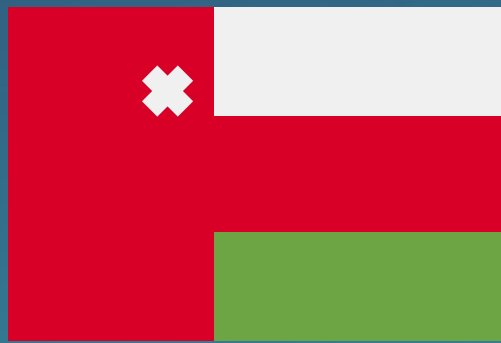




# Oman



## Country report card

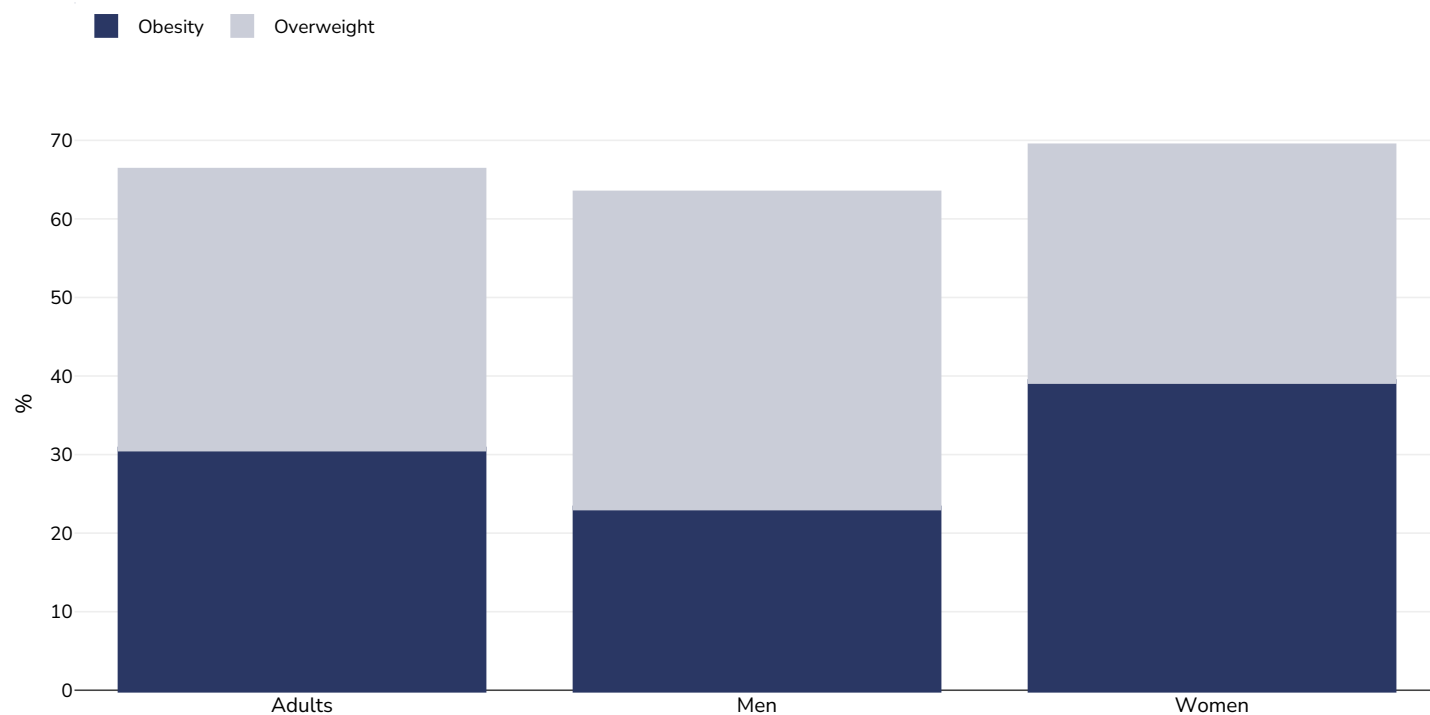
*This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity . Where available, data on common and relevant obesity drivers and comorbidities are also presented.*

*View the latest version of this report on the Global Obesity Observatory at <https://data.worldobesity.org/country/oman-165/>.*

Contents	Page
Obesity prevalence	3
Trend: % Adults living with obesity in Oman 1991-2017	6
Trend: % Adults living with overweight or obesity in Oman 1991-2017	8
Trend: % Adults living with obesity in selected countries in the EMRO Region 1984-2017, selected countries	10
Overweight/obesity by education	12
Overweight/obesity by age	13
Overweight/obesity by socio-economic group	14
Double burden of underweight & overweight	16
Insufficient physical activity	19
Average daily frequency of carbonated soft drink consumption	25
Estimated per capita fruit intake	26
Prevalence of less than daily fruit consumption	27
Prevalence of less than daily vegetable consumption	28
Average weekly frequency of fast food consumption	29
Estimated per-capita processed meat intake	30
Estimated per capita whole grains intake	31
Mental health - depression disorders	32
Mental health - anxiety disorders	38
% Infants exclusively breastfed 0-5 months	43
Oesophageal cancer	44
Breast cancer	46
Colorectal cancer	47
Pancreatic cancer	49
Gallbladder cancer	51
Kidney cancer	53
Cancer of the uterus	55
Raised blood pressure	56
Raised cholesterol	59
Raised fasting blood glucose	62
Diabetes prevalence	64
Ovarian Cancer	65
Leukemia	66
Leukemia	68
Liver and intrahepatic bile duct Cancer	70
Multiple Myeloma	72
Non Hodgkin Lymphoma	74
Thyroid Cancer	76

## Obesity prevalence

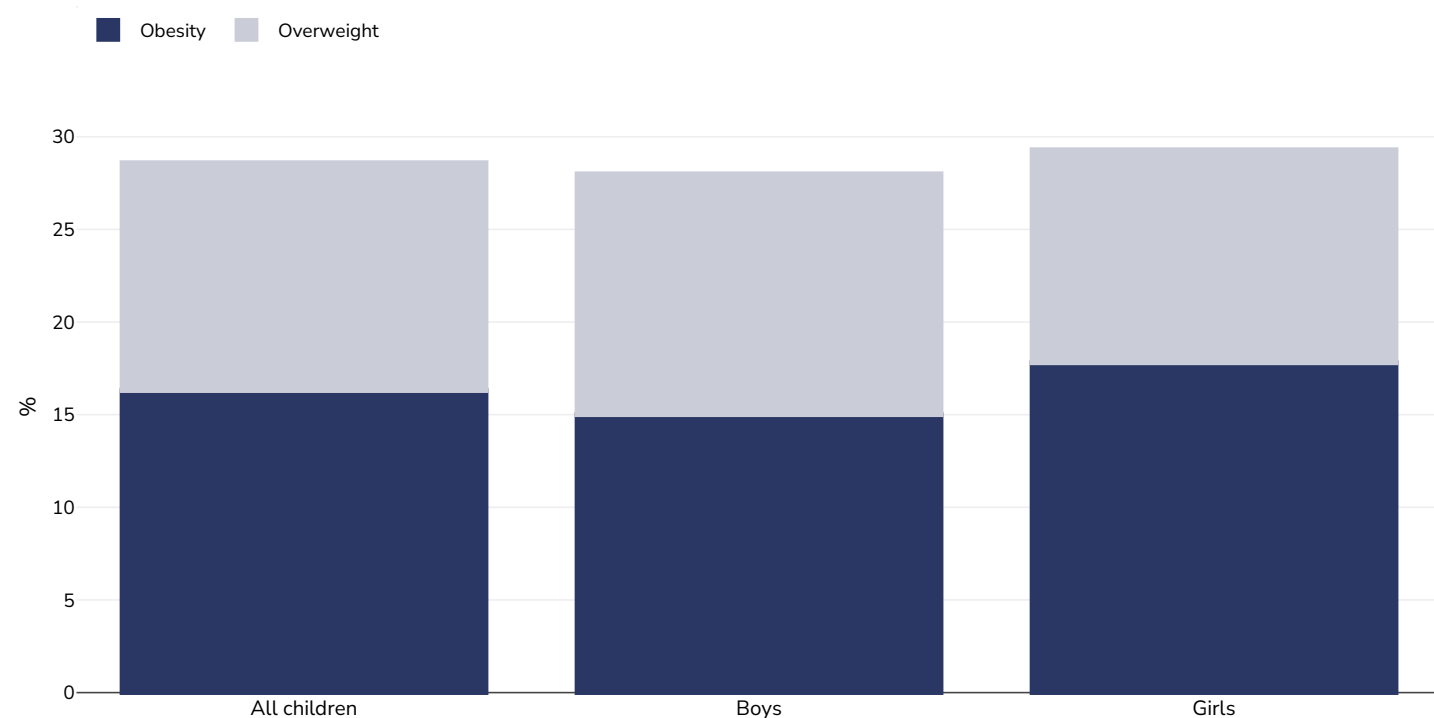
### Adults, 2017



Survey type:	Measured
Age:	18+
Sample size:	6833
Area covered:	National
References:	Executive Summary. Oman National Non-Communicable Disease & their Risk Factors Survey 2017 <a href="https://mohcsr.gov.om/wp-content/uploads/2019/01/Executive-Summary_NCDsurvey2017_En.pdf">https://mohcsr.gov.om/wp-content/uploads/2019/01/Executive-Summary_NCDsurvey2017_En.pdf</a> (last accessed 17.10.19)
Notes:	STEPS

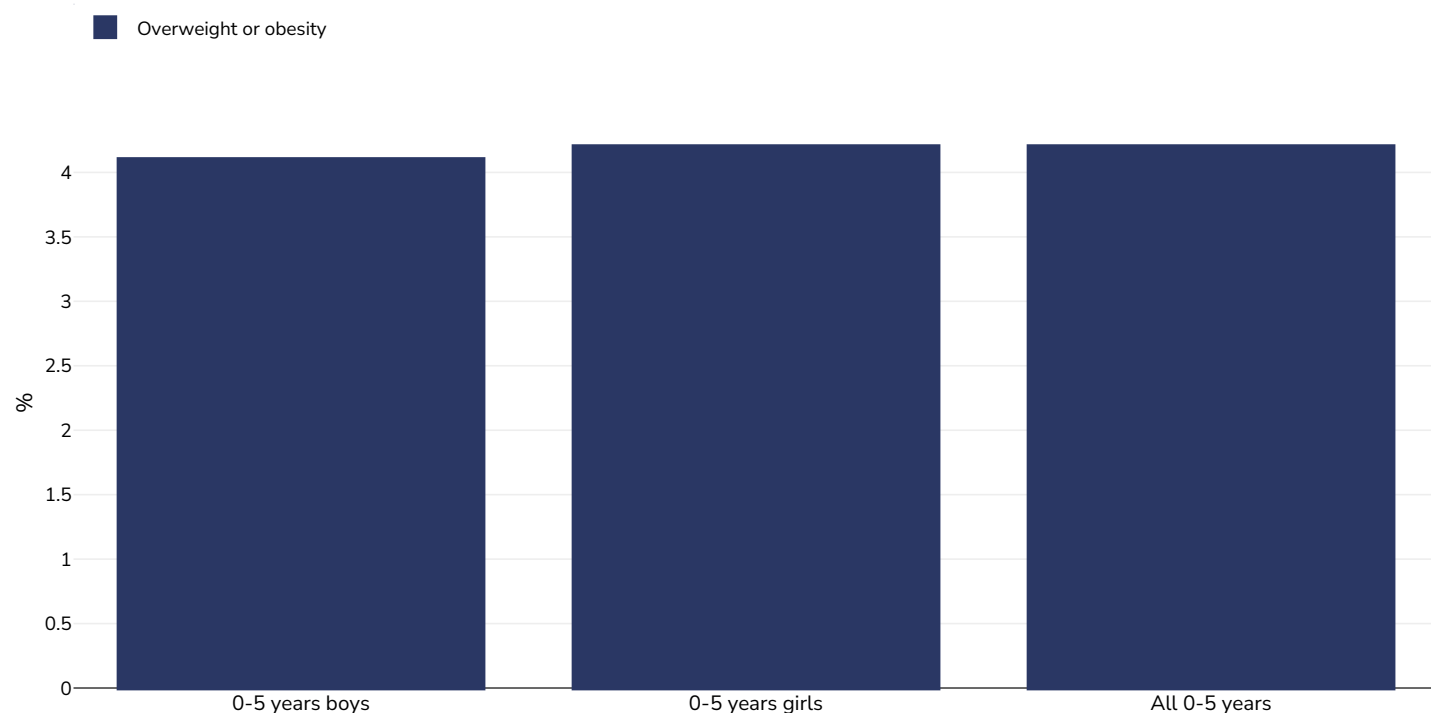
Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m<sup>2</sup>, obesity refers to a BMI greater than 30kg/m<sup>2</sup>.

## Children, 2019



Survey type:	Measured
Age:	6-17
Sample size:	714
Area covered:	Regional (Al Buraimi Governorate)
References:	Al-Saadi A, Al Yahiaee L, Ahmed E, Al Manee R, Al Saadi, Mohamed N, et al. Obesity and lifestyle behaviours among in-school children in Oman. East Mediterr Health J. 2023;29(9):716–724. <a href="https://doi.org/10.26719/emhj.23.095">https://doi.org/10.26719/emhj.23.095</a>
Cutoffs:	WHO

## 0-5 years, 2016-2017



Age: 0-5

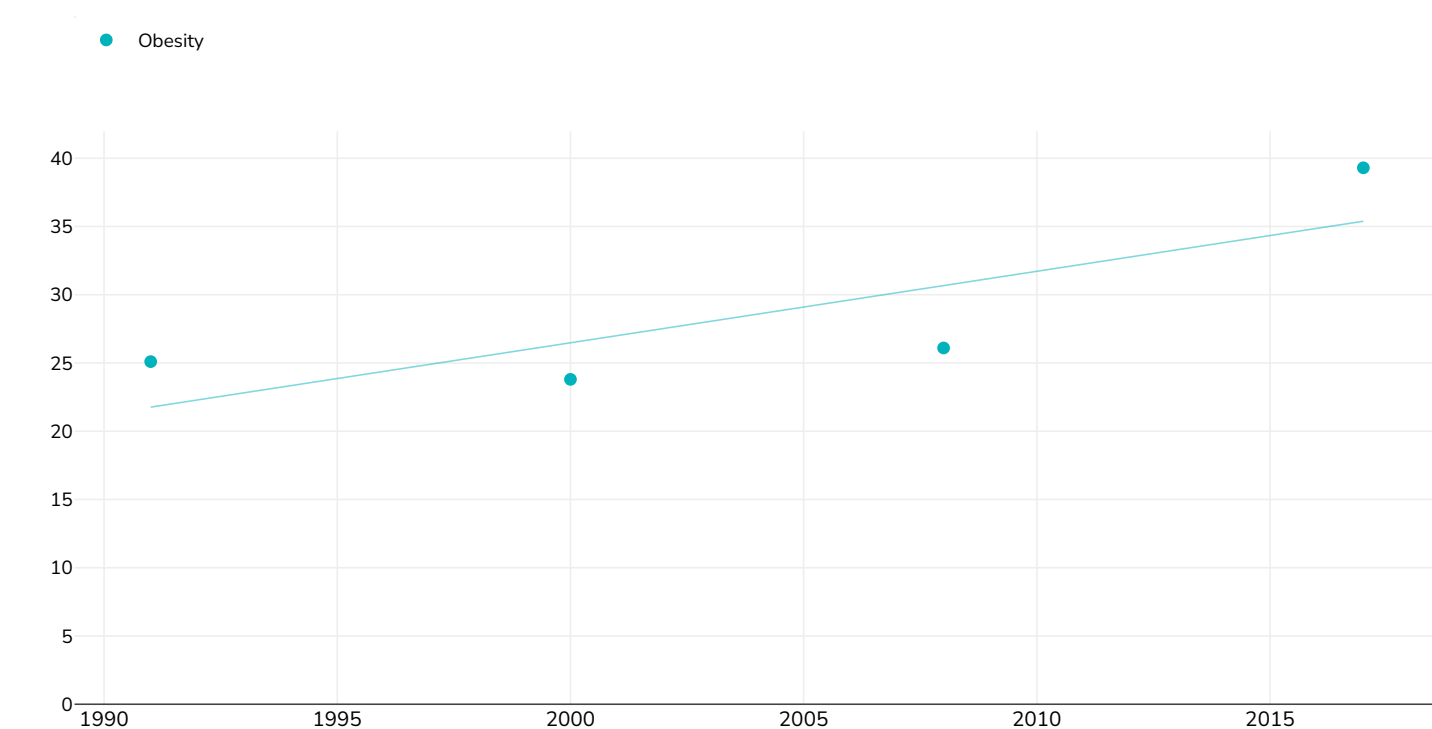
References: NNS: Oman National Nutrition Survey 2017. Muscat, Oman, 2018

Notes: UNICEF/WHO/World Bank Joint Child Malnutrition Estimates Expanded Database: Overweight (Survey Estimates), May 2023, New York.  
For more information about the methodology, please consult <https://data.unicef.org/resources/jme-2023-country-consultations/>  
Percentage of children under 5 years of age falling above 2 standard deviations (moderate and severe) from the median weight-for-height of the reference population.

Definitions: =>+2SD

## % Adults living with obesity in Oman 1991-2017

### Women



Survey type:

Measured

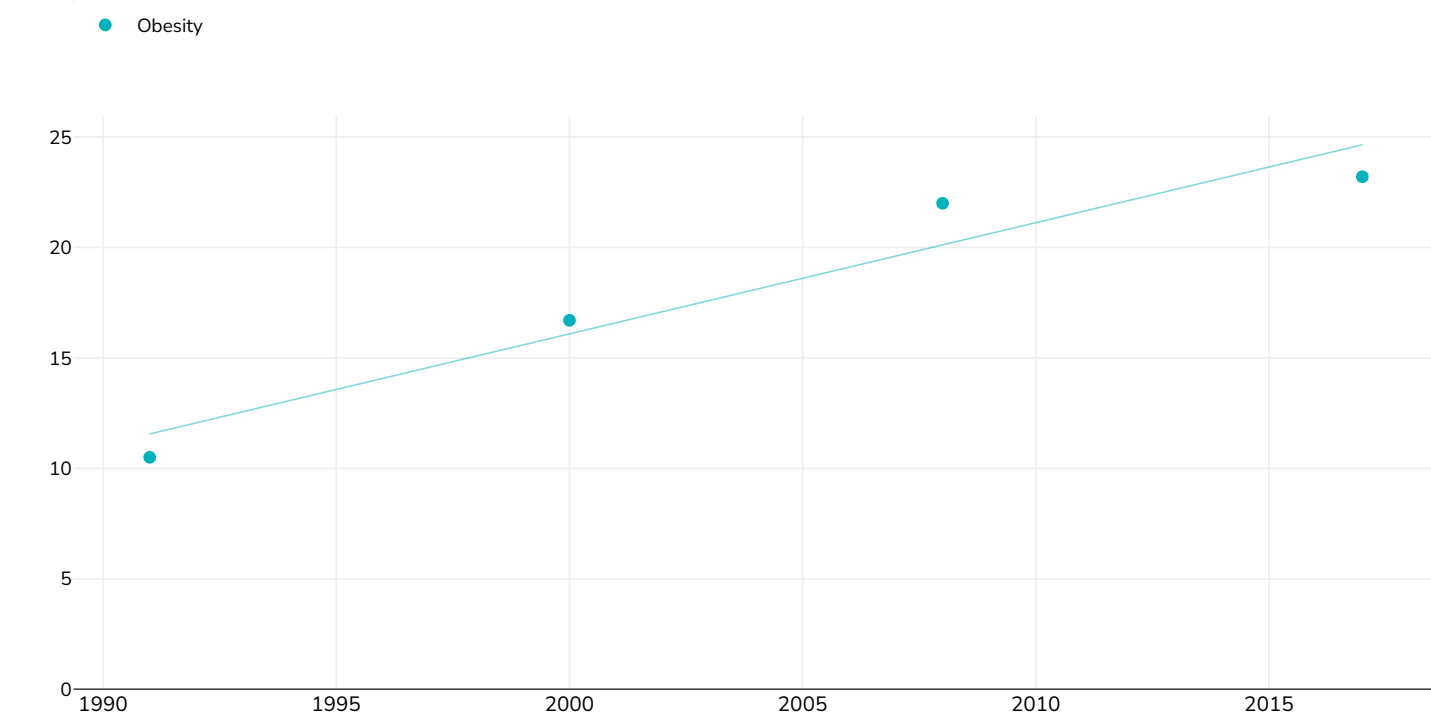
References:

- 1991: Al-Lawati JA, Jousilahti PJ. Prevalence and 10year secular trend of obesity in Oman. Saudi Med J 2004;25:346-351
- 2000: Al-Lawati JA and Jousilahti PJ. (2004). Prevalence and 10 year secular trend of obesity in Oman. Saudi Medical Journal 25: 346 - 351.
- 2008: Riyami AA, Elaty MAA, Morsi M et al Oman World Health Survey: Part 1 - Methodology, Sociodemographic Profile and Epidemiology of Non-Communicable Diseases in Oman. Oman Medical Journal 2012; 27(5):425-443
- 2017: Executive Summary. Oman National Non-Communicable Disease & their Risk Factors Survey 2017 [https://mohcsr.gov.om/wp-content/uploads/2019/01/Executive-Summary\\_NCDsurvey2017\\_En.pdf](https://mohcsr.gov.om/wp-content/uploads/2019/01/Executive-Summary_NCDsurvey2017_En.pdf) (last accessed 17.10.19)

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>.

Different methodologies may have been used to collect this data and so data from different surveys may not be strictly comparable. Please check with original data sources for methodologies used.

## Men



Survey type:

Measured

### References:

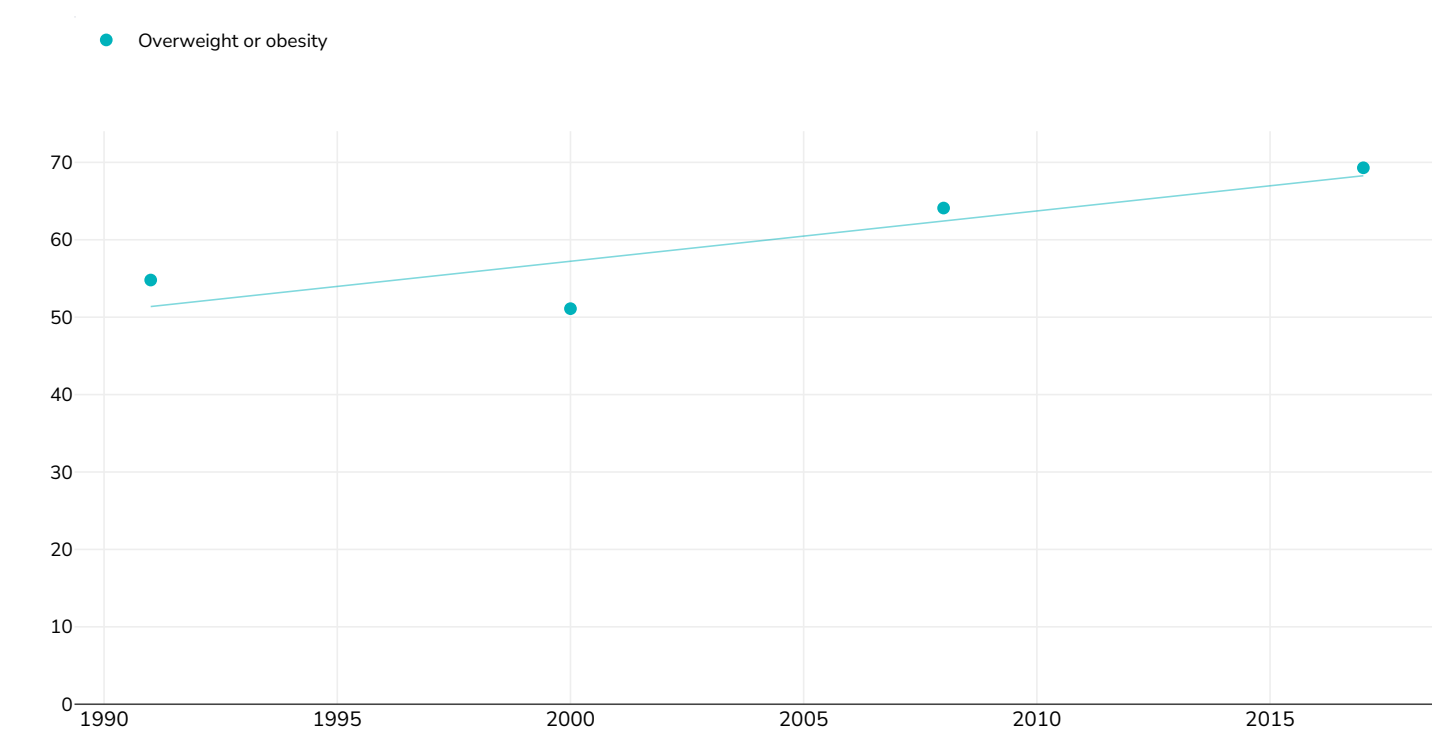
- 1991: Al-Lawati JA, Jousilahti PJ. Prevalence and 10year secular trend of obesity in Oman. Saudi Med J 2004;25:346-351
- 2000: Al-Lawati JA and Jousilahti PJ. (2004). Prevalence and 10 year secular trend of obesity in Oman. Saudi Medical Journal 25: 346 - 351.
- 2008: Riyami AA, Elaty MAA, Morsi M et al Oman World Health Survey: Part 1 - Methodology, Sociodemographic Profile and Epidemiology of Non-Communicable Diseases in Oman. Oman Medical Journal 2012; 27(5):425-443
- 2017: Executive Summary. Oman National Non-Communicable Disease & their Risk Factors Survey 2017 [https://mohcsr.gov.om/wp-content/uploads/2019/01/Executive-Summary\\_NCDsurvey2017\\_En.pdf](https://mohcsr.gov.om/wp-content/uploads/2019/01/Executive-Summary_NCDsurvey2017_En.pdf) (last accessed 17.10.19)

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>.

Different methodologies may have been used to collect this data and so data from different surveys may not be strictly comparable. Please check with original data sources for methodologies used.

## % Adults living with overweight or obesity in Oman 1991-2017

### Women



Survey type:

Measured

References:

- 1991: Al-Lawati JA, Jousilahti PJ. Prevalence and 10year secular trend of obesity in Oman. Saudi Med J 2004;25:346-351
- 2000: Al-Lawati JA and Jousilahti PJ. (2004). Prevalence and 10 year secular trend of obesity in Oman. Saudi Medical Journal 25: 346 - 351.
- 2008: Riyami AA, Elaty MAA, Morsi M et al Oman World Health Survey: Part 1 - Methodology, Sociodemographic Profile and Epidemiology of Non-Communicable Diseases in Oman. Oman Medical Journal 2012; 27(5):425-443
- 2017: Executive Summary. Oman National Non-Communicable Disease & their Risk Factors Survey 2017 [https://mohcsr.gov.om/wp-content/uploads/2019/01/Executive-Summary\\_NCDsurvey2017\\_En.pdf](https://mohcsr.gov.om/wp-content/uploads/2019/01/Executive-Summary_NCDsurvey2017_En.pdf) (last accessed 17.10.19)

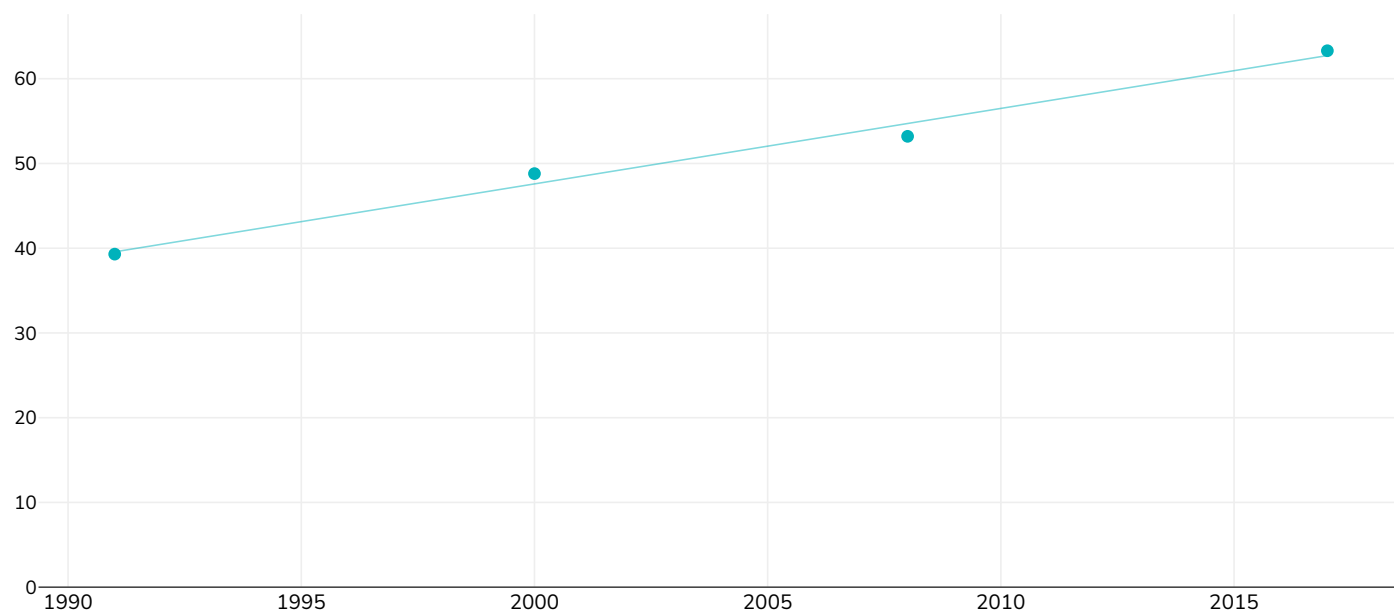
Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m<sup>2</sup>, obesity refers to a BMI greater than 30kg/m<sup>2</sup>.

Different methodologies may have been used to collect this data and so data from different surveys may not be strictly comparable. Please check with original data sources for methodologies used.



## Men

● Overweight or obesity



Survey type:

Measured

References:

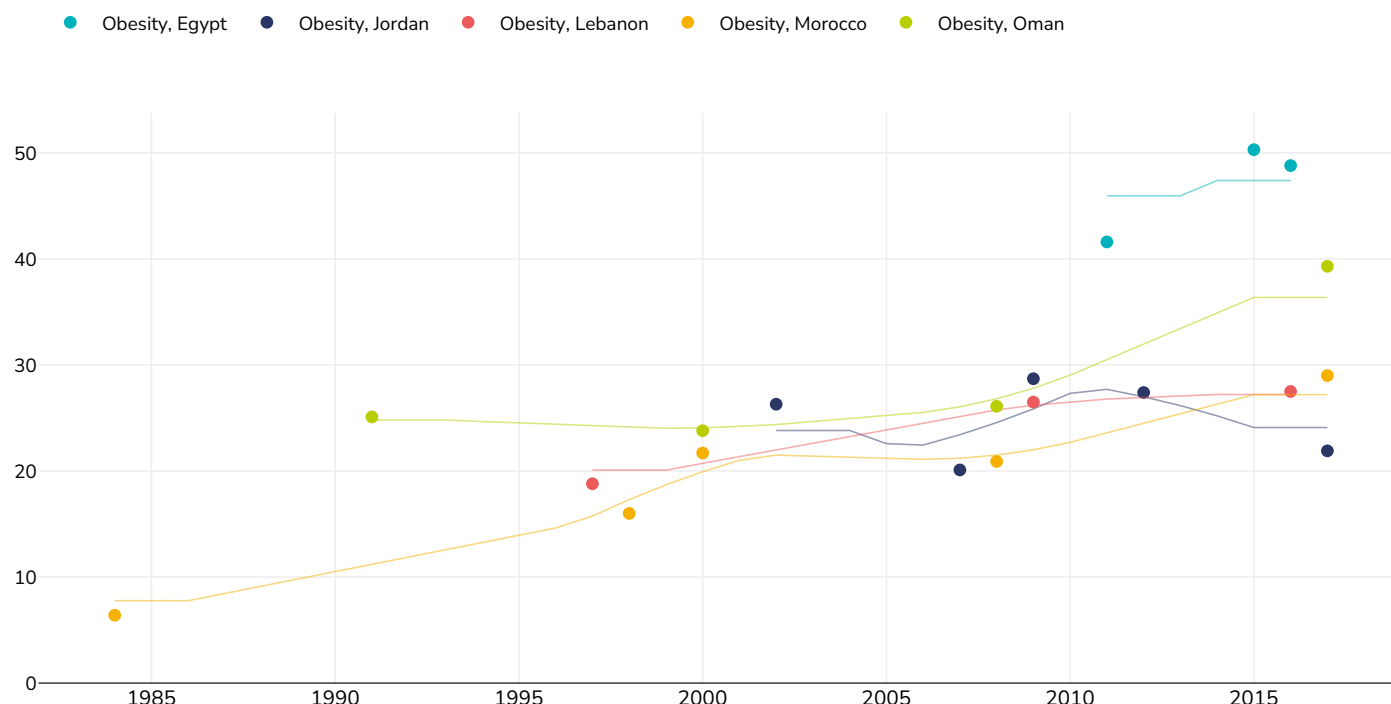
- 1991: Al-Lawati JA, Jousilahti PJ. Prevalence and 10year secular trend of obesity in Oman. Saudi Med J 2004;25:346-351
- 2000: Al-Lawati JA and Jousilahti PJ. (2004). Prevalence and 10 year secular trend of obesity in Oman. Saudi Medical Journal 25: 346 - 351.
- 2008: Riyami AA, Elaty MAA, Morsi M et al Oman World Health Survey: Part 1 - Methodology, Sociodemographic Profile and Epidemiology of Non-Communicable Diseases in Oman. Oman Medical Journal 2012; 27(5):425-443
- 2017: Executive Summary. Oman National Non-Communicable Disease & their Risk Factors Survey 2017 [https://mohcsr.gov.om/wp-content/uploads/2019/01/Executive-Summary\\_NCDsurvey2017\\_En.pdf](https://mohcsr.gov.om/wp-content/uploads/2019/01/Executive-Summary_NCDsurvey2017_En.pdf) (last accessed 17.10.19)

*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>.*

*Different methodologies may have been used to collect this data and so data from different surveys may not be strictly comparable. Please check with original data sources for methodologies used.*

# **% Adults living with obesity in selected countries in the EMRO Region 1984-2017, selected countries**

## **Women**

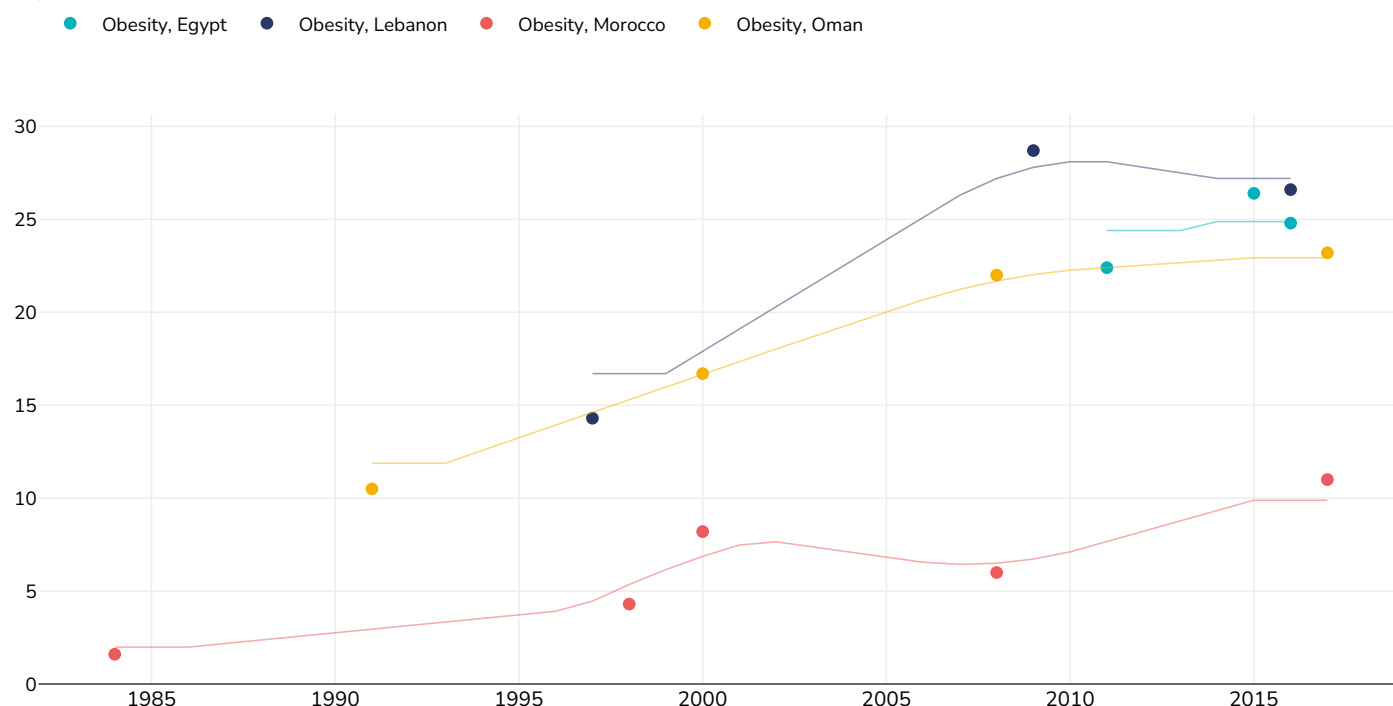


### **References:**

- 1984, 1998: Benjelloun S. Nutrition transition in Morocco. Public Health Nutrition. 2002;5(1A):135-140
- 1991: Al-Lawati JA, Jousilahti PJ. Prevalence and 10year secular trend of obesity in Oman. Saudi Med J 2004;25:346-351
- 1997: Sibai AM, Hwalla N, Adra N, Rahal B. Prevalence and Covariates of Obesity in Lebanon: Findings from the First Epidemiological Study. Obesity Research 2003;11:1353-1361
- 2000: Personal Communication from Morocco Minister of Health. National Survey carried out in 2000. Details in press for Journal of Hypertension (April 03)
- 2002: WHO Infobase, Macro international data
- 2007: Department of Statistics [Jordan] and Macro International. 2008. Jordan Population and Family Health Survey 2007: Key Findings. Calverton, Maryland, USA: Department of Statistics and Macro International.
- 2008: Rhazi K El, Nejjar C, Zidouh A et al. Prevalence of obesity and associated sociodemographic and lifestyle factors in Morocco. Public Health Nutrition 2010;14(1):160-167
- 2009: WHO STEPS Report 2009 Lebanon
- 2011: WHO EMRO Egypt STEPS Survey 2011-12
- 2012: Department of Statistics/Jordan and ICF International. 2013. Jordan Population and Family Health Survey 2012. Calverton, Maryland, USA: Department of Statistics/Jordan and ICF International.
- 2015: Ministry of Health and Population/Egypt, El-Zanaty and Associates/Egypt, and ICF International. 2015. Egypt Health Issues Survey 2015. Cairo, Egypt: Ministry of Health and Population/Egypt and ICF International. Available at <http://dhsprogram.com/publications/publication-FR313-DHS-Final-Reports.cfm#sthash.StgV9s6X.dpuf>
- 2016: WHO STEPWISE APPROACH FOR NON-COMMUNICABLE DISEASESRISK FACTOR SURVEILLANCE, Lebanon, 2016-2017 [https://www.who.int/ncds/surveillance/steps/Lebanon\\_STEPS\\_report\\_2016-2017.pdf?ua=1](https://www.who.int/ncds/surveillance/steps/Lebanon_STEPS_report_2016-2017.pdf?ua=1) (last accessed 16.10.19)
- 2017: Executive Summary. Oman National Non-Communicable Disease & their Risk Factors Survey 2017 [https://mohcsr.gov.om/wp-content/uploads/2019/01/Executive-Summary\\_NCDsurvey2017\\_En.pdf](https://mohcsr.gov.om/wp-content/uploads/2019/01/Executive-Summary_NCDsurvey2017_En.pdf) (last accessed 17.10.19)

*Different methodologies may have been used to collect this data and so data from different surveys may not be strictly comparable. Please check with original data sources for methodologies used.*

## Men



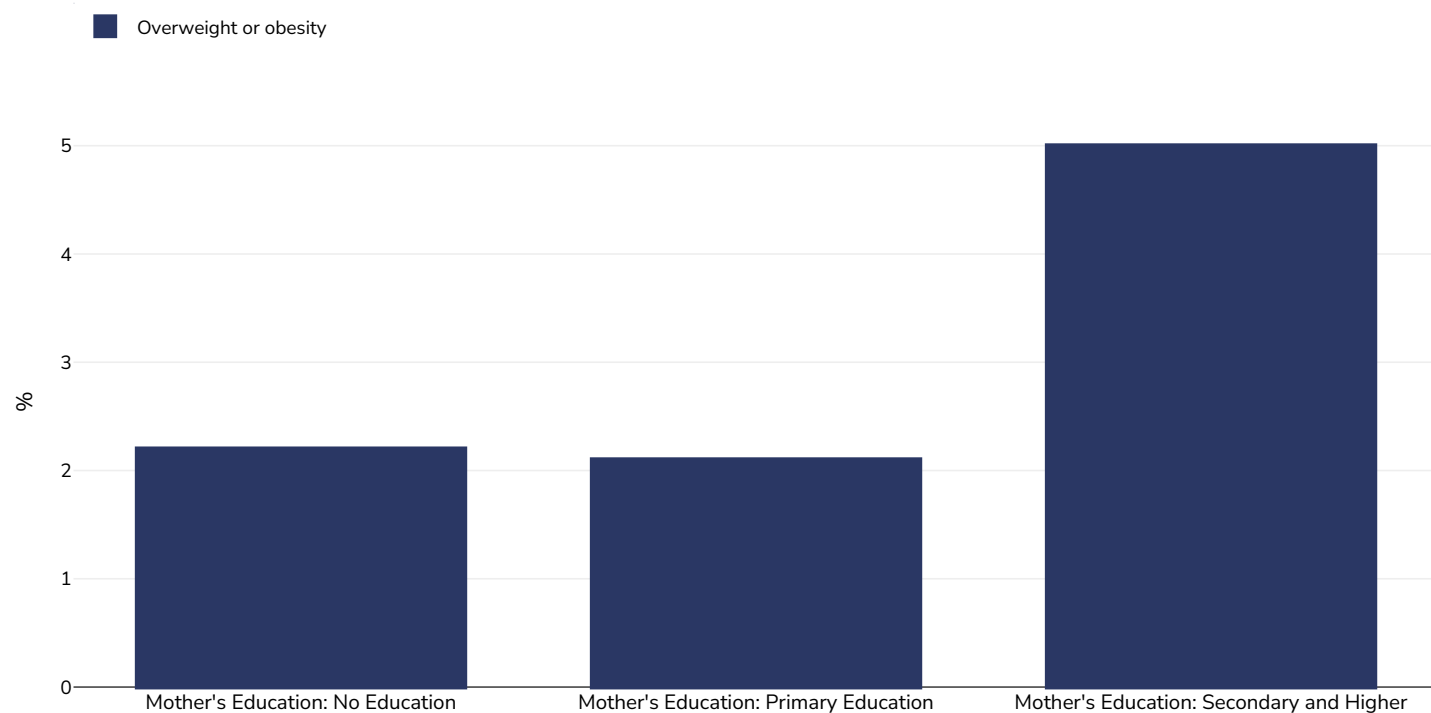
### References:

- 1984, 1998: Benjelloun S. Nutrition transition in Morocco. *Public Health Nutrition*. 2002;5(1A):135-140
- 1991: Al-Lawati JA, Jousilahti PJ. Prevalence and 10year secular trend of obesity in Oman. *Saudi Med J* 2004;25:346-351
- 1997: Sibai AM, Hwalla N, Adra N, Rahal B. Prevalence and Covariates of Obesity in Lebanon: Findings from the First Epidemiological Study. *Obesity Research* 2003;11:1353-1361
- 2000: Personal Communication from Morocco Minister of Health. National Survey carried out in 2000. Details in press for *Journal of Hypertension* (April 03)
- 2002: WHO Infobase, Macro international data
- 2007: Department of Statistics [Jordan] and Macro International. 2008. *Jordan Population and Family Health Survey 2007: Key Findings*. Calverton, Maryland, USA: Department of Statistics and Macro International.
- 2008: Rhazi K El, Nejari C, Zidouh A et al. Prevalence of obesity and associated sociodemographic and lifestyle factors in Morocco. *Public Health Nutrition* 2010;14(1):160-167
- 2009: WHO STEPS Report 2009 Lebanon
- 2011: WHO EMRO Egypt STEPS Survey 2011-12
- 2012: Department of Statistics/Jordan and ICF International. 2013. *Jordan Population and Family Health Survey 2012*. Calverton, Maryland, USA: Department of Statistics/Jordan and ICF International.
- 2015: Ministry of Health and Population/Egypt, El-Zanaty and Associates/Egypt, and ICF International. 2015. *Egypt Health Issues Survey 2015*. Cairo, Egypt: Ministry of Health and Population/Egypt and ICF International. Available at <http://dhsprogram.com/publications/publication-FR313-DHS-Final-Reports.cfm#sthash.StgV9s6X.dpuf>
- 2016: WHO STEPWISE APPROACH FOR NON-COMMUNICABLE DISEASES RISK FACTOR SURVEILLANCE, Lebanon, 2016-2017 [https://www.who.int/ncds/surveillance/steps/Lebanon\\_STEPS\\_report\\_2016-2017.pdf?ua=1](https://www.who.int/ncds/surveillance/steps/Lebanon_STEPS_report_2016-2017.pdf?ua=1) (last accessed 16.10.19)
- 2017: Executive Summary. Oman National Non-Communicable Disease & their Risk Factors Survey 2017 [https://mohcsr.gov.om/wp-content/uploads/2019/01/Executive-Summary\\_NCDsurvey2017\\_En.pdf](https://mohcsr.gov.om/wp-content/uploads/2019/01/Executive-Summary_NCDsurvey2017_En.pdf) (last accessed 17.10.19)

*Different methodologies may have been used to collect this data and so data from different surveys may not be strictly comparable. Please check with original data sources for methodologies used.*

## Overweight/obesity by education

0-5 years, 2016-2017



### References:

NNS: Oman National Nutrition Survey 2017. Muscat, Oman, 2018

### Notes:

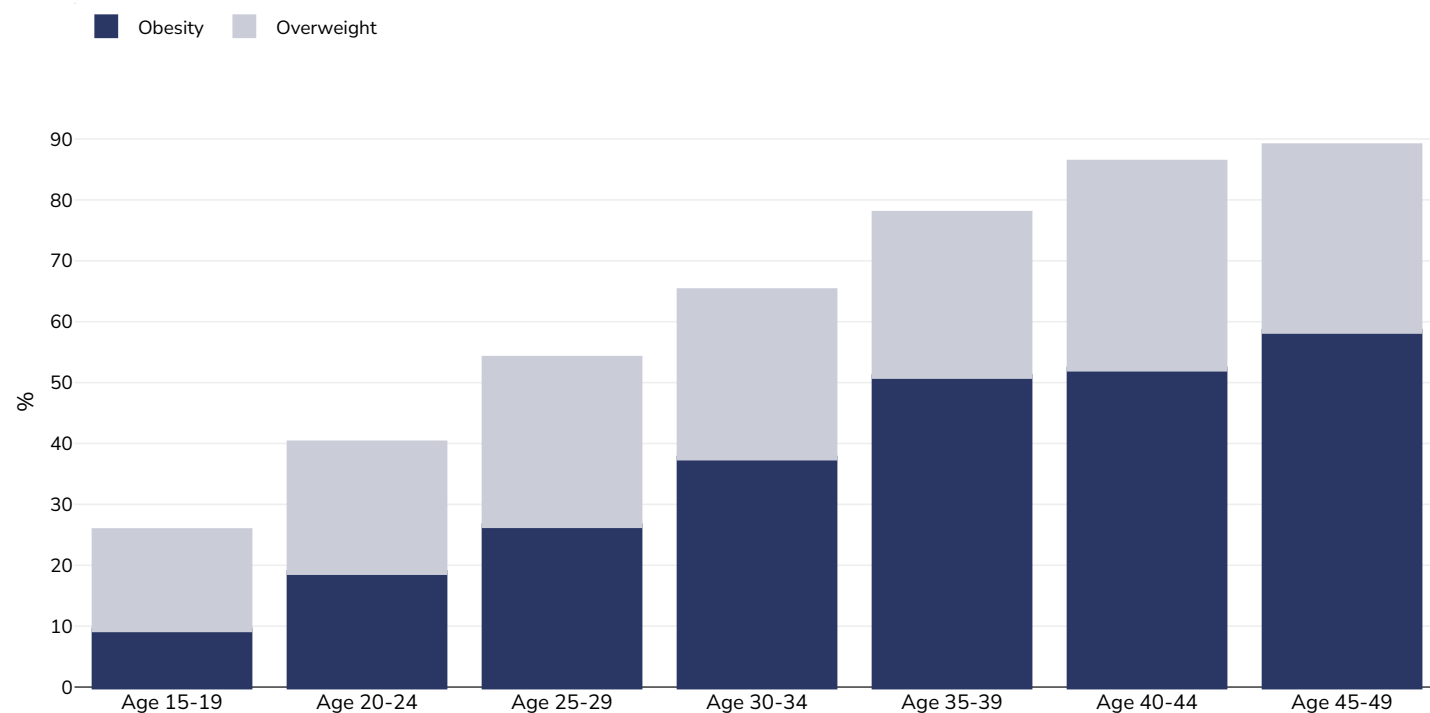
UNICEF/WHO/World Bank Joint Child Malnutrition Estimates Expanded Database: Overweight (Survey Estimates), May 2023, New York.  
For more information about the methodology, please consult <https://data.unicef.org/resources/jme-2023-country-consultations/>  
Percentage of children under 5 years of age falling above 2 standard deviations (moderate and severe) from the median weight-for-height of the reference population.

### Definitions:

=>+2SD

## Overweight/obesity by age

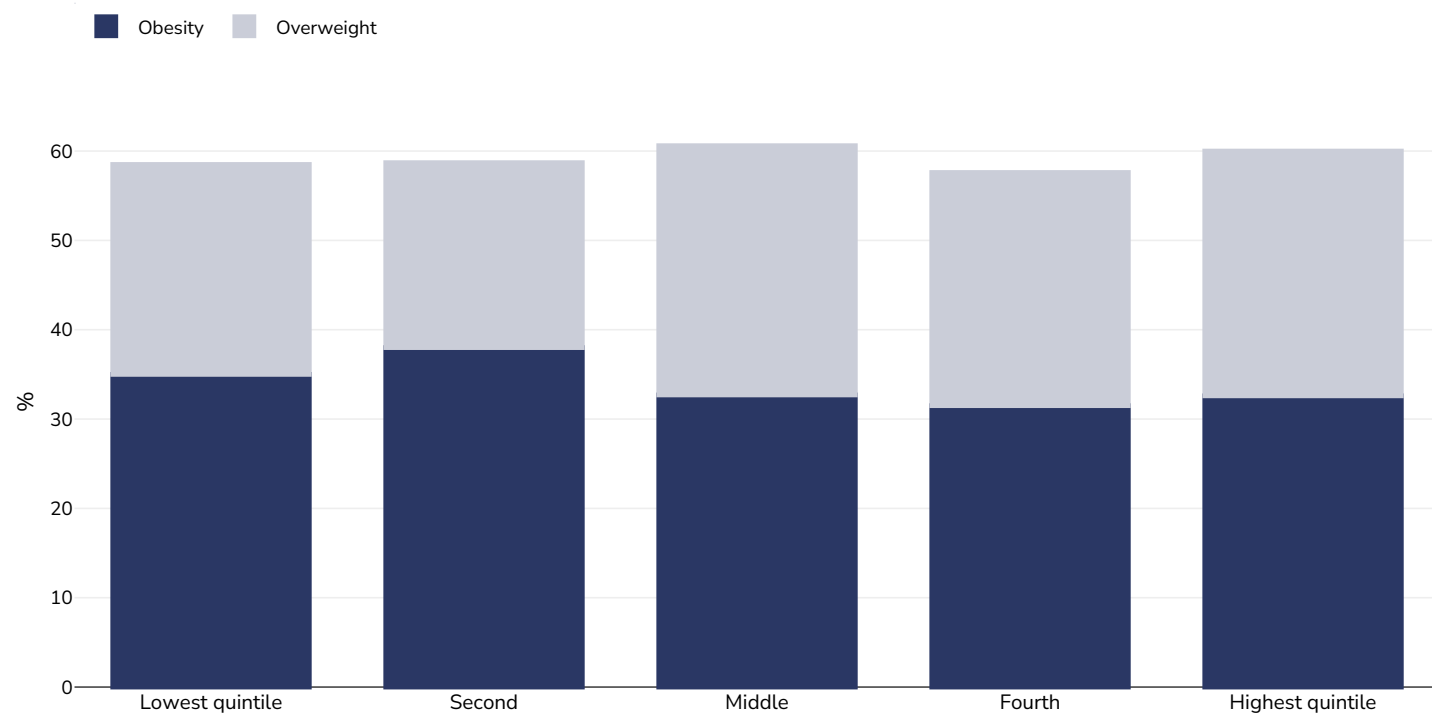
### Women, 2016-2017



Survey type:	Measured
Sample size:	4159
Area covered:	National
References:	Oman National Nutrition Survey 2016-2017 <a href="http://groundworkhealth.org/wp-content/uploads/2020/04/ONNS_Report_2017.pdf">http://groundworkhealth.org/wp-content/uploads/2020/04/ONNS_Report_2017.pdf</a> (Accessed 04.09.20)
Notes:	Omani citizens only.
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 socio-economic group

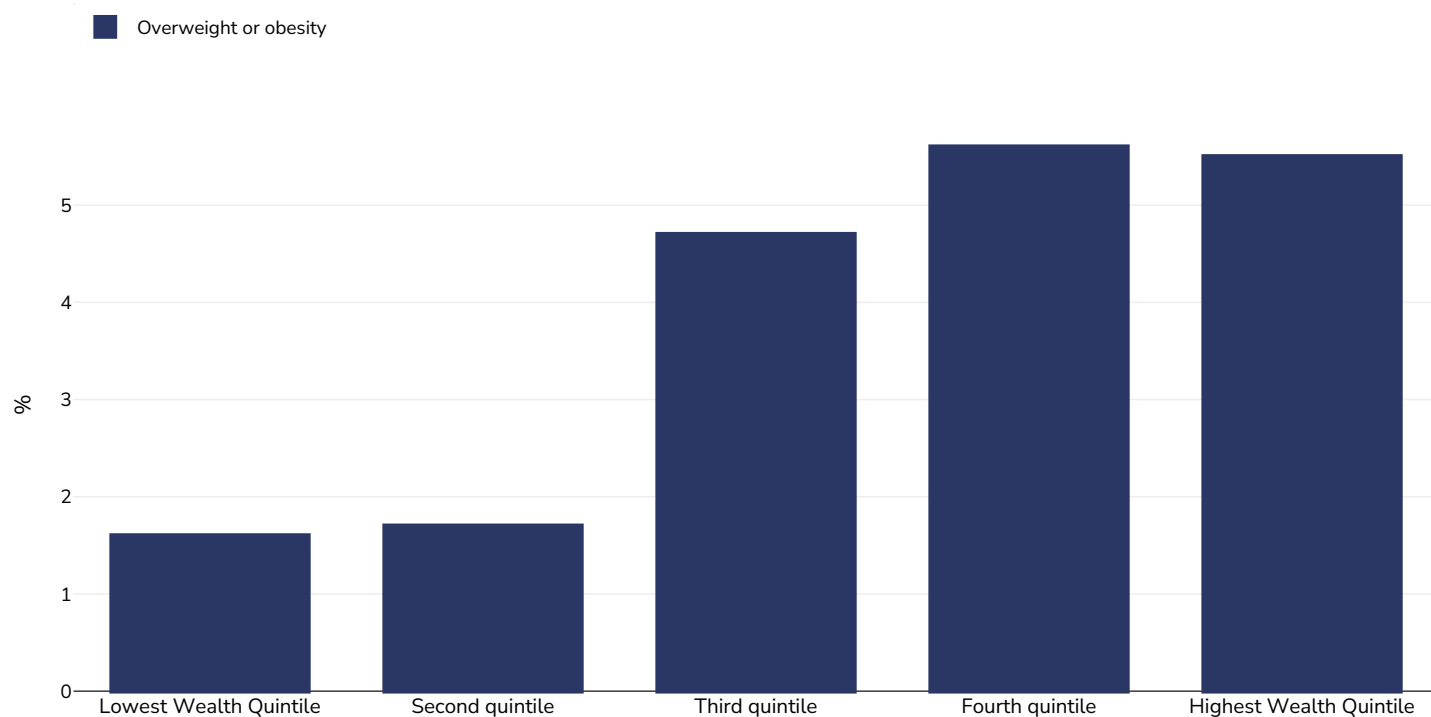
### Women, 2016-2017



Survey type:	Measured
Age:	15-49
Sample size:	4159
Area covered:	National
References:	Oman National Nutrition Survey 2016-2017 <a href="http://groundworkhealth.org/wp-content/uploads/2020/04/ONNS_Report_2017.pdf">http://groundworkhealth.org/wp-content/uploads/2020/04/ONNS_Report_2017.pdf</a> (Accessed 04.09.20)
Notes:	Omani citizens only.

*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>.*

## 0-5 years, 2016-2017



### References:

NNS: Oman National Nutrition Survey 2017. Muscat, Oman, 2018

### Notes:

UNICEF/WHO/World Bank Joint Child Malnutrition Estimates Expanded Database: Overweight (Survey Estimates), May 2023, New York.

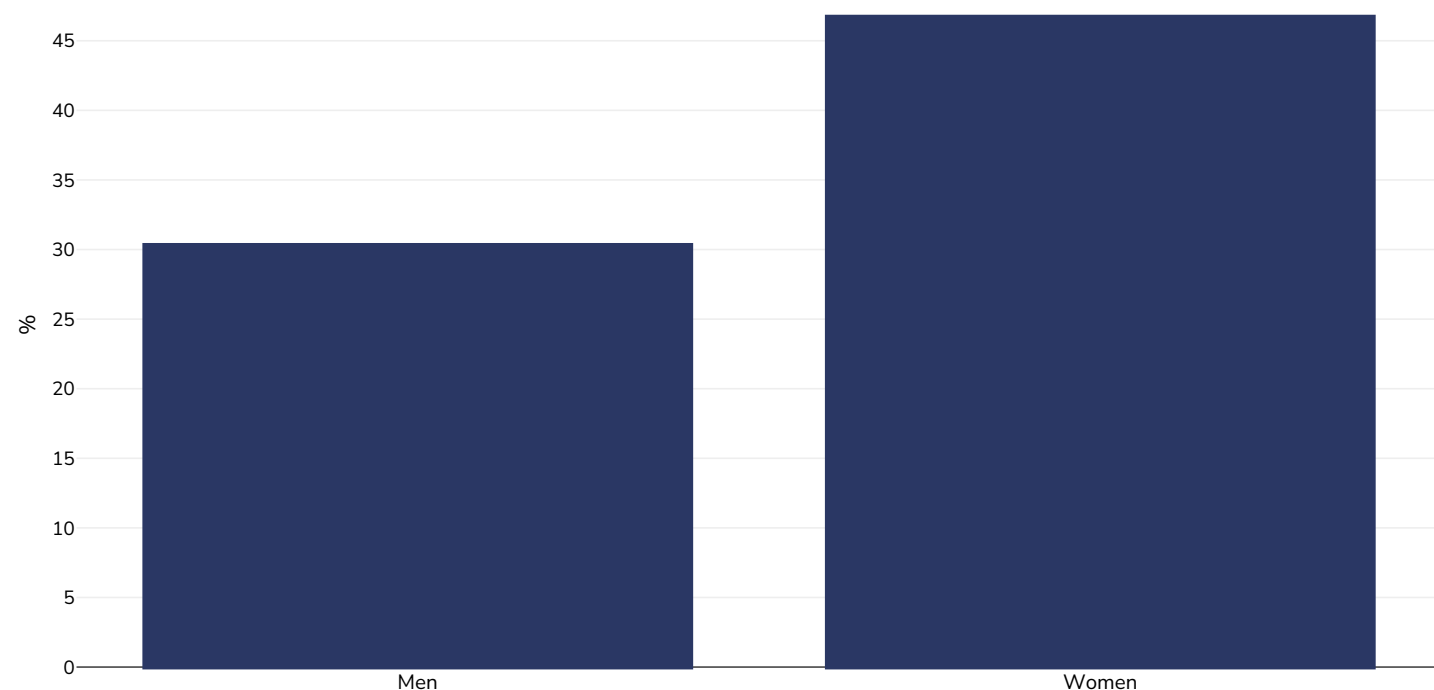
For more information about the methodology, please consult <https://data.unicef.org/resources/jme-2023-country-consultations/>  
Percentage of children under 5 years of age falling above 2 standard deviations (moderate and severe) from the median weight-for-height of the reference population.

### Definitions:

=>+2SD

## Double burden of underweight & overweight

Adults, 2022



**Survey type:** Measured

**Age:** 20+

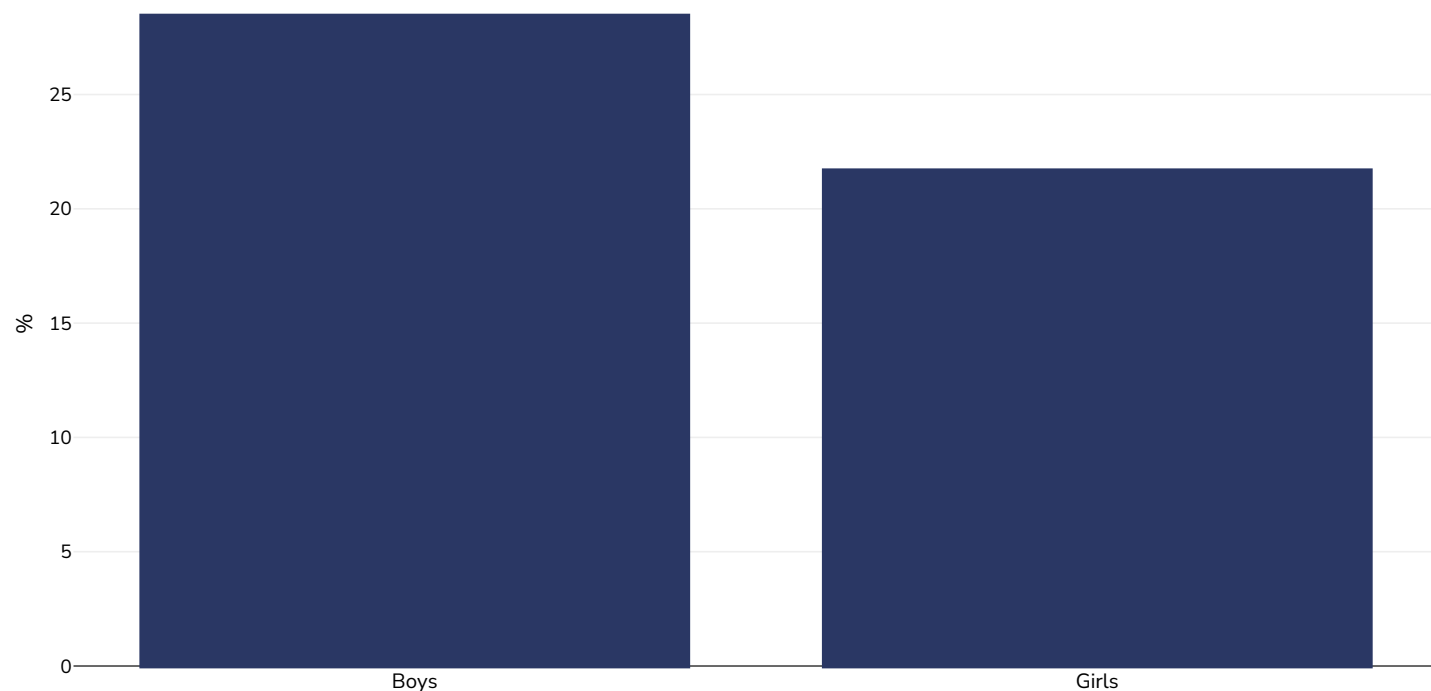
**References:** NCD Risk Factor Collaboration (NCD-RisC). Worldwide trends in underweight and obesity from 1990 to 2022: a pooled analysis of 3663 population representative studies with 222 million children, adolescents, and adults. Lancet 2024; published online Feb 29. [https://doi.org/10.1016/S0140-6736\(23\)02750-2](https://doi.org/10.1016/S0140-6736(23)02750-2).

**Notes:** Age Standardised estimates

**Definitions:** Combined prevalence of BMI<18.5 kg/m<sup>2</sup> and BMI≥30 kg/m<sup>2</sup> (double burden of underweight and obesity)

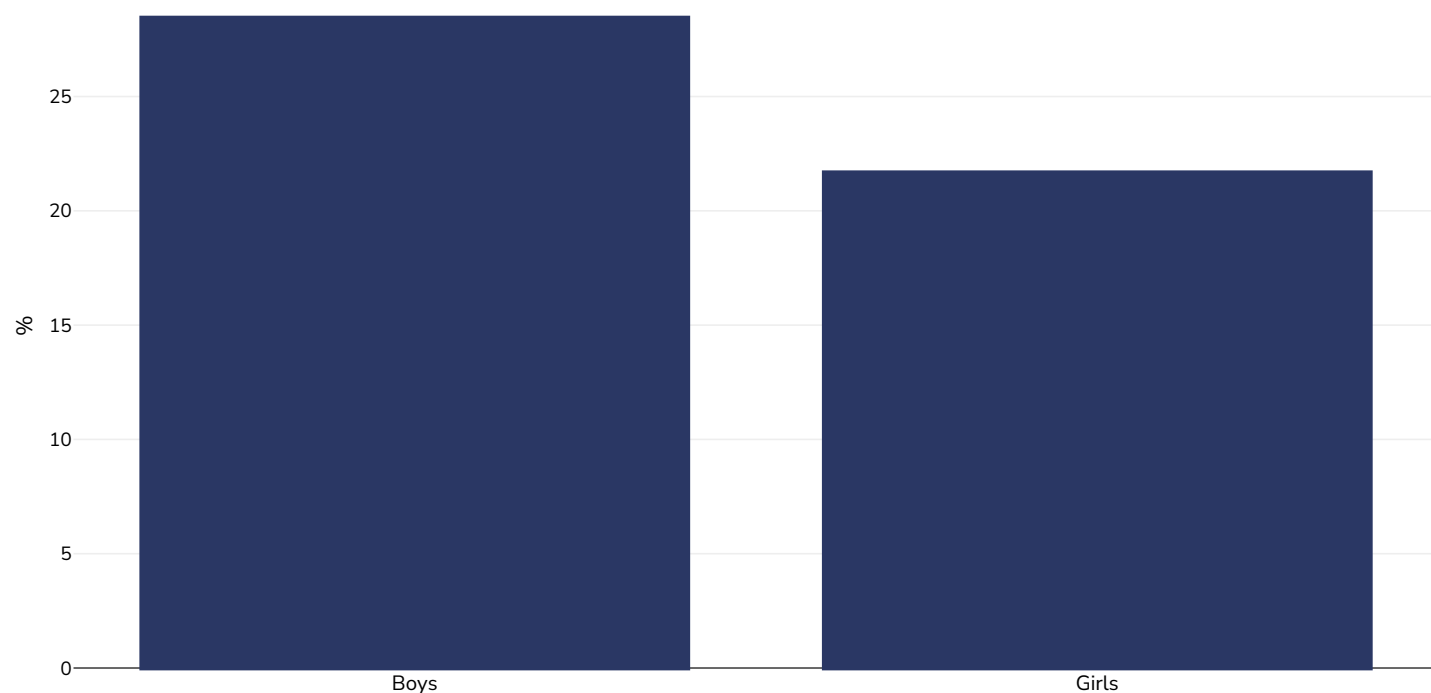


## Children, 2022



Survey type:	Measured
Age:	5-19
References:	NCD Risk Factor Collaboration (NCD-RisC). Worldwide trends in underweight and obesity from 1990 to 2022: a pooled analysis of 3663 population representative studies with 222 million children, adolescents, and adults. Lancet 2024; published online Feb 29. <a href="https://doi.org/10.1016/S0140-6736(23)02750-2">https://doi.org/10.1016/S0140-6736(23)02750-2</a> .
Notes:	Age standardised estimates
Definitions:	Combined prevalence of BMI < -2SD and BMI > 2SD (double burden of thinness and obesity)
Cutoffs:	BMI < -2SD and BMI > 2SD

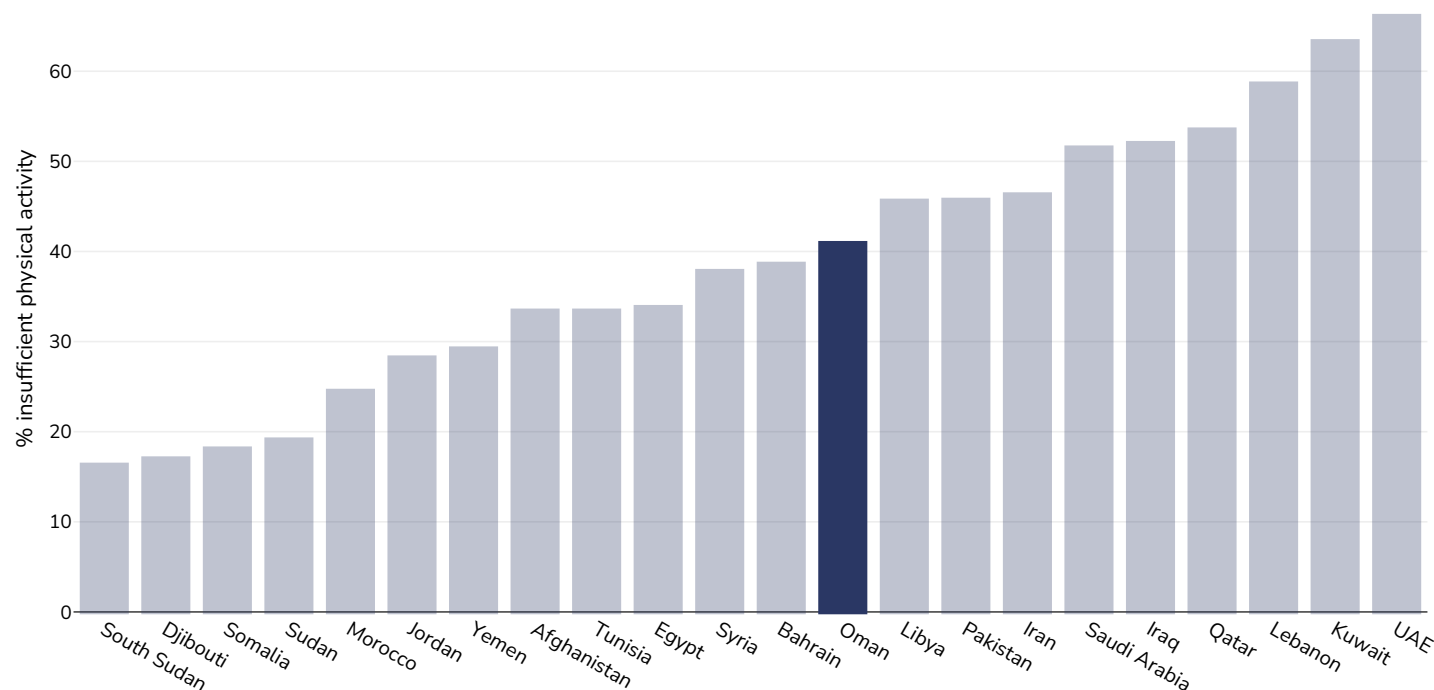
## 0-5 years, 1999-1999



Survey type:	Measured
Age:	0-5
References:	UNICEF data available at <a href="https://data.unicef.org/topic/nutrition/malnutrition/">https://data.unicef.org/topic/nutrition/malnutrition/</a> (last accessed 12.03.25)
Notes:	Children under 5 falling below -2 standard deviations from the median height for age and falling at or above +2 standard deviations from the median weight-for-height of the reference population

## Insufficient physical activity

Adults, 2022



Survey type: Self-reported

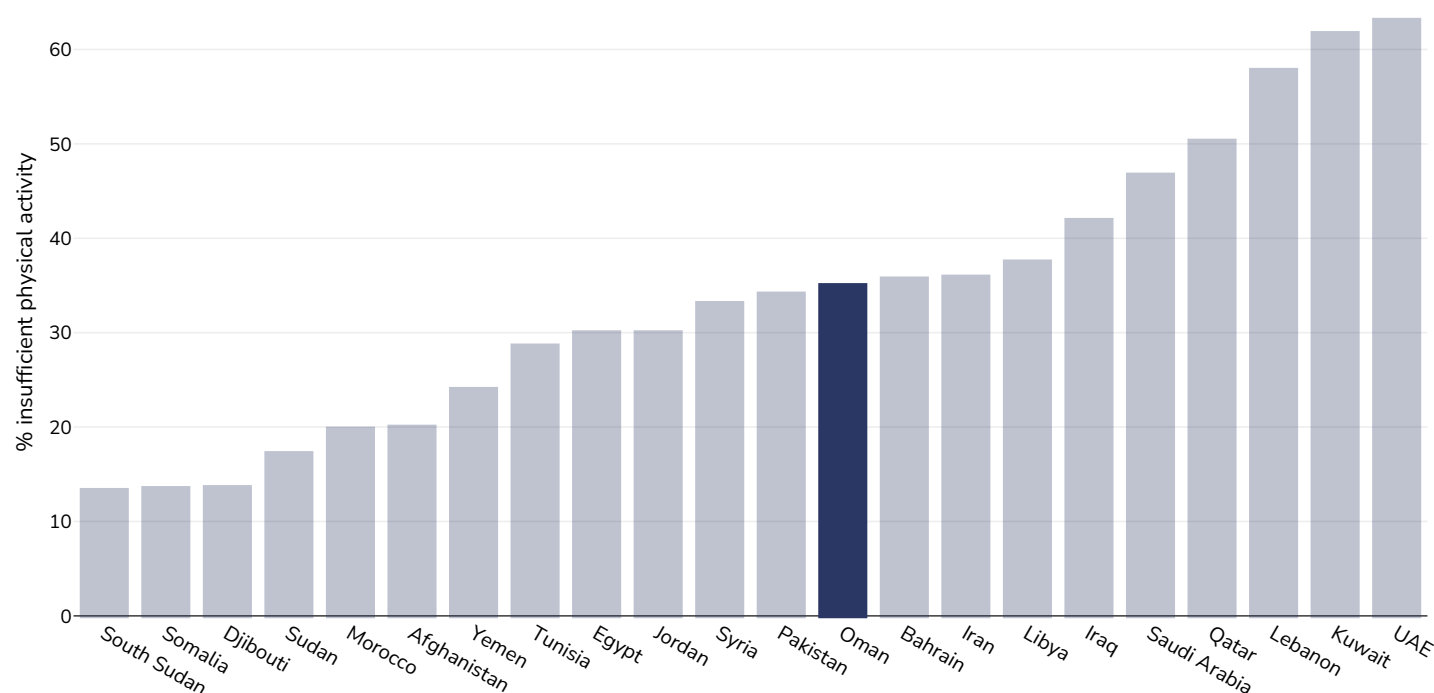
Age: 18+

Area covered: National

References: WHO (2024). Prevalence of insufficient physical activity among adults aged 18-years age-standardized estimate in 2022. Available at [https://www.who.int/data/gho/data/indicators/indicator-details/GHO/prevalence-of-insufficient-physical-activity-among-adults-aged-18-years-\(age-standardized-estimate\)-\(-\)](https://www.who.int/data/gho/data/indicators/indicator-details/GHO/prevalence-of-insufficient-physical-activity-among-adults-aged-18-years-(age-standardized-estimate)-(-))

Definitions: Percent of population attaining less than 150 minutes of moderate-intensity physical activity per week, or less than 75 minutes of vigorous-intensity physical activity per week, or equivalent.

## Men, 2022



Survey type: Self-reported

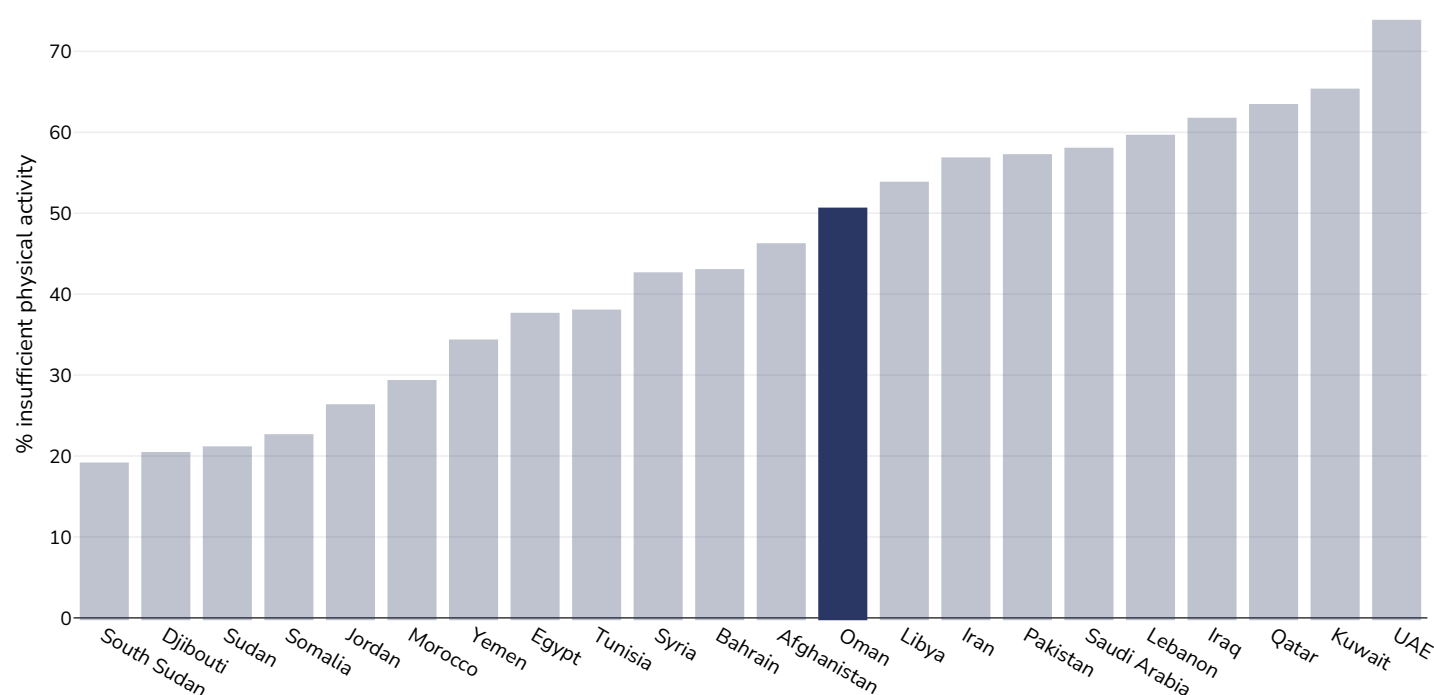
Age: 18+

Area covered: National

References: WHO (2024). Prevalence of insufficient physical activity among adults aged 18-years age-standardized estimate in 2022. Available at [https://www.who.int/data/gho/data/indicators/indicator-details/GHO/prevalence-of-insufficient-physical-activity-among-adults-aged-18-years-\(age-standardized-estimate\)-\(-\)](https://www.who.int/data/gho/data/indicators/indicator-details/GHO/prevalence-of-insufficient-physical-activity-among-adults-aged-18-years-(age-standardized-estimate)-(-))

Definitions: Percent of population attaining less than 150 minutes of moderate-intensity physical activity per week, or less than 75 minutes of vigorous-intensity physical activity per week, or equivalent.

## Women, 2022



Survey type: Self-reported

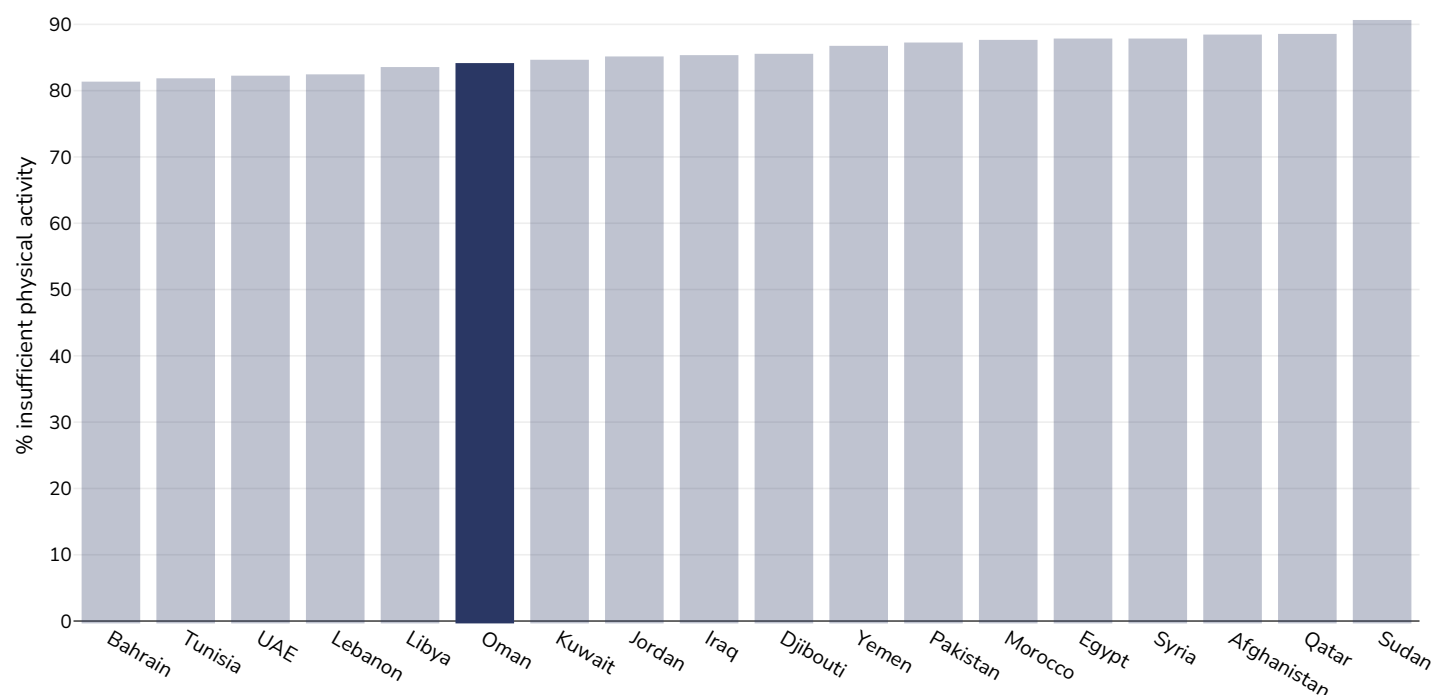
Age: 18+

Area covered: National

References: WHO (2024). Prevalence of insufficient physical activity among adults aged 18-years age-standardized estimate in 2022. Available at [https://www.who.int/data/gho/data/indicators/indicator-details/GHO/prevalence-of-insufficient-physical-activity-among-adults-aged-18-years-\(age-standardized-estimate\)-\(-\)](https://www.who.int/data/gho/data/indicators/indicator-details/GHO/prevalence-of-insufficient-physical-activity-among-adults-aged-18-years-(age-standardized-estimate)-(-))

Definitions: Percent of population attaining less than 150 minutes of moderate-intensity physical activity per week, or less than 75 minutes of vigorous-intensity physical activity per week, or equivalent.

## Children, 2016



**Survey type:** Self-reported

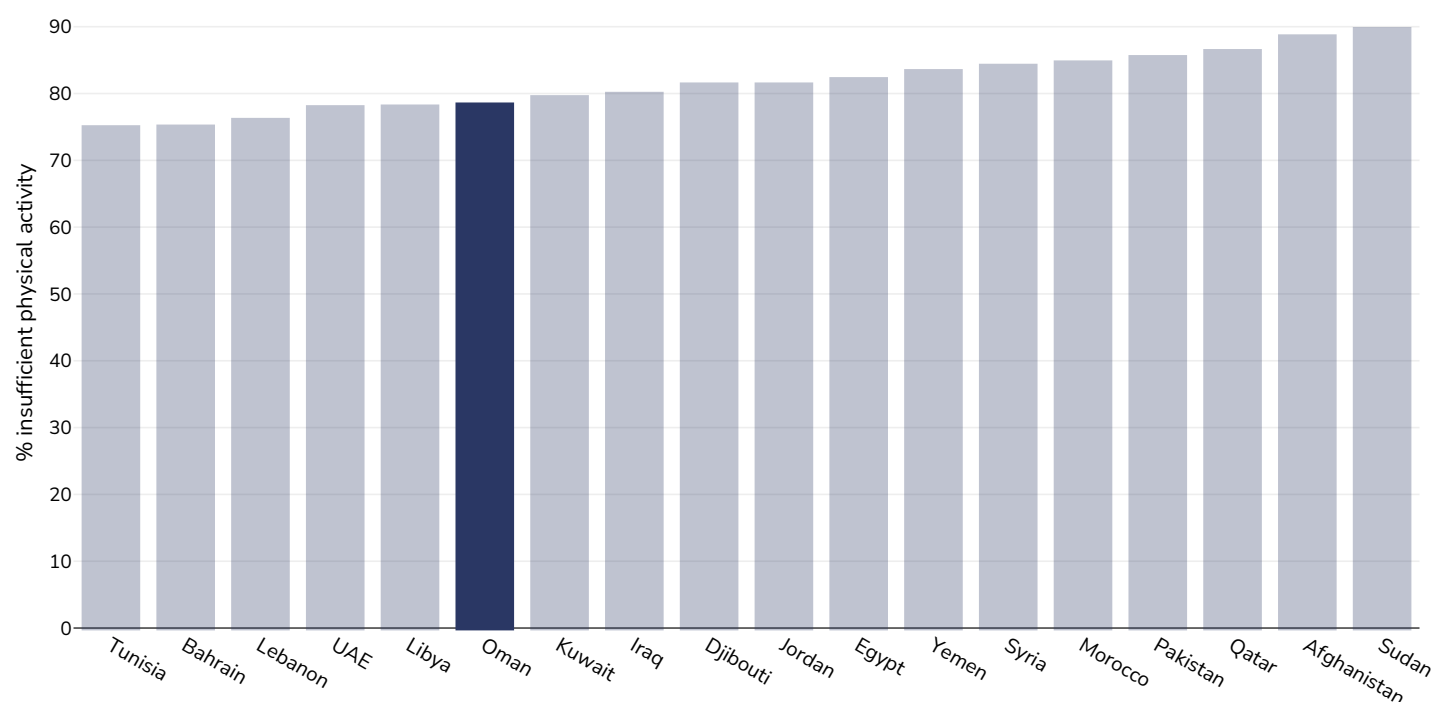
**Age:** 11-17

**References:** Global Health Observatory data repository, World Health Organisation, <https://apps.who.int/gho/data/node.main.A893ADO?lang=en> (last accessed 16.03.21)

**Notes:** % of school going adolescents not meeting WHO recommendations on Physical Activity for Health, i.e. doing less than 60 minutes of moderate- to vigorous-intensity physical activity daily.

**Definitions:** % Adolescents insufficiently active (age standardised estimate)

## Boys, 2016



**Survey type:** Self-reported

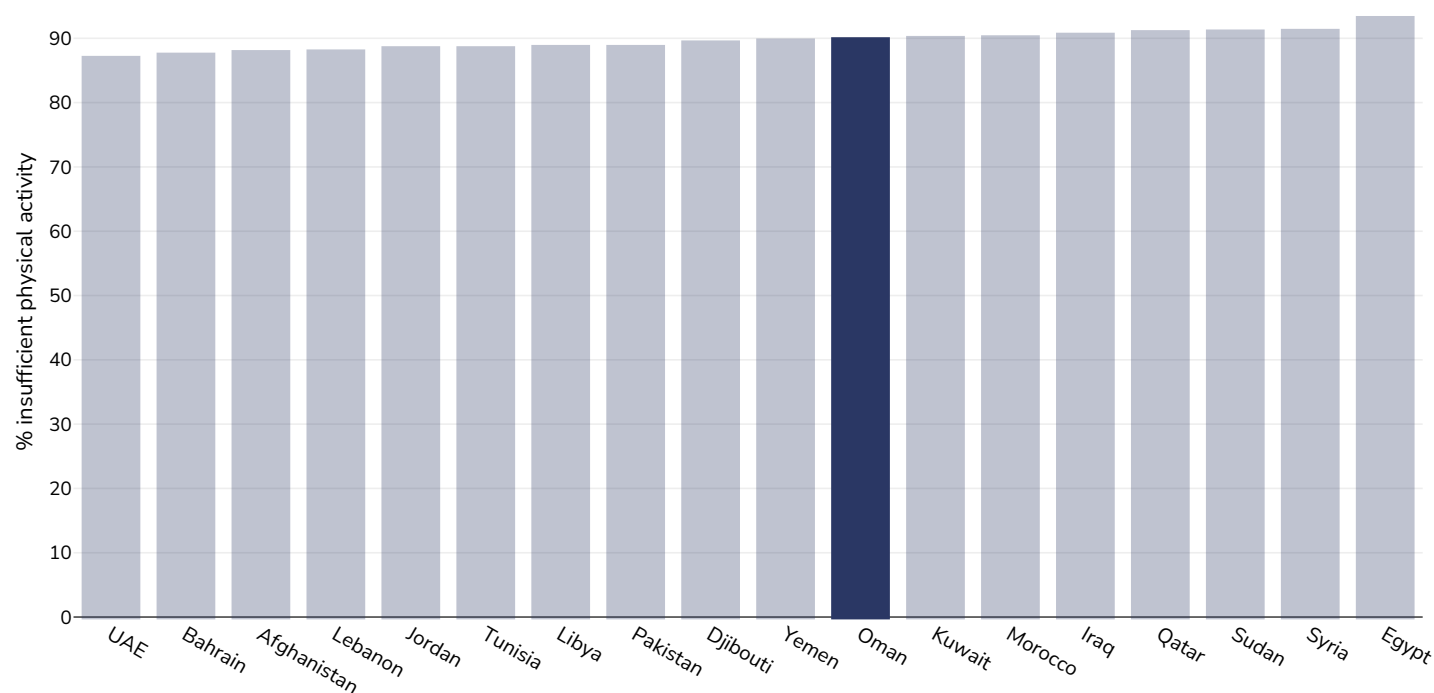
**Age:** 11-17

**References:** Global Health Observatory data repository, World Health Organisation, <https://apps.who.int/gho/data/node.main.A893ADO?lang=en> (last accessed 16.03.21)

**Notes:** % of school going adolescents not meeting WHO recommendations on Physical Activity for Health, i.e. doing less than 60 minutes of moderate- to vigorous-intensity physical activity daily.

**Definitions:** % Adolescents insufficiently active (age standardised estimate)

## Girls, 2016



**Survey type:** Self-reported

**Age:** 11-17

**References:** Global Health Observatory data repository, World Health Organisation, <https://apps.who.int/gho/data/node.main.A893ADO?lang=en> (last accessed 16.03.21)

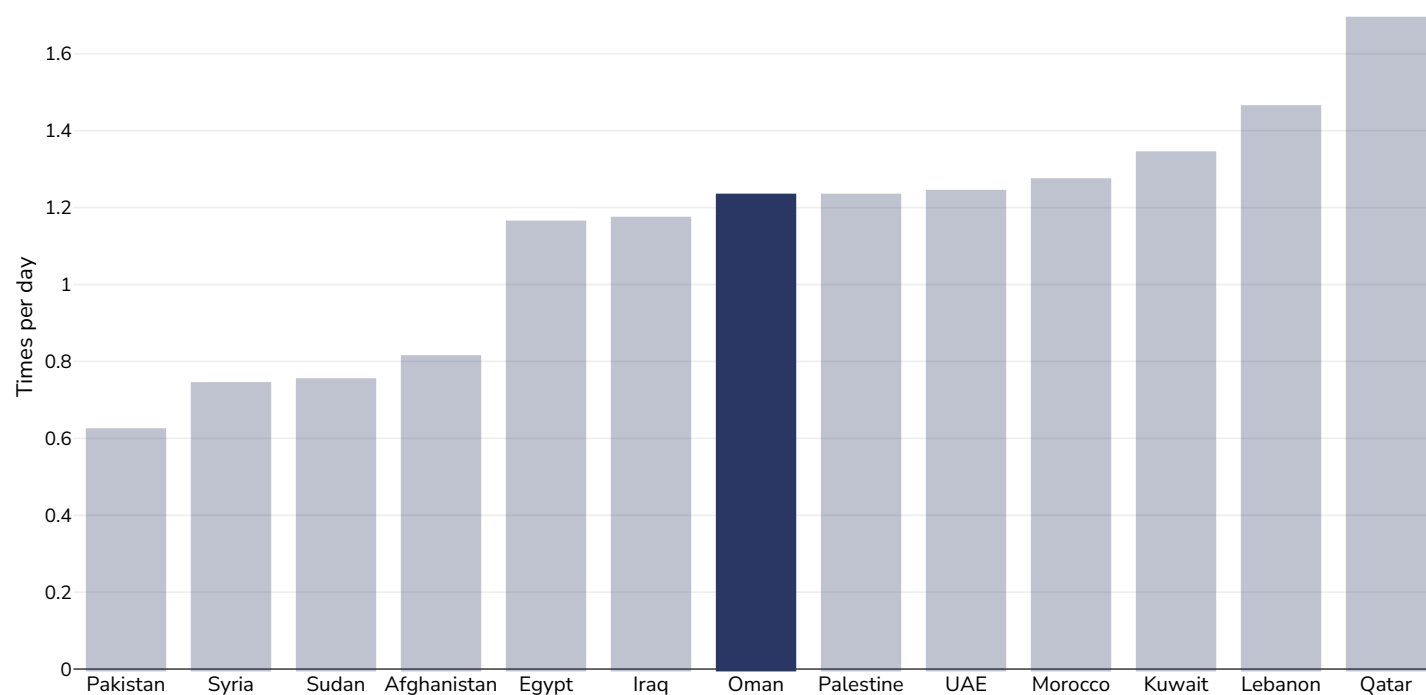
**Notes:** % of school going adolescents not meeting WHO recommendations on Physical Activity for Health, i.e. doing less than 60 minutes of moderate- to vigorous-intensity physical activity daily.

**Definitions:** % Adolescents insufficiently active (age standardised estimate)



## Average daily frequency of carbonated soft drink consumption

### Children, 2009-2015



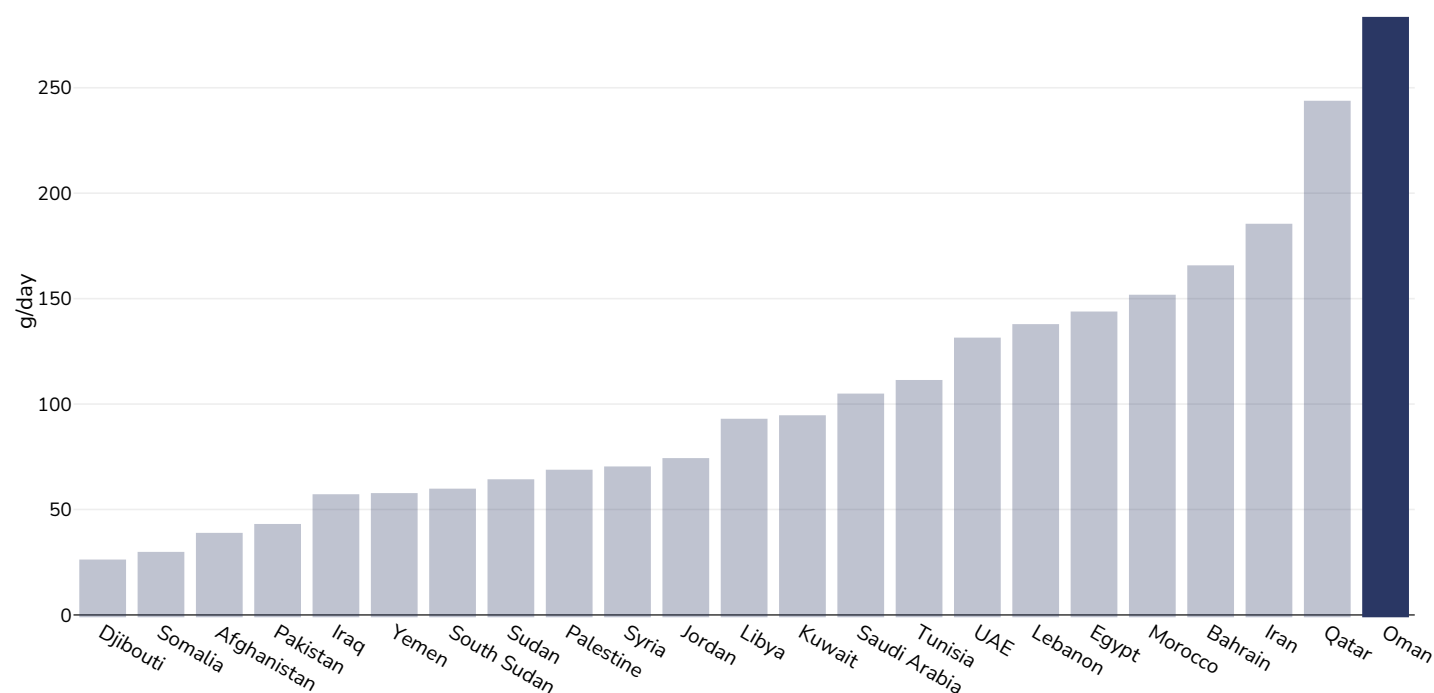
Survey type: Measured

Age: 12-17

References: Beal et al. (2019). Global Patterns of Adolescent Fruit, Vegetable, Carbonated Soft Drink, and Fast-food consumption: A meta-analysis of global school-based student health surveys. Food and Nutrition Bulletin. <https://doi.org/10.1177/0379572119848287> sourced from Food Systems Dashboard <http://www.foodsystemsdashboard.org/food-system>

## Estimated per capita fruit intake

Adults, 2017



Survey type: Measured

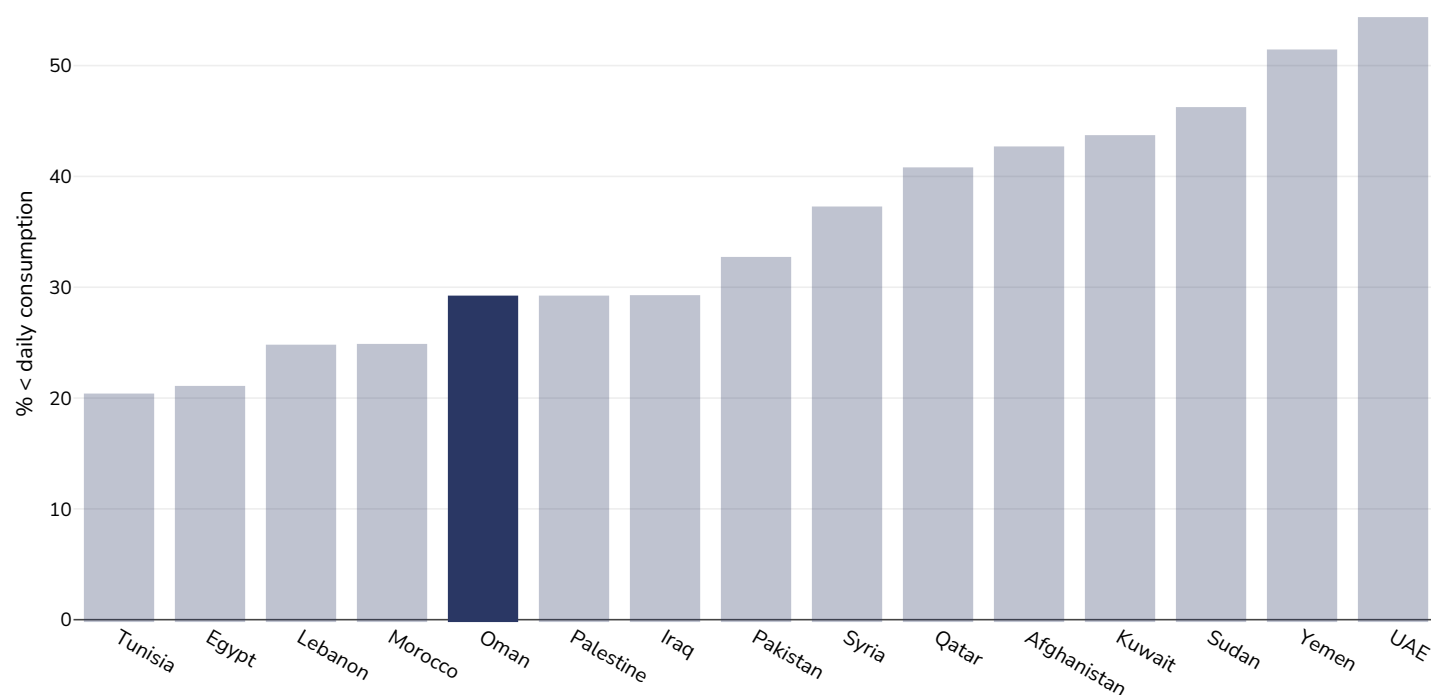
Age: 25+

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

Definitions: Estimated per-capita fruit intake (g/day)

## Prevalence of less than daily fruit consumption

Children, 2008-2015



Survey type: Measured

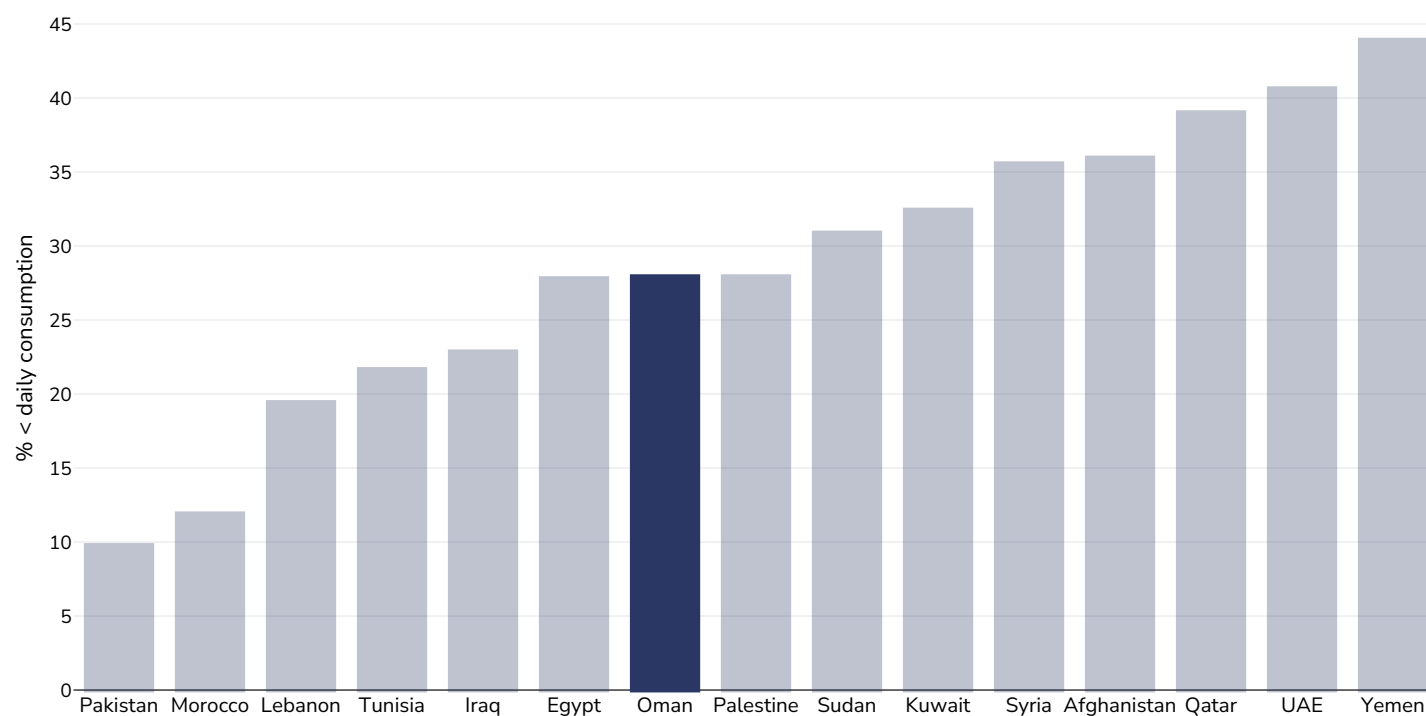
Age: 12-17

References: Global School-based Student Health Surveys. Beal et al (2019). Global Patterns of Adolescent Fruit, Vegetable, Carbonated Soft Drink, and Fast-food consumption: A meta-analysis of global school-based student health surveys. Food and Nutrition Bulletin. <https://doi.org/10.1177/0379572119848287>. Sourced from Food Systems Dashboard <http://www.foodsystemsdashboard.org/food-system>

Definitions: Prevalence of less-than-daily fruit consumption (% less-than-daily fruit consumption)

## Prevalence of less than daily vegetable consumption

### Children, 2008-2015



Survey type: Measured

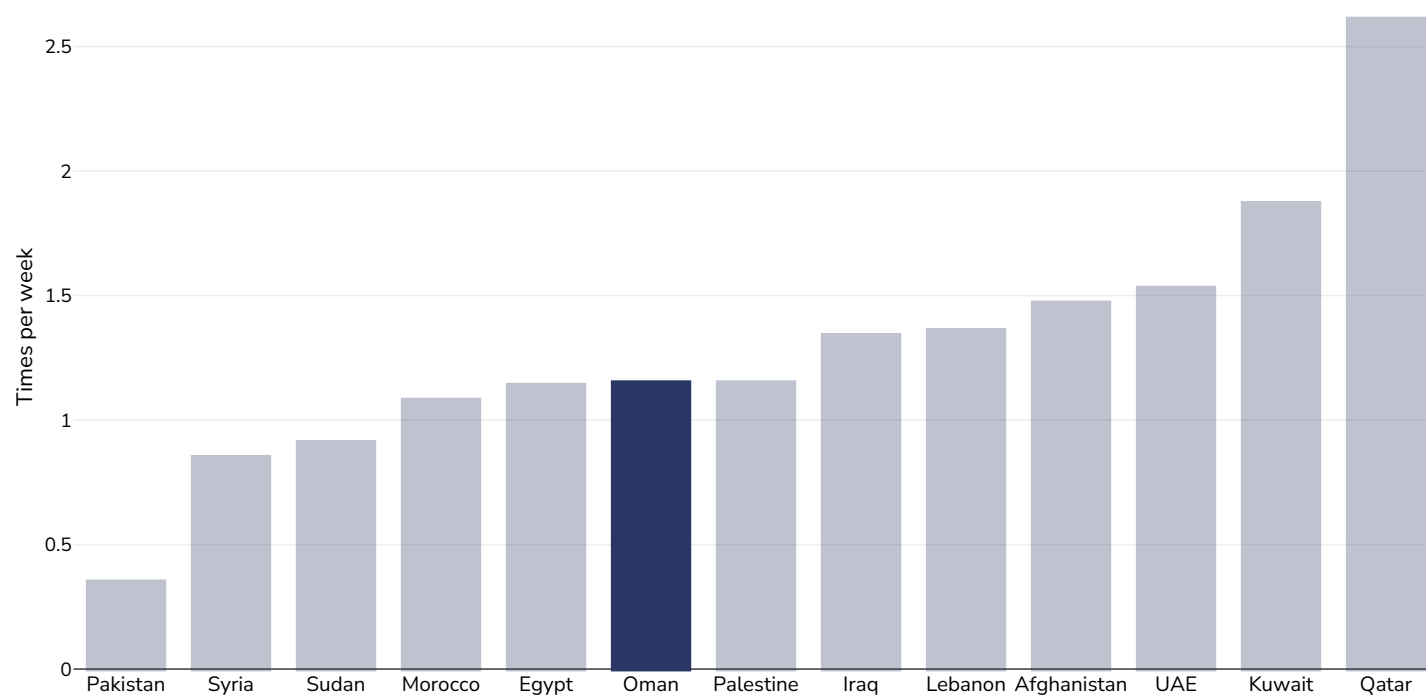
Age: 12-17

References: Beal et al. (2019). Global Patterns of Adolescent Fruit, Vegetable, Carbonated Soft Drink, and Fast-food consumption: A meta-analysis of global school-based student health surveys. Food and Nutrition Bulletin. <https://doi.org/10.1177/0379572119848287> sourced from Food Systems Dashboard <http://www.foodsystemsdashboard.org/food-system>

Definitions: Prevalence of less-than-daily vegetable consumption (% less-than-daily vegetable consumption)

## Average weekly frequency of fast food consumption

### Children, 2009-2015



Age:

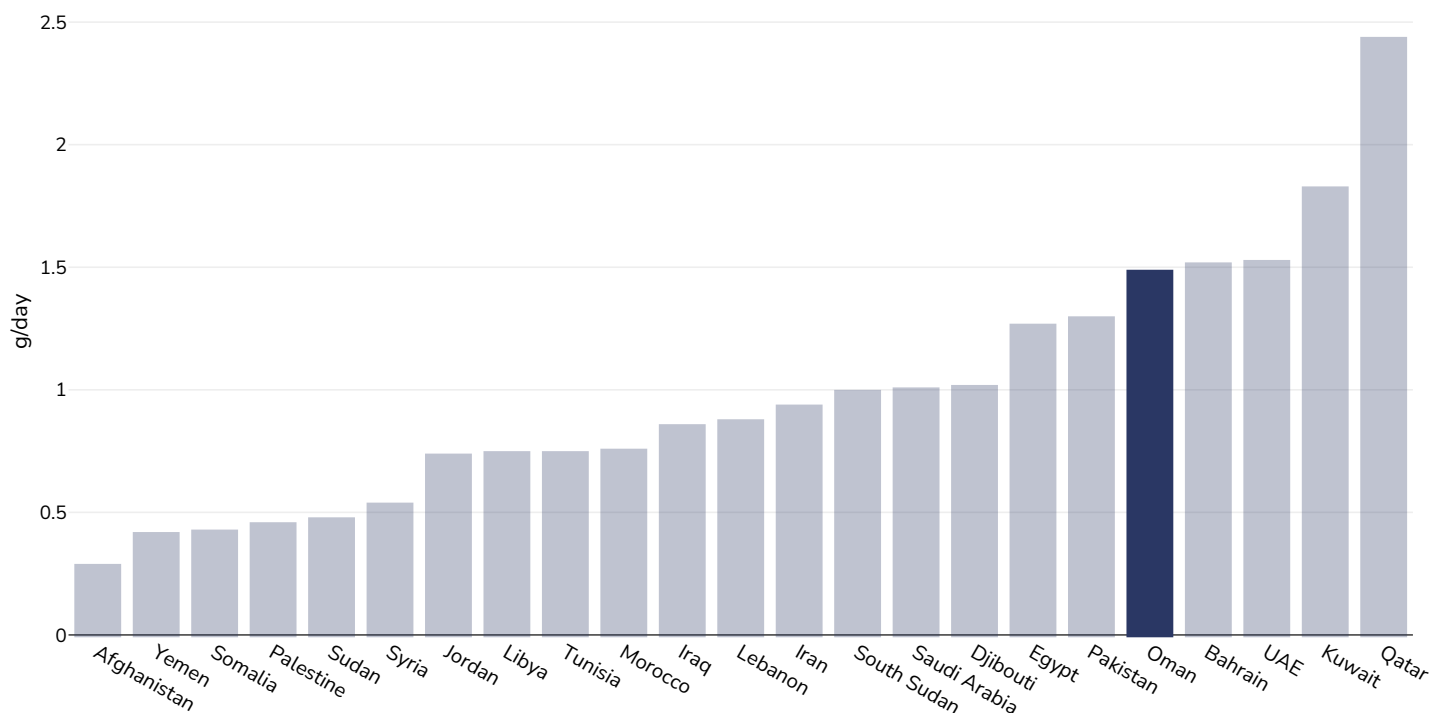
12-17

**References:**

Beal et al. (2019). Global Patterns of Adolescent Fruit, Vegetable, Carbonated Soft Drink, and Fast-food consumption: A meta-analysis of global school-based student health surveys. Food and Nutrition Bulletin. <https://doi.org/10.1177/0379572119848287> sourced from Food Systems Dashboard <http://www.foodsystemsdashboard.org/food-system>

## Estimated per-capita processed meat intake

Adults, 2017



Survey type: Measured

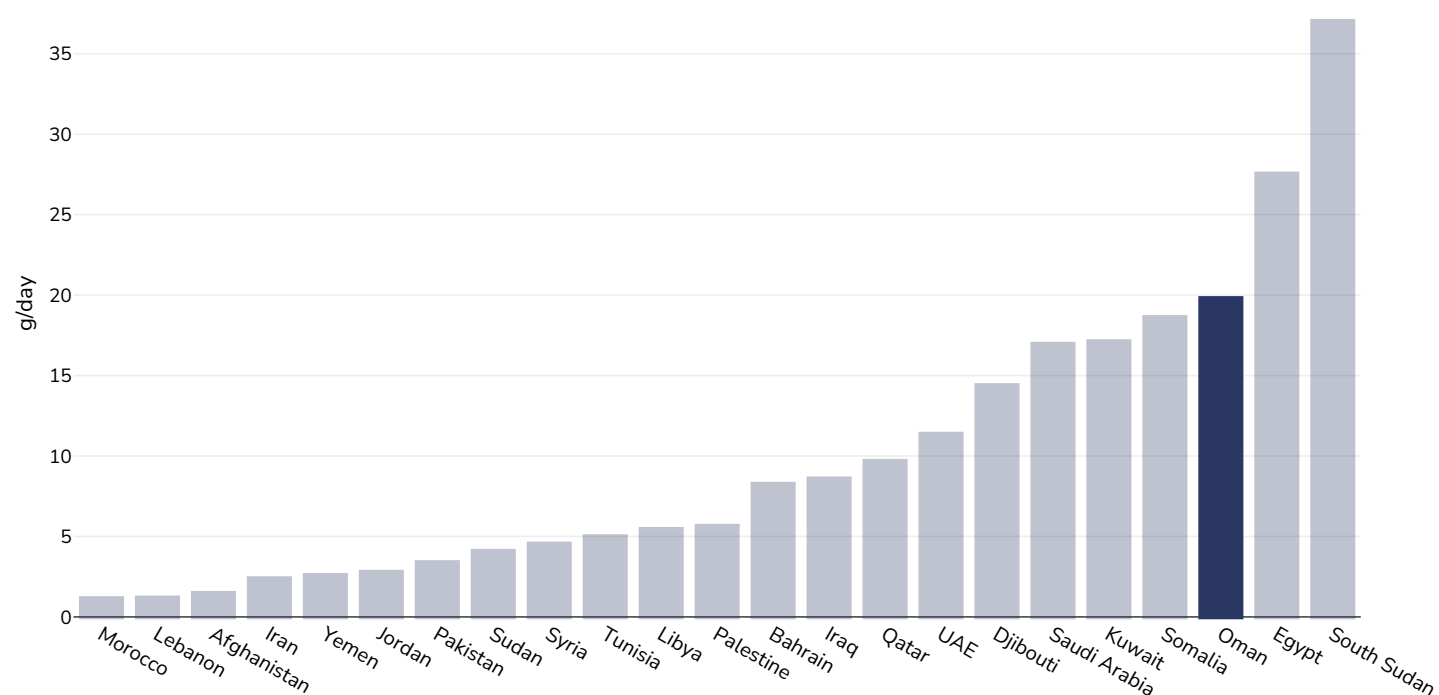
Age: 25+

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

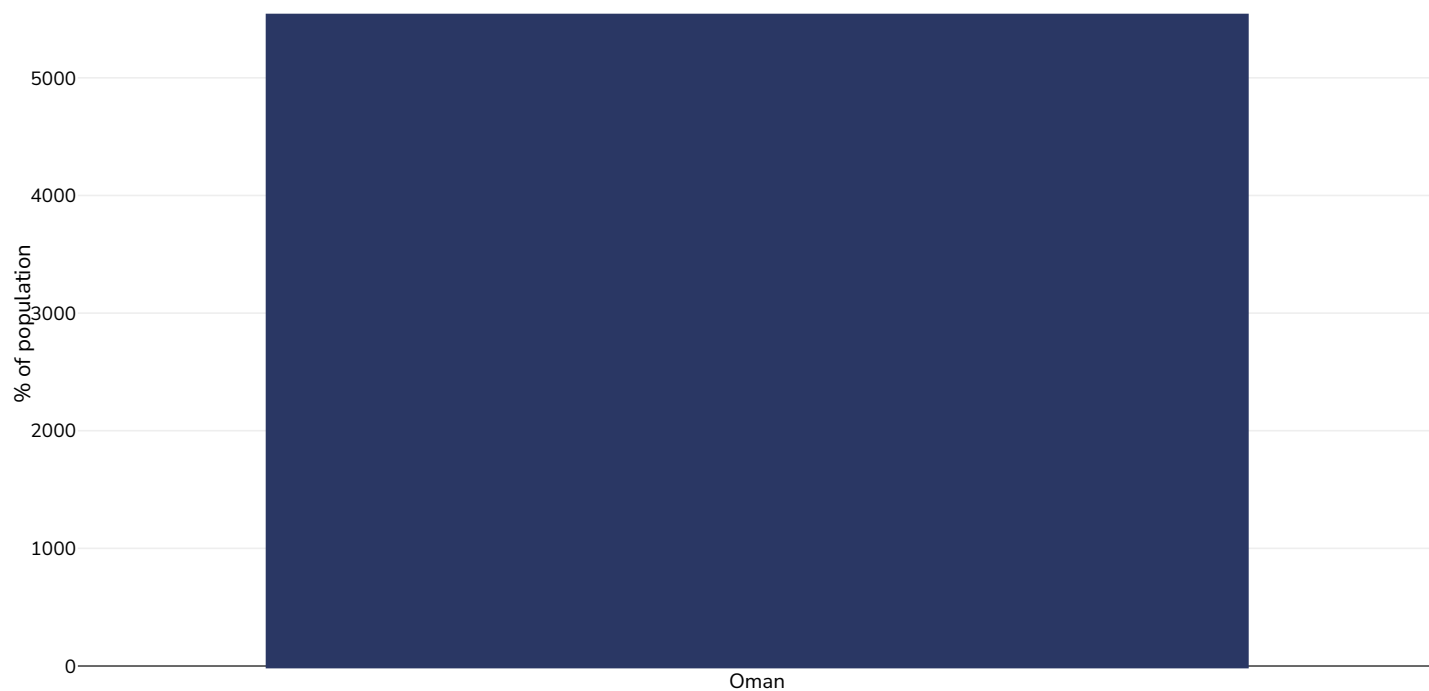
### Adults, 2021



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 <a href="http://vizhub.healthdata.org/gbd-compare">http://vizhub.healthdata.org/gbd-compare</a> . (Last accessed 23.04.25)
Definitions:	Number living with depression per 100,000 population (adults 20+ years)



## Men, 2021



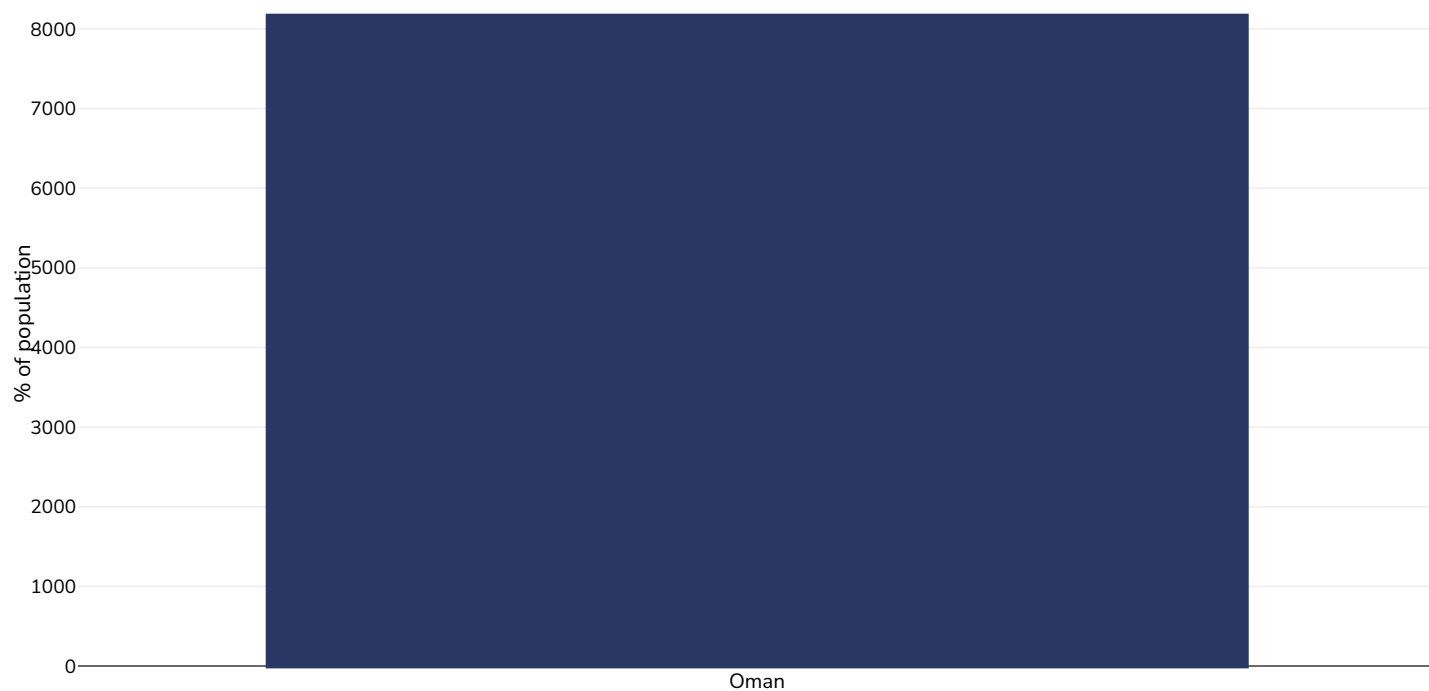
Age: 20+

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



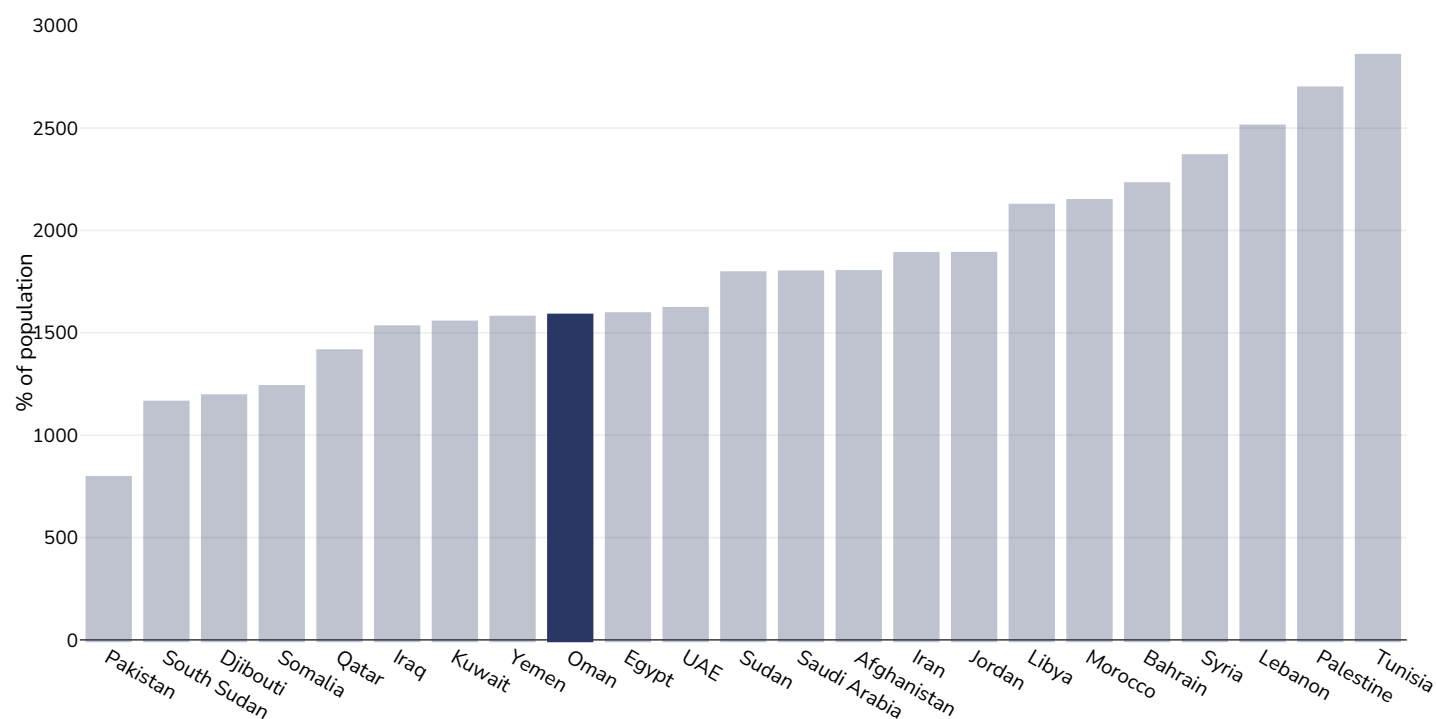
Age: 20+

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)

## Children, 2021



Area covered:

National

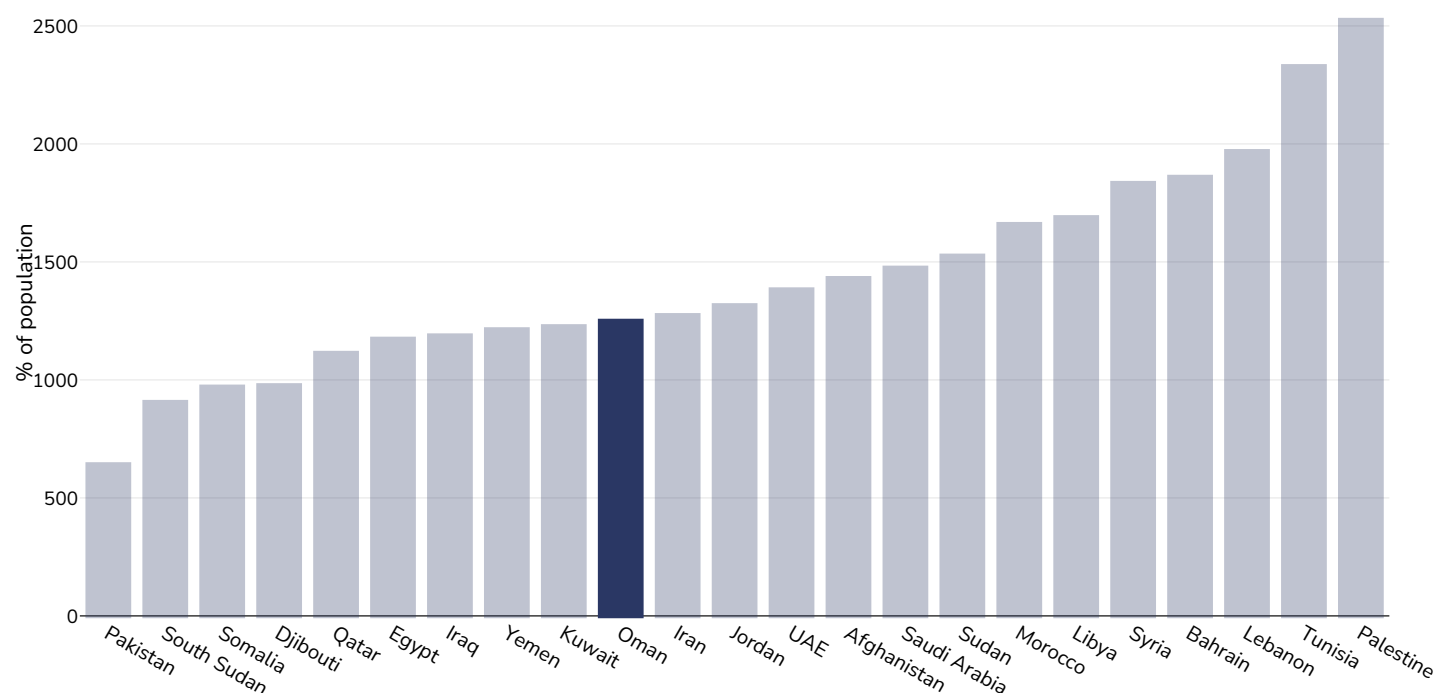
References:

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 depressive disorder per 100,000 population (Under 20 years of age)

## Boys, 2021



Area covered:

National

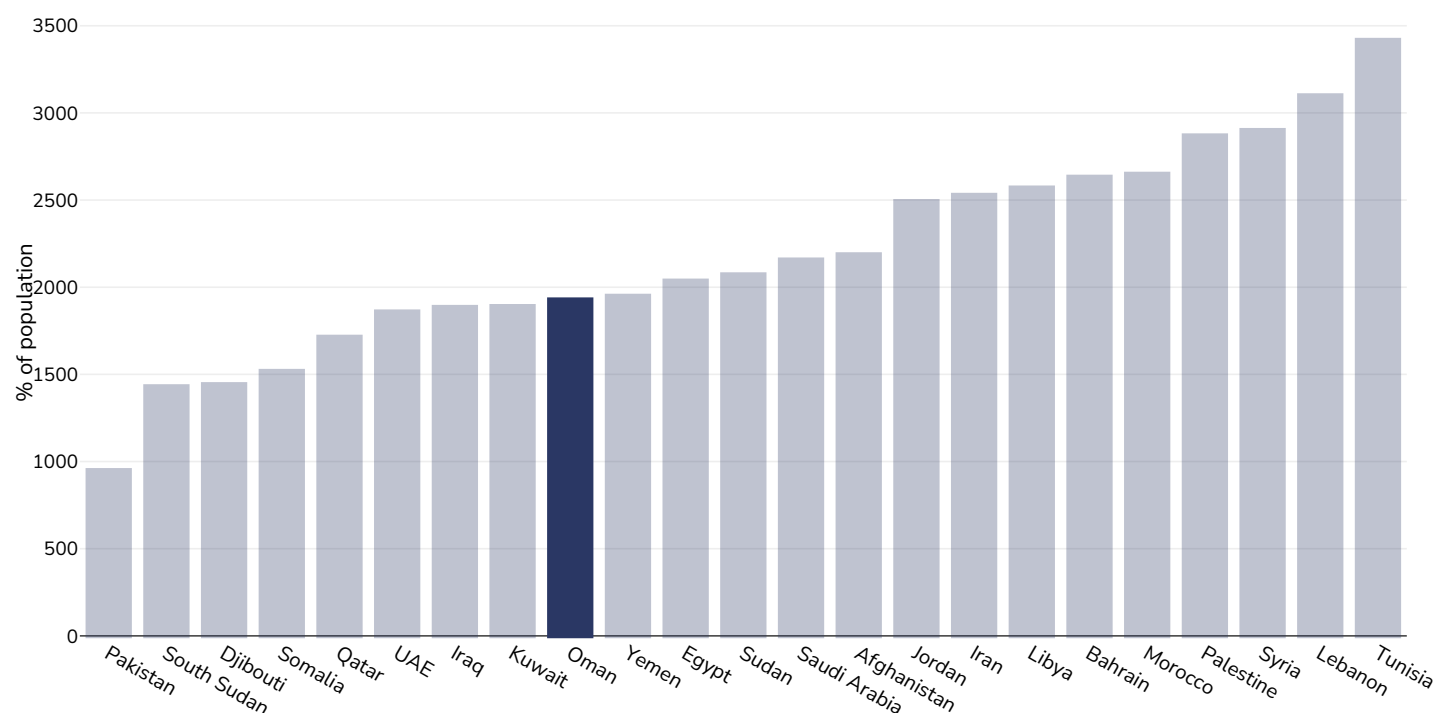
References:

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 depressive disorder per 100,000 population (Under 20 years of age)

## Girls, 2021



Area covered:

National

References:

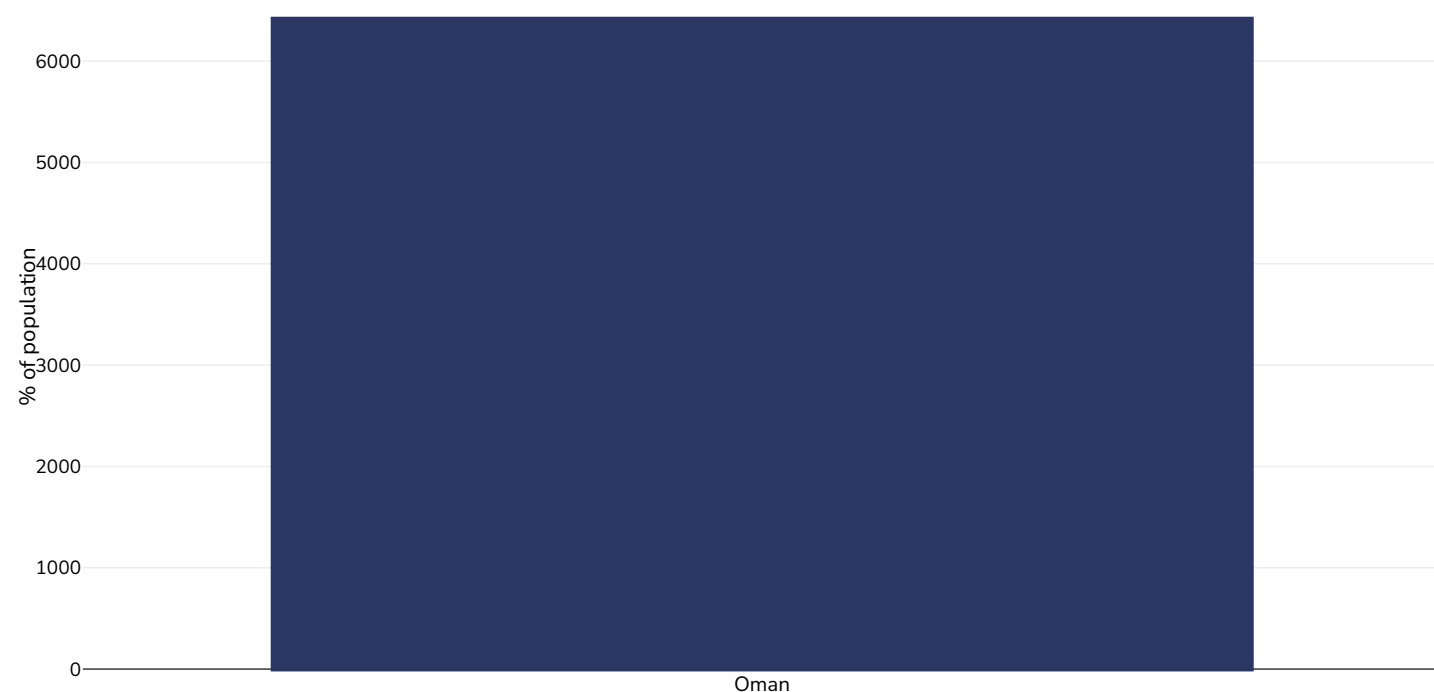
Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

Definitions:

Number living with depressive disorder per 100,000 population (Under 20 years of age)

## Mental health - anxiety disorders

### Adults, 2021

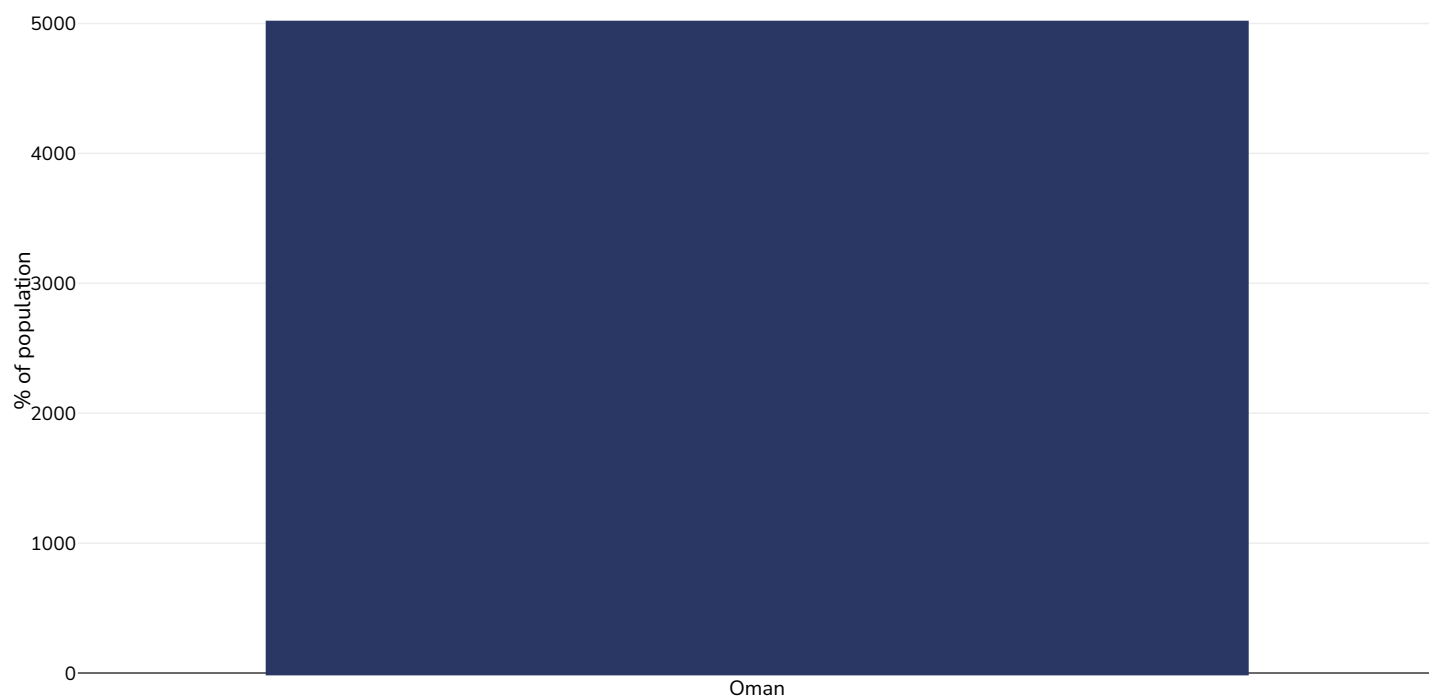


Age: 20+

**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

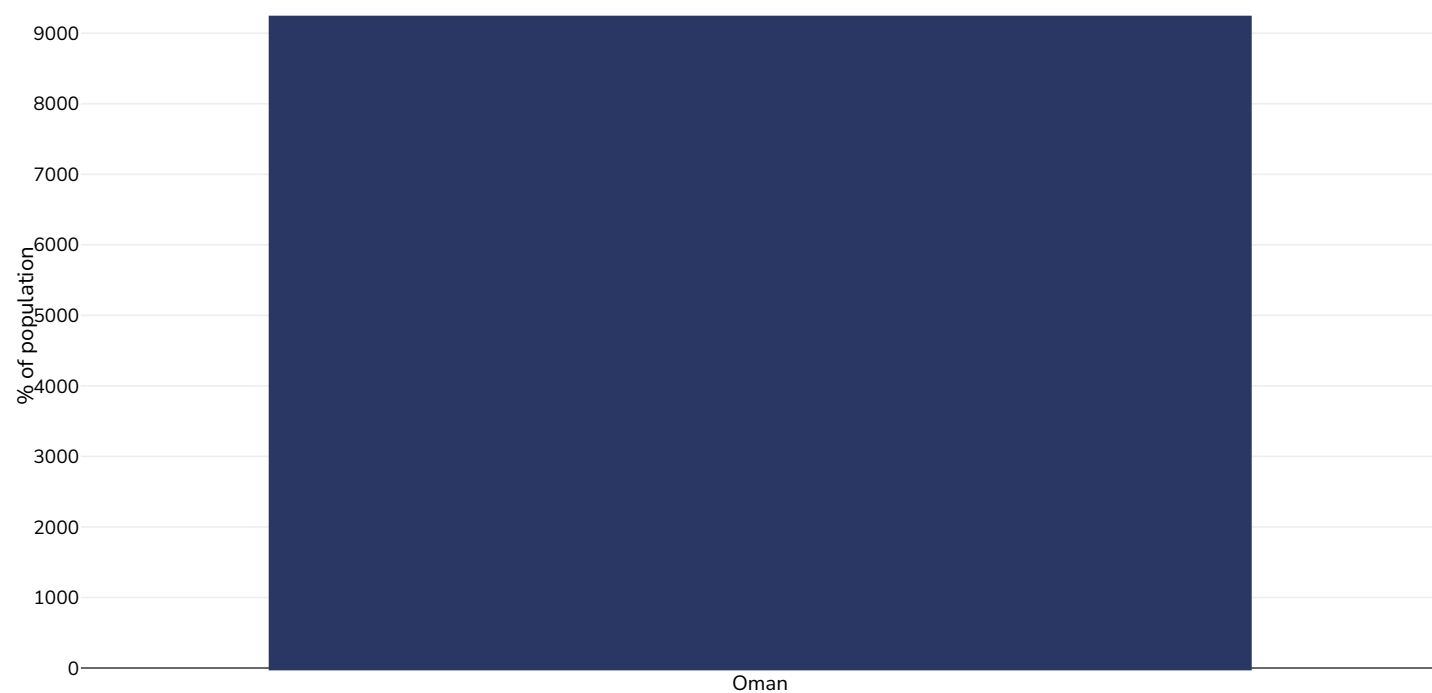


Age: 20+

**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



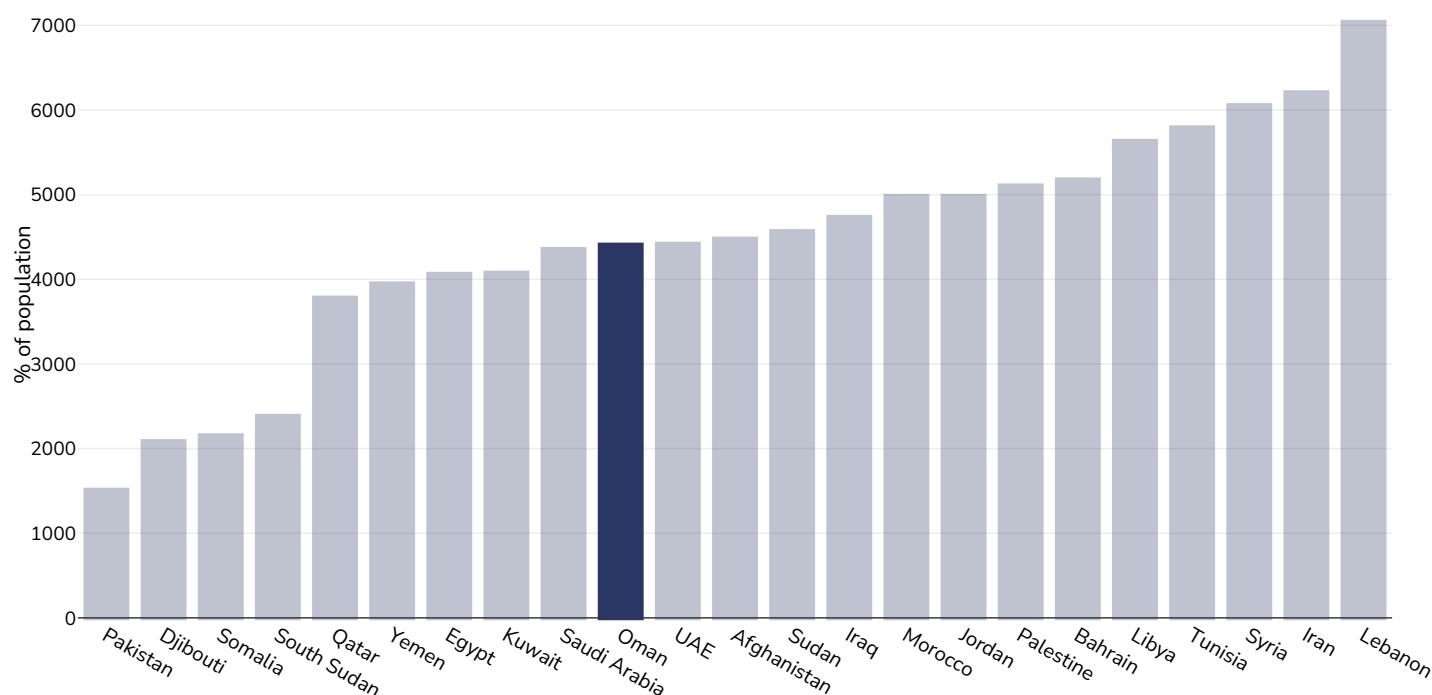
Age: 20+

**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



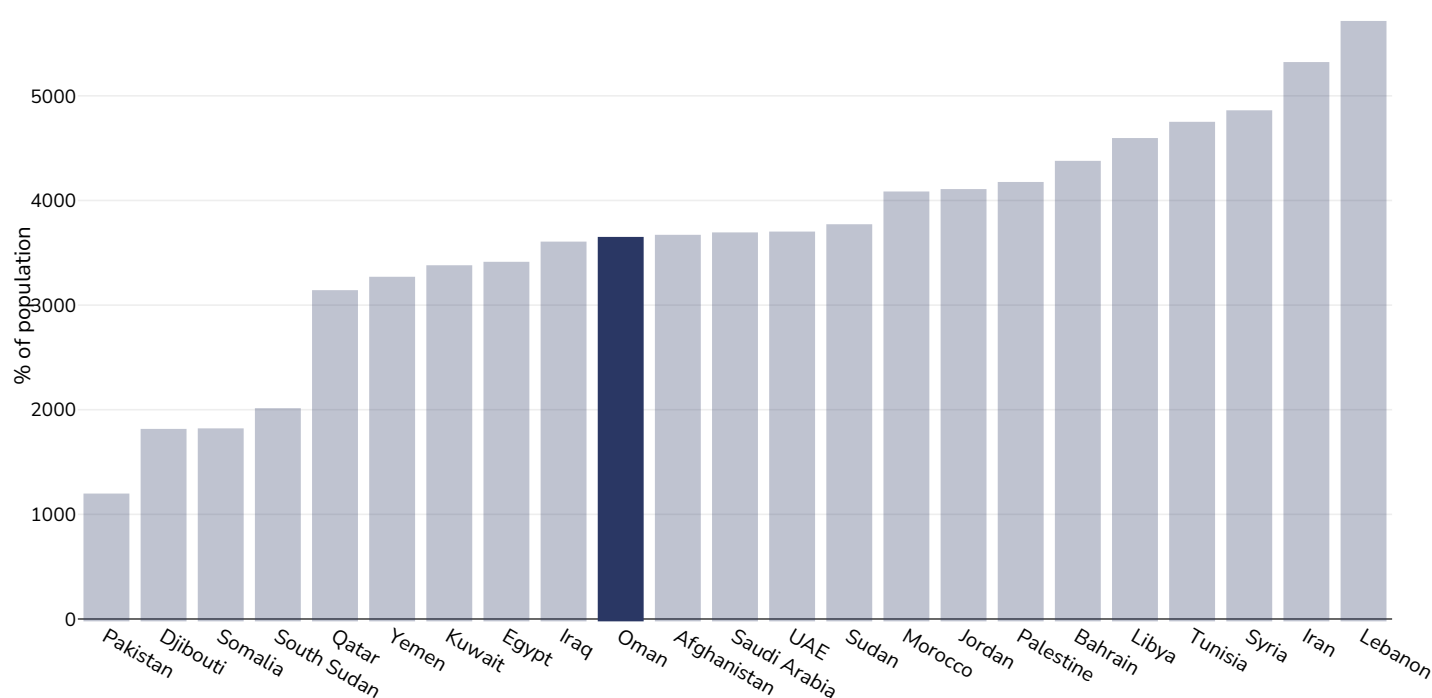
## Children, 2021



### 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)

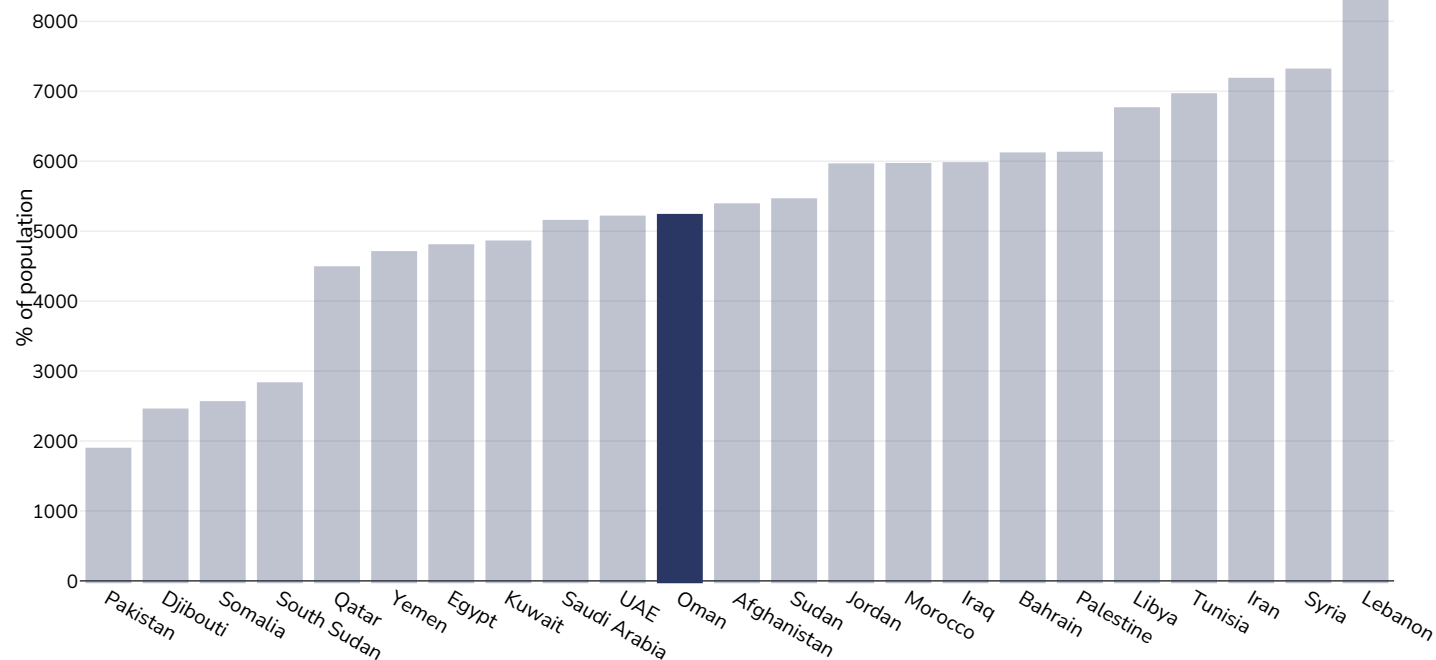
## Boys, 2021



### 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)

## Girls, 2021

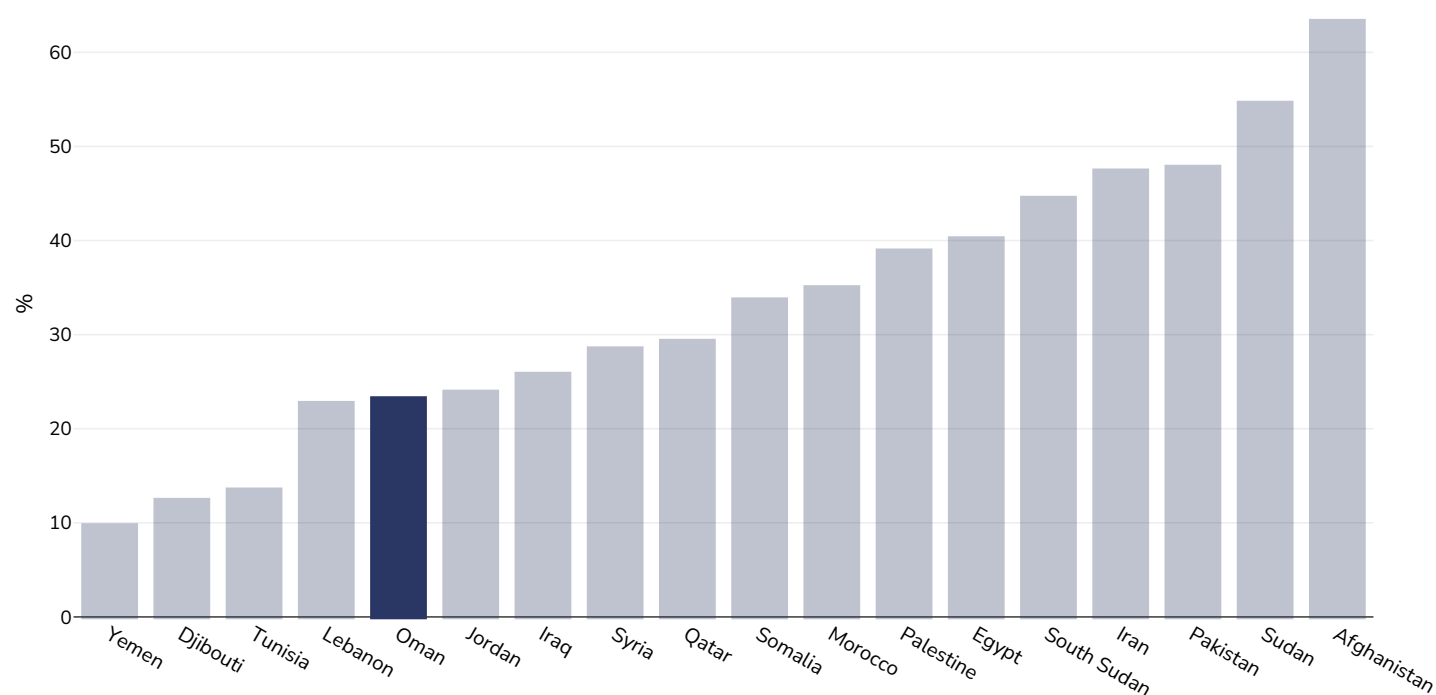


### References:

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)

## % Infants exclusively breastfed 0-5 months

0-5 years, 2010-2023



### References:

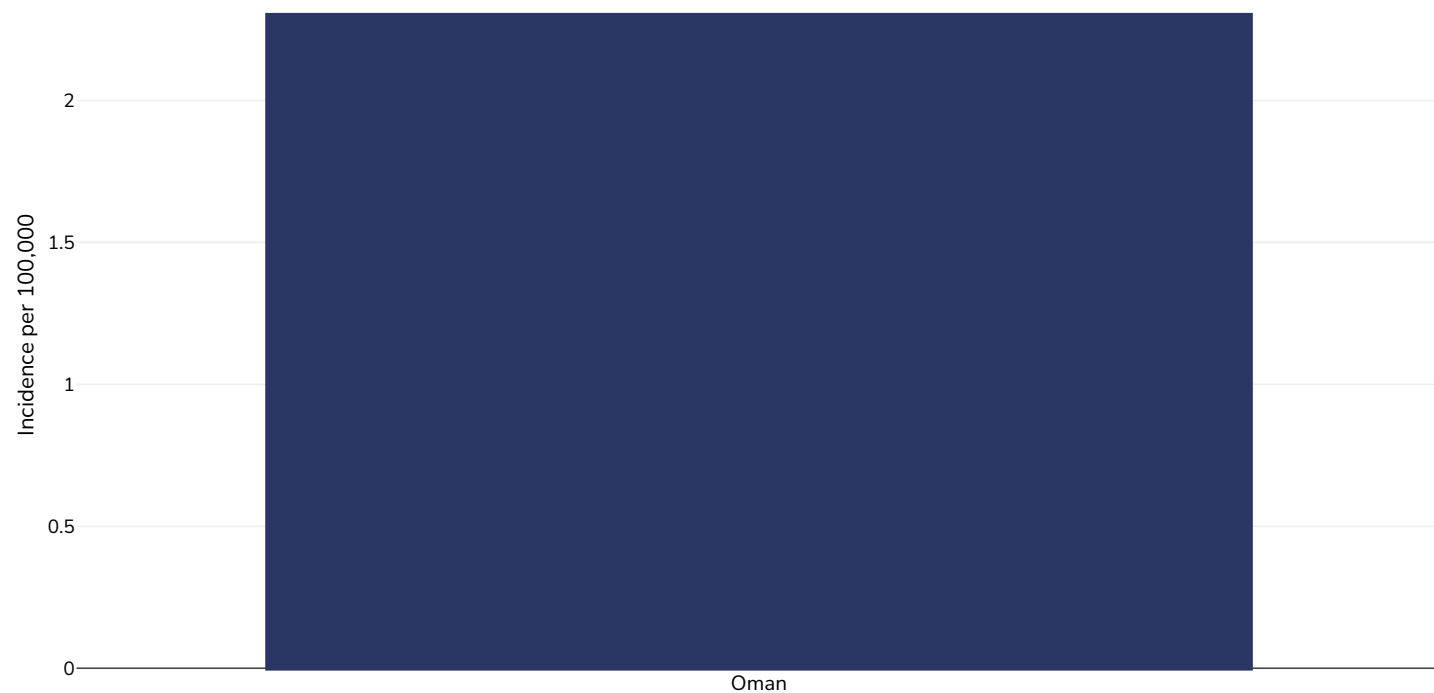
Oman National Nutrition Survey 2017. Muscat, Oman, 2018

### Notes:

Full details are available. Original citation United Nations Children's Fund, Division of Data, Analysis, Planning and Monitoring (2023). Global UNICEF Global Databases: Infant and Young Child Feeding: Exclusive breastfeeding, New York, October 2023.

## Oesophageal cancer

Men, 2022



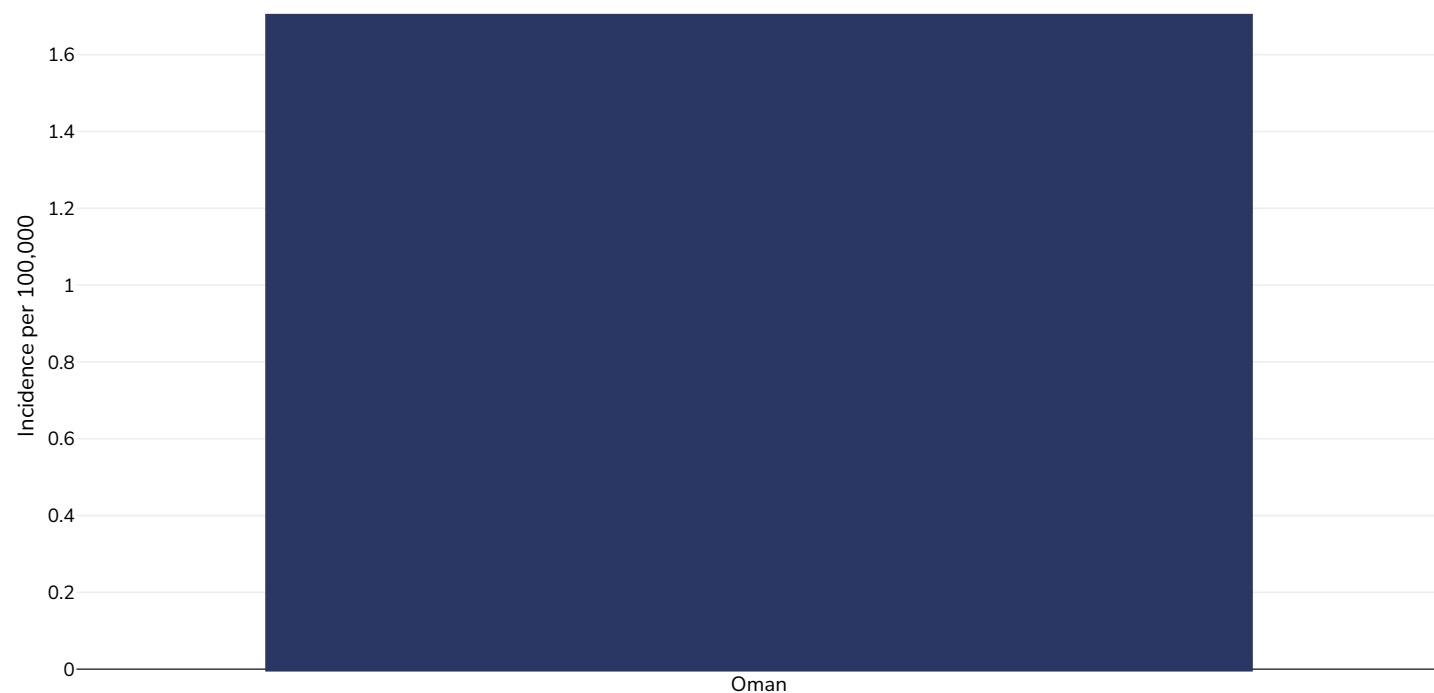
Age: 20+

Area covered: National

References: Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.who.int/today>, accessed [16.07.24]

Definitions: Incidence per 100,000

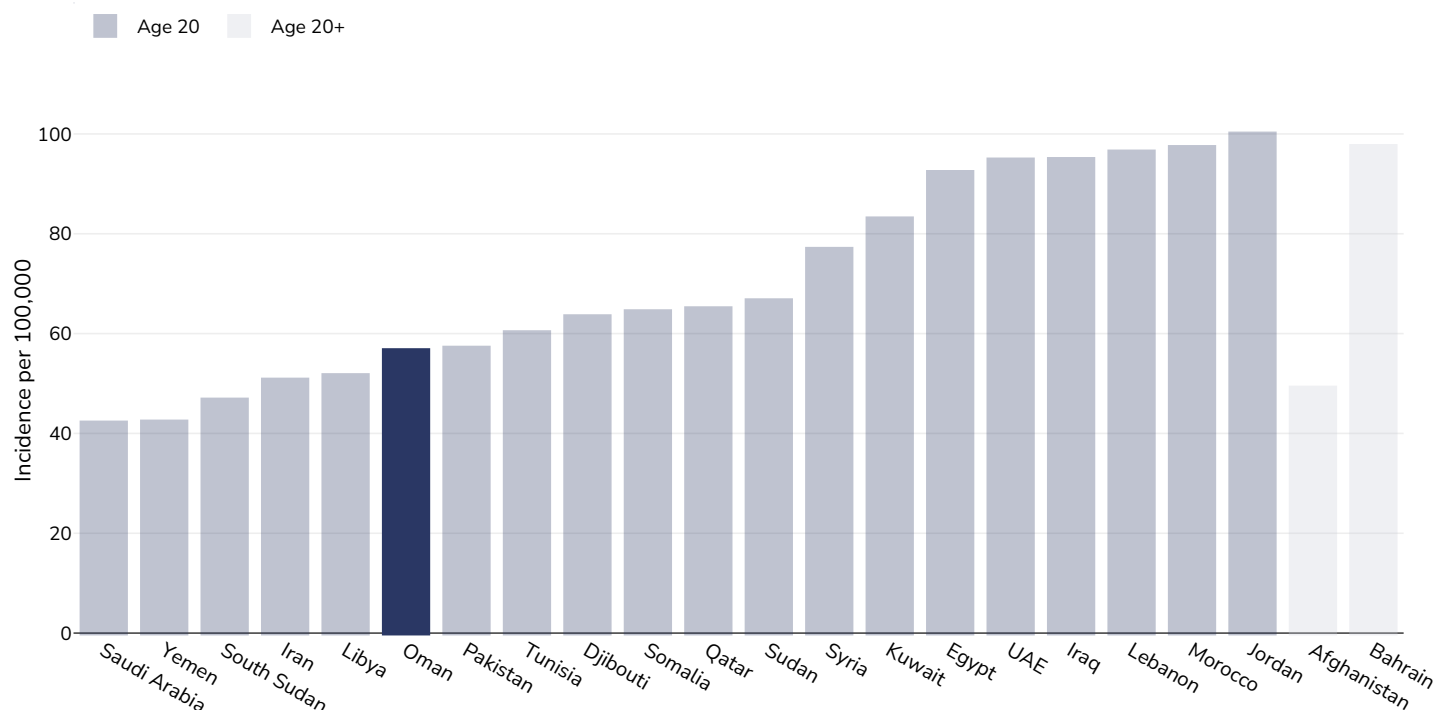
## Women, 2022



Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <a href="https://gco.iarc.who.int/today">https://gco.iarc.who.int/today</a> , accessed [16.07.24]
Definitions:	Indicence per 100,000

## Breast cancer

### Women, 2022



Area covered:

National

References:

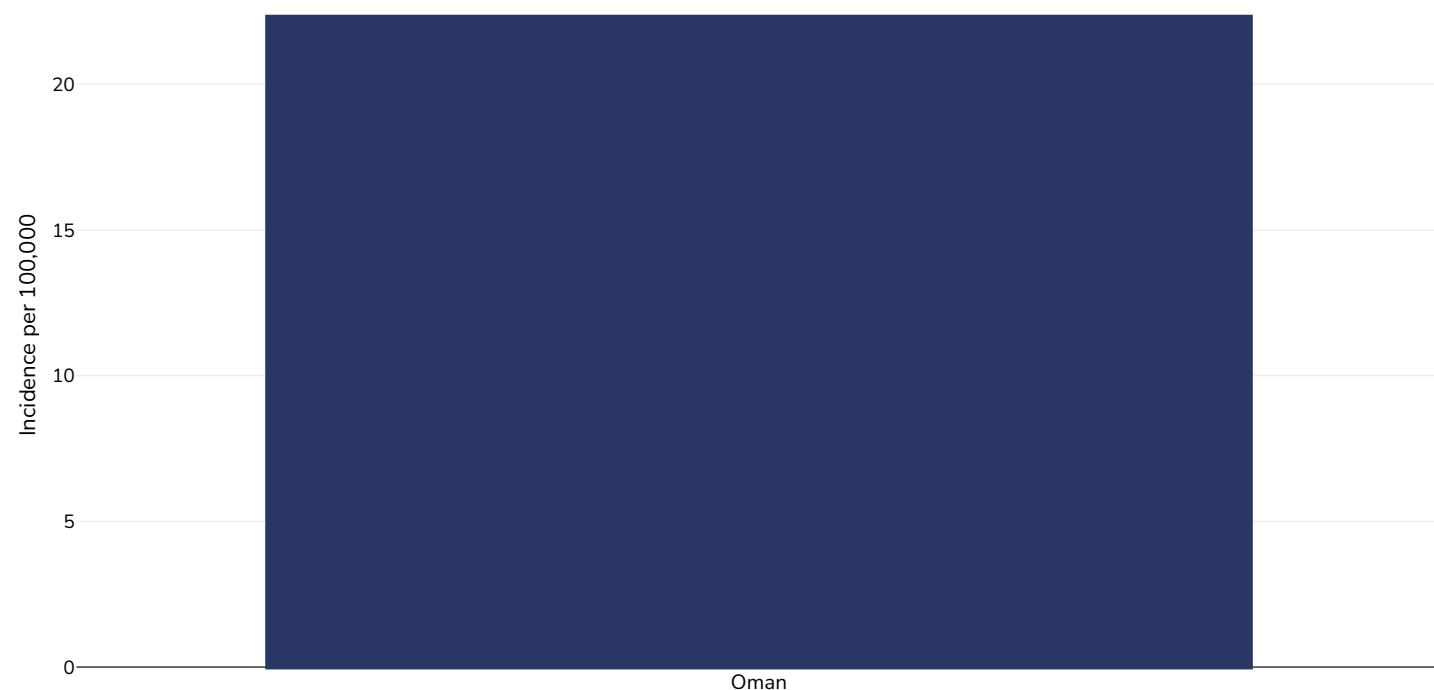
Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.who.int/today>, accessed [16.07.24]

Definitions:

Incidence per 100,000

# Colorectal cancer

Men, 2022



Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <a href="https://gco.iarc.who.int/today">https://gco.iarc.who.int/today</a> , accessed [16.07.24]
Definitions:	Incidence per 100,000

## Women, 2022

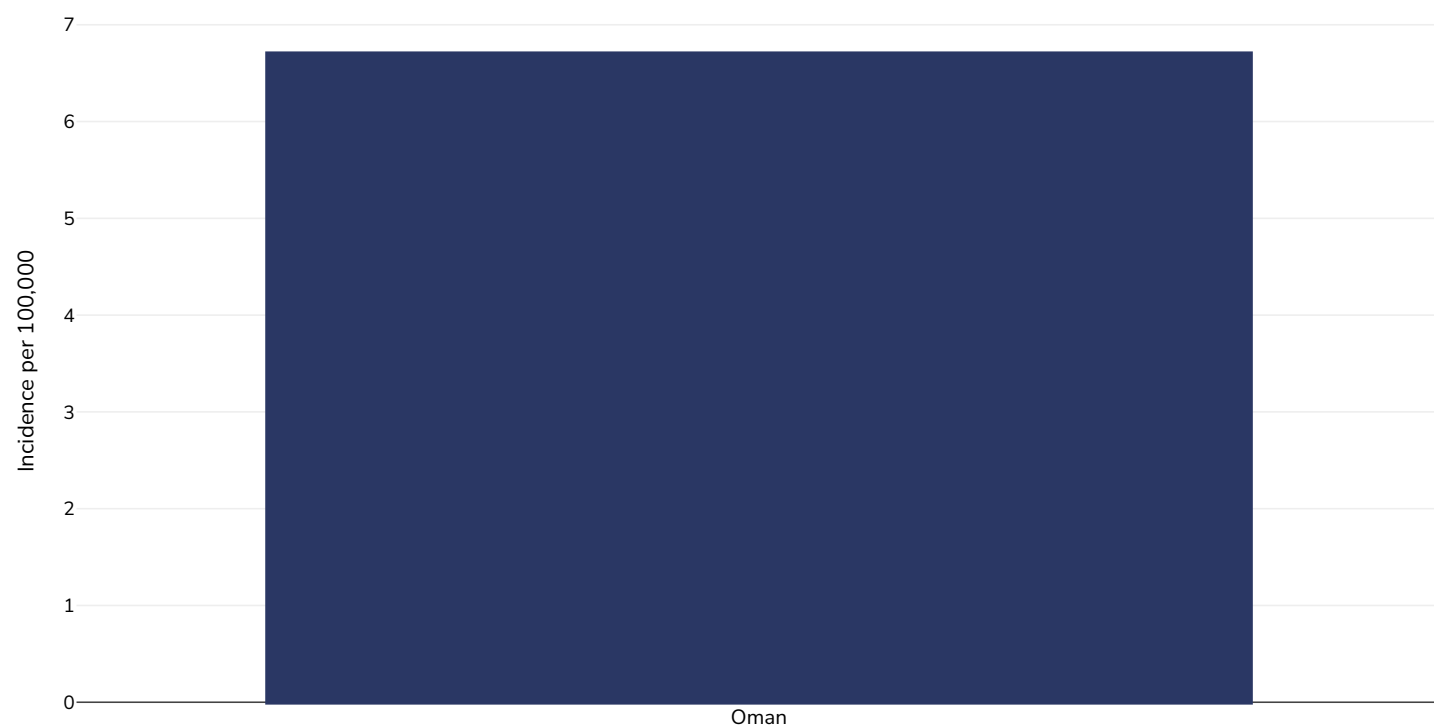


Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <a href="https://gco.iarc.who.int/today">https://gco.iarc.who.int/today</a> , accessed [16.07.24]
Definitions:	Incidence per 100,000



## Pancreatic cancer

### Men, 2022



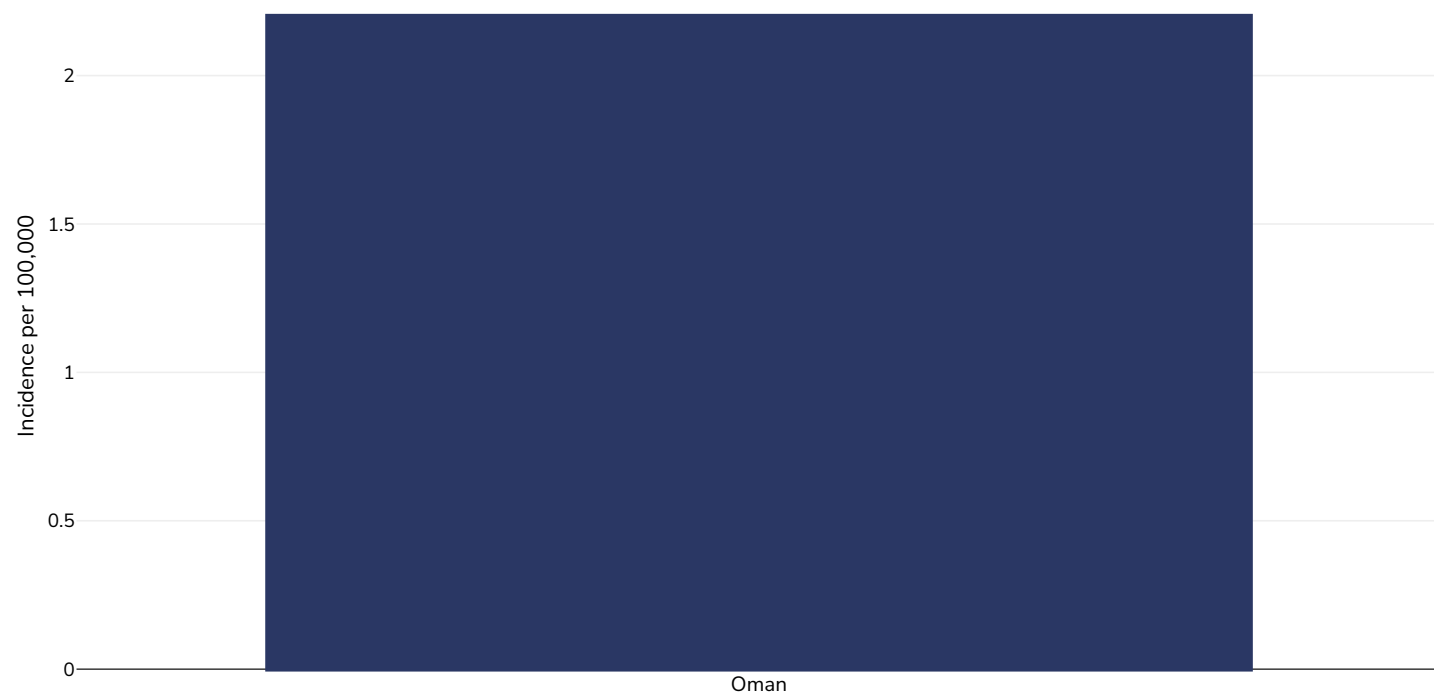
Age: 20+

Area covered: National

References: Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.who.int/today>, accessed [16.07.24]

Definitions: Incidence per 100,000

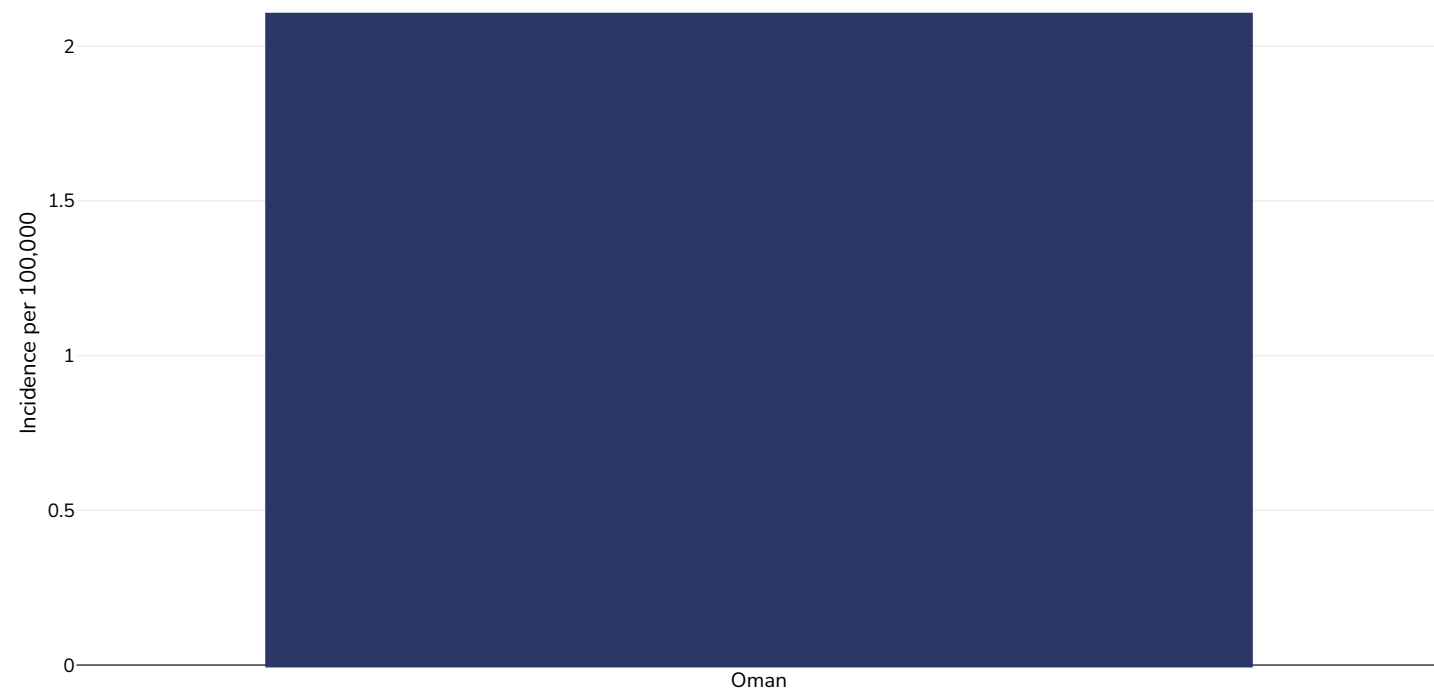
## Women, 2022



Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <a href="https://gco.iarc.who.int/today">https://gco.iarc.who.int/today</a> , accessed [16.07.24]
Definitions:	Incidence per 100,000

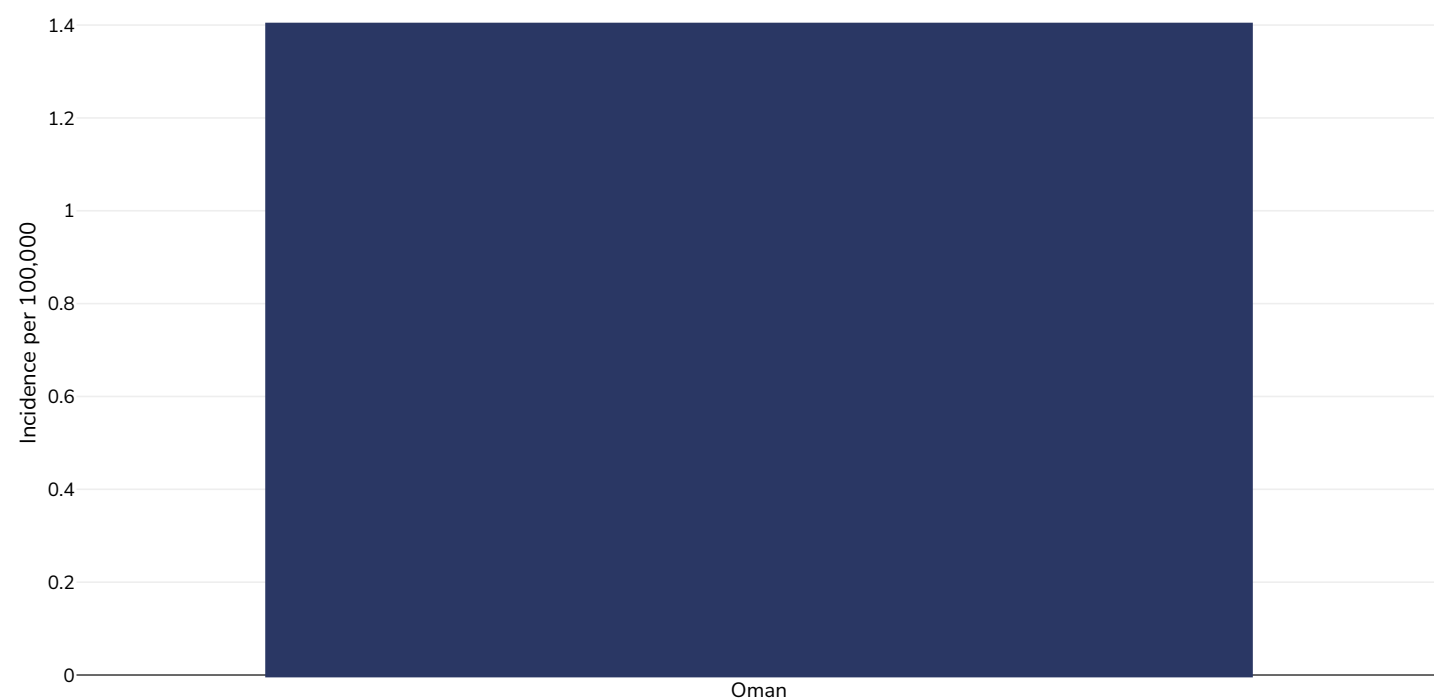
## Gallbladder cancer

Men, 2022



Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <a href="https://gco.iarc.who.int/today">https://gco.iarc.who.int/today</a> , accessed [16.07.24]
Definitions:	Indicence per 100,000

## Women, 2022



Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <a href="https://gco.iarc.who.int/today">https://gco.iarc.who.int/today</a> , accessed [16.07.24]
Definitions:	Indicence per 100,000

## Kidney cancer

### Men, 2022



Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <a href="https://gco.iarc.who.int/today">https://gco.iarc.who.int/today</a> , accessed [16.07.24]
Definitions:	Incidence per 100,000

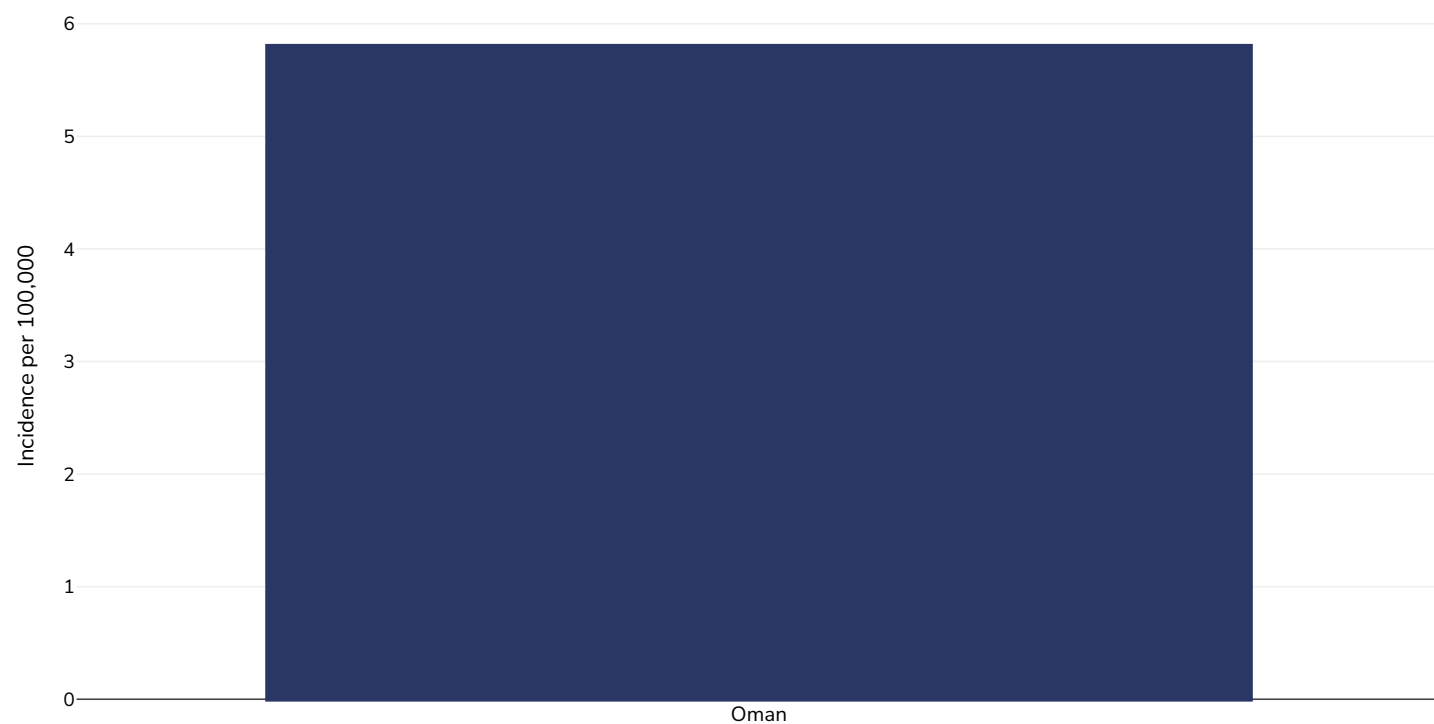
## Women, 2022



Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <a href="https://gco.iarc.who.int/today">https://gco.iarc.who.int/today</a> , accessed [16.07.24]
Definitions:	Incidence per 100,000

## Cancer of the uterus

### Women, 2022



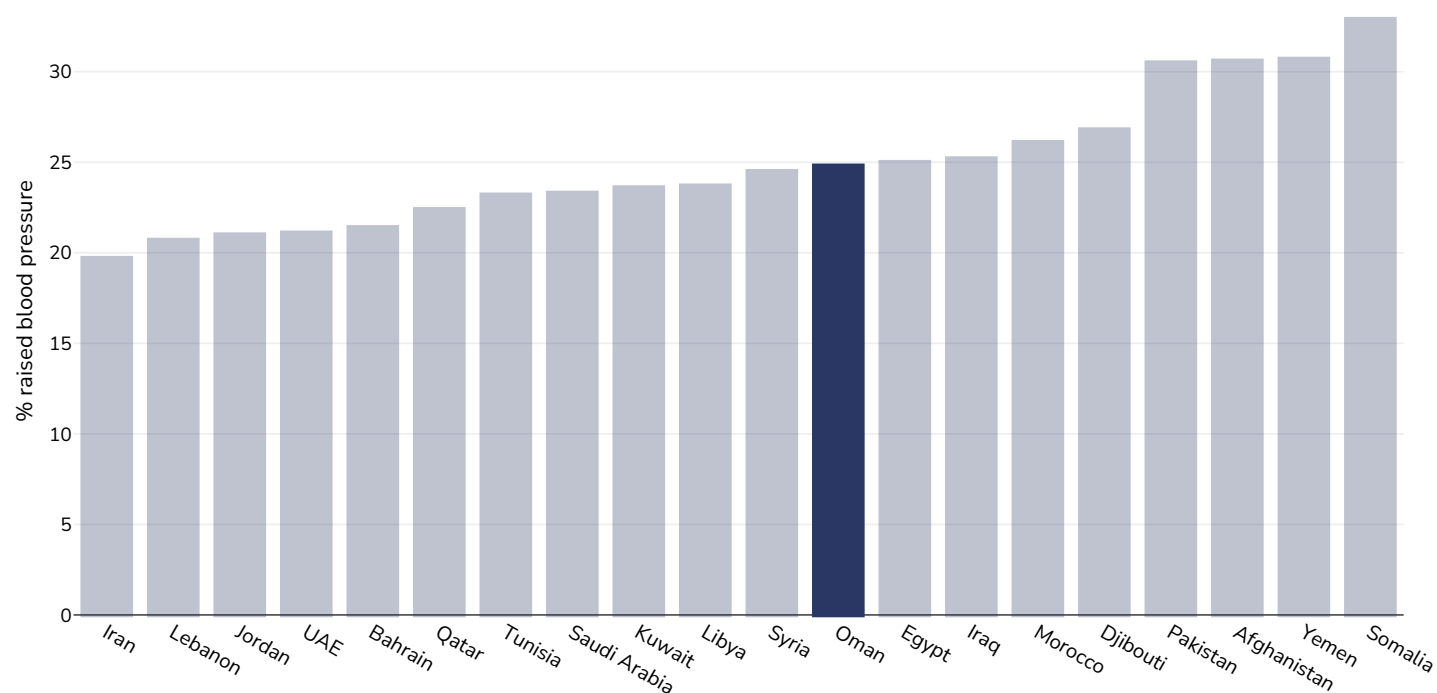
Age: 20+

**References:** Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.who.int/today>, accessed [16.07.24]

**Definitions:** Incidence per 100,000

## Raised blood pressure

Adults, 2015

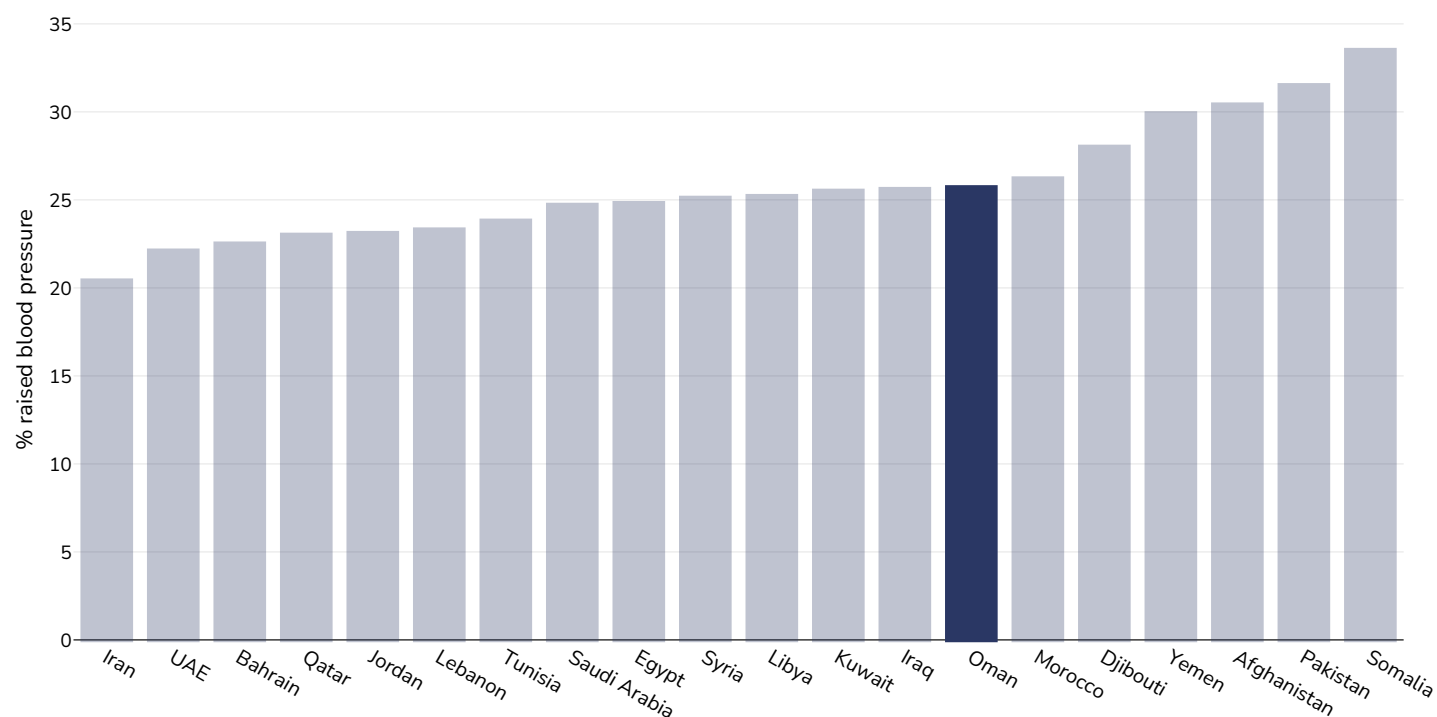


**References:** Global Health Observatory data repository, World Health Organisation, <http://apps.who.int/gho/data/node.main.A875?lang=en>

**Definitions:** Age Standardised estimated % Raised blood pressure 2015 (SBP $\geq$ 140 OR DBP $\geq$ 90).



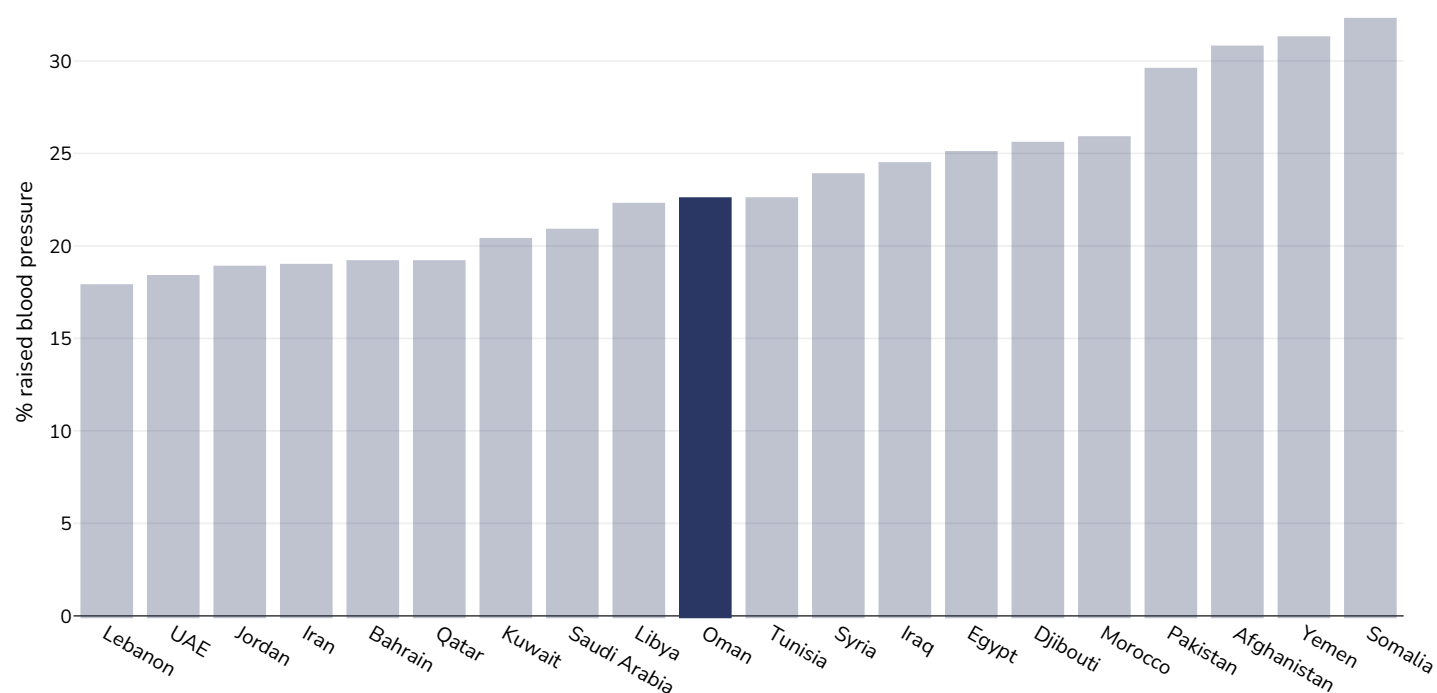
## Men, 2015



**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

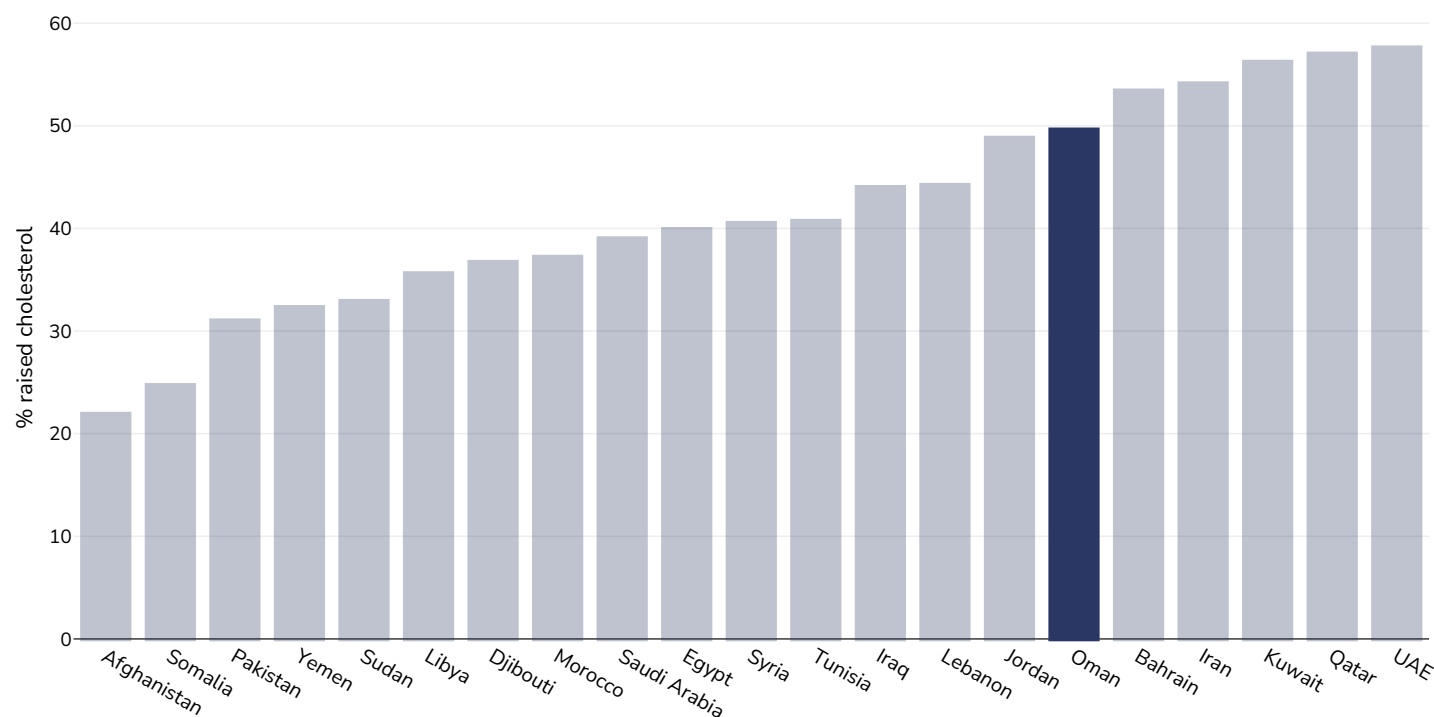


**References:** Global Health Observatory data repository, World Health Organisation, <http://apps.who.int/gho/data/node.main.A875?lang=en>

**Definitions:** Age Standardised estimated % Raised blood pressure 2015 (SBP $\geq$ 140 OR DBP $\geq$ 90).

## Raised cholesterol

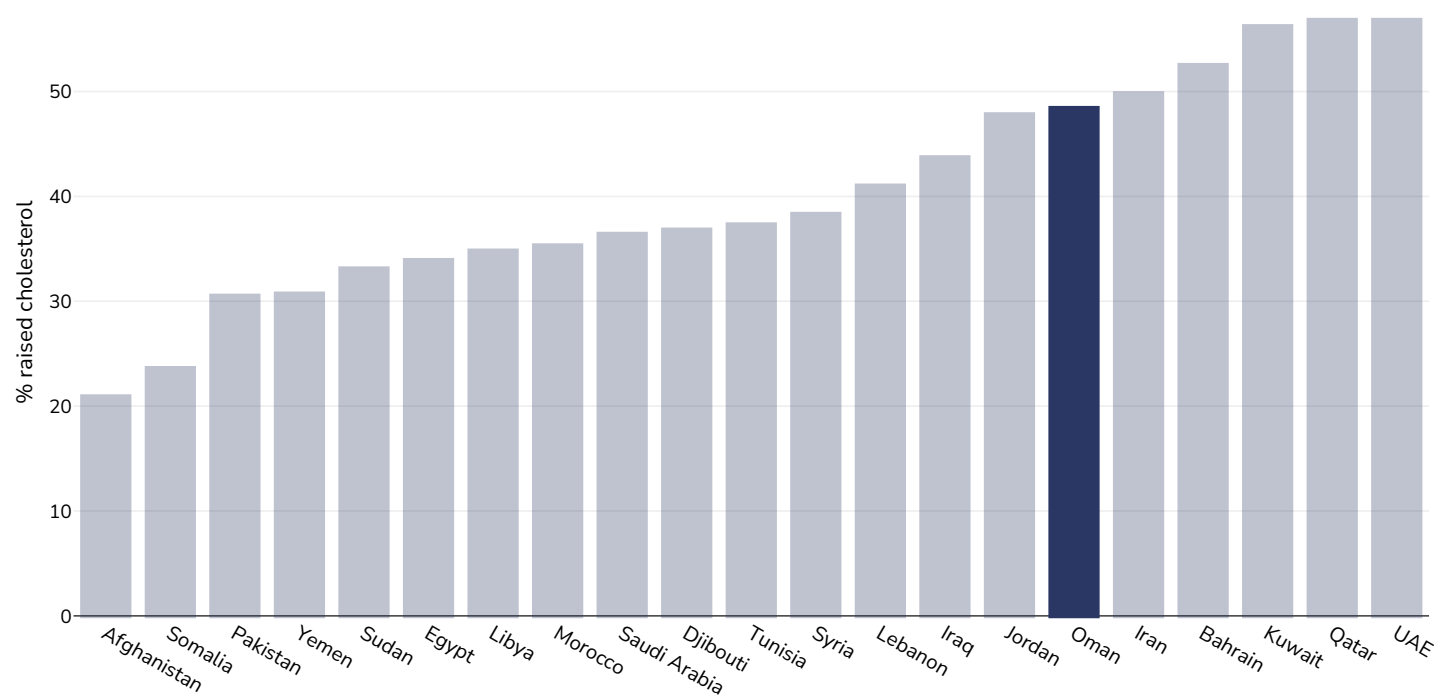
### Adults, 2008



**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).

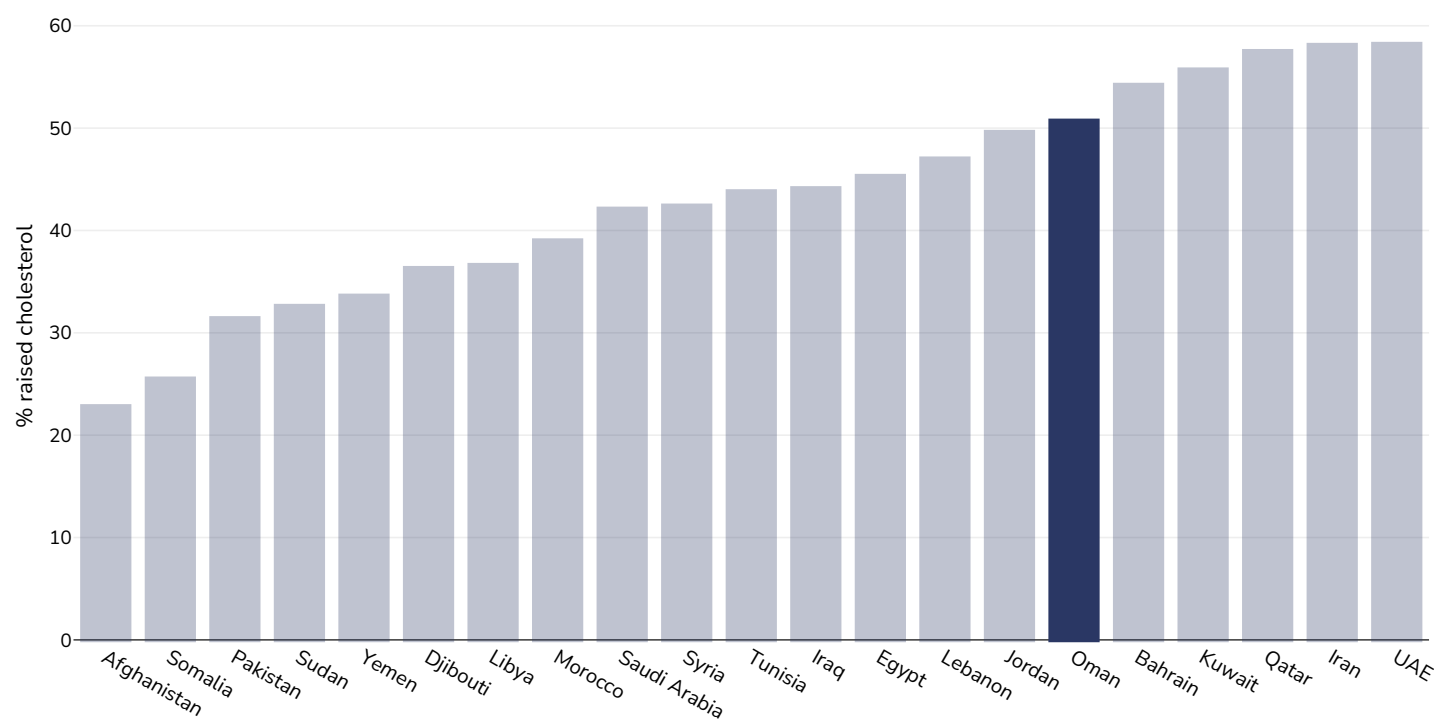
## Men, 2008



**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

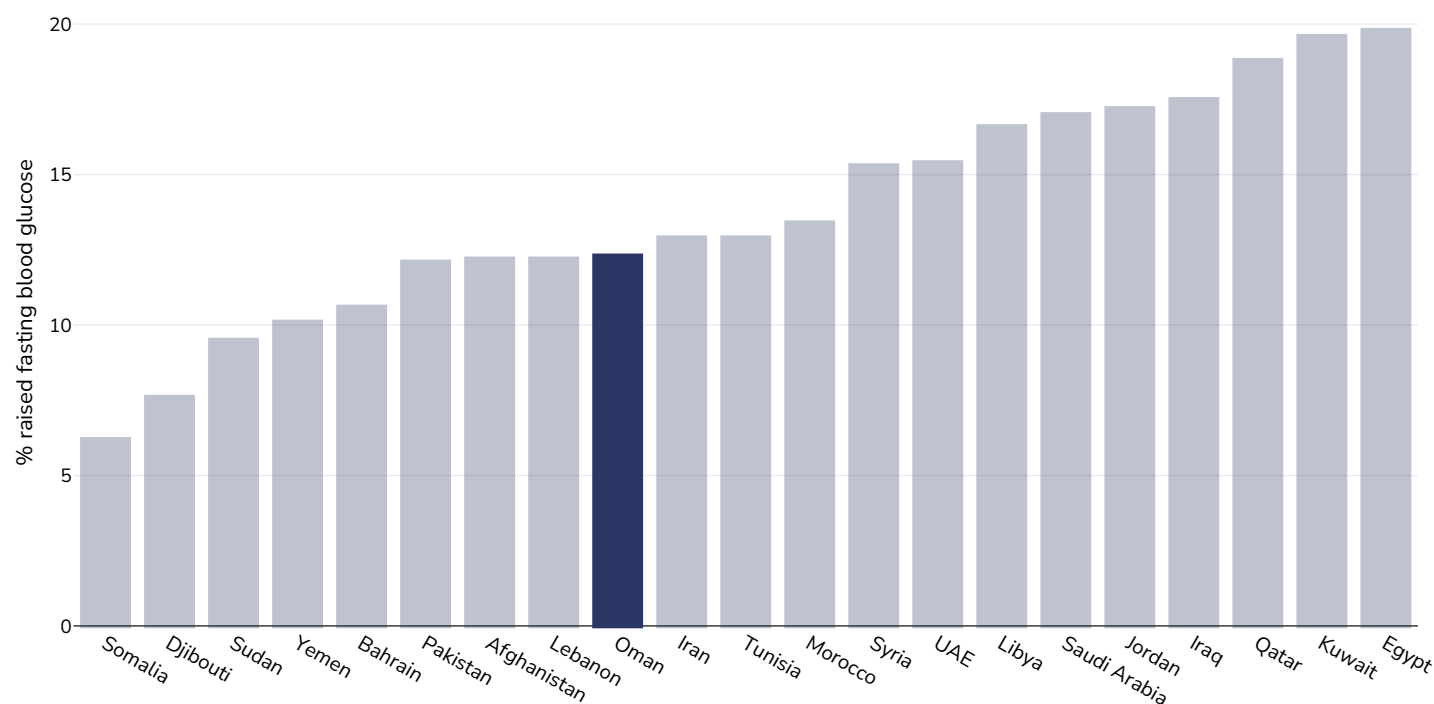


**References:** Global Health Observatory data repository, World Health Organisation, <http://apps.who.int/gho/data/node.main.A885>

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

## Raised fasting blood glucose

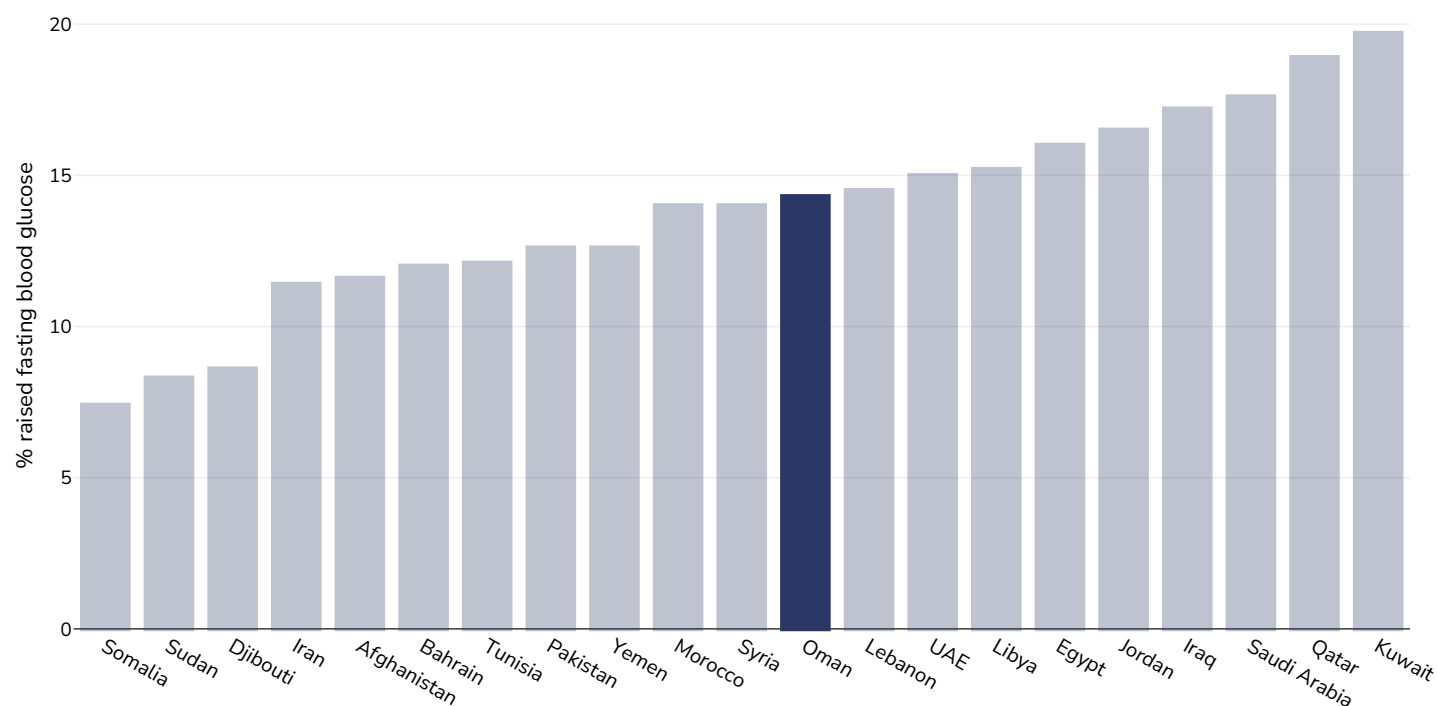
### Men, 2014



**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

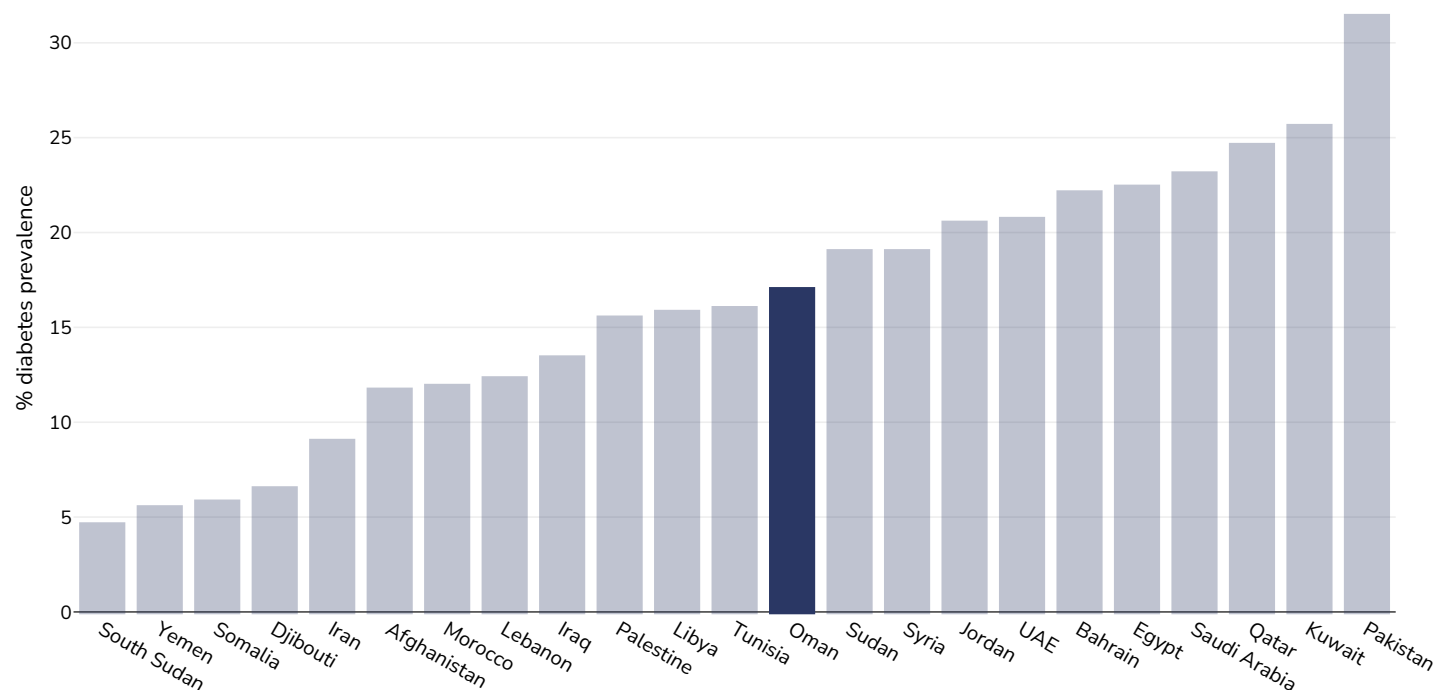


**References:** Global Health Observatory data repository, World Health Organisation, <http://apps.who.int/gho/data/node.main.A869?lang=en>

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

## Diabetes prevalence

### Adults, 2024



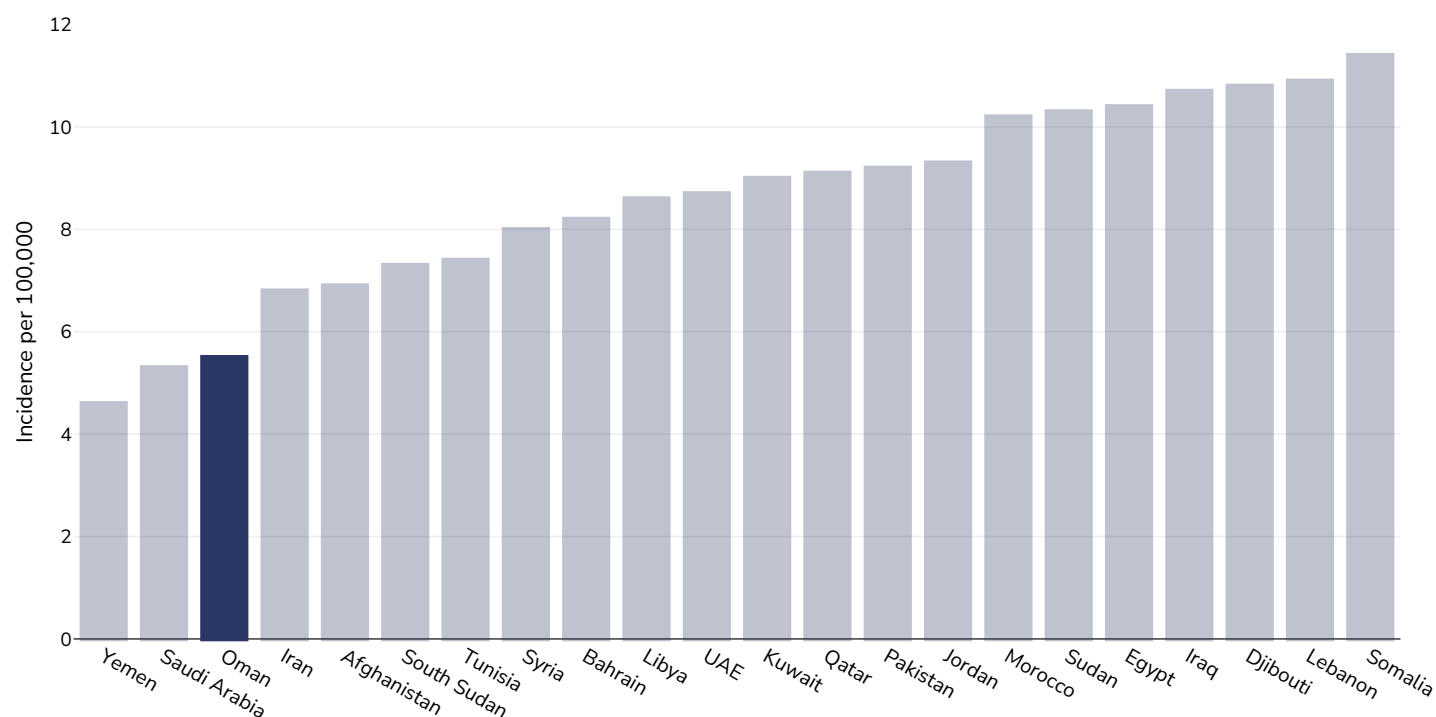
#### References:

Reproduced with kind permission International Diabetes Federation. IDF Diabetes Atlas, 11th edn. Brussels, Belgium:International Diabetes Federation, 2025. <http://www.diabetesatlas.org>



## Ovarian Cancer

### Women, 2022



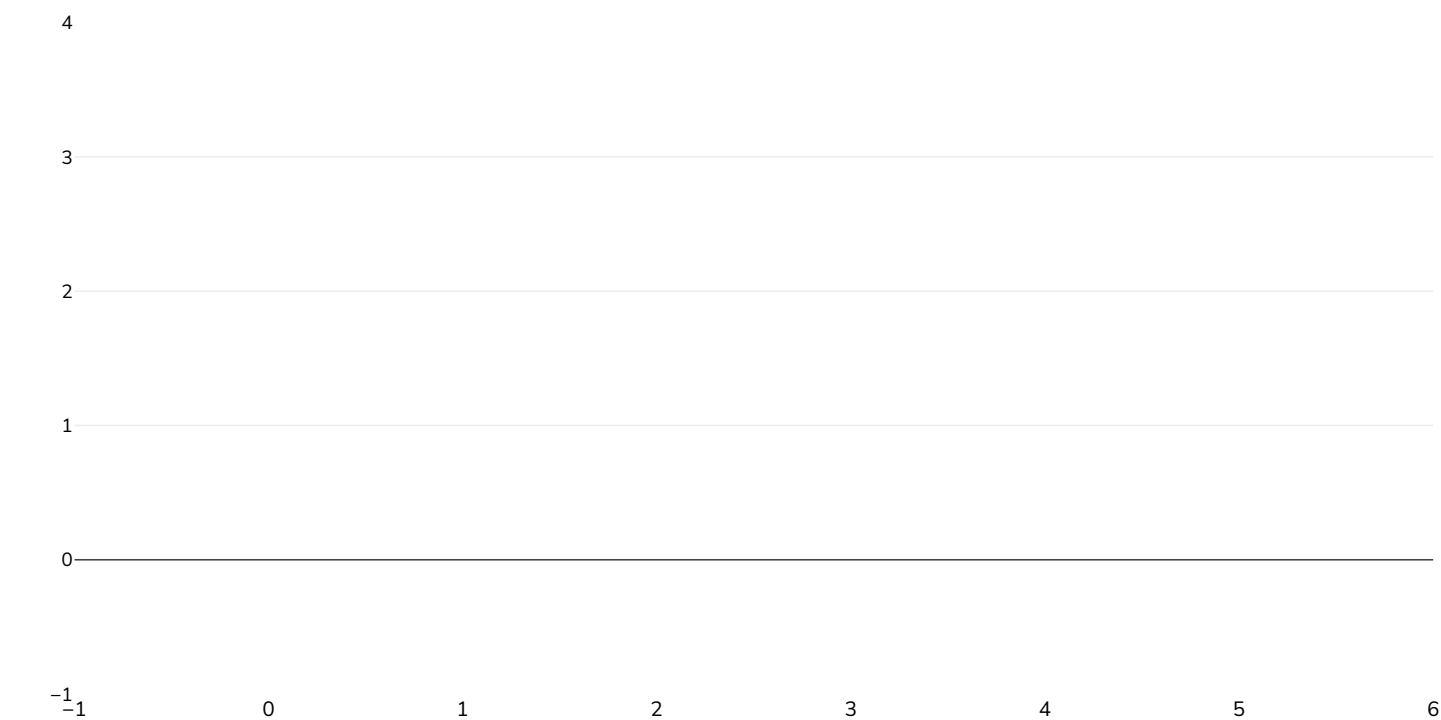
Age: 20+

**References:** Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.who.int/today>, accessed [16.07.24]

**Definitions:** Incidence per 100,000

## Leukemia

### Men, 2022



Age: 20+

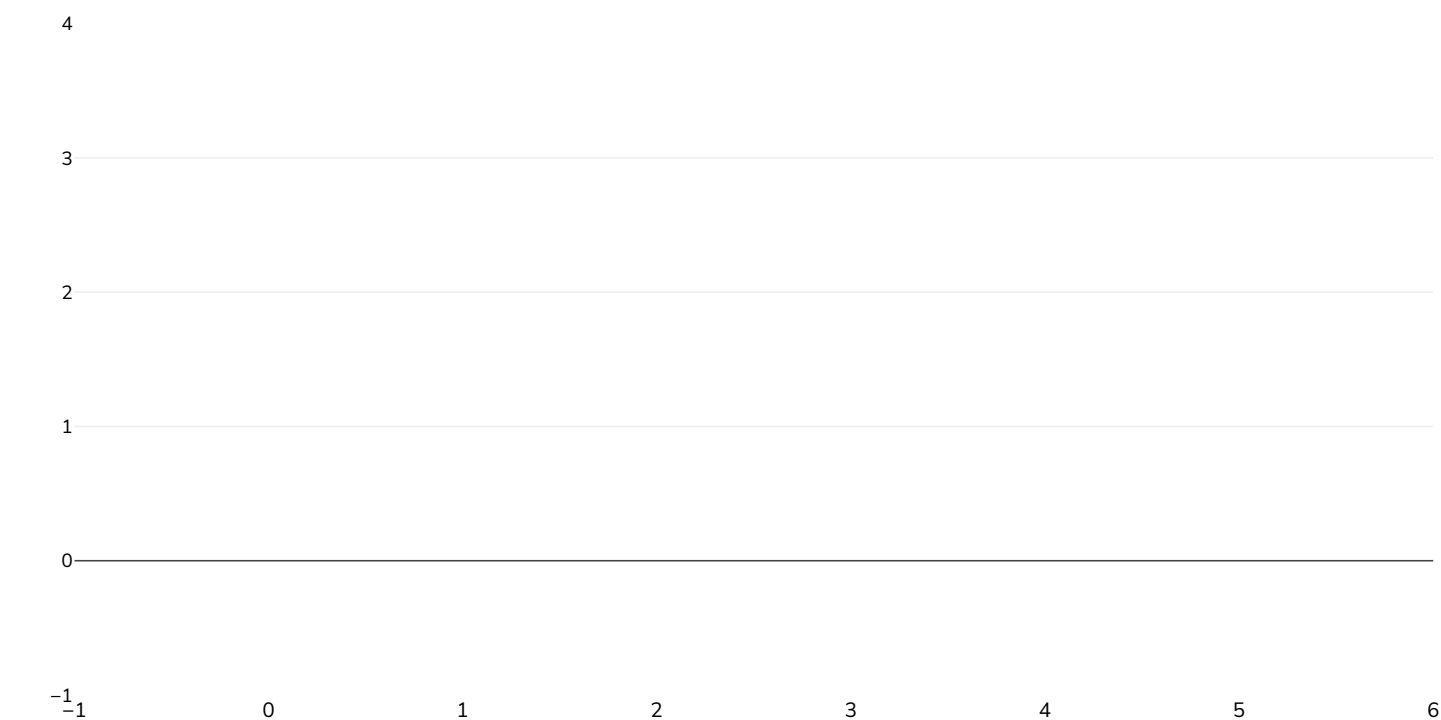
Area covered: National

References: Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.who.int/today>, accessed [16.07.24]

Definitions: Incidence per 100,000

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>.

## Women, 2022



Age: 20+

Area covered: National

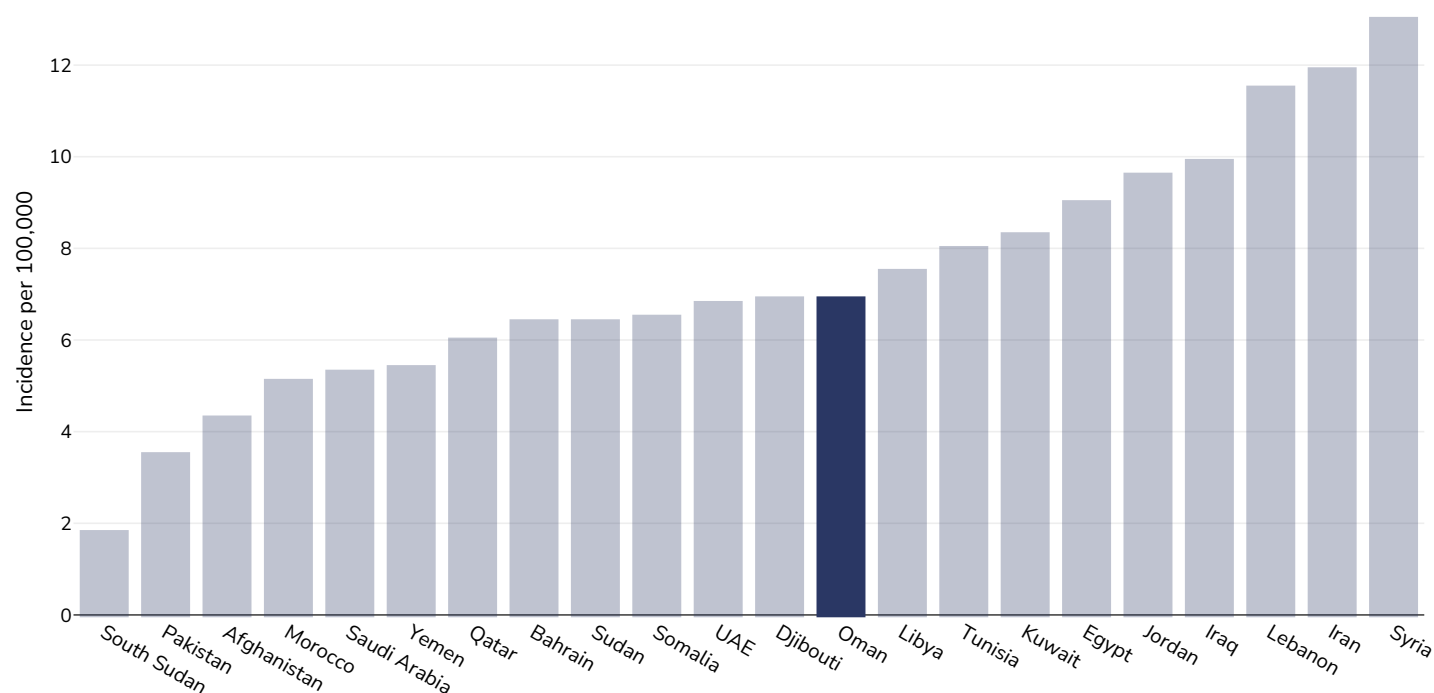
References: Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.who.int/today>, accessed [16.07.24]

Definitions: Incidence per 100,000

*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>.*

## Leukemia

### Men, 2022



Age: 20+

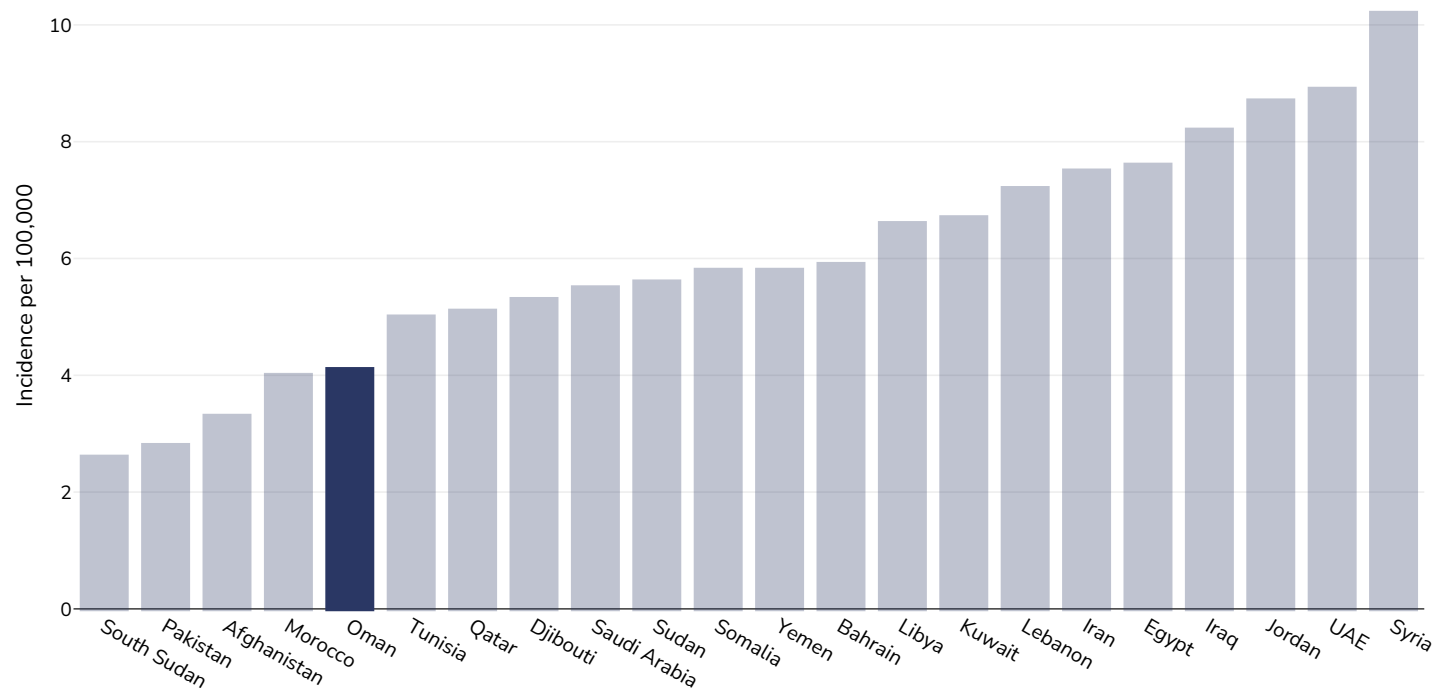
Area covered: National

References: Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.who.int/today>, accessed [16.07.24]

Definitions: Incidence per 100,000

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>.

## Women, 2022



**Age:** 20+

**Area covered:** National

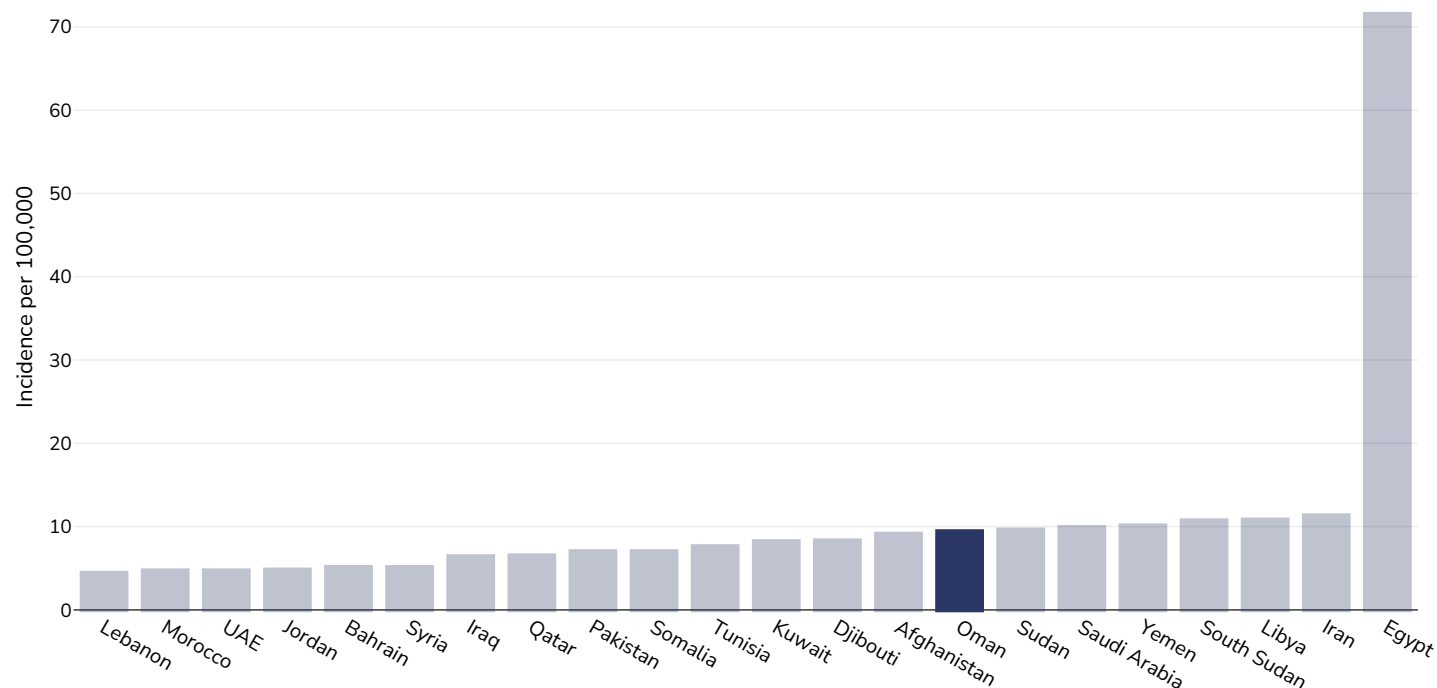
**References:** Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.who.int/today>, accessed [16.07.24]

**Definitions:** Incidence per 100,000

*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>.*

## Liver and intrahepatic bile duct Cancer

### Men, 2022



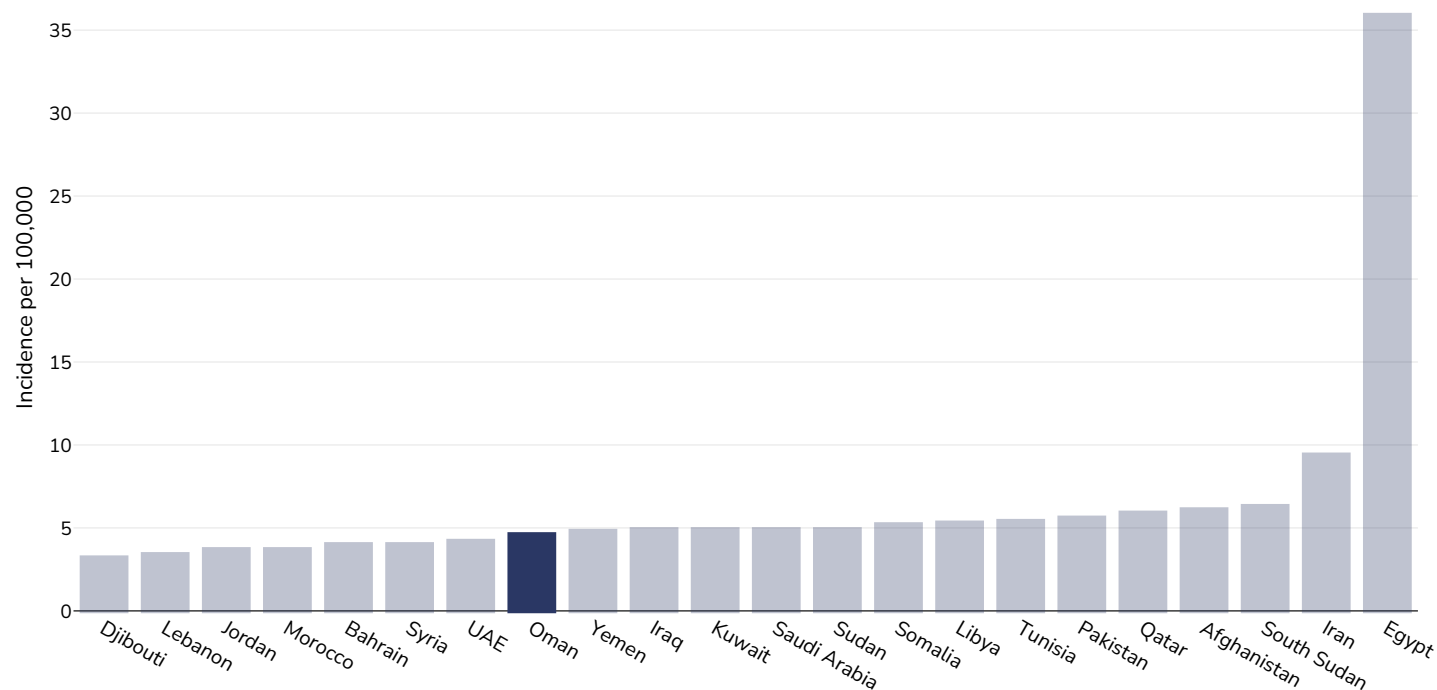
Age: 20+

Area covered: National

References: Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.who.int/today>, accessed [16.07.24]

Definitions: Incidence per 100,000

## Women, 2022



Age: 20+

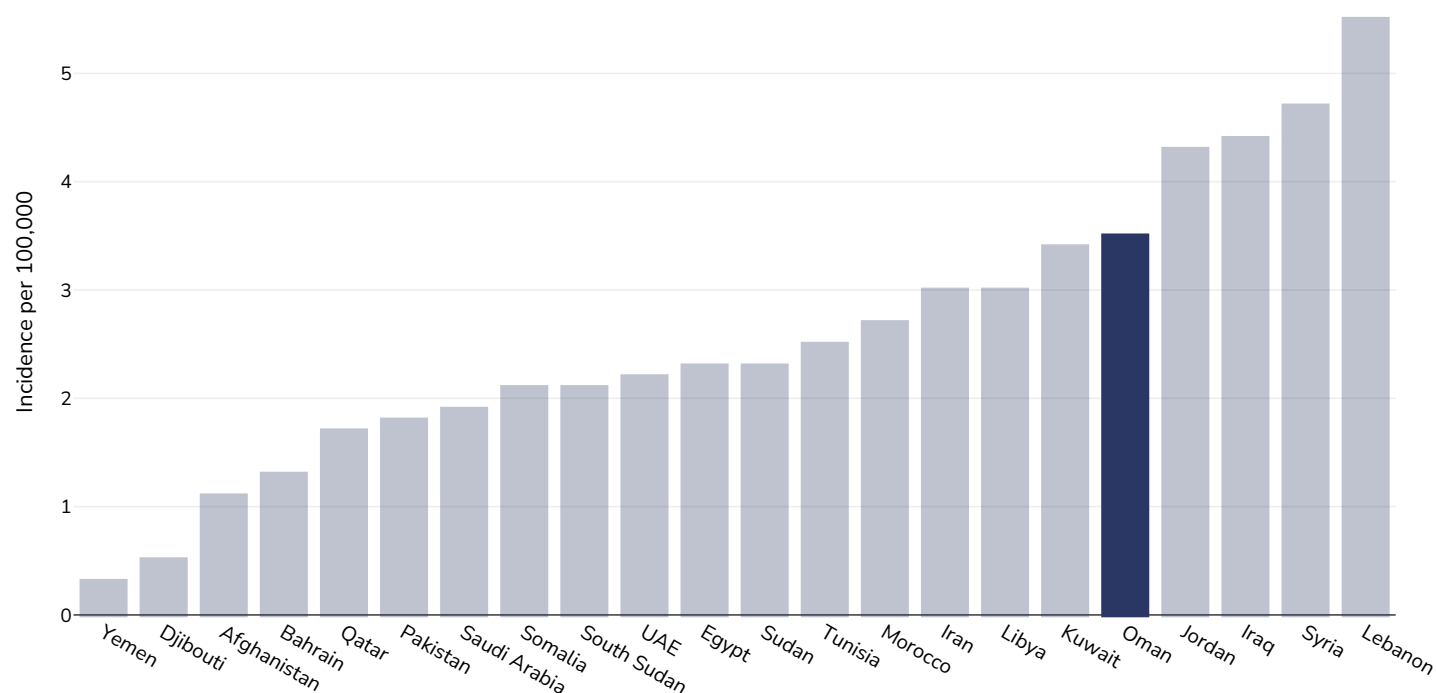
Area covered: National

References: Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.who.int/today>, accessed [16.07.24]

Definitions: Incidence per 100,000

## Multiple Myeloma

Men, 2022



Age: 20+

Area covered: National

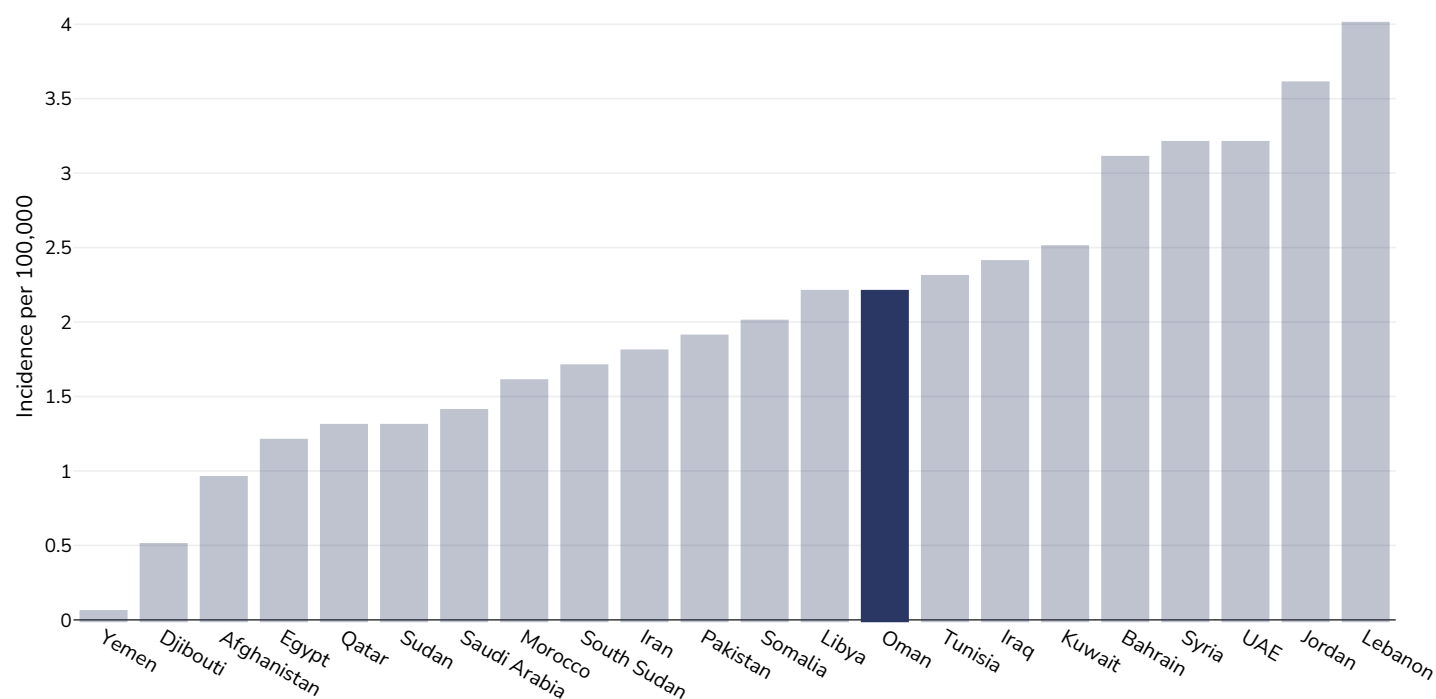
References: Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.who.int/today>, accessed [16.07.24]

Definitions: Incidence per 100,000

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>.



## Women, 2022



**Age:** 20+

**Area covered:** National

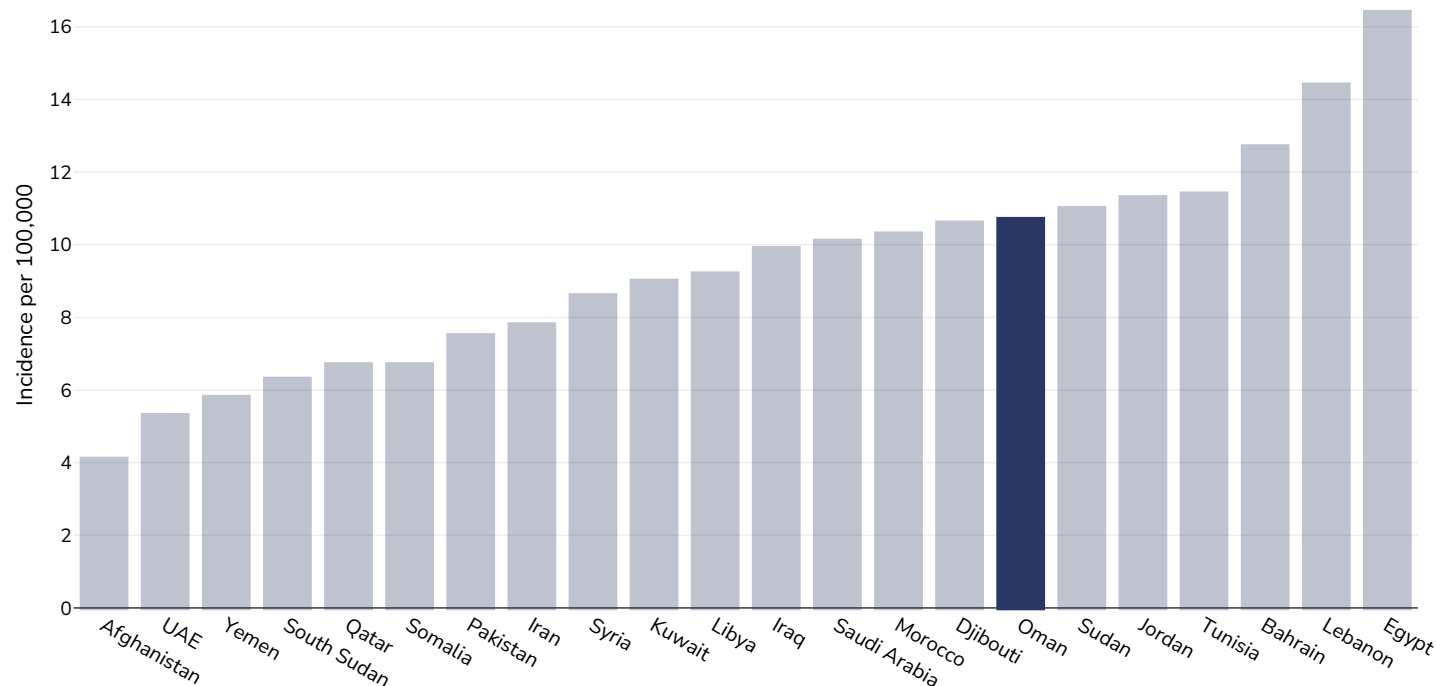
**References:** Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.who.int/today>, accessed [16.07.24]

**Definitions:** Incidence per 100,000

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>.

## Non Hodgkin Lymphoma

### Men, 2022



Age: 20+

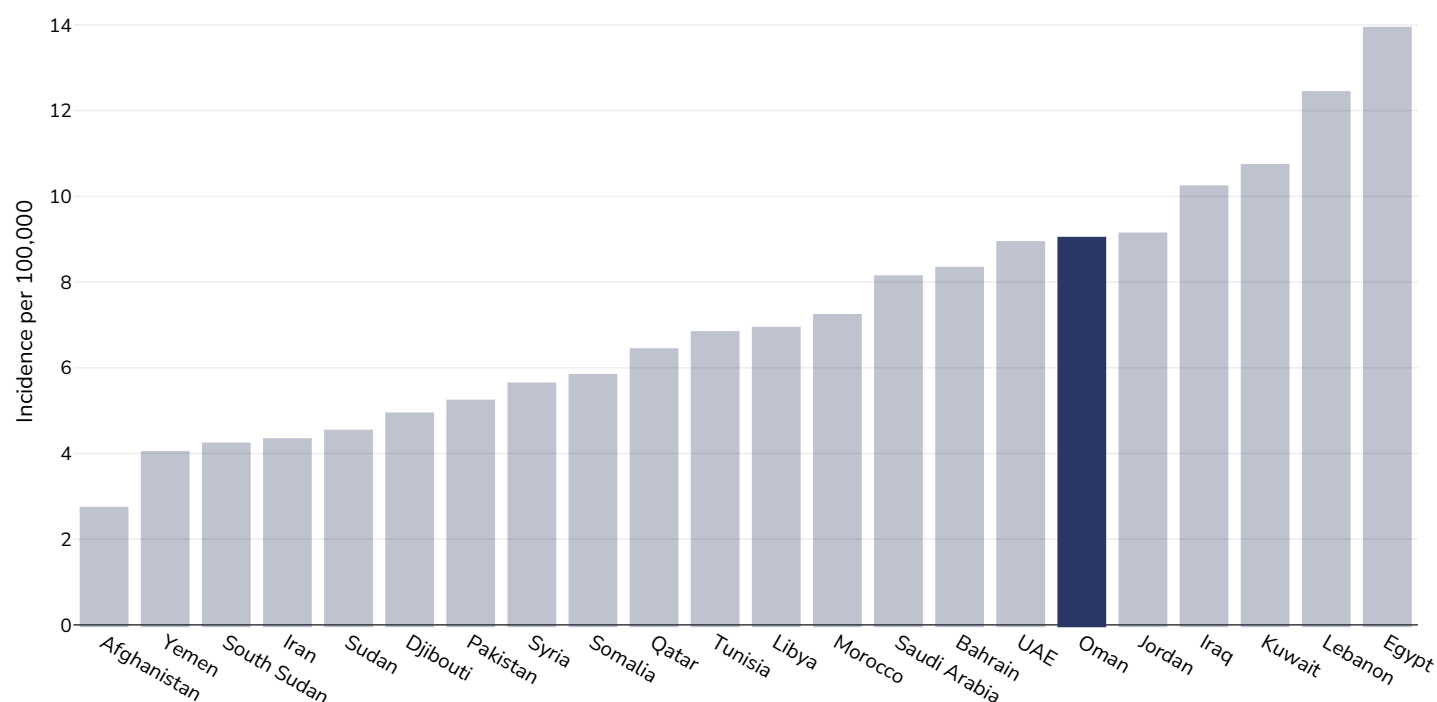
Area covered: National

References: Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.who.int/today>, accessed [16.07.24]

Definitions: Incidence per 100,000

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>.

## Women, 2022



**Age:** 20+

**Area covered:** National

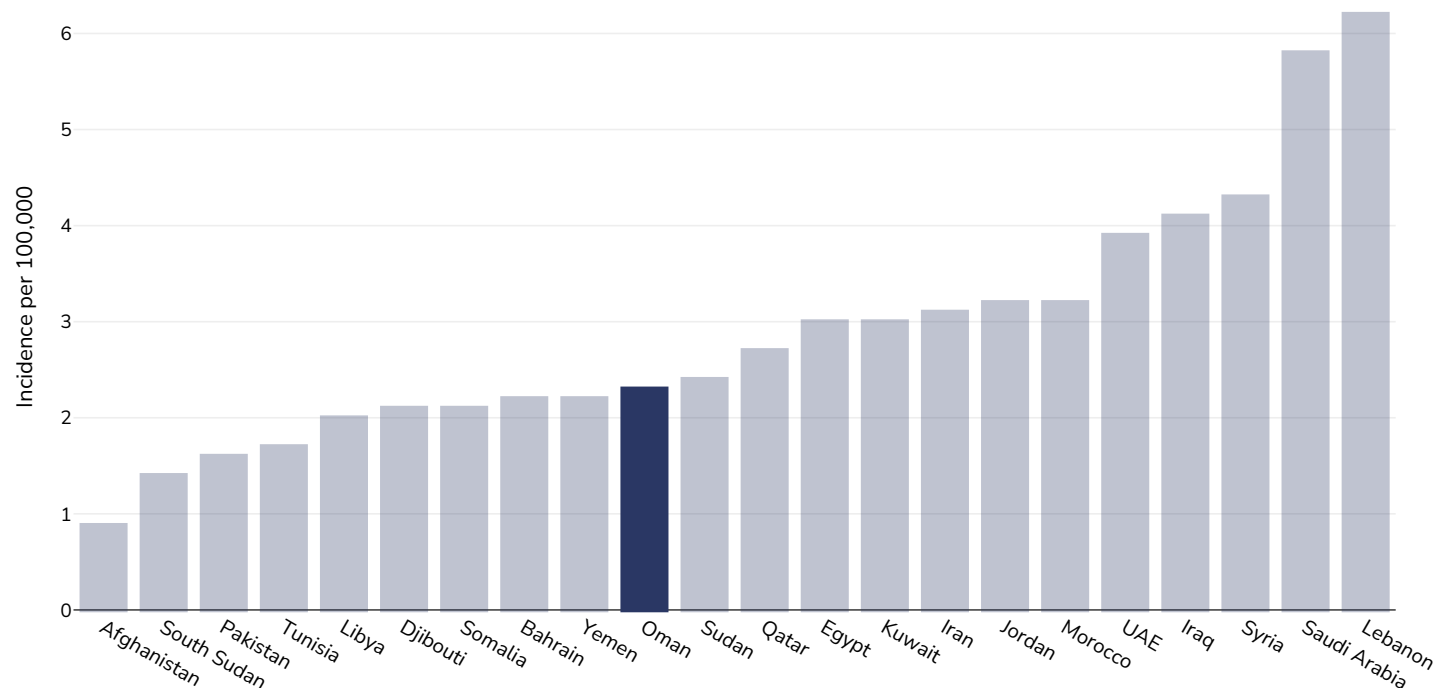
**References:** Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.who.int/today>, accessed [16.07.24]

**Definitions:** Incidence per 100,000

*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>.*

## Thyroid Cancer

### Men, 2022



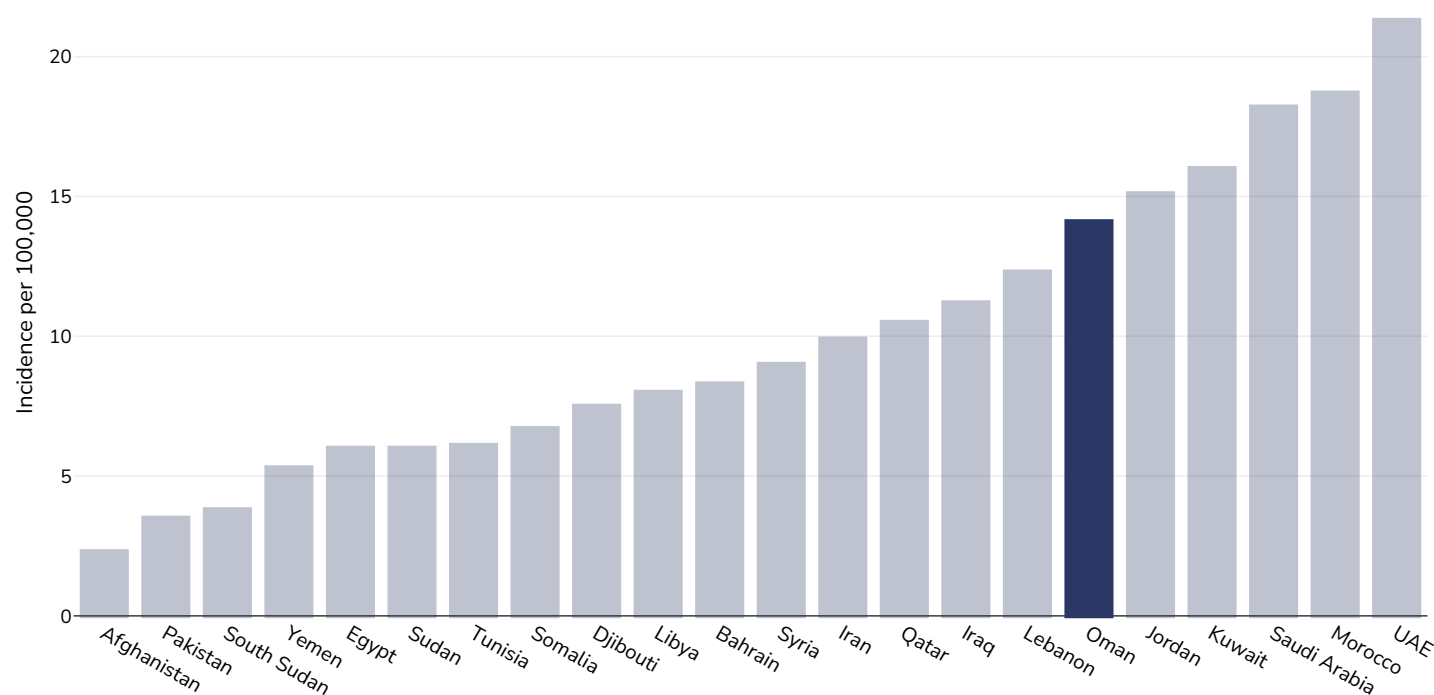
Age: 20+

Area covered: National

References: Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.who.int/today>, accessed [16.07.24]

Definitions: Incidence per 100,000

## Women, 2022



Age: 20+

Area covered: National

References: Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.who.int/today>, accessed [16.07.24]

Definitions: Incidence per 100,000

PDF created on June 17, 2025