# Report card

## Mongolia

<table>
<thead>
<tr>
<th>Contents</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Obesity prevalence</td>
<td>2</td>
</tr>
<tr>
<td>Trend: % Adults living with obesity in Mongolia 2005-2017</td>
<td>4</td>
</tr>
<tr>
<td>Trend: % Adults living with overweight or obesity in Mongolia 2005-2017</td>
<td>6</td>
</tr>
<tr>
<td>Overweight/obesity by education</td>
<td>8</td>
</tr>
<tr>
<td>Overweight/obesity by age</td>
<td>12</td>
</tr>
<tr>
<td>Overweight/obesity by region</td>
<td>14</td>
</tr>
<tr>
<td>Overweight/obesity by socio-economic group</td>
<td>18</td>
</tr>
<tr>
<td>Insufficient physical activity</td>
<td>22</td>
</tr>
<tr>
<td>Average daily frequency of carbonated soft drink consumption</td>
<td>28</td>
</tr>
<tr>
<td>Estimated per-capita fruit intake</td>
<td>29</td>
</tr>
<tr>
<td>Prevalence of less-than-daily fruit consumption</td>
<td>30</td>
</tr>
<tr>
<td>Prevalence of less-than-daily vegetable consumption</td>
<td>31</td>
</tr>
<tr>
<td>Average weekly frequency of fast food consumption</td>
<td>32</td>
</tr>
<tr>
<td>Estimated per-capita processed meat intake</td>
<td>33</td>
</tr>
<tr>
<td>Estimated per-capita whole grains intake</td>
<td>34</td>
</tr>
<tr>
<td>Mental health - depression disorders</td>
<td>35</td>
</tr>
<tr>
<td>Mental health - anxiety disorders</td>
<td>36</td>
</tr>
<tr>
<td>Oesophageal cancer</td>
<td>37</td>
</tr>
<tr>
<td>Breast cancer</td>
<td>39</td>
</tr>
<tr>
<td>Colorectal cancer</td>
<td>40</td>
</tr>
<tr>
<td>Pancreatic cancer</td>
<td>42</td>
</tr>
<tr>
<td>Gallbladder cancer</td>
<td>44</td>
</tr>
<tr>
<td>Kidney cancer</td>
<td>46</td>
</tr>
<tr>
<td>Cancer of the uterus</td>
<td>48</td>
</tr>
<tr>
<td>Raised blood pressure</td>
<td>49</td>
</tr>
<tr>
<td>Raised cholesterol</td>
<td>52</td>
</tr>
<tr>
<td>Raised fasting blood glucose</td>
<td>55</td>
</tr>
<tr>
<td>Diabetes prevalence</td>
<td>57</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

<table>
<thead>
<tr>
<th></th>
<th>Obesity</th>
<th>Overweight</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Children</strong></td>
<td><img src="chart.png" alt="Chart" /></td>
<td><img src="chart.png" alt="Chart" /></td>
</tr>
<tr>
<td><strong>Boys</strong></td>
<td><img src="chart.png" alt="Chart" /></td>
<td><img src="chart.png" alt="Chart" /></td>
</tr>
<tr>
<td><strong>Girls</strong></td>
<td><img src="chart.png" alt="Chart" /></td>
<td><img src="chart.png" alt="Chart" /></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 using monthly IOTF Cut offs

**Notes:** NB. Combined child data estimated. These estimates were calculated by weighting male and female survey results. Weighting based on World Bank Population % total female 2019 (https://data.worldbank.org/indicator/SP.POP.TOTL.FE.ZS - accessed 21.10.20).

**Cutoffs:** IOTF
% Adults living with obesity in Mongolia 2005-2017

Men

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.
Women

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

Men

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.
Women

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

References:

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

<table>
<thead>
<tr>
<th>Education Level</th>
<th>% Overweight or Obesity</th>
</tr>
</thead>
<tbody>
<tr>
<td>None</td>
<td>25</td>
</tr>
<tr>
<td>Primary</td>
<td>20</td>
</tr>
<tr>
<td>Basic secondary</td>
<td>23</td>
</tr>
<tr>
<td>Complete Secondary</td>
<td>22</td>
</tr>
<tr>
<td>Vocational</td>
<td>24</td>
</tr>
<tr>
<td>Post-secondary</td>
<td>21</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
Overweight/obesity by age

Adults, 2013

<table>
<thead>
<tr>
<th>Age Range</th>
<th>Men</th>
<th>Women</th>
</tr>
</thead>
<tbody>
<tr>
<td>18-24</td>
<td></td>
<td></td>
</tr>
<tr>
<td>25-34</td>
<td></td>
<td></td>
</tr>
<tr>
<td>35-44</td>
<td></td>
<td></td>
</tr>
<tr>
<td>45-54</td>
<td></td>
<td></td>
</tr>
<tr>
<td>55-64</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th></th>
<th>Rural</th>
<th>Urban</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Overweight</strong></td>
<td>40%</td>
<td>38%</td>
</tr>
<tr>
<td><strong>Obesity</strong></td>
<td>15%</td>
<td>15%</td>
</tr>
</tbody>
</table>

**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
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.
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

<table>
<thead>
<tr>
<th>Quintile</th>
<th>Overweight or obesity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1st (lowest)</td>
<td>23%</td>
</tr>
<tr>
<td>2nd</td>
<td>22%</td>
</tr>
<tr>
<td>3rd</td>
<td>22%</td>
</tr>
<tr>
<td>4th</td>
<td>23%</td>
</tr>
<tr>
<td>5th (highest)</td>
<td>18%</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
Insufficient physical activity

Adults, 2016

Women, 2016

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

- Mongolia
- Palau
- Cook Islands
- Kiribati
- China
- Malaysia
- Brunei Darussalam
- Solomon Is.
- Vietnam
- Nauru
- Fiji
- Tuvalu
- Singapore
- Vanuatu
- Tonga
- Niue
- Samoa
- Philippines
- Cambodia

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

% 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)
Average daily frequency of carbonated soft drink consumption

Children, 2010-2015

Survey type: Measured
Age: 12-17

Estimated per-capita fruit intake

Adults, 2017

Survey type: Measured
Age: 25+
Definitions: Estimated per-capita fruit intake (g/day)
# Prevalence of less-than-daily fruit consumption

## Children, 2010-2015

![Bar chart showing prevalence of less-than-daily fruit consumption for children in various countries.](chart)

<table>
<thead>
<tr>
<th>Country</th>
<th>% &lt; daily consumption</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vanuatu</td>
<td>50</td>
</tr>
<tr>
<td>Fiji</td>
<td>40</td>
</tr>
<tr>
<td>Vietnam</td>
<td>30</td>
</tr>
<tr>
<td>Cook Islands</td>
<td>30</td>
</tr>
<tr>
<td>Samoa</td>
<td>20</td>
</tr>
<tr>
<td>Malaysia</td>
<td>20</td>
</tr>
<tr>
<td>Solomon Is.</td>
<td>20</td>
</tr>
<tr>
<td>Laos</td>
<td>20</td>
</tr>
<tr>
<td>Philippines</td>
<td>20</td>
</tr>
<tr>
<td>Wallis &amp; Futuna</td>
<td>20</td>
</tr>
<tr>
<td>Tonga</td>
<td>10</td>
</tr>
<tr>
<td>Tuvalu</td>
<td>10</td>
</tr>
<tr>
<td>Niue</td>
<td>10</td>
</tr>
<tr>
<td>Brunei Darussalam</td>
<td>10</td>
</tr>
<tr>
<td>Kiribati</td>
<td>10</td>
</tr>
<tr>
<td>Cambodia</td>
<td>10</td>
</tr>
<tr>
<td>Nauru</td>
<td>10</td>
</tr>
<tr>
<td>Mongolia</td>
<td>0</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
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

Age: 20+


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

Women, 2018

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, breast, females, ages 20+. ASR (World) per 100,000
Colorectal cancer

Men, 2018

Age: 20+


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


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

Men, 2018

Age:


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

Age: 20+


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

Men, 2018


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

<table>
<thead>
<tr>
<th>Country</th>
<th>Incidence per 100,000</th>
</tr>
</thead>
<tbody>
<tr>
<td>Samoa</td>
<td>0</td>
</tr>
<tr>
<td>Solomon Is.</td>
<td>0.5</td>
</tr>
<tr>
<td>Vietnam</td>
<td>0.7</td>
</tr>
<tr>
<td>Mongolia</td>
<td>1.2</td>
</tr>
<tr>
<td>Brunei Darussalam</td>
<td>1.5</td>
</tr>
<tr>
<td>Philippines</td>
<td>2.0</td>
</tr>
<tr>
<td>Malaysia</td>
<td>2.4</td>
</tr>
<tr>
<td>Fiji</td>
<td>2.7</td>
</tr>
<tr>
<td>New Zealand</td>
<td>2.9</td>
</tr>
<tr>
<td>Singapore</td>
<td>3.2</td>
</tr>
<tr>
<td>Australia</td>
<td>3.3</td>
</tr>
<tr>
<td>Laos</td>
<td>3.5</td>
</tr>
<tr>
<td>Cambodia</td>
<td>3.8</td>
</tr>
<tr>
<td>Papua New Guinea</td>
<td>4.0</td>
</tr>
<tr>
<td>China</td>
<td>4.2</td>
</tr>
<tr>
<td>Tahiti</td>
<td>4.4</td>
</tr>
<tr>
<td>Japan</td>
<td>8.4</td>
</tr>
<tr>
<td>South Korea</td>
<td>9.0</td>
</tr>
</tbody>
</table>

**Age:** 20+


**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

Age: 20+


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

Women, 2018

Age: 20+


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:
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).
Women, 2015

Countries:
- South Korea
- Singapore
- Australia
- Japan
- New Zealand
- Brunei Darussalam
- China
- Nepal
- Malaysia
- Taiwan
- Philippines
- Thailand
- Vietnam
- Tonga
- Niue
- Samoa
- Micronesia
- Solomon Is.
- Laos
- Cambodia
- Papua New Guinea

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).
Men, 2008

% raised cholesterol


Definitions: % Raised total cholesterol (>= 5.0 mmol/L) (age-standardized estimate).
Women, 2008


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

**Men, 2014**

![Graph showing raised fasting blood glucose for various countries.](attachment:image.png)

**References:**

**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 November 17, 2020