Report card
Myanmar

Lower-middle income

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Obesity prevalence

Adults, 2017-2018

■ Obesity   ▢ Overweight
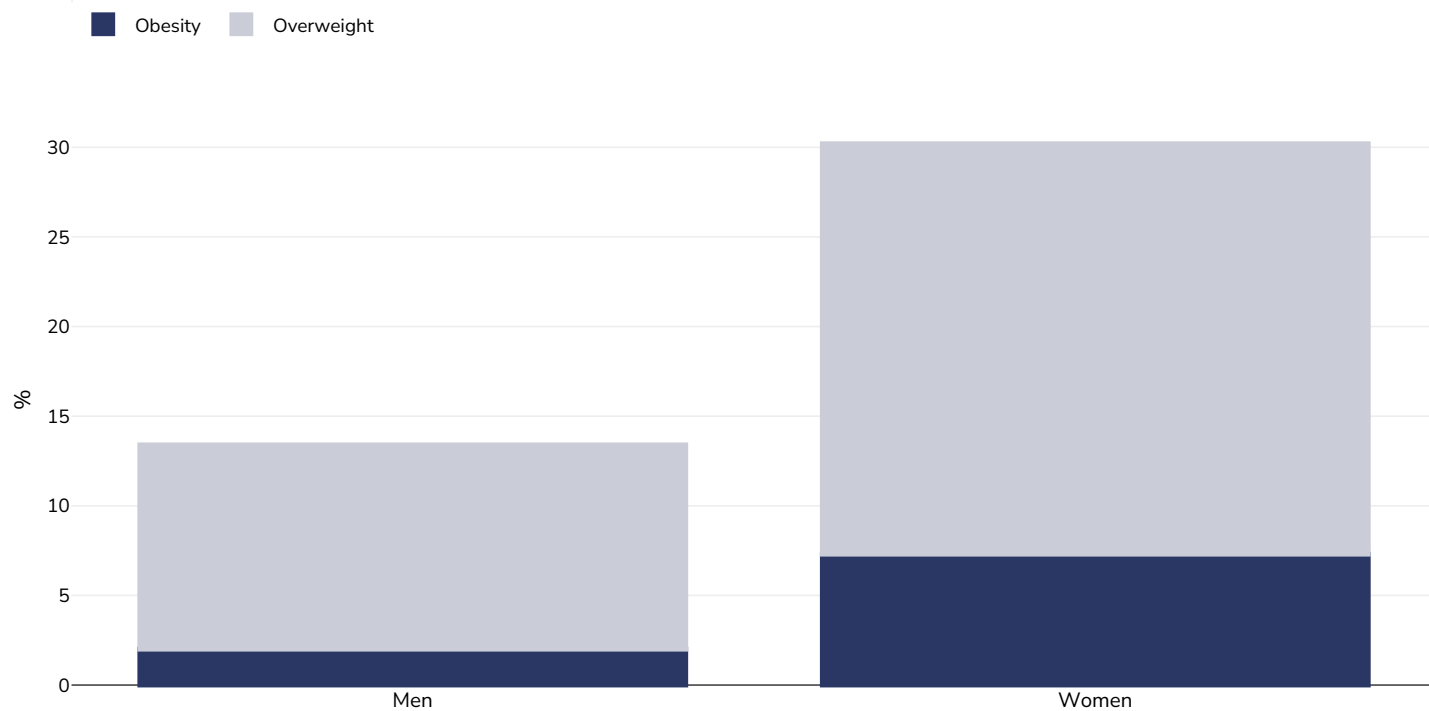
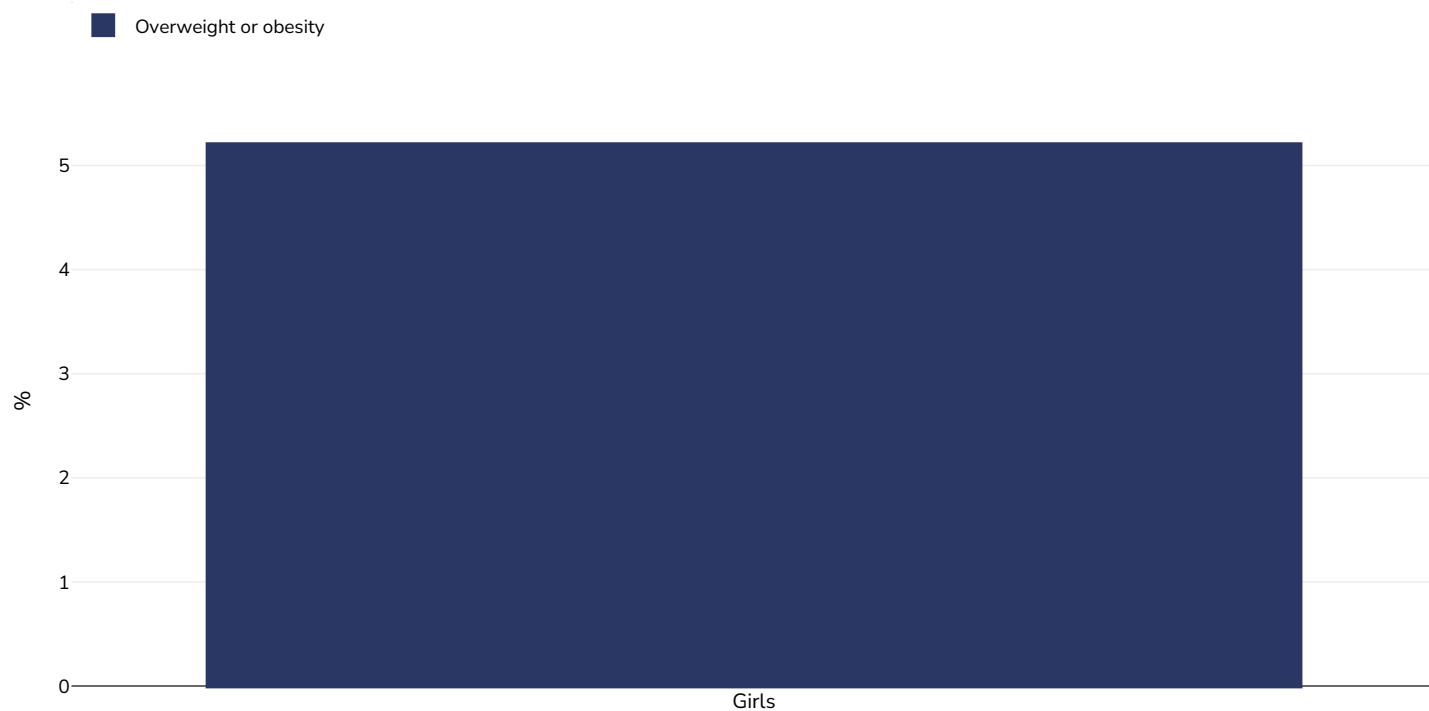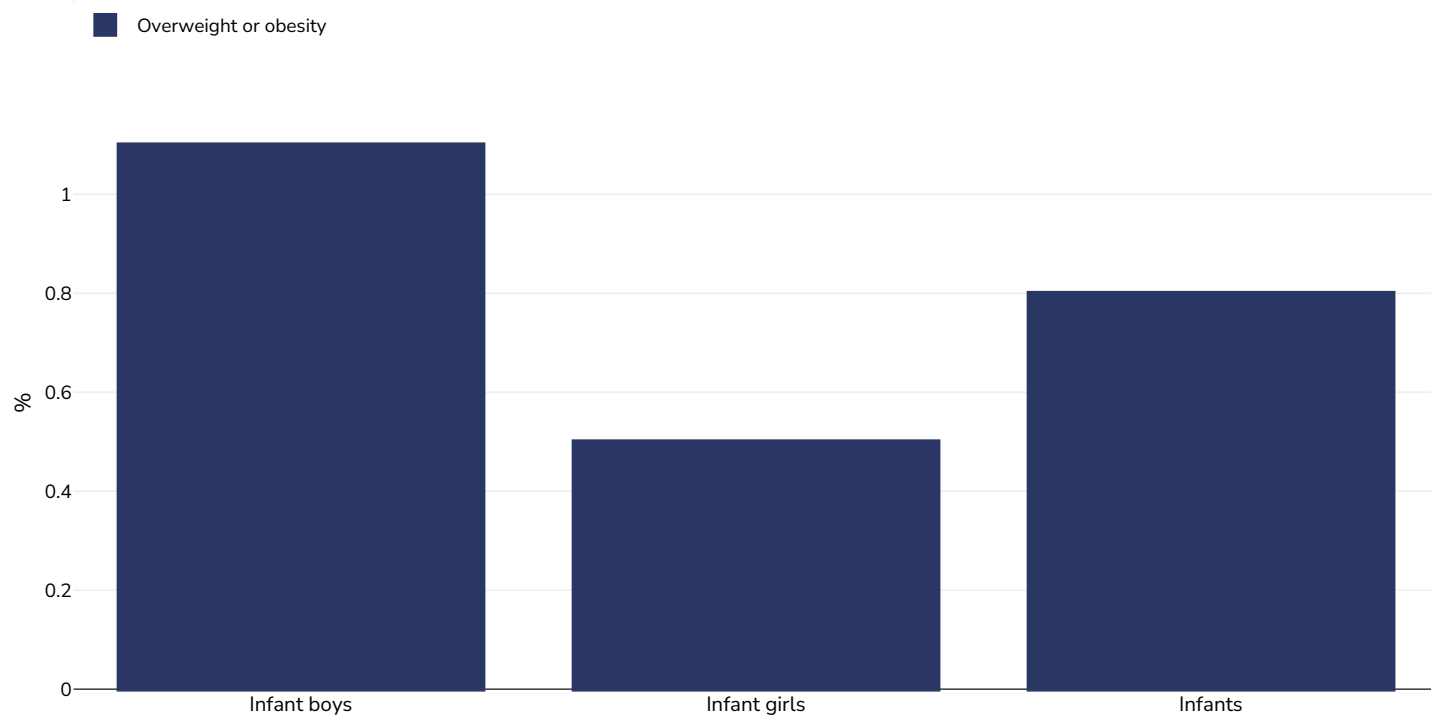| Survey type:	Measured
Age:	15-49
Sample size:	18049
Area covered:	National
References:	Myanmar Micronutrient and Food Consumption Survey (MMFCS) 2017-2018. Interim Report, National Nutrition Centre, Department of Public Health, Ministry of Health and Sports
Notes:	Sample size. 9027 Women, 9022 Men

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

Girls, 2017-2018

■ Overweight or obesity

Survey type:	Measured
Age:	10-14
Sample size:	918
Area covered:	National
References:	Myanmar Micronutrient and Food Consumption Survey (MMFCS) 2017-2018,Interim Report, National Nutrition Centre, Department of Public Health, Ministry of Health and Sports
Notes:	Small sample size
Cutoffs:	WHO

Infants, 2017-2018

■ Overweight or obesity
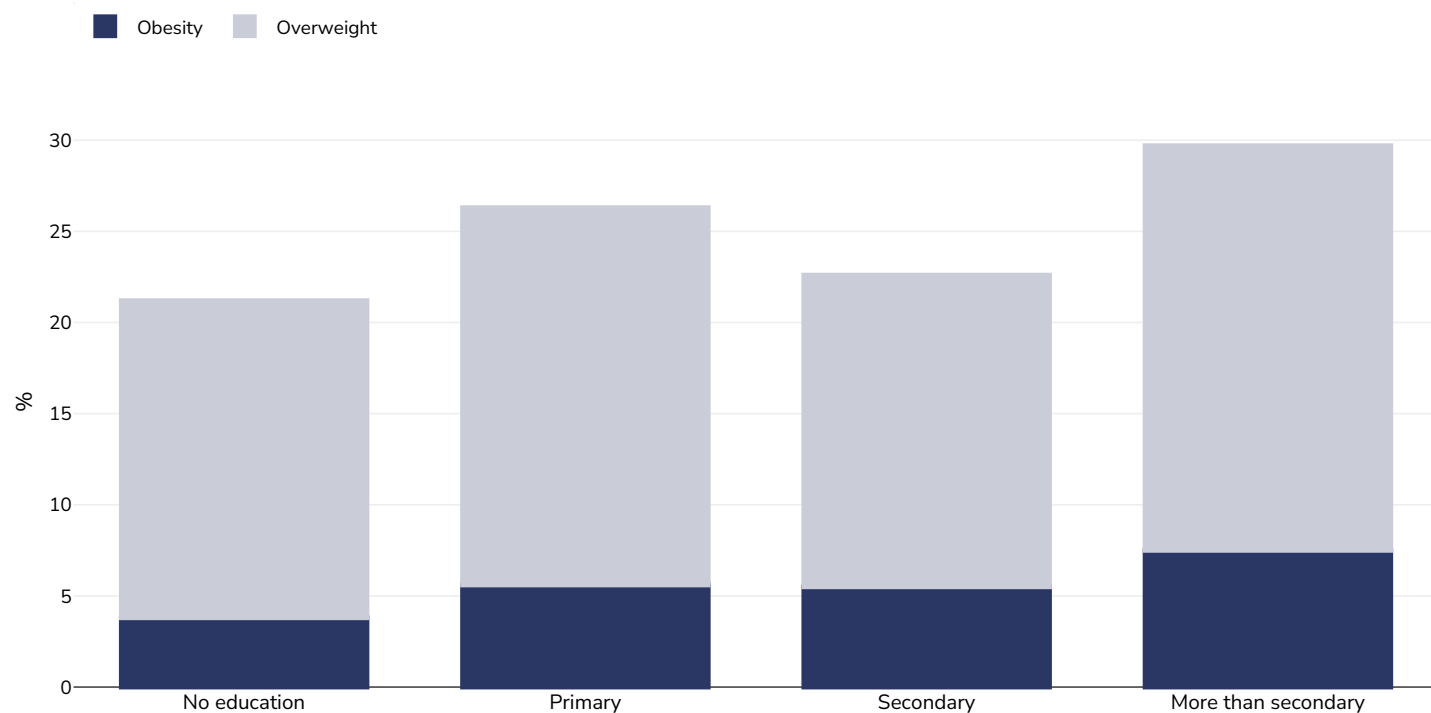

Age:	0-5
Sample size:	8961
References:	Other: Myanmar Micronutrient and Food Consumption Survey (MMFCS) 2017-2018
Notes:	UNICEF/WHO/World Bank Joint Child Malnutrition Estimates Expanded Database: Overweight (Survey Estimates), May 2023, New York. For more information about the methodology, please consult https://data.unicef.org/resources/jme-2023-country-consultations/ 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.
Definitions:	=>+2SD

Overweight/obesity by education

Women, 2015-2016

Legend: ■ Obesity ■ Overweight

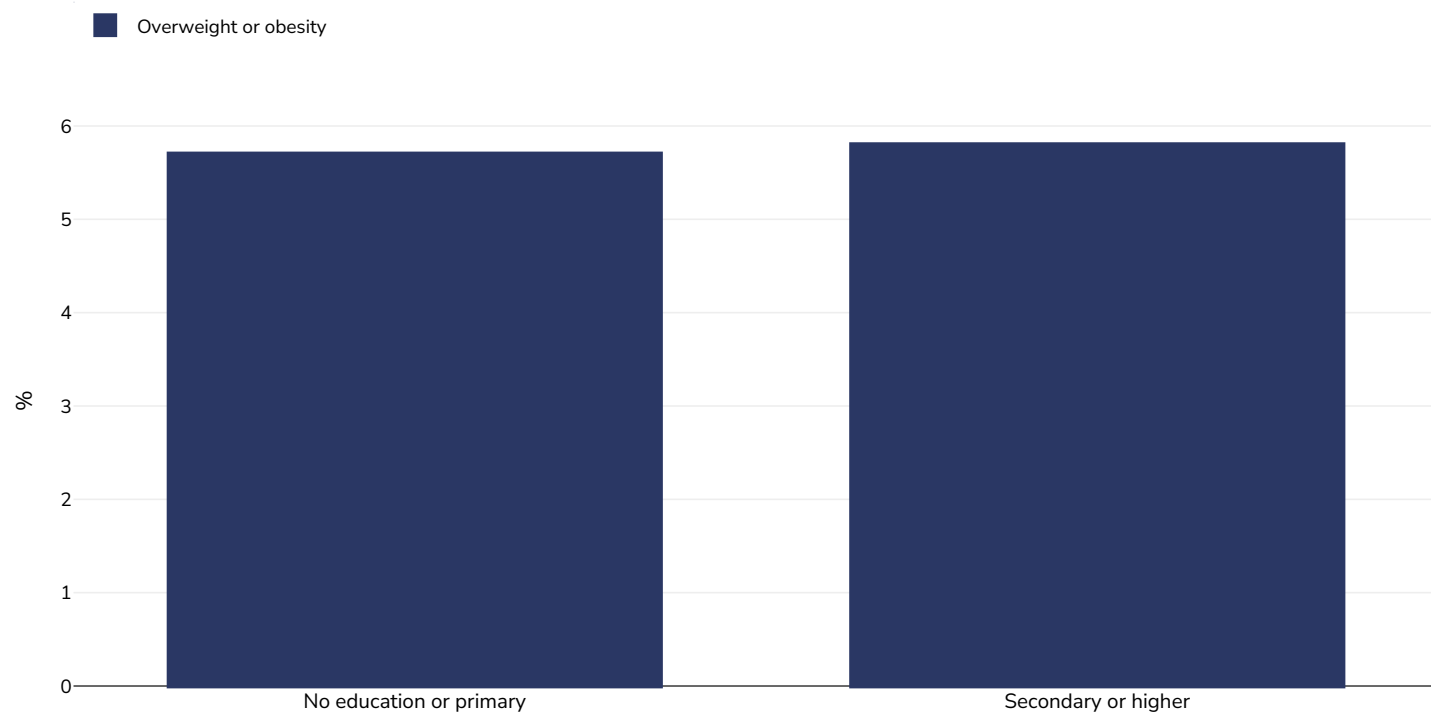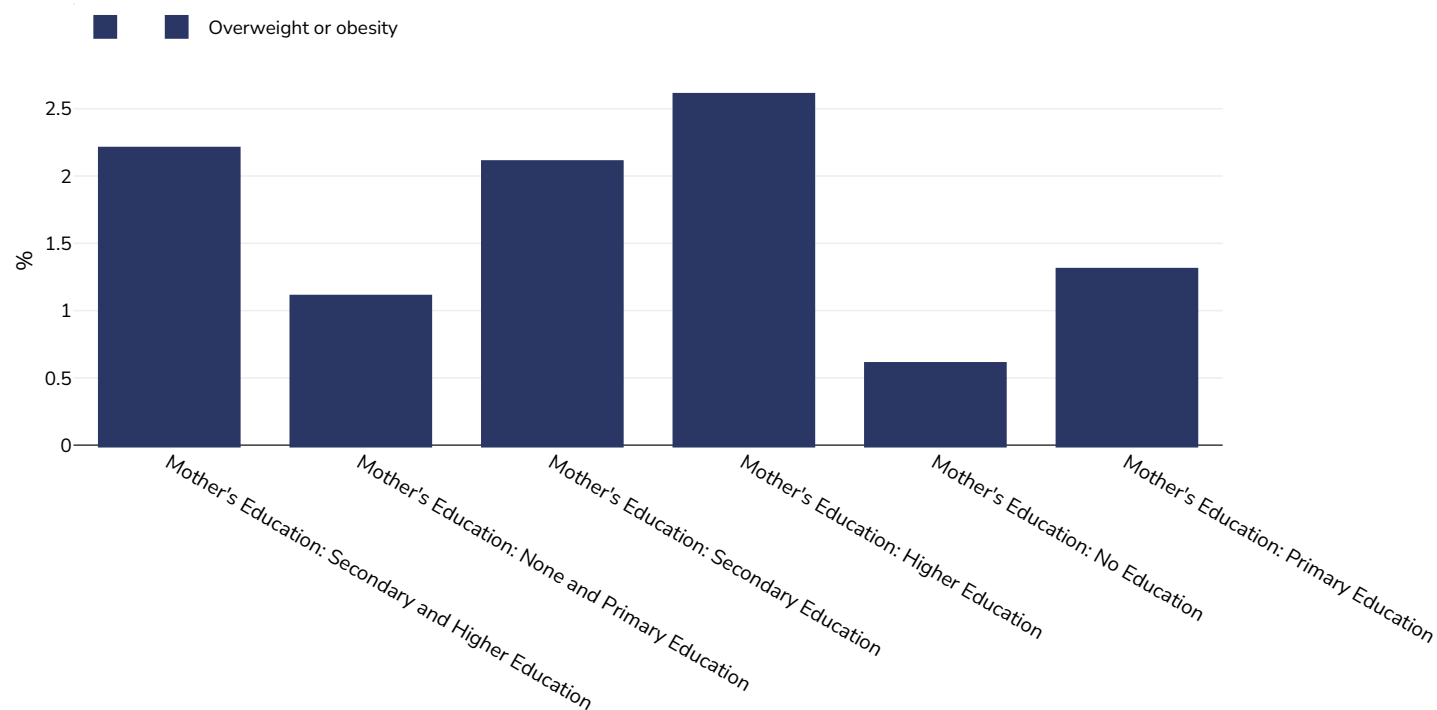| Survey type:	Measured
Age:	15-49
Sample size:	12100
Area covered:	National
References:	Ministry of Health and Sports (MoHS) and ICF. 2017. Myanmar Demographic and Health Survey 2015-16. Nay Pyi Taw, Myanmar, and Rockville, Maryland USA: Ministry of Health and Sports and ICF.
Notes:	Excludes pregnant women and women with a birth in the preceding 2 months

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

Girls, 2015-2016

■ Overweight or obesity

Survey type:	Measured
Age:	15-19
Sample size:	1451
Area covered:	National
References:	Benedict, Rukundo K., Allison Schmale, and Sorrel Namaste. 2018. Adolescent Nutrition 2000-2017: DHS Data on Adolescents Age 15-19. DHS Comparative Report No. 47. Rockville, Maryland, USA: ICF. Ministry of Health and Sports (MoHS) and ICF. 2017. Myanmar Demographic and Health Survey 2015-16. Nay Pyi Taw, Myanmar, and Rockville, Maryland USA: Ministry of Health and Sports and ICF
Definitions:	BMI for age: between +1 SD and +2 SD is overweight and greater than +2 SD is obesity
Cutoffs:	WHO 2007

Infants, 2015-2016

Legend: ■ ■ Overweight or obesity

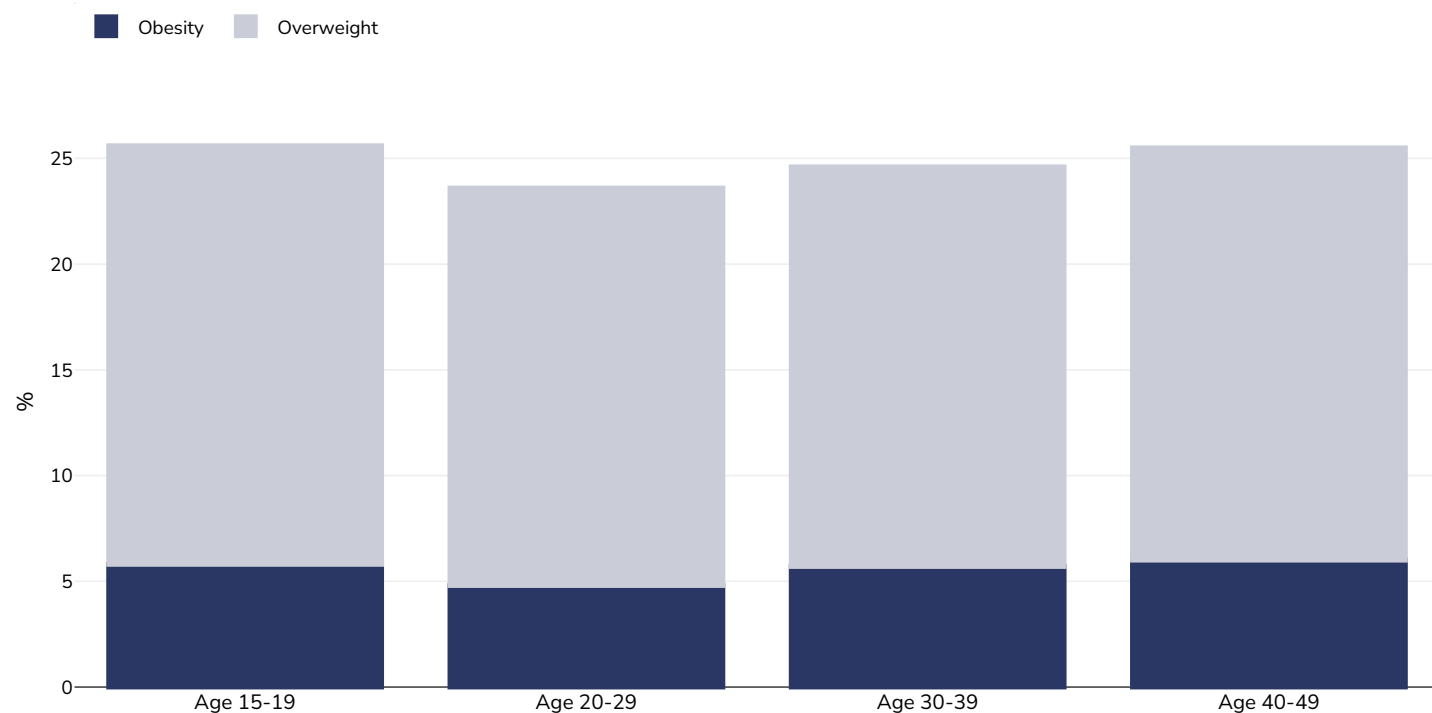

Sample size:	4087
References:	DHS: Myanmar Demographic and Health Survey 2015-16: Final Report. 2016
Notes:	UNICEF/WHO/World Bank Joint Child Malnutrition Estimates Expanded Database: Overweight (Survey Estimates), May 2023, New York. For more information about the methodology, please consult https://data.unicef.org/resources/jme-2023-country-consultations/ 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.
Definitions:	=>+2SD

Overweight/obesity by age

Women, 2015-2016

■ Obesity　■ Overweight

|	
Survey type:	Measured
Sample size:	12100
Area covered:	National
References:	Ministry of Health and Sports (MoHS) and ICF. 2017. Myanmar Demographic and Health Survey 2015-16. Nay Pyi Taw, Myanmar, and Rockville, Maryland USA: Ministry of Health and Sports and
Notes:	Excludes pregnant women and women with a birth in the preceding 2 months

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

Children, 2016

■ Obesity　■ Overweight
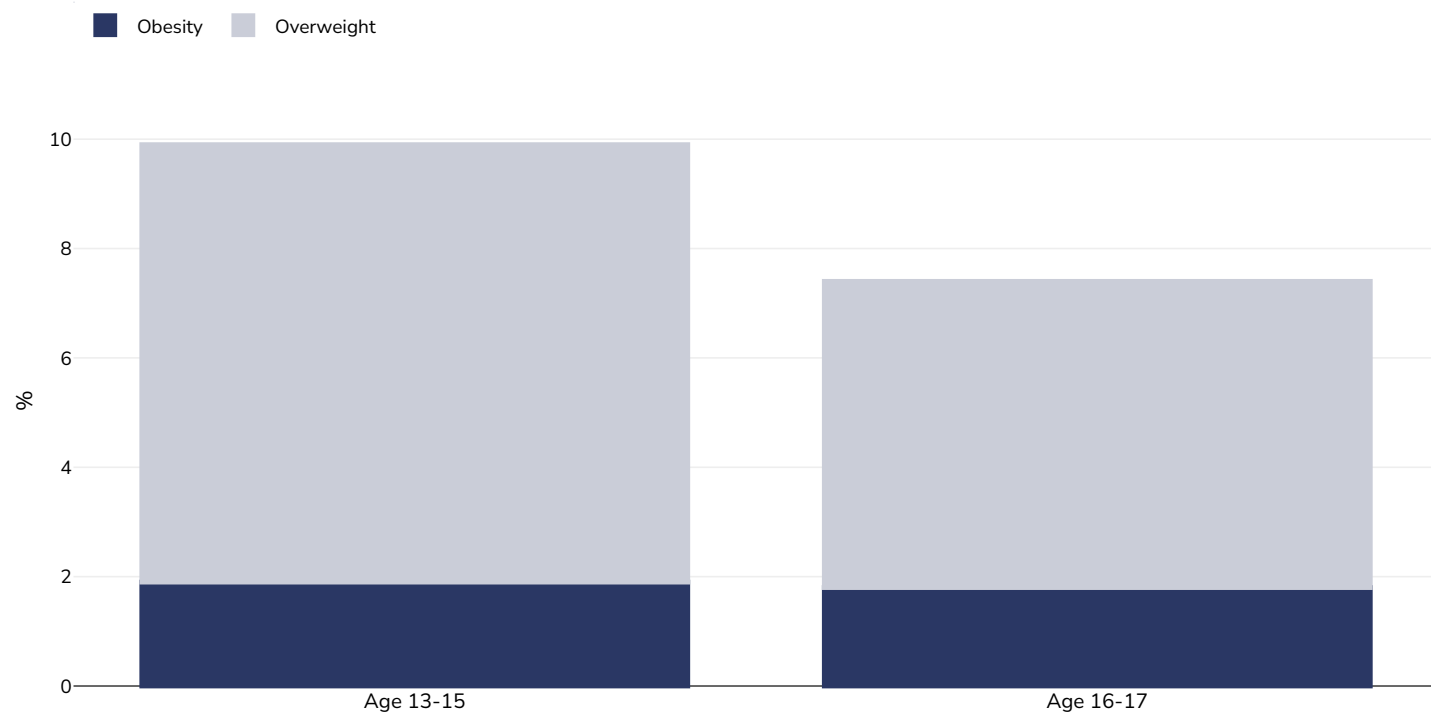
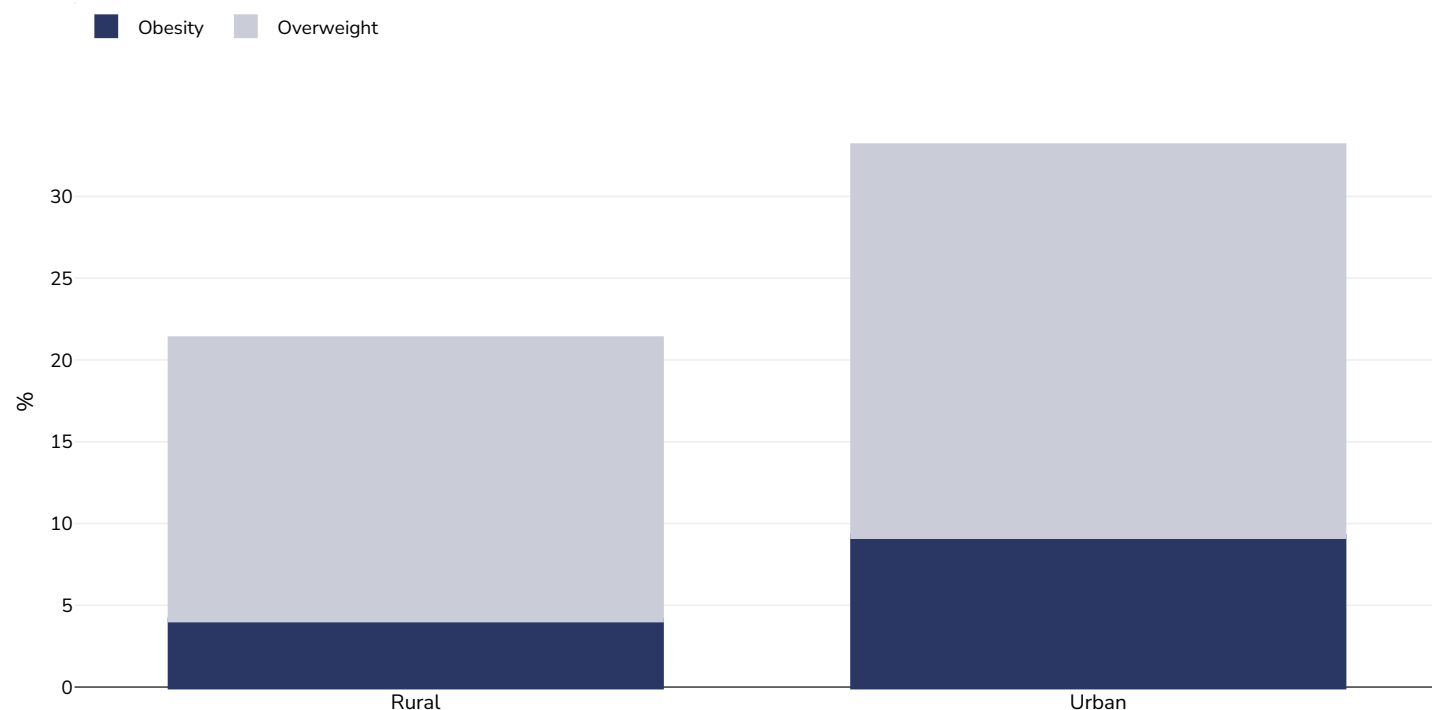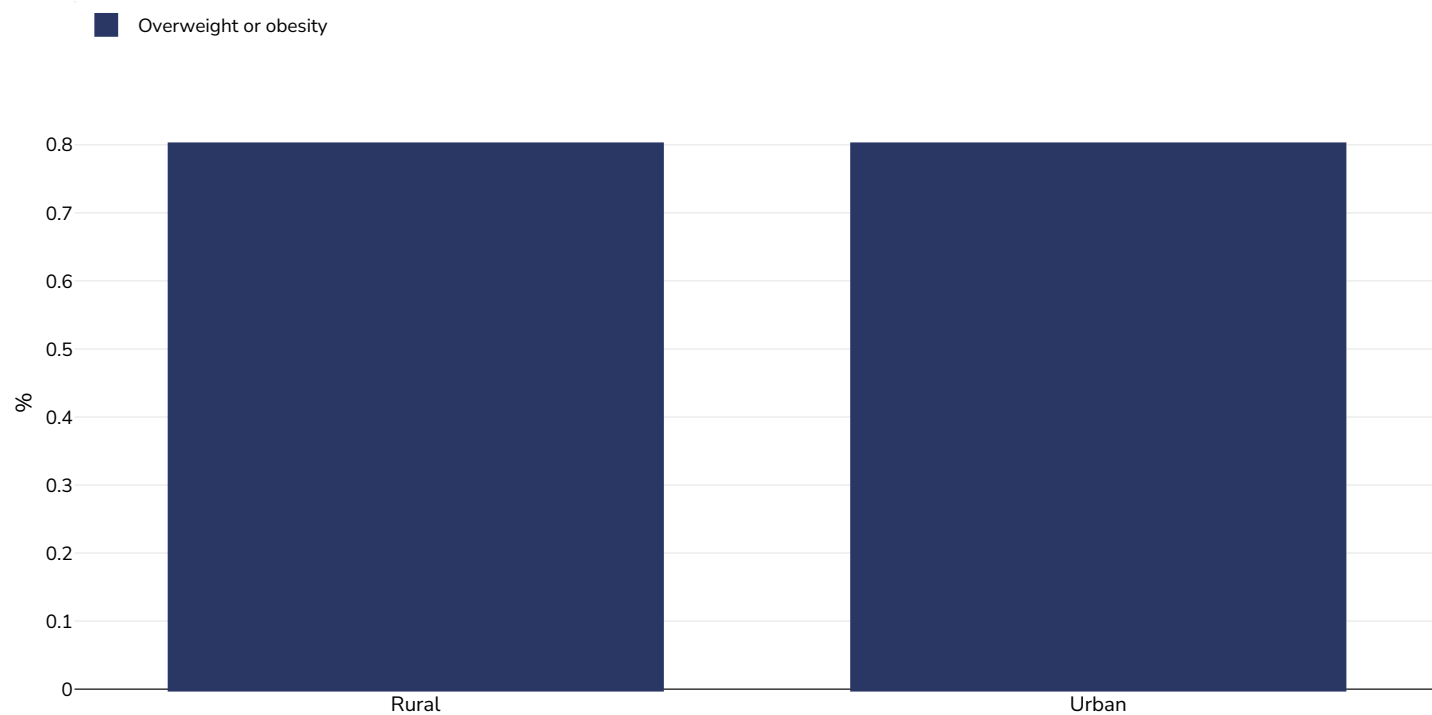|	
Survey type:	Measured
Sample size:	2838
Area covered:	National
References:	2016 GSHS Country Report Myanmar. Available at: https://cdn.who.int/media/docs/default-source/ncds/ncd-surveillance/data-reporting/myanmar/gshs/gshs-2016-myanmar-report.pdf?sfvrsn=d4b7816a_2&download=true
Cutoffs:	BMI-for-age (5-19 years old)

Overweight/obesity by region

Women, 2015-2016

Legend: ■ Obesity ■ Overweight

Survey type:	Measured
Age:	15-49
Sample size:	12100
Area covered:	National
References:	Ministry of Health and Sports (MoHS) and ICF. 2017. Myanmar Demographic and Health Survey 2015-16. Nay Pyi Taw, Myanmar, and Rockville, Maryland USA: Ministry of Health and Sports and ICF.
Notes:	Excludes pregnant women and women with a birth in the preceding 2 months

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

Infants, 2017-2018

■ Overweight or obesity

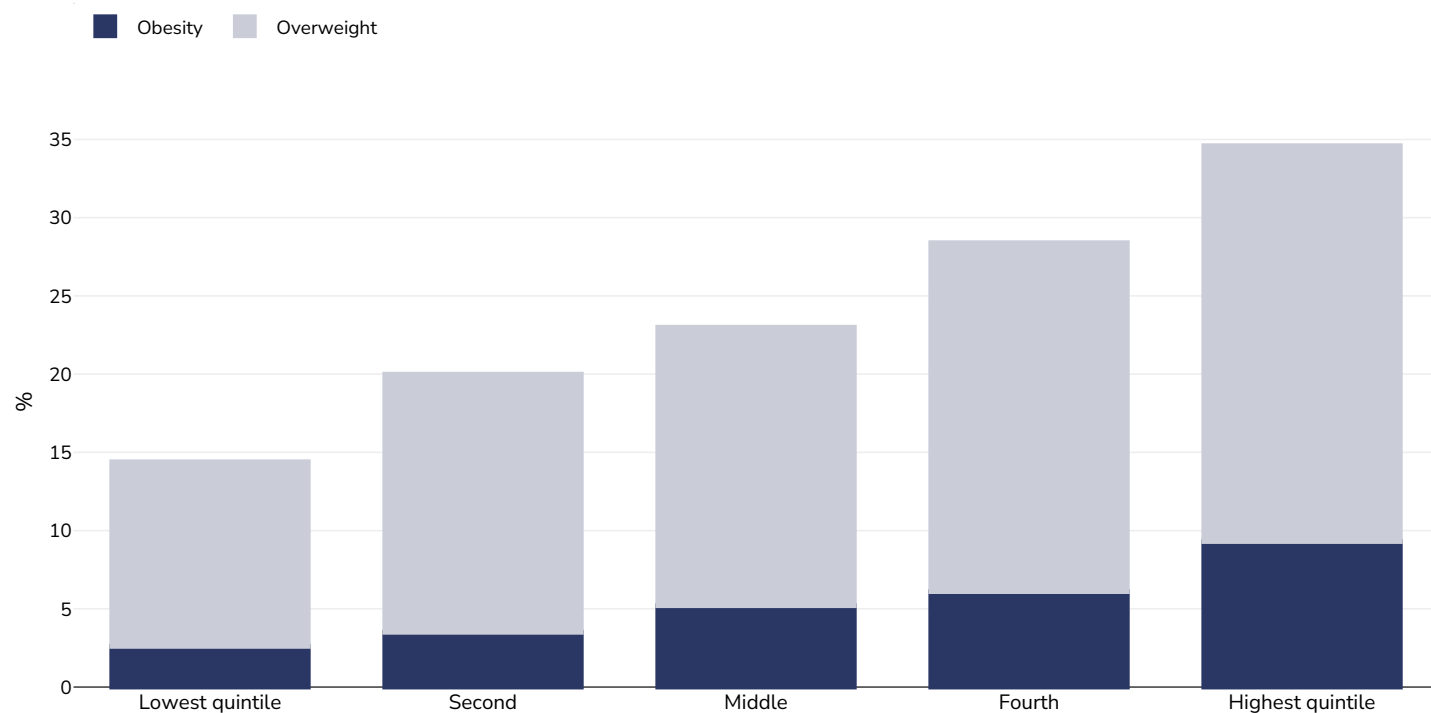| Sample size:	8961
References:	Other: Myanmar Micronutrient and Food Consumption Survey (MMFCS) 2017-2018
Notes:	UNICEF/WHO/World Bank Joint Child Malnutrition Estimates Expanded Database: Overweight (Survey Estimates), May 2023, New York. For more information about the methodology, please consult https://data.unicef.org/resources/jme-2023-country-consultations/ 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.
Definitions:	=>+2SD

Overweight/obesity by socio-economic group

Women, 2015-2016

Legend:
- Obesity (dark blue)
- Overweight (light grey)

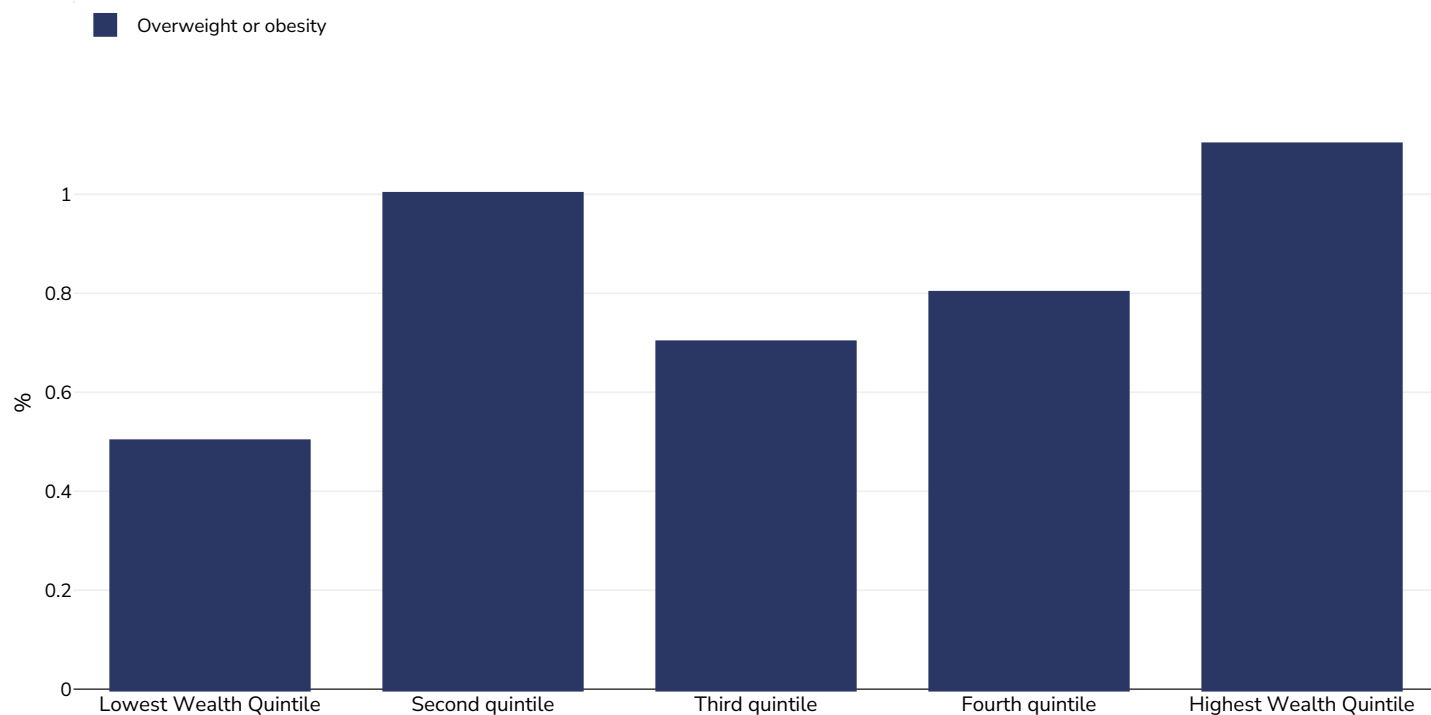| Survey type:	Measured
Age:	15-49
Sample size:	12100
Area covered:	National
References:	Ministry of Health and Sports (MoHS) and ICF. 2017. Myanmar Demographic and Health Survey 2015-16. Nay Pyi Taw, Myanmar, and Rockville, Maryland USA: Ministry of Health and Sports and ICF.
Notes:	Excludes pregnant women and women with a birth in the preceding 2 months

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

Infants, 2017-2018

■ Overweight or obesity

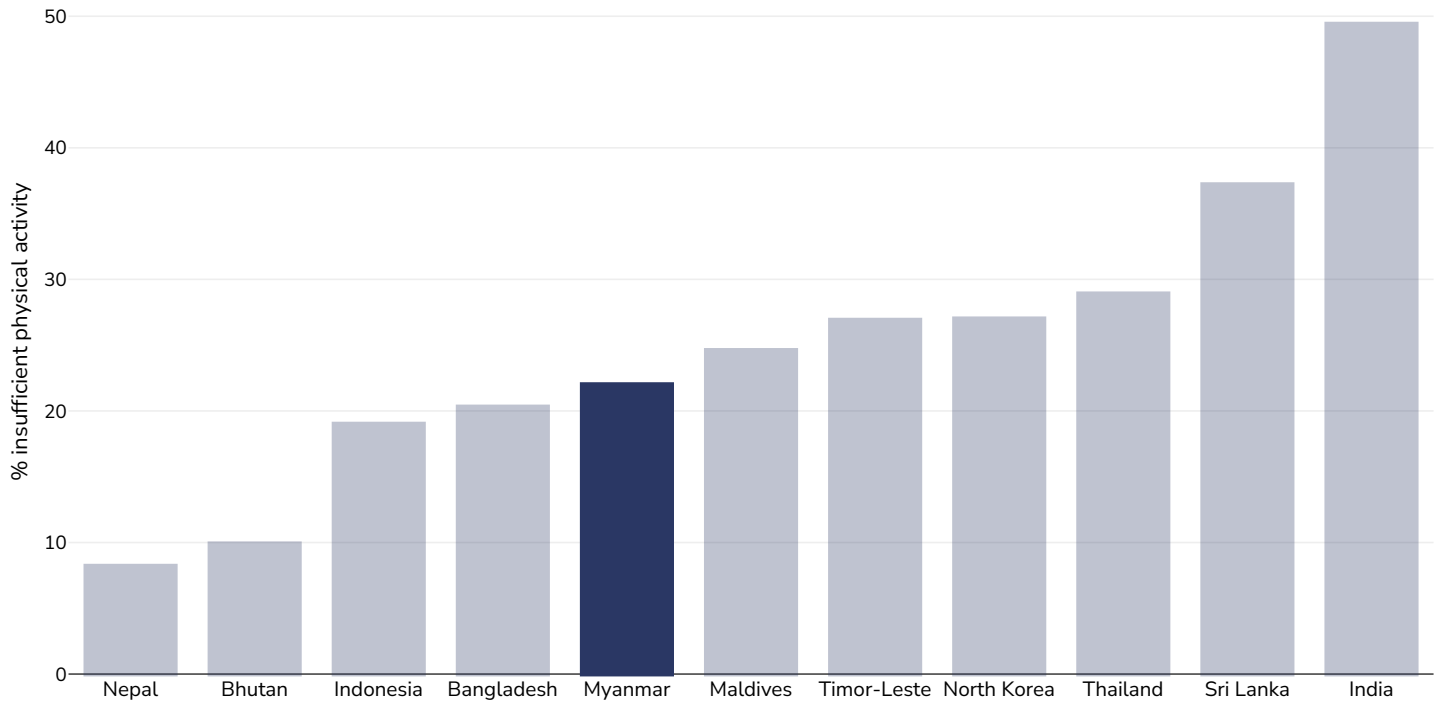|	
Sample size:	8961
References:	Other: Myanmar Micronutrient and Food Consumption Survey (MMFCS) 2017-2018
Notes:	UNICEF/WHO/World Bank Joint Child Malnutrition Estimates Expanded Database: Overweight (Survey Estimates), May 2023, New York. For more information about the methodology, please consult https://data.unicef.org/resources/jme-2023-country-consultations/ 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.
Definitions:	=>+2SD

Insufficient physical activity

Adults, 2022

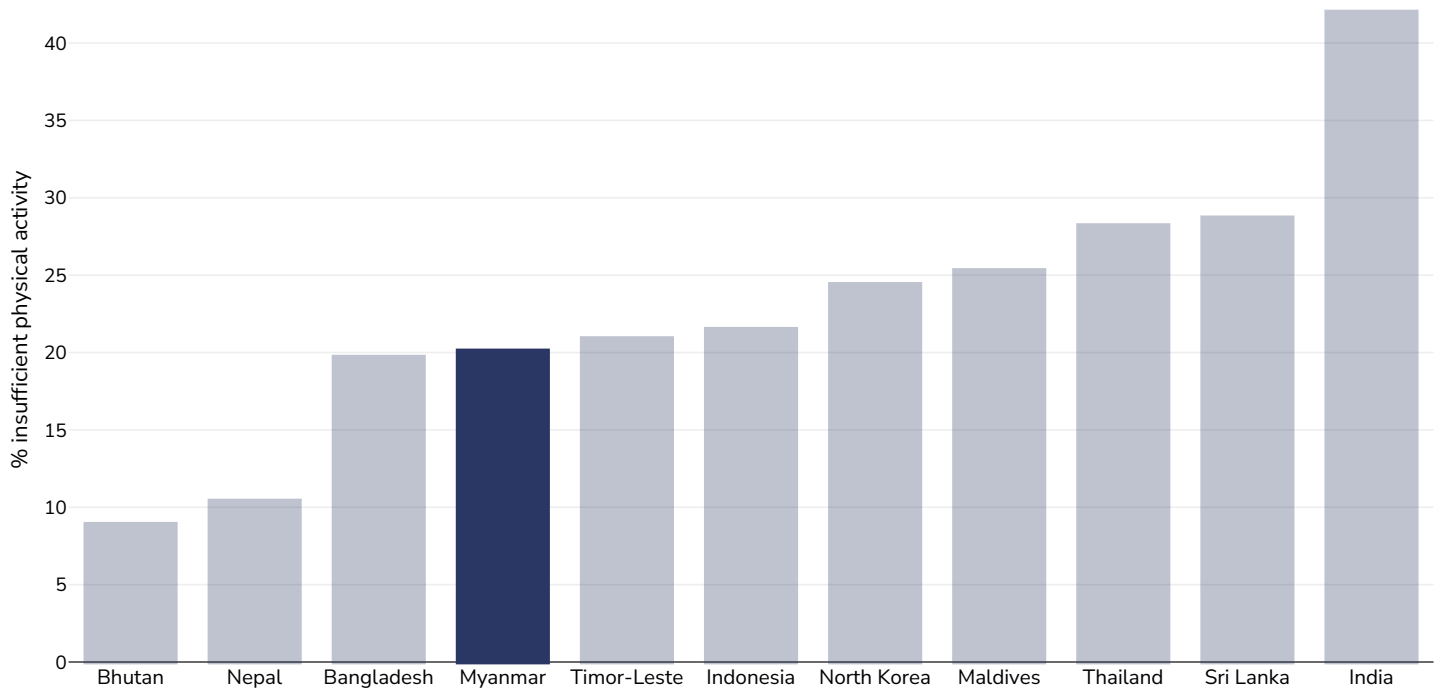| Survey type:	Self-reported
Age:	18+
Area covered:	National
References:	WHO (2024). Prevalence of insufficient physical activity among adults aged 18-years age-standardized estimate in 2022. Available at https://www.who.int/data/gho/data/indicators/indicator-details/GHO/prevalence-of-insufficient-physical-activity-among-adults-aged-18-years-(age-standardized-es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

Chart: % insufficient physical activity by country

Country	% insufficient physical activity
Bhutan	9
Nepal	10.5
Bangladesh	19.8
Myanmar	20.2
Timor-Leste	21
Indonesia	21.6
North Korea	24.5
Maldives	25.4
Thailand	28.3
Sri Lanka	28.9
India	42

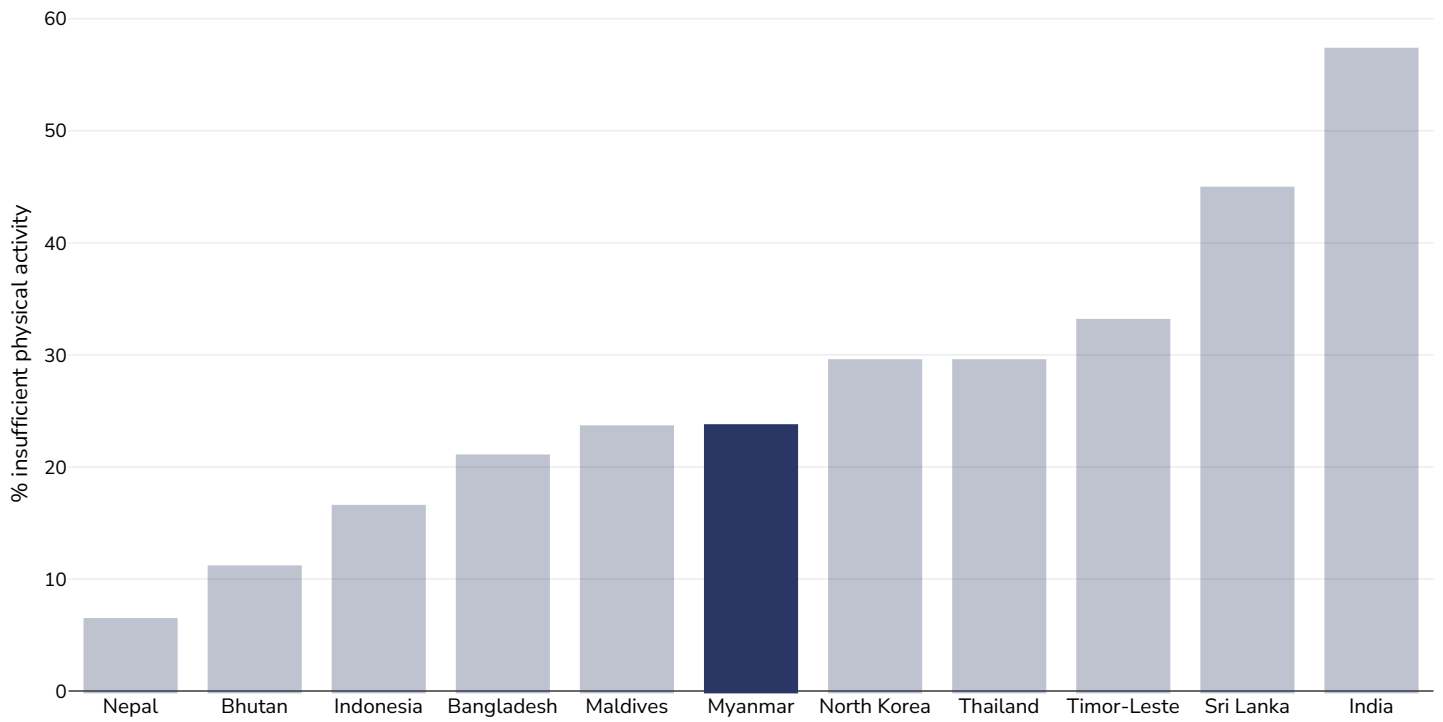|	
Survey type:	Self-reported
Age:	18+
Area covered:	National
References:	WHO (2024). Prevalence of insufficient physical activity among adults aged 18-years age-standardized estimate in 2022. Available at https://www.who.int/data/gho/data/indicators/indicator-details/GHO/prevalence-of-insufficient-physical-activity-among-adults-aged-18-years-(age-standardized-e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

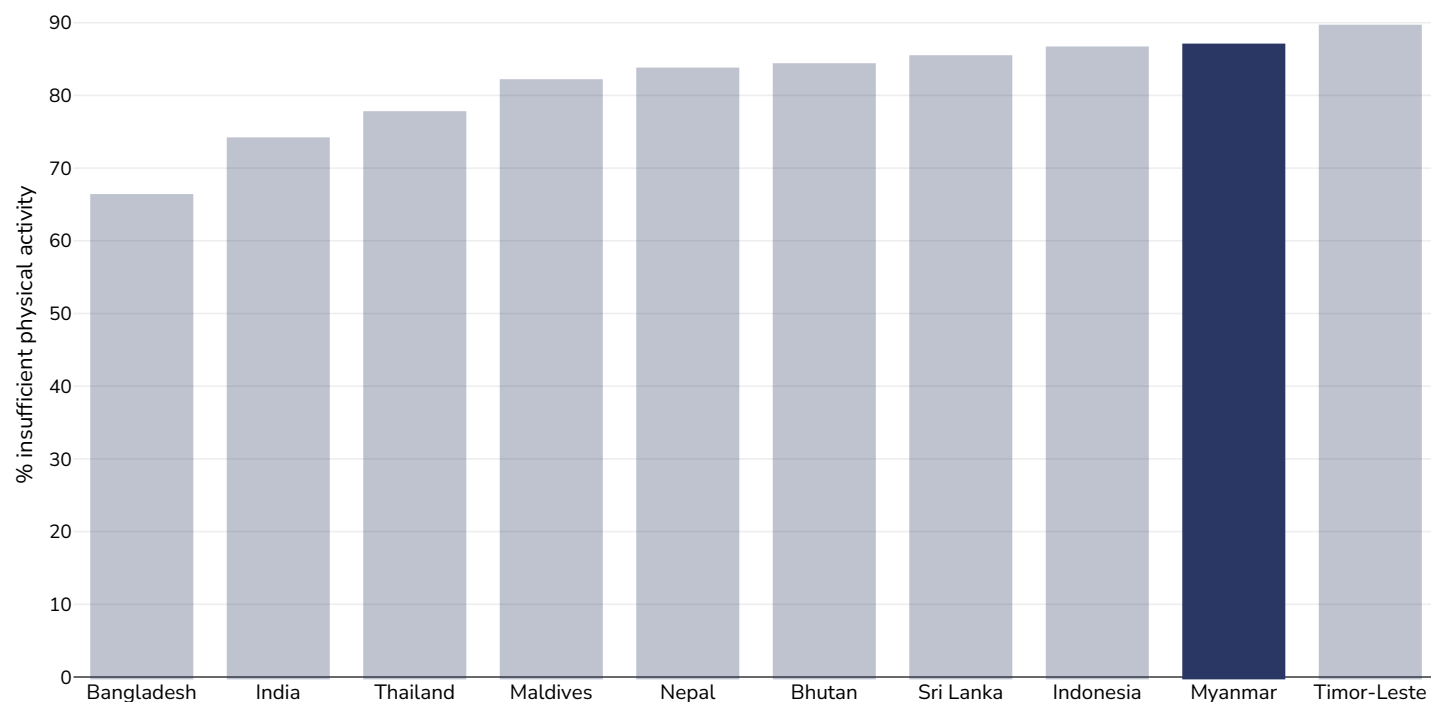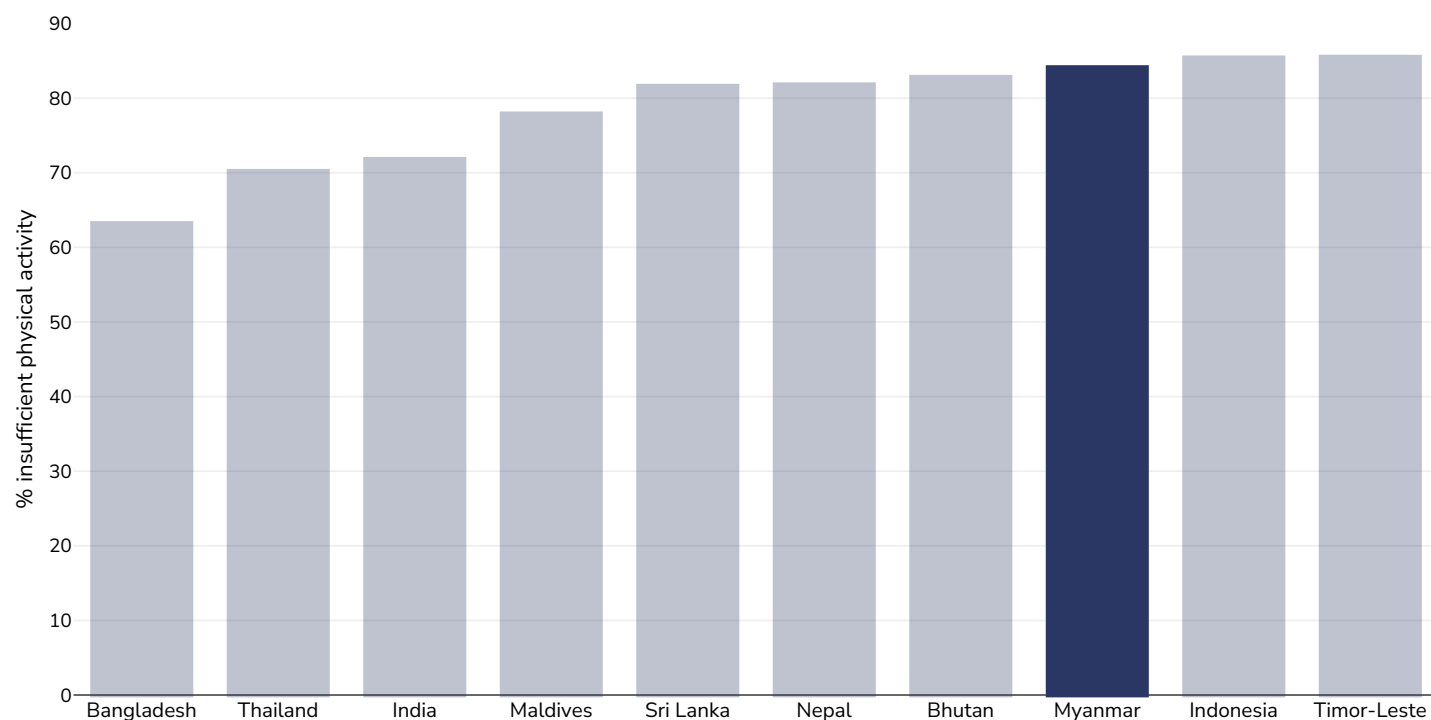| Survey type:	Self-reported
Age:	18+
Area covered:	National
References:	WHO (2024). Prevalence of insufficient physical activity among adults aged 18-years age-standardized estimate in 2022. Available at https://www.who.int/data/gho/data/indicators/indicator-details/GHO/prevalence-of-insufficient-physical-activity-among-adults-aged-18-years-(age-standardized-es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

% insufficient physical activity (y-axis)

Country	Value
Bangladesh	66
India	74
Thailand	78
Maldives	82
Nepal	84
Bhutan	84.5
Sri Lanka	85.5
Indonesia	86.5
Myanmar	87
Timor-Leste	89.5

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

% insufficient physical activity (y-axis, 0 to 90)

Countries (x-axis): Bangladesh, Thailand, India, Maldives, Sri Lanka, Nepal, Bhutan, Myanmar, Indonesia, Timor-Leste

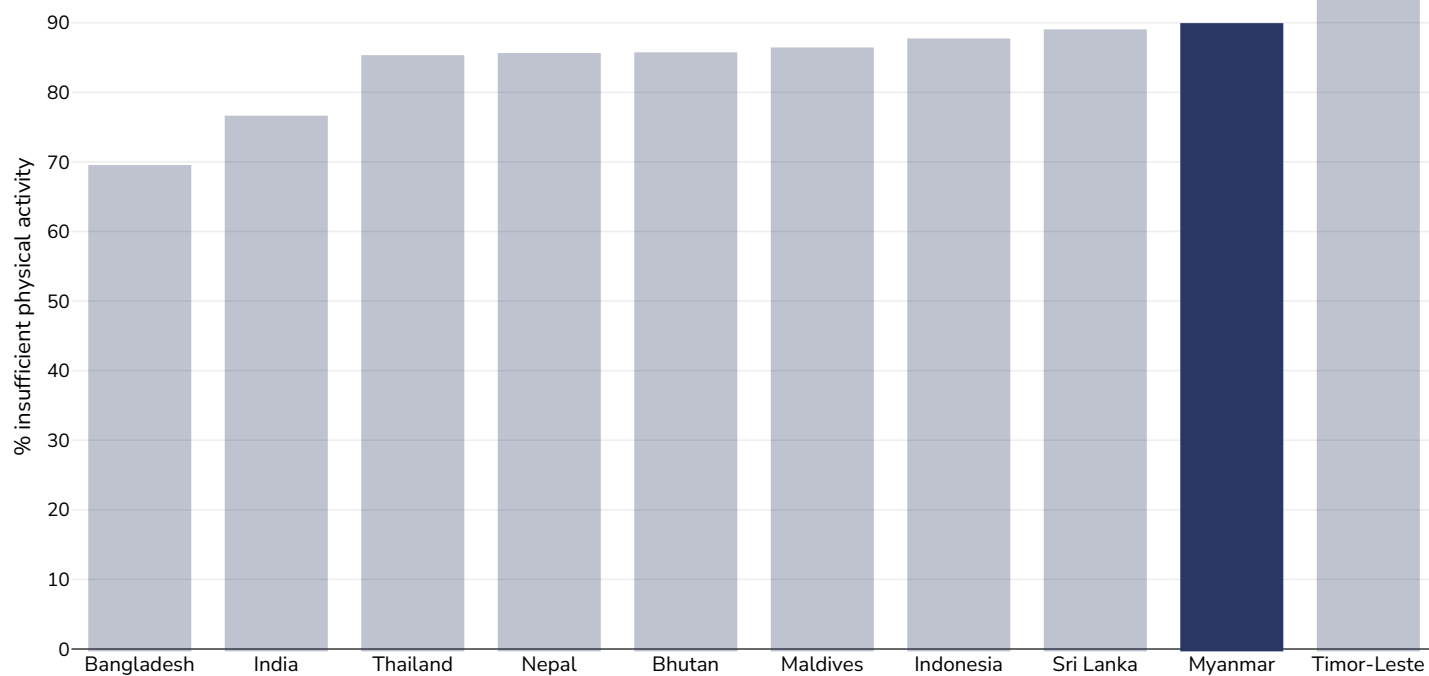| Survey type:	Self-reported
Age:	11-17
References:	Global Health Observatory data repository, World Health Organisation, https://apps.who.int/gho/data/node.main.A893ADO?lang=en (last accessed 16.03.21)
Notes:	% of school going adolescents not meeting WHO recommendations on Physical Activity for Health, i.e. doing less than 60 minutes of moderate- to vigorous-intensity physical activity daily.
Definitions:	% Adolescents insufficiently active (age standardised estimate)

Girls, 2016

% insufficient physical activity (y-axis, 0–90)

Countries (x-axis): Bangladesh, India, Thailand, Nepal, Bhutan, Maldives, Indonesia, Sri Lanka, Myanmar, Timor-Leste

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)

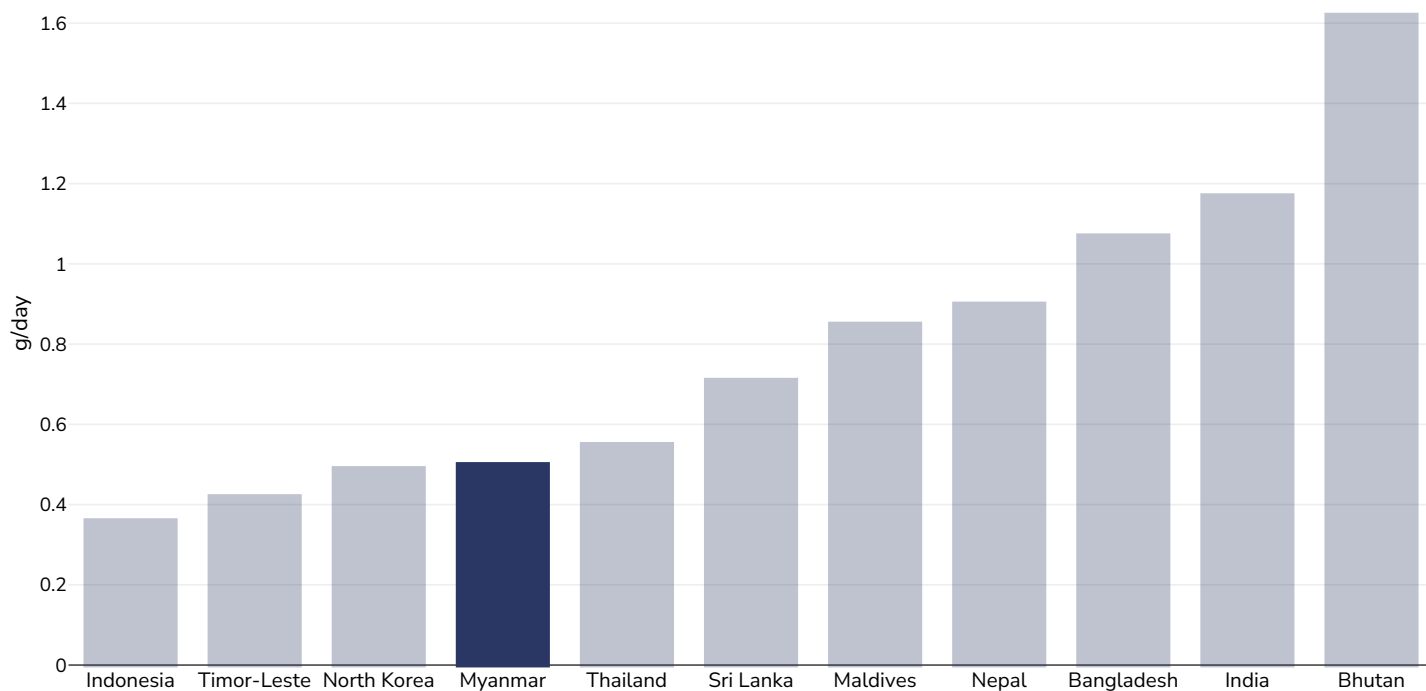# Estimated per capita fruit intake

Adults, 2017
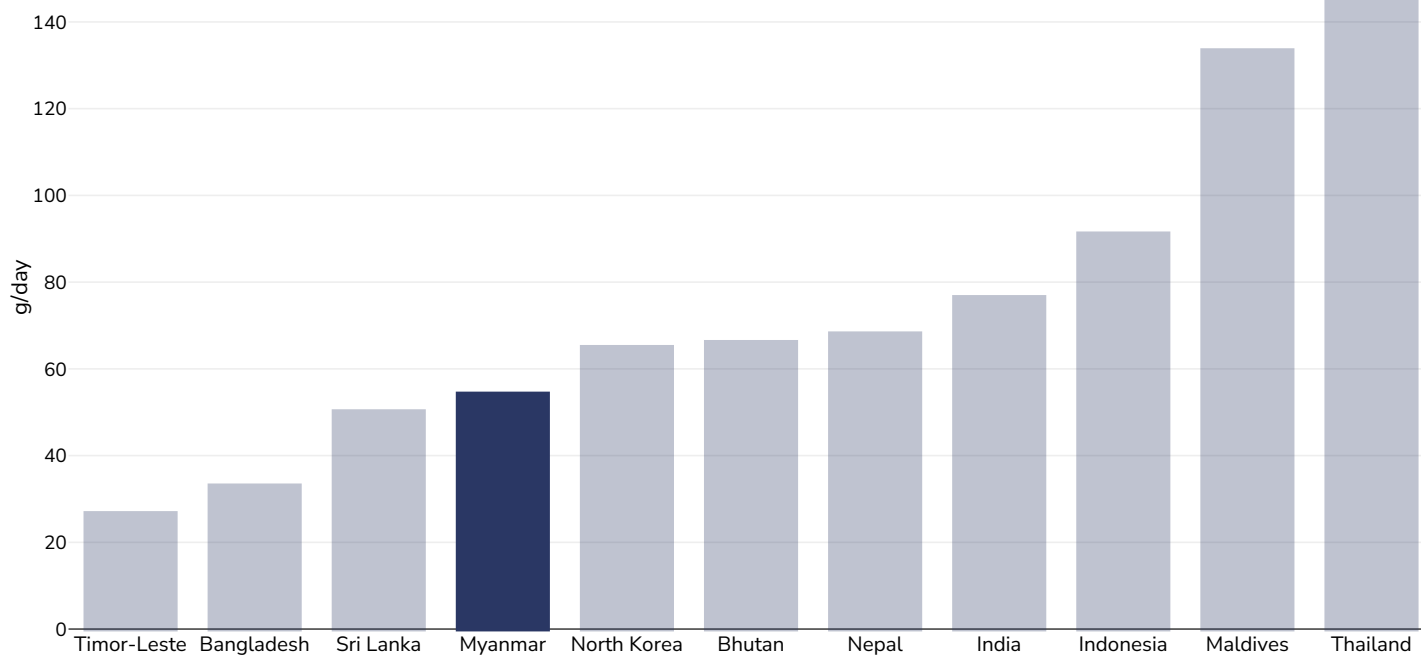
Survey type:	Measured
Age:	25+
References:	Global Burden of Disease, the Institute for Health Metrics and Evaluation http://ghdx.healthdata.org/
Definitions:	Estimated per-capita fruit intake (g/day)

Estimated per-capita processed meat intake
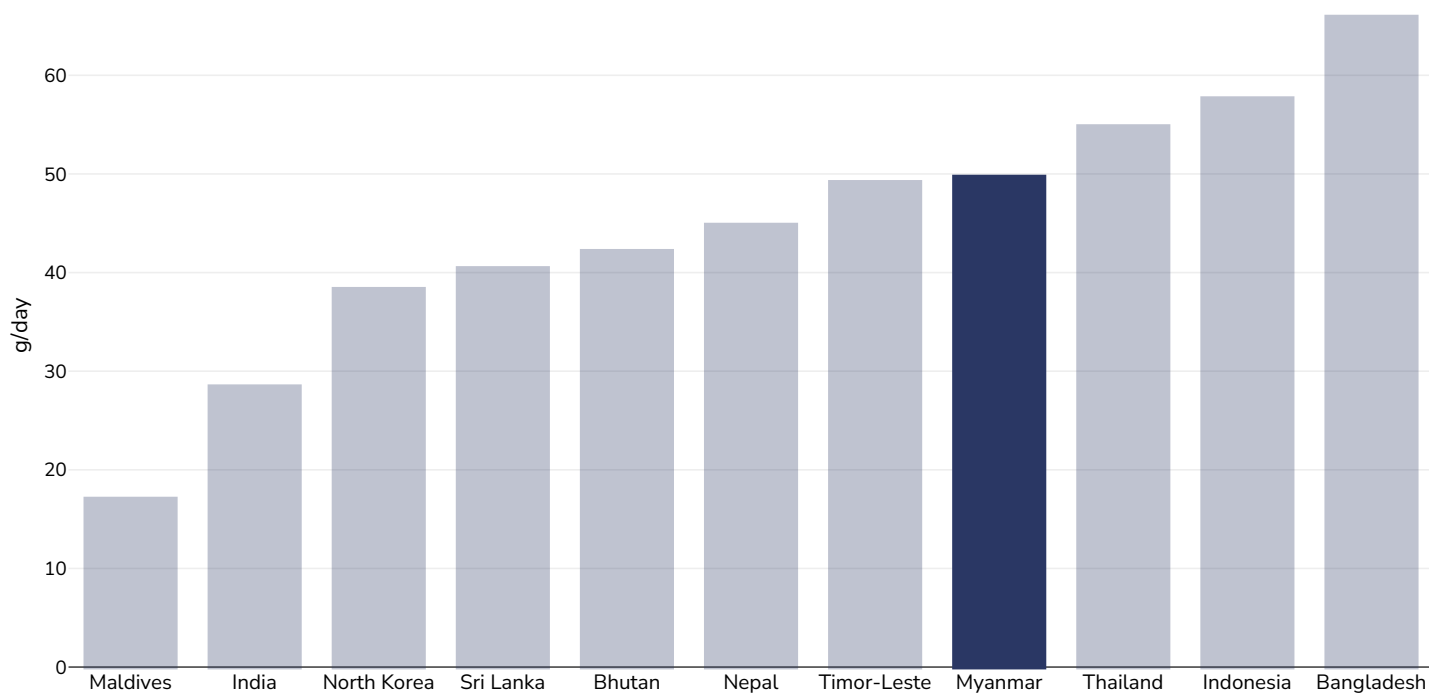
Adults, 2017

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

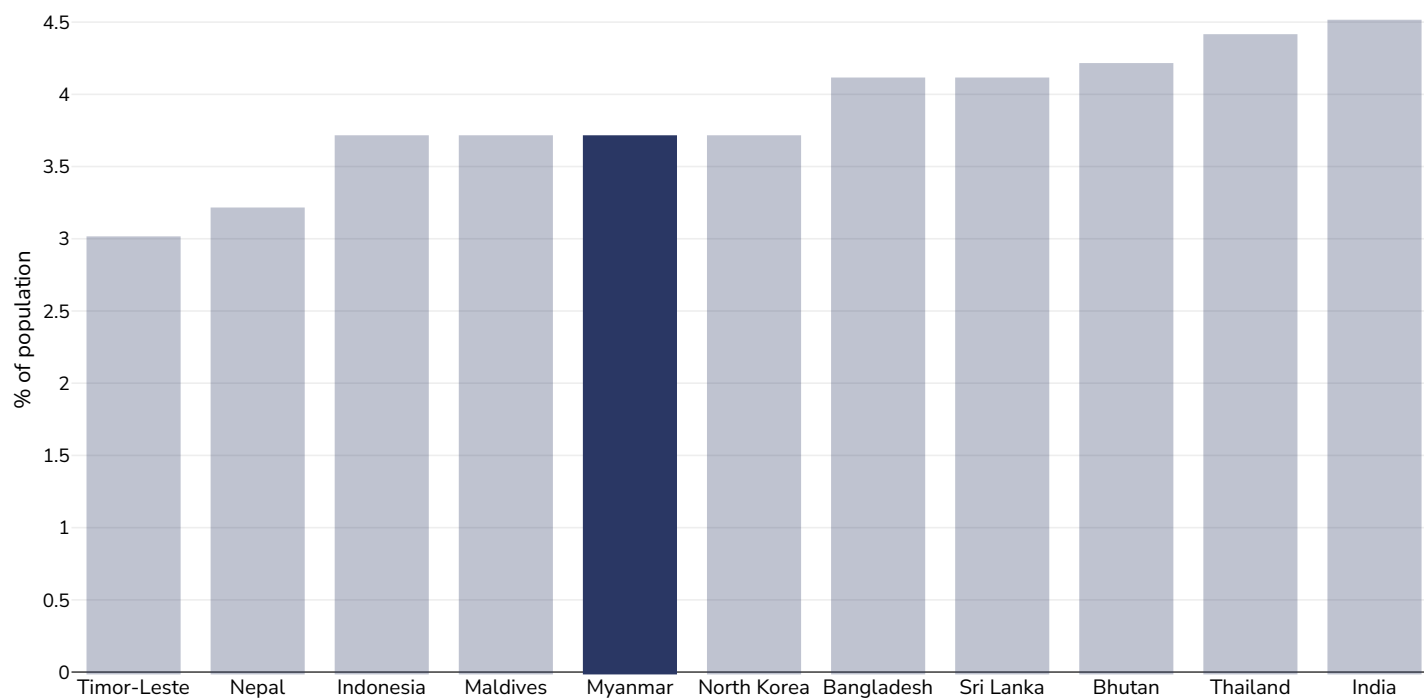| Survey type:	Measured
Age:	25+
References:	Global Burden of Disease, the Institute for Health Metrics and Evaluation http://ghdx.healthdata.org/
Definitions:	Estimated per-capita whole grains intake (g/day)

Mental health - depression disorders

Adults, 2015

References: Prevalence data from Global Burden of Disease study 2015 (http://ghdx.healthdata.org) published in: Depression and Other Common Mental Disorders: Global Health Estimates. Geneva:World Health Organization; 2017. Licence: CC BY-NC-SA 3.0 IGO.

Definitions: % of population with depression disorders

Mental health - anxiety disorders

Adults, 2015
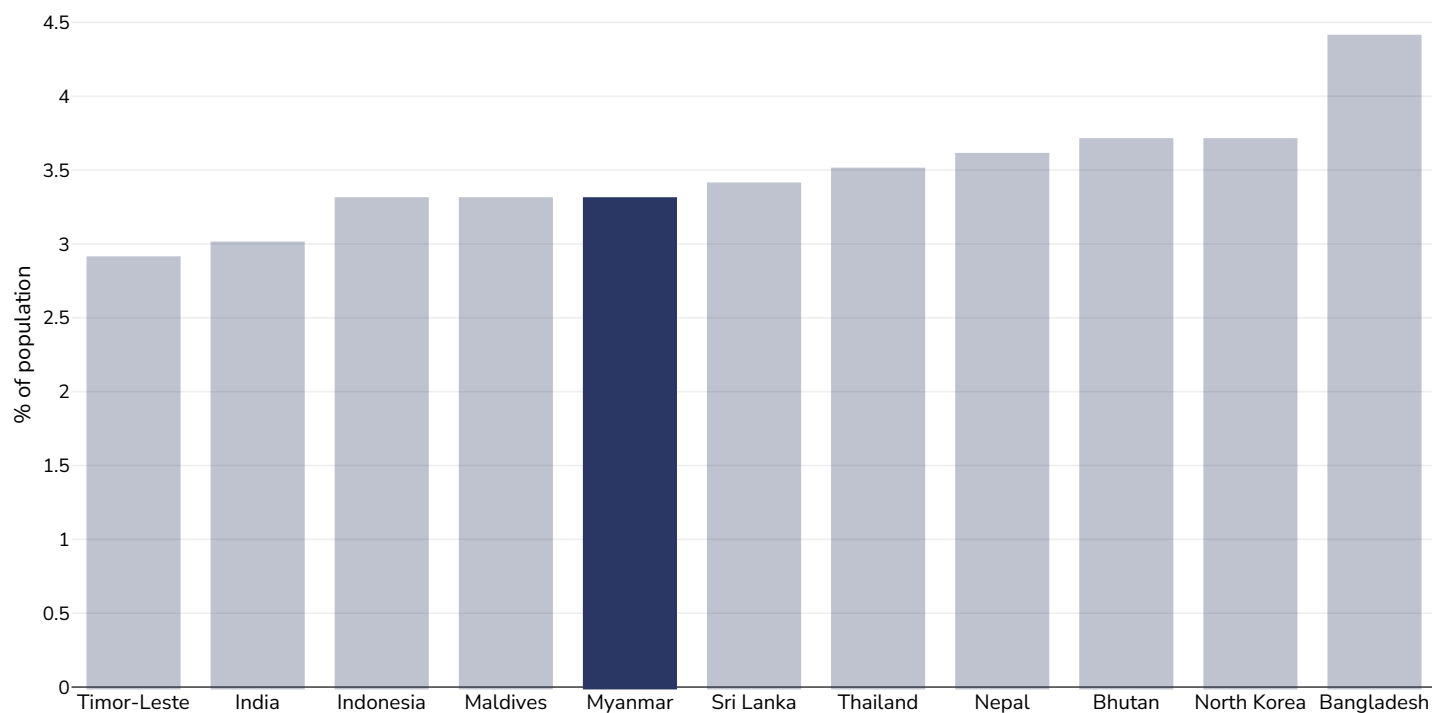
References: Prevalence data from Global Burden of Disease study 2015 (http://ghdx.healthdata.org) published in: Depression and Other Common Mental Disorders: Global Health Estimates. Geneva:World Health Organization; 2017. Licence: CC BY-NC-SA 3.0 IGO.

Definitions: % of population with anxiety disorders

% Infants exclusively breastfed 0-5 months

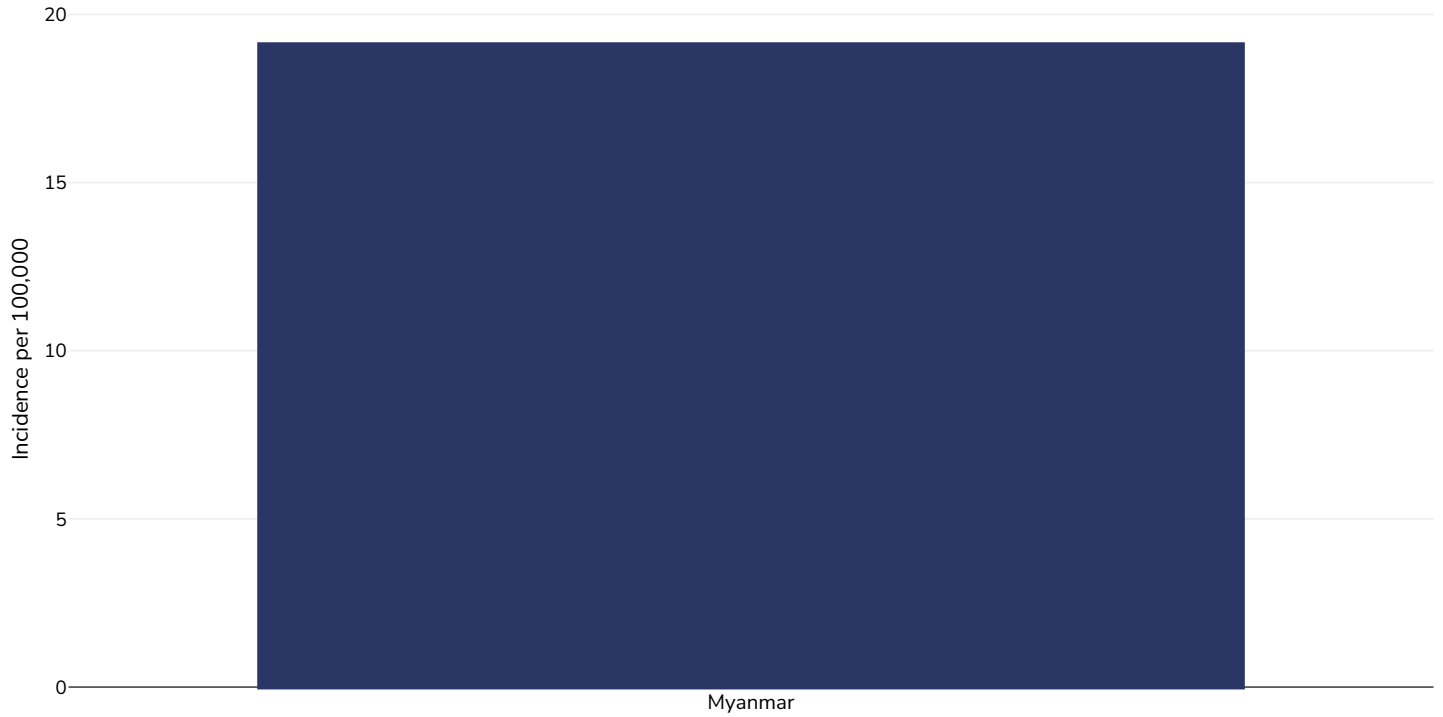## Infants, 2015-2022
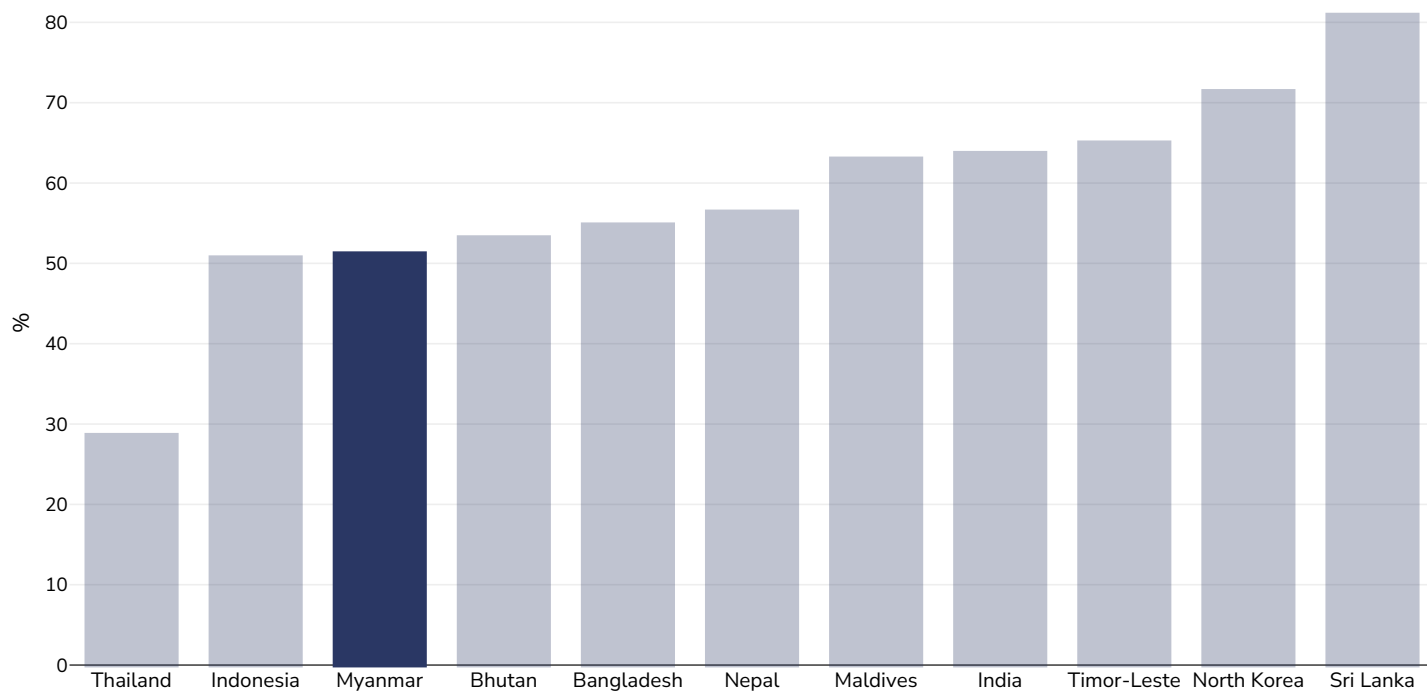
References: Myanmar Demographic and Health Survey 2015-16: Final Report. 2016

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.
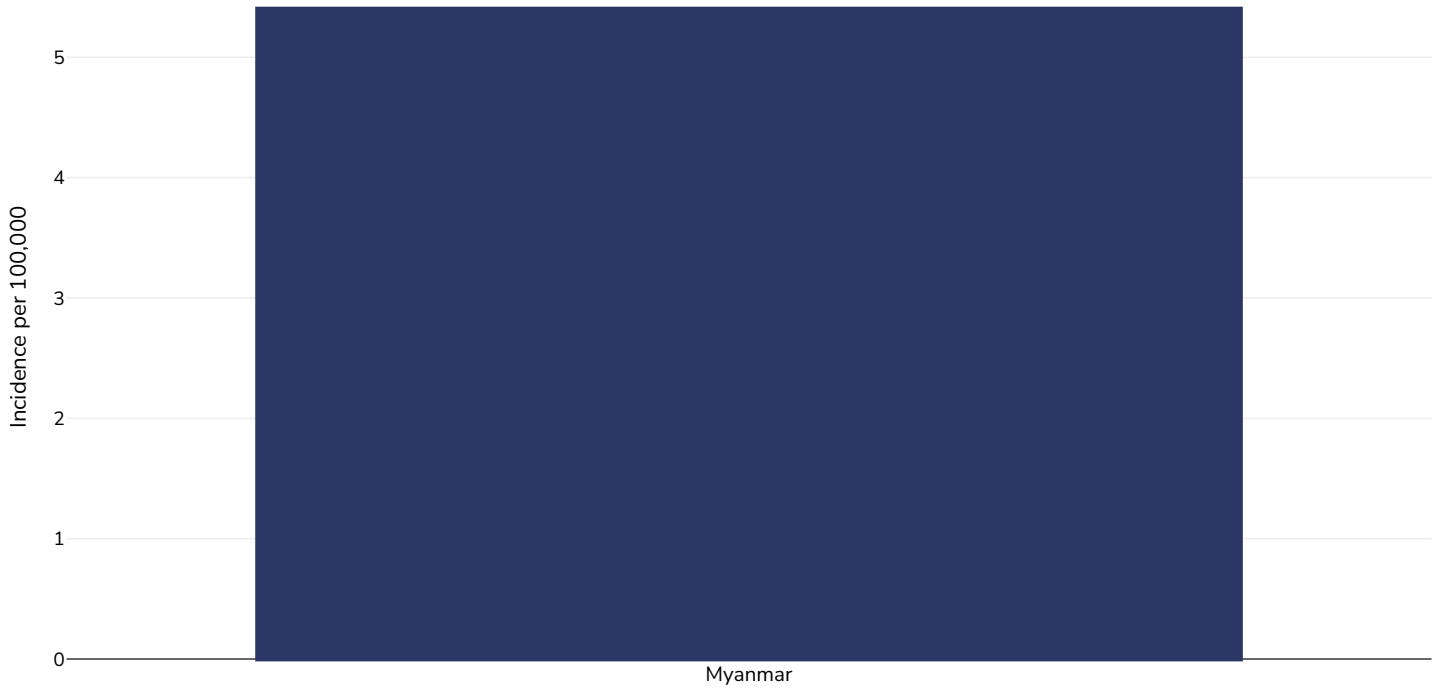
Oesophageal cancer

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

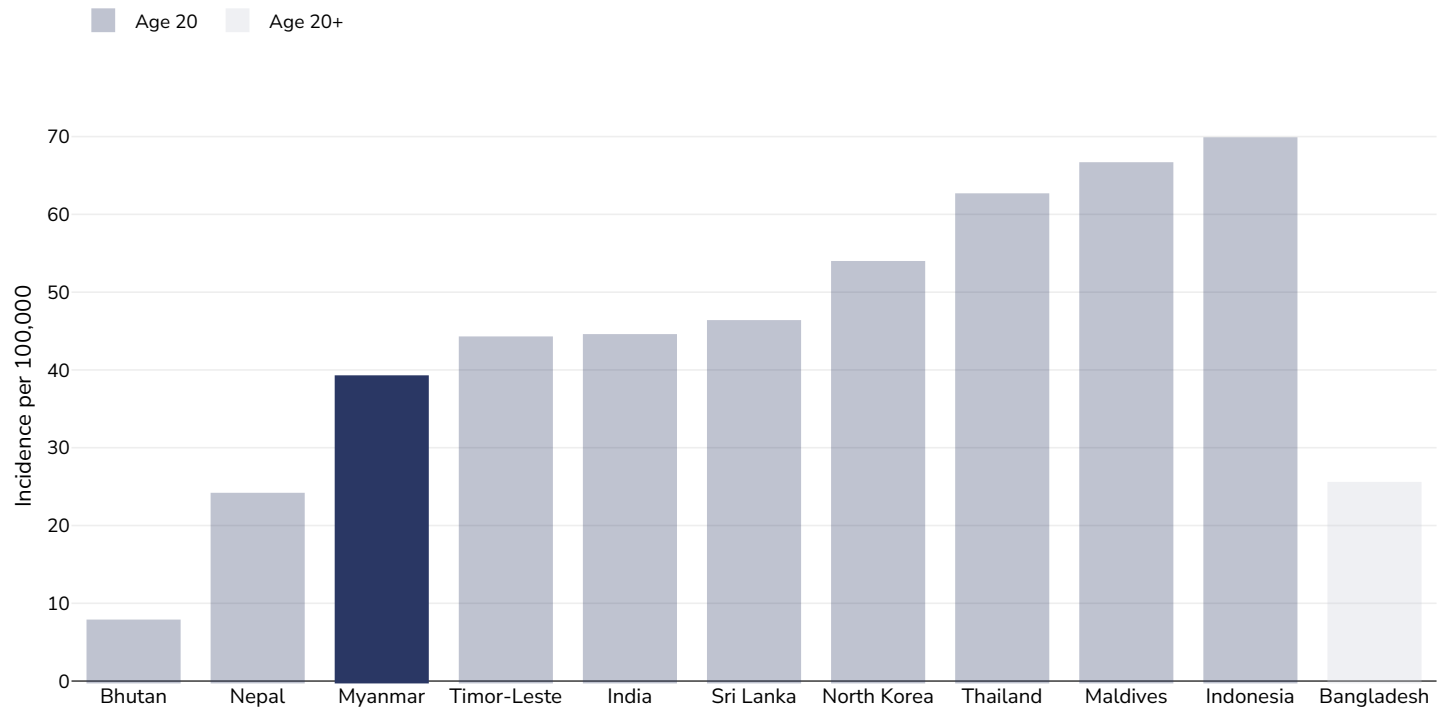Incidence per 100,000

Myanmar

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

Age 20 ▪ 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

Colorectal cancer

Men, 2022
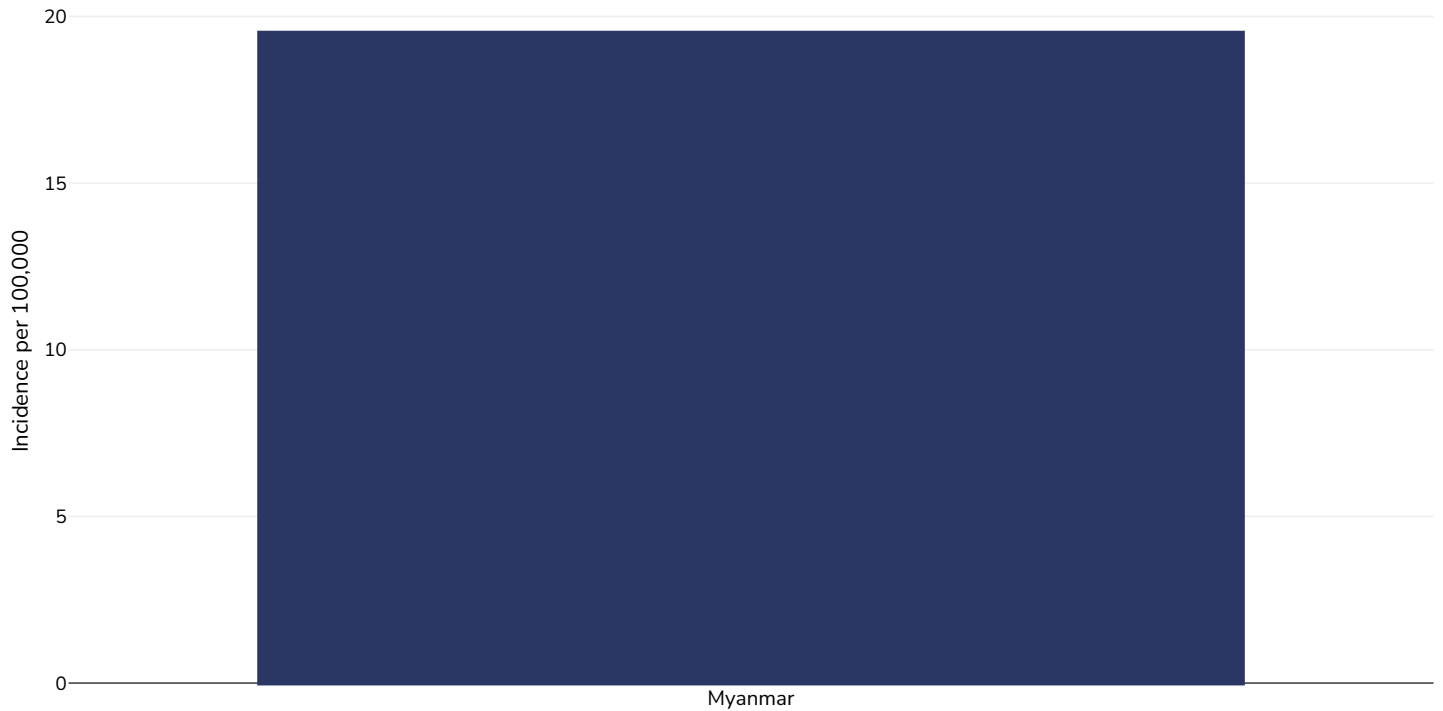

Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today,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

Women, 2022

Chart: Incidence per 100,000 (y-axis, 0 to 14)

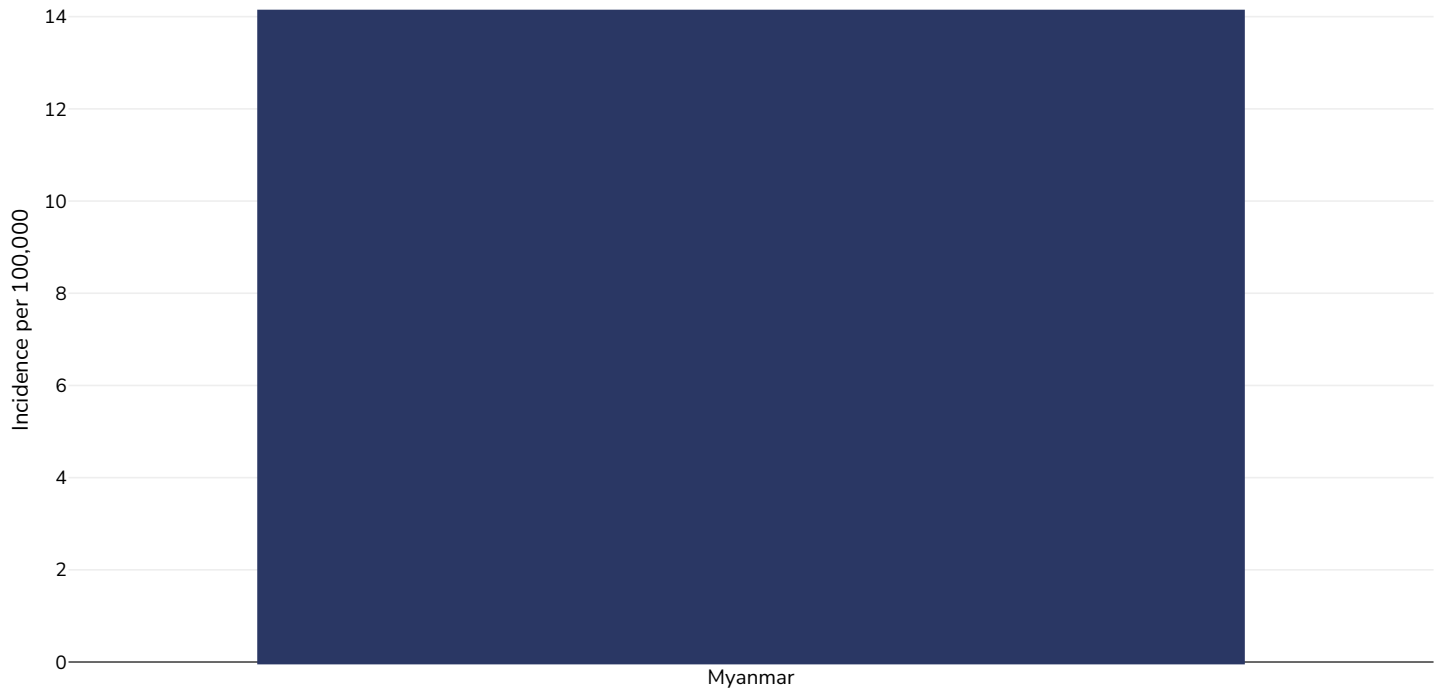| Country	Incidence per 100,000
Myanmar	~14.1

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

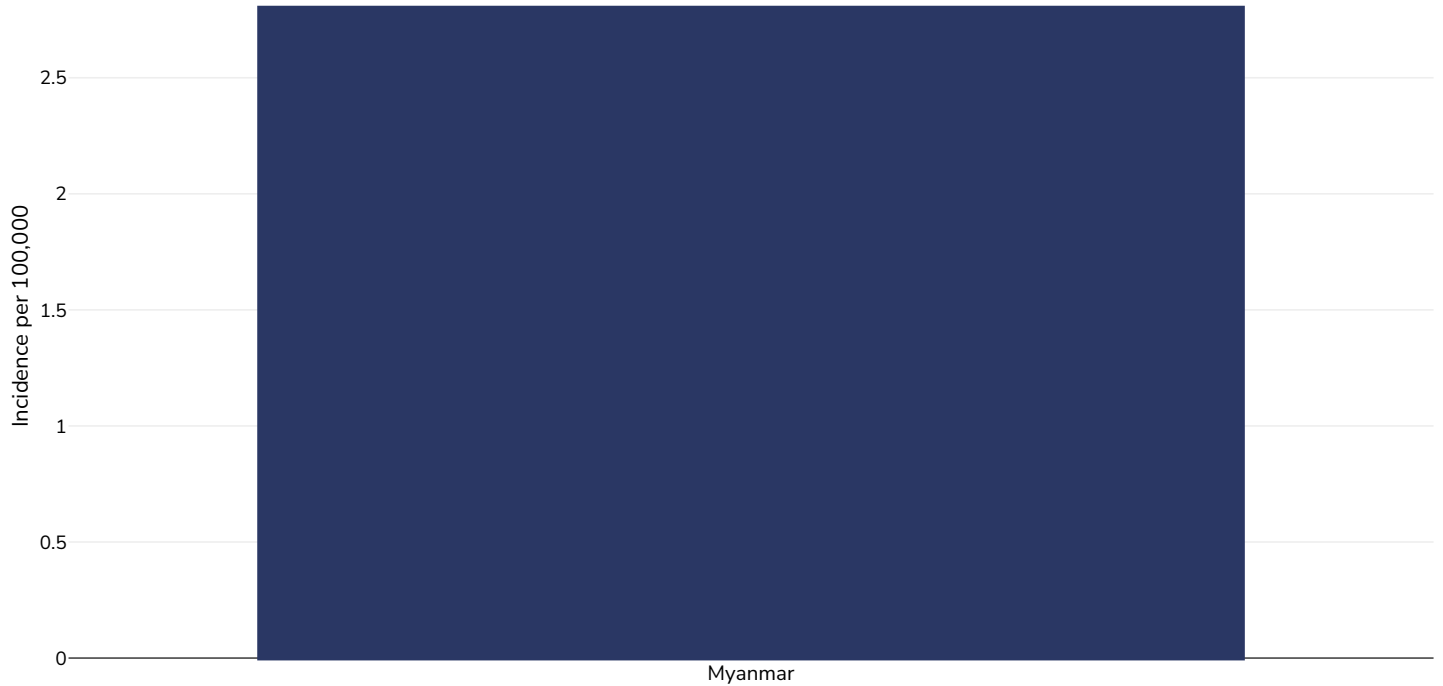

Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today,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

Women, 2022

Incidence per 100,000 (y-axis)

Myanmar: ~1.8

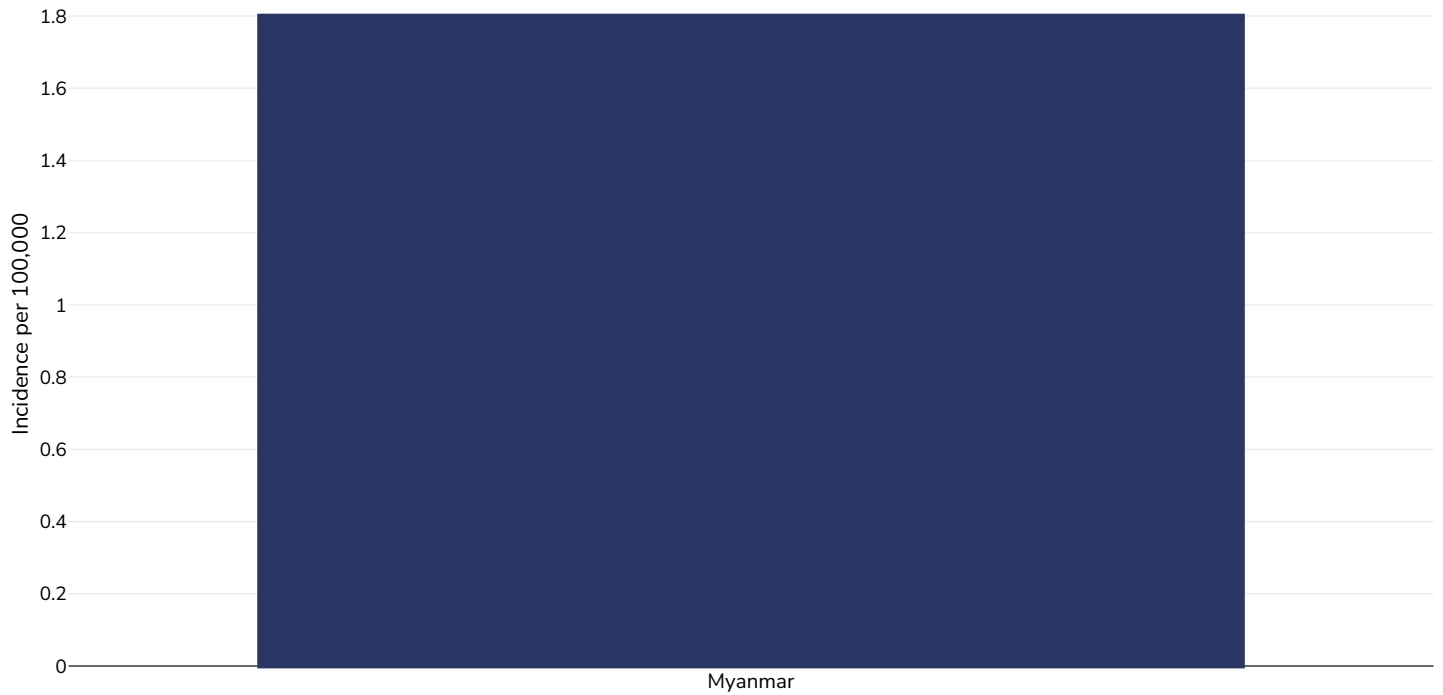|	
Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today,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

Gallbladder cancer

Men, 2022

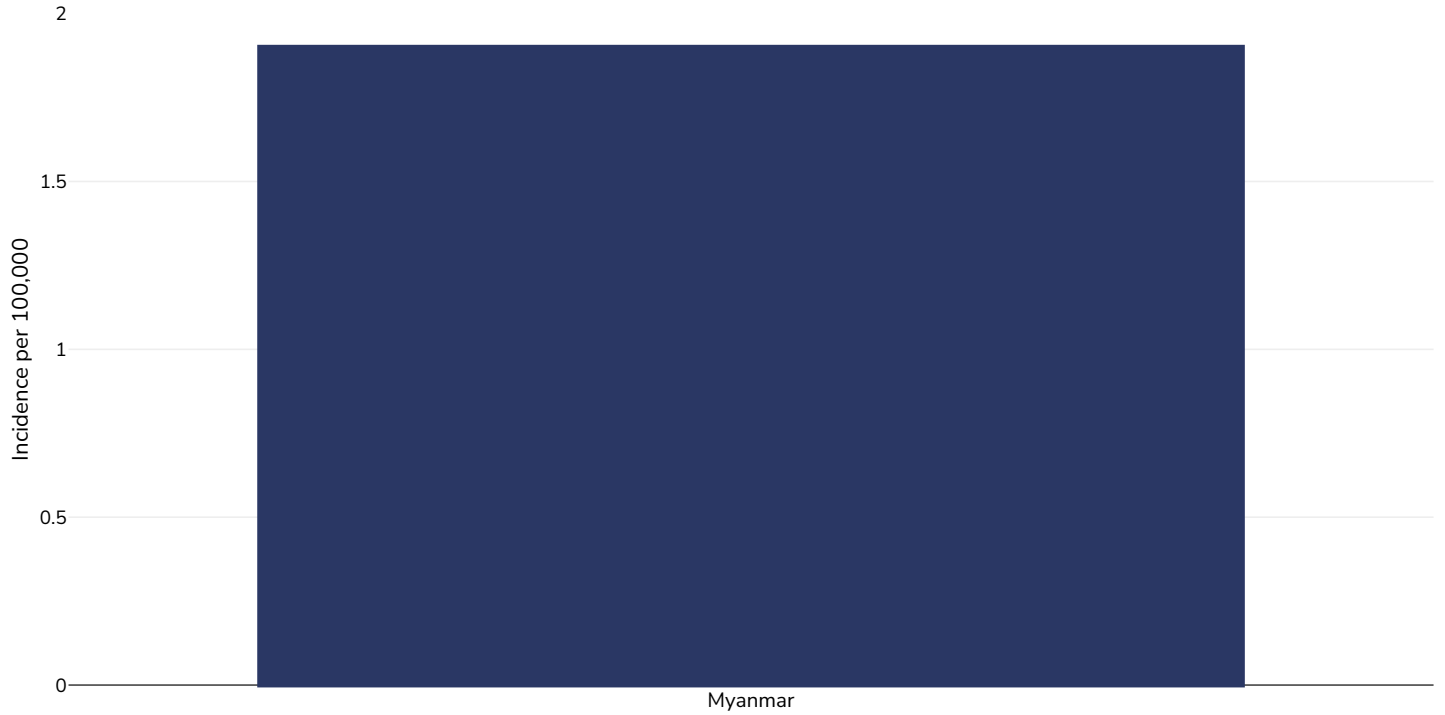
Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today,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

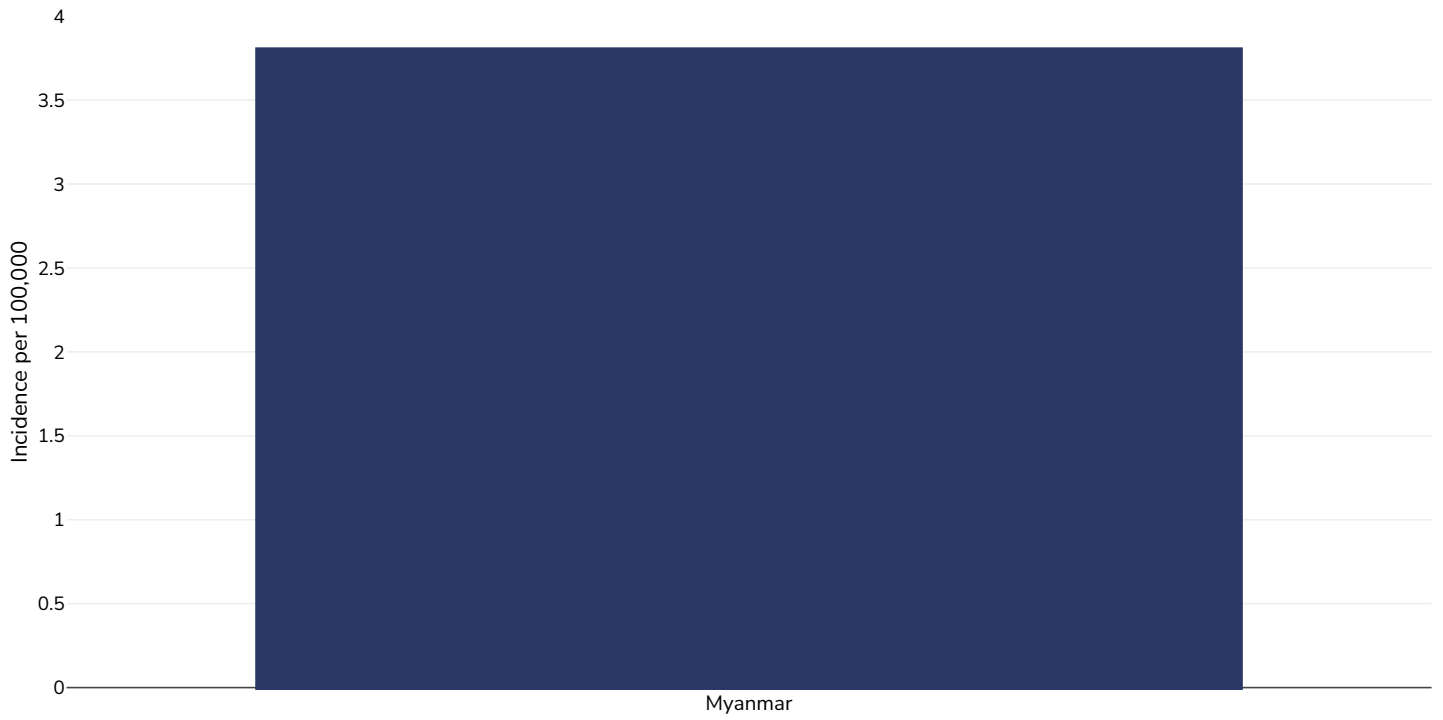# Women, 2022

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

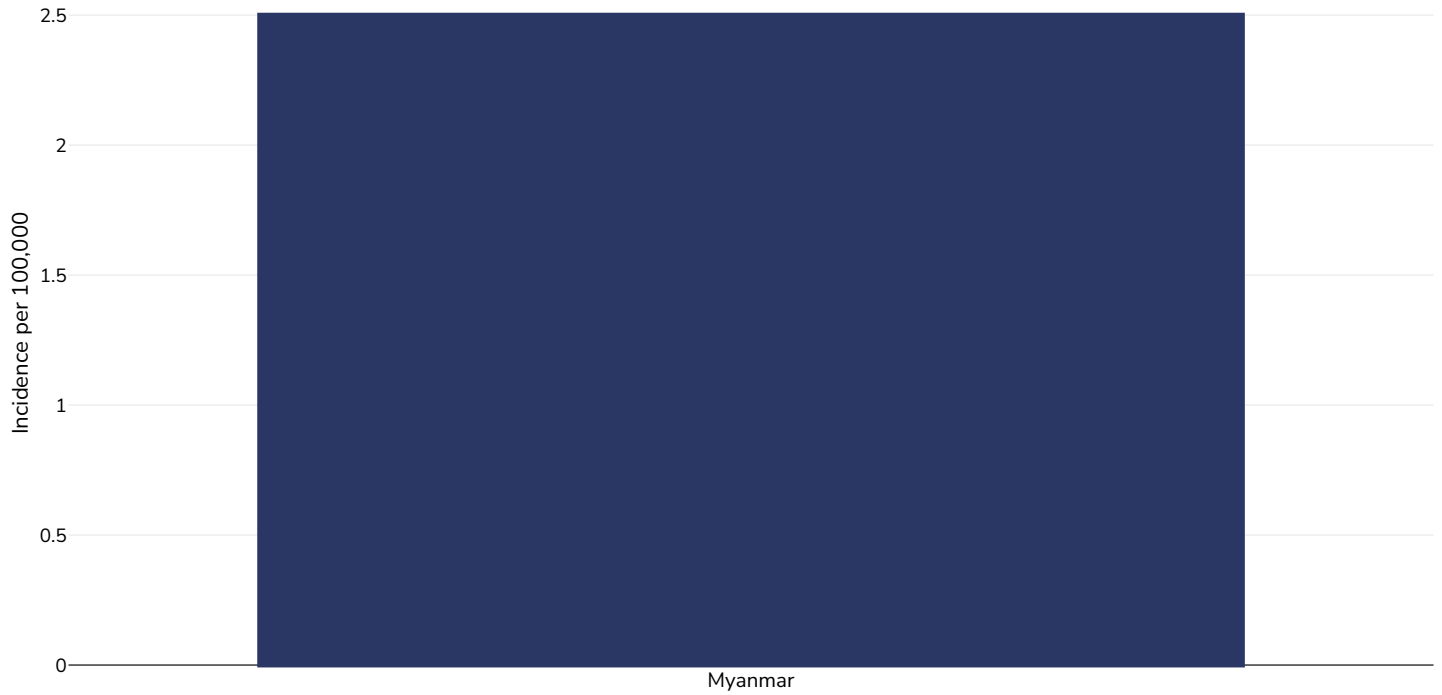## Men, 2022

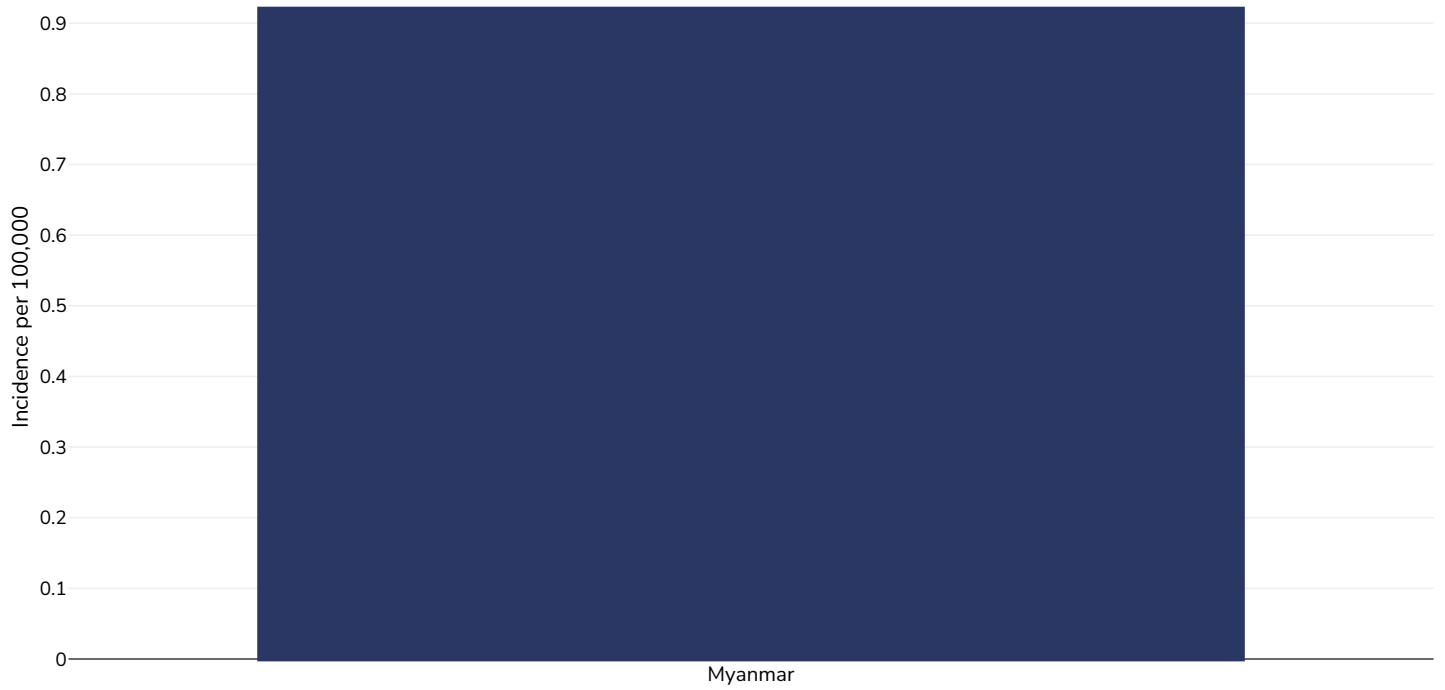|	
Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today,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

Women, 2022

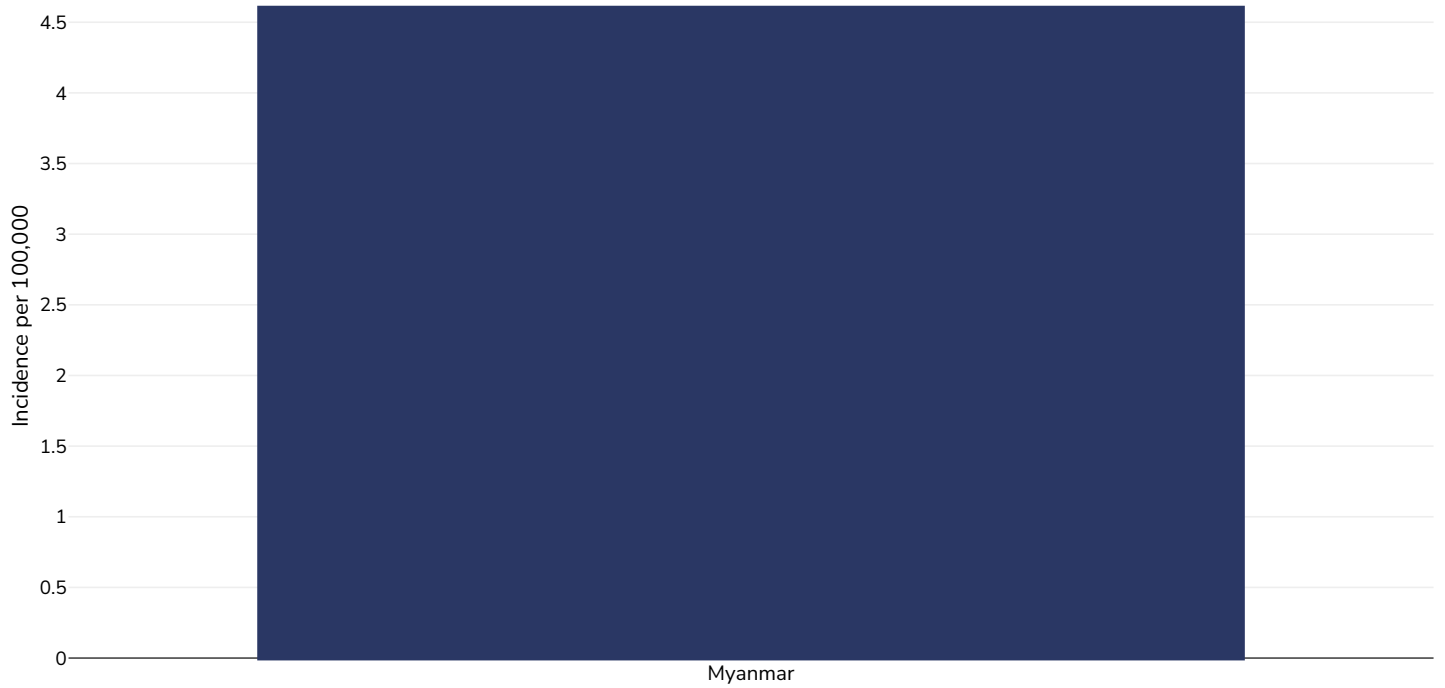|	
Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today,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

Cancer of the uterus

Women, 2022

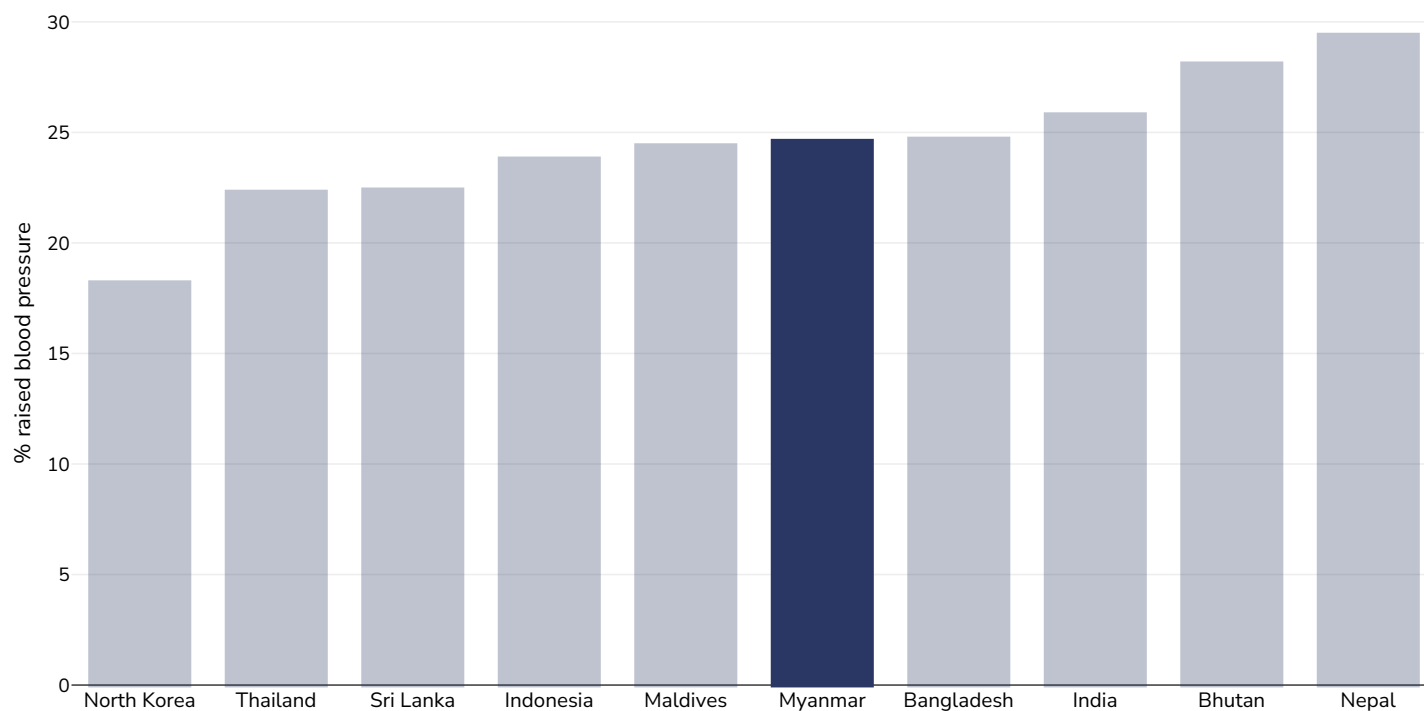|	Myanmar

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>=140 OR DBP>=90).

Men, 2015
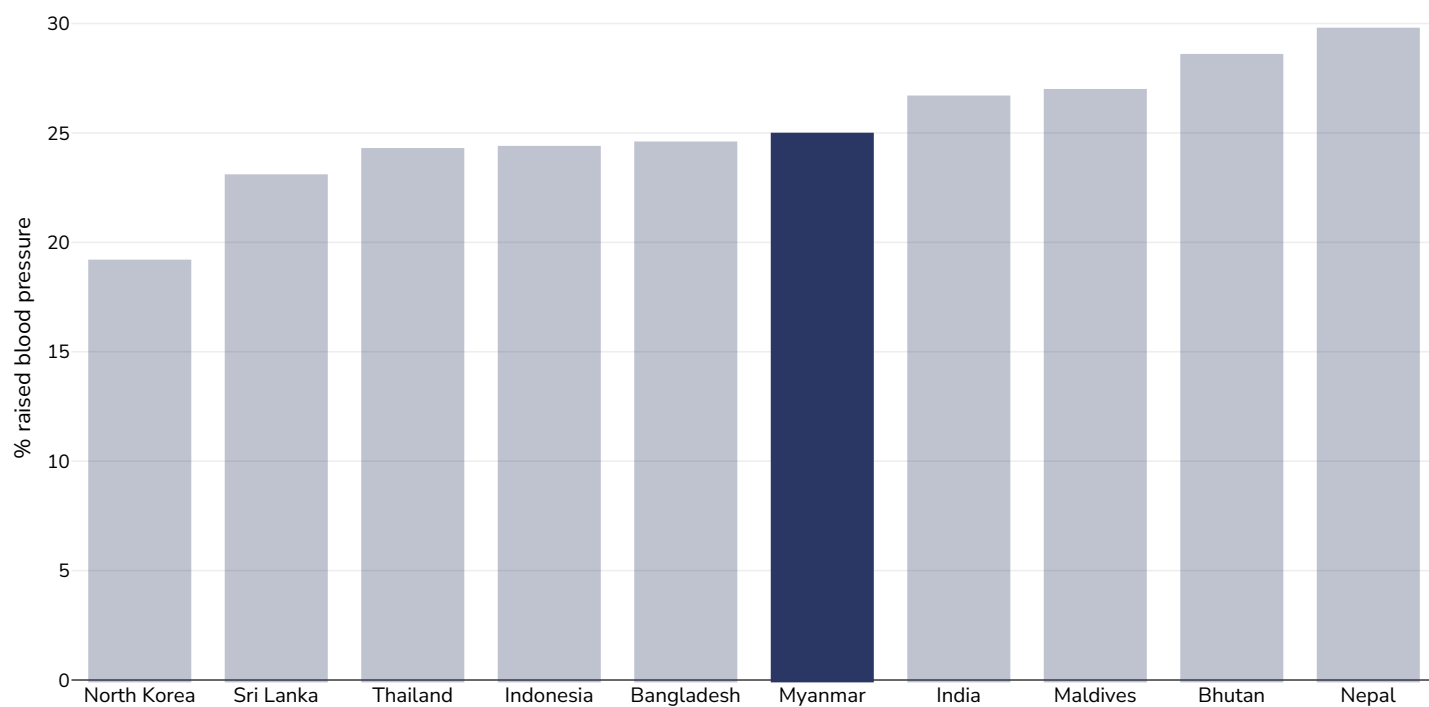
Chart: % raised blood pressure by country (Men, 2015)

Country	% raised blood pressure (approx.)
North Korea	19.2
Sri Lanka	23.1
Thailand	24.4
Indonesia	24.5
Bangladesh	24.6
Myanmar	25.0
India	26.7
Maldives	27.0
Bhutan	28.6
Nepal	29.9

Y-axis: % raised blood pressure

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
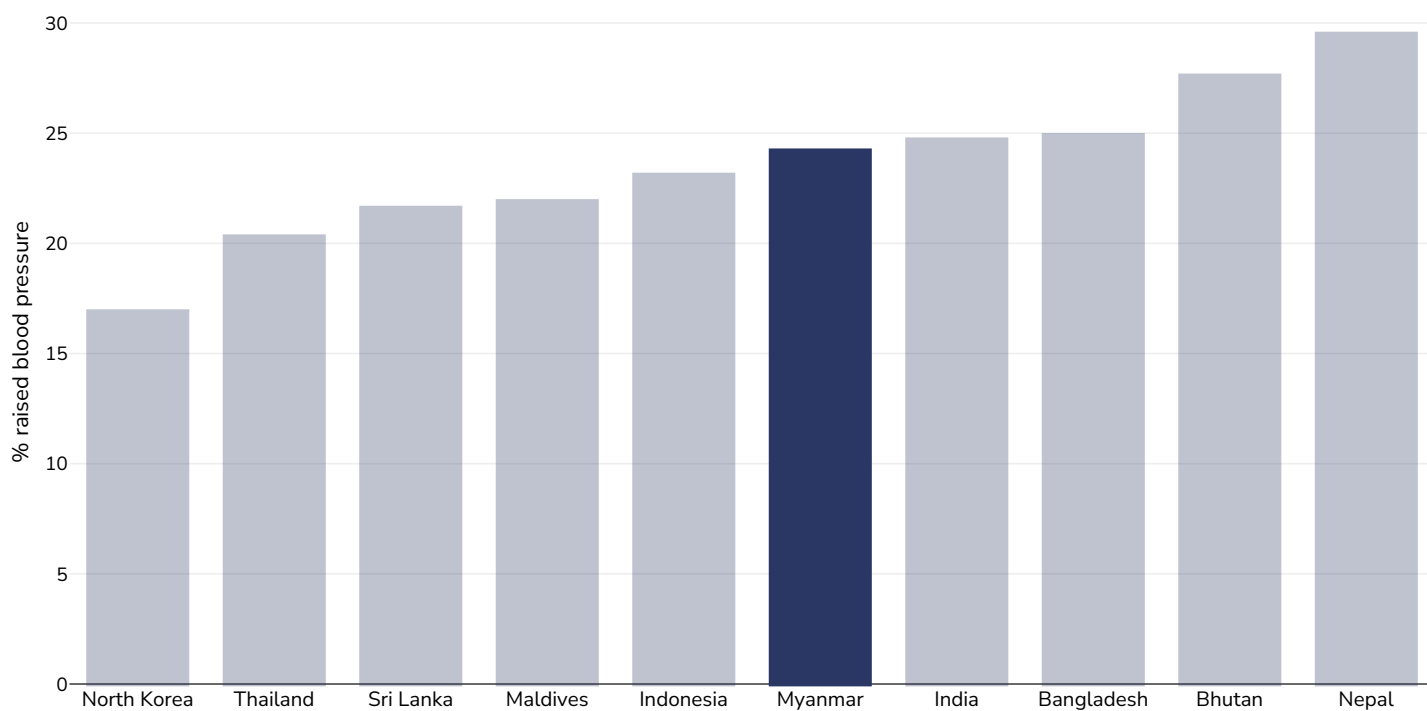
Chart: % raised blood pressure by country

Country	% raised blood pressure
North Korea	17
Thailand	20.4
Sri Lanka	21.7
Maldives	22
Indonesia	23.2
Myanmar	24.3
India	24.8
Bangladesh	25
Bhutan	27.7
Nepal	29.6

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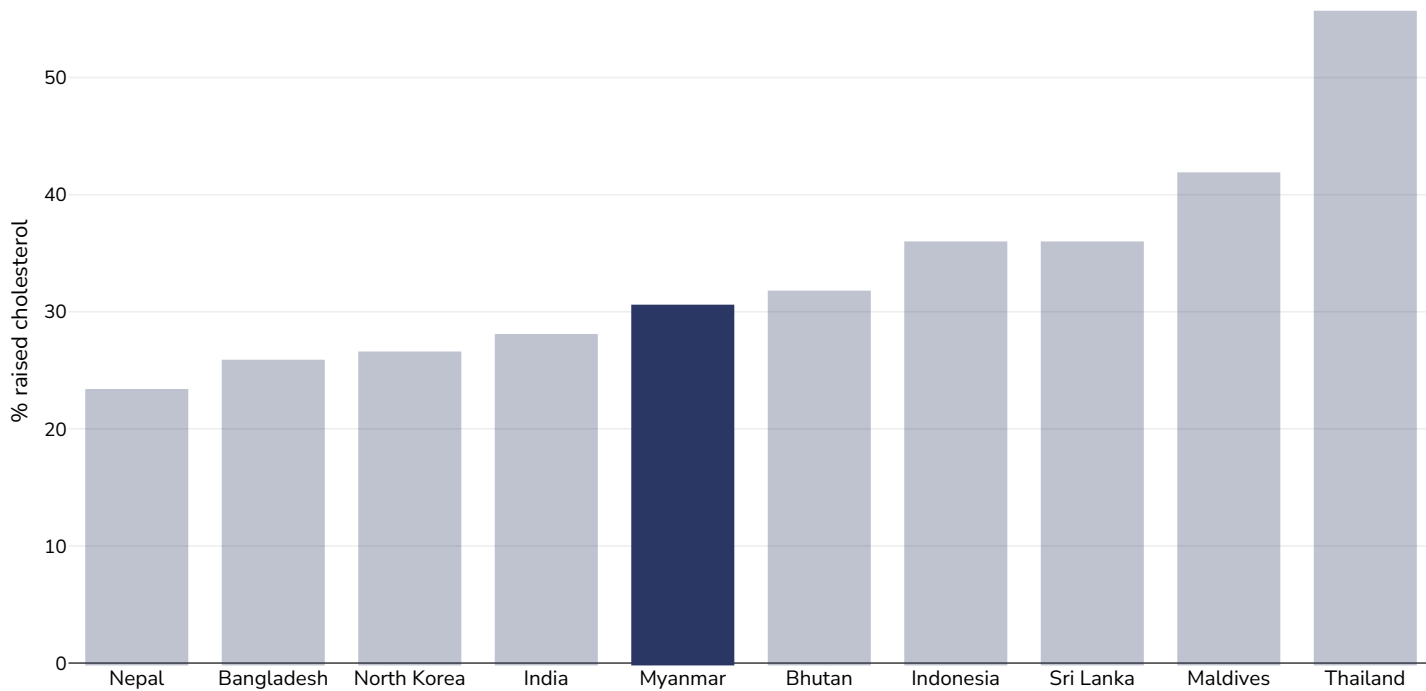
References: Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A885

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

Men, 2008
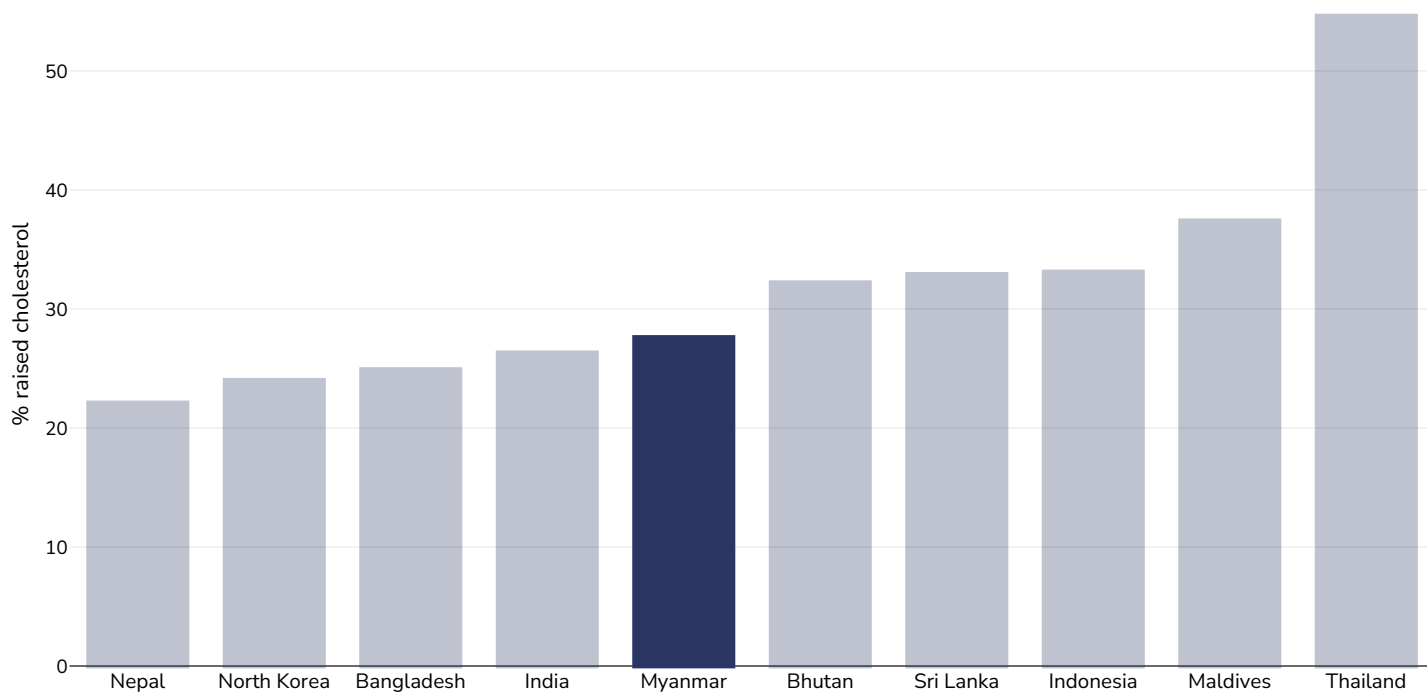
Y-axis: % raised cholesterol

Country	% raised cholesterol
Nepal	22
North Korea	24
Bangladesh	25
India	26.5
Myanmar	27.5
Bhutan	32.5
Sri Lanka	33
Indonesia	33.5
Maldives	37.5
Thailand	55

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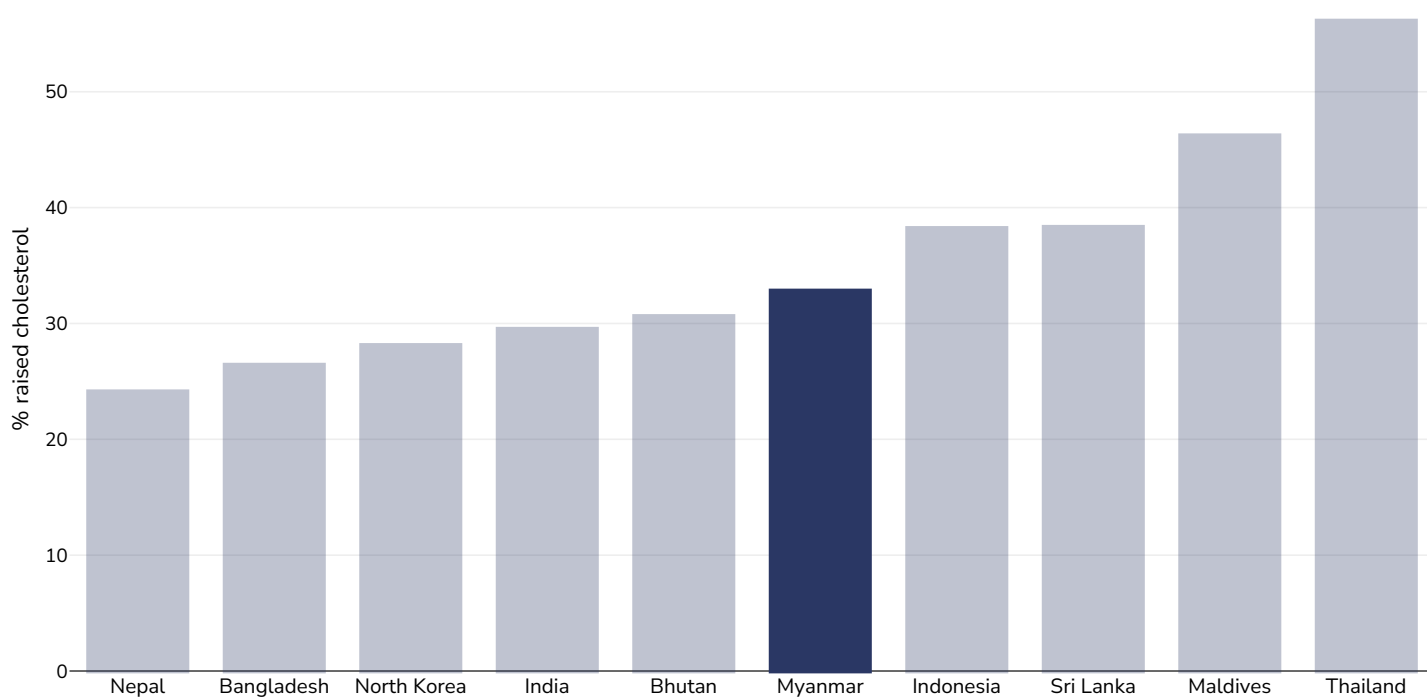
References:	Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A885
Definitions:	% Raised total cholesterol (>= 5.0 mmol/L) (age-standardized estimate).

Raised fasting blood glucose

Men, 2014
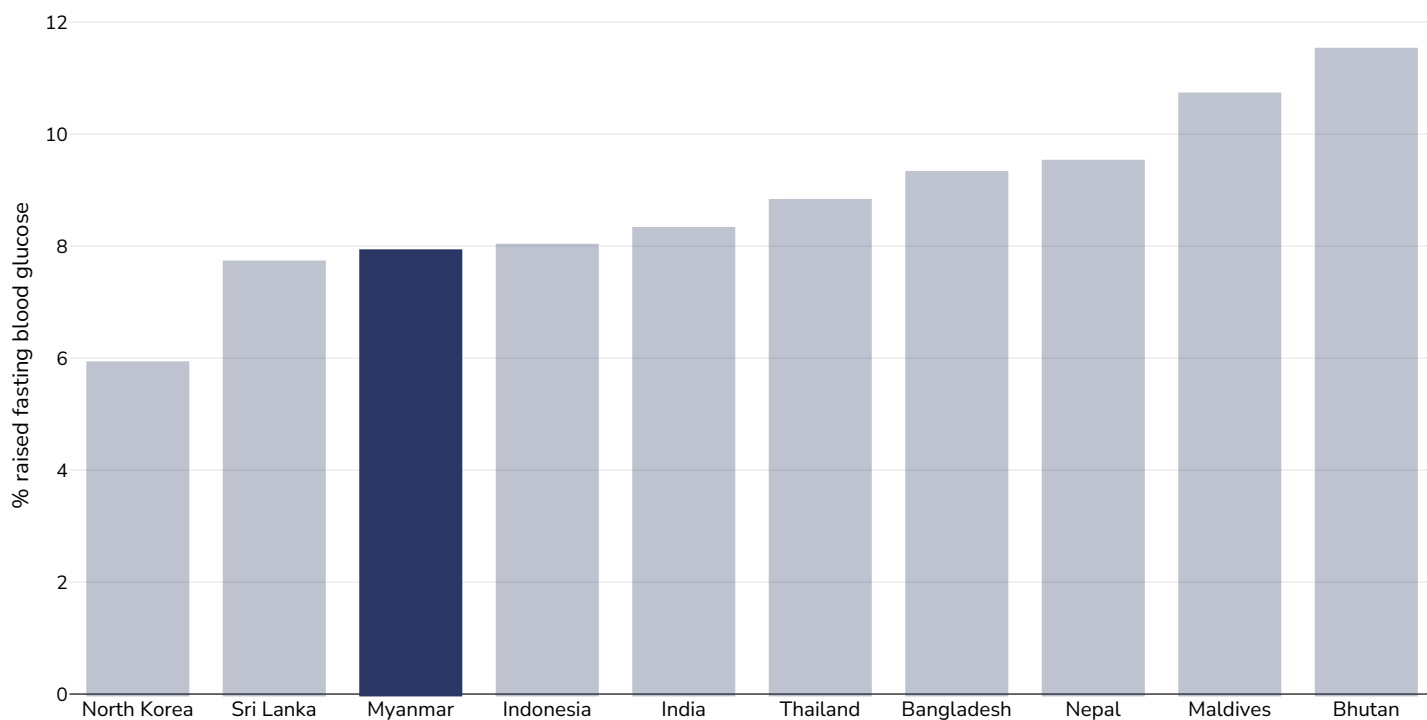
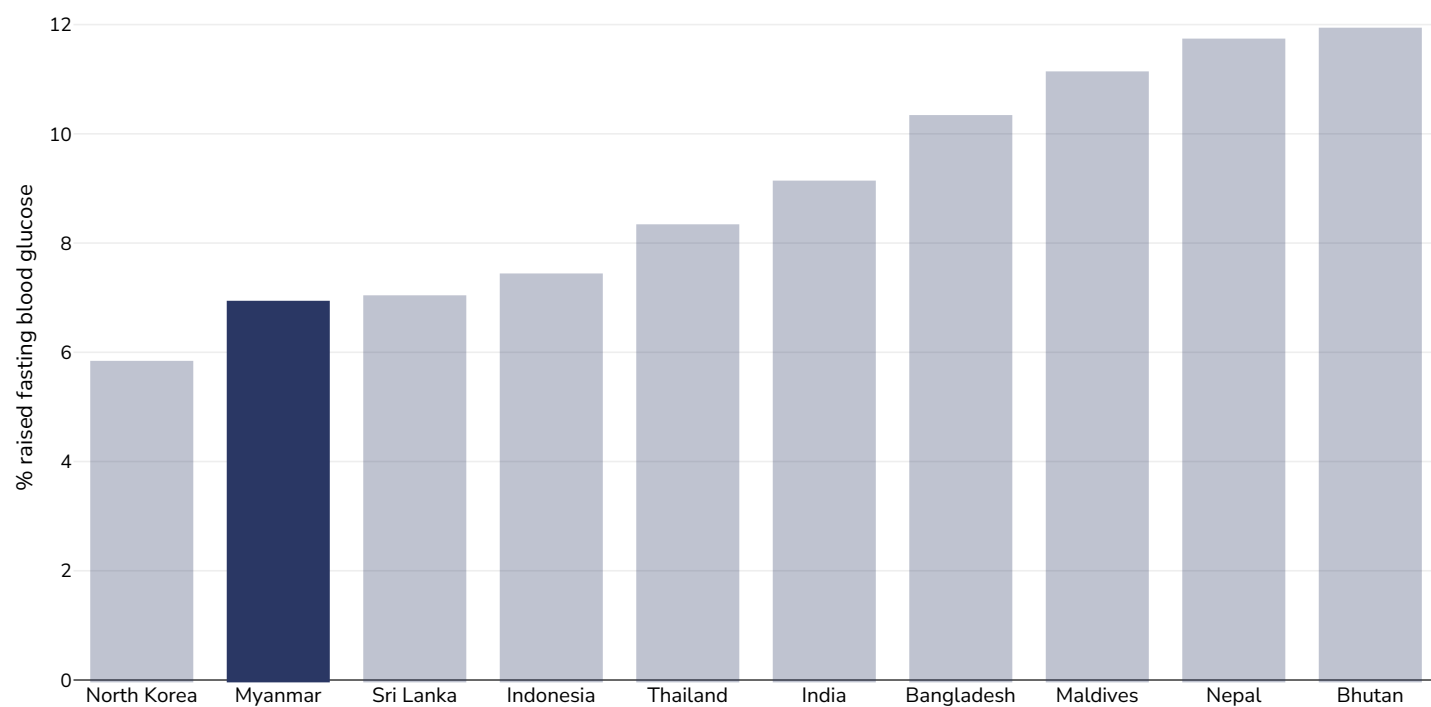References: Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A869?lang=en

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

Women, 2014

% raised fasting blood glucose

| North Korea | Myanmar | Sri Lanka | Indonesia | Thailand | India | Bangladesh | Maldives | Nepal | Bhutan |

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, 2021
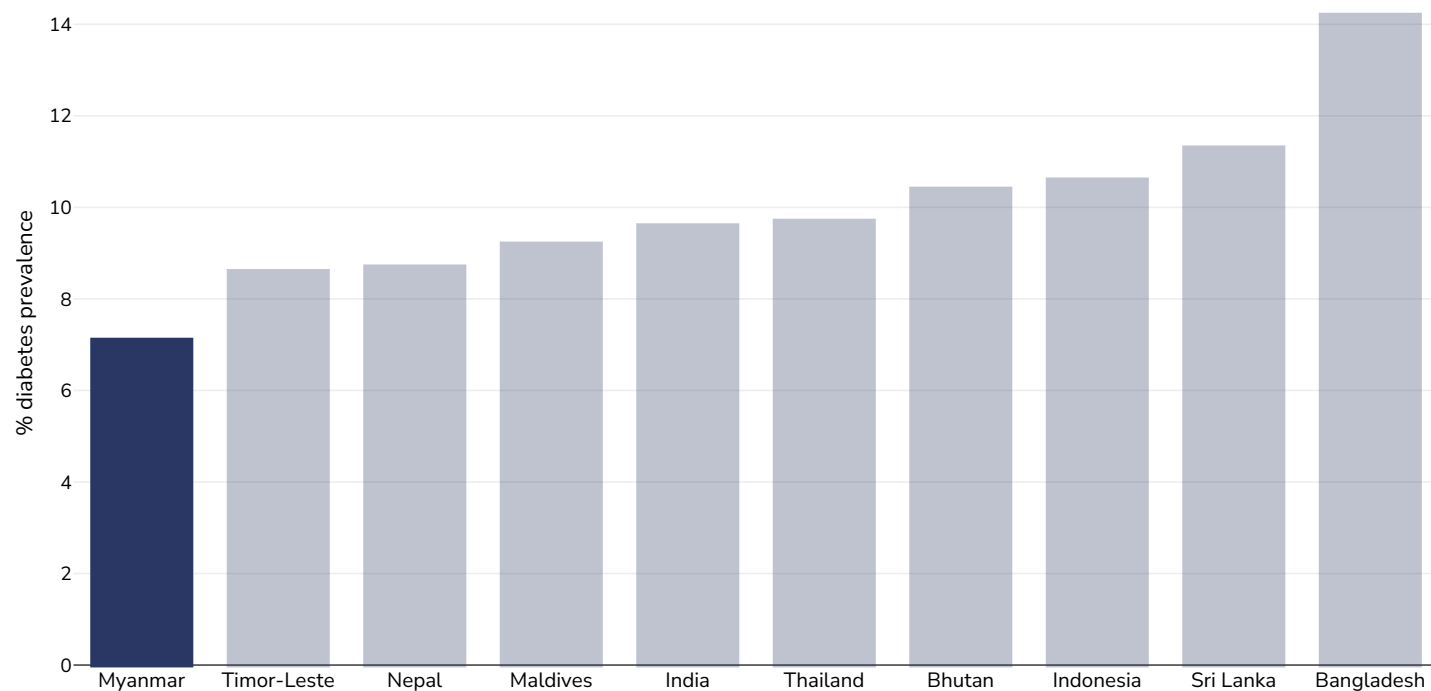
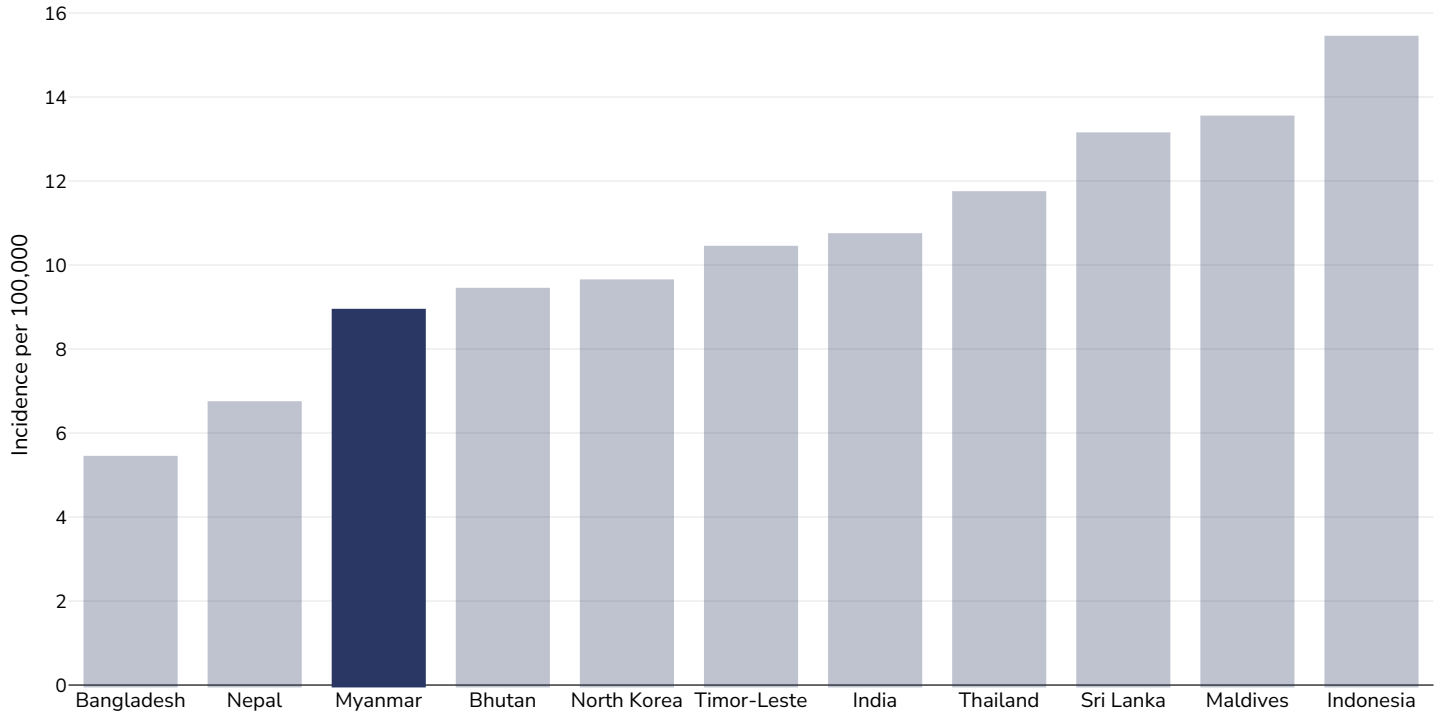| Age:	20-79
Area covered:	National
References:	Reproduced with kind permission International Diabetes Federation. IDF Diabetes Atlas, 10th edn. Brussels, Belgium:International Diabetes Federation, 2021. http://www.diabetesatlas.org
Definitions:	Age-adjusted comparative prevalence of diabetes, %

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

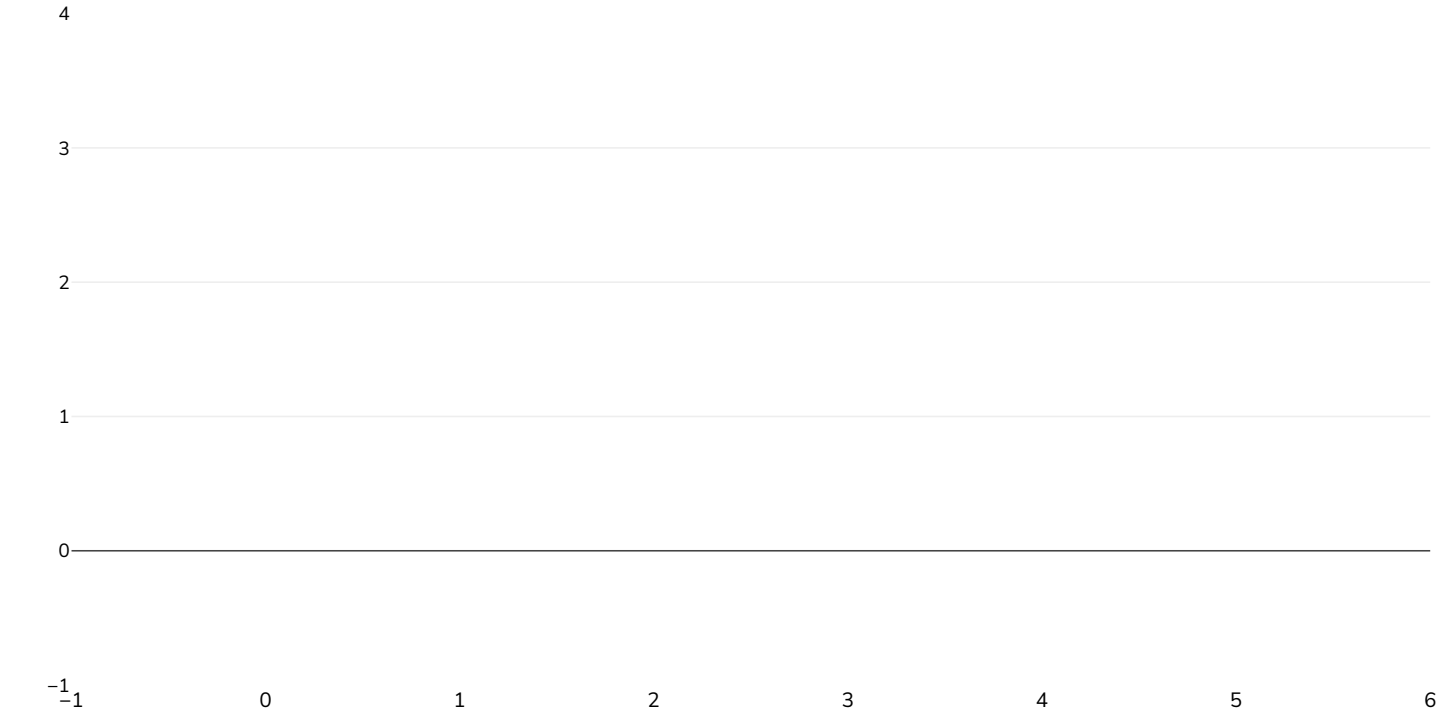| Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today,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

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

Leukemia

Men, 2022

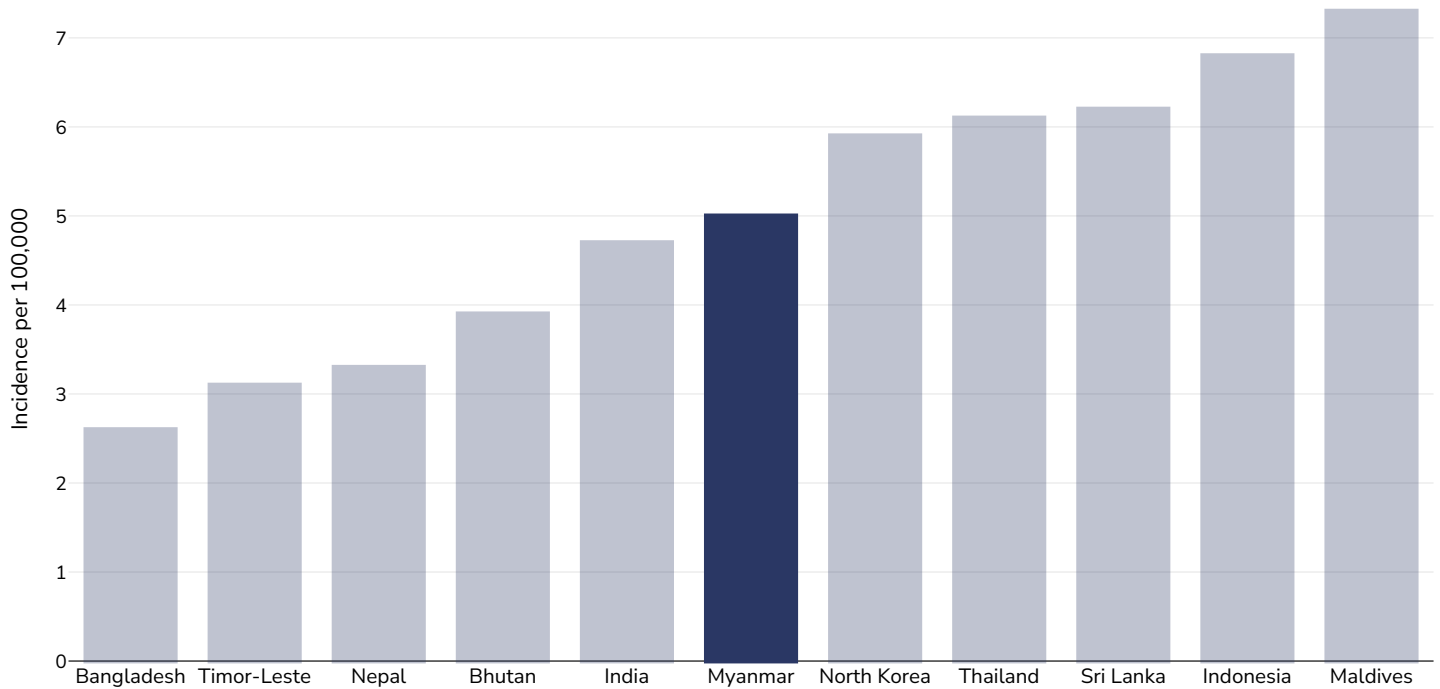| Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, 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.
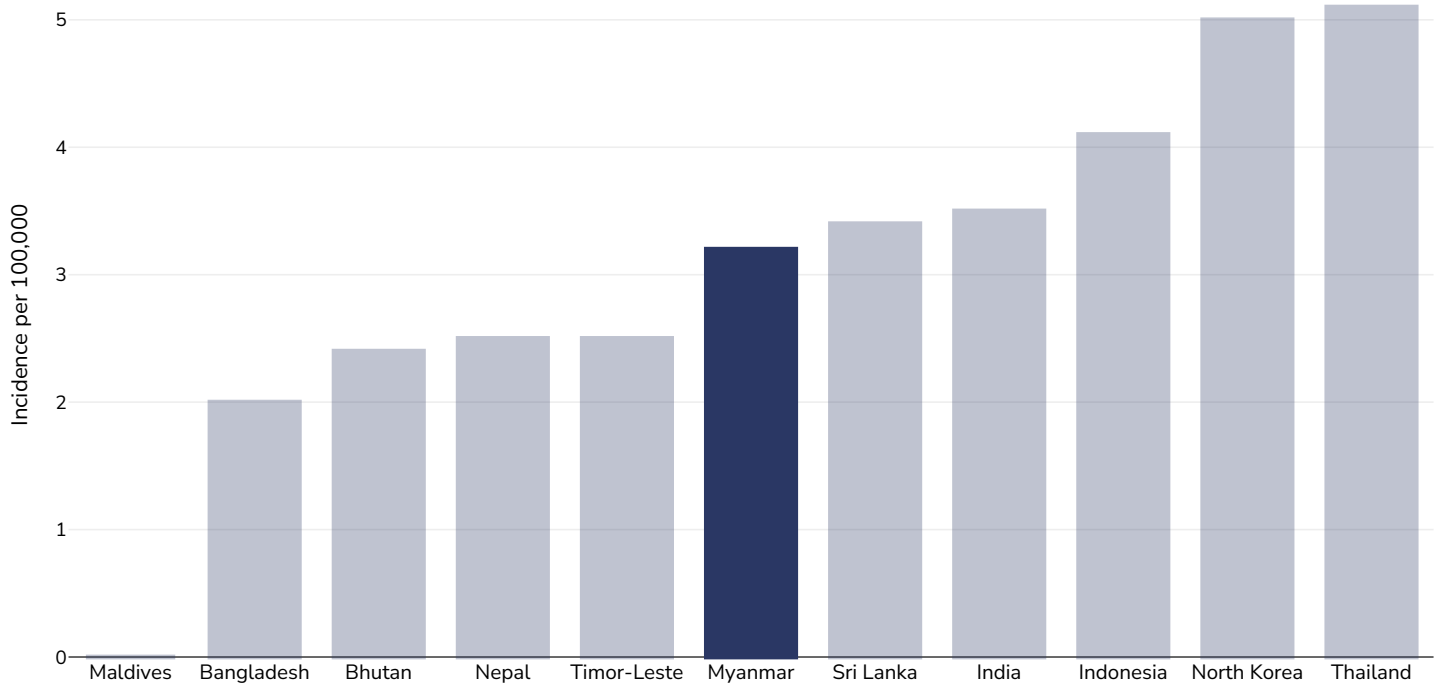
Women, 2022

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

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

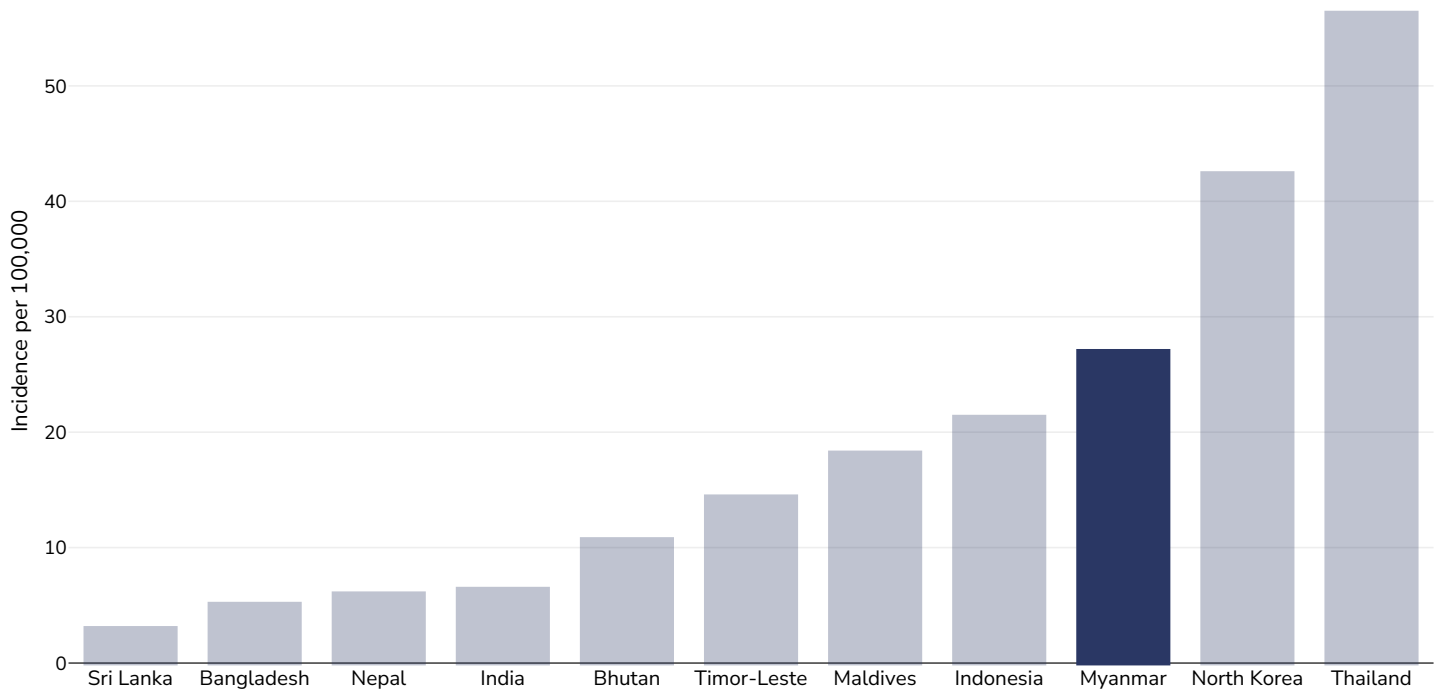| Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today,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

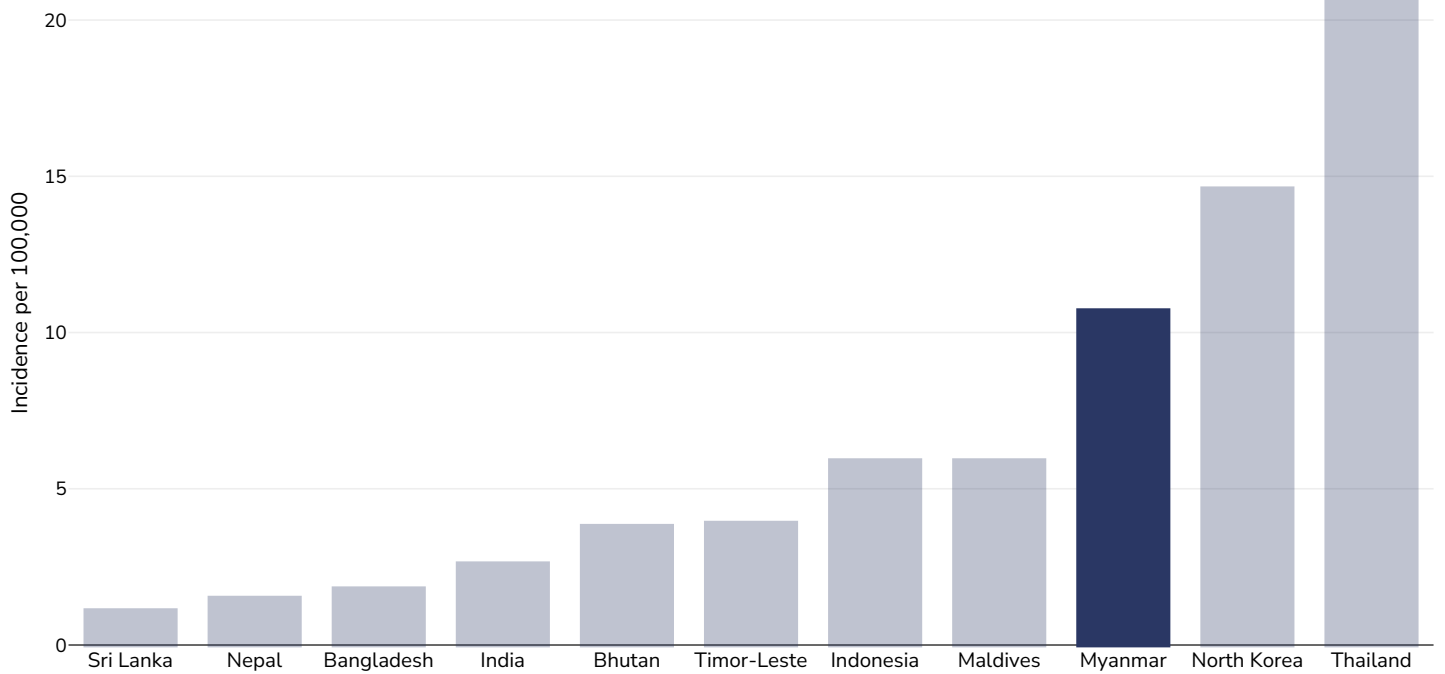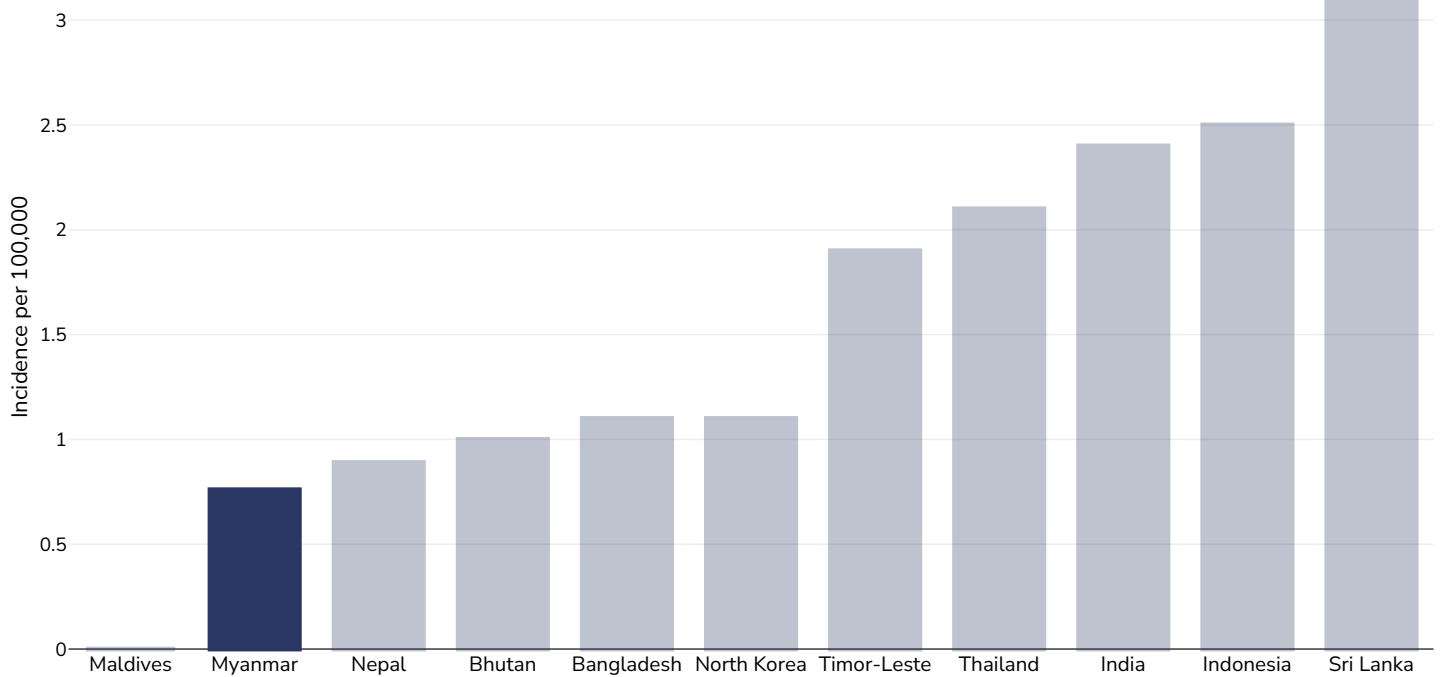## Men, 2022

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:	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.
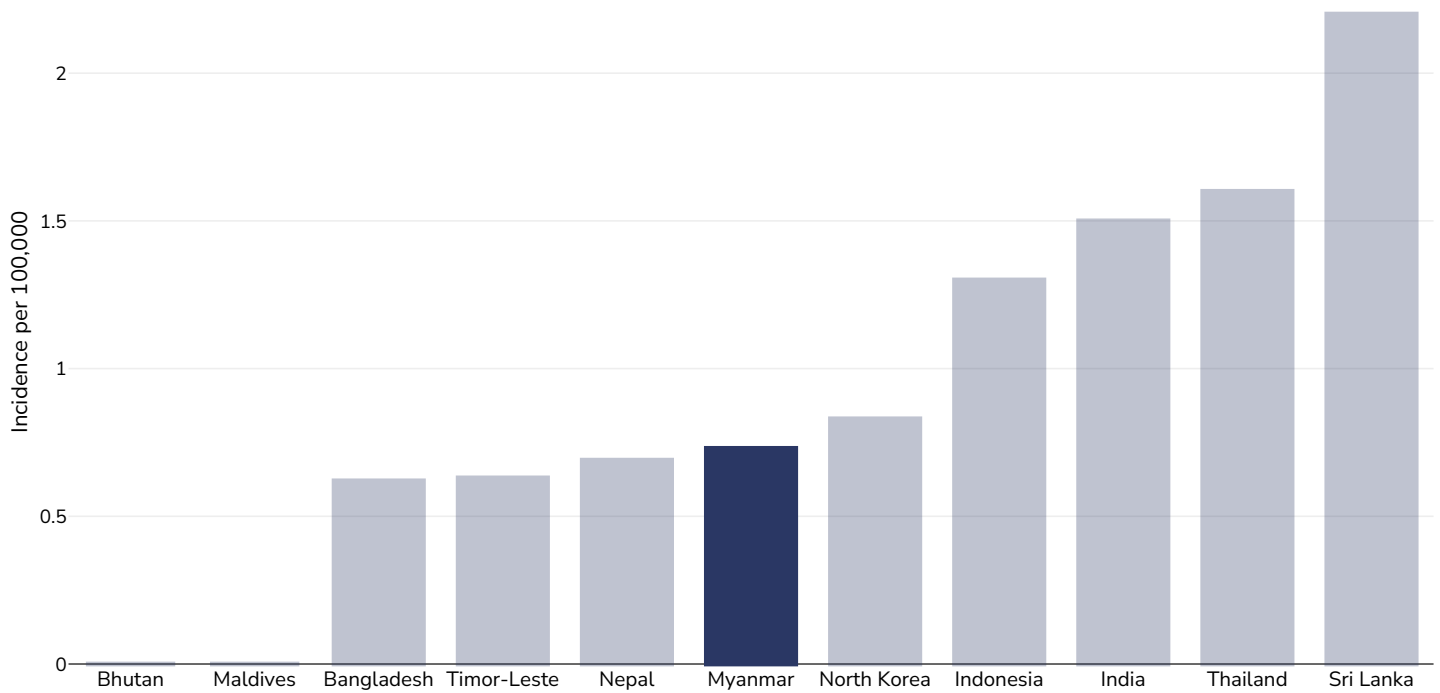
Women, 2022

Age:	20+
Area covered:	National
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

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

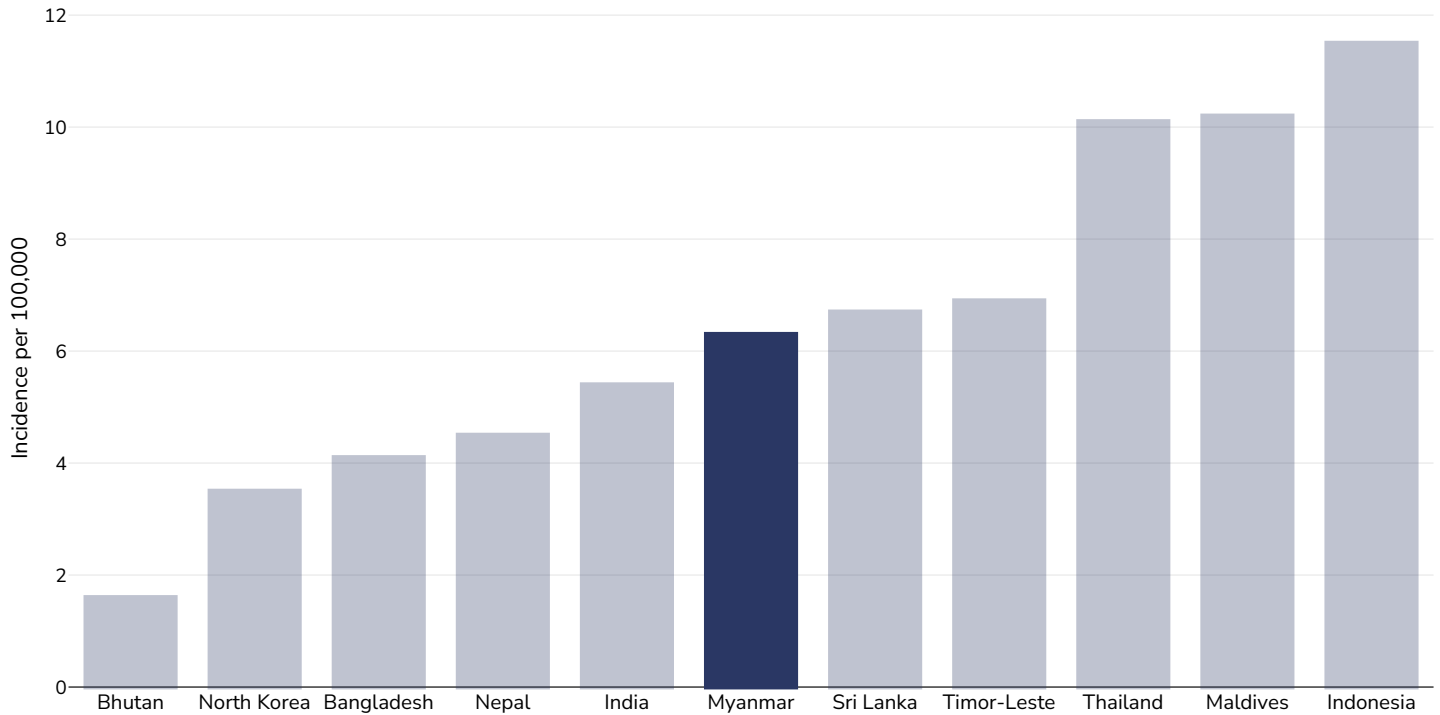| Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today,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

Chart: Incidence per 100,000 by country

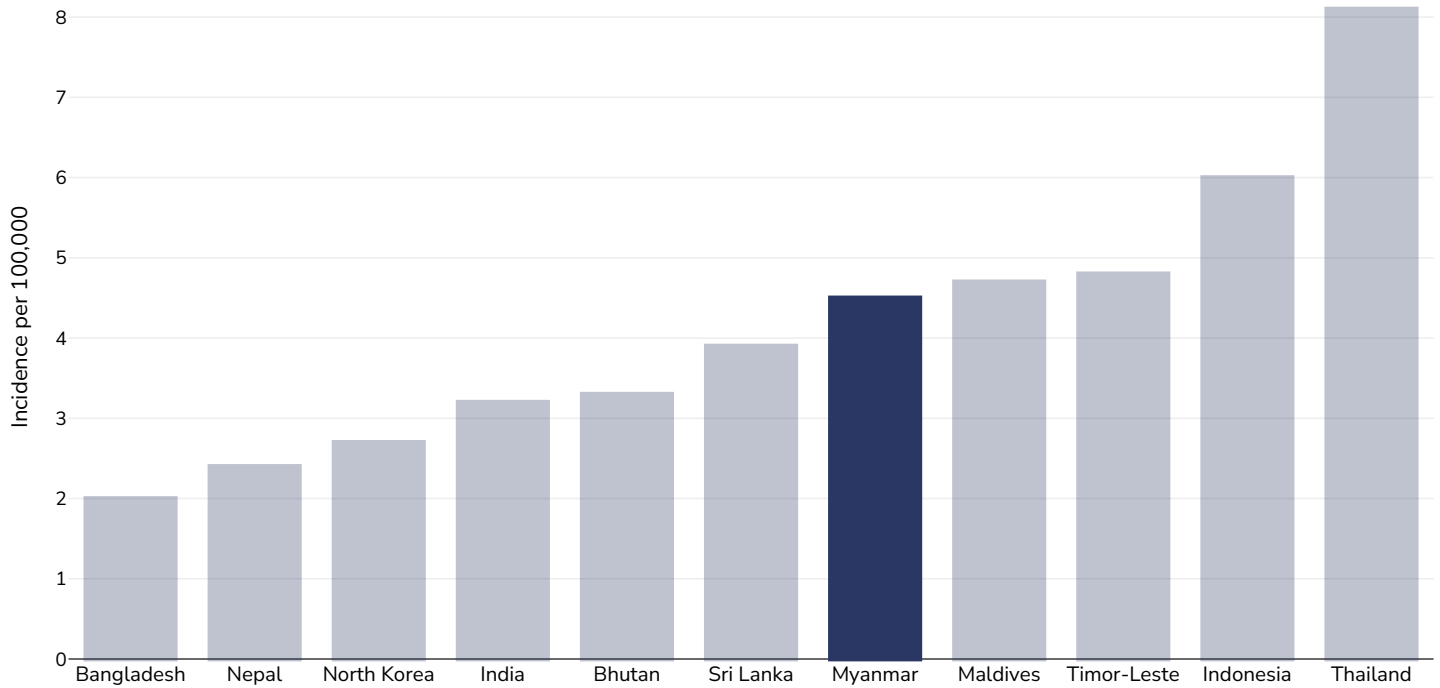| Country	Incidence per 100,000
Bangladesh	~2.0
Nepal	~2.4
North Korea	~2.7
India	~3.2
Bhutan	~3.3
Sri Lanka	~3.9
Myanmar	~4.5
Maldives	~4.7
Timor-Leste	~4.8
Indonesia	~6.0
Thailand	~8.1

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

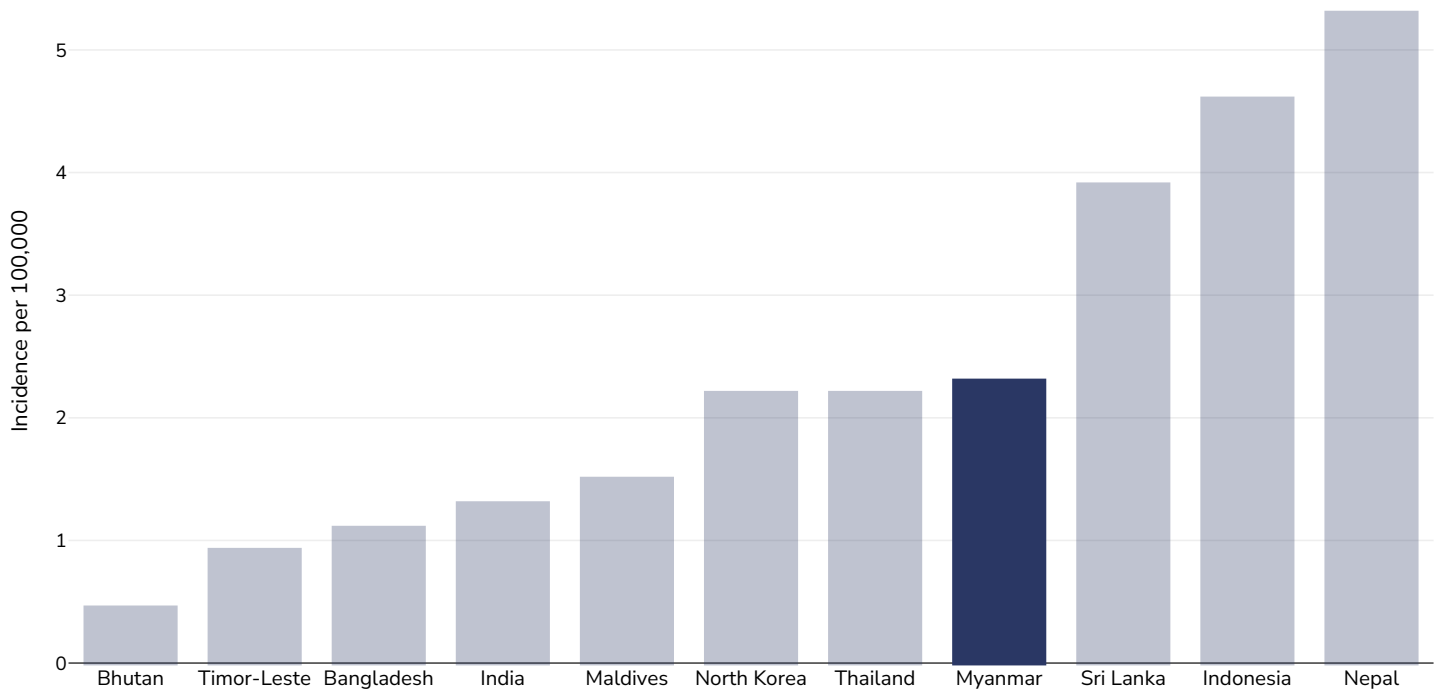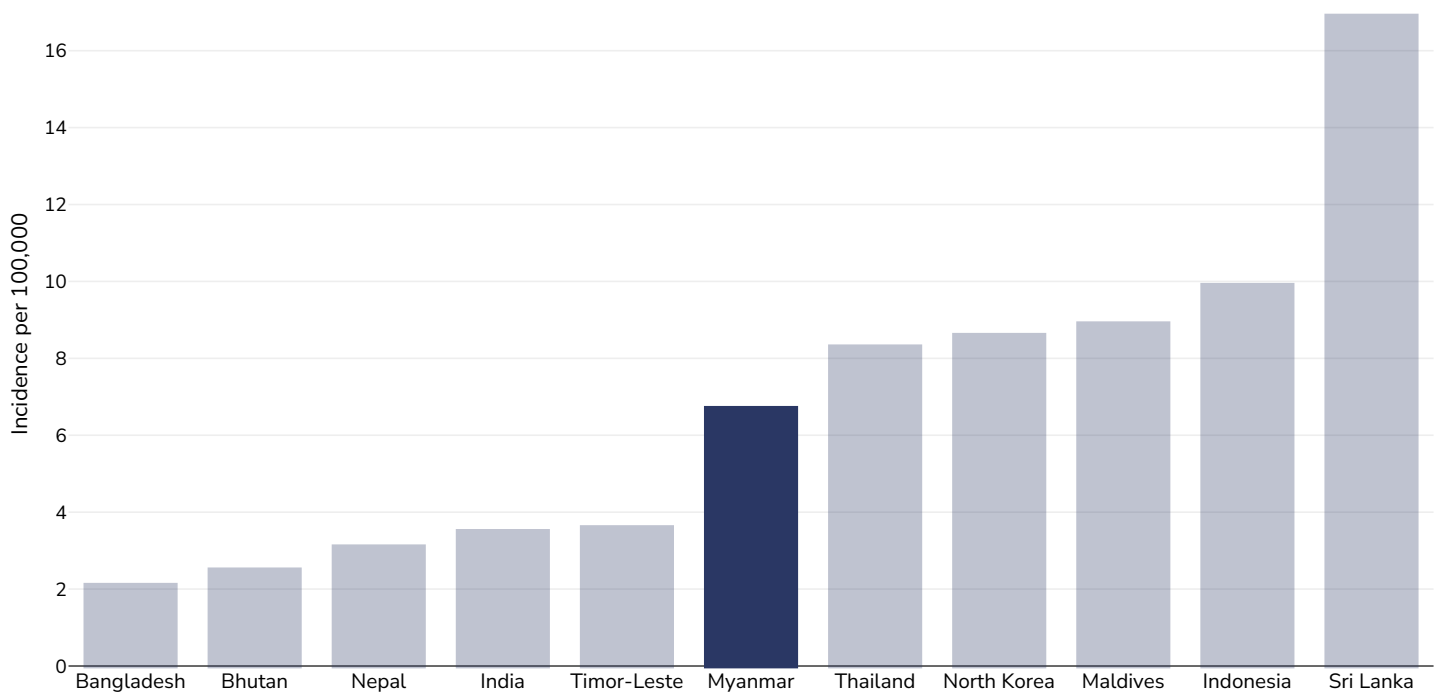|	
Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today,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

Contextual factors

Disclaimer: These contextual factors should be interpreted with care. Results are updated as regularly as possible and use very specific criteria. The criteria used and full definitions are available for download at the bottom of this page.

Labelling

Is there mandatory nutrition labelling?	✓
Front-of-package labelling?	✗
Back-of-pack nutrition declaration?	✗
Color coding?	✗
Warning label?	✗

Regulation and marketing

Are there fiscal policies on unhealthy products? ✖

Tax on unhealthy foods? ✖

Tax on unhealthy drinks? ✖

Are there fiscal policies on healthy products? ✖

Subsidy on fruits? ✖

Subsidy on vegetables? ✖

Subsidy on other healthy products? ✖

Mandatory limit or ban of trans fat (all settings)? ✖

Mandatory limit of trans fats in place (all settings)? ✖

Ban on trans-fats or phos in place (all settings)? ✖

Are there any mandatory policies/marketing restrictions on the promotion of unhealthy food/drinks to children? ✖

Mandatory restriction on broadcast media? ✖

Mandatory restriction on non-broadcast media? ✖

Voluntary policies/marketing restrictions on the promotion of unhealthy food/drinks to children? ✖

Are there mandatory standards for food in schools? ✖

Are there any mandatory nutrient limits in any manufactured food products? ✖

Nutrition standards for public sector procurement? ✖

Political will and support

National obesity strategy or nutrition and physical activity national strategy?	❌
National obesity strategy?	❌
National childhood obesity strategy?	❌
Comprehensive nutrition strategy?	❌
Comprehensive physical activity strategy?	❌
Evidence-based dietary guidelines and/or RDAs?	❌
National target(s) on reducing obesity?	✅
Guidelines/policy on obesity treatment?	✅
Promotion of breastfeeding?	✅

Monitoring and surveillance

Monitoring of the prevalence and incidence for the main obesity-related NCDs and risk factors?	❌
Within 5 years?	❌

Governance and resource

Multi-sectoral national co-ordination mechanism for obesity or nutrition (including obesity)?	❌

Key

✅ Present ✅ᵥ Present (voluntary) ✔️ Incoming ❌ Absent ❓ Unknown

Last updated September 13, 2022

PDF created on September 11, 2024