



San Cristóbal y Nieves



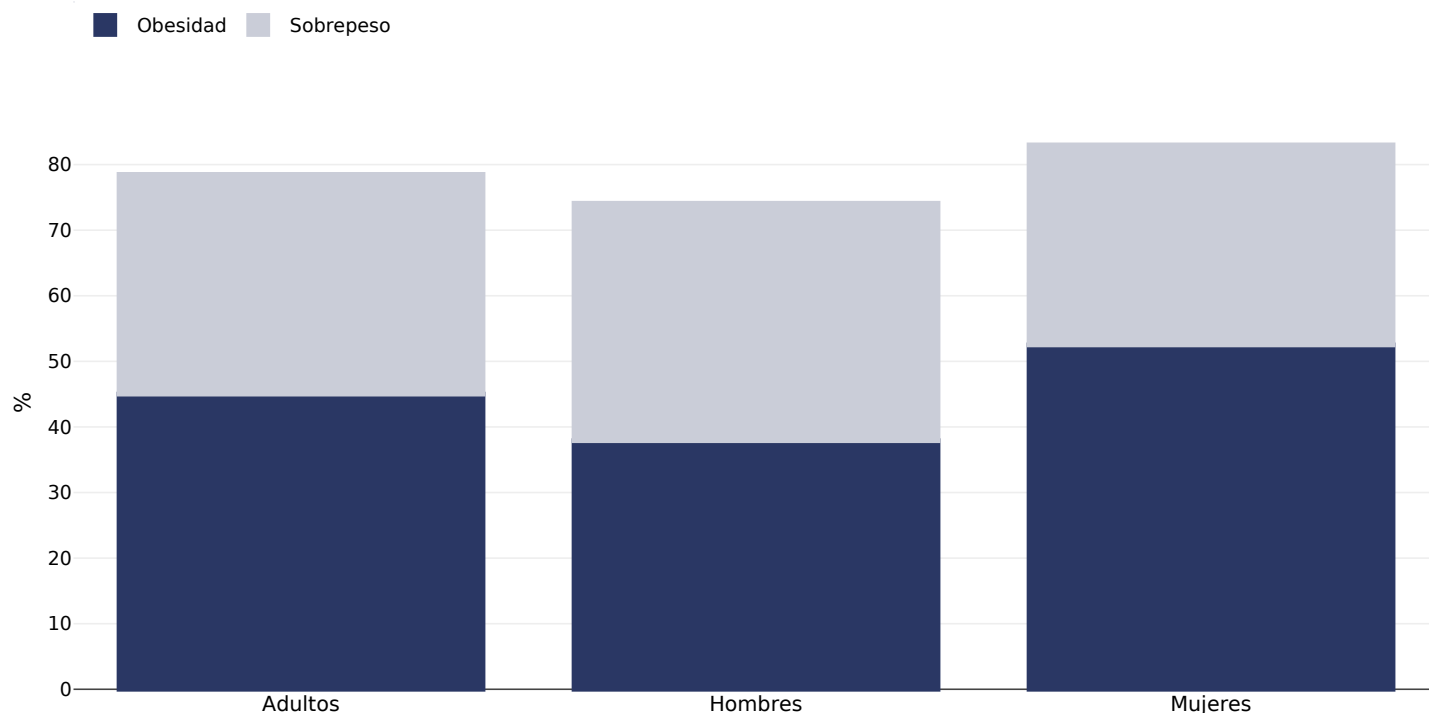
Country report card - adults

This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity for adults. 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/saint-kitts-and-nevis-181/>.

Prevalencia de obesidad

Adultos, 2007-2008



Tipo de encuesta: Medido

Edad: 25-64

Tamaño de la muestra: 1443

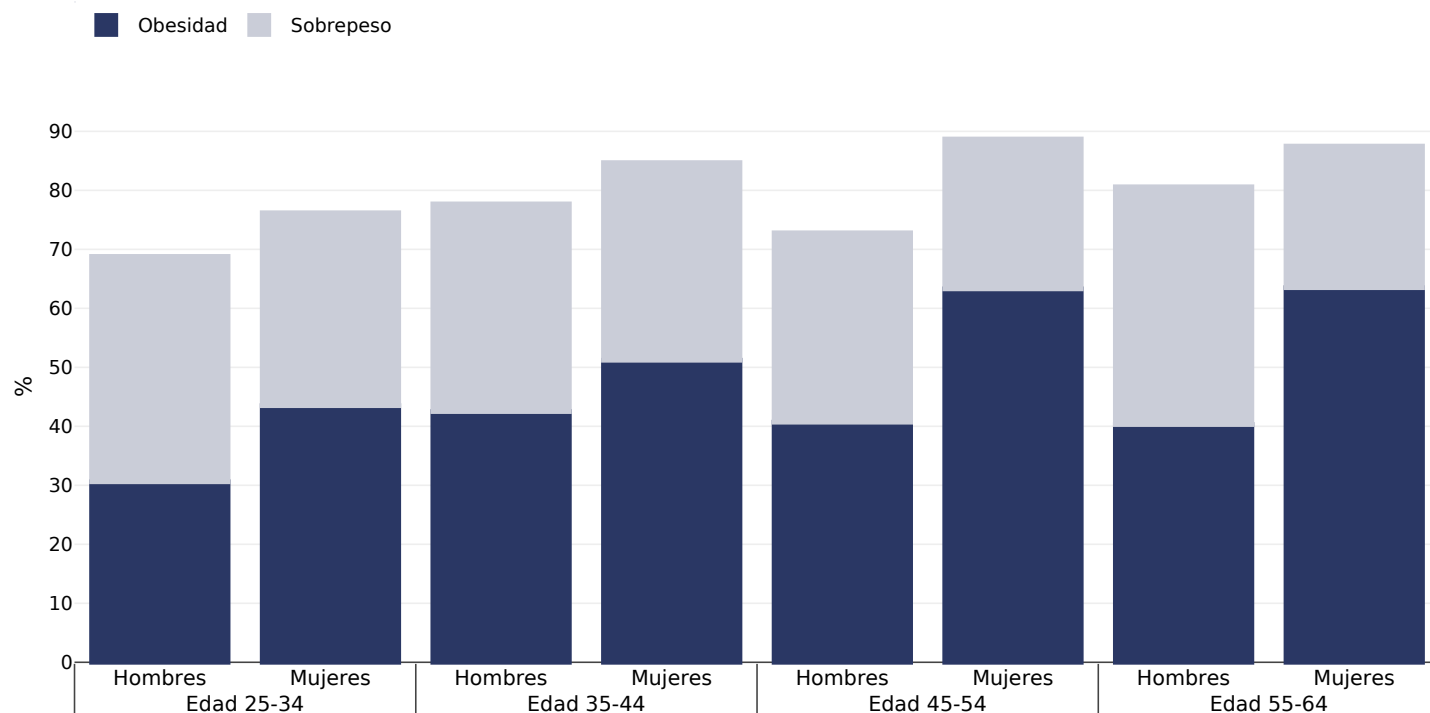
Zona abarcada: Nacional

Referencias: WHO St Kitts & Nevis STEPS Survey 2008 available at https://www.who.int/ncds/surveillance/steps/saint_kitts_and_nevis/en/ (last accessed 20.10.20)

A menos que se indique lo contrario, el sobrepeso se refiere a un IMC entre 25 kg y 29,9 kg/m² y la obesidad se refiere a un IMC superior a 30 kg/m².

Sobrepeso/obesidad por edad

Adultos, 2007-2008



Tipo de encuesta: Medido

Tamaño de la muestra: 1443

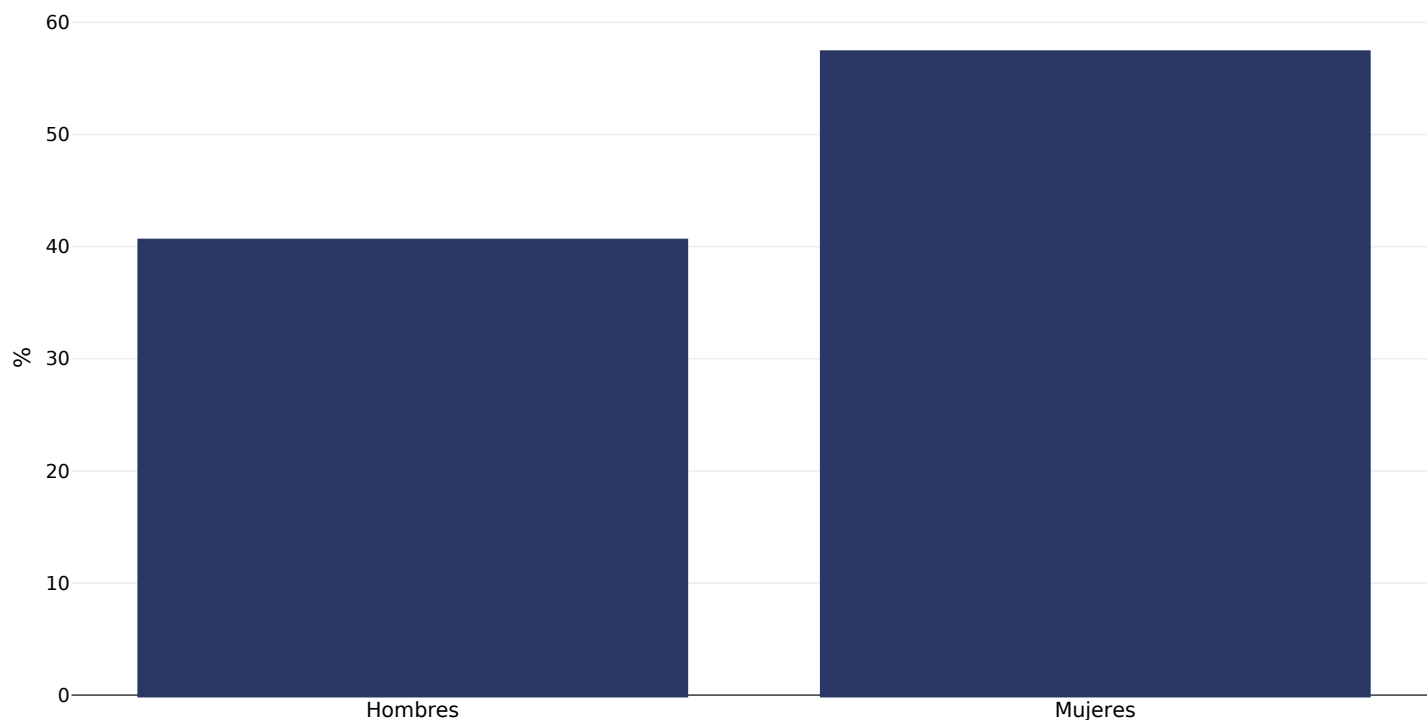
Zona abarcada: Nacional

Referencias: WHO St Kitts & Nevis STEPS Survey 2008 available at https://www.who.int/ncds/surveillance/steps/saint_kitts_and_nevis/en/ (last accessed 20.10.20)

A menos que se indique lo contrario, el sobrepeso se refiere a un IMC entre 25 kg/m² y 29,9 kg/m² y la obesidad se refiere a un IMC superior a 30 kg/m².

Double burden of underweight & overweight

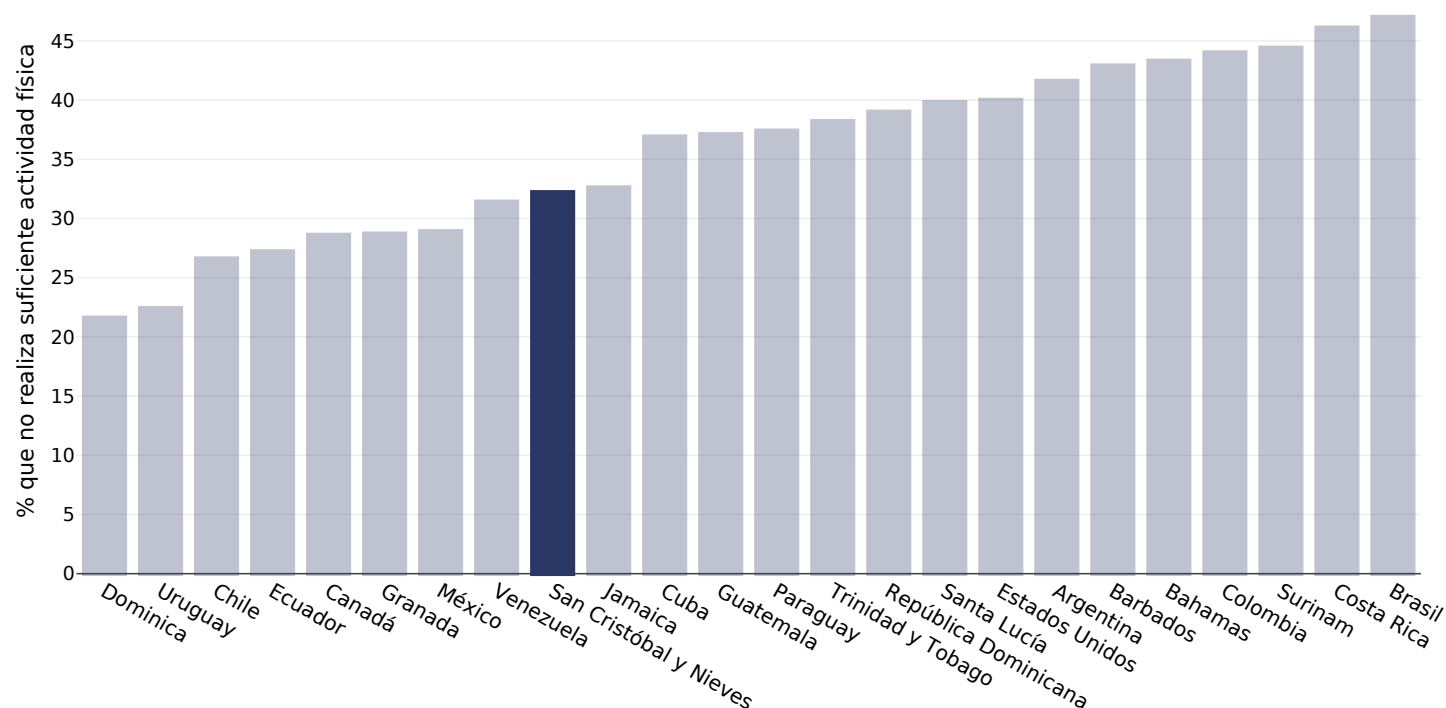
Adultos, 2022



Tipo de encuesta:	Medido
Edad:	20+
Referencias:	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 .
Notas:	Age Standardised estimates
Definiciones (solo disponible en inglés):	Combined prevalence of BMI<18.5 kg/m ² and BMI≥30 kg/m ² (double burden of underweight and obesity)

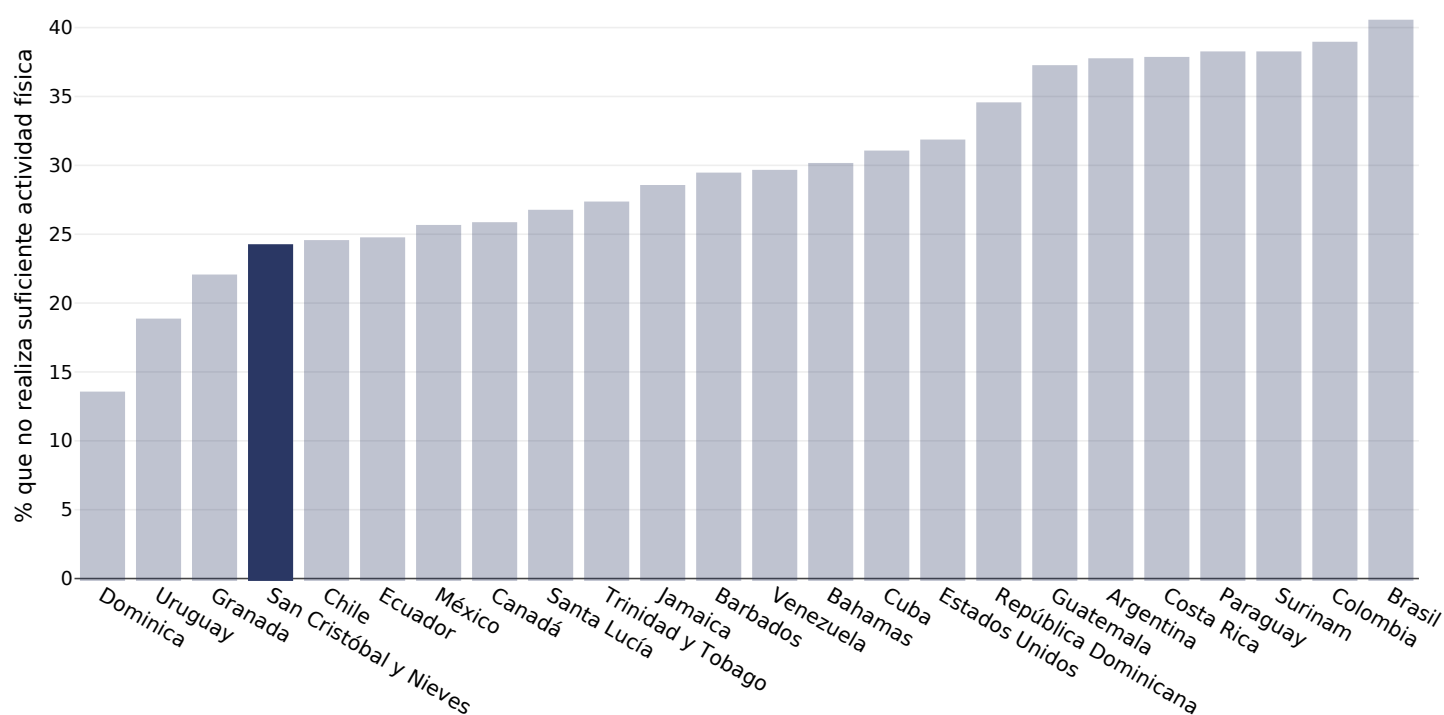
Actividad f sica insuficiente

Adultos, 2016



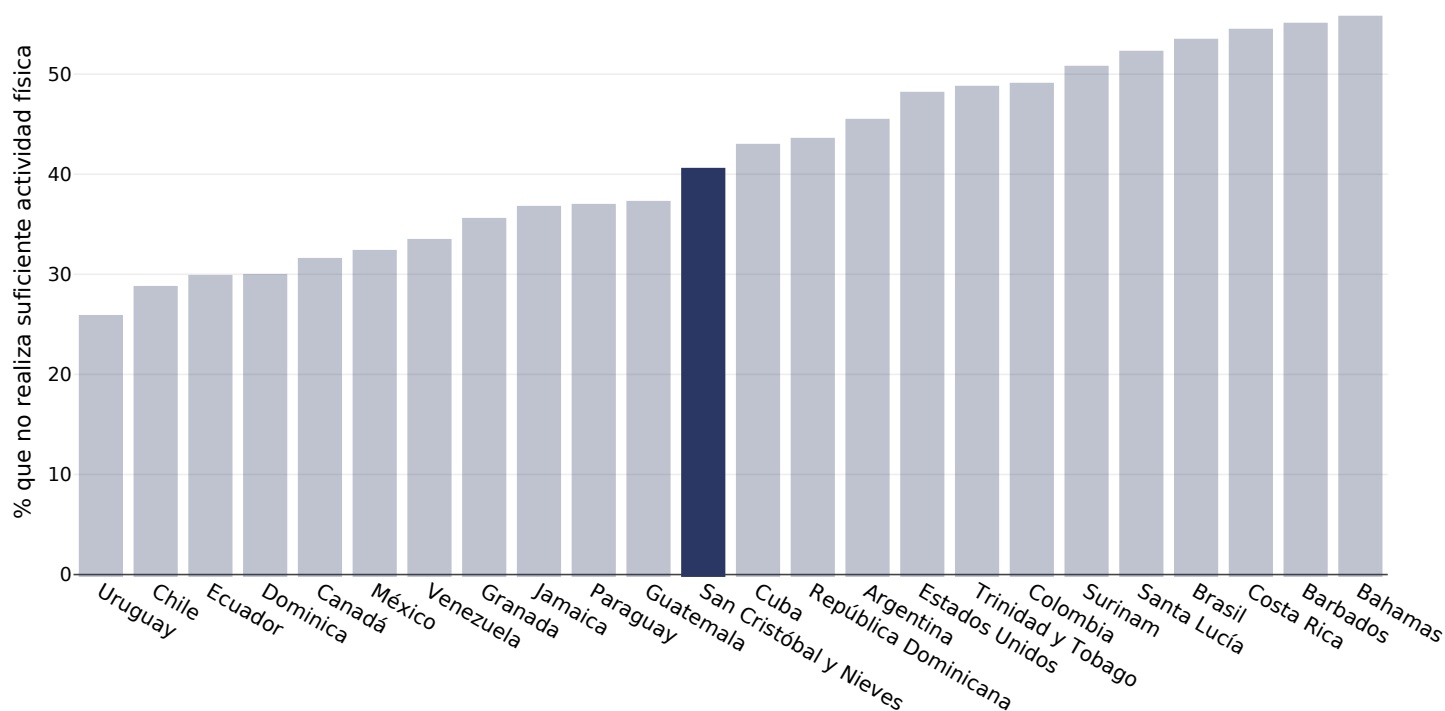
Referencias: Guthold R, Stevens GA, Riley LM, Bull FC. Worldwide trends in insufficient physical activity from 2001 to 2016: a pooled analysis of 358 population-based surveys with 1.9 million participants. Lancet 2018 [http://dx.doi.org/10.1016/S2214-109X\(18\)30357-7](http://dx.doi.org/10.1016/S2214-109X(18)30357-7)

Hombres, 2016



Referencias: Guthold R, Stevens GA, Riley LM, Bull FC. Worldwide trends in insufficient physical activity from 2001 to 2016: a pooled analysis of 358 population-based surveys with 1.9 million participants. Lancet 2018 [http://dx.doi.org/10.1016/S2214-109X\(18\)30357-7](http://dx.doi.org/10.1016/S2214-109X(18)30357-7)

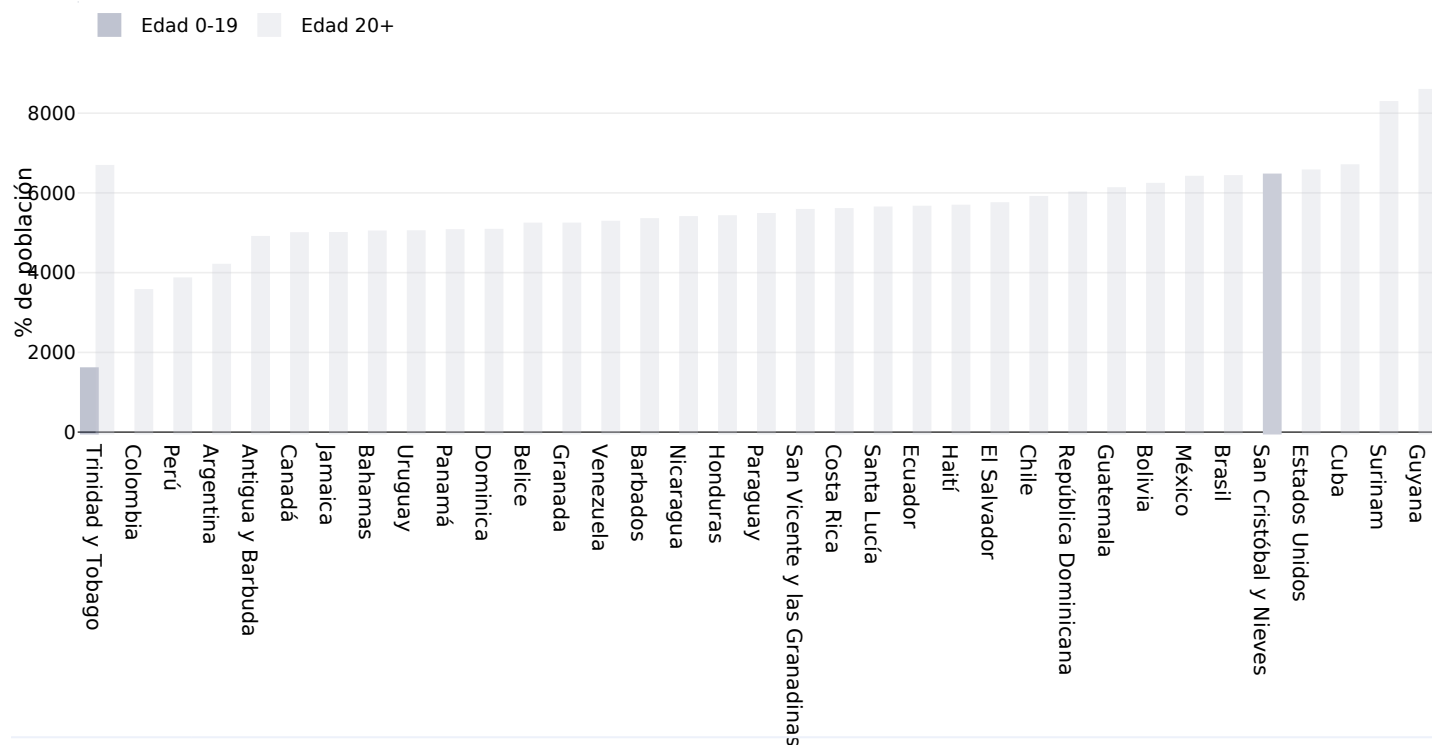
Mujeres, 2016



Referencias: Guthold R, Stevens GA, Riley LM, Bull FC. Worldwide trends in insufficient physical activity from 2001 to 2016: a pooled analysis of 358 population-based surveys with 1.9 million participants. Lancet 2018 [http://dx.doi.org/10.1016/S2214-109X\(18\)30357-7](http://dx.doi.org/10.1016/S2214-109X(18)30357-7)

Salud mental: trastornos de depresión

Adultos, 2021



**Zona
abarcada:**

Nacional

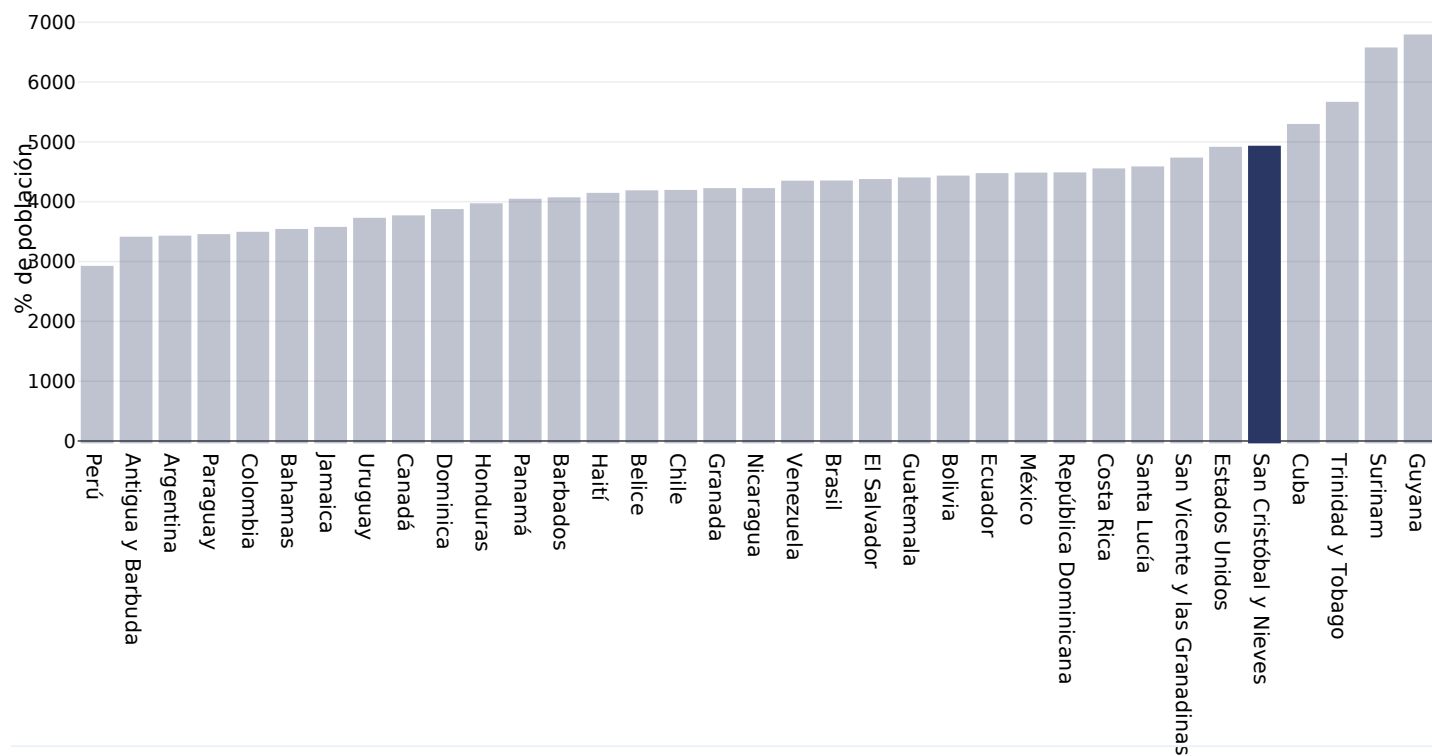
Referencias:

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)

**Definiciones
(solo
disponible en
inglés):**

Number living with depression per 100,000 population (adults 20+ years)

Hombres, 2021



**Zona
abarcada:**

Nacional

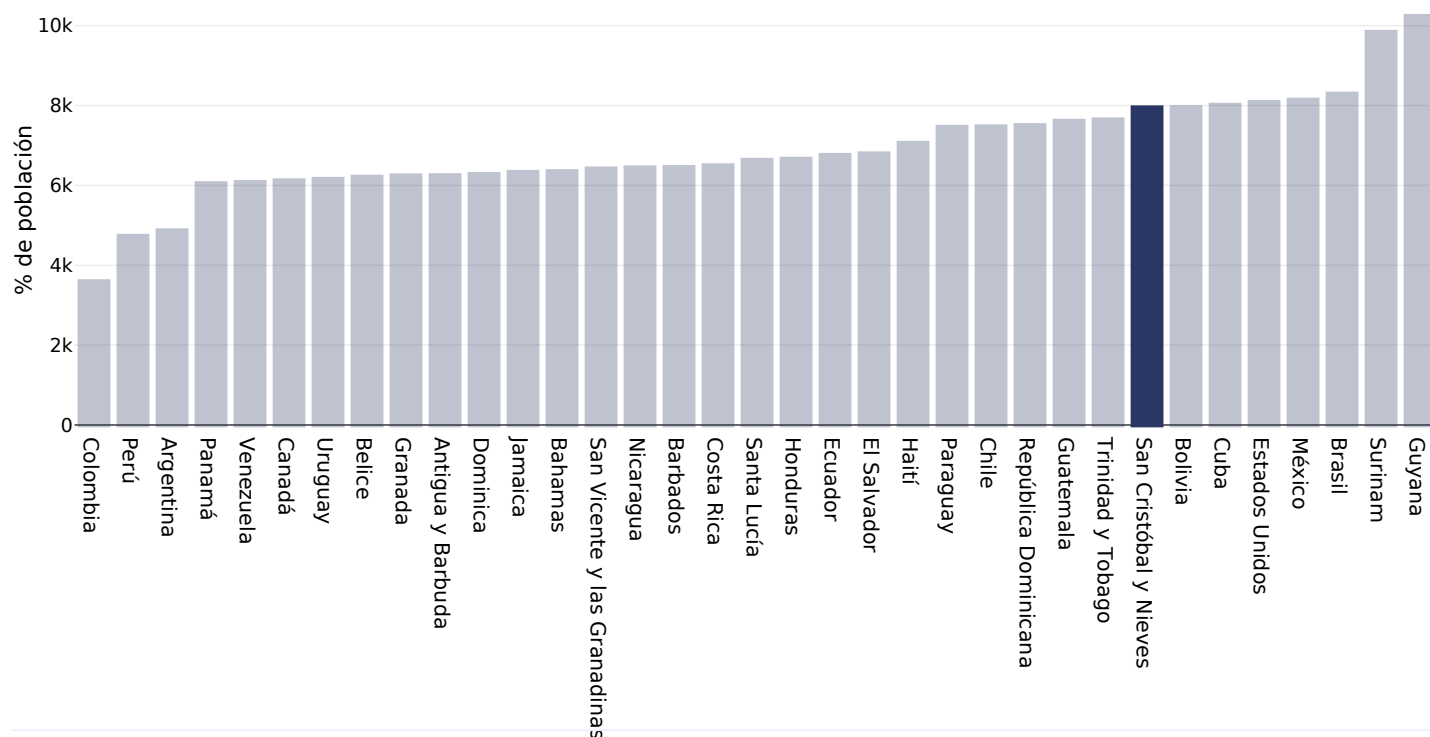
Referencias:

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)

Definiciones (solo disponible en inglés):

Number living with depression per 100,000 population (adults 20+ years)

Mujeres, 2021



**Zona
abarcada:**

Nacional

Referencias:

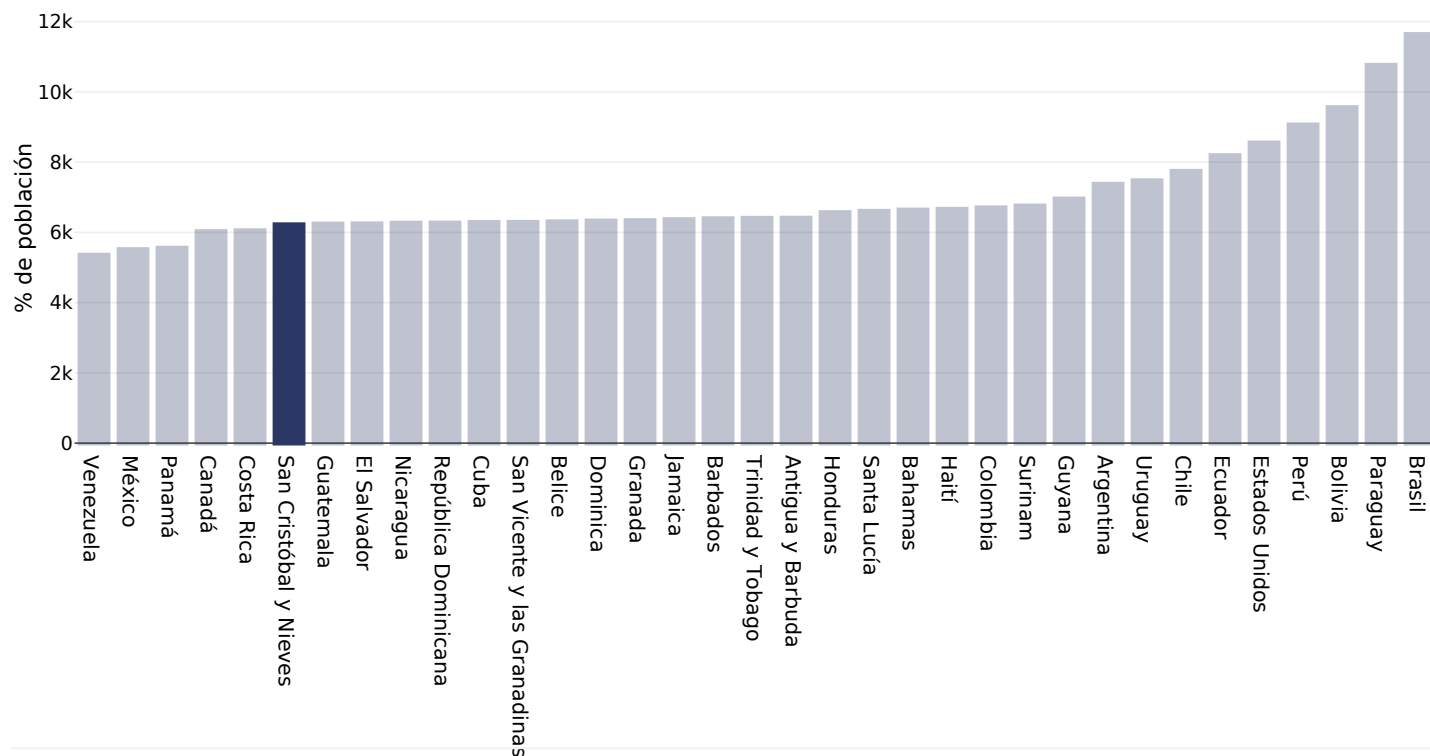
Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

**Definiciones
(solo
disponible en
ingl  s):**

Number living with depression per 100,000 population (adults 20+ years)

Salud mental: trastornos de ansiedad

Adultos, 2021

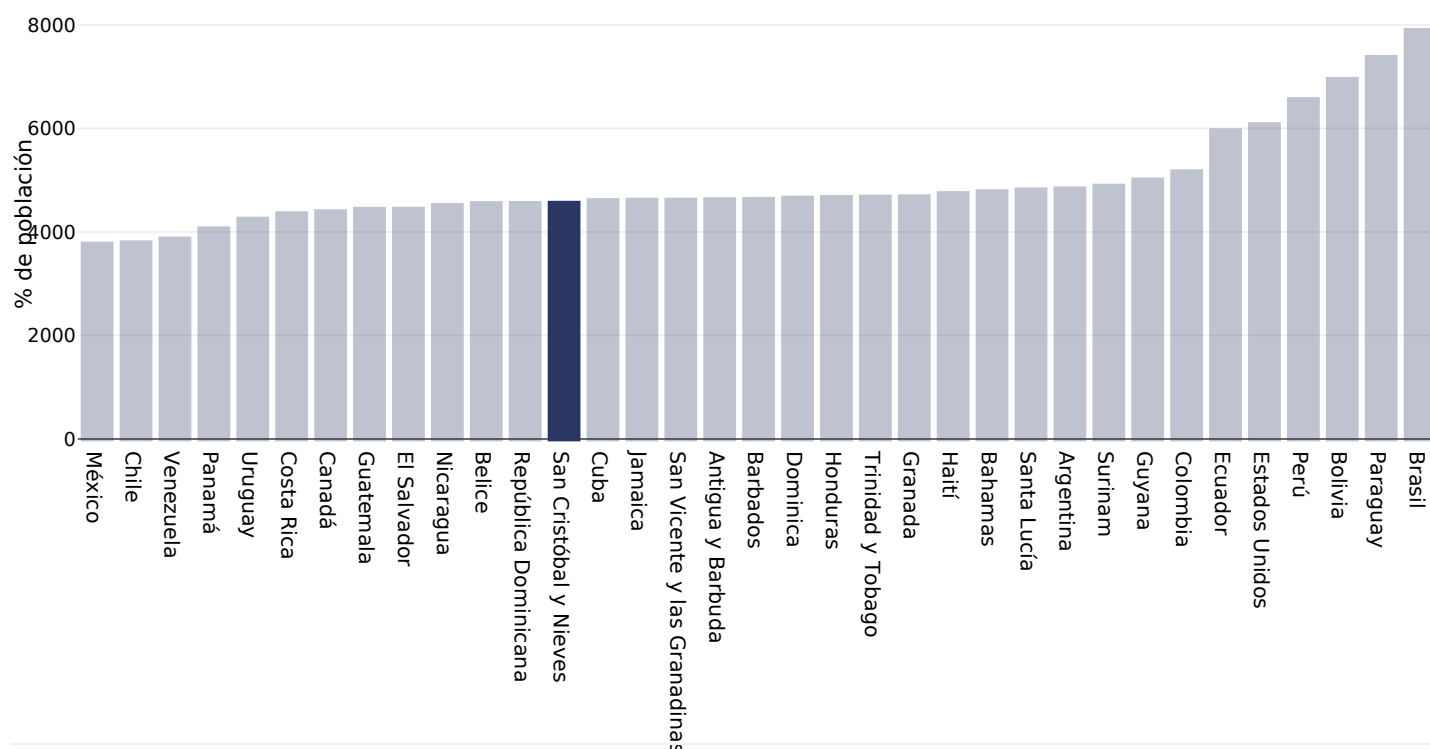


Edad: 20+

Referencias: 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).

Definiciones (solo disponible en inglés): Number living with anxiety per 100,000 population

Hombres, 2021

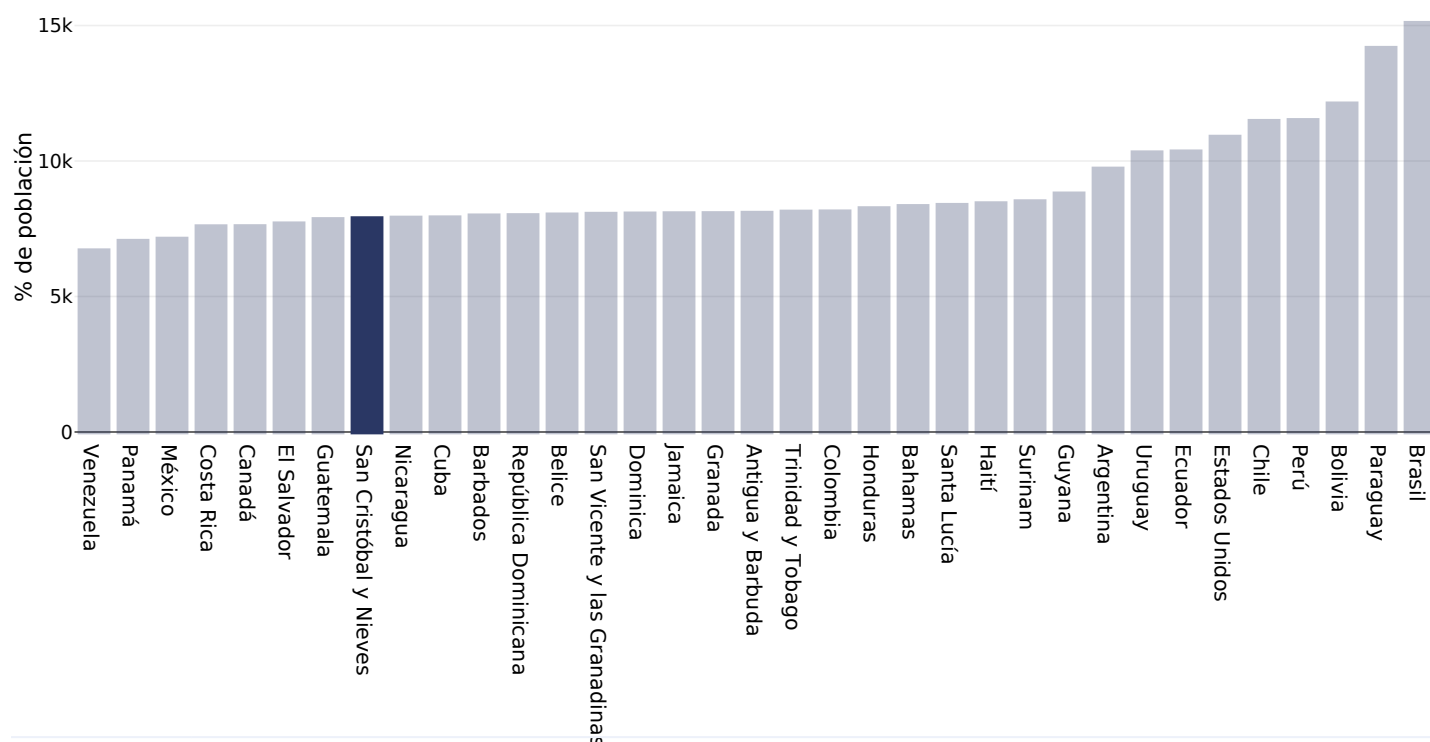


Edad: 20+

Referencias: 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).

Definiciones (solo disponible en inglés): Number living with anxiety per 100,000 population

Mujeres, 2021



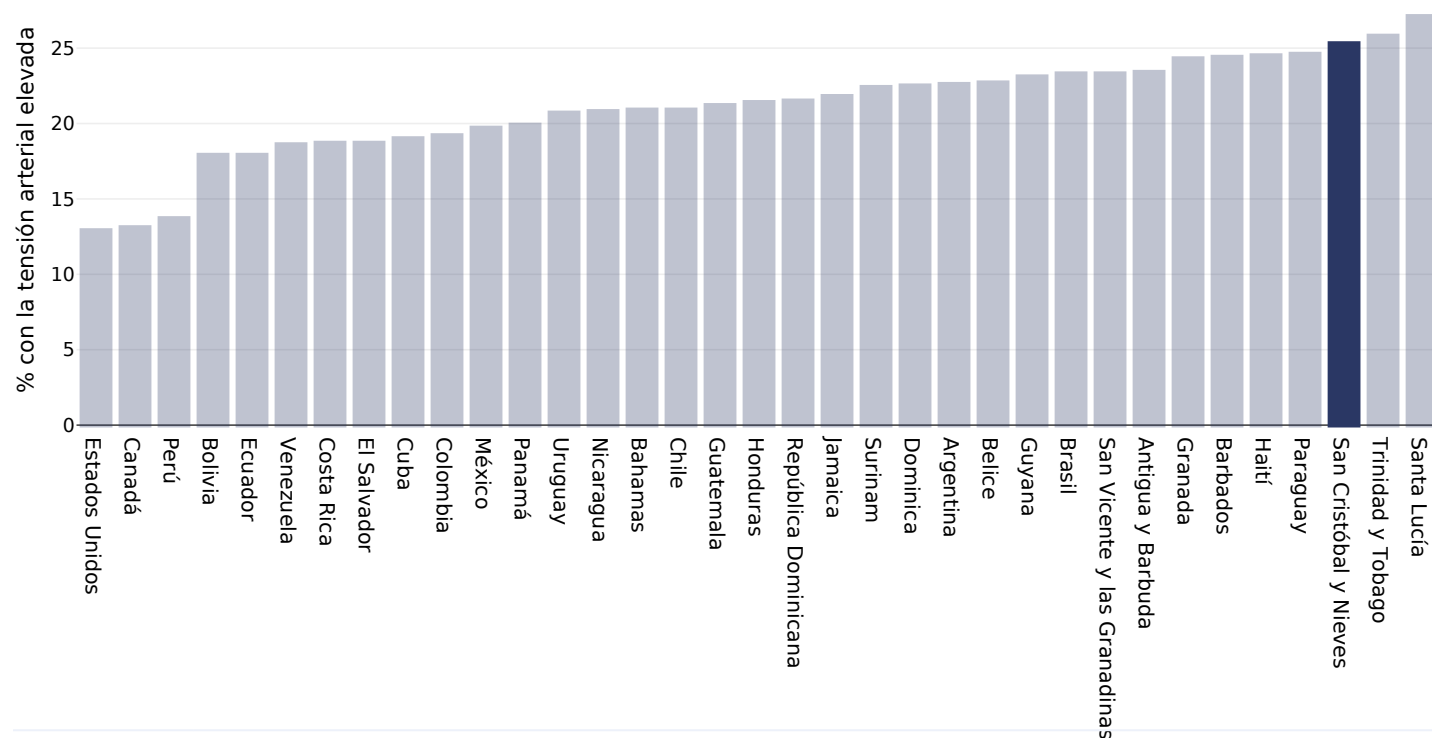
Edad: 20+

Referencias: 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).

Definiciones (solo disponible en inglés): Number living with anxiety per 100,000 population

Tensión arterial elevada

Adultos, 2015



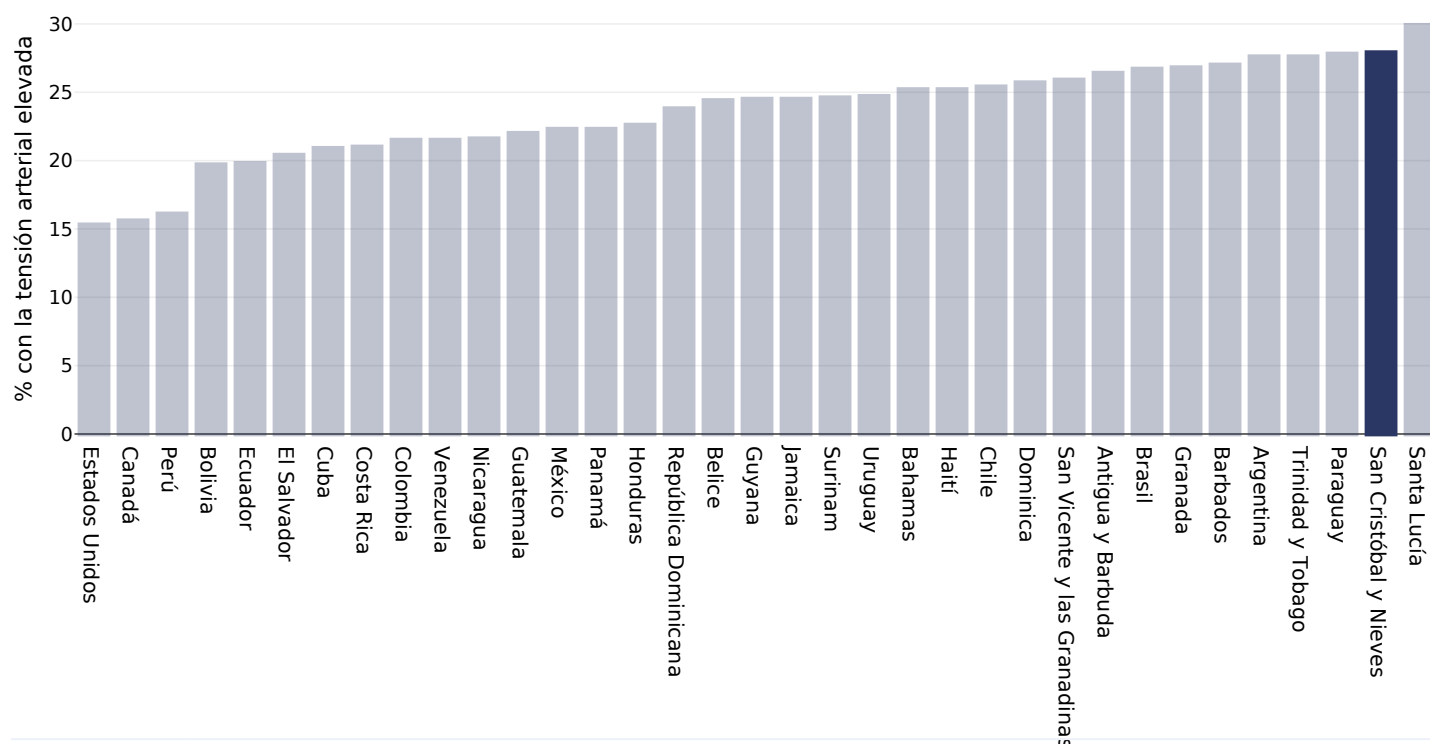
Referencias:

Global Health Observatory data repository, World Health Organisation,
<http://apps.who.int/gho/data/node.main.A875?lang=en>

Definiciones (solo disponible en inglés):

Age Standardised estimated % Raised blood pressure 2015 (SBP $\geq$ 140 OR DBP $\geq$ 90).

Hombres, 2015



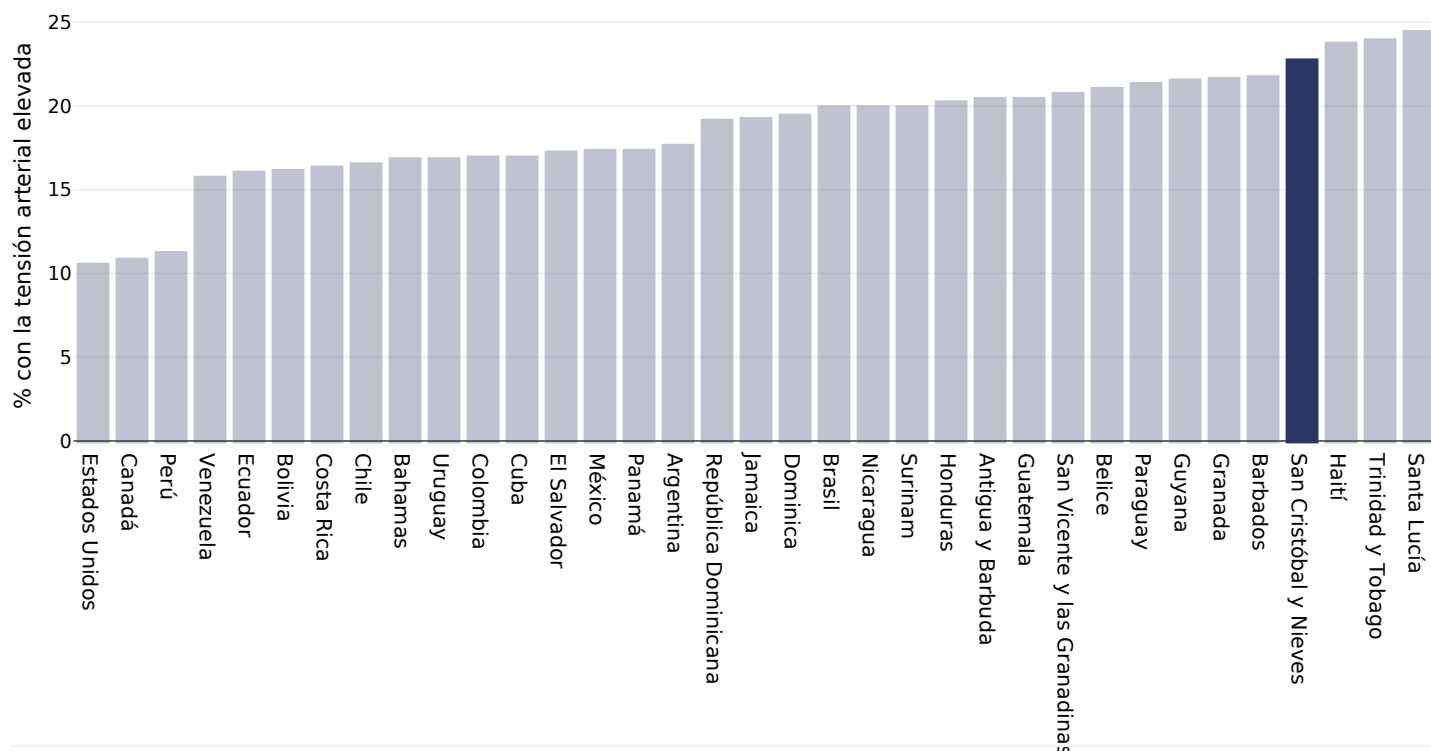
Referencias:

Global Health Observatory data repository, World Health Organisation,
<http://apps.who.int/gho/data/node.main.A875?lang=en>

Definiciones (solo disponible en inglés):

Age Standardised estimated % Raised blood pressure 2015 (SBP $\geq$ 140 OR DBP $\geq$ 90).

Mujeres, 2015



Referencias:

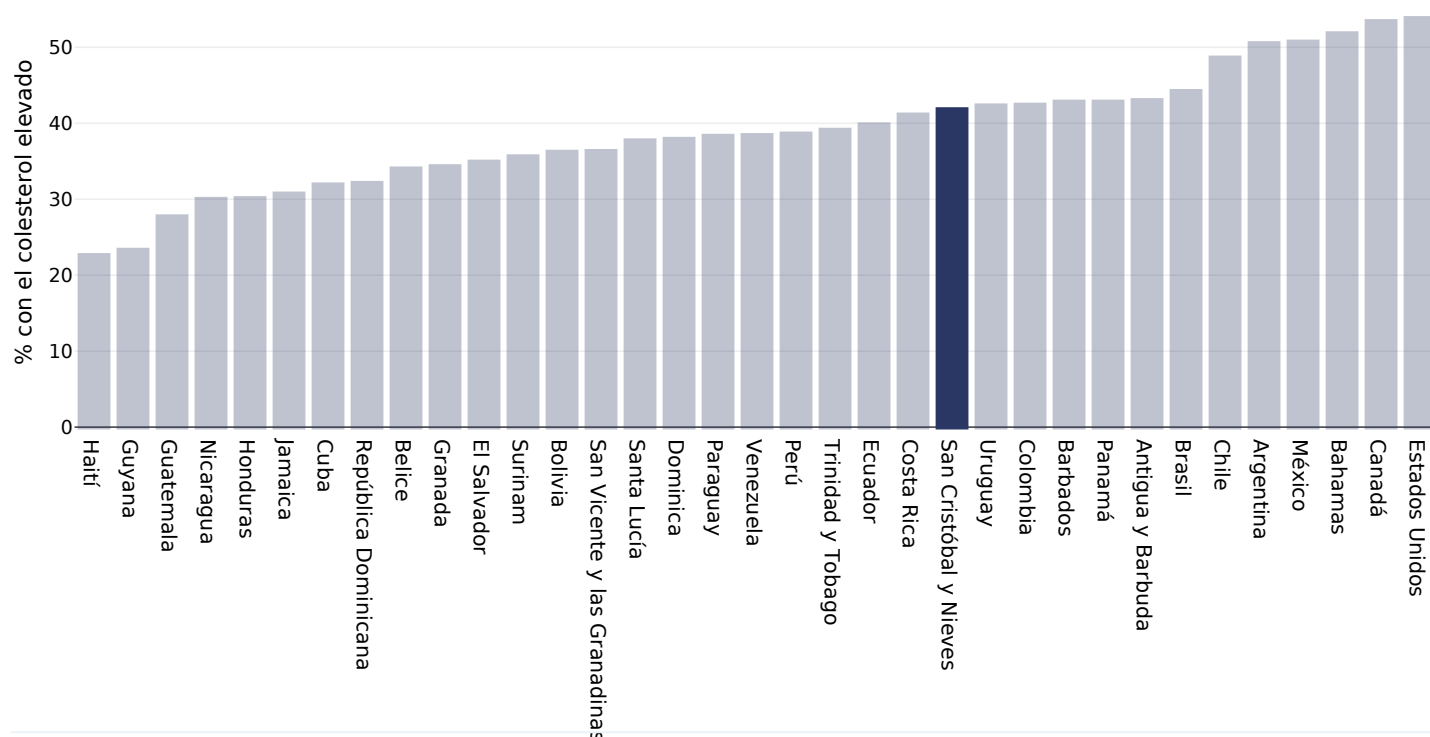
Global Health Observatory data repository, World Health Organisation,
<http://apps.who.int/gho/data/node.main.A875?lang=en>

Definiciones (solo disponible en inglés):

Age Standardised estimated % Raised blood pressure 2015 (SBP $\geq$ 140 OR DBP $\geq$ 90).

Colesterol elevado

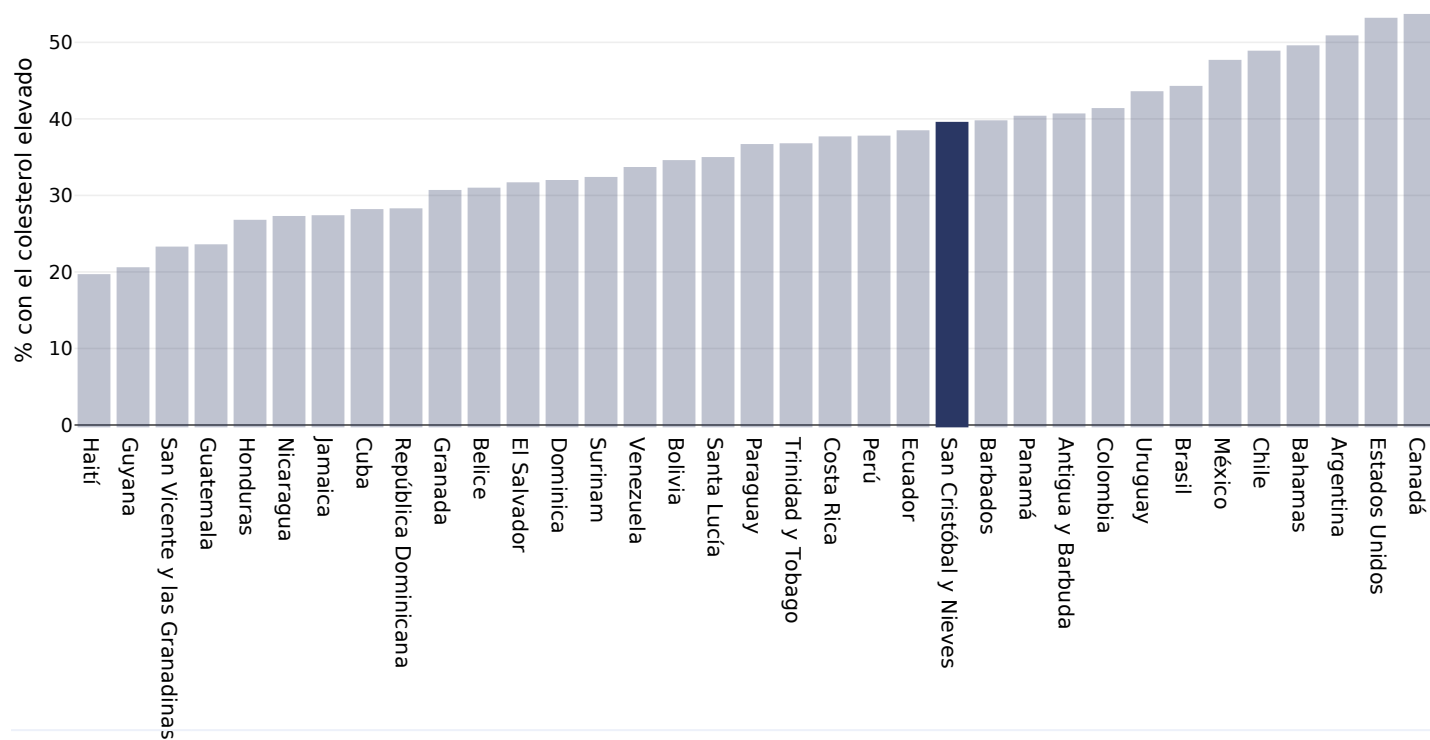
Adultos, 2008



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

Definiciones (solo disponible en inglés): % Raised total cholesterol (≥ 5.0 mmol/L) (age-standardized estimate).

Hombres, 2008



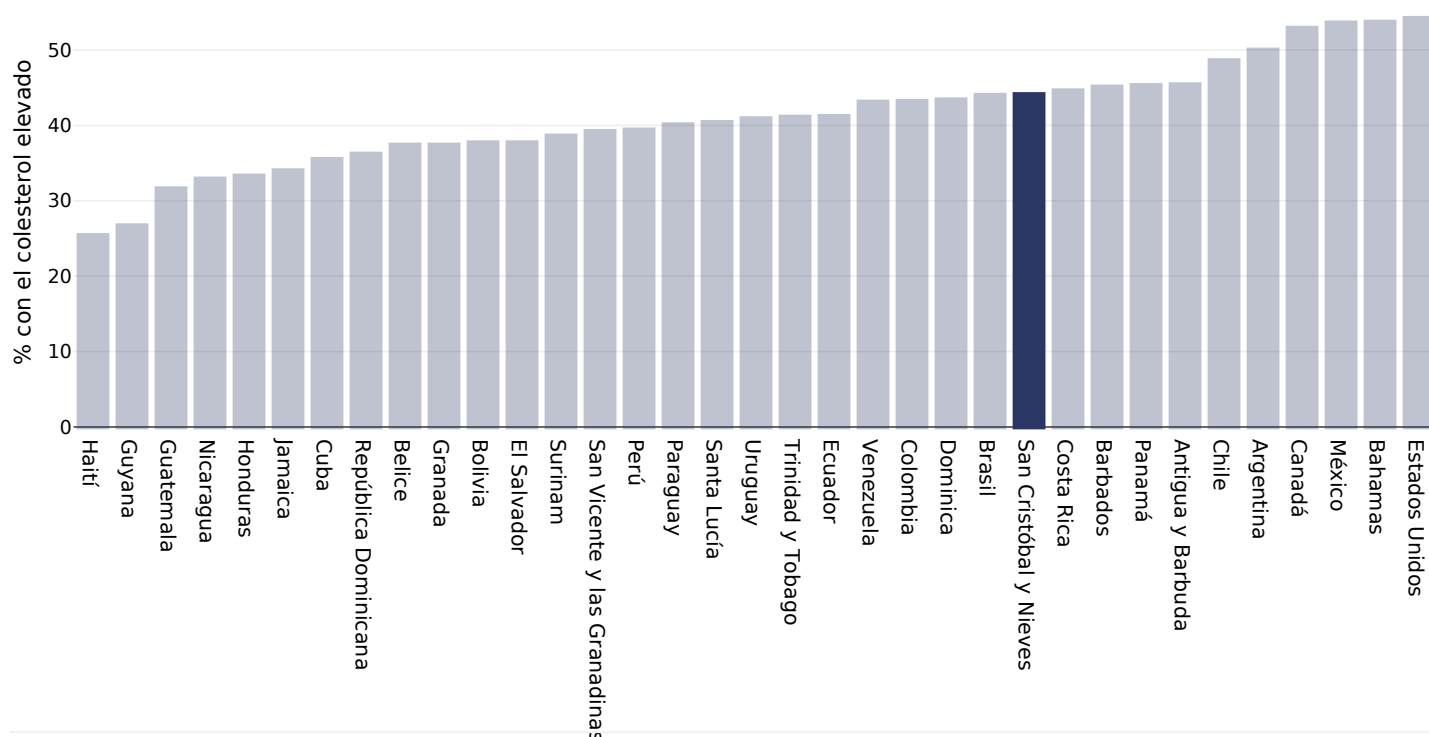
Referencias:

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

Definiciones (solo disponible en inglés):

% Raised total cholesterol (≥ 5.0 mmol/L) (age-standardized estimate).

Mujeres, 2008

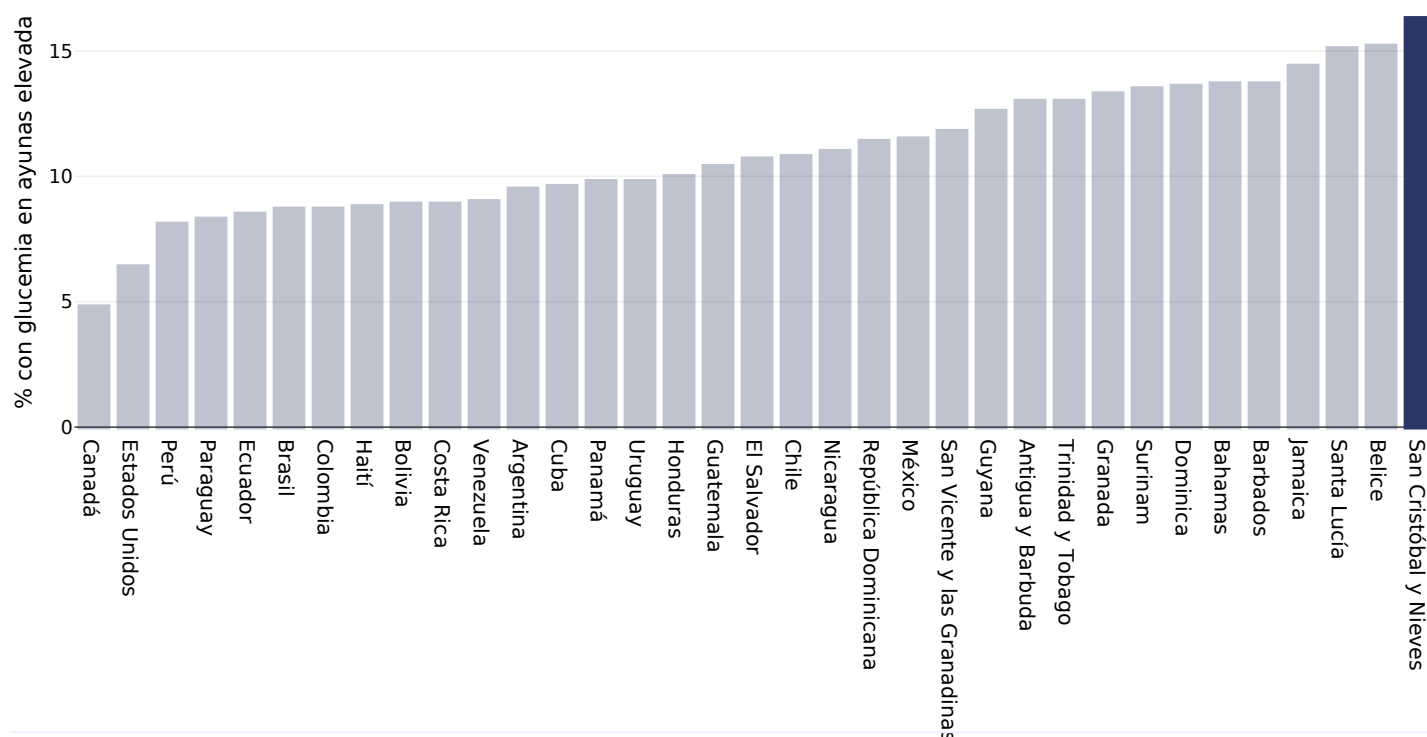


Referencias: Global Health Observatory data repository, World Health Organisation, <http://apps.who.int/gho/data/node.main.A885>

Definiciones (solo disponible en inglés): % Raised total cholesterol (≥ 5.0 mmol/L) (age-standardized estimate).

Glucemia en ayunas elevada

Hombres, 2014



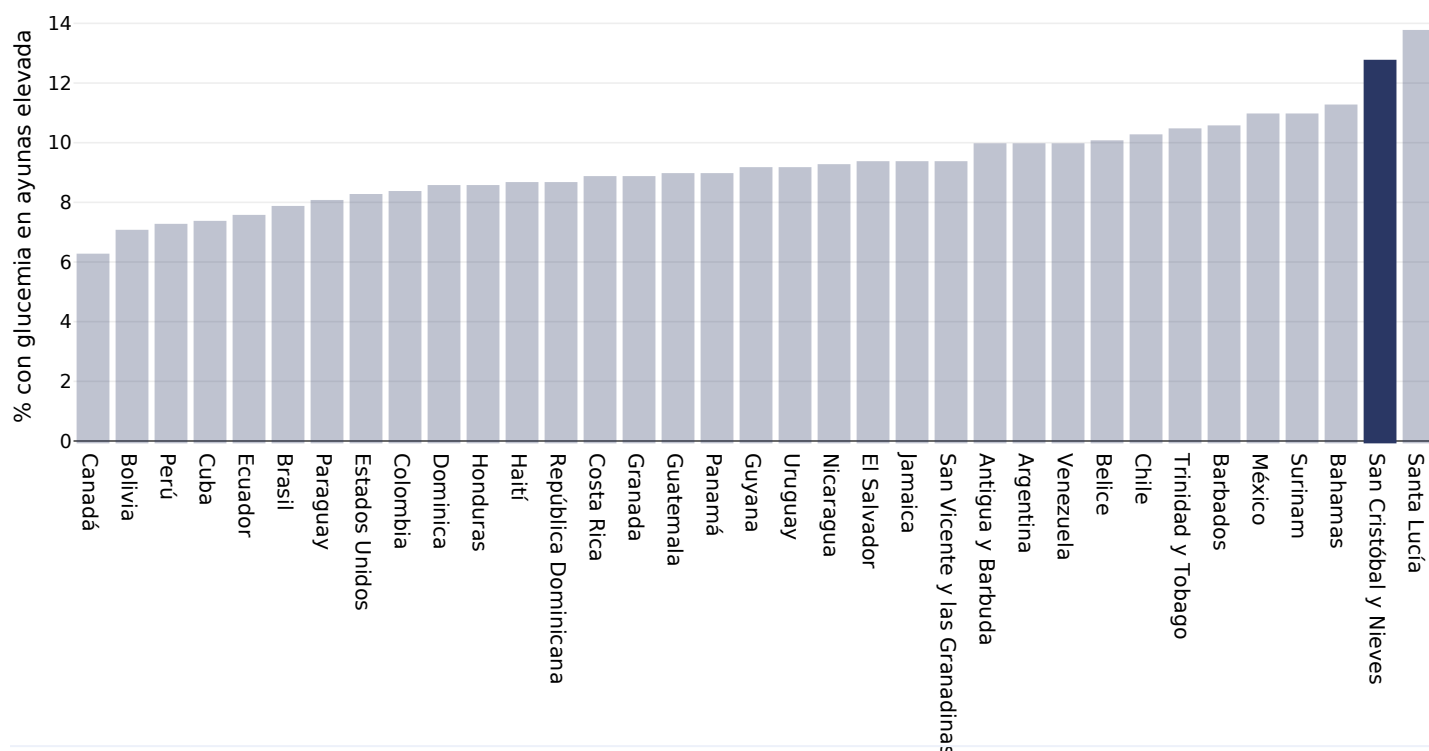
Referencias:

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

Definiciones (solo disponible en inglés):

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

Mujeres, 2014



Referencias:

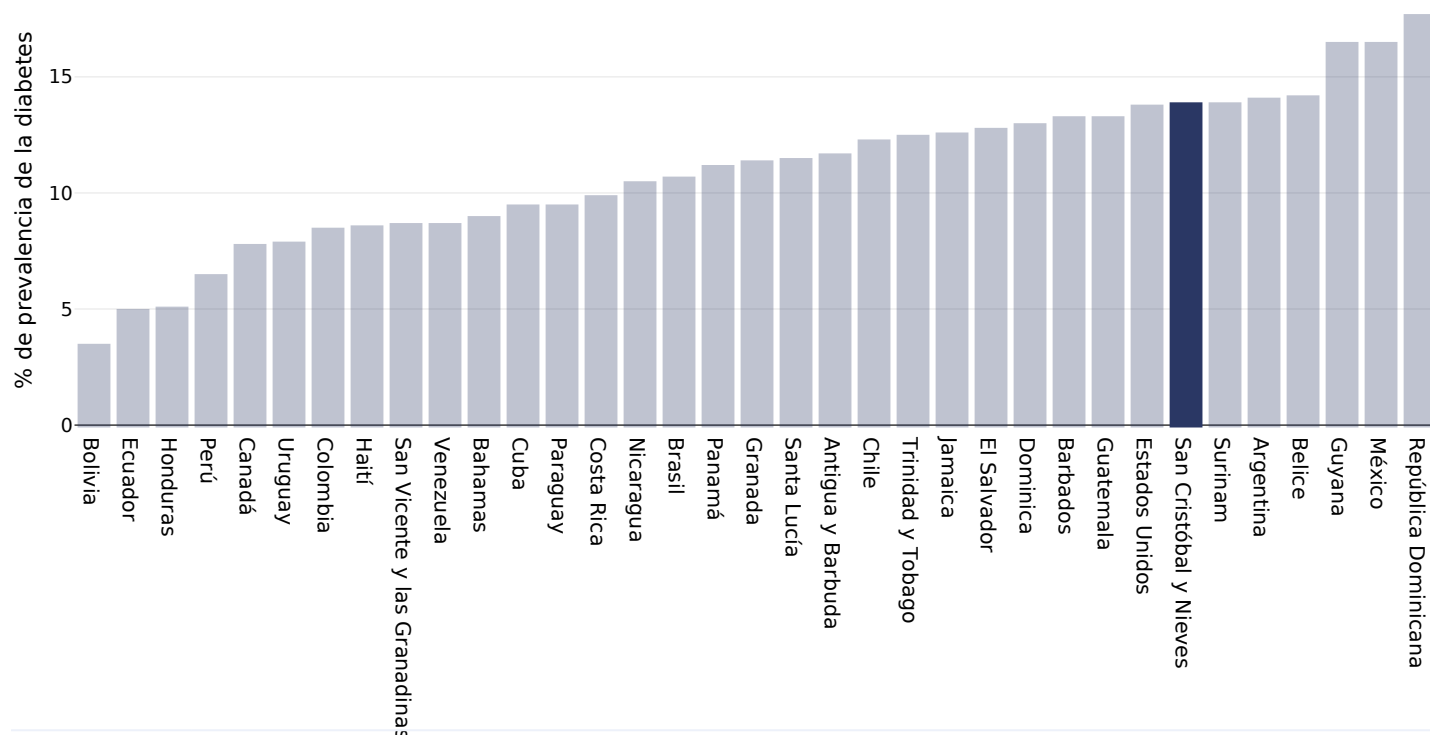
Global Health Observatory data repository, World Health Organisation,
<http://apps.who.int/gho/data/node.main.A869?lang=en>

Definiciones (solo disponible en inglés):

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

Prevalencia de la diabetes

Adultos, 2024



Referencias:

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

PDF created on June 19, 2025