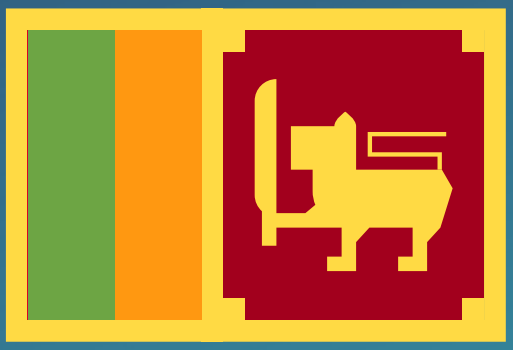
# Sri Lanka



## Country report card

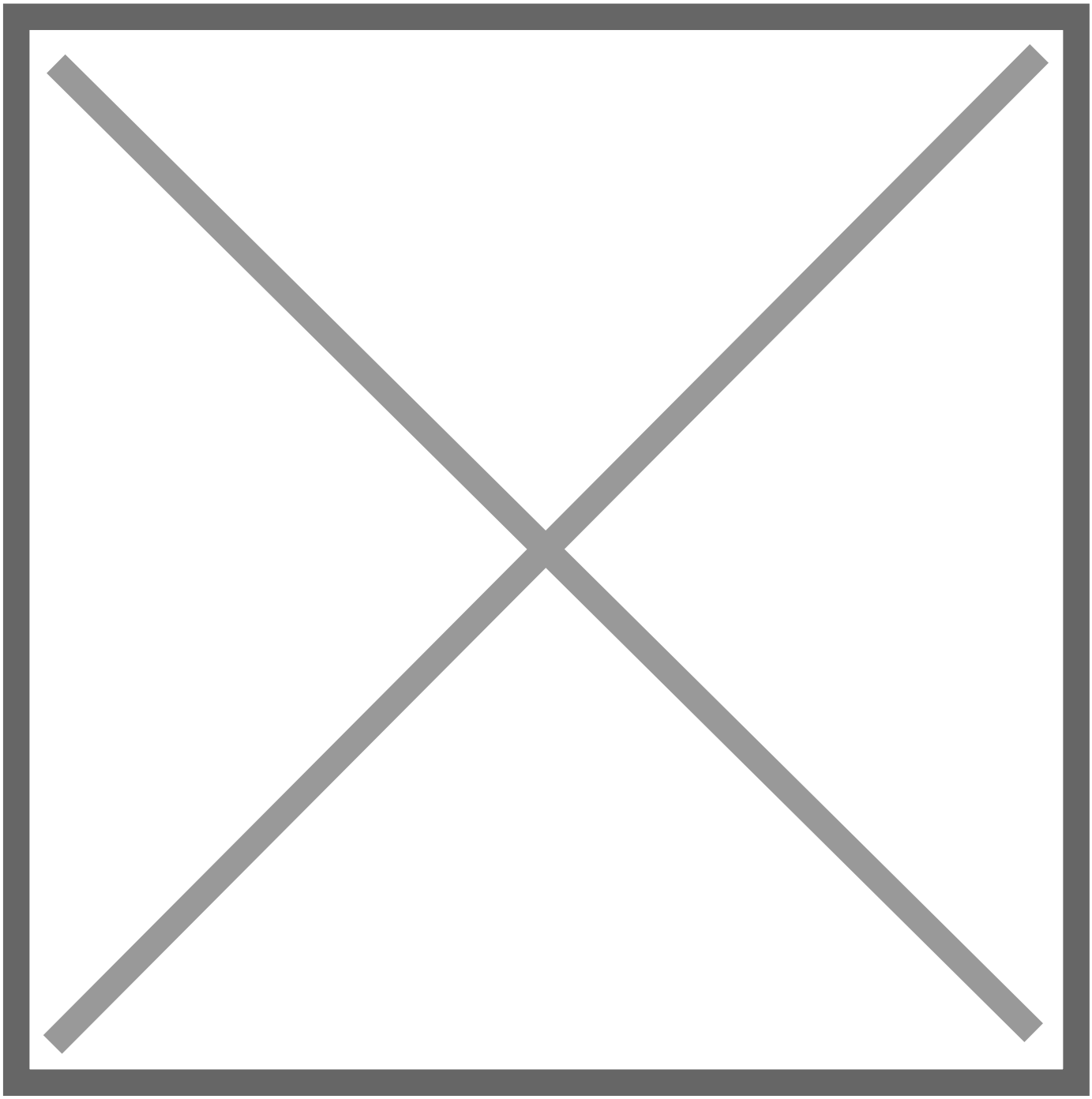
*This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity . Where available, data on common and relevant obesity drivers and comorbidities are also presented.*

*View the latest version of this report on the Global Obesity Observatory at https://data.worldobesity.org/country/sri-lanka-200/.*

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## Obesity prevalence

## Adults, 2022

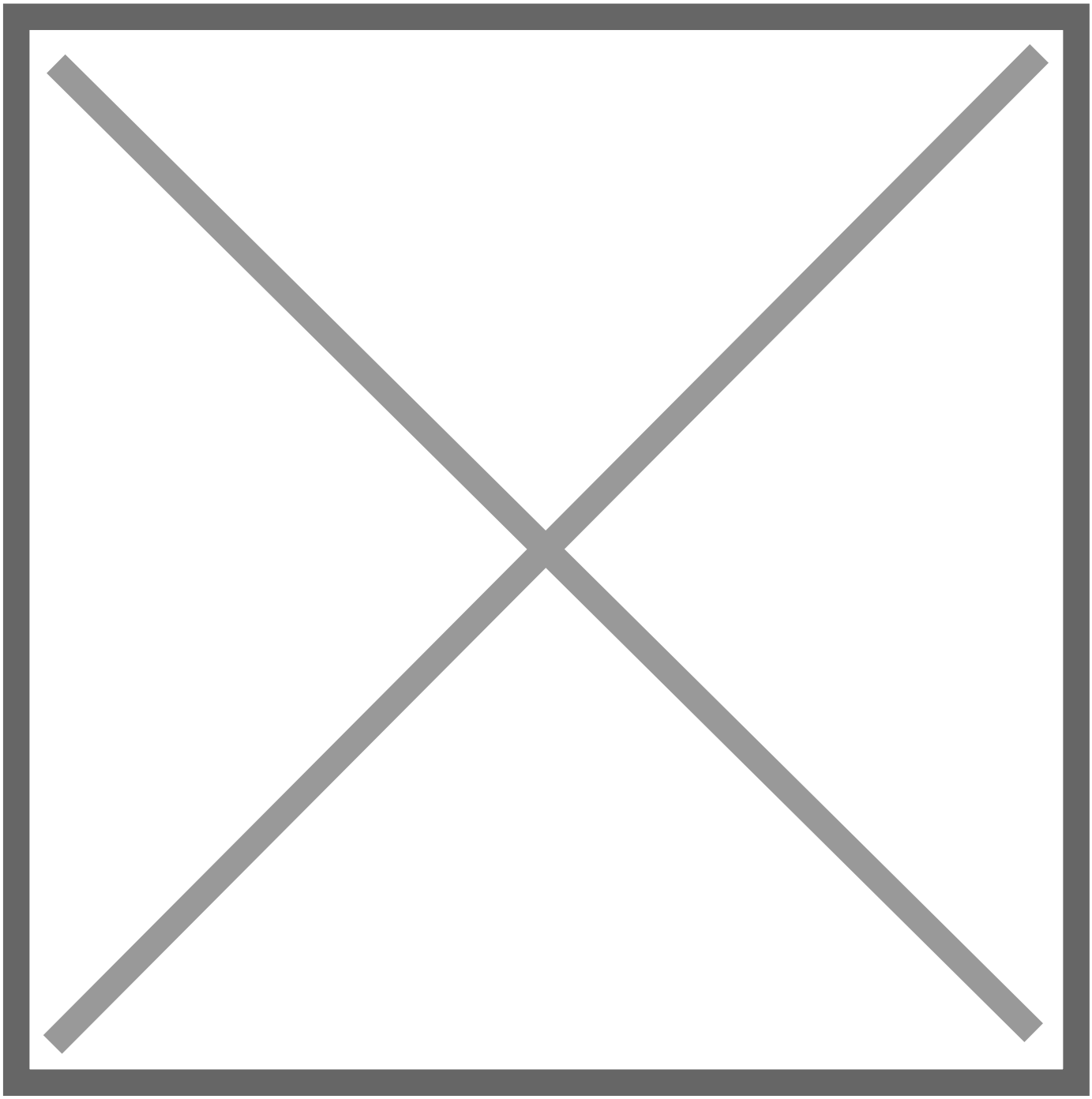


| | |
|---|---|
| **Survey type:** | Measured |
| **Age:** | 18-60 |
| **Sample size:** | 2352 |
| **Area covered:** | National |
| **References:** | National Nutrition and Micronutrient Survey in Sri Lanka: 2022 https://www.mri.gov.lk/wp-content/uploads/2023/05/National-Nutrition-and-Micronutrient-Survey-Sri-Lanka-2022.pdf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

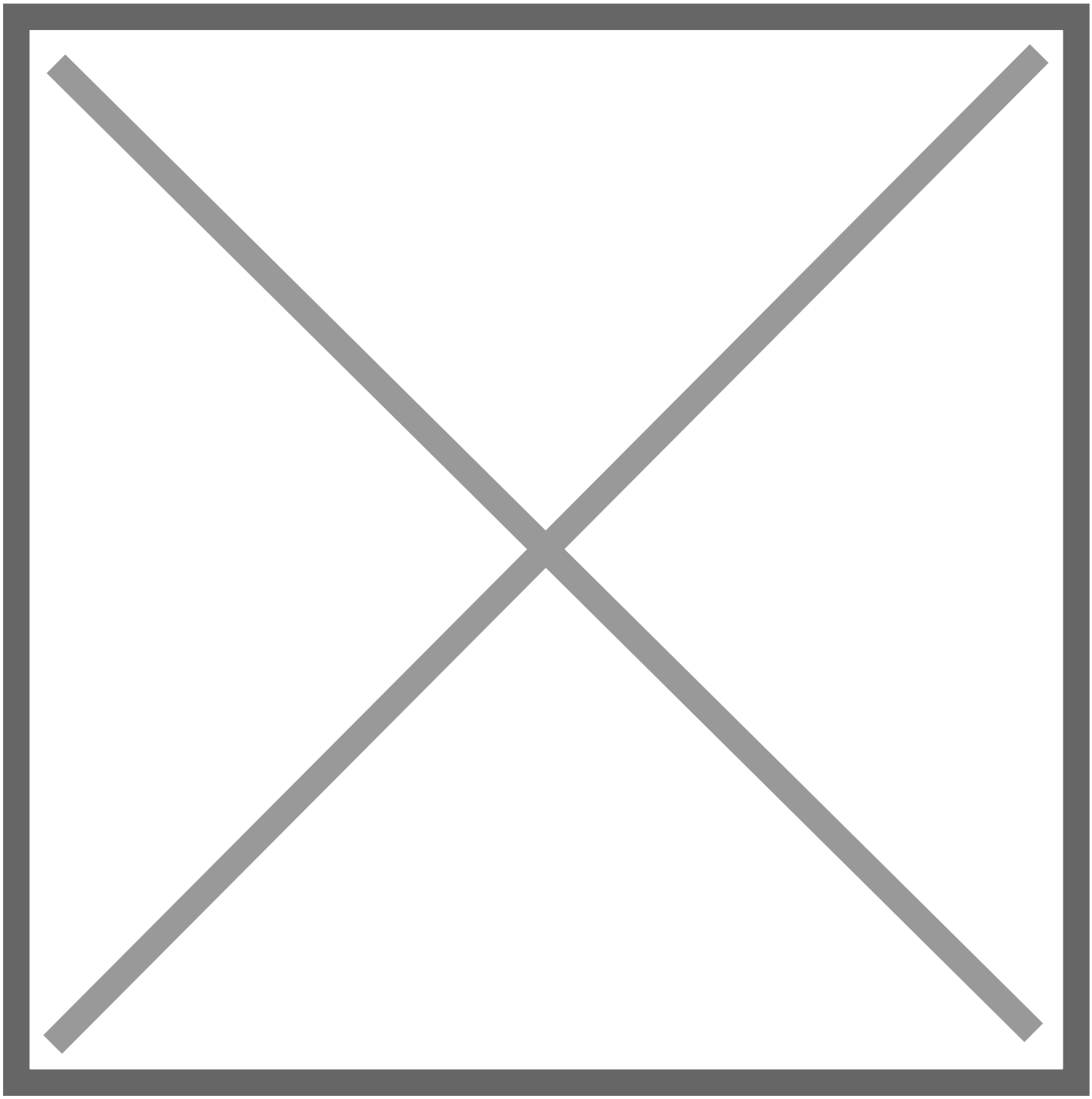
## Children, 2024



| | |
|---|---|
| **Survey type:** | Self-reported |
| **Age:** | 13-17 |
| **Sample size:** | 2912 |
| **Area covered:** | National |
| **References:** | Global School-based Student Health Survey, Sri Lanka 2024 Fact Sheet. Available at: https://www.who.int/publications/m/item/2024-gshs-fact-sheet-sri-lanka (Accessed: 12.06.25) |

| | |
|---|---|
| **Cutoffs:** | WHO 2007 |

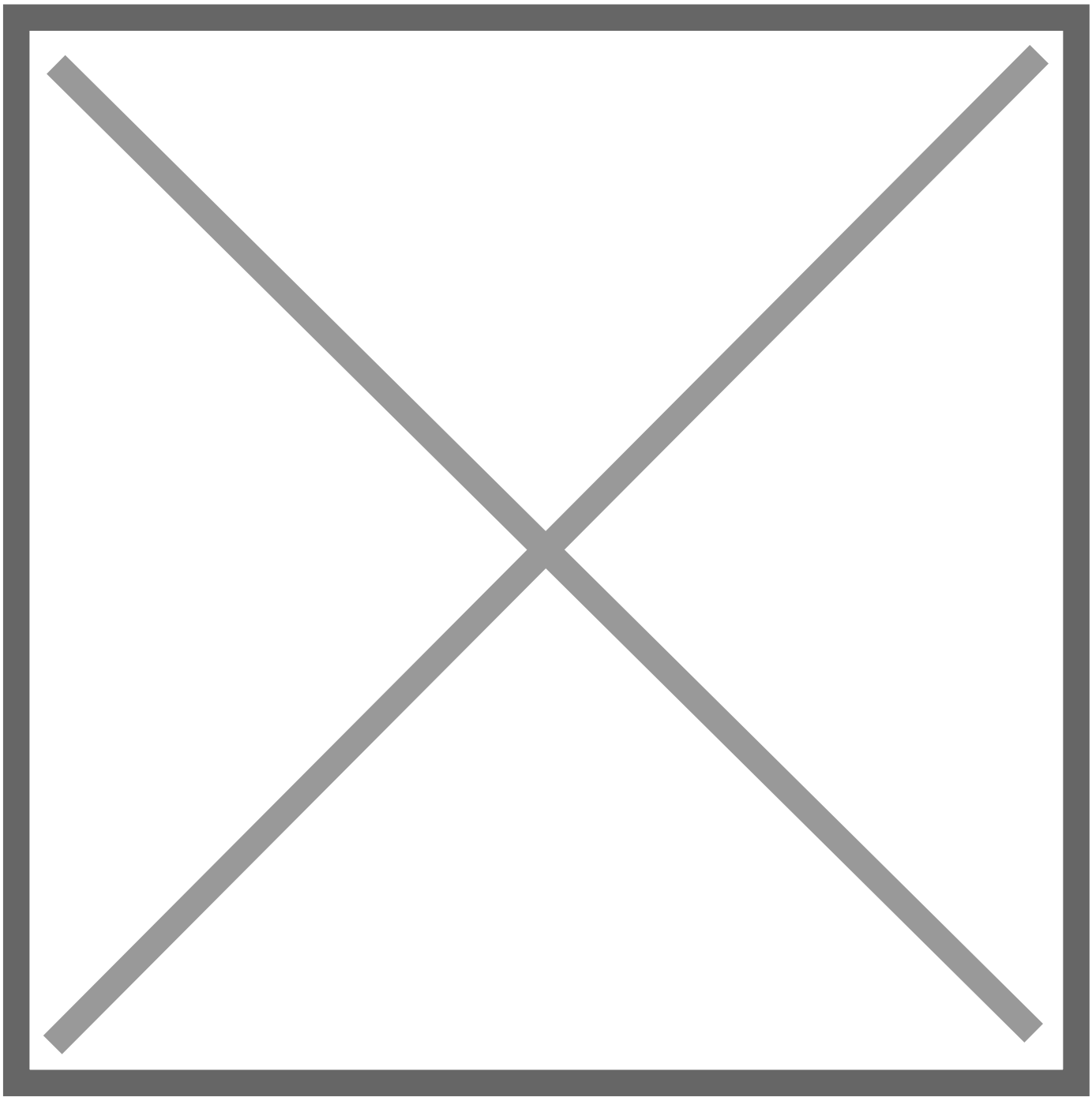
## 0-5 years, 2024



| | |
|---|---|
| **Survey type:** | Measured |
| **Age:** | 0-5 |
| **Area covered:** | National |
| **References:** | Sri Lanka 2024 Nutrition Month Survey |
| **Notes:** | UNICEF/WHO/World Bank Joint Child Malnutrition Estimates Expanded Database: Overweight estimates: National and Disaggregated, July 2025, New York. Weighted sample size. For more information, please consult https://data.unicef.org/resources/jme/. |

| | |
|---|---|
| **Definitions:** | 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. |
| **Cutoffs:** | =>+2SD |

## % Adults living with obesity in Sri Lanka 2006-2016

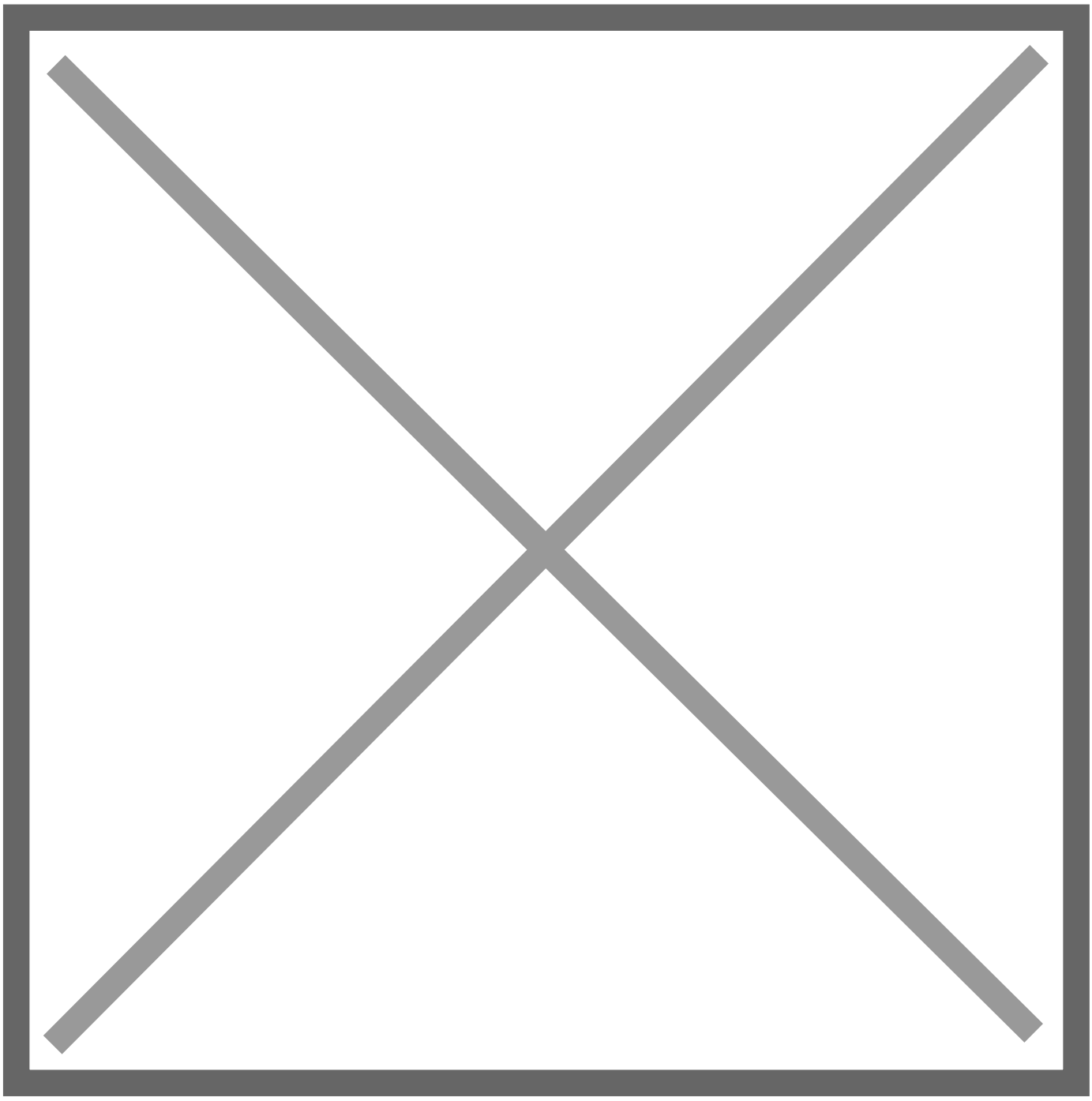


| | |
|---|---|
| **Survey type:** | Measured |
| **References:** | 2006: Department of Census and Statistics (DCS) and Ministry of Healthcare and Nutrition (MOH). 2009. Sri Lanka Demographic and Health Survey 2006-07. Colombo, Sri Lanka: DCS and MOH.<br>2009: Jayatissa, R., Hossain, S.M., Gunawardana, 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).<br>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



**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)

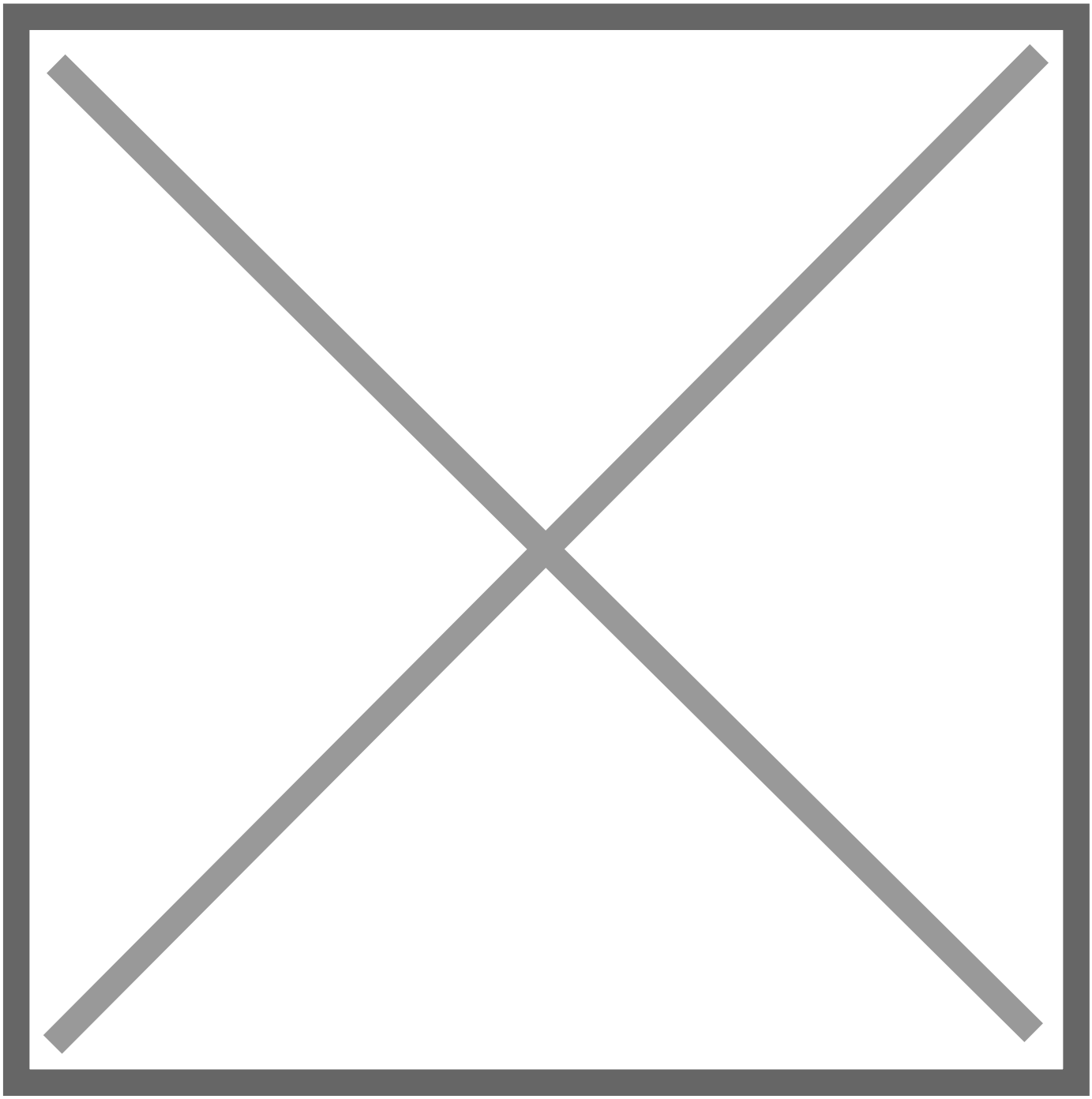
**Notes:** Aged 15-49

*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

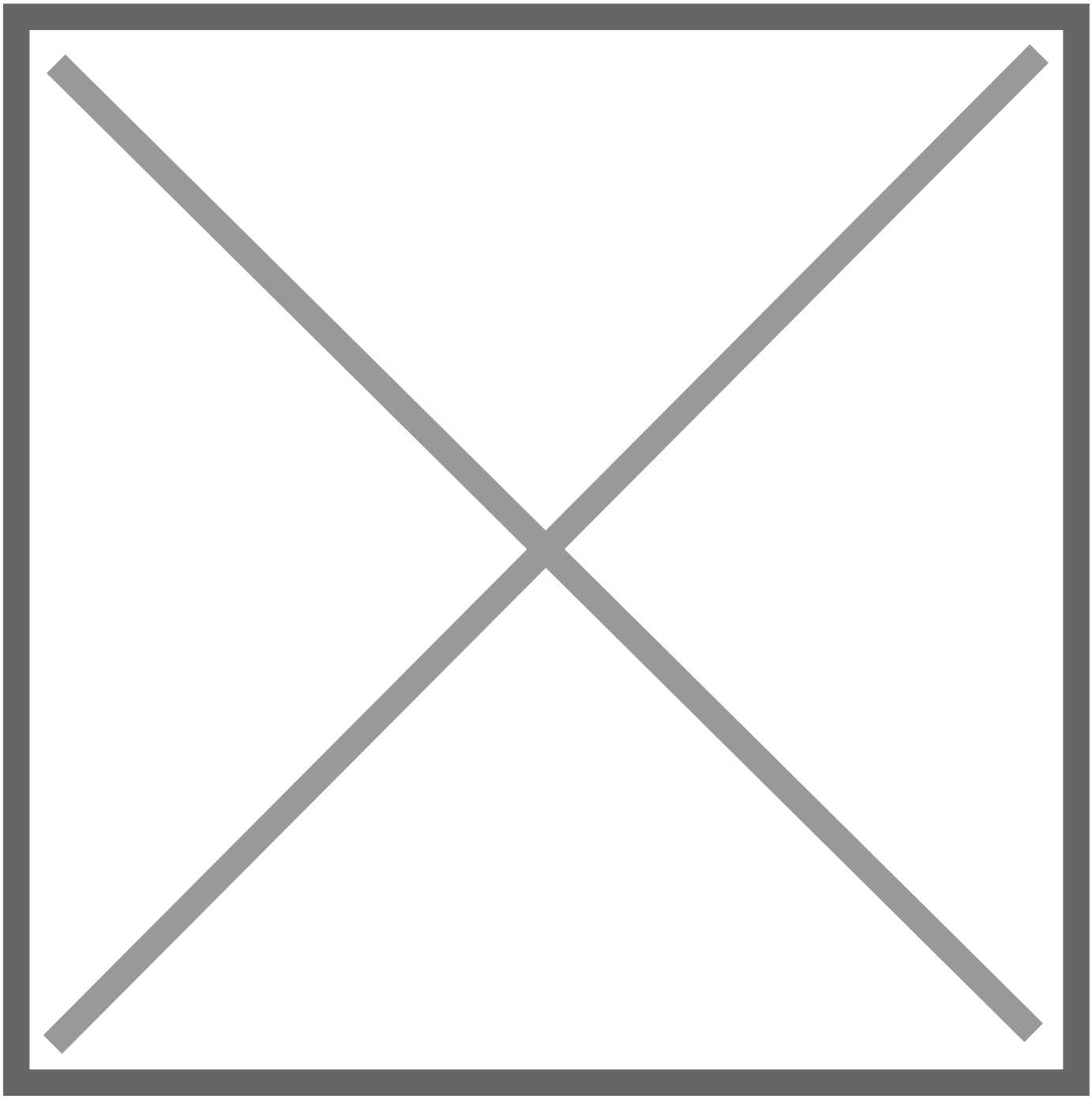
## Women, 2016



| | |
|---|---|
| **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.*

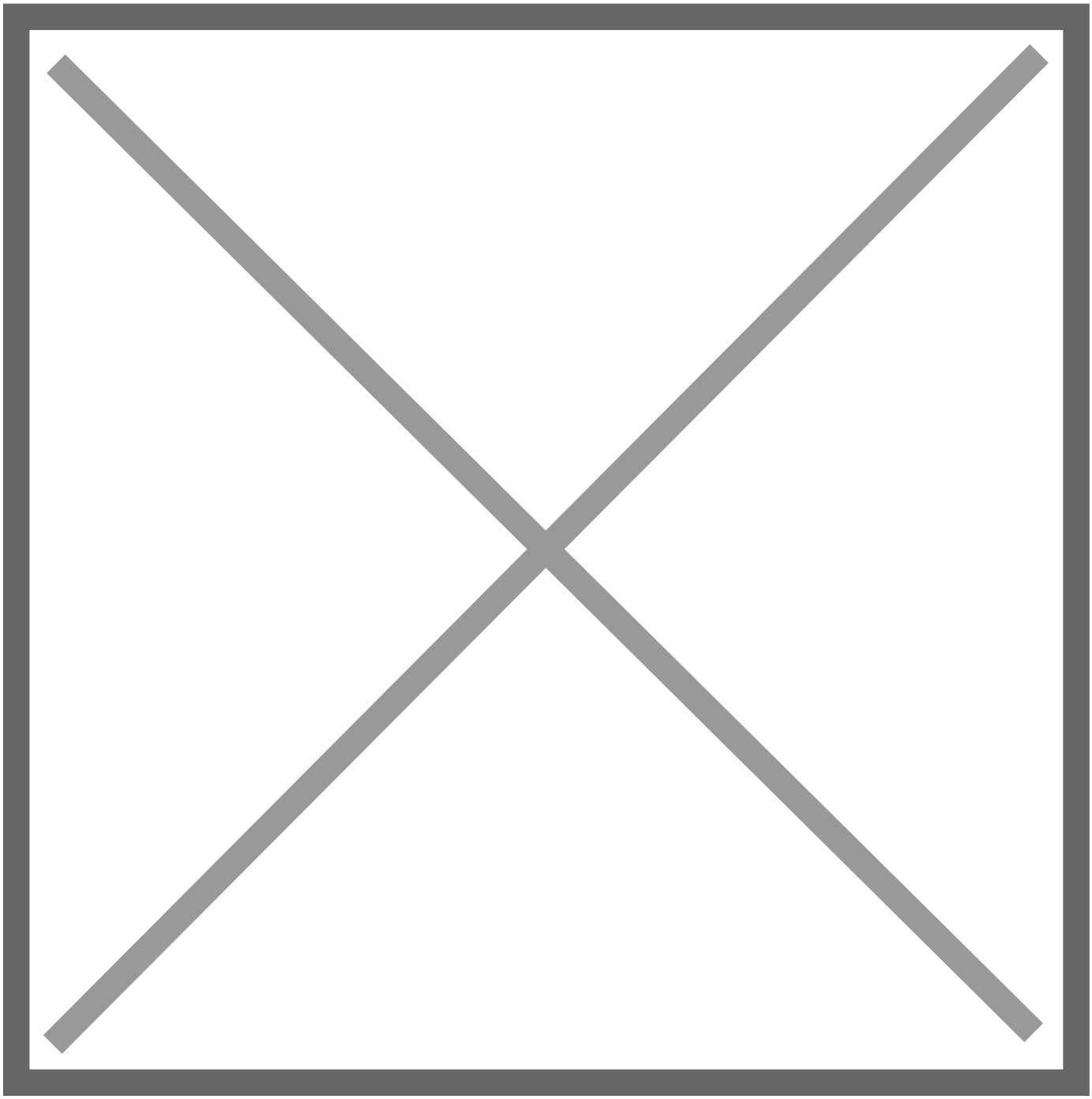
## Children, 2017



| | |
|---|---|
| **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 |

## 0-5 years, 2016

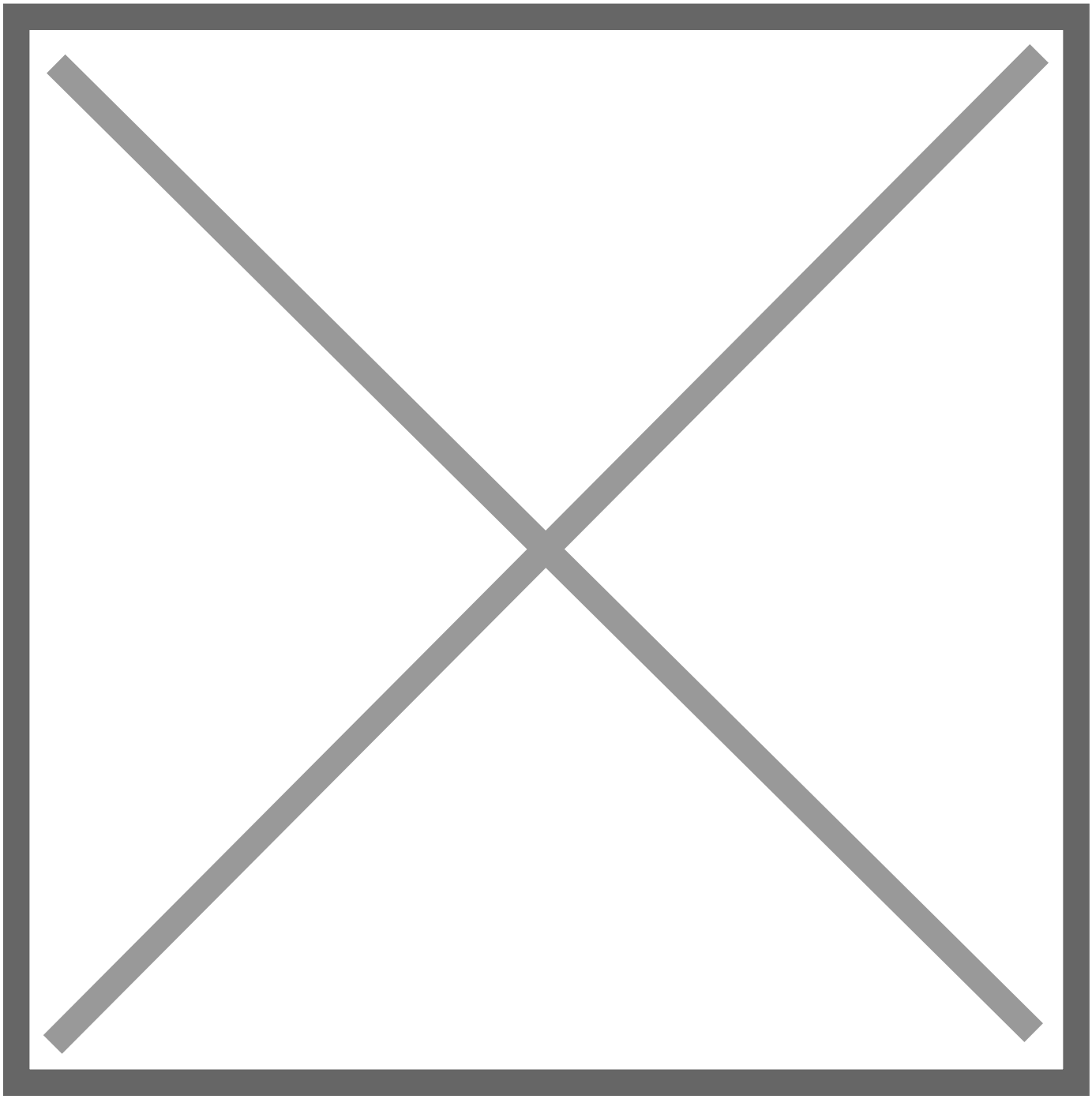


| | |
|---|---|
| **Survey type:** | Measured |
| **Sample size:** | 6978 |
| **Area covered:** | National |
| **References:** | Department of Census and Statistics (DCS) and Ministry of Health, Nutrition and Indigenous Medicine 2017. Sri Lanka Demographic and Health Survey 2016 Sri Lanka. https://www.aidsdatahub.org/resource/sri-lanka-demographic-and-health-survey-2016 (Accessed 18.05.21) |

| | |
|---|---|
| **Notes:** | Infants. |
| **Definitions:** | Weight for Height. Overweight = >2SD |
| **Cutoffs:** | Other |

## Overweight/obesity by age

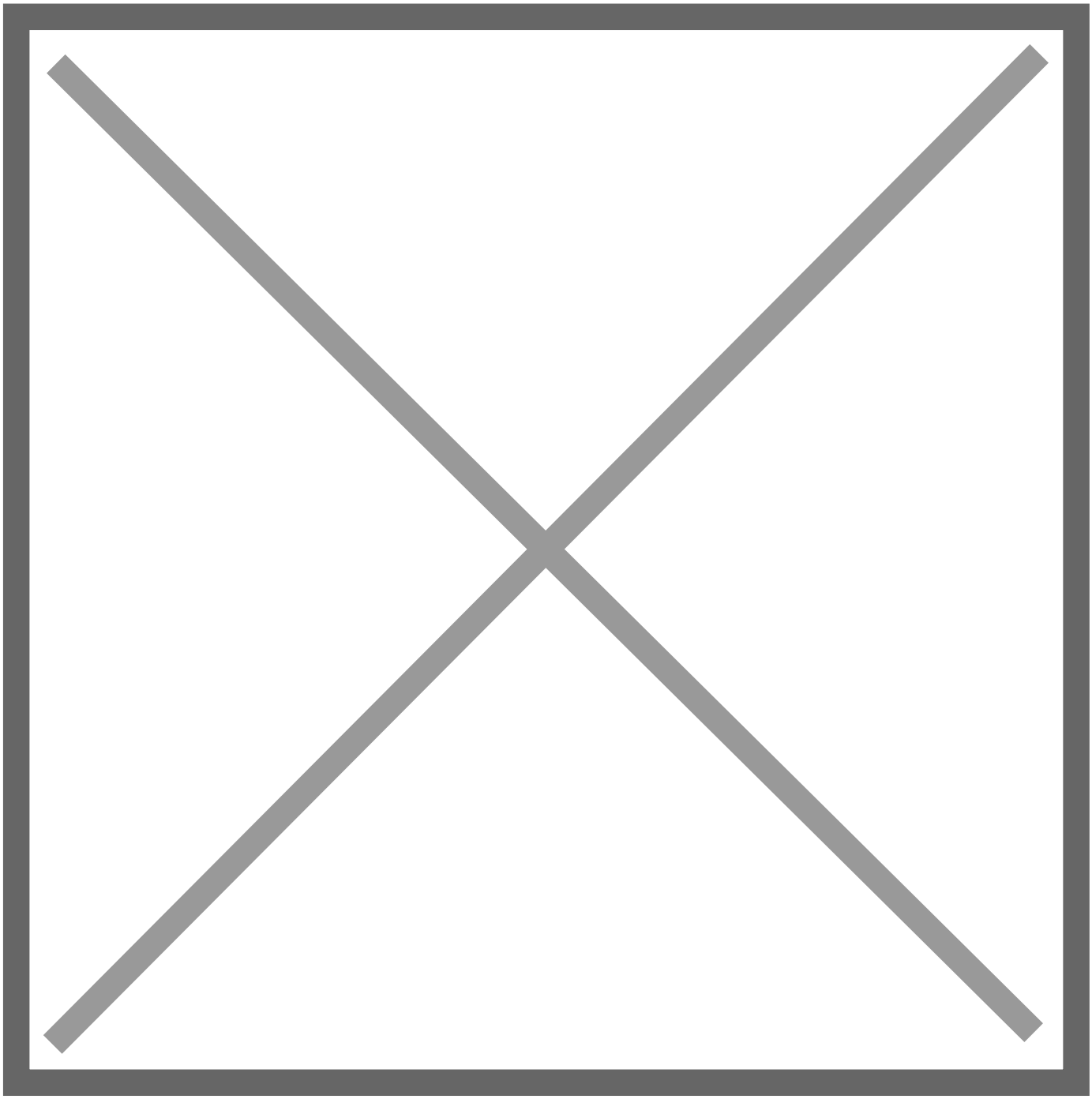
## Women, 2022



| | |
|---|---|
| **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.*

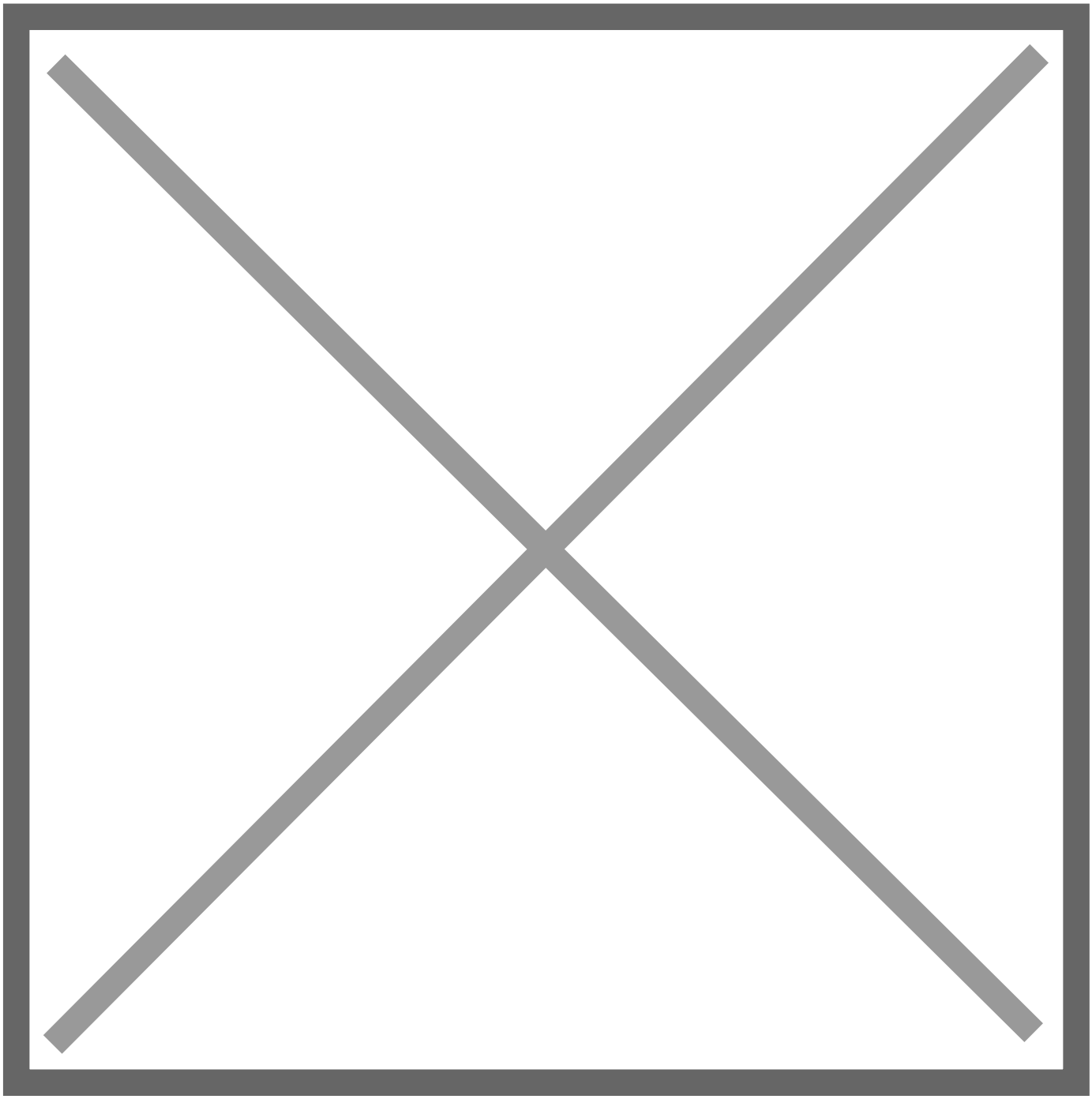
## Children, 2024



| | |
|---|---|
| **Survey type:** | Self-reported |
| **Sample size:** | 2912 |
| **Area covered:** | National |
| **References:** | Global School-based Student Health Survey Sri Lanka 2024. Family Health Bureau of the Ministry of Health and Mass Media & Ministry of Education, Higher Education and Vocational Education. WHO: Sri Lanka. |
| **Cutoffs:** | WHO 2007 |

## Overweight/obesity by region

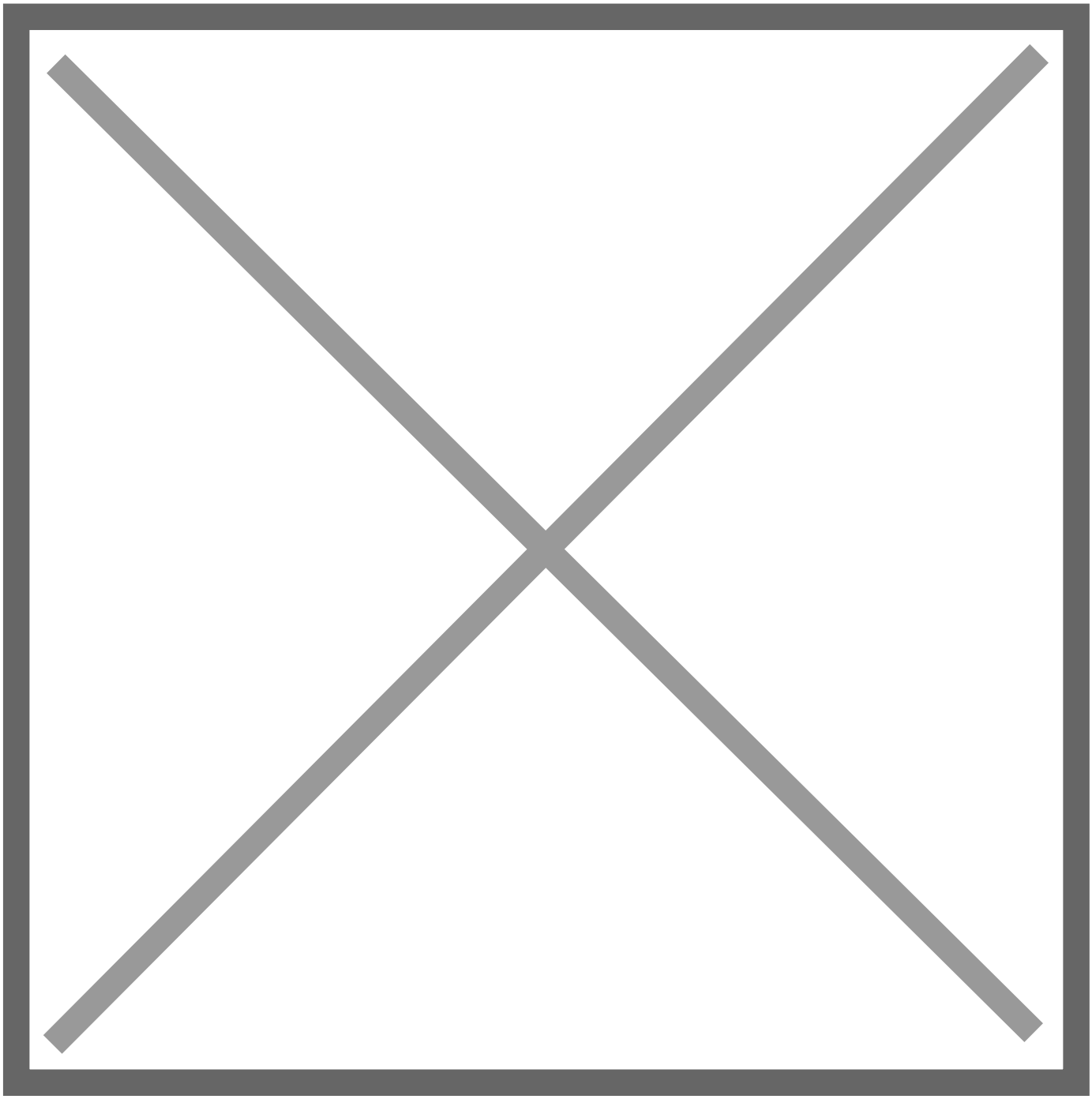
## Men, 2022



| | |
|---|---|
| **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.* |

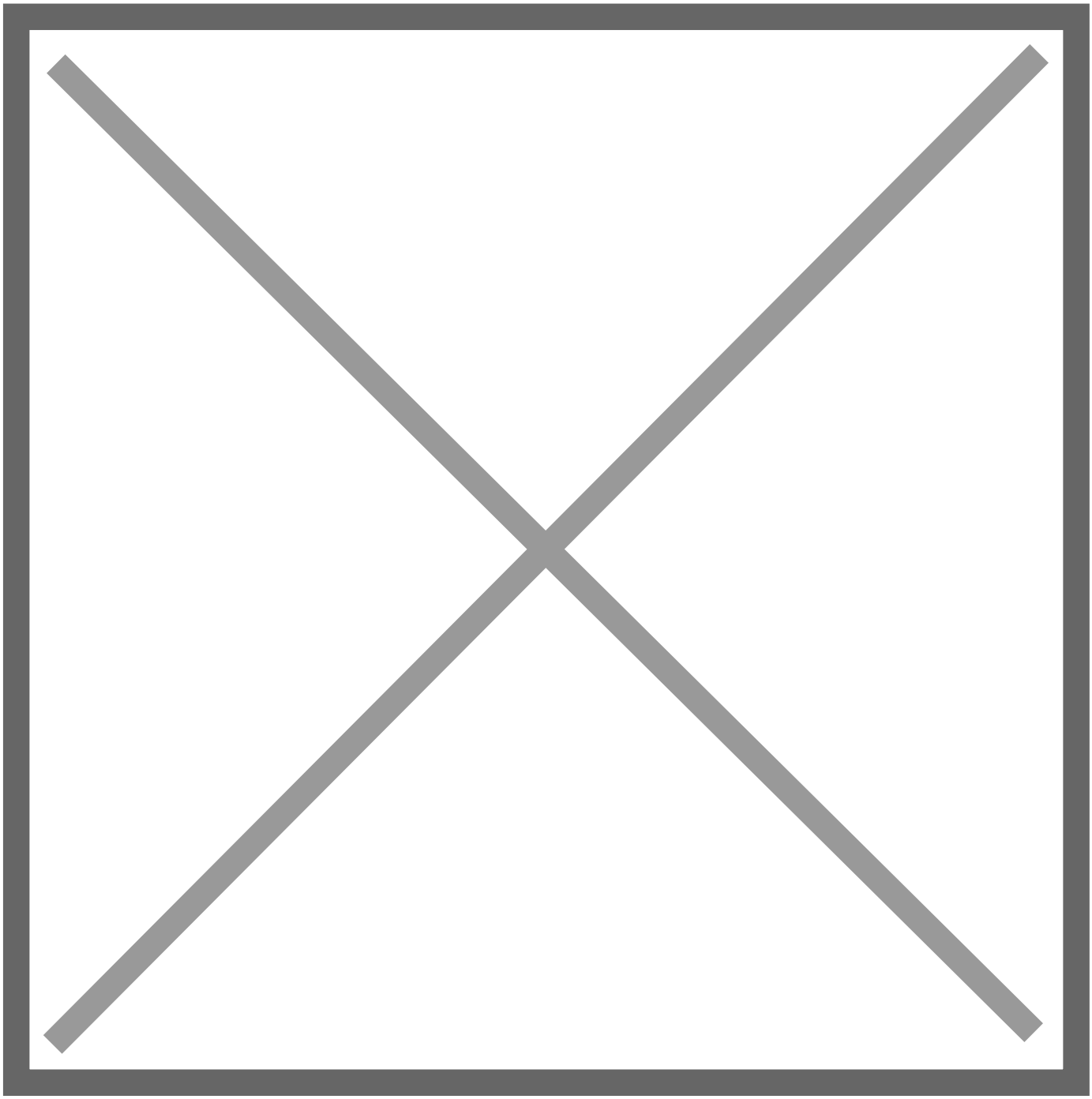
## Women, 2022



| | |
|---|---|
| **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.* |

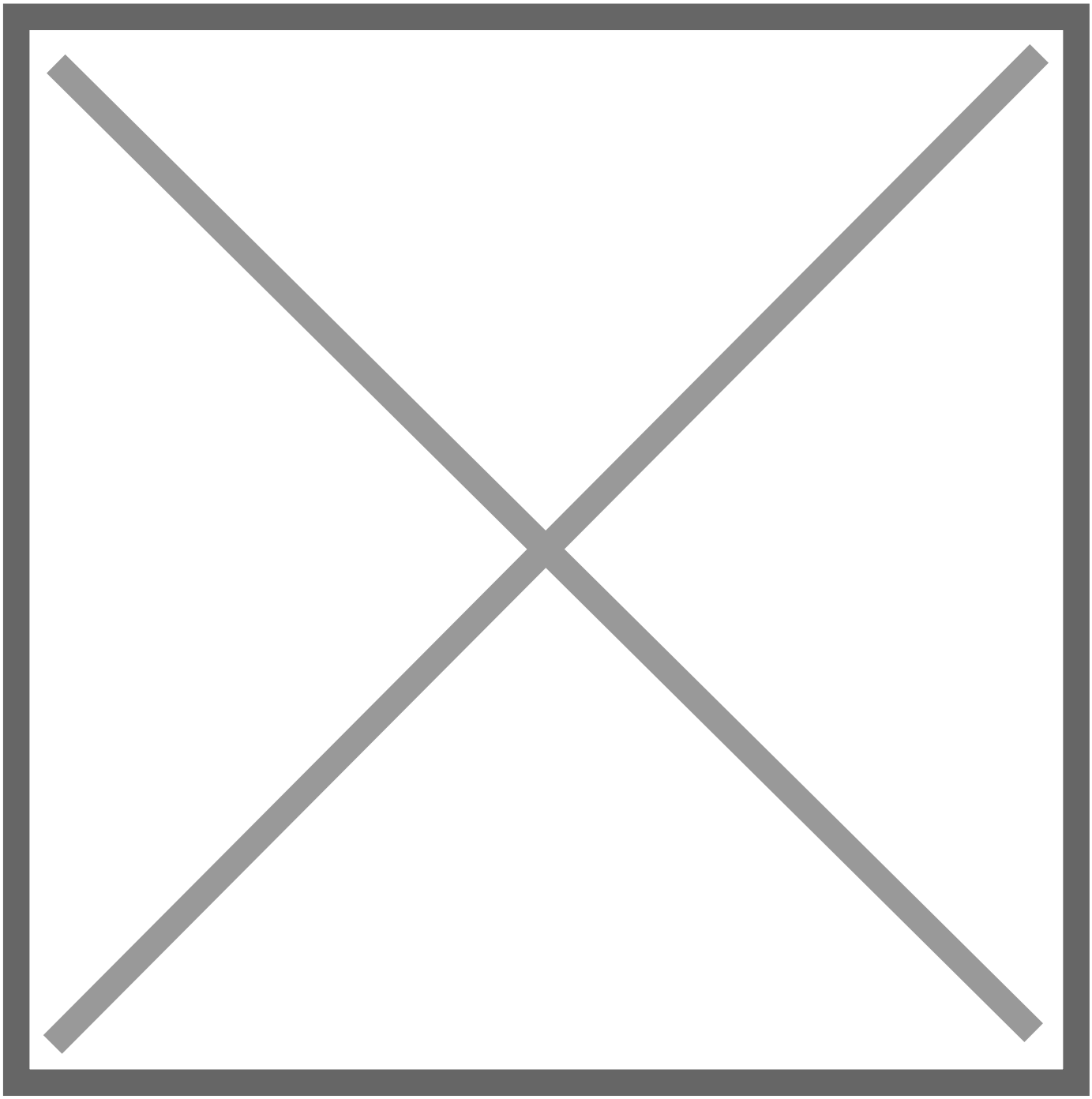
## Children, 2017



| | |
|---|---|
| **Survey type:** | Measured |
| **Age:** | 10-18 |
| **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 |

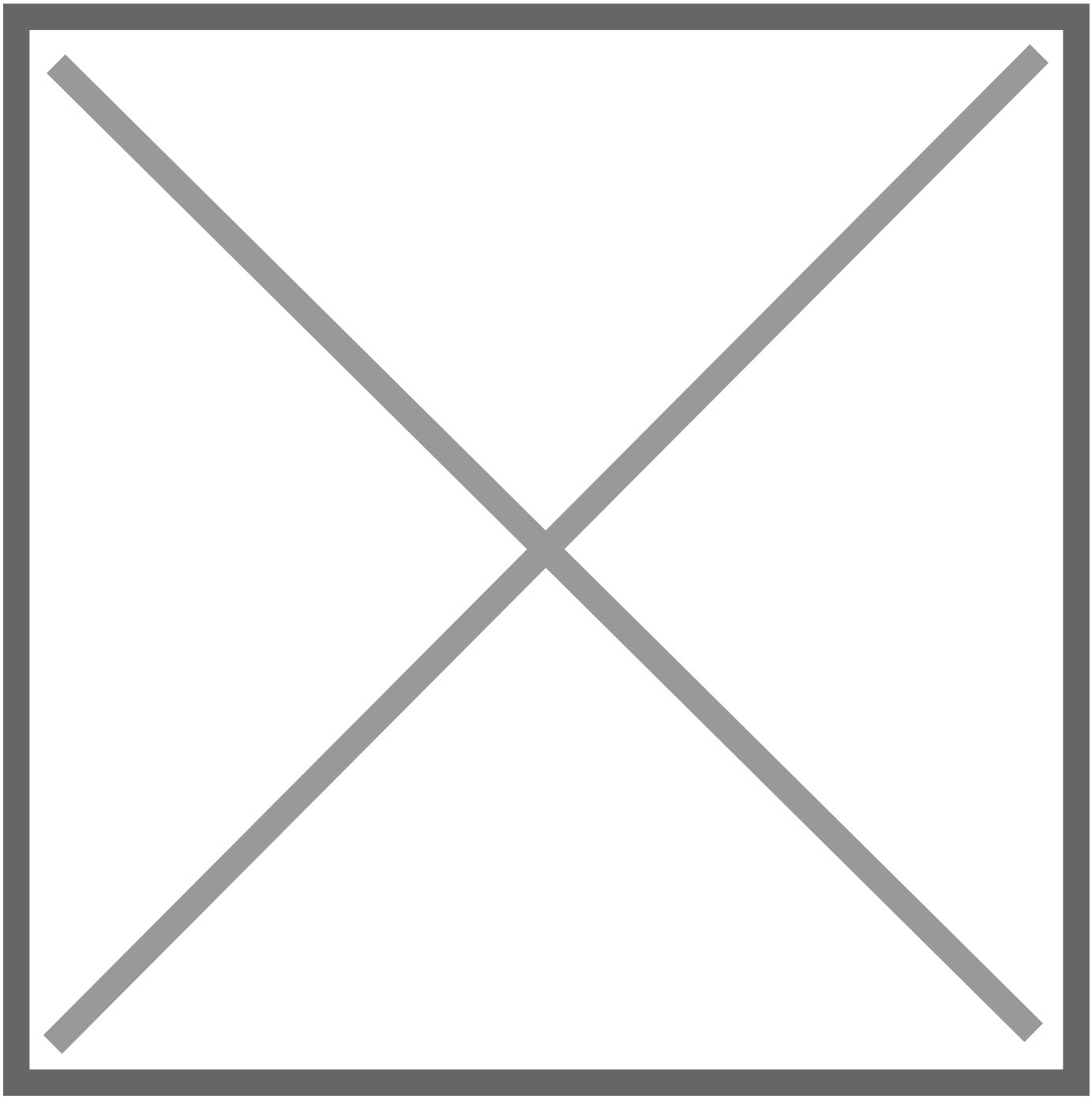
## 0-5 years, 2022



| | |
|---|---|
| **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

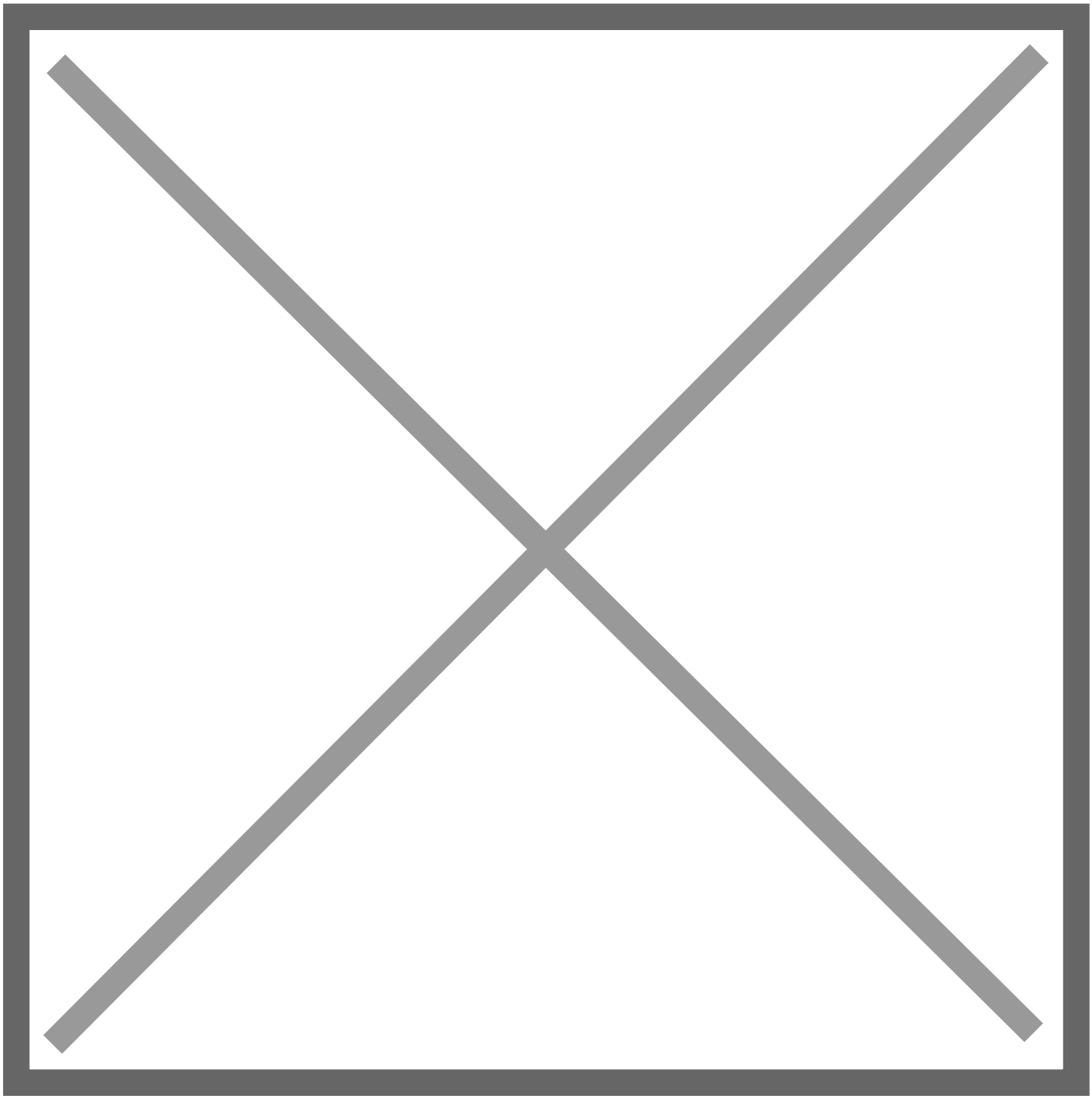
## Women, 2016



| | |
|---|---|
| **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.*

## 0-5 years, 2016

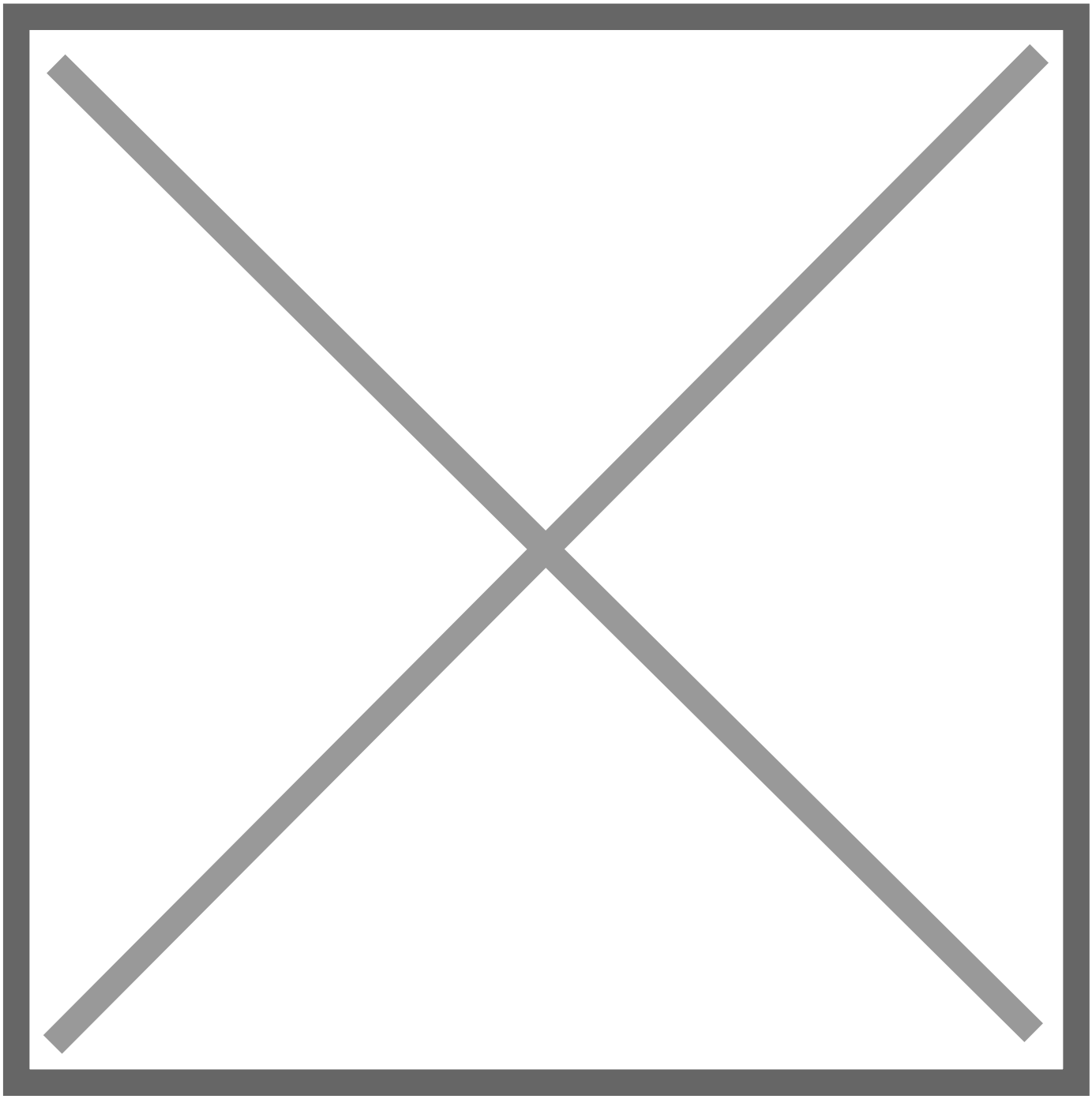


| | |
|---|---|
| **Sample size:** | 7823 |
| **References:** | DHS-Style: Sri Lanka Demographic and Health Survey 2016 |
| **Notes:** | UNICEF/WHO/World Bank Joint Child Malnutrition Estimates Expanded Database: Overweight (Survey Estimates), May 2023, New York.<br>For more information about the methodology, please consult https://data.unicef.org/resources/jme-2023-country-consultations/<br>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 |

## Double burden of underweight & obesity

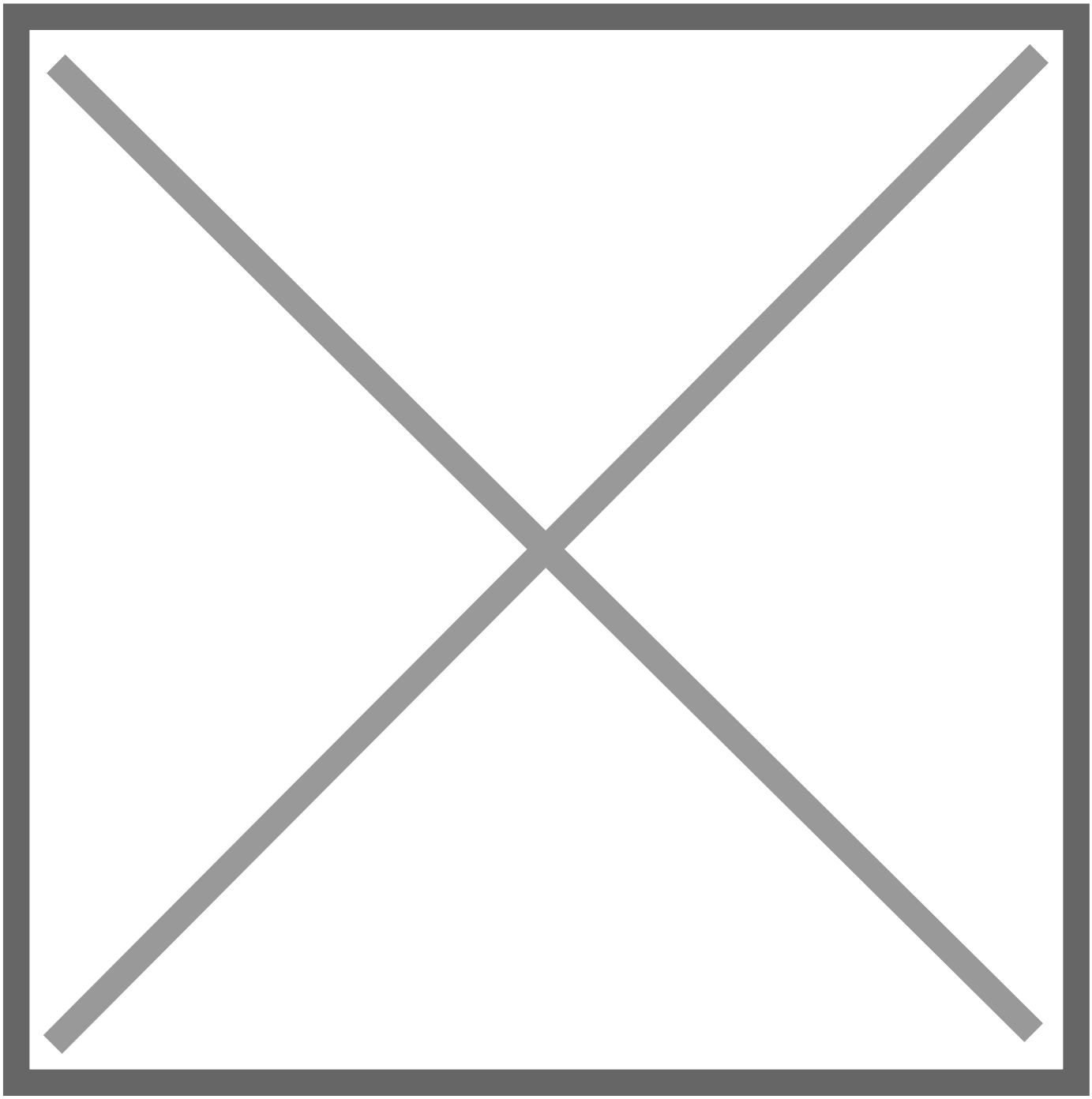
## Adults, 2022



| | |
|---|---|
| **Survey type:** | Measured |
| **Age:** | 20+ |
| **References:** | 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. https://doi.org/10.1016/S0140-6736(23)02750-2. |
| **Notes:** | Age Standardised estimates |

| | |
|---|---|
| **Definitions:** | Combined prevalence of BMI<18.5 kg/m² and BMI>=30 kg/m² (double burden of underweight and obesity) |

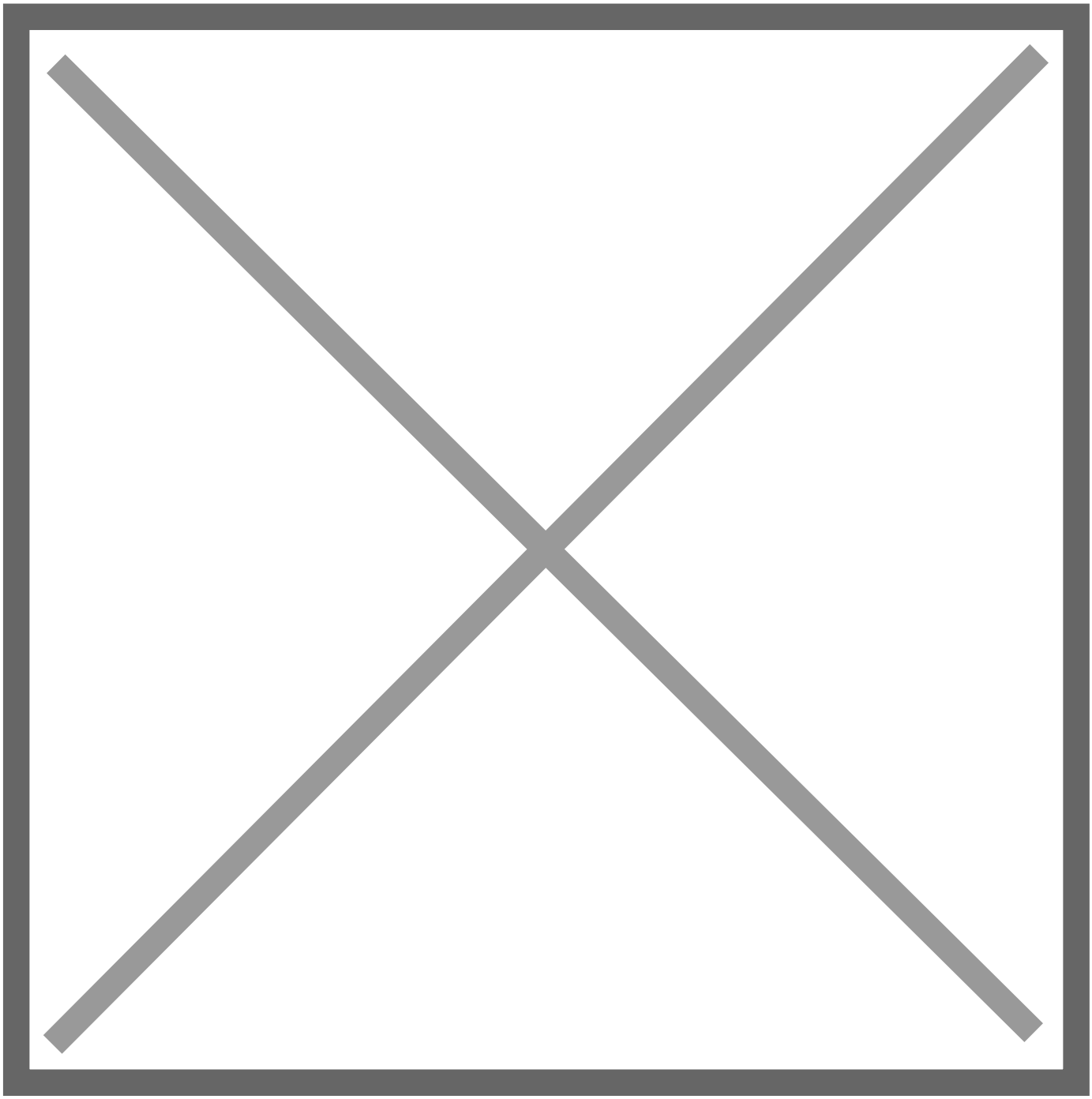
## Children, 2022



| | |
|---|---|
| **Survey type:** | Measured |
| **Age:** | 5-19 |
| **References:** | 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. https://doi.org/10.1016/S0140-6736(23)02750-2. |
| **Notes:** | Age standardised estimates |

| | |
|---|---|
| **Definitions:** | Combined prevalence of BMI < -2SD and BMI > 2SD (double burden of thinness and obesity) |
| **Cutoffs:** | BMI < -2SD and BMI > 2SD |

## 0-5 years, 2022

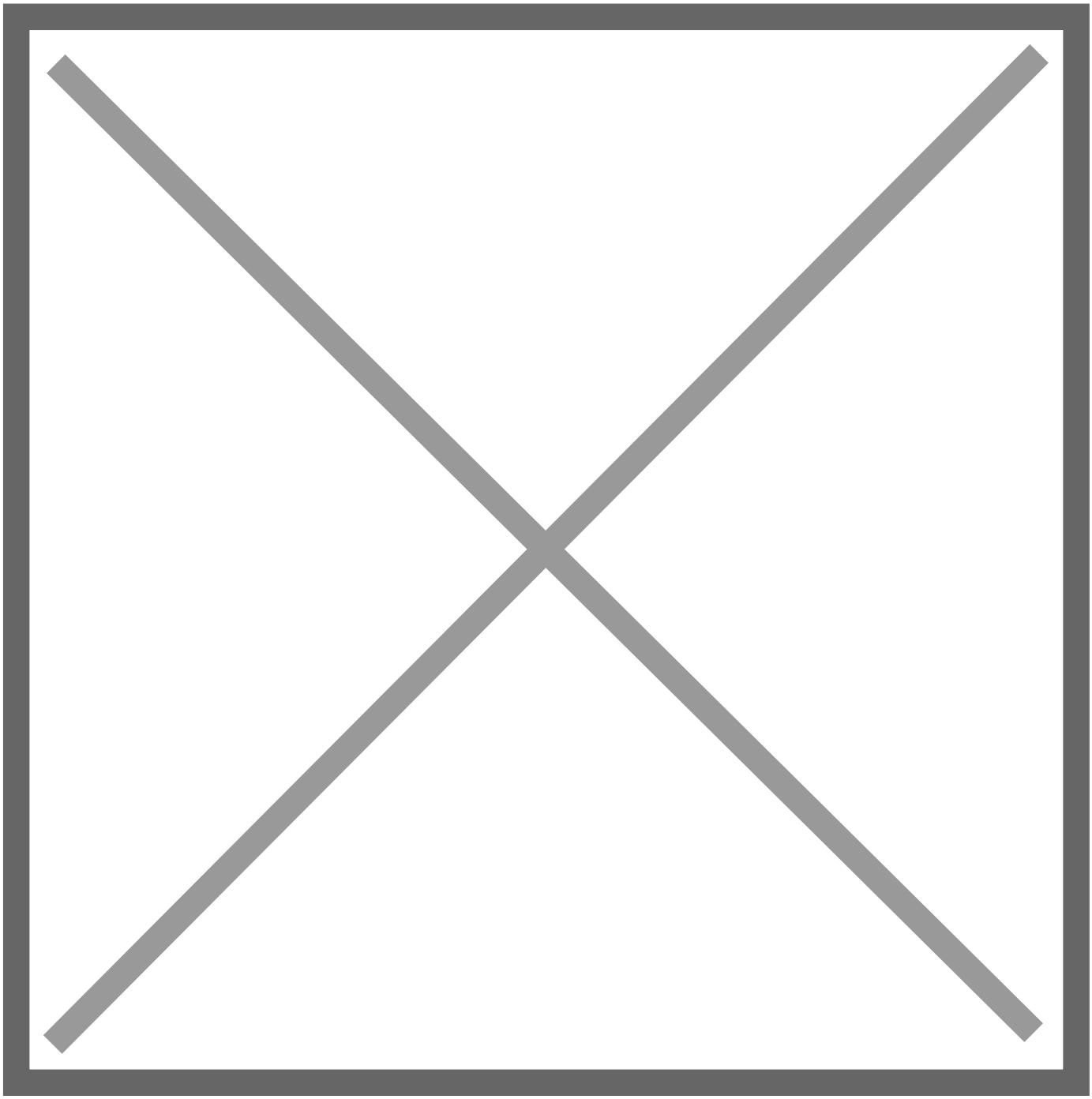


| | |
|---|---|
| **Survey type:** | Measured |
| **Age:** | 0-5 |
| **References:** | United Nations Children's Fund, Division of Data, Analysis, Planning and Monitoring (2025). Global UNICEF Global Databases: Overlapping Stunting, Wasting and Overweight (Survey Estimates), 2025, New York. For more information, visit: https://data.unicef.org/topic/nutrition/malnutrition/ [Accessed 06.08.25] |
| **Notes:** | National Nutrition and Micronutrient Survey in Sri Lanka: 2022 |

| | |
|---|---|
| **Definitions:** | Combined percentage of children under 5 years of age who are either wasted, stunted, or overweight (falling below -2 standard deviations from the median weight-for-height, falling below -2 standard deviations from the median height for age, or falling at or above +2 standard deviations from the median weight-for-height of the reference population) |
| **Cutoffs:** | WHZ <-2, HAZ <-2 and WHZ >+2 |

## Insufficient physical activity

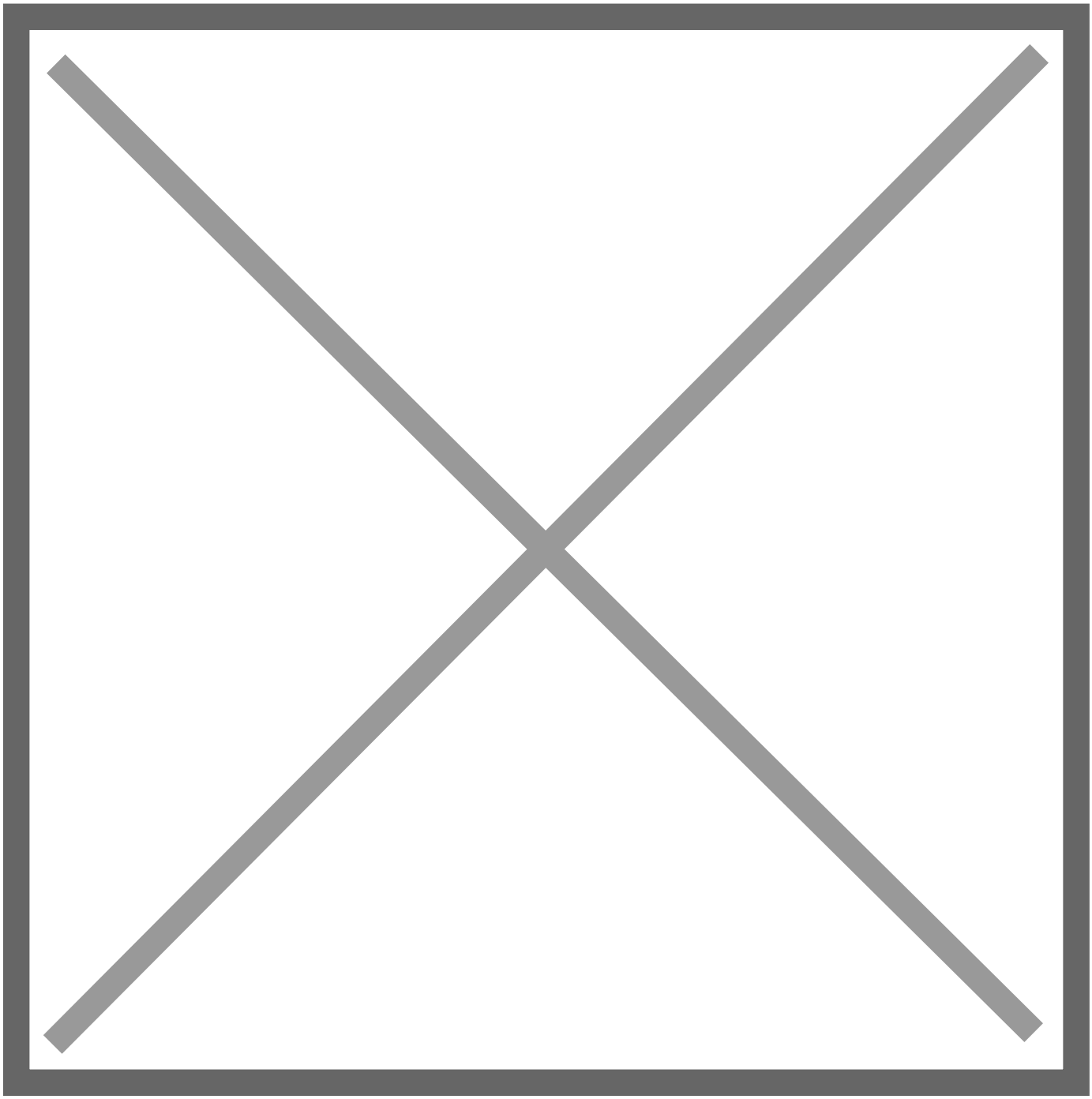
## Adults, 2022



| | |
|---|---|
| **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. |

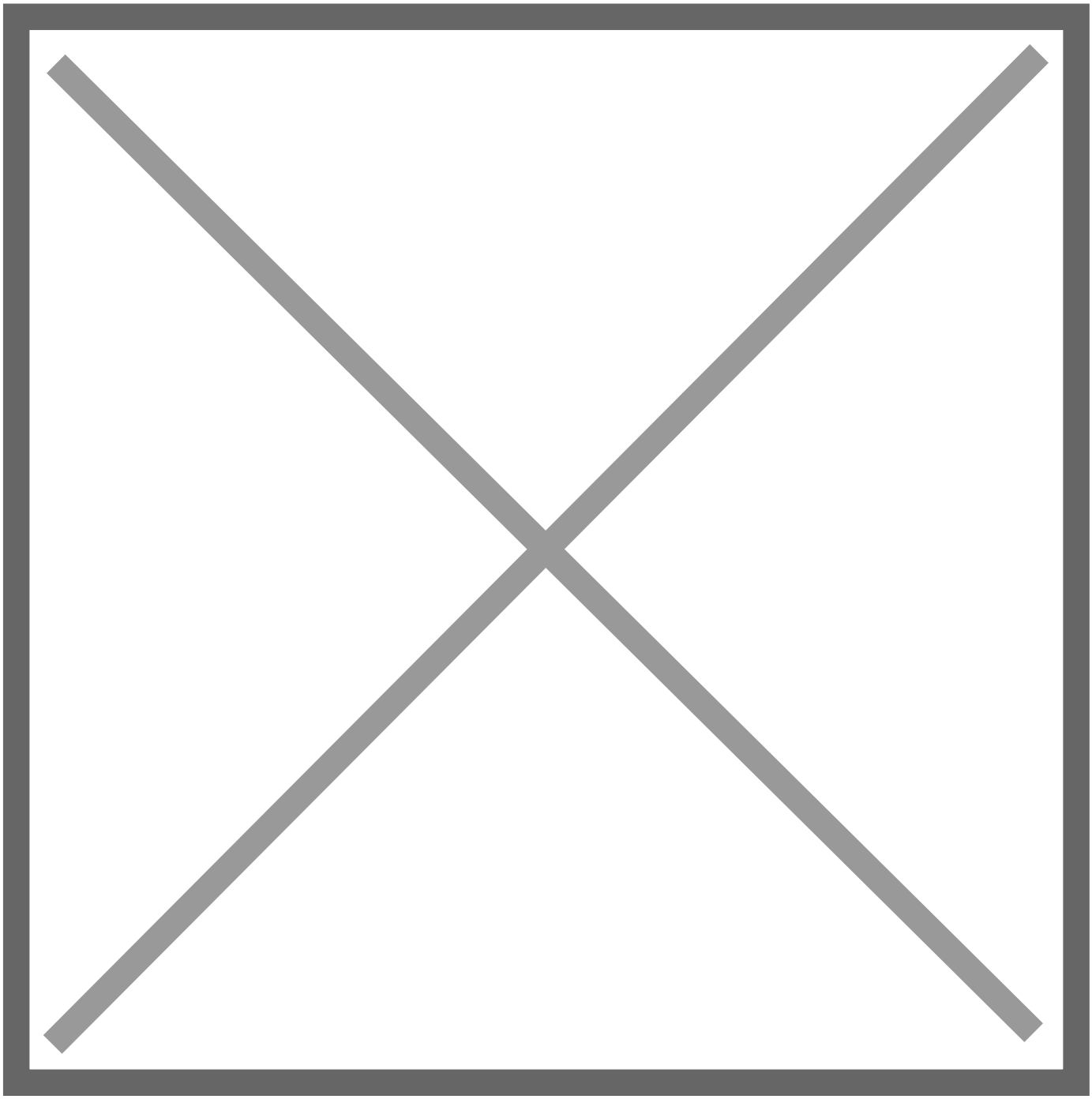
## Men, 2022



| | |
|---|---|
| **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. |

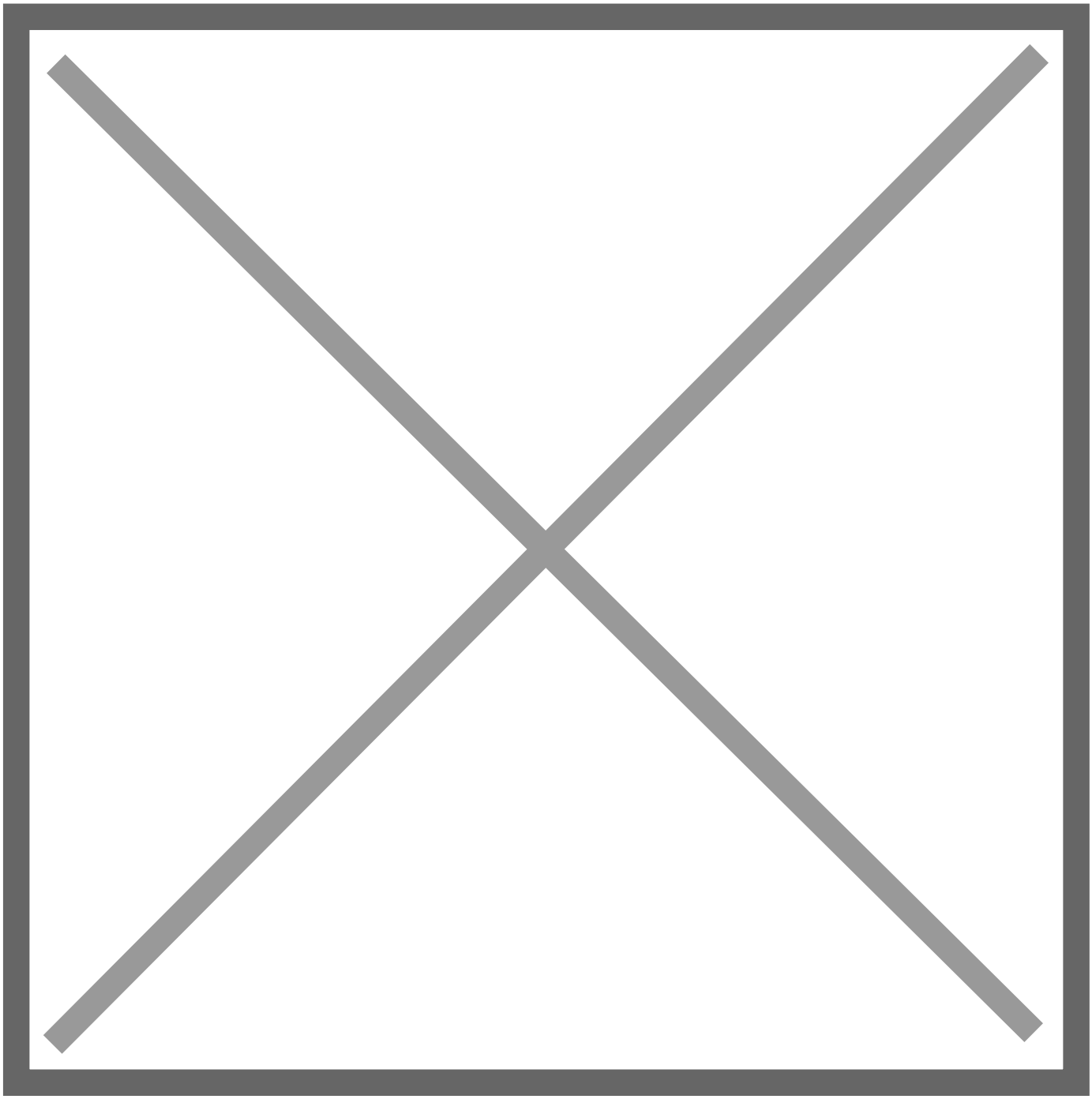
## Women, 2022



| | |
|---|---|
| **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. |

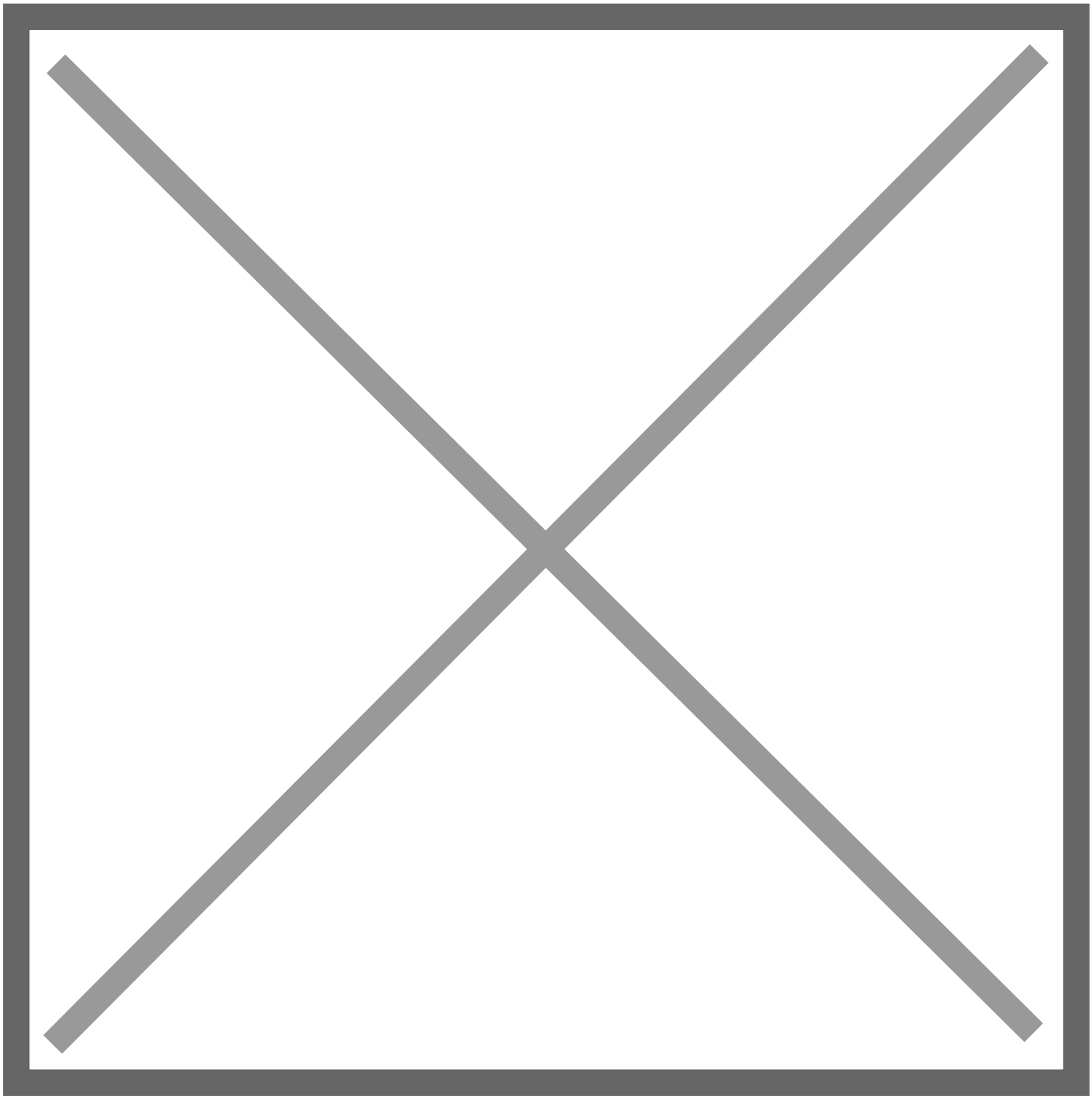
## Children, 2025



| | |
|---|---|
| **Survey type:** | Self-reported |
| **Age:** | 11-17 |
| **Area covered:** | National |
| **References:** | World Health Organization. (2026). Physical activity among adolescents, no active days in the past week, prevalence (%). Global Health Observatory. Available at: https://www.who.int/data/gho/data/indicators/indicator-details/GHO/gho-physical-activity-among-adolescents-no-active-days-in-the-past-week-prevalence [Accessed 06.11.26] |

| | |
|---|---|
| **Notes:** | An active day is a day on which an adolescent reports at least 60 minutes of moderate-to-vigorous physical activity (MVPA). |
| **Definitions:** | Percentage of adolescents aged 11–17 years who reported no active day in the past 7 days (0 active days per week). |

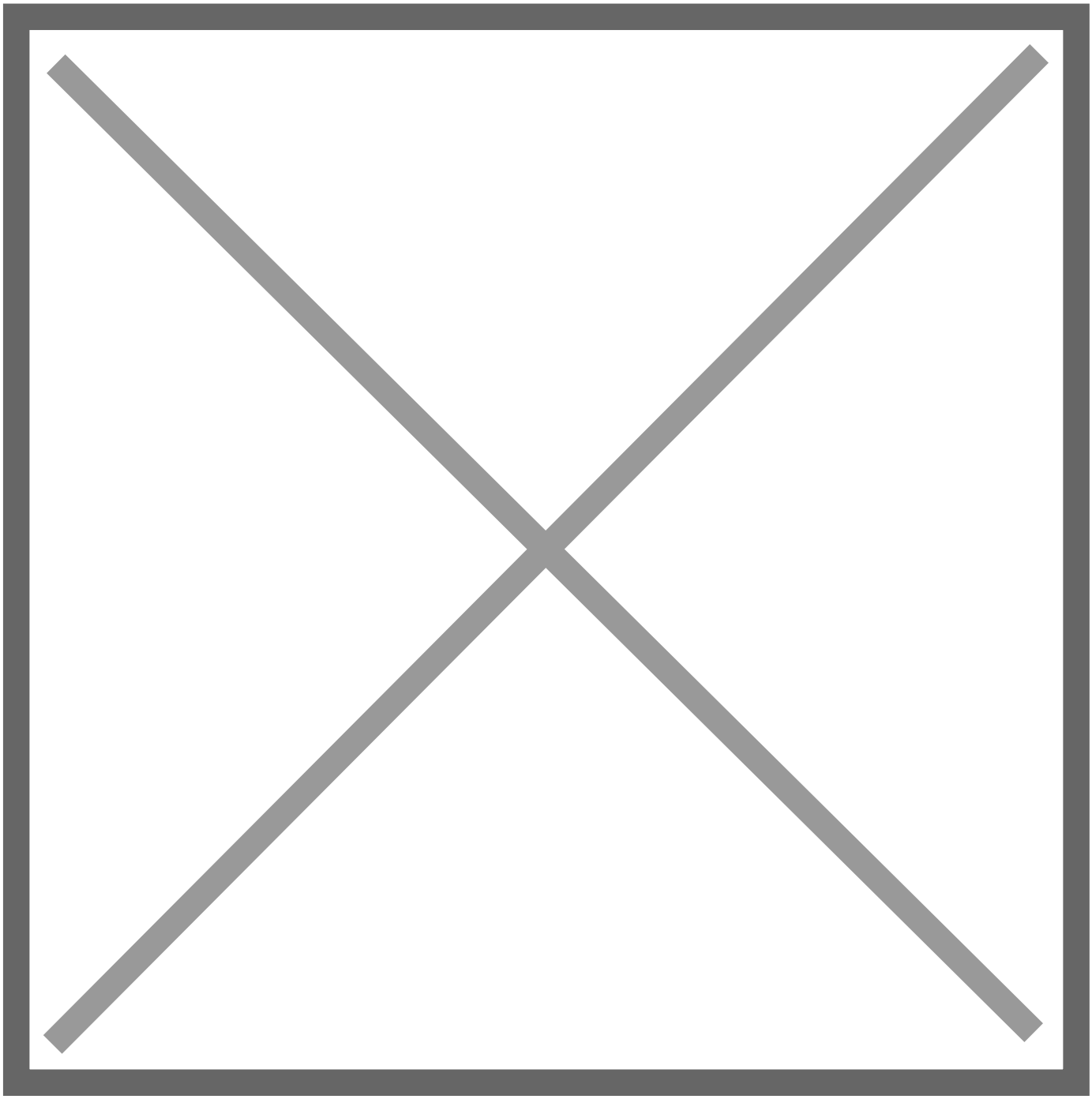
## Boys, 2025



| | |
|---|---|
| **Survey type:** | Self-reported |
| **Age:** | 11-17 |
| **Area covered:** | National |
| **References:** | World Health Organization. (2026). Physical activity among adolescents, no active days in the past week, prevalence (%). Global Health Observatory. Available at: https://www.who.int/data/gho/data/indicators/indicator-details/GHO/gho-physical-activity-among-adolescents-no-active-days-in-the-past-week-prevalence [Accessed 06.11.26] |

| | |
|---|---|
| **Notes:** | An active day is a day on which an adolescent reports at least 60 minutes of moderate-to-vigorous physical activity (MVPA). |
| **Definitions:** | Percentage of adolescents aged 11–17 years who reported no active day in the past 7 days (0 active days per week). |

## Girls, 2025

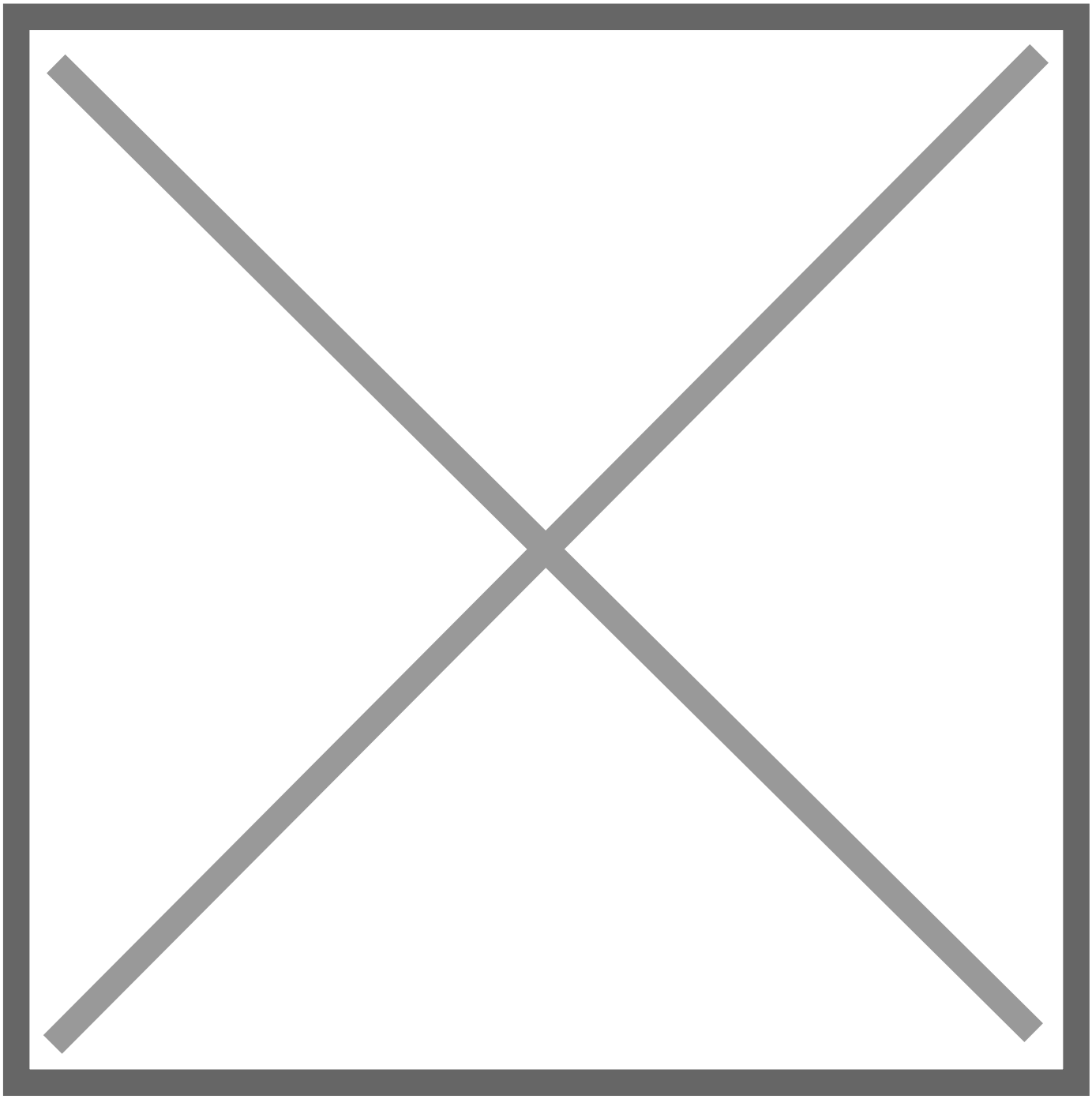


| | |
|---|---|
| **Survey type:** | Self-reported |
| **Age:** | 11-17 |
| **Area covered:** | National |
| **References:** | World Health Organization. (2026). Physical activity among adolescents, no active days in the past week, prevalence (%). Global Health Observatory. Available at: https://www.who.int/data/gho/data/indicators/indicator-details/GHO/gho-physical-activity-among-adolescents-no-active-days-in-the-past-week-prevalence [Accessed 06.11.26] |

| | |
|---|---|
| **Notes:** | An active day is a day on which an adolescent reports at least 60 minutes of moderate-to-vigorous physical activity (MVPA). |
| **Definitions:** | Percentage of adolescents aged 11–17 years who reported no active day in the past 7 days (0 active days per week). |

## Prevalence of less than daily fruit consumption

## Children, 2008

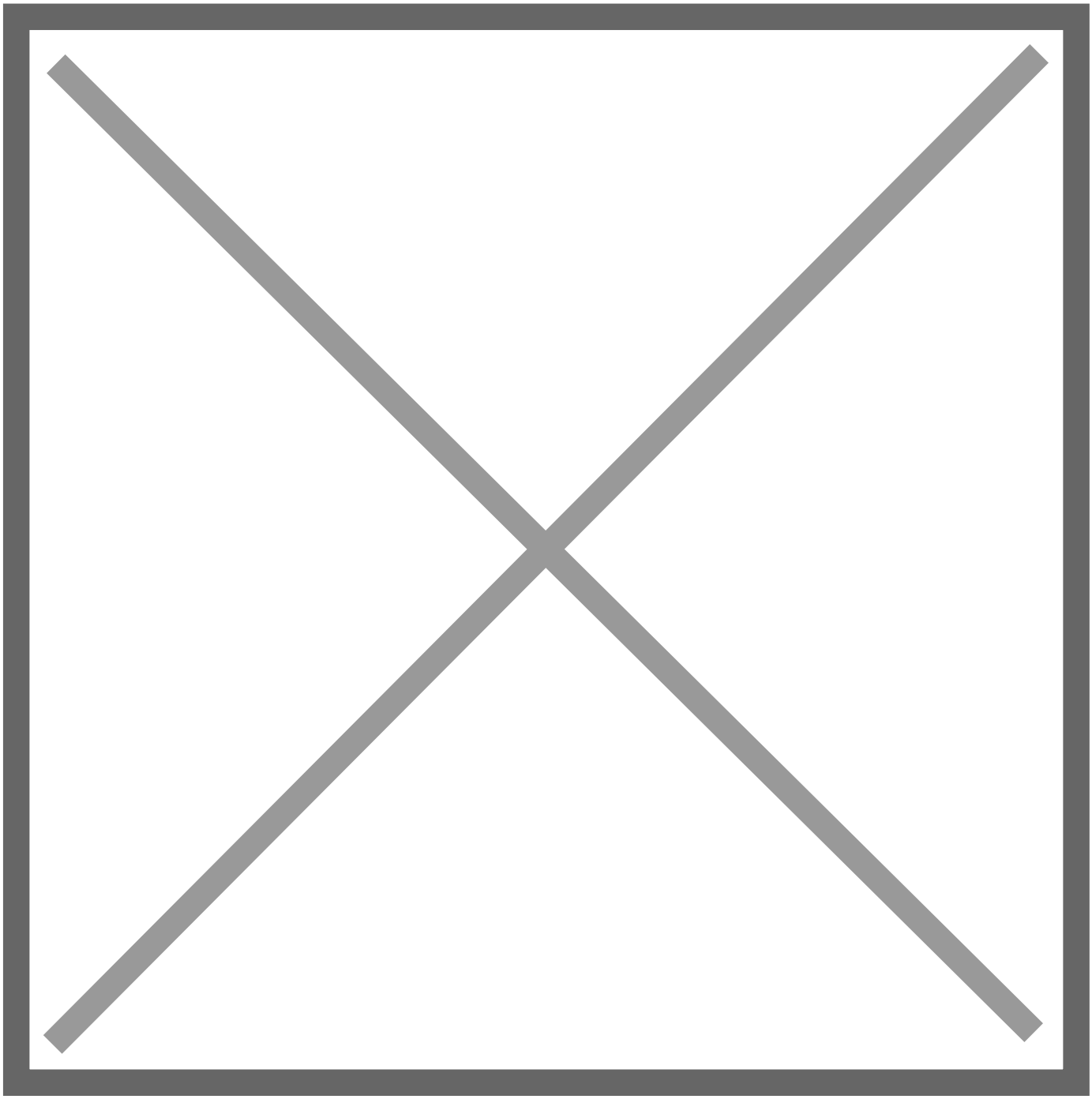


| | |
|---|---|
| **Survey type:** | Self-reported |
| **Age:** | 12-17 |
| **Area covered:** | National |
| **References:** | Global School-based Student Health Surveys. Beal et al (2019). Global Patterns of Adolescent Fruit, Vegetable, Carbonated Soft Drink, and Fast-food consumption: A meta-analysis 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

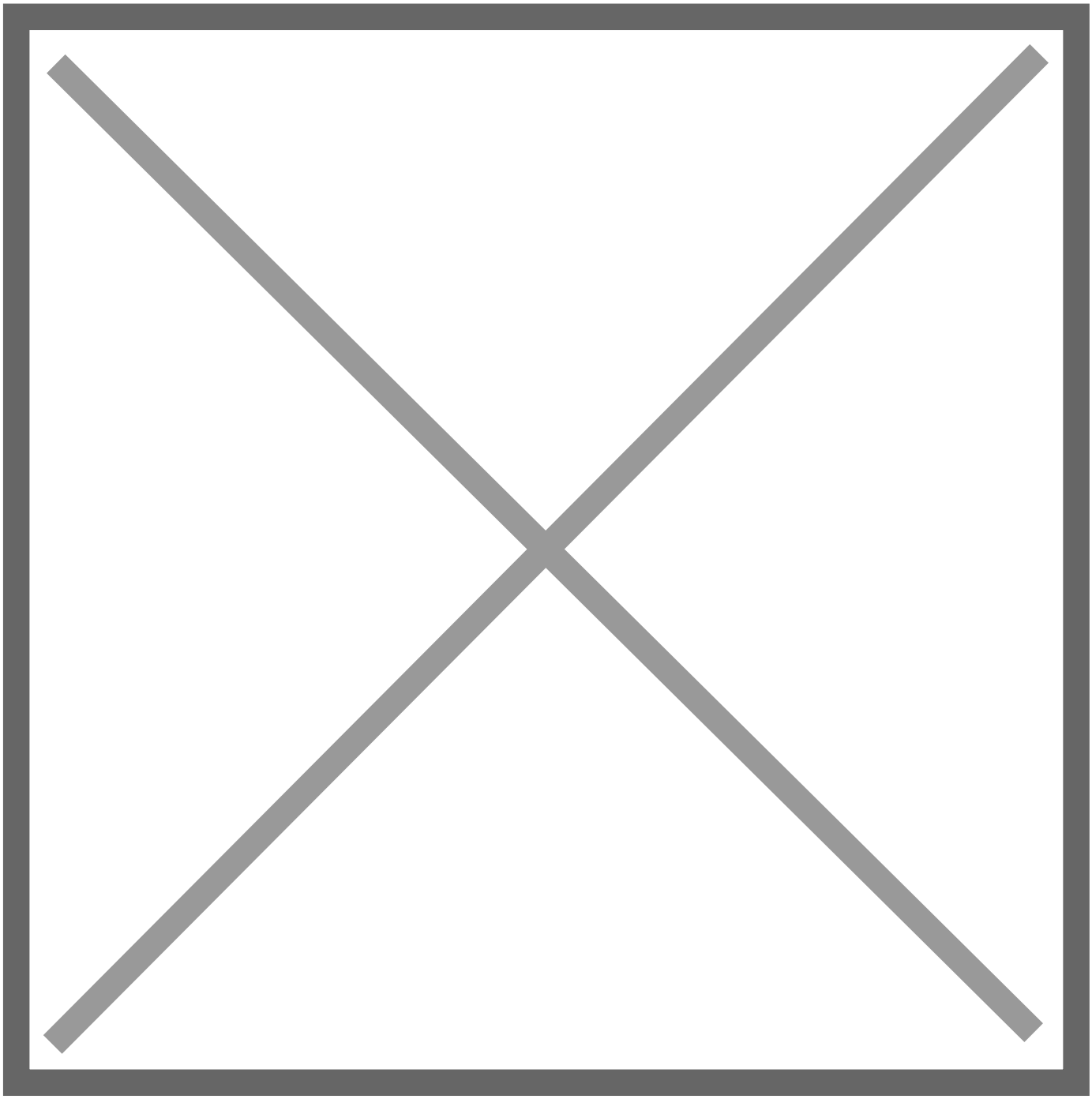


| | |
|---|---|
| **Survey type:** | Self-reported |
| **Age:** | 12-17 |
| **Area covered:** | National |
| **References:** | Beal et al. (2019). Global Patterns of Adolescent Fruit, Vegetable, Carbonated Soft Drink, and Fast-food consumption: A meta-analysis of global school-based student health surveys. 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) |

## Average weekly frequency of fast food consumption

## Adults, 2021-2024

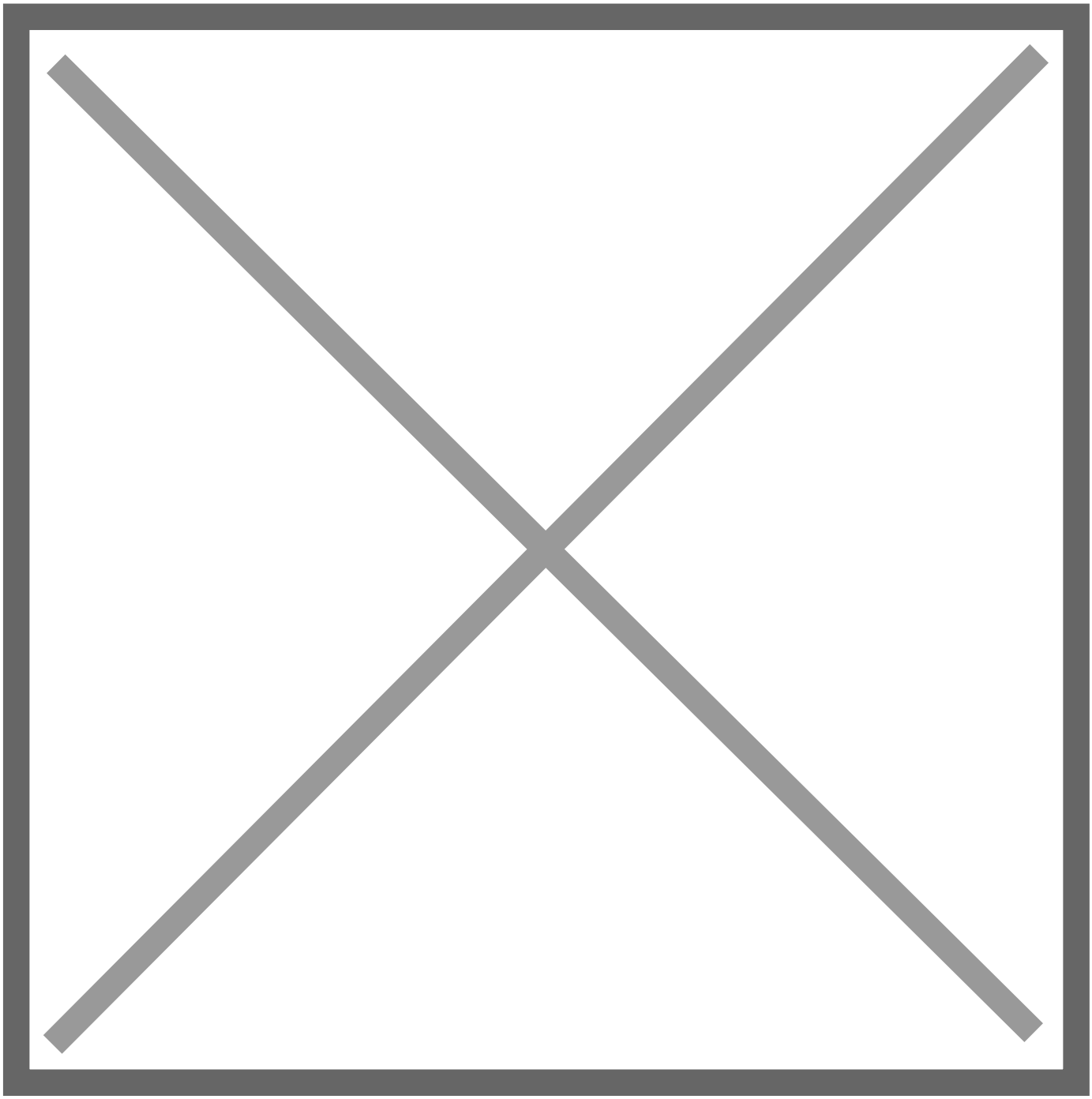


| | |
|---|---|
| **Survey type:** | Self-reported |
| **Age:** | 15+ |
| **Sample size:** | 1005 |
| **Area covered:** | National |
| **References:** | Global Diet Quality Project. 2024. "DQQ Results Dataset 2021-2024." Harvard Dataverse. https://doi.org/doi:10.7910/DVN/KY3W8A |

Licence: CC BY-NC-SA 4.0. Accessed at dietquality.org on October 15, 2025.

| | |
|---|---|
| **Notes:** | For more global dietary survey data, visit the Global Diet Quality Project website at https://www.dietquality.org/ |
| **Definitions:** | Proportion of the population who consumed fast food during the previous day or night (self-reported) |

## Men, 2021-2024

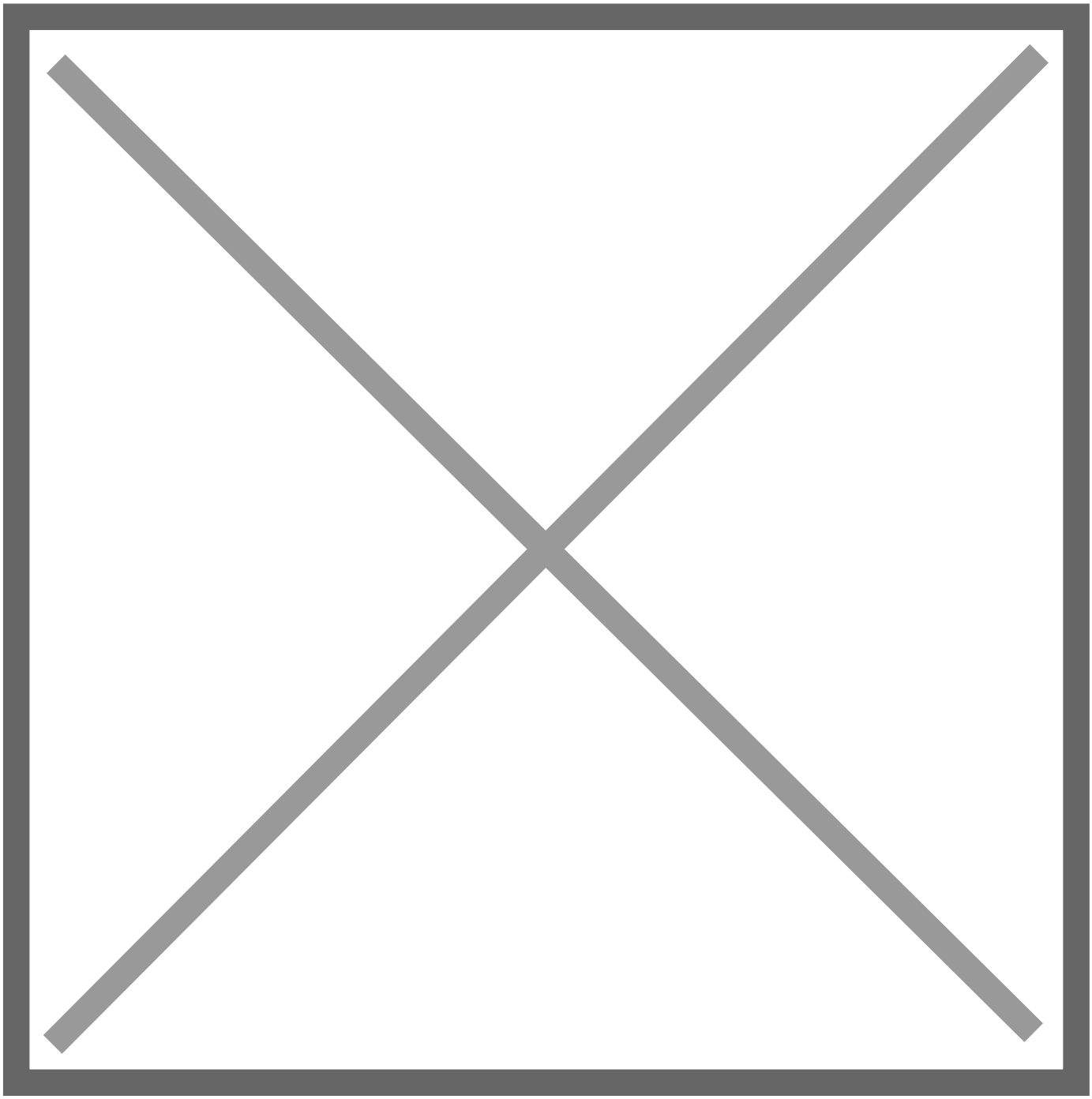


| | |
|---|---|
| **Survey type:** | Self-reported |
| **Age:** | 15+ |
| **Sample size:** | 1005 |
| **Area covered:** | National |
| **References:** | Global Diet Quality Project. 2024. "DQQ Results Dataset 2021-2024." Harvard Dataverse. https://doi.org/doi:10.7910/DVN/KY3W8A |

Licence: CC BY-NC-SA 4.0. Accessed at dietquality.org on October 15, 2025.

| | |
|---|---|
| **Notes:** | For more global dietary survey data, visit the Global Diet Quality Project website at https://www.dietquality.org/ |
| **Definitions:** | Proportion of the population who consumed fast food during the previous day or night (self-reported) |

## Women, 2021-2024

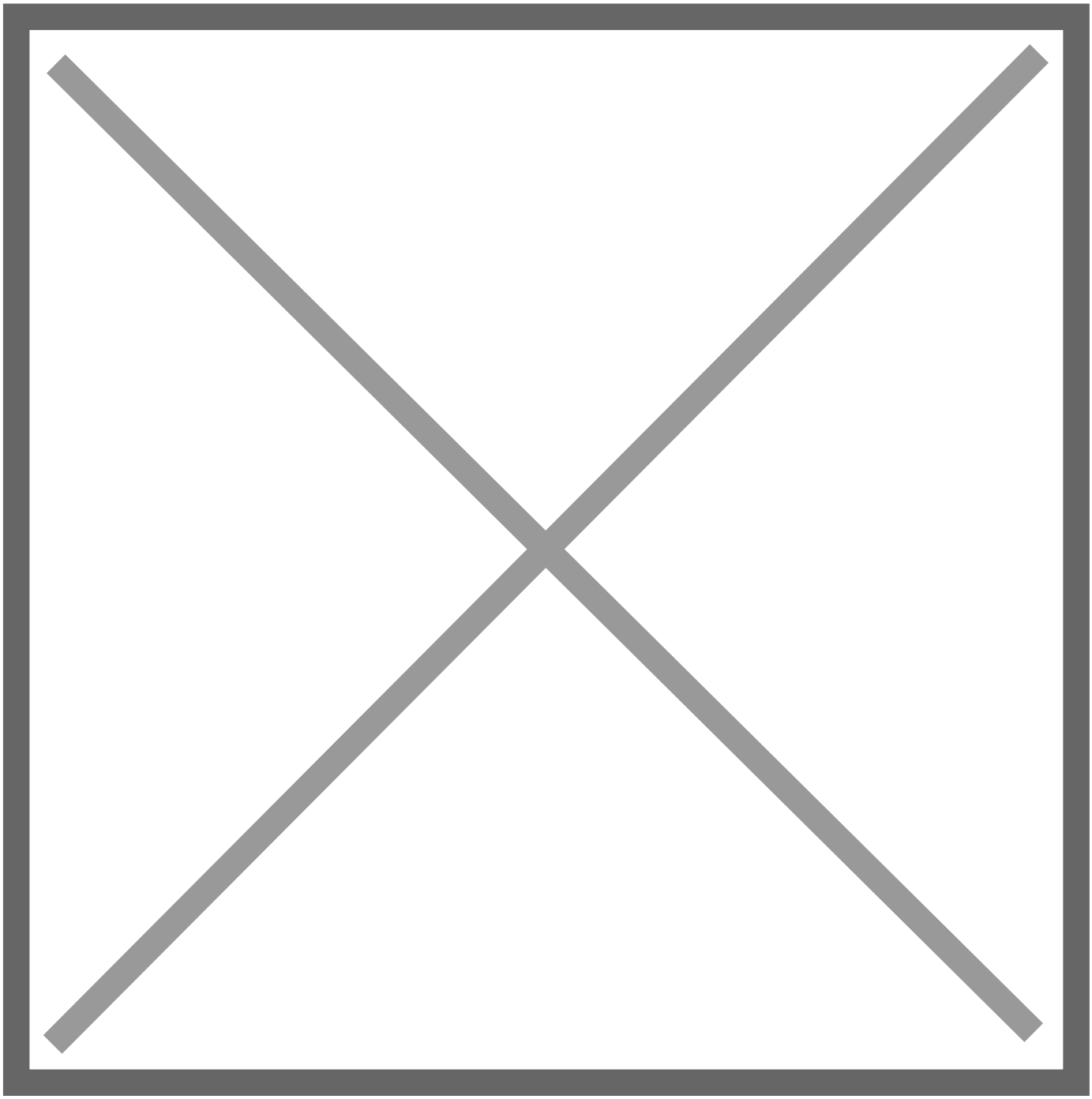


| | |
|---|---|
| **Survey type:** | Self-reported |
| **Age:** | 15+ |
| **Sample size:** | 1005 |
| **Area covered:** | National |
| **References:** | Global Diet Quality Project. 2024. "DQQ Results Dataset 2021-2024." Harvard Dataverse. https://doi.org/doi:10.7910/DVN/KY3W8A Licence: CC BY-NC-SA 4.0. Accessed at dietquality.org on October 15, 2025. |

| | |
|---|---|
| **Notes:** | For more global dietary survey data, visit the Global Diet Quality Project website at https://www.dietquality.org/ |
| **Definitions:** | Proportion of the population who consumed fast food during the previous day or night (self-reported) |

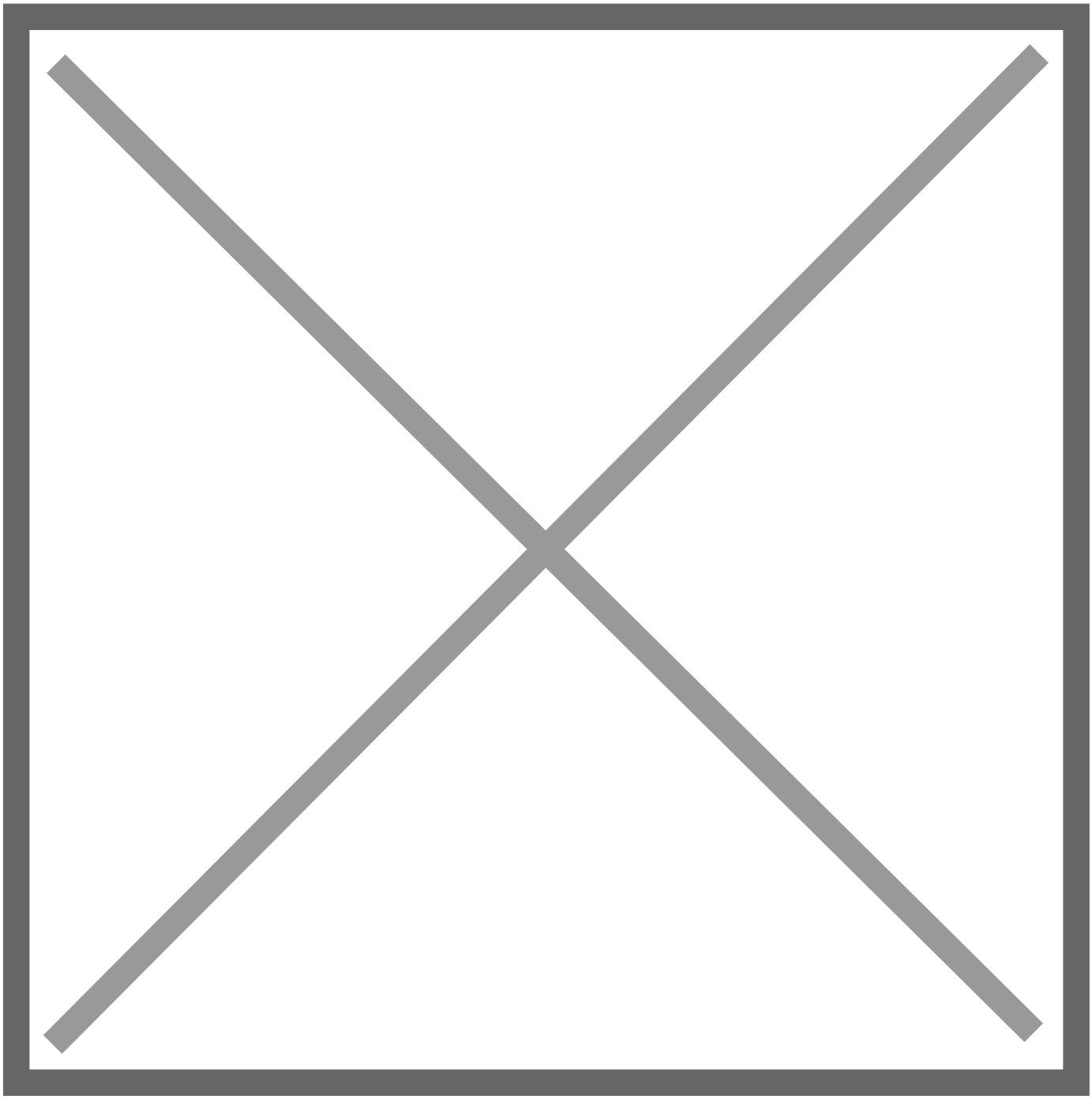
## Mental health - depression disorders

## Adults, 2023



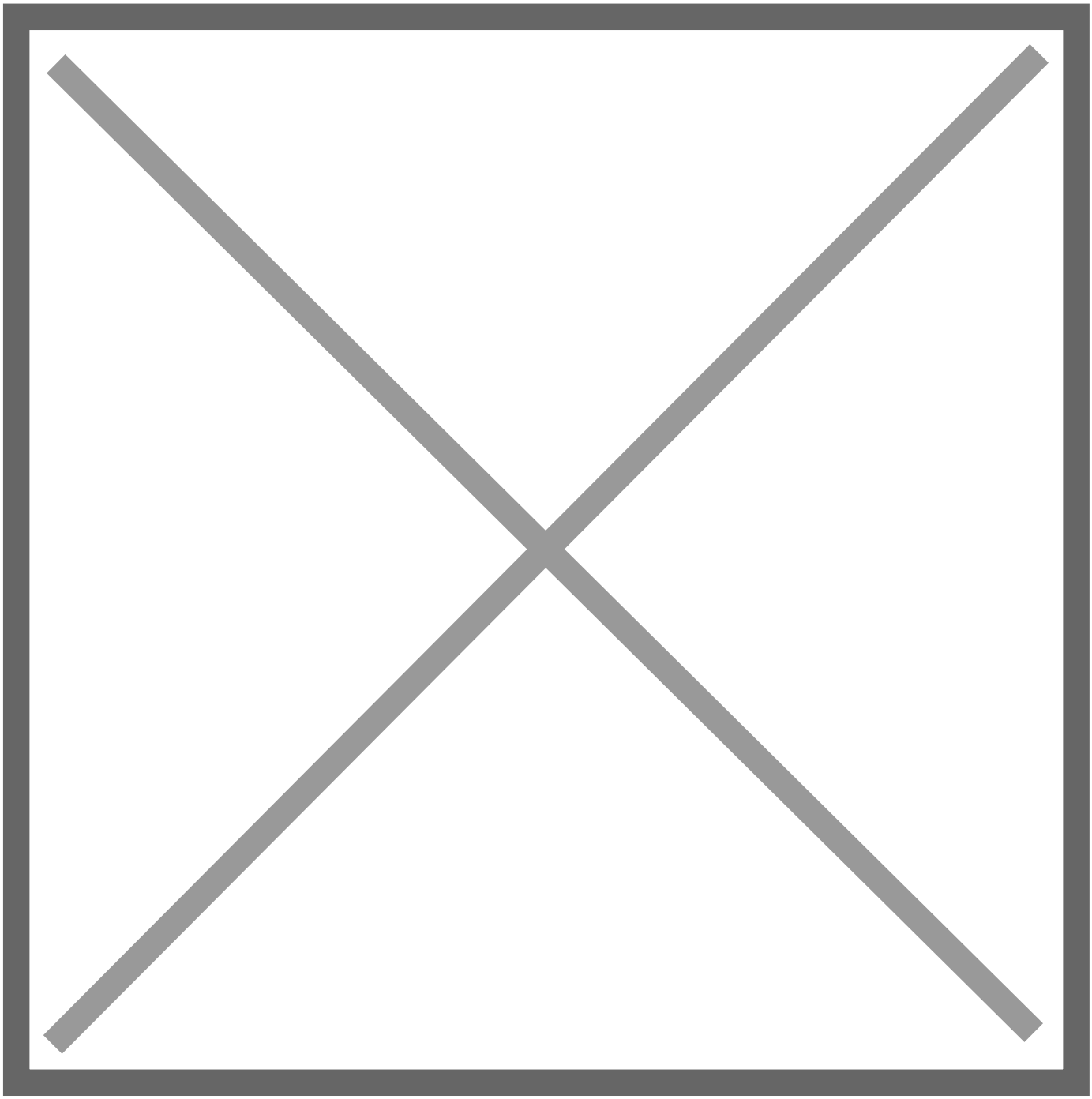
| | |
|---|---|
| **Age:** | 20+ |
| **Area covered:** | National |
| **References:** | Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from https://vizhub.healthdata.org/gbd-compare/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

## Men, 2023



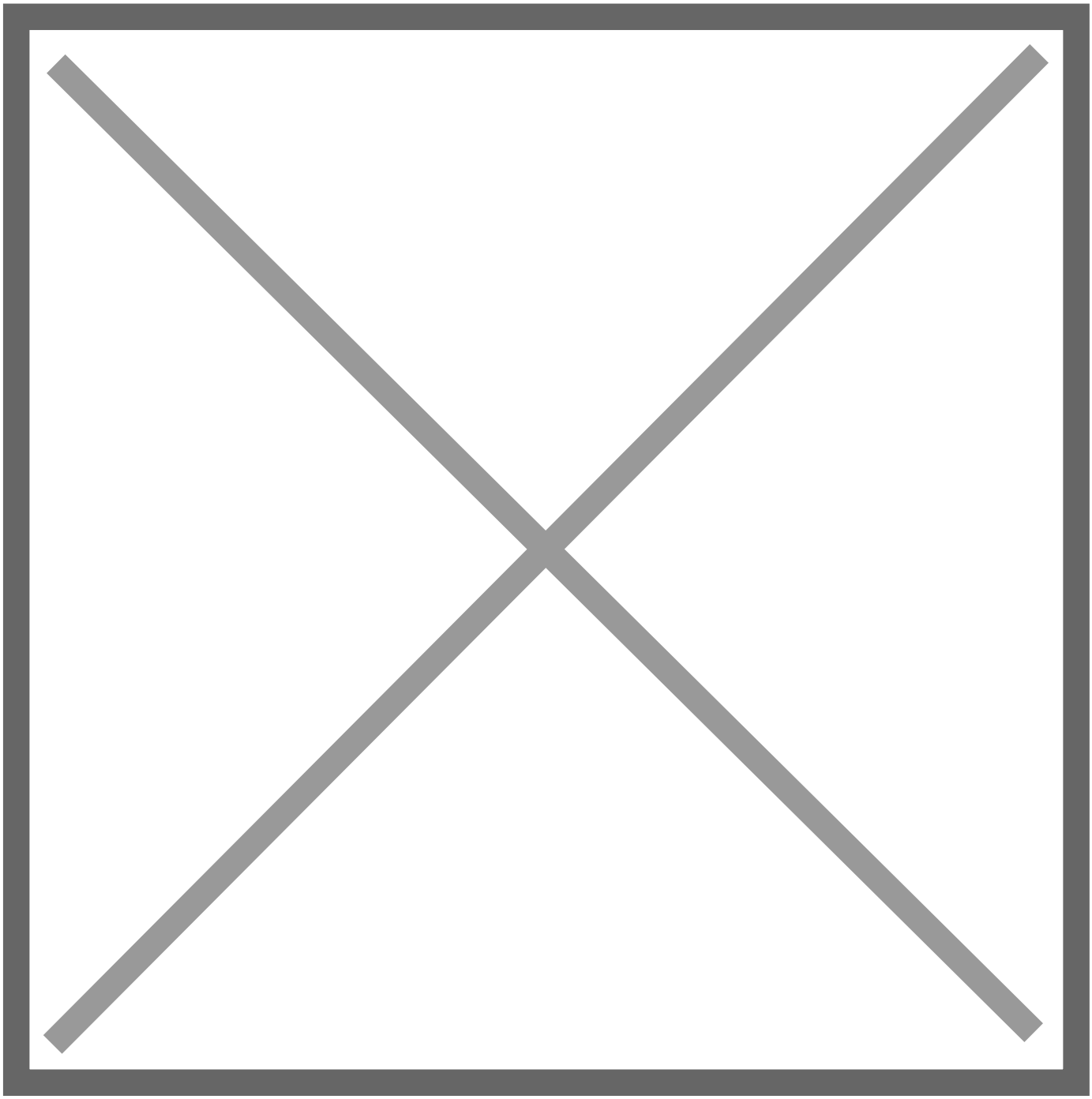
| | |
|---|---|
| **Age:** | 20+ |
| **Area covered:** | National |
| **References:** | Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from https://vizhub.healthdata.org/gbd-compare/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

## Women, 2023



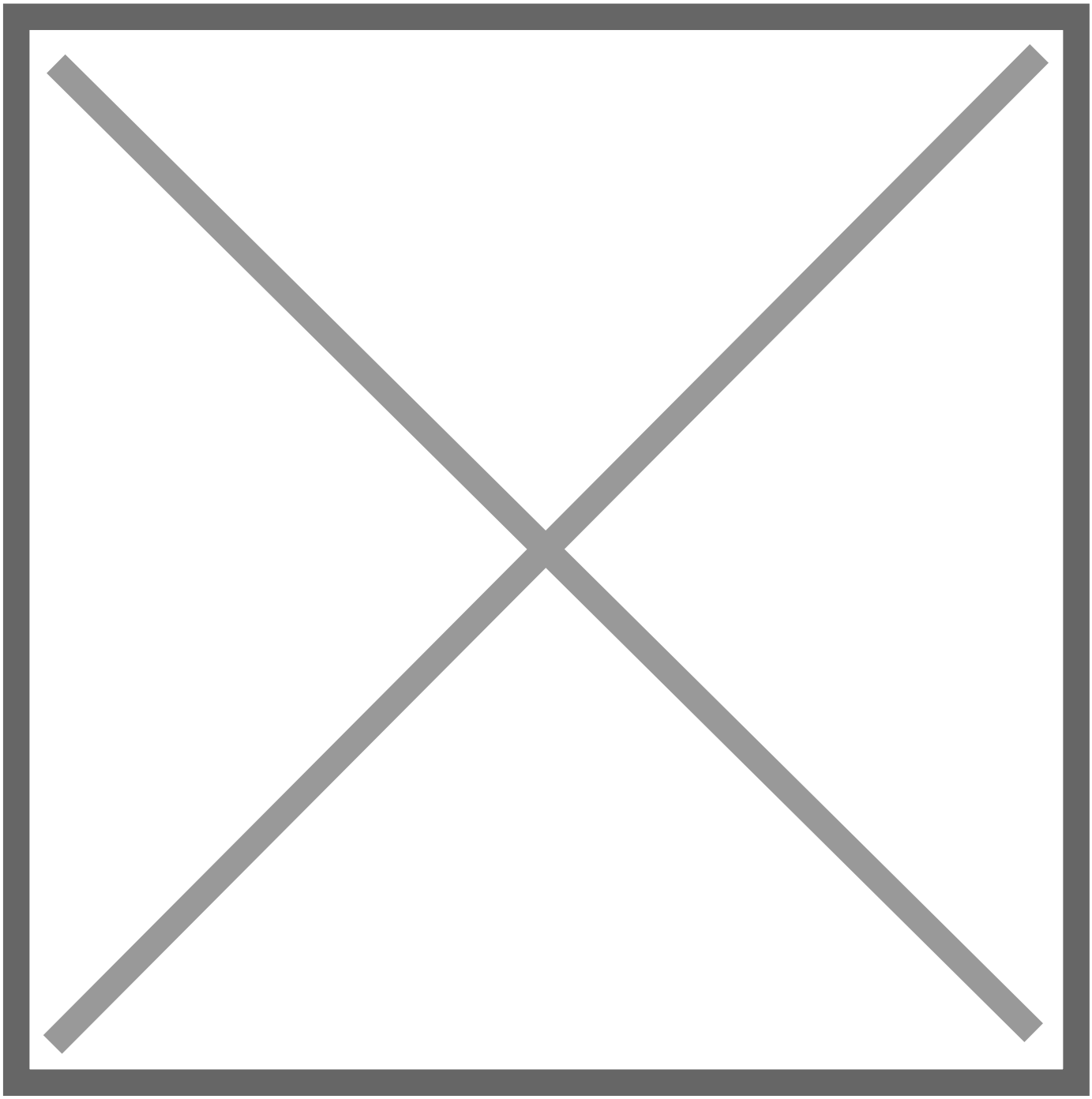
| | |
|---|---|
| **Age:** | 20+ |
| **Area covered:** | National |
| **References:** | Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from https://vizhub.healthdata.org/gbd-compare/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

## Children, 2023



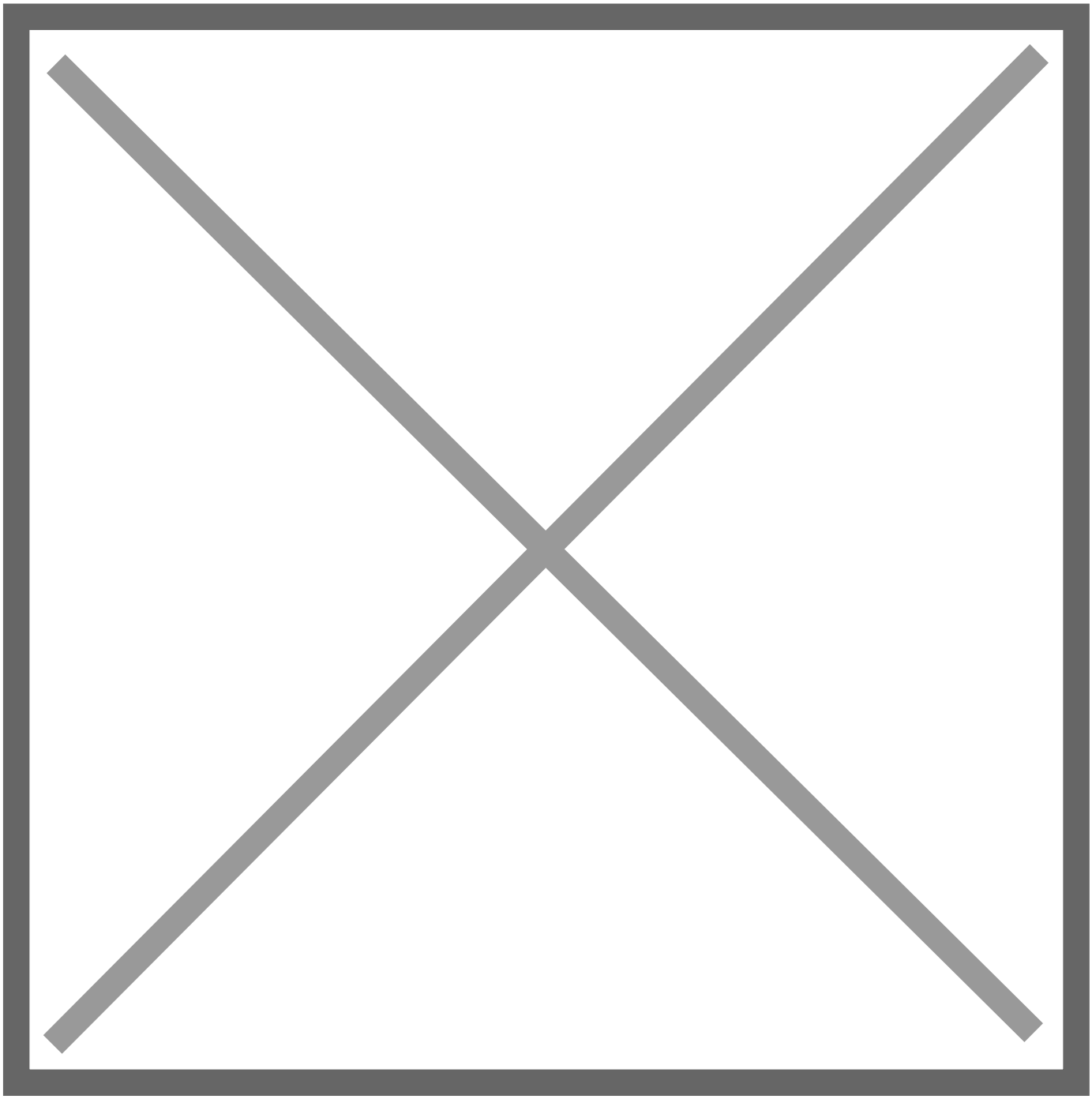
| | |
|---|---|
| **Area covered:** | National |
| **References:** | Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from https://vizhub.healthdata.org/gbd-compare/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

## Boys, 2023



| | |
|---|---|
| **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 (under 20 years of age) |

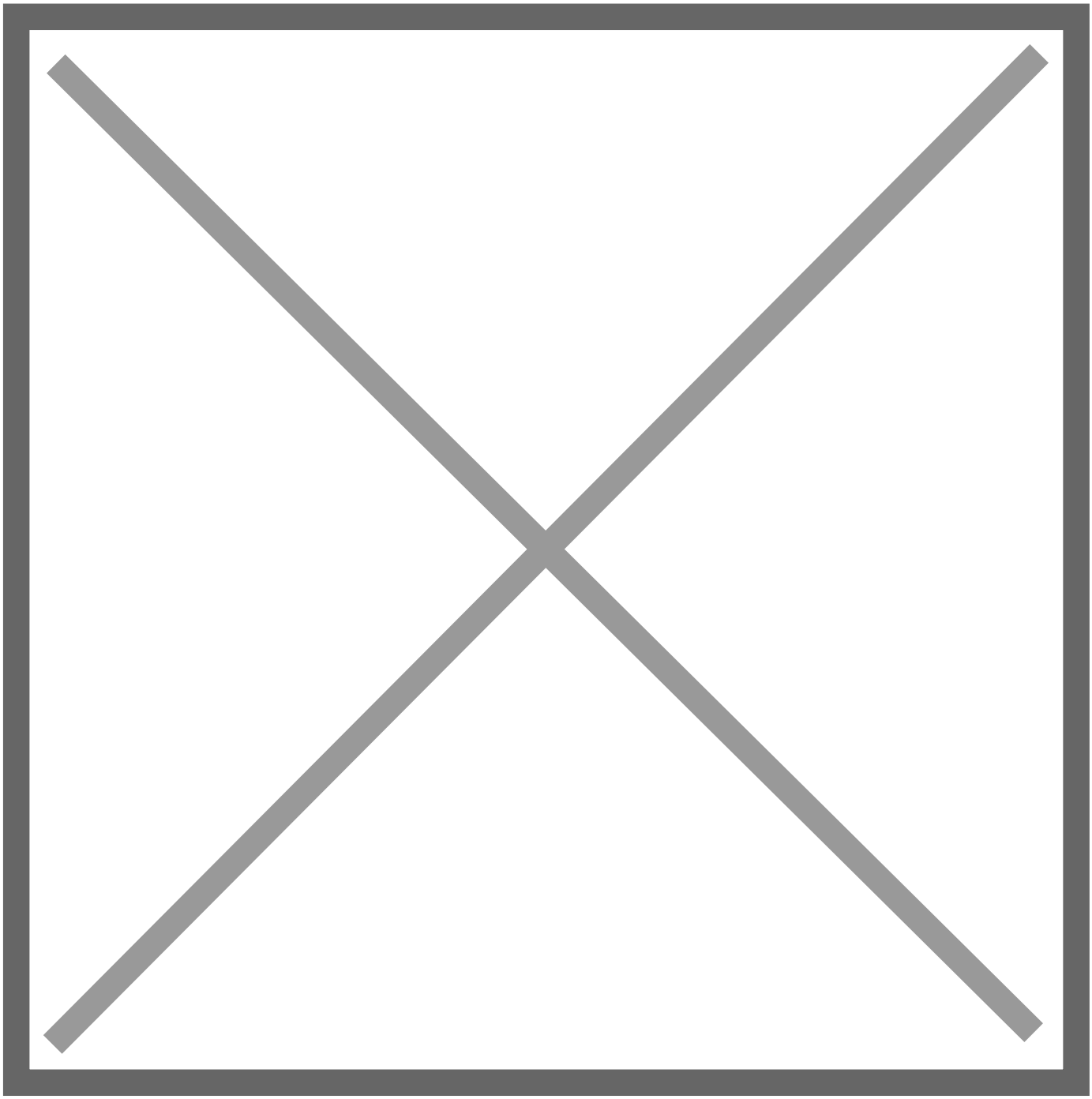
## Girls, 2023



| | |
|---|---|
| **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 (under 20 years of age) |

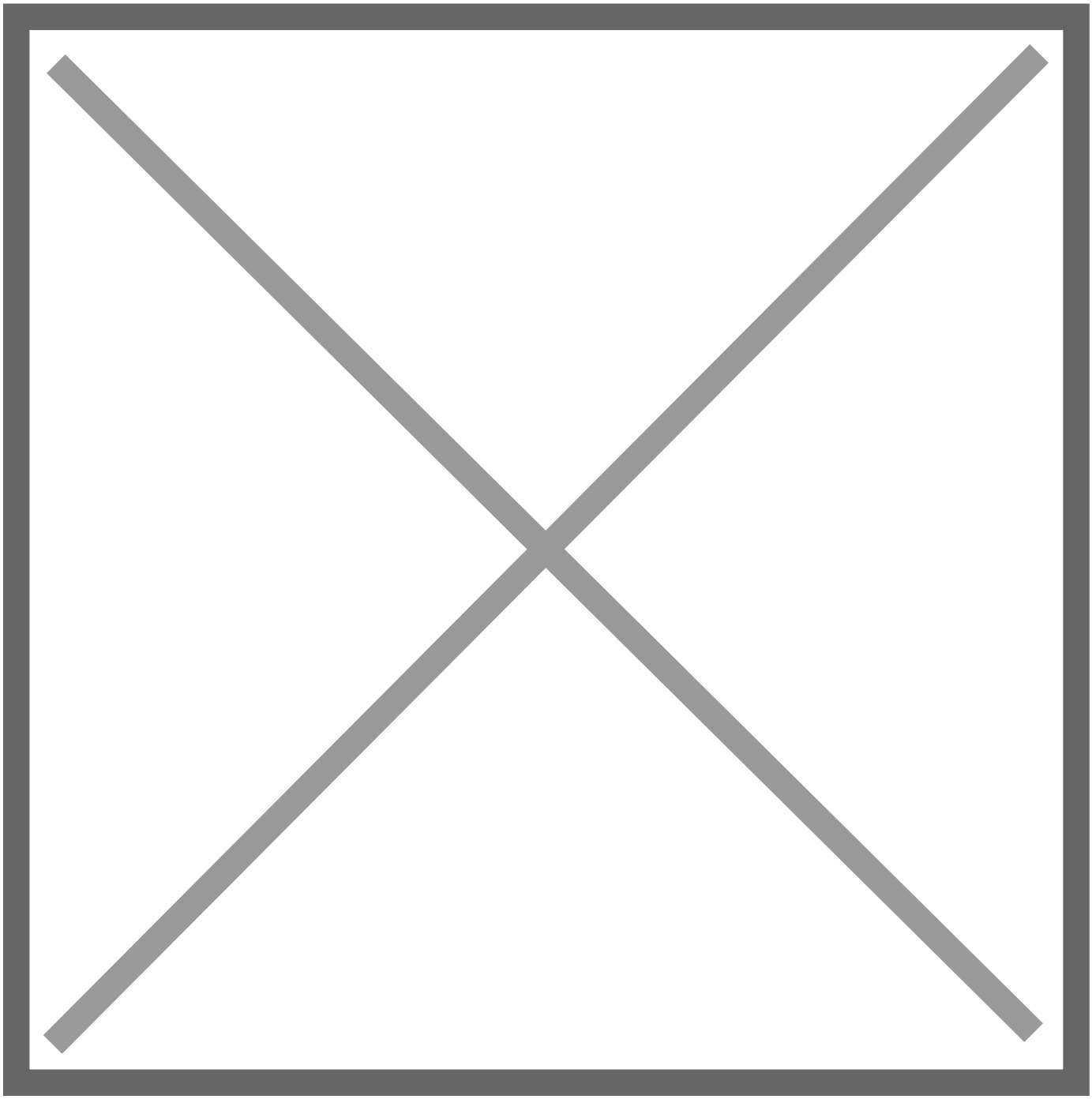
## Mental health - anxiety disorders

## Adults, 2023



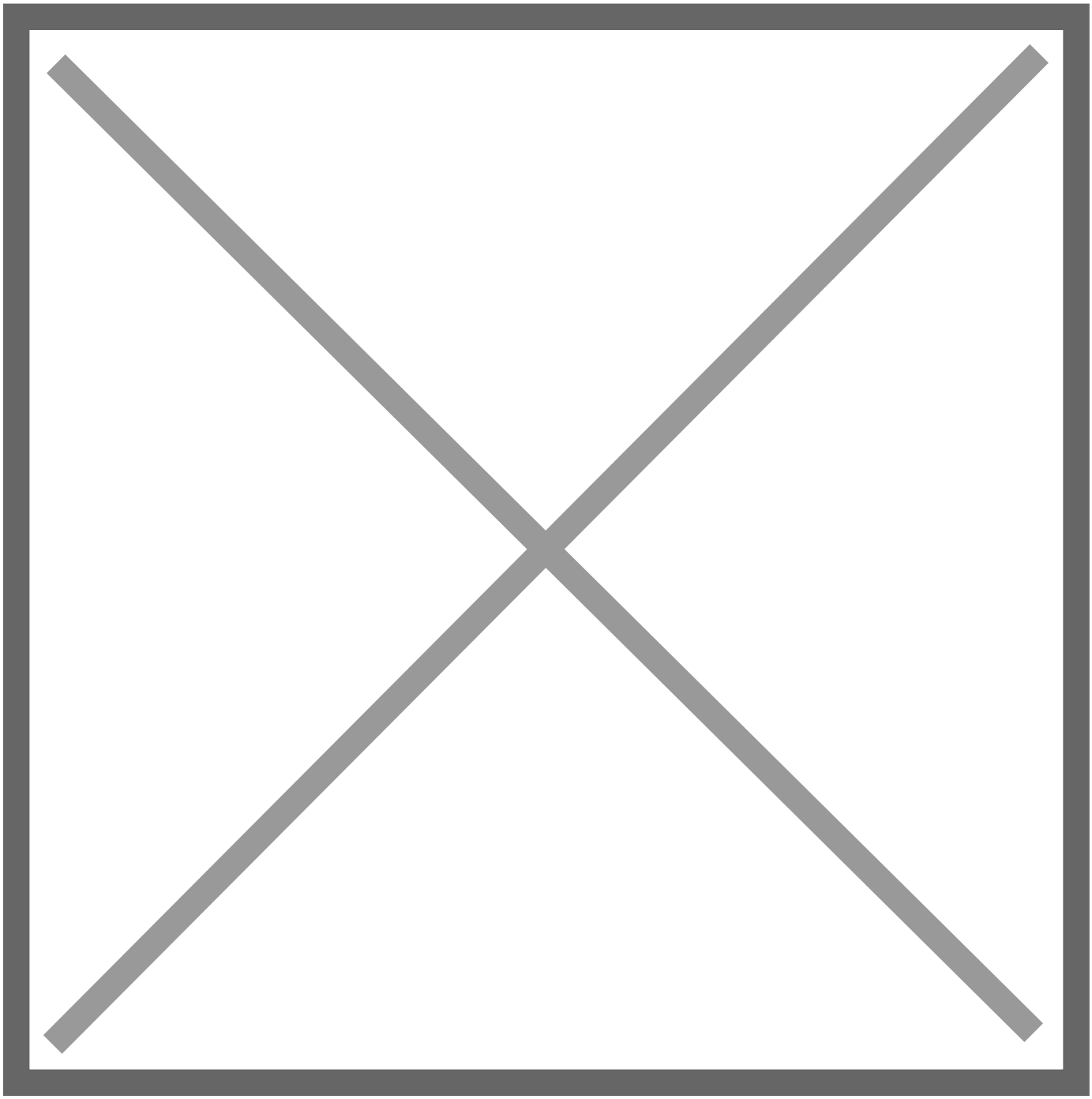
| | |
|---|---|
| **Age:** | 20+ |
| **Area covered:** | National |
| **References:** | Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from https://vizhub.healthdata.org/gbd-compare/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

## Men, 2023



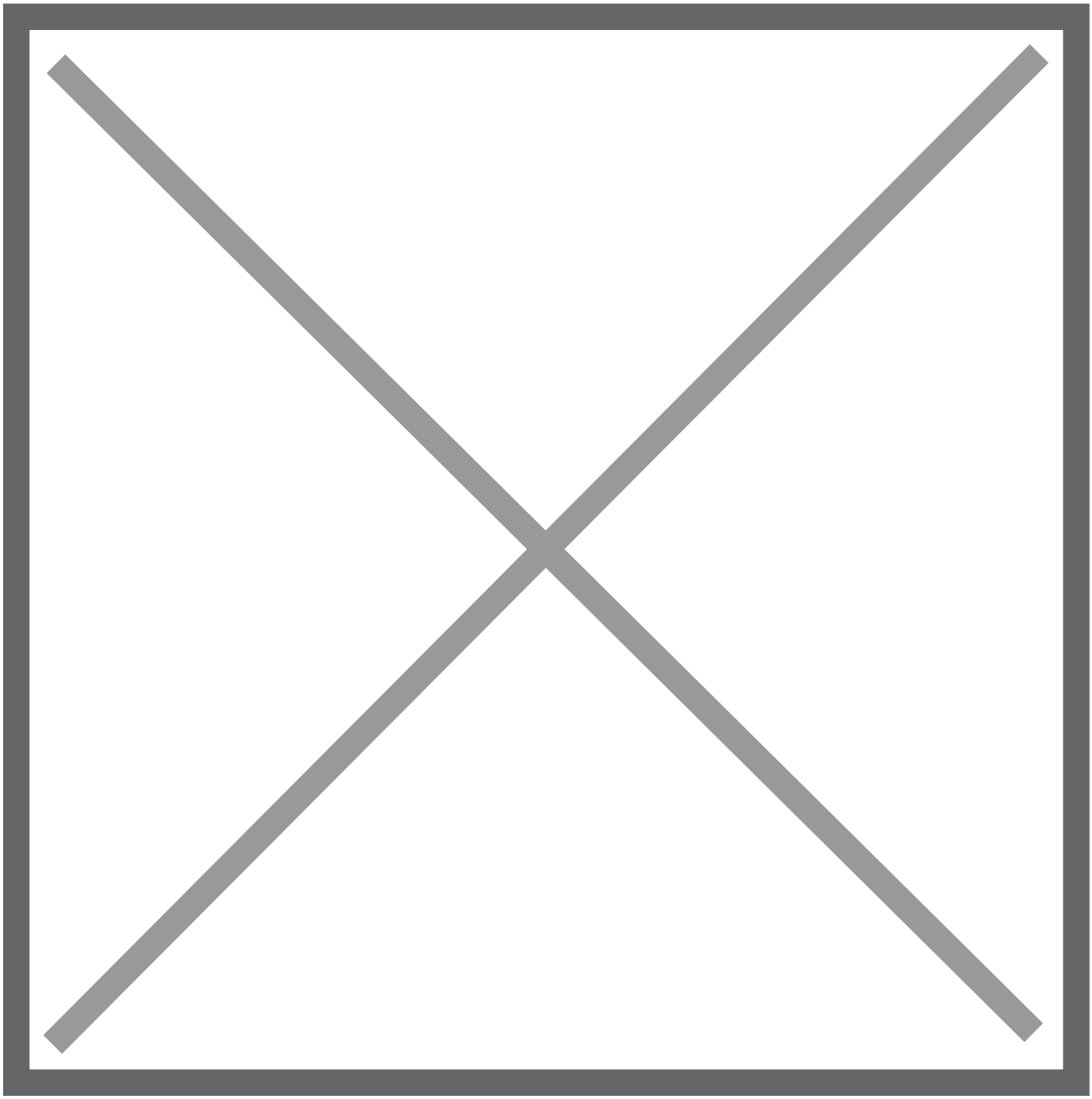
| | |
|---|---|
| **Age:** | 20+ |
| **Area covered:** | National |
| **References:** | Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from https://vizhub.healthdata.org/gbd-compare/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

## Women, 2023



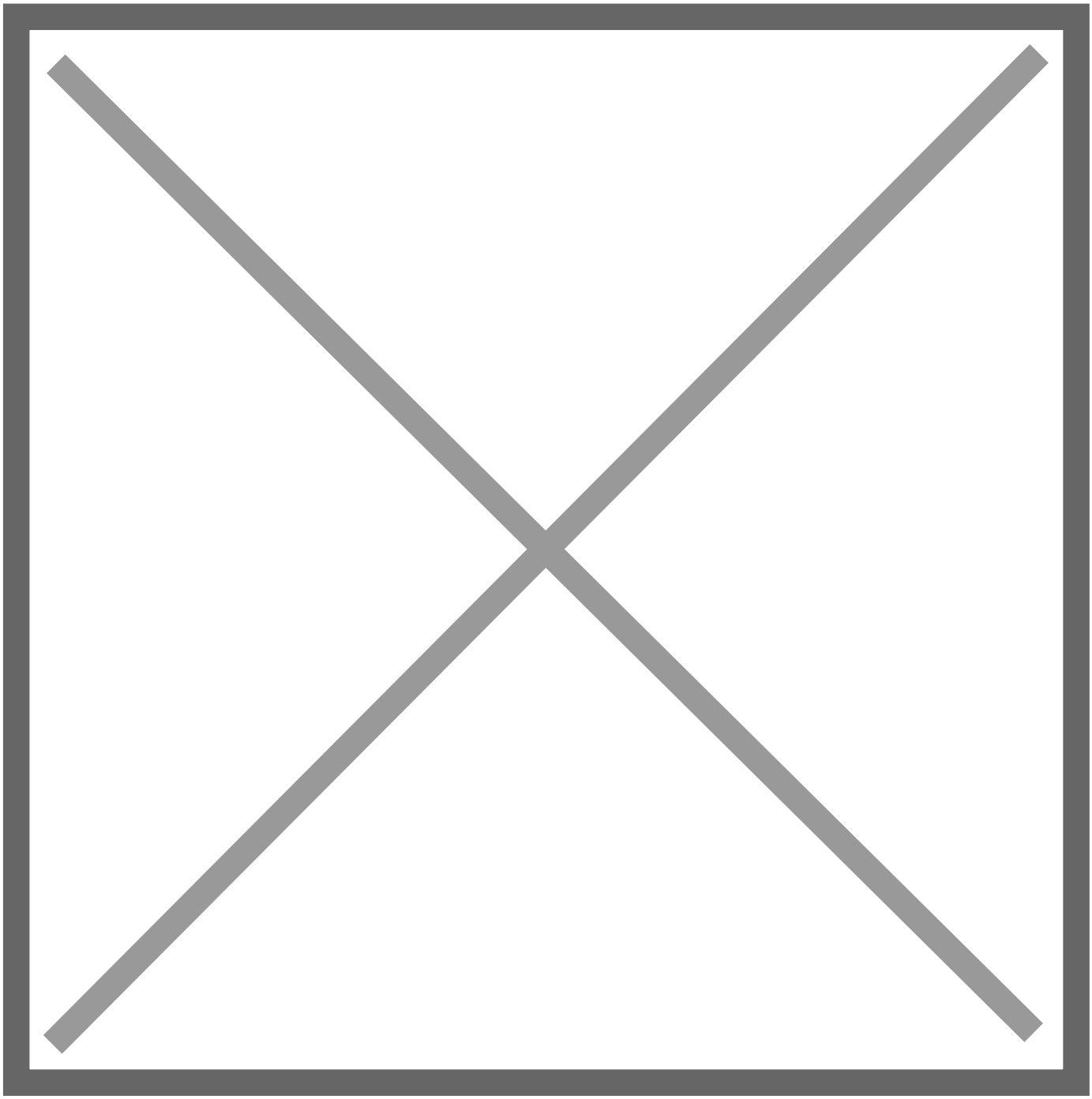
| | |
|---|---|
| **Age:** | 20+ |
| **Area covered:** | National |
| **References:** | Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from https://vizhub.healthdata.org/gbd-compare/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

## Children, 2023



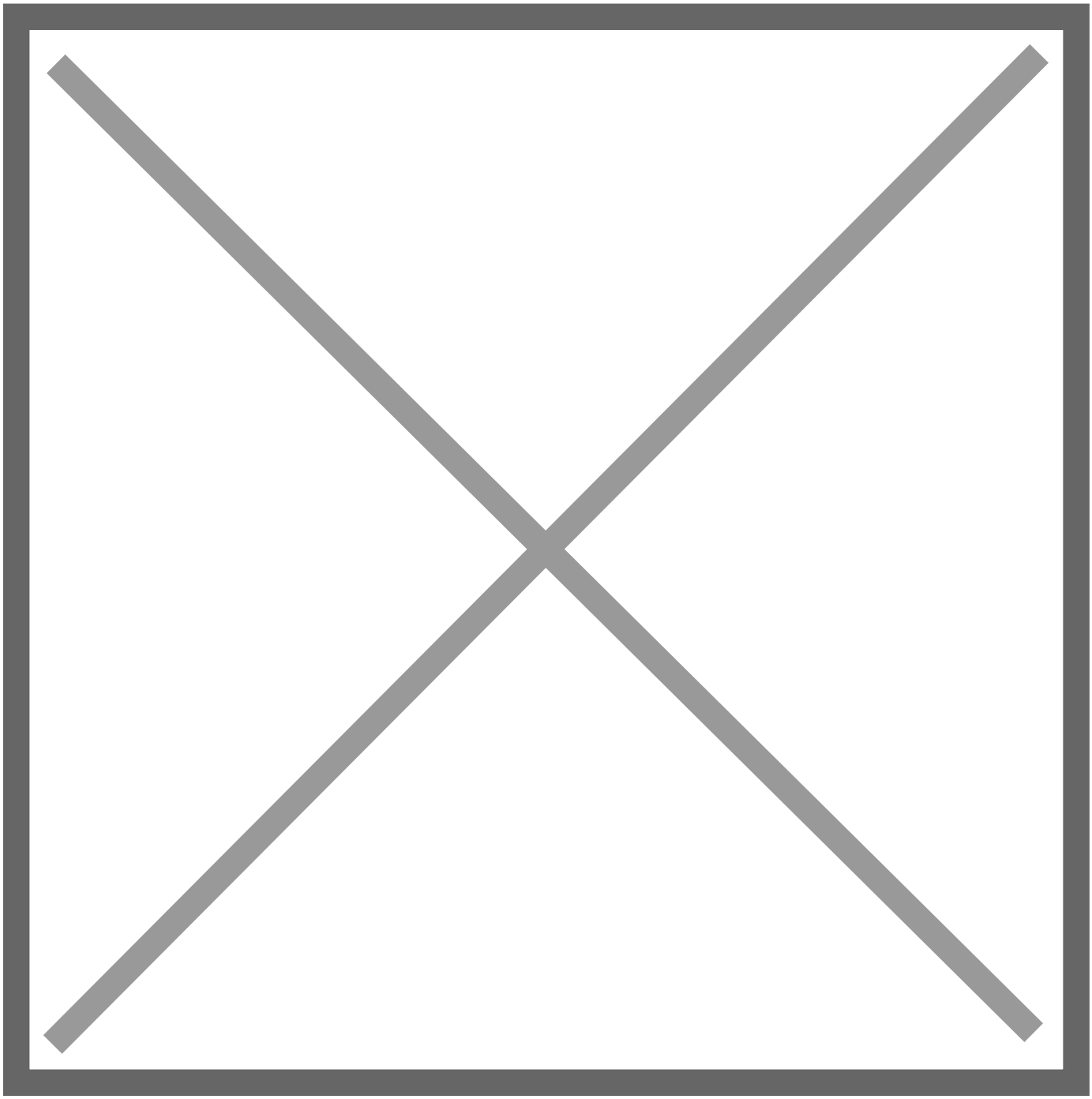
| | |
|---|---|
| **Area covered:** | National |
| **References:** | Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from https://vizhub.healthdata.org/gbd-compare/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

## Boys, 2023



| | |
|---|---|
| **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 (under 20 years of age) |

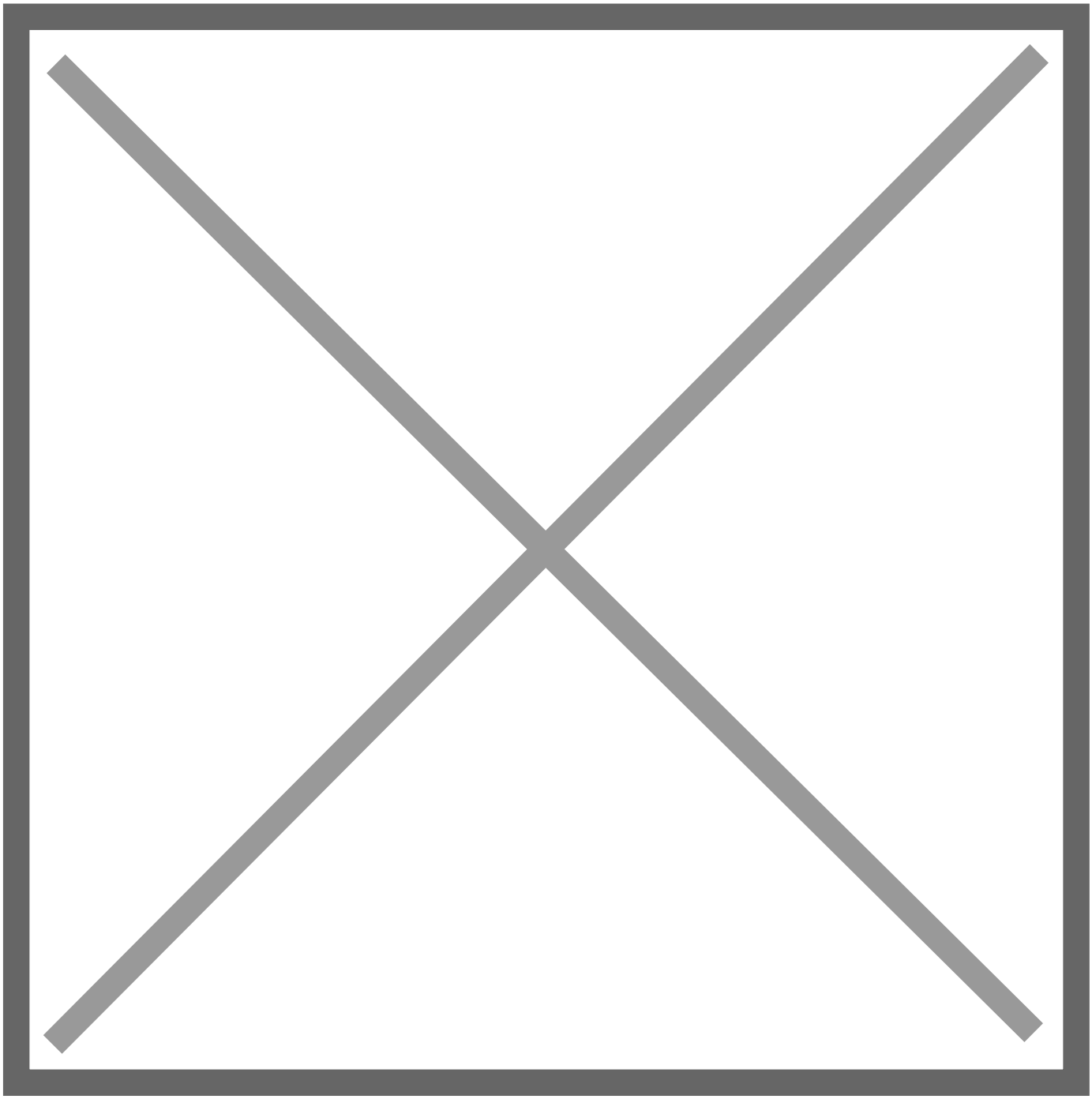
## Girls, 2023



| | |
|---|---|
| **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 (under 20 years of age) |

## % Infants exclusively breastfed 0-5 months

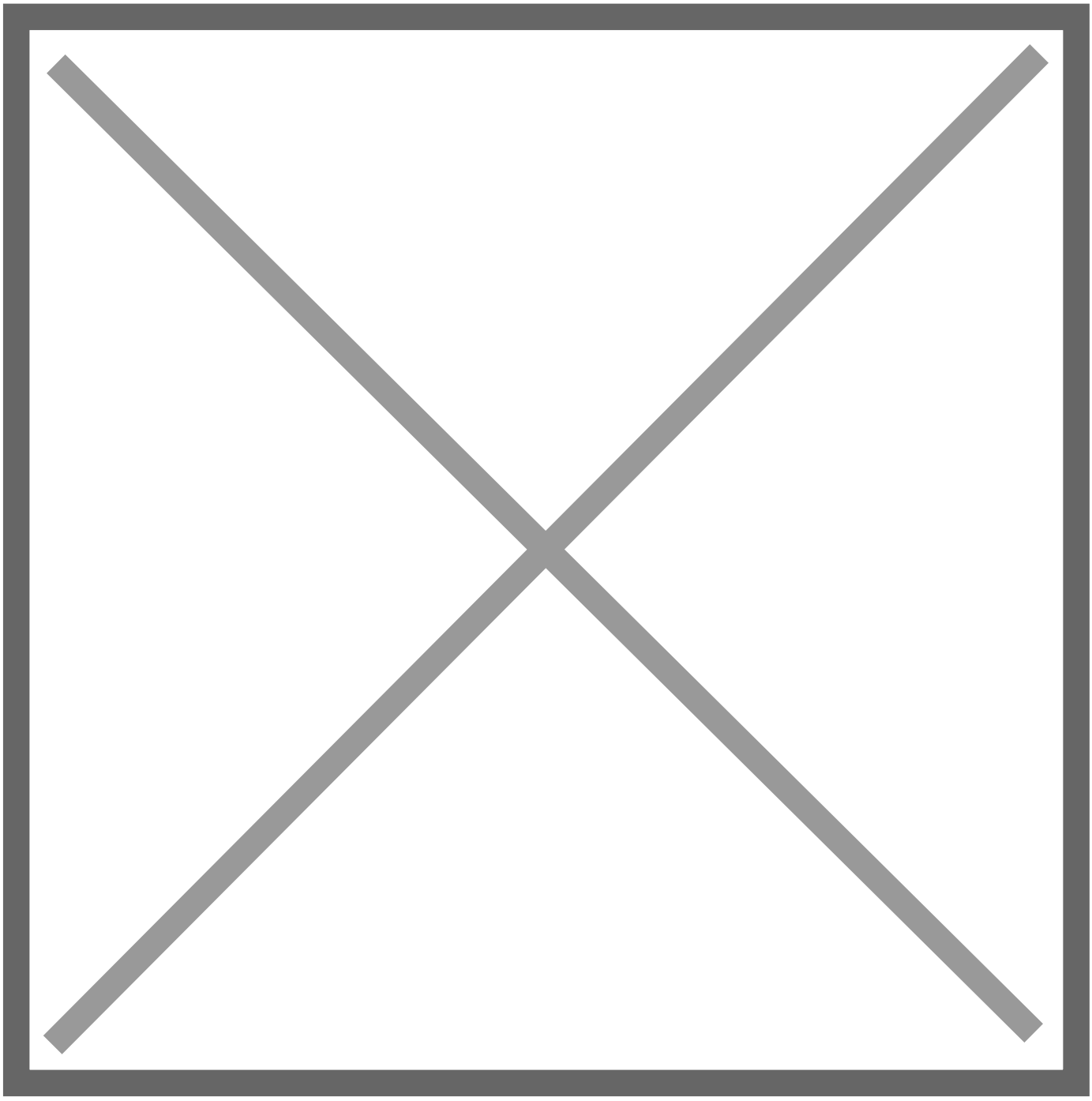
## 0-5 years, 2015-2023



| | |
|---|---|
| **Area covered:** | National |
| **References:** | Sri Lanka Demographic and Health Survey 2016 |
| **Notes:** | Full details available at source: United Nations Children's Fund, Division of Data, Analysis, Planning and Monitoring (2025). Global UNICEF Global Databases: Infant and Young Child Feeding: Exclusive breastfeeding, New York, November 2025. |
| **Definitions:** | Infants 0-5 months of age who received only breast milk during the previous day. The definition allows for medicines, vitamins and oral re-hydration solution to have been given. These infants would not have received water-based liquids, milk based-liquids or food. |

# Percent of population who cannot afford a healthy diet

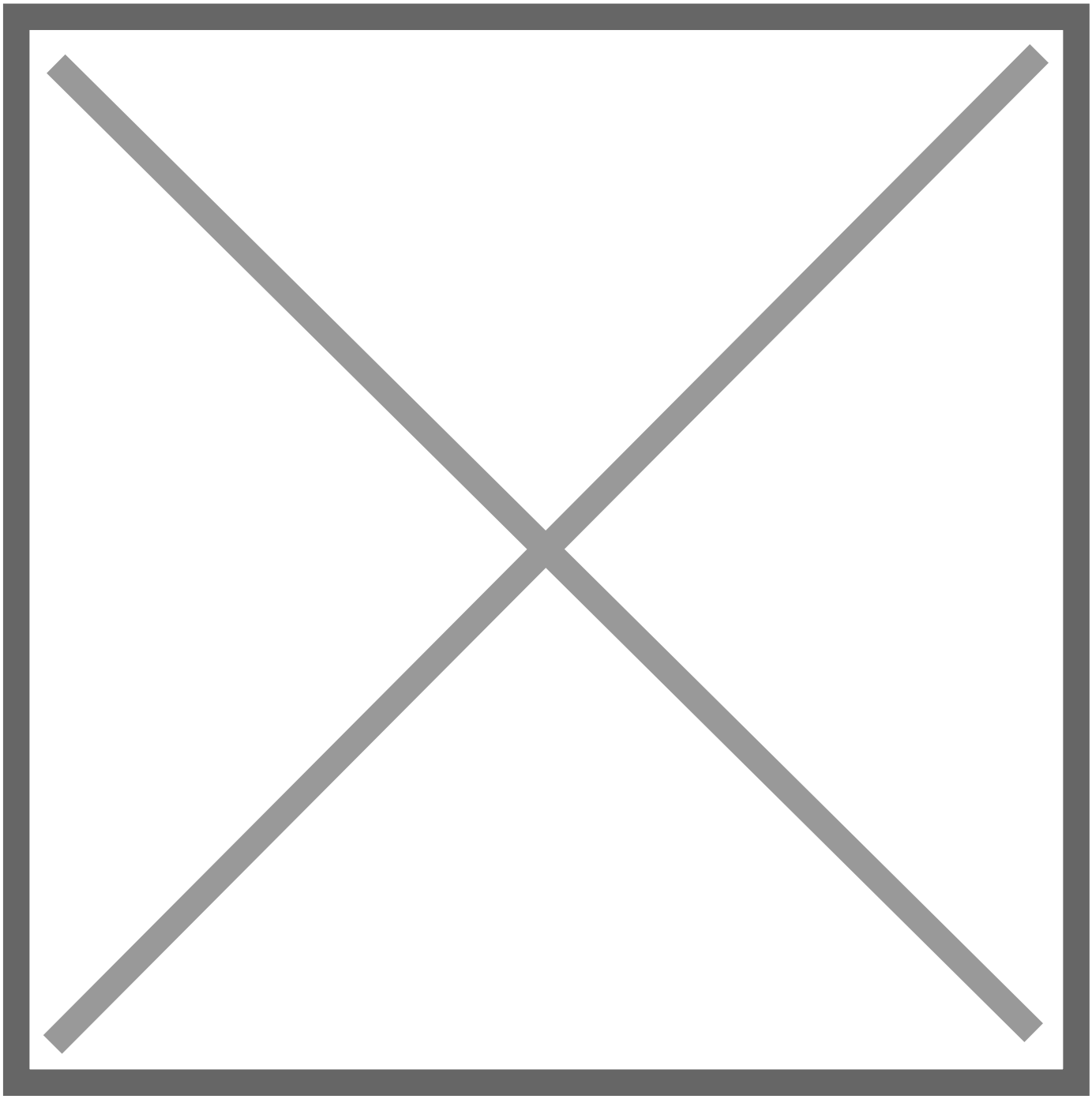
## Adults, 2025



| | |
|---|---|
| **Area covered:** | National |
| **References:** | FAO. 2026. FAOSTAT: Cost and Affordability of a Healthy Diet (CoAHD). https://www.fao.org/faostat/en/#data/CAHD. Licence: CC-BY-4.0. [Last Accessed 12.10.26] |
| **Notes:** | The percent of the population whose food budget is below the cost of a healthy diet. |

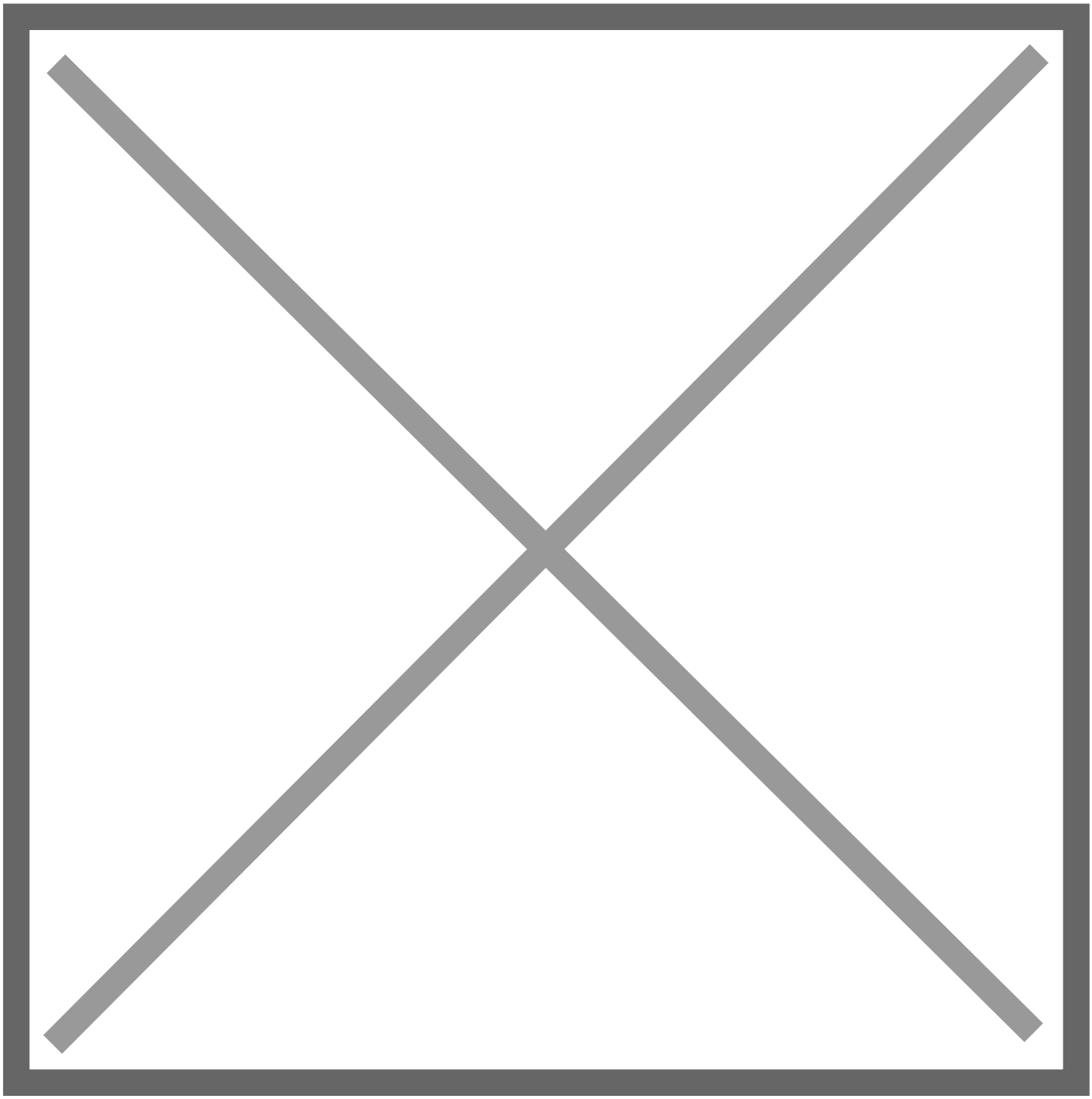
## Oesophageal cancer

## 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 |

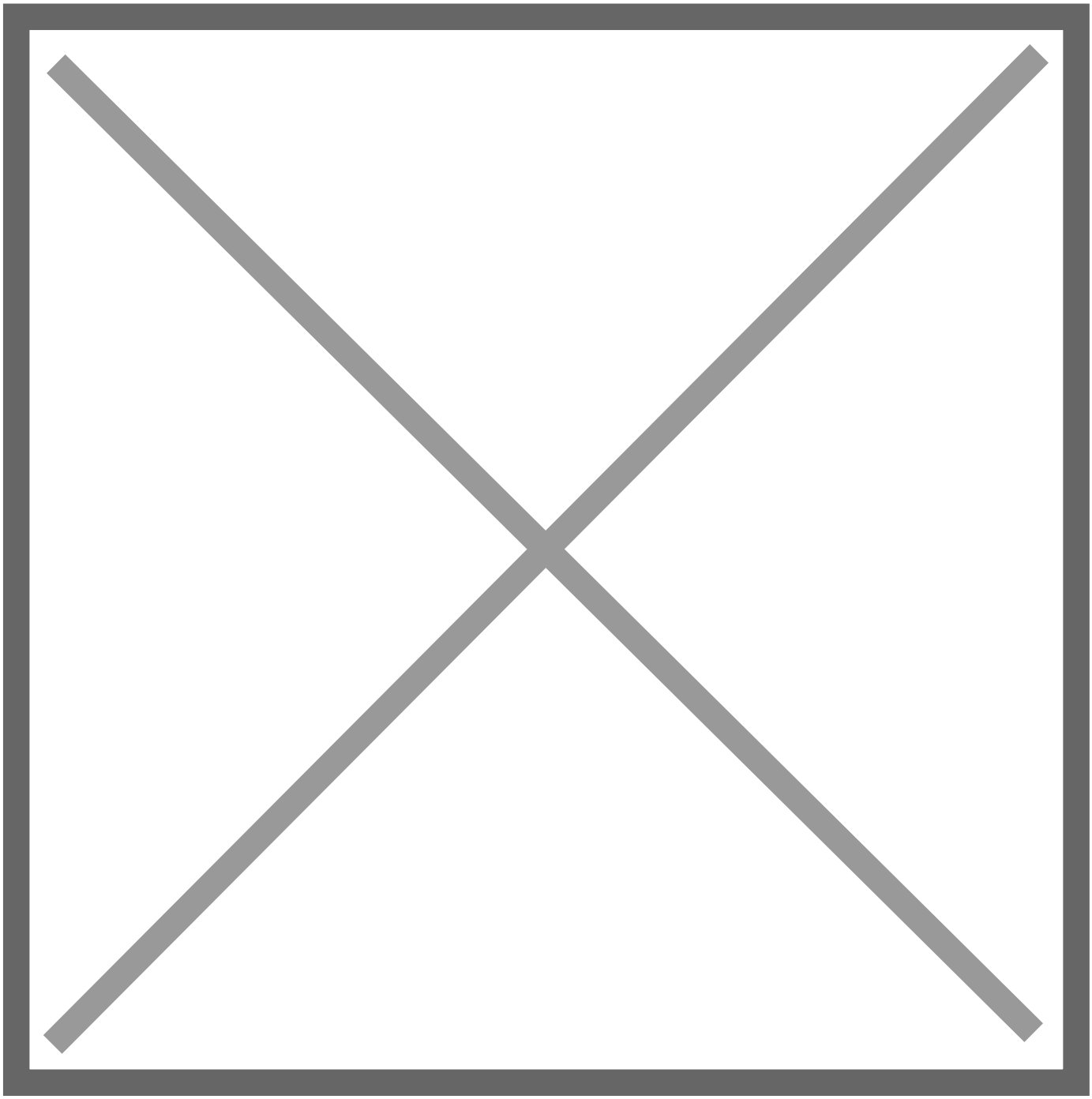
## Women, 2022



| | |
|---|---|
| **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 |

## Breast cancer

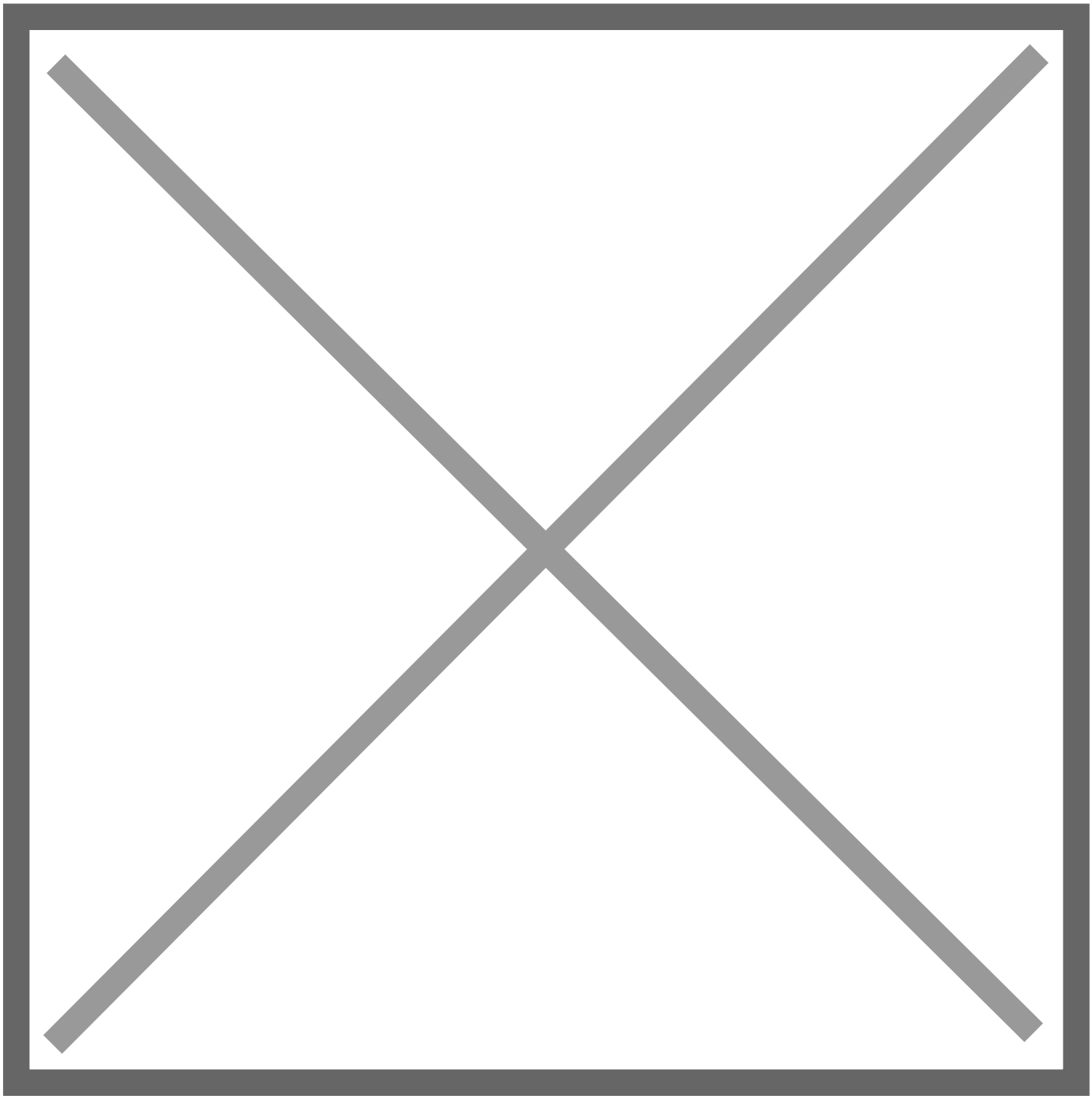
## Women, 2022



| | |
|---|---|
| **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 |

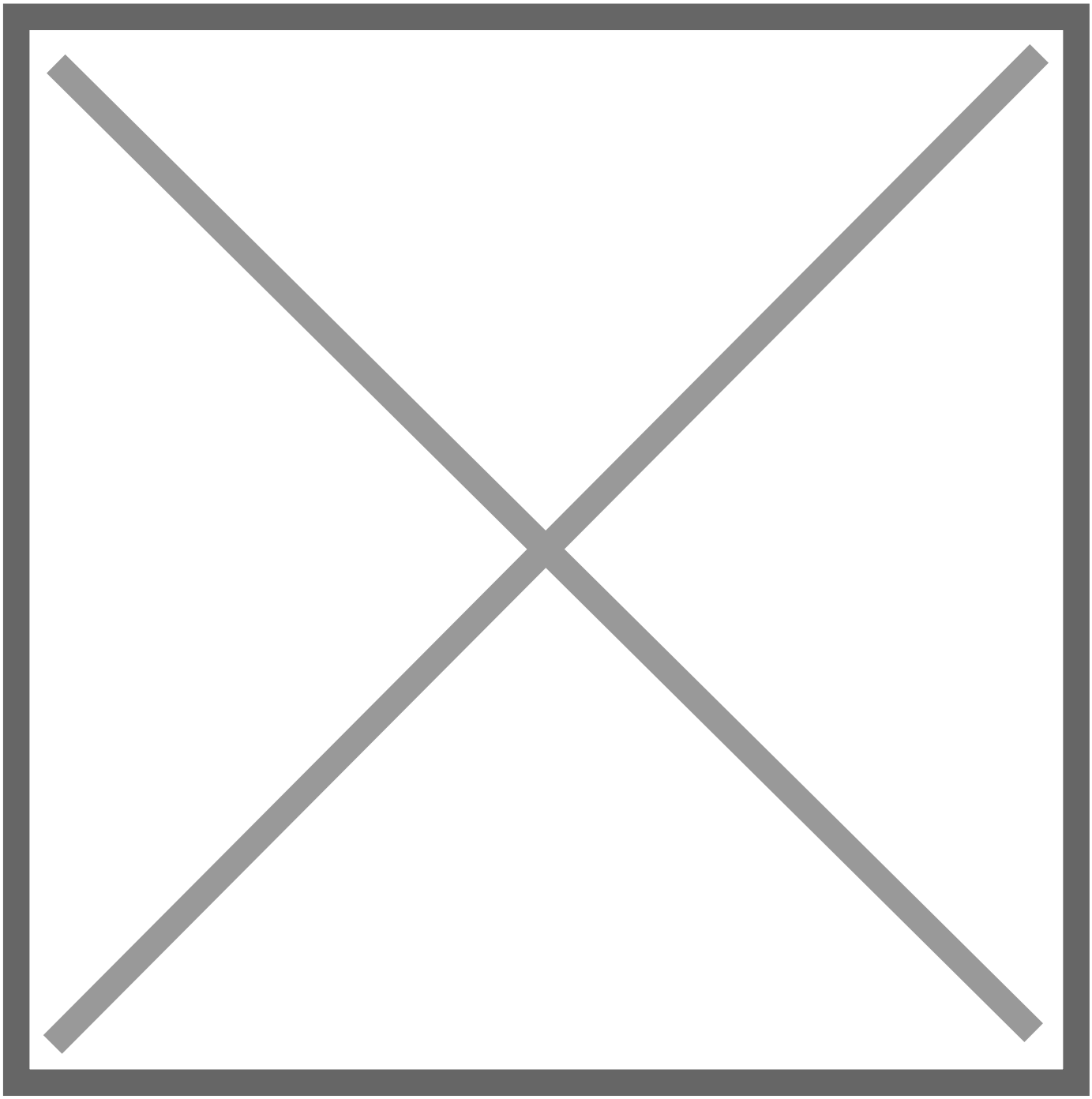
## Colorectal cancer

## 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 |

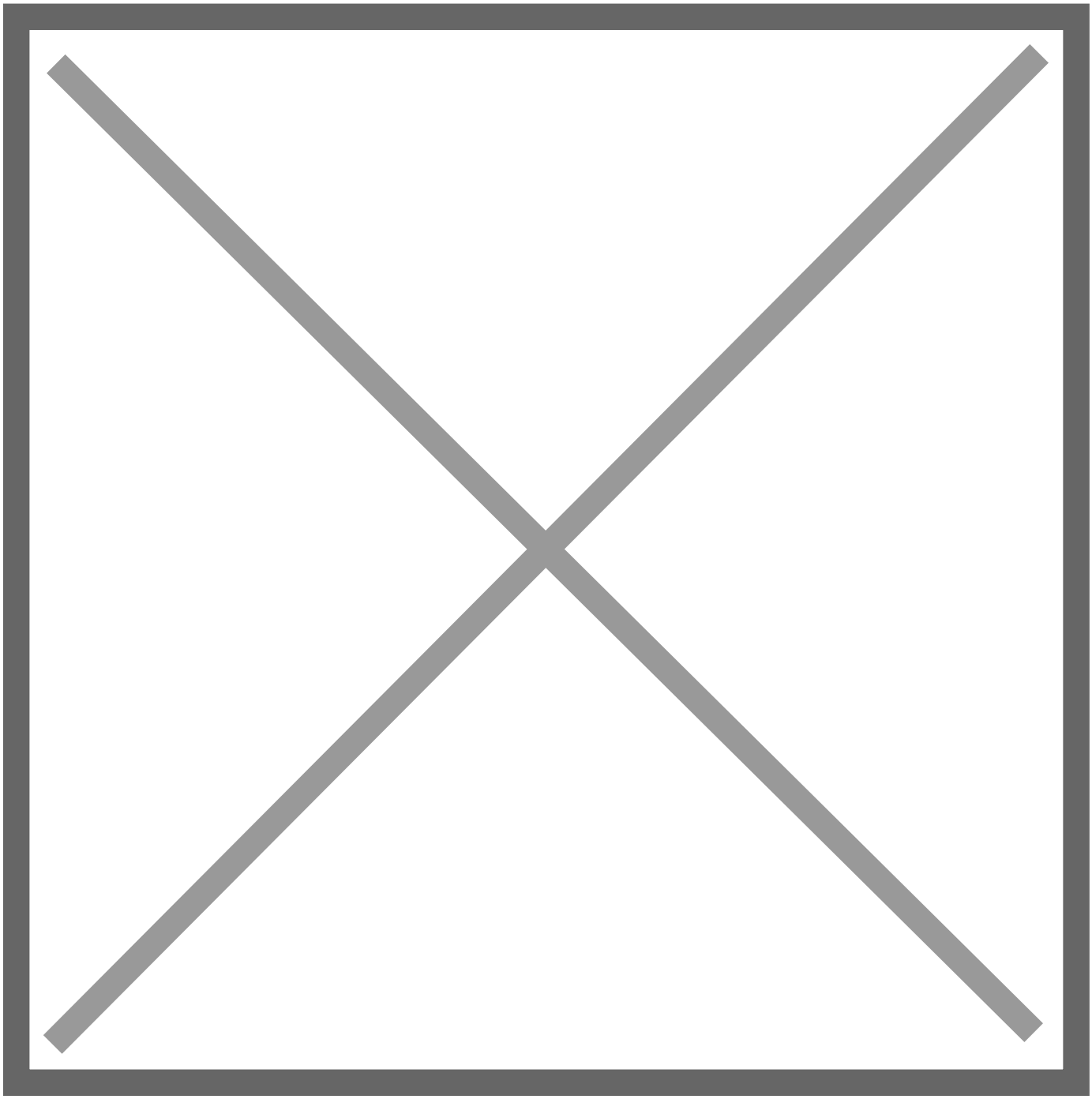
## Women, 2022



| | |
|---|---|
| **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 |

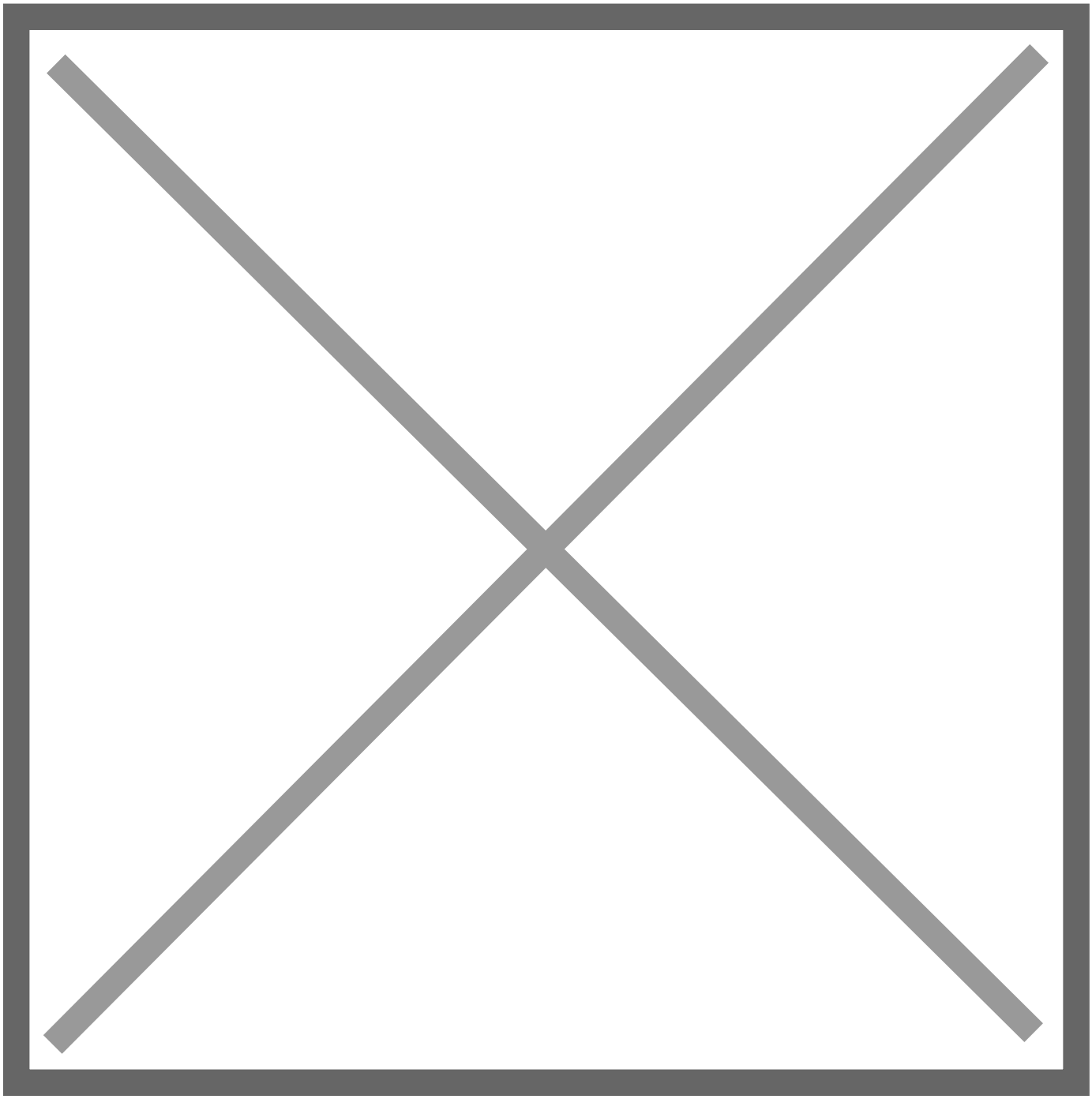
## Pancreatic cancer

## 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 |

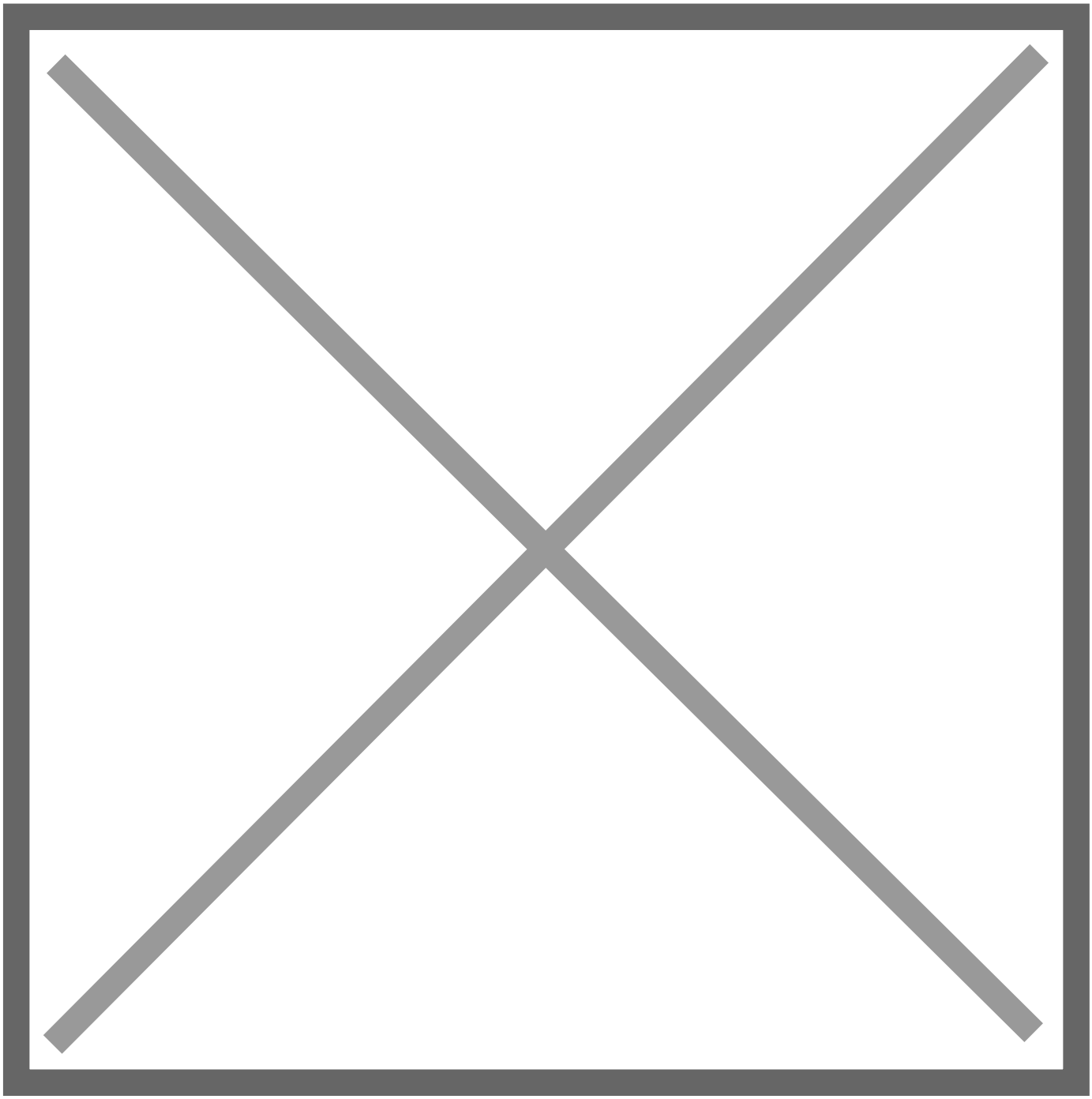
## Women, 2022



| | |
|---|---|
| **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 |

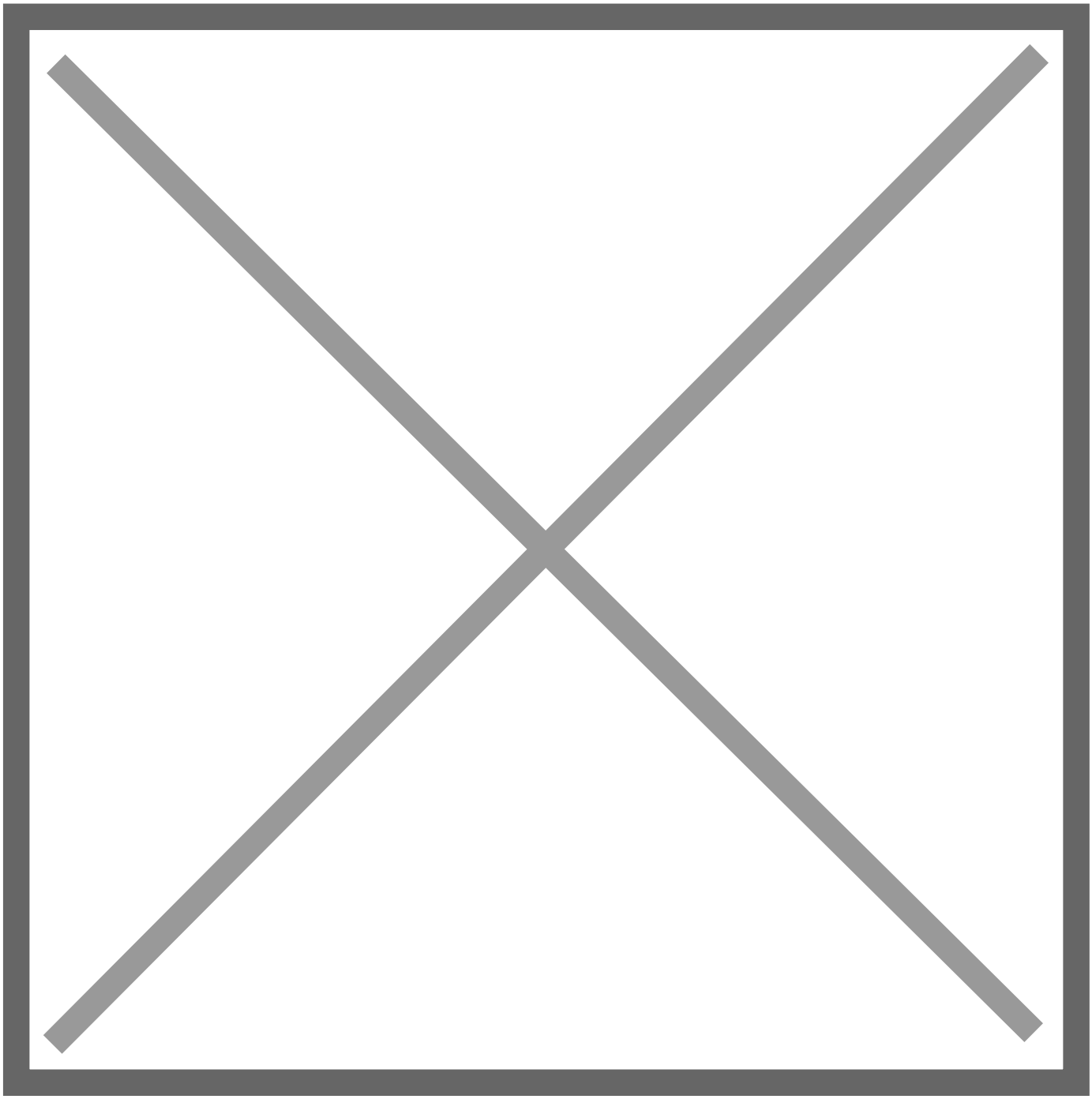
## Gallbladder cancer

## 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 |

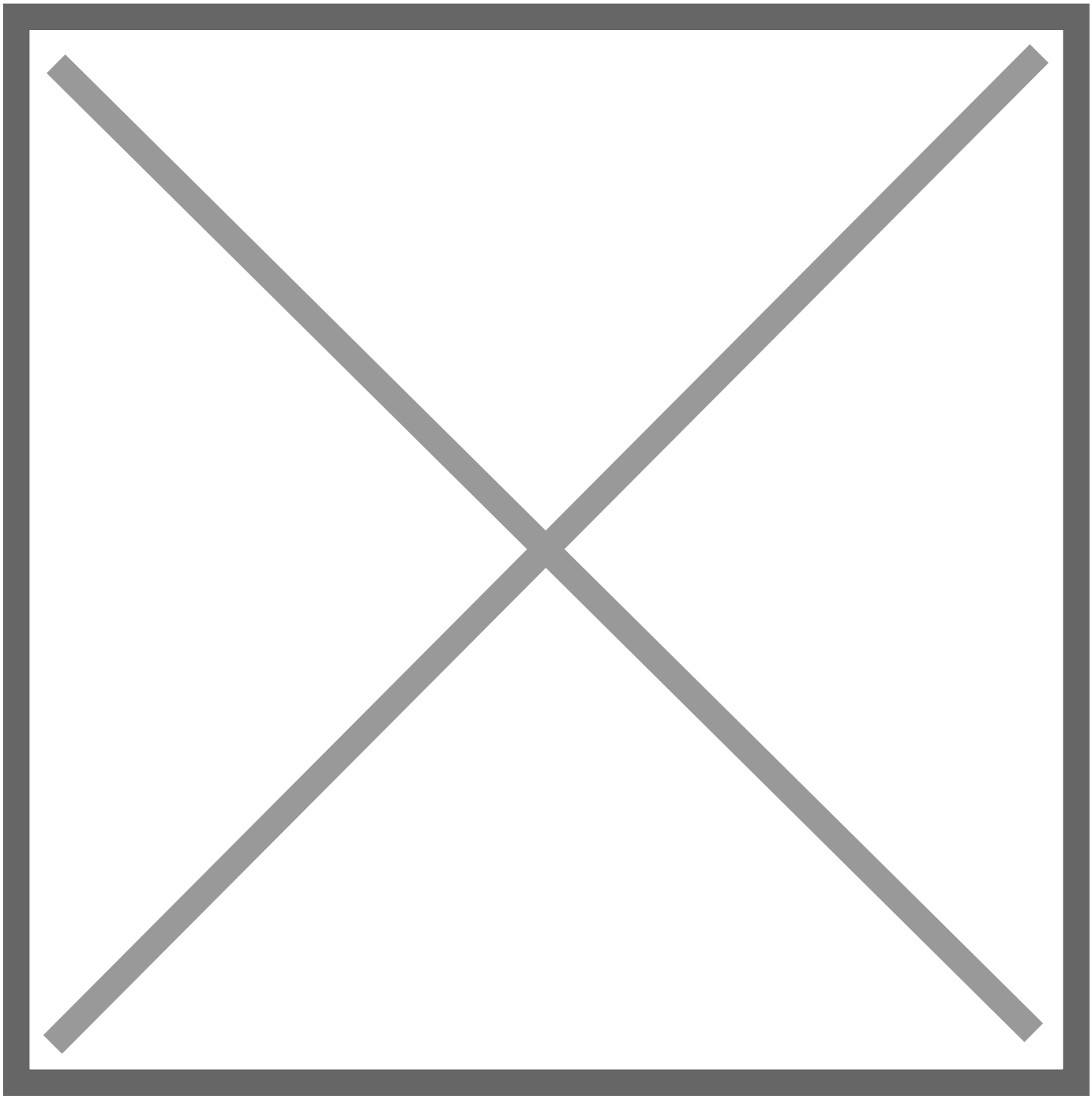
## Women, 2022



| | |
|---|---|
| **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 |

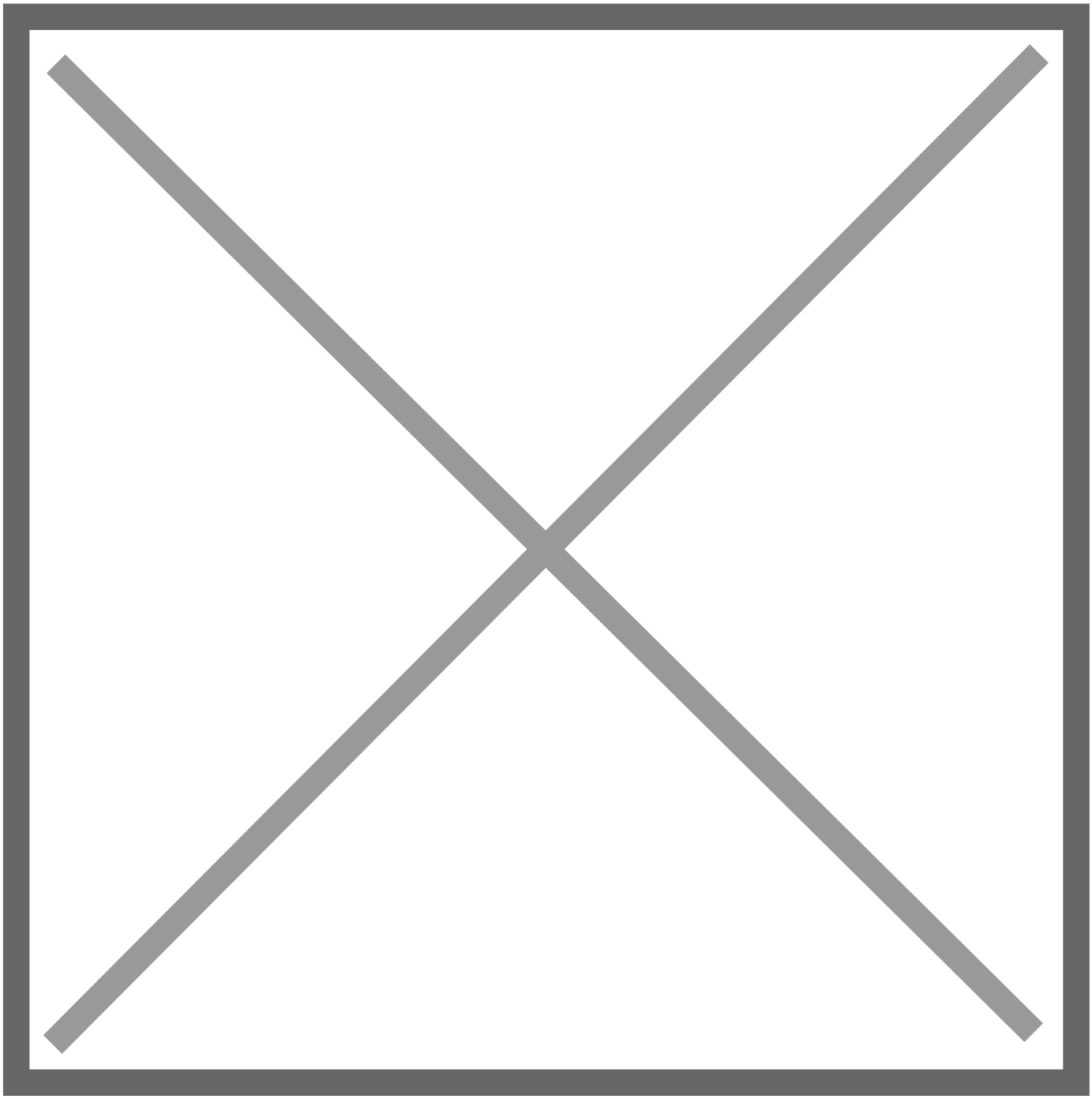
## Kidney cancer

## 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 |

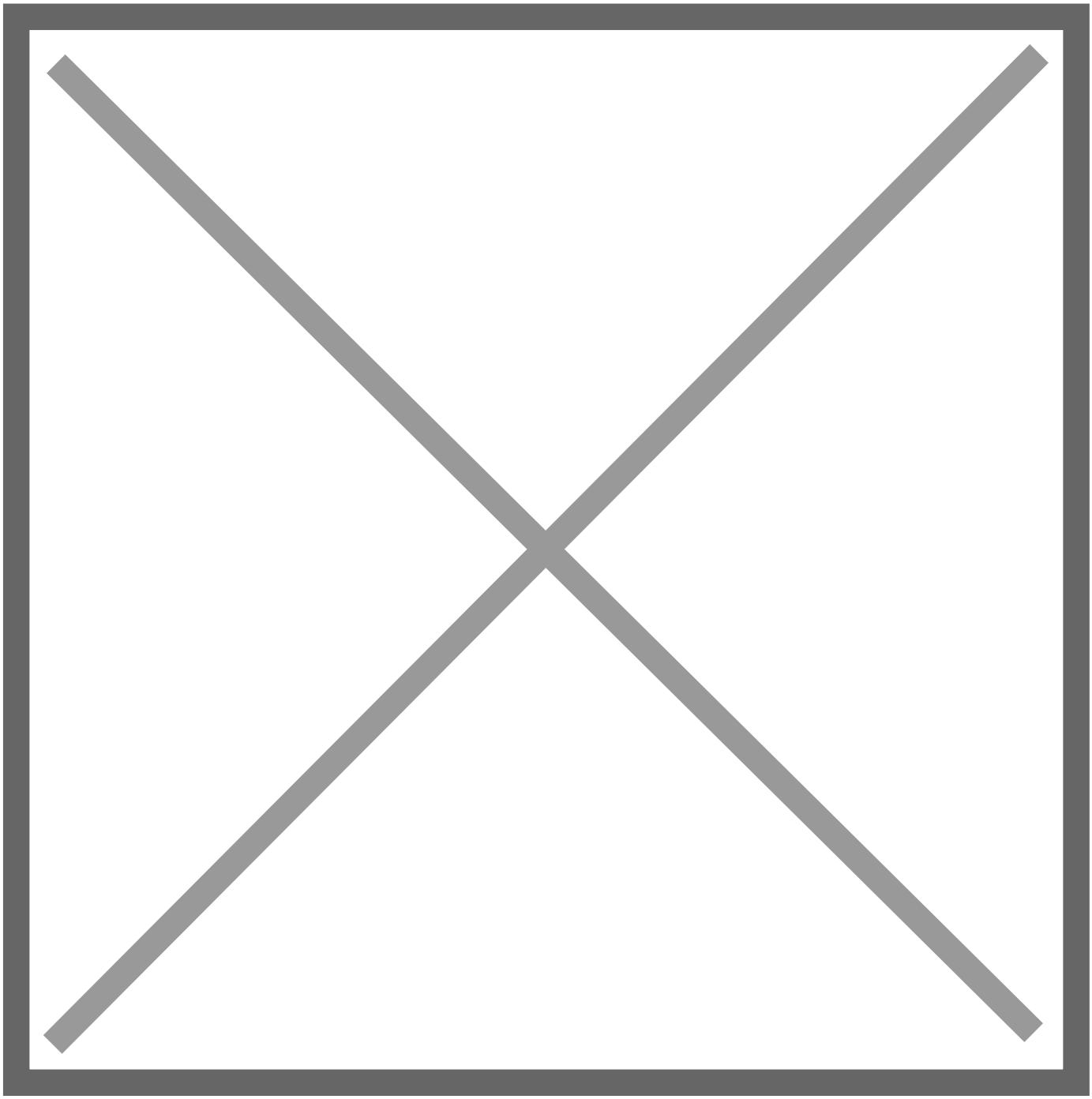
## Women, 2022



| | |
|---|---|
| **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

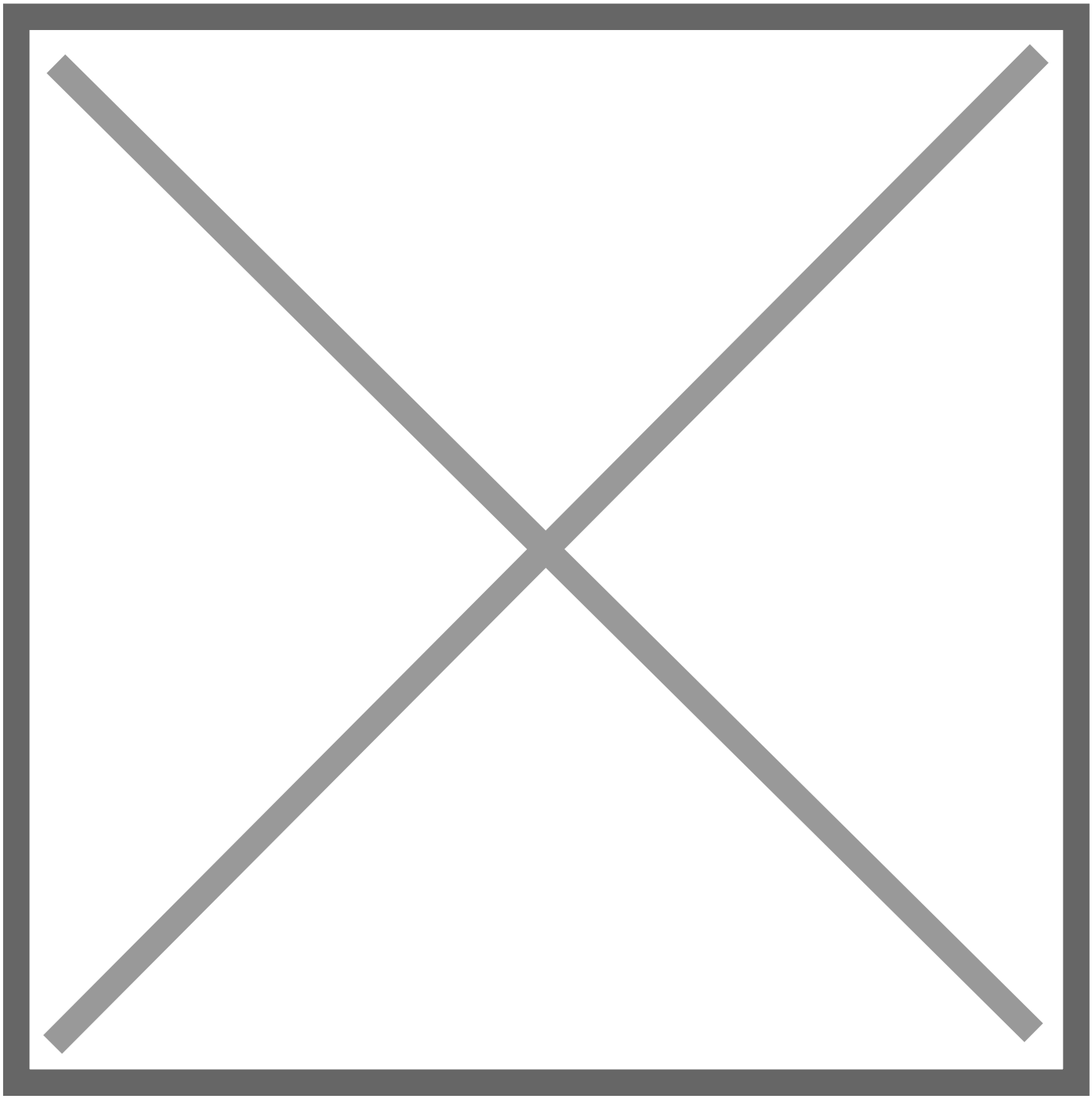
## Women, 2022



| | |
|---|---|
| **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 |

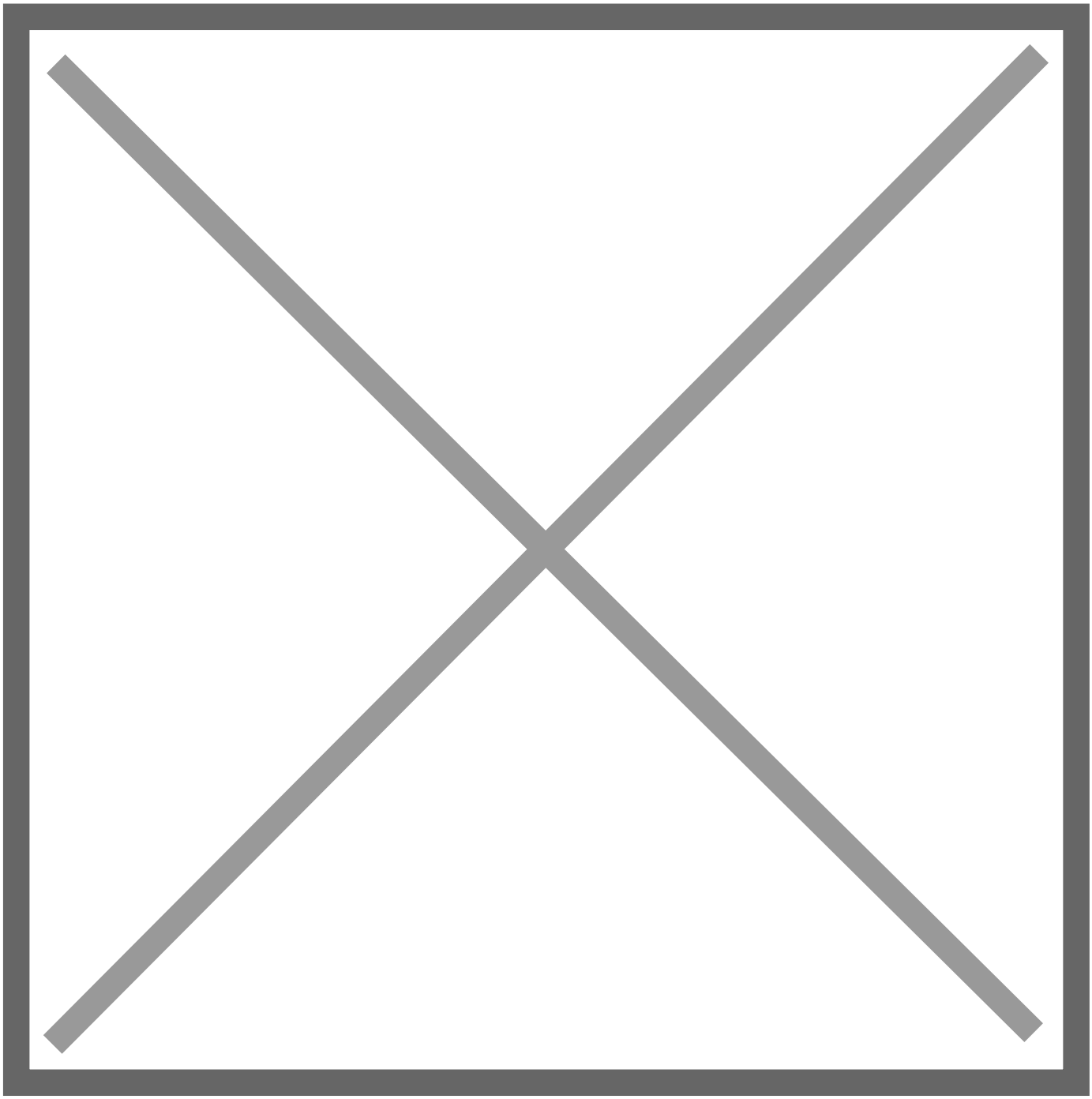
## Raised blood pressure

## Adults, 2019



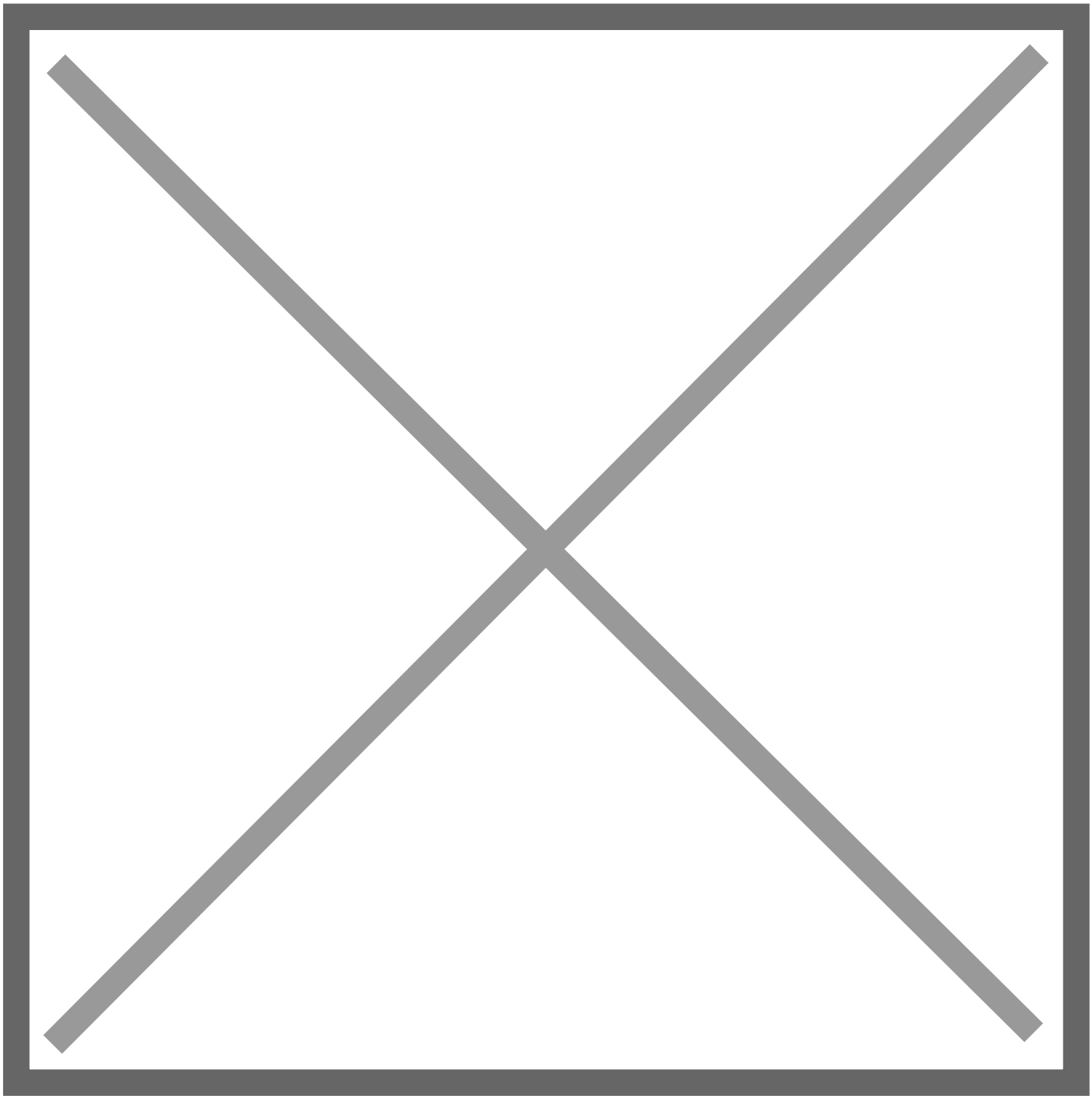
| | |
|---|---|
| **Age:** | 30-79 |
| **References:** | World Health Organization. 2024. Hypertension: raised blood pressure (uncontrolled hypertension) among adults aged 30-79 years (%). Global Health Observatory. https://www.who.int/data/gho/data/indicators/indicator-details/GHO/prevalence-raised-blood-pressure-among-adults-30-79-years [Accessed 16.03.26] |
| **Definitions:** | Prevalence of raised blood pressure (defined as having systolic blood pressure ≥140 mmHg or diastolic blood pressure ≥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 ≥140 mmHg or diastolic blood pressure ≥90 mmHg) among adults aged 30-79. |

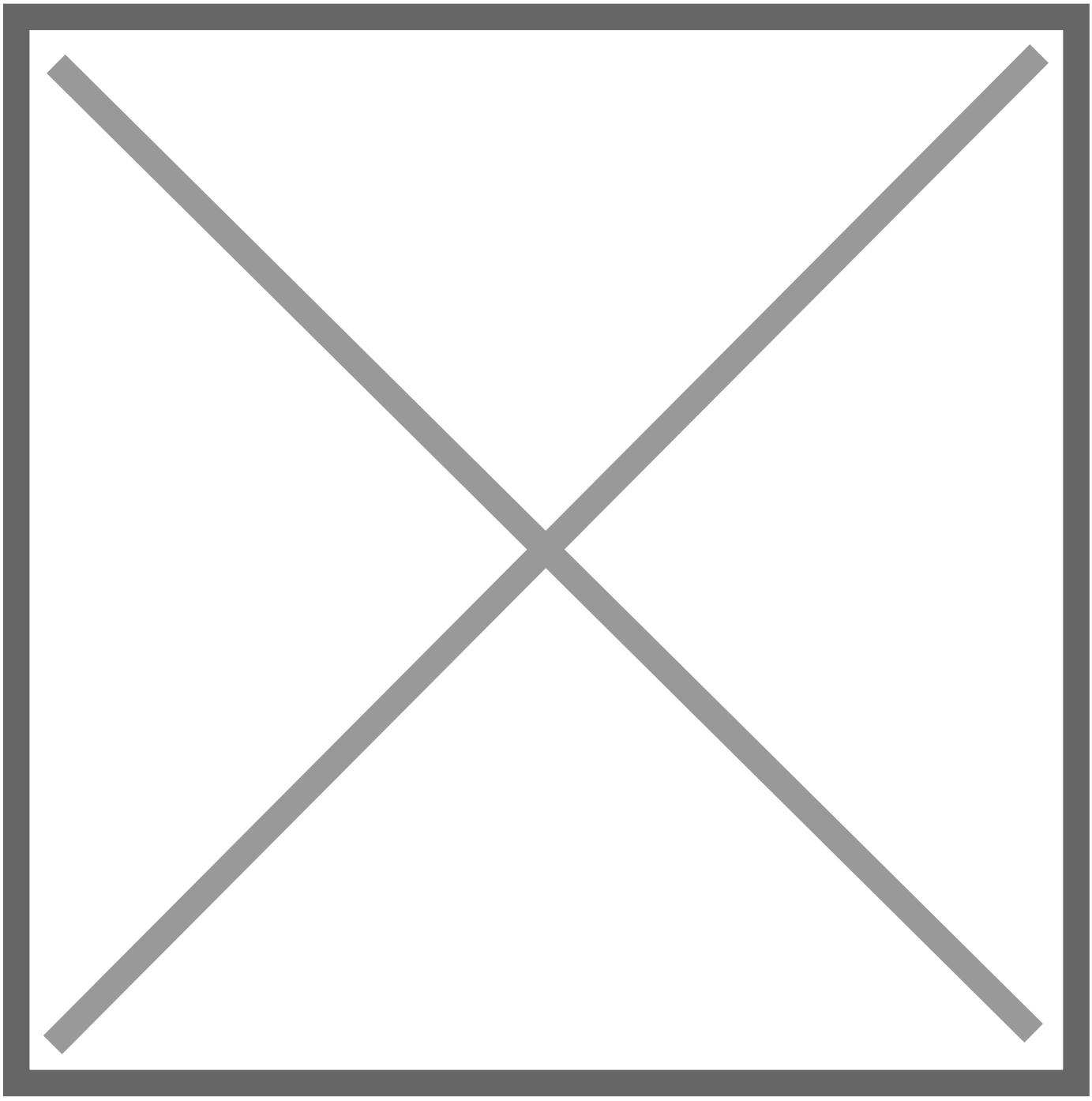
## Women, 2019



| | |
|---|---|
| **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 ≥140 mmHg or diastolic blood pressure ≥90 mmHg) among adults aged 30-79. |

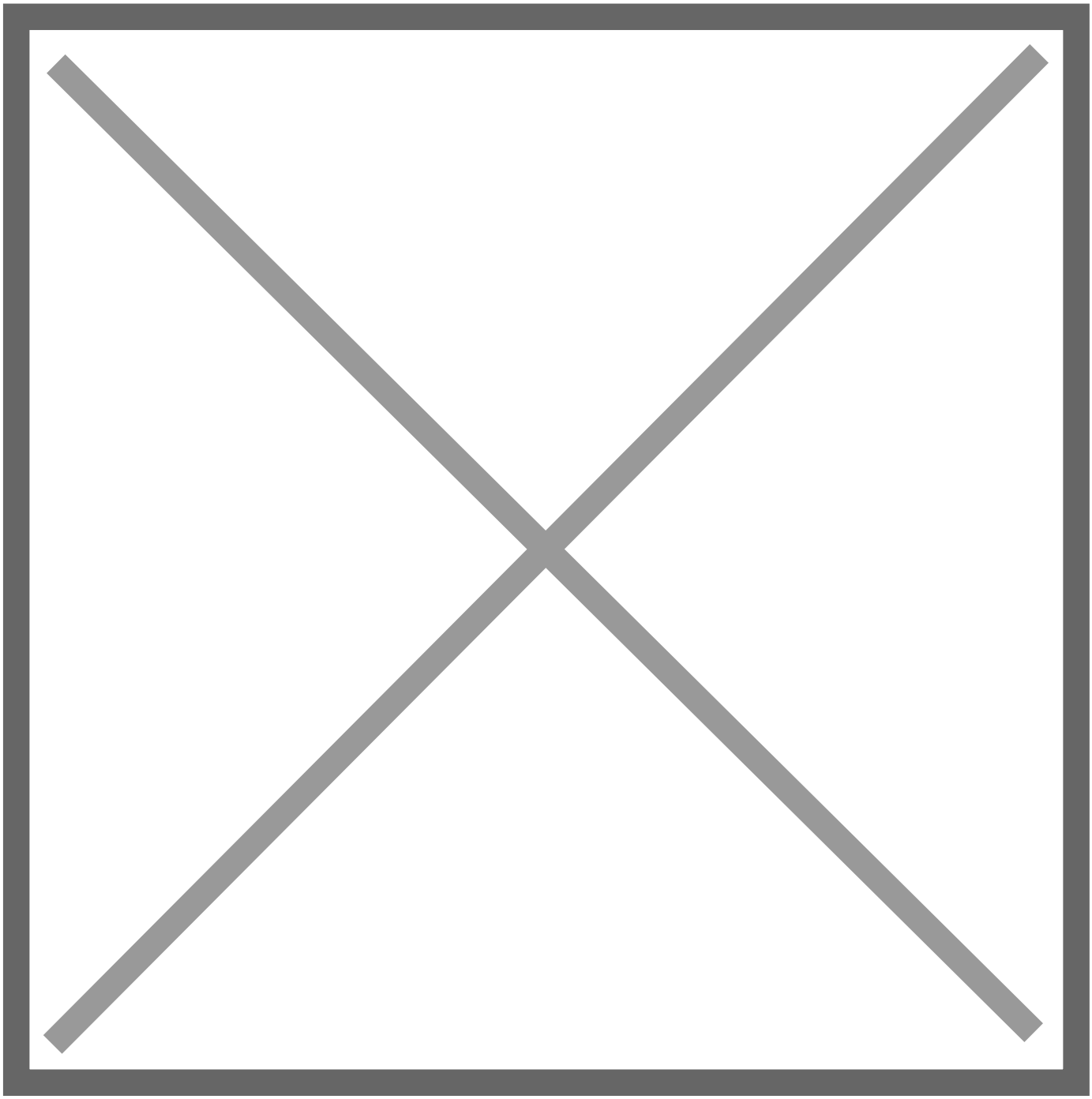
# Raised cholesterol

## Adults, 2008



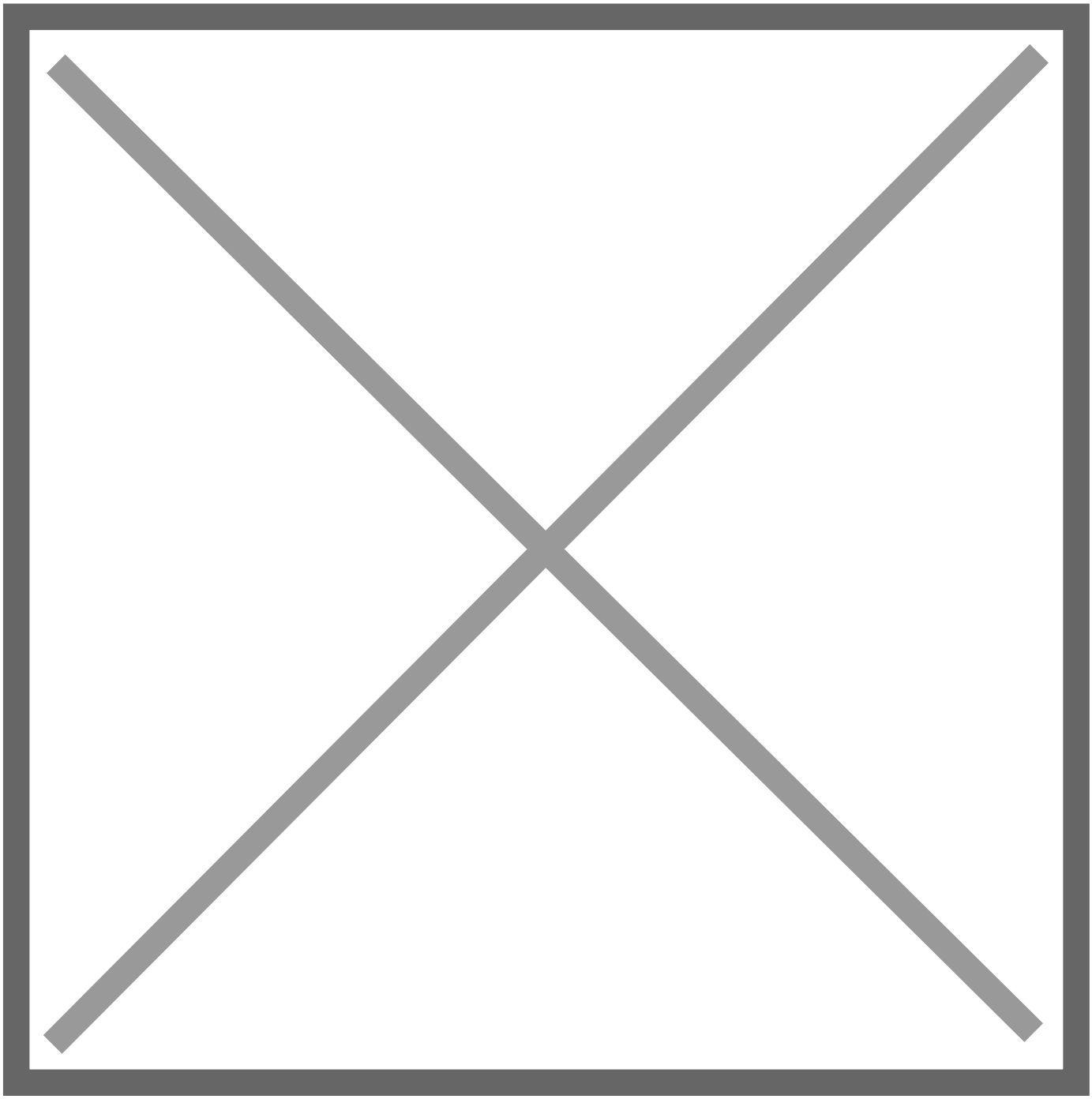
| | |
|---|---|
| **References:** | Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A885 |
| **Definitions:** | % Raised total cholesterol (>= 5.0 mmol/L) (age-standardized estimate). |

## 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). |

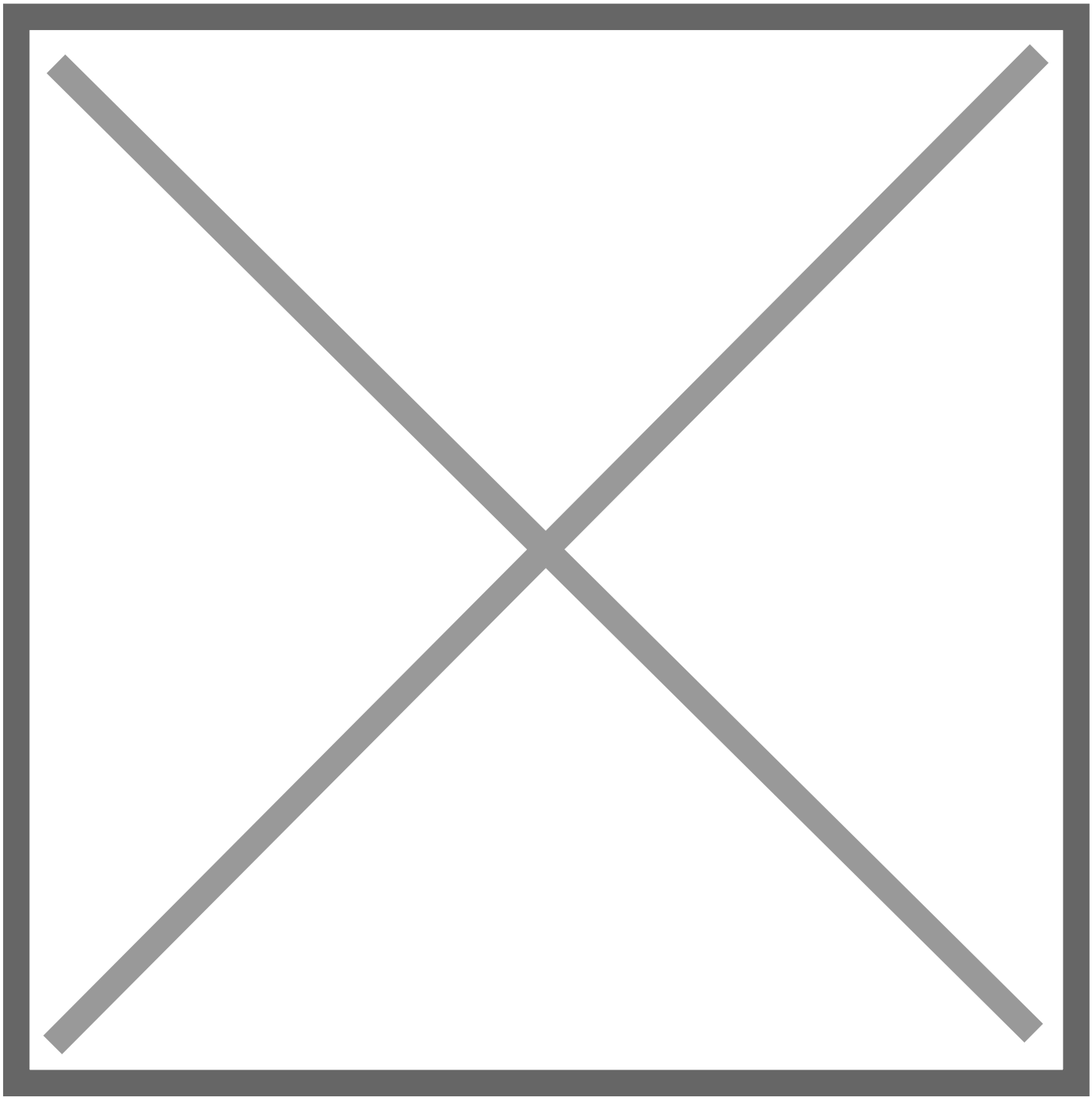
## Women, 2008



| | |
|---|---|
| **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). |

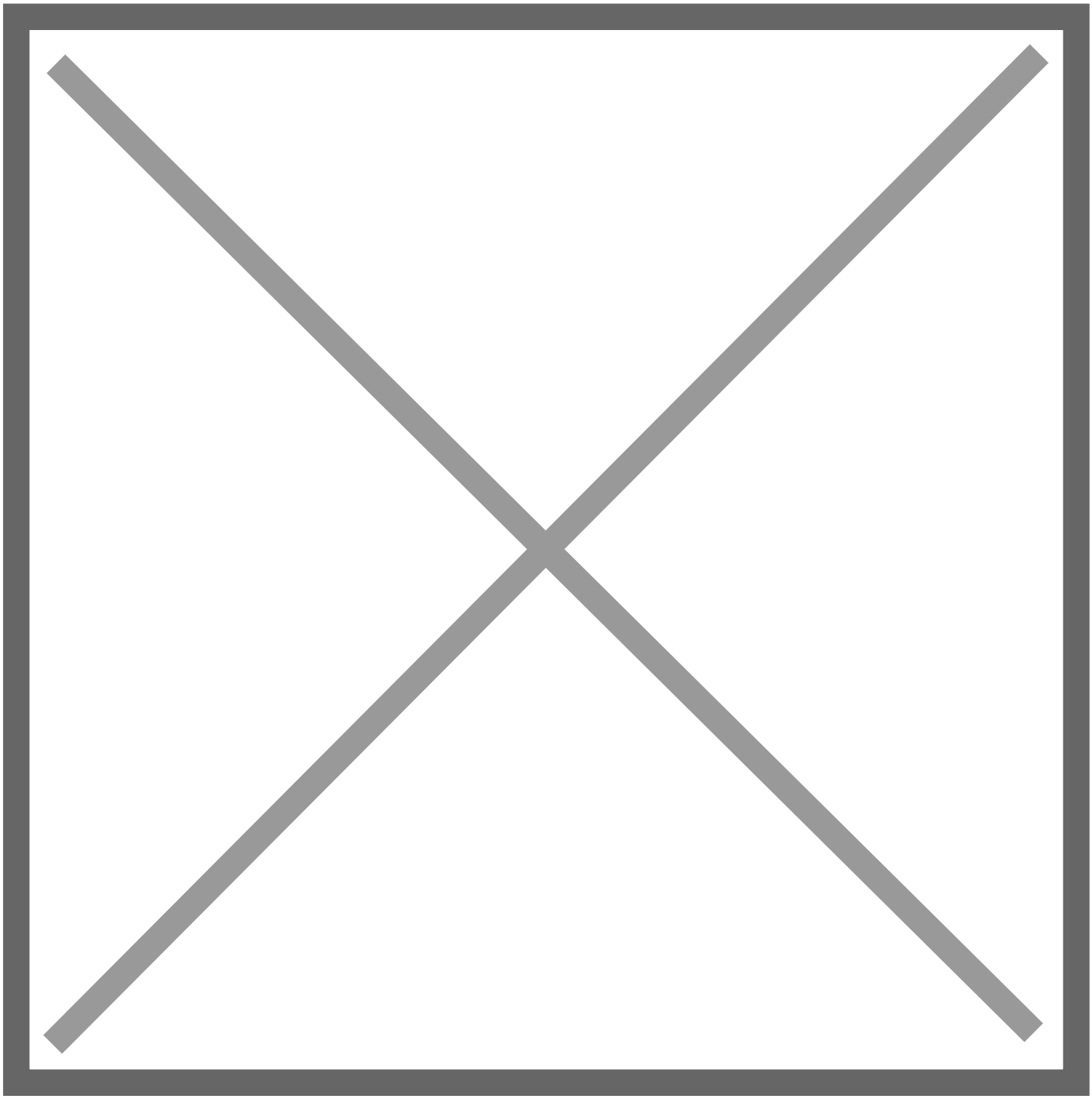
# Raised fasting blood glucose

## Men, 2014



| | |
|---|---|
| **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). |

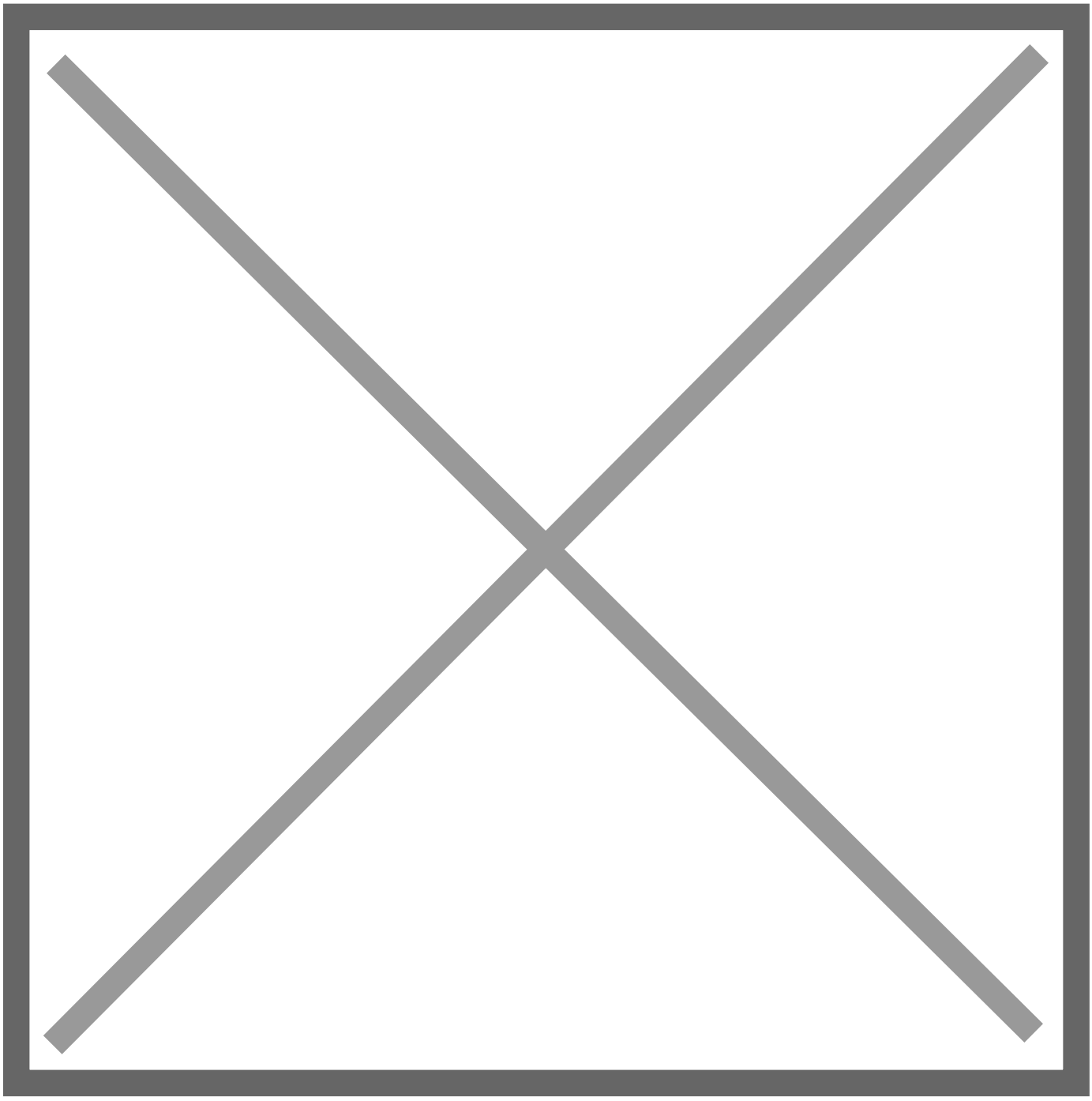
## Women, 2014



| | |
|---|---|
| **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

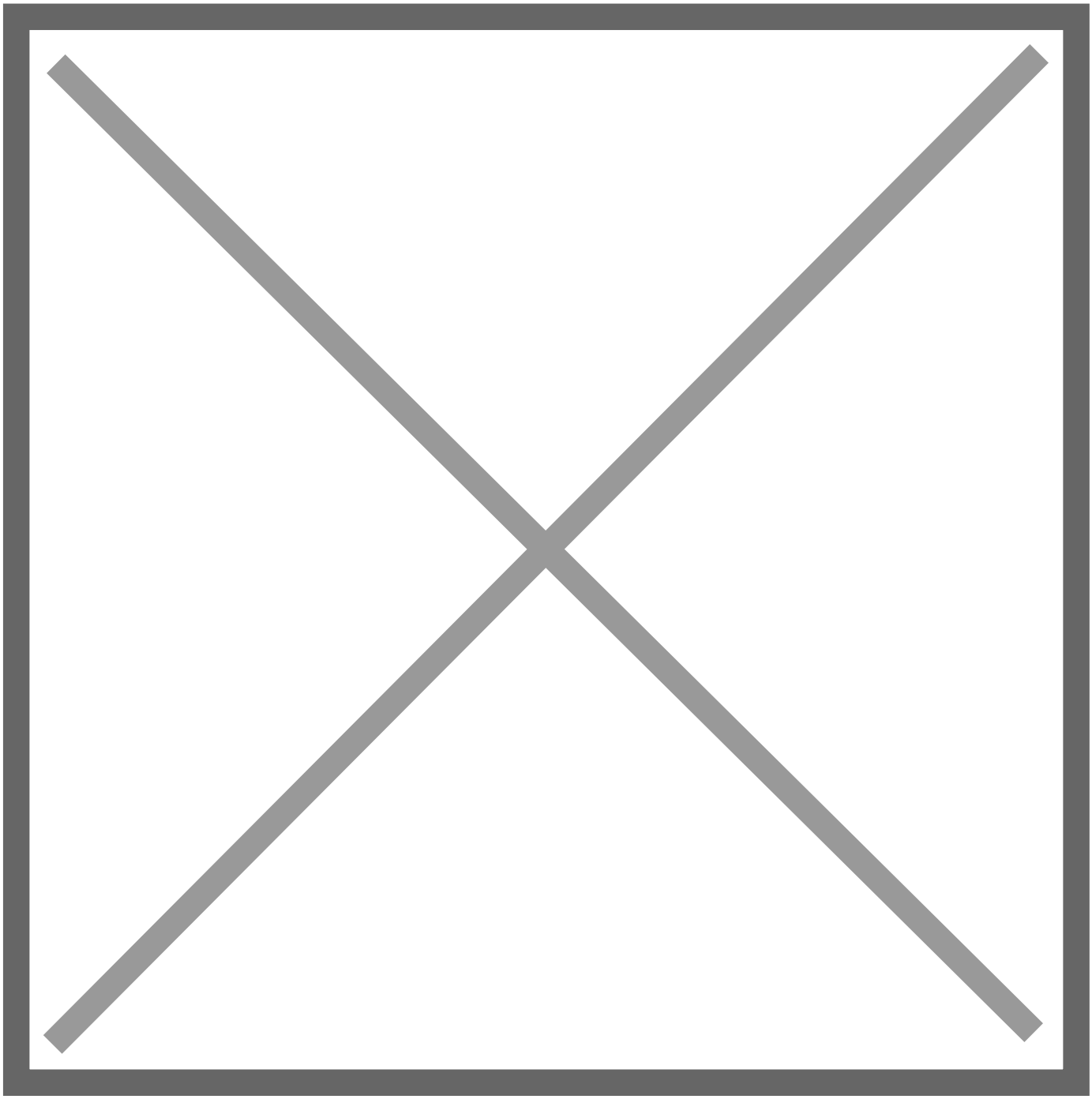
## Adults, 2024



**References:** Reproduced with kind permission International Diabetes Federation. IDF Diabetes Atlas, 11th edn. Brussels, Belgium:International Diabetes Federation, 2025. http://www.diabetesatlas.org

## Ovarian Cancer

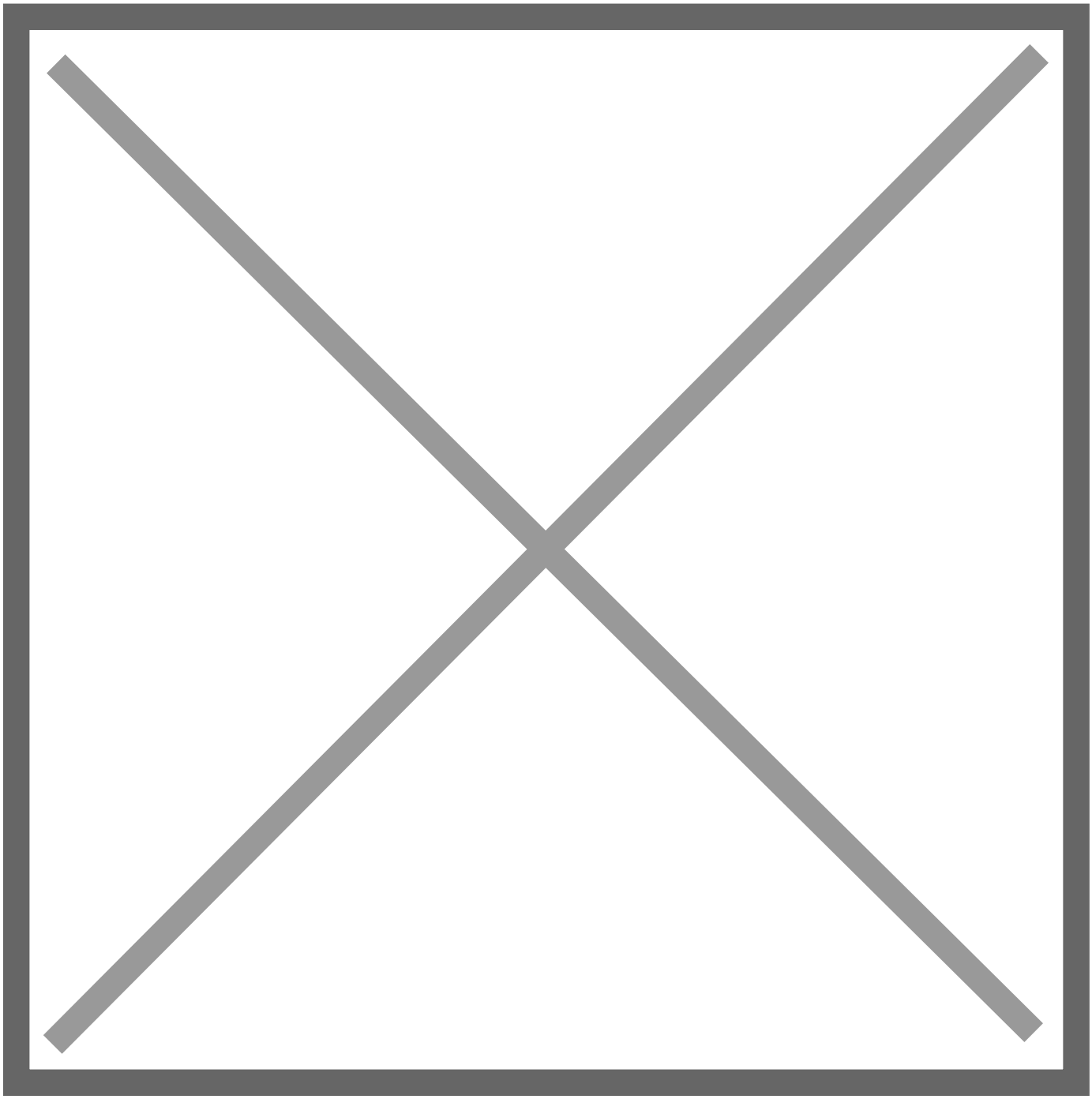
## Women, 2022



| | |
|---|---|
| **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 |

## Leukemia

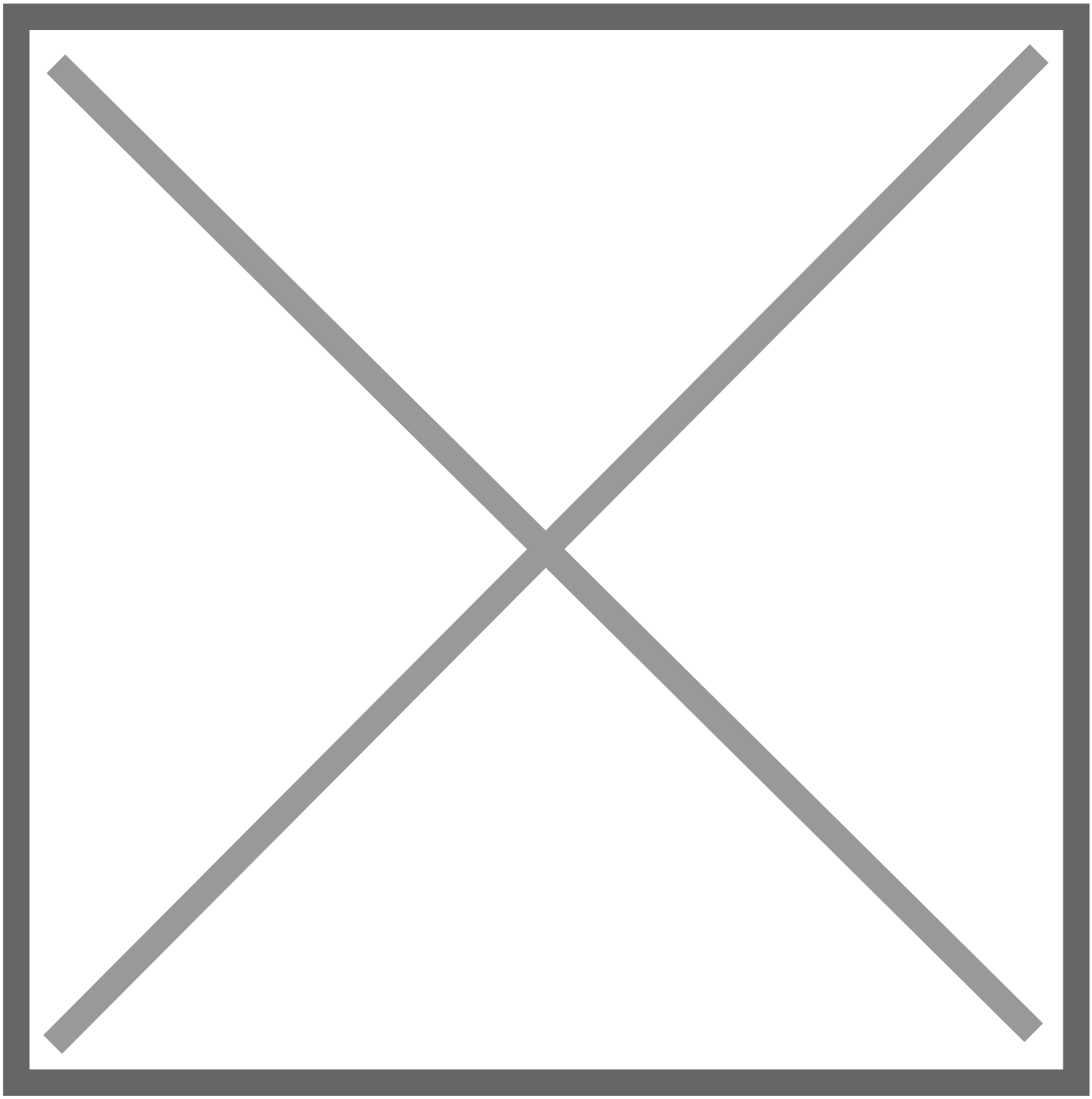
## Men, 2022



| | |
|---|---|
| **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

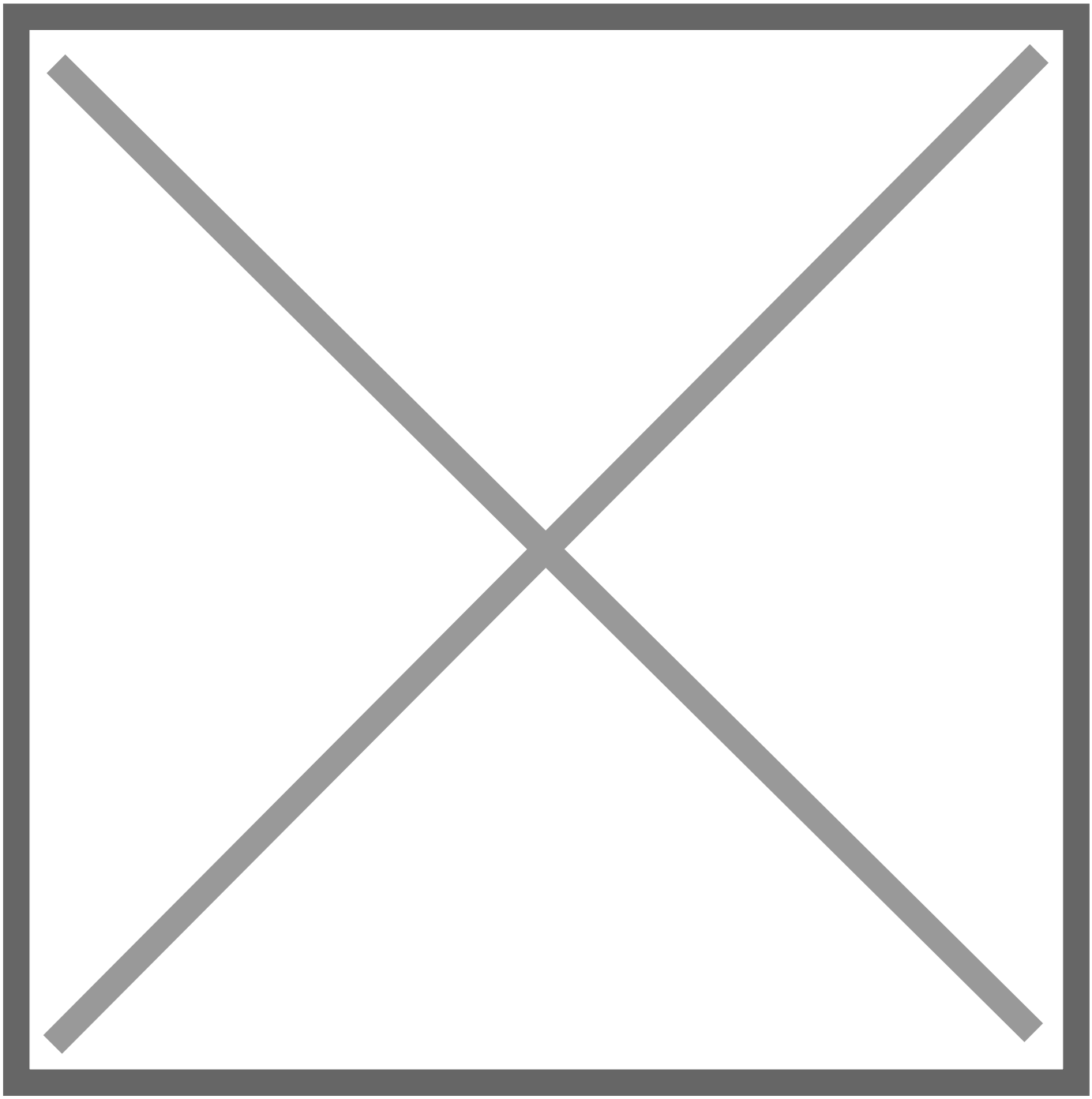


| | |
|---|---|
| **Age:** | 20+ |
| **Area covered:** | National |
| **References:** | Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available 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.*

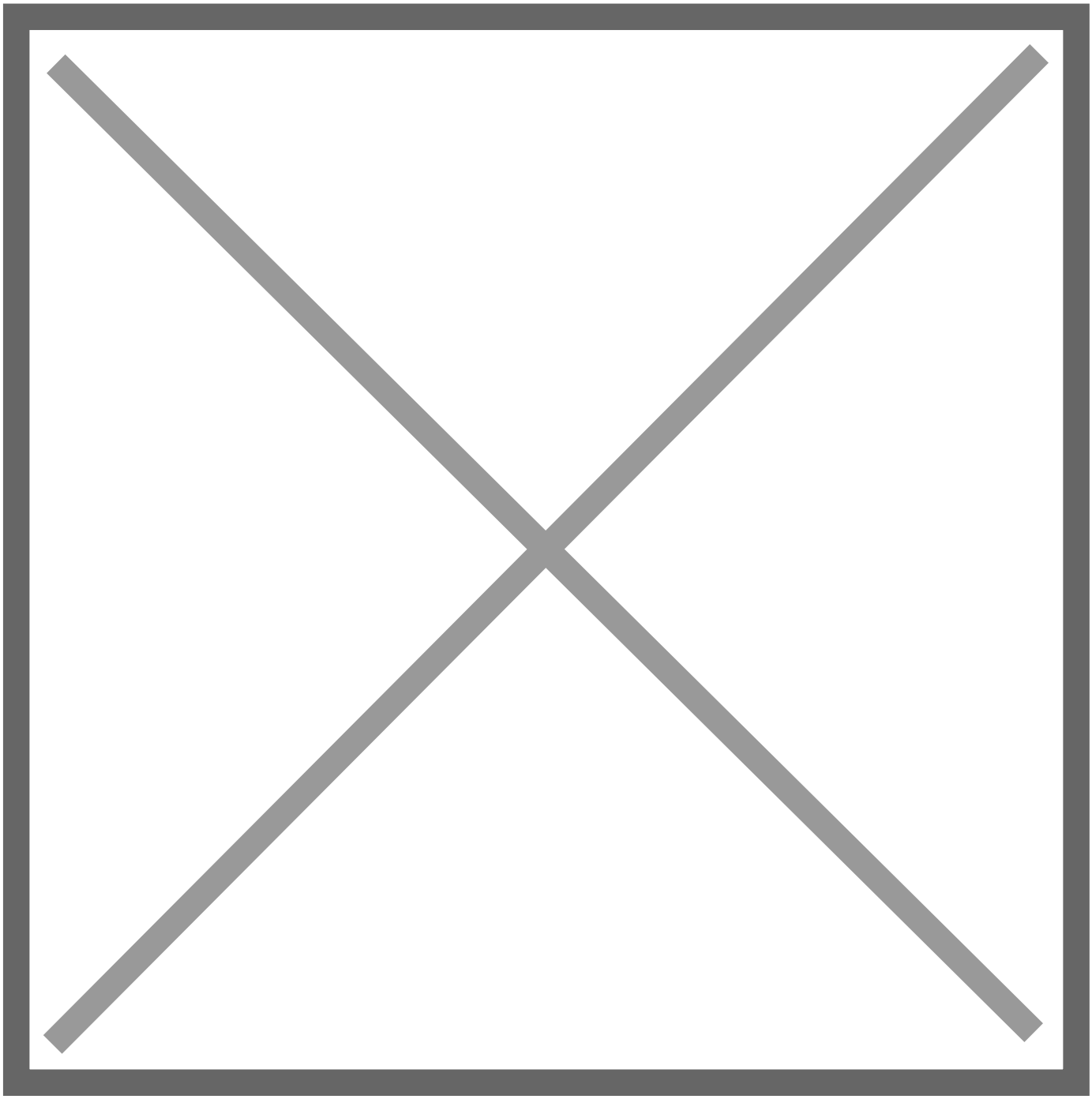
## Liver and intrahepatic bile duct Cancer

## 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 |

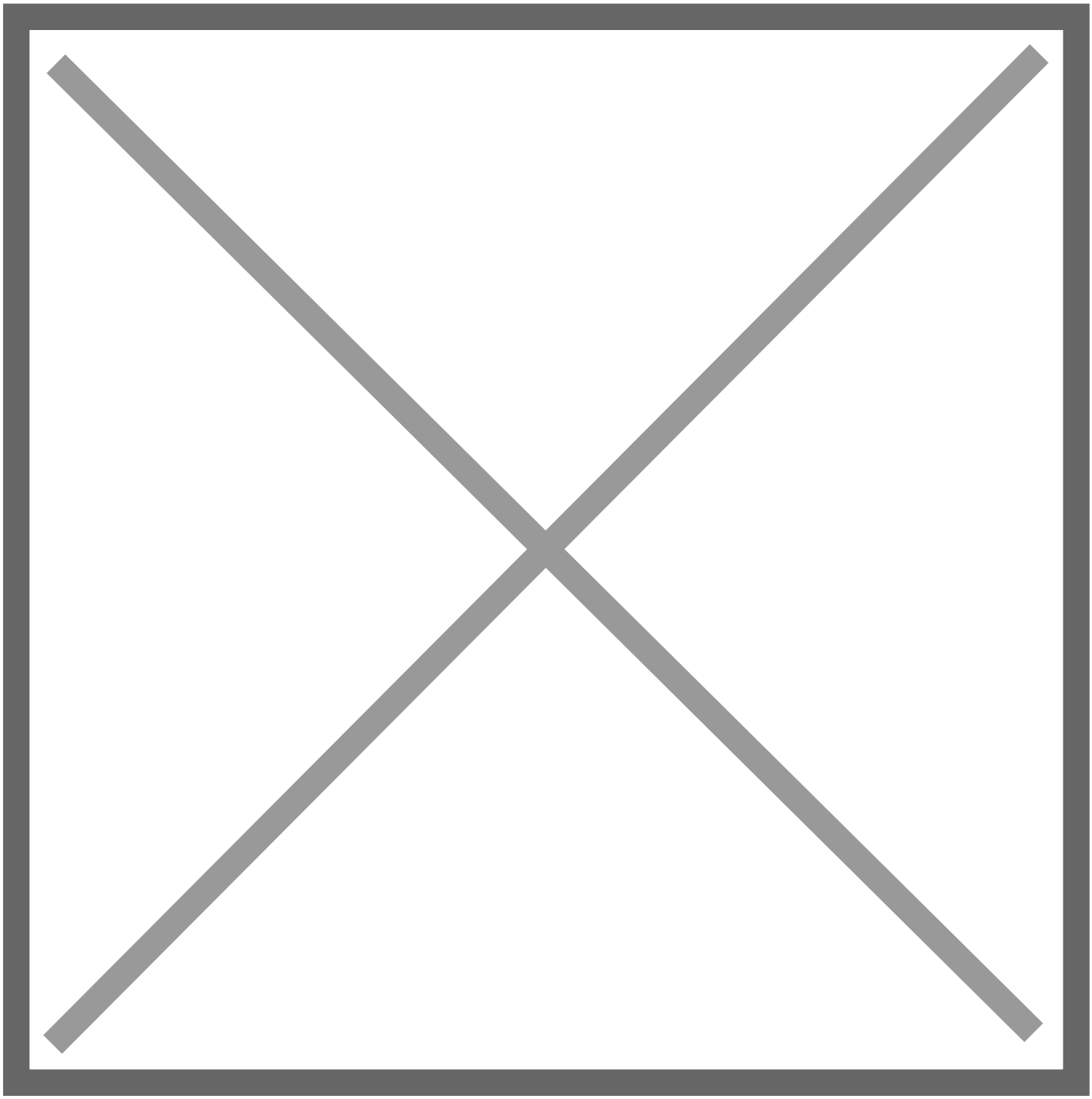
## Women, 2022



| | |
|---|---|
| **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

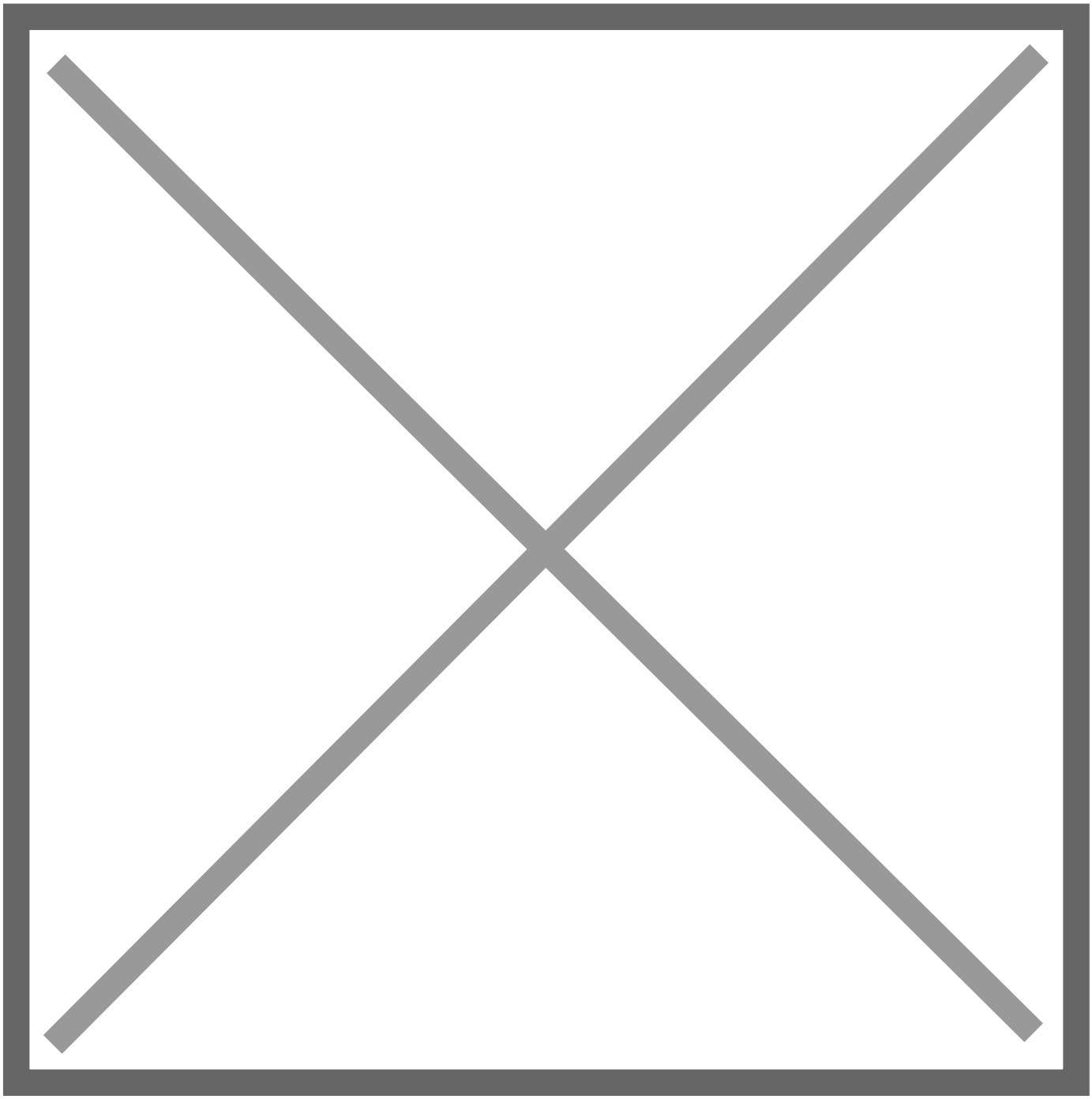
## Men, 2022



| | |
|---|---|
| **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

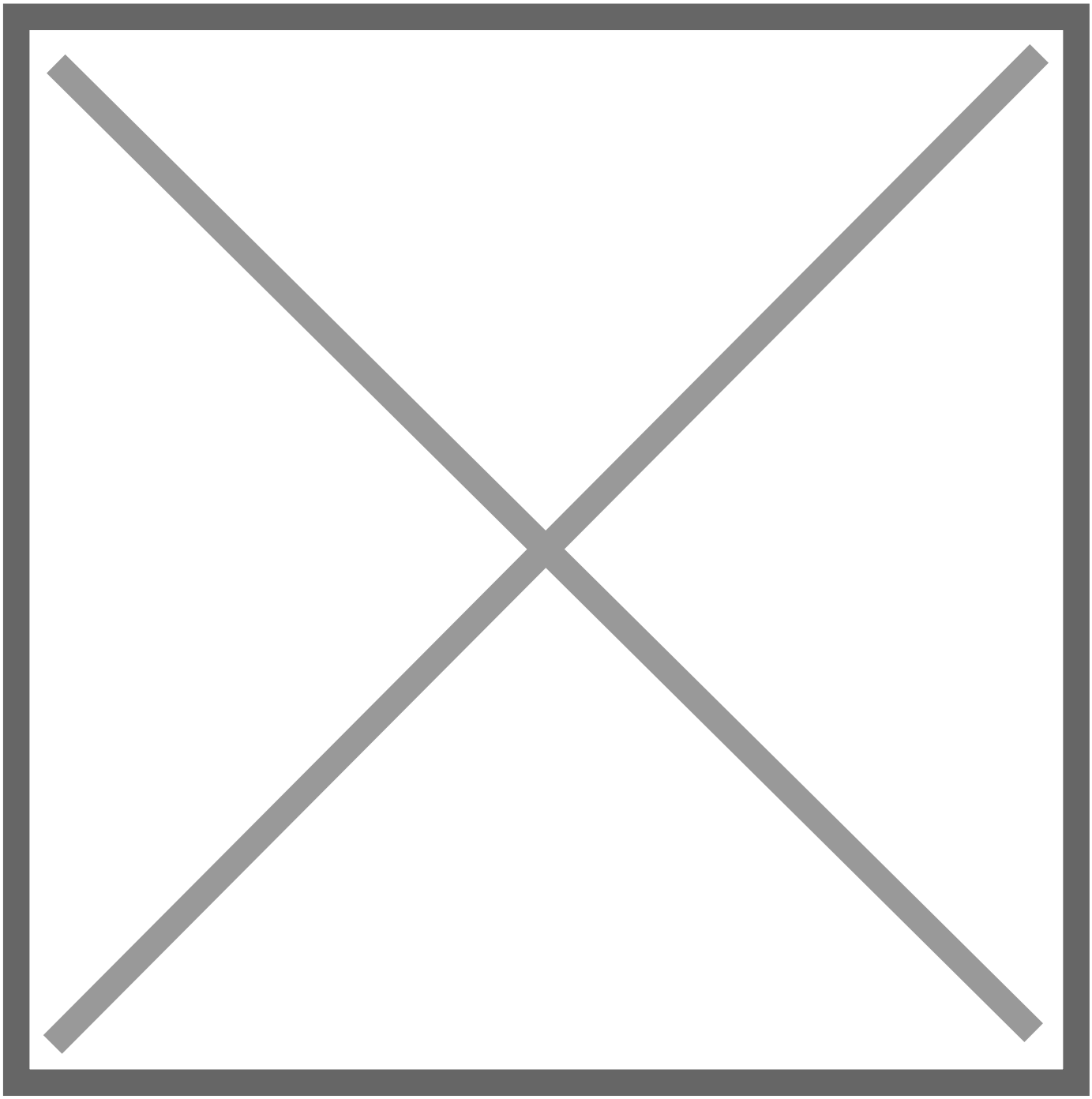


| | |
|---|---|
| **Age:** | 20+ |
| **Area covered:** | National |
| **References:** | Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available 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

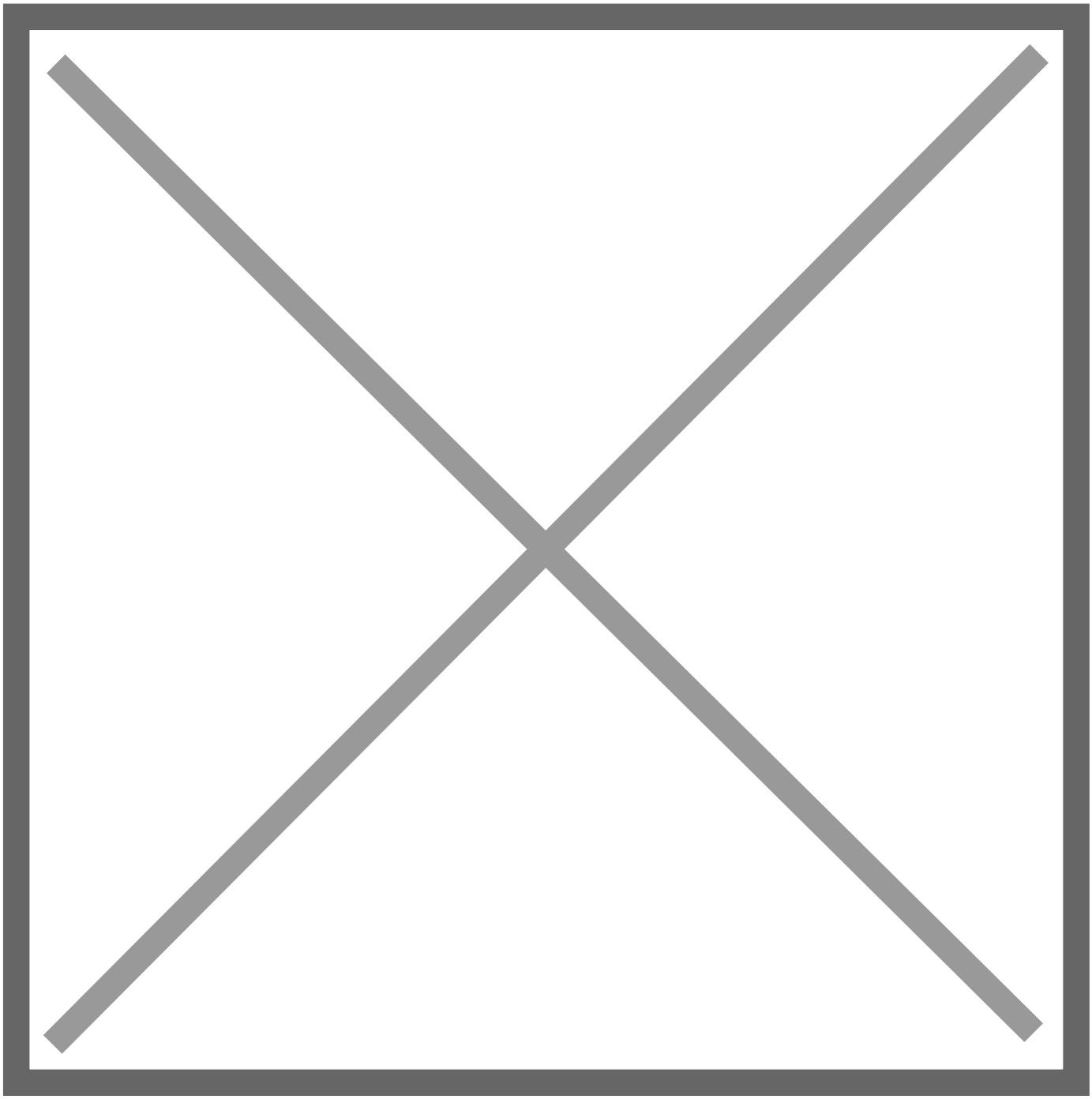
## Men, 2022



| | |
|---|---|
| **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

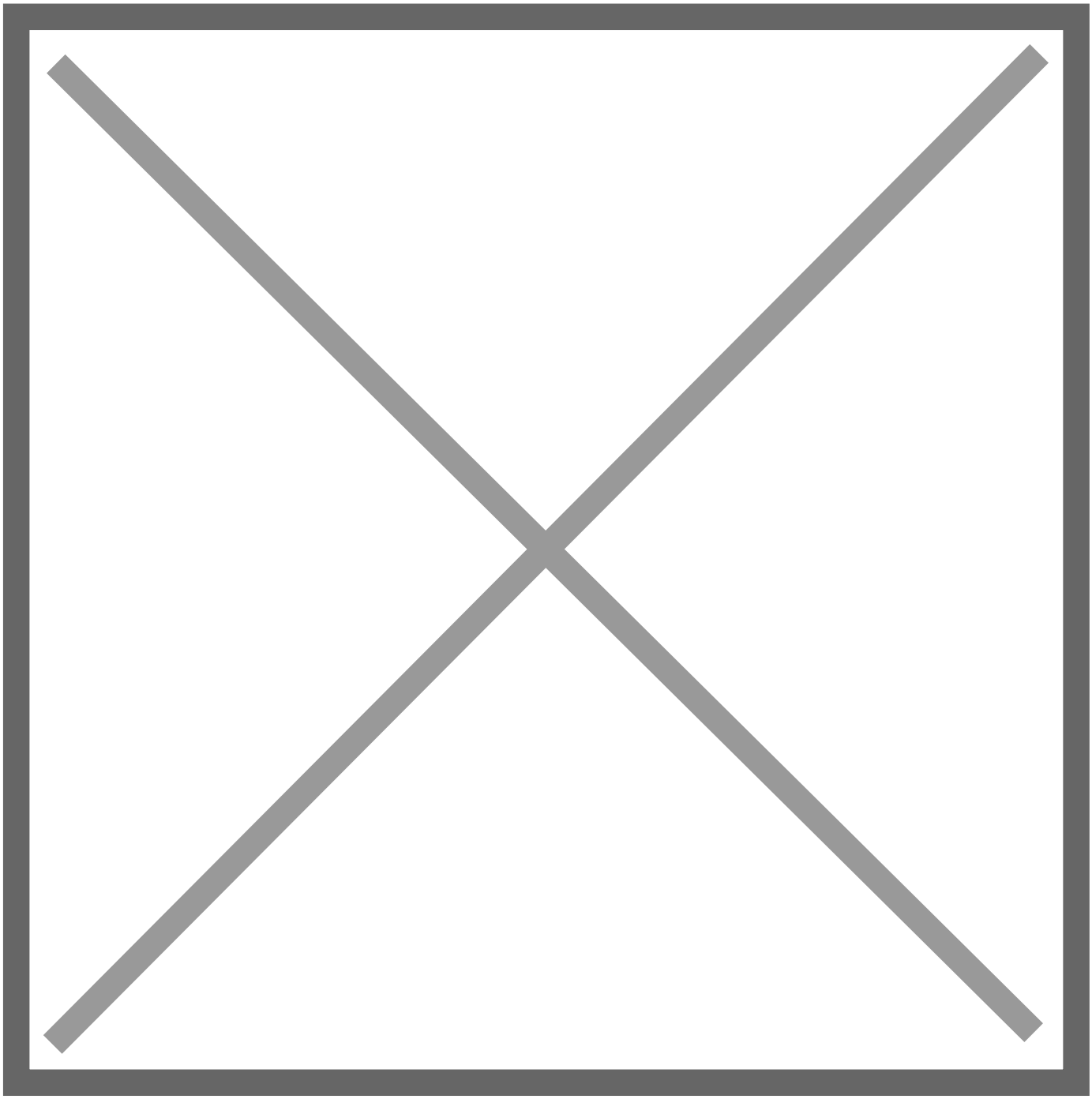


| | |
|---|---|
| **Age:** | 20+ |
| **Area covered:** | National |
| **References:** | Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available 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.*

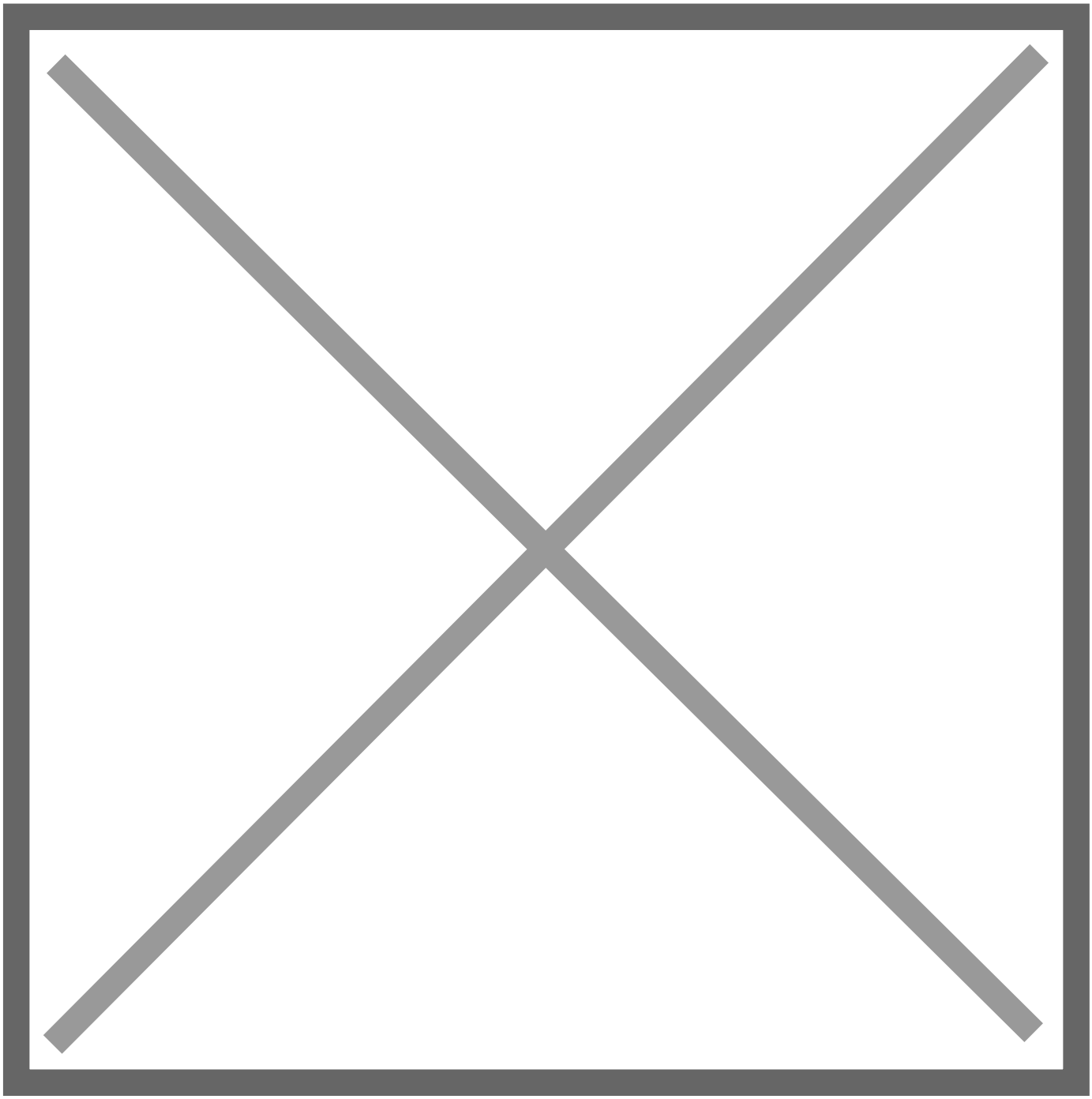
## Thyroid Cancer

## 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



| | |
|---|---|
| **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 |

*PDF created on November 7, 2026*