Contents

Obesity prevalence 2
Overweight/obesity by education 5
Overweight/obesity by age 7
Insufficient physical activity 9
Average daily frequency of carbonated soft drink consumption 15
Estimated per capita fruit intake 16
Prevalence of less than daily fruit consumption 17
Prevalence of less than daily vegetable consumption 18
Average weekly frequency of fast food consumption 19
Estimated per-capita processed meat intake 20
Estimated per capita whole grains intake 21
Mental health - depression disorders 22
Mental health - anxiety disorders 23
% Infants exclusively breastfed 0-5 months 24
Oesophageal cancer 25
Breast cancer 27
Colorectal cancer 28
Pancreatic cancer 30
Gallbladder cancer 32
Kidney cancer 34
Cancer of the uterus 36
Raised blood pressure 37
Raised cholesterol 40
Raised fasting blood glucose 43
Diabetes prevalence 45
Contextual factors 46
Obesity prevalence

Adults, 2012

Survey type: Measured
Age: 18-64
Sample size: 2384
Area covered: National

References: WHO STEPS Qatar 2012 Fact Sheet, available at https://www.who.int/ncds/surveillance/steps/Qatar_FactSheet_2012.pdf (last accessed 19.10.20)

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
Children, 2015-2016

Survey type: Measured
Age: 5-19
Sample size: 168011
Area covered: National
References: M. Al-Thani, A. Al-Thani, S. Alyafei, W. Al-Chetachi, S.E. Khalifa, A. Ahmed, A. Ahmad, B. Vinodson, H. Akram, The prevalence and characteristics of overweight and obesity among students in Qatar. Public Health(2018);160:143-149 ISSN 0033-3506
Notes: WHO Cut Off
Cutoffs: WHO
# Infants, 1995

## Overweight or obesity

![Graph showing percentage of infants overweight or obese](image)

<table>
<thead>
<tr>
<th>Age:</th>
<th>0-5</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sample size:</td>
<td>1180</td>
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</tbody>
</table>

## References:

## 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/](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

Boys, 2003-2004

Survey type: Measured
Age: 12-17
Sample size: 3923
Area covered: Urban and Semi-urban


Notes: Mother's education
Girls, 2003-2004

Survey type: Measured
Age: 12-17
Sample size: 3923
Area covered: Urban and Semi-urban
References: Prevalence of obesity, overweight, and underweight in Qatari adolescents. https://pubmed.ncbi.nlm.nih.gov/16572718/ (last accessed 06.06.2022)
Notes: Mother’s education
Overweight/obesity by age

Adults, 2012

Survey type: Measured
Sample size: 2384
Area covered: National

References: WHO STEPS Qatar 2012 Fact Sheet, available at https://www.who.int/ncds/surveillance/steps/Qatar_FactSheet_2012.pdf (last accessed 19.10.20)

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m²; obesity refers to a BMI greater than 30kg/m².
**Children, 2015-2016**

Survey type: Measured
Sample size: 168011
Area covered: National

References: M. Al-Thani, A. Al-Thani, S. Alyafei, W. Al-Chetachi, S.E. Khalifa, A. Ahmed, A. Ahmad, B. Vinodson, H. Akram, The prevalence and characteristics of overweight and obesity among students in Qatar. Public Health;160:143-149 ISSN 0033-3506

Notes: WHO Cut Off
Cutoffs: WHO
Insufficient physical activity

Adults, 2016

Men, 2016

Women, 2016

Children, 2016

Survey type: Self-reported

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, 2016

Survey type: Self-reported
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, 2016

Survey type: Self-reported

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)
Average daily frequency of carbonated soft drink consumption

Children, 2009-2015

Survey type: Measured
Age: 12-17

**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/](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


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


Definitions: Prevalence of less-than-daily vegetable consumption (% less-than-daily vegetable consumption)
Average weekly frequency of fast food consumption

Children, 2009-2015

References:
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

% of population


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, 2010-2019

Area covered:


Definitions: % exclusively breastfed 0-5 months
**Oesophageal cancer**

**Men, 2020**

---

**Age:**

20+

**Area covered:**

National

**References:**


**Definitions:**

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

Incidences per 100,000

Age: 20+

Area covered: National


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

Women, 2020

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

Age:
20+

Area covered:
National

References:

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

<table>
<thead>
<tr>
<th>Country</th>
<th>Incidence per 100,000</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pakistan</td>
<td>0</td>
</tr>
<tr>
<td>Djibouti</td>
<td>1</td>
</tr>
<tr>
<td>Sudan</td>
<td>2</td>
</tr>
<tr>
<td>Oman</td>
<td>3</td>
</tr>
<tr>
<td>Afghanistan</td>
<td>4</td>
</tr>
<tr>
<td>South Sudan</td>
<td>5</td>
</tr>
<tr>
<td>Iraq</td>
<td>6</td>
</tr>
<tr>
<td>Somalia</td>
<td>7</td>
</tr>
<tr>
<td>Morocco</td>
<td>8</td>
</tr>
<tr>
<td>Yemen</td>
<td>9</td>
</tr>
<tr>
<td>Tunisia</td>
<td>10</td>
</tr>
<tr>
<td>Syria</td>
<td>11</td>
</tr>
<tr>
<td>UAE</td>
<td>12</td>
</tr>
<tr>
<td>Egypt</td>
<td>13</td>
</tr>
<tr>
<td>Iran</td>
<td>14</td>
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<tr>
<td>Jordan</td>
<td>15</td>
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<tr>
<td>Lebanon</td>
<td>16</td>
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<tr>
<td>Libya</td>
<td>17</td>
</tr>
<tr>
<td>Kuwait</td>
<td>18</td>
</tr>
<tr>
<td>Bahrain</td>
<td>19</td>
</tr>
<tr>
<td>Qatar</td>
<td>20</td>
</tr>
</tbody>
</table>

Age: 20+

Area covered: National


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

Men, 2020

Age: 20+

Area covered: National


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

- **Age:** 20+
- **Area covered:** National
- **Definitions:** Age-standardized incidence rates per 100,000

--
Kidney cancer

Men, 2020

<table>
<thead>
<tr>
<th>Age: 20+</th>
</tr>
</thead>
<tbody>
<tr>
<td>Area covered: National</td>
</tr>
</tbody>
</table>


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

Age: 20+

Area covered: National


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

Women, 2020

Age: 20+

Area covered: National


Definitions: Age-standardized incidence rates per 100,000
Raised blood pressure

Adults, 2015


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](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

References: Global Health Observatory data repository, World Health Organisation, [http://apps.who.int/gho/data/node.main.A885](http://apps.who.int/gho/data/node.main.A885)

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>
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</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>Question</td>
<td>Status</td>
</tr>
<tr>
<td>-------------------------------------------------------------------------</td>
<td>--------</td>
</tr>
<tr>
<td>Are there fiscal policies on unhealthy products?</td>
<td>Yes</td>
</tr>
<tr>
<td>Tax on unhealthy foods?</td>
<td>No</td>
</tr>
<tr>
<td>Tax on unhealthy drinks?</td>
<td>Yes</td>
</tr>
<tr>
<td>Are there fiscal policies on healthy products?</td>
<td>No</td>
</tr>
<tr>
<td>Subsidy on fruits?</td>
<td>No</td>
</tr>
<tr>
<td>Subsidy on vegetables?</td>
<td>No</td>
</tr>
<tr>
<td>Subsidy on other healthy products?</td>
<td>No</td>
</tr>
<tr>
<td>Mandatory limit or ban of trans fat (all settings)?</td>
<td>No</td>
</tr>
<tr>
<td>Mandatory limit of trans fats in place (all settings)?</td>
<td>No</td>
</tr>
<tr>
<td>Ban on trans-fats or phos in place (all settings)?</td>
<td>No</td>
</tr>
<tr>
<td>Are there any mandatory policies/marketing restrictions on the promotion of unhealthy food/drinks to children?</td>
<td>No</td>
</tr>
<tr>
<td>Mandatory restriction on broadcast media?</td>
<td>No</td>
</tr>
<tr>
<td>Mandatory restriction on non-broadcast media?</td>
<td>No</td>
</tr>
<tr>
<td>Voluntary policies/marketing restrictions on the promotion of unhealthy food/drinks to children?</td>
<td>Yes</td>
</tr>
<tr>
<td>Are there mandatory standards for food in schools?</td>
<td>Yes</td>
</tr>
<tr>
<td>Are there any mandatory nutrient limits in any manufactured food products?</td>
<td>Yes</td>
</tr>
<tr>
<td>Nutrition standards for public sector procurement?</td>
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### Political will and support

<table>
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<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>
</tr>
<tr>
<td>Promotion of breastfeeding?</td>
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</tbody>
</table>

### Monitoring and surveillance

<table>
<thead>
<tr>
<th>Question</th>
<th>Status</th>
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</thead>
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<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>
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### Governance and resource

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

### Key

- ✔️ Present
- ✔️️ Voluntary
- ✔️️️ Incoming
- ❌ Absent
- ❓ Unknown

Last updated September 13, 2022