## Report card
### Myanmar

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Obesity prevalence

Women, 2015-2016

Survey type: Measured
Age: 18-49
Sample size: 11078
Area covered: National

References:

Notes:
Overweight BMI 23-27.4 kg/m² Obesity BMI => 27.5 Kg/m²

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, 2015-2016

Survey type: Measured
Age: 15-49
Sample size: 11078
Area covered: National


Notes: 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

Women, 2015-2016

Survey type: Measured
Sample size: 11078
Area covered: National


Notes: Overweight 23-27.4 Kg/m² Obese => 27.5 Kg/m²

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, 2015-2016

Survey type: Measured
Age: 15-49
Sample size: 11078
Area covered: National


Notes: Overweight 23-27.4 Kg/m² Obese => 27.5 Kg/m²

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, 2015-2016

Survey type: Measured
Age: 15-49
Sample size: 11078
Area covered: National


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

Overweight 23-27.4 Kg/m² Obese => 27.5 Kg/m²
Insufficient physical activity

Adults, 2016

Men, 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

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

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)
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

<table>
<thead>
<tr>
<th>Country</th>
<th>g/day</th>
</tr>
</thead>
<tbody>
<tr>
<td>Maldives</td>
<td>10</td>
</tr>
<tr>
<td>India</td>
<td>20</td>
</tr>
<tr>
<td>North Korea</td>
<td>30</td>
</tr>
<tr>
<td>Sri Lanka</td>
<td>40</td>
</tr>
<tr>
<td>Bhutan</td>
<td>45</td>
</tr>
<tr>
<td>Nepal</td>
<td>50</td>
</tr>
<tr>
<td>Timor-Leste</td>
<td>55</td>
</tr>
<tr>
<td>Myanmar</td>
<td>60</td>
</tr>
<tr>
<td>Thailand</td>
<td>55</td>
</tr>
<tr>
<td>Indonesia</td>
<td>55</td>
</tr>
<tr>
<td>Bangladesh</td>
<td>60</td>
</tr>
</tbody>
</table>

Survey type: Measured
Age: 25+
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

% of population


Definitions: % of population with anxiety disorders
# Oesophageal cancer

## Men, 2018

<table>
<thead>
<tr>
<th>Country</th>
<th>Incidence per 100,000</th>
</tr>
</thead>
<tbody>
<tr>
<td>Maldives</td>
<td>0</td>
</tr>
<tr>
<td>Indonesia</td>
<td>5</td>
</tr>
<tr>
<td>Timor-Leste</td>
<td>7</td>
</tr>
<tr>
<td>Nepal</td>
<td>8</td>
</tr>
<tr>
<td>India</td>
<td>9</td>
</tr>
<tr>
<td>Sri Lanka</td>
<td>10</td>
</tr>
<tr>
<td>Thailand</td>
<td>11</td>
</tr>
<tr>
<td>Bhutan</td>
<td>12</td>
</tr>
<tr>
<td>North Korea</td>
<td>13</td>
</tr>
<tr>
<td>Myanmar</td>
<td>19</td>
</tr>
<tr>
<td>Bangladesh</td>
<td>30</td>
</tr>
</tbody>
</table>

**Age:** 20+


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

Incidence per 100,000

Maldives Indonesia Timor-Leste Thailand North Korea Nepal Myanmar India Sri Lanka Bhutan Bangladesh

Age: 20+


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

Women, 2018

Incidence per 100,000

Age: 20+


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

Men, 2018


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

Age: 20+


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

Men, 2018


Definitions: Estimated age-standardized incidence rates (World) in 2018, pancreas, 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>Maldives</td>
<td>0.7</td>
</tr>
<tr>
<td>Sri Lanka</td>
<td>1.1</td>
</tr>
<tr>
<td>Bangladesh</td>
<td>1.5</td>
</tr>
<tr>
<td>India</td>
<td>1.5</td>
</tr>
<tr>
<td>Myanmar</td>
<td>2.3</td>
</tr>
<tr>
<td>Indonesia</td>
<td>2.4</td>
</tr>
<tr>
<td>Thailand</td>
<td>2.4</td>
</tr>
<tr>
<td>Timor-Leste</td>
<td>2.3</td>
</tr>
<tr>
<td>Nepal</td>
<td>3.1</td>
</tr>
<tr>
<td>North Korea</td>
<td>5.7</td>
</tr>
<tr>
<td>Bhutan</td>
<td>8.0</td>
</tr>
</tbody>
</table>

Age: 20+


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

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

References:

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

References:

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

% raised blood pressure

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


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

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


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, 2017


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

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