Report card
Palau

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Obesity prevalence

Adults, 2011-2013

Survey type: Measured
Age: 25-64
Sample size: 2807
Area covered: National

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

Adults, 2016

Men, 2016

Women, 2016

Children, 2010

% insufficient physical activity

Age: 11-17


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, 2010

% insufficient physical activity

Age: 11-17


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, 2010

% insufficient physical activity

Age: 11-17


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)
### Raised blood pressure

**Adults, 2015**

<table>
<thead>
<tr>
<th>Country</th>
<th>% Raised blood pressure</th>
</tr>
</thead>
<tbody>
<tr>
<td>South Korea</td>
<td>26.0</td>
</tr>
<tr>
<td>Singapore</td>
<td>24.8</td>
</tr>
<tr>
<td>Australia</td>
<td>24.0</td>
</tr>
<tr>
<td>New Zealand</td>
<td>23.2</td>
</tr>
<tr>
<td>Japan</td>
<td>20.5</td>
</tr>
<tr>
<td>Brunei Darussalam</td>
<td>19.8</td>
</tr>
<tr>
<td>China</td>
<td>19.3</td>
</tr>
<tr>
<td>Korea</td>
<td>19.2</td>
</tr>
<tr>
<td>Korea</td>
<td>18.6</td>
</tr>
<tr>
<td>Malaysia</td>
<td>18.5</td>
</tr>
<tr>
<td>Palau</td>
<td>18.5</td>
</tr>
<tr>
<td>Vietnam</td>
<td>18.4</td>
</tr>
<tr>
<td>Tonga</td>
<td>18.2</td>
</tr>
<tr>
<td>Tuvalu</td>
<td>17.6</td>
</tr>
<tr>
<td>Samoa</td>
<td>17.4</td>
</tr>
<tr>
<td>Nauru</td>
<td>17.1</td>
</tr>
<tr>
<td>Vanuatu</td>
<td>16.6</td>
</tr>
<tr>
<td>Laos</td>
<td>16.3</td>
</tr>
<tr>
<td>Micronesia</td>
<td>15.7</td>
</tr>
<tr>
<td>Papua New Guinea</td>
<td>15.7</td>
</tr>
<tr>
<td>Cambodia</td>
<td>15.6</td>
</tr>
<tr>
<td>Mongolia</td>
<td>15.3</td>
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</table>

**References:**

**Definitions:**
Age Standardised estimated % Raised blood pressure 2015 (SBP>=140 OR DBP>=90).
Men, 2015


Definitions: Age Standardised estimated % Raised blood pressure 2015 (SBP=>140 OR DBP=>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>=140 OR DBP>=90).
Raised cholesterol

Adults, 2008

References:

Definitions:
% Raised total cholesterol (>= 5.0 mmol/L) (age-standardized estimate).
Men, 2008


Definitions: % Raised total cholesterol (>= 5.0 mmol/L) (age-standardized estimate).
Women, 2008

% Raised total cholesterol (≥ 5.0 mmol/L) (age-standardized estimate).

References:

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


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

Adults, 2017


Definitions: Diabetes age-adjusted comparative prevalence (%).

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