

# Report card

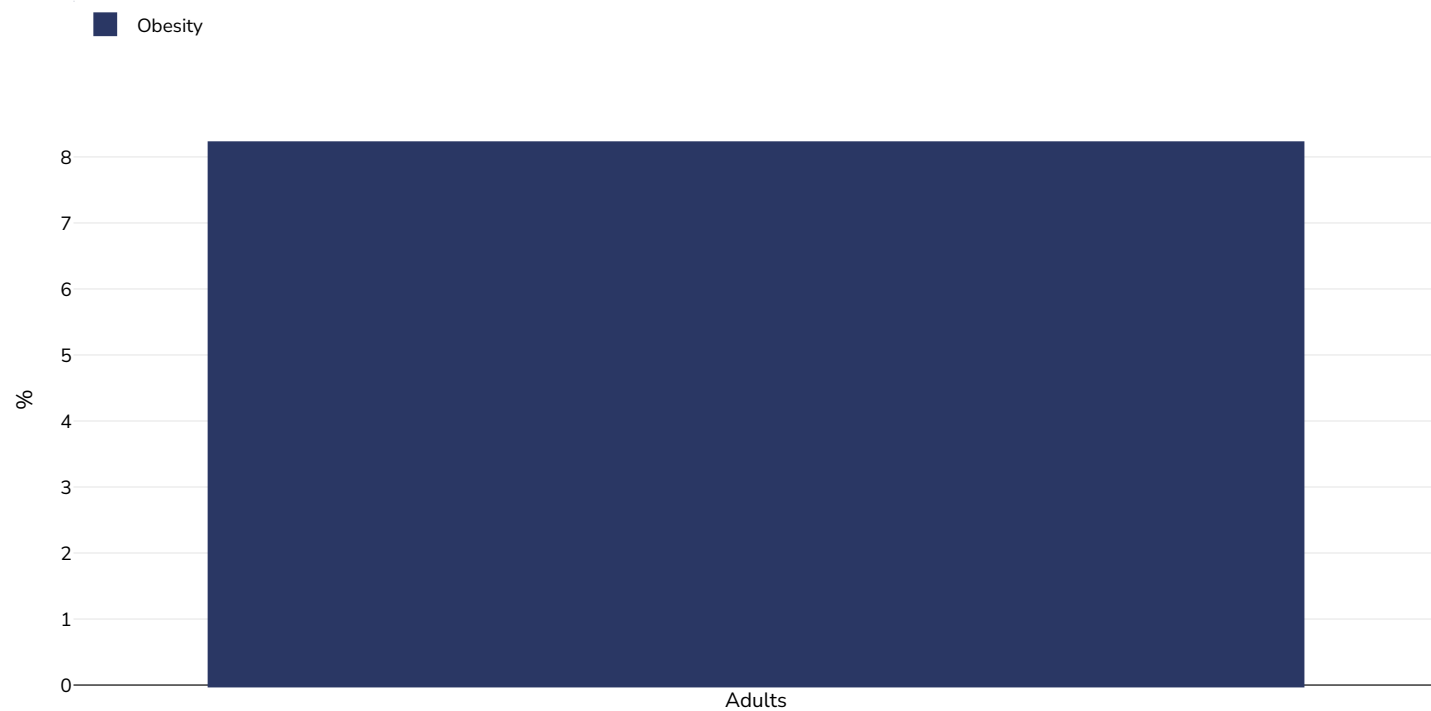
## Taiwan



| Contents                                                                                                           | Page |
|--------------------------------------------------------------------------------------------------------------------|------|
| Obesity prevalence                                                                                                 | 2    |
| Trend: % Adults living with obesity in Taiwan 1993-2013                                                            | 4    |
| Trend: % Adults living with obesity in selected countries in the Asia/Oceania Region 1975-2019, selected countries | 5    |
| Estimated per capita fruit intake                                                                                  | 10   |
| Estimated per-capita processed meat intake                                                                         | 11   |
| Estimated per capita whole grains intake                                                                           | 12   |
| Diabetes prevalence                                                                                                | 13   |
| Contextual factors                                                                                                 | 14   |

## Obesity prevalence

### Adults, 2013-2014

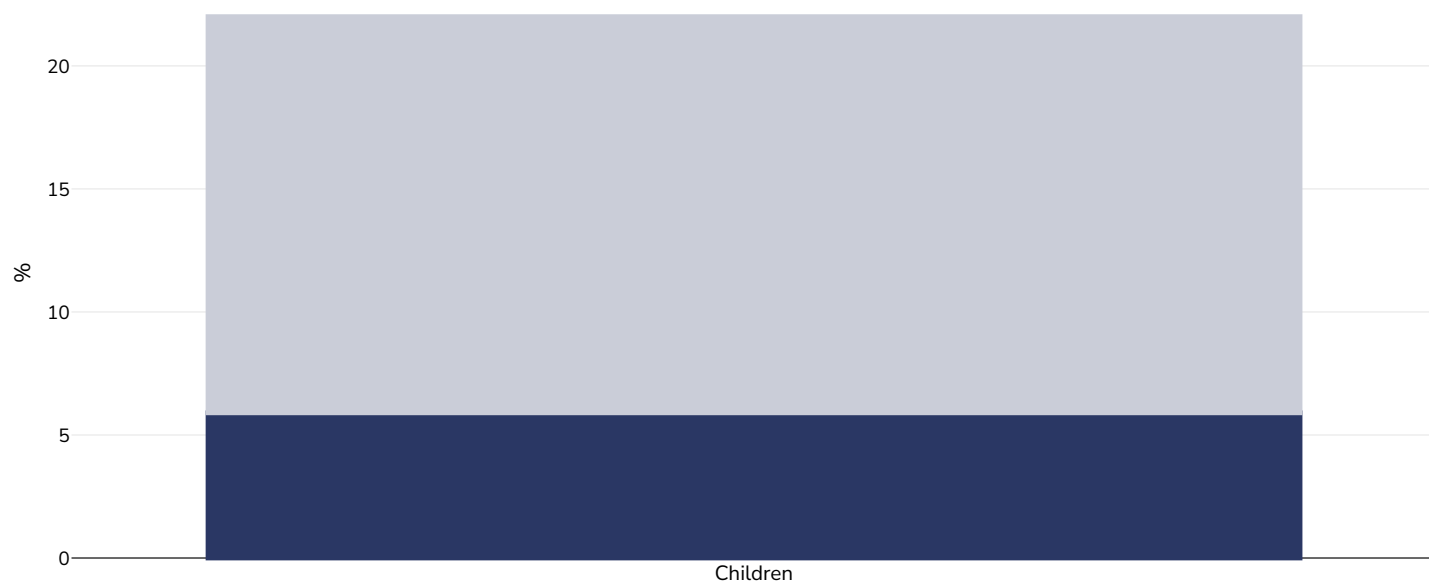


|               |                                                                                                                                                                                                                                |
|---------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Survey type:  | Measured                                                                                                                                                                                                                       |
| Age:          | 19+                                                                                                                                                                                                                            |
| Sample size:  | 1440                                                                                                                                                                                                                           |
| Area covered: | National                                                                                                                                                                                                                       |
| References:   | Chang HC, Yang HC, Chang HY, et al. Morbid obesity in Taiwan: Prevalence, trends, associated social demographics, and lifestyle factors. PLoS One. 2017;12(2):e0169577. Published 2017 Feb 2. doi:10.1371/journal.pone.0169577 |
| Definitions:  | Taiwanese cutoffs shown for BMI greater than or equal to 30kg/m <sup>2</sup> to allow comparison with standard WHO cutoffs.                                                                                                    |

*Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m<sup>2</sup>, obesity refers to a BMI greater than 30kg/m<sup>2</sup>.*

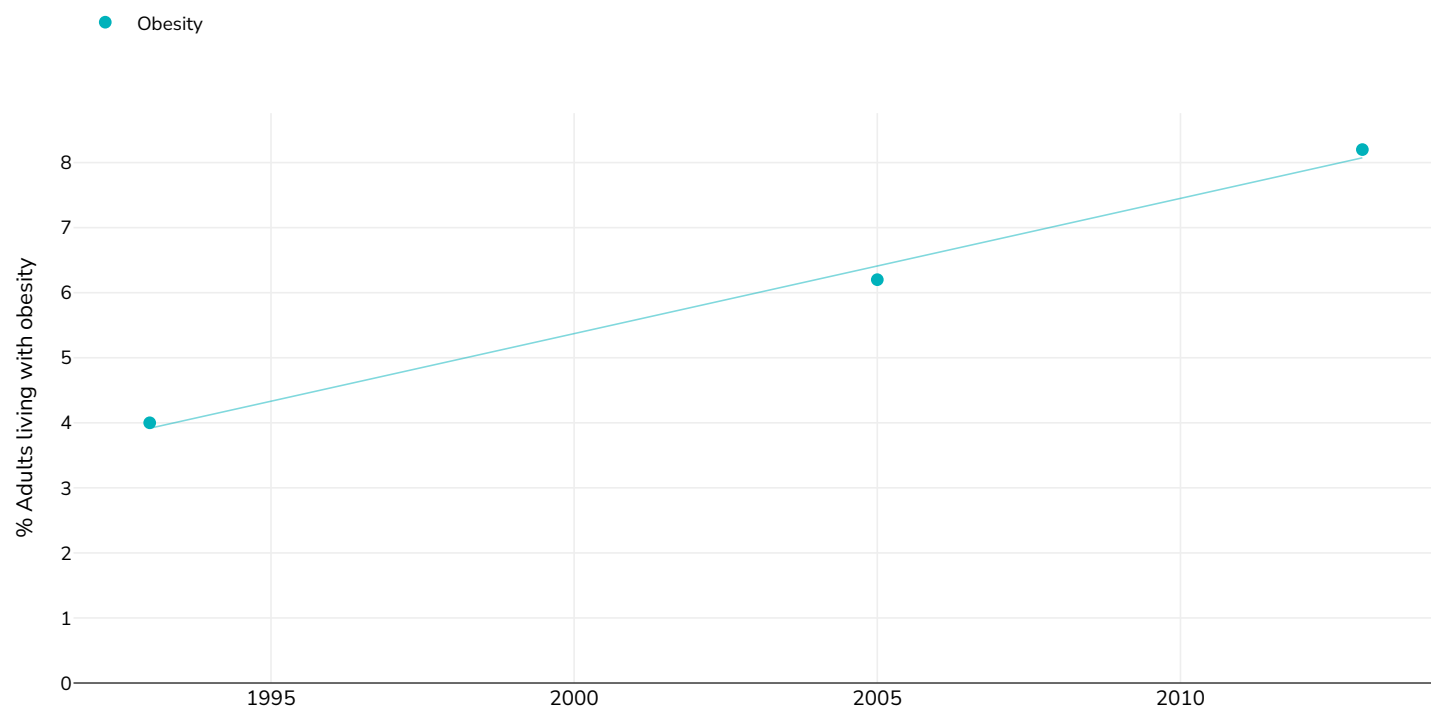
## Children, 2006-2007

■ Obesity ■ Overweight



|               |                                                                                                                                                                                                                                                     |
|---------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Survey type:  | Measured                                                                                                                                                                                                                                            |
| Age:          | 10-18                                                                                                                                                                                                                                               |
| Sample size:  | 29313                                                                                                                                                                                                                                               |
| Area covered: | National                                                                                                                                                                                                                                            |
| References:   | Hsu YW, Liou TH, Liou YM, Chen HJ, Chien LY. Measurements and profiles of body weight misperceptions among Taiwanese teenagers: a national survey. <i>Asia Pac J Clin Nutr.</i> 2016;25(1):108-17. doi: 10.6133/apjcn.2016.25.2.08. PMID: 26965769. |
| Notes:        | Also has prevalence by of based on recommended BMI classification according to the Health Promotion Administration, Ministry of Health and Welfare.                                                                                                 |
| Cutoffs:      | IOTF                                                                                                                                                                                                                                                |

## % Adults living with obesity in Taiwan 1993-2013



Survey type: Measured

References: Chang HC, Yang HC, Chang HY, et al. Morbid obesity in Taiwan: Prevalence, trends, associated social demographics, and lifestyle factors. PLoS One. 2017;12(2):e0169577. Published 2017 Feb 2. doi:10.1371/journal.pone.0169577

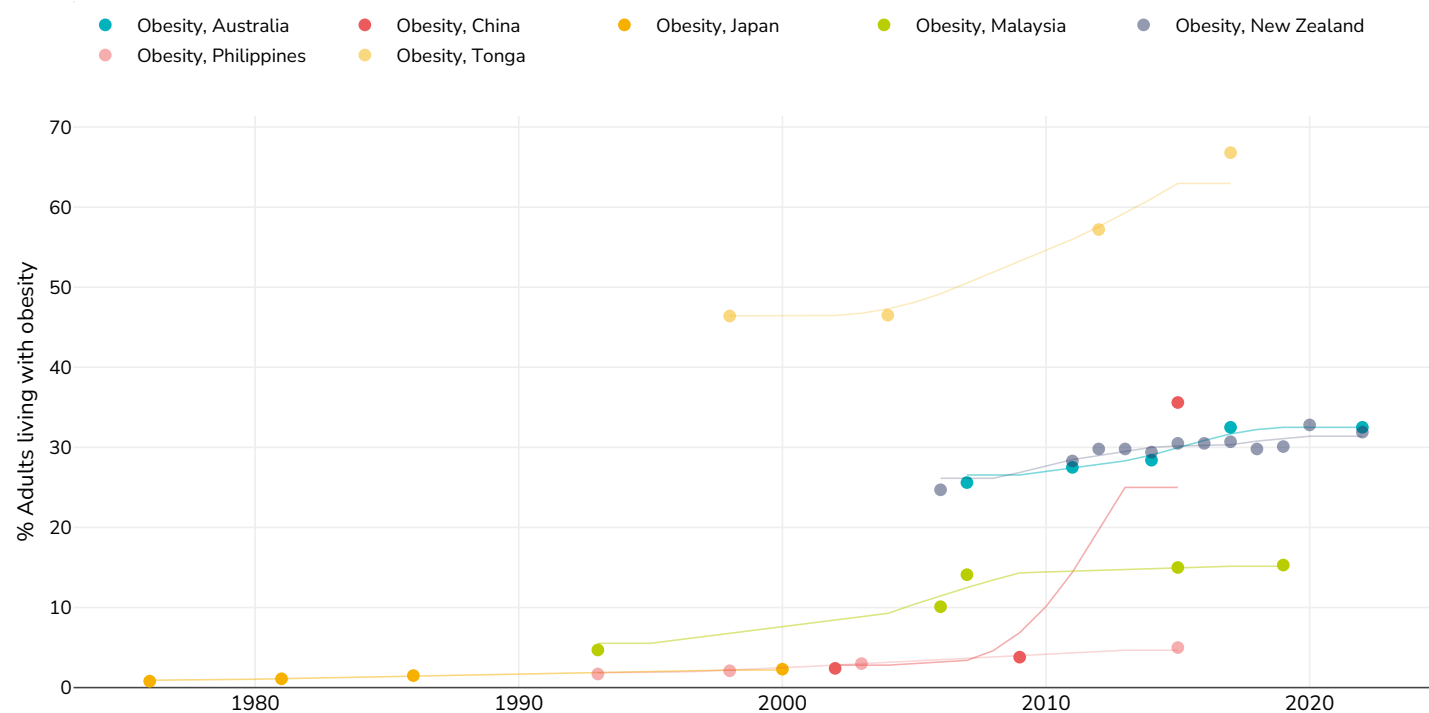
Definitions: Other Cut offs available

*Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m<sup>2</sup>, obesity refers to a BMI greater than 30kg/m<sup>2</sup>.*

*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 obesity in selected countries in the Asia/Oceania  
Region 1975-2019, selected countries**

## Men



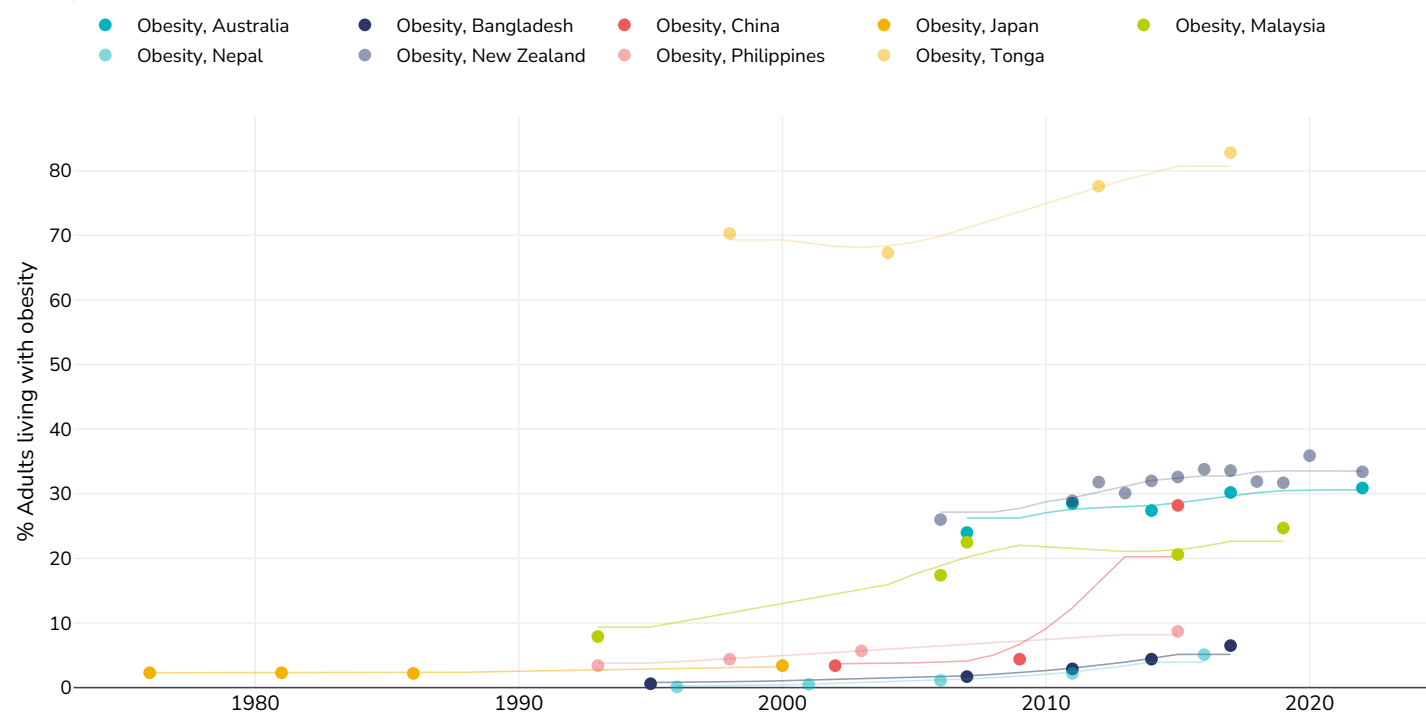
References:

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- 1993: Solon FS. Nutrition related chronic diseases in the Philippines. Makati city, Philippines: Nutrition Center of the Philippines Report Series, vol 2, No.1, cited in Reference 53
- 1995, 1996: Martorell R, Khan LK, Hughes ML, Grummer Strawn LM. Obesity in women from developing countries. *EJCN* (2000) 54:247-252
- 1998: Colaguir S, Colagiuri R, Na'ati S, Muimuiheata S, Hussain Z and Palau T. (2002). The prevalence of diabetes in the Kingdom of Tonga. *Diabetes care*, 25: 1378 - 1383.
- 2000: Asia Pacific Cohort Studies Collaboration. The burden of overweight and obesity in the Asia-Pacific region. *Obesity Reviews* 2007;8:191-196.
- 2001: SCN (2004). 5th Report on the World Nutrition Situation. Nutrition for Improved Development Outcomes. Appendix 11
- 2002: Report of the 2002 China National Nutrition and Health Survey. 2004. (In Chinese). Chinese Ministry of Public Health (CMPH).
- 2003: <http://www.fnri.dost.gov.ph/files/fnri%20files/nns/factsandfigures2003/anthropometric.pdf> (last accessed June 14th 2011)
- 2004: Tonga STEPS Survey 2004
- 2005, 2013: Chang HC, Yang HC, Chang HY, et al. Morbid obesity in Taiwan: Prevalence, trends, associated social demographics, and lifestyle factors. *PLoS One*. 2017;12(2):e0169577. Published 2017 Feb 2. doi:10.1371/journal.pone.0169577
- 2006: Ministry of Health and Population - MOHP/Nepal, New ERA/Nepal, and Macro International. 2007. Nepal Demographic and Health Survey 2006. Kathmandu, Nepal: MOHP/Nepal, New ERA/Nepal, and Macro International.
- 2007: National Institute of Population Research and Training (NIPORT), Mitra and Associates, and Macro International. 2008. Bangladesh Demographic and Health Survey 2007: Key Findings. Calverton, Maryland, USA: NIPORT, Mitra and Associates, and Macro International.
- 2009: Yan, S., Li, J., Li, S., Zhang, B., Du, S., Gordon-Larsen, P., Adair, L. and Popkin, B. (2012), The expanding burden of cardiometabolic risk in China: the China Health and Nutrition Survey. *Obesity Reviews*. doi: 10.1111/obr.11467

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## Women



References:

1976, 1981, 1986: Yoshiike N, Seino F, Tajima S, Arai Y, Kawano M, Furuhashi T, Inoue S. Twenty-year changes in the prevalence of overweight in Japanese adults: The National Nutrition Survey 1976-95. *Obesity Reviews* 2002;3:183-190

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2002: Report of the 2002 China National Nutrition and Health Survey. 2004. (In Chinese). Chinese Ministry of Public Health (CMPH).

2003: <http://www.fnri.dost.gov.ph/files/fnri%20files/nns/factsandfigures2003/anthropometric.pdf> (last accessed June 14th 2011)

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2006: Ministry of Health and Population - MOHP/Nepal, New ERA/Nepal, and Macro International. 2007. Nepal Demographic and Health Survey 2006. Kathmandu, Nepal: MOHP/Nepal, New ERA/Nepal, and Macro International.

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2009: Yan, S., Li, J., Li, S., Zhang, B., Du, S., Gordon-Larsen, P., Adair, L. and Popkin, B. (2012), The expanding burden of cardiometabolic risk in China: the China Health and Nutrition Survey. *Obesity Reviews*. doi: 10.1111/obr.11467

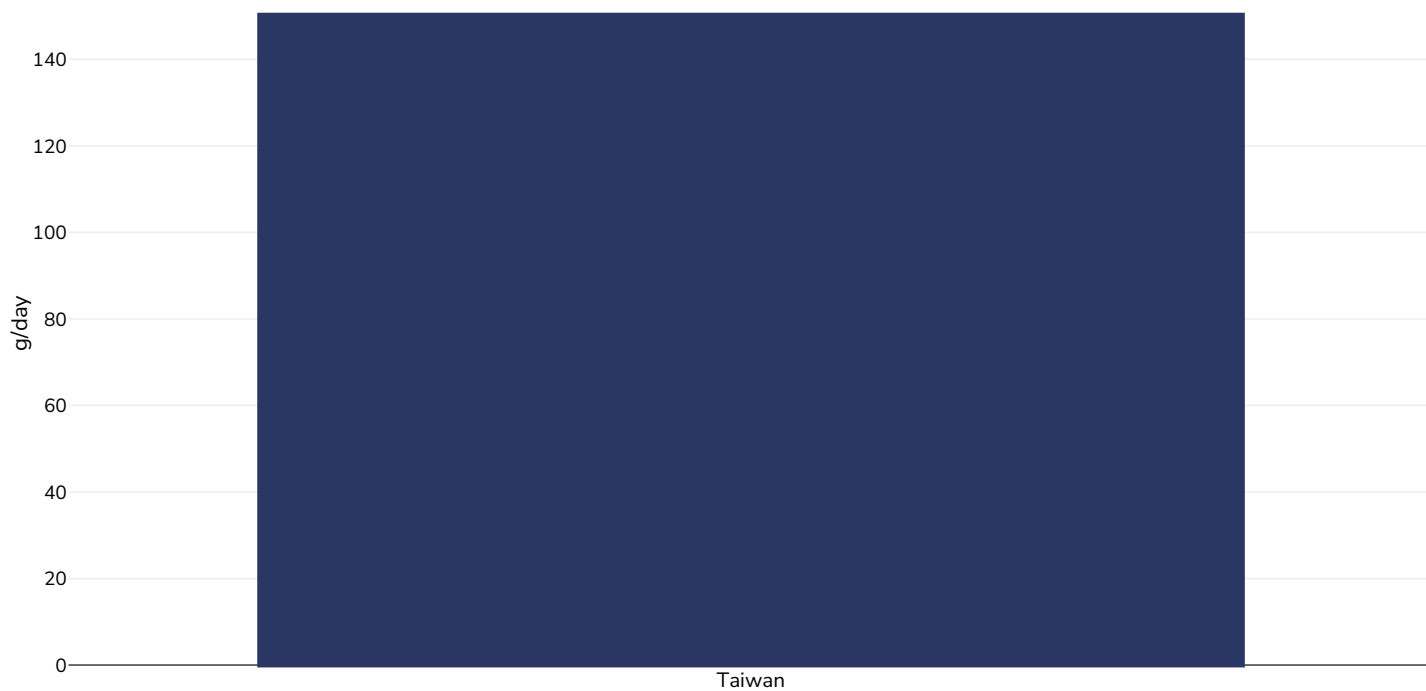


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## Estimated per capita fruit intake

Adults, 2017



Survey type: Measured

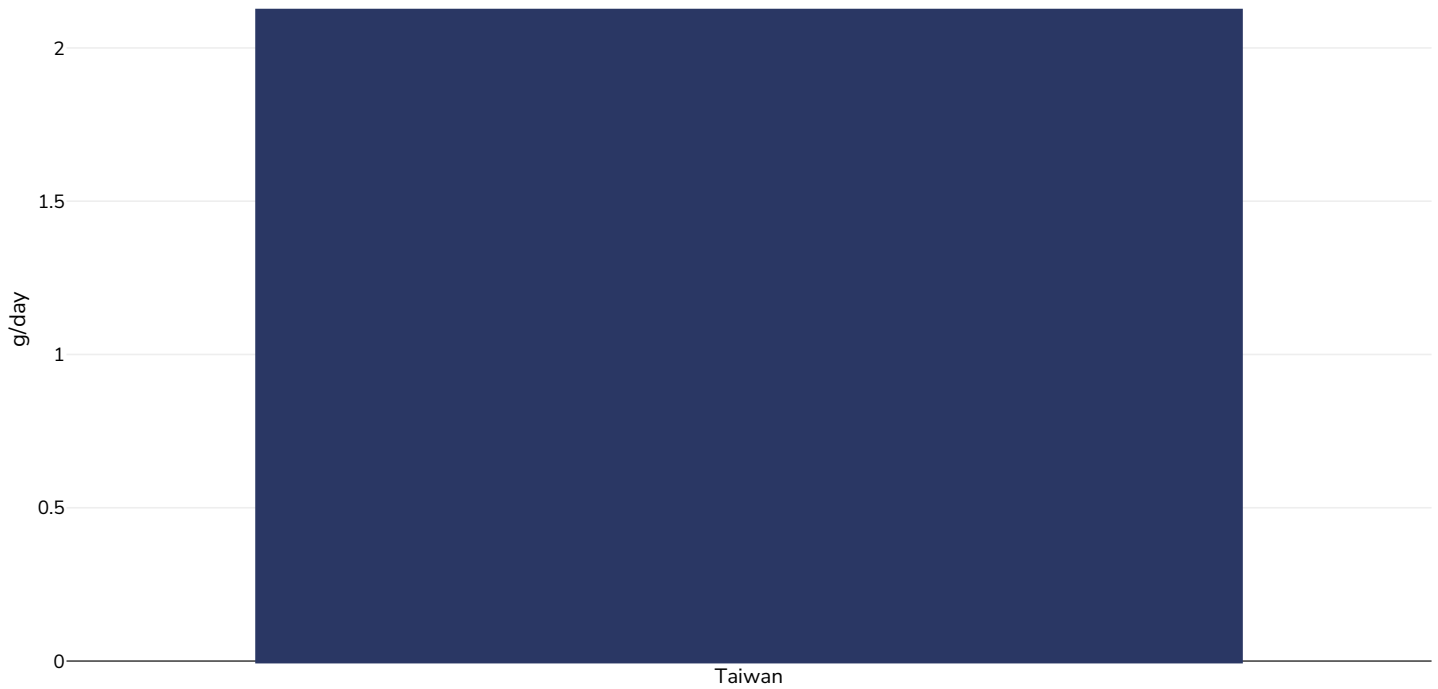
Age: 25+

References: Global Burden of Disease, the Institute for Health Metrics and Evaluation <http://ghdx.healthdata.org/>

Definitions: Estimated per-capita fruit intake (g/day)

## Estimated per-capita processed meat intake

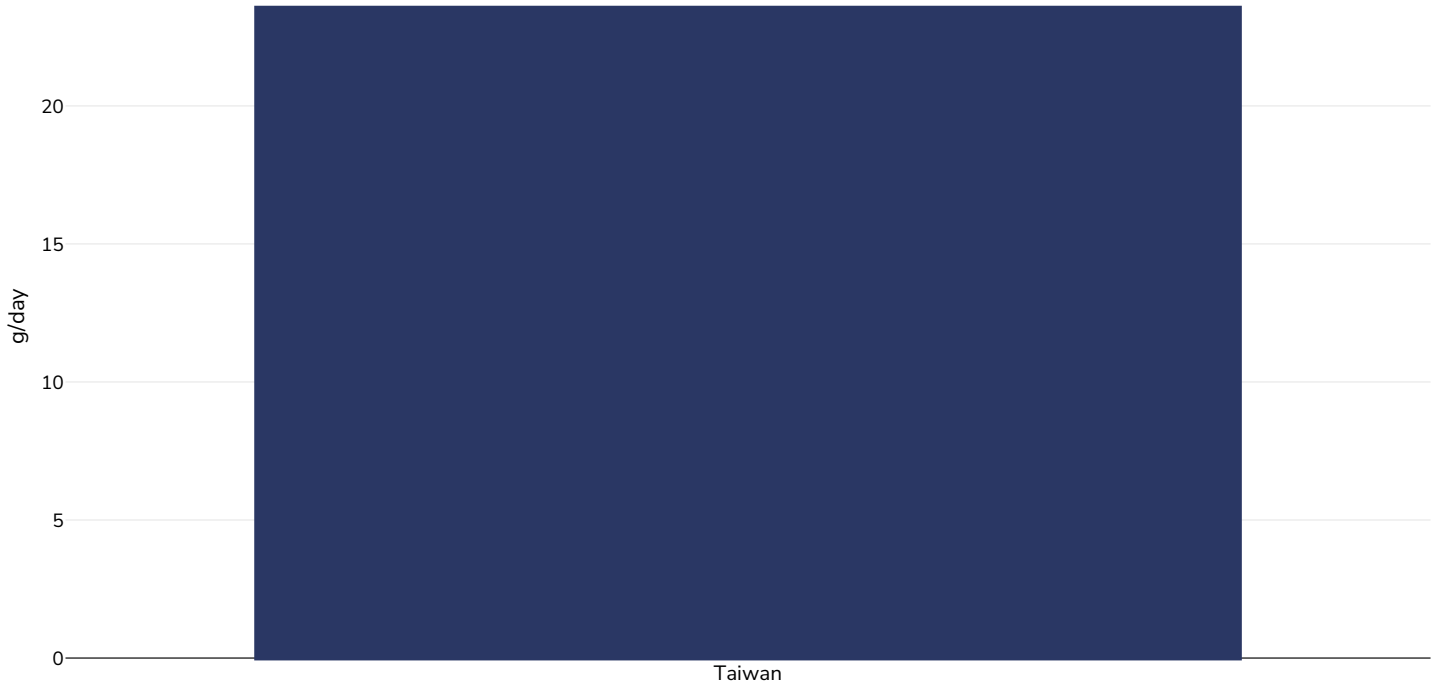
Adults, 2017



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

## 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, %

## 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

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



## 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 | ✓ <sub>v</sub> Present<br>(voluntary) | ✓ Incoming | ✗ Absent | ? Unknown |
|-----------|---------------------------------------|------------|----------|-----------|

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