## Drivers

### Sao Tome and Principe

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Insufficient physical activity

Adults, 2016

Men, 2016

Women, 2016

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/]
Definitions: Estimated per-capita fruit intake (g/day)
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


Definitions: % of population with depression disorders
Mental health - anxiety disorders

Adults, 2015


Definitions: % of population with anxiety disorders
% Infants exclusively breastfed 0-5 months
Infants, 2010-2023

References: Inquérito de Indicadores Múltiplos 2019, Relatório final, São Tomé, São Tomé e Príncipe: Instituto Nacional de Estatística e Fundo das Nações Unidas para a Infância