

# Report card

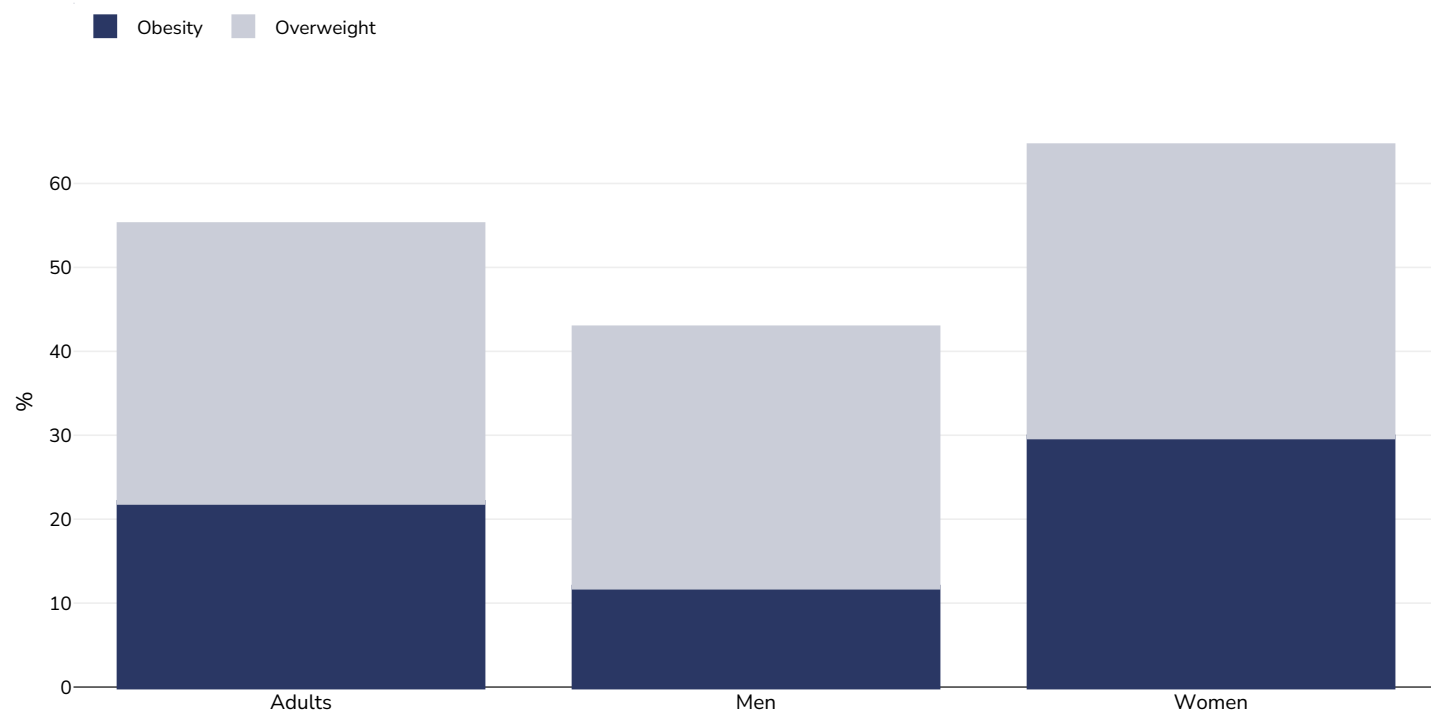
## Nicaragua



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## Obesity prevalence

### Adults, 2007-2009

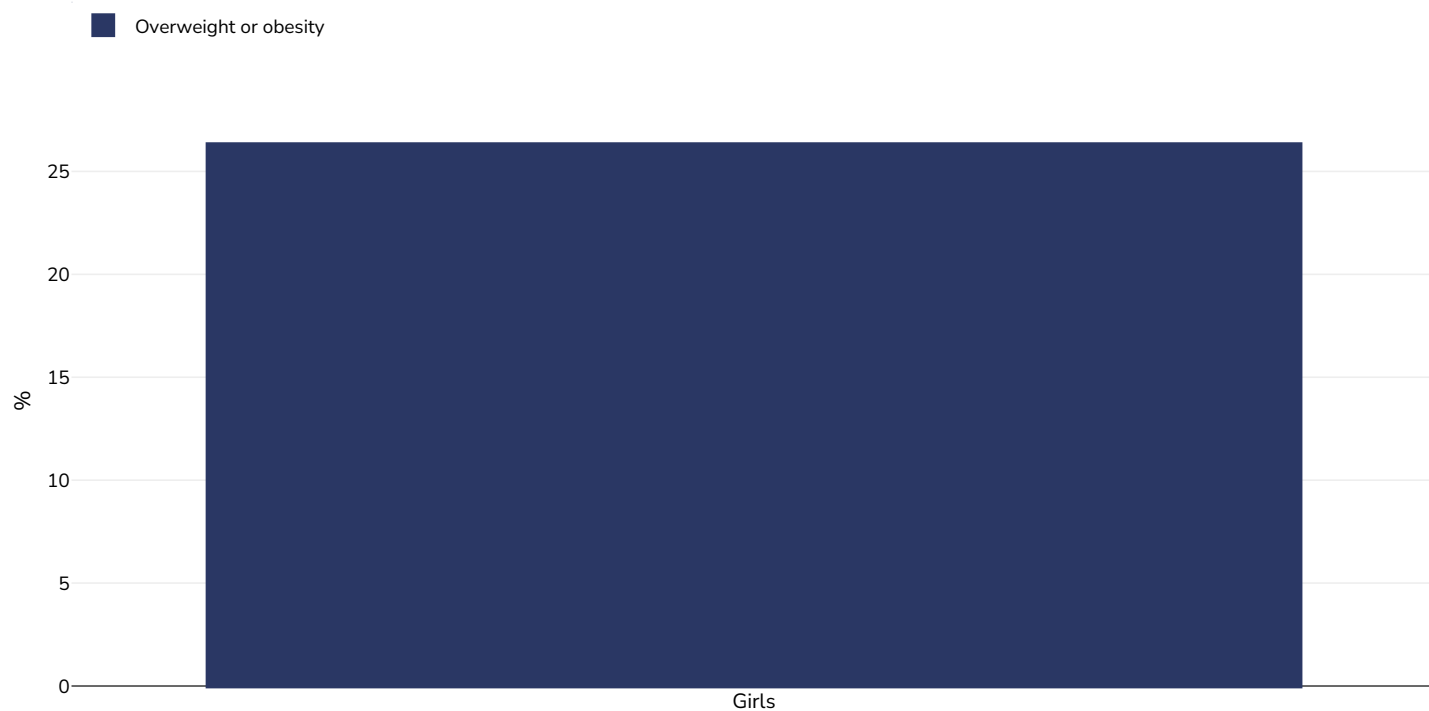


|               |          |
|---------------|----------|
| Survey type:  | Measured |
| Age:          | 20-60    |
| Sample size:  | 1355     |
| Area covered: | Regional |

References: Laux T.S, Bert P.J, González M, Unruh M, Aragon A, and Lacourt CT. Prevalence of obesity, tobacco use, and alcohol consumption by socioeconomic status among six communities in Nicaragua. *Rev Panam Salud Publica*. 2012;32(3): 217–225.

*Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m<sup>2</sup>, obesity refers to a BMI greater than 30kg/m<sup>2</sup>.*

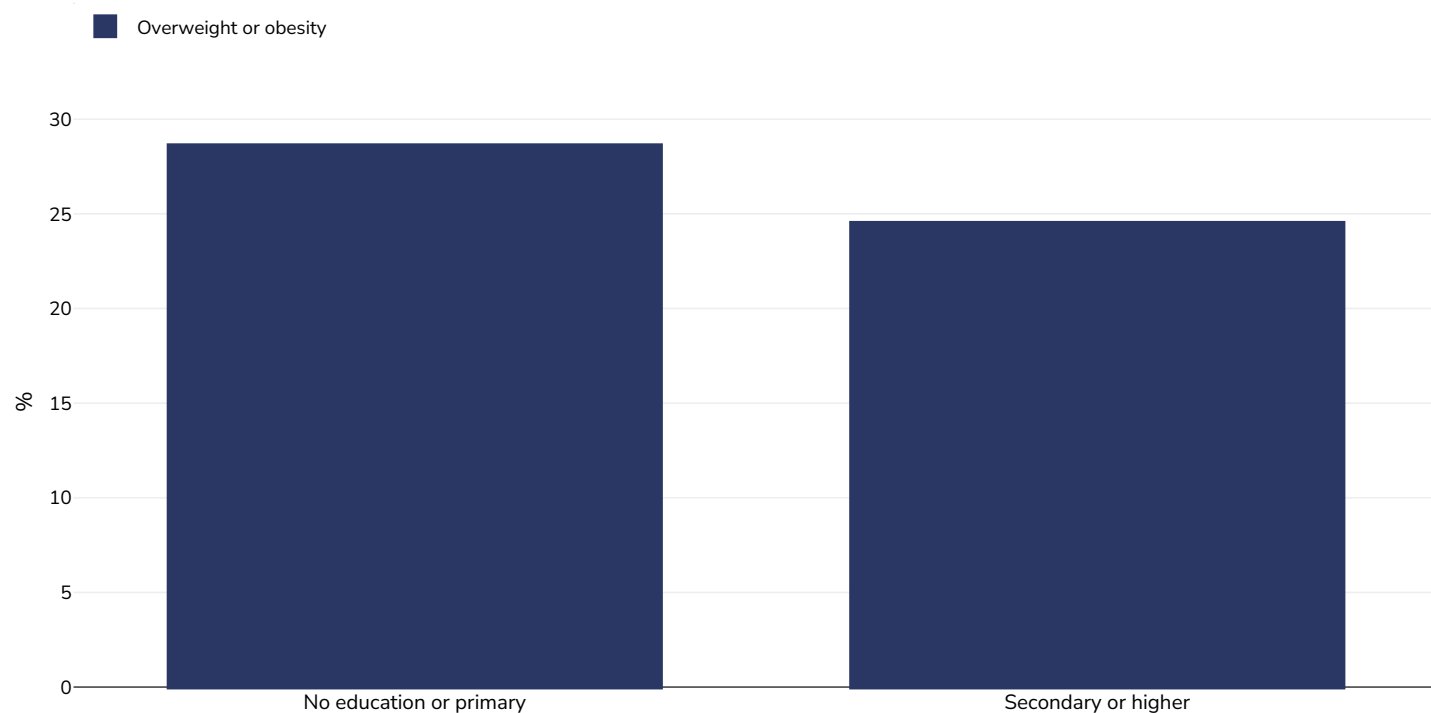
## Girls, 2001



|               |  |
|---------------|--|
| Survey type:  | Measured   |
| Age:          | 15-19  |
| Sample size:  | 2348   |
| Area covered: | National   |
| References:   | Benedict, Rukundo K., Allison Schmale, and Sorrel Namaste. 2018. Adolescent Nutrition 2000-2017: DHS Data on Adolescents Age 15-19. DHS Comparative Report No. 47. Rockville, Maryland, USA: ICF. Encuesta Nicaragüense de Demografía y Salud 2001. Instituto Nacional de Estadísticas y Censos (INEC), Ministerio de Salud (MINSAL). Marco International Inc. Calverton, Maryland USA |
| Definitions:  | BMI for age: between +1 SD and +2 SD is overweight and greater than +2 SD is obesity   |
| Cutoffs:      | WHO 2007   |

## Overweight/obesity by education

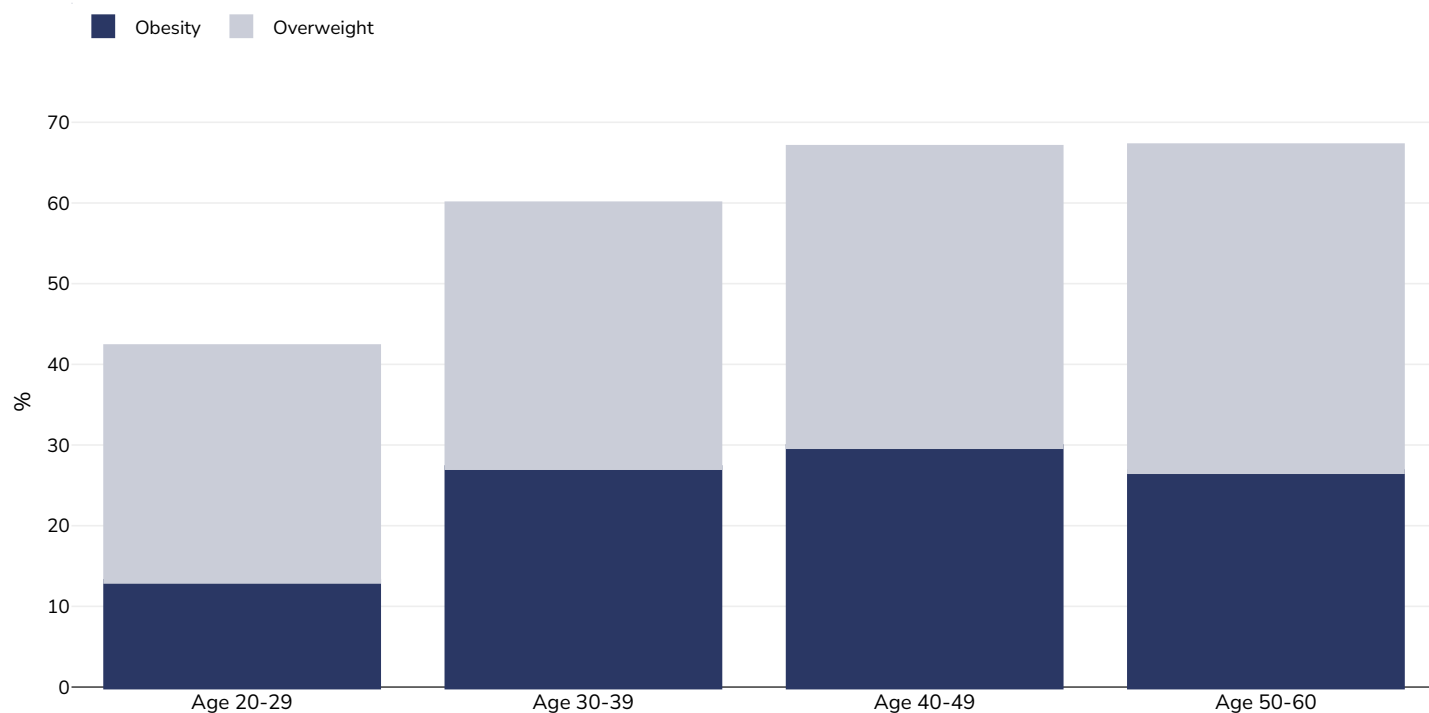
### Girls, 2001



|               |  |
|---------------|--|
| Survey type:  | Measured   |
| Age:          | 15-19  |
| Sample size:  | 2348   |
| Area covered: | National   |
| References:   | Benedict, Rukundo K., Allison Schmale, and Sorrel Namaste. 2018. Adolescent Nutrition 2000-2017: DHS Data on Adolescents Age 15-19. DHS Comparative Report No. 47. Rockville, Maryland, USA: ICF. Encuesta Nicaragüense de Demografía y Salud 2001. Instituto Nacional de Estadísticas y Censos (INEC), Ministerio de Salud (MINSAL). Marco International Inc. Calverton, Maryland USA |
| Definitions:  | BMI for age: between +1 SD and +2 SD is overweight and greater than +2 SD is obesity   |
| Cutoffs:      | WHO 2007   |

## Overweight/obesity by age

### Adults, 2007-2009



Survey type: Measured

Sample size: 1355

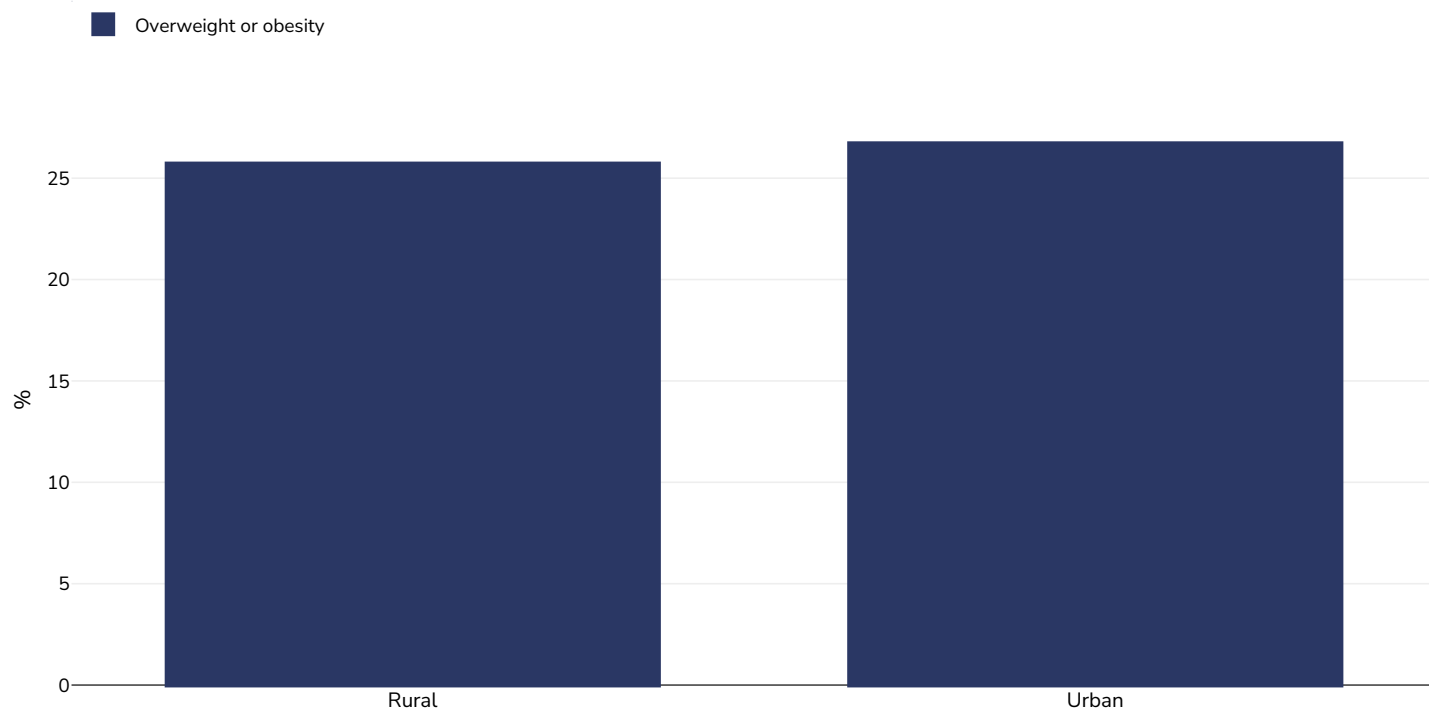
Area covered: Subnational

References: Laux T.S, Bert PJ, González M, Unruh M, Aragon A, and Lacourt CT. Prevalence of obesity, tobacco use, and alcohol consumption by socioeconomic status among six communities in Nicaragua. Rev Panam Salud Publica. 2012;32(3): 217–225.

*Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m<sup>2</sup>, obesity refers to a BMI greater than 30kg/m<sup>2</sup>.*

## Overweight/obesity by region

### Girls, 2001



Survey type: Measured

Age: 15-19

Sample size: 2348

Area covered: National

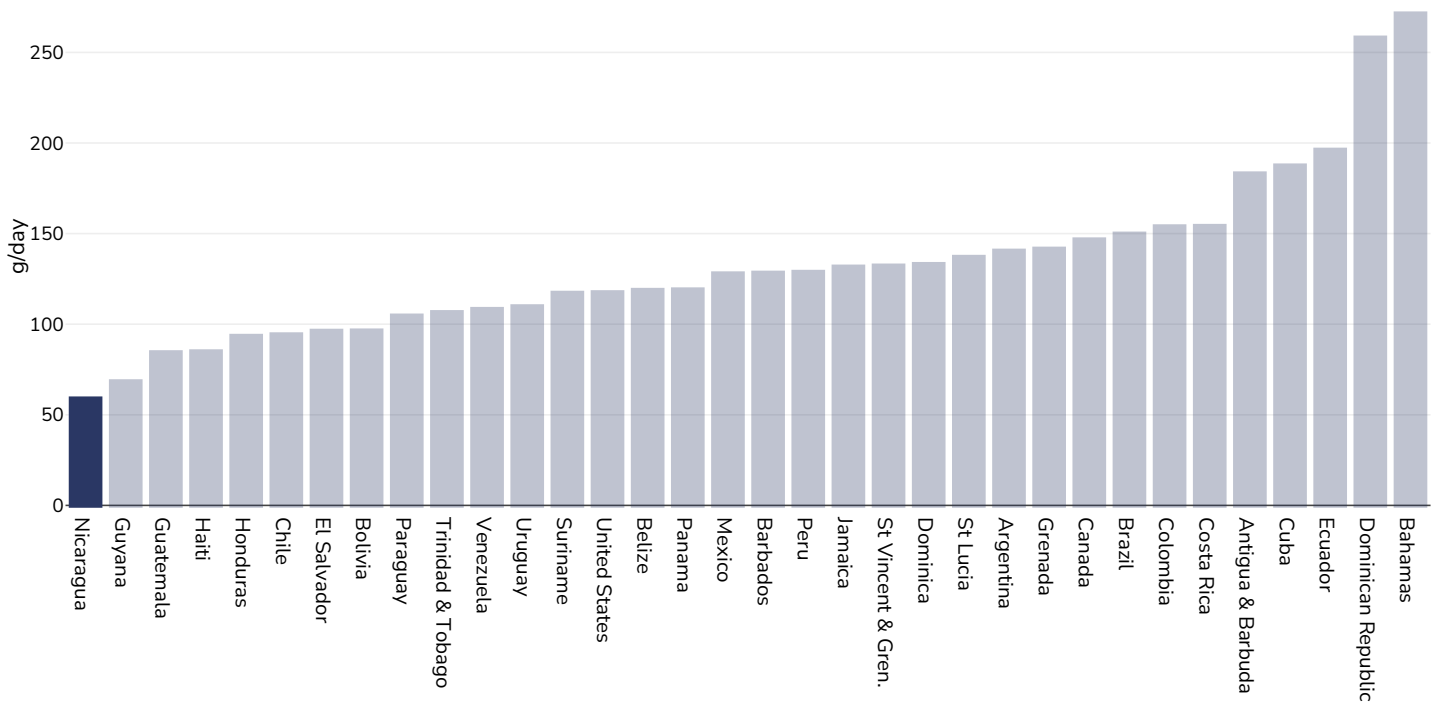
References: Benedict, Rukundo K., Allison Schmale, and Sorrel Namaste. 2018. Adolescent Nutrition 2000-2017: DHS Data on Adolescents Age 15-19. DHS Comparative Report No. 47. Rockville, Maryland, USA: ICF. Encuesta Nicaragüense de Demografía y Salud 2001. Instituto Nacional de Estadísticas y Censos (INEC), Ministerio de Salud (MINSAL). Marco International Inc. Calverton, Maryland USA

Definitions: BMI for age: between +1 SD and +2 SD is overweight and greater than +2 SD is obesity

Cutoffs: WHO 2007

## Estimated per capita fruit intake

### Adults, 2017



Survey type:

Measured

Age:

25+

References:

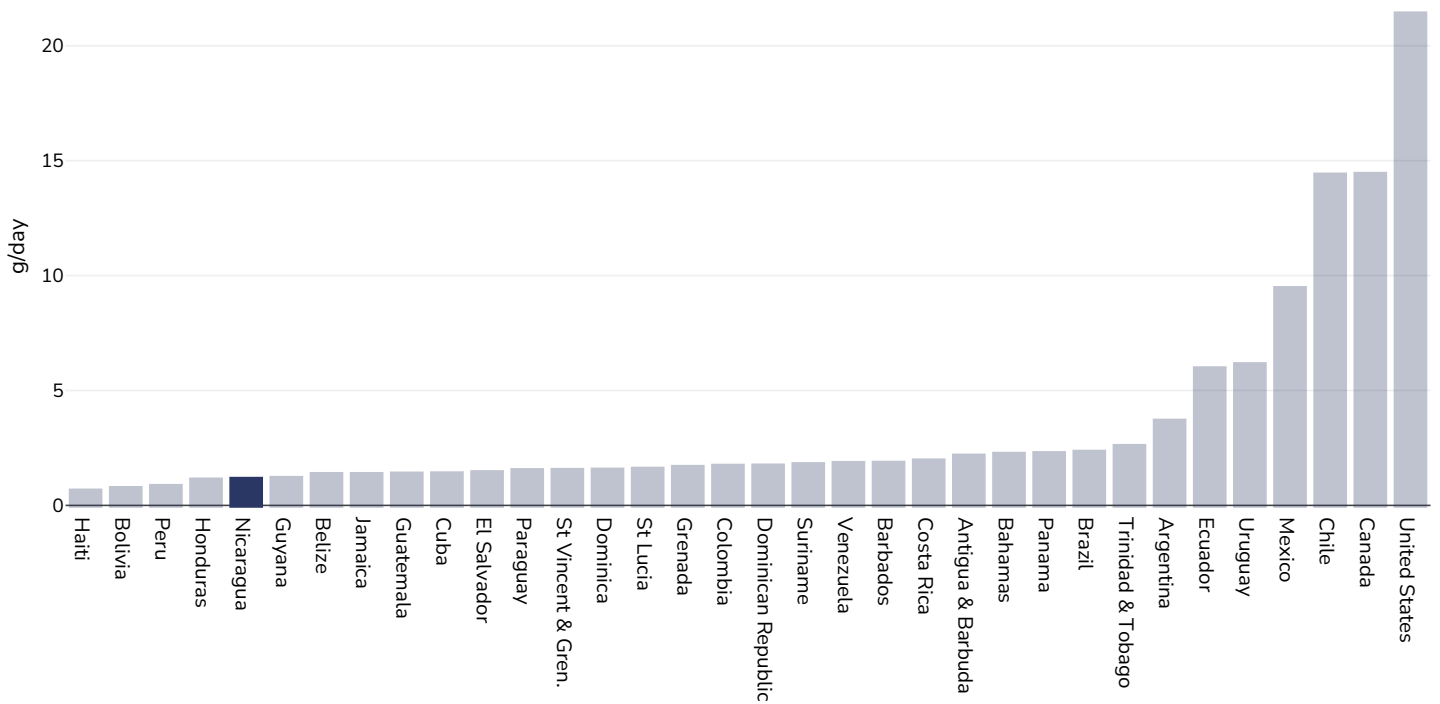
Global Burden of Disease, the Institute for Health Metrics and Evaluation <http://ghdx.healthdata.org/>

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/>

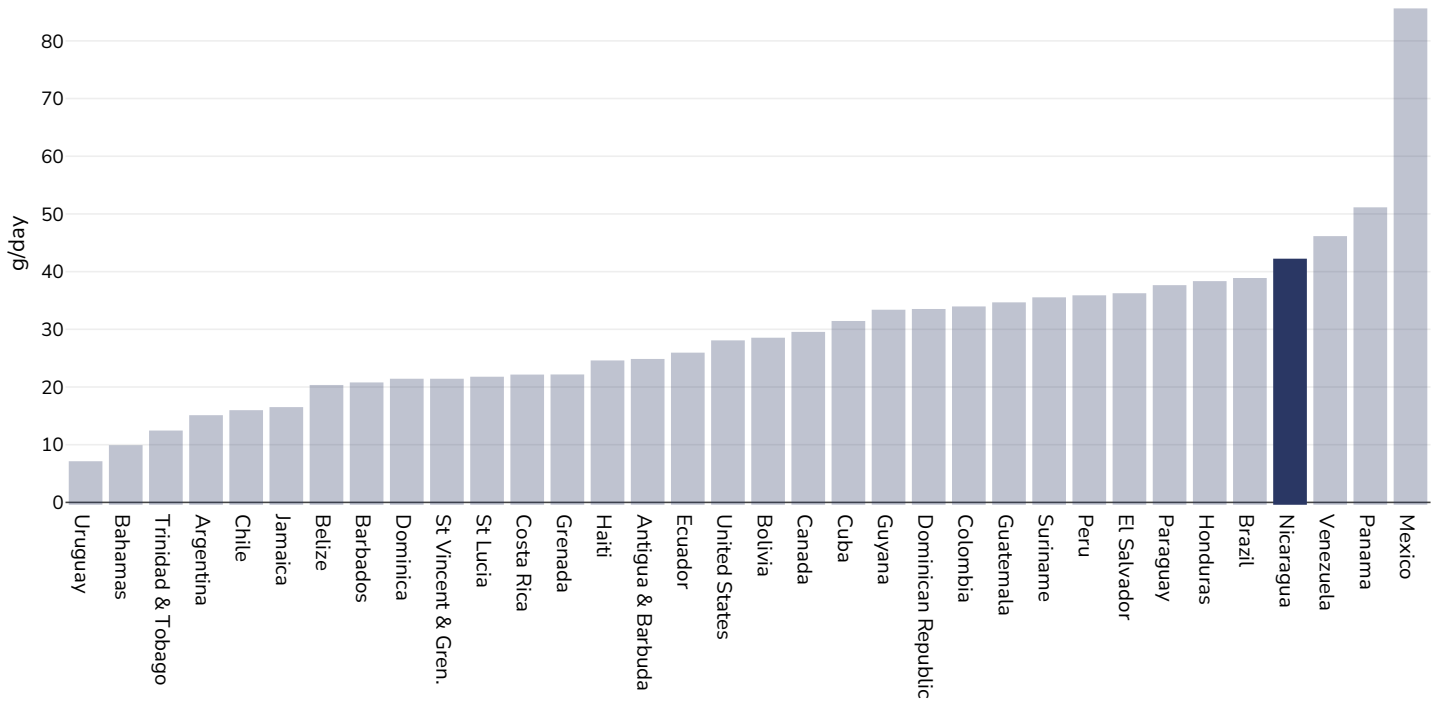
Definitions:

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



## Estimated per capita whole grains intake

### Adults, 2017



Survey type:

Measured

Age:

25+

References:

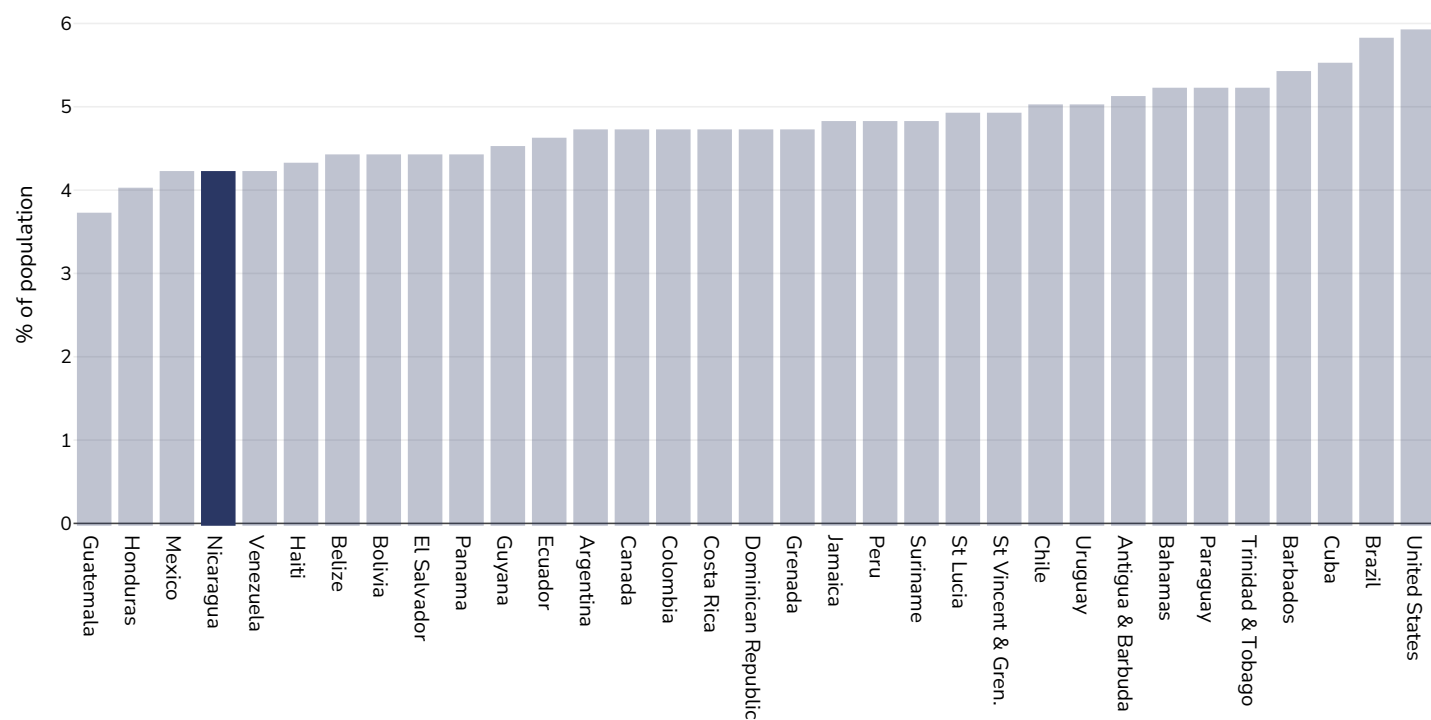
Global Burden of Disease, the Institute for Health Metrics and Evaluation <http://ghdx.healthdata.org/>

Definitions:

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

## Mental health - depression disorders

### Adults, 2015

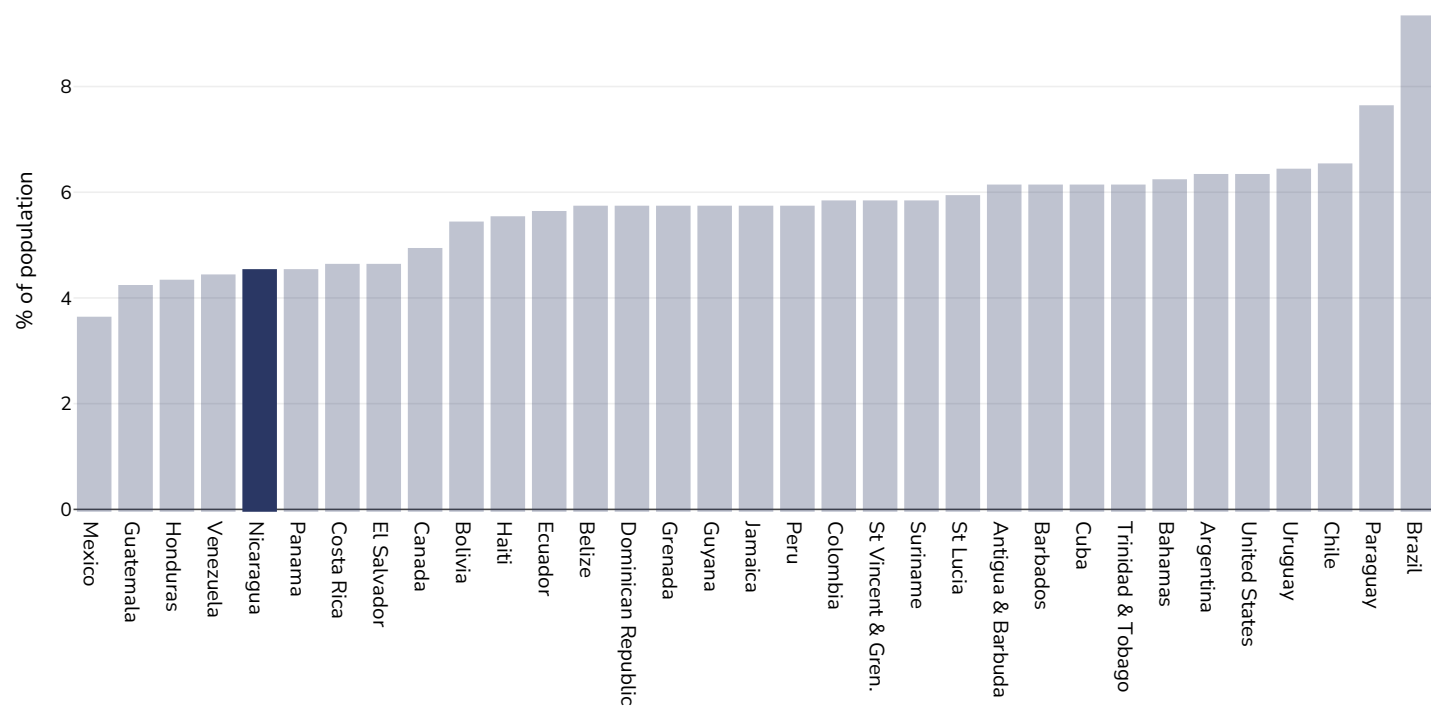


References: Prevalence data from Global Burden of Disease study 2015 (<http://ghdx.healthdata.org>) published in: Depression and Other Common Mental Disorders: Global Health Estimates. Geneva:World Health Organization; 2017. Licence: CC BY-NC-SA 3.0 IGO.

Definitions: % of population with depression disorders

## Mental health - anxiety disorders

Adults, 2015

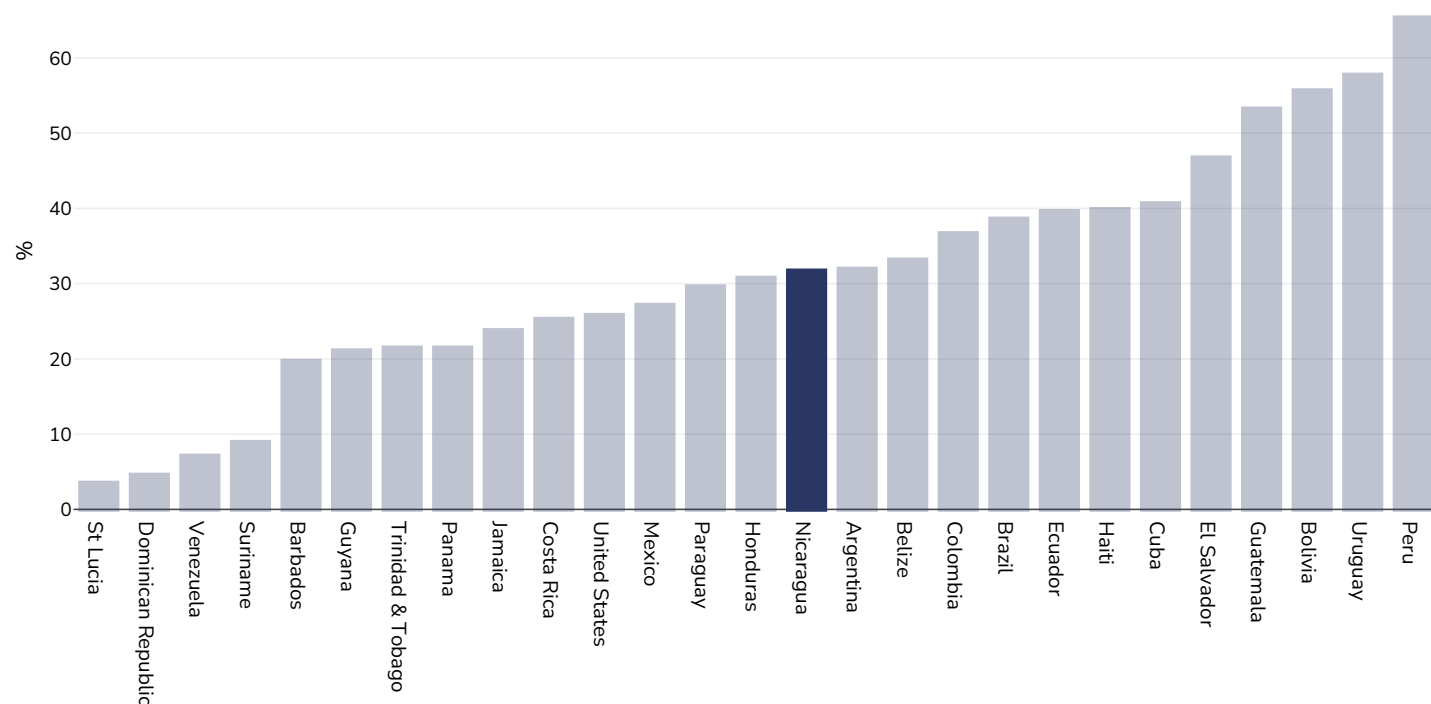


References: Prevalence data from Global Burden of Disease study 2015 (<http://ghdx.healthdata.org>) published in: Depression and Other Common Mental Disorders: Global Health Estimates. Geneva:World Health Organization; 2017. Licence: CC BY-NC-SA 3.0 IGO.

Definitions: % of population with anxiety disorders

## % Infants exclusively breastfed 0-5 months

### Children, 1998-2019



Area covered: National

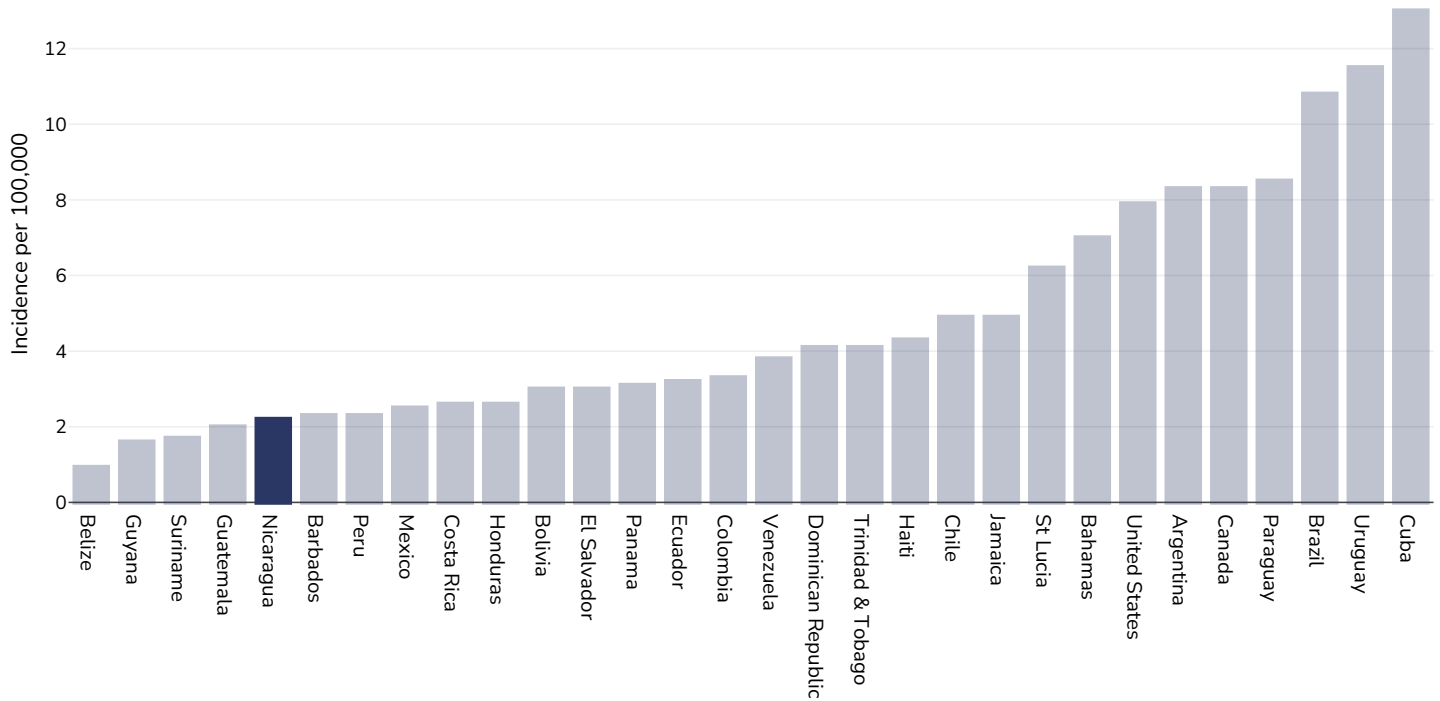
References: Encuesta Nicaragüense de Demografía y Salud 2011/12 - Informe Final

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



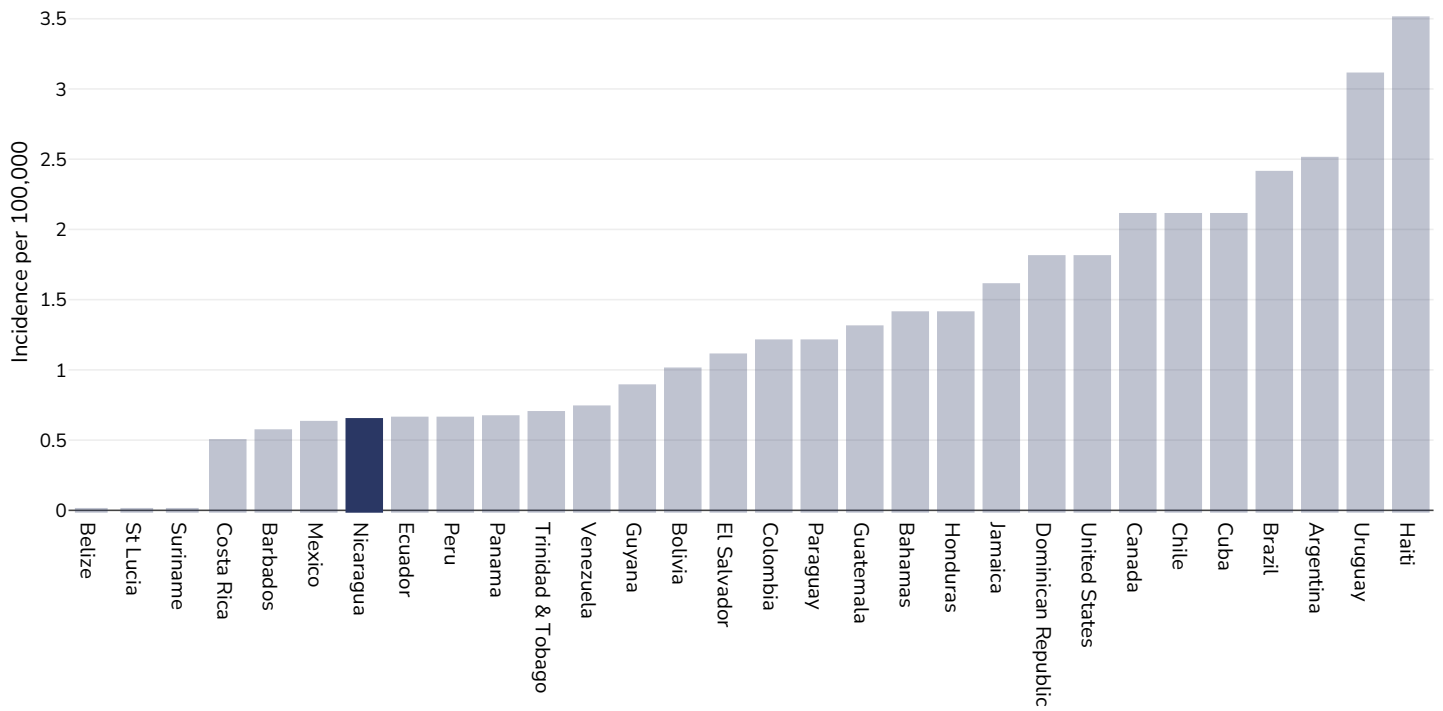
Age: 20+

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 10.01.2261

Definitions: Age-standardized incidence rates per 100 000

## Women, 2020



Age: 20+

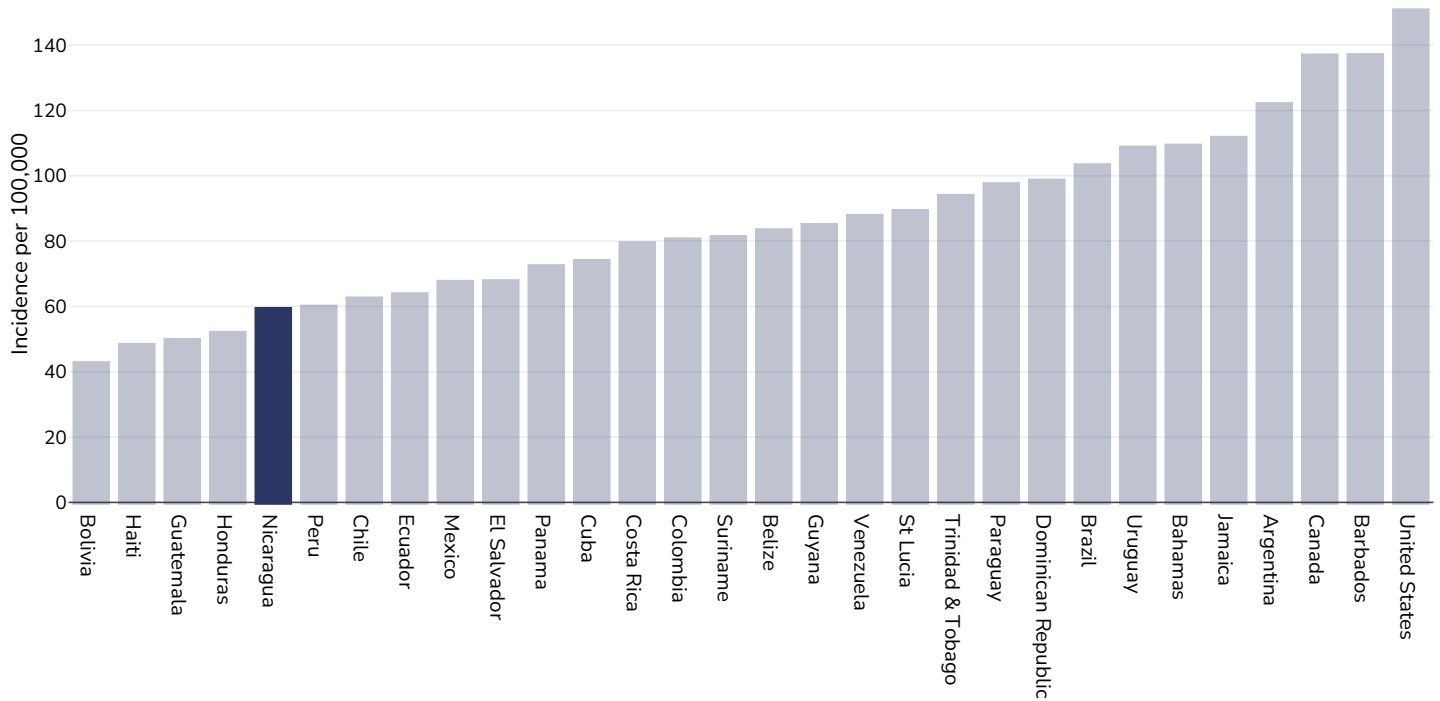
Area covered: National

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 10.01.2261

Definitions: Age-standardized incidence rates per 100 000

## Breast cancer

### Women, 2020



Age: 20+

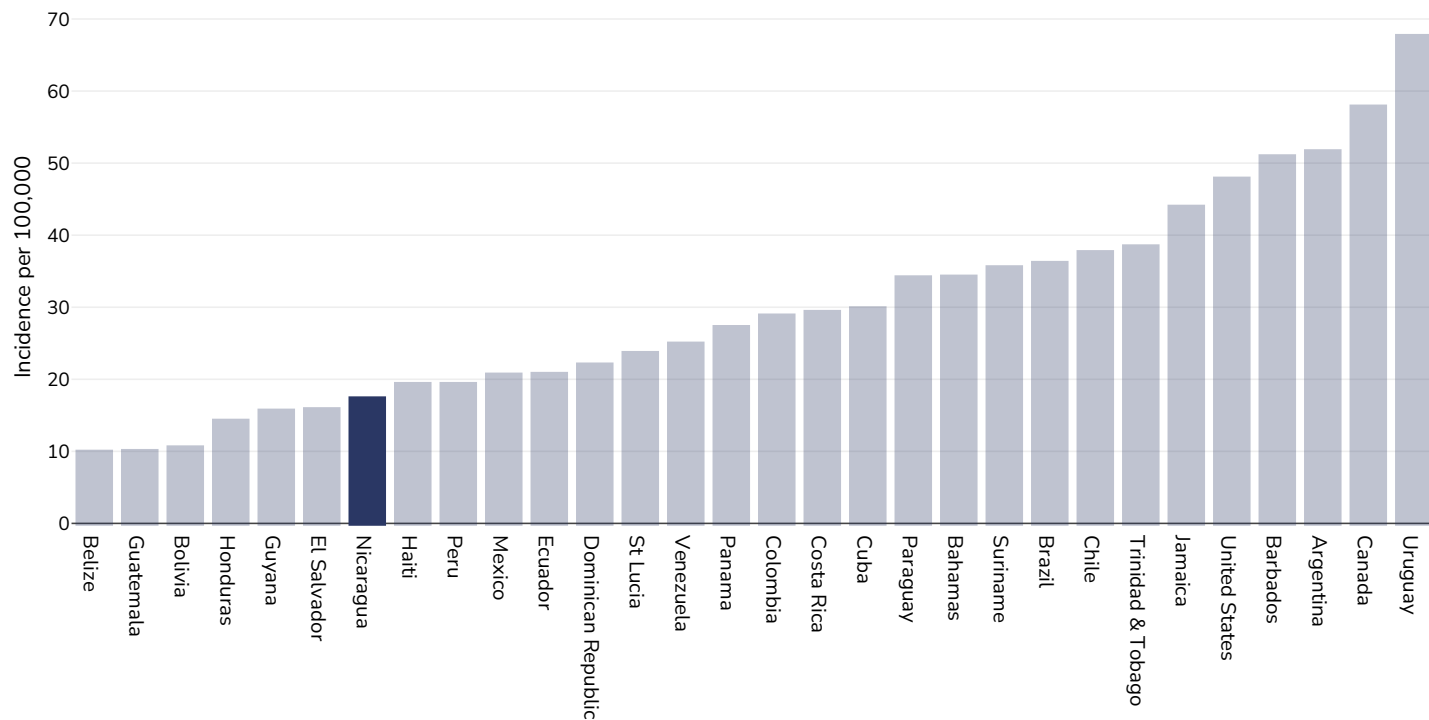
Area covered: National

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 10.01.2261

Definitions: Age-standardized incidence rates per 100 000

## Colorectal cancer

### Men, 2020



Age: 20+

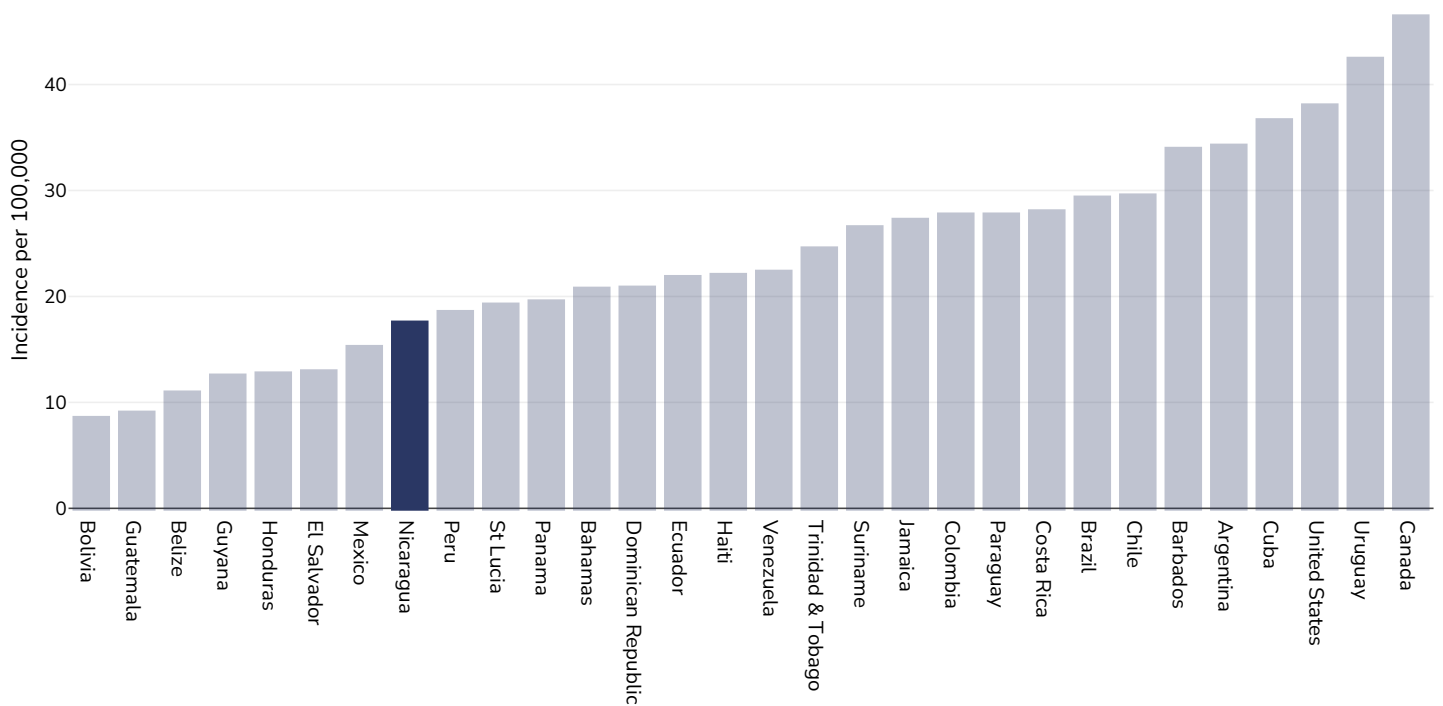
Area covered: National

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 10.01.2261

Definitions: Age-standardized incidence rates per 100 000



## Women, 2020



Age: 20+

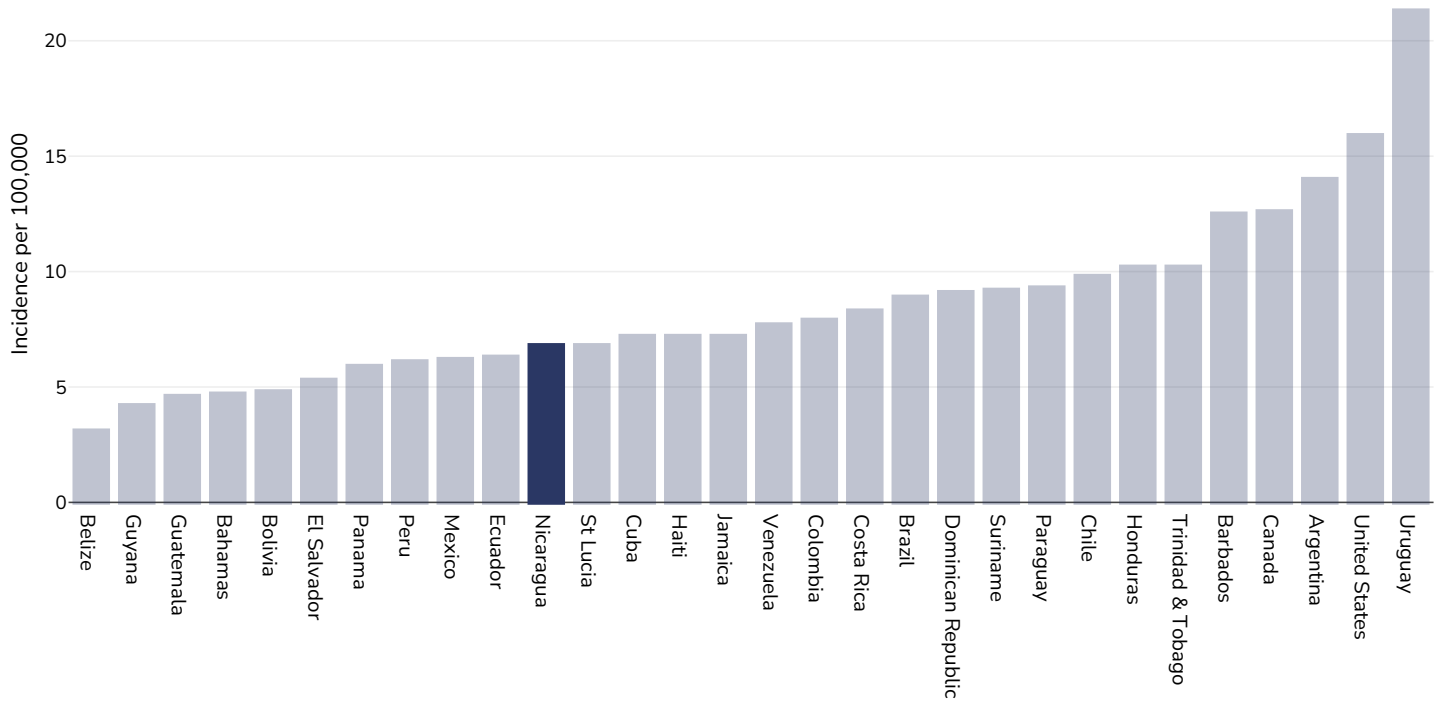
Area covered: National

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 10.01.2261

Definitions: Age-standardized incidence rates per 100 000

## Pancreatic cancer

### Men, 2020



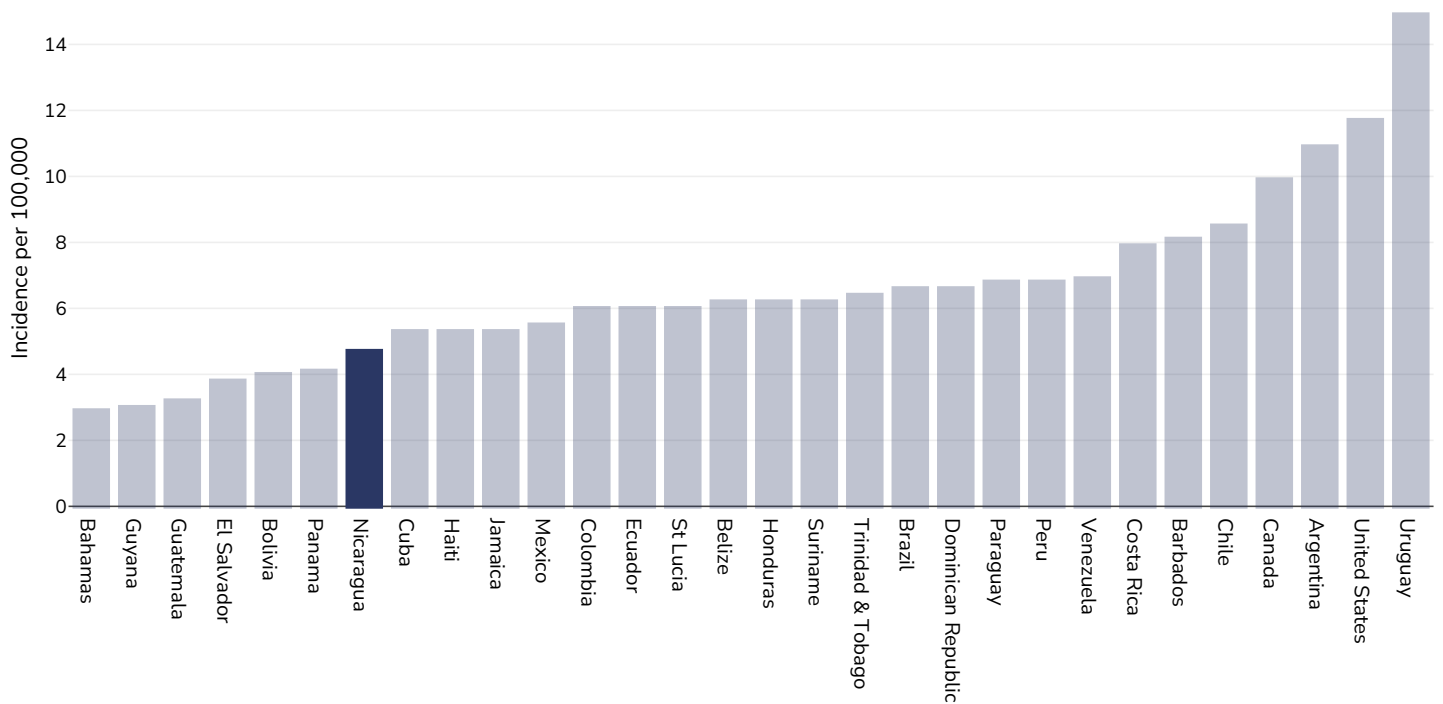
Age: 20+

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 10.01.2261

Definitions: Age-standardized incidence rates per 100 000

## Women, 2020



Age: 20+

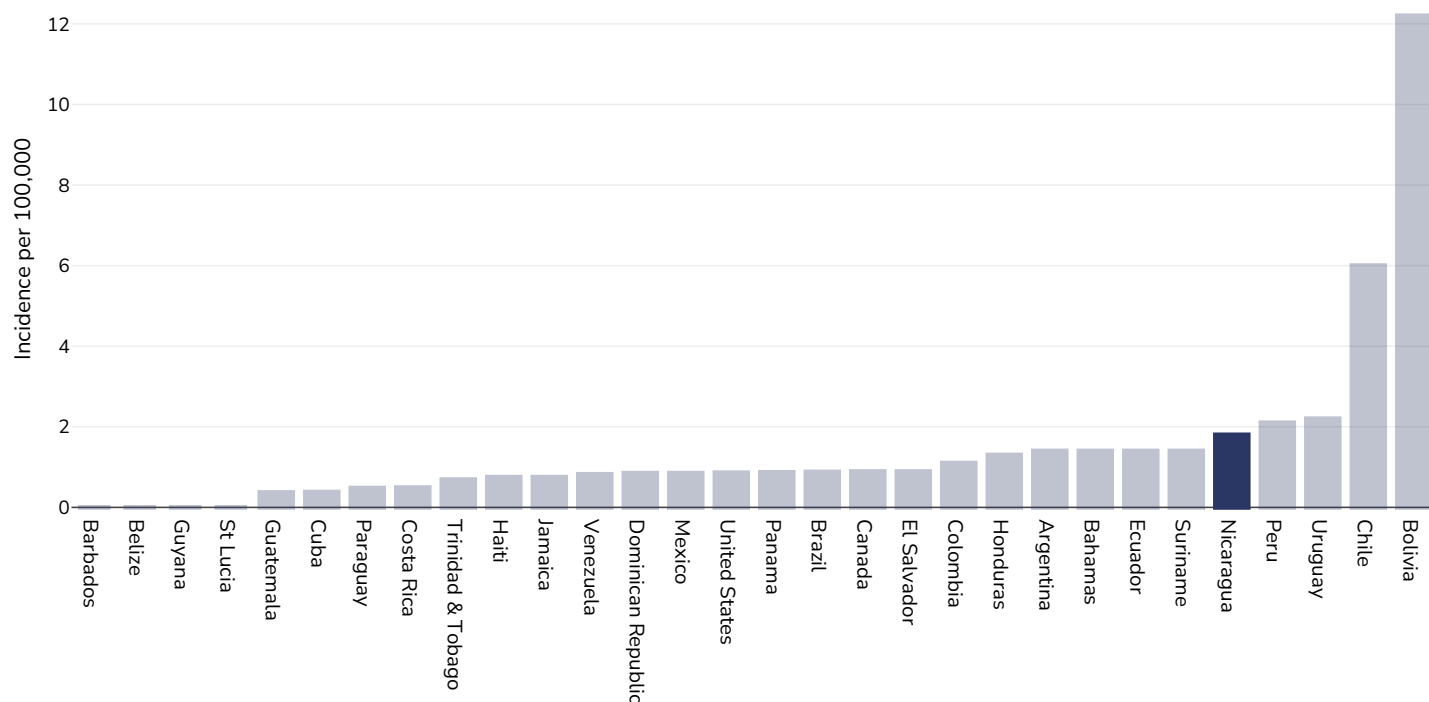
Area covered: National

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 10.01.2261

Definitions: Age-standardized incidence rates per 100 000

## Gallbladder cancer

### Men, 2020



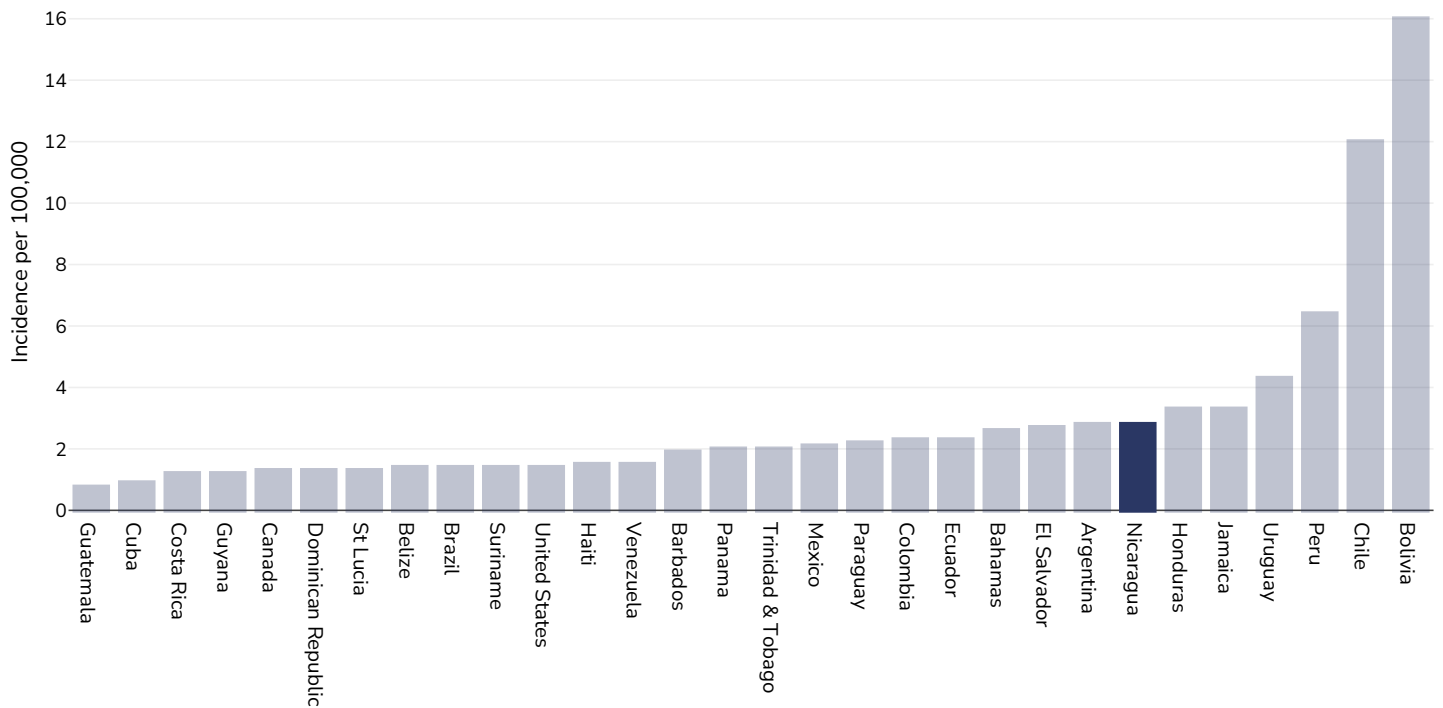
Age: 20+

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 10.01.2261

Definitions: Age-standardized incidence rates per 100 000

## Women, 2020



Age: 20+

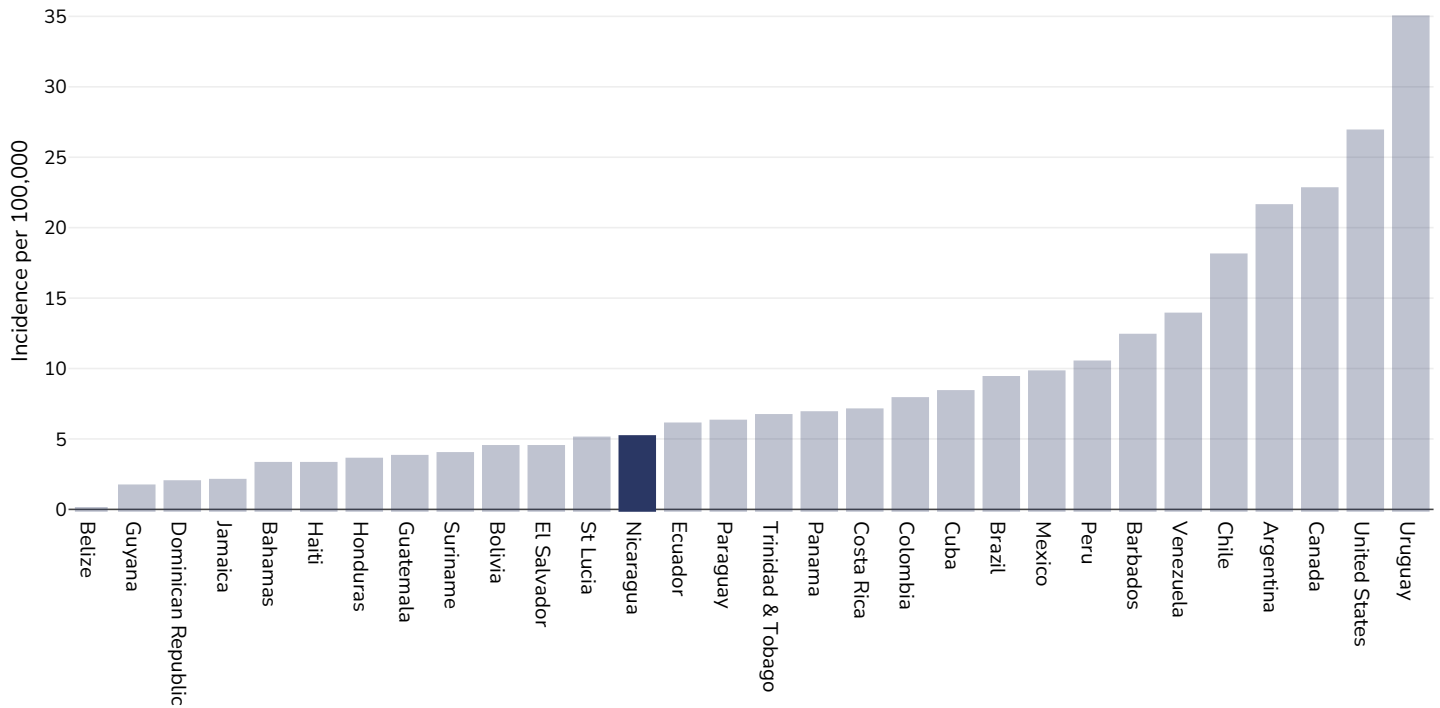
Area covered: National

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 10.01.2261

Definitions: Age-standardized incidence rates per 100 000

## Kidney cancer

### Men, 2020



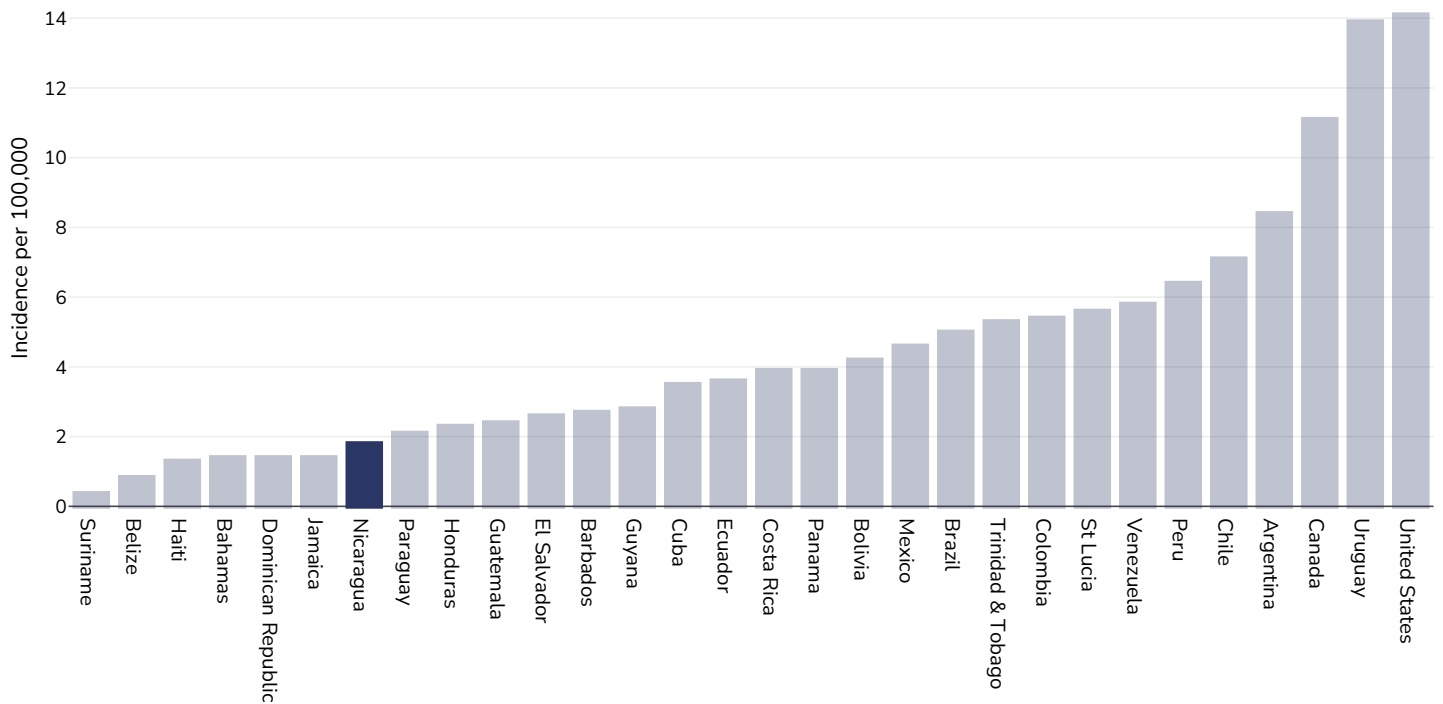
Age: 20+

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 10.01.2261

Definitions: Age-standardized incidence rates per 100 000

## Women, 2020



Age: 20+

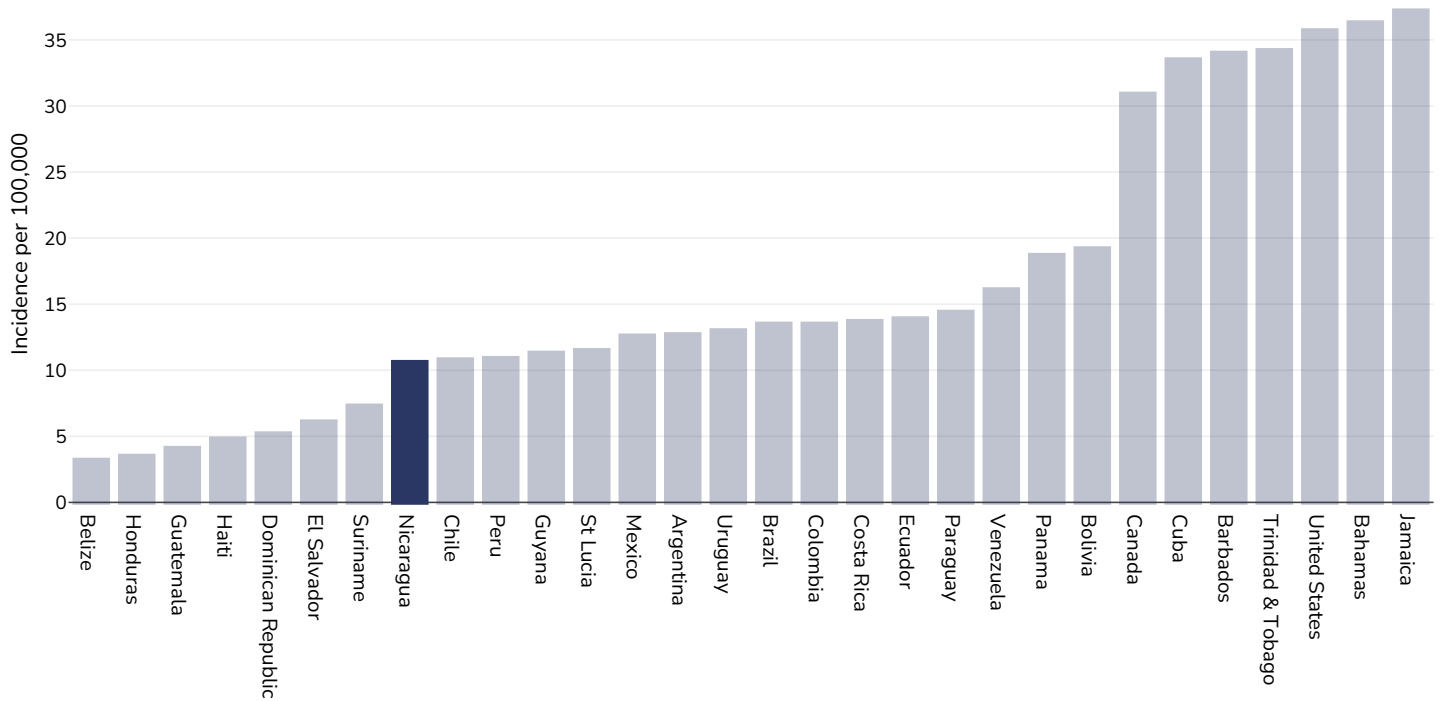
Area covered: National

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 10.01.2261

Definitions: Age-standardized incidence rates per 100 000

## Cancer of the uterus

### Women, 2020



Age: 20+

Area covered: National

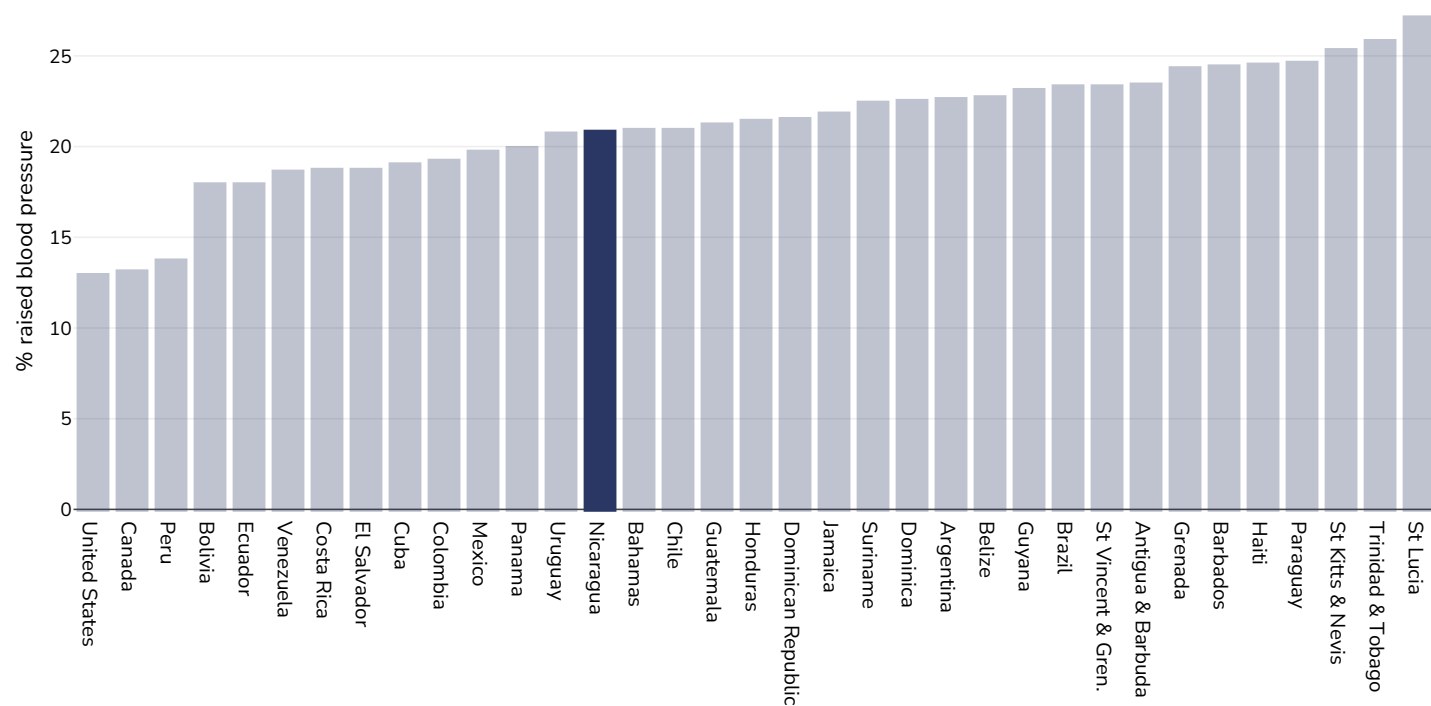
References: Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.fr/today>, accessed 10.01.2261

Definitions: Age-standardized incidence rates per 100 000



## Raised blood pressure

### Adults, 2015



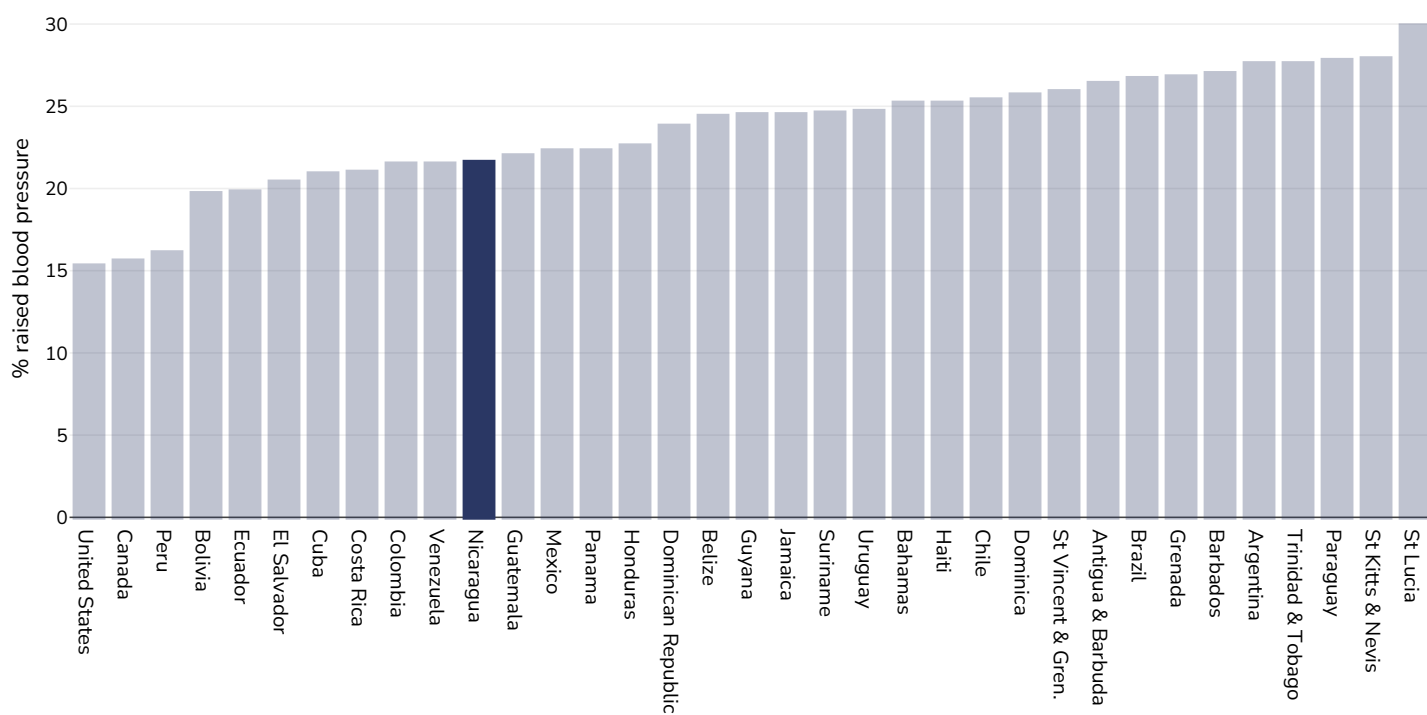
References:

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



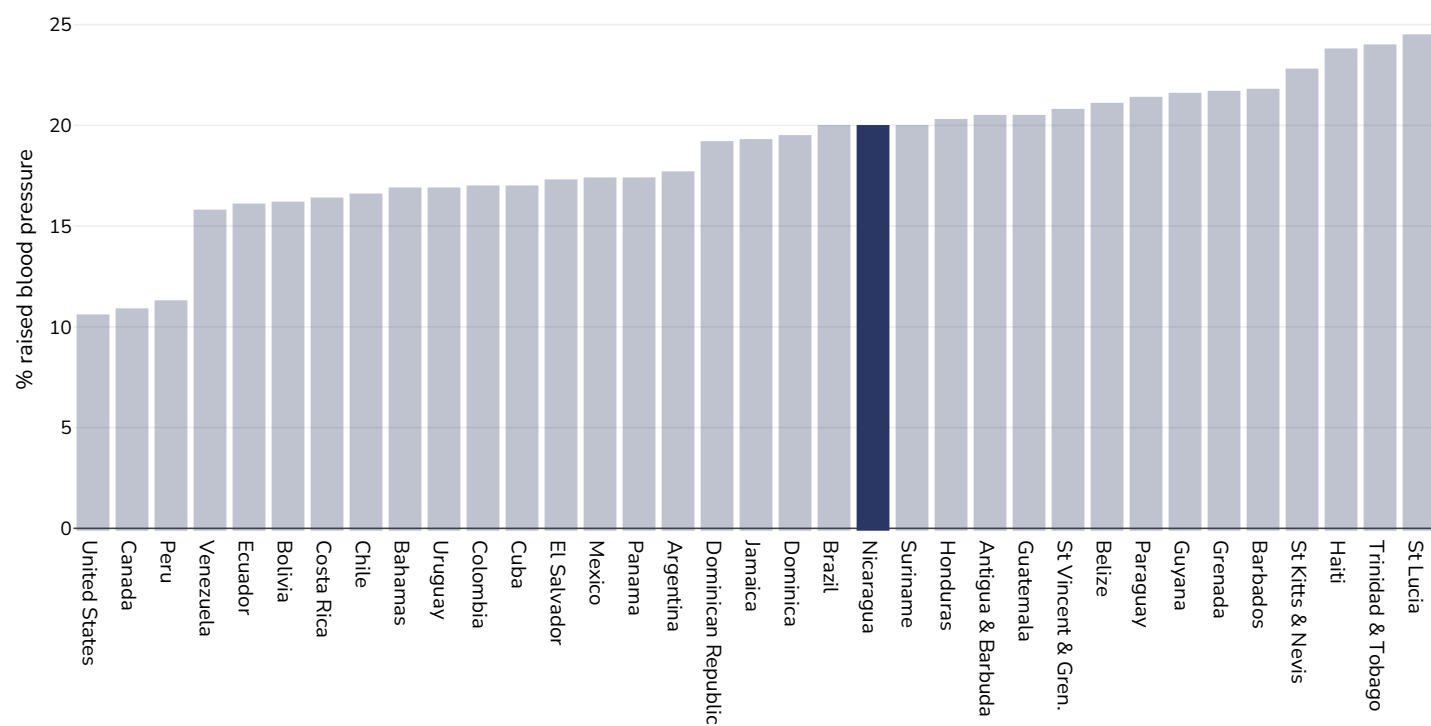
References:

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:

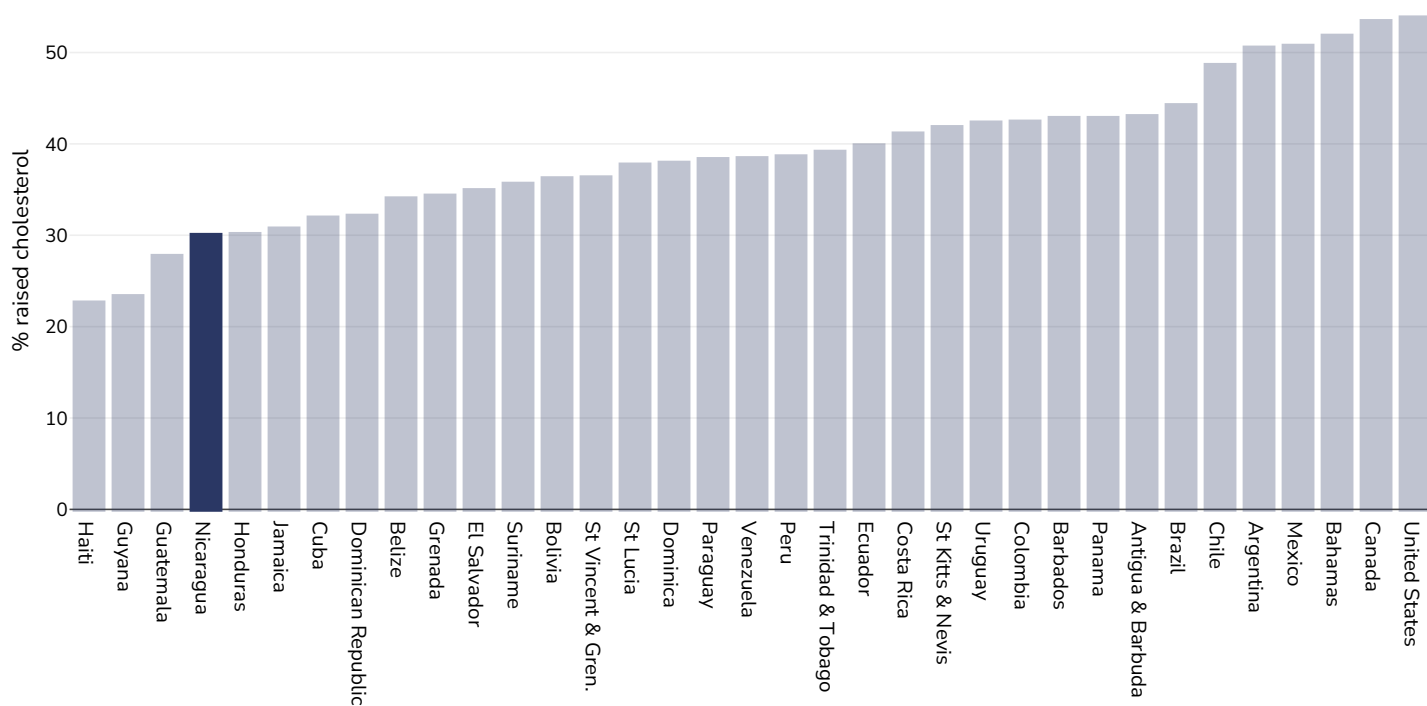
Global Health Observatory data repository, World Health Organisation,  
<http://apps.who.int/gho/data/node.main.A875?lang=en>

Definitions:

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

## Raised cholesterol

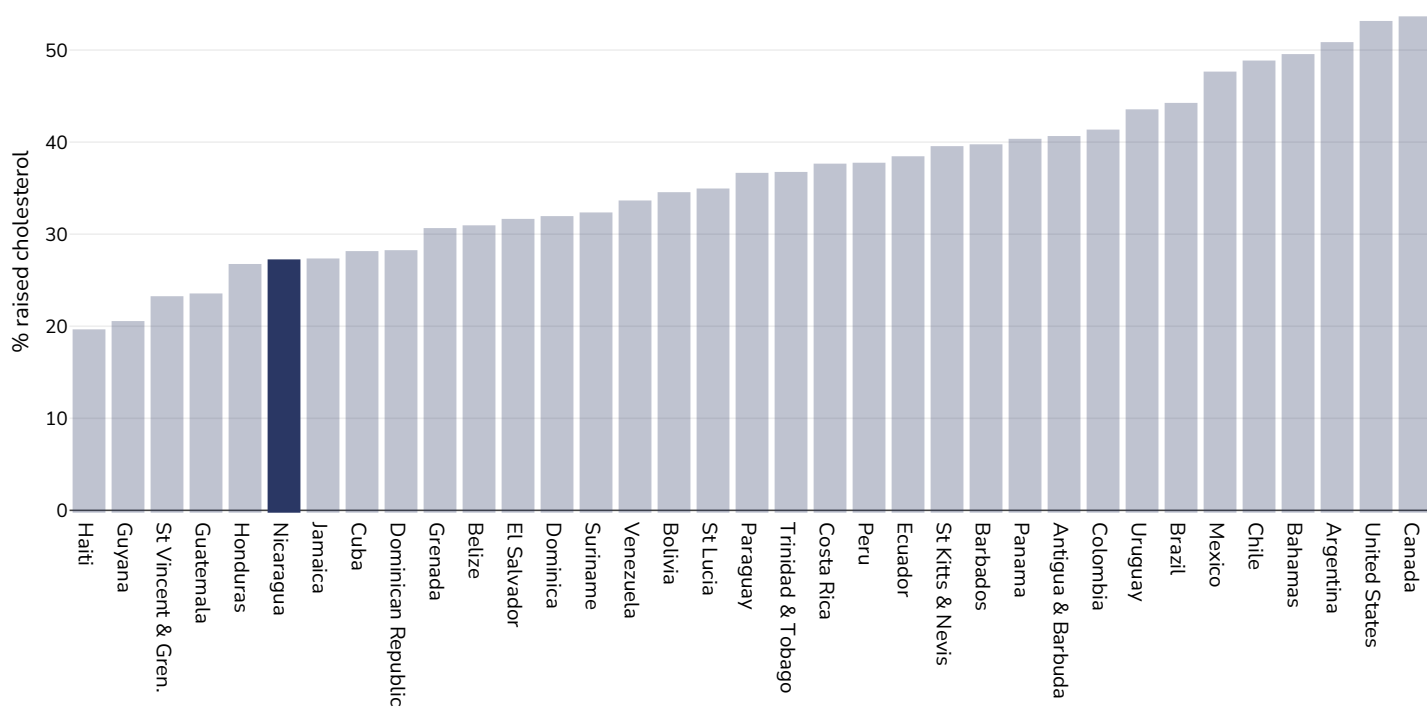
### Adults, 2008



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

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

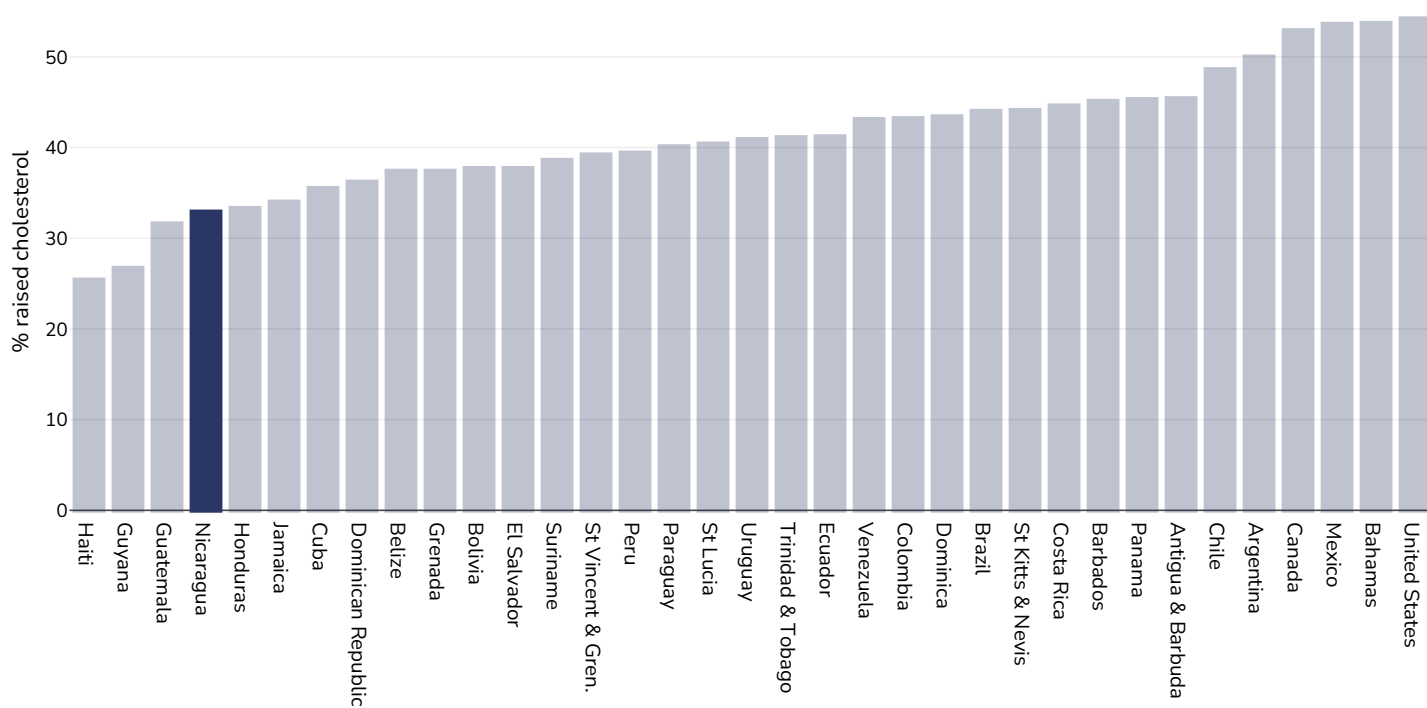
## Men, 2008



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

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

## Women, 2008

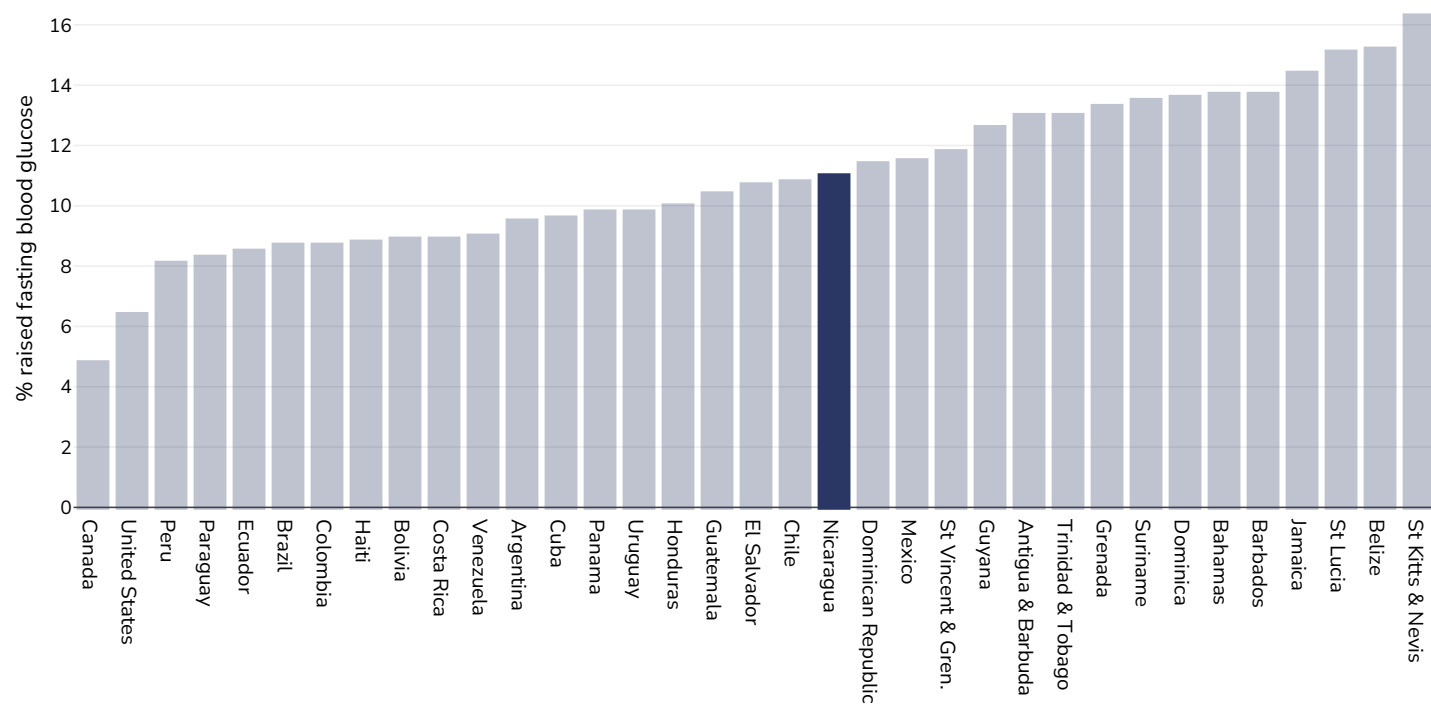


References: Global Health Observatory data repository, World Health Organisation, <http://apps.who.int/gho/data/node.main.A885>

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

## Raised fasting blood glucose

### Men, 2014



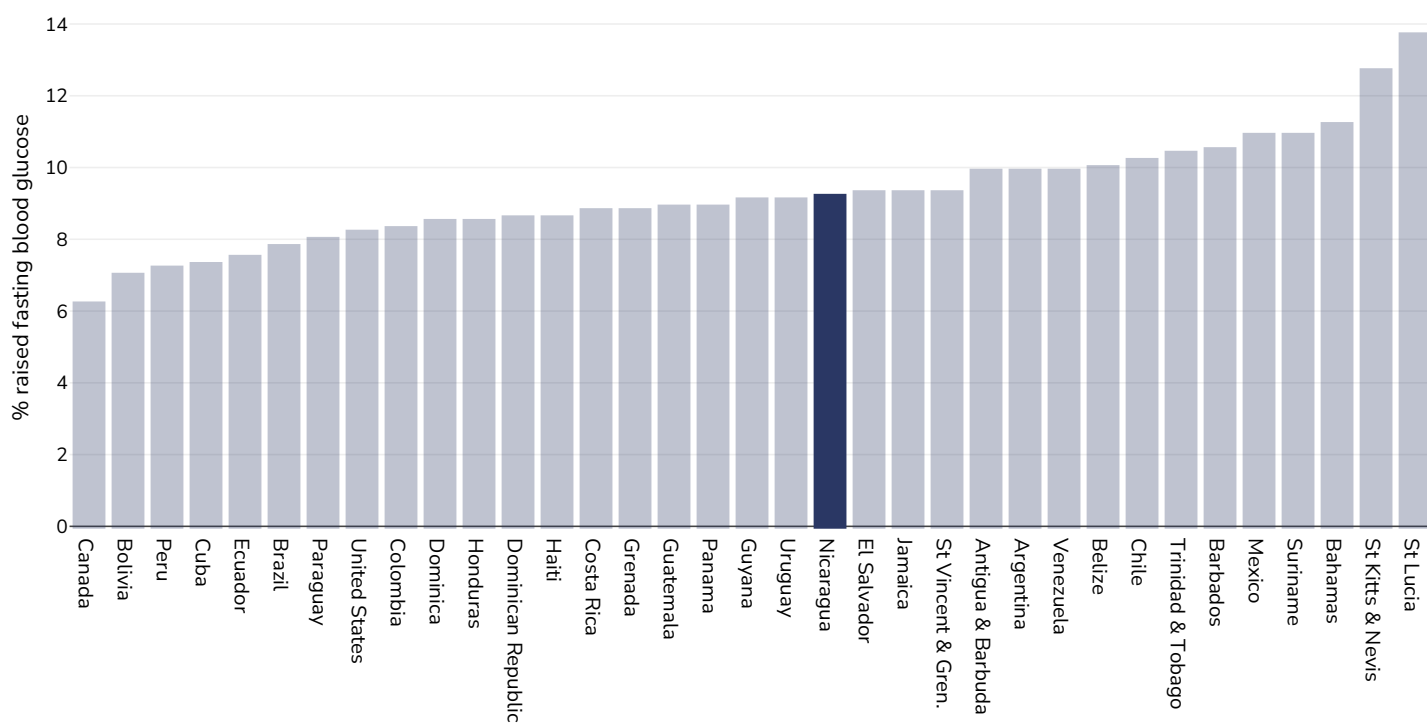
References:

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 ( $\geq 7.0$  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>

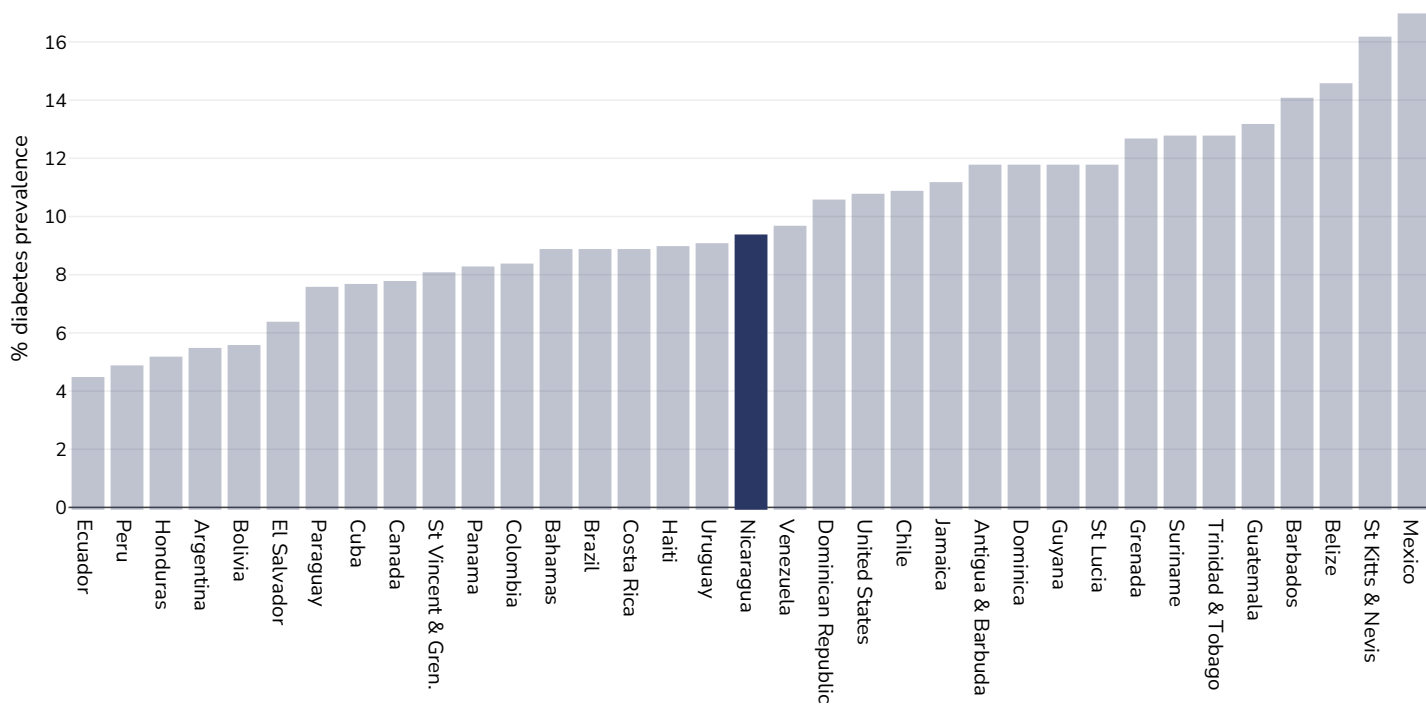
Definitions:

Age Standardised % raised fasting blood glucose ( $\geq 7.0$  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

|  |   |
|--|---|
| <b>Is there mandatory nutrition labelling?</b> |  |
| Front-of-package labelling?                    |  |
| Back-of-pack nutrition declaration?            |  |
| Color coding?                                  |  |
| Warning label?                                 |  |



## Regulation and marketing

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



## 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

✓<sub>v</sub> Present

(voluntary)

✓ Incoming

✗ Absent

? Unknown

