Drivers
South Africa

<table>
<thead>
<tr>
<th>Contents</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Insufficient physical activity</td>
<td>2</td>
</tr>
<tr>
<td>Estimated per capita fruit intake</td>
<td>5</td>
</tr>
<tr>
<td>Estimated per-capita processed meat intake</td>
<td>6</td>
</tr>
<tr>
<td>Estimated per capita whole grains intake</td>
<td>7</td>
</tr>
<tr>
<td>Mental health - depression disorders</td>
<td>8</td>
</tr>
<tr>
<td>Mental health - anxiety disorders</td>
<td>9</td>
</tr>
<tr>
<td>% Infants exclusively breastfed 0-5 months</td>
<td>10</td>
</tr>
</tbody>
</table>
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

Children, 2005-2020

Area covered: National

References: South Africa Demographic and Health Survey 2016. Pretoria, South Africa, and Rockville, Maryland, USA: NDoH, Stats SA, SAMRC, and ICF


Definitions: % exclusively breastfed 0-5 months

PDF created on July 27, 2023