



# Saint Vincent and the Grenadines



## Country report card - adults

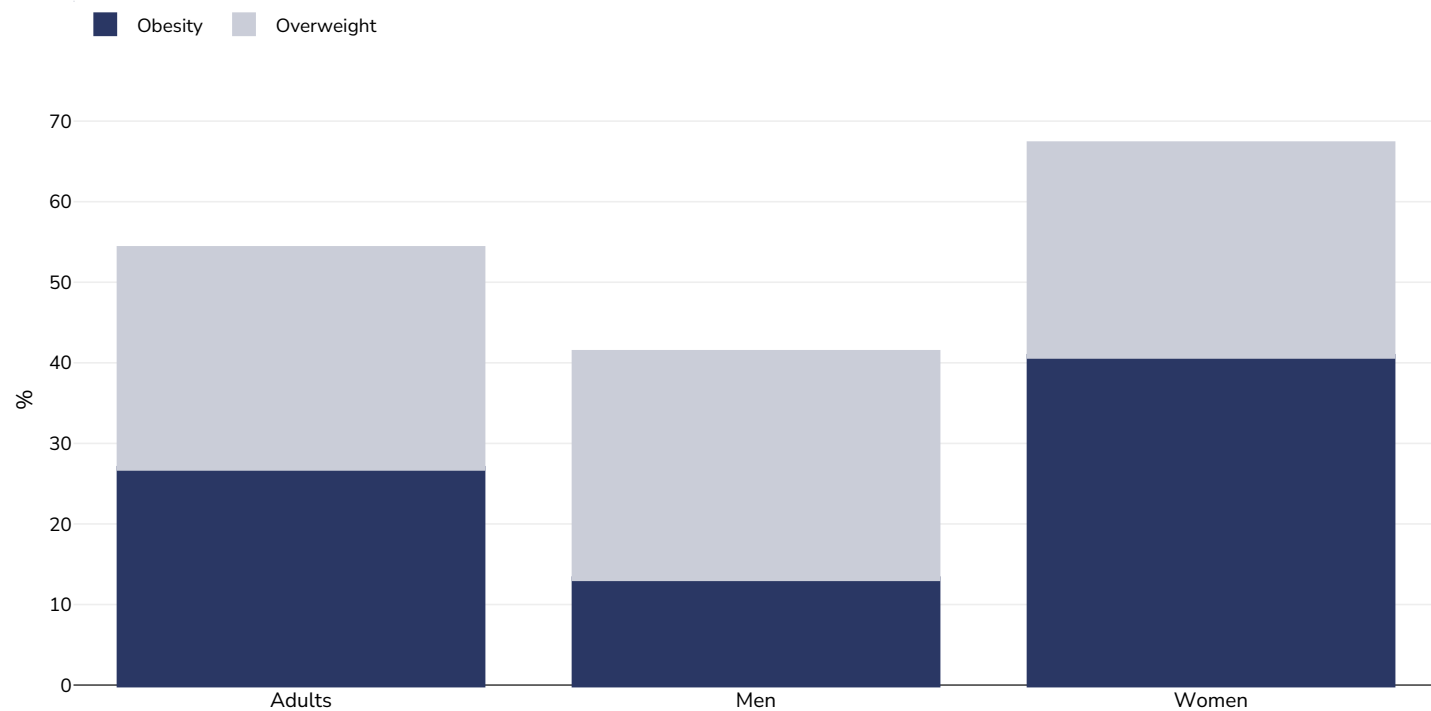
*This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity for adults. Where available, data on common and relevant obesity drivers and comorbidities are also presented.*

*View the latest version of this report on the Global Obesity Observatory at <https://data.worldobesity.org/country/saint-vincent-and-the-grenadines-201/>.*

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## Obesity prevalence

### Adults, 2013-2014

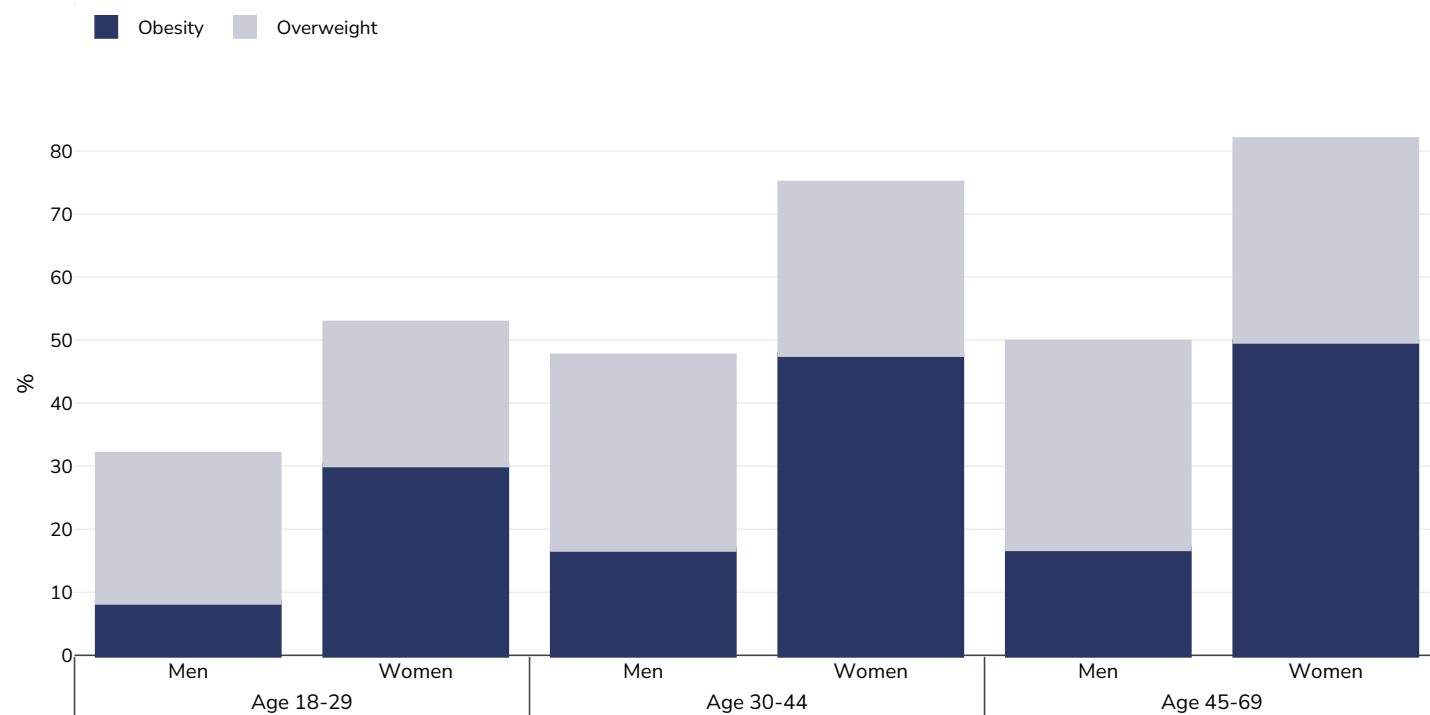


Survey type:	Measured
Age:	18-69
Sample size:	3,422
Area covered:	National
References:	2013-2014 STEPS Country Report Saint Vincent and the Grenadines. <a href="https://www.who.int/teams/noncommunicable-diseases/surveillance/data/saint-vincent-and-the-grenadines">https://www.who.int/teams/noncommunicable-diseases/surveillance/data/saint-vincent-and-the-grenadines</a> [Accessed 19.01.26]

*Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m<sup>2</sup>, obesity refers to a BMI greater than 30kg/m<sup>2</sup>.*

## Overweight/obesity by age

### Adults, 2013-2014



Survey type: Measured

Sample size: 3,422

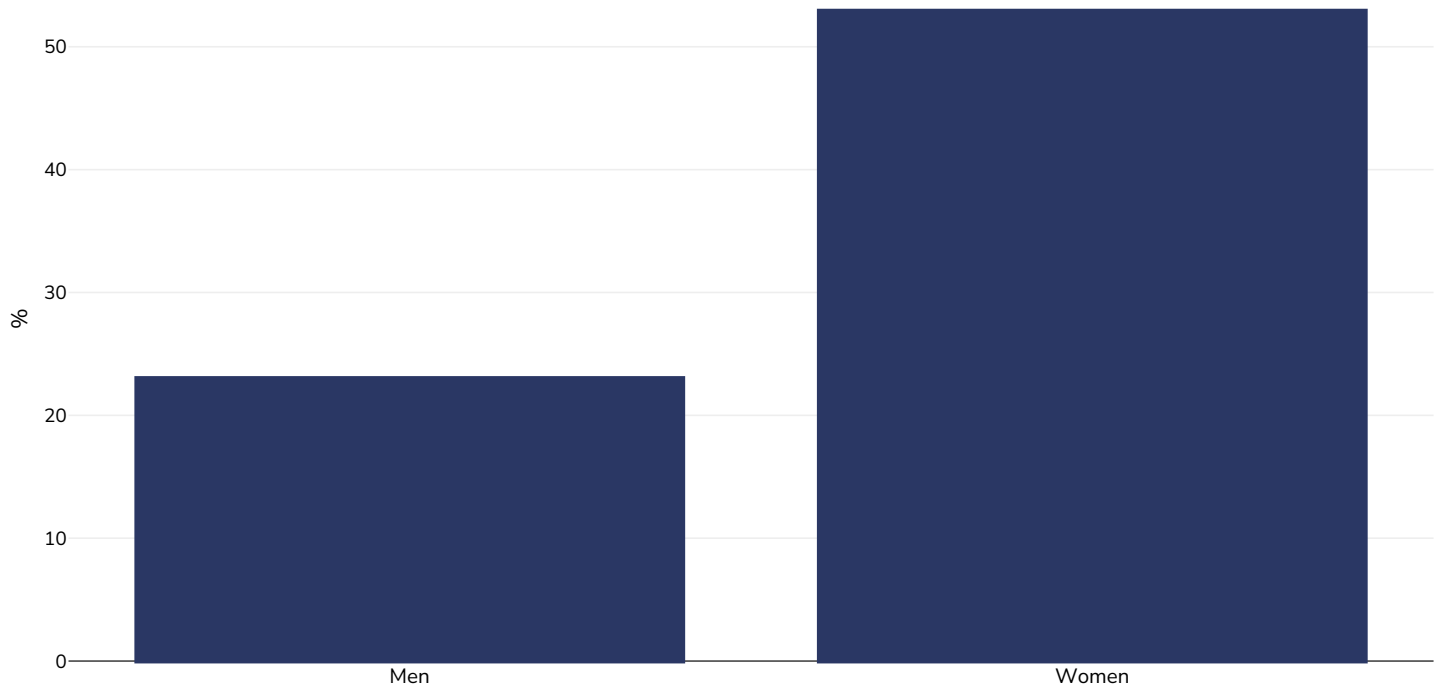
Area covered: National

References: 2013-2014 STEPS Country Report Saint Vincent and the Grenadines. <https://www.who.int/teams/noncommunicable-diseases/surveillance/data/saint-vincent-and-the-grenadines> [Accessed 19.01.26]

*Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m<sup>2</sup>, obesity refers to a BMI greater than 30kg/m<sup>2</sup>.*

## Double burden of underweight & overweight

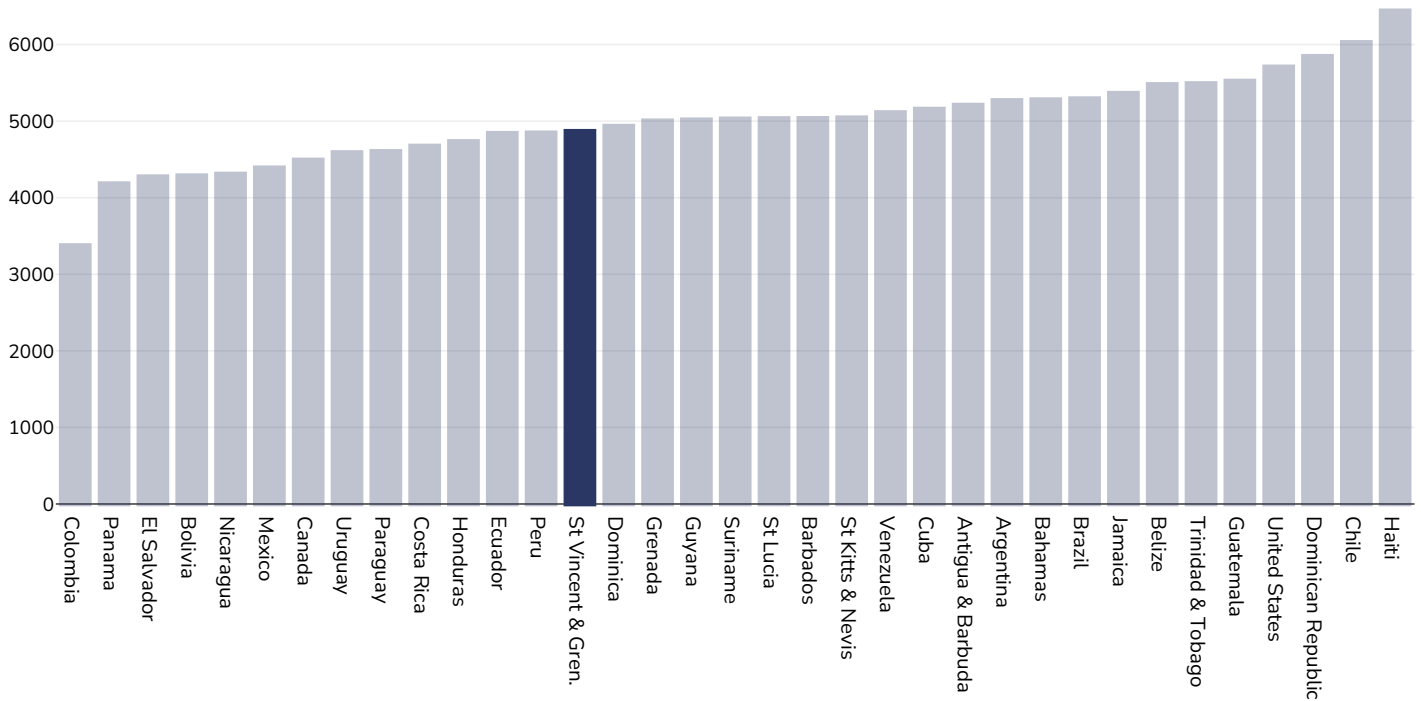
Adults, 2022



<b>Survey type:</b>	Measured
<b>Age:</b>	20+
<b>References:</b>	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. <a href="https://doi.org/10.1016/S0140-6736(23)02750-2">https://doi.org/10.1016/S0140-6736(23)02750-2</a>
<b>Notes:</b>	Age Standardised estimates
<b>Definitions:</b>	Combined prevalence of BMI<18.5 kg/m <sup>2</sup> and BMI>=30 kg/m <sup>2</sup> (double burden of underweight and obesity)

## Mental health - depression disorders

### Adults, 2023



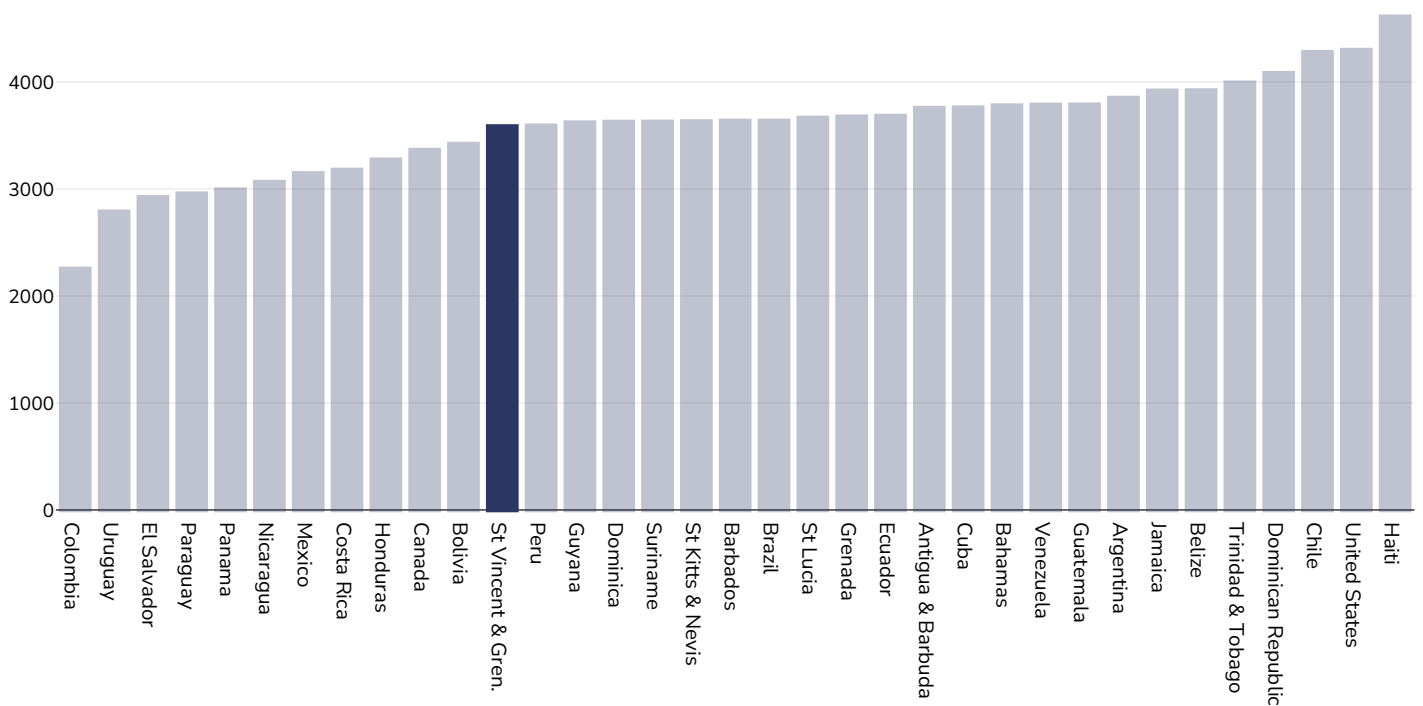
Age: 20+

Area covered: National

References: Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from <https://vizhub.healthdata.org/gbd-compare/> [Accessed 17.03.26]

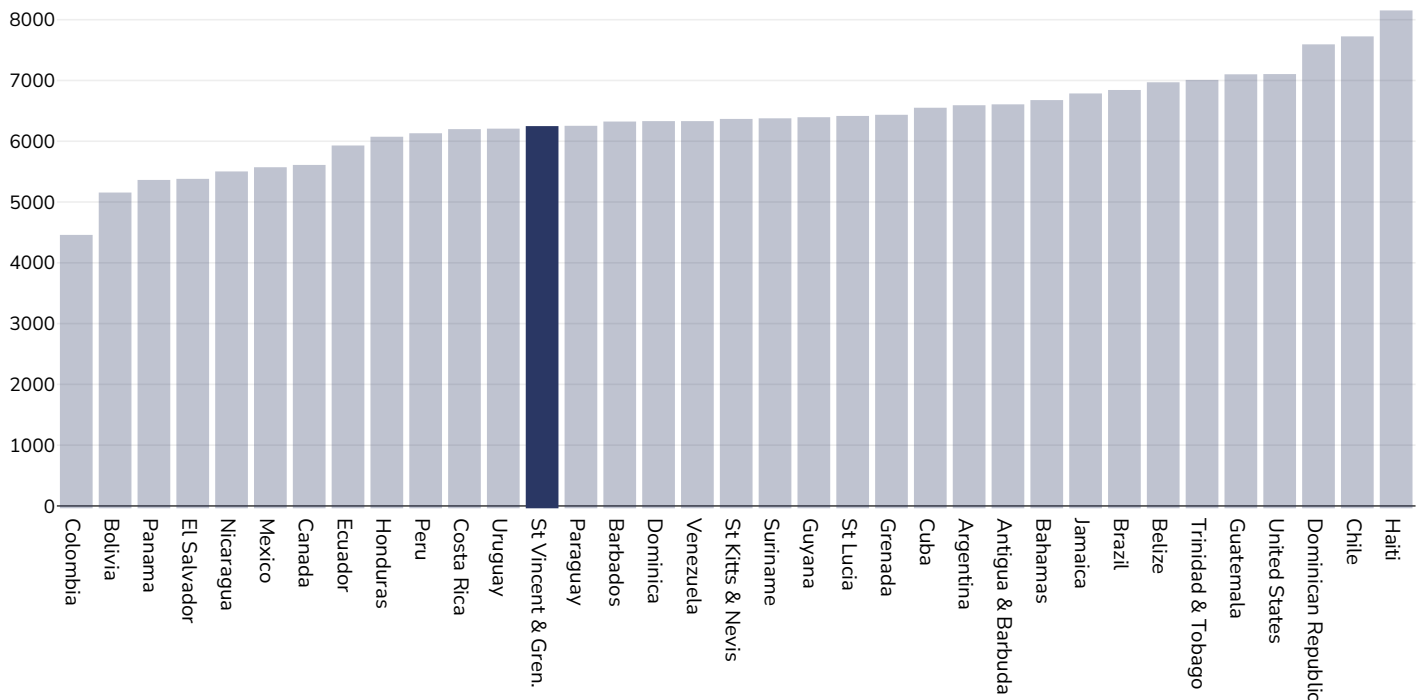
Definitions: Estimated number living with depressive disorders per 100,000 population (20+ years of age)

**Men, 2023**



<b>Age:</b>	20+
<b>Area covered:</b>	National
<b>References:</b>	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from <a href="https://vizhub.healthdata.org/gbd-compare/">https://vizhub.healthdata.org/gbd-compare/</a> [Accessed 17.03.26]
<b>Definitions:</b>	Estimated number living with depressive disorders per 100,000 population (20+ years of age)

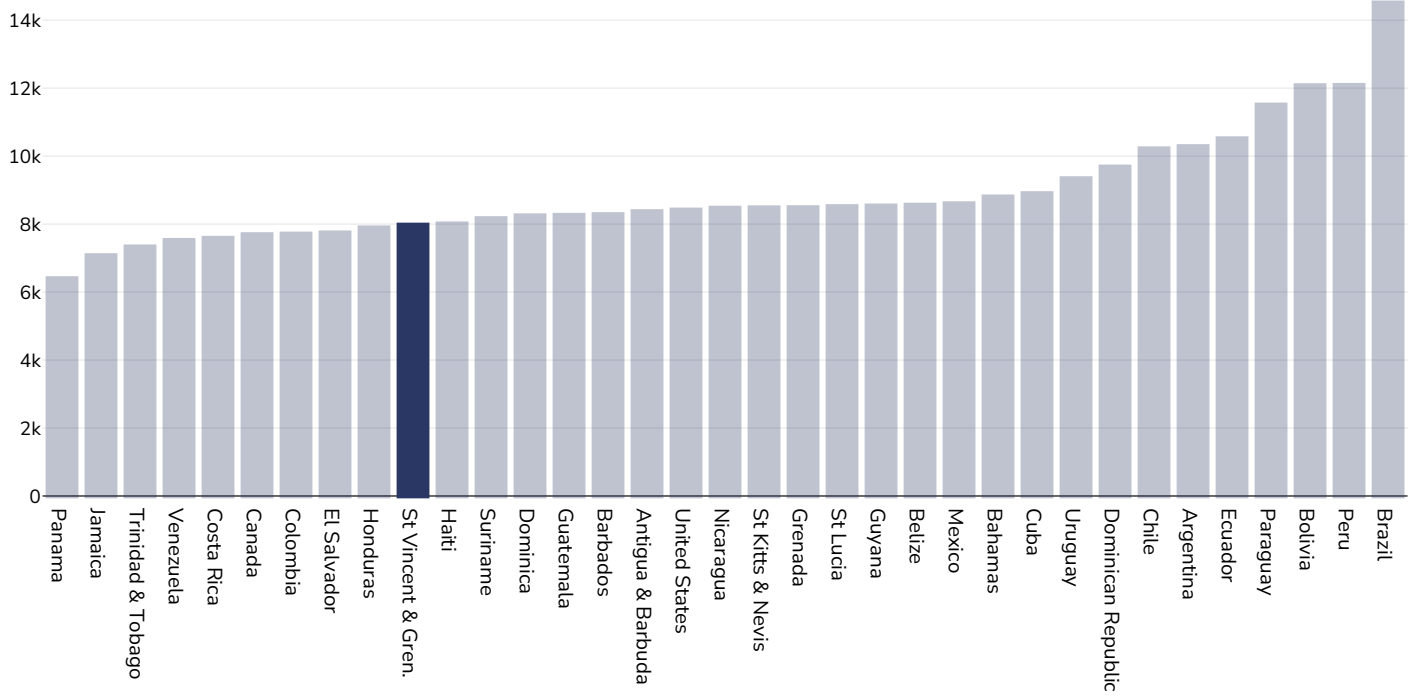
## Women, 2023



<b>Age:</b>	20+
<b>Area covered:</b>	National
<b>References:</b>	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from <a href="https://vizhub.healthdata.org/gbd-compare/">https://vizhub.healthdata.org/gbd-compare/</a> [Accessed 17.03.26]
<b>Definitions:</b>	Estimated number living with depressive disorders per 100,000 population (20+ years of age)

## Mental health - anxiety disorders

### Adults, 2023



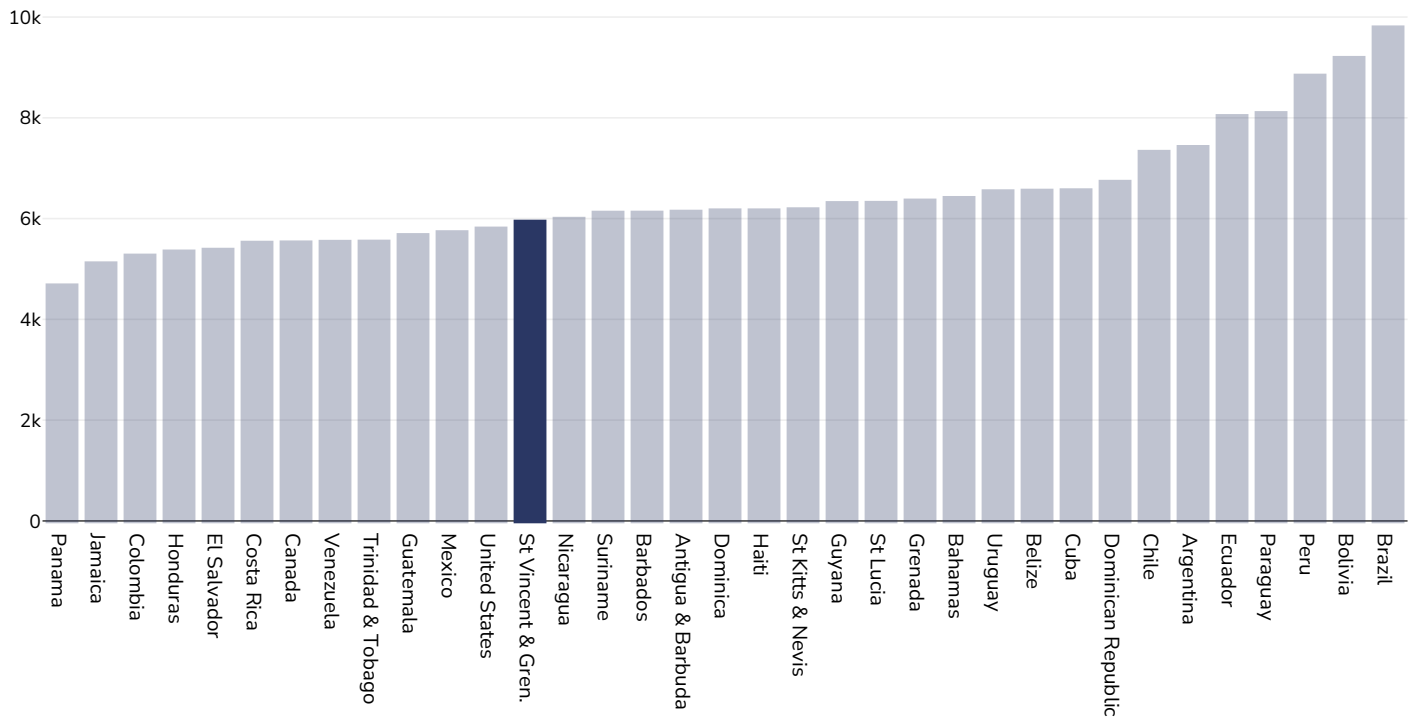
Age: 20+

Area covered: National

References: Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from <https://vizhub.healthdata.org/gbd-compare/> [Accessed 17.03.26]

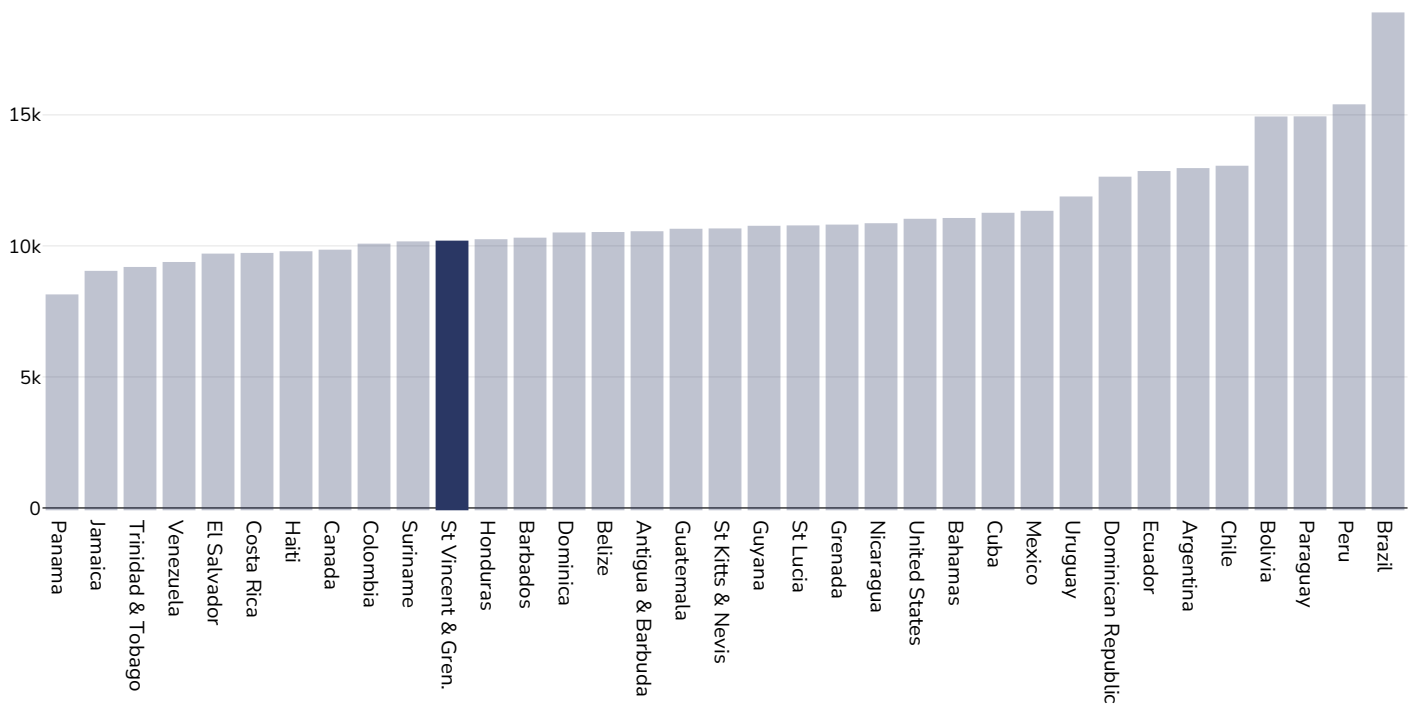
Definitions: Estimated number living with anxiety disorders per 100,000 population (20+ years of age)

### Men, 2023



<b>Age:</b>	20+
<b>Area covered:</b>	National
<b>References:</b>	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from <a href="https://vizhub.healthdata.org/gbd-compare/">https://vizhub.healthdata.org/gbd-compare/</a> [Accessed 17.03.26]
<b>Definitions:</b>	Estimated number living with anxiety disorders per 100,000 population (20+ years of age)

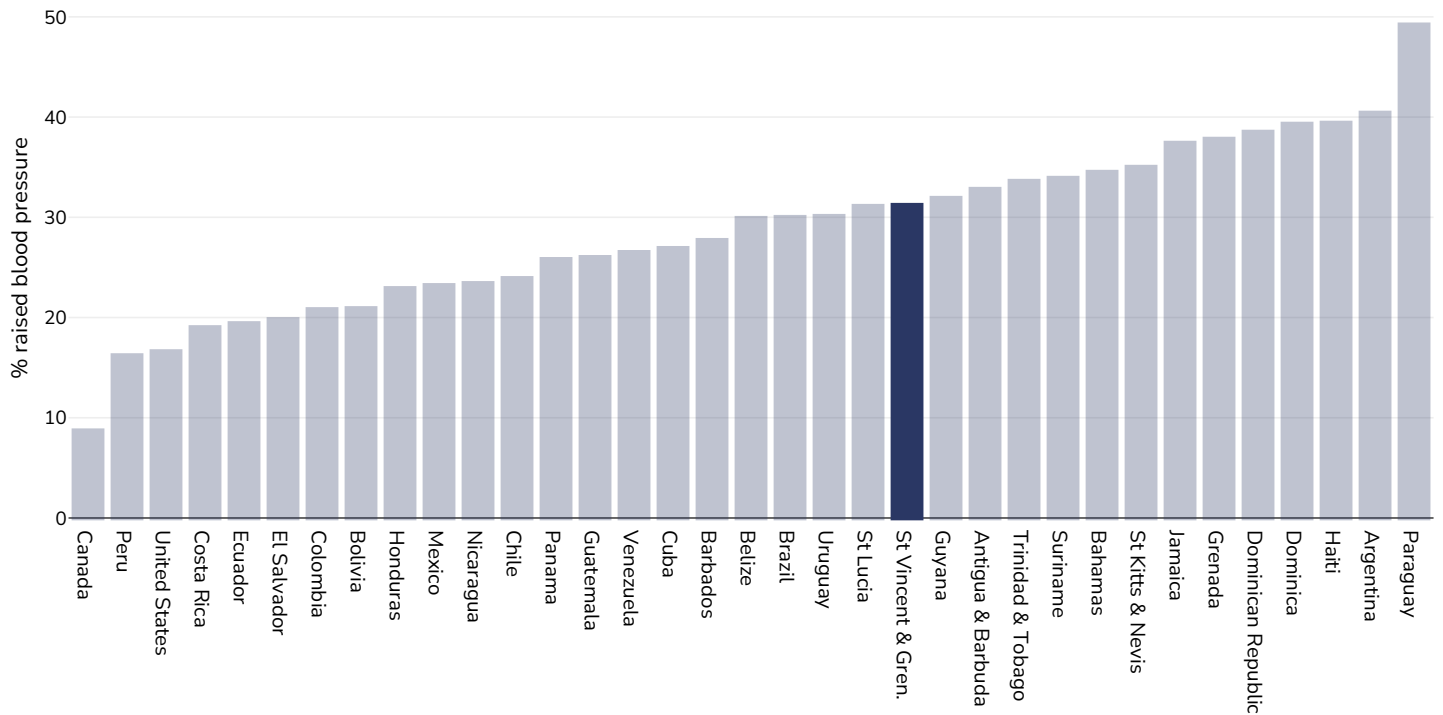
## Women, 2023



<b>Age:</b>	20+
<b>Area covered:</b>	National
<b>References:</b>	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from <a href="https://vizhub.healthdata.org/gbd-compare/">https://vizhub.healthdata.org/gbd-compare/</a> [Accessed 17.03.26]
<b>Definitions:</b>	Estimated number living with anxiety disorders per 100,000 population (20+ years of age)

## Raised blood pressure

### Adults, 2019

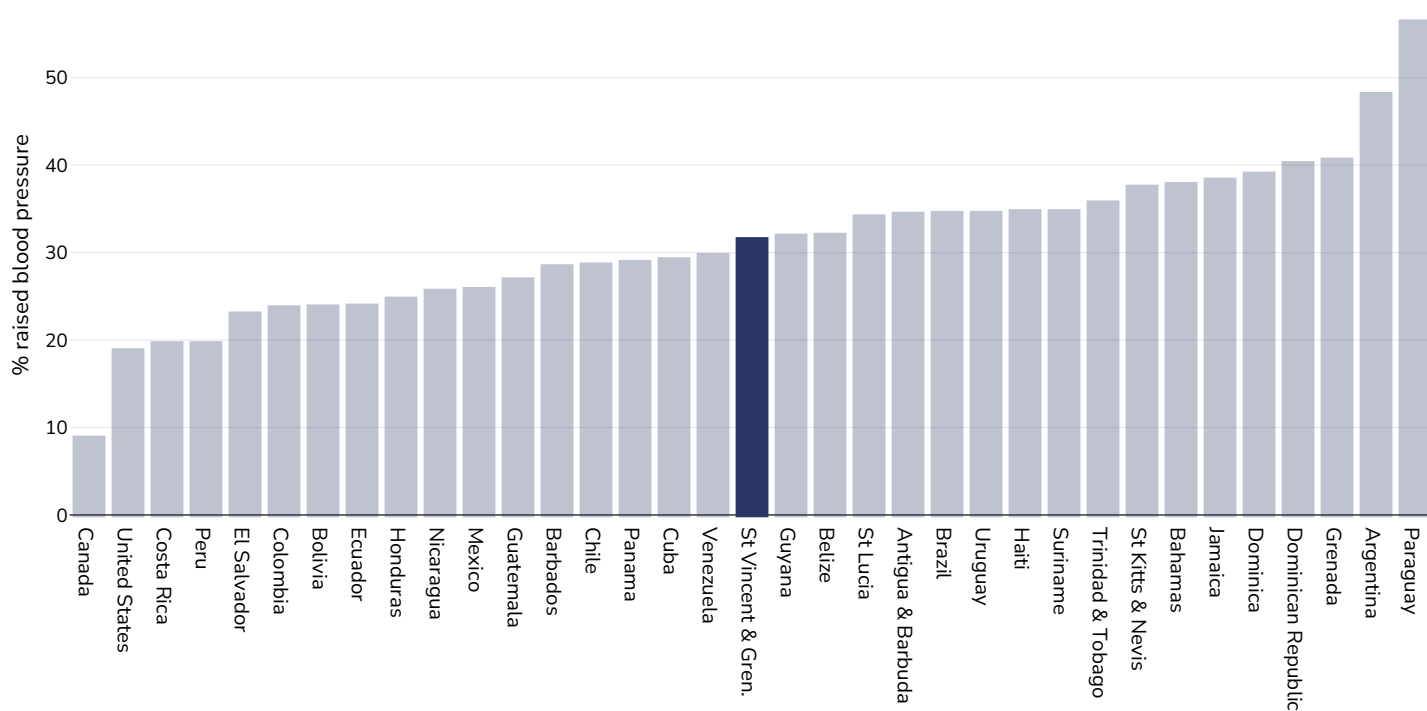


Age: 30-79

References: World Health Organization. 2024. Hypertension: raised blood pressure (uncontrolled hypertension) among adults aged 30-79 years (%). Global Health Observatory. <https://www.who.int/data/gho/data/indicators/indicator-details/GHO/prevalence-raised-blood-pressure-among-adults-30-79-years> [Accessed 16.03.26]

Definitions: Prevalence of raised blood pressure (defined as having systolic blood pressure  $\geq 140$  mmHg or diastolic blood pressure  $\geq 90$  mmHg) among adults aged 30-79.

## Men, 2019

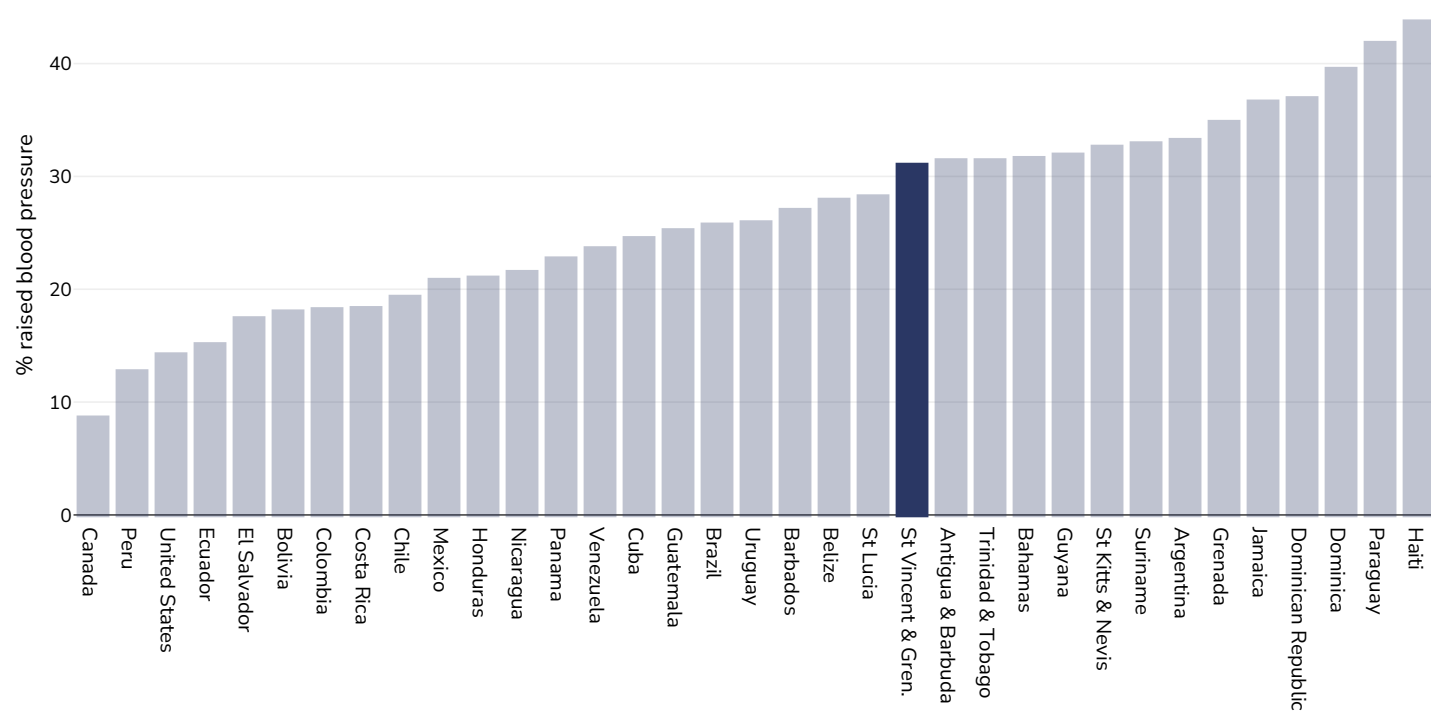


Age: 30-79

References: World Health Organization. 2024. Hypertension: raised blood pressure (uncontrolled hypertension) among adults aged 30-79 years (%). Global Health Observatory. <https://www.who.int/data/gho/data/indicators/indicator-details/GHO/prevalence-raised-blood-pressure-among-adults-30-79-years> [Accessed 16.03.26]

Definitions: Prevalence of raised blood pressure (defined as having systolic blood pressure  $\geq 140$  mmHg or diastolic blood pressure  $\geq 90$  mmHg) among adults aged 30-79.

## Women, 2019



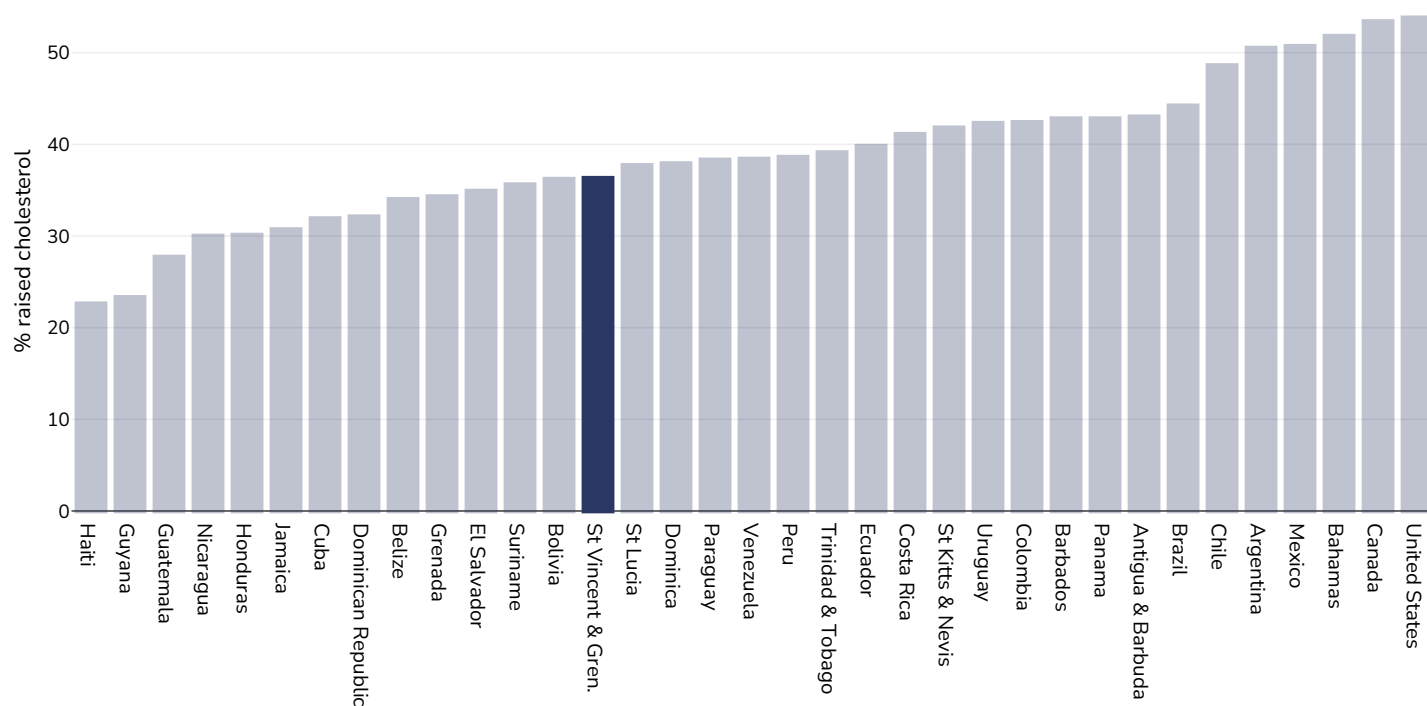
Age: 30-79

References: World Health Organization. 2024. Hypertension: raised blood pressure (uncontrolled hypertension) among adults aged 30-79 years (%). Global Health Observatory. <https://www.who.int/data/gho/data/indicators/indicator-details/GHO/prevalence-raised-blood-pressure-among-adults-30-79-years> [Accessed 16.03.26]

Definitions: Prevalence of raised blood pressure (defined as having systolic blood pressure  $\geq 140$  mmHg or diastolic blood pressure  $\geq 90$  mmHg) among adults aged 30-79.

## Raised cholesterol

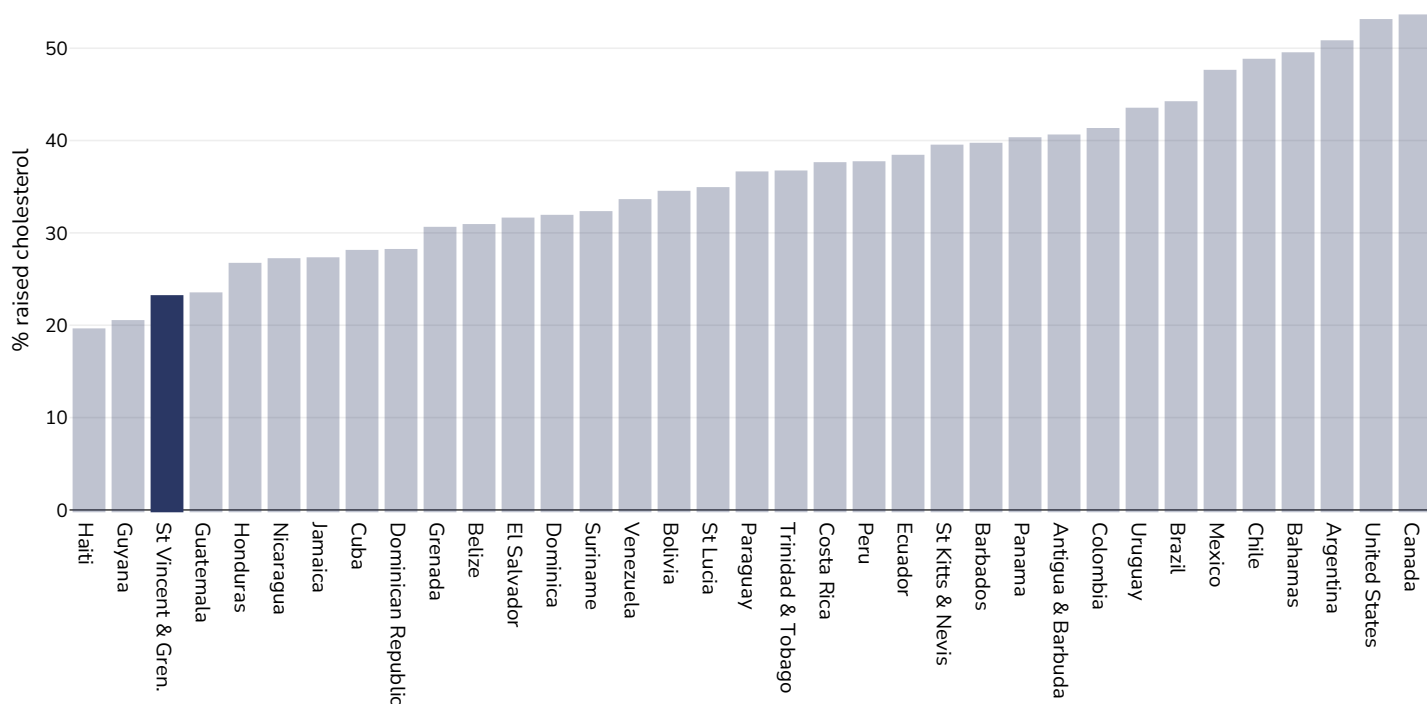
### Adults, 2008



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

**Definitions:** % Raised total cholesterol ( $\geq 5.0$  mmol/L) (age-standardized estimate).

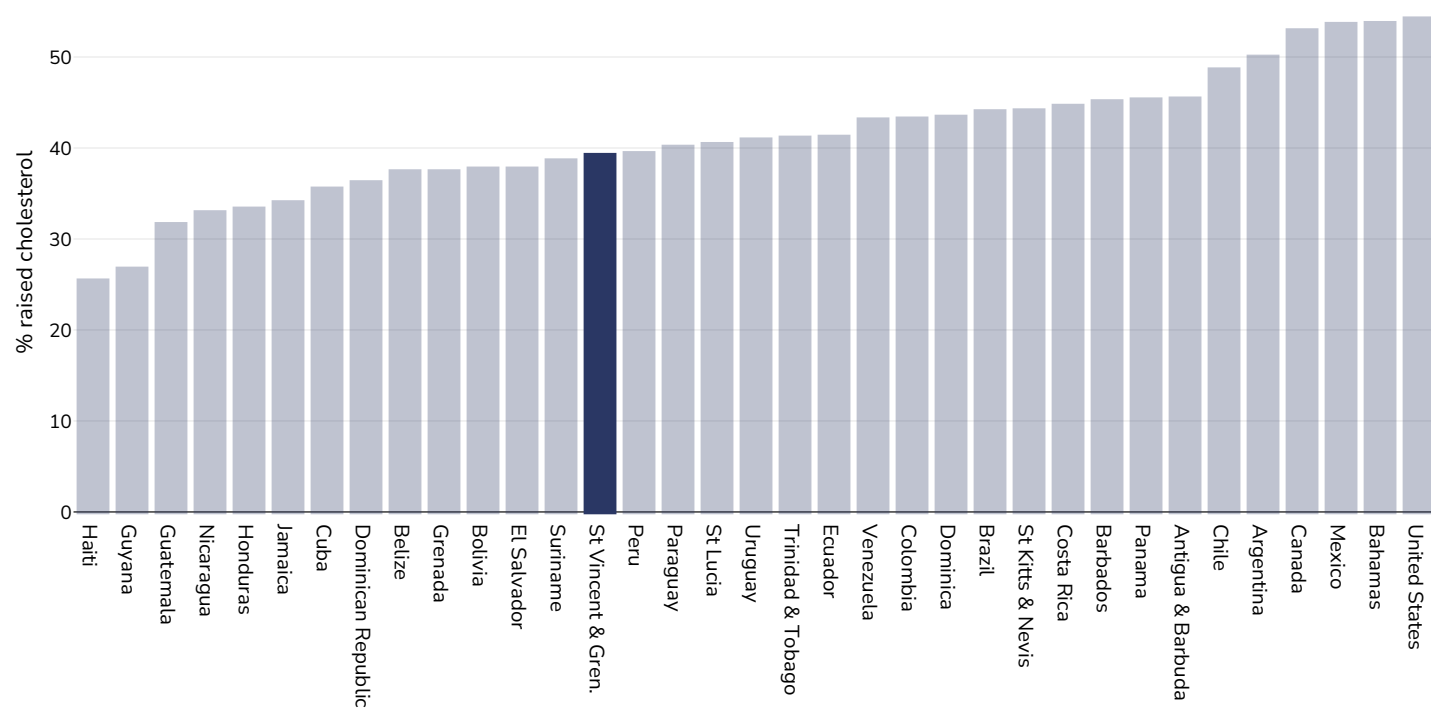
## Men, 2008



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

**Definitions:** % Raised total cholesterol ( $\geq 5.0$  mmol/L) (age-standardized estimate).

## Women, 2008

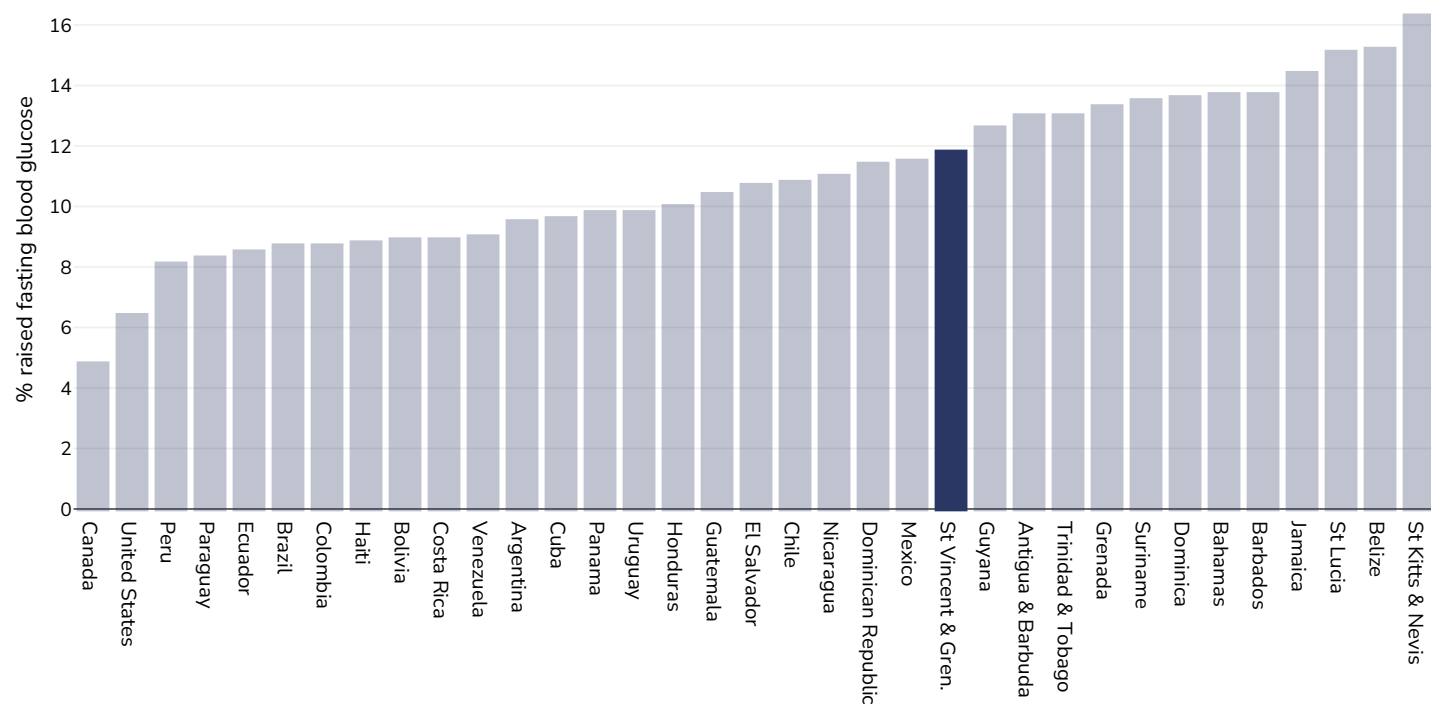


**References:** Global Health Observatory data repository, World Health Organisation, <http://apps.who.int/gho/data/node.main.A885>

**Definitions:** % Raised total cholesterol ( $\geq 5.0$  mmol/L) (age-standardized estimate).

## Raised fasting blood glucose

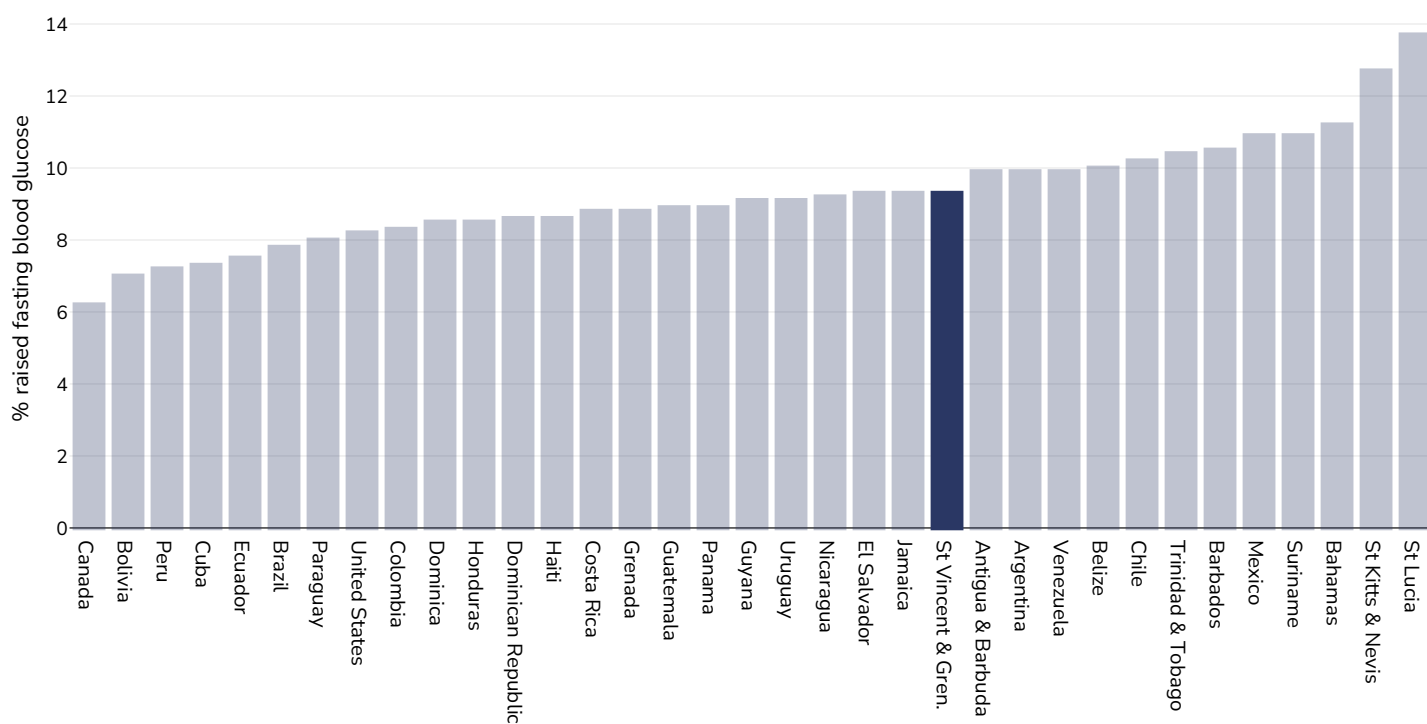
### Men, 2014



**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 ( $\geq 7.0$  mmol/L or on medication).

## Women, 2014

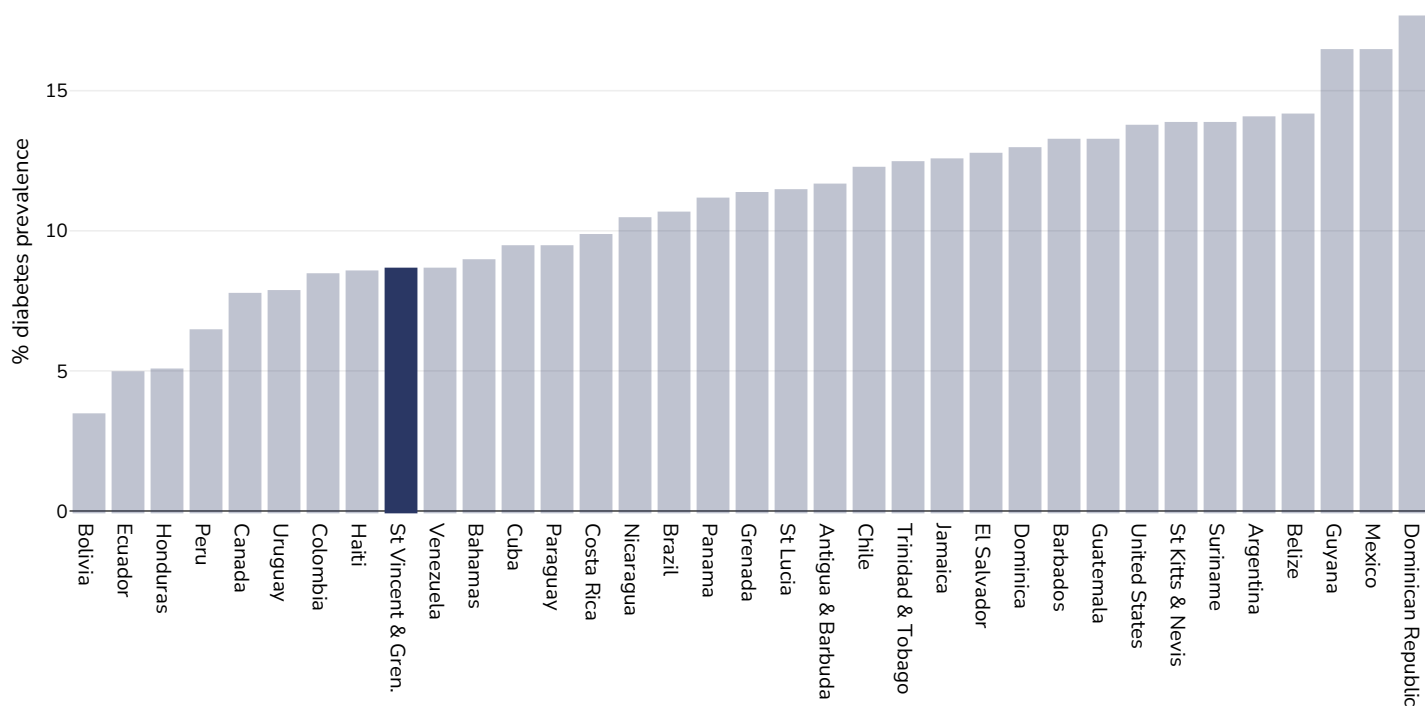


**References:** Global Health Observatory data repository, World Health Organisation, <http://apps.who.int/gho/data/node.main.A869?lang=en>

**Definitions:** Age Standardised % raised fasting blood glucose ( $\geq 7.0$  mmol/L or on medication).

## Diabetes prevalence

### Adults, 2024



**References:**

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