# Report card
## Mongolia

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</tr>
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<td>53</td>
</tr>
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<td>55</td>
</tr>
</tbody>
</table>


Obesity prevalence

Adults, 2017

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


Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m². obesity refers to a BMI greater than 30kg/m².
Children, 2013

Survey type: Measured
Age: 2-4
Sample size: 3404
Area covered: National
References: Mongolia MICS 2013 Survey - data analysed by R Jackson Leach, F Montague World Obesity Federation using monthly IOTF Cut offs
Cutoffs: IOTF
% Adults living with obesity in Mongolia 2005-2017

Survey type: Measured

References: For full details of references visit https://data.worldobesity.org/

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 2005-2017

Survey type: Measured

References: For full details of references visit https://data.worldobesity.org/

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


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


Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m². Obesity refers to a BMI greater than 30kg/m².
### Boys, 2013

<table>
<thead>
<tr>
<th>Level</th>
<th>Overweight or obesity</th>
</tr>
</thead>
<tbody>
<tr>
<td>None</td>
<td>23%</td>
</tr>
<tr>
<td>Primary</td>
<td>25%</td>
</tr>
<tr>
<td>Basic secondary</td>
<td>22%</td>
</tr>
<tr>
<td>Complete Secondary</td>
<td>20%</td>
</tr>
<tr>
<td>Vocational</td>
<td>21%</td>
</tr>
<tr>
<td>Post-secondary</td>
<td>22%</td>
</tr>
</tbody>
</table>

- **Survey type:** Measured
- **Age:** 2-4
- **Sample size:** 3404
- **Area covered:** National
- **References:** Mongolia MICS 2013 Survey - data analysed by R Jackson Leach, F Montague. World Obesity Federation
- **Notes:** IOTF monthly cut offs
- **Cutoffs:** IOTF
Girls, 2013

Survey type: Measured
Age: 2-4
Sample size: 3404
Area covered: National
References: 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 age

Adults, 2013

Survey type: Measured
Sample size: 5119
Area covered: National
Notes: STEPS protocol

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
Children, 2013

- **Survey type:** Measured
- **Sample size:** 3404
- **Area covered:** National
- **References:** 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, 2017

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


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


Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m². obesity refers to a BMI greater than 30kg/m².
Boys, 2013

Survey type: Measured
Age: 2-4
Sample size: 3404
Area covered: National
References: Mongolia MICS 2013 Survey - data analysed by R Jackson Leach, F Montague. World Obesity Federation
Notes: IOTF monthly cut offs
Cutoffs: IOTF
### Girls, 2013

**Survey type:** Measured

**Age:** 2-4

**Sample size:** 3404

**Area covered:** National

**References:** Mongolia MICS 2013 Survey - data analysed by R Jackson Leach, F Montague. World Obesity Federation

**Notes:** IOTF monthly cut offs

**Cutoffs:** IOTF

---

<table>
<thead>
<tr>
<th></th>
<th>Rural</th>
<th>Urban</th>
</tr>
</thead>
<tbody>
<tr>
<td>Obesity</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Overweight</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Overweight/obesity by socio-economic group

Men, 2017

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

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
Survey type: Measured
Age: 15-49
Sample size: 3314
Area covered: National

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
Boys, 2013

Survey type: Measured
Age: 2-4
Sample size: 3404
Area covered: National
References: Mongolia MICS 2013 Survey - data analysed by R Jackson Leach, F Montague. World Obesity Federation
Notes: IOTF monthly cut offs
Cutoffs: IOTF
Girls, 2013

Survey type: Measured
Age: 2-4
Sample size: 3404
Area covered: National
References: Mongolia MICS 2013 Survey - data analysed by R Jackson Leach, F Montague. World Obesity Federation
Notes: IOTF monthly cut offs
Cutoffs: IOTF
Insufficient physical activity

Adults, 2016

Men, 2016

References:
**Women, 2016**

![Bar chart showing the percentage of insufficient physical activity among women in various countries.](chart)

**References:**

Children, 2010

Age: 11-17


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, 2010

% insufficient physical activity

Age: 11-17


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, 2010**

<table>
<thead>
<tr>
<th>Country</th>
<th>% Insufficient Physical Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Palau</td>
<td>80</td>
</tr>
<tr>
<td>Mongolia</td>
<td>76</td>
</tr>
<tr>
<td>Tonga</td>
<td>74</td>
</tr>
<tr>
<td>Cook Islands</td>
<td>72</td>
</tr>
<tr>
<td>Solomon Is.</td>
<td>67</td>
</tr>
<tr>
<td>Kiribati</td>
<td>66</td>
</tr>
<tr>
<td>Samoa</td>
<td>65</td>
</tr>
<tr>
<td>China</td>
<td>63</td>
</tr>
<tr>
<td>Niue</td>
<td>61</td>
</tr>
<tr>
<td>Fiji</td>
<td>59</td>
</tr>
<tr>
<td>Tuvalu</td>
<td>56</td>
</tr>
<tr>
<td>Vanuatu</td>
<td>55</td>
</tr>
<tr>
<td>Nauru</td>
<td>54</td>
</tr>
<tr>
<td>Vietnam</td>
<td>54</td>
</tr>
<tr>
<td>Australia</td>
<td>53</td>
</tr>
<tr>
<td>Malaysia</td>
<td>52</td>
</tr>
<tr>
<td>Philippines</td>
<td>51</td>
</tr>
<tr>
<td>Singapore</td>
<td>51</td>
</tr>
<tr>
<td>Brunei Darussalam</td>
<td>51</td>
</tr>
<tr>
<td>South Korea</td>
<td>51</td>
</tr>
<tr>
<td>Cambodia</td>
<td>51</td>
</tr>
</tbody>
</table>

**Age:** 11-17

**References:**

**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

### Estimated per-capita fruit intake

#### Adults, 2017

<table>
<thead>
<tr>
<th>Country</th>
<th>Estimated Per-capita Fruit Intake (g/day)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mongolia</td>
<td>27</td>
</tr>
<tr>
<td>Cambodia</td>
<td>33</td>
</tr>
<tr>
<td>Fiji</td>
<td>35</td>
</tr>
<tr>
<td>Vanuatu</td>
<td>37</td>
</tr>
<tr>
<td>Papua New Guinea</td>
<td>40</td>
</tr>
<tr>
<td>Micronesia</td>
<td>45</td>
</tr>
<tr>
<td>Solomon Is.</td>
<td>46</td>
</tr>
<tr>
<td>China</td>
<td>49</td>
</tr>
<tr>
<td>Samoa</td>
<td>52</td>
</tr>
<tr>
<td>Vietnam</td>
<td>53</td>
</tr>
<tr>
<td>Tonga</td>
<td>54</td>
</tr>
<tr>
<td>Malaysia</td>
<td>56</td>
</tr>
<tr>
<td>Laos</td>
<td>57</td>
</tr>
<tr>
<td>Brunei Darussalam</td>
<td>58</td>
</tr>
<tr>
<td>Australia</td>
<td>60</td>
</tr>
<tr>
<td>New Zealand</td>
<td>62</td>
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<tr>
<td>Singapore</td>
<td>68</td>
</tr>
<tr>
<td>South Korea</td>
<td>70</td>
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<tr>
<td>Philippines</td>
<td>74</td>
</tr>
<tr>
<td>Japan</td>
<td>78</td>
</tr>
<tr>
<td>Micronesia</td>
<td>80</td>
</tr>
<tr>
<td>Solomon Is.</td>
<td>88</td>
</tr>
<tr>
<td>Fiji</td>
<td>94</td>
</tr>
<tr>
<td>Samoa</td>
<td>100</td>
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<td>China</td>
<td>102</td>
</tr>
<tr>
<td>Vietnam</td>
<td>106</td>
</tr>
<tr>
<td>Tonga</td>
<td>110</td>
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<td>Malaysia</td>
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<tr>
<td>Laos</td>
<td>114</td>
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<td>Brunei Darussalam</td>
<td>116</td>
</tr>
<tr>
<td>Australia</td>
<td>118</td>
</tr>
<tr>
<td>New Zealand</td>
<td>120</td>
</tr>
<tr>
<td>Singapore</td>
<td>122</td>
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<tr>
<td>South Korea</td>
<td>124</td>
</tr>
<tr>
<td>Philippines</td>
<td>126</td>
</tr>
<tr>
<td>Japan</td>
<td>130</td>
</tr>
<tr>
<td>Micronesia</td>
<td>134</td>
</tr>
<tr>
<td>Solomon Is.</td>
<td>138</td>
</tr>
<tr>
<td>Fiji</td>
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<tr>
<td>Samoa</td>
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<td>Tonga</td>
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<td>Australia</td>
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<td>New Zealand</td>
<td>156</td>
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<tr>
<td>Singapore</td>
<td>158</td>
</tr>
<tr>
<td>South Korea</td>
<td>160</td>
</tr>
</tbody>
</table>

### Survey type: Measured

### Age: 25+

### References: Global Burden of Disease, the Institute for Health Metrics and Evaluation [http://ghdx.healthdata.org/](http://ghdx.healthdata.org/)

### Definitions: Estimated per-capita fruit intake (g/day)
## Prevalence of less-than-daily fruit consumption

### Children, 2010-2015

<table>
<thead>
<tr>
<th>Country</th>
<th>% &lt; daily consumption</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vanuatu</td>
<td>10</td>
</tr>
<tr>
<td>Fiji</td>
<td>12</td>
</tr>
<tr>
<td>Vietnam</td>
<td>15</td>
</tr>
<tr>
<td>Cook Islands</td>
<td>22</td>
</tr>
<tr>
<td>Samoa</td>
<td>23</td>
</tr>
<tr>
<td>Malaysia</td>
<td>26</td>
</tr>
<tr>
<td>Solomon Is.</td>
<td>27</td>
</tr>
<tr>
<td>Laos</td>
<td>28</td>
</tr>
<tr>
<td>Philippines</td>
<td>29</td>
</tr>
<tr>
<td>Wallis &amp; Futuna</td>
<td>30</td>
</tr>
<tr>
<td>Tonga</td>
<td>32</td>
</tr>
<tr>
<td>Tuvalu</td>
<td>33</td>
</tr>
<tr>
<td>Niue</td>
<td>34</td>
</tr>
<tr>
<td>Brunei Darussalam</td>
<td>35</td>
</tr>
<tr>
<td>Kiribati</td>
<td>36</td>
</tr>
<tr>
<td>Cambodia</td>
<td>37</td>
</tr>
<tr>
<td>Nauru</td>
<td>38</td>
</tr>
<tr>
<td>Mongolia</td>
<td>39</td>
</tr>
</tbody>
</table>

### Survey type:
Measured

### Age:
12-17

### References:

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

Children, 2010-2015

Survey type: Measured
Age: 12-17

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

Children, 2010-2015

Age: 12-17

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


Definitions: % of population with depression disorders
Mental health - anxiety disorders

Adults, 2015


Definitions: % of population with anxiety disorders
Oesophageal cancer

Men, 2018

Age: 20+


Definitions: Estimated age-standardized incidence rates (World) in 2018, oesophagus, adults ages 20+. ASR (World) per 100,000
Women, 2018


Definitions: Estimated age-standardized incidence rates (World) in 2018, oesophagus, adults ages 20+. ASR (World) per 100,000
Breast cancer

Women, 2018

Age:


Definitions: Estimated age-standardized incidence rates (World) in 2018, breast, females, ages 20+. ASR (World) per 100,000
Colorectal cancer

Men, 2018

Age:


Definitions: Estimated age-standardized incidence rates (World) in 2018, colorectum, adults, ages 20+. ASR (World) per 100,000
Women, 2018

Age: 20+


Definitions: Estimated age-standardized incidence rates (World) in 2018, colorectum, adults, ages 20+. ASR (World) per 100,000
Pancreatic cancer

Men, 2018

Incidence per 100,000

Vietnam
Vanuatu
Solomon Is.
Laos
Fiji
Papua New Guinea
Malaysia
Brunei Darussalam
Mongolia
China
Samoa
New Zealand
Australia
Tahiti
South Korea
Singapore
Japan

References: Global Cancer Observatory, Cancer incidence rates [http://gco.iarc.fr/] (last accessed 30th June 2020)

Definitions: Estimated age-standardized incidence rates (World) in 2018, pancreas, adults, ages 20+. ASR (World) per 100,000
Women, 2018

Incidence per 100,000

Age: 20+


Definitions: Estimated age-standardized incidence rates (World) in 2018, pancreas, adults, ages 20+. ASR (World) per 100,000
Gallbladder cancer

Men, 2018

Incidence per 100,000

Age: 20+


Definitions: Estimated age-standardized incidence rates (World) in 2018, gallbladder, adults, ages 20+. ASR (World) per 100,000
Women, 2018

Age:


Definitions: Estimated age-standardized incidence rates (World) in 2018, gallbladder, adults, ages 20+. ASR (World) per 100,000
Kidney cancer

Men, 2018

Age: 20+

References: Global Cancer Observatory, Cancer incidence rates http://gco.iarc.fr/ (last accessed 30th June 2020)

Definitions: Estimated age-standardized incidence rates (World) in 2018, kidney, adults, ages 20+. ASR (World) per 100,000
Women, 2018


Definitions: Estimated age-standardized incidence rates (World) in 2018, kidney, adults, ages 20+. ASR (World) per 100,000
Cancer of the uterus

Women, 2018


Definitions: Estimated age-standardized incidence rates (World) in 2018, cervix uteri, females, ages 20+. ASR (World) per 100,000
Raised blood pressure

Adults, 2015


Definitions: Age Standardised estimated % Raised blood pressure 2015 (SBP>=140 OR DBP>=90)
Men, 2015

References:

Definitions:
Age Standardised estimated % Raised blood pressure 2015 (SBP>=140 OR DBP>=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


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

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

Definitions: % Raised total cholesterol (>= 5.0 mmol/L) (age-standardized estimate).
 Raised fasting blood glucose

Men, 2014


Definitions: Age Standardised % raised fasting blood glucose (>= 7.0 mmol/L or on medication).
Women, 2014


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

Adults, 2017


Definitions: Diabetes age-adjusted comparative prevalence (%).

PDF created on September 11, 2020