

Puerto Rico



Country report card

This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity. Where available, data on common and relevant obesity drivers and comorbidities are also presented.

View the latest version of this report on the Global Obesity Observatory at https://data.worldobesity.org/country/puerto-rico-175/.



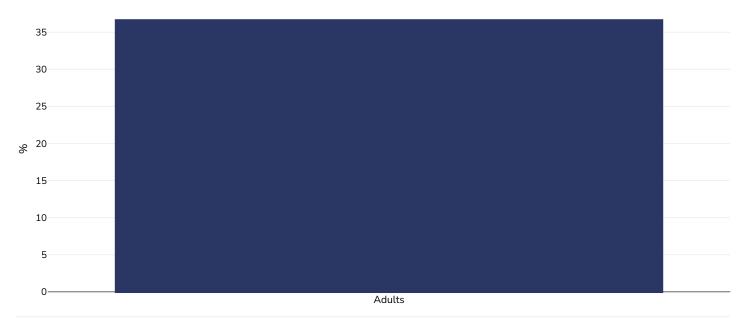
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Obesity prevalence

Adults, 2023

Obesity



Survey type:

Age:

Sample size:

Database currently offline tbc

Area covered:

National

References:

Behavioral Risk Factor Surveillance System 2023. Centers for Disease Control and Prevention.â? Adult Obesity Prevalence Maps. U.S.
Dept of Health and Human Services; 2023. Available at https://www.cdc.gov/brfss/annual_data/annual_data.htm (last accessed 05.02.25)

 $Unless \ otherwise \ noted, overweight \ refers \ to \ a \ BMI \ between \ 25kg \ and \ 29.9kg/m^2, obesity \ refers \ to \ a \ BMI \ greater \ than \ 30kg/m^2.$

CDC



Cutoffs:

Children, 2010-2011

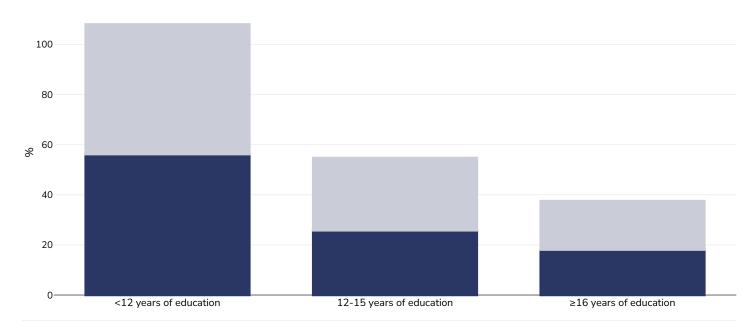




Overweight/obesity by education

Adults, 2005-2007





Survey type: Measured
Age: 45-52
Sample size: 840
Area covered: Regional - San Juan Metropolitan Area
References: Prevalence of overweight and obesity and their cardiometabolic comorbidities in Hispanic adults living in San Juan Metropolitan Area,
Puerto Rico https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3823746/ (last accessed 09.03.22)

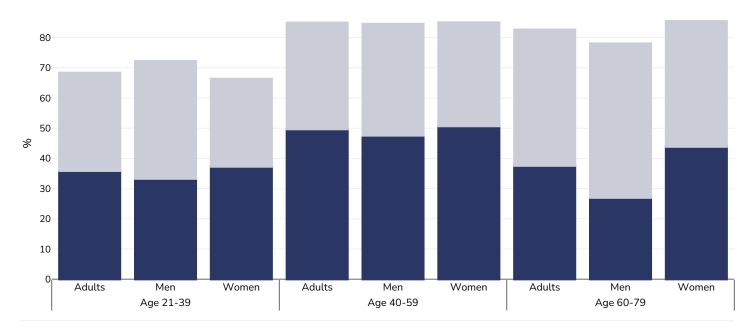
 $Unless \ otherwise \ noted, \ overweight \ refers \ to \ a \ BMI \ between \ 25kg \ and \ 29.9kg/m^2, \ obesity \ refers \ to \ a \ BMI \ greater \ than \ 30kg/m^2.$



Overweight/obesity by age

Adults, 2005-2007





Survey type: Measured

Sample size: 840

Area covered: Regional - San Juan Metropolitan Area

References: Prevalence of overweight and obesity and their cardiometabolic comorbidities in Hispanic adults living in San Juan Metropolitan Area, Puerto Rico https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3823746/ (last accessed 09.03.22)

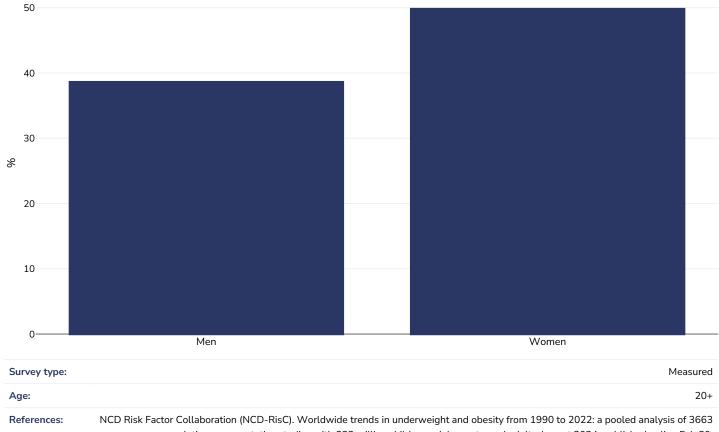
Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².



Double burden of underweight & overweight

Adults, 2022

Notes:



eferences: NCD Risk Factor Collaboration (NCD-RisC). Worldwide trends in underweight and obesity from 1990 to 2022: a pooled analysis of 3663 population representative studies with 222 million children, adolescents, and adults. Lancet 2024; published online Feb 29. https://doi.org/10.1016/S0140-6736(23)02750-2.

Age Standardised estimates

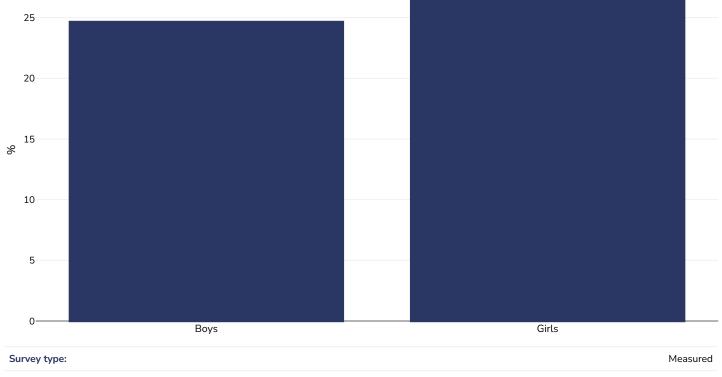
Definitions: Combined prevalence of BMI<18.5 kg/m² and BMI>=30 kg/m² (double burden of underweight and obesity)

BMI < -2SD and BMI > 2SD



Children, 2022

Cutoffs:



Age:		5-19

References: NCD Risk Factor Collaboration (NCD-RisC). Worldwide trends in underweight and obesity from 1990 to 2022: a pooled analysis of 3663 population representative studies with 222 million children, adolescents, and adults. Lancet 2024; published online Feb 29. https://doi.org/10.1016/S0140-6736(23)02750-2.

Notes:	Age standardised estimates
Definitions:	Combined prevalence of BMI < -2SD and BMI > 2SD (double burden of thinness and obesity)



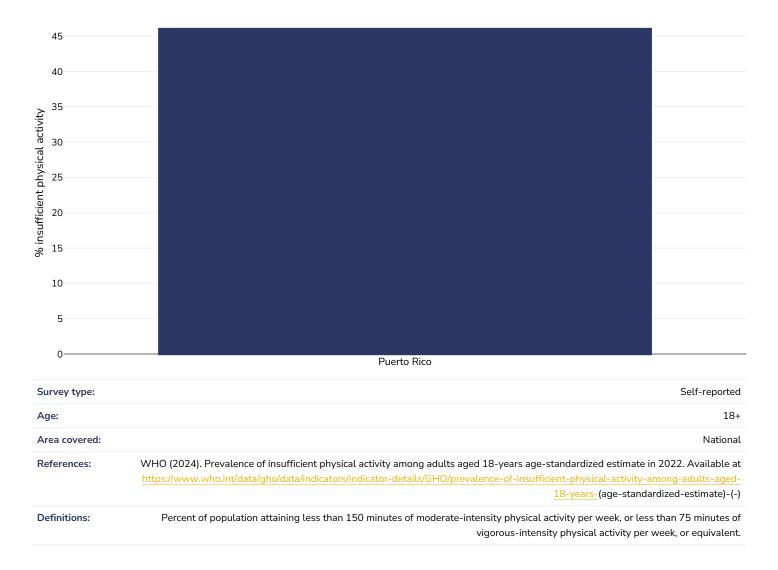
Insufficient physical activity













Estimated per capita fruit intake





Estimated per-capita processed meat intake





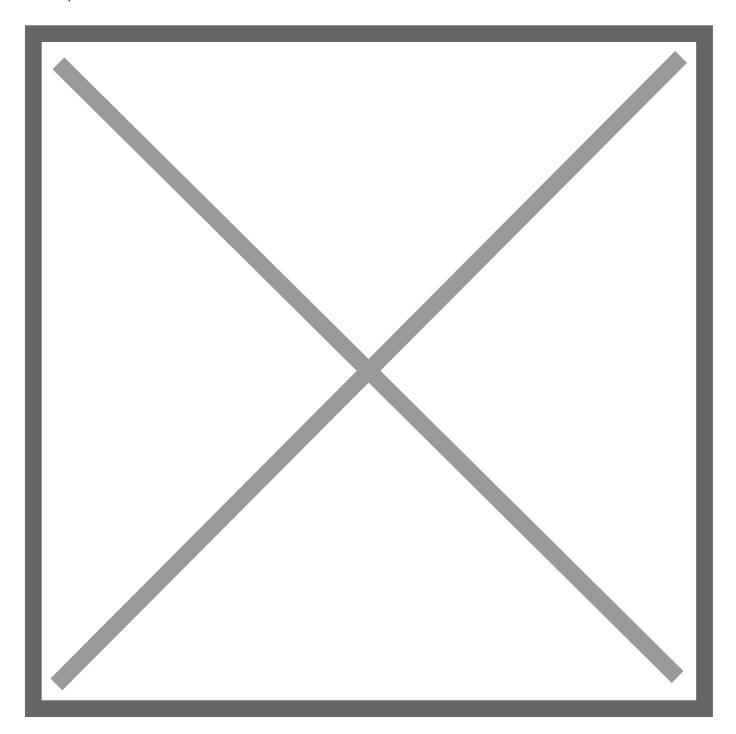
Estimated per capita whole grains intake





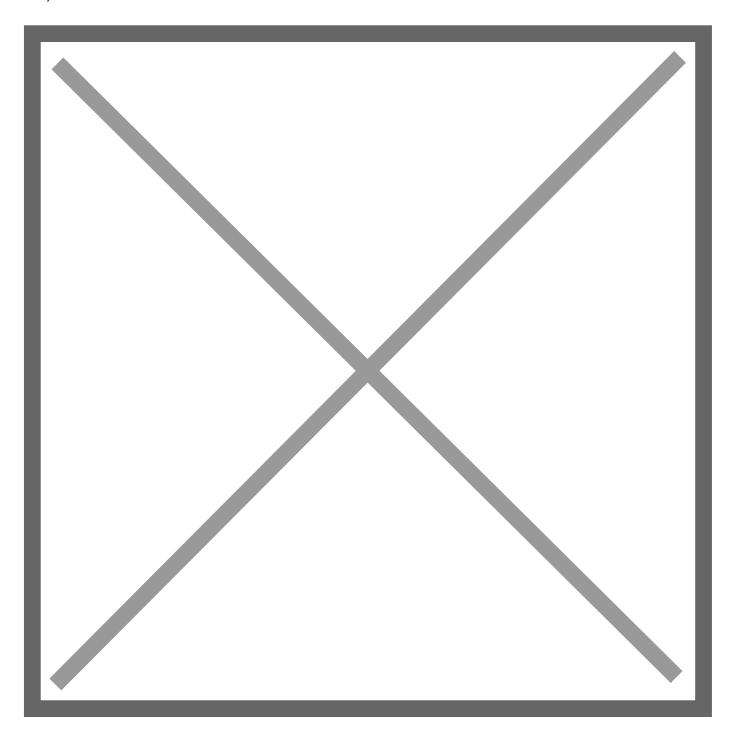
Mental health - depression disorders





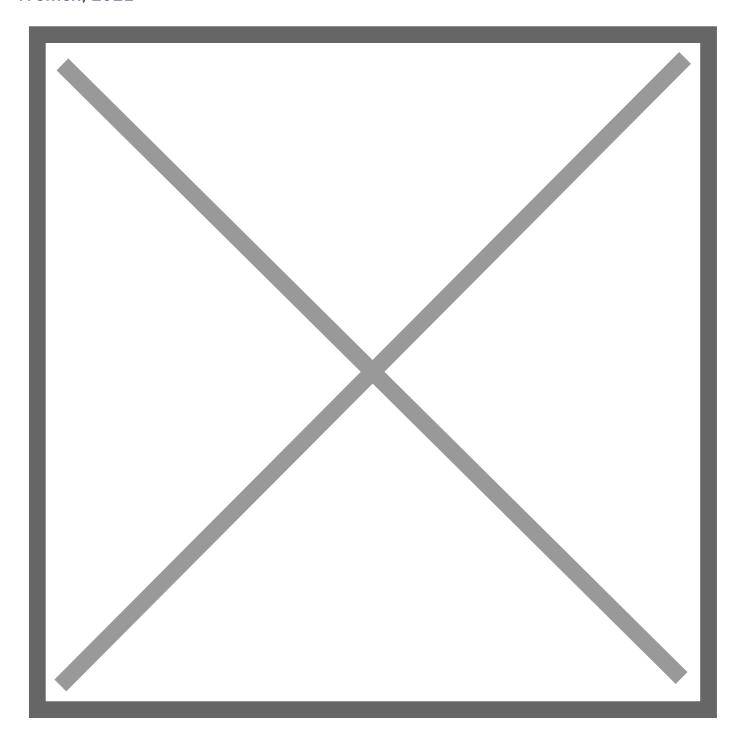
Age:	20+
Area covered:	National
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from http://vizhub.healthdata.org/gbd-compare . (Last accessed 23.04.25)
Definitions:	Number living with depression per 100,000 population (adults 20+ years)





Age:	20+
Area covered:	National
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from http://vizhub.healthdata.org/gbd-compare . (Last accessed 23.04.25)
Definitions:	Number living with depression per 100,000 population (adults 20+ years)

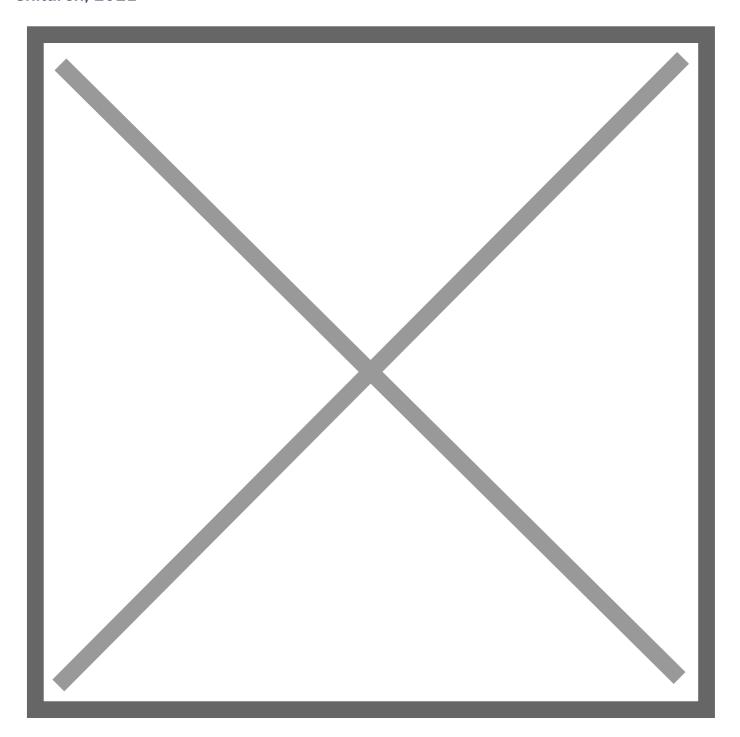




Age:	20+
Area covered:	National
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from http://vizhub.healthdata.org/gbd-compare . (Last accessed 23.04.25)
Definitions:	Number living with depression per 100,000 population (adults 20+ years)



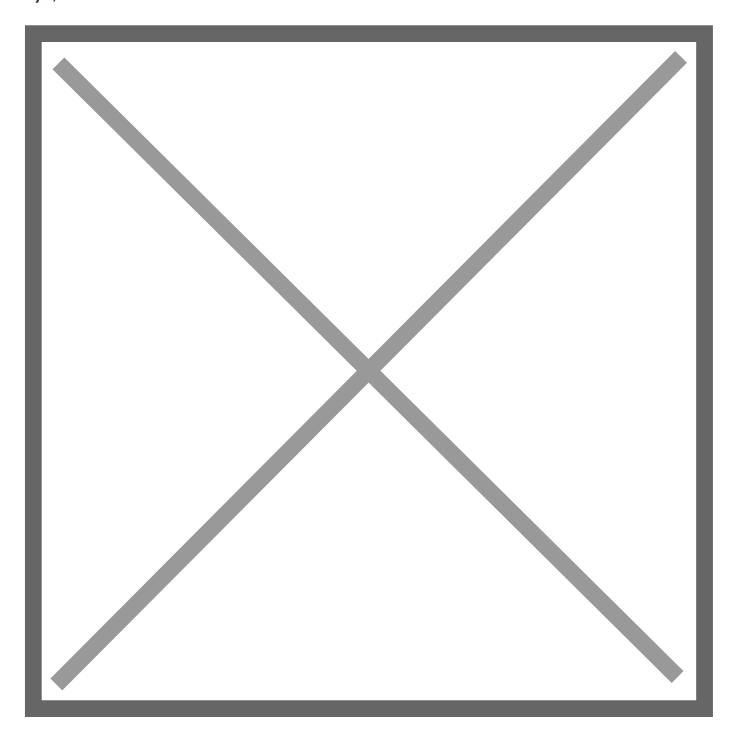
Children, 2021



Area covered:	National
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from http://vizhub.healthdata.org/gbd-compare . (Last accessed 23.04.25)
Definitions:	Number living with depressive disorder per 100,000 population (Under 20 years of age)



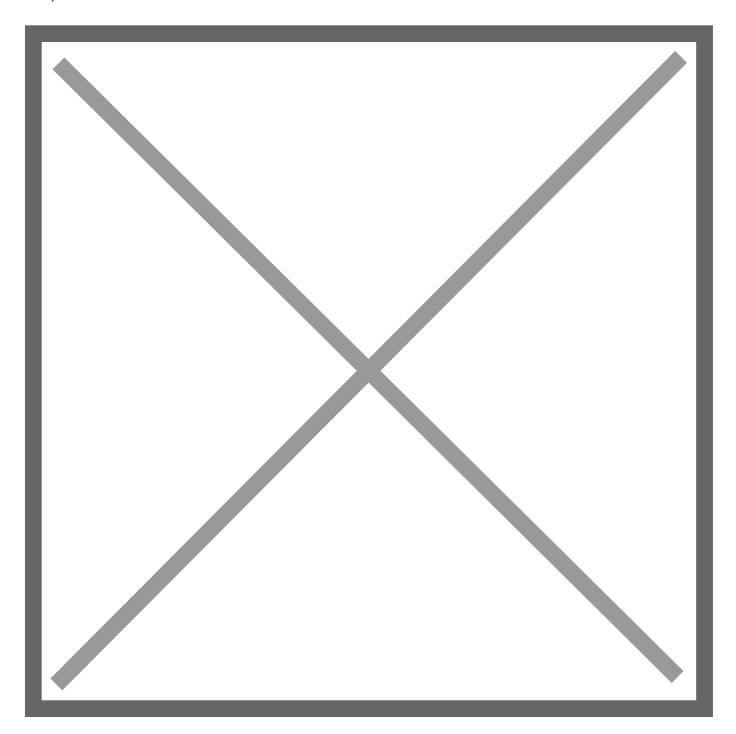
Boys, 2021



Area covered:	National
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from http://vizhub.healthdata.org/gbd-compare . (Last accessed 23.04.25)
Definitions:	Number living with depressive disorder per 100,000 population (Under 20 years of age)



Girls, 2021

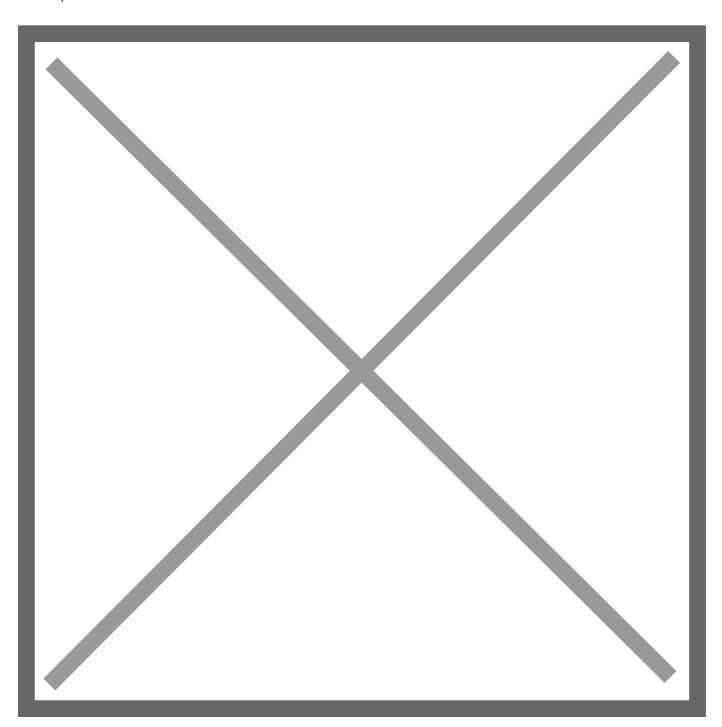


Area covered:	National
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from http://vizhub.healthdata.org/gbd-compare . (Last accessed 23.04.25)
Definitions:	Number living with depressive disorder per 100,000 population (Under 20 years of age)



Mental health - anxiety disorders

Adults, 2021



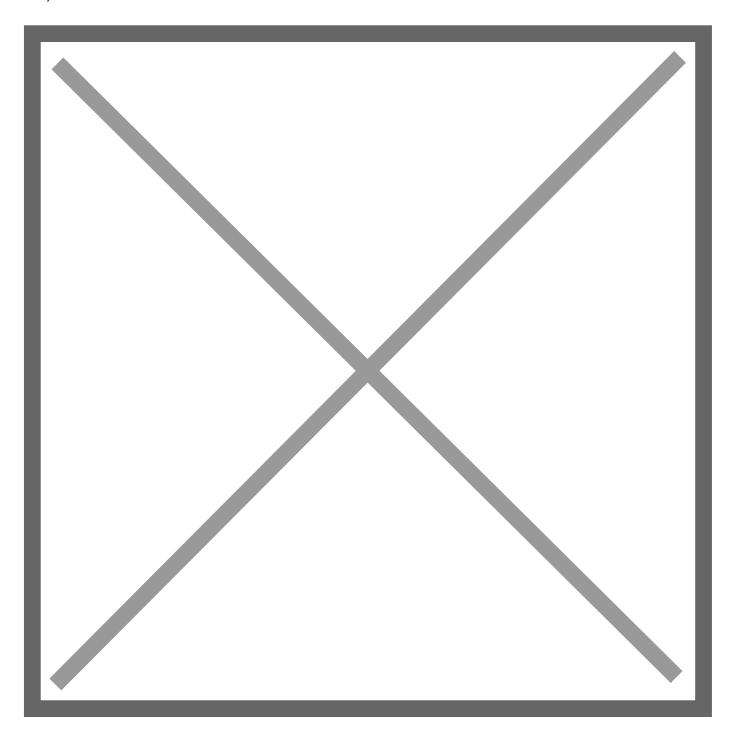
20+ Age:

References: Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021.

Seattle, WA: IHME, University of Washington, 2023. Available from http://vizhub.healthdata.org/gbd-compare. (Last accessed 23.04.25).

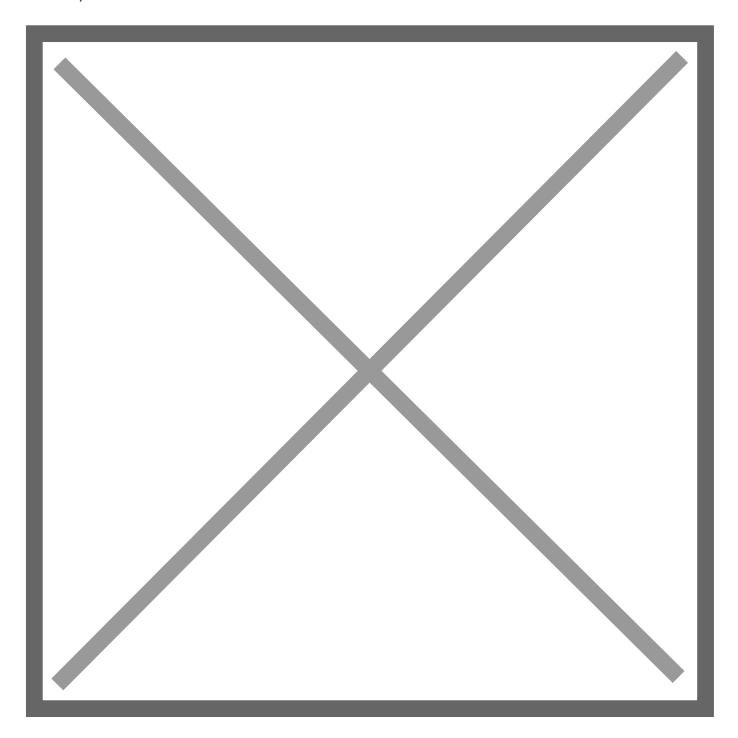
Number living with anxiety per 100,000 population **Definitions:**





Age:	20+
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from http://vizhub.healthdata.org/gbd-compare . (Last accessed 23.04.25).
Definitions:	Number living with anxiety per 100,000 population

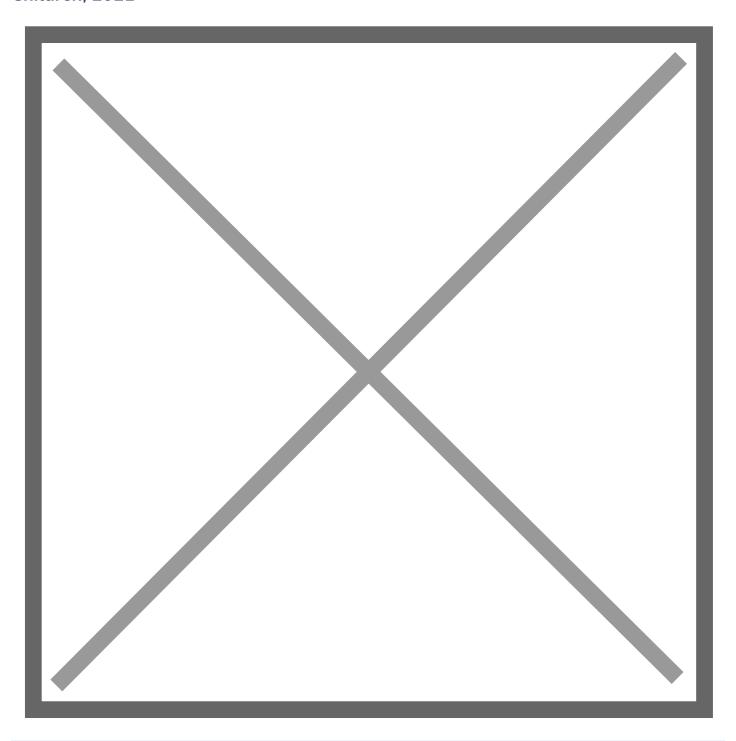




Age:	20+
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from http://vizhub.healthdata.org/gbd-compare . (Last accessed 23.04.25).
Definitions:	Number living with anxiety per 100,000 population



Children, 2021

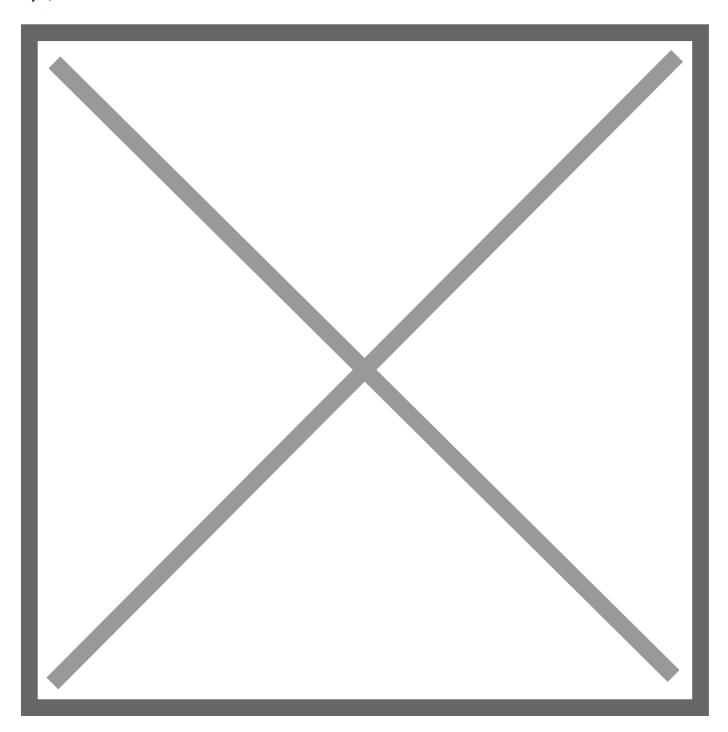


References:

Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from http://vizhub.healthdata.org/gbd-compare. (Last accessed 23.04.25)



Boys, 2021

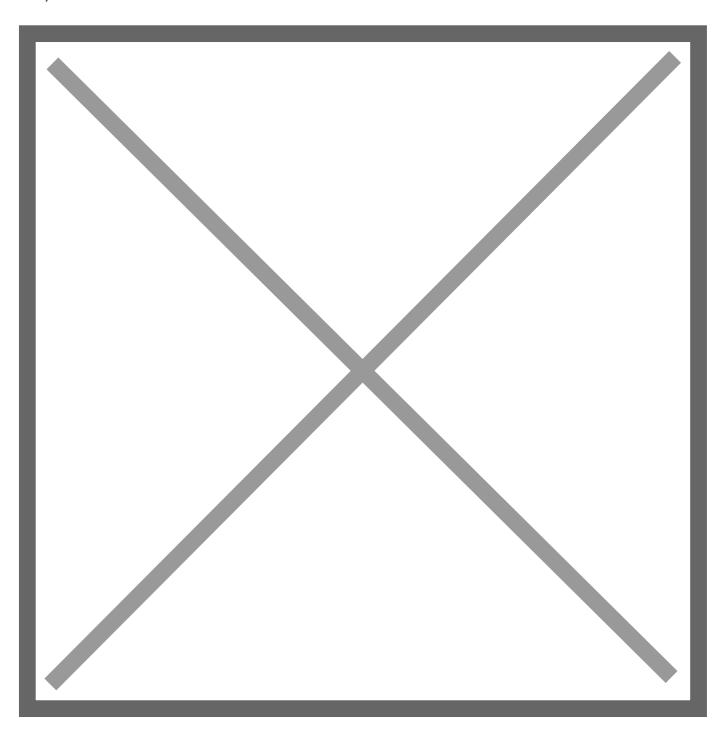


References:

Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from http://vizhub.healthdata.org/gbd-compare. (Last accessed 23.04.25)



Girls, 2021



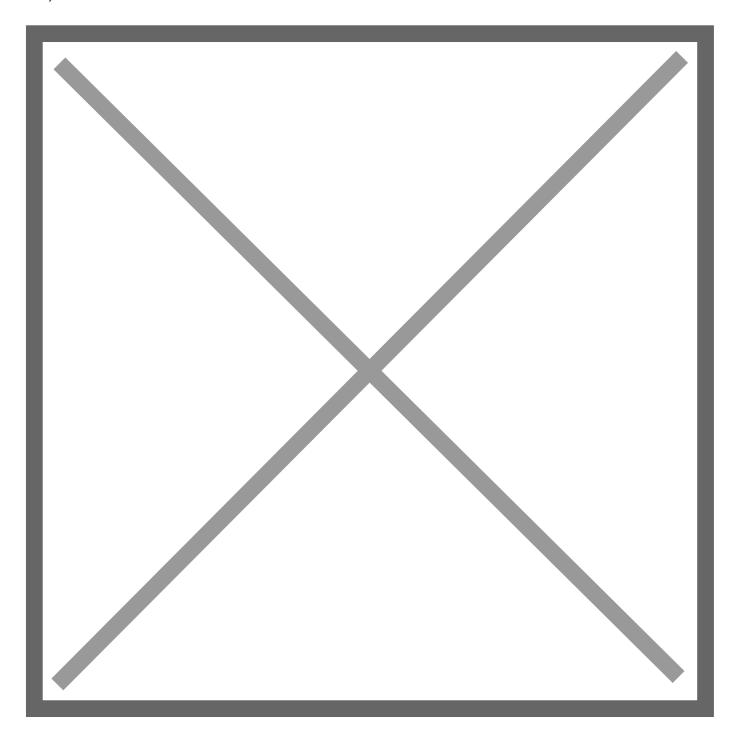
References:

Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from http://vizhub.healthdata.org/gbd-compare. (Last accessed 23.04.25)



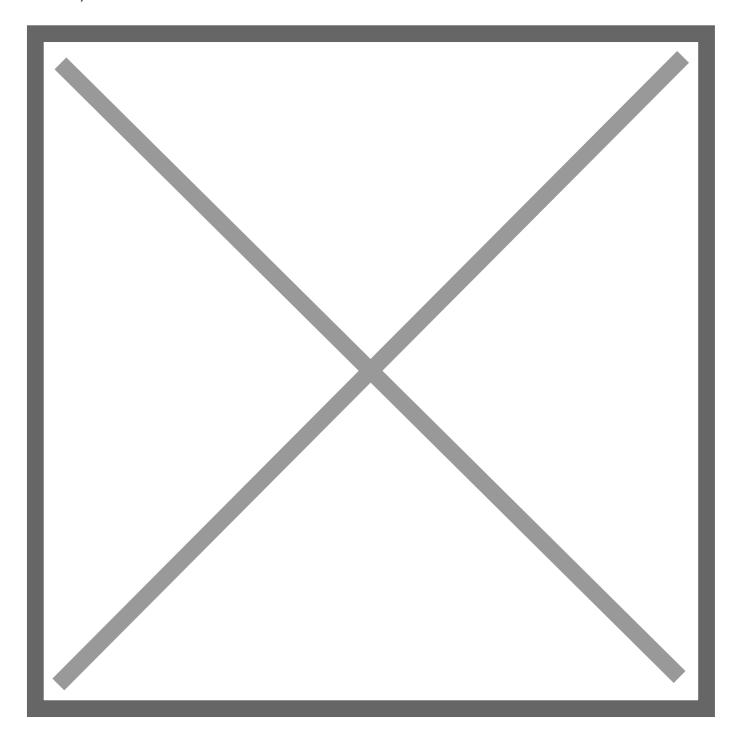
Oesophageal cancer





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

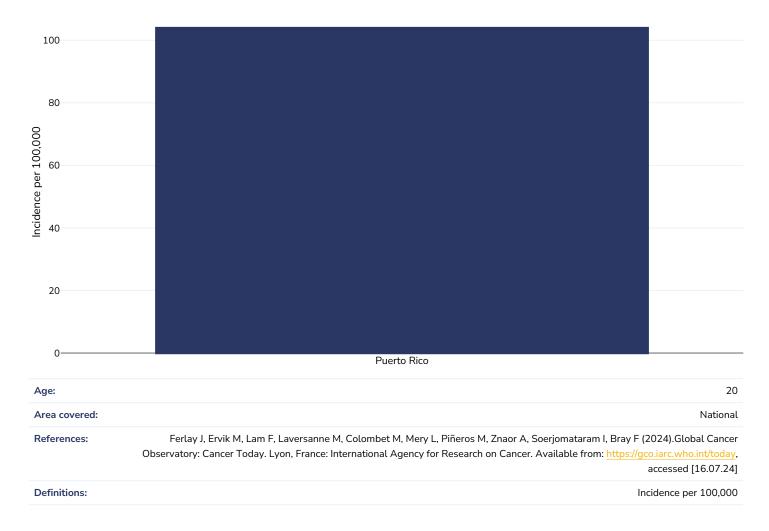




Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today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



Breast cancer

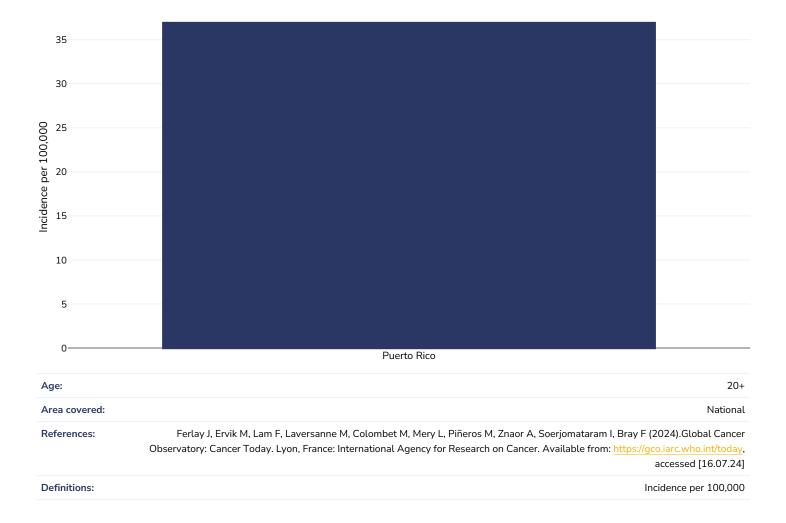




Colorectal cancer





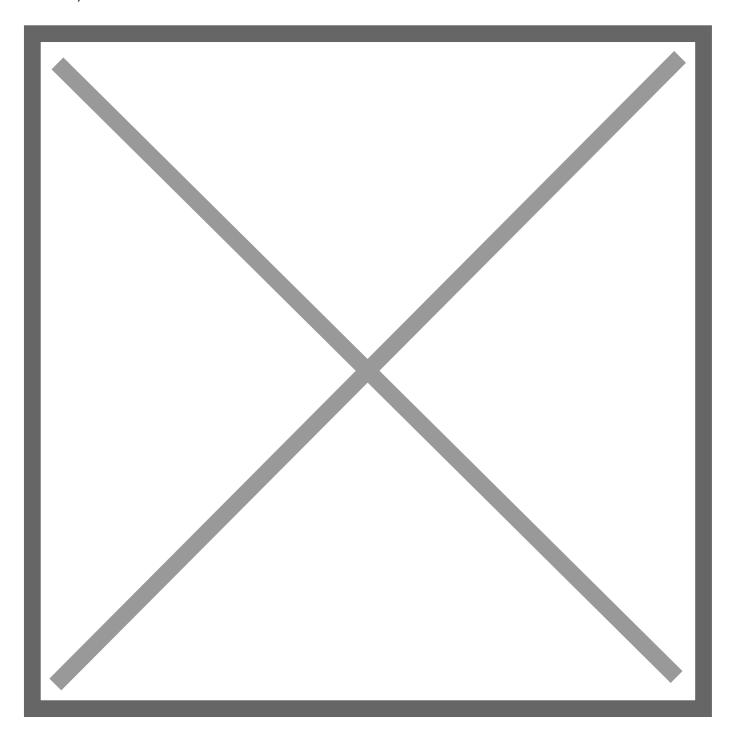




Pancreatic cancer



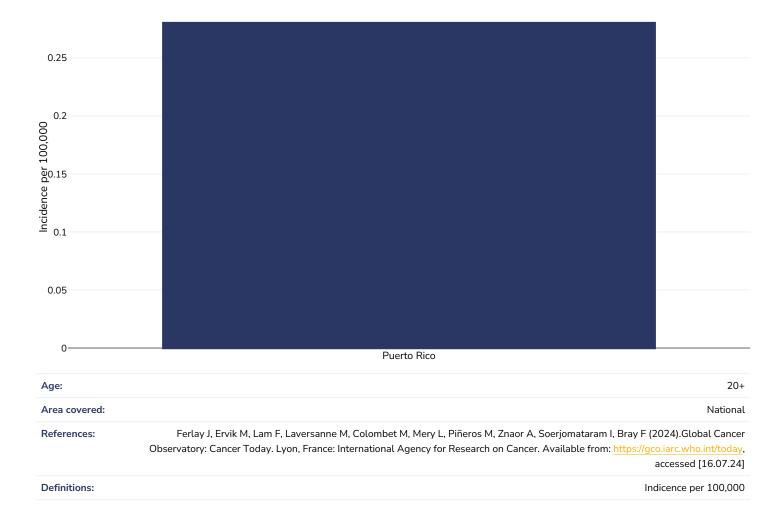




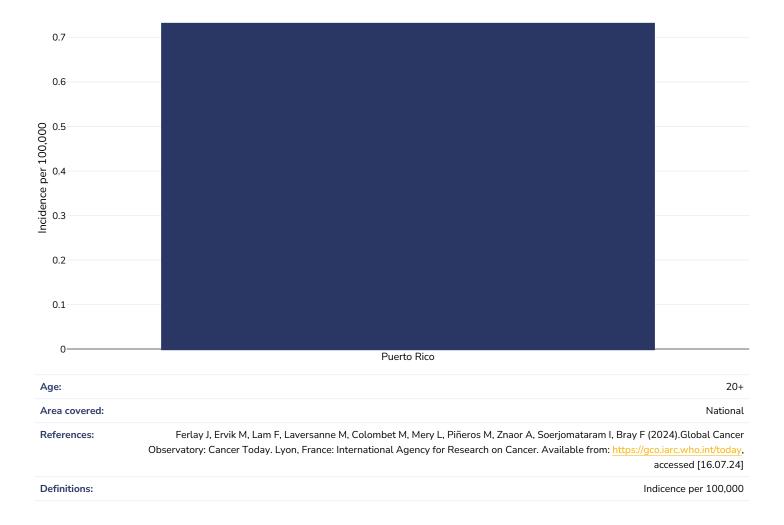
Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today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



Gallbladder cancer









Kidney cancer









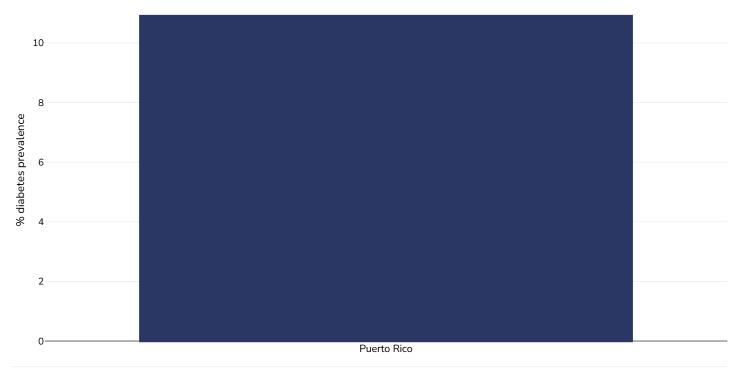
Cancer of the uterus





Diabetes prevalence

Adults, 2024



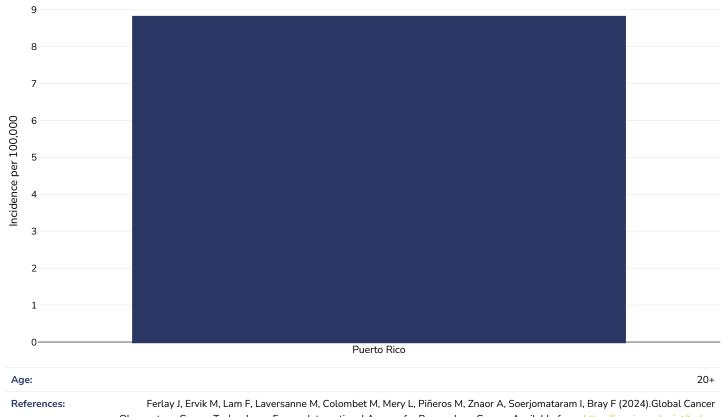
References:

Reproduced with kind permission International Diabetes Federation. IDF Diabetes Atlas, 11th edn. Brussels, Belgium:International Diabetes Federation, 2025. http://www.diabetesatlas.org



Ovarian Cancer

Women, 2022



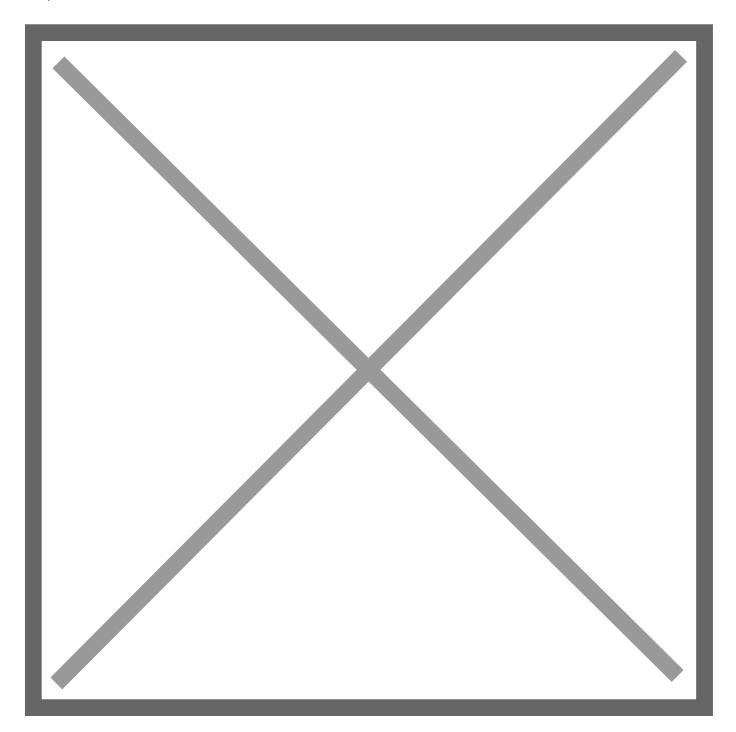
Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]

Definitions: Incidence per 100,000



Leukemia



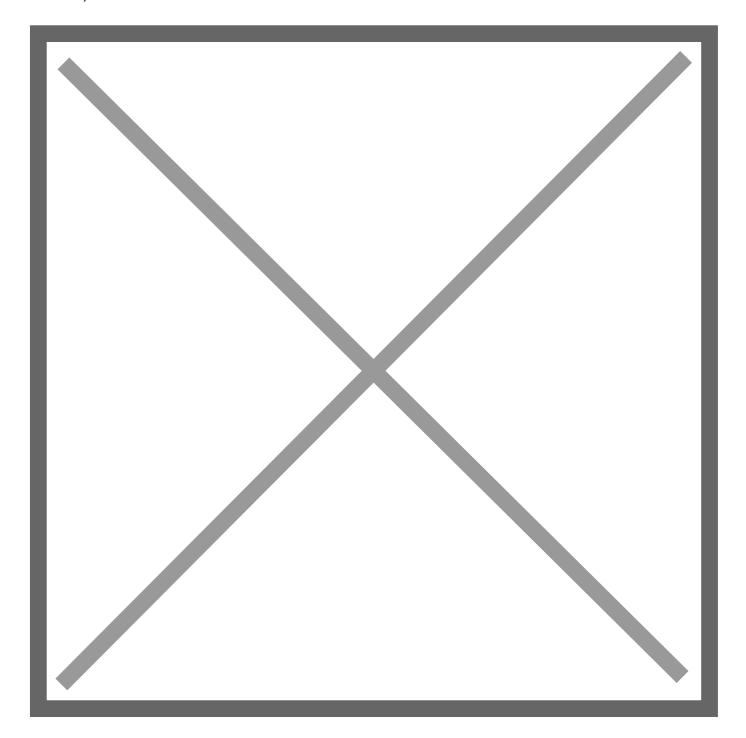


Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today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



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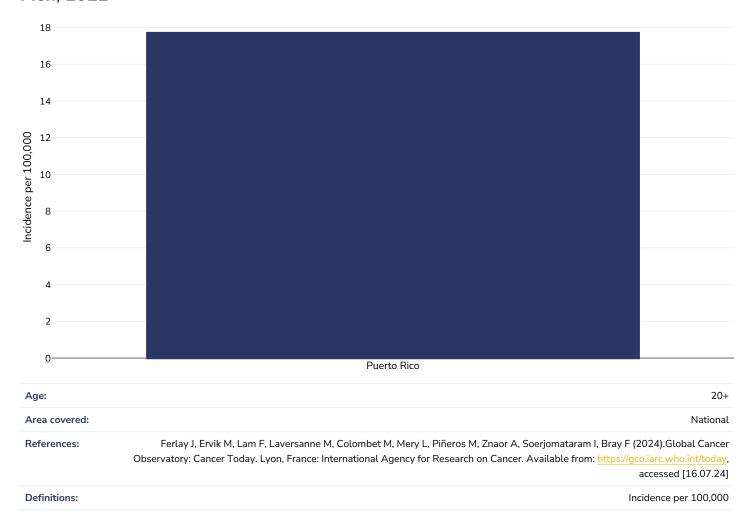
Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today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



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Liver and intrahepatic bile duct Cancer

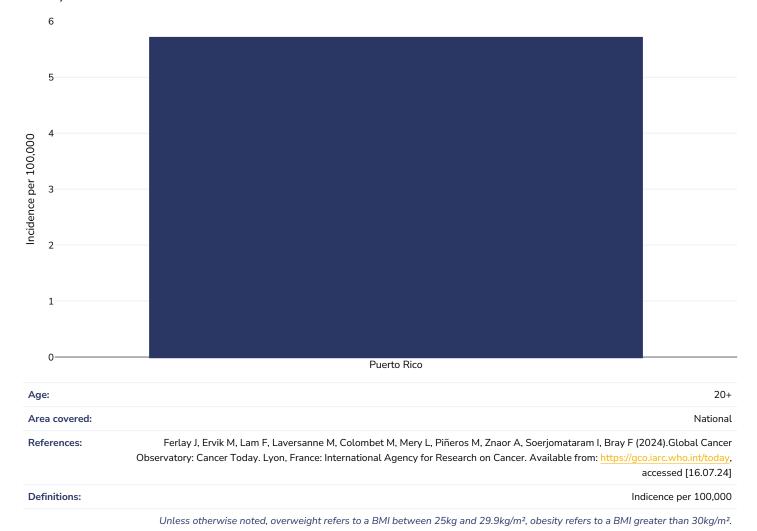




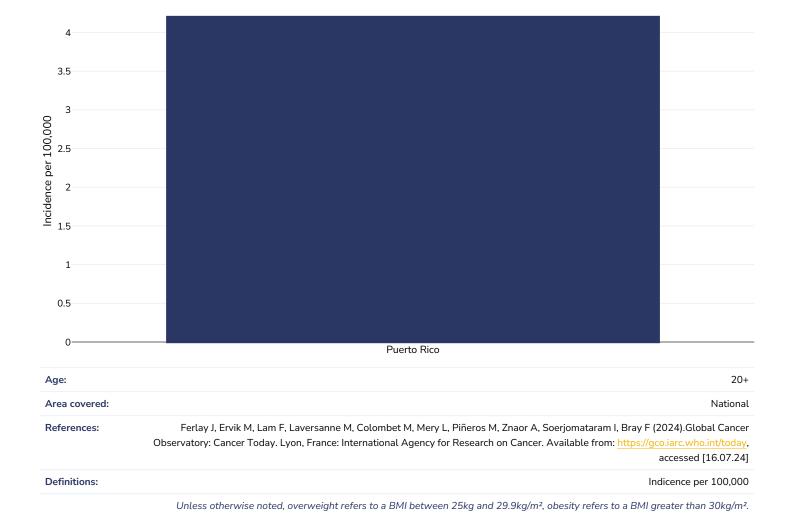




Multiple Myeloma









Non Hodgkin Lymphoma



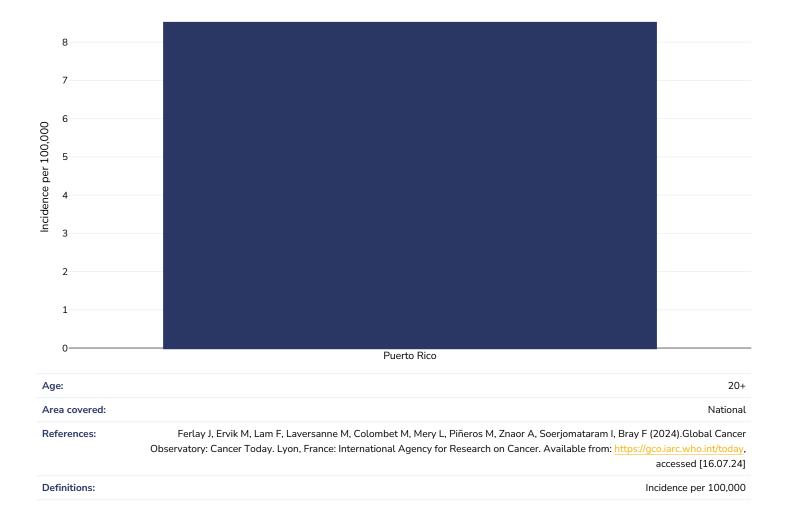




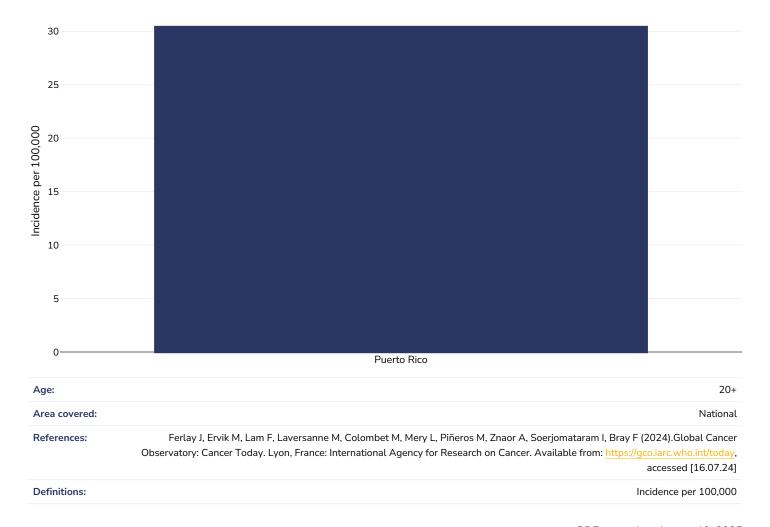
 $Unless \ otherwise \ noted, overweight \ refers \ to \ a \ BMI \ between \ 25kg \ and \ 29.9kg/m^2, obesity \ refers \ to \ a \ BMI \ greater \ than \ 30kg/m^2.$



Thyroid Cancer







PDF created on August 19, 2025