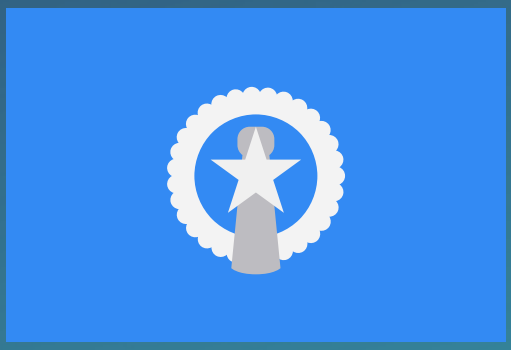
Northern Mariana Islands



Country report card - adults

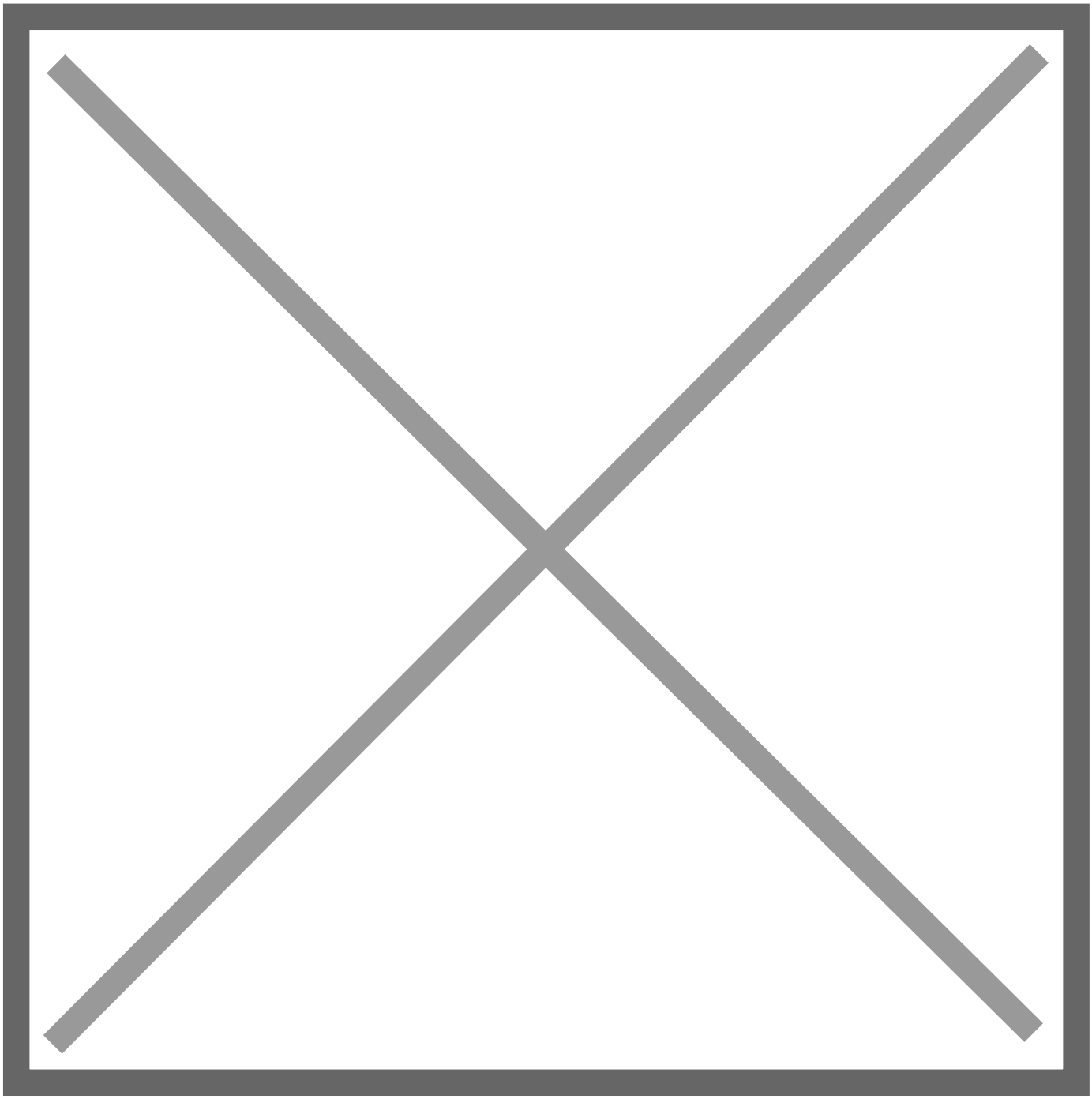
This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity for adults. Where available, data on common and relevant obesity drivers and comorbidities are also presented.

View the latest version of this report on the Global Obesity Observatory at https://data.worldobesity.org/country/northern-mariana-islands-162/.

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Obesity prevalence

Adults, 2023

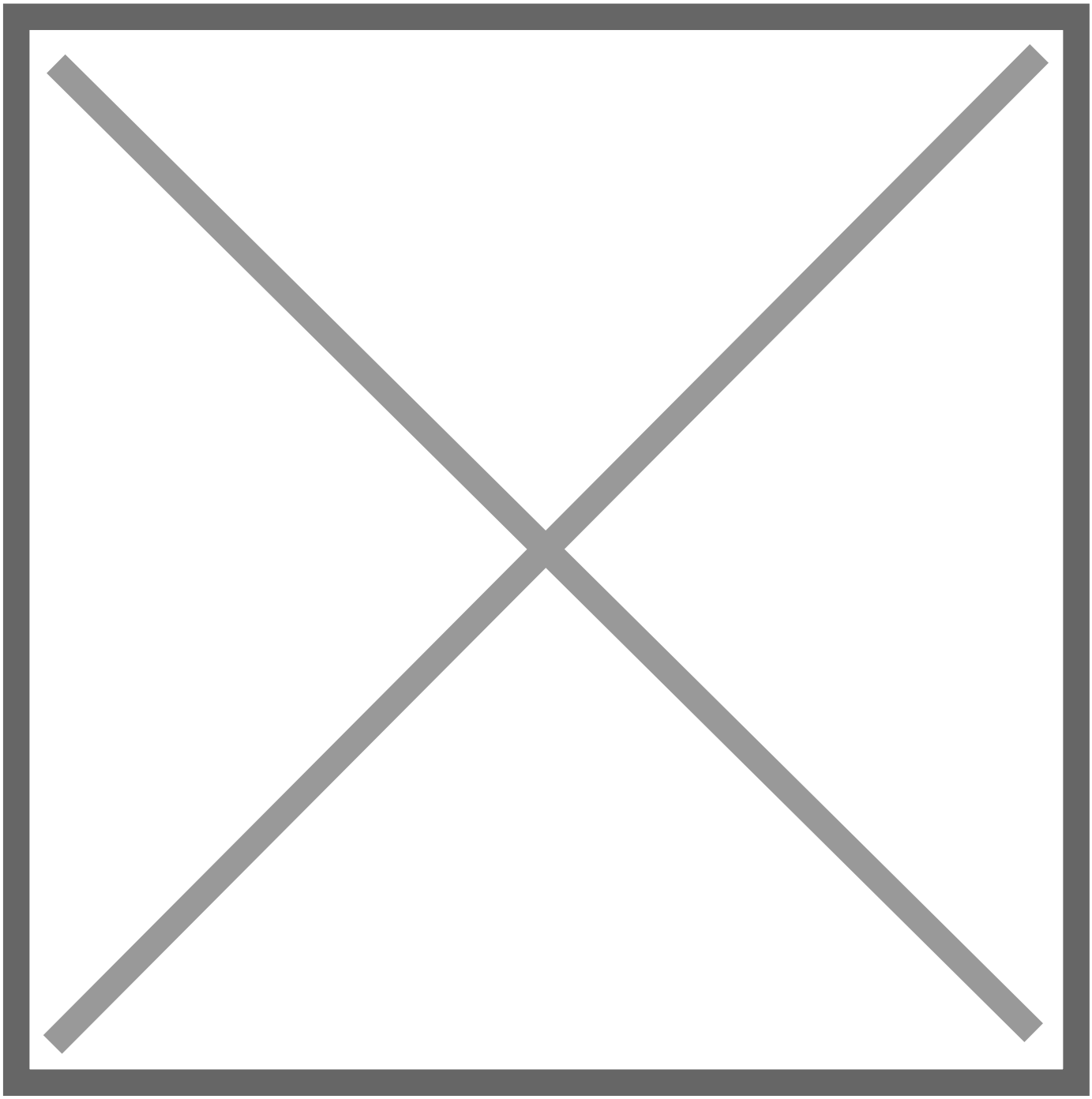


Survey type:	Measured
Age:	18+
Sample size:	1,770
Area covered:	National
References:	Commonwealth of the Northern Mariana Islands Non-Communicable Disease & Risk Factor ADULT HYBRID SURVEY 2023. http://www.opd.gov.mp/library/reports/2023-cnmi-ncd-risk-factor-hybrid-survey.pdf [Accessed 27.08.25]

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 education

Adults, 2023

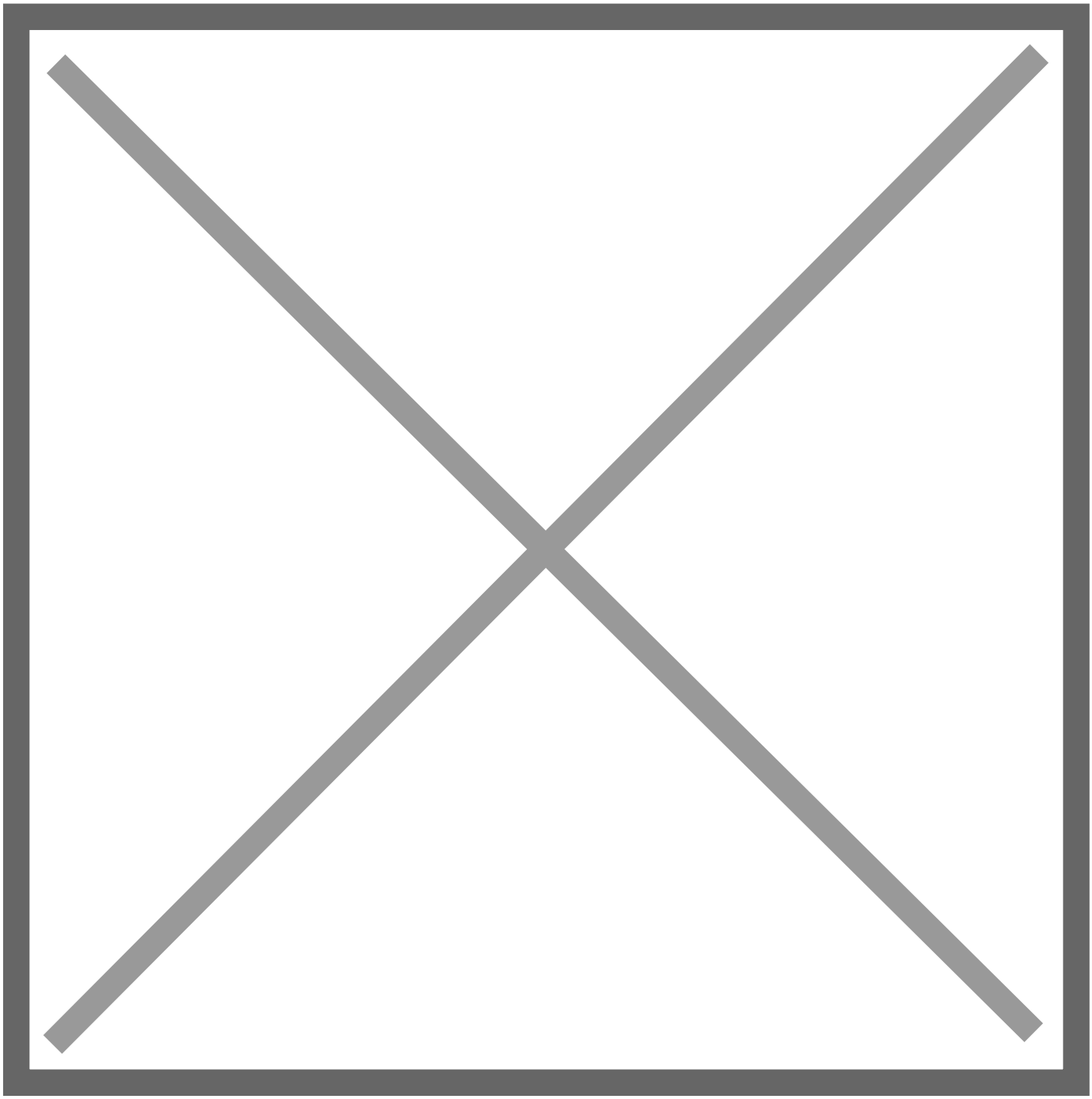


Survey type:	Measured
Age:	18+
Sample size:	1,770
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References:	Commonwealth of the Northern Mariana Islands Non-Communicable Disease & Risk Factor ADULT HYBRID SURVEY 2023. http://www.opd.gov.mp/library/reports/2023-cnmi-ncd-risk-factor-hybrid-survey.pdf [Accessed 27.08.25]

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, 2023

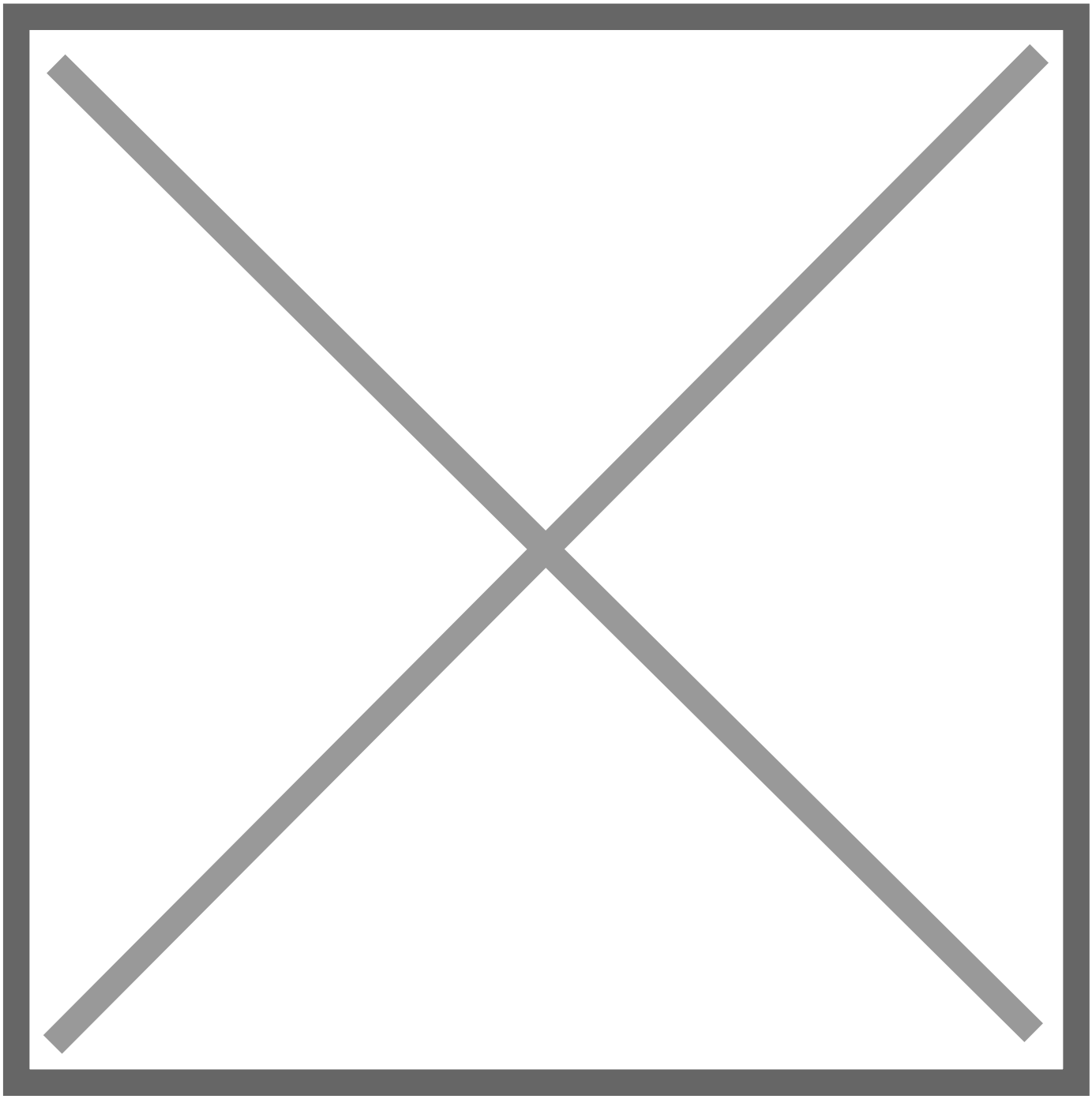


Survey type:	Measured
Sample size:	1,770
Area covered:	National
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Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².

Overweight/obesity by region

Adults, 2023



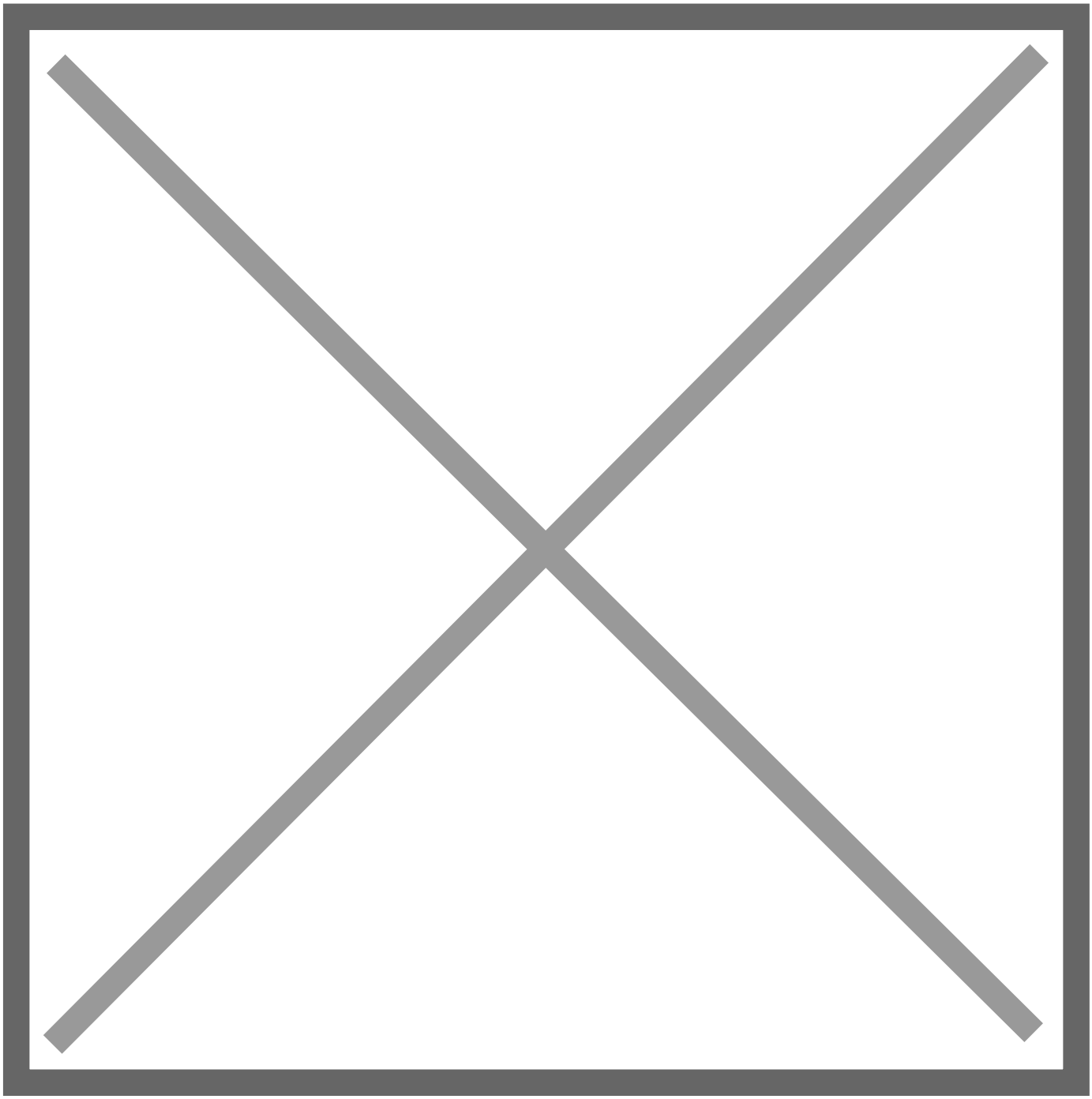
Survey type:	Measured
Age:	18+
Sample size:	1,770
Area covered:	National
References:	Commonwealth of the Northern Mariana Islands Non-Communicable Disease & Risk Factor ADULT HYBRID SURVEY 2023. http://www.opd.gov.mp/library/reports/2023-cnmi-ncd-risk-factor-hybrid-survey.pdf [Accessed 27.08.25]

Definitions:	Island
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 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, 2023

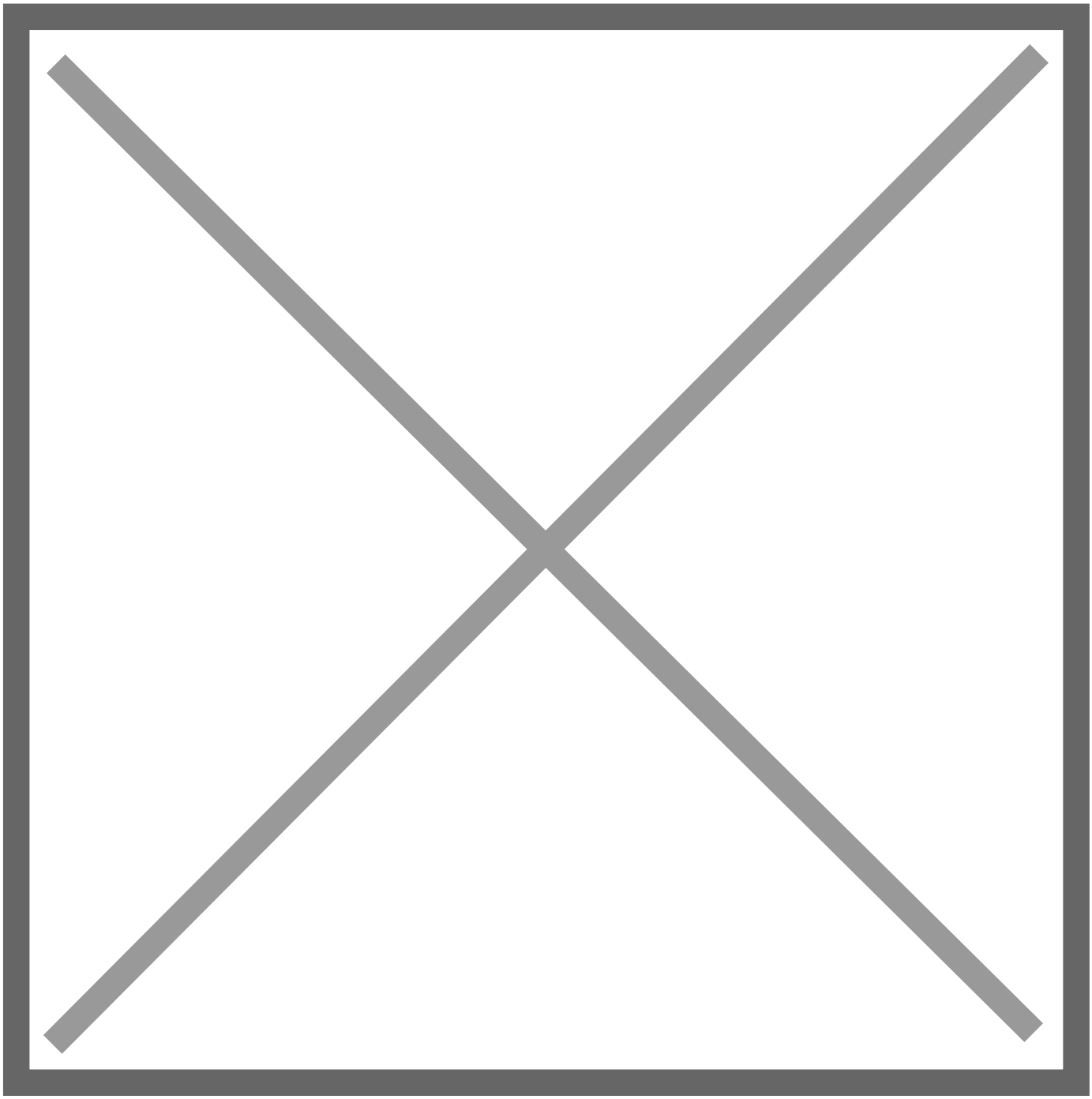


Survey type:	Measured
Age:	18+
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References:	Commonwealth of the Northern Mariana Islands Non-Communicable Disease & Risk Factor ADULT HYBRID SURVEY 2023. http://www.opd.gov.mp/library/reports/2023-cnmi-ncd-risk-factor-hybrid-survey.pdf [Accessed 27.08.25]

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

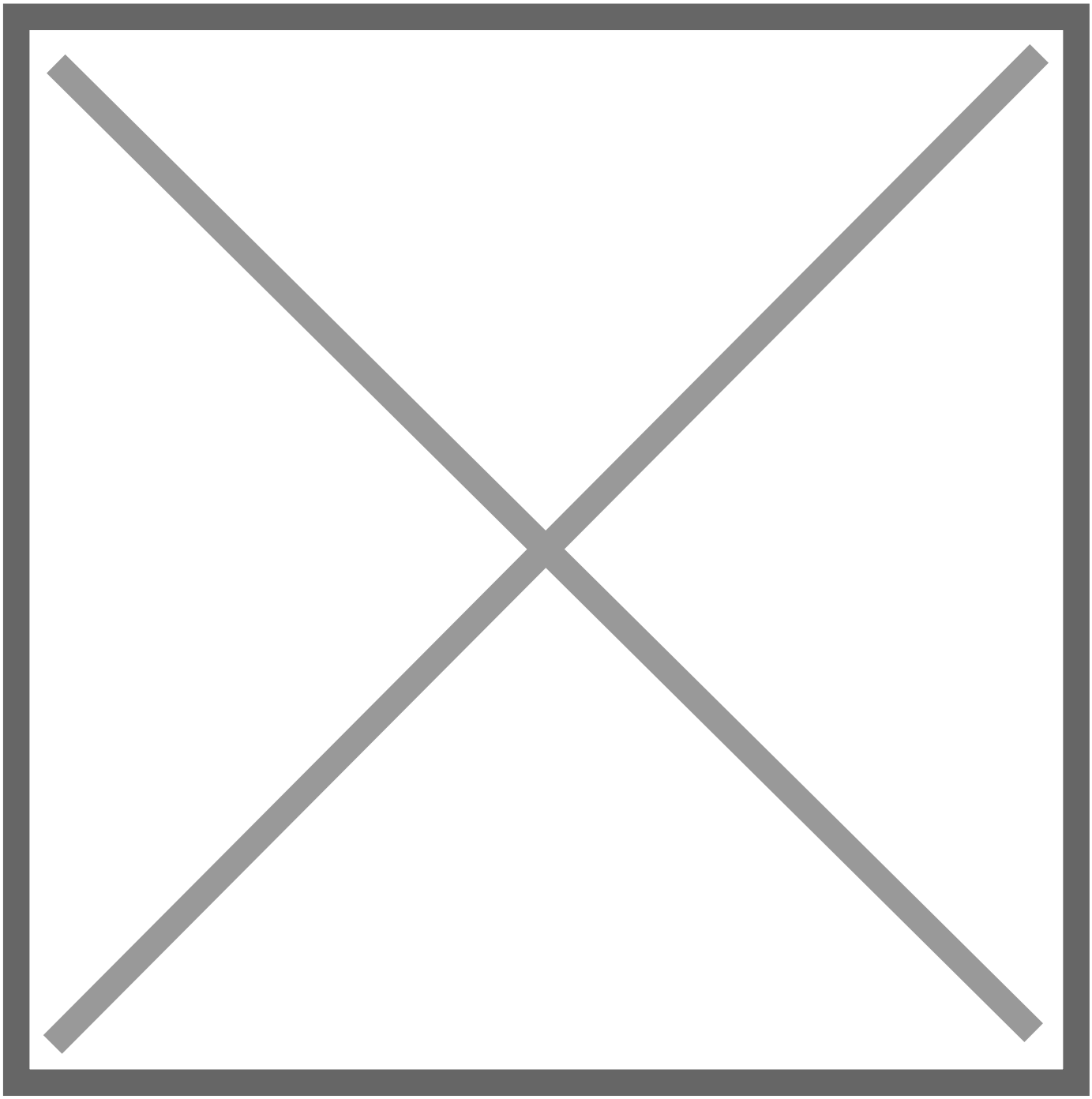
Mental health - depression disorders

Adults, 2023



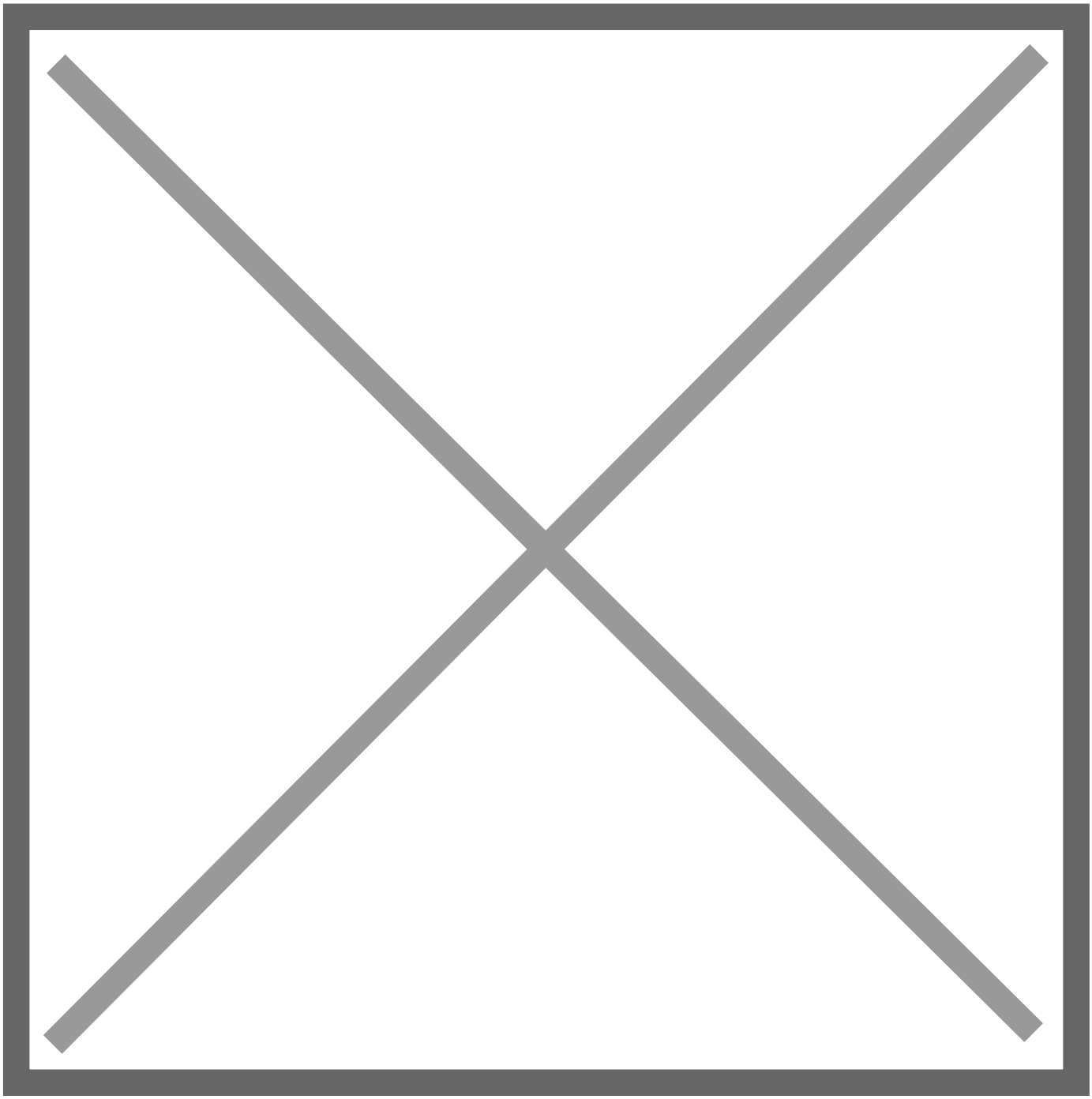
Age:	20+
Area covered:	National
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from https://vizhub.healthdata.org/gbd-compare/ [Accessed 17.03.26]
Definitions:	Estimated number living with depressive disorders per 100,000 population (20+ years of age)

Men, 2023



Age:	20+
Area covered:	National
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from https://vizhub.healthdata.org/gbd-compare/ [Accessed 17.03.26]
Definitions:	Estimated number living with depressive disorders per 100,000 population (20+ years of age)

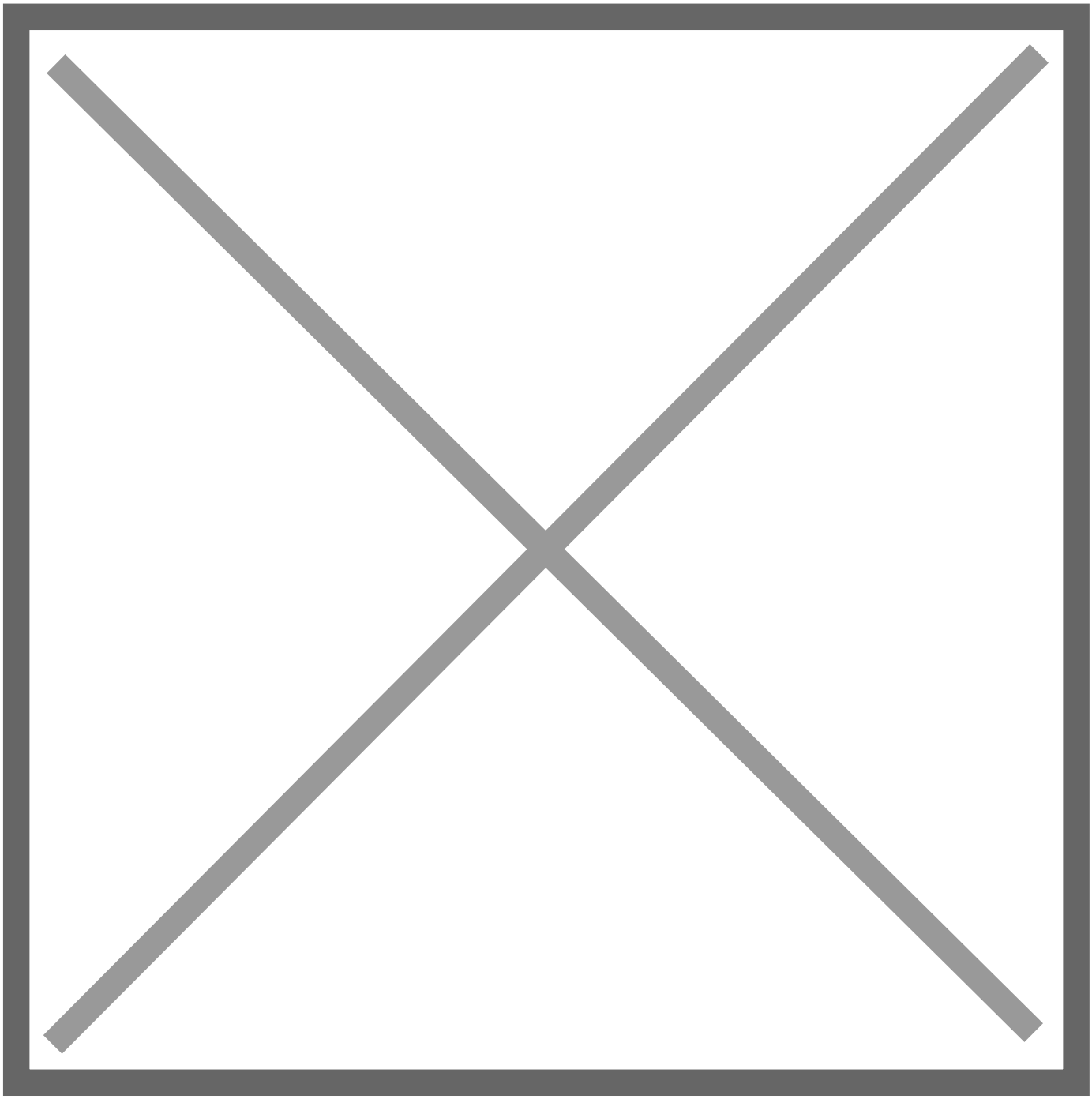
Women, 2023



Age:	20+
Area covered:	National
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from https://vizhub.healthdata.org/gbd-compare/ [Accessed 17.03.26]
Definitions:	Estimated number living with depressive disorders per 100,000 population (20+ years of age)

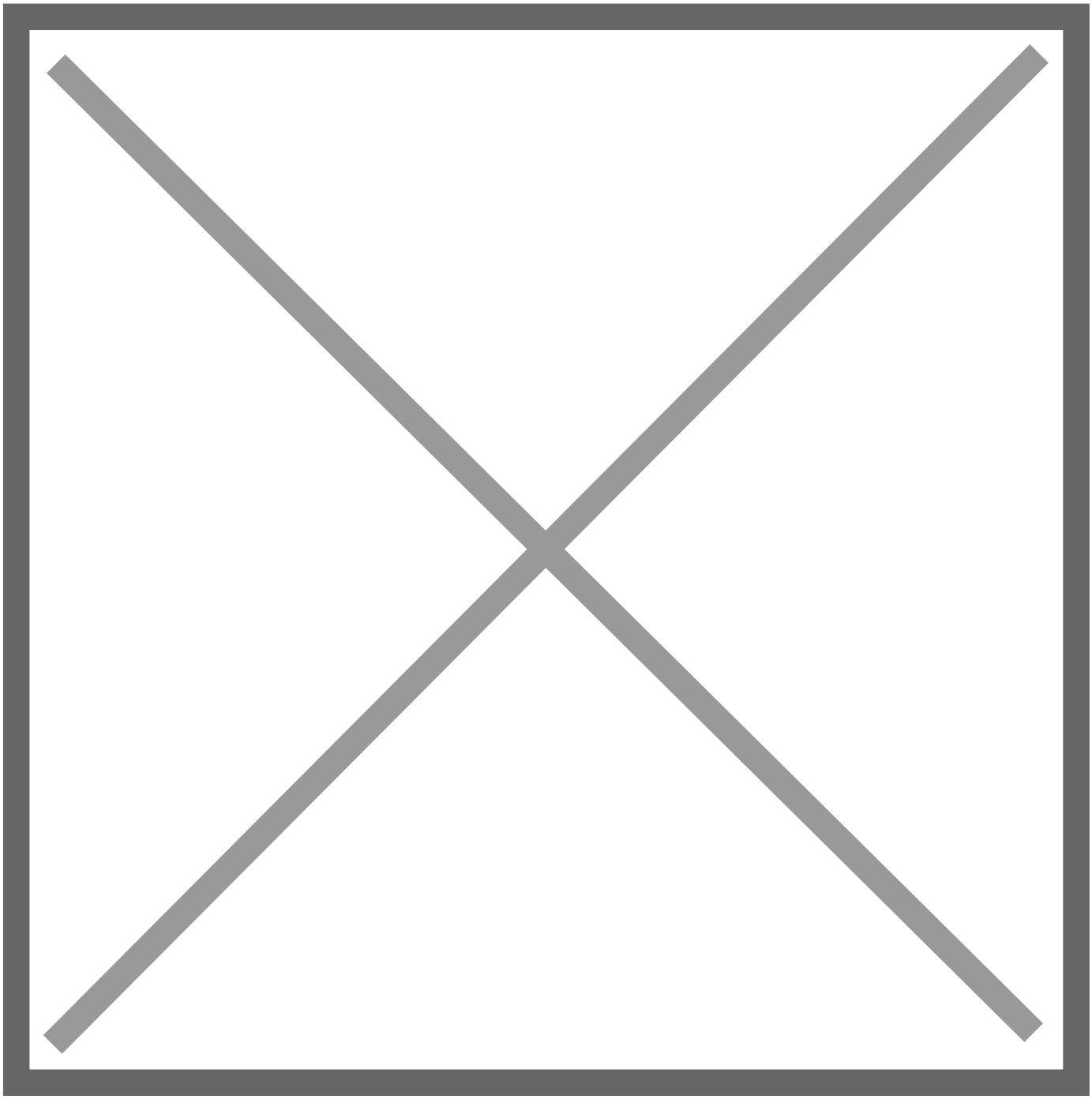
Mental health - anxiety disorders

Adults, 2023



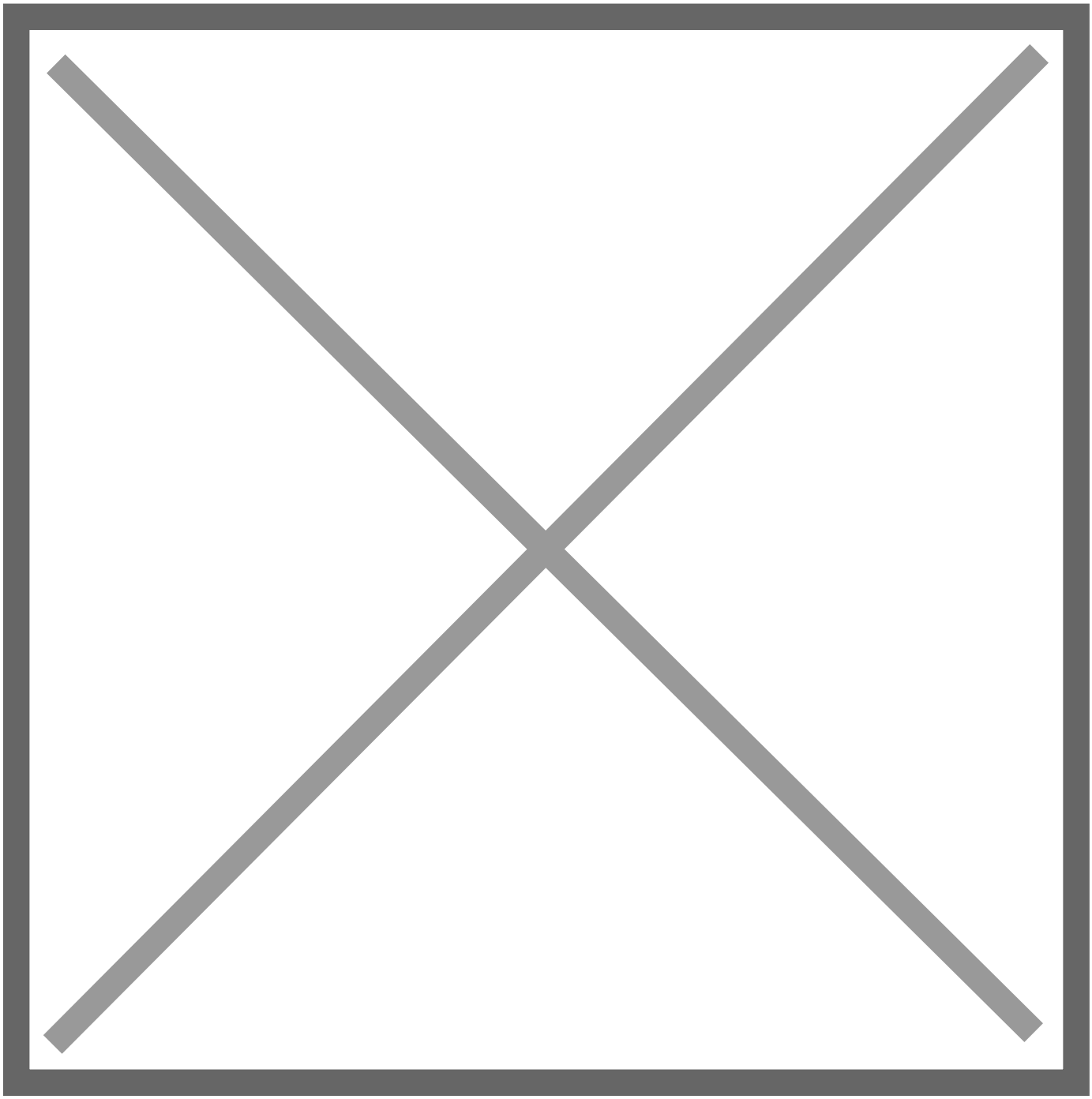
Age:	20+
Area covered:	National
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from https://vizhub.healthdata.org/gbd-compare/ [Accessed 17.03.26]
Definitions:	Estimated number living with anxiety disorders per 100,000 population (20+ years of age)

Men, 2023



Age:	20+
Area covered:	National
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from https://vizhub.healthdata.org/gbd-compare/ [Accessed 17.03.26]
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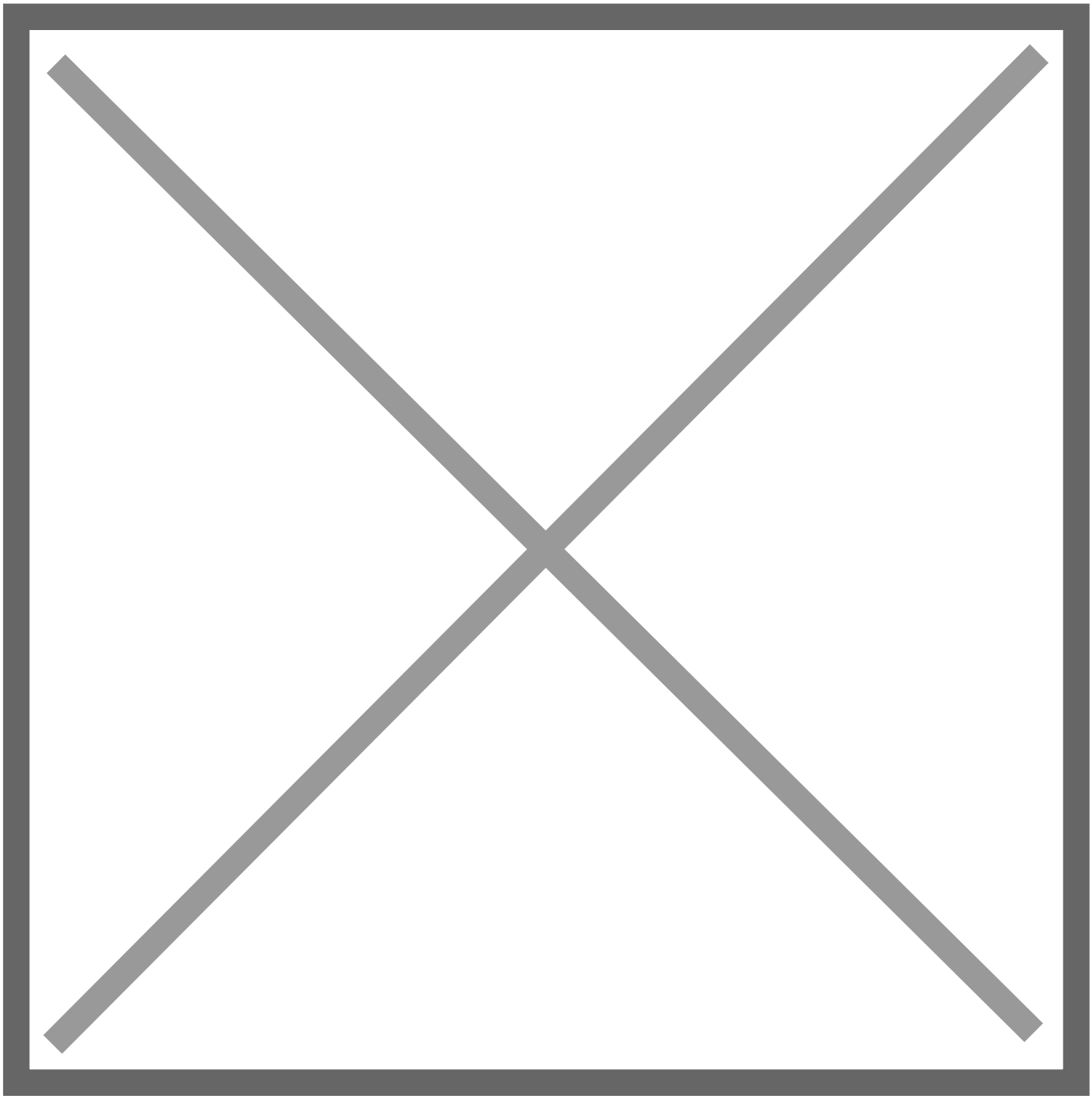
Women, 2023



Age:	20+
Area covered:	National
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from https://vizhub.healthdata.org/gbd-compare/ [Accessed 17.03.26]
Definitions:	Estimated number living with anxiety disorders per 100,000 population (20+ years of age)

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 August 21, 2026