Report card
Nauru

<table>
<thead>
<tr>
<th>Contents</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Obesity prevalence</td>
<td>2</td>
</tr>
<tr>
<td>Overweight/obesity by age</td>
<td>4</td>
</tr>
<tr>
<td>Insufficient physical activity</td>
<td>5</td>
</tr>
<tr>
<td>Prevalence of less than daily fruit consumption</td>
<td>11</td>
</tr>
<tr>
<td>Prevalence of less than daily vegetable consumption</td>
<td>12</td>
</tr>
<tr>
<td>% Infants exclusively breastfeed 0-5 months</td>
<td>13</td>
</tr>
<tr>
<td>Raised blood pressure</td>
<td>14</td>
</tr>
<tr>
<td>Raised cholesterol</td>
<td>17</td>
</tr>
<tr>
<td>Raised fasting blood glucose</td>
<td>20</td>
</tr>
<tr>
<td>Diabetes prevalence</td>
<td>22</td>
</tr>
</tbody>
</table>
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


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

Women, 2016

References:
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

<table>
<thead>
<tr>
<th>Country</th>
<th>% &lt; daily consumption</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vanuatu</td>
<td>11</td>
</tr>
<tr>
<td>Fiji</td>
<td>12</td>
</tr>
<tr>
<td>Vietnam</td>
<td>13</td>
</tr>
<tr>
<td>Cook Islands</td>
<td>14</td>
</tr>
<tr>
<td>Samoa</td>
<td>15</td>
</tr>
<tr>
<td>Malaysia</td>
<td>16</td>
</tr>
<tr>
<td>Solomon Is.</td>
<td>17</td>
</tr>
<tr>
<td>Philippines</td>
<td>18</td>
</tr>
<tr>
<td>Laos</td>
<td>19</td>
</tr>
<tr>
<td>Wallis &amp; Futuna</td>
<td>20</td>
</tr>
<tr>
<td>Tonga</td>
<td>21</td>
</tr>
<tr>
<td>Tuvalu</td>
<td>22</td>
</tr>
<tr>
<td>Niue</td>
<td>23</td>
</tr>
<tr>
<td>Brunei Darussalam</td>
<td>24</td>
</tr>
<tr>
<td>Kiribati</td>
<td>25</td>
</tr>
<tr>
<td>Cambodia</td>
<td>26</td>
</tr>
<tr>
<td>Nauru</td>
<td>45</td>
</tr>
<tr>
<td>Mongolia</td>
<td>50</td>
</tr>
</tbody>
</table>

**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

References:

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

Children, 2004-2020

Area covered:


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


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

% 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).
Raised cholesterol

Adults, 2008

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

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


Definitions: Age-adjusted comparative prevalence of diabetes, %

PDF created on March 4, 2022