WORLD OBESITY

Tajikistan

Country report card

Contents

National obesity risk *7/10This is a composite â??obesity riskâ?? score (out of 10, the highest risk) based on obesity prevalence, rate of increase, likelihood of meeting the 2025 target, treatment indicator and childhood stunting levels.Childhood obesity risk *4.5/11This is a â??risk scoreâ?? for each countryâ??s likelihood of having or acquiring a major childhood obesity problem during the 2020s, taking account of current prevalence levels and risk for future obesity (based on stunting among infants, maternal obesity, maternal smoking, and breastfeeding rates).

* Based on estimated data. For more information see Publications

Obesity prevalence

Women, 2023

■ Obesity ■ Overweight

Survey type:	Measured
Age:	20-49
Sample size:	7,259
Area covered:	National
References:	Agency on Statistics under the President of the Republic of Tajikistan, Ministry of Health and Social Protection of Population of the Republic of Tajikistan and ICF. 2025. Tajikistan Demographic and Health Survey 2023. Dushanbe, Republic of Tajikistan and Rockville, Maryland, USA: Agency on Statistics under the President of the Republic of Tajikistan and ICF. https://dhsprogram.com/publications/publication-FR392-DHS-Final-Reports.cfm [Accessed 21.08.25]

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

Girls, 2023

■ Obesity ■ Overweight

Survey type:	Measured
Age:	15-19
Sample size:	1,597
Area covered:	National
References:	Agency on Statistics under the President of the Republic of Tajikistan, Ministry of Health and Social Protection of Population of the Republic of Tajikistan and ICF. 2025. Tajikistan Demographic and Health Survey 2023. Dushanbe, Republic of Tajikistan and Rockville, Maryland, USA: Agency on Statistics under the President of the Republic of Tajikistan and ICF. https://dhsprogram.com/publications/publication-FR392-DHS-Final-Reports.cfm [Accessed 21.08.25]
Cutoffs:	WHO 2007

0-5 years, 2023

■ Overweight or obesity

Survey type:	Measured
Age:	0-5
Sample size:	5293
Area covered:	National
References:	Tajikistan Demographic and Health Survey 2023
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 Tajikistan 2012-2017

● Obesity, Women

Survey type:	Measured

References:	2012: Statistical Agency under the President of the Republic of Tajikistan - SA/Tajikistan, Ministry of Health - MOH/Tajikistan, and ICF International. 2013. Tajikistan Demographic and Health Survey 2012. Dushanbe, Tajikistan: SA/Tajikistan, MOH/Tajikistan, and ICF International.
	2016: Barth-Jaeggi, T., Zandberg, L., Bahruddinov, M., Kiefer, S., Rahmarulloev, S., & Wyss, K. (2020). Nutritional status of Tajik children and women: Transition towards a double burden of malnutrition. Maternal & child nutrition, 16(2), e12886. https://doi.org/10.1111/mcn.12886
	2017: Statistical Agency under the President of the Republic of Tajikistan, Ministry of Health and Social Protection of Population of the Republic of Tajikistan, and ICF. 2018. Tajikistan Demographic and Health Survey 2017. Dushanbe, Republic of Tajikistan, and Rockville, Maryland, USA: Statistical Agency under the President of the Republic of Tajikistan/SA, Ministry of Health and Social Protection of Population of the Republic of Tajikistan/MOHSP, and ICF.. https://www.dhsprogram.com/pubs/pdf/FR341/FR341.pdf

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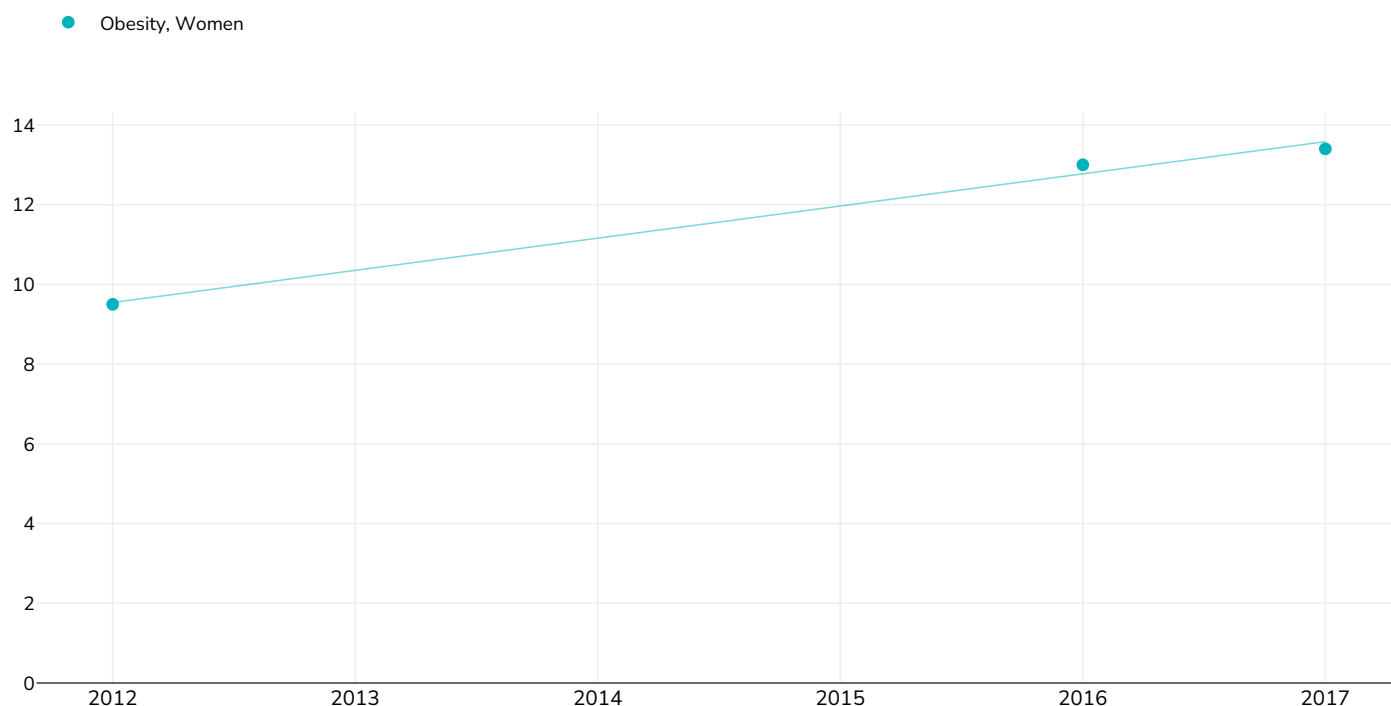
Different methodologies may have been used to collect this data and so data from different surveys may not be strictly comparable. Please check with original data sources for methodologies used.

% Adults living with overweight or obesity in Tajikistan 2012-2017

● Obesity, Women ● Overweight or obesity, Women

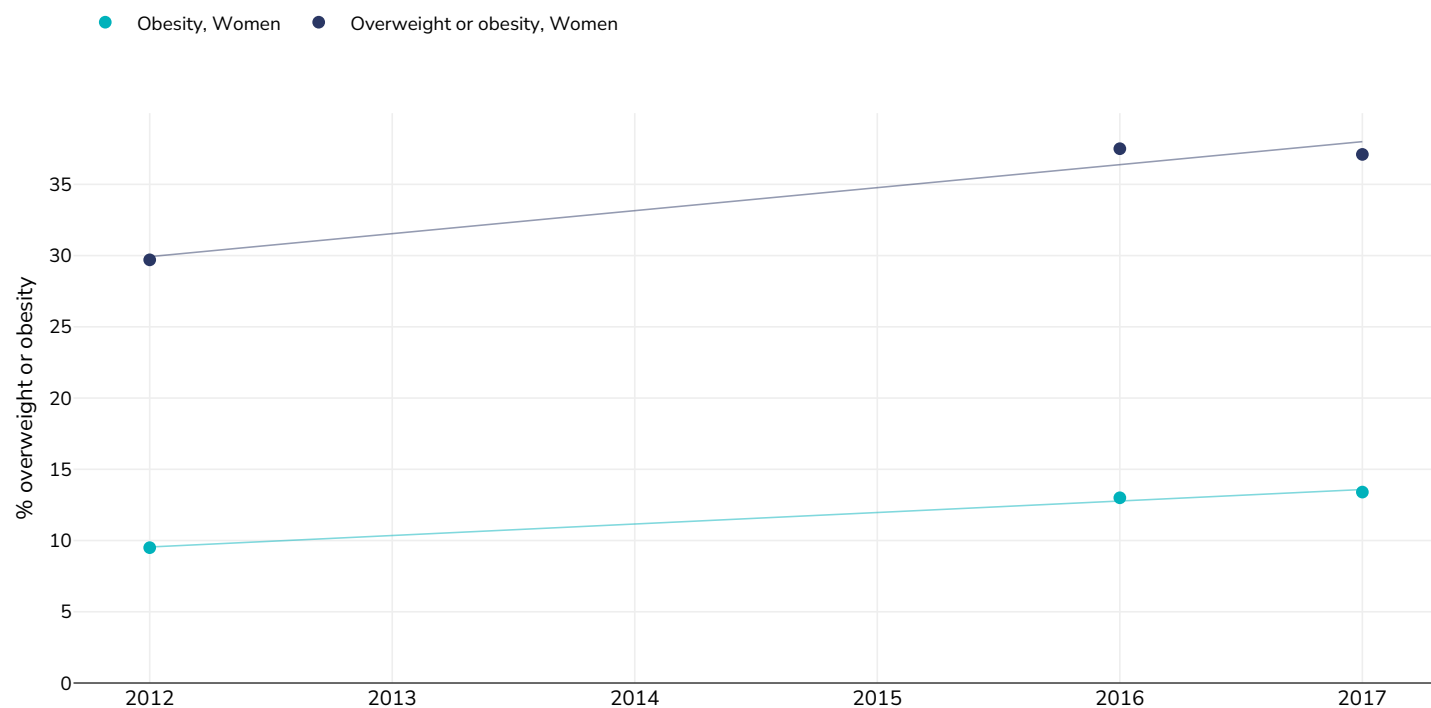| Survey type:	Measured

References:	2012: Statistical Agency under the President of the Republic of Tajikistan - SA/Tajikistan, Ministry of Health - MOH/Tajikistan, and ICF International. 2013. Tajikistan Demographic and Health Survey 2012. Dushanbe, Tajikistan: SA/Tajikistan, MOH/Tajikistan, and ICF International.
	2016: Barth-Jaeggi, T., Zandberg, L., Bahruddinov, M., Kiefer, S., Rahmarulloev, S., & Wyss, K. (2020). Nutritional status of Tajik children and women: Transition towards a double burden of malnutrition. Maternal & child nutrition, 16(2), e12886. https://doi.org/10.1111/mcn.12886
	2017: Statistical Agency under the President of the Republic of Tajikistan, Ministry of Health and Social Protection of Population of the Republic of Tajikistan, and ICF. 2018. Tajikistan Demographic and Health Survey 2017. Dushanbe, Republic of Tajikistan, and Rockville, Maryland, USA: Statistical Agency under the President of the Republic of Tajikistan/SA, Ministry of Health and Social Protection of Population of the Republic of Tajikistan/MOHSP, and ICF.. https://www.dhsprogram.com/pubs/pdf/FR341/FR341.pdf

Notes:	Adults 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, 2023

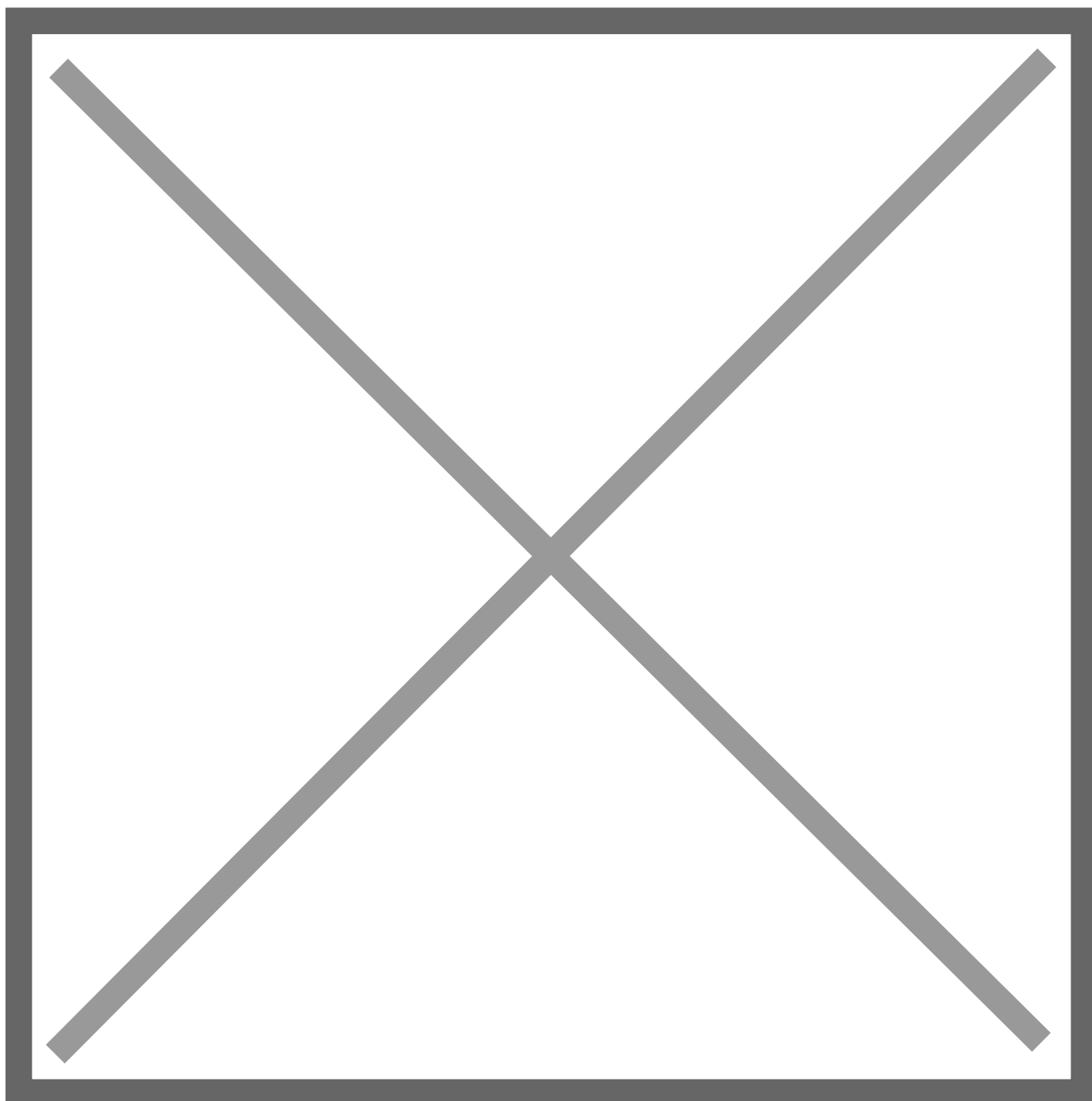| Survey type:	Measured
Age:	20-49
Sample size:	7,259
Area covered:	National
References:	Agency on Statistics under the President of the Republic of Tajikistan, Ministry of Health and Social Protection of Population of the Republic of Tajikistan and ICF. 2025. Tajikistan Demographic and Health Survey 2023. Dushanbe, Republic of Tajikistan and Rockville, Maryland, USA: Agency on Statistics under the President of the Republic of Tajikistan and ICF. https://dhsprogram.com/publications/publication-FR392-DHS-Final-Reports.cfm [Accessed 21.08.25]

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

Girls, 2023

Survey type:	Measured
Age:	15-19
Sample size:	1,205
Area covered:	National
References:	Agency on Statistics under the President of the Republic of Tajikistan, Ministry of Health and Social Protection of Population of the Republic of Tajikistan and ICF. 2025. Tajikistan Demographic and Health Survey 2023. Dushanbe, Republic of Tajikistan and Rockville, Maryland, USA: Agency on Statistics under the President of the Republic of Tajikistan and ICF. https://dhsprogram.com/publications/publication-FR392-DHS-Final-Reports.cfm [Accessed 21.08.25]

Notes:	Sample size too small for adolescent girls with none/primary education
Cutoffs:	WHO 2007

0-5 years, 2023

Survey type:	Measured
Sample size:	5293
Area covered:	National
References:	Statistical Agency under the President of the Republic of Tajikistan, Dushanbe, Republic of Tajikistan, Ministry of Health and Social Protection of Population of the Republic of Tajikistan, Dushanbe, Republic of Tajikistan, and The DHS Program, ICF, Rockville, Maryland, USA. Available at https://www.dhsprogram.com/pubs/pdf/PR155/PR155eng.pdf (last accessed 04.02.25)

Cutoffs: +2 SD

Overweight/obesity by age

Women, 2023

■ Obesity　■ Overweight

Survey type:	Measured
Sample size:	8,856
Area covered:	National
References:	Agency on Statistics under the President of the Republic of Tajikistan, Ministry of Health and Social Protection of Population of the Republic of Tajikistan and ICF. 2025. Tajikistan Demographic and Health Survey 2023. Dushanbe, Republic of Tajikistan and Rockville, Maryland, USA: Agency on Statistics under the President of the Republic of Tajikistan and ICF. https://dhsprogram.com/publications/publication-FR392-DHS-Final-Reports.cfm [Accessed 21.08.25]
Definitions:	WHO 2007 cutoffs used for adolescent girls aged 15-19

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

Children, 2021-2022

■ Overweight or obesity
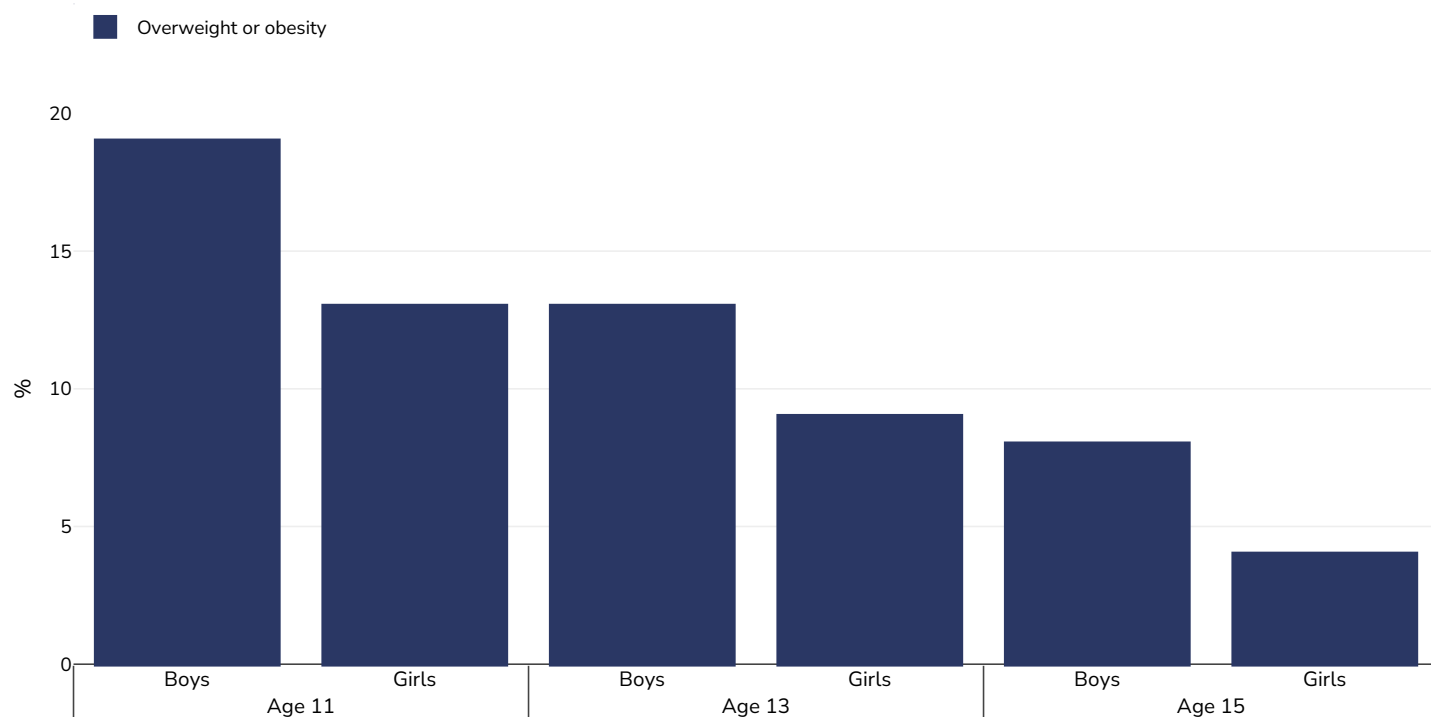
Survey type:	Self-reported
Area covered:	See Report
References:	RakiÃ?â?¡ JG, Hamrik Z, Dzielska A, Felder-Puig R, Oja L, Bakalár P et al. A focus on adolescent physical activity, eating behaviours, weight status and body image in Europe, central Asia and Canada. Health Behaviour in School-aged Children (HBSC) international report from the 2021/2022 survey. Volume 4. Copenhagen: WHO Regional Office for Europe; 2024. 'Any translation was not created by the World Health Organization (WHO). WHO is not responsible for the content or accuracy of this translation. The original English edition shall be the binding and authentic edition'
Notes:	HBSC aims to survey approximately 1500 pupils per age group in each country or region (totaling around 4500)
Cutoffs:	+2SD

Overweight/obesity by region

Women, 2023

■ Obesity　■ Overweight

Survey type:	Measured
Age:	20-49
Sample size:	7,259
Area covered:	National
References:	Agency on Statistics under the President of the Republic of Tajikistan, Ministry of Health and Social Protection of Population of the Republic of Tajikistan and ICF. 2025. Tajikistan Demographic and Health Survey 2023. Dushanbe, Republic of Tajikistan and Rockville, Maryland, USA: Agency on Statistics under the President of the Republic of Tajikistan and ICF. https://dhsprogram.com/publications/publication-FR392-DHS-Final-Reports.cfm [Accessed 21.08.25]
Definitions:	GBAO: Gorno-Badakhshan Autonomous Oblast. DRS: Districts of Republican Subordination.

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
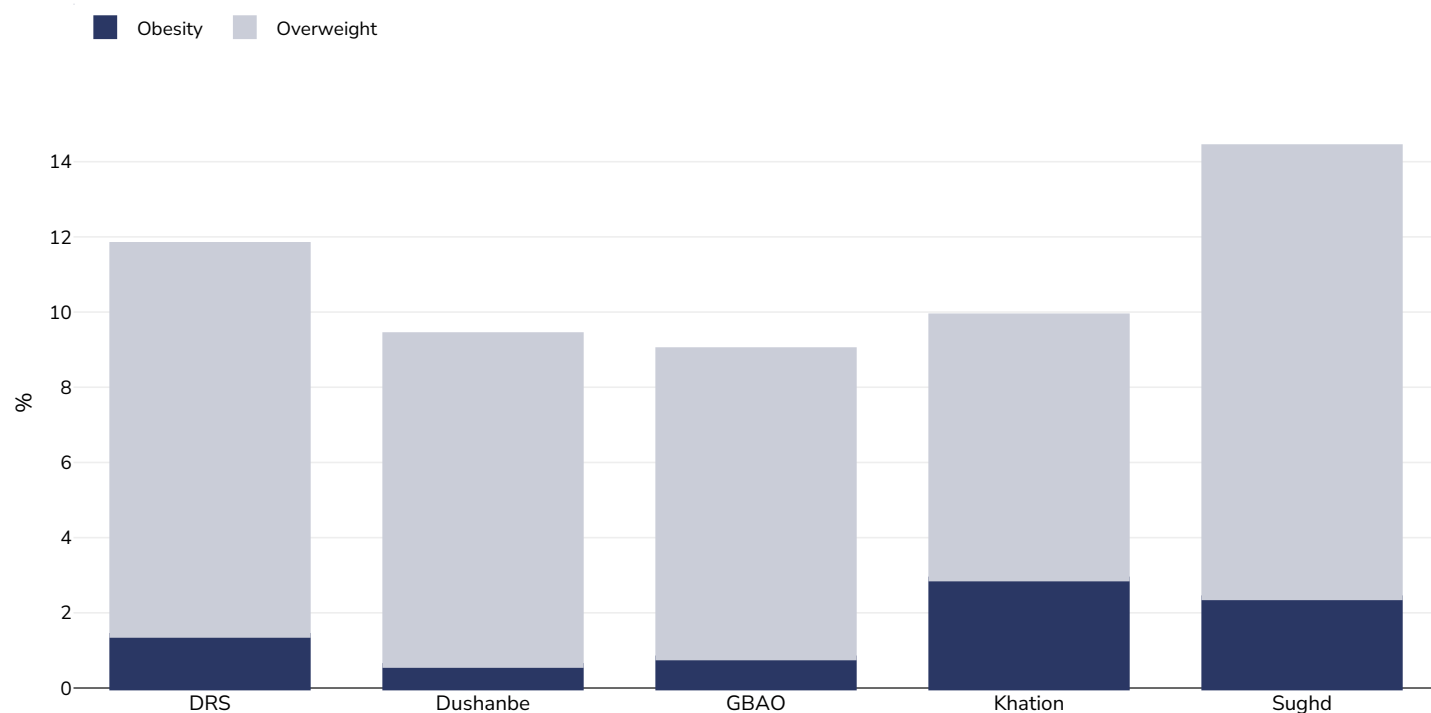
Girls, 2023

■ Obesity　■ Overweight

Survey type:	Measured
Age:	15-19
Sample size:	1,597
Area covered:	National
References:	Agency on Statistics under the President of the Republic of Tajikistan, Ministry of Health and Social Protection of Population of the Republic of Tajikistan and ICF. 2025. Tajikistan Demographic and Health Survey 2023. Dushanbe, Republic of Tajikistan and Rockville, Maryland, USA: Agency on Statistics under the President of the Republic of Tajikistan and ICF. https://dhsprogram.com/publications/publication-FR392-DHS-Final-Reports.cfm [Accessed 21.08.25]
Definitions:	GBAO: Gorno-Badakhshan Autonomous Oblast. DRS: Districts of Republican Subordination.
Cutoffs:	WHO 2007

0-5 years, 2023

■ Overweight or obesity

Survey type:	Measured
Sample size:	5345
Area covered:	National
References:	Statistical Agency under the President of the Republic of Tajikistan, Dushanbe, Republic of Tajikistan, Ministry of Health and Social Protection of Population of the Republic of Tajikistan, Dushanbe, Republic of Tajikistan, and The DHS Program, ICF, Rockville, Maryland, USA. Available at https://www.dhsprogram.com/pubs/pdf/PR155/PR155eng.pdf (last accessed 04.02.25)
Cutoffs:	+2 SD

Overweight/obesity by socio-economic group

Women, 2023

■ Obesity   ■ Overweight

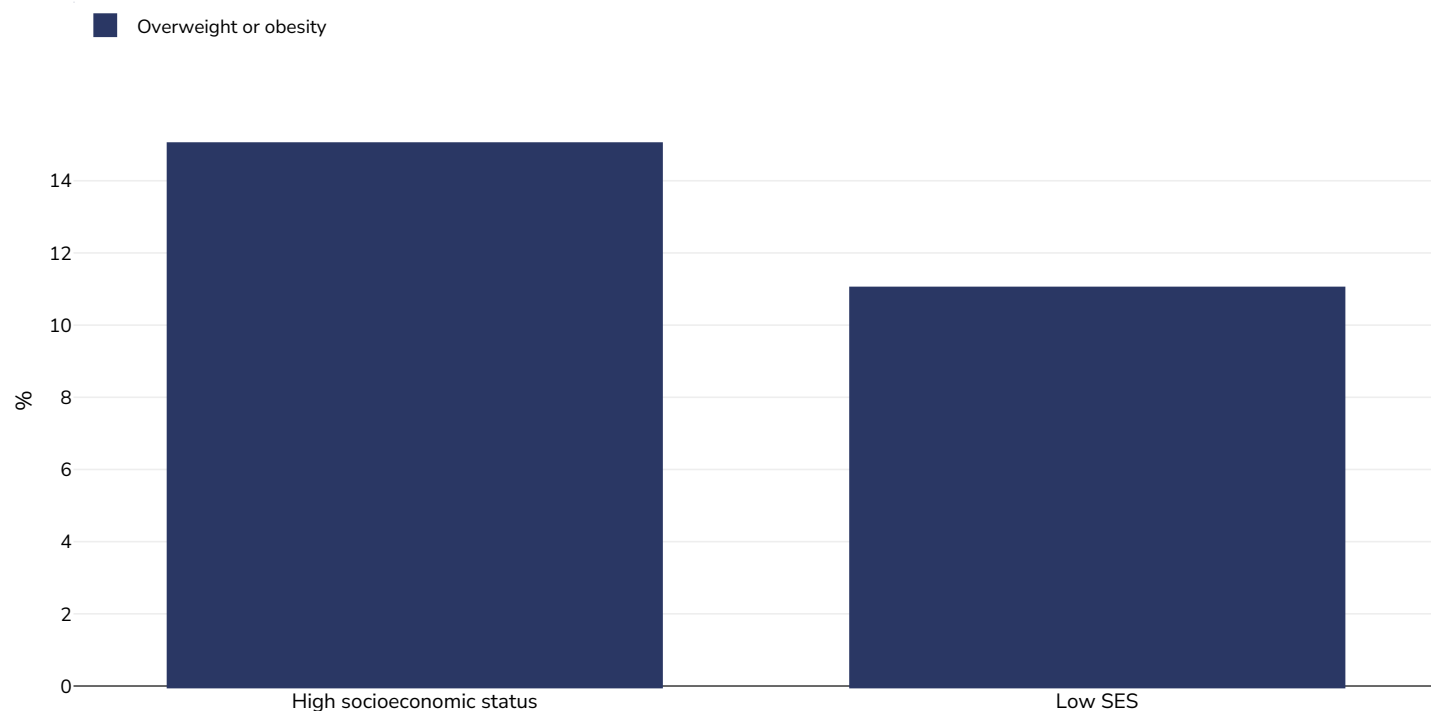| Survey type:	Measured
Age:	15-19
Sample size:	1,205
Area covered:	National
References:	Agency on Statistics under the President of the Republic of Tajikistan, Ministry of Health and Social Protection of Population of the Republic of Tajikistan and ICF. 2025. Tajikistan Demographic and Health Survey 2023. Dushanbe, Republic of Tajikistan and Rockville, Maryland, USA: Agency on Statistics under the President of the Republic of Tajikistan and ICF. https://dhsprogram.com/publications/publication-FR392-DHS-Final-Reports.cfm [Accessed 21.08.25]
Definitions:	Wealth quintile
Cutoffs:	WHO 2007

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

Boys, 2021-2022

■ Overweight or obesity

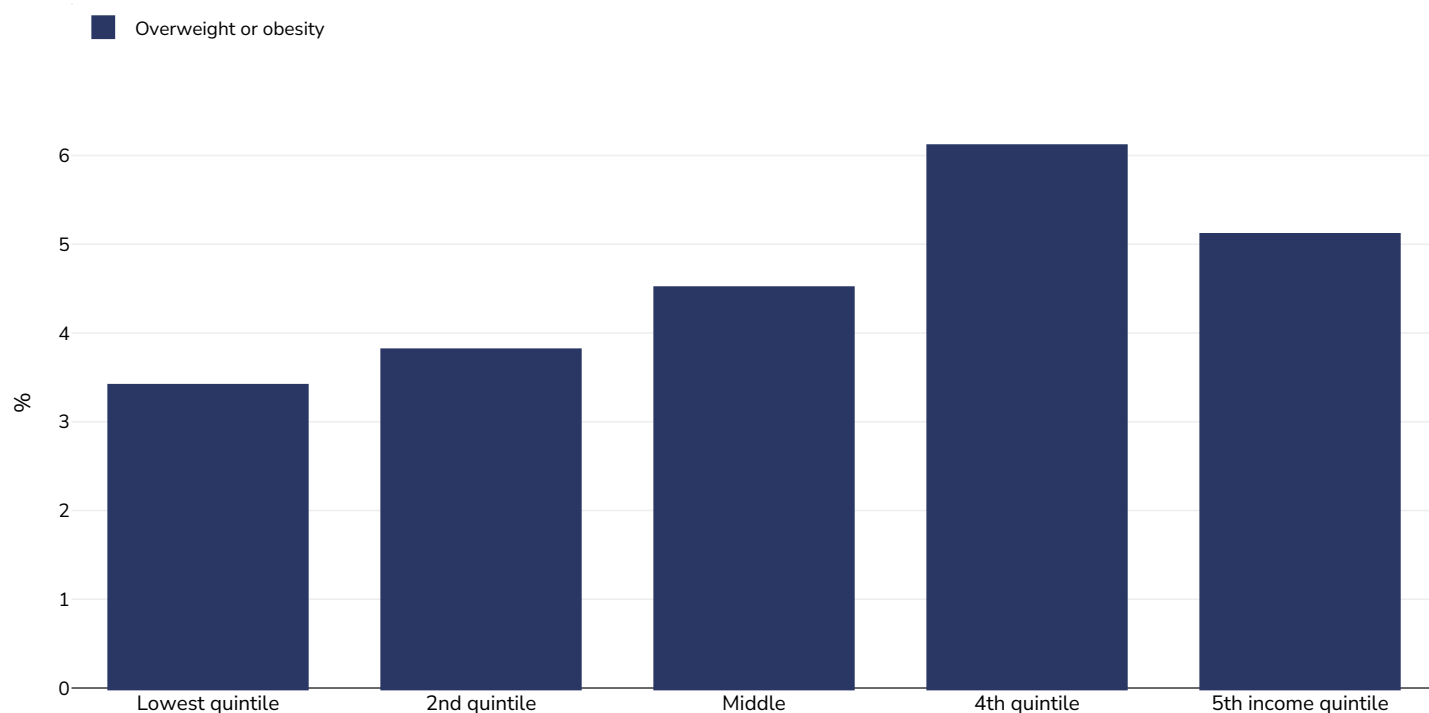| Survey type:	Self-reported
Age:	11-15
References:	Raki? JG, Hamrik Z, Dzielska A, Felder-Puig R, Oja L, Bakalár P et al. A focus on adolescent physical activity, eating behaviours, weight status and body image in Europe, central Asia and Canada. Health Behaviour in School-aged Children (HBSC) international report from the 2021/2022 survey. Volume 4. Copenhagen: WHO Regional Office for Europe; 2024. 'Any translation was not created by the World Health Organization (WHO). WHO is not responsible for the content or accuracy of this translation. The original English edition shall be the binding and authentic edition'
Notes:	Family affluence scaleHBSC aims to survey approximately 1500 pupils per age group in each country or region (totaling around 4500)
Cutoffs:	+2SD

Girls, 2021-2022

■ Overweight or obesity

Survey type:	Self-reported
Age:	11-15
References:	Raki? JG, Hamrik Z, Dzielska A, Felder-Puig R, Oja L, Bakalár P et al. A focus on adolescent physical activity, eating behaviours, weight status and body image in Europe, central Asia and Canada. Health Behaviour in School-aged Children (HBSC) international report from the 2021/2022 survey. Volume 4. Copenhagen: WHO Regional Office for Europe; 2024. 'Any translation was not created by the World Health Organization (WHO). WHO is not responsible for the content or accuracy of this translation. The original English edition shall be the binding and authentic edition'
Notes:	Family affluence scaleHBSC aims to survey approximately 1500 pupils per age group in each country or region (totaling around 4500)
Cutoffs:	+2SD

0-5 years, 2023

■ Overweight or obesity

Survey type:	Measured
Sample size:	5345
Area covered:	National
References:	Statistical Agency under the President of the Republic of Tajikistan, Dushanbe, Republic of Tajikistan, Ministry of Health and Social Protection of Population of the Republic of Tajikistan, Dushanbe, Republic of Tajikistan, and The DHS Program, ICF, Rockville, Maryland, USA. Available at https://www.dhsprogram.com/pubs/pdf/PR155/PR155eng.pdf (last accessed 04.02.25)
Cutoffs:	+2 SD

Double burden of underweight & overweight

Adults, 2022

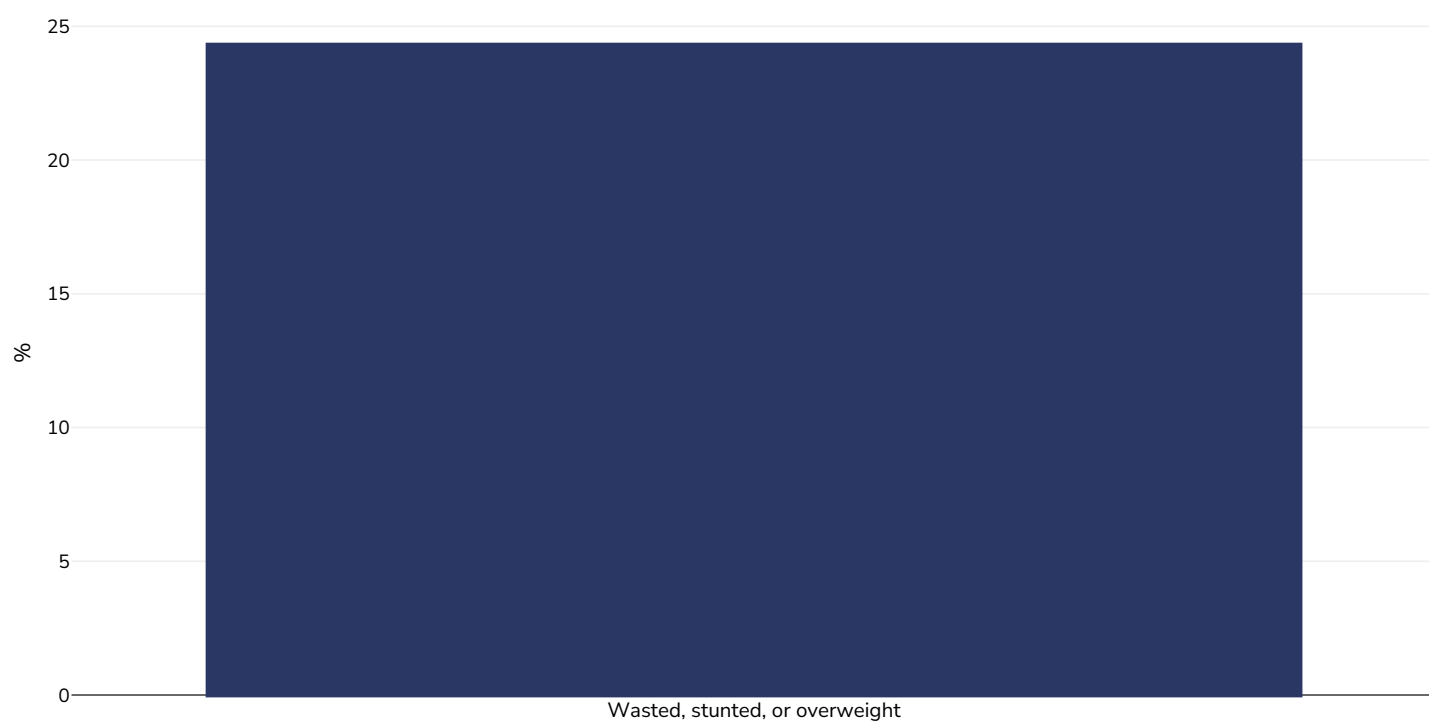| Survey type:	Measured
Age:	20+
References:	NCD Risk Factor Collaboration (NCD-RisC). Worldwide trends in underweight and obesity from 1990 to 2022: a pooled analysis of 3663 population representative studies with 222 million children, adolescents, and adults. Lancet 2024; published online Feb 29. https://doi.org/10.1016/S0140-6736(23)02750-2.
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

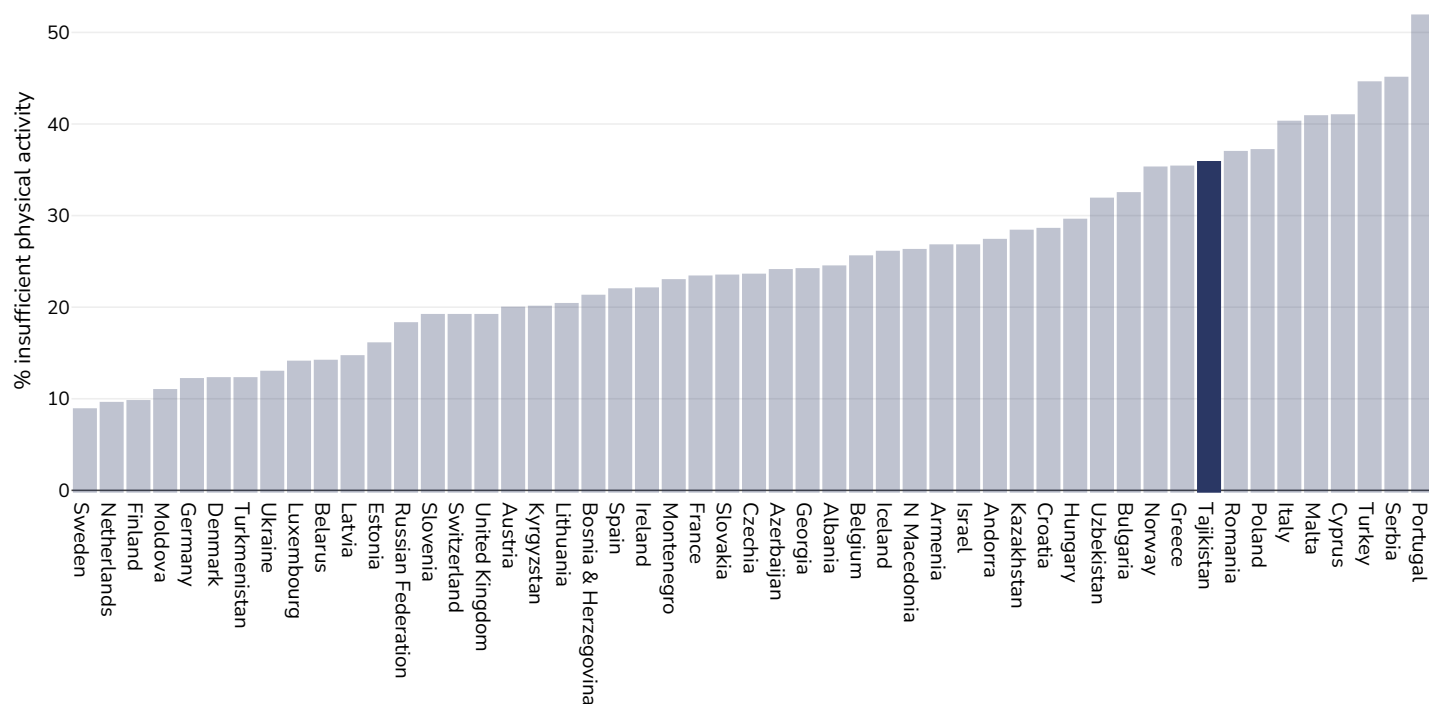| Survey type:	Measured
Age:	5-19
References:	NCD Risk Factor Collaboration (NCD-RisC). Worldwide trends in underweight and obesity from 1990 to 2022: a pooled analysis of 3663 population representative studies with 222 million children, adolescents, and adults. Lancet 2024; published online Feb 29. 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, 2017

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:	Tajikistan Demographic and Health Survey 2017. Dushanbe, Republic of Tajikistan, and Rockville, Maryland, USA: Statistical Agency under the President of the Republic of Tajikistan (SA)
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

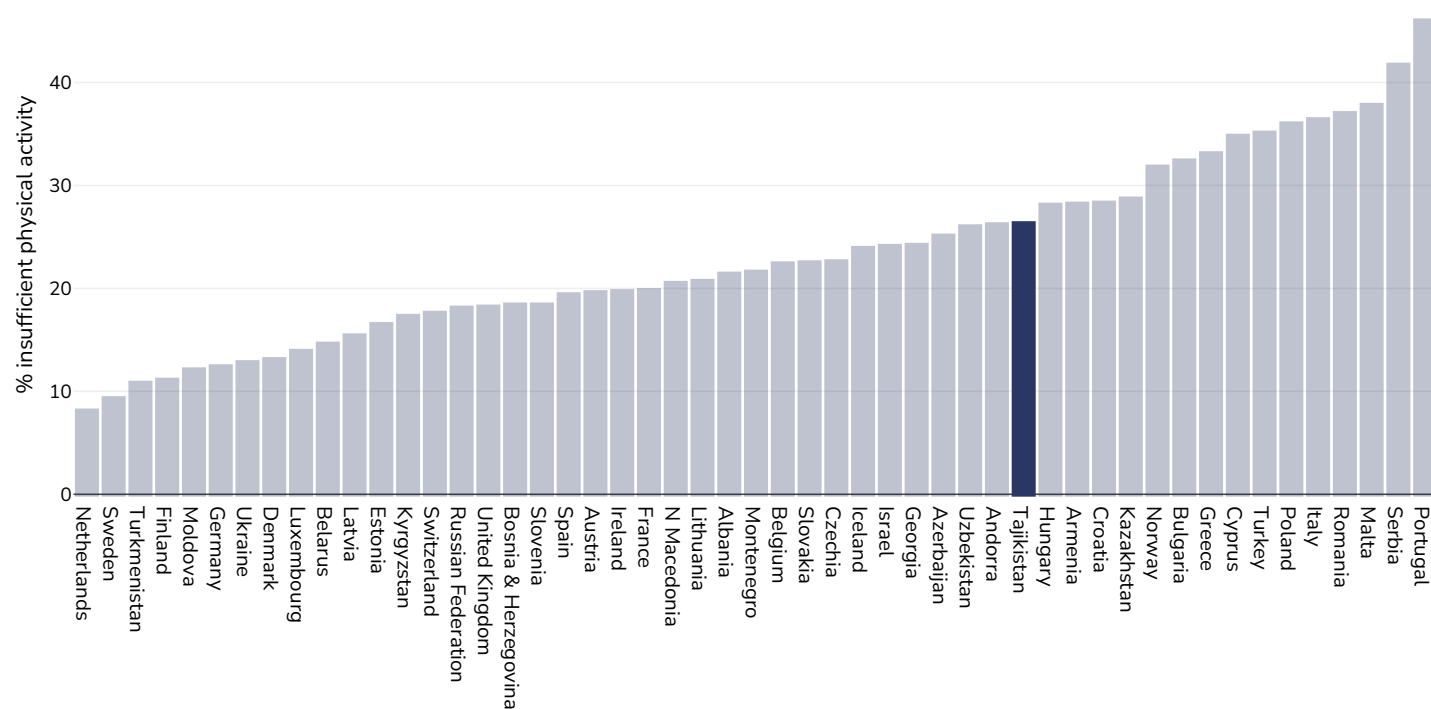| Survey type:	Self-reported
Age:	18+
Area covered:	National
References:	WHO (2024). Prevalence of insufficient physical activity among adults aged 18-years age-standardized estimate in 2022. Available at https://www.who.int/data/gho/data/indicators/indicator-details/GHO/prevalence-of-insufficient-physical-activity-among-adults-aged-18-years-(age-standardized-estimate)-(-)
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

Chart: % insufficient physical activity by country (sorted ascending):
Finland, Sweden, Moldova, Netherlands, Denmark, Germany, Ukraine, Turkmenistan, Belarus, Latvia, Luxembourg, Estonia, Russian Federation, Slovenia, United Kingdom, Lithuania, Austria, Switzerland, Kyrgyzstan, Azerbaijan, Bosnia & Herzegovina, Georgia, Montenegro, Czechia, Ireland, Slovakia, Spain, Armenia, France, Albania, Kazakhstan, Iceland, Andorra, Belgium, Croatia, Israel, Hungary, N Macedonia, Bulgaria, Romania, Uzbekistan, Greece, Poland, Norway, Italy, Malta, Tajikistan, Cyprus, Serbia, Turkey, Portugal

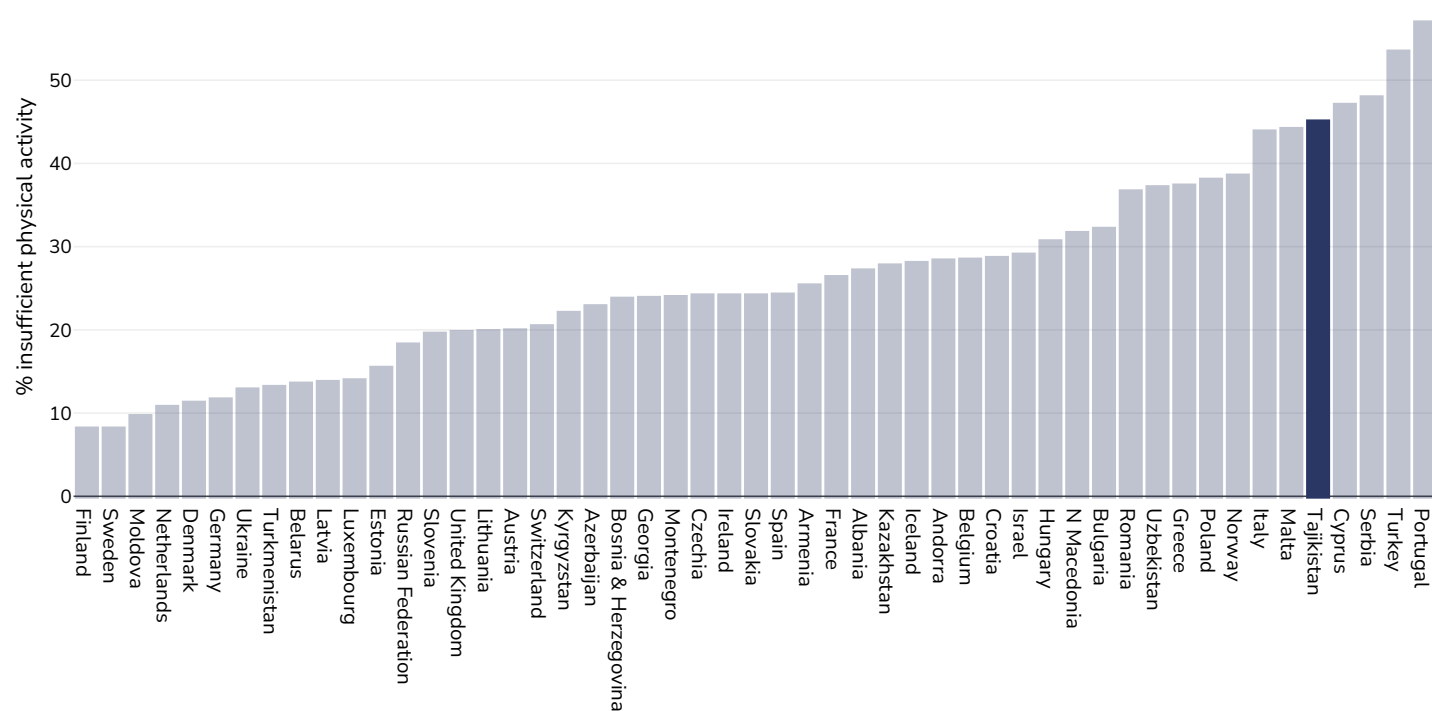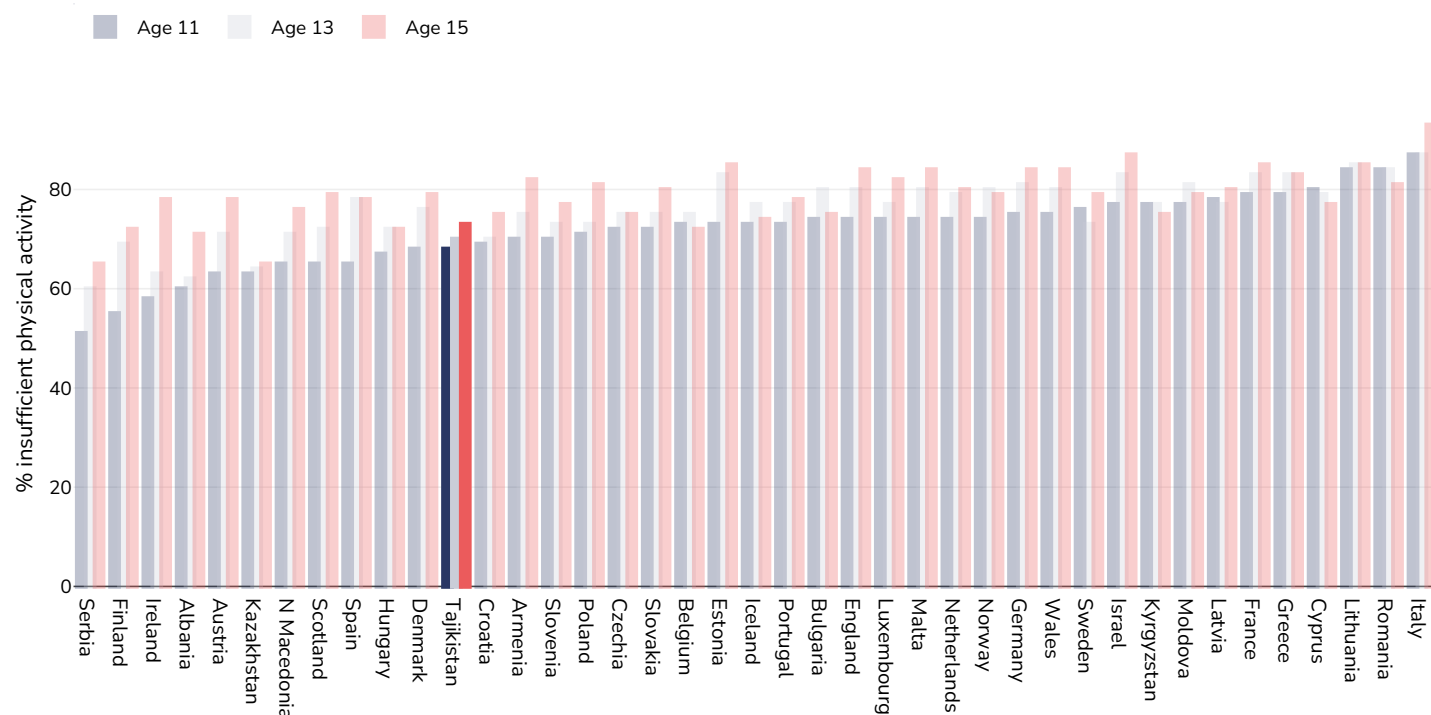| Survey type:	Self-reported
Age:	18+
Area covered:	National
References:	WHO (2024). Prevalence of insufficient physical activity among adults aged 18-years age-standardized estimate in 2022. Available at https://www.who.int/data/gho/data/indicators/indicator-details/GHO/prevalence-of-insufficient-physical-activity-among-adults-aged-18-years-(age-standardized-estimate)-(-)
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.

Boys, 2022

Age 11   Age 13   Age 15

y-axis: % insufficient physical activity (0, 20, 40, 60, 80)

x-axis categories: Serbia, Finland, Ireland, Albania, Austria, Kazakhstan, N Macedonia, Scotland, Spain, Hungary, Denmark, Tajikistan, Croatia, Armenia, Slovenia, Poland, Czechia, Slovakia, Belgium, Estonia, Iceland, Portugal, Bulgaria, England, Luxembourg, Malta, Netherlands, Norway, Germany, Wales, Sweden, Israel, Kyrgyzstan, Moldova, Latvia, France, Greece, Cyprus, Lithuania, Romania, Italy
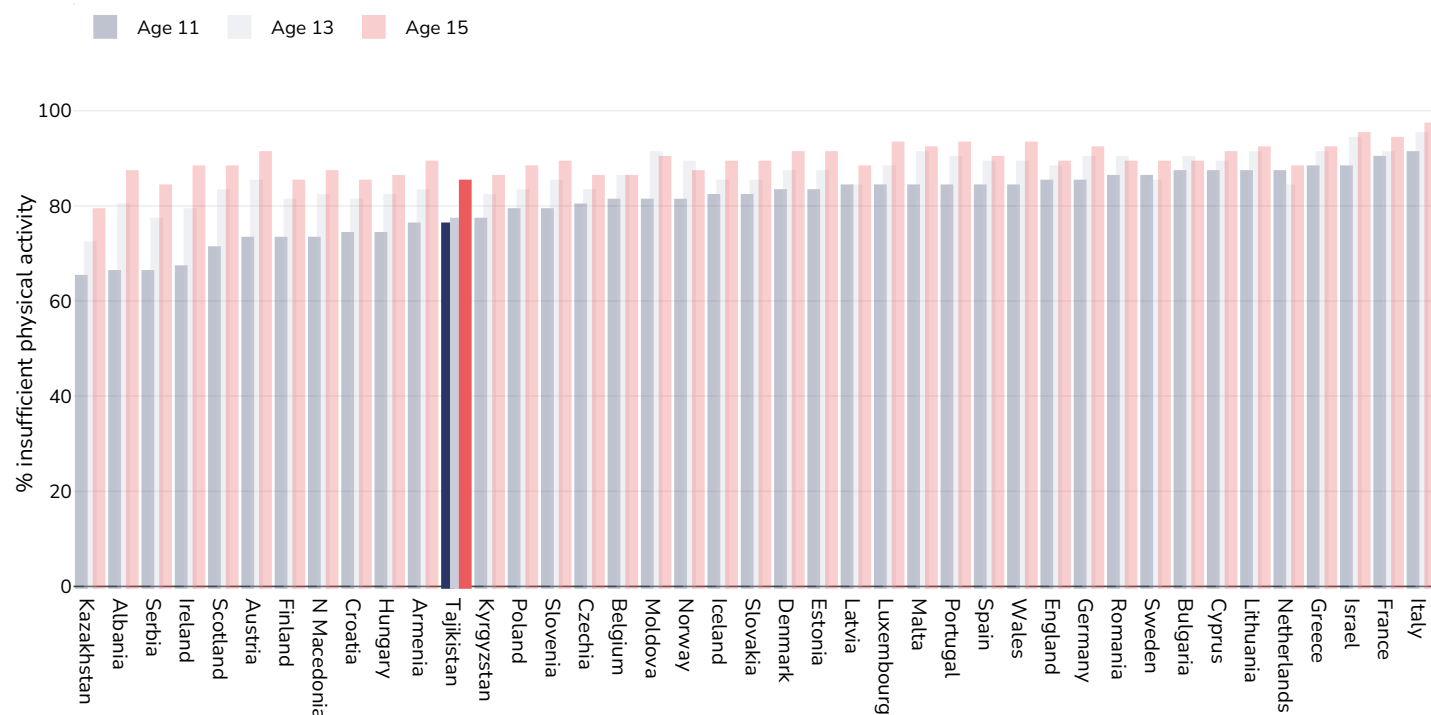
Survey type:	Self-reported
Area covered:	National
References:	Rakic JG, Hamrik Z, Dzielska A, Felder-Puig R, Oja L, Bakalár P et al. A focus on adolescent physical activity, eating behaviours, weight status and body image in Europe, central Asia and Canada. Health Behaviour in School-aged Children international report from the 2021/2022 survey. Volume 4. Copenhagen: WHO Regional Office for Europe; 2024. Licence: CC BY-NC-SA 3.0 IGO.Health Behaviour in School-aged Children study (2023), Data browser (findings from the 2021/22 international HBSC survey): https://data-browser.hbsc.org.
Notes:	Young people were asked to report the number of days over the past week during which they were physically active for a total of at least 60 minutes. The question was introduced by text defining moderate-to-vigorous physical activity (MVPA) as any activity that increases the heart rate and makes the person get out of breath some of the time, with examples provided. Findings presented on the Observatory show the proportions who report less than 60 minutes of MVPA daily. NB. National except Belgium (Flemish speaking region only)
Definitions:	% reporting less than 60 minutes of MVPA daily

Girls, 2022

Legend: Age 11 | Age 13 | Age 15

Y-axis: % insufficient physical activity (0 to 100)

X-axis countries: Kazakhstan, Albania, Serbia, Ireland, Scotland, Austria, Finland, N Macedonia, Croatia, Hungary, Armenia, Tajikistan, Kyrgyzstan, Poland, Slovenia, Czechia, Belgium, Moldova, Norway, Iceland, Slovakia, Denmark, Estonia, Latvia, Luxembourg, Malta, Portugal, Spain, Wales, England, Germany, Romania, Sweden, Bulgaria, Cyprus, Lithuania, Netherlands, Greece, Israel, France, Italy

|	
Survey type:	Self-reported
Area covered:	National
References:	Rakic JG, Hamrik Z, Dzielska A, Felder-Puig R, Oja L, Bakalár P et al. A focus on adolescent physical activity, eating behaviours, weight status and body image in Europe, central Asia and Canada. Health Behaviour in School-aged Children international report from the 2021/2022 survey. Volume 4. Copenhagen: WHO Regional Office for Europe; 2024. Licence: CC BY-NC-SA 3.0 IGO.Health Behaviour in School-aged Children study (2023), Data browser (findings from the 2021/22 international HBSC survey): https://data-browser.hbsc.org.
Notes:	Young people were asked to report the number of days over the past week during which they were physically active for a total of at least 60 minutes. The question was introduced by text defining moderate-to-vigorous physical activity (MVPA) as any activity that increases the heart rate and makes the person get out of breath some of the time, with examples provided. Findings presented on the Observatory show the proportions who report less than 60 minutes of MVPA daily. NB. National except Belgium (Flemish speaking region only)
Definitions:	% reporting less than 60 minutes of MVPA daily

Prevalence of at least daily carbonated soft drink consumption

Boys, 2021-2022
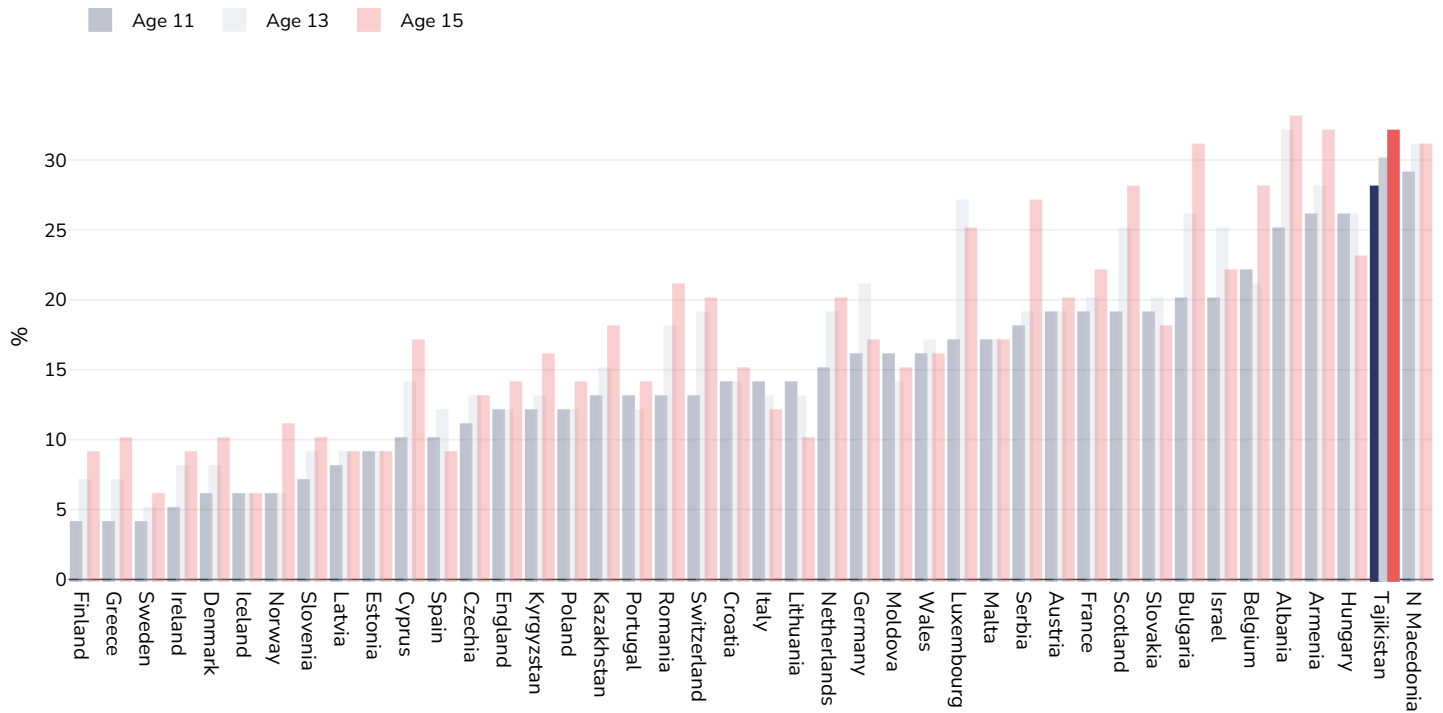
- Age 11
- Age 13
- Age 15

| Area covered:	National
References:	Health Behaviour in School-aged Children study (2023), Data browser (findings from the 2021/22 international HBSC survey): https://data-browser.hbsc.org
Definitions:	Proportion who reported drinking sugary soft drinks daily (at least once)

Girls, 2021-2022
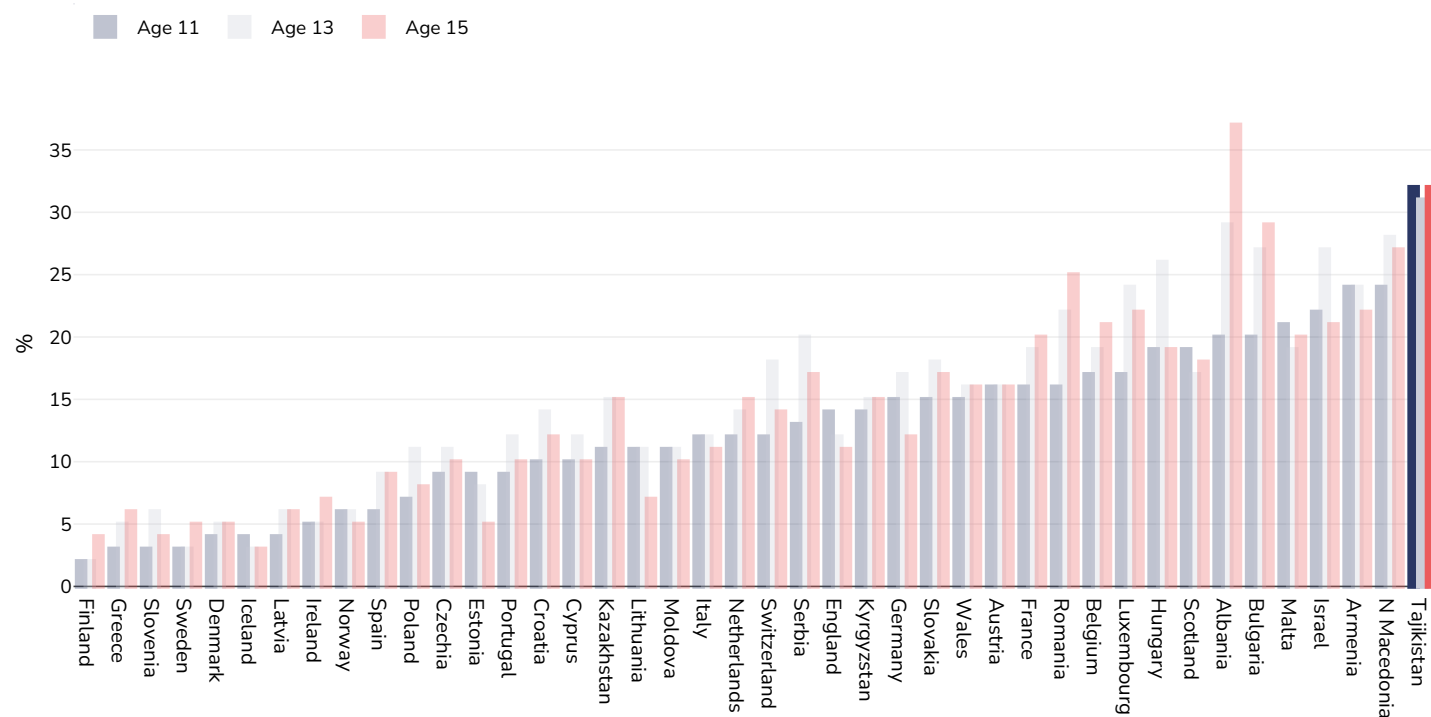
Legend: Age 11, Age 13, Age 15

Area covered:	National
References:	Health Behaviour in School-aged Children study (2023), Data browser (findings from the 2021/22 international HBSC survey): https://data-browser.hbsc.org
Definitions:	Proportion who reported drinking sugary soft drinks daily (at least once)

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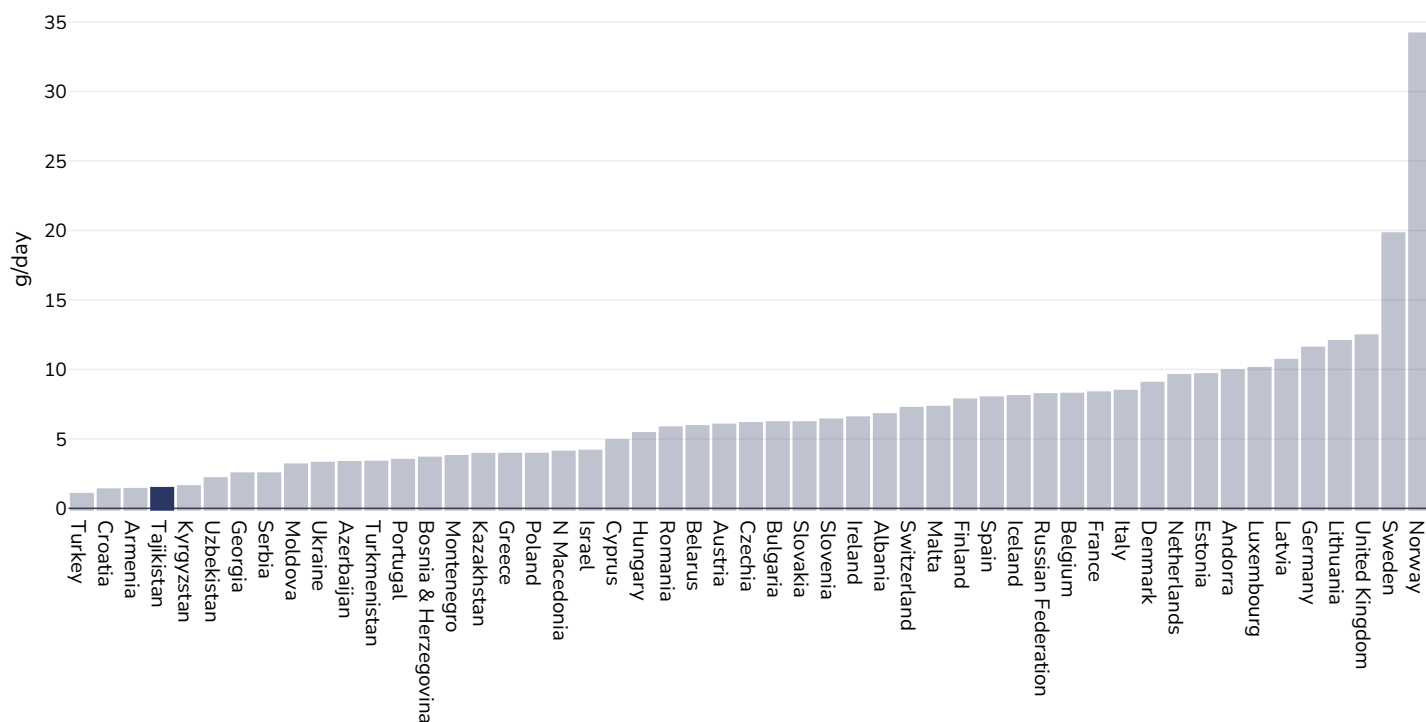
Adults, 2017
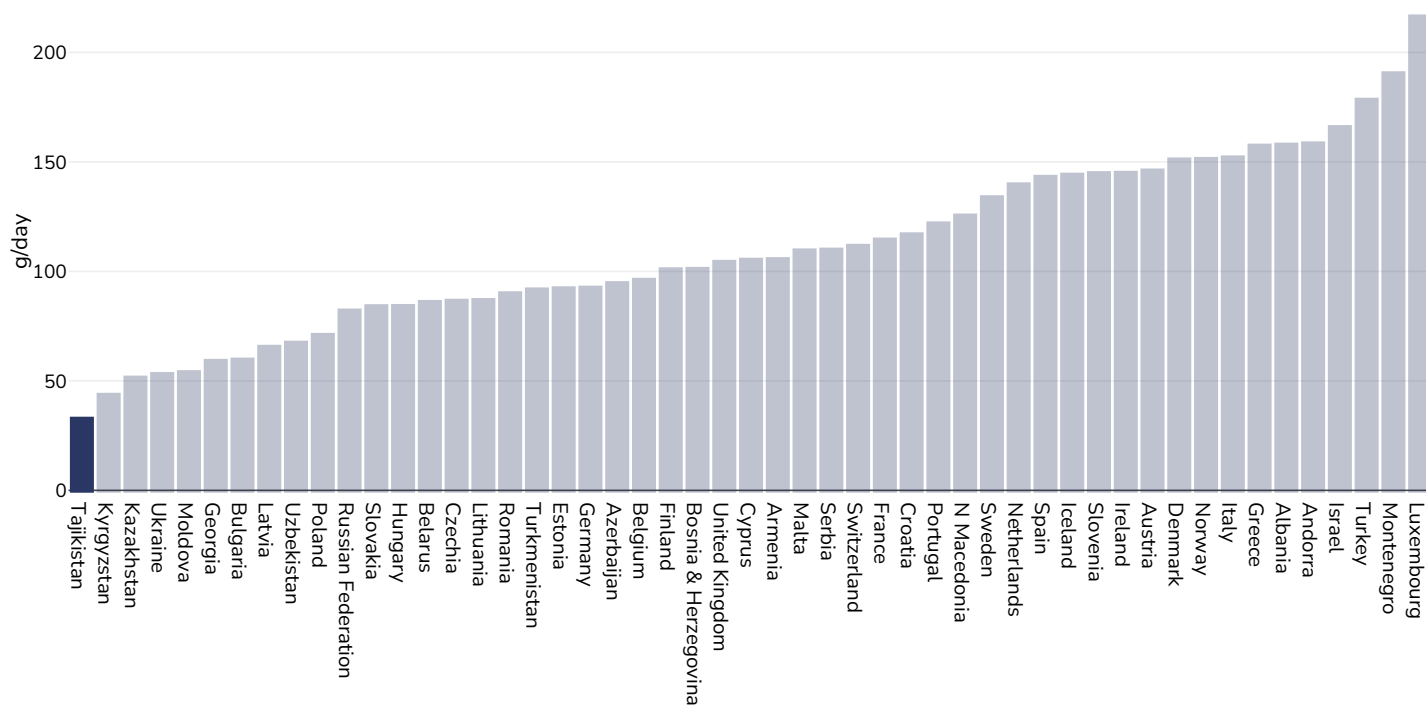
Survey type:	Measured
Age:	25+
References:	Global Burden of Disease, the Institute for Health Metrics and Evaluation http://ghdx.healthdata.org/
Definitions:	Estimated per-capita fruit intake (g/day)

Estimated per-capita processed meat intake
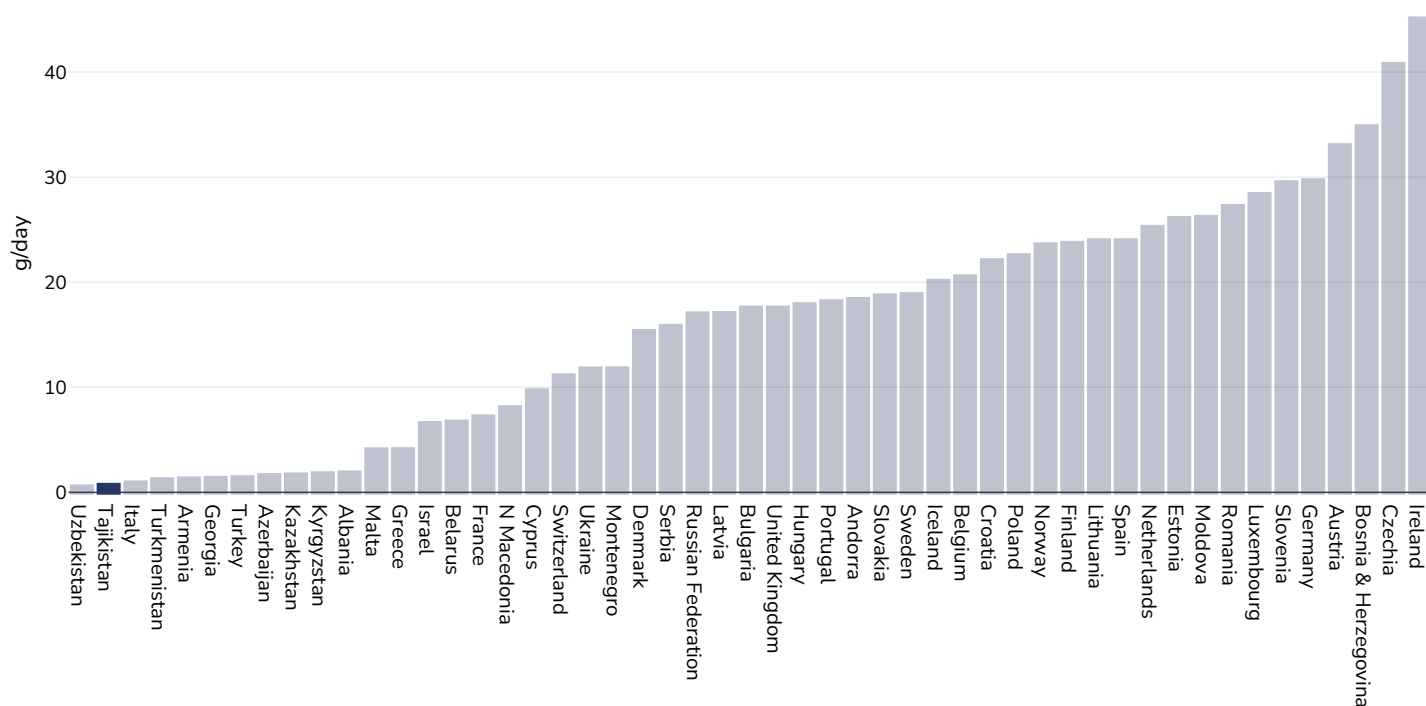
Adults, 2017

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

Estimated per capita whole grains intake
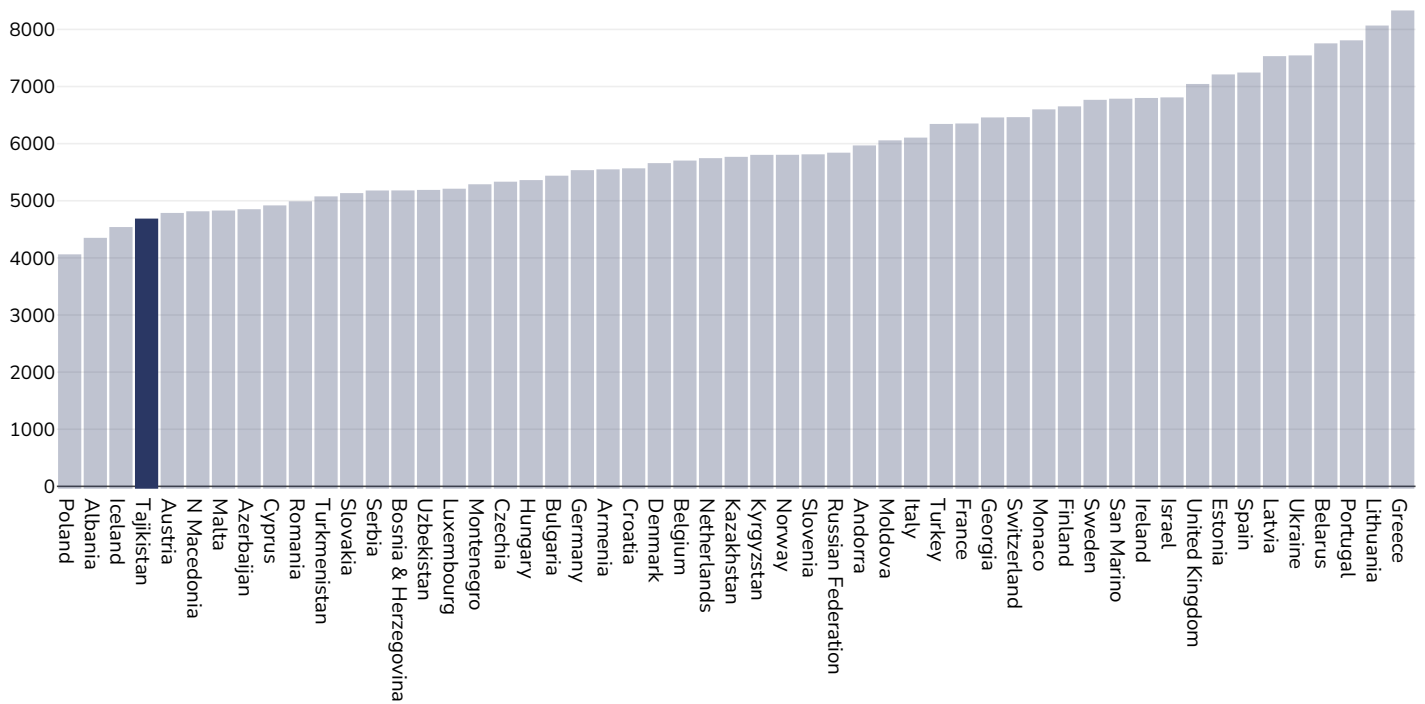
Adults, 2017

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

Mental health - depression disorders

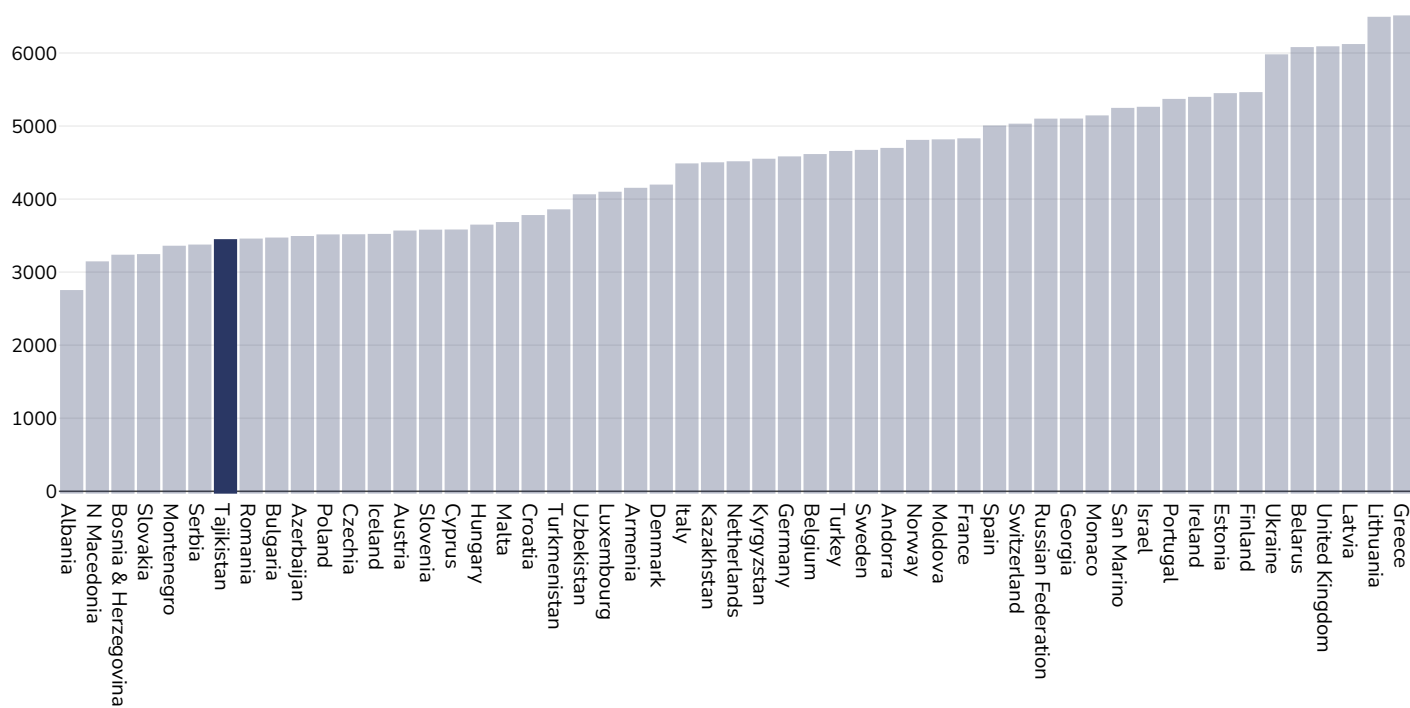## Adults, 2021

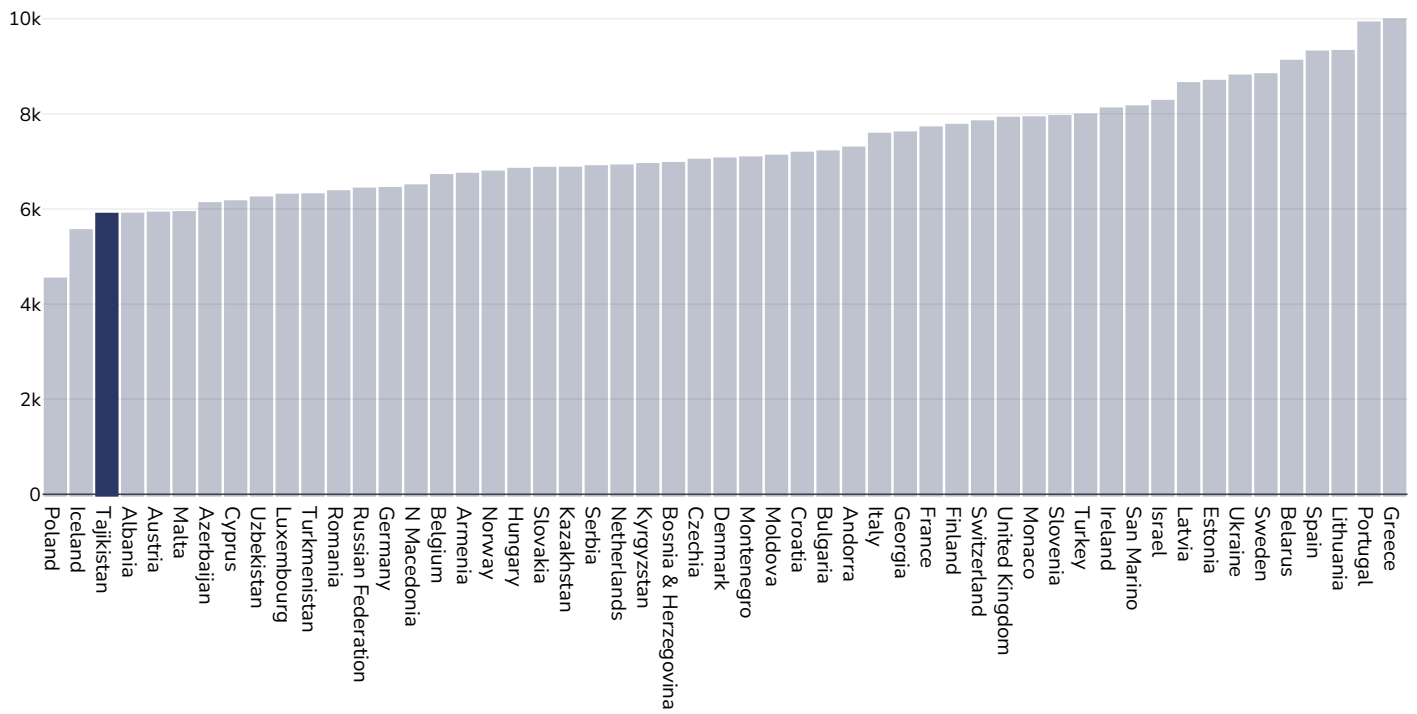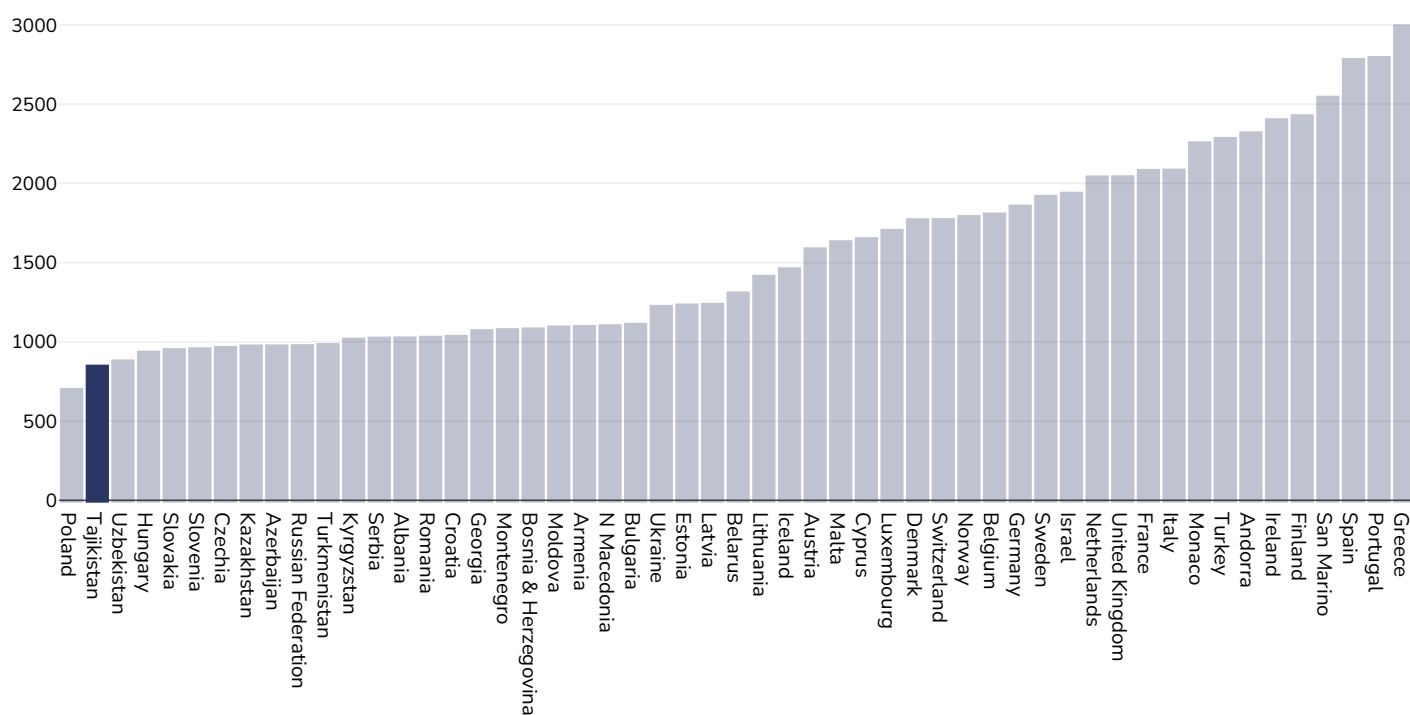| Age:	20+
Area covered:	National
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from http://vizhub.healthdata.org/gbd-compare. (Last accessed 23.04.25)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

Men, 2021

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 http://vizhub.healthdata.org/gbd-compare. (Last accessed 23.04.25)
Definitions:	Number living with depression per 100,000 population (adults 20+ years)

Women, 2021

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 http://vizhub.healthdata.org/gbd-compare. (Last accessed 23.04.25)
Definitions:	Number living with depression per 100,000 population (adults 20+ years)

Children, 2021

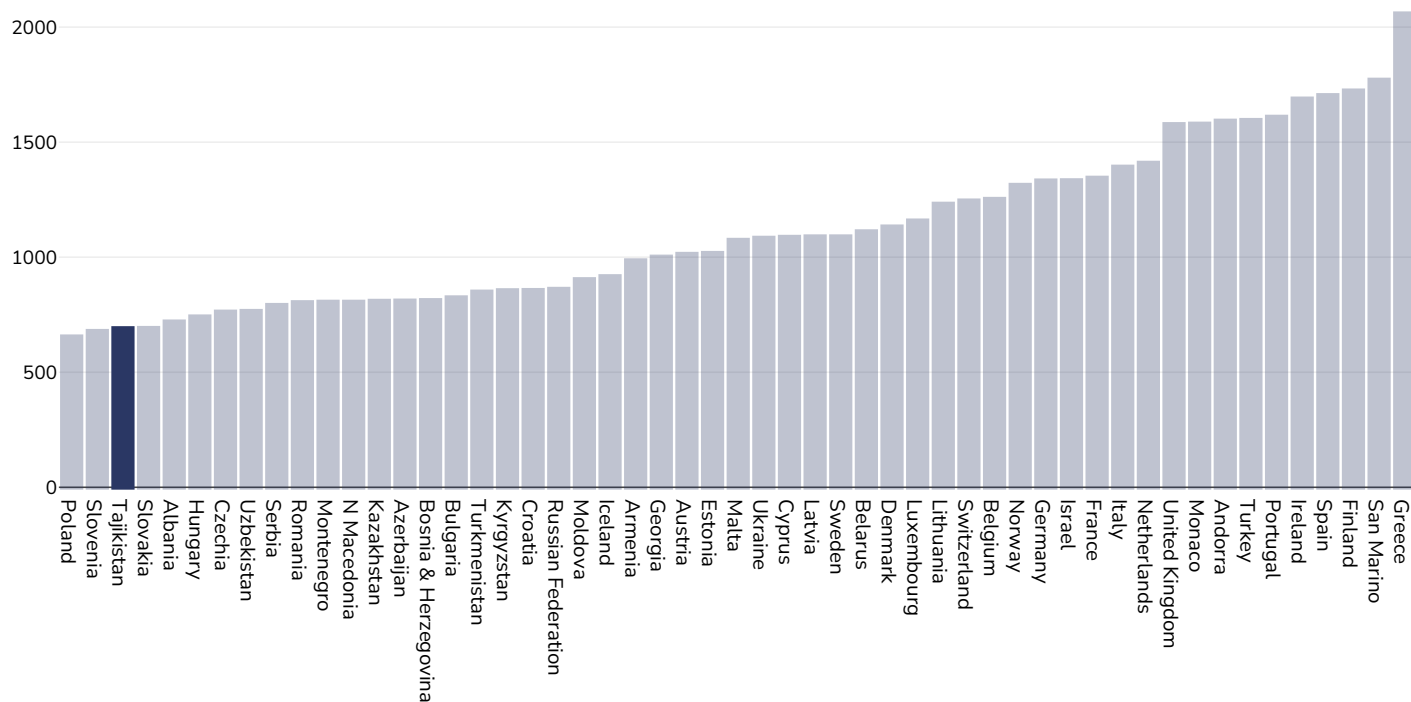| Area covered:	National

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 http://vizhub.healthdata.org/gbd-compare. (Last accessed 23.04.25)

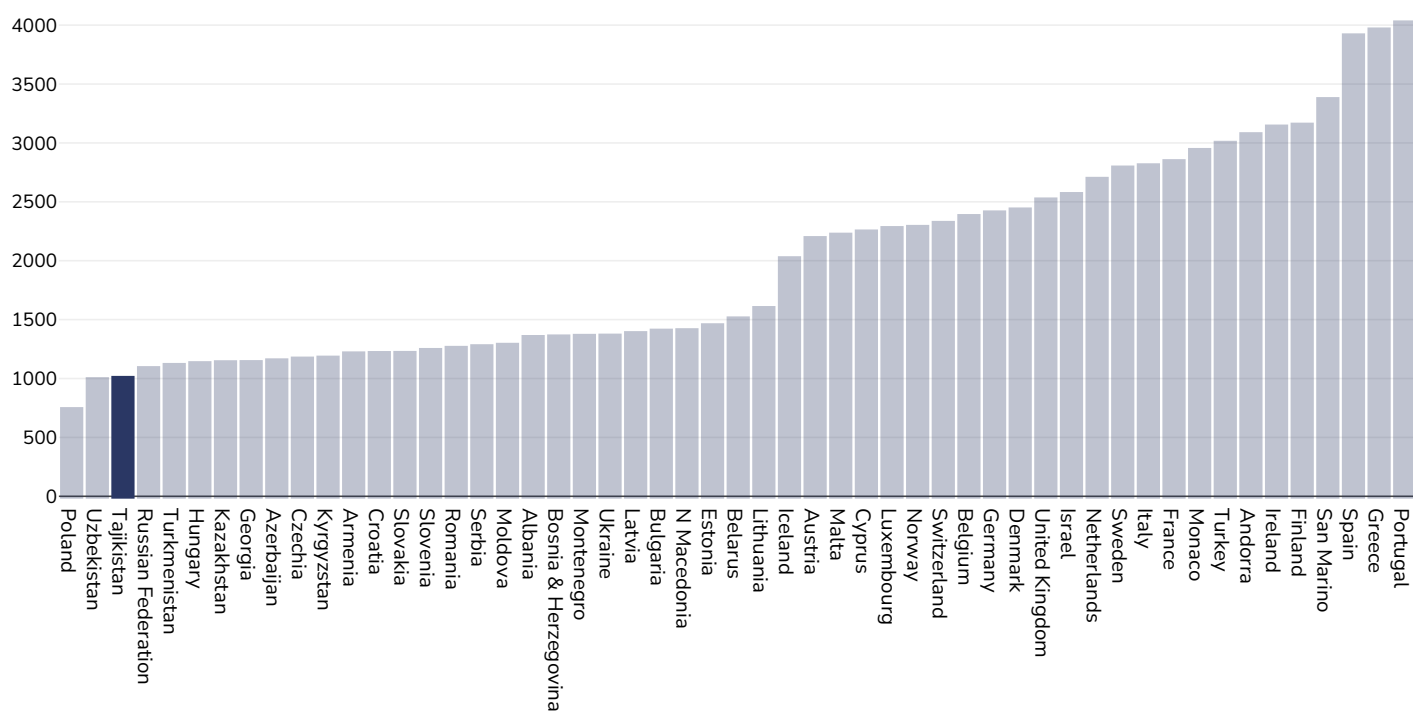| Definitions:	Number living with depressive disorder per 100,000 population (Under 20 years of age)

Boys, 2021

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 http://vizhub.healthdata.org/gbd-compare. (Last accessed 23.04.25)
Definitions:	Number living with depressive disorder per 100,000 population (Under 20 years of age)

Girls, 2021

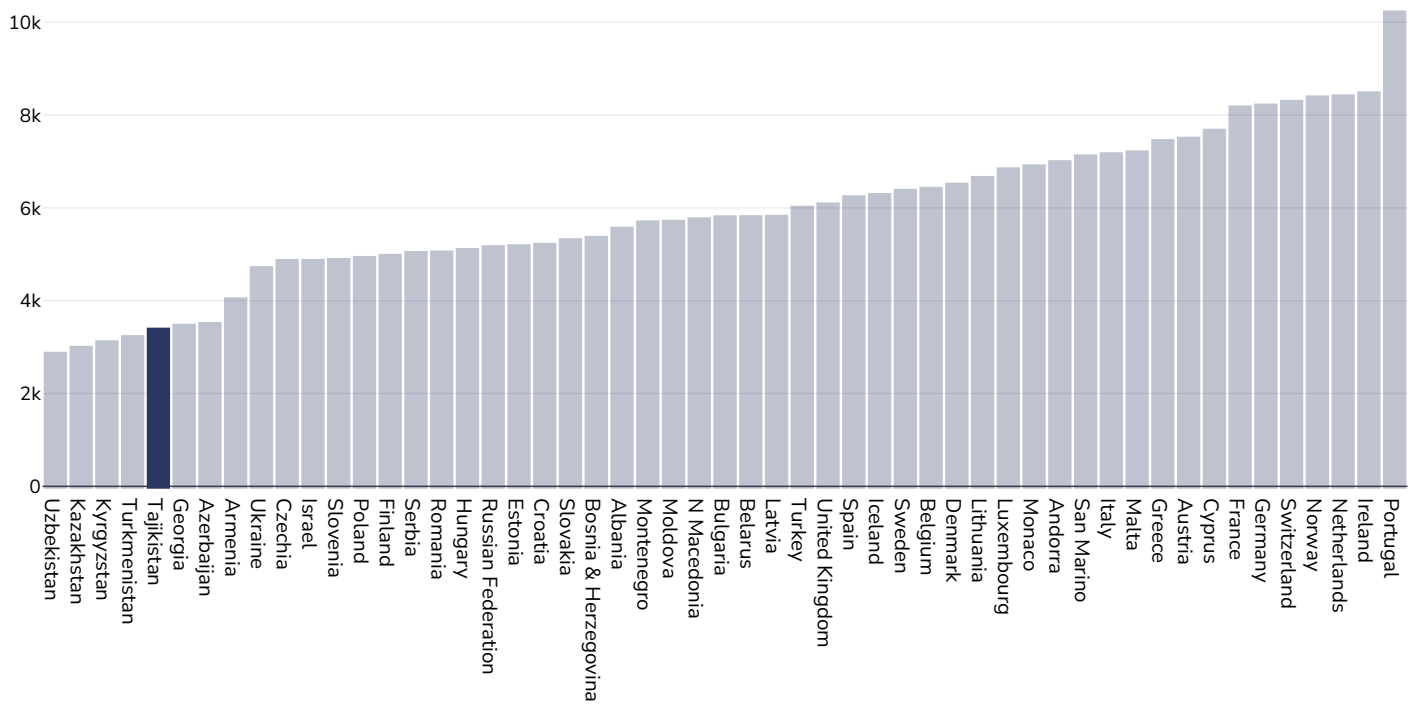| Area covered:	National
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from http://vizhub.healthdata.org/gbd-compare. (Last accessed 23.04.25)
Definitions:	Number living with depressive disorder per 100,000 population (Under 20 years of age)

Mental health - anxiety disorders

Adults, 2021

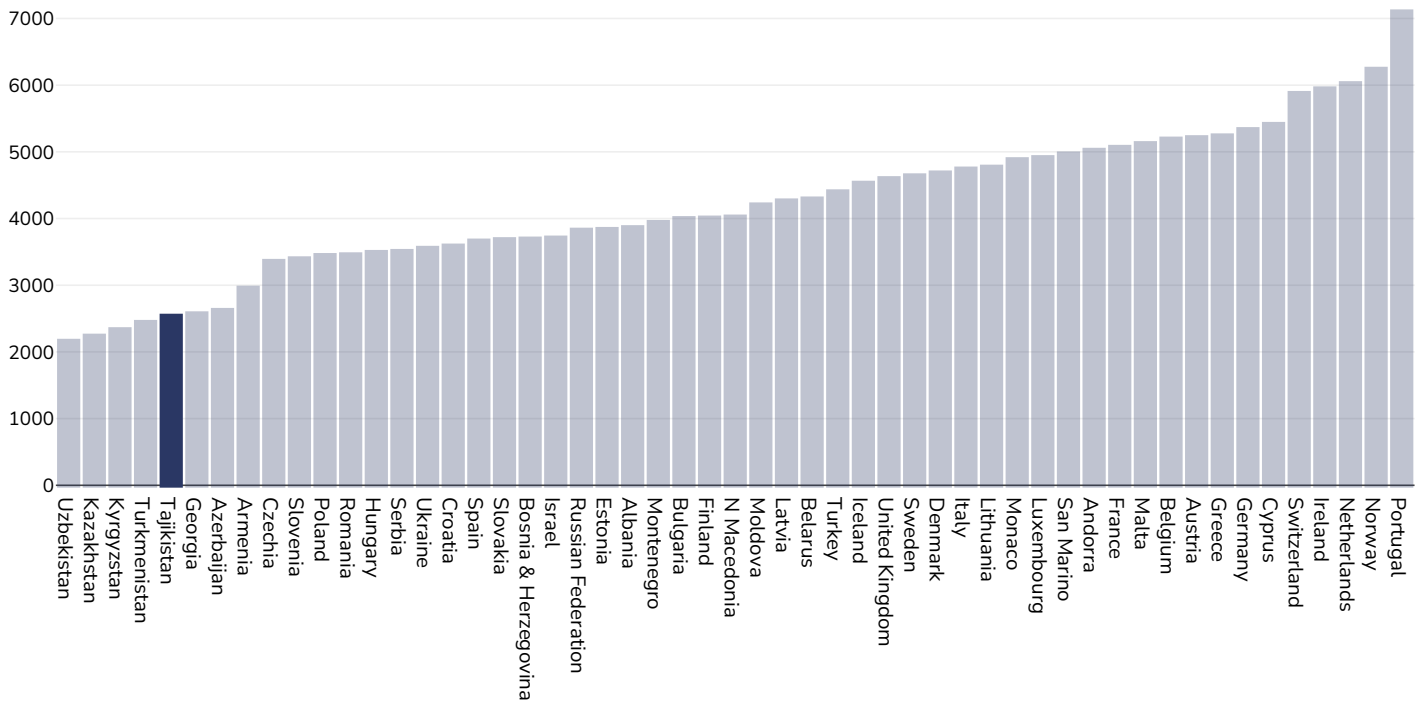| Age:	20+

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).

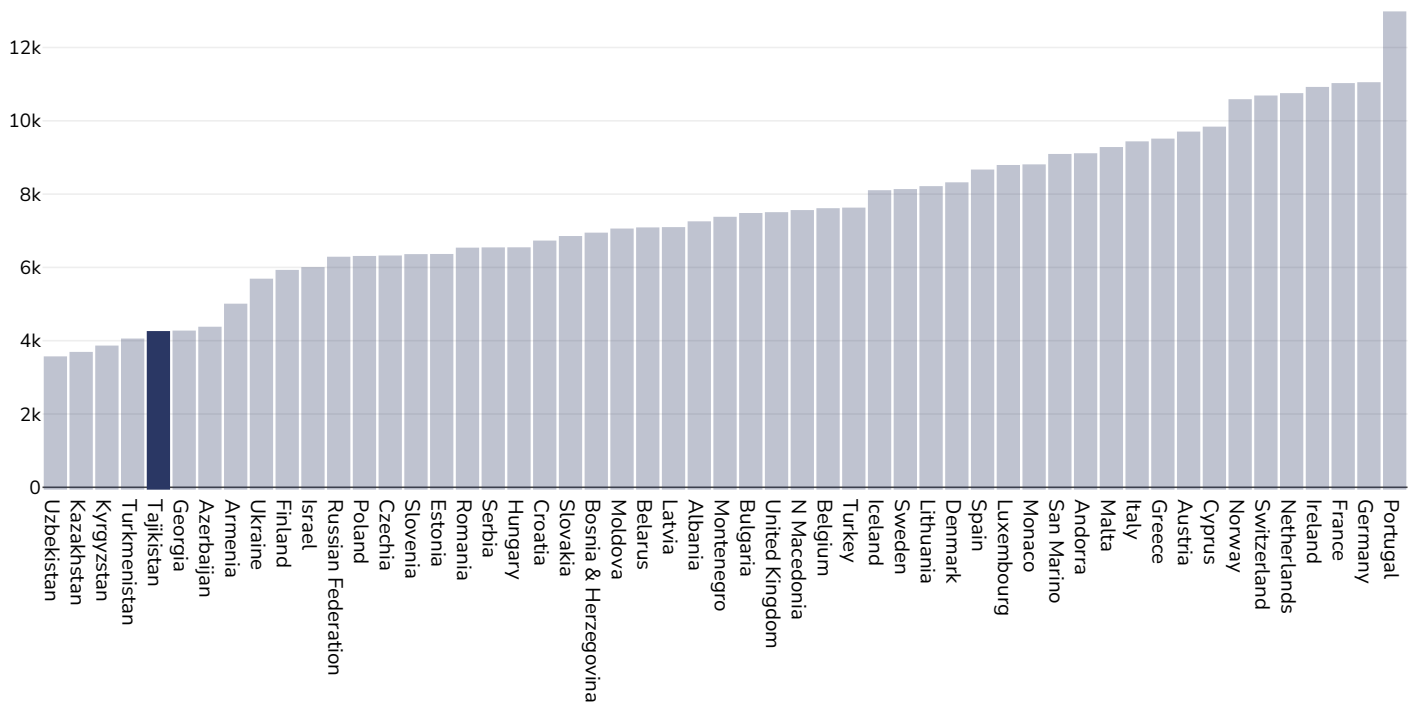| Definitions:	Number living with anxiety per 100,000 population

Men, 2021

Age:	20+

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).

Definitions: Number living with anxiety per 100,000 population

Women, 2021

Age:	20+

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).

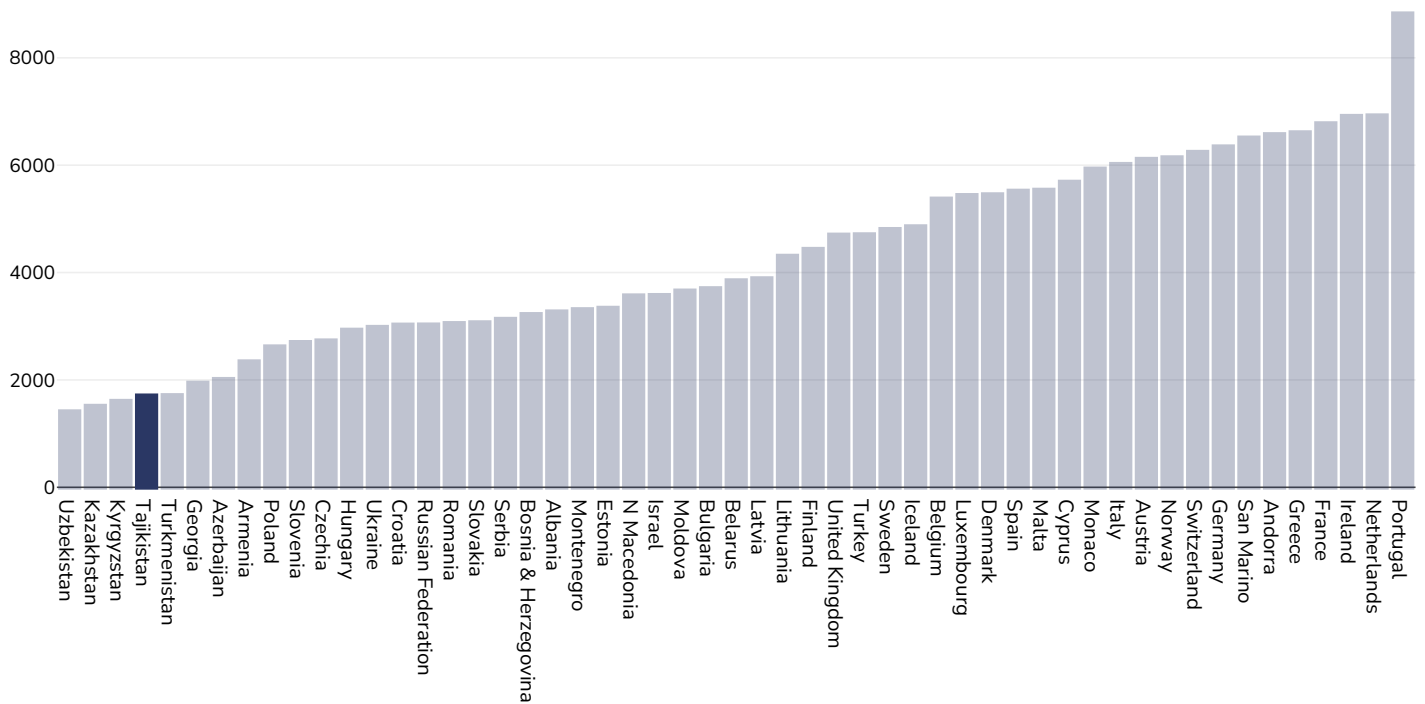| Definitions:	Number living with anxiety per 100,000 population

Children, 2021

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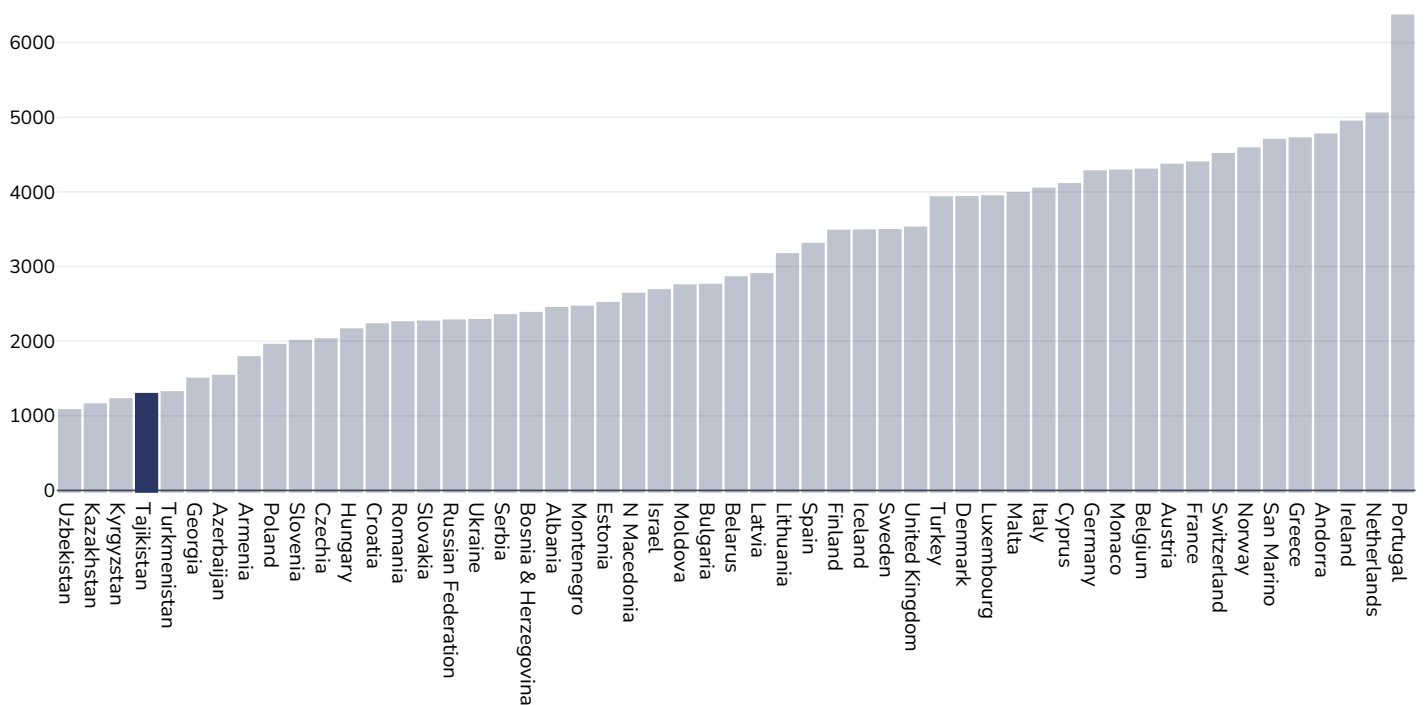 WA: IHME, University of Washington, 2023. Available from http://vizhub.healthdata.org/gbd-compare. (Last accessed 23.04.25)
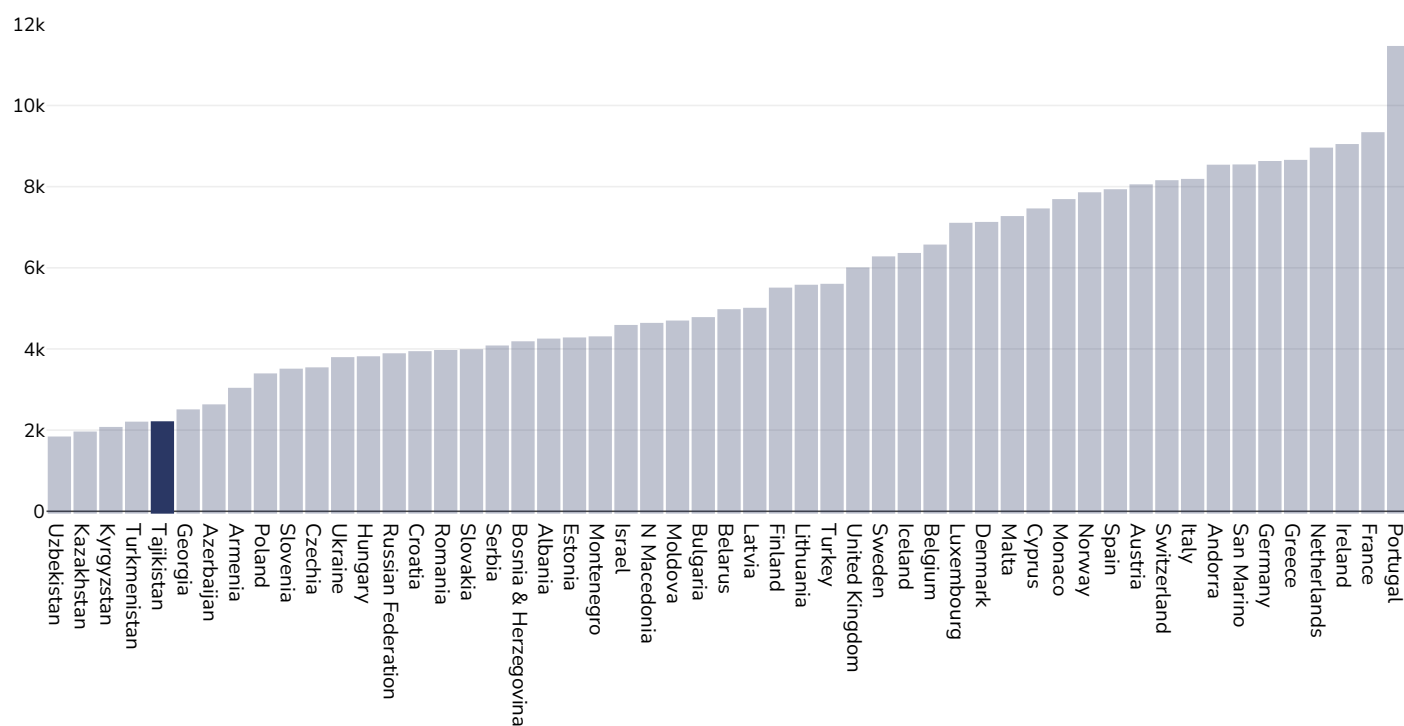
Boys, 2021
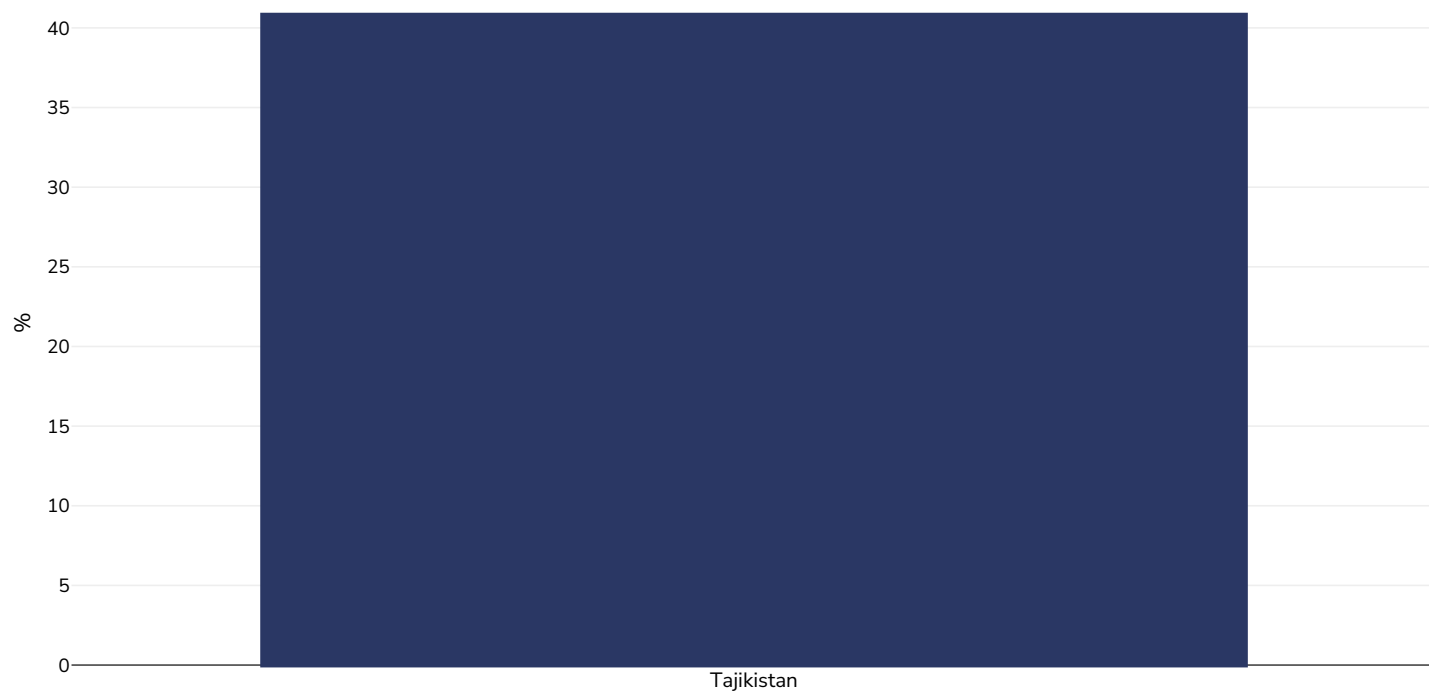
References: Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from http://vizhub.healthdata.org/gbd-compare. (Last accessed 23.04.25)

Girls, 2021

Chart showing values by country (in thousands), ascending from left to right: Uzbekistan, Kazakhstan, Kyrgyzstan, Turkmenistan, Tajikistan (highlighted), Georgia, Azerbaijan, Armenia, Poland, Slovenia, Czechia, Ukraine, Hungary, Russian Federation, Croatia, Romania, Slovakia, Serbia, Bosnia & Herzegovina, Albania, Estonia, Montenegro, Israel, N Macedonia, Moldova, Bulgaria, Belarus, Latvia, Finland, Lithuania, Turkey, United Kingdom, Sweden, Iceland, Belgium, Luxembourg, Denmark, Malta, Cyprus, Monaco, Norway, Spain, Austria, Switzerland, Italy, Andorra, San Marino, Germany, Greece, Netherlands, Ireland, France, Portugal.

% Infants exclusively breastfed 0-5 months

0-5 years, 1996-2023


References: Tajikistan Demographic and Health Survey 2023

Notes: Full details are available. Original citation: United Nations Children's Fund, Division of Data, Analysis, Planning and Monitoring (2024).
Global UNICEF Global Databases: Infant and Young Child Feeding: Exclusive breastfeeding, New York, December 2024.

Percent of population who cannot afford a healthy diet
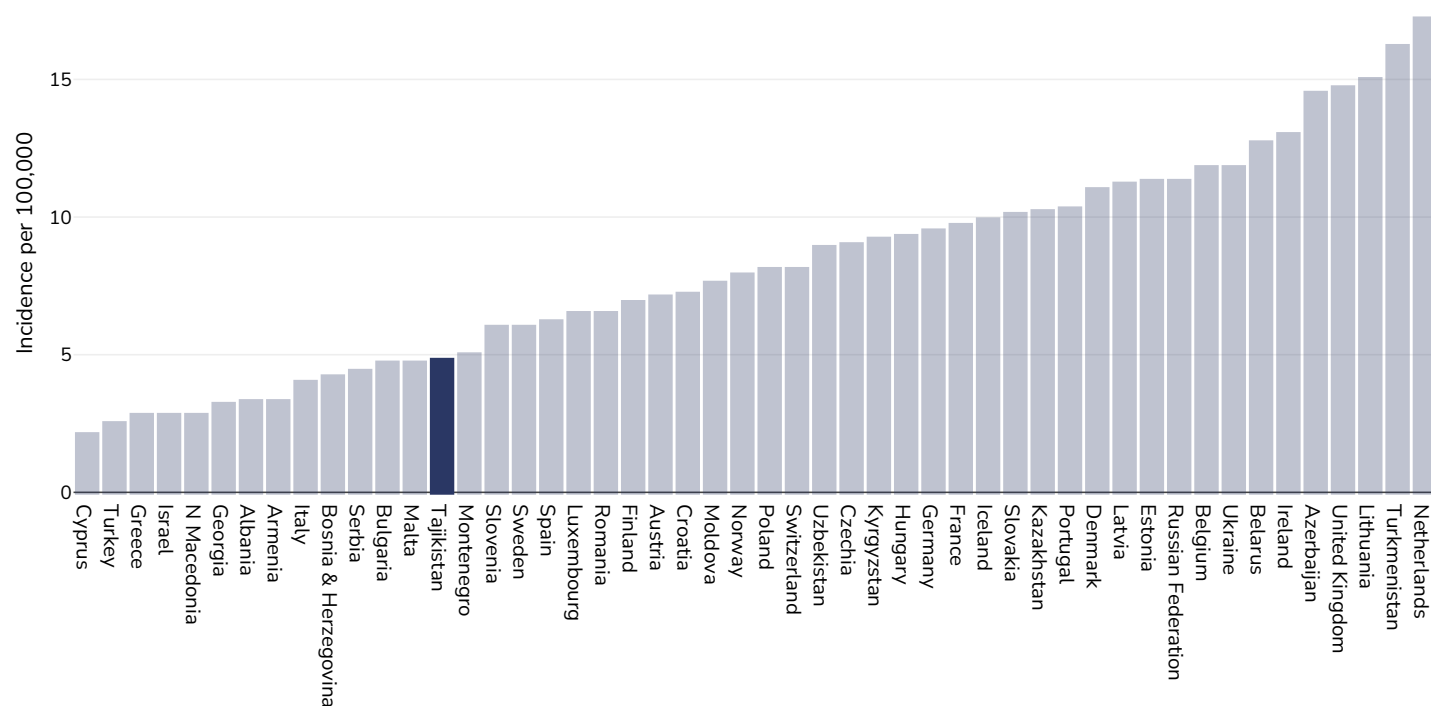
Adults, 2022
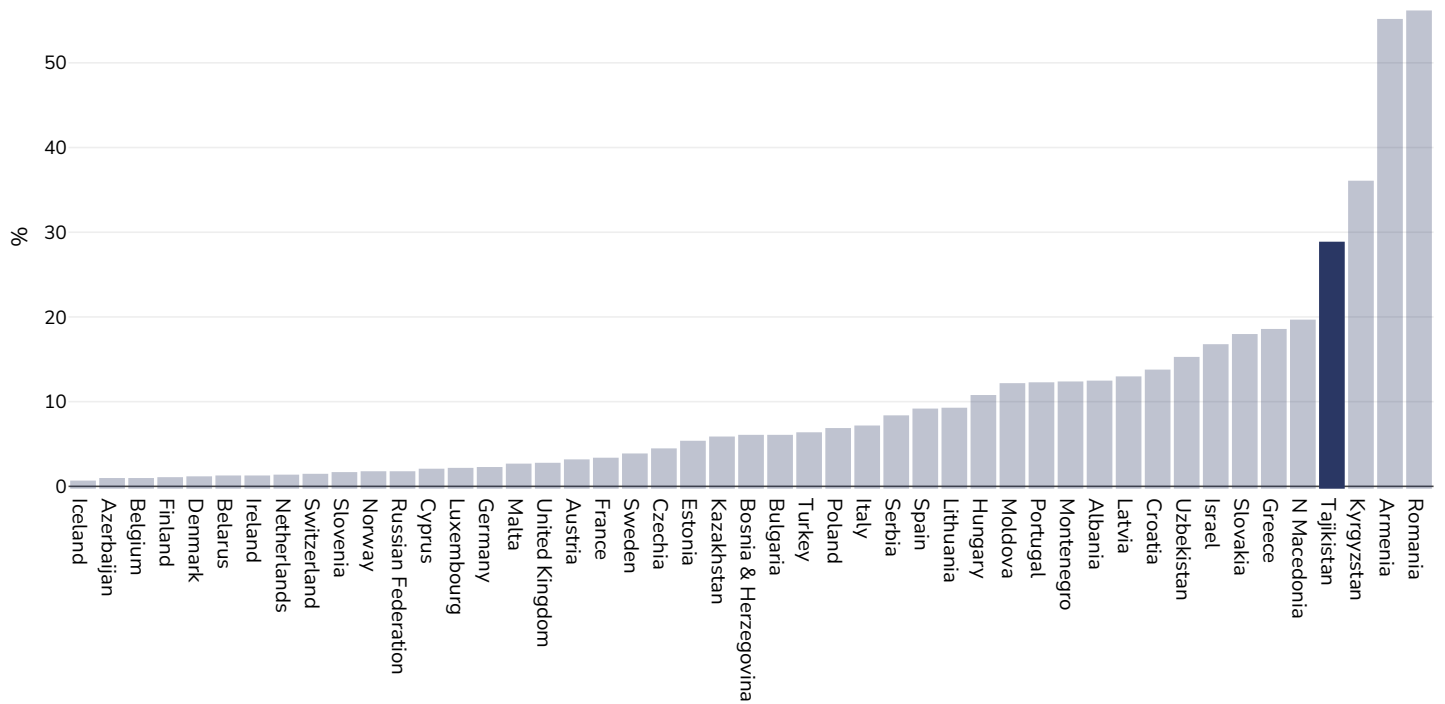
Area covered:	National

References:	The Food Systems Dashboard. The Global Alliance for Improved Nutrition (GAIN), The Columbia Climate School, and Cornell University College of Agriculture and Life Sciences. 2024. Geneva, Switzerland. https://www.foodsystemsdashboard.org. DOI: https://doi.org/10.36072/db.

Oesophageal cancer
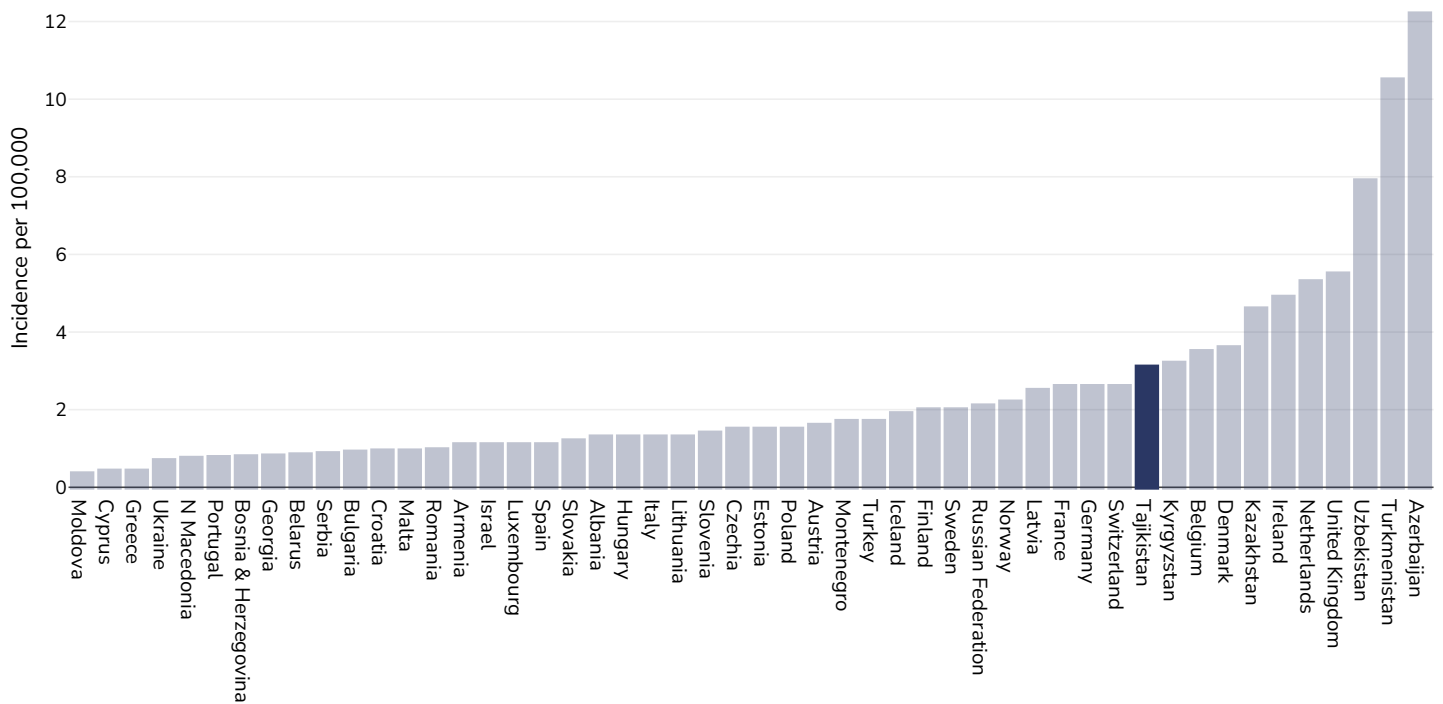
Men, 2022

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
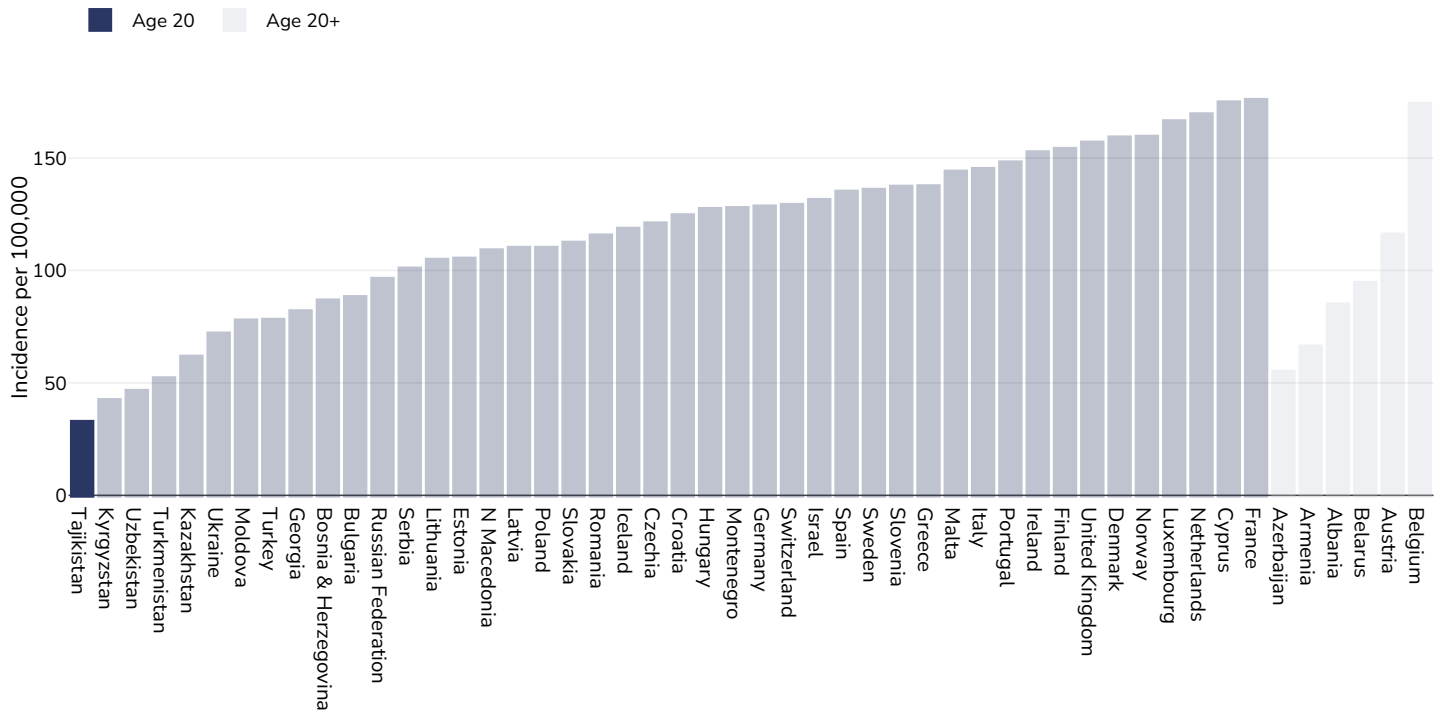
Women, 2022

Age 20   Age 20+

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

Colorectal cancer

Men, 2022

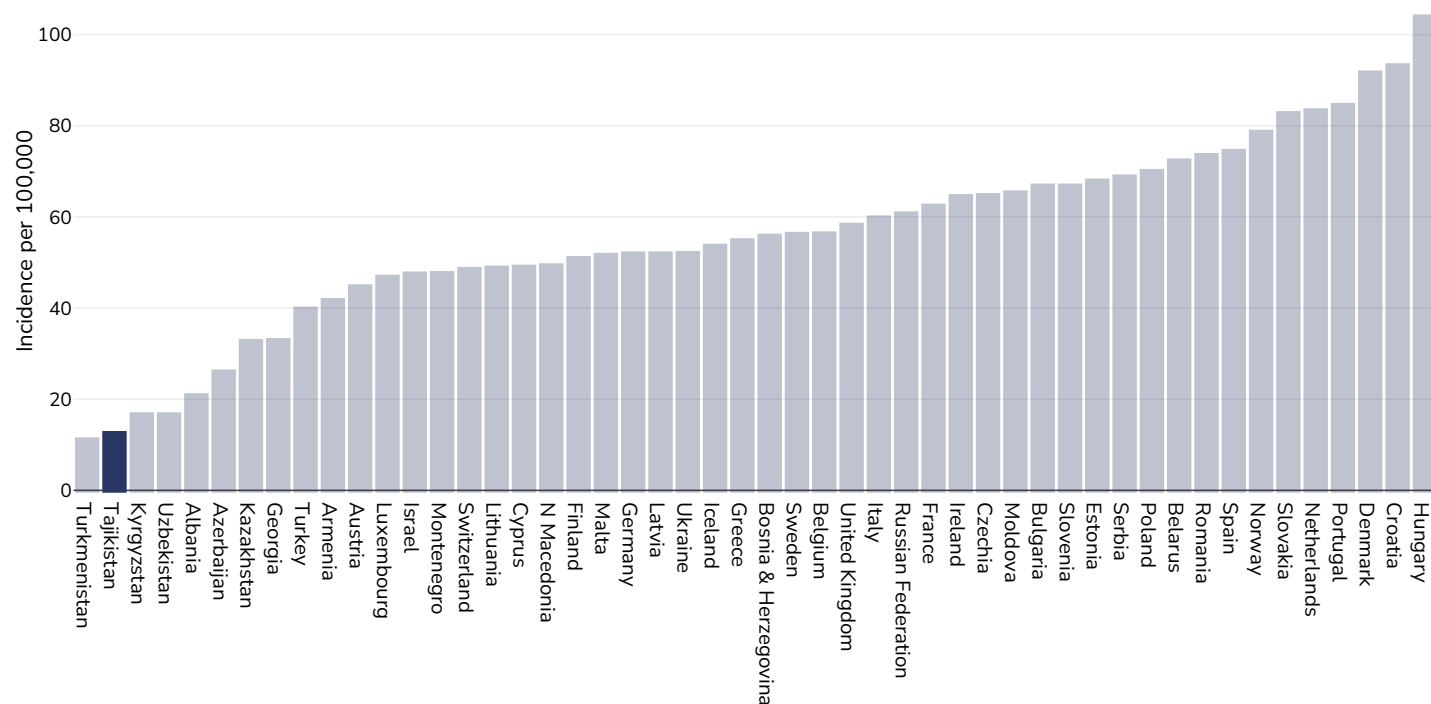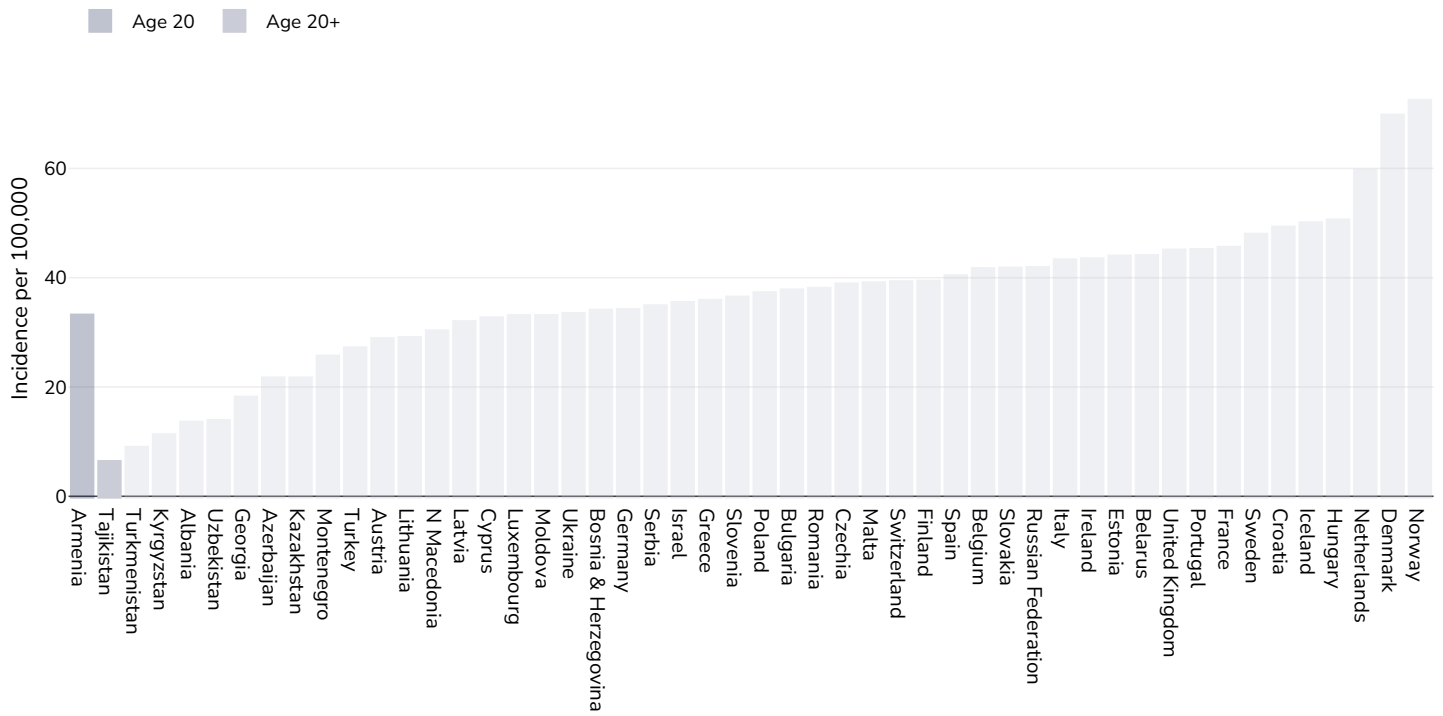| Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed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

Women, 2022

Age 20   Age 20+

Incidence per 100,000

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

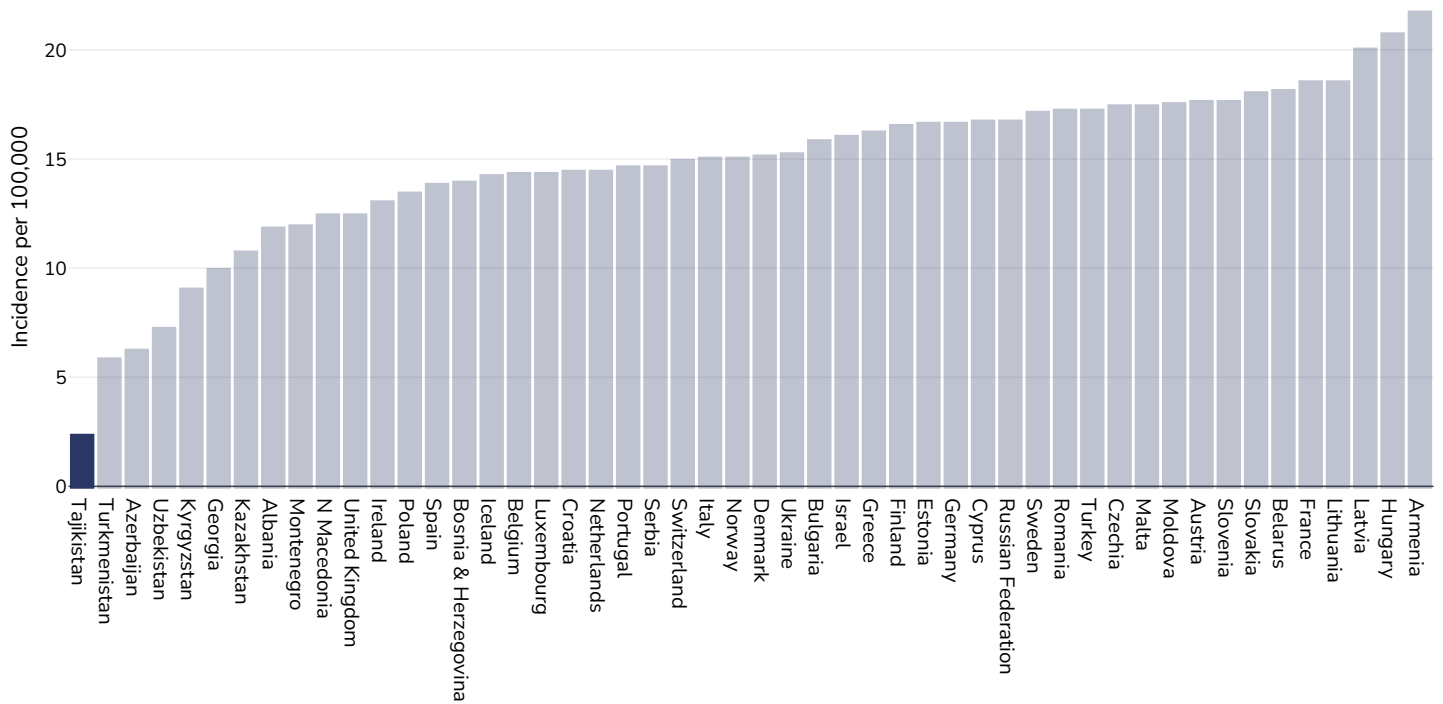# Pancreatic cancer

Men, 2022

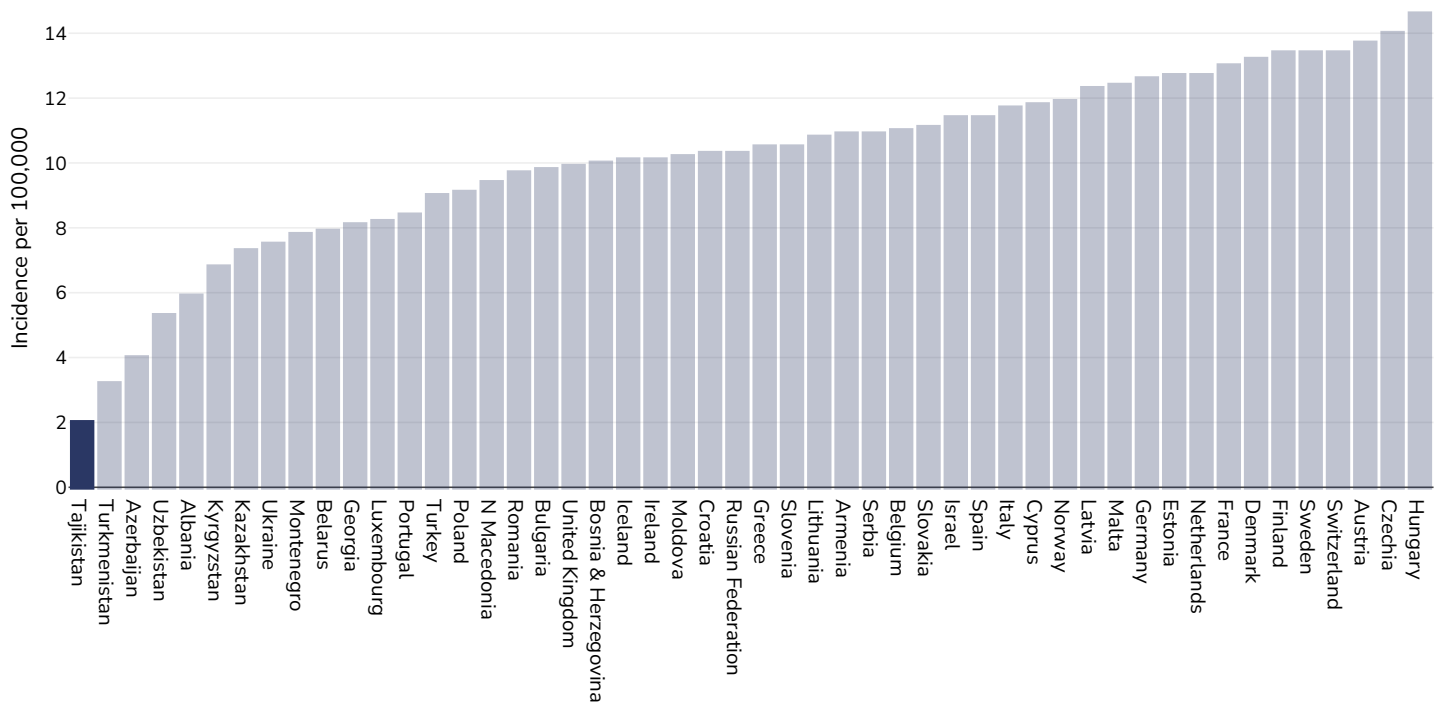| Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today,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

Women, 2022

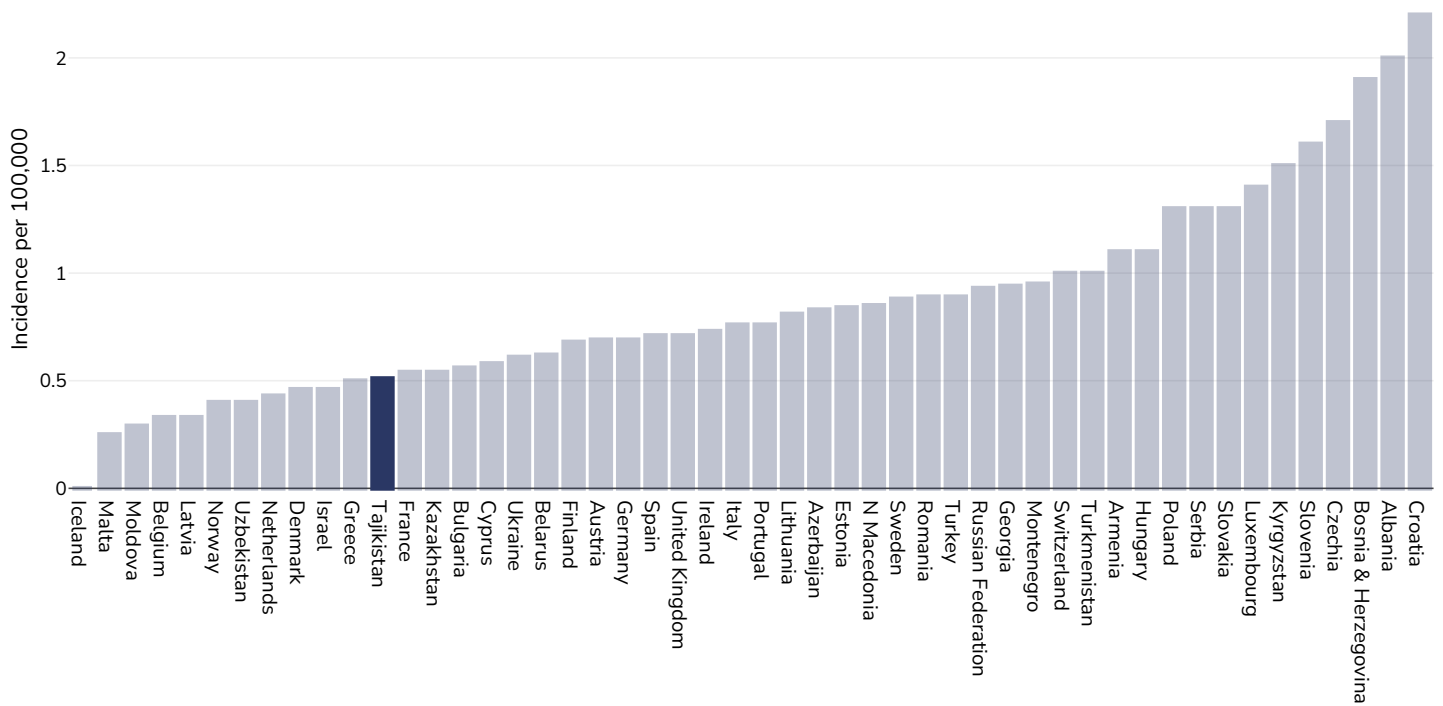| Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today,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

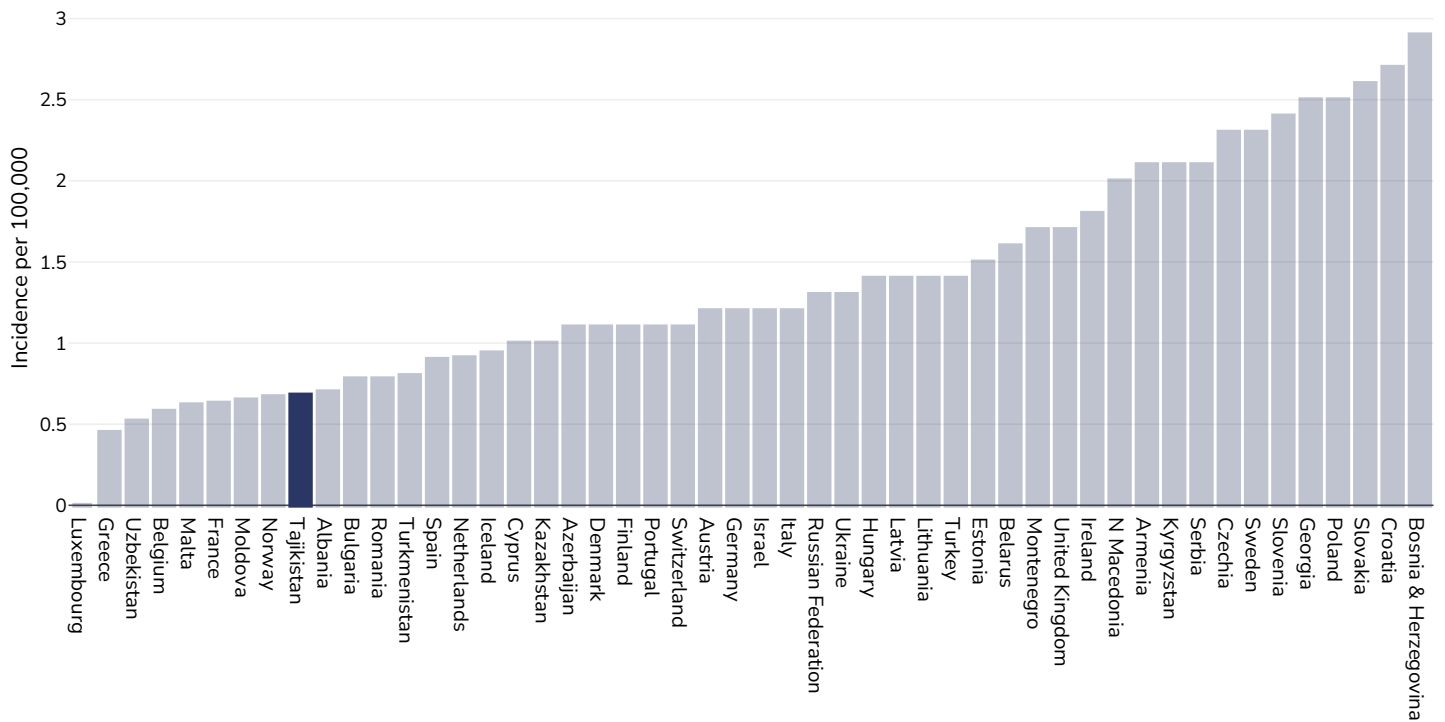| Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today,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

Kidney cancer

Men, 2022

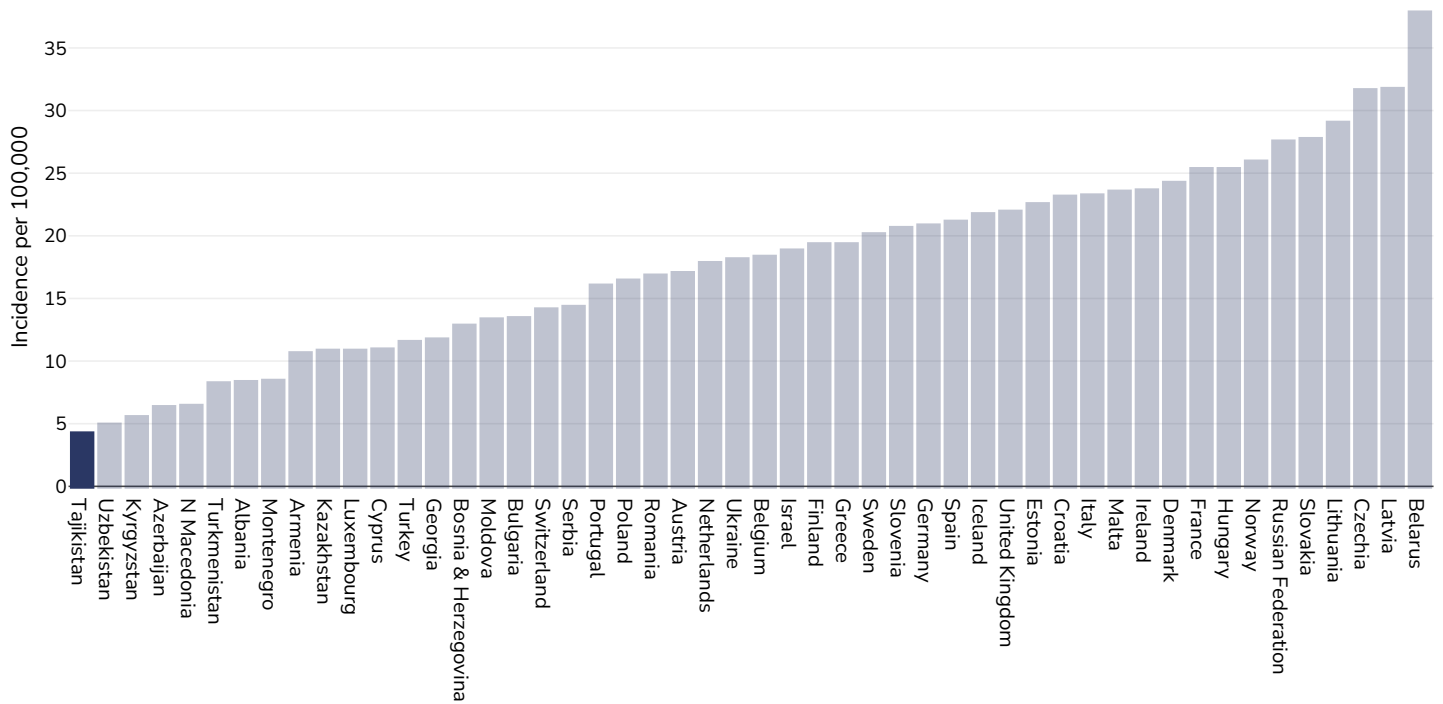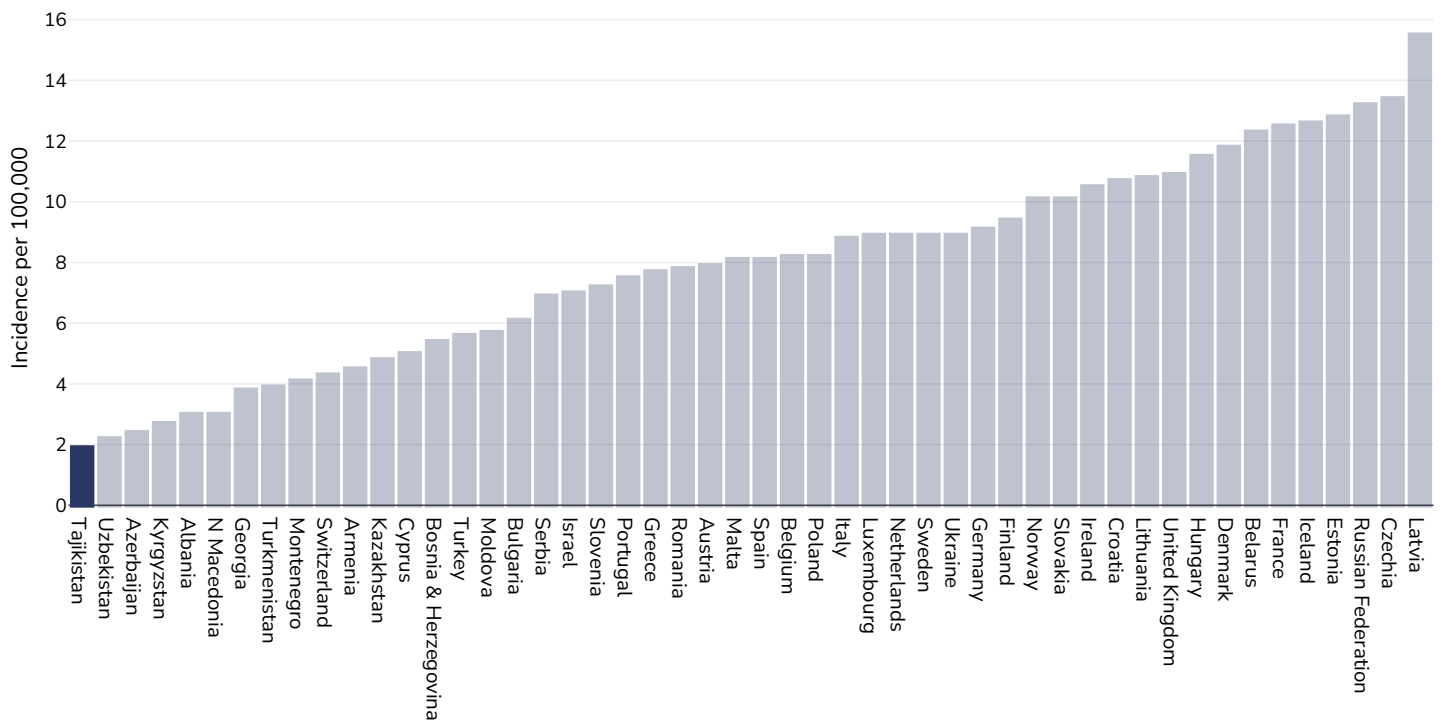| Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today,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

Women, 2022

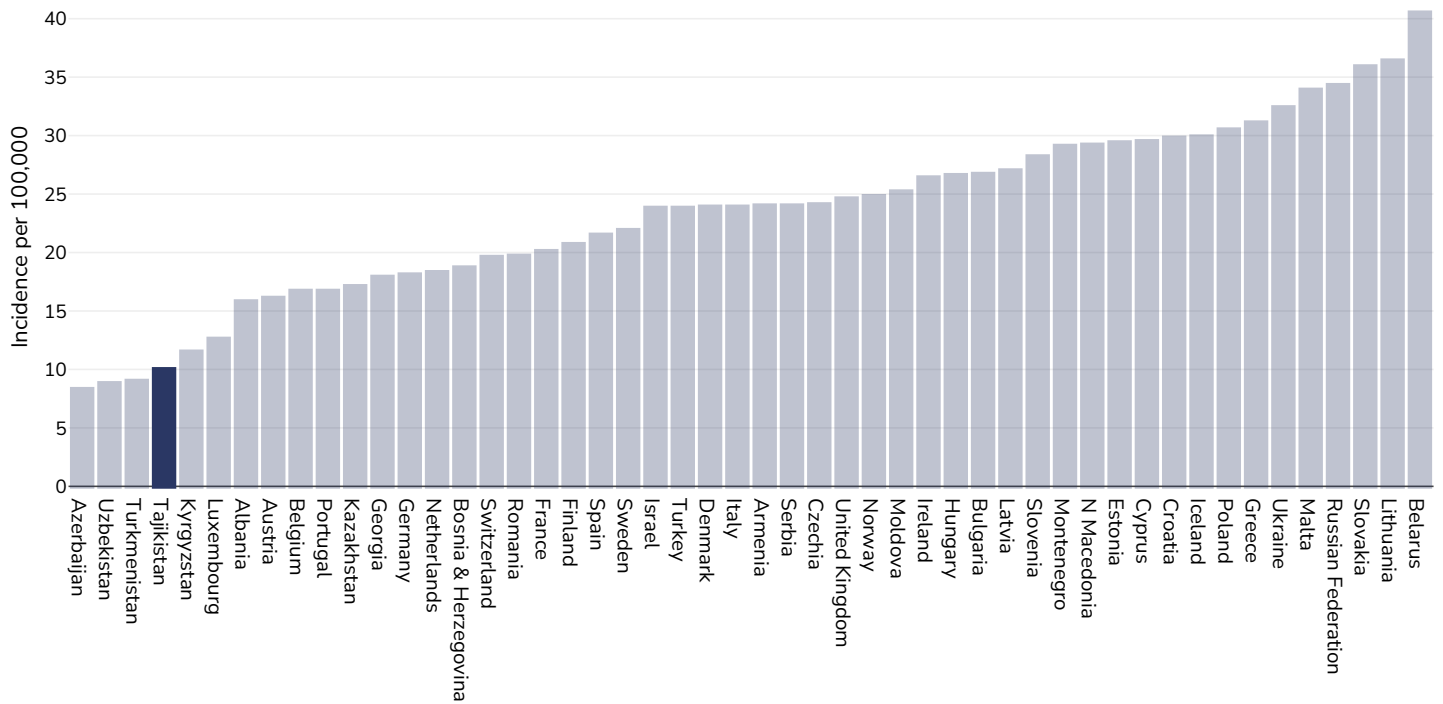| Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, 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, 2015
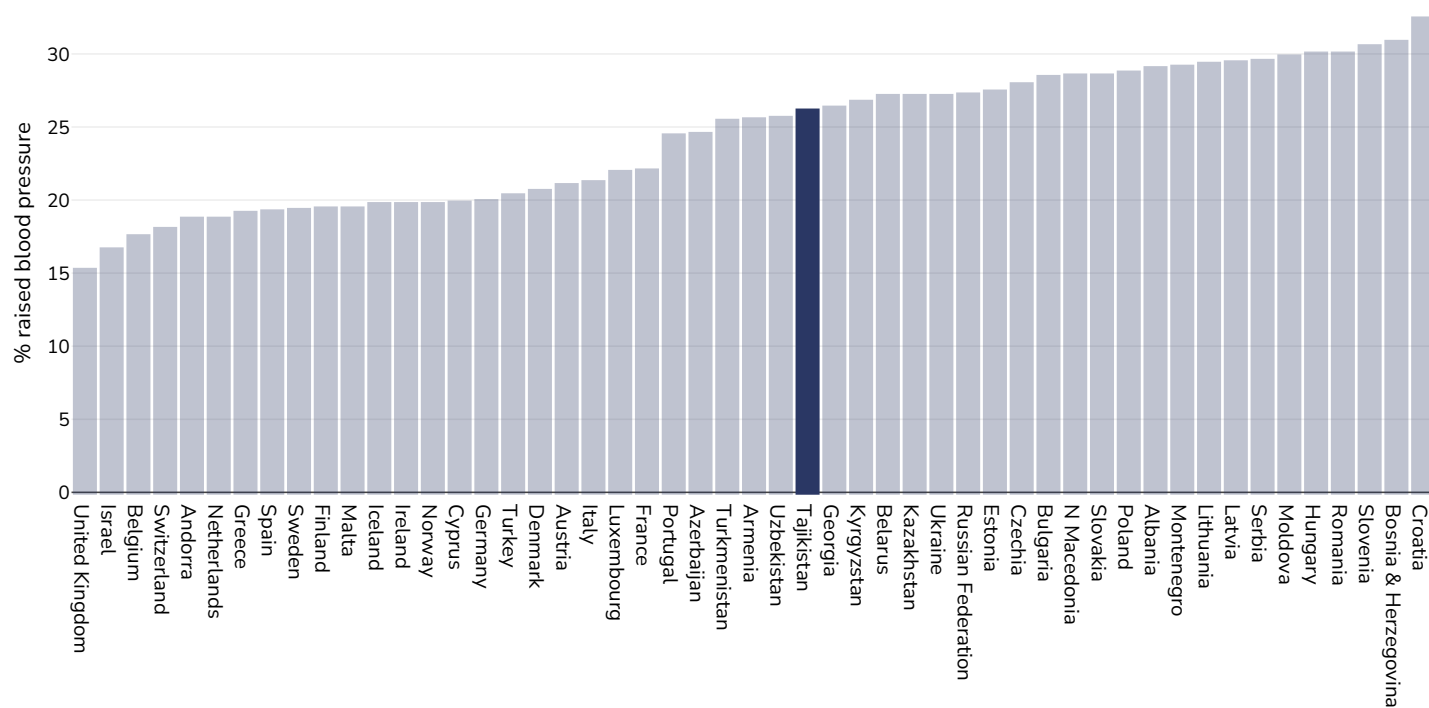
References:	Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A875?lang=en
Definitions:	Age Standardised estimated % Raised blood pressure 2015 (SBP>=140 OR DBP>=90).

Men, 2015

% raised blood pressure

United Kingdom, Turkey, Israel, Switzerland, Belgium, Greece, Ireland, Netherlands, Andorra, Spain, Cyprus, Finland, Sweden, Germany, Malta, Norway, Austria, Italy, Azerbaijan, Iceland, Tajikistan, Denmark, Uzbekistan, Turkmenistan, Kyrgyzstan, France, Armenia, Luxembourg, Georgia, Portugal, Kazakhstan, Ukraine, Russian Federation, N Macedonia, Albania, Belarus, Bulgaria, Moldova, Serbia, Bosnia & Herzegovina, Estonia, Slovakia, Czechia, Montenegro, Poland, Romania, Slovenia, Hungary, Lithuania, Latvia, Croatia

References:	Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A875?lang=en
Definitions:	Age Standardised estimated % Raised blood pressure 2015 (SBP>=140 OR DBP>=90).

Women, 2015

% raised blood pressure

25 · 20 · 15 · 10 · 5 · 0

United Kingdom, Belgium, Israel, Iceland, Switzerland, Andorra, Malta, Netherlands, Sweden, Finland, Norway, Spain, Denmark, Greece, Cyprus, Germany, Luxembourg, France, Ireland, Austria, Italy, Portugal, Turkey, Estonia, Czechia, Belarus, Russian Federation, Ukraine, Slovakia, Armenia, Latvia, Azerbaijan, Bulgaria, Poland, Lithuania, Georgia, Montenegro, Kazakhstan, Hungary, N Macedonia, Turkmenistan, Uzbekistan, Slovenia, Albania, Romania, Serbia, Kyrgyzstan, Tajikistan, Moldova, Croatia, Bosnia & Herzegovina

References:	Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A875?lang=en
Definitions:	Age Standardised estimated % Raised blood pressure 2015 (SBP>=140 OR DBP>=90).

Raised cholesterol

Adults, 2008

% raised cholesterol (y-axis, 0–70)

Countries (left to right): Tajikistan, Uzbekistan, Kyrgyzstan, Azerbaijan, Turkmenistan, Moldova, Georgia, Bosnia & Herzegovina, Turkey, Armenia, N Macedonia, Ukraine, Albania, Kazakhstan, Romania, Greece, Montenegro, Croatia, Serbia, Bulgaria, Russian Federation, Belarus, Sweden, Slovakia, Israel, Czechia, Lithuania, Hungary, Latvia, Portugal, Spain, Slovenia, Estonia, Cyprus, Poland, Finland, Malta, Switzerland, Austria, Netherlands, Norway, France, Italy, Belgium, Ireland, United Kingdom, Denmark, Germany, Luxembourg, Andorra, Iceland

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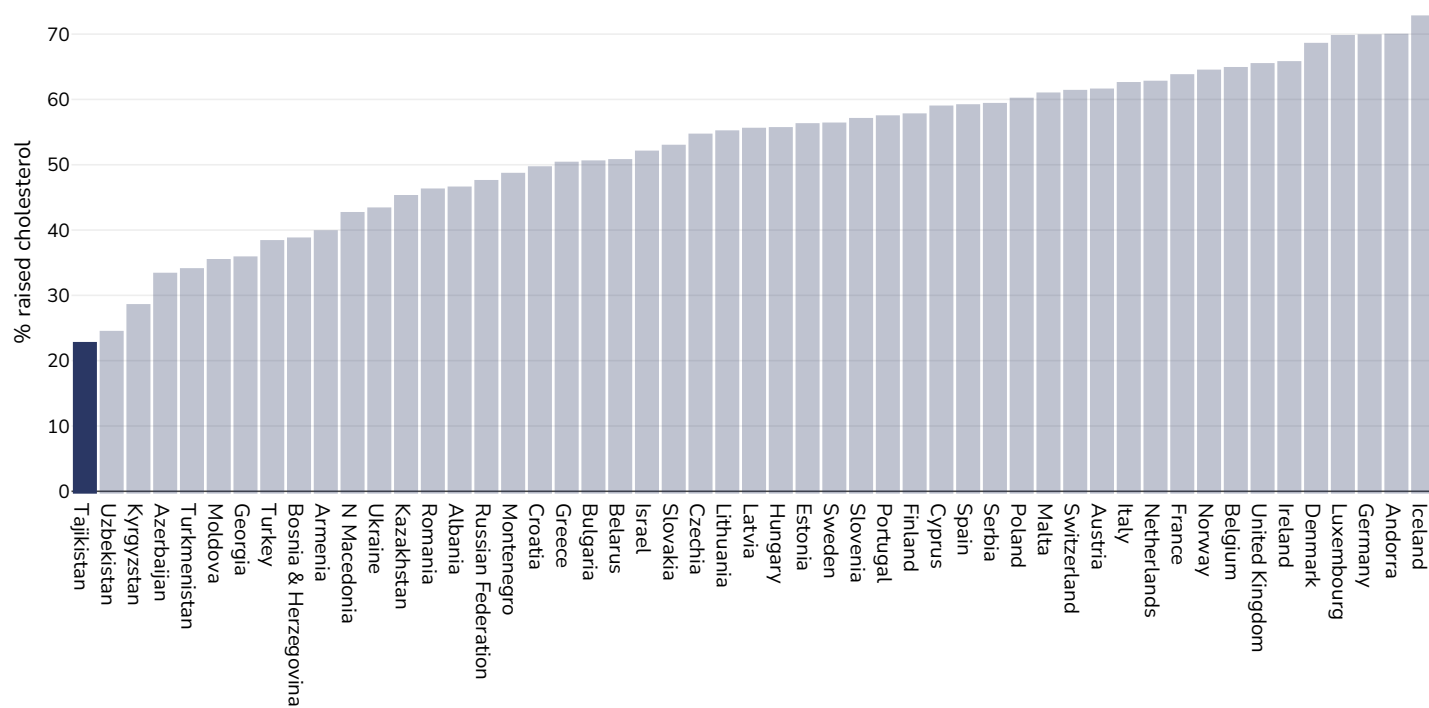
References: Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A885

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

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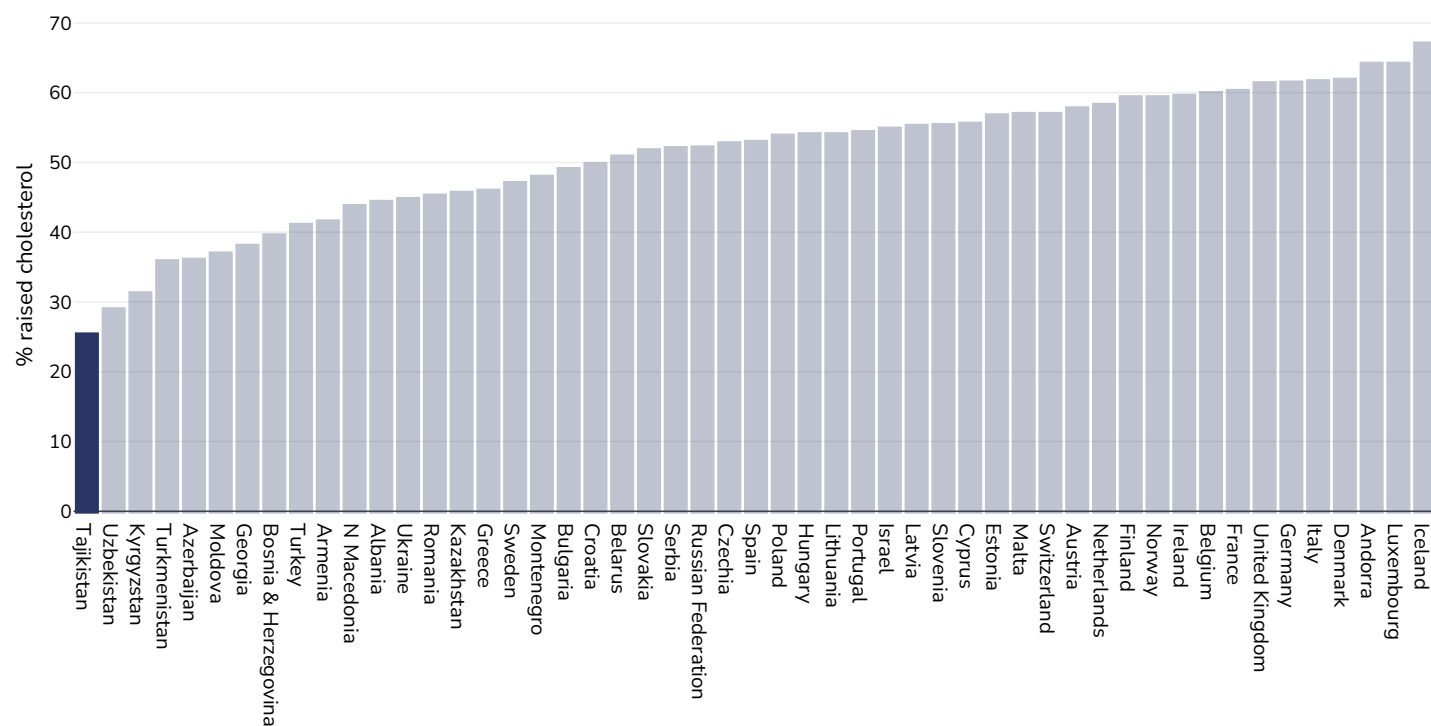
Definitions: % Raised total cholesterol (>= 5.0 mmol/L) (age-standardized estimate).

Raised fasting blood glucose

Men, 2014
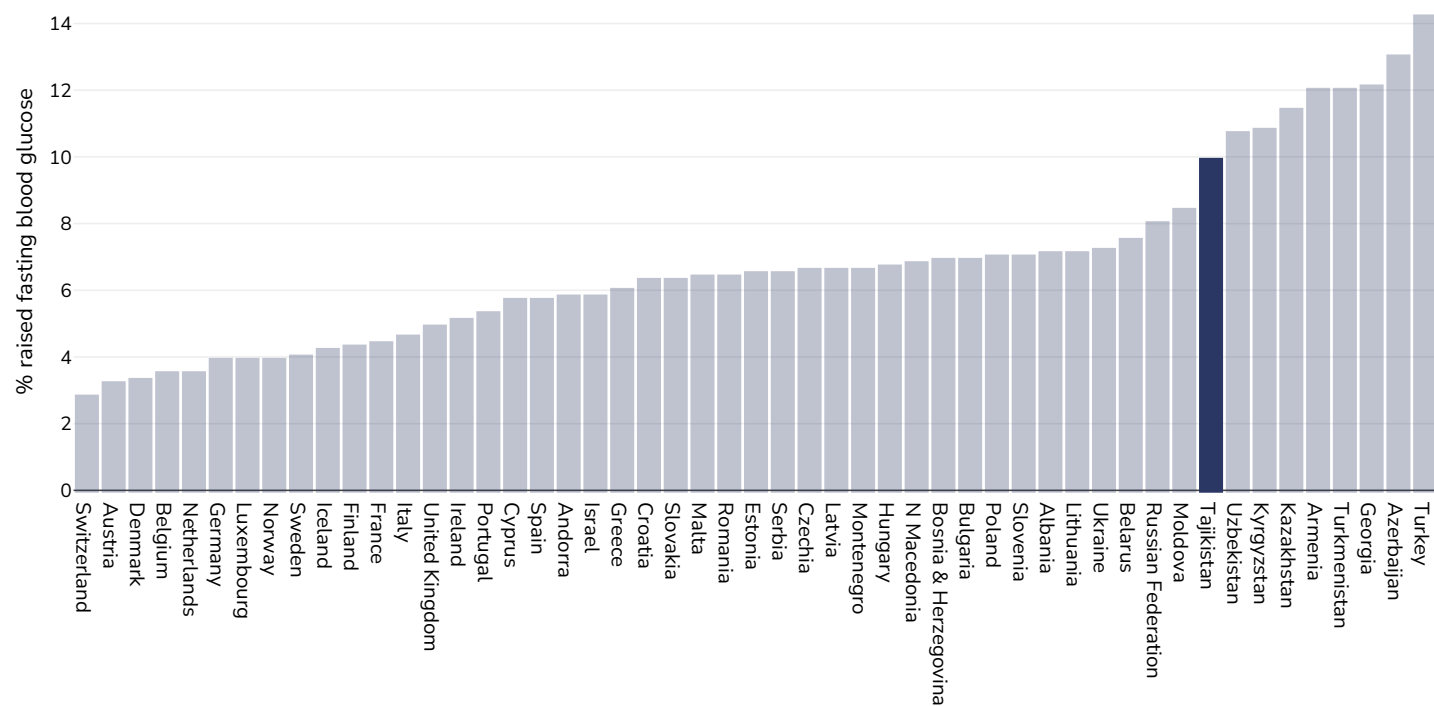
References:	Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A869?lang=en
Definitions:	Age Standardised % raised fasting blood glucose (>= 7.0 mmol/L or on medication).

Women, 2014

% raised fasting blood glucose

Countries (left to right): Netherlands, Switzerland, Austria, Denmark, Belgium, Sweden, Germany, Norway, Finland, United Kingdom, Luxembourg, Israel, Italy, Greece, Ireland, Romania, Serbia, Slovenia, Russian Federation, Ukraine, France, Iceland, Montenegro, N Macedonia, Albania, Estonia, Latvia, Moldova, Belarus, Bosnia & Herzegovina, Andorra, Slovakia, Cyprus, Bulgaria, Croatia, Czechia, Poland, Portugal, Spain, Hungary, Lithuania, Malta, Kyrgyzstan, Tajikistan, Uzbekistan, Armenia, Azerbaijan, Kazakhstan, Turkmenistan, Turkey, Georgia

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
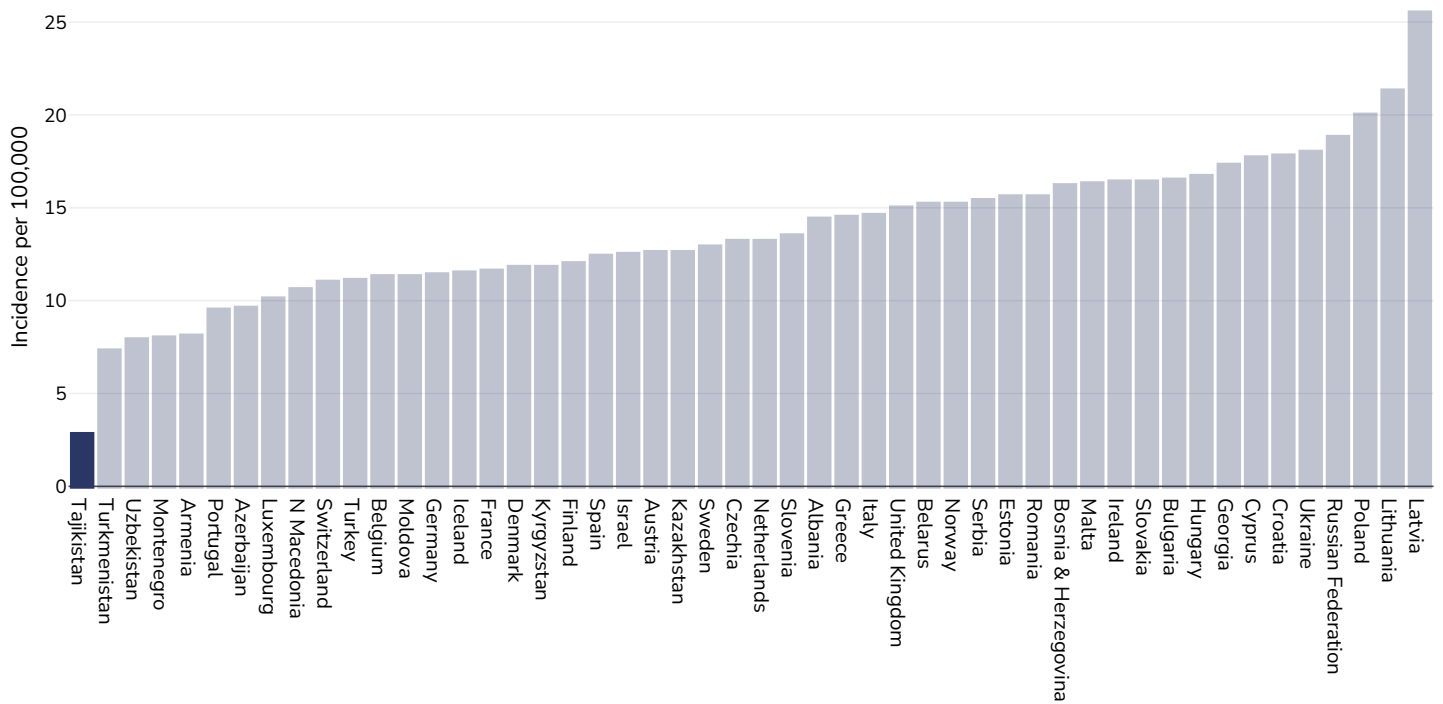
Adults, 2024
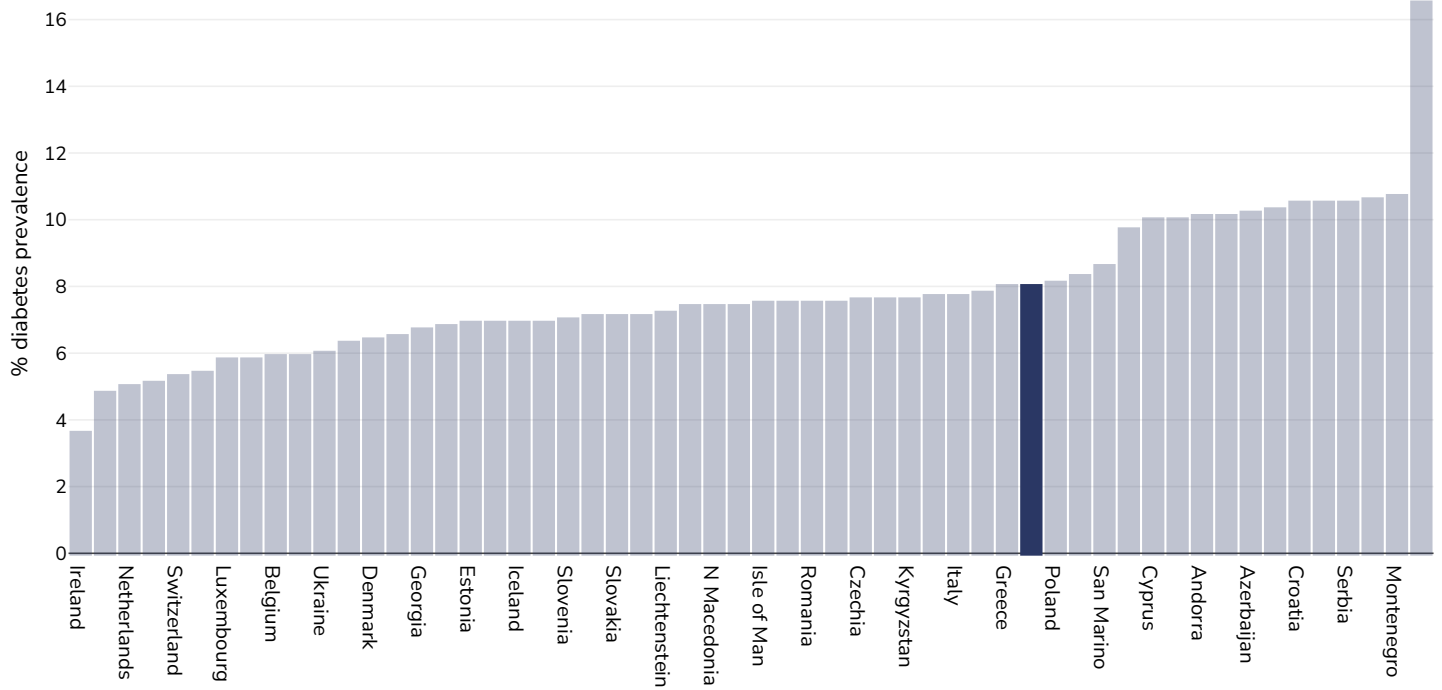
References: Reproduced with kind permission International Diabetes Federation. IDF Diabetes Atlas, 11th edn. Brussels, Belgium:International Diabetes Federation, 2025. http://www.diabetesatlas.org
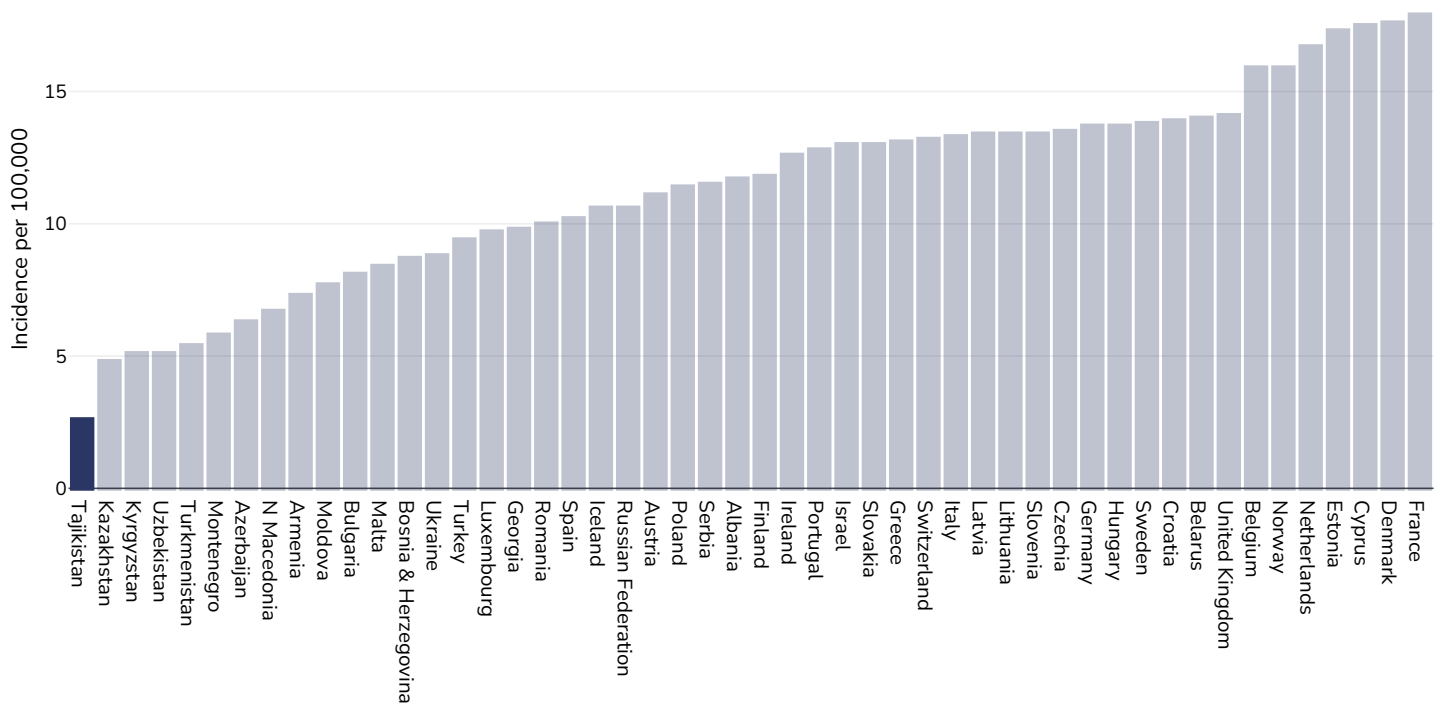
Ovarian Cancer

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
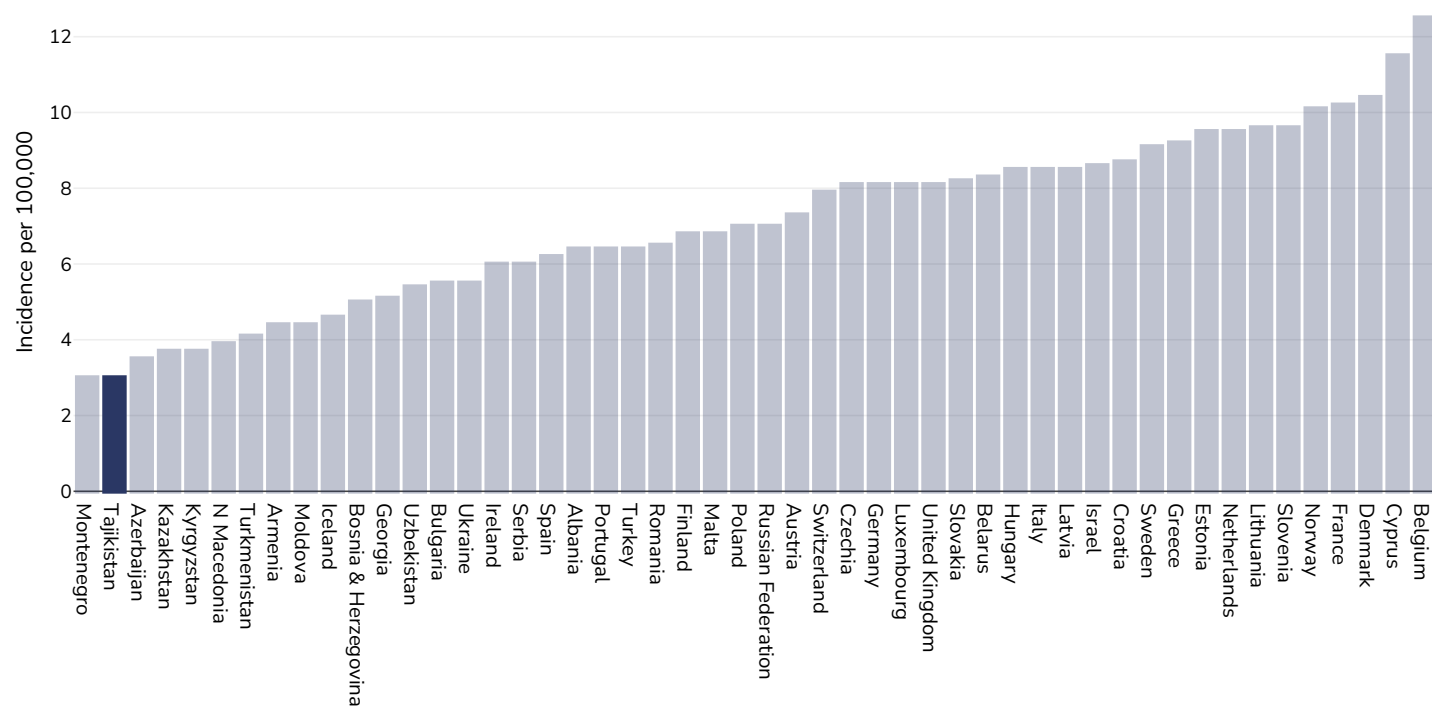
Men, 2022

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

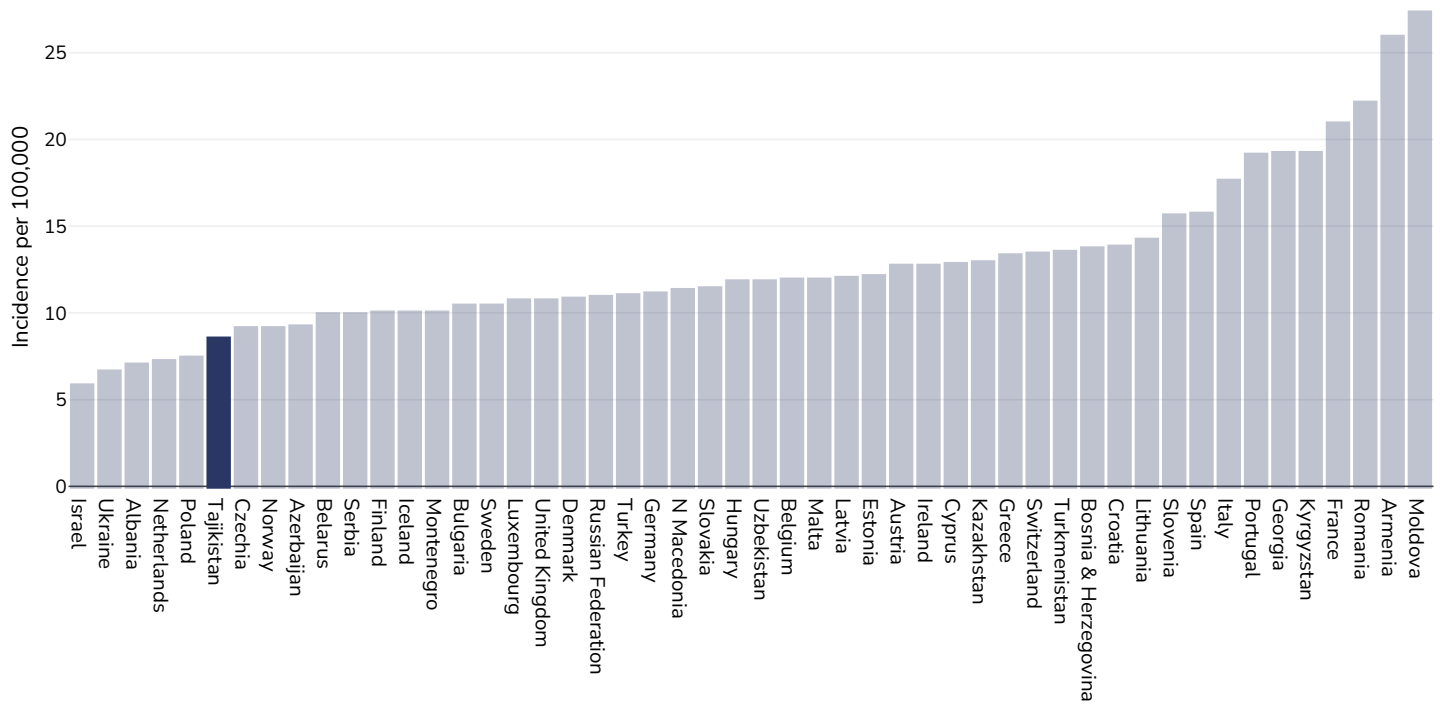| Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, 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.
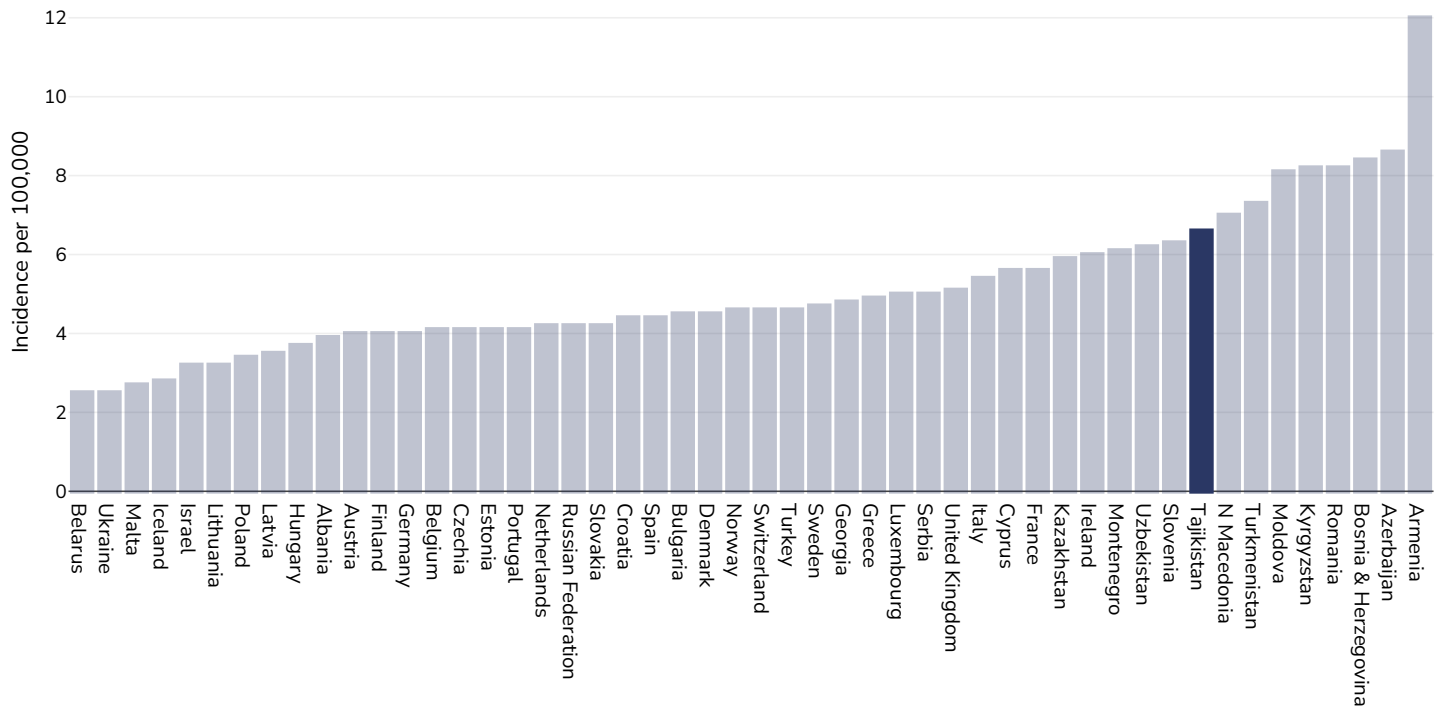
Liver and intrahepatic bile duct Cancer

Men, 2022

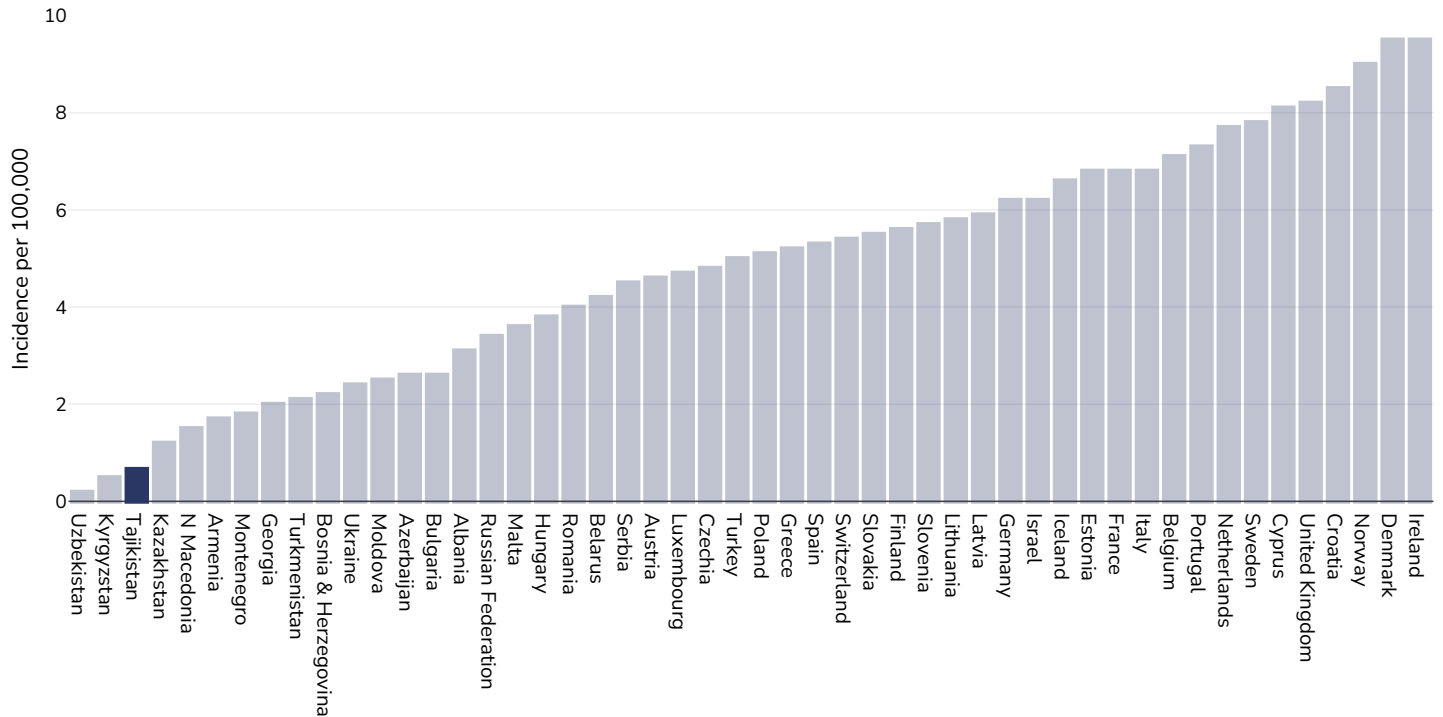| Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today,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

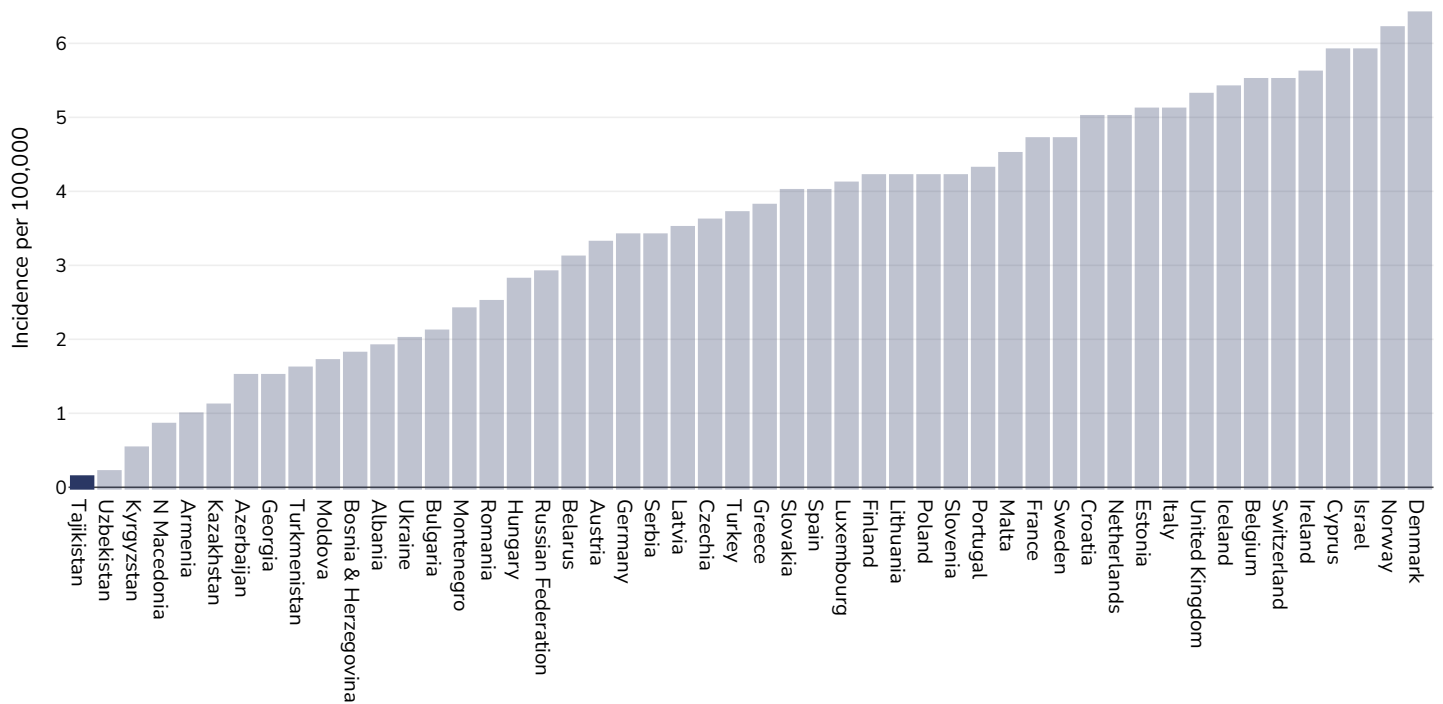# Multiple Myeloma

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

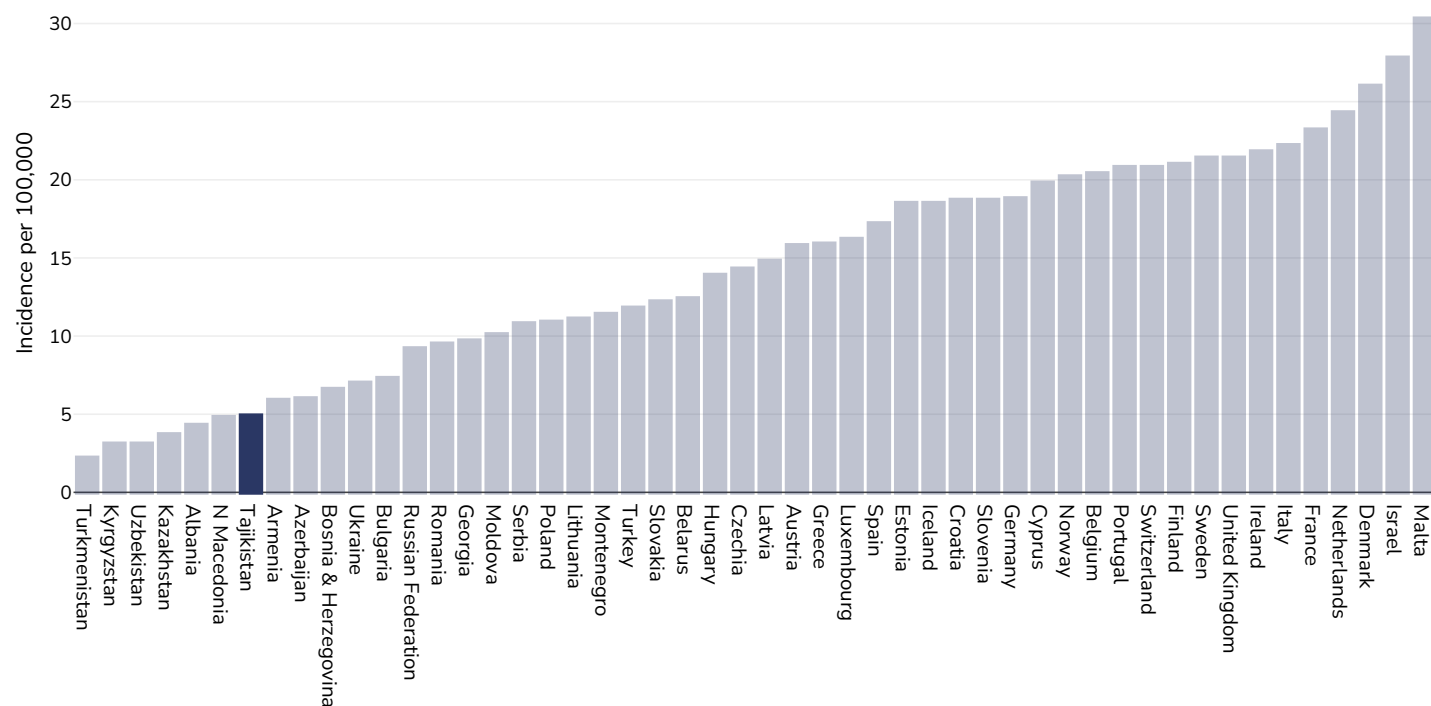| Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today,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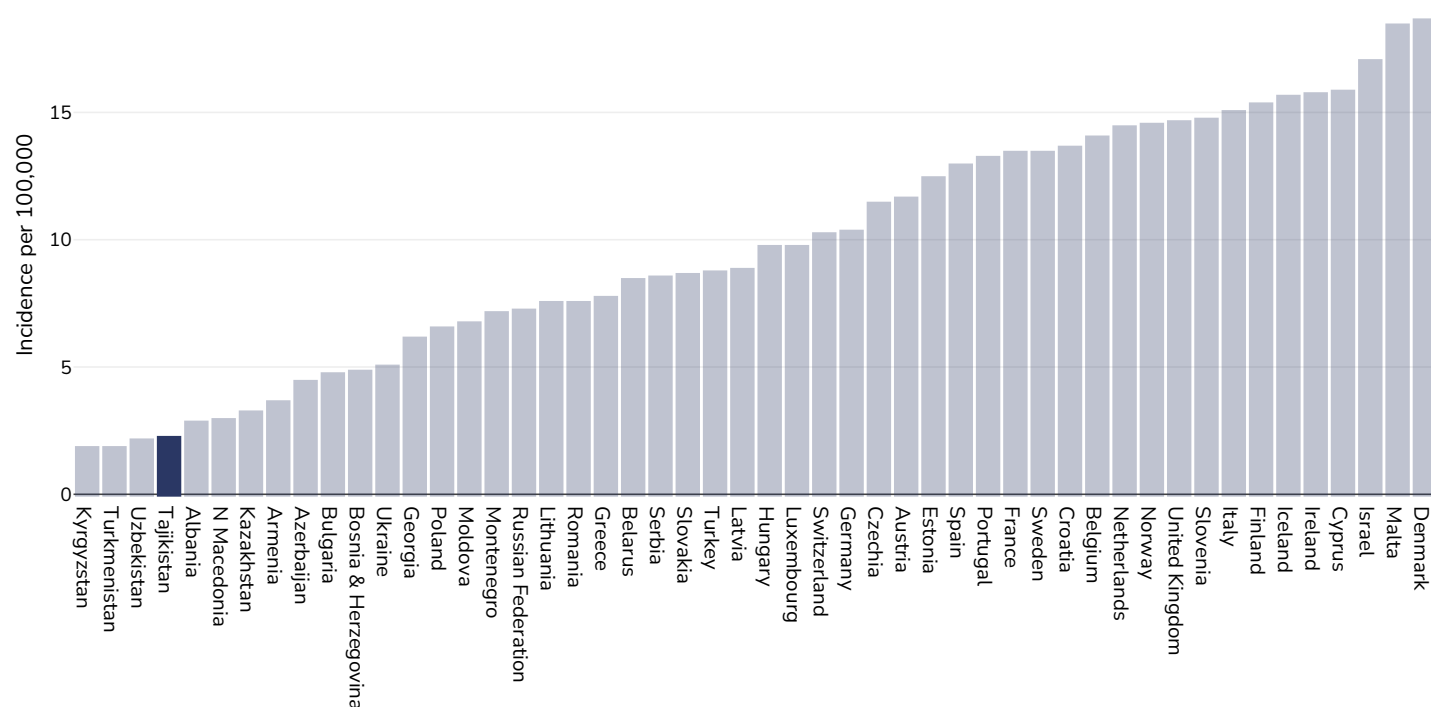
Non Hodgkin Lymphoma

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

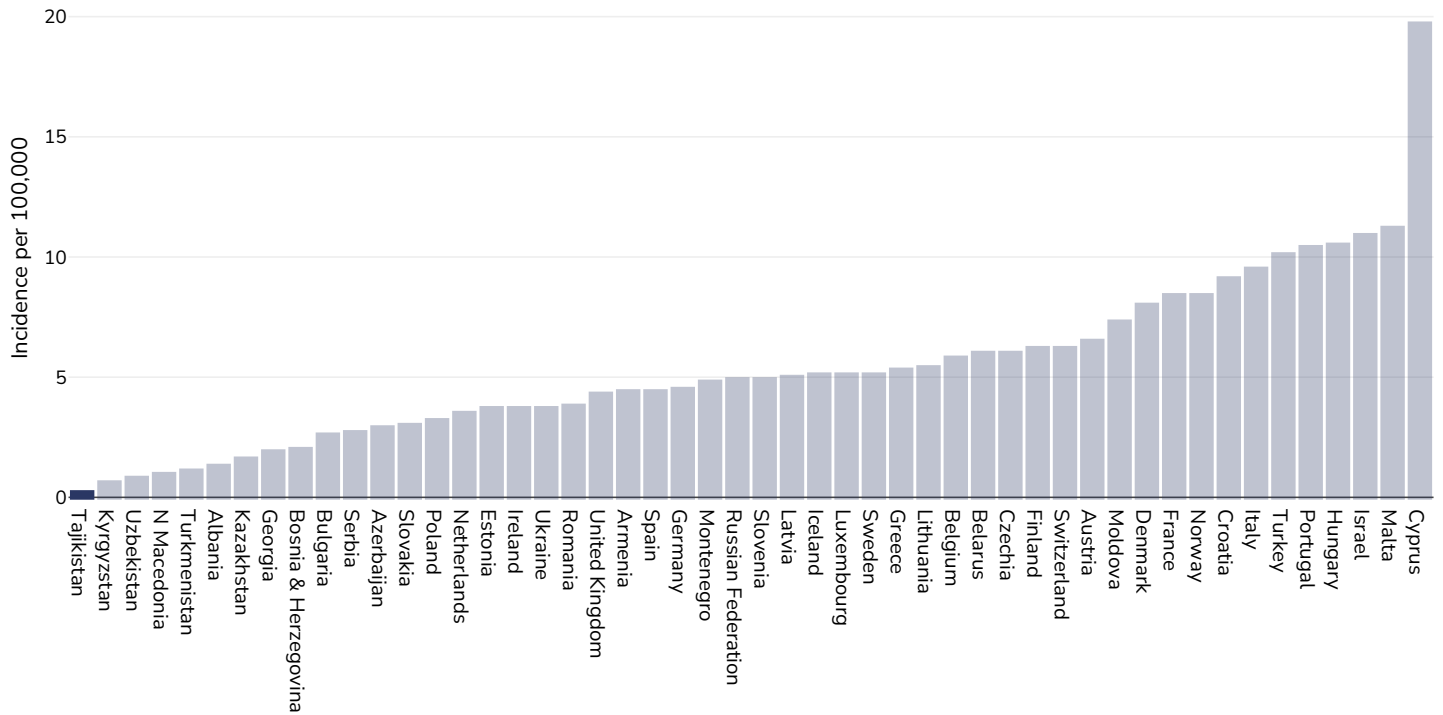| Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today,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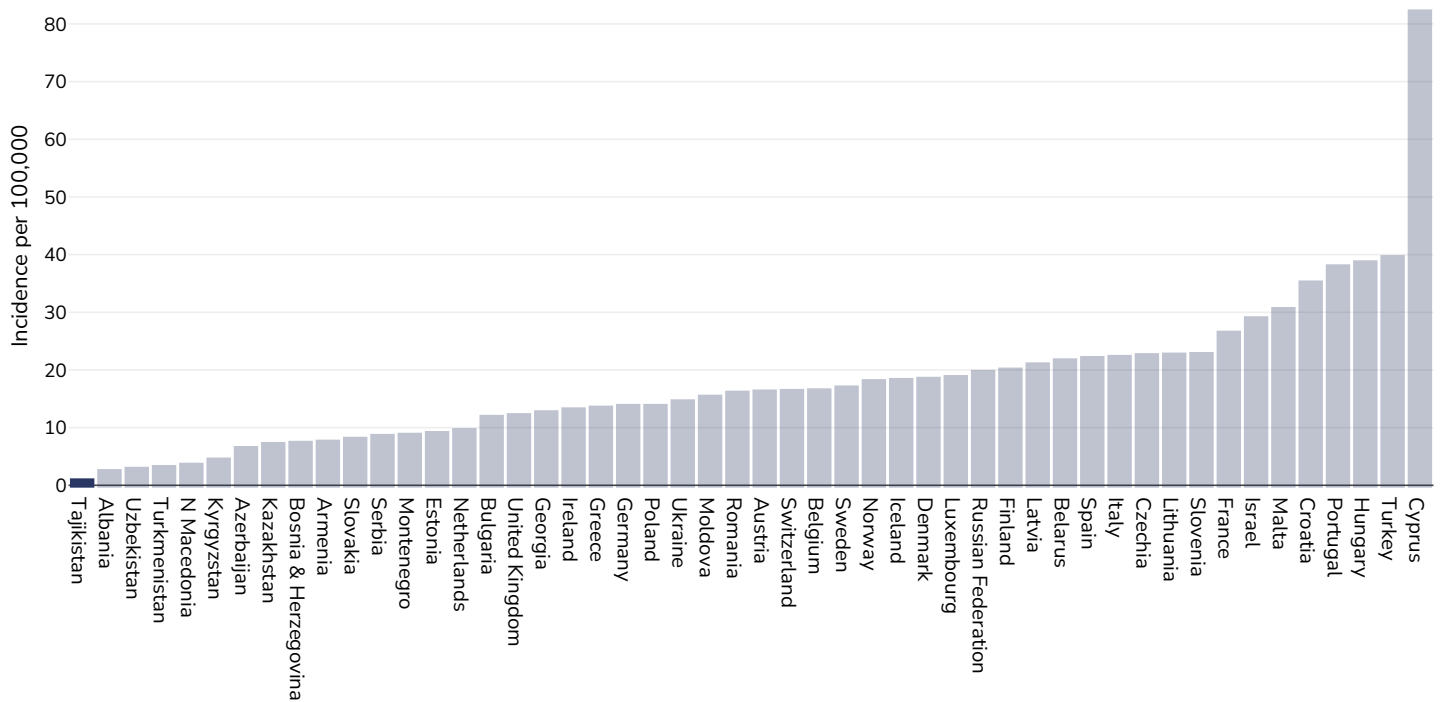
Thyroid Cancer

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 September 13, 2025