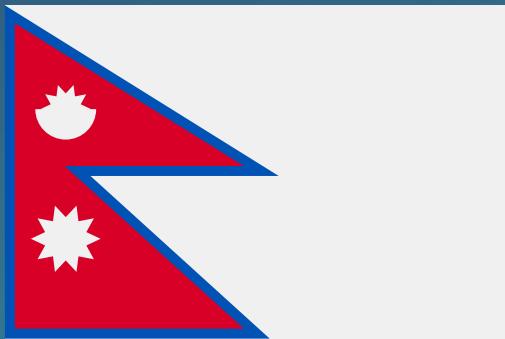




# Nepal



## Country report card - adults

This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity for adults. Where available, data on common and relevant obesity drivers and comorbidities are also presented.

View the latest version of this report on the Global Obesity Observatory at <https://data.worldobesity.org/country/nepal-151/>

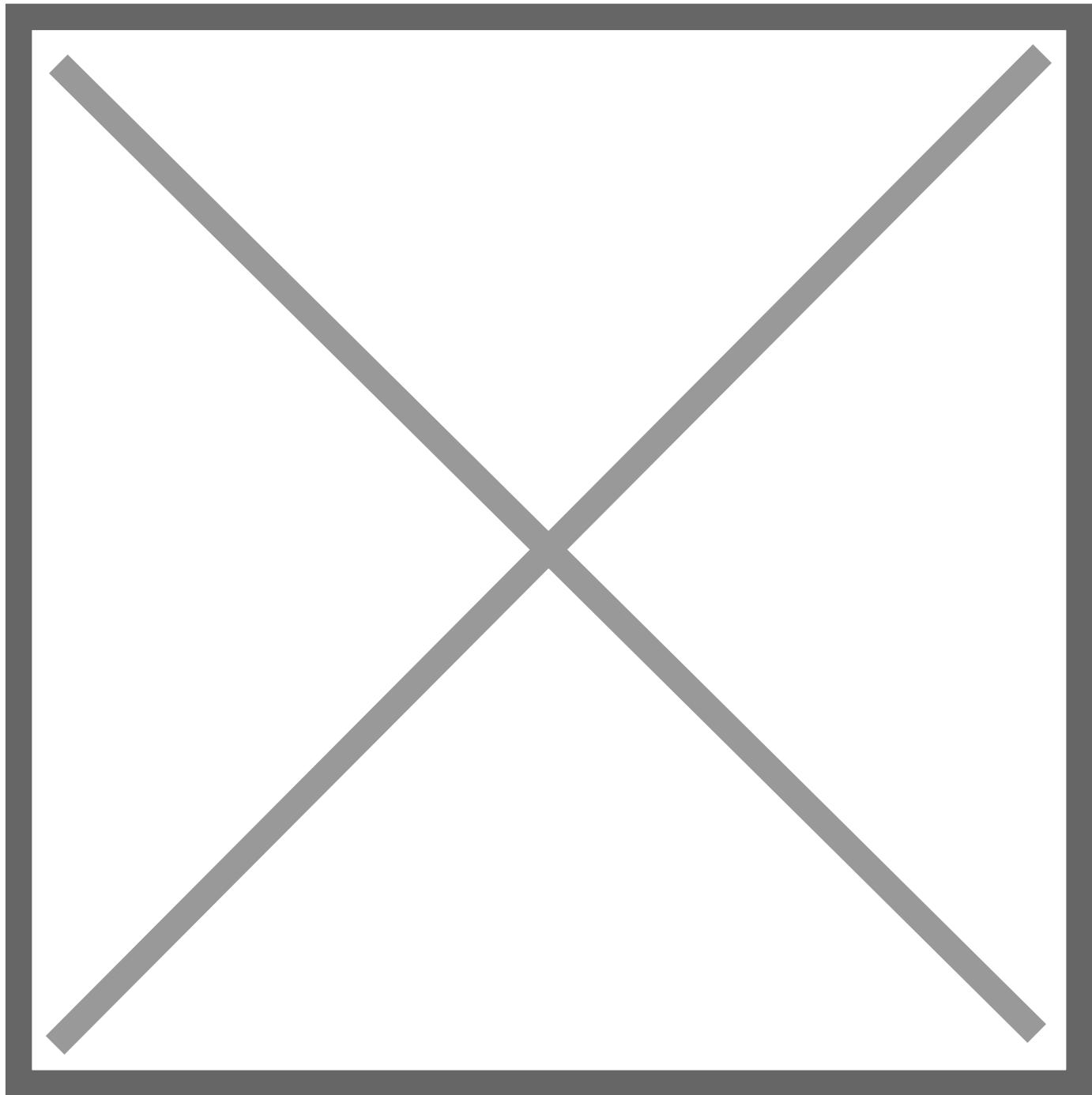
Riesgo nacional de obesidad \***7/10**This is a composite risk score (out of 10, the highest risk) based on obesity prevalence, rate of increase, likelihood of meeting the 2025 target, treatment indicator and childhood stunting levels.

Riesgo de obesidad infantil \***3.5/11**This is a risk score for each country's likelihood of having or acquiring a major childhood obesity problem during the 2020s, taking account of current prevalence levels and risk for future obesity (based on stunting among infants, maternal obesity, maternal smoking, and breastfeeding rates).

\* Basado en datos estimados. Para obtener más información, consulte Publicaciones.

## Prevalencia de obesidad

Adultos, 2022



Tipo de encuesta:	Medido
Edad:	20-49
Tamaño de la muestra:	7117

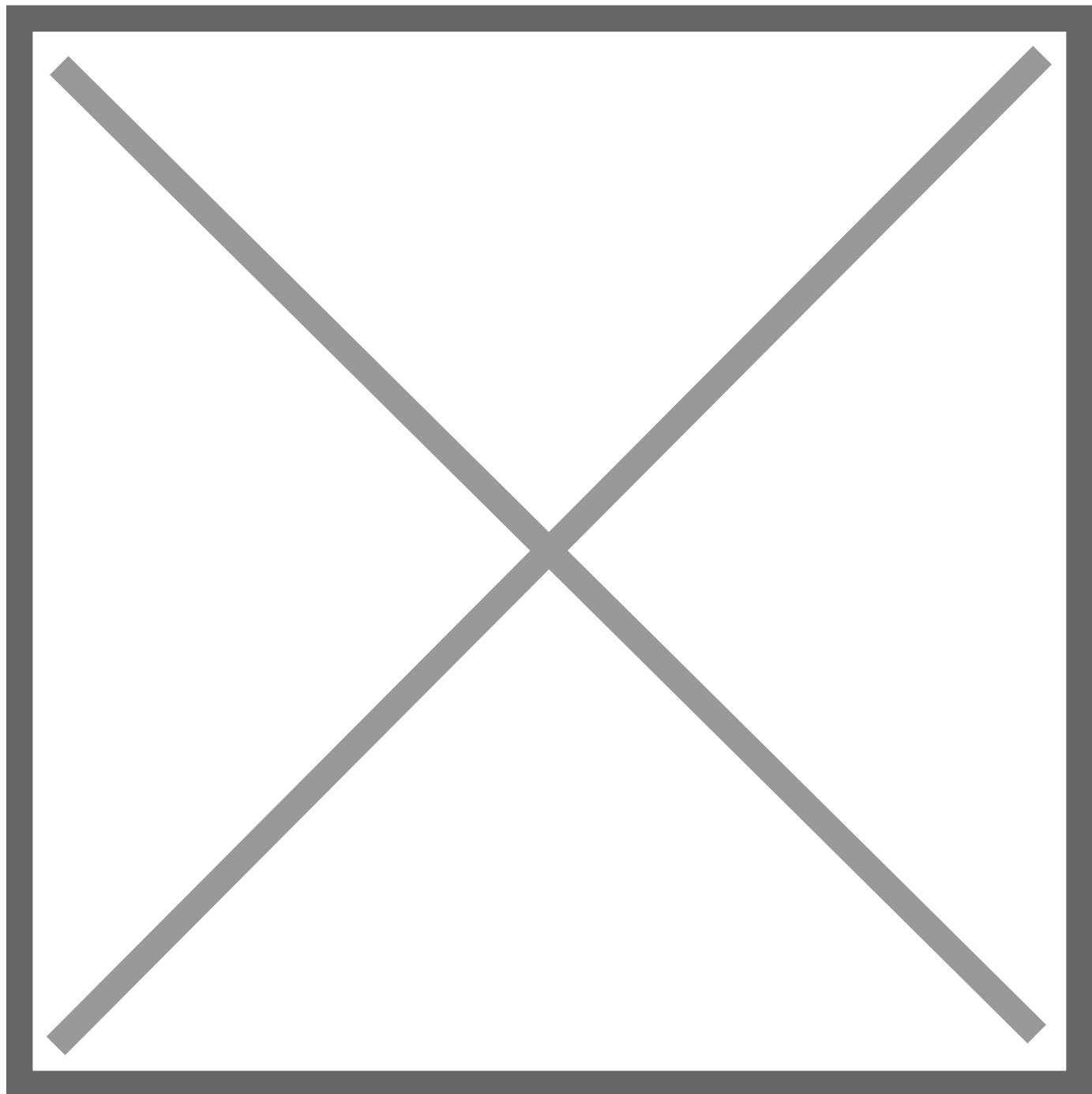
Zona  
abarcada:

Nacional

**Referencias:** 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.

**Notas:** 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)

*A menos que se indique lo contrario, el sobrepeso se refiere a un IMC entre 25 kg y 29,9 kg/m<sup>2</sup> y la obesidad se refiere a un IMC superior a 30 kg/m<sup>2</sup>..*

**% Adults living with obesity in Nepal 1996-2016**

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**Tipo de  
encuesta:****Medido**

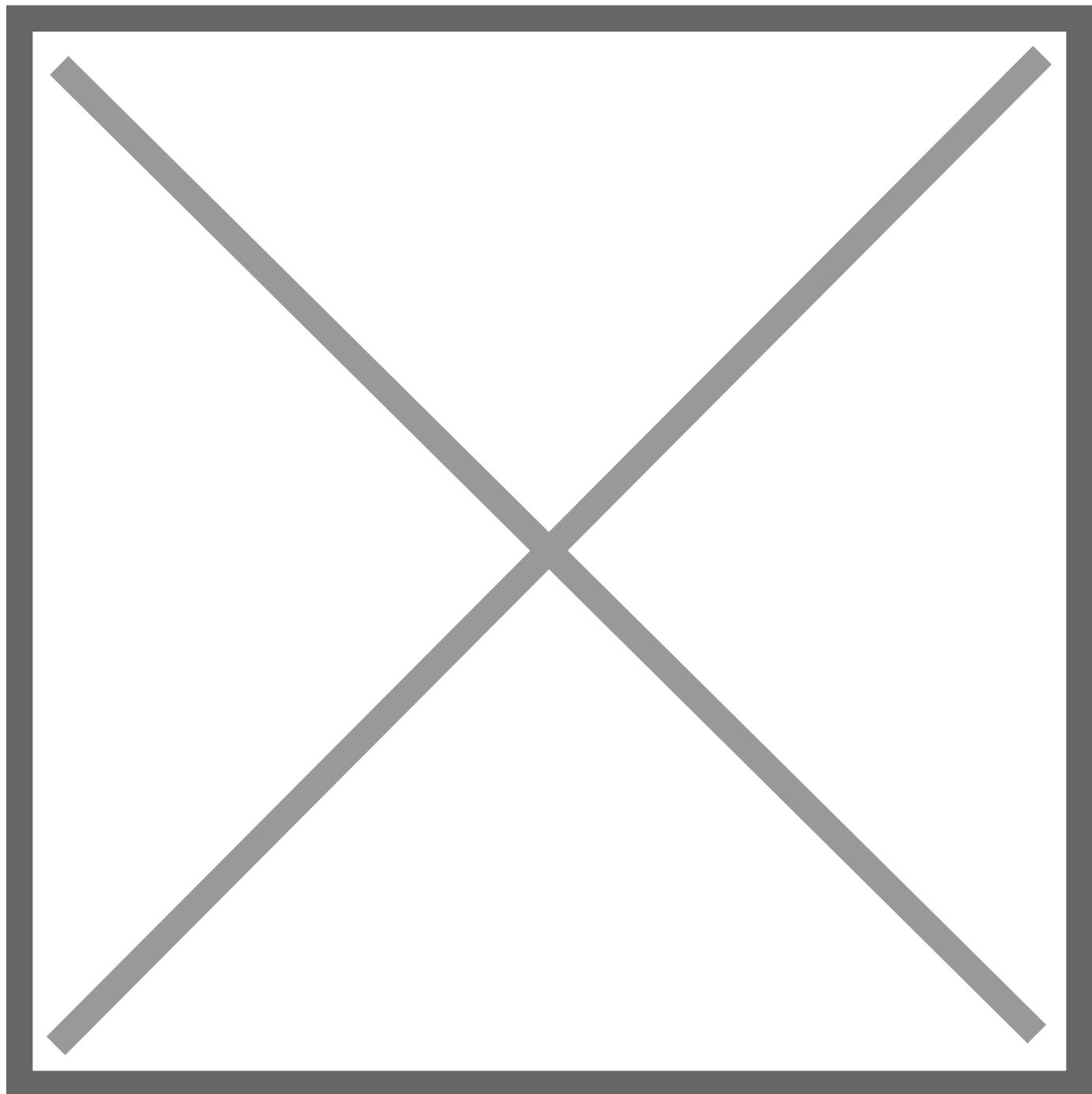
- Referencias:**
- 1996: Martorell R, Khan LK, Hughes ML, Grummer Strawn LM. Obesity in women from developing countries. EJCN (2000) 54;247-252
  - 2001: SCN (2004). 5th Report on the World Nutrition Situation. Nutrition for Improved Development Outcomes. Appendix 11
  - 2006: Ministry of Health and Population - MOHP/Nepal, New ERA/Nepal, and Macro International. 2007. Nepal Demographic and Health Survey 2006. Kathmandu, Nepal: MOHP/Nepal, New ERA/Nepal, and Macro International.
  - 2011: Ministry of Health and Population - MOHP/Nepal, New ERA/Nepal, and ICF International. 2012. Nepal Demographic and Health Survey 2011. Kathmandu, Nepal: MOHP/Nepal, New ERA/Nepal, and ICF International.
  - 2016: Ministry of Health - MOH/Nepal, New ERA/Nepal, and ICF. 2017. Nepal Demographic and Health Survey 2016. Kathmandu, Nepal: MOH/Nepal, New ERA/Nepal, and ICF.

**Notas:**

Adults aged 15-49

*A menos que se indique lo contrario, el sobrepeso se refiere a un IMC entre 25 kg y 29,9 kg/m<sup>2</sup> y la obesidad se refiere a un IMC superior a 30 kg/m<sup>2</sup>.*

*Es posible que se hayan utilizado diferentes metodologías para recopilar estos datos y, por lo tanto, los resultados de las diferentes encuestas no siempre son estrictamente comparables. Consulte las fuentes de datos originales para informarse sobre las metodologías utilizadas.*

**% Adults living with overweight or obesity in Nepal 1996-2016**

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**Tipo de  
encuesta:****Medido**

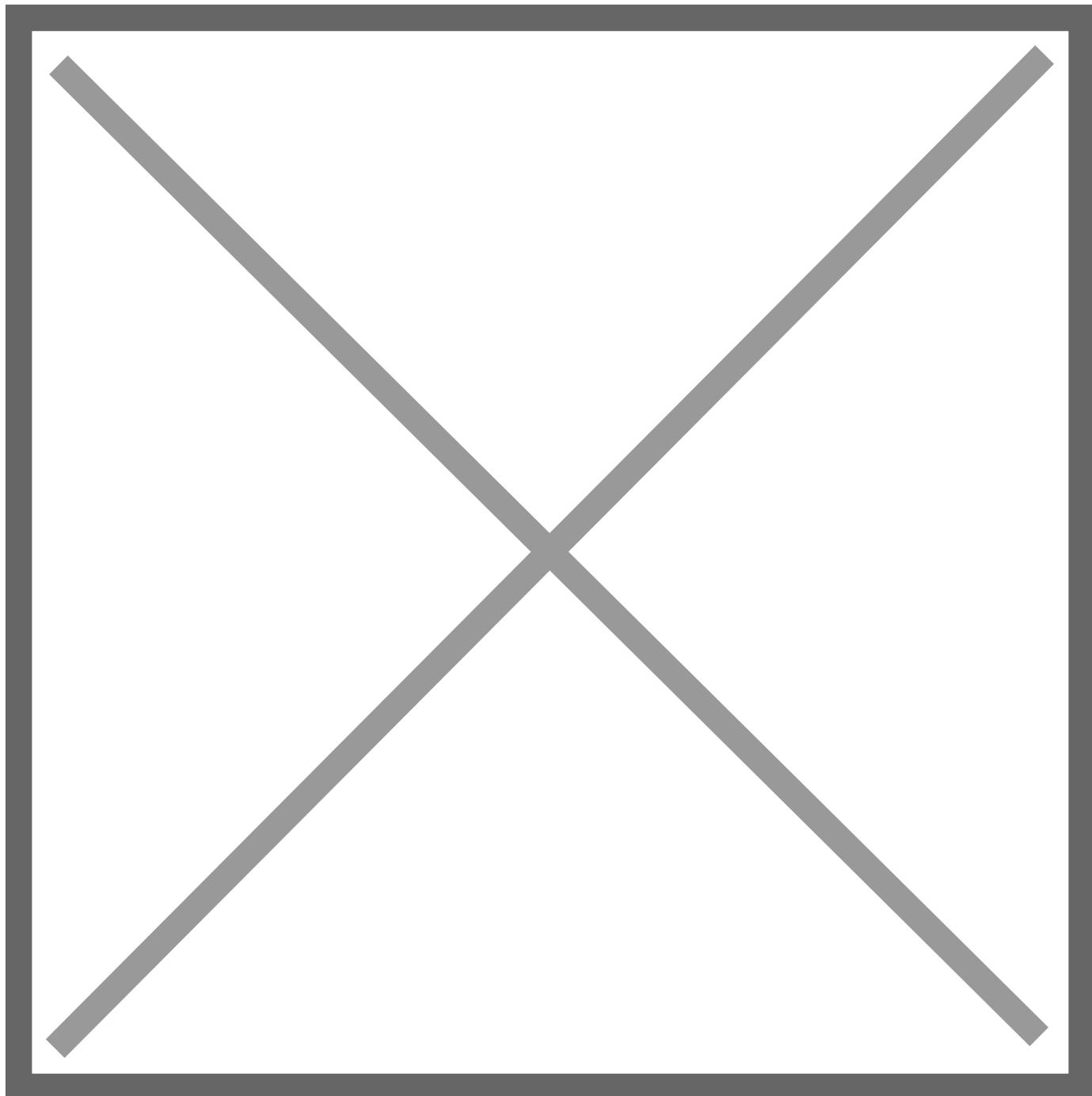
- Referencias:**
- 1996: Martorell R, Khan LK, Hughes ML, Grummer Strawn LM. Obesity in women from developing countries. EJCN (2000) 54;247-252
  - 2001: SCN (2004). 5th Report on the World Nutrition Situation. Nutrition for Improved Development Outcomes. Appendix 11
  - 2006: Ministry of Health and Population - MOHP/Nepal, New ERA/Nepal, and Macro International. 2007. Nepal Demographic and Health Survey 2006. Kathmandu, Nepal: MOHP/Nepal, New ERA/Nepal, and Macro International.
  - 2011: Ministry of Health and Population - MOHP/Nepal, New ERA/Nepal, and ICF International. 2012. Nepal Demographic and Health Survey 2011. Kathmandu, Nepal: MOHP/Nepal, New ERA/Nepal, and ICF International.
  - 2016: Ministry of Health - MOH/Nepal, New ERA/Nepal, and ICF. 2017. Nepal Demographic and Health Survey 2016. Kathmandu, Nepal: MOH/Nepal, New ERA/Nepal, and ICF.

**Notas:**

Adults aged 15-49

*A menos que se indique lo contrario, el sobrepeso se refiere a un IMC entre 25 kg y 29,9 kg/m<sup>2</sup> y la obesidad se refiere a un IMC superior a 30 kg/m<sup>2</sup>.*

*Es posible que se hayan utilizado diferentes metodologías para recopilar estos datos y, por lo tanto, los resultados de las diferentes encuestas no siempre son estrictamente comparables. Consulte las fuentes de datos originales para informarse sobre las metodologías utilizadas.*

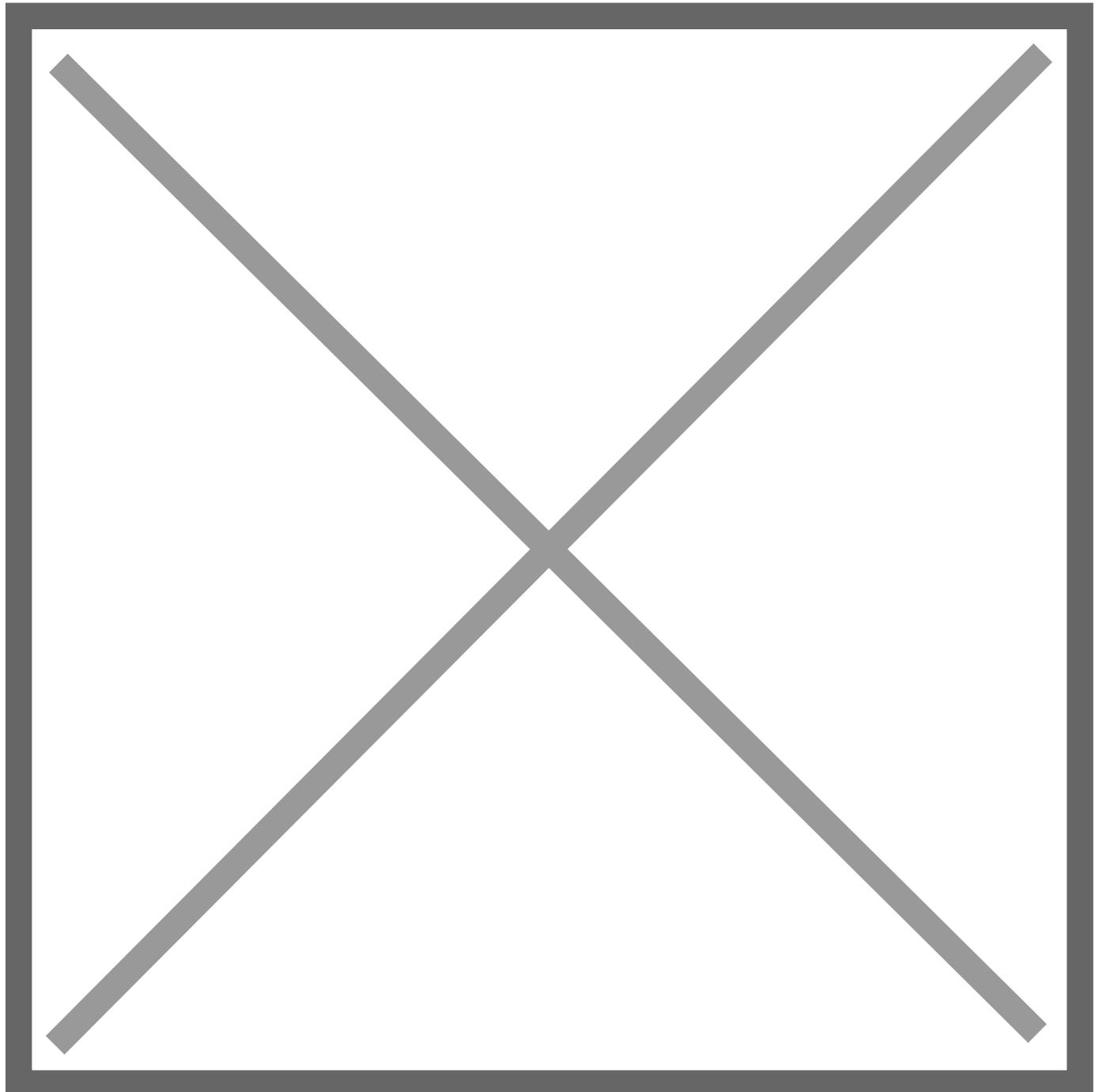
**% Adults living with obesity in selected countries in the Asia/Oceania Region 1975-2019, países seleccionados****Hombres**

**Referencias:**

- 1976, 1981, 1986: Yoshiike N, Seino F, Tajima S, Arai Y, Kawano M, Furuhata T, Inoue S. Twenty-year changes in the prevalence of overweight in Japanese adults: The National Nutrition Survey 1976-95. *Obesity Reviews* 2002;3:183-190
- 1993, 2005, 2013: Chang HC, Yang HC, Chang HY, et al. Morbid obesity in Taiwan: Prevalence, trends, associated social demographics, and lifestyle factors. *PLoS One*. 2017;12(2):e0169577. Published 2017 Feb 2. doi:10.1371/journal.pone.0169577
- 1995, 1996: Martorell R, Khan LK, Hughes ML, Grummer Strawn LM. Obesity in women from developing countries. *EJCN* (2000) 54;247-252
- 1998: Colaguir S, Colagiuri R, Na'ati S, Muimuiheata S, Hussain Z and Palau T. (2002). The prevalence of diabetes in the Kingdom of Tonga. *Diabetes care*, 25: 1378 - 1383.
- 2000: Asia Pacific Cohort Studies Collaboration. The burden of overweight and obesity in the Asia-Pacific region. *Obesity Reviews* 2007;8:191-196.
- 2001: SCN (2004). 5th Report on the World Nutrition Situation. Nutrition for Improved Development Outcomes. Appendix 11
- 2002: Report of the 2002 China National Nutrition and Health Survey. 2004. (In Chinese). Chinese Ministry of Public Health (CMPH).
- 2003: <http://www.fnri.dost.gov.ph/files/fnri%20files/nns/factsandfigures2003/anthropometric.pdf> (last accessed June 14th 2011)
- 2004: Tonga STEPS Survey 2004
- 2006: Gerritsen S, Stefanogiannis N, Galloway Y, Devlin M, Templaton R and Yeh L. A portrait of health: key results of the 2006/07 New Zealand Health Survey.
- 2007: Australian Bureau of Statistics (ABS). National Health Survey: Summary of results. Canberra, Australia, ABS, 2009. WHO Global InfoBase reference:102910
- 2008: Food and Nutrition Research Institute-Department of Science and Technology (FNRI-DOST). 2010. Philippine Nutrition Facts and Figures 2008. DOST Complex, FNRI Bldg., Bicutan, Taguig City, Metro Manila, Philippines.
- 2009: Yan, S., Li, J., Li, S., Zhang, B., Du, S., Gordon-Larsen, P., Adair, L. and Popkin, B. (2012), The expanding burden of cardiometabolic risk in China: the China Health and Nutrition Survey. *Obesity Reviews*. doi: 10.1111/j.1467-789X.2012.01016.x
- 2011: National Institute of Population Research and Training - NIPORT/Bangladesh, Mitra and Associates/Bangladesh, and ICF International. 2013. Bangladesh Demographic and Health Survey 2011. Dhaka, Bangladesh: NIPORT, Mitra and Associates, and ICF International.
- 2012: New Zealand Health Survey. <https://www.health.govt.nz/publication/annual-update-key-results-2018-19-new-zealand-health-survey> (last accessed 14.07.20)
- 2014: National Institute of Population Research and Training - NIPORT/Bangladesh, Mitra and Associates, and ICF International. 2016. Bangladesh Demographic and Health Survey 2014. Dhaka, Bangladesh: NIPORT, Mitra and Associates, and ICF International.. <http://www.dhsprogram.com/publications/publication-FR311-DHS-Final-Reports.cfm> (last accessed 11th April 2016)
- 2015: Institute for Public Health (IPH) 2015. National Health and Morbidity Survey 2015 (NHMS 2015). Vol. II: Non-Communicable Diseases, Risk Factors & Other Health Problems; 2015.
- 2016: Ministry of Health - MOH/Nepal, New ERA/Nepal, and ICF. 2017. Nepal Demographic and Health Survey 2016. Kathmandu, Nepal: MOH/Nepal, New ERA/Nepal, and ICF.
- 2017: Tonga STEPS Survey 2017 <https://extranet.who.int/ncdsmicrodata/index.php/catalog/713> (Last accessed 13.10.20)
- 2018: New Zealand Health Survey 2018-19. New Zealand Ministry of Health ([https://minhealthnz.shinyapps.io/nz-health-survey-2018-19-annual-data-explorer/\\_w\\_b396d161/#/](https://minhealthnz.shinyapps.io/nz-health-survey-2018-19-annual-data-explorer/_w_b396d161/#/)!key-indicators accessed 14.11.19)
- 2019: Institute for Public Health (IPH), National Institutes of Health, Ministry of Health Malaysia. 2020. National Health and Morbidity Survey (NHMS) 2019: Vol. I: NCDs – Non-Communicable Diseases: Risk Factors and other Health Problems 2020: Annual Update of New Zealand Health Survey 2020/2021 available at <https://www.health.govt.nz/publication/annual-update-key-results-2020-21-new-zealand-health-survey> Accessed 08.11.21.
- 2021: Department of Science and Technology - Food and Nutrition Research Institute (DOST-FNRI). 2024. Philippine Nutrition Facts and Figures: 2021 Expanded National Nutrition Survey (ENNS). FNRI Bldg., DOST Compound, Gen. Santos Avenue, Bicutan, Taguig City, Metro Manila, Philippines. <https://enutrition.fnri.dost.gov.ph/facts-and-figures.php?year=2021> [Accessed 14.07.25]
- 2022: Australian National Health Survey 2022-2023. <https://www.abs.gov.au/statistics/health/health-conditions-and-risks/waist-circumference-and-bmi/2022#body-mass-index-bmi-> (Accessed 03.01.2024)
- 2023: Institute for Public Health (IKU). National Health and Morbidity Survey (NHMS) 2023: Non-Communicable Diseases and Healthcare Demand: Technical Report; 2024. Available at <https://iku.nih.gov.my/nhms-2023> (last accessed 04.02.25)

*Es posible que se hayan utilizado diferentes metodologías para recopilar estos datos y, por lo tanto, los resultados de las diferentes encuestas no siempre son estrictamente comparables. Consulte las fuentes de datos originales para informarse sobre las metodologías utilizadas.*

## Mujeres



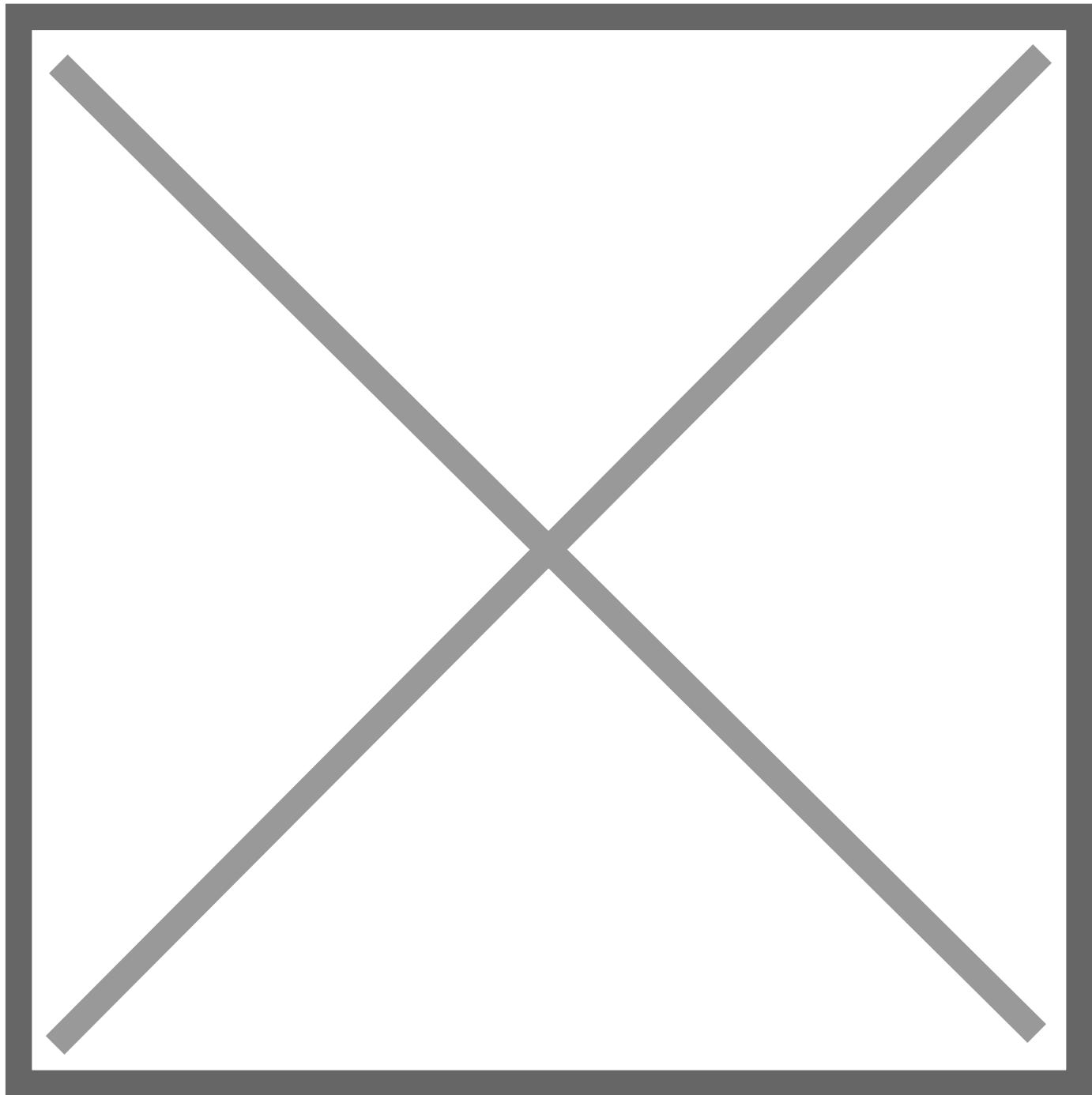
**Referencias:**

- 1976, 1981, 1986: Yoshiike N, Seino F, Tajima S, Arai Y, Kawano M, Furuhata T, Inoue S. Twenty-year changes in the prevalence of overweight in Japanese adults: The National Nutrition Survey 1976-95. *Obesity Reviews* 2002;3:183-190
- 1993, 2005, 2013: Chang HC, Yang HC, Chang HY, et al. Morbid obesity in Taiwan: Prevalence, trends, associated social demographics, and lifestyle factors. *PLoS One*. 2017;12(2):e0169577. Published 2017 Feb 2. doi:10.1371/journal.pone.0169577
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- 2006: Gerritsen S, Stefanogiannis N, Galloway Y, Devlin M, Templaton R and Yeh L. A portrait of health: key results of the 2006/07 New Zealand Health Survey.
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- 2009: Yan, S., Li, J., Li, S., Zhang, B., Du, S., Gordon-Larsen, P., Adair, L. and Popkin, B. (2012), The expanding burden of cardiometabolic risk in China: the China Health and Nutrition Survey. *Obesity Reviews*. doi: 10.1111/j.1467-789X.2012.01016.x
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- 2018: New Zealand Health Survey 2018-19. New Zealand Ministry of Health ([https://minhealthnz.shinyapps.io/nz-health-survey-2018-19-annual-data-explorer/\\_w\\_b396d161/#/](https://minhealthnz.shinyapps.io/nz-health-survey-2018-19-annual-data-explorer/_w_b396d161/#/)!key-indicators accessed 14.11.19)
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- 2021: Department of Science and Technology - Food and Nutrition Research Institute (DOST-FNRI). 2024. Philippine Nutrition Facts and Figures: 2021 Expanded National Nutrition Survey (ENNS). FNRI Bldg., DOST Compound, Gen. Santos Avenue, Bicutan, Taguig City, Metro Manila, Philippines. <https://enutrition.fnri.dost.gov.ph/facts-and-figures.php?year=2021> [Accessed 14.07.25]
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## Sobrepeso/obesidad segÃ³n nivel de estudios

Hombres, 2022



Tipo de encuesta:	Medido
Edad:	20-49
TamaÃ±o de la muestra:	7117

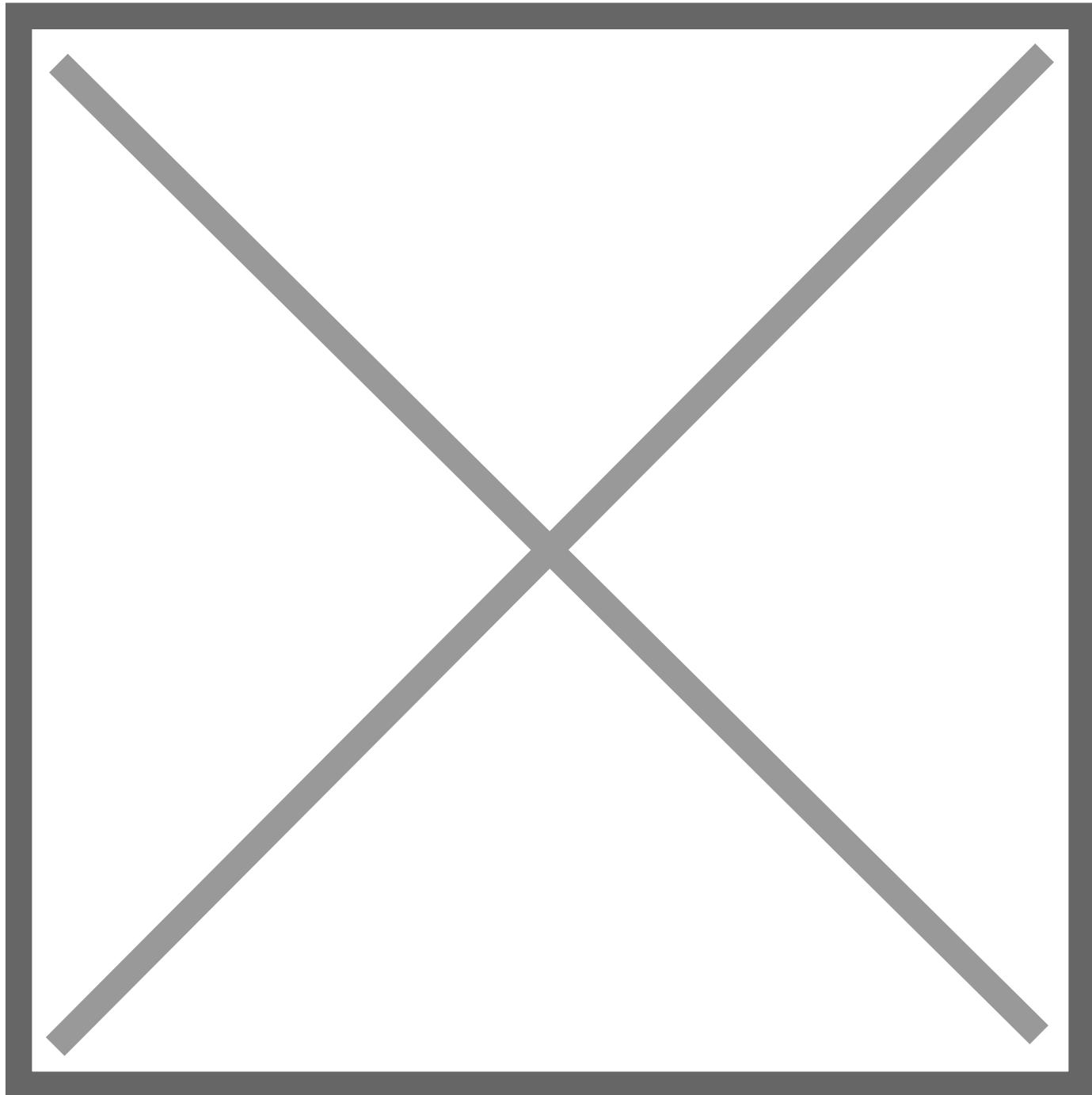
**Zona abarcada:**

Nacional

**Referencias:** 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.**Notas:**

5750 Women and 1367 Men

*A menos que se indique lo contrario, el sobrepeso se refiere a un IMC entre 25 kg y 29,9 kg/m<sup>2</sup> y la obesidad se refiere a un IMC superior a 30 kg/m<sup>2</sup>.*

**Mujeres, 2022**

Tipo de encuesta:	Medido
Edad:	20-49
Tamaño de la muestra:	7117
Zona abarcada:	Nacional

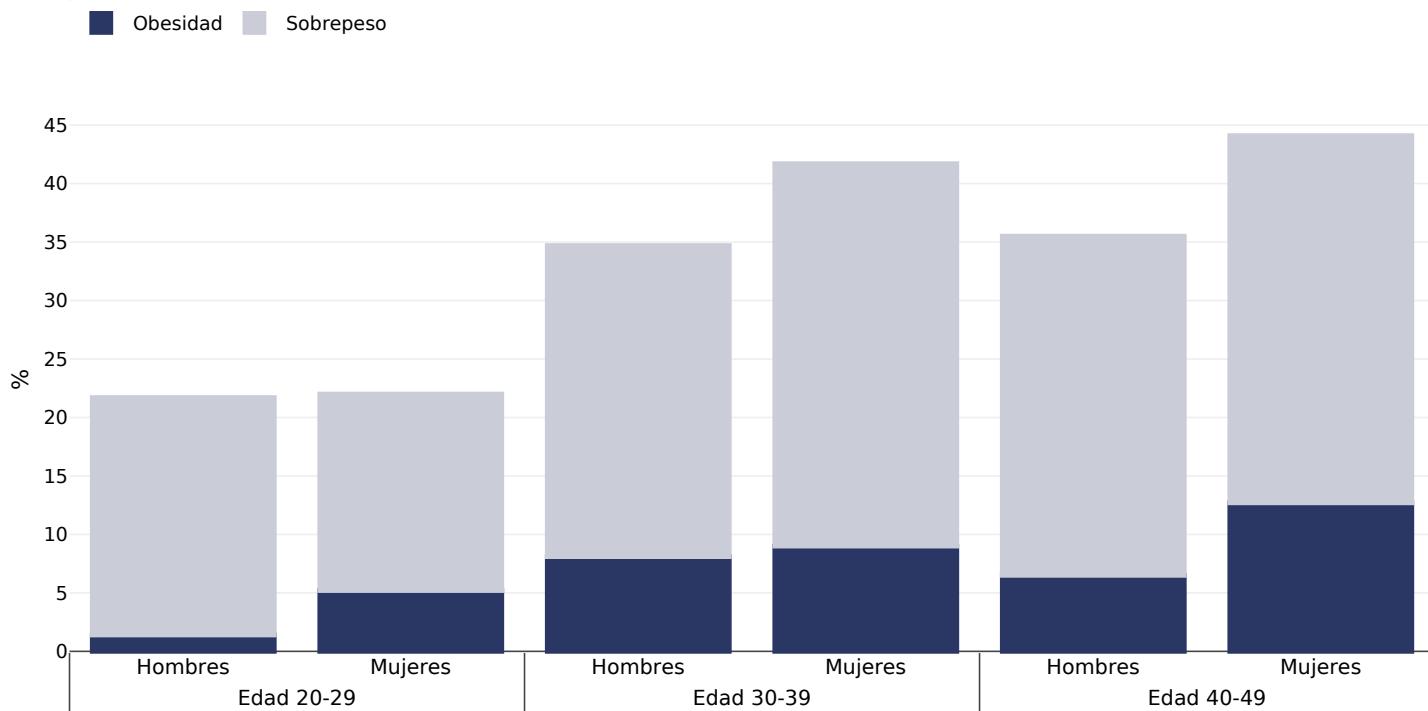
**Referencias:** Ministry of Health and Population, Nepal; New ERA; and ICF. 2022. Nepal Demographic and Health Survey 2022: Key Indicators Report. Kathmandu, Nepal: Ministry of Health and Population, Nepal.

**Notas:** 5750 Women and 1367 Men

*A menos que se indique lo contrario, el sobrepeso se refiere a un IMC entre 25 kg y 29,9 kg/m<sup>2</sup> y la obesidad se refiere a un IMC superior a 30 kg/m<sup>2</sup>.*

## Sobrepeso/obesidad por edad

**Adultos, 2022**



**Tipo de encuesta:**

Medido

**Tamaño de la muestra:**

7117

**Zona abarcada:**

Nacional

**Referencias:** 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.

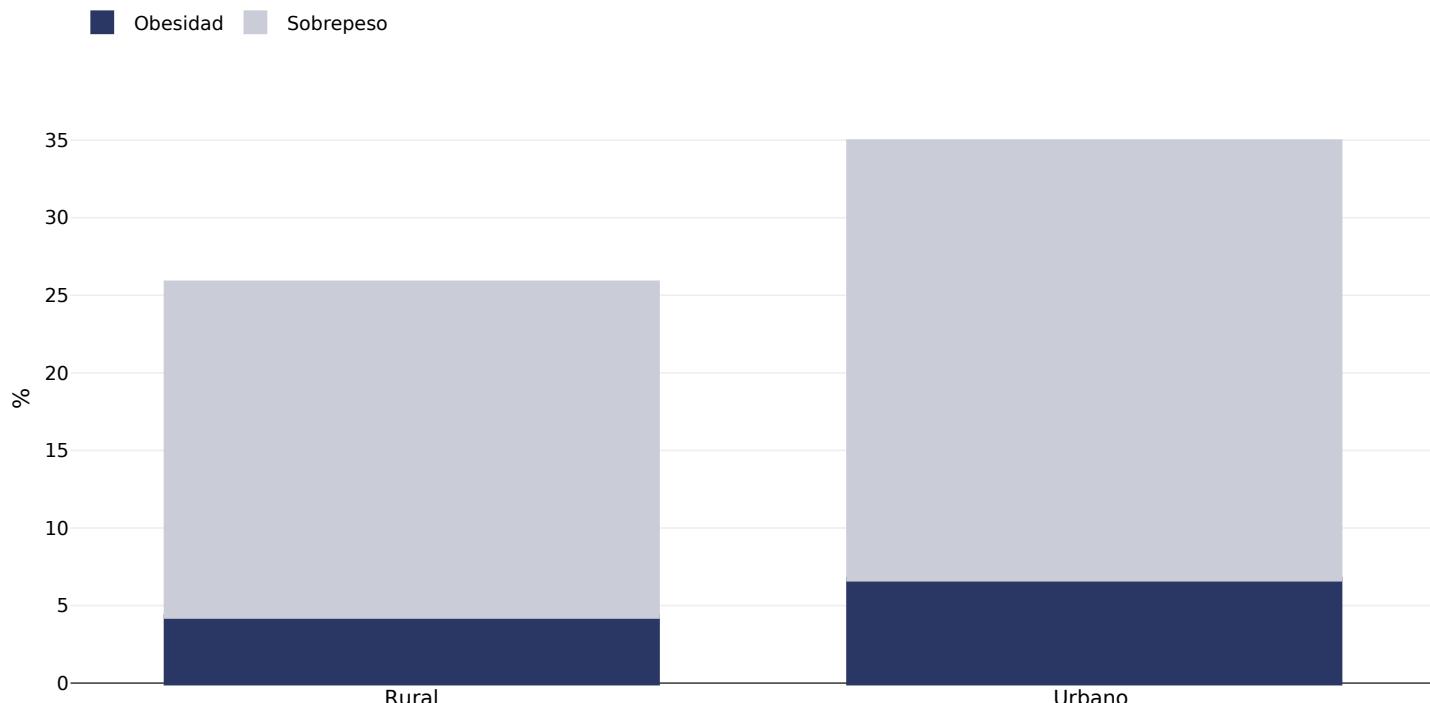
**Notas:**

5750 Women and 1367 Men

A menos que se indique lo contrario, el sobrepeso se refiere a un IMC entre 25 kg y 29,9 kg/m<sup>2</sup> y la obesidad se refiere a un IMC superior a 30 kg/m<sup>2</sup>..

## Sobrepeso/obesidad por regiÃ³n

### Hombres, 2022



**Tipo de encuesta:** Medido

**Edad:** 20-49

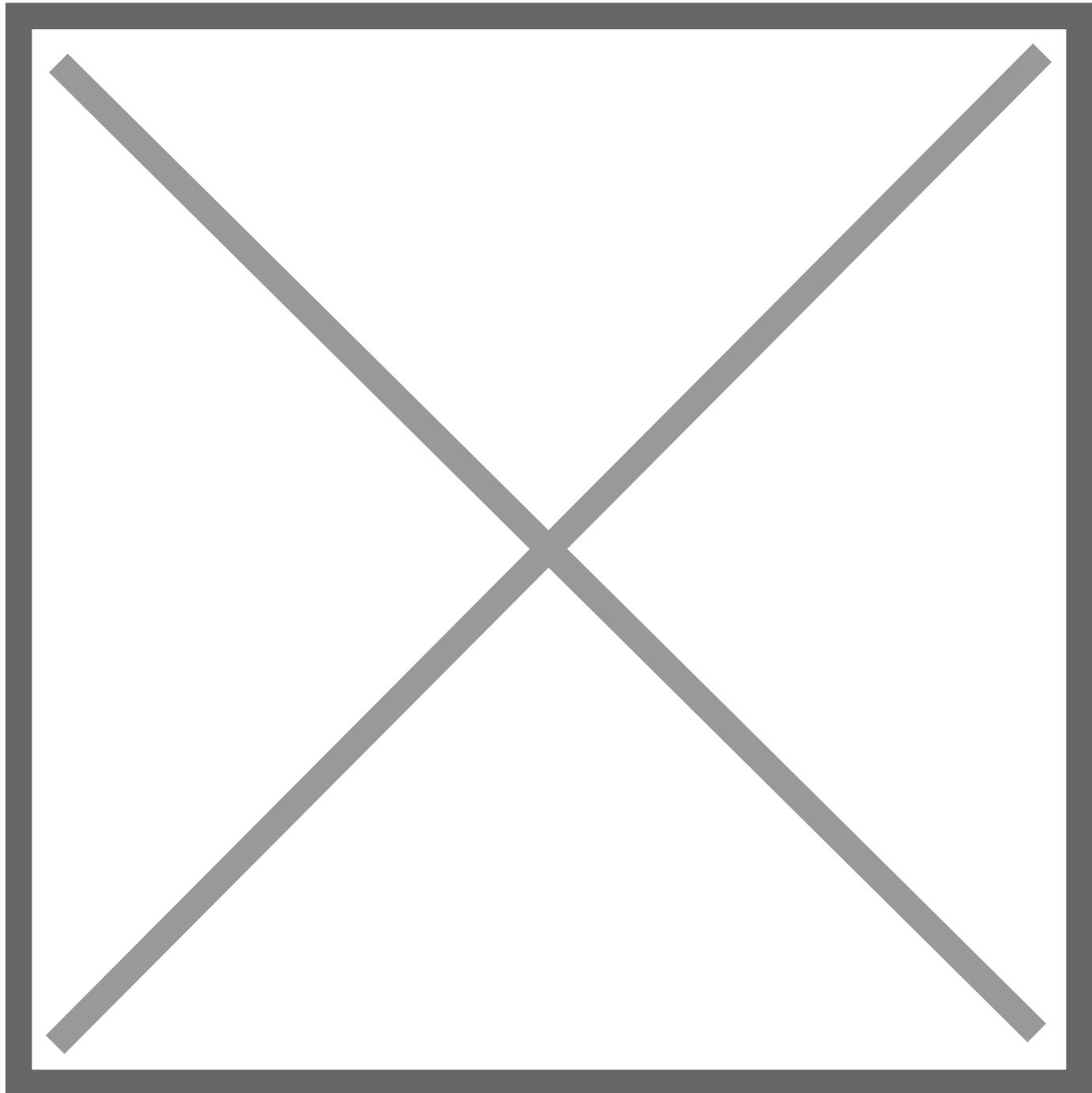
**Tamaño de la muestra:** 7117

**Zona abarcada:** Nacional

**Referencias:** 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.

**Notas:** 5750 Women and 1367 Men

A menos que se indique lo contrario, el sobrepeso se refiere a un IMC entre 25 kg y 29,9 kg/m<sup>2</sup> y la obesidad se refiere a un IMC superior a 30 kg/m<sup>2</sup>.

**Mujeres, 2022**

Tipo de encuesta:	Medido
Edad:	20-49
Tamaño de la muestra:	7117
Zona abarcada:	Nacional

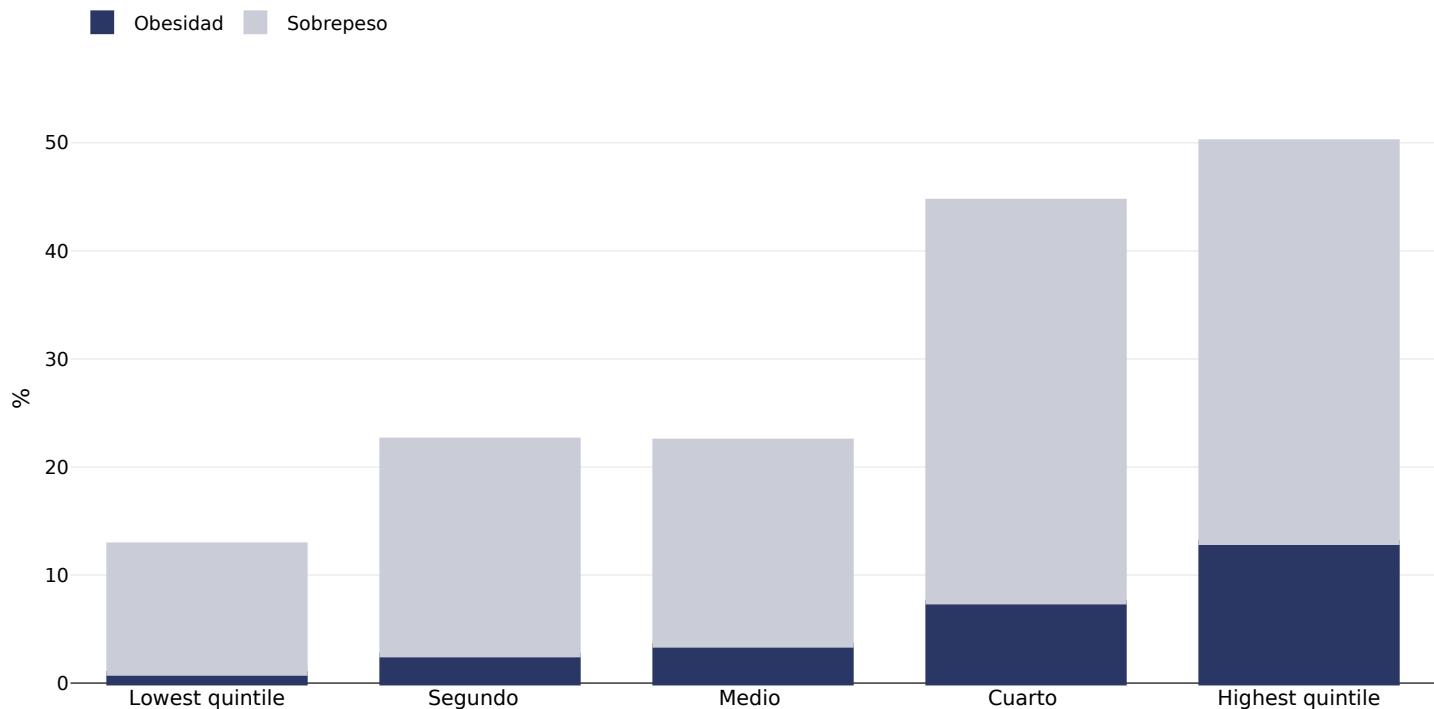
**Referencias:** Ministry of Health and Population, Nepal; New ERA; and ICF. 2022. Nepal Demographic and Health Survey 2022: Key Indicators Report. Kathmandu, Nepal: Ministry of Health and Population, Nepal.

**Notas:** 5750 Women and 1367 Men

*A menos que se indique lo contrario, el sobrepeso se refiere a un IMC entre 25 kg y 29,9 kg/m<sup>2</sup> y la obesidad se refiere a un IMC superior a 30 kg/m<sup>2</sup>.*

## Sobrepeso/obesidad por nivel socioeconómico

**Hombres, 2022**



**Tipo de encuesta:** Medido

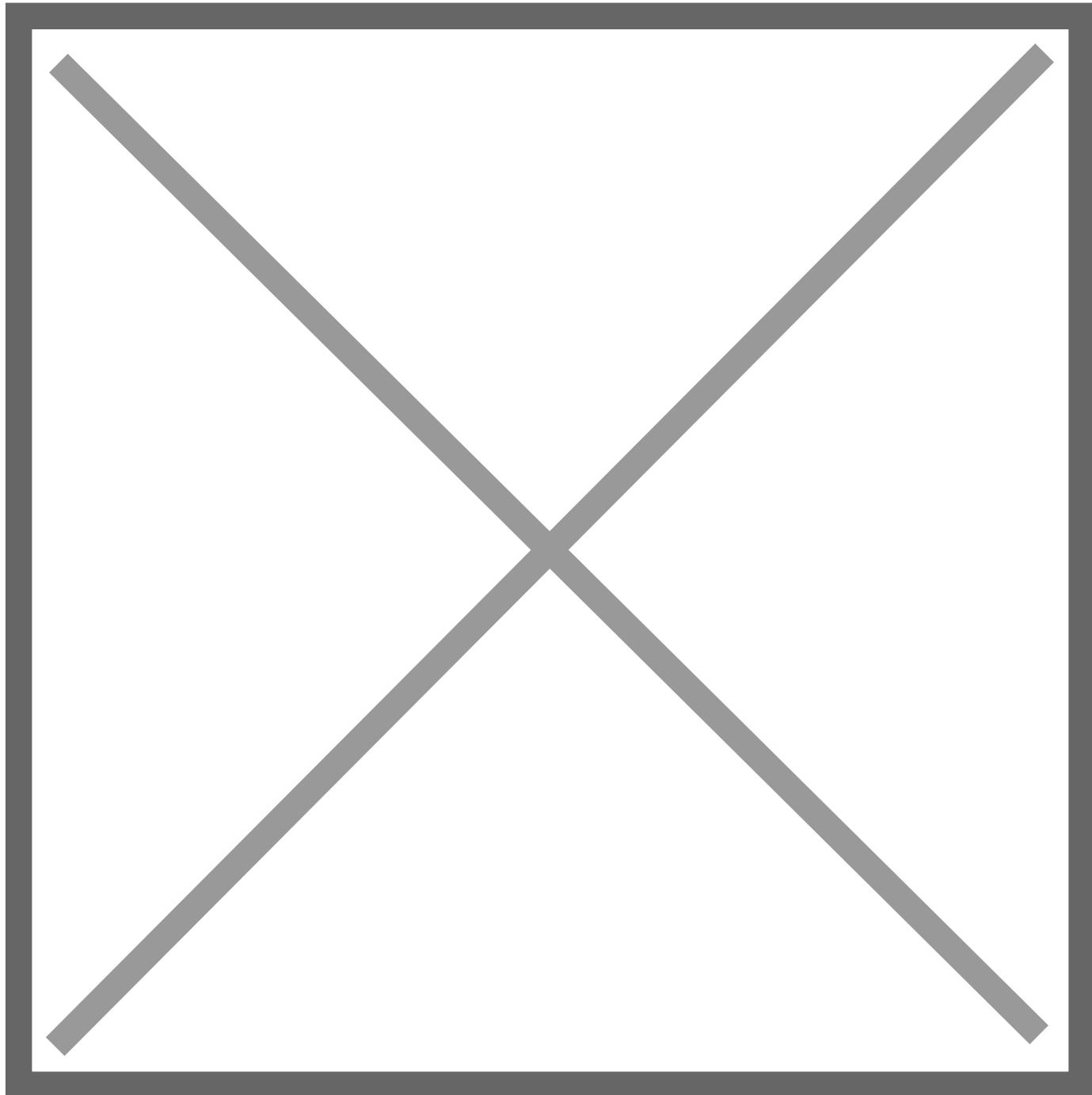
**Edad:** 20-49

**Tamaño de la muestra:** 7117

**Referencias:** 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.

**Notas:** 5750 Women and 1367 Men

A menos que se indique lo contrario, el sobrepeso se refiere a un IMC entre 25 kg y 29,9 kg/m<sup>2</sup> y la obesidad se refiere a un IMC superior a 30 kg/m<sup>2</sup>..

**Mujeres, 2022**

<b>Tipo de encuesta:</b>	Medido
<b>Edad:</b>	20-49
<b>Tamaño de la muestra:</b>	7117
<b>Referencias:</b>	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.

**Notas:**

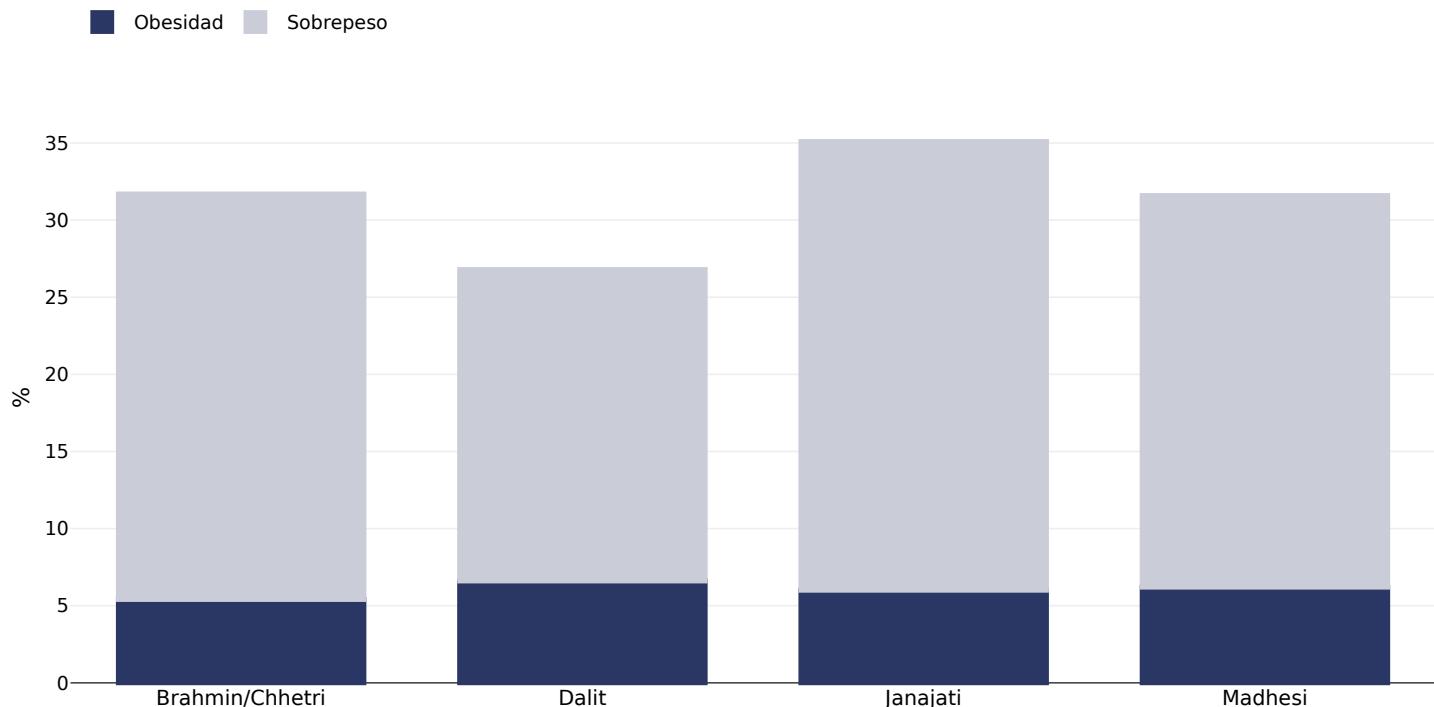
5750 Women and 1367 Men

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## Sobrepeso/obesidad por etnia

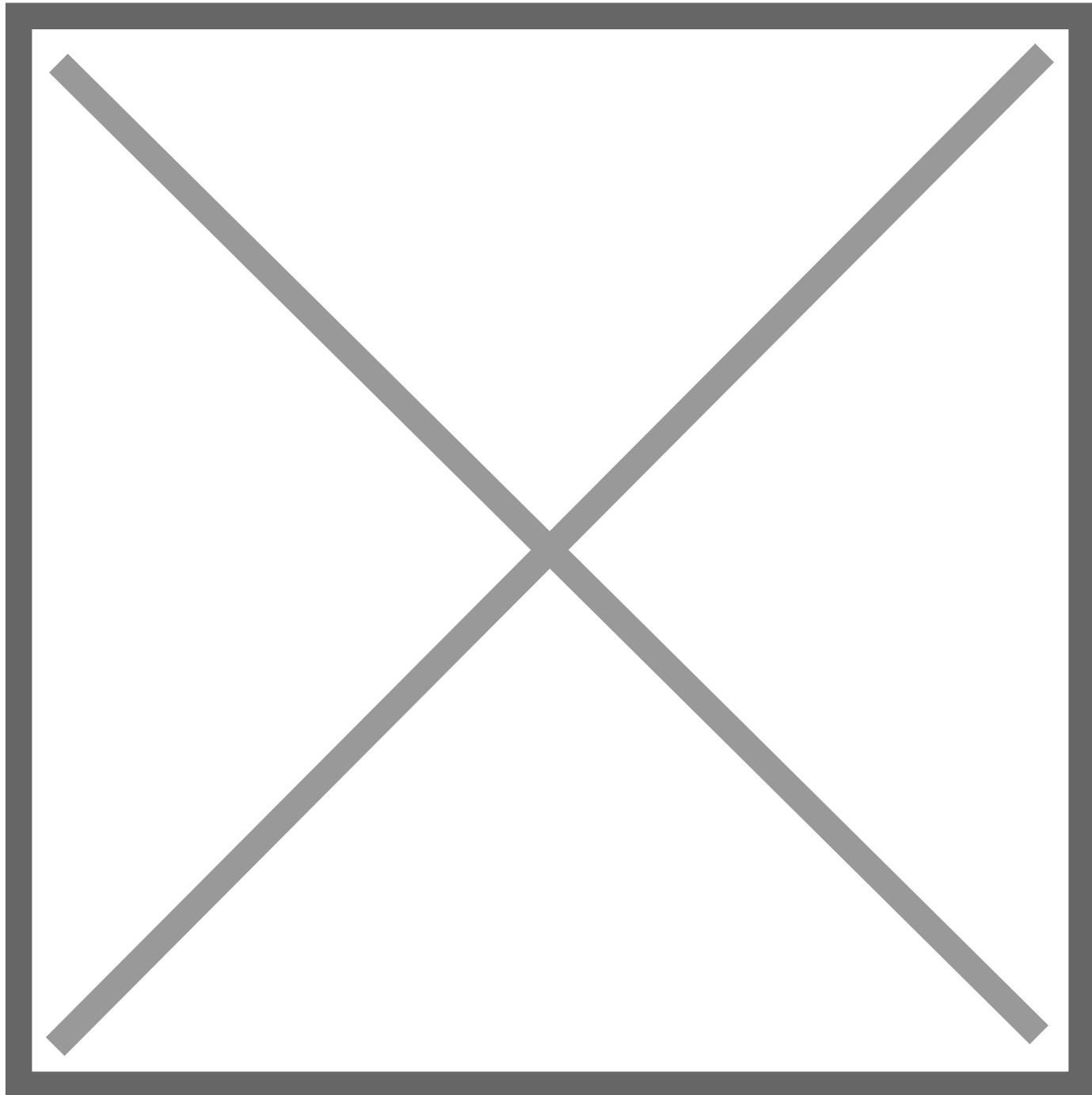
Ethnic groups are as defined by publication of origin and are not as defined by WOF. In some instances ethnicity is conflated with nationality and/or race.

### Hombres, 2022



<b>Tipo de encuesta:</b>	Medido
<b>Edad:</b>	20-49
<b>Tamaño de la muestra:</b>	7117
<b>Referencias:</b>	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.
<b>Notas:</b>	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.

A menos que se indique lo contrario, el sobrepeso se refiere a un IMC entre 25 kg y 29,9 kg/m<sup>2</sup> y la obesidad se refiere a un IMC superior a 30 kg/m<sup>2</sup>.

**Mujeres, 2022**

<b>Tipo de encuesta:</b>	Medido
<b>Edad:</b>	20-49
<b>Tamaño de la muestra:</b>	7117
<b>Referencias:</b>	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.

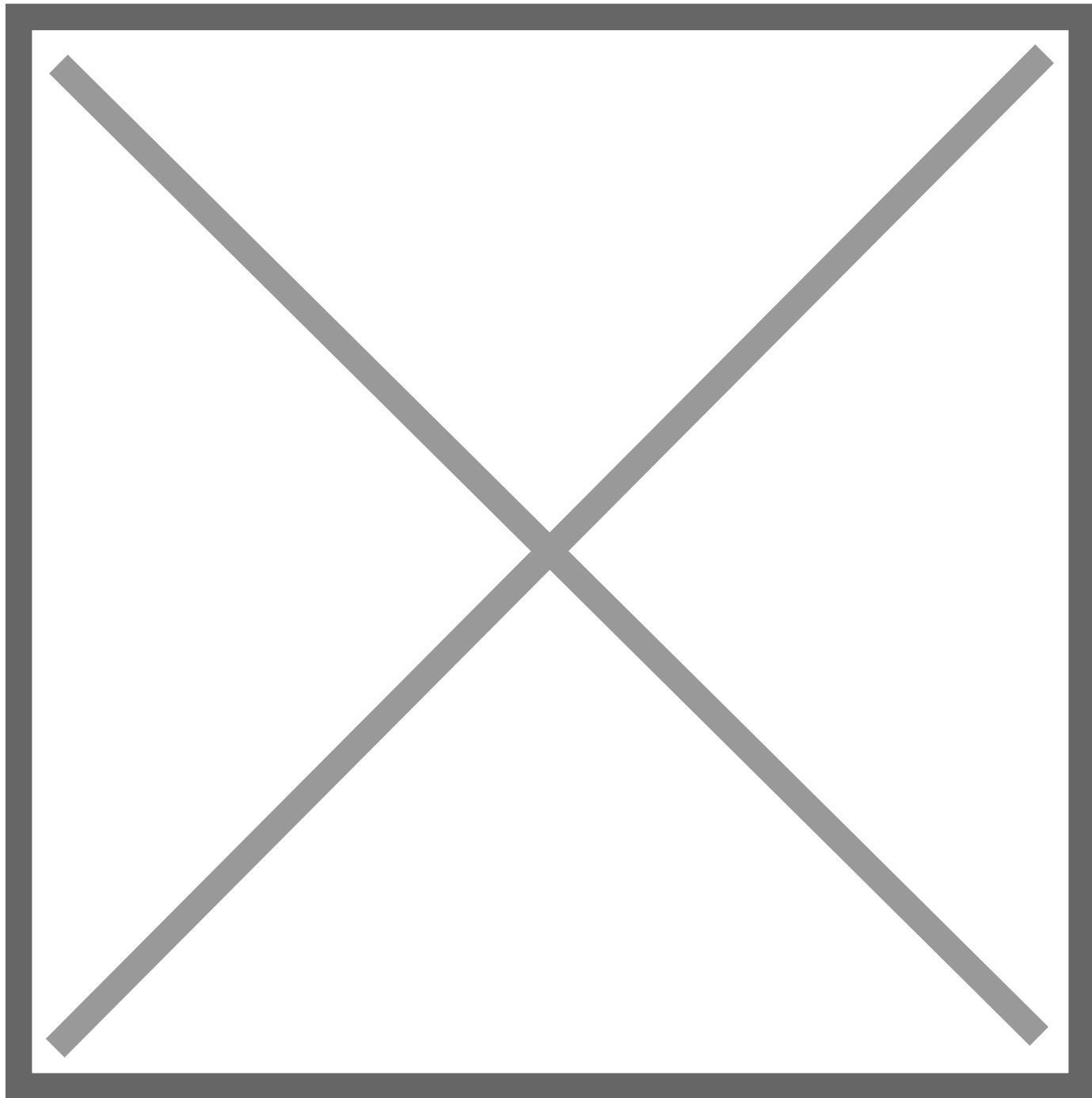
**Notas:**

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.

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## Double burden of underweight & overweight

Adultos, 2022



Tipo de  
encuesta:

Medido

Edad:

20+

Referencias:

NCD Risk Factor Collaboration (NCD-RisC). Worldwide trends in underweight and obesity from 1990 to 2022: a pooled analysis of 3663 population representative studies with 222 million children, adolescents, and adults. Lancet 2024; published online Feb 29. [https://doi.org/10.1016/S0140-6736\(23\)02750-2](https://doi.org/10.1016/S0140-6736(23)02750-2).

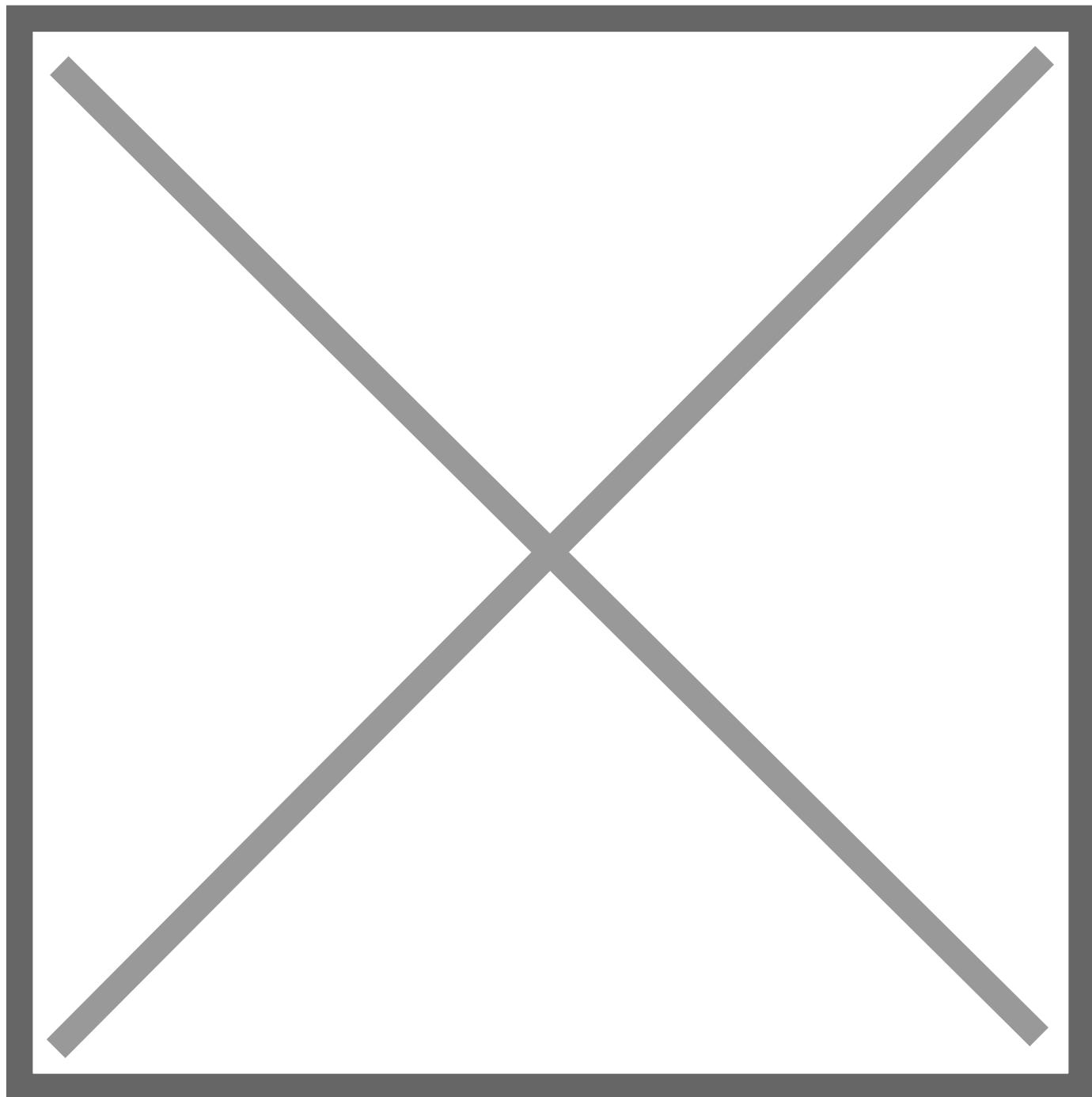
**Notas:**

Age Standardised estimates

**Definiciones  
(solo  
disponible en  
inglÃ©s):**Combined prevalence of  $BMI < 18.5 \text{ kg/m}^2$  and  $BMI \geq 30 \text{ kg/m}^2$  (double burden of underweight and obesity)

## Actividad física insuficiente

Adultos, 2022



**Tipo de  
encuesta:**

Autodeclarado

**Edad:**

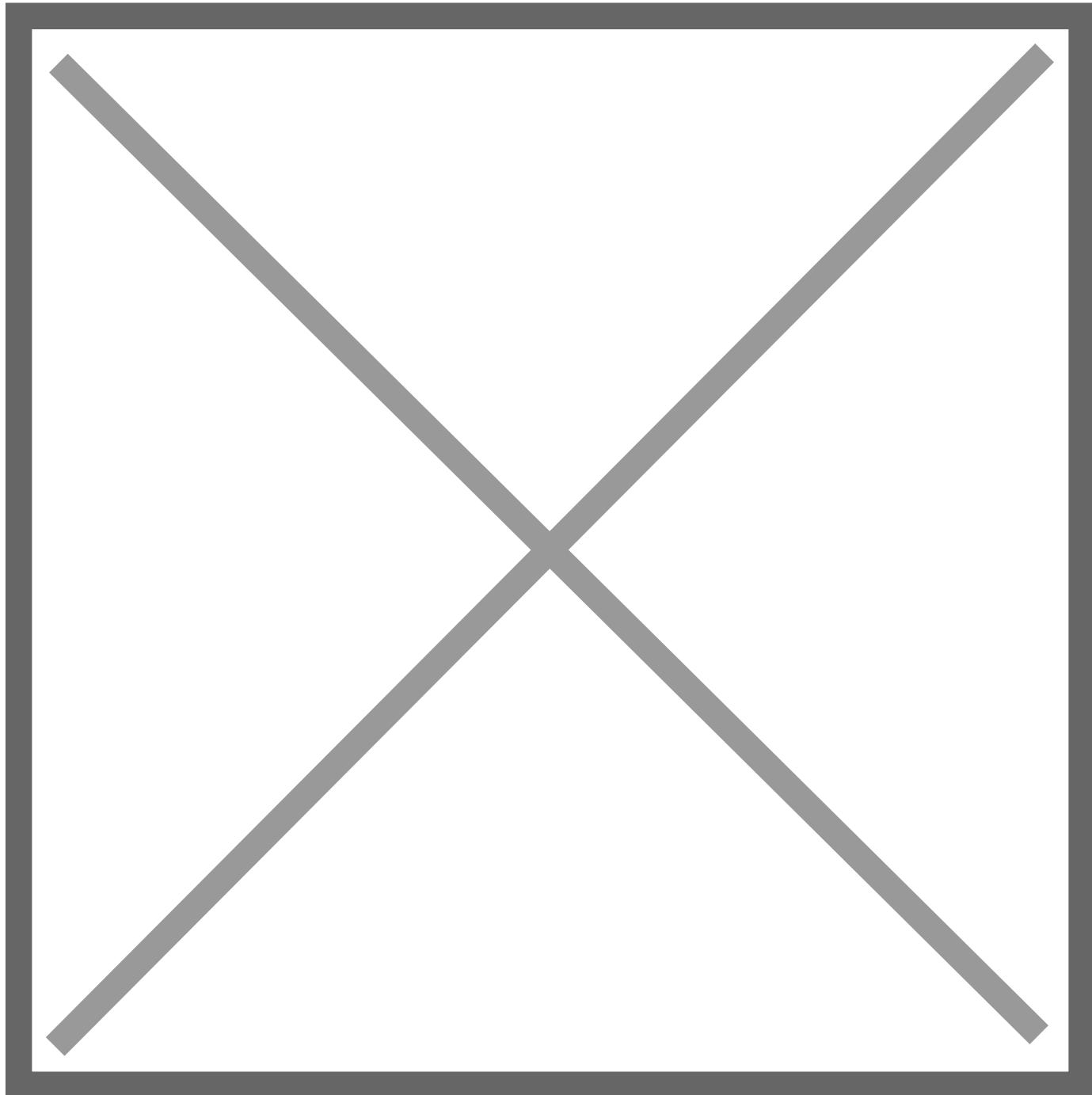
18+

**Zona  
abarcada:**

Nacional

**Referencias:** WHO (2024). Prevalence of insufficient physical activity among adults aged 18-years age-standardized estimate in 2022. Available at [https://www.who.int/data/gho/data/indicators/indicator-details/GHO/prevalence-of-insufficient-physical-activity-among-adults-aged-18-years-\(age-standardized-estimate\)-\(--\)](https://www.who.int/data/gho/data/indicators/indicator-details/GHO/prevalence-of-insufficient-physical-activity-among-adults-aged-18-years-(age-standardized-estimate)-(--))

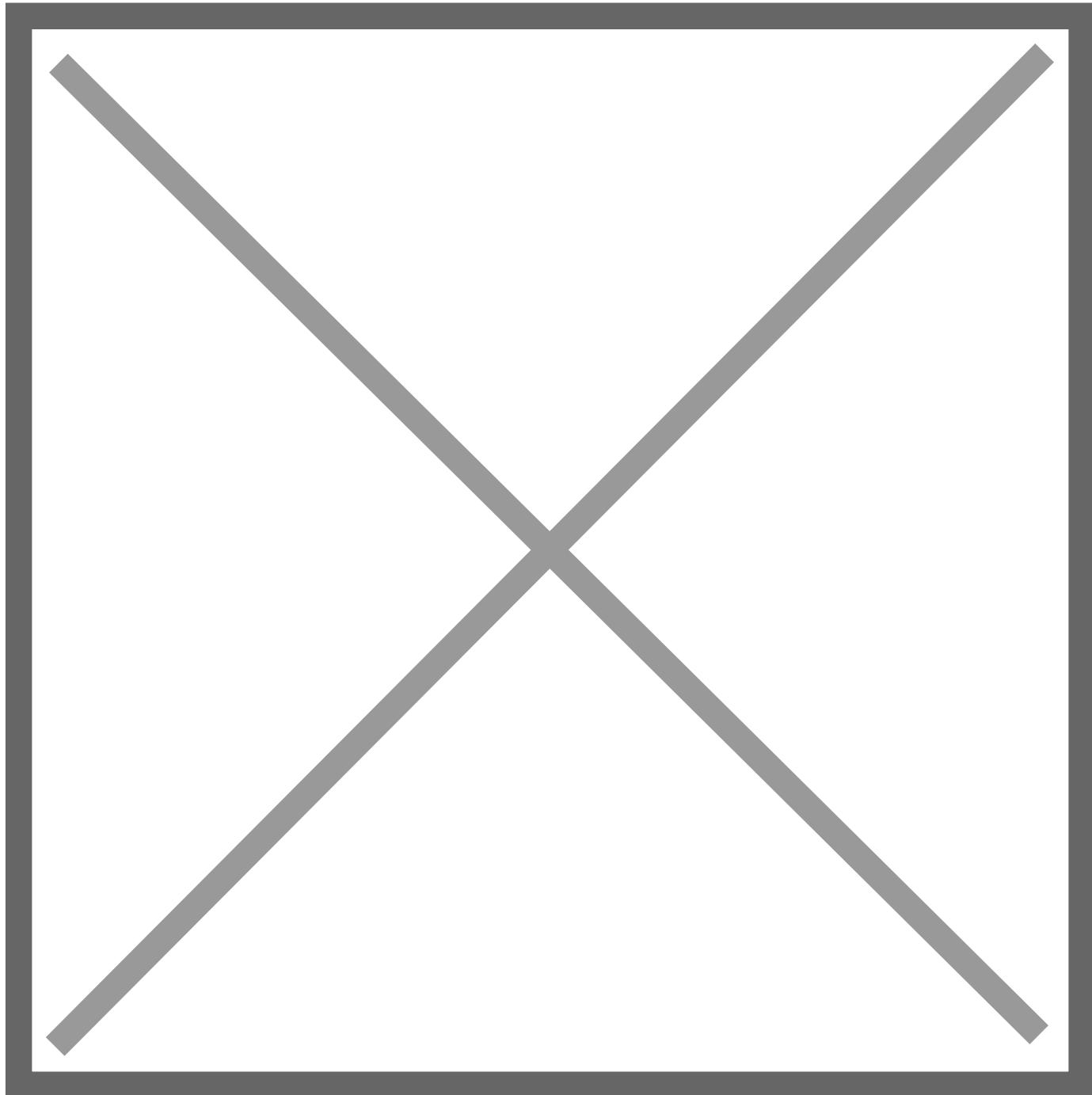
**Definiciones  
(solo  
disponible en  
inglÃ©s):** Percent of population attaining less than 150 minutes of moderate-intensity physical activity per week, or less than 75 minutes of vigorous-intensity physical activity per week, or equivalent.

**Hombres, 2022**

<b>Tipo de encuesta:</b>	Autodeclarado
<b>Edad:</b>	18+
<b>Zona abarcada:</b>	Nacional
<b>Referencias:</b>	WHO (2024). Prevalence of insufficient physical activity among adults aged 18-years age-standardized estimate in 2022. Available at <a href="https://www.who.int/data/gho/data/indicators/indicator-details/GHO/prevalence-of-insufficient-physical-activity-among-adults-aged-18-years-(age-standardized-estimate)-(--)">https://www.who.int/data/gho/data/indicators/indicator-details/GHO/prevalence-of-insufficient-physical-activity-among-adults-aged-18-years-(age-standardized-estimate)-(--)</a>

**Definiciones  
(solo  
disponible en  
inglÃ©s):**

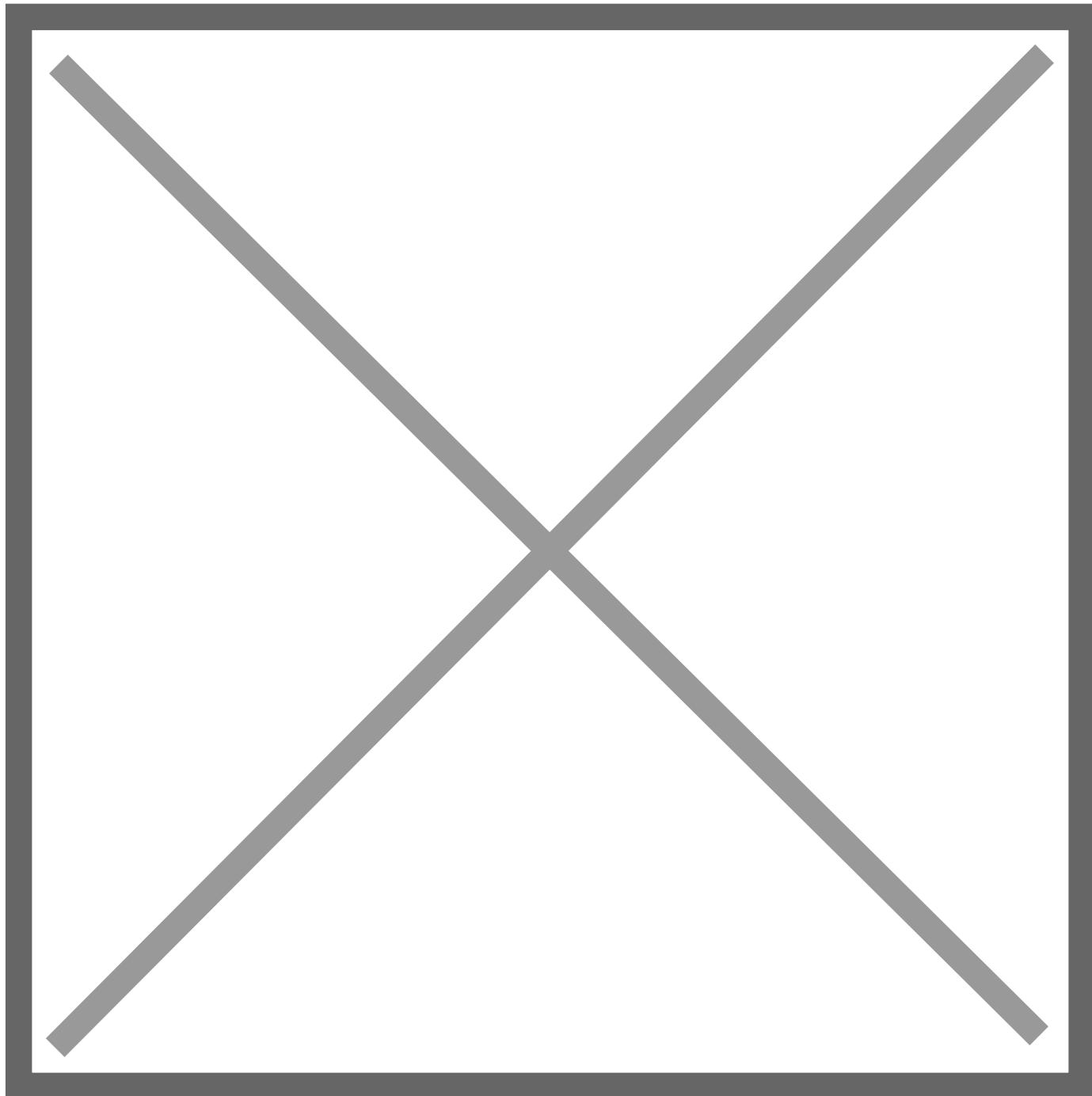
Percent of population attaining less than 150 minutes of moderate-intensity physical activity per week, or less than 75 minutes of vigorous-intensity physical activity per week, or equivalent.

**Mujeres, 2022**

Tipo de encuesta:	Autodeclarado
Edad:	18+
Zona abarcada:	Nacional
Referencias:	WHO (2024). Prevalence of insufficient physical activity among adults aged 18-years age-standardized estimate in 2022. Available at <a href="https://www.who.int/data/gho/data/indicators/indicator-details/GHO/prevalence-of-insufficient-physical-activity-among-adults-aged-18-years-(age-standardized-estimate)-(--)">https://www.who.int/data/gho/data/indicators/indicator-details/GHO/prevalence-of-insufficient-physical-activity-among-adults-aged-18-years-(age-standardized-estimate)-(--)</a>

**Definiciones  
(solo  
disponible en  
inglÃ©s):**

Percent of population attaining less than 150 minutes of moderate-intensity physical activity per week, or less than 75 minutes of vigorous-intensity physical activity per week, or equivalent.

**Estimated per capita fruit intake****Adultos, 2017****Tipo de  
encuesta:**

Medido

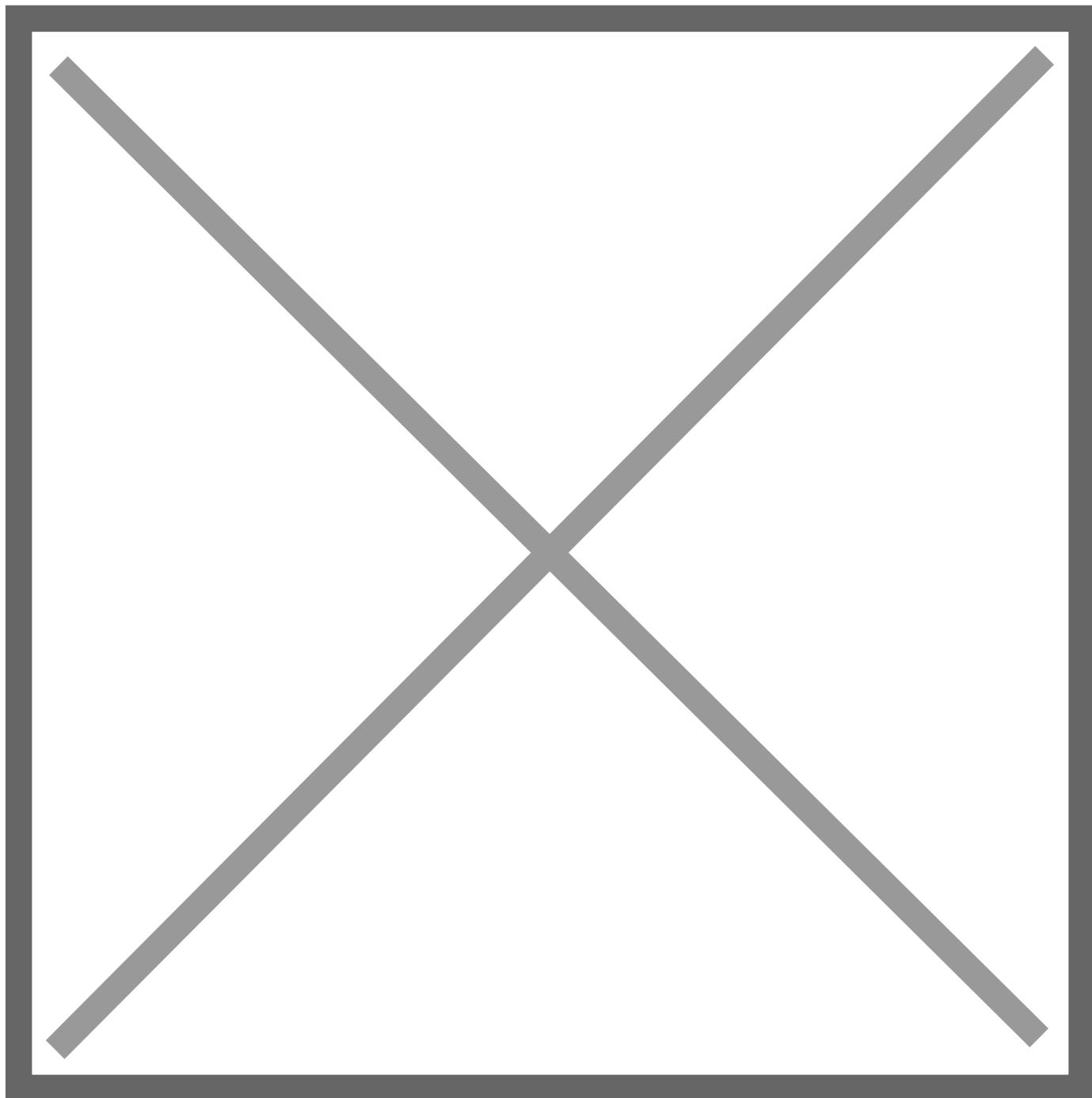
**Edad:**

25+

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

**Definiciones**  
**(solo**  
**disponible en**  
**inglÃ©s):**

Estimated per-capita fruit intake (g/day)

**Ingesta estimada de carne procesada per cÃ¡pita****Adultos, 2017****Tipo de  
encuesta:**

Medido

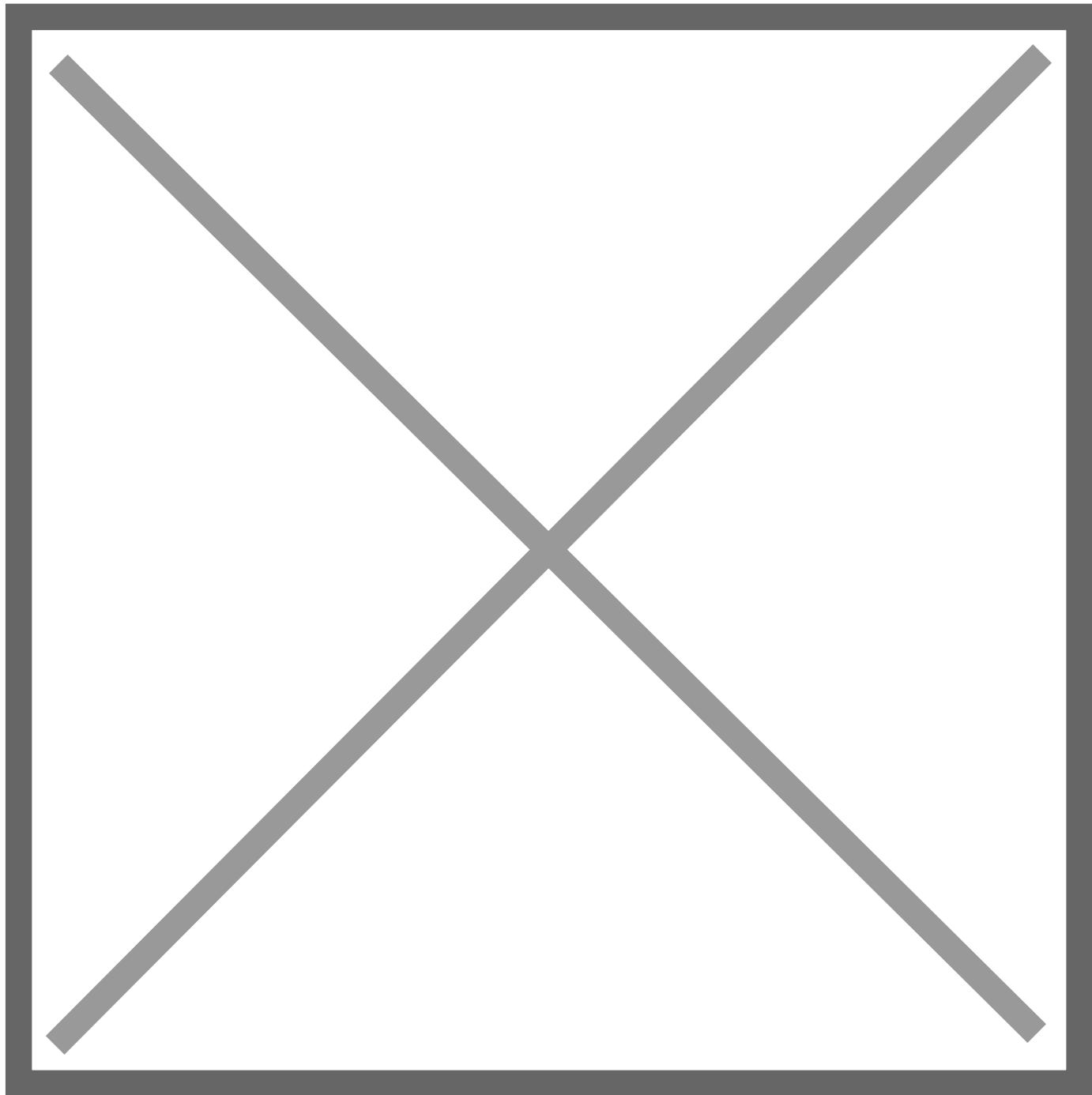
**Edad:**

25+

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

**Definiciones**  
**(solo**  
**disponible en**  
**inglÃ©s):**

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

**Estimated per capita whole grains intake****Adultos, 2017****Tipo de  
encuesta:**

Medido

**Edad:**

25+

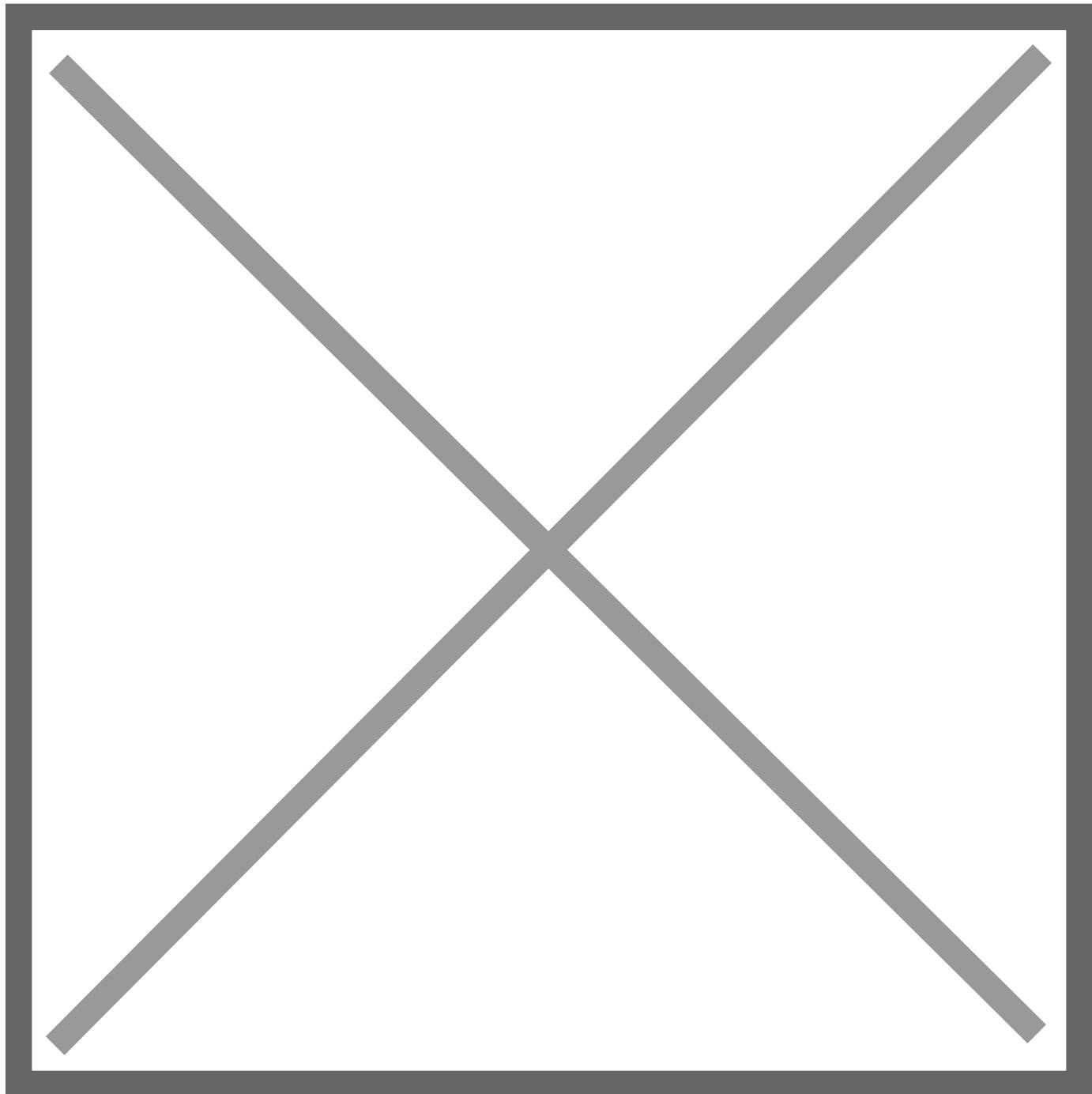
**Referencias:**Global Burden of Disease, the Institute for Health Metrics and Evaluation <http://ghdx.healthdata.org/>

**Definiciones**  
**(solo**  
**disponible en**  
**inglÃ©s):**

Estimated per-capita whole grains intake (g/day)

## Salud mental: trastornos de depresión

Adultos, 2021



**Edad:**

20+

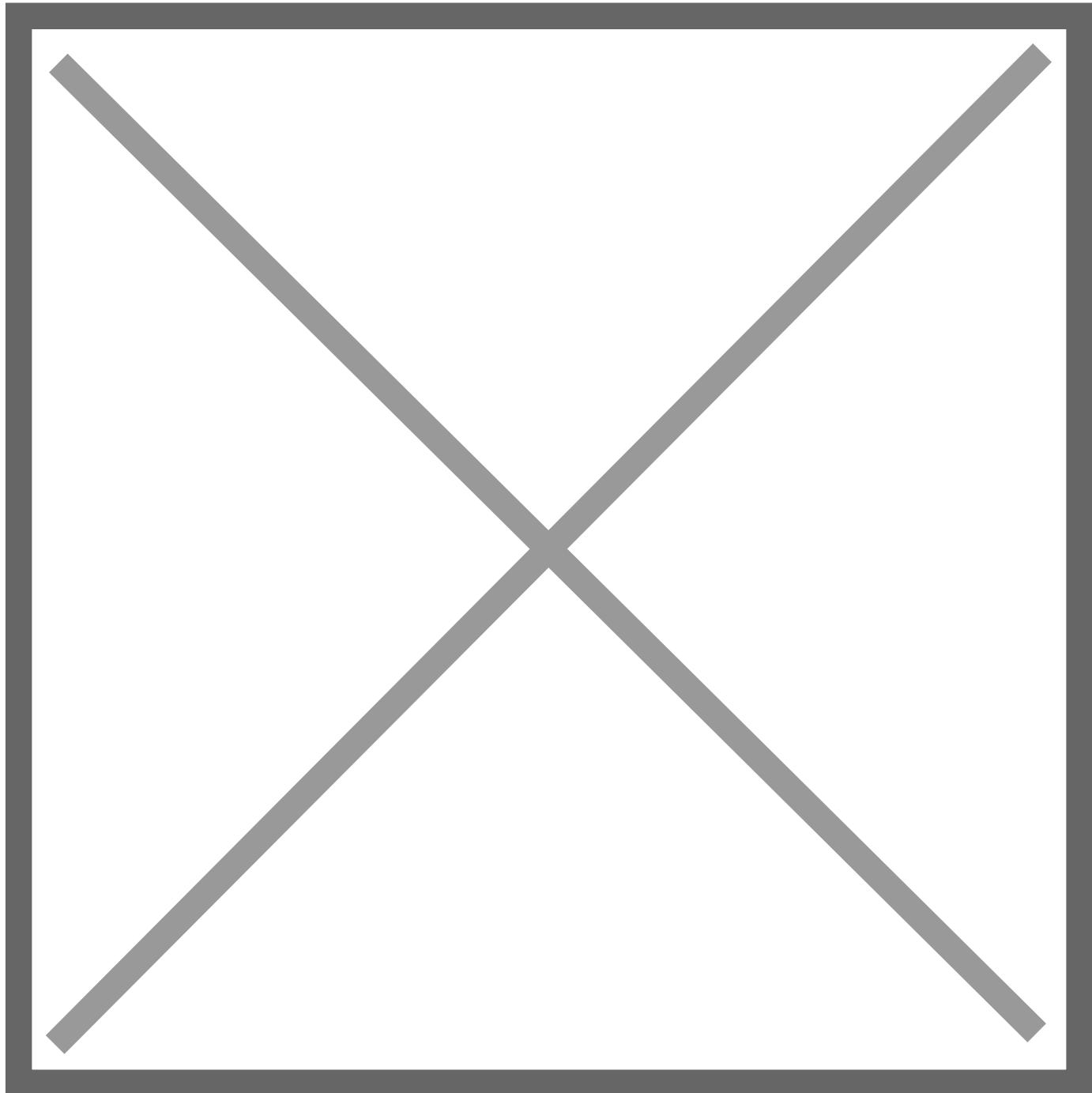
**Zona abarcada:**

Nacional

**Referencias:** Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

**Definiciones  
(solo  
disponible en  
inglÃ©s):**

Number living with depression per 100,000 population (adults 20+ years)

**Hombres, 2021****Edad:**

20+

**Zona abarcada:**

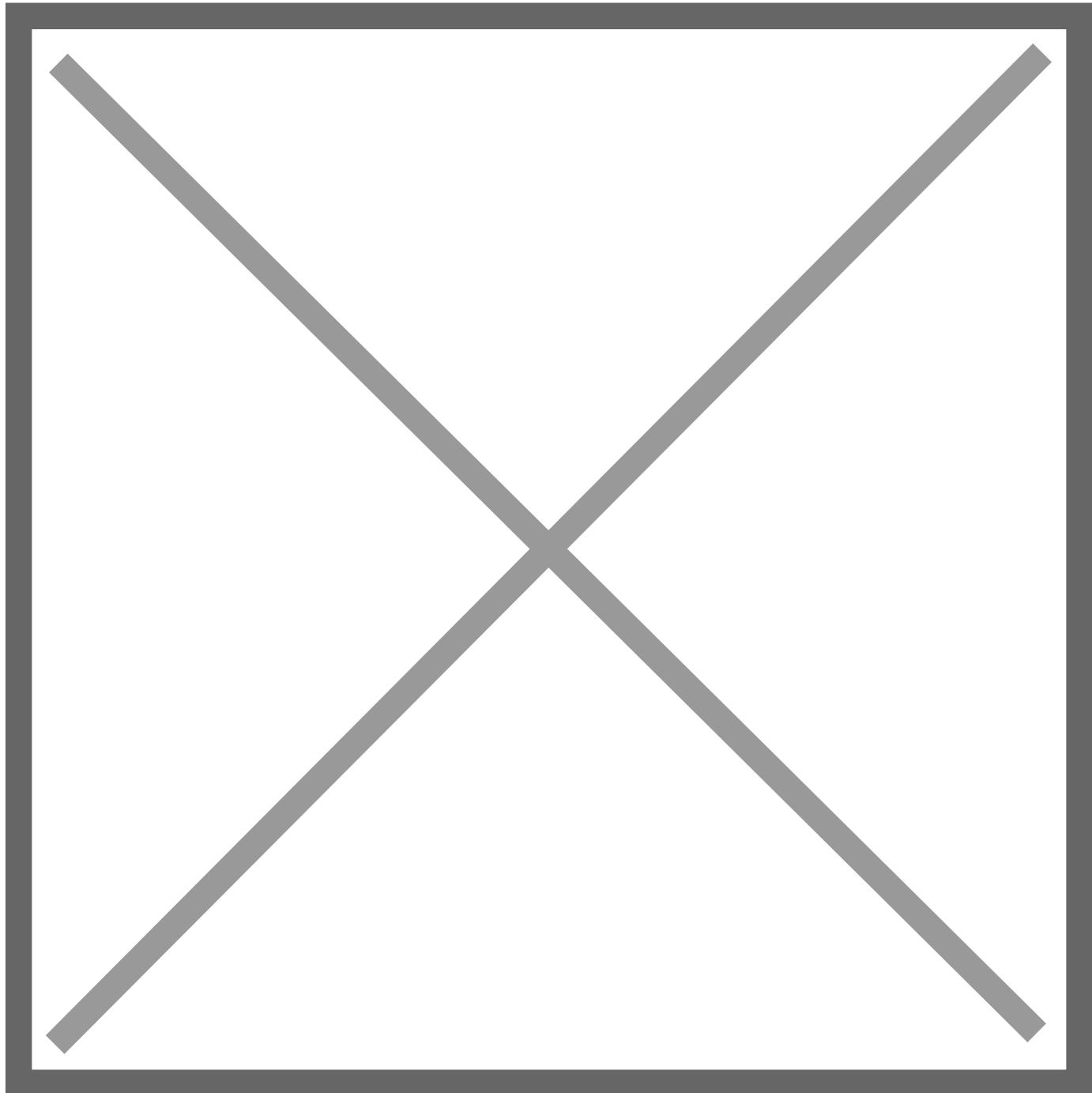
Nacional

**Referencias:**

Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

**Definiciones  
(solo  
disponible en  
inglÃ©s):**

Number living with depression per 100,000 population (adults 20+ years)

**Mujeres, 2021****Edad:**

20+

**Zona abarcada:**

Nacional

**Referencias:**

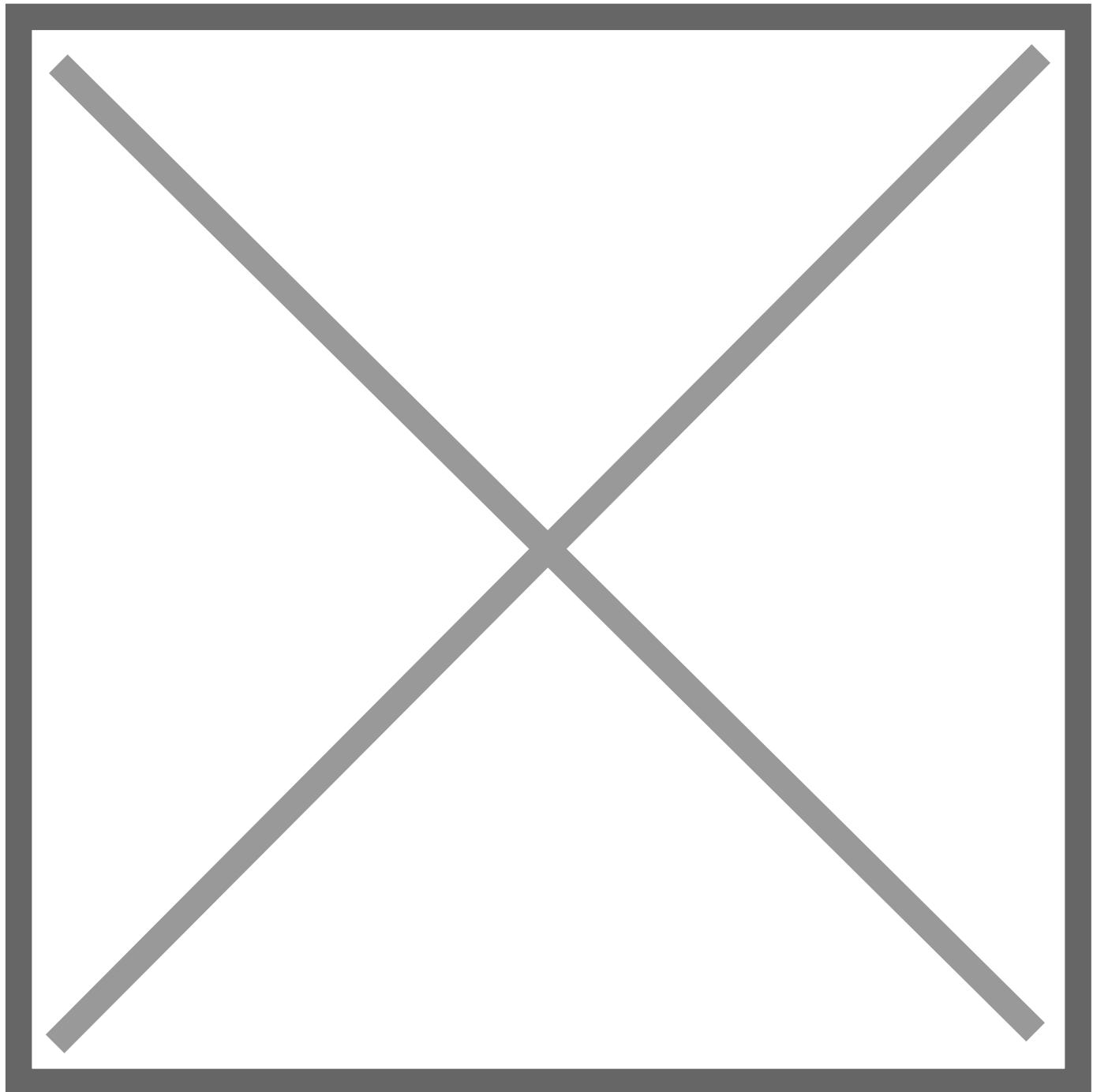
Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

**Definiciones**  
**(solo**  
**disponible en**  
**inglÃ©s):**

Number living with depression per 100,000 population (adults 20+ years)

## Salud mental: trastornos de ansiedad

Adultos, 2021



**Edad:**

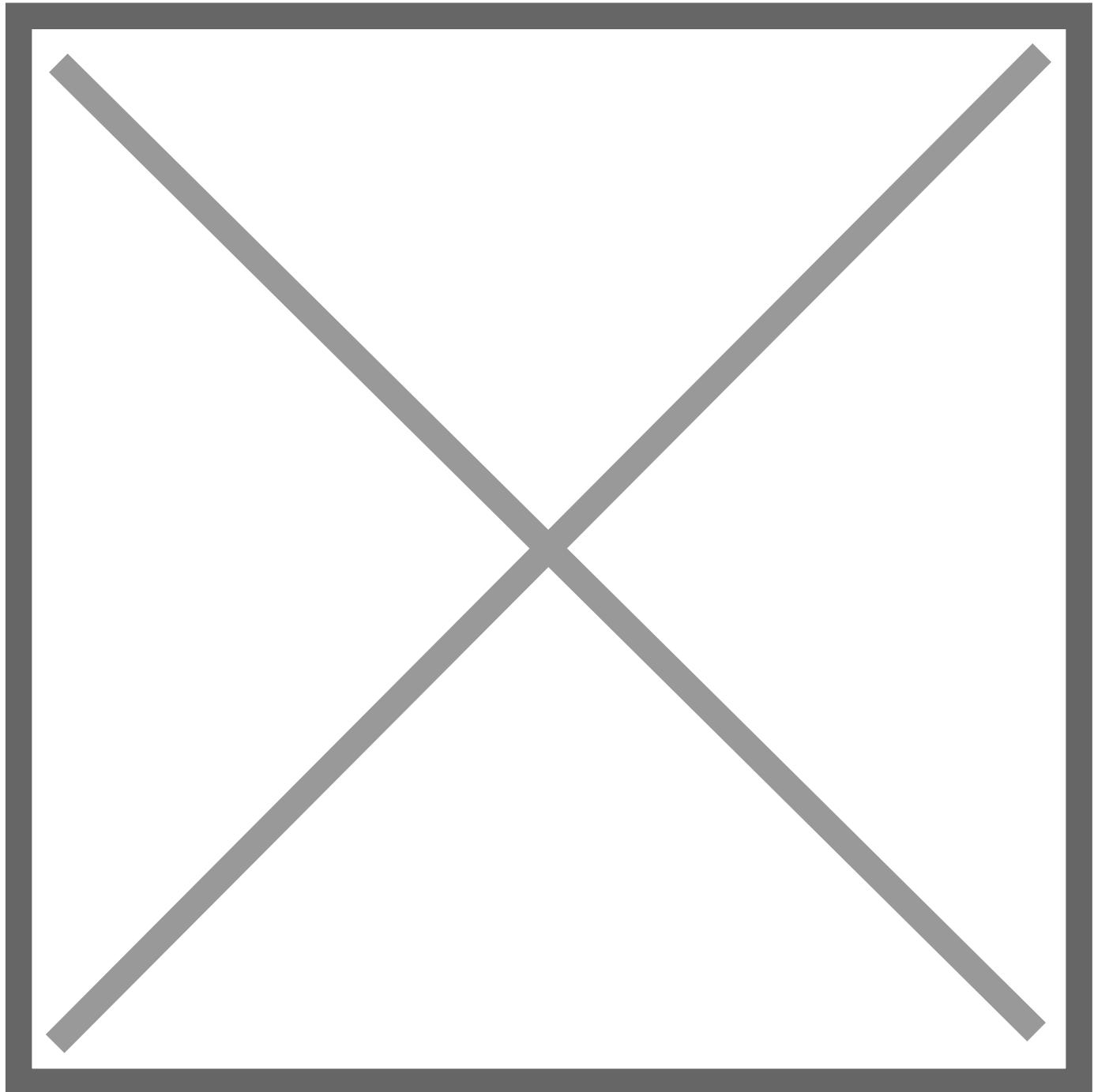
20+

**Referencias:**

Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25).

**Definiciones**  
**(solo**  
**disponible en**  
**inglÃ©s):**

Number living with anxiety per 100,000 population

**Hombres, 2021****Edad:**

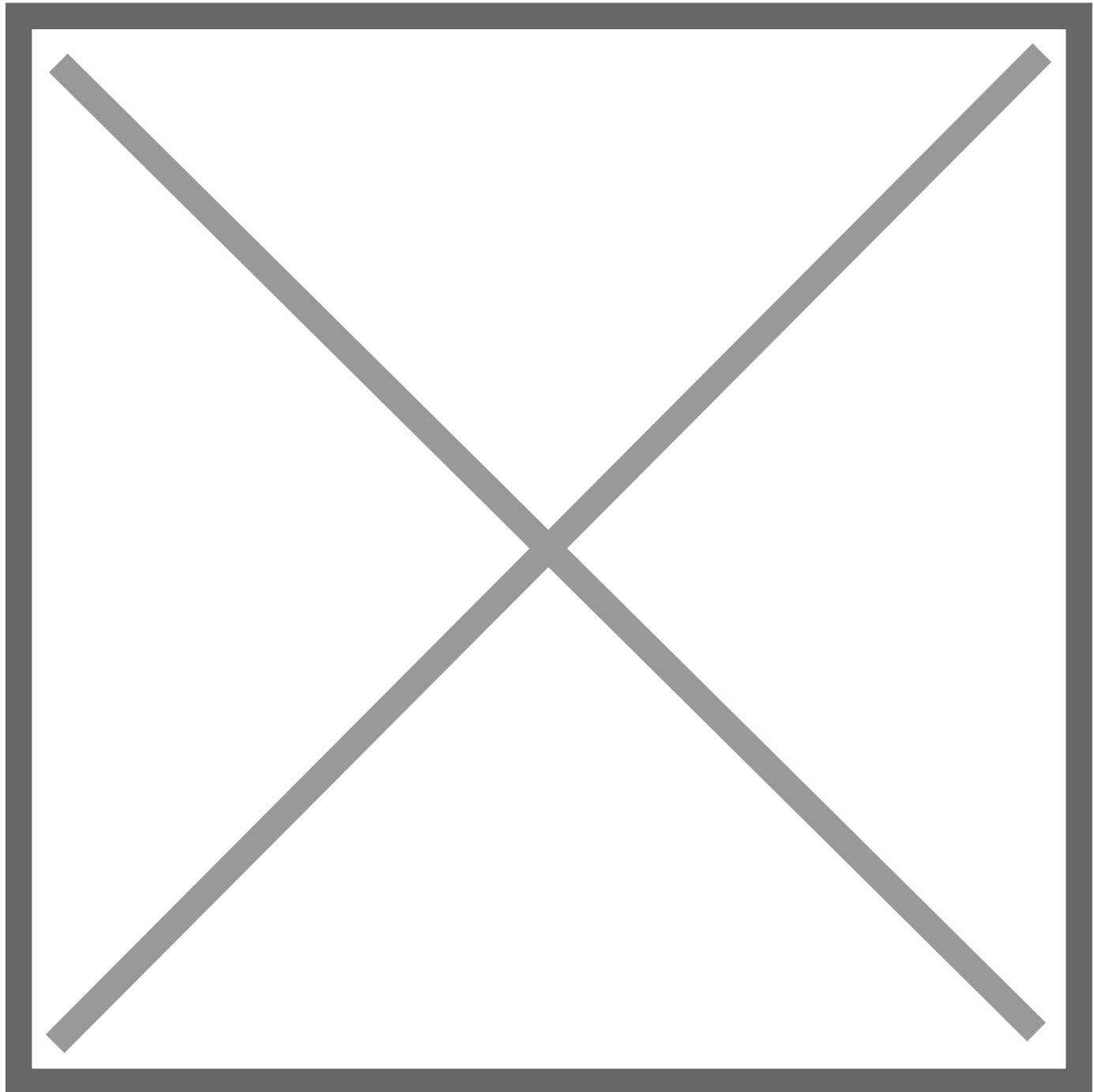
20+

**Referencias:**

Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25).

**Definiciones  
(solo  
disponible en  
inglÃ©s):**

Number living with anxiety per 100,000 population

**Mujeres, 2021****Edad:**

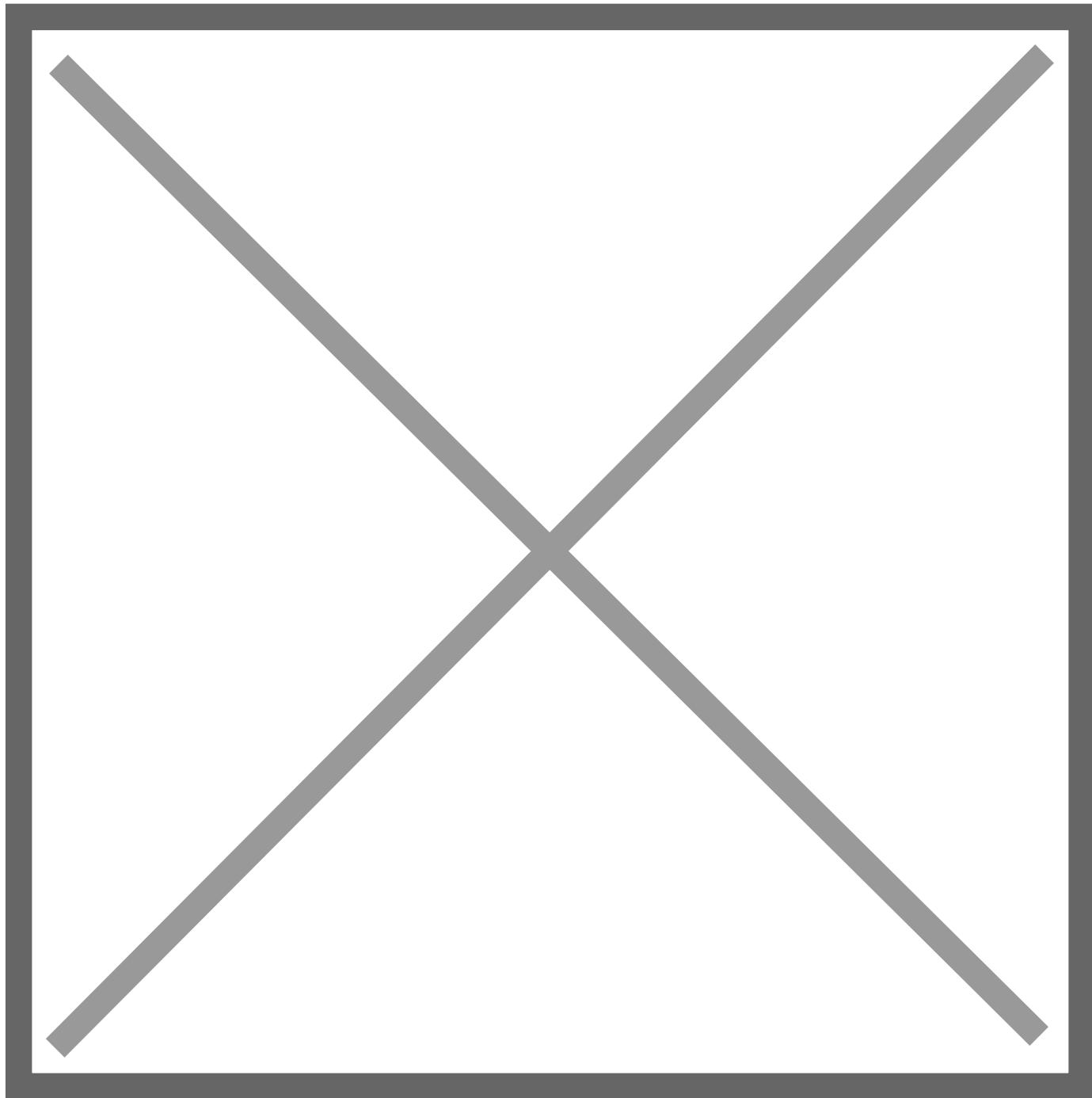
20+

**Referencias:**

Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25).

**Definiciones  
(solo  
disponible en  
inglÃ©s):**

Number living with anxiety per 100,000 population

**Percent of population who cannot afford a healthy diet****Adultos, 2022****Zona abarcada:**

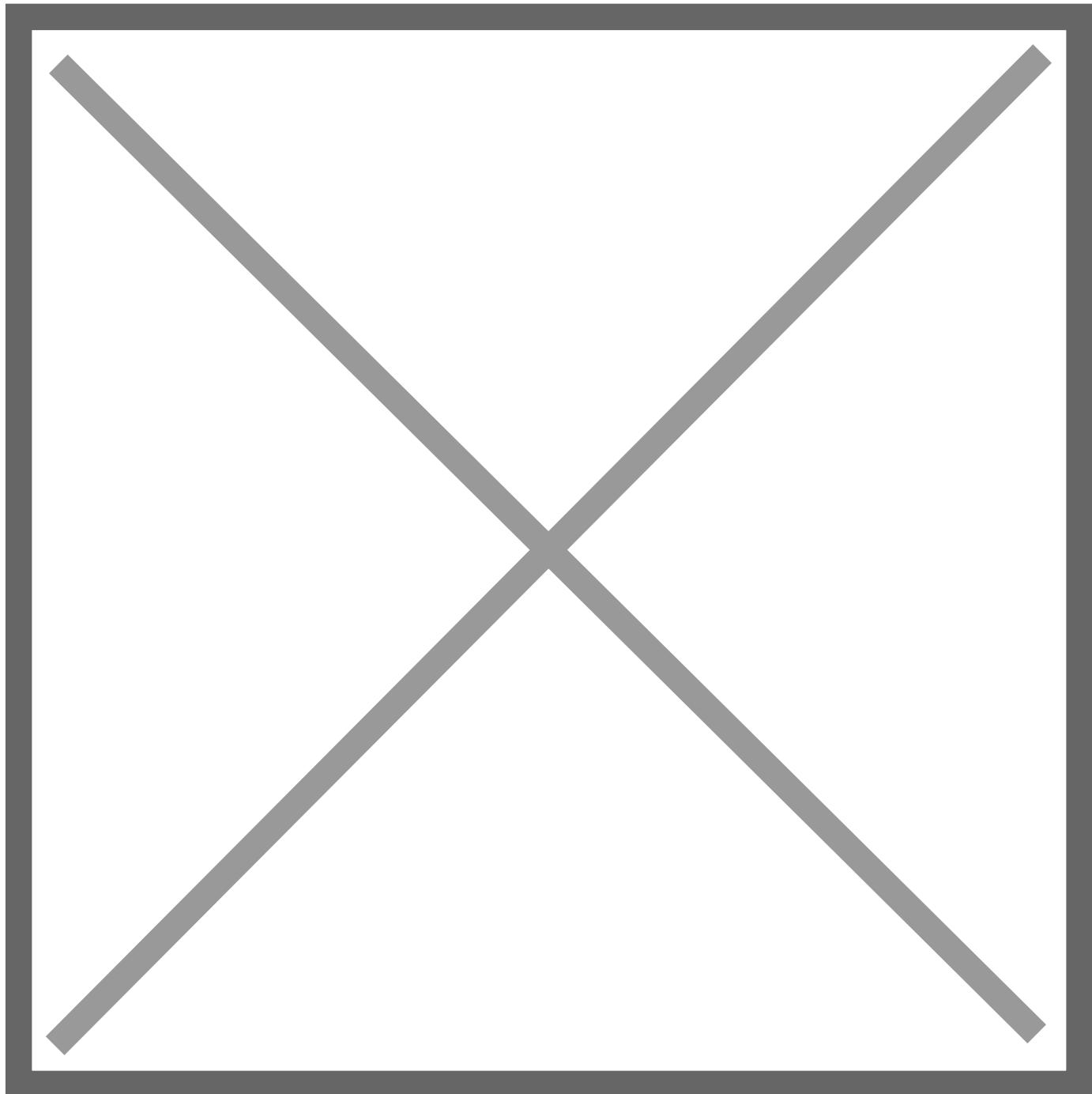
Nacional

**Referencias:**

The Food Systems Dashboard. The Global Alliance for Improved Nutrition (GAIN), The Columbia Climate School, and Cornell University College of Agriculture and Life Sciences. 2024. Geneva, Switzerland.  
<https://www.foodsystemsdashboard.org>. DOI: <https://doi.org/10.36072/db>.

## CÁncer de esófago

Hombres, 2022



Edad:

20+

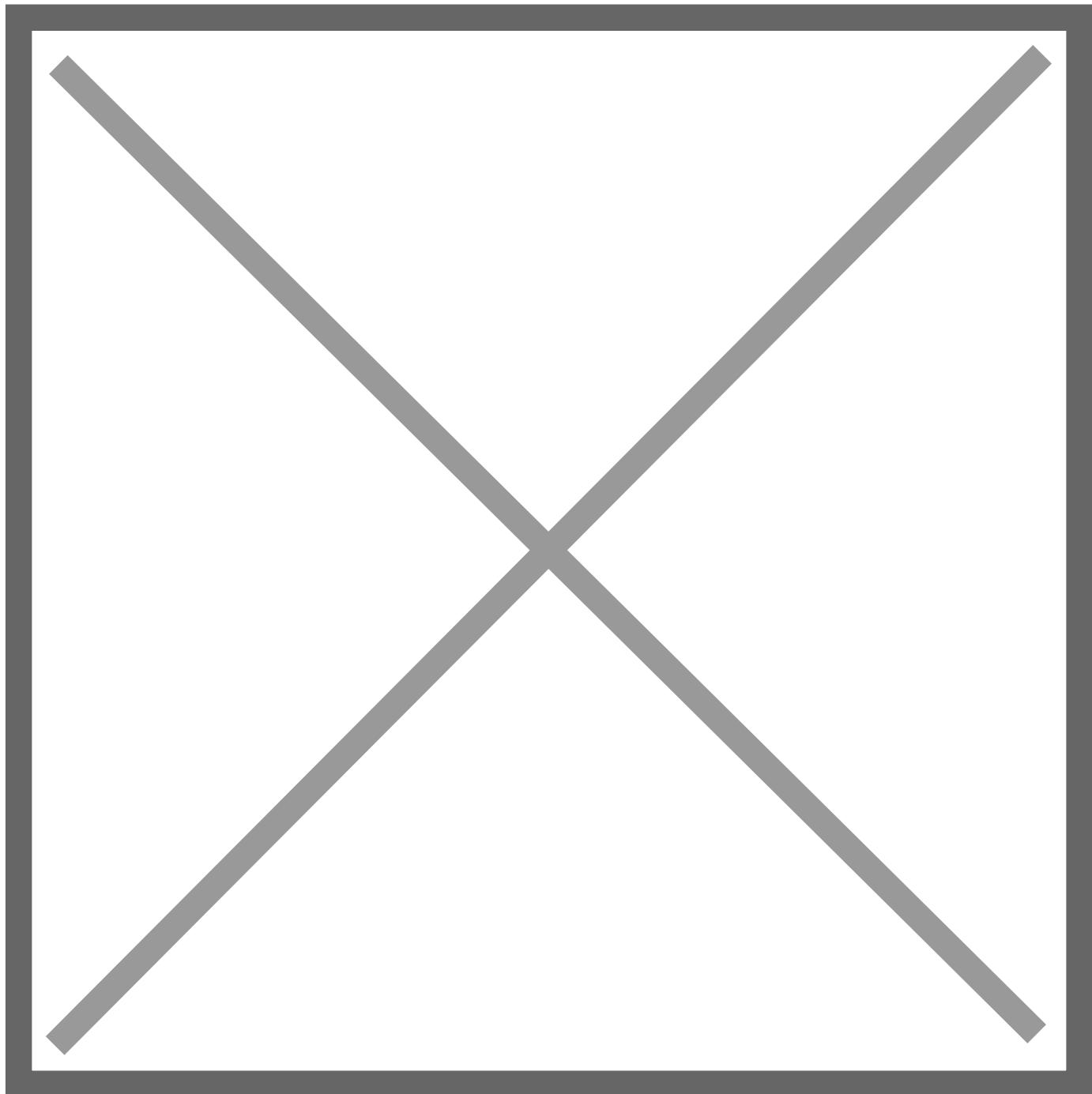
Zona  
abarcada:

Nacional

**Referencias:** Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.who.int/today>, accessed [16.07.24]

**Definiciones**  
(solo  
disponible en  
inglÃ©s):

Indidence per 100,000

**Mujeres, 2022****Edad:**

20+

**Zona abarcada:**

Nacional

**Referencias:**

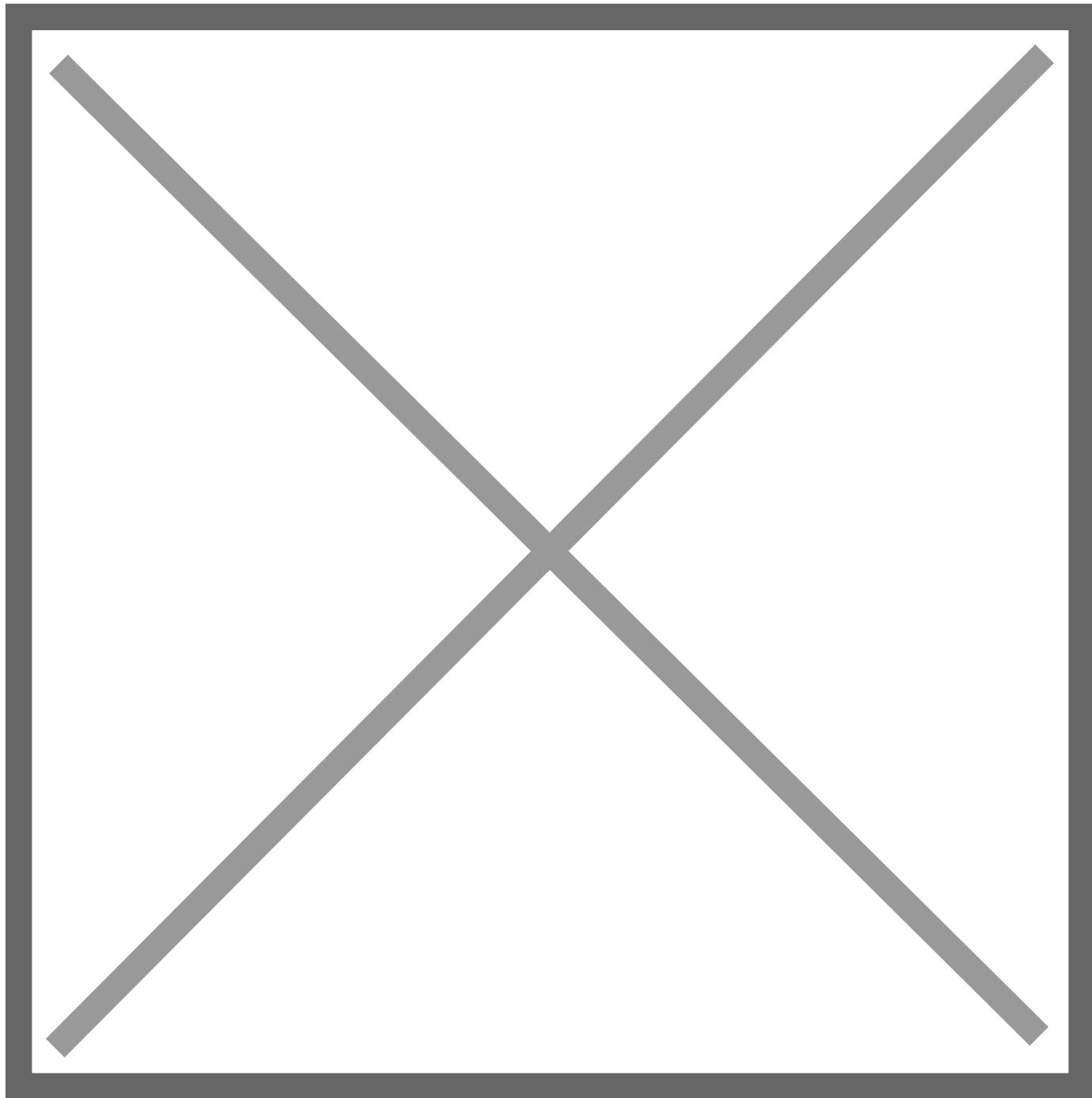
Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.who.int/today>, accessed [16.07.24]

**Definiciones**  
**(solo**  
**disponible en**  
**inglÃ©s):**

Indicence per 100,000

## CÁncer de mama

Mujeres, 2022



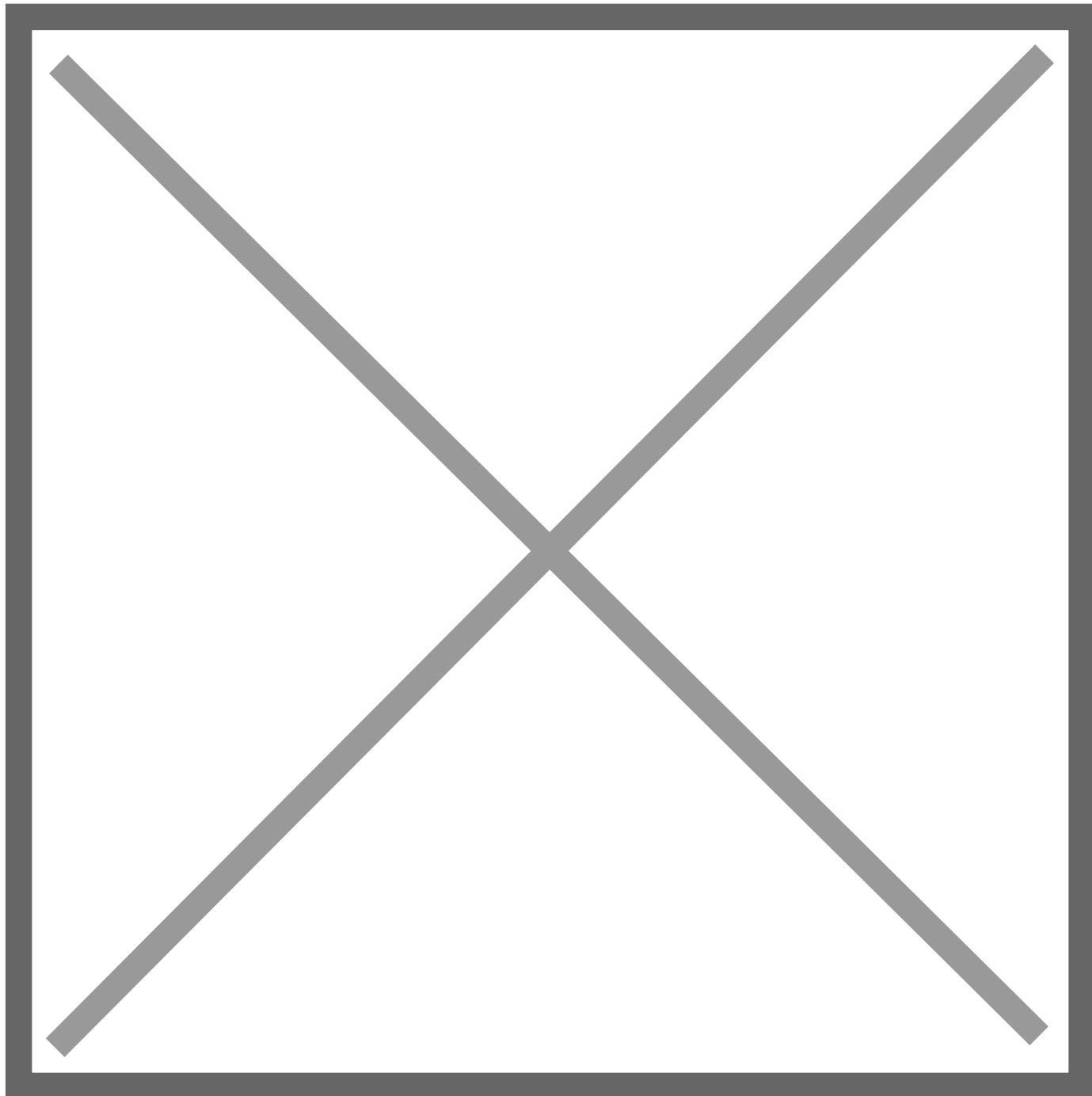
Zona  
abarcada:

Nacional

**Referencias:** Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.who.int/today>, accessed [16.07.24]

**Definiciones**  
**(solo**  
**disponible en**  
**inglÃ©s):**

Incidence per 100,000

**CÁncer colorrectal****Hombres, 2022****Edad:**

20+

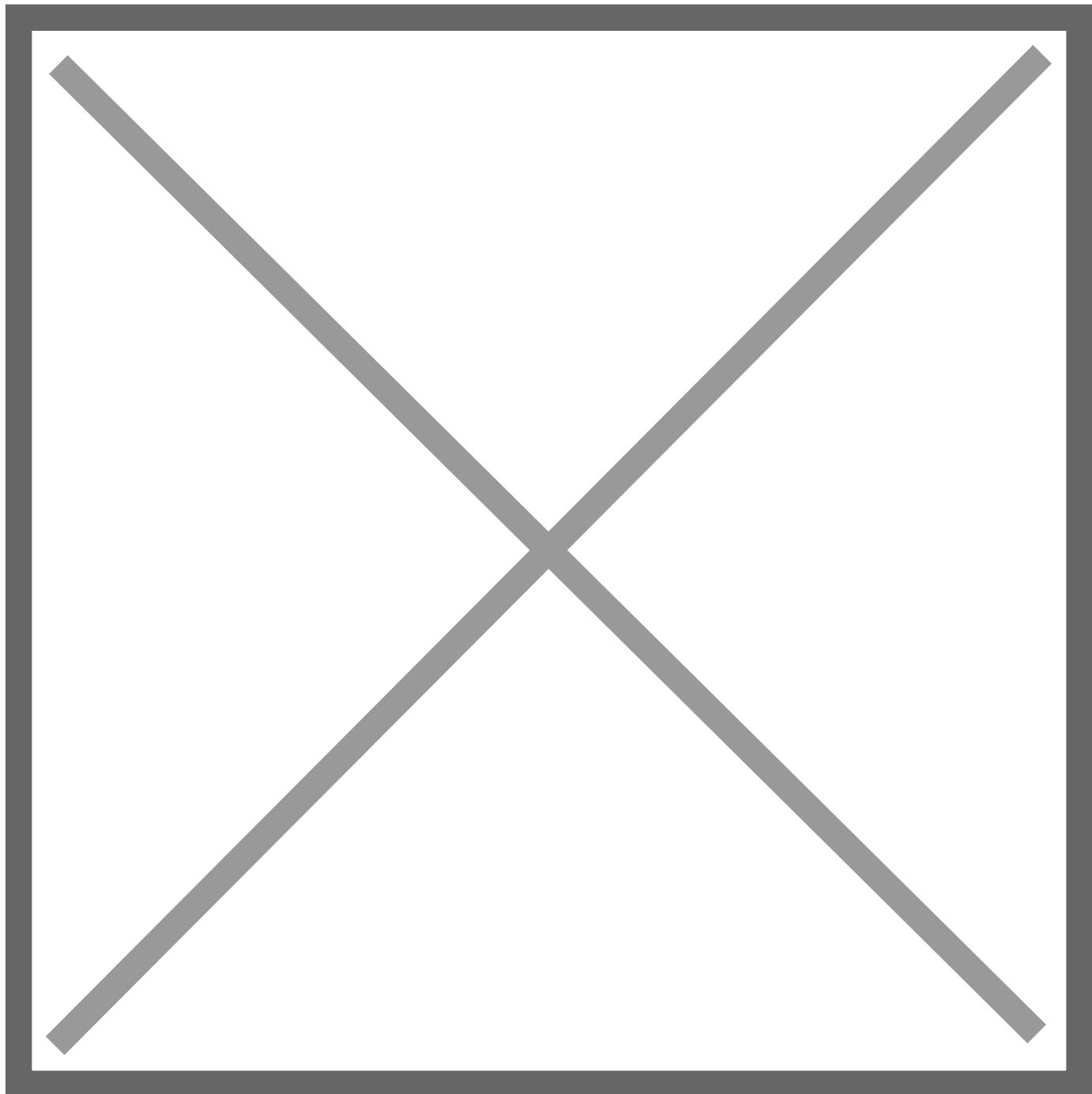
**Zona abarcada:**

Nacional

**Referencias:** Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.who.int/today>, accessed [16.07.24]

**Definiciones**  
(solo  
disponible en  
inglÃ©s):

Incidence per 100,000

**Mujeres, 2022****Edad:**

20+

**Zona abarcada:**

Nacional

**Referencias:**

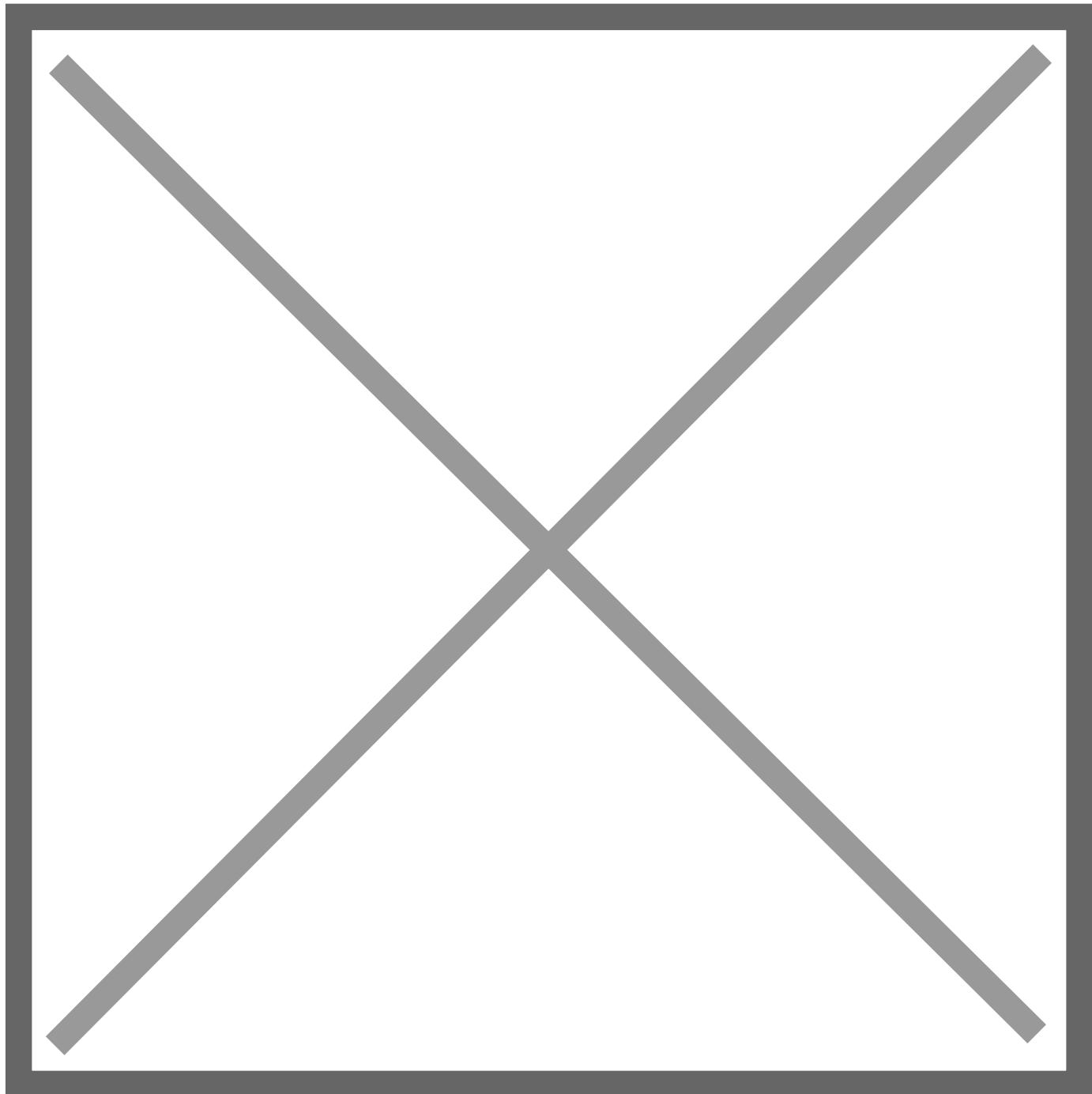
Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.who.int/today>, accessed [16.07.24]

**Definiciones**  
**(solo**  
**disponible en**  
**inglÃ©s):**

Incidence per 100,000

## CÁncer de páncreas

Hombres, 2022



Edad:

20+

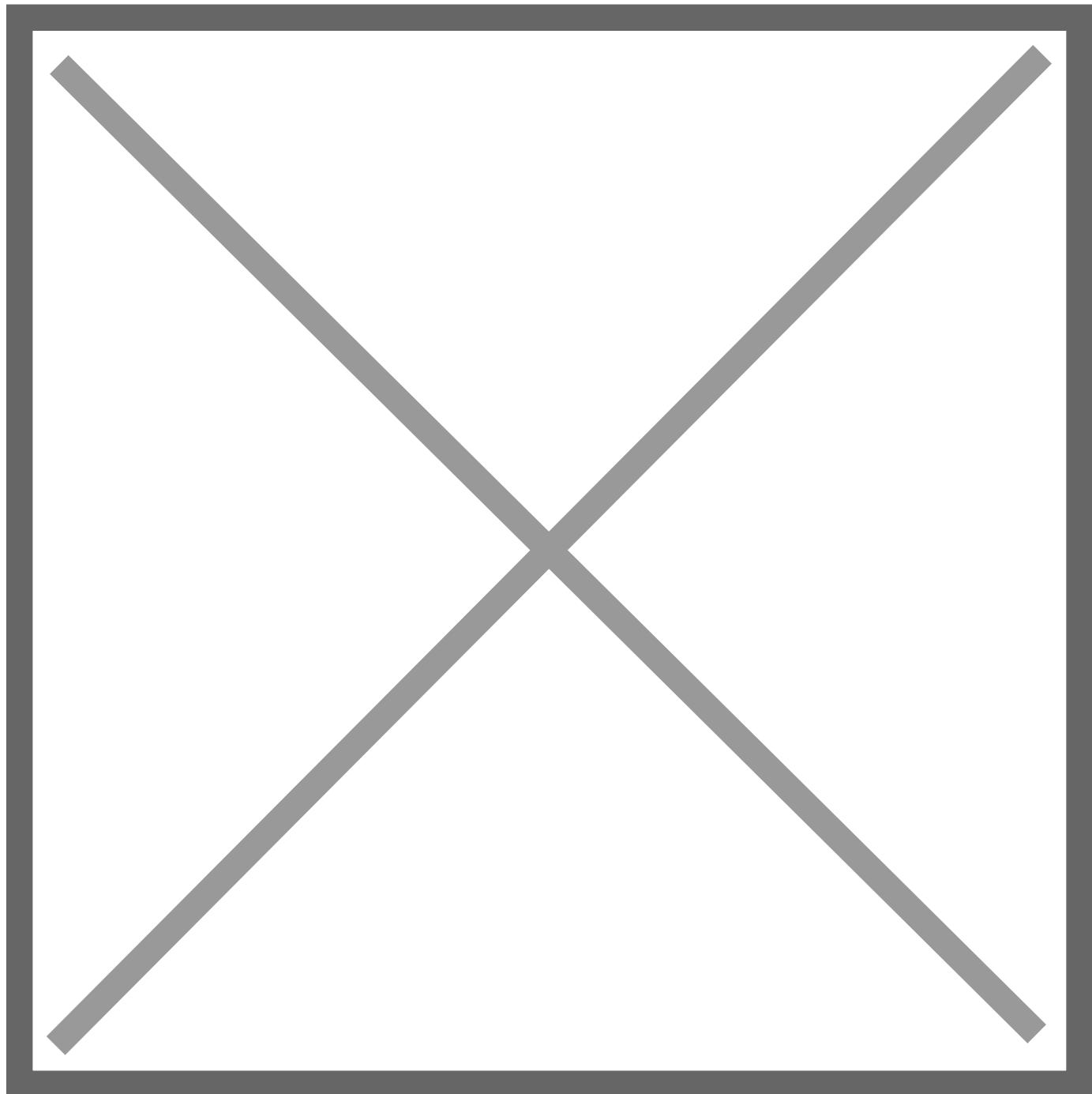
Zona  
abarcada:

Nacional

**Referencias:** Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.who.int/today>, accessed [16.07.24]

**Definiciones**  
(solo  
disponible en  
inglÃ©s):

Incidence per 100,000

**Mujeres, 2022****Edad:**

20+

**Zona abarcada:**

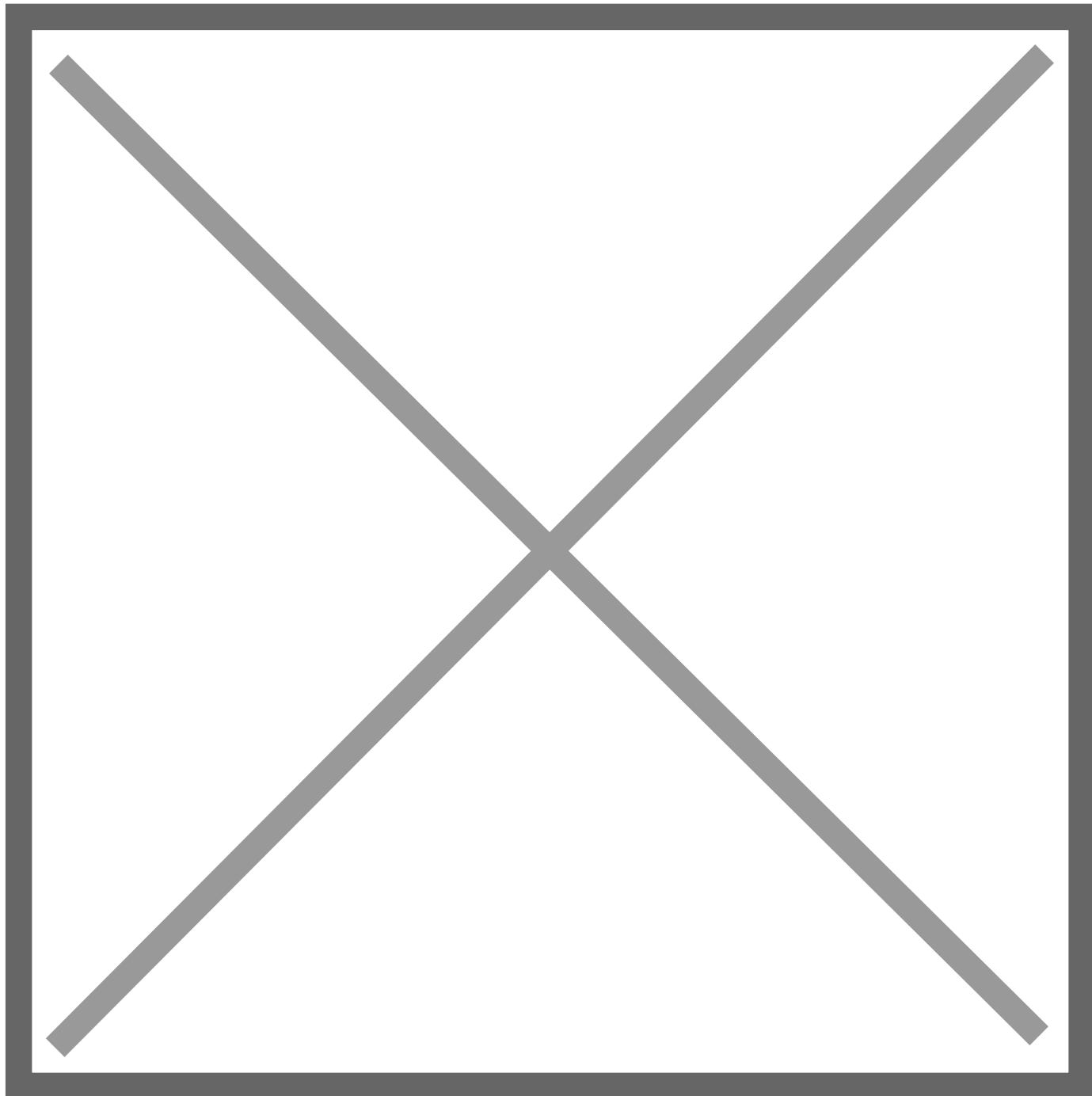
Nacional

**Referencias:**

Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.who.int/today>, accessed [16.07.24]

**Definiciones**  
**(solo**  
**disponible en**  
**inglÃ©s):**

Incidence per 100,000

**CÁncer de la vesícula biliar****Hombres, 2022****Edad:**

20+

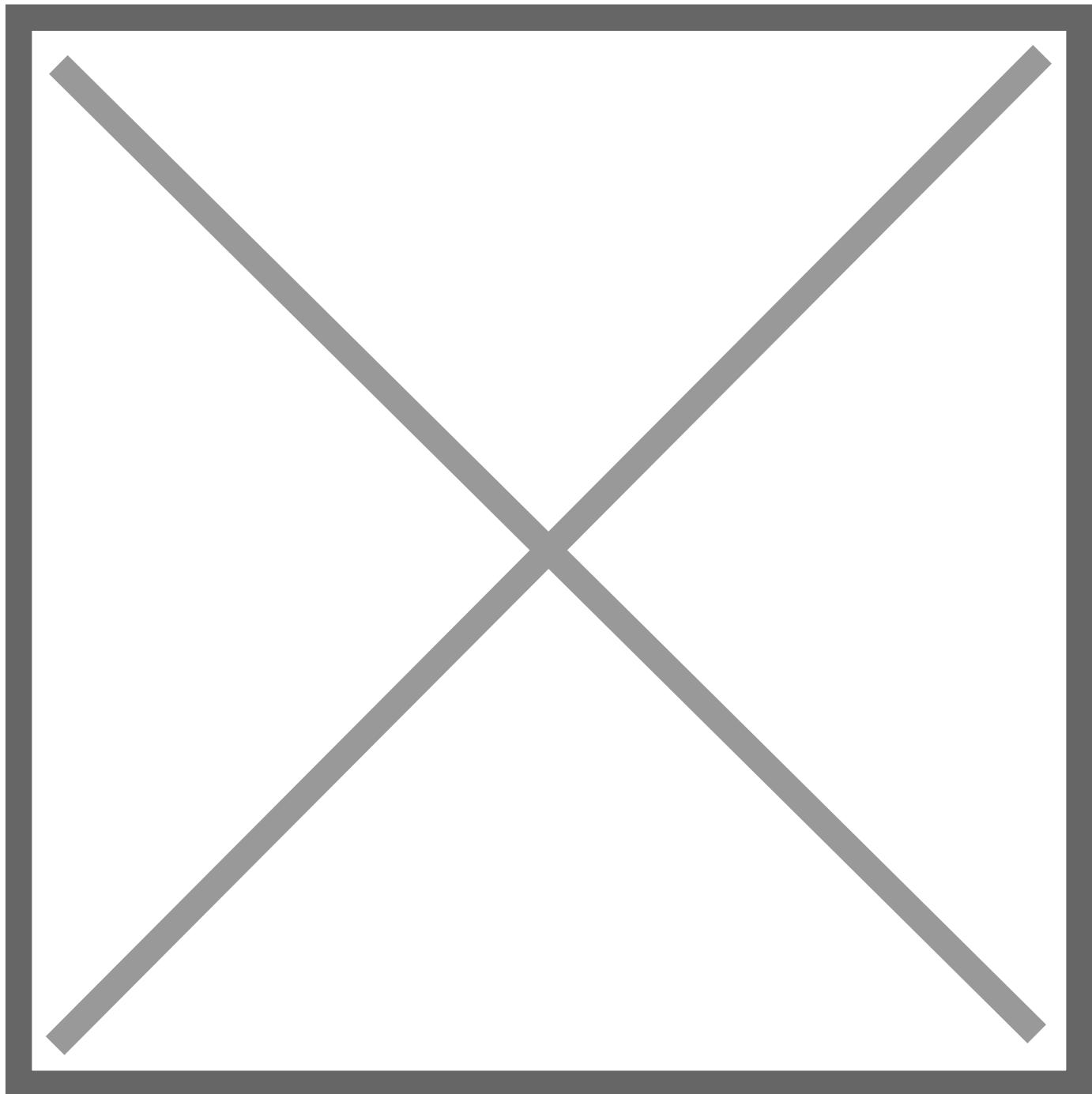
**Zona abarcada:**

Nacional

**Referencias:** Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.who.int/today>, accessed [16.07.24]

**Definiciones**  
(solo  
disponible en  
inglÃ©s):

Indidence per 100,000

**Mujeres, 2022****Edad:**

20+

**Zona abarcada:**

Nacional

**Referencias:**

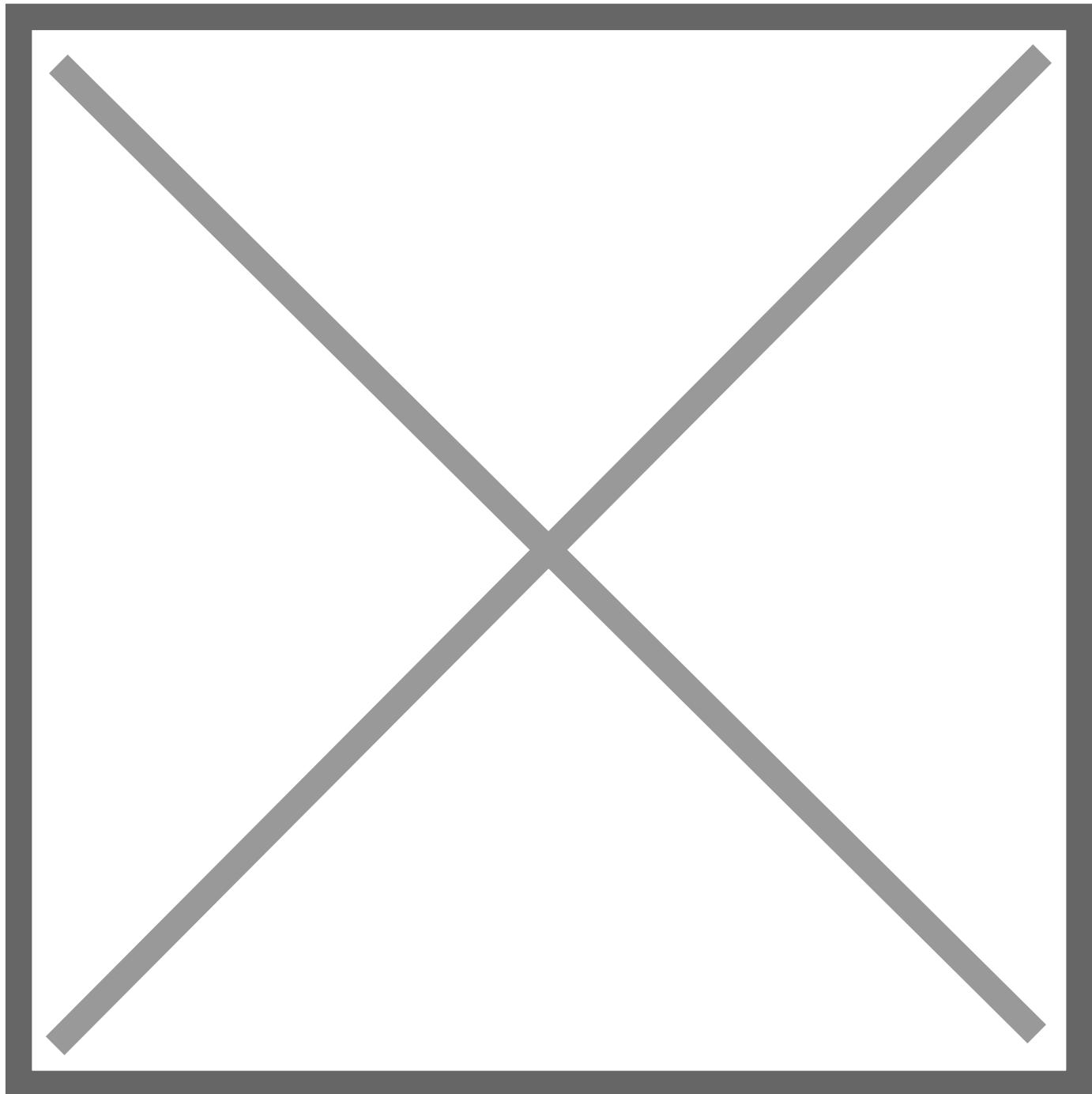
Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.who.int/today>, accessed [16.07.24]

**Definiciones**  
**(solo**  
**disponible en**  
**inglÃ©s):**

Indicence per 100,000

## CÁncer de riñón

Hombres, 2022



Edad:

20+

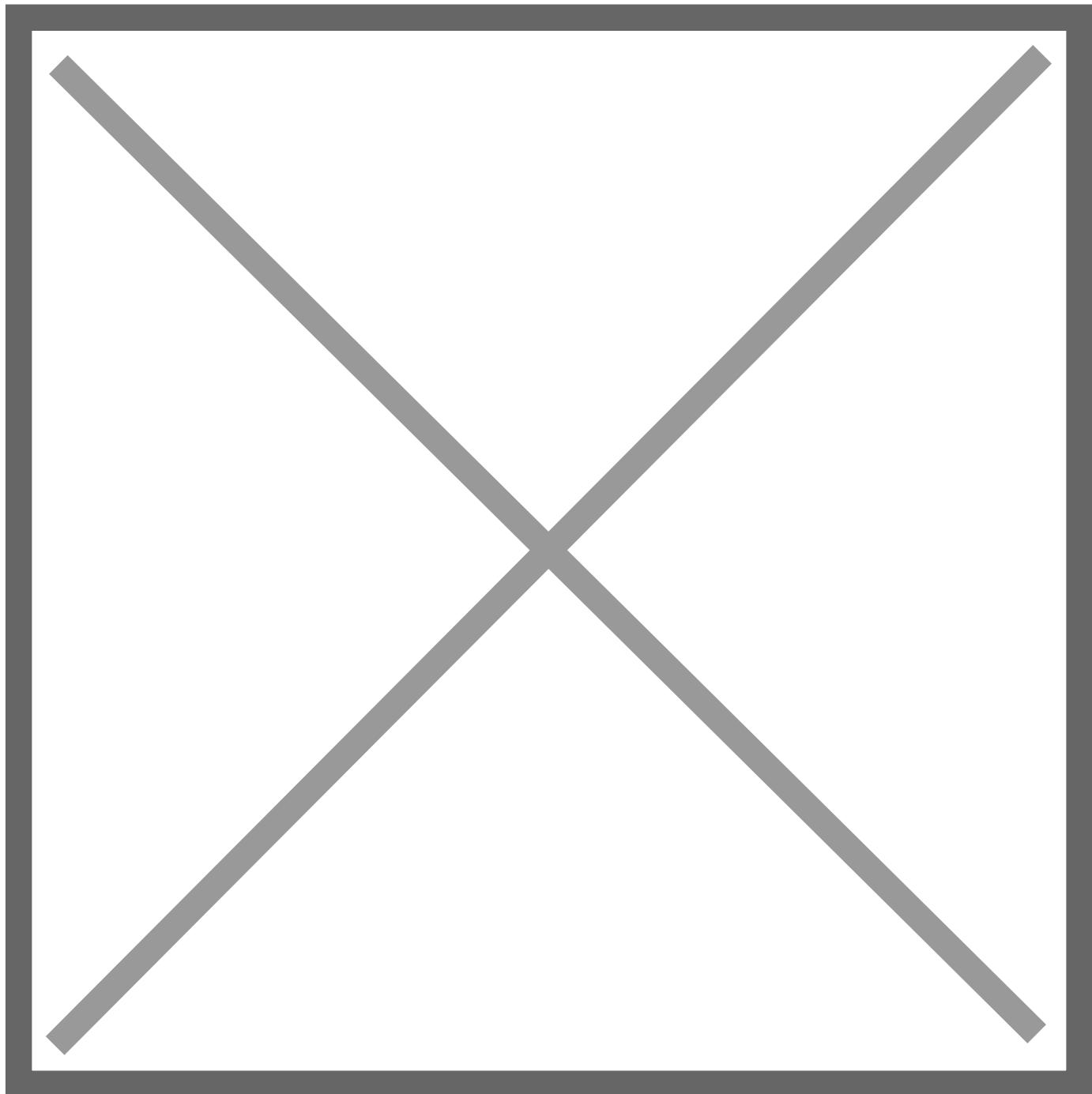
Zona  
abarcada:

Nacional

**Referencias:** Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.who.int/today>, accessed [16.07.24]

**Definiciones**  
(solo  
disponible en  
inglÃ©s):

Incidence per 100,000

**Mujeres, 2022****Edad:**

20+

**Zona abarcada:**

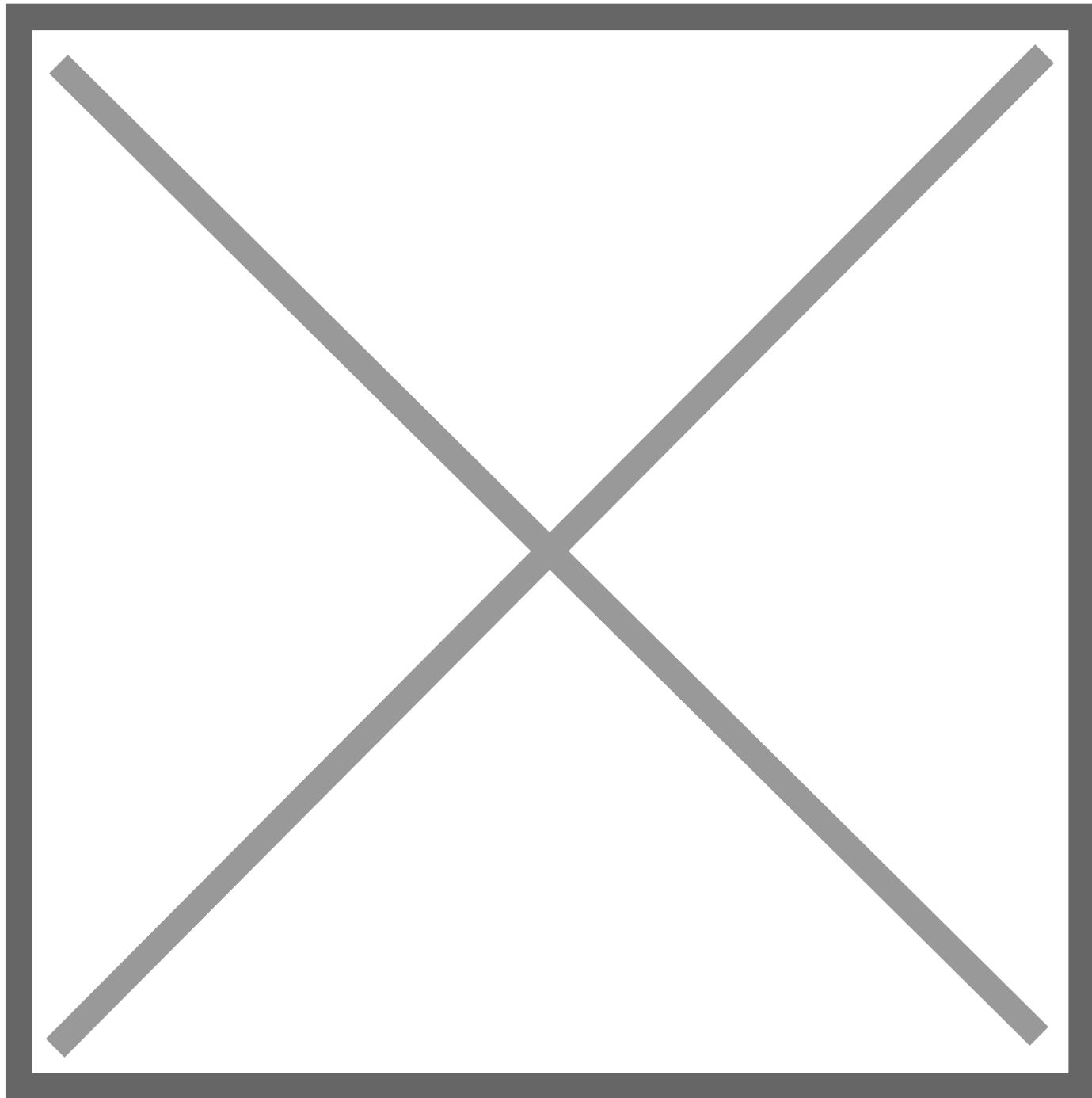
Nacional

**Referencias:**

Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.who.int/today>, accessed [16.07.24]

**Definiciones**  
**(solo**  
**disponible en**  
**inglÃ©s):**

Incidence per 100,000

**CÁncer de Útero****Mujeres, 2022****Edad:**

20+

**Referencias:**

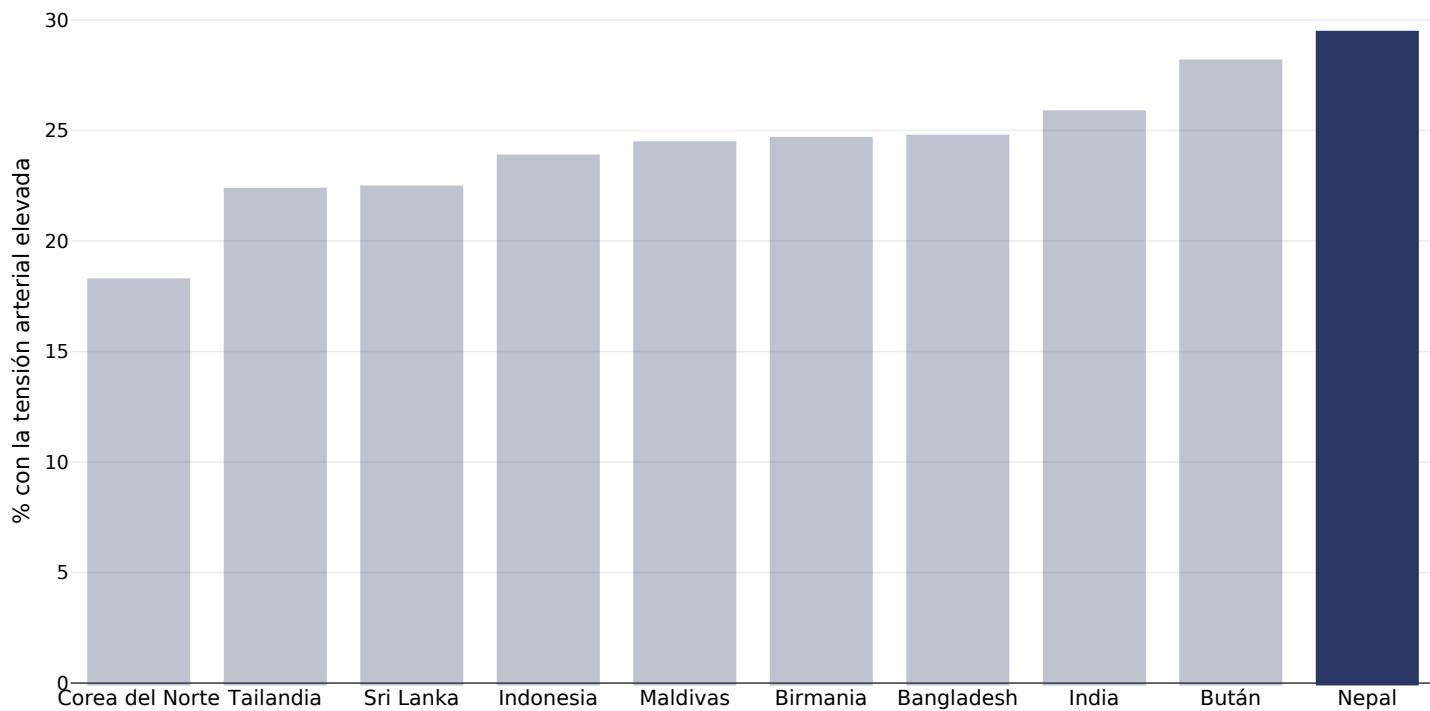
Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.who.int/today>, accessed [16.07.24]

**Definiciones**  
**(solo**  
**disponible en**  
**inglÃ©s):**

Incidence per 100,000

## TensiÃ³n arterial elevada

**Adultos, 2015**



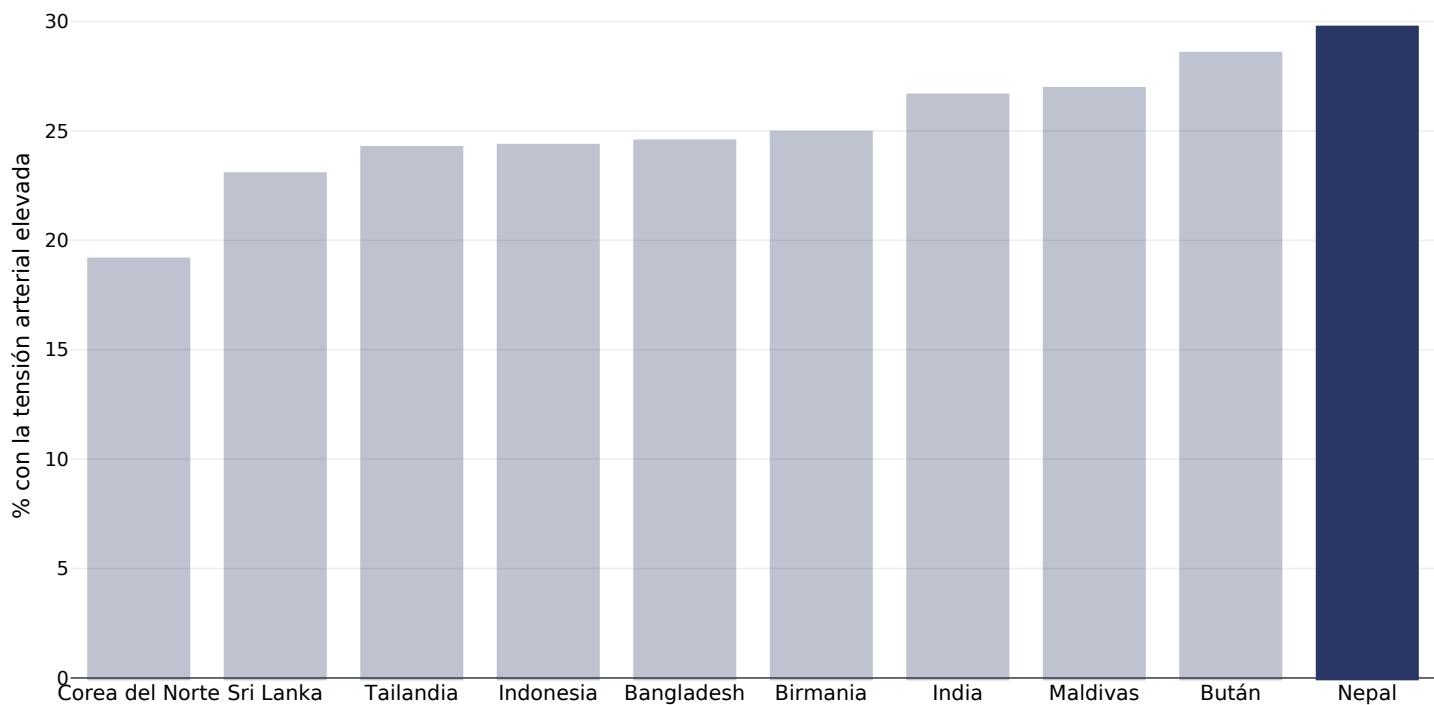
**Referencias:**

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

**Definiciones**  
 (solo  
 disponible en  
 inglÃ©s):

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

## Hombres, 2015



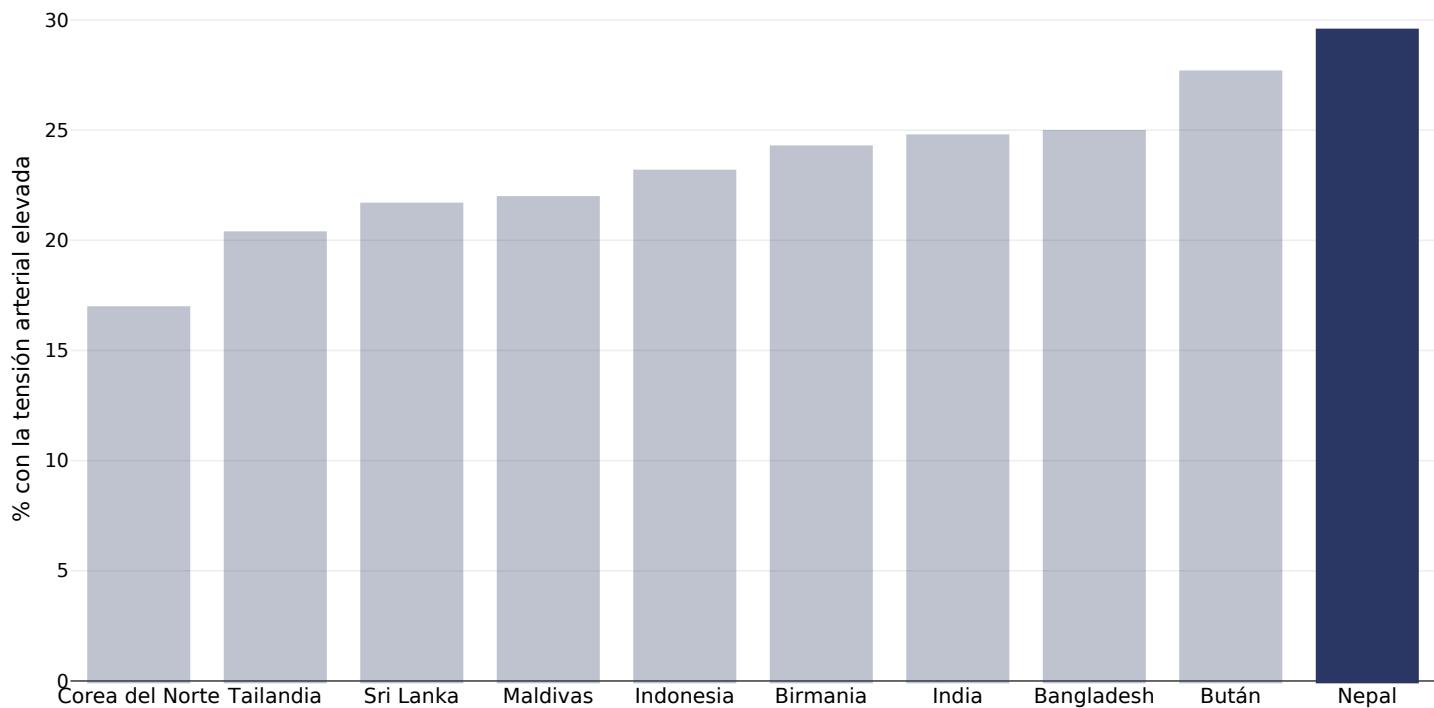
**Referencias:**

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

**Definiciones  
(solo  
disponible en  
inglÃ©s):**

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

## Mujeres, 2015



**Referencias:**

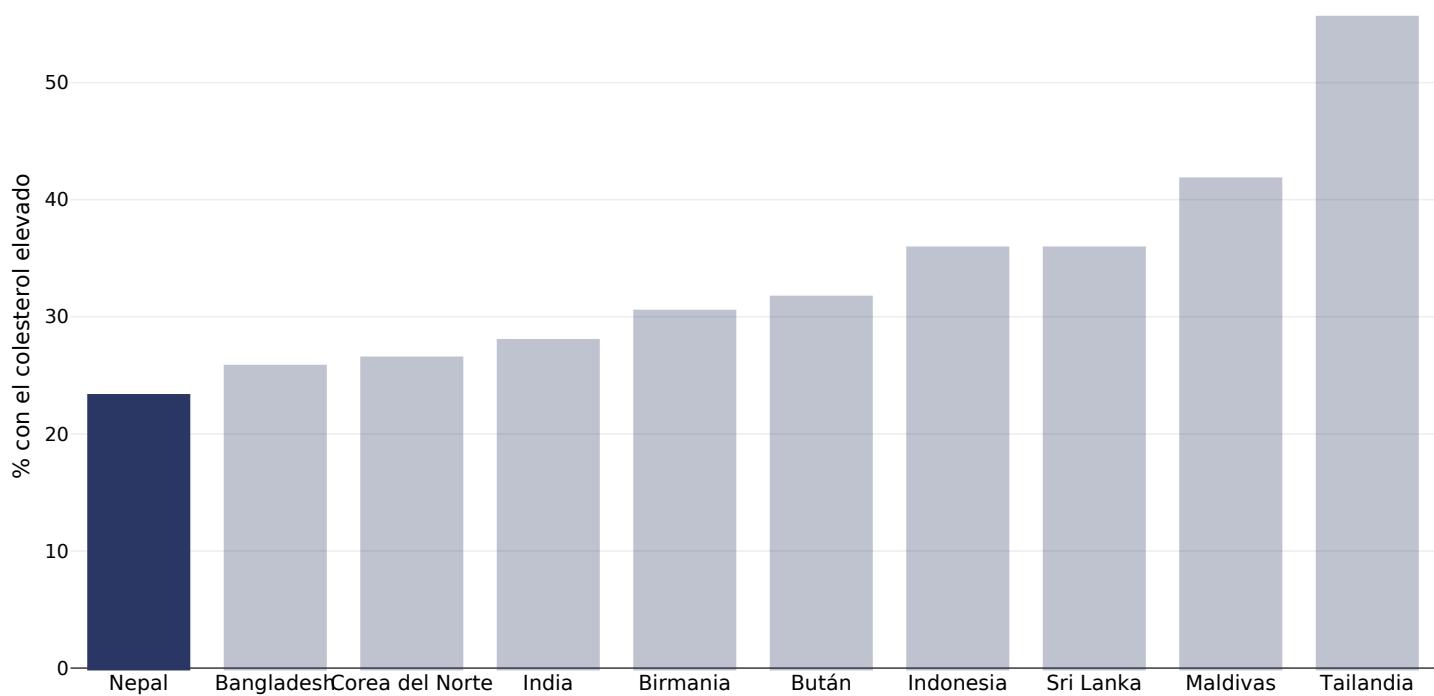
Global Health Observatory data repository, World Health Organisation,  
<http://apps.who.int/gho/data/node.main.A875?lang=en>

**Definiciones  
(solo  
disponible en  
inglÃ©s):**

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

## Colesterol elevado

Adultos, 2008

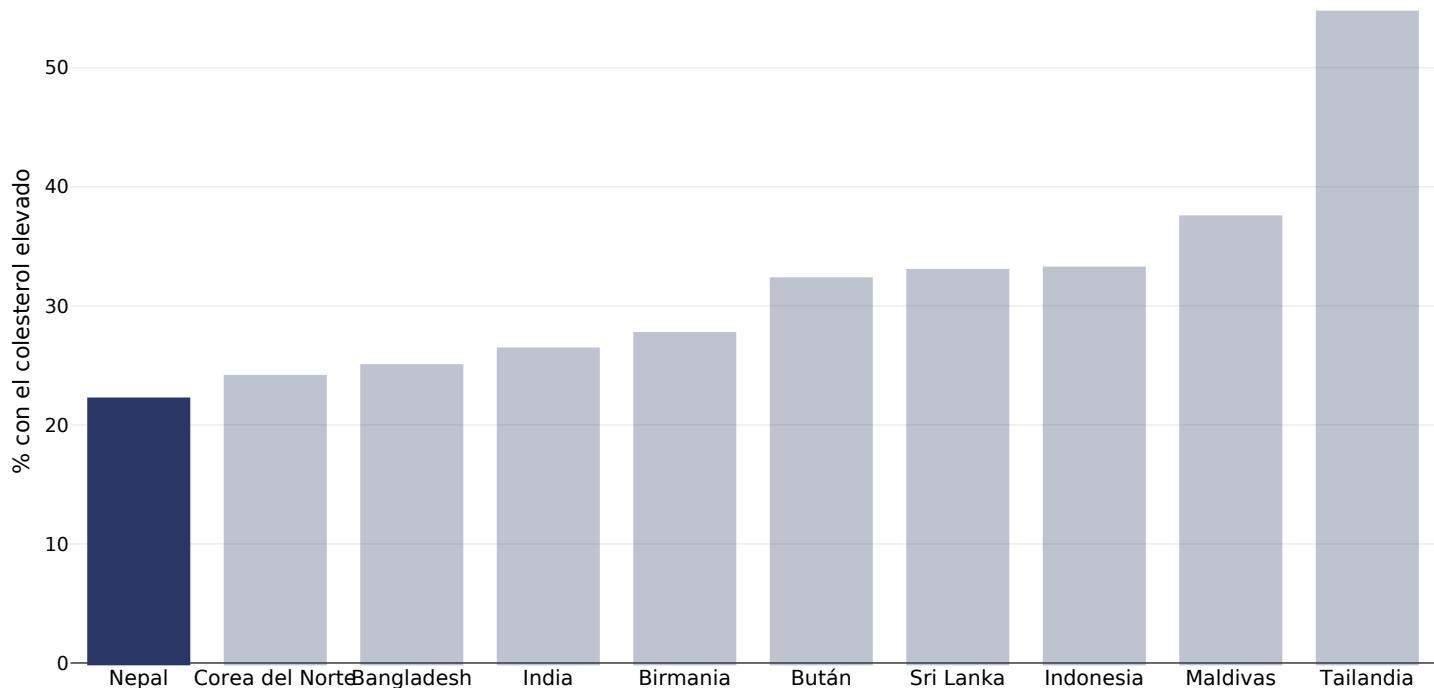


**Referencias:** Global Health Observatory data repository, World Health Organisation, <http://apps.who.int/gho/data/node.main.A885>

**Definiciones**  
(solo  
disponible en  
inglÃ©s):

% Raised total cholesterol ( $\geq 5.0$  mmol/L) (age-standardized estimate).

## Hombres, 2008

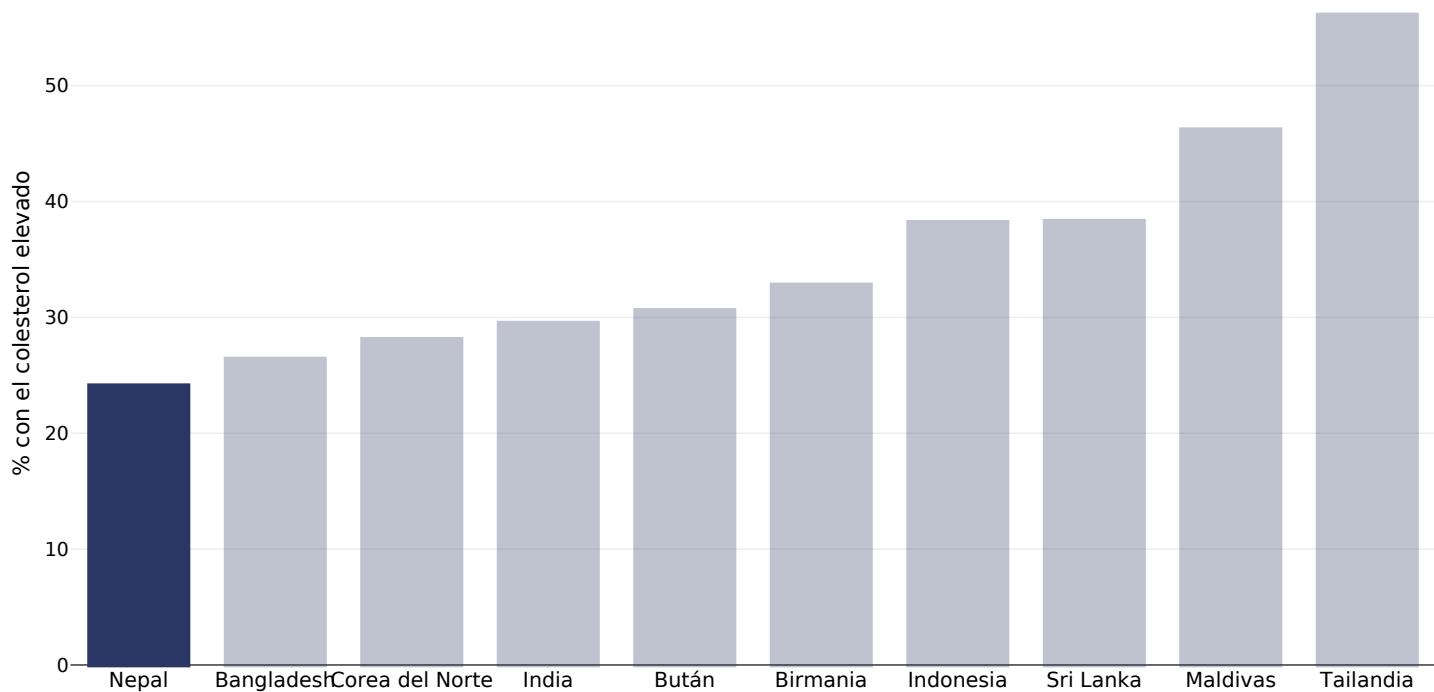


**Referencias:** Global Health Observatory data repository, World Health Organisation, <http://apps.who.int/gho/data/node.main.A885>

% Raised total cholesterol ( $\geq 5.0$  mmol/L) (age-standardized estimate).

**Definiciones**  
(solo  
disponible en  
inglÃ©s):

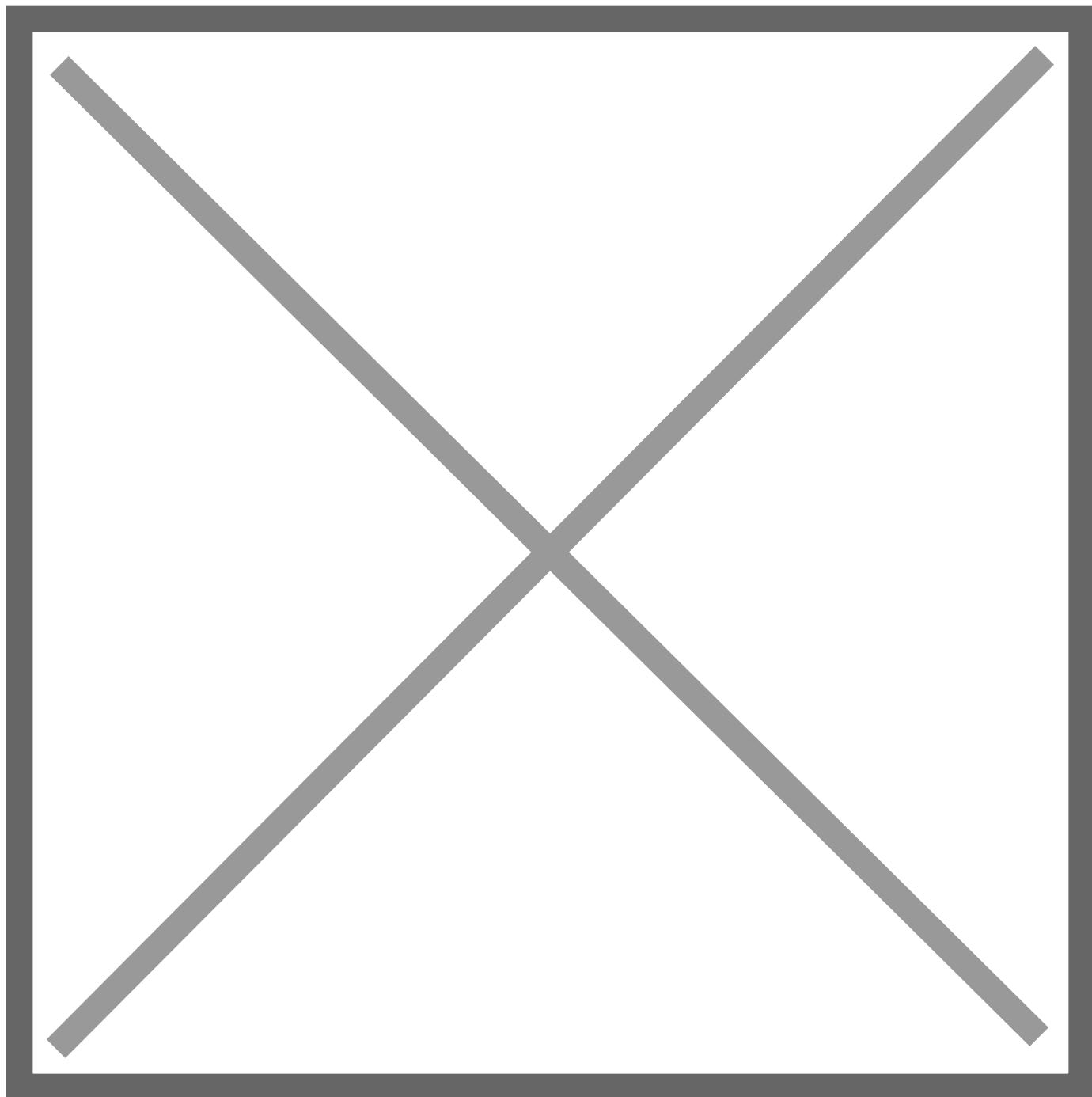
## Mujeres, 2008



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

**Definiciones** (% Raised total cholesterol ( $\geq 5.0$  mmol/L) (age-standardized estimate).)

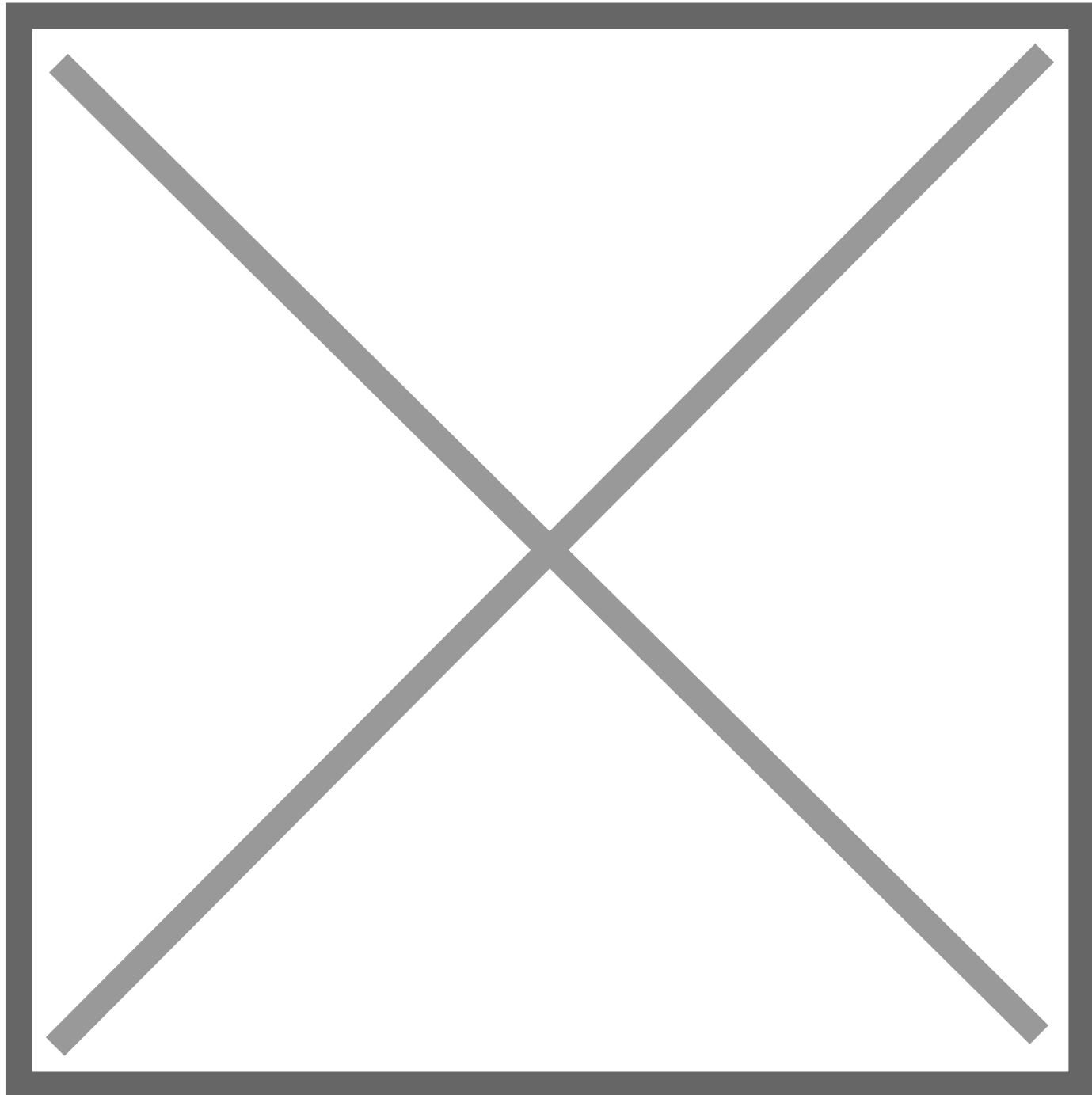
(solo  
disponible en  
inglÃ©s):

**Glucemia en ayunas elevada****Hombres, 2014****Referencias:**

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

**Definiciones  
(solo  
disponible en  
inglÃ©s):**

Age Standardised % raised fasting blood glucose ( $\geq 7.0$  mmol/L or on medication).

**Mujeres, 2014****Referencias:**

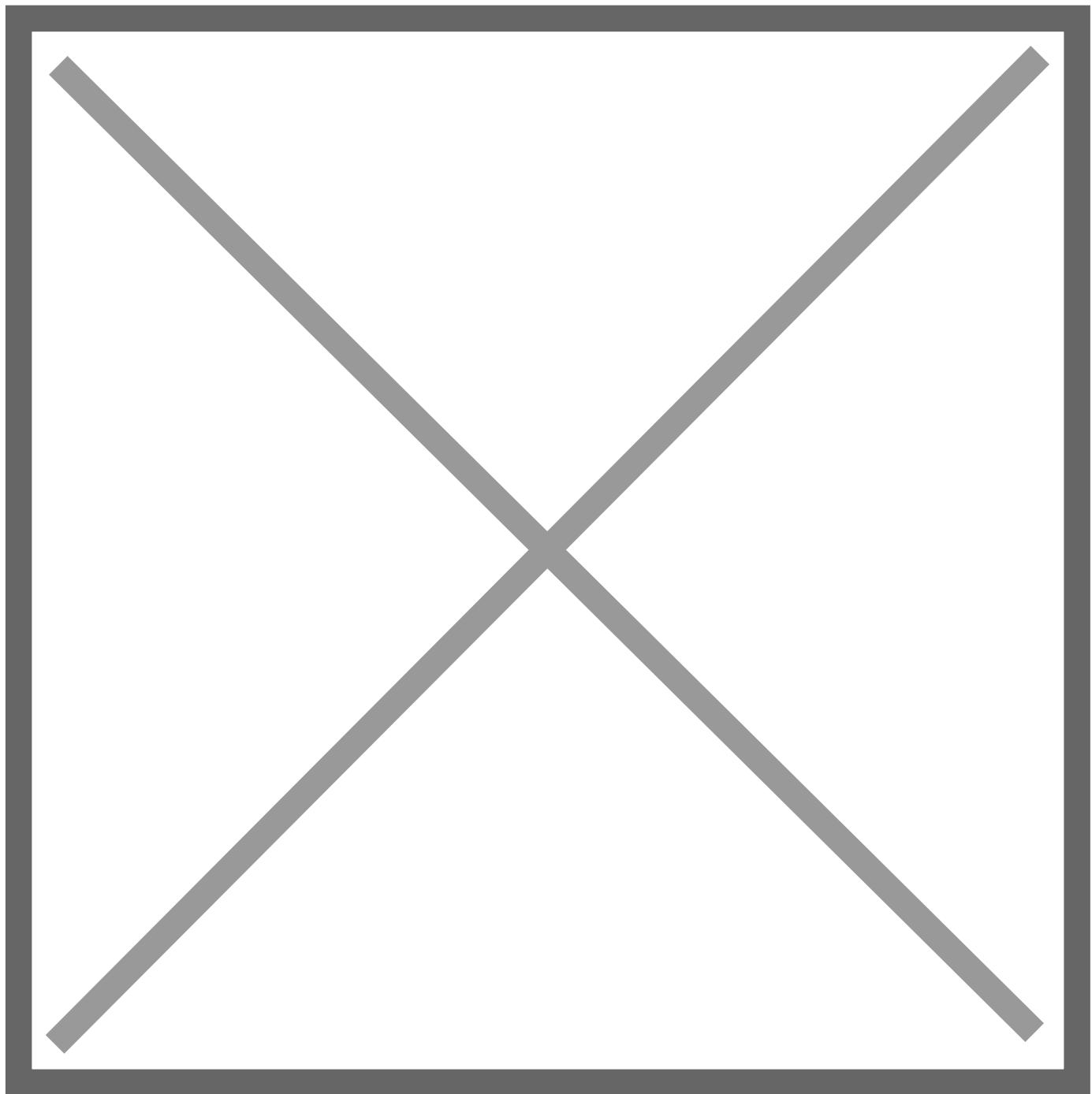
Global Health Observatory data repository, World Health Organisation,  
<http://apps.who.int/gho/data/node.main.A869?lang=en>

**Definiciones  
(solo  
disponible en  
inglÃ©s):**

Age Standardised % raised fasting blood glucose ( $\geq 7.0$  mmol/L or on medication).

## Prevalencia de la diabetes

Adultos, 2024

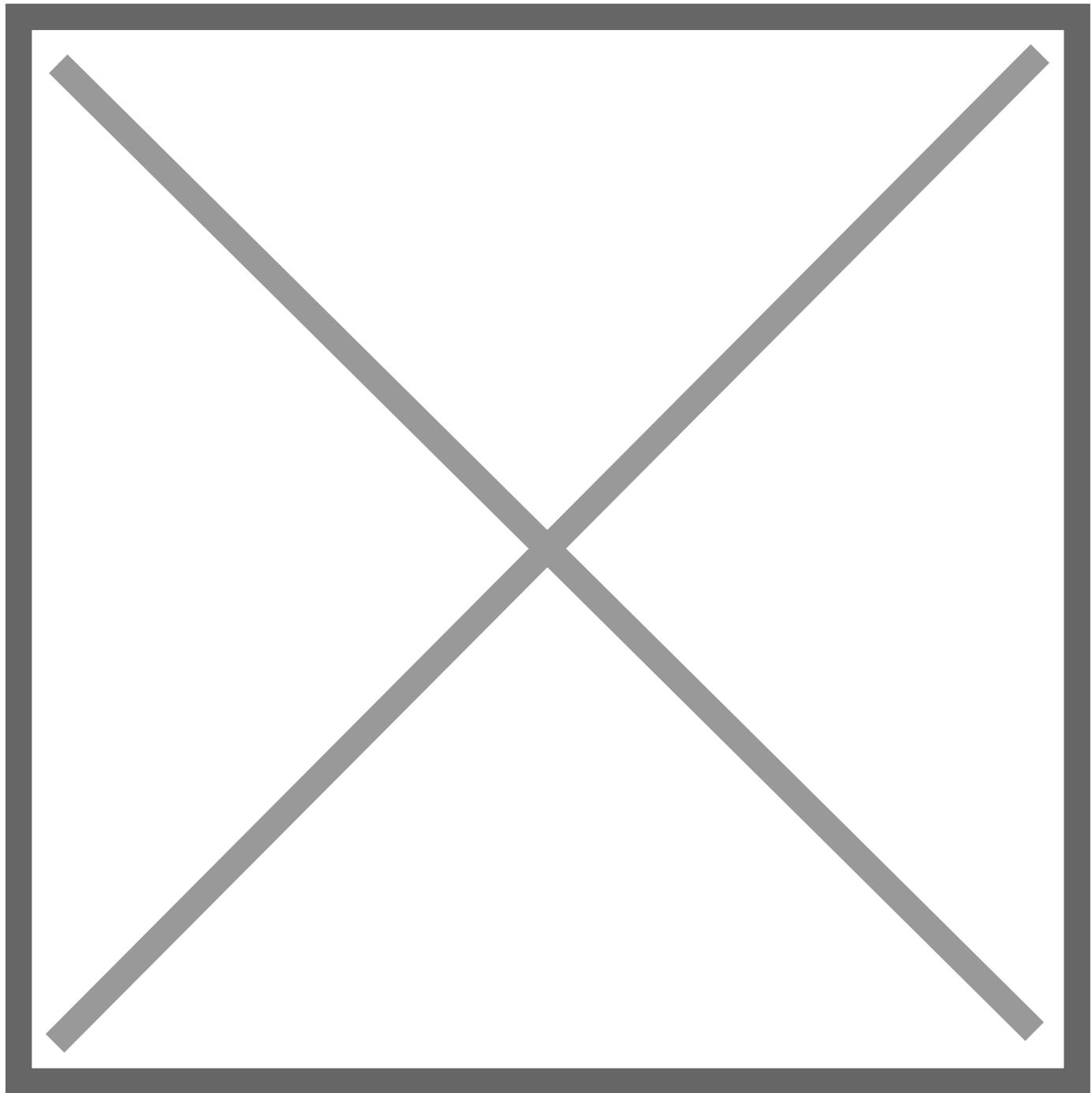


**Referencias:**

Reproduced with kind permission International Diabetes Federation. IDF Diabetes Atlas, 11th edn. Brussels, Belgium:International Diabetes Federation, 2025. <http://www.diabetesatlas.org>

## Ovarian Cancer

Mujeres, 2022



**Edad:**

20+

**Referencias:**

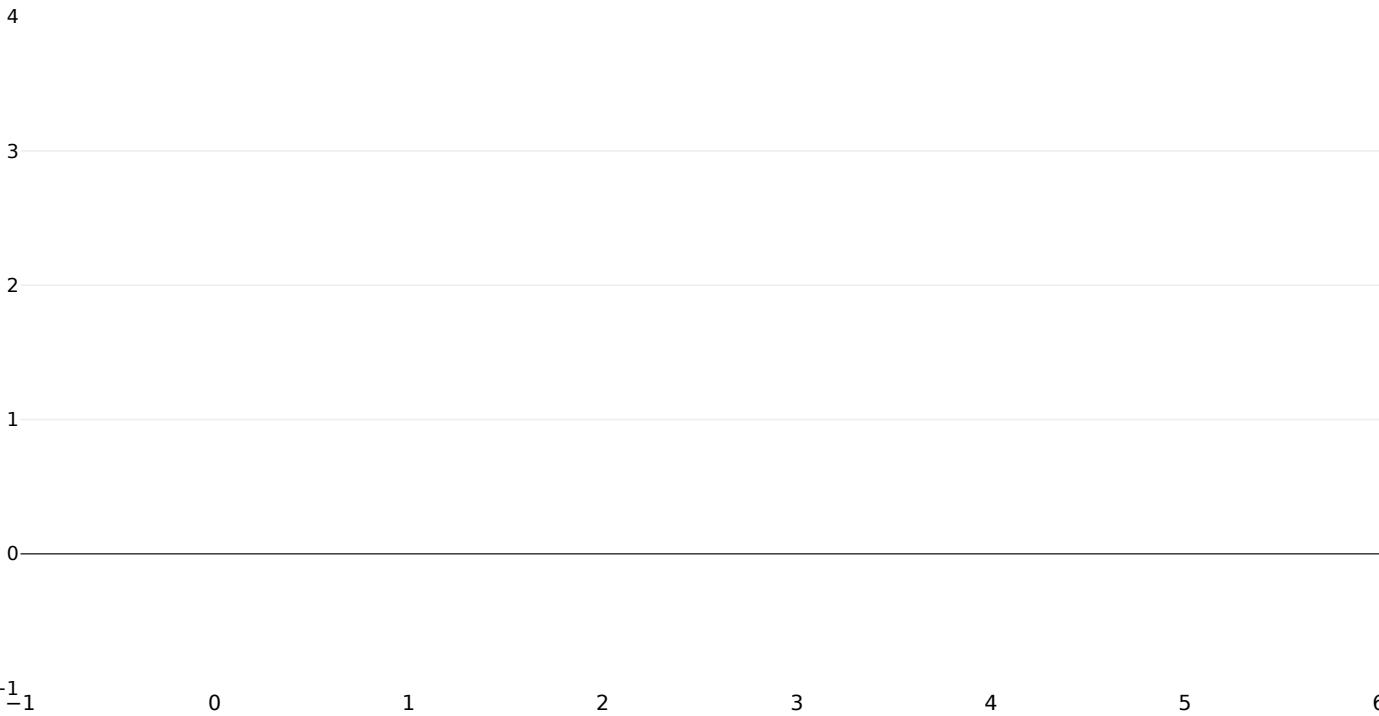
Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.who.int/today>, accessed [16.07.24]

**Definiciones**  
**(solo**  
**disponible en**  
**inglÃ©s):**

Incidence per 100,000

## Leukemia

### Hombres, 2022



**Edad:**

20+

**Zona abarcada:**

Nacional

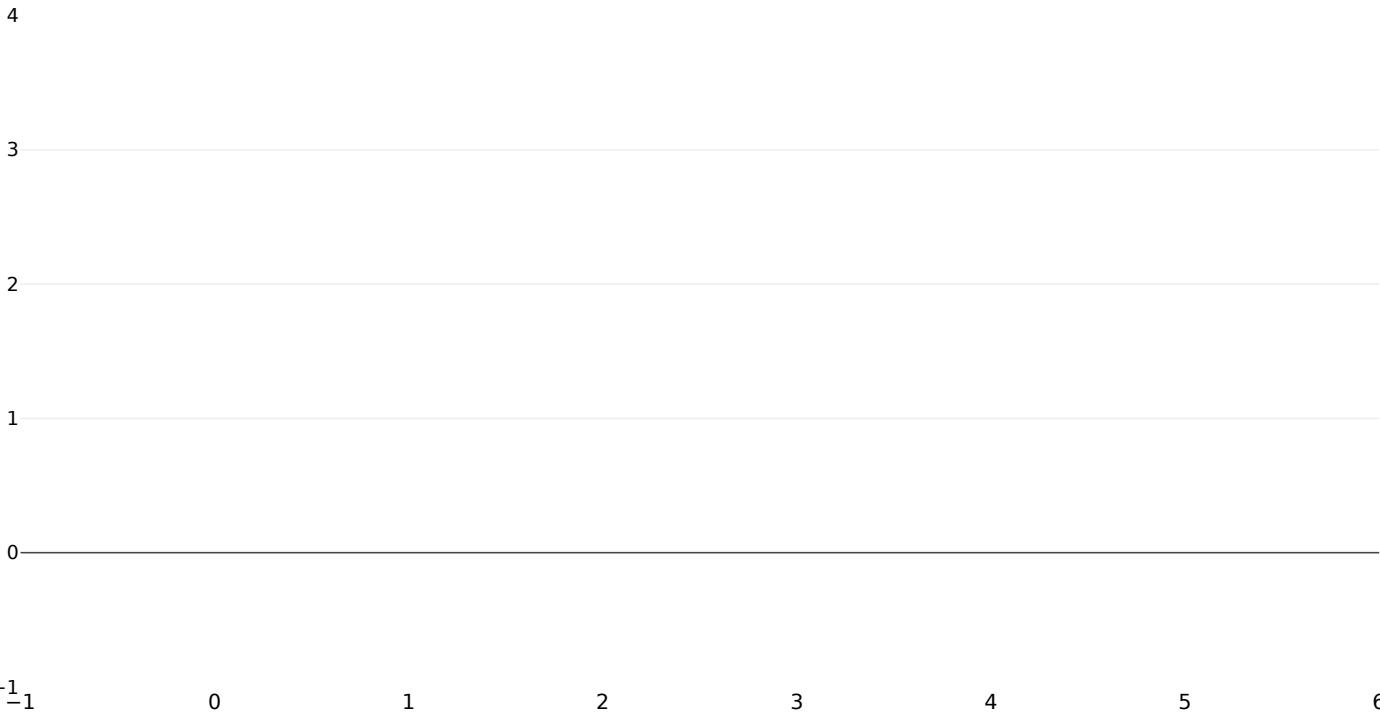
**Referencias:** Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.who.int/today>, accessed [16.07.24]

**Definiciones (solo disponible en inglés):**

Incidence per 100,000

A menos que se indique lo contrario, el sobrepeso se refiere a un IMC entre 25 kg y 29,9 kg/m<sup>2</sup> y la obesidad se refiere a un IMC superior a 30 kg/m<sup>2</sup>.

## Mujeres, 2022



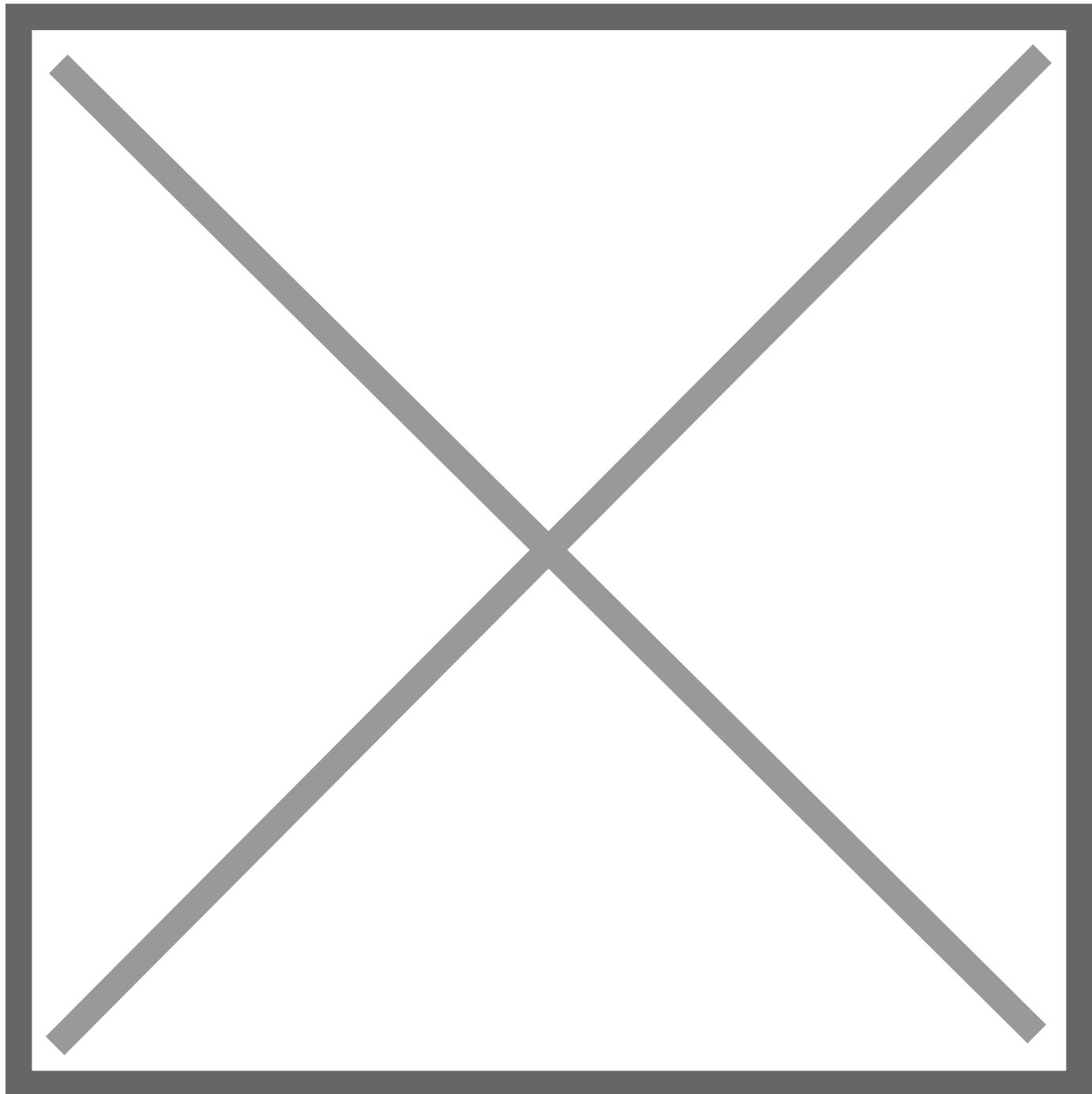
**Edad:** 20+

**Zona abarcada:** Nacional

**Referencias:** Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.who.int/today>, accessed [16.07.24]

**Definiciones (solo disponible en inglés):** Incidence per 100,000

A menos que se indique lo contrario, el sobrepeso se refiere a un IMC entre 25 kg y 29,9 kg/m<sup>2</sup> y la obesidad se refiere a un IMC superior a 30 kg/m<sup>2</sup>.

**Leukemia****Hombres, 2022****Edad:**

20+

**Zona abarcada:**

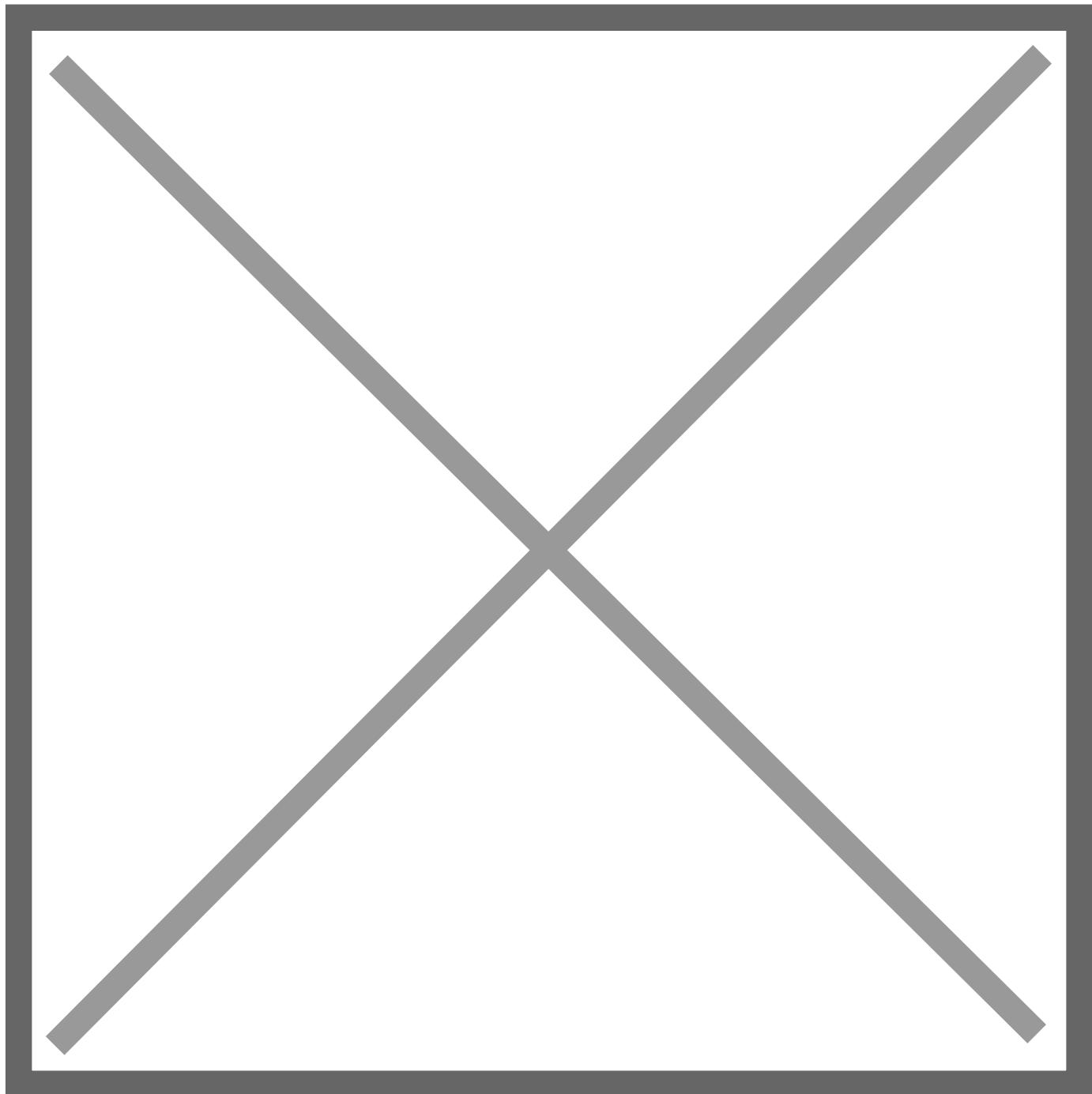
Nacional

**Referencias:** Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.who.int/today>, accessed [16.07.24]

**Definiciones  
(solo  
disponible en  
inglÃ©s):**

Incidence per 100,000

A menos que se indique lo contrario, el sobrepeso se refiere a un IMC entre 25 kg y 29,9 kg/m<sup>2</sup> y la obesidad se refiere a un IMC superior a 30 kg/m<sup>2</sup>.

**Mujeres, 2022****Edad:**

20+

**Zona abarcada:**

Nacional

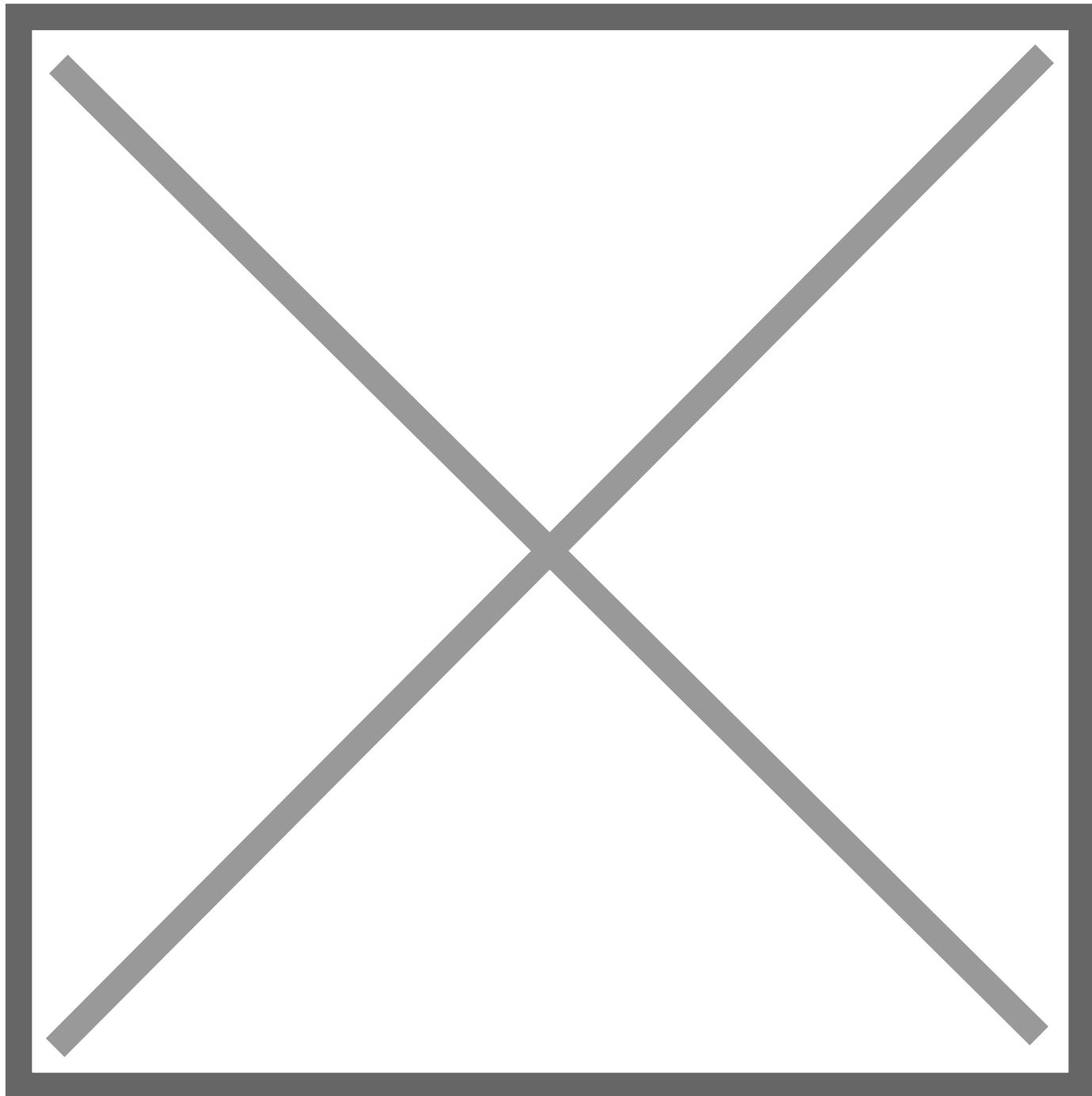
**Referencias:**

Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.who.int/today>, accessed [16.07.24]

**Definiciones  
(solo  
disponible en  
inglÃ©s):**

Incidence per 100,000

*A menos que se indique lo contrario, el sobrepeso se refiere a un IMC entre 25Â kg y 29,9Â kg/mÂ<sup>2</sup> y la obesidad se refiere a un IMC superior a 30 kg/mÂ<sup>2</sup>..*

**Liver and intrahepatic bile duct Cancer****Hombres, 2022****Edad:**

20+

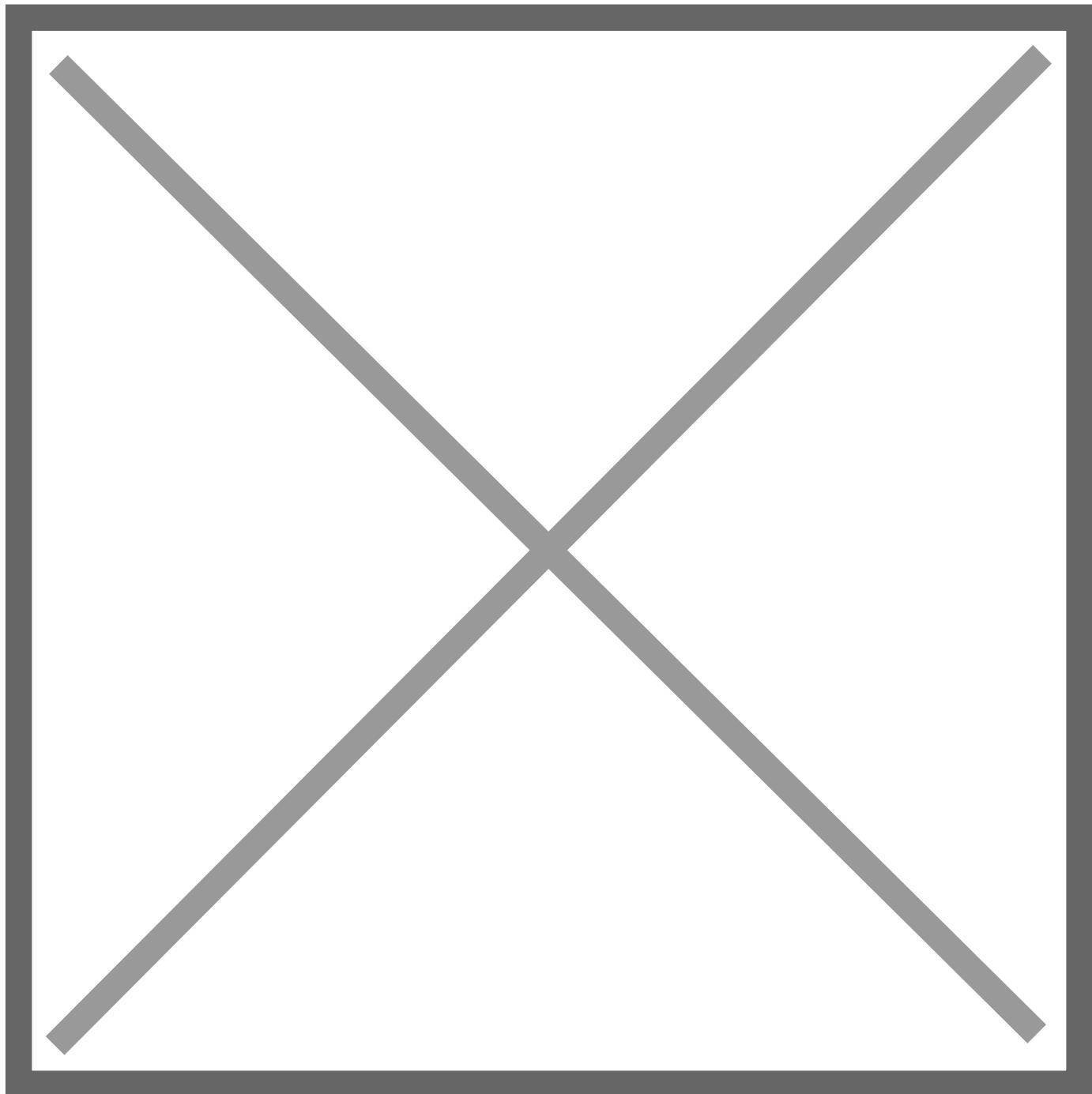
**Zona abarcada:**

Nacional

**Referencias:** Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.who.int/today>, accessed [16.07.24]

**Definiciones**  
(solo  
disponible en  
inglÃ©s):

Incidence per 100,000

**Mujeres, 2022****Edad:**

20+

**Zona abarcada:**

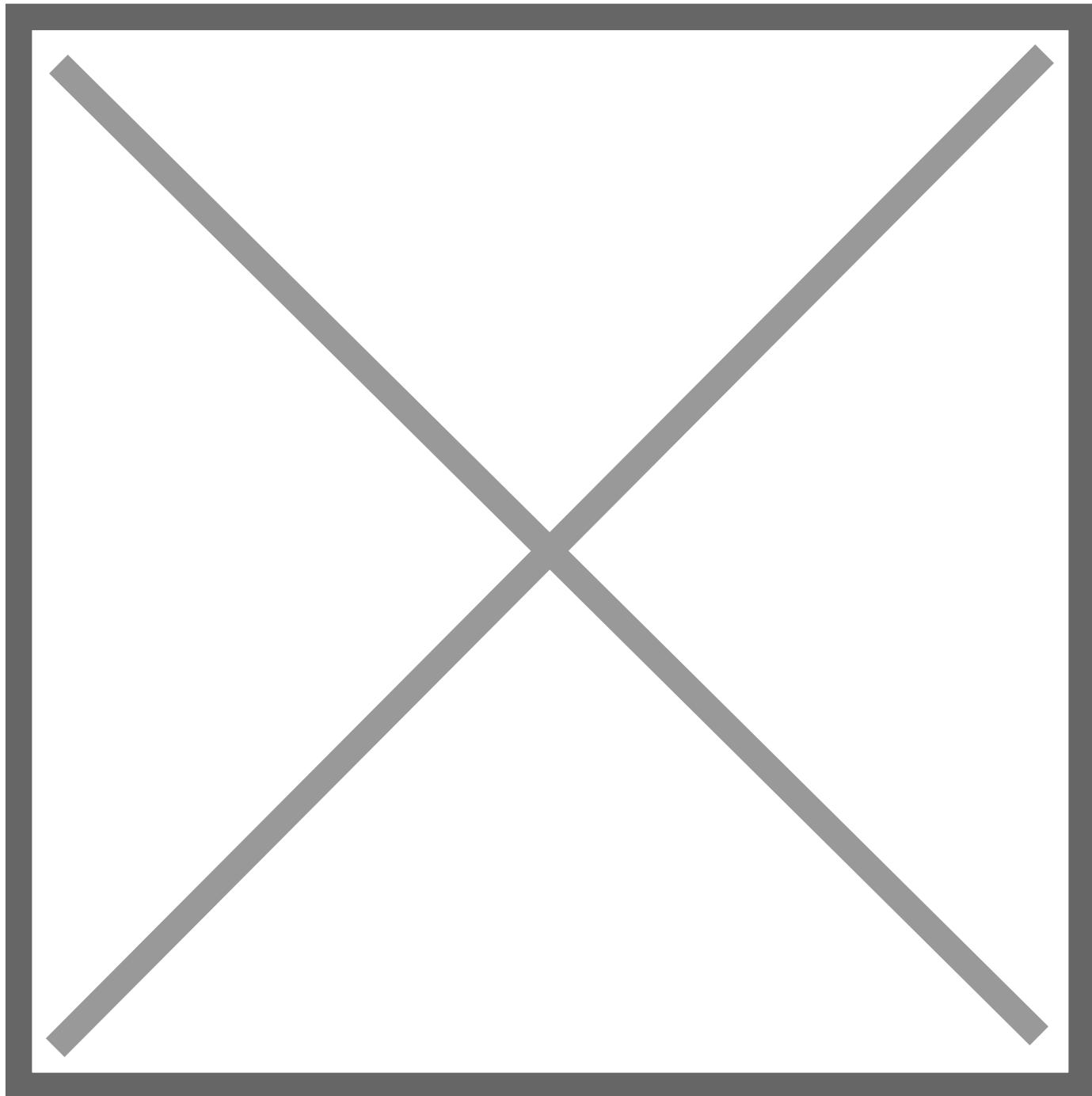
Nacional

**Referencias:**

Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.who.int/today>, accessed [16.07.24]

**Definiciones**  
**(solo**  
**disponible en**  
**inglÃ©s):**

Incidence per 100,000

**Multiple Myeloma****Hombres, 2022****Edad:**

20+

**Zona abarcada:**

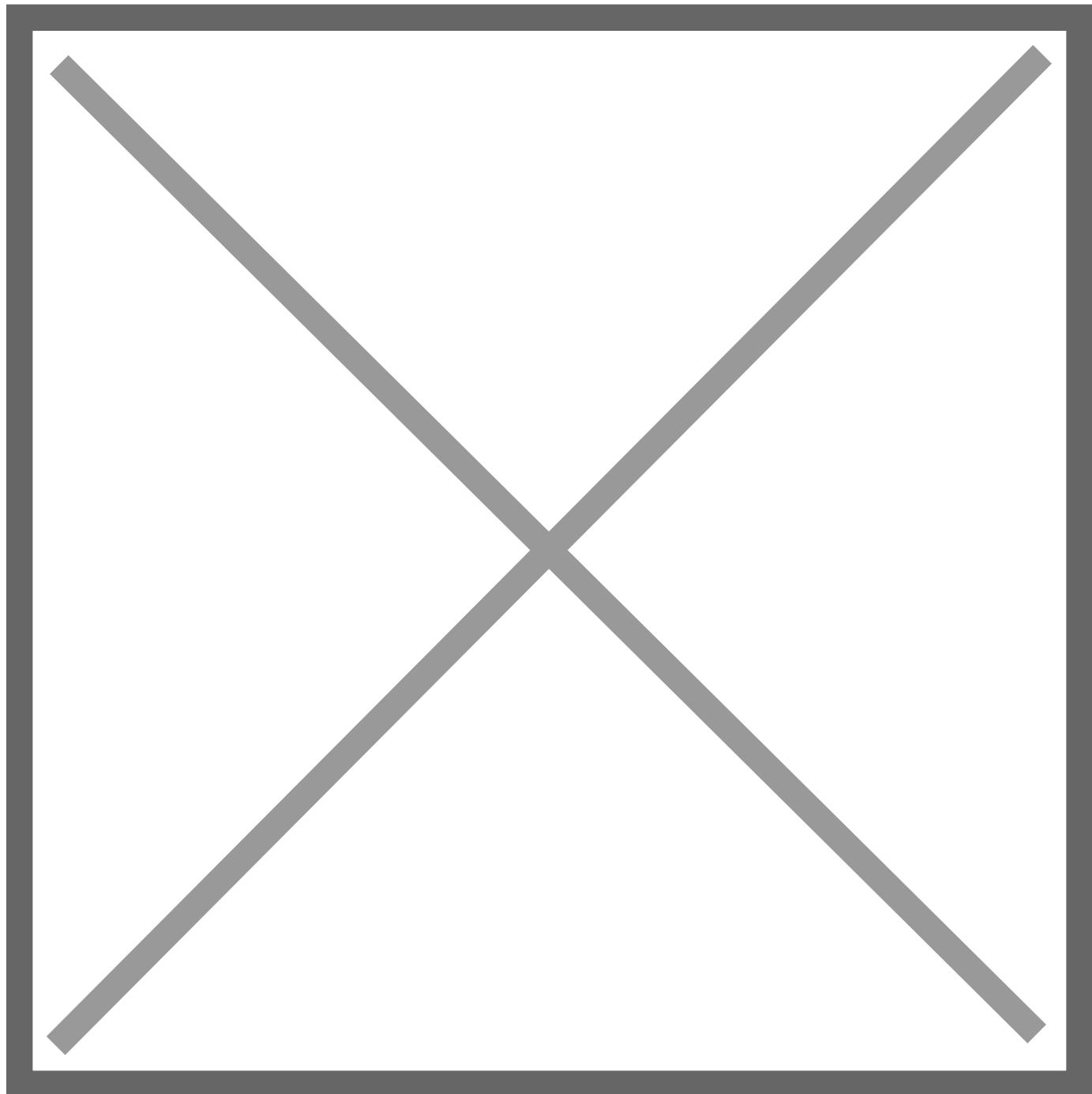
Nacional

**Referencias:** Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.who.int/today>, accessed [16.07.24]

**Definiciones  
(solo  
disponible en  
inglÃ©s):**

Indidence per 100,000

A menos que se indique lo contrario, el sobrepeso se refiere a un IMC entre 25 kg y 29,9 kg/m<sup>2</sup> y la obesidad se refiere a un IMC superior a 30 kg/m<sup>2</sup>.

**Mujeres, 2022****Edad:**

20+

**Zona abarcada:**

Nacional

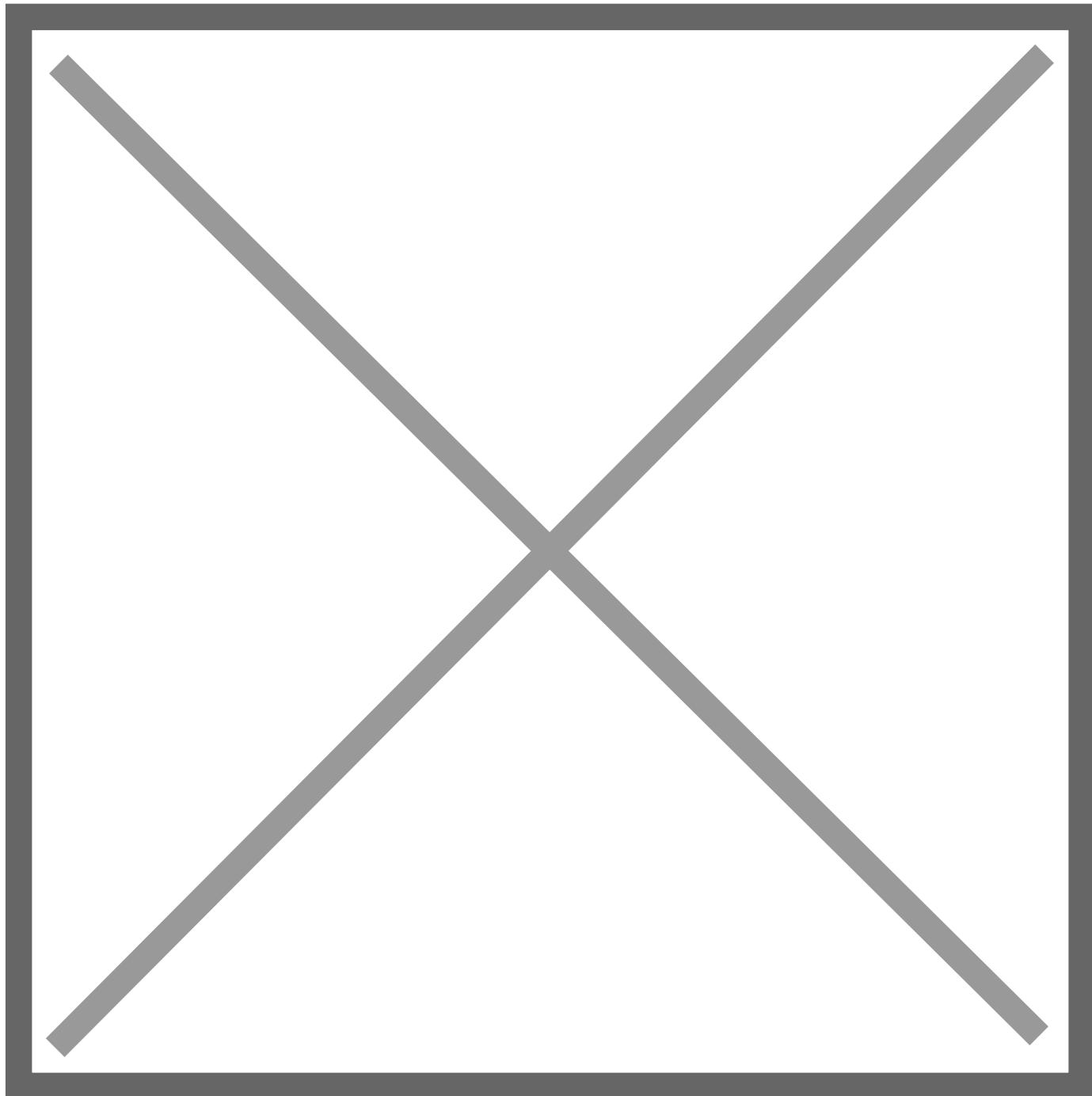
**Referencias:**

Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.who.int/today>, accessed [16.07.24]

**Definiciones  
(solo  
disponible en  
inglÃ©s):**

Indicence per 100,000

*A menos que se indique lo contrario, el sobrepeso se refiere a un IMC entre 25Â kg y 29,9Â kg/mÂ<sup>2</sup> y la obesidad se refiere a un IMC superior a 30 kg/mÂ<sup>2</sup>..*

**Non Hodgkin Lymphoma****Hombres, 2022****Edad:**

20+

**Zona abarcada:**

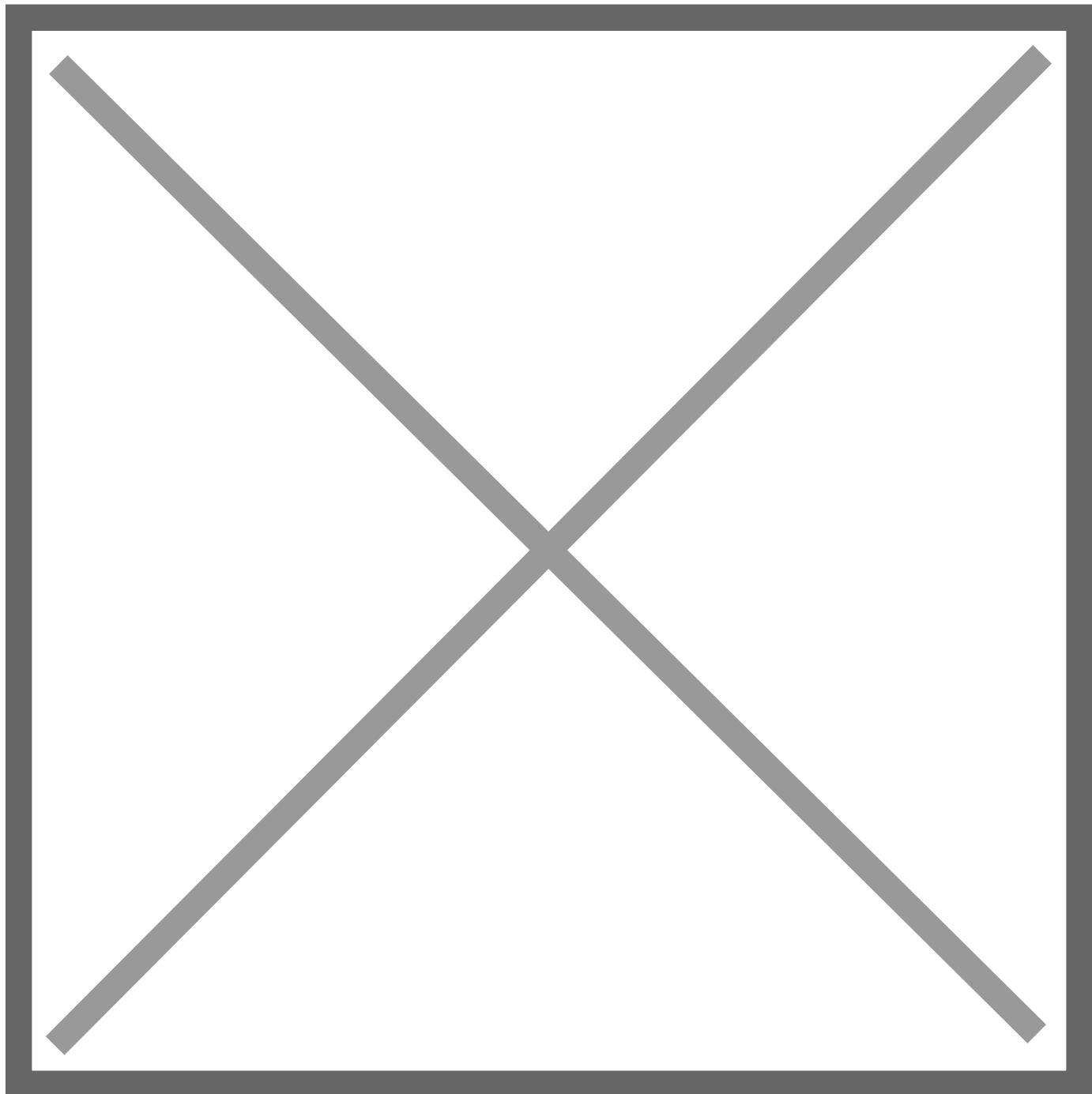
Nacional

**Referencias:** Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.who.int/today>, accessed [16.07.24]

**Definiciones  
(solo  
disponible en  
inglÃ©s):**

Incidence per 100,000

A menos que se indique lo contrario, el sobrepeso se refiere a un IMC entre 25 kg y 29,9 kg/m<sup>2</sup> y la obesidad se refiere a un IMC superior a 30 kg/m<sup>2</sup>.

**Mujeres, 2022****Edad:**

20+

**Zona abarcada:**

Nacional

**Referencias:**

Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.who.int/today>, accessed [16.07.24]

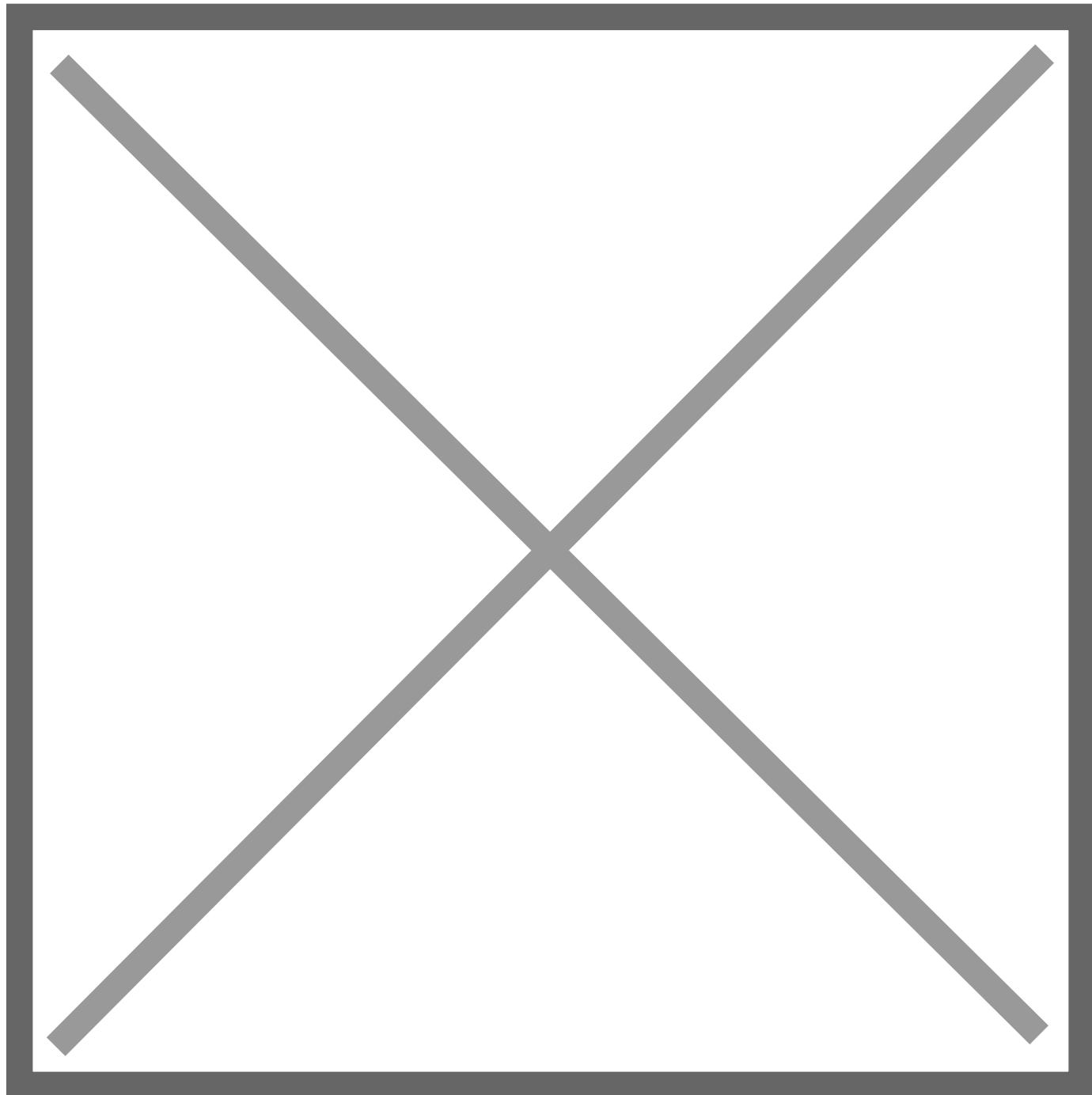
**Definiciones  
(solo  
disponible en  
inglÃ©s):**

Incidence per 100,000

*A menos que se indique lo contrario, el sobrepeso se refiere a un IMC entre 25Â kg y 29,9Â kg/mÂ<sup>2</sup> y la obesidad se refiere a un IMC superior a 30 kg/mÂ<sup>2</sup>..*

## Thyroid Cancer

Hombres, 2022



**Edad:**

20+

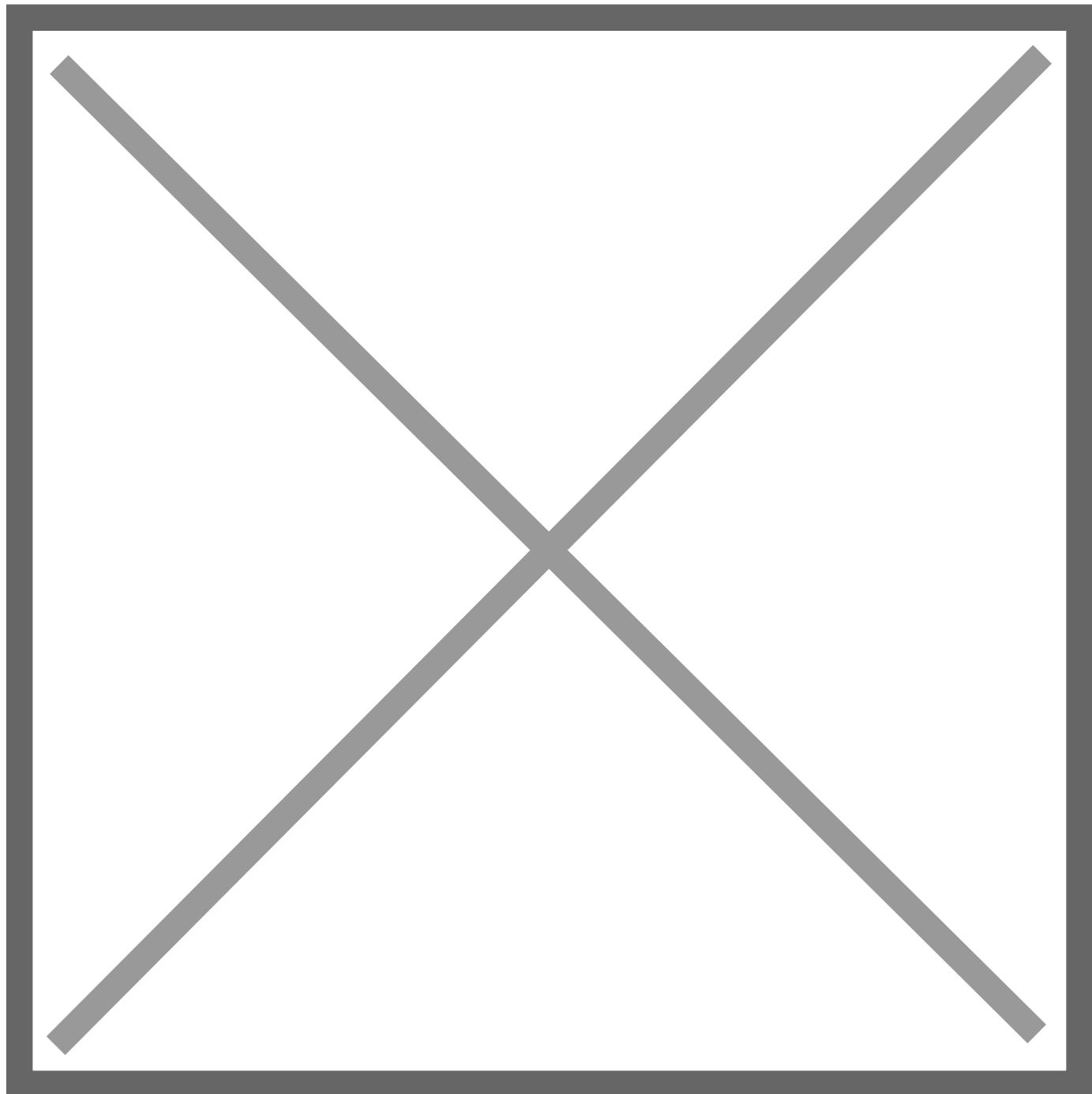
**Zona abarcada:**

Nacional

**Referencias:** Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.who.int/today>, accessed [16.07.24]

**Definiciones**  
(solo  
disponible en  
inglÃ©s):

Incidence per 100,000

**Mujeres, 2022****Edad:**

20+

**Zona abarcada:**

Nacional

**Referencias:**

Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.who.int/today>, accessed [16.07.24]

**Definiciones**  
(solo  
disponible en  
inglÃ©s):

Incidence per 100,000

*PDF created on July 16, 2025*