# 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

Overweight or obesity

Survey type: Self-reported
Age: 13-17
References: Global School-based Student Health Survey (GSHS), available at https://www.cdc.gov/gshs/countries/index.htm (last accessed 28.04.20)
Notes: WHO cutoffs.
Cutoffs: WHO
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)
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

<table>
<thead>
<tr>
<th>Country</th>
<th>% &lt; daily consumption</th>
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</thead>
<tbody>
<tr>
<td>Vietnam</td>
<td>50</td>
</tr>
<tr>
<td>Fiji</td>
<td>40</td>
</tr>
<tr>
<td>Malaysia</td>
<td>30</td>
</tr>
<tr>
<td>Solomon Is.</td>
<td>20</td>
</tr>
<tr>
<td>Tonga</td>
<td>15</td>
</tr>
<tr>
<td>Laos</td>
<td>10</td>
</tr>
<tr>
<td>Cambodia</td>
<td>10</td>
</tr>
<tr>
<td>Vanuatu</td>
<td>10</td>
</tr>
<tr>
<td>Cook Islands</td>
<td>15</td>
</tr>
<tr>
<td>Samoa</td>
<td>15</td>
</tr>
<tr>
<td>Niue</td>
<td>20</td>
</tr>
<tr>
<td>Brunei Darussalam</td>
<td>25</td>
</tr>
<tr>
<td>Nauru</td>
<td>30</td>
</tr>
<tr>
<td>Kiribati</td>
<td>35</td>
</tr>
<tr>
<td>Wallis &amp; Futuna</td>
<td>40</td>
</tr>
</tbody>
</table>

Survey type: Measured
Age: 12-17


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

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

Adults, 2008


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

References:

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

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

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


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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