

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 <u>https://data.worldobesity.org/country/sri-lanka-</u>200/.



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Obesity prevalence

Adults, 2022

Obesity Overweight



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.



Obesity Overweight





0-5 years, 2022





% Adults living with obesity in Sri Lanka 2006-2016



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.



Notes:

Obesity, Women 🏾 🔍

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

Overweight or obesity, Women



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. <u>https://www.aidsdatahub.org/resource/sri-lanka-demographic-and-health-survey-</u> 2016 (Accessed 02.09.20)

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



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



Obesity Overweight





0-5 years, 2016

Overweight or obesity





Overweight/obesity by age

Women, 2022





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







Overweight/obesity by region





Women, 2022



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



Obesity Overweight





0-5 years, 2022

Overweight or obesity





Overweight/obesity by socio-economic group

Women, 2016



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

Overweight or obesity





Double burden of underweight & overweight

Adults, 2022









0-5 years, 2016-2016





Insufficient physical activity

Adults, 2022





Men, 2022







Women, 2022











Boys, 2016





Girls, 2016





Estimated per capita fruit intake

Adults, 2017





Prevalence of less than daily fruit consumption

Children, 2008-2015



Definitions:

Prevalence of less-than-daily fruit consumption (% less-than-daily fruit consumption)



Prevalence of less than daily vegetable consumption

Children, 2008-2015





Estimated per-capita processed meat intake

Adults, 2017





Estimated per capita whole grains intake







Mental health - depression disorders

Adults, 2021





Men, 2021

Definitions:	Number living with depression per 100,000 population (adults 20+ years)
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from http://vizhub.healthdata.org/gbd-compare . (Last accessed 23.04.25)
Area covered:	National
Age:	20+
-	Sri Lanka
0	
500	
1000	
1500	
%	
b b b b b 22000	
12500 D	
3000	
3500	
4000	
4000	
4500	



Women, 2021

5000	
4000	
of population % of population % of 2000	
1000	
0	
	Sri Lanka
Age:	20+
Area covered:	National
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <u>http://vizhub.healthdata.org/gbd-compare.</u> (Last accessed 23.04.25)
Definitions:	Number living with depression per 100,000 population (adults 20+ years)






Boys, 2021



Girls, 2021





Mental health - anxiety disorders

Adults, 2021













Children, 2021



Seattle, WA: IHME, University of Washington, 2023. Available from http://vizhub.healthdata.org/gbd-compare. (Last accessed 23.04.25)



Boys, 2021

References:

Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from http://vizhub.healthdata.org/gbd-compare. (Last accessed 23.04.25)

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Girls, 2021



Seattle, WA: IHME, University of Washington, 2023. Available from http://vizhub.healthdata.org/gbd-compare. (Last accessed 23.04.25)



% Infants exclusively breastfed 0-5 months

0-5 years, 2015-2022





Percent of population who cannot afford a healthy diet

50 40 % 30 20 10 0 Bhutan Thailand Maldives Nepal Sri Lanka Indonesia Bangladesh India Myanmar Area covered: National The Food Systems Dashboard. The Global Alliance for Improved Nutrition (GAIN), The Columbia Climate School, and Cornell University References: College of Agriculture and Life Sciences. 2024. Geneva, Switzerland. https://www.foodsystemsdashboard.org. DOI: https://doi.org/10.36072/db.

Adults, 2022



Oesophageal cancer









Breast cancer

Women, 2022

Age 20 Age 20+



Definitions:

Incidence per 100,000



Colorectal cancer









Pancreatic cancer









Gallbladder cancer









Kidney cancer









Cancer of the uterus





Raised blood pressure

Adults, 2015





Men, 2015



Definitions:

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





Definitions:

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



Raised cholesterol

Adults, 2008













Raised fasting blood glucose









Diabetes prevalence

Adults, 2024



Diabetes Federation, 2025. http://www.diabetesatlas.org



Ovarian Cancer

Women, 2022



Definitions:

Incidence per 100,000



Leukemia

Men, 2022											
4											
3											
2											
1											
0											
⁻¹ _1	0	1	2	3	4	5	6				
Age: Area covered:							20+ 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: <u>https://gco.iarc.who.int/today</u> , accessed [16.07.24]										
Definitions:						Incidence p	er 100,000				
	Unless ot	herwise noted, overw	eight refers to a BMI b	between 25kg and 29.	.9kg/m², obesity refer	s to a BMI greater tha	n 30kg/m².				



4							
3							
2							
1							
0							
-1 -1							
_	0	1	2	3	4	5	6
Age: Area covered:							20+ National
References:					Znaor A, Soerjomataran n Cancer. Available fron		oal Cancer . <u>int/today</u> ,
Definitions:						Incidence pe	r 100,000
	Unless othe	rwise noted, overw	eight refers to a BMI	between 25kg and 2	9.9kg/m², obesity refers	to a BMI greater thar	1 30kg/m².



Liver and intrahepatic bile duct Cancer



70







Multiple Myeloma

Men, 2022



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

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







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