Report card
Pakistan

Contents	Page

Obesity prevalence

Women, 2018

■ Obesity　■ Overweight

Survey type:	Measured
Age:	15-49
Sample size:	123092
Area covered:	National
References:	Pakistan National Nutrition Survey 2018 https://www.unicef.org/pakistan/media/2826/file/National%20Nutrition%20S (Accessed 03.11.20)
Notes:	Nutritional status of non-pregnant women of reproductive age

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

Children, 2021

Obesity **Overweight**

Survey type:	Measured
Age:	9-17
Sample size:	3551
Area covered:	National
References:	The Current Prevalence of Underweight, Overweight, and Obesity Associated with Demographic Factors among Pakistan School-Aged Children and Adolescents — An Empirical Cross-Sectional Study. Available at: https://www.mdpi.com/1660-4601/19/18/11619
Cutoffs:	CDC US 2000 BMI charts

Infants, 2017-2018

■ Overweight or obesity

Age:	0-5
Sample size:	3547
References:	DHS: Pakistan Demographic and Health Survey 2017-18. Islamabad, Pakistan, and Rockville, Maryland, USA: NIPS and ICF
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 overweight or obesity in Pakistan 2012-2018

● Obesity, Women　　● Overweight or obesity, Women

Survey type:	Measured

References: 2012: National Institute of Population Studies - NIPS/Pakistan and ICF International. 2013. Pakistan Demographic and Health Survey 2012-13. Islamabad, Pakistan: NIPS/Pakistan and ICF International.
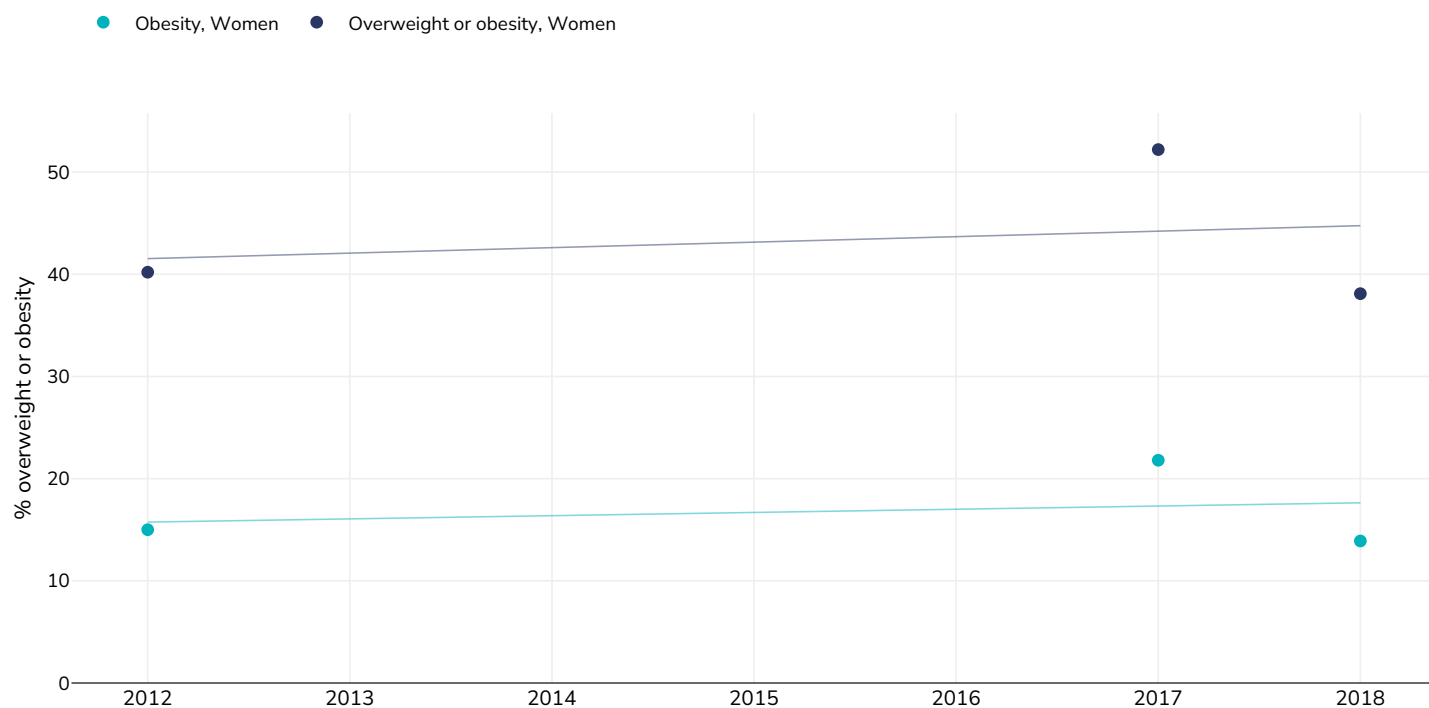
2017: National Institute of Population Studies - NIPS/Pakistan and ICF. 2019. Pakistan Demographic and Health Survey 2017-18. Islamabad, Pakistan, and Rockville, Maryland, USA: NIPS and ICF. https://www.dhsprogram.com/pubs/pdf/FR354/FR354.pdf

2018: Pakistan National Nutrition Survey 2018 https://www.unicef.org/pakistan/media/2826/file/National%20Nutrition%20S (Accessed 03.11.20)

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

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.

Trend Adult Obesity 2012 2018
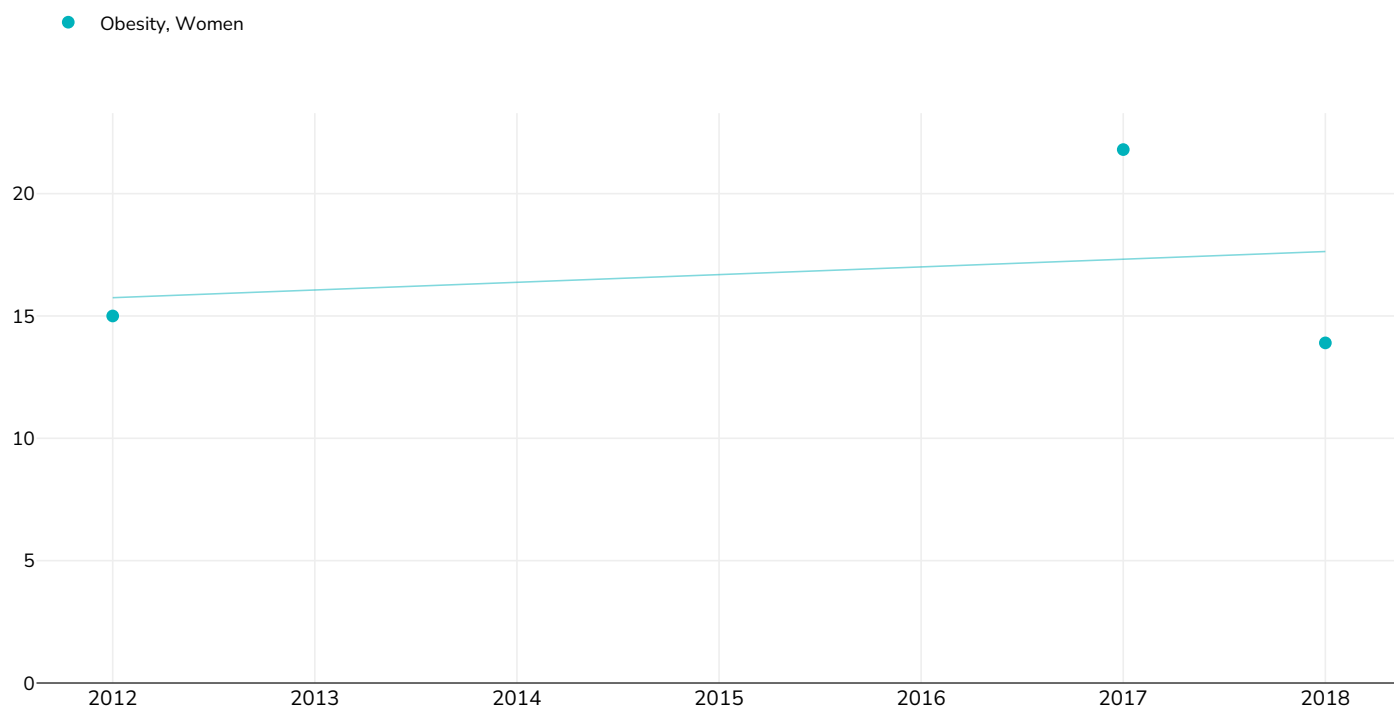
● Obesity, Women

Survey type:	Measured

References:	2012: National Institute of Population Studies - NIPS/Pakistan and ICF International. 2013. Pakistan Demographic and Health Survey 2012-13. Islamabad, Pakistan: NIPS/Pakistan and ICF International.
	2017: National Institute of Population Studies - NIPS/Pakistan and ICF. 2019. Pakistan Demographic and Health Survey 2017-18. Islamabad, Pakistan, and Rockville, Maryland, USA: NIPS and ICF. https://www.dhsprogram.com/pubs/pdf/FR354/FR354.pdf
	2018: Pakistan National Nutrition Survey 2018 https://www.unicef.org/pakistan/media/2826/file/National%20Nutrition%20S (Accessed 03.11.20)

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.
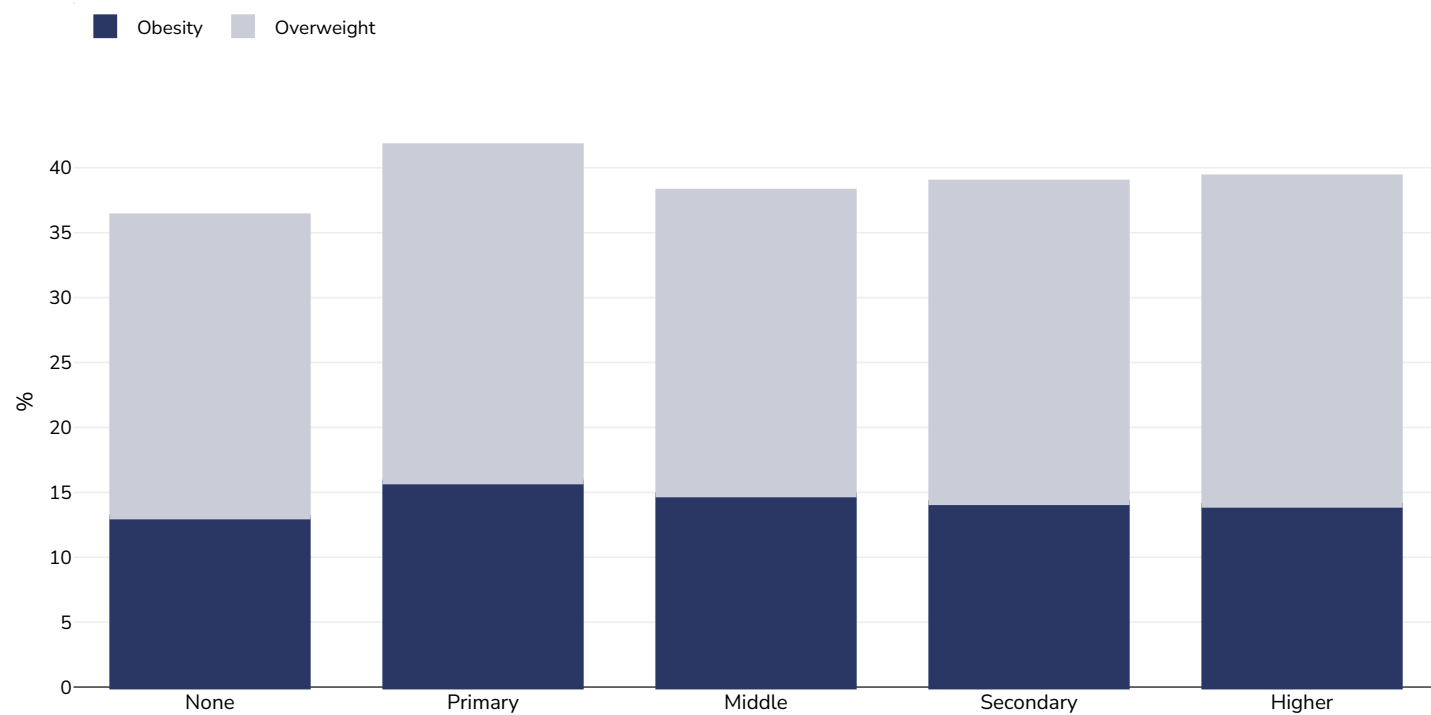
Overweight/obesity by education

Women, 2018

■ Obesity　■ Overweight

Survey type:	Measured
Age:	15-49
Sample size:	123092
Area covered:	National
References:	Pakistan National Nutrition Survey 2018 https://www.unicef.org/pakistan/media/2826/file/National%20Nutrition%20S (Accessed 03.11.20)
Notes:	Non-pregnant women

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

Children, 2021

Legend: ■ Obesity ■ Overweight

Survey type:	Measured
Age:	9-17
Sample size:	3551
Area covered:	National
References:	The Current Prevalence of Underweight, Overweight, and Obesity Associated with Demographic Factors among Pakistan School-Aged Children and Adolescents — An Empirical Cross-Sectional Study. Available at: https://www.mdpi.com/1660-4601/19/18/11619
Cutoffs:	CDC US 2000 BMI charts

Infants, 2017-2018

Legend: Overweight or obesity

Chart showing % on y-axis (0 to 6):
- Mother's Education: Secondary and Higher Education: ~3.7
- Mother's Education: Higher Education: ~6.3
- Mother's Education: No Education: ~2.0
- Mother's Education: None and Primary Education: ~1.85
- Mother's Education: Primary Education: ~1.5
- Mother's Education: Secondary Education: ~2.25

Sample size:	3547
References:	DHS: Pakistan Demographic and Health Survey 2017-18. Islamabad, Pakistan, and Rockville, Maryland, USA: NIPS and ICF
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, 2018

Legend: ■ Obesity ■ Overweight

Survey type:	Measured
Sample size:	123092
Area covered:	National
References:	Pakistan National Nutrition Survey 2018 https://www.unicef.org/pakistan/media/2826/file/National%20Nutrition%20S (Accessed 03.11.20)
Notes:	Nutritional status of non-pregnant women of reproductive age

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

Children, 2021

■ Obesity   ■ Overweight
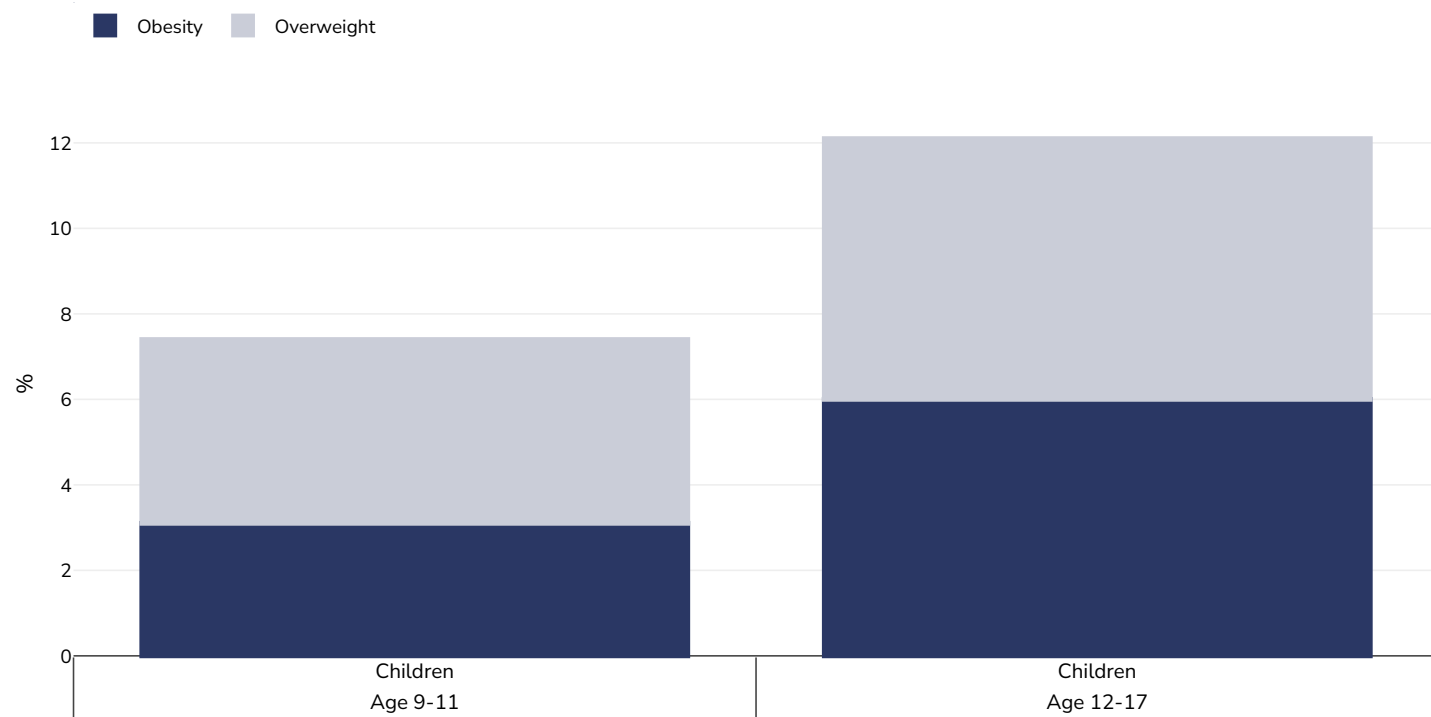
Survey type:	Measured
Sample size:	3551
Area covered:	National
References:	The Current Prevalence of Underweight, Overweight, and Obesity Associated with Demographic Factors among Pakistan School-Aged Children and Adolescents — An Empirical Cross-Sectional Study. Available at: https://www.mdpi.com/1660-4601/19/18/11619
Cutoffs:	CDC US 2000 BMI charts

Overweight/obesity by region

Women, 2018

■ Obesity　■ Overweight

Survey type:	Measured
Age:	15-49
Sample size:	123092
Area covered:	National
References:	Pakistan National Nutrition Survey 2018 https://www.unicef.org/pakistan/media/2826/file/National%20Nutrition%20S (Accessed 03.11.20)
Notes:	Nutritional status of non-pregnant women of reproductive age

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

Children, 2021

Legend: ■ Obesity ■ Overweight

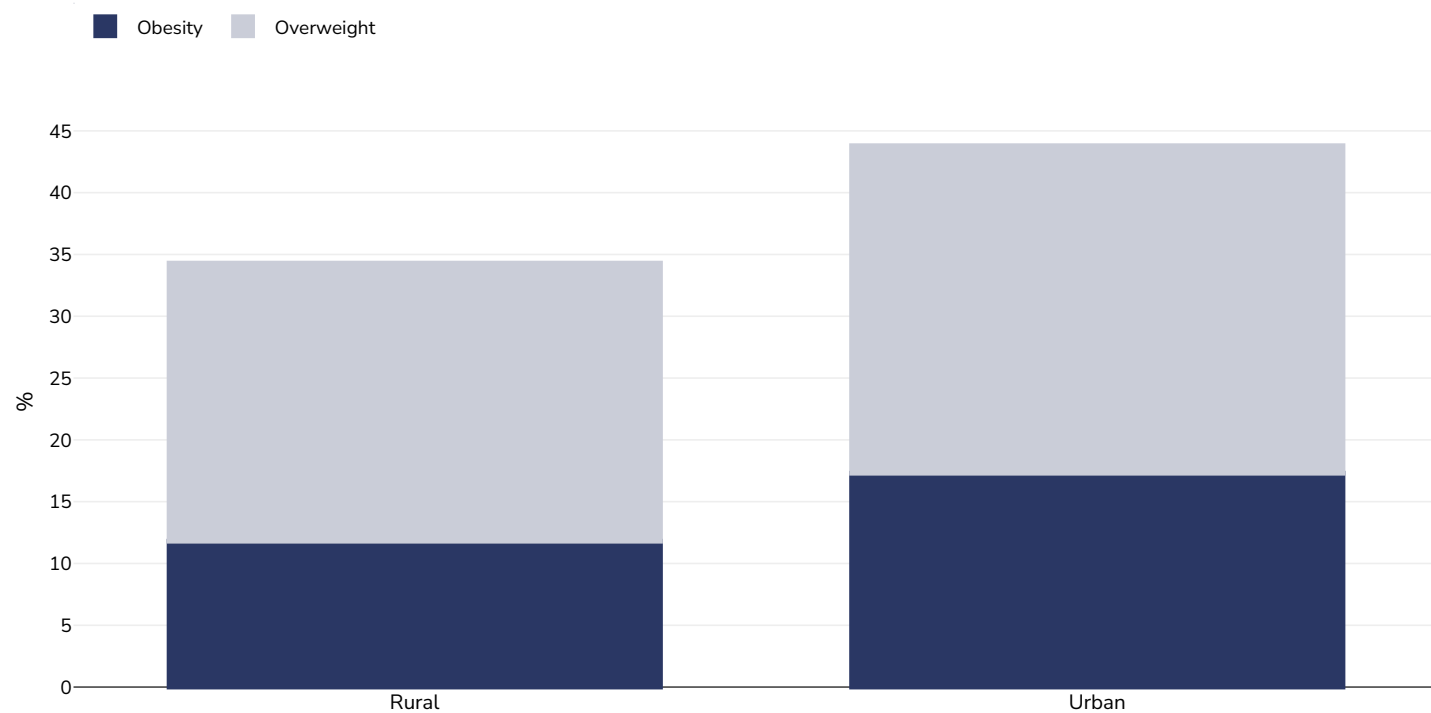| Survey type:	Measured
Age:	9-17
Sample size:	3551
Area covered:	National
References:	The Current Prevalence of Underweight, Overweight, and Obesity Associated with Demographic Factors among Pakistan School-Aged Children and Adolescents — An Empirical Cross-Sectional Study. Available at: https://www.mdpi.com/1660-4601/19/18/11619
Cutoffs:	CDC US 2000 BMI charts

Infants, 2017-2018

■ Overweight or obesity

Sample size:	3547
References:	DHS: Pakistan Demographic and Health Survey 2017-18. Islamabad, Pakistan, and Rockville, Maryland, USA: NIPS and ICF
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 socio-economic group

Women, 2018
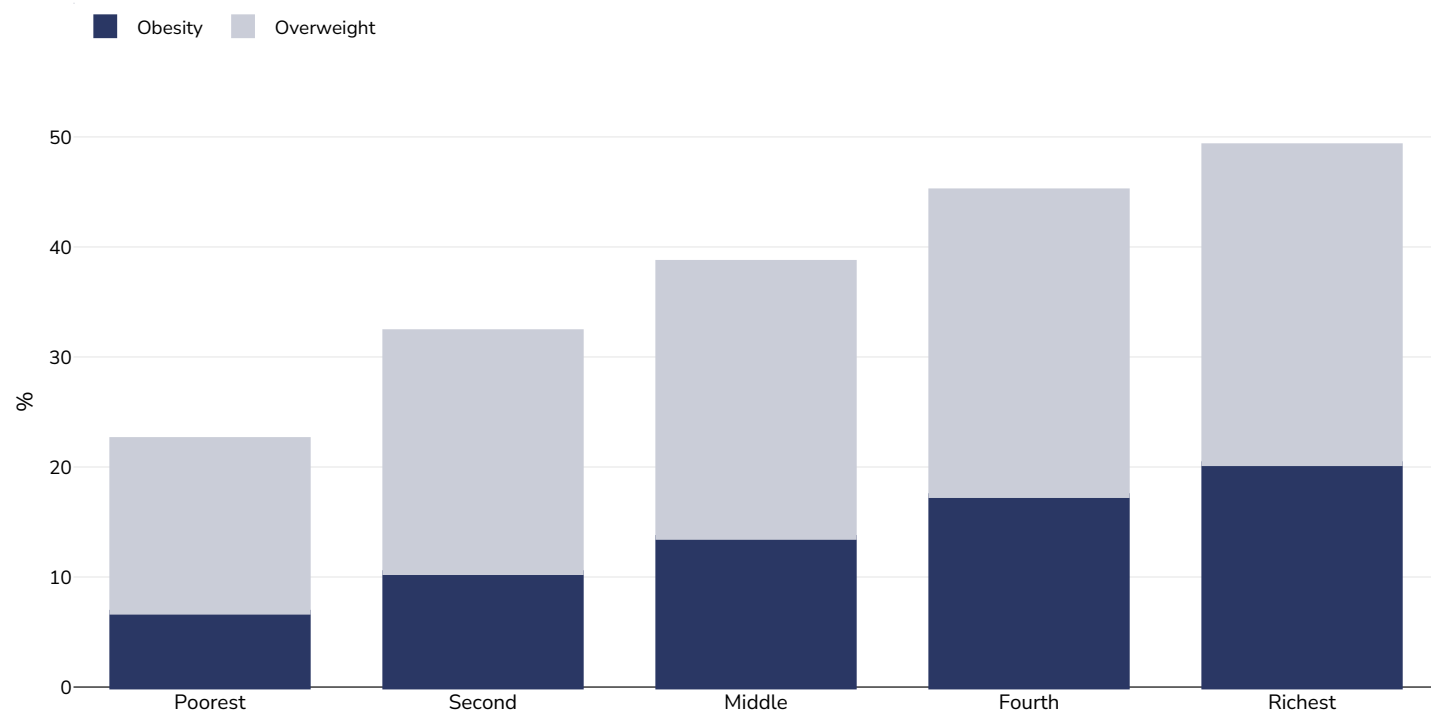
■ Obesity ■ Overweight

Survey type:	Measured
Age:	15-49
Sample size:	123092
Area covered:	National
References:	Pakistan National Nutrition Survey 2018 https://www.unicef.org/pakistan/media/2826/file/National%20Nutrition%20S (Accessed 03.11.20)
Notes:	Non-pregnant women

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

Boys, 2018

■ Obesity ■ Overweight

Survey type:	Measured
Age:	10-19
Area covered:	National
References:	Pakistan National Nutrition Survey 2018 https://www.unicef.org/pakistan/media/2826/file/National%20Nutrition%20S (Accessed 03.11.20)
Notes:	BMI-for-age cut-offs also available
Cutoffs:	WHO

Girls, 2018

■ Obesity ■ Overweight

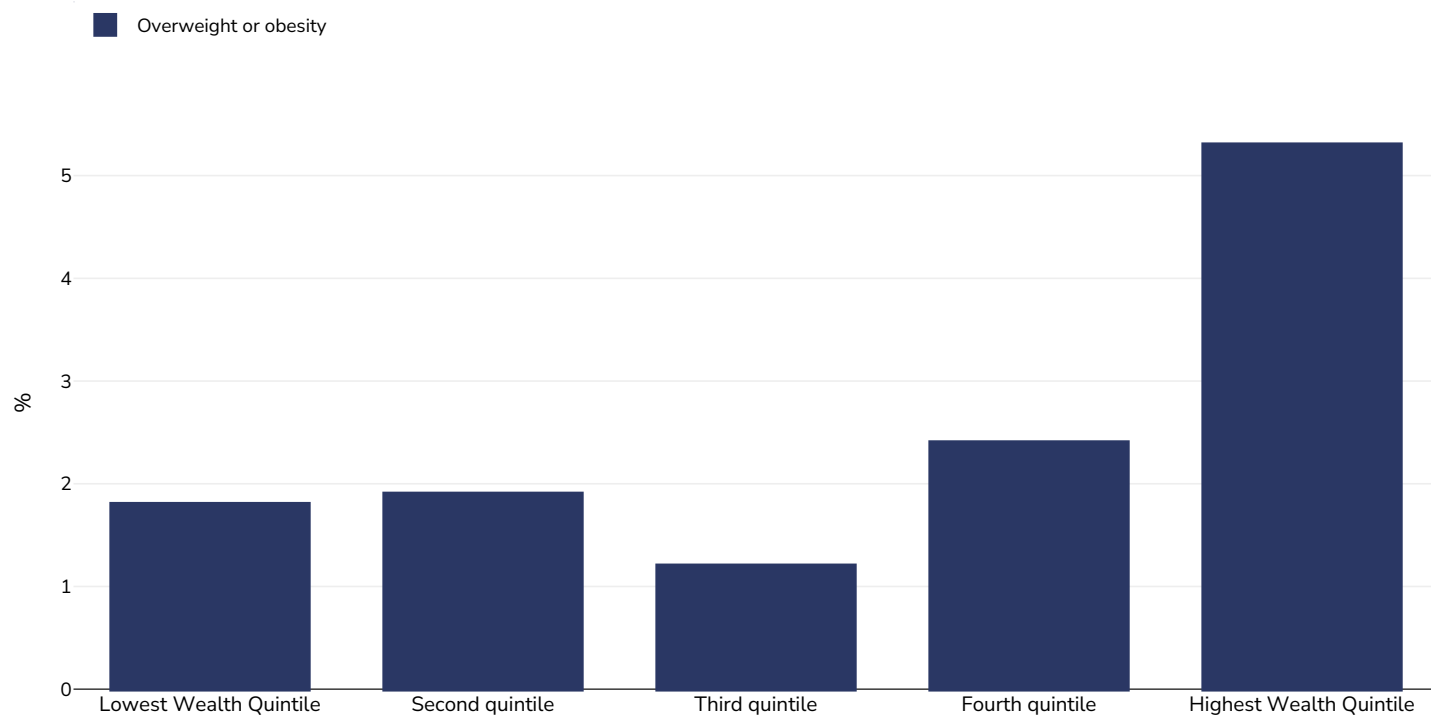| Survey type:	Measured
Age:	10-19
Area covered:	National
References:	Pakistan National Nutrition Survey 2018 https://www.unicef.org/pakistan/media/2826/file/National%20Nutrition%20S (Accessed 03.11.20)
Notes:	BMI-for-age cut-offs also available
Cutoffs:	WHO

Infants, 2017-2018

■ Overweight or obesity

Lowest Wealth Quintile	Second quintile	Third quintile	Fourth quintile	Highest Wealth Quintile

Sample size: 3547

References: DHS: Pakistan Demographic and Health Survey 2017-18. Islamabad, Pakistan, and Rockville, Maryland, USA: NIPS and ICF

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

Insufficient physical activity

Adults, 2016
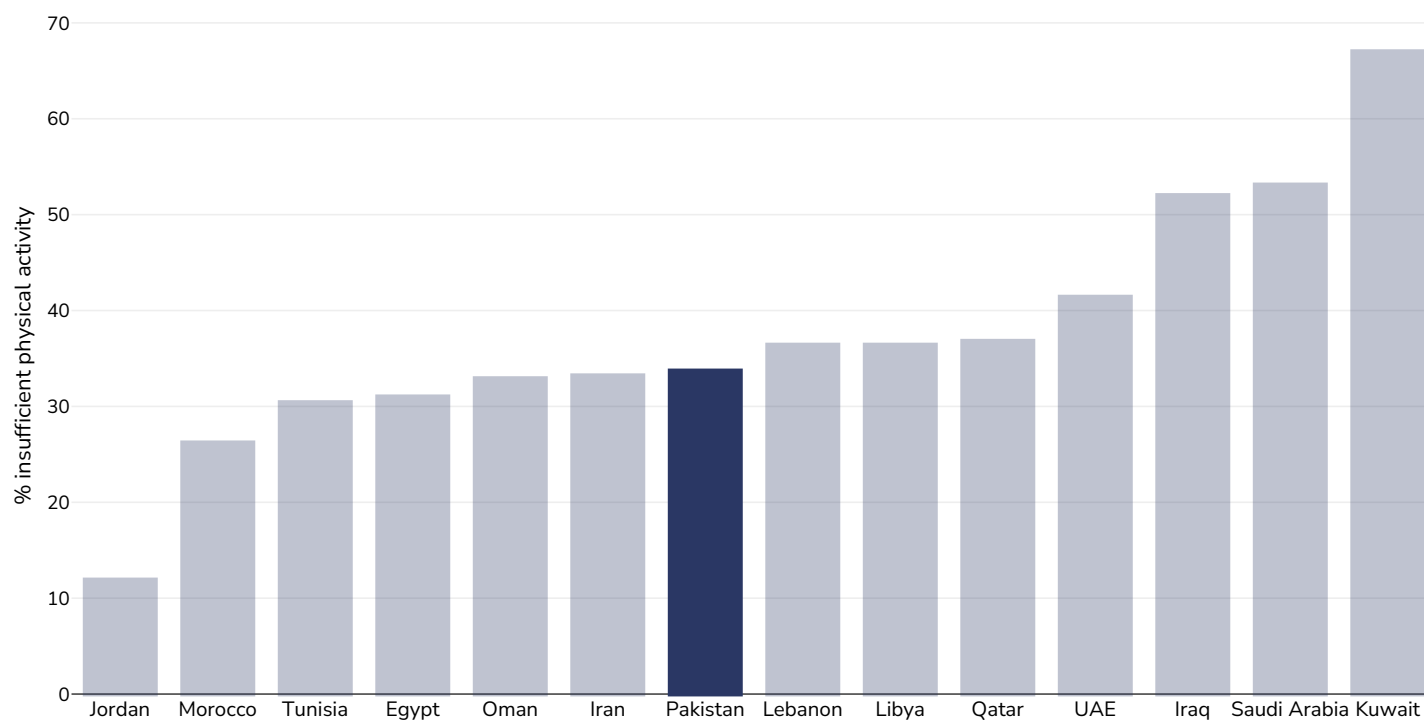
References: Guthold R, Stevens GA, Riley LM, Bull FC. Worldwide trends in insufficient physical activity from 2001 to 2016: a pooled analysis of 358 population-based surveys with 1.9 million participants. Lancet 2018 http://dx.doi.org/10.1016/S2214-109X (18)30357-7

Men, 2016

References: Guthold R, Stevens GA, Riley LM, Bull FC. Worldwide trends in insufficient physical activity from 2001 to 2016: a pooled analysis of 358 population-based surveys with 1.9 million participants. Lancet 2018 http://dx.doi.org/10.1016/S2214-109X (18)30357-7

Women, 2016

% insufficient physical activity (y-axis)

Countries (x-axis): Jordan, Morocco, Lebanon, Tunisia, Egypt, Oman, Libya, Pakistan, Iran, Qatar, UAE, Iraq, Saudi Arabia, Kuwait
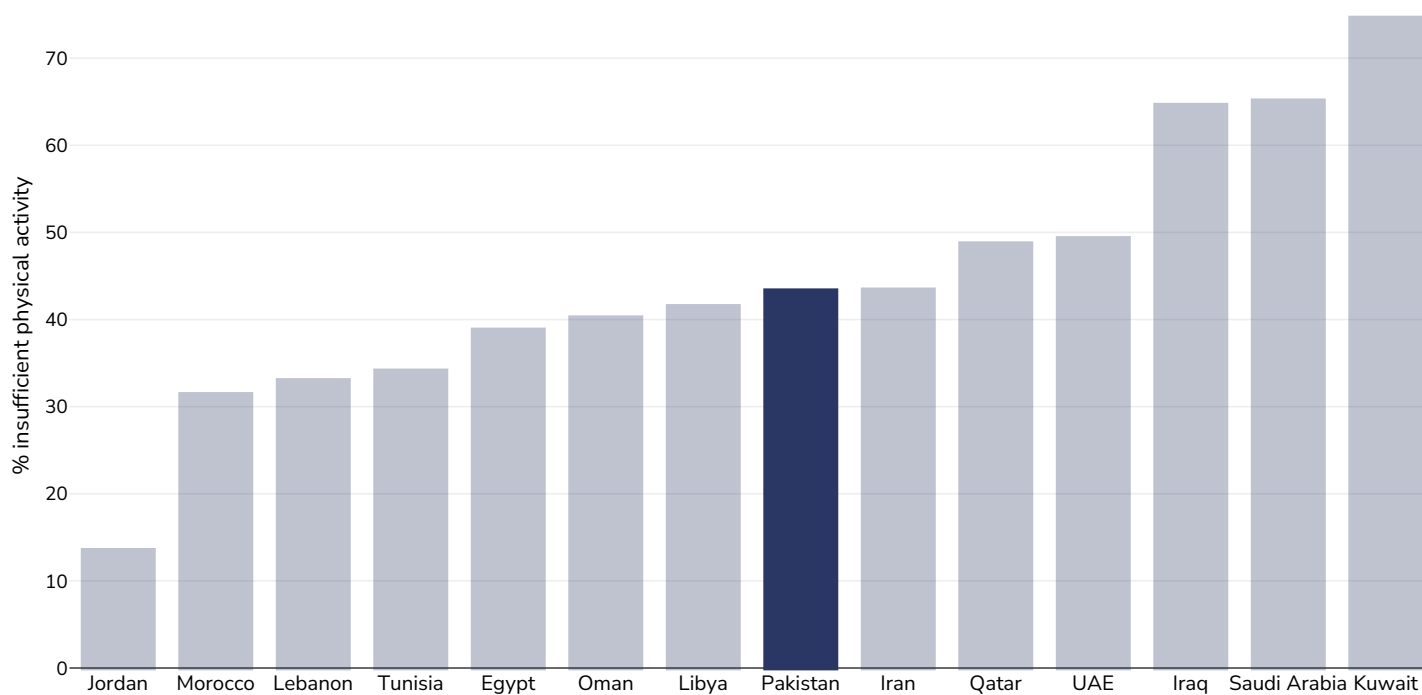
References: Guthold R, Stevens GA, Riley LM, Bull FC. Worldwide trends in insufficient physical activity from 2001 to 2016: a pooled analysis of 358 population-based surveys with 1.9 million participants. Lancet 2018 http://dx.doi.org/10.1016/S2214-109X (18)30357-7

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
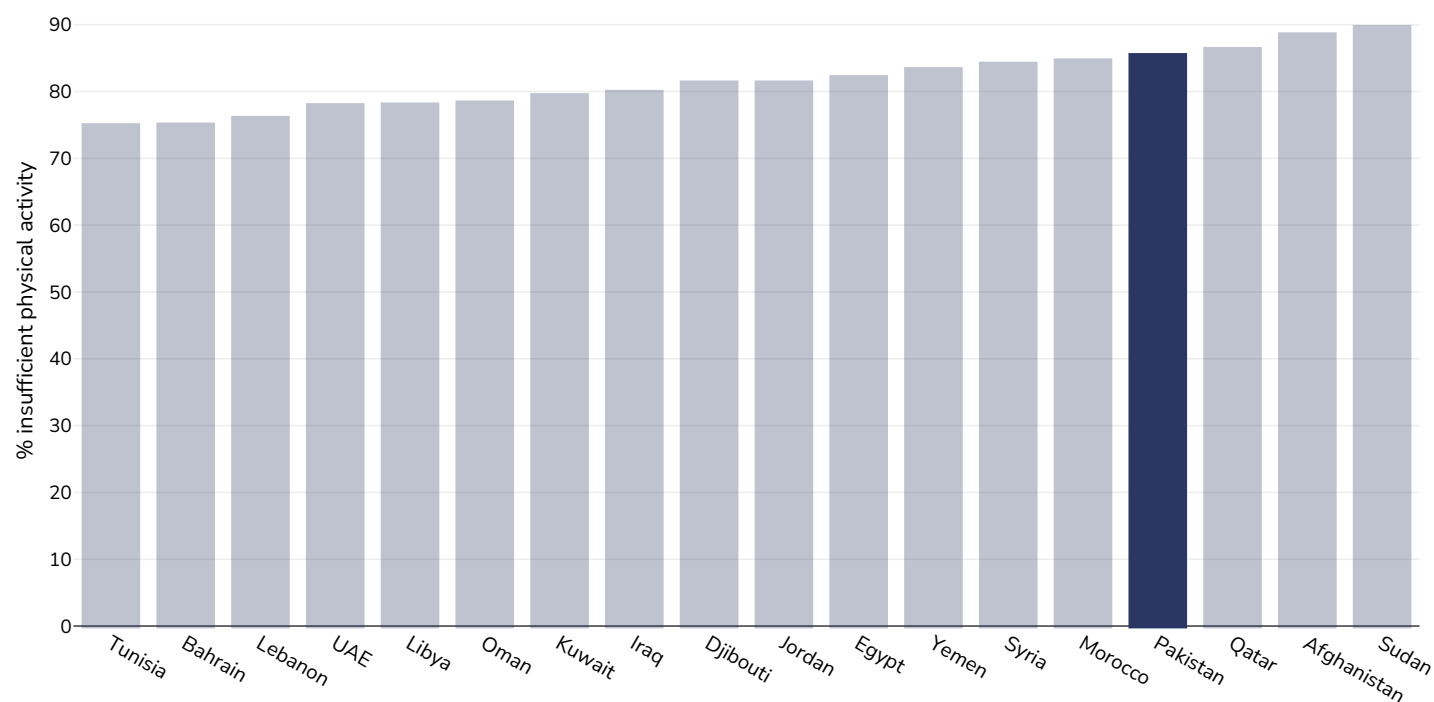
Survey type:	Self-reported
Age:	11-17
References:	Global Health Observatory data repository, World Health Organisation, https://apps.who.int/gho/data/node.main.A893ADO?lang=en (last accessed 16.03.21)
Notes:	% of school going adolescents not meeting WHO recommendations on Physical Activity for Health, i.e. doing less than 60 minutes of moderate- to vigorous-intensity physical activity daily.
Definitions:	% Adolescents insufficiently active (age standardised estimate)

Girls, 2016
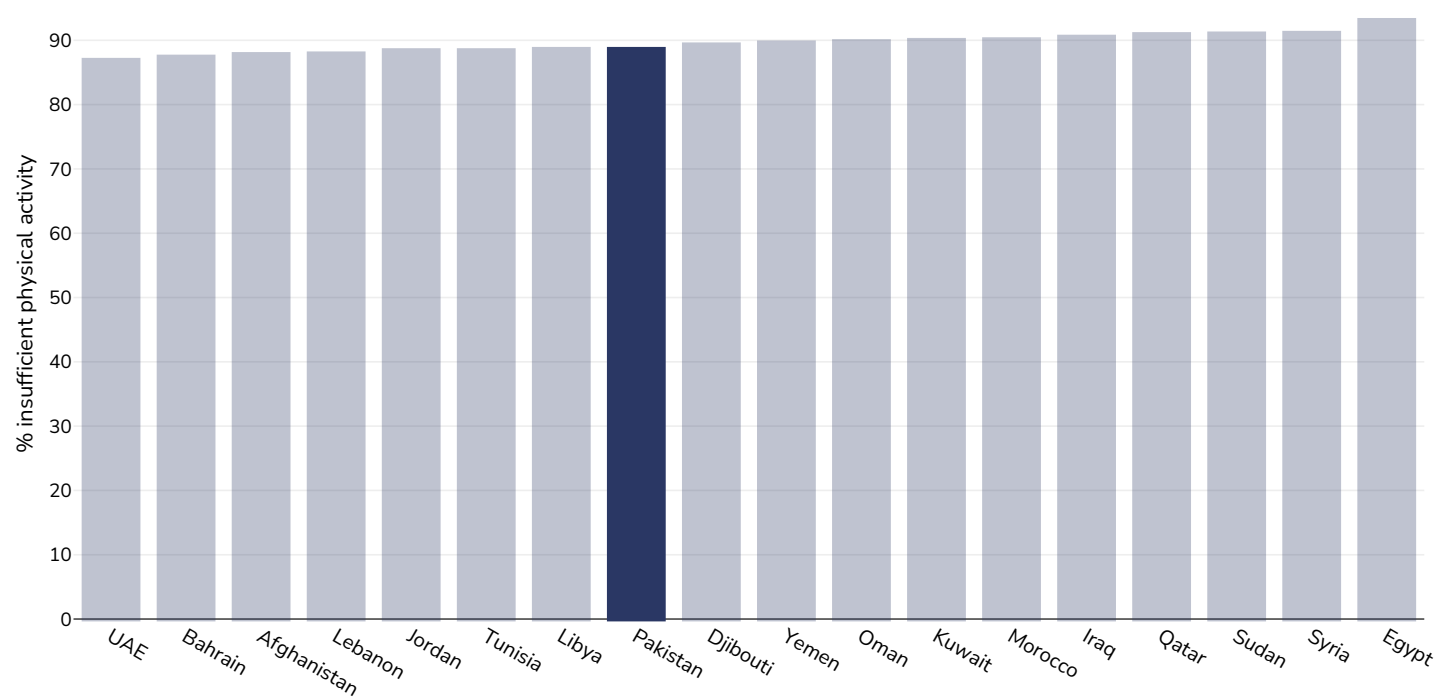
Survey type:	Self-reported
Age:	11-17
References:	Global Health Observatory data repository, World Health Organisation, https://apps.who.int/gho/data/node.main.A893ADO?lang=en (last accessed 16.03.21)
Notes:	% of school going adolescents not meeting WHO recommendations on Physical Activity for Health, 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
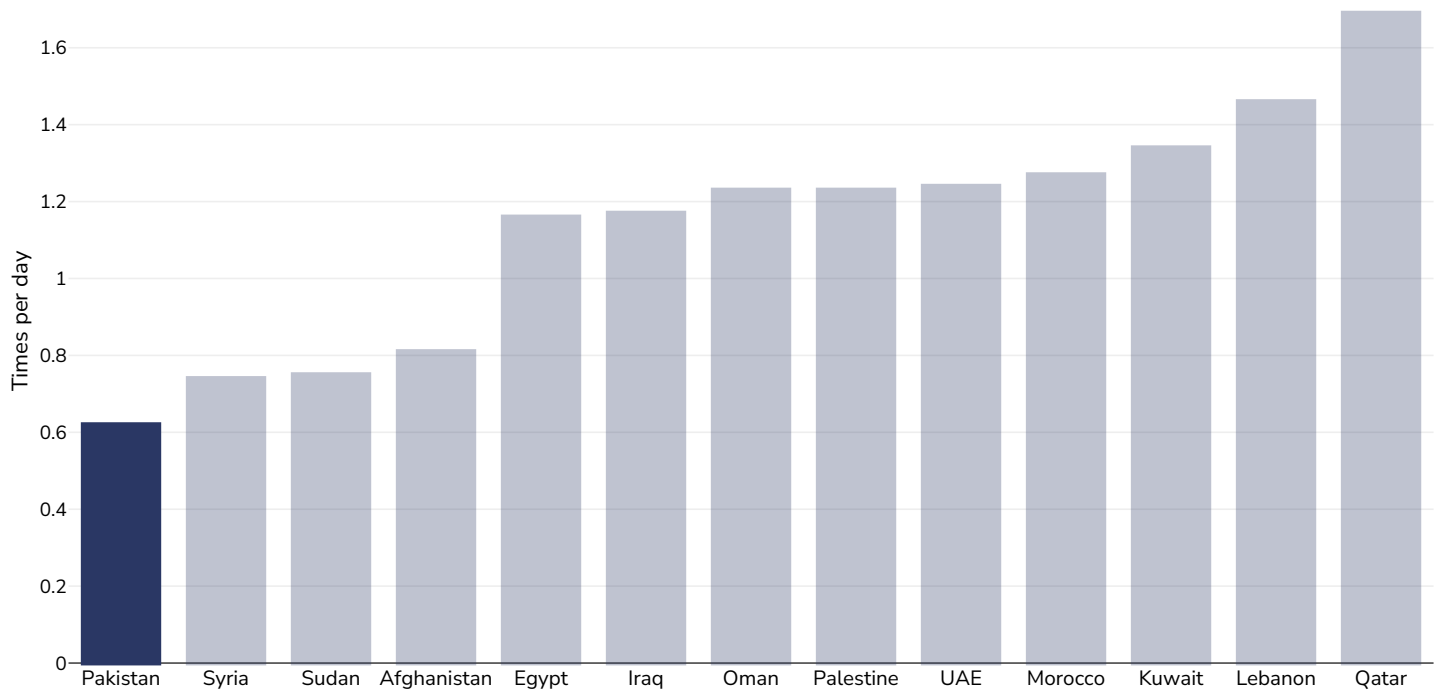
Survey type:	Measured
Age:	12-17
References:	Beal et al. (2019). Global Patterns of Adolescent Fruit, Vegetable, Carbonated Soft Drink, and Fast-food consumption: A meta-analysis of global school-based student health surveys. Food and Nutrition Bulletin. https://doi.org/10.1177/0379572119848287 sourced 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
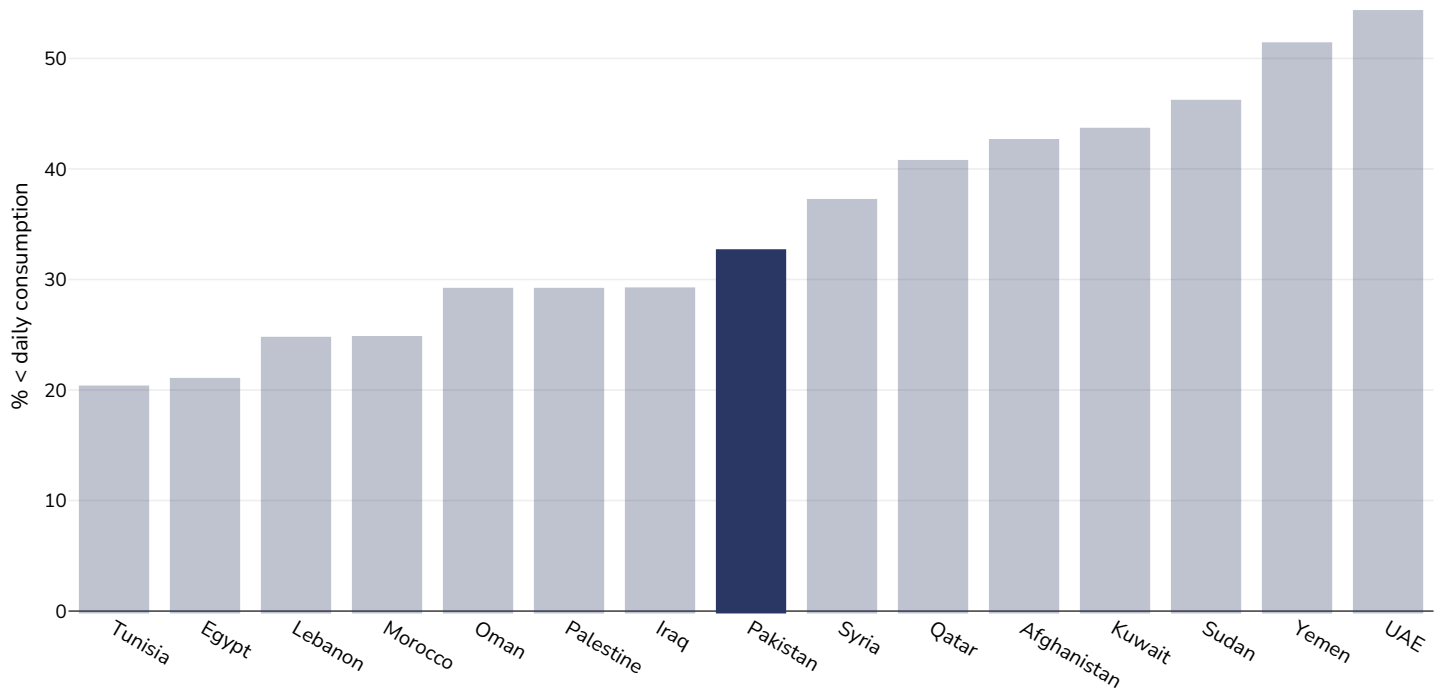
Survey type:	Measured
Age:	12-17
References:	Global School-based Student Health Surveys. Beal et al (2019). Global Patterns of Adolescent Fruit, Vegetable, Carbonated Soft Drink, and Fast-food consumption: A meta-analysis of global school-based student health surveys. Food and Nutrition Bulletin. https://doi.org/10.1177/0379572119848287. 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

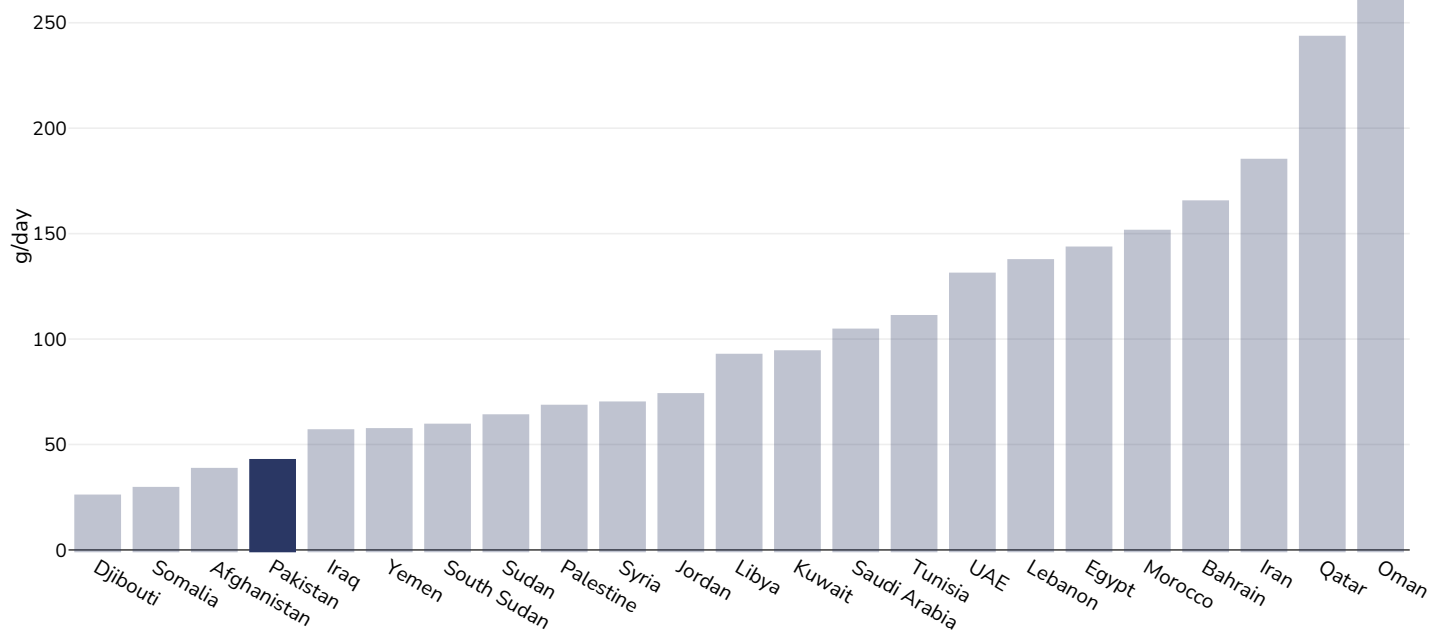| Survey type:	Measured
Age:	12-17
References:	Beal et al. (2019). Global Patterns of Adolescent Fruit, Vegetable, Carbonated Soft Drink, and Fast-food consumption: A meta-analysis of global school-based student health surveys. Food and Nutrition Bulletin. https://doi.org/10.1177/0379572119848287 sourced 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

Times per week (y-axis)

Country	Times per week
Pakistan	0.36
Syria	0.86
Sudan	0.92
Morocco	1.09
Egypt	1.15
Oman	1.16
Palestine	1.16
Iraq	1.35
Lebanon	1.37
Afghanistan	1.48
UAE	1.54
Kuwait	1.88
Qatar	2.62

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

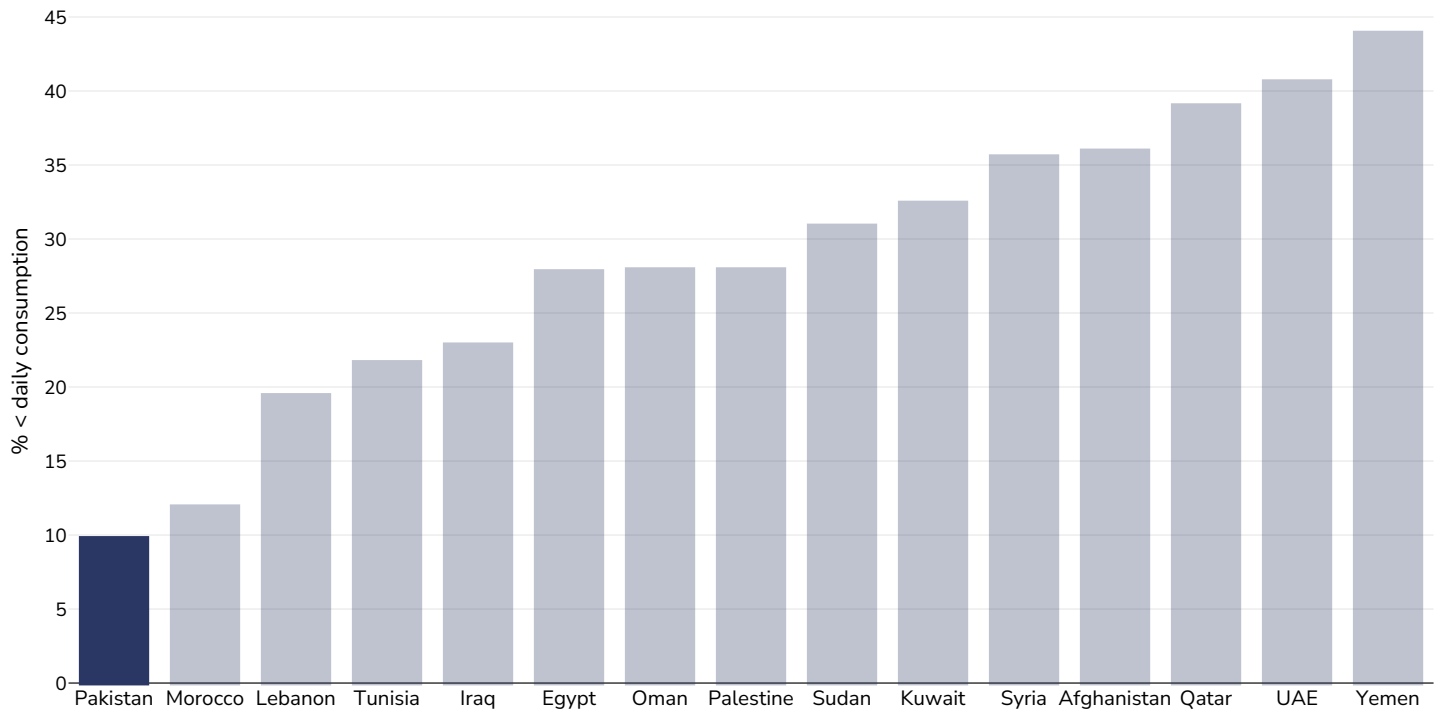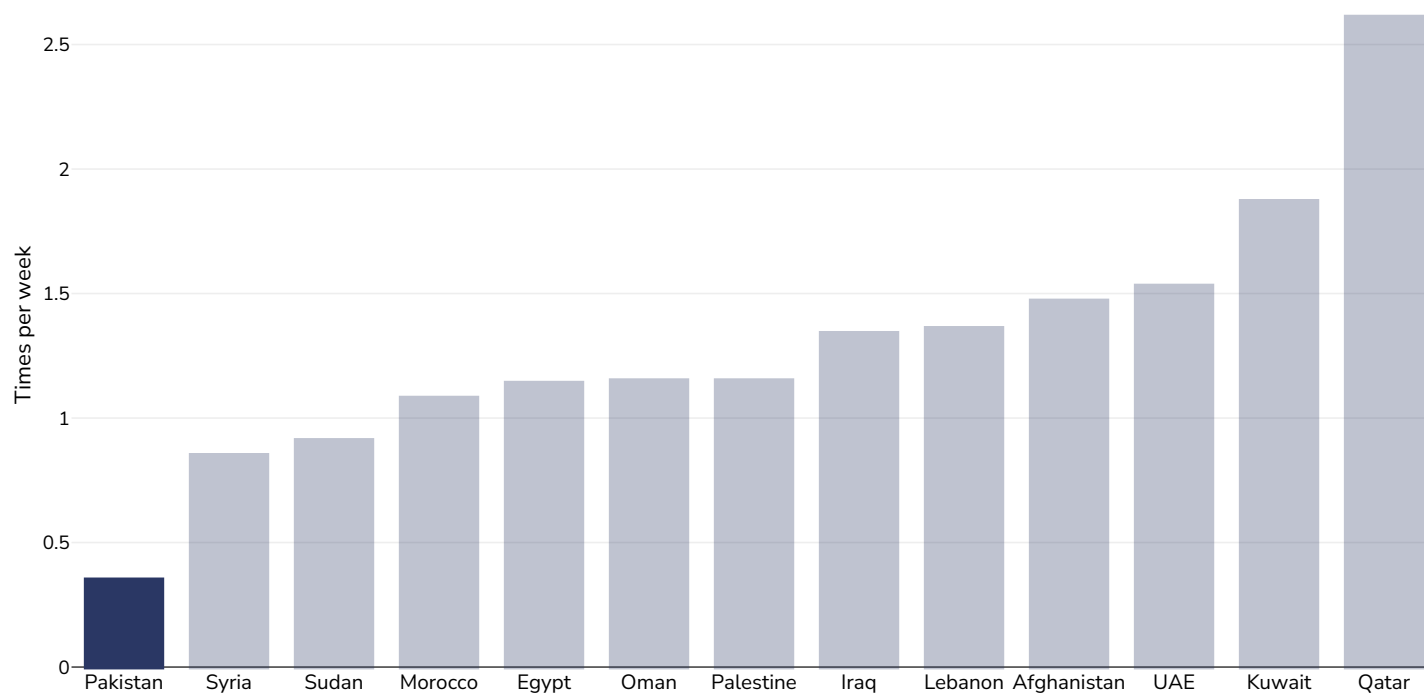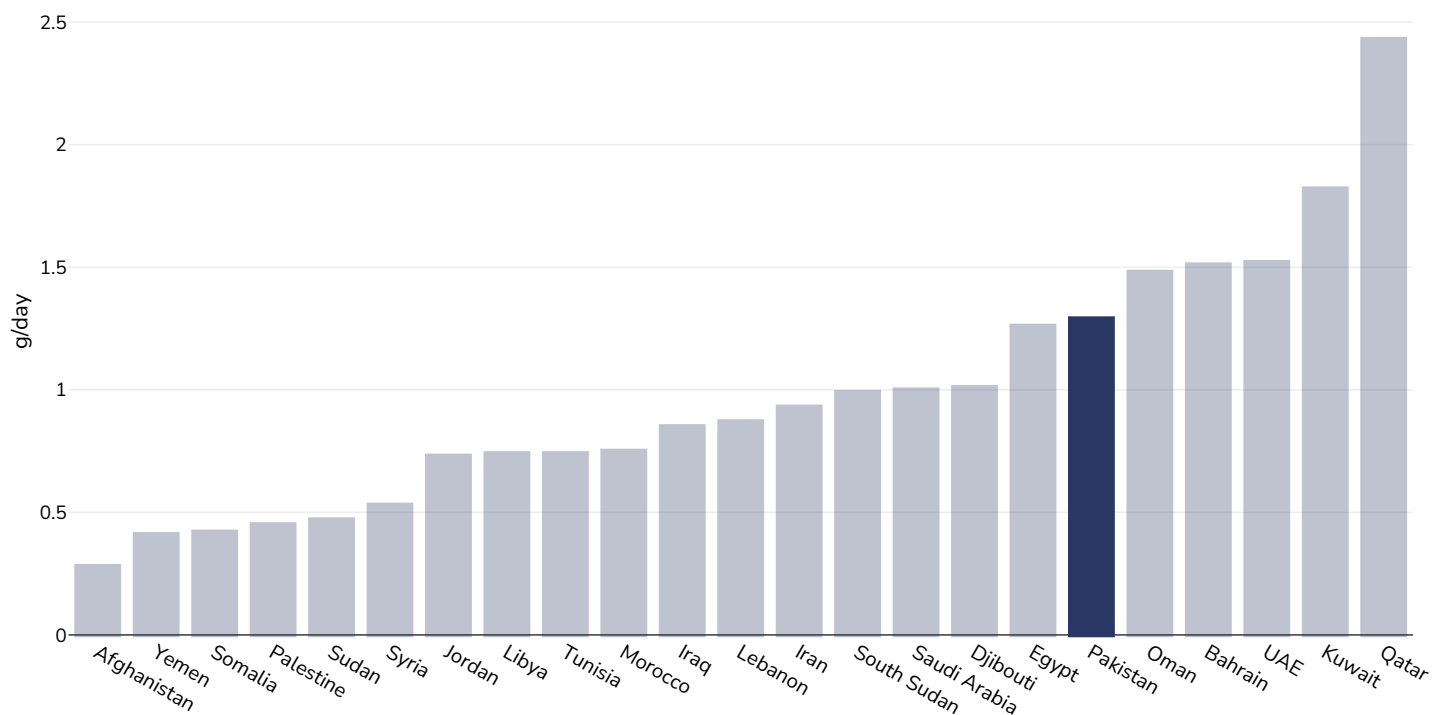| Survey type:	Measured
Age:	25+
References:	Global Burden of Disease, the Institute for Health Metrics and Evaluation http://ghdx.healthdata.org/
Definitions:	Estimated per-capita processed meat intake (g per day)

Estimated per capita whole grains intake

Adults, 2017
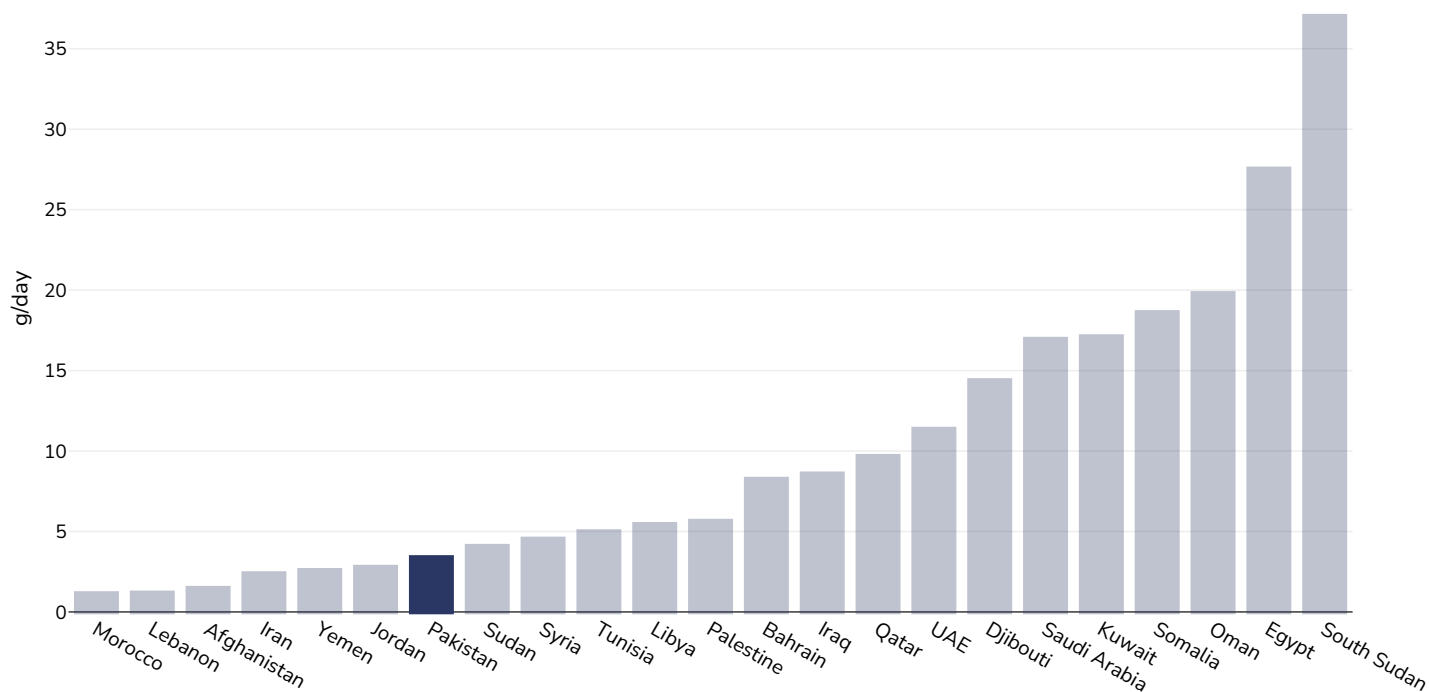
Survey type:	Measured
Age:	25+
References:	Global Burden of Disease, the Institute for Health Metrics and Evaluation http://ghdx.healthdata.org/
Definitions:	Estimated per-capita whole grains intake (g/day)

Mental health - depression disorders

Adults, 2015
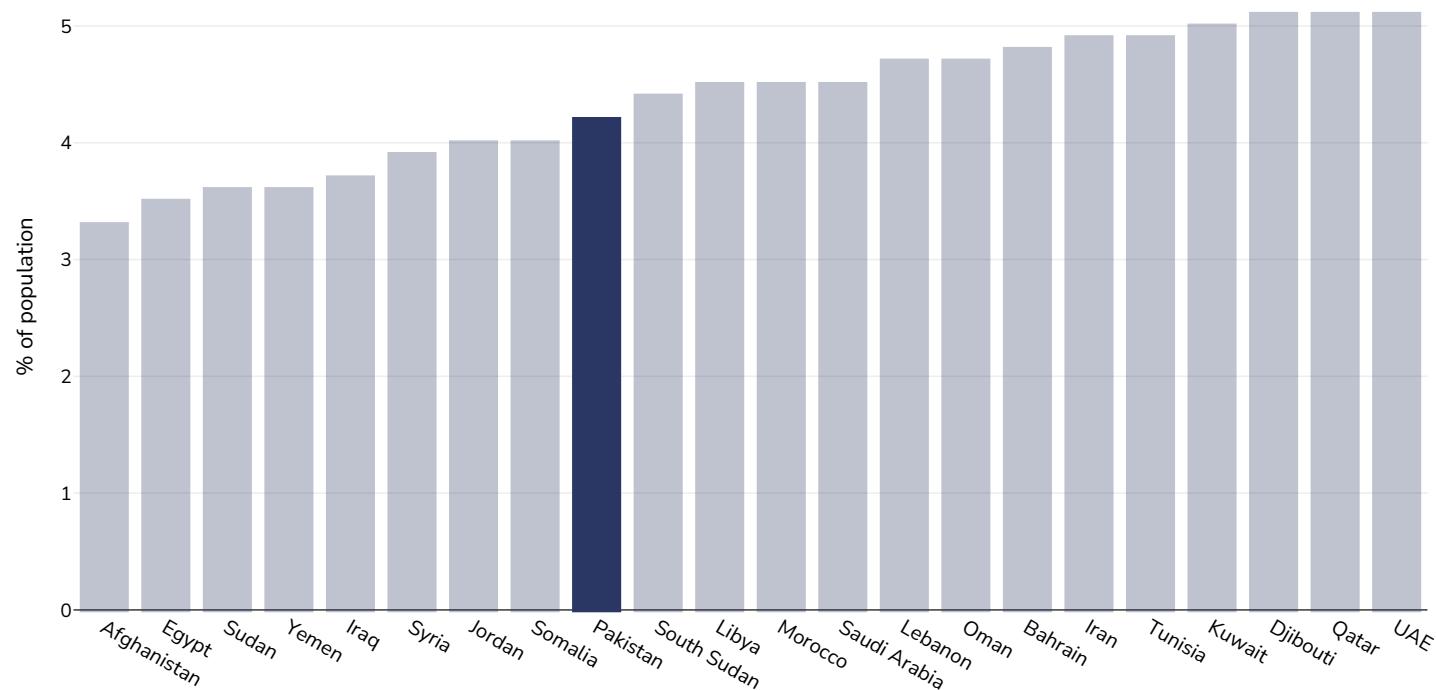
References: Prevalence data from Global Burden of Disease study 2015 (http://ghdx.healthdata.org) published in: Depression and Other Common Mental Disorders: Global Health Estimates. Geneva:World Health Organization; 2017. Licence: CC BY-NC-SA 3.0 IGO.

Definitions: % of population with depression disorders

Mental health - anxiety disorders

Adults, 2015
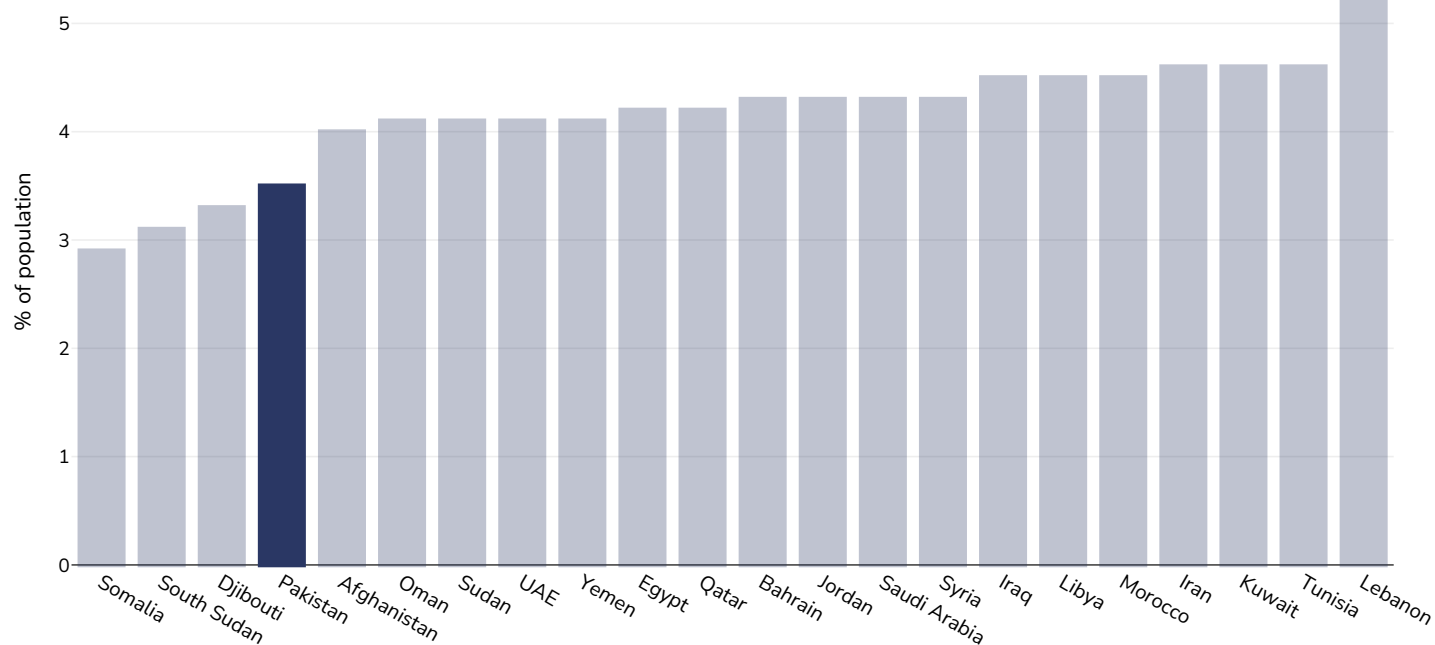
References: Prevalence data from Global Burden of Disease study 2015 (http://ghdx.healthdata.org) published in: Depression and Other Common Mental Disorders: Global Health Estimates. Geneva:World Health Organization; 2017. Licence: CC BY-NC-SA 3.0 IGO.

Definitions: % of population with anxiety disorders

% Infants exclusively breastfed 0-5 months

Infants, 2010-2023
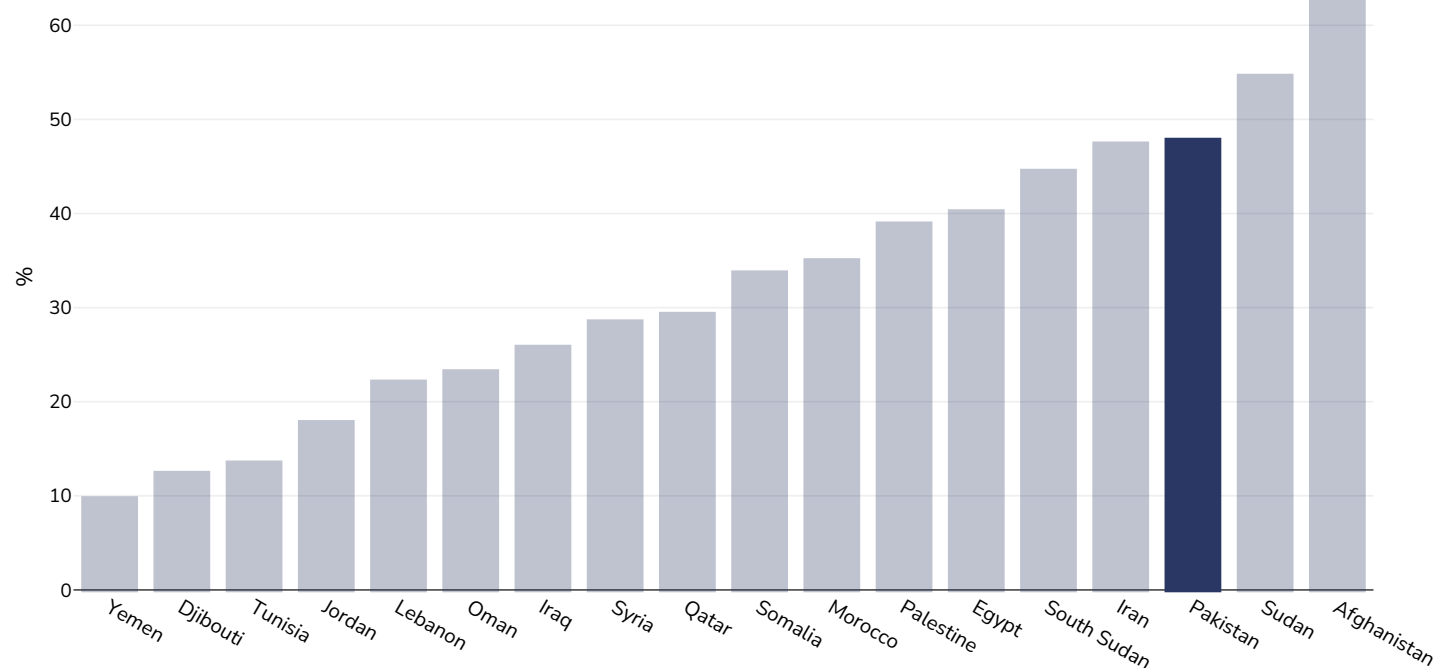
References: Pakistan 2018 National Nutrition Survey

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:	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: https://gco.iarc.who.int/today, accessed [16.07.24]
Definitions:	Indicence per 100,000

Breast cancer

Women, 2022

Legend: Age 20 | Age 20+

Y-axis: Incidence per 100,000 (0 to 100)

Countries (left to right): Saudi Arabia, Yemen, South Sudan, Iran, Libya, Oman, Pakistan, Tunisia, Djibouti, Somalia, Qatar, Sudan, Syria, Kuwait, Egypt, UAE, Iraq, Lebanon, Morocco, Jordan, Afghanistan, Bahrain

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

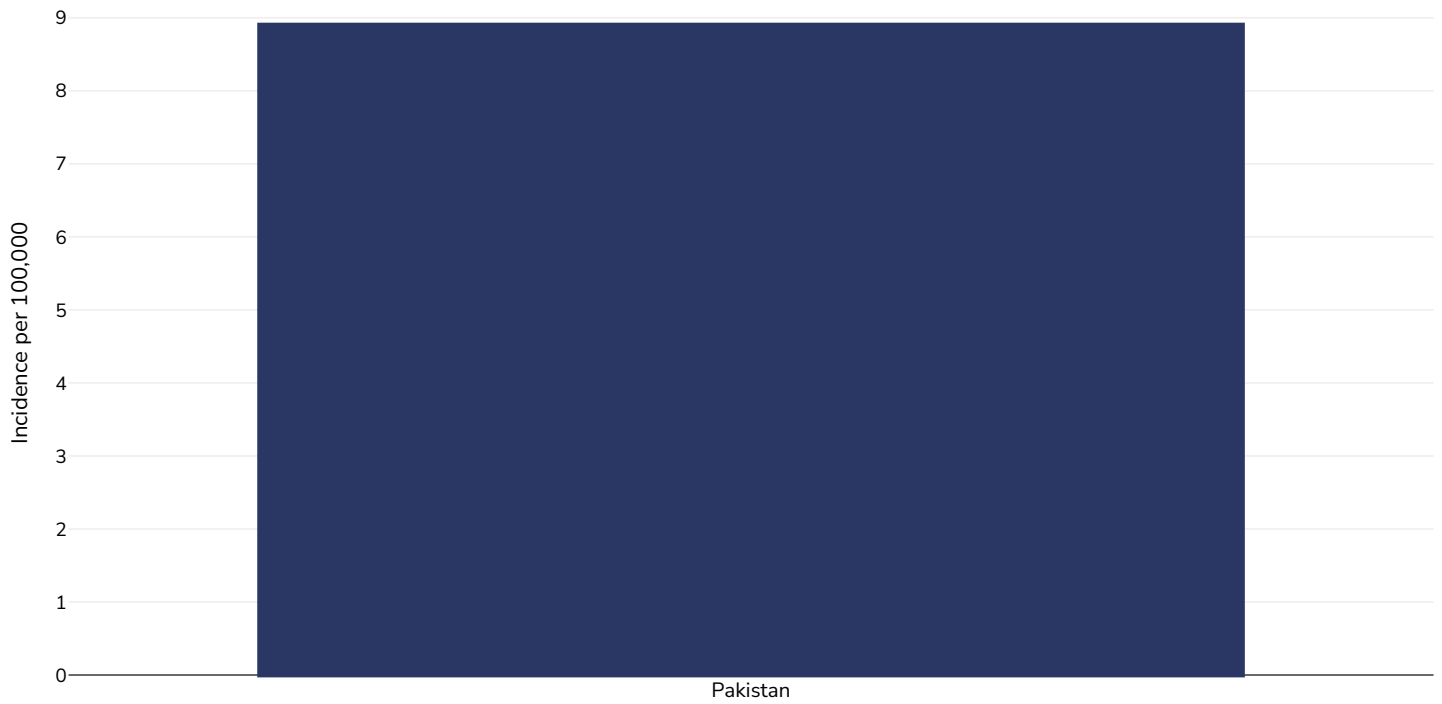## Men, 2022

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: 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

Pancreatic cancer

Men, 2022
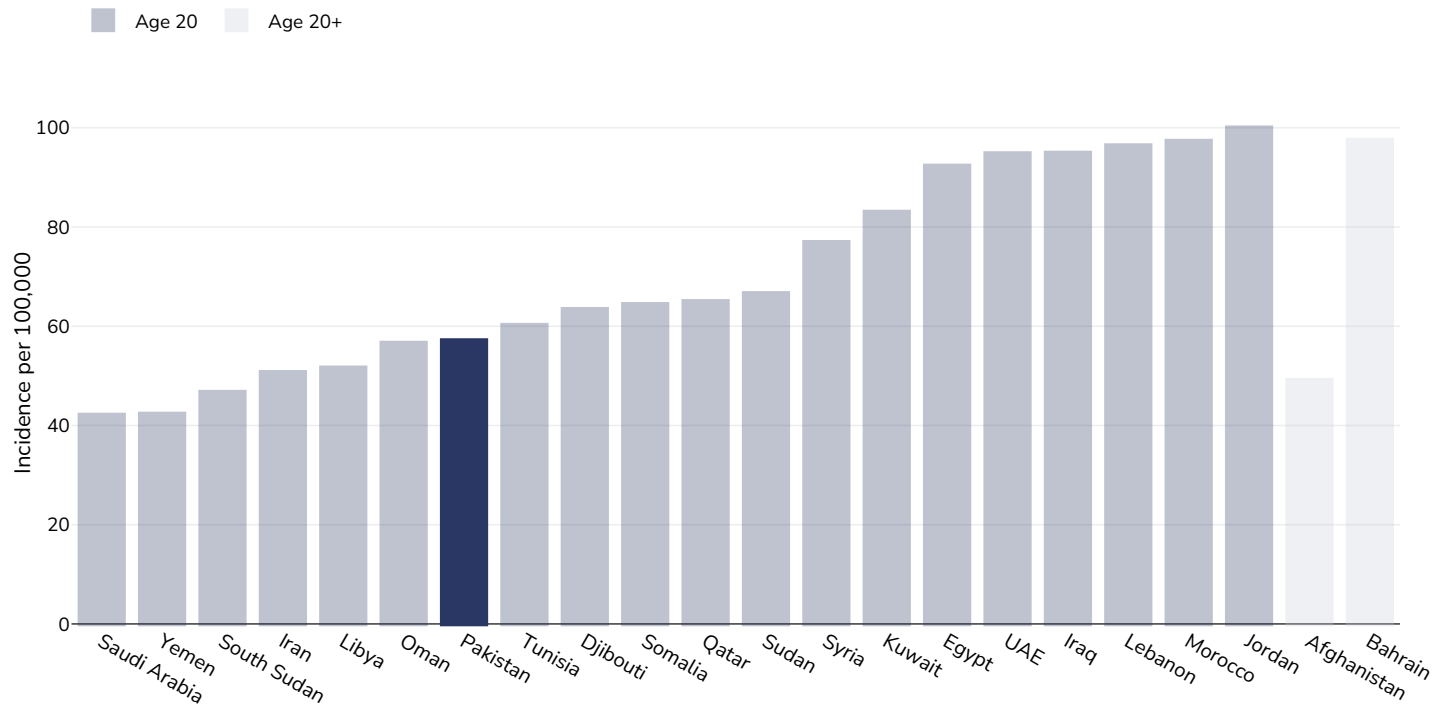

Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today,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

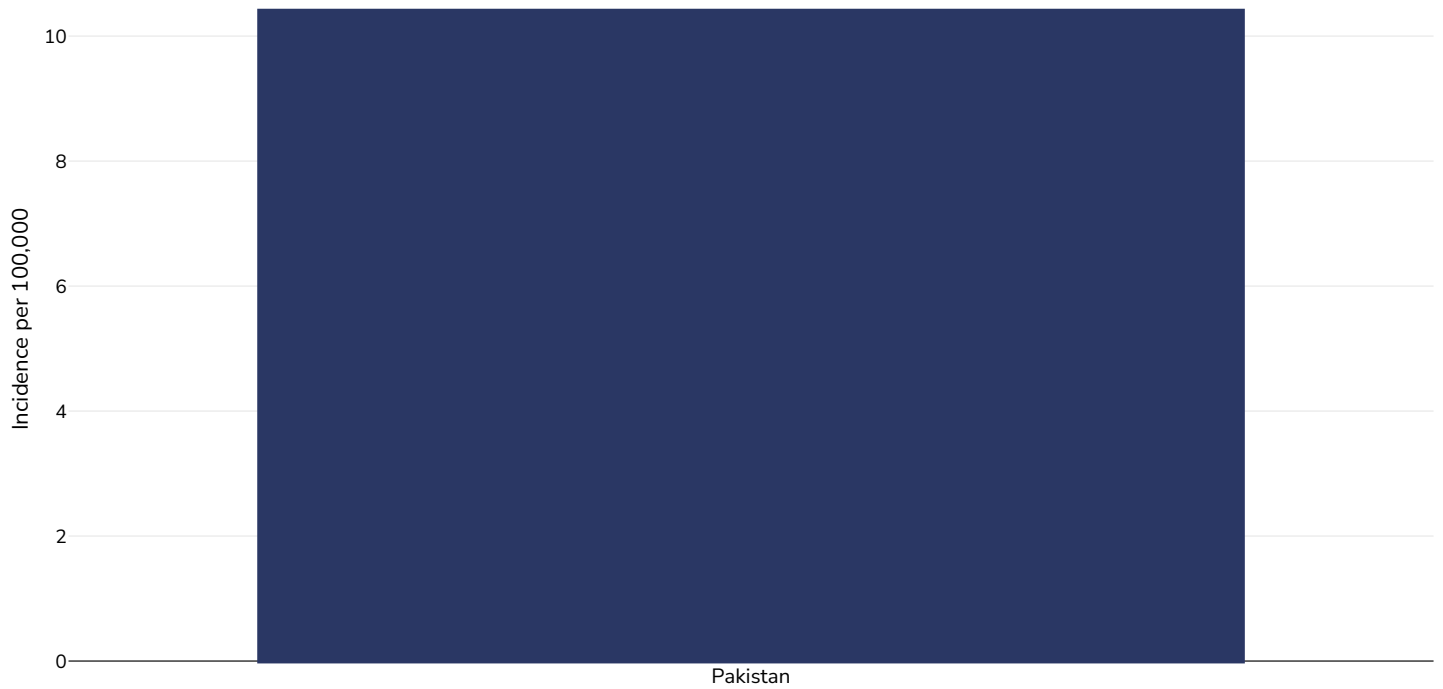## Women, 2022

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: https://gco.iarc.who.int/today, accessed [16.07.24]

Definitions: Incidence per 100,000

Gallbladder cancer
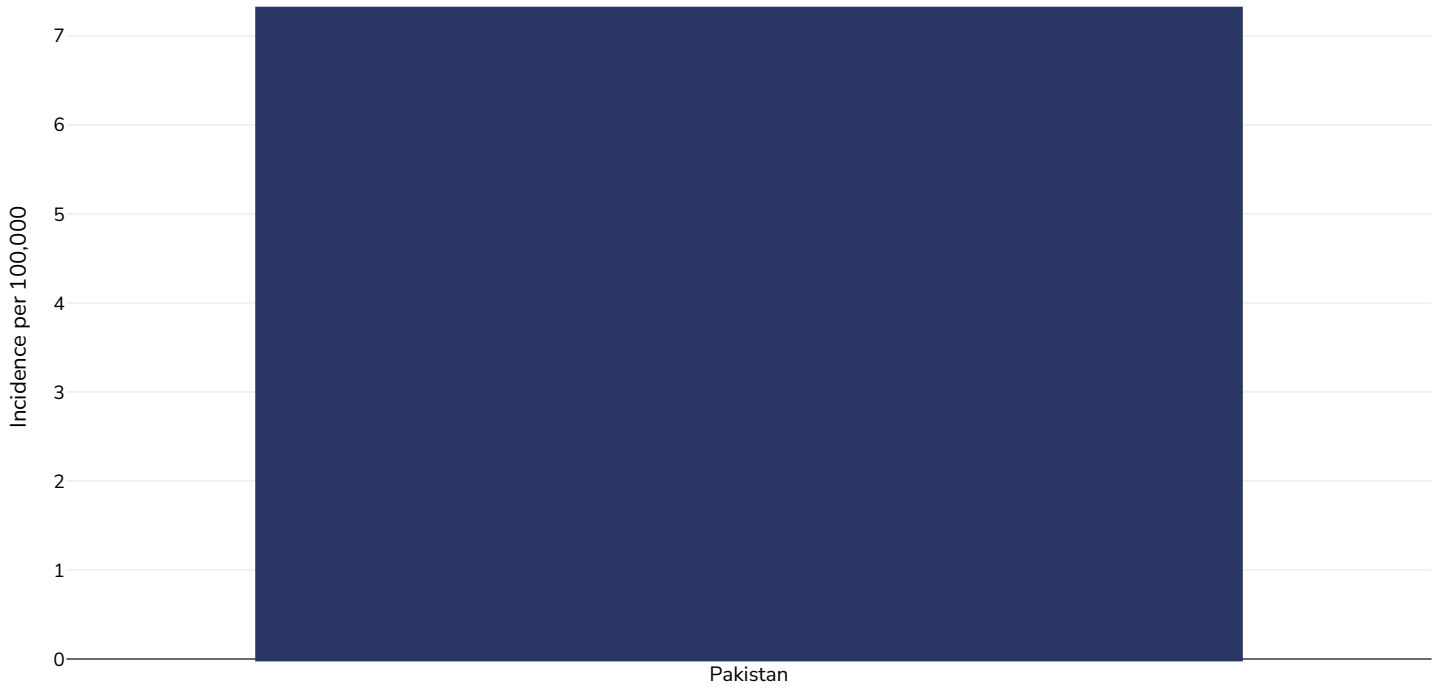
Men, 2022

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: https://gco.iarc.who.int/today, accessed [16.07.24]
Definitions:	Indicence per 100,000

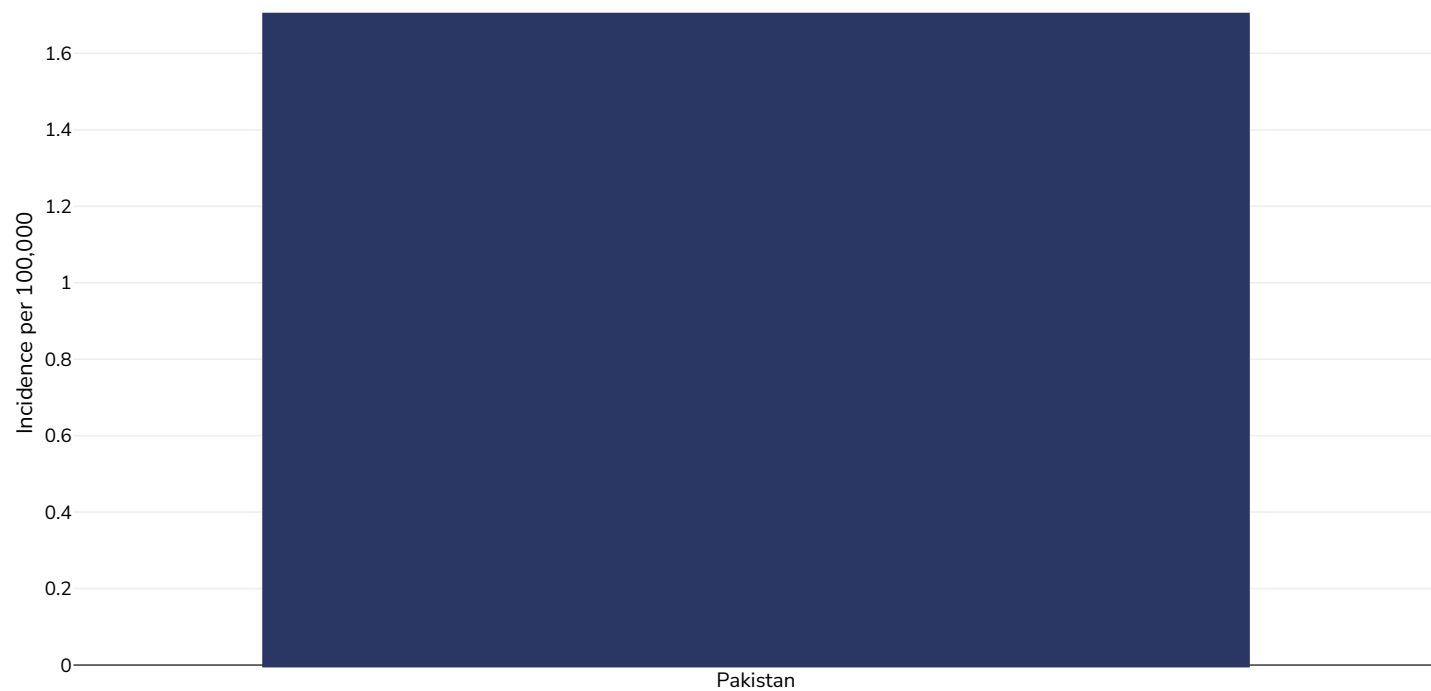# Women, 2022

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: https://gco.iarc.who.int/today, accessed [16.07.24]
Definitions:	Indicence per 100,000

Kidney cancer

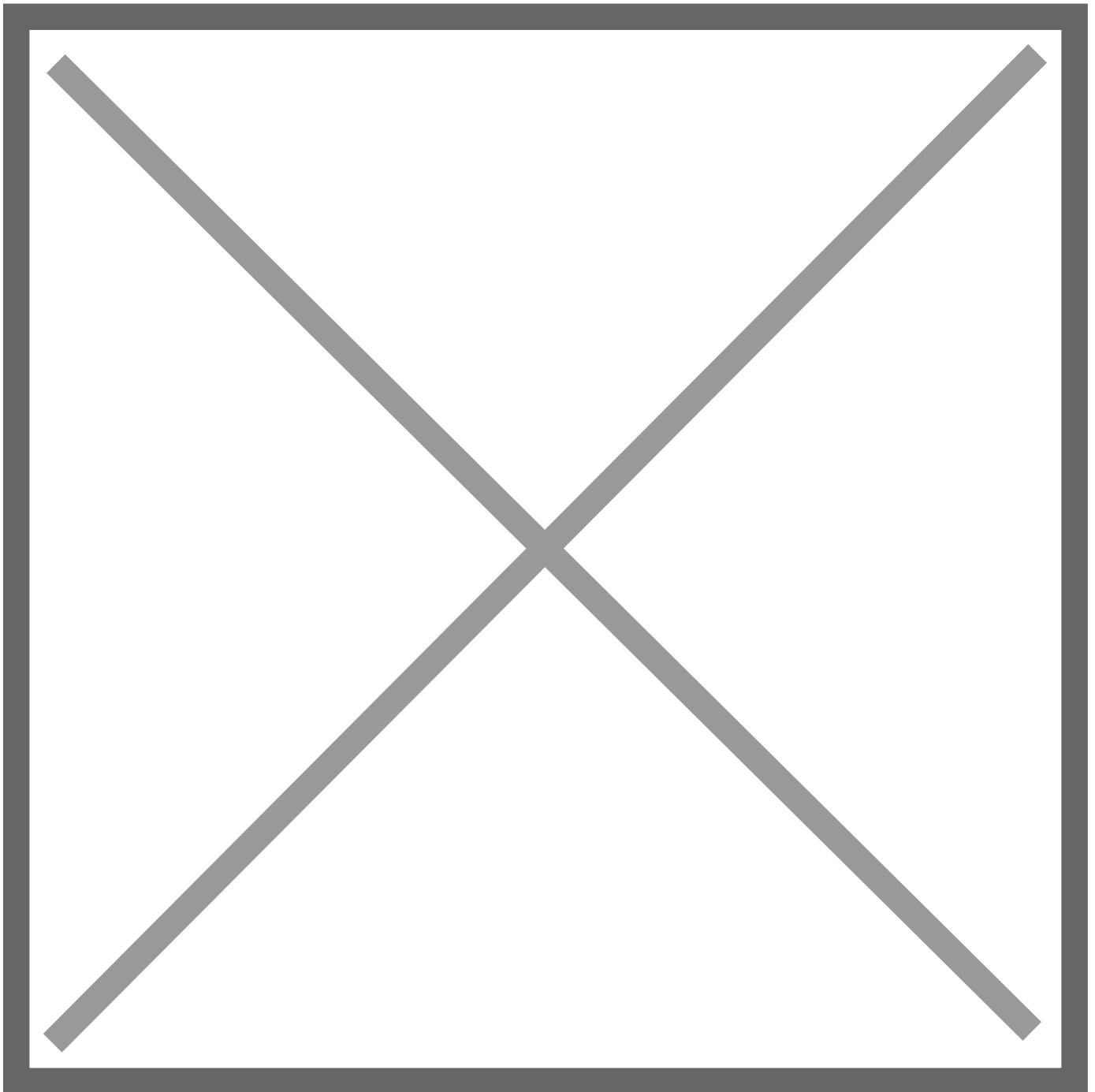## Men, 2022

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: https://gco.iarc.who.int/today, accessed [16.07.24]
Definitions:	Incidence per 100,000

Women, 2022

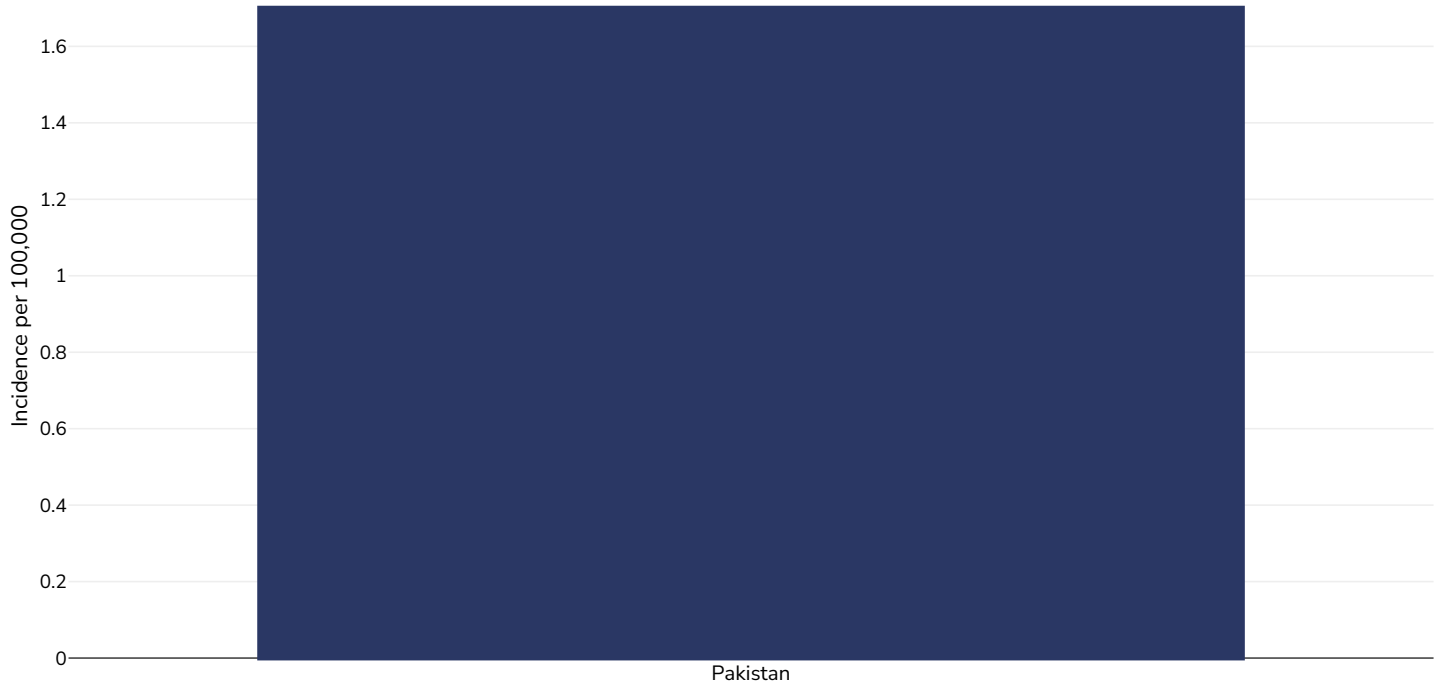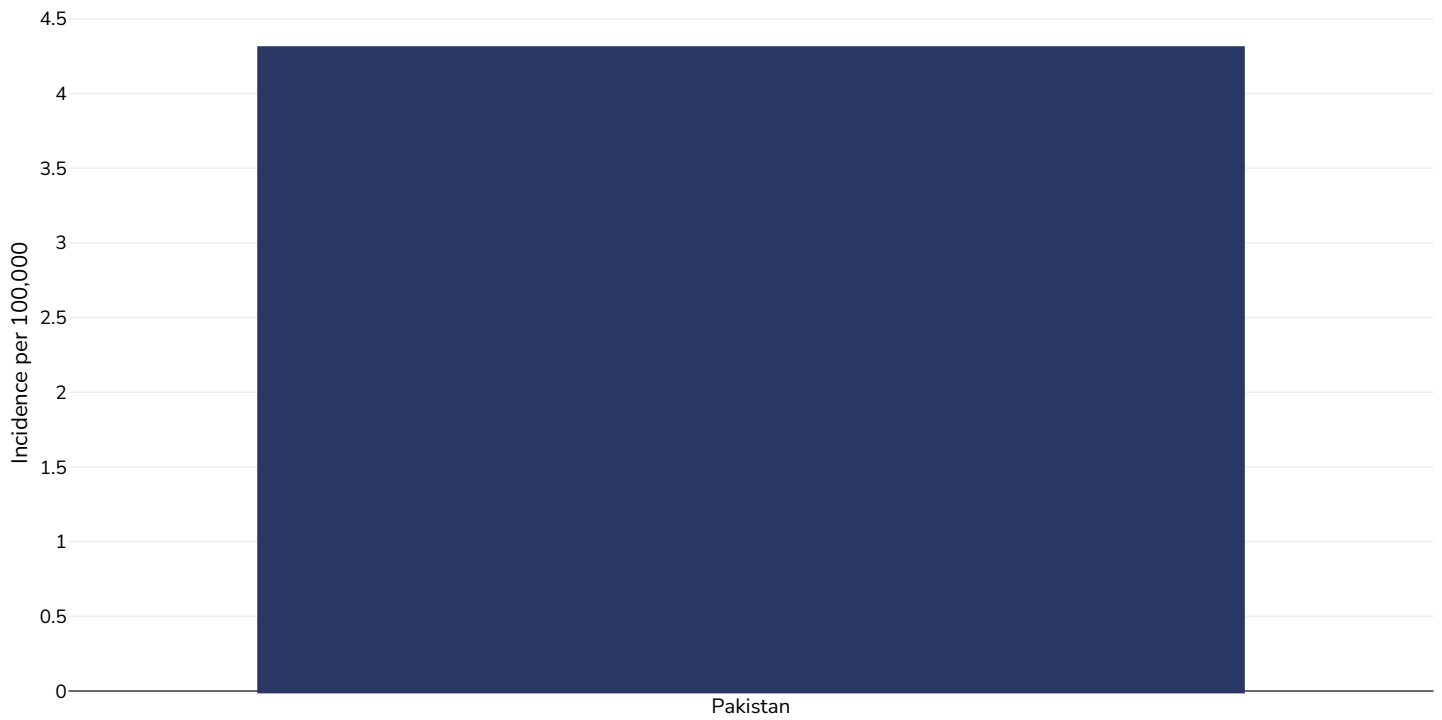|	
Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today,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

Cancer of the uterus

Women, 2022
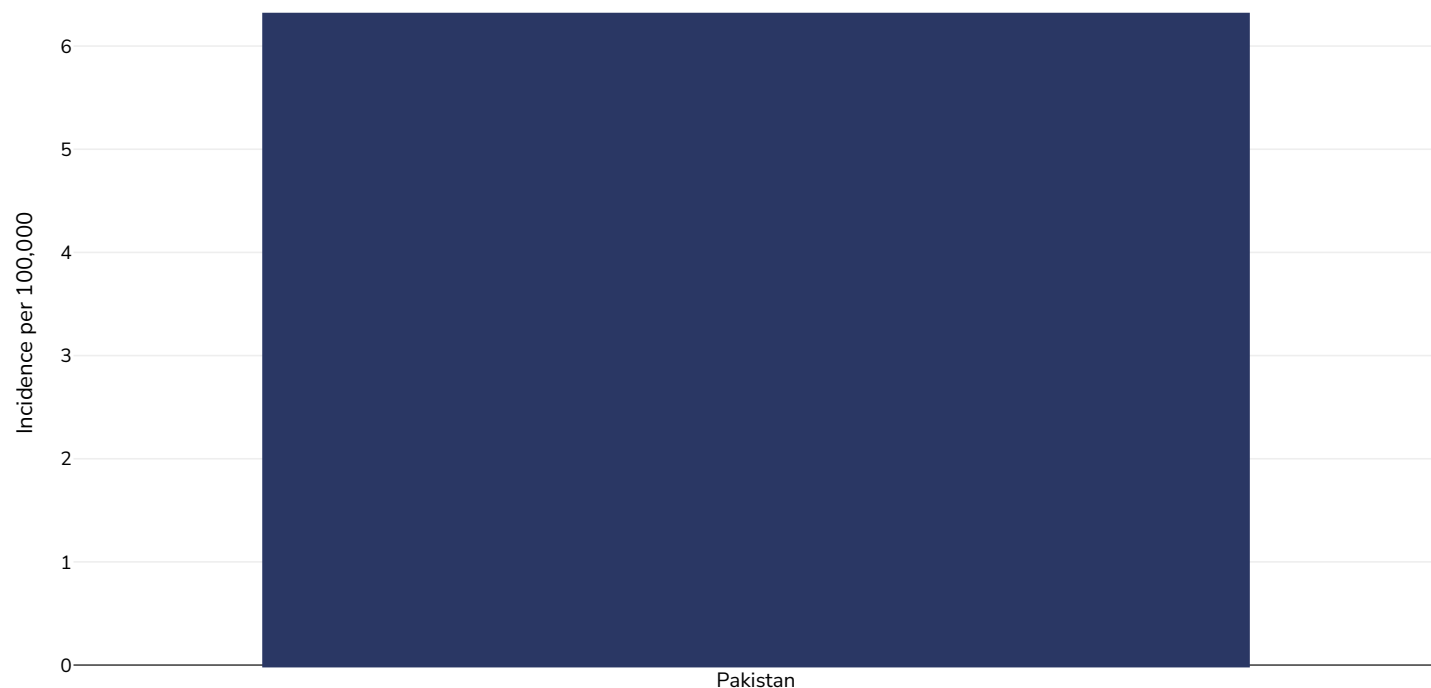
Incidence per 100,000

Pakistan

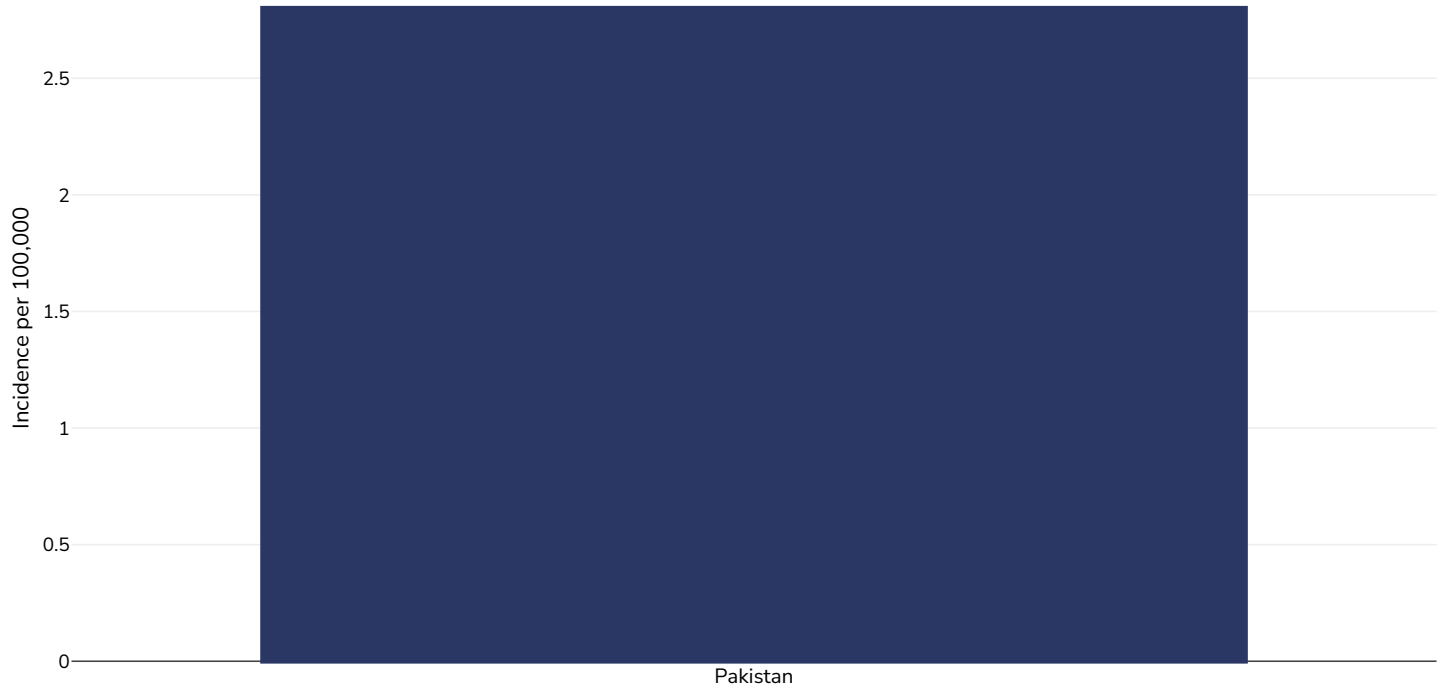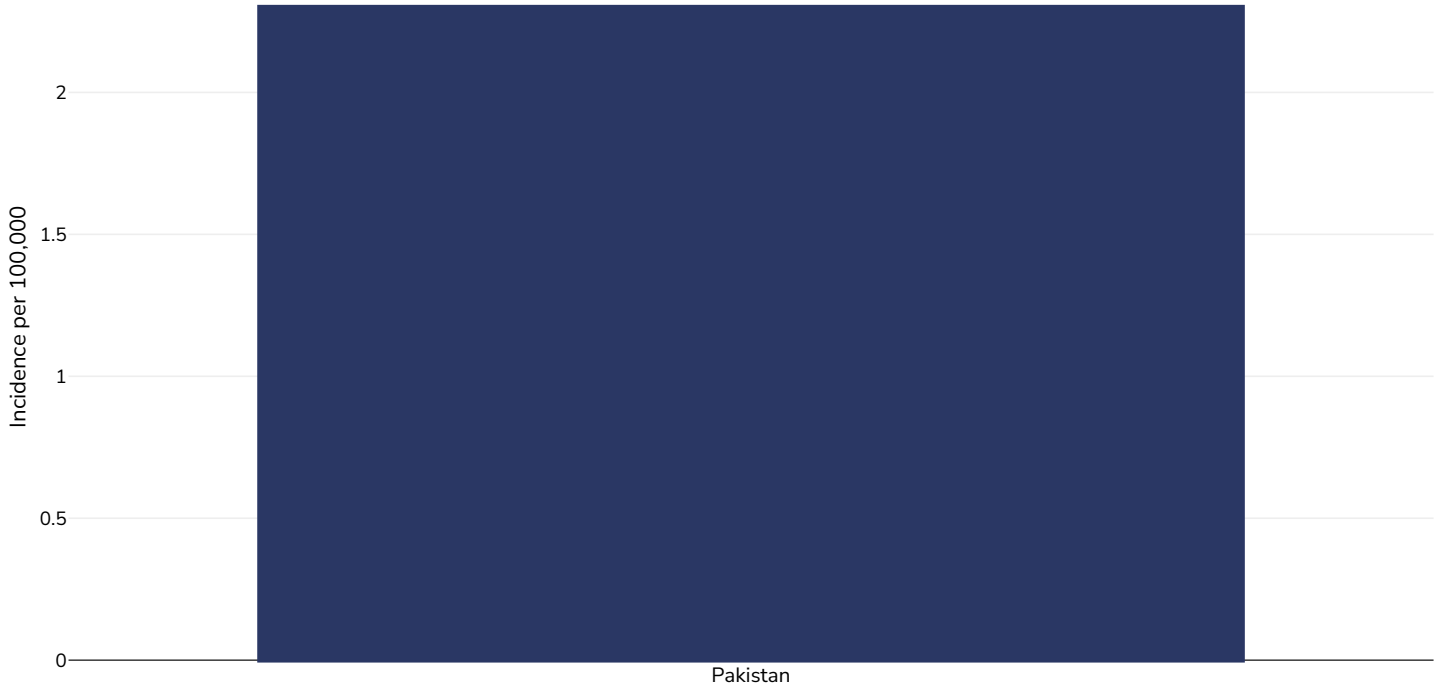| Age:	20+

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
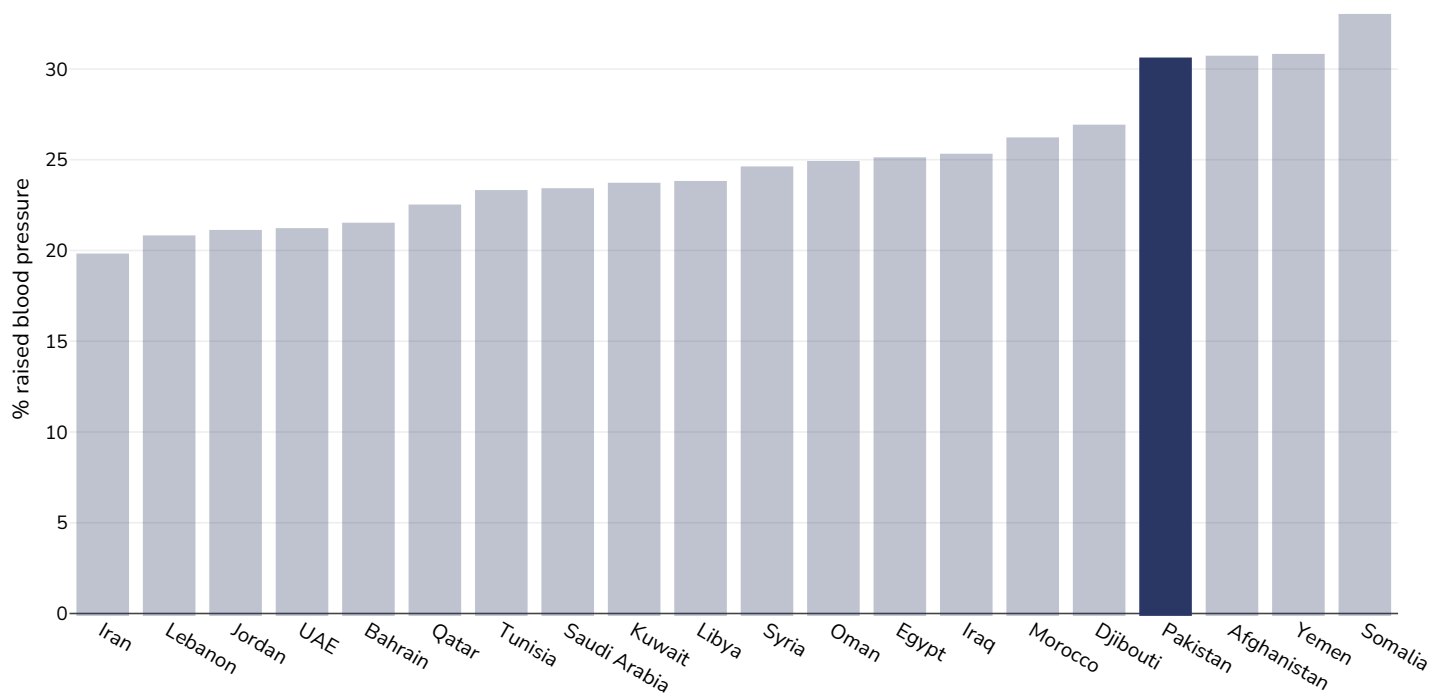
Chart: % raised blood pressure (y-axis, 0 to 30)

Country	% raised blood pressure
Iran	19.9
Lebanon	20.9
Jordan	21.2
UAE	21.3
Bahrain	21.5
Qatar	22.5
Tunisia	23.4
Saudi Arabia	23.5
Kuwait	23.7
Libya	23.8
Syria	24.6
Oman	25.0
Egypt	25.2
Iraq	25.4
Morocco	26.3
Djibouti	27.0
Pakistan	30.6
Afghanistan	30.7
Yemen	30.8
Somalia	33.0

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>=140 OR DBP>=90).

Men, 2015
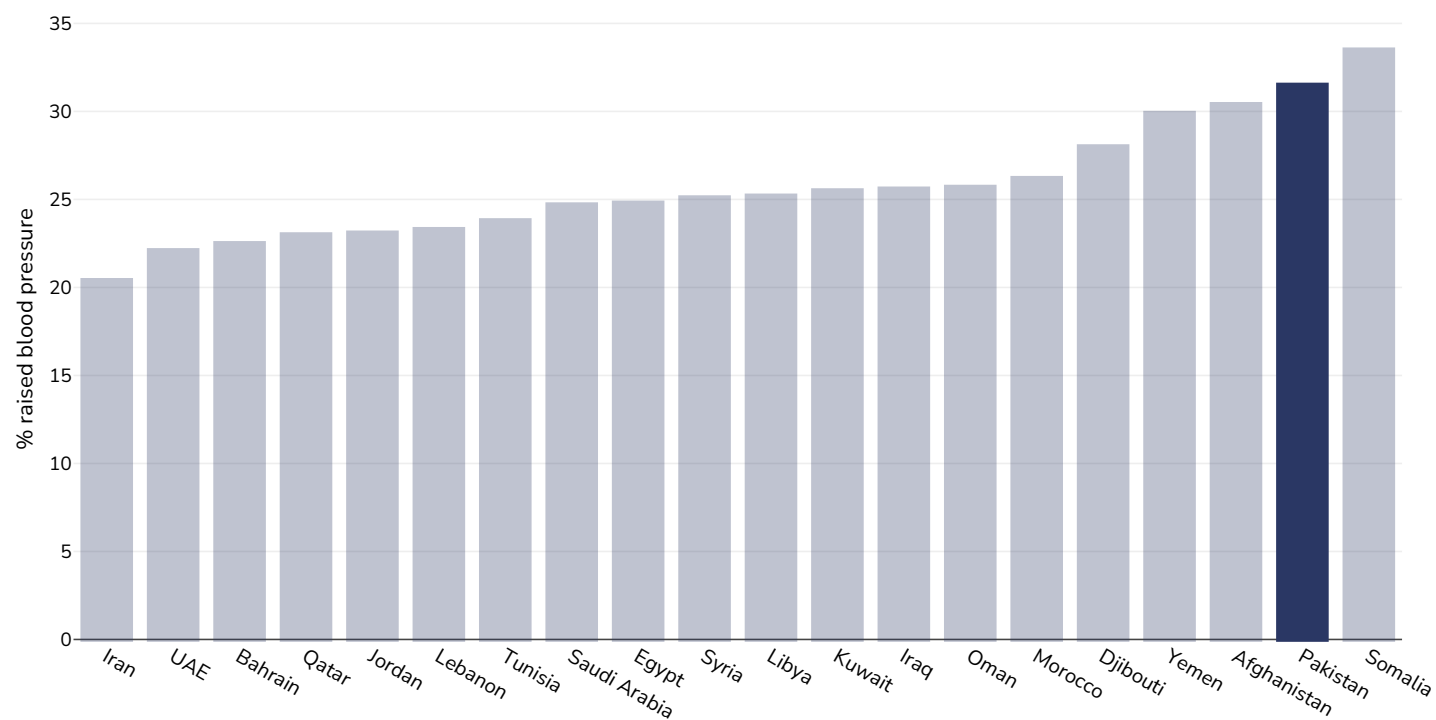
% raised blood pressure

| Iran | UAE | Bahrain | Qatar | Jordan | Lebanon | Tunisia | Saudi Arabia | Egypt | Syria | Libya | Kuwait | Iraq | Oman | Morocco | Djibouti | Yemen | Afghanistan | Pakistan | Somalia |

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>=140 OR DBP>=90).

Women, 2015
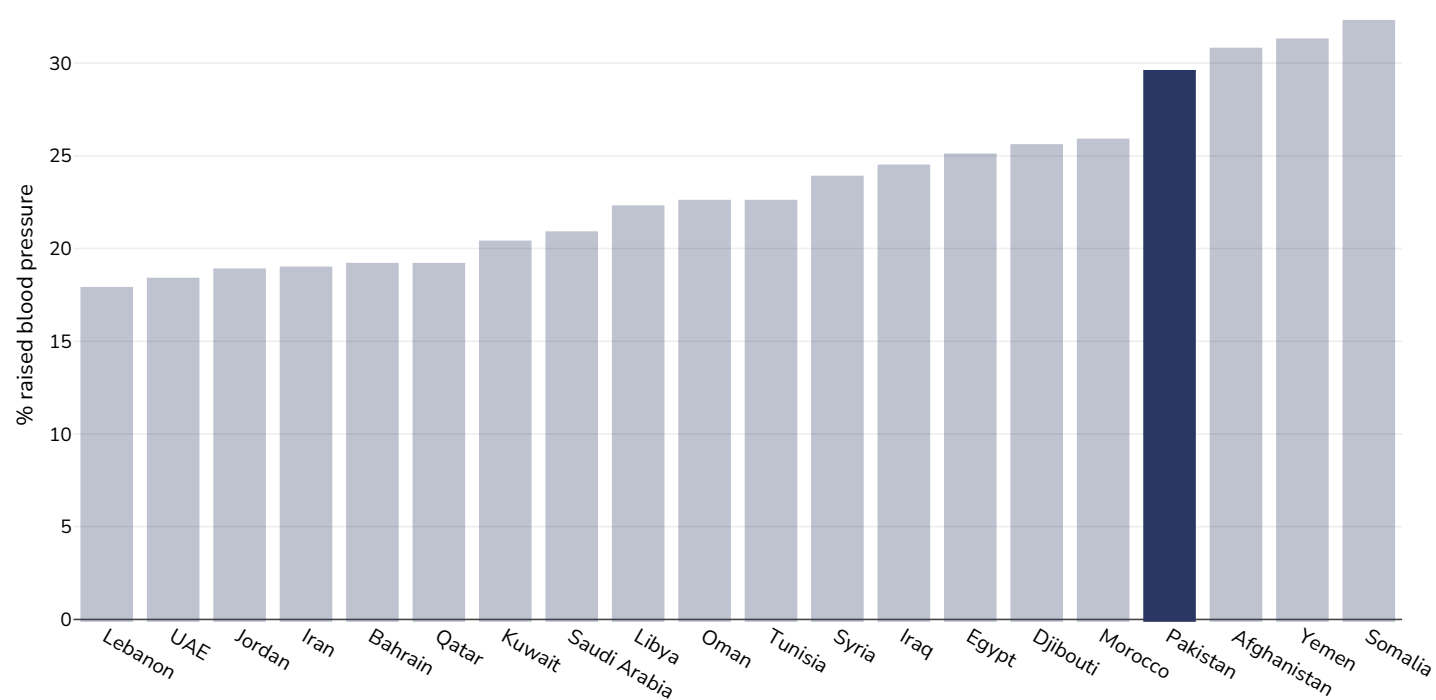
% raised blood pressure

Lebanon, UAE, Jordan, Iran, Bahrain, Qatar, Kuwait, Saudi Arabia, Libya, Oman, Tunisia, Syria, Iraq, Egypt, Djibouti, Morocco, Pakistan, Afghanistan, Yemen, Somalia

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>=140 OR DBP>=90).

Raised cholesterol

Adults, 2008
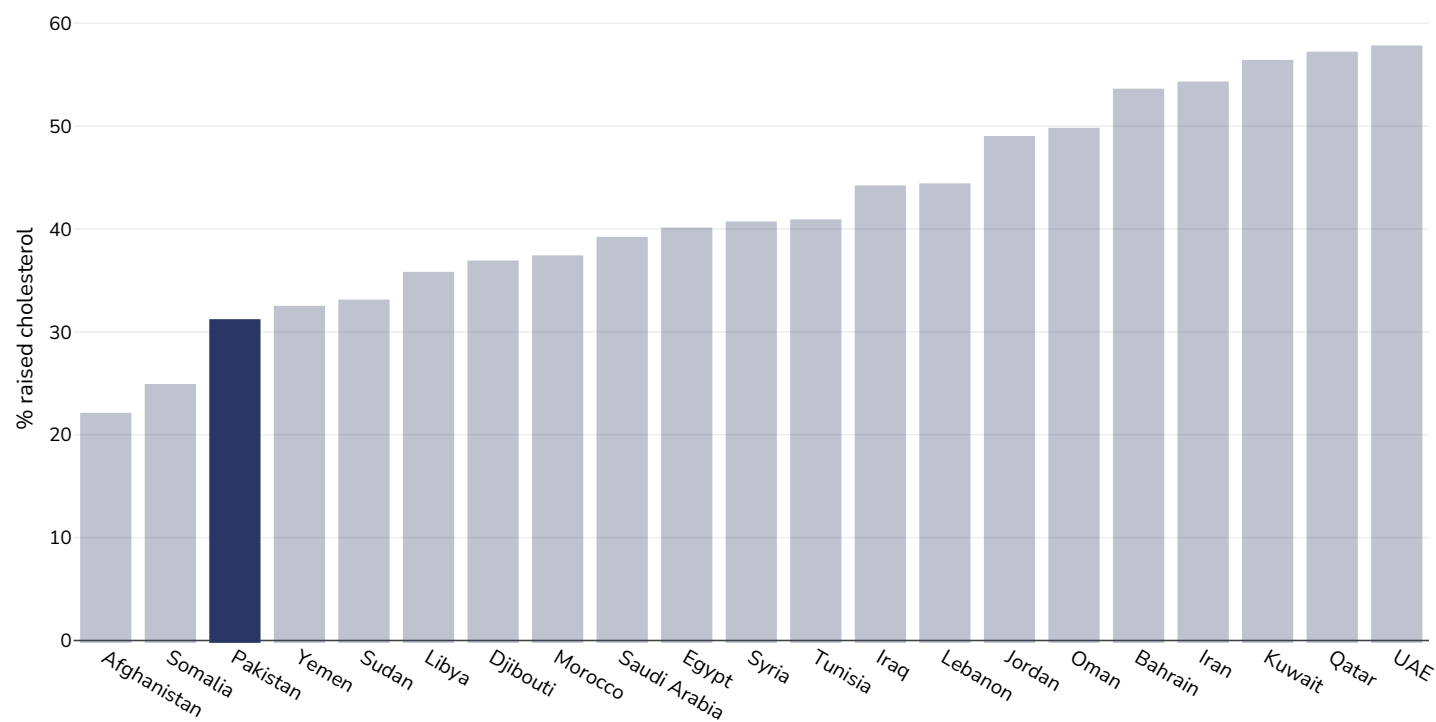
% raised cholesterol

Country	Value
Afghanistan	22
Somalia	25
Pakistan	31
Yemen	32.5
Sudan	33
Libya	36
Djibouti	37
Morocco	37.5
Saudi Arabia	39
Egypt	40
Syria	40.5
Tunisia	41
Iraq	44
Lebanon	44.5
Jordan	49
Oman	50
Bahrain	53.5
Iran	54.5
Kuwait	56.5
Qatar	57
UAE	58

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

Definitions: % Raised total cholesterol (>= 5.0 mmol/L) (age-standardized estimate).

Men, 2008
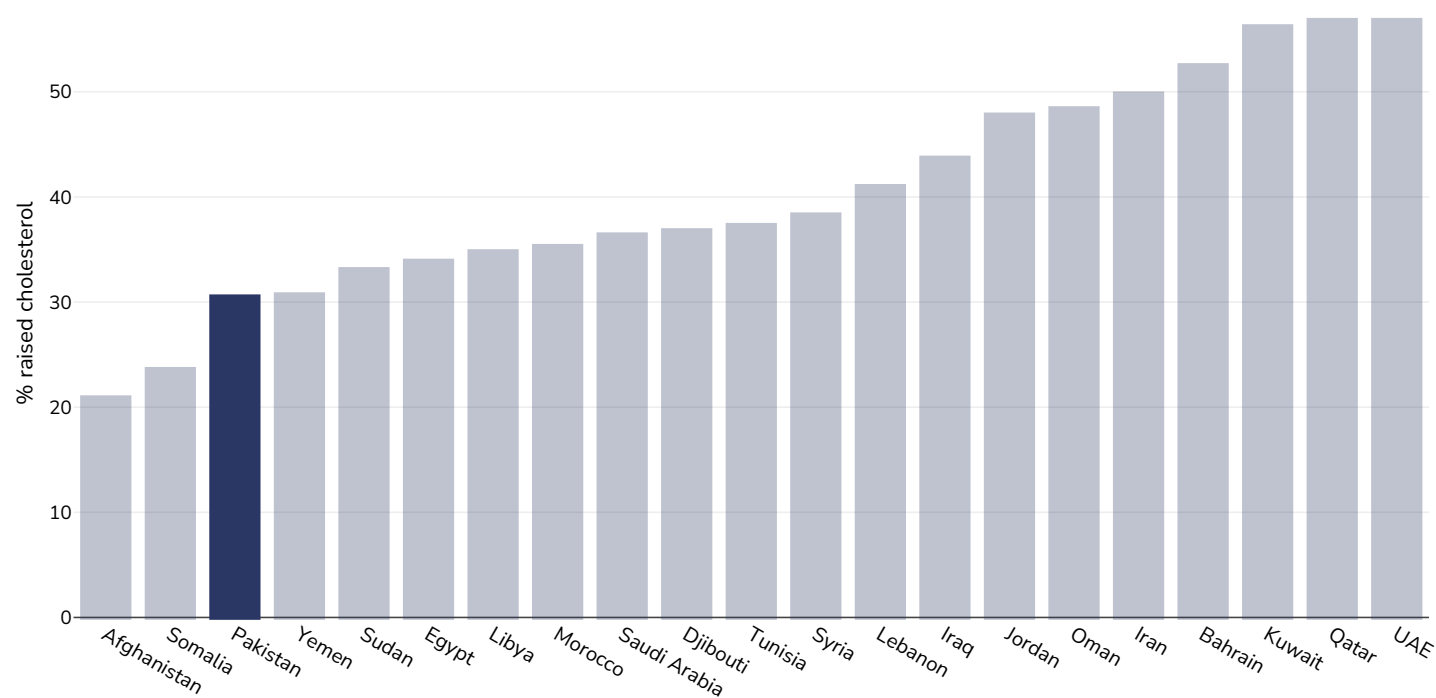
% raised cholesterol (y-axis: 0, 10, 20, 30, 40, 50)

Countries (x-axis): Afghanistan, Somalia, Pakistan, Yemen, Sudan, Egypt, Libya, Morocco, Saudi Arabia, Djibouti, Tunisia, Syria, Lebanon, Iraq, Jordan, Oman, Iran, Bahrain, Kuwait, Qatar, UAE

References:	Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A885
Definitions:	% Raised total cholesterol (>= 5.0 mmol/L) (age-standardized estimate).

Women, 2008
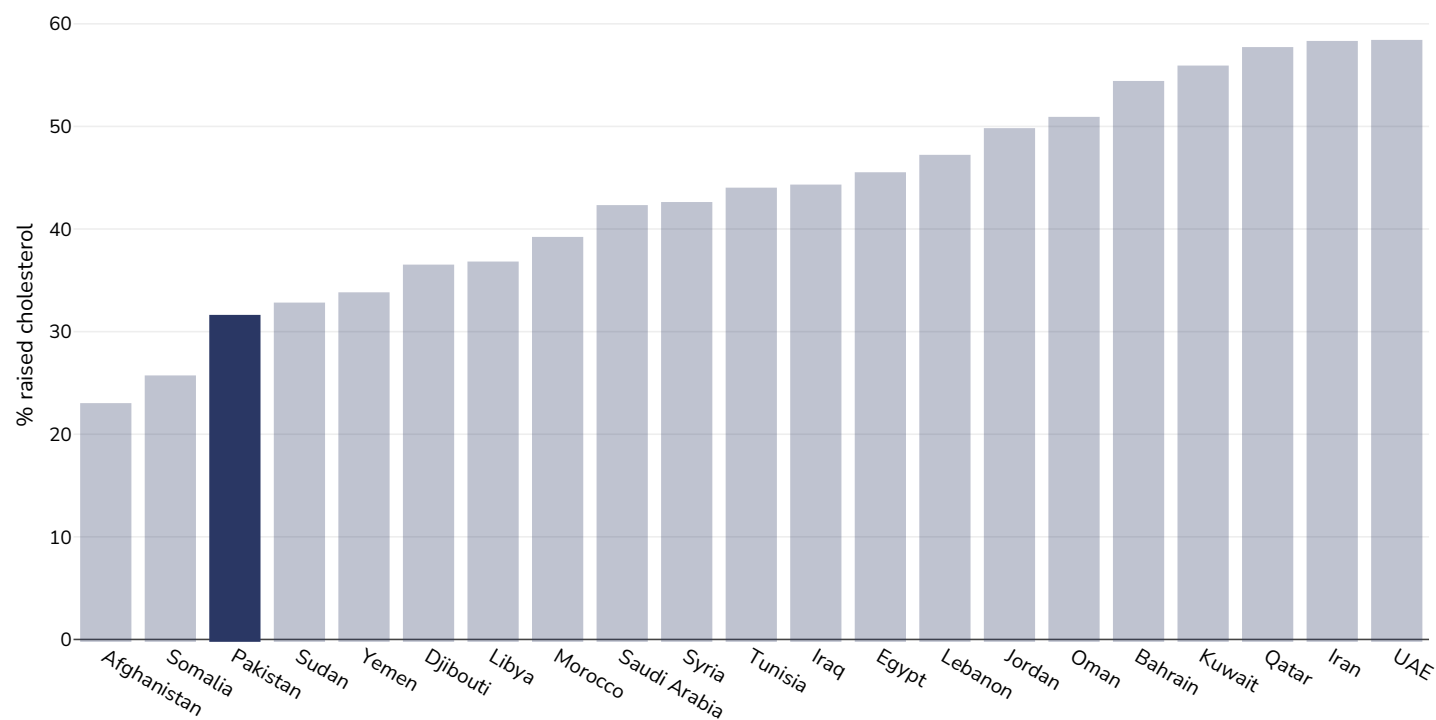
References:	Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A885
Definitions:	% Raised total cholesterol (>= 5.0 mmol/L) (age-standardized estimate).

Raised fasting blood glucose

Men, 2014
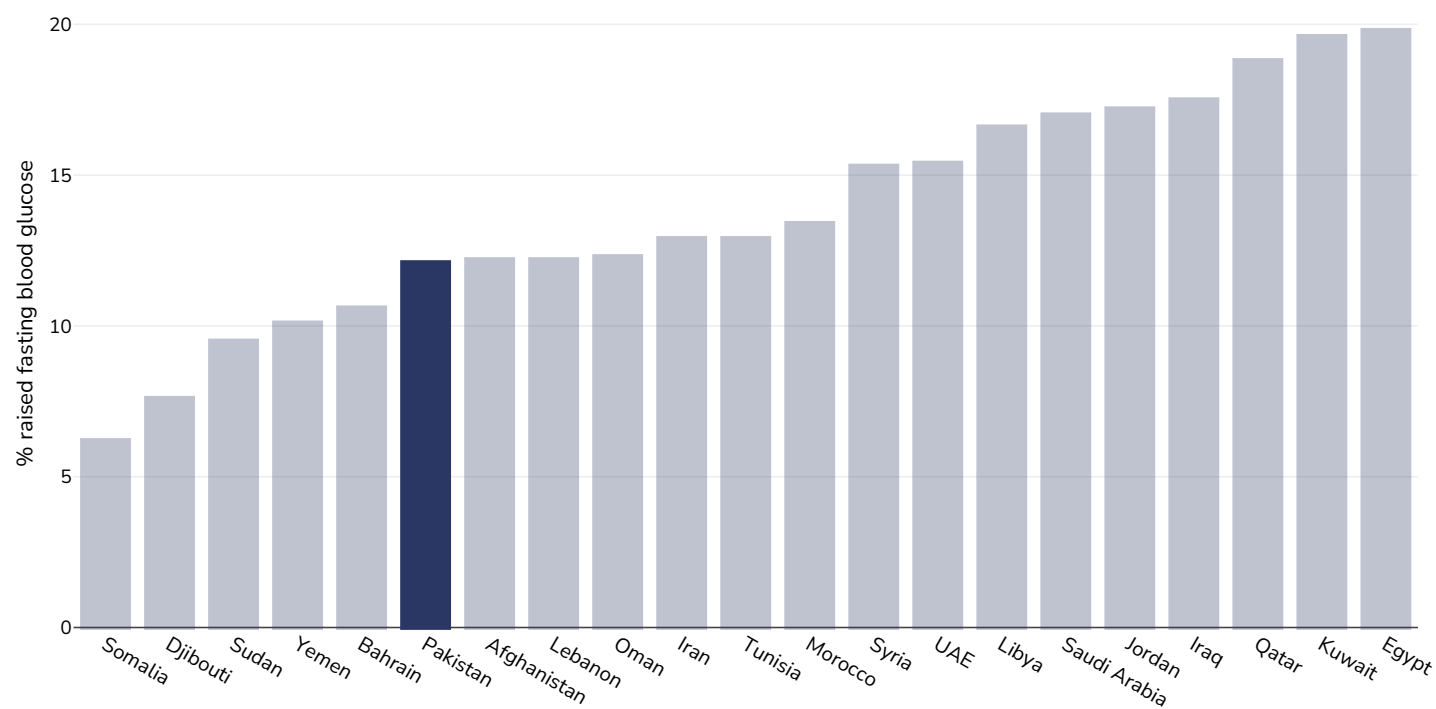
References: Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A869?lang=en

Definitions: Age Standardised % raised fasting blood glucose (>= 7.0 mmol/L or on medication).

Women, 2014
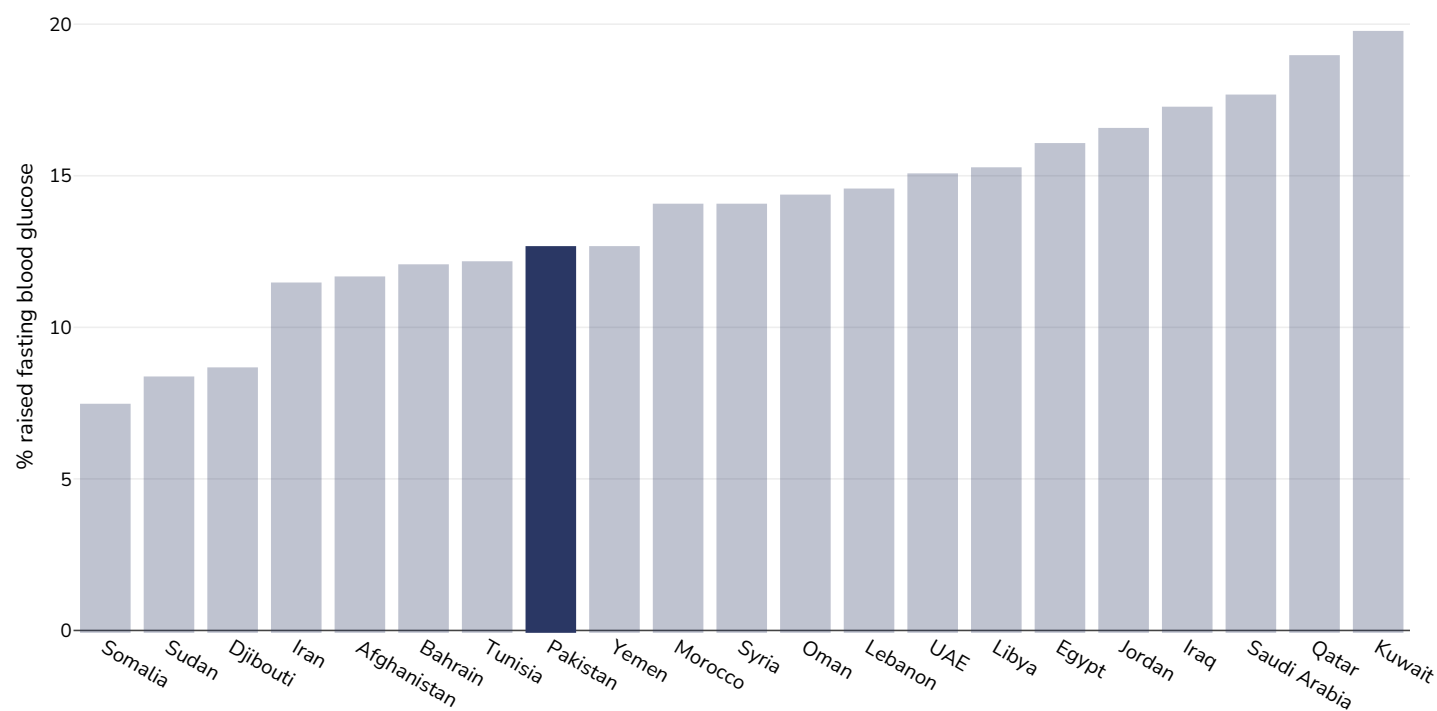
% raised fasting blood glucose

Somalia, Sudan, Djibouti, Iran, Afghanistan, Bahrain, Tunisia, Pakistan, Yemen, Morocco, Syria, Oman, Lebanon, UAE, Libya, Egypt, Jordan, Iraq, Saudi Arabia, Qatar, Kuwait

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 (>= 7.0 mmol/L or on medication).

Diabetes prevalence

Adults, 2021

Chart: % diabetes prevalence by country (y-axis 0 to 30)

Countries (left to right): Yemen, Somalia, South Sudan, Djibouti, Lebanon, Libya, Iran, Morocco, Tunisia, Iraq, Afghanistan, Bahrain, Oman, Syria, Jordan, UAE, Saudi Arabia, Sudan, Qatar, Egypt, Kuwait, Pakistan
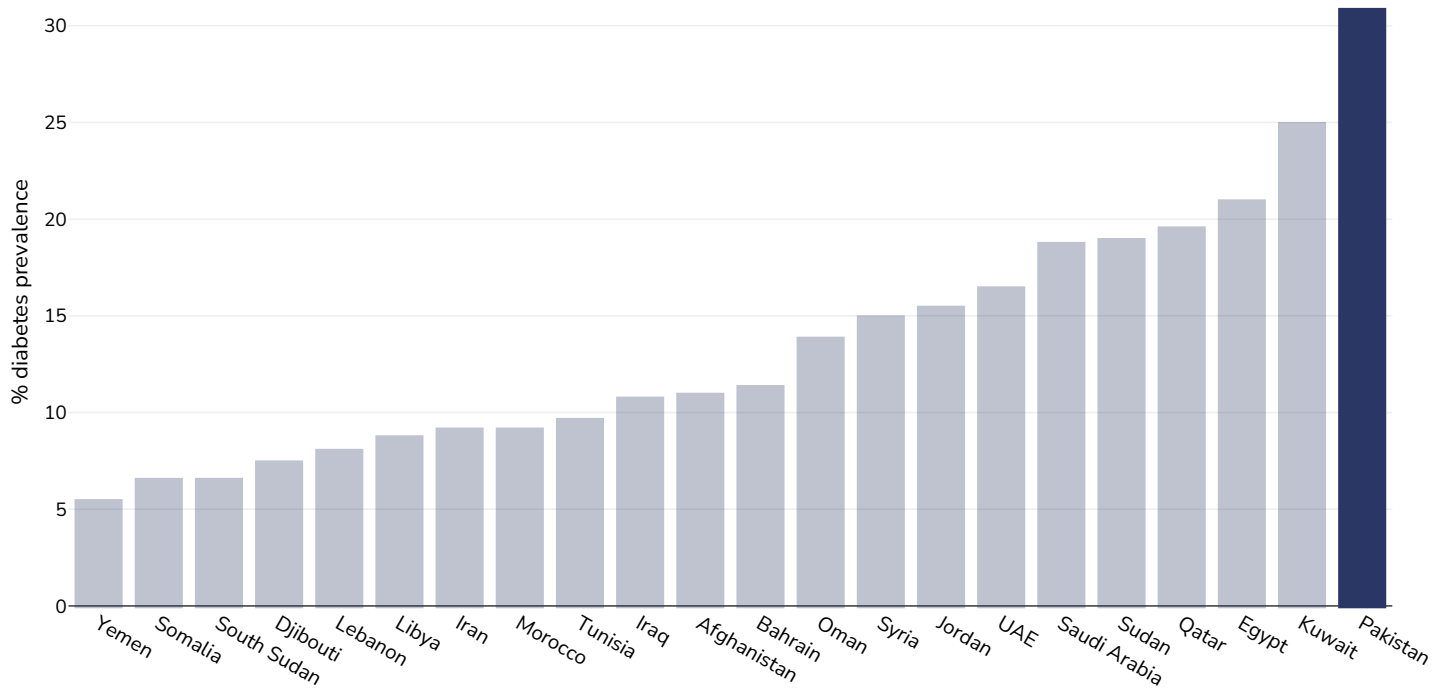
Age:	20-79
Area covered:	National
References:	Reproduced with kind permission International Diabetes Federation. IDF Diabetes Atlas, 10th edn. Brussels, Belgium:International Diabetes Federation, 2021. http://www.diabetesatlas.org
Definitions:	Age-adjusted comparative prevalence of diabetes, %

Contextual factors

Disclaimer: These contextual factors should be interpreted with care. Results are updated as regularly as possible and use very specific criteria. The criteria used and full definitions are available for download at the bottom of this page.

Labelling

Is there mandatory nutrition labelling?	✖
Front-of-package labelling?	✖
Back-of-pack nutrition declaration?	✖
Color coding?	✖
Warning label?	✖

Regulation and marketing

Are there fiscal policies on unhealthy products?	✔
Tax on unhealthy foods?	✖
Tax on unhealthy drinks?	✔
Are there fiscal policies on healthy products?	✖
Subsidy on fruits?	✖
Subsidy on vegetables?	✖
Subsidy on other healthy products?	✖
Mandatory limit or ban of trans fat (all settings)?	✖
Mandatory limit of trans fats in place (all settings)?	✖
Ban on trans-fats or phos in place (all settings)?	✖
Are there any mandatory policies/marketing restrictions on the promotion of unhealthy food/drinks to children?	✖
Mandatory restriction on broadcast media?	✖
Mandatory restriction on non-broadcast media?	✖
Voluntary policies/marketing restrictions on the promotion of unhealthy food/drinks to children?	✖
Are there mandatory standards for food in schools?	✖
Are there any mandatory nutrient limits in any manufactured food products?	✖
Nutrition standards for public sector procurement?	✖

Political will and support

National obesity strategy or nutrition and physical activity national strategy?	❌
National obesity strategy?	❌
National childhood obesity strategy?	❌
Comprehensive nutrition strategy?	✔
Comprehensive physical activity strategy?	❌
Evidence-based dietary guidelines and/or RDAs?	✔
National target(s) on reducing obesity?	❌
Guidelines/policy on obesity treatment?	❌
Promotion of breastfeeding?	✔

Monitoring and surveillance

Monitoring of the prevalence and incidence for the main obesity-related NCDs and risk factors?	✔
Within 5 years?	✔

Governance and resource

Multi-sectoral national co-ordination mechanism for obesity or nutrition (including obesity)?	✔

Key

✔ Present   ✔v Present (voluntary)   ✔ Incoming   ❌ Absent   ❓ Unknown

Last updated August 8, 2023

PDF created on August 14, 2024