## Report card

### Romania

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Obesity prevalence

Adults, 2019

Survey type: Self-reported
Age: 18+
Area covered: National

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
## Children, 2015-2017

**Survey type:** Measured  
**Age:** 8  
**Sample size:** 3510  
**Area covered:** National  

### References:

### Cutoffs:
WHO
% Adults living with obesity, 2000-2019

Men

Survey type: Self-reported

References: For full details of references visit https://data.worldobesity.org/

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: Self-reported

References: For full details of references visit https://data.worldobesity.org/

_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, 2000-2019

Men

Survey type: Self-reported

References: For full details of references visit https://data.worldobesity.org/

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: Self-reported

References: For full details of references visit https://data.worldobesity.org/

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 and education

Adults, 2019

Survey type: Self-reported
Area covered: National

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

Survey type: Self-reported
Area covered: National

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

Survey type: Self-reported
Area covered: National

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 education

Men, 2014

Survey type: Self-reported
Age: 18+
Area covered: National

Notes: Less than primary, primary and lower secondary education (levels 0-2) Upper secondary and post-secondary non-tertiary education (levels 3 and 4) Tertiary education (levels 5-8)

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m². Obesity refers to a BMI greater than 30kg/m².
Women, 2014

Survey type: Self-reported
Age: 18+
Area covered: National

Notes: Less than primary, primary and lower secondary education (levels 0-2) Upper secondary and post-secondary non-tertiary education (levels 3 and 4) Tertiary education (levels 5-8)

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 age

Adults, 2019

Survey type: Self-reported
Area covered: National

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
Children, 2017-2018

Survey type: Self-reported
Sample size: 4520
Area covered: National

Cutoffs: WHO
Overweight/obesity by region

Adults, 2017-2018

Survey type: Self-reported
Age: 18+
Sample size: 751
Area covered: National


Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
Boys, 2010-2011

Survey type: Measured
Age: 7-18
Sample size: 3626
Area covered: Regional - Western Romania


Cutoffs: IOTF
Girls, 2010-2011

Survey type: Measured
Age: 7-18
Sample size: 3626
Area covered: Regional - Western Romania
Cutoffs: IOTF
Overweight/obesity by age and region

Men, 2014

Survey type: Self-reported
Area covered: National

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
Women, 2014

Survey type: Self-reported
Area covered: National

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 age and socio-economic group

Adults, 2019

Survey type: Self-reported
Area covered: National

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

Survey type: Self-reported

Area covered: National


Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
### Survey type:
Self-reported

### Area covered:
National

### References:

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 socio-economic group

Men, 2014

Survey type: Self-reported
Age: 18+
Area covered: National


Notes: 1st Quintile (lowest income), 5th Quintile (highest income) Please note where data = zero, there were insufficient data.

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m². obesity refers to a BMI greater than 30kg/m².
<table>
<thead>
<tr>
<th>Quintile</th>
<th>Overweight</th>
<th>Obesity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1st</td>
<td>40%</td>
<td>10%</td>
</tr>
<tr>
<td>2nd</td>
<td>50%</td>
<td>0%</td>
</tr>
<tr>
<td>3rd</td>
<td>50%</td>
<td>0%</td>
</tr>
<tr>
<td>4th</td>
<td>40%</td>
<td>10%</td>
</tr>
<tr>
<td>5th</td>
<td>30%</td>
<td>10%</td>
</tr>
</tbody>
</table>

Survey type: Self-reported
Age: 18+
Area covered: National
Notes: 1st Quintile (lowest income), 5th Quintile (highest income) Please note where data = zero, there were insufficient data.

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
Boys, 2017-2018

<table>
<thead>
<tr>
<th></th>
<th>Overweight or obesity</th>
</tr>
</thead>
<tbody>
<tr>
<td>High FAS</td>
<td></td>
</tr>
<tr>
<td>Low FAS</td>
<td></td>
</tr>
</tbody>
</table>

Survey type: Self-reported

Age: 11-15

Sample size: 4520

Area covered: National


Notes: HBSC Family Affluence Scale (FAS) - "HBSC uses an alternative measure, the Family Affluence Scale, which asks young people about material assets such as family cars, number of foreign holidays, computers, bathrooms and dishwashers in the household, holidays and having a bedroom to oneself. The scale, which enables users to add up how many of these assets a young person has in their home compared with other adolescents in their country/region, has been shown to provide a valid indicator of relative affluence."

Definitions: HBSC Family Affluence Scale (FAS)

Cutoffs: WHO
Girls, 2017-2018

Survey type: Self-reported
Age: 11-15
Sample size: 4520
Area covered: National


Notes: HBSC Family Affluence Scale (FAS) - "HBSC uses an alternative measure, the Family Affluence Scale, which asks young people about material assets such as family cars, number of foreign holidays, computers, bathrooms and dishwashers in the household, holidays and having a bedroom to oneself. The scale, which enables users to add up how many of these assets a young person has in their home compared with other adolescents in their country/region, has been shown to provide a valid indicator of relative affluence."

Definitions: HBSC Family Affluence Scale (FAS)
Cutoffs: WHO
Overweight/obesity by age and limited activity

Adults, 2014

Survey type: Self-reported
Area covered: National
References: Eurostat 2014 available at https://appsso.eurostat.ec.europa.eu/nui/submitViewTableAction.do (last accessed 06.10.21)

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
Men, 2014

Survey type: Self-reported
Area covered: National
References: Eurostat 2014 available at https://appsso.eurostat.ec.europa.eu/nui/submitViewTableAction.do (last accessed 06.10.21)

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
Women, 2014

Survey type: Self-reported
Area covered: National
References: Eurostat 2014 available at https://appsso.eurostat.ec.europa.eu/nui/submitViewTableAction.do (last accessed 06.10.21)

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

% insufficient physical activity

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)
Sugar consumption

Adults, 2016

References:
Source: Euromonitor International

Definitions:
Sugar consumption (Number of 500g sugar portions/person/month)
Estimated per capita sugar sweetened beverages intake

Adults, 2016

References: Source: Euromonitor International
Prevalence of at least daily carbonated soft drink consumption

Children, 2014

Survey type: Measured


Notes: 15-year-old adolescents

Definitions: Prevalence of at least daily carbonated soft drink consumption (% of at least daily carbonated soft drink consumption)
Prevalence of confectionery consumption

Adults, 2016

References: Source: Euromonitor International
Definitions: Prevalence of confectionery consumption (Number of 50g confectionery portions/person/month)
Prevalence of sweet/savoury snack consumption

Adults, 2016

References: Source: Euromonitor International

Definitions: Prevalence of sweet/savoury snack consumption (Number of 35g sweet/savoury snack portions/person/month)
## Estimated per capita fruit intake

### Adults, 2017

<table>
<thead>
<tr>
<th>Country</th>
<th>g/day</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bulgaria</td>
<td>0</td>
</tr>
<tr>
<td>Latvia</td>
<td>50</td>
</tr>
<tr>
<td>Poland</td>
<td>100</td>
</tr>
<tr>
<td>Slovakia</td>
<td>150</td>
</tr>
<tr>
<td>Bulgaria</td>
<td>200</td>
</tr>
<tr>
<td>Latvia</td>
<td>250</td>
</tr>
<tr>
<td>Poland</td>
<td>300</td>
</tr>
<tr>
<td>Slovakia</td>
<td>350</td>
</tr>
<tr>
<td>Hungary</td>
<td>400</td>
</tr>
<tr>
<td>Czechia</td>
<td>450</td>
</tr>
<tr>
<td>Croatia</td>
<td>500</td>
</tr>
<tr>
<td>Lithuania</td>
<td>550</td>
</tr>
<tr>
<td>Estonia</td>
<td>600</td>
</tr>
<tr>
<td>Germany</td>
<td>650</td>
</tr>
<tr>
<td>Belgium</td>
<td>700</td>
</tr>
<tr>
<td>Finland</td>
<td>750</td>
</tr>
<tr>
<td>United Kingdom</td>
<td>800</td>
</tr>
<tr>
<td>Cyprus</td>
<td>850</td>
</tr>
<tr>
<td>Malta</td>
<td>900</td>
</tr>
<tr>
<td>France</td>
<td>950</td>
</tr>
<tr>
<td>Croatia</td>
<td>1000</td>
</tr>
<tr>
<td>Portugal</td>
<td>1050</td>
</tr>
<tr>
<td>Sweden</td>
<td>1100</td>
</tr>
<tr>
<td>Netherlands</td>
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<tr>
<td>Spain</td>
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<td>Slovenia</td>
<td>1250</td>
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<tr>
<td>Ireland</td>
<td>1300</td>
</tr>
<tr>
<td>Austria</td>
<td>1350</td>
</tr>
<tr>
<td>Denmark</td>
<td>1400</td>
</tr>
<tr>
<td>Italy</td>
<td>1450</td>
</tr>
<tr>
<td>Greece</td>
<td>1500</td>
</tr>
<tr>
<td>Luxembourg</td>
<td>1550</td>
</tr>
</tbody>
</table>

**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, 2014

Survey type: Measured


Definitions: Prevalence of less-than-daily fruit consumption (% less-than-daily fruit consumption)
Prevalence of less than daily vegetable consumption

Children, 2014

Survey type:Measured
Age:12-17


Definitions:Prevalence of less-than-daily vegetable consumption (% less-than-daily vegetable consumption)
Estimated per-capita processed meat intake

Adults, 2017

Survey type: Measured
Age: 25+
Definitions: Estimated per-capita processed meat intake (g per day)
Estimated per capita whole grains intake

Adults, 2017

<table>
<thead>
<tr>
<th>Country</th>
<th>Estimated Intake (g/day)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Italy</td>
<td>0</td>
</tr>
<tr>
<td>Malta</td>
<td>5</td>
</tr>
<tr>
<td>Greece</td>
<td>10</td>
</tr>
<tr>
<td>France</td>
<td>15</td>
</tr>
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<td>Cyprus</td>
<td>20</td>
</tr>
<tr>
<td>Denmark</td>
<td>25</td>
</tr>
<tr>
<td>Latvia</td>
<td>30</td>
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<tr>
<td>Belgium</td>
<td>35</td>
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<tr>
<td>Croatia</td>
<td>40</td>
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<tr>
<td>Portugal</td>
<td>45</td>
</tr>
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<td>Spain</td>
<td>50</td>
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<td>Finland</td>
<td>55</td>
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<td>Sweden</td>
<td>60</td>
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<td>Germany</td>
<td>65</td>
</tr>
<tr>
<td>Austria</td>
<td>70</td>
</tr>
<tr>
<td>Czechia</td>
<td>75</td>
</tr>
<tr>
<td>Ireland</td>
<td>80</td>
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</tbody>
</table>

Survey type: Measured
Age: 25+
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, 1996-2004

Area covered: National

References: Romania Reproductive Health Survey 2004.


Definitions: % exclusively breastfed 0-5 months
Oesophageal cancer

Men, 2018

Incidence per 100,000

Age: 20+


Definitions: Estimated age-standardized incidence rates (World) in 2018, oesophagus, adults ages 20+. ASR (World) per 100,000
Women, 2018


Definitions: Estimated age-standardized incidence rates (World) in 2018, oesophagus, adults ages 20+. ASR (World) per 100,000
Breast cancer

Women, 2018

Age: 20+

References: Global Cancer Observatory, Cancer incidence rates http://gco.iarc.fr/ (last accessed 30th June 2020)

Definitions: Estimated age-standardized incidence rates (World) in 2018, breast, females, ages 20+. ASR (World) per 100,000
Colorectal cancer

Men, 2018

Age: 20+


Definitions: Estimated age-standardized incidence rates (World) in 2018, colorectum, adults, ages 20+. ASR (World) per 100,000
Women, 2018

Age: 20+


Definitions: Estimated age-standardized incidence rates (World) in 2018, colorectum, adults, ages 20+. ASR (World) per 100,000
Pancreatic cancer

Men, 2018


Definitions: Estimated age-standardized incidence rates (World) in 2018, pancreas, adults, ages 20+. ASR (World) per 100,000
Women, 2018

Incidence per 100,000

Age:

20+

References: Global Cancer Observatory, Cancer incidence rates http://gco.iarc.fr/ (last accessed 30th June 2020)

Definitions: Estimated age-standardized incidence rates (World) in 2018, pancreas, adults, ages 20+. ASR (World) per 100,000
Gallbladder cancer

Men, 2018

References: Global Cancer Observatory, Cancer incidence rates [http://gco.iarc.fr/] (last accessed 30th June 2020)

Definitions: Estimated age-standardized incidence rates (World) in 2018, gallbladder, adults, ages 20+. ASR (World) per 100,000
Women, 2018


Definitions: Estimated age-standardized incidence rates (World) in 2018, gallbladder, adults, ages 20+. ASR (World) per 100,000
Kidney cancer

Men, 2018

Age: 20+


Definitions: Estimated age-standardized incidence rates (World) in 2018, kidney, adults, ages 20+. ASR (World) per 100,000
Women, 2018

Age: 20+


Definitions: Estimated age-standardized incidence rates (World) in 2018, kidney, adults, ages 20+. ASR (World) per 100,000
Cancer of the uterus

Women, 2018

Incidence per 100,000

Age:


Definitions: Estimated age-standardized incidence rates (World) in 2018, cervix uteri, females, ages 20+. ASR (World) 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

<table>
<thead>
<tr>
<th>Country</th>
<th>% Raised Blood Pressure</th>
</tr>
</thead>
<tbody>
<tr>
<td>United Kingdom</td>
<td>6.3%</td>
</tr>
<tr>
<td>Belgium</td>
<td>7.1%</td>
</tr>
<tr>
<td>Malta</td>
<td>7.8%</td>
</tr>
<tr>
<td>Netherlands</td>
<td>9.4%</td>
</tr>
<tr>
<td>Sweden</td>
<td>10.7%</td>
</tr>
<tr>
<td>Finland</td>
<td>12.2%</td>
</tr>
<tr>
<td>Spain</td>
<td>14.6%</td>
</tr>
<tr>
<td>Denmark</td>
<td>16.3%</td>
</tr>
<tr>
<td>Greece</td>
<td>16.8%</td>
</tr>
<tr>
<td>Cyprus</td>
<td>16.8%</td>
</tr>
<tr>
<td>Germany</td>
<td>17.2%</td>
</tr>
<tr>
<td>Luxembourg</td>
<td>17.2%</td>
</tr>
<tr>
<td>France</td>
<td>17.3%</td>
</tr>
<tr>
<td>Ireland</td>
<td>18.2%</td>
</tr>
<tr>
<td>Austria</td>
<td>19.3%</td>
</tr>
<tr>
<td>Italy</td>
<td>19.5%</td>
</tr>
<tr>
<td>Portugal</td>
<td>19.8%</td>
</tr>
<tr>
<td>Estonia</td>
<td>20.2%</td>
</tr>
<tr>
<td>Czechia</td>
<td>20.3%</td>
</tr>
<tr>
<td>Slovakia</td>
<td>20.4%</td>
</tr>
<tr>
<td>Latvia</td>
<td>20.6%</td>
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<tr>
<td>Lithuania</td>
<td>20.6%</td>
</tr>
<tr>
<td>Hungary</td>
<td>20.9%</td>
</tr>
<tr>
<td>Slovenia</td>
<td>21.0%</td>
</tr>
<tr>
<td>Romania</td>
<td>24.4%</td>
</tr>
<tr>
<td>Estonia</td>
<td>25.0%</td>
</tr>
</tbody>
</table>


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

Adults, 2008


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

% raised cholesterol

Romania
Croatia
Greece
Bulgaria
Czechia
Lithuania
Hungary
Estonia
Sweden
Slovenia
Portugal
Finland
Cyprus
Spain
Poland
Malta
Austria
Italy
Netherlands
France
Belgium
United Kingdom
Ireland
Denmark
Luxembourg
Germany

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).
Women, 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).
Raised fasting blood glucose

Men, 2014


Definitions: Age Standardised % raised fasting blood glucose (>= 7.0 mmol/L or on medication).
Women, 2014

% raised fasting blood glucose

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).
Diabetes prevalence

Adults, 2021

Age: 20-79

Area covered: National


Definitions: Age-adjusted comparative prevalence of diabetes, %

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