# Report card

## Nauru

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Obesity prevalence

Adults, 2004

Survey type: Measured
Age: 15-64
Sample size: 2254
Area covered: National

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
Children, 2011

Survey type: Self-reported
Age: 13-15
Sample size: 578
Area covered: National
References: Global School-based Student Health Survey (GSHS), available at https://www.who.int/ncds/surveillance/gshs/Nauru_GSHS_FS_2011.pdf?ua=1 (last accessed 14.12.20)
Notes: NB. Small sample size
Cutoffs: WHO
Overweight/obesity by age

Adults, 2005

Survey type: Measured
Sample size: 2254
Area covered: National

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

Adults, 2016

Men, 2016

References:
Women, 2016

Children, 2016

Survey type: Self-reported
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, 2016

Survey type: Self-reported

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, 2016

Survey type: Self-reported
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)
Prevalence of less than daily fruit consumption

Children, 2010-2015

Survey type: Measured
Age: 12-17


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

Children, 2010-2015

Survey type: Measured
Age: 12-17


Definitions: Prevalence of less-than-daily vegetable consumption (% less-than-daily vegetable consumption)
% Infants exclusively breastfed 0-5 months

Children, 2004-2020

Area covered:
National

References:

Notes:

Definitions:
% exclusively breastfed 0-5 months
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

References:

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


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


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

References:

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


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

Adults, 2021

Age: 20-79

Area covered: National


Definitions: Age-adjusted comparative prevalence of diabetes, %
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

<table>
<thead>
<tr>
<th>Question</th>
<th>Result</th>
</tr>
</thead>
<tbody>
<tr>
<td>Is there mandatory nutrition labelling?</td>
<td>❌</td>
</tr>
<tr>
<td>Front-of-package labelling?</td>
<td>❌</td>
</tr>
<tr>
<td>Back-of-pack nutrition declaration?</td>
<td>❌</td>
</tr>
<tr>
<td>Color coding?</td>
<td>❌</td>
</tr>
<tr>
<td>Warning label?</td>
<td>❌</td>
</tr>
<tr>
<td>Regulation and marketing</td>
<td></td>
</tr>
<tr>
<td>--------------------------</td>
<td></td>
</tr>
<tr>
<td>Are there fiscal policies on unhealthy products?</td>
<td>🚫</td>
</tr>
<tr>
<td>Tax on unhealthy foods?</td>
<td>🚫</td>
</tr>
<tr>
<td>Tax on unhealthy drinks?</td>
<td>🚫</td>
</tr>
<tr>
<td>Are there fiscal policies on healthy products?</td>
<td>🚫</td>
</tr>
<tr>
<td>Subsidy on fruits?</td>
<td>🚫</td>
</tr>
<tr>
<td>Subsidy on vegetables?</td>
<td>🚫</td>
</tr>
<tr>
<td>Subsidy on other healthy products?</td>
<td>🚫</td>
</tr>
<tr>
<td>Mandatory limit or ban of trans fat (all settings)?</td>
<td>🚫</td>
</tr>
<tr>
<td>Mandatory limit of trans fats in place (all settings)?</td>
<td>🚫</td>
</tr>
<tr>
<td>Ban on trans-fats or phos in place (all settings)?</td>
<td>🚫</td>
</tr>
<tr>
<td>Are there any mandatory policies/marketing restrictions on the promotion of unhealthy food/drinks to children?</td>
<td>🚫</td>
</tr>
<tr>
<td>Mandatory restriction on broadcast media?</td>
<td>🚫</td>
</tr>
<tr>
<td>Mandatory restriction on non-broadcast media?</td>
<td>🚫</td>
</tr>
<tr>
<td>Voluntary policies/marketing restrictions on the promotion of unhealthy food/drinks to children?</td>
<td>🚫</td>
</tr>
<tr>
<td>Are there mandatory standards for food in schools?</td>
<td>🚫</td>
</tr>
<tr>
<td>Are there any mandatory nutrient limits in any manufactured food products?</td>
<td>🚫</td>
</tr>
<tr>
<td>Nutrition standards for public sector procurement?</td>
<td>🚫</td>
</tr>
</tbody>
</table>
Political will and support

- National obesity strategy or nutrition and physical activity national strategy?  
  - Present

- National obesity strategy?  
  - Present

- National childhood obesity strategy?  
  - Present

- Comprehensive nutrition strategy?  
  - Present

- Comprehensive physical activity strategy?  
  - Present

Evidence-based dietary guidelines and/or RDAs?  
  - Present

- National target(s) on reducing obesity?  
  - Present

- Guidelines/policy on obesity treatment?  
  - Present

- Promotion of breastfeeding?  
  - Absent

Monitoring and surveillance

- Monitoring of the prevalence and incidence for the main obesity-related NCDs and risk factors?  
  - Present

  - Within 5 years?  
    - Present

Governance and resource

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

Key

- Present
- Present (voluntary)
- Incoming
- Absent
- Unknown

Last updated September 13, 2022