Report card
Sri Lanka

Lower-middle income

Obesity prevalence

Adults, 2022

■ Obesity ■ Overweight

Survey type:	Measured
Age:	18-60
Sample size:	2352
Area covered:	National
References:	National Nutrition and Micronutrient Survey in Sri Lanka: 2022 https://www.mri.gov.lk/wp-content/uploads/2023/05/National-Nutrition-and-Micronutrient-Survey-Sri-Lanka-2022.pdf (Accessed 26.09.23)
Notes:	1560 women and 792 men NB. Combined adult data estimated. These estimates were calculated by weighting male and female survey results. Weighting based on World Bank Population % total female 2022 (https://data.worldbank.org/indicator/SP.POP.TOTL.FE.ZS - accessed 29.09.23)

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

Children, 2022

Legend: ■ Obesity ■ Overweight

Survey type:	Measured
Age:	10-17
Sample size:	484
Area covered:	National
References:	National Nutrition and Micronutrient Survey in Sri Lanka: 2022 https://www.mri.gov.lk/wp-content/uploads/2023/05/National-Nutrition-and-Micronutrient-Survey-Sri-Lanka-2022.pdf (Accessed 26.09.23)
Notes:	Small sample size. Report provides prevalence by age by given small sample sizes they are not reported here.
Cutoffs:	WHO

Infants, 2022

■ Overweight or obesity

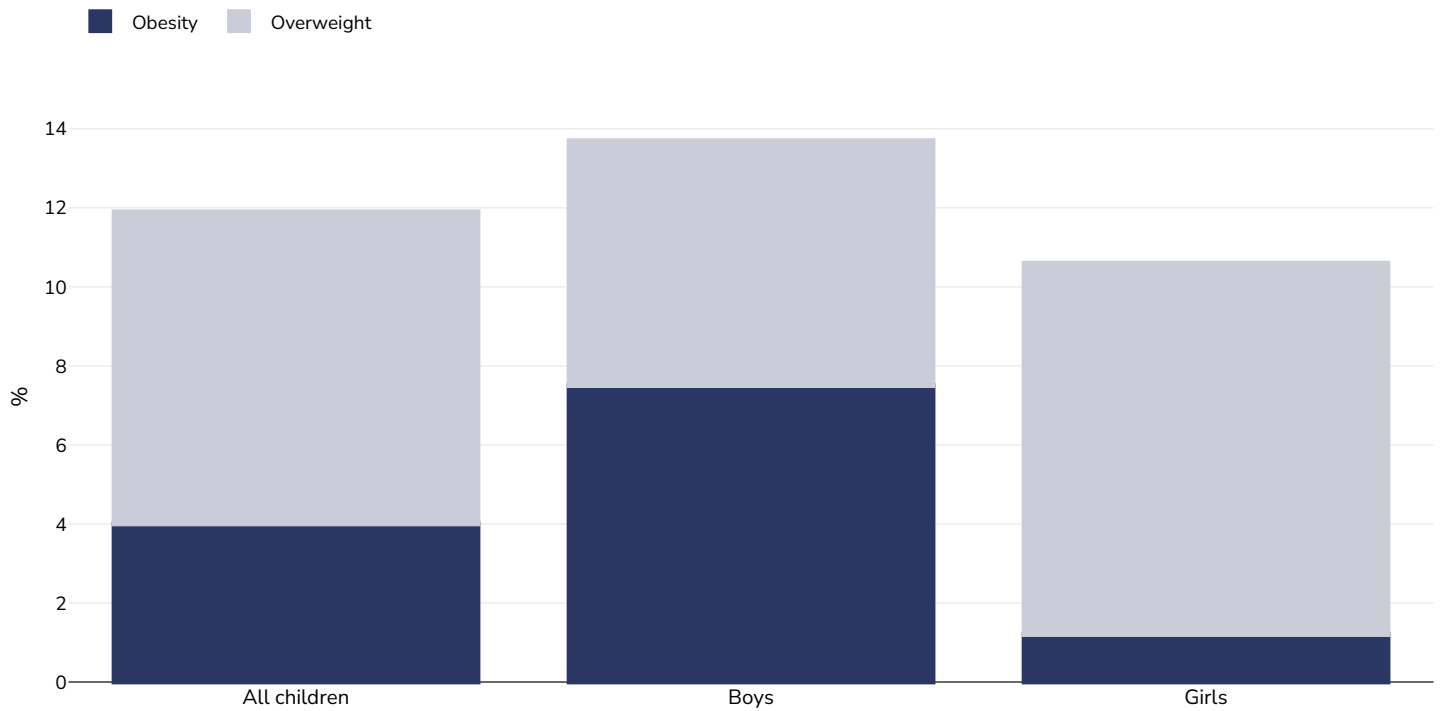| Survey type:	Measured
Age:	0-5
Sample size:	1346
Area covered:	National
References:	National Nutrition and Micronutrient Survey in Sri Lanka: 2022 https://www.mri.gov.lk/wp-content/uploads/2023/05/National-Nutrition-and-Micronutrient-Survey-Sri-Lanka-2022.pdf (Accessed 26.09.23
Cutoffs:	WHO

% Adults living with obesity in Sri Lanka 2006-2016

● Obesity, Women
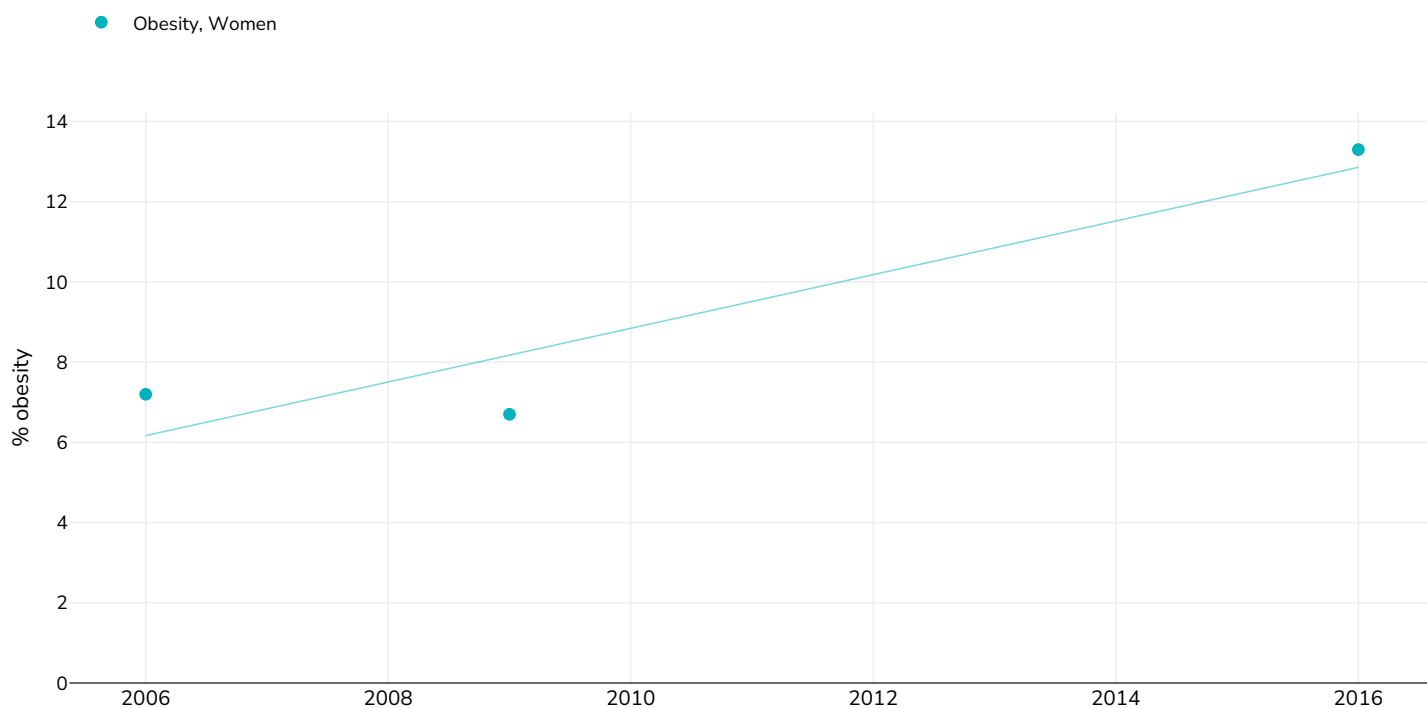
Survey type:	Measured

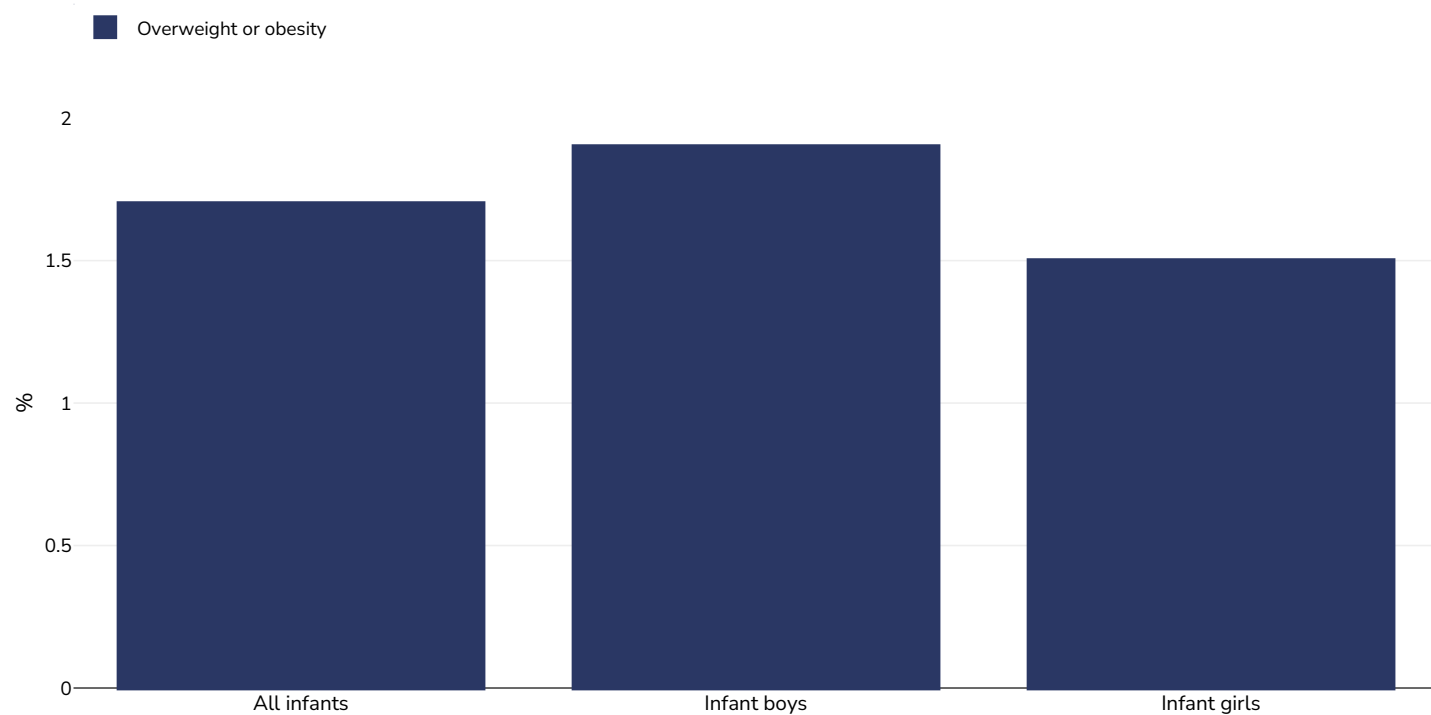| References:	2006: Department of Census and Statistics (DCS) and Ministry of Healthcare and Nutrition (MOH). 2009. Sri Lanka Demographic and Health Survey 2006-07. Colombo, Sri Lanka: DCS and MOH.
	2009: Jayatissa, R., Hossain, S.M., Gunawardana, S., Ranbanda, J.M., Gunathilaka, M. and De Silva, P.C., 2012. Prevalence and associations of overweight among adult women in Sri Lanka: a national survey. Sri Lanka Journal of Diabetes Endocrinology and Metabolism, 2(2).
	2016: Department of Census and Statistics (DCS) and Ministry of Health, Nutrition and Indigenous Medicine 2017. Sri Lanka Demographic and Health Survey 2016 Sri Lanka. https://www.aidsdatahub.org/resource/sri-lanka-demographic-and-health-survey-2016 (Accessed 02.09.20)

Notes:	Aged 15-49

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

Different methodologies may have been used to collect this data and so data from different surveys may not be strictly comparable. Please check with original data sources for methodologies used.

% Adults living with overweight or obesity in Sri Lanka 2006-2016

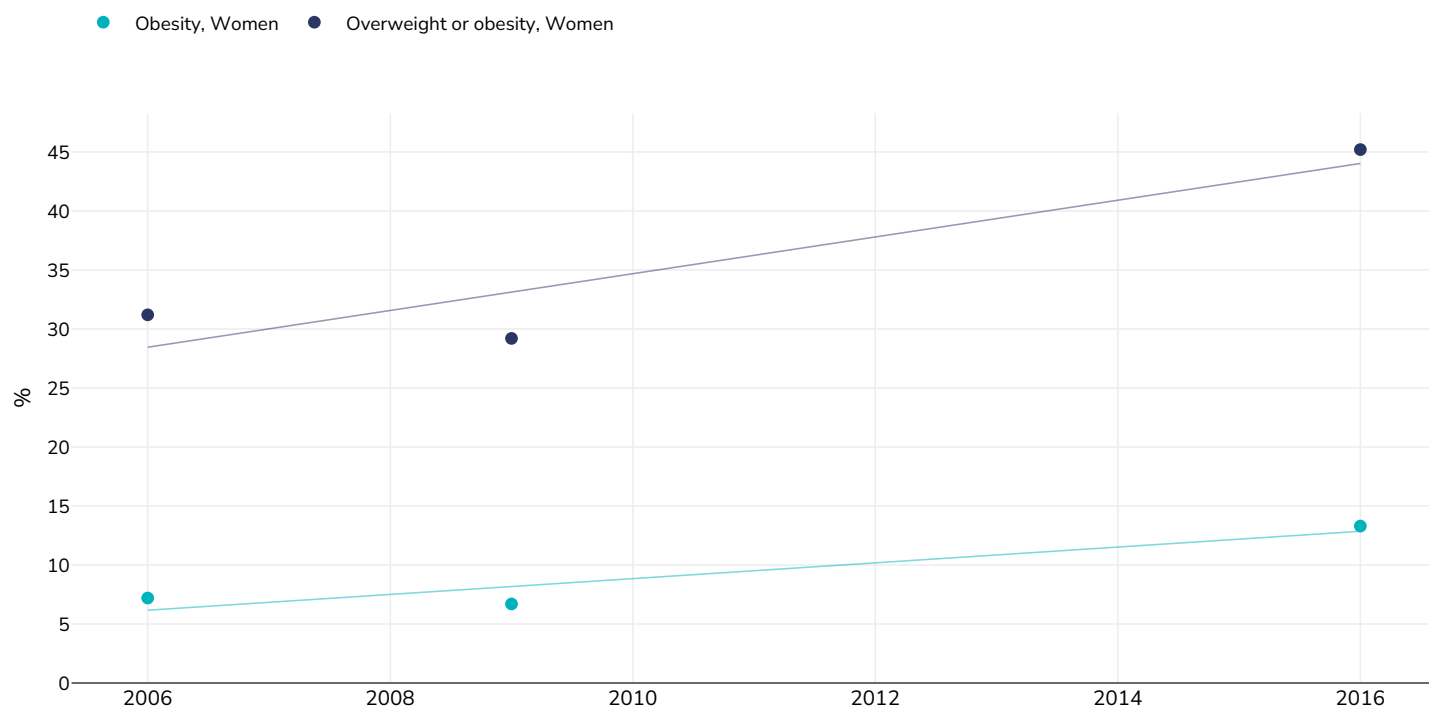● Obesity, Women   ● Overweight or obesity, Women

References: 2006: Department of Census and Statistics (DCS) and Ministry of Healthcare and Nutrition (MOH). 2009. Sri Lanka Demographic and Health Survey 2006-07. Colombo, Sri Lanka: DCS and MOH.

2009: Jayatissa, R., Hossain, S.M., Gunawardana, S., Ranbanda, J.M., Gunathilaka, M. and De Silva, P.C., 2012. Prevalence and associations of overweight among adult women in Sri Lanka: a national survey. Sri Lanka Journal of Diabetes Endocrinology and Metabolism, 2(2).

2016: Department of Census and Statistics (DCS) and Ministry of Health, Nutrition and Indigenous Medicine 2017. Sri Lanka Demographic and Health Survey 2016 Sri Lanka. https://www.aidsdatahub.org/resource/sri-lanka-demographic-and-health-survey-2016 (Accessed 02.09.20)

Notes: Aged 15-49

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

Different methodologies may have been used to collect this data and so data from different surveys may not be strictly comparable. Please check with original data sources for methodologies used.

Overweight/obesity by education

Women, 2016

Legend: ■ Obesity ■ Overweight

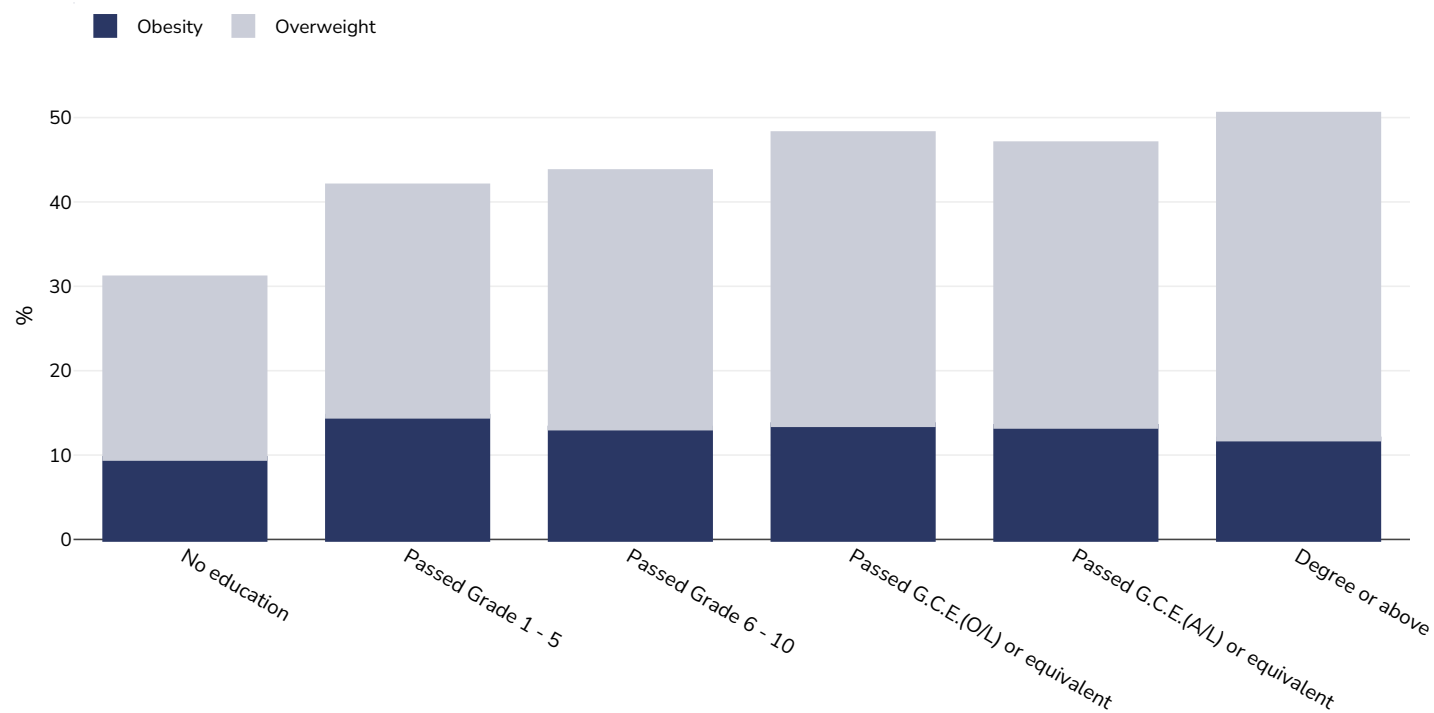|	
Survey type:	Measured
Age:	15-49
Sample size:	16806
Area covered:	National
References:	Department of Census and Statistics (DCS) and Ministry of Health, Nutrition and Indigenous Medicine 2017. Sri Lanka Demographic and Health Survey 2016 Sri Lanka. https://www.aidsdatahub.org/resource/sri-lanka-demographic-and-health-survey-2016 (Accessed 02.09.20)

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

Children, 2017

Legend: ■ Obesity ■ Overweight

	%
No schooling	~4.0 (Obesity ~0.4, Overweight ~3.5)
Grades 1-5	~7.1 (Obesity ~1.6)
Grade 6-11	~7.3 (Obesity ~2.3)
Passed O/L	~9.6 (Obesity ~3.2)
Passed A/L	~11.1 (Obesity ~3.5)
Diploma/Degree/Higher	~12.7 (Obesity ~3.2)

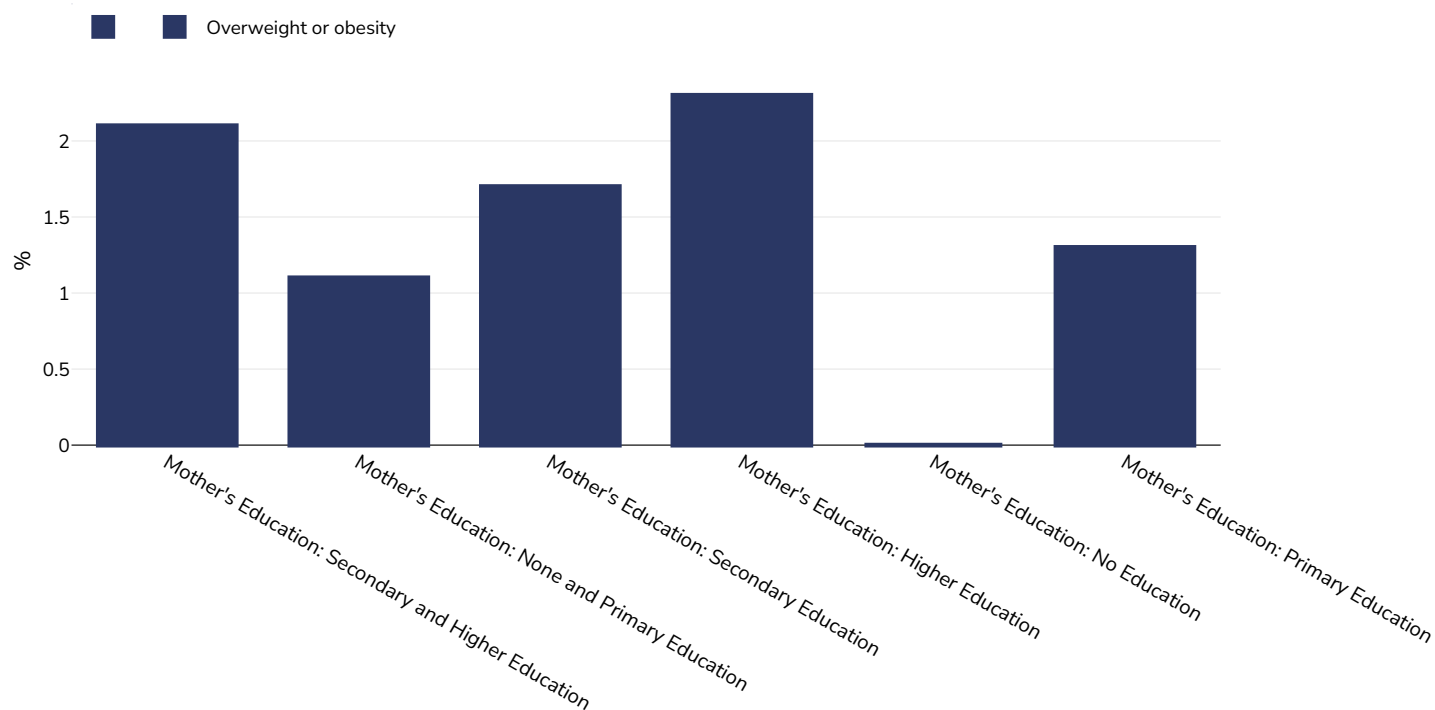|	
Survey type:	Measured
Age:	6-12
Sample size:	8405
Area covered:	National
References:	2017 Nutritional Status, Dietary Practices and Pattern of Physical Activity Among School Children Aged 6-12 Years https://www.mri.gov.lk/assets/Nutrition/2017-NUTRITIONAL-STATUS-DIETARY-PRACTICES-AND-PATTERN-OF-PHYSICAL-ACTIVITY-A....pdf (accessed 29.09.23)
Cutoffs:	WHO 2007

Infants, 2016

Legend: ■ ■ Overweight or obesity
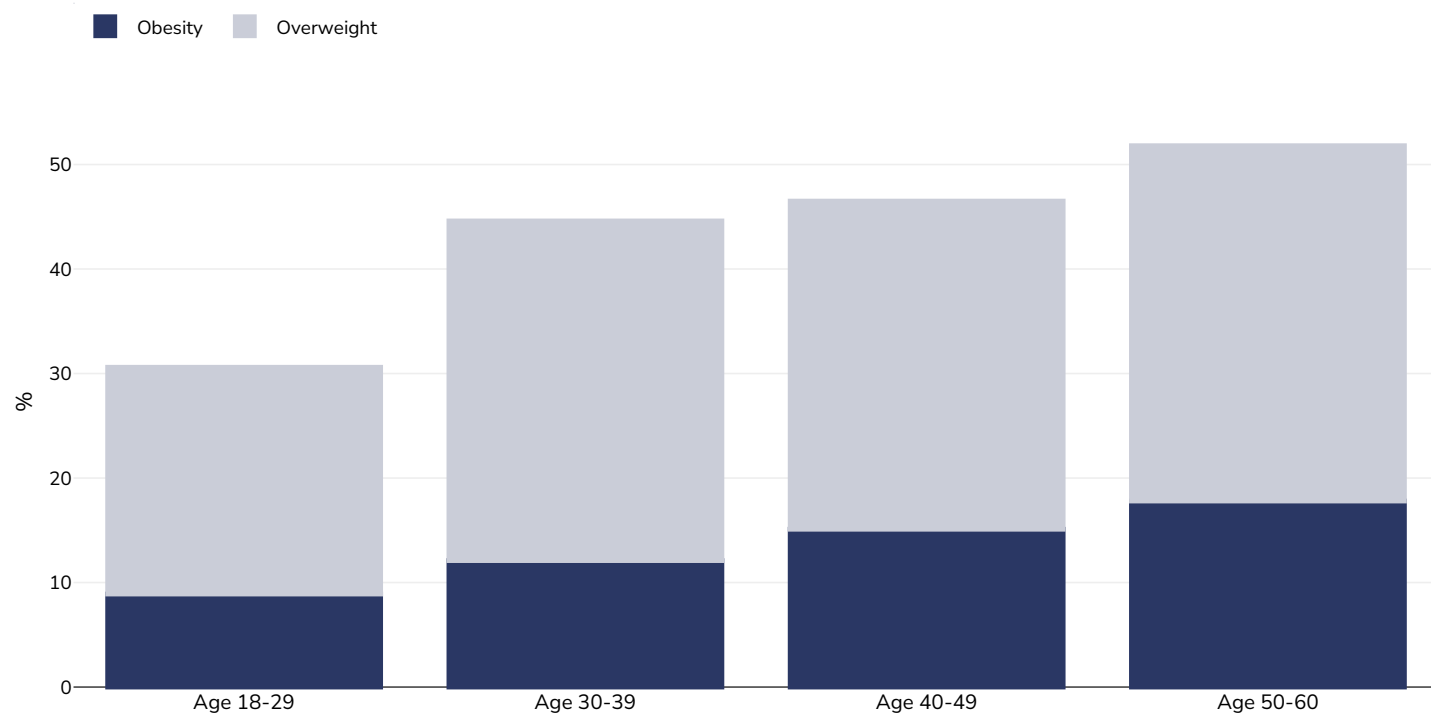

Sample size:	7823
References:	DHS-Style: Sri Lanka Demographic and Health Survey 2016
Notes:	UNICEF/WHO/World Bank Joint Child Malnutrition Estimates Expanded Database: Overweight (Survey Estimates), May 2023, New York. For more information about the methodology, please consult https://data.unicef.org/resources/jme-2023-country-consultations/ Percentage of children under 5 years of age falling above 2 standard deviations (moderate and severe) from the median weight-for-height of the reference population.
Definitions:	=>+2SD

Overweight/obesity by age

Women, 2022

■ Obesity   ■ Overweight

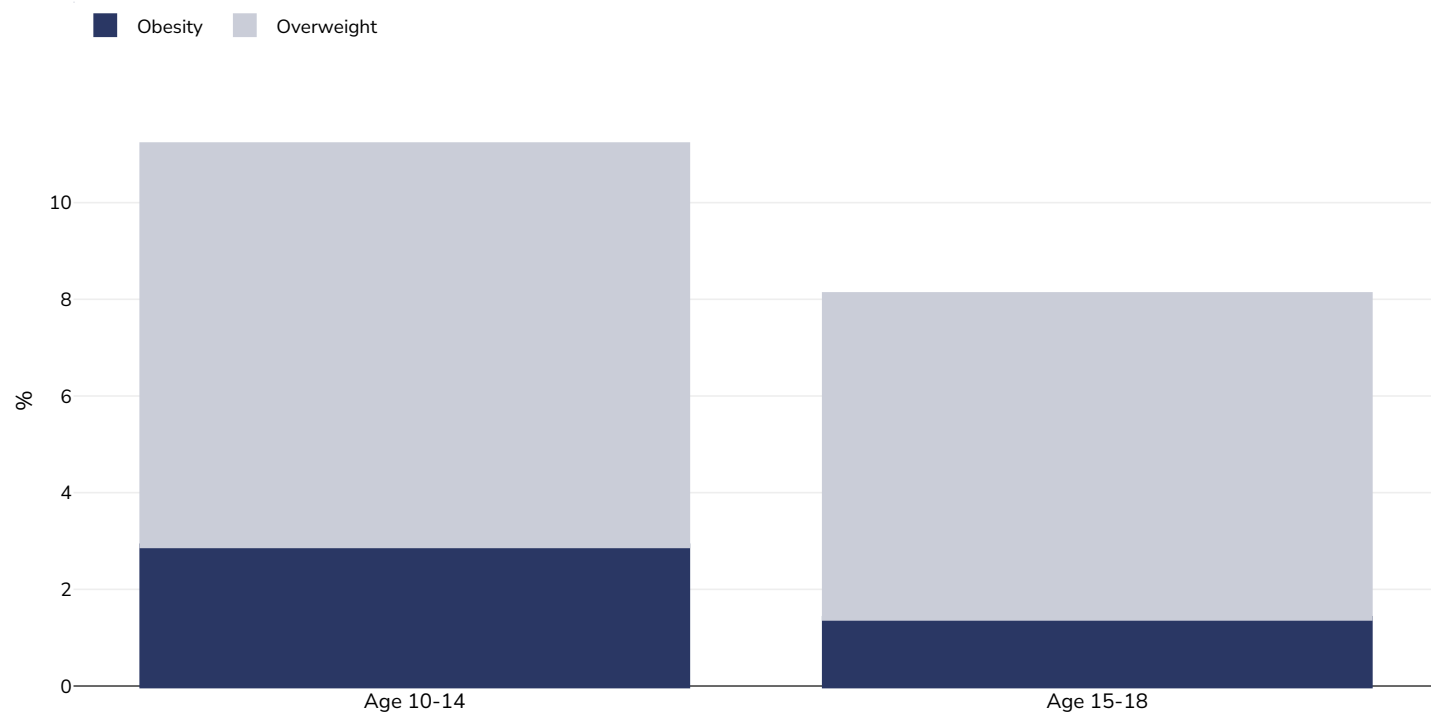|	
Survey type:	Measured
Sample size:	1560
Area covered:	National
References:	National Nutrition and Micronutrient Survey in Sri Lanka: 2022 https://www.mri.gov.lk/wp-content/uploads/2023/05/National-Nutrition-and-Micronutrient-Survey-Sri-Lanka-2022.pdf (Accessed 26.09.23)
Notes:	1560 women

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

Children, 2017

■ Obesity   ■ Overweight

Survey type:	Measured
Sample size:	2570
Area covered:	National
References:	Jayatissa R, Fervando D.N, Perera A, De Alwis N, National Nutrition and Micronutrient Survey among school adolescents aged 10-18 years in Sri Lanka 2017. Medical research Institute, Ministry of Health, Colombo 2019
Definitions:	BMI-for-age-sex between 1 SD and 2SD as overweight and BMI-for-age-sex >2SD as obesity.
Cutoffs:	WHO

Overweight/obesity by region

Men, 2022

Legend: Obesity (dark), Overweight (light)

Survey type:	Measured
Age:	18-60
Sample size:	2352
Area covered:	National
References:	National Nutrition and Micronutrient Survey in Sri Lanka: 2022 https://www.mri.gov.lk/wp-content/uploads/2023/05/National-Nutrition-and-Micronutrient-Survey-Sri-Lanka-2022.pdf (Accessed 26.09.23)
Notes:	1560 women and 792 men

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

Women, 2022
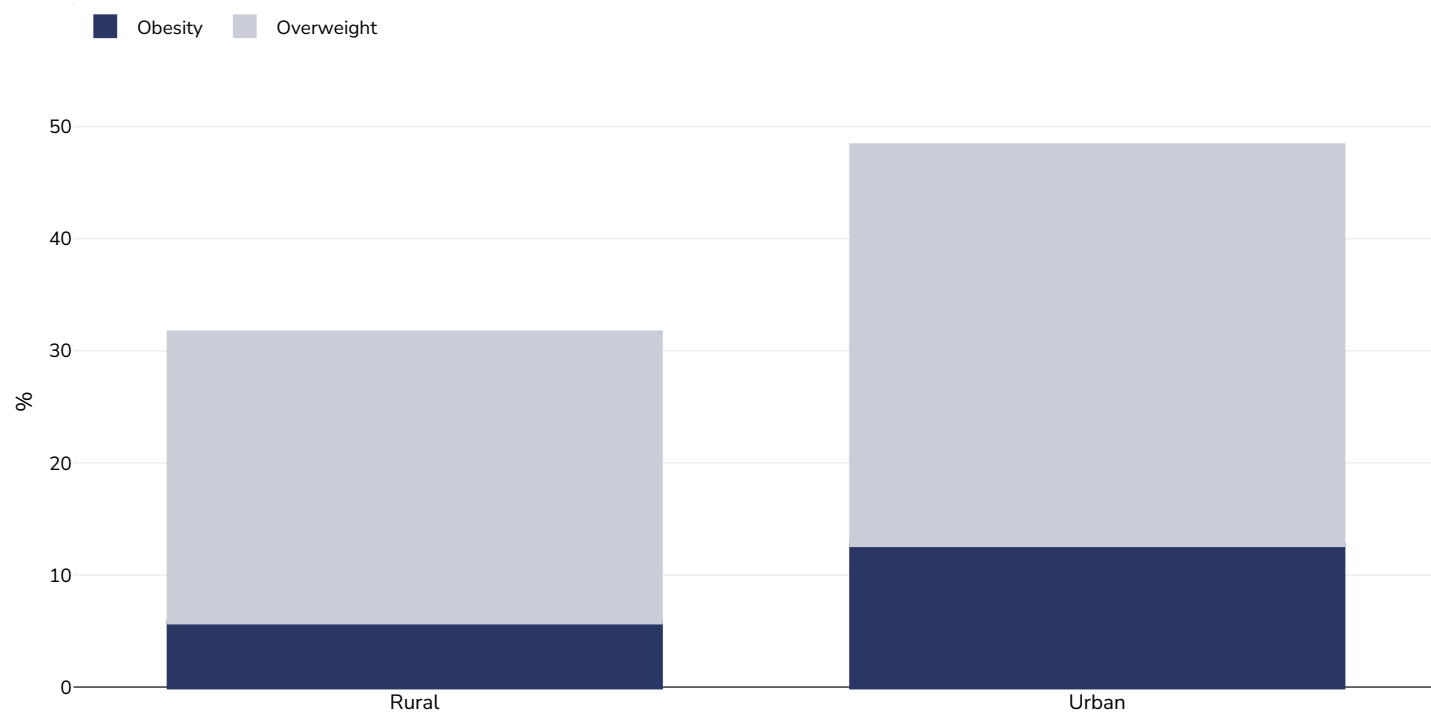

Legend: ■ Obesity ■ Overweight

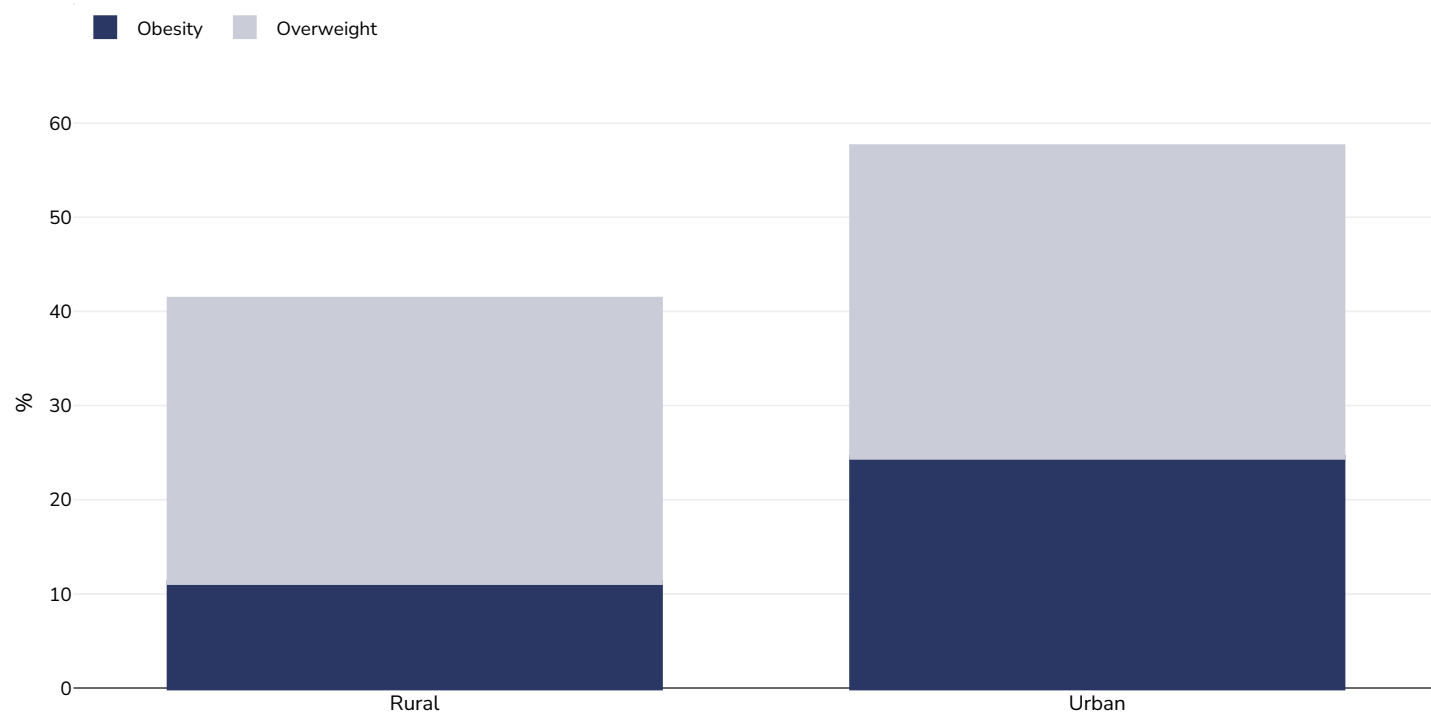| Survey type:	Measured
Age:	18-60
Sample size:	2352
Area covered:	National
References:	National Nutrition and Micronutrient Survey in Sri Lanka: 2022 https://www.mri.gov.lk/wp-content/uploads/2023/05/National-Nutrition-and-Micronutrient-Survey-Sri-Lanka-2022.pdf (Accessed 26.09.23)
Notes:	1560 women and 792 men

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
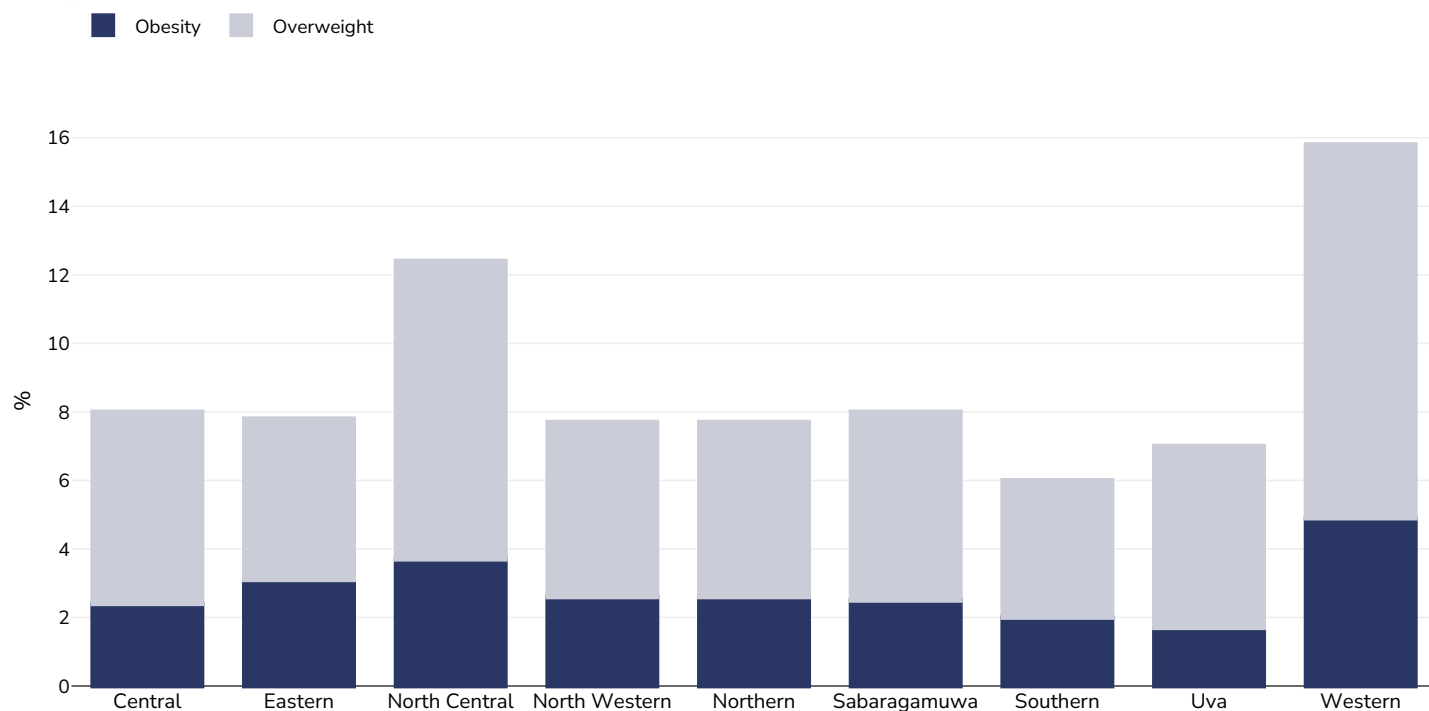
Children, 2017

Legend: ■ Obesity ■ Overweight

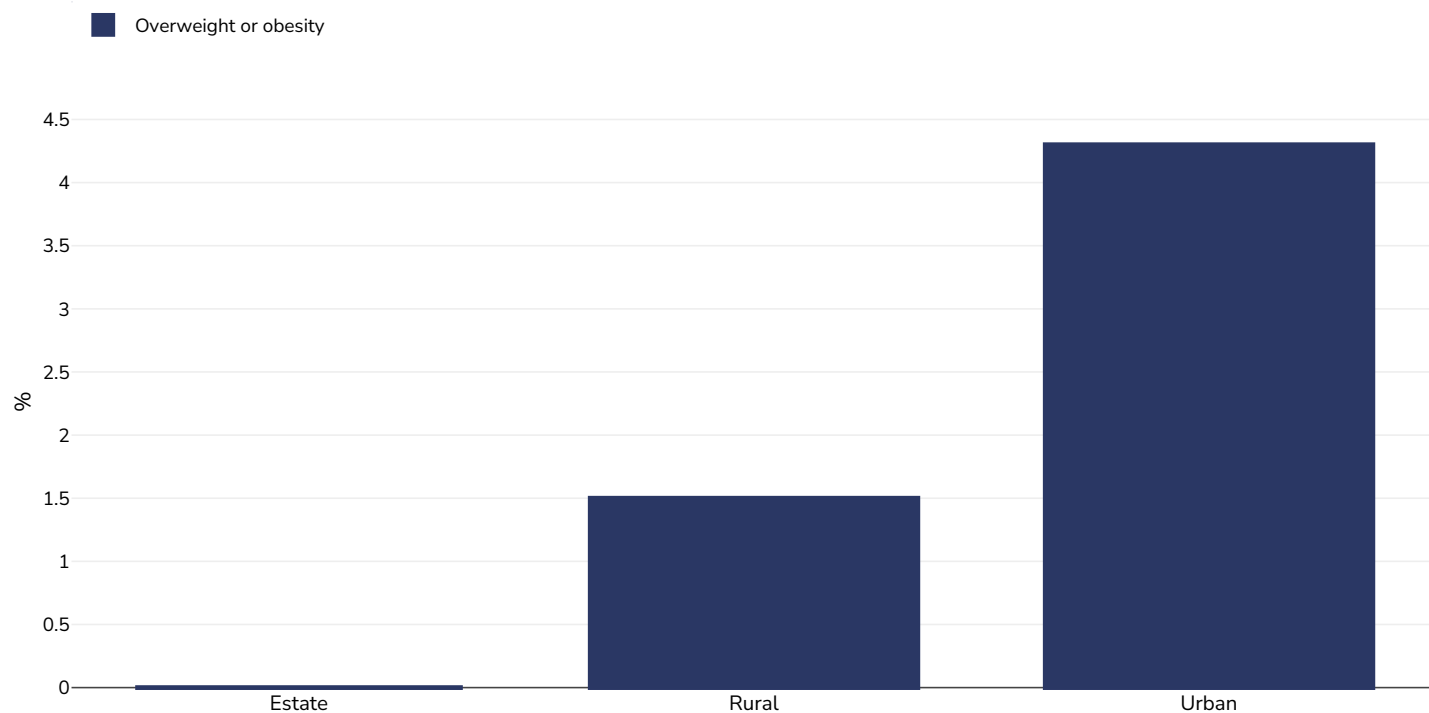| Survey type:	Measured
Age:	6-12
Sample size:	8405
Area covered:	National
References:	2017 Nutritional Status, Dietary Practices and Pattern of Physical Activity Among School Children Aged 6-12 Years https://www.mri.gov.lk/assets/Nutrition/2017-NUTRITIONAL-STATUS-DIETARY-PRACTICES-AND-PATTERN-OF-PHYSICAL-ACTIVITY-A....pdf (accessed 29.09.23)
Cutoffs:	WHO 2007

Infants, 2022

■ Overweight or obesity

Survey type:	Measured
Sample size:	1346
Area covered:	National
References:	National Nutrition and Micronutrient Survey in Sri Lanka: 2022 https://www.mri.gov.lk/wp-content/uploads/2023/05/National-Nutrition-and-Micronutrient-Survey-Sri-Lanka-2022.pdf (Accessed 26.09.23
Cutoffs:	WHO

Overweight/obesity by socio-economic group

Women, 2016
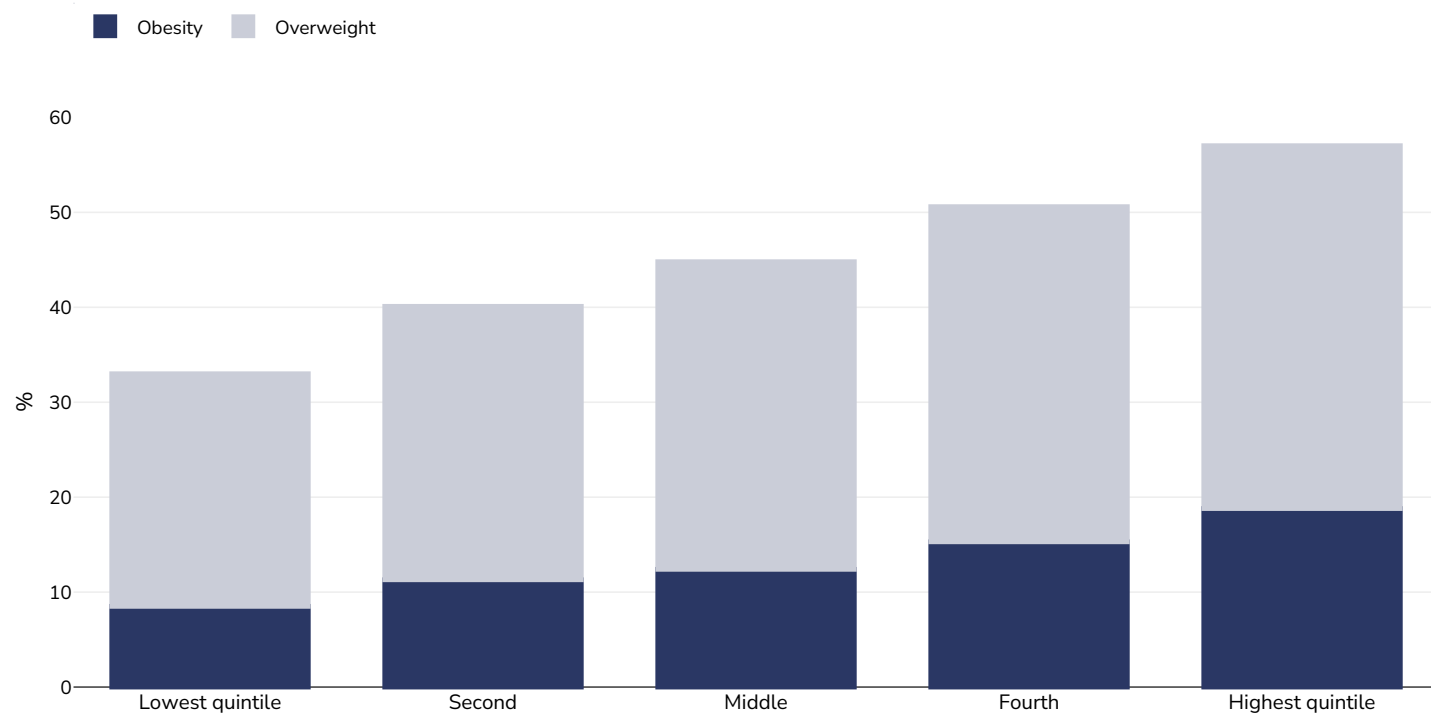
■ Obesity   ■ Overweight

Survey type:	Measured
Age:	15-49
Sample size:	16806
Area covered:	National
References:	Department of Census and Statistics (DCS) and Ministry of Health, Nutrition and Indigenous Medicine 2017. Sri Lanka Demographic and Health Survey 2016 Sri Lanka. https://www.aidsdatahub.org/resource/sri-lanka-demographic-and-health-survey-2016 (Accessed 02.09.20)

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

Infants, 2016

■ Overweight or obesity
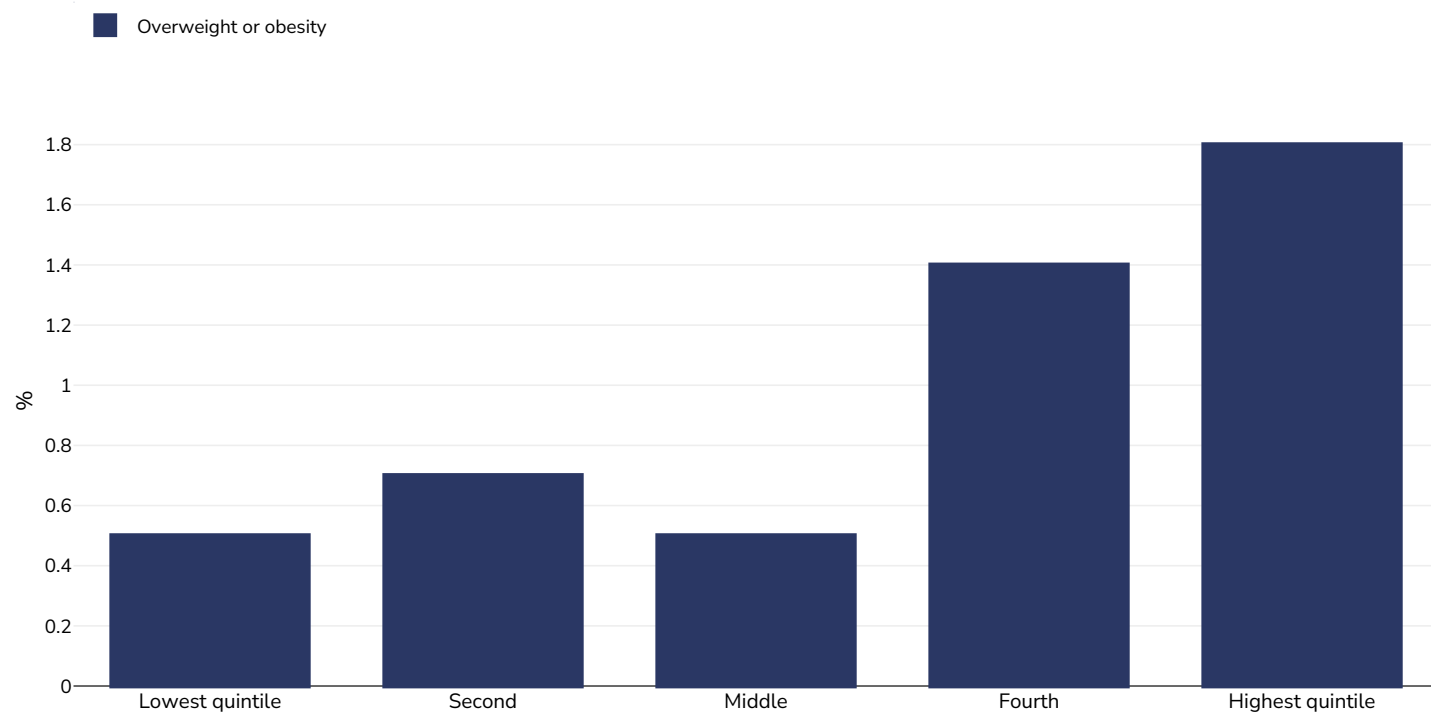
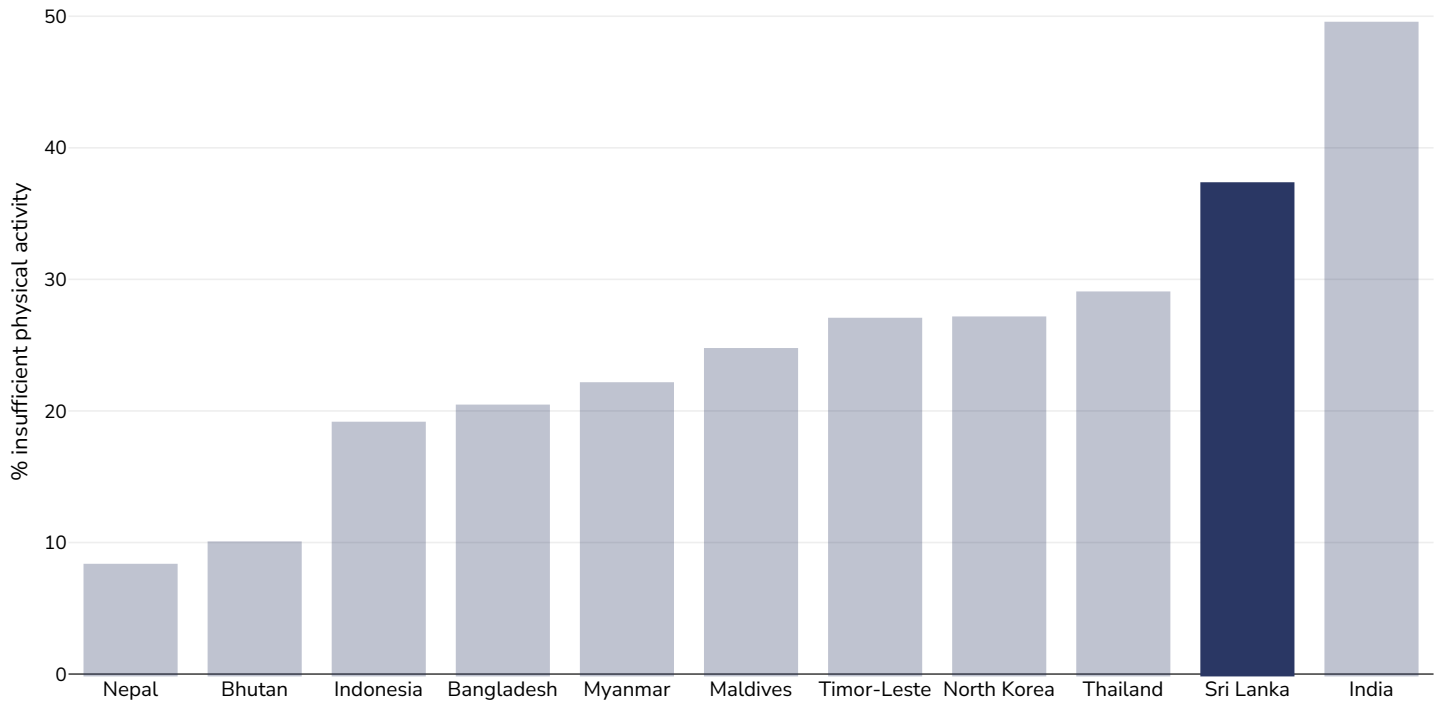| Survey type:	Measured
Sample size:	7908
Area covered:	National
References:	Department of Census and Statistics (DCS) and Ministry of Health, Nutrition and Indigenous Medicine 2017. Sri Lanka Demographic and Health Survey 2016 Sri Lanka. https://www.aidsdatahub.org/resource/sri-lanka-demographic-and-health-survey-2016 (Accessed 18.05.21)
Notes:	Infants
Definitions:	Weight for Height. Overweight = >2SD
Cutoffs:	Other

Insufficient physical activity

Adults, 2022

Survey type:	Self-reported
Age:	18+
Area covered:	National
References:	WHO (2024). Prevalence of insufficient physical activity among adults aged 18-years age-standardized estimate in 2022. Available at https://www.who.int/data/gho/data/indicators/indicator-details/GHO/prevalence-of-insufficient-physical-activity-among-adults-aged-18-years-(age-standardized-estimate)-(-)
Definitions:	Percent of population attaining less than 150 minutes of moderate-intensity physical activity per week, or less than 75 minutes of vigorous-intensity physical activity per week, or equivalent.

Men, 2022

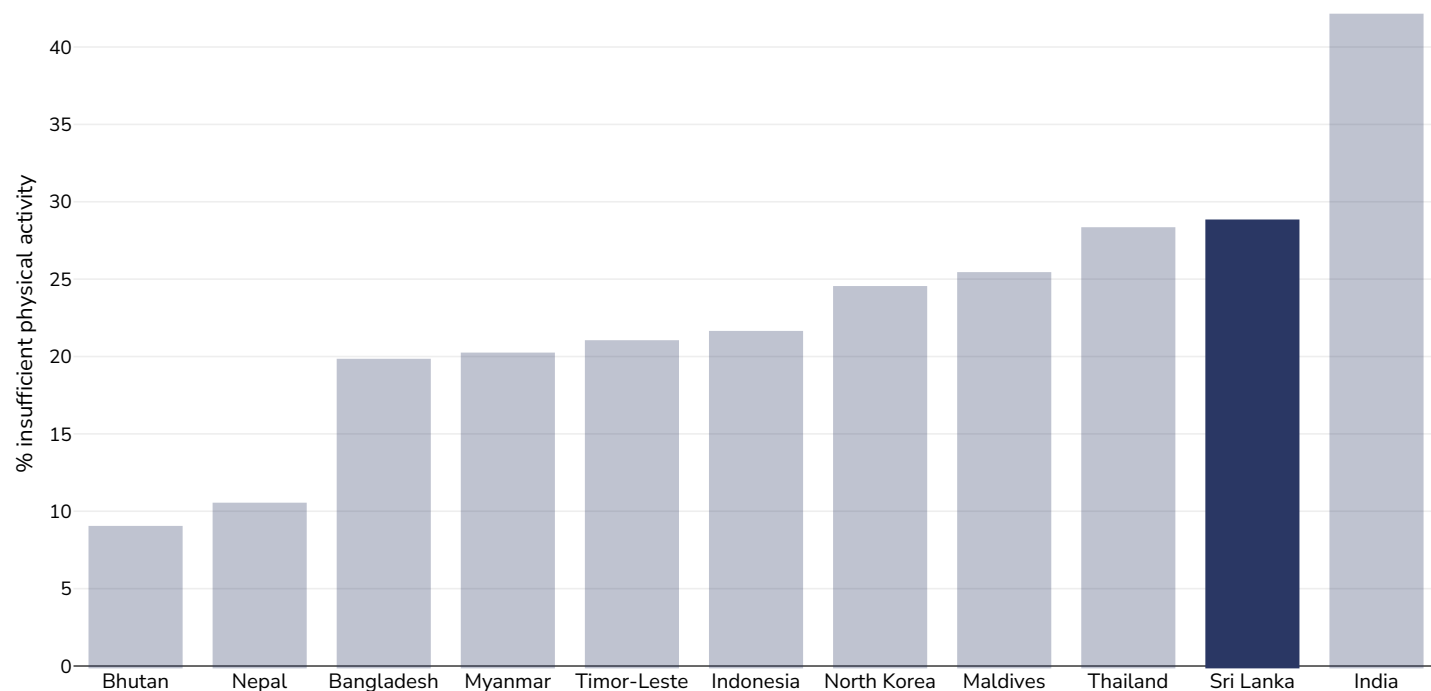| Survey type:	Self-reported
Age:	18+
Area covered:	National
References:	WHO (2024). Prevalence of insufficient physical activity among adults aged 18-years age-standardized estimate in 2022. Available at https://www.who.int/data/gho/data/indicators/indicator-details/GHO/prevalence-of-insufficient-physical-activity-among-adults-aged-18-years-(age-standardized-estimate)-(-)
Definitions:	Percent of population attaining less than 150 minutes of moderate-intensity physical activity per week, or less than 75 minutes of vigorous-intensity physical activity per week, or equivalent.

Women, 2022

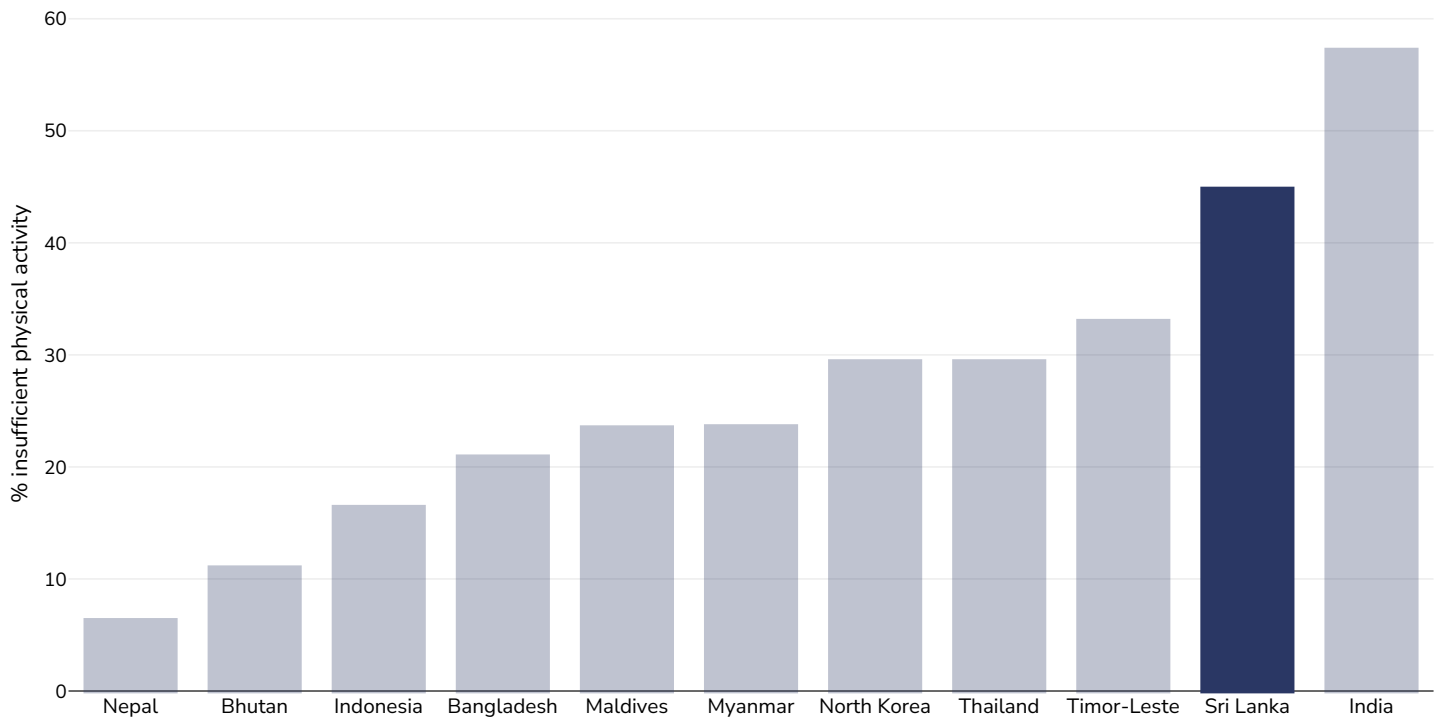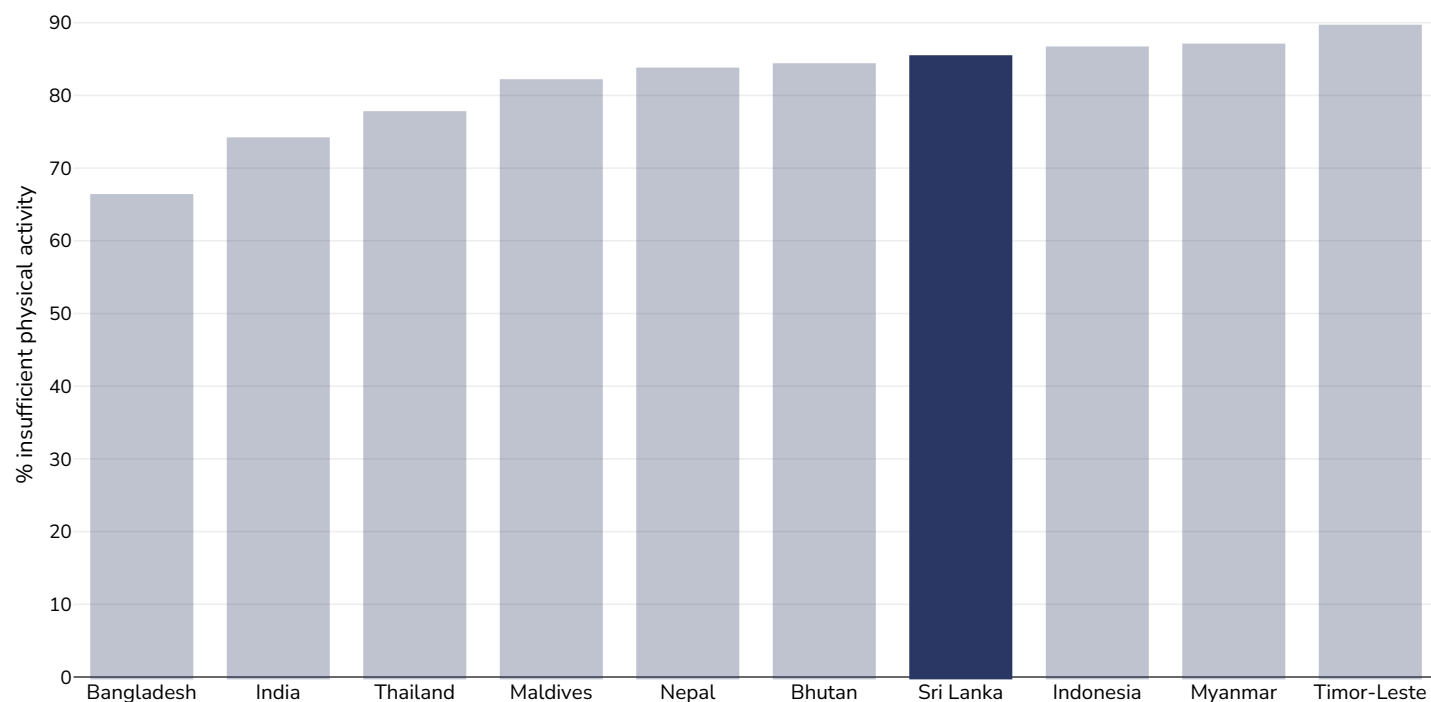| Survey type:	Self-reported
Age:	18+
Area covered:	National
References:	WHO (2024). Prevalence of insufficient physical activity among adults aged 18-years age-standardized estimate in 2022. Available at https://www.who.int/data/gho/data/indicators/indicator-details/GHO/prevalence-of-insufficient-physical-activity-among-adults-aged-18-years-(age-standardized-estimate)-(-)
Definitions:	Percent of population attaining less than 150 minutes of moderate-intensity physical activity per week, or less than 75 minutes of vigorous-intensity physical activity per week, or equivalent.

Children, 2016

Survey type:	Self-reported
Age:	11-17
References:	Global Health Observatory data repository, World Health Organisation, https://apps.who.int/gho/data/node.main.A893ADO?lang=en (last accessed 16.03.21)
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, 2016

Survey type:	Self-reported
Age:	11-17
References:	Global Health Observatory data repository, World Health Organisation, https://apps.who.int/gho/data/node.main.A893ADO?lang=en (last accessed 16.03.21)
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, 2016

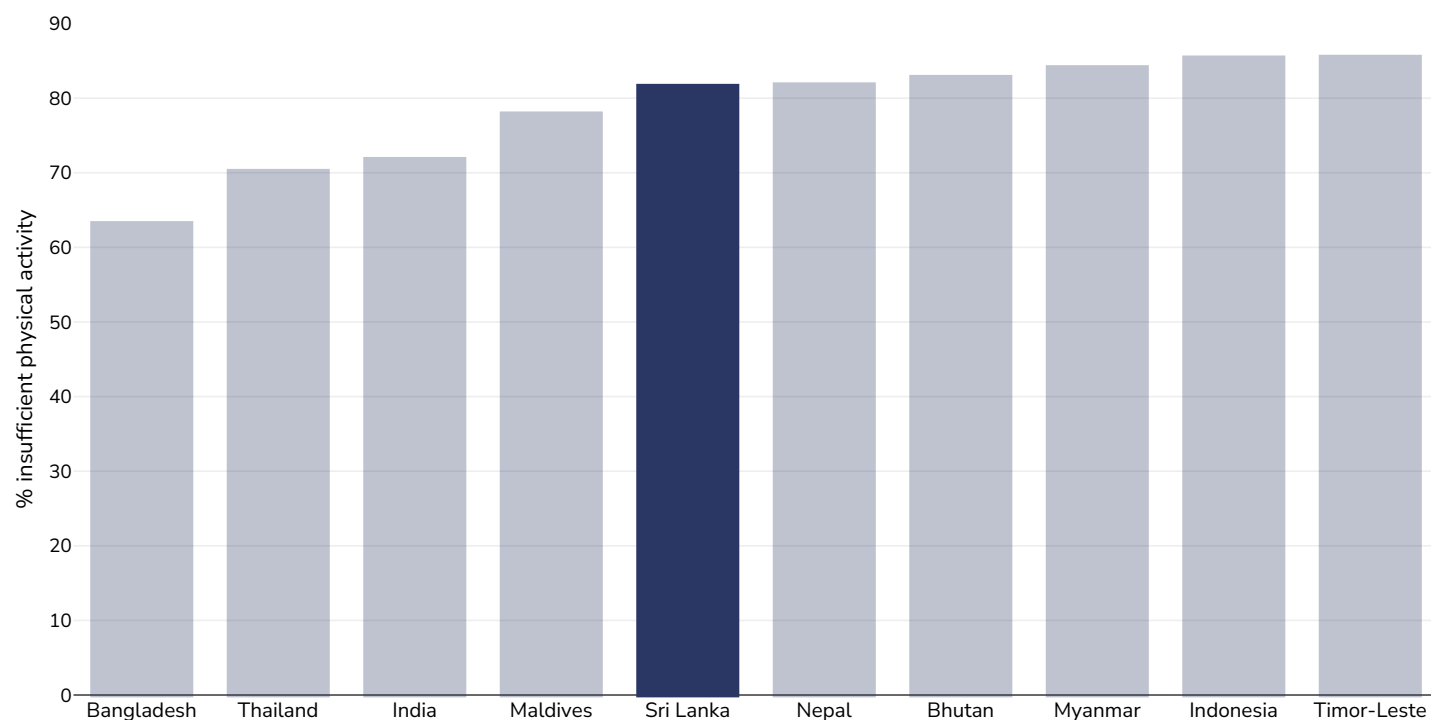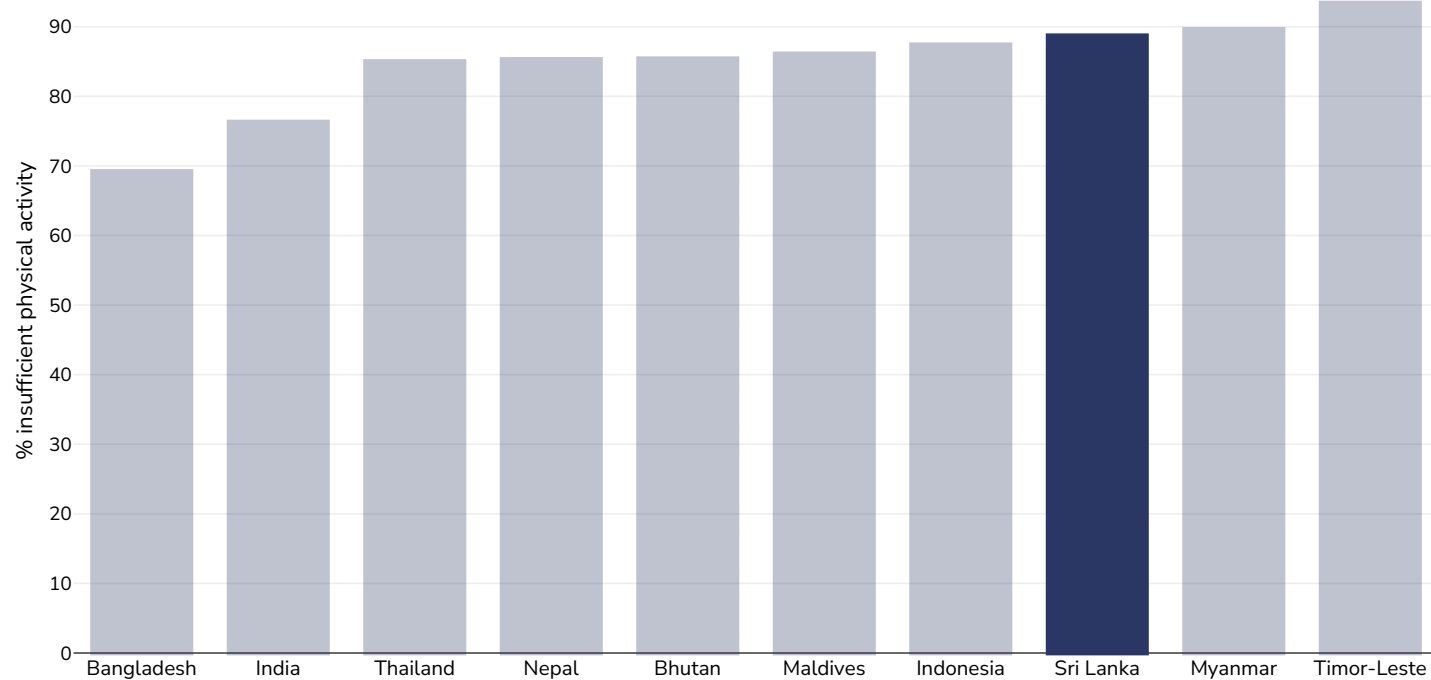| Survey type:	Self-reported
Age:	11-17
References:	Global Health Observatory data repository, World Health Organisation, https://apps.who.int/gho/data/node.main.A893ADO?lang=en (last accessed 16.03.21)
Notes:	% of school going adolescents not meeting WHO recommendations on Physical Activity for Health, i.e. doing less than 60 minutes of moderate- to vigorous-intensity physical activity daily.
Definitions:	% Adolescents insufficiently active (age standardised estimate)

Estimated per capita fruit intake

Adults, 2017
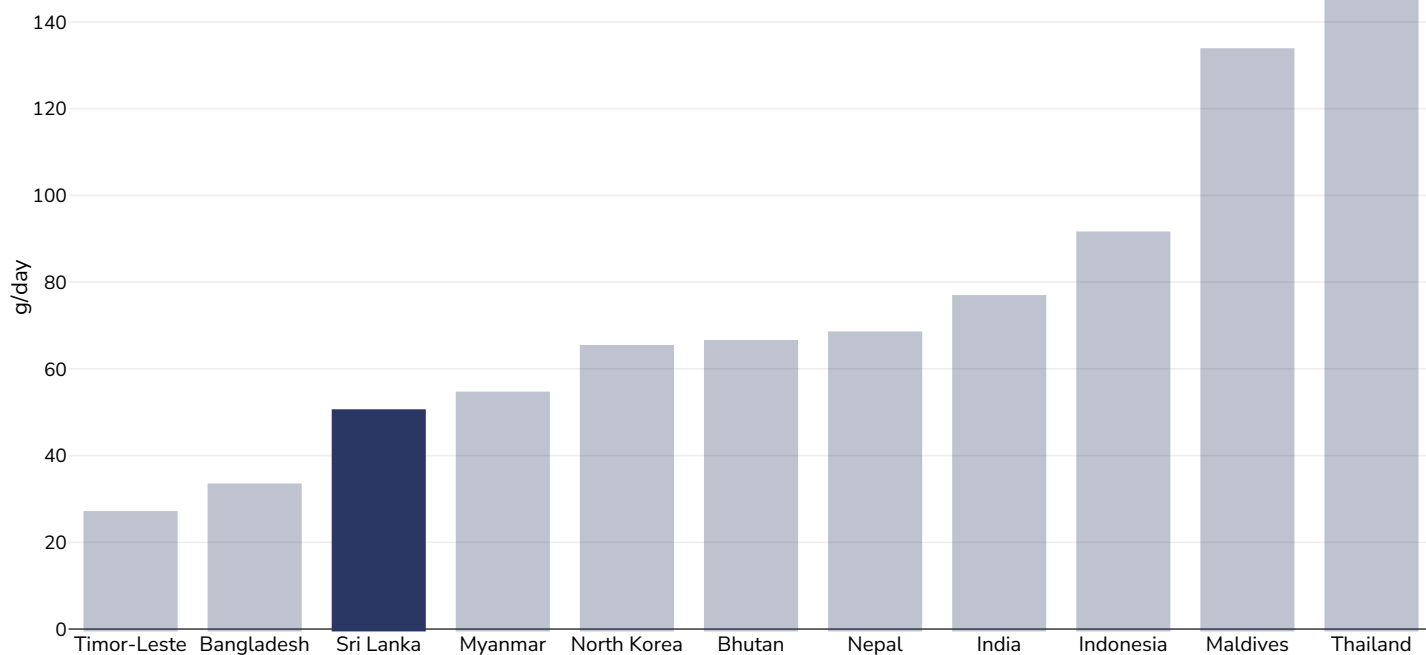
Survey type:	Measured
Age:	25+
References:	Global Burden of Disease, the Institute for Health Metrics and Evaluation http://ghdx.healthdata.org/
Definitions:	Estimated per-capita fruit intake (g/day)

Prevalence of less than daily fruit consumption

Children, 2008-2015
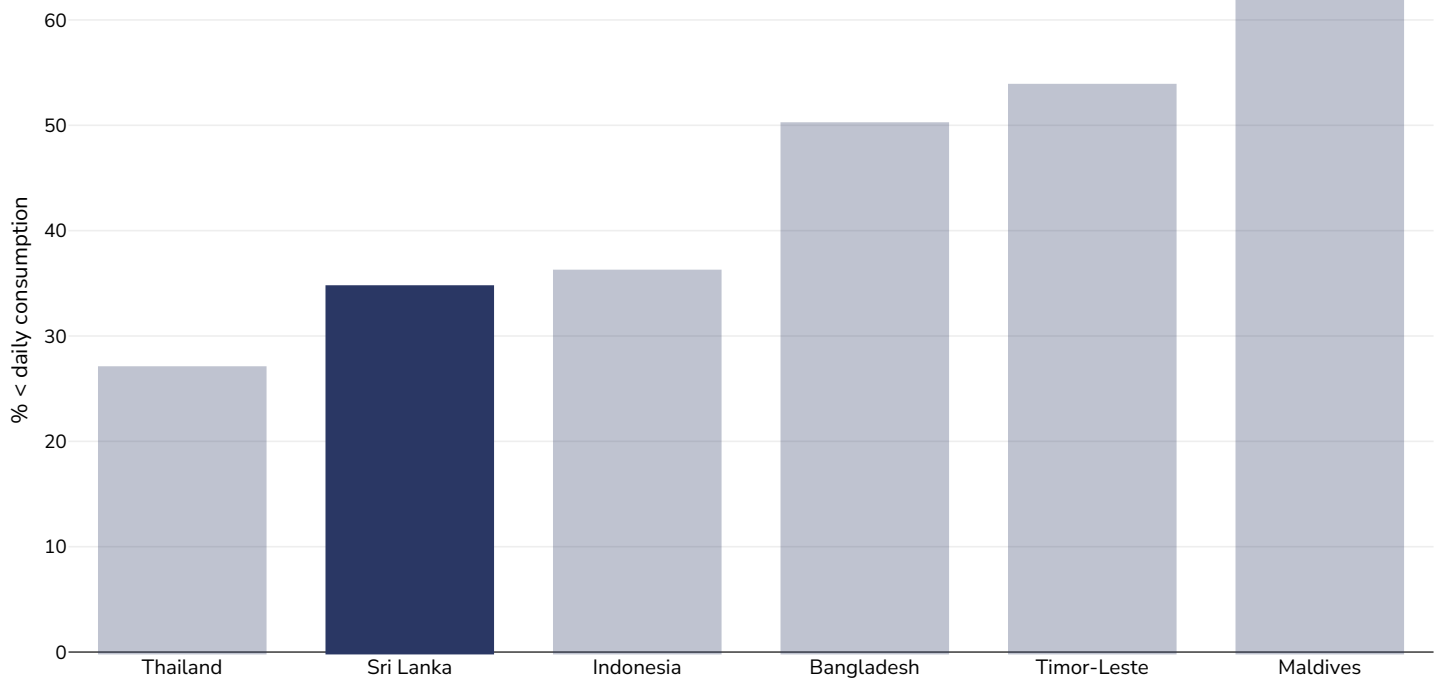
Survey type:	Measured
Age:	12-17
References:	Global School-based Student Health Surveys. Beal et al (2019). Global Patterns of Adolescent Fruit, Vegetable, Carbonated Soft Drink, and Fast-food consumption: A meta-analysis of global school-based student health surveys. Food and Nutrition Bulletin. https://doi.org/10.1177/0379572119848287. Sourced from Food Systems Dashboard http://www.foodsystemsdashboard.org/food-system
Definitions:	Prevalence of less-than-daily fruit consumption (% less-than-daily fruit consumption)

Prevalence of less than daily vegetable consumption

Children, 2008-2015
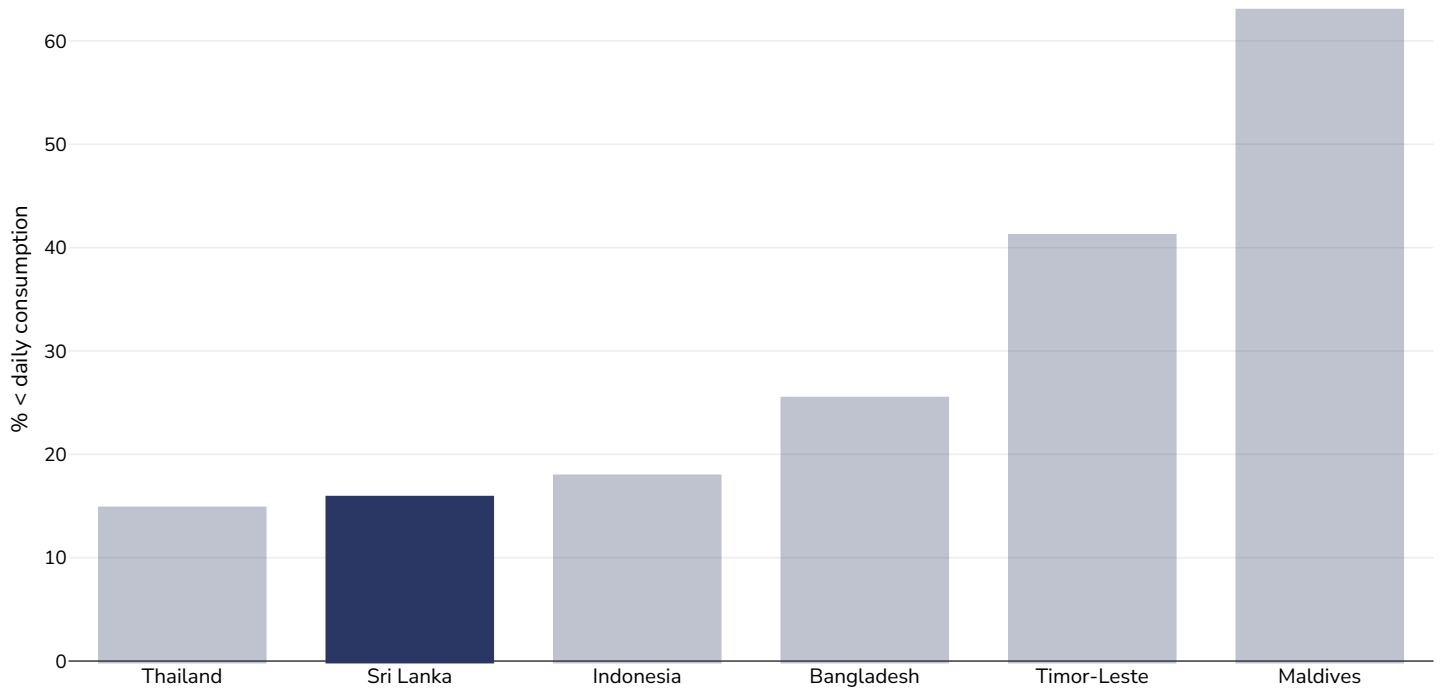
Survey type:	Measured
Age:	12-17
References:	Beal et al. (2019). Global Patterns of Adolescent Fruit, Vegetable, Carbonated Soft Drink, and Fast-food consumption: A meta-analysis of global school-based student health surveys. Food and Nutrition Bulletin. https://doi.org/10.1177/0379572119848287 sourced from Food Systems Dashboard http://www.foodsystemsdashboard.org/food-system
Definitions:	Prevalence of less-than-daily vegetable consumption (% less-than-daily vegetable consumption)

Estimated per-capita processed meat intake

Adults, 2017
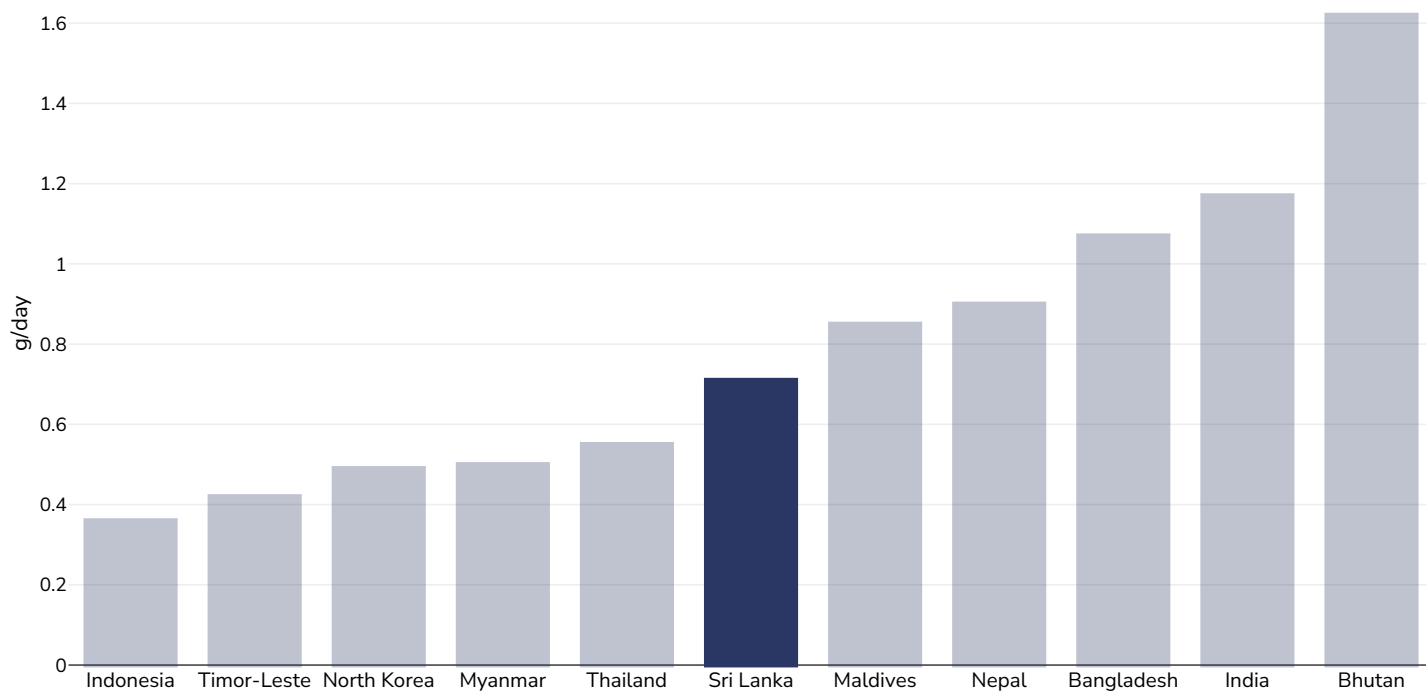
Survey type:	Measured
Age:	25+
References:	Global Burden of Disease, the Institute for Health Metrics and Evaluation http://ghdx.healthdata.org/
Definitions:	Estimated per-capita processed meat intake (g per day)

Estimated per capita whole grains intake

Adults, 2017
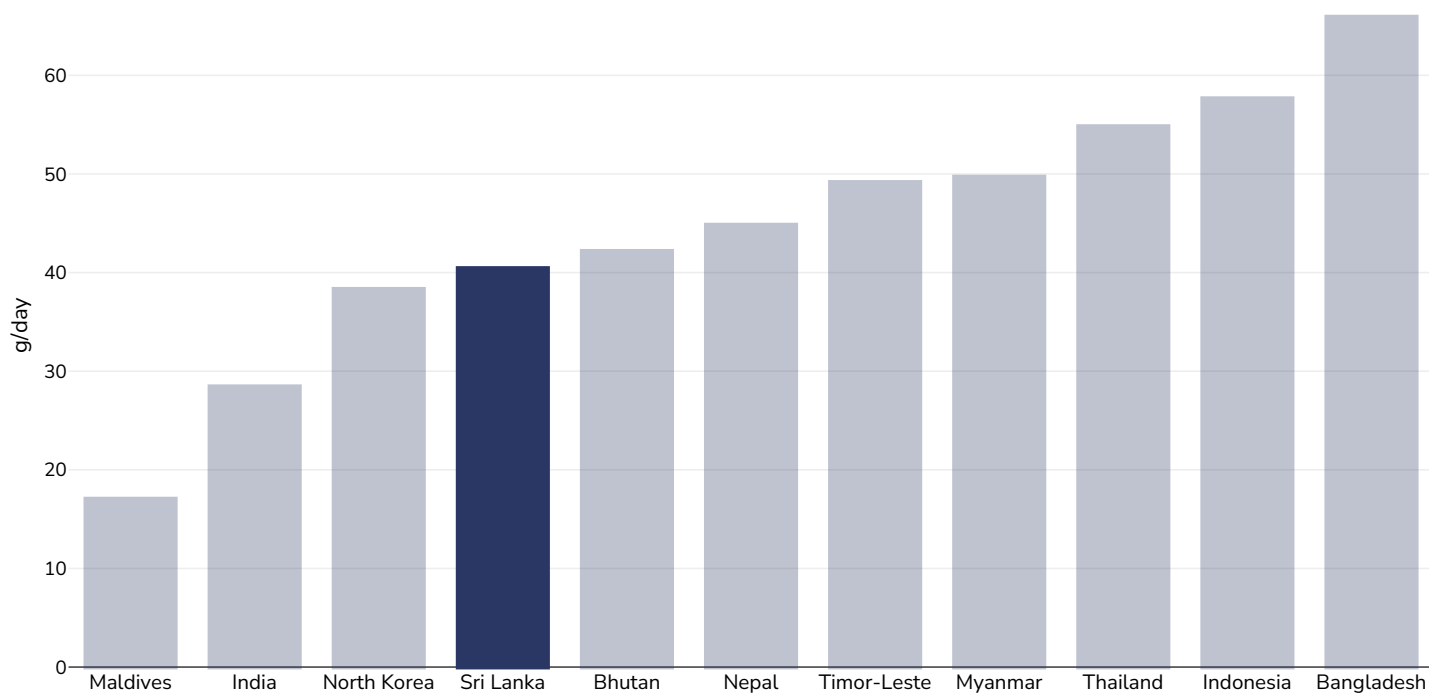
Survey type:	Measured
Age:	25+
References:	Global Burden of Disease, the Institute for Health Metrics and Evaluation http://ghdx.healthdata.org/
Definitions:	Estimated per-capita whole grains intake (g/day)

Mental health - depression disorders

Adults, 2015

Definitions: % of population with depression disorders

Mental health - anxiety disorders

Adults, 2015
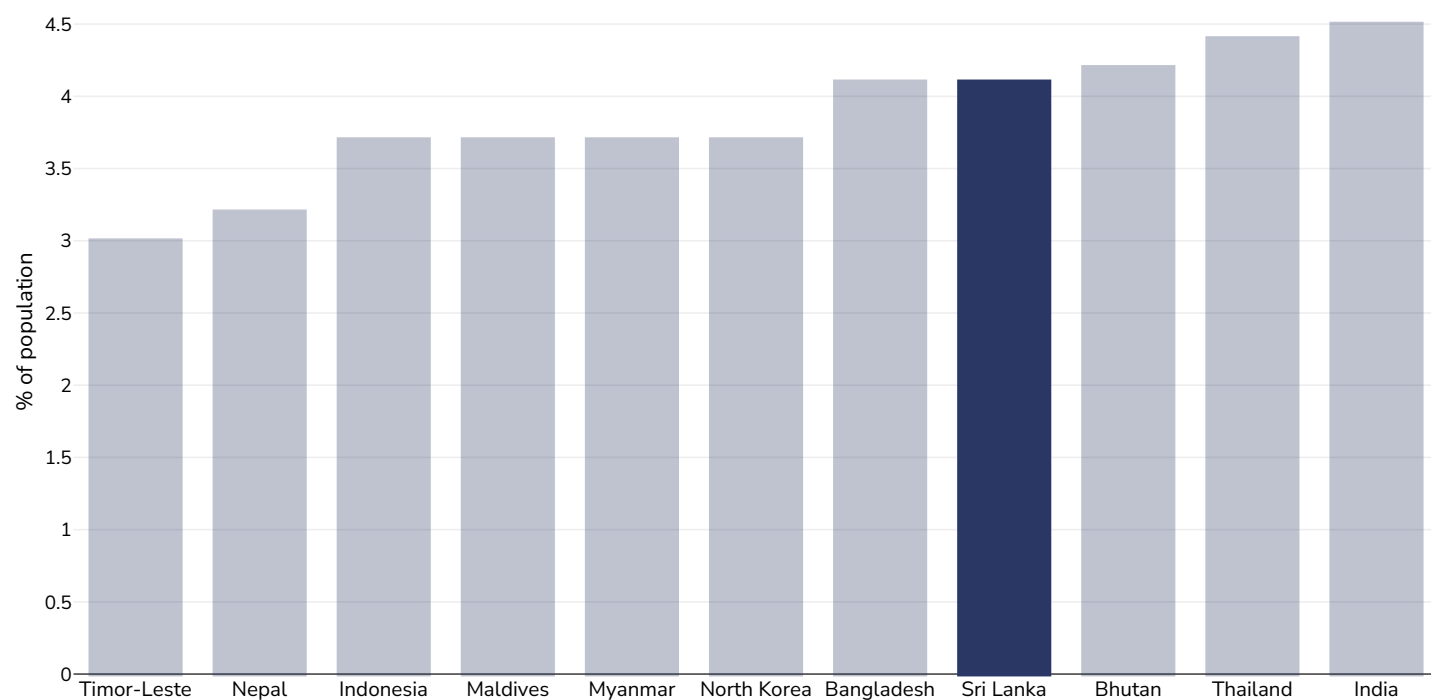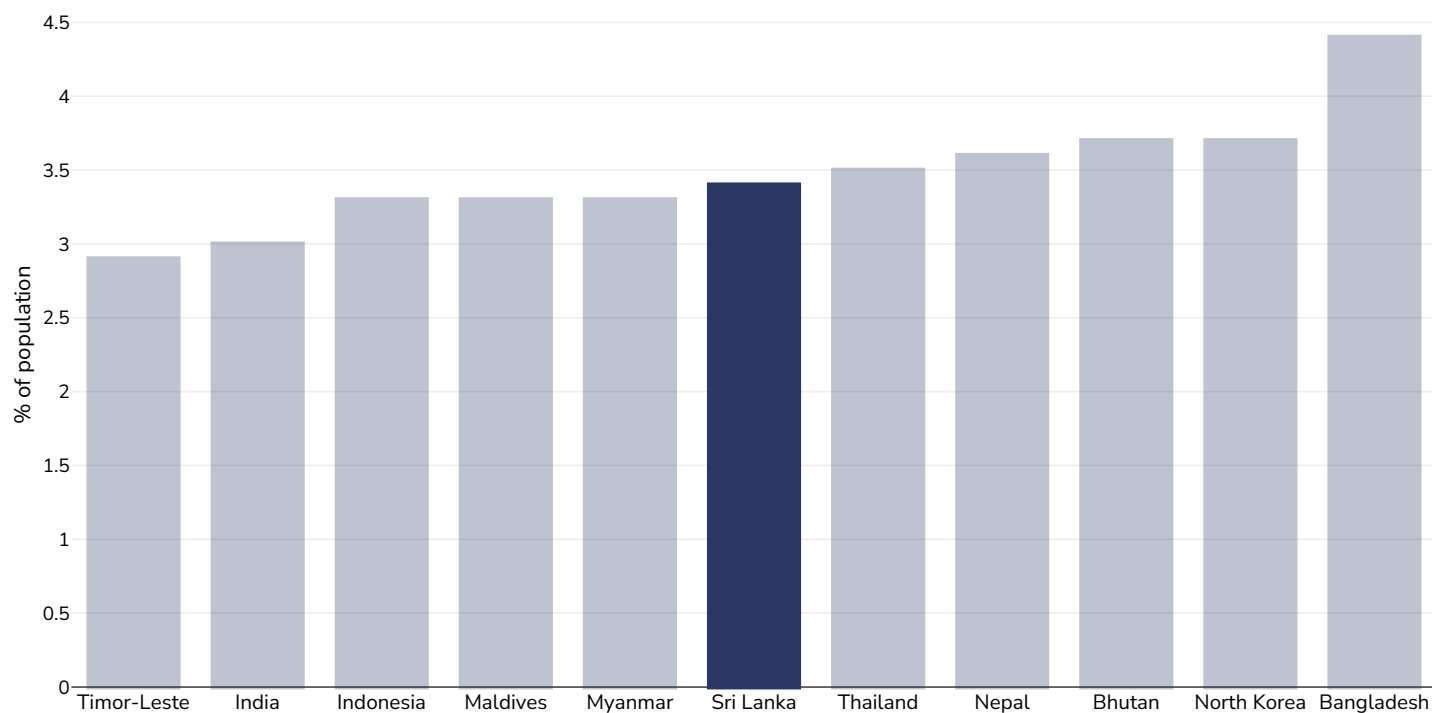
References: Prevalence data from Global Burden of Disease study 2015 (http://ghdx.healthdata.org) published in: Depression and Other Common Mental Disorders: Global Health Estimates. Geneva:World Health Organization; 2017. Licence: CC BY-NC-SA 3.0 IGO.

Definitions: % of population with anxiety disorders

% Infants exclusively breastfed 0-5 months

Infants, 2015-2022
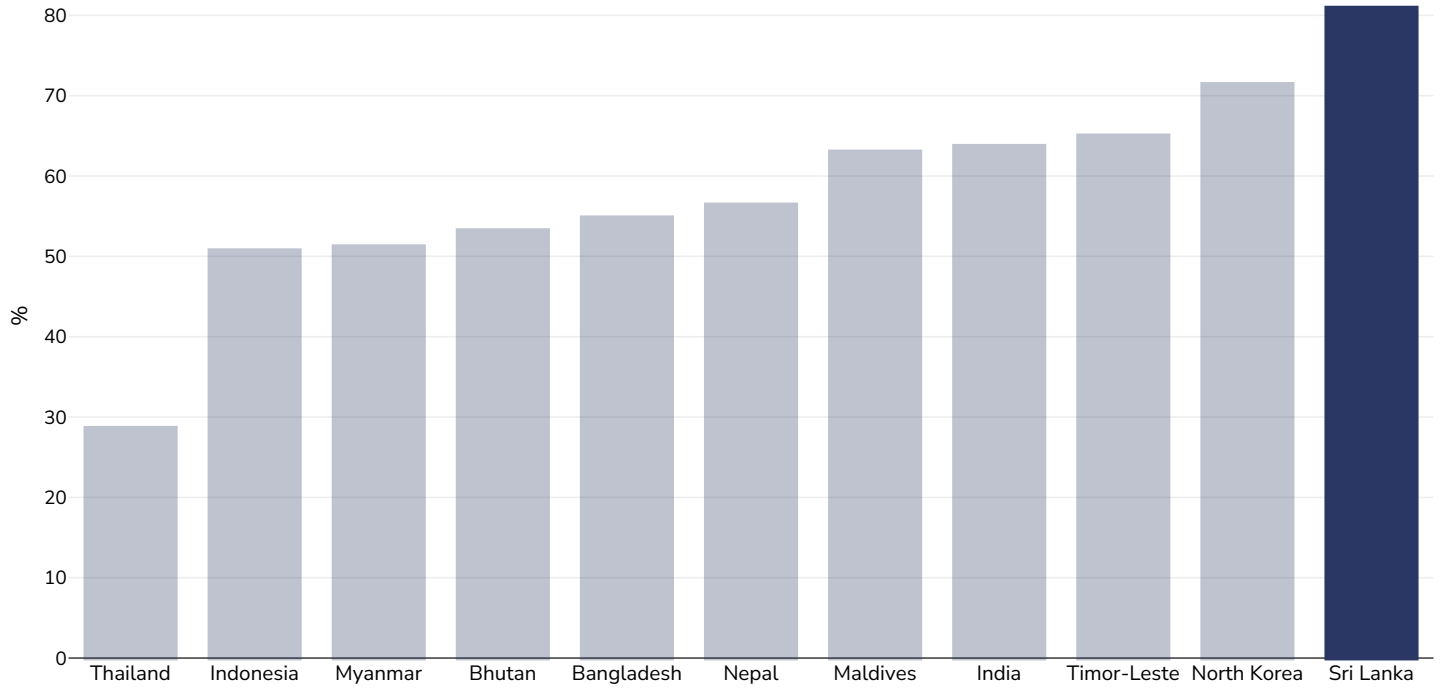
References: Sri Lanka Demographic and Health Survey 2016

Notes: Full details are available. Original citation United Nations Children's Fund, Division of Data, Analysis, Planning and Monitoring
                (2023). Global UNICEF Global Databases: Infant and Young Child Feeding: Exclusive breastfeeding, New York, October 2023.

Oesophageal cancer

Men, 2022

Incidence per 100,000

Sri Lanka

Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]
Definitions:	Indicence per 100,000

Women, 2022

Incidence per 100,000

Sri Lanka

Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]
Definitions:	Indicence per 100,000

Breast cancer

Women, 2022

Legend: ■ Age 20 □ Age 20+

Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]
Definitions:	Incidence per 100,000

Colorectal cancer

Men, 2022

Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]
Definitions:	Incidence per 100,000

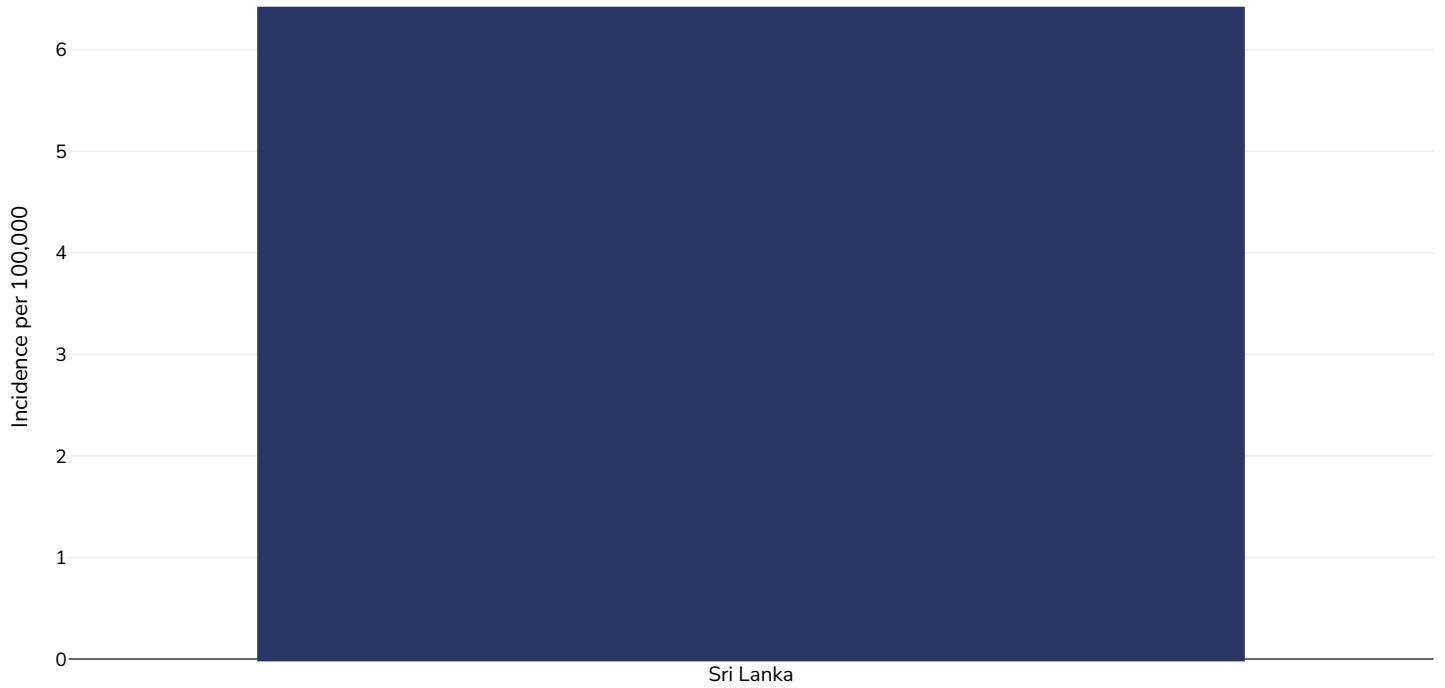# Women, 2022

Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]
Definitions:	Incidence per 100,000

Pancreatic cancer

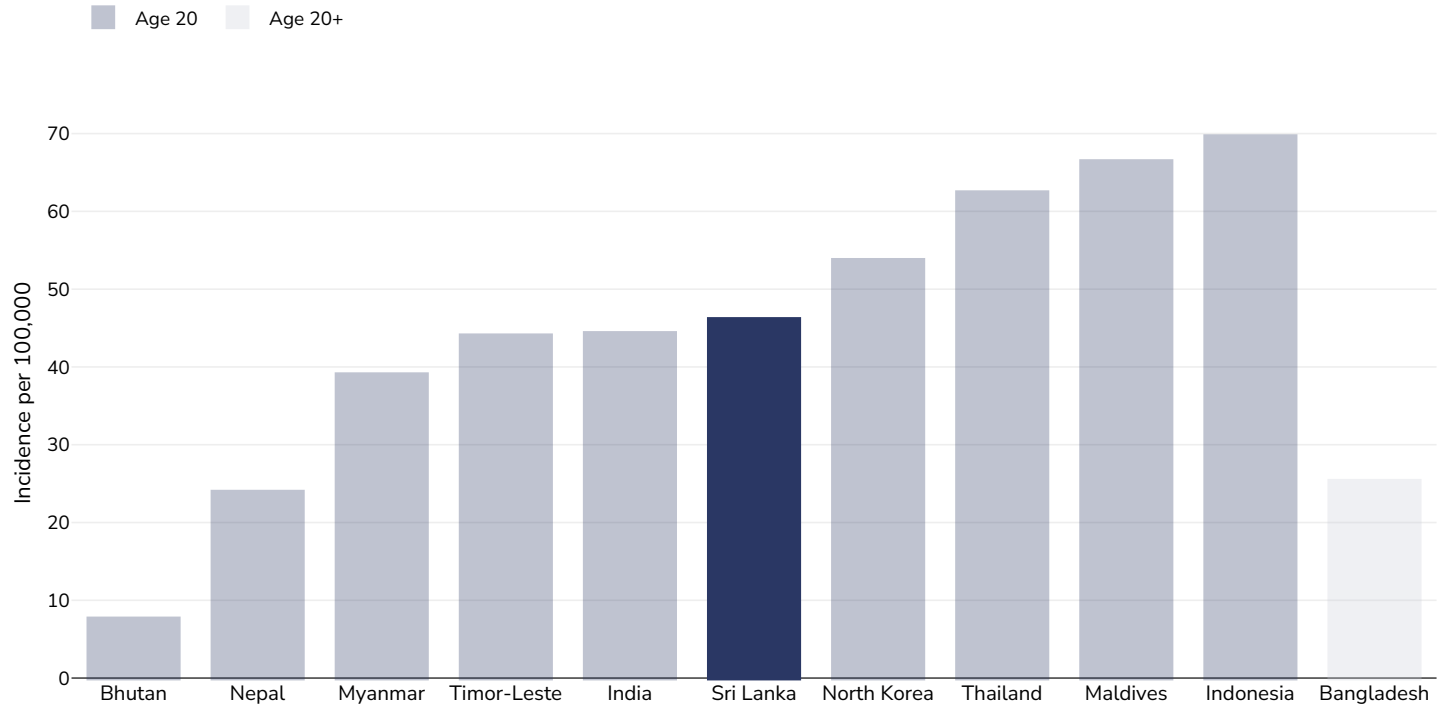## Men, 2022

Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]
Definitions:	Incidence per 100,000

Women, 2022

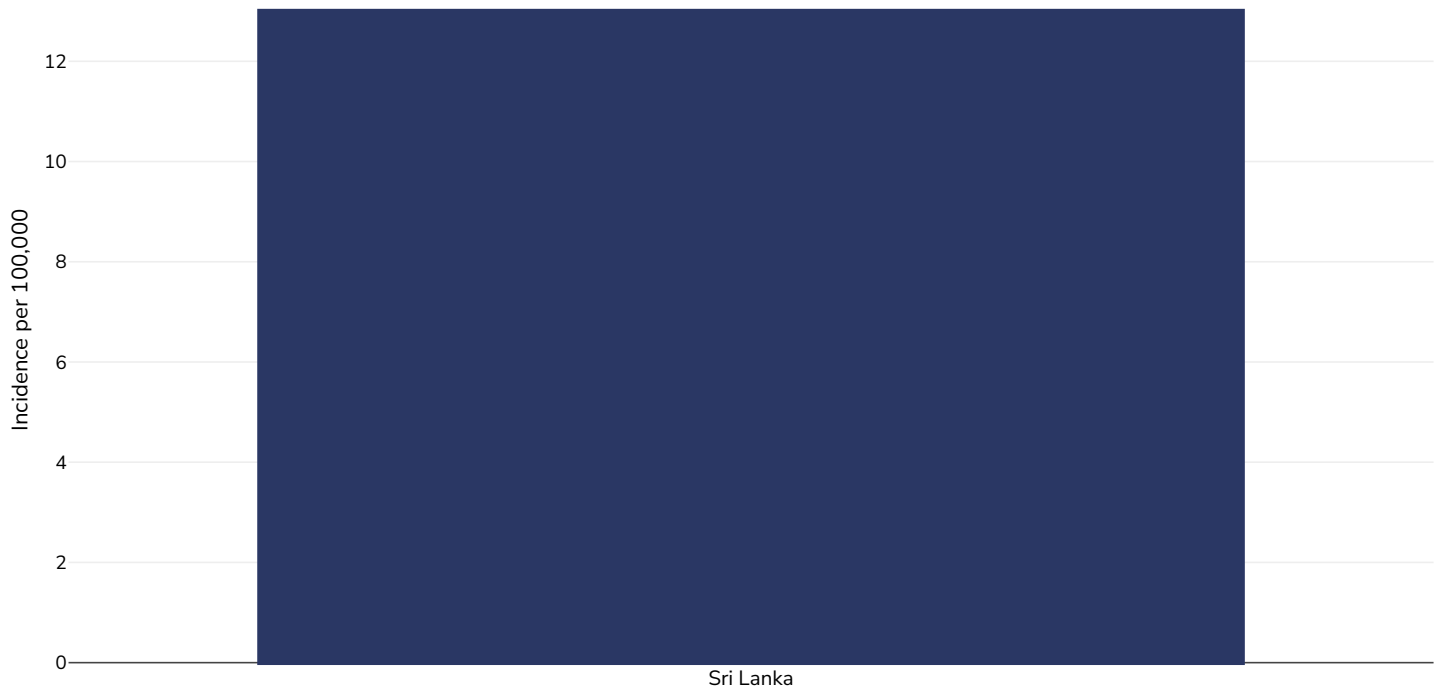Incidence per 100,000

Sri Lanka

Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]
Definitions:	Incidence per 100,000

Gallbladder cancer

Men, 2022

Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]
Definitions:	Indicence per 100,000

Women, 2022

Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]
Definitions:	Indicence per 100,000

Kidney cancer

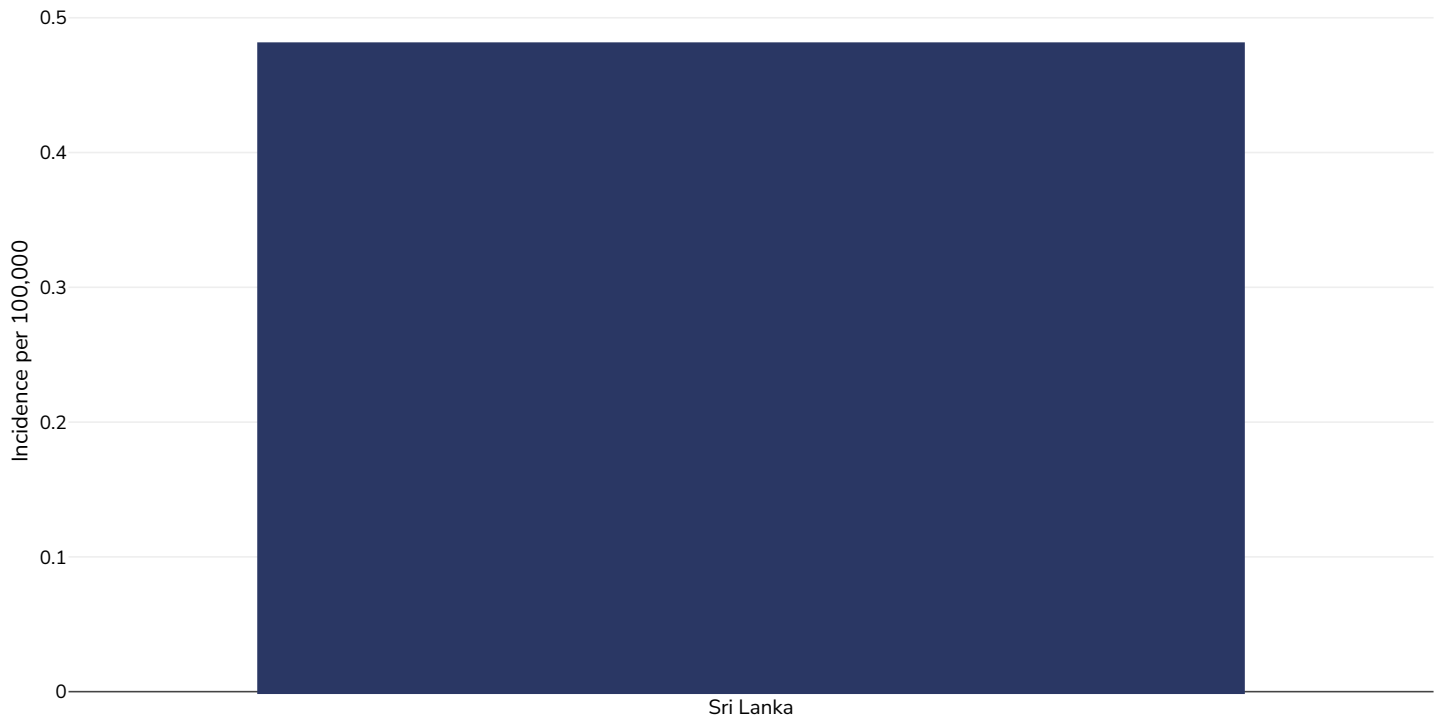## Men, 2022

Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]
Definitions:	Incidence per 100,000

Women, 2022

Incidence per 100,000

Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]
Definitions:	Incidence per 100,000

Cancer of the uterus

Women, 2022
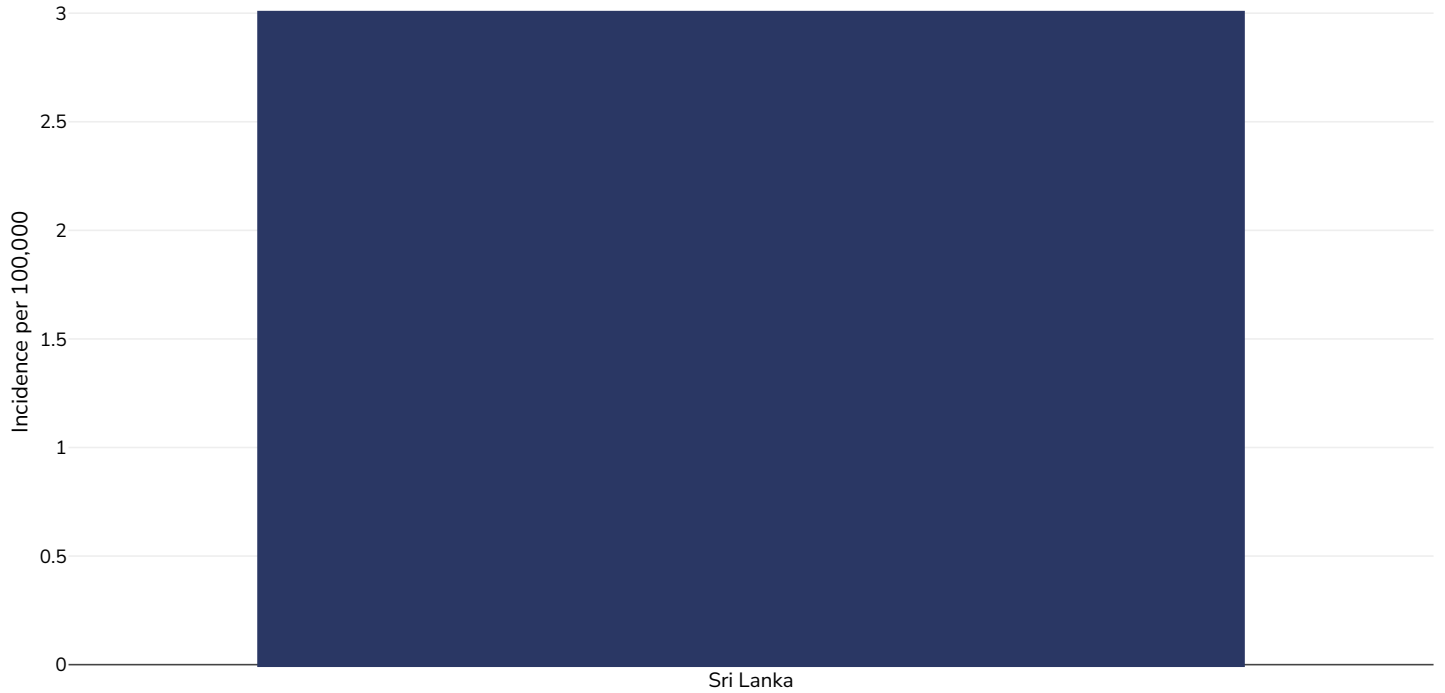

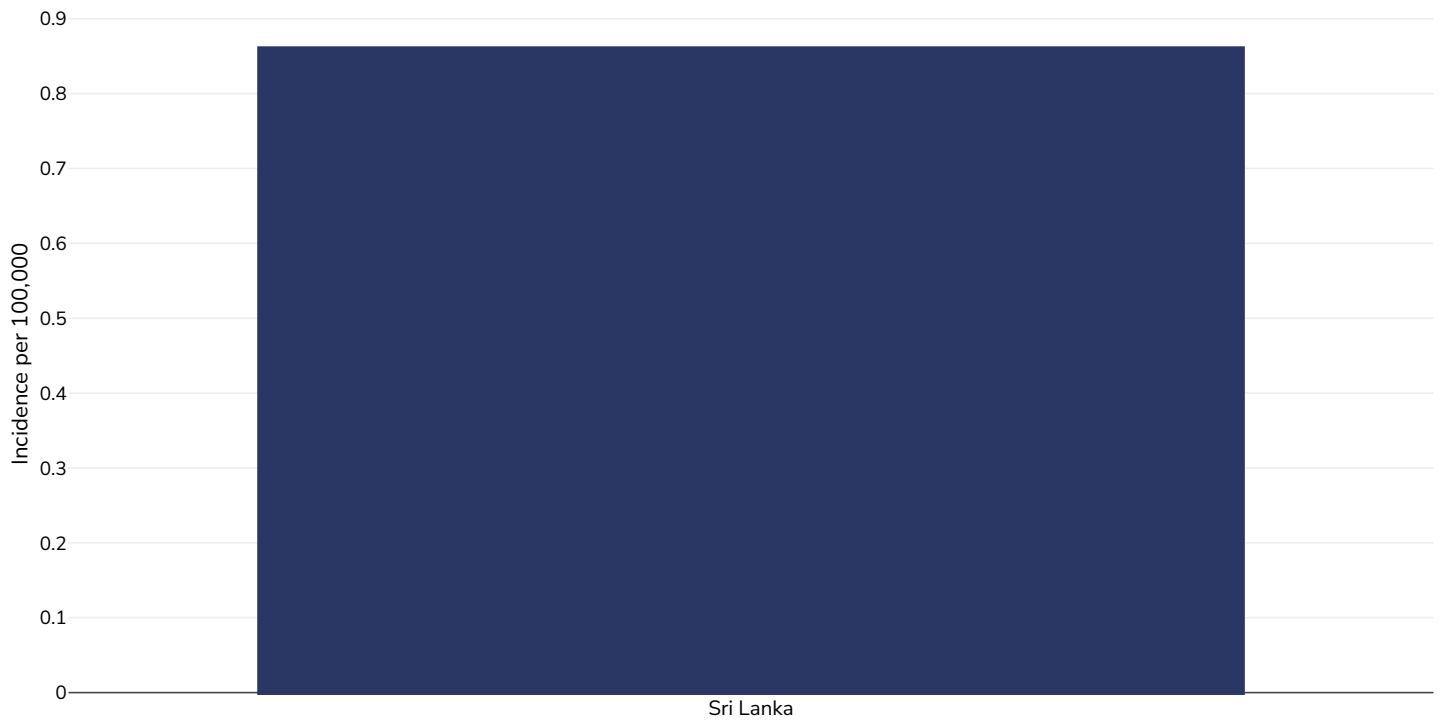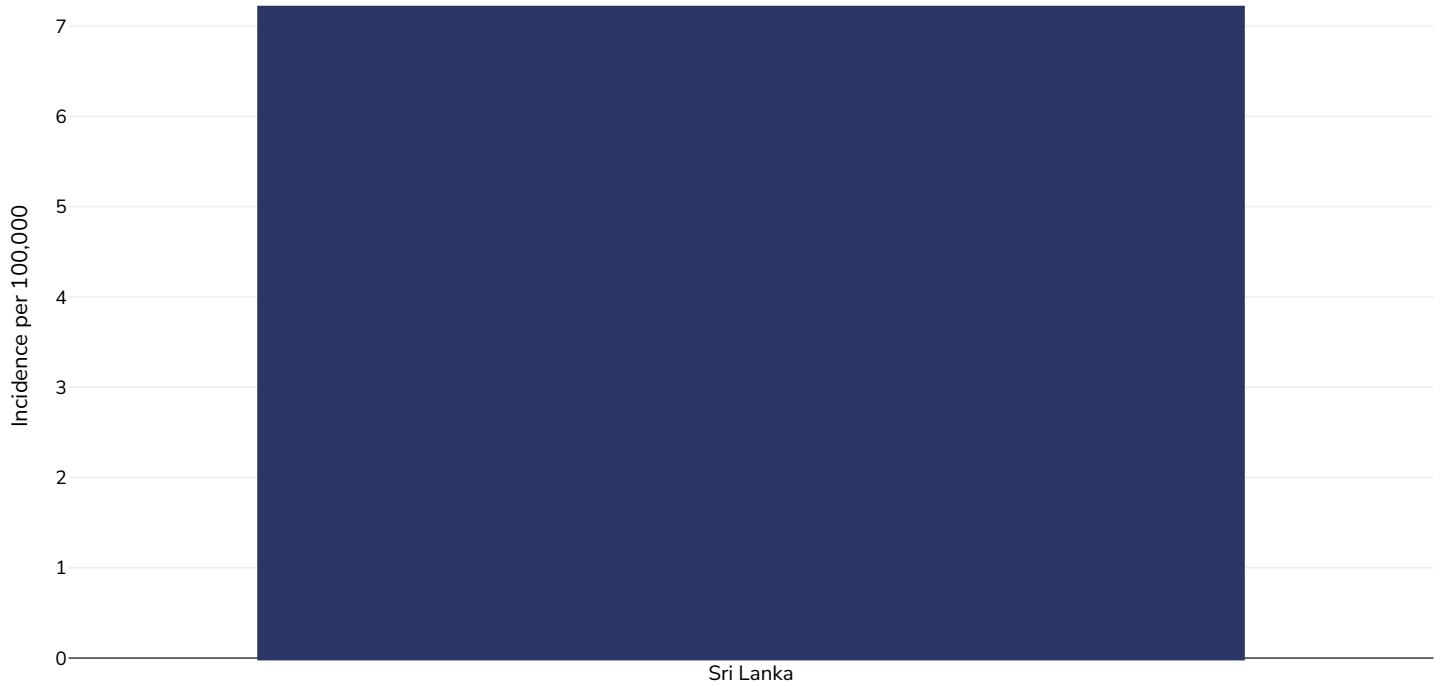
Age: 20+

References: Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]

Definitions: Incidence per 100,000

Raised blood pressure

Adults, 2015
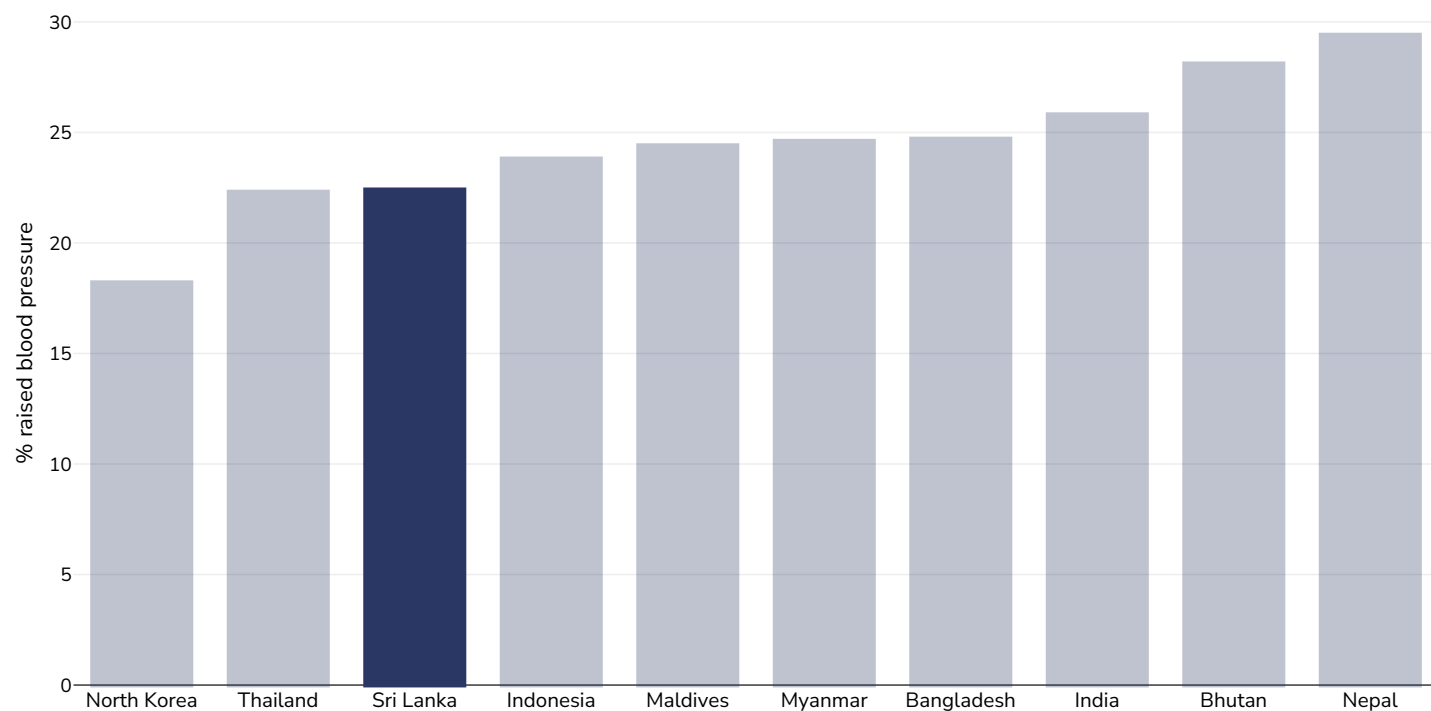
References: Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A875?lang=en

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

Men, 2015
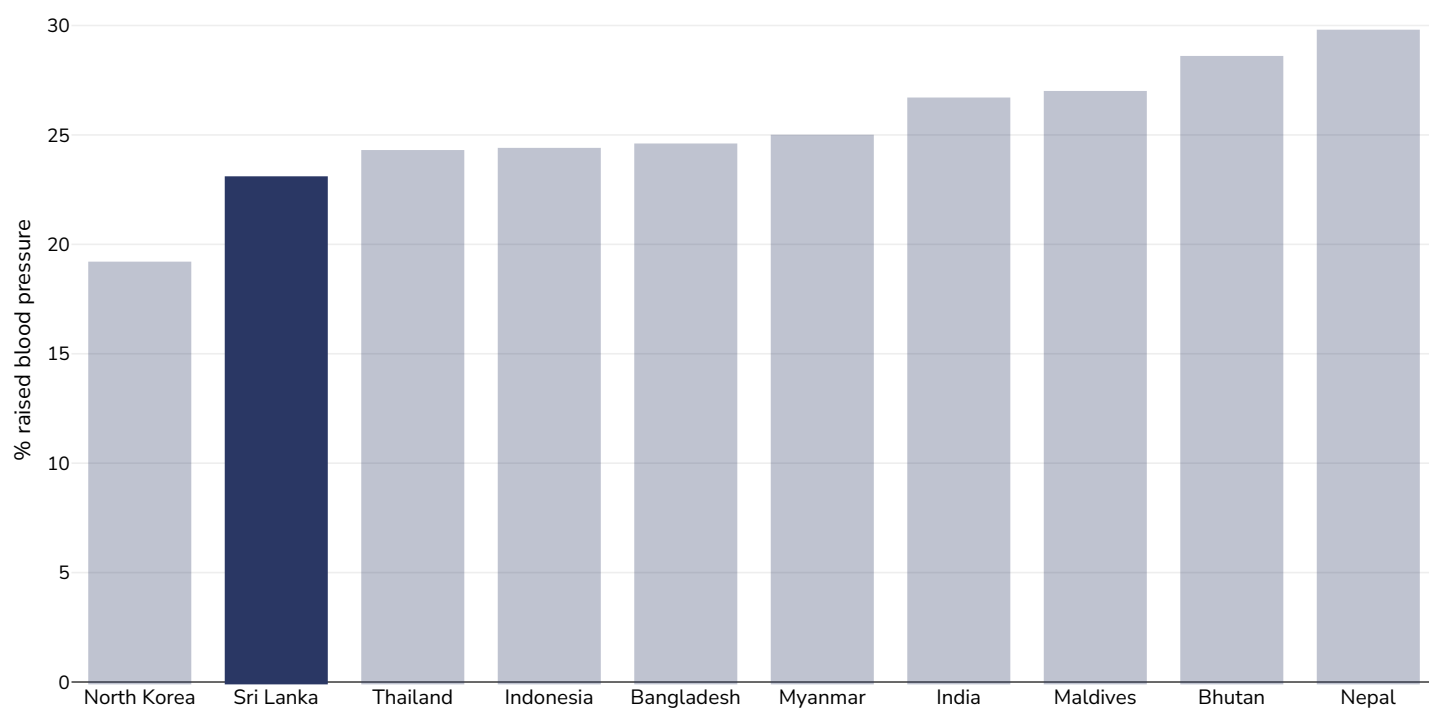
% raised blood pressure (y-axis)

Country	% raised blood pressure
North Korea	19.2
Sri Lanka	23.1
Thailand	24.3
Indonesia	24.4
Bangladesh	24.6
Myanmar	25.0
India	26.7
Maldives	27.0
Bhutan	28.6
Nepal	29.8

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).

Women, 2015
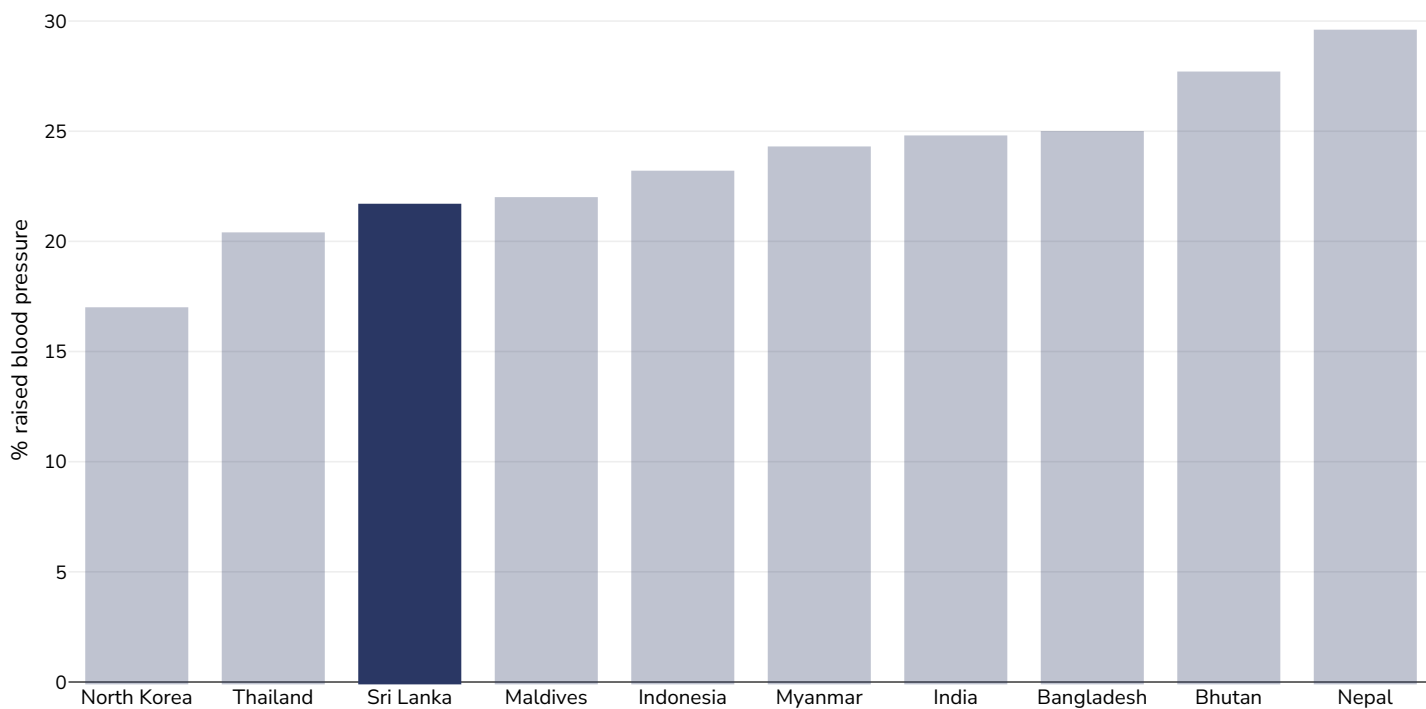
Chart: % raised blood pressure by country

- North Korea: ~17
- Thailand: ~20.5
- Sri Lanka: ~21.7
- Maldives: ~22
- Indonesia: ~23.2
- Myanmar: ~24.3
- India: ~24.8
- Bangladesh: ~25
- Bhutan: ~27.7
- Nepal: ~29.6

y-axis: % raised blood pressure

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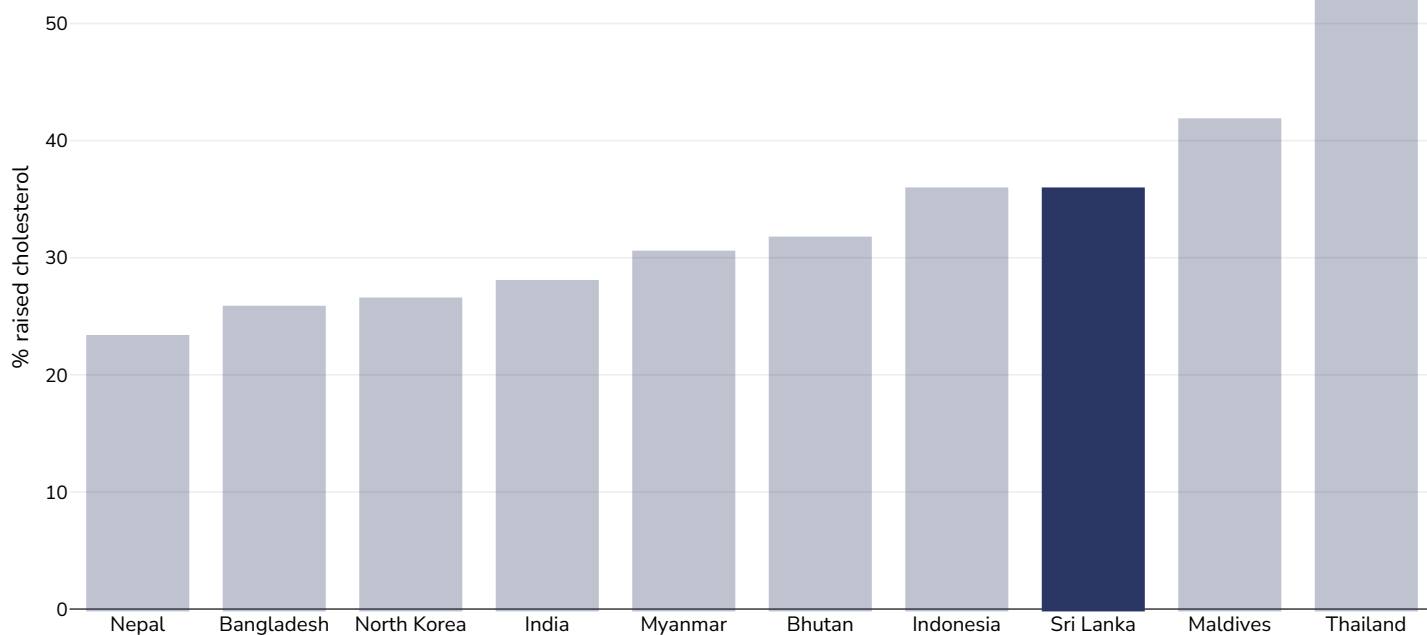
References: Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A885

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

Men, 2008
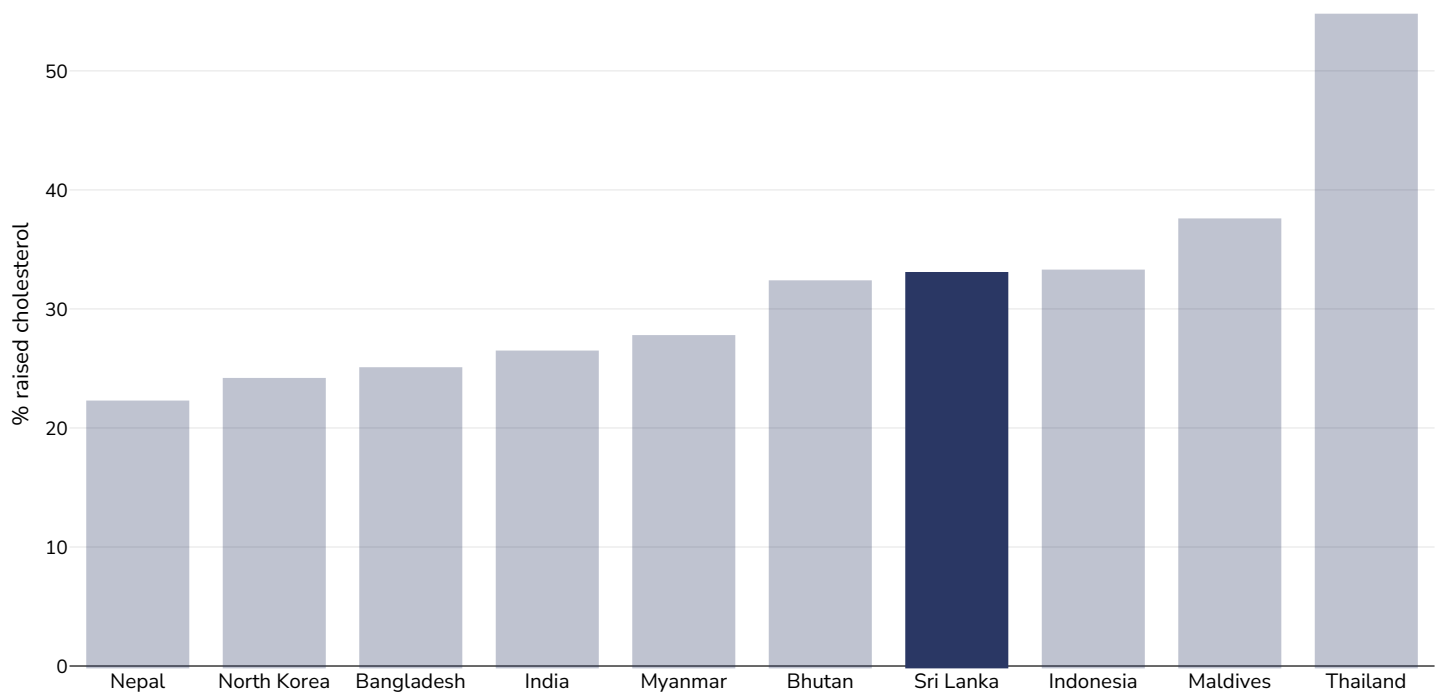
References: Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A885

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

Women, 2008
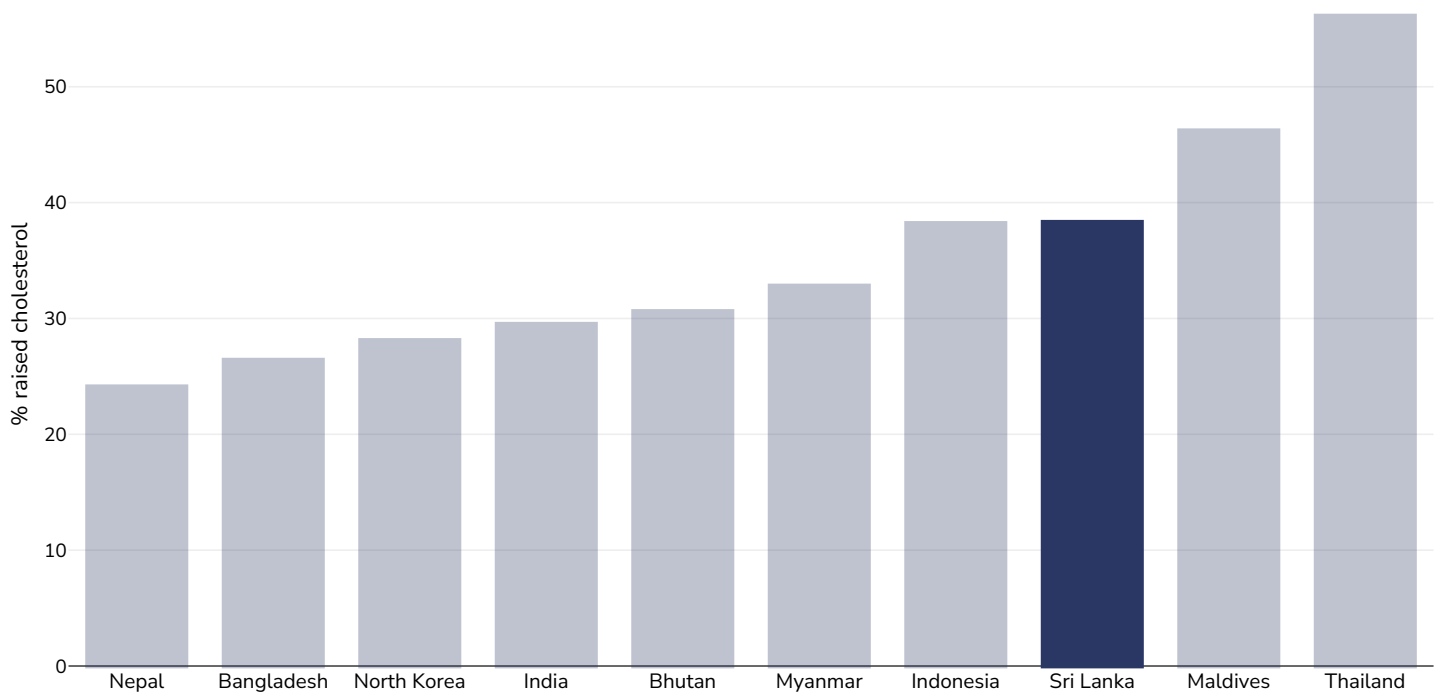
% raised cholesterol

| Nepal | Bangladesh | North Korea | India | Bhutan | Myanmar | Indonesia | Sri Lanka | Maldives | Thailand |

References:	Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A885
Definitions:	% Raised total cholesterol (>= 5.0 mmol/L) (age-standardized estimate).

Raised fasting blood glucose

Men, 2014
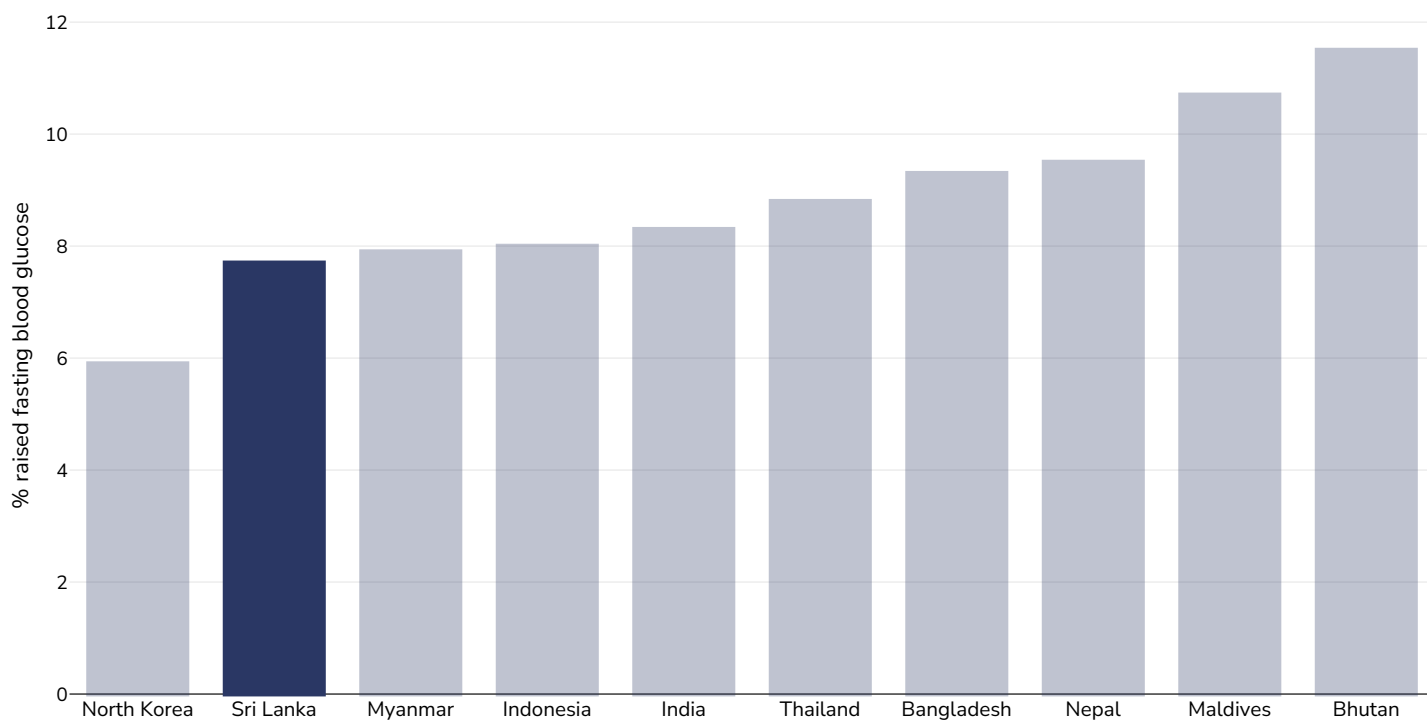
Chart: % raised fasting blood glucose by country

- North Korea: ~6.0
- Sri Lanka: ~7.7
- Myanmar: ~7.9
- Indonesia: ~8.0
- India: ~8.3
- Thailand: ~8.8
- Bangladesh: ~9.3
- Nepal: ~9.5
- Maldives: ~10.8
- Bhutan: ~11.6

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
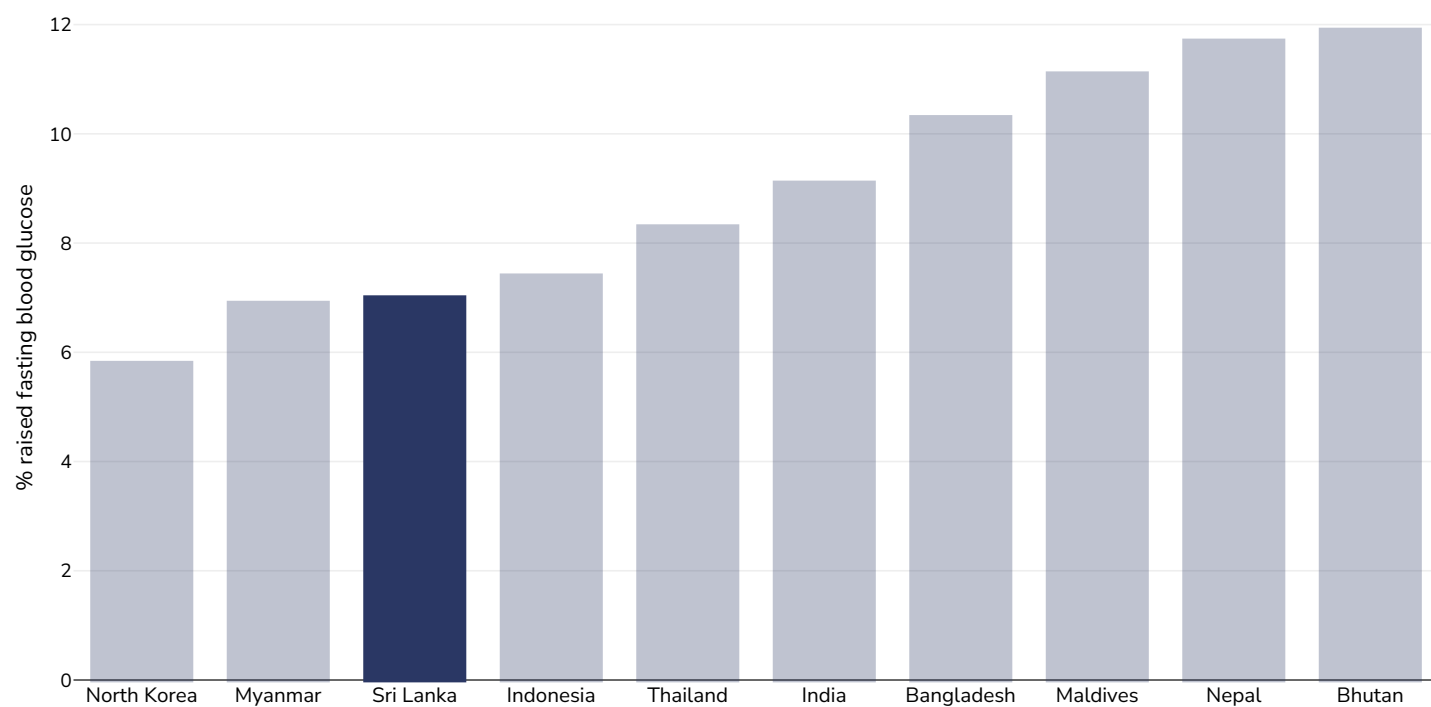
Chart: % raised fasting blood glucose by country

- North Korea: 5.8
- Myanmar: 6.9
- Sri Lanka: 7.0
- Indonesia: 7.4
- Thailand: 8.3
- India: 9.1
- Bangladesh: 10.3
- Maldives: 11.1
- Nepal: 11.8
- Bhutan: 11.9

Y-axis: % raised fasting blood glucose (0 to 12)

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).

Diabetes prevalence

Adults, 2021
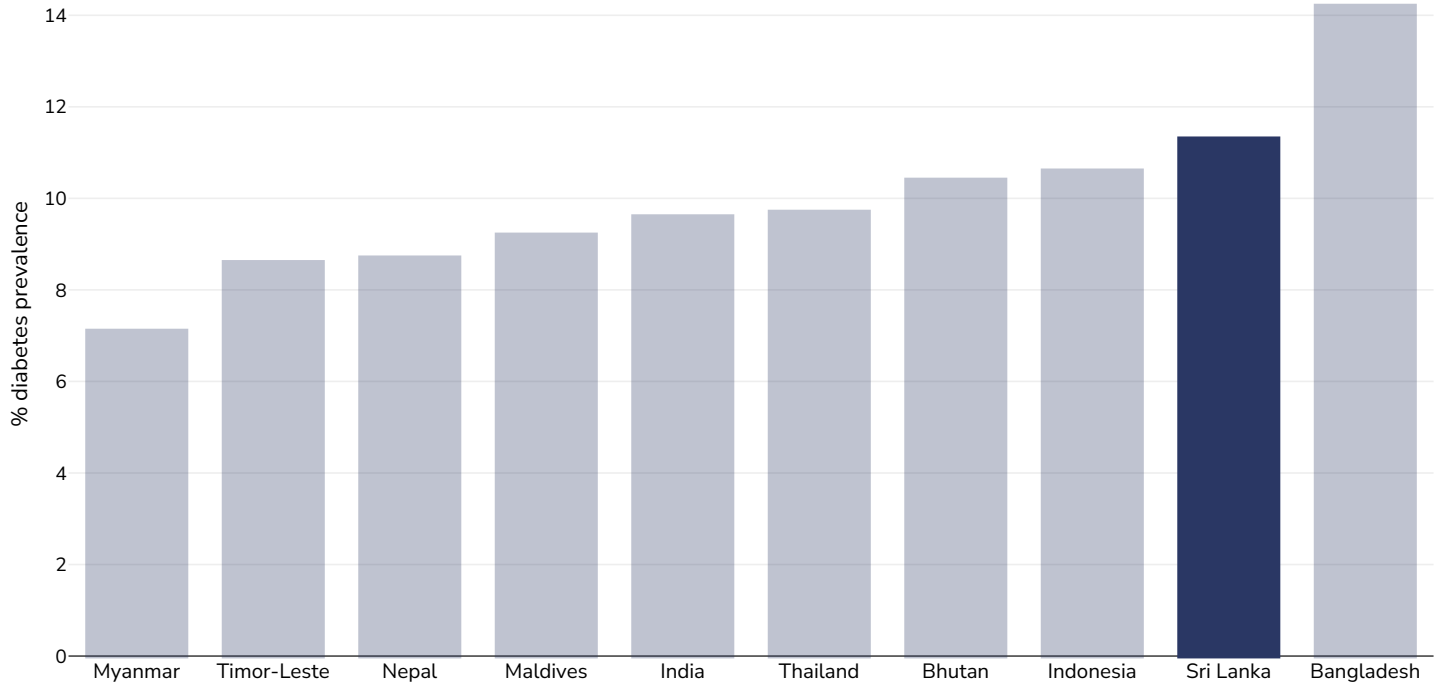
Age:	20-79
Area covered:	National
References:	Reproduced with kind permission International Diabetes Federation. IDF Diabetes Atlas, 10th edn. Brussels, Belgium:International Diabetes Federation, 2021. http://www.diabetesatlas.org
Definitions:	Age-adjusted comparative prevalence of diabetes, %

Ovarian Cancer

Women, 2022
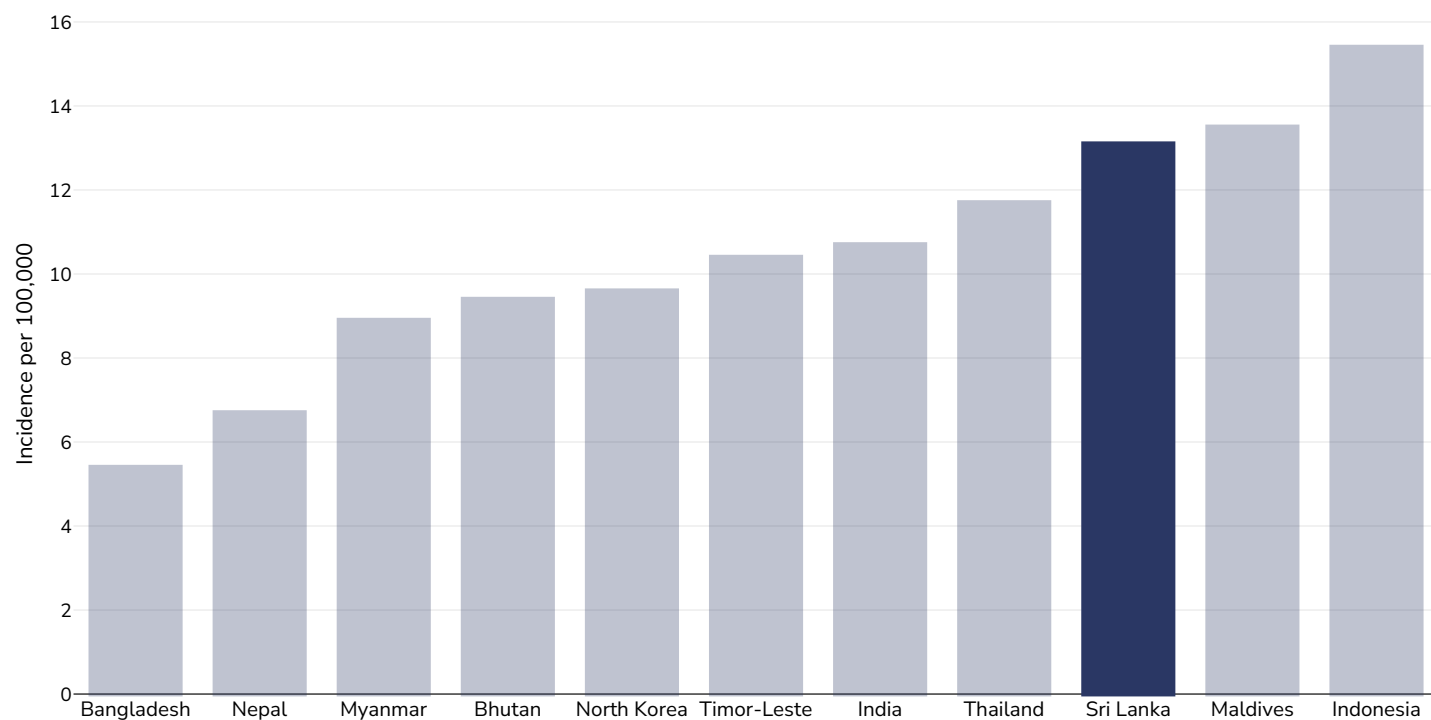
Incidence per 100,000

Country	
Bangladesh	~5.4
Nepal	~6.7
Myanmar	~9.0
Bhutan	~9.5
North Korea	~9.6
Timor-Leste	~10.4
India	~10.8
Thailand	~11.7
Sri Lanka	~13.2
Maldives	~13.6
Indonesia	~15.5

Age: 20+

References: Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global
                   Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from:
                   https://gco.iarc.who.int/today, accessed [16.07.24]

Definitions: Incidence per 100,000

Leukemia

Men, 2022

Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]
Definitions:	Incidence per 100,000

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

Women, 2022

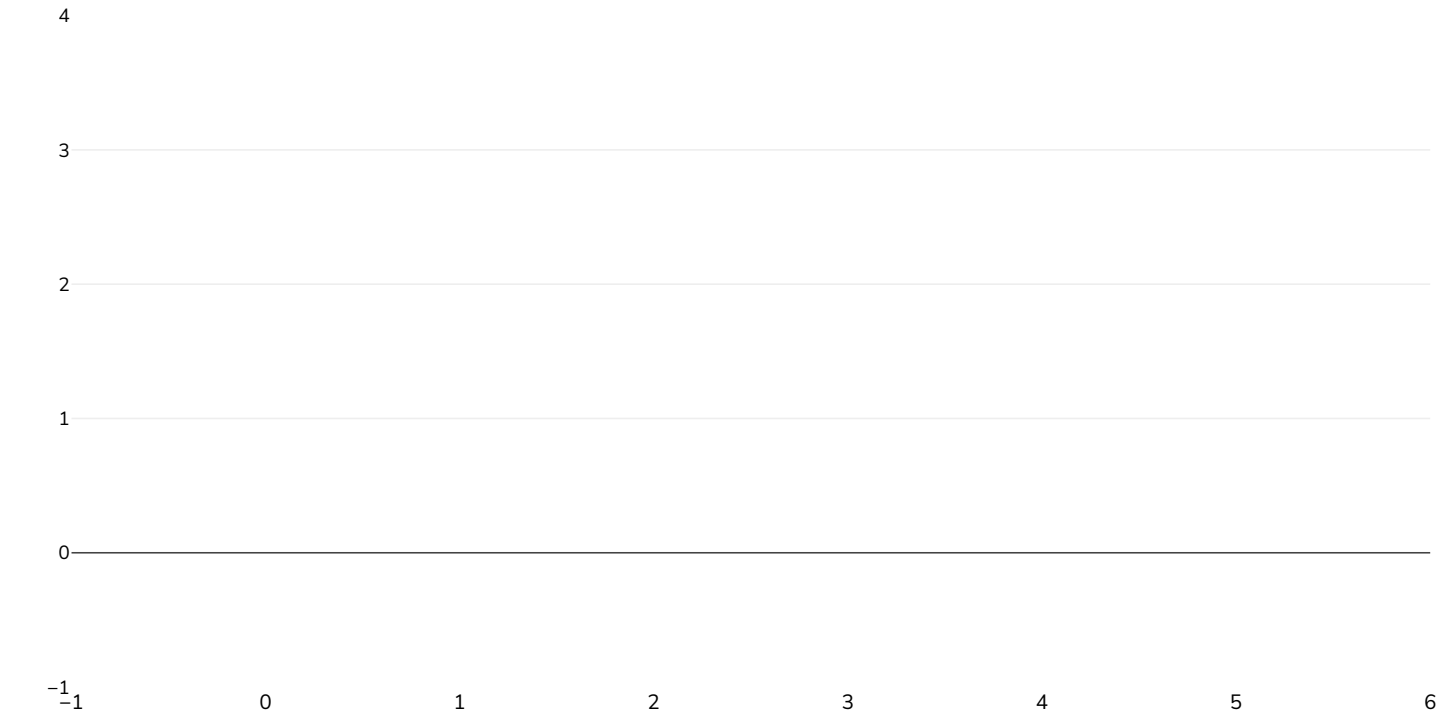| Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]
Definitions:	Incidence per 100,000

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

Leukemia

Men, 2022
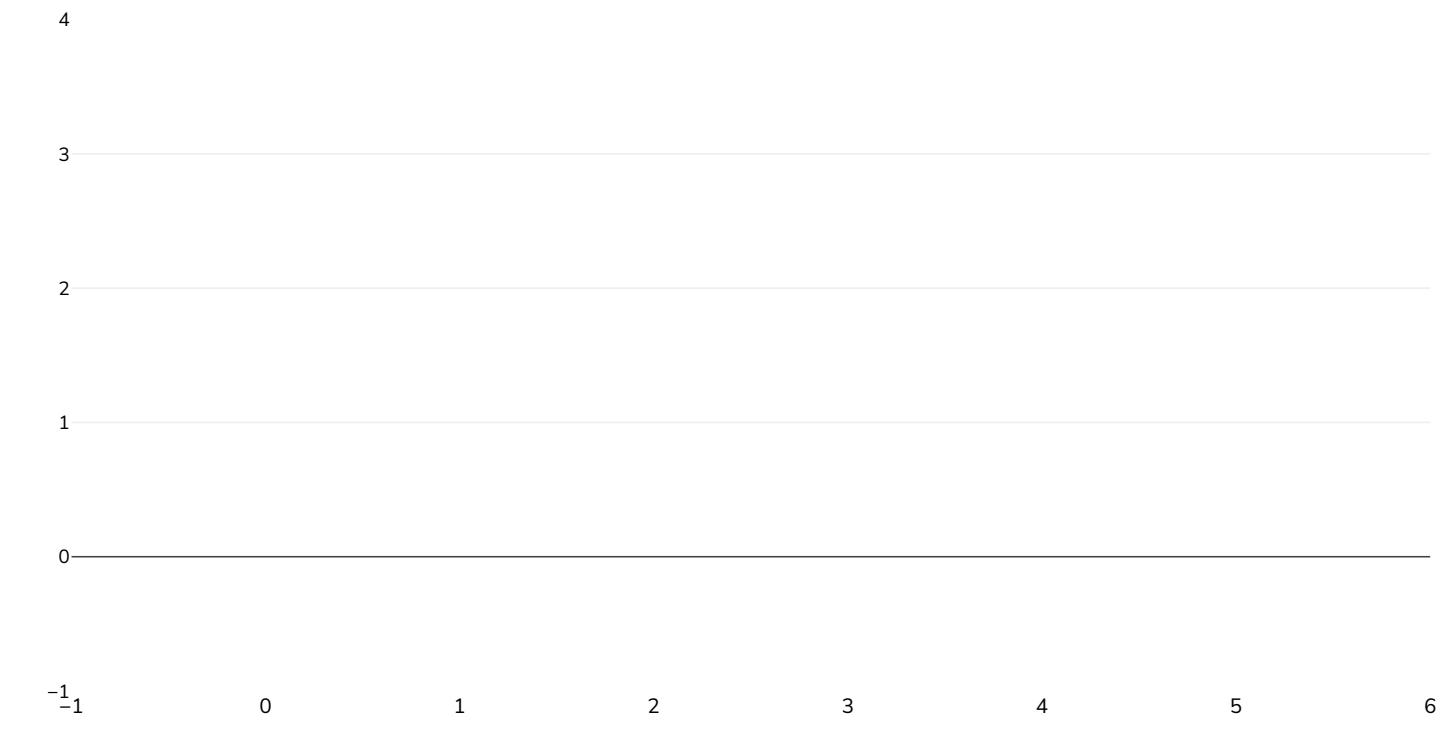

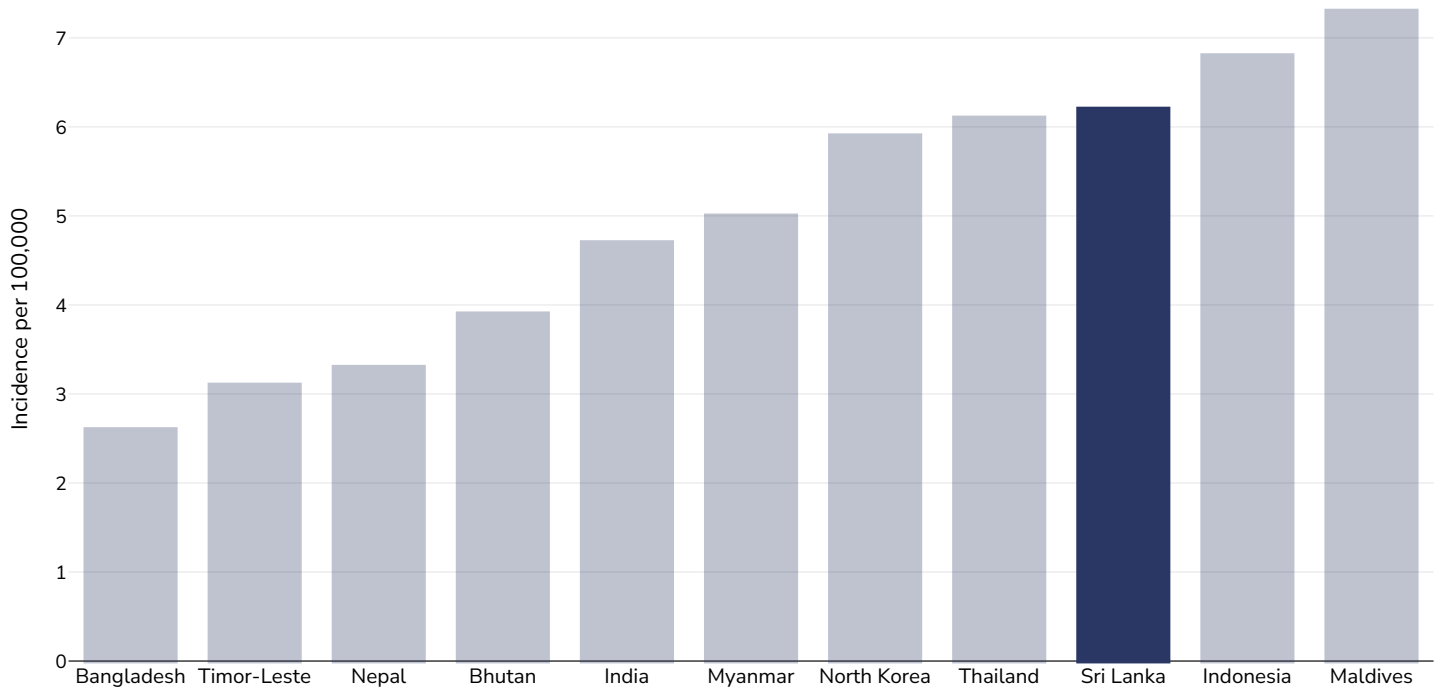| Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]
Definitions:	Incidence per 100,000

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

Women, 2022

Chart: Incidence per 100,000

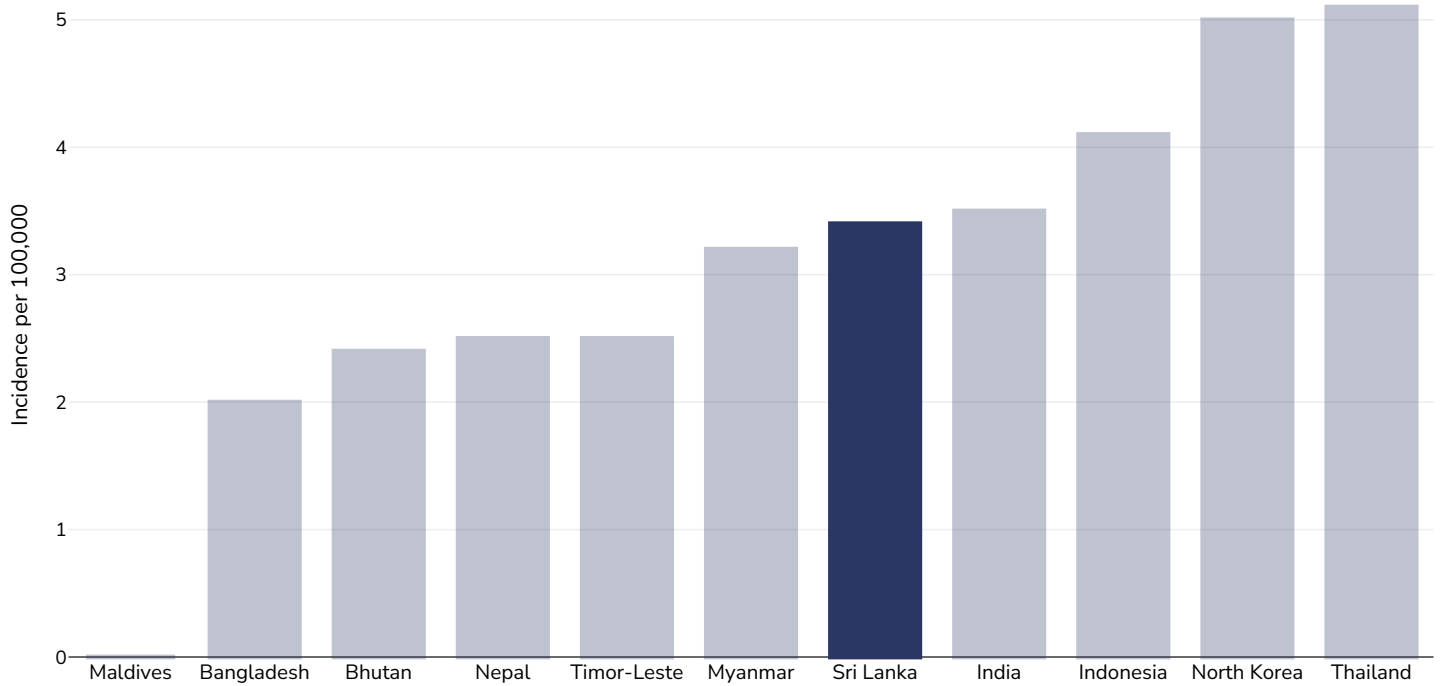| Country	Incidence per 100,000
Maldives	0.0
Bangladesh	2.0
Bhutan	2.4
Nepal	2.5
Timor-Leste	2.5
Myanmar	3.2
Sri Lanka	3.4
India	3.5
Indonesia	4.1
North Korea	5.0
Thailand	5.1

Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]
Definitions:	Incidence per 100,000

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

Liver and intrahepatic bile duct Cancer

Men, 2022

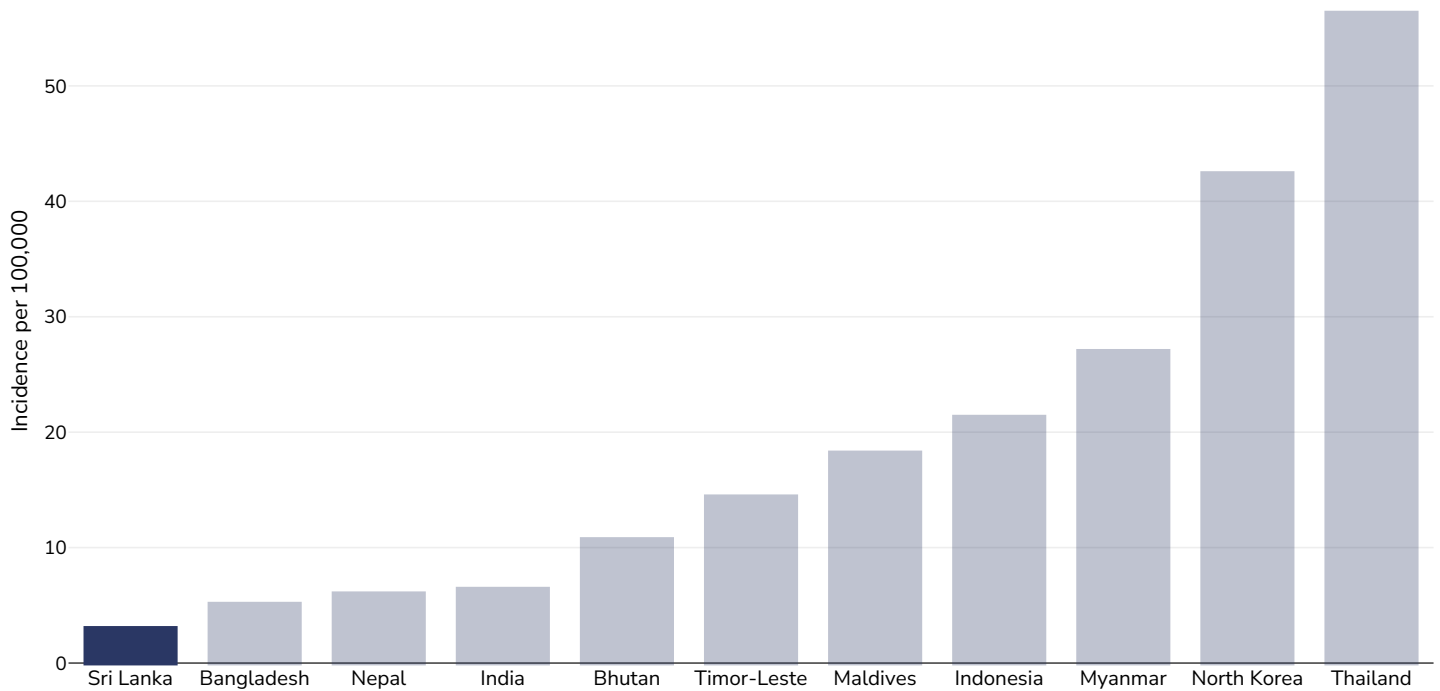| Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]
Definitions:	Incidence per 100,000

Women, 2022

Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]
Definitions:	Incidence per 100,000

Multiple Myeloma

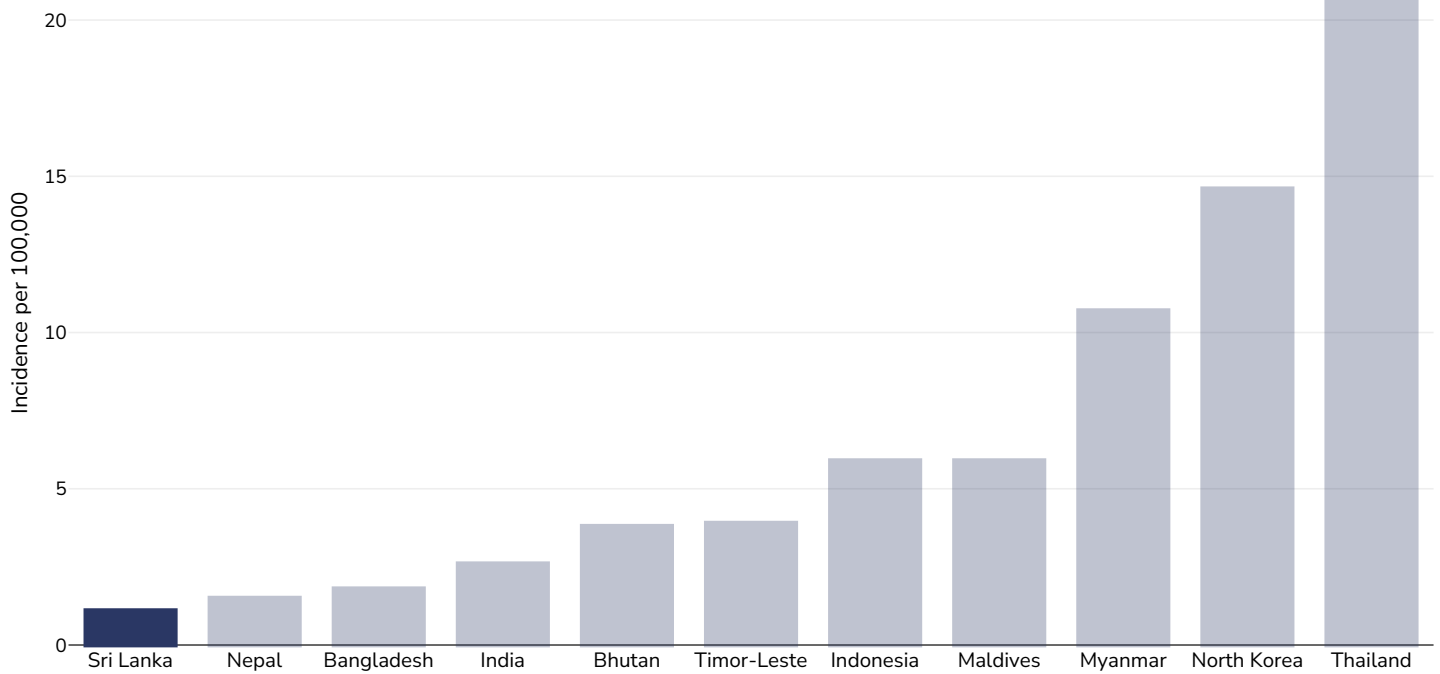## Men, 2022

Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]
Definitions:	Indicence per 100,000

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

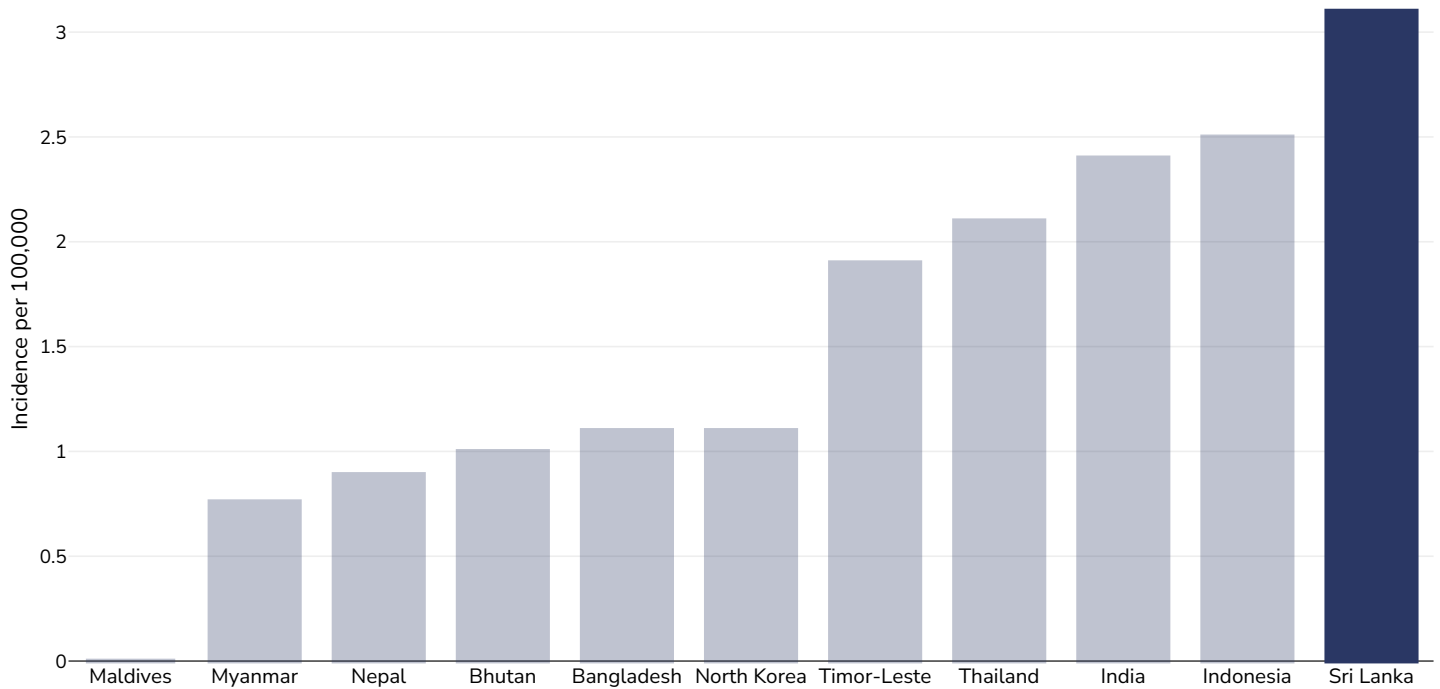# Women, 2022

Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]
Definitions:	Indicence per 100,000

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

Non Hodgkin Lymphoma
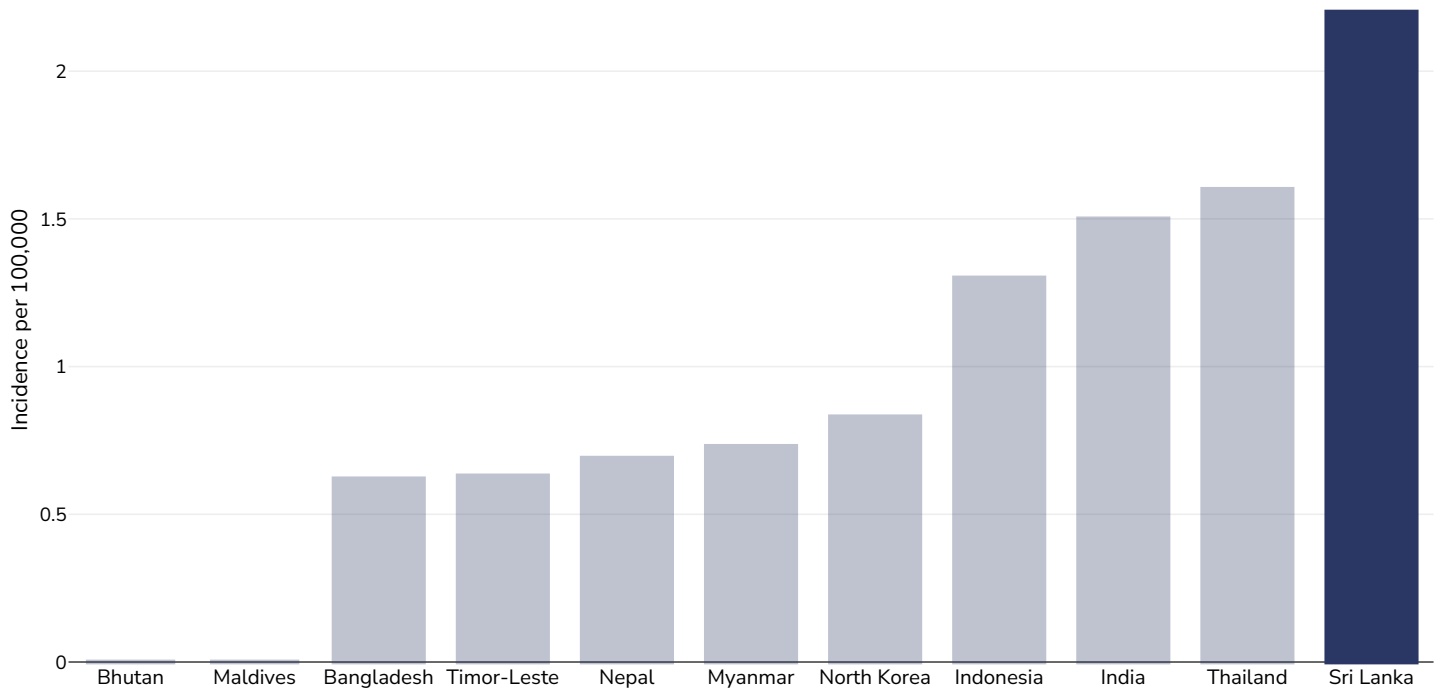
Men, 2022

Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]
Definitions:	Incidence per 100,000

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

Women, 2022

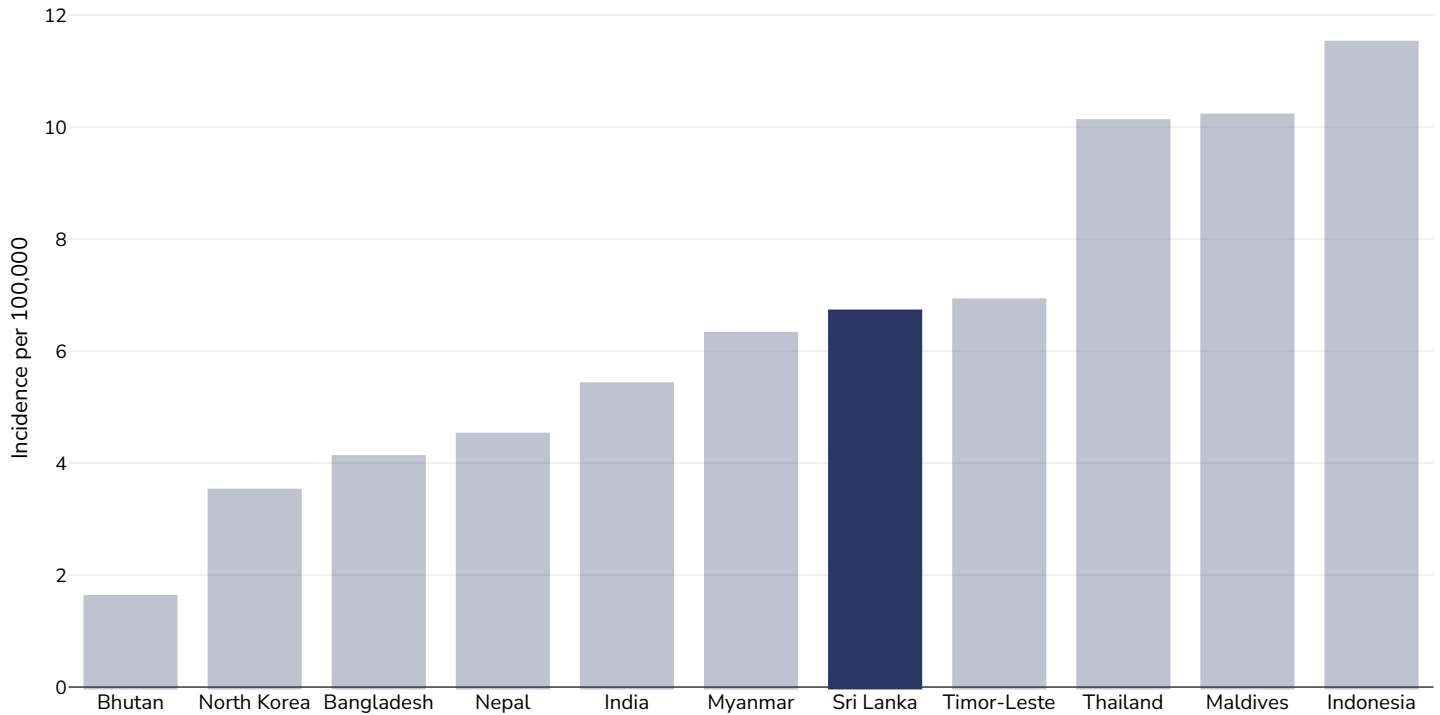|	
Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]
Definitions:	Incidence per 100,000

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

Thyroid Cancer
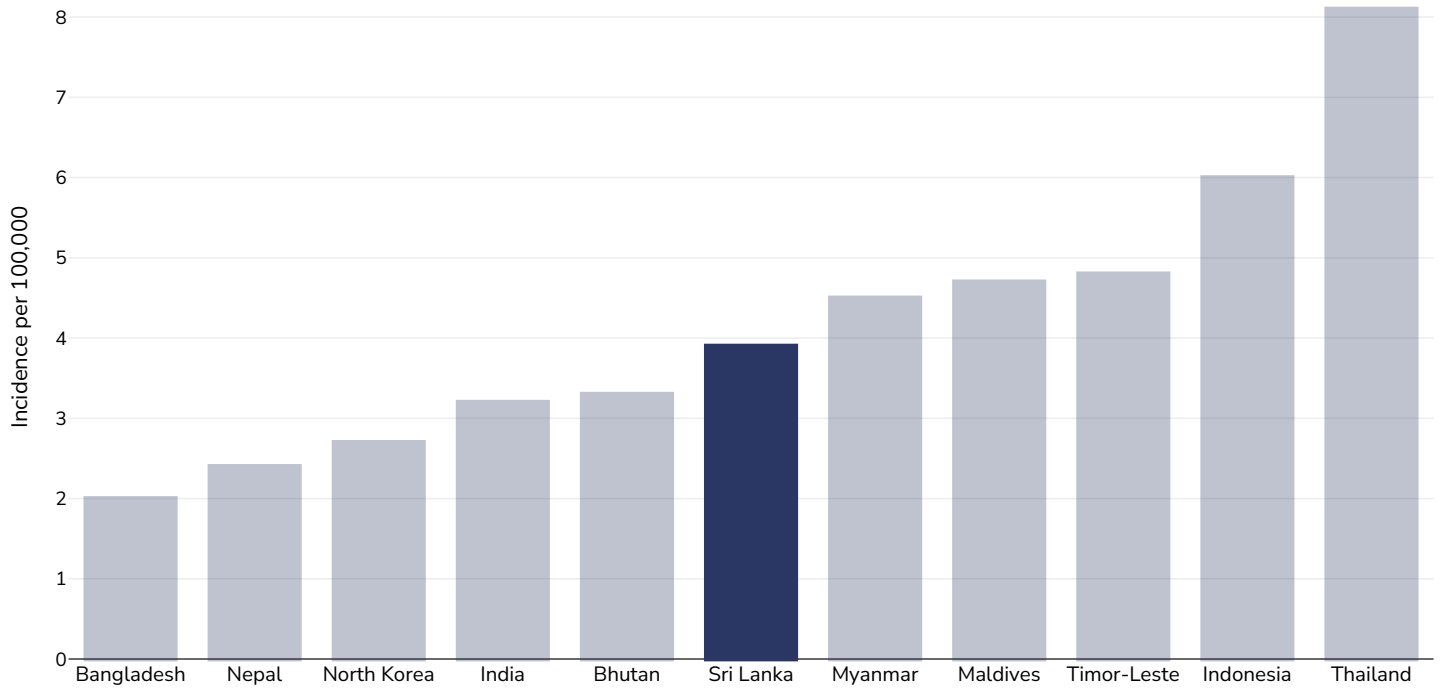
Men, 2022

Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]
Definitions:	Incidence per 100,000

Women, 2022

Incidence per 100,000

Bangladesh	2.1
Bhutan	2.5
Nepal	3.1
India	3.5
Timor-Leste	3.6
Myanmar	6.7
Thailand	8.3
North Korea	8.6
Maldives	8.9
Indonesia	9.9
Sri Lanka	17

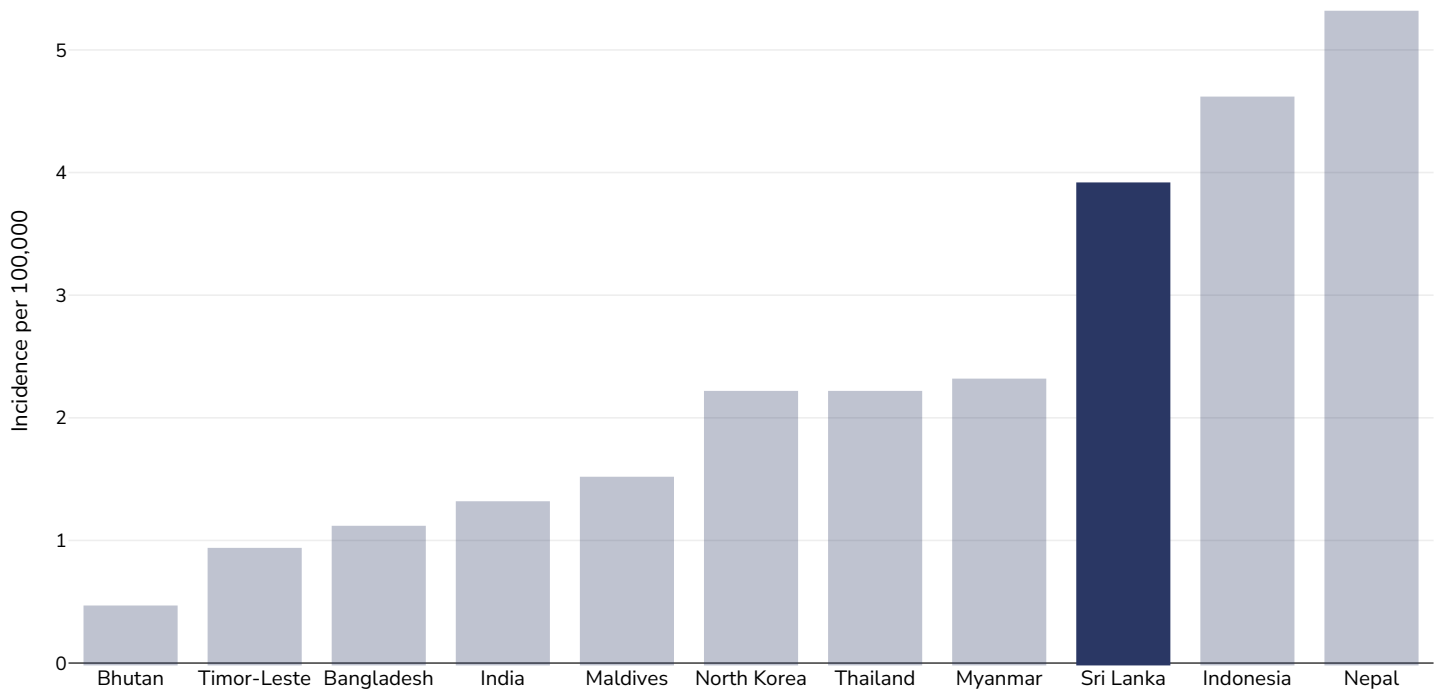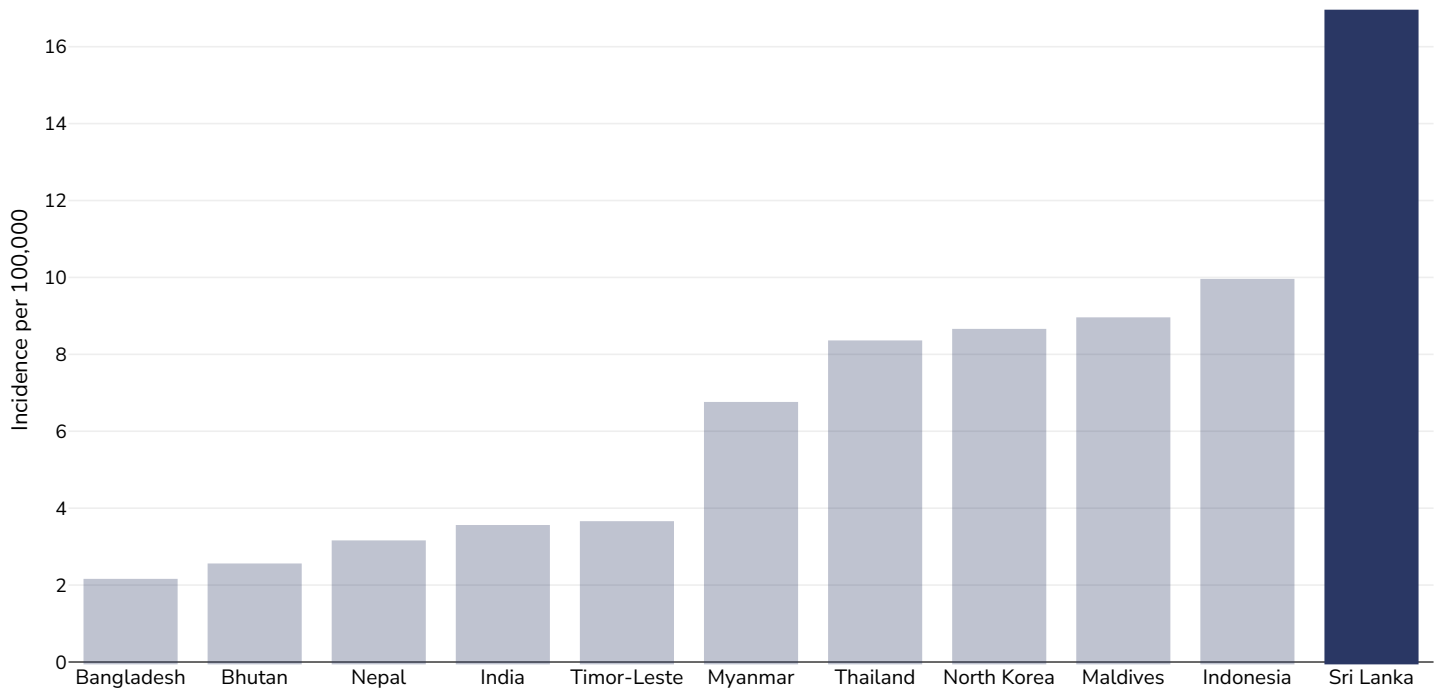|	
Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]
Definitions:	Incidence per 100,000

Contextual factors

Disclaimer: These contextual factors should be interpreted with care. Results are updated as regularly as possible and use very specific criteria. The criteria used and full definitions are available for download at the bottom of this page.

Labelling

Is there mandatory nutrition labelling?	✓
Front-of-package labelling?	✓
Back-of-pack nutrition declaration?	✗
Color coding?	✓
Warning label?	✗

Regulation and marketing

Are there fiscal policies on unhealthy products?	✔
Tax on unhealthy foods?	✘
Tax on unhealthy drinks?	✔
Are there fiscal policies on healthy products?	✘
Subsidy on fruits?	✘
Subsidy on vegetables?	✘
Subsidy on other healthy products?	✘
Mandatory limit or ban of trans fat (all settings)?	✔
Mandatory limit of trans fats in place (all settings)?	✘
Ban on trans-fats or phos in place (all settings)?	✘
Are there any mandatory policies/marketing restrictions on the promotion of unhealthy food/drinks to children?	✘
Mandatory restriction on broadcast media?	✘
Mandatory restriction on non-broadcast media?	✘
Voluntary policies/marketing restrictions on the promotion of unhealthy food/drinks to children?	✘
Are there mandatory standards for food in schools?	✘
Are there any mandatory nutrient limits in any manufactured food products?	✘
Nutrition standards for public sector procurement?	✘

Political will and support

National obesity strategy or nutrition and physical activity national strategy?	✔
National obesity strategy?	✘
National childhood obesity strategy?	✔
Comprehensive nutrition strategy?	✘
Comprehensive physical activity strategy?	✔
Evidence-based dietary guidelines and/or RDAs?	✔
National target(s) on reducing obesity?	✔
Guidelines/policy on obesity treatment?	✘
Promotion of breastfeeding?	✔

Monitoring and surveillance

Monitoring of the prevalence and incidence for the main obesity-related NCDs and risk factors?	✔
Within 5 years?	✘

Governance and resource

Multi-sectoral national co-ordination mechanism for obesity or nutrition (including obesity)?	✘

Key

✔ Present   ✔ᵥ Present (voluntary)   ✔ Incoming   ✘ Absent   ? Unknown

Last updated August 14, 2024

PDF created on September 11, 2024