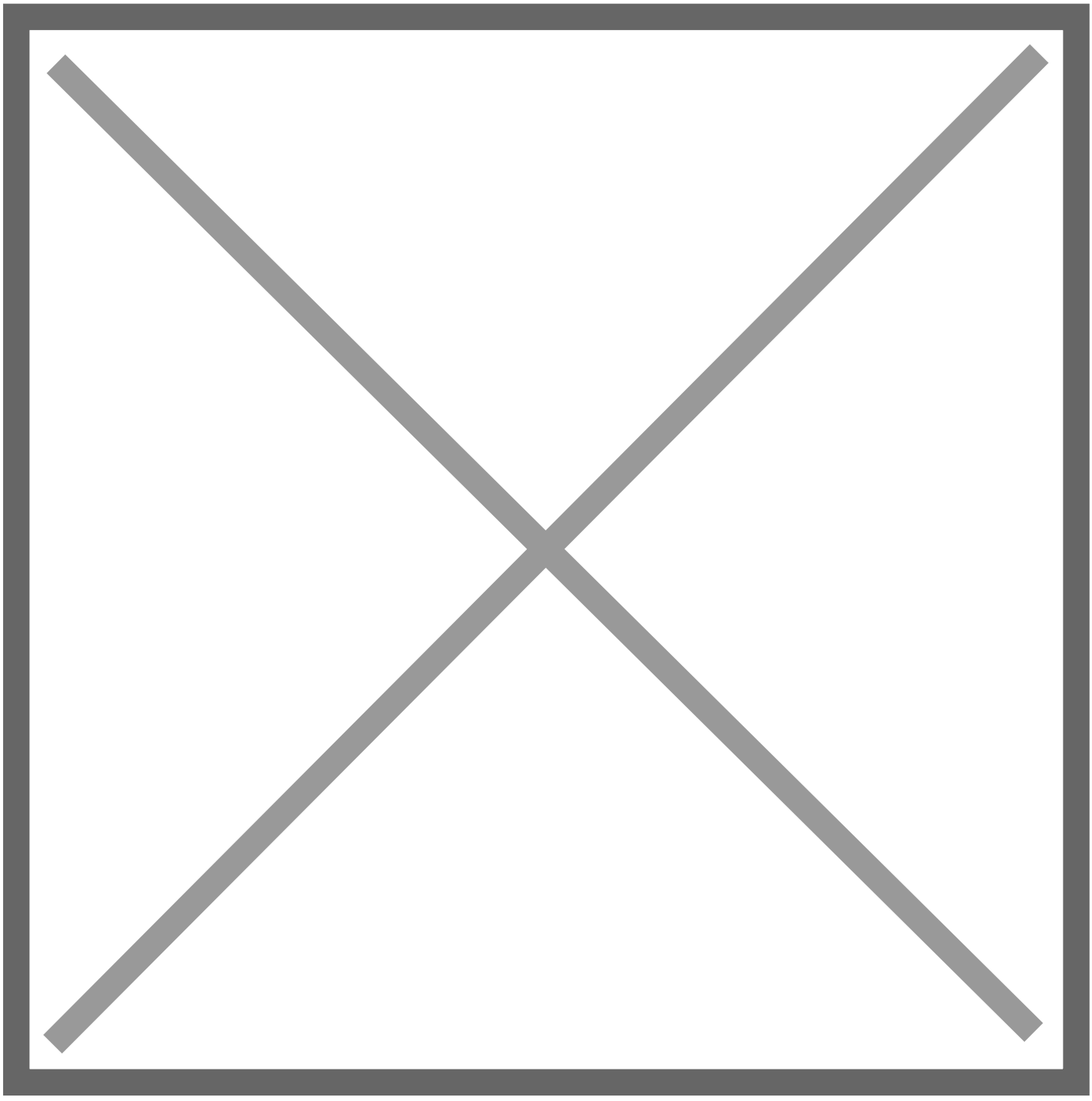


Age:		20+
□□□	:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]

Definitions:	Incidence per 100,000

Raised blood pressure

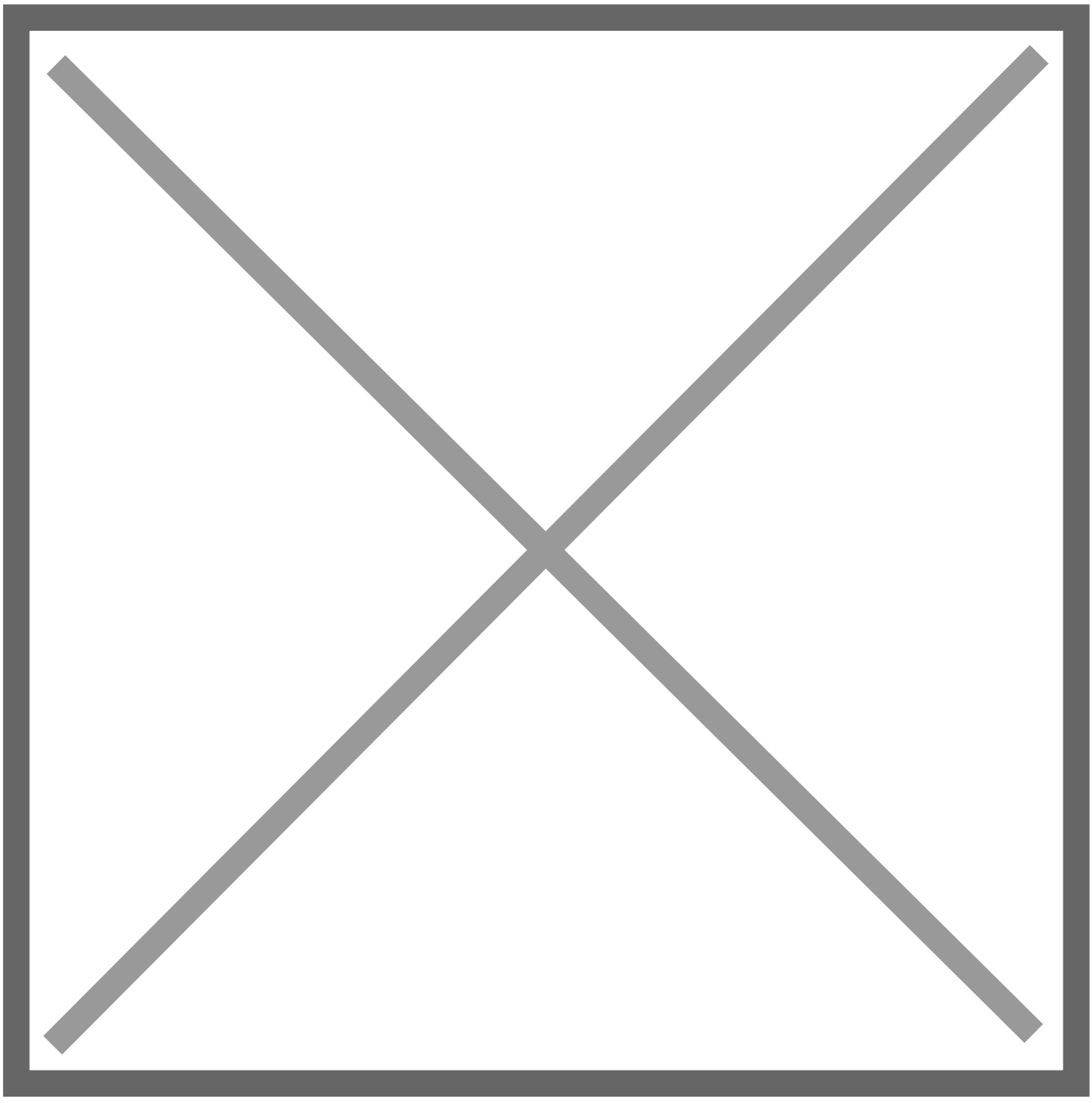
Adults, 2019



Age:	30-79
□□□ :	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]

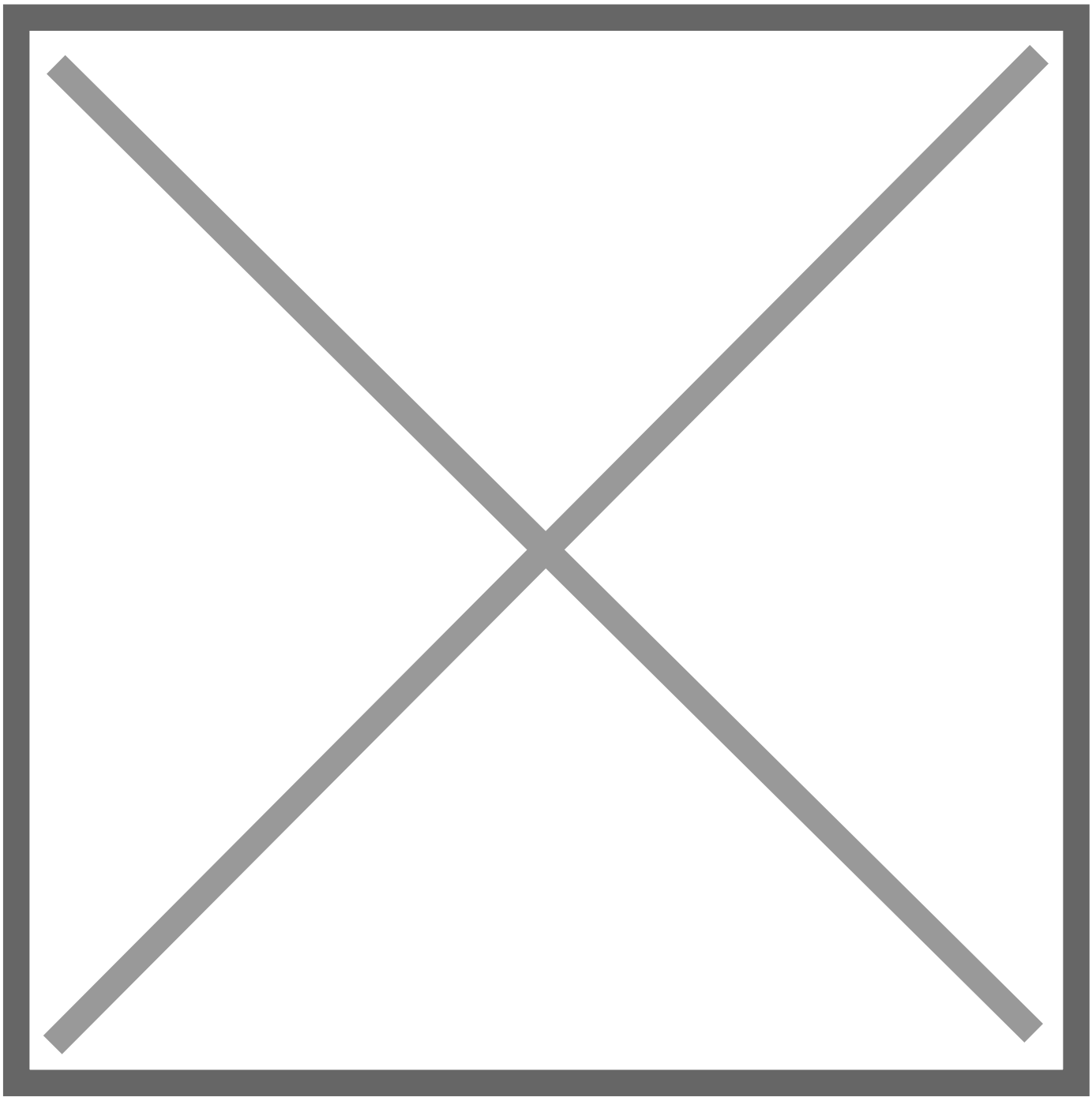
Definitions:	Prevalence of raised blood pressure (defined as having systolic blood pressure ≥140 mmHg or diastolic blood pressure ≥90 mmHg) among adults aged 30-79.

Men, 2019



Age:	30-79
□□□ :	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 ≥140 mmHg or diastolic blood pressure ≥90 mmHg) among adults aged 30-79.

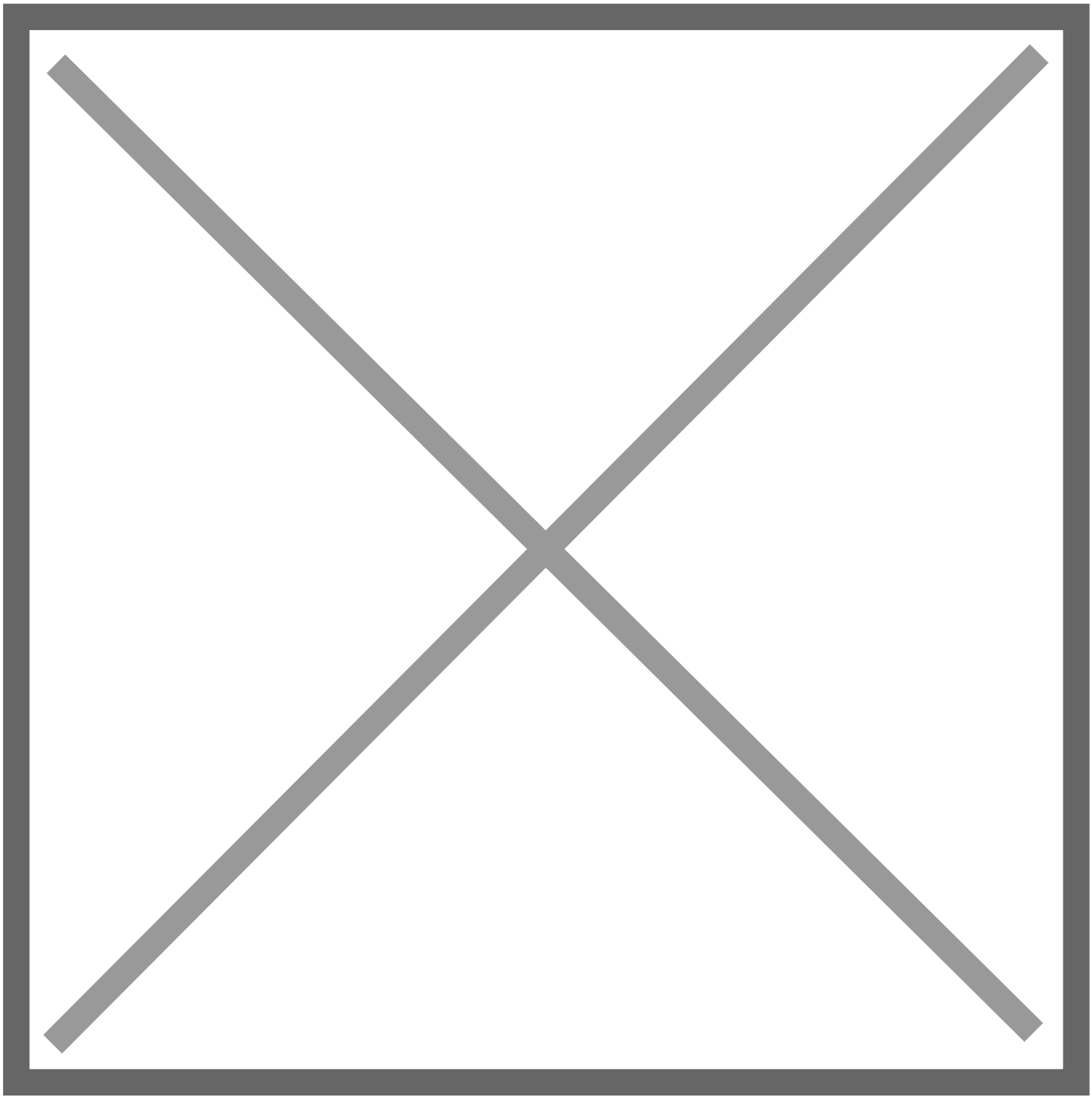
Women, 2019



Age:	30-79
□□□ :	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 ≥140 mmHg or diastolic blood pressure ≥90 mmHg) among adults aged 30-79.

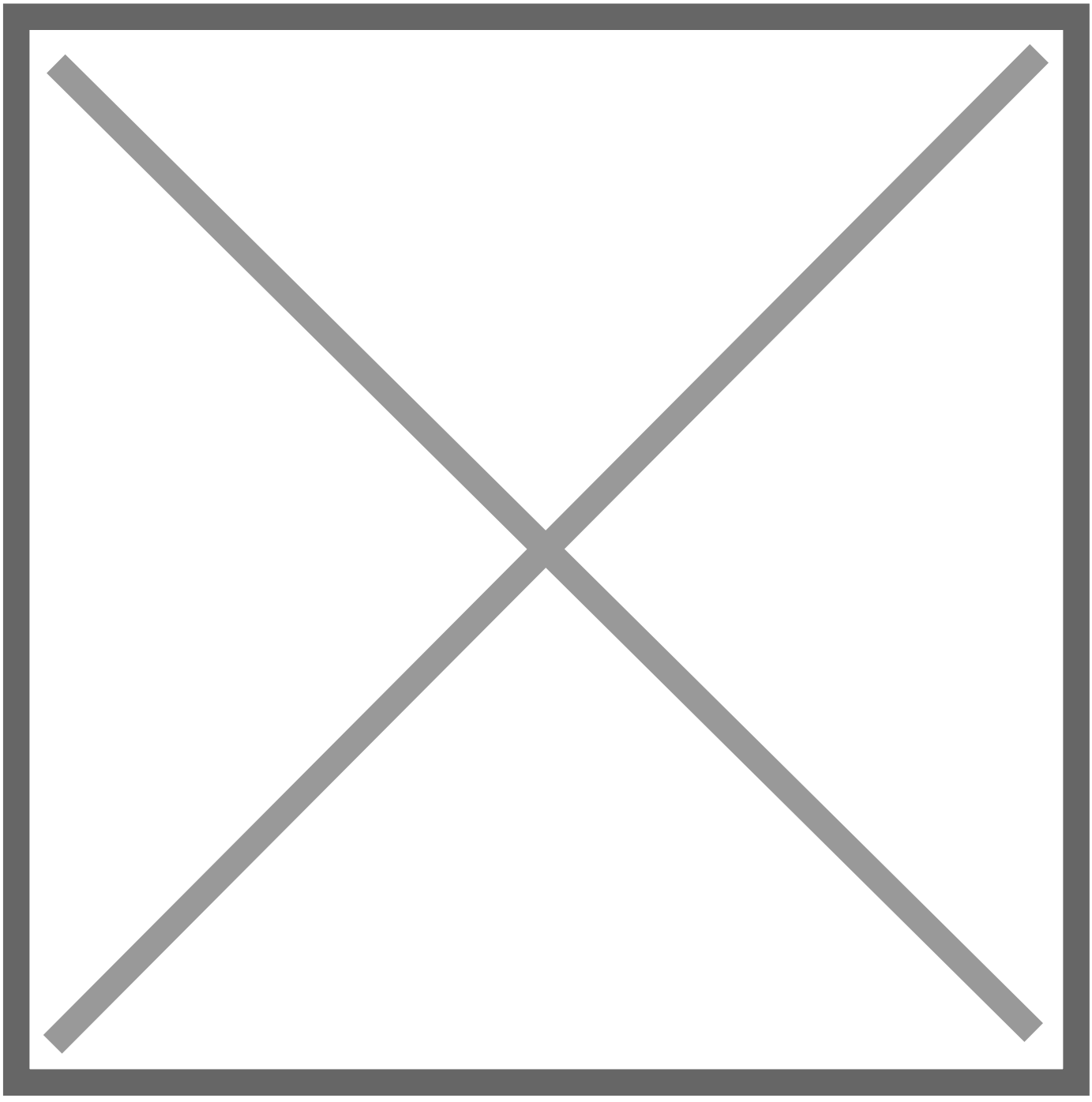
Raised cholesterol

Adults, 2008



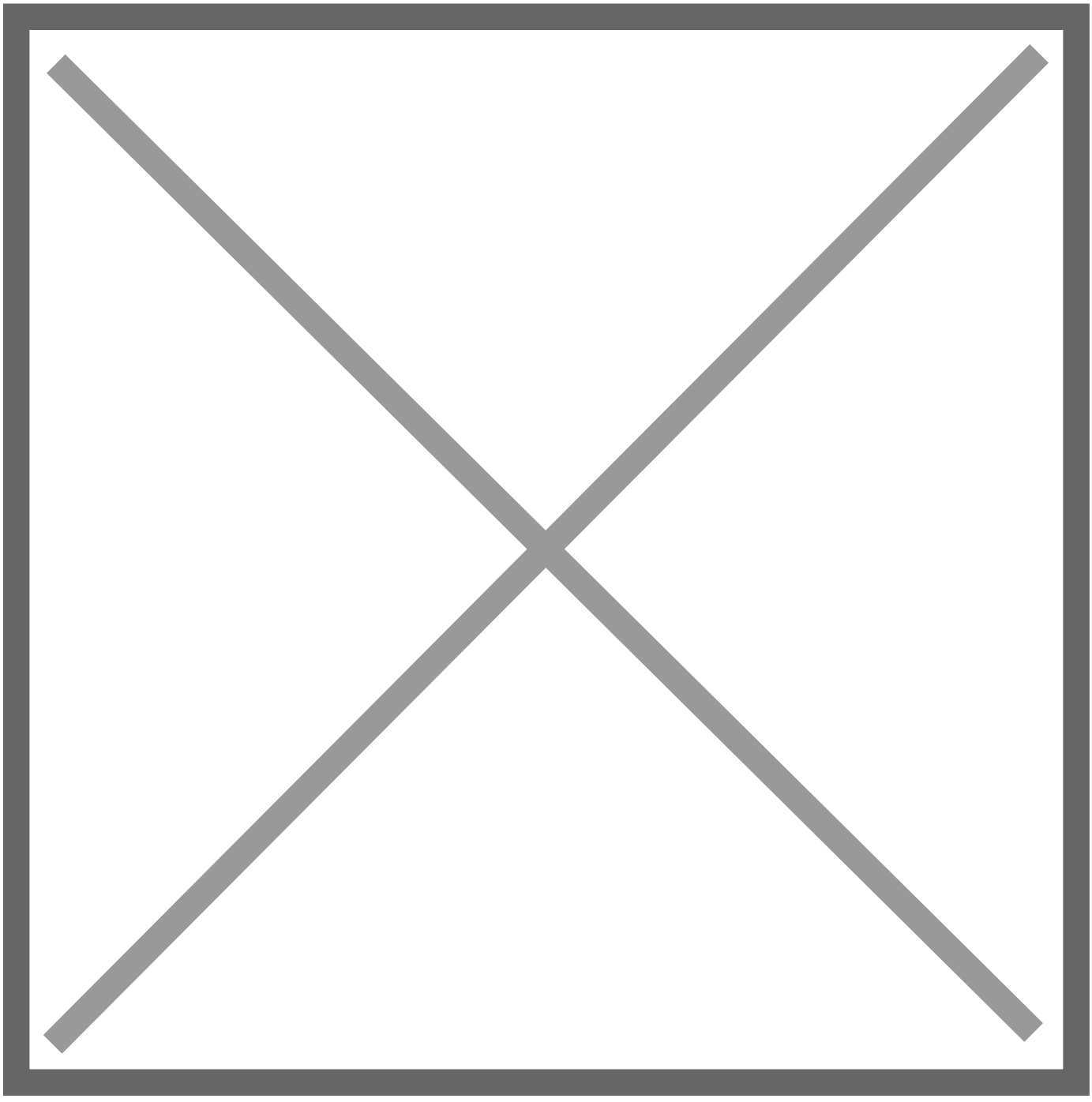
□□□ :	Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A885
Definitions:	% Raised total cholesterol (>= 5.0 mmol/L) (age-standardized estimate).

Men, 2008



□□□ :	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).

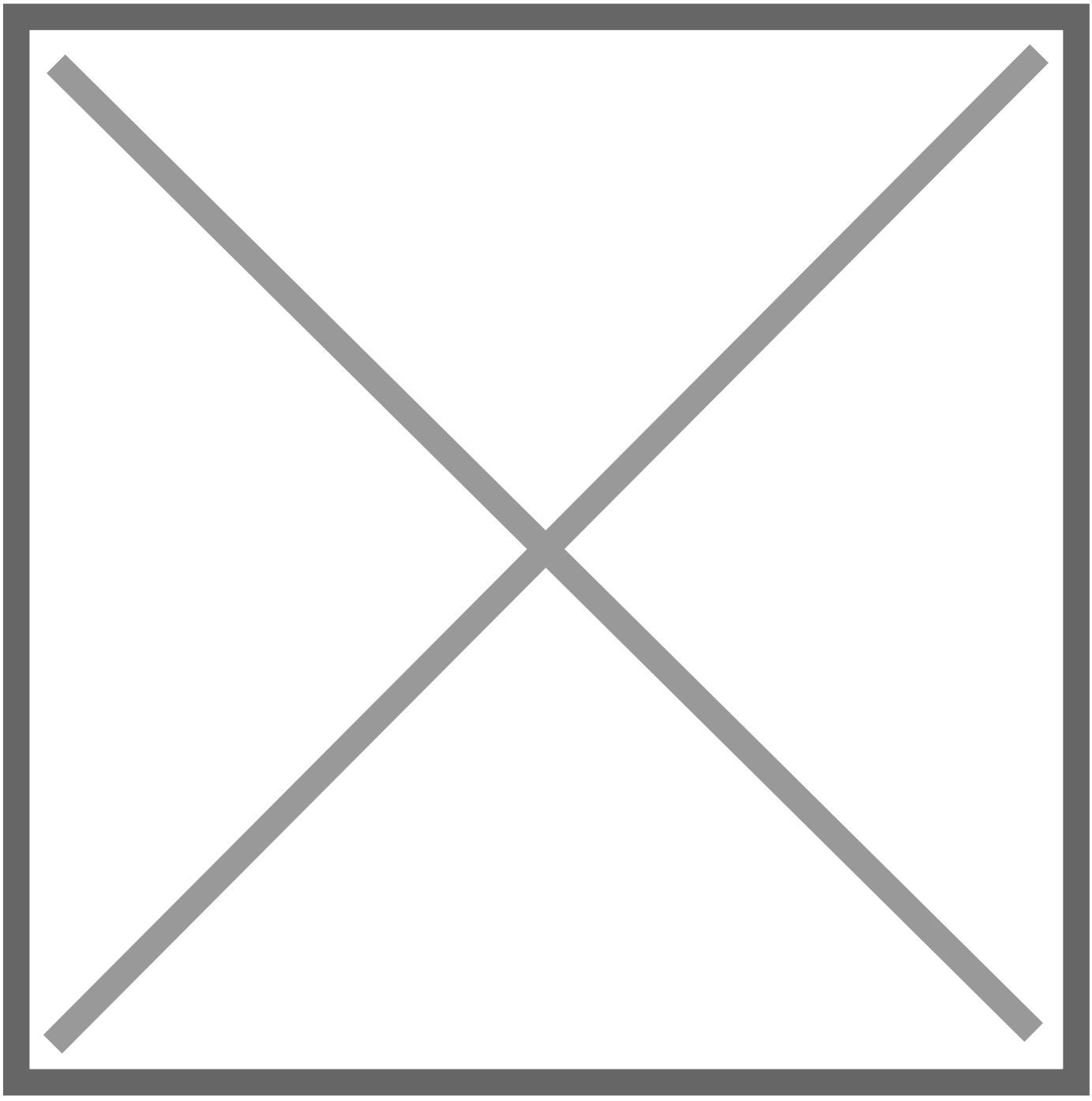
Women, 2008



□□□ :	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

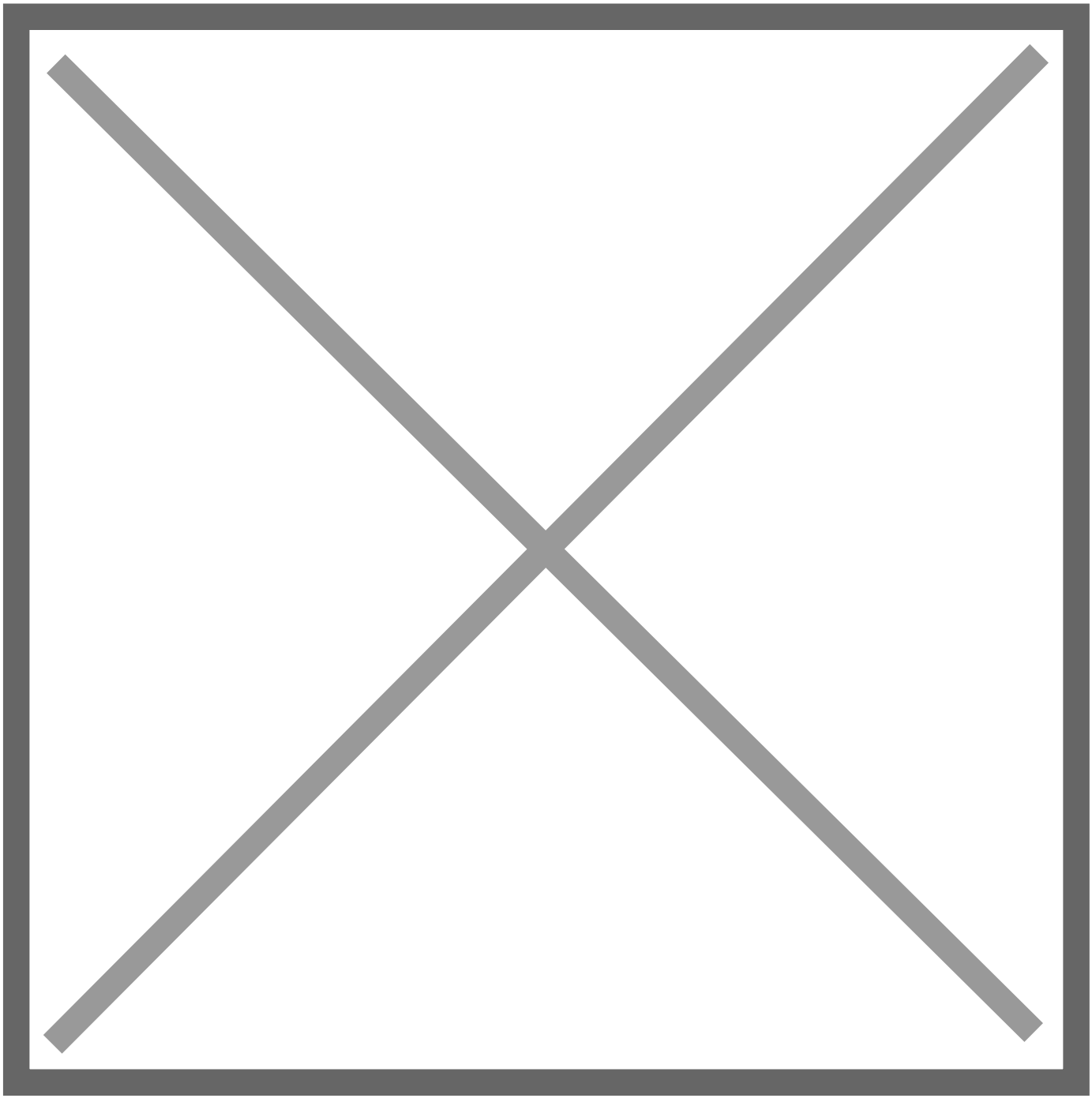
Men, 2014



□□□ : 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

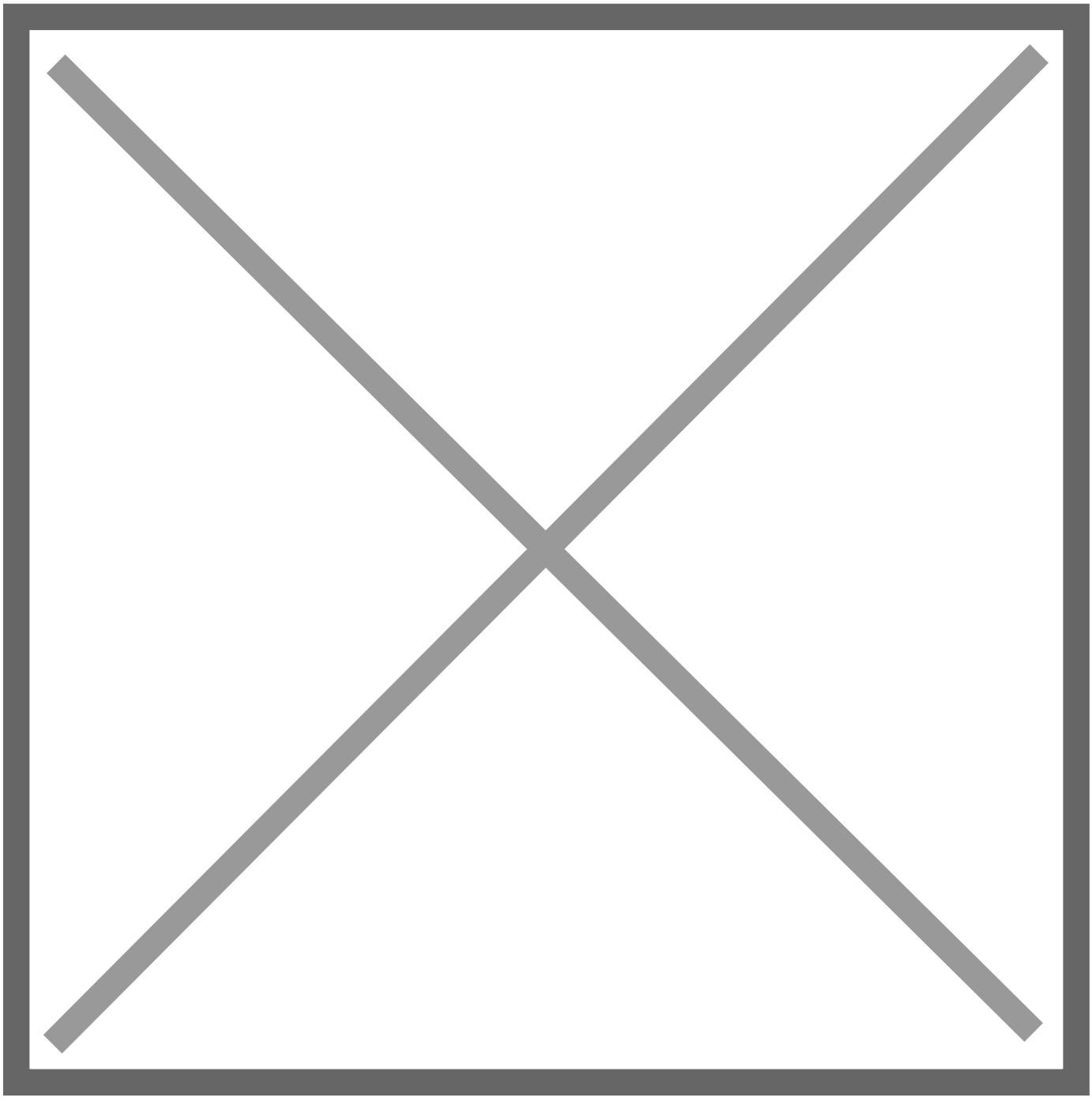


□□□ : Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A869?lang=en

Definitions: Age Standardised % raised fasting blood glucose (>= 7.0 mmol/L or on medication).

Diabetes prevalence

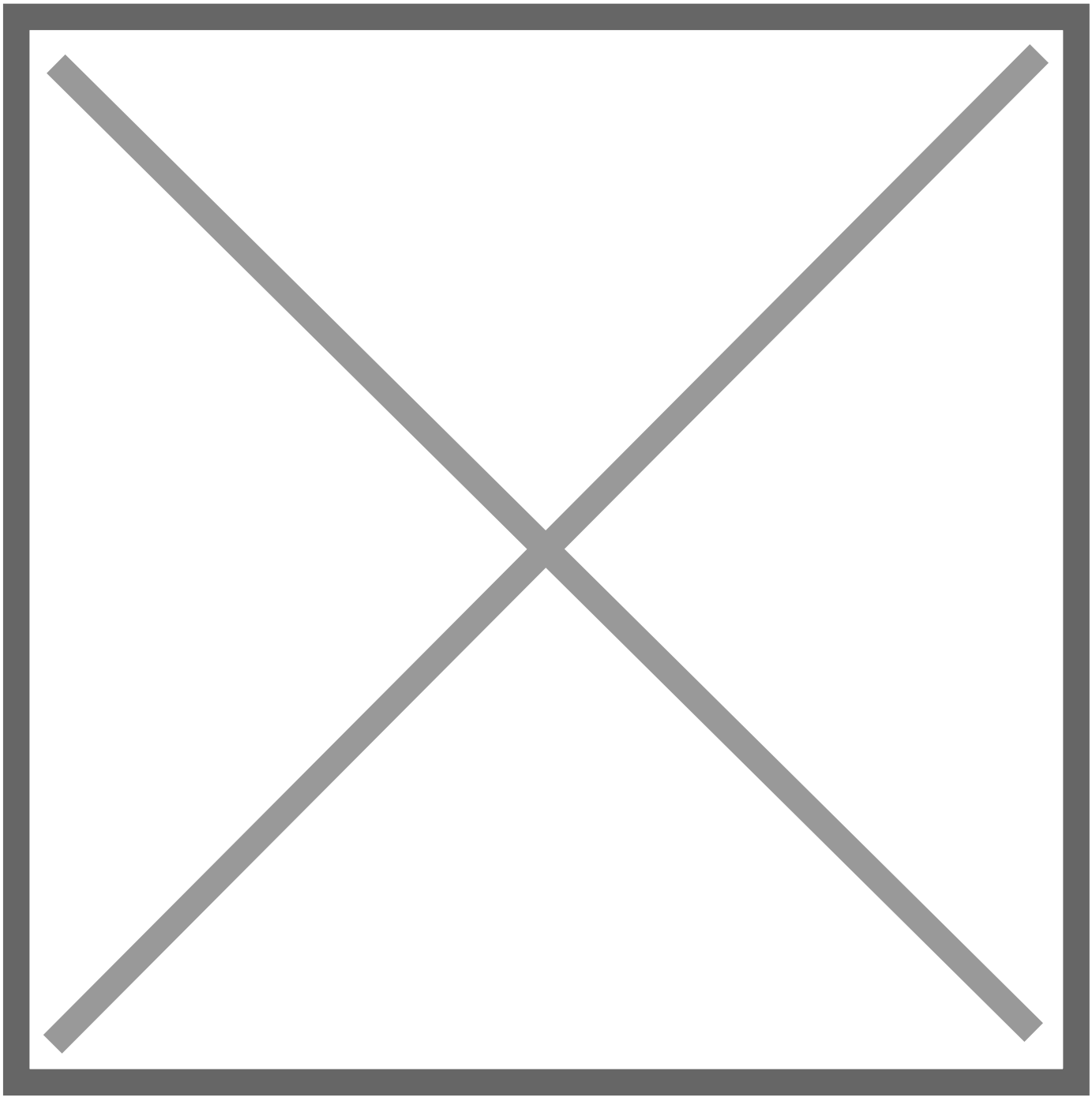
Adults, 2024



□□□ : Reproduced with kind permission International Diabetes Federation. IDF Diabetes Atlas, 11th edn. Brussels, Belgium:International Diabetes Federation, 2025. http://www.diabetesatlas.org

Ovarian Cancer

Women, 2022

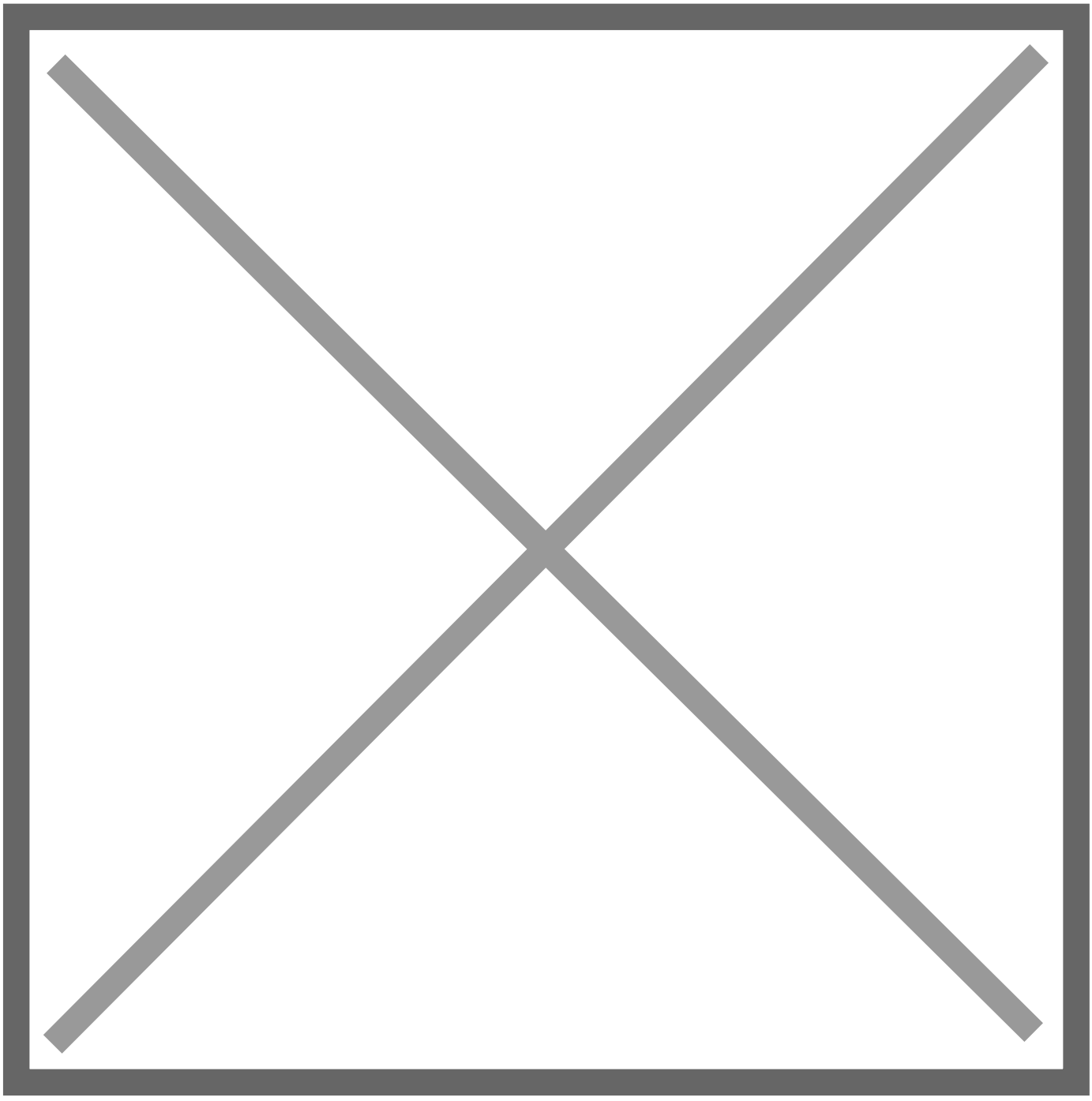


Age:	20+
:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]

Definitions:	Incidence per 100,000

Leukemia

Men, 2022



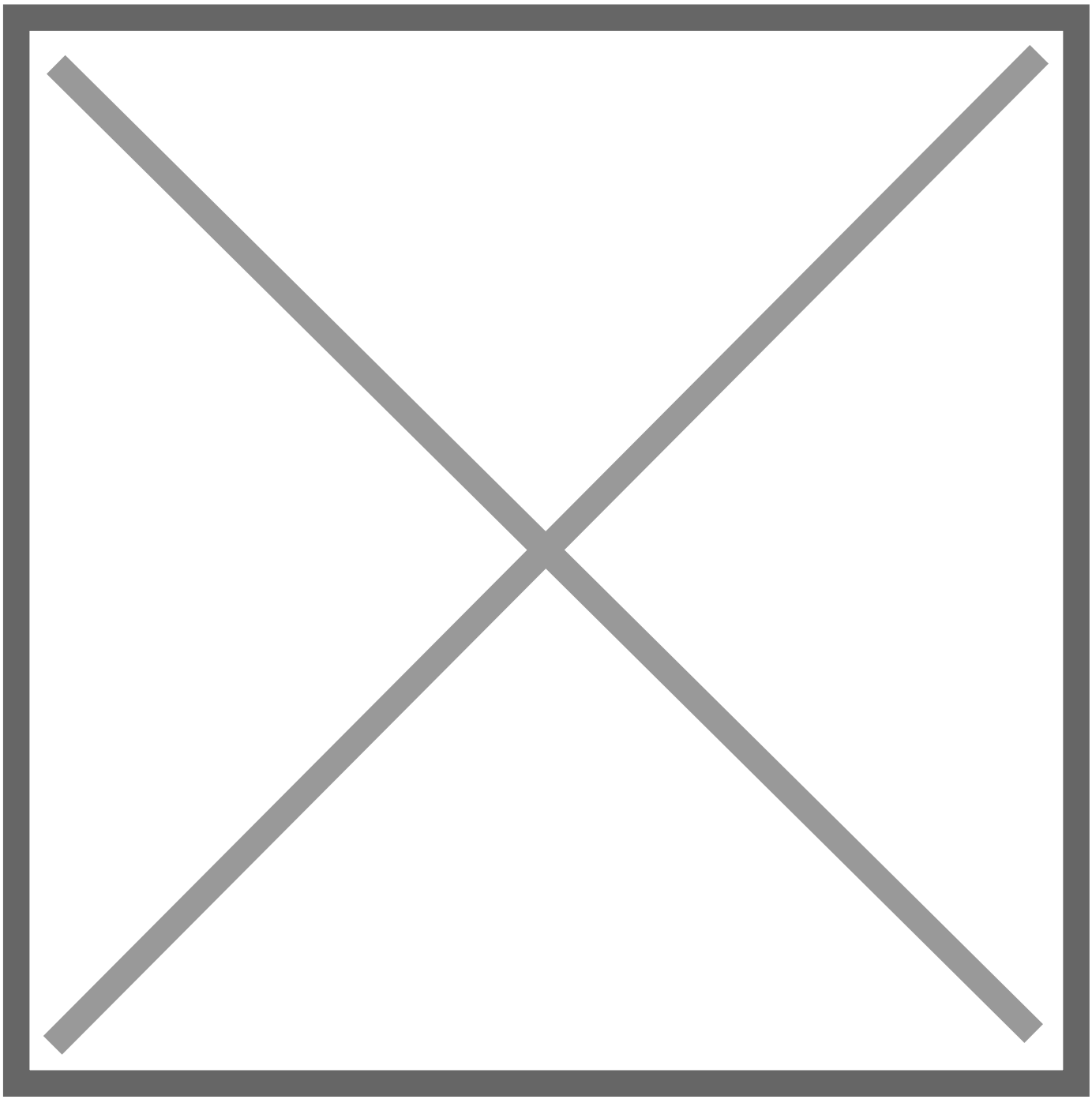
Age:	20+
Area covered:	National

□□□□ **:** Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]

Definitions: Incidence per 100,000

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

Women, 2022

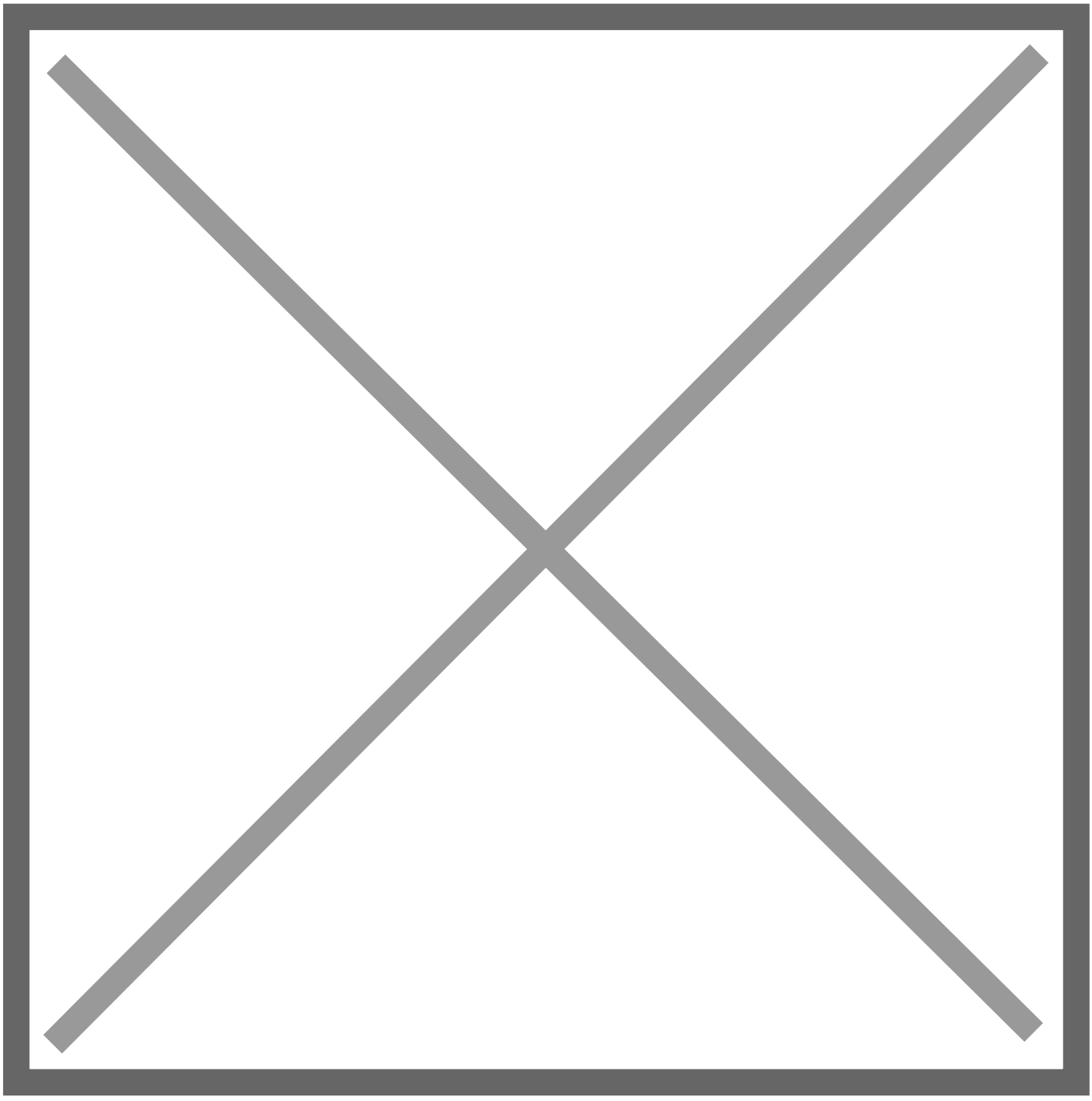


Age:	20+
Area covered:	National
□□□ :	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]
Definitions:	Incidence per 100,000

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

Liver and intrahepatic bile duct Cancer

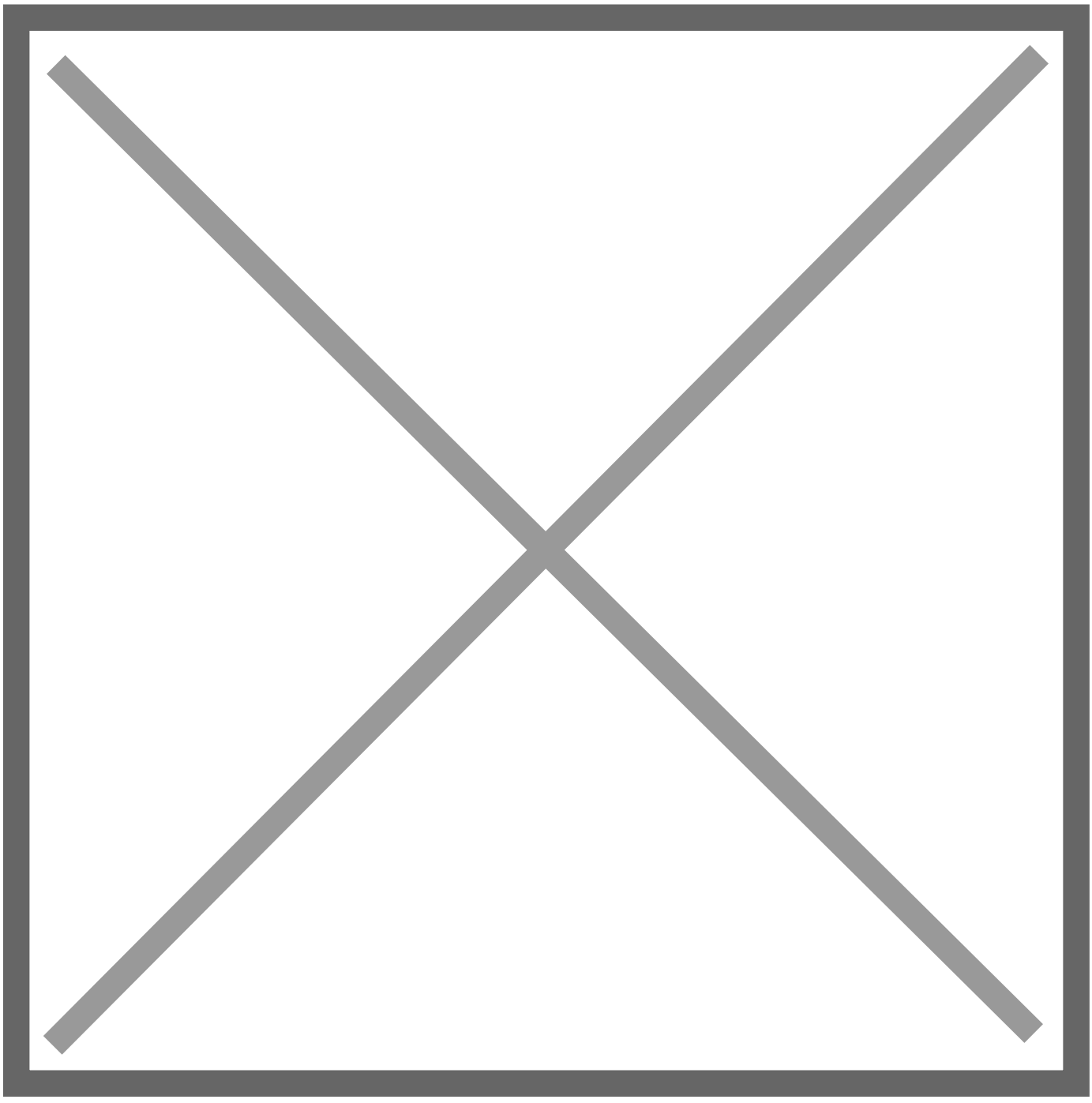
Men, 2022



Age:	20+
Area covered:	National

□□□□ :	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]
Definitions:	Incidence per 100,000

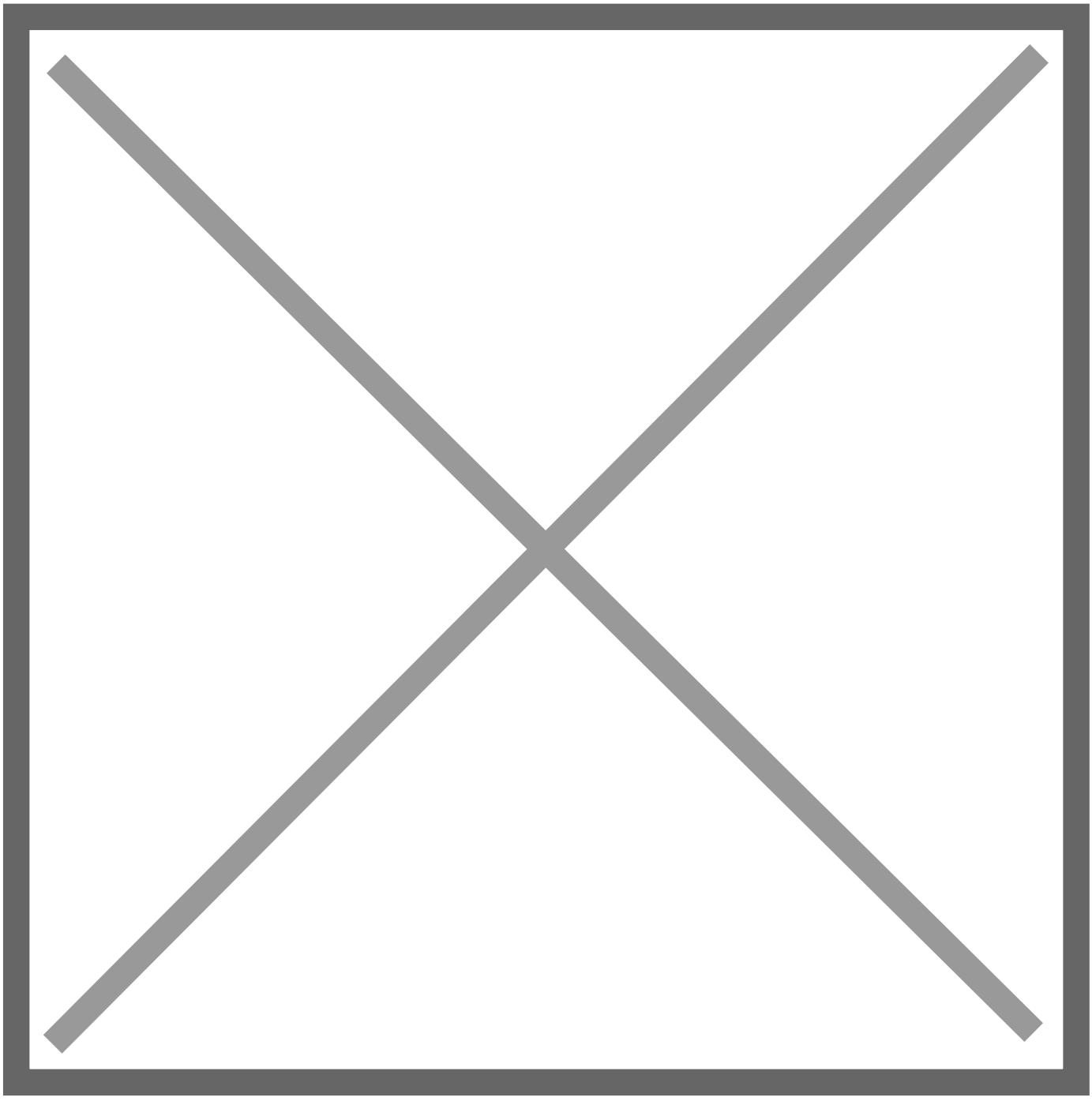
Women, 2022



Age:	20+
Area covered:	National
□□□ :	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]
Definitions:	Incidence per 100,000

Multiple Myeloma

Men, 2022

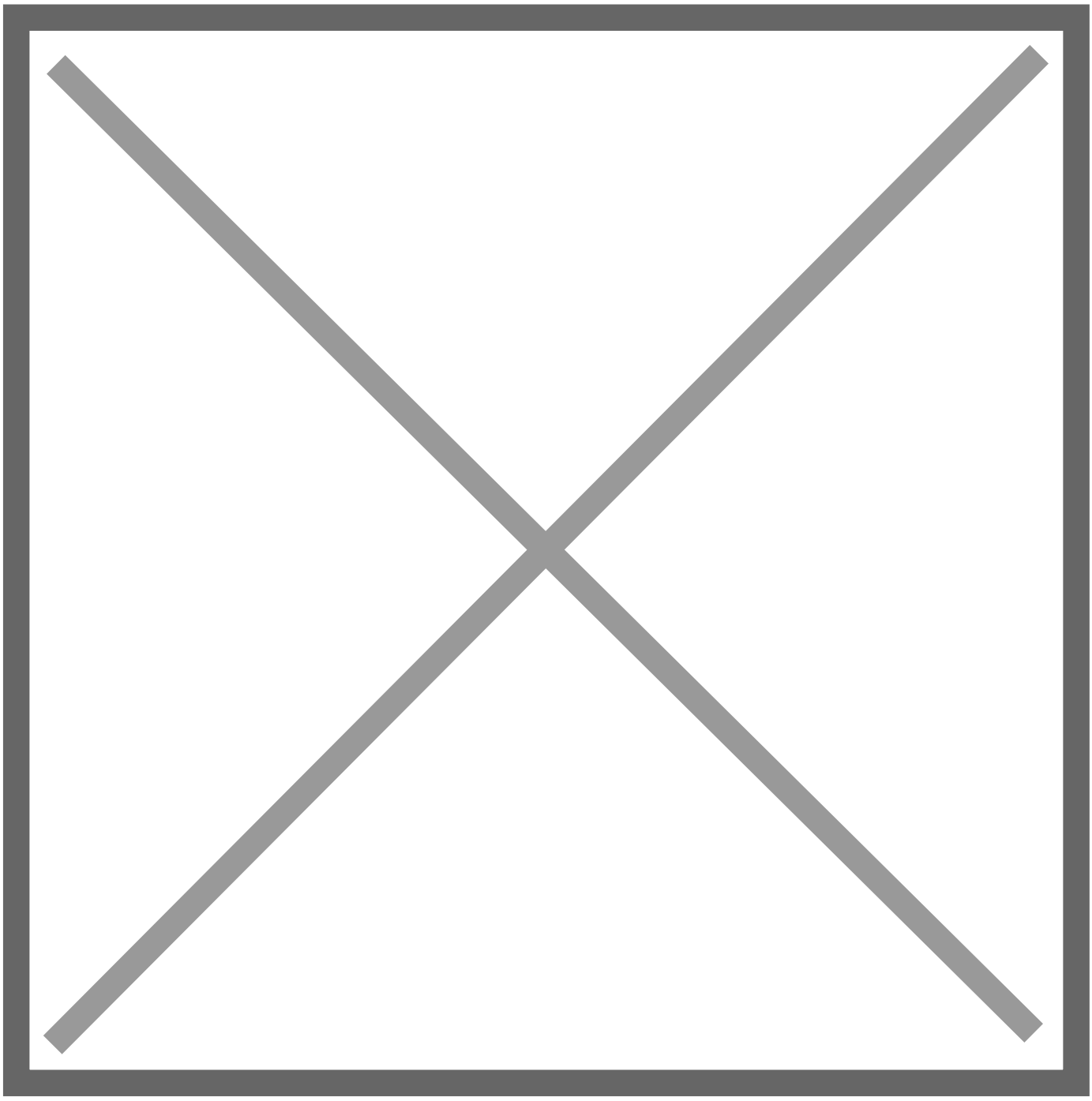


Age:	20+
Area covered:	National

□□□□ :	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]
Definitions:	Indicence per 100,000

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

Women, 2022

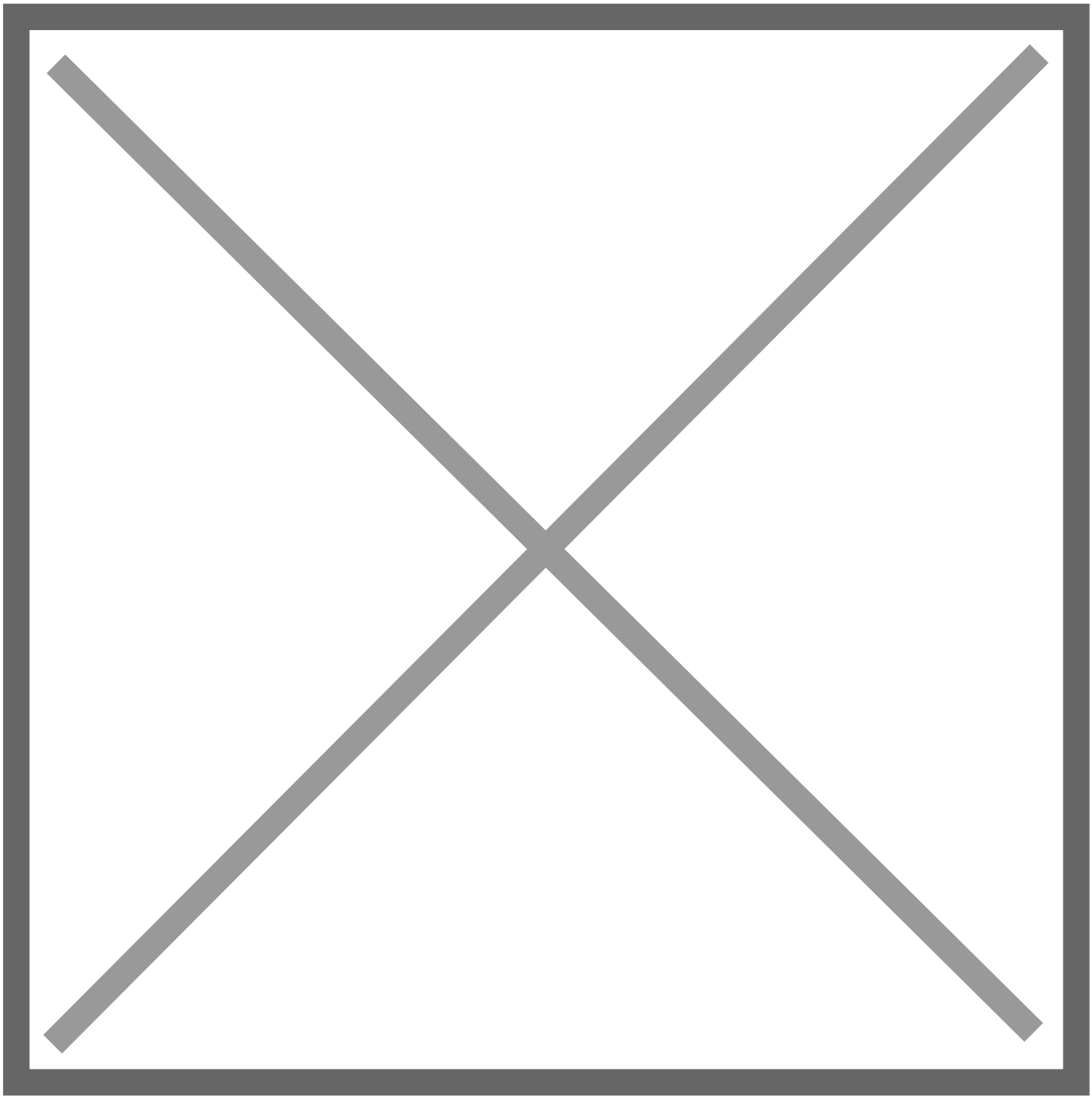


Age:	20+
Area covered:	National
□□□ :	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]
Definitions:	Indicence per 100,000

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

Non Hodgkin Lymphoma

Men, 2022

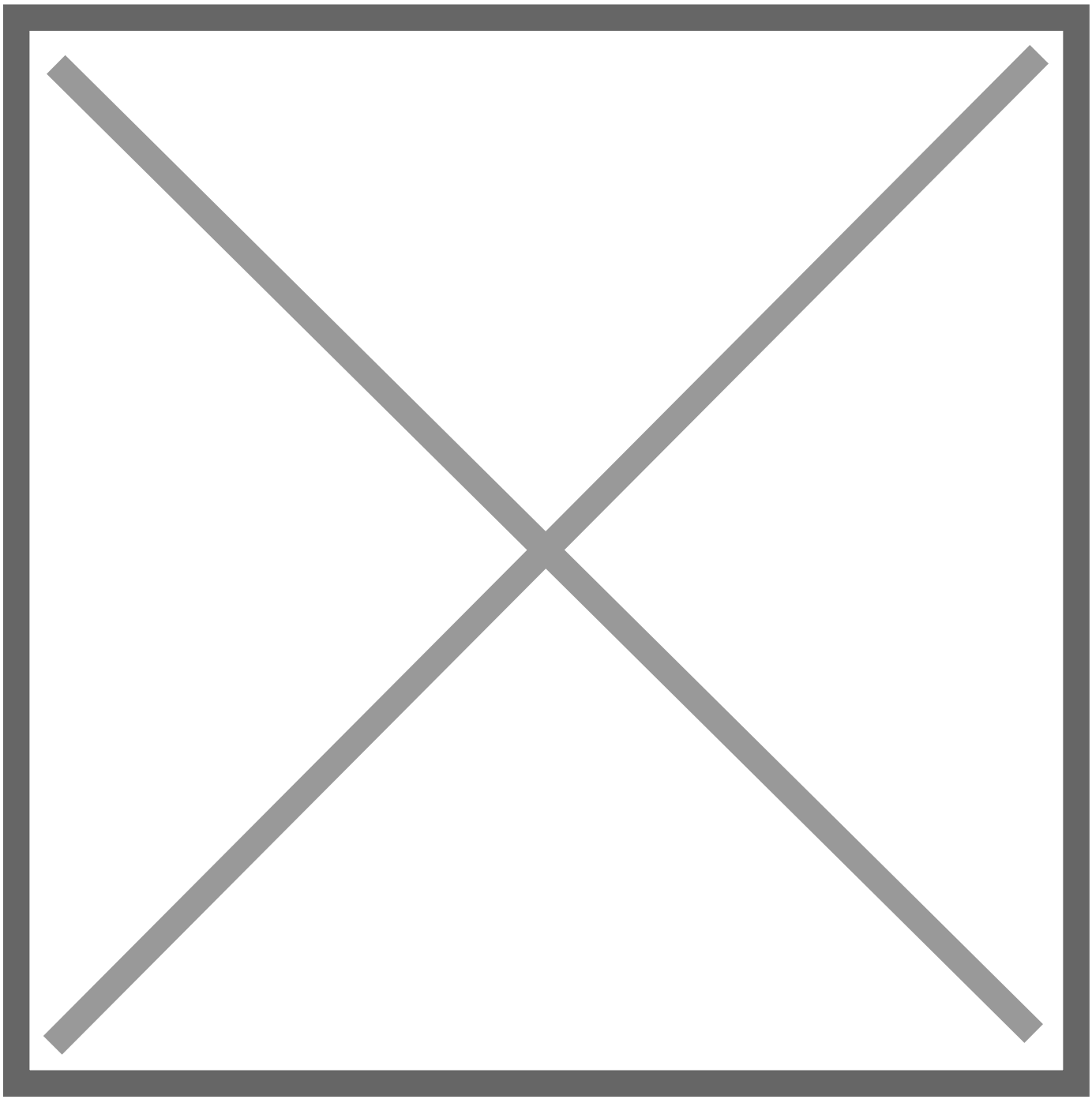


Age:	20+
Area covered:	National

□□□□ :	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]
Definitions:	Incidence per 100,000

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

Women, 2022

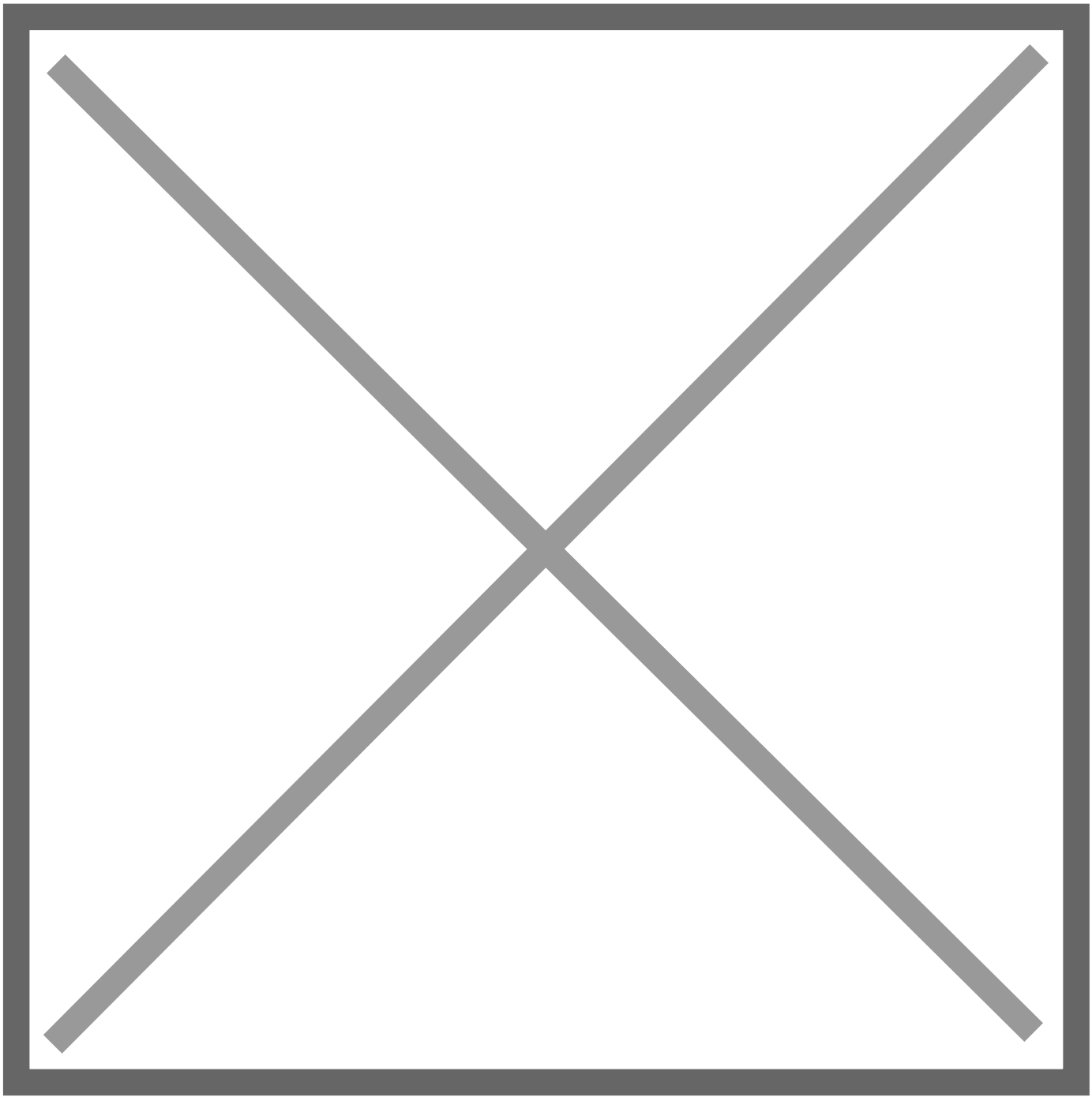


Age:	20+
Area covered:	National
□□□ :	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]
Definitions:	Incidence per 100,000

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

Thyroid Cancer

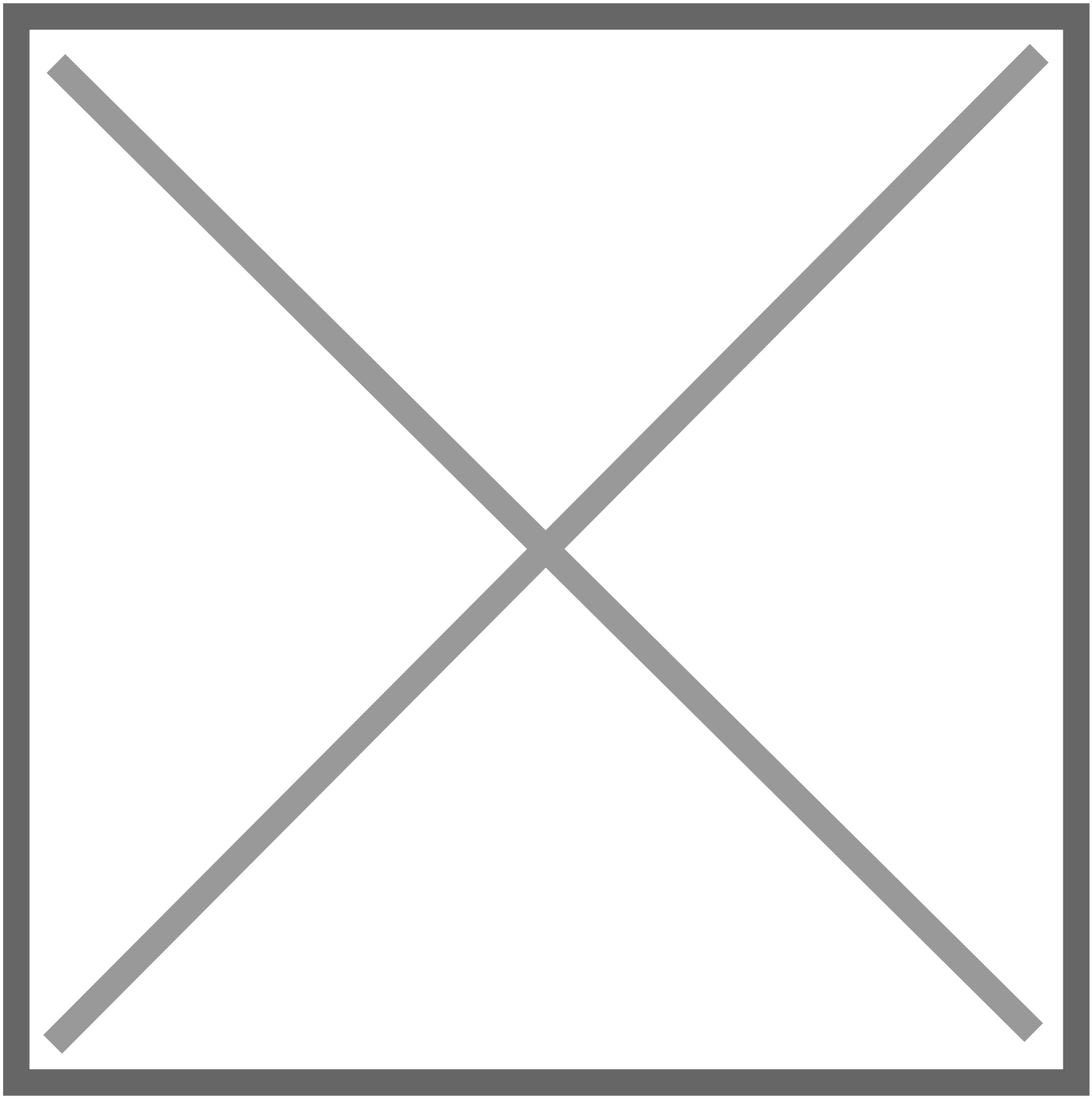
Men, 2022



Age:	20+
Area covered:	National
:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]

Definitions:	Incidence per 100,000

Women, 2022



Age:	20+
Area covered:	National
□□□ :	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]
Definitions:	Incidence per 100,000

PDF created on November 4, 2026