## Report card
### Sudan

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Obesity prevalence

Adults, 2016

Survey type: Measured
Age: 18-69
Sample size: 8145
Area covered: National

References: SUDAN STEPS 2016 FACTSHEET [https://www.who.int/ncds/surveillance/steps/Sudan-2016-STEP5-factsheet.pdf?ua=1](https://www.who.int/ncds/surveillance/steps/Sudan-2016-STEP5-factsheet.pdf?ua=1) (last accessed 05.11.19)

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
Children, 2016

Survey type: Measured
Age: 6-14
Sample size: 1223
Area covered: National
Notes: WHO cut-offs used.
Cutoffs: WHO
Overweight/obesity by education

Adults, 2010

Survey type: Measured
Age: 25-64
Sample size: 341
Area covered: National


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

Children, 2010

Age: 11-17


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, 2010

<table>
<thead>
<tr>
<th>Country</th>
<th>% insufficient physical activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lebanon</td>
<td>63.0</td>
</tr>
<tr>
<td>Tunisia</td>
<td>76.0</td>
</tr>
<tr>
<td>Kuwait</td>
<td>74.0</td>
</tr>
<tr>
<td>UAE</td>
<td>66.0</td>
</tr>
<tr>
<td>Oman</td>
<td>64.0</td>
</tr>
<tr>
<td>Libya</td>
<td>63.0</td>
</tr>
<tr>
<td>Iraq</td>
<td>63.0</td>
</tr>
<tr>
<td>Egypt</td>
<td>64.0</td>
</tr>
<tr>
<td>Djibouti</td>
<td>64.0</td>
</tr>
<tr>
<td>Jordan</td>
<td>65.0</td>
</tr>
<tr>
<td>Yemen</td>
<td>65.0</td>
</tr>
<tr>
<td>Morocco</td>
<td>66.0</td>
</tr>
<tr>
<td>Syria</td>
<td>67.0</td>
</tr>
<tr>
<td>Pakistan</td>
<td>68.0</td>
</tr>
<tr>
<td>Qatar</td>
<td>70.0</td>
</tr>
<tr>
<td>Sudan</td>
<td>90.0</td>
</tr>
</tbody>
</table>

Age: 11-17


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, 2010

% insufficient physical activity

<table>
<thead>
<tr>
<th>Country</th>
<th>% Insufficient Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lebanon</td>
<td>80</td>
</tr>
<tr>
<td>UAE</td>
<td>80</td>
</tr>
<tr>
<td>Yemen</td>
<td>80</td>
</tr>
<tr>
<td>Libya</td>
<td>80</td>
</tr>
<tr>
<td>Tunisia</td>
<td>80</td>
</tr>
<tr>
<td>Jordan</td>
<td>80</td>
</tr>
<tr>
<td>Djibouti</td>
<td>80</td>
</tr>
<tr>
<td>Morocco</td>
<td>80</td>
</tr>
<tr>
<td>Oman</td>
<td>80</td>
</tr>
<tr>
<td>Pakistan</td>
<td>80</td>
</tr>
<tr>
<td>Iraq</td>
<td>80</td>
</tr>
<tr>
<td>Qatar</td>
<td>90</td>
</tr>
<tr>
<td>Sudan</td>
<td>90</td>
</tr>
<tr>
<td>Syria</td>
<td>90</td>
</tr>
<tr>
<td>Egypt</td>
<td>90</td>
</tr>
<tr>
<td>Kuwait</td>
<td>90</td>
</tr>
</tbody>
</table>

Age: 11-17


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)
Average daily frequency of carbonated soft drink consumption

Children, 2009-2015

Survey type: Measured
Age: 12-17

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


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

Definitions: Prevalence of less-than-daily vegetable consumption (% less-than-daily vegetable consumption)
Average weekly frequency of fast food consumption

Children, 2009-2015

Age: 12-17

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

<table>
<thead>
<tr>
<th>Country</th>
<th>g/day</th>
</tr>
</thead>
<tbody>
<tr>
<td>Morocco</td>
<td>0</td>
</tr>
<tr>
<td>Lebanon</td>
<td>0.1</td>
</tr>
<tr>
<td>Afghanistan</td>
<td>0.1</td>
</tr>
<tr>
<td>Yemen</td>
<td>0.2</td>
</tr>
<tr>
<td>Jordan</td>
<td>0.2</td>
</tr>
<tr>
<td>Pakistan</td>
<td>0.2</td>
</tr>
<tr>
<td>Sudan</td>
<td>0.3</td>
</tr>
<tr>
<td>Syria</td>
<td>0.4</td>
</tr>
<tr>
<td>Libya</td>
<td>0.4</td>
</tr>
<tr>
<td>Palestine</td>
<td>0.5</td>
</tr>
<tr>
<td>Bahrain</td>
<td>0.5</td>
</tr>
<tr>
<td>Iraq</td>
<td>0.6</td>
</tr>
<tr>
<td>Qatar</td>
<td>0.7</td>
</tr>
<tr>
<td>UAE</td>
<td>0.8</td>
</tr>
<tr>
<td>Djibouti</td>
<td>0.8</td>
</tr>
<tr>
<td>Saudi Arabia</td>
<td>0.9</td>
</tr>
<tr>
<td>Kuwait</td>
<td>1.0</td>
</tr>
<tr>
<td>Somalia</td>
<td>1.0</td>
</tr>
<tr>
<td>Oman</td>
<td>11.0</td>
</tr>
<tr>
<td>Egypt</td>
<td>21.0</td>
</tr>
<tr>
<td>South Sudan</td>
<td>35.0</td>
</tr>
</tbody>
</table>

**Survey type:** Measured

**Age:** 25+

**References:** Global Burden of Disease, the Institute for Health Metrics and Evaluation [http://ghdx.healthdata.org/](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

% of population


Definitions: % of population with anxiety disorders
Oesophageal cancer

Men, 2018

Age:


Definitions: Estimated age-standardized incidence rates (World) in 2018, oesophagus, adults ages 20+. ASR (World) per 100,000
Women, 2018

- Libya
- Palestine
- Lebanon
- Syria
- Tunisia
- Iraq
- Jordan
- Morocco
- Egypt
- Saudi Arabia
- Bahrain
- UAE
- Kuwait
- Oman
- Qatar
- Djibouti
- Pakistan
- Sudan
- Iran
- South Sudan
- Yemen
- Afghanistan
- Somalia

Incidence per 100,000

Age: 20+


Definitions: Estimated age-standardized incidence rates (World) in 2018, oesophagus, adults ages 20+. ASR (World) per 100,000
Breast cancer

Women, 2018

Age: 20+

References: Global Cancer Observatory, Cancer incidence rates http://gco.iarc.fr/ (last accessed 30th June 2020)

Definitions: Estimated age-standardized incidence rates (World) in 2018, breast, females, ages 20+. ASR (World) per 100,000
Colorectal cancer

Men, 2018

Age: 20+


Definitions: Estimated age-standardized incidence rates (World) in 2018, colorectum, adults, ages 20+. ASR (World) per 100,000
Women, 2018

Age: 20+


Definitions: Estimated age-standardized incidence rates (World) in 2018, colorectum, adults, ages 20+. ASR (World) per 100,000
Pancreatic cancer

Men, 2018

Incidence per 100,000

Age: 20+

References: Global Cancer Observatory, Cancer incidence rates [http://gco.iarc.fr/] (last accessed 30th June 2020)

Definitions: Estimated age-standardized incidence rates (World) in 2018, pancreas, adults, ages 20+. ASR (World) per 100,000
Women, 2018


Definitions: Estimated age-standardized incidence rates (World) in 2018, pancreas, adults, ages 20+. ASR (World) per 100,000
**Gallbladder cancer**

**Men, 2018**

![Bar chart showing incidence per 100,000 for men aged 20+ in various countries.](chart)

**Age:**

20+


**Definitions:** Estimated age-standardized incidence rates (World) in 2018, gallbladder, adults, ages 20+. ASR (World) per 100,000
Women, 2018

Age: 20+


Definitions: Estimated age-standardized incidence rates (World) in 2018, gallbladder, adults, ages 20+. ASR (World) per 100,000
Kidney cancer

Men, 2018

References: Global Cancer Observatory, Cancer incidence rates [http://gco.iarc.fr/] (last accessed 30th June 2020)

Definitions: Estimated age-standardized incidence rates (World) in 2018, kidney, adults, ages 20+. ASR (World) per 100,000
Women, 2018

Age:


Definitions: Estimated age-standardized incidence rates (World) in 2018, kidney, adults, ages 20+. ASR (World) per 100,000
Cancer of the uterus

Women, 2018

Age: 20+


Definitions: Estimated age-standardized incidence rates (World) in 2018, cervix uteri, females, ages 20+. ASR (World) per 100,000
Raised cholesterol

Adults, 2008


Definitions: % Raised total cholesterol (≥ 5.0 mmol/L) (age-standardized estimate).
Men, 2008


Definitions: % Raised total cholesterol (>= 5.0 mmol/L) (age-standardized estimate).
Women, 2008


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

Men, 2014


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, 2017


Definitions: Diabetes age-adjusted comparative prevalence (%).

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