Report card
Panama

<table>
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</thead>
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<tr>
<td>Trend: % Adults living with obesity, 2003-2019</td>
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<td>18</td>
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<tr>
<td>Breast cancer</td>
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<td>Colorectal cancer</td>
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<td>Pancreatic cancer</td>
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<td>Gallbladder cancer</td>
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<td>Kidney cancer</td>
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<td>Cancer of the uterus</td>
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<tr>
<td>Raised blood pressure</td>
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<tr>
<td>Raised cholesterol</td>
<td>33</td>
</tr>
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<td>Raised fasting blood glucose</td>
<td>36</td>
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<tr>
<td>Diabetes prevalence</td>
<td>38</td>
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</table>
Obesity prevalence

Adults, 2019

Survey type: Measured
Age: 18+
Sample size: 20118
Area covered: National

Notes: Sample size is all over 15 years

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
Children, 2019

Survey type: Measured
Age: 15-17
Sample size: 20118
Area covered: National
(Accessed 23.01.23)
Definitions: Sample size is all over 15 years
Cutoffs: WHO
% Adults living with obesity, 2003-2019

Men and women

<table>
<thead>
<tr>
<th>Year</th>
<th>Obesity, Indigenous</th>
<th>Obesity, Rural</th>
<th>Obesity, Urban</th>
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<td>2018</td>
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<td>2020</td>
<td>14</td>
<td>24</td>
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</table>

Survey type: Measured

References:


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


(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:


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.
Survey type: Measured

References:

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
Notes: Sample size is all over 15 years

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

Adults, 2019

Survey type: Measured
Age: 18+
Sample size: 20118
Area covered: National

Notes: Sample size is all over 15 years

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
Children, 2019

Survey type: Measured
Age: 15-17
Sample size: 20118
Area covered: National
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
Notes: Panama and Colon provinces (57.4% of total population)

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

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<tr>
<th>Country</th>
<th>Per Capita Whole Grains Intake (g/day)</th>
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<tr>
<td>Bahamas</td>
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<tr>
<td>Trinidad &amp; Tobago</td>
<td>31</td>
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<td>Argentina</td>
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<td>Chile</td>
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<td>St Vincent &amp; Gren.</td>
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<td>Antigua &amp; Barbuda</td>
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### Survey type: Measured

### Age: 25+

### References: Global Burden of Disease, the Institute for Health Metrics and Evaluation [http://ghdx.healthdata.org/](http://ghdx.healthdata.org/)

### Definitions: Estimated per-capita whole grains intake (g/day)
Mental health - depression disorders

Adults, 2015


Definitions: % of population with depression disorders
Mental health - anxiety disorders

Adults, 2015


Definitions: % of population with anxiety disorders
% Infants exclusively breastfed 0-5 months

Children, 1998-2019

Area covered: National


Definitions: % exclusively breastfed 0-5 months
Oesophageal cancer

Men, 2020

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<td>Barbados</td>
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<tr>
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Age: 20+

Area covered: National


Definitions: Age-standardized incidence rates per 100 000
### Women, 2020

<table>
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**Age:** 20+

**Area covered:** National


**Definitions:** Age-standardized incidence rates per 100,000
Breast cancer

Women, 2020

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Age: 20+

Area covered: National


Definitions: Age-standardized incidence rates per 100,000
Colorectal cancer

Men, 2020

Age:
20+

Area covered:
National


Definitions: Age-standardized incidence rates per 100 000
Women, 2020

Incidence per 100,000

Age: 20+

Area covered: National


Definitions: Age-standardized incidence rates per 100,000
Pancreatic cancer

Men, 2020

Age: 20+

Area covered: National


Definitions: Age-standardized incidence rates per 100 000
Women, 2020

Incidence per 100,000

Age: 20+

Area covered: National


Definitions: Age-standardized incidence rates per 100 000
Gallbladder cancer

Men, 2020

Reference:

Definitions:
Age-standardized incidence rates per 100,000
Women, 2020

<table>
<thead>
<tr>
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Age: 20+

Area covered: National


Definitions: Age-standardized incidence rates per 100 000
## Kidney cancer

### Men, 2020

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<td>15.0</td>
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<td>Trinidad &amp; Tobago</td>
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<tr>
<td>Panama</td>
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<td>Costa Rica</td>
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<td>Colombia</td>
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<td>Cuba</td>
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<td>Brazil</td>
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<td>Mexico</td>
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<tr>
<td>Peru</td>
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<td>Barbados</td>
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<tr>
<td>Venezuela</td>
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<tr>
<td>Chile</td>
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<tr>
<td>Argentina</td>
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<td>Canada</td>
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<tr>
<td>United States</td>
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</tr>
</tbody>
</table>

### Age

- **20+**

### Area covered

- National

### References


### Definitions

Age-standardized incidence rates per 100 000
Women, 2020

Incidence per 100,000

Age: 20+

Area covered: National


Definitions: Age-standardized incidence rates per 100,000
Cancer of the uterus

Women, 2020

Incidence per 100,000

Age: 20+

Area covered: National


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>=140 OR DBP>=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>=140 OR DBP>=90).
Women, 2015


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 (>= 5.0 mmol/L) (age-standardized estimate).
Men, 2008


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


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


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

Adults, 2021

Age: 20-79
Area covered: National
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.

<table>
<thead>
<tr>
<th>Labelling</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Is there mandatory nutrition labelling?</td>
<td>✗</td>
</tr>
<tr>
<td>Front-of-package labelling?</td>
<td>✗</td>
</tr>
<tr>
<td>Back-of-pack nutrition declaration?</td>
<td>✗</td>
</tr>
<tr>
<td>Color coding?</td>
<td>✗</td>
</tr>
<tr>
<td>Warning label?</td>
<td>✗</td>
</tr>
<tr>
<td>Regulation and marketing</td>
<td></td>
</tr>
<tr>
<td>--------------------------------------------------------------</td>
<td>---</td>
</tr>
<tr>
<td>Are there fiscal policies on unhealthy products?</td>
<td>✓</td>
</tr>
<tr>
<td>Tax on unhealthy foods?</td>
<td>✗</td>
</tr>
<tr>
<td>Tax on unhealthy drinks?</td>
<td>✓</td>
</tr>
<tr>
<td>Are there fiscal policies on healthy products?</td>
<td>✗</td>
</tr>
<tr>
<td>Subsidy on fruits?</td>
<td>✗</td>
</tr>
<tr>
<td>Subsidy on vegetables?</td>
<td>✗</td>
</tr>
<tr>
<td>Subsidy on other healthy products?</td>
<td>✗</td>
</tr>
<tr>
<td>Mandatory limit or ban of trans fat (all settings)?</td>
<td>✗</td>
</tr>
<tr>
<td>Mandatory limit of trans fats in place (all settings)?</td>
<td>✗</td>
</tr>
<tr>
<td>Ban on trans-fats or phos in place (all settings)?</td>
<td>✗</td>
</tr>
<tr>
<td>Are there any mandatory policies/marketing restrictions on the promotion of unhealthy food/drinks to children?</td>
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</tr>
<tr>
<td>Mandatory restriction on broadcast media?</td>
<td>✗</td>
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<tr>
<td>Mandatory restriction on non-broadcast media?</td>
<td>✗</td>
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<tr>
<td>Voluntary policies/marketing restrictions on the promotion of unhealthy food/drinks to children?</td>
<td>✗</td>
</tr>
<tr>
<td>Are there mandatory standards for food in schools?</td>
<td>✗</td>
</tr>
<tr>
<td>Are there any mandatory nutrient limits in any manufactured food products?</td>
<td>✗</td>
</tr>
<tr>
<td>Nutrition standards for public sector procurement?</td>
<td>✗</td>
</tr>
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</table>
## Political will and support

<table>
<thead>
<tr>
<th>Question</th>
<th>Status</th>
</tr>
</thead>
<tbody>
<tr>
<td>National obesity strategy or nutrition and physical activity national strategy?</td>
<td>✗</td>
</tr>
<tr>
<td>National obesity strategy?</td>
<td>✗</td>
</tr>
<tr>
<td>National childhood obesity strategy?</td>
<td>✗</td>
</tr>
<tr>
<td>Comprehensive nutrition strategy?</td>
<td>✓</td>
</tr>
<tr>
<td>Comprehensive physical activity strategy?</td>
<td>✗</td>
</tr>
<tr>
<td>Evidence-based dietary guidelines and/or RDAs?</td>
<td>✓</td>
</tr>
<tr>
<td>National target(s) on reducing obesity?</td>
<td>✗</td>
</tr>
<tr>
<td>Guidelines/policy on obesity treatment?</td>
<td>✓</td>
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<tr>
<td>Promotion of breastfeeding?</td>
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</table>

## Monitoring and surveillance

<table>
<thead>
<tr>
<th>Question</th>
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</thead>
<tbody>
<tr>
<td>Monitoring of the prevalence and incidence for the main obesity-related NCDs and risk factors?</td>
<td>✓</td>
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<tr>
<td>Within 5 years?</td>
<td>✗</td>
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## Governance and resource

<table>
<thead>
<tr>
<th>Question</th>
<th>Status</th>
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</thead>
<tbody>
<tr>
<td>Multi-sectoral national co-ordination mechanism for obesity or nutrition (including obesity)?</td>
<td>✗</td>
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</tbody>
</table>

## Key

- ✓ Present
- ✓ Present (voluntary)
- ✓ Incoming
- ✗ Absent
- ? Unknown

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