

Report card

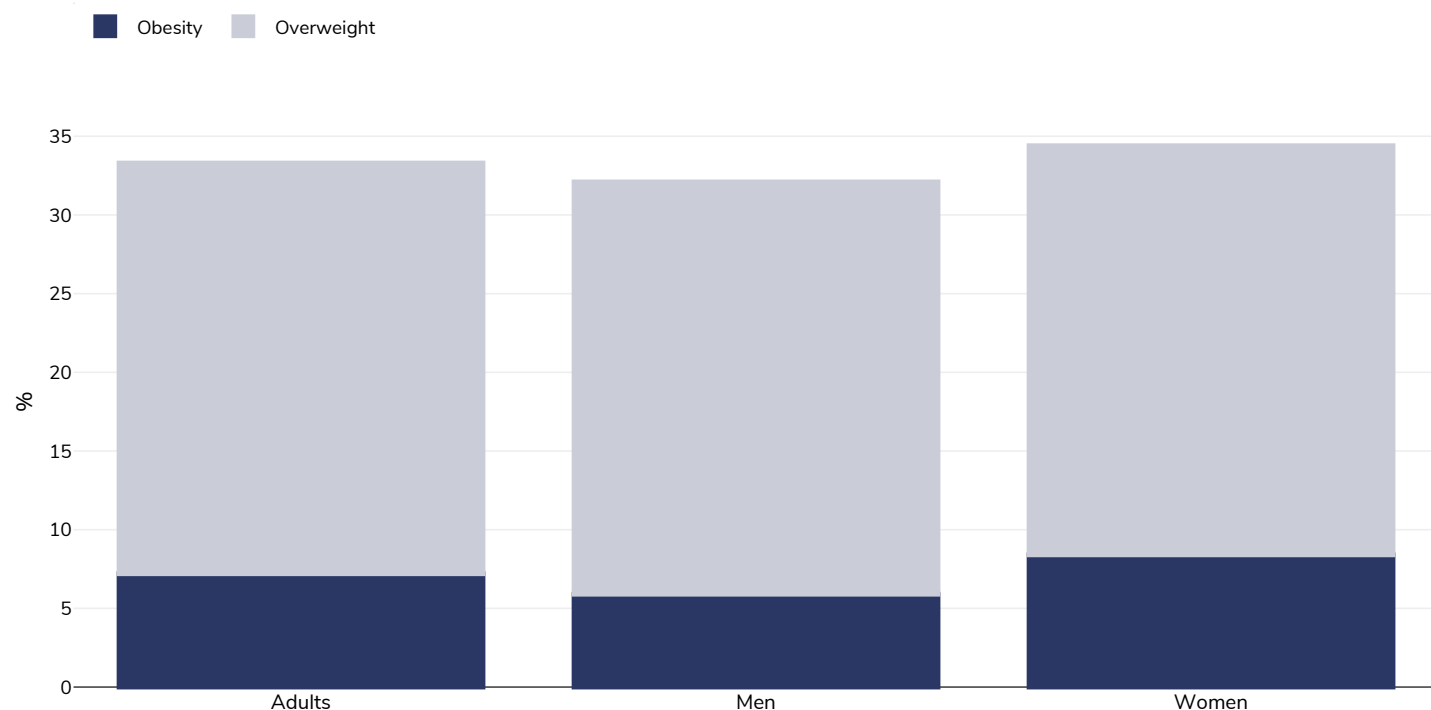
Nepal



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Obesity prevalence

Adults, 2022



Survey type: Measured

Age: 20-49

Sample size: 7117

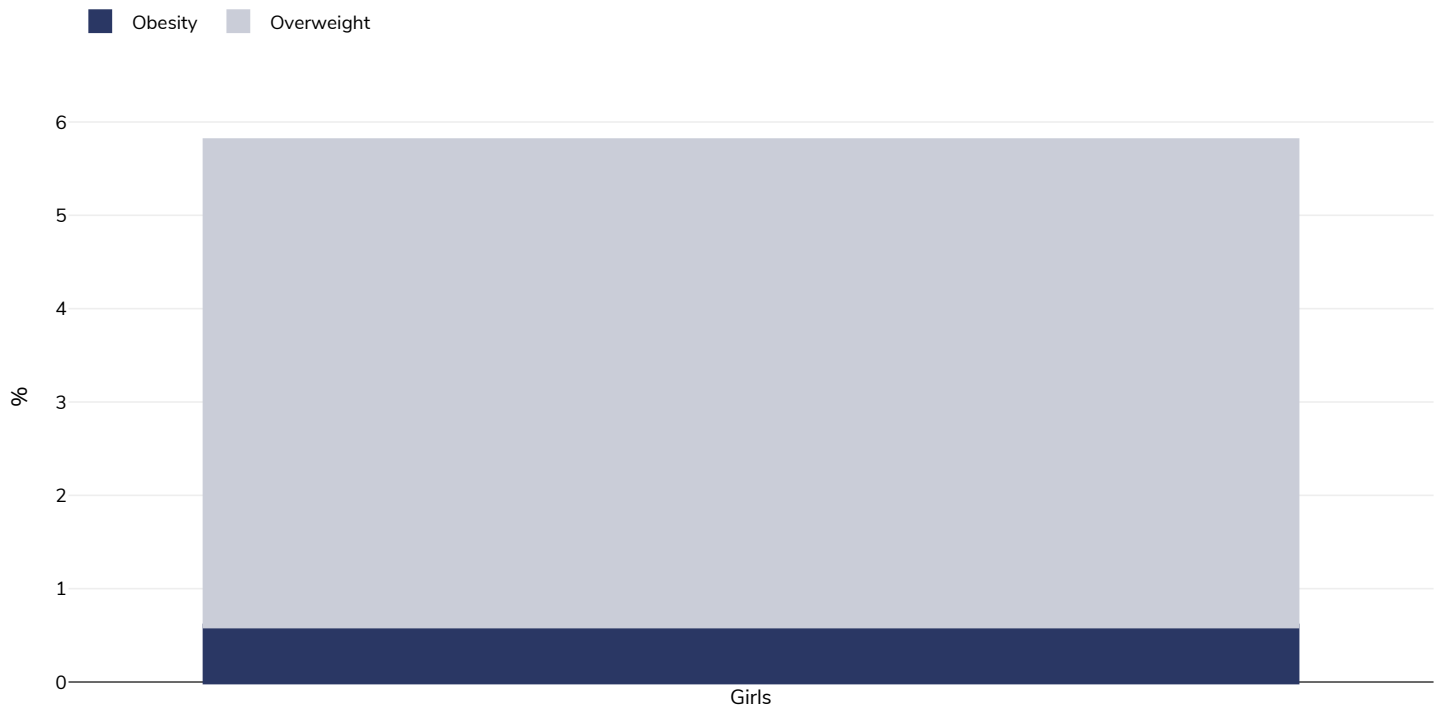
Area covered: National

References: Ministry of Health and Population, Nepal; New ERA; and ICF. 2022. Nepal Demographic and Health Survey 2022: Key Indicators Report. Kathmandu, Nepal: Ministry of Health and Population, Nepal.

Notes: 5750 Women and 1367 Men NB. Combined adult data estimated. These estimates were calculated by weighting male and female survey results. Weighting based on World Bank Population % total female 2020 (<https://data.worldbank.org/indicator/SP.POP.TOTL.FE.ZS> - accessed 06.07.23)

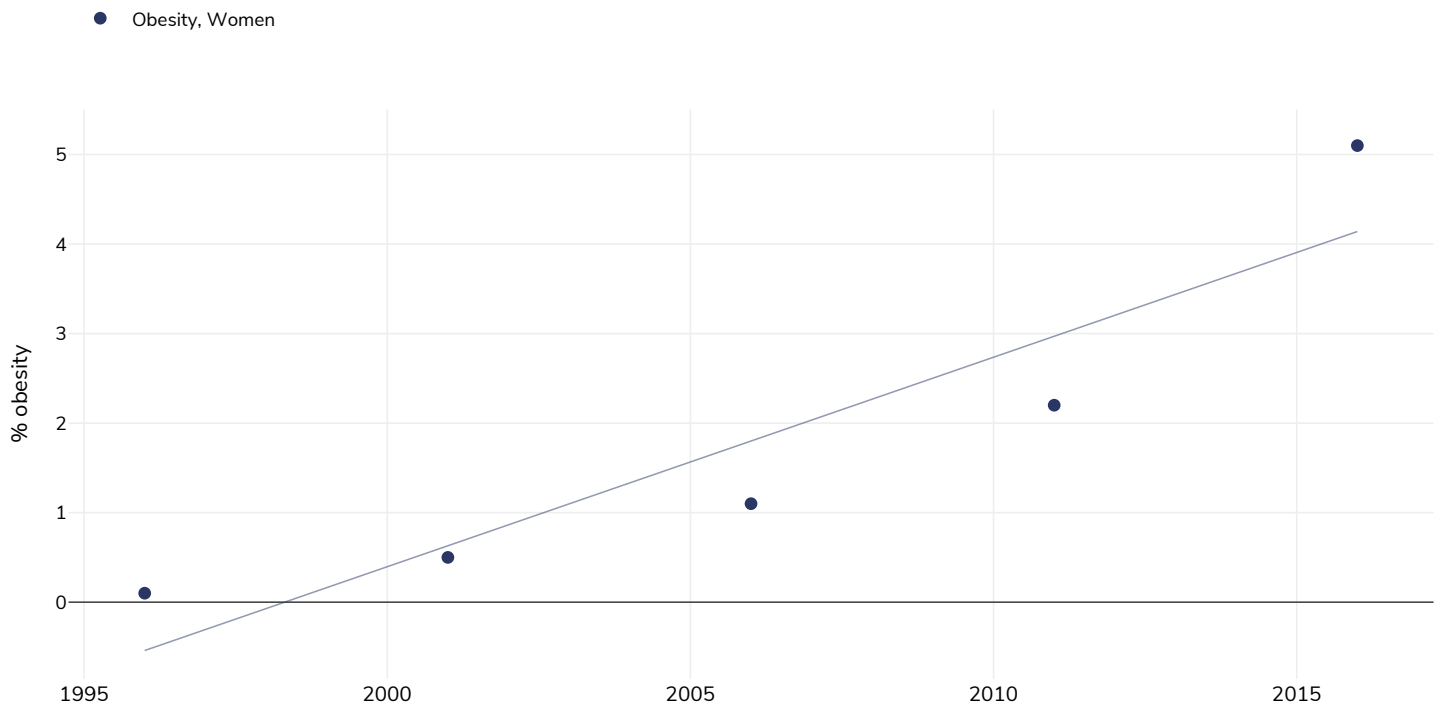
Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².

Girls, 2022



| | |
|---------------|--|
| Survey type: | Measured |
| Age: | 15-19 |
| Sample size: | 1230 |
| Area covered: | National |
| References: | Ministry of Health and Population, Nepal; New ERA; and ICF. 2022. Nepal Demographic and Health Survey 2022: Key Indicators Report. Kathmandu, Nepal: Ministry of Health and Population, Nepal. |
| Cutoffs: | WHO 2007 |

% Adults living with obesity, 1996-2016



Survey type: Measured

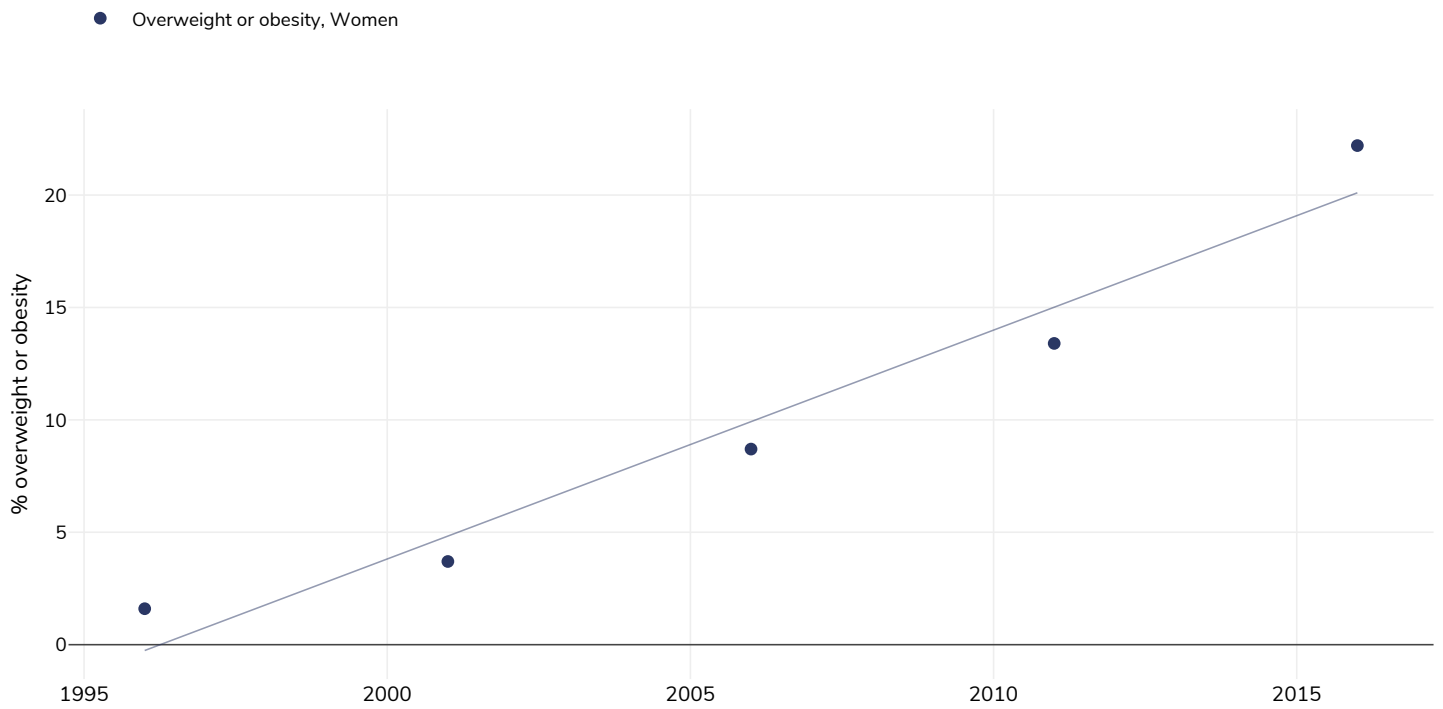
References: For full details of references visit <https://data.worldobesity.org/>

Notes: Adults aged 15-49

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

Different methodologies may have been used to collect this data and so data from different surveys may not be strictly comparable. Please check with original data sources for methodologies used.

% Adults living with overweight or obesity, 1996-2016



Survey type: Measured

References: For full details of references visit <https://data.worldobesity.org/>

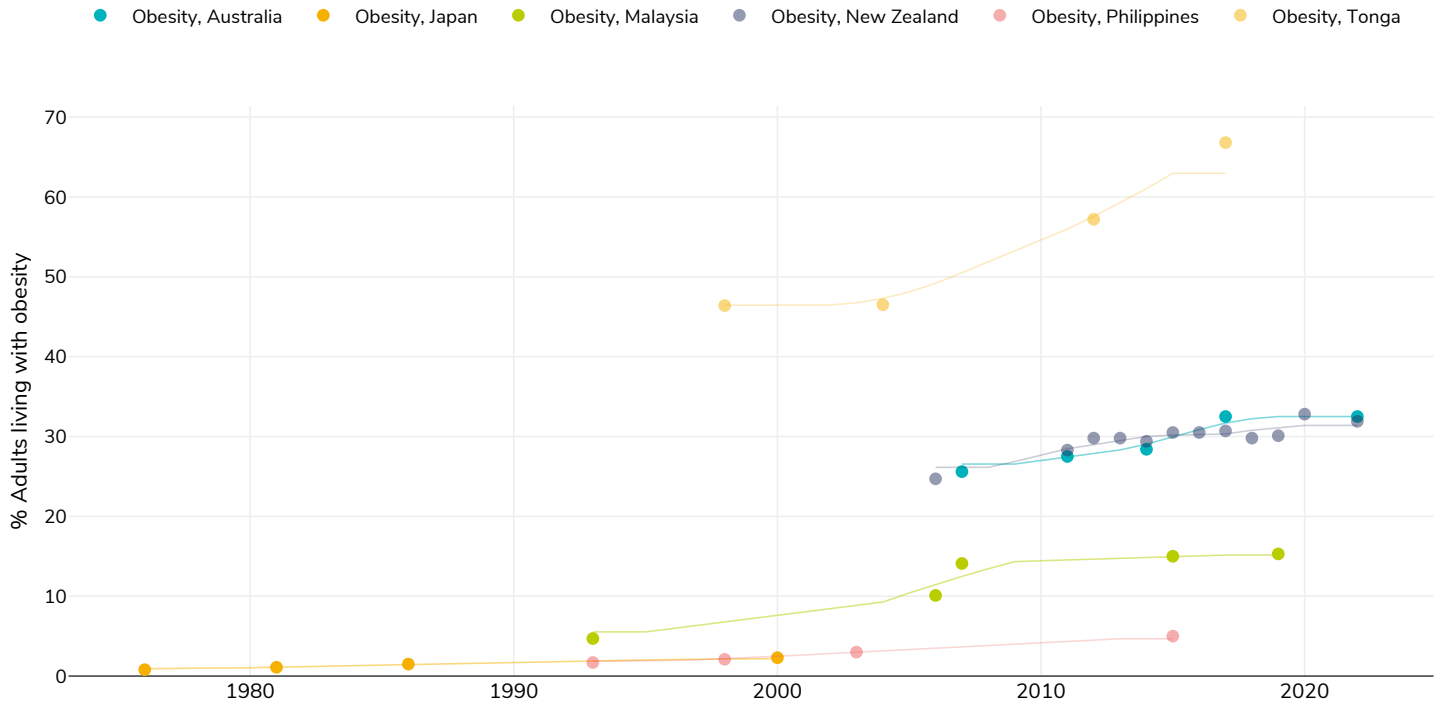
Notes: Adults aged 15-49

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

Different methodologies may have been used to collect this data and so data from different surveys may not be strictly comparable. Please check with original data sources for methodologies used.

% Adults living with obesity, selected countries, 1976-2023

Men



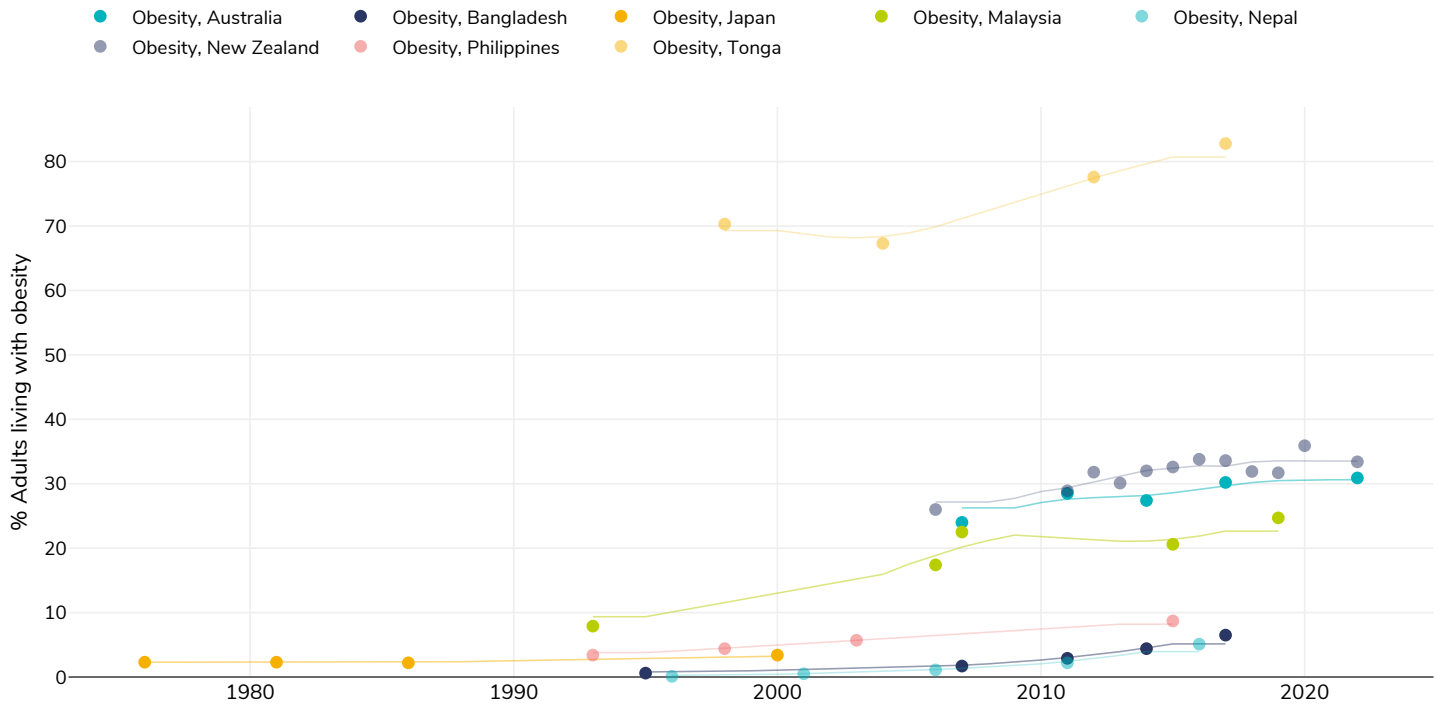
References:

For full details of references visit

<https://data.worldobesity.org/>

Different methodologies may have been used to collect this data and so data from different surveys may not be strictly comparable. Please check with original data sources for methodologies used.

Women



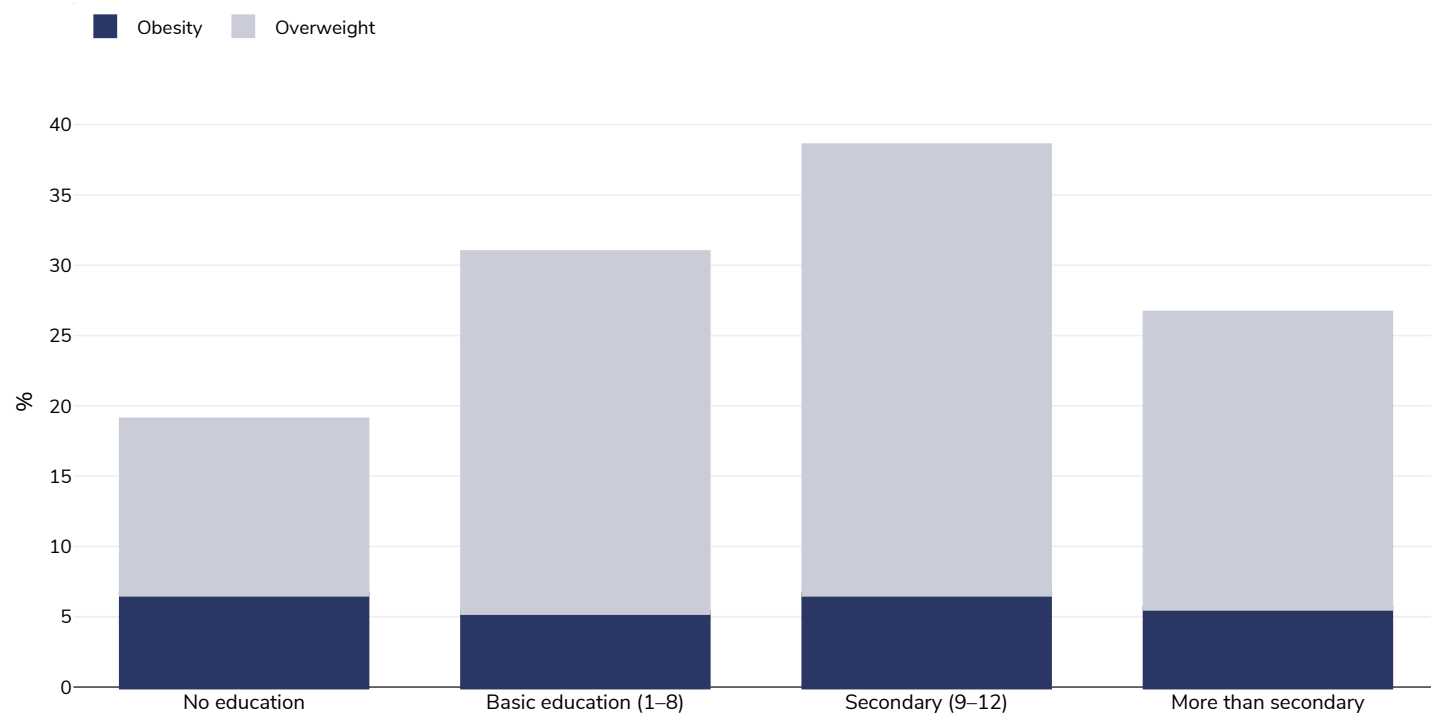
References:

For full details of references visit
<https://data.worldobesity.org/>

Different methodologies may have been used to collect this data and so data from different surveys may not be strictly comparable. Please check with original data sources for methodologies used.

Overweight/obesity by education

Men, 2022



Survey type: Measured

Age: 20-49

Sample size: 7117

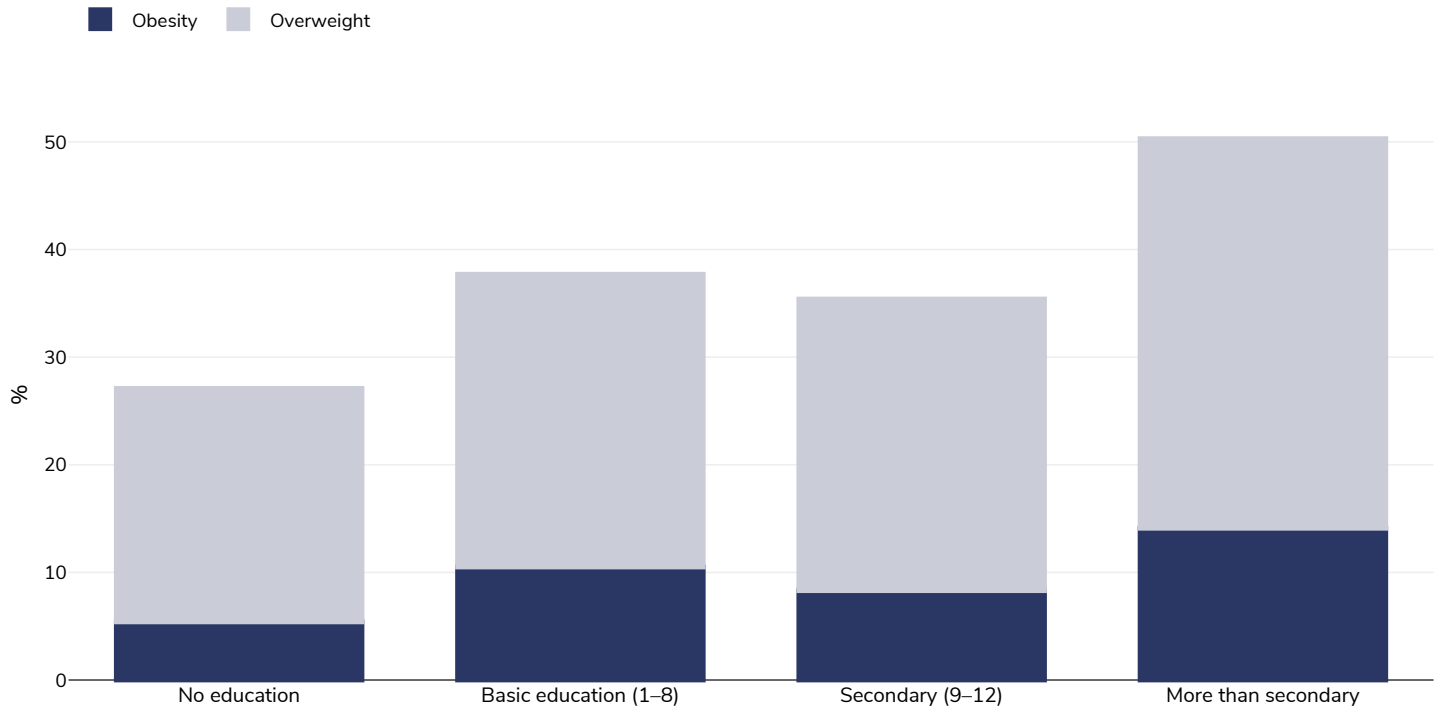
Area covered: National

References: Ministry of Health and Population, Nepal; New ERA; and ICF. 2022. Nepal Demographic and Health Survey 2022: Key Indicators Report. Kathmandu, Nepal: Ministry of Health and Population, Nepal.

Notes: 5750 Women and 1367 Men

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

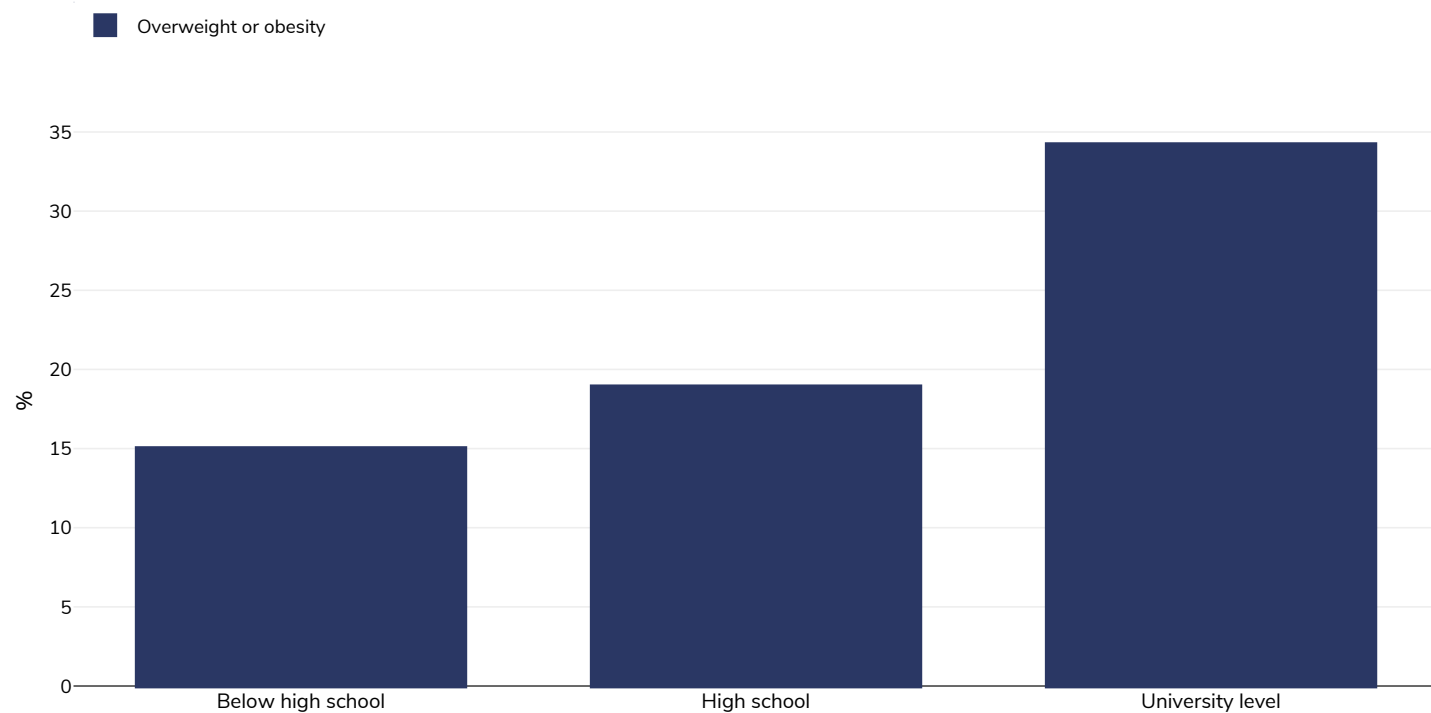
Women, 2022



| | |
|---------------|--|
| Survey type: | Measured |
| Age: | 20-49 |
| Sample size: | 7117 |
| Area covered: | National |
| References: | Ministry of Health and Population, Nepal; New ERA; and ICF. 2022. Nepal Demographic and Health Survey 2022: Key Indicators Report. Kathmandu, Nepal: Ministry of Health and Population, Nepal. |
| Notes: | 5750 Women and 1367 Men |

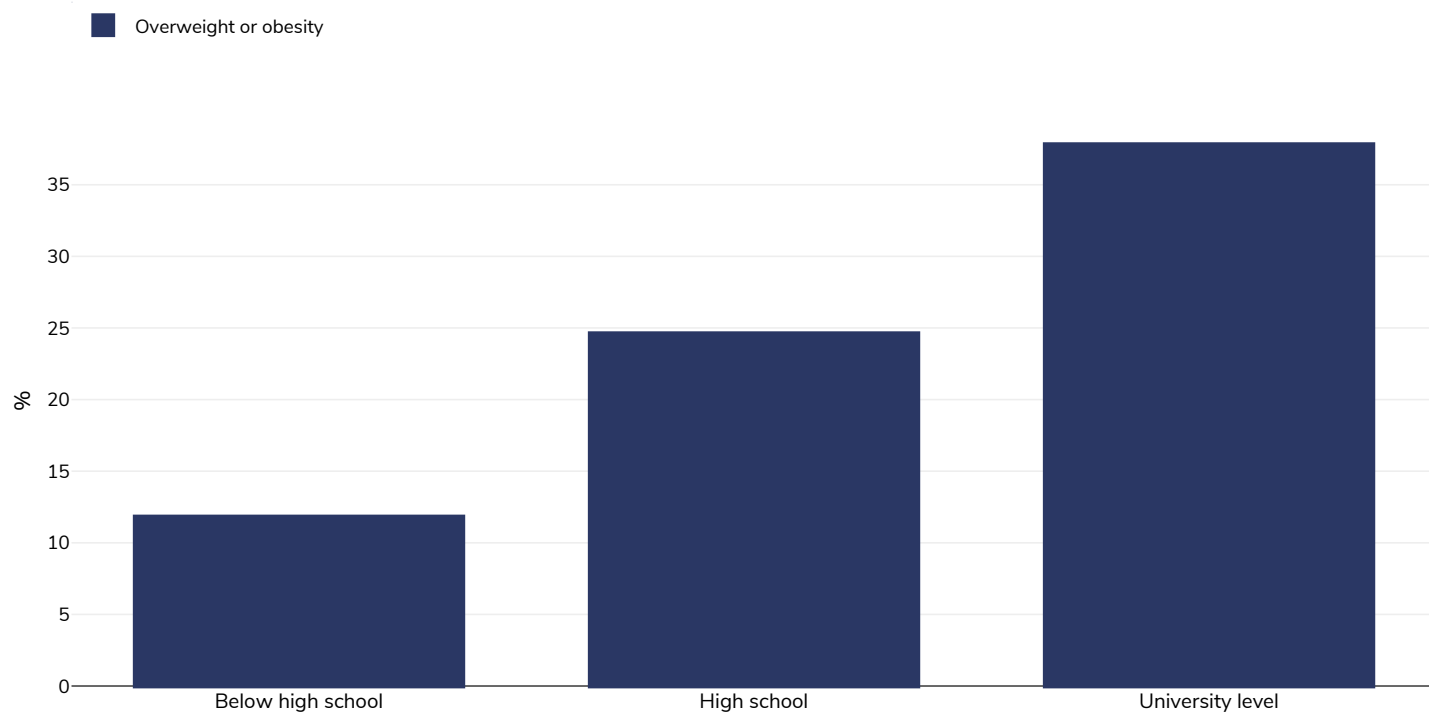
Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².

Boys, 2017



| | |
|---------------|--|
| Survey type: | Measured |
| Age: | 6-13 |
| Sample size: | 575 |
| Area covered: | Lalitpur Metropolitan City |
| References: | Prevalence and associated factors of childhood overweight/obesity among primary school children in urban Nepal. Available at: https://bmcpublihealth.biomedcentral.com/articles/10.1186/s12889-019-7406-9 |
| Cutoffs: | BMI-for-age-sex |

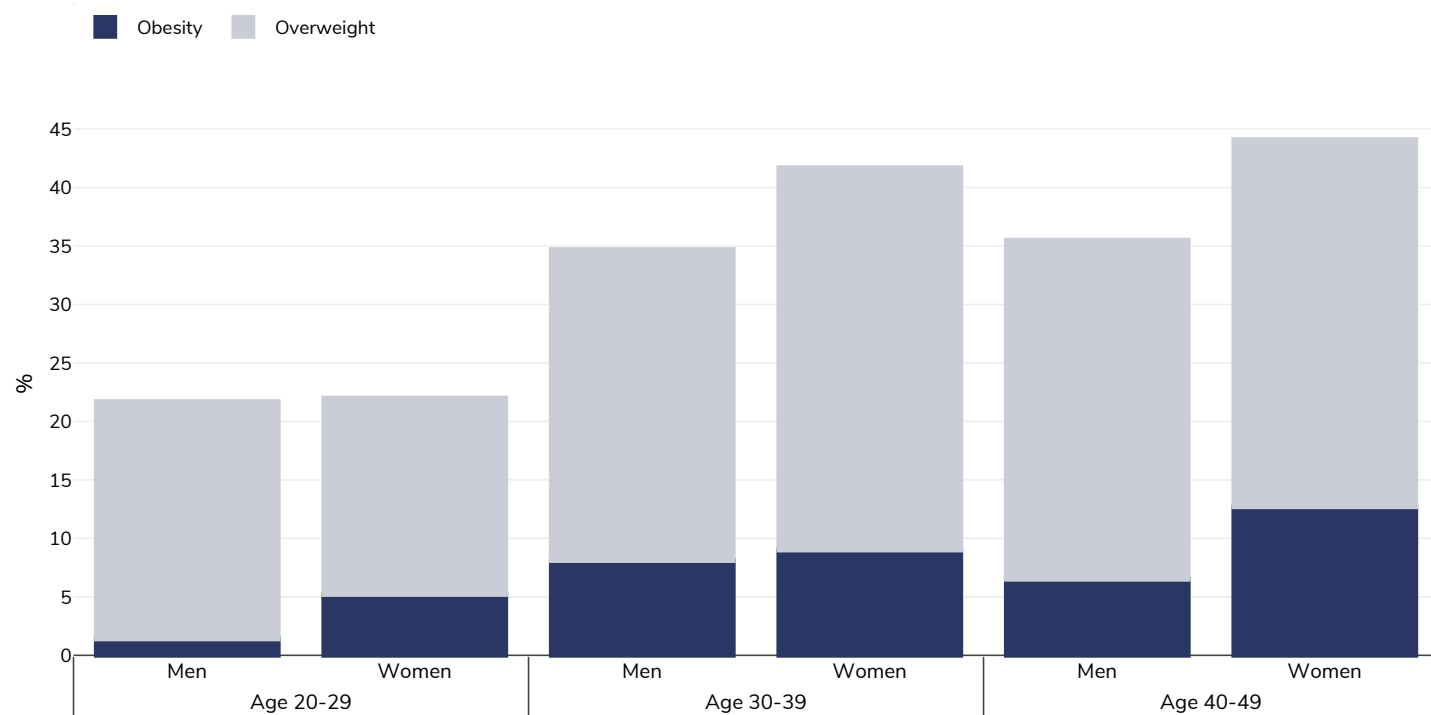
Girls, 2017



| | |
|---------------|--|
| Survey type: | Measured |
| Age: | 6-13 |
| Sample size: | 575 |
| Area covered: | Lalitpur Metropolitan City |
| References: | Prevalence and associated factors of childhood overweight/obesity among primary school children in urban Nepal. Available at: https://bmcpublihealth.biomedcentral.com/articles/10.1186/s12889-019-7406-9 |
| Cutoffs: | BMI-for-age-sex |

Overweight/obesity by age

Adults, 2022



Survey type: Measured

Sample size: 7117

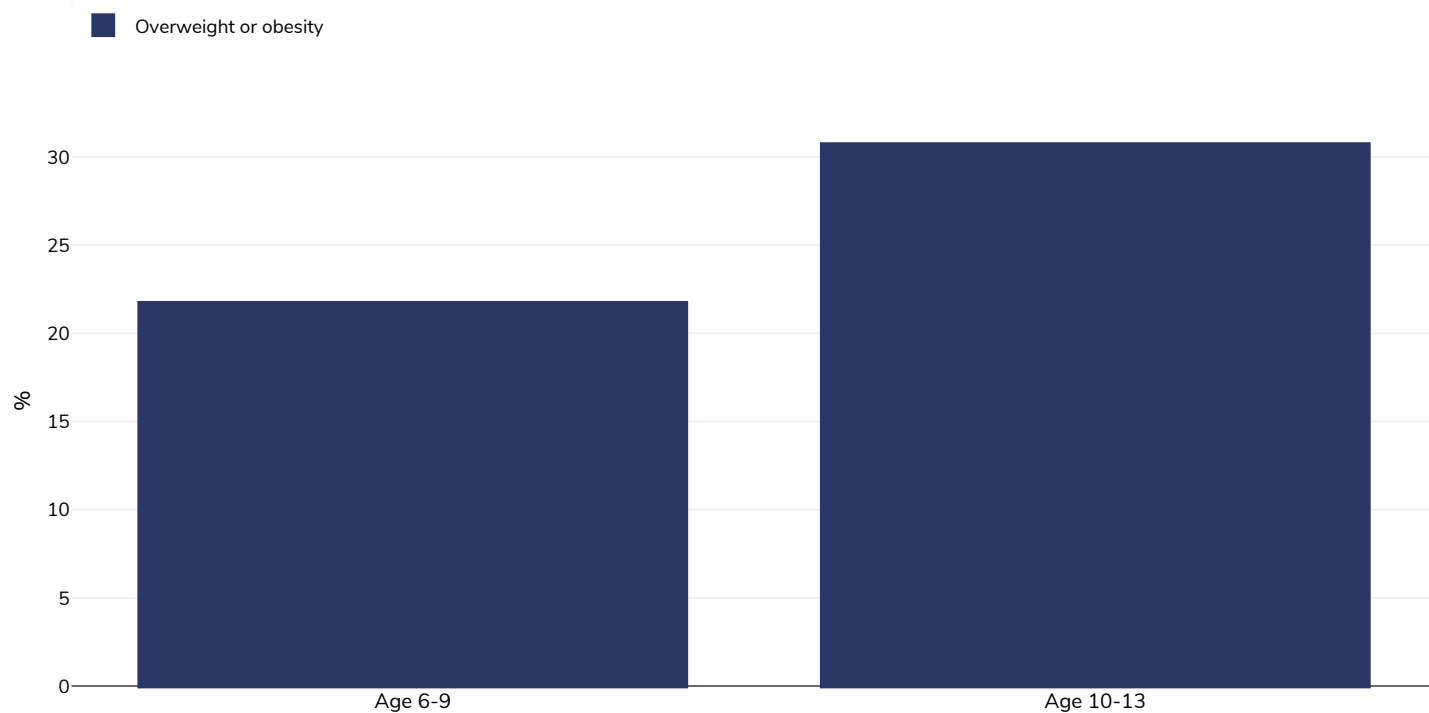
Area covered: National

References: Ministry of Health and Population, Nepal; New ERA; and ICF. 2022. Nepal Demographic and Health Survey 2022: Key Indicators Report. Kathmandu, Nepal: Ministry of Health and Population, Nepal.

Notes: 5750 Women and 1367 Men

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

Children, 2017



Survey type: Measured

Sample size: 575

Area covered: Urban

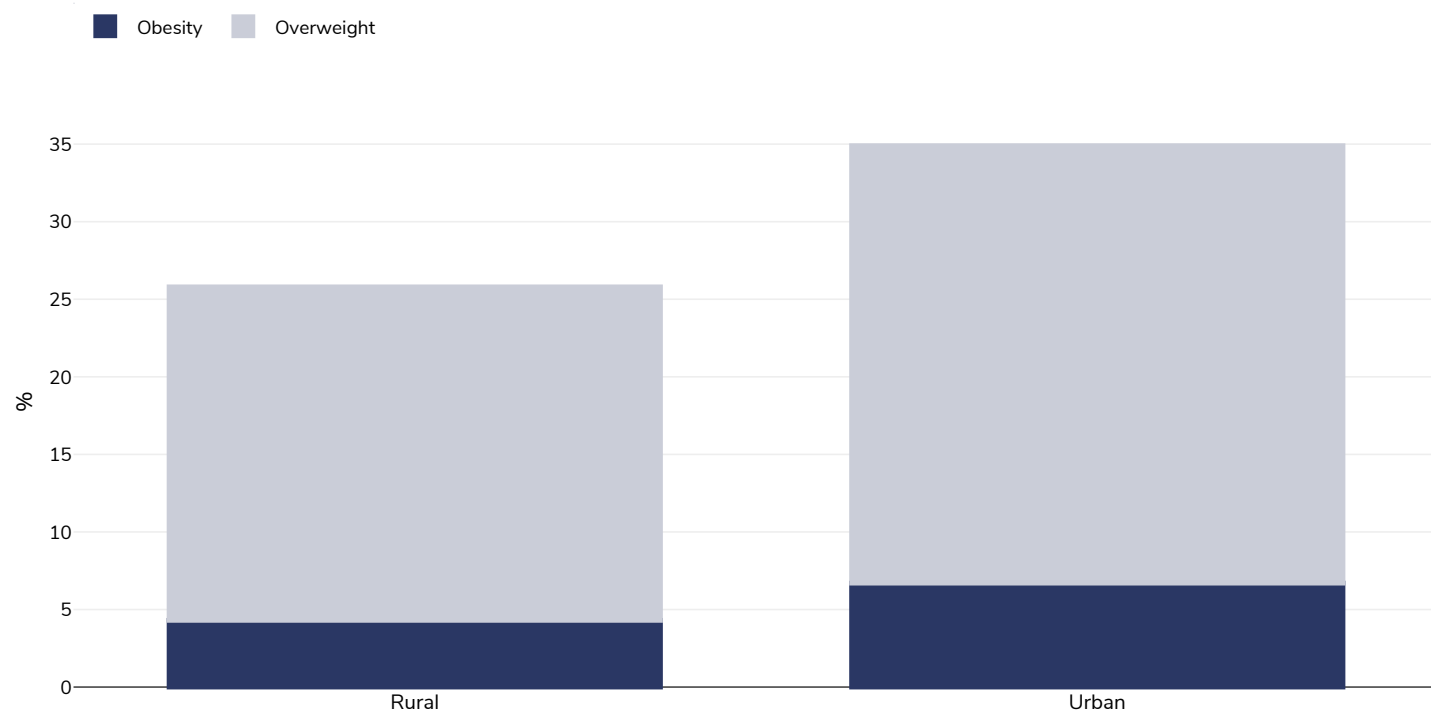
References: Prevalence and associated factors of childhood overweight/obesity among primary school children in urban Nepal.
Available at: <https://bmcpublihealth.biomedcentral.com/articles/10.1186/s12889-019-7406-9>

Notes: A cross-sectional survey was conducted from May to October of 2017. Behavioral data were collected using a structured self-administered questionnaire with parents of children aged 6–13 years old in grades 1–5 studying in private schools of Lalitpur district in Nepal. Children with amputated body parts, or any acute or chronic health condition were excluded from the study as these conditions could affect their body weight. Those staying in a hostel away from their parents were also excluded as the questionnaire had to be filled out by a parent.

Cutoffs: BMI-for-age-sex was calculated using WHO AnthroPlus

Overweight/obesity by region

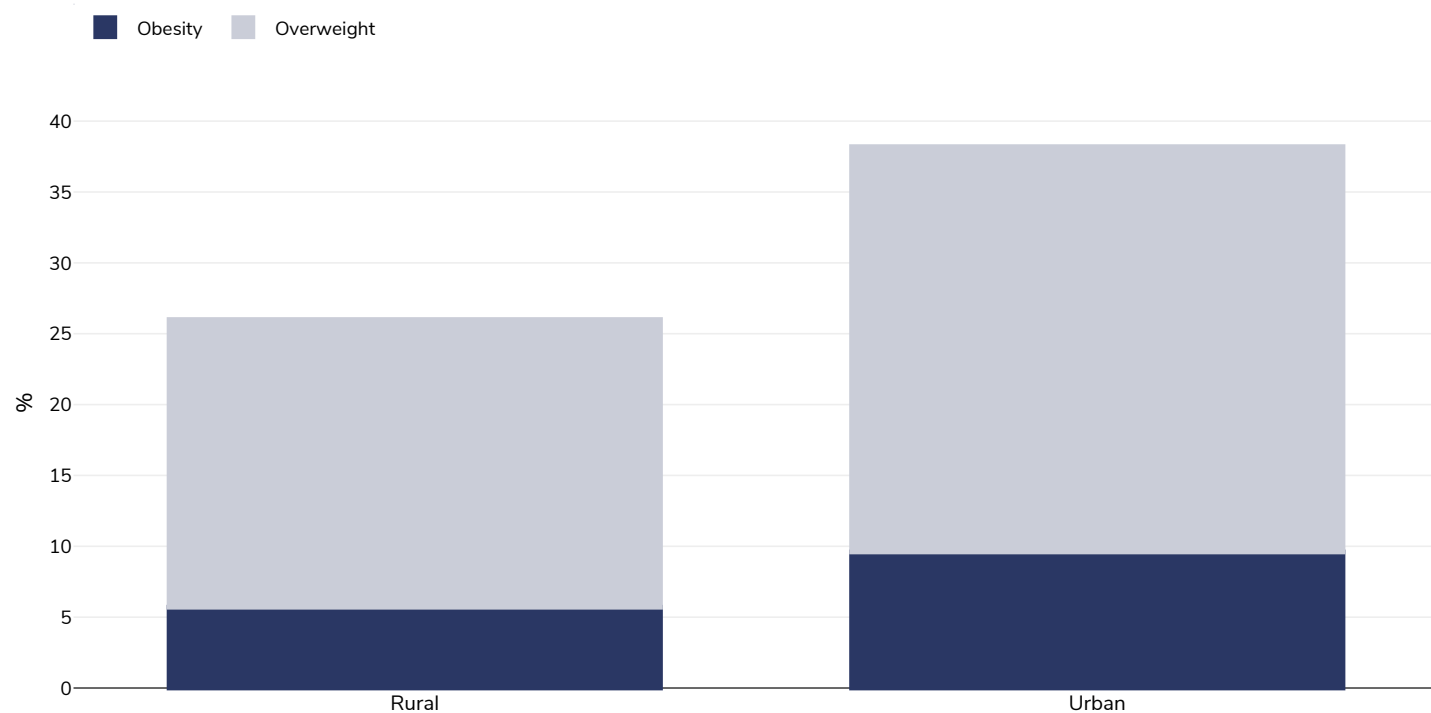
Men, 2022



| | |
|---------------|--|
| Survey type: | Measured |
| Age: | 20-49 |
| Sample size: | 7117 |
| Area covered: | National |
| References: | Ministry of Health and Population, Nepal; New ERA; and ICF. 2022. Nepal Demographic and Health Survey 2022: Key Indicators Report. Kathmandu, Nepal: Ministry of Health and Population, Nepal. |
| Notes: | 5750 Women and 1367 Men |

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

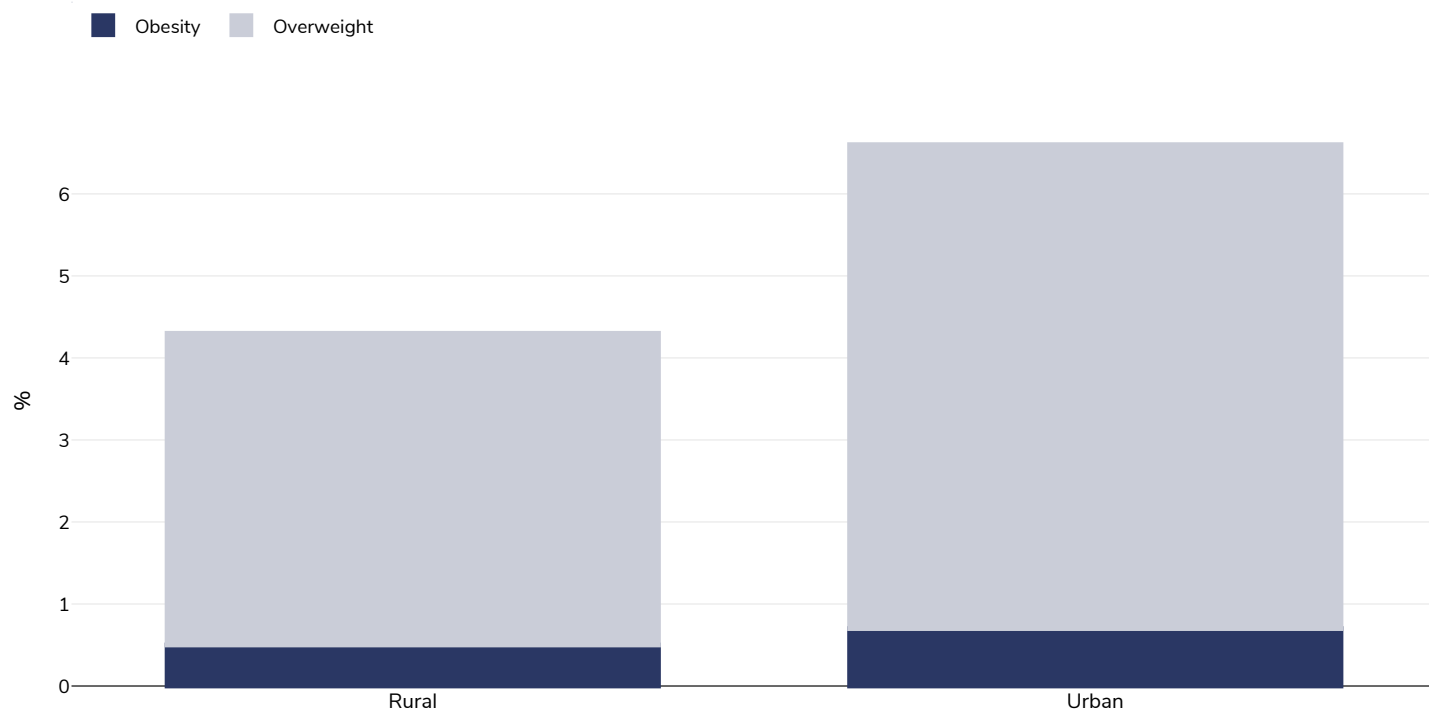
Women, 2022



| | |
|---------------|--|
| Survey type: | Measured |
| Age: | 20-49 |
| Sample size: | 7117 |
| Area covered: | National |
| References: | Ministry of Health and Population, Nepal; New ERA; and ICF. 2022. Nepal Demographic and Health Survey 2022: Key Indicators Report. Kathmandu, Nepal: Ministry of Health and Population, Nepal. |
| Notes: | 5750 Women and 1367 Men |

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

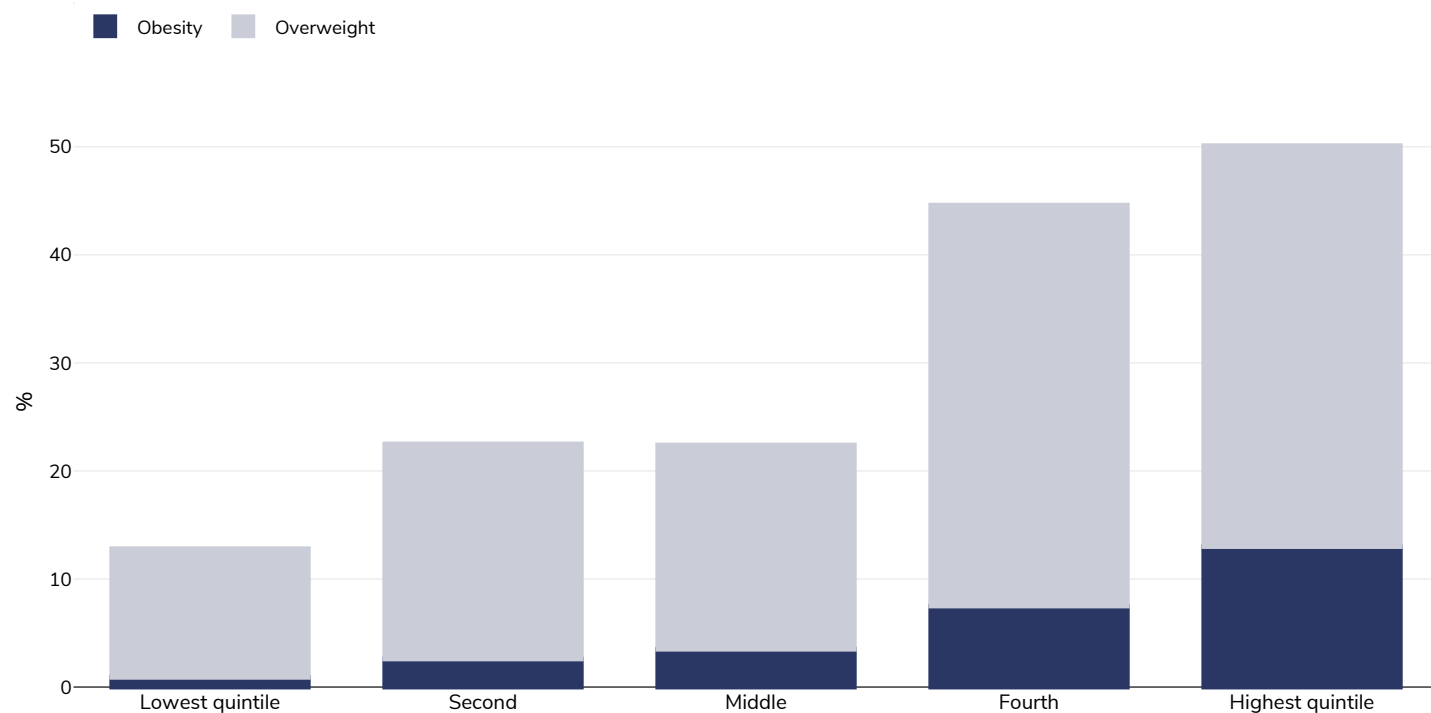
Girls, 2022



| | |
|---------------|--|
| Survey type: | Measured |
| Age: | 15-19 |
| Sample size: | 1230 |
| Area covered: | National |
| References: | Ministry of Health and Population, Nepal; New ERA; and ICF. 2022. Nepal Demographic and Health Survey 2022: Key Indicators Report. Kathmandu, Nepal: Ministry of Health and Population, Nepal. |
| Cutoffs: | WHO 2007 |

Overweight/obesity by socio-economic group

Men, 2022



Survey type: Measured

Age: 20-49

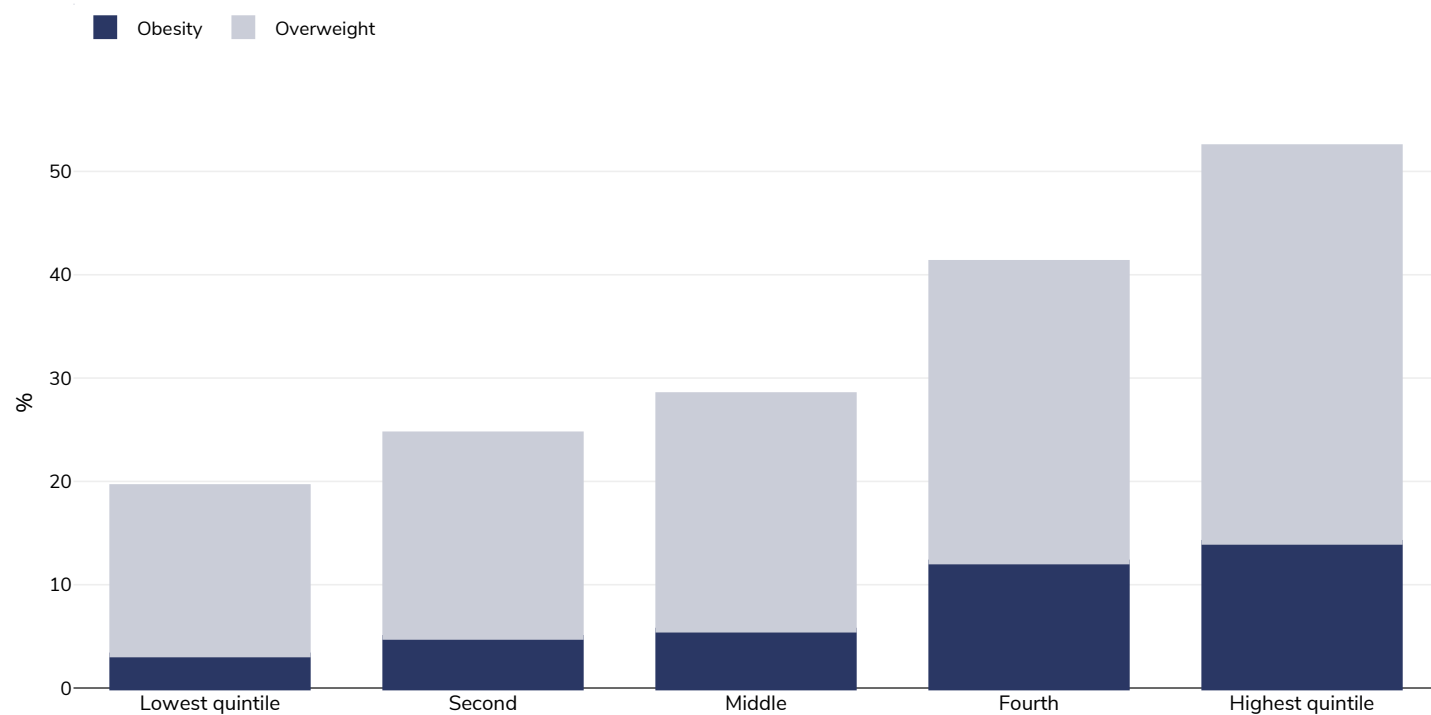
Sample size: 7117

References: Ministry of Health and Population, Nepal; New ERA; and ICF. 2022. Nepal Demographic and Health Survey 2022: Key Indicators Report. Kathmandu, Nepal: Ministry of Health and Population, Nepal.

Notes: 5750 Women and 1367 Men

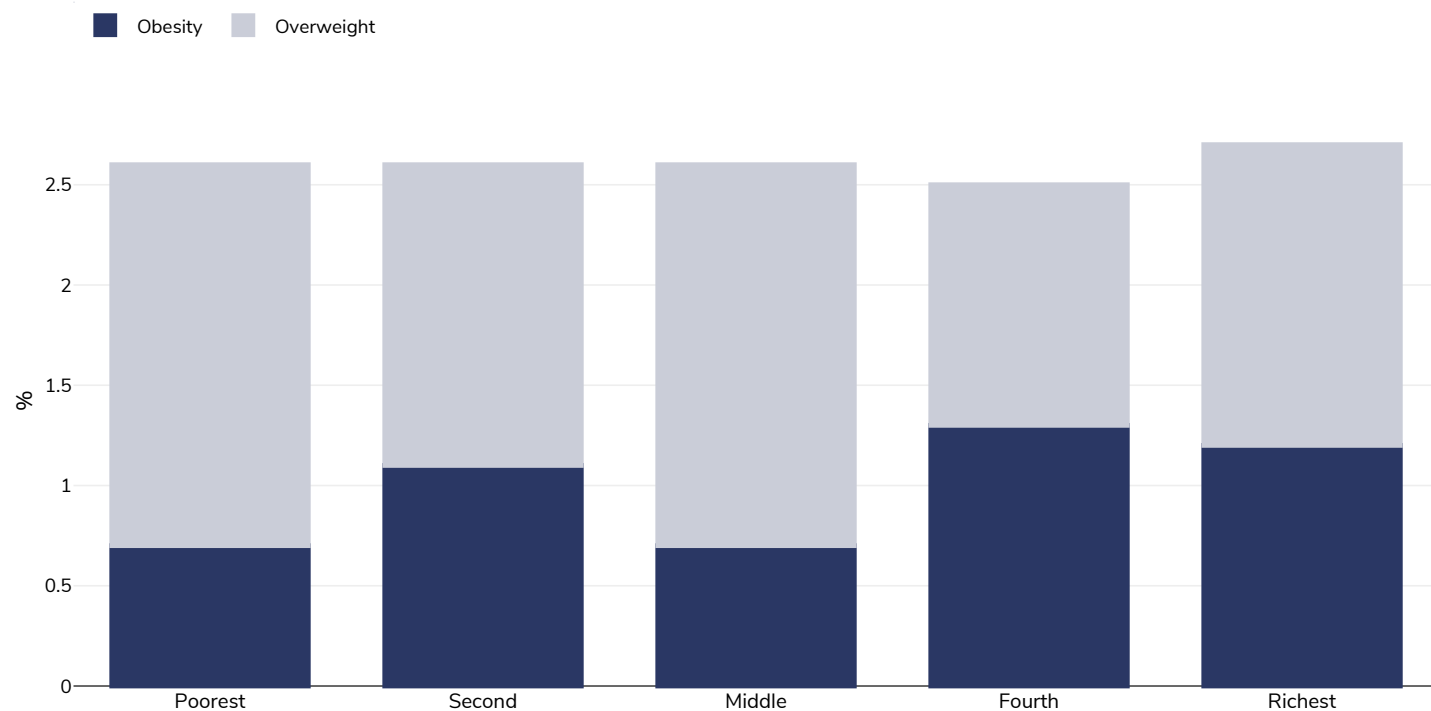
Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².

Women, 2022



| | |
|--|--|
| Survey type: | Measured |
| Age: | 20-49 |
| Sample size: | 7117 |
| References: | Ministry of Health and Population, Nepal; New ERA; and ICF. 2022. Nepal Demographic and Health Survey 2022: Key Indicators Report. Kathmandu, Nepal: Ministry of Health and Population, Nepal. |
| Notes: | 5750 Women and 1367 Men |
| Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m ² , obesity refers to a BMI greater than 30kg/m ² . | |

Children, 2019

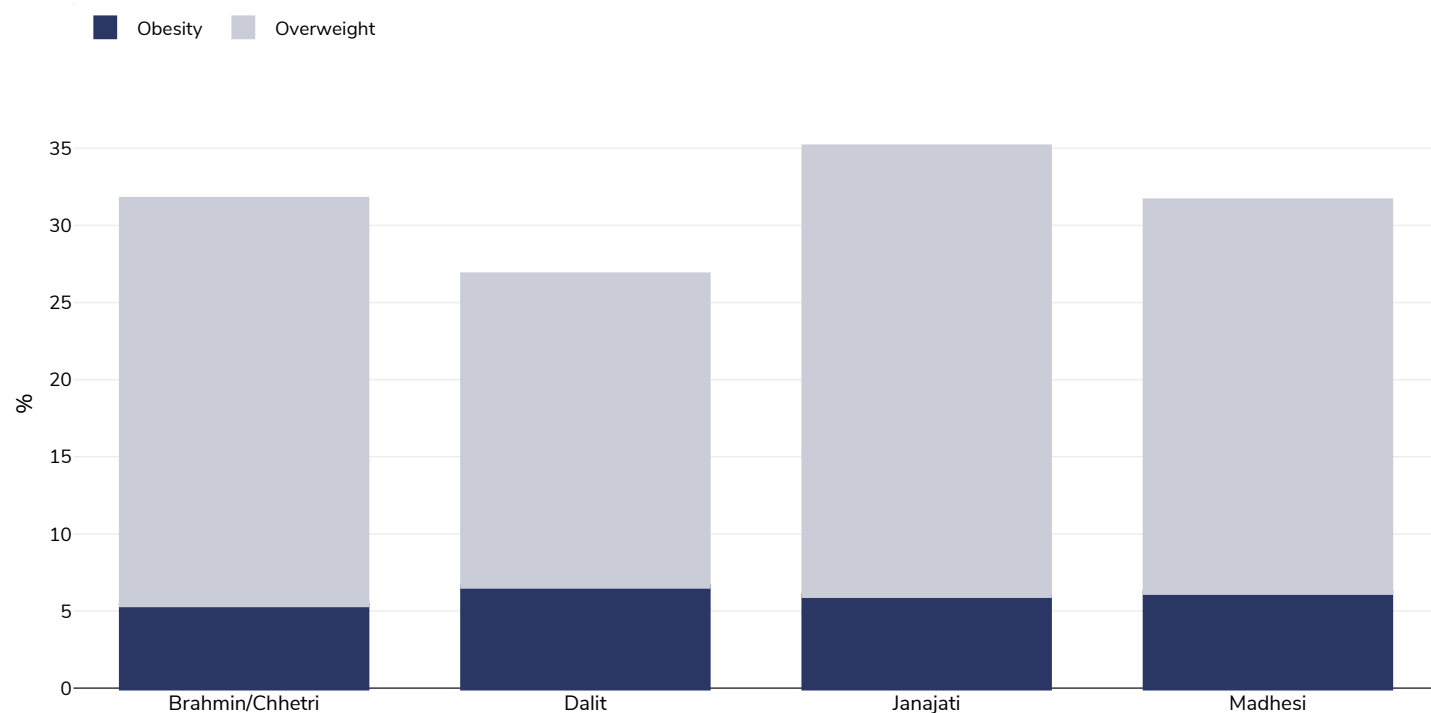


| | |
|---------------|---|
| Survey type: | Measured |
| Sample size: | 6477 |
| Area covered: | National |
| References: | Central Bureau of Statistics (CBS),2020. Nepal Multiple Indicator Cluster Survey 2019,Survey Findings Report. Kathmandu, Nepal: Central Bureau of Statistics and UNICEF Nepal. https://www.unicef.org/nepal/media/11081/file/Nepal%20MICS%202019%20Final%20Report.pdf (Accessed 28.6.21) |
| Notes: | Infants. |
| Definitions: | Weight for height. Overweight = +2SD - 3SD. Obesity = >+3SD |
| Cutoffs: | Other |

Overweight/obesity by ethnicity

Ethnic groups are as defined by publication of origin and are not as defined by WOF. In some instances ethnicity is conflated with nationality and/or race.

Men, 2022



Survey type: Measured

Age: 20-49

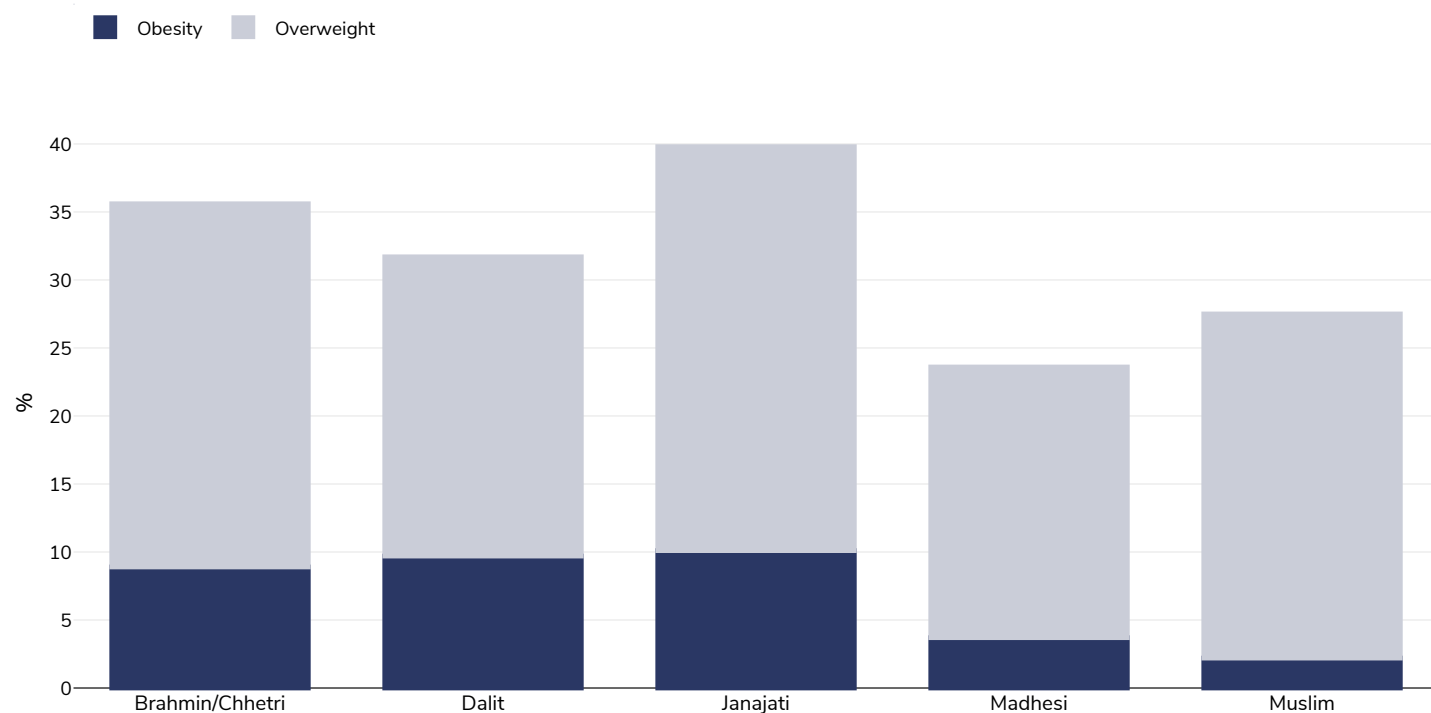
Sample size: 7117

References: Ministry of Health and Population, Nepal; New ERA; and ICF. 2022. Nepal Demographic and Health Survey 2022: Key Indicators Report. Kathmandu, Nepal: Ministry of Health and Population, Nepal.

Notes: 5750 Women and 1367 Men Data is present for Muslim (men) and Other (both) ethnic groups in the report but are not presented here as sample sizes are too small.

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



Survey type: Measured

Age: 20-49

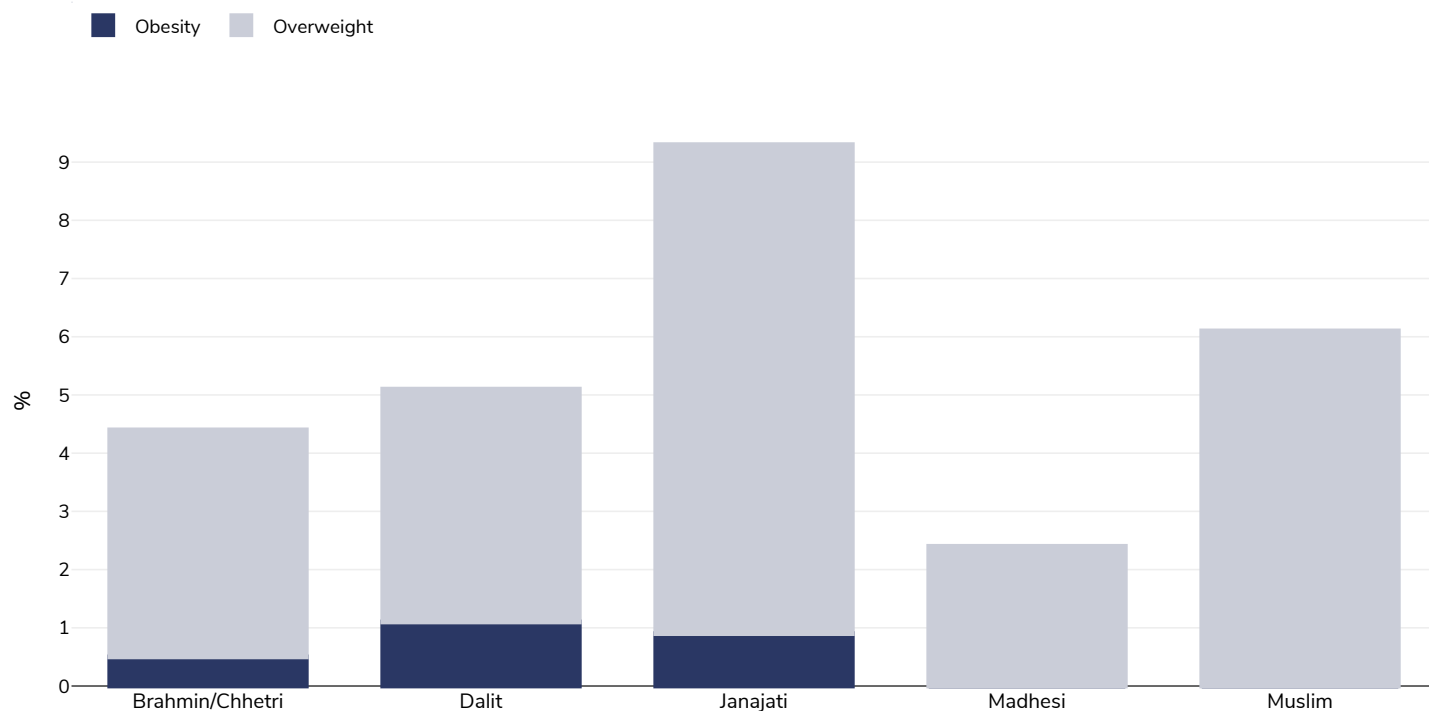
Sample size: 7117

References: Ministry of Health and Population, Nepal; New ERA; and ICF. 2022. Nepal Demographic and Health Survey 2022: Key Indicators Report. Kathmandu, Nepal: Ministry of Health and Population, Nepal.

Notes: 5750 Women and 1367 Men Data is present for Muslim (men) and Other (both) ethnic groups in the report but are not presented here as sample sizes are too small.

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

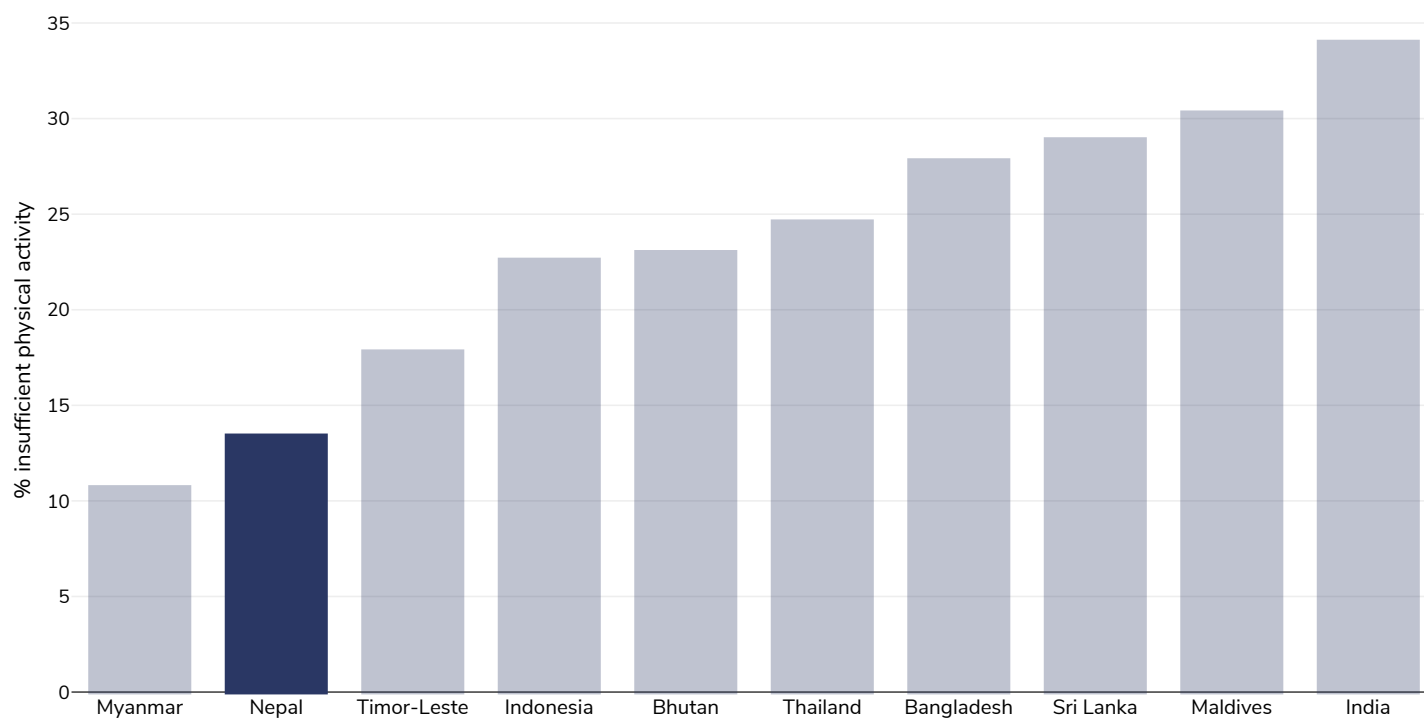
Girls, 2022



| | |
|---------------|--|
| Survey type: | Measured |
| Age: | 15-19 |
| Sample size: | 1230 |
| Area covered: | National |
| References: | Ministry of Health and Population, Nepal; New ERA; and ICF. 2022. Nepal Demographic and Health Survey 2022: Key Indicators Report. Kathmandu, Nepal: Ministry of Health and Population, Nepal. |
| Cutoffs: | WHO 2007 |

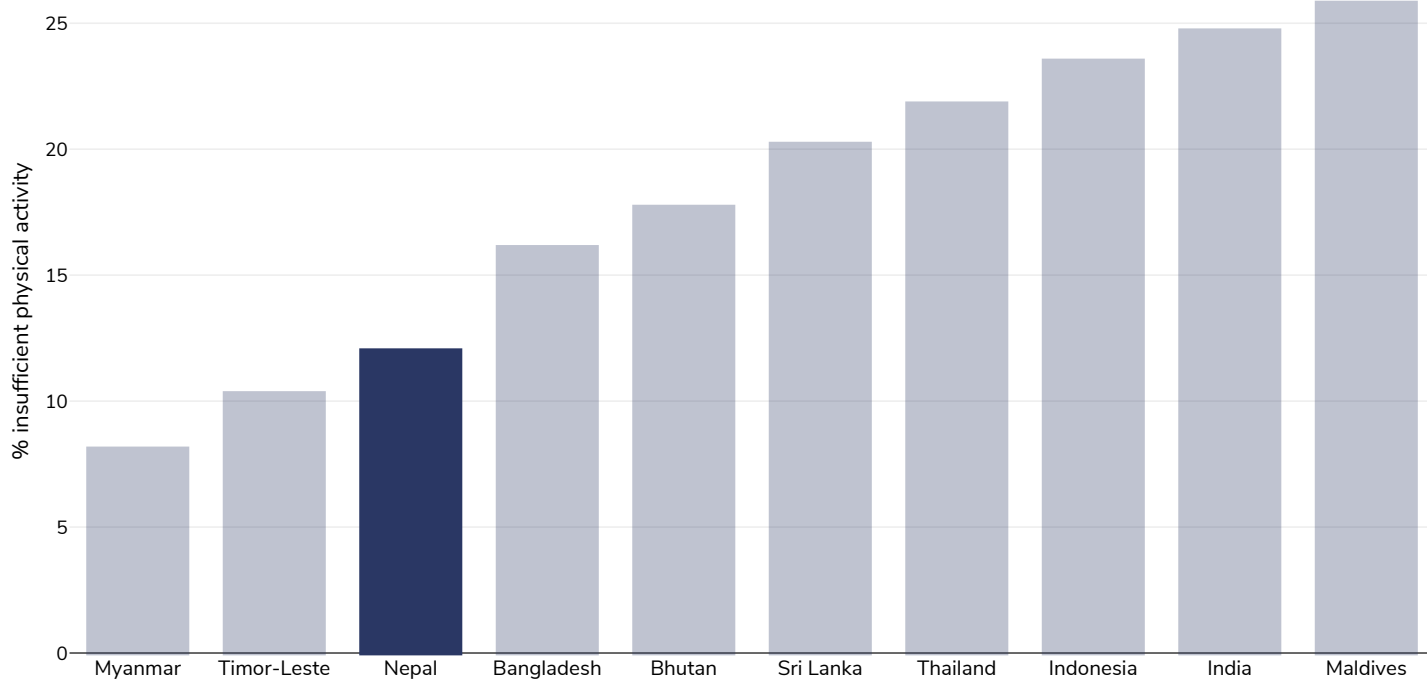
Insufficient physical activity

Adults, 2016



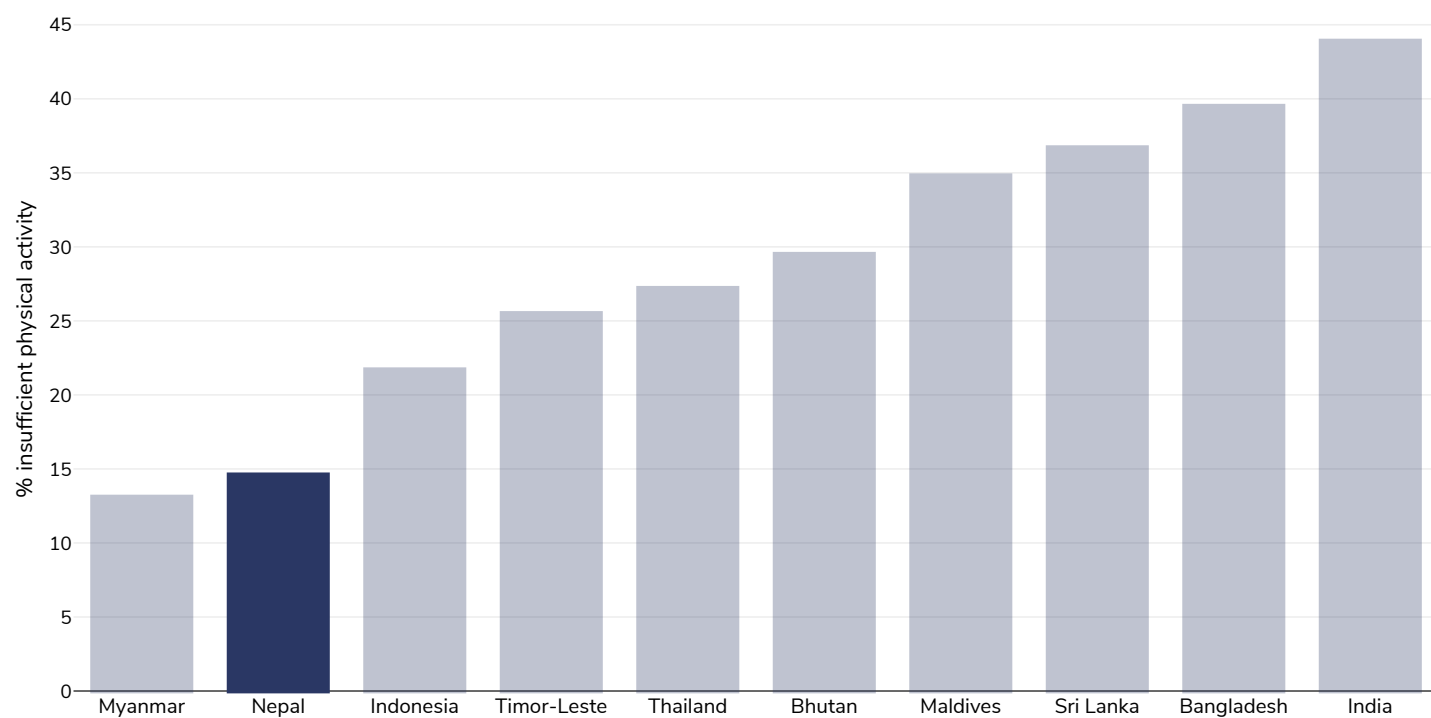
References: Guthold R, Stevens GA, Riley LM, Bull FC. Worldwide trends in insufficient physical activity from 2001 to 2016: a pooled analysis of 358 population-based surveys with 1.9 million participants. Lancet 2018 [http://dx.doi.org/10.1016/S2214-109X\(18\)30357-7](http://dx.doi.org/10.1016/S2214-109X(18)30357-7)

Men, 2016



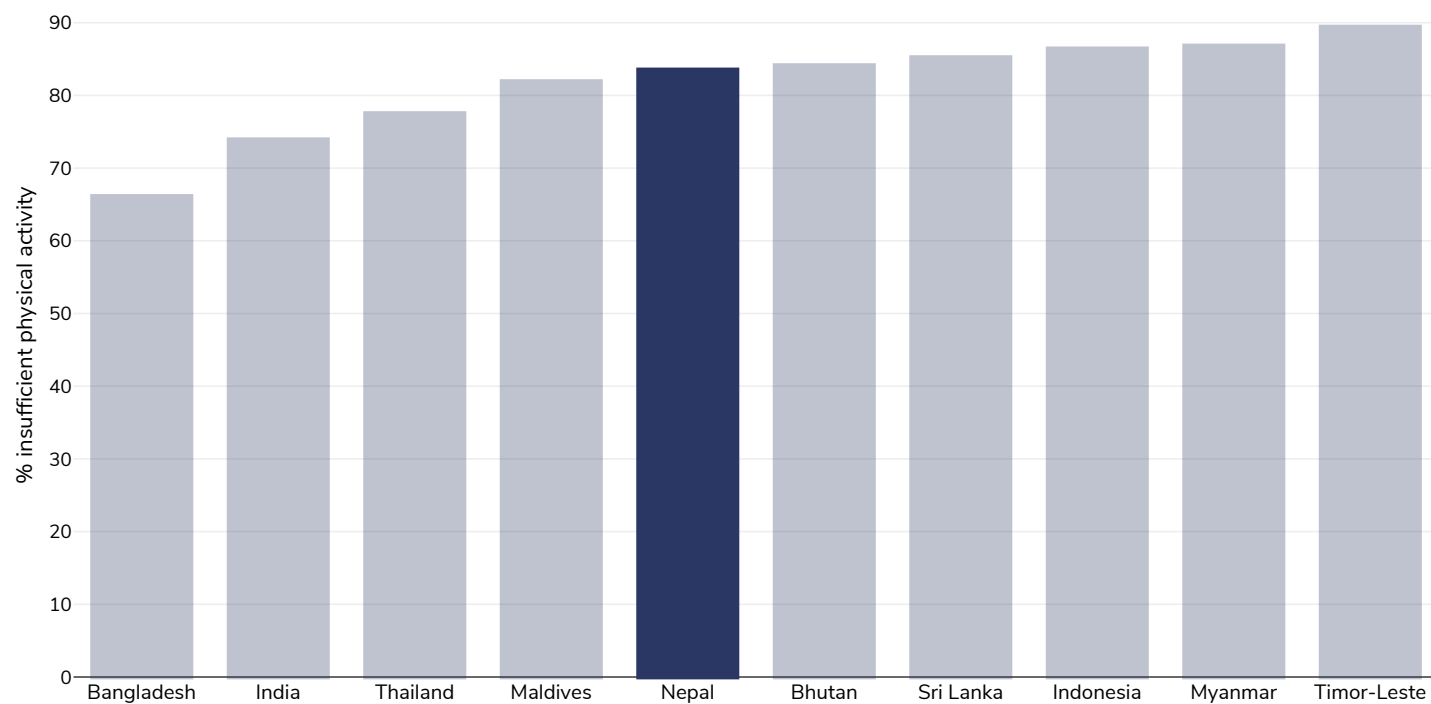
References: Guthold R, Stevens GA, Riley LM, Bull FC. Worldwide trends in insufficient physical activity from 2001 to 2016: a pooled analysis of 358 population-based surveys with 1.9 million participants. Lancet 2018 [http://dx.doi.org/10.1016/S2214-109X\(18\)30357-7](http://dx.doi.org/10.1016/S2214-109X(18)30357-7)

Women, 2016



References: Guthold R, Stevens GA, Riley LM, Bull FC. Worldwide trends in insufficient physical activity from 2001 to 2016: a pooled analysis of 358 population-based surveys with 1.9 million participants. Lancet 2018 [http://dx.doi.org/10.1016/S2214-109X\(18\)30357-7](http://dx.doi.org/10.1016/S2214-109X(18)30357-7)

Children, 2016



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)

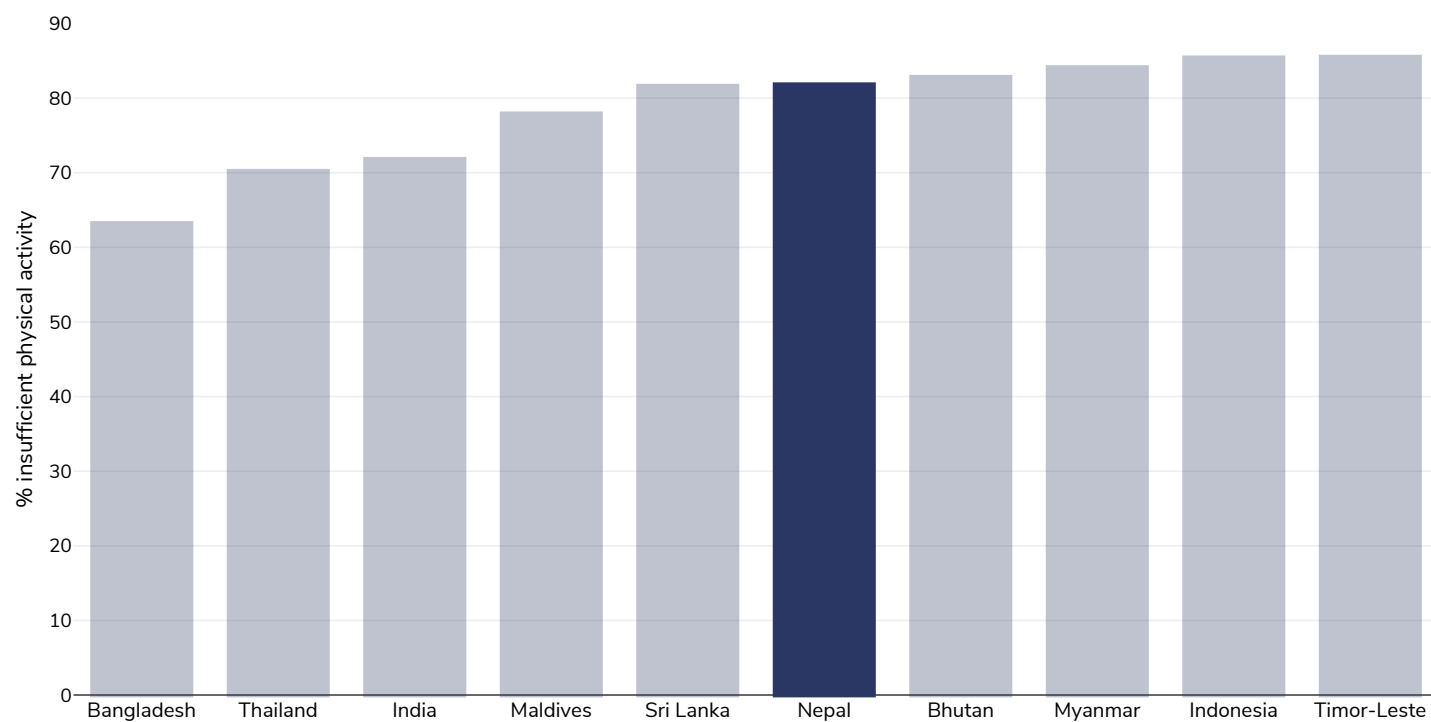
Notes:

% 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



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)

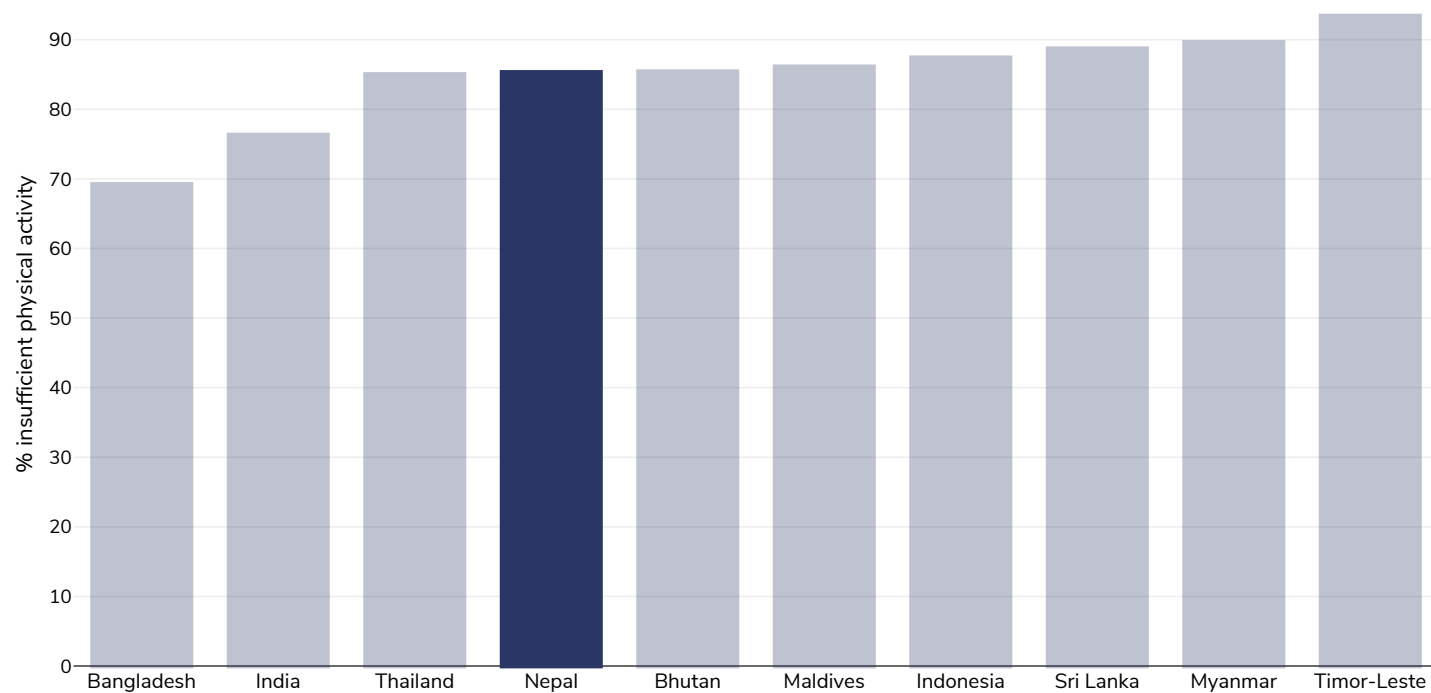
Notes:

% 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



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:

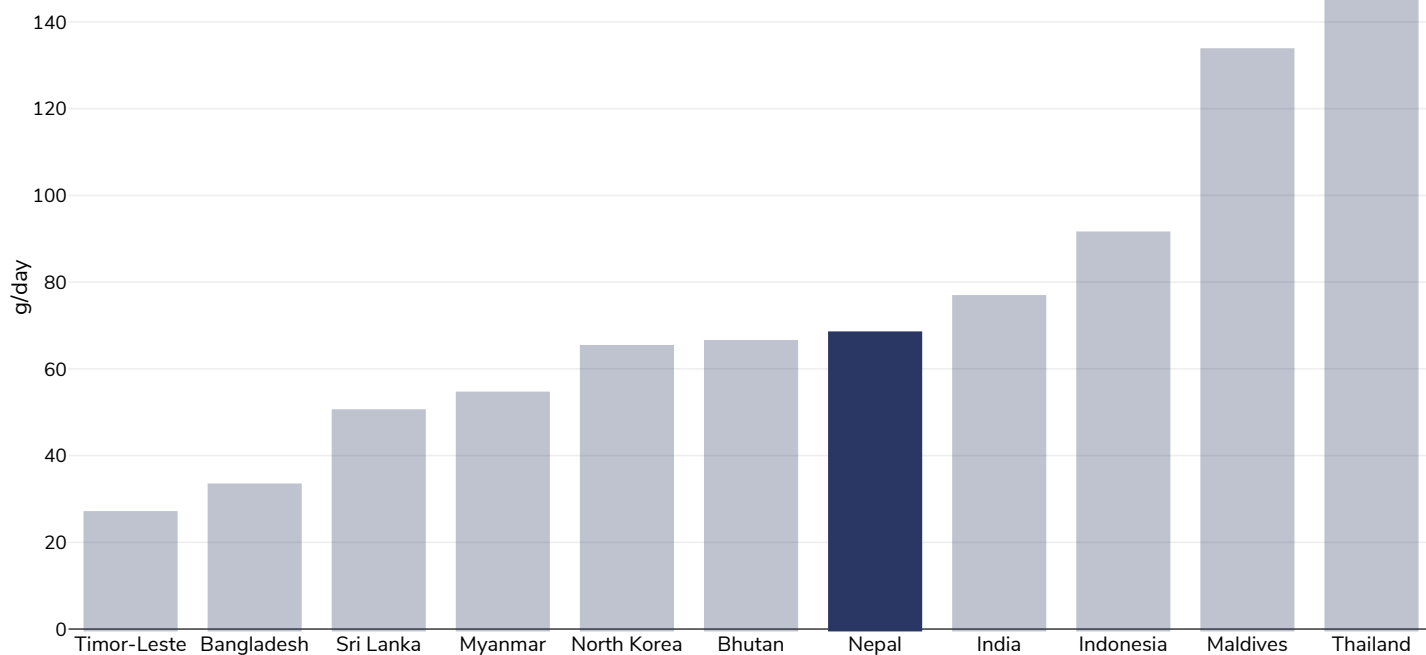
% of school going adolescents not meeting WHO recommendations on Physical Activity for Health, i.e. doing less than 60 minutes of moderate- to vigorous-intensity physical activity daily.

Definitions:

% Adolescents insufficiently active (age standardised estimate)

Estimated per capita fruit intake

Adults, 2017



Survey type:

Measured

Age:

25+

References:

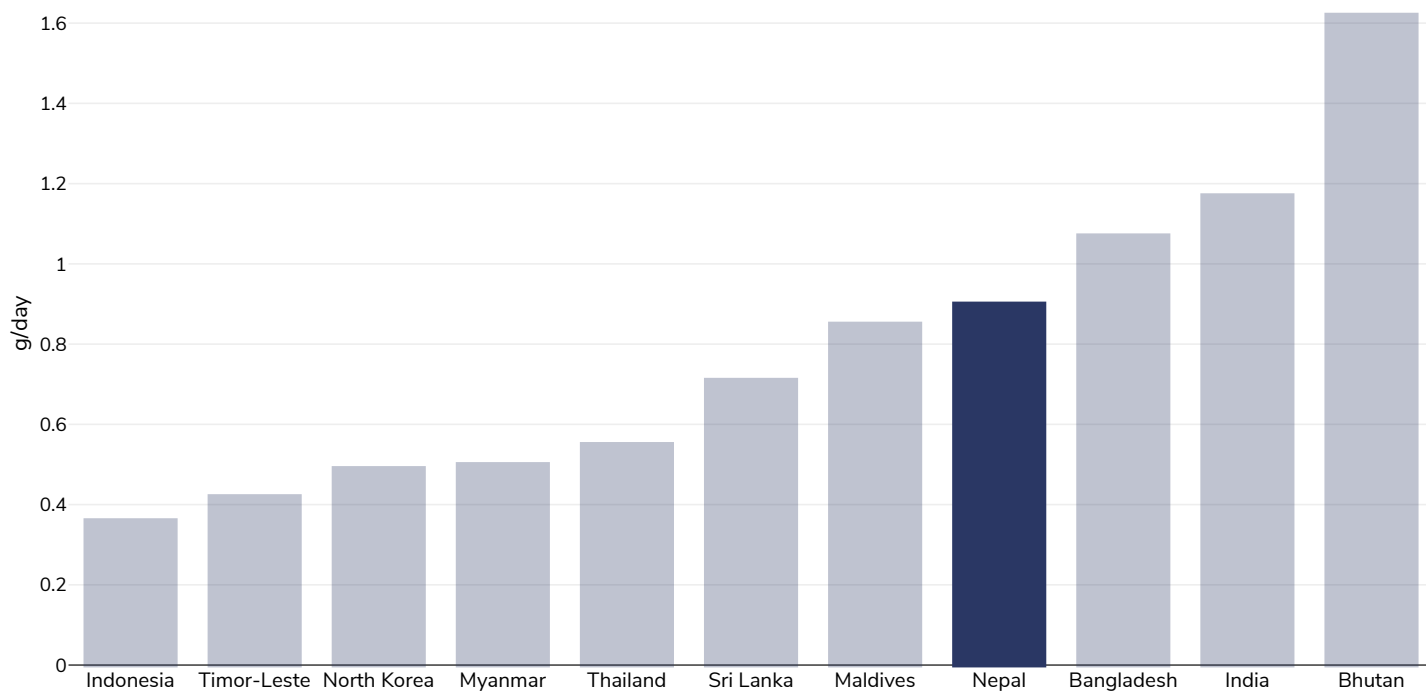
Global Burden of Disease, the Institute for Health Metrics and Evaluation <http://ghdx.healthdata.org/>

Definitions:

Estimated per-capita fruit intake (g/day)

Estimated per-capita processed meat intake

Adults, 2017



Survey type:

Measured

Age:

25+

References:

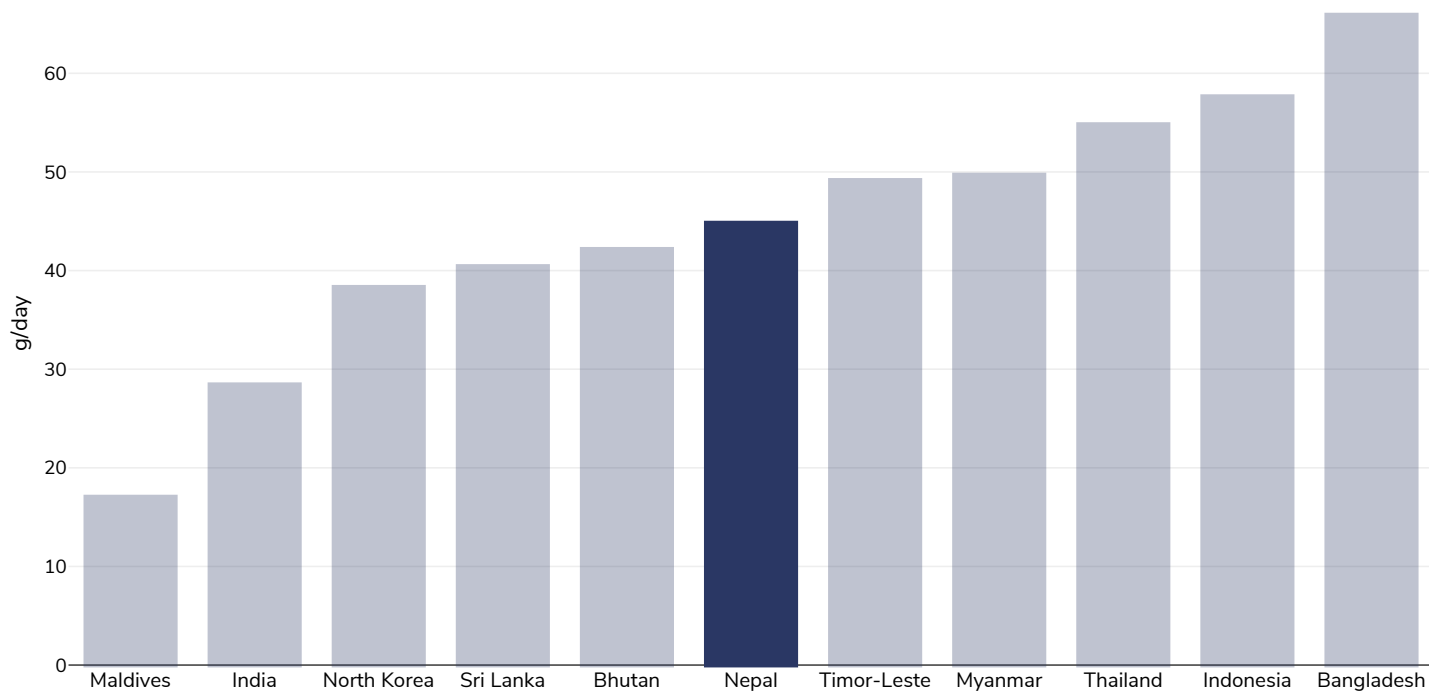
Global Burden of Disease, the Institute for Health Metrics and Evaluation <http://ghdx.healthdata.org/>

Definitions:

Estimated per-capita processed meat intake (g per day)

Estimated per capita whole grains intake

Adults, 2017



Survey type: Measured

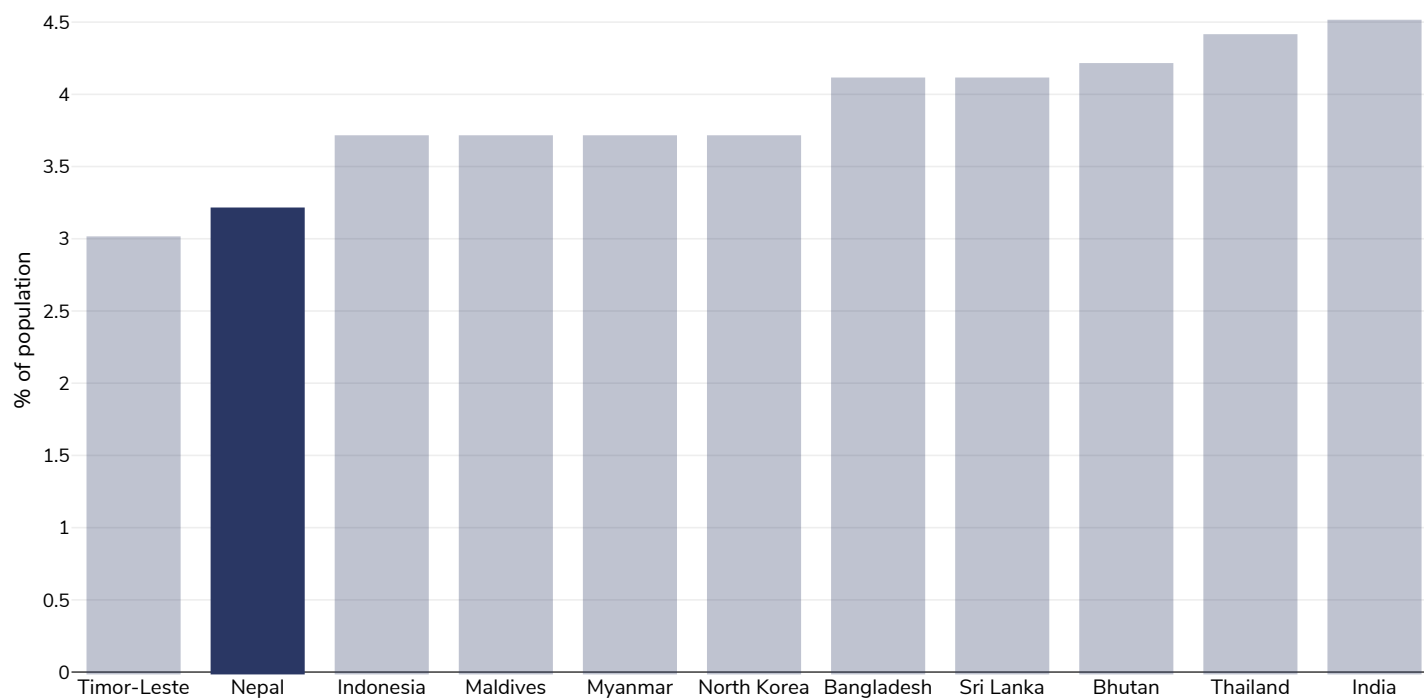
Age: 25+

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

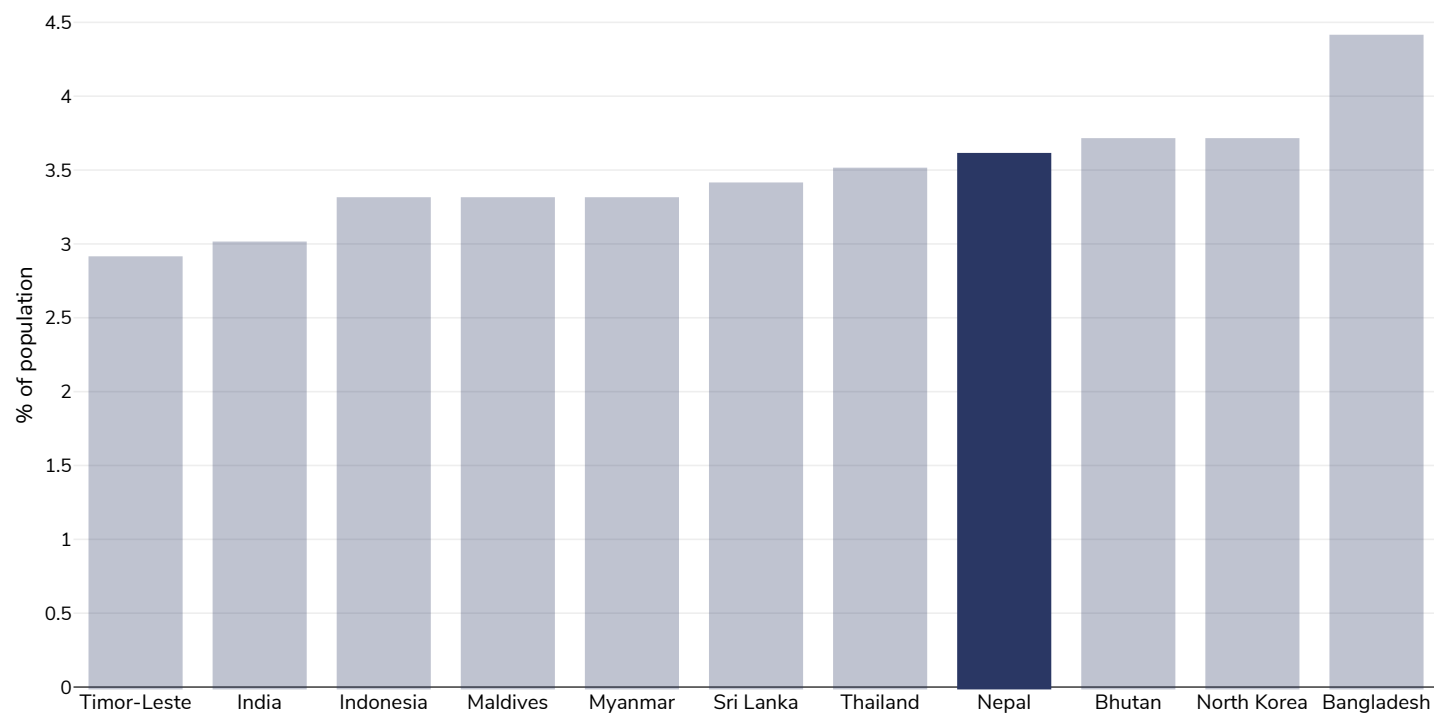


References: Prevalence data from Global Burden of Disease study 2015 (<http://ghdx.healthdata.org>) published in: Depression and Other Common Mental Disorders: Global Health Estimates. Geneva:World Health Organization; 2017. Licence: CC BY-NC-SA 3.0 IGO.

Definitions: % of population with depression disorders

Mental health - anxiety disorders

Adults, 2015

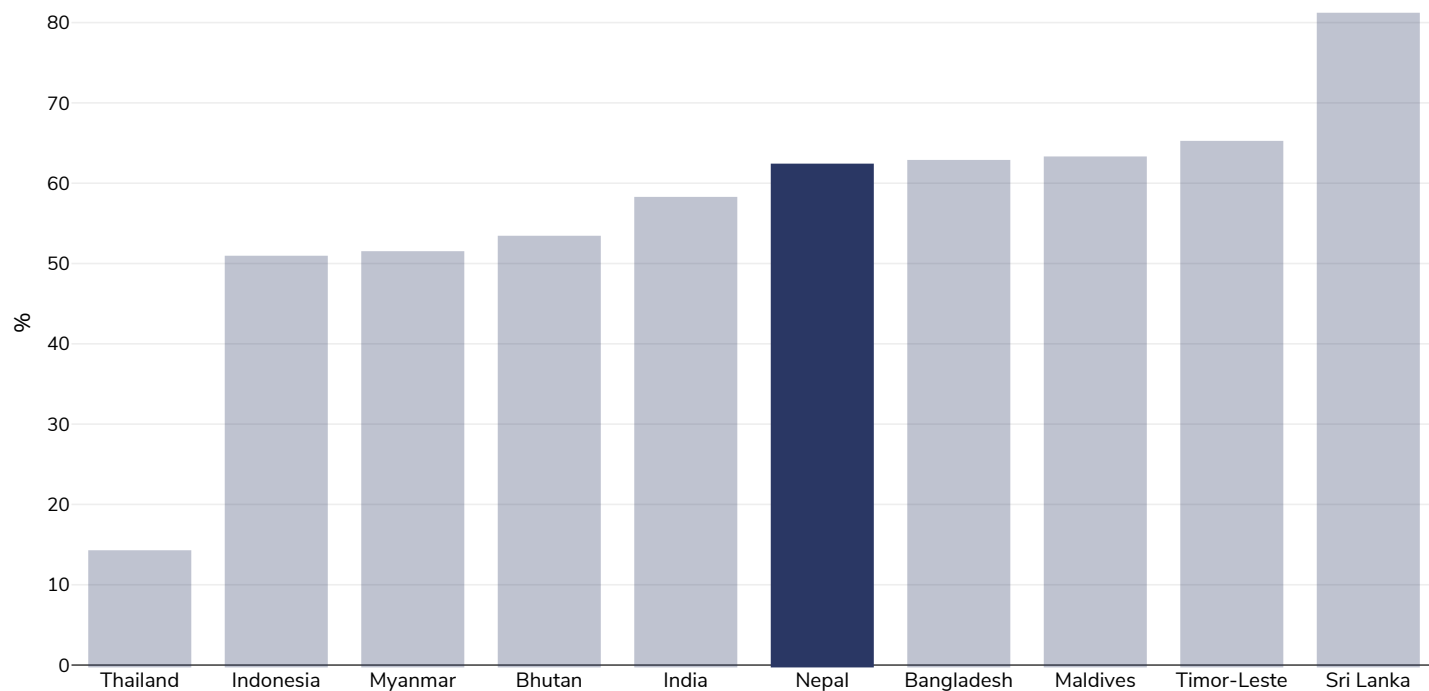


References: Prevalence data from Global Burden of Disease study 2015 (<http://ghdx.healthdata.org>) published in: Depression and Other Common Mental Disorders: Global Health Estimates. Geneva:World Health Organization; 2017. Licence: CC BY-NC-SA 3.0 IGO.

Definitions: % of population with anxiety disorders

% Infants exclusively breastfed 0-5 months

Children, 2015-2020



Area covered:

National

References:

Nepal Multiple Indicator Cluster Survey 2019, Survey Findings Report. Kathmandu, Nepal: Central Bureau of Statistics and UNICEF Nepal.

Notes:

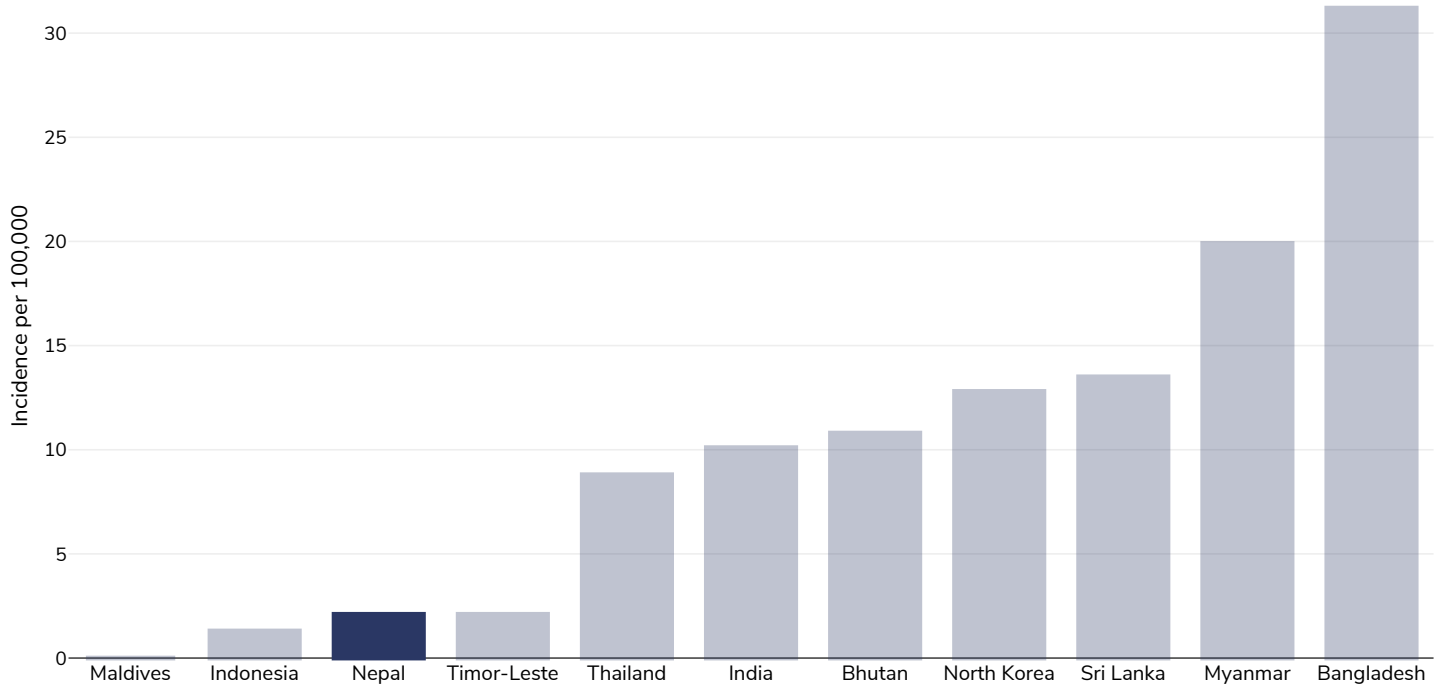
See UNICEF website for further survey information. Available at : <https://data.unicef.org/resources/dataset/infant-young-child-feeding/> (last accessed 28.9.21) Citation: United Nations Children's Fund, Division of Data, Analysis, Planning and Monitoring (2021). Global UNICEF Global Databases: Infant and Young Child Feeding: Exclusive breastfeeding, New York, September 2021.

Definitions:

% exclusively breastfed 0-5 months

Oesophageal cancer

Men, 2020



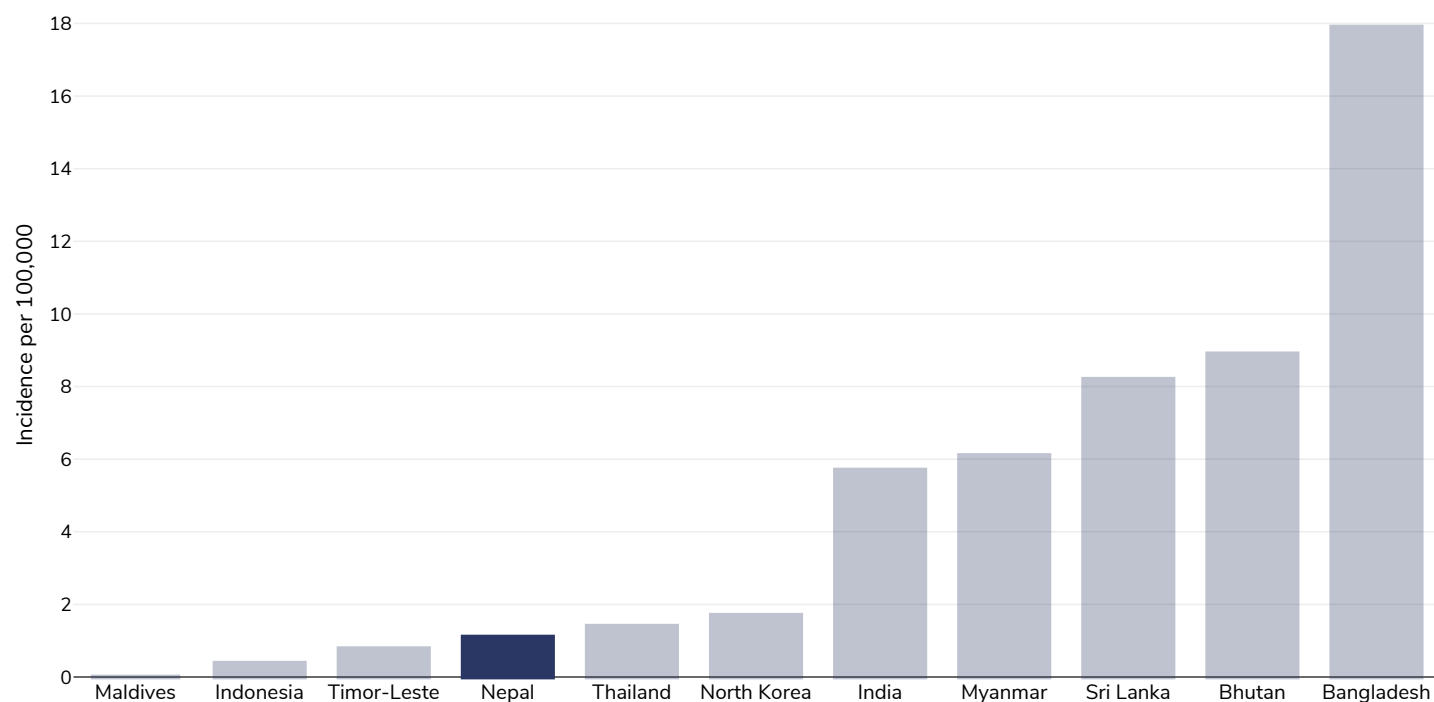
Age: 20+

Area covered: National

References: Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.fr/today>, accessed 10.01.2257

Definitions: Age-standardized incidence rates per 100 000

Women, 2020



Age: 20+

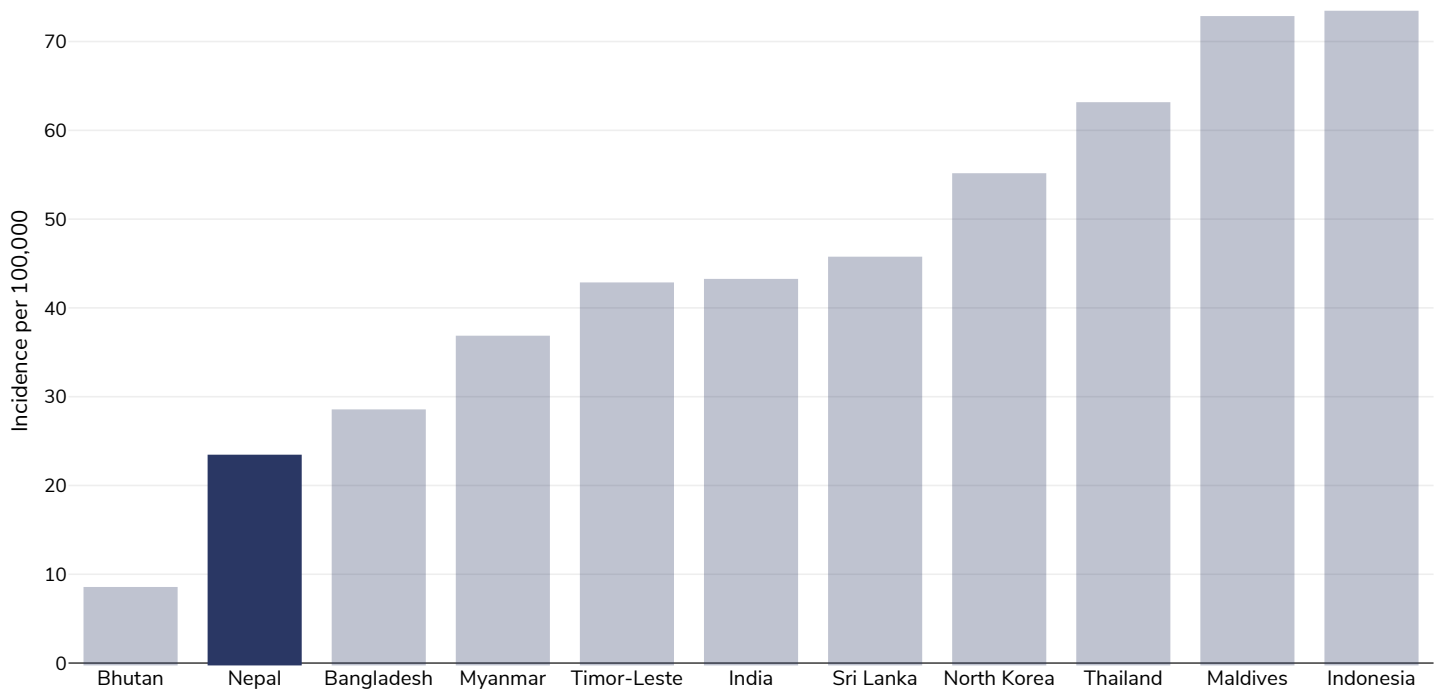
Area covered: National

References: Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.fr/today>, accessed 10.01.2257

Definitions: Age-standardized incidence rates per 100 000

Breast cancer

Women, 2020



Age: 20+

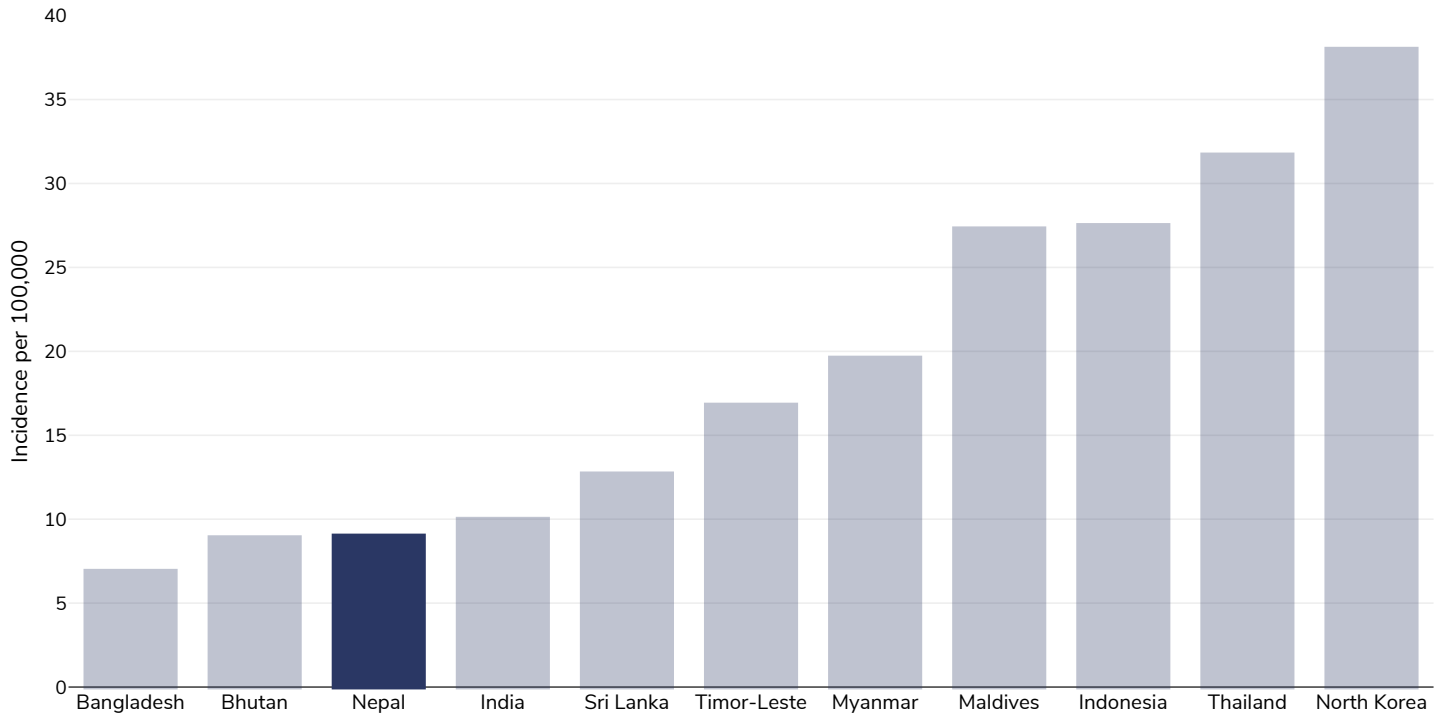
Area covered: National

References: Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.fr/today>, accessed 10.01.2257

Definitions: Age-standardized incidence rates per 100 000

Colorectal cancer

Men, 2020



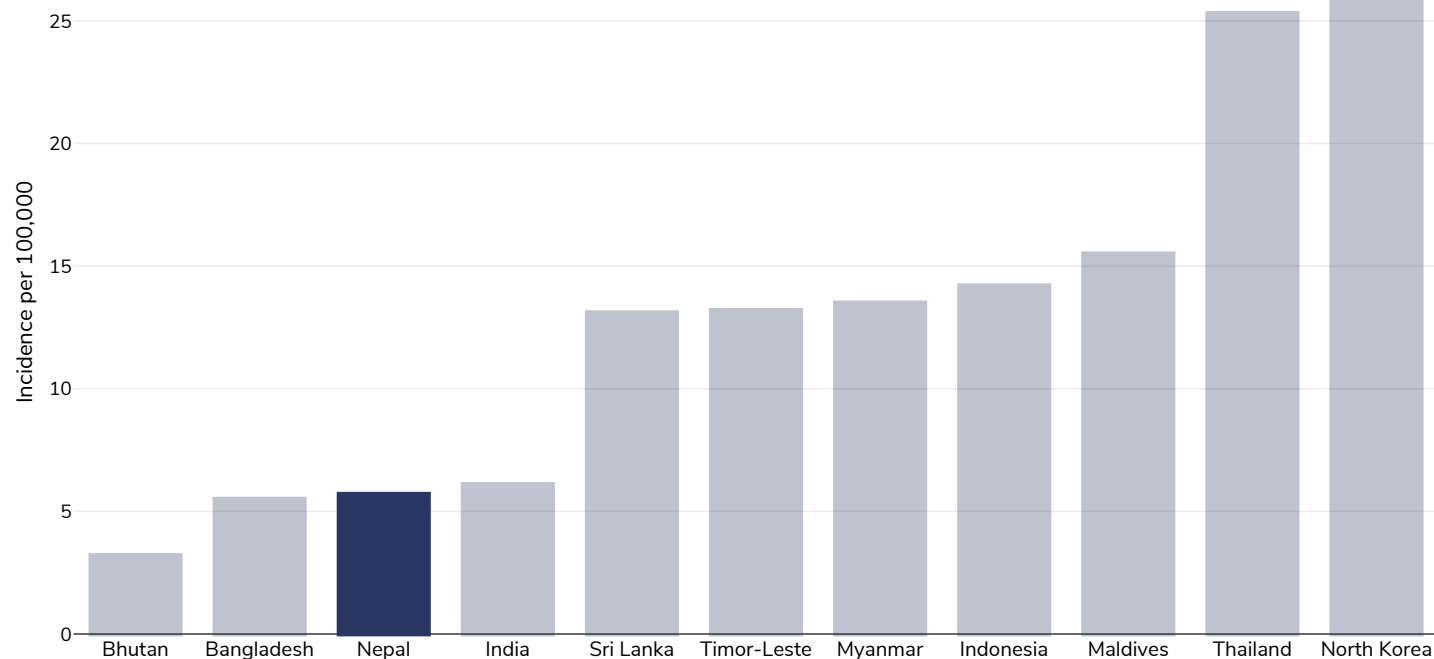
Age: 20+

Area covered: National

References: Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.fr/today>, accessed 10.01.2257

Definitions: Age-standardized incidence rates per 100 000

Women, 2020



Age: 20+

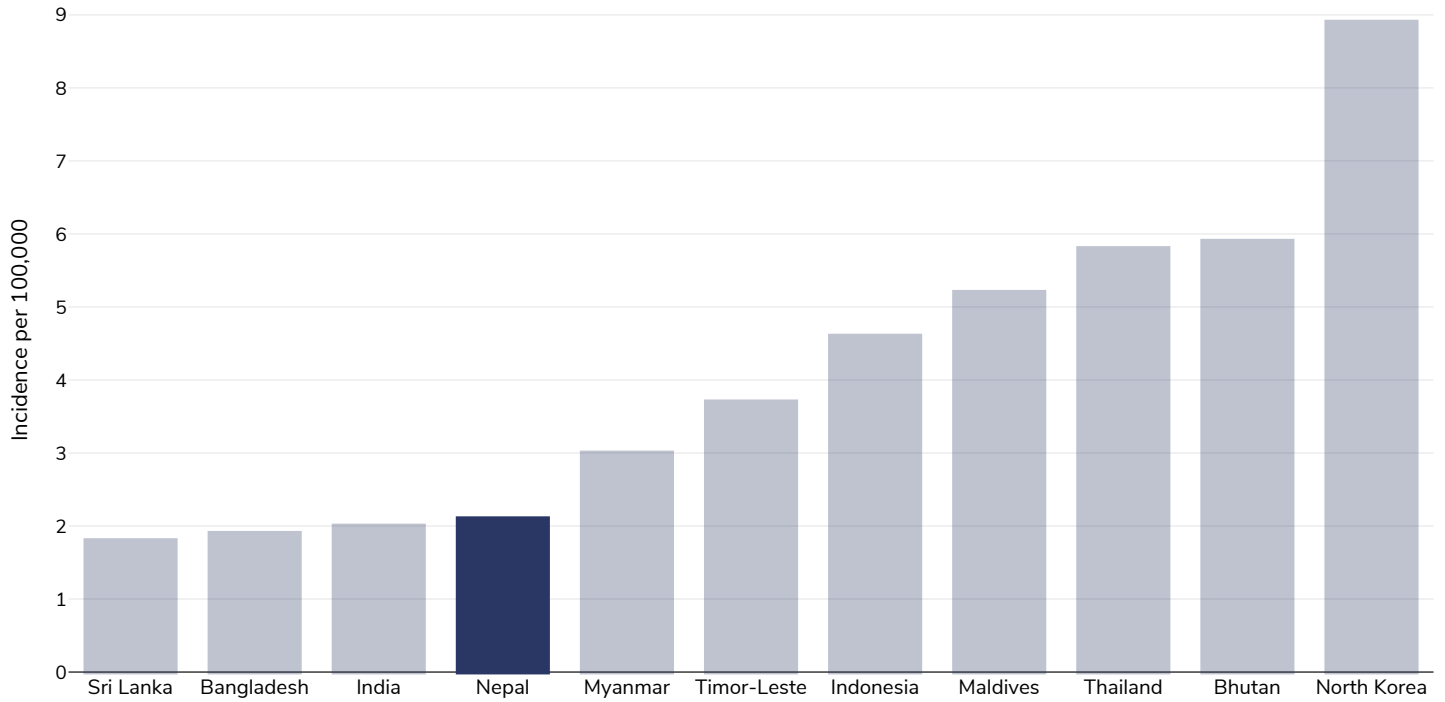
Area covered: National

References: Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.fr/today>, accessed 10.01.2257

Definitions: Age-standardized incidence rates per 100 000

Pancreatic cancer

Men, 2020



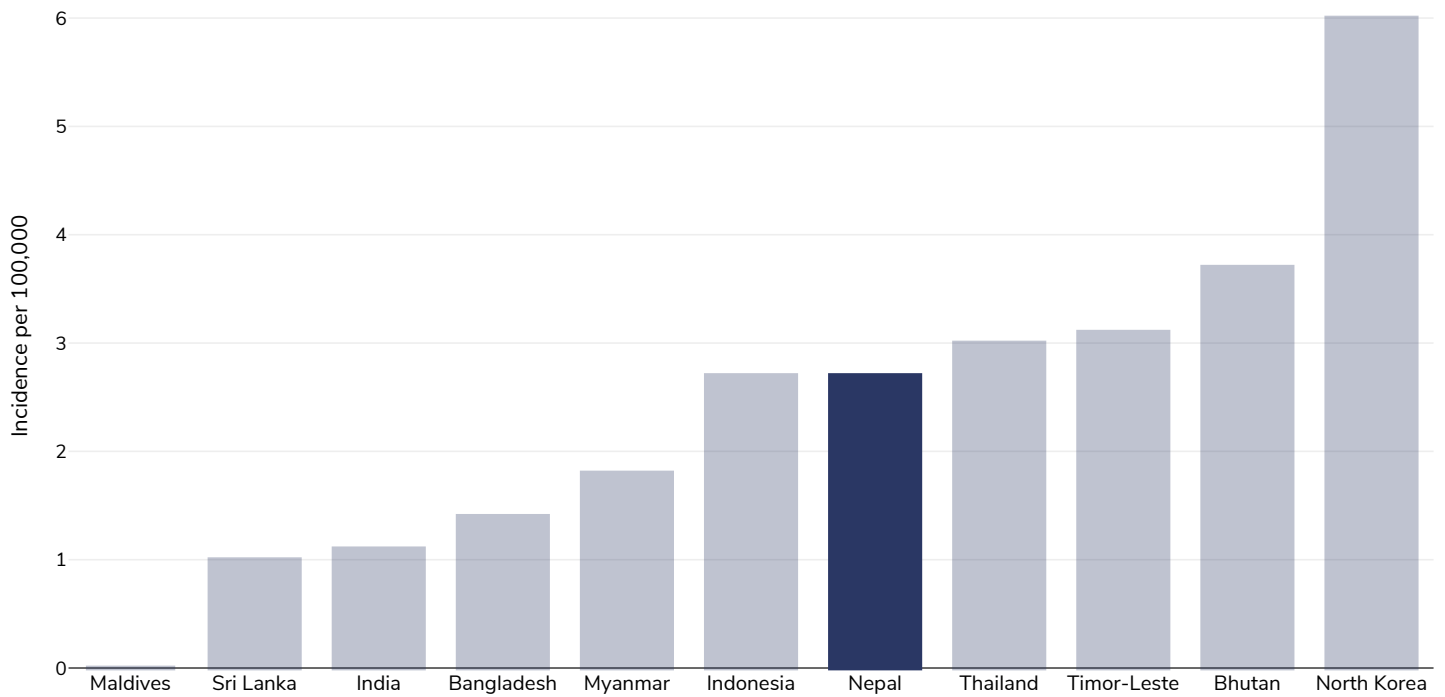
Age: 20+

Area covered: National

References: Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.fr/today>, accessed 10.01.2257

Definitions: Age-standardized incidence rates per 100 000

Women, 2020



Age: 20+

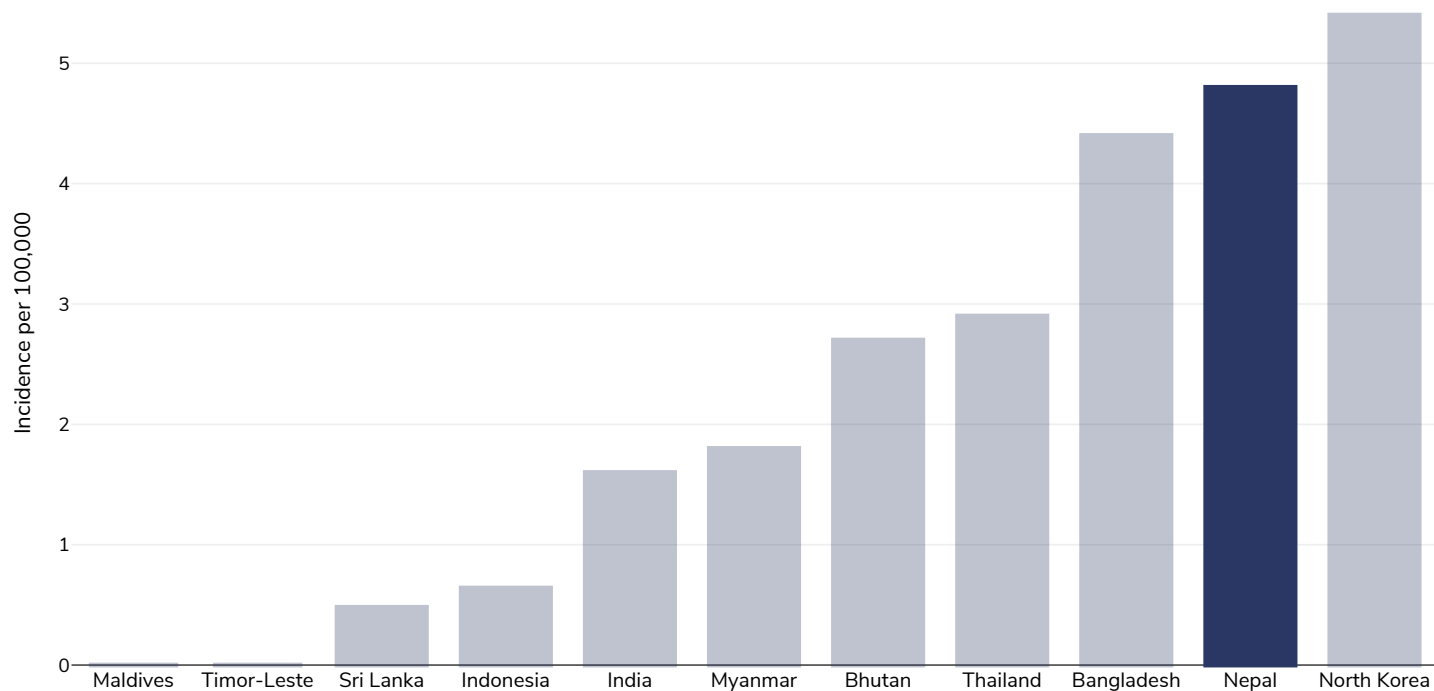
Area covered: National

References: Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.fr/today>, accessed 10.01.2257

Definitions: Age-standardized incidence rates per 100 000

Gallbladder cancer

Men, 2020



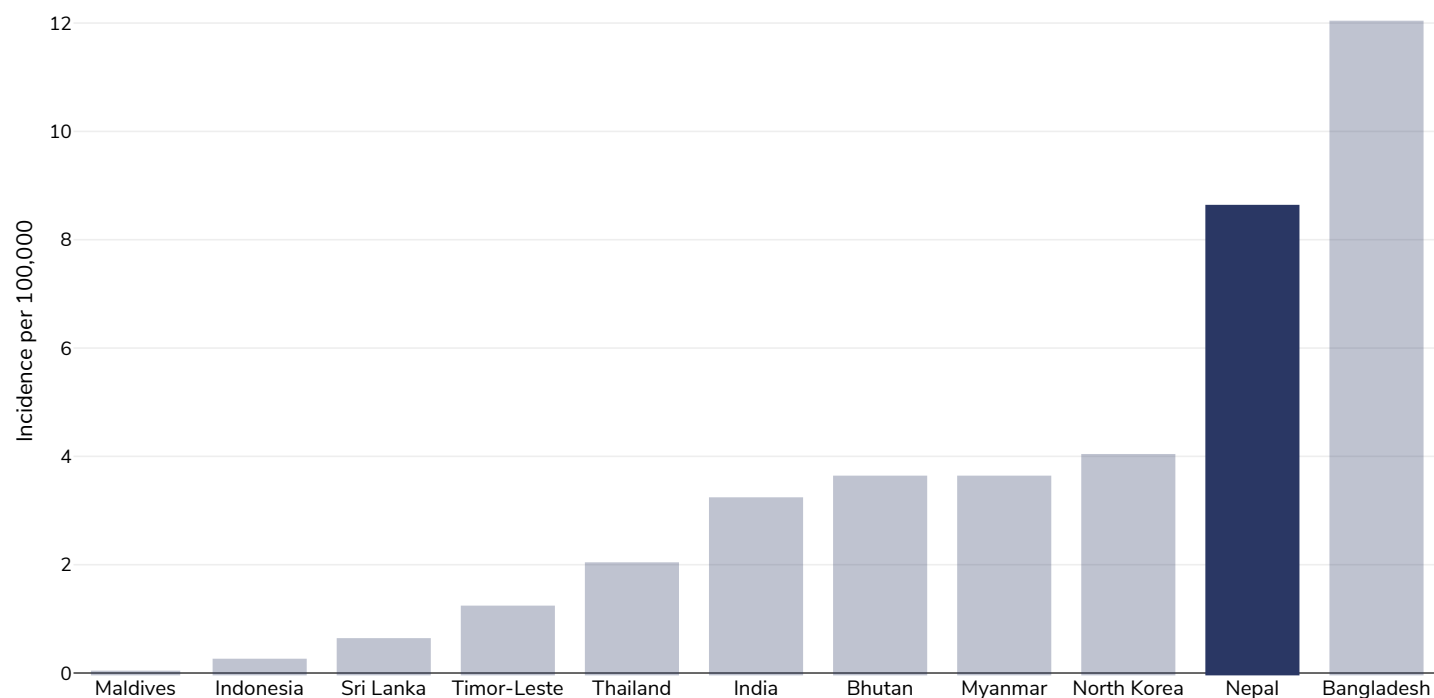
Age: 20+

Area covered: National

References: Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.fr/today>, accessed 10.01.2257

Definitions: Age-standardized incidence rates per 100 000

Women, 2020



Age: 20+

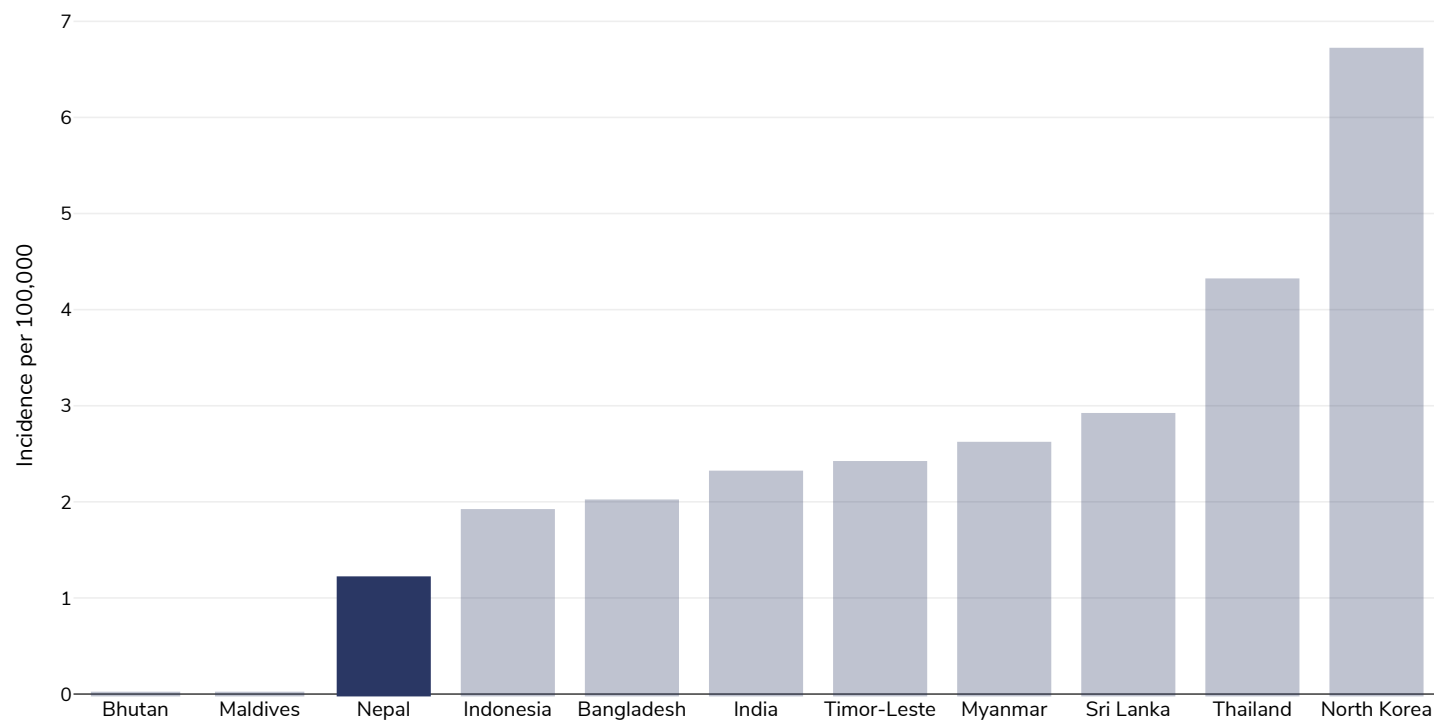
Area covered: National

References: Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.fr/today>, accessed 10.01.2257

Definitions: Age-standardized incidence rates per 100 000

Kidney cancer

Men, 2020



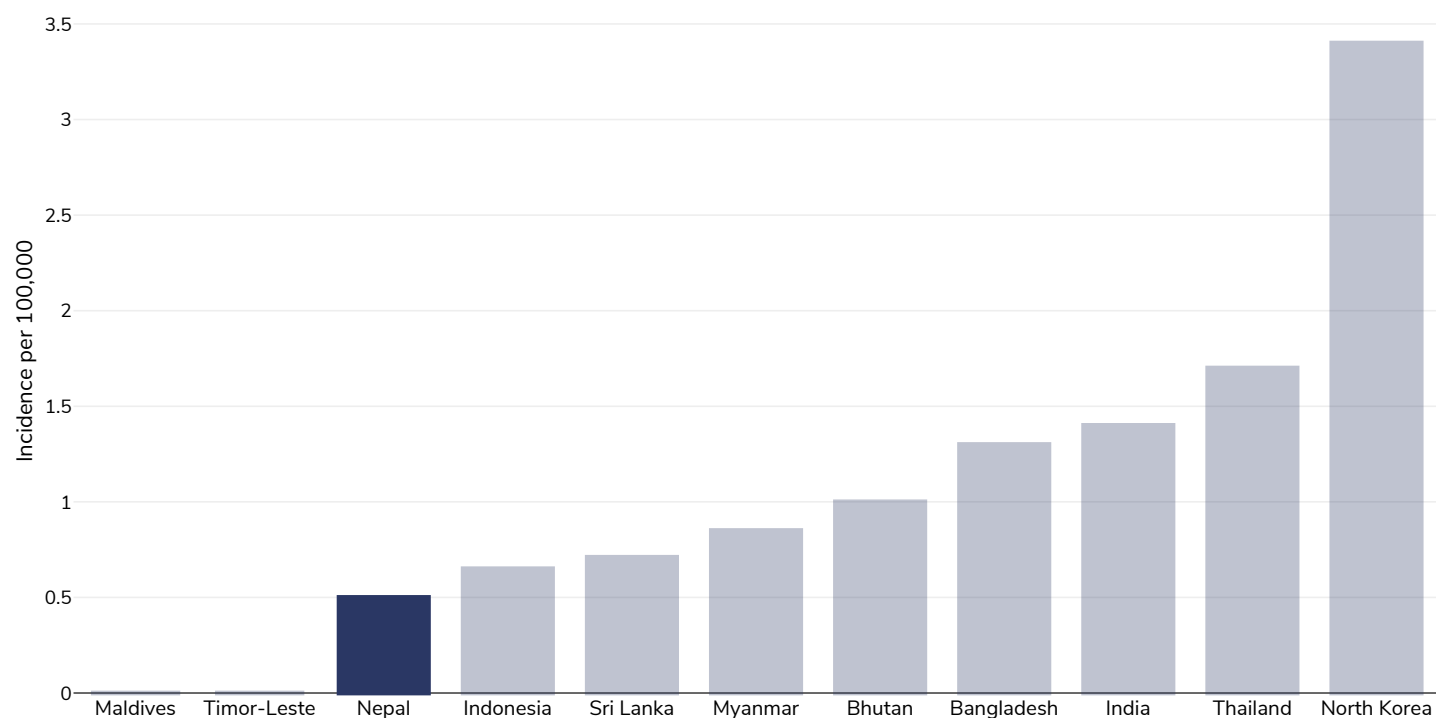
Age: 20+

Area covered: National

References: Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.fr/today>, accessed 10.01.2257

Definitions: Age-standardized incidence rates per 100 000

Women, 2020



Age: 20+

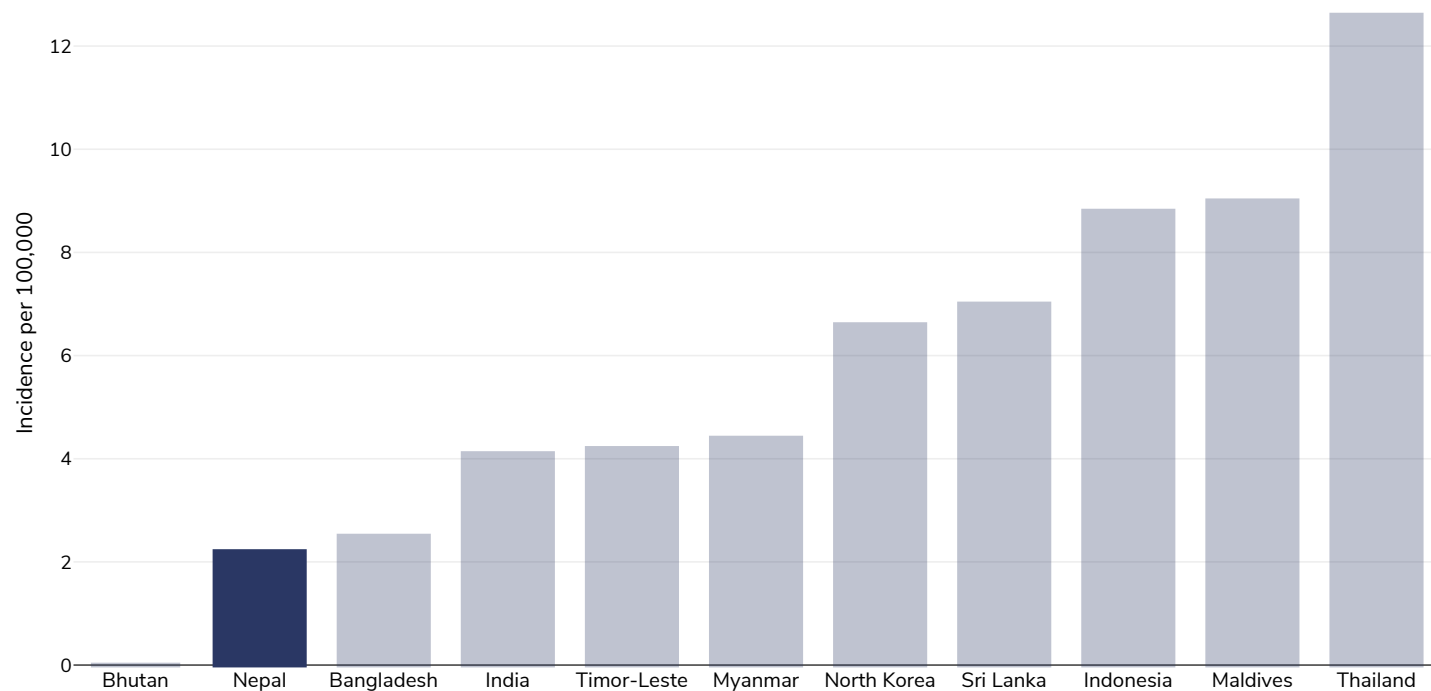
Area covered: National

References: Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.fr/today>, accessed 10.01.2257

Definitions: Age-standardized incidence rates per 100 000

Cancer of the uterus

Women, 2020



Age: 20+

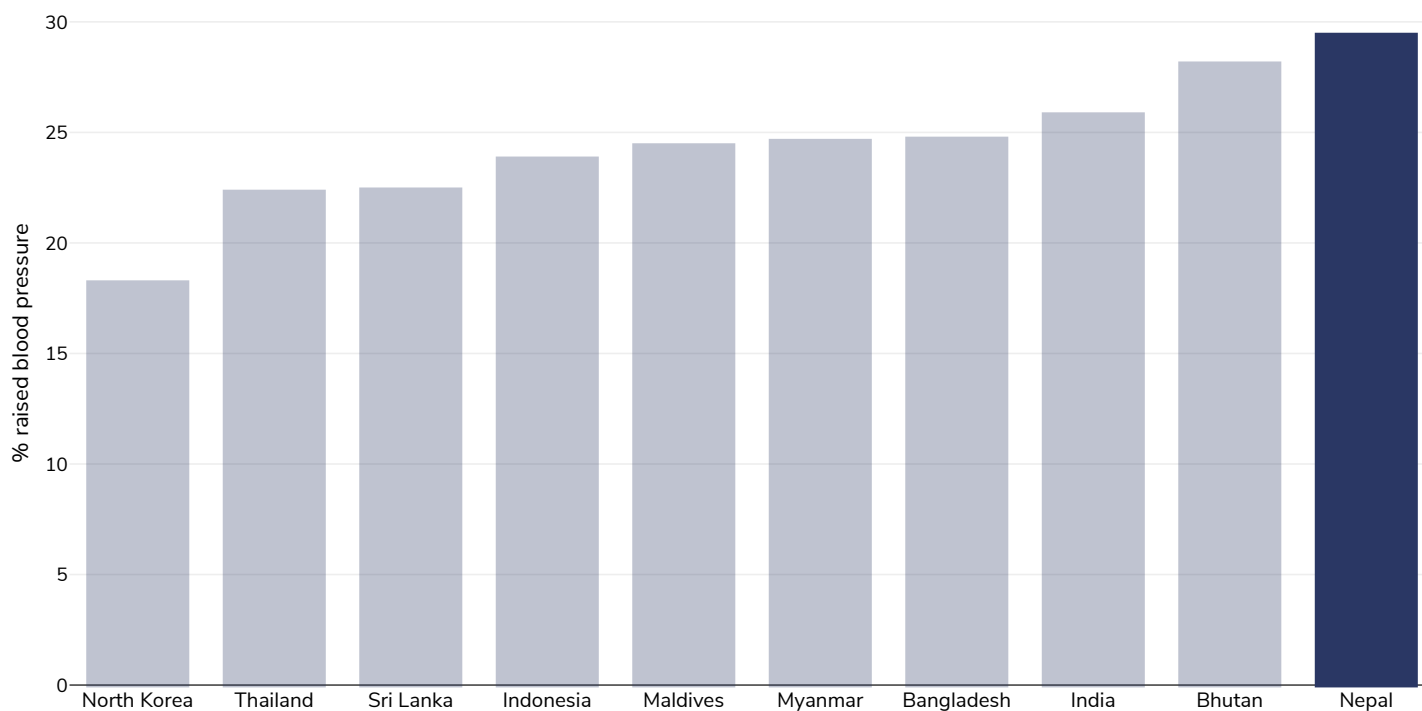
Area covered: National

References: Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.fr/today>, accessed 10.01.2257

Definitions: Age-standardized incidence rates per 100 000

Raised blood pressure

Adults, 2015



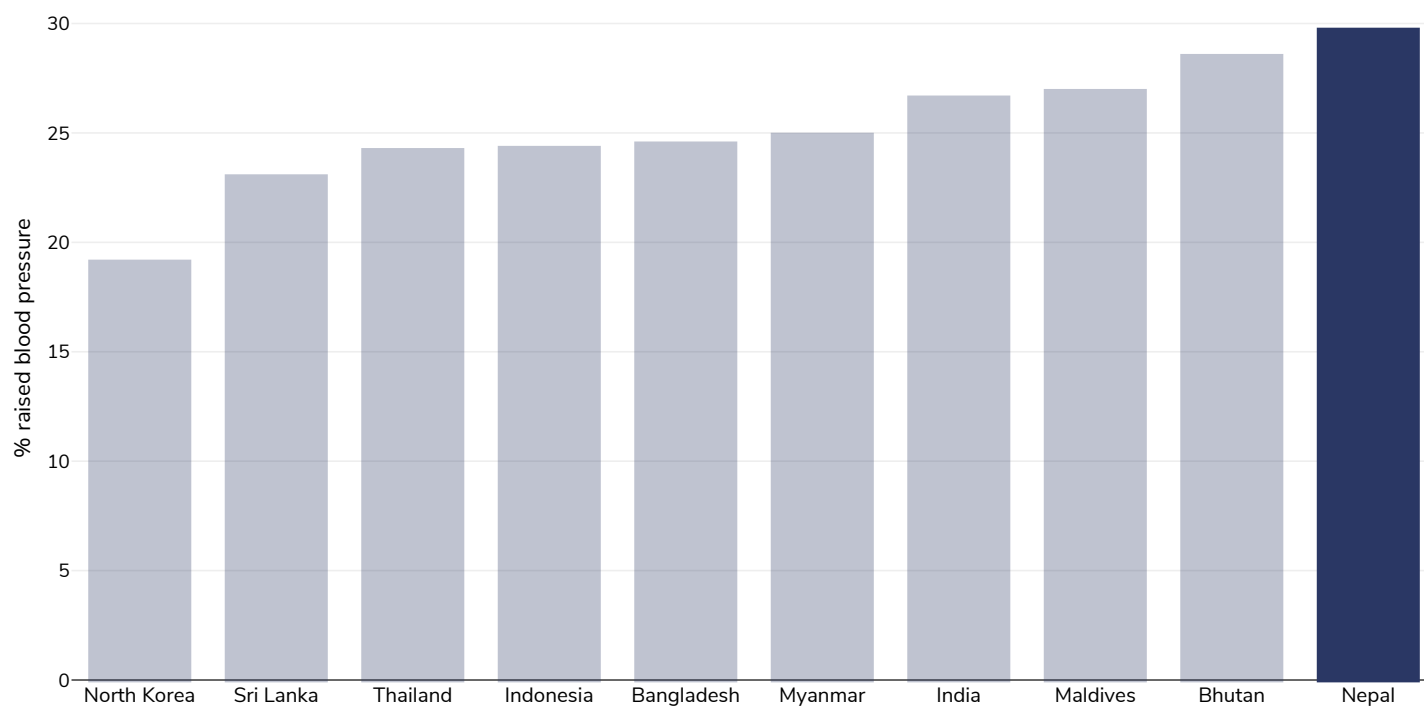
References:

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 \geq 140 OR DBP \geq 90).

Men, 2015



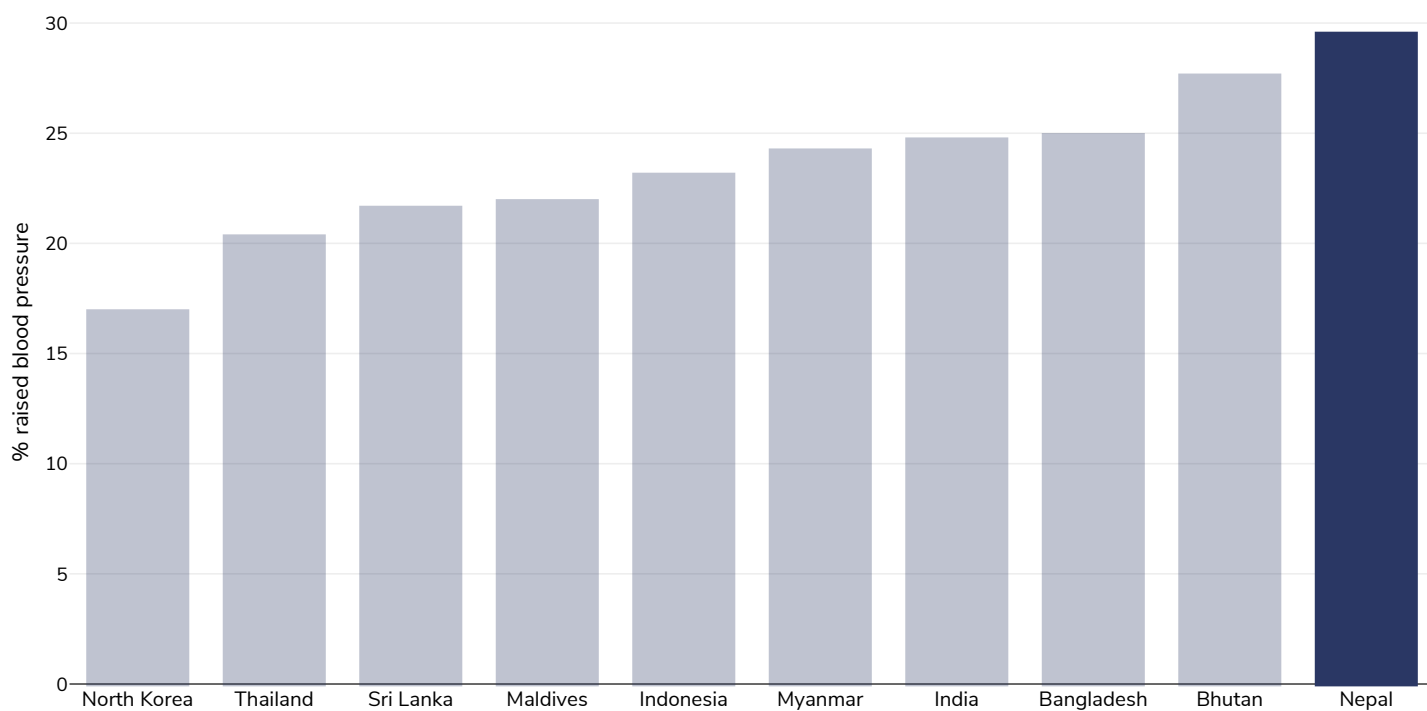
References:

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 \geq 140 OR DBP \geq 90).

Women, 2015



References:

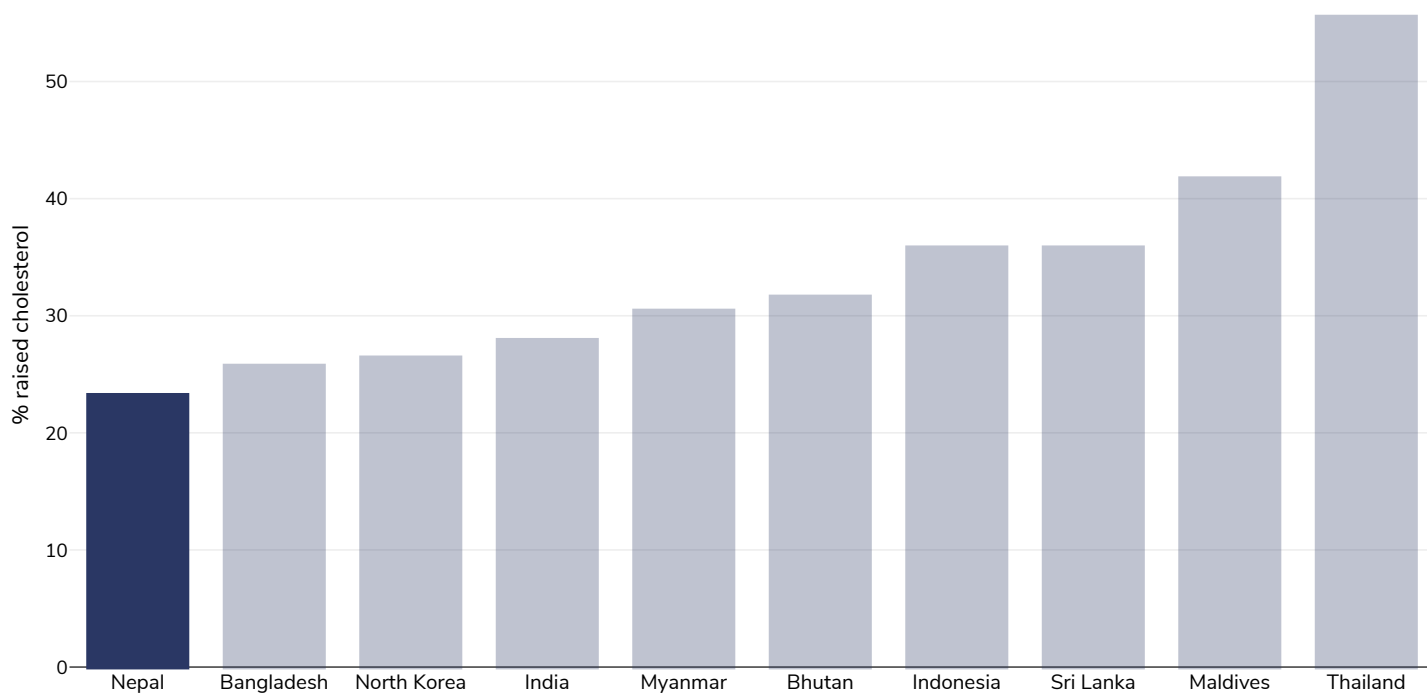
Global Health Observatory data repository, World Health Organisation,
<http://apps.who.int/gho/data/node.main.A875?lang=en>

Definitions:

Age Standardised estimated % Raised blood pressure 2015 (SBP \geq 140 OR DBP \geq 90).

Raised cholesterol

Adults, 2008



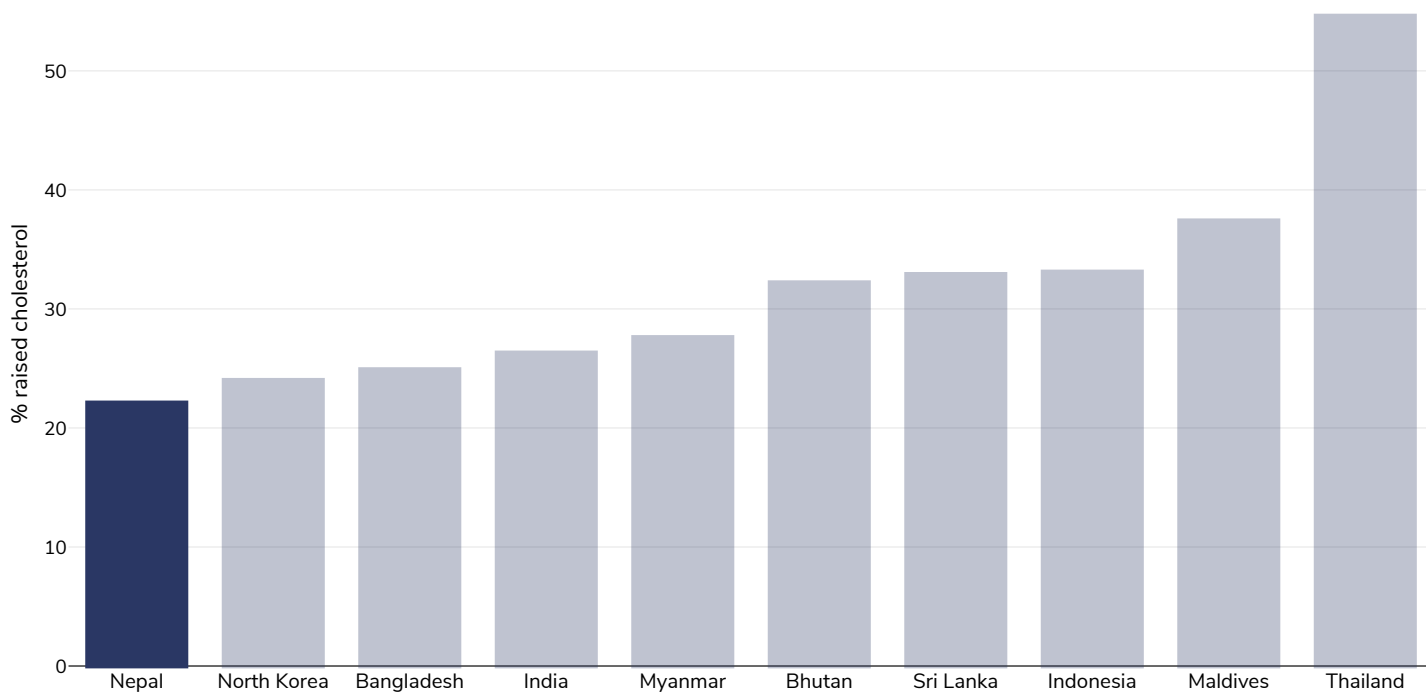
References:

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



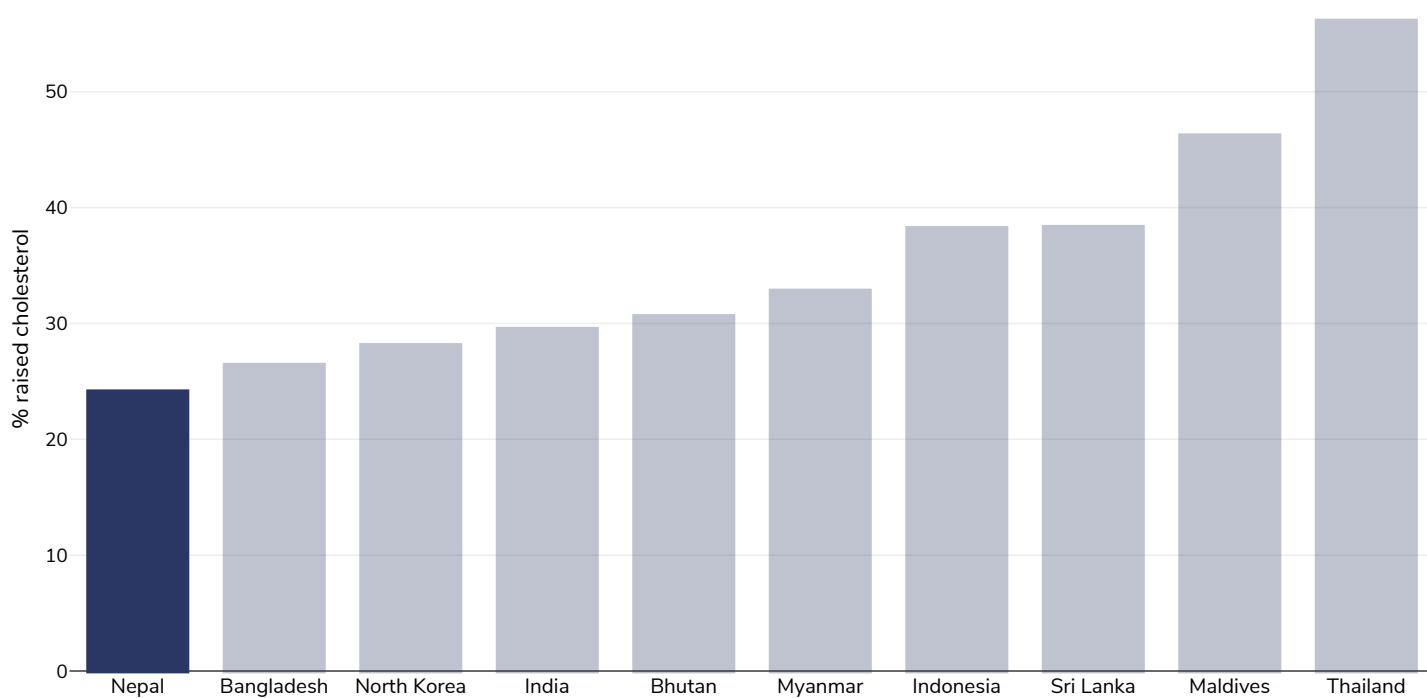
References:

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:

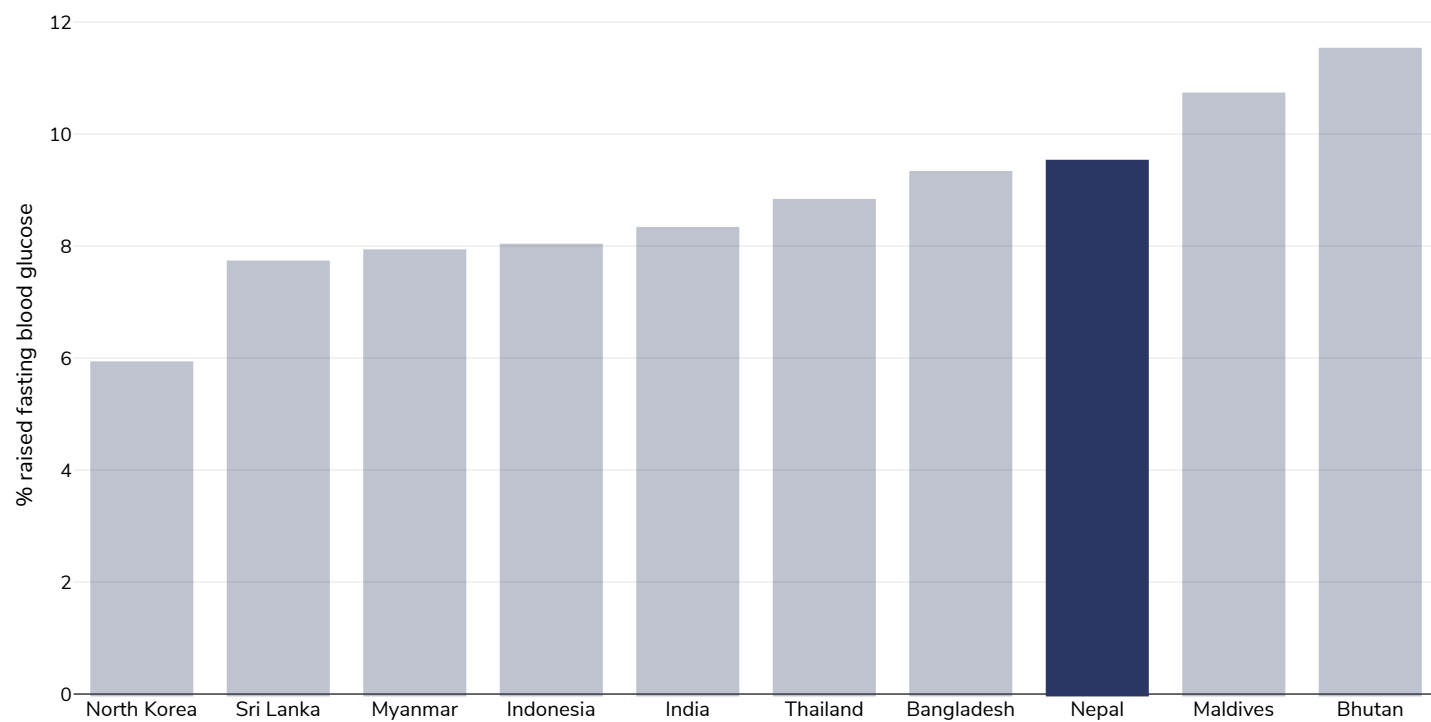
Global Health Observatory data repository, World Health Organisation,
<http://apps.who.int/gho/data/node.main.A885>

Definitions:

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

Raised fasting blood glucose

Men, 2014



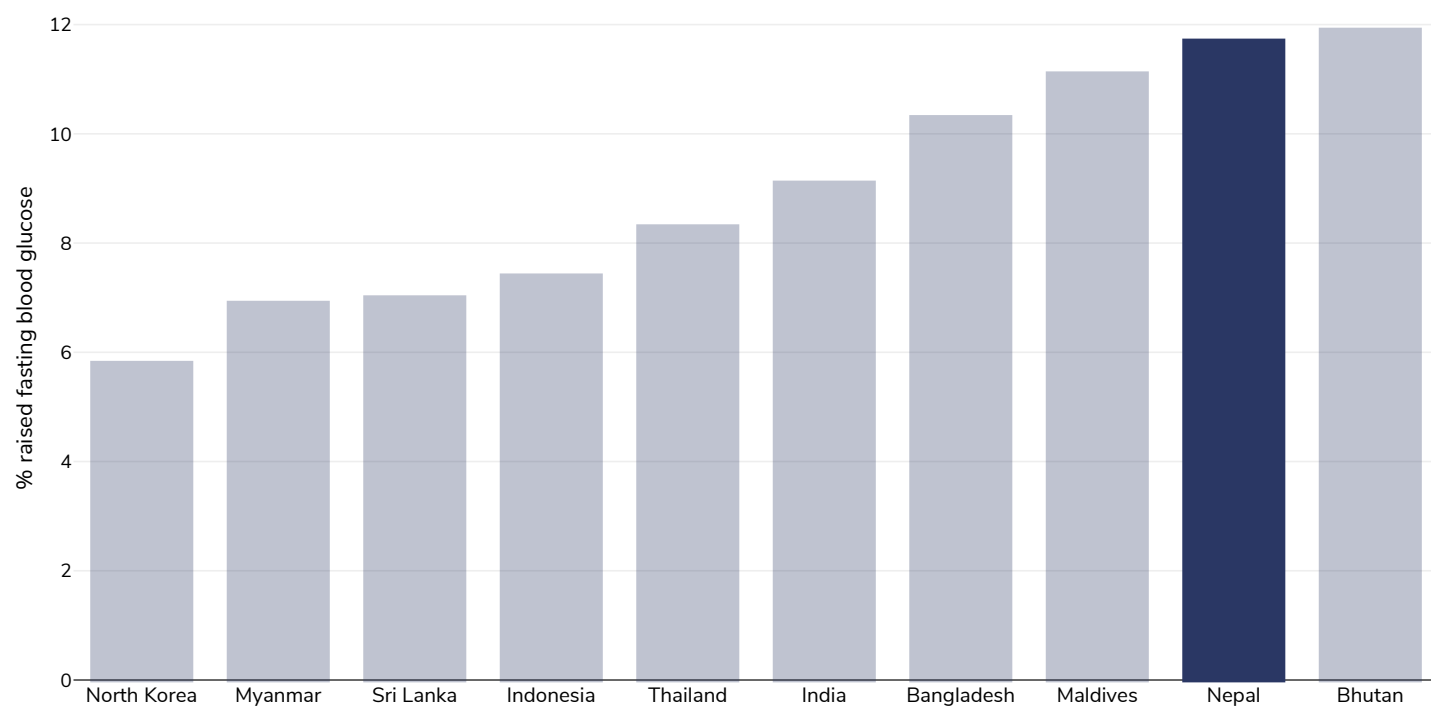
References:

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



References:

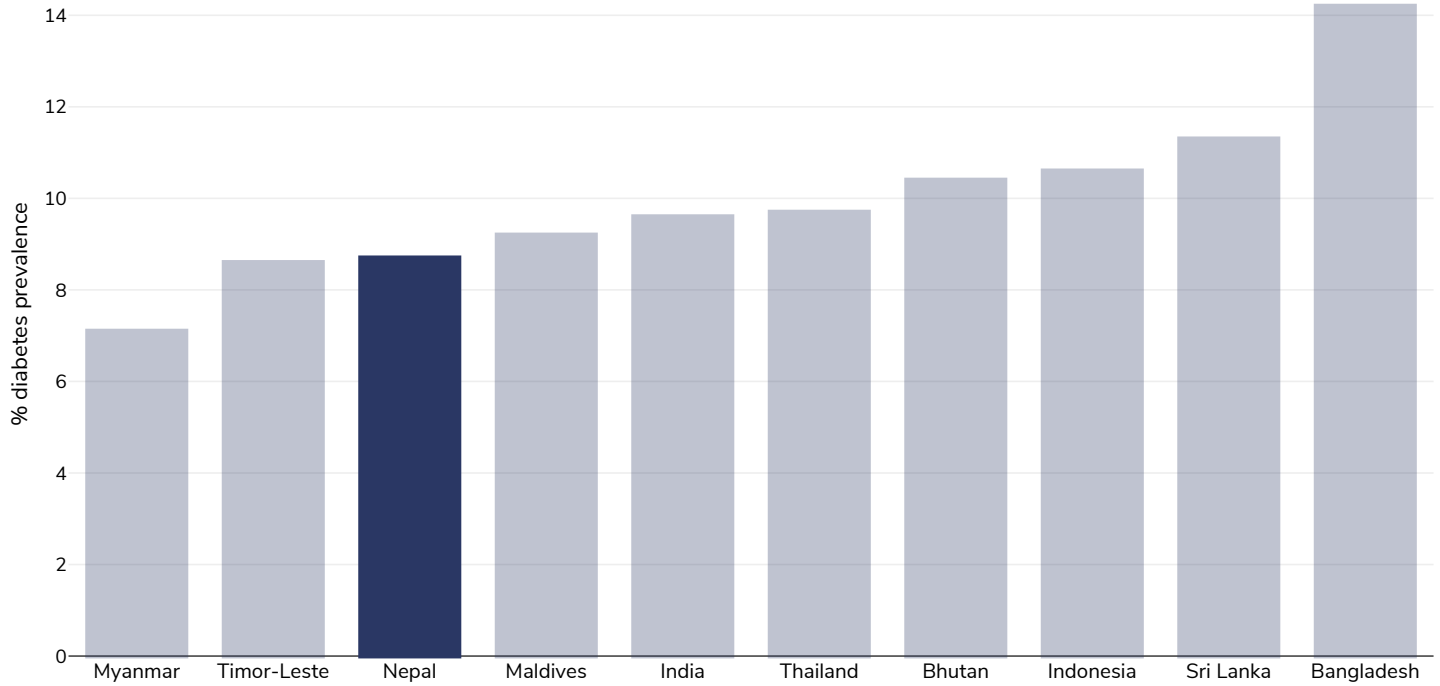
Global Health Observatory data repository, World Health Organisation,
<http://apps.who.int/gho/data/node.main.A869?lang=en>

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, %

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? | X |
| Front-of-package labelling? | X |
| Back-of-pack nutrition declaration? | X |
| Color coding? | X |
| Warning label? | X |



Regulation and marketing

| | |
|---|----------|
| Are there fiscal policies on unhealthy products? | X |
| Tax on unhealthy foods? | X |
| Tax on unhealthy drinks? | X |
| Are there fiscal policies on healthy products? | X |
| Subsidy on fruits? | X |
| Subsidy on vegetables? | X |
| Subsidy on other healthy products? | X |
| Mandatory limit or ban of trans fat (all settings)? | X |
| Mandatory limit of trans fats in place (all settings)? | X |
| Ban on trans-fats or phos in place (all settings)? | X |
| Are there any mandatory policies/marketing restrictions on the promotion of unhealthy food/drinks to children? | X |
| Mandatory restriction on broadcast media? | X |
| Mandatory restriction on non-broadcast media? | X |
| Voluntary policies/marketing restrictions on the promotion of unhealthy food/drinks to children? | X |
| Are there mandatory standards for food in schools? | X |
| Are there any mandatory nutrient limits in any manufactured food products? | X |
| Nutrition standards for public sector procurement? | X |



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
 Present (voluntary)
 Incoming
 Absent
 Unknown

Last updated September 13, 2022

PDF created on May 18, 2024