

Report card

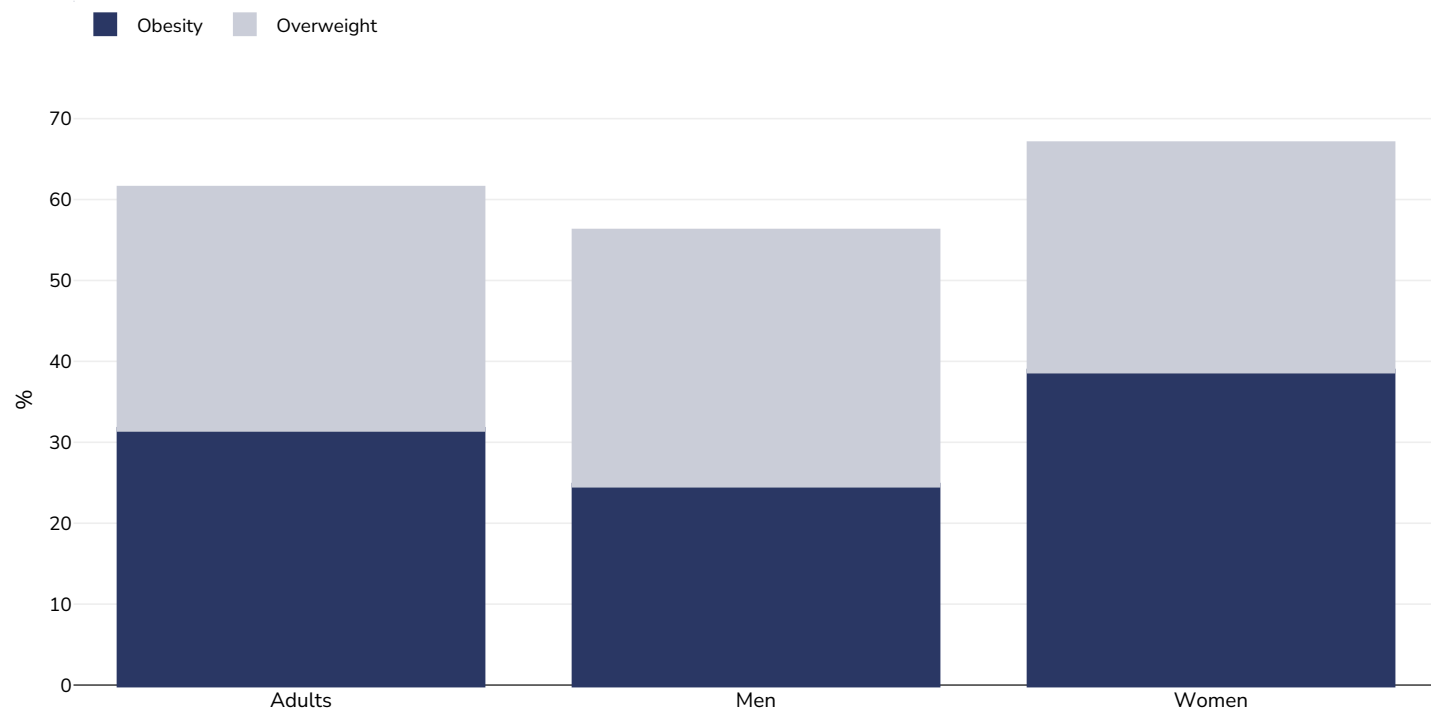
Palestine



Contents	Page
Obesity prevalence	2
Overweight/obesity by education	5
Overweight/obesity by age	8
Overweight/obesity by region	9
Overweight/obesity by socio-economic group	11
Average daily frequency of carbonated soft drink consumption	13
Estimated per capita fruit intake	14
Prevalence of less than daily fruit consumption	15
Prevalence of less than daily vegetable consumption	16
Average weekly frequency of fast food consumption	17
Estimated per-capita processed meat intake	18
Estimated per capita whole grains intake	19
Diabetes prevalence	20
Contextual factors	21

Obesity prevalence

Adults, 2022



Survey type: Measured

Age: 18-69

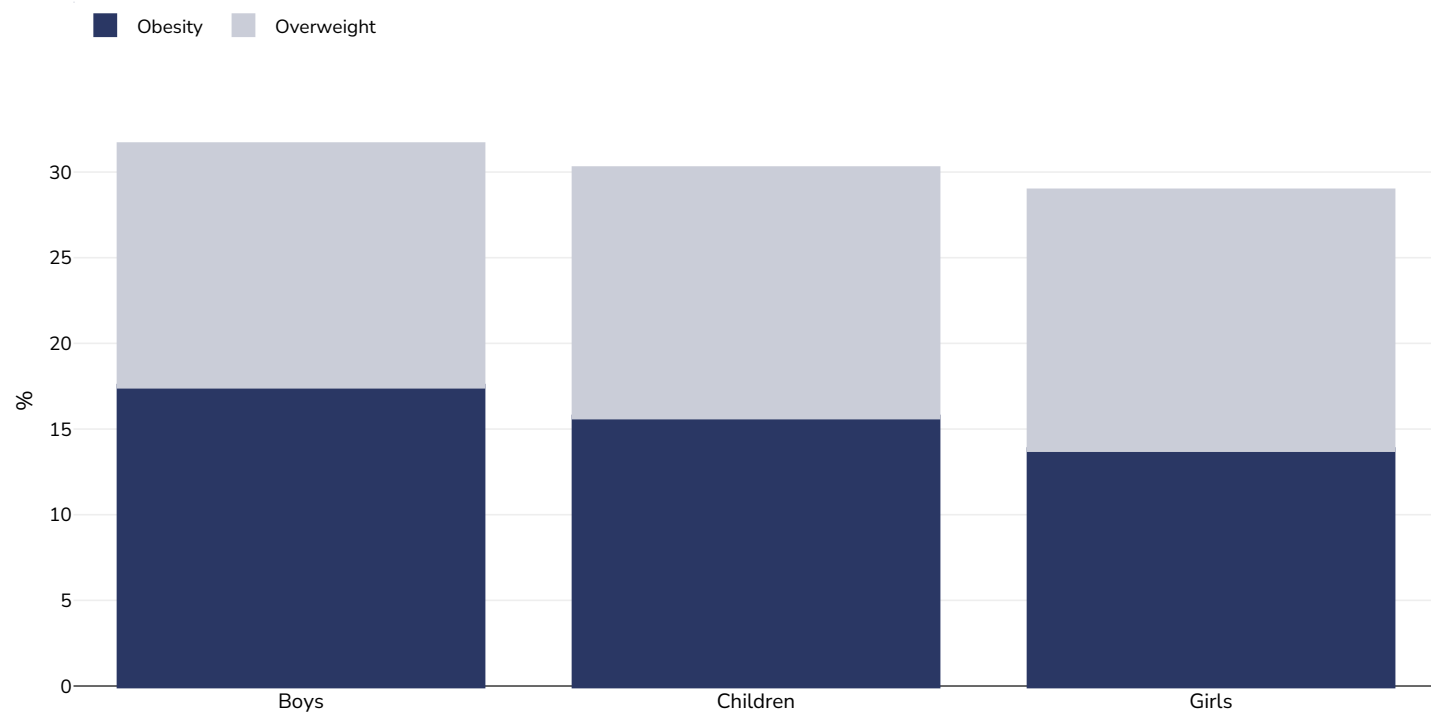
Sample size: 5503

Area covered: National

References: Palestine STEPS Survey 2022 Fact Sheet https://www.pniph.org/images/research/steps/fact-sheet_v3.2-palestine.pdf
(Accessed 22.09.23)

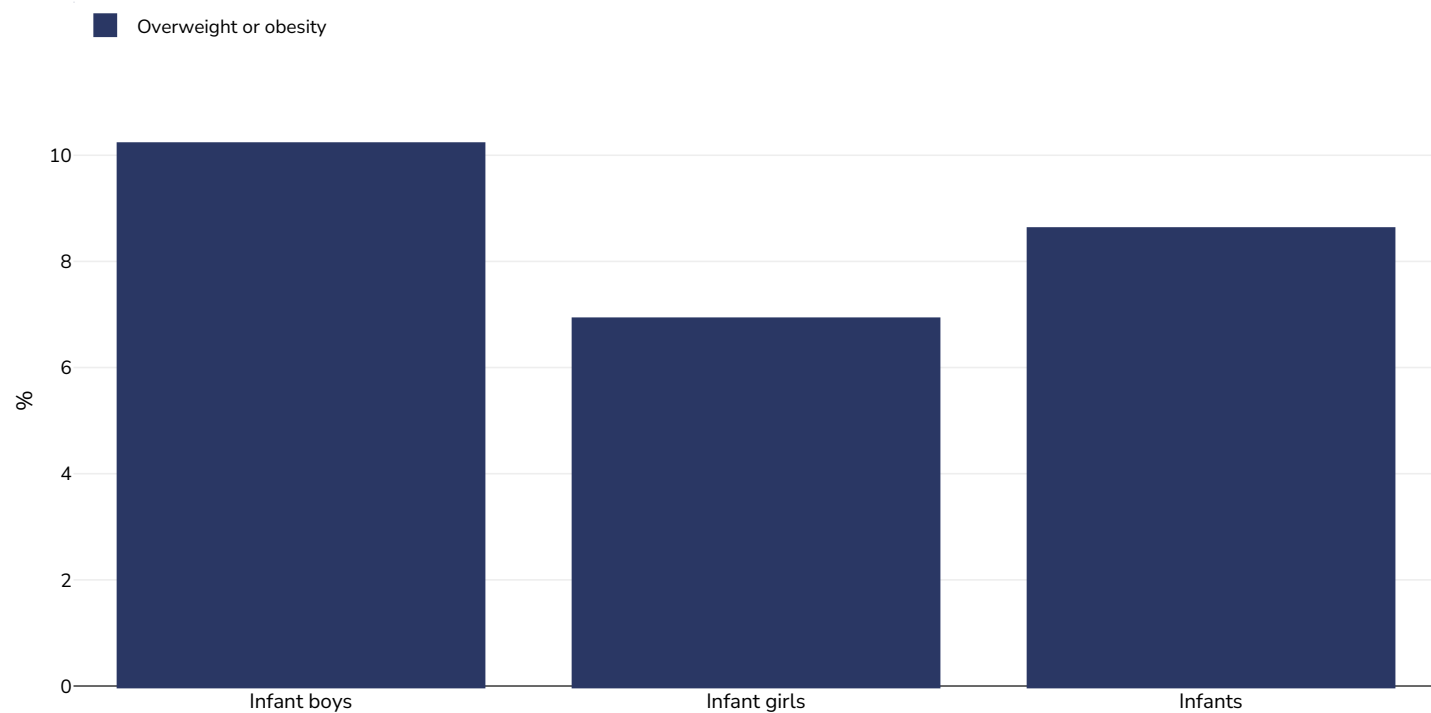
Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².

Children, 2017



Survey type:	Measured
Age:	6-12
Sample size:	1320
Area covered:	Regional
References:	Al-Lahham, S., Jaradat, N., Altamimi, M. et al. Prevalence of underweight, overweight and obesity among Palestinian school-age children and the associated risk factors: a cross sectional study. BMC Pediatr 19, 483 (2019). https://doi.org/10.1186/s12887-019-1842-7
Notes:	Region: Nablus
Cutoffs:	CDC

Infants, 2019-2020



Age: 0-5

Sample size: 5714

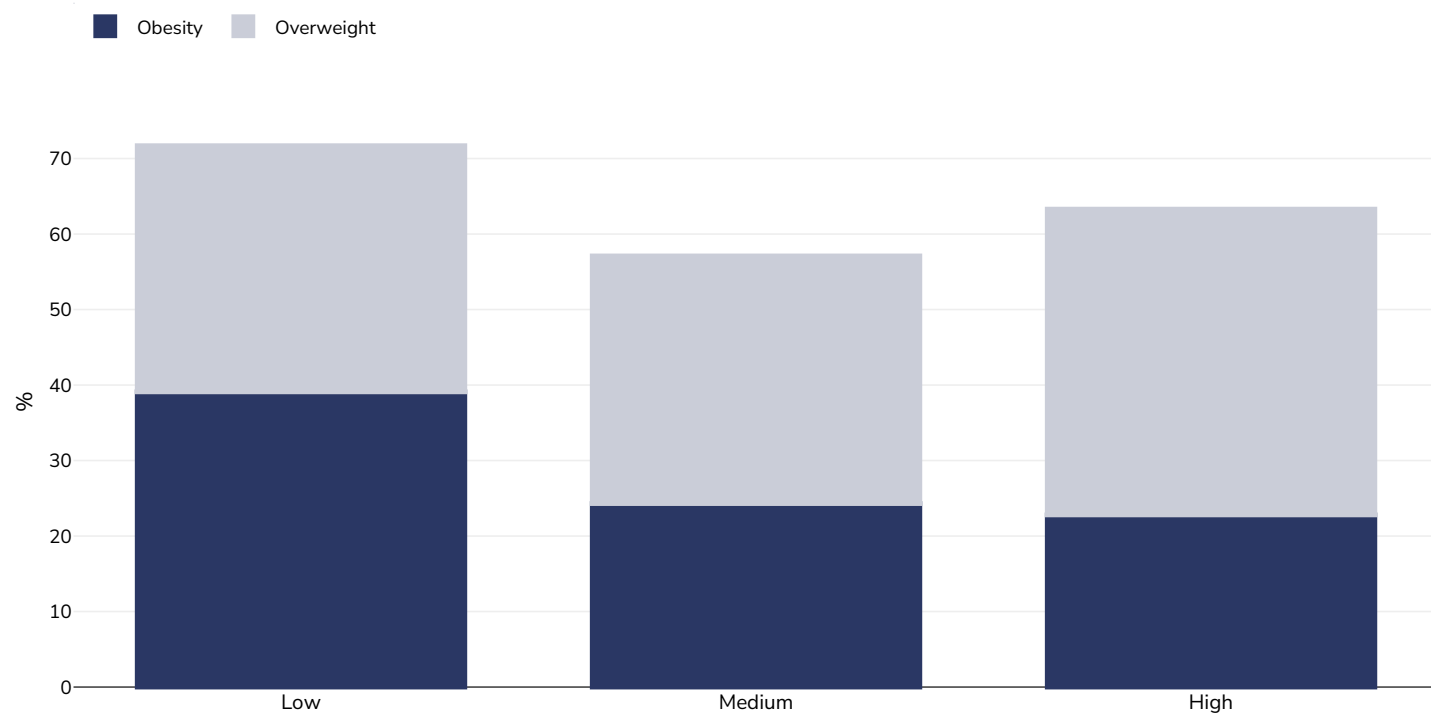
References: MICS: Palestinian Multiple Indicator Cluster Survey 2019-2020, Survey Findings Report, Ramallah, Palestine.

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 education

Women, 2012



Survey type: Measured

Age: 18-50

Sample size: 357

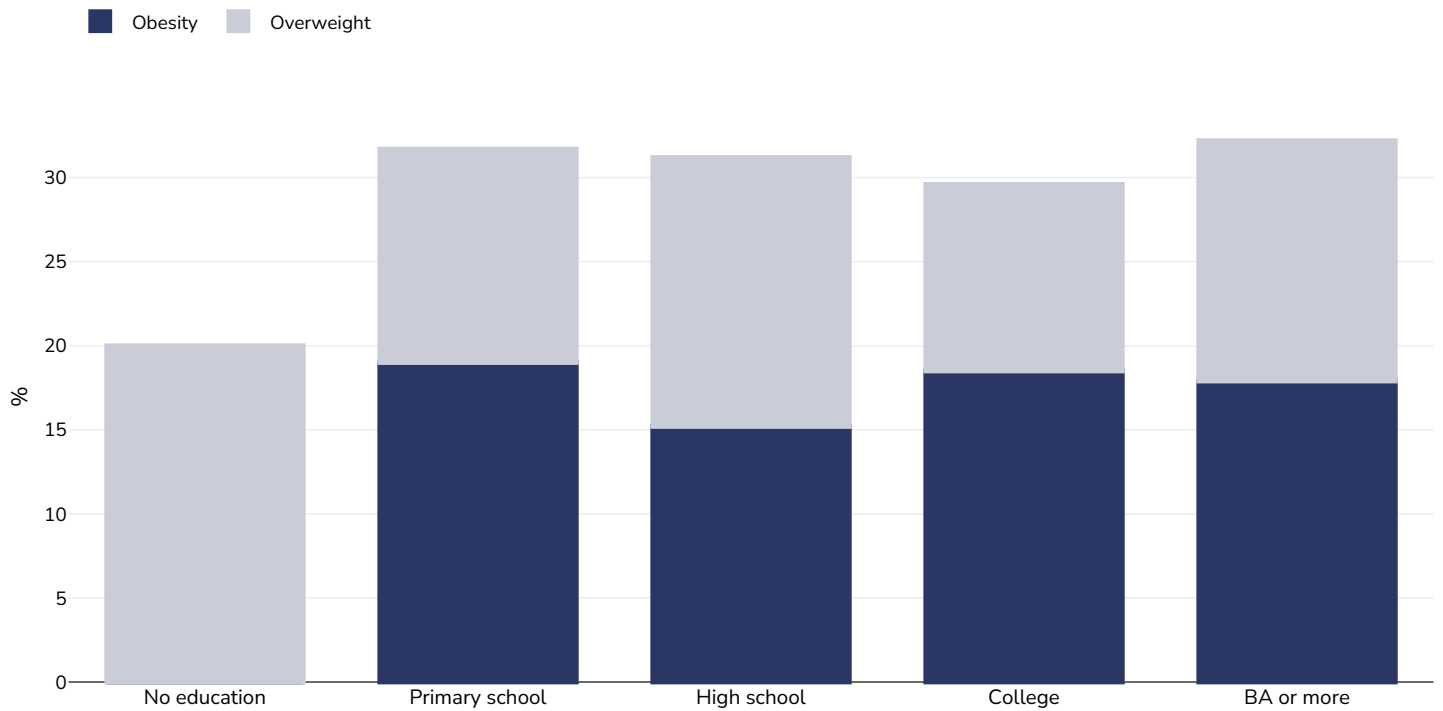
Area covered: Gaza Strip

References: Prevalence and predictors of overweight and obesity among women in the Gaza strip-Palestine: a cross-sectional study. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7275345/> (last accessed 06.06.2022)

Notes: Study population: mothers aged 18-50 who are not pregnant.

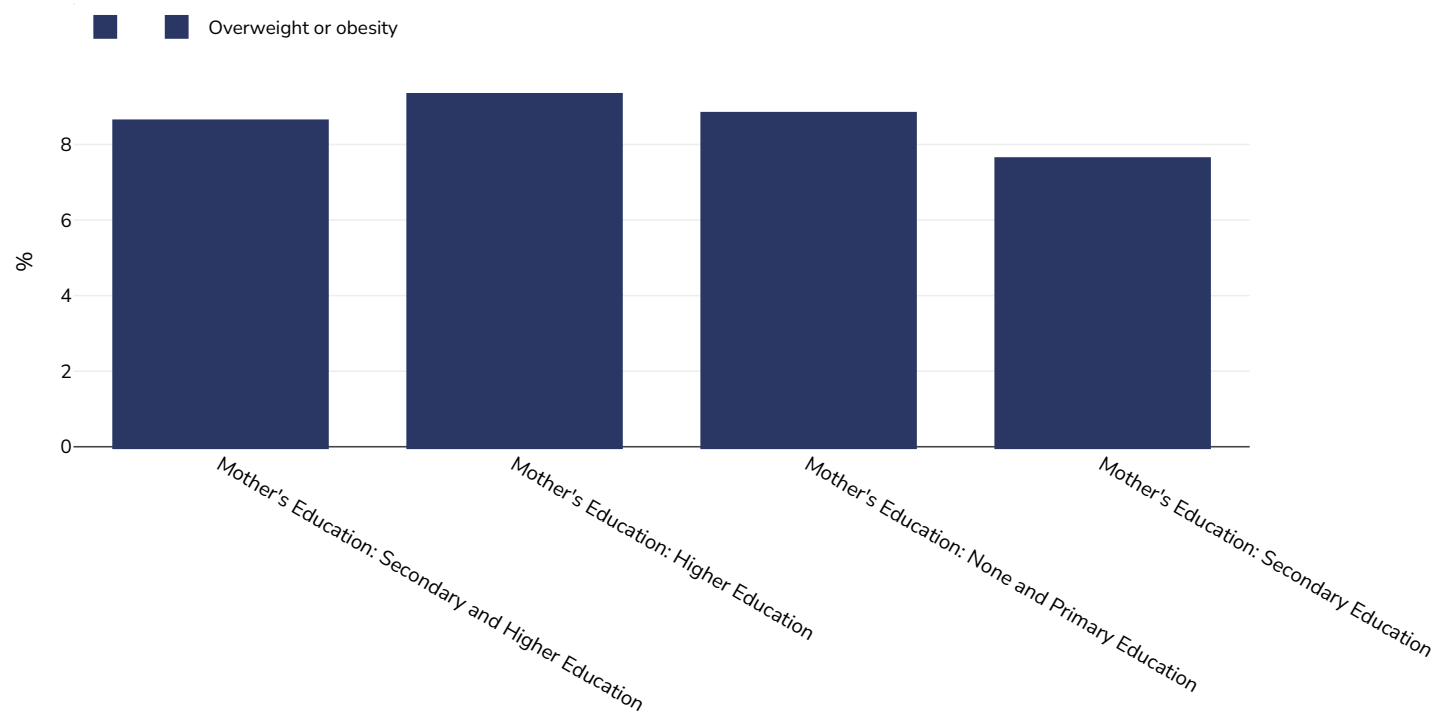
Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².

Children, 2017



Survey type:	Measured
Age:	6-12
Sample size:	1320
Area covered:	Nablus
References:	Prevalence of underweight, overweight and obesity among Palestinian school-age children and the associated risk factors: a cross sectional study. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6902423/ (last accessed 06.06.2022)
Notes:	Maternal education level
Cutoffs:	CDC

Infants, 2019-2020



Sample size: 5714

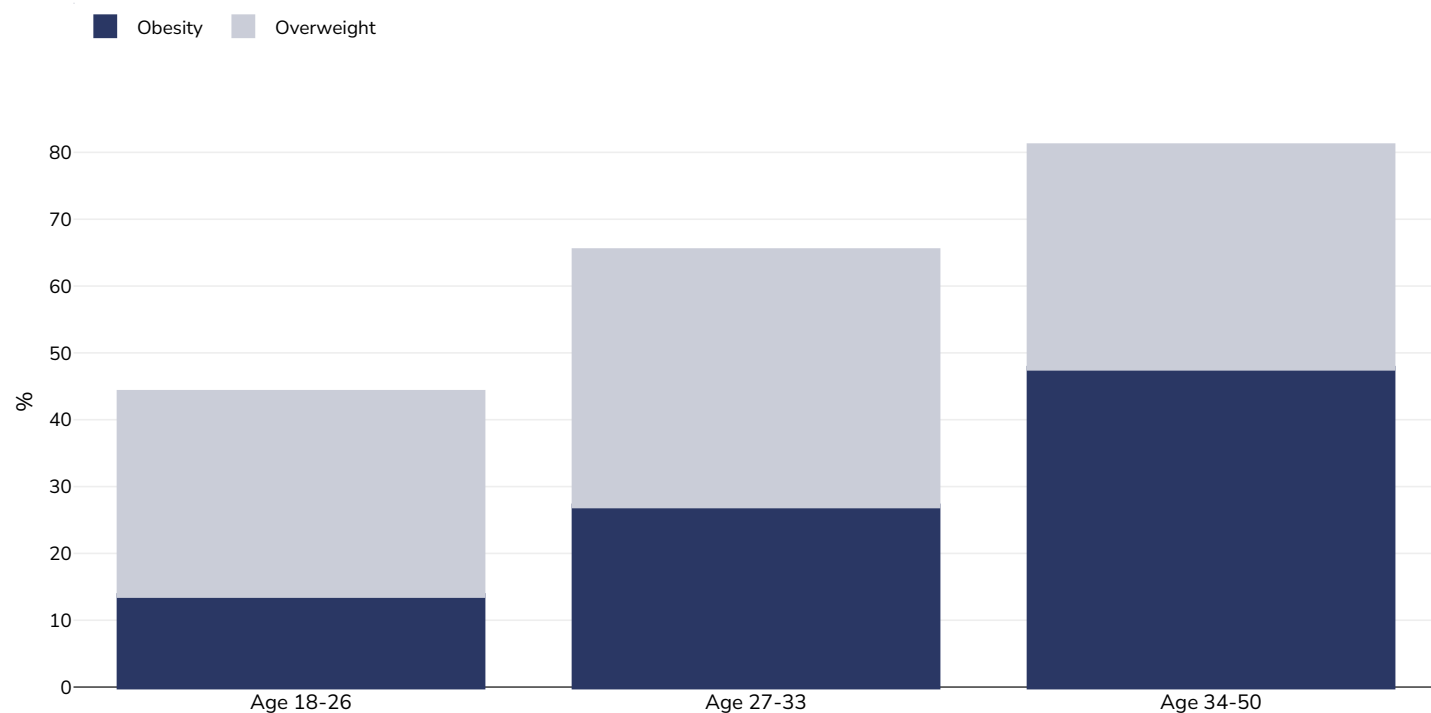
References: MICS: Palestinian Multiple Indicator Cluster Survey 2019-2020, Survey Findings Report, Ramallah, Palestine.

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, 2012



Survey type: Measured

Sample size: 357

Area covered: Gaza Strip

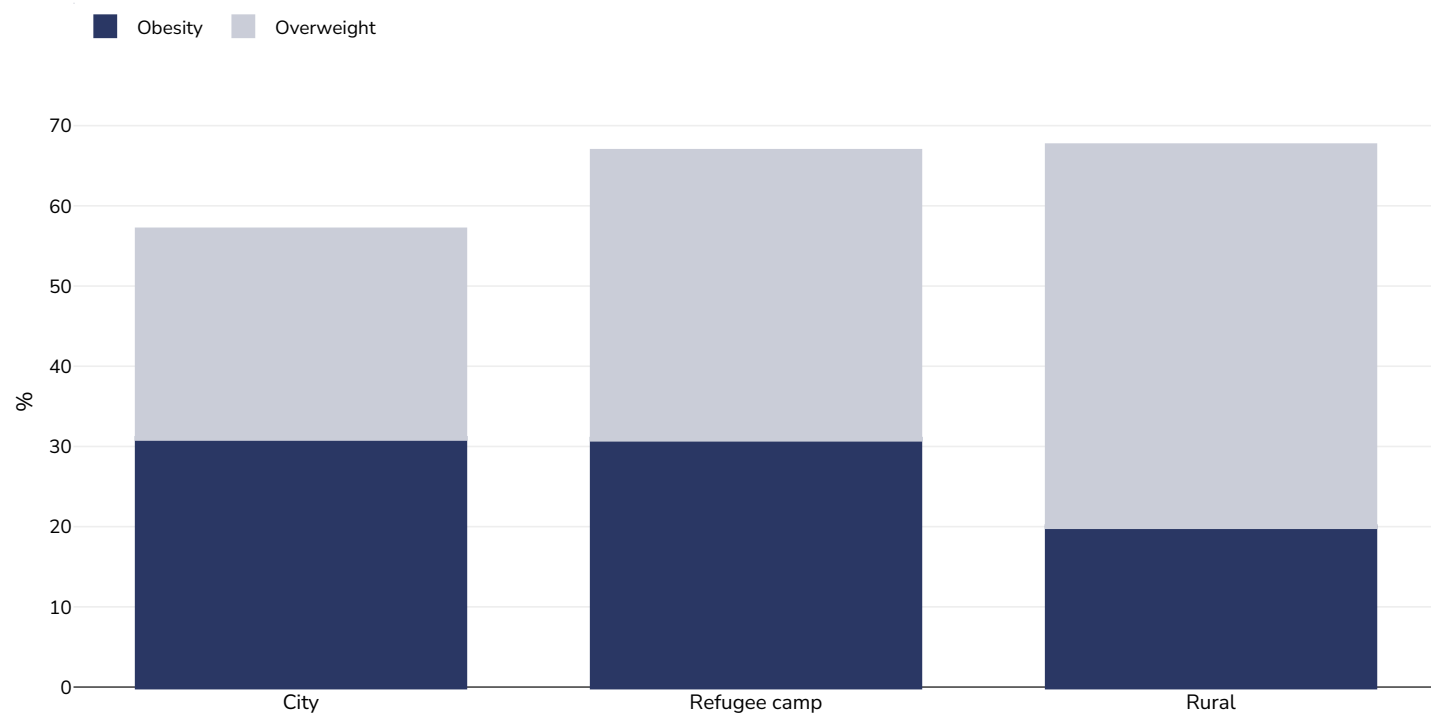
References: Prevalence and predictors of overweight and obesity among women in the Gaza strip-Palestine: a cross-sectional study. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7275345/> (last accessed 06.06.2022)

Notes: Study population: mothers aged 18-50 who are not pregnant.

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

Overweight/obesity by region

Women, 2012

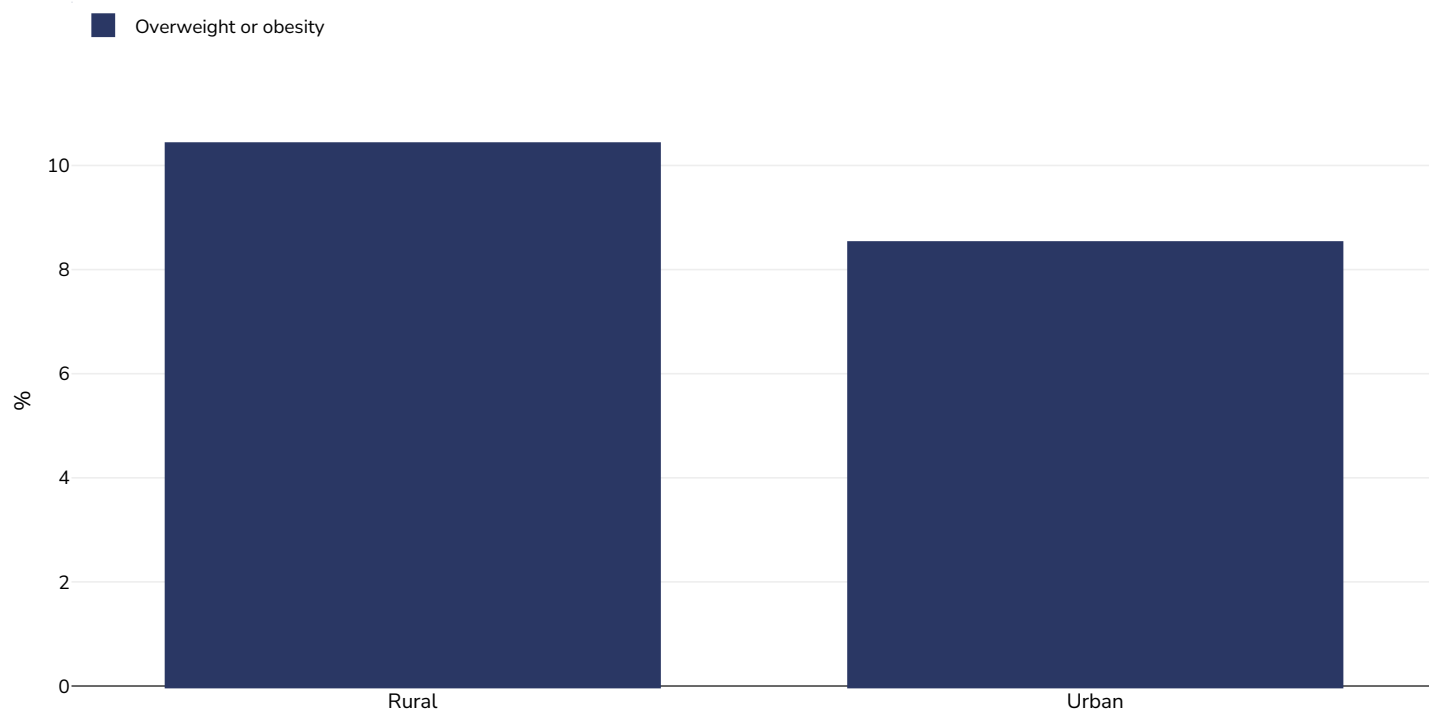


Survey type:	Measured
Age:	18-50
Sample size:	357
Area covered:	National

References: El Kishawi, R.R, Soo, K.L, Abed, Y.A, and Wan Muda, W.A.M. 2014. Obesity and overweight: prevalence and associated socio demographic factors among mothers in three different areas in the Gaza Strip-Palestine: a cross-sectional study. BMC Obesity 1(7). DOI: <https://doi.org/10.1186/2052-9538-1-7>.

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

Infants, 2019-2020



Sample size: 5714

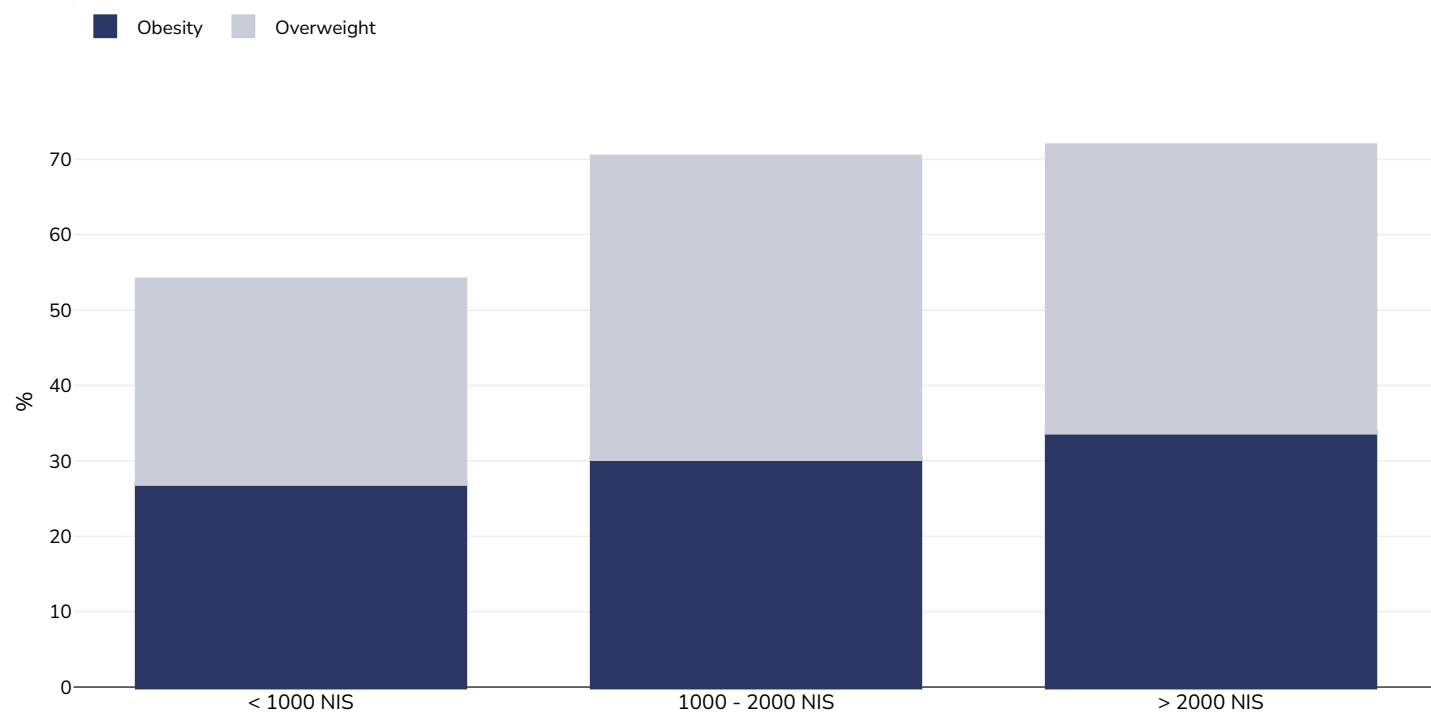
References: MICS: Palestinian Multiple Indicator Cluster Survey 2019-2020, Survey Findings Report, Ramallah, Palestine.

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, 2012



Survey type: Measured

Age: 18-50

Sample size: 357

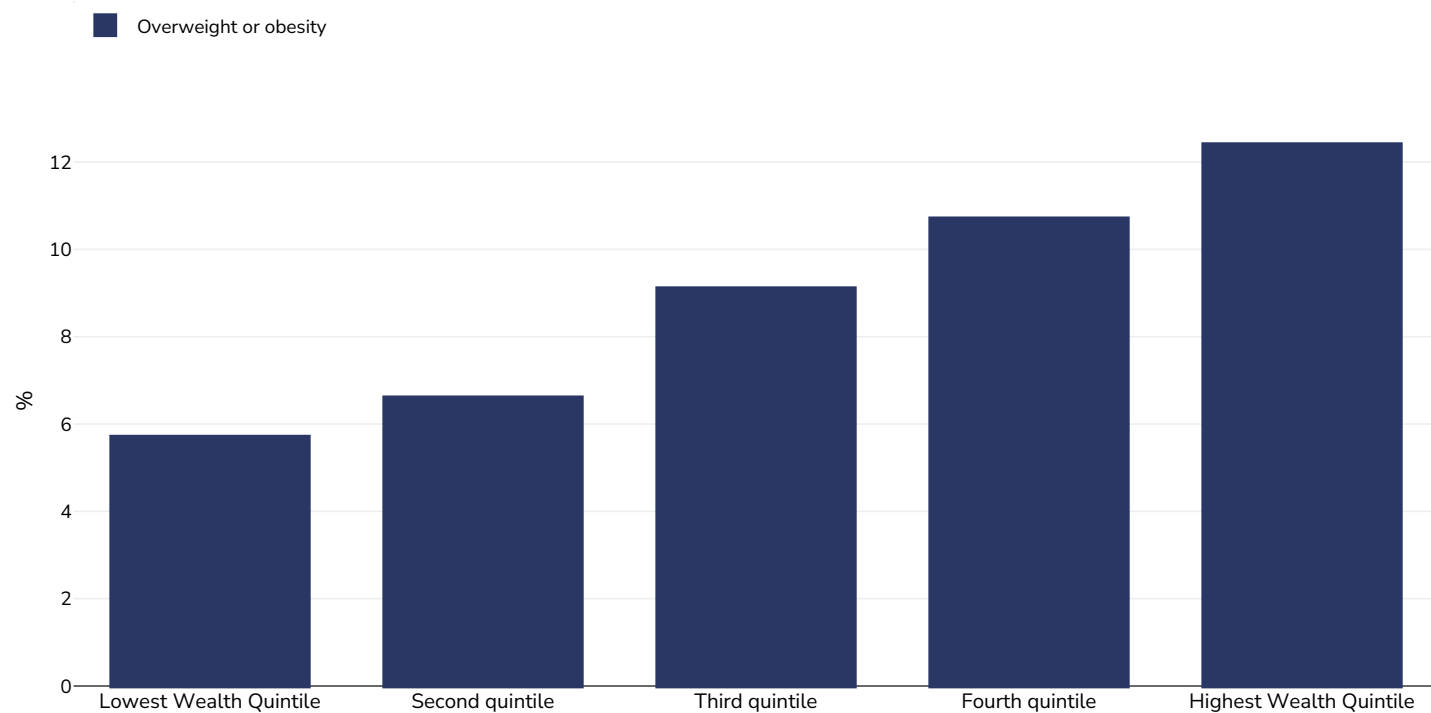
Area covered: Gaza Strip

References: Prevalence and predictors of overweight and obesity among women in the Gaza strip-Palestine: a cross-sectional study. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7275345/> (last accessed 06.06.2022)

Notes: Study population: mothers aged 18-50 who are not pregnant.

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

Infants, 2019-2020



Sample size: 5714

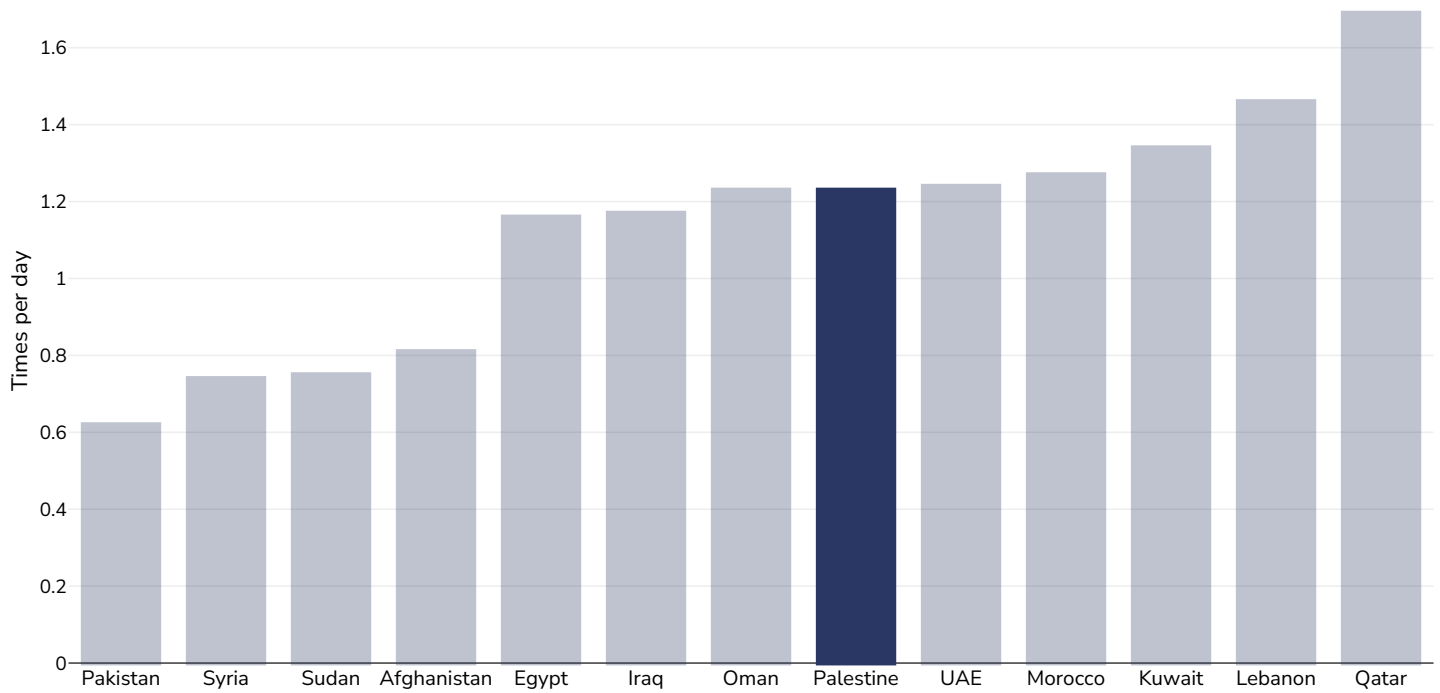
References: MICS: Palestinian Multiple Indicator Cluster Survey 2019-2020, Survey Findings Report, Ramallah, Palestine.

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

Average daily frequency of carbonated soft drink consumption

Children, 2009-2015



Survey
type:

Measured

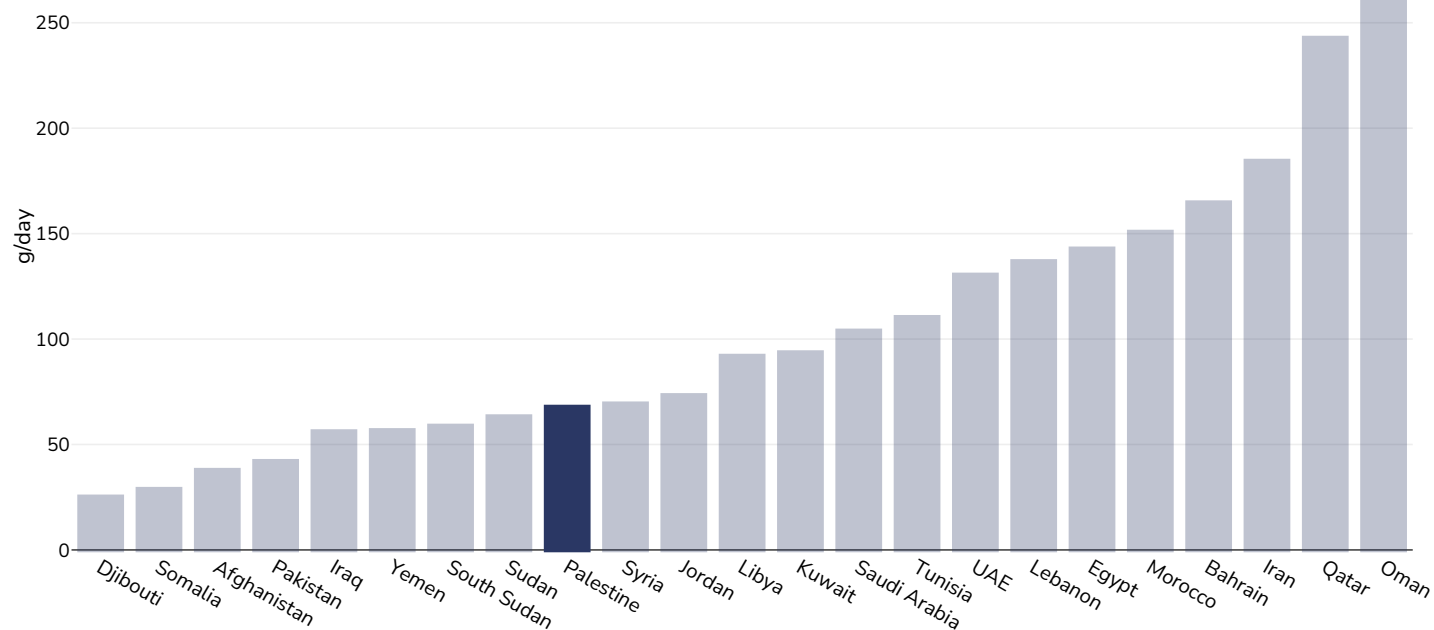
Age:

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

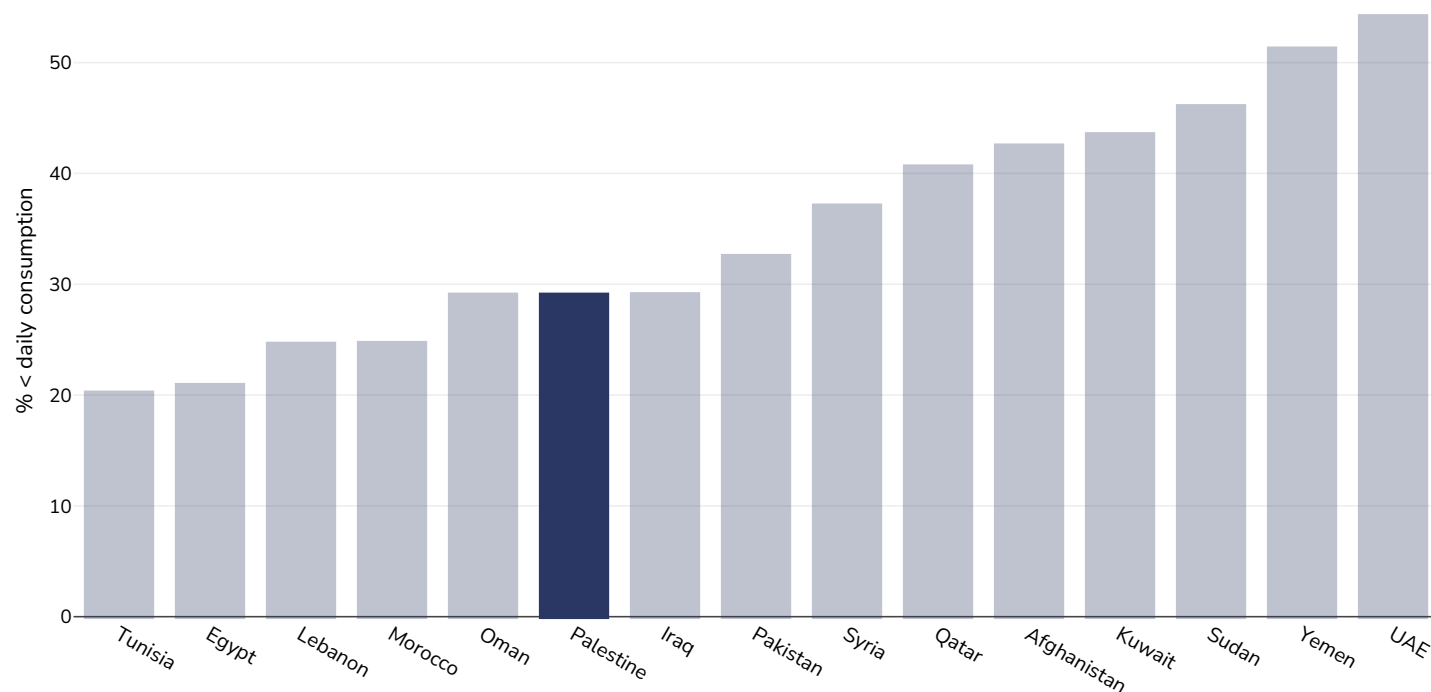
Age: 25+

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

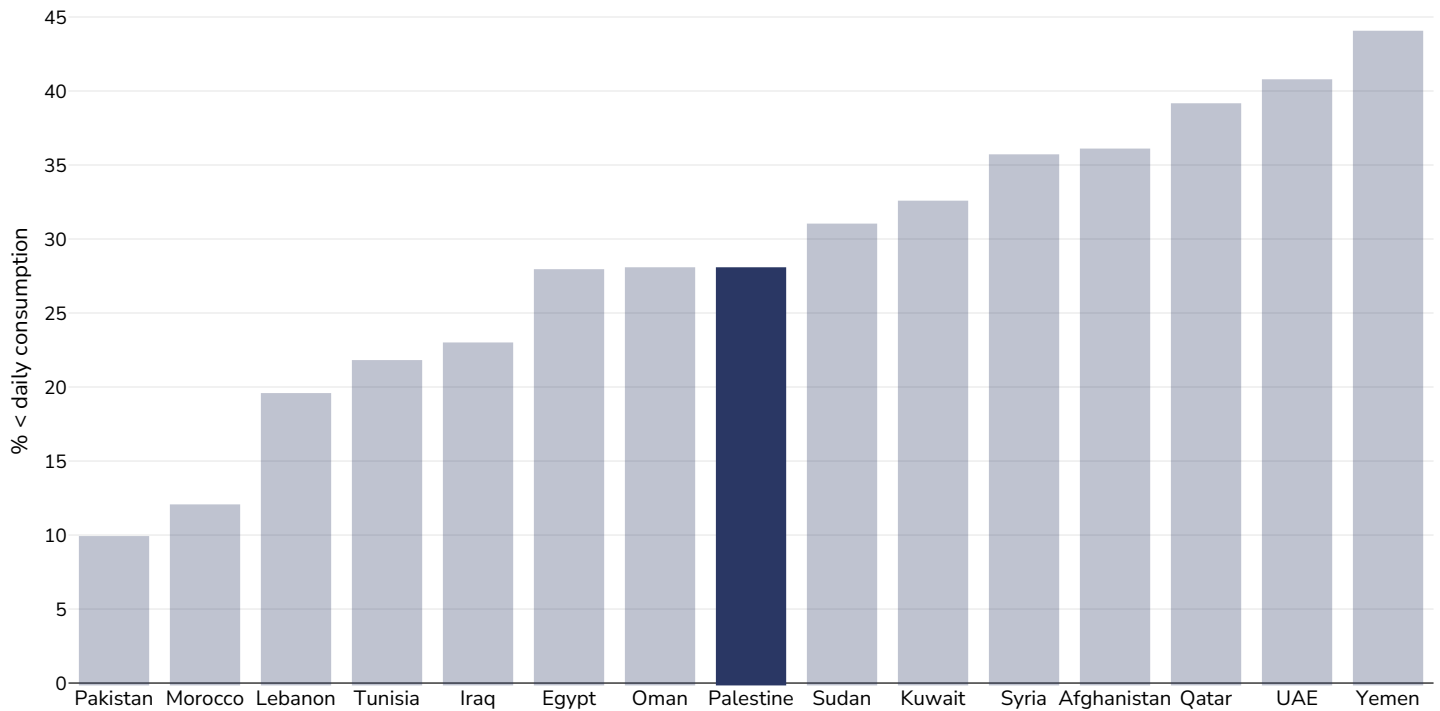
Age: 12-17

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

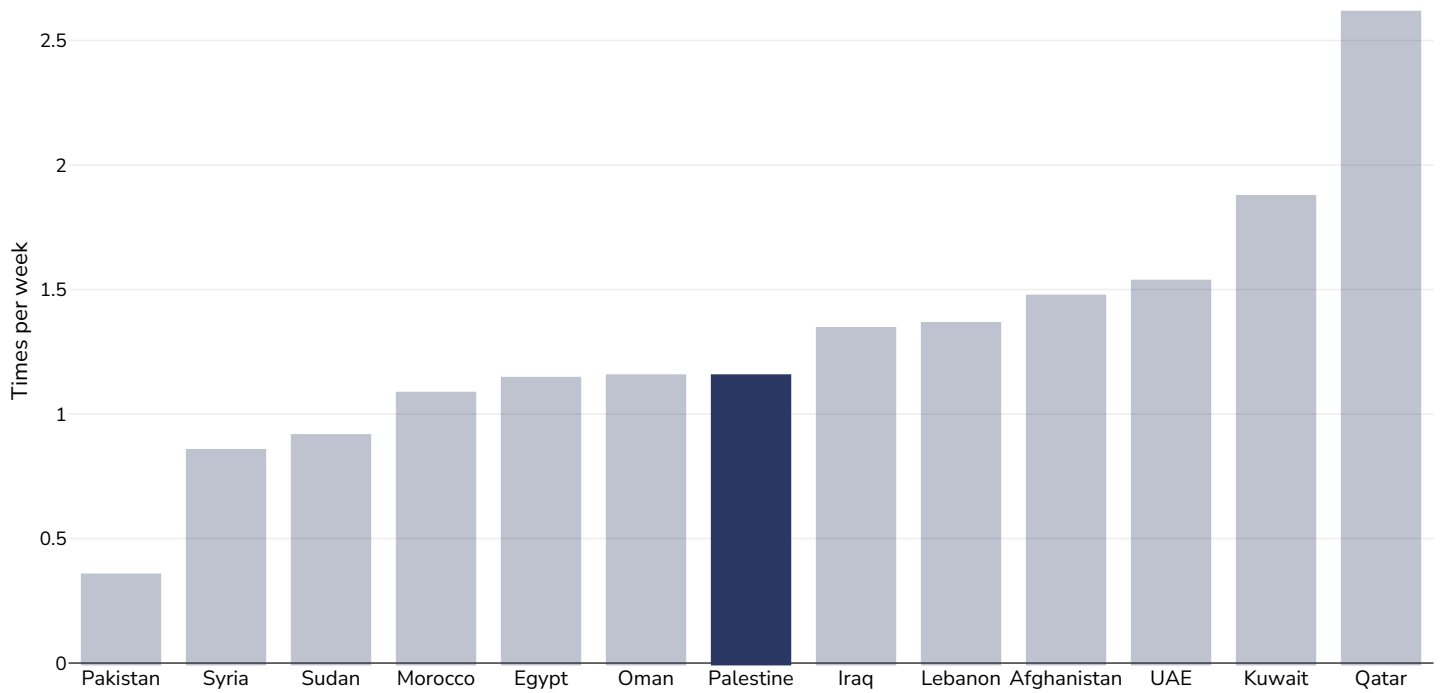
Age: 12-17

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

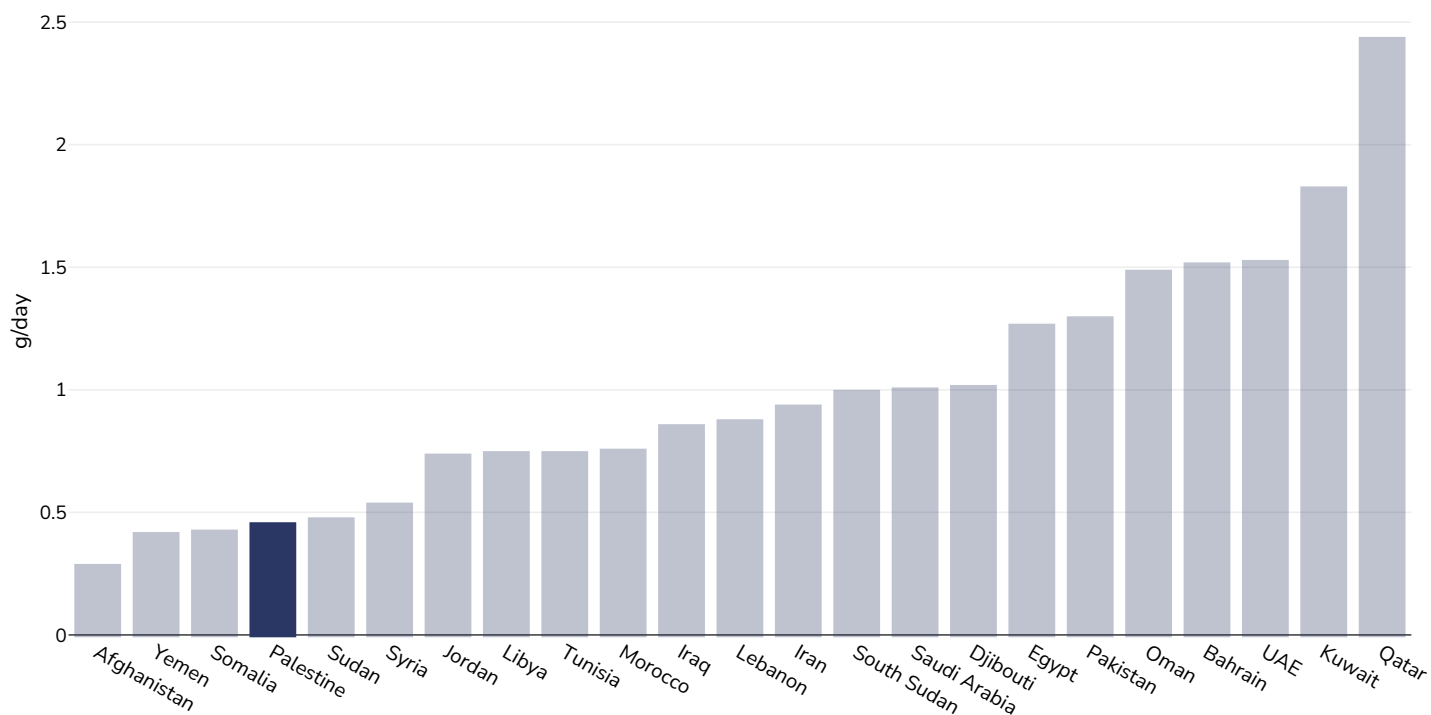


Age: 12-17

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

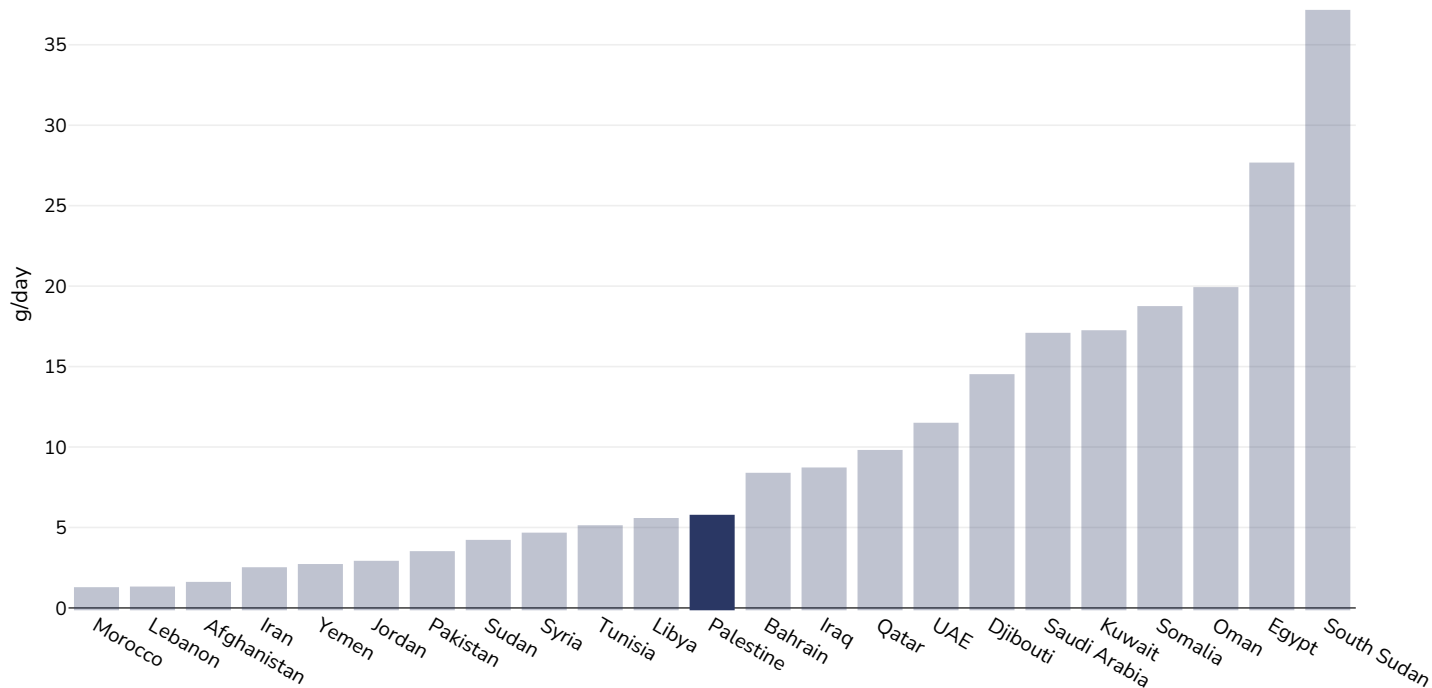
Age: 25+

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

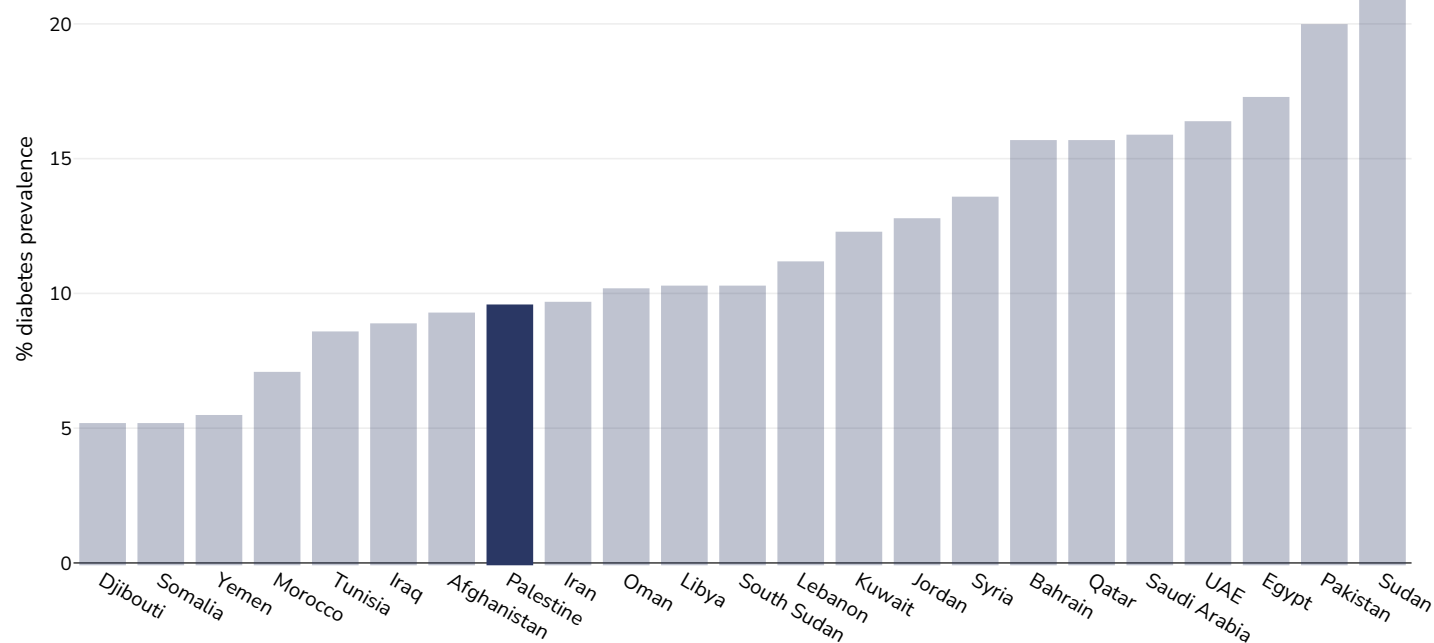
Age: 25+

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)

Diabetes prevalence

Adults, 2019



Age: 20-79

References: Reproduced with kind permission International Diabetes Federation. IDF Diabetes Atlas, 9th edn. Brussels, Belgium: 2019.
Available at: <https://www.diabetesatlas.org>

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

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?	X
Front-of-package labelling?	X
Back-of-pack nutrition declaration?	X
Color coding?	X
Warning label?	X



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

