# Report card
## New Zealand

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Obesity prevalence

Adults, 2020-2021

Survey type: Measured
Age: 15+
Sample size: 9,709
Area covered: National


Definitions: Overweight/Obesity based on standard adult cut off except for 15-17 year olds where IOTF International cutoffs are used

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
Children, 2020-2021

Survey type: Measured
Age: 0-14
Sample size: 2,954
Area covered: National
Cutoffs: IOTF
% Adults living with obesity, 1982-2003

Survey type: Measured


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, 2006-2019

Men

Survey type: Measured

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

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.
Women

Survey type: Measured

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

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, 2006-2019

Women

Survey type: Measured

References:


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.
Men

![Graph showing % overweight or obesity over years]

Survey type: Measured

References:

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, 1982-2003

Survey type: Measured

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

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, 2006-2019

Men

Survey type: Measured

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

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.
Women

Survey type: Measured

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

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, 2006-2019

Men

Survey type: Measured

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

Notes: Quintile 1 = Least deprived areas, Quintile 5 = Most deprived areas

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.
Women

Survey type: Measured

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

Notes: Quintile 1 = Least deprived areas, Quintile 5 = Most deprived areas

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.
% Children living with overweight or obesity, 2002-2020

Boys

Survey type: Measured

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

Definitions: IOTF

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.
Girls

Survey type: Measured

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

Definitions: IOTF

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.
% Children living with obesity, 2013-2020

Boys

Survey type: Measured
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.
Girls

Survey type: Measured

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.
% Adults living with obesity, selected countries, 1976-2019

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 age

Adults, 2020-2021

Survey type: Measured
Sample size: 9709
Area covered: National


Definitions: Overweight/Obesity based on standard adult cut off except for 15-17 year olds where IOTF International cutoffs are used

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m². obesity refers to a BMI greater than 30kg/m².
Children, 2020-2021

Survey type: Measured
Sample size: 2,954
Area covered: National
Cutoffs: IOTF
Overweight/obesity by region

Adults, 2017-2019

Survey type: Measured
Age: 15+
Sample size: 68580
Area covered: National


Notes: Some region names have been shortened, see survey for full region names

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
### Men, 2017-2019

The graph above shows the percentage of overweight and obesity among men in various regions of New Zealand from 2017 to 2019. The x-axis represents different regions, including Auckland, Wellington, Health Waikato, MidCentral, Nelson, Northland, Public Health South, Regional Public Health, Tairawhiti Health, Taranaki Healthcare, and Toi Te Ora Public Health. The y-axis indicates the percentage, ranging from 0% to 80%.

The data is presented as follows:

**Survey type:** Measured

**Age:** 15+

**Sample size:** 68580

**Area covered:** National


**Notes:** Some region names have been shortened, see survey for full region names. Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
Women, 2017-2019

Survey type: Measured
Age: 15+
Sample size: 68580
Area covered: National


Notes: Some region names have been shortened, see survey for full region names

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
<table>
<thead>
<tr>
<th>Area</th>
<th>Measured</th>
<th>Survey type:</th>
<th>Age:</th>
<th>Sample size:</th>
<th>Area covered:</th>
<th>References:</th>
</tr>
</thead>
</table>

Notes: Some region names have been shortened, see survey for full names.

Cutoffs: IOTF
Boys, 2017-2020

Survey type: Measured
Age: 2-14
Sample size: 18530
Area covered: National


Notes: Some region names have been shortened, see survey for full names

Cutoffs: IOTF
Girls, 2017-2020

Survey type: Measured
Age: 2-14
Sample size: 18530
Area covered: National
Notes: Some region names have been shortened, see survey for full names
Cutoffs: IOTF
Overweight/obesity by socio-economic group

Men, 2019-2020

Survey type: Measured
Age: 15+
Sample size: 9500
Area covered: National
References: Annual Update of New Zealand Health Survey 2019/20 available at https://ministryofhealthnewzealand.cmail19.com/t/i-l-mjrkhil-yhhlidiiid-r/ (last accessed 19.11.20)
Definitions: Overweight/Obesity based on standard adult cut off except for 15-17 year olds where IOTF International Cut offs are used

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m². obesity refers to a BMI greater than 30kg/m².
Women, 2019-2020

Survey type: Measured
Age: 15+
Sample size: 9500
Area covered: National
References: Annual Update of New Zealand Health Survey 2019/20 available at https://ministryofhealthnewzealand.cmail19.com/t/i-l-mjkh1l-yhilidiiid-r/ (last accessed 19.11.20)

Definitions: Overweight/Obesity based on standard adult cut off except for 15-17 year olds where IOTF International Cut offs are used

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
Boys, 2019-2020

Survey type: Measured
Age: 2-14
Sample size: >3000
Area covered: National
References: Annual Update of New Zealand Health Survey 2019/20 available at https://ministryofhealthnewzealand.cmail19.com/t/-1-mjrkhil-yhldiiid-r/ (last accessed 19.11.20)
Definitions: IOTF International Cut Off Points
Cutoffs: IOTF
Girls, 2019-2020

Survey type: Measured
Age: 2-14
Sample size: >3000
Area covered: National
References: Annual Update of New Zealand Health Survey 2019/20 available at https://ministryofhealthnewzealand.cmail19.com/t/i-l-mjrkhil-yhldiiid-r/ (last accessed 19.11.20)
Definitions: IOTF International Cut Off Points
Cutoffs: IOTF
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.

Adults, 2020-2021

Survey type: Measured
Age: 15+
Sample size: 9,709
Area covered: National

Cutoffs: Overweight/Obesity based on standard adult cut off except for 15-17 year olds where IOTF International cutoffs are used

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
Children, 2020-2021

Survey type: Measured
Sample size: 2,954
Area covered: National
Cutoffs: IOTF
Insufficient physical activity

Adults, 2016

Men, 2016

Women, 2016

Survey type: Self-reported

Age: 11-17


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

Definitions: % Adolescents insufficiently active (age standardised estimate)
Boys, 2016

<table>
<thead>
<tr>
<th>Country</th>
<th>% insufficient physical activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Singapore</td>
<td>38</td>
</tr>
<tr>
<td>Mongolia</td>
<td>40</td>
</tr>
<tr>
<td>Cook Islands</td>
<td>40</td>
</tr>
<tr>
<td>Laos</td>
<td>40</td>
</tr>
<tr>
<td>Kiribati</td>
<td>40</td>
</tr>
<tr>
<td>China</td>
<td>40</td>
</tr>
<tr>
<td>Malaysia</td>
<td>40</td>
</tr>
<tr>
<td>Fiji</td>
<td>40</td>
</tr>
<tr>
<td>Brunei Darussalam</td>
<td>40</td>
</tr>
<tr>
<td>Solomon Is.</td>
<td>40</td>
</tr>
<tr>
<td>Vietnam</td>
<td>40</td>
</tr>
<tr>
<td>Nauru</td>
<td>40</td>
</tr>
<tr>
<td>New Zealand</td>
<td>40</td>
</tr>
<tr>
<td>Niue</td>
<td>40</td>
</tr>
<tr>
<td>Vanuatu</td>
<td>40</td>
</tr>
<tr>
<td>Tonga</td>
<td>40</td>
</tr>
<tr>
<td>Australia</td>
<td>40</td>
</tr>
<tr>
<td>Samoa</td>
<td>40</td>
</tr>
<tr>
<td>Cambodia</td>
<td>40</td>
</tr>
<tr>
<td>South Korea</td>
<td>40</td>
</tr>
<tr>
<td>Philippines</td>
<td>40</td>
</tr>
</tbody>
</table>

**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](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)
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+
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

<table>
<thead>
<tr>
<th>Country</th>
<th>Estimated Intake (g/day)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mongolia</td>
<td>0</td>
</tr>
<tr>
<td>Papua New Guinea</td>
<td>10</td>
</tr>
<tr>
<td>Kiribati</td>
<td>20</td>
</tr>
<tr>
<td>Vanuatu</td>
<td>30</td>
</tr>
<tr>
<td>Micronesia</td>
<td>40</td>
</tr>
<tr>
<td>Fiji</td>
<td>50</td>
</tr>
<tr>
<td>Samoa</td>
<td>60</td>
</tr>
<tr>
<td>Tonga</td>
<td>70</td>
</tr>
<tr>
<td>China</td>
<td>80</td>
</tr>
<tr>
<td>New Zealand</td>
<td>90</td>
</tr>
<tr>
<td>Solomon Is.</td>
<td>100</td>
</tr>
<tr>
<td>Australia</td>
<td>110</td>
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<td>Malaysia</td>
<td>120</td>
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<tr>
<td>Brunei Darussalam</td>
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</tr>
<tr>
<td>Japan</td>
<td>140</td>
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<tr>
<td>Singapore</td>
<td>150</td>
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<tr>
<td>South Korea</td>
<td>160</td>
</tr>
<tr>
<td>Philippines</td>
<td>170</td>
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<tr>
<td>Vietnam</td>
<td>180</td>
</tr>
<tr>
<td>Laos</td>
<td>190</td>
</tr>
<tr>
<td>Cambodia</td>
<td>200</td>
</tr>
</tbody>
</table>

**Survey type:** Measured  

**Age:** 25+  

**References:** Global Burden of Disease, the Institute for Health Metrics and Evaluation [http://ghdx.healthdata.org/](http://ghdx.healthdata.org/)  

**Definitions:** Estimated per-capita whole grains intake (g/day)
Mental health - depression disorders

Adults, 2015


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

Adults, 2015


Definitions: % of population with anxiety disorders
Oesophageal cancer

Men, 2018

Incidence per 100,000

Age:


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


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

Age: 20+


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

Age:

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, pancreas, adults, ages 20+. ASR (World) per 100,000
Gallbladder cancer

Men, 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, gallbladder, adults, ages 20+. ASR (World) per 100,000
Women, 2018

Age:


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

Men, 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, kidney, adults, ages 20+. ASR (World) per 100,000
**Women, 2018**

<table>
<thead>
<tr>
<th>Country</th>
<th>Incidence per 100,000</th>
</tr>
</thead>
<tbody>
<tr>
<td>Solomon Is.</td>
<td>12</td>
</tr>
<tr>
<td>Vanuatu</td>
<td>10</td>
</tr>
<tr>
<td>Cambodia</td>
<td>9.2</td>
</tr>
<tr>
<td>Papua New Guinea</td>
<td>8.5</td>
</tr>
<tr>
<td>Fiji</td>
<td>8.2</td>
</tr>
<tr>
<td>Laos</td>
<td>7.9</td>
</tr>
<tr>
<td>Tahiti</td>
<td>7.3</td>
</tr>
<tr>
<td>Philippines</td>
<td>6.8</td>
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<tr>
<td>Vietnam</td>
<td>6.2</td>
</tr>
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<td>Malaysia</td>
<td>5.9</td>
</tr>
<tr>
<td>China</td>
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<td>Singapore</td>
<td>4.9</td>
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<td>Brunei Darussalam</td>
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<td>Japan</td>
<td>3.9</td>
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<td>Mongolia</td>
<td>3.1</td>
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<td>New Zealand</td>
<td>2.2</td>
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<tr>
<td>Australia</td>
<td>1.4</td>
</tr>
<tr>
<td>Samoa</td>
<td>0.9</td>
</tr>
</tbody>
</table>


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

Women, 2018


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


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

<table>
<thead>
<tr>
<th>Country</th>
<th>% Raised cholesterol</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cambodia</td>
<td></td>
</tr>
<tr>
<td>Laos</td>
<td></td>
</tr>
<tr>
<td>Solomon Is.</td>
<td></td>
</tr>
<tr>
<td>China</td>
<td></td>
</tr>
<tr>
<td>Samoa</td>
<td></td>
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<tr>
<td>Kiribati</td>
<td></td>
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<tr>
<td>Vietnam</td>
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<tr>
<td>Mongolia</td>
<td></td>
</tr>
<tr>
<td>Vanuatu</td>
<td></td>
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<tr>
<td>Papua New Guinea</td>
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Definitions: % Raised total cholesterol (≥ 5.0 mmol/L) (age-standardized estimate).
Men, 2008


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


Definitions: Age Standardised % raised fasting blood glucose (>= 7.0 mmol/L or on medication).
Women, 2014


Definitions: Age Standardised % raised fasting blood glucose (≥ 7.0 mmol/L or on medication).
Diabetes prevalence

Adults, 2021

Age: 20-79

Area covered: National


Definitions: Age-adjusted comparative prevalence of diabetes, %