

Ieteikmējošie faktori Pakistāna



Lower-middle income

Report cards

Our report cards collate all the most-recent graphics for this country. If you would like to produce a custom report based on selected graphics, just tap the Add to custom PDF button below the graphics you would like to use.

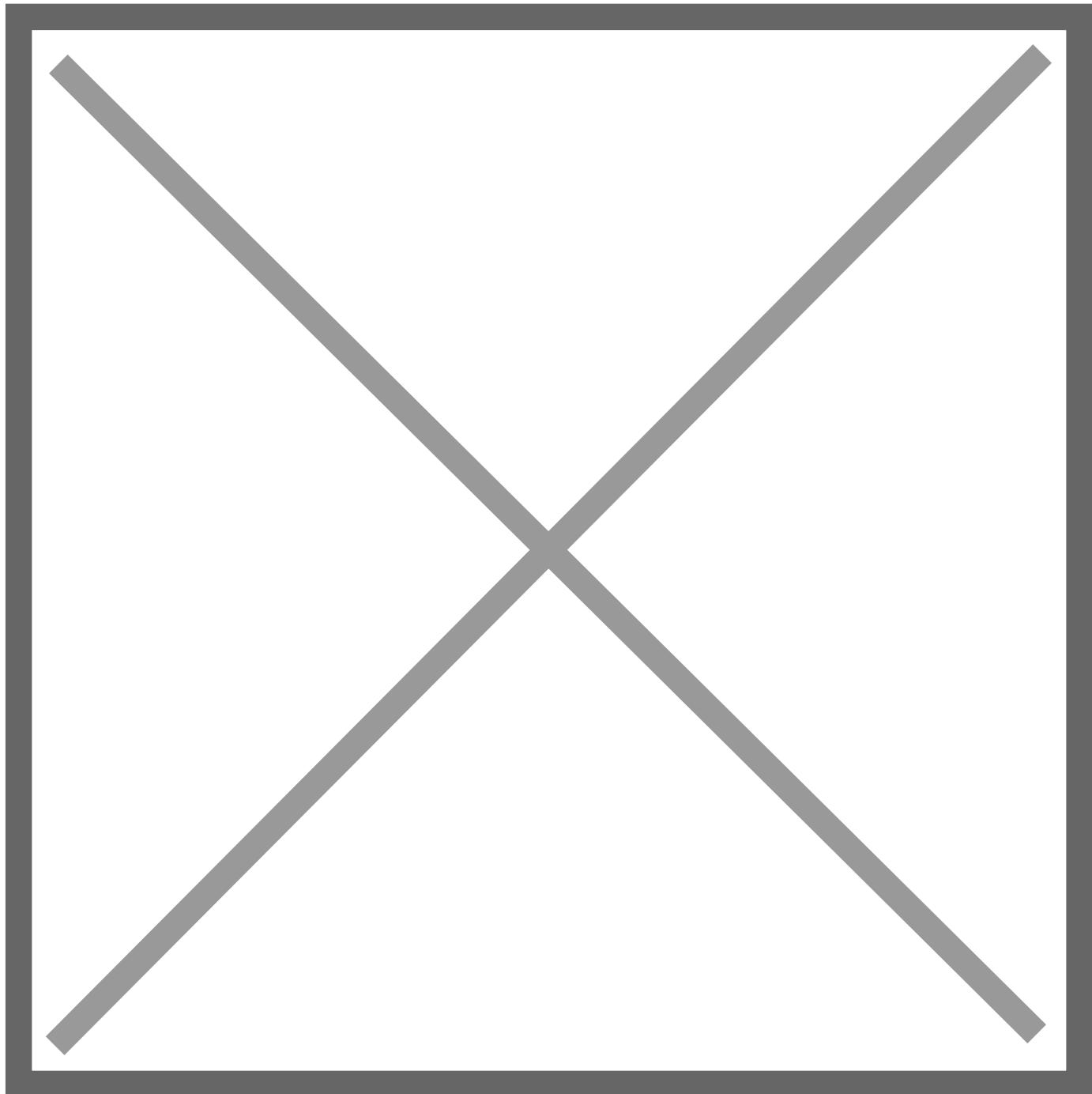
[Report card \(adult data\)](#)

[Report card \(child data\)](#)

[Report card \(under-5s data\)](#)

Nepietiekamas fiziskās aktivitātes

Pieaugušie, 2022



**Apsekojuma
veids:**

Pašu ziņojums

Vecums:

18+

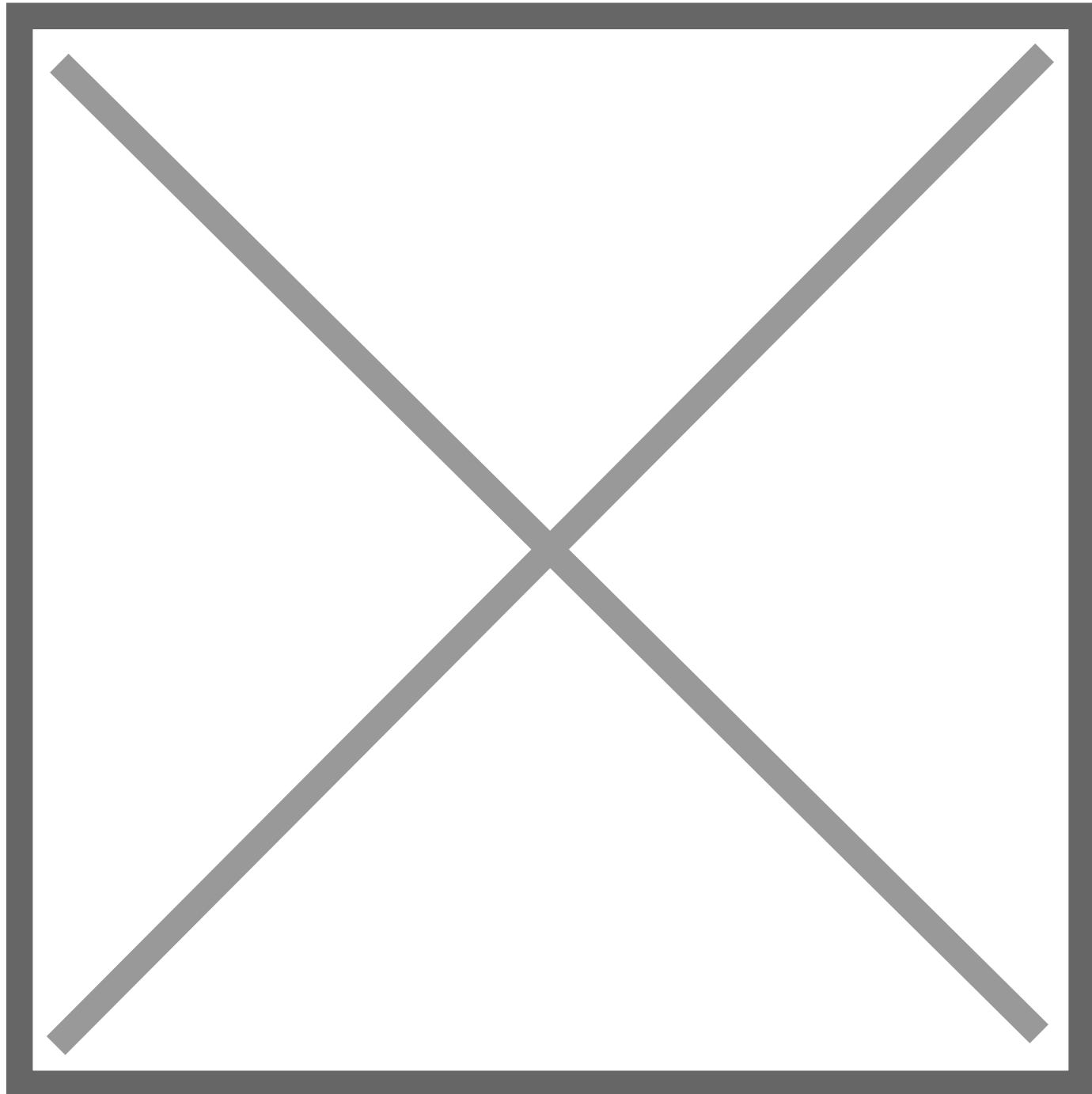
**Aptvertā
teritorija:**

Valsts

Atsauces: 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)-(--))

**Definīcijas
(pieejamas
tikai angļu
valodā):** 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.

Vīrieši, 2022



Apsekojuma
veids:

Pašu ziņojums

Vecums:

18+

Aptvertā
teritorija:

Valsts

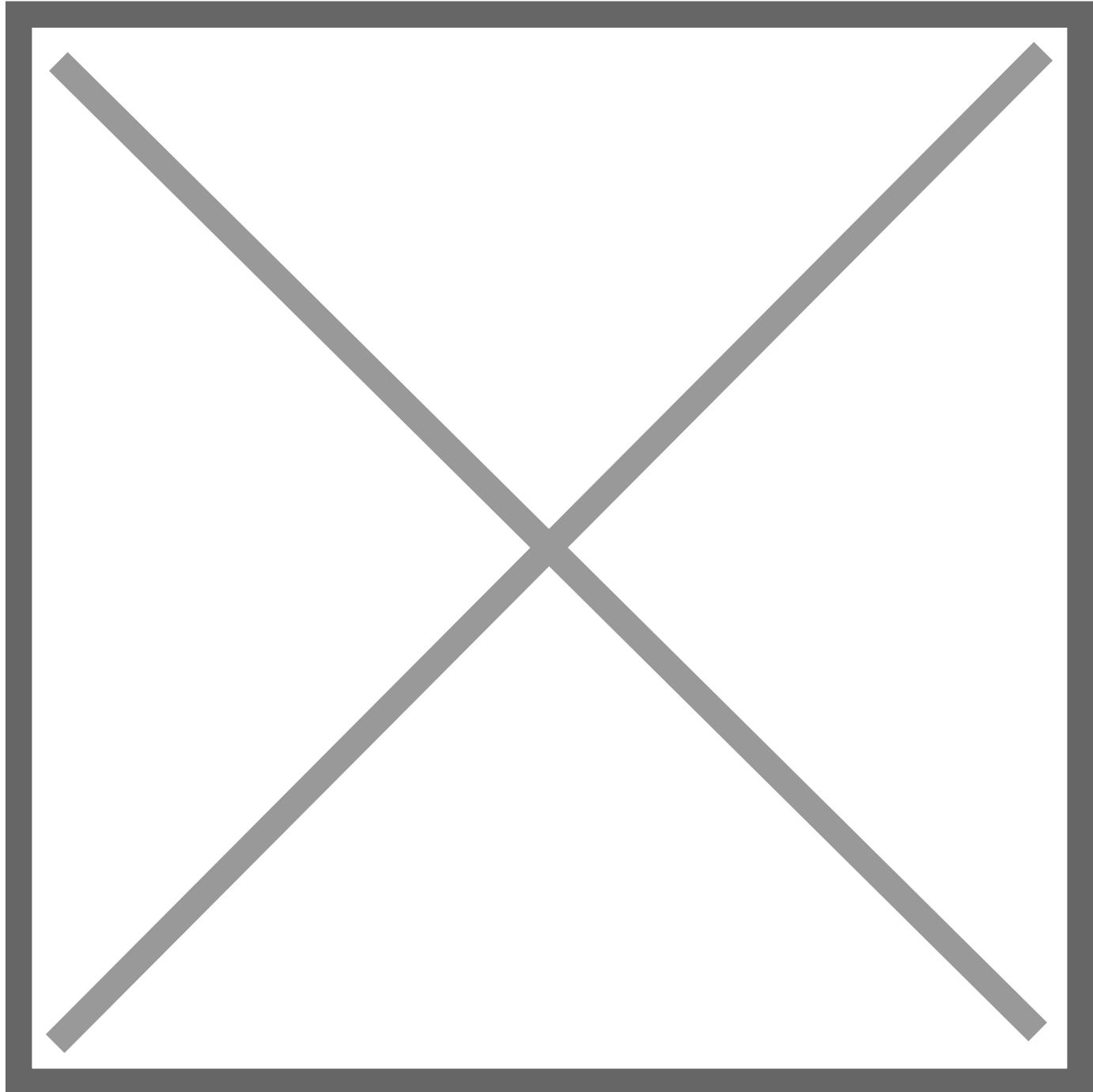
Atsauces:

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)-(--))

**Definīcijas
(pieejamas
tikai angļu
valodā):**

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.

Sievietes, 2022



**Apsekojuma
veids:**

Pašu ziņojums

Vecums:

18+

**Aptvertā
teritorija:**

Valsts

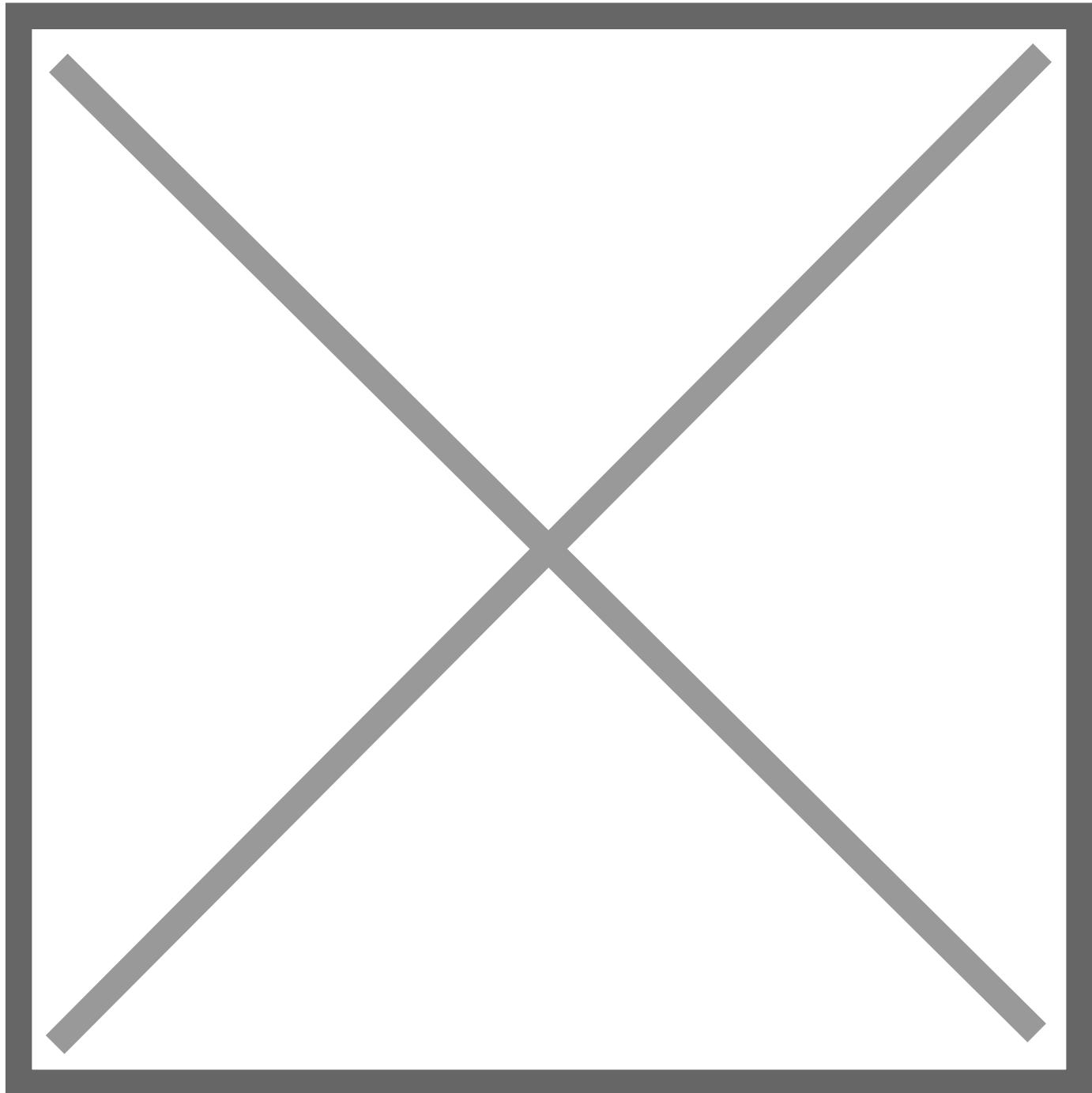
Atsauces:

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)-(--))

**Definīcijas
(pieejamas
tikai angļu
valodā):**

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.

Bērni, 2016



**Apsekojuma
veids:**

Pašu ziņojums

Vecums:

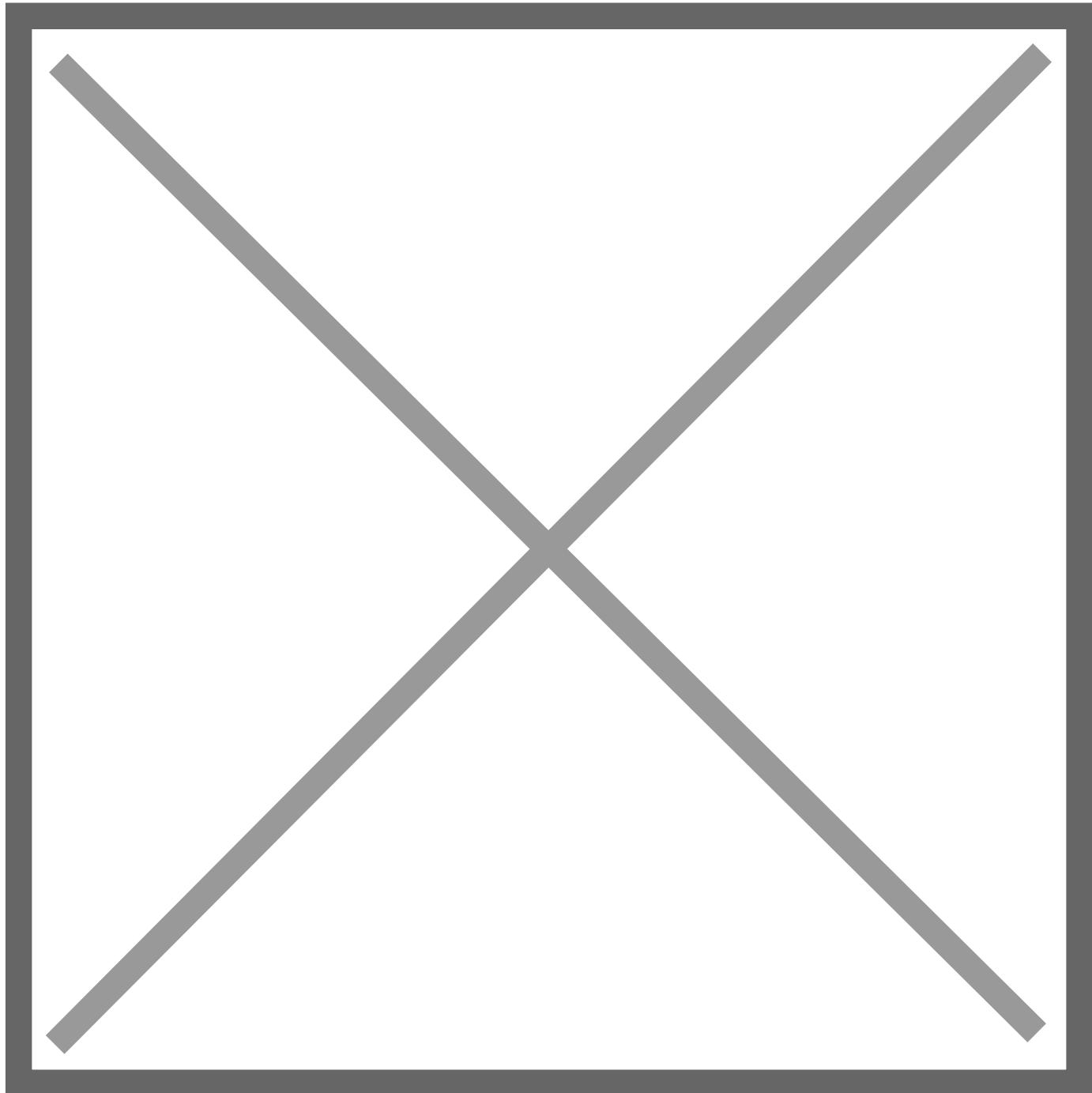
11-17

Atsauces:

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

Piezīmes (pieejamas tikai angļu valodā):	% 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.
Definīcijas (pieejamas tikai angļu valodā):	% Adolescents insufficiently active (age standardised estimate)

Zēni, 2016



**Apsekojuma
veids:**

Pašu ziņojums

Vecums:

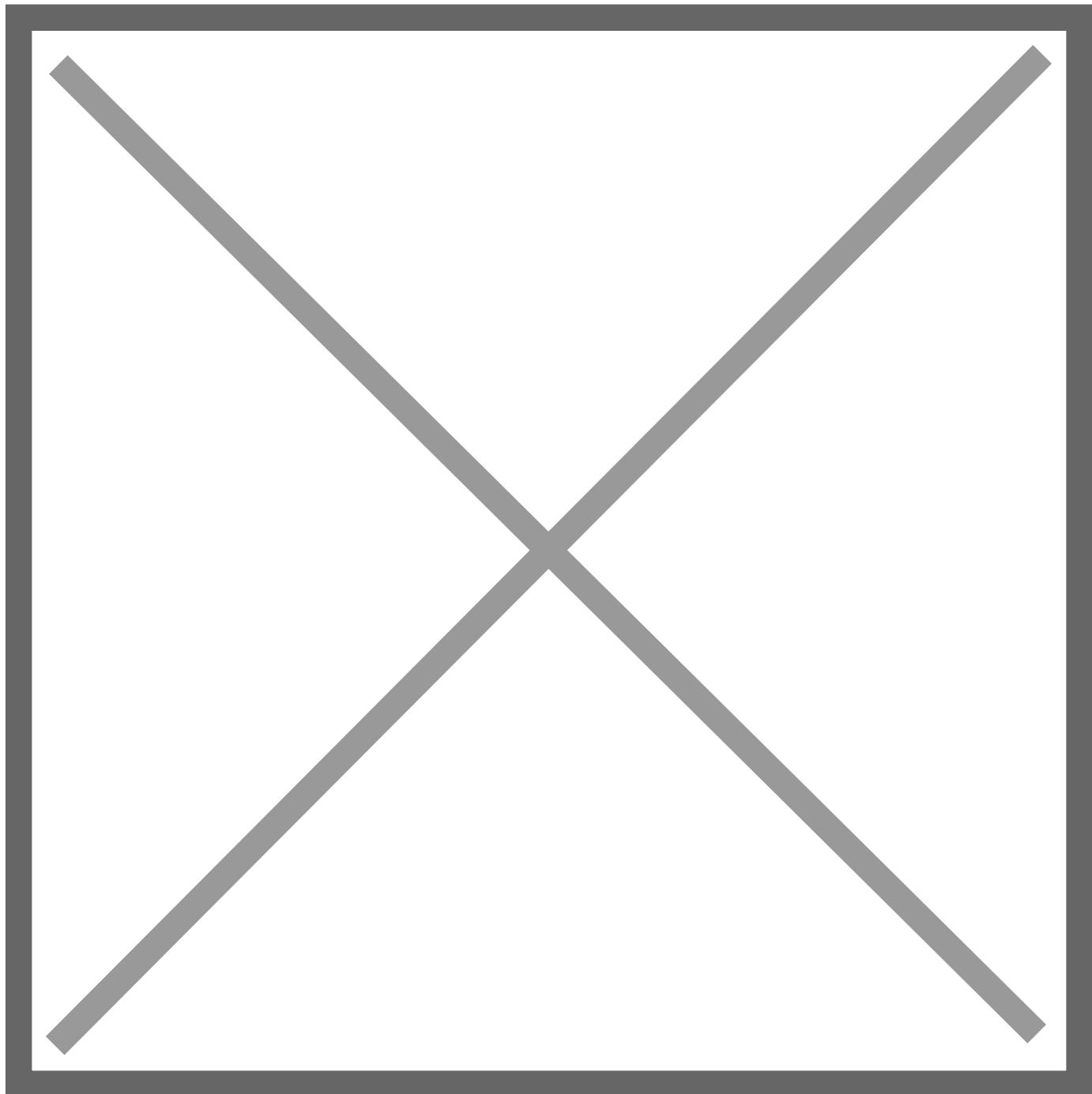
11-17

Atsauces:

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

Piezīmes (pieejamas tikai angļu valodā):	% 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.
Definīcijas (pieejamas tikai angļu valodā):	% Adolescents insufficiently active (age standardised estimate)

Meitenes, 2016



**Apsekojuma
veids:**

Pašu ziņojums

Vecums:

11-17

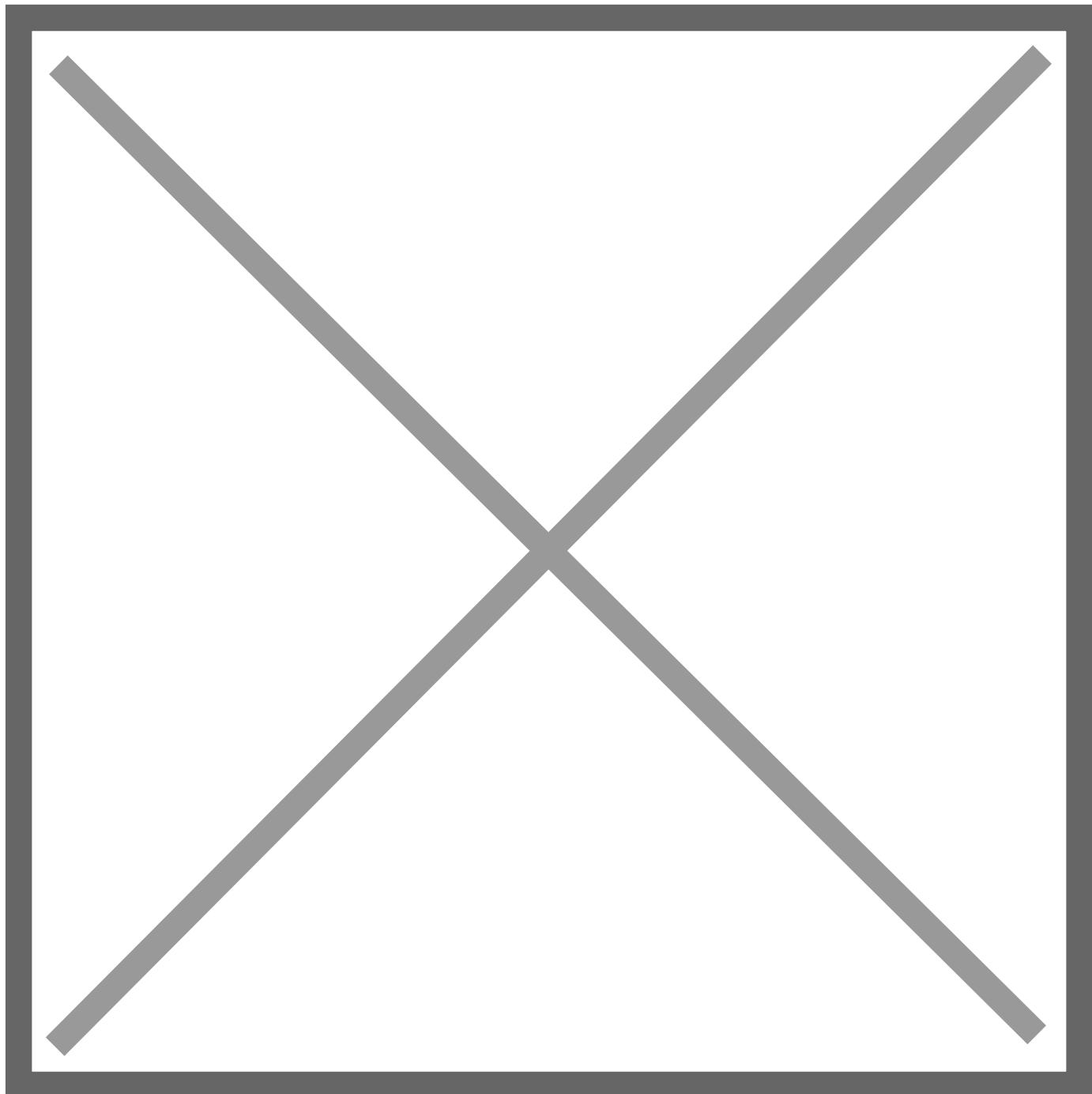
Atsauces:

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

Piezīmes (pieejamas tikai angļu valodā):	% 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.
Definīcijas (pieejamas tikai angļu valodā):	% Adolescents insufficiently active (age standardised estimate)

**Gāzēto bezalkoholisko dzērienu vidējais patēriņa biežums
dienā**

Bērni, 2009-2015



**Apsekojuma
veids:**

Vecums:

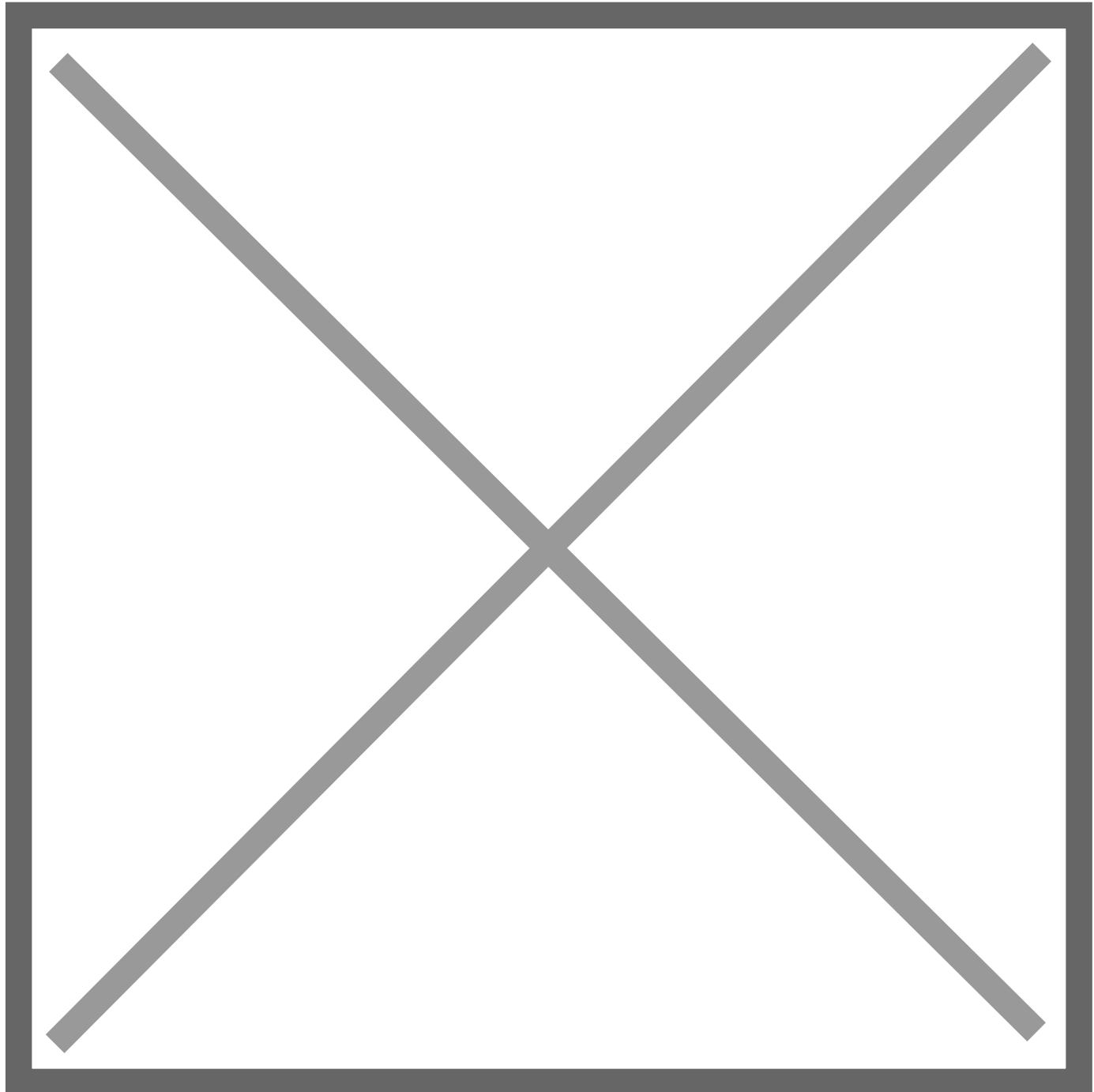
Mērītā vērtība

12-17

Atsauces: 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

Pieaugušie, 2017



**Apsekojuma
veids:**

Mērītā vērtība

Vecums:

25+

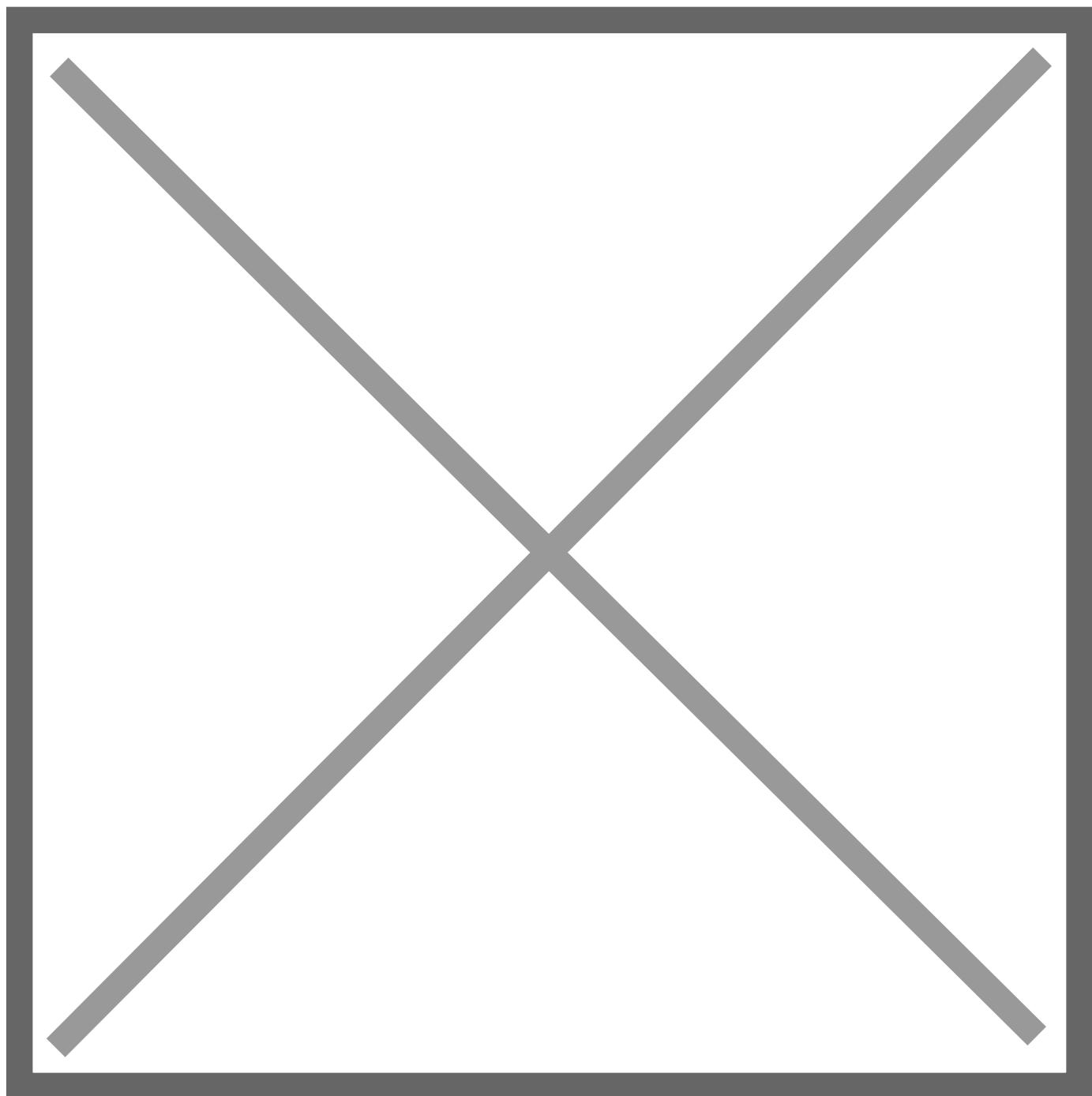
Atsauces:

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

Definīcijas
(pieejamas
tikai angļu
valodā):

Estimated per-capita fruit intake (g/day)

**Augļu patēriņa, kas ir mazāks par ikdienas patēriņu, īpatsvars
Bērni, 2008-2015**



**Apsekojuma
veids:**

Vecums:

Mēritā vērtība

12-17

Atsauces:

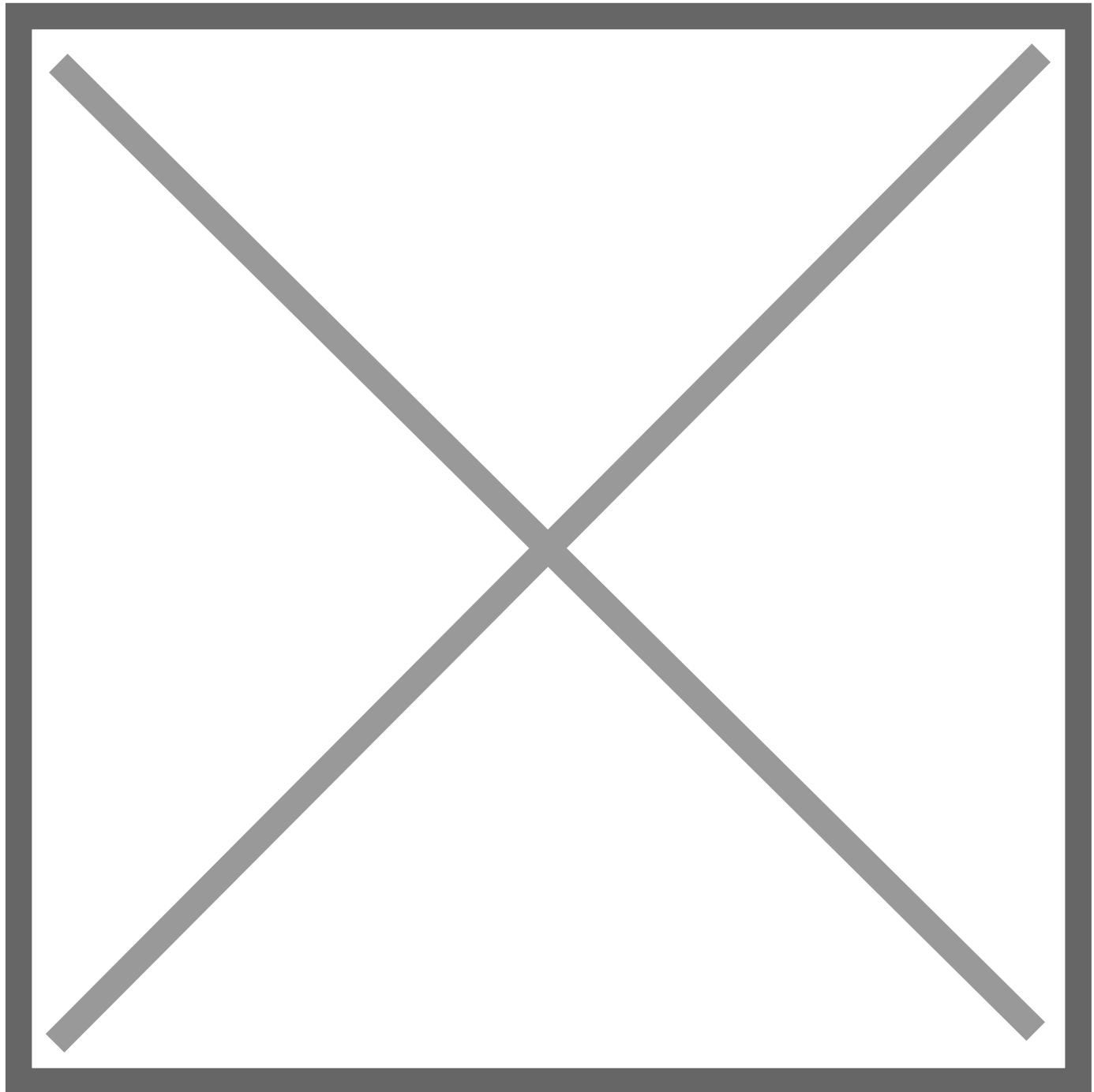
Global School-based Student Health Surveys. Beal et al (2019). Global Patterns of Adolescent Fruit, Vegetable, Carbonated Soft Drink, and Fast-food consumption: A meta-analysis of global school-based student health surveys. Food and Nutrition Bulletin. <https://doi.org/10.1177/0379572119848287>. Sourced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

**Definīcijas
(pieejamas
tikai angļu
valodā):**

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

**Dārzeņu patēriņa, kas ir mazāks par ikdienas patēriņu,
īpatsvars**

Bērni, 2008-2015



**Apsekojuma
veids:**

Vecums:

Mērītā vērtība

12-17

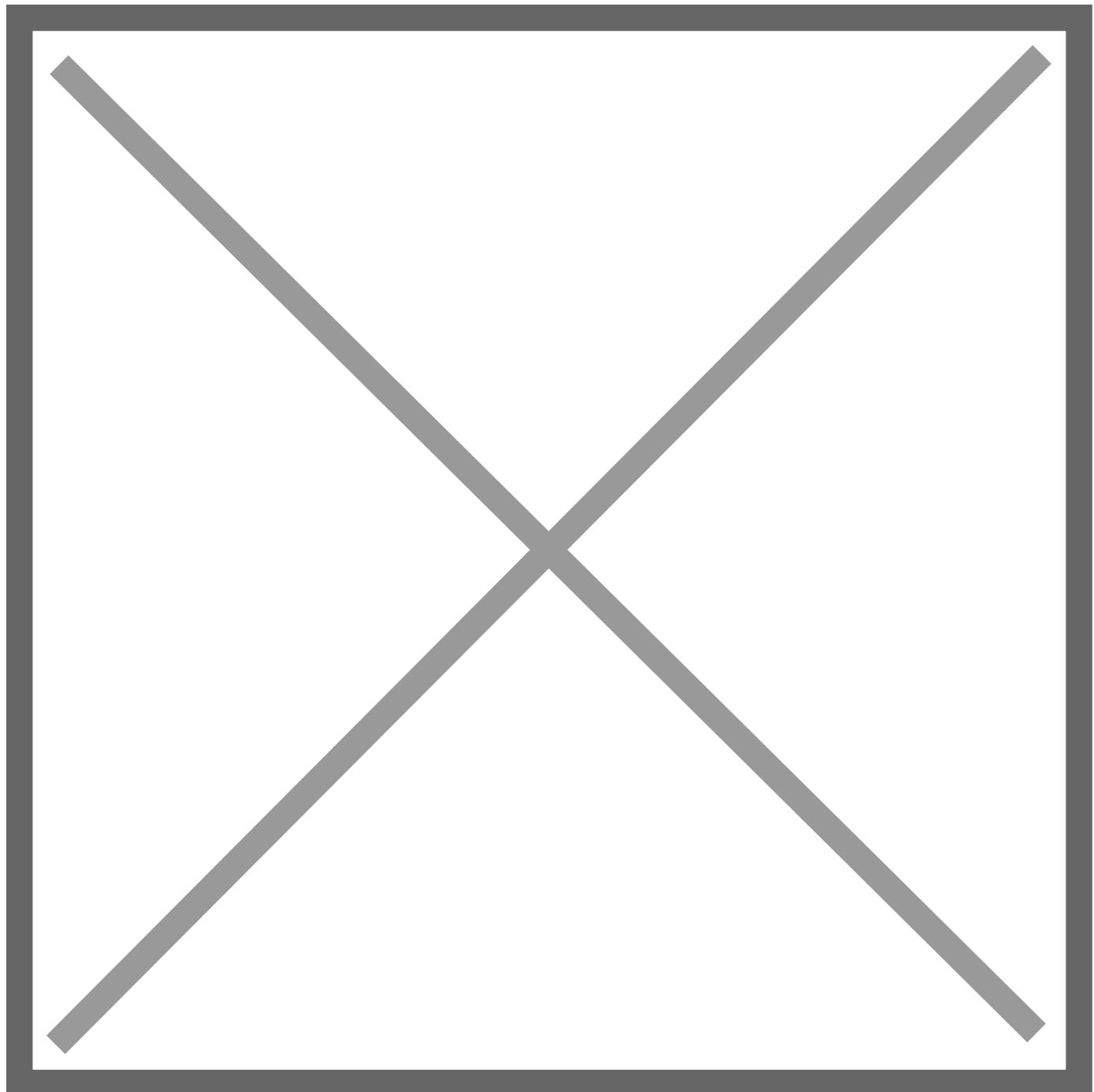
Atsauces: Beal et al. (2019). Global Patterns of Adolescent Fruit, Vegetable, Carbonated Soft Drink, and Fast-food consumption: A meta-analysis of global school-based student health surveys. Food and Nutrition Bulletin. <https://doi.org/10.1177/0379572119848287> sourced from Food Systems Dashboard <http://www.foodsystemsdashboard.org/food-system>

**Definīcijas
(pieejamas
tikai angļu
valodā):**

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

**Vidējais ātrās ēdināšanas iestāžu apmeklēšanas biežums
nedēļā**

Bērni, 2009-2015



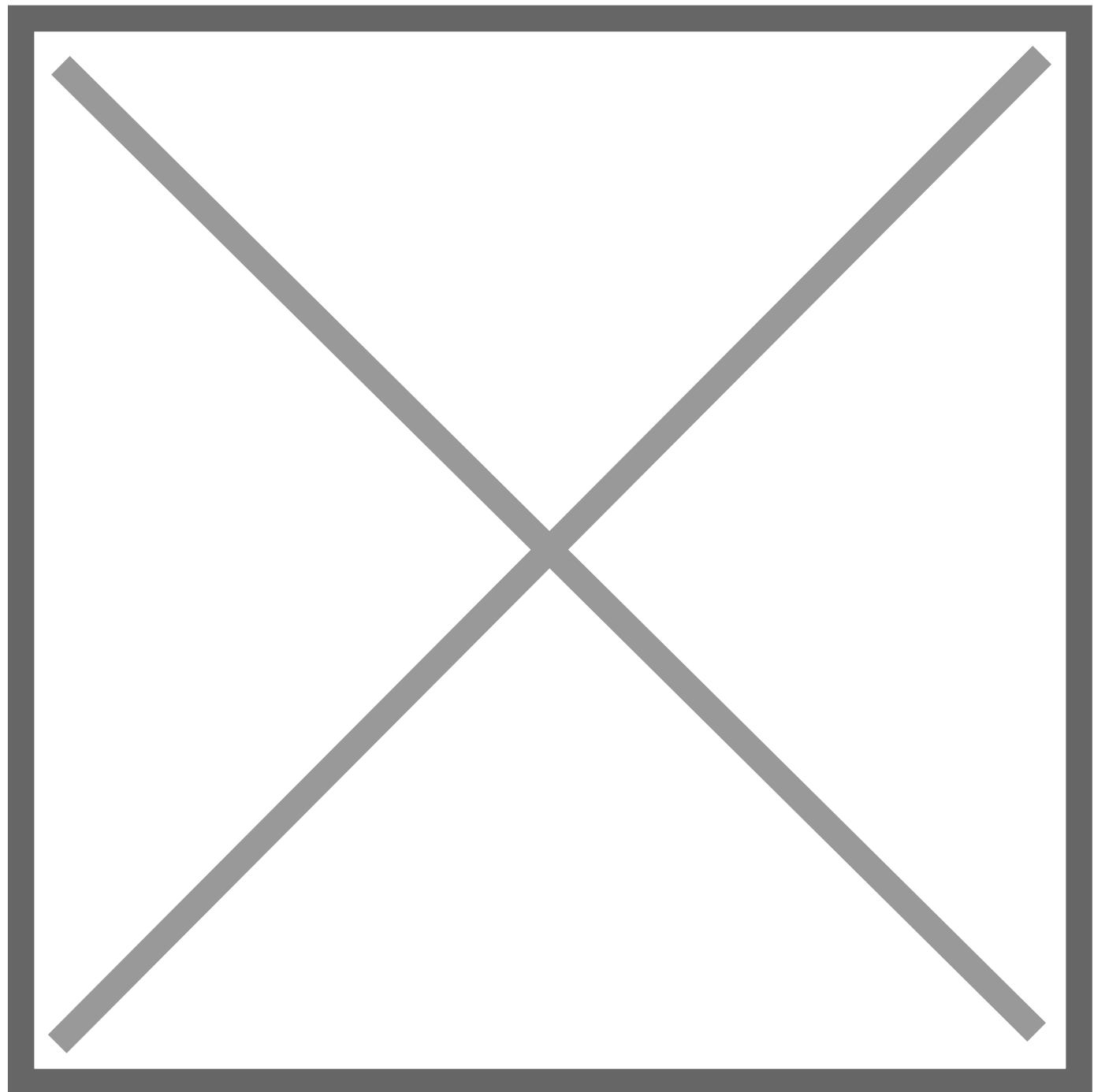
Vecums:

12-17

Atsauces: 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>

Aptuvenais pārstrādātas gaļas patēriņš uz vienu iedzīvotāju

Pieaugušie, 2017



**Apsekojuma
veids:**

Mēritā vērtība

Vecums:

25+

Atsauces:

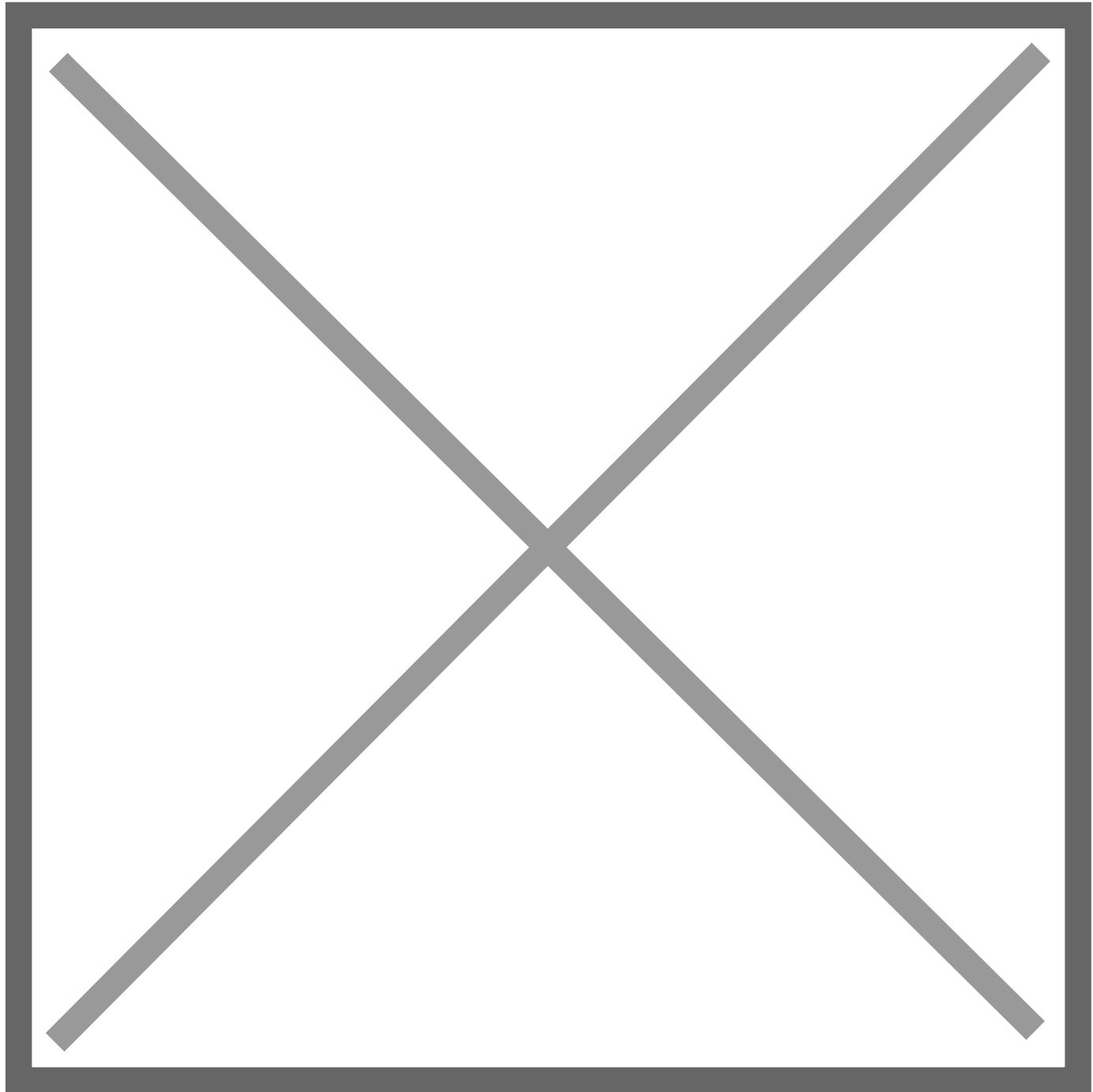
Global Burden of Disease, the Institute for Health Metrics and Evaluation <http://ghdx.healthdata.org/>

**Definīcijas
(pieejamas
tikai angļu
valodā):**

Estimated per-capita processed meat intake (g per day)

Estimated per capita whole grains intake

Pieaugušie, 2017



**Apsekojuma
veids:**

Mērītā vērtība

Vecums:

25+

Atsauses:

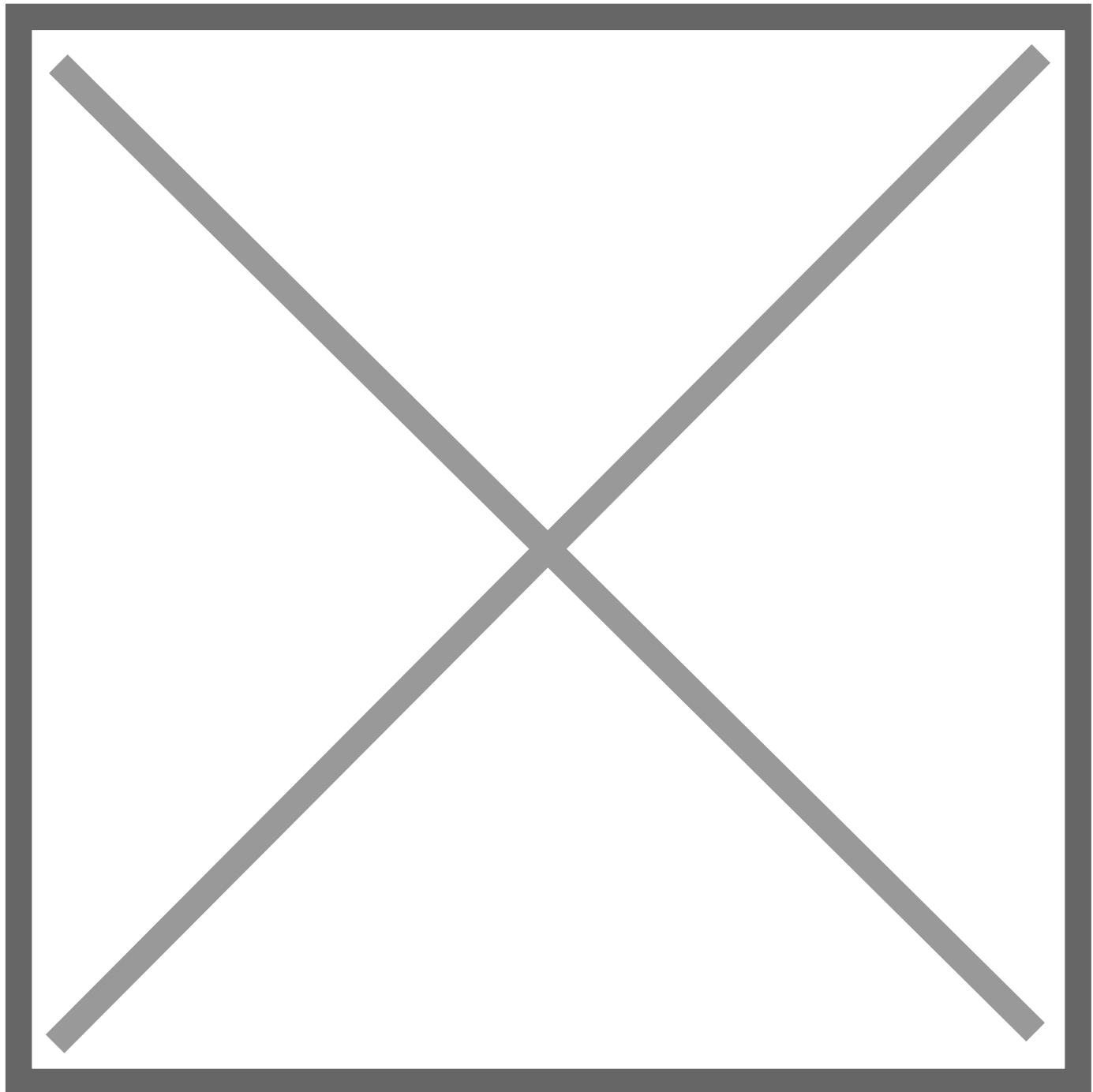
Global Burden of Disease, the Institute for Health Metrics and Evaluation <http://ghdx.healthdata.org/>

**Definīcijas
(pieejamas
tikai angļu
valodā):**

Estimated per-capita whole grains intake (g/day)

Garīgā veselība - depresijas traucējumi

Pieaugušie, 2021



Vecums:

20+

**Aptvertā
teritorija:**

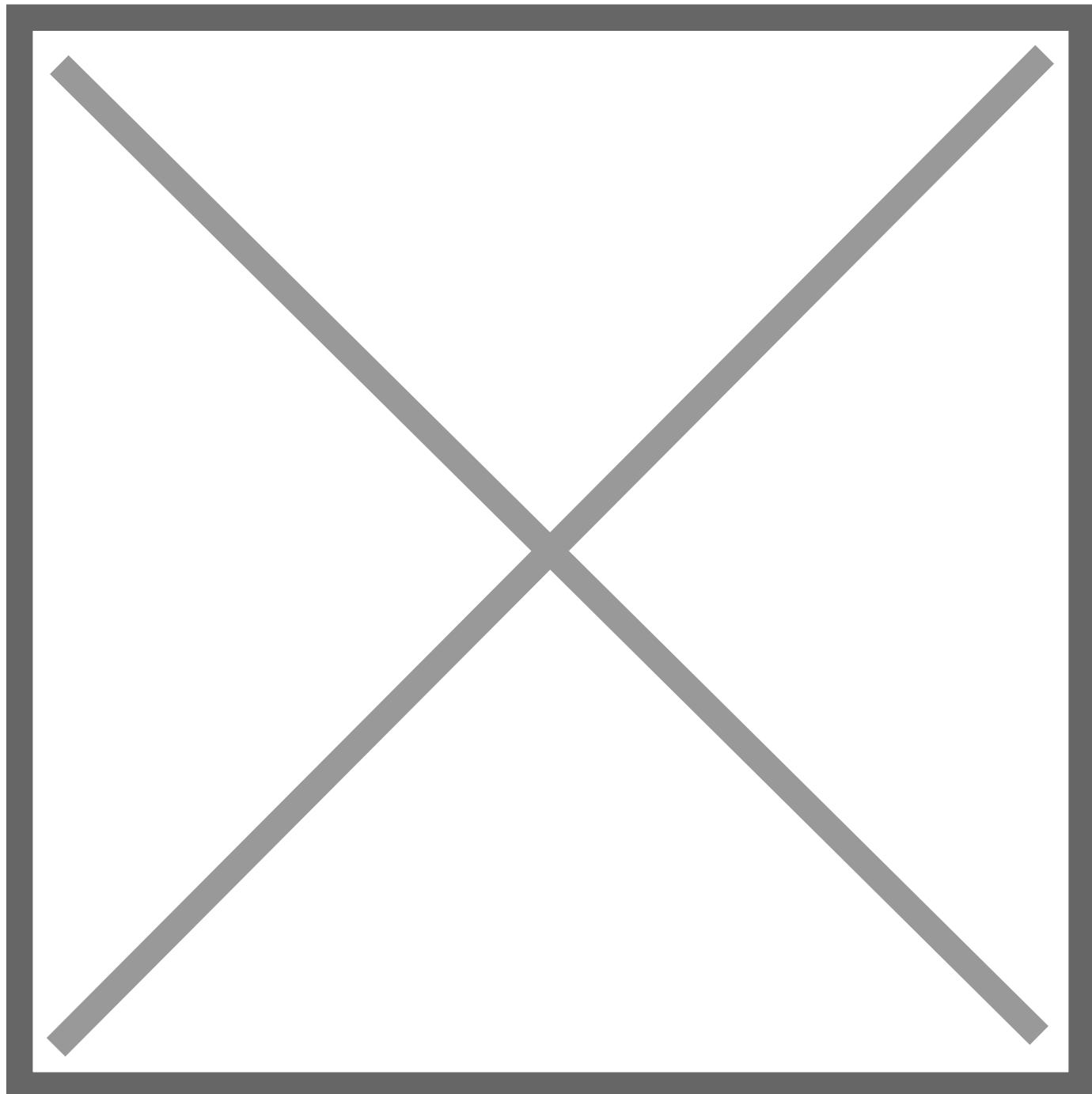
Valsts

Atsauces: 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)

**Definīcijas
(pieejamas
tikai angļu
valodā):**

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

Vīrieši, 2021



Vecums:

20+

Aptvertā
teritorija:

Valsts

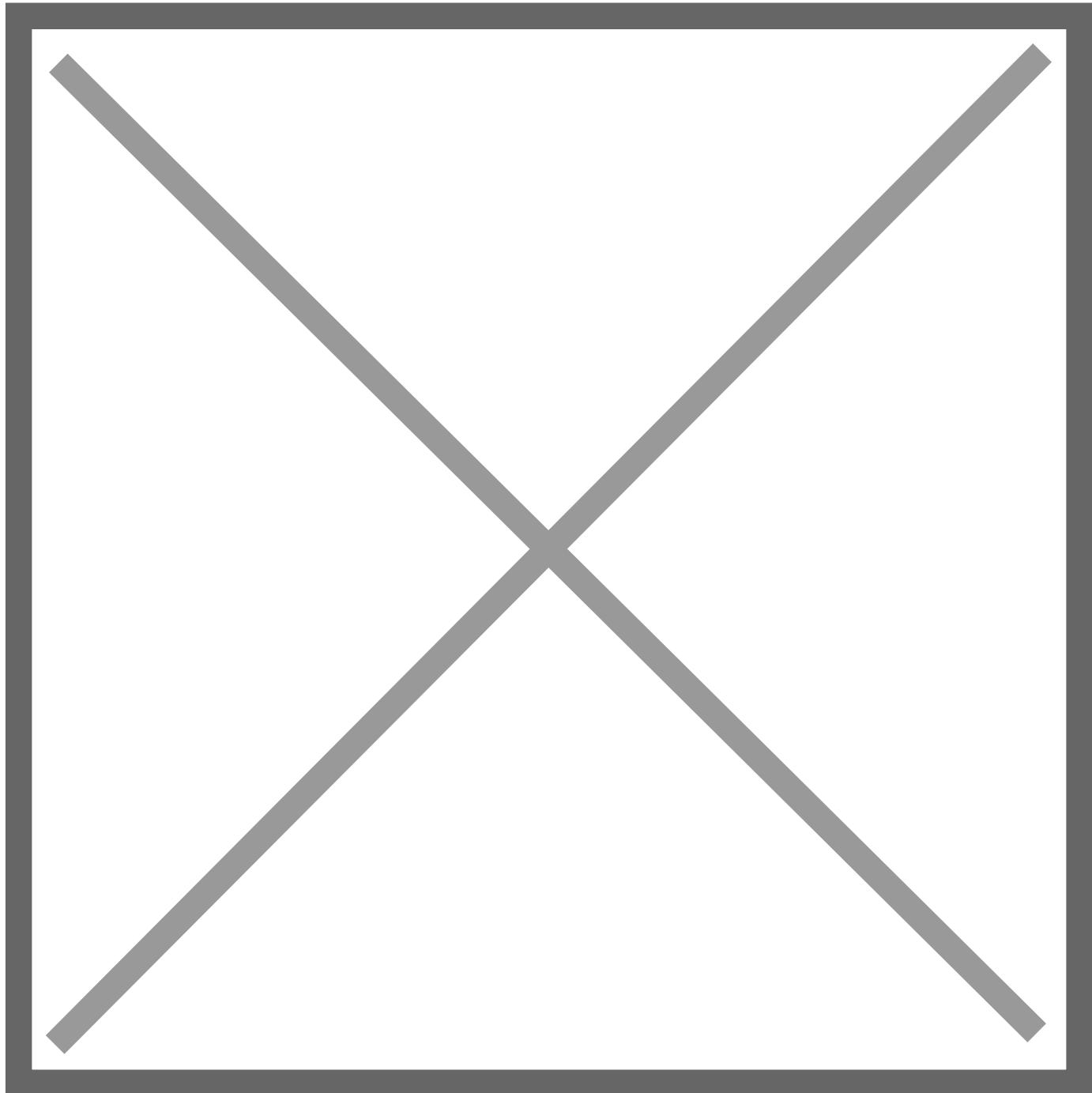
Atsauces:

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)

**Definīcijas
(pieejamas
tikai angļu
valodā):**

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

Sievietes, 2021



Vecums:

20+

**Aptvertā
teritorija:**

Valsts

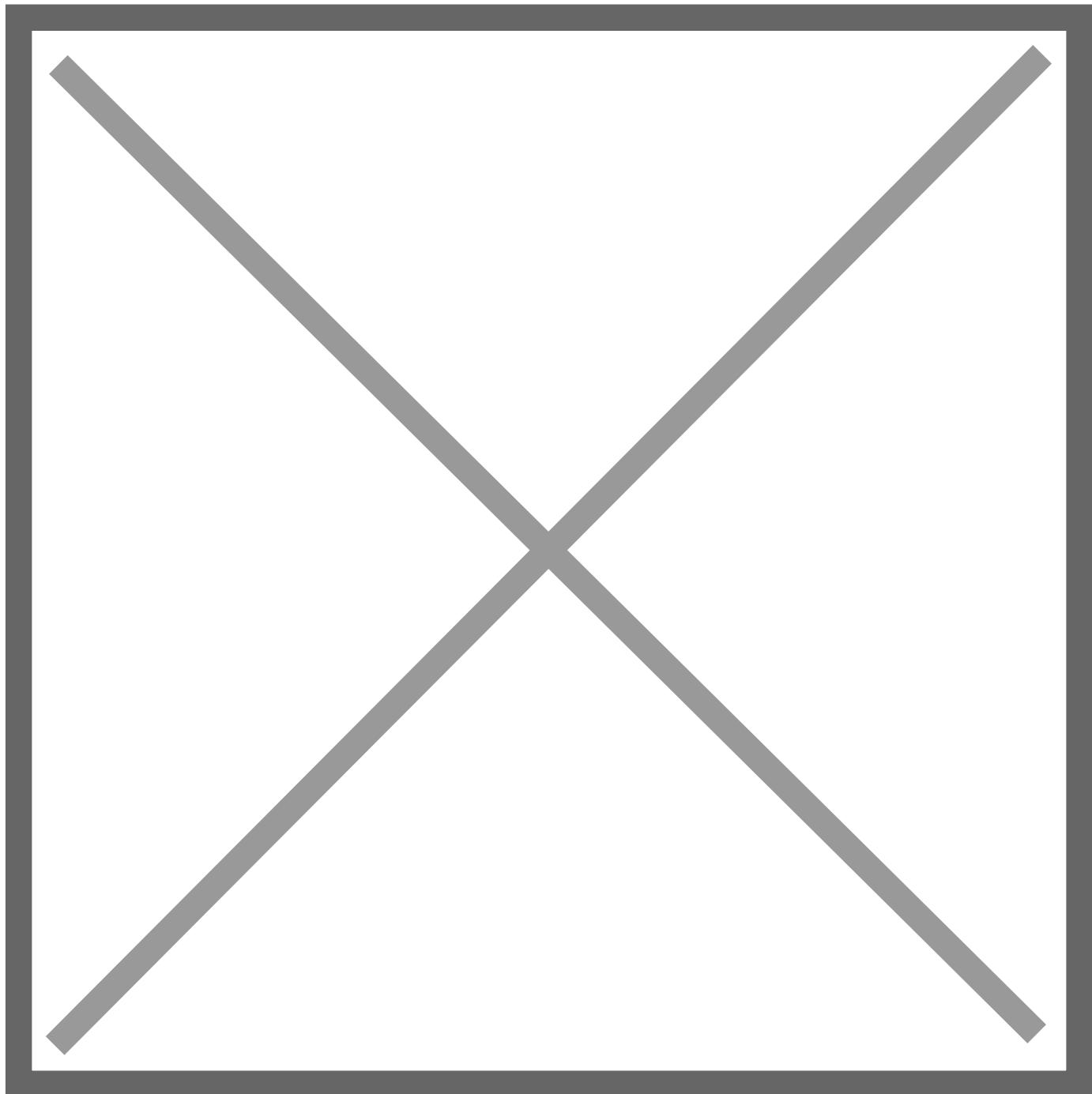
Atsauces:

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)

**Definīcijas
(pieejamas
tikai angļu
valodā):**

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

Bērni, 2021



Aptvertā
teritorija:

Valsts

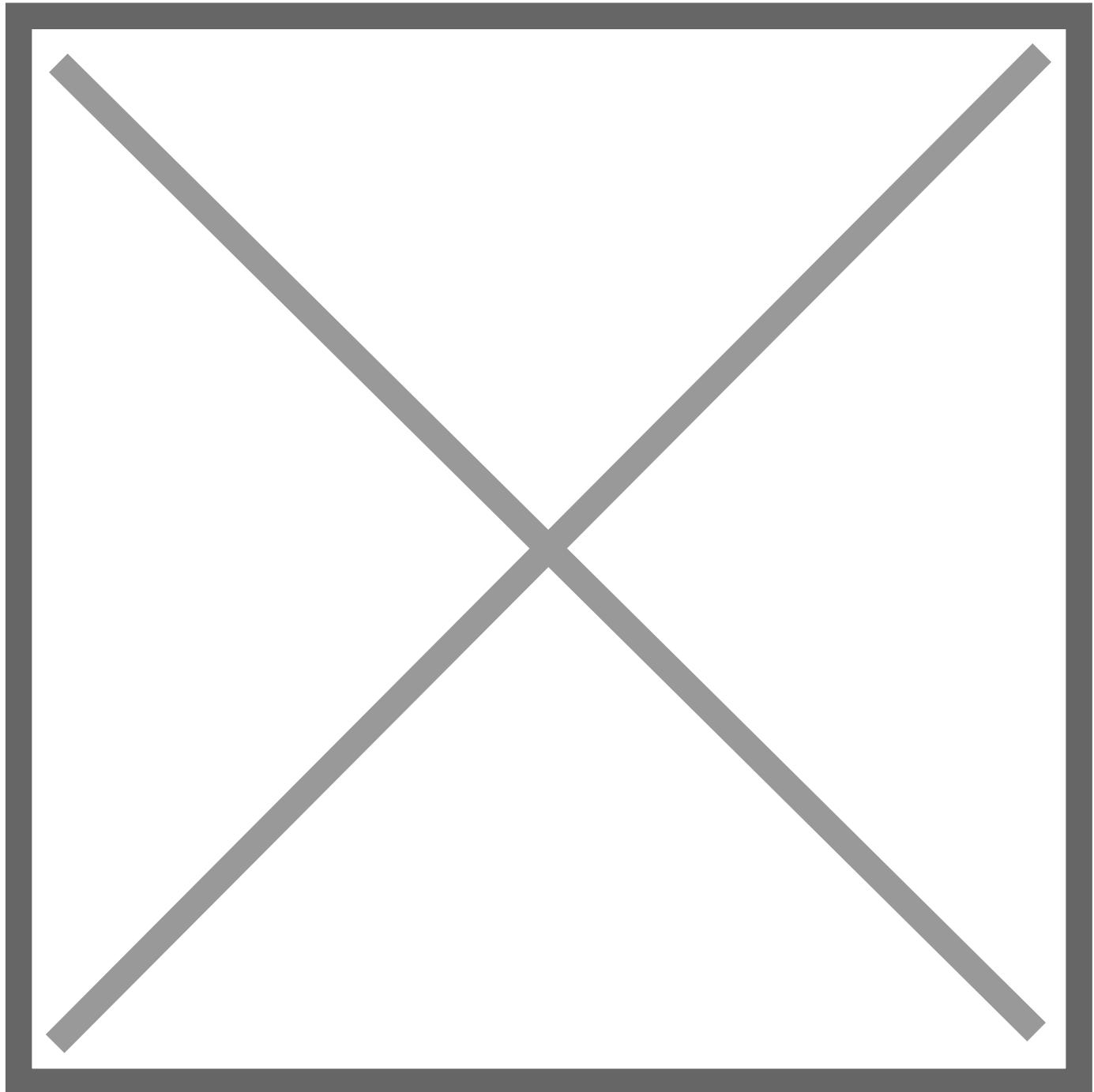
Atsauces:

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)

**Definīcijas
(pieejamas
tikai angļu
valodā):**

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

Zēni, 2021



Aptvertā
teritorija:

Valsts

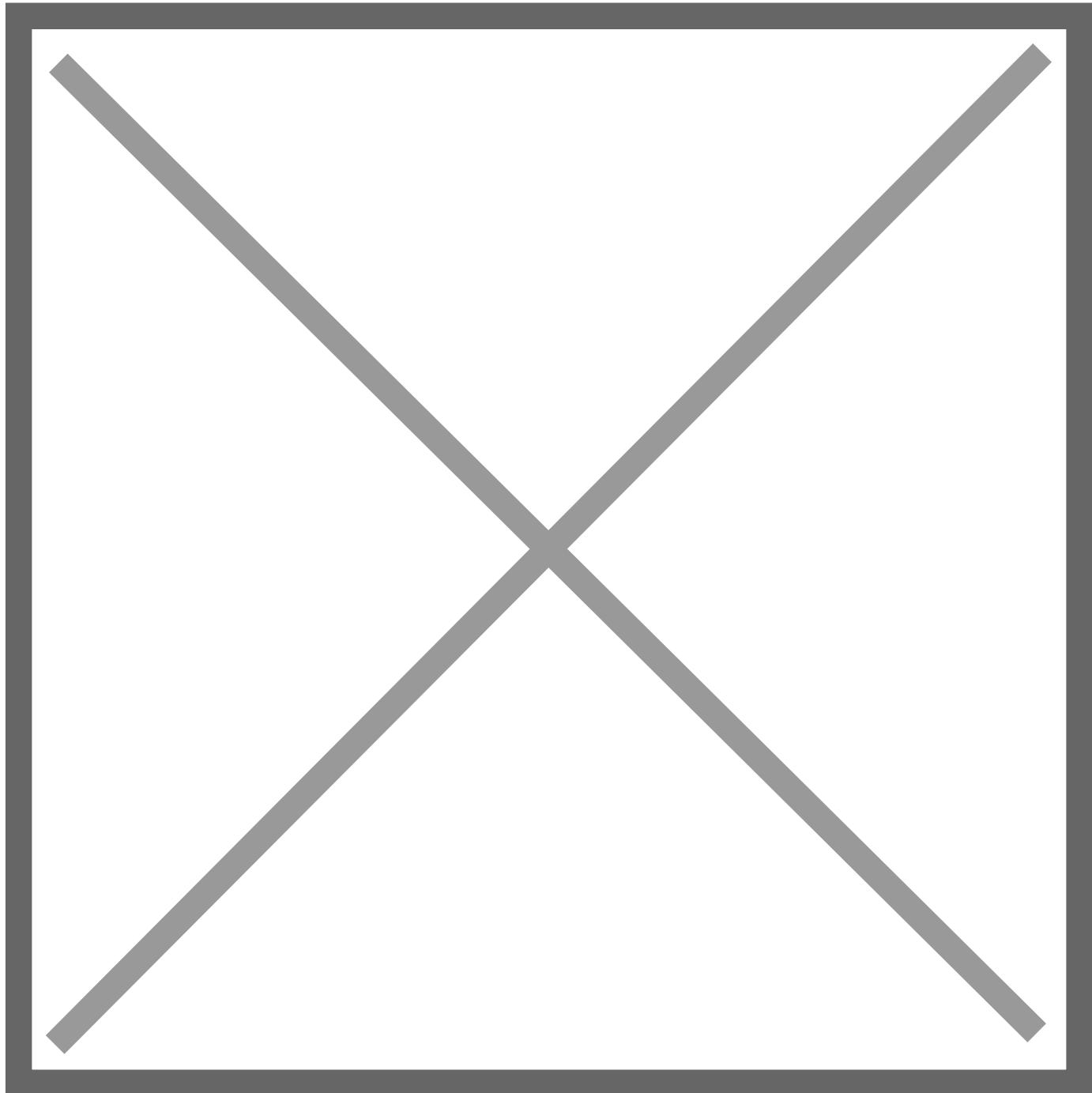
Atsauces:

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)

**Definīcijas
(pieejamas
tikai angļu
valodā):**

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

Meitenes, 2021



**Aptvertā
teritorija:**

Valsts

Atsauces:

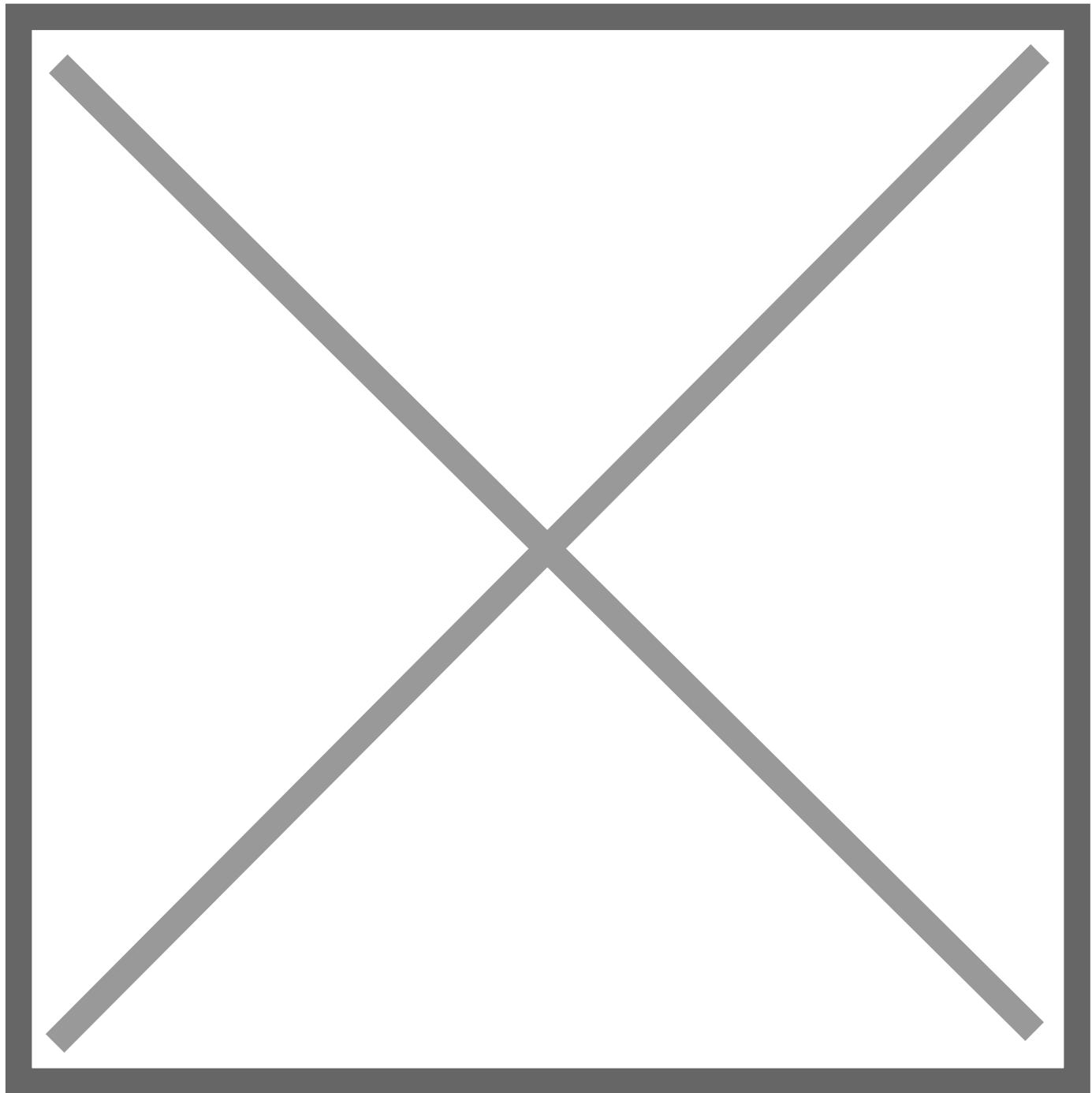
Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

**Definīcijas
(pieejamas
tikai angļu
valodā):**

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

Garīgā veselība - trauksmes problēmas

Pieaugušie, 2021



Vecums:

20+

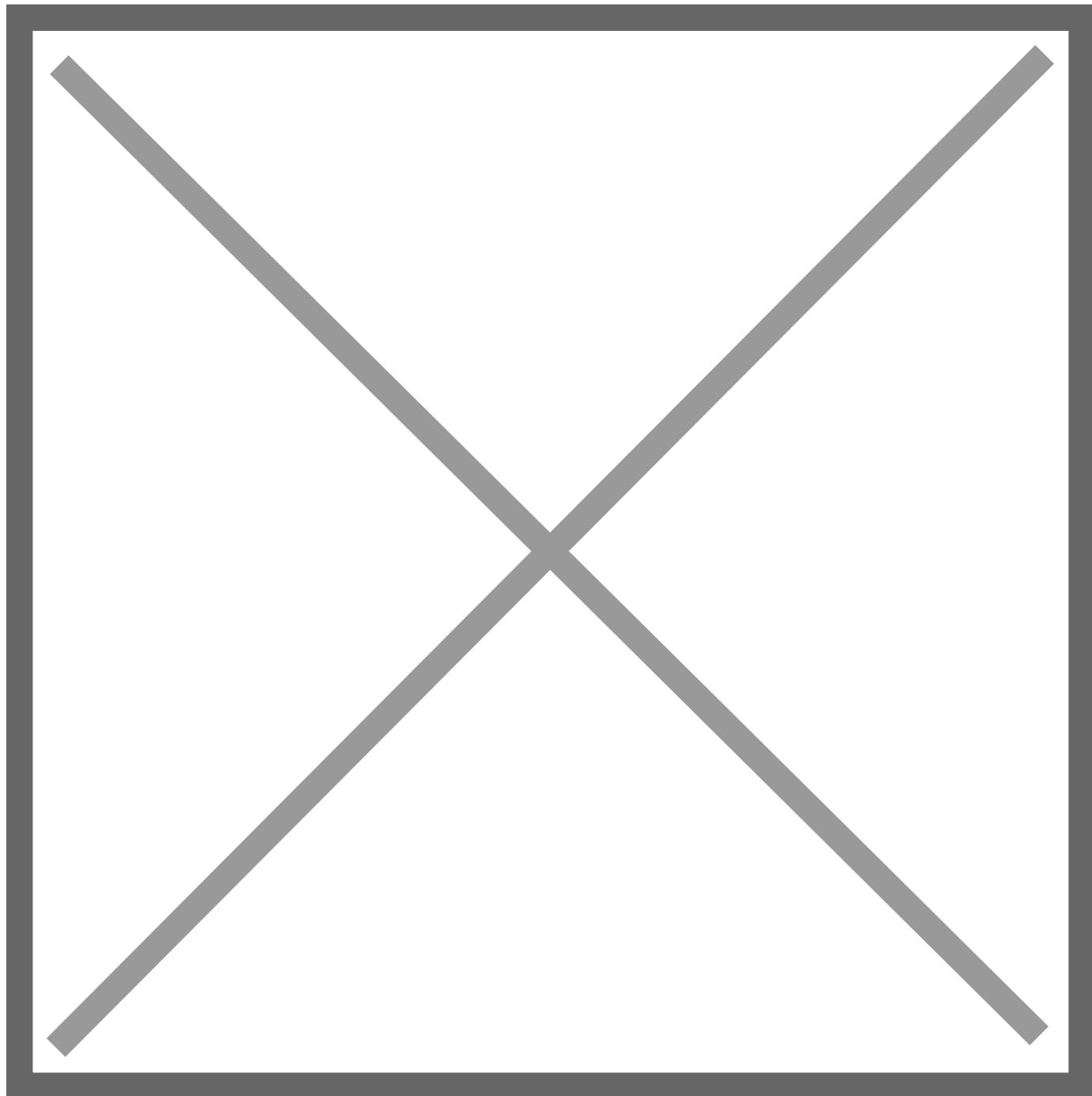
Atsauses:

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).

**Definīcijas
(pieejamas
tikai angļu
valodā):**

Number living with anxiety per 100,000 population

Vīrieši, 2021



Vecums:

20+

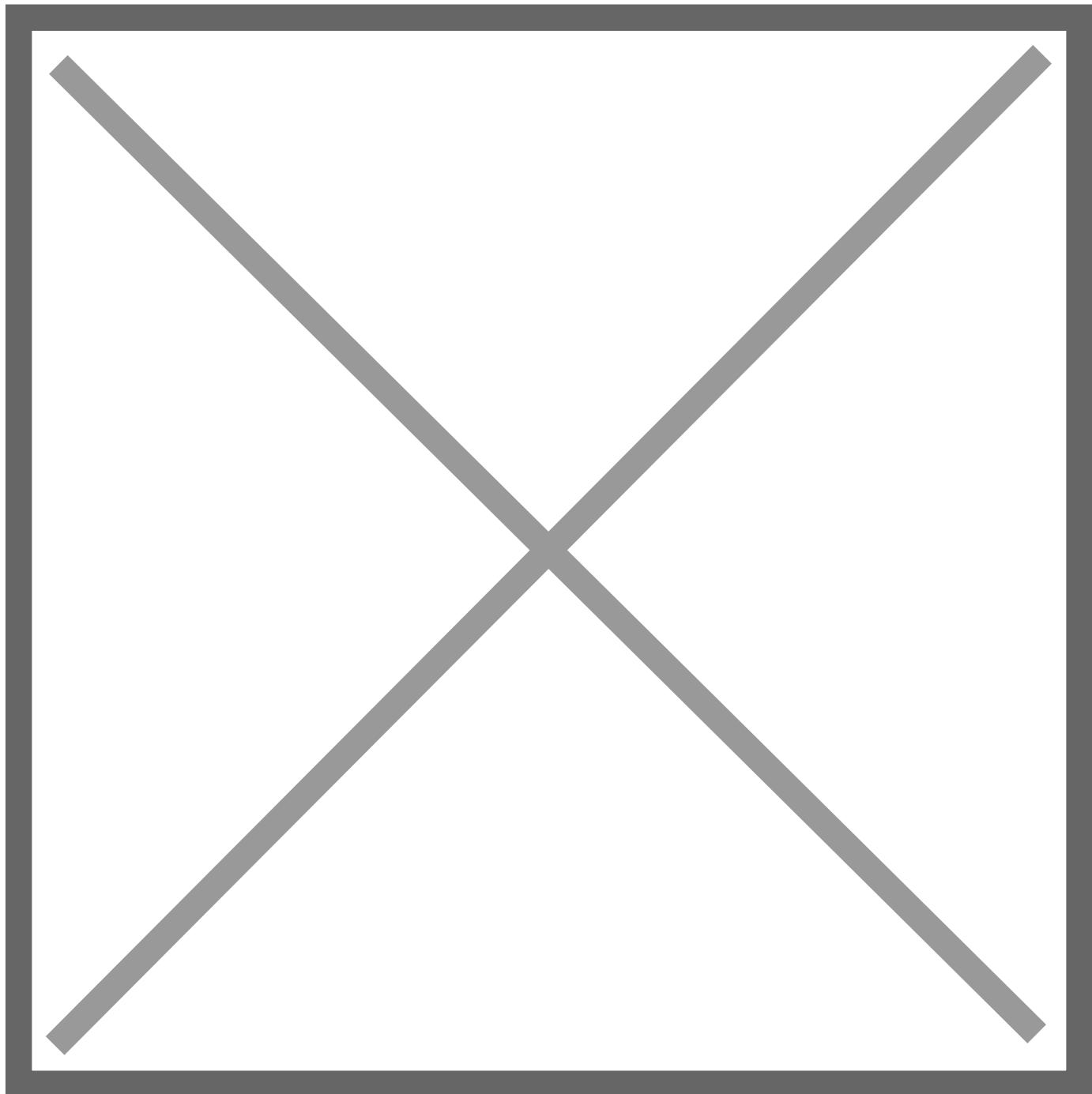
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**Definīcijas
(pieejamas
tikai angļu
valodā):**

Number living with anxiety per 100,000 population

Sievietes, 2021



Vecums:

20+

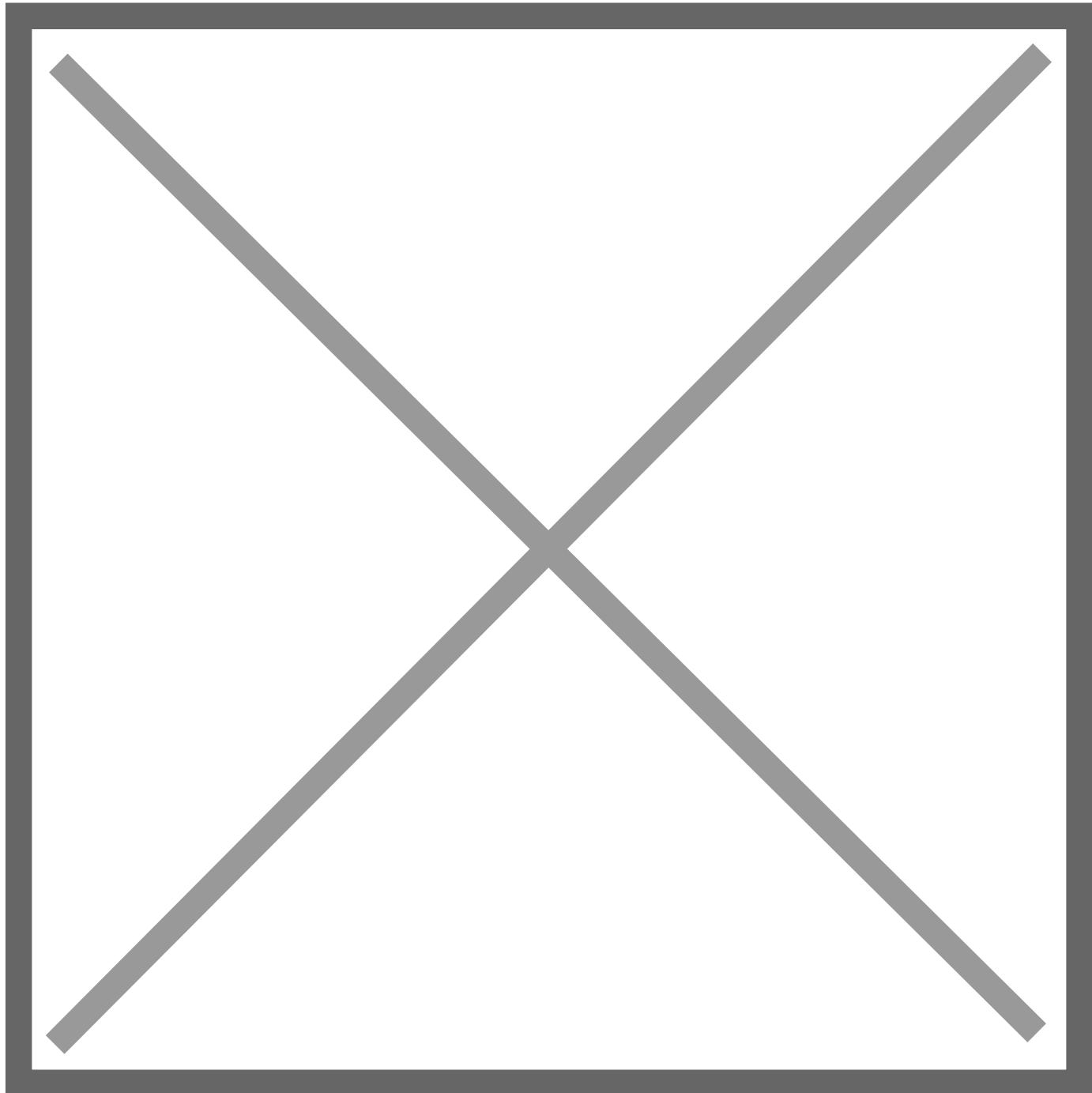
Atsauses:

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).

**Definīcijas
(pieejamas
tikai angļu
valodā):**

Number living with anxiety per 100,000 population

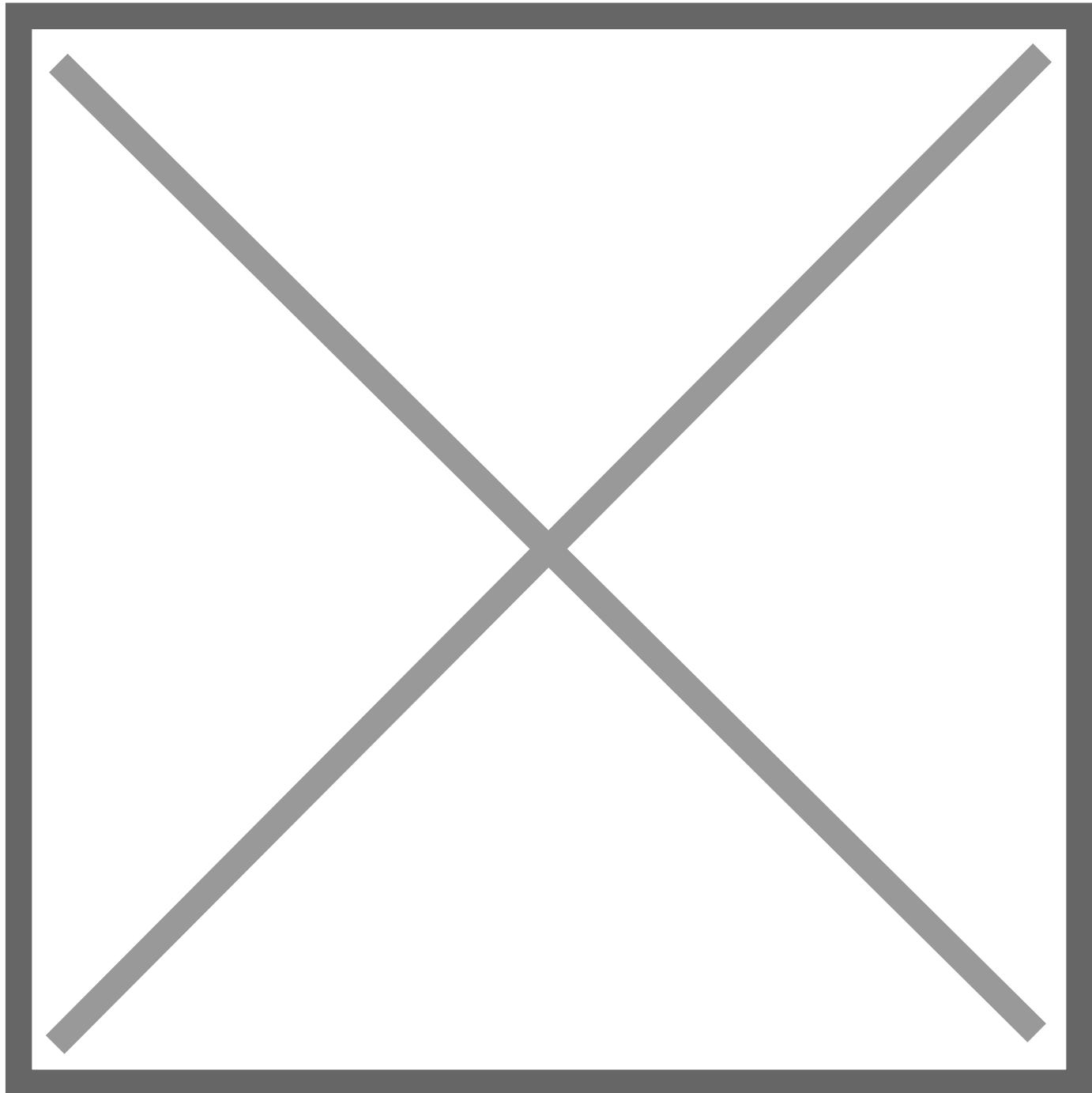
Bērni, 2021



Atsauces:

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)

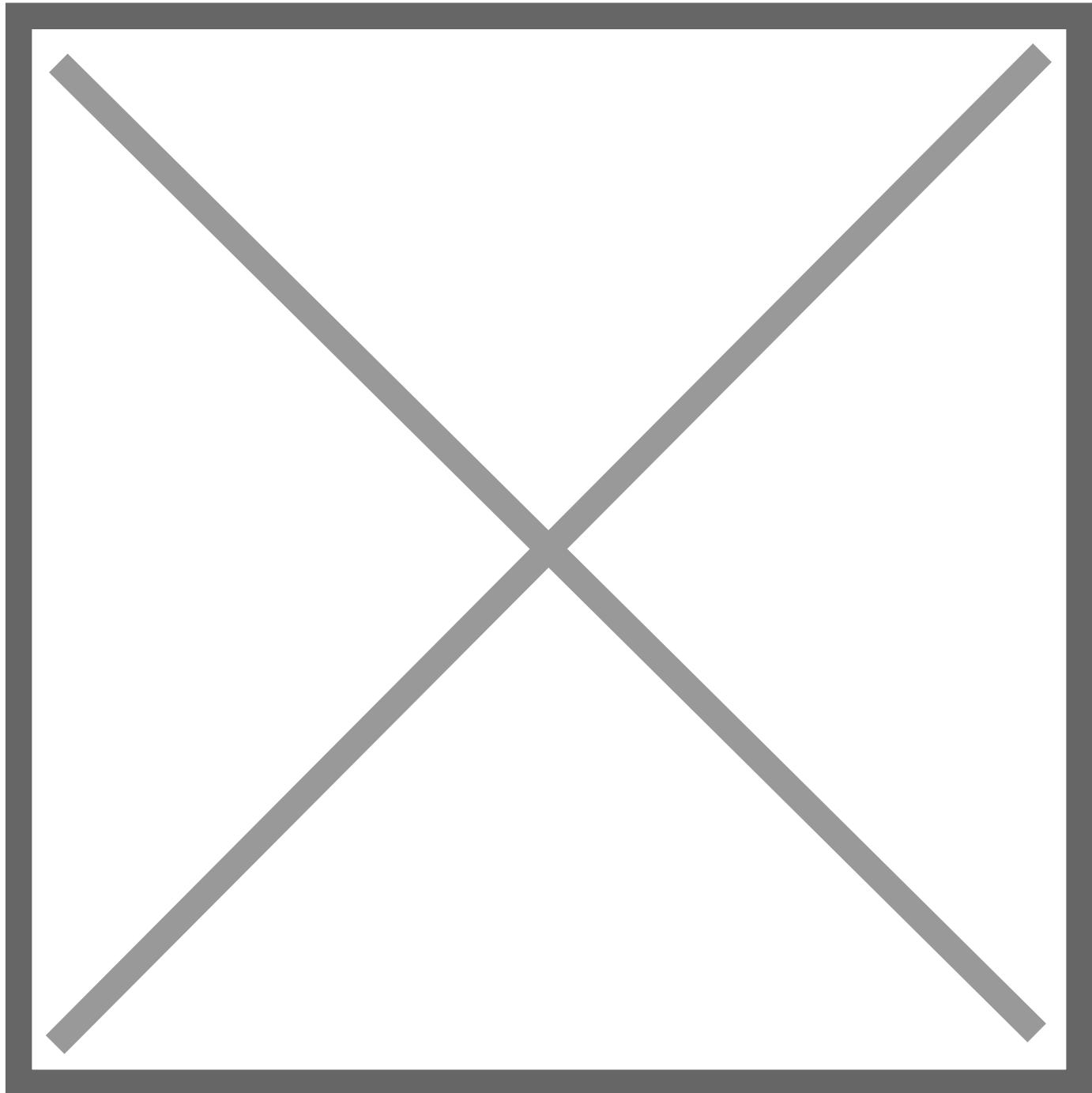
Zēni, 2021



Atsauces:

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)

Meitenes, 2021

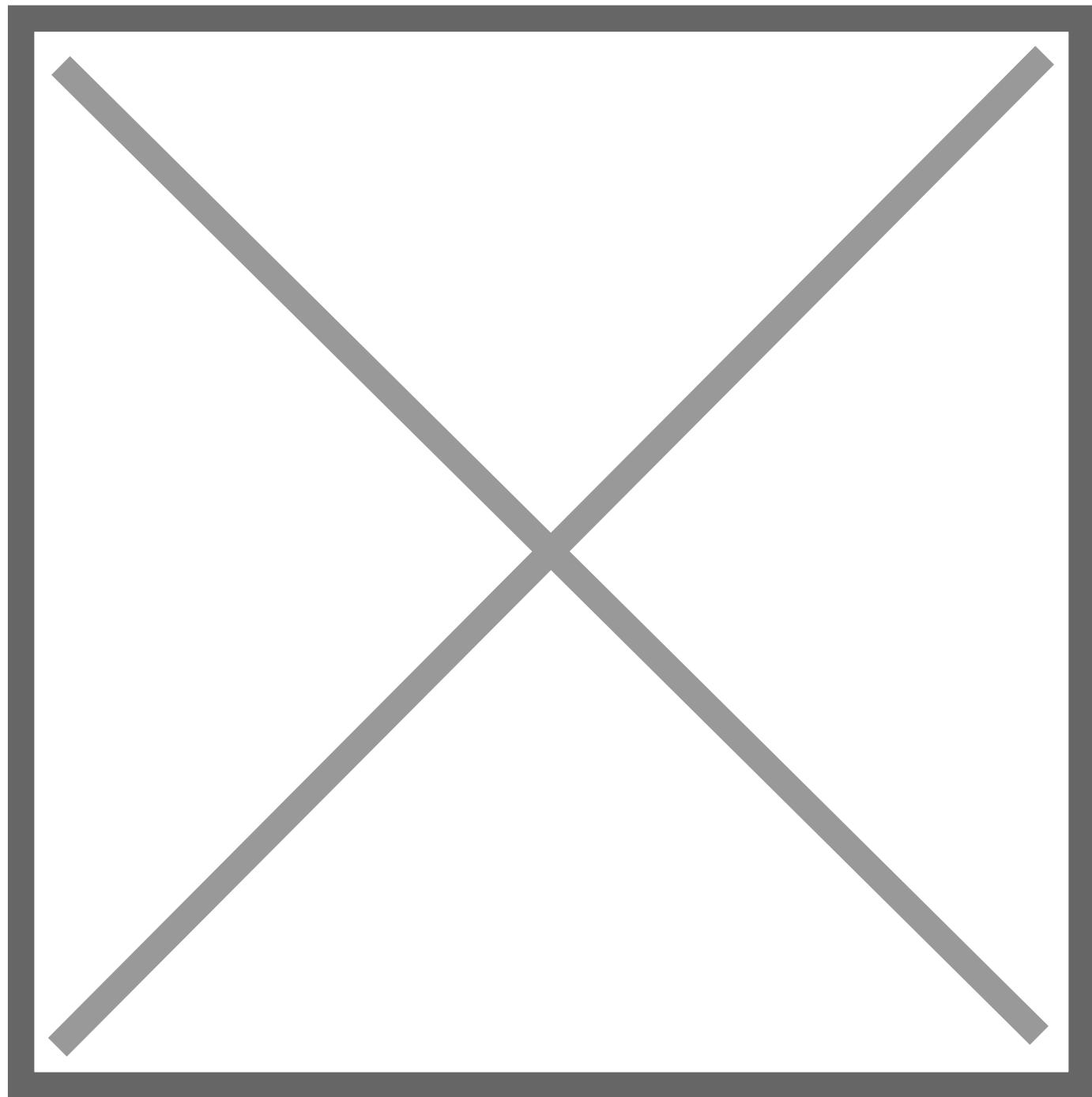


Atsauces:

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)

% zīdaiņi, kas pirmos 5 mēnešus baroti tikai ar krūti

0-5 years, 2010-2023



Atsauces:

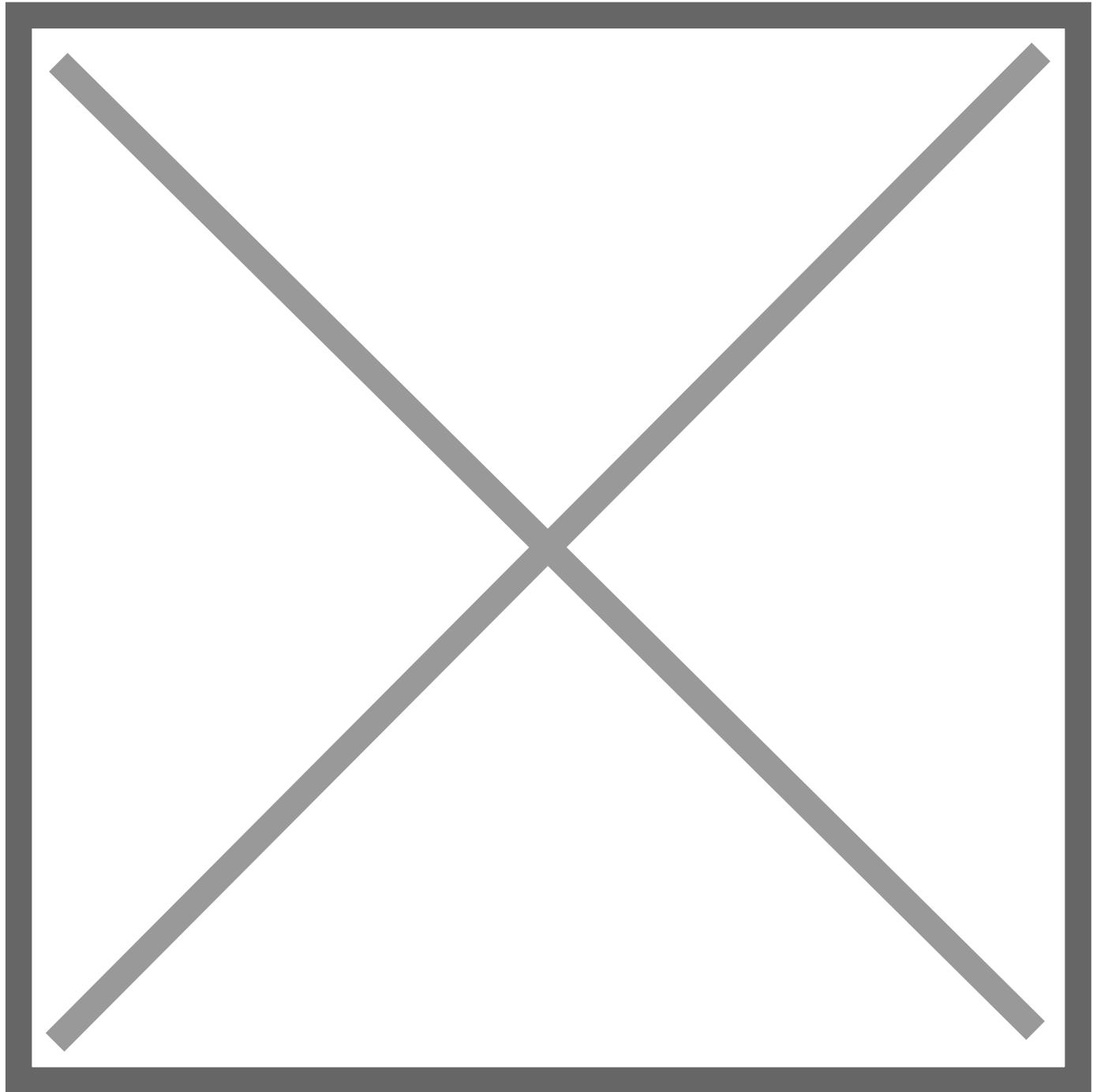
Pakistan 2018 National Nutrition Survey

**Piezīmes
(pieejamas
tikai angļu
valodā):**

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.

Percent of population who cannot afford a healthy diet

Pieaugušie, 2022



**Aptvertā
teritorija:**

Atsauces:

Valsts

The Food Systems Dashboard. The Global Alliance for Improved Nutrition (GAIN), The Columbia Climate School, and Cornell University College of Agriculture and Life Sciences. 2024. Geneva, Switzerland.
<https://www.foodsystemsdashboard.org>. DOI: <https://doi.org/10.36072/db>.

PDF created on July 19, 2025