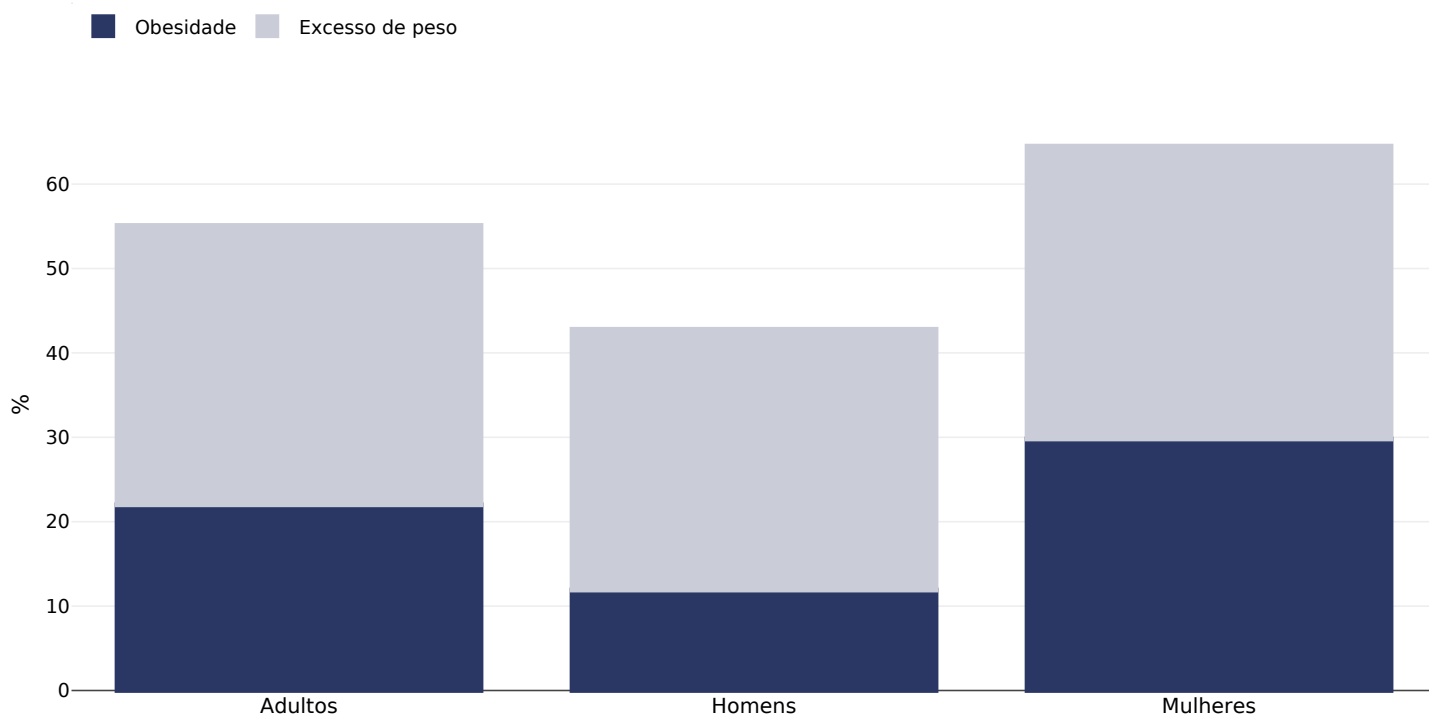


# Report card Nicarágua



## Prevalência de obesidade

### Adultos, 2007-2009



|                     |          |
|---------------------|----------|
| Tipo de inquérito:  | Medido   |
| Idade:              | 20-60    |
| Tamanho da amostra: | 1355     |
| Área abrangida:     | Regional |

Referências: 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.

Salvo indicação em contrário, o excesso de peso refere-se a um IMC entre 25 kg e 29,9 kg/m<sup>2</sup>, a obesidade refere-se a um IMC superior a 30 kg/m<sup>2</sup>.

## Raparigas, 2001

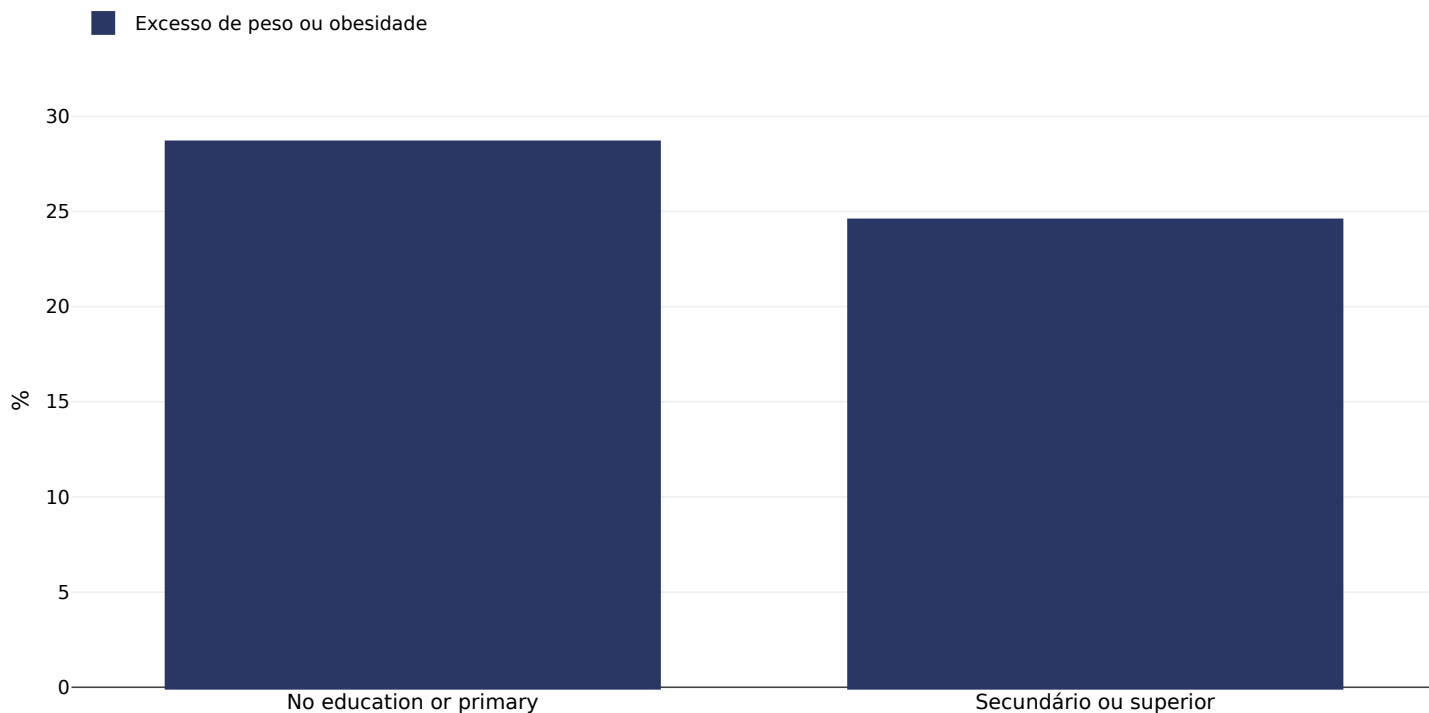
■ Excesso de peso ou obesidade



|   |   |
|---|---|
| Tipo de inquérito:                        | Medido  |
| Idade:                                    | 15-19   |
| Tamanho da amostra:                       | 2348  |
| Área abrangida:                           | Nacional  |
| Referências:                              | 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. Encussta Nicaragüense de Demografia y Salud 2001. Instituto Nacional de Estadísticas y Censos (INEC), Ministerio de Salud (MINSa). Marco International Inc. Calverton, Maryland USA |
| Definições (disponível apenas em inglês): | BMI for age: between +1 SD and +2 SD is overweight and greater than +2 SD is obesity  |
| Cutoffs:                                  | WHO 2007  |

## Excesso de peso/obesidade por educação

### Raparigas, 2001



Tipo de inquérito: Medido

Idade: 15-19

Tamanho da amostra: 2348

Área abrangida: Nacional

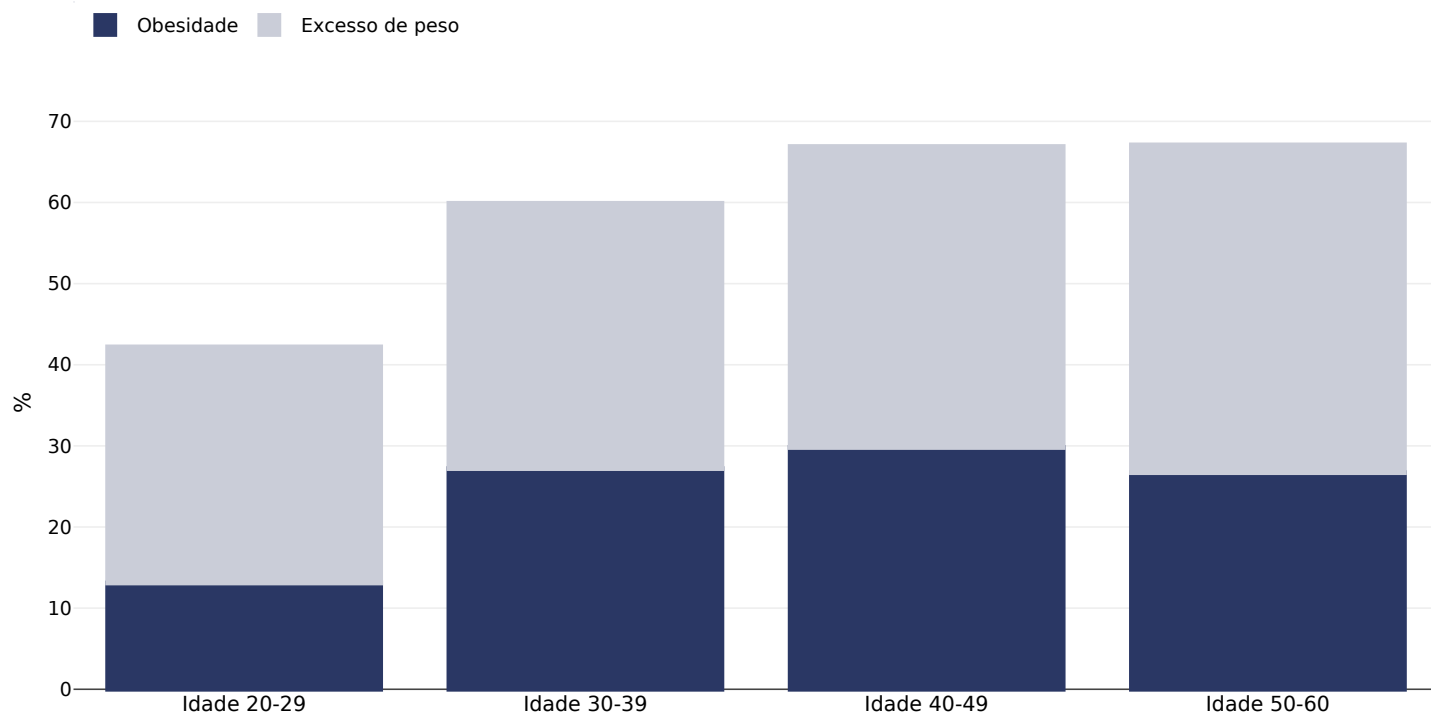
Referências: Benedict, Rukundo K., Allison Schmale, and Sorrel Namaste. 2018. Adolescent Nutrition 2000-2017: DHS Data on Adolescents Age 15-19. DHS Comparative Report No. 47. Rockville, Maryland, USA: ICF. Encuesta Nicaragüense de Demografía y Salud 2001. Instituto Nacional de Estadísticas y Censos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

Definições (disponível apenas em inglês): BMI for age: between +1 SD and +2 SD is overweight and greater than +2 SD is obesity

Cutoffs: WHO 2007

## Excesso de peso/obesidade por idade

### Adultos, 2007-2009



Tipo de inquérito: Medido

Tamanho da amostra: 1355

Área abrangida: Subnacional

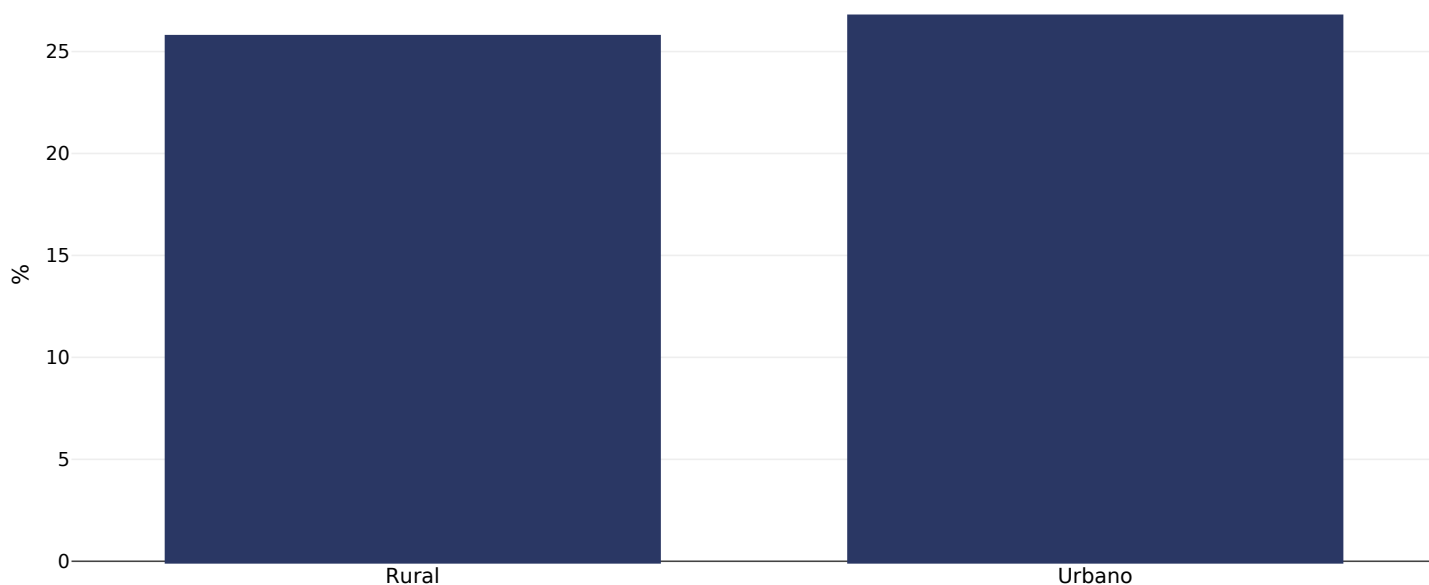
Referências: Laux T.S, Bert P.J, González M, Unruh M, Aragon A, and Lacourt CT. Prevalence of obesity, tobacco use, and alcohol consumption by socioeconomic status among six communities in Nicaragua. Rev Panam Salud Publica. 2012;32(3): 217-225.

Salvo indicação em contrário, o excesso de peso refere-se a um IMC entre 25 kg e 29,9 kg/m<sup>2</sup>, a obesidade refere-se a um IMC superior a 30 kg/m<sup>2</sup>.

## Excesso de peso/obesidade por região

### Raparigas, 2001

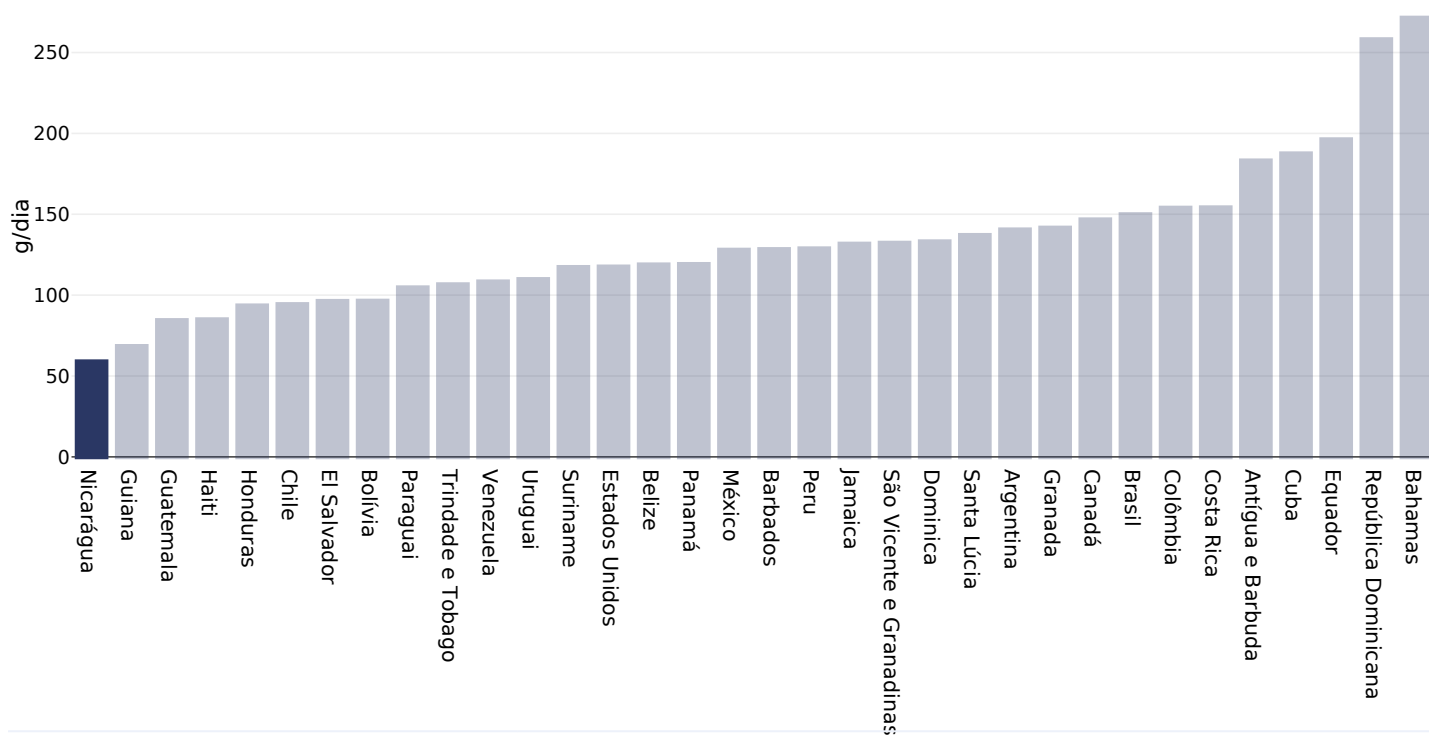
■ Excesso de peso ou obesidade



|   |   |
|---|---|
| Tipo de inquérito:                        | Medido  |
| Idade:                                    | 15-19   |
| Tamanho da amostra:                       | 2348  |
| Área abrangida:                           | Nacional  |
| Referências:                              | 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 (MINSA). Marco International Inc. Calverton, Maryland USA |
| Definições (disponível apenas em inglês): | 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

### Adultos, 2017



Tipo de inquérito: Medido

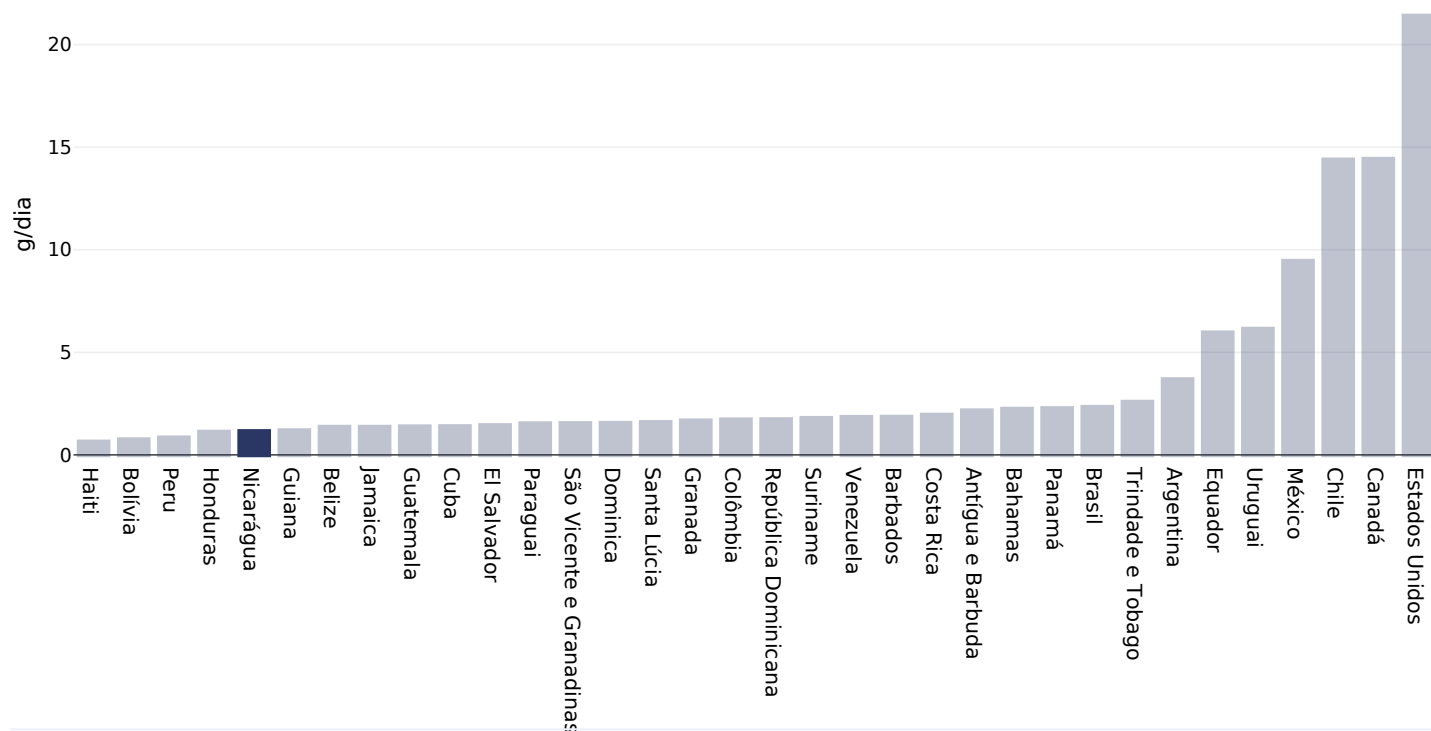
Idade: 25+

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

Definições (disponível apenas em inglês): Estimated per-capita fruit intake (g/day)

## Estimativa de ingestão de carne processada per capita

### Adultos, 2017



Tipo de inquérito: Medido

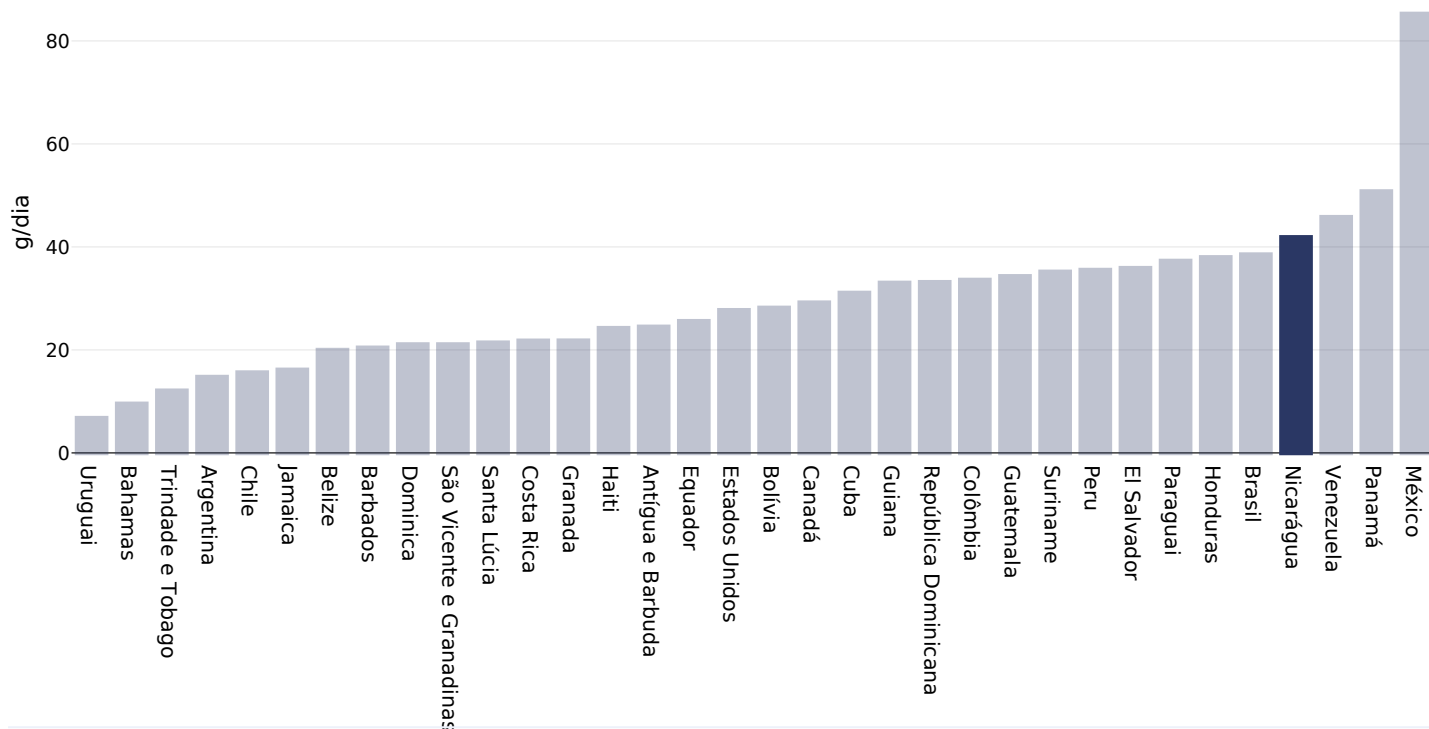
Idade: 25+

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

Definições (disponível apenas em inglês): Estimated per-capita processed meat intake (g per day)

## Estimated per capita whole grains intake

Adultos, 2017



Tipo de inquérito: Medido

Idade: 25+

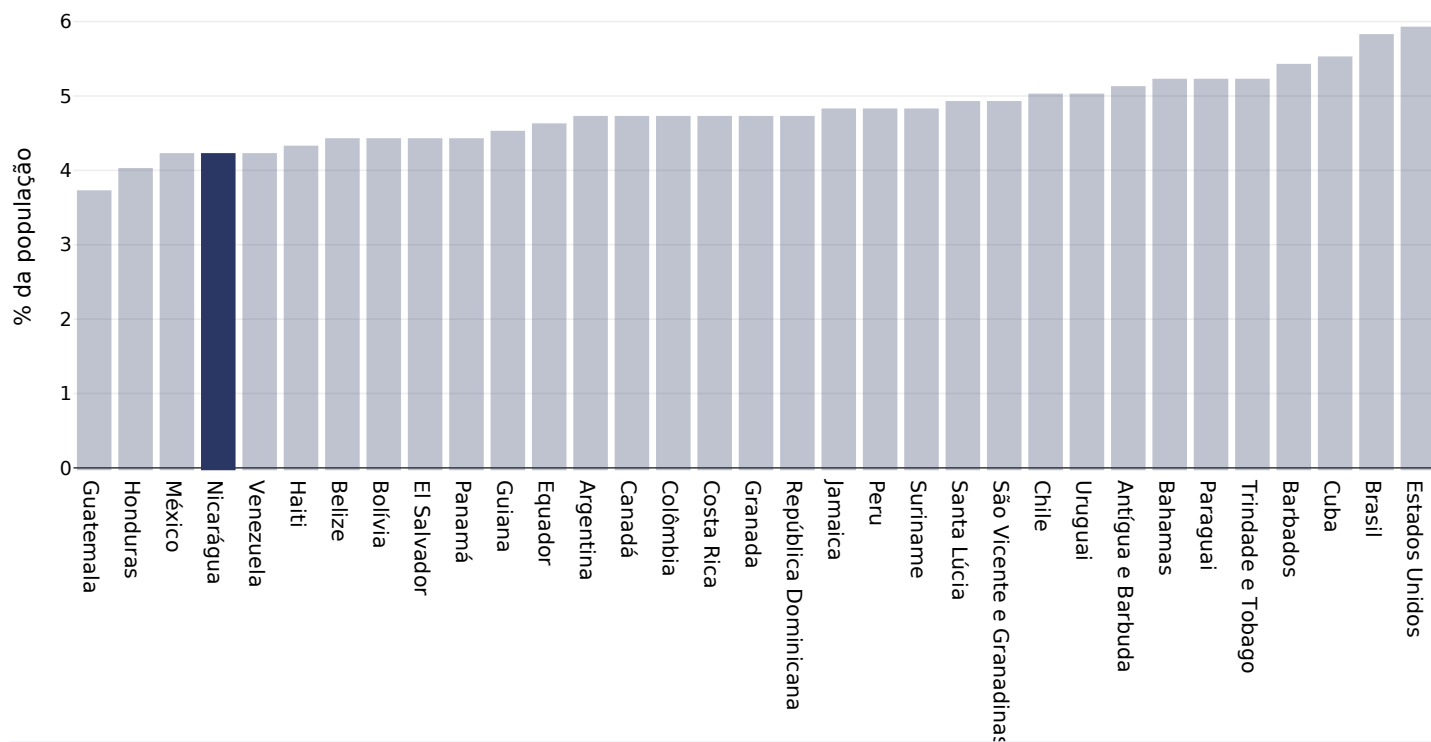
Referências: Global Burden of Disease, the Institute for Health Metrics and Evaluation  
<http://ghdx.healthdata.org/>

Definições (disponível apenas em inglês): Estimated per-capita whole grains intake (g/day)



## Saúde mental - transtornos depressivos

### Adultos, 2015



Referências:

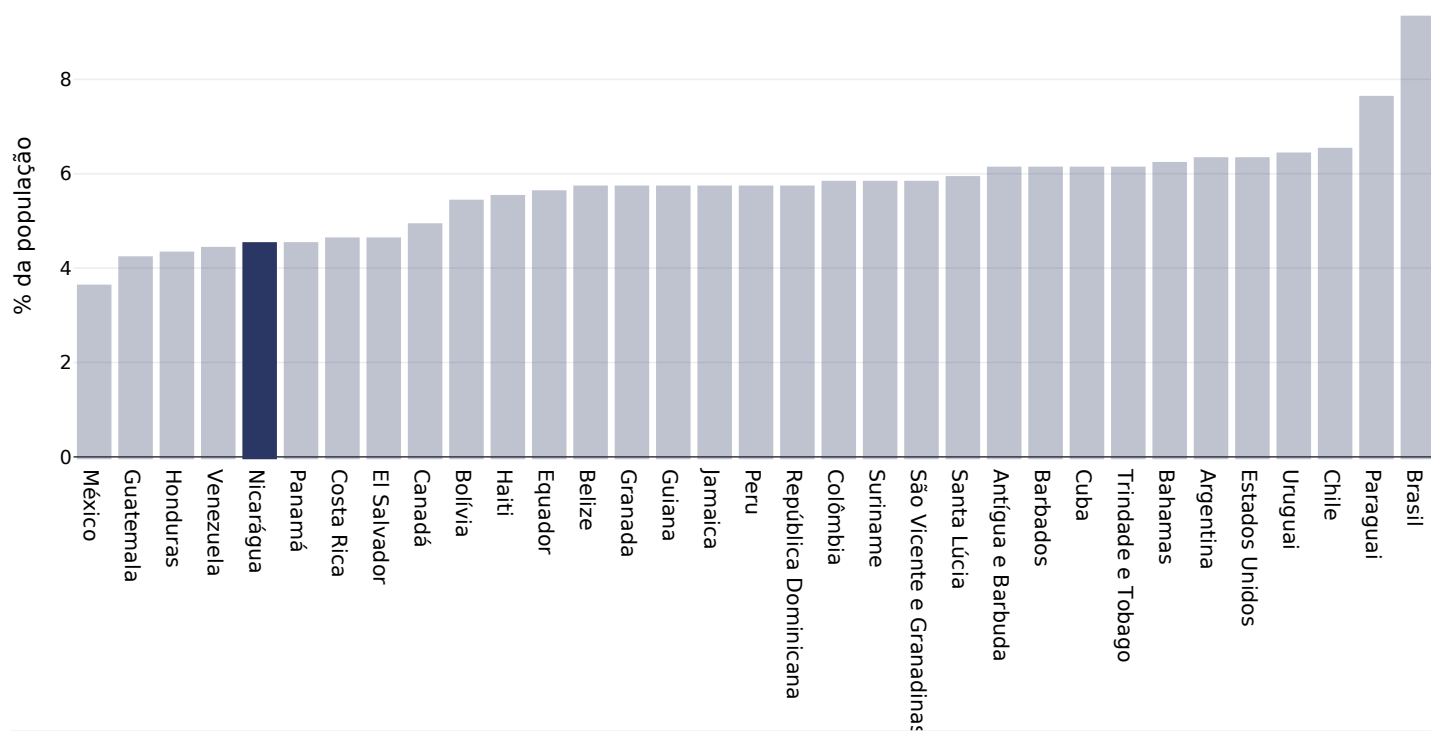
Prevalence data from Global Burden of Disease study 2015 (<http://ghdx.healthdata.org>) published in: Depression and Other Common Mental Disorders: Global Health Estimates. Geneva:World Health Organization; 2017. Licence: CC BY-NC-SA 3.0 IGO.

Definições (disponível apenas em inglês):

% of population with depression disorders

## Saúde mental - transtornos de ansiedade

### Adultos, 2015



Referências:

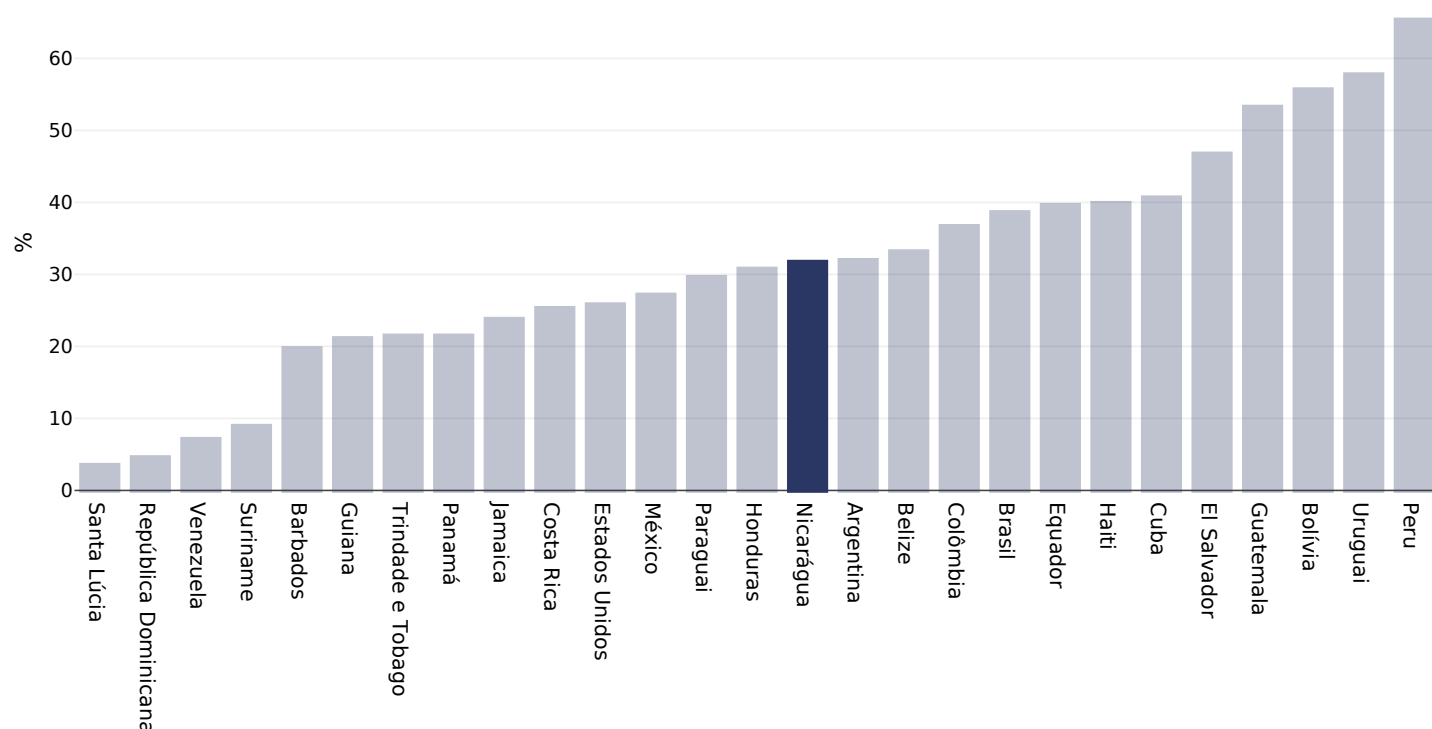
Prevalence data from Global Burden of Disease study 2015 (<http://ghdx.healthdata.org>) published in: Depression and Other Common Mental Disorders: Global Health Estimates. Geneva:World Health Organization; 2017. Licence: CC BY-NC-SA 3.0 IGO.

Definições (disponível apenas em inglês):

% of population with anxiety disorders

## % de bebés entre os 0 e 5 meses exclusivamente amamentados

### Crianças, 1998-2019



Área abrangida: Nacional

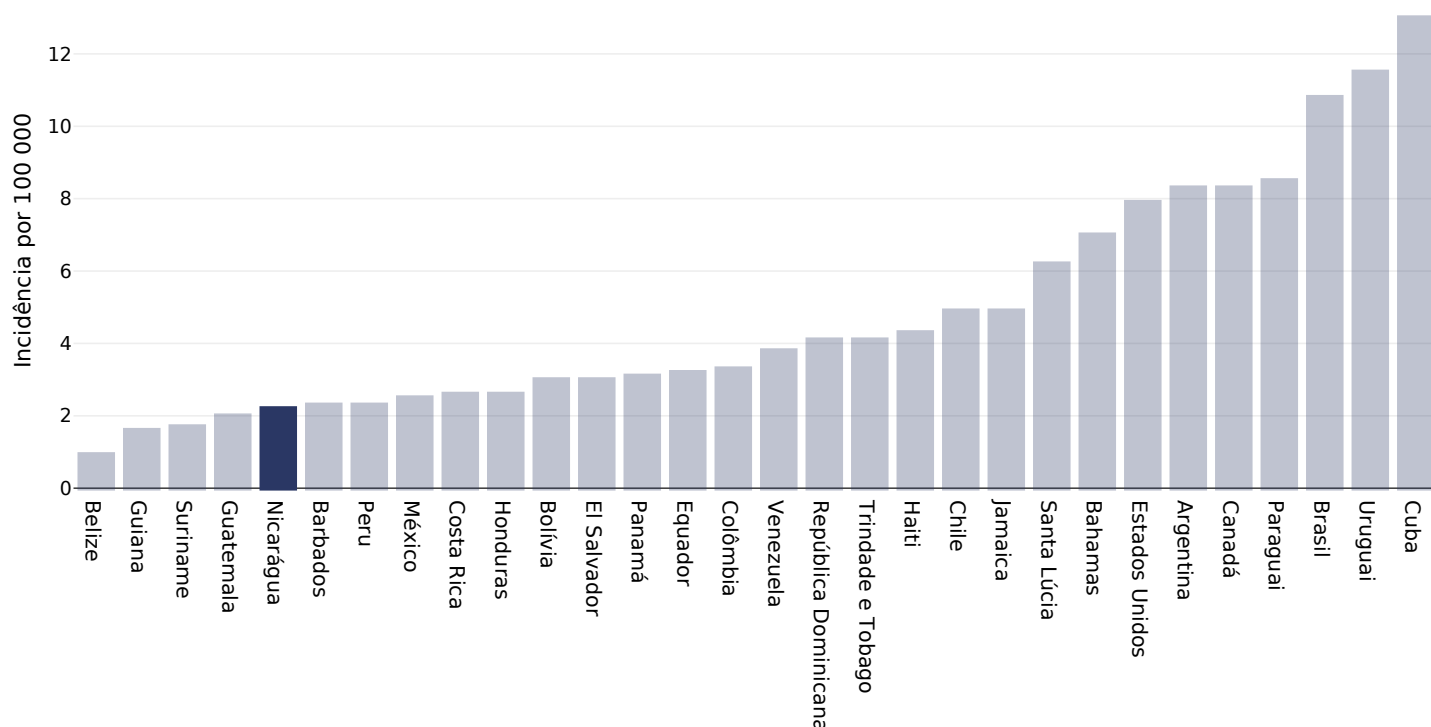
Referências: Encuesta Nicaragüense de Demografía y Salud 2011/12 - Informe Final

Notas: 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.

Definições (disponível apenas em inglês): % exclusively breastfed 0-5 months

## Cancro do esófago

### Homens, 2020



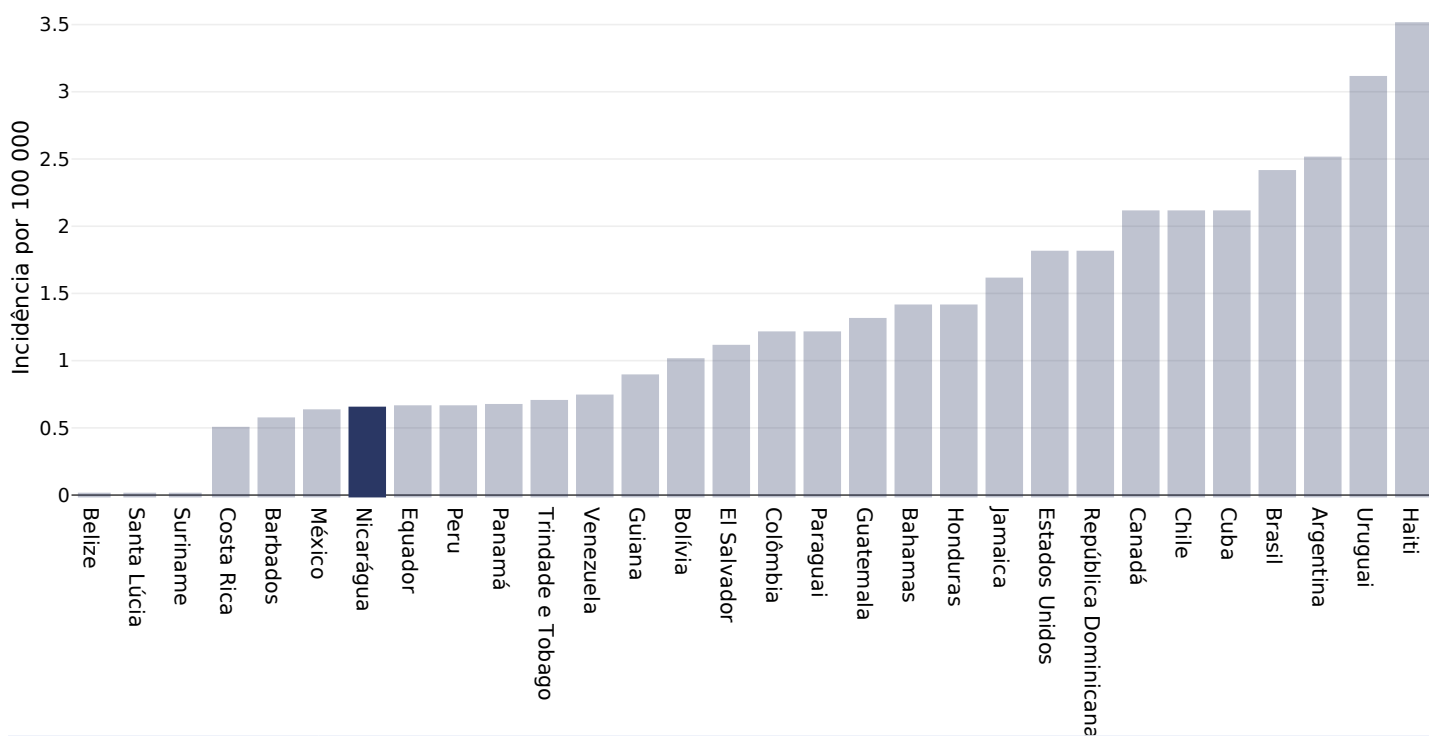
Idade: 20+

Área abrangida: Nacional

Referências: 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

Definições (disponível apenas em inglês): Age-standardized incidence rates per 100 000

## Mulheres, 2020



Idade: 20+

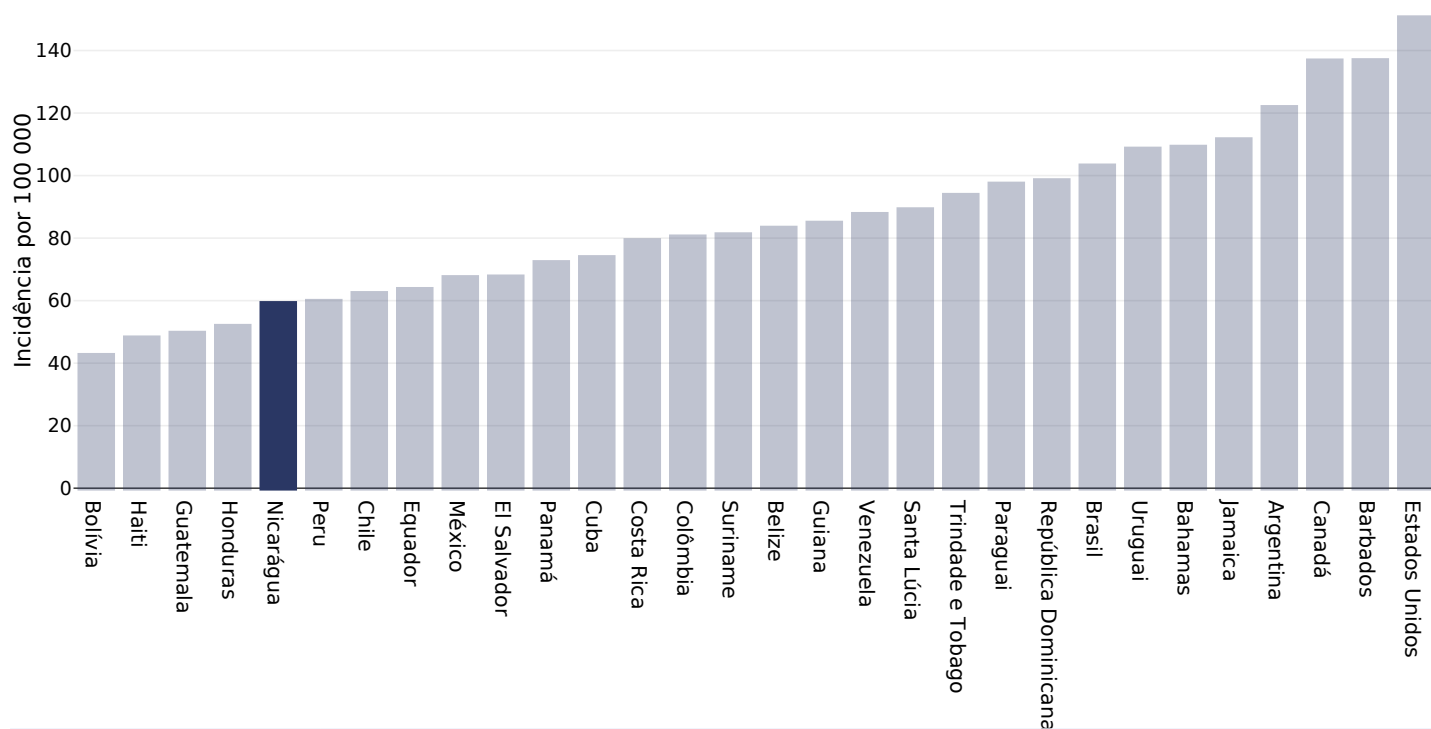
Área abrangida: Nacional

Referências: 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

Definições (disponível apenas em inglês): Age-standardized incidence rates per 100 000

## Cancro da mama

### Mulheres, 2020



Idade: 20+

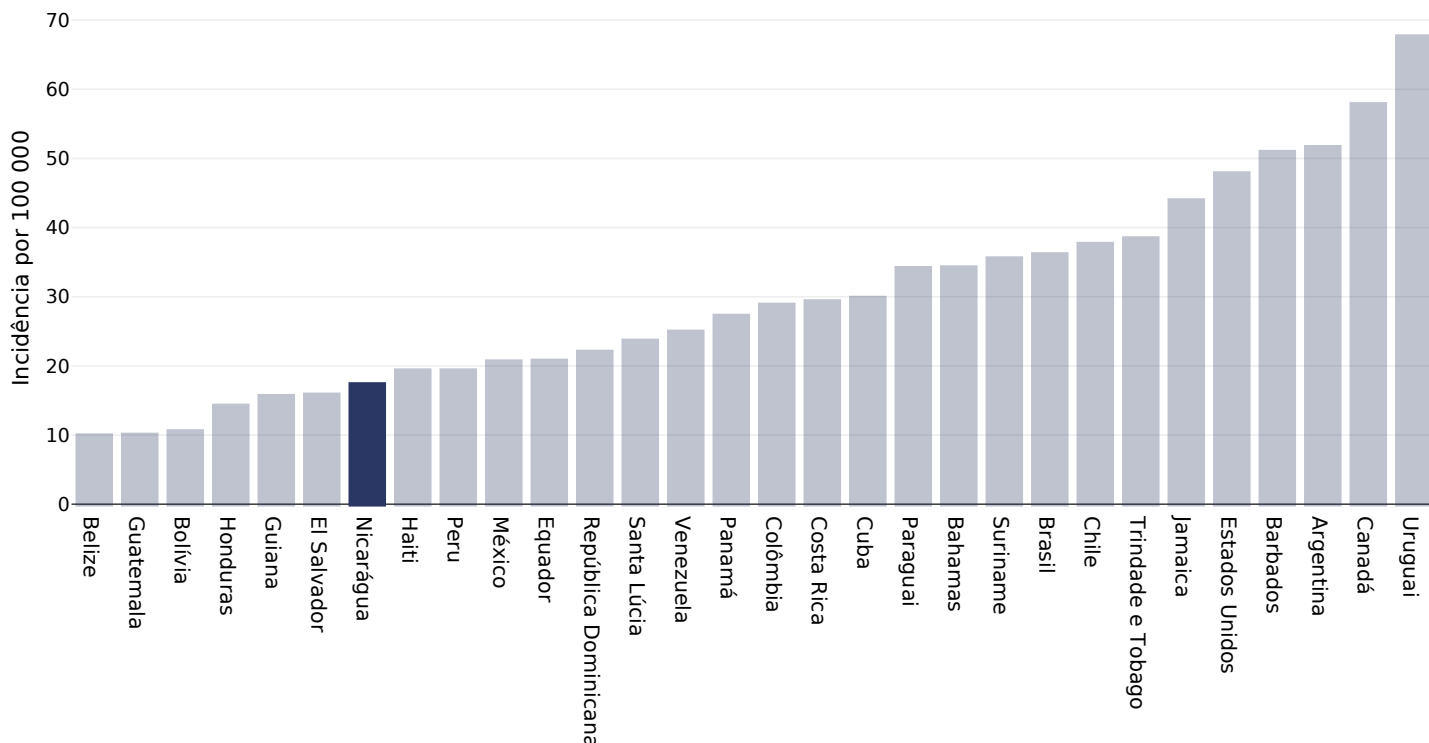
Área abrangida: Nacional

Referências: 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

Definições (disponível apenas em inglês): Age-standardized incidence rates per 100 000

## Cancro colorretal

### Homens, 2020



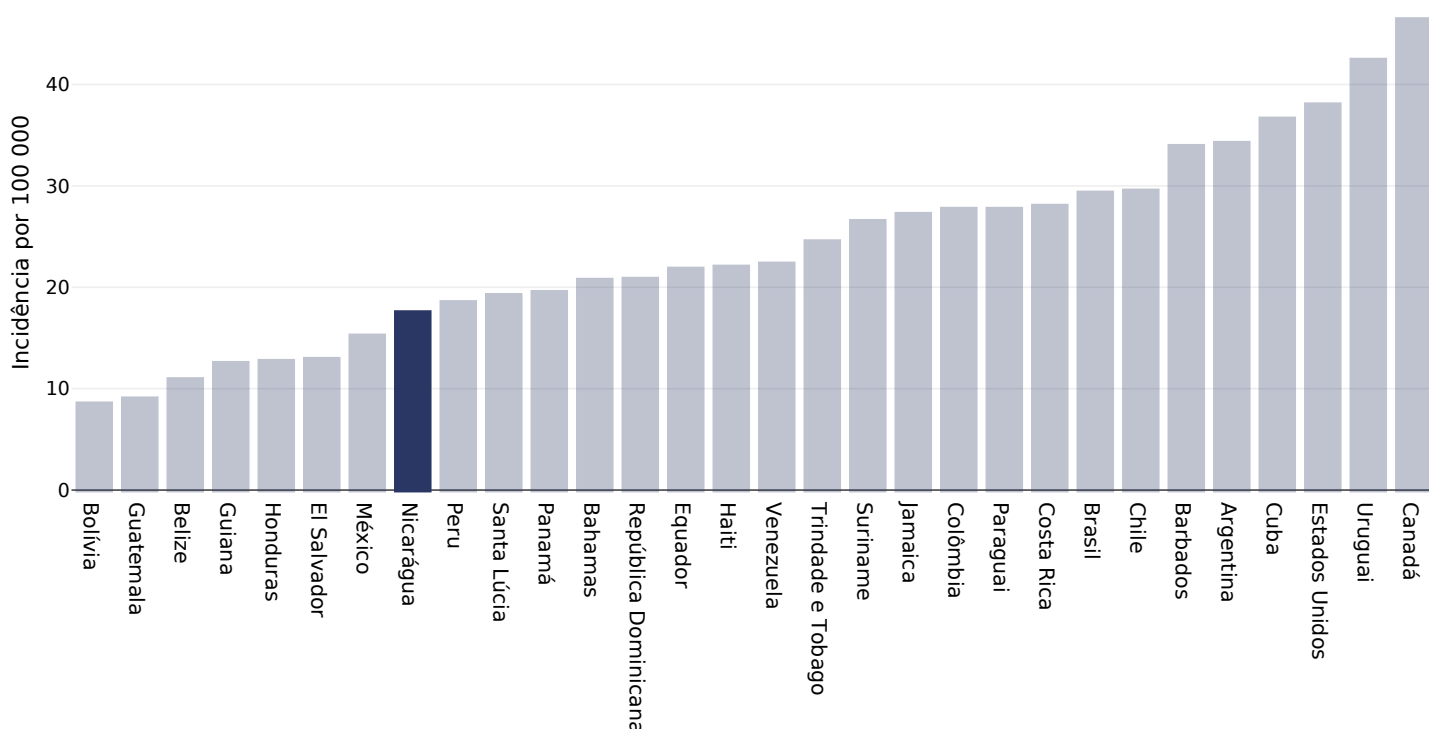
Idade: 20+

Área abrangida: Nacional

Referências: 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

Definições (disponível apenas em inglês): Age-standardized incidence rates per 100 000

## Mulheres, 2020



Idade: 20+

Área abrangida: Nacional

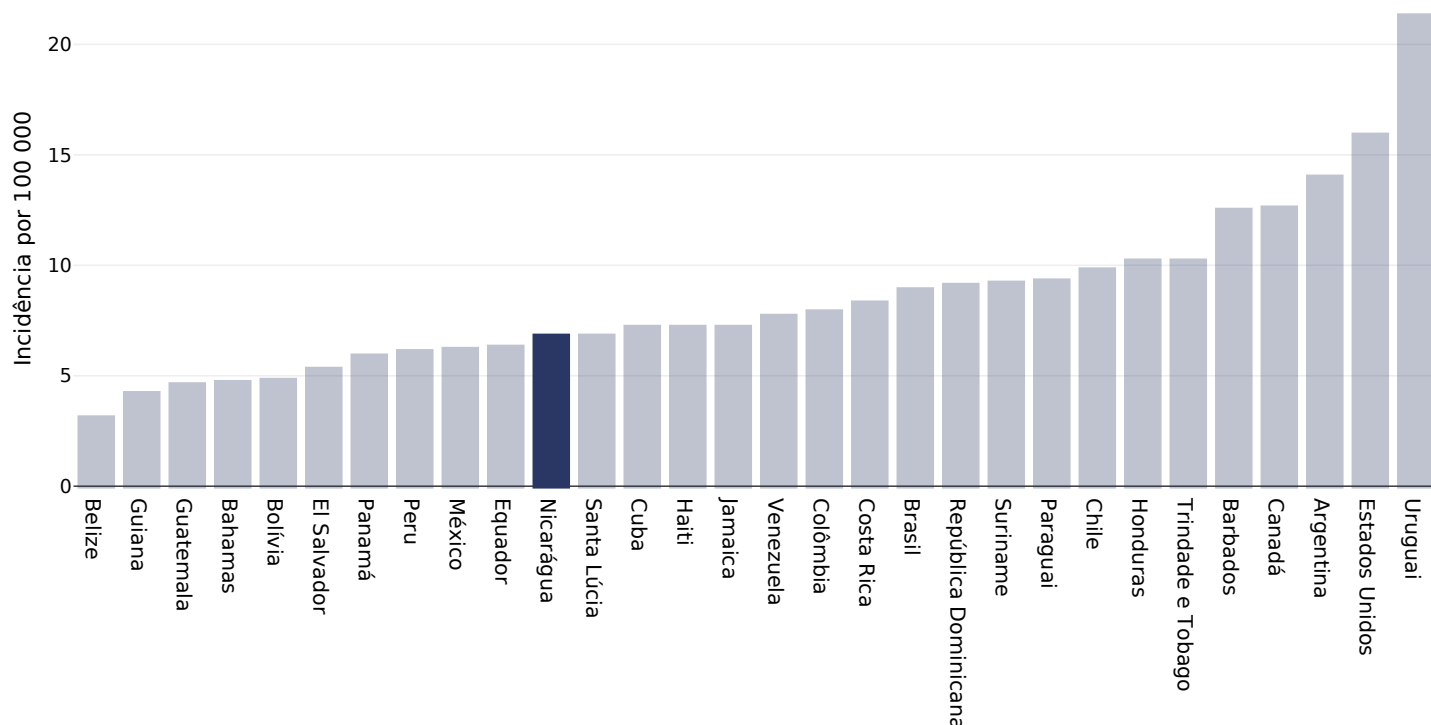
Referências: Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.fr/today>, accessed 10.01.2261

Definições (disponível apenas em inglês): Age-standardized incidence rates per 100 000



## Cancro do pâncreas

### Homens, 2020



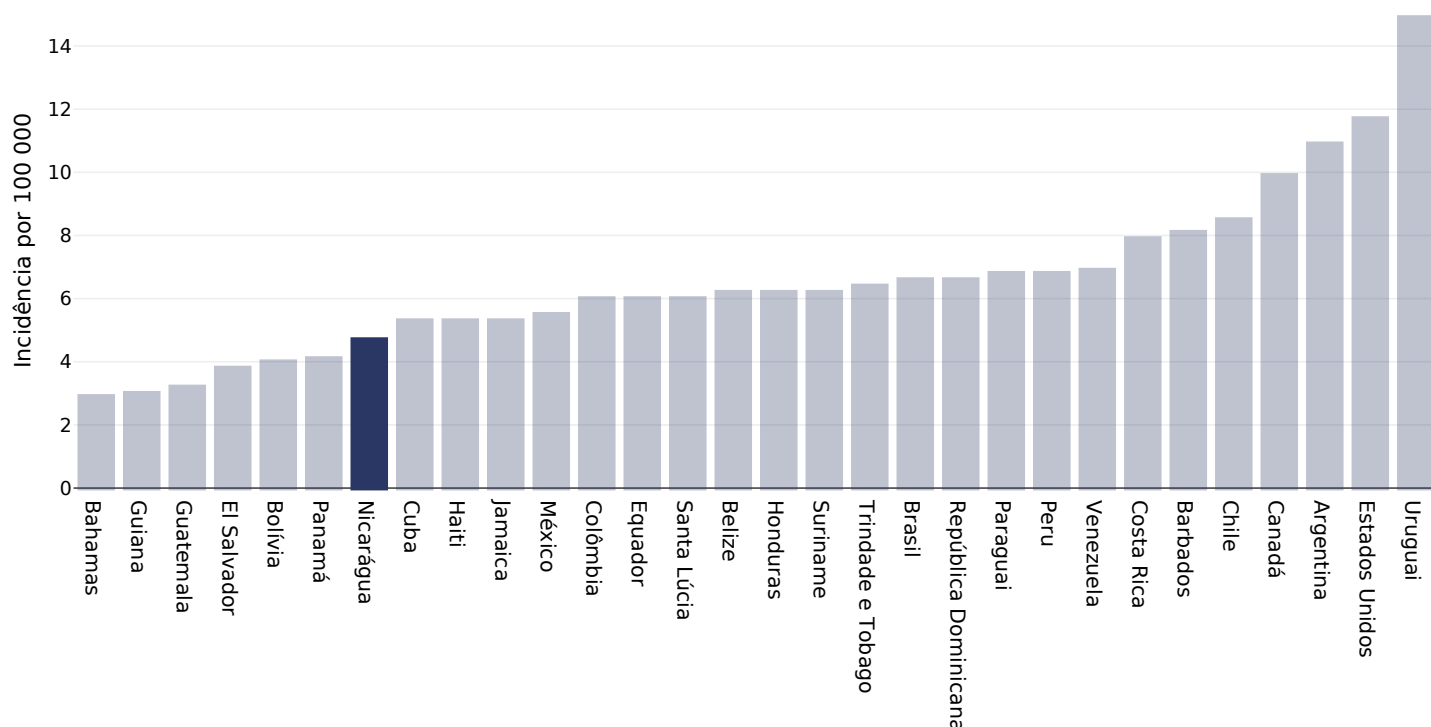
Idade: 20+

Área abrangida: Nacional

Referências: 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

Definições (disponível apenas em inglês): Age-standardized incidence rates per 100 000

## Mulheres, 2020



Idade: 20+

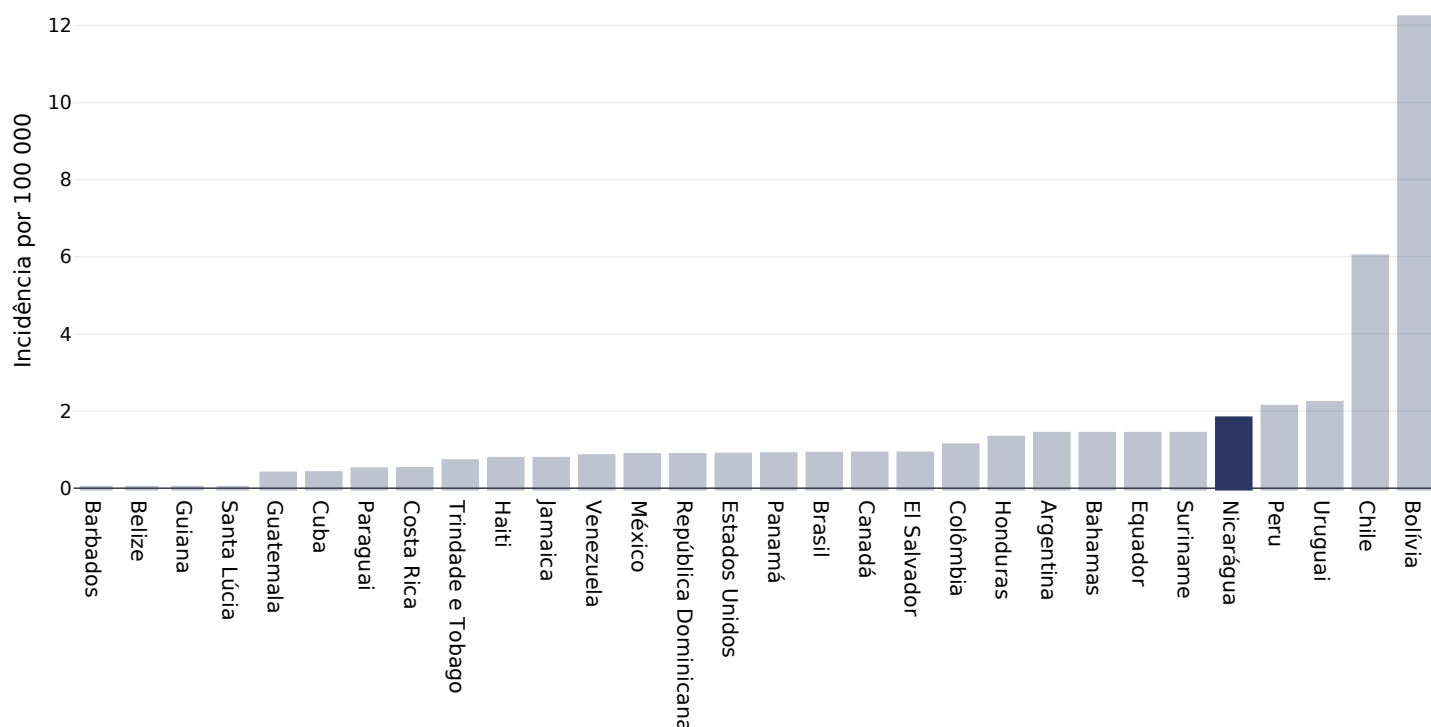
Área abrangida: Nacional

Referências: 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

Definições (disponível apenas em inglês): Age-standardized incidence rates per 100 000

## Cancro da vesícula biliar

### Homens, 2020



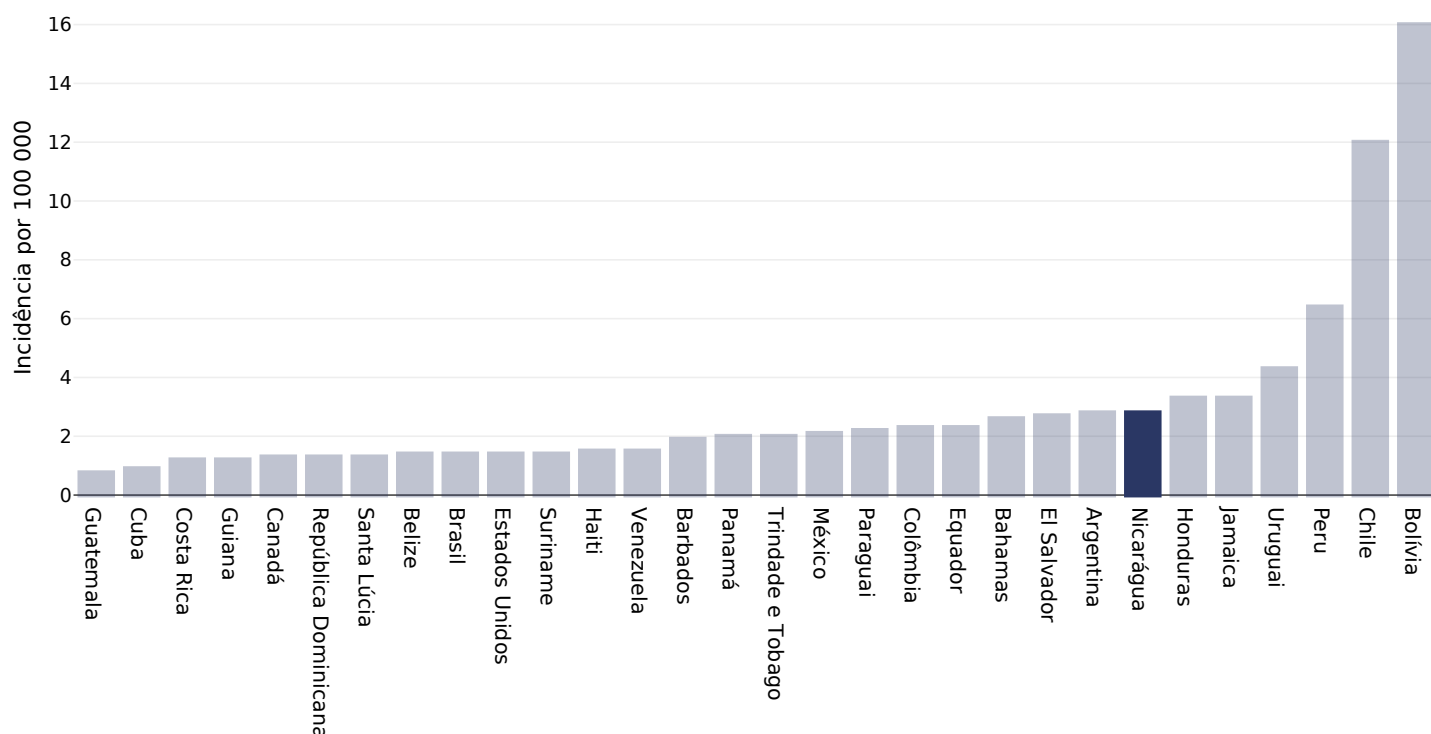
Idade: 20+

Área abrangida: Nacional

Referências: 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

Definições (disponível apenas em inglês): Age-standardized incidence rates per 100 000

## Mulheres, 2020



Idade: 20+

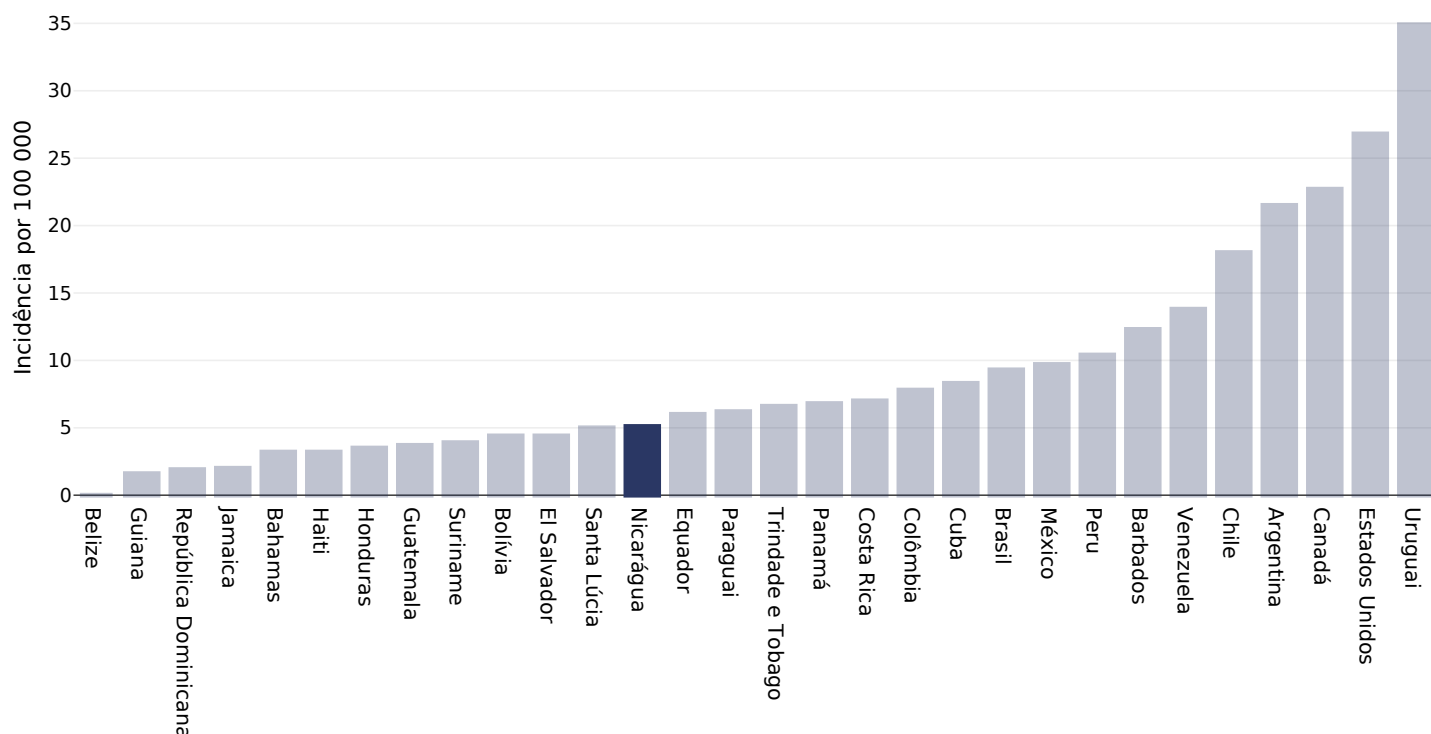
Área abrangida: Nacional

Referências: 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

Definições (disponível apenas em inglês): Age-standardized incidence rates per 100 000

## Cancro do rim

### Homens, 2020



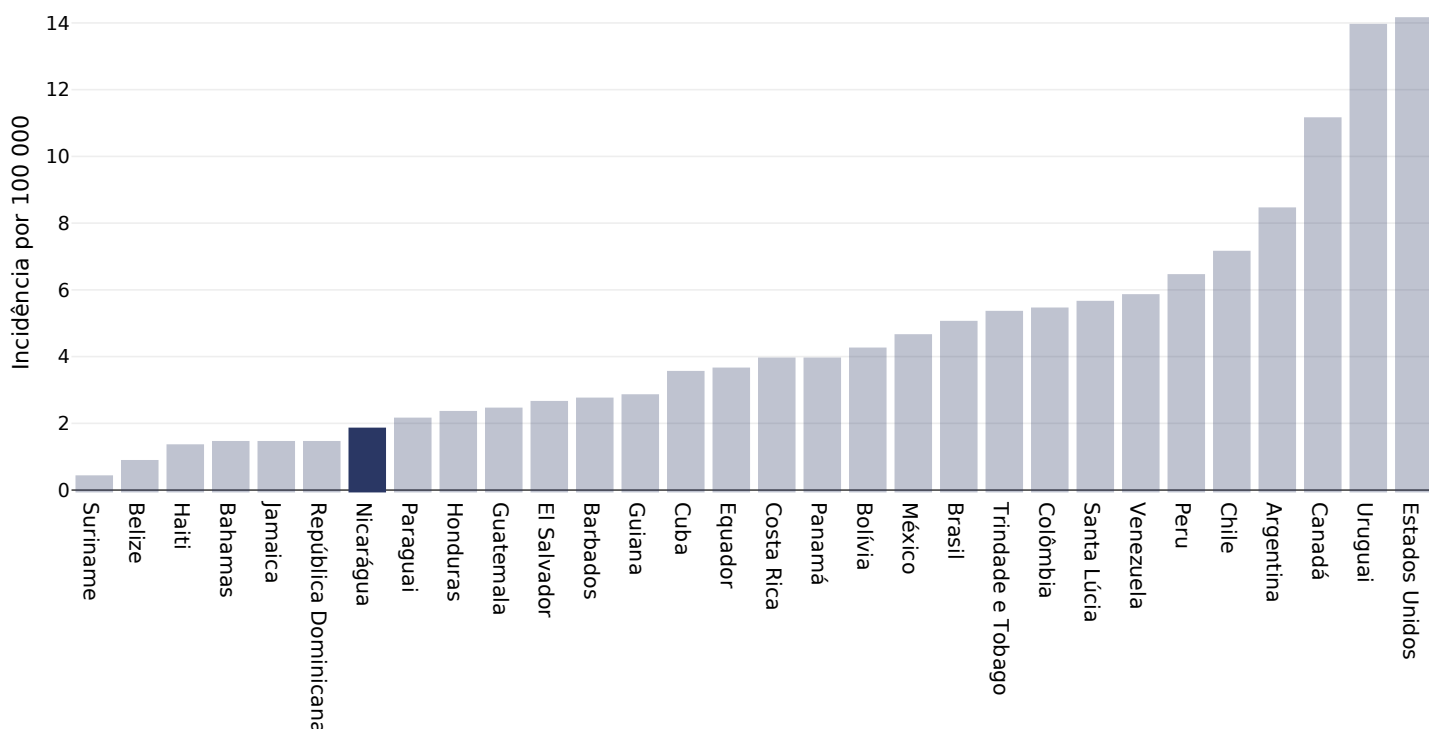
Idade: 20+

Área abrangida: Nacional

Referências: 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

Definições (disponível apenas em inglês): Age-standardized incidence rates per 100 000

## Mulheres, 2020



Idade: 20+

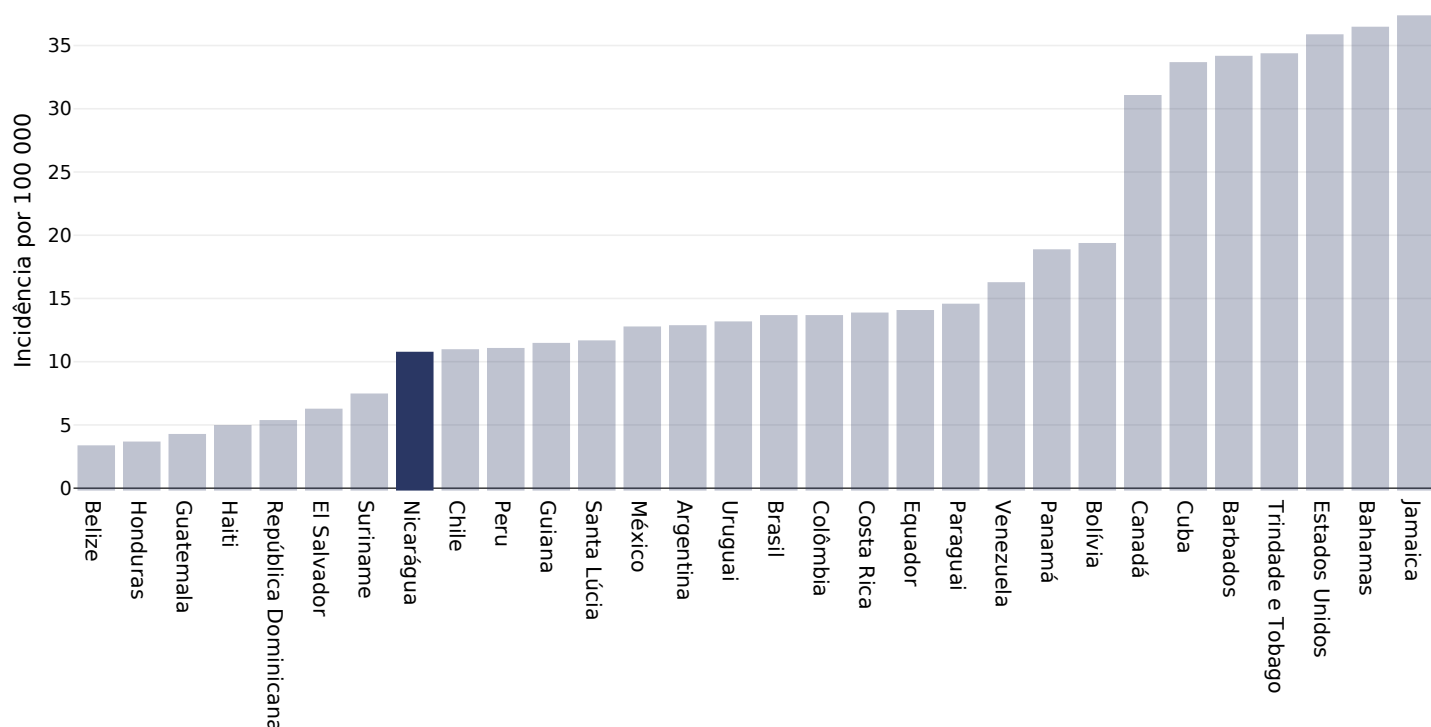
Área abrangida: Nacional

Referências: 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

Definições (disponível apenas em inglês): Age-standardized incidence rates per 100 000

## Cancro do útero

### Mulheres, 2020



Idade: 20+

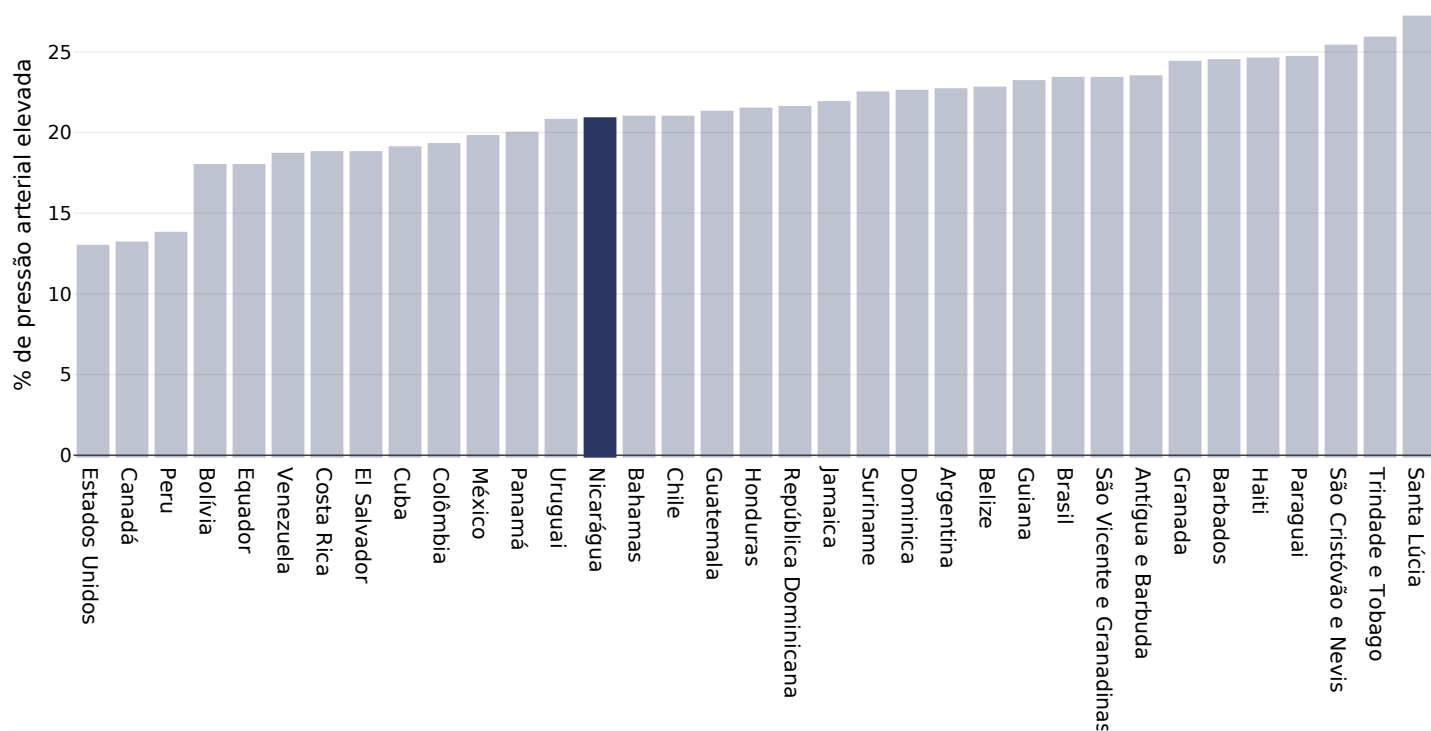
Área abrangida: Nacional

Referências: 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

Definições (disponível apenas em inglês): Age-standardized incidence rates per 100 000

## Pressão arterial elevada

### Adultos, 2015



Referências:

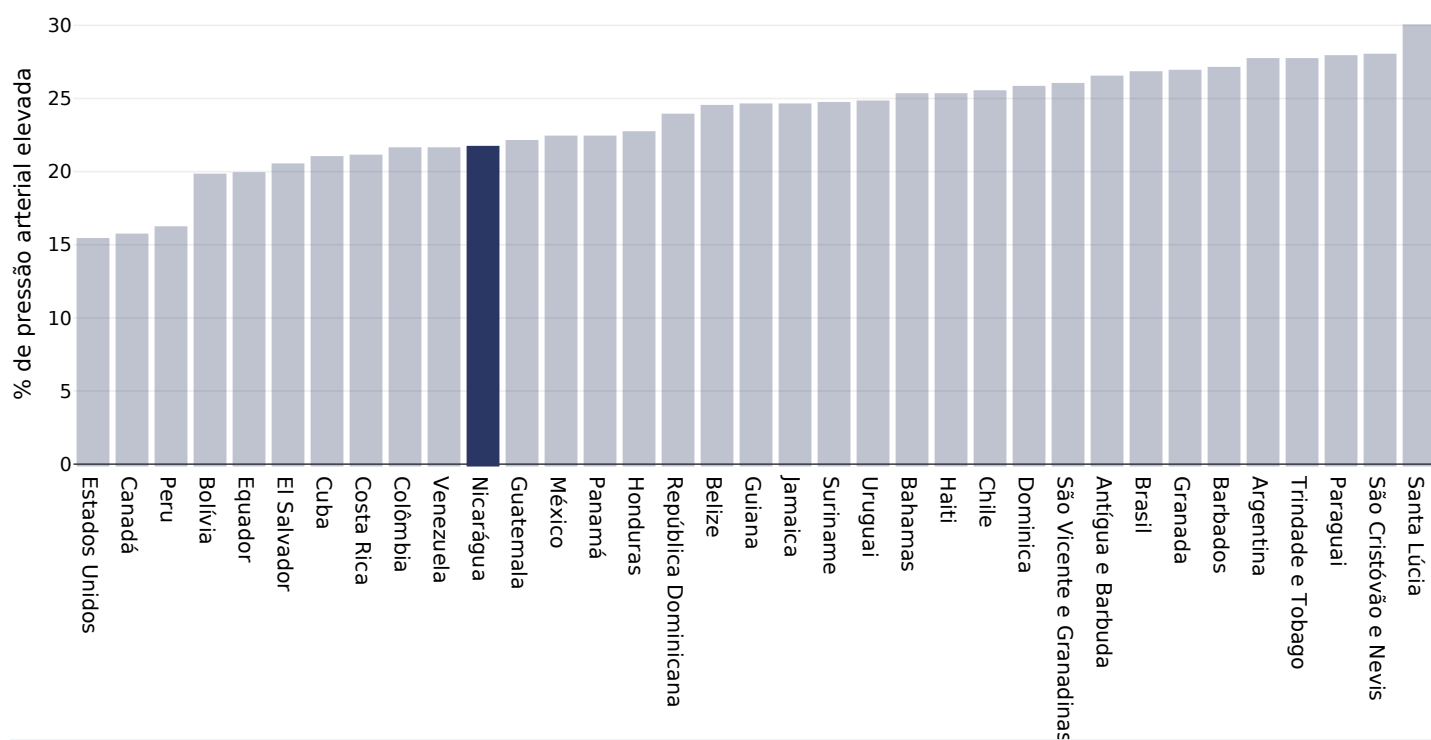
Global Health Observatory data repository, World Health Organisation,  
<http://apps.who.int/gho/data/node.main.A875?lang=en>

Definições (disponível apenas em inglês):

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



## Homens, 2015



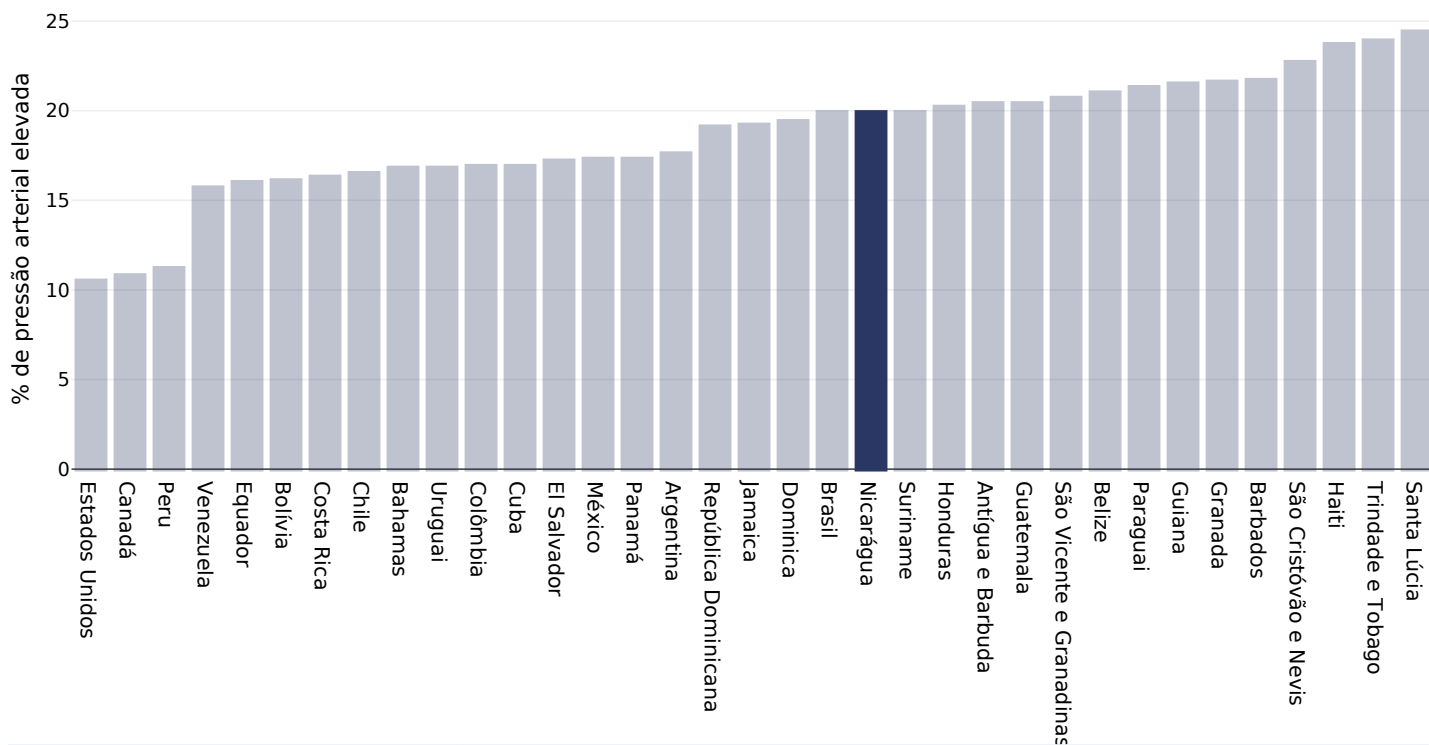
Referências:

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

Definições (disponível apenas em inglês):

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

## Mulheres, 2015



Referências:

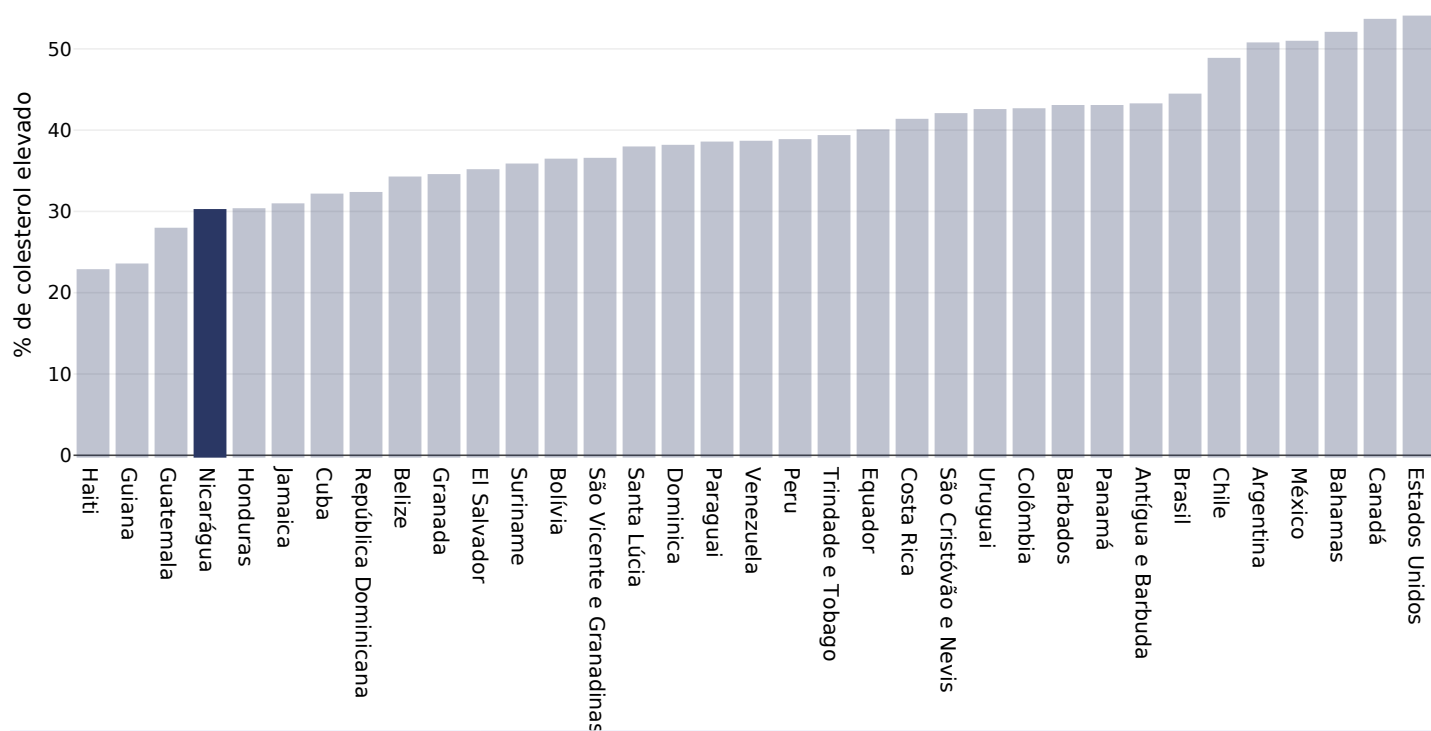
Global Health Observatory data repository, World Health Organisation,  
<http://apps.who.int/gho/data/node.main.A875?lang=en>

Definições (disponível apenas em inglês):

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

## Colesterol elevado

### Adultos, 2008



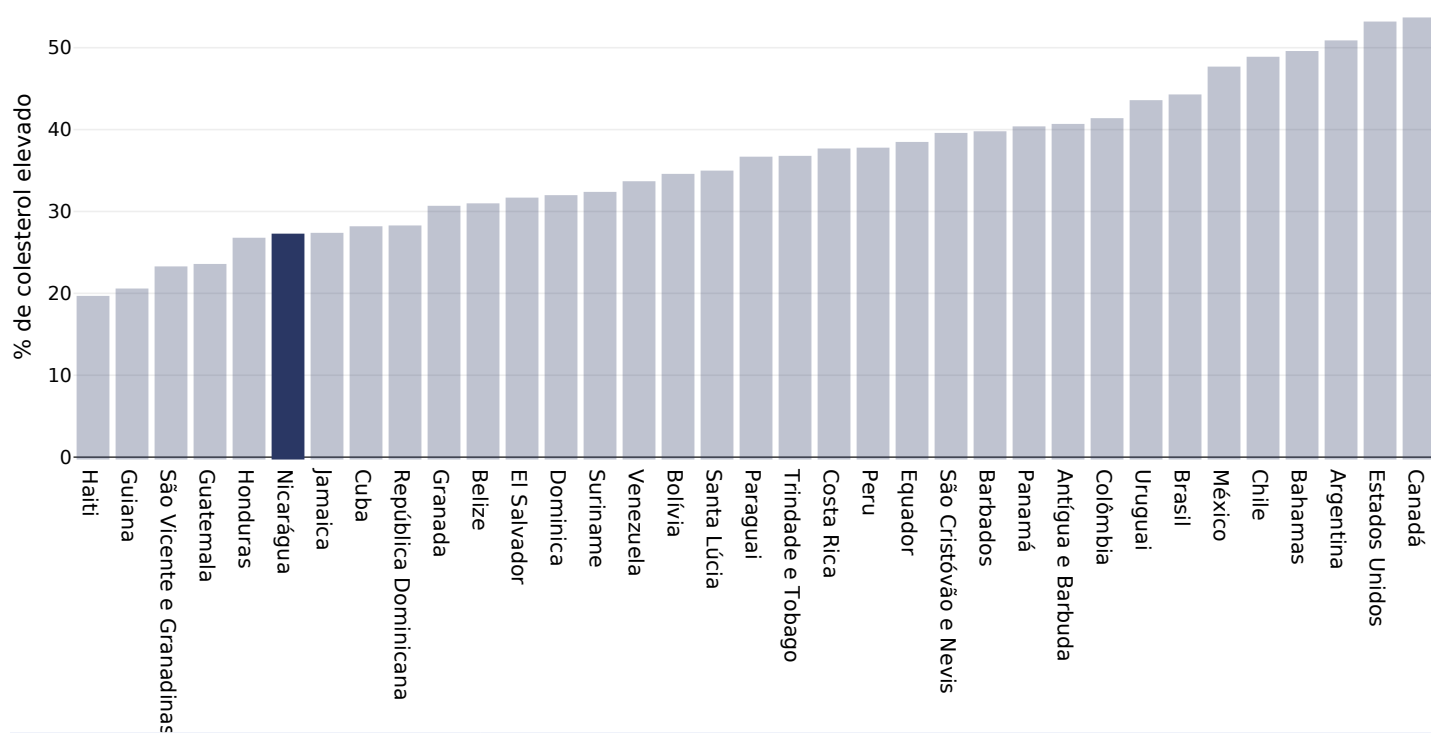
Referências:

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

Definições (disponível apenas em inglês):

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

## Homens, 2008



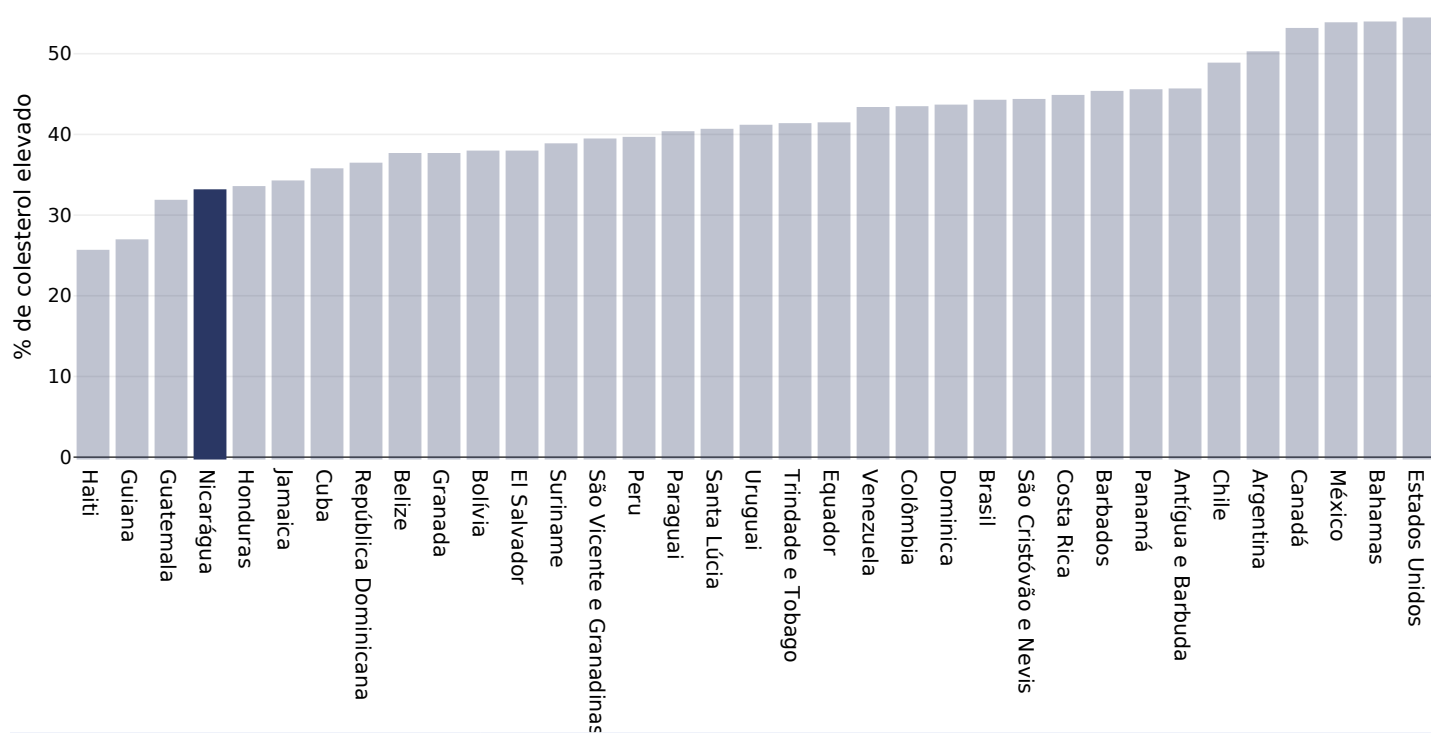
Referências:

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

Definições (disponível apenas em inglês):

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

## Mulheres, 2008



Referências:

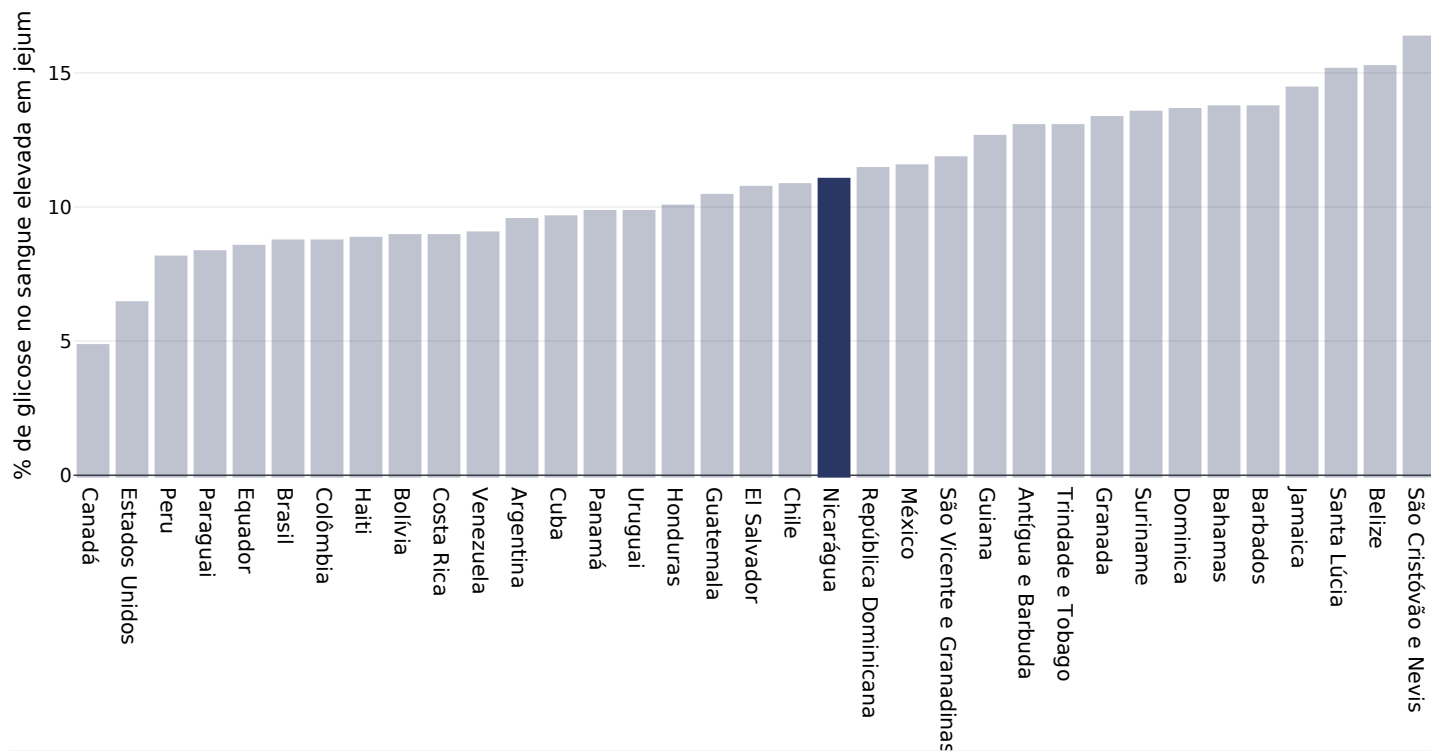
Global Health Observatory data repository, World Health Organisation,  
<http://apps.who.int/gho/data/node.main.A885>

Definições (disponível apenas em inglês):

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

## Glicose no sangue elevada em jejum

### Homens, 2014



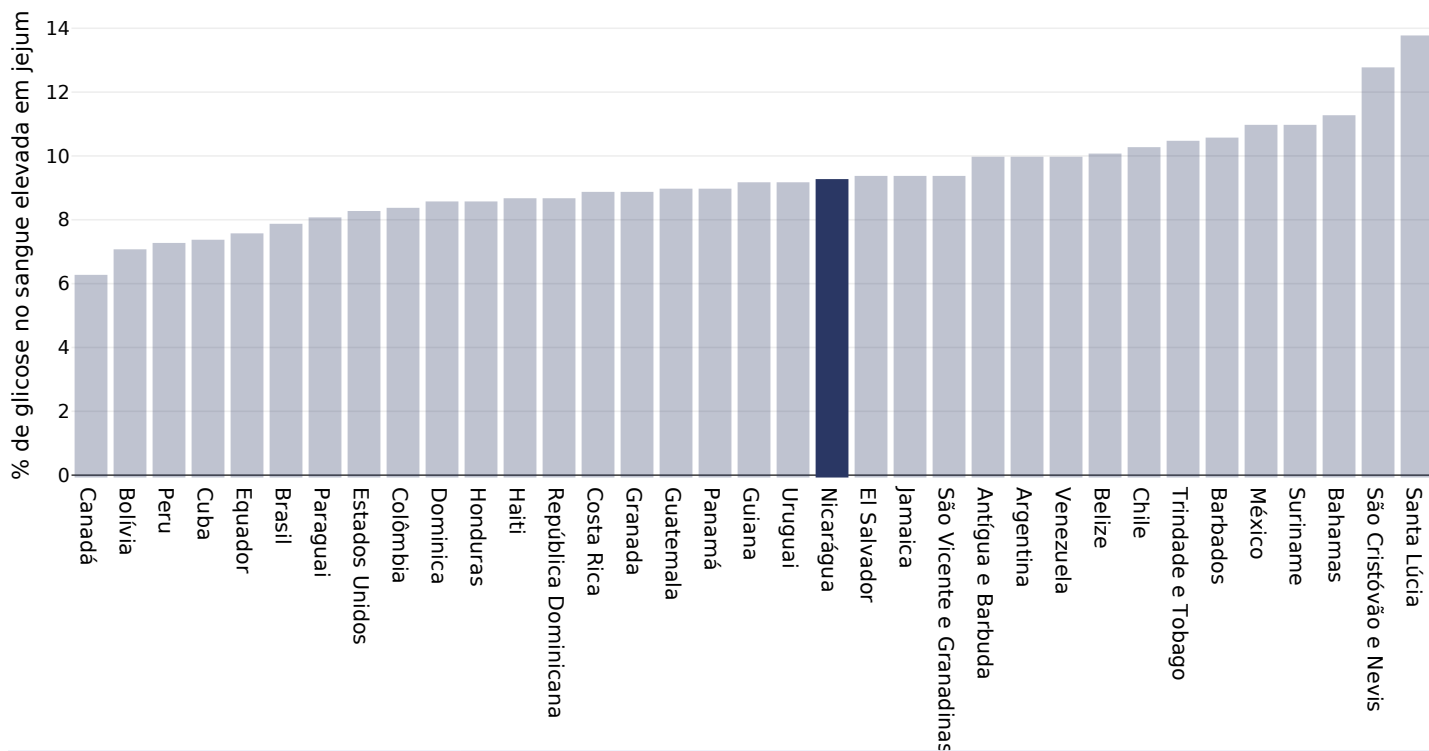
Referências:

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

Definições (disponível apenas em inglês):

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

## Mulheres, 2014



Referências:

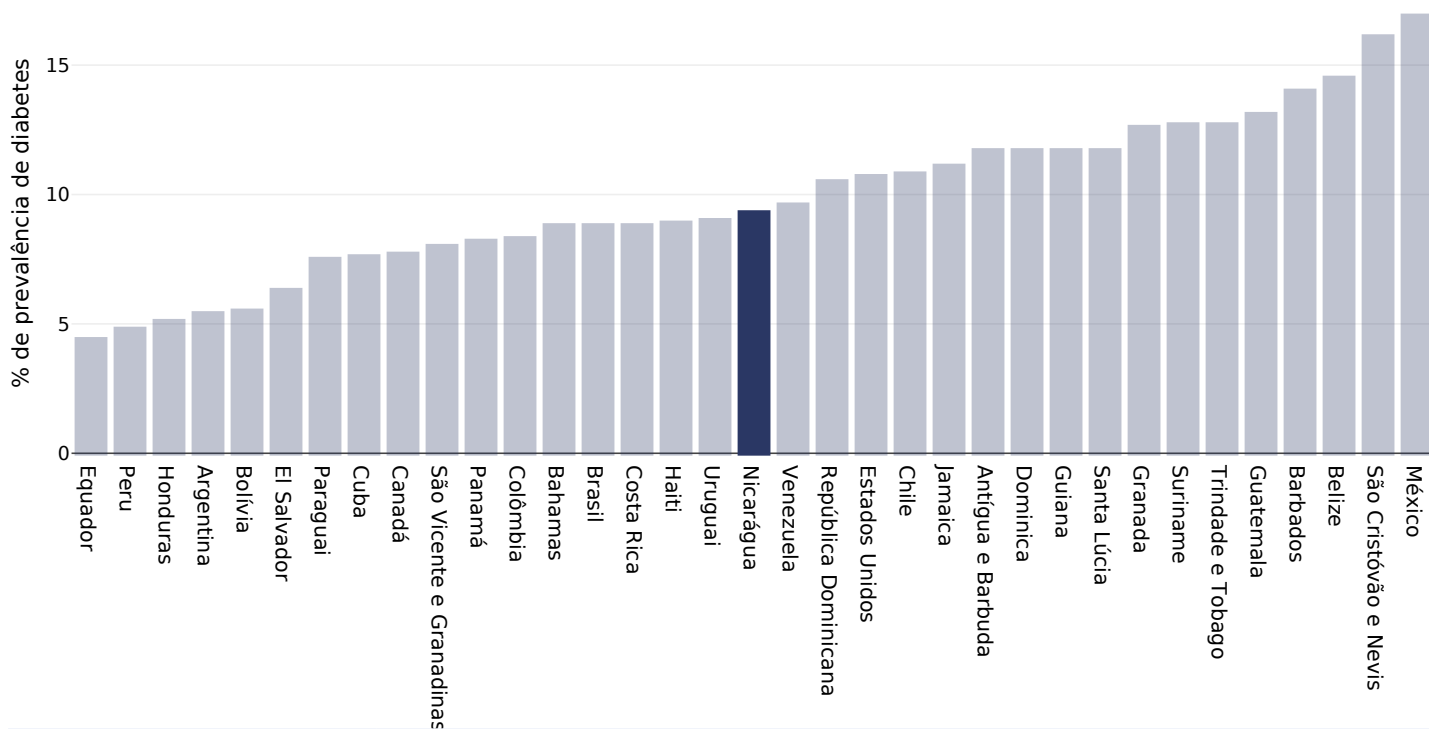
Global Health Observatory data repository, World Health Organisation, <http://apps.who.int/gho/data/node.main.A869?lang=en>

Definições (disponível apenas em inglês):

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

# Prevalência de diabetes

## Adultos, 2021



Idade: 20-79

Área abrangida: Nacional

Referências: Reproduced with kind permission International Diabetes Federation. IDF Diabetes Atlas, 10th edn. Brussels, Belgium:International Diabetes Federation, 2021. <http://www.diabetesatlas.org>

Definições (disponível apenas em inglês): 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

|  |          |
|--|----------|
| <b>National obesity strategy or nutrition and physical activity national strategy?</b> | <b>✗</b> |
| National obesity strategy?   | ✗        |
| National childhood obesity strategy?   | ✗        |
| Comprehensive nutrition strategy?  | ✗        |
| Comprehensive physical activity strategy?  | ✗        |
| <b>Evidence-based dietary guidelines and/or RDAs?</b>                                  | <b>✗</b> |
| <b>National target(s) on reducing obesity?</b>   | <b>✗</b> |
| <b>Guidelines/policy on obesity treatment?</b>   | <b>✗</b> |
| <b>Promotion of breastfeeding?</b>   | <b>✓</b> |



## Monitoring and surveillance

|   |          |
|---|----------|
| <b>Monitoring of the prevalence and incidence for the main obesity-related NCDs and risk factors?</b> | <b>✓</b> |
| Within 5 years?   | ✗        |



## Governance and resource

|  |          |
|--|----------|
| <b>Multi-sectoral national co-ordination mechanism for obesity or nutrition (including obesity)?</b> | <b>?</b> |
|--|----------|

### Key

**Present**    
 **Present (voluntary)**    
 **Incoming**    
 **Absent**    
 **Unknown**

Last updated September 13, 2022

PDF created on May 21, 2024