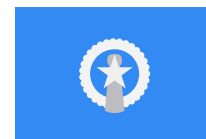


# Report card

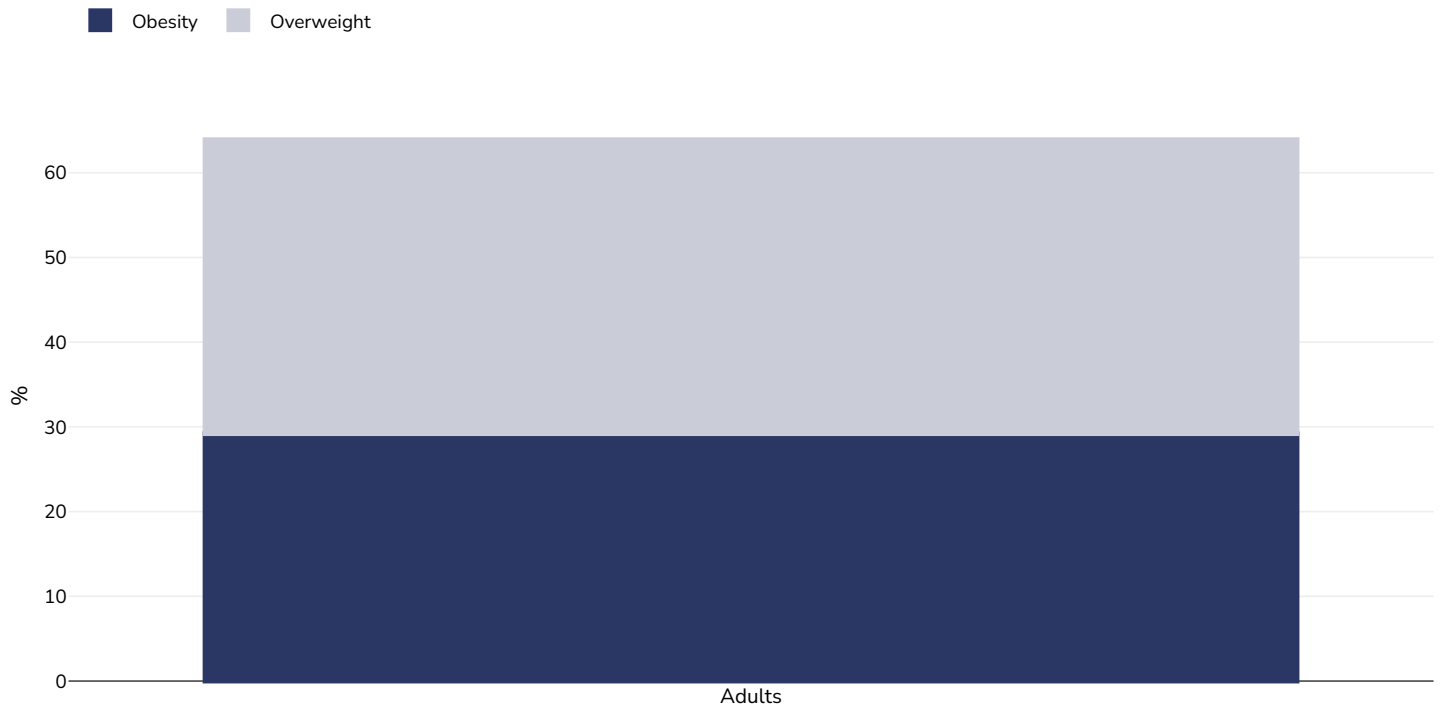
## Northern Mariana Islands



Contents	Page
Obesity prevalence	2
Overweight/obesity by age	3
Overweight/obesity by ethnicity	4
Estimated per capita fruit intake	5
Estimated per-capita processed meat intake	6
Estimated per capita whole grains intake	7
Diabetes prevalence	8

## Obesity prevalence

### Adults, 2016



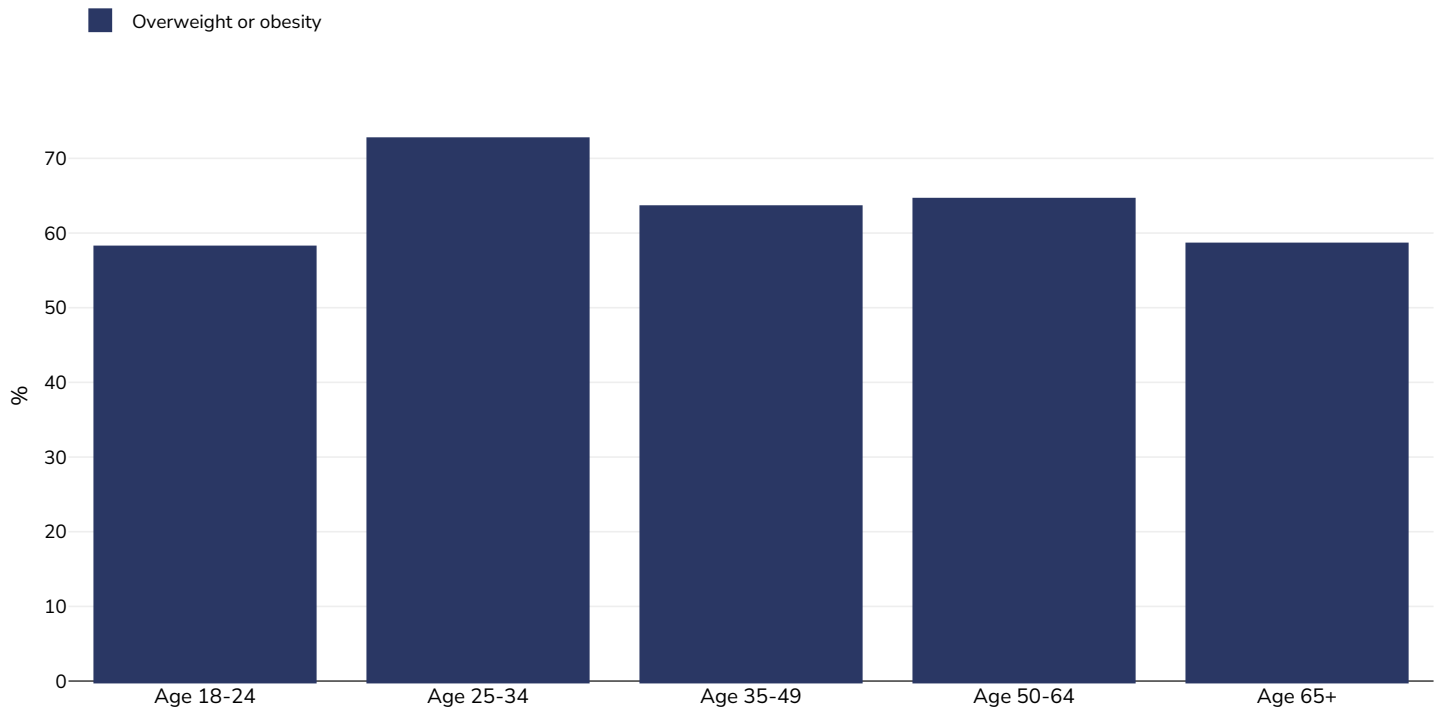
Survey type:	Measured
Age:	18+
Sample size:	1091
Area covered:	National

References: Commonwealth of the Northern Mariana Islands. Non-Communicable Diseases & Risk Factor Hybrid Survey Report. [https://www.pihoa.org/wp-content/uploads/2022/05/CNMI\\_NCD-Survey-Report\\_FINAL\\_29Jan2018.pdf](https://www.pihoa.org/wp-content/uploads/2022/05/CNMI_NCD-Survey-Report_FINAL_29Jan2018.pdf) (Accessed 17.01.23)

*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 age

### Adults, 2016



Survey type: Measured

Sample size: 1091

Area covered: National

References: Commonwealth of the Northern Mariana Islands. Non-Communicable Diseases & Risk Factor Hybrid Survey Report. [https://www.pihoa.org/wp-content/uploads/2022/05/CNMI\\_NCD-Survey-Report\\_FINAL\\_29Jan2018.pdf](https://www.pihoa.org/wp-content/uploads/2022/05/CNMI_NCD-Survey-Report_FINAL_29Jan2018.pdf) (Accessed 17.01.23)

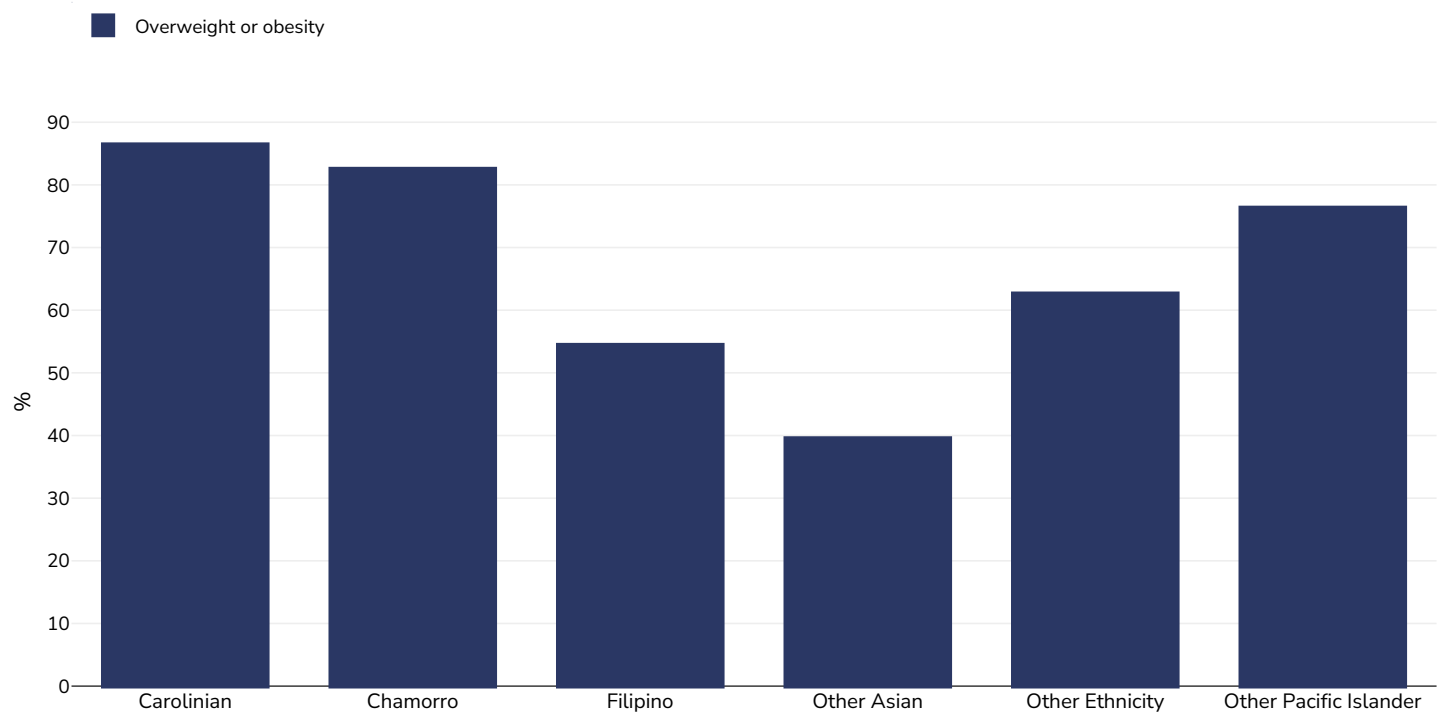
Notes: Note small sample size

*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 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, 2016



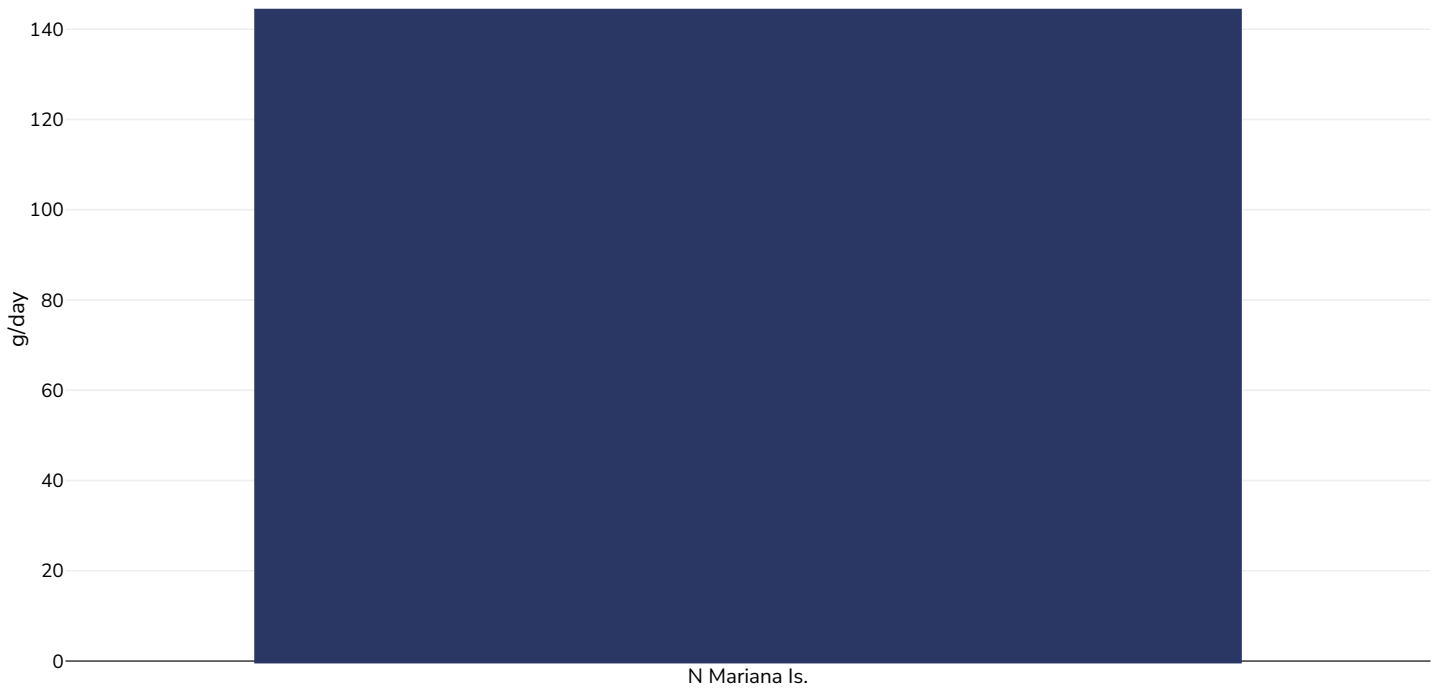
Survey type:	Measured
Age:	18+
Sample size:	1091
Area covered:	National

References: Commonwealth of the Northern Mariana Islands. Non-Communicable Diseases & Risk Factor Hybrid Survey Report. [https://www.pihoa.org/wp-content/uploads/2022/05/CNMI\\_NCD-Survey-Report\\_FINAL\\_29Jan2018.pdf](https://www.pihoa.org/wp-content/uploads/2022/05/CNMI_NCD-Survey-Report_FINAL_29Jan2018.pdf) (Accessed 17.01.23)

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>.

## Estimated per capita fruit intake

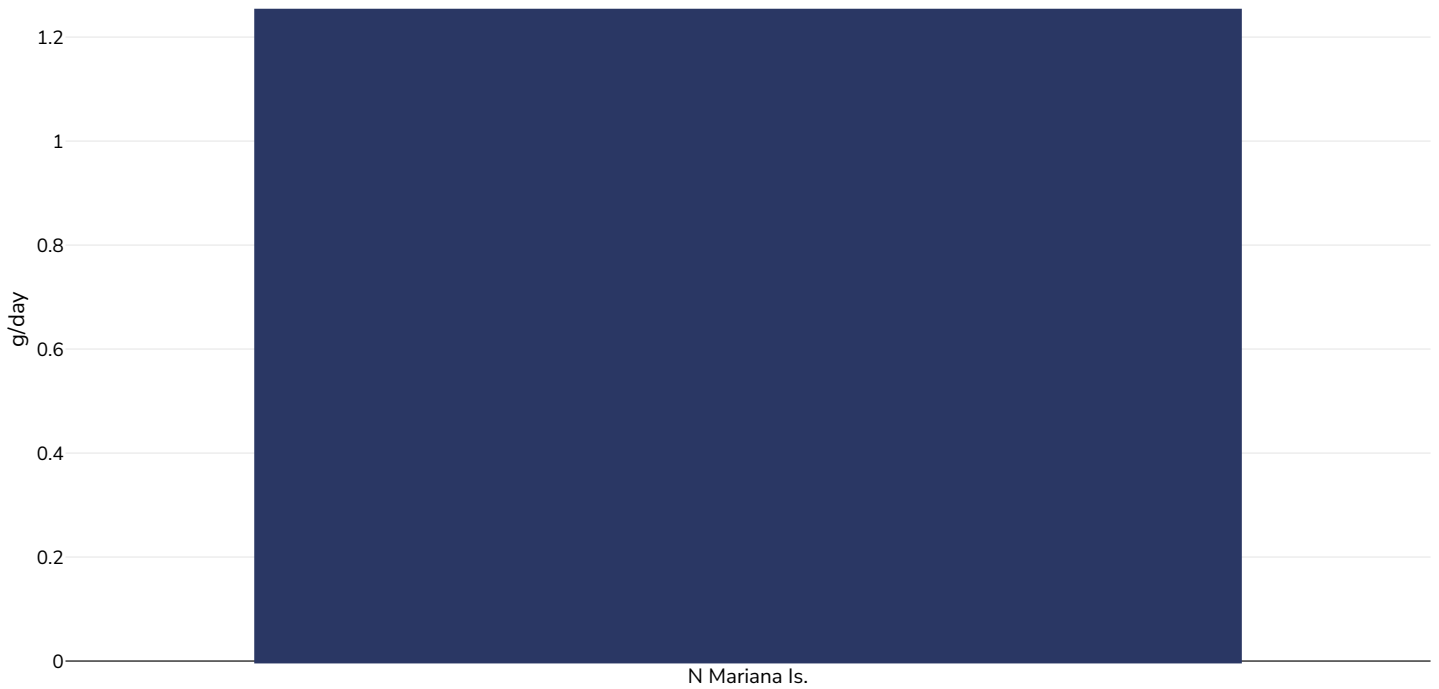
### Adults, 2017



Survey type:	Measured
Age:	25+
References:	Global Burden of Disease, the Institute for Health Metrics and Evaluation <a href="http://ghdx.healthdata.org/">http://ghdx.healthdata.org/</a>
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 <a href="http://ghdx.healthdata.org/">http://ghdx.healthdata.org/</a>
Definitions:	Estimated per-capita processed meat intake (g per day)

## Estimated per capita whole grains intake

Adults, 2017



Survey type: Measured

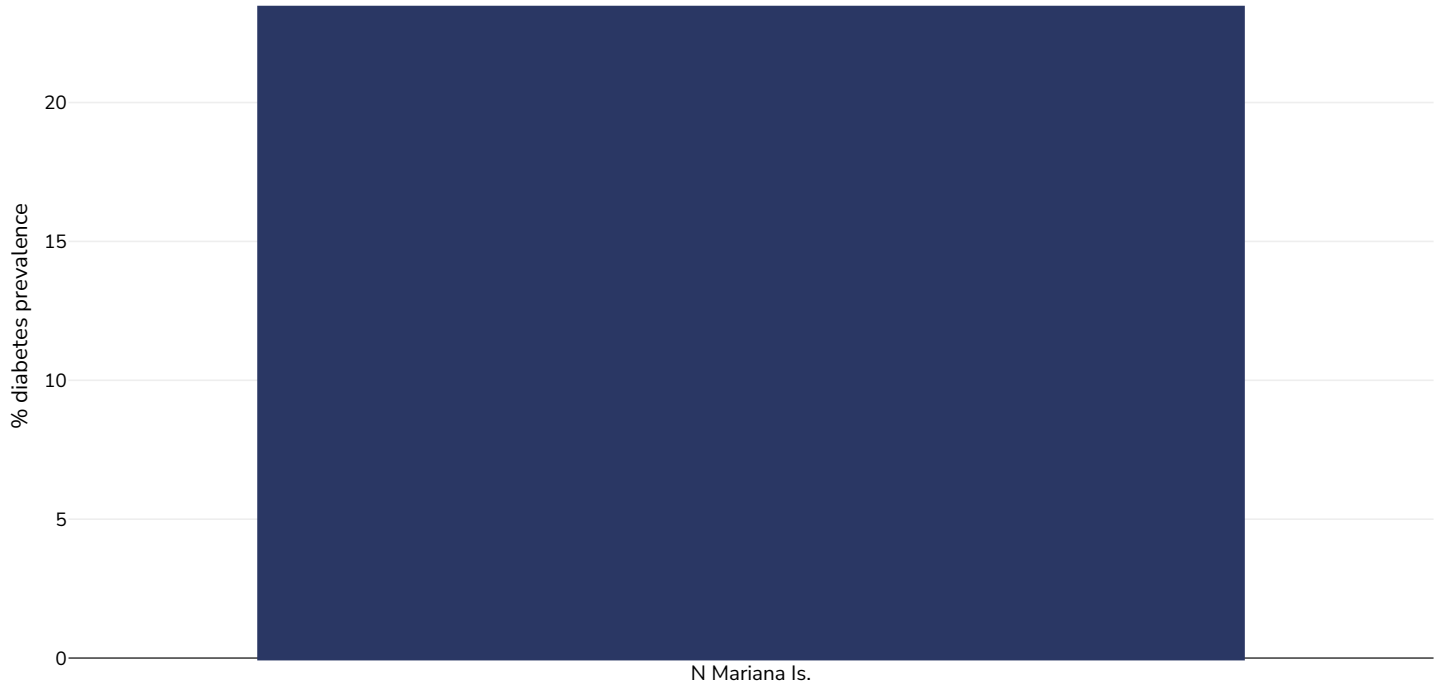
Age: 25+

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)

## 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, %

PDF created on June 3, 2024