



Mozambique



Country report card

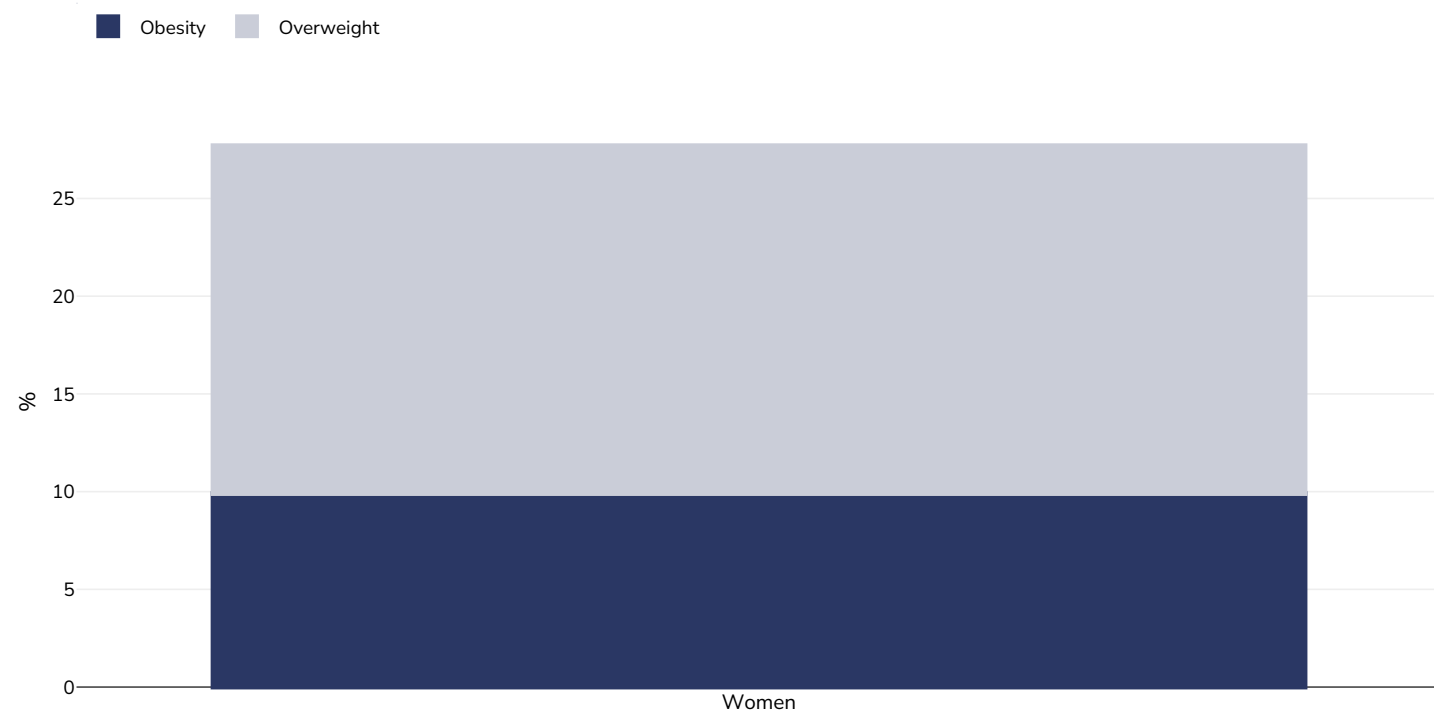
This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity . Where available, data on common and relevant obesity drivers and comorbidities are also presented.

View the latest version of this report on the Global Obesity Observatory at <https://data.worldobesity.org/country/mozambique-147/>.

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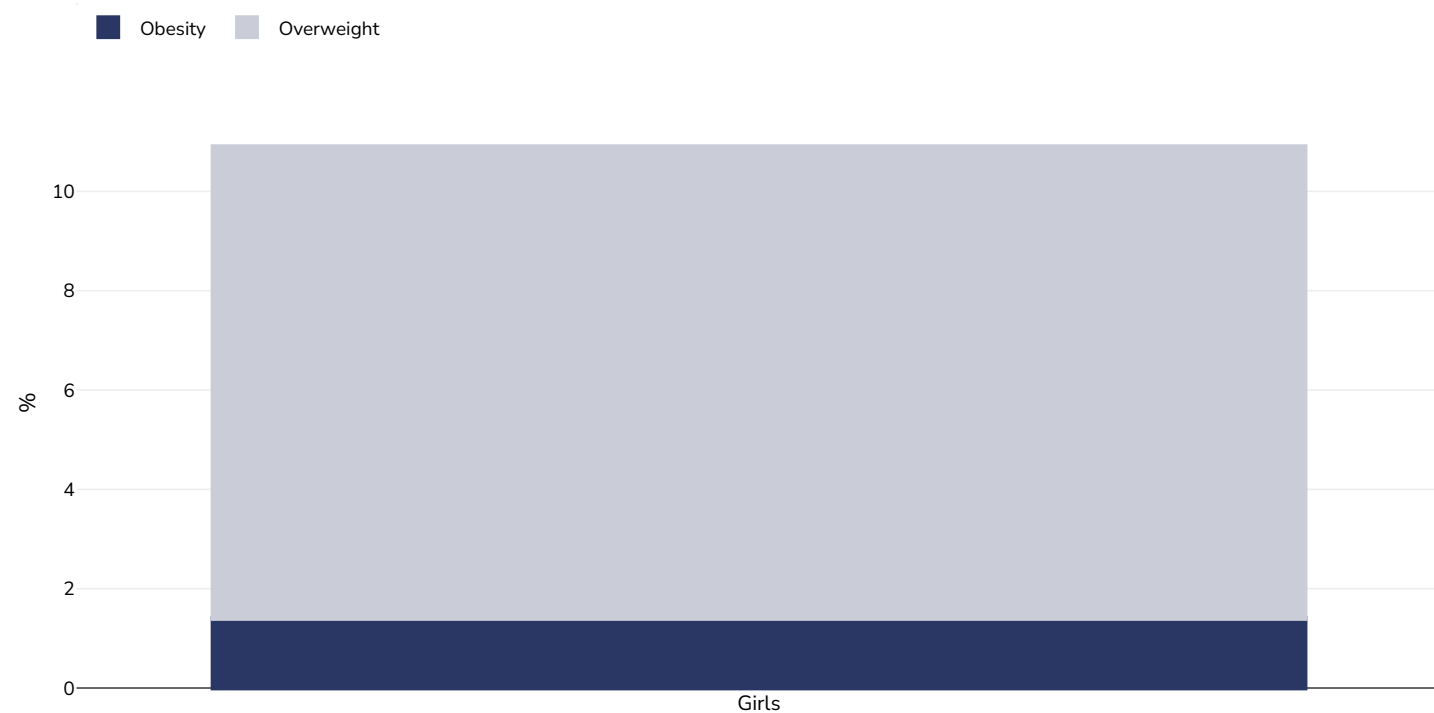
Obesity prevalence

Women, 2022-2023



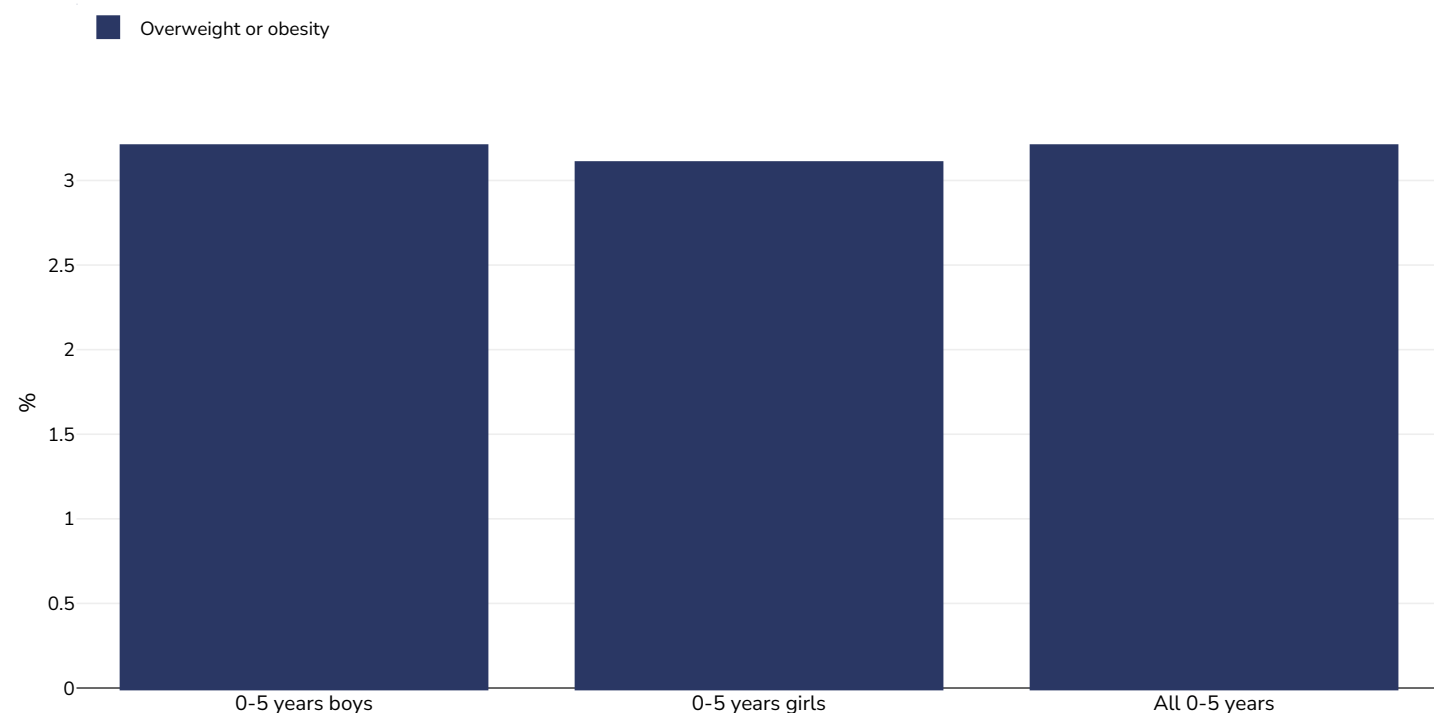
Survey type:	Measured
Age:	20-49
Sample size:	4129
Area covered:	National
References:	Instituto Nacional de Estatística (INE) e ICF. 2024. Inquérito Demográfico e de Saúde em Moçambique 2022–23. Maputo, Moçambique e Rockville, Maryland, EUA: INE e ICF.
Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m ² , obesity refers to a BMI greater than 30kg/m ² .	

Girls, 2022-2023



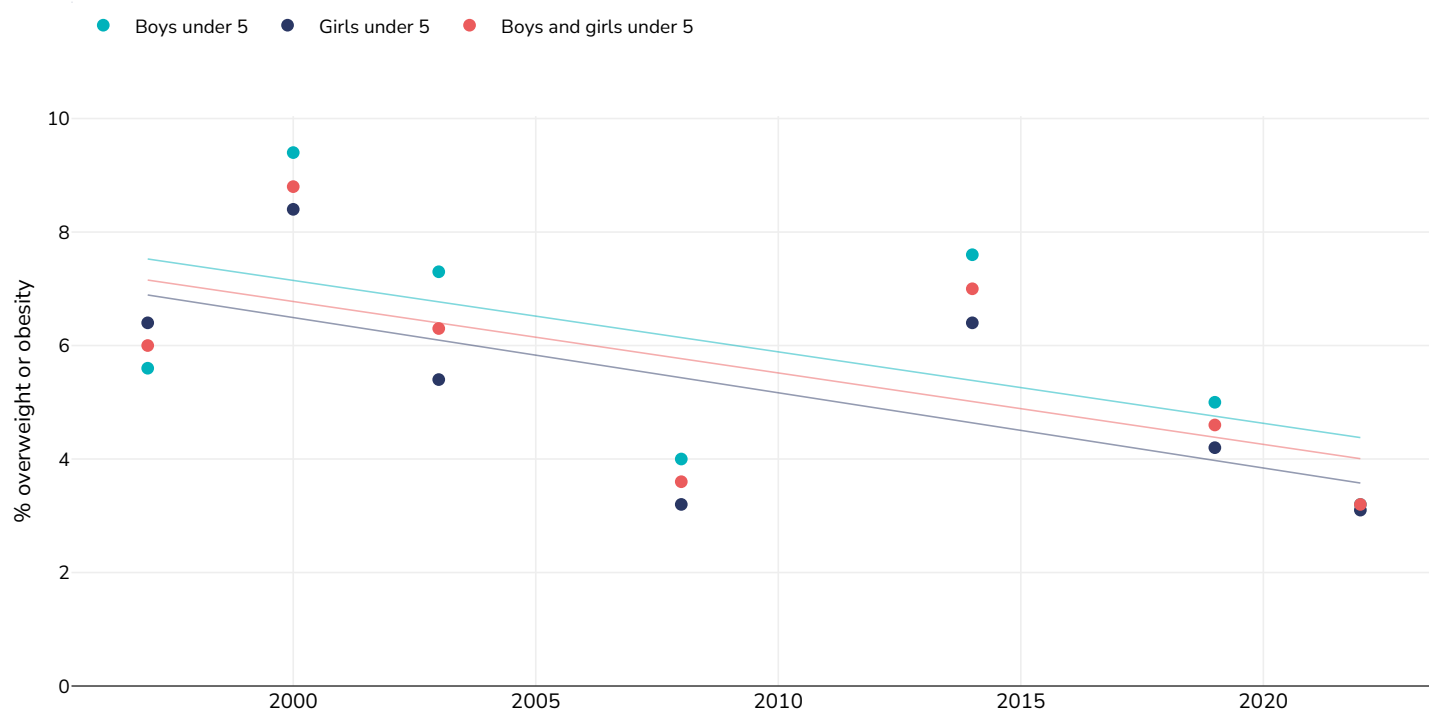
Survey type:	Measured
Age:	15-19
Sample size:	1235
Area covered:	National
References:	Instituto Nacional de Estatística (INE) e ICF. 2024. Inquérito Demográfico e de Saúde em Moçambique 2022–23. Maputo, Moçambique e Rockville, Maryland, EUA: INE e ICF.
Definitions:	BMI for age: between +1 SD and +2 SD is overweight and greater than +2 SD is obesity
Cutoffs:	WHO 2007

0-5 years, 2022-2023



Survey type:	Measured
Age:	0-5
Sample size:	4284
Area covered:	National
References:	Instituto Nacional de Estatística (INE) e ICF. 2024. Inquérito Demográfico e de Saúde em Moçambique 2022–23. Maputo, Moçambique e Rockville, Maryland, EUA: INE e ICF.
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:	WHO

% 0-5 years living with overweight or obesity, 1997-2023



Survey type:

Measured

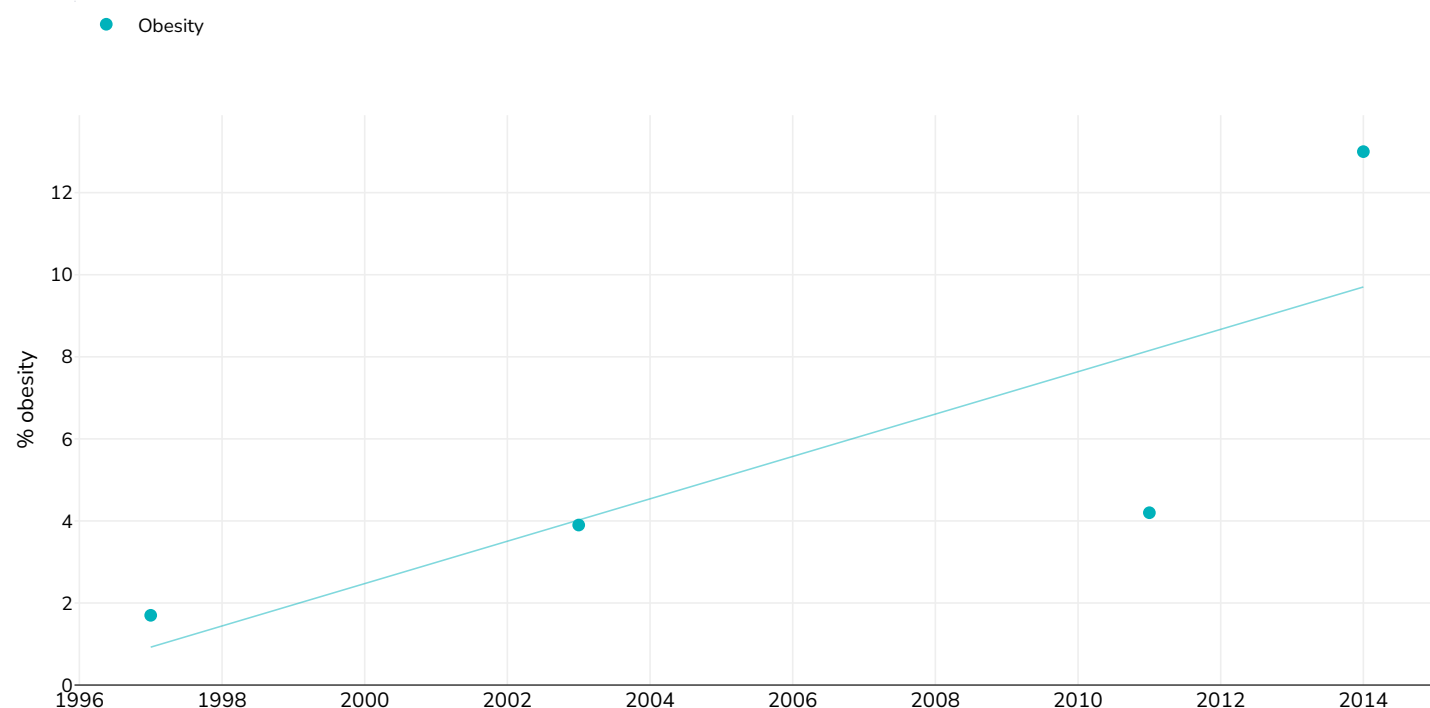
References:

- 1997: DHS: Moçambique inquérito demográfico e de saúde 1997. Demographic and Health Surveys. Instituto Nacional de Estatística. Maputo, Moçambique, 1998
- 2000: CWIQ: Questionario de indicadores basicos de bem-estar (QUIBB): Relatorio final. Maputo, Moçambique: Instituto Nacional de Estadísticas, 2001
- 2003: DHS: Moçambique inquérito demográfico e de saúde 2003. Demographic and Health Surveys. Calverton, Maryland, USA: Instituto Nacional de Estatística, Ministério da Saúde and ORC Macro, 2005
- 2008: MICS: Mozambique multiple indicator cluster survey 2008 (MICS). Maputo, Mozambique: INE, 2009
- 2014: Other: Relatório final do Inquérito ao Orçamento Familiar - IOF, 2014/15
- 2019: Other: Relatório final do Inquérito ao Orçamento Familiar - IOF, 2019/20
- 2022: Instituto Nacional de Estatística (INE) e ICF. 2024. Inquérito Demográfico e de Saúde em Moçambique 2022–23. Maputo, Moçambique e Rockville, Maryland, EUA: INE e ICF.

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 obesity in Mozambique 1997-2014

Women



Survey type:

Measured

References:

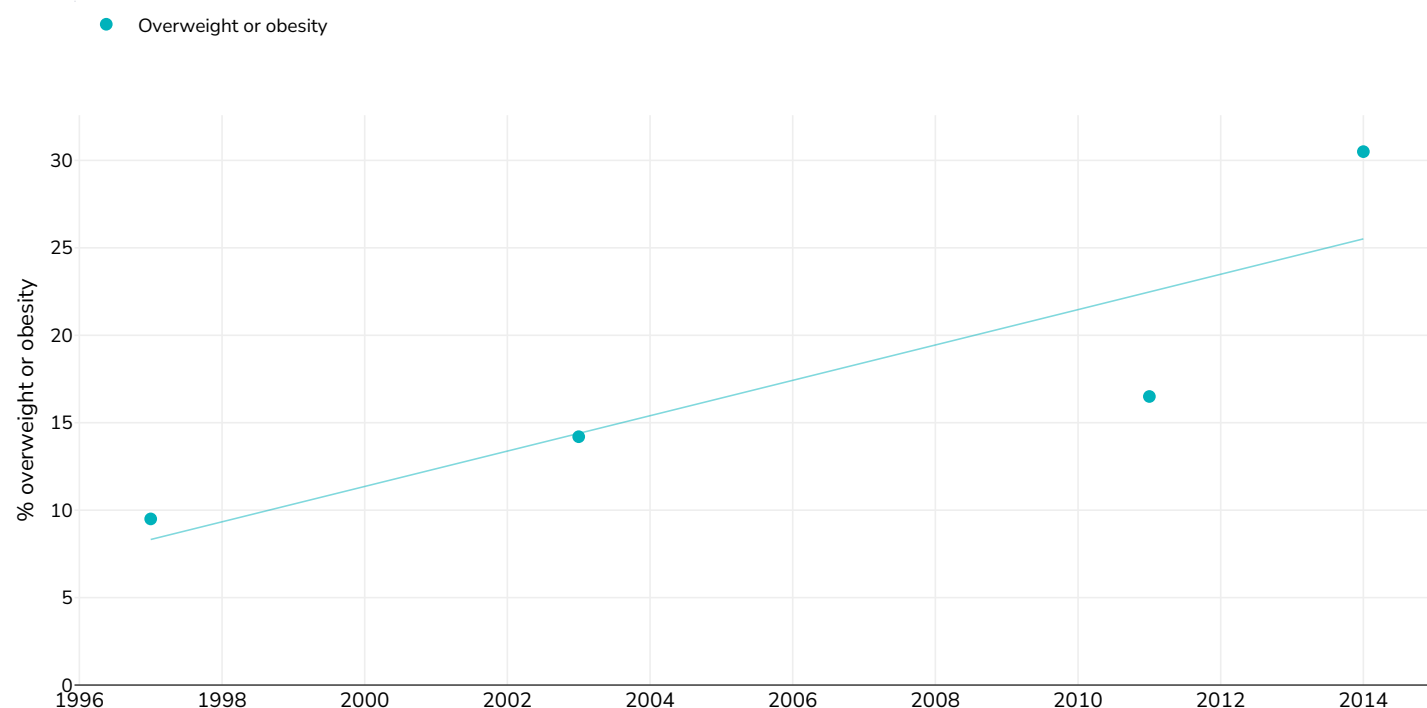
- 1997: SCN (2004). 5th Report on the World Nutrition Situation. Nutrition for Improved Development Outcomes. Appendix 11
- 2003: Instituto Nacional de Estatística/Moçambique, Ministério da Saúde/Moçambique, and MEASURE DHS+/ORC Macro. 2005. Moçambique Inquérito Demográfico e de Saúde 2003. Calverton, Maryland, USA: Instituto Nacional de Estatística/Moçambique, Ministério da Saúde/Moçambique, and MEASURE DHS+/ORC Macro.
- 2011: Ministerio da Saude - MISAU/Moçambique, Instituto Nacional de Estatística - INE/Moçambique and ICF International. Moçambique Inquérito Demográfico e de Saúde 2011. Calverton, Maryland, USA: MISA/Moçambique, INE/Moçambique and ICF International. (Portuguese)
- 2014: Fontes, F., Damasceno, A., Jessen, N., Prista, A., Silva-Matos, C., Padrão, P., & Lunet, N. (2019). Prevalence of overweight and obesity in Mozambique in 2005 and 2015. Public Health Nutrition, 22(17), 3118-3126. doi:10.1017/S1368980019002325

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 Mozambique 1997-2014

Women



Survey type:

Measured

References:

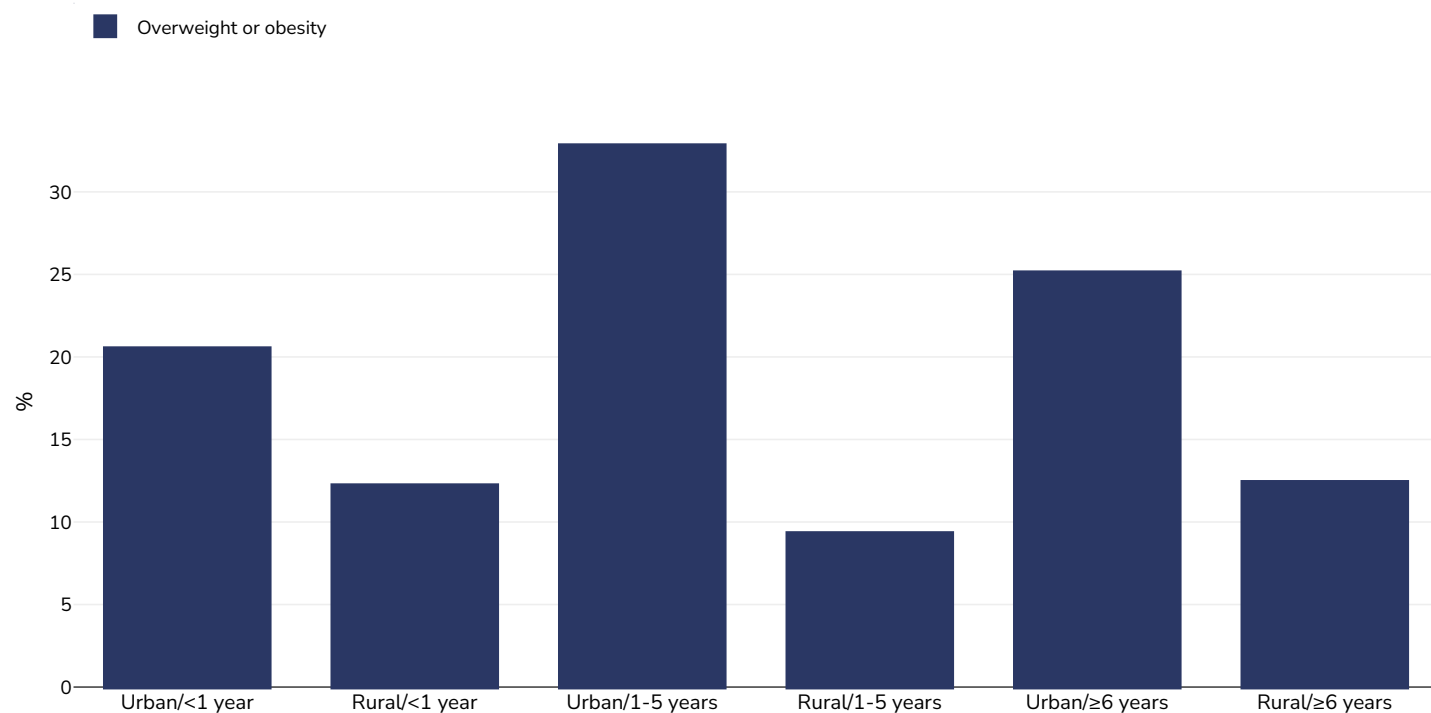
- 1997: SCN (2004). 5th Report on the World Nutrition Situation. Nutrition for Improved Development Outcomes. Appendix 11
- 2003: Instituto Nacional de Estatística/Moçambique, Ministério da Saúde/Moçambique, and MEASURE DHS+/ORC Macro. 2005. Moçambique Inquérito Demográfico e de Saúde 2003. Calverton, Maryland, USA: Instituto Nacional de Estatística/Moçambique, Ministério da Saúde/Moçambique, and MEASURE DHS+/ORC Macro.
- 2011: Ministerio da Saude - MISAU/Moçambique, Instituto Nacional de Estatística - INE/Moçambique and ICF International. Moçambique Inquérito Demográfico e de Saúde 2011. Calverton, Maryland, USA: MISA/Moçambique, INE/Moçambique and ICF International. (Portugese)
- 2014: Fontes, F., Damasceno, A., Jessen, N., Prista, A., Silva-Matos, C., Padrão, P., & Lunet, N. (2019). Prevalence of overweight and obesity in Mozambique in 2005 and 2015. Public Health Nutrition, 22(17), 3118-3126. doi:10.1017/S1368980019002325

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 age and education

Men, 2014



Survey type: Measured

Age: 25-64

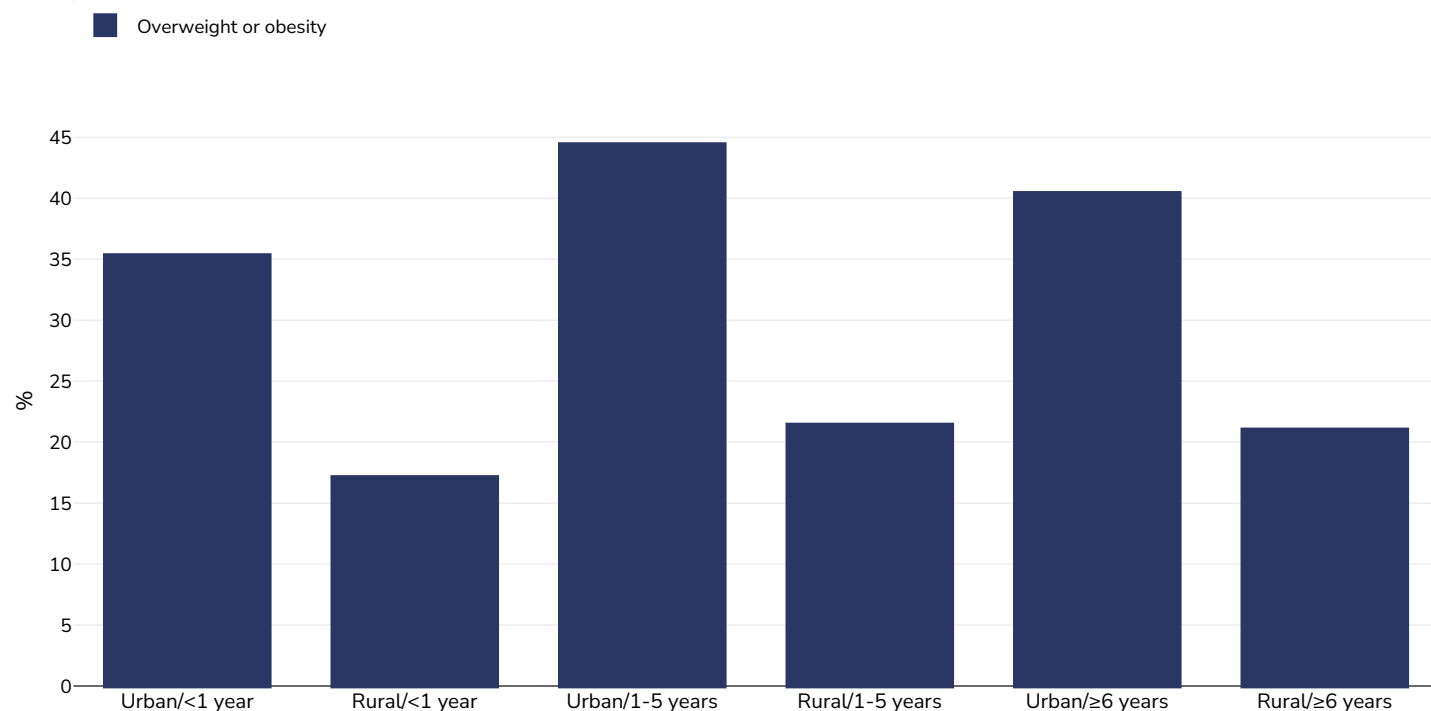
Sample size: 2595

References: Fontes, F., Damasceno, A., Jessen, N., Prista, A., Silva-Matos, C., Padrão, P., & Lunet, N. (2019). Prevalence of overweight and obesity in Mozambique in 2005 and 2015. *Public Health Nutrition*, 22(17), 3118-3126. doi:10.1017/S1368980019002325

Notes: By region and years of education

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

Women, 2014



Survey type: Measured

Age: 25-64

Sample size: 2595

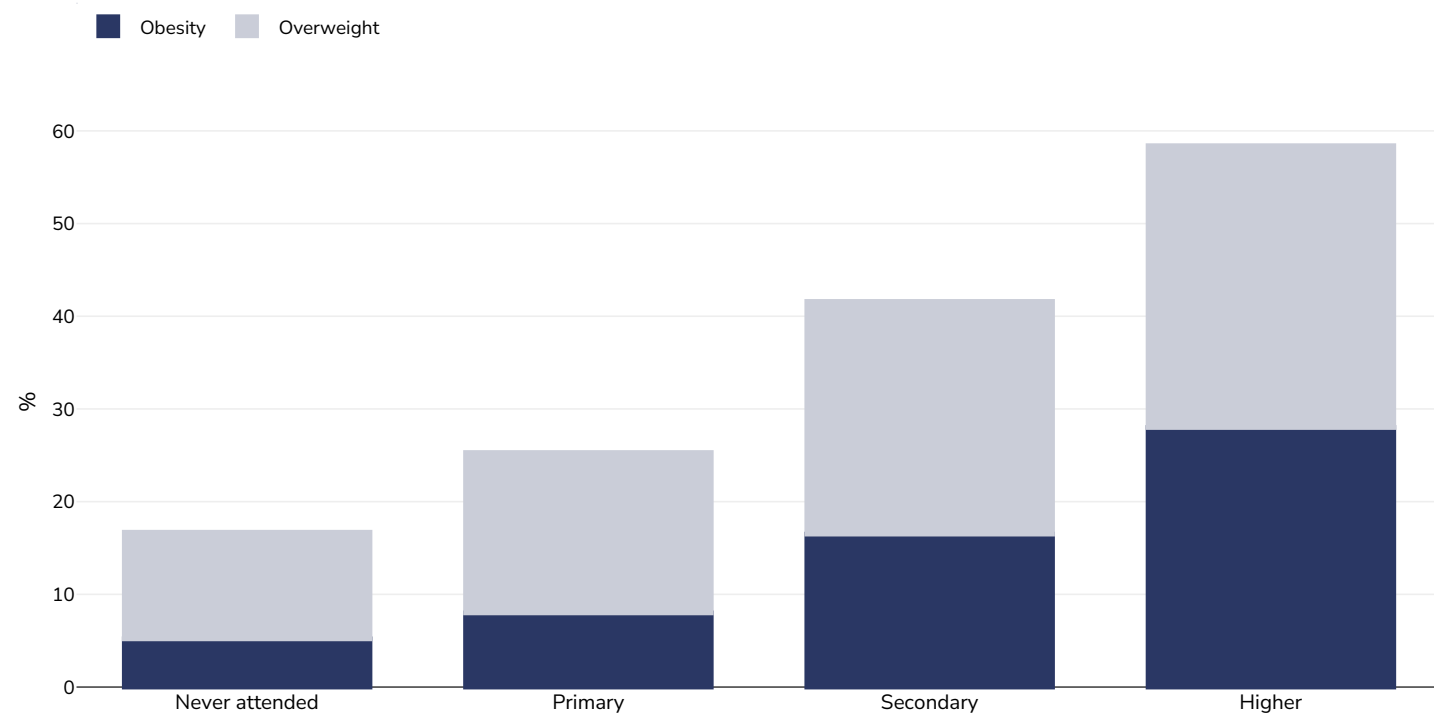
References: Fontes, F., Damasceno, A., Jessen, N., Prista, A., Silva-Matos, C., Padrão, P., & Lunet, N. (2019). Prevalence of overweight and obesity in Mozambique in 2005 and 2015. *Public Health Nutrition*, 22(17), 3118-3126. doi:10.1017/S1368980019002325

Notes: By region and years of education

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

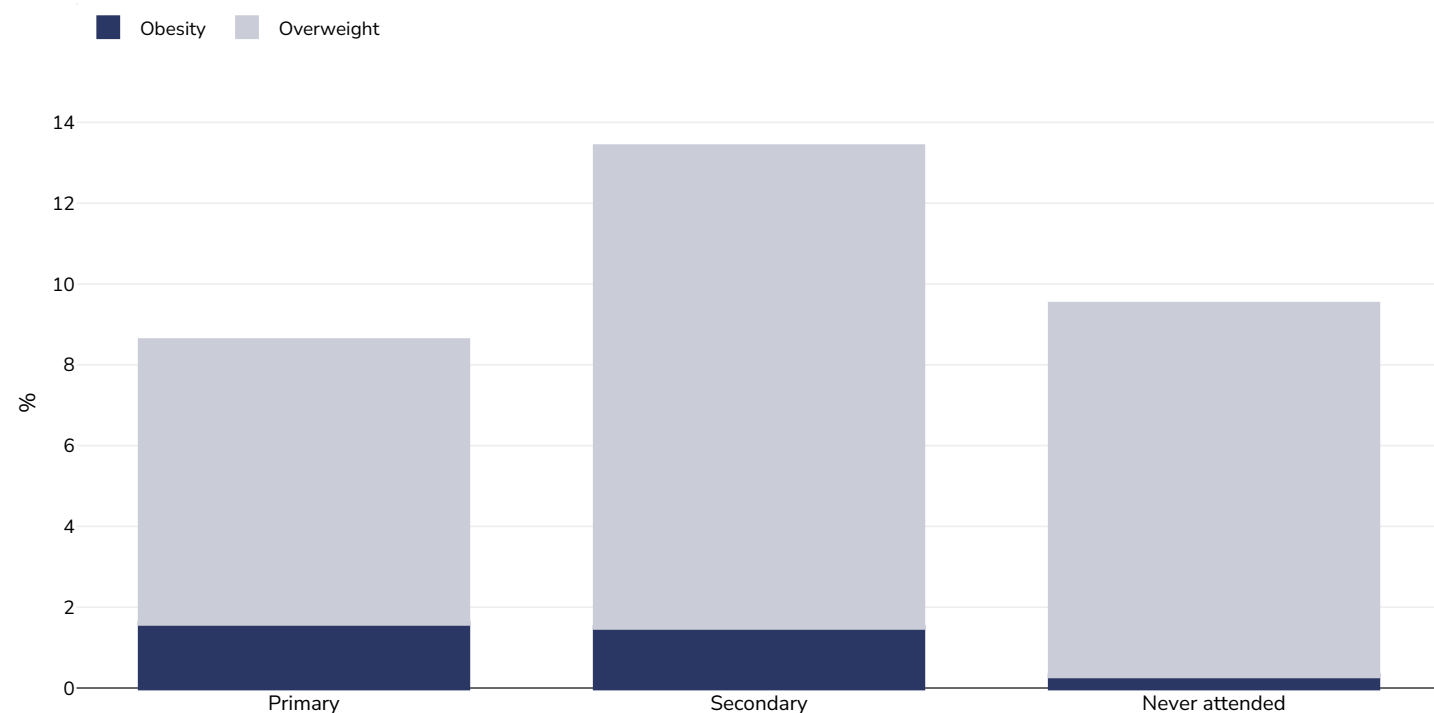
Overweight/obesity by education

Women, 2022-2023



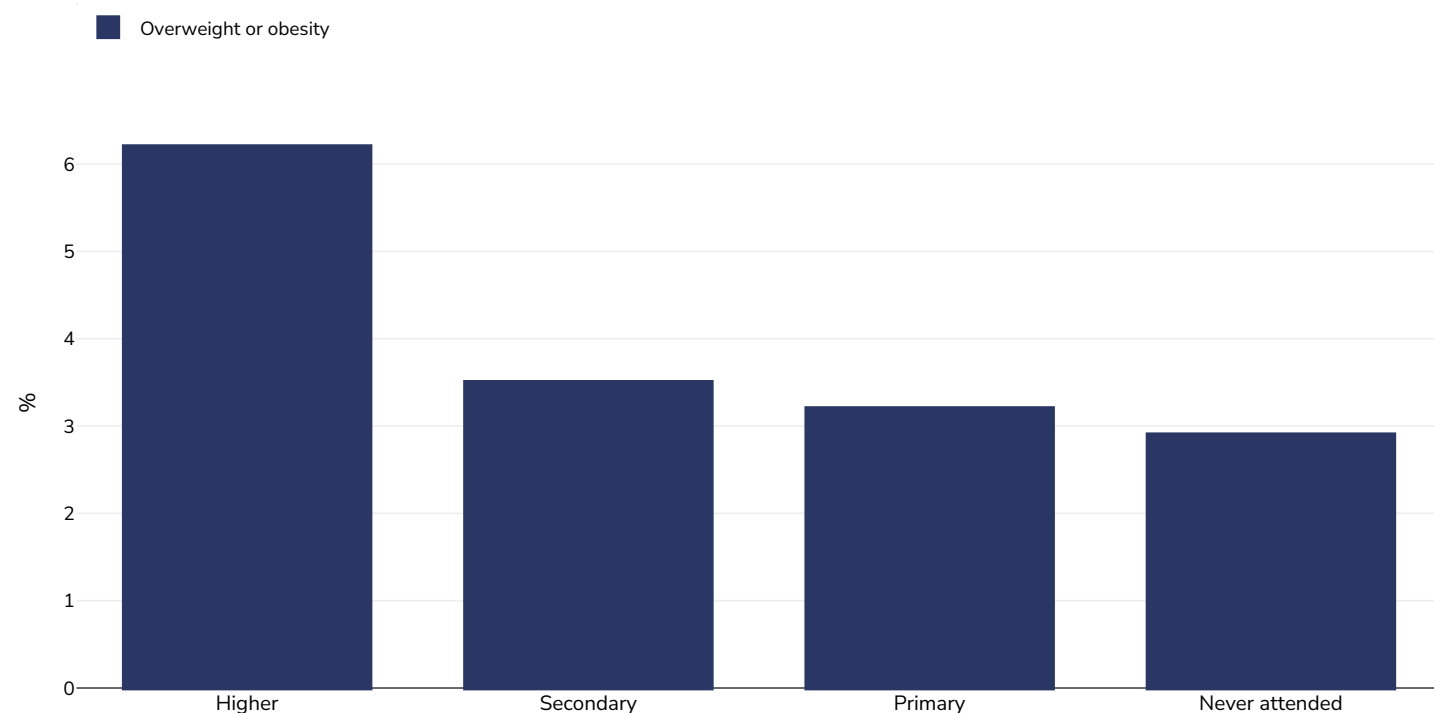
Survey type:	Measured
Age:	20-49
Sample size:	4129
Area covered:	National
References:	Instituto Nacional de Estatística (INE) e ICF. 2024. Inquérito Demográfico e de Saúde em Moçambique 2022–23. Maputo, Moçambique e Rockville, Maryland, EUA: INE e ICF.
Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².	

Girls, 2022-2023



Survey type:	Measured
Age:	15-19
Sample size:	1235
Area covered:	National
References:	Instituto Nacional de Estatística (INE) e ICF. 2024. Inquérito Demográfico e de Saúde em Moçambique 2022–23. Maputo, Moçambique e Rockville, Maryland, EUA: INE e ICF.
Definitions:	BMI for age: between +1 SD and +2 SD is overweight and greater than +2 SD is obesity
Cutoffs:	WHO 2007

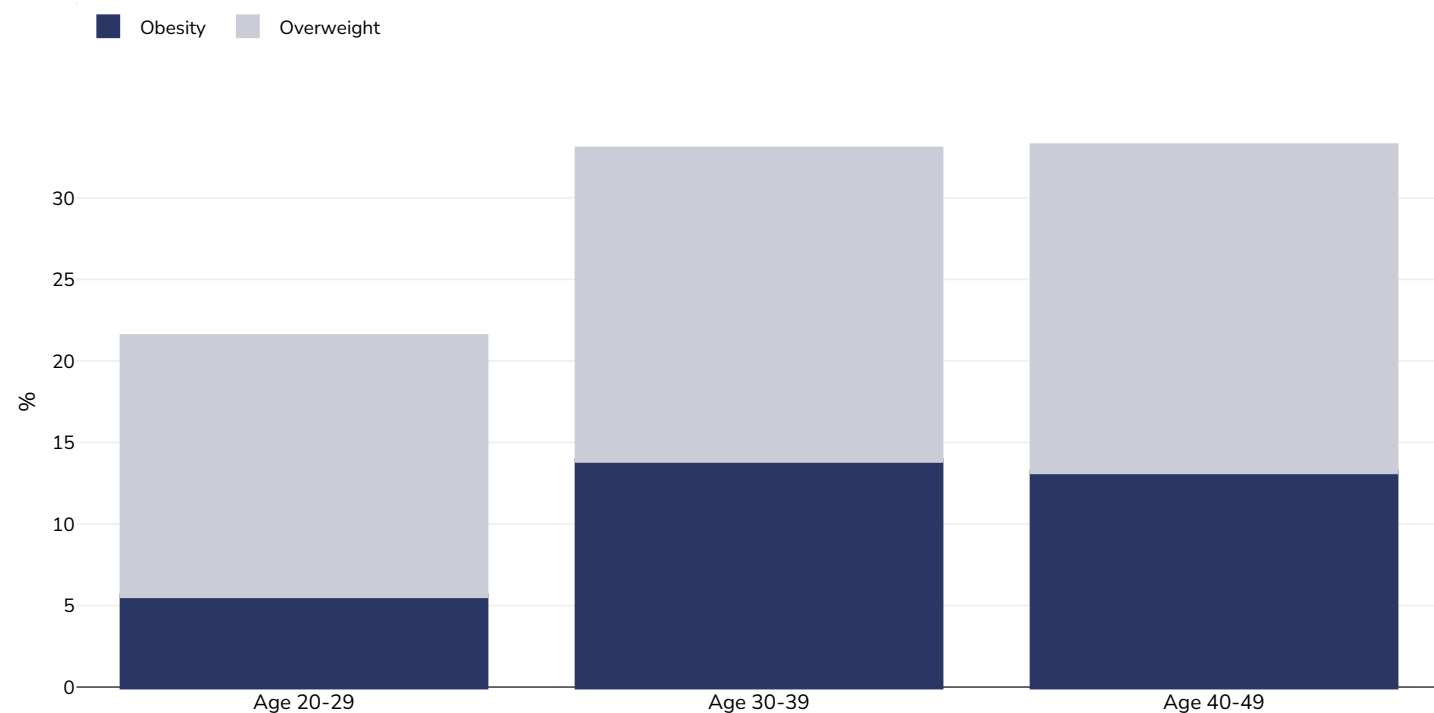
0-5 years, 2022-2023



Survey type:	Measured
Sample size:	4284
Area covered:	National
References:	Instituto Nacional de Estatística (INE) e ICF. 2024. Inquérito Demográfico e de Saúde em Moçambique 2022–23. Maputo, Moçambique e Rockville, Maryland, EUA: INE e ICF.
Notes:	Mother's education
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:	WHO

Overweight/obesity by age

Women, 2022-2023

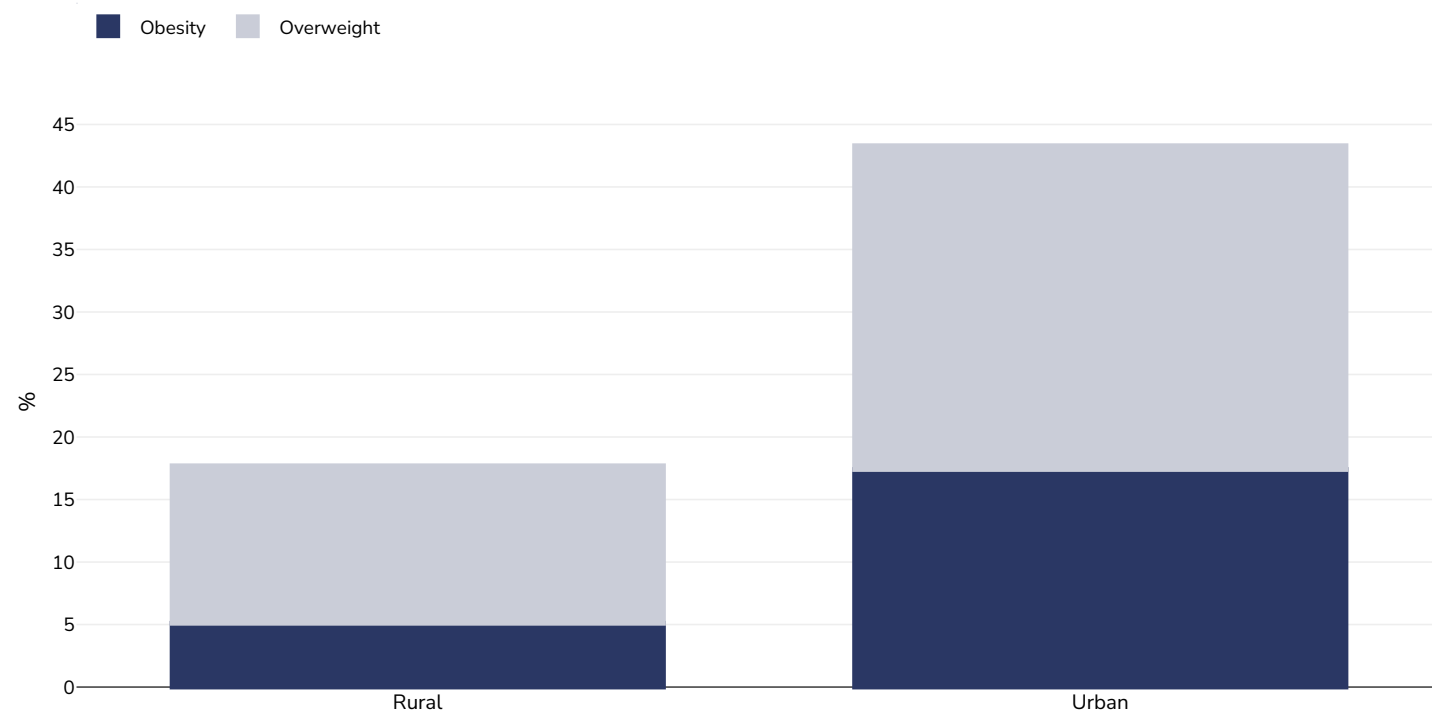


Survey type:	Measured
Sample size:	4129
Area covered:	National
References:	Instituto Nacional de Estatística (INE) e ICF. 2024. Inquérito Demográfico e de Saúde em Moçambique 2022–23. Maputo, Moçambique e Rockville, Maryland, EUA: INE e ICF.

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

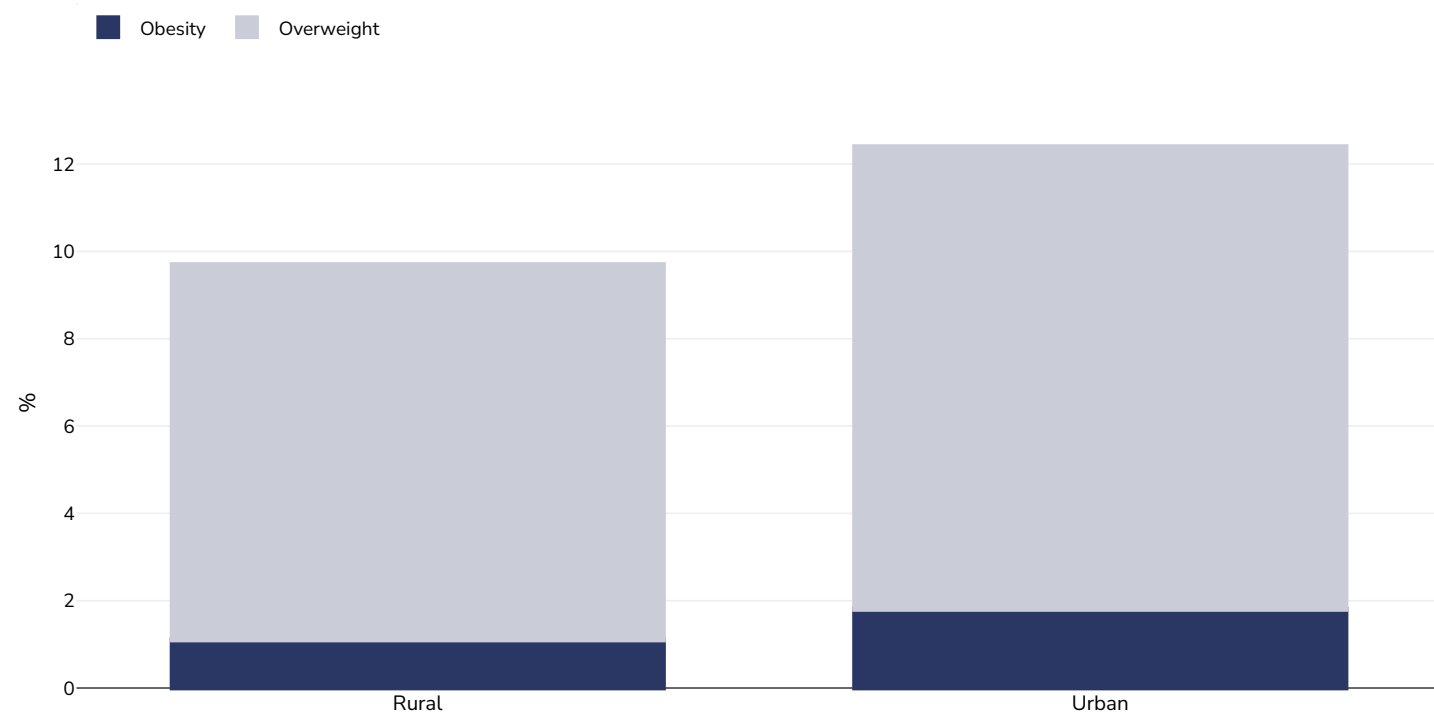
Overweight/obesity by region

Women, 2022-2023



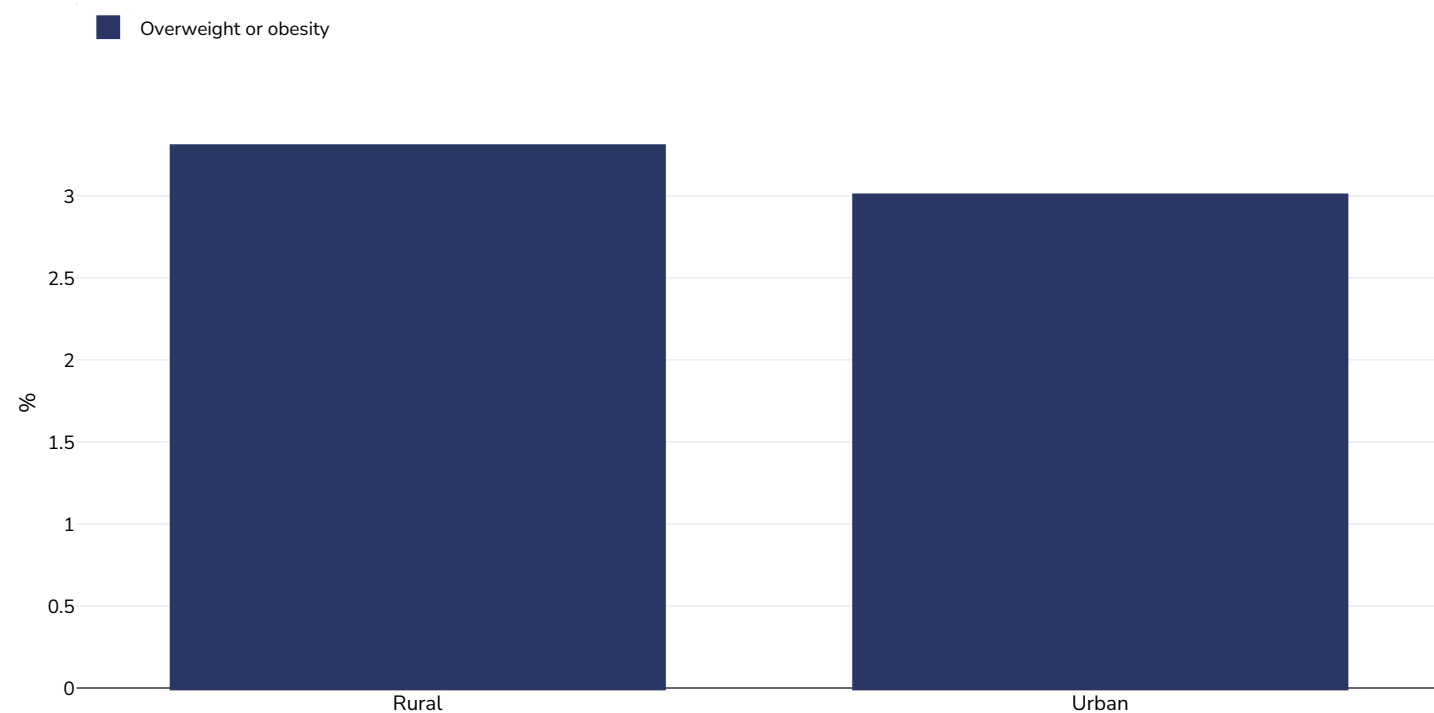
Survey type:	Measured
Age:	20-49
Sample size:	4129
Area covered:	National
References:	Instituto Nacional de Estatística (INE) e ICF. 2024. Inquérito Demográfico e de Saúde em Moçambique 2022–23. Maputo, Moçambique e Rockville, Maryland, EUA: INE e ICF.
Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m ² , obesity refers to a BMI greater than 30kg/m ² .	

Girls, 2022-2023



Survey type:	Measured
Age:	15-19
Sample size:	1235
Area covered:	National
References:	Instituto Nacional de Estatística (INE) e ICF. 2024. Inquérito Demográfico e de Saúde em Moçambique 2022–23. Maputo, Moçambique e Rockville, Maryland, EUA: INE e ICF.
Definitions:	BMI for age: between +1 SD and +2 SD is overweight and greater than +2 SD is obesity
Cutoffs:	WHO 2007

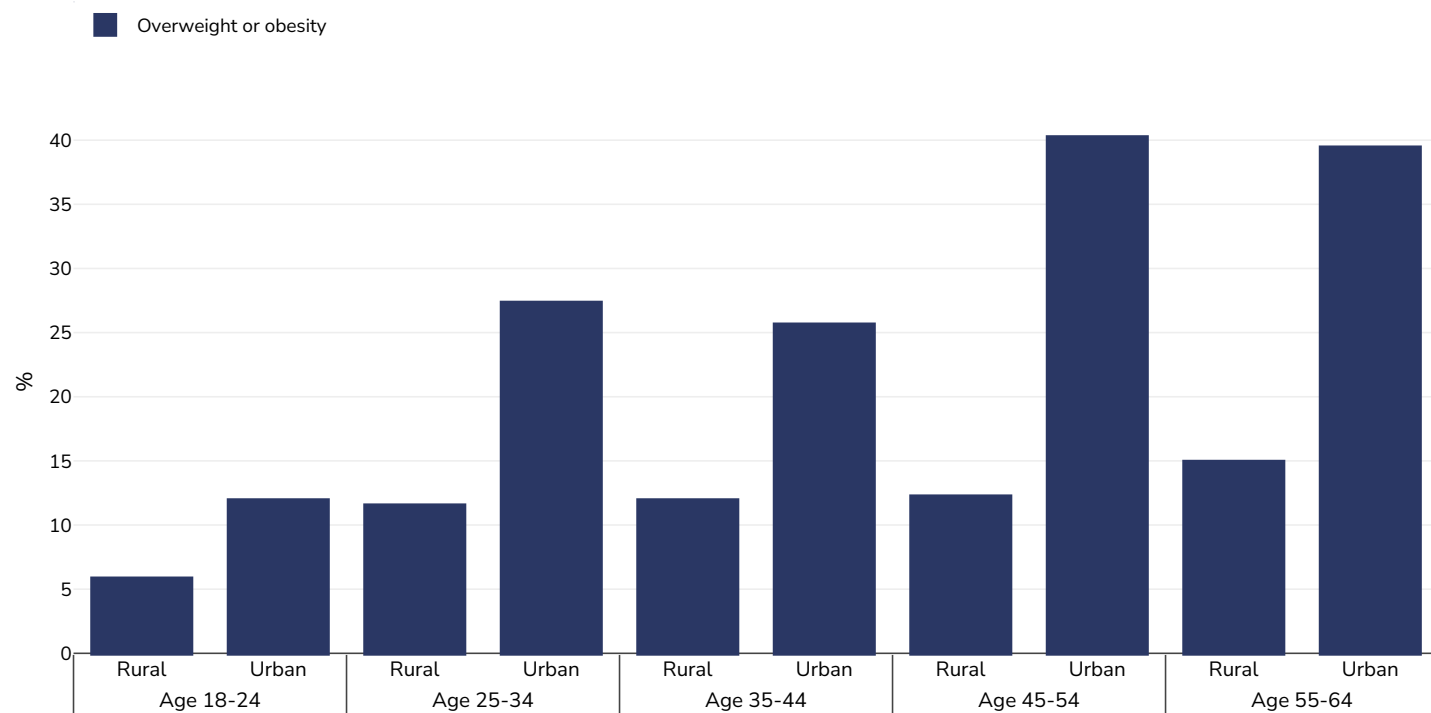
0-5 years, 2022-2023



Survey type:	Measured
Sample size:	4284
Area covered:	National
References:	Instituto Nacional de Estatística (INE) e ICF. 2024. Inquérito Demográfico e de Saúde em Moçambique 2022–23. Maputo, Moçambique e Rockville, Maryland, EUA: INE e ICF.
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:	WHO

Overweight/obesity by age and region

Men, 2014



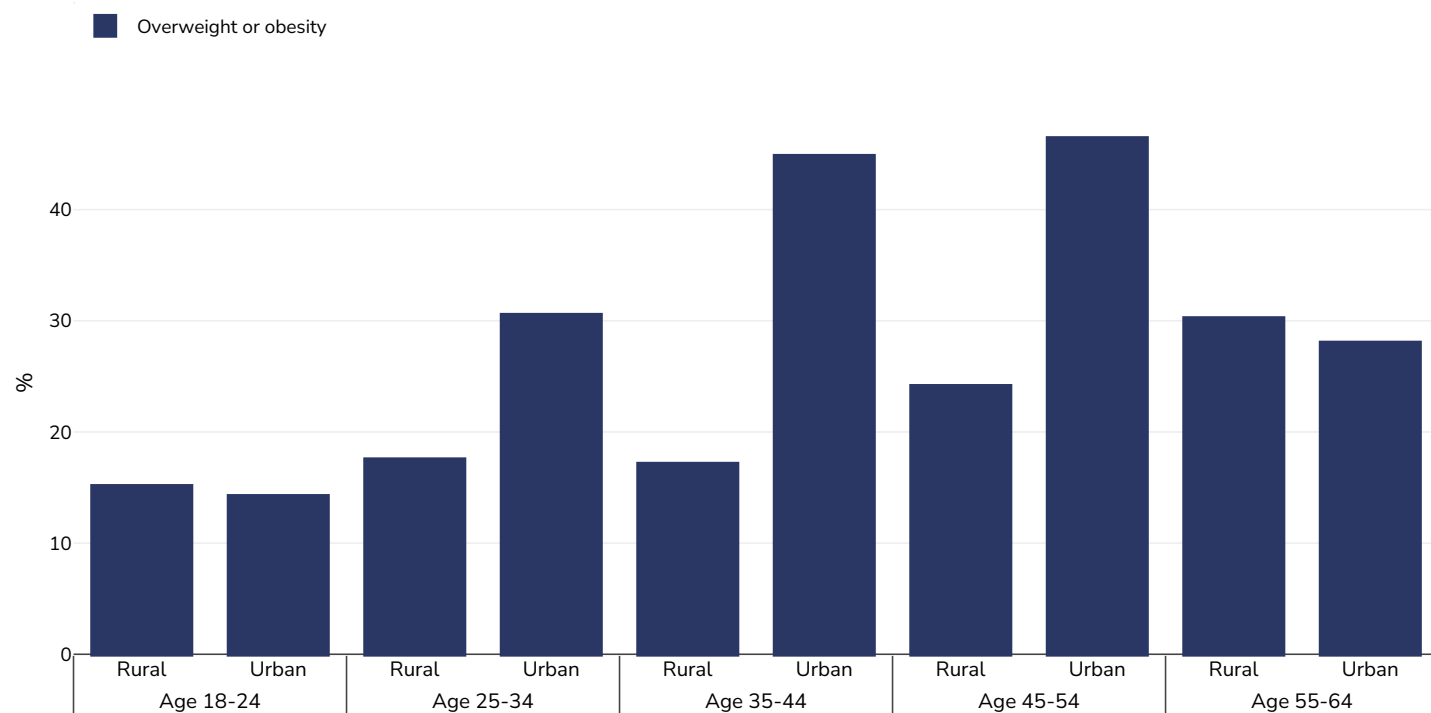
Survey type: Measured

Sample size: 2595

References: Fontes, F., Damasceno, A., Jessen, N., Prista, A., Silva-Matos, C., Padrão, P., & Lunet, N. (2019). Prevalence of overweight and obesity in Mozambique in 2005 and 2015. *Public Health Nutrition*, 22(17), 3118-3126. doi:10.1017/S1368980019002325

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

Women, 2014



Survey type: Measured

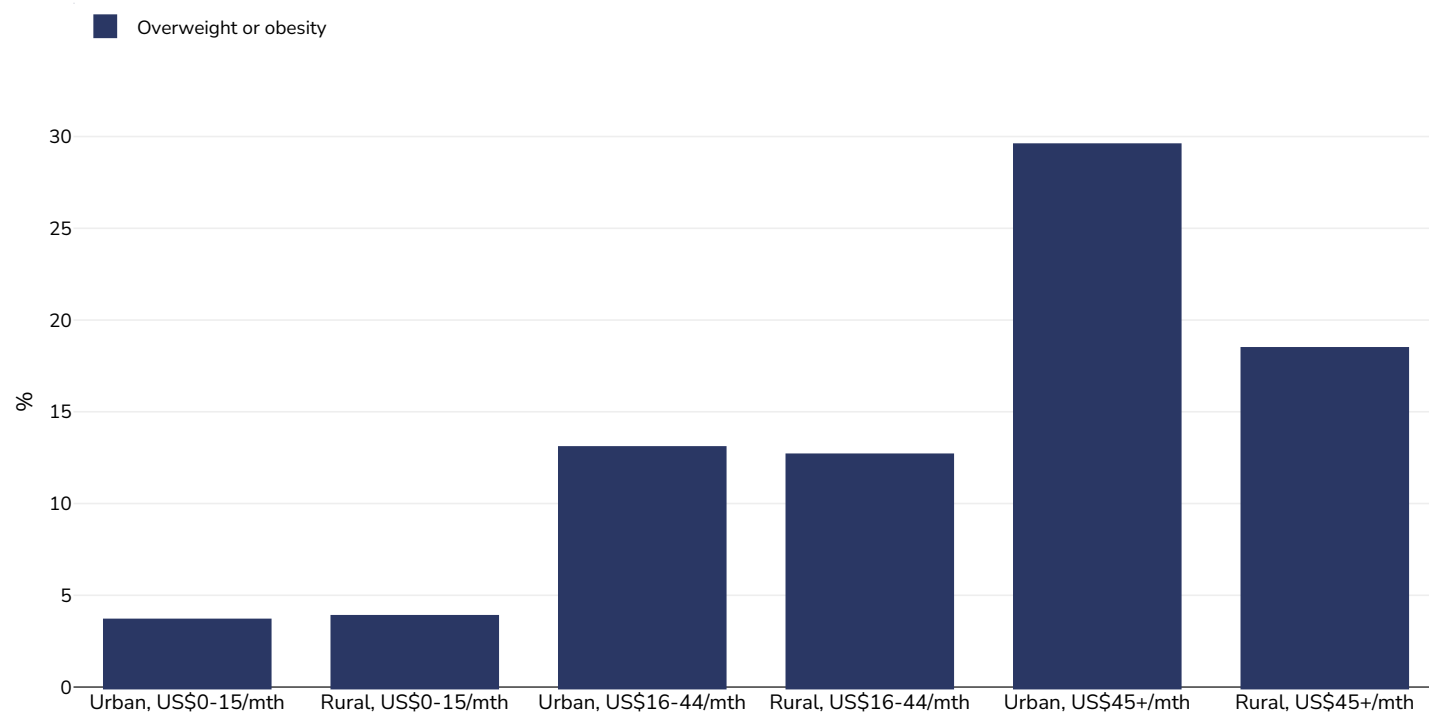
Sample size: 2595

References: Fontes, F., Damasceno, A., Jessen, N., Prista, A., Silva-Matos, C., Padrão, P., & Lunet, N. (2019). Prevalence of overweight and obesity in Mozambique in 2005 and 2015. *Public Health Nutrition*, 22(17), 3118-3126. doi:10.1017/S1368980019002325

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

Overweight/obesity by age and socio-economic group

Men, 2014



Survey type: Measured

Age: 25-64

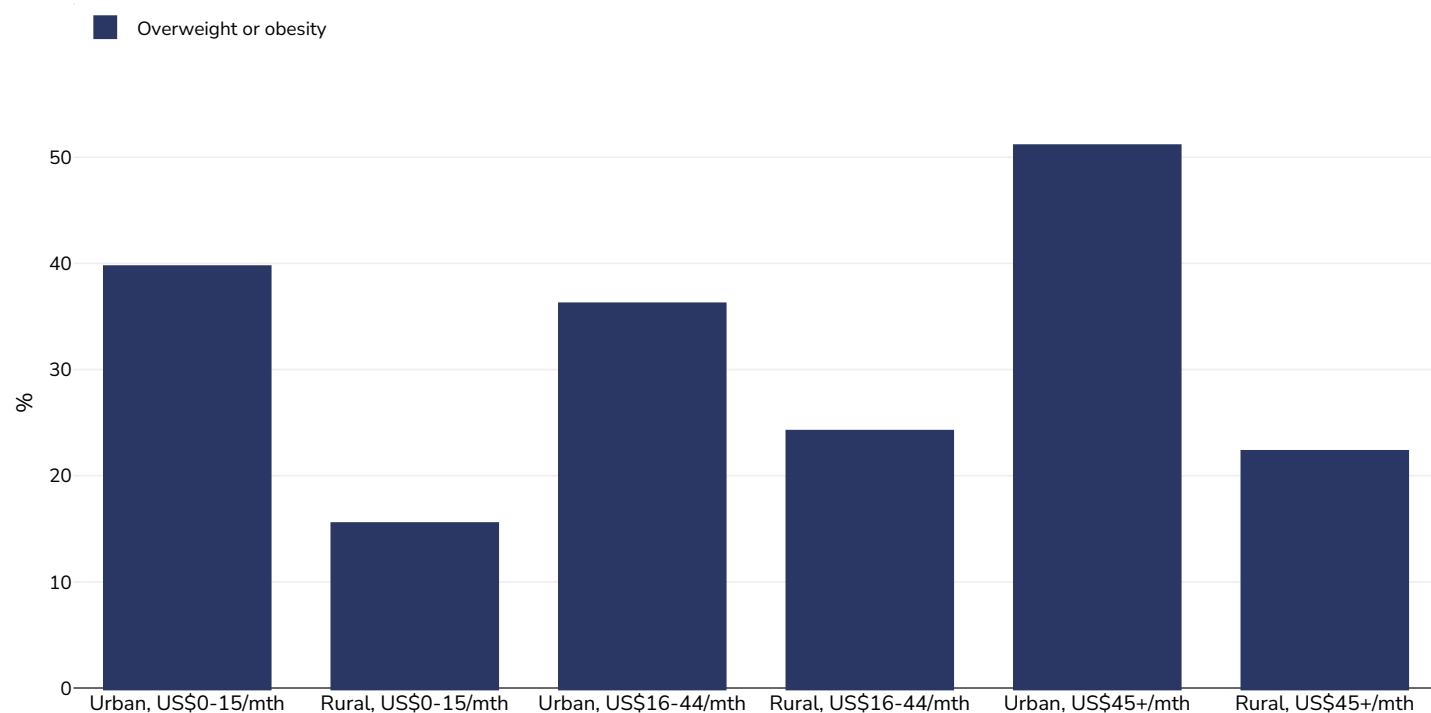
Sample size: 2595

References: Fontes, F., Damasceno, A., Jessen, N., Prista, A., Silva-Matos, C., Padrão, P., & Lunet, N. (2019). Prevalence of overweight and obesity in Mozambique in 2005 and 2015. *Public Health Nutrition*, 22(17), 3118-3126. doi:10.1017/S1368980019002325

Notes: Income per household member per month

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

Women, 2014



Survey type: Measured

Age: 25-64

Sample size: 2595

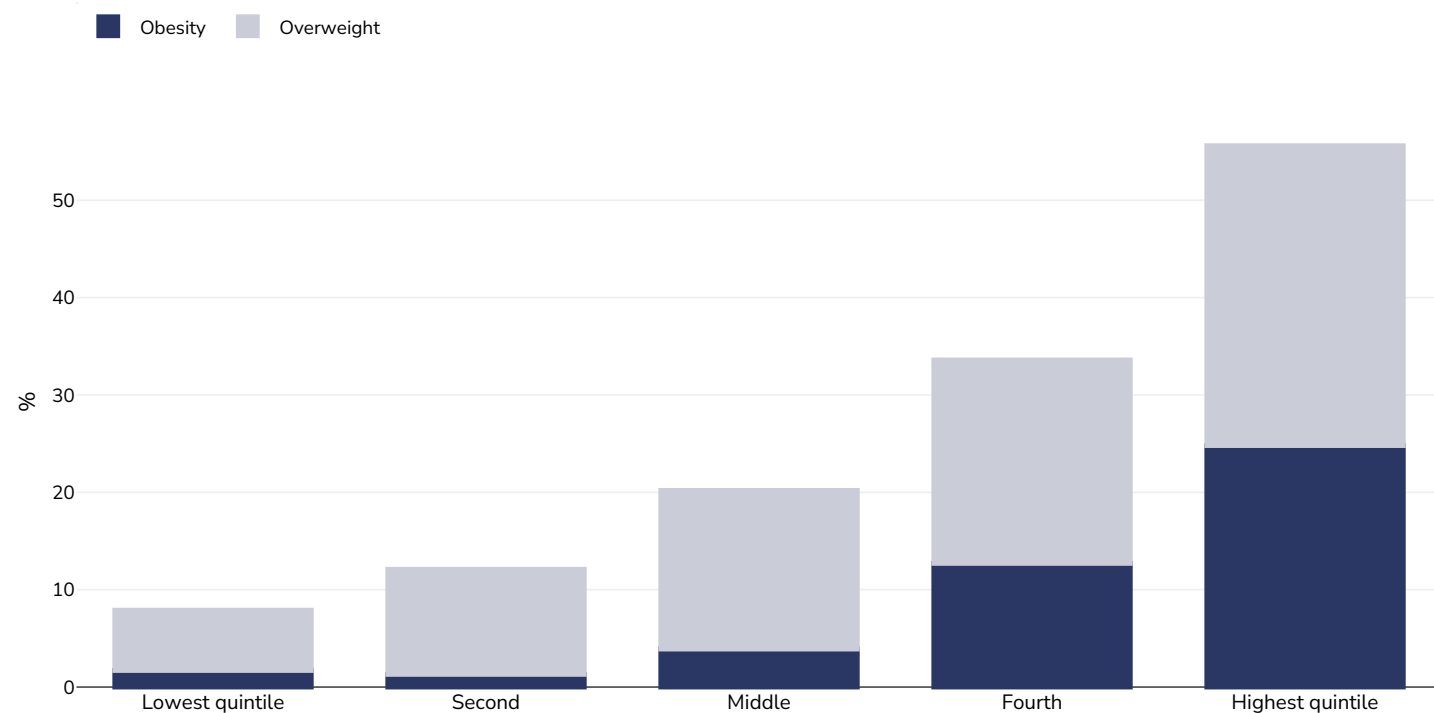
References: Fontes, F., Damasceno, A., Jessen, N., Prista, A., Silva-Matos, C., Padrão, P., & Lunet, N. (2019). Prevalence of overweight and obesity in Mozambique in 2005 and 2015. *Public Health Nutrition*, 22(17), 3118-3126. doi:10.1017/S1368980019002325

Notes: Income per household member per month

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

Overweight/obesity by socio-economic group

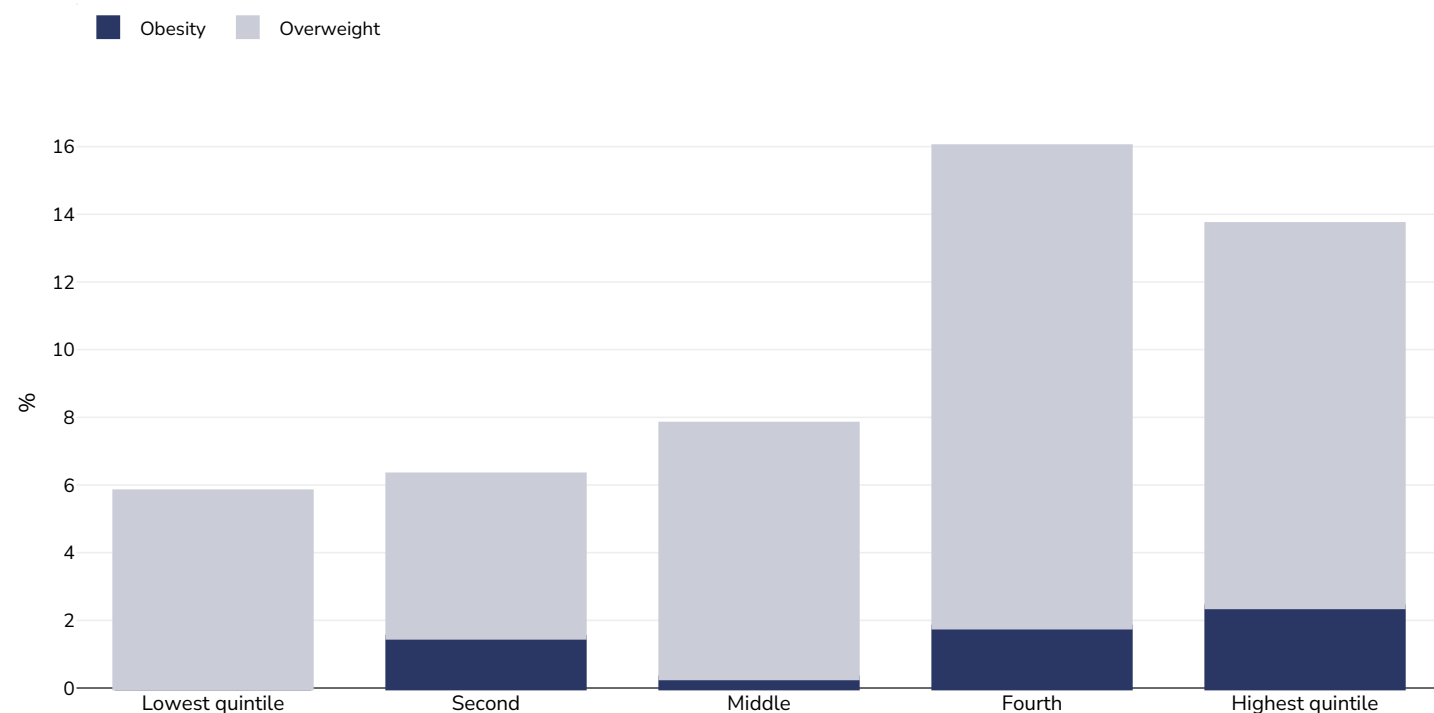
Women, 2022-2023



Survey type:	Measured
Age:	20-49
Sample size:	4129
Area covered:	National
References:	Instituto Nacional de Estatística (INE) e ICF. 2024. Inquérito Demográfico e de Saúde em Moçambique 2022–23. Maputo, Moçambique e Rockville, Maryland, EUA: INE e ICF.

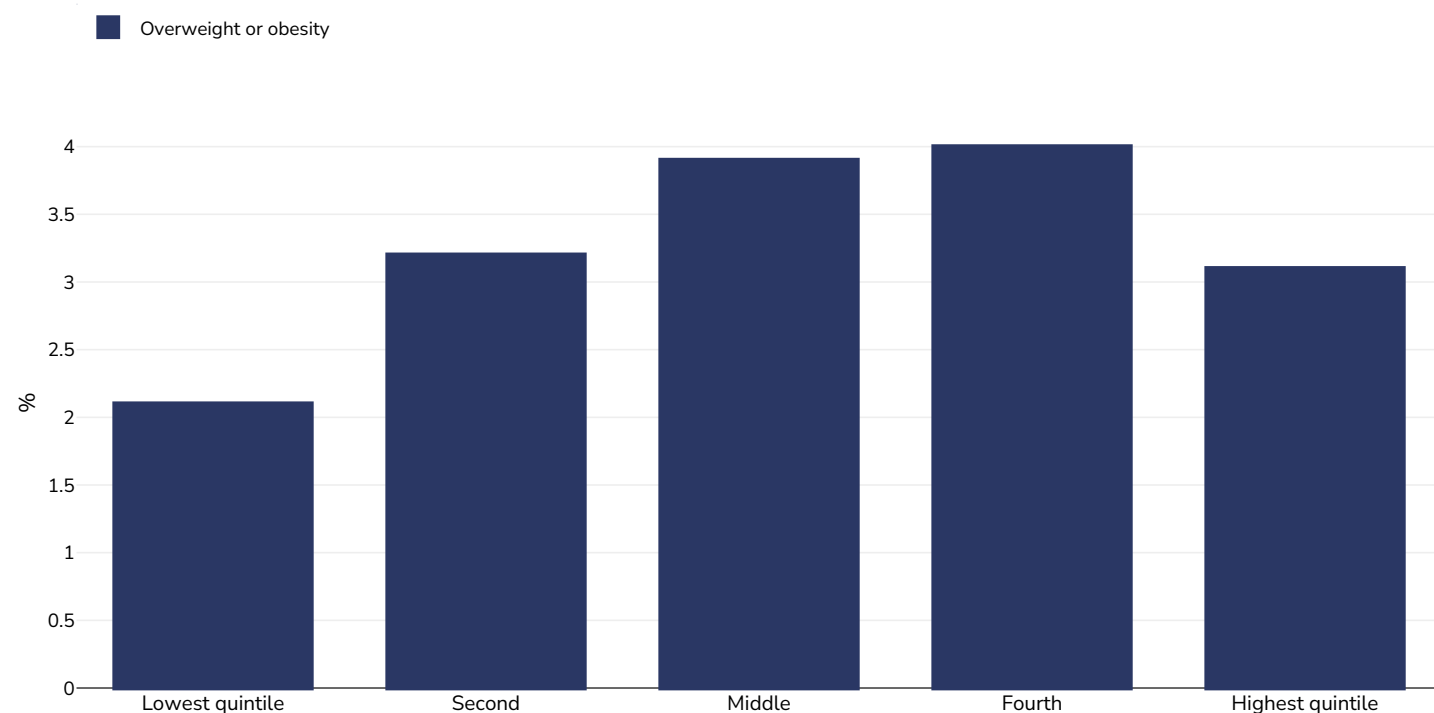
Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².

Girls, 2022-2023



Survey type:	Measured
Age:	15-19
Sample size:	1235
Area covered:	National
References:	Instituto Nacional de Estatística (INE) e ICF. 2024. Inquérito Demográfico e de Saúde em Moçambique 2022–23. Maputo, Moçambique e Rockville, Maryland, EUA: INE e ICF.
Definitions:	BMI for age: between +1 SD and +2 SD is overweight and greater than +2 SD is obesity
Cutoffs:	WHO 2007

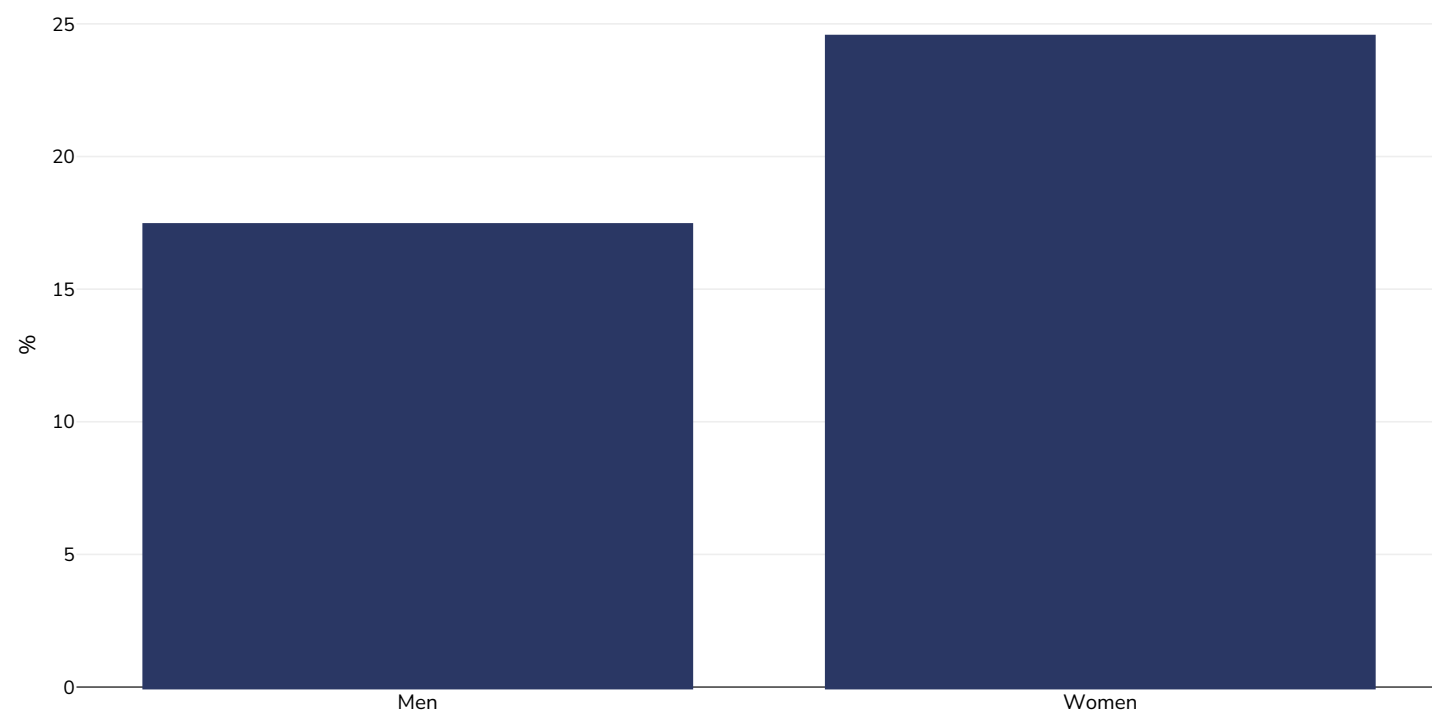
0-5 years, 2022-2023



Survey type:	Measured
Sample size:	4284
Area covered:	National
References:	Instituto Nacional de Estatística (INE) e ICF. 2024. Inquérito Demográfico e de Saúde em Moçambique 2022–23. Maputo, Moçambique e Rockville, Maryland, EUA: INE e ICF.
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:	WHO

Double burden of underweight & overweight

Adults, 2022



Survey type: Measured

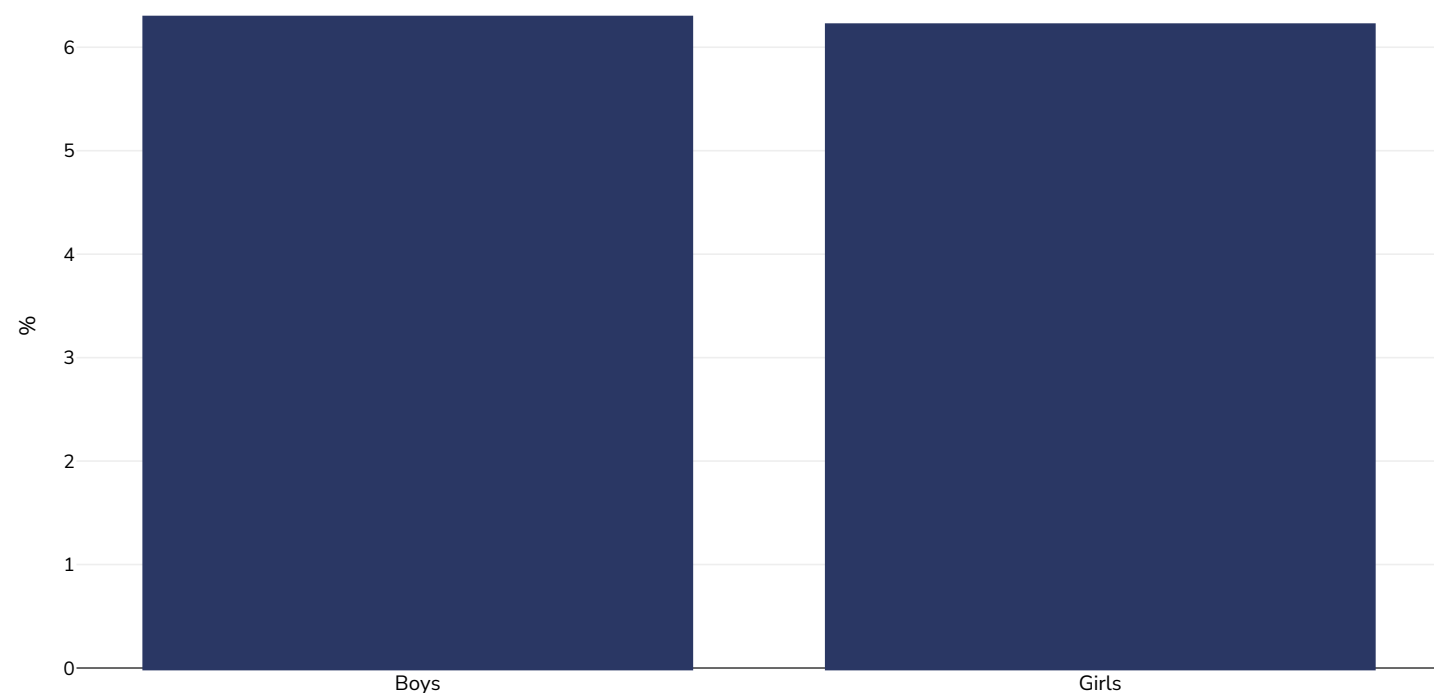
Age: 20+

References: 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](https://doi.org/10.1016/S0140-6736(23)02750-2).

Notes: Age Standardised estimates

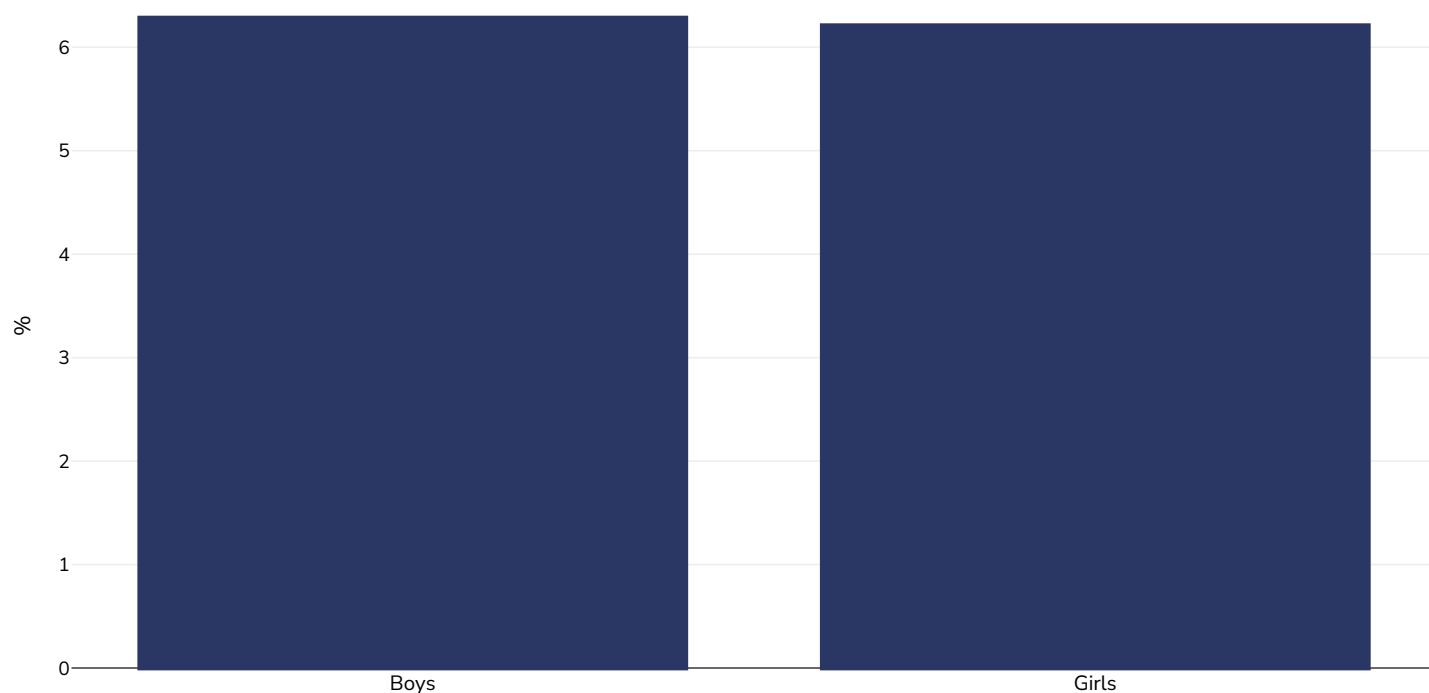
Definitions: Combined prevalence of BMI<18.5 kg/m² and BMI≥30 kg/m² (double burden of underweight and obesity)

Children, 2022



Survey type:	Measured
Age:	5-19
References:	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

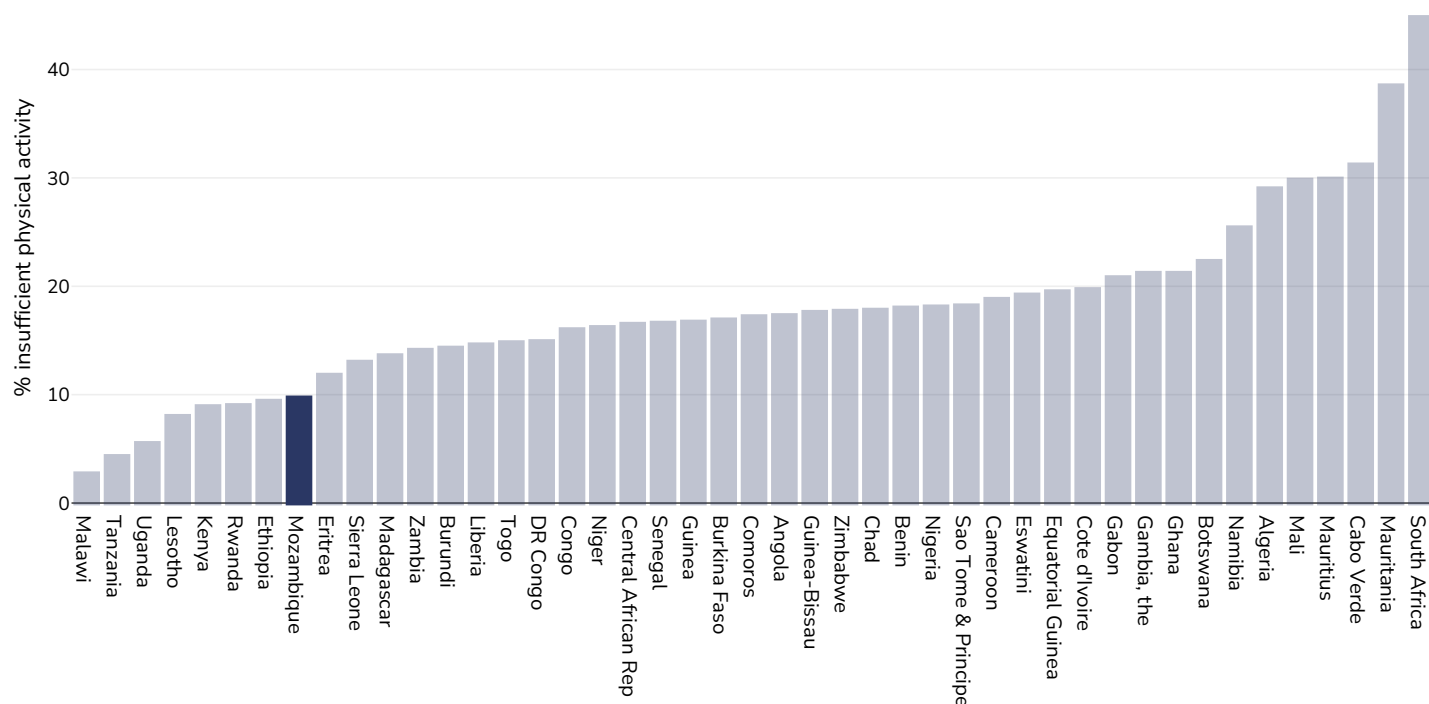
0-5 years, 2019-2020



Survey type:	Measured
Age:	0-5
References:	UNICEF data available at https://data.unicef.org/topic/nutrition/malnutrition/ (last accessed 12.03.25)
Notes:	Children under 5 falling below -2 standard deviations from the median height for age and falling at or above +2 standard deviations from the median weight-for-height of the reference population

Insufficient physical activity

Adults, 2022



Survey type: Self-reported

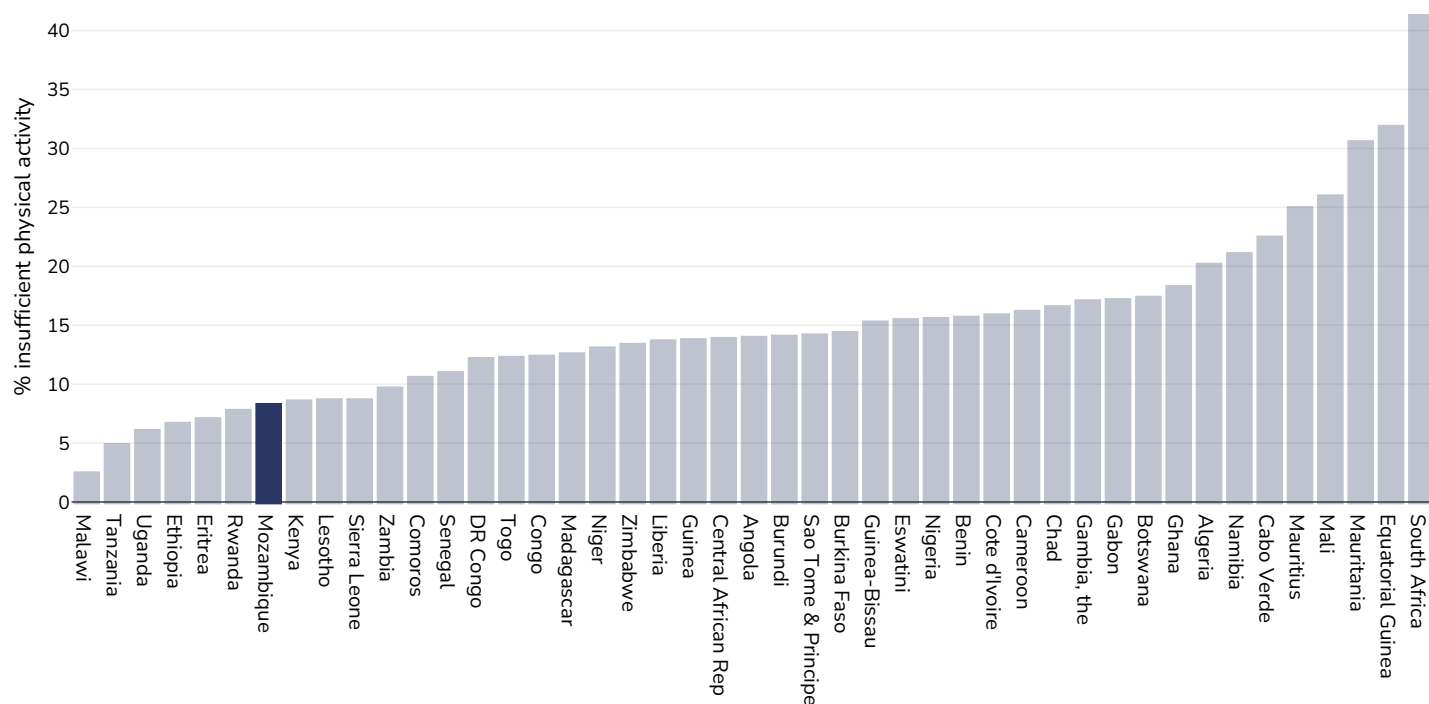
Age: 18+

Area covered: National

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

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

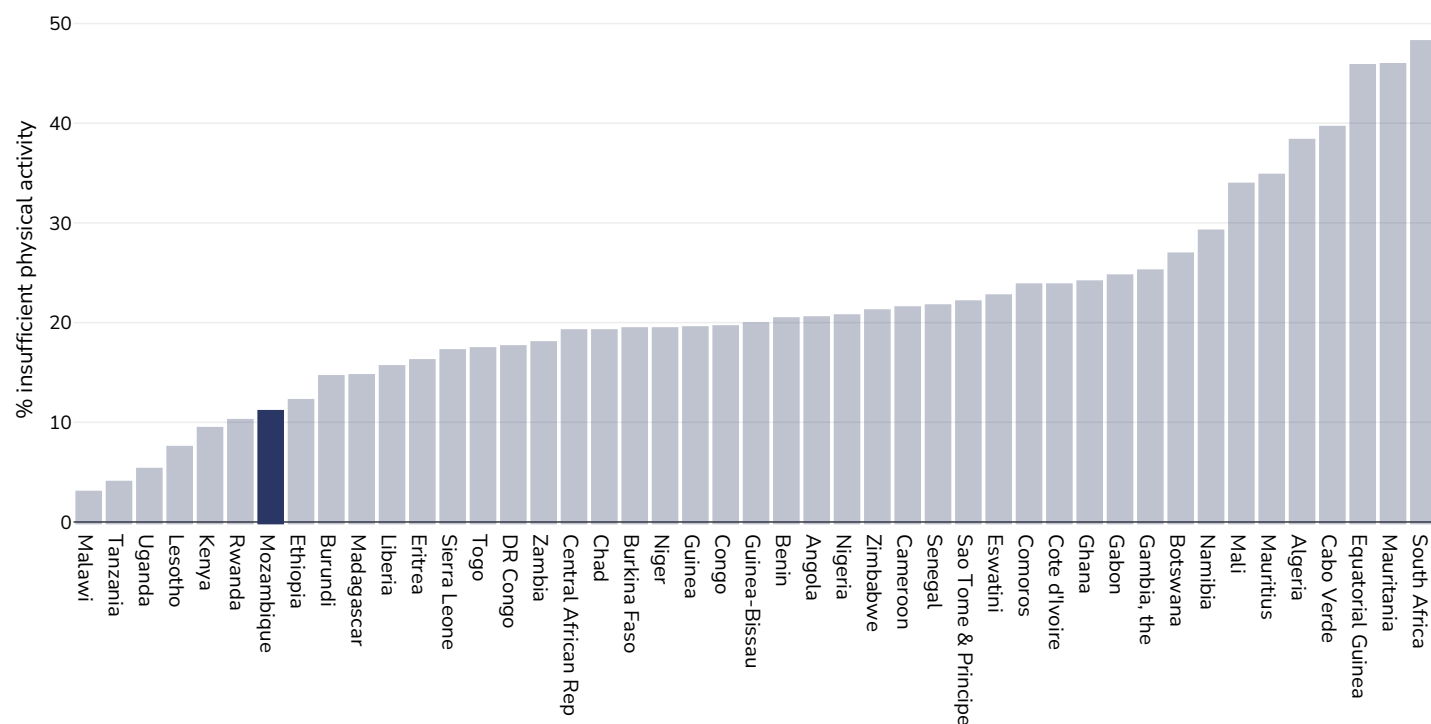
Age: 18+

Area covered: National

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

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

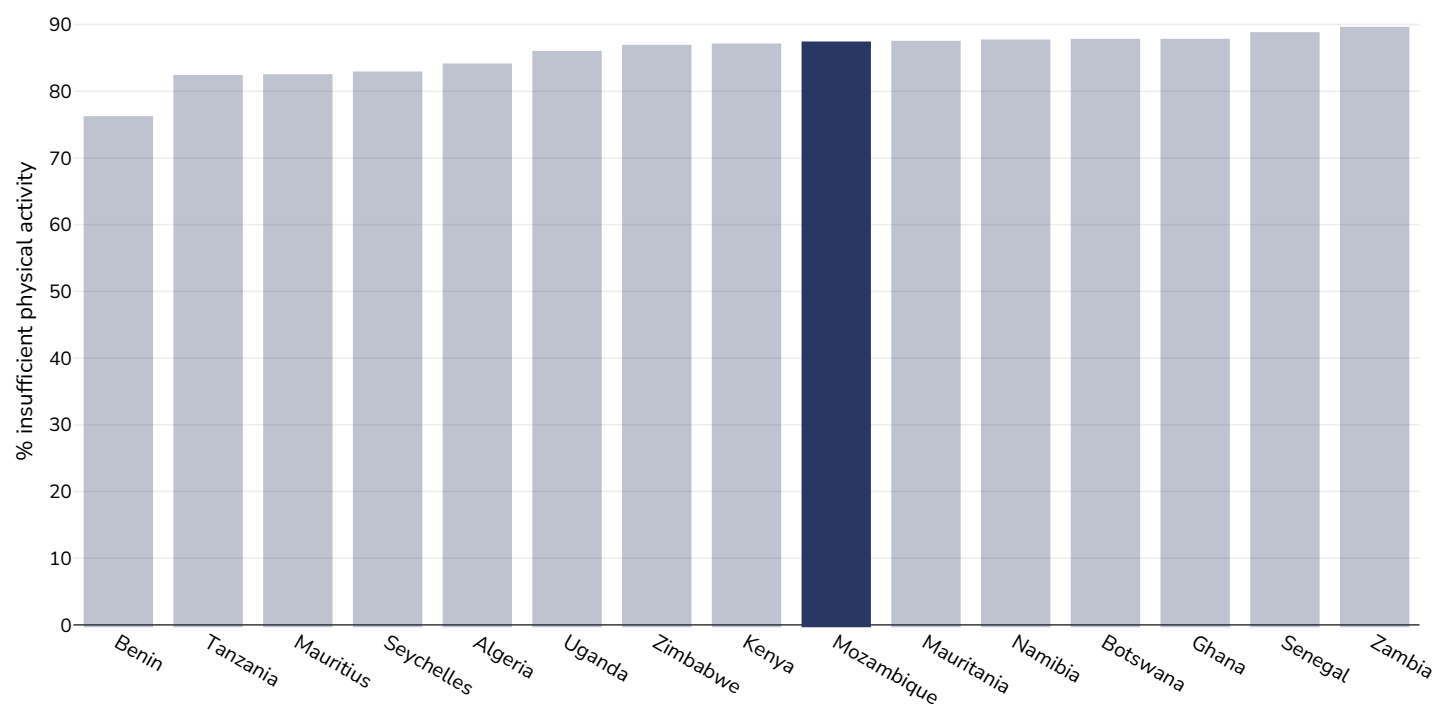
Age: 18+

Area covered: National

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

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

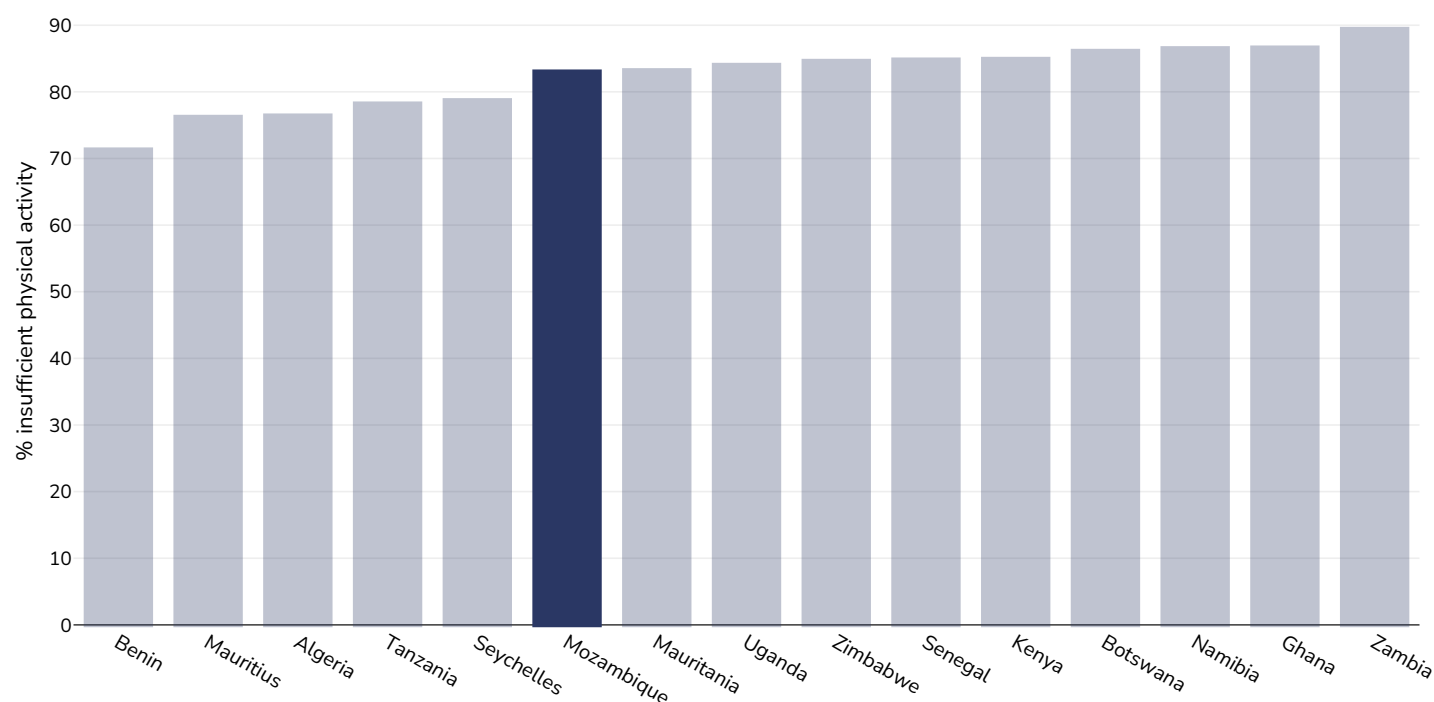
Age: 11-17

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

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

Definitions: % Adolescents insufficiently active (age standardised estimate)

Boys, 2016



Survey type: Self-reported

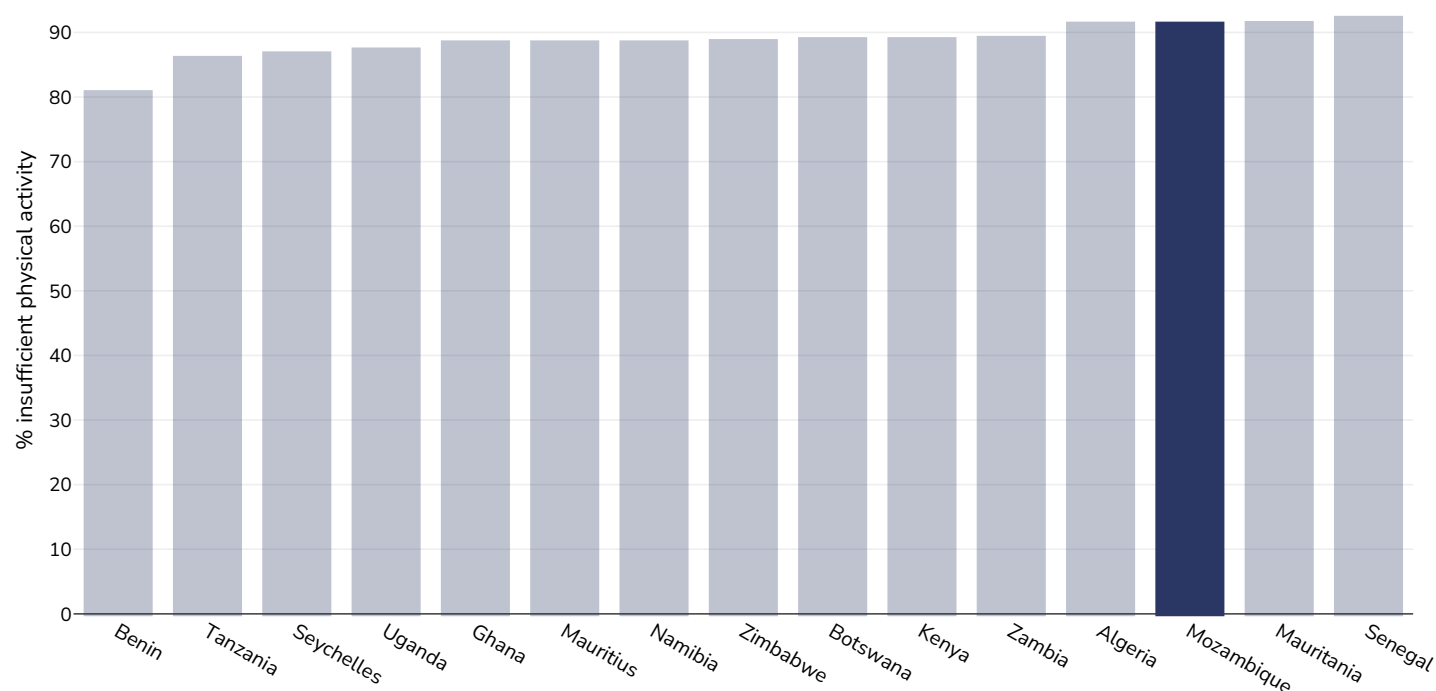
Age: 11-17

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

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

Definitions: % Adolescents insufficiently active (age standardised estimate)

Girls, 2016



Survey type: Self-reported

Age: 11-17

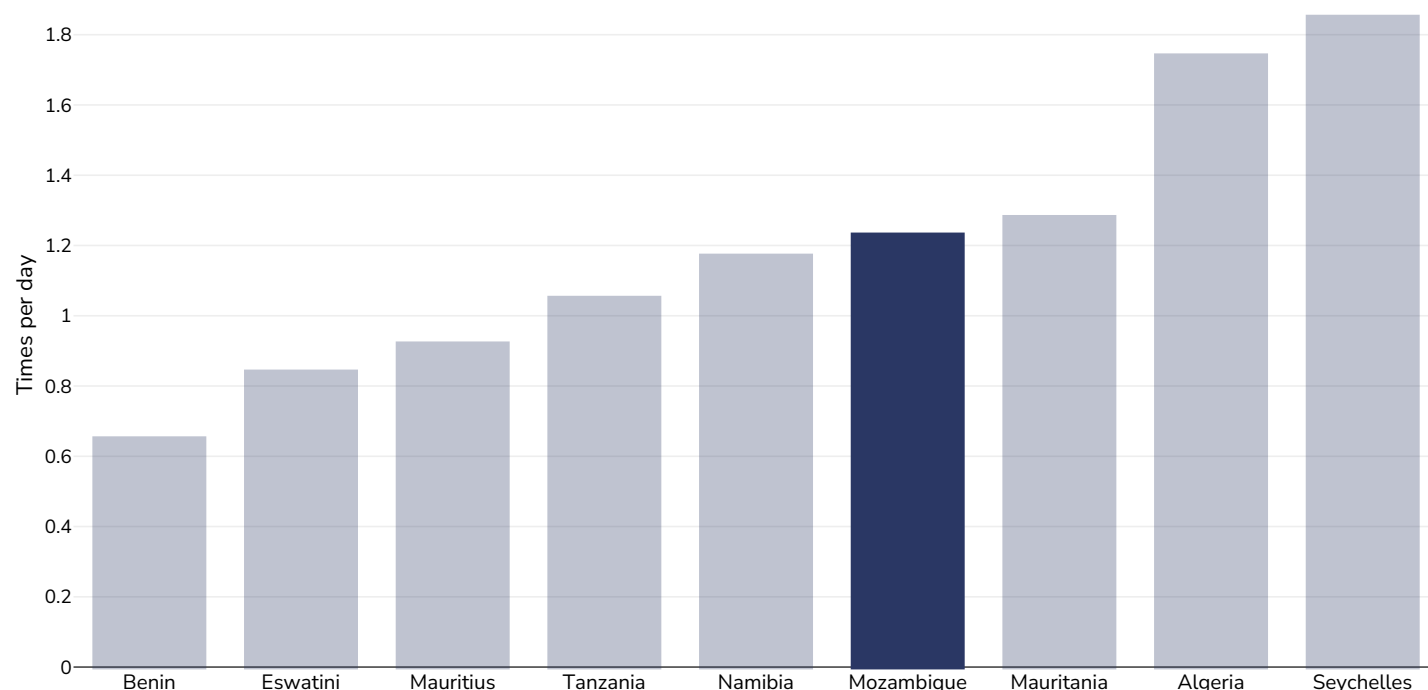
References: Global Health Observatory data repository, World Health Organisation, <https://apps.who.int/gho/data/node.main.A893ADO?lang=en> (last accessed 16.03.21)

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

Definitions: % Adolescents insufficiently active (age standardised estimate)

Average daily frequency of carbonated soft drink consumption

Children, 2009-2015



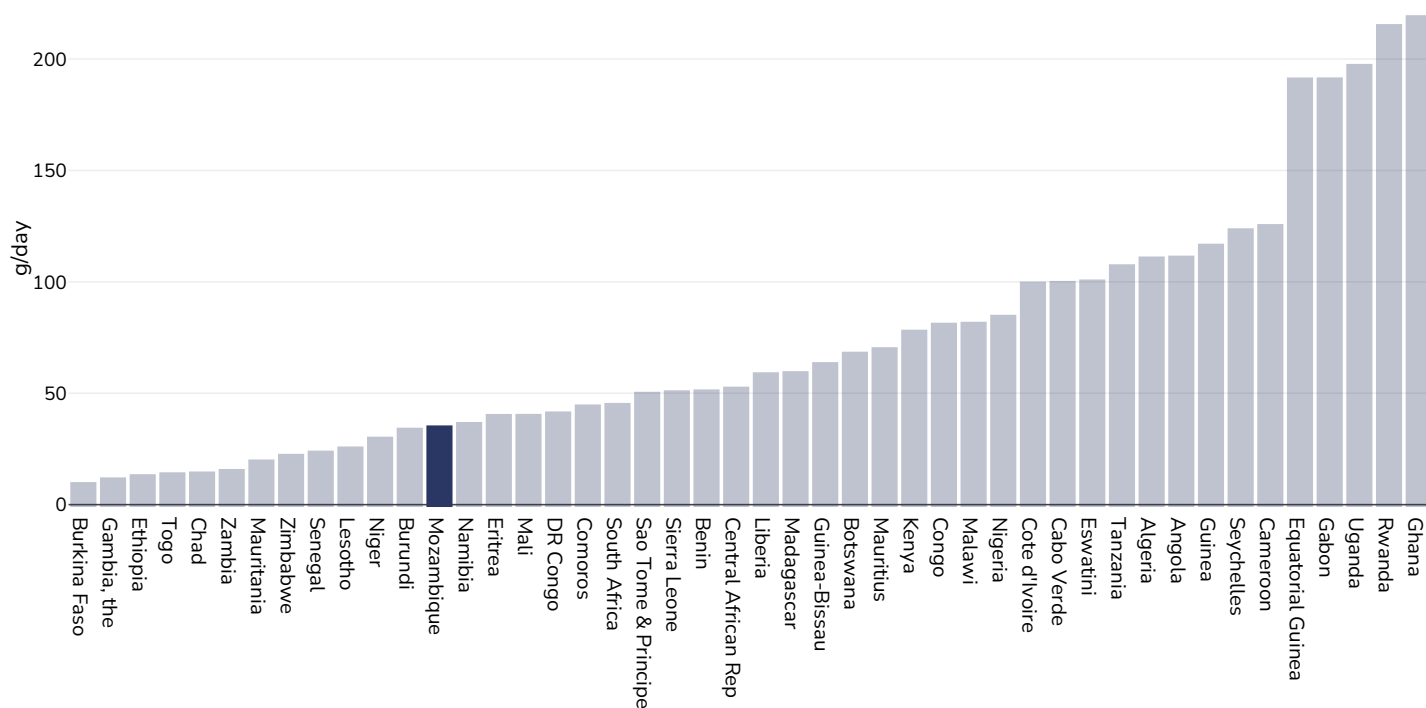
Survey type: Measured

Age: 12-17

References: 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>

Estimated per capita fruit intake

Adults, 2017



Survey type: Measured

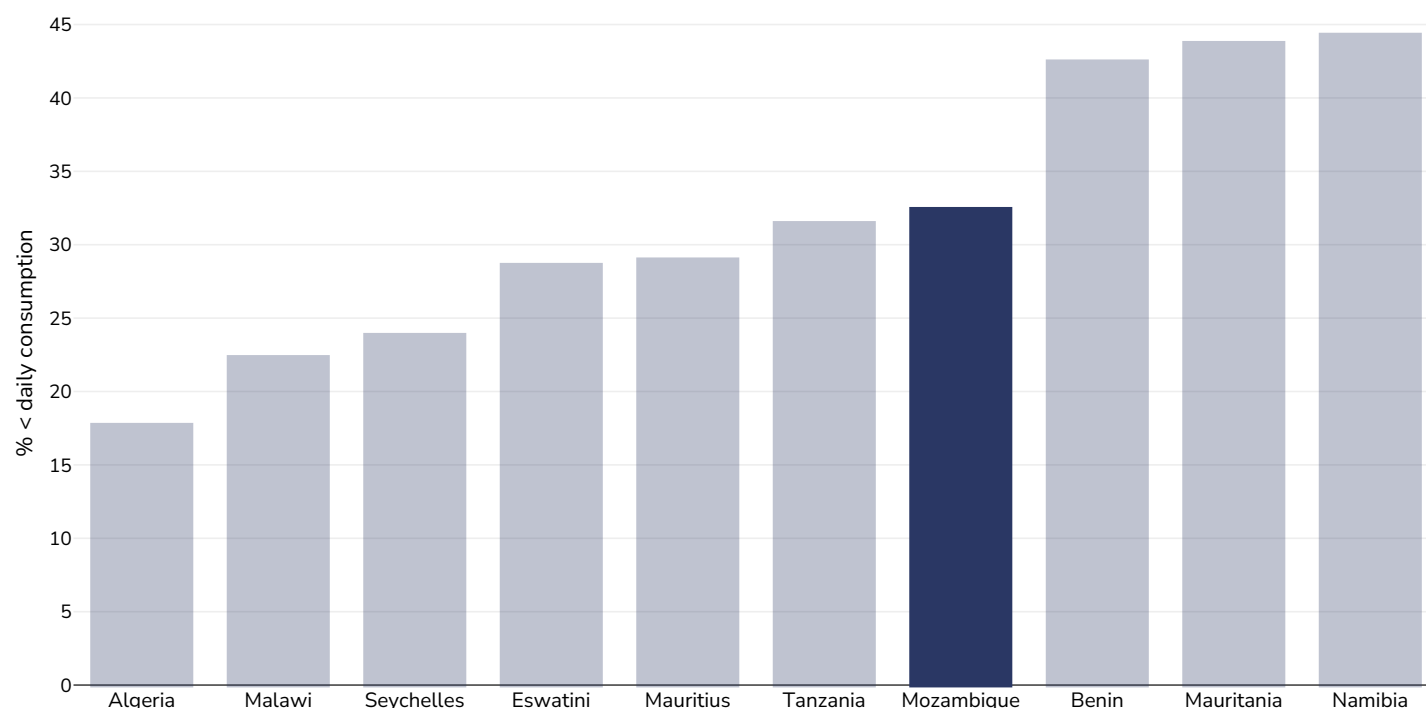
Age: 25+

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

Definitions: Estimated per-capita fruit intake (g/day)

Prevalence of less than daily fruit consumption

Children, 2009-2015



Survey type: Measured

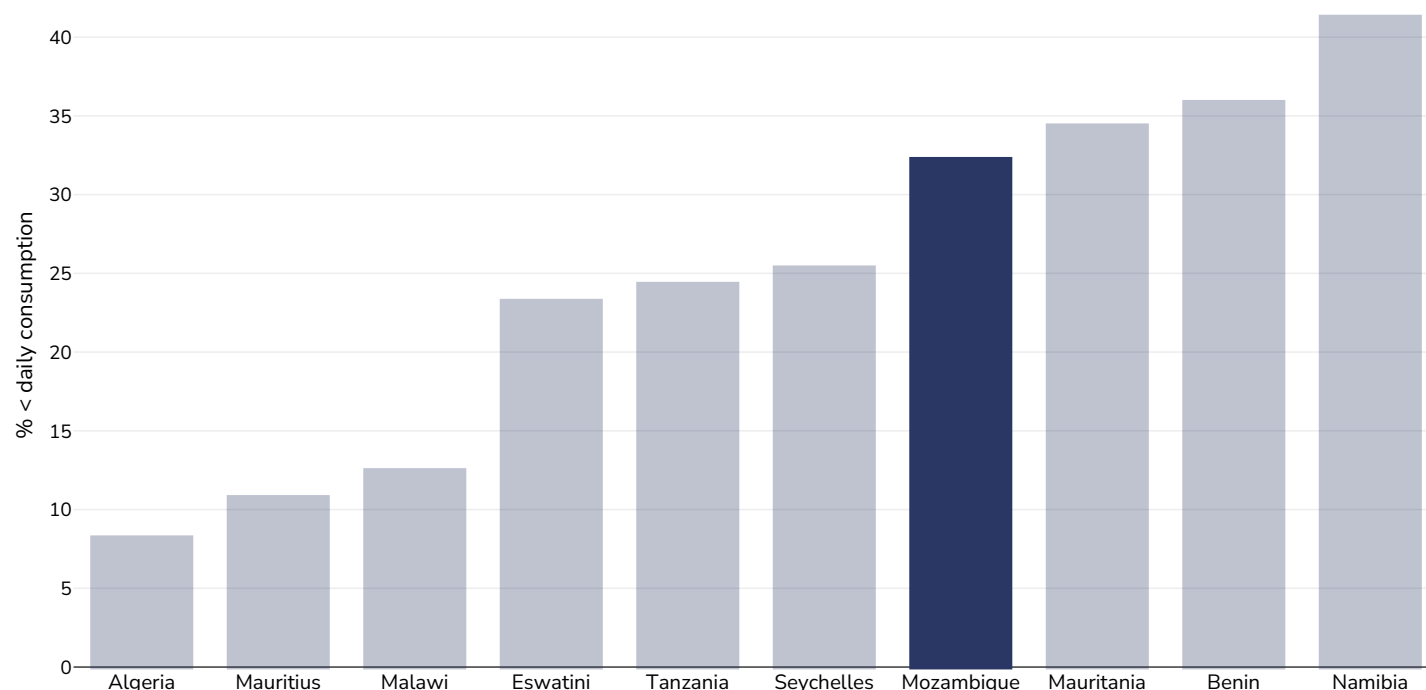
Age: 12-17

References: 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, 2009-2015



Survey type: Measured

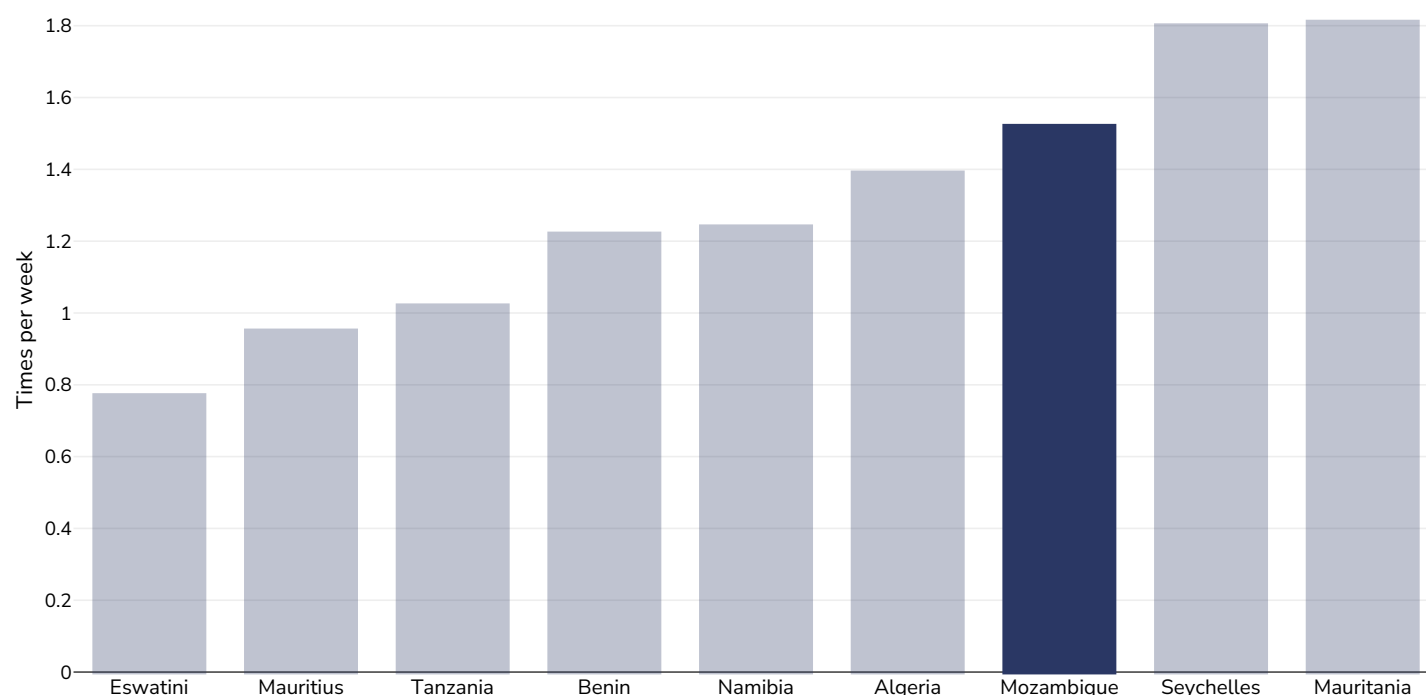
Age: 12-17

References: 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

Children, 2009-2015



Age:

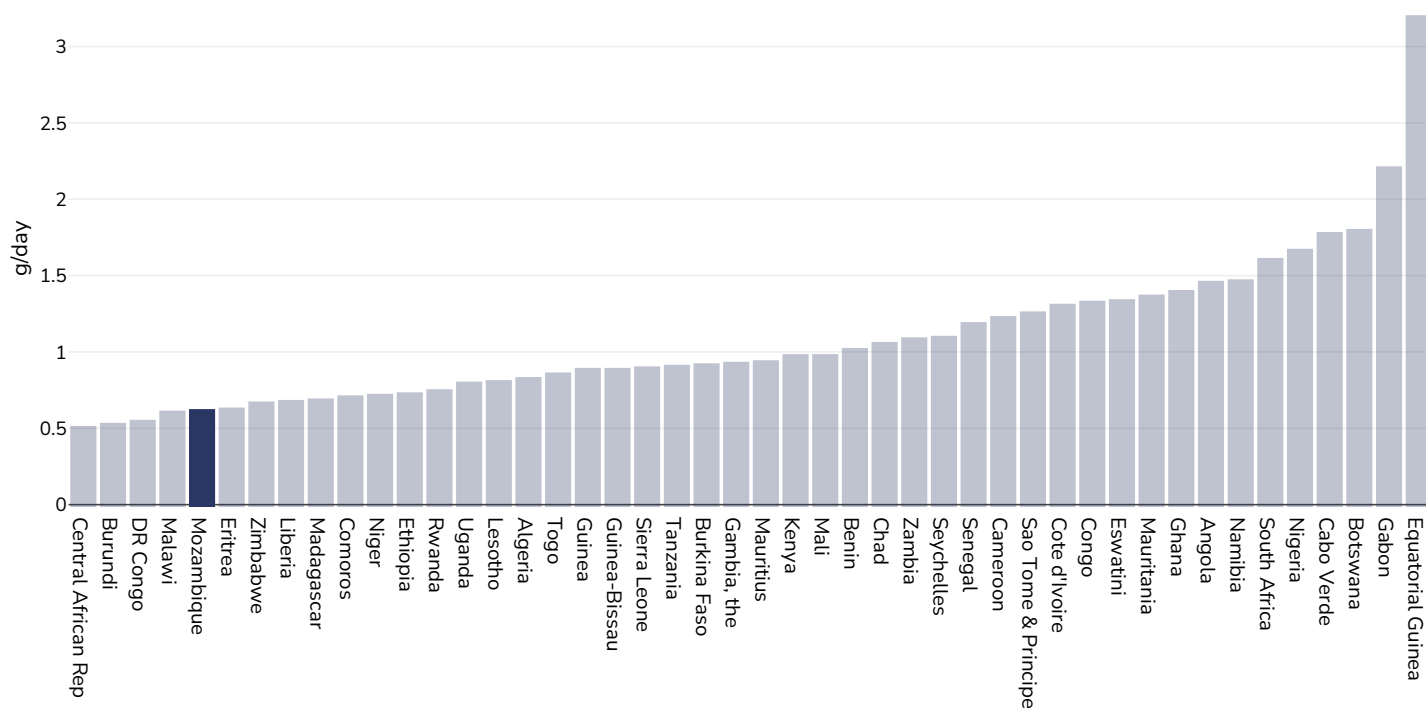
12-17

References:

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>

Estimated per-capita processed meat intake

Adults, 2017



Survey type: Measured

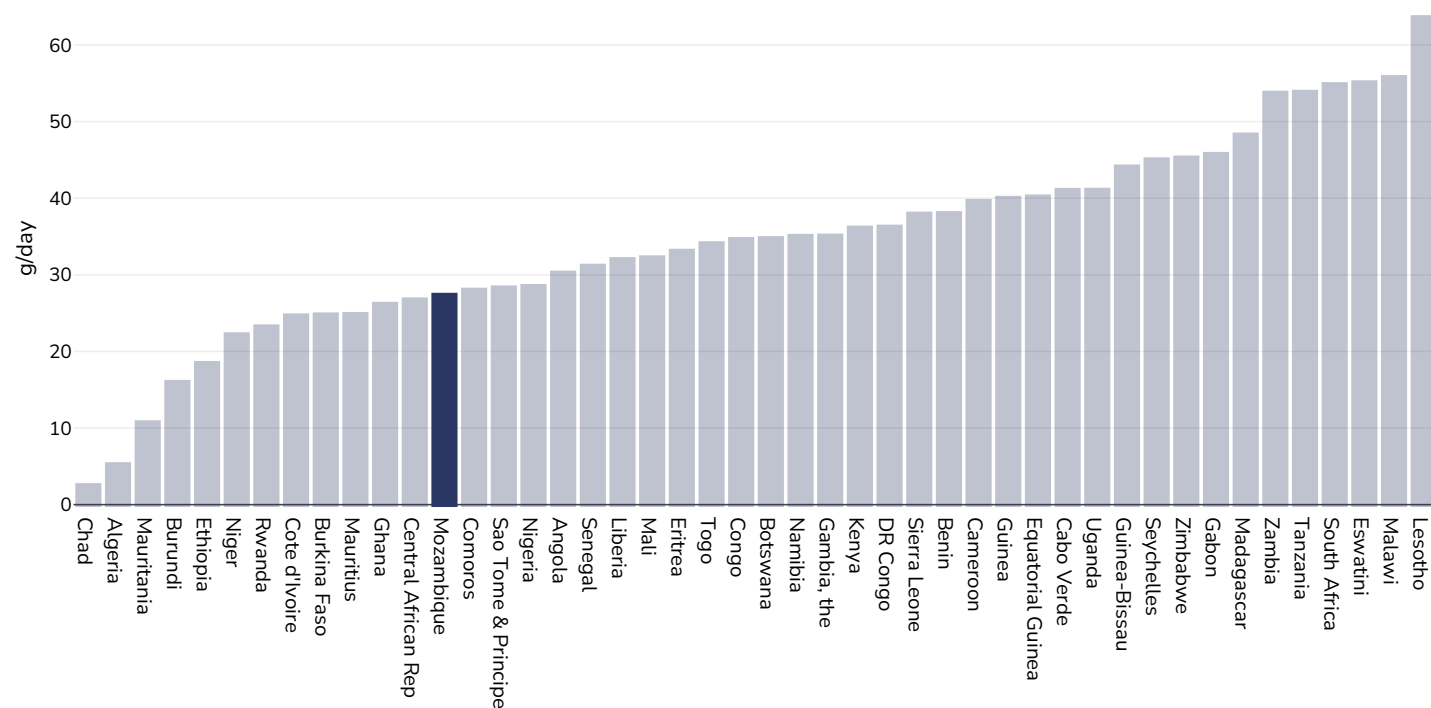
Age: 25+

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

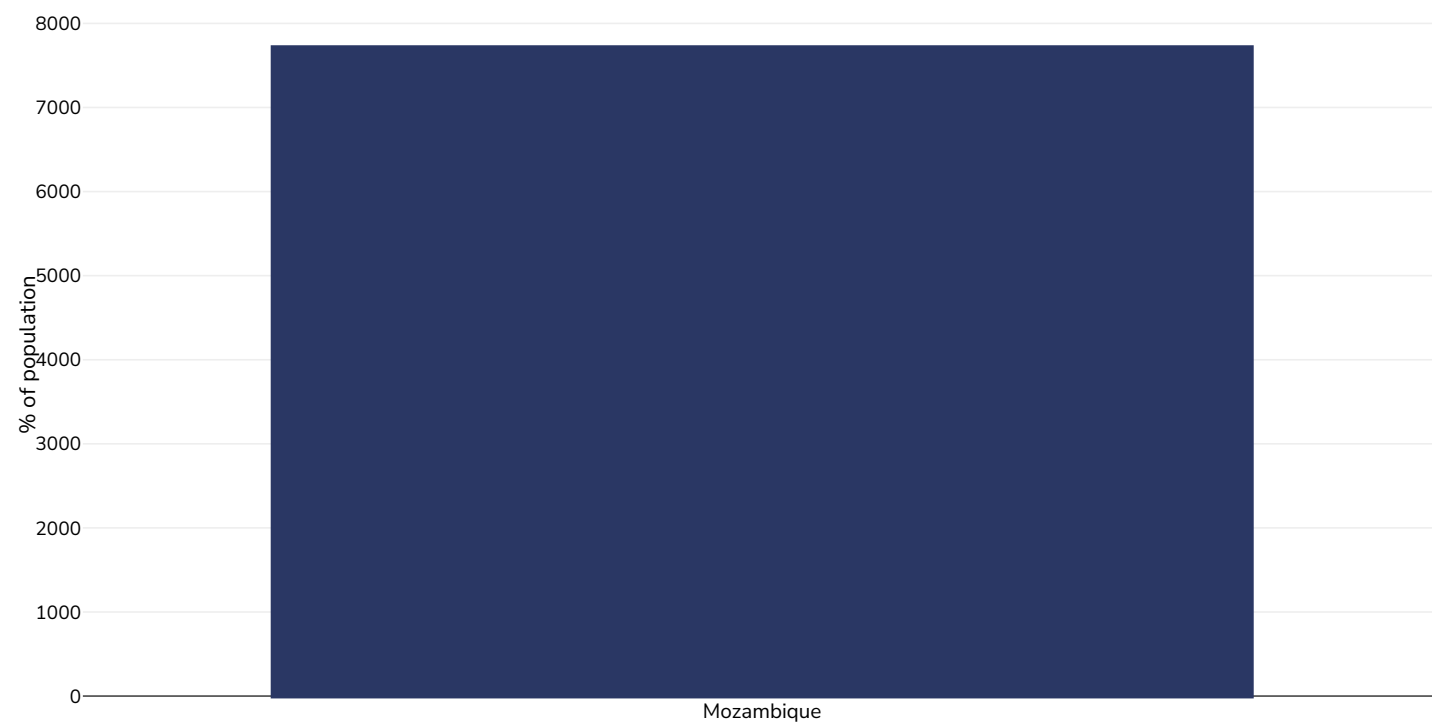
Age: 25+

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)

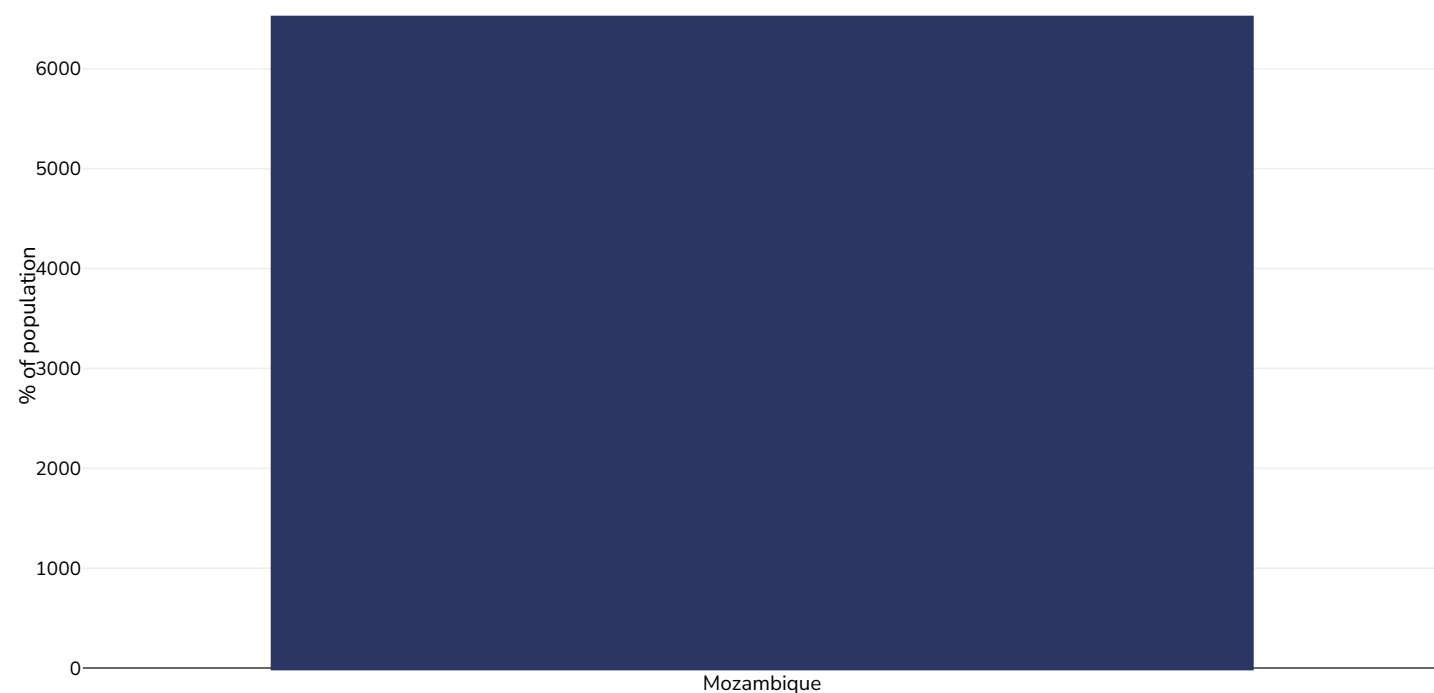
Mental health - depression disorders

Adults, 2021



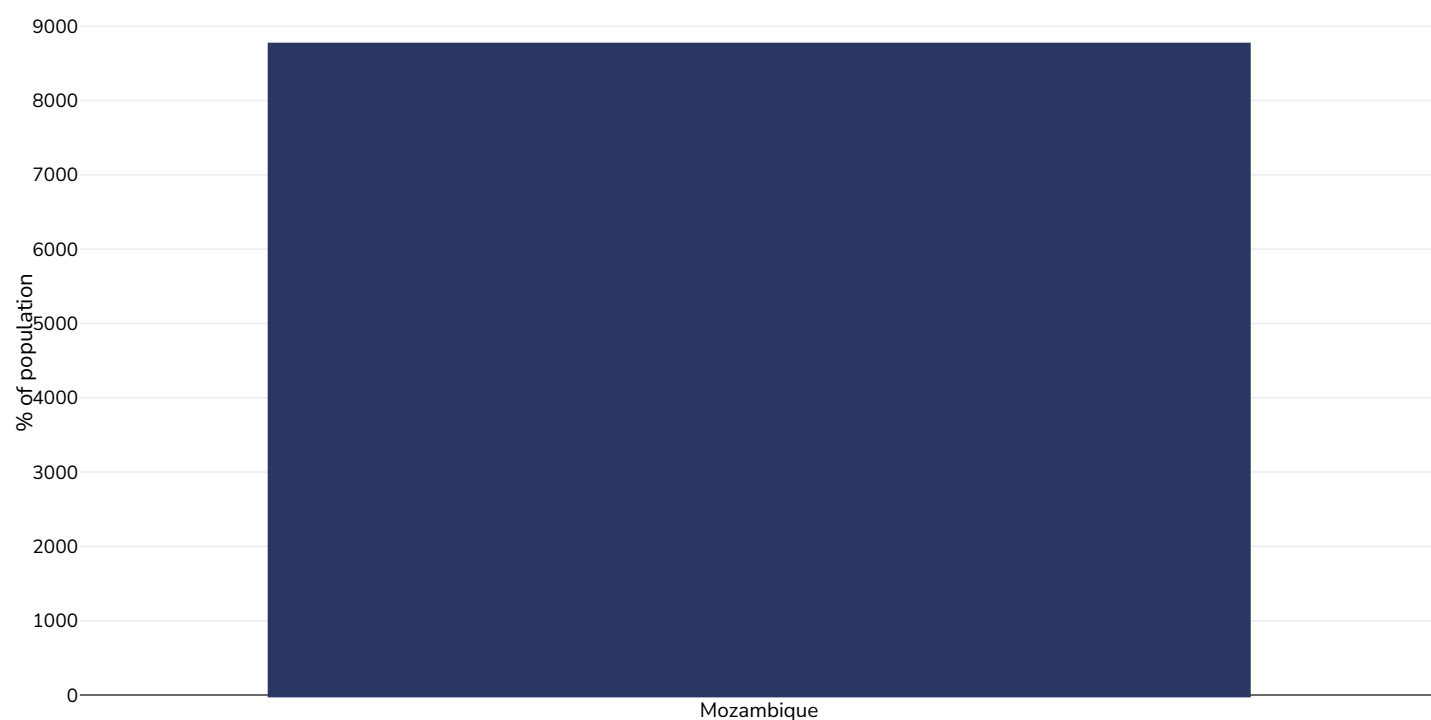
Age:	20+
Area covered:	National
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from http://vizhub.healthdata.org/gbd-compare . (Last accessed 23.04.25)
Definitions:	Number living with depression per 100,000 population (adults 20+ years)

Men, 2021



Age:	20+
Area covered:	National
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from http://vizhub.healthdata.org/gbd-compare . (Last accessed 23.04.25)
Definitions:	Number living with depression per 100,000 population (adults 20+ years)

Women, 2021



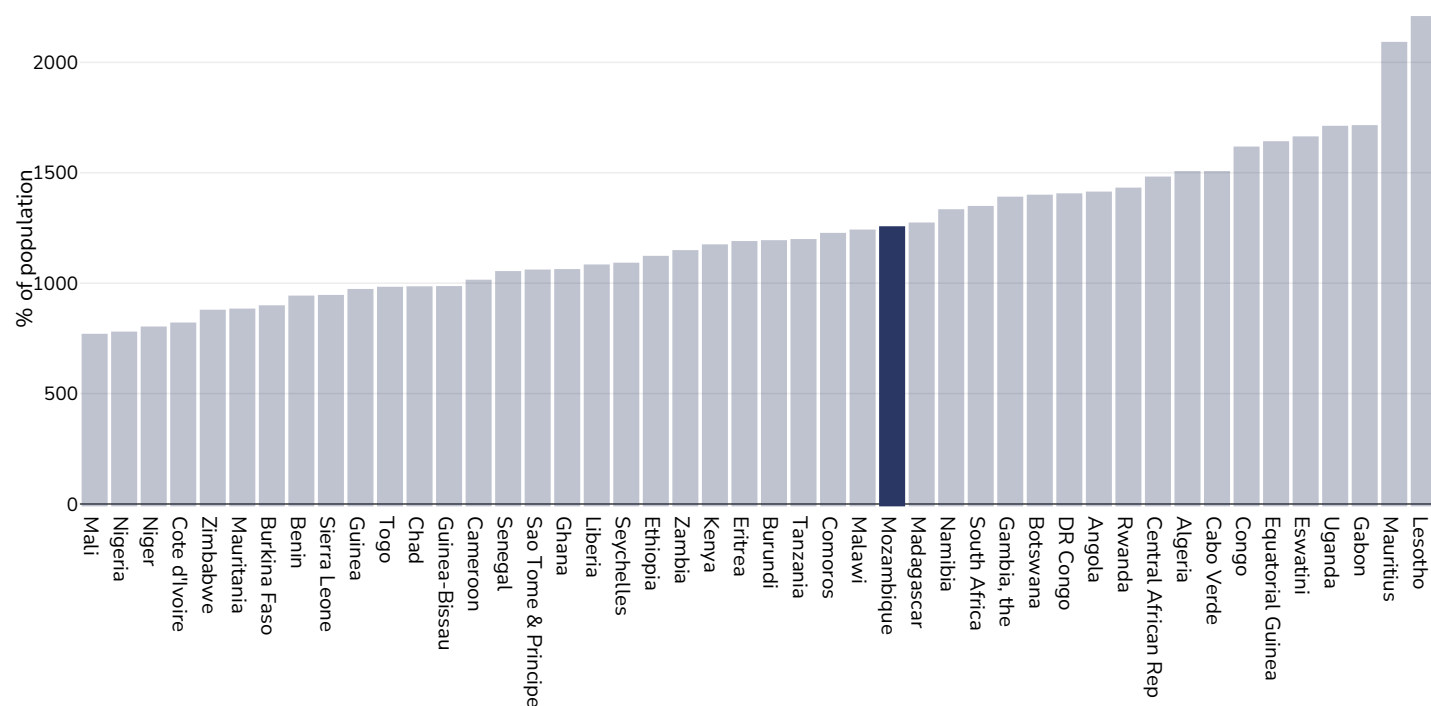
Age: 20+

Area covered: National

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

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

Children, 2021



Area covered:

National

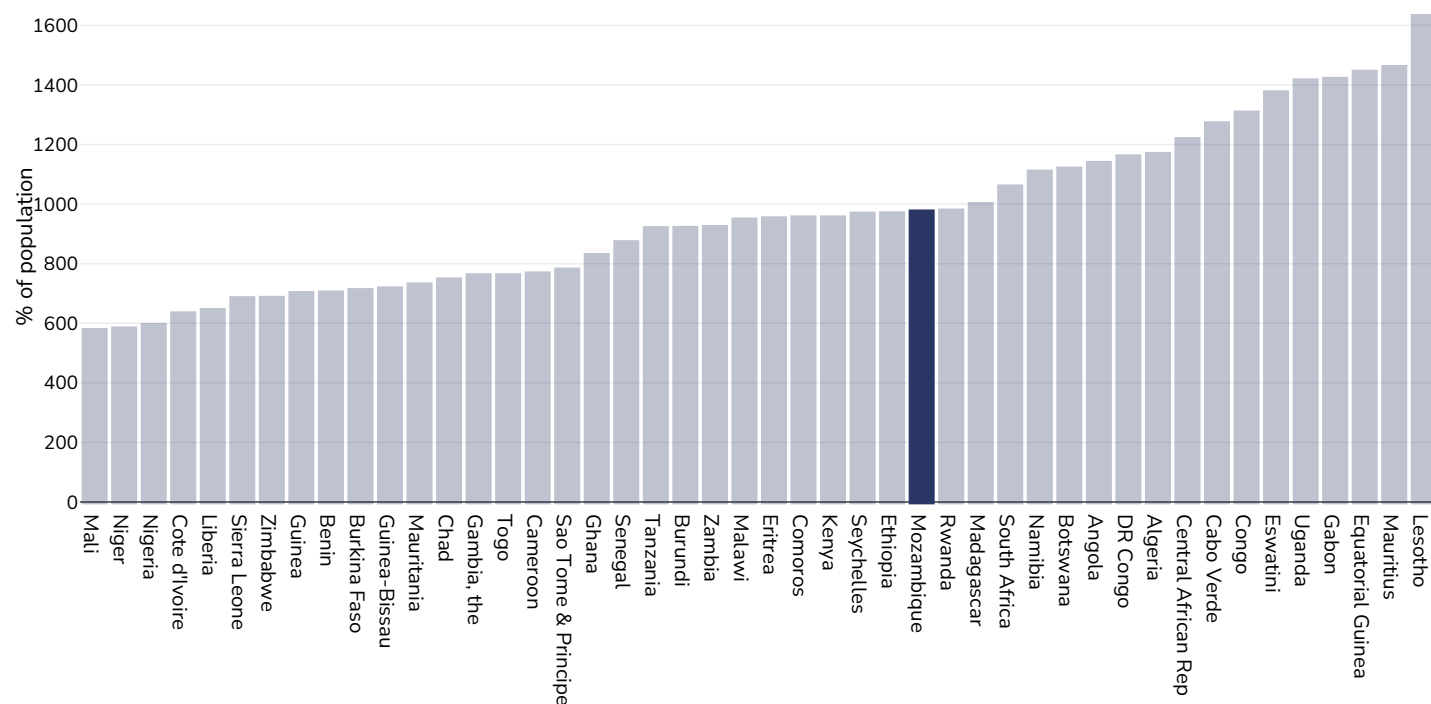
References:

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

Definitions:

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

Boys, 2021



Area covered:

National

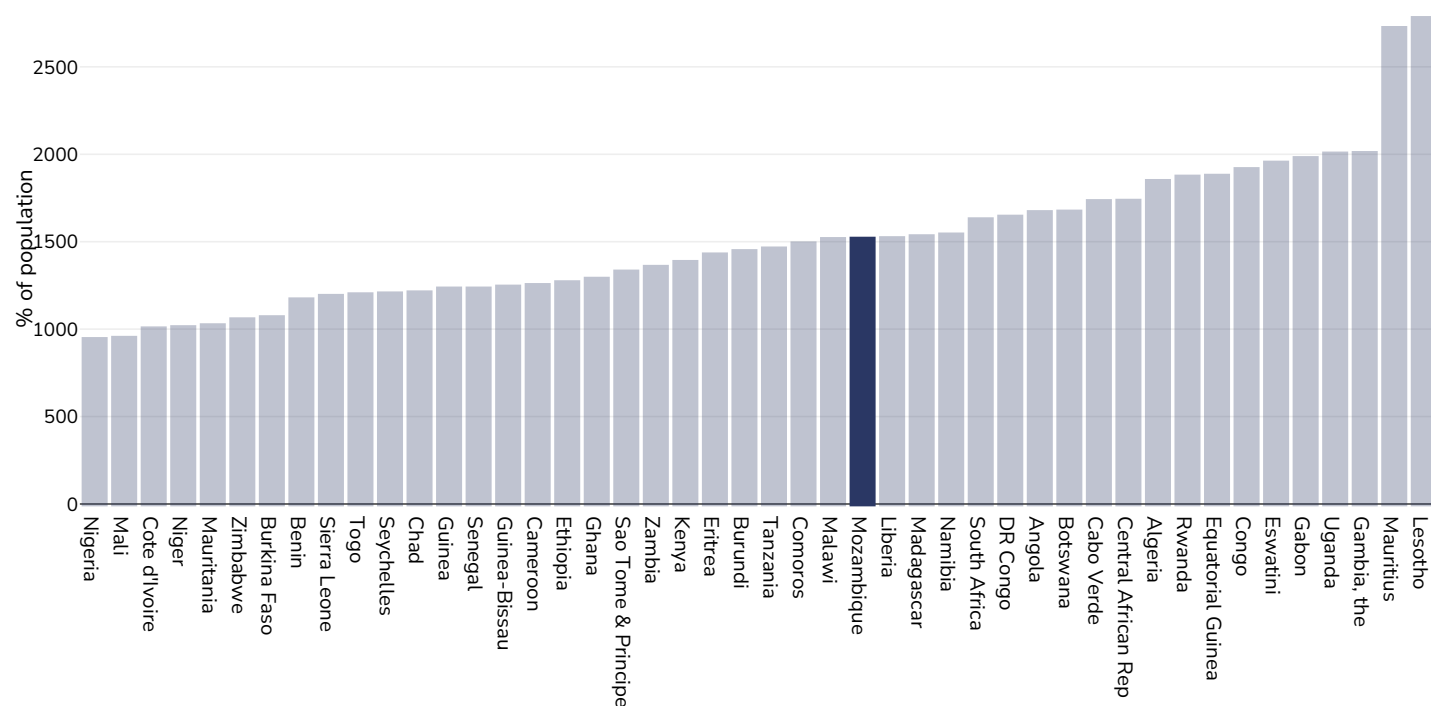
References:

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

Definitions:

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

Girls, 2021



Area covered:

National

References:

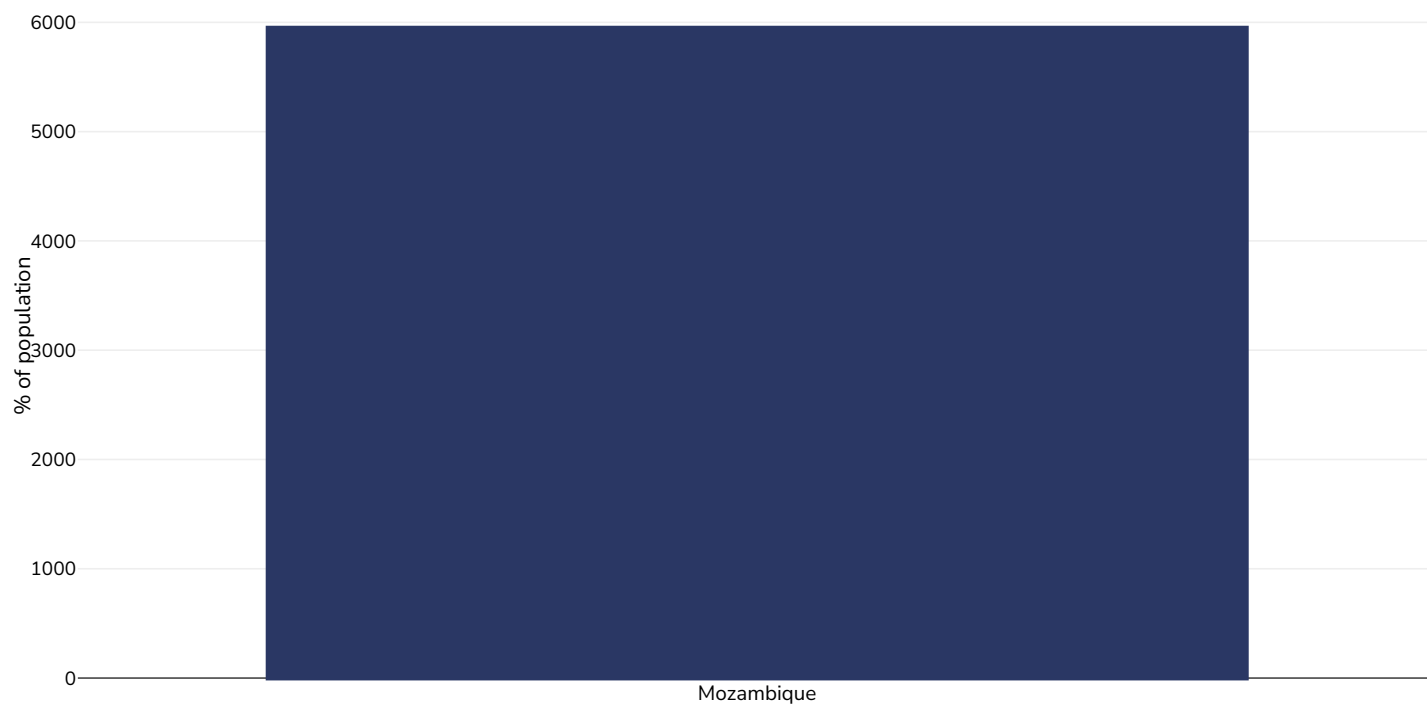
Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

Definitions:

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

Mental health - anxiety disorders

Adults, 2021

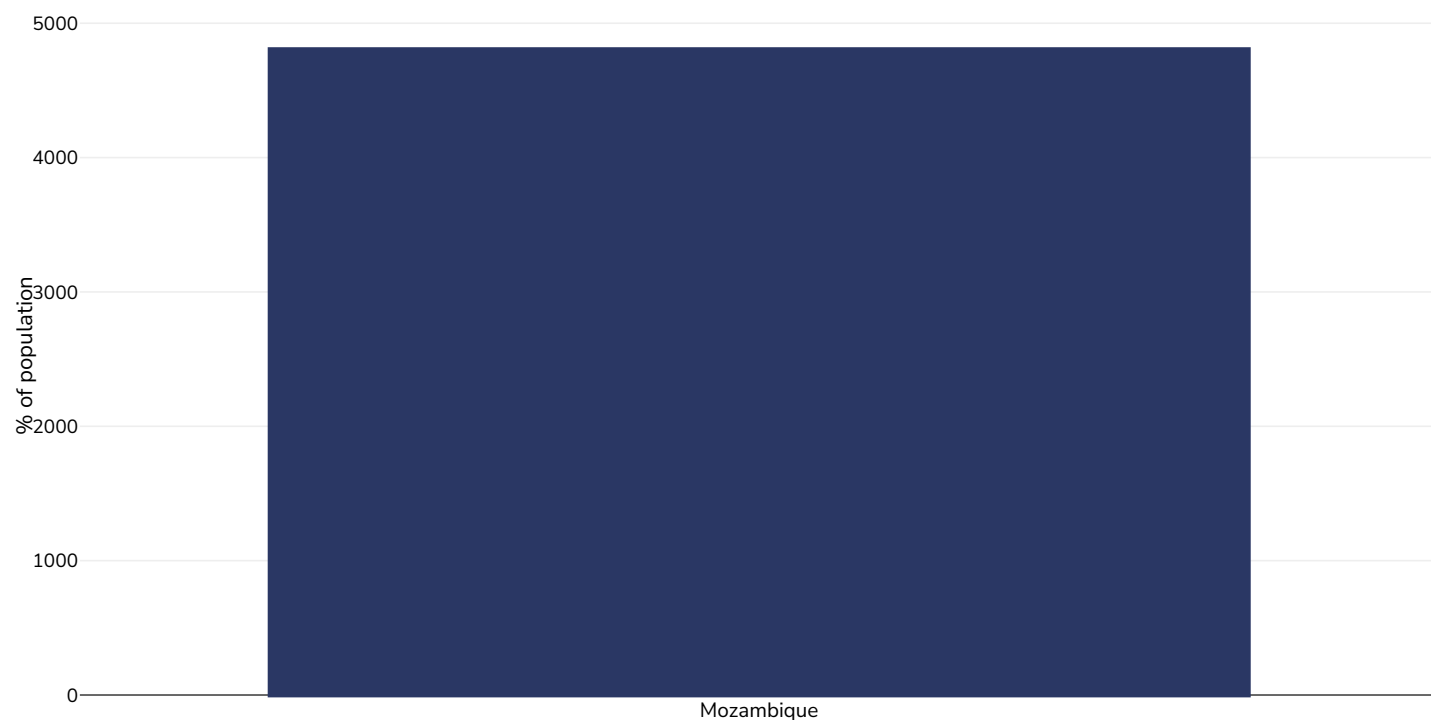


Age: 20+

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

Definitions: Number living with anxiety per 100,000 population

Men, 2021

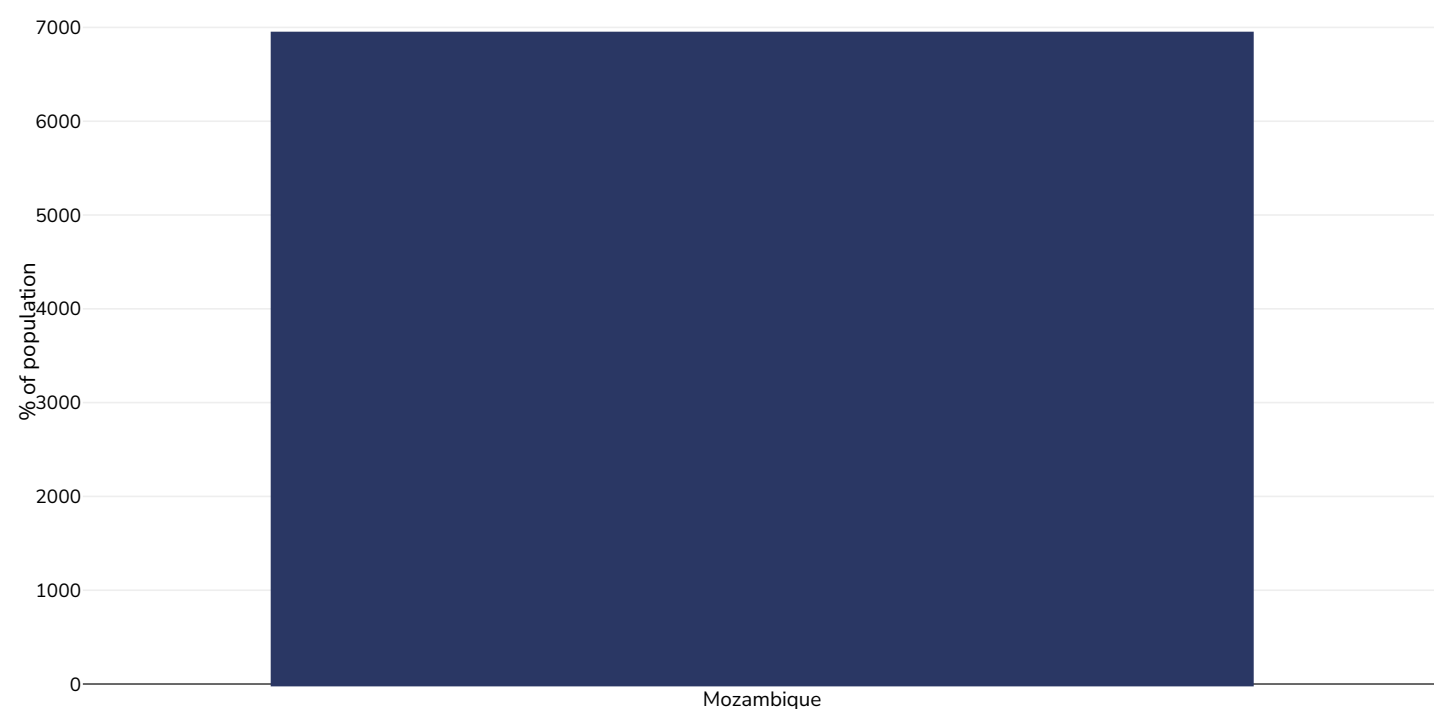


Age: 20+

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

Definitions: Number living with anxiety per 100,000 population

Women, 2021

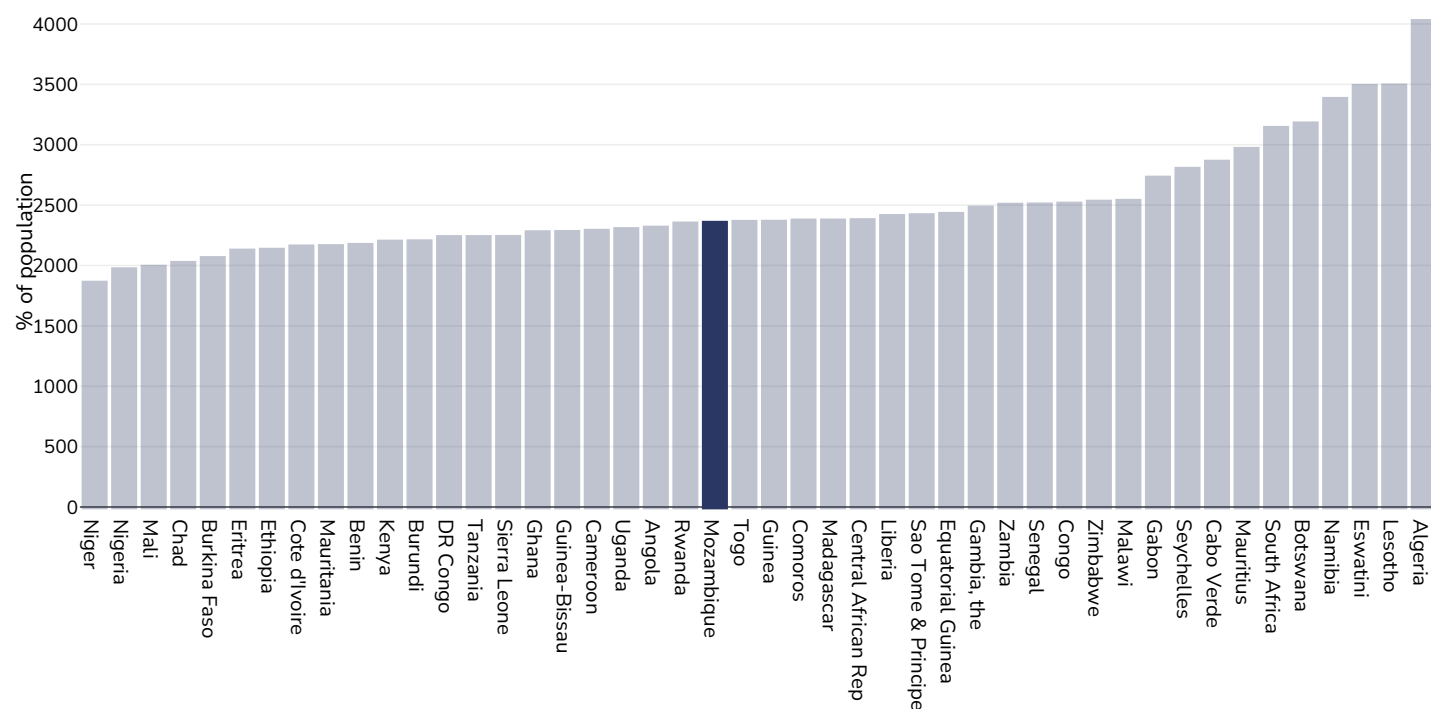


Age: 20+

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

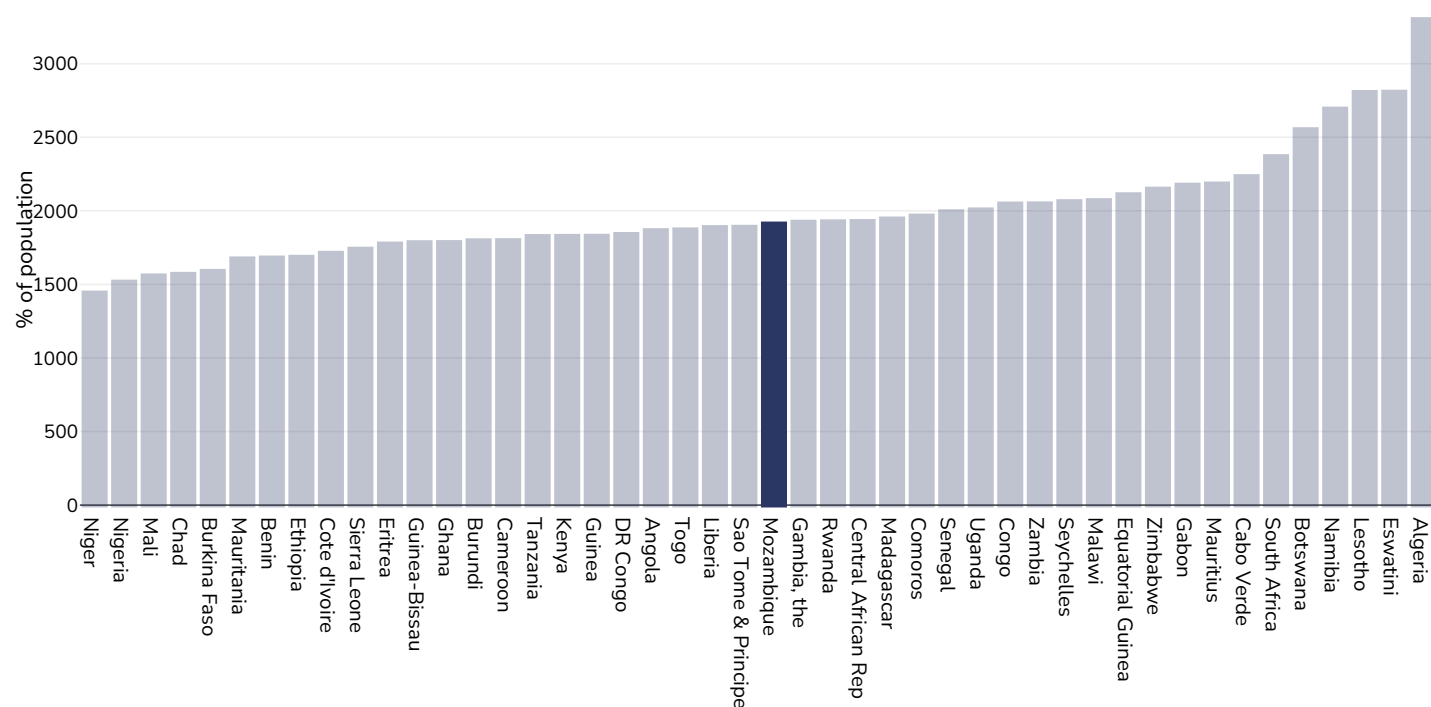
Definitions: Number living with anxiety per 100,000 population

Children, 2021



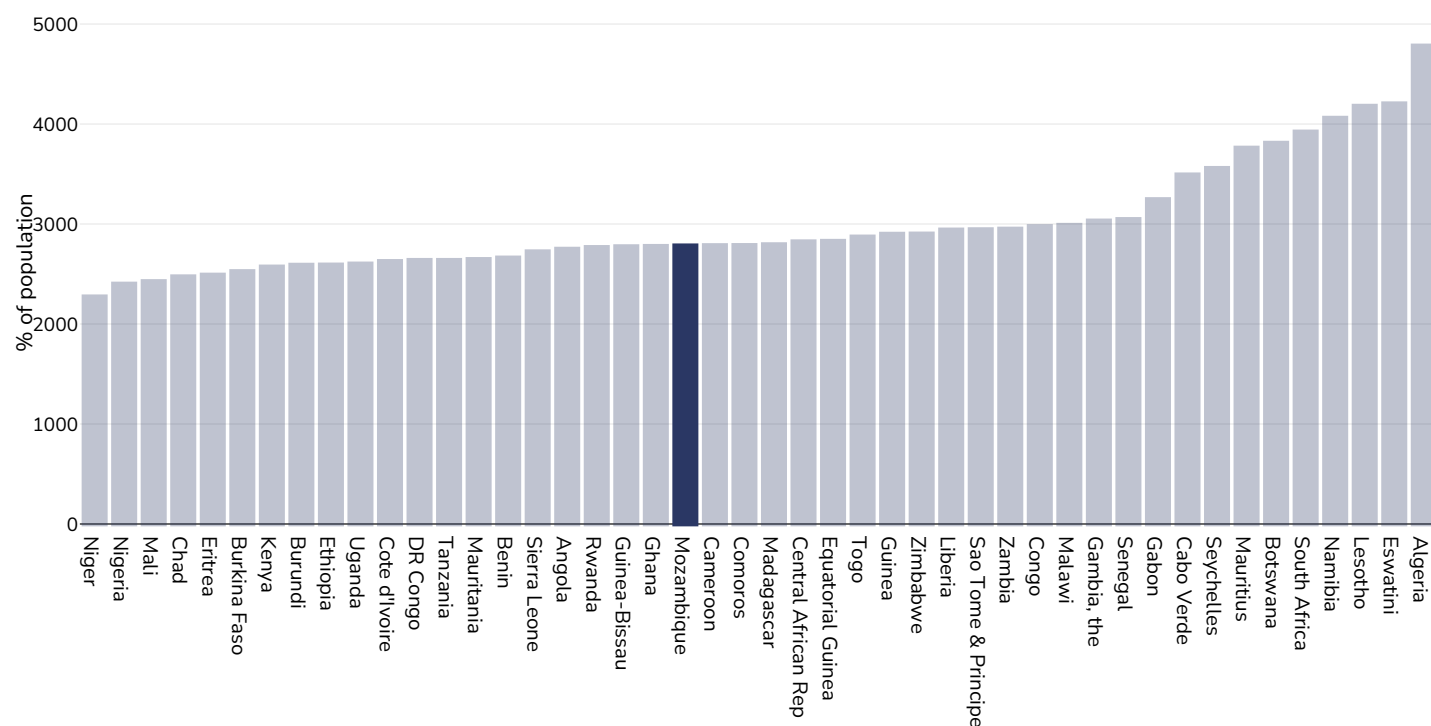
References: Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

Boys, 2021



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

Girls, 2021

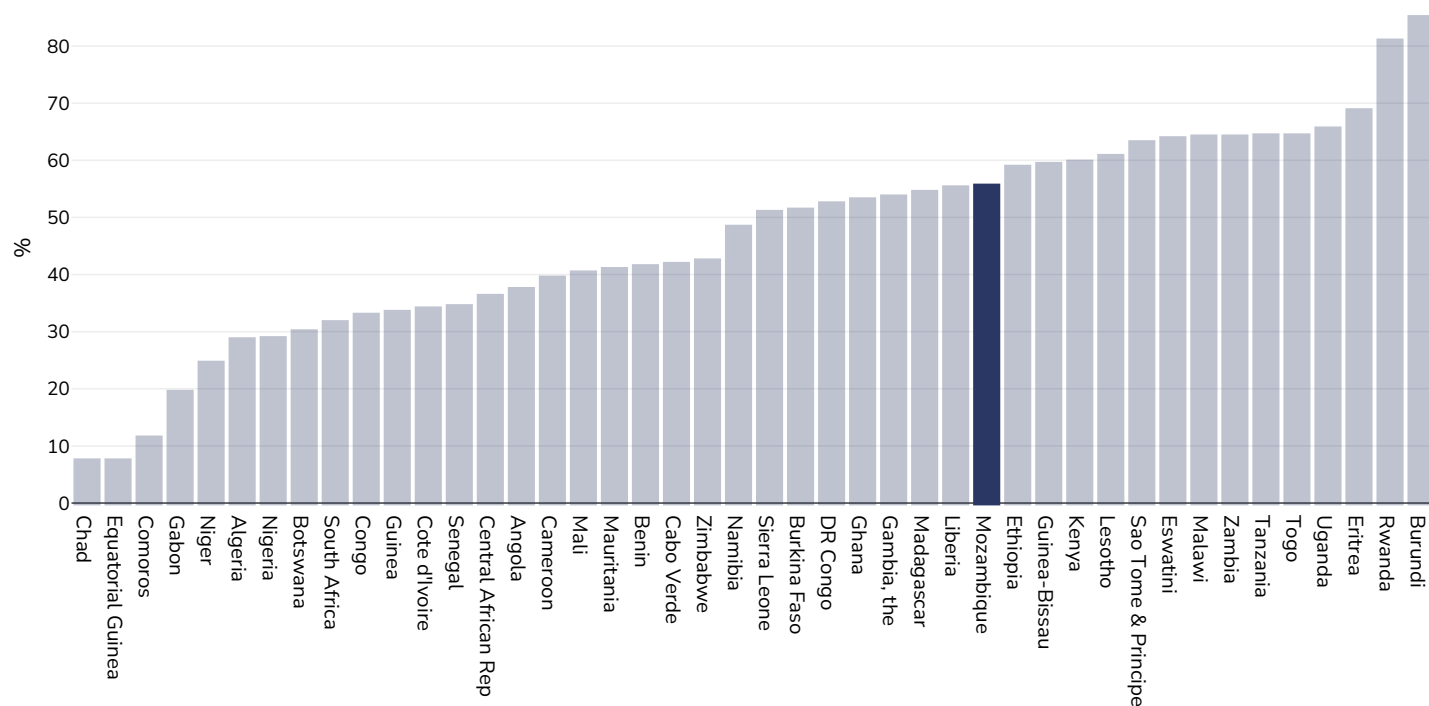


References:

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

% Infants exclusively breastfed 0-5 months

0-5 years, 2010-2024



References:

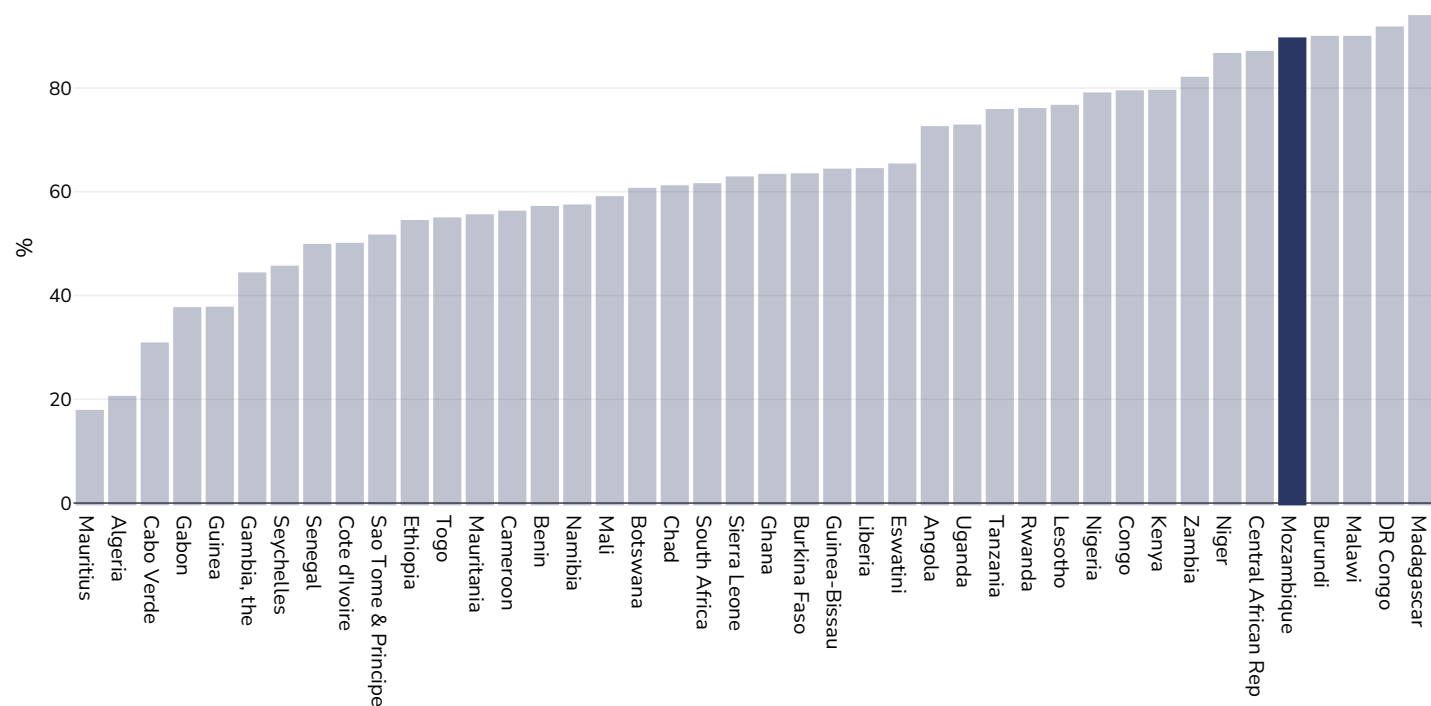
Inquérito Demográfico e de Saúde 2022-23 Relatório de Indicadores-Chave

Notes:

Full details are available. Original citation United Nations Children's Fund, Division of Data, Analysis, Planning and Monitoring (2023).
Global UNICEF Global Databases: Infant and Young Child Feeding: Exclusive breastfeeding, New York, October 2023.

Percent of population who cannot afford a healthy diet

Adults, 2022



Area covered:

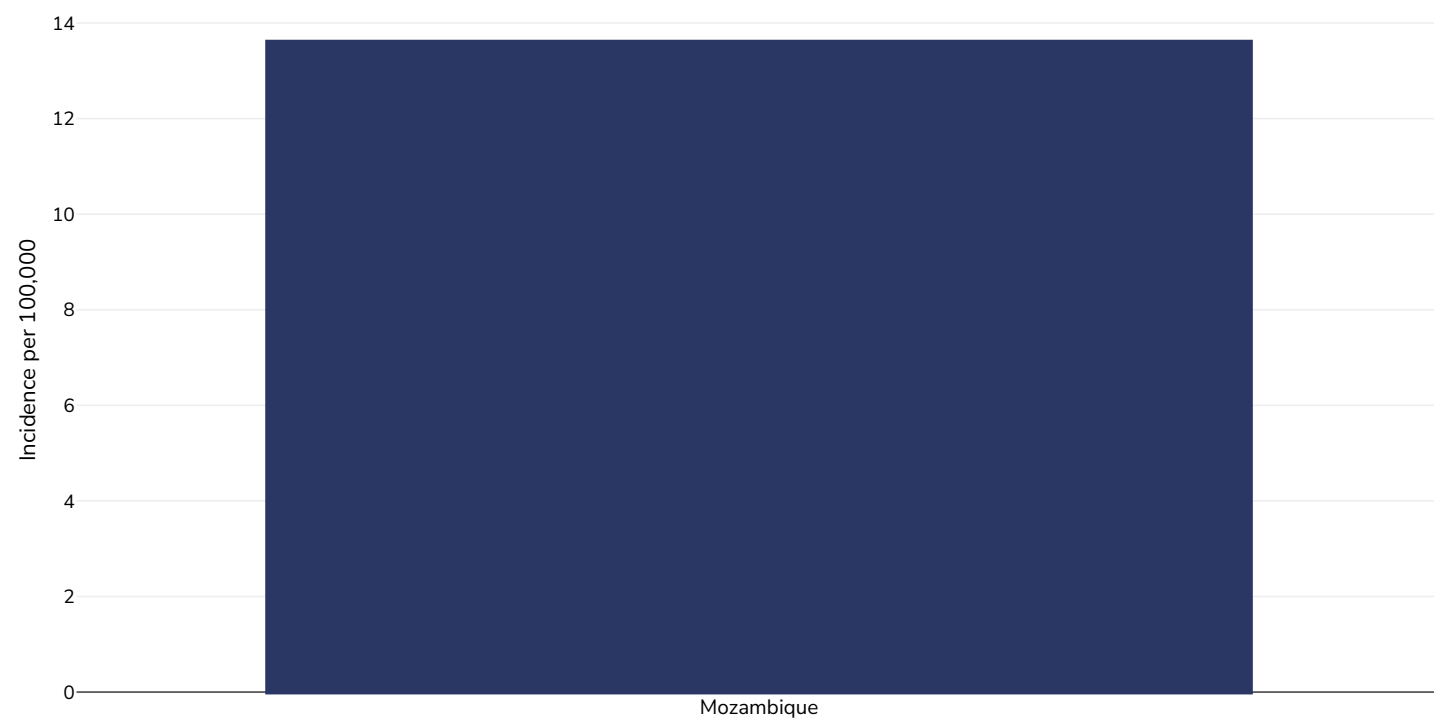
National

References:

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

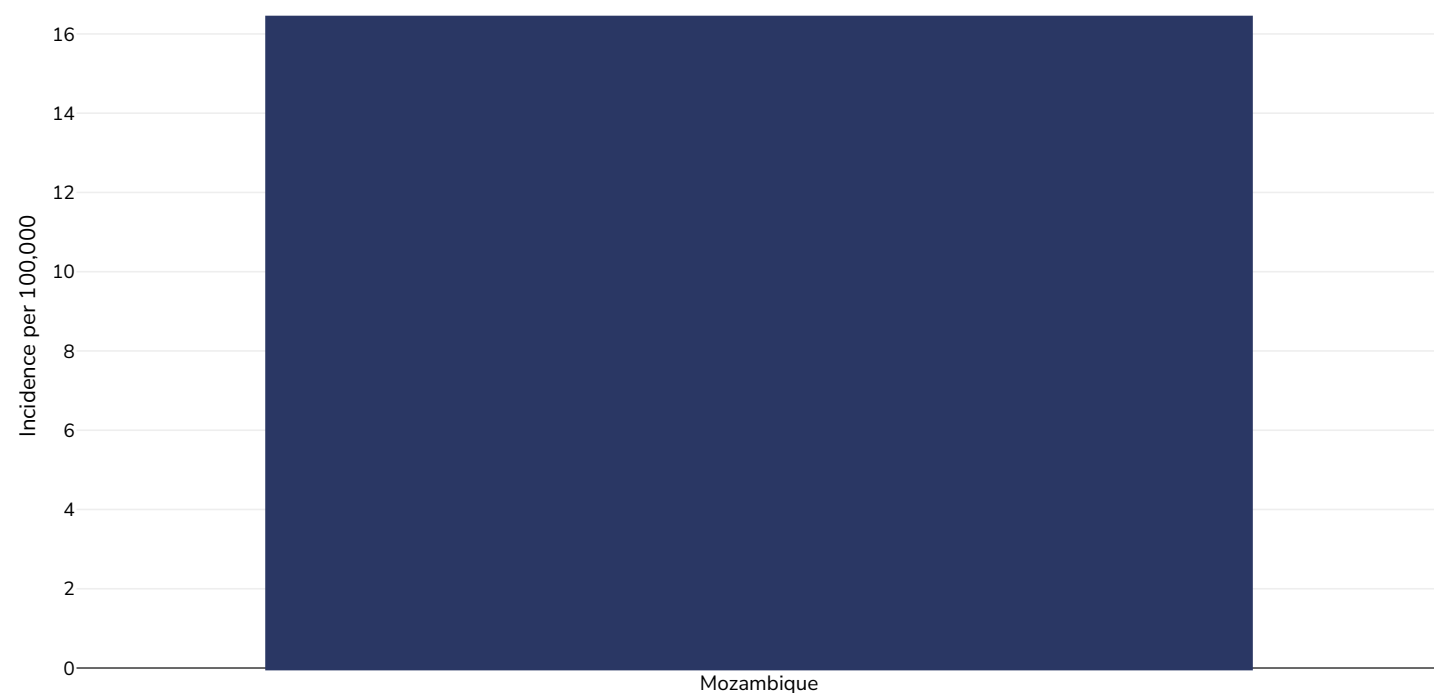
Oesophageal cancer

Men, 2022



Age:	20+
Area covered:	National
References:	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

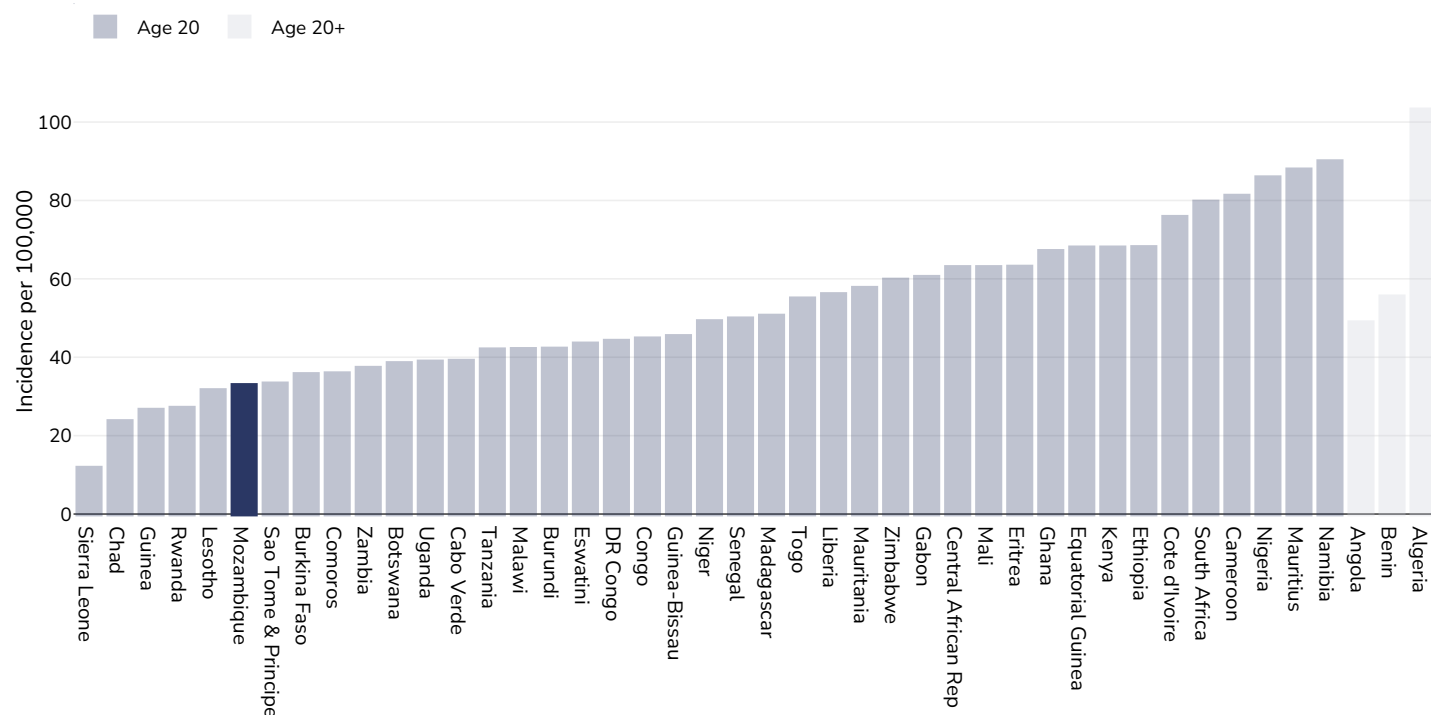
Women, 2022



Age:	20+
Area covered:	National
References:	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

References:

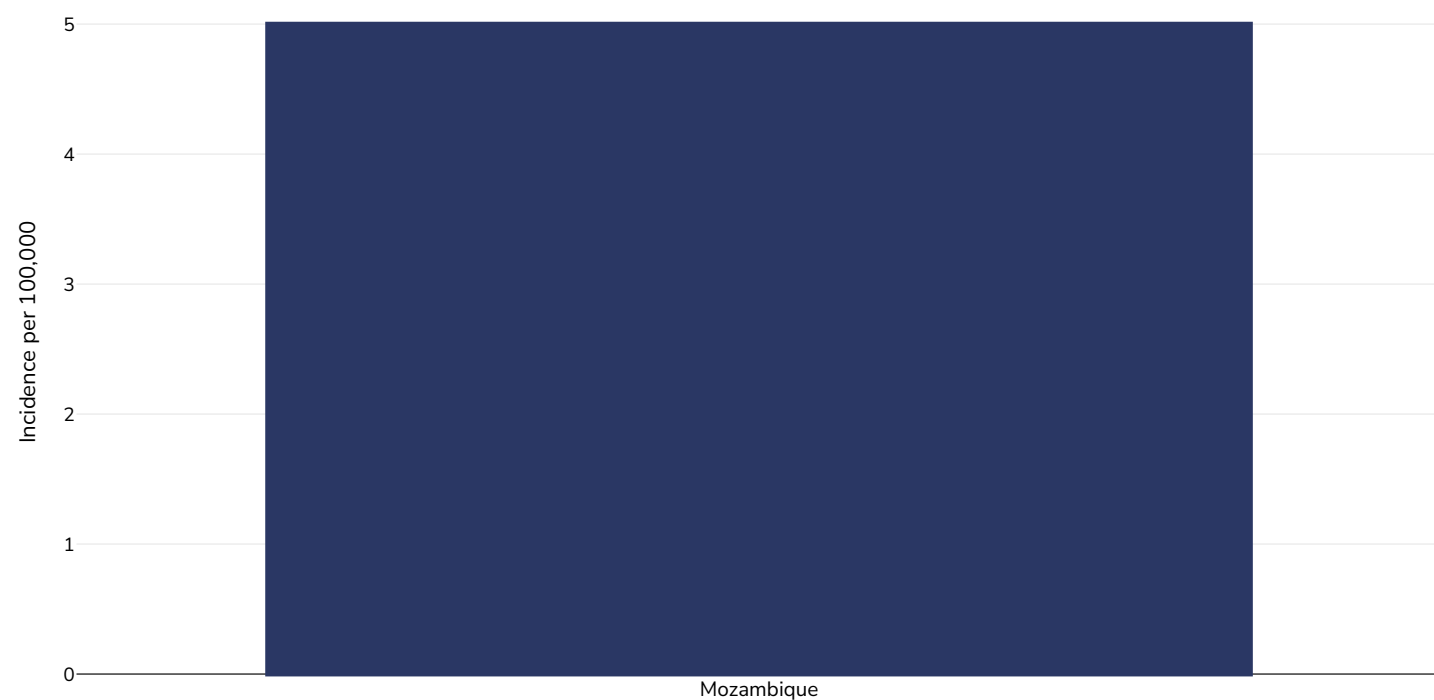
Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.who.int/today>, accessed [16.07.24]

Definitions:

Incidence per 100,000

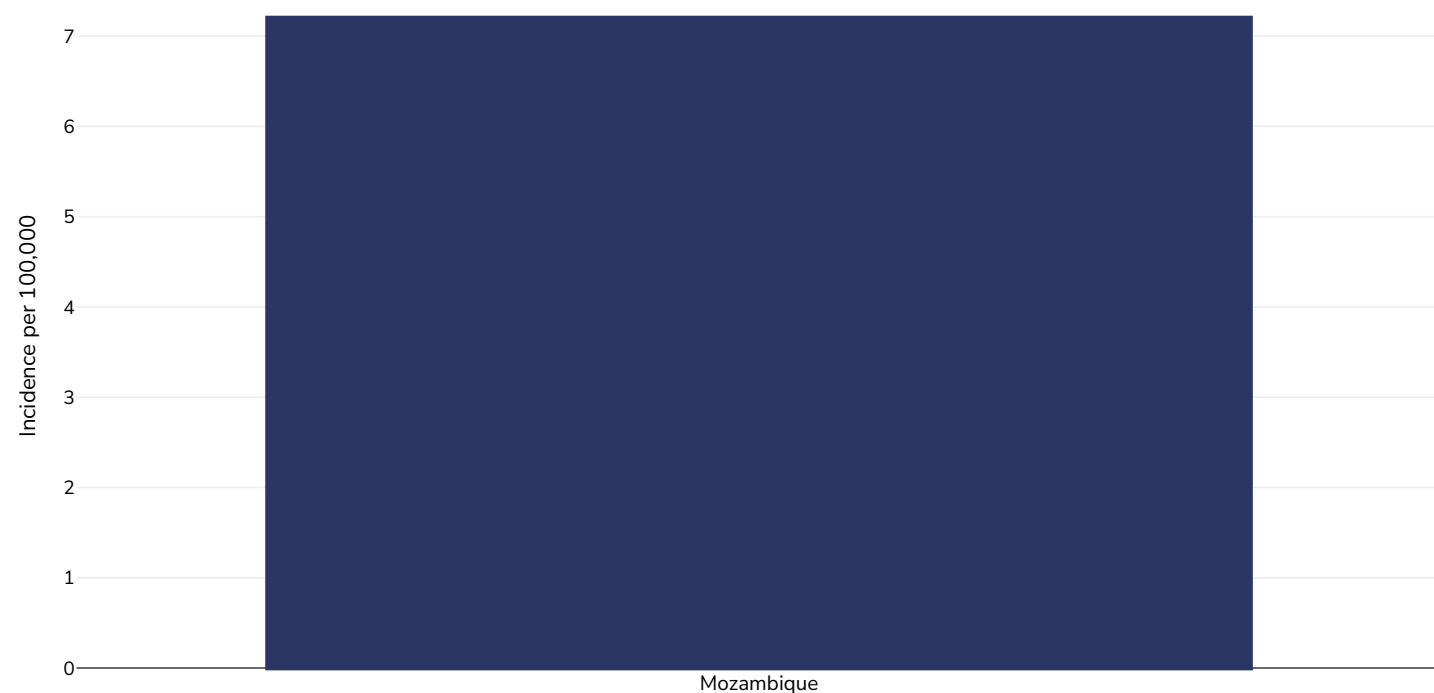
Colorectal cancer

Men, 2022



Age:	20+
Area covered:	National
References:	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

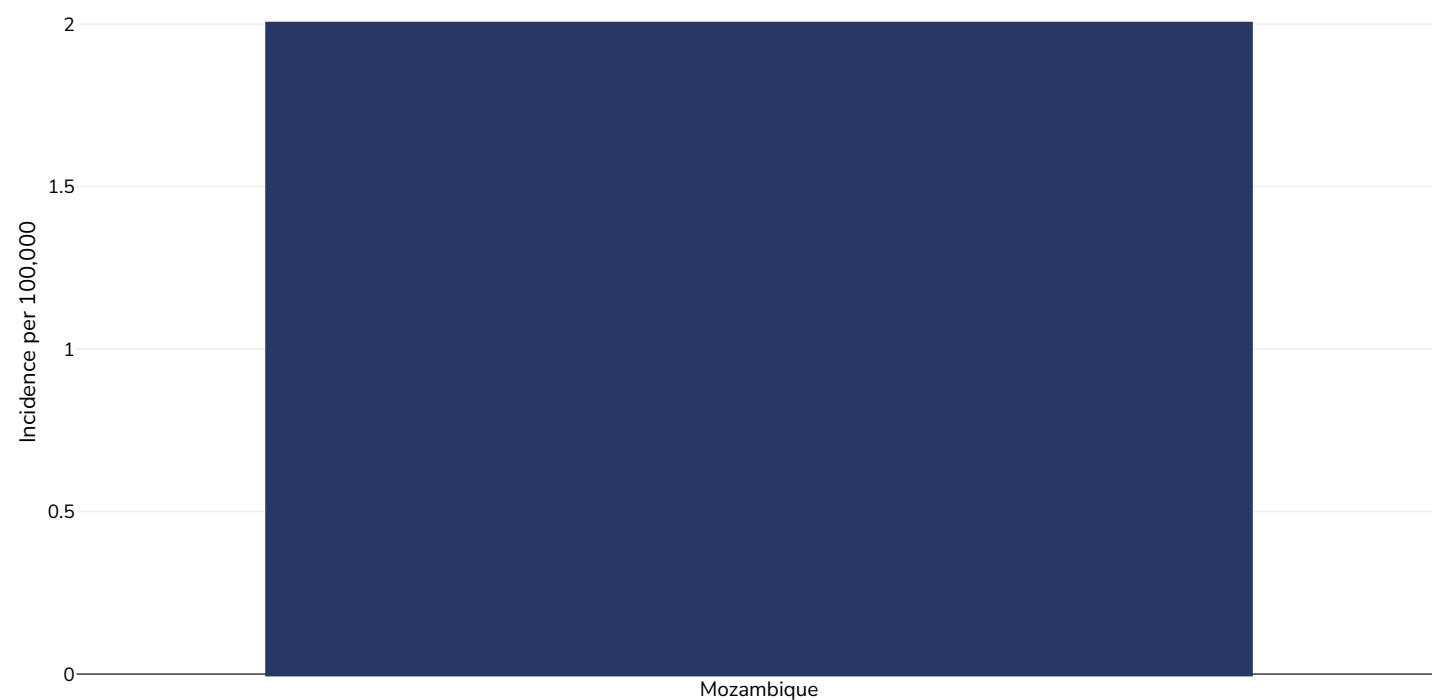
Women, 2022



Age:	20+
Area covered:	National
References:	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

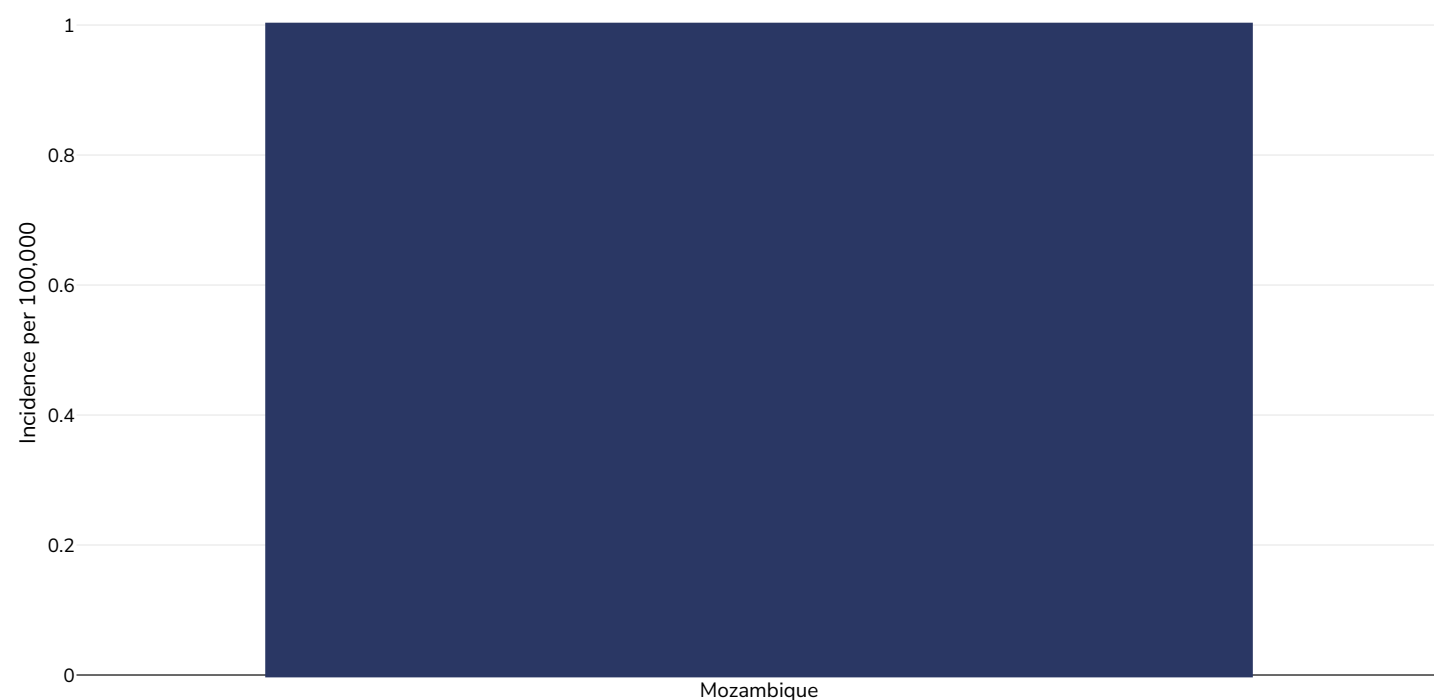
Pancreatic cancer

Men, 2022



Age:	20+
Area covered:	National
References:	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
References:	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

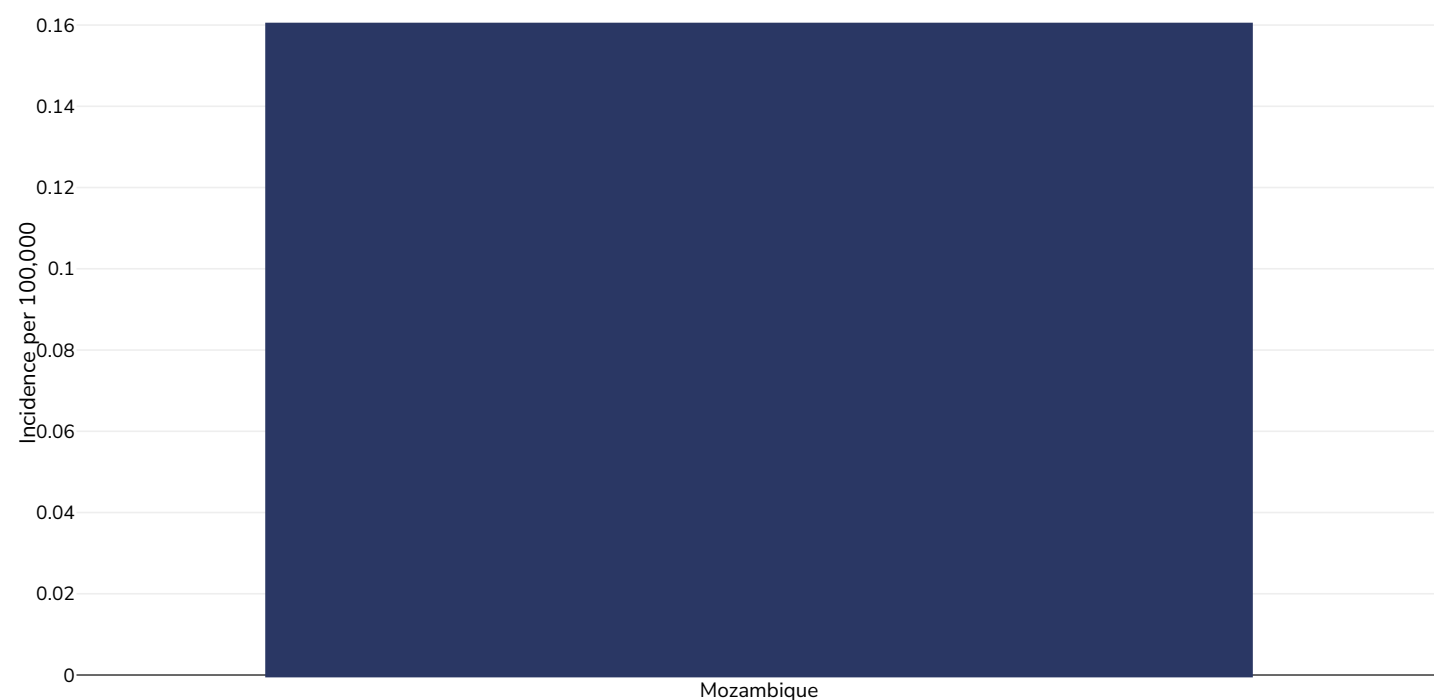
Gallbladder cancer

Men, 2022



Age:	20+
Area covered:	National
References:	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

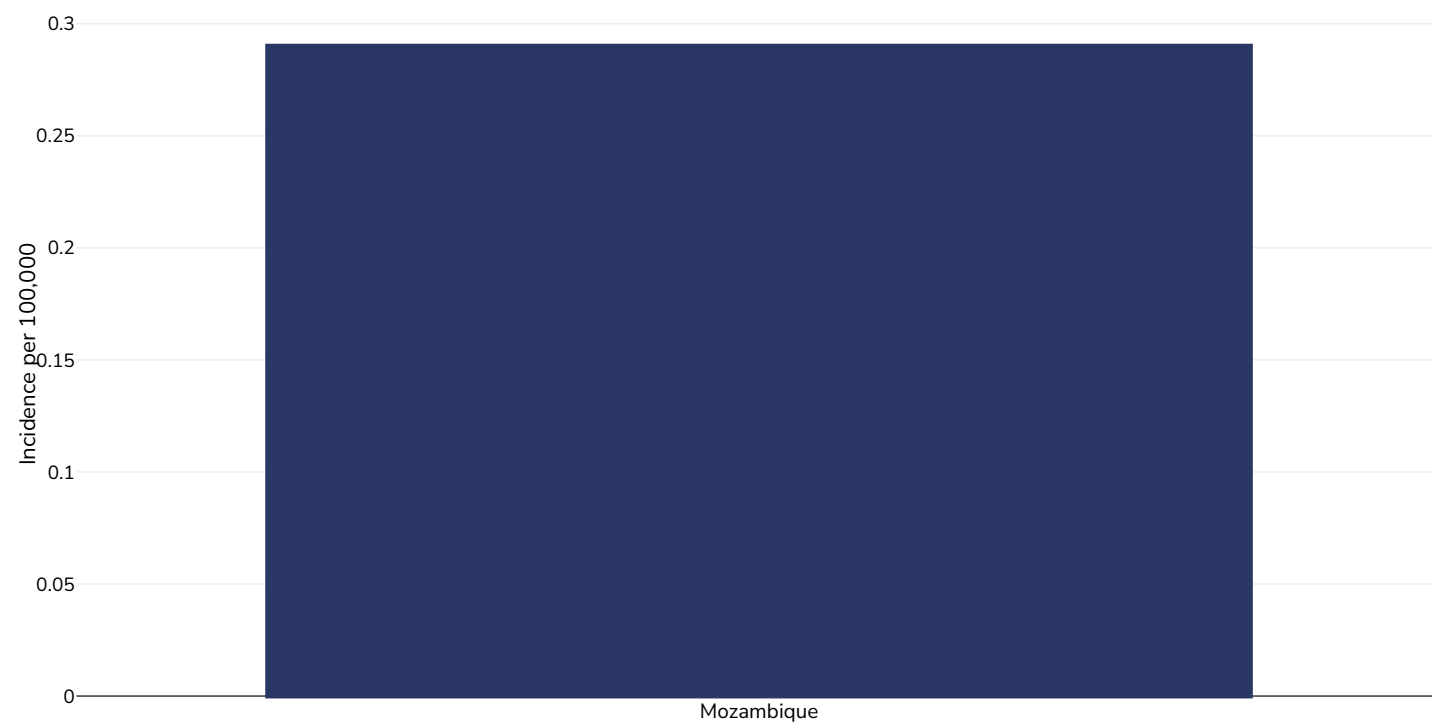
Women, 2022



Age:	20+
Area covered:	National
References:	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

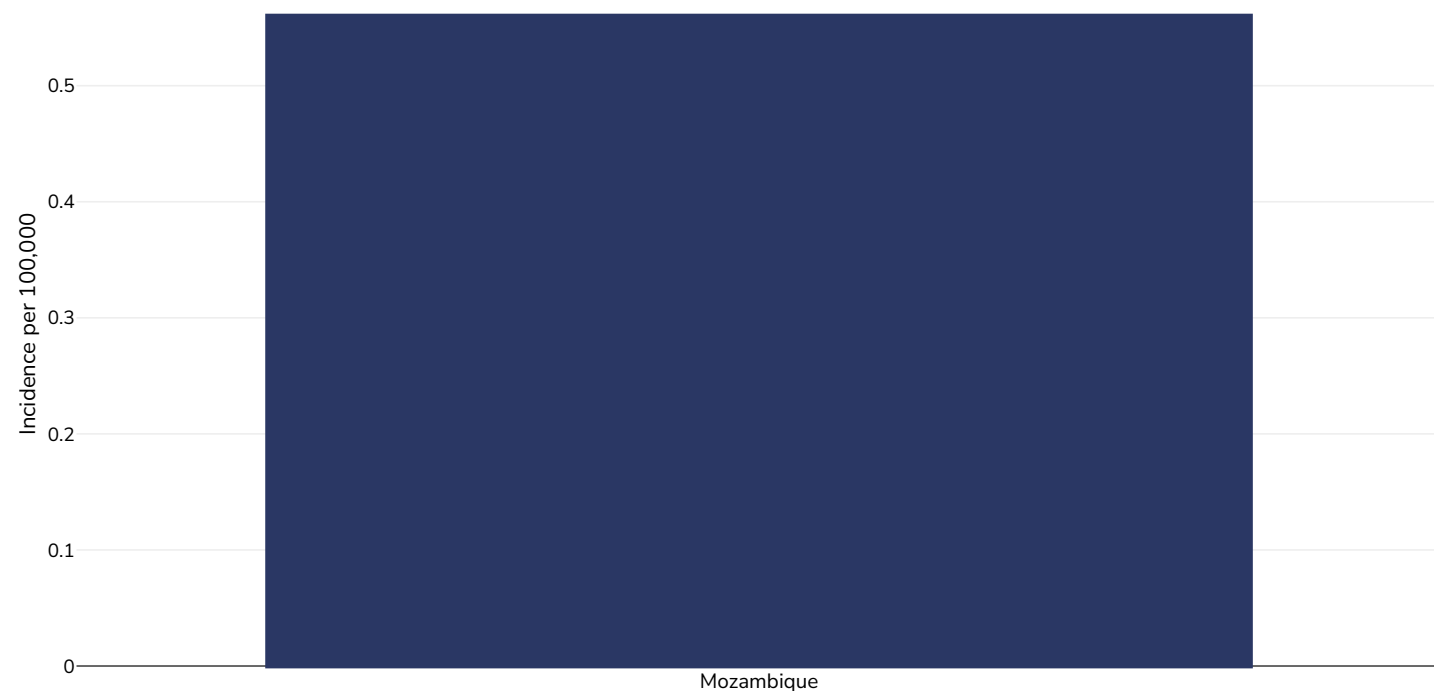
Kidney cancer

Men, 2022



Age:	20+
Area covered:	National
References:	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

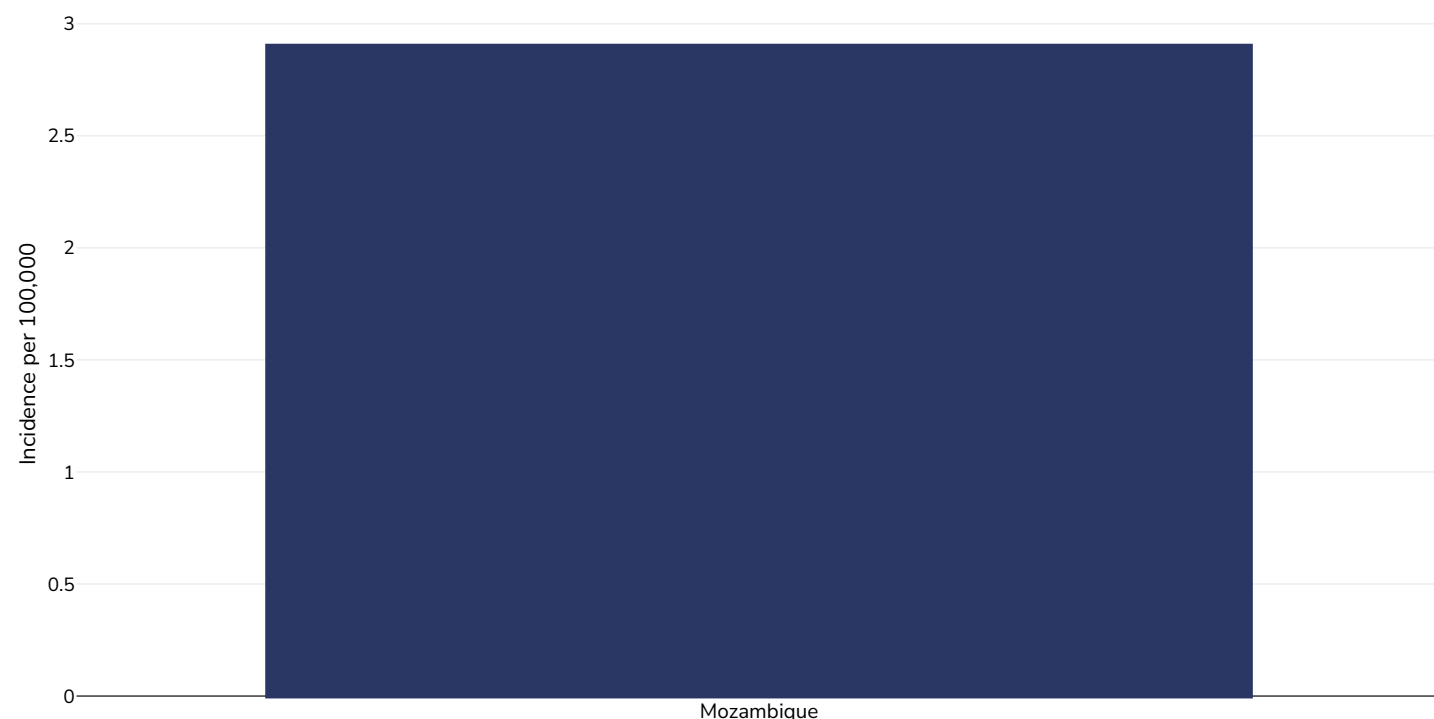
Women, 2022



Age:	20+
Area covered:	National
References:	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



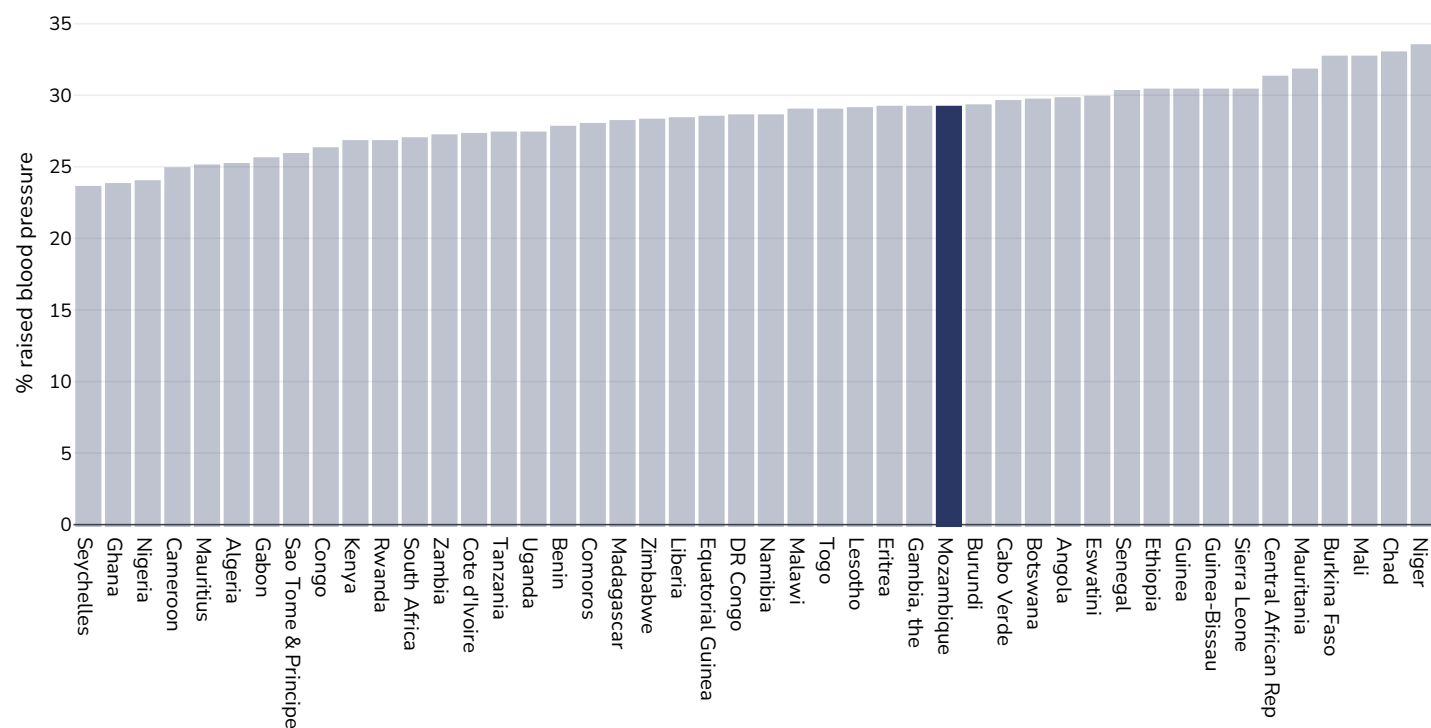
Age: 20+

References: 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

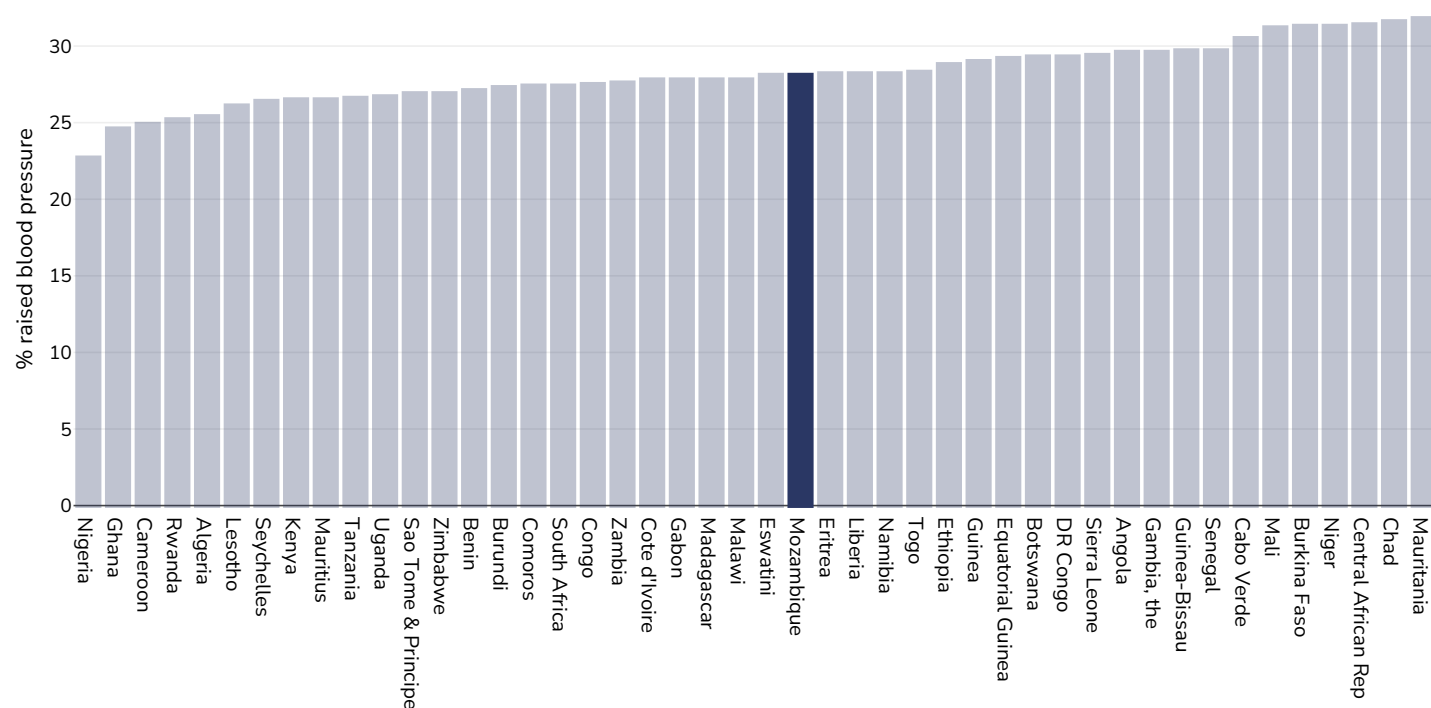
Adults, 2015



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

Definitions: Age Standardised estimated % Raised blood pressure 2015 (SBP $\geq$ 140 OR DBP $\geq$ 90).

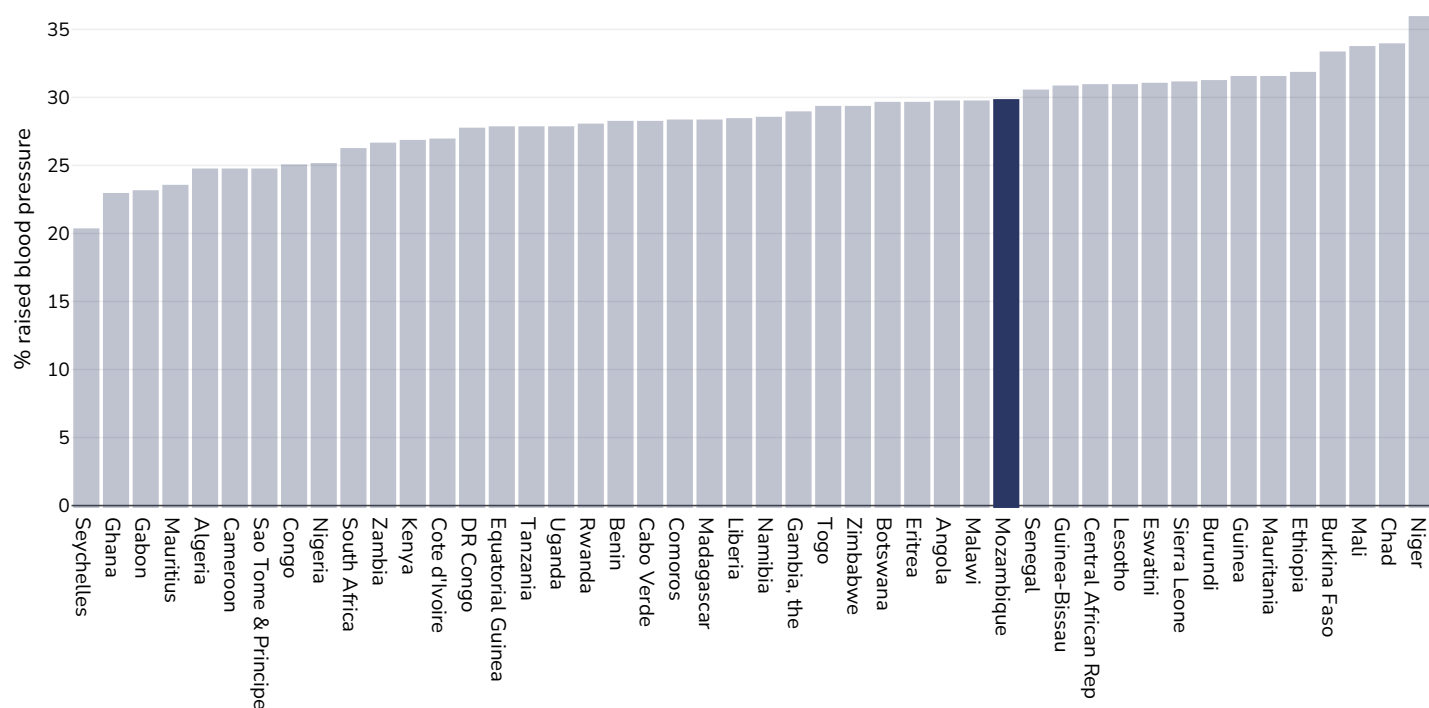
Men, 2015



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

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

Women, 2015

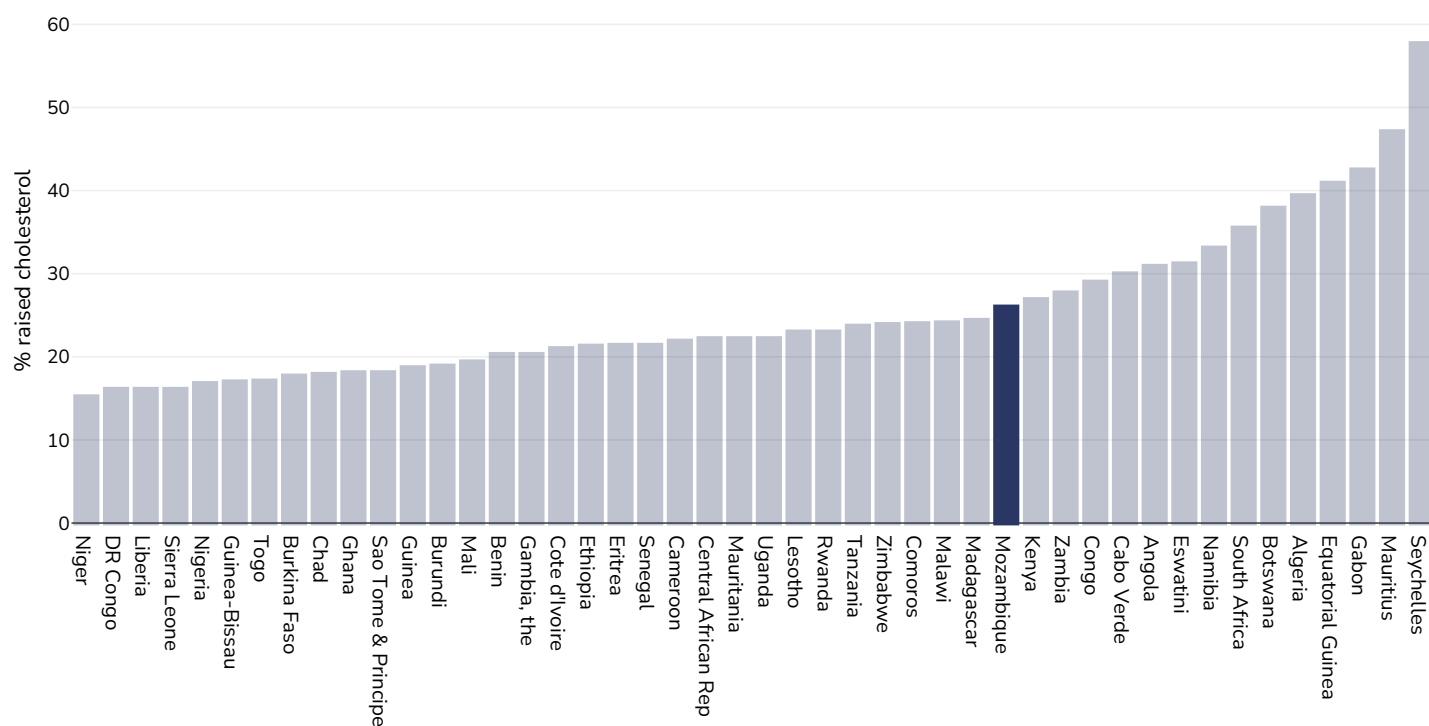


References: Global Health Observatory data repository, World Health Organisation, <http://apps.who.int/gho/data/node.main.A875?lang=en>

Definitions: Age Standardised estimated % Raised blood pressure 2015 (SBP $\geq$ 140 OR DBP $\geq$ 90).

Raised cholesterol

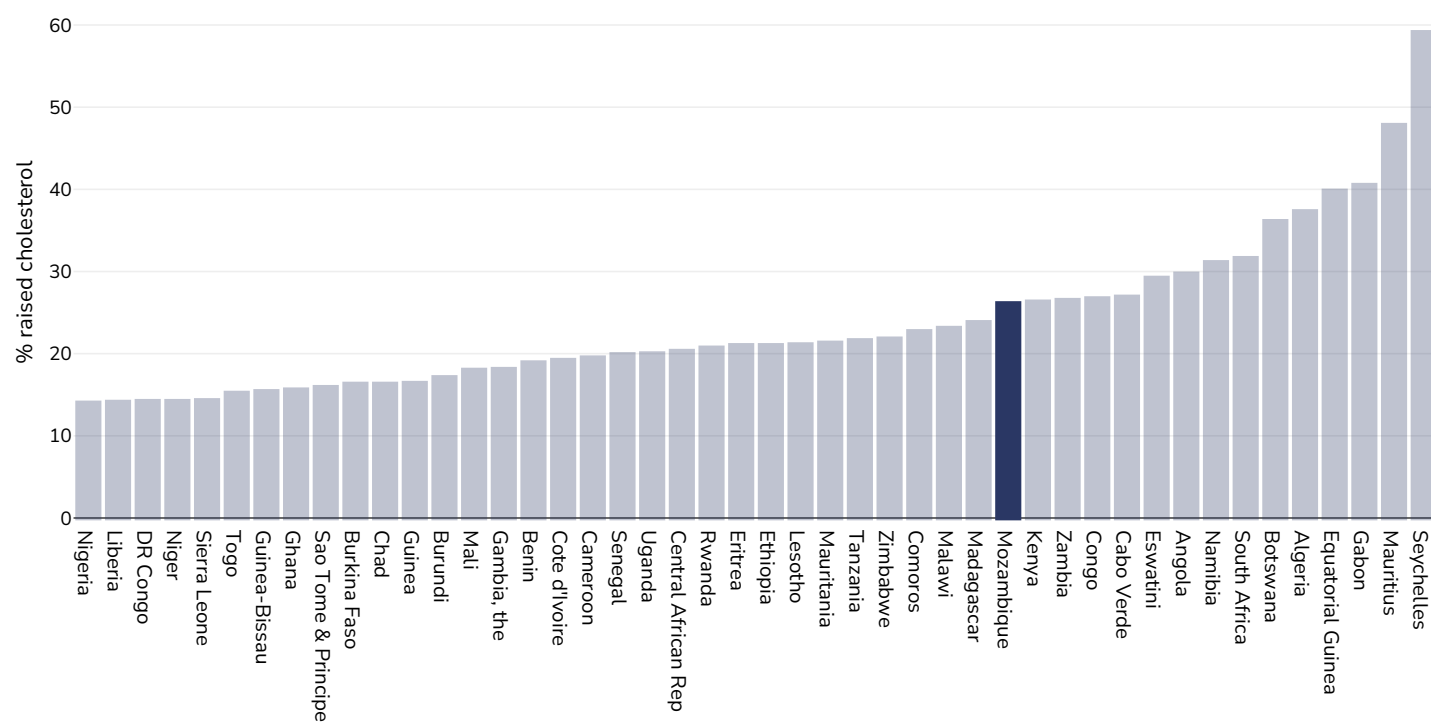
Adults, 2008



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

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

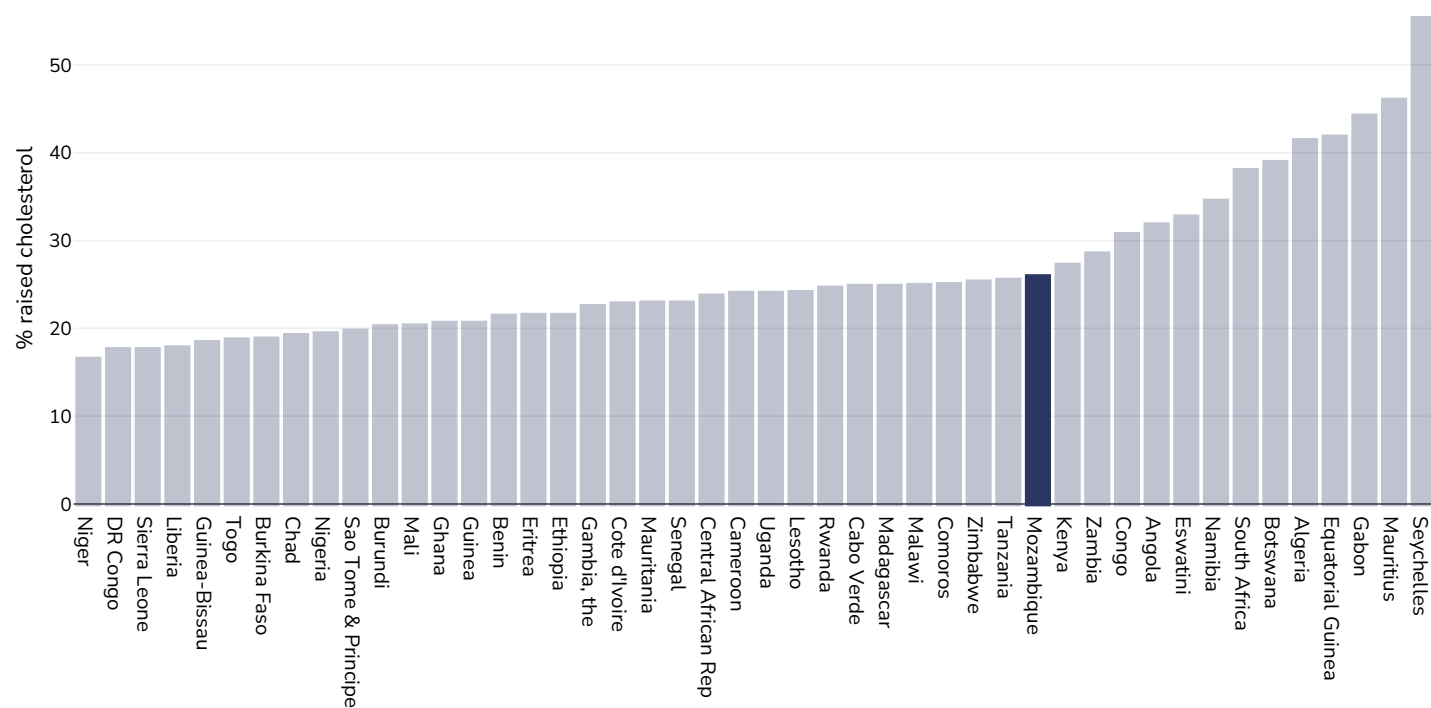
Men, 2008



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

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

Women, 2008

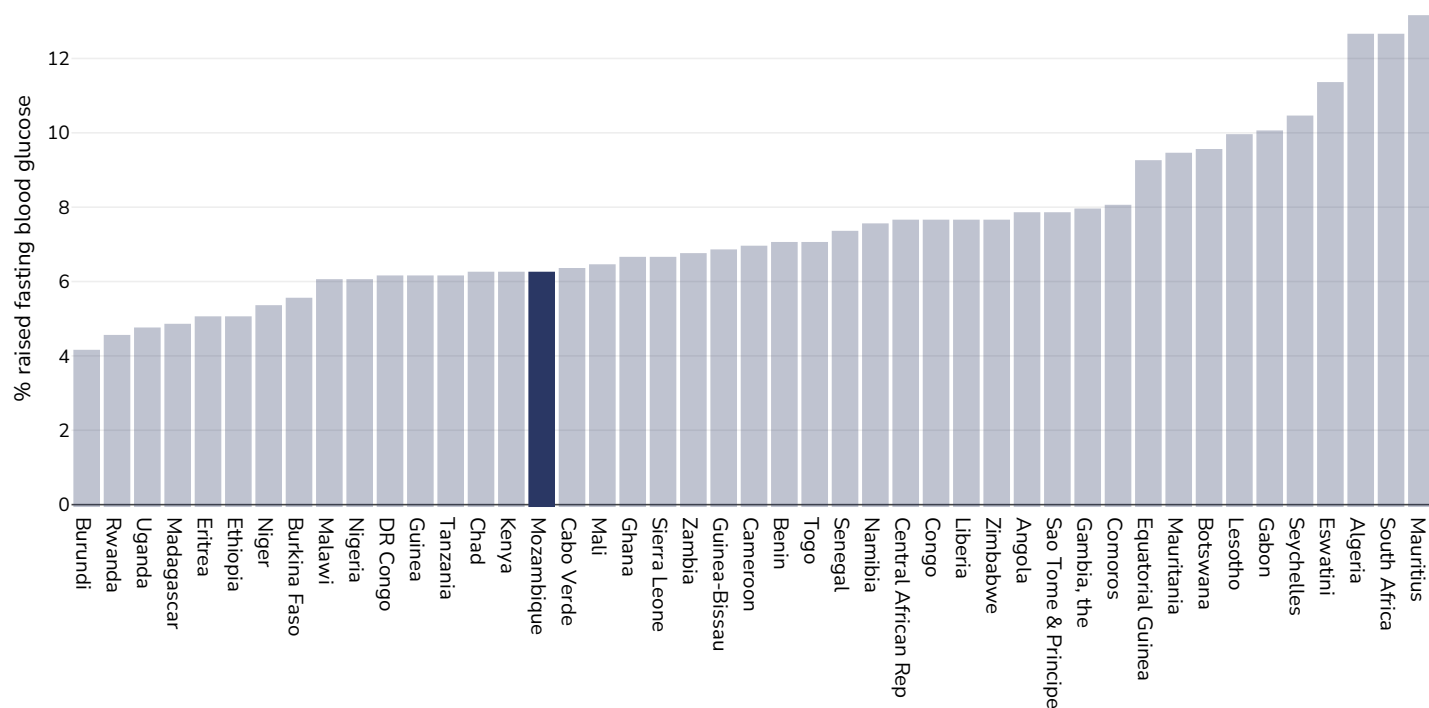


References: Global Health Observatory data repository, World Health Organisation, <http://apps.who.int/gho/data/node.main.A885>

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

Raised fasting blood glucose

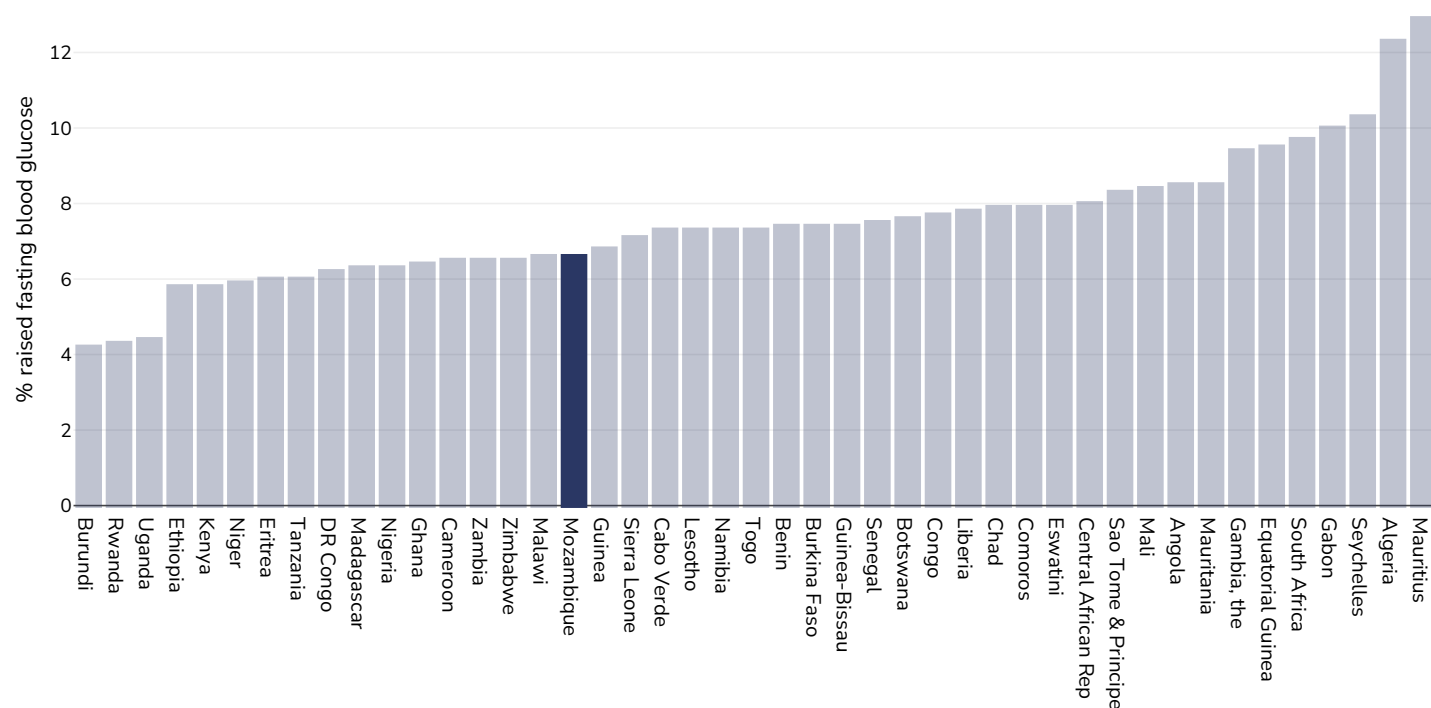
Men, 2014



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

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

Women, 2014

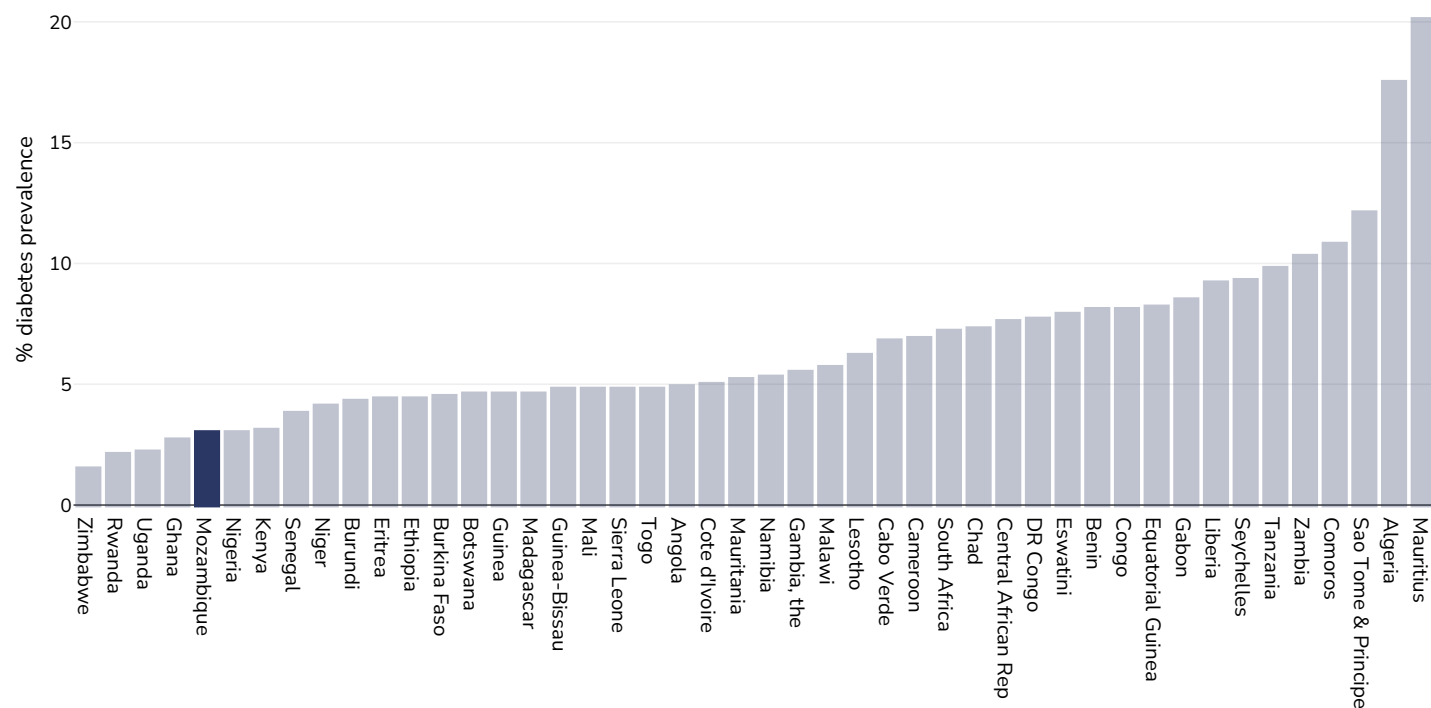


References: Global Health Observatory data repository, World Health Organisation, <http://apps.who.int/gho/data/node.main.A869?lang=en>

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

Diabetes prevalence

Adults, 2024

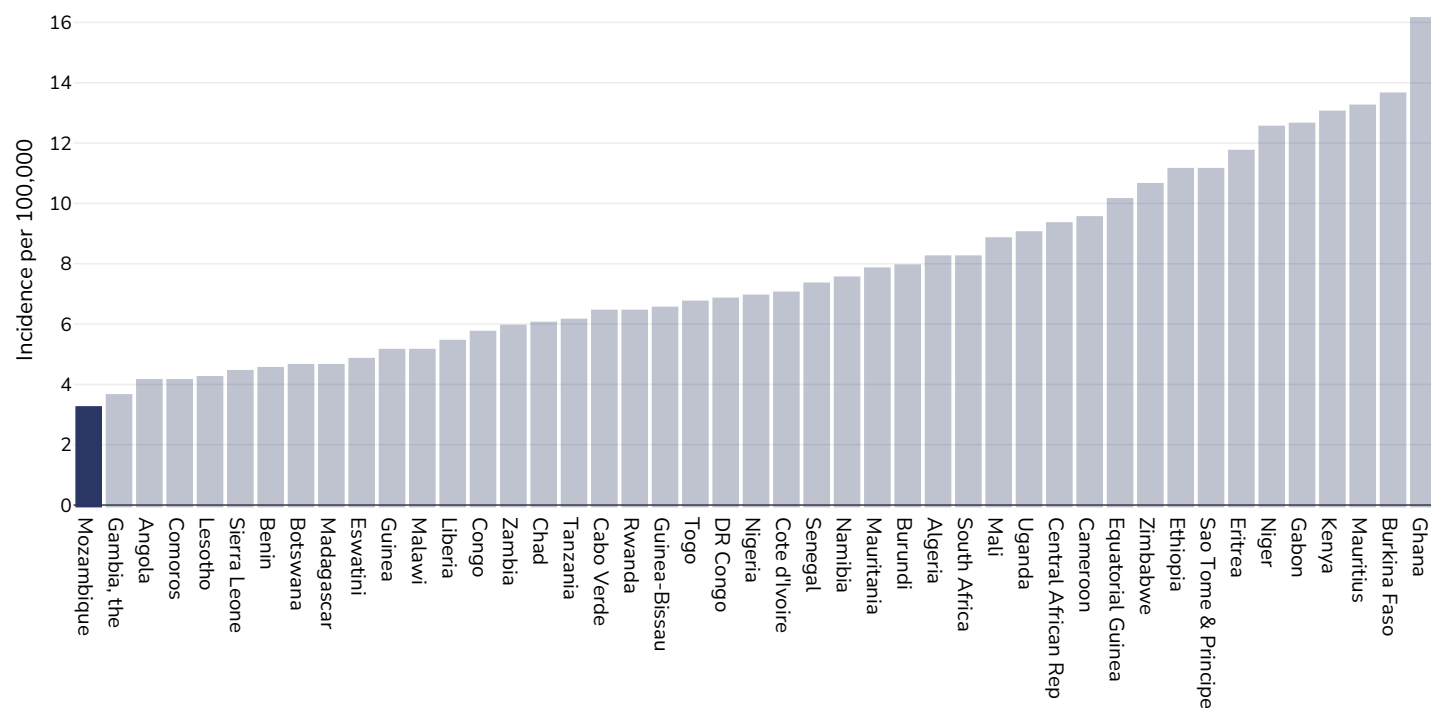


References:

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+

References: 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+

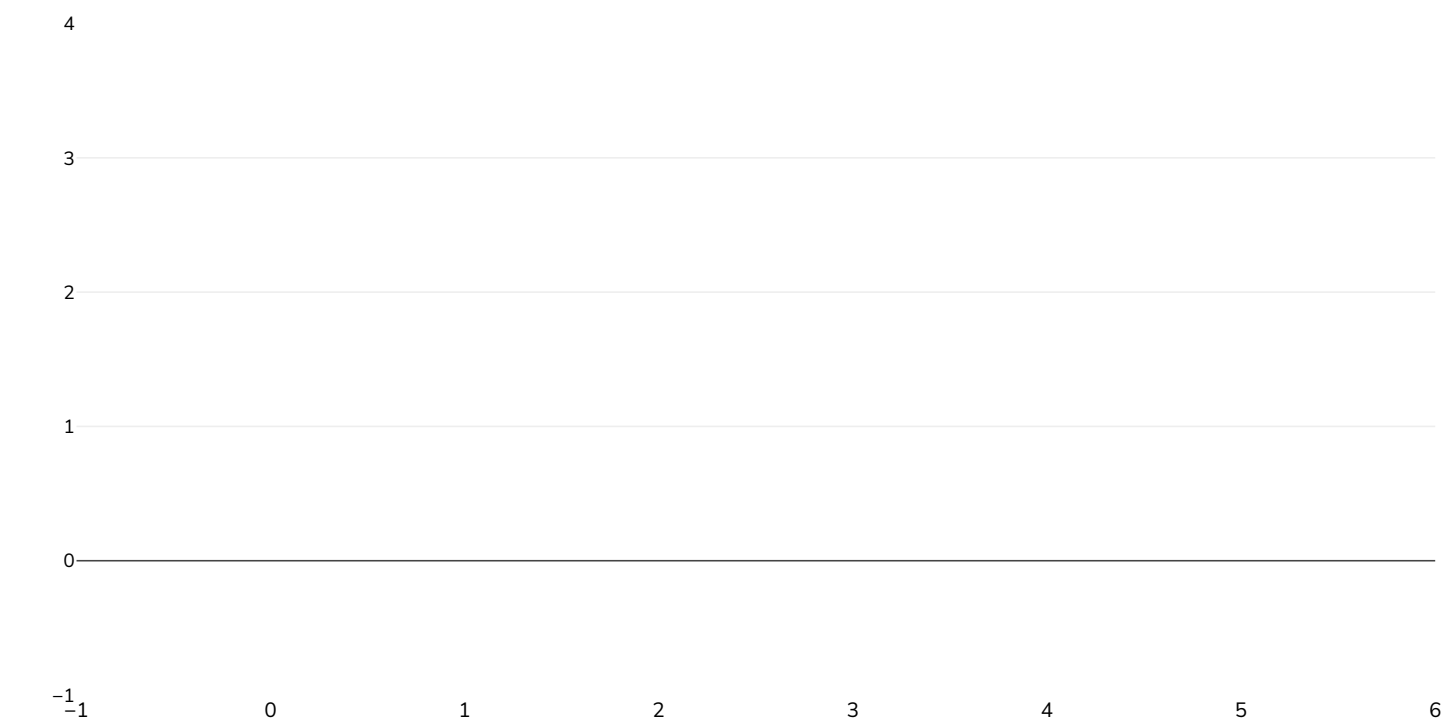
Area covered: National

References: 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

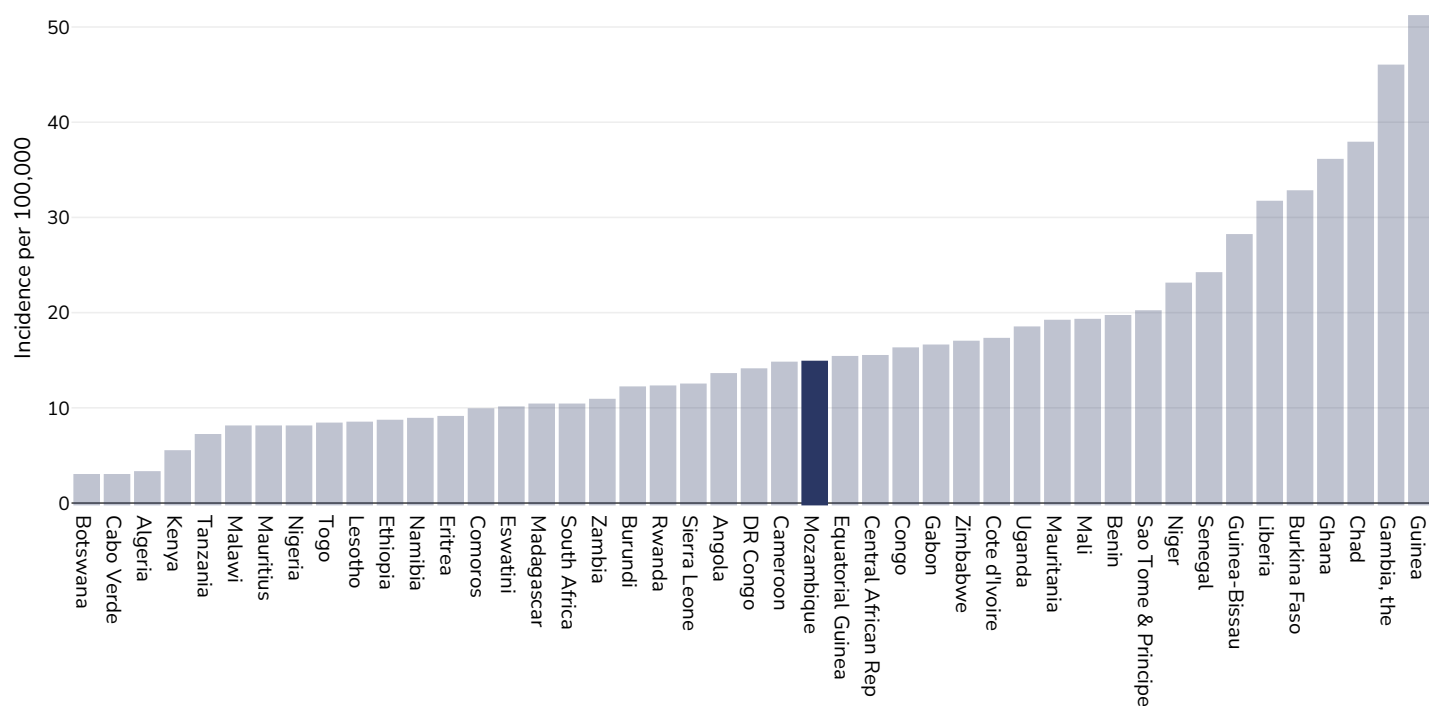
References: Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.who.int/today>, accessed [16.07.24]

Definitions: Incidence per 100,000

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Liver and intrahepatic bile duct Cancer

Men, 2022



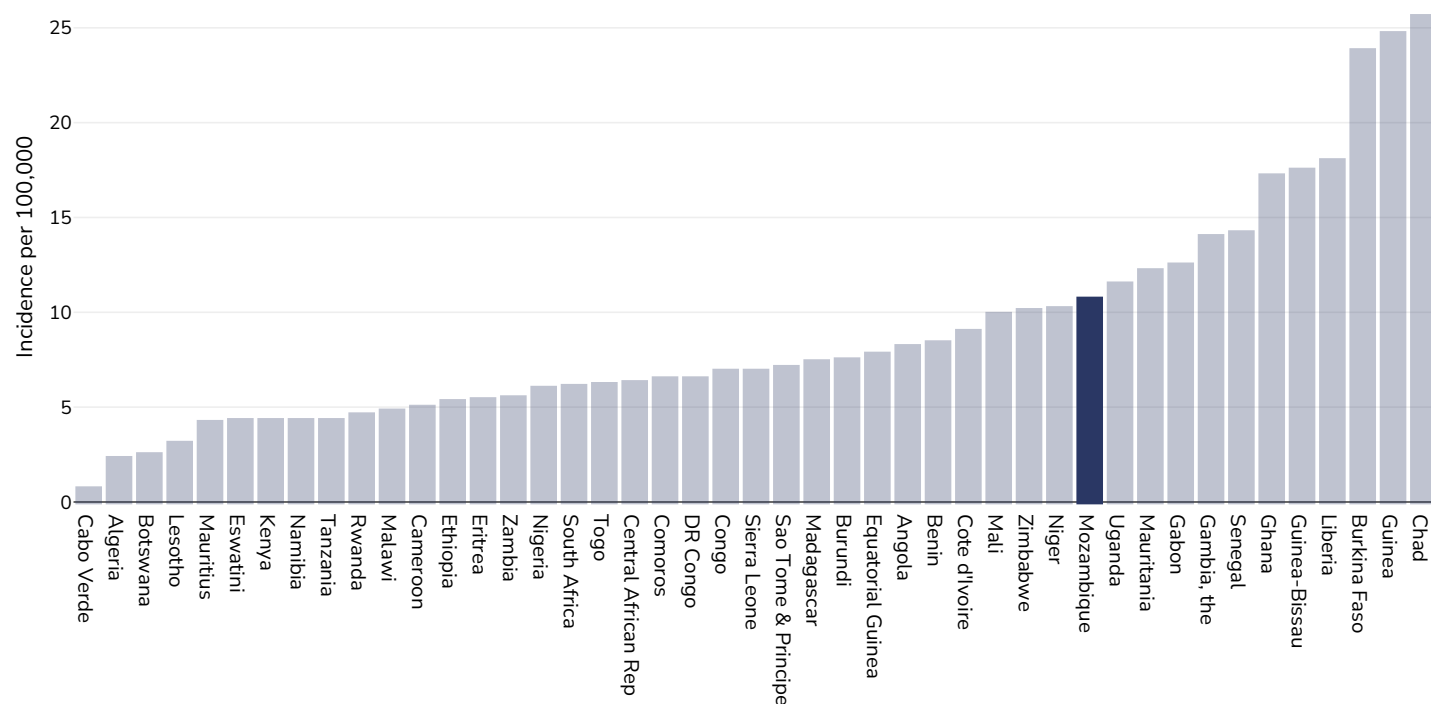
Age: 20+

Area covered: National

References: 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+

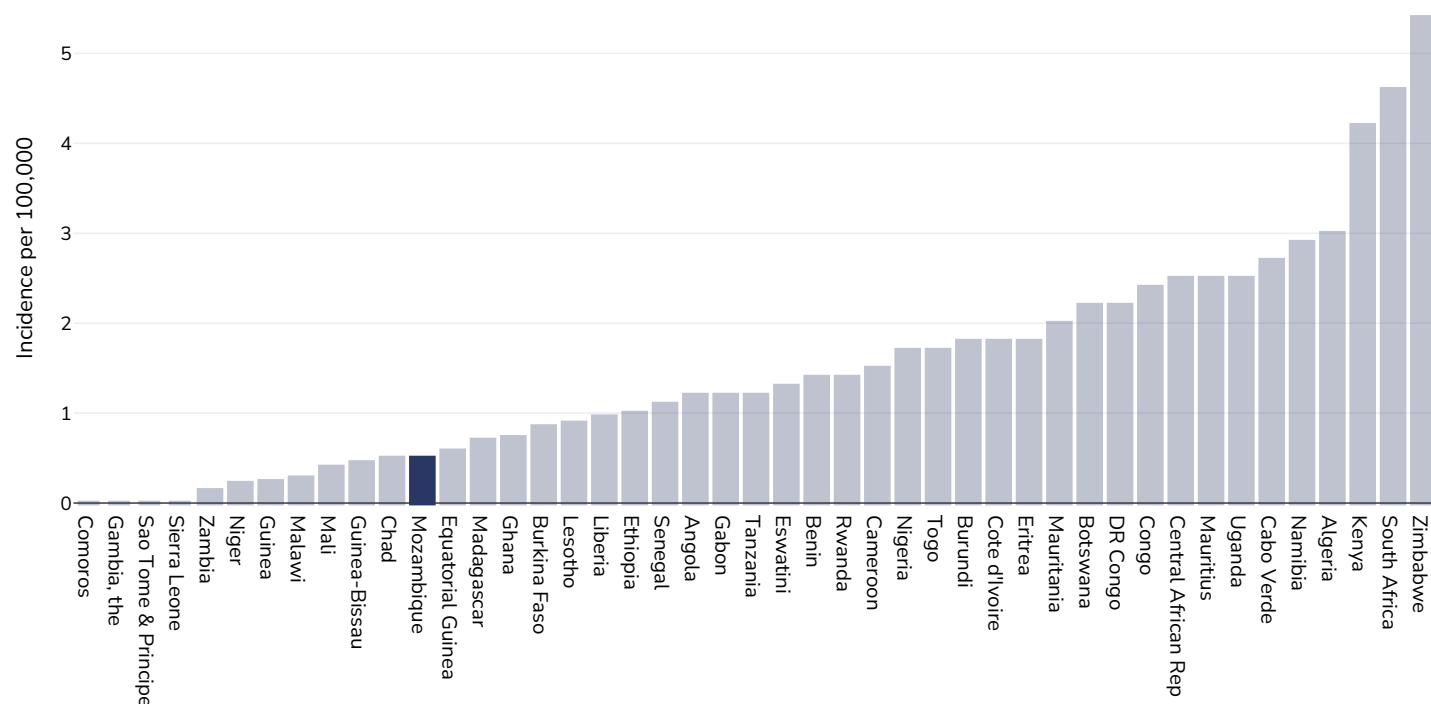
Area covered: National

References: 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+

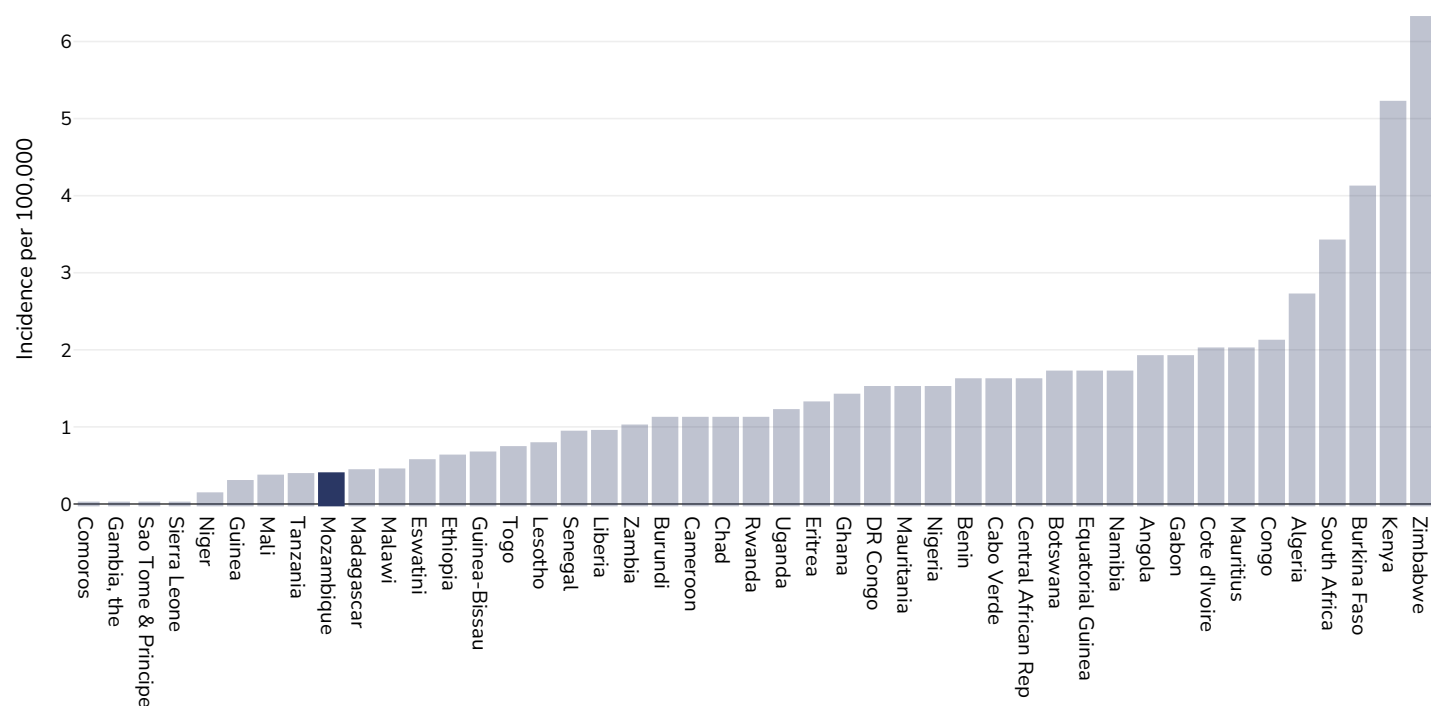
Area covered: National

References: 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

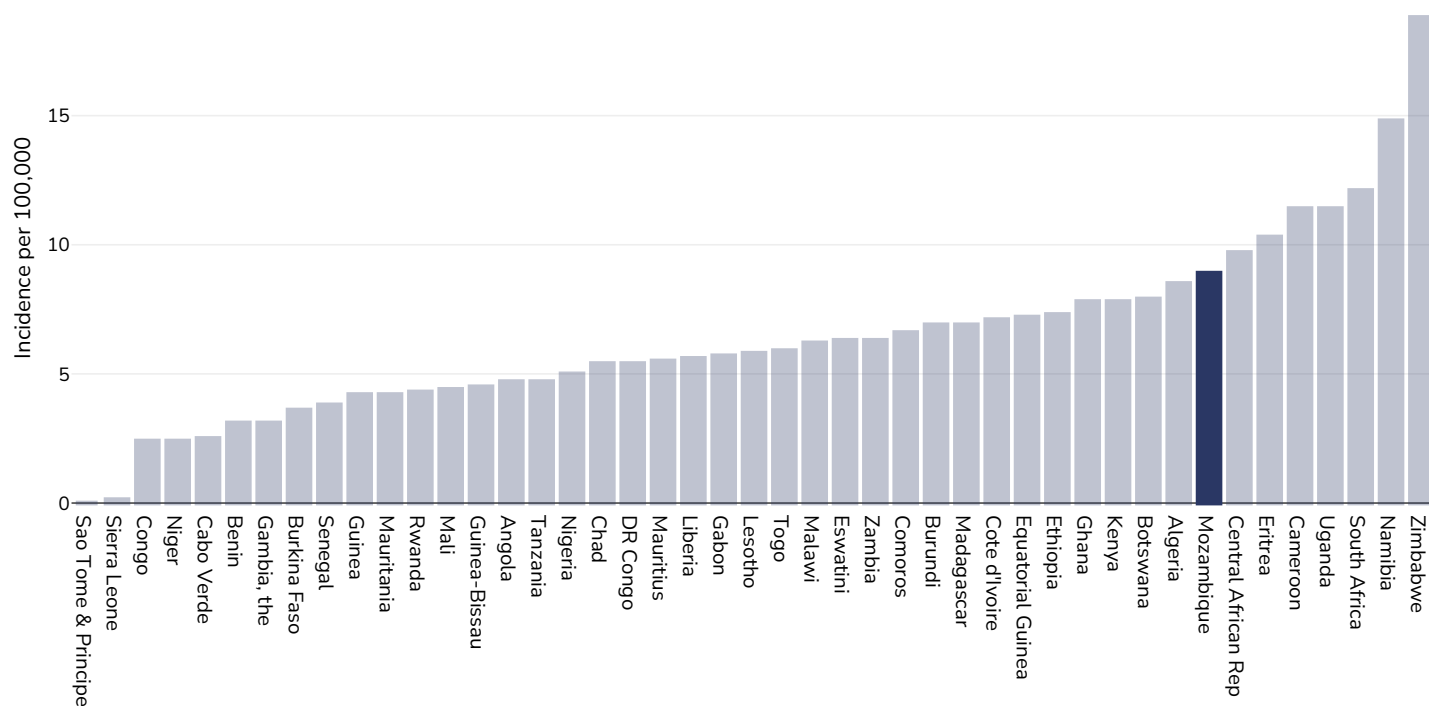
References: Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.who.int/today>, accessed [16.07.24]

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.

Non Hodgkin Lymphoma

Men, 2022



Age: 20+

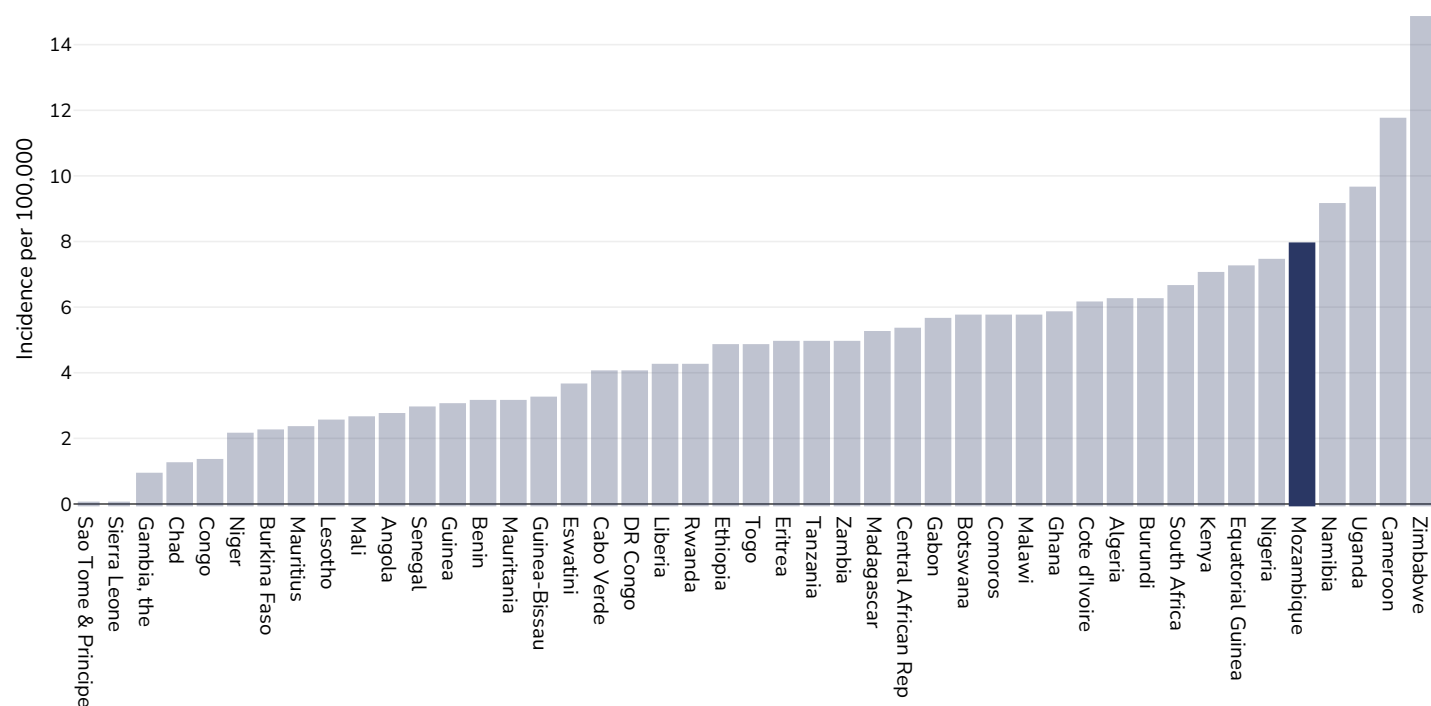
Area covered: National

References: 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

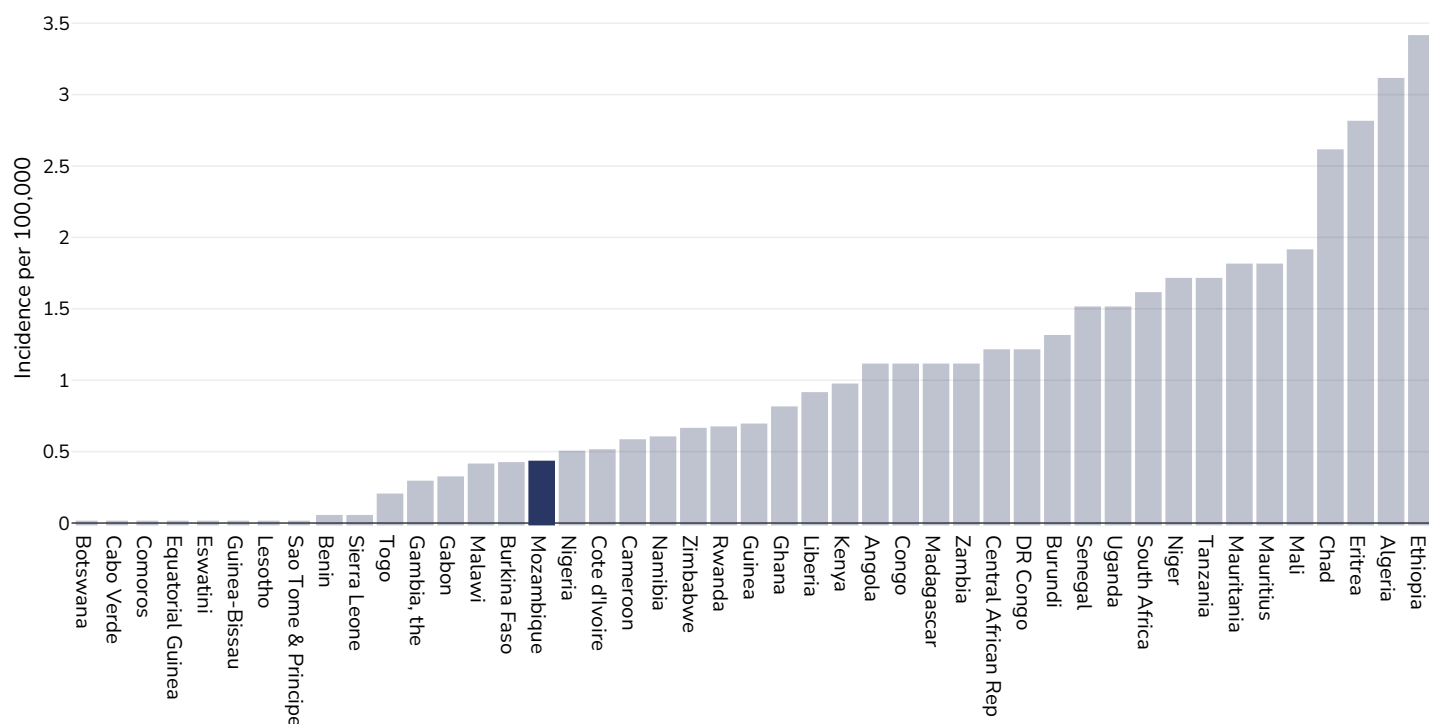
References: Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.who.int/today>, accessed [16.07.24]

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



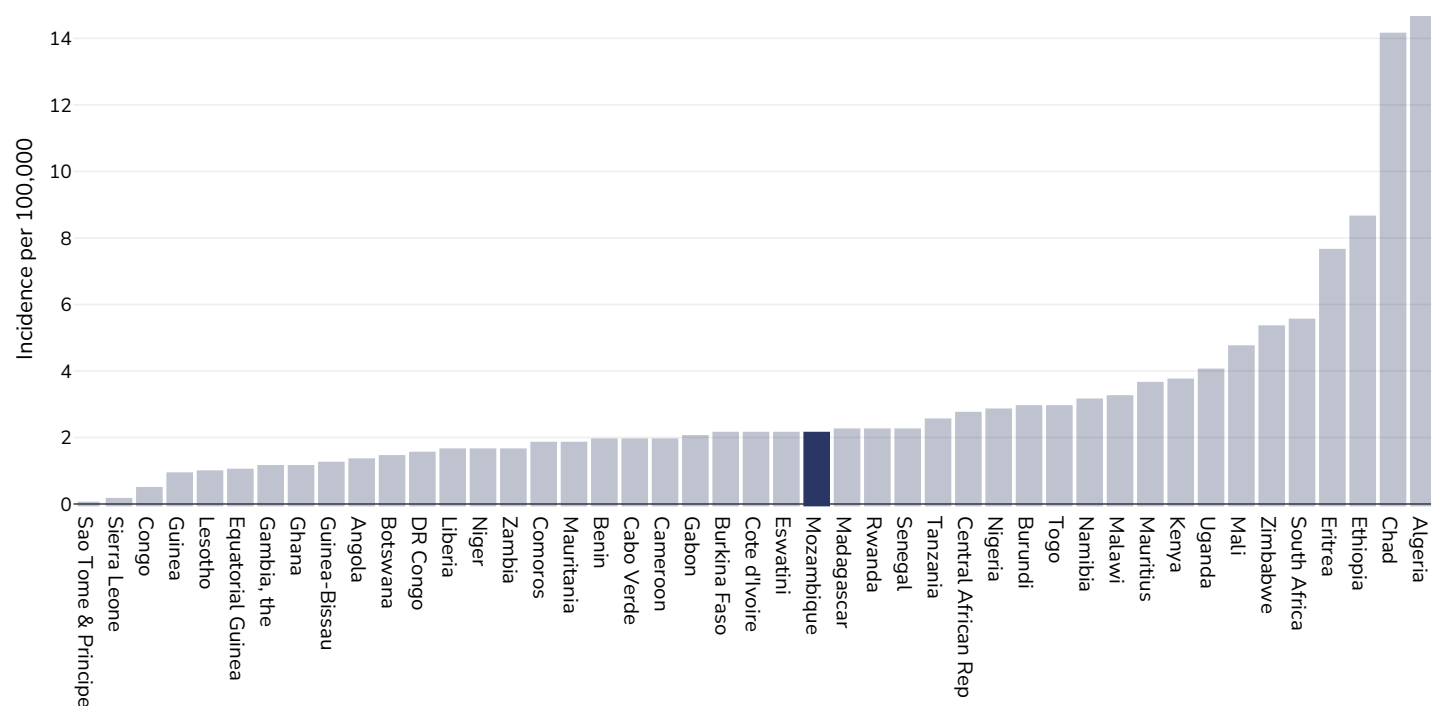
Age: 20+

Area covered: National

References: 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

References: 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 June 17, 2025