## Report card

### Saint Kitts and Nevis

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Obesity prevalence

Adults, 2008

Survey type: Measured
Age: 25-64
Sample size: 1443
Area covered: National
References: St Kitts STEPS Survey 2008

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

Survey type: Self-reported
Age: 13-15

References: Global School-based Student Health Survey (GSHS), available at [https://www.cdc.gov/gshs/countries/index.htm](https://www.cdc.gov/gshs/countries/index.htm) (last accessed 28.04.20)

Notes: WHO cutoffs.
Cutoffs: WHO
Insufficient physical activity

Adults, 2016

Men, 2016

Women, 2016

% insufficient physical activity

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, 2010

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, 2010

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

<table>
<thead>
<tr>
<th>Country</th>
<th>Times per day</th>
</tr>
</thead>
<tbody>
<tr>
<td>Peru</td>
<td>0</td>
</tr>
<tr>
<td>Costa Rica</td>
<td>0.5</td>
</tr>
<tr>
<td>Dominican Republic</td>
<td>1</td>
</tr>
<tr>
<td>Guatemala</td>
<td>1.5</td>
</tr>
<tr>
<td>St Kitts &amp; Nevis</td>
<td>2</td>
</tr>
<tr>
<td>Belize</td>
<td>0.5</td>
</tr>
<tr>
<td>El Salvador</td>
<td>1</td>
</tr>
<tr>
<td>Antigua &amp; Barbuda</td>
<td>1.5</td>
</tr>
<tr>
<td>Bolivia</td>
<td>2</td>
</tr>
<tr>
<td>Guyana</td>
<td>1.5</td>
</tr>
<tr>
<td>Chile</td>
<td>2</td>
</tr>
<tr>
<td>Jamaica</td>
<td>1.5</td>
</tr>
<tr>
<td>Honduras</td>
<td>2</td>
</tr>
<tr>
<td>Trinidad &amp; Tobago</td>
<td>1.5</td>
</tr>
<tr>
<td>Bahamas</td>
<td>2</td>
</tr>
<tr>
<td>Argentina</td>
<td>1.5</td>
</tr>
<tr>
<td>Uruguay</td>
<td>2</td>
</tr>
<tr>
<td>Suriname</td>
<td>2</td>
</tr>
</tbody>
</table>

Survey type: Measured
Age: 12-17

References:
https://doi.org/10.1177/0379572119848287
sourced from Food Systems Dashboard
http://www.foodsystemsdashboard.org/food-system
Prevalence of less-than-daily fruit consumption

Children, 2009-2015

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, 2009-2015

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

Age: 12-17

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


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

Adults, 2008


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

Definitions: % Raised total cholesterol (>= 5.0 mmol/L) (age-standardized estimate).
Raised fasting blood glucose

Men, 2014-2019

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, 2014-2019


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

Adults, 2017


Definitions: Diabetes age-adjusted comparative prevalence (%).

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