

# Report card

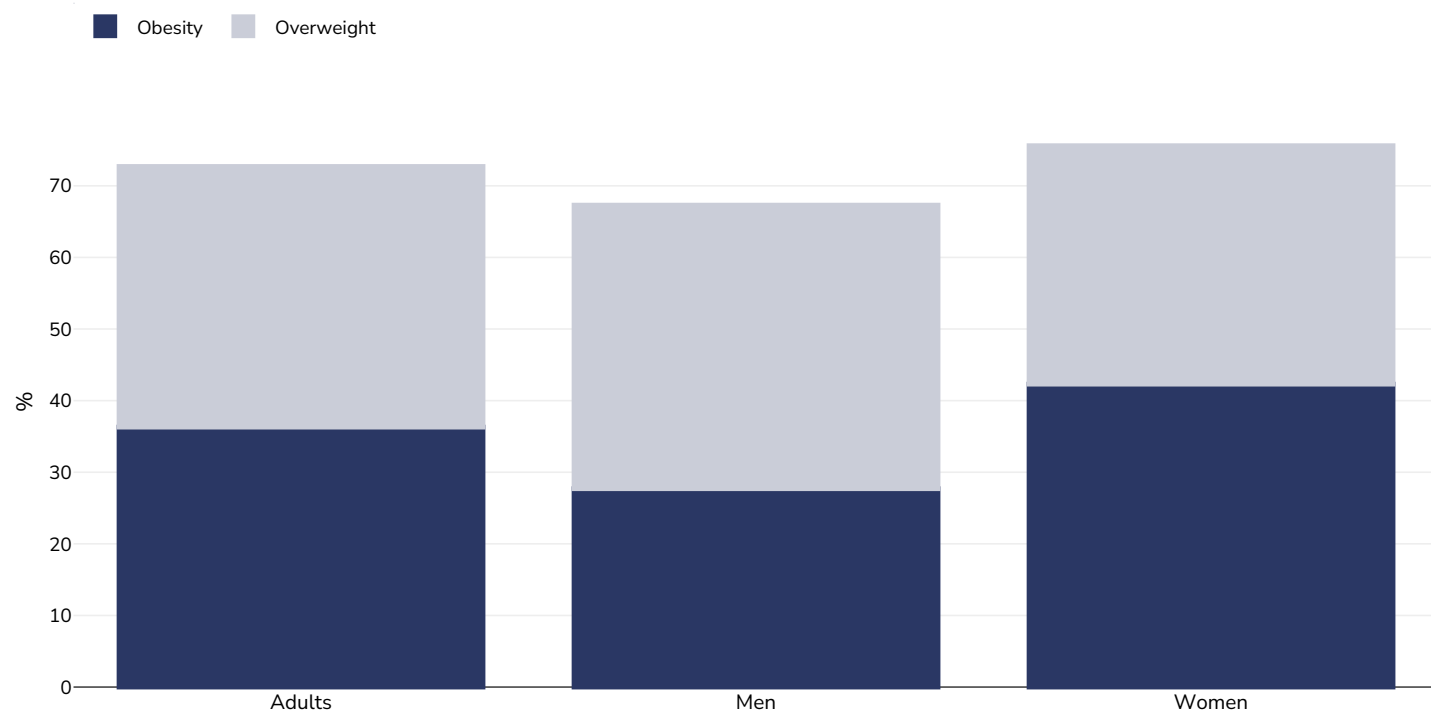
## Panama



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## Obesity prevalence

### Adults, 2019



Survey type: Measured

Age: 18+

Sample size: 20118

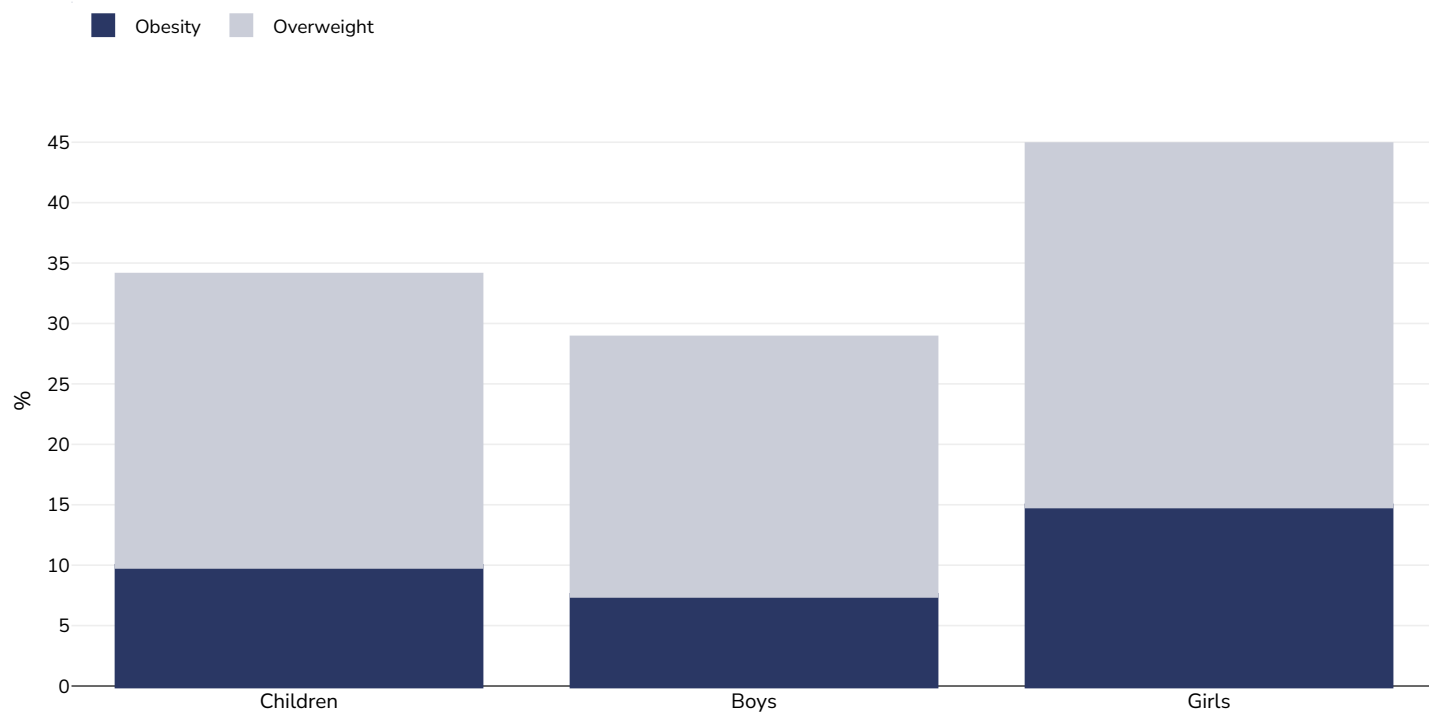
Area covered: National

References: National Health Survey of Panama (ENSPA). 2019. [http://www.gorgas.gob.pa/SIGENSPA/Informe\\_general.htm](http://www.gorgas.gob.pa/SIGENSPA/Informe_general.htm) (Accessed 23.01.23)

Notes: Sample size is all over 15 years

*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>.*

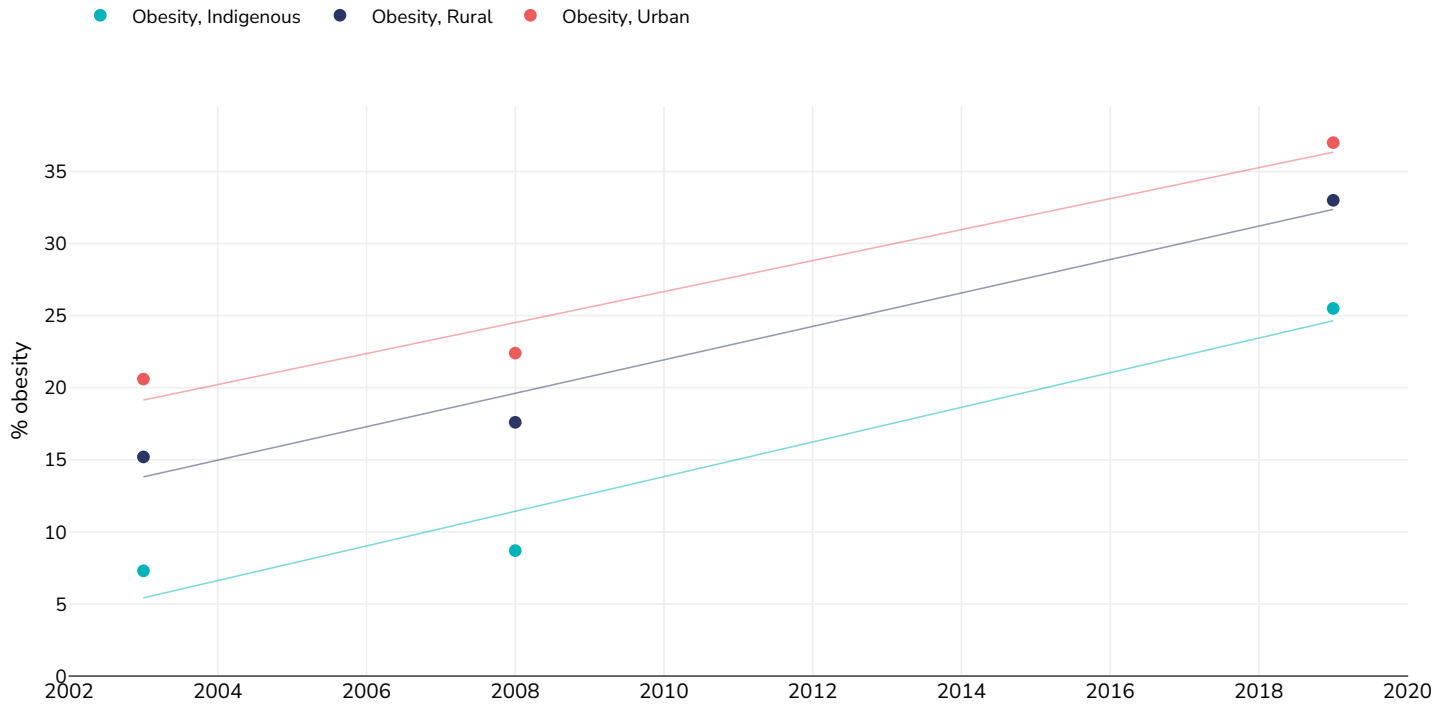
## Children, 2019



Survey type:	Measured
Age:	15-17
Sample size:	2018
Area covered:	National
References:	National Health Survey of Panama (ENSPA). 2019. <a href="http://www.gorgas.gob.pa/SIGENSPA/Informe_general.htm">http://www.gorgas.gob.pa/SIGENSPA/Informe_general.htm</a> (Accessed 23.01.23)
Definitions:	Sample size is all over 15 years
Cutoffs:	WHO

## % Adults living with obesity, 2003-2019

### Men and women



Survey  
type:

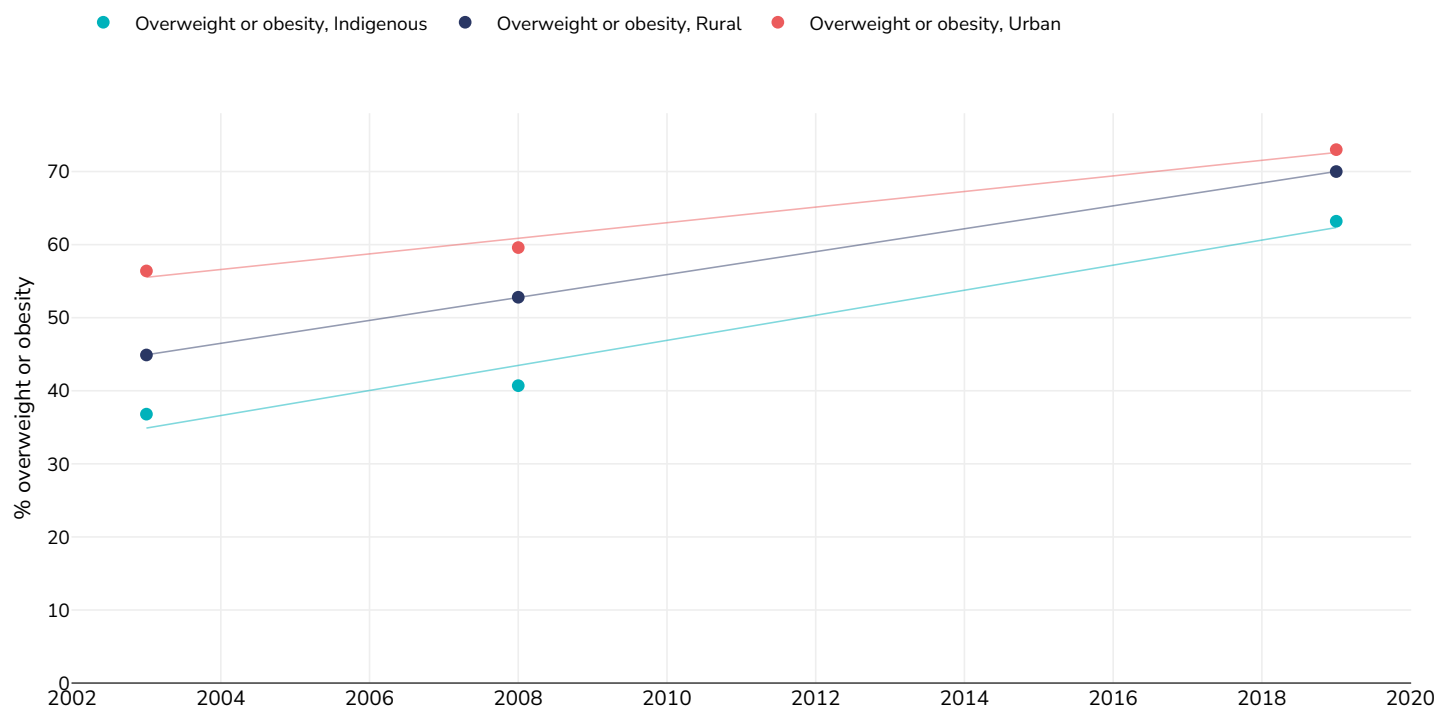
Measured

References: 2003, 2008: Sasson, M., Lee, M., Jan, C., Fontes, F. and Motta, J., 2014. Prevalence and associated factors of obesity among Panamanian adults. 1982–2010. PLoS One, 9(3), p.e91689.  
2019: National Health Survey of Panama (ENSPA). 2019. [http://www.gorgas.gob.pa/SIGENSPA/Informe\\_general.htm](http://www.gorgas.gob.pa/SIGENSPA/Informe_general.htm)  
(Accessed 23.01.23)

*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, 2003-2019

### Men and women



Survey  
type:

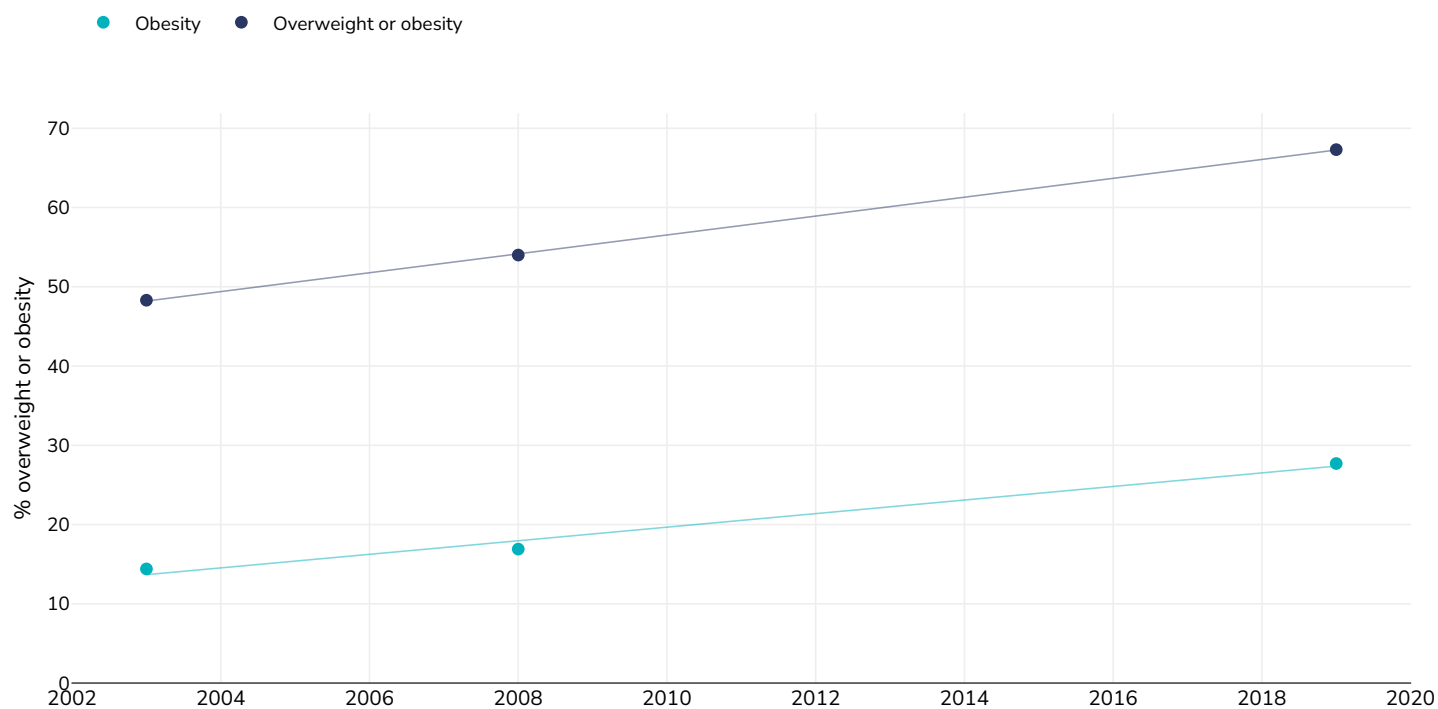
Measured

References: 2003, 2008: Sasson, M., Lee, M., Jan, C., Fontes, F. and Motta, J., 2014. Prevalence and associated factors of obesity among Panamanian adults. 1982–2010. PLoS One, 9(3), p.e91689.  
2019: National Health Survey of Panama (ENSPA). 2019. [http://www.gorgas.gob.pa/SIGENSPA/Informe\\_general.htm](http://www.gorgas.gob.pa/SIGENSPA/Informe_general.htm)  
(Accessed 23.01.23)

*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, 2003-2019

### Men



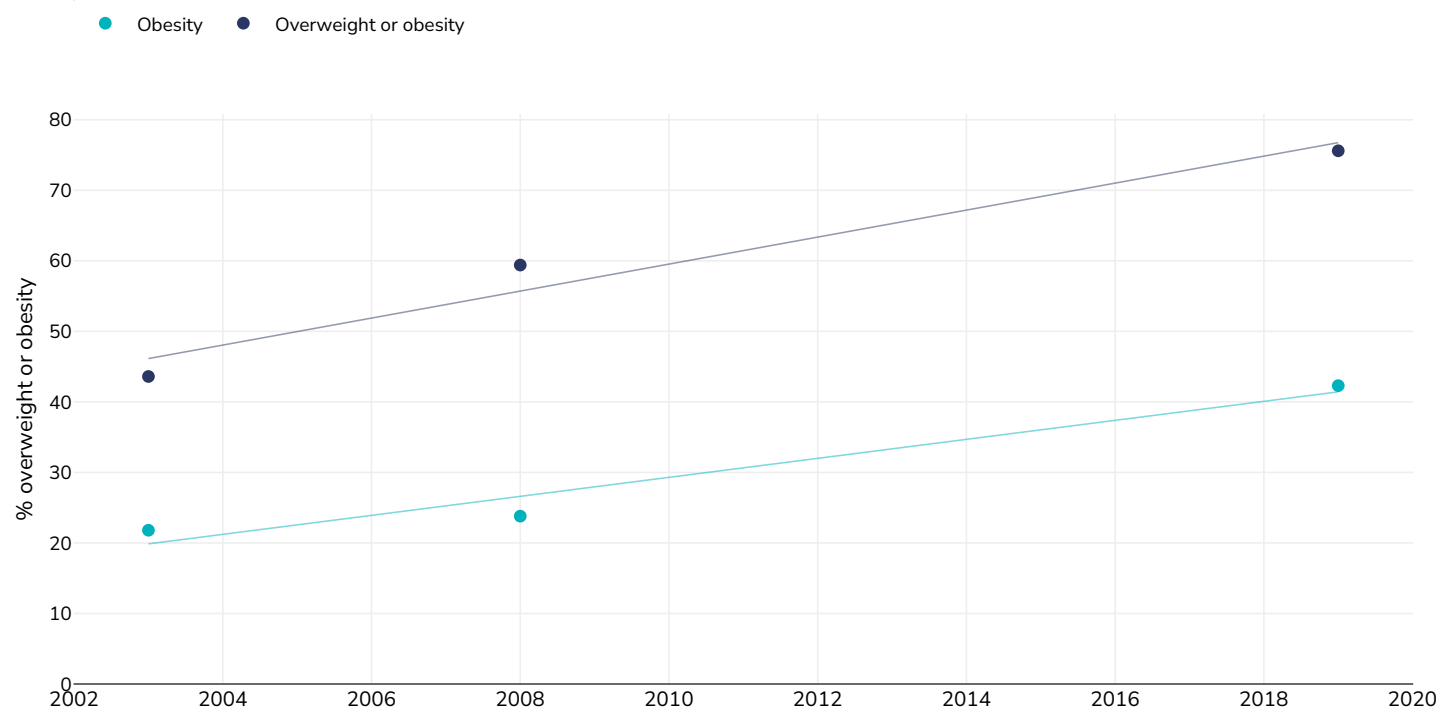
Survey  
type:

Measured

References: 2003, 2008: Sasson, M., Lee, M., Jan, C., Fontes, F. and Motta, J., 2014. Prevalence and associated factors of obesity among Panamanian adults. 1982–2010. PLoS One, 9(3), p.e91689.  
2019: National Health Survey of Panama (ENSPA). 2019. [http://www.gorgas.gob.pa/SIGENSPA/Informe\\_general.htm](http://www.gorgas.gob.pa/SIGENSPA/Informe_general.htm)  
(Accessed 23.01.23)

*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.*

## Women



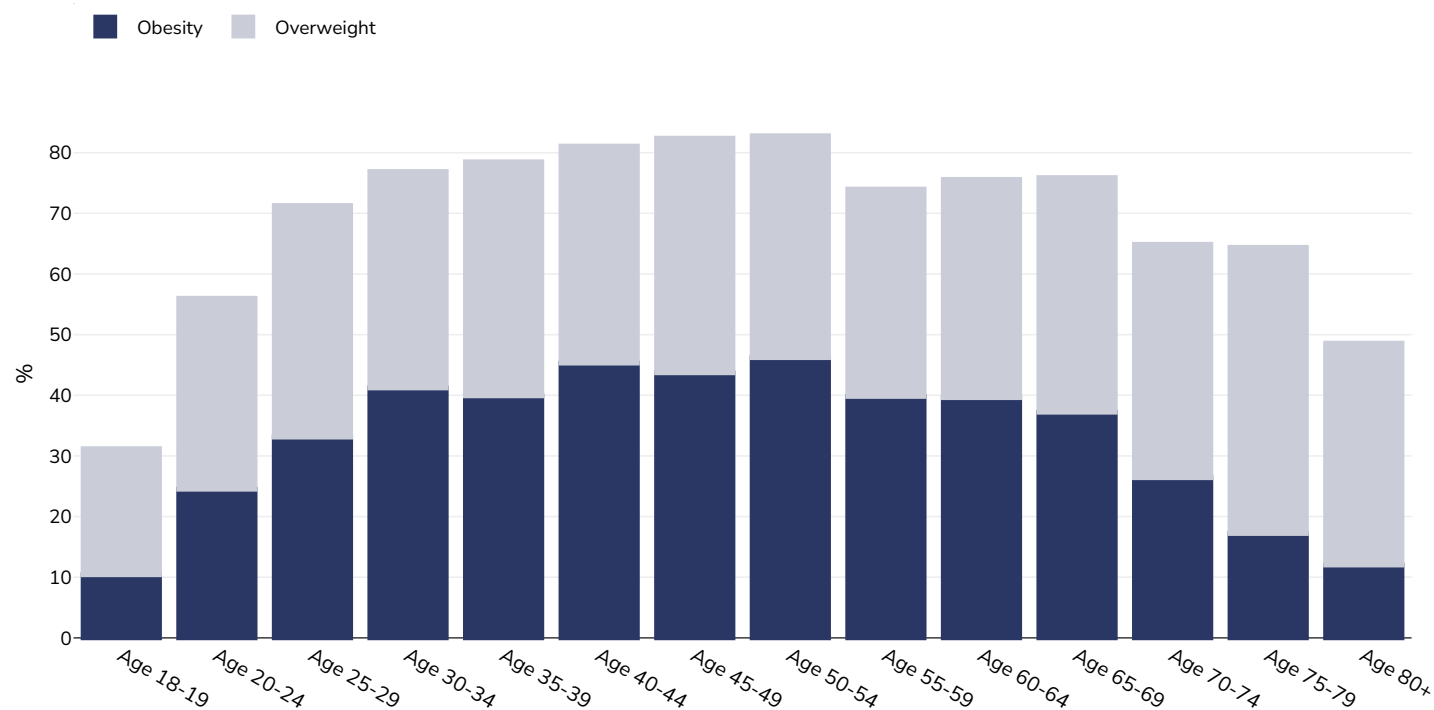
Survey type: Measured

References: 2003, 2008: Sasson, M., Lee, M., Jan, C., Fontes, F. and Motta, J., 2014. Prevalence and associated factors of obesity among Panamanian adults. 1982–2010. PLoS One, 9(3), p.e91689.  
 2019: National Health Survey of Panama (ENSPA). 2019. [http://www.gorgas.gob.pa/SIGENSPA/Informe\\_general.htm](http://www.gorgas.gob.pa/SIGENSPA/Informe_general.htm)  
 (Accessed 23.01.23)

*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 age

### Adults, 2019



Survey type: Measured

Sample size: 20118

Area covered: National

References: National Health Survey of Panama (ENSPA). 2019. [http://www.gorgas.gob.pa/SIGENSPA/Informe\\_general.htm](http://www.gorgas.gob.pa/SIGENSPA/Informe_general.htm) (Accessed 23.01.23)

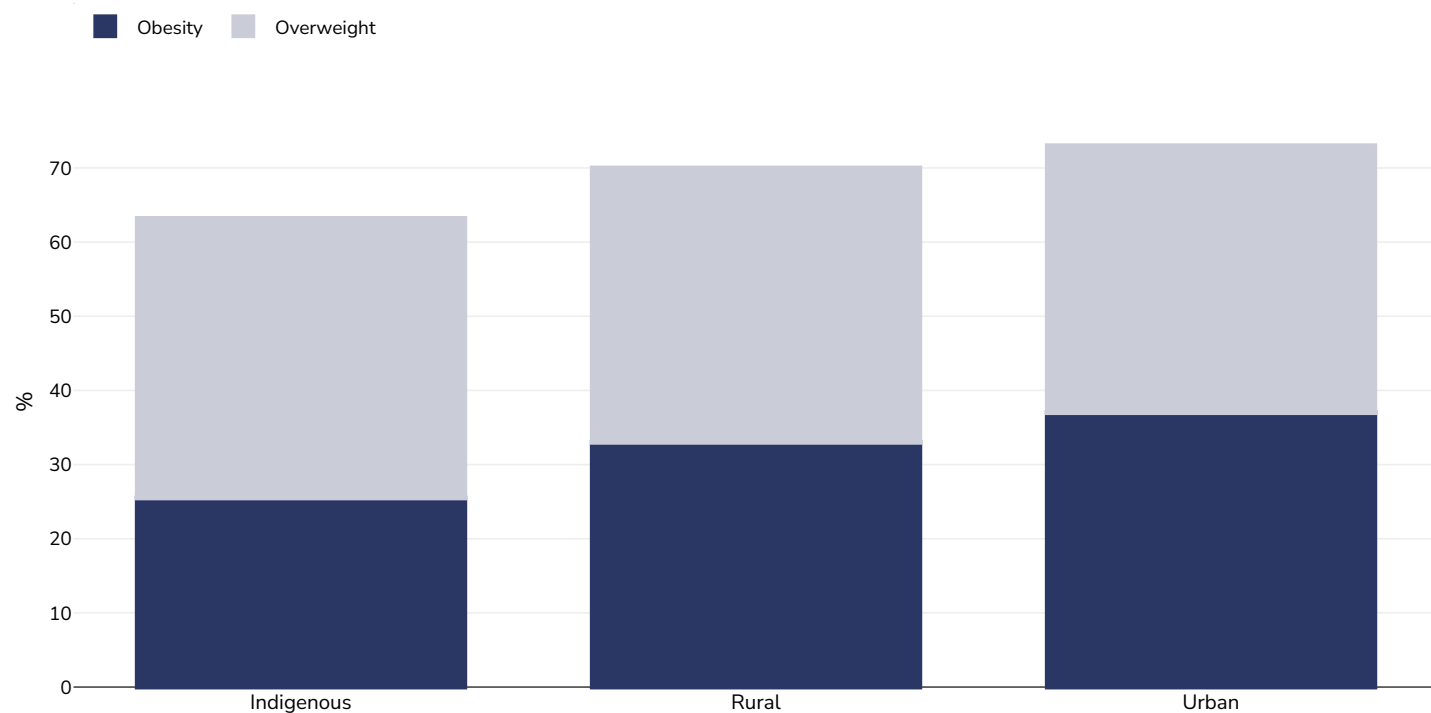
Notes: Sample size is all over 15 years

*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 region

### Adults, 2019



Survey type: Measured

Age: 18+

Sample size: 20118

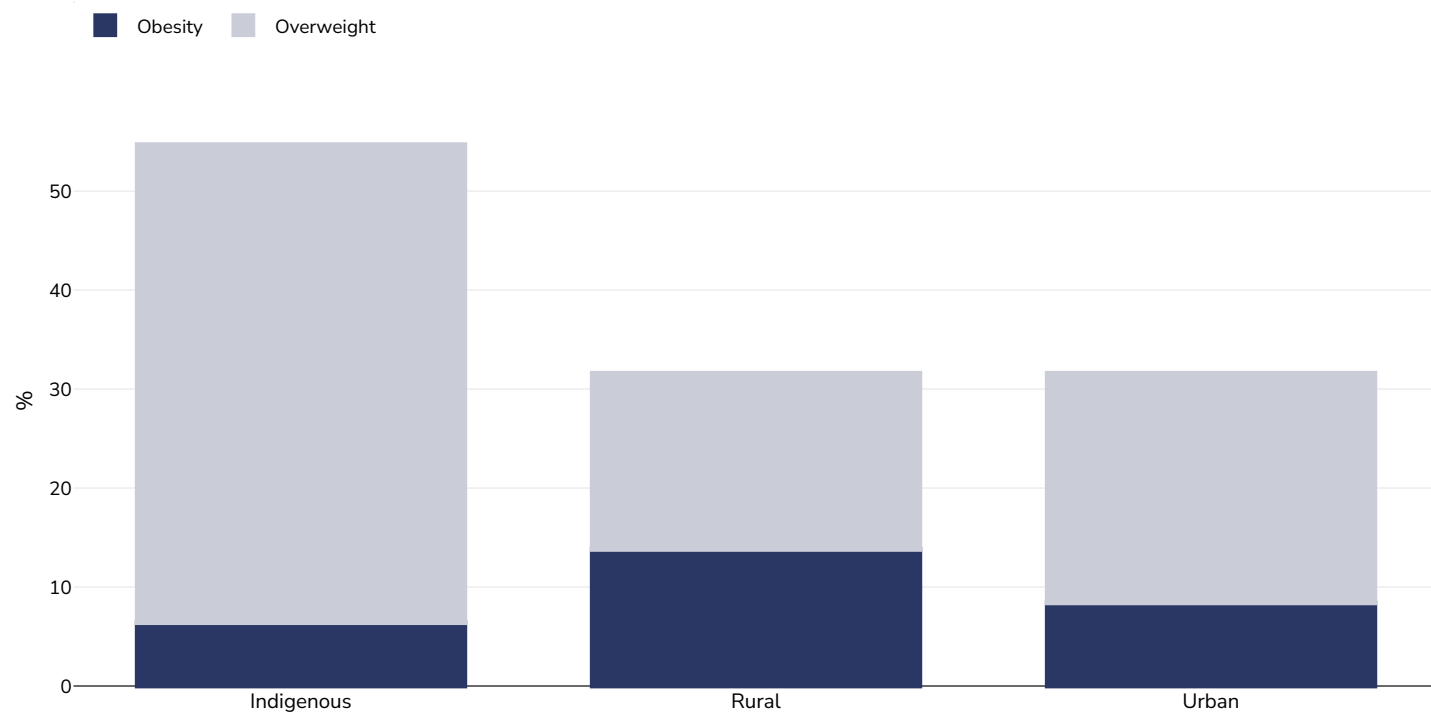
Area covered: National

References: National Health Survey of Panama (ENSPA). 2019. [http://www.gorgas.gob.pa/SIGENSPA/Informe\\_general.htm](http://www.gorgas.gob.pa/SIGENSPA/Informe_general.htm) (Accessed 23.01.23)

Notes: Sample size is all over 15 years

*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

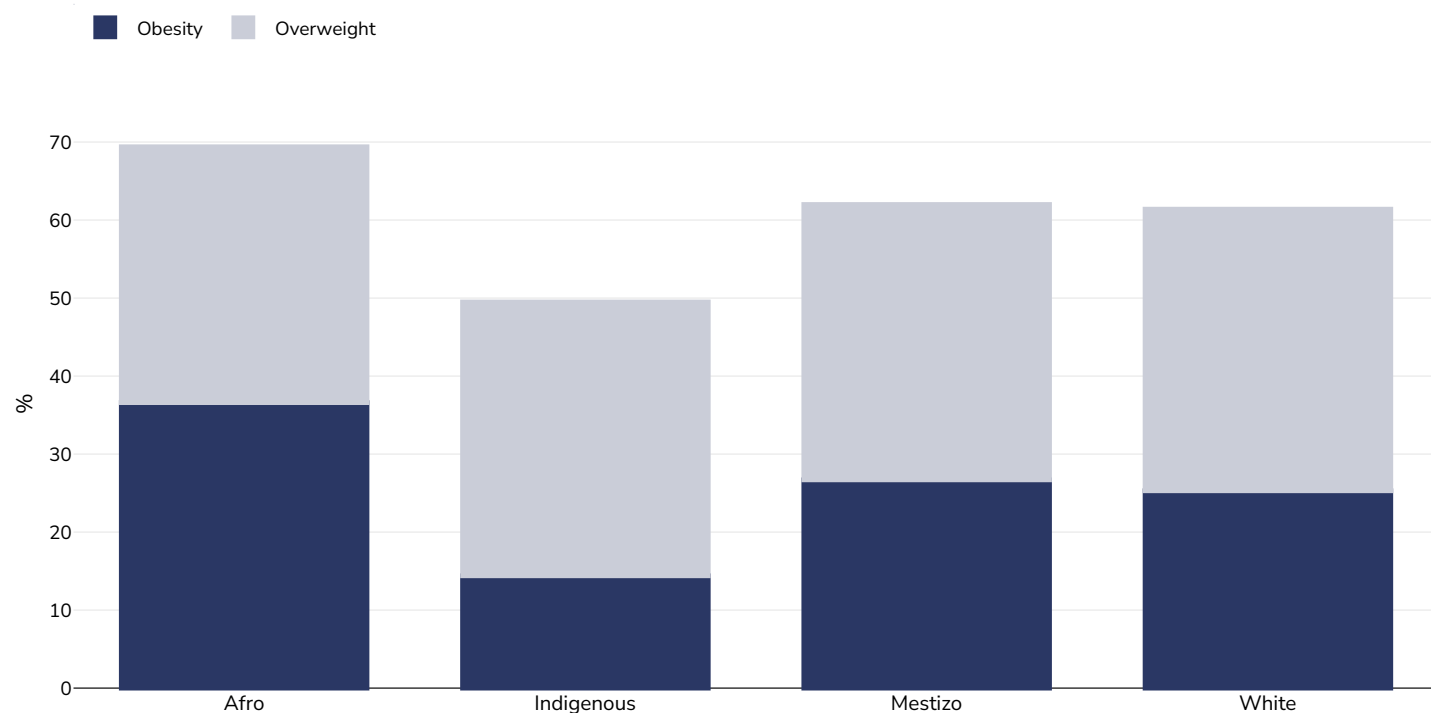


Survey type:	Measured
Age:	15-17
Sample size:	2018
Area covered:	National
References:	National Health Survey of Panama (ENSPA). 2019. <a href="http://www.gorgas.gob.pa/SIGENSPA/Informe_general.htm">http://www.gorgas.gob.pa/SIGENSPA/Informe_general.htm</a> (Accessed 23.01.23)
Definitions:	Sample size is all over 15 years
Cutoffs:	WHO

## Overweight/obesity by ethnicity

Ethnic groups are as defined by publication of origin and are not as defined by WOF. In some instances ethnicity is conflated with nationality and/or race.

### Adults, 2010



Survey type: Measured

Age: 18+

Sample size: 3590

Area covered: Regional

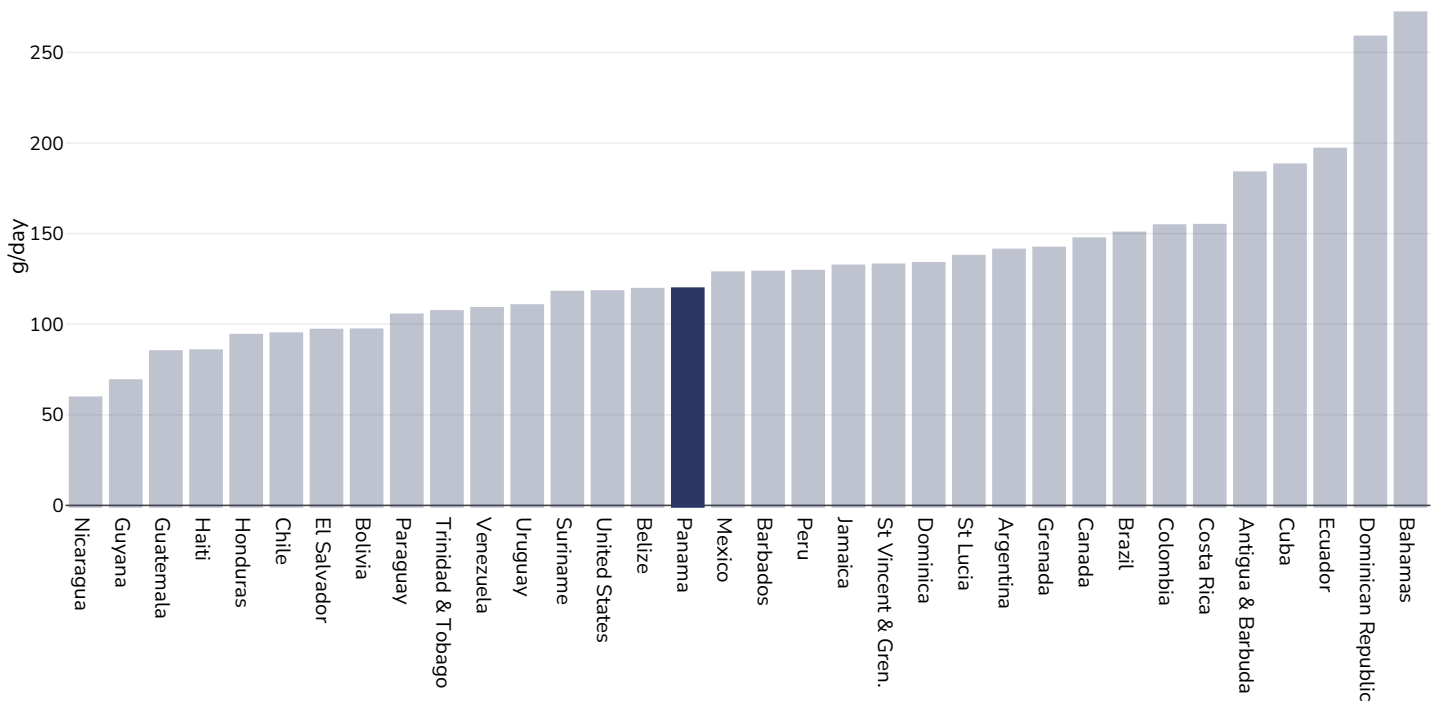
References: Sasson, M., Lee, M., Jan, C., Fontes, F. and Motta, J., 2014. Prevalence and associated factors of obesity among Panamanian adults. 1982–2010. PLoS One, 9(3), p.e91689.

Notes: Panama and Colon provinces (57.4% of total population)

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>.

## Estimated per capita fruit intake

### Adults, 2017



Survey type:

Measured

Age:

25+

References:

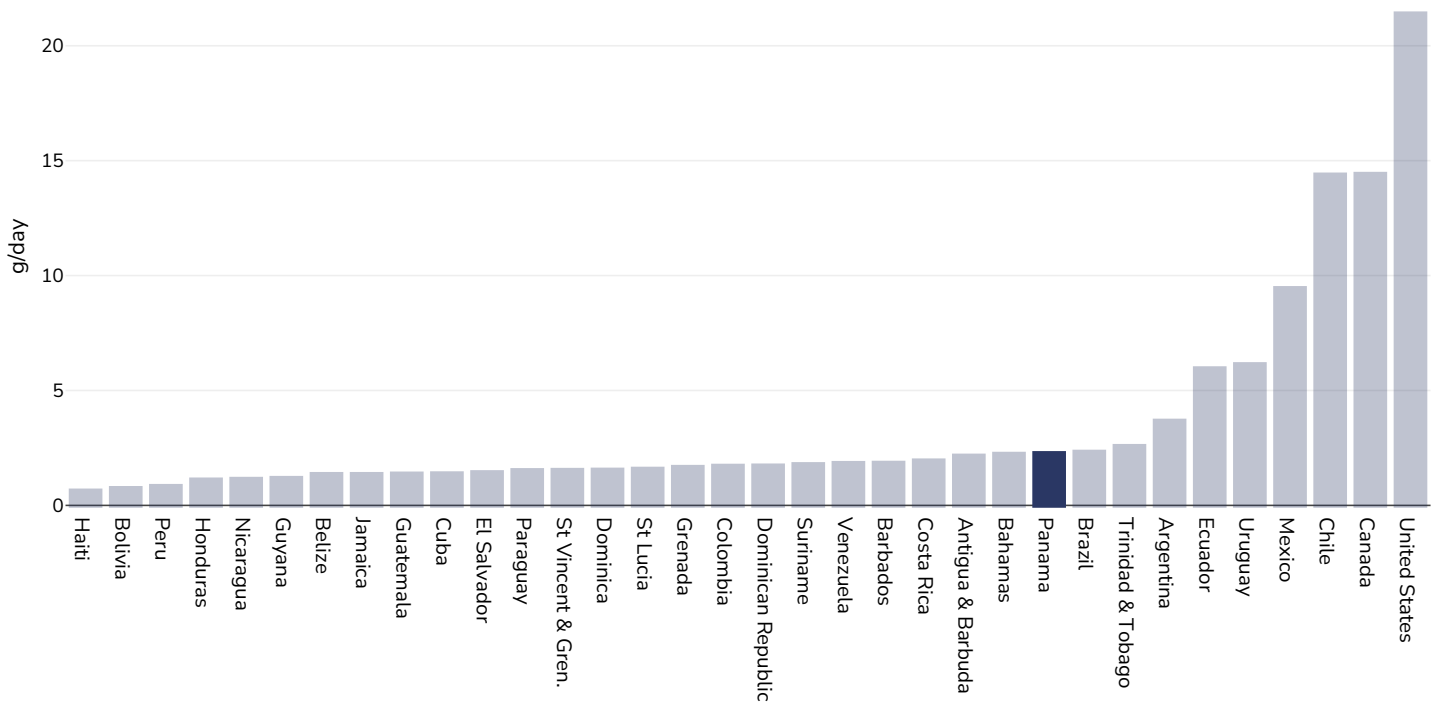
Global Burden of Disease, the Institute for Health Metrics and Evaluation <http://ghdx.healthdata.org/>

Definitions:

Estimated per-capita fruit intake (g/day)

## Estimated per-capita processed meat intake

Adults, 2017



Survey type:

Measured

Age:

25+

References:

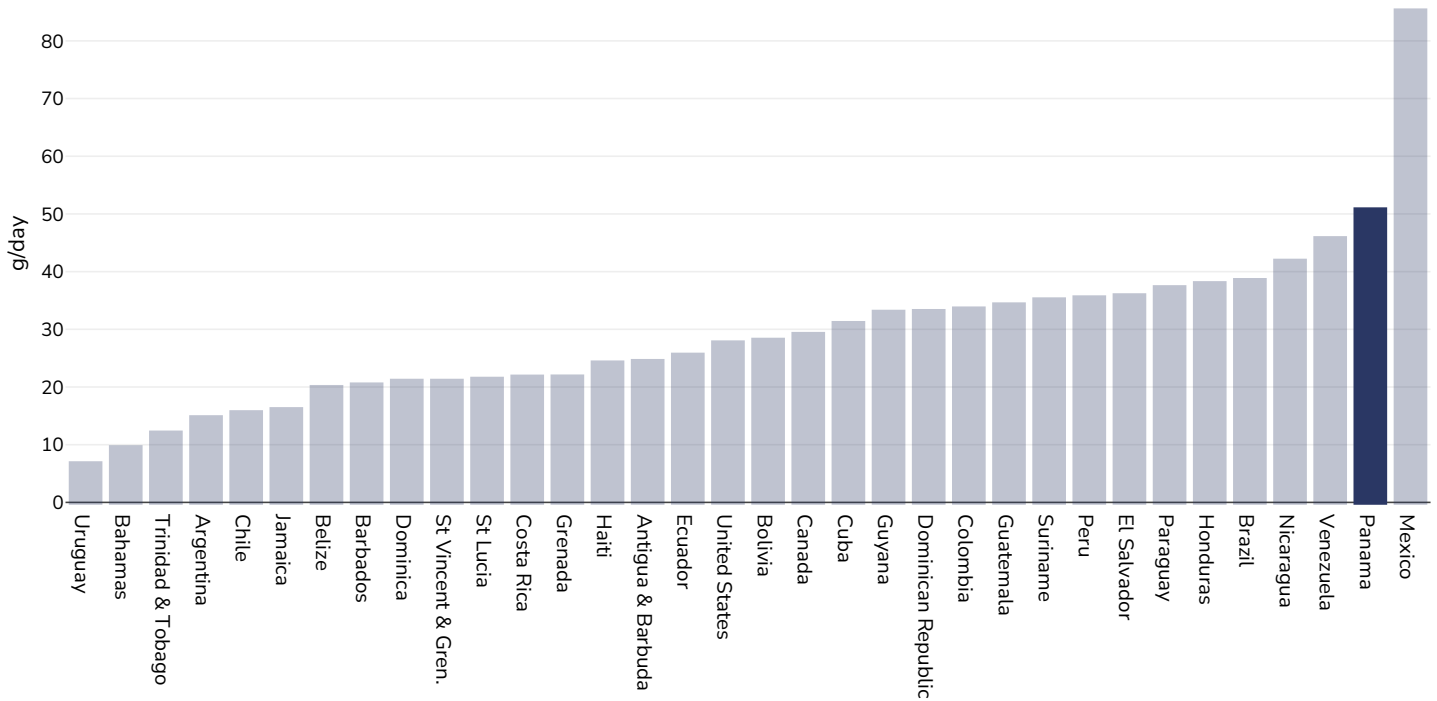
Global Burden of Disease, the Institute for Health Metrics and Evaluation <http://ghdx.healthdata.org/>

Definitions:

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

## Estimated per capita whole grains intake

### Adults, 2017



Survey type:

Measured

Age:

25+

References:

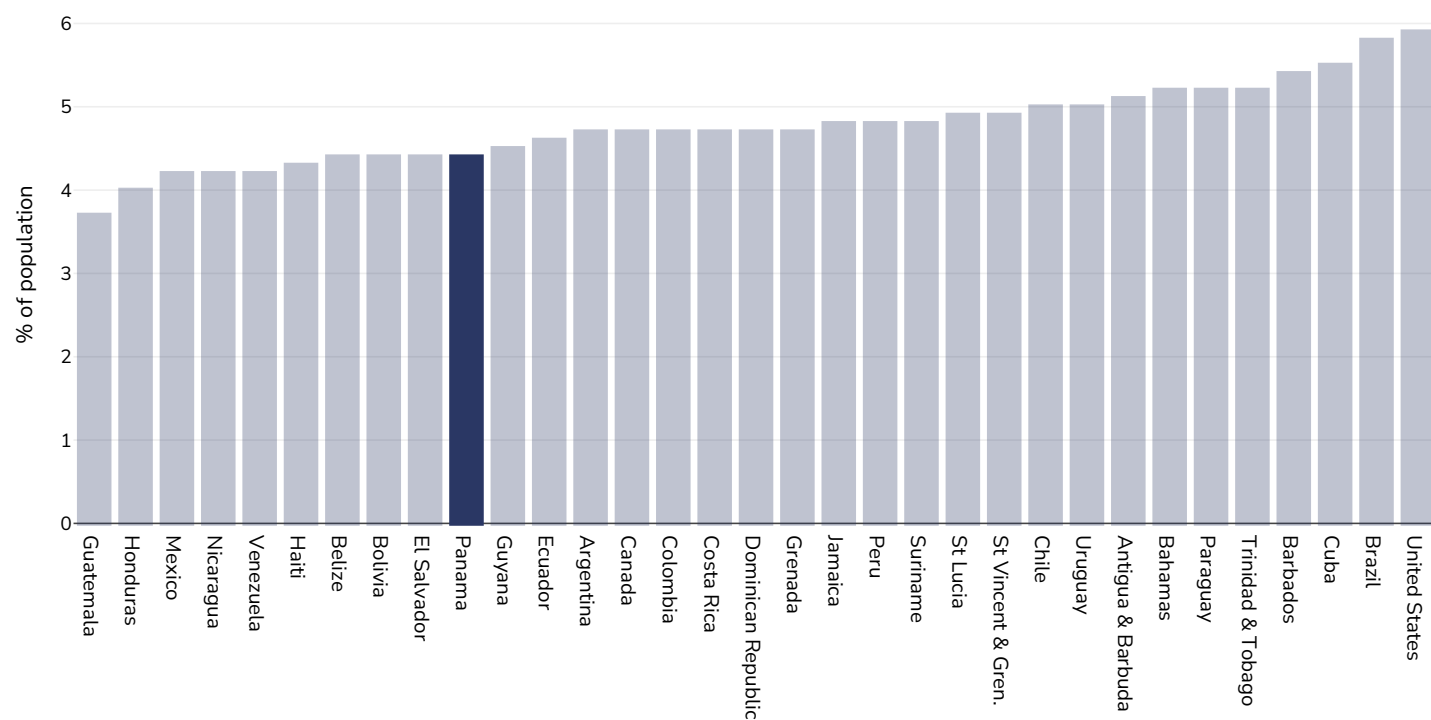
Global Burden of Disease, the Institute for Health Metrics and Evaluation <http://ghdx.healthdata.org/>

Definitions:

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

## Mental health - depression disorders

### Adults, 2015

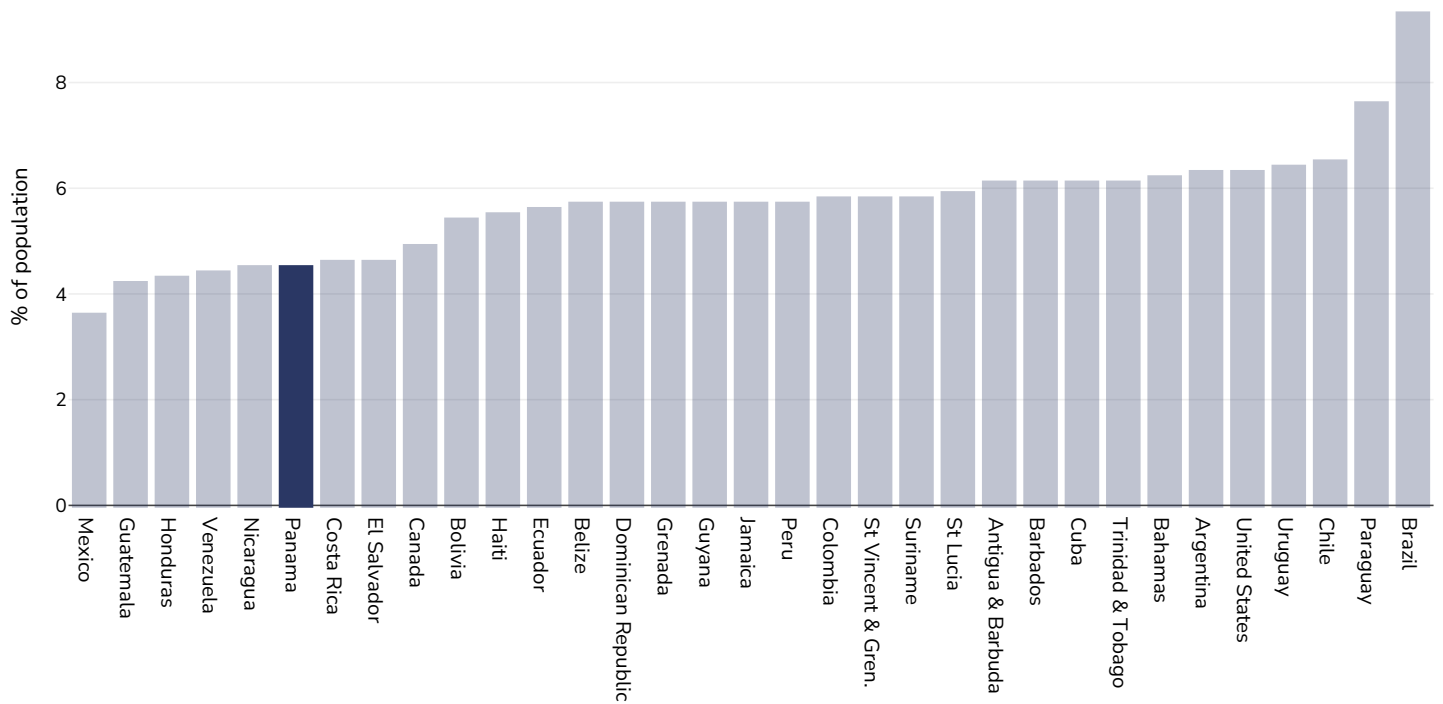


References: Prevalence data from Global Burden of Disease study 2015 (<http://ghdx.healthdata.org>) published in: Depression and Other Common Mental Disorders: Global Health Estimates. Geneva:World Health Organization; 2017. Licence: CC BY-NC-SA 3.0 IGO.

Definitions: % of population with depression disorders

## Mental health - anxiety disorders

Adults, 2015



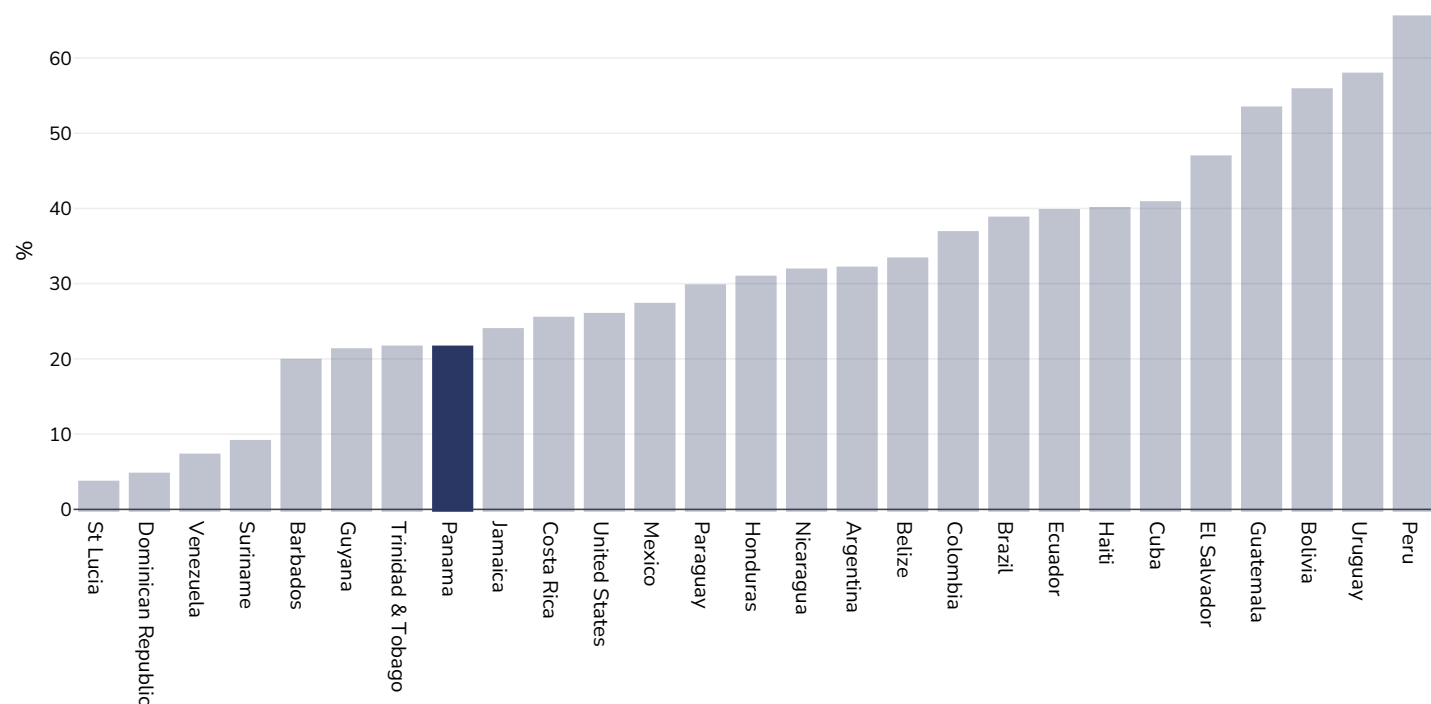
References: Prevalence data from Global Burden of Disease study 2015 (<http://ghdx.healthdata.org>) published in: Depression and Other Common Mental Disorders: Global Health Estimates. Geneva:World Health Organization; 2017. Licence: CC BY-NC-SA 3.0 IGO.

Definitions: % of population with anxiety disorders



## % Infants exclusively breastfed 0-5 months

### Children, 1998-2019



Area covered: National

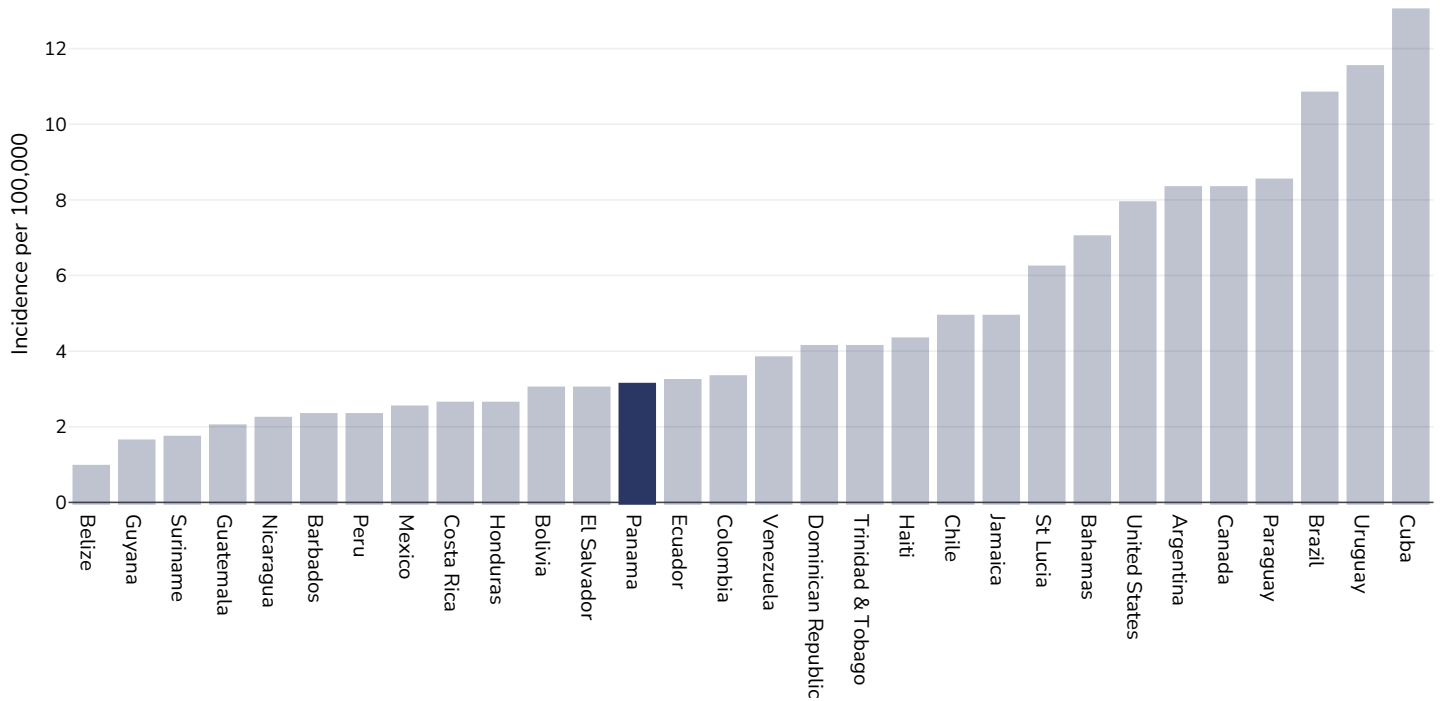
References: Panama Multiple Indicator Cluster Survey 2013. New York, United States: United Nations Children's Fund (UNICEF).

Notes: See UNICEF website for further survey information. Available at : <https://data.unicef.org/resources/dataset/infant-young-child-feeding/> (last accessed 28.9.21) Citation: United Nations Children's Fund, Division of Data, Analysis, Planning and Monitoring (2021). Global UNICEF Global Databases: Infant and Young Child Feeding: Exclusive breastfeeding, New York, September 2021.

Definitions: % exclusively breastfed 0-5 months

## Oesophageal cancer

### Men, 2020



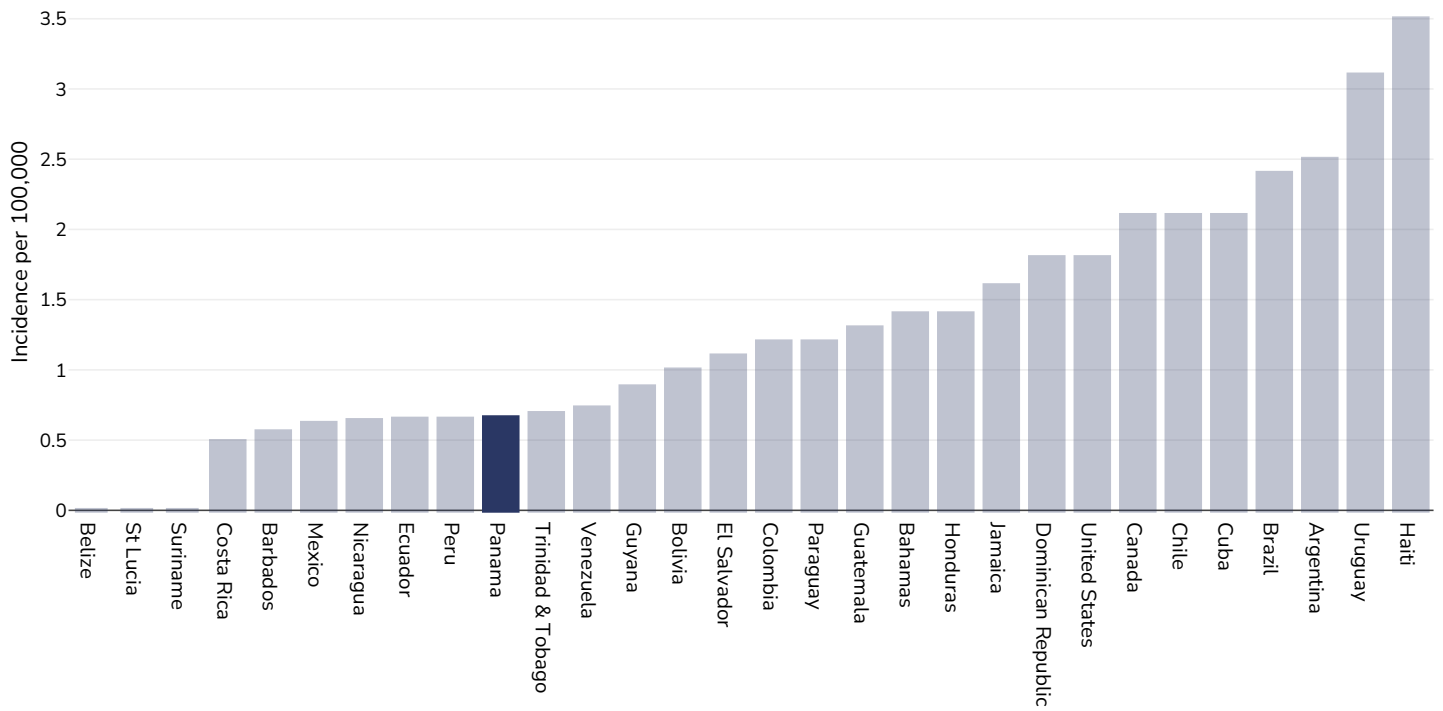
Age: 20+

Area covered: National

References: Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.fr/today>, accessed 10.01.2275

Definitions: Age-standardized incidence rates per 100 000

## Women, 2020



Age: 20+

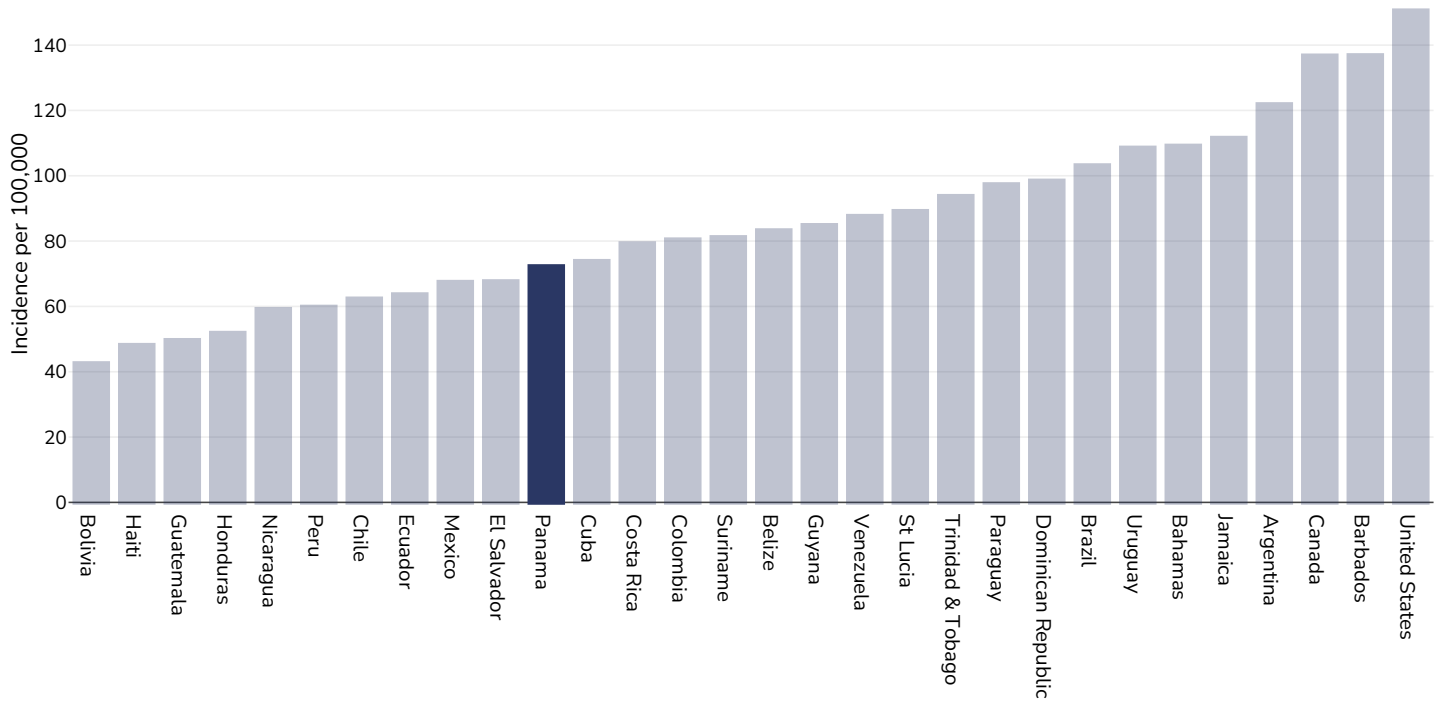
Area covered: National

References: Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.fr/today>, accessed 10.01.2275

Definitions: Age-standardized incidence rates per 100 000

## Breast cancer

### Women, 2020



Age: 20+

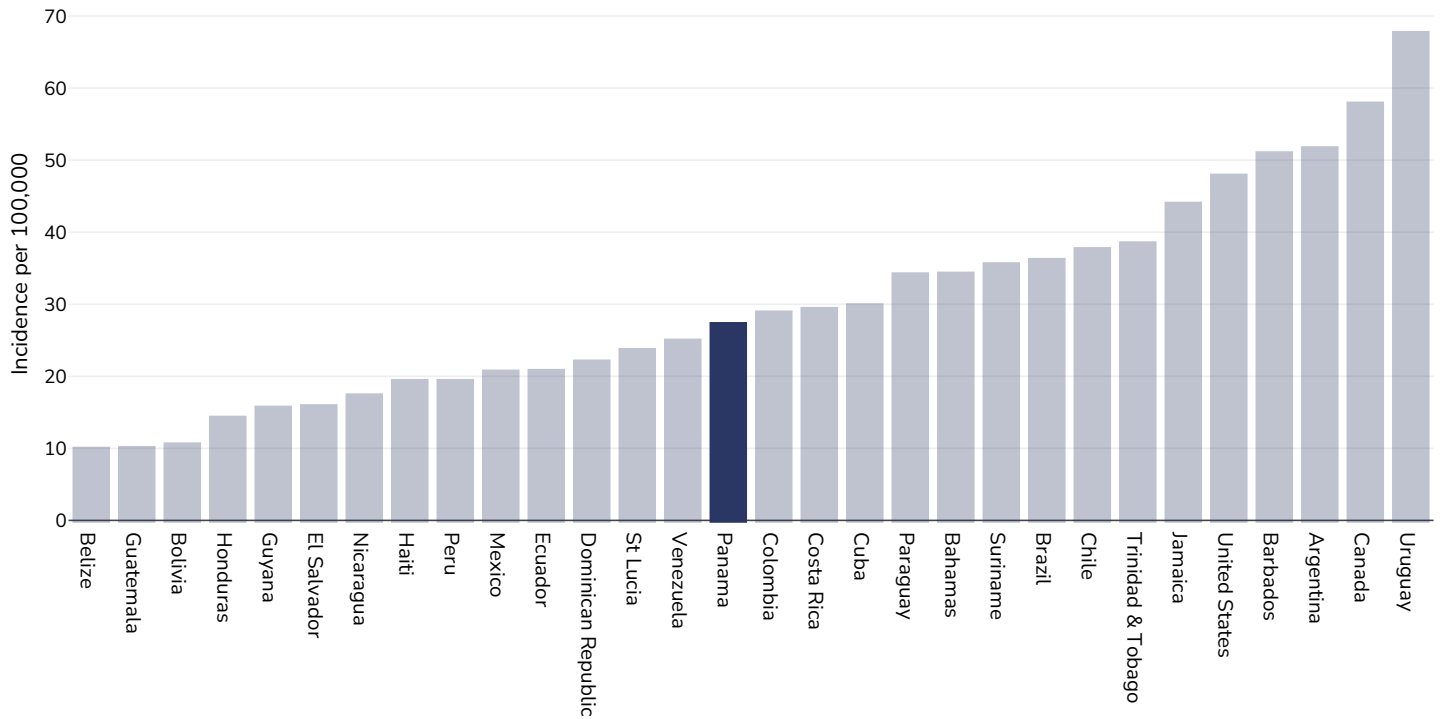
Area covered: National

References: Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.fr/today>, accessed 10.01.2275

Definitions: Age-standardized incidence rates per 100 000

## Colorectal cancer

### Men, 2020



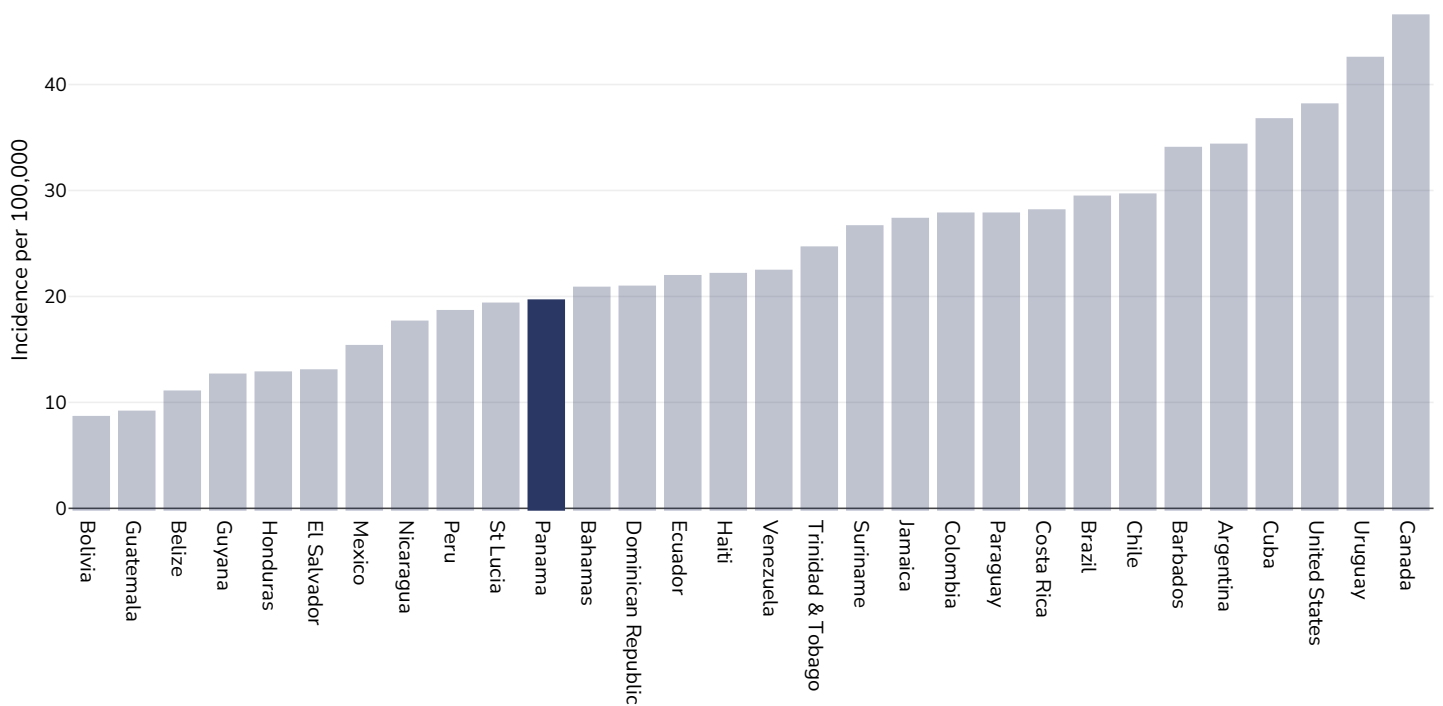
Age: 20+

Area covered: National

References: Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.fr/today>, accessed 10.01.2275

Definitions: Age-standardized incidence rates per 100 000

## Women, 2020



Age: 20+

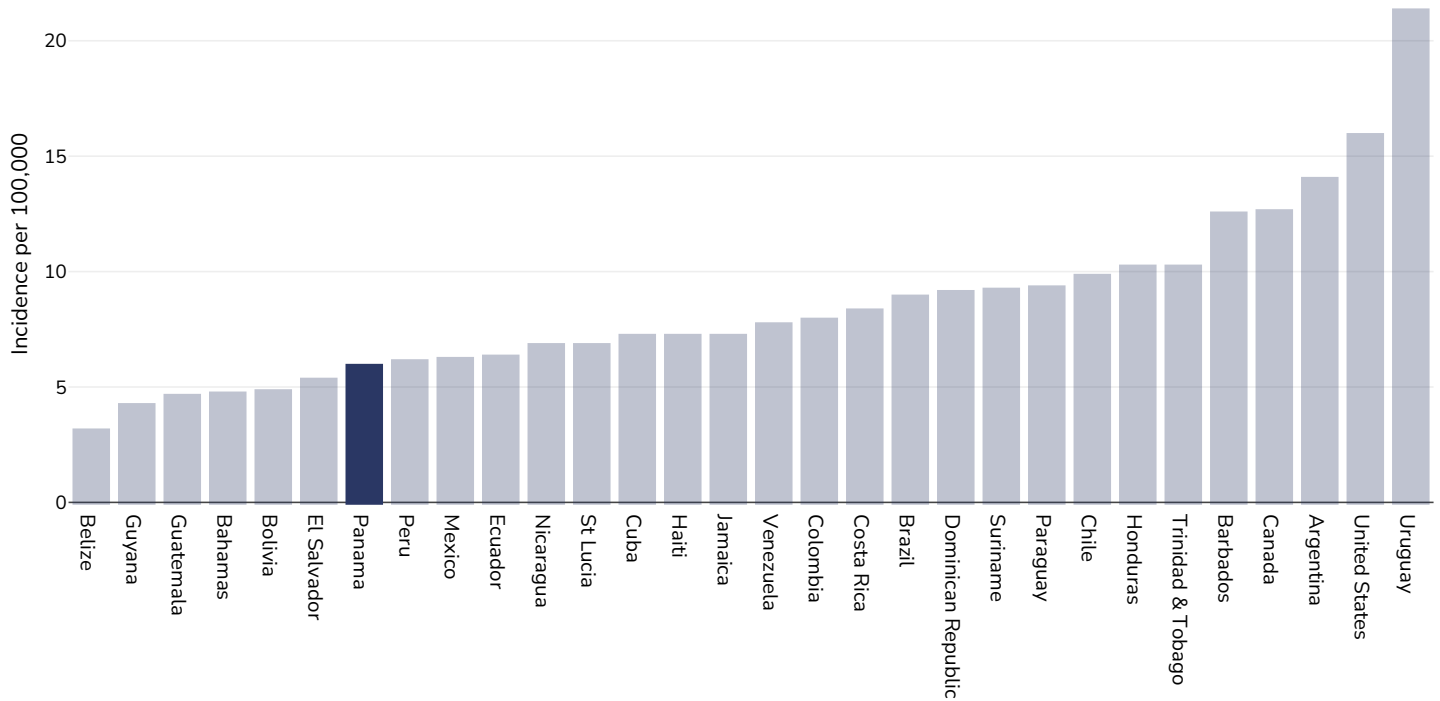
Area covered: National

References: Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.fr/today>, accessed 10.01.2275

Definitions: Age-standardized incidence rates per 100 000

## Pancreatic cancer

### Men, 2020



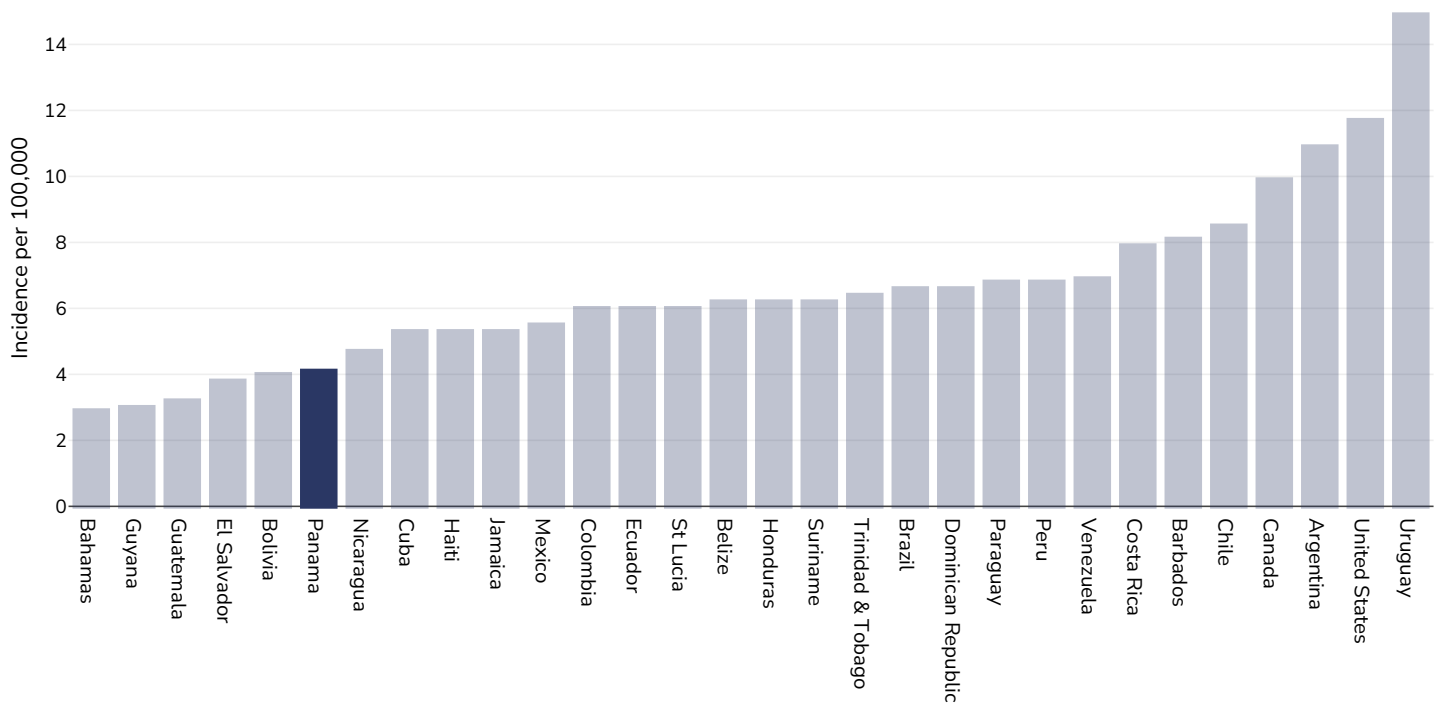
Age: 20+

Area covered: National

References: Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.fr/today>, accessed 10.01.2275

Definitions: Age-standardized incidence rates per 100 000

## Women, 2020



Age: 20+

Area covered: National

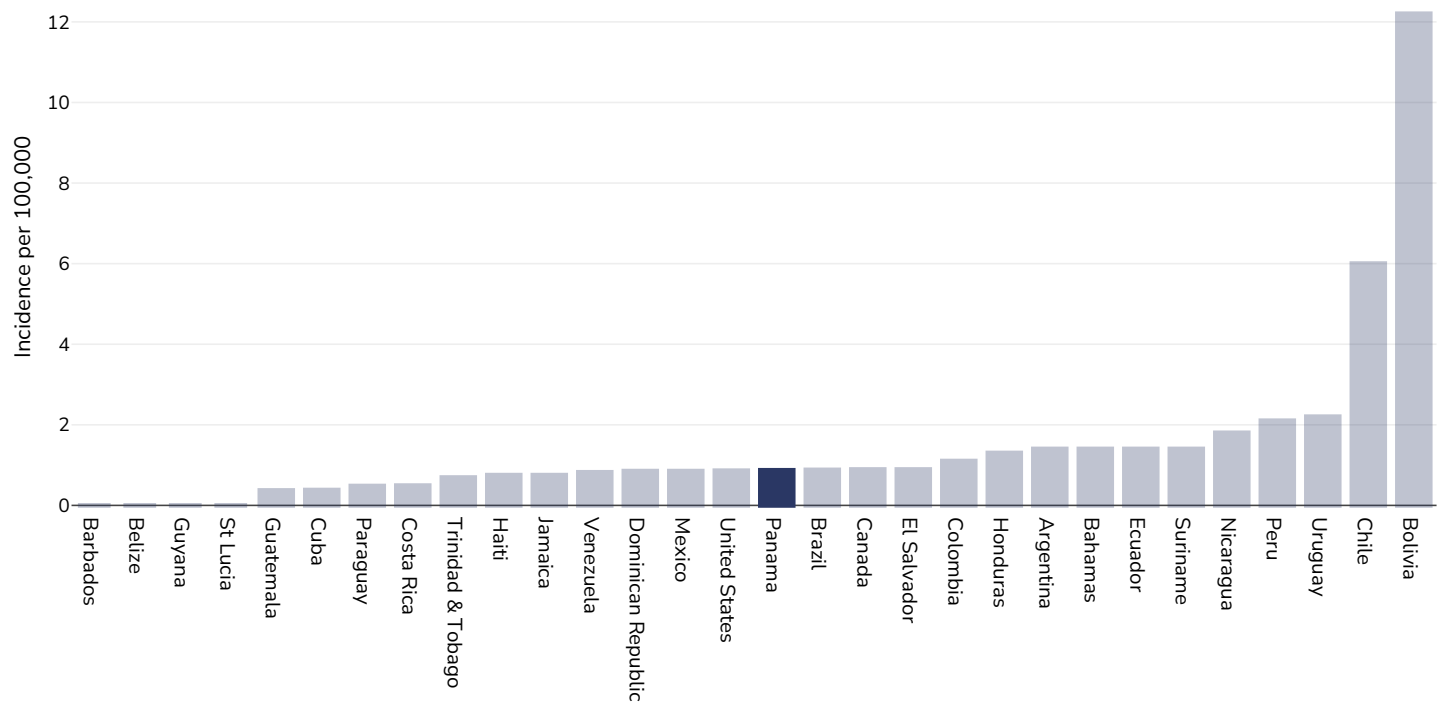
References: Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.fr/today>, accessed 10.01.2275

Definitions: Age-standardized incidence rates per 100 000



## Gallbladder cancer

### Men, 2020



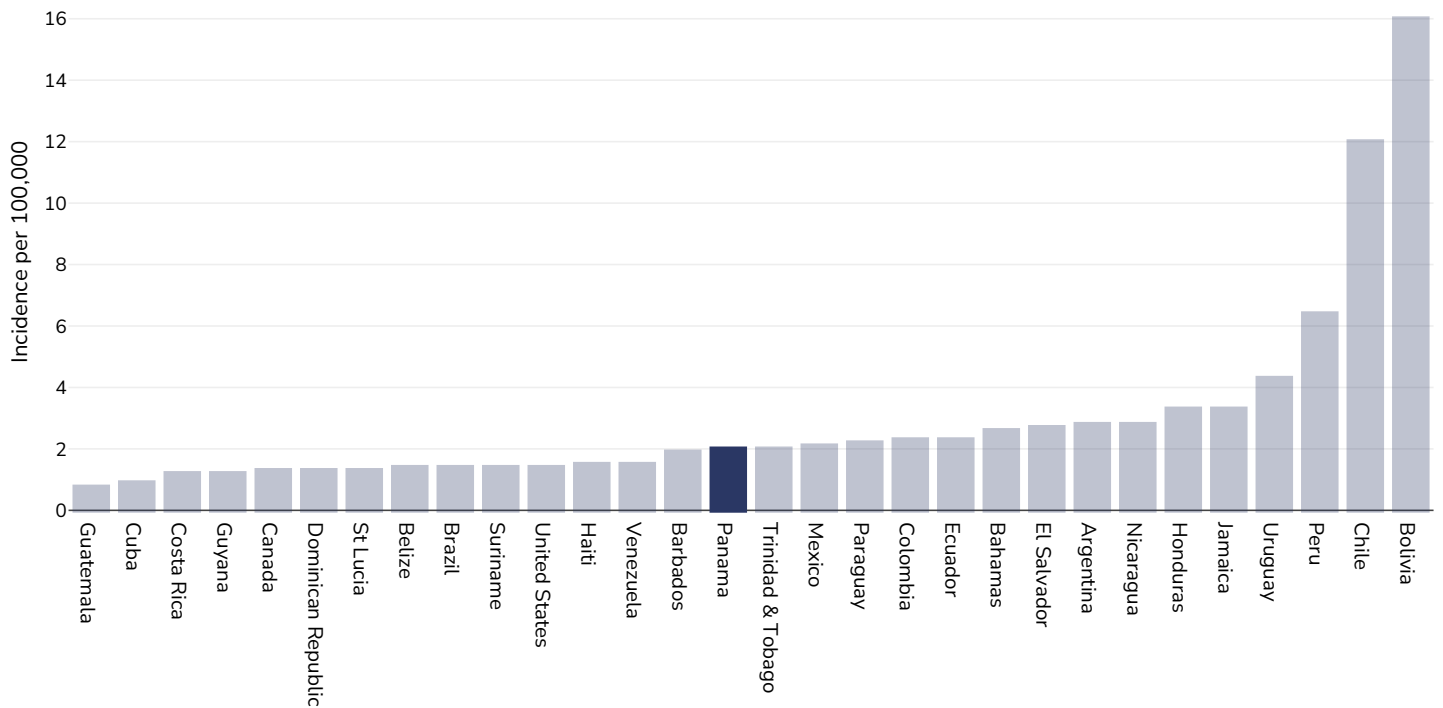
Age: 20+

Area covered: National

References: Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.fr/today>, accessed 10.01.2275

Definitions: Age-standardized incidence rates per 100 000

## Women, 2020



Age: 20+

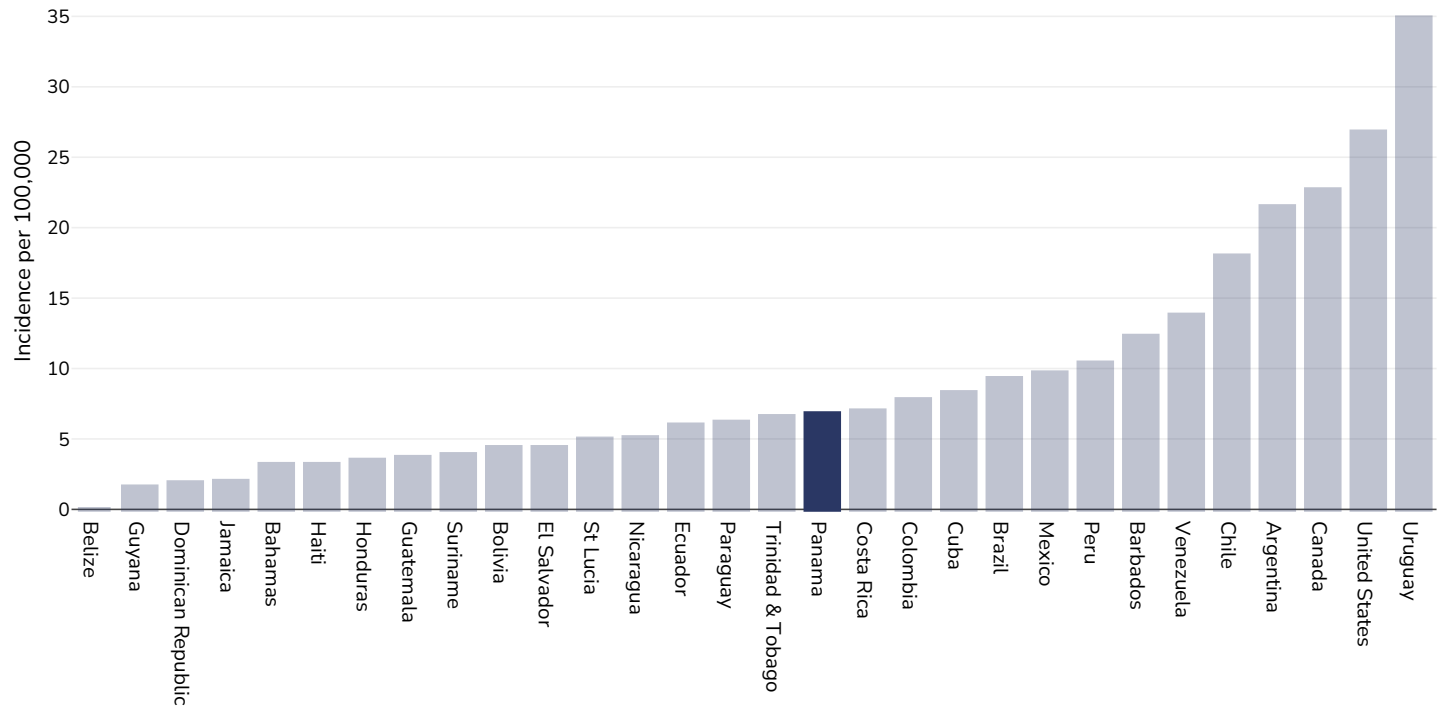
Area covered: National

References: Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.fr/today>, accessed 10.01.2275

Definitions: Age-standardized incidence rates per 100 000

## Kidney cancer

### Men, 2020



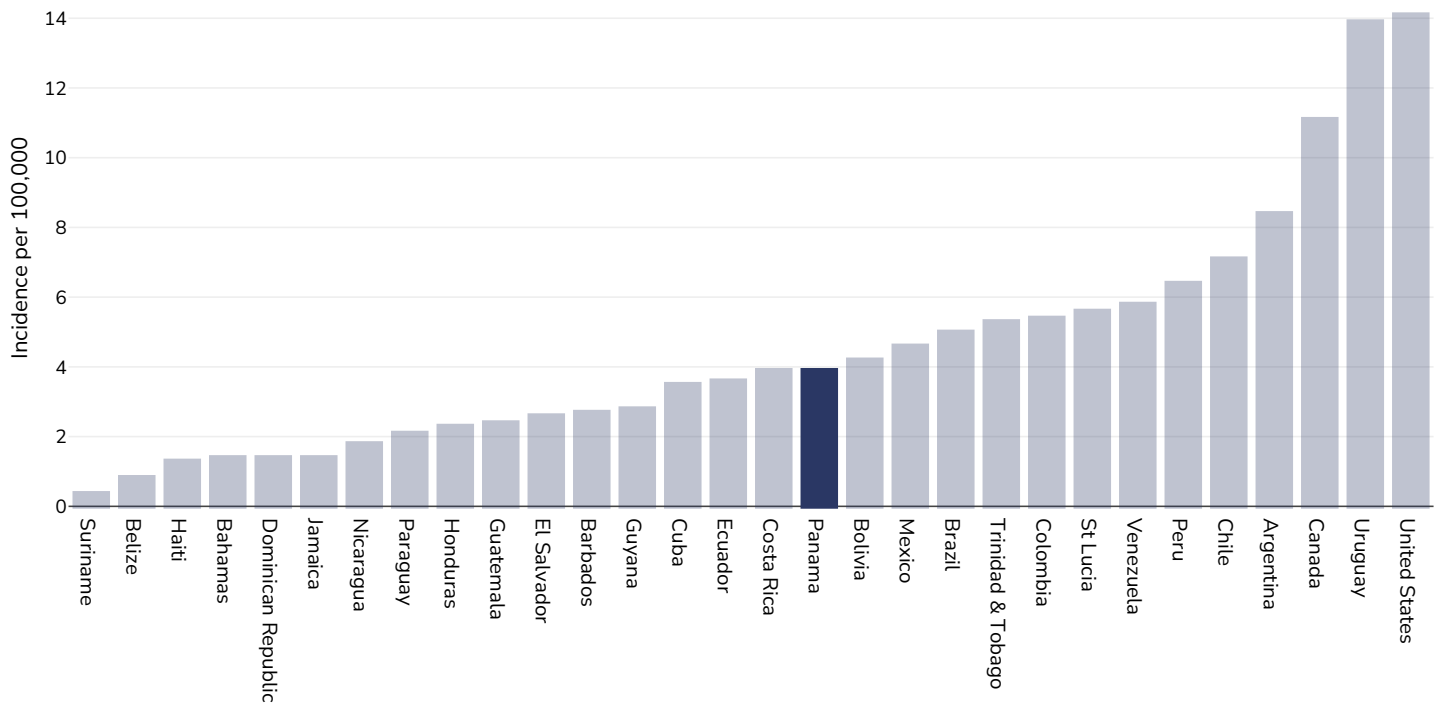
Age: 20+

Area covered: National

References: Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.fr/today>, accessed 10.01.2275

Definitions: Age-standardized incidence rates per 100 000

## Women, 2020



Age: 20+

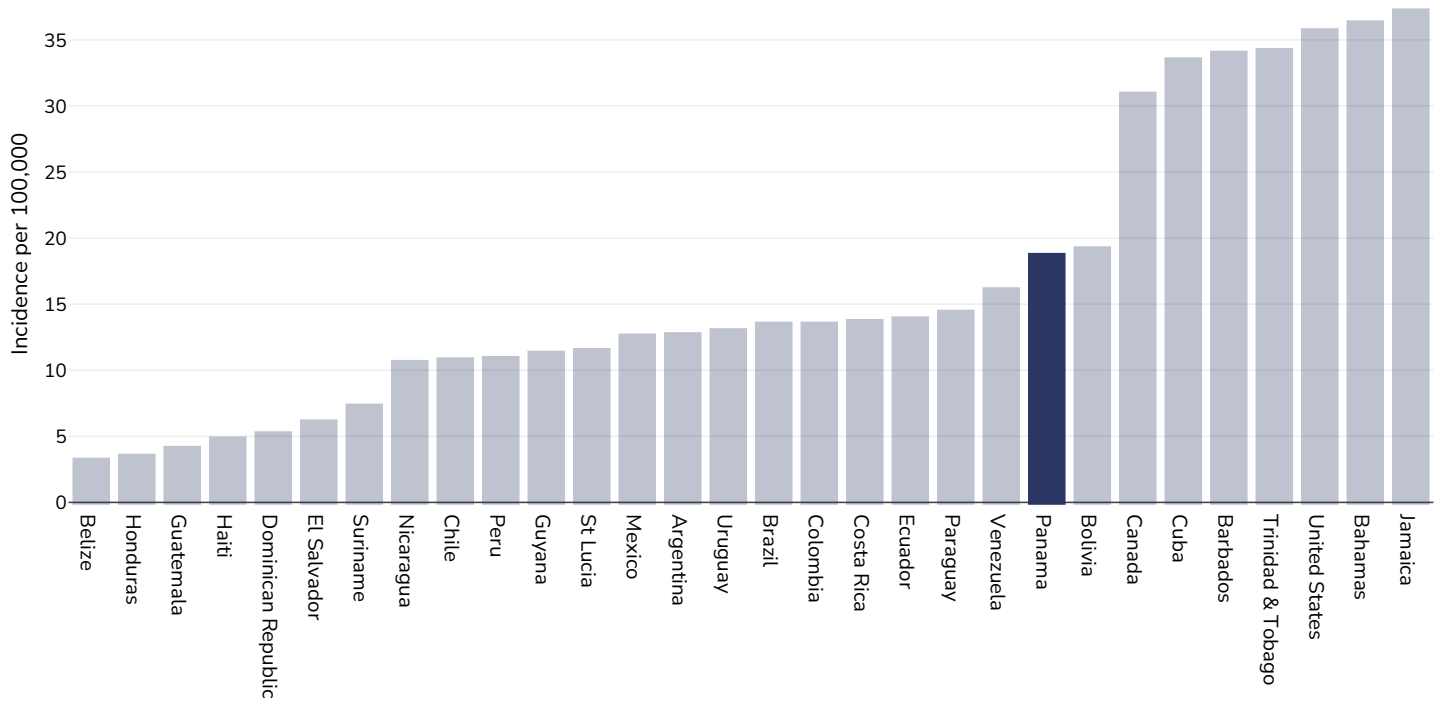
Area covered: National

References: Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.fr/today>, accessed 10.01.2275

Definitions: Age-standardized incidence rates per 100 000

## Cancer of the uterus

### Women, 2020



Age: 20+

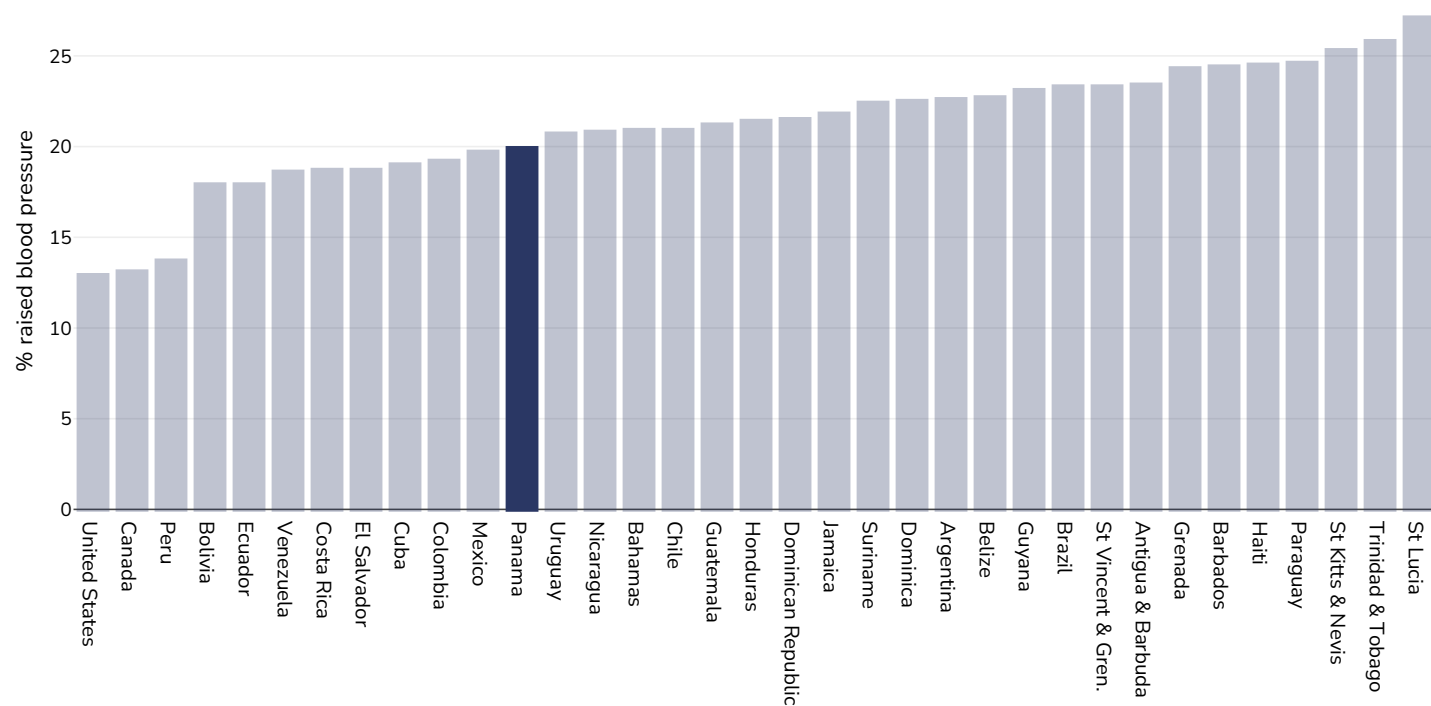
Area covered: National

References: Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.fr/today>, accessed 10.01.2275

Definitions: Age-standardized incidence rates per 100 000

## Raised blood pressure

### Adults, 2015



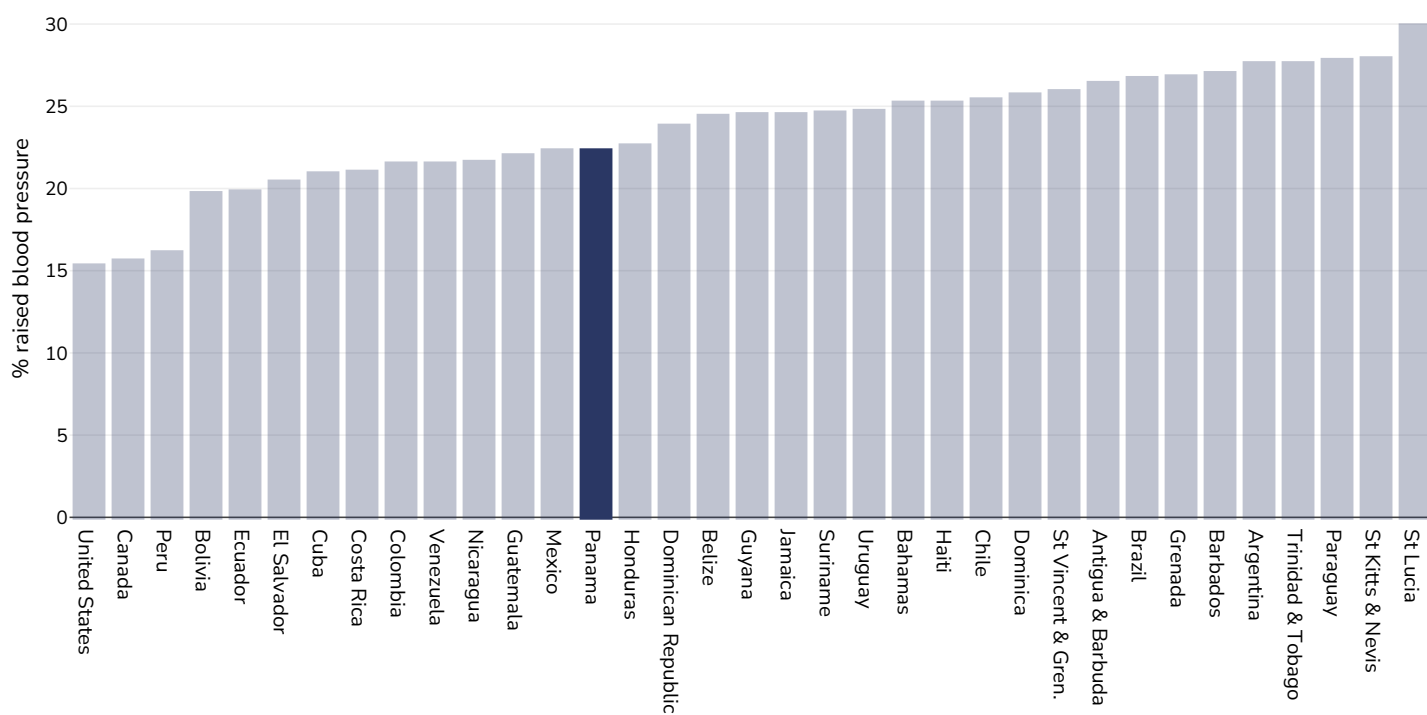
References:

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



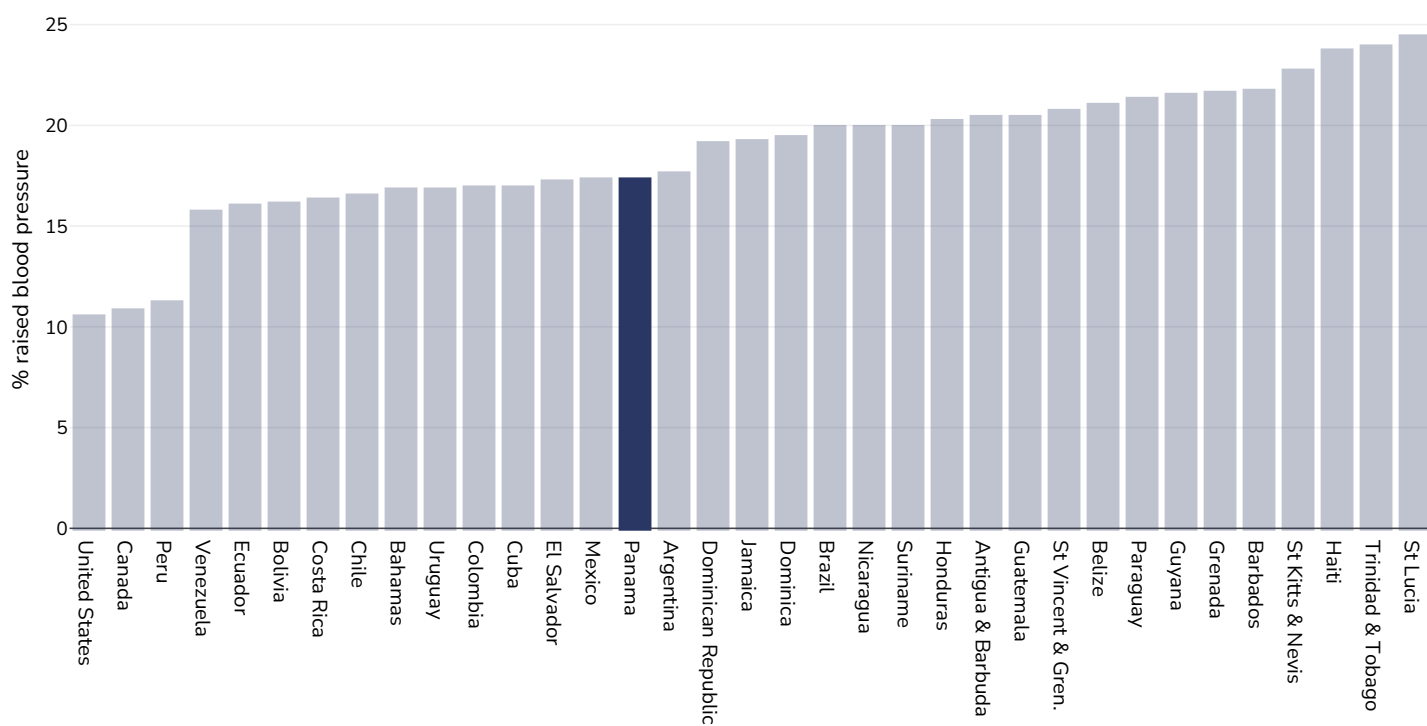
References:

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>

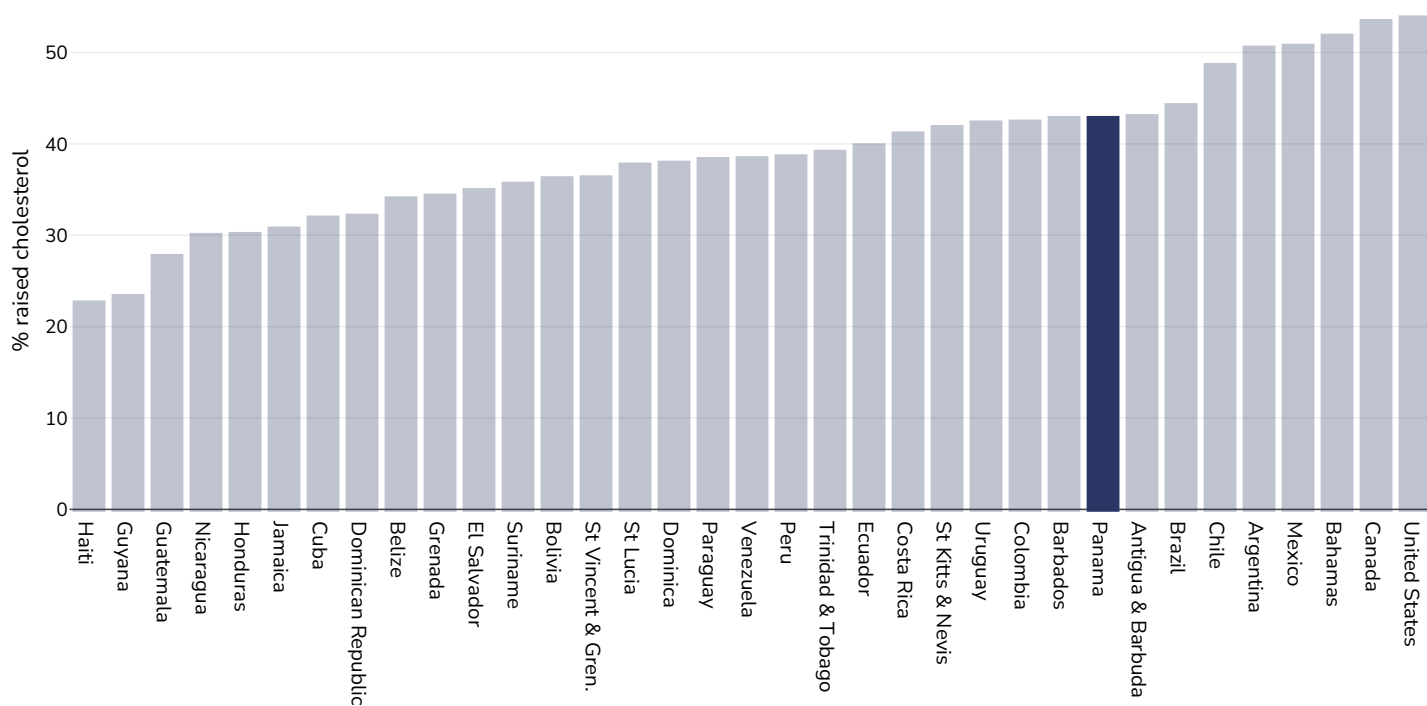
Definitions:

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



## Raised cholesterol

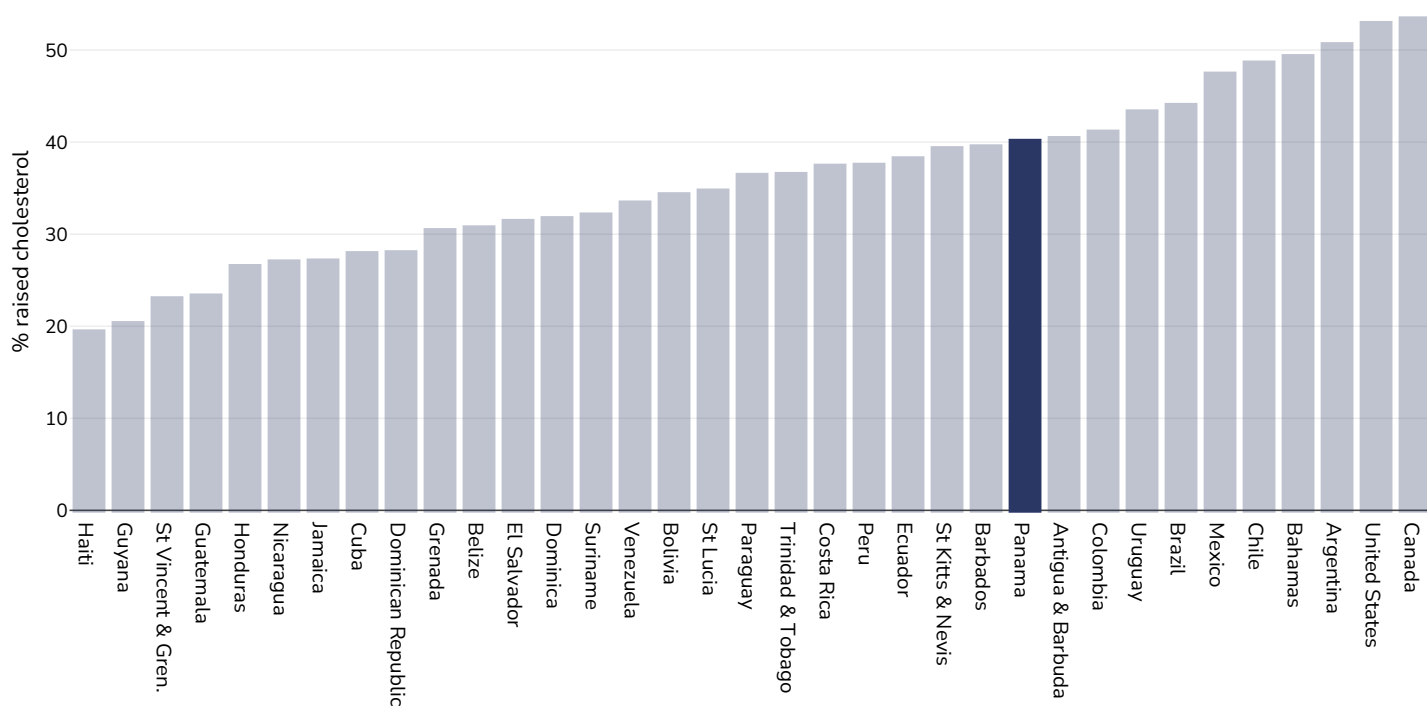
### Adults, 2008



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).

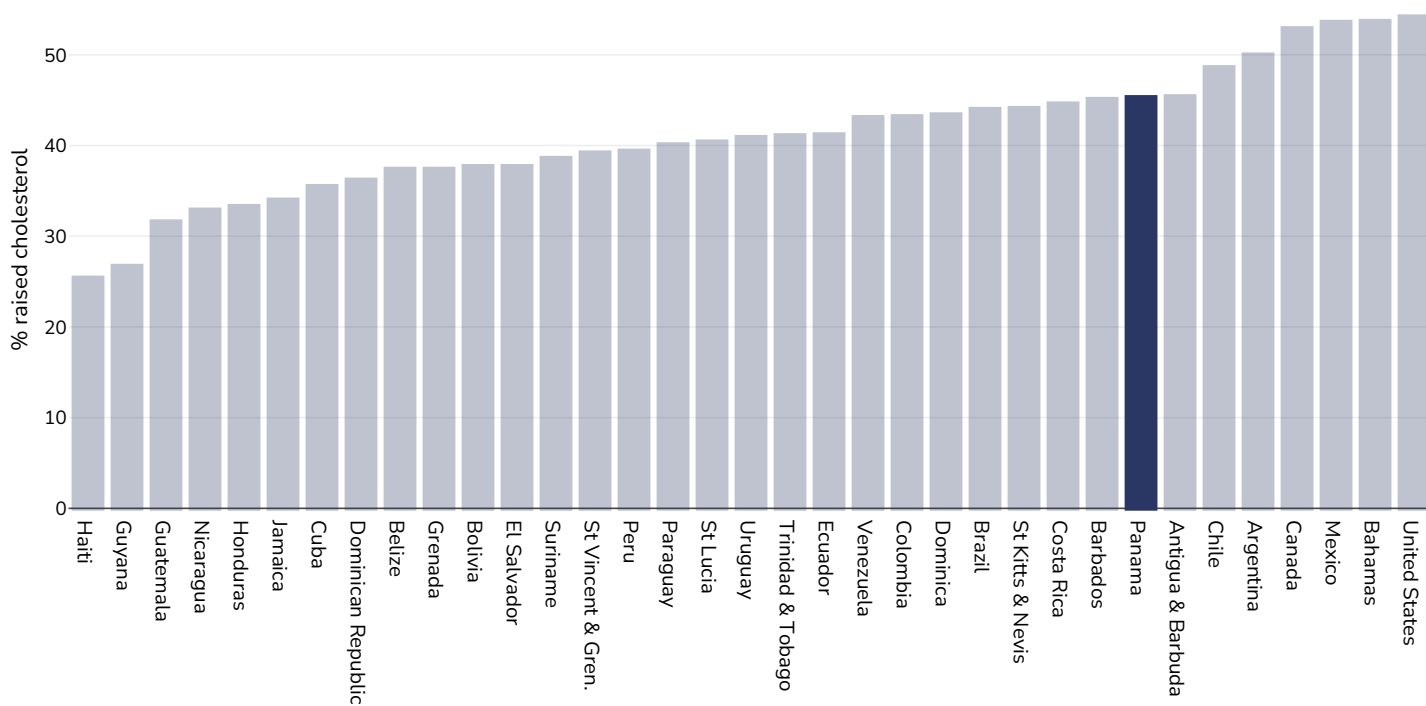
## Men, 2008



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

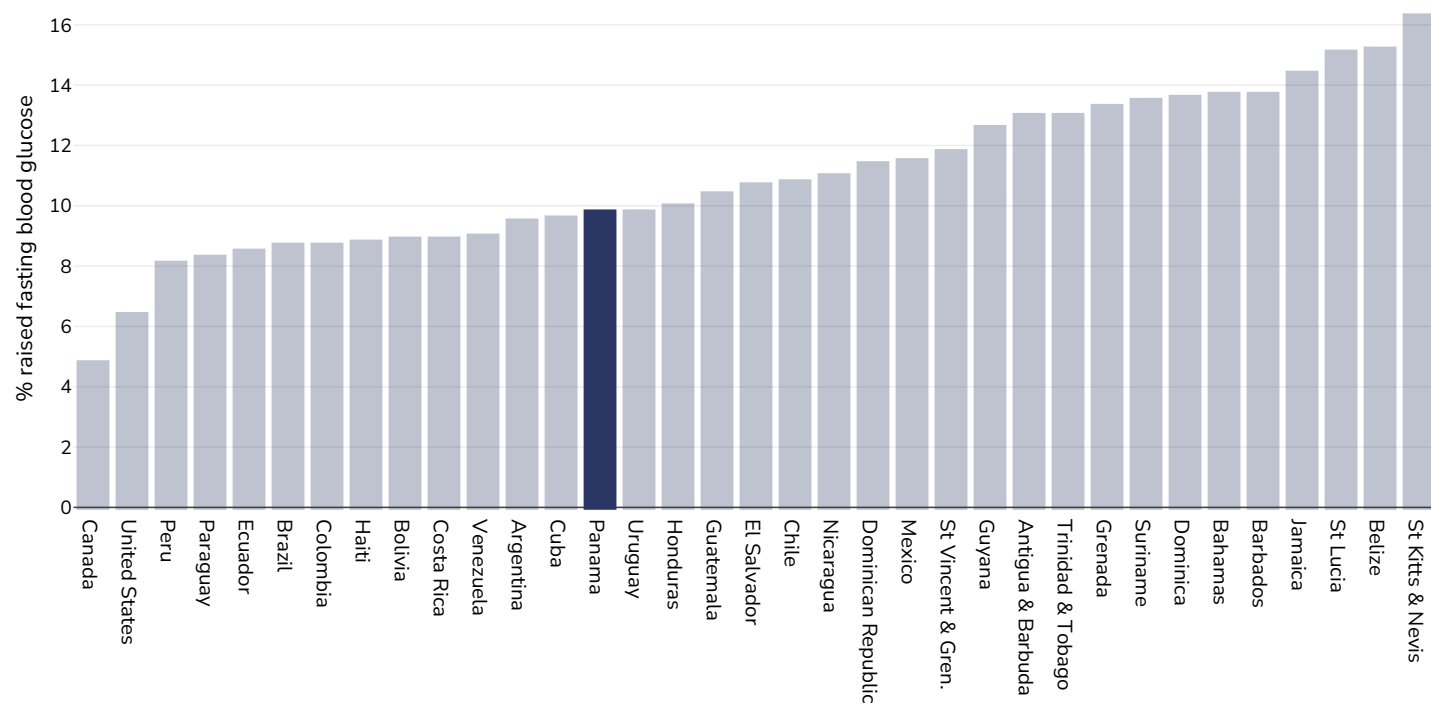


References: Global Health Observatory data repository, World Health Organisation, <http://apps.who.int/gho/data/node.main.A885>

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

## Raised fasting blood glucose

### Men, 2014



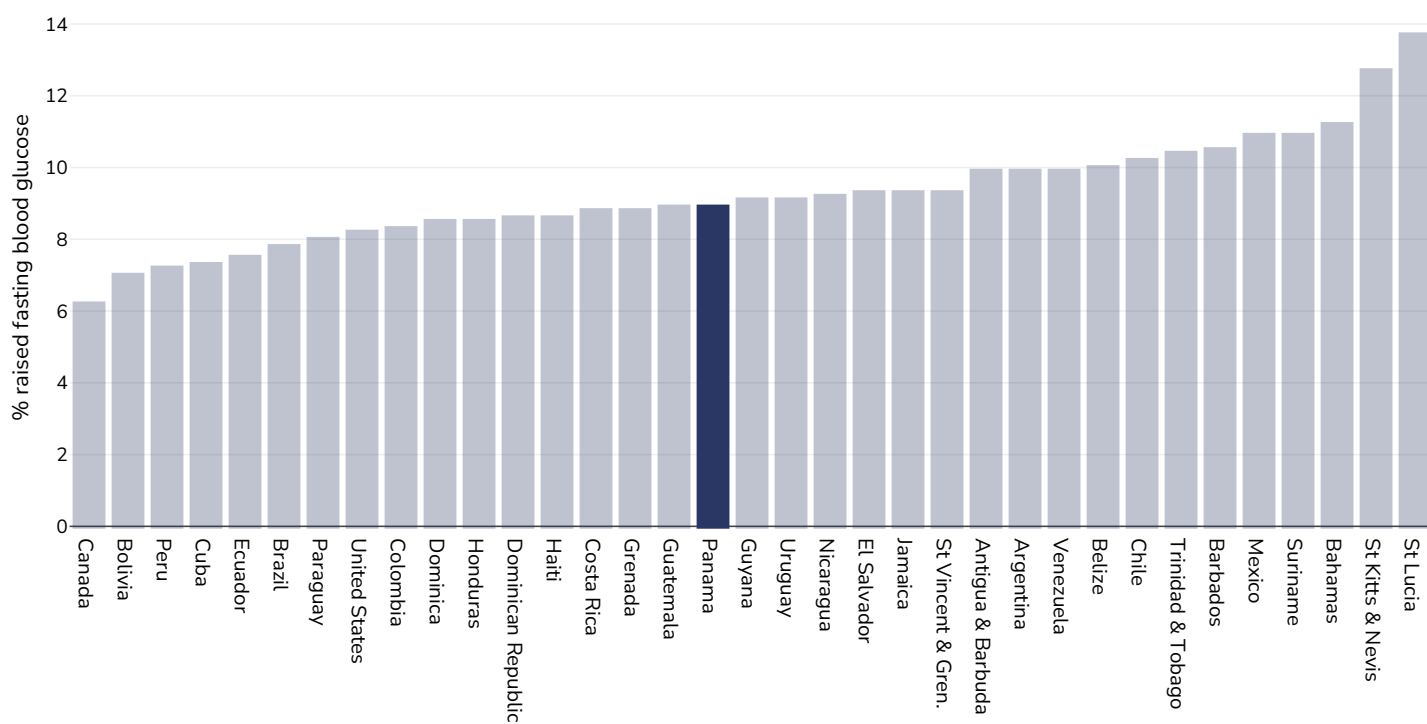
References:

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:

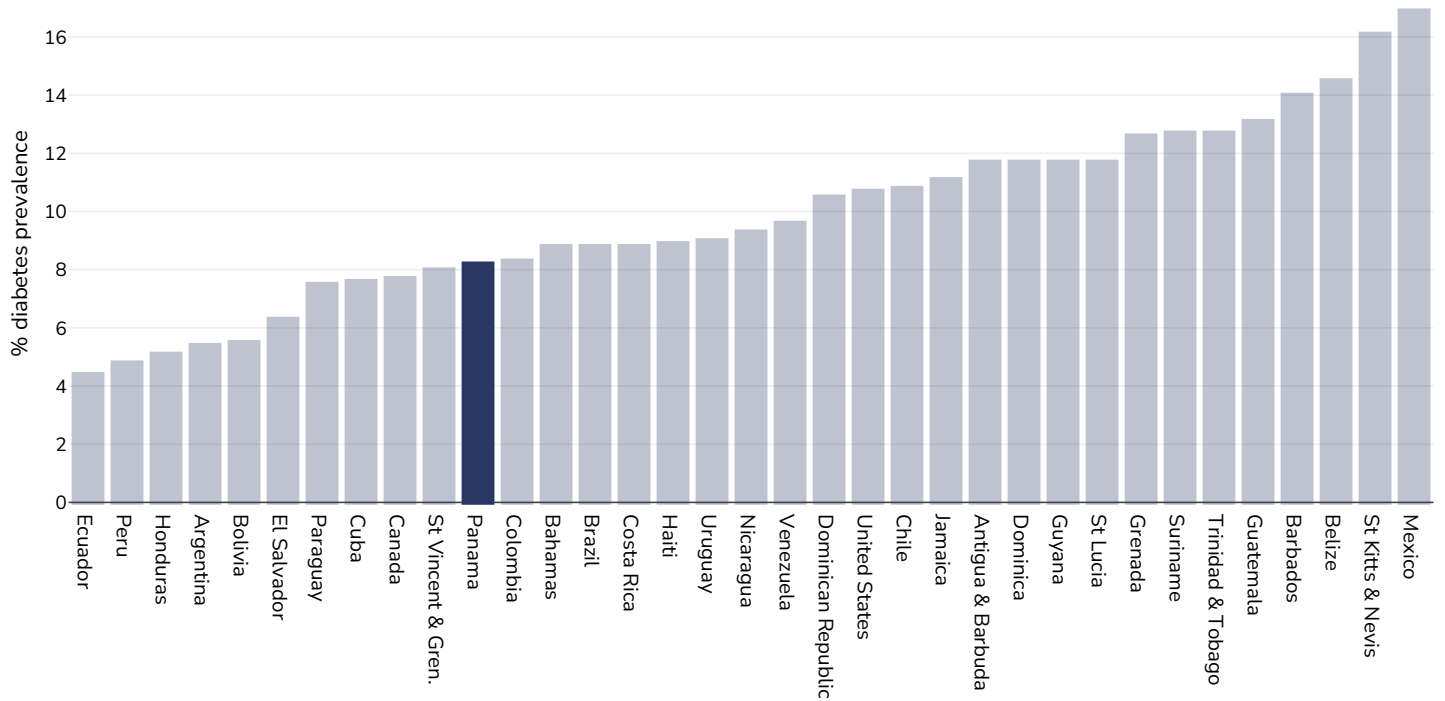
Global Health Observatory data repository, World Health Organisation,  
<http://apps.who.int/gho/data/node.main.A869?lang=en>

Definitions:

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

# Diabetes prevalence

## Adults, 2021



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



## Regulation and marketing

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





## 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)?	✗
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### Key

✓ Present

✓<sub>v</sub> Present  
(voluntary)

✓ Incoming

✗ Absent

? Unknown