# Report card

## Nepal

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Obesity prevalence

Adults, 2016

Survey type: Measured
Age: 15-49
Sample size: 11,102
Area covered: National
References: Demographic Health Survey, Nepal 2016
Notes: Demographic Health Survey data includes ever married women aged 15-49 years only and may include males aged 15-59.

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
Children, 2015

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
% Adults living with obesity in Nepal 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 in Nepal 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.
Overweight/obesity by education

Men, 2016

Survey type: Measured
Age: 15-49
Sample size: 11102
Area covered: National
References: Demographic Health Survey Nepal 2016
Notes: Demographic Health Survey data includes ever married women aged 15-49 years only and may include males aged 15-59. Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
Women, 2016

Survey type: Measured
Age: 15-49
Sample size: 11102
Area covered: National
References: Demographic Health Survey Nepal 2016
Notes: Demographic Health Survey data includes ever married women aged 15-49 years only and may include males aged 15-59.

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

Adults, 2016

<table>
<thead>
<tr>
<th>Age</th>
<th>Men</th>
<th>Women</th>
</tr>
</thead>
<tbody>
<tr>
<td>15-19</td>
<td></td>
<td></td>
</tr>
<tr>
<td>20-29</td>
<td></td>
<td></td>
</tr>
<tr>
<td>30-39</td>
<td></td>
<td></td>
</tr>
<tr>
<td>40-49</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Survey type: Measured
Sample size: 11102
Area covered: National
References: Demographic Health Survey Nepal 2016
Notes: Demographic Health Survey data includes ever married women aged 15-49 years only and may include males aged 15-59. Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
### Children, 1997

#### Obesity  
#### Overweight

<table>
<thead>
<tr>
<th>Age</th>
<th>Boys</th>
<th>Girls</th>
</tr>
</thead>
<tbody>
<tr>
<td>5</td>
<td></td>
<td></td>
</tr>
<tr>
<td>6</td>
<td></td>
<td></td>
</tr>
<tr>
<td>7</td>
<td></td>
<td></td>
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<tr>
<td>8</td>
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<tr>
<td>9</td>
<td></td>
<td></td>
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<tr>
<td>10</td>
<td></td>
<td></td>
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<tr>
<td>11</td>
<td></td>
<td></td>
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<tr>
<td>12</td>
<td></td>
<td></td>
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<tr>
<td>13</td>
<td></td>
<td></td>
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<tr>
<td>14</td>
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<tr>
<td>15</td>
<td></td>
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<tr>
<td>16</td>
<td></td>
<td></td>
</tr>
<tr>
<td>17</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Survey type:** Measured  
**Sample size:** 1000  
**Area covered:** National  
**References:** Ferro-Luzzi A, National Institute for Food and Nutrition Research, Rome, Italy. Unpublished data reanalysed 2001  
**Cutoffs:** IOTF
Overweight/obesity by region

Men, 2016

Survey type: Measured
Age: 15-49
Sample size: 11102
Area covered: National
References: Demographic Health Survey Nepal 2016
Notes: Demographic Health Survey data includes ever married women aged 15-49 years only and may include males aged 15-59.

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
### Women, 2016

- **Survey type:** Measured
- **Age:** 15-49
- **Sample size:** 11102
- **Area covered:** National
- **References:** Demographic Health Survey Nepal 2016

### Notes:
Demographic Health Survey data includes ever married women aged 15-49 years only and may include males aged 15-59.

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
Boys, 2015

<table>
<thead>
<tr>
<th>Region</th>
<th>Obesity</th>
<th>Overweight</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hill Region</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mountain region</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Terai region</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Survey type:</th>
<th>Self-reported</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age:</td>
<td>13-17</td>
</tr>
<tr>
<td>Sample size:</td>
<td>6529</td>
</tr>
<tr>
<td>Area covered:</td>
<td>National</td>
</tr>
</tbody>
</table>

References:

Notes:
WHO cut-offs used and based on Self-reported data.

Cutoffs:
WHO
Girls, 2015

Survey type: Self-reported
Age: 13-17
Sample size: 6529
Area covered: National


Notes: WHO cut-offs used and based on Self-reported data.

Cutoffs: WHO
Overweight/obesity by socio-economic group

Men, 2016

Survey type: Measured
Age: 15-49
Sample size: 11102
Area covered: National
References: Demographic Health Survey Nepal 2016
Notes: Demographic Health Survey data includes ever married women aged 15-49 years only and may include males aged 15-59. Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
Women, 2016

Survey type: Measured
Age: 15-49
Sample size: 11102
Area covered: National
References: Demographic Health Survey Nepal 2016
Notes: Demographic Health Survey data includes ever married women aged 15-49 years only and may include males aged 15-59.

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

Adults, 2016

Men, 2016

Women, 2016

% insufficient physical activity

Myanmar  Nepal  Indonesia  Timor-Leste  Thailand  Bhutan  Maldives  Sri Lanka  Bangladesh  India

Estimated per-capita fruit intake

Adults, 2017

Survey type: Measured
Age: 25+
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

% of population


Definitions: % of population with depression disorders
Mental health - anxiety disorders

Adults, 2015


Definitions: % of population with anxiety disorders
## Oesophageal cancer

### Men, 2018

<table>
<thead>
<tr>
<th>Country</th>
<th>Incidence per 100,000</th>
</tr>
</thead>
<tbody>
<tr>
<td>Maldives</td>
<td>0</td>
</tr>
<tr>
<td>Indonesia</td>
<td>1</td>
</tr>
<tr>
<td>Timor-Leste</td>
<td>2</td>
</tr>
<tr>
<td>Nepal</td>
<td>4</td>
</tr>
<tr>
<td>India</td>
<td>10</td>
</tr>
<tr>
<td>Sri Lanka</td>
<td>11</td>
</tr>
<tr>
<td>Thailand</td>
<td>12</td>
</tr>
<tr>
<td>Bhutan</td>
<td>13</td>
</tr>
<tr>
<td>North Korea</td>
<td>14</td>
</tr>
<tr>
<td>Myanmar</td>
<td>15</td>
</tr>
<tr>
<td>Bangladesh</td>
<td>30</td>
</tr>
</tbody>
</table>

**Age:** 20+


**Definitions:** Estimated age-standardized incidence rates (World) in 2018, oesophagus, adults ages 20+. ASR (World) per 100,000
Women, 2018

Age: 20+


Definitions: Estimated age-standardized incidence rates (World) in 2018, oesophagus, adults ages 20+. ASR (World) per 100,000
Breast cancer

Women, 2018

<table>
<thead>
<tr>
<th>Country</th>
<th>Incidence per 100,000</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bhutan</td>
<td>10</td>
</tr>
<tr>
<td>Nepal</td>
<td>20</td>
</tr>
<tr>
<td>Bangladesh</td>
<td>30</td>
</tr>
<tr>
<td>Myanmar</td>
<td>35</td>
</tr>
<tr>
<td>Sri Lanka</td>
<td>40</td>
</tr>
<tr>
<td>India</td>
<td>45</td>
</tr>
<tr>
<td>Timor-Leste</td>
<td>50</td>
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<tr>
<td>North Korea</td>
<td>55</td>
</tr>
<tr>
<td>Thailand</td>
<td>60</td>
</tr>
<tr>
<td>Maldives</td>
<td>65</td>
</tr>
<tr>
<td>Indonesia</td>
<td>70</td>
</tr>
</tbody>
</table>

Age: 20+


Definitions: Estimated age-standardized incidence rates (World) in 2018, breast, females, ages 20+. ASR (World) per 100,000
Colorectal cancer

Men, 2018


Definitions: Estimated age-standardized incidence rates (World) in 2018, colorectum, adults, ages 20+. ASR (World) per 100,000
Women, 2018


Definitions: Estimated age-standardized incidence rates (World) in 2018, colorectal, adults, ages 20+. ASR (World) per 100,000
Pancreatic cancer

Men, 2018


Definitions: Estimated age-standardized incidence rates (World) in 2018, pancreas, adults, ages 20+. ASR (World) per 100,000
Women, 2018

Age: 20+


Definitions: Estimated age-standardized incidence rates (World) in 2018, pancreas, adults, ages 20+. ASR (World) per 100,000
Gallbladder cancer

Men, 2018

References: Global Cancer Observatory, Cancer incidence rates [http://gco.iarc.fr/] (last accessed 30th June 2020)

Definitions: Estimated age-standardized incidence rates (World) in 2018, gallbladder, adults, ages 20+. ASR (World) per 100,000
Women, 2018

Age: 20+


Definitions: Estimated age-standardized incidence rates (World) in 2018, gallbladder, adults, ages 20+. ASR (World) per 100,000
Kidney cancer

Men, 2018

Incidence per 100,000

Age: 20+


Definitions: Estimated age-standardized incidence rates (World) in 2018, kidney, adults, ages 20+. ASR (World) per 100,000
Women, 2018


Definitions: Estimated age-standardized incidence rates (World) in 2018, kidney, adults, ages 20+. ASR (World) per 100,000
Cancer of the uterus

Women, 2018

Age: 20+

References: Global Cancer Observatory, Cancer incidence rates [http://gco.iarc.fr/] (last accessed 30th June 2020)

Definitions: Estimated age-standardized incidence rates (World) in 2018, cervix uteri, females, ages 20+. ASR (World) per 100,000
Raised blood pressure

Adults, 2015


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

References:

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

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

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

Adults, 2008

References:

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


Definitions: % Raised total cholesterol (>= 5.0 mmol/L) (age-standardized estimate).
Raised fasting blood glucose

Men, 2014

% raised fasting blood glucose

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

Definitions:
Age Standardised % raised fasting blood glucose (>= 7.0 mmol/L or on medication).
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, 2017


Definitions: Diabetes age-adjusted comparative prevalence (%).

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