



# Northern Mariana Islands



## Country report card - adults

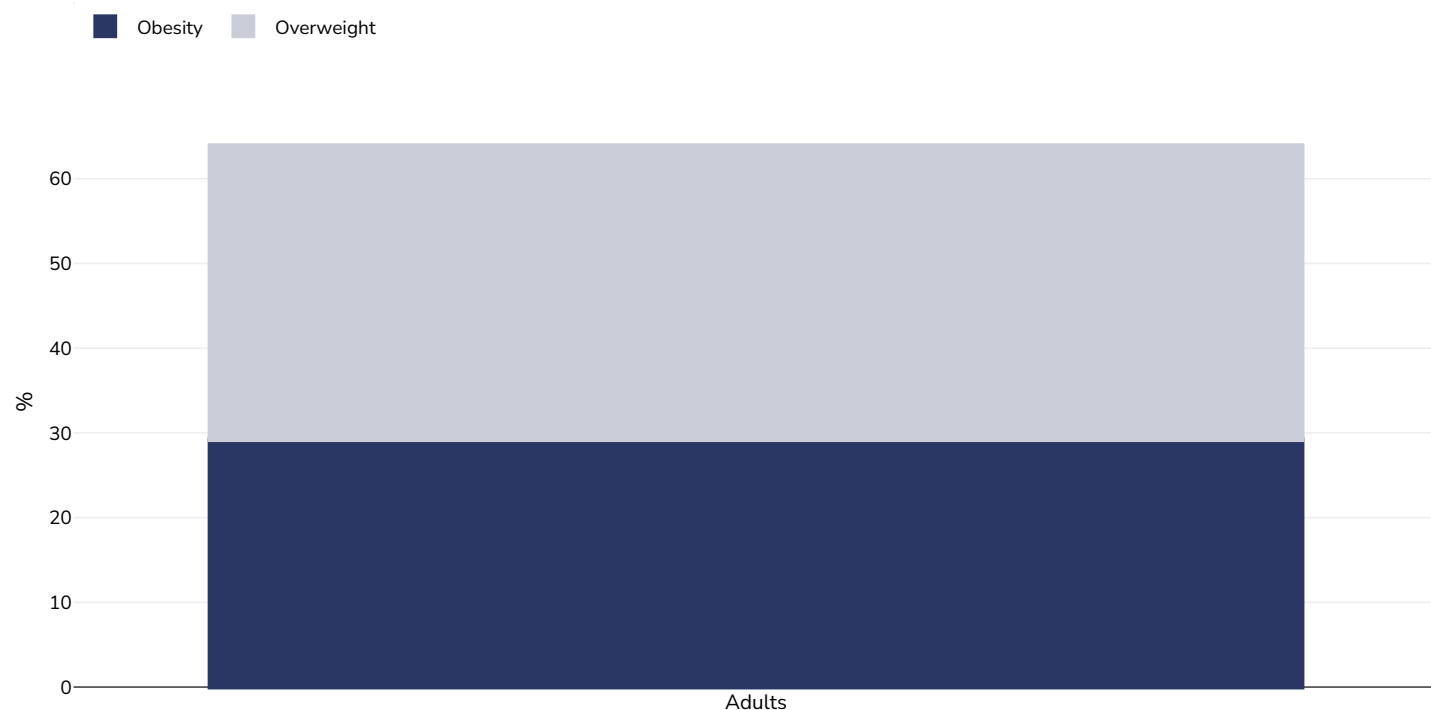
*This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity for adults. Where available, data on common and relevant obesity drivers and comorbidities are also presented.*

*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

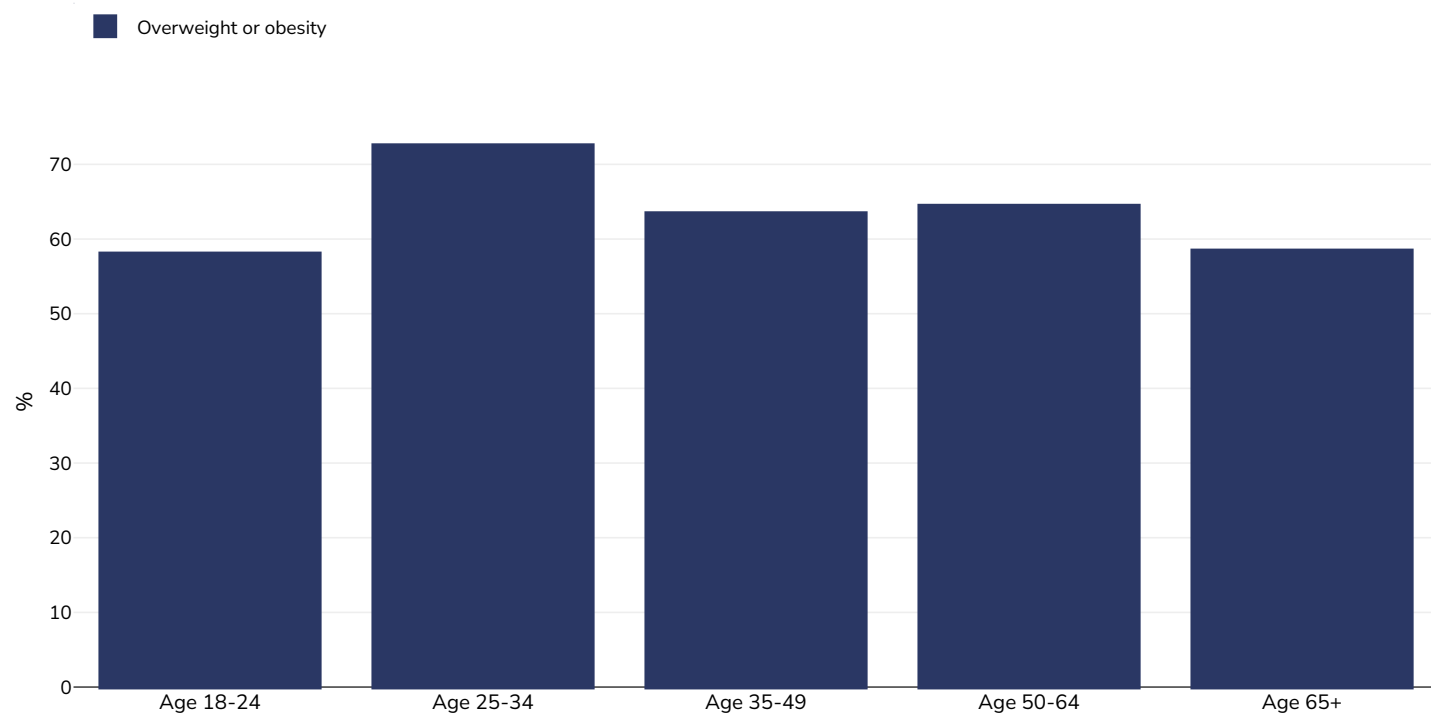
### Adults, 2016



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. <a href="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</a> (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)

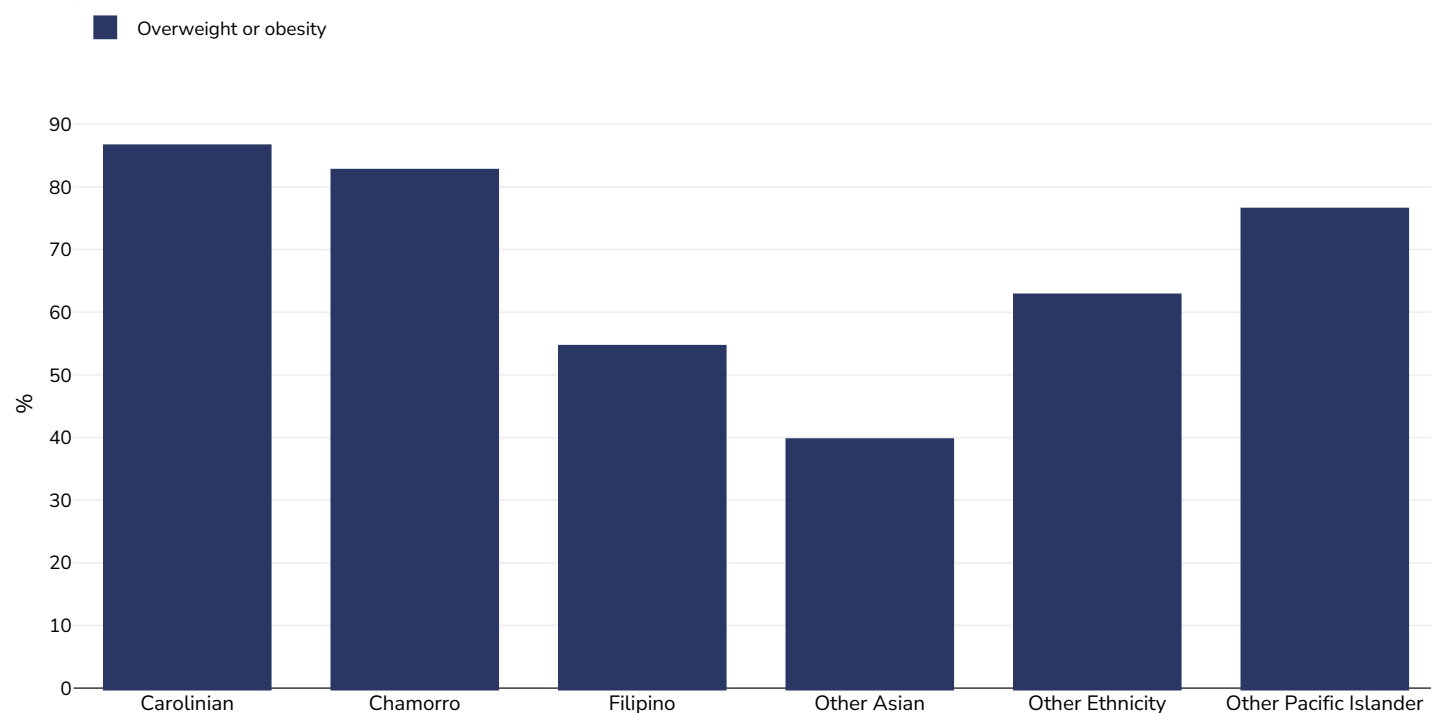
Notes: Note small sample size

*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

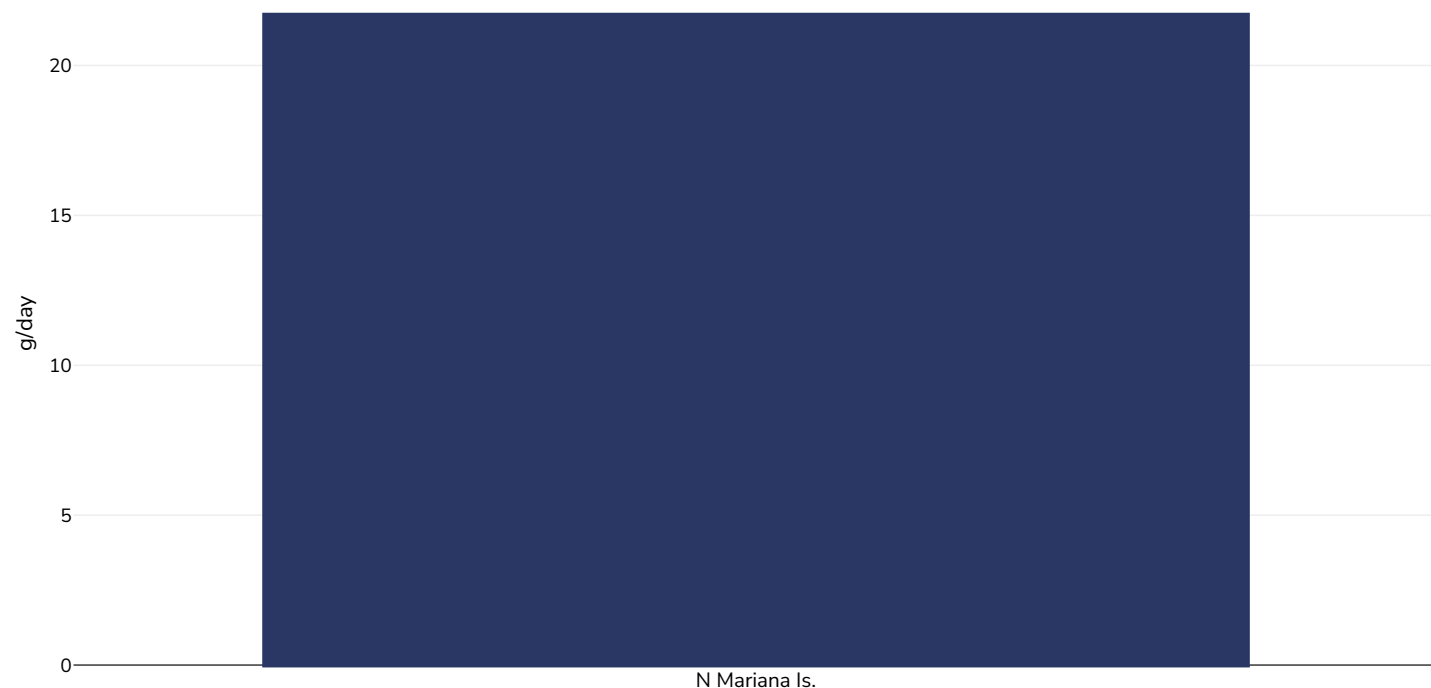
Adults, 2017



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 <a href="http://ghdx.healthdata.org/">http://ghdx.healthdata.org/</a>
Definitions:	Estimated per-capita whole grains intake (g/day)



## Mental health - depression disorders

### Adults, 2021



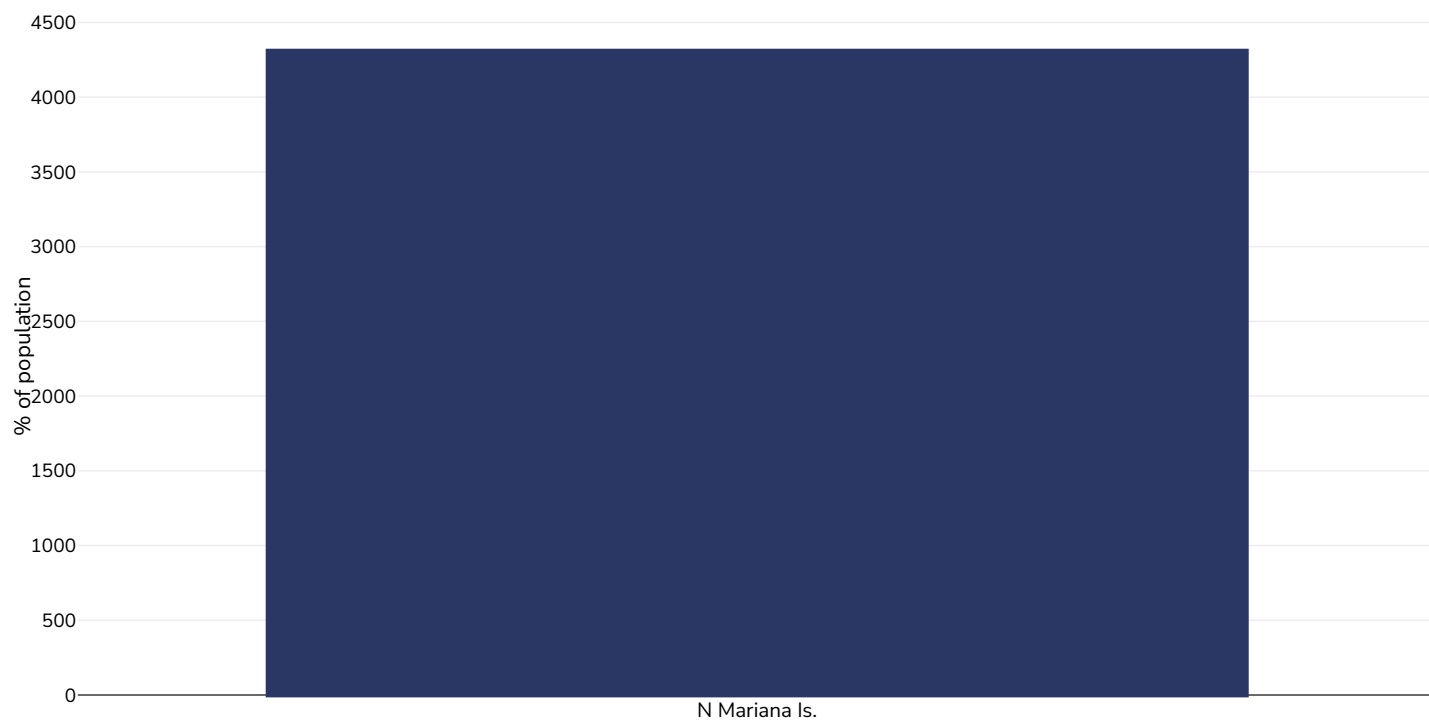
Age: 20+

Area covered: National

References: Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

Definitions: Number living with depression per 100,000 population (adults 20+ years)

## Men, 2021



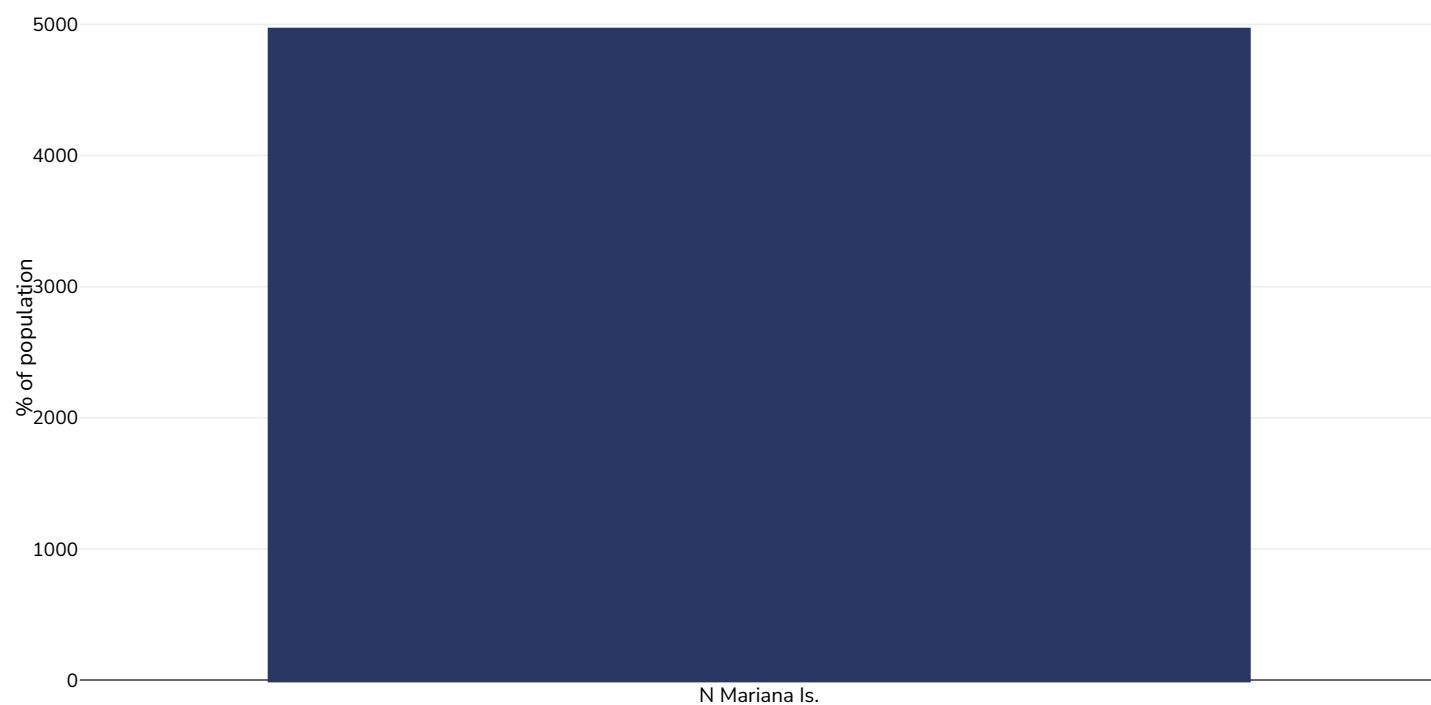
**Age:** 20+

**Area covered:** National

**References:** Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

**Definitions:** Number living with depression per 100,000 population (adults 20+ years)

## Women, 2021



**Age:** 20+

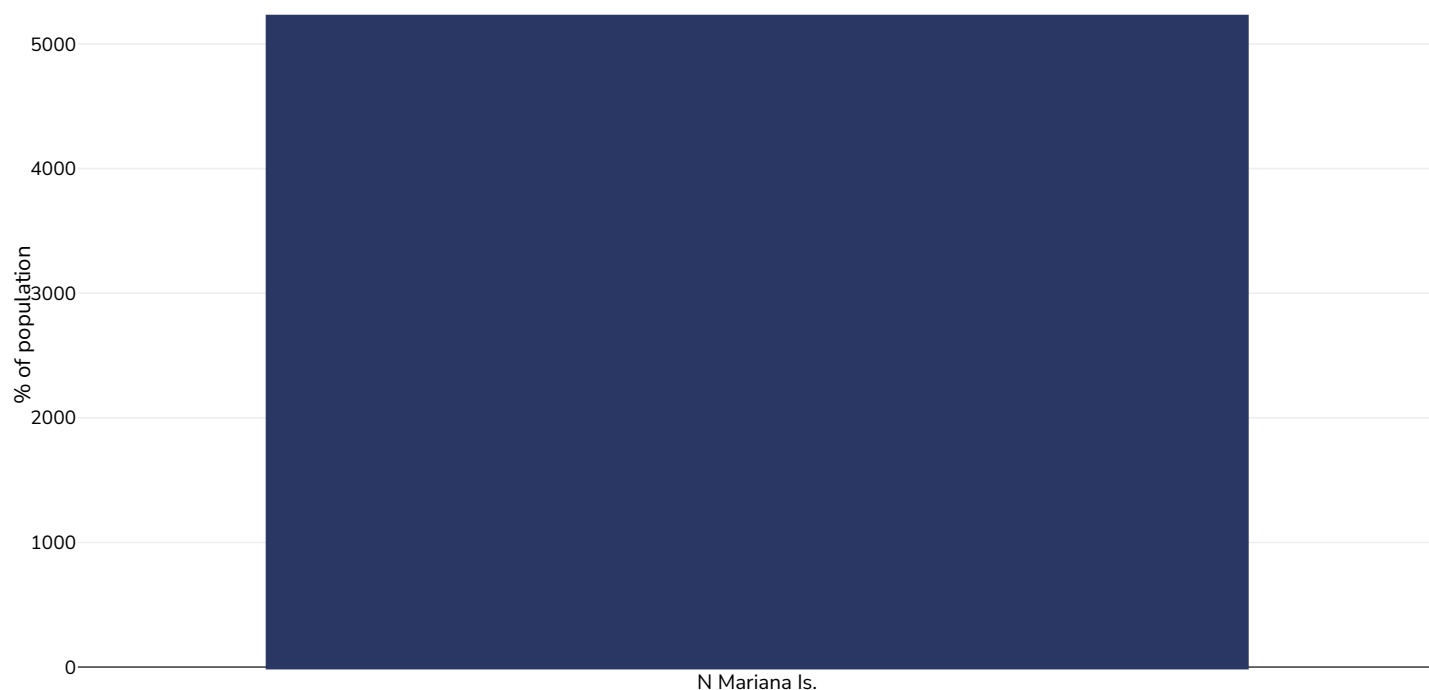
**Area covered:** National

**References:** Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

**Definitions:** Number living with depression per 100,000 population (adults 20+ years)

## Mental health - anxiety disorders

Adults, 2021

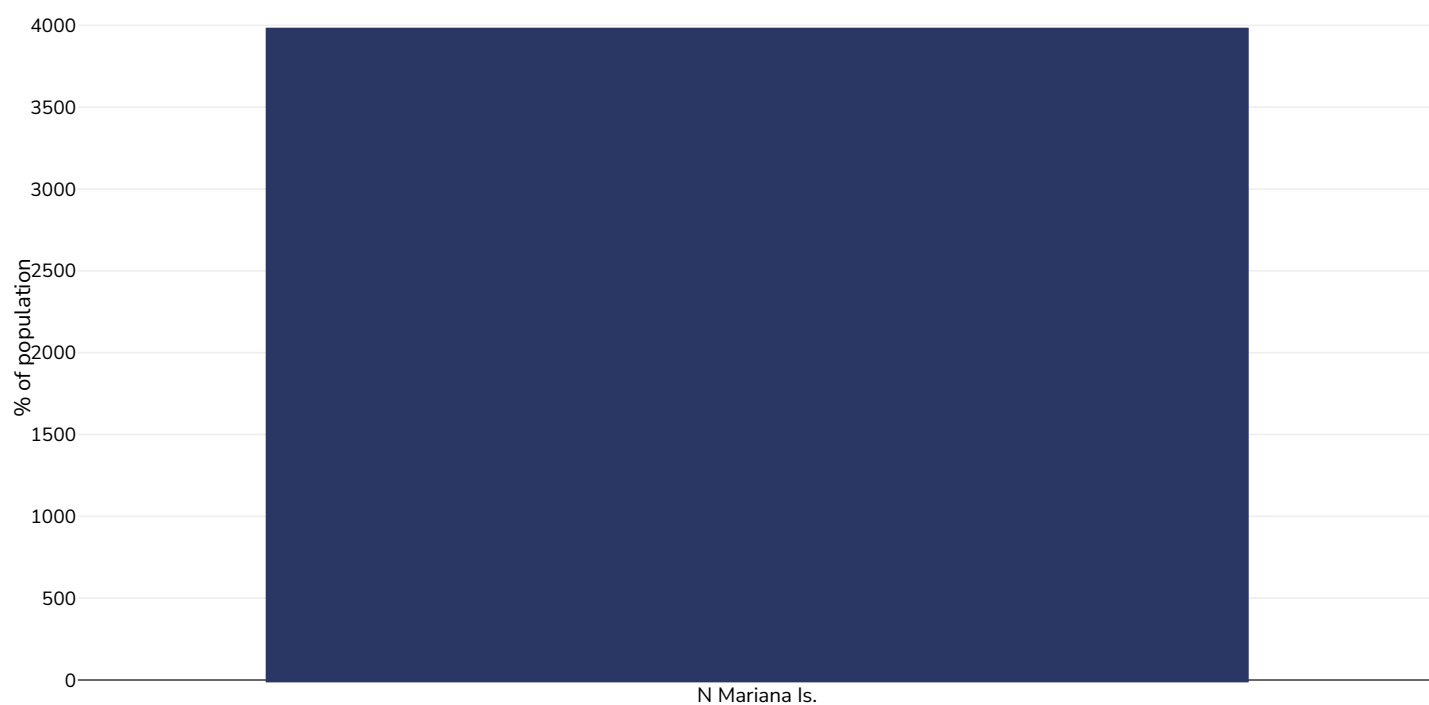


Age: 20+

**References:** Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25).

**Definitions:** Number living with anxiety per 100,000 population

## Men, 2021

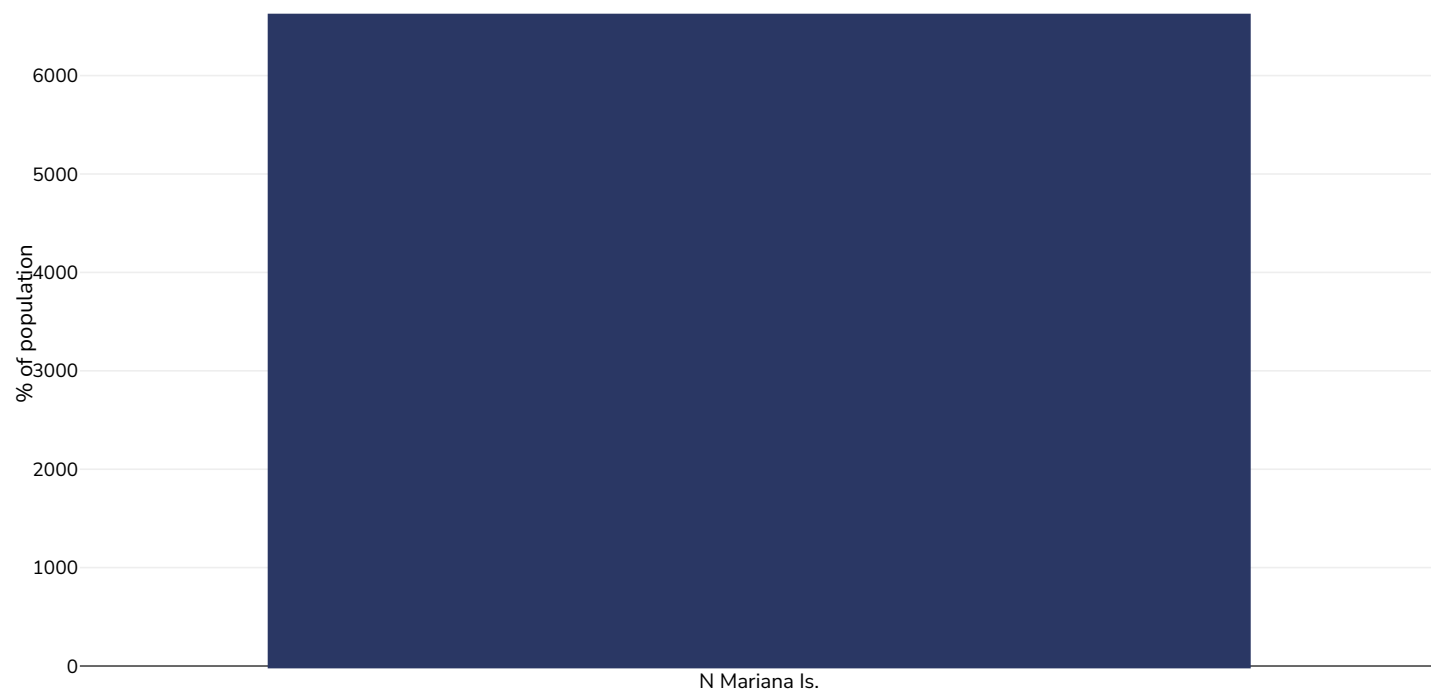


Age: 20+

**References:** Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25).

**Definitions:** Number living with anxiety per 100,000 population

## Women, 2021



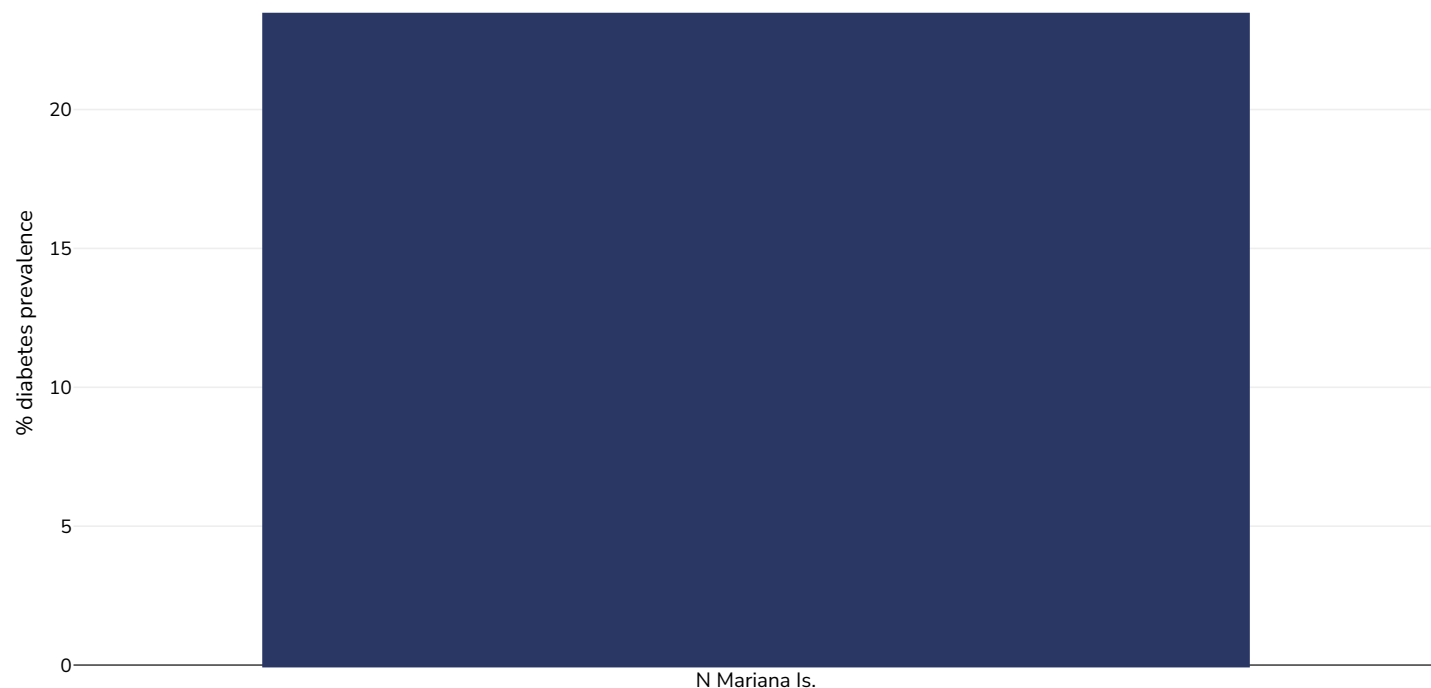
Age: 20+

References: Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25).

Definitions: Number living with anxiety per 100,000 population

## 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. <a href="http://www.diabetesatlas.org">http://www.diabetesatlas.org</a>
Definitions:	Age-adjusted comparative prevalence of diabetes, %

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