



Tajikistan



Country report card

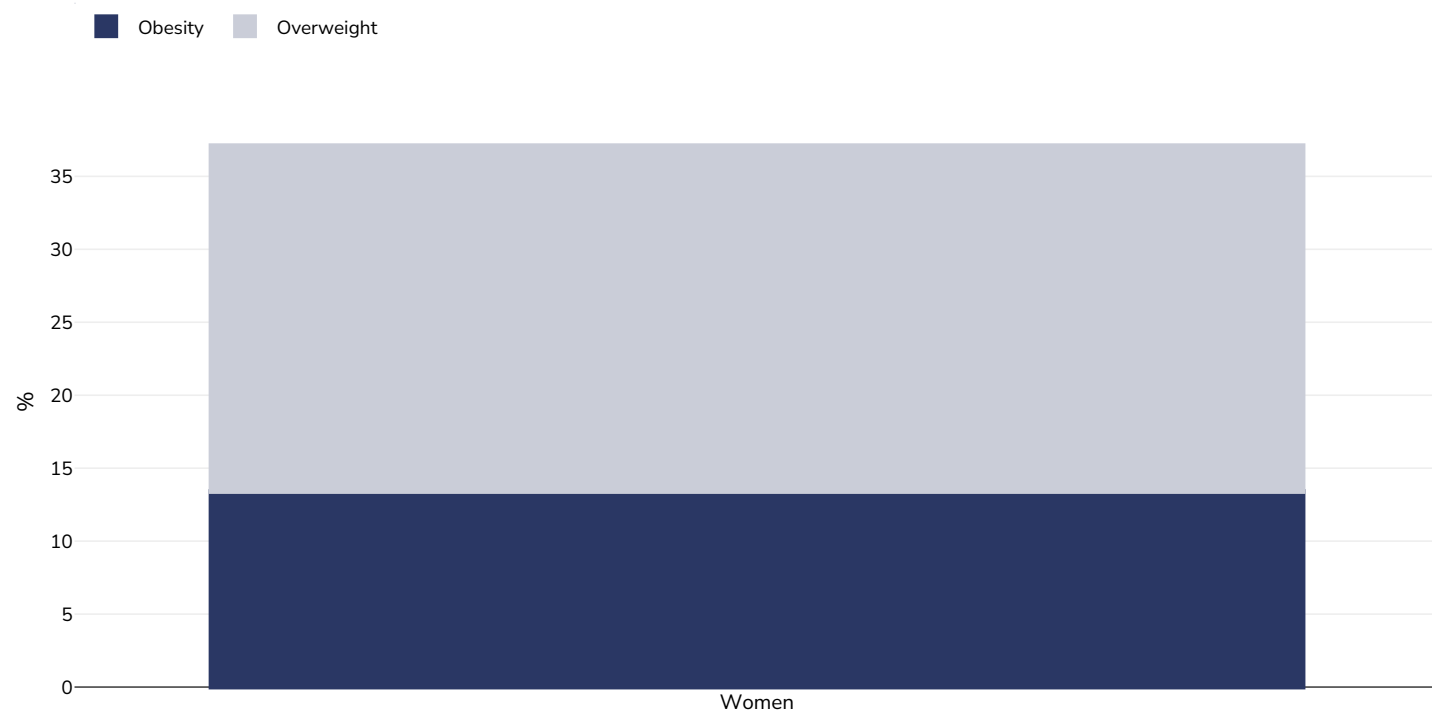
This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity . Where available, data on common and relevant obesity drivers and comorbidities are also presented.

View the latest version of this report on the Global Obesity Observatory at <https://data.worldobesity.org/country/tajikistan-212/>.

| Contents | Page |
|---|------|
| Obesity prevalence | 3 |
| Trend: % Adults living with obesity in Tajikistan 2012-2017 | 6 |
| Trend: % Adults living with overweight or obesity in Tajikistan 2012-2017 | 7 |
| Overweight/obesity by education | 8 |
| Overweight/obesity by age | 10 |
| Overweight/obesity by region | 12 |
| Overweight/obesity by socio-economic group | 14 |
| Double burden of underweight & overweight | 18 |
| Insufficient physical activity | 21 |
| Prevalence of at least daily carbonated soft drink consumption | 26 |
| Estimated per capita fruit intake | 28 |
| Estimated per-capita processed meat intake | 29 |
| Estimated per capita whole grains intake | 30 |
| Mental health - depression disorders | 31 |
| Mental health - anxiety disorders | 37 |
| % Infants exclusively breastfed 0-5 months | 42 |
| Percent of population who cannot afford a healthy diet | 43 |
| Oesophageal cancer | 44 |
| Breast cancer | 46 |
| Colorectal cancer | 47 |
| Pancreatic cancer | 49 |
| Gallbladder cancer | 51 |
| Kidney cancer | 53 |
| Cancer of the uterus | 55 |
| Raised blood pressure | 56 |
| Raised cholesterol | 59 |
| Raised fasting blood glucose | 62 |
| Diabetes prevalence | 64 |
| Ovarian Cancer | 65 |
| Leukemia | 66 |
| Leukemia | 68 |
| Liver and intrahepatic bile duct Cancer | 70 |
| Multiple Myeloma | 72 |
| Non Hodgkin Lymphoma | 74 |
| Thyroid Cancer | 76 |

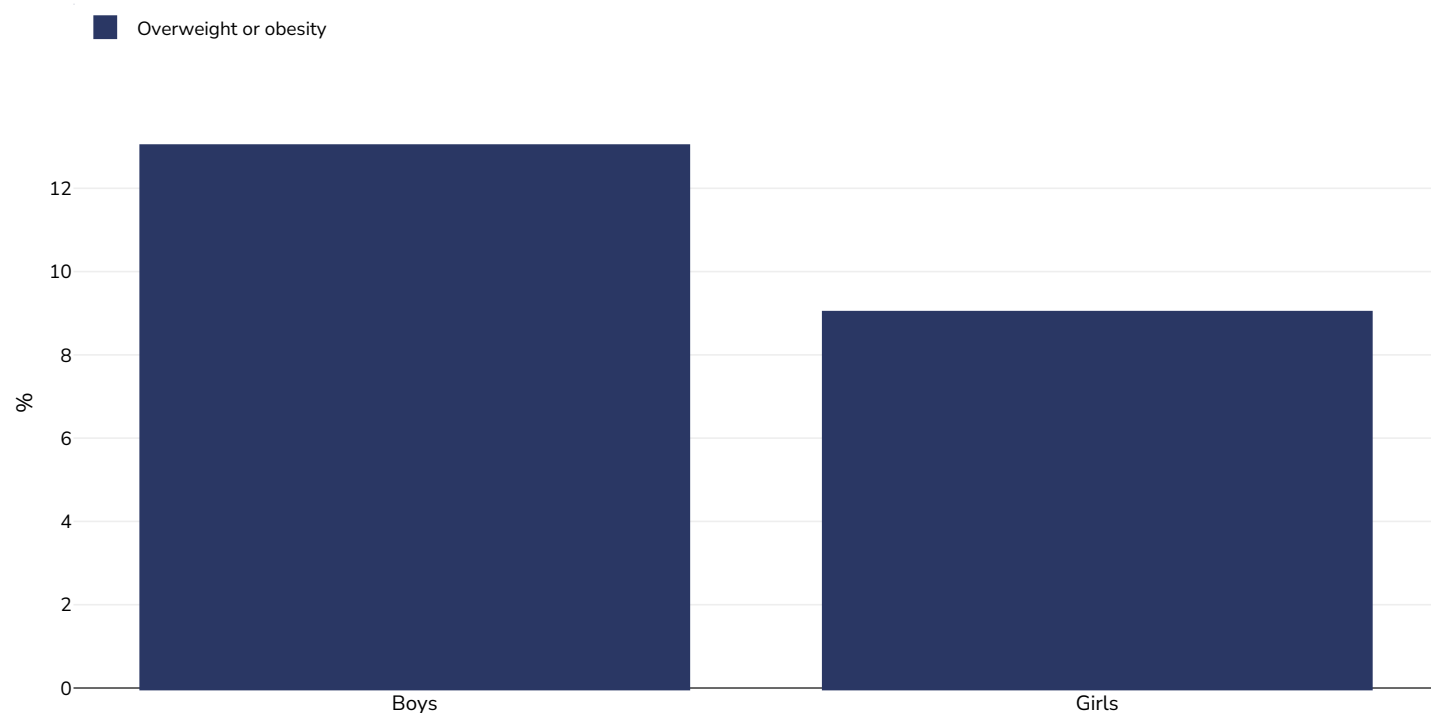
Obesity prevalence

Women, 2017



| | |
|---------------|--|
| Survey type: | Measured |
| Age: | 15-49 |
| Sample size: | 9677 |
| Area covered: | National |
| References: | 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: | Demographic Health Survey data includes ever married women aged 15-49 years only and may include males aged 15-49. <i>Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².</i> |

Children, 2021-2022



Survey type: Self-reported

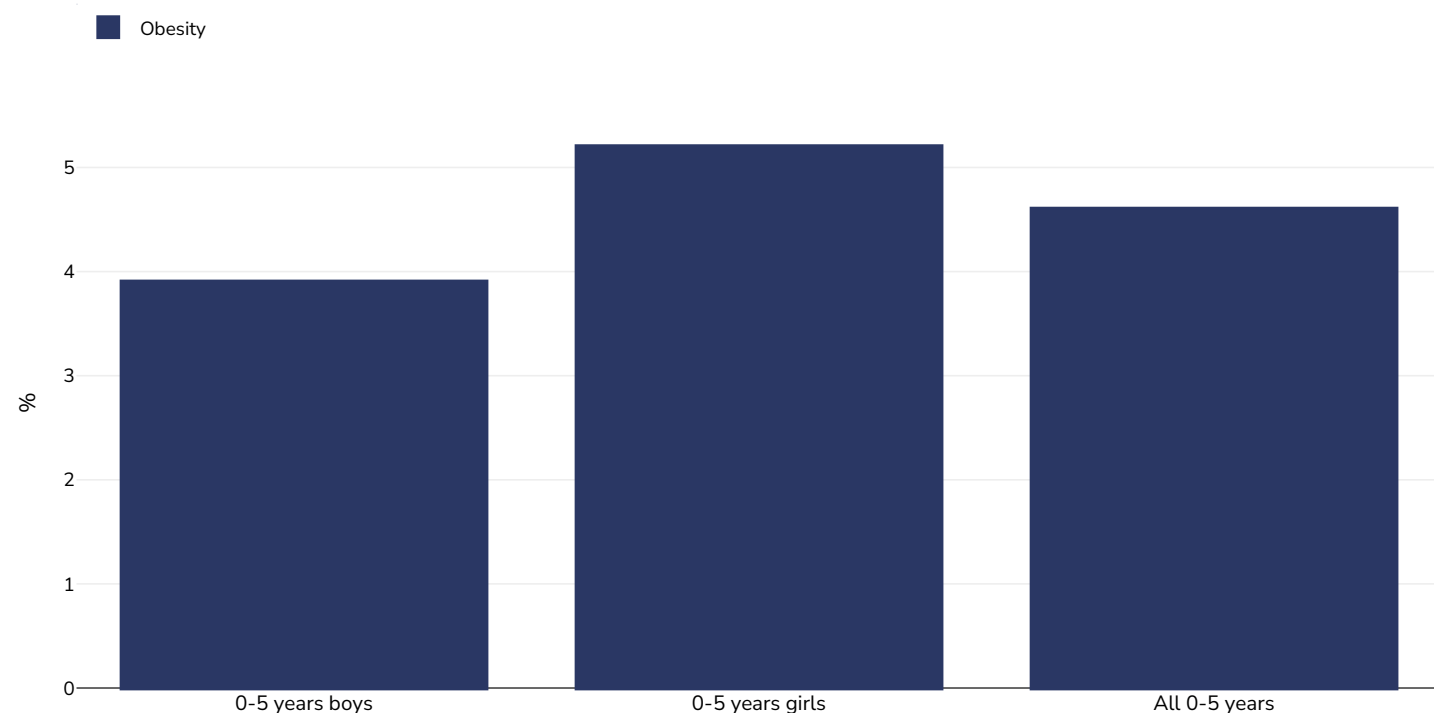
Age: 13

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 (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)

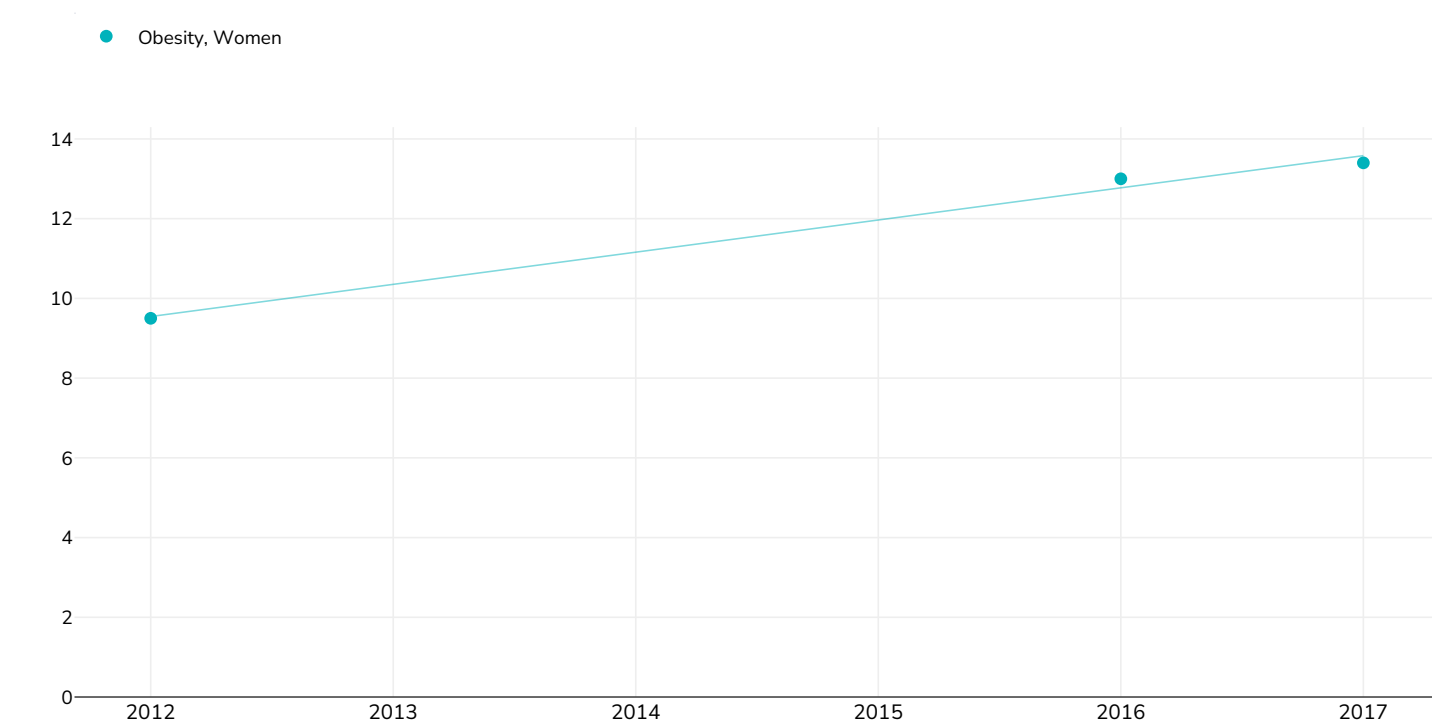
Cutoffs: +2SD

0-5 years, 2023



| | |
|---------------|---|
| Survey type: | Measured |
| Age: | 0-5 |
| 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 |

% Adults living with obesity in Tajikistan 2012-2017



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., Bahrudinov, 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>

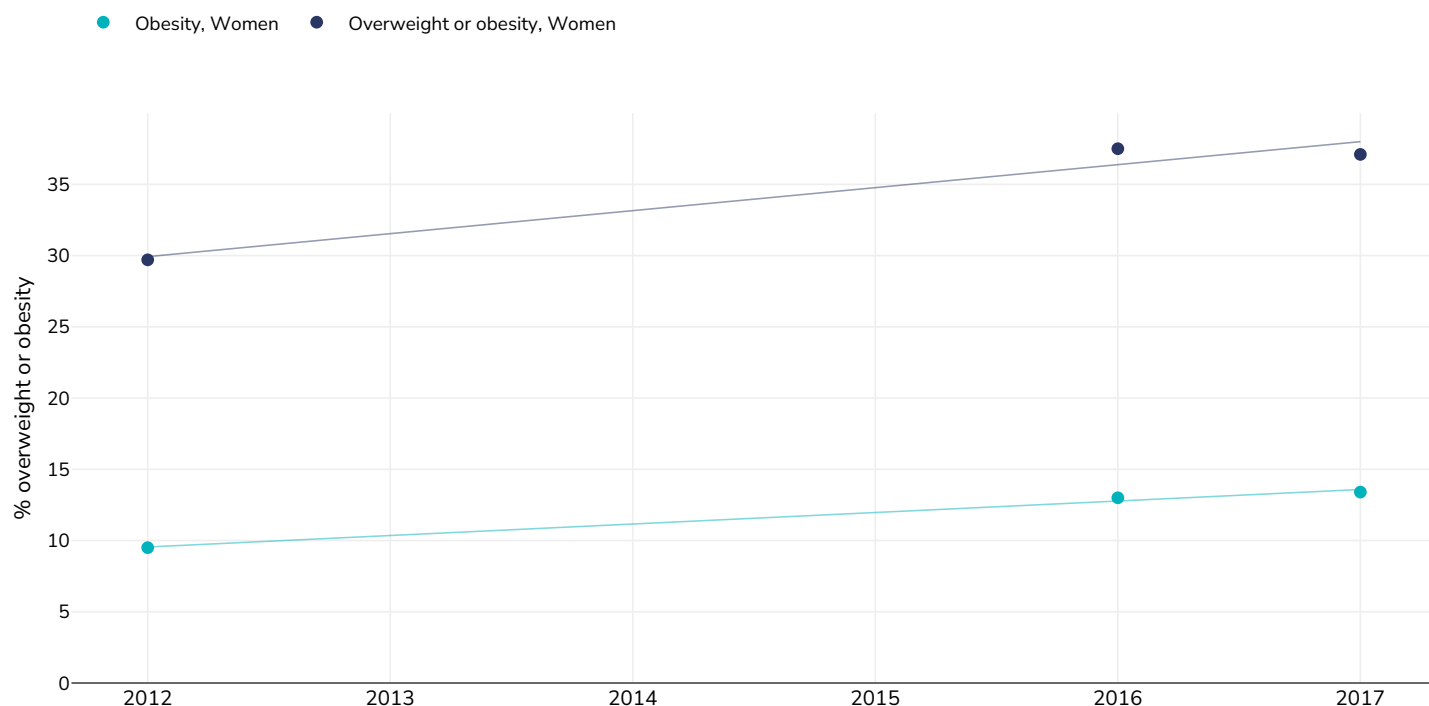
2017: Statistical Agency under the President of the Republic of Tajikistan, Ministry of Health and Social Protection of Population of the Republic of Tajikistan, and ICF. 2018. Tajikistan Demographic and Health Survey 2017. Dushanbe, Republic of Tajikistan, and Rockville, Maryland, USA: Statistical Agency 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



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., Bahrudinov, 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:

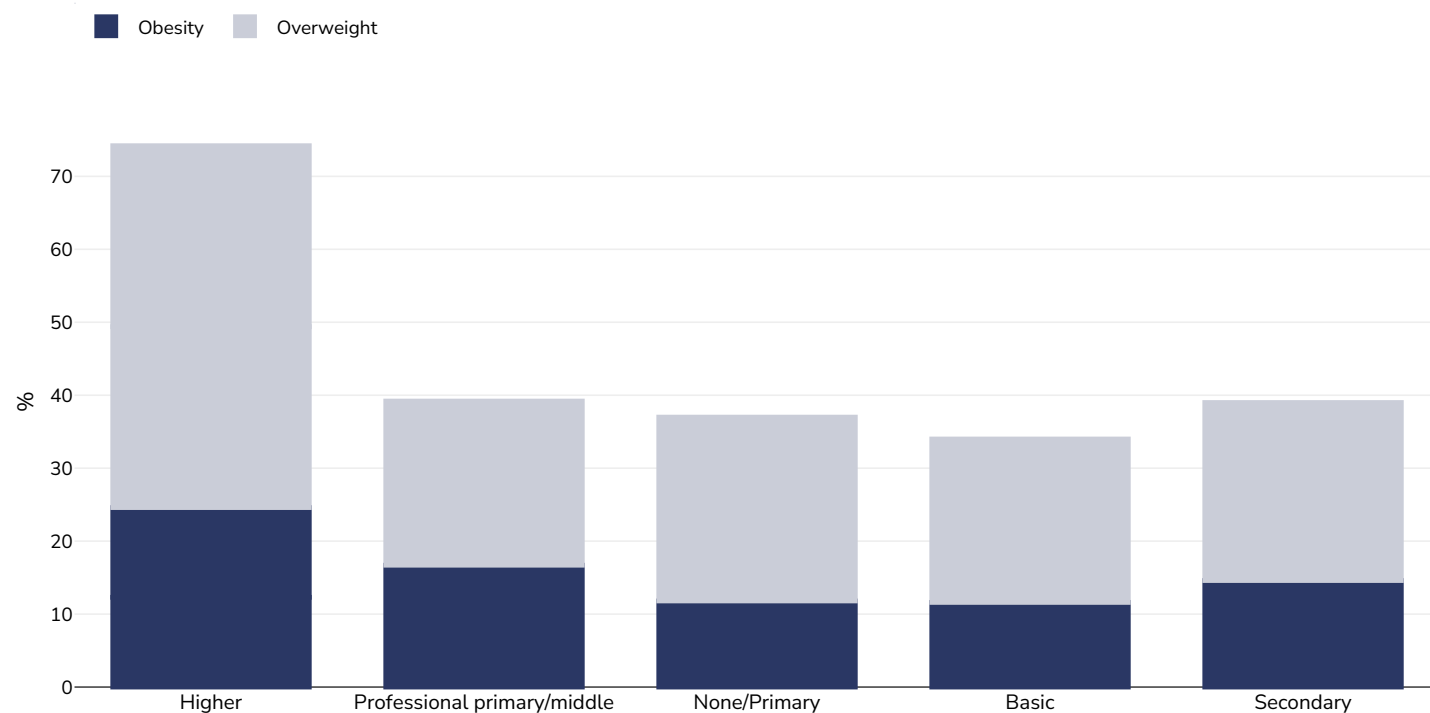
Adults aged 15-49

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, 2017



Survey type: Measured

Age: 15-49

Sample size: 9677

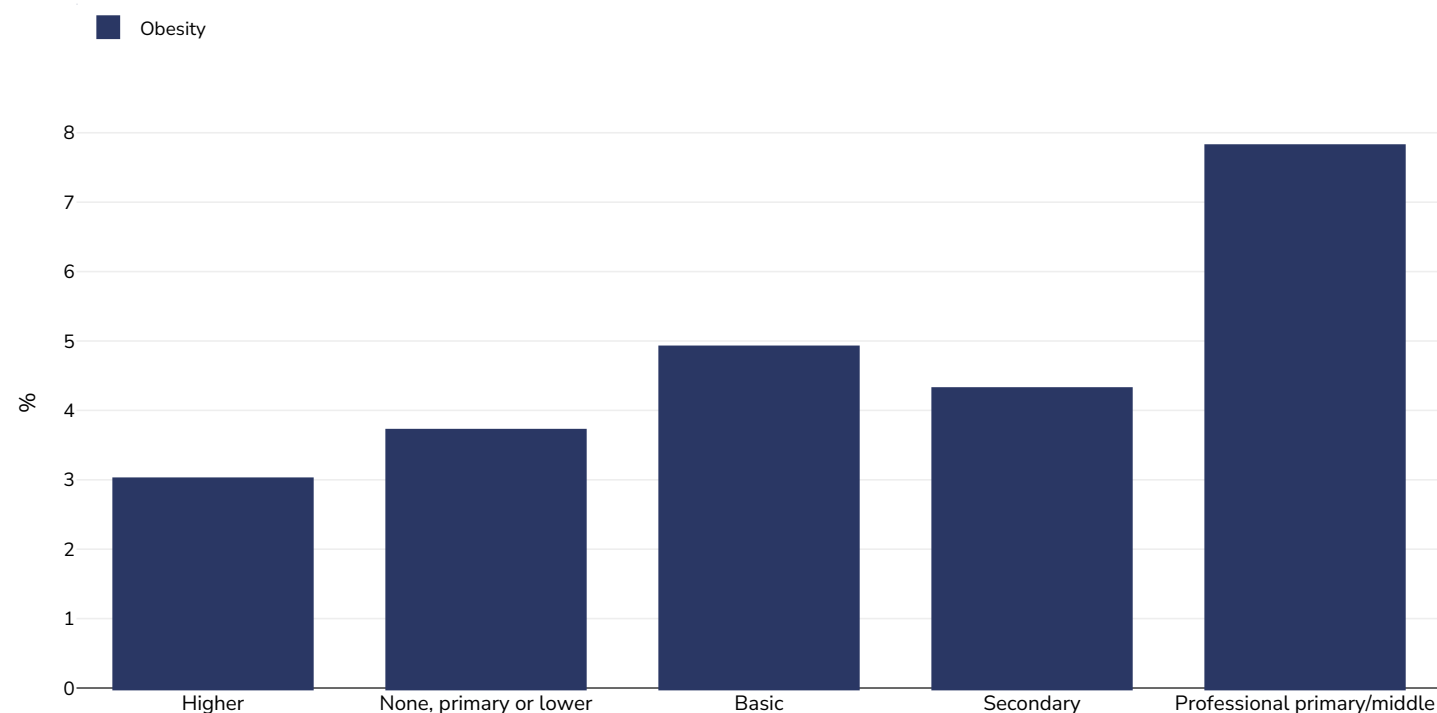
Area covered: National

References: 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: Demographic Health Survey data includes ever married women aged 15-49 years only and may include males aged 15-59.

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, 2023



Survey type: Measured

Sample size: 5345

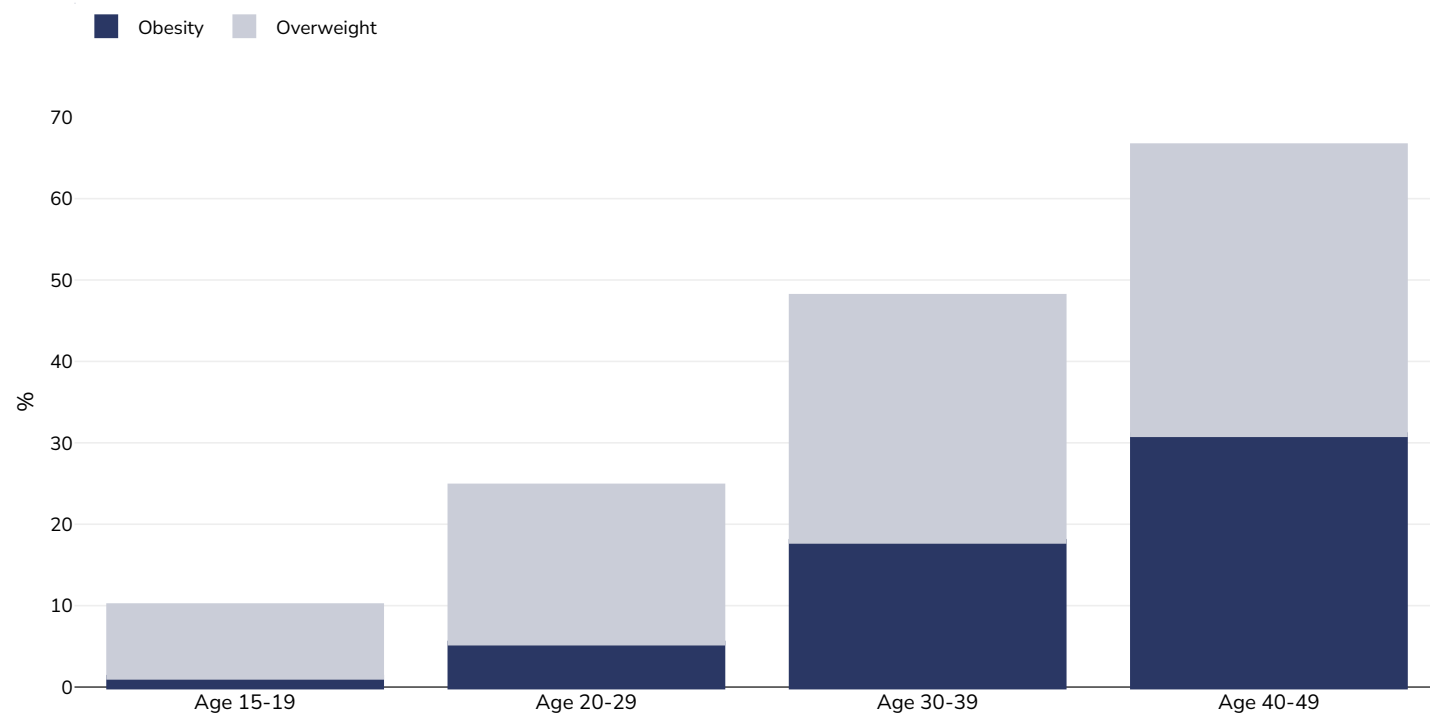
Area covered: National

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 age

Women, 2017



Survey type: Measured

Sample size: 9677

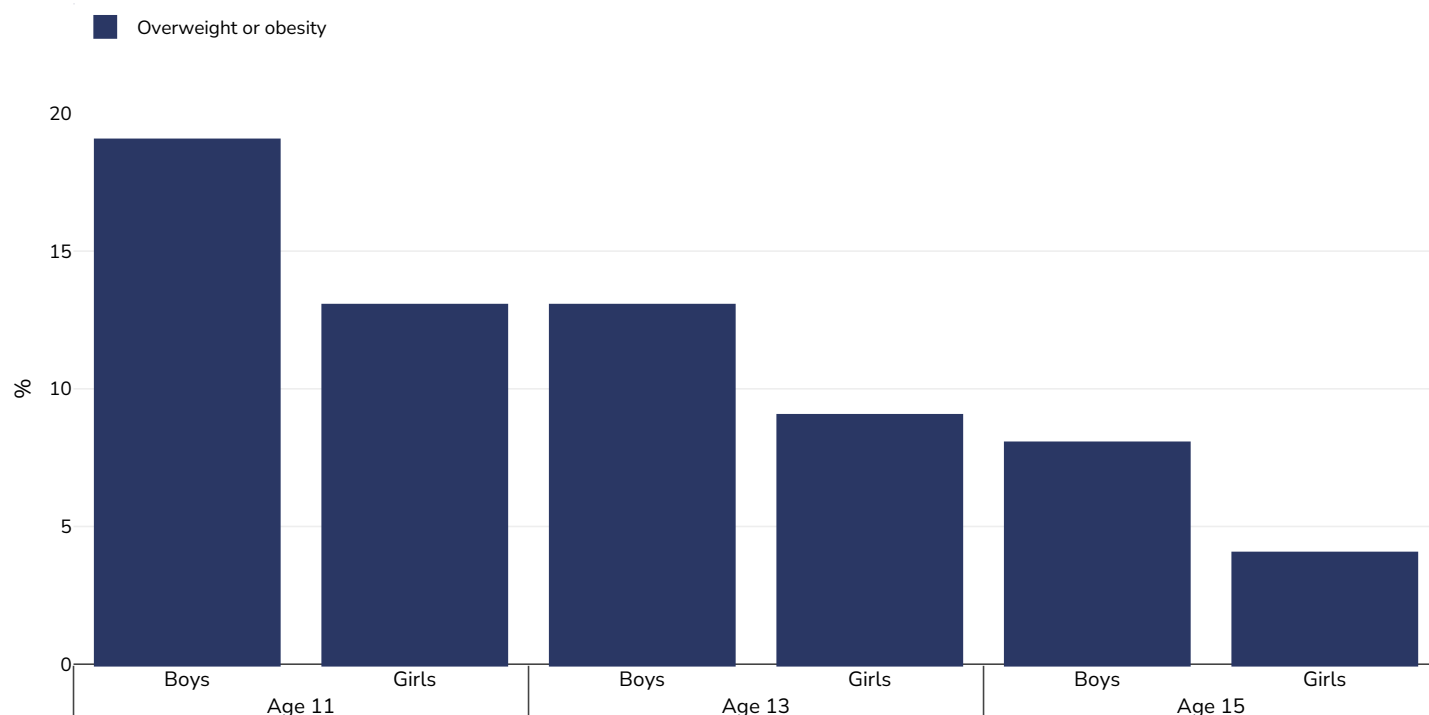
Area covered: National

References: 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.

Notes: Demographic Health Survey data includes ever married women aged 15-49 years only and may include males aged 15-59.

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



Survey type: Self-reported

Area covered: See Report

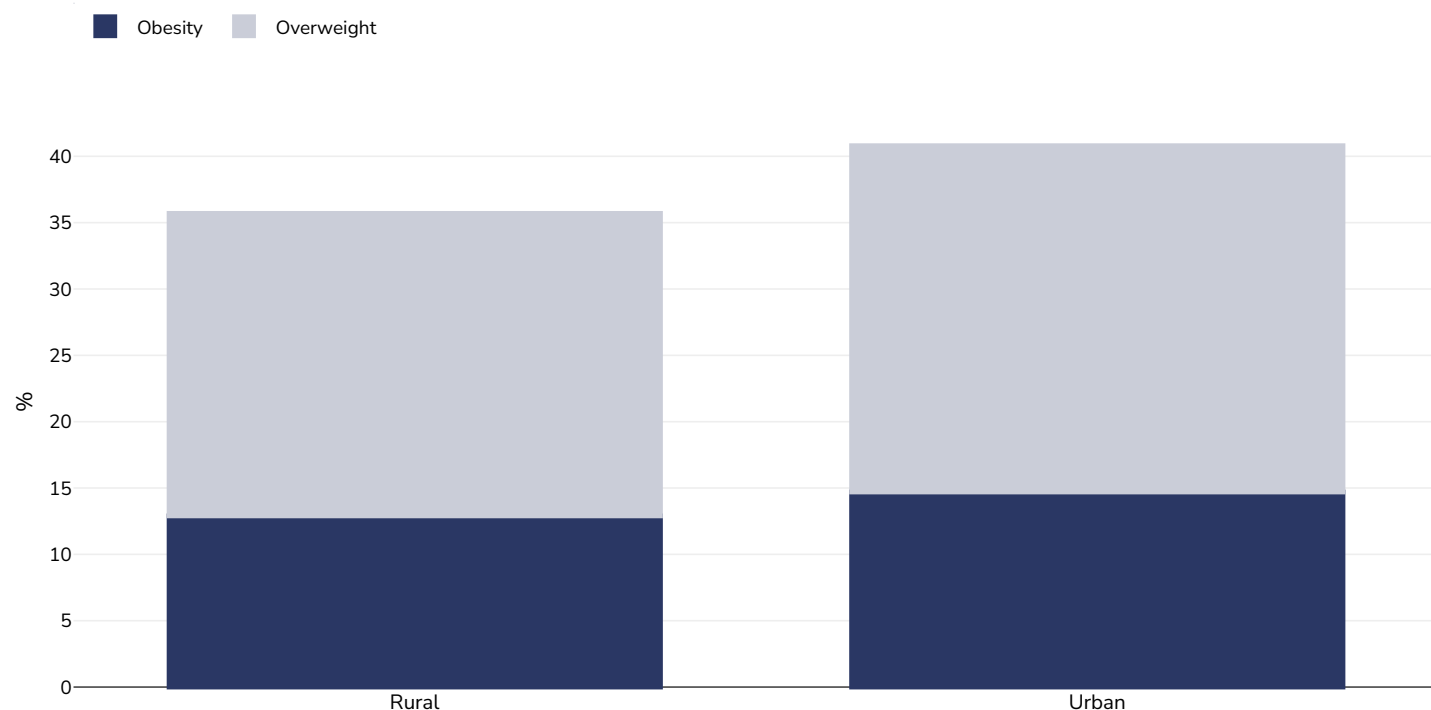
References: Rakić JG, Hamrik Z, Dzielska A, Felder-Puig R, Oja L, Bakalár P et al. A focus on adolescent physical activity, eating behaviours, weight status and body image in Europe, central Asia and Canada. Health Behaviour in School-aged Children (HBSC) international report from the 2021/2022 survey. 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

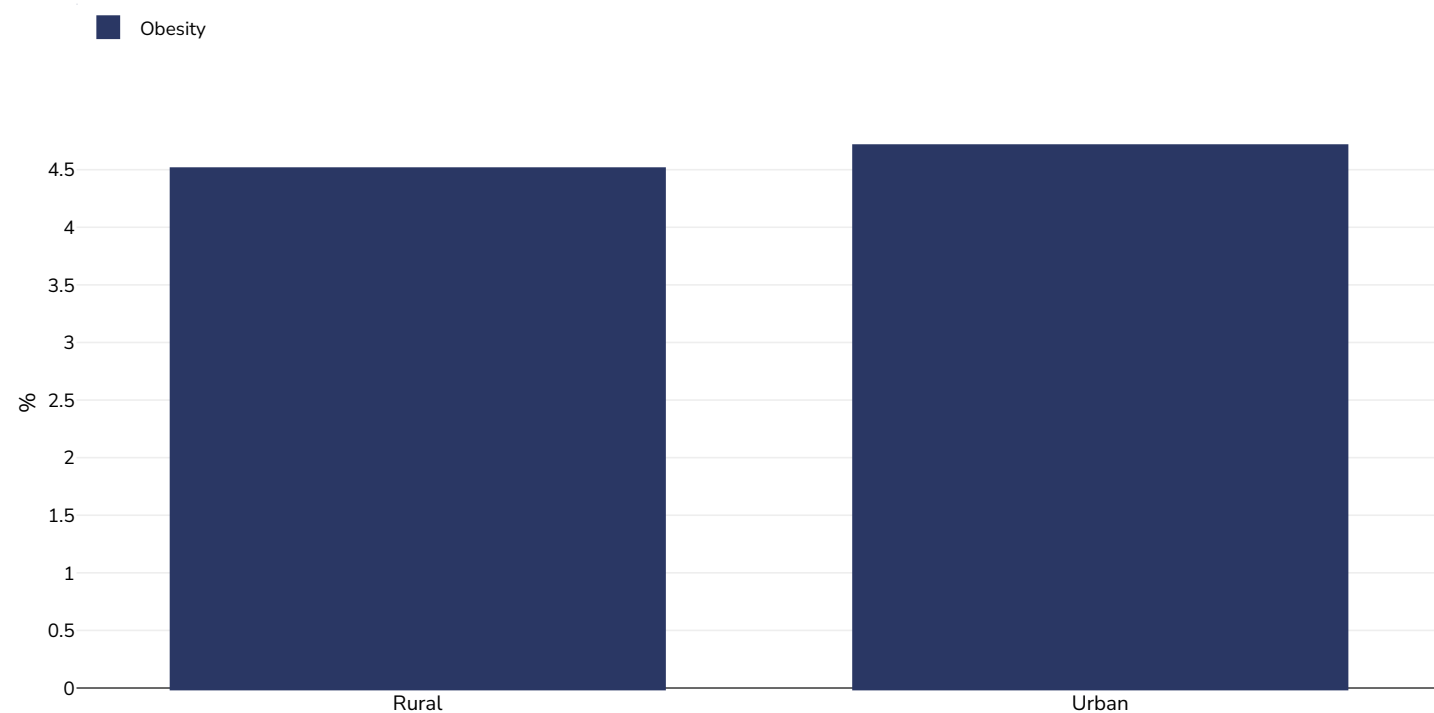
Overweight/obesity by region

Women, 2017



| | |
|---------------|---|
| Survey type: | Measured |
| Age: | 15-49 |
| Sample size: | 9677 |
| Area covered: | National |
| References: | 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. |
| Notes: | Demographic Health Survey data includes ever married women aged 15-49 years only and may include males aged 15-59. <i>Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².</i> |

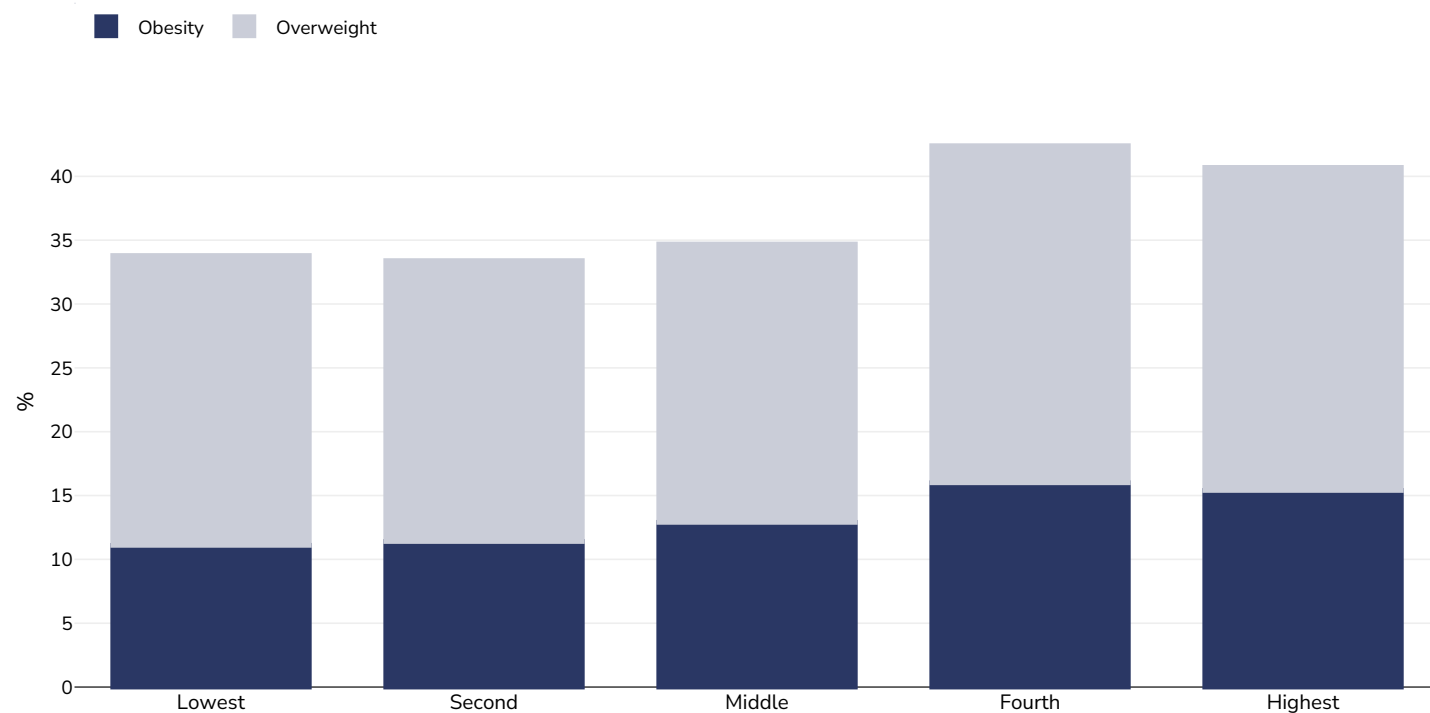
0-5 years, 2023



| | |
|---------------|---|
| 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, 2017



Survey type: Measured

Age: 15-49

Sample size: 9677

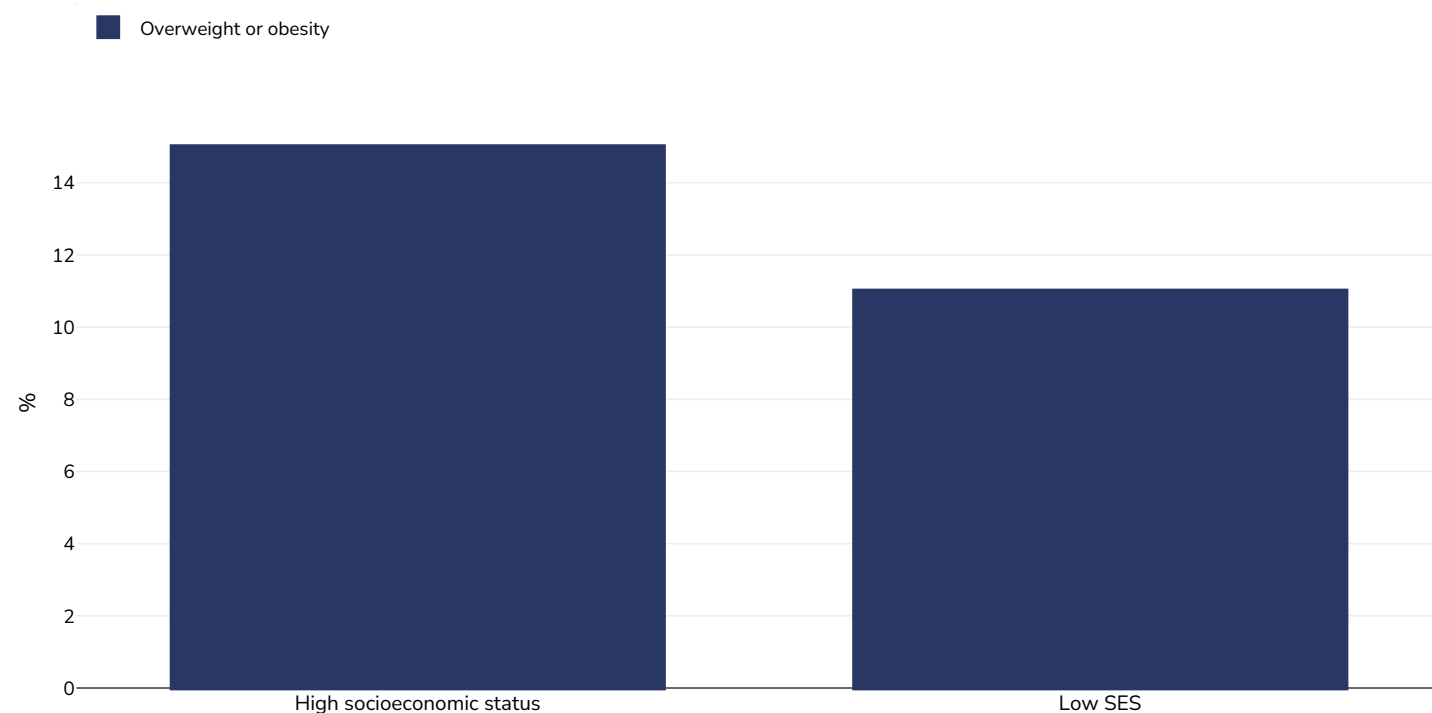
Area covered: National

References: 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. Available at <https://www.dhsprogram.com/pubs/pdf/FR341/FR341.pdf> (last accessed 31.08.22)

Notes: Demographic Health Survey data includes ever married women aged 15-49 years only and may include males aged 15-59.

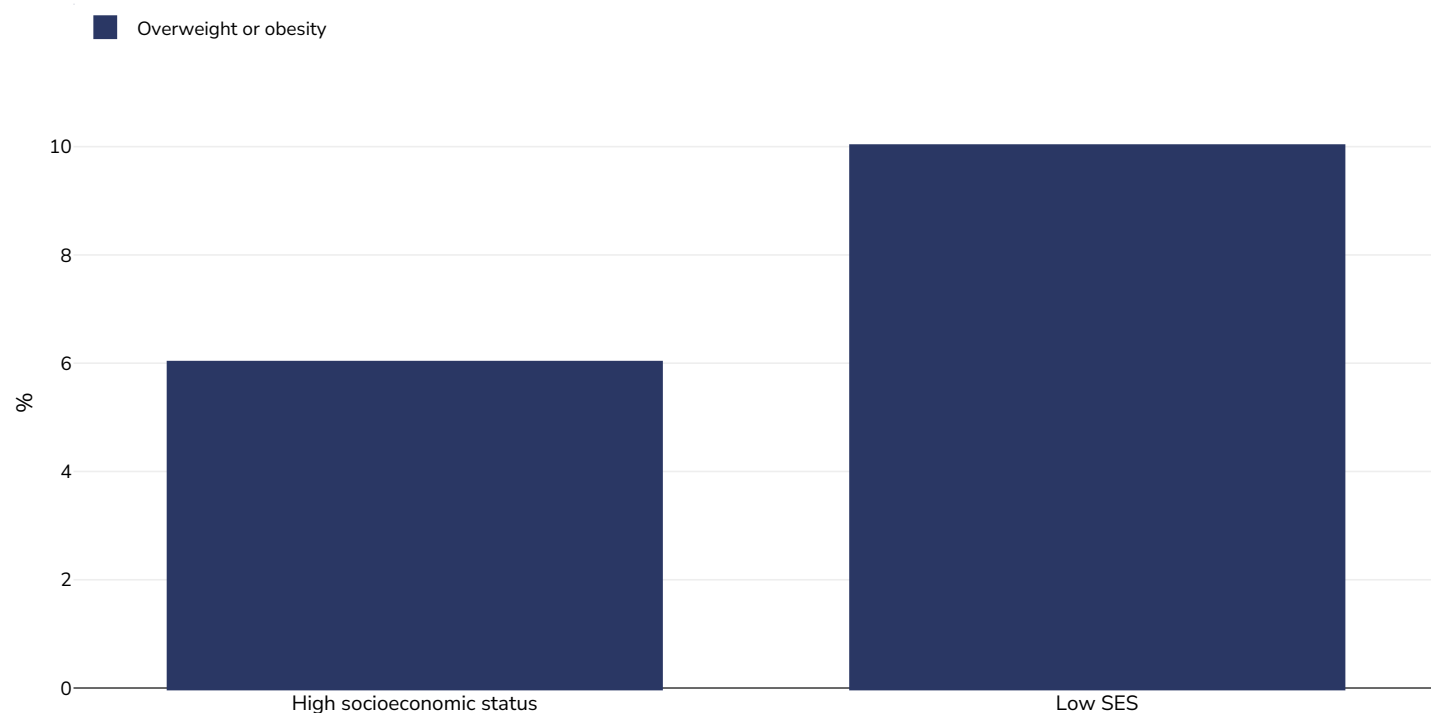
Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².

Boys, 2021-2022



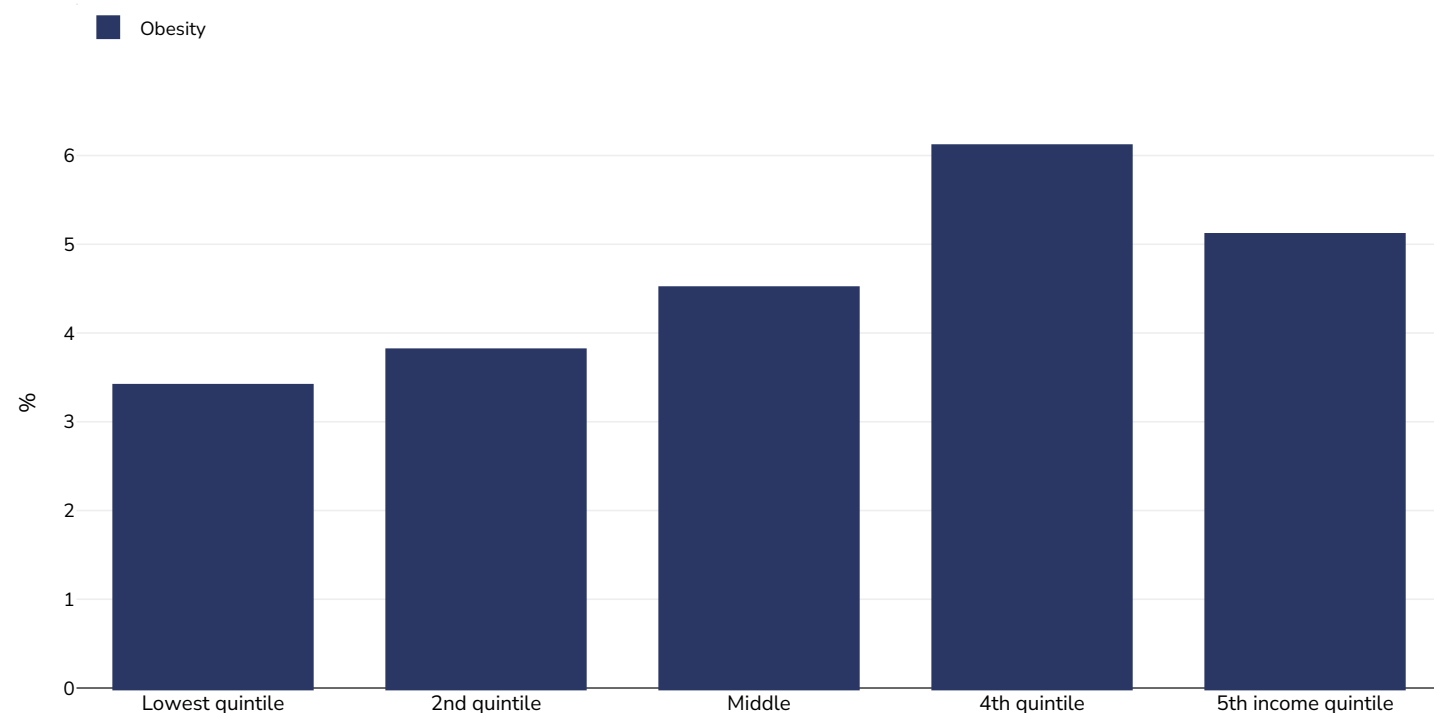
| | |
|--------------|---|
| Survey type: | Self-reported |
| Age: | 11-15 |
| References: | Raki? JG, Hamrik Z, Dzielska A, Felder-Puig R, Oja L, Bakalár P et al. A focus on adolescent physical activity, eating behaviours, weight status and body image in Europe, central Asia and Canada. Health Behaviour 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



| | |
|--------------|---|
| Survey type: | Self-reported |
| Age: | 11-15 |
| References: | Rakić 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 |

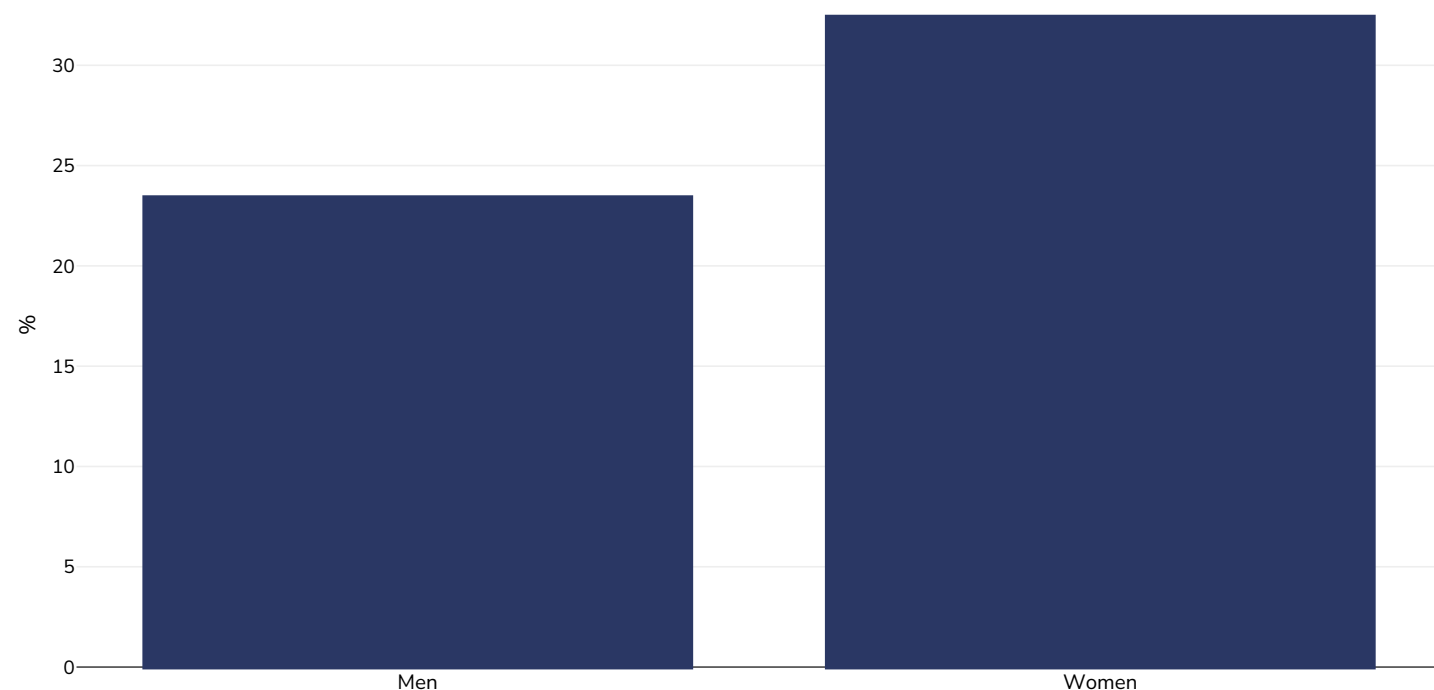
0-5 years, 2023



| | |
|---------------|---|
| 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 |

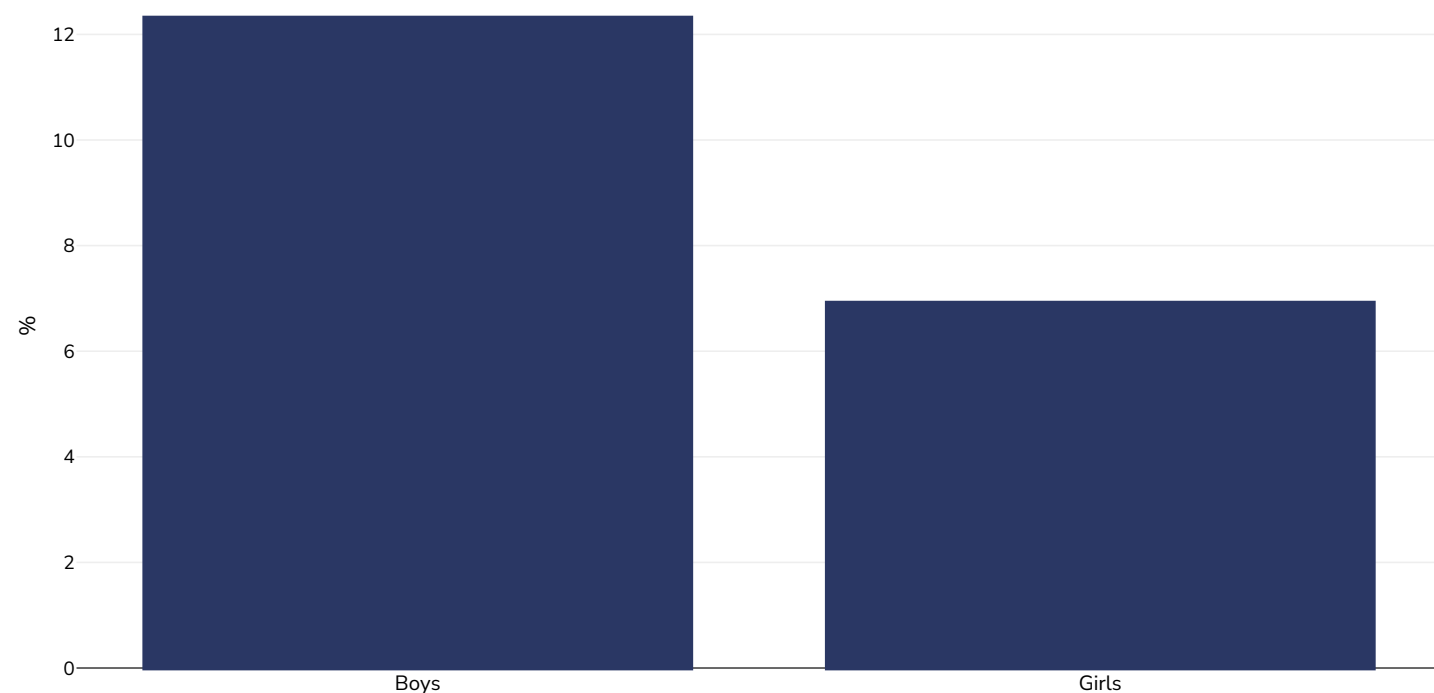
Double burden of underweight & overweight

Adults, 2022



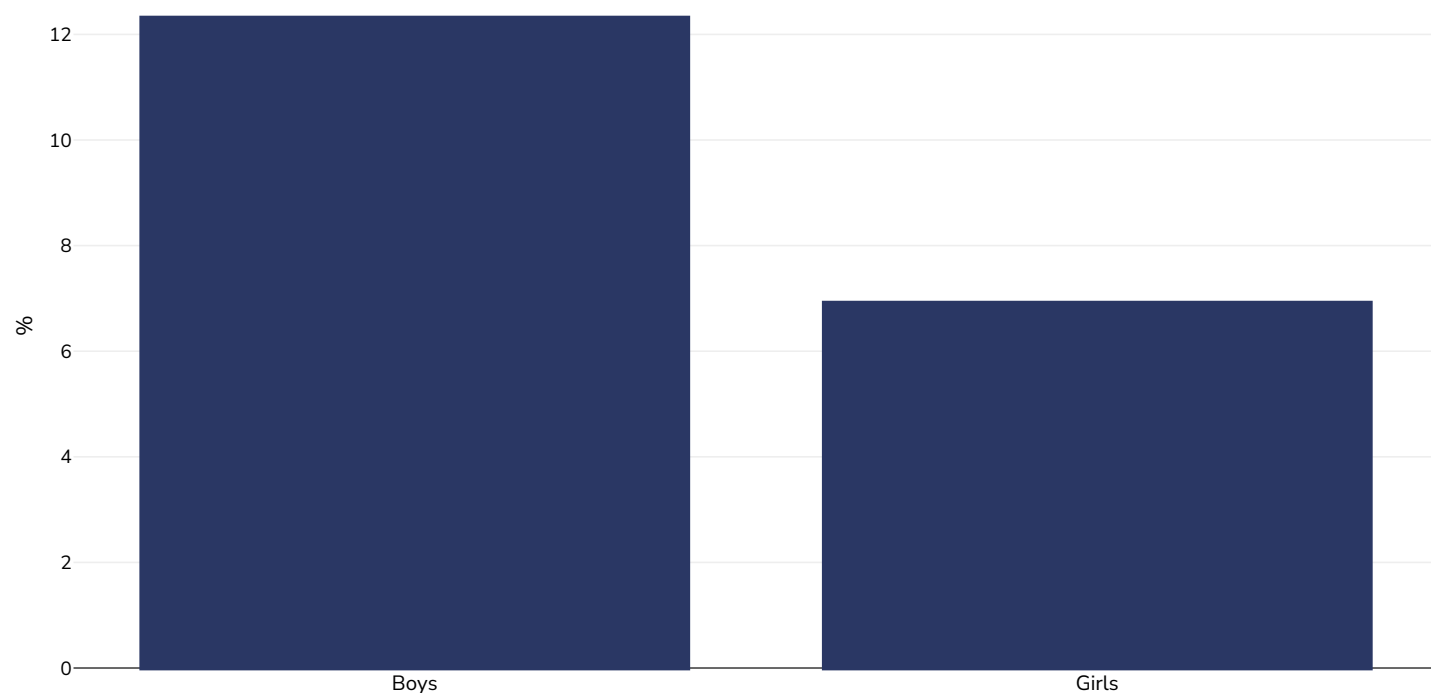
| | |
|--------------|--|
| Survey type: | Measured |
| Age: | 20+ |
| References: | NCD Risk Factor Collaboration (NCD-RisC). Worldwide trends in underweight and obesity from 1990 to 2022: a pooled analysis of 3663 population representative studies with 222 million children, adolescents, and adults. 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/m ² and BMI≥30 kg/m ² (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 |

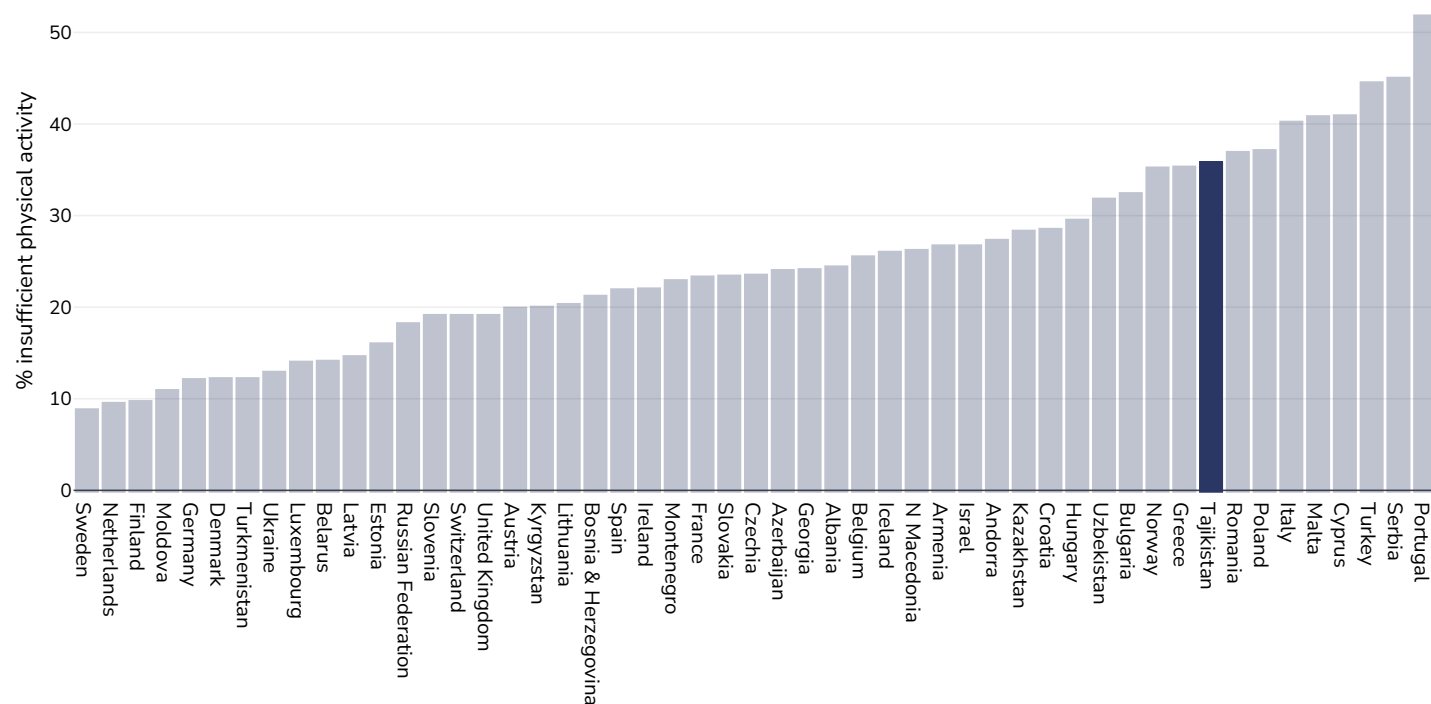
0-5 years, 2017-2017



| | |
|--------------|---|
| Survey type: | Measured |
| Age: | 0-5 |
| References: | UNICEF data available at https://data.unicef.org/topic/nutrition/malnutrition/ (last accessed 12.03.25) |
| Notes: | Children under 5 falling below -2 standard deviations from the median height for age and falling at or above +2 standard deviations from the median weight-for-height of the reference population |

Insufficient physical activity

Adults, 2022



Survey type: Self-reported

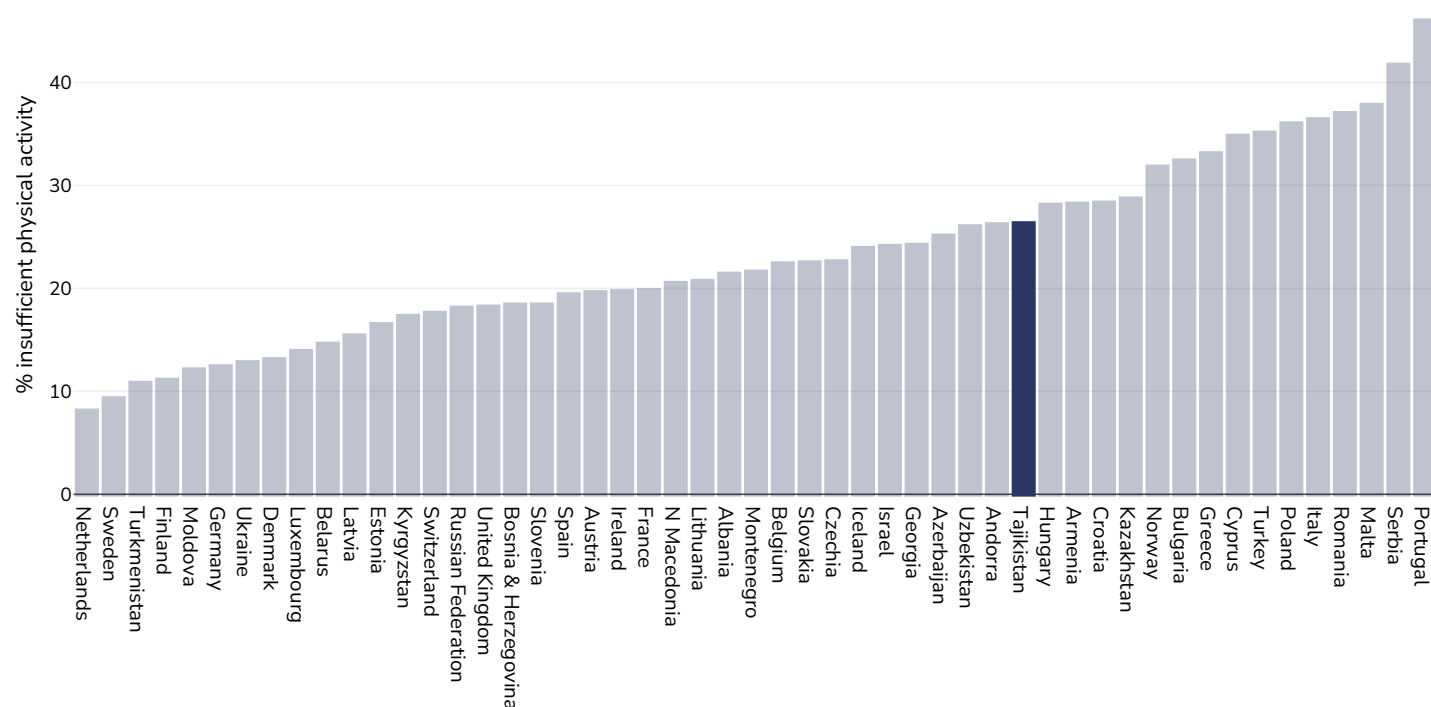
Age: 18+

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-\(age-standardized-estimate\)-\(-\)](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

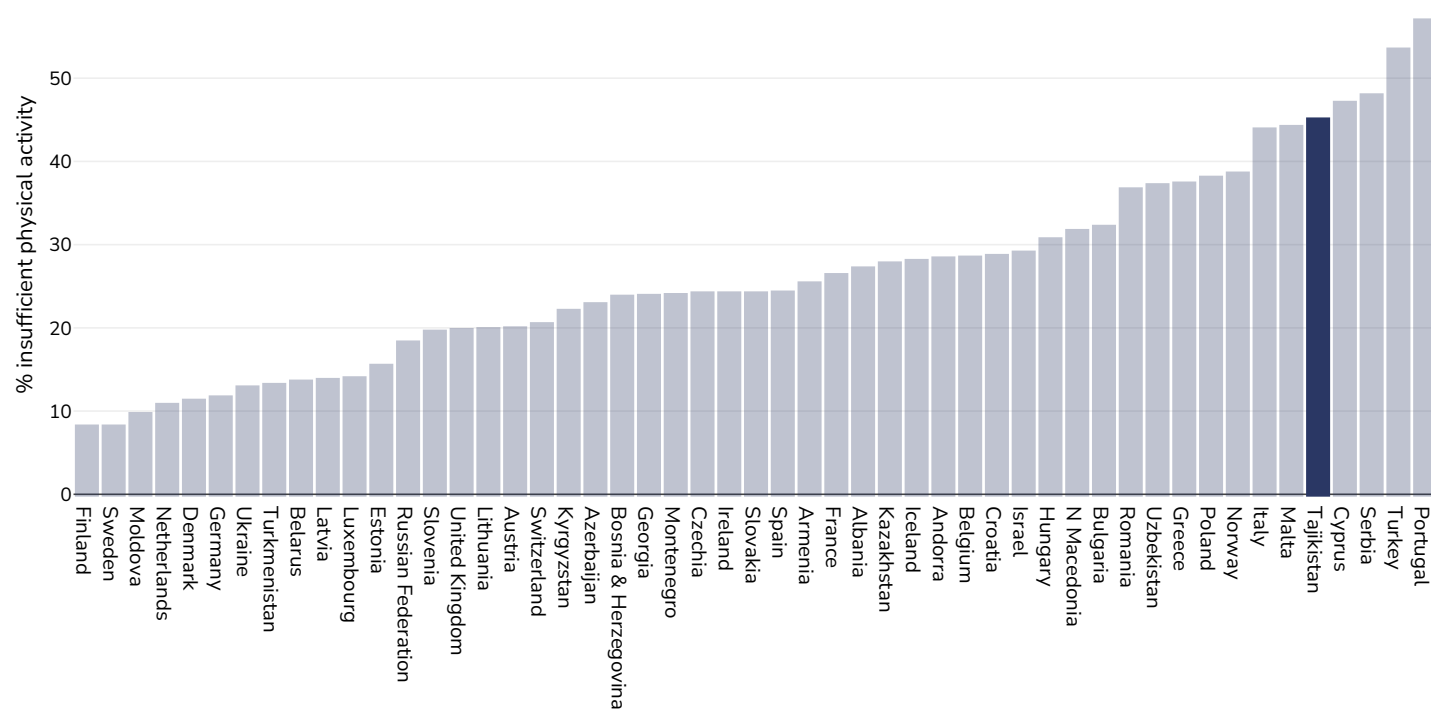
Age: 18+

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-\(age-standardized-estimate\)-\(-\)](https://www.who.int/data/gho/data/indicators/indicator-details/GHO/prevalence-of-insufficient-physical-activity-among-adults-aged-18-years-(age-standardized-estimate)-(-))

Definitions: Percent of population attaining less than 150 minutes of moderate-intensity physical activity per week, or less than 75 minutes of vigorous-intensity physical activity per week, or equivalent.

Women, 2022



Survey type: Self-reported

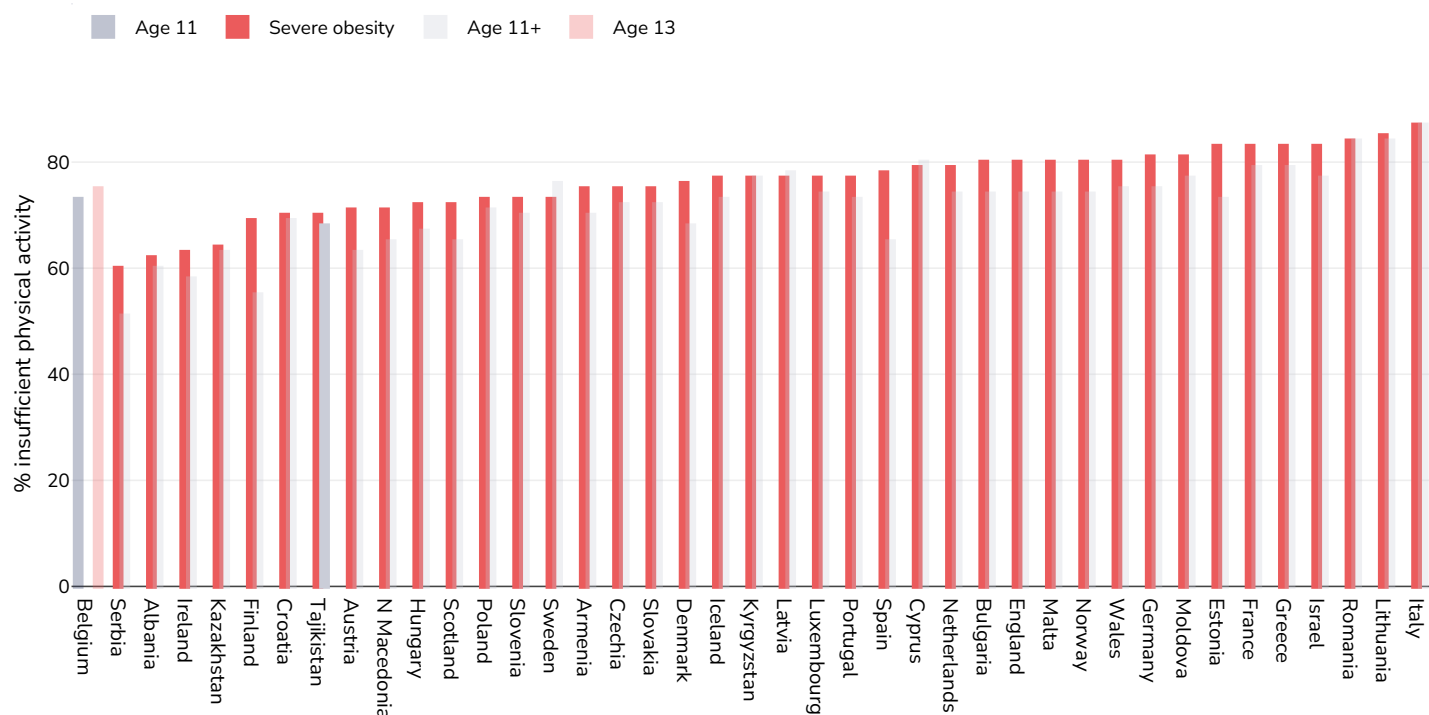
Age: 18+

Area covered: National

References: WHO (2024). Prevalence of insufficient physical activity among adults aged 18-years age-standardized estimate in 2022. Available at [https://www.who.int/data/gho/data/indicators/indicator-details/GHO/prevalence-of-insufficient-physical-activity-among-adults-aged-18-years-\(age-standardized-estimate\)-\(-\)](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



Area covered:

National

References:

Rakić 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>.

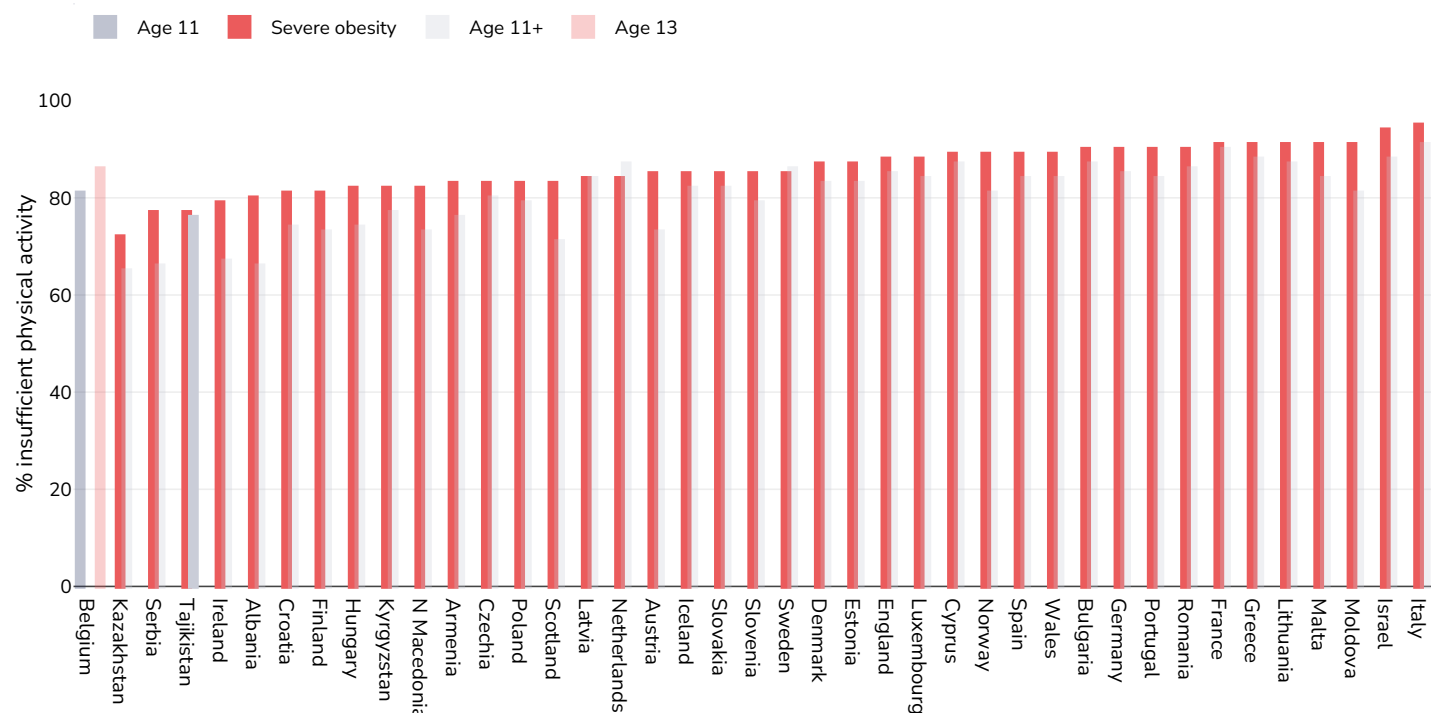
Notes:

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.

Definitions:

% reporting less than 60 minutes of MVPA daily

Girls, 2022



Area covered:

National

References:

Rakić 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:

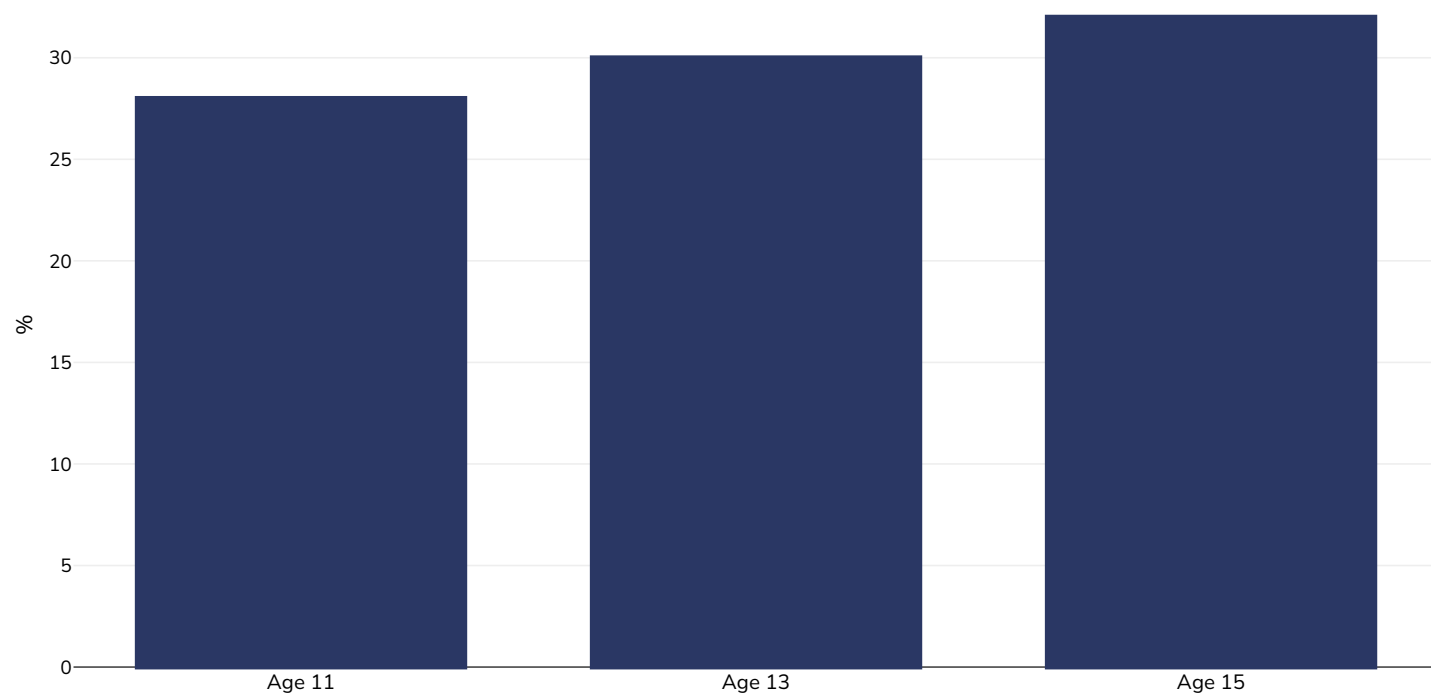
Young people were asked to report the number of days over the past week during which they were physically active for a total of at least 60 minutes. The question was introduced by text defining moderate-to-vigorous physical activity (MVPA) as any activity that increases the heart rate and makes the person 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.

Definitions:

% reporting less than 60 minutes of MVPA daily

Prevalence of at least daily carbonated soft drink consumption

Boys, 2021-2022

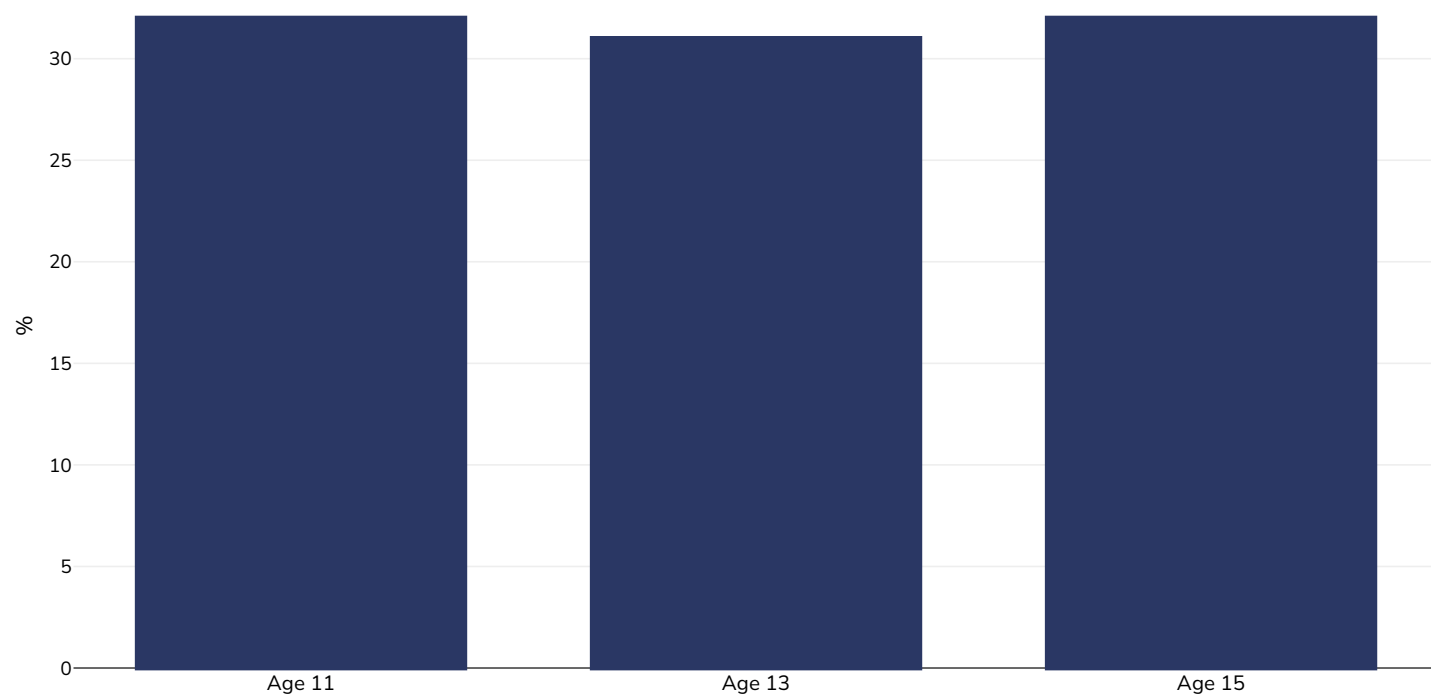


Area covered: National

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



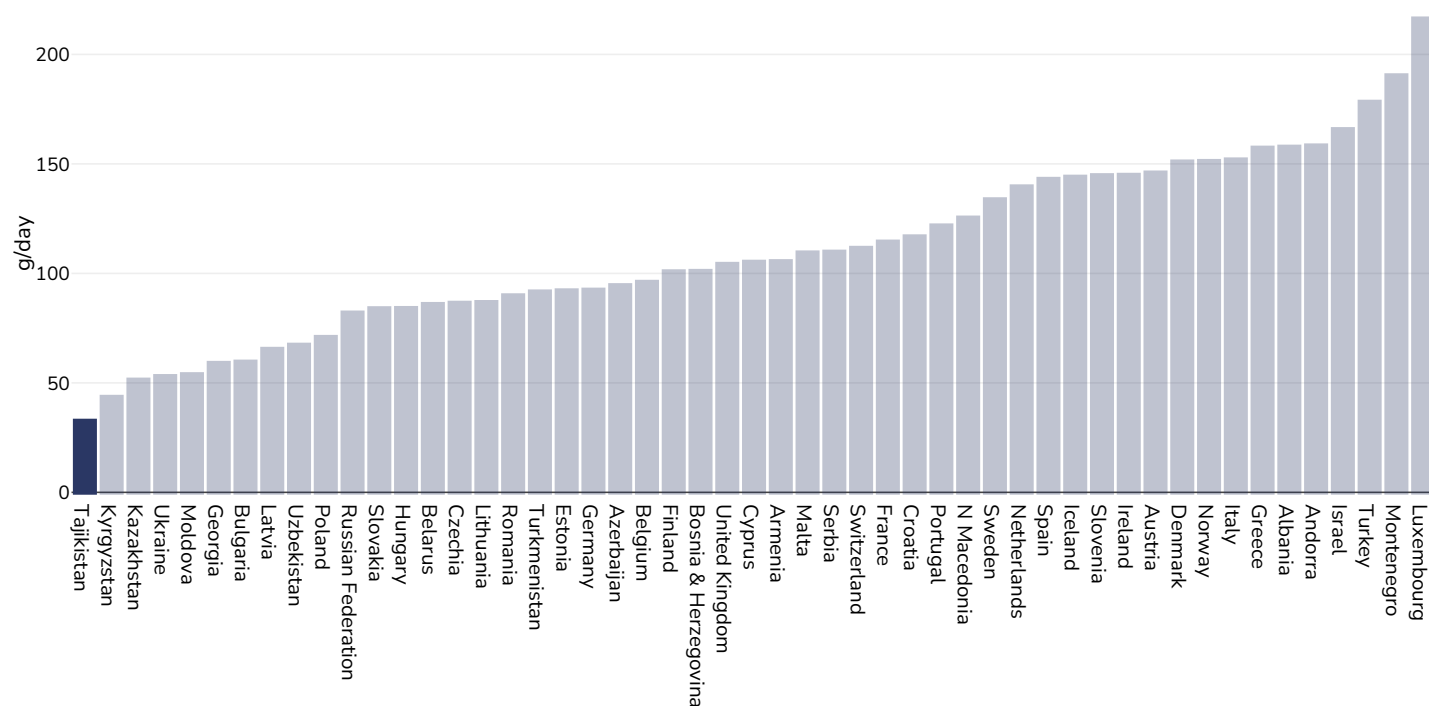
Area covered: National

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

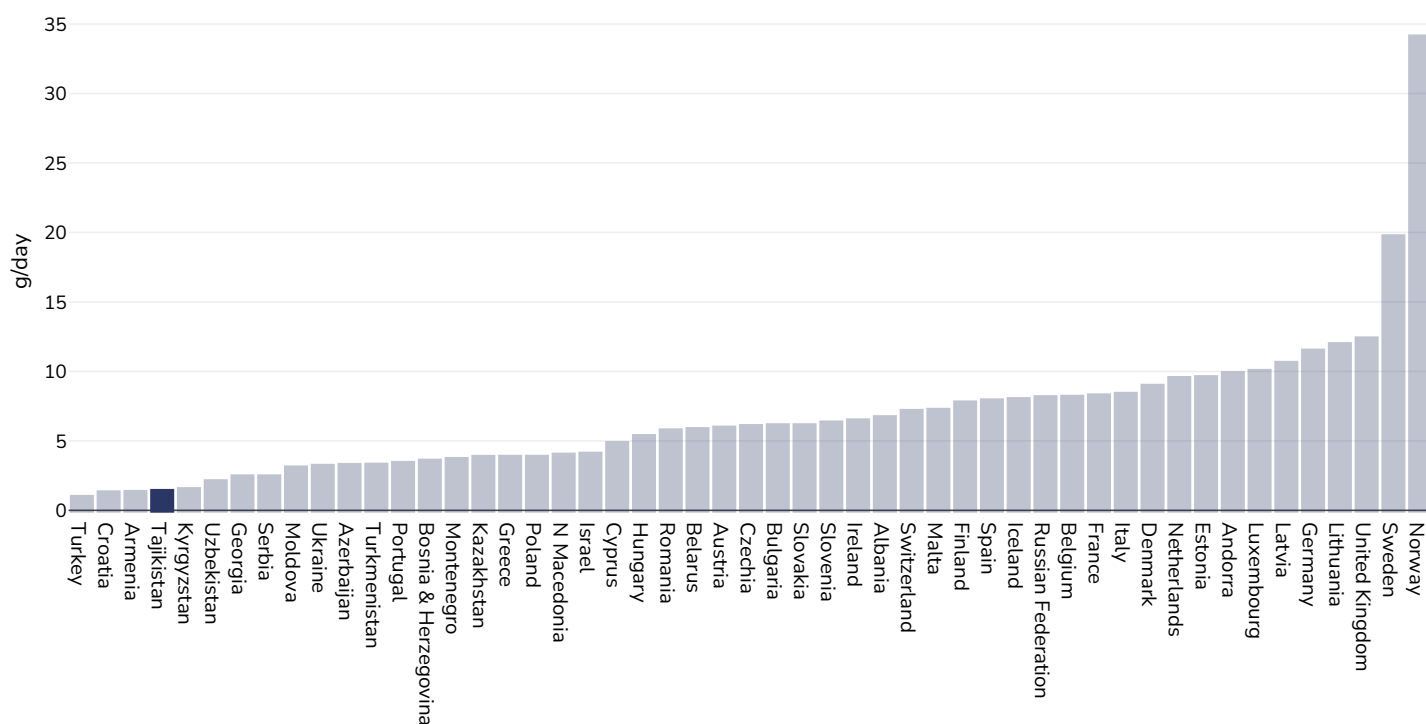
Age: 25+

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:

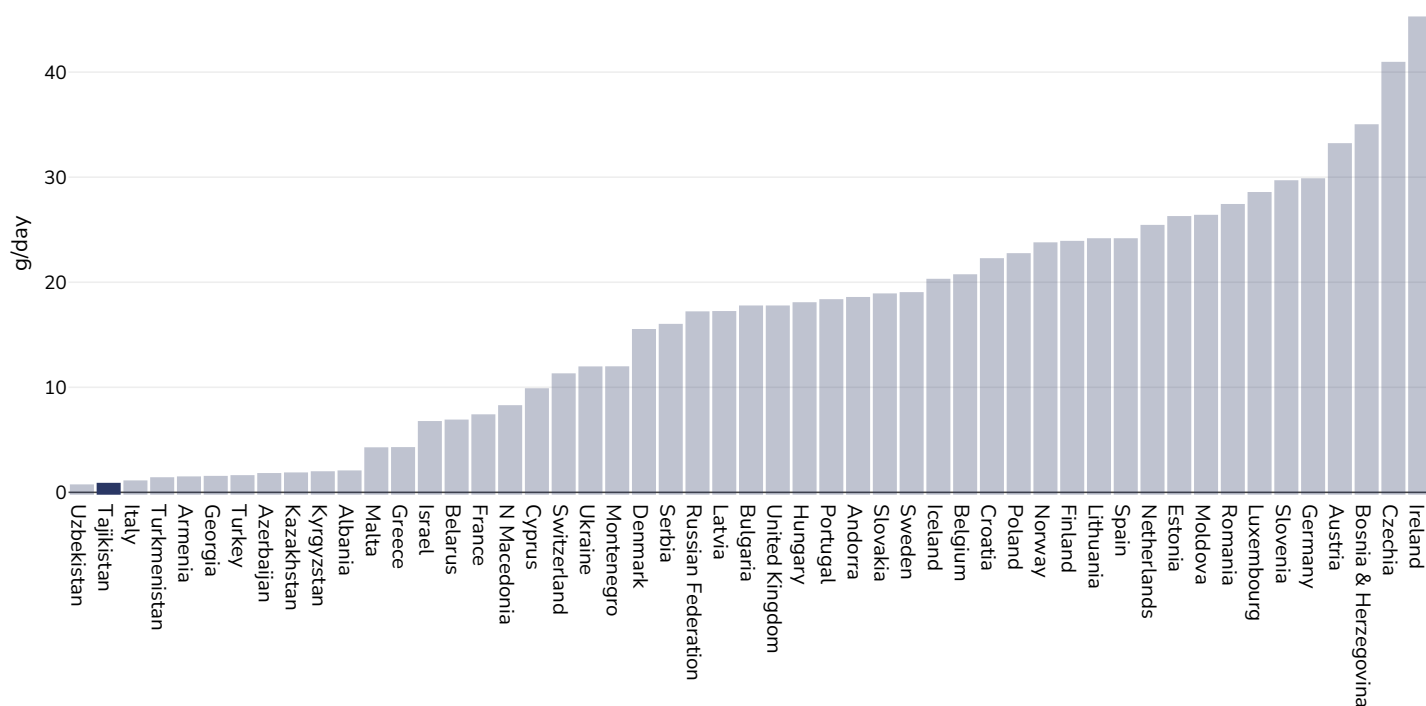
Global Burden of Disease, the Institute for Health Metrics and Evaluation <http://ghdx.healthdata.org/>

Definitions:

Estimated per-capita processed meat intake (g per day)

Estimated per capita whole grains intake

Adults, 2017



Survey type:

Measured

Age:

25+

References:

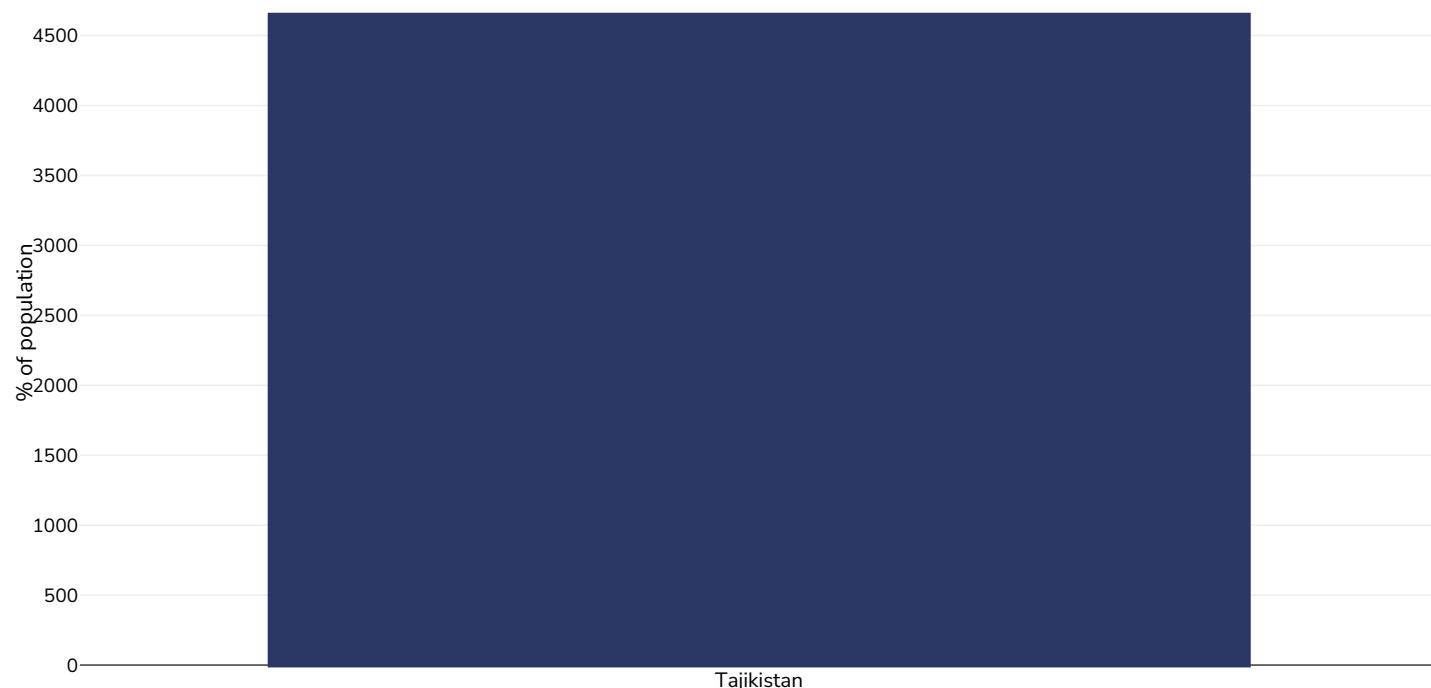
Global Burden of Disease, the Institute for Health Metrics and Evaluation <http://ghdx.healthdata.org/>

Definitions:

Estimated per-capita whole grains intake (g/day)

Mental health - depression disorders

Adults, 2021



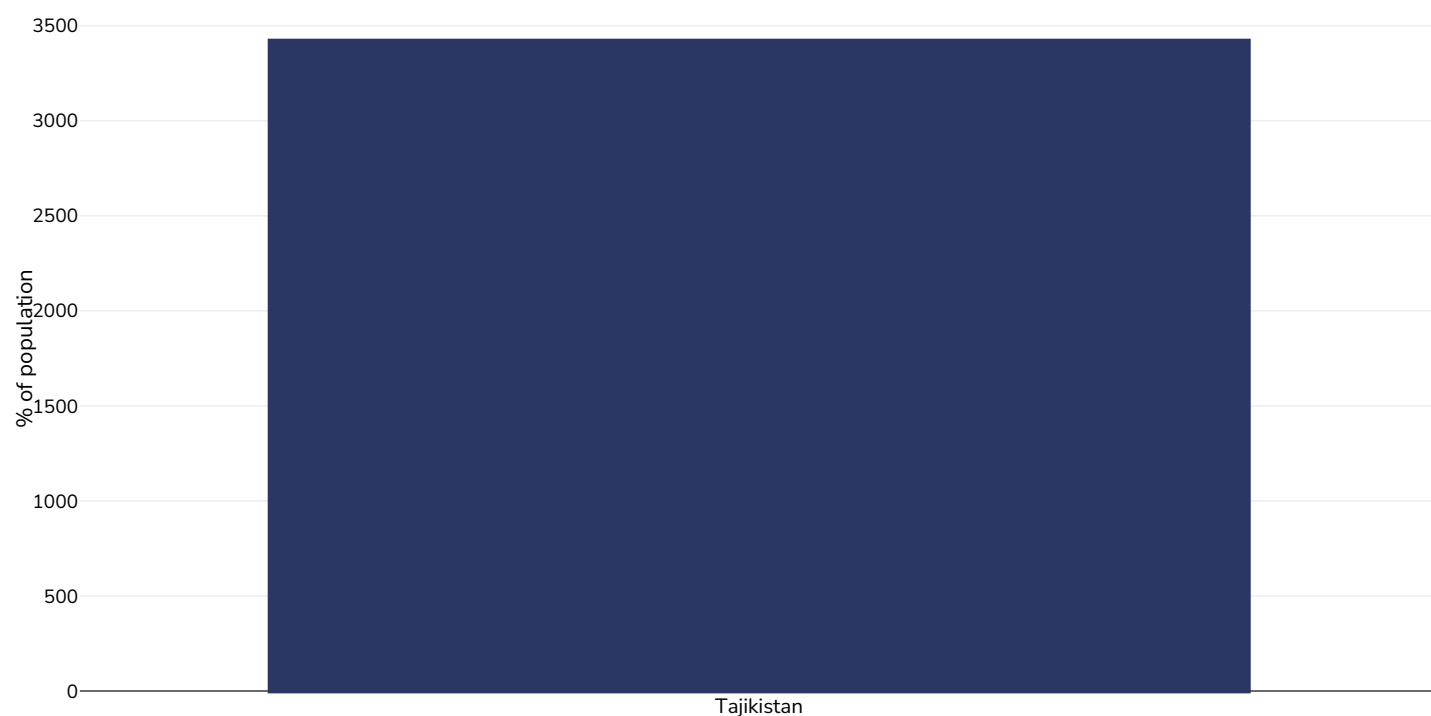
Age: 20+

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



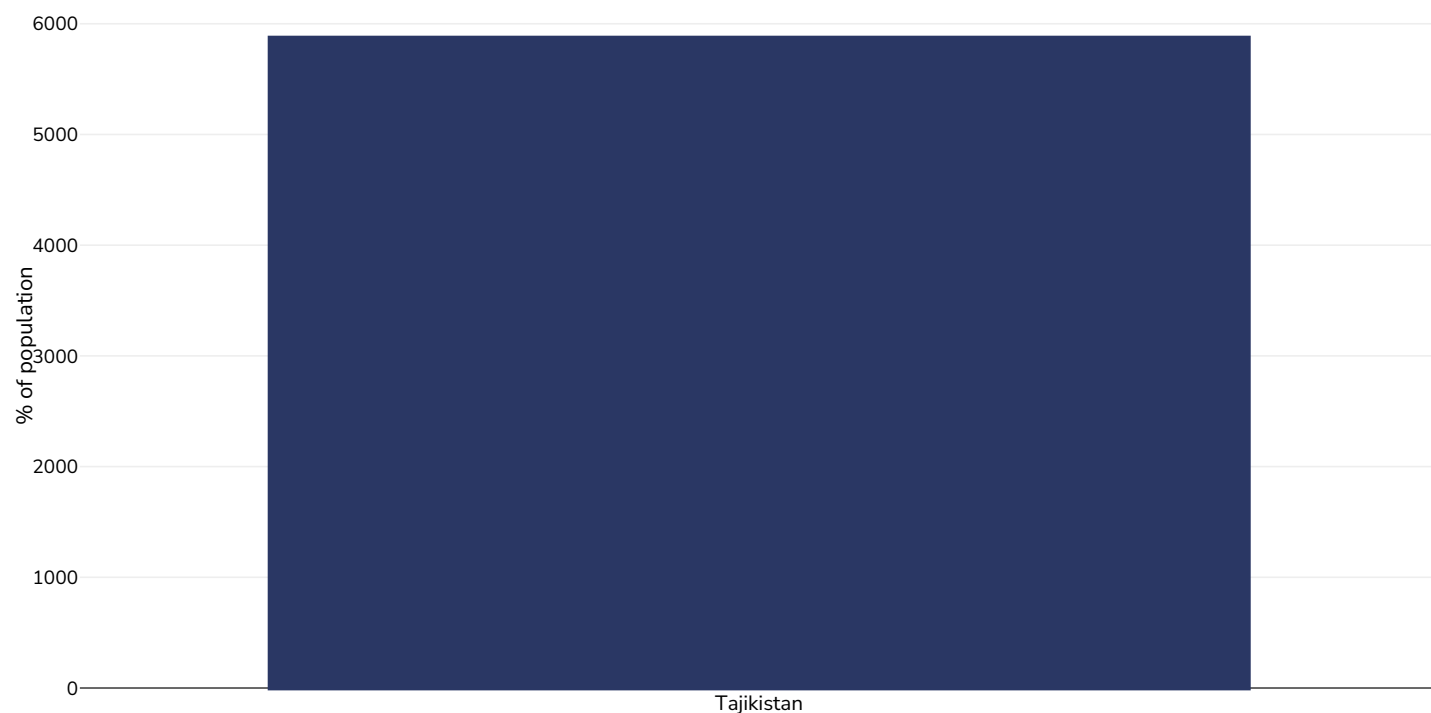
Age: 20+

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



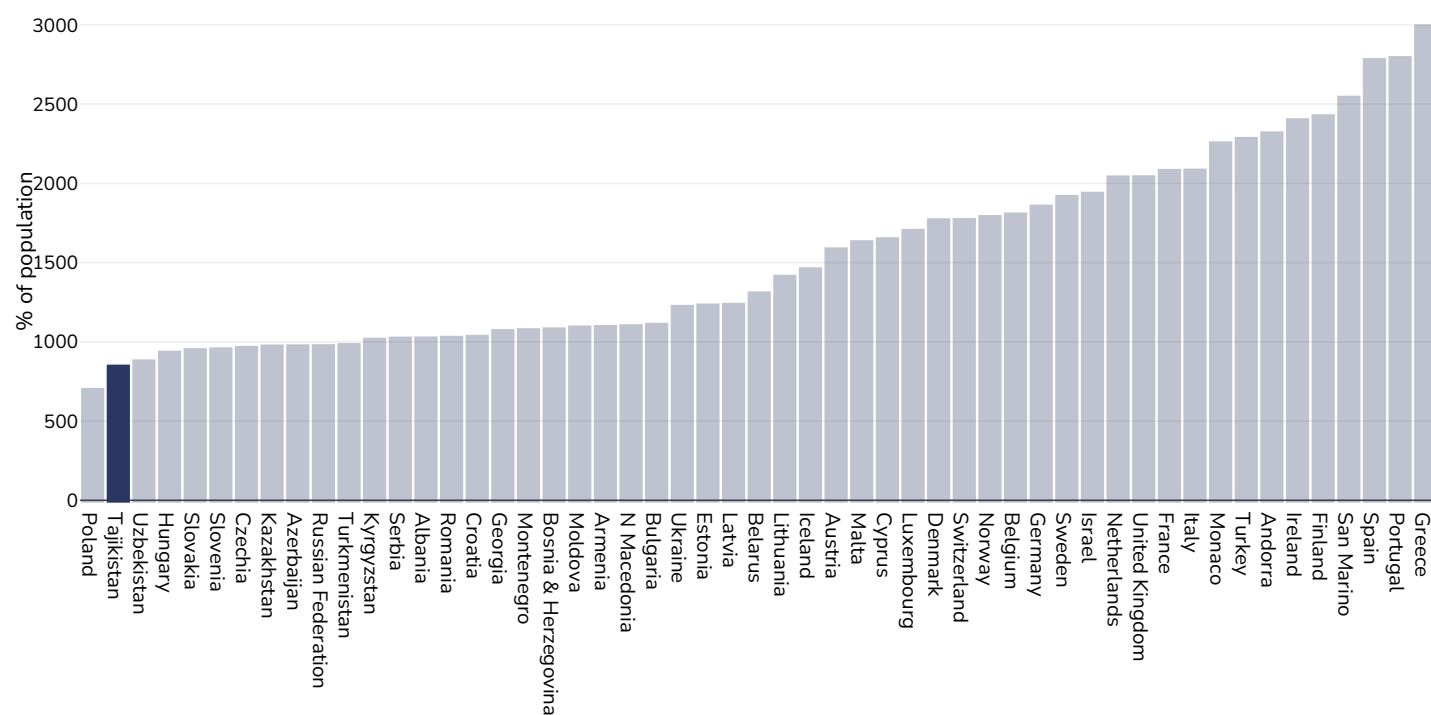
Age: 20+

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

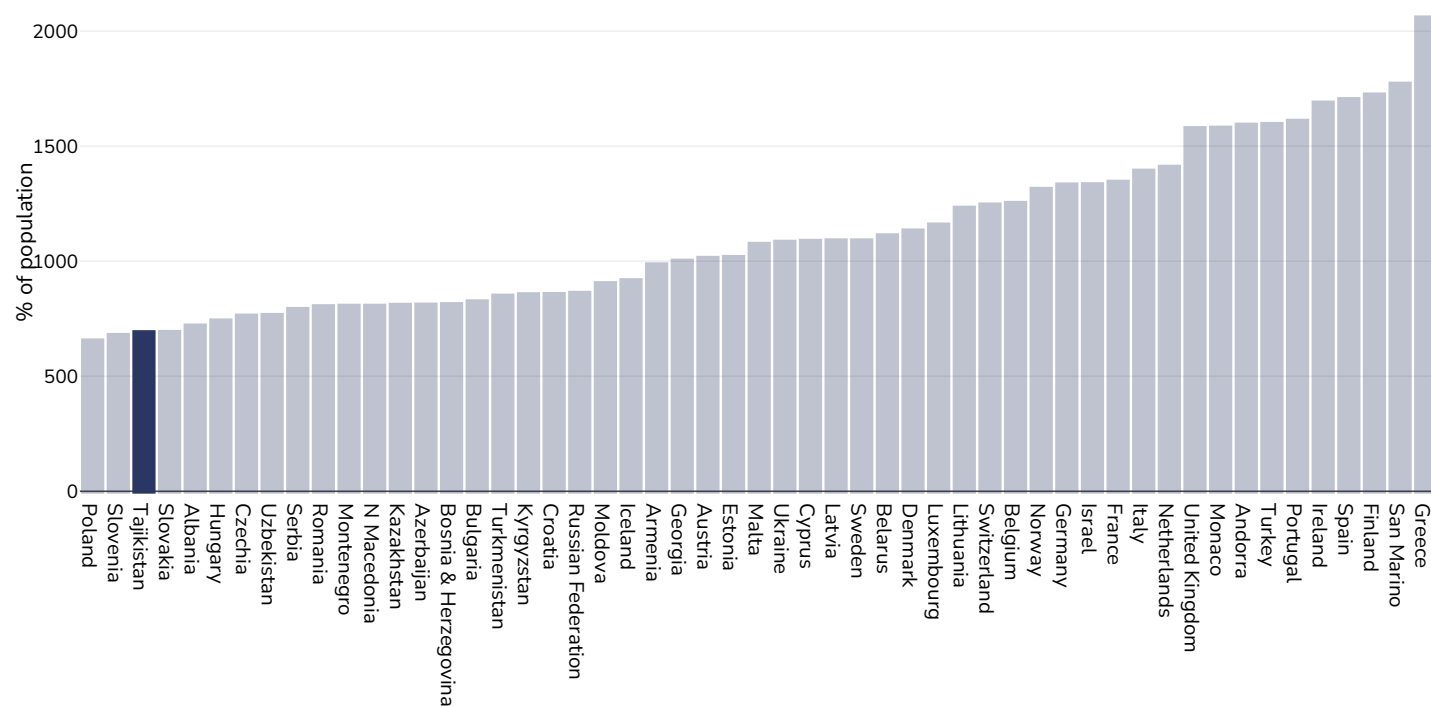
References:

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

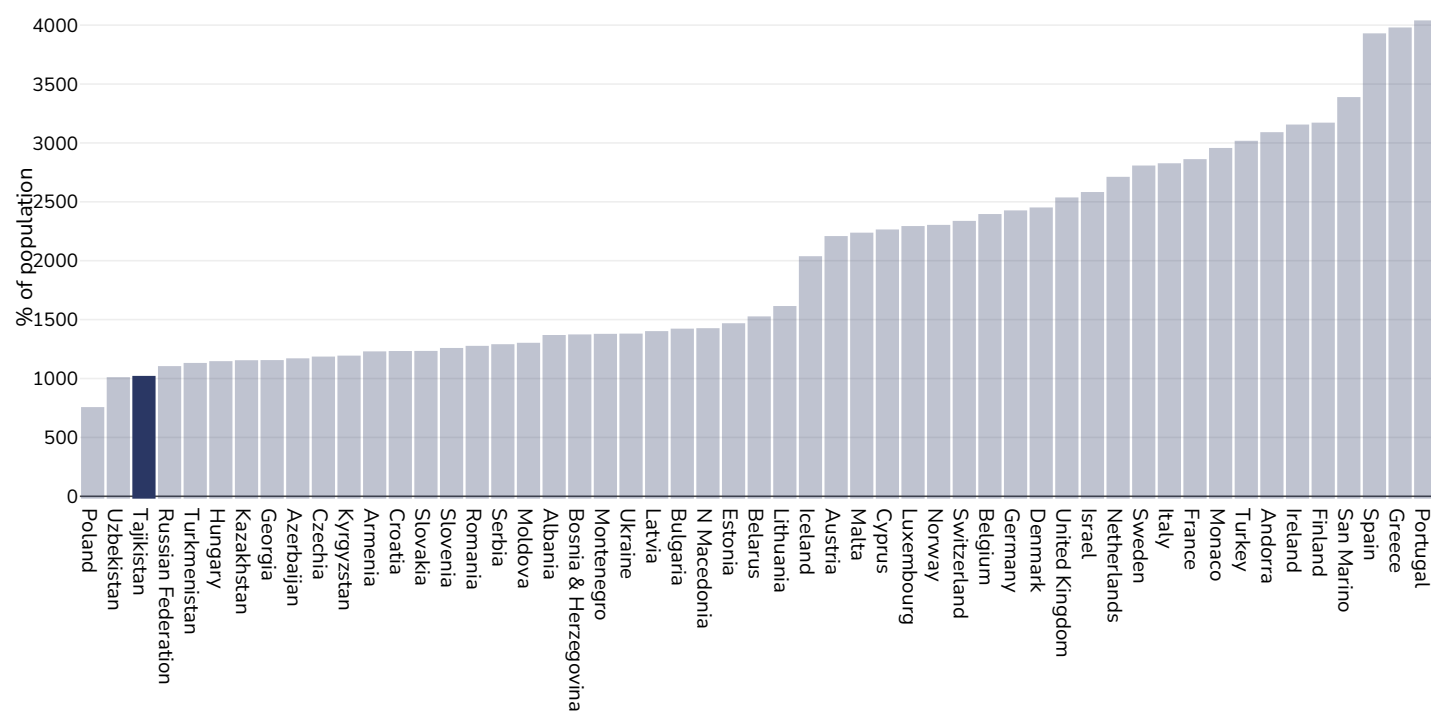
References:

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:

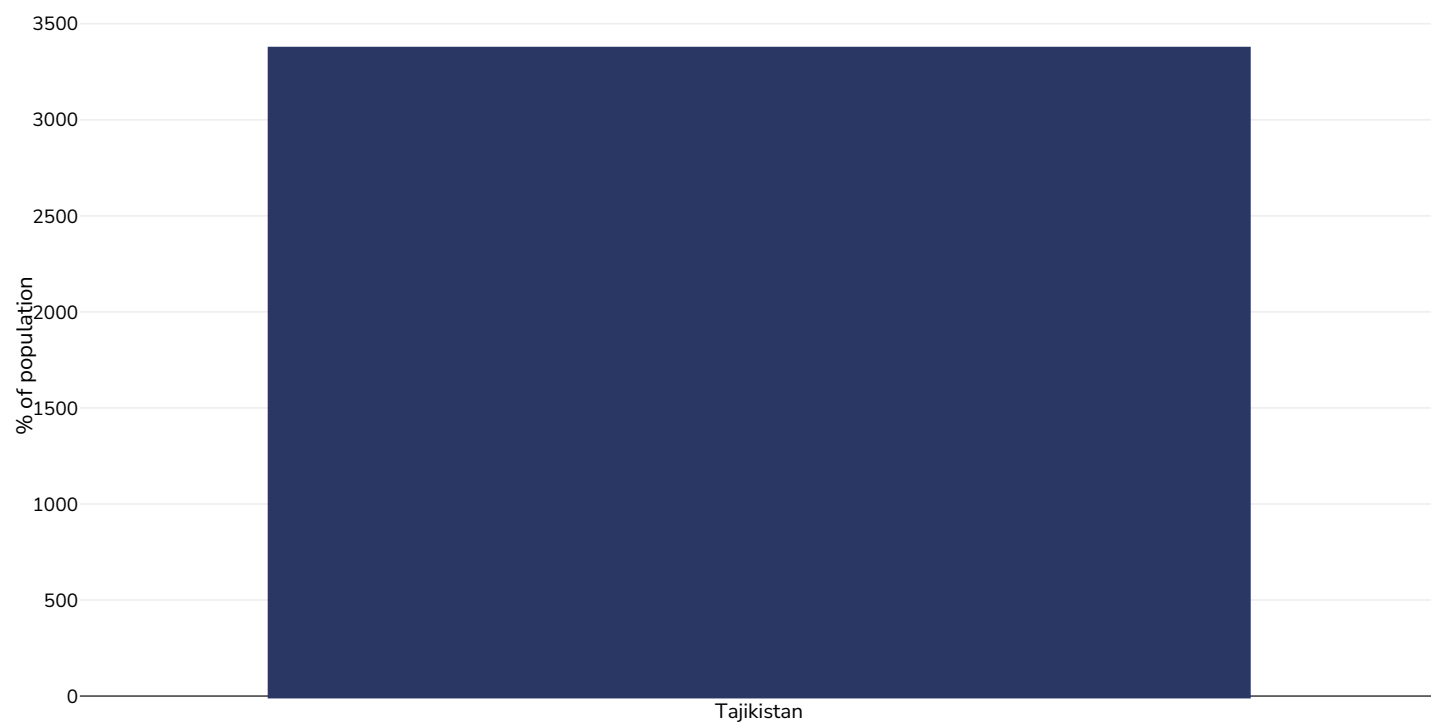
Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

Definitions:

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

Mental health - anxiety disorders

Adults, 2021

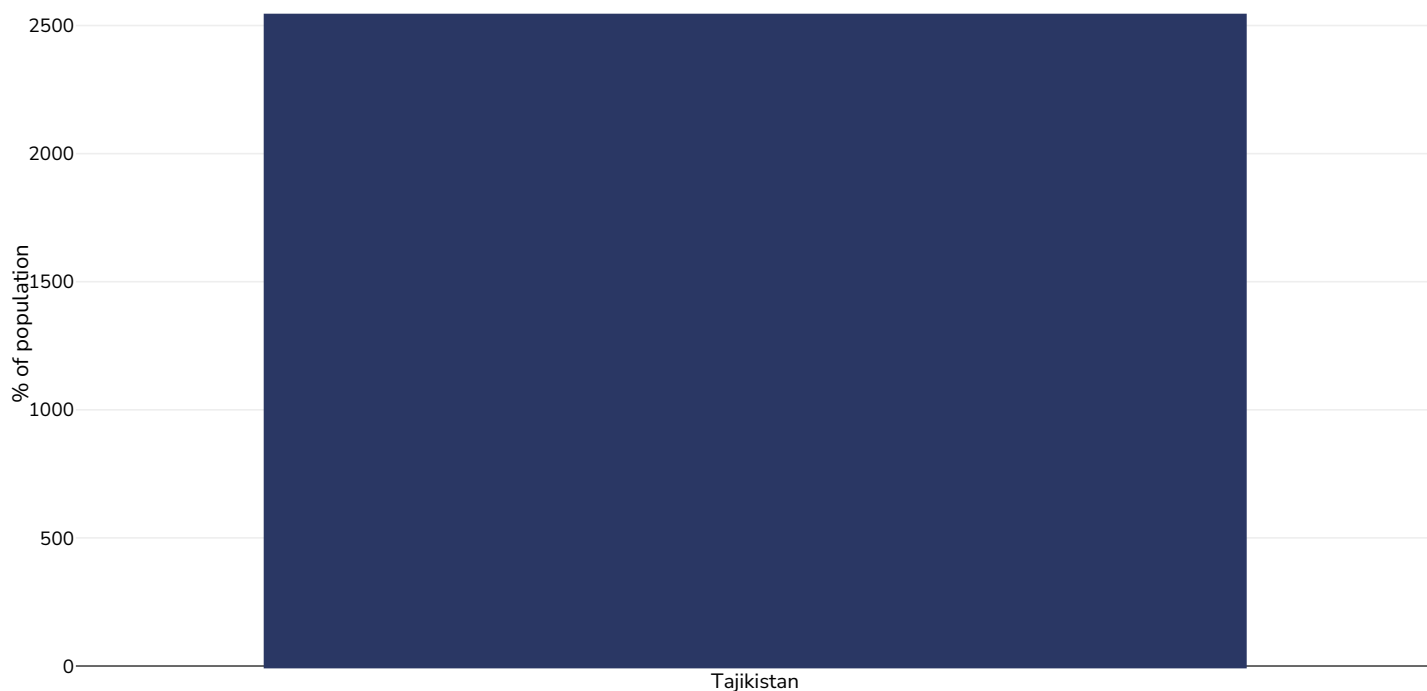


Age: 20+

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

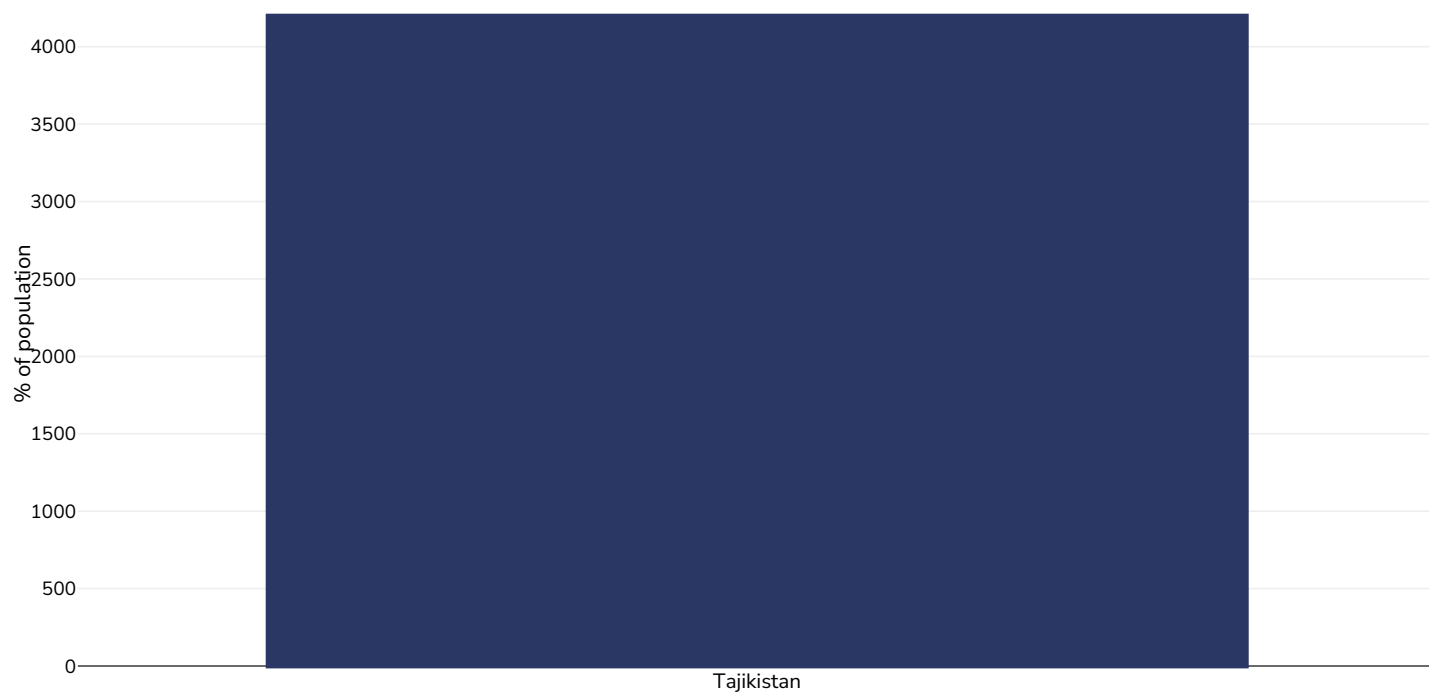


Age: 20+

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

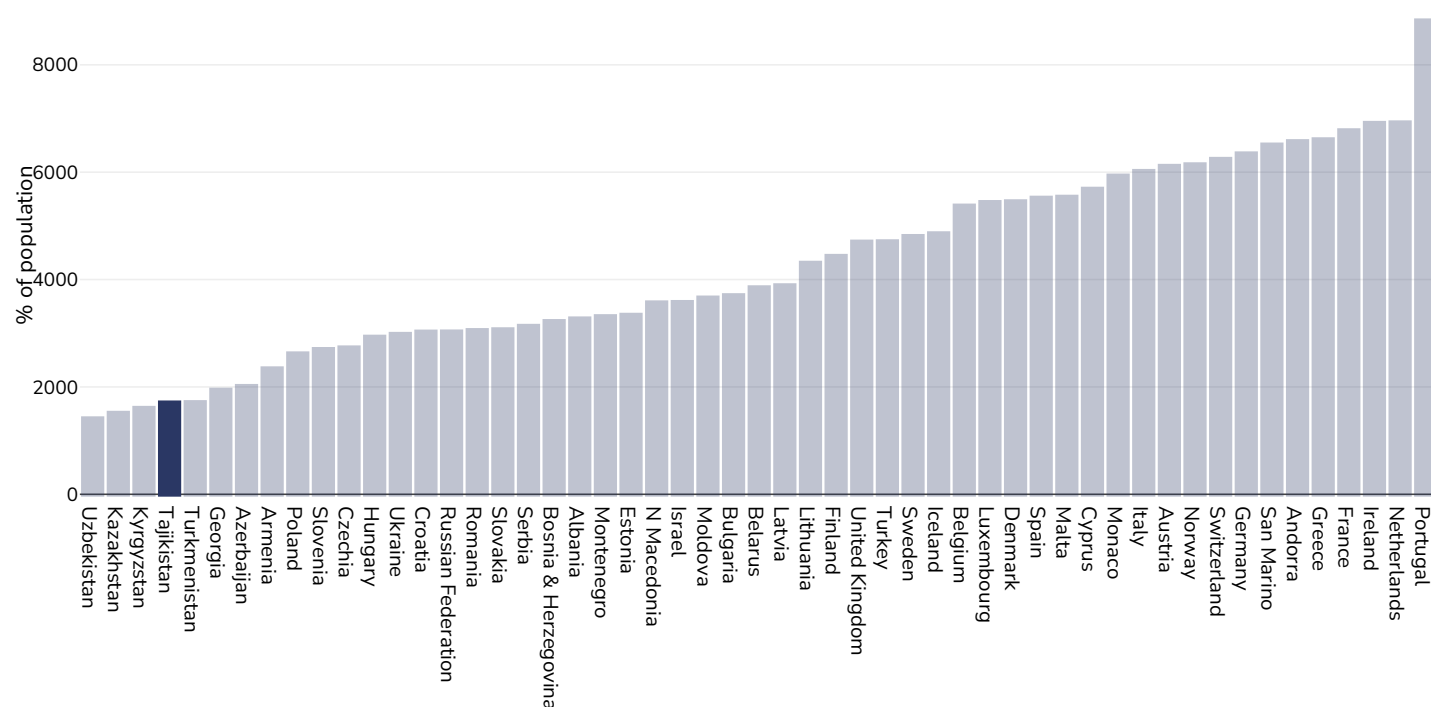


Age: 20+

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).

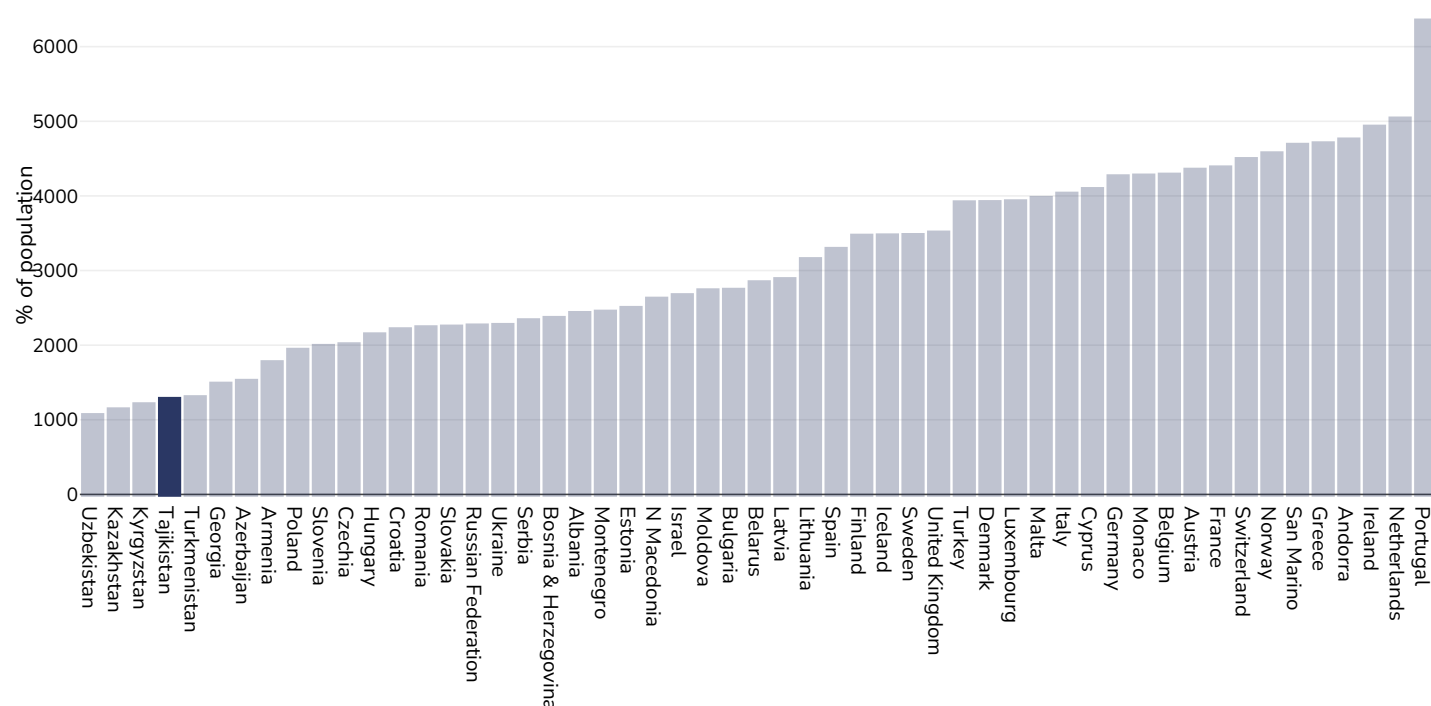
Definitions: Number living with anxiety per 100,000 population

Children, 2021



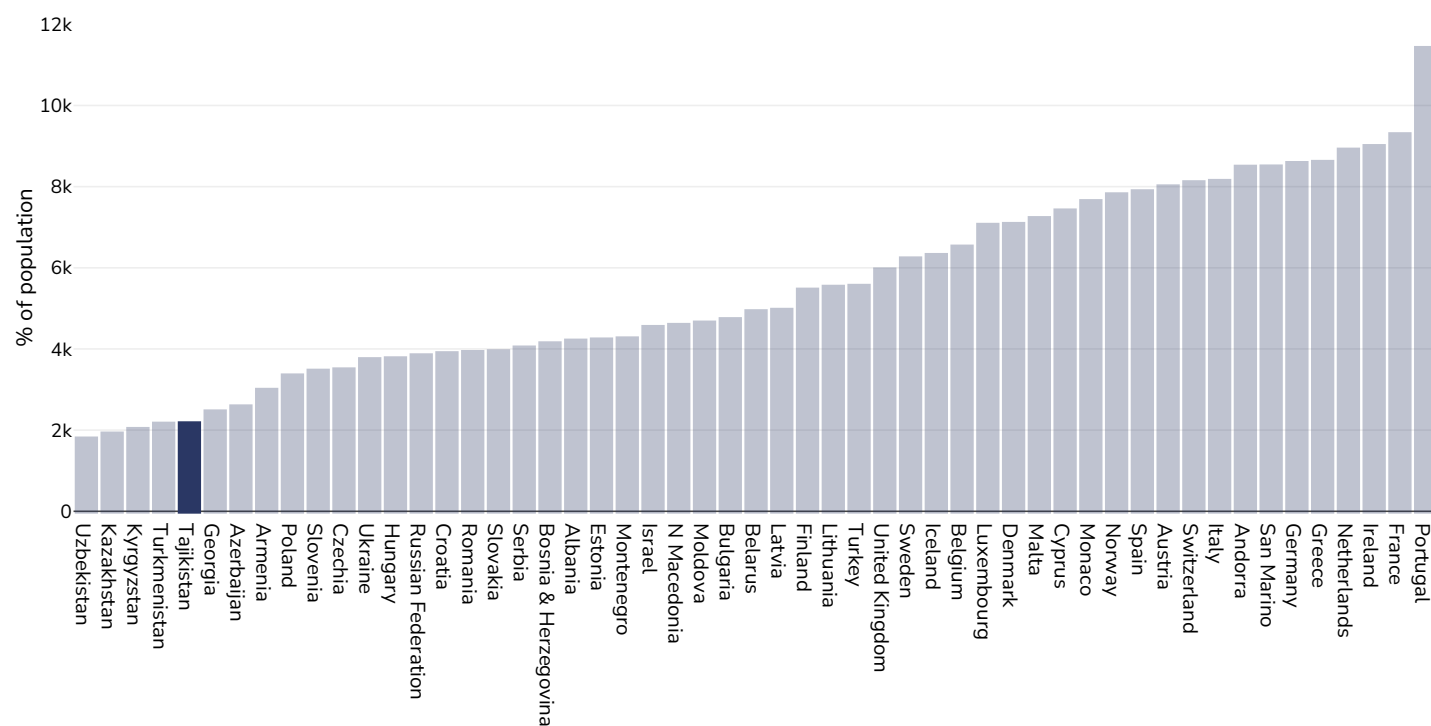
References: Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

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

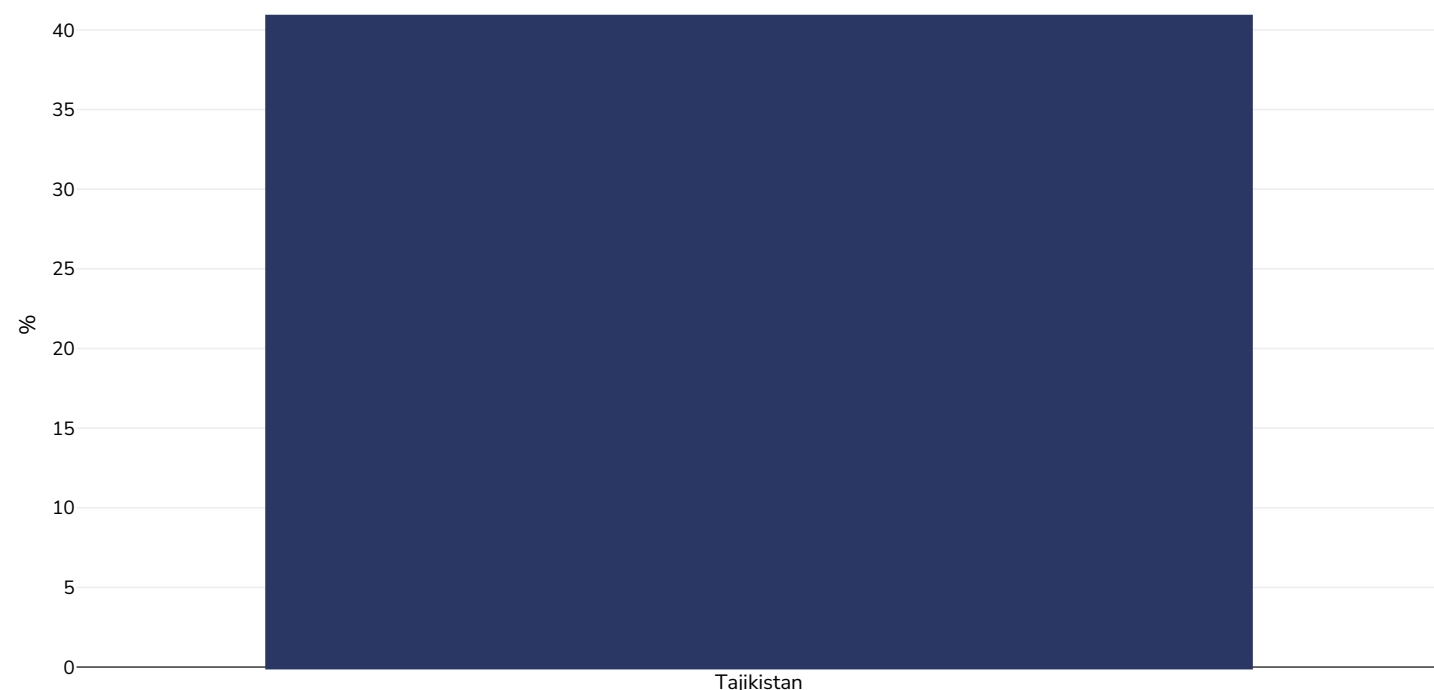


References:

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)

% Infants exclusively breastfed 0-5 months

0-5 years, 1996-2023



References:

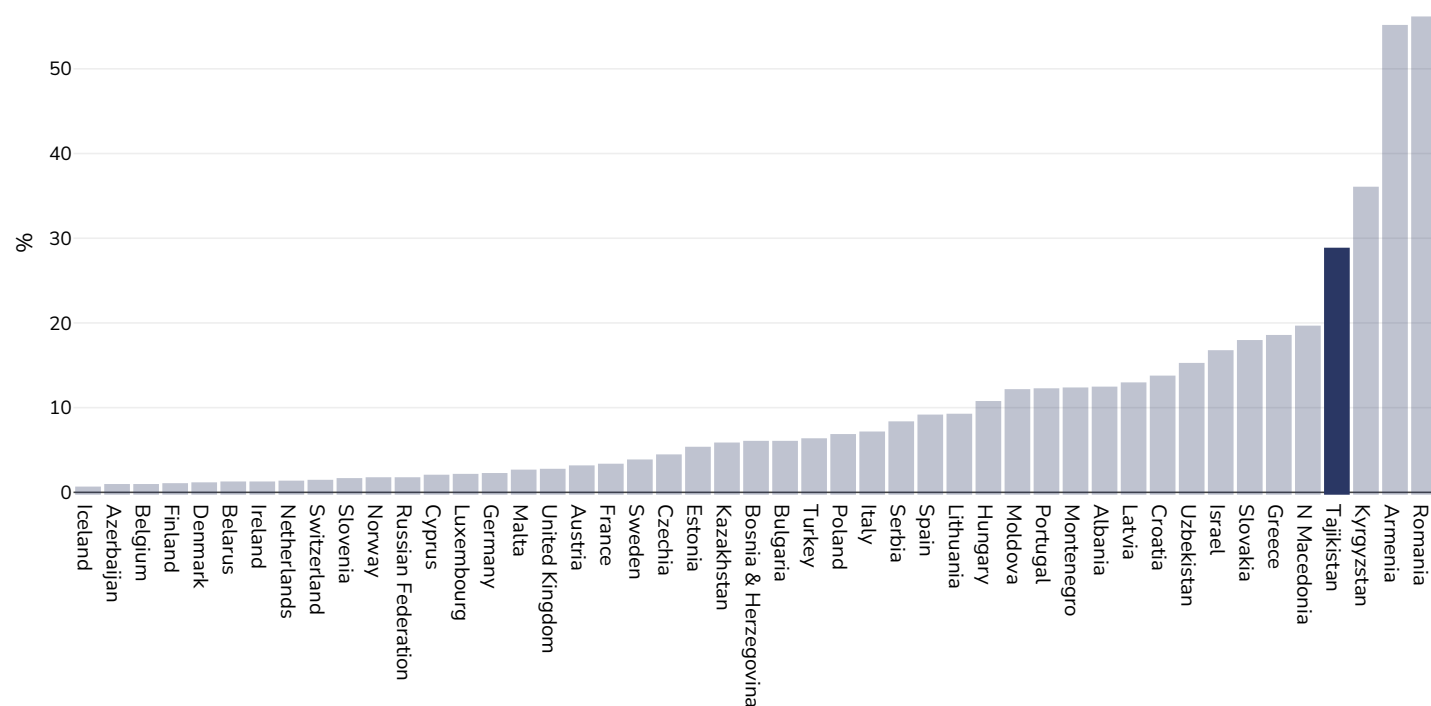
Tajikistan Demographic and Health Survey 2023

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:

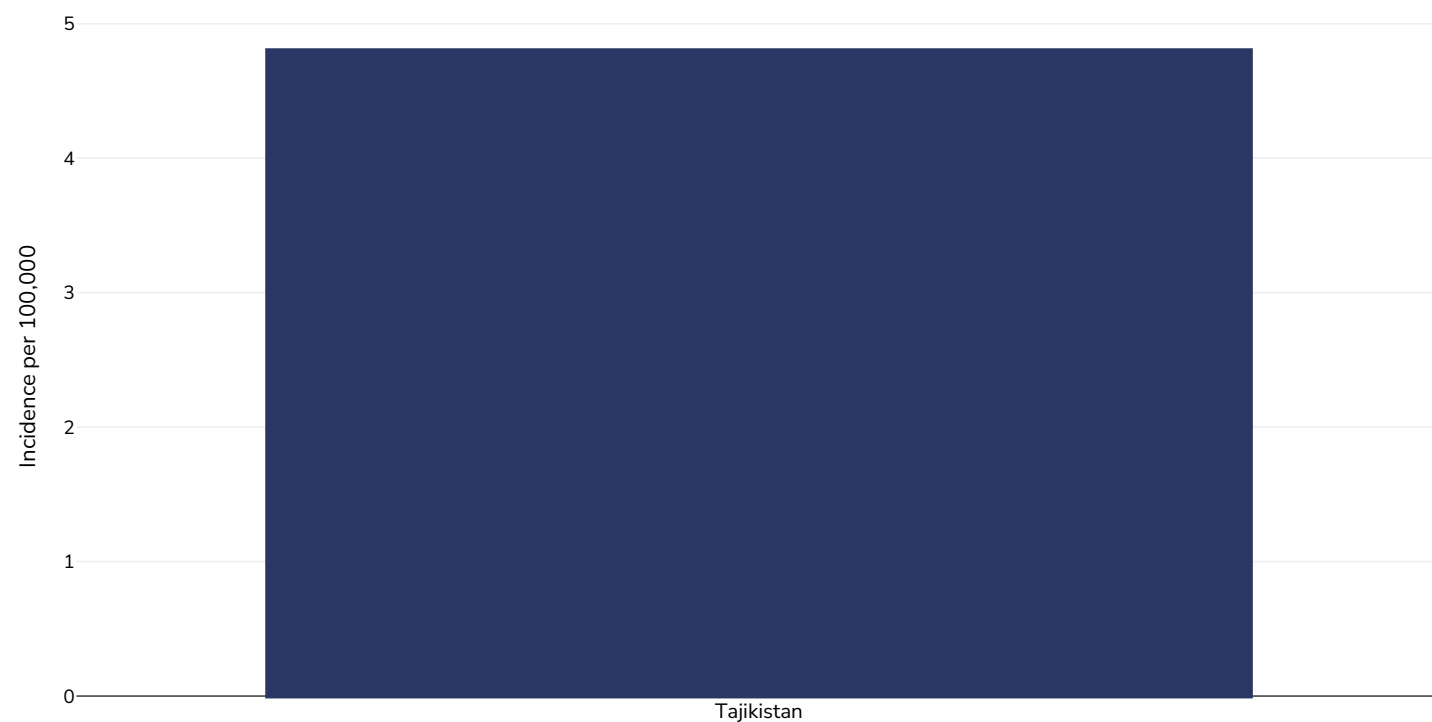
National

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>.

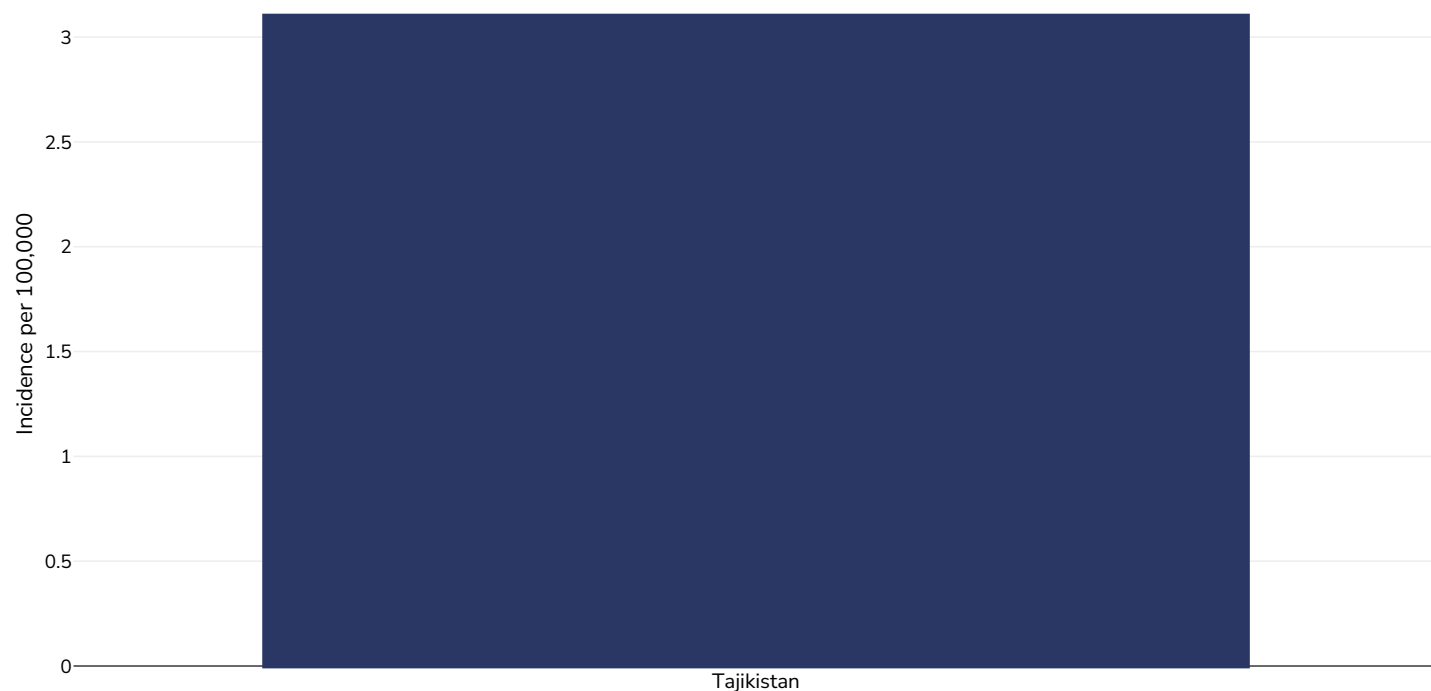
Oesophageal cancer

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 |

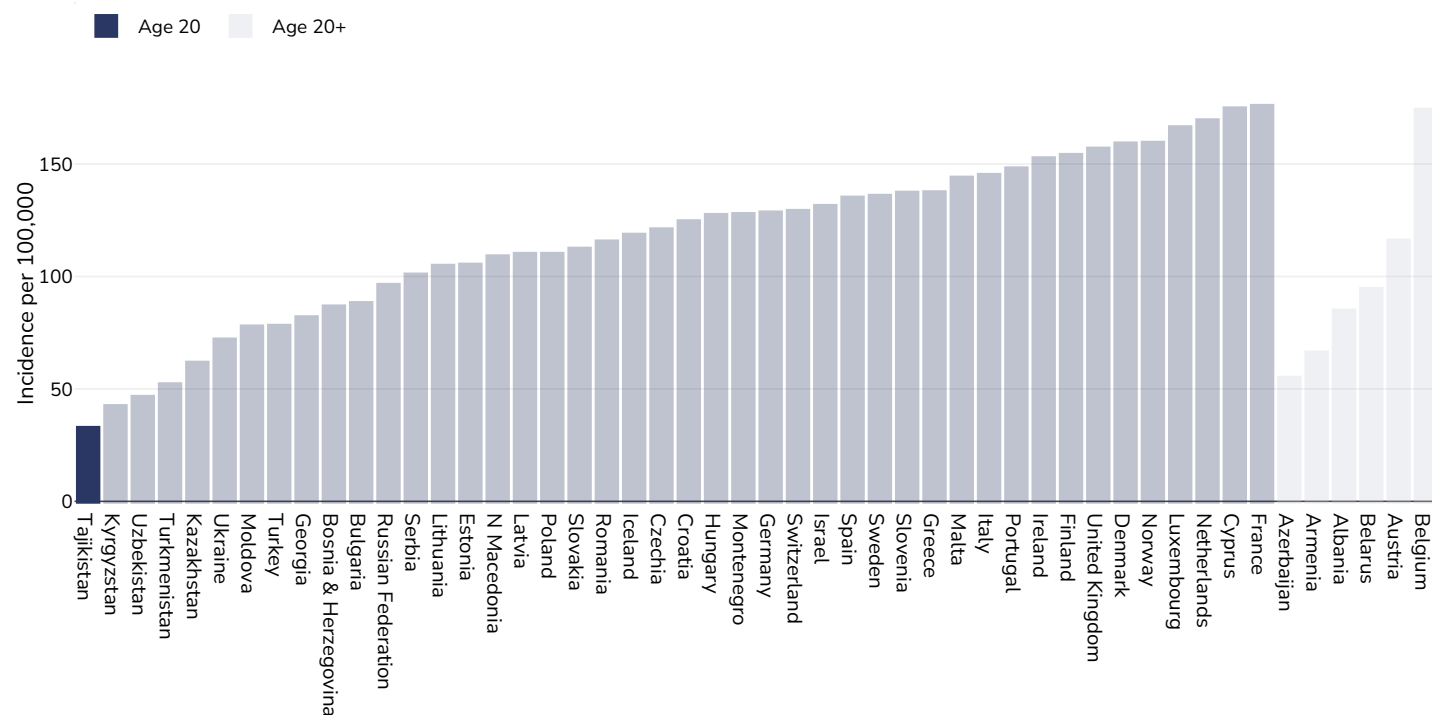
Women, 2022



| | |
|---------------|--|
| 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



Area covered:

National

References:

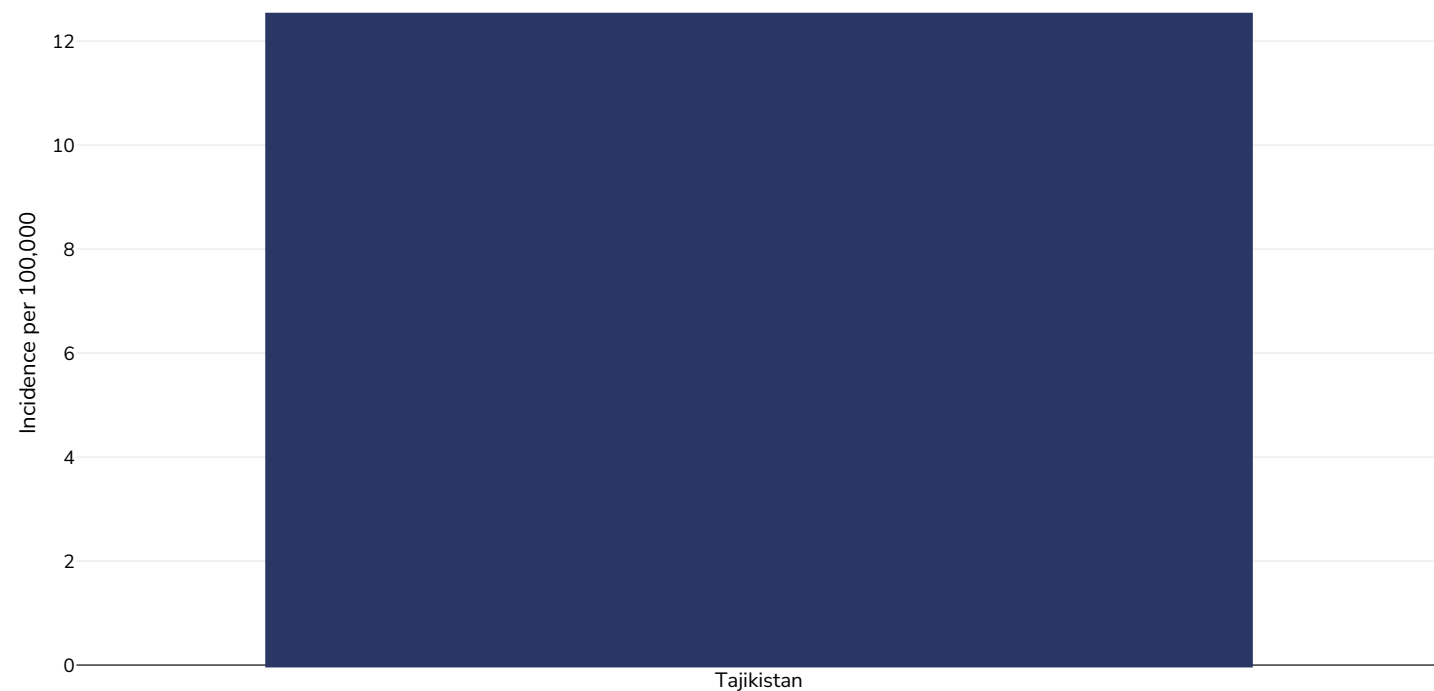
Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.who.int/today>, accessed [16.07.24]

Definitions:

Incidence per 100,000

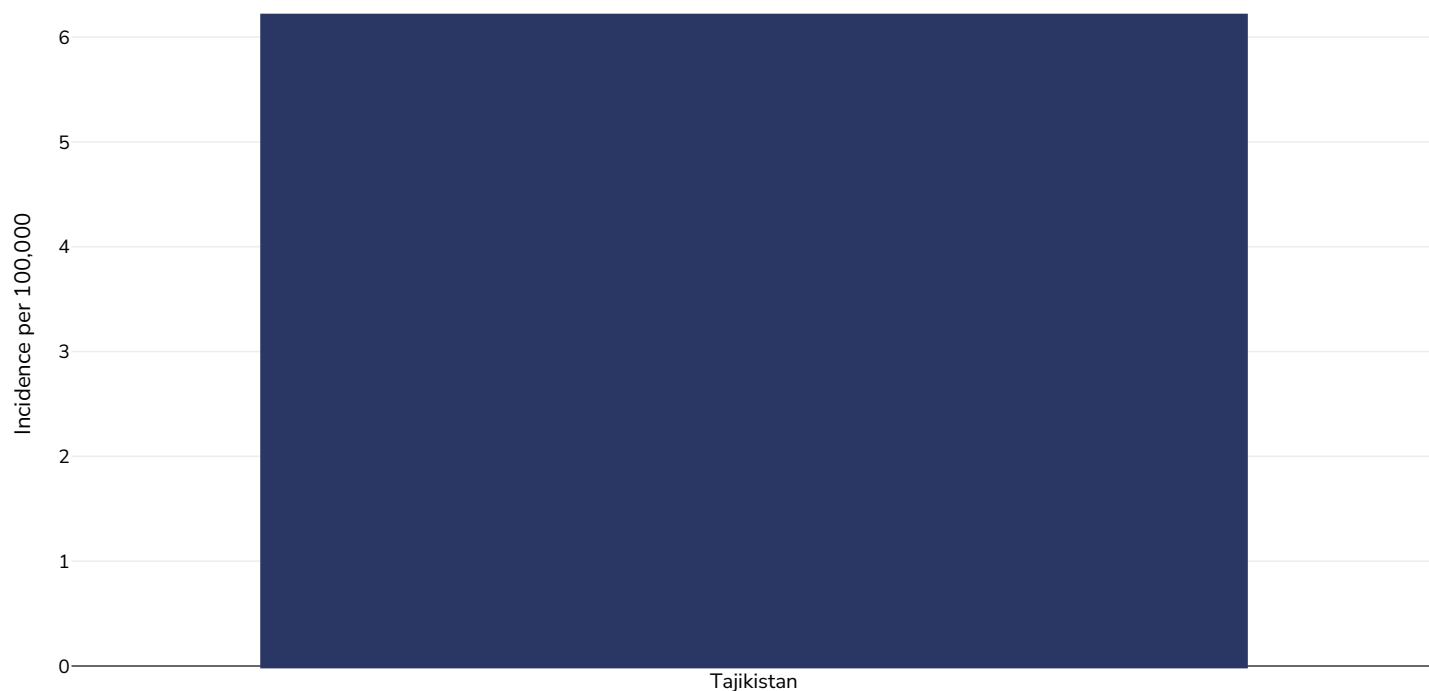
Colorectal cancer

Men, 2022



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

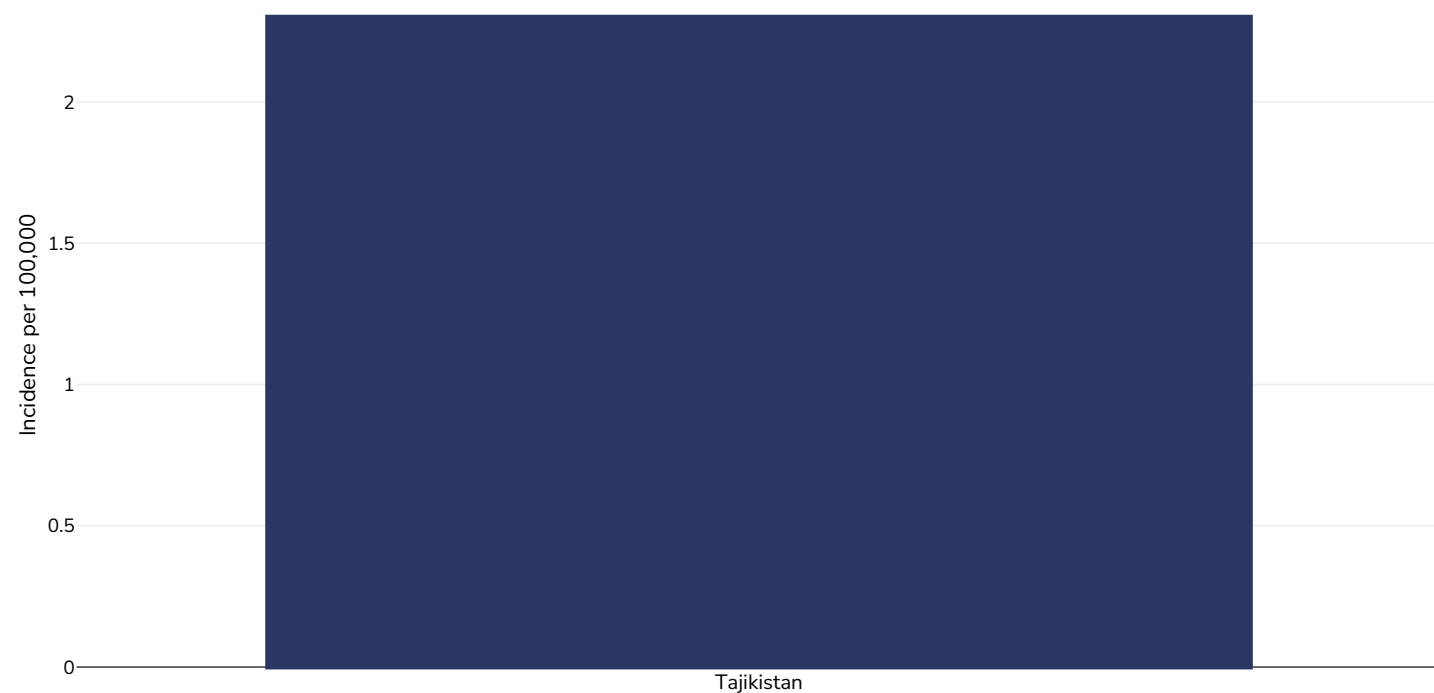
Women, 2022



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

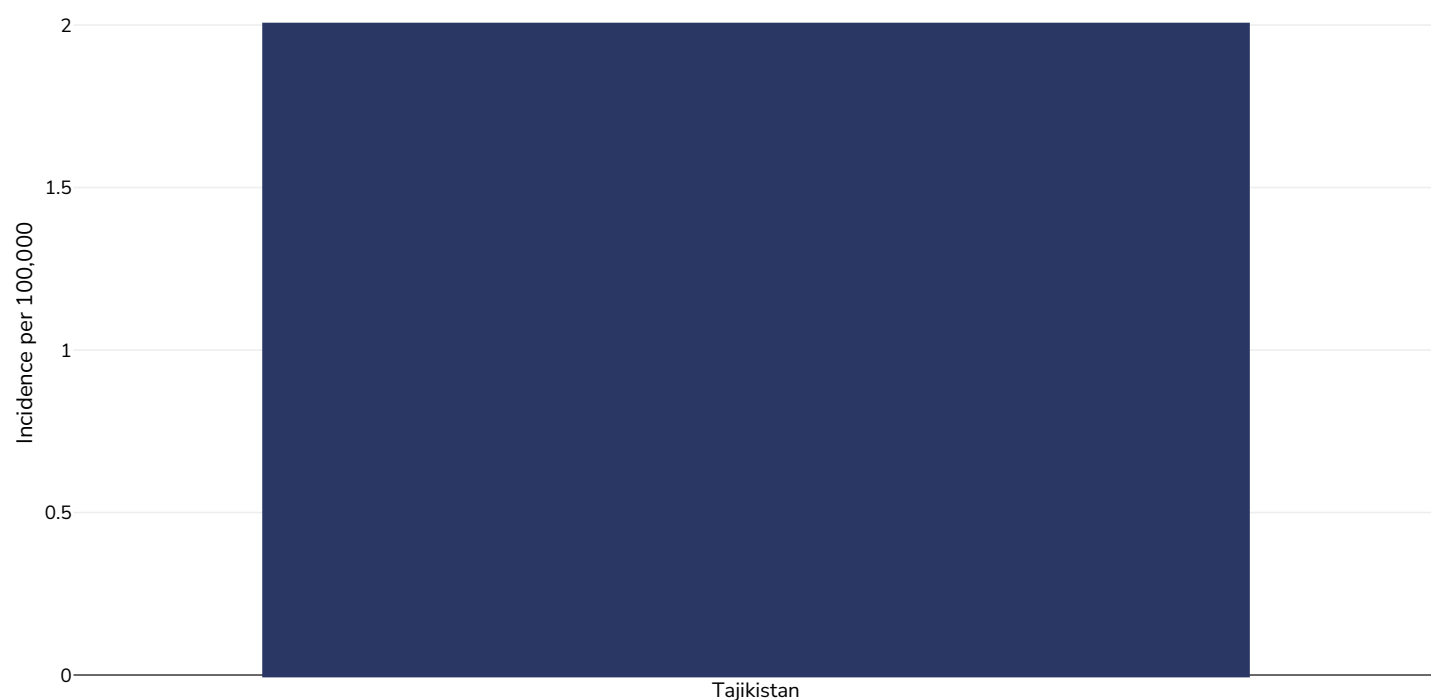
Pancreatic cancer

Men, 2022



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

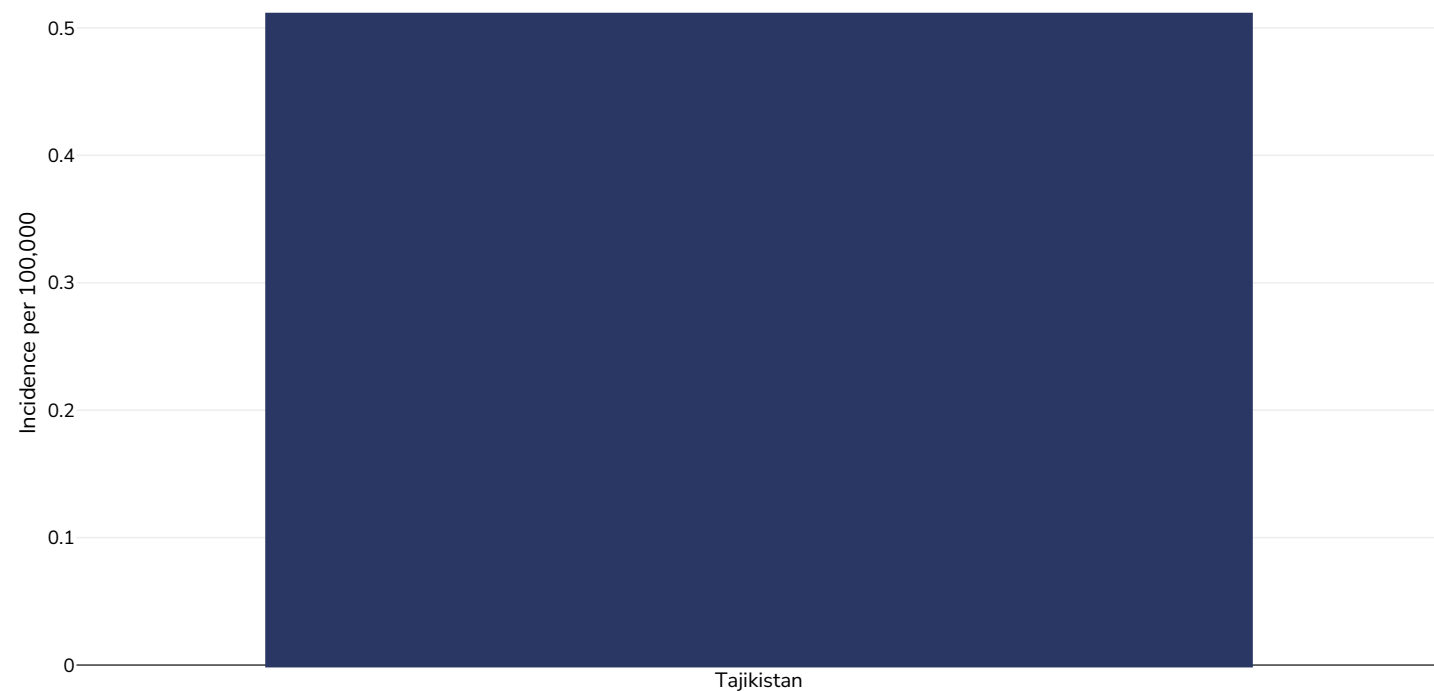
Women, 2022



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

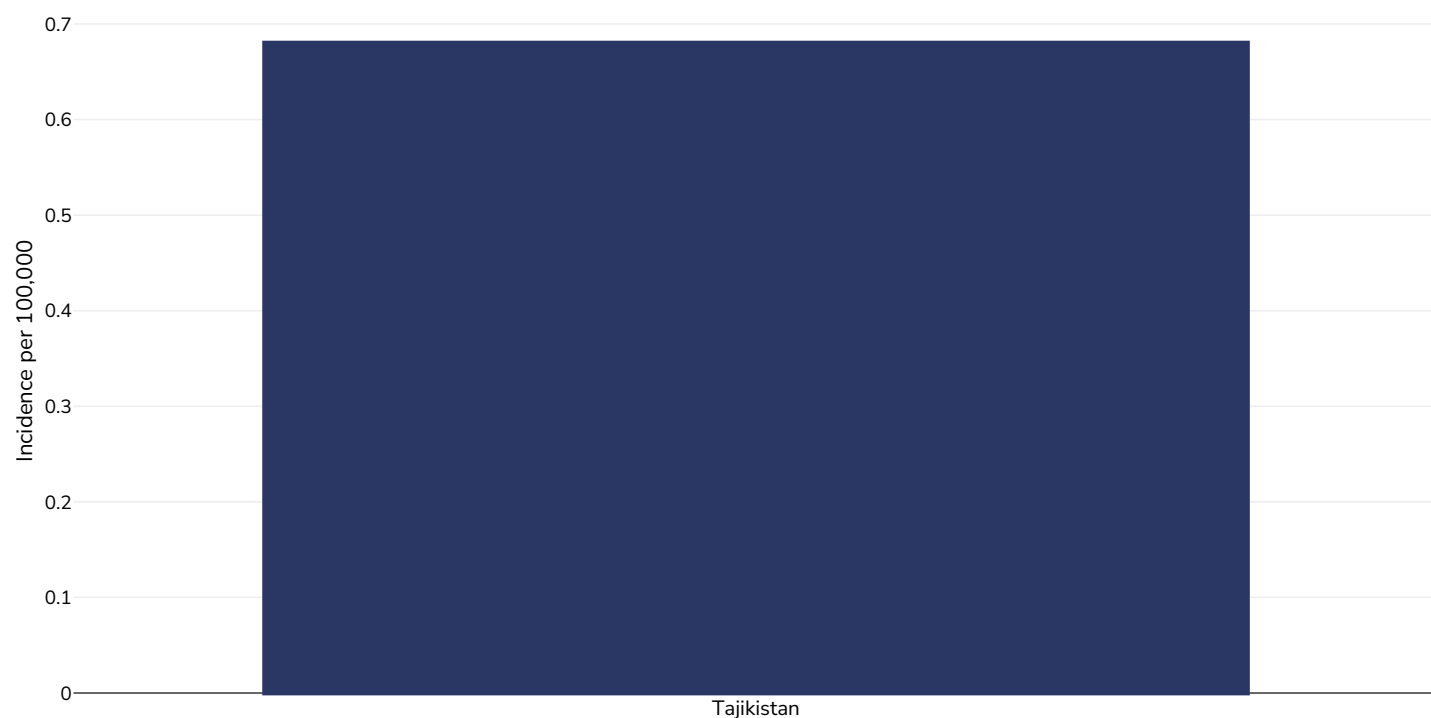
Gallbladder cancer

Men, 2022



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

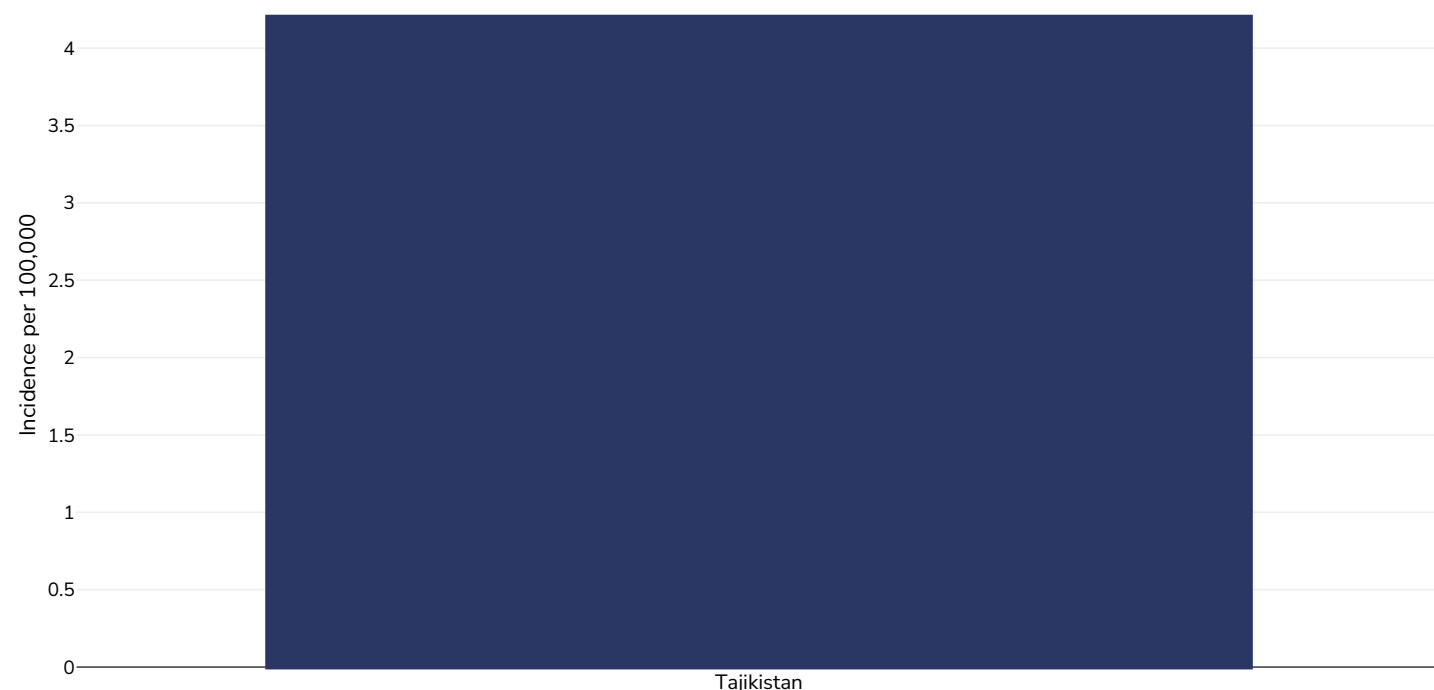
Women, 2022



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

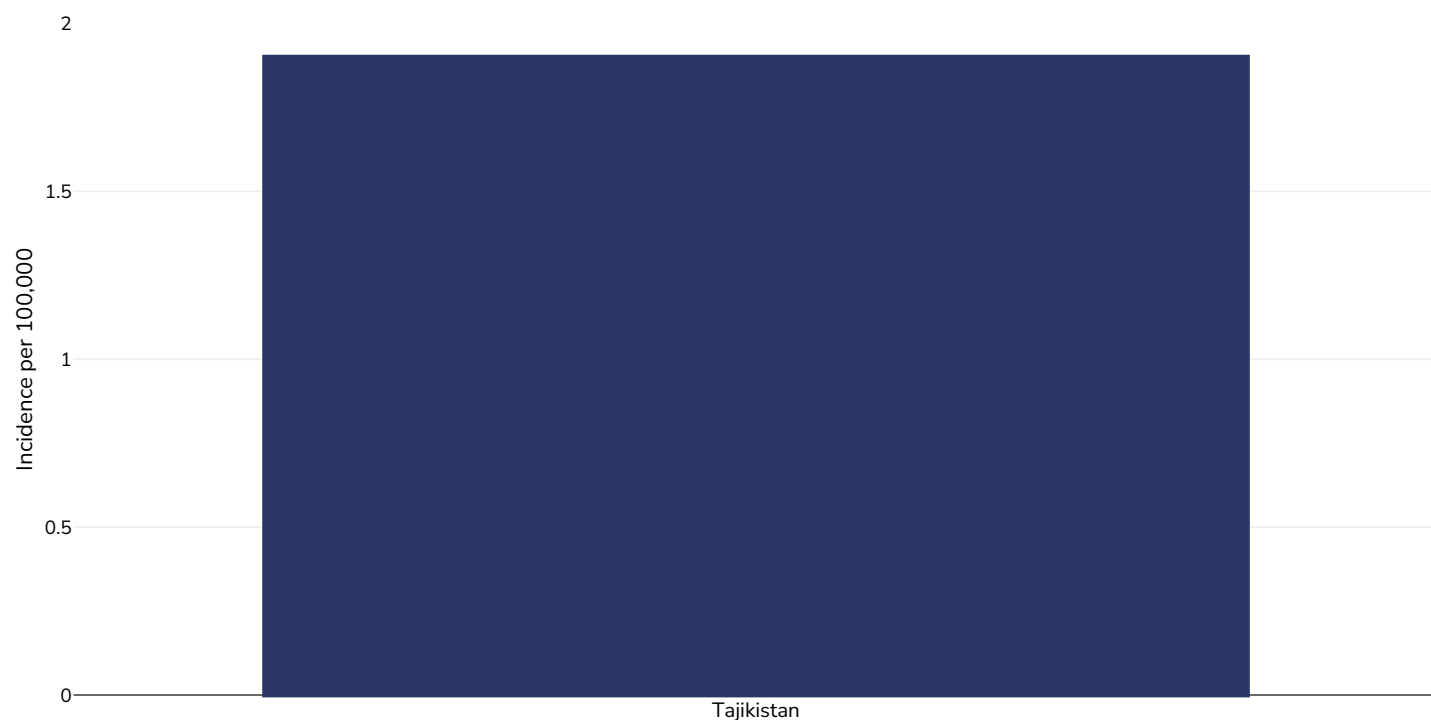
Kidney cancer

Men, 2022



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

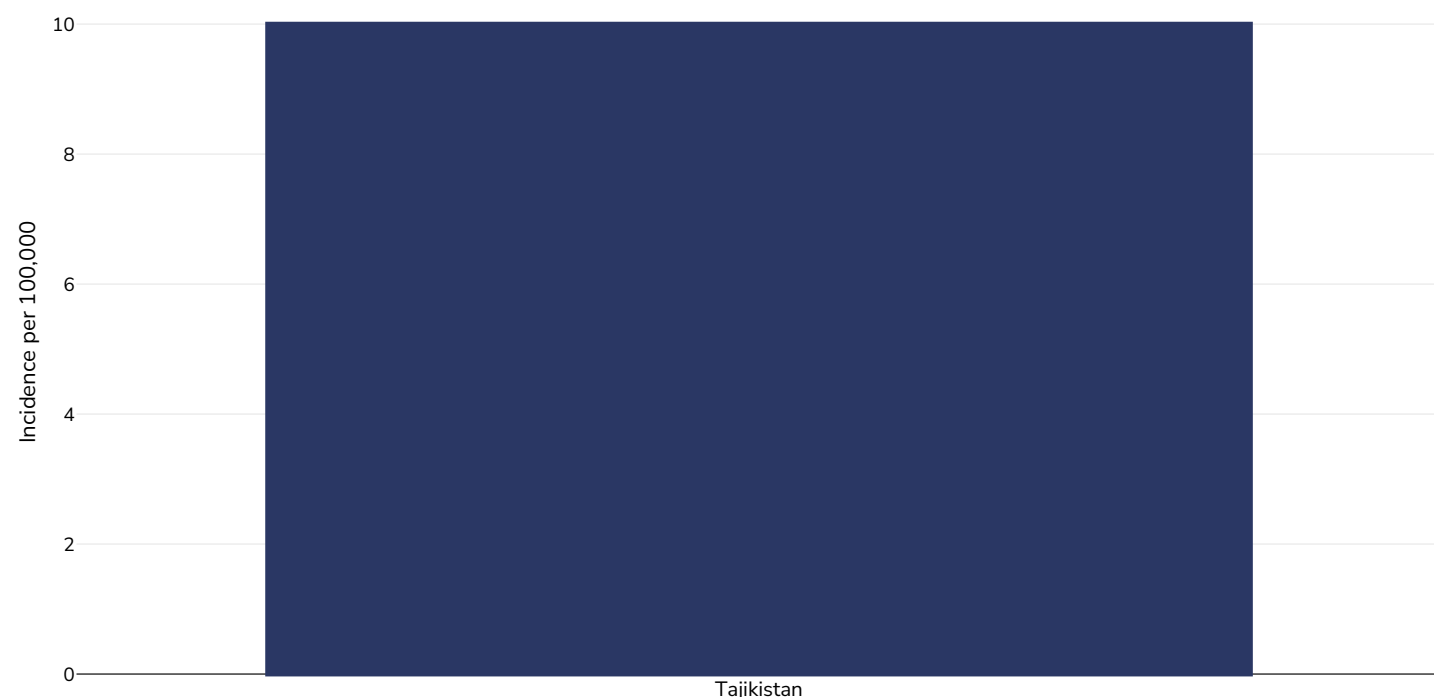
Women, 2022



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

Cancer of the uterus

Women, 2022



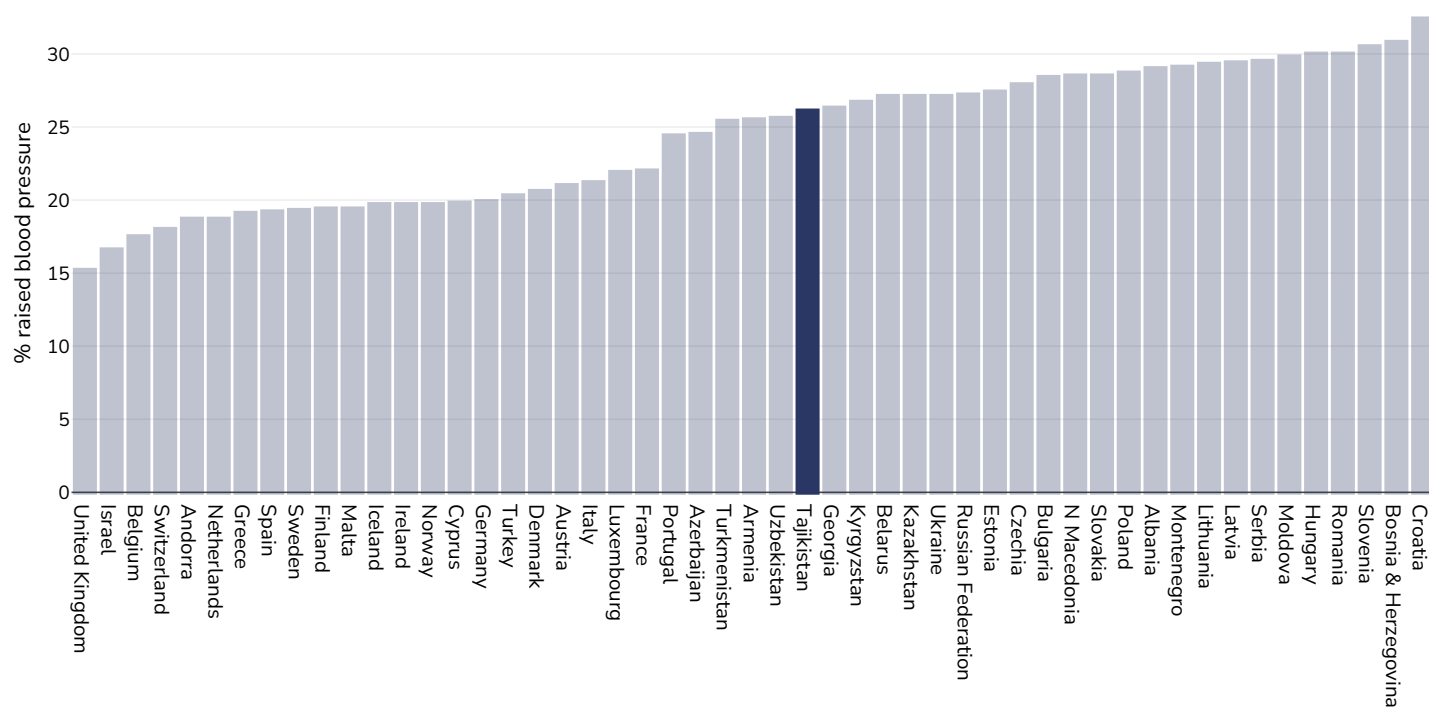
Age: 20+

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

Definitions: Incidence per 100,000

Raised blood pressure

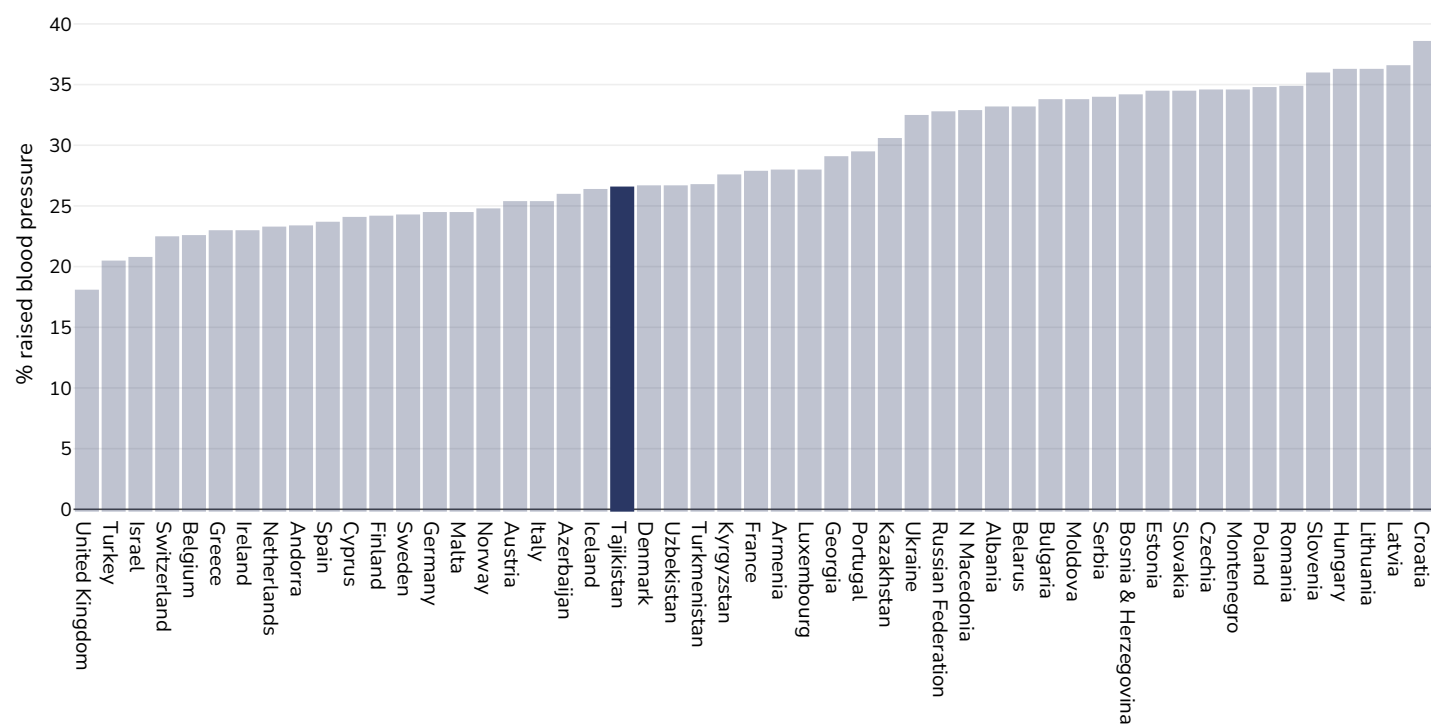
Adults, 2015



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 \geq 140 OR DBP \geq 90).

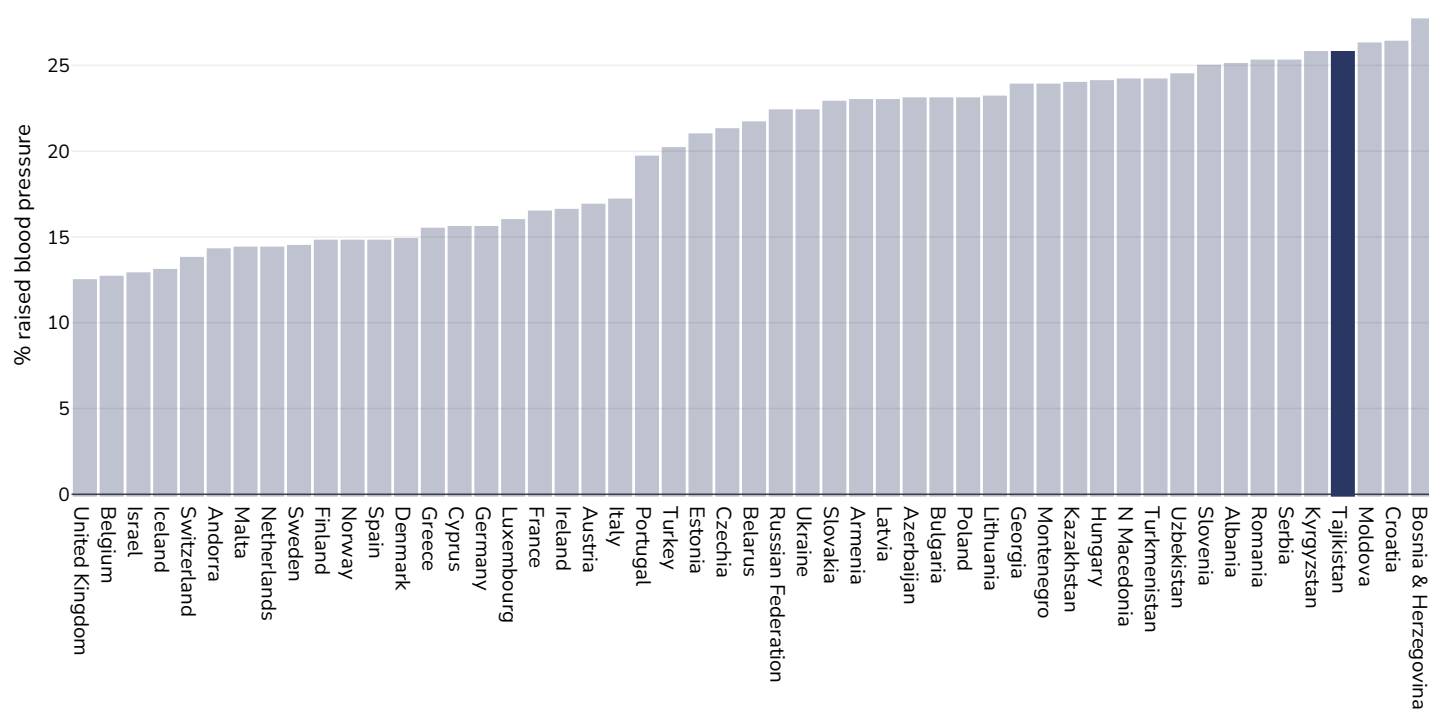
Men, 2015



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 \geq 140 OR DBP \geq 90).

Women, 2015

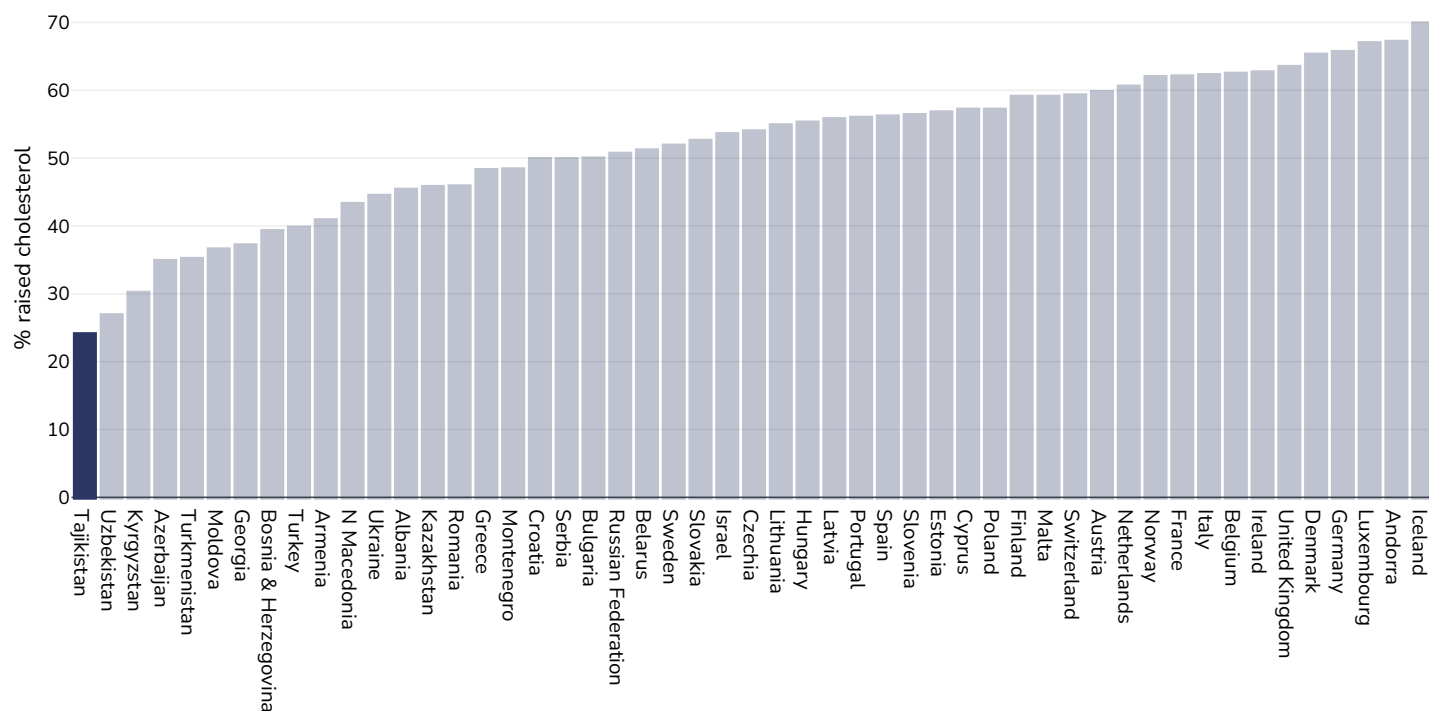


References: Global Health Observatory data repository, World Health Organisation, <http://apps.who.int/gho/data/node.main.A875?lang=en>

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

Raised cholesterol

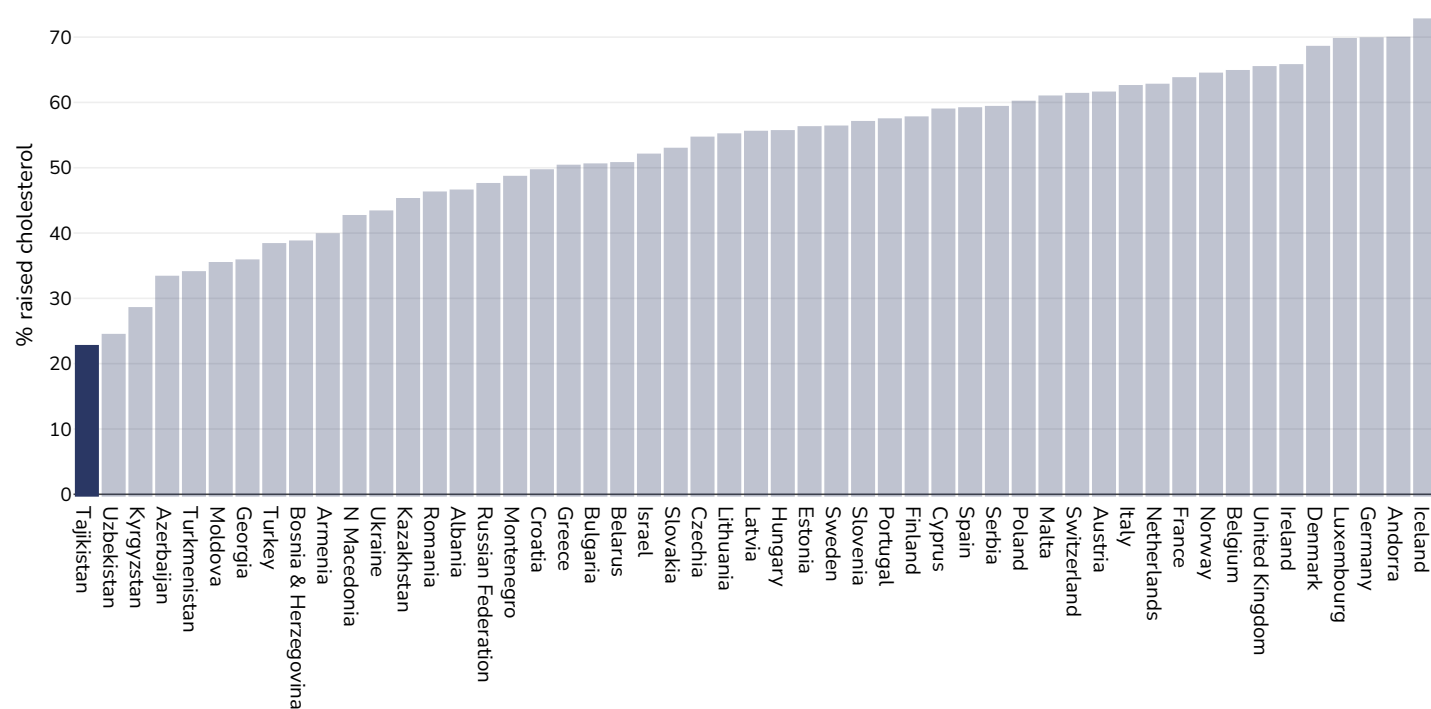
Adults, 2008



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

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

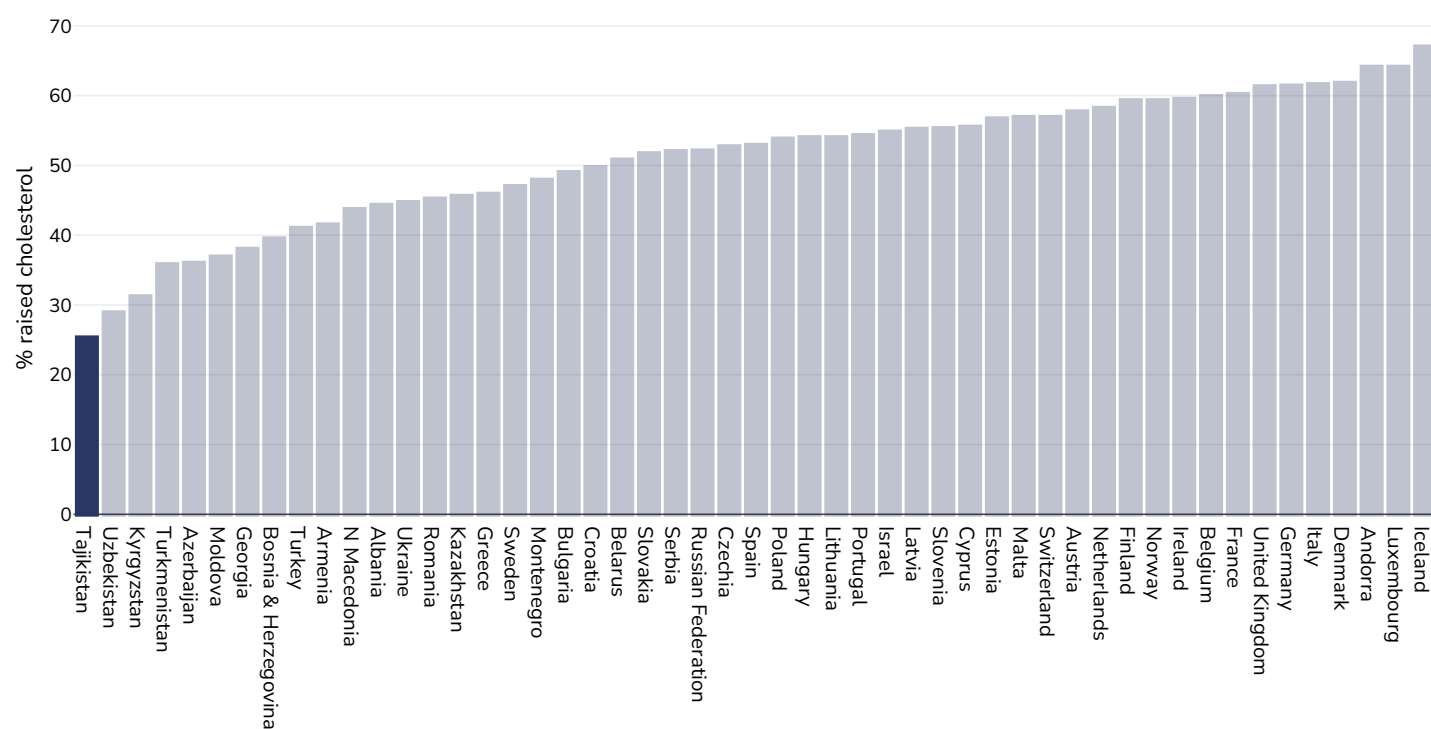
Men, 2008



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

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

Women, 2008

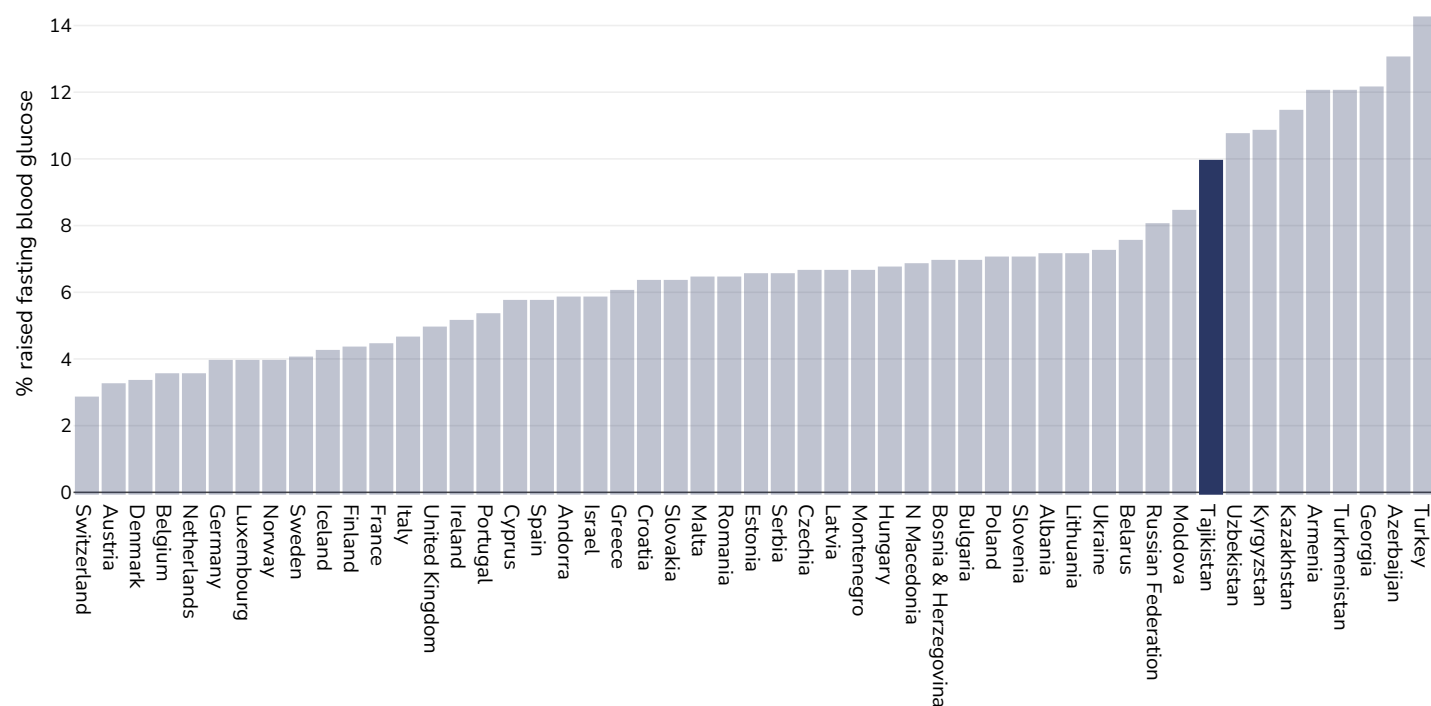


References: Global Health Observatory data repository, World Health Organisation, <http://apps.who.int/gho/data/node.main.A885>

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

Raised fasting blood glucose

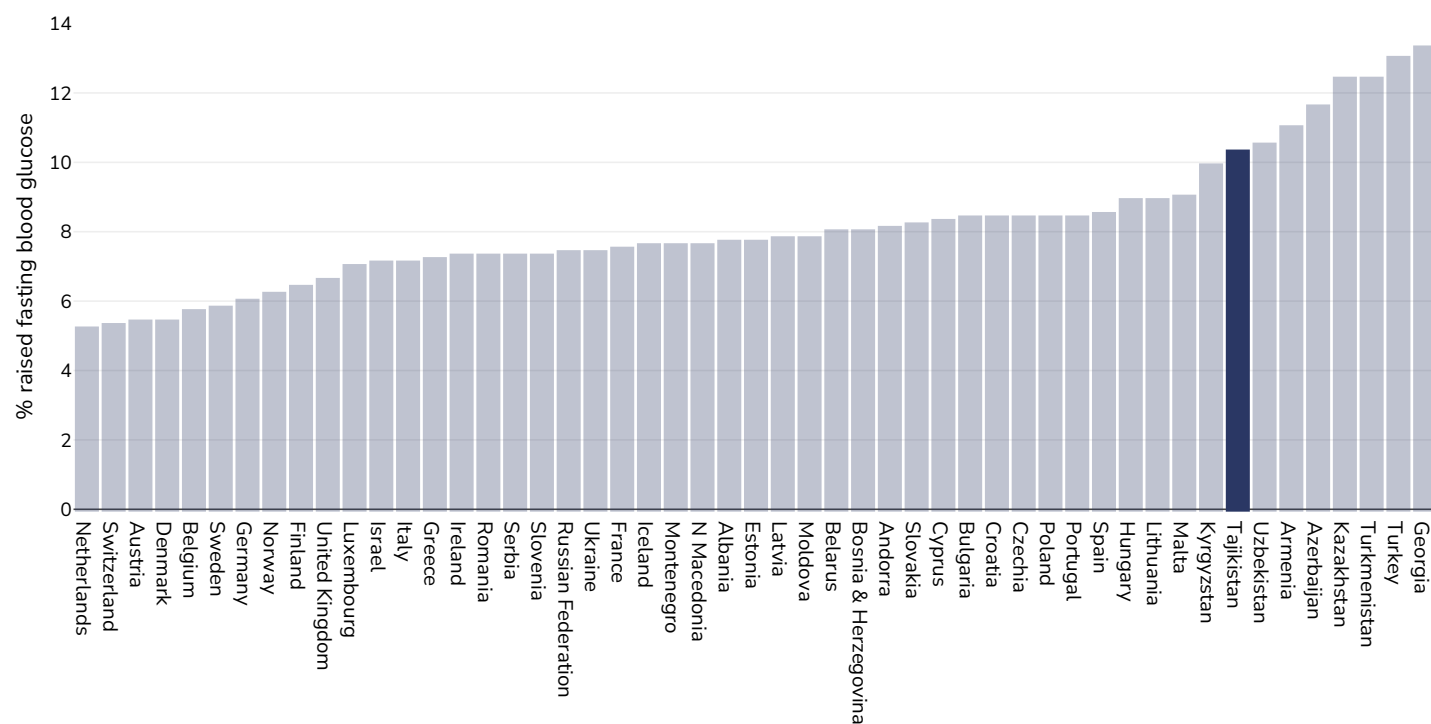
Men, 2014



References: Global Health Observatory data repository, World Health Organisation, <http://apps.who.int/gho/data/node.main.A869?lang=en>

Definitions: Age Standardised % raised fasting blood glucose (≥ 7.0 mmol/L or on medication).

Women, 2014

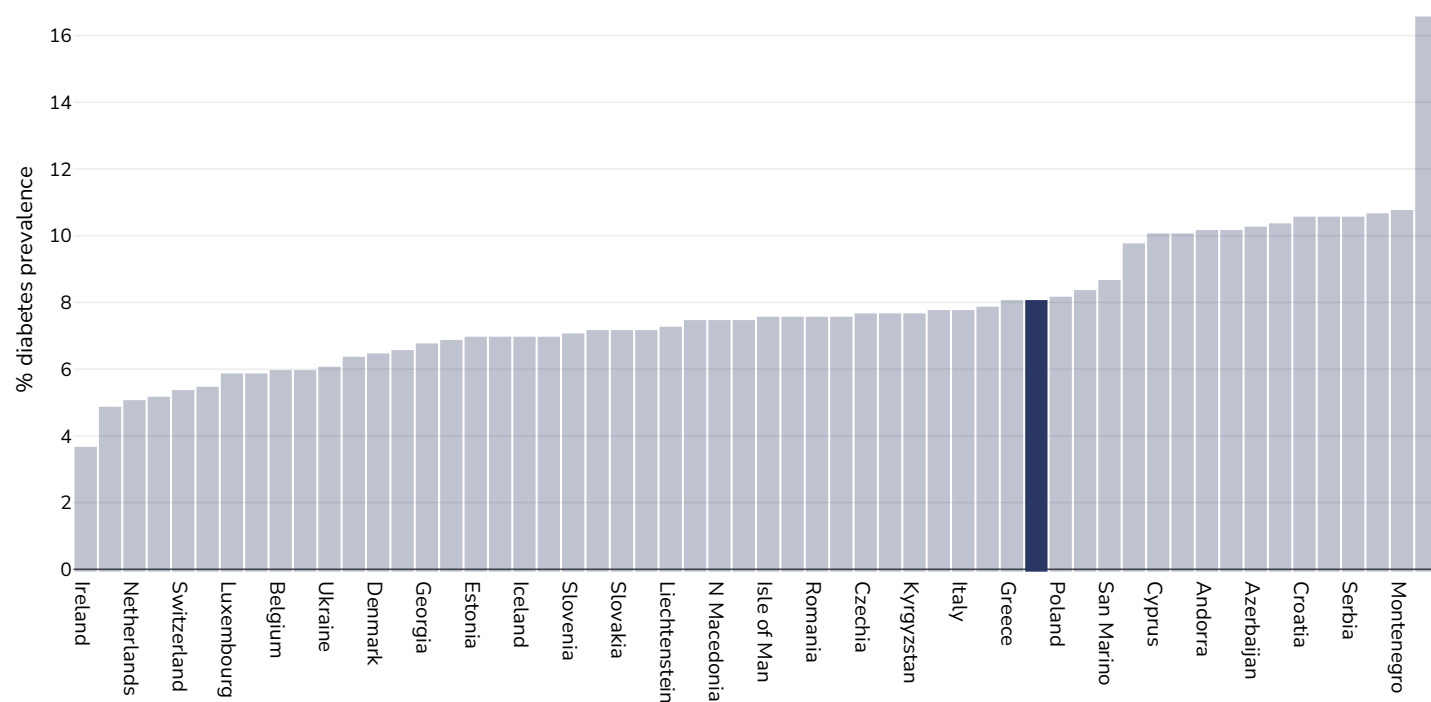


References: Global Health Observatory data repository, World Health Organisation, <http://apps.who.int/gho/data/node.main.A869?lang=en>

Definitions: Age Standardised % raised fasting blood glucose (≥ 7.0 mmol/L or on medication).

Diabetes prevalence

Adults, 2024

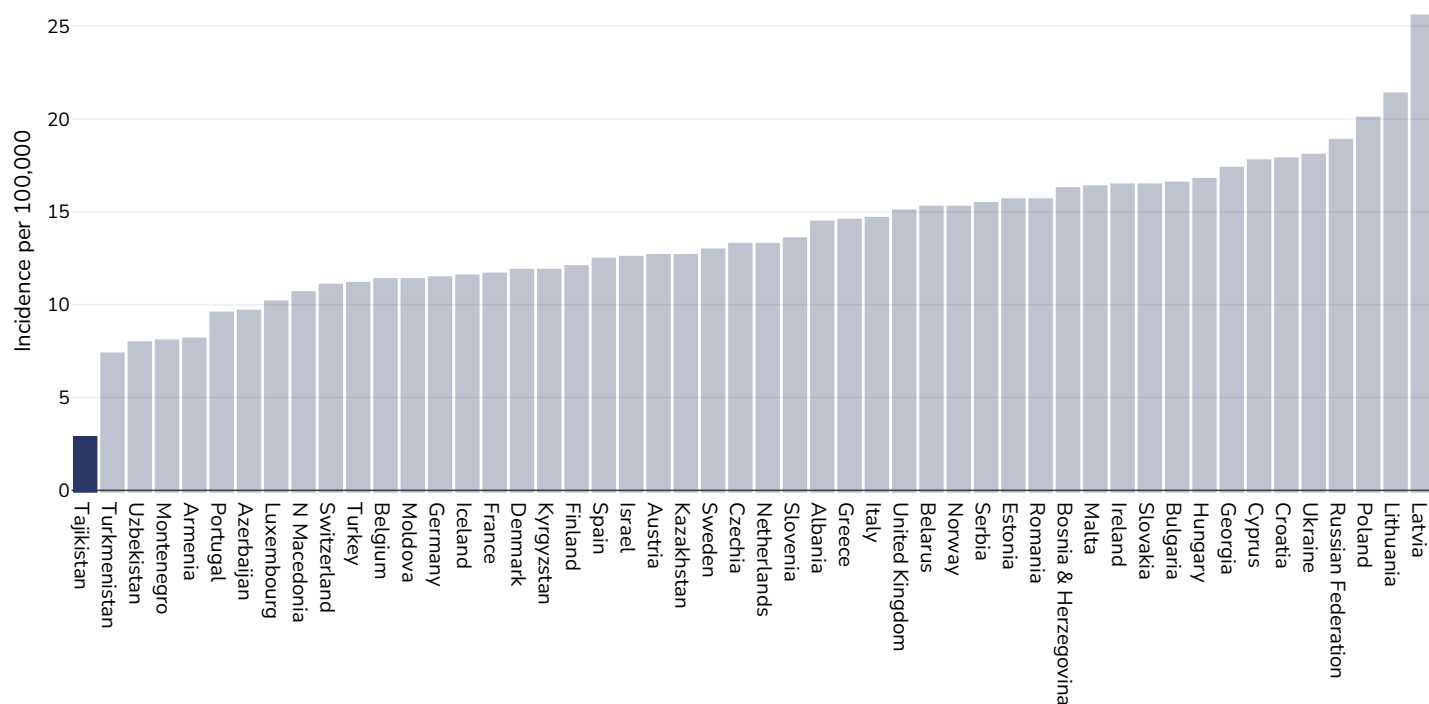


References:

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

Ovarian Cancer

Women, 2022



Age: 20+

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

Definitions: Incidence per 100,000

Leukemia

Men, 2022



Age: 20+

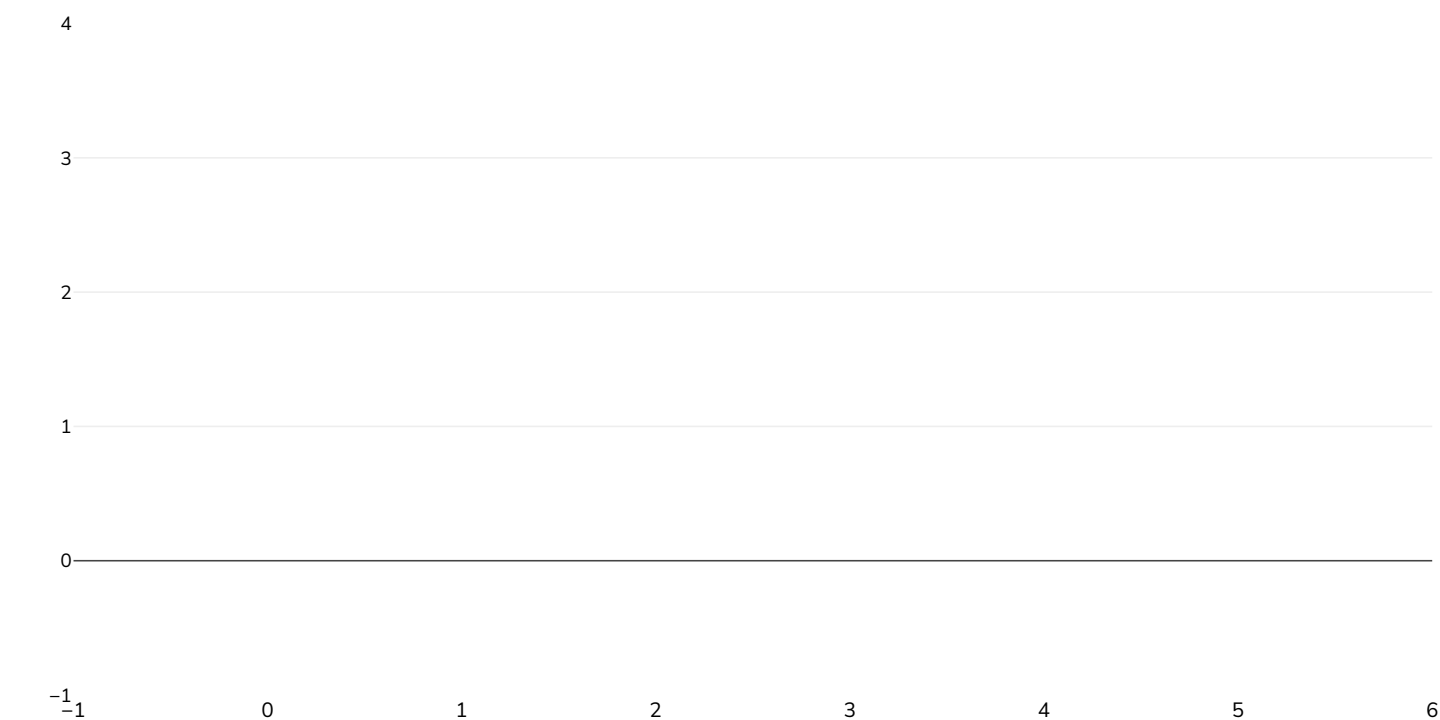
Area covered: National

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

Definitions: Incidence per 100,000

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

Women, 2022



Age: 20+

Area covered: National

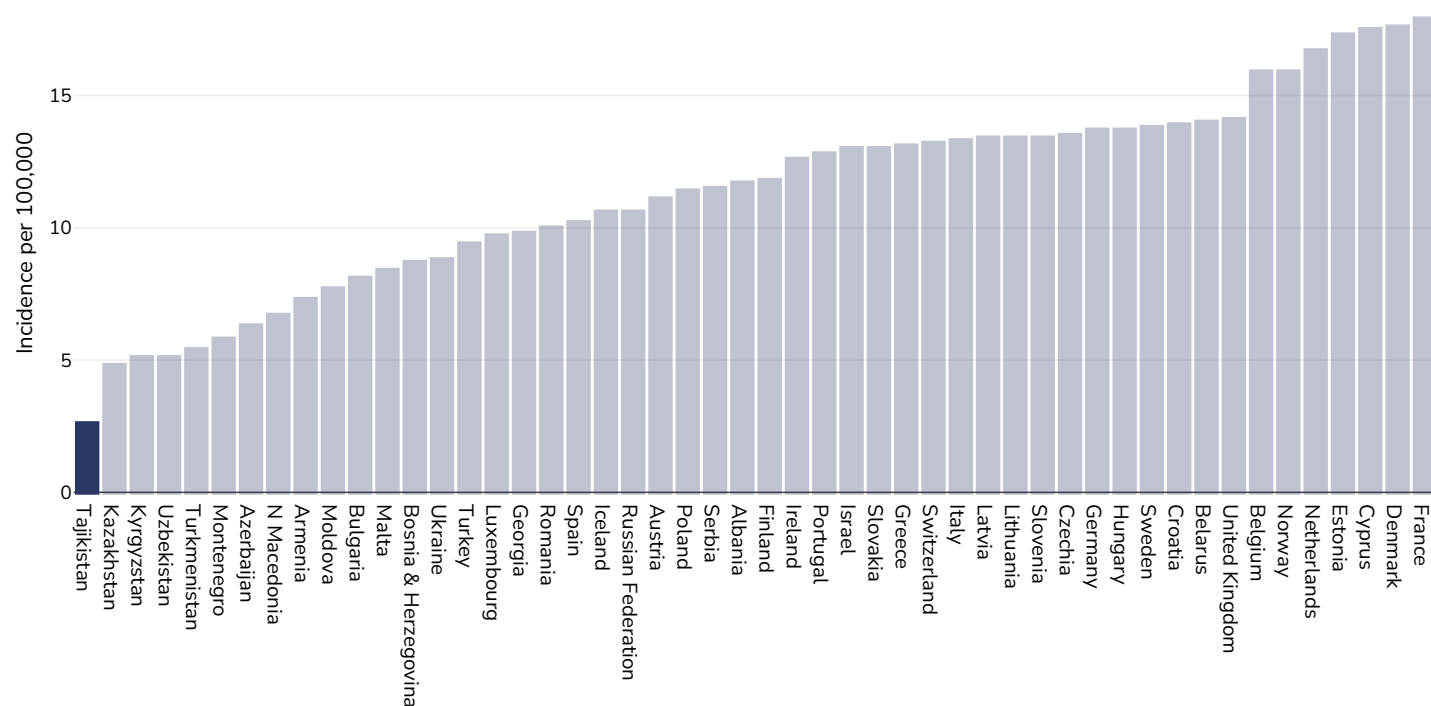
References: Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.who.int/today>, accessed [16.07.24]

Definitions: Incidence per 100,000

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

Leukemia

Men, 2022



Age: 20+

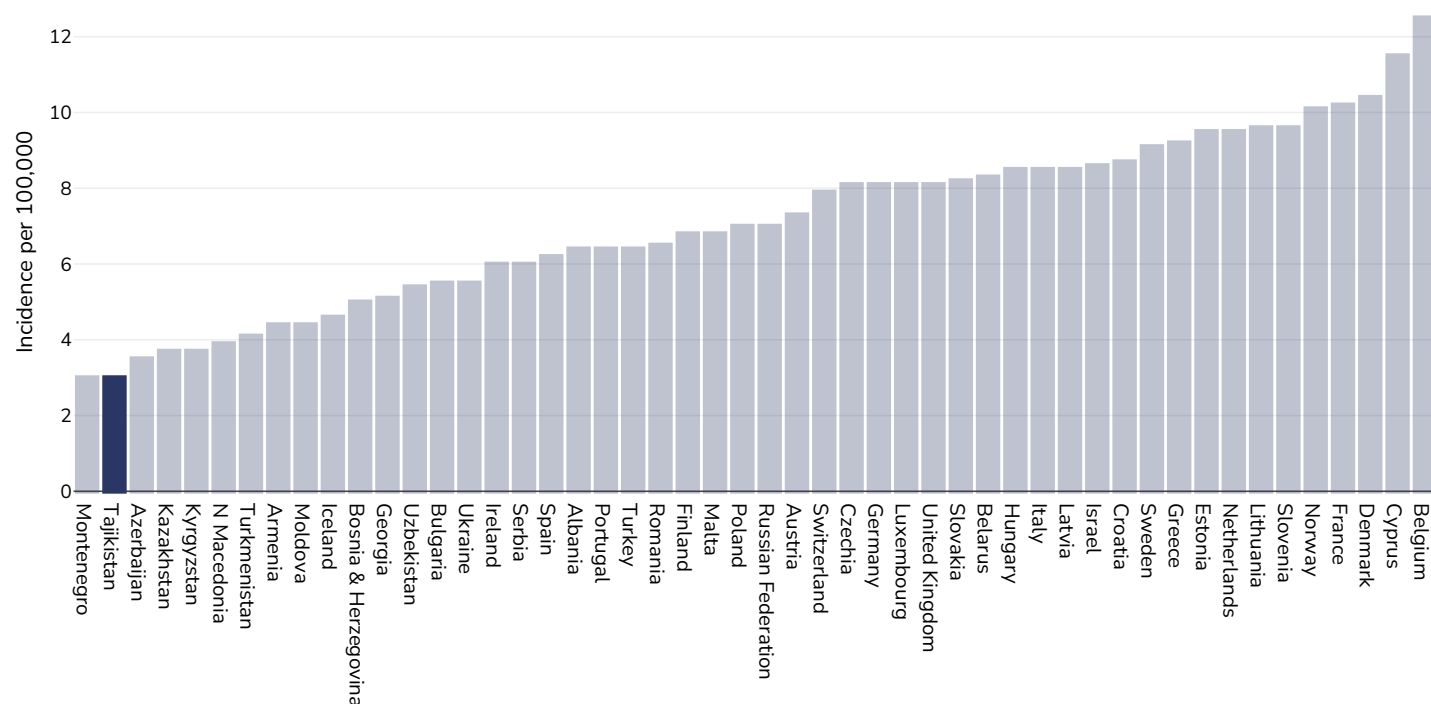
Area covered: National

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

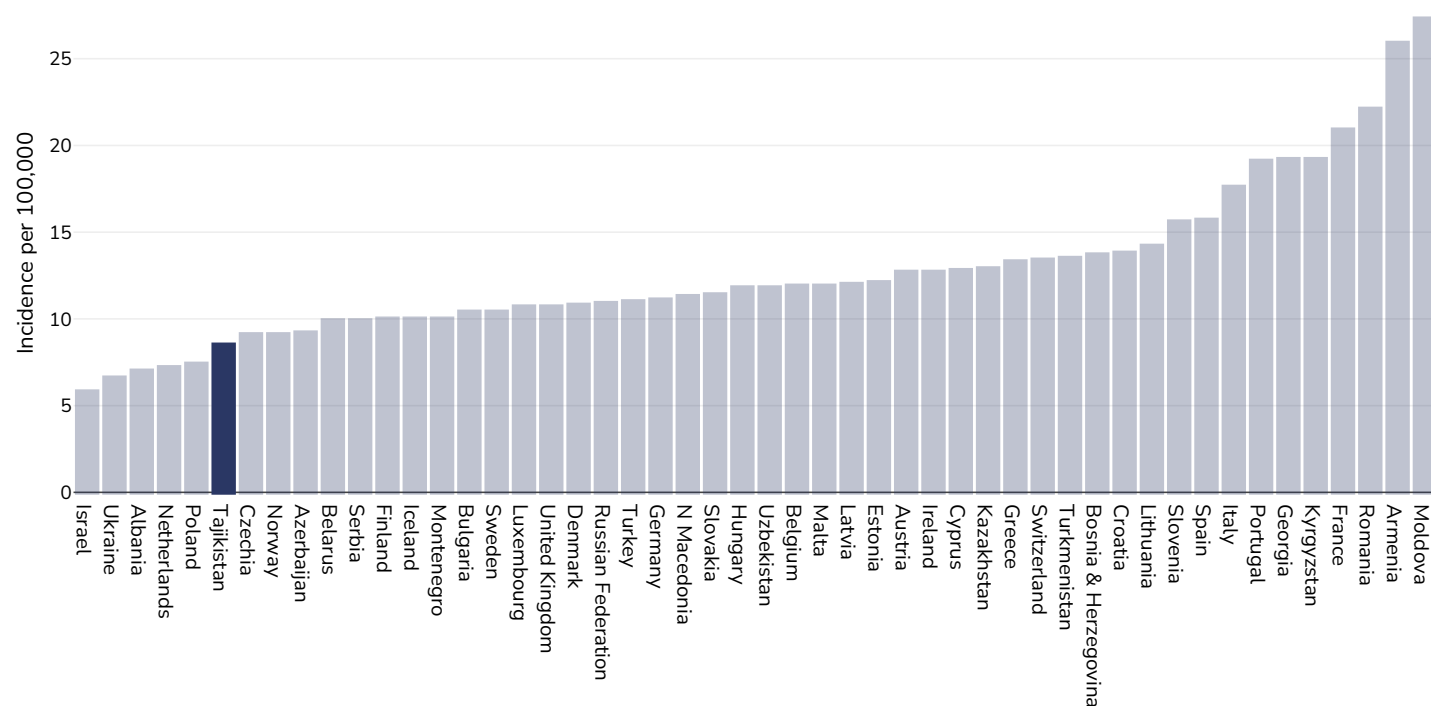
References: Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.who.int/today>, accessed [16.07.24]

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



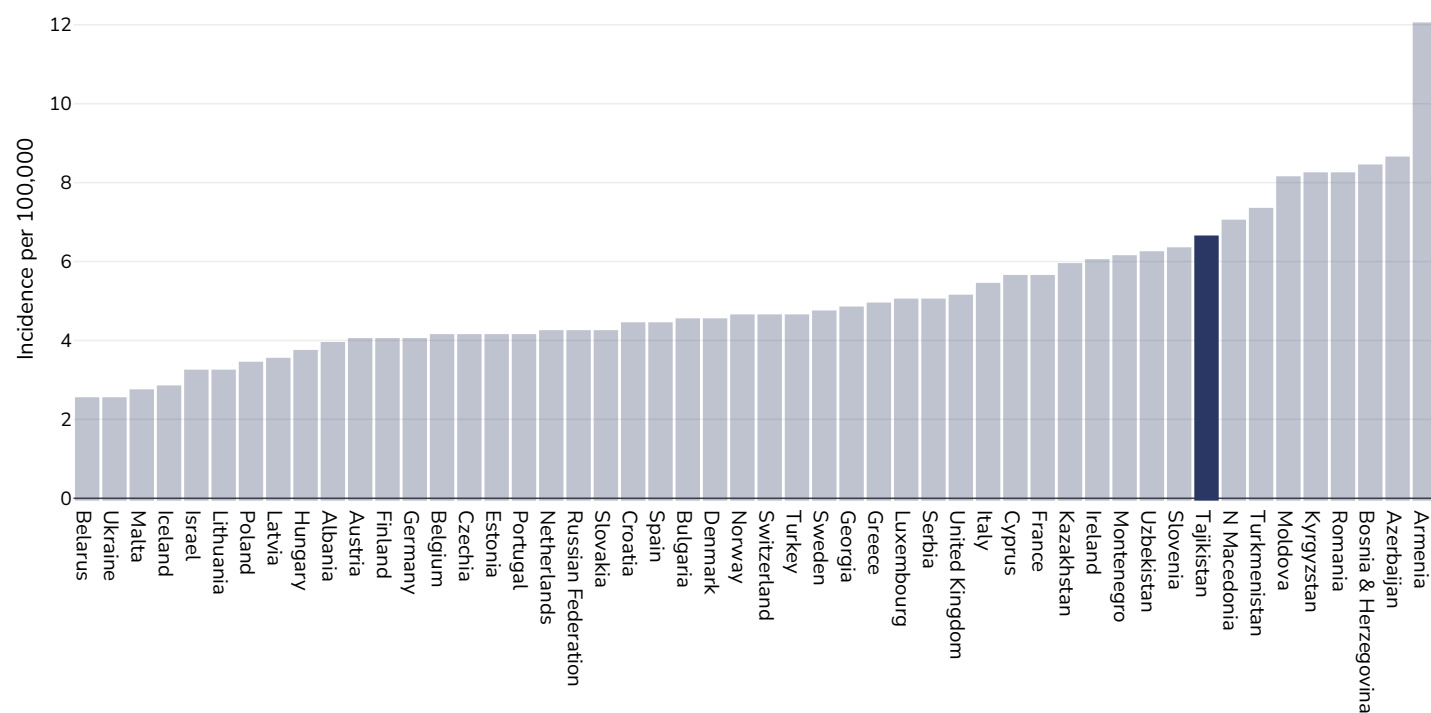
Age: 20+

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+

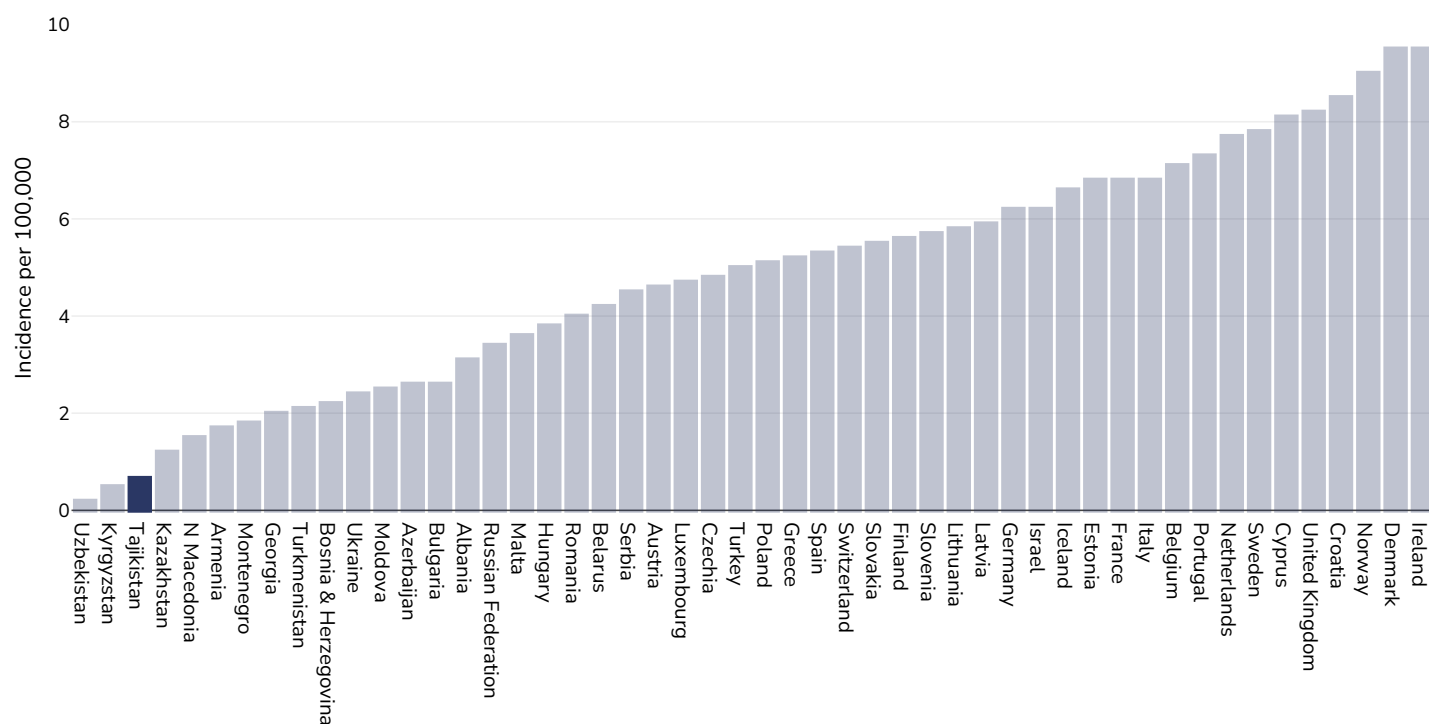
Area covered: National

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+

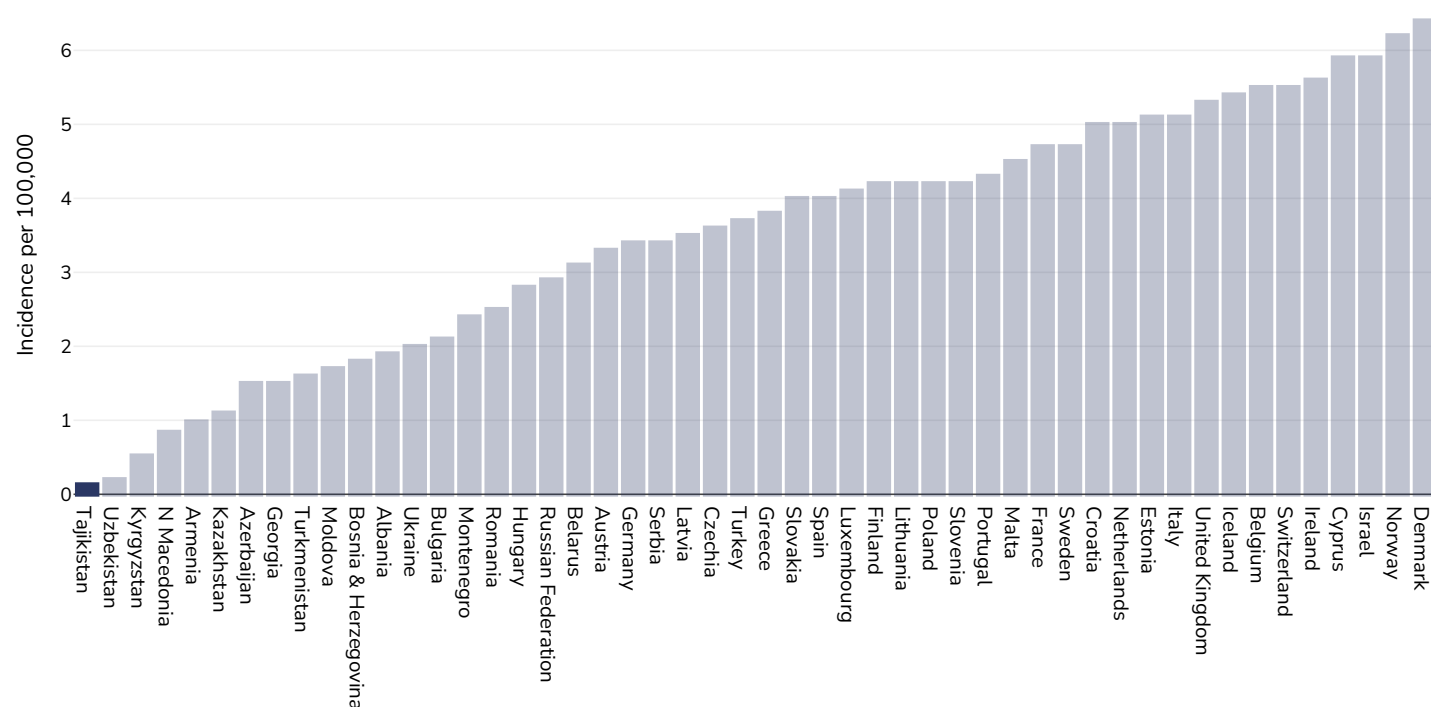
Area covered: National

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: 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

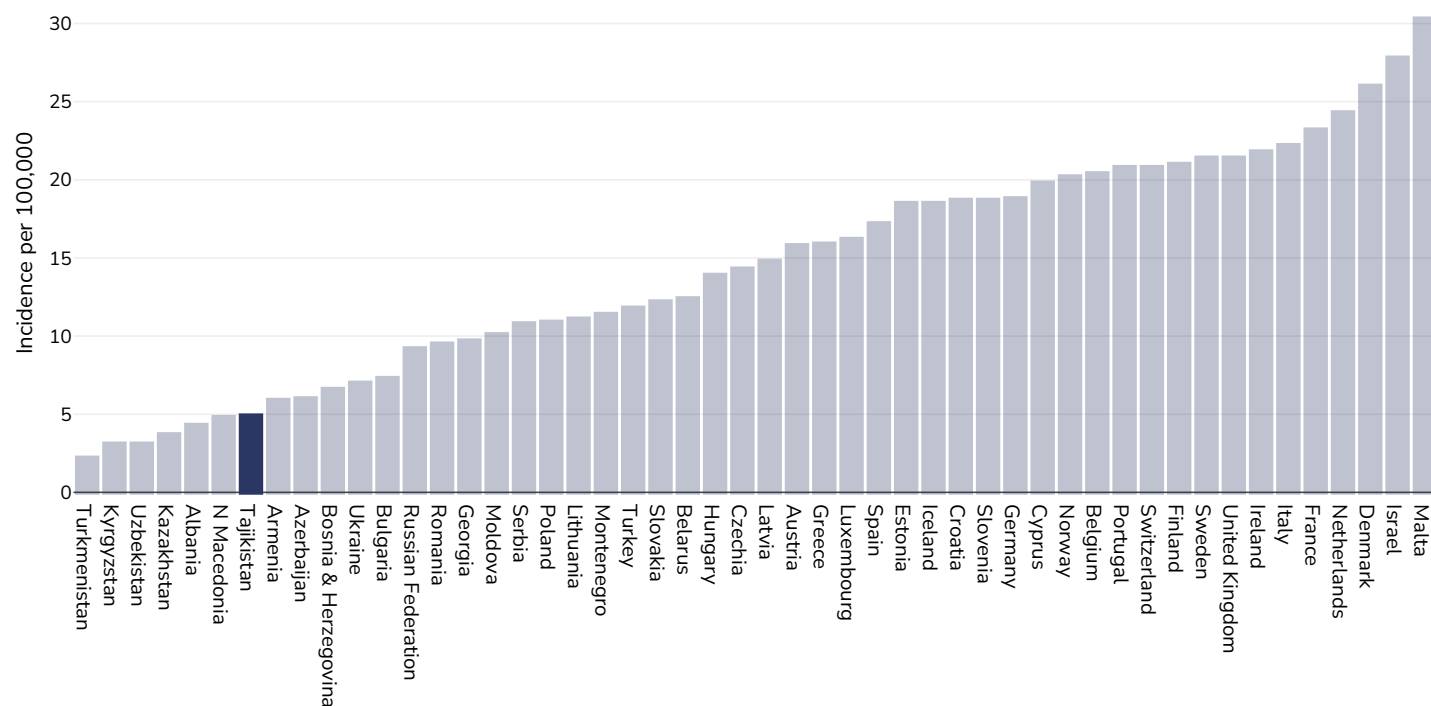
References: Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.who.int/today>, accessed [16.07.24]

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.

Non Hodgkin Lymphoma

Men, 2022



Age: 20+

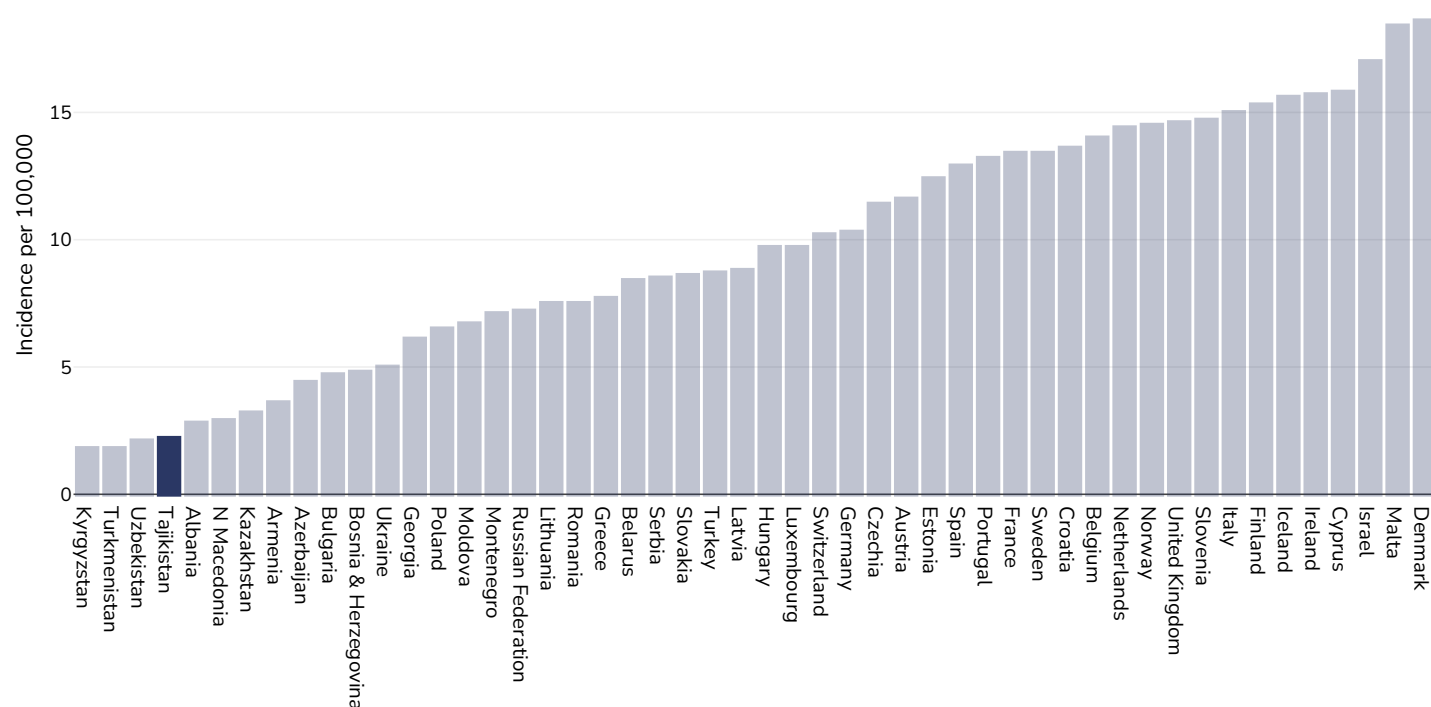
Area covered: National

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

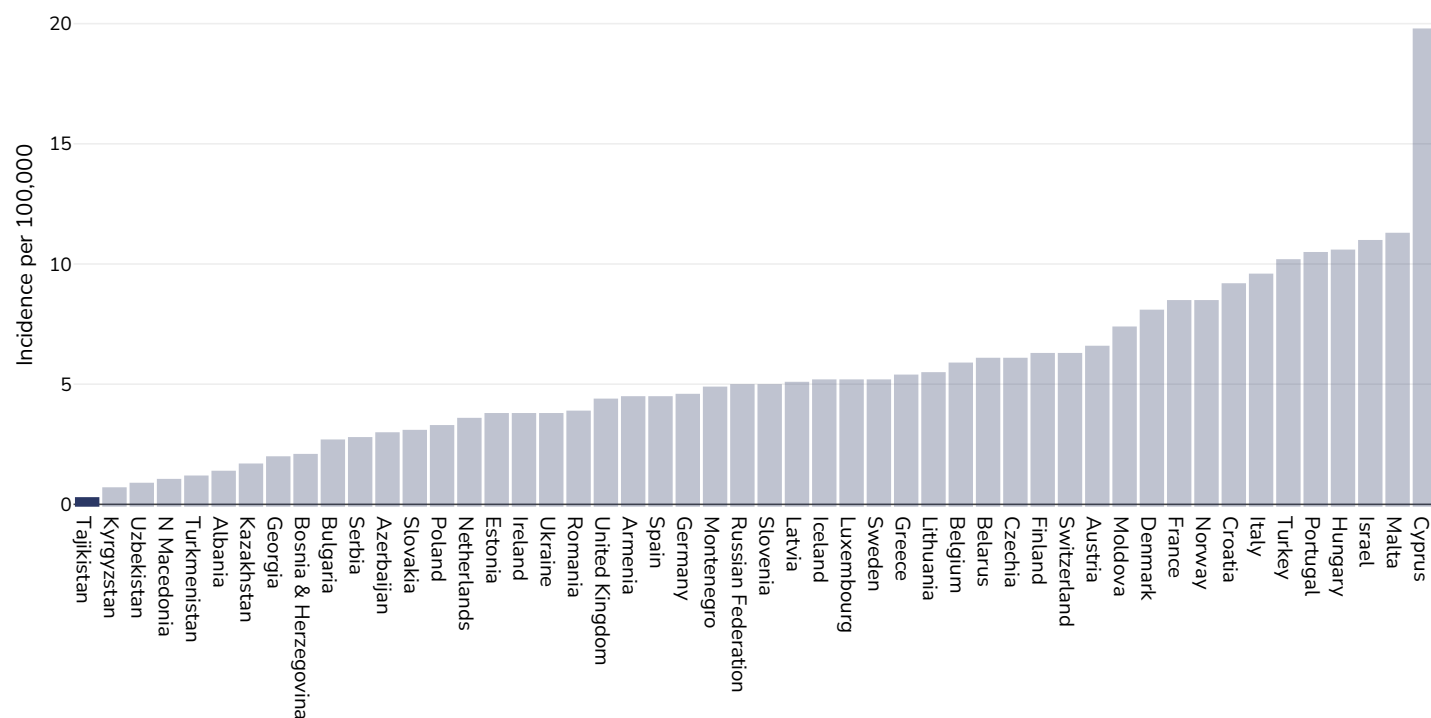
References: Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.who.int/today>, accessed [16.07.24]

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



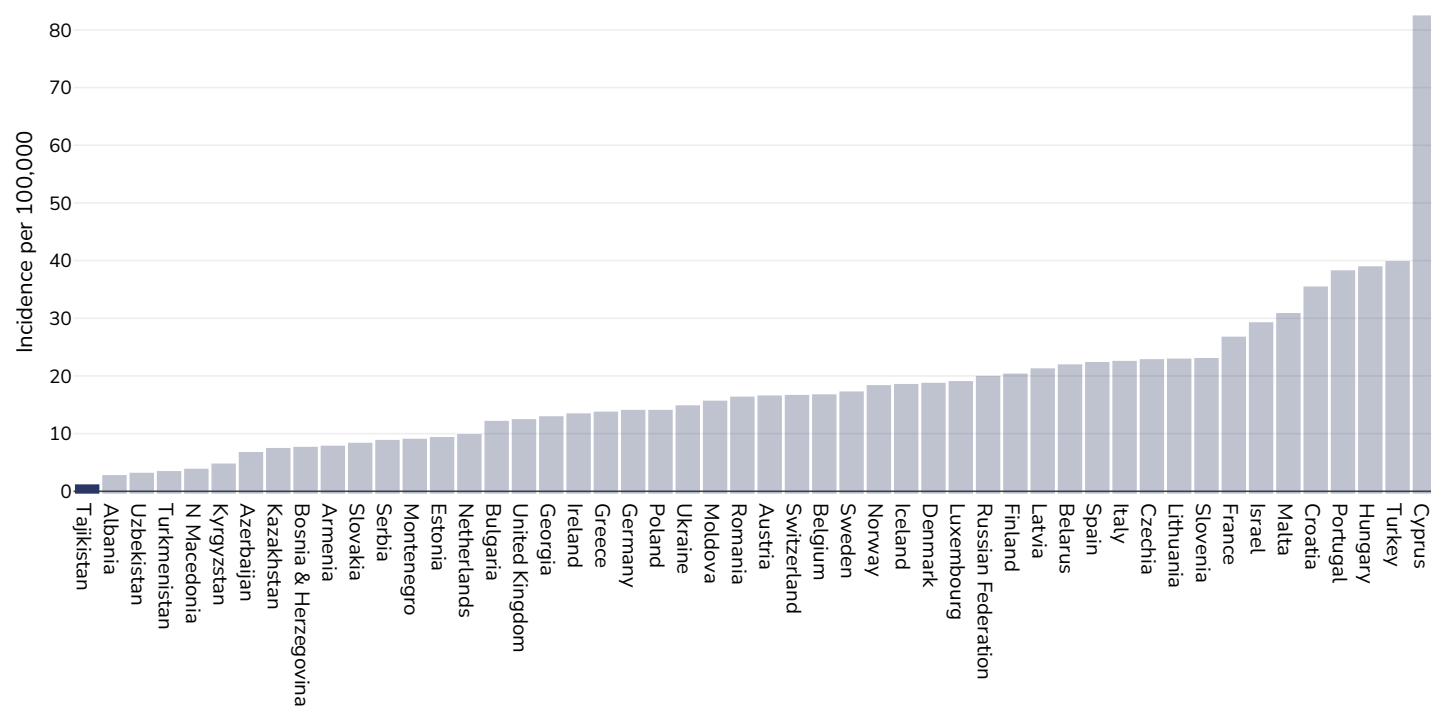
Age: 20+

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 June 25, 2025