# Report card
# Thailand

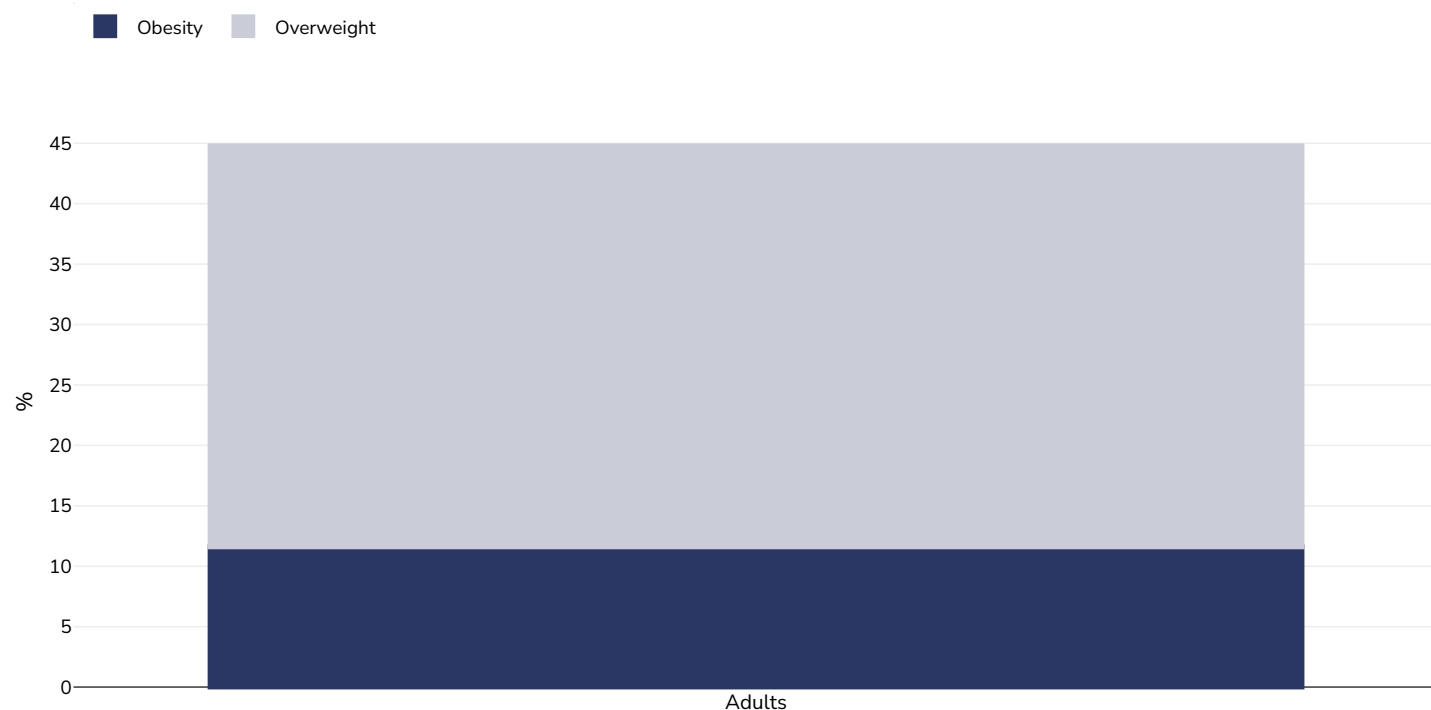| Contents | Page |
|---|---|
| Obesity prevalence | 2 |
| Trend: % Adults living with obesity, 1997-2014 | 5 |
| Trend: % Adults living with overweight or obesity, 2003-2014 | 7 |
| Overweight/obesity by education | 9 |
| Overweight/obesity by age | 12 |
| Overweight/obesity by region | 14 |
| Overweight/obesity by socio-economic group | 19 |
| Insufficient physical activity | 20 |
| Average daily frequency of carbonated soft drink consumption | 26 |
| Estimated per capita fruit intake | 27 |
| Prevalence of less than daily fruit consumption | 28 |
| Prevalence of less than daily vegetable consumption | 29 |
| Average weekly frequency of fast food consumption | 30 |
| Estimated per-capita processed meat intake | 31 |
| Estimated per capita whole grains intake | 32 |
| Mental health - depression disorders | 33 |
| Mental health - anxiety disorders | 34 |
| % Infants exclusively breastfed 0-5 months | 35 |
| Oesophageal cancer | 36 |
| Breast cancer | 38 |
| Colorectal cancer | 39 |
| Pancreatic cancer | 41 |
| Gallbladder cancer | 43 |
| Kidney cancer | 45 |
| Cancer of the uterus | 47 |
| Raised blood pressure | 48 |
| Raised cholesterol | 51 |
| Raised fasting blood glucose | 54 |
| Diabetes prevalence | 56 |
| Contextual factors | 57 |

# Obesity prevalence

## Adults, 2018

■ Obesity  ■ Overweight



| Survey type: | Measured |
|---|---|
| Age: | 15+ |
| Sample size: | 627 |
| Area covered: | Regional |
| References: | Sakboonyarat, B., Pornpongsawad, C., Sangkool, T. et al. Trends, prevalence and associated factors of obesity among adults in a rural community in Thailand: serial cross-sectional surveys, 2012 and 2018. BMC Public Health 20, 850 (2020). https://doi.org/10.1186/s12889-020-09004-w |
| Notes: | NB Small regional survey NOT NATIONAL |
| | *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

Legend: ■ Obesity ▪ Overweight



| Survey type: | Self-reported |
|---|---|
| Age: | 13-17 |
| Sample size: | 5661 |
| Area covered: | National |
| References: | 2021 GSHS Fact Sheet Thailand. Available at: https://cdn.who.int/media/docs/default-source/ncds/ncd-surveillance/data-reporting/thailand/2021_thailand_gshs_fact_sheetada1f3cd-2ee4-4258-a01f-b40873aaf988.pdf?sfvrsn=be5c3553_1&download=true |
| Cutoffs: | BMI-for-age-sex |

# Infants, 2019
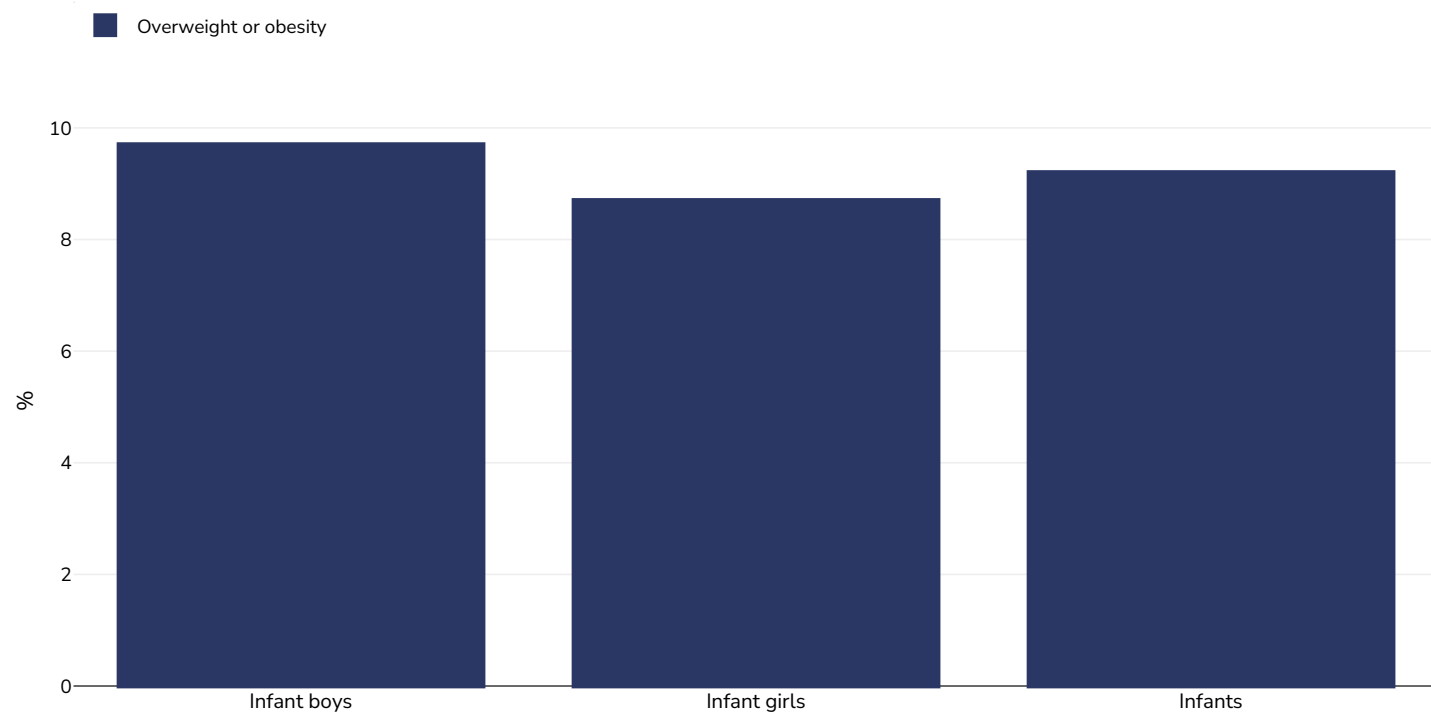
■ Overweight or obesity



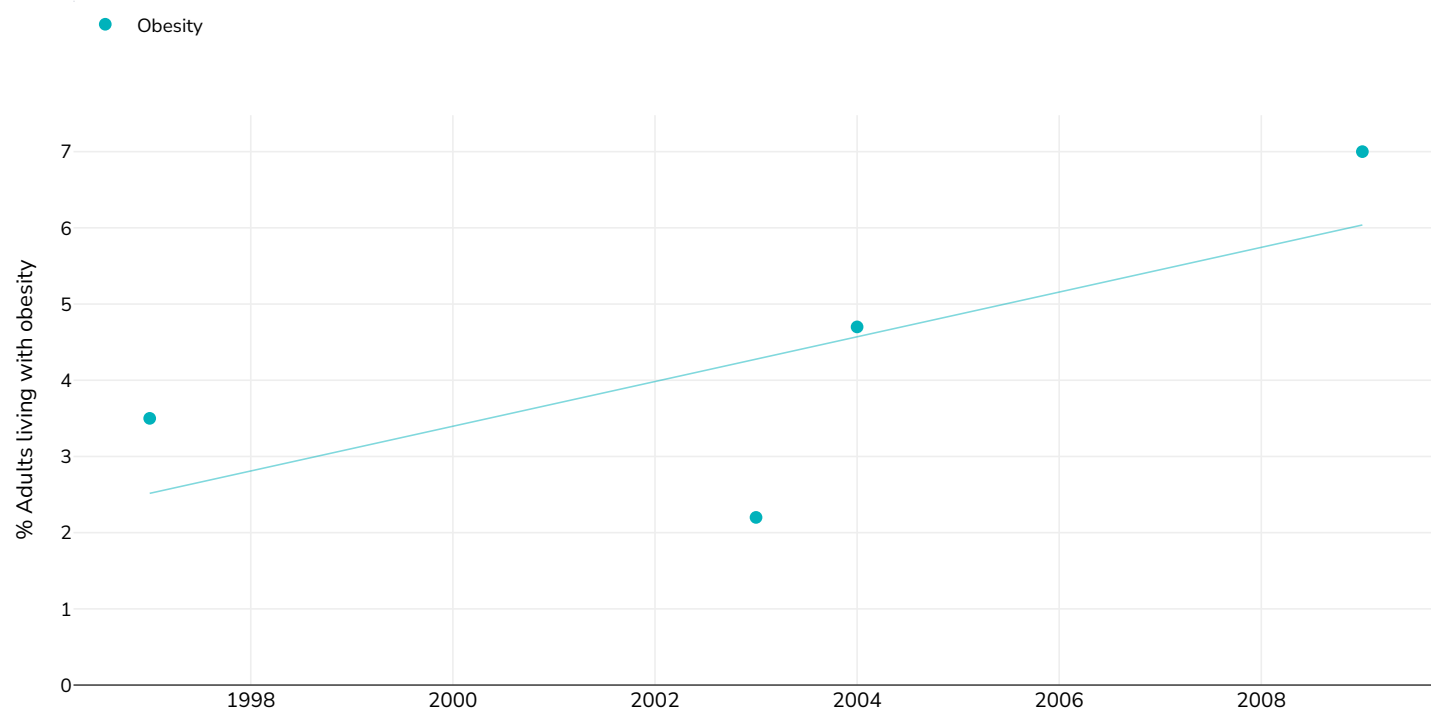| | |
|---|---|
| Age: | 0-5 |
| Sample size: | 12138 |
| References: | MICS: Thailand Multiple Indicator Cluster Survey 2019, Survey Findings Report. Bangkok, Thailand: National Statistical Office of Thailand. |
| Notes: | UNICEF/WHO/World Bank Joint Child Malnutrition Estimates Expanded Database: Overweight (Survey Estimates), May 2023, New York. For more information about the methodology, please consult https://data.unicef.org/resources/jme-2023-country-consultations/ 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. |
| Definitions: | =>+2SD |

# % Adults living with obesity, 1997-2014

## Men



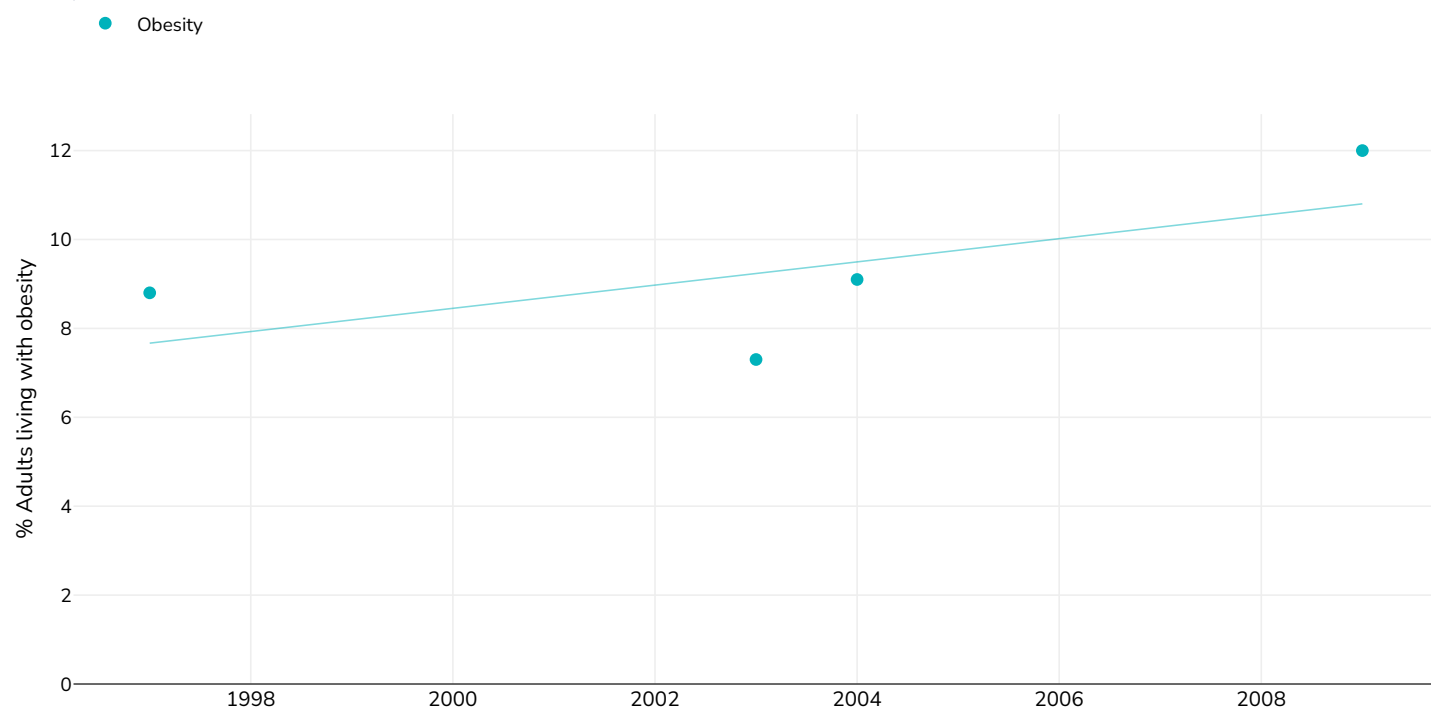| Survey type: | Measured |
|---|---|

References:
1997: Aekplakorn W, Chaiyapong Y, Neal B, Chariyalertsak W, Kunanusont C, Phoolcharoen W, Suriyawongpaisal P. Prevalence and Determinants of Overweight and Obesity in Thai Adults: Results of the Second National Health Examination Survey. J Med Asssoc Thai 2004;87(6):685-93

2003: Jitnarin N, Kosulwat V, Rojroongwasinkul N et al. Prevalence of overweight and obesity in Thai population: Results of the National Thai Food Consumption Survey. 2011;16:e242-e249

2004: Aekplakorn W and Mo-Suwan L. (2009). National prevalence of obesity. Prevalence of obesity in Thailand. Obesity Reviews, 10: 589 - 592.

2009: Wichai Aekplakorn, Rungkarn Inthawong, Pattapong Kessomboon, et al., Ã?â??Prevalence and Trends of Obesity and Association with Socioeconomic Status in Thai Adults: National Health Examination Surveys, 1991–2009,Ã?â?[]Journal of Obesity, vol. 2014, Article ID 410259, 8 pages, 2014. doi:10.1155/2014/410259

2014: Yan LD, Hanvoravongchai P, Aekplakorn W, Chariyalertsak S, Kessomboon P, Assanangkornchai S, et al. (2020) Universal coverage but unmet need: National and regional estimates of attrition across the diabetes care continuum in Thailand. PLoS ONE 15(1):e0226286. https://doi.org/10.1371/journal.pone.0226286

*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.*
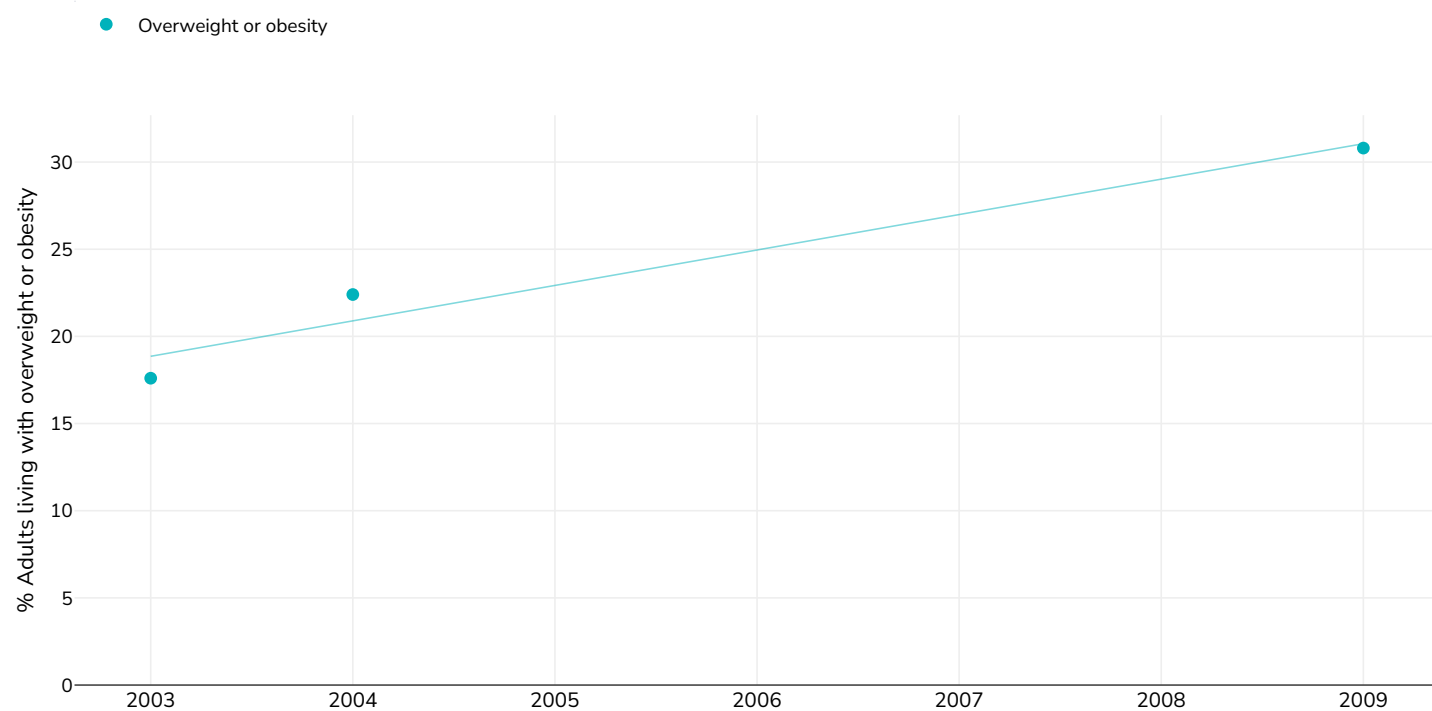
# Women

Obesity



Survey type: Measured

References:
1997: Aekplakorn W, Chaiyapong Y, Neal B, Chariyalertsak W, Kunanusont C, Phoolcharoen W, Suriyawongpaisal P. Prevalence and Determinants of Overweight and Obesity in Thai Adults: Results of the Second National Health Examination Survey. J Med Asssoc Thai 2004;87(6):685-93

2003: Jitnarin N, Kosulwat V, Rojroongwasinkul N et al. Prevalence of overweight and obesity in Thai population: Results of the National Thai Food Consumption Survey. 2011;16:e242-e249

2004: Aekplakorn W and Mo-Suwan L. (2009). National prevalence of obesity. Prevalence of obesity in Thailand. Obesity Reviews, 10: 589 - 592.

2009: Wichai Aekplakorn, Rungkarn Inthawong, Pattapong Kessomboon, et al., Ã?â??Prevalence and Trends of Obesity and Association with Socioeconomic Status in Thai Adults: National Health Examination Surveys, 1991–2009,Ã?â?⬠Journal of Obesity, vol. 2014, Article ID 410259, 8 pages, 2014. doi:10.1155/2014/410259

2014: Yan LD, Hanvoravongchai P, Aekplakorn W, Chariyalertsak S, Kessomboon P, Assanangkornchai S, et al. (2020) Universal coverage but unmet need: National and regional estimates of attrition across the diabetes care continuum in Thailand. PLoS ONE 15(1):e0226286. https://doi.org/10.1371/journal.pone.0226286

*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, 2003-2014

## Men



Legend: ● Overweight or obesity

Y-axis: % Adults living with overweight or obesity (0 to 30)
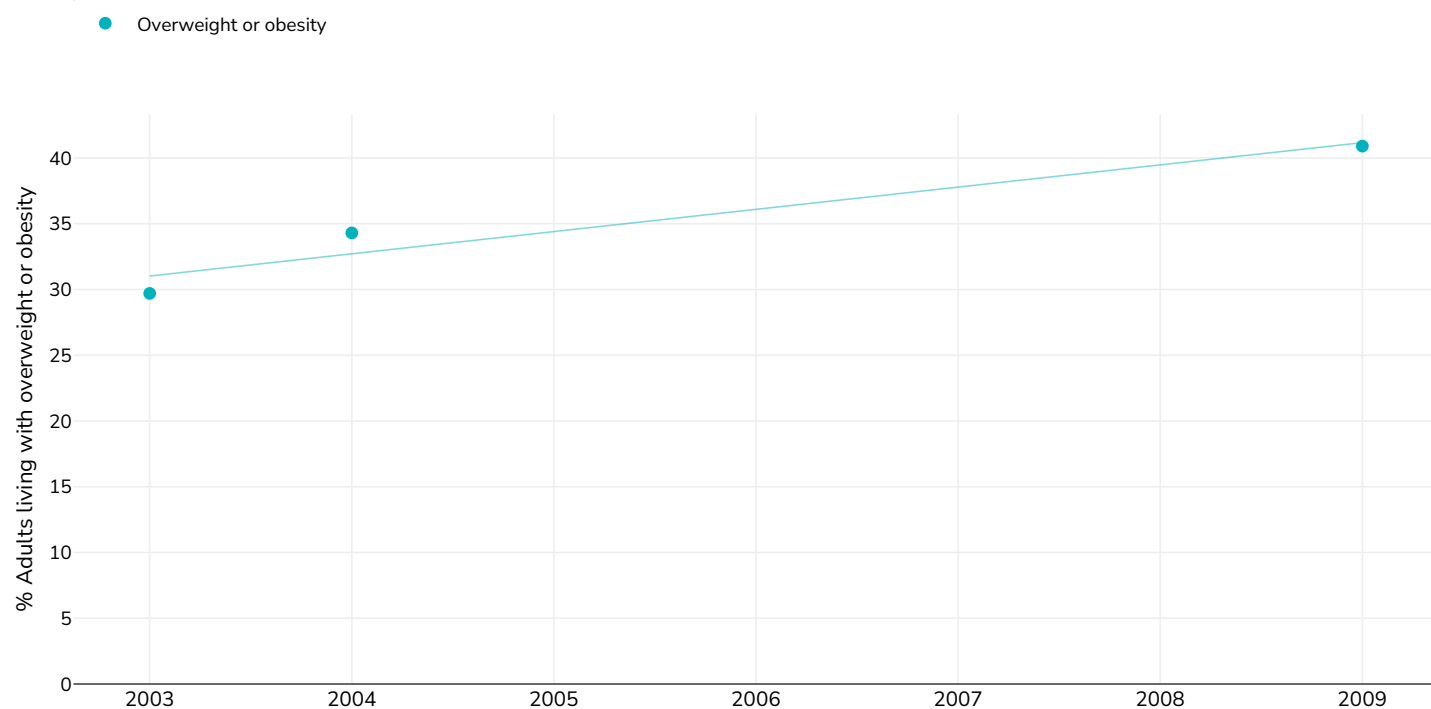X-axis: 2003, 2004, 2005, 2006, 2007, 2008, 2009

Survey type: Measured

References:
2003: Jitnarin N, Kosulwat V, Rojroongwasinkul N et al. Prevalence of overweight and obesity in Thai population: Results of the National Thai Food Consumption Survey. 2011;16:e242-e249

2004: Aekplakorn W and Mo-Suwan L. (2009). National prevalence of obesity. Prevalence of obesity in Thailand. Obesity Reviews, 10: 589 - 592.

2009: Wichai Aekplakorn, Rungkarn Inthawong, Pattapong Kessomboon, et al., Ã?â??Prevalence and Trends of Obesity and Association with Socioeconomic Status in Thai Adults: National Health Examination Surveys, 1991–2009,Ã?â?⬠Journal of Obesity, vol. 2014, Article ID 410259, 8 pages, 2014. doi:10.1155/2014/410259

2014: Yan LD, Hanvoravongchai P, Aekplakorn W, Chariyalertsak S, Kessomboon P, Assanangkornchai S, et al. (2020) Universal coverage but unmet need: National and regional estimates of attrition across the diabetes care continuum in Thailand. PLoS ONE 15(1):e0226286. https://doi.org/10.1371/journal.pone.0226286

*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.*
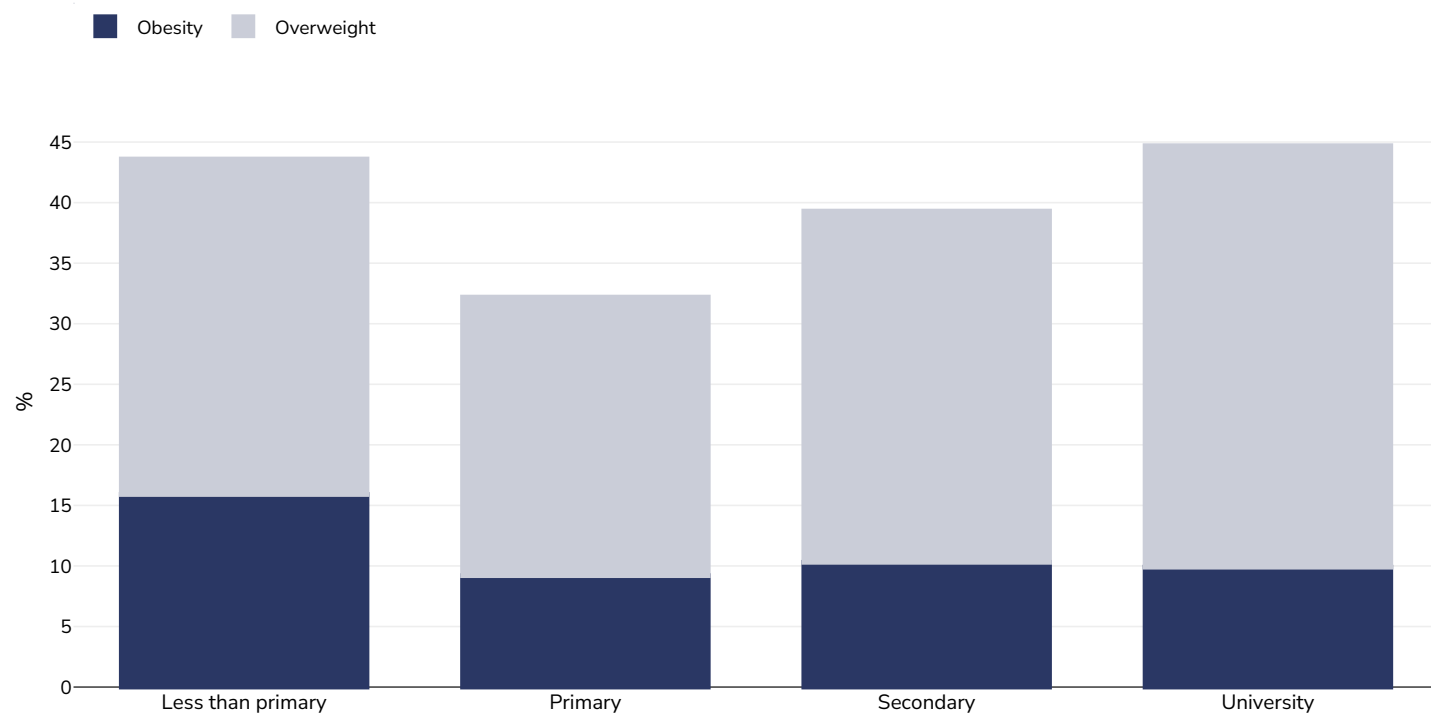
# Women

● Overweight or obesity



Survey type: Measured

References:
2003: Jitnarin N, Kosulwat V, Rojroongwasinkul N et al. Prevalence of overweight and obesity in Thai population: Results of the National Thai Food Consumption Survey. 2011;16:e242-e249

2004: Aekplakorn W and Mo-Suwan L. (2009). National prevalence of obesity. Prevalence of obesity in Thailand. Obesity Reviews, 10: 589 - 592.

2009: Wichai Aekplakorn, Rungkarn Inthawong, Pattapong Kessomboon, et al., Ã?â??Prevalence and Trends of Obesity and Association with Socioeconomic Status in Thai Adults: National Health Examination Surveys, 1991–2009,Ã?â?Journal of Obesity, vol. 2014, Article ID 410259, 8 pages, 2014. doi:10.1155/2014/410259

2014: Yan LD, Hanvoravongchai P, Aekplakorn W, Chariyalertsak S, Kessomboon P, Assanangkornchai S, et al. (2020) Universal coverage but unmet need: National and regional estimates of attrition across the diabetes care continuum in Thailand. PLoS ONE 15(1):e0226286. https://doi.org/10.1371/journal.pone.0226286

*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

## Men, 2009

Legend: ■ Obesity  ■ Overweight



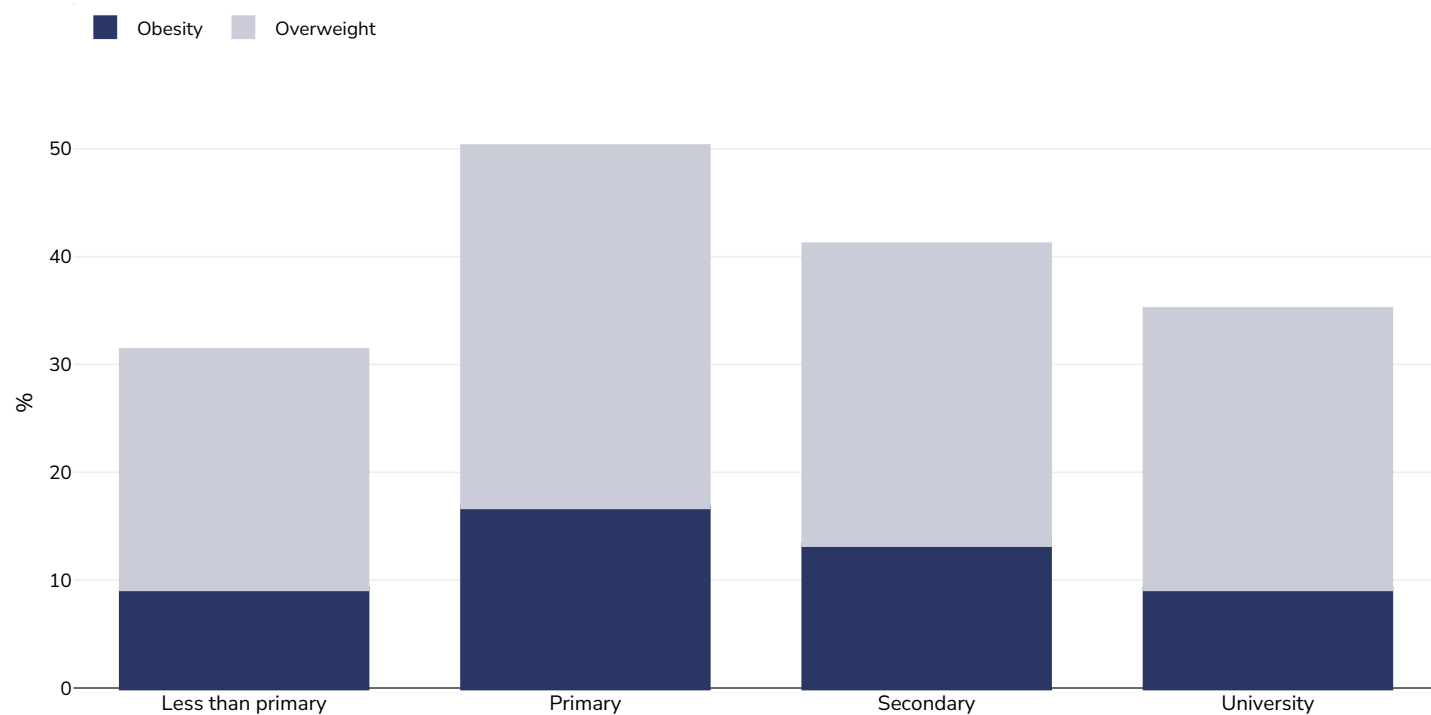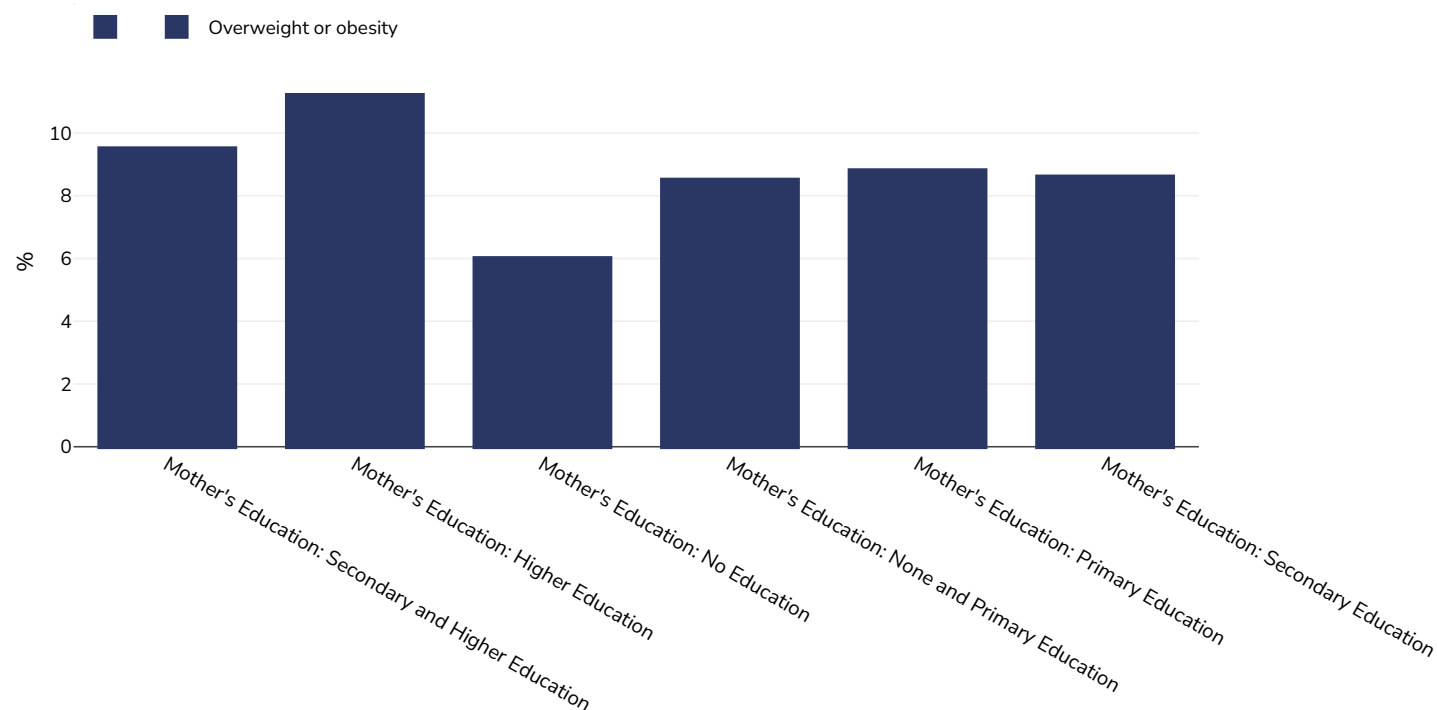| Survey type: | Measured |
| --- | --- |
| Age: | 20+ |
| Sample size: | 19,181 |
| Area covered: | National - URBAN |
| References: | Wichai Aekplakorn, Rungkarn Inthawong, Pattapong Kessomboon, et al., Ã?â??Prevalence and Trends of Obesity and Association with Socioeconomic Status in Thai Adults: National Health Examination Surveys, 1991–2009,Ã?â?⌷Journal of Obesity, vol. 2014, Article ID 410259, 8 pages, 2014. doi:10.1155/2014/410259 |
| Notes: | Prevalence of Overweight & Obesity by Education in Urban Areas In this graph, overweight refers to BMI 25–<30, and obesity as BMI ≥30 kg/m2 |
|  | *Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².* |

# Women, 2009

**■ Obesity**    **■ Overweight**



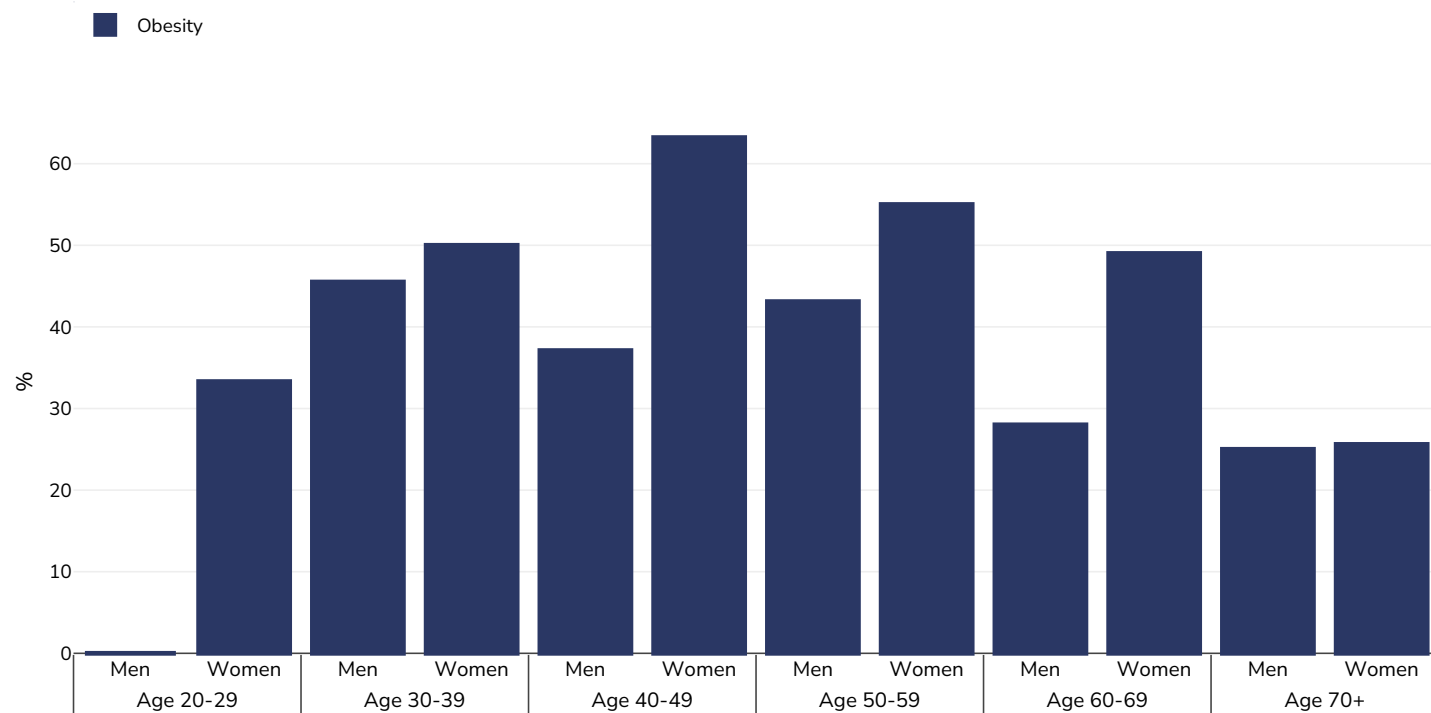| Survey type: | Measured |
| --- | --- |
| Age: | 20+ |
| Sample size: | 19,181 |
| Area covered: | National - URBAN |
| References: | Wichai Aekplakorn, Rungkarn Inthawong, Pattapong Kessomboon, et al., Ã?â??Prevalence and Trends of Obesity and Association with Socioeconomic Status in Thai Adults: National Health Examination Surveys, 1991–2009,Ã?â?⬝Journal of Obesity, vol. 2014, Article ID 410259, 8 pages, 2014. doi:10.1155/2014/410259 |
| Notes: | Prevalence of Overweight & Obesity by Education in Urban Areas In this graph, overweight refers to BMI 25–<30, and obesity as BMI ≥30 kg/m2 |
| | *Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².* |

# Infants, 2019



Legend: Overweight or obesity

Bar chart showing %:
- Mother's Education: Secondary and Higher Education — ~9.6
- Mother's Education: Higher Education — ~11.3
- Mother's Education: No Education — ~6.1
- Mother's Education: None and Primary Education — ~8.6
- Mother's Education: Primary Education — ~8.9
- Mother's Education: Secondary Education — ~8.7

| Sample size: | 12138 |
| --- | --- |
| References: | MICS: Thailand Multiple Indicator Cluster Survey 2019, Survey Findings Report. Bangkok, Thailand: National Statistical Office of Thailand. |
| Notes: | UNICEF/WHO/World Bank Joint Child Malnutrition Estimates Expanded Database: Overweight (Survey Estimates), May 2023, New York. For more information about the methodology, please consult https://data.unicef.org/resources/jme-2023-country-consultations/ 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. |
| Definitions: | =>+2SD |

# Overweight/obesity by age

## Adults, 2018

■ Obesity



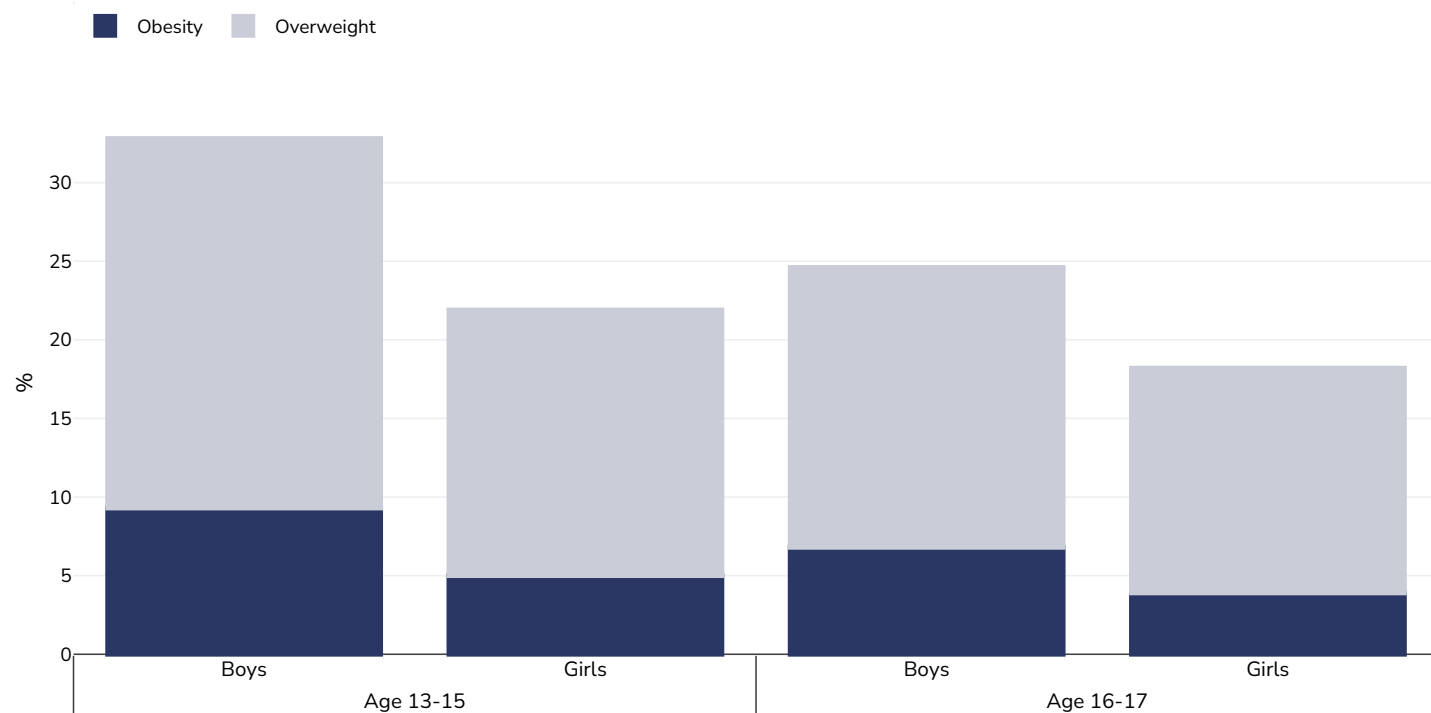| Survey type: | Measured |
| --- | --- |
| Sample size: | 627 |
| Area covered: | Na-Ngam rural community |
| References: | Trends, prevalence and associated factors of obesity among adults in a rural community in Thailand: serial cross-sectional surveys, 2012 and 2018. Available at: https://bmcpublichealth.biomedcentral.com/articles/10.1186/s12889-020-09004-w#:~:text=In%20Thailand%2C%20the%20Thai%20National%20Health%20Examination%20Surveys,among%20males%20and%20females%2C%20respectively%20%5B%203%20%5D. |

*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

Legend: ■ Obesity  ■ Overweight



| Survey type: | Measured |
|---|---|
| Sample size: | 5661 |
| Area covered: | National |
| References: | 2021 GSHS Fact Sheet Thailand. Available at: https://cdn.who.int/media/docs/default-source/ncds/ncd-surveillance/data-reporting/thailand/2021_thailand_gshs_fact_sheetada1f3cd-2ee4-4258-a01f-b40873aaf988.pdf?sfvrsn=be5c3553_1&download=true |
| Cutoffs: | BMI-for-age-sex |

# Overweight/obesity by region

## Men, 2009

Legend: ■ Obesity  ■ Overweight



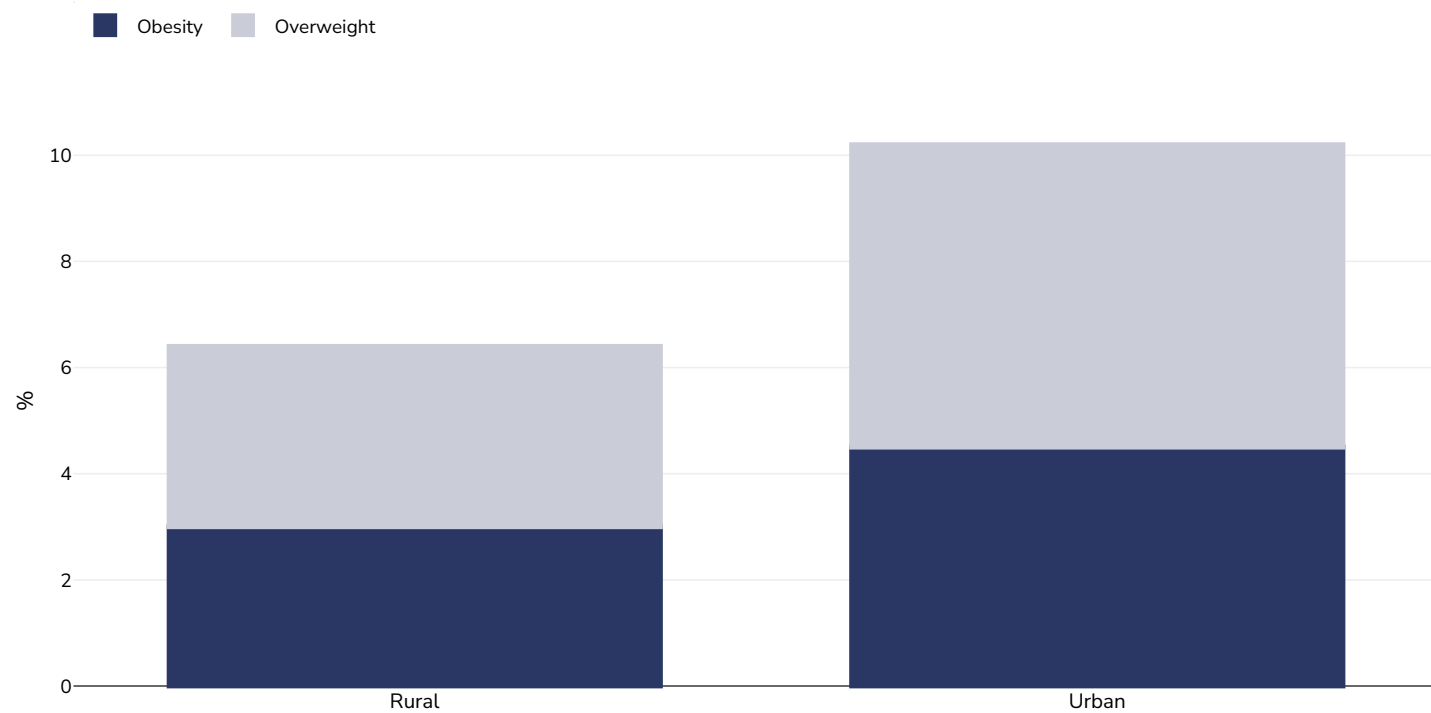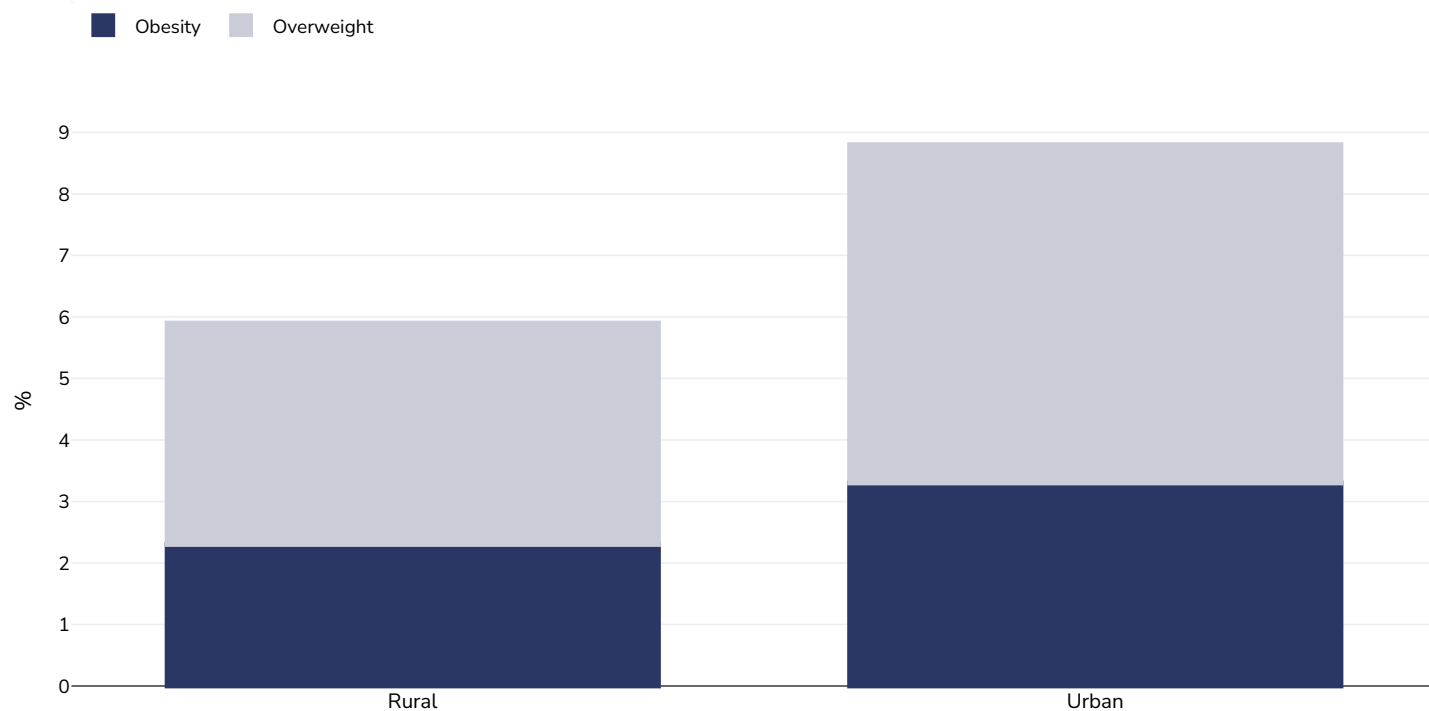| Survey type: | Measured |
|---|---|
| Age: | 20+ |
| Sample size: | 19,181 |
| Area covered: | National |
| References: | Wichai Aekplakorn, Rungkarn Inthawong, Pattapong Kessomboon, et al., Ã?â??Prevalence and Trends of Obesity and Association with Socioeconomic Status in Thai Adults: National Health Examination Surveys, 1991–2009,Ã?â?⬚Journal of Obesity, vol. 2014, Article ID 410259, 8 pages, 2014. doi:10.1155/2014/410259 |
| Notes: | In this graph, overweight refers to BMI 25–<30, and obesity as BMI ≥30 kg/m2 |
|  | *Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².* |

# Women, 2009

■ Obesity   ■ Overweight



| Survey type: | Measured |
|---|---|
| Age: | 20+ |
| Sample size: | 19,181 |
| Area covered: | National |
| References: | Wichai Aekplakorn, Rungkarn Inthawong, Pattapong Kessomboon, et al., Ã?â??Prevalence and Trends of Obesity and Association with Socioeconomic Status in Thai Adults: National Health Examination Surveys, 1991–2009,Ã?â?Journal of Obesity, vol. 2014, Article ID 410259, 8 pages, 2014. doi:10.1155/2014/410259 |
| Notes: | In this graph, overweight refers to BMI 25–<30, and obesity as BMI ≥30 kg/m2 |
|  | *Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².* |

## Boys, 2003-2005

■ Obesity   ■ Overweight



| Survey type: | Measured |
|---|---|
| Age: | 3-18 |
| Sample size: | 9287 |
| Area covered: | National |
| References: | Jitnarin N, Kosulwat V, Rojroongwasinkul N et al. Prevalence of overweight and obesity in Thai population: Results of the National Thai Food Consumption Survey. 2011;16:e242-e249 |
| Cutoffs: | IOTF |

# Girls, 2003-2005

■ Obesity  ■ Overweight



| Survey type: | Measured |
|---|---|
| Age: | 3-18 |
| Sample size: | 9287 |
| Area covered: | National |
| References: | Jitnarin N, Kosulwat V, Rojroongwasinkul N et al. Prevalence of overweight and obesity in Thai population: Results of the National Thai Food Consumption Survey. 2011;16:e242-e249 |
| Cutoffs: | IOTF |

# Infants, 2019
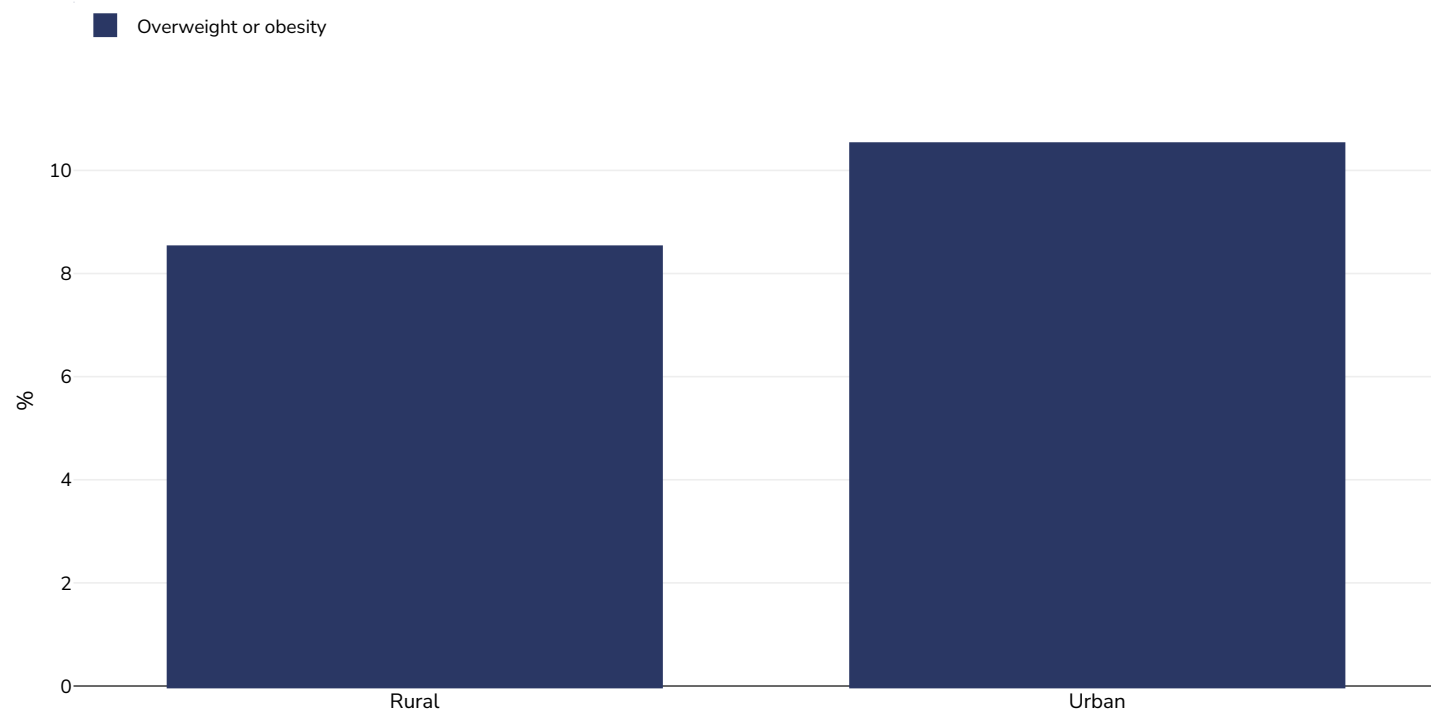
■ Overweight or obesity



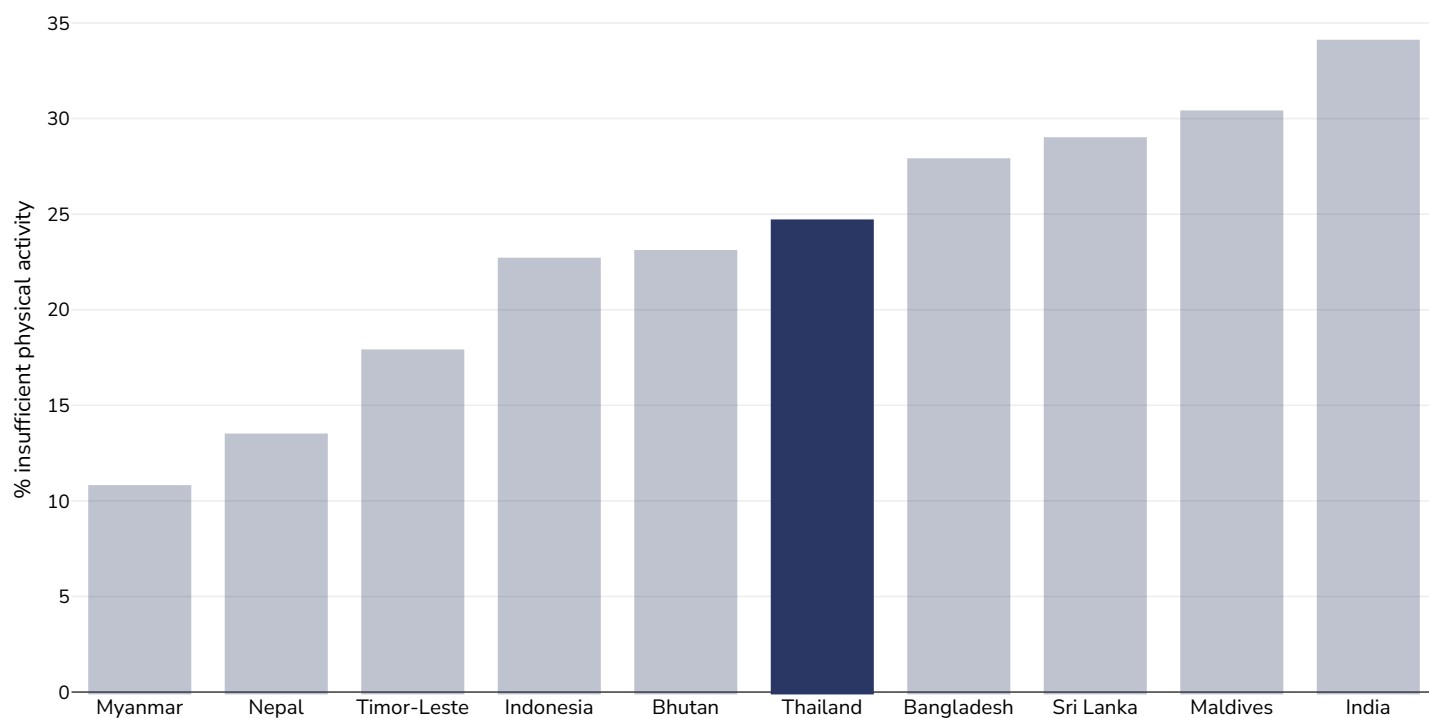| | |
|---|---|
| Sample size: | 12138 |
| References: | MICS: Thailand Multiple Indicator Cluster Survey 2019, Survey Findings Report. Bangkok, Thailand: National Statistical Office of Thailand. |
| Notes: | UNICEF/WHO/World Bank Joint Child Malnutrition Estimates Expanded Database: Overweight (Survey Estimates), May 2023, New York. For more information about the methodology, please consult https://data.unicef.org/resources/jme-2023-country-consultations/ 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. |
| Definitions: | =>+2SD |

# Overweight/obesity by socio-economic group

## Infants, 2019
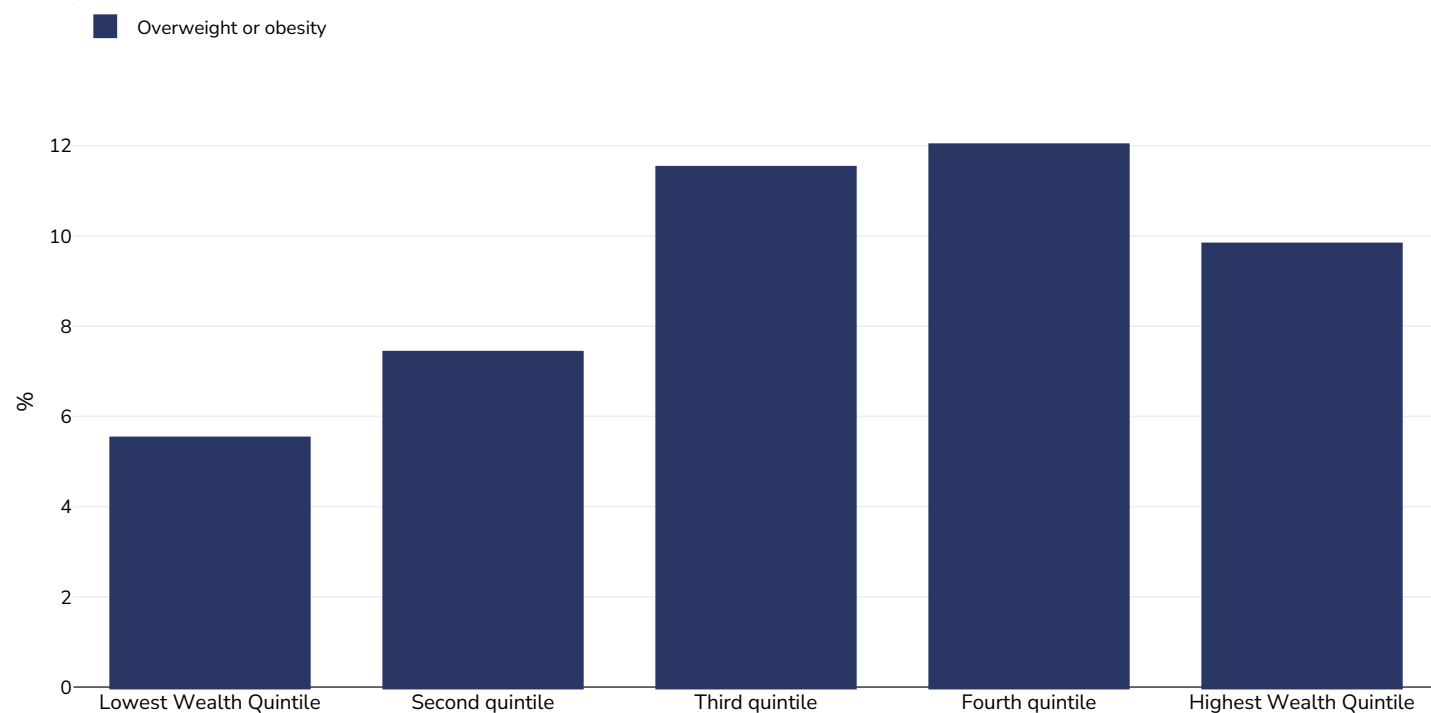
■ Overweight or obesity



| Sample size: | 12138 |
|---|---|

| References: | MICS: Thailand Multiple Indicator Cluster Survey 2019, Survey Findings Report. Bangkok, Thailand: National Statistical Office of Thailand. |
|---|---|

| Notes: | UNICEF/WHO/World Bank Joint Child Malnutrition Estimates Expanded Database: Overweight (Survey Estimates), May 2023, New York. For more information about the methodology, please consult https://data.unicef.org/resources/jme-2023-country-consultations/ 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. |
|---|---|

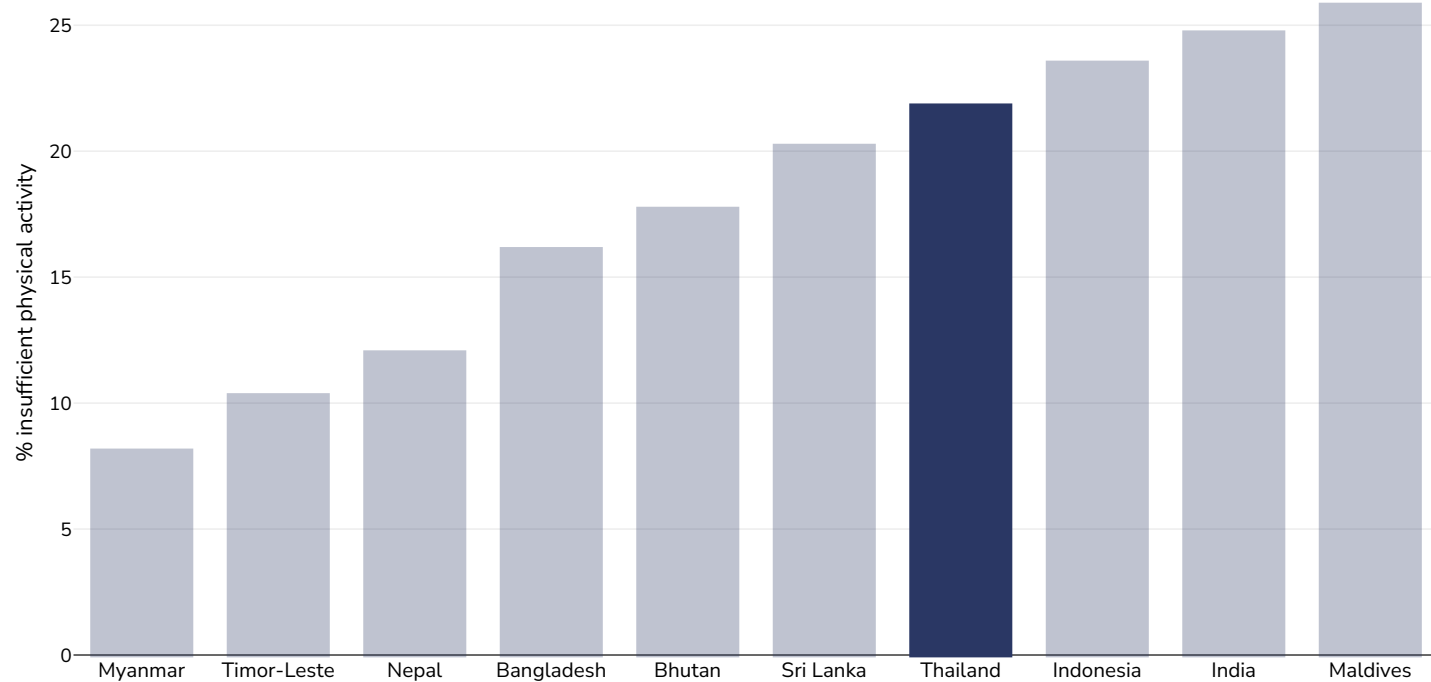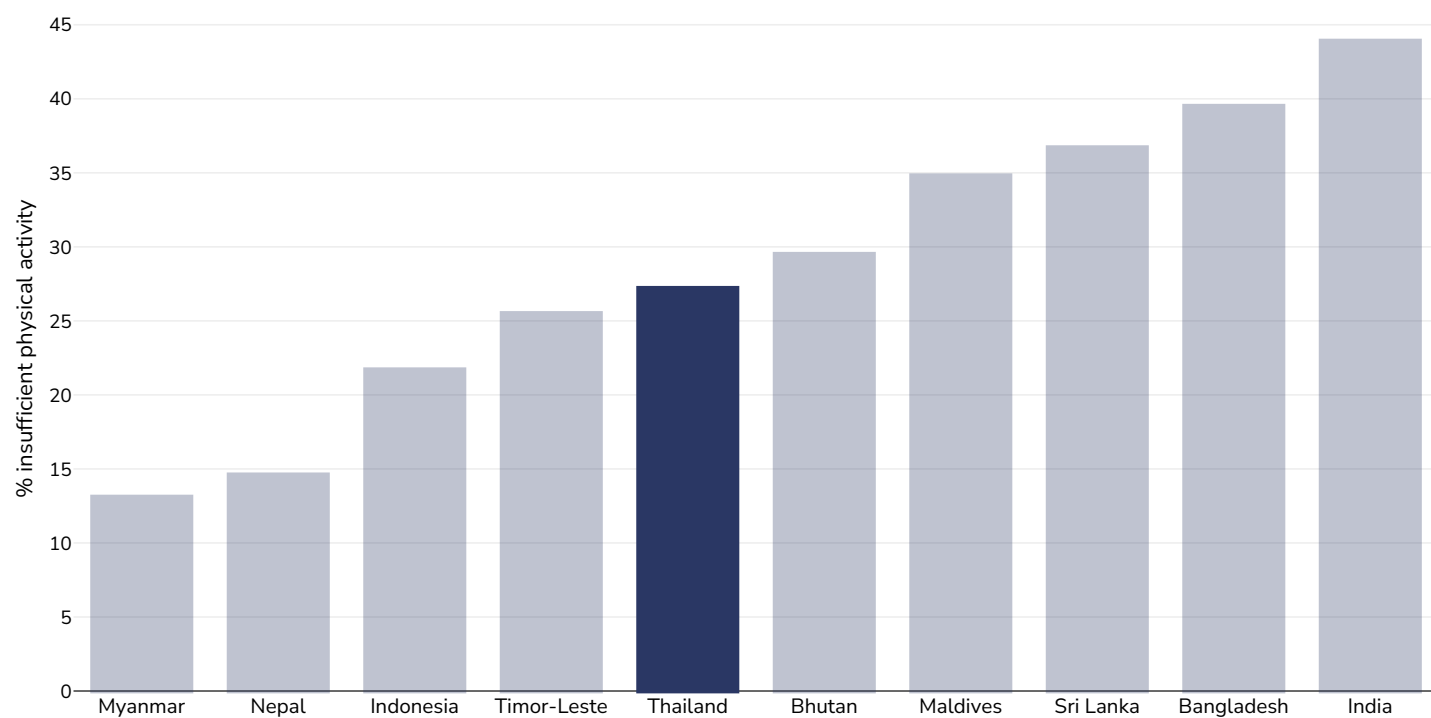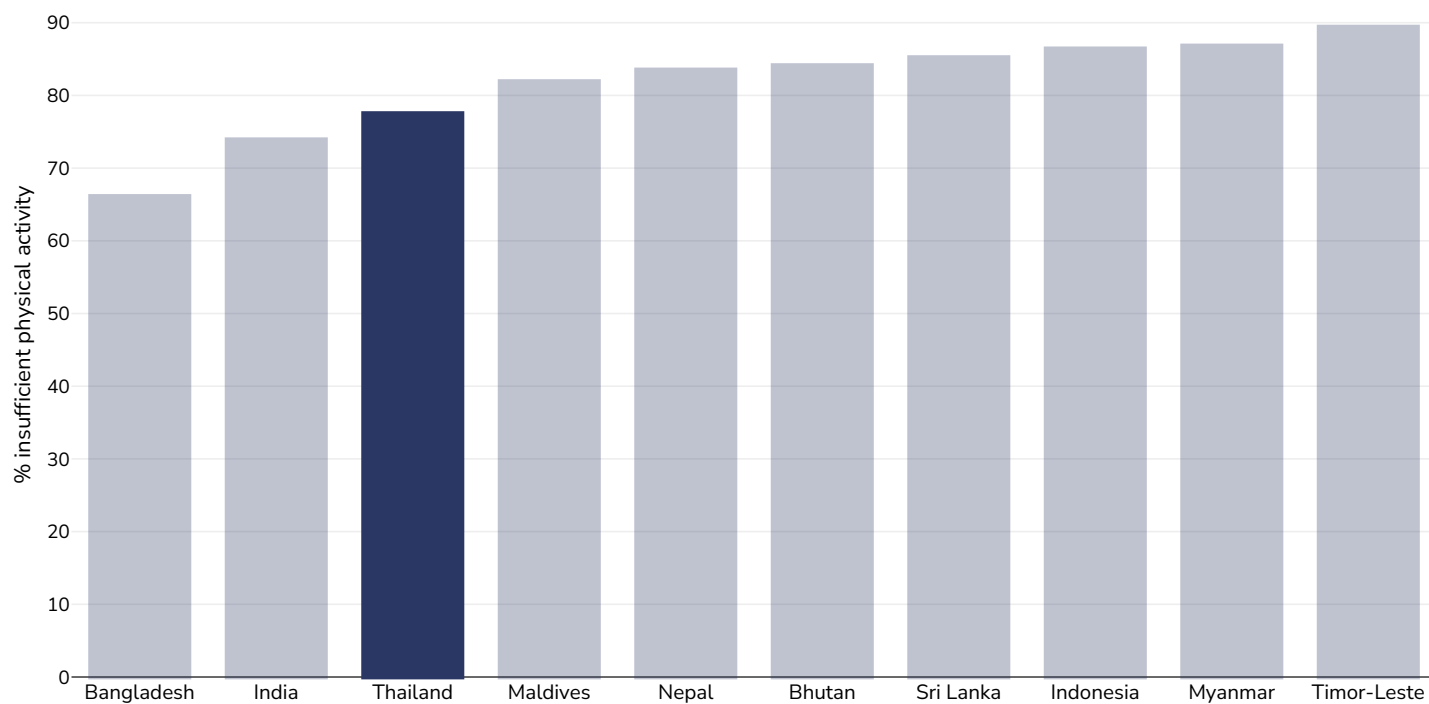| Definitions: | =>+2SD |
|---|---|

# Insufficient physical activity

## Adults, 2016



References:     Guthold R, Stevens GA, Riley LM, Bull FC. Worldwide trends in insufficient physical activity from 2001 to 2016: a pooled analysis of 358 population-based surveys with 1.9 million participants. Lancet 2018 http://dx.doi.org/10.1016/S2214-109X (18)30357-7

# Men, 2016



% insufficient physical activity

| Myanmar | Timor-Leste | Nepal | Bangladesh | Bhutan | Sri Lanka | Thailand | Indonesia | India | Maldives |

References:     Guthold R, Stevens GA, Riley LM, Bull FC. Worldwide trends in insufficient physical activity from 2001 to 2016: a pooled analysis of 358 population-based surveys with 1.9 million participants. Lancet 2018 http://dx.doi.org/10.1016/S2214-109X (18)30357-7

## Women, 2016



Chart showing % insufficient physical activity by country:
- Myanmar: ~13
- Nepal: ~15
- Indonesia: ~22
- Timor-Leste: ~26
- Thailand: ~27
- Bhutan: ~30
- Maldives: ~35
- Sri Lanka: ~37
- Bangladesh: ~40
- India: ~44

References:       Guthold R, Stevens GA, Riley LM, Bull FC. Worldwide trends in insufficient physical activity from 2001 to 2016: a pooled analysis of 358 population-based surveys with 1.9 million participants. Lancet 2018 http://dx.doi.org/10.1016/S2214-109X (18)30357-7

# Children, 2016



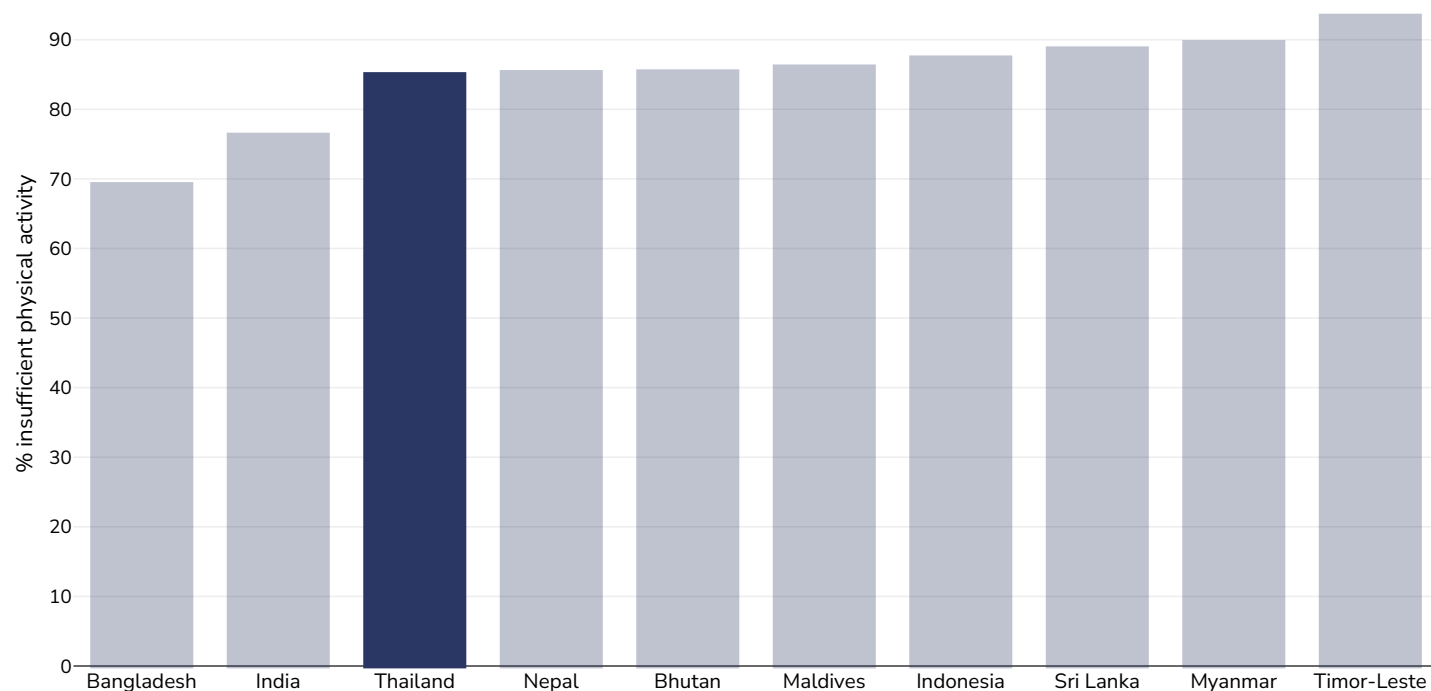| | |
|---|---|
| Survey type: | Self-reported |
| Age: | 11-17 |
| References: | Global Health Observatory data repository, World Health Organisation, https://apps.who.int/gho/data/node.main.A893ADO?lang=en (last accessed 16.03.21) |
| Notes: | % of school going adolescents not meeting WHO recommendations on Physical Activity for Health, i.e. doing less than 60 minutes of moderate- to vigorous-intensity physical activity daily. |
| Definitions: | % Adolescents insufficiently active (age standardised estimate) |

# Boys, 2016
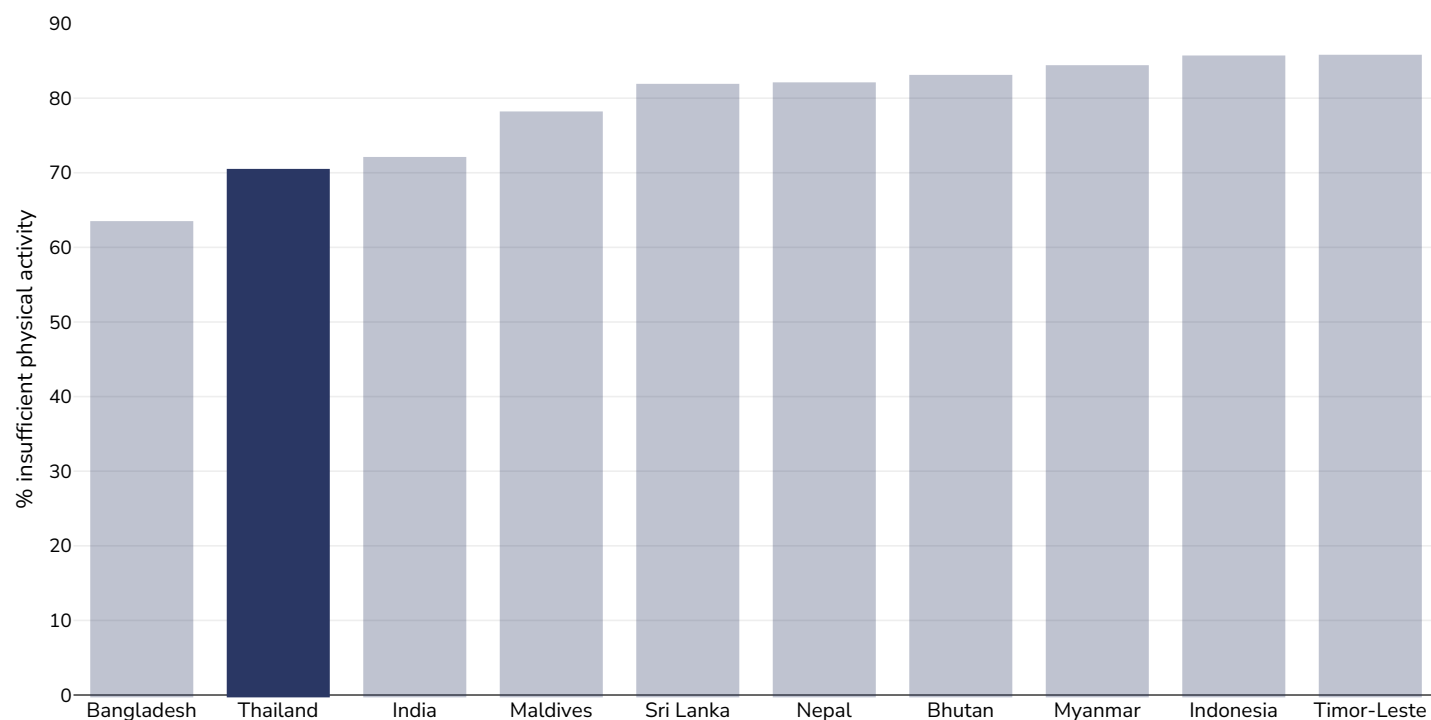


Chart: % insufficient physical activity by country

| Country | % insufficient physical activity |
|---|---|
| Bangladesh | ~63.5 |
| Thailand | ~70.5 |
| India | ~72 |
| Maldives | ~78 |
| Sri Lanka | ~82 |
| Nepal | ~82 |
| Bhutan | ~83 |
| Myanmar | ~84.5 |
| Indonesia | ~86 |
| Timor-Leste | ~86 |

| | |
|---|---|
| Survey type: | Self-reported |
| Age: | 11-17 |
| References: | Global Health Observatory data repository, World Health Organisation, https://apps.who.int/gho/data/node.main.A893ADO?lang=en (last accessed 16.03.21) |
| Notes: | % of school going adolescents not meeting WHO recommendations on Physical Activity for Health, i.e. doing less than 60 minutes of moderate- to vigorous-intensity physical activity daily. |
| Definitions: | % Adolescents insufficiently active (age standardised estimate) |

# Girls, 2016



| Survey type: | Self-reported |
|---|---|
| Age: | 11-17 |
| References: | Global Health Observatory data repository, World Health Organisation, https://apps.who.int/gho/data/node.main.A893ADO?lang=en (last accessed 16.03.21) |
| Notes: | % of school going adolescents not meeting WHO recommendations on Physical Activity for Health, i.e. doing less than 60 minutes of moderate- to vigorous-intensity physical activity daily. |
| Definitions: | % Adolescents insufficiently active (age standardised estimate) |

# Average daily frequency of carbonated soft drink consumption

## Children, 2014-2015
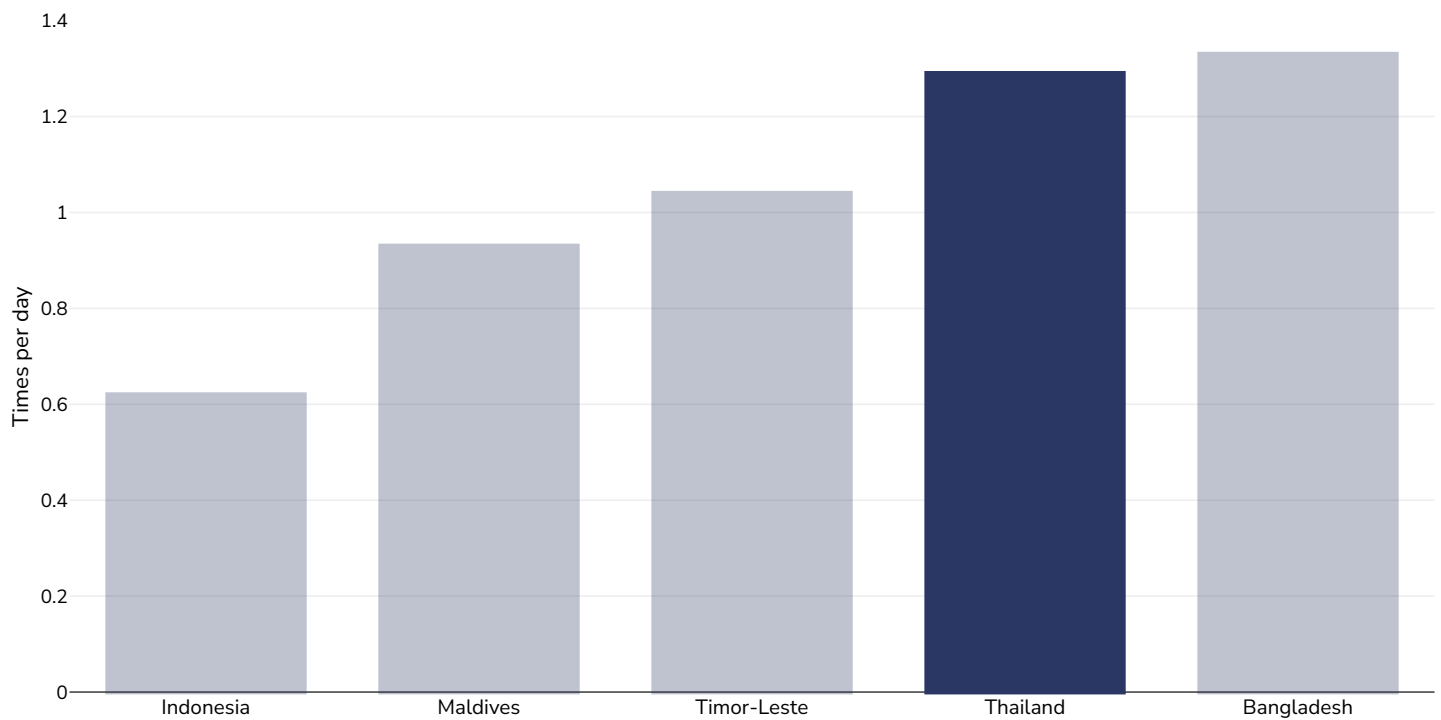


| Survey type: | Measured |
| --- | --- |
| Age: | 12-17 |
| References: | Beal et al. (2019). Global Patterns of Adolescent Fruit, Vegetable, Carbonated Soft Drink, and Fast-food consumption: A meta-analysis of global school-based student health surveys. Food and Nutrition Bulletin. https://doi.org/10.1177/0379572119848287 sourced from Food Systems Dashboard http://www.foodsystemsdashboard.org/food-system |

# Estimated per capita fruit intake

## Adults, 2017
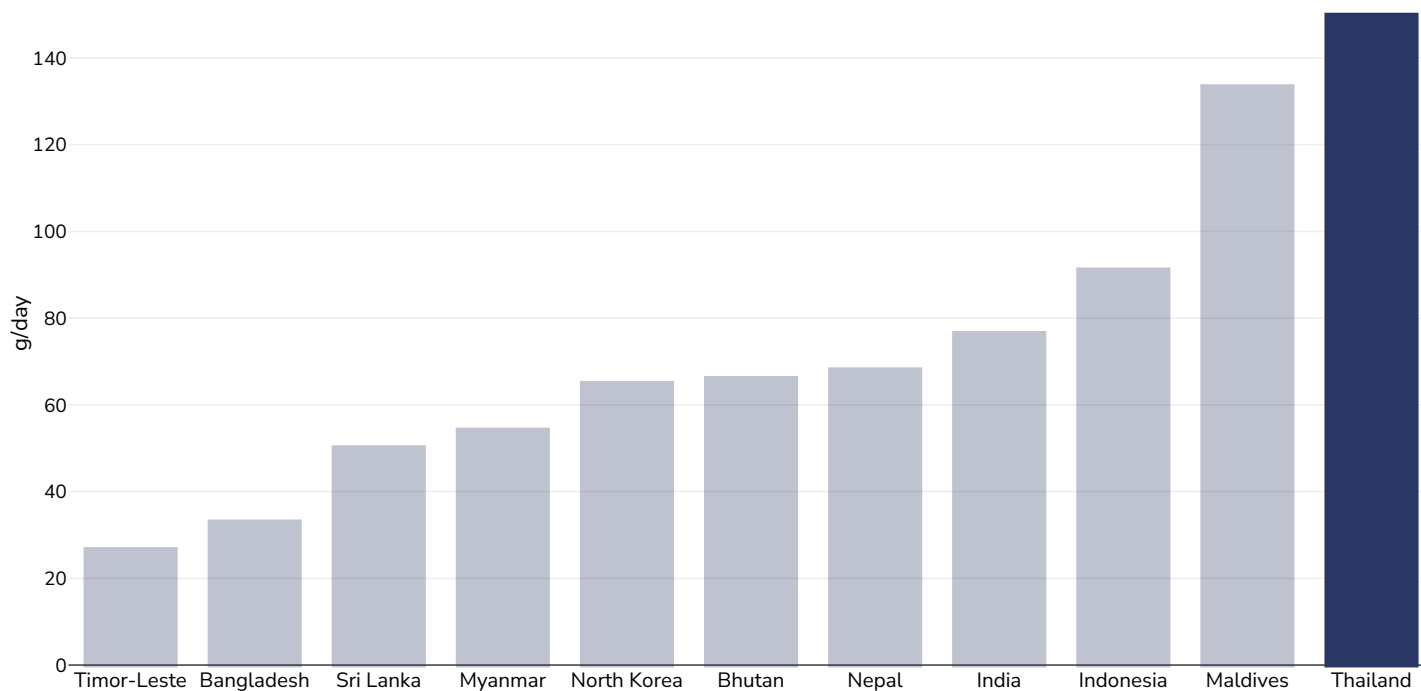


| Survey type: | Measured |
|---|---|
| Age: | 25+ |
| References: | Global Burden of Disease, the Institute for Health Metrics and Evaluation http://ghdx.healthdata.org/ |
| Definitions: | Estimated per-capita fruit intake (g/day) |

# Prevalence of less than daily fruit consumption
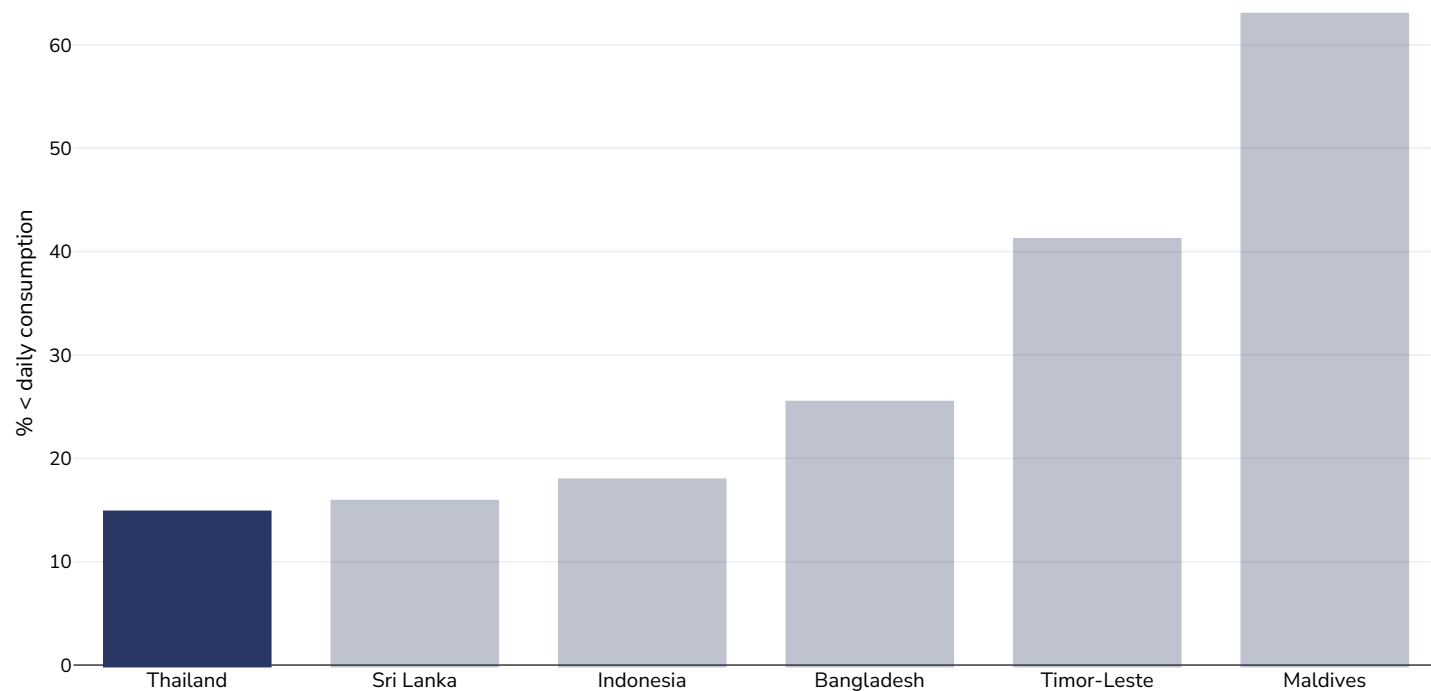
## Children, 2008-2015
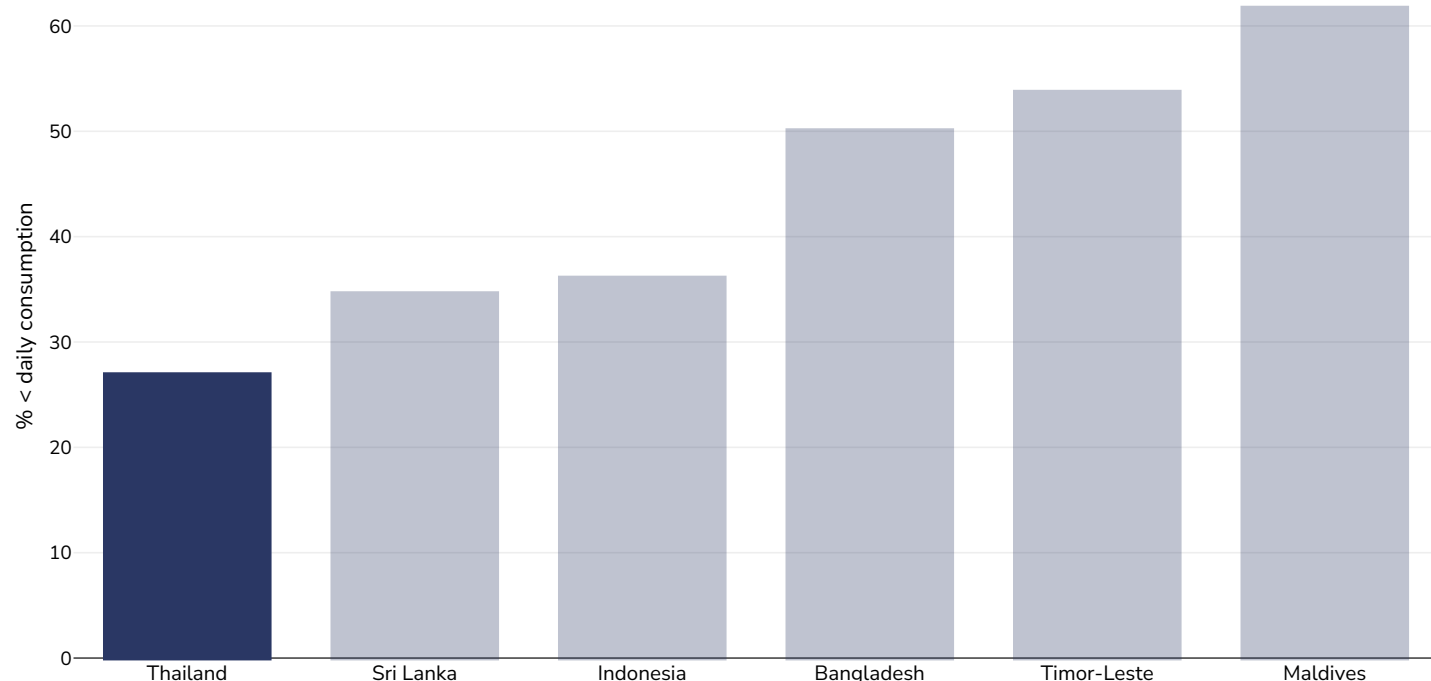


| Survey type: | Measured |
| --- | --- |
| Age: | 12-17 |
| References: | Global School-based Student Health Surveys. Beal et al (2019). Global Patterns of Adolescent Fruit, Vegetable, Carbonated Soft Drink, and Fast-food consumption: A meta-analysis of global school-based student health surveys. Food and Nutrition Bulletin. https://doi.org/10.1177/0379572119848287. Sourced from Food Systems Dashboard http://www.foodsystemsdashboard.org/food-system |
| Definitions: | Prevalence of less-than-daily fruit consumption (% less-than-daily fruit consumption) |

# Prevalence of less than daily vegetable consumption

## Children, 2008-2015
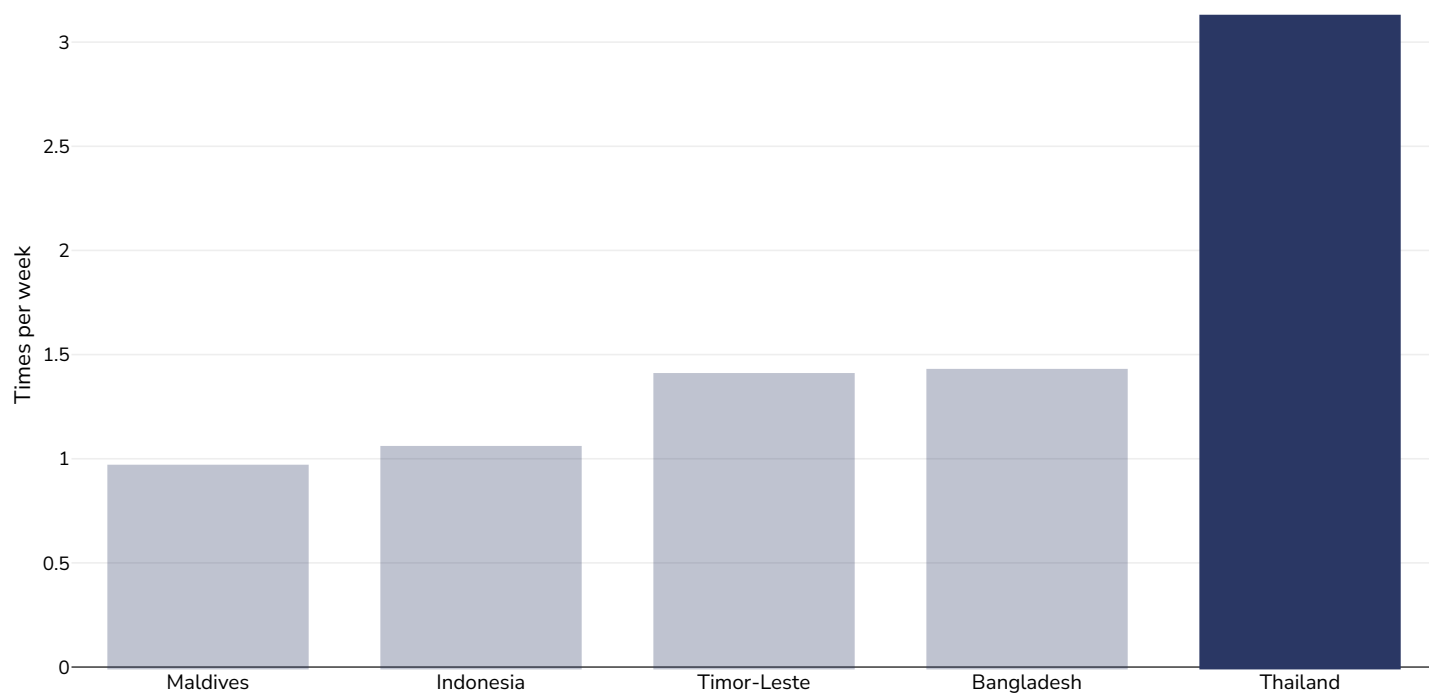


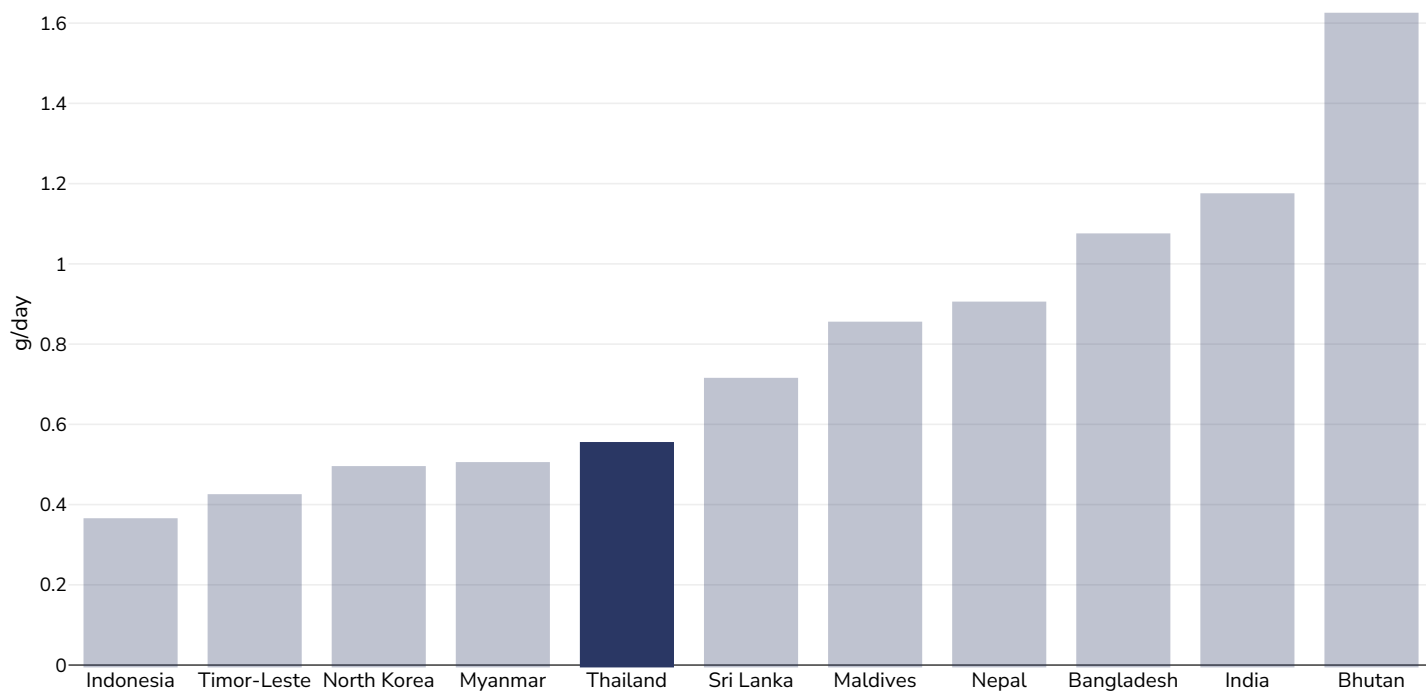| Survey type: | Measured |
|---|---|
| Age: | 12-17 |
| References: | Beal et al. (2019). Global Patterns of Adolescent Fruit, Vegetable, Carbonated Soft Drink, and Fast-food consumption: A meta-analysis of global school-based student health surveys. Food and Nutrition Bulletin. https://doi.org/10.1177/0379572119848287 sourced from Food Systems Dashboard http://www.foodsystemsdashboard.org/food-system |
| Definitions: | Prevalence of less-than-daily vegetable consumption (% less-than-daily vegetable consumption) |

# Average weekly frequency of fast food consumption

## Children, 2014-2015



Times per week

| Maldives | Indonesia | Timor-Leste | Bangladesh | Thailand |

Age:                                                                                              12-17

References:        Beal et al. (2019). Global Patterns of Adolescent Fruit, Vegetable, Carbonated Soft Drink, and Fast-food consumption: A
meta-analysis of global school-based student health surveys. Food and Nutrition Bulletin.
https://doi.org/10.1177/0379572119848287 sourced from Food Systems Dashboard
http://www.foodsystemsdashboard.org/food-system

# 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
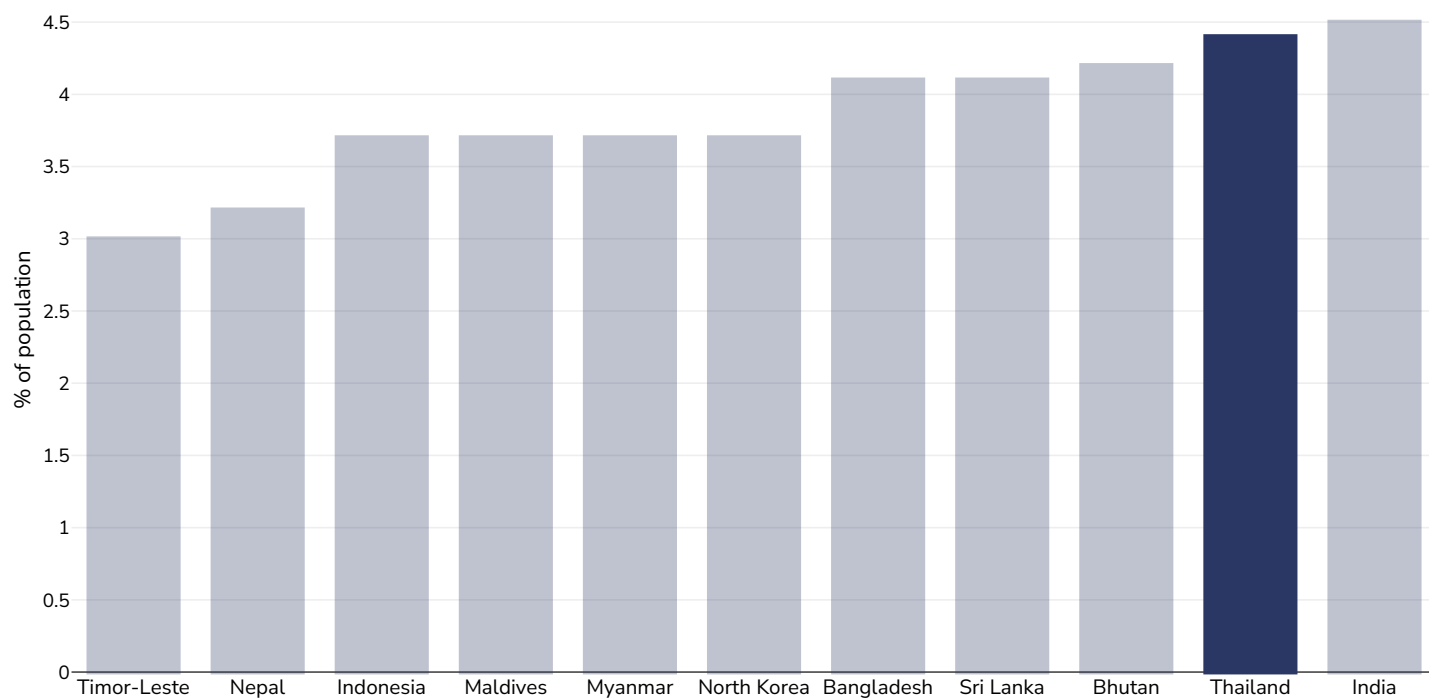
## Adults, 2017
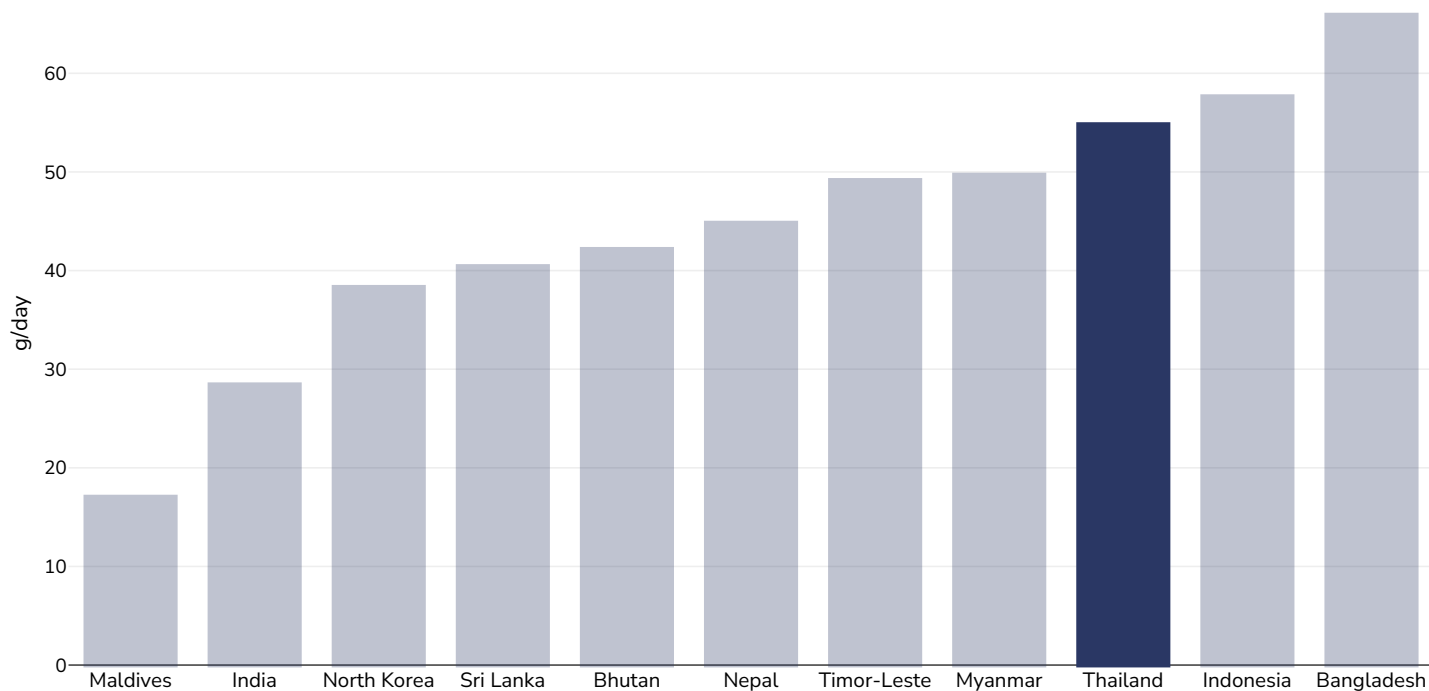


| Survey type: | Measured |
| --- | --- |
| Age: | 25+ |
| References: | Global Burden of Disease, the Institute for Health Metrics and Evaluation http://ghdx.healthdata.org/ |
| Definitions: | Estimated per-capita whole grains intake (g/day) |

# Mental health - depression disorders

## Adults, 2015



| | | |
|---|---|---|
| **References:** | Prevalence data from Global Burden of Disease study 2015 (http://ghdx.healthdata.org) published in: Depression and Other Common Mental Disorders: Global Health Estimates. Geneva:World Health Organization; 2017. Licence: CC BY-NC-SA 3.0 IGO. | |
| **Definitions:** | % of population with depression disorders | |

# Mental health - anxiety disorders

## Adults, 2015
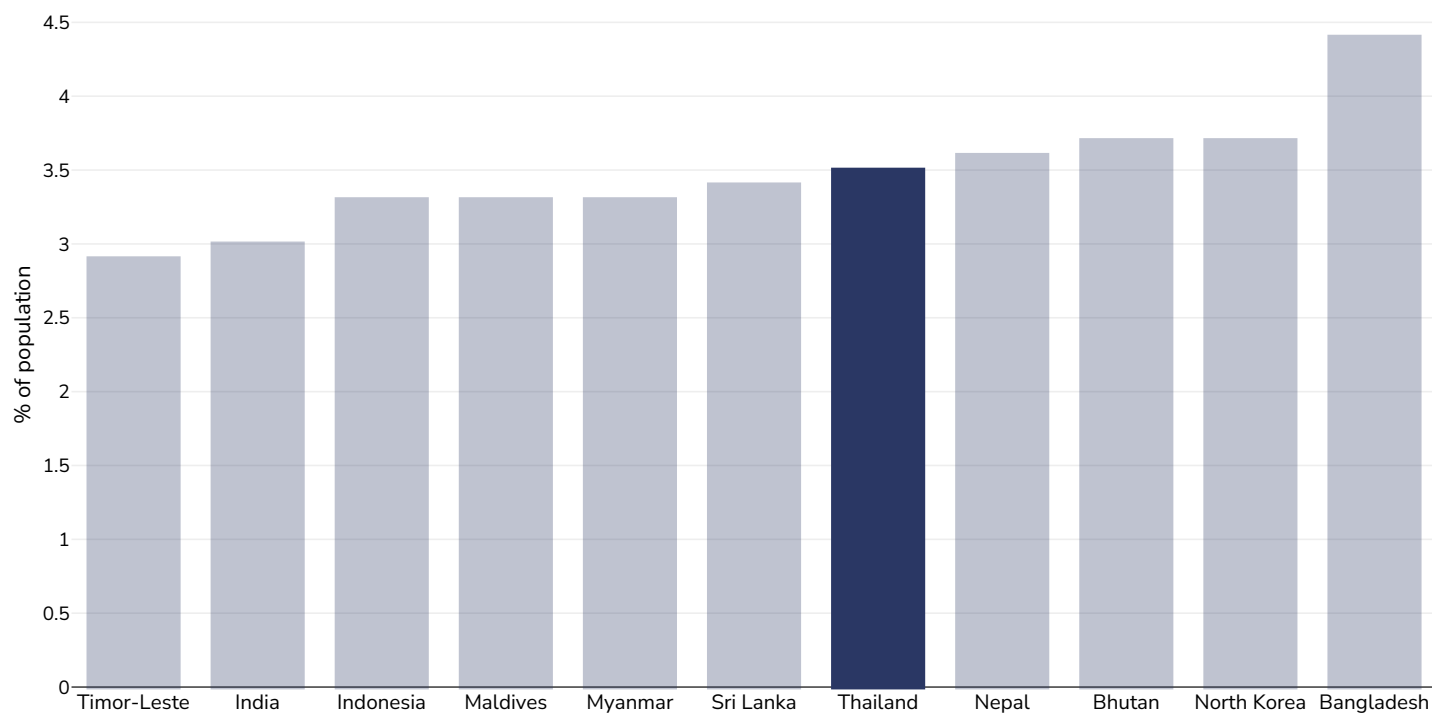


References: Prevalence data from Global Burden of Disease study 2015 (http://ghdx.healthdata.org) published in: Depression and Other Common Mental Disorders: Global Health Estimates. Geneva:World Health Organization; 2017. Licence: CC BY-NC-SA 3.0 IGO.

Definitions: % of population with anxiety disorders

# % Infants exclusively breastfed 0-5 months

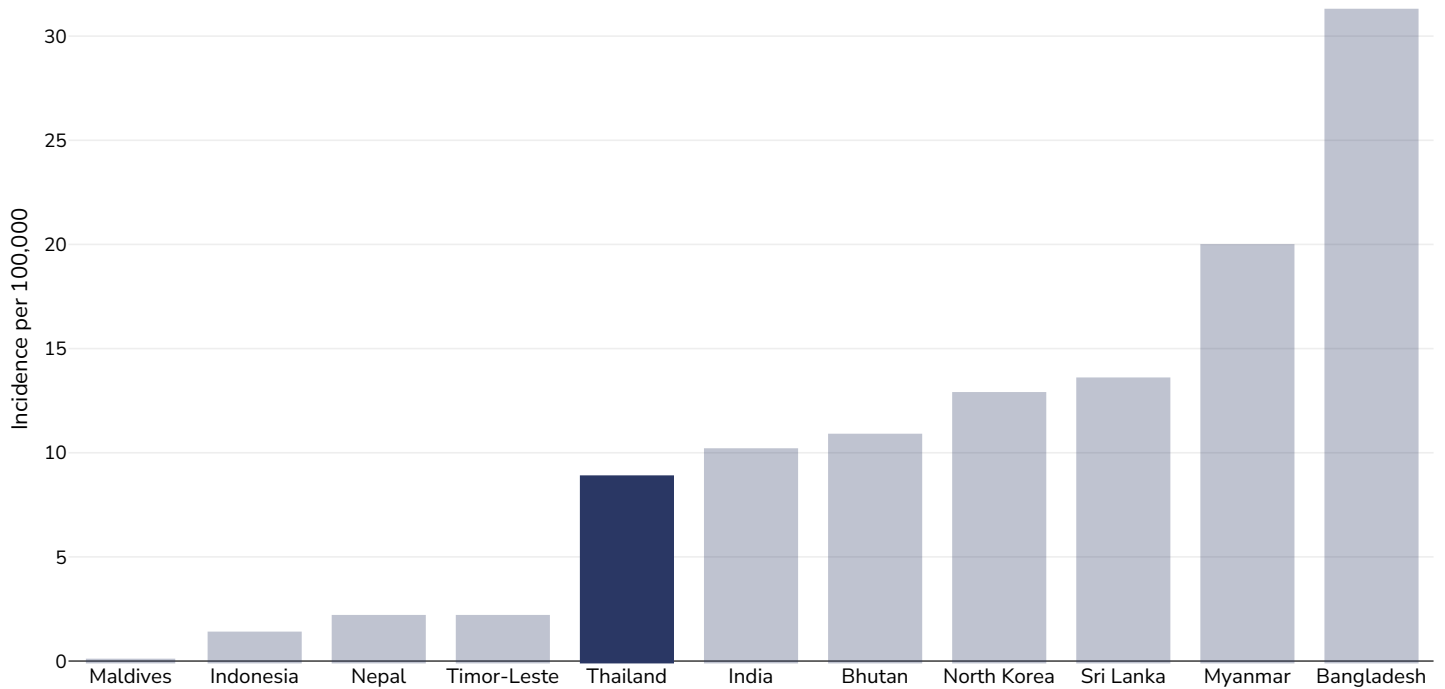## Children, 2015-2020
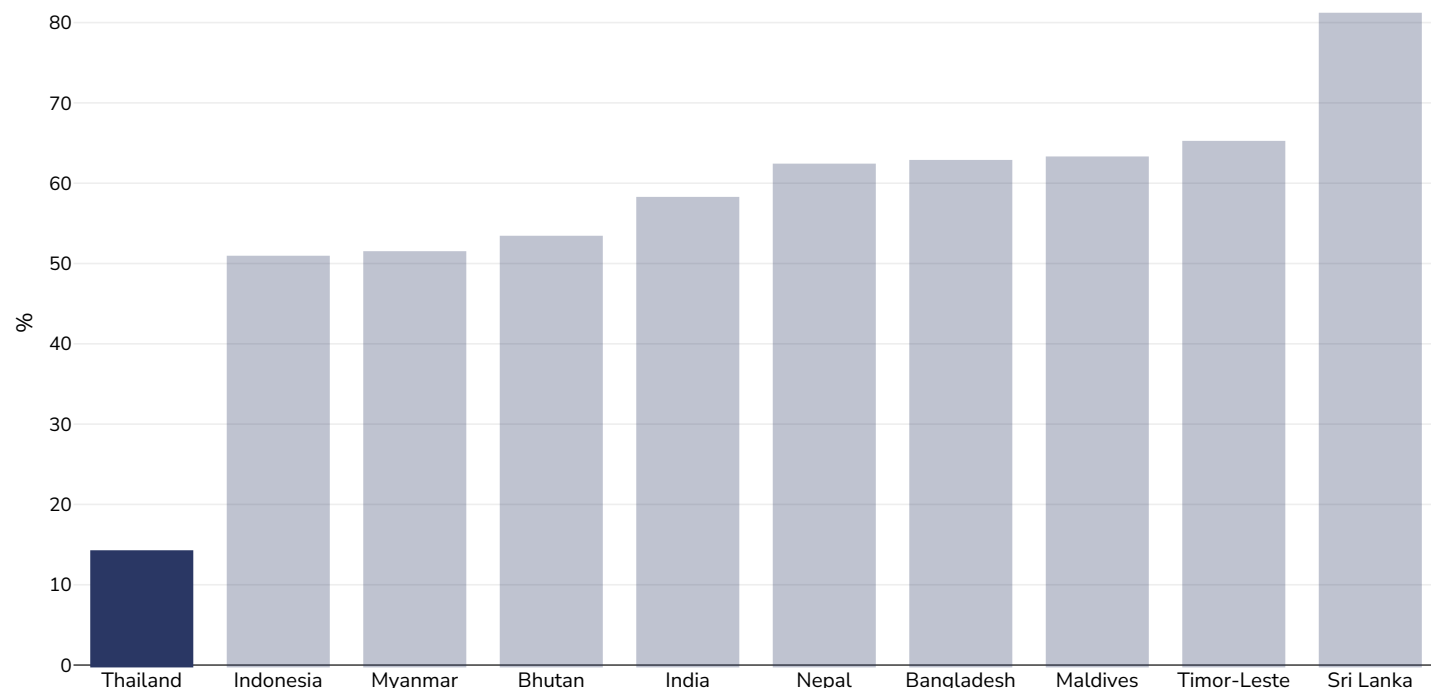


| Area covered: | National |
|---|---|
| References: | Thailand Multiple Indicator Cluster Survey 2019, Survey Findings Report. Bangkok, Thailand: National Statistical Office of Thailand. |
| Notes: | See UNICEF website for further survey information. Available at : https://data.unicef.org/resources/dataset/infant-young-child-feeding/ (last accessed 28.9.21) Citation: United Nations Children's Fund, Division of Data, Analysis, Planning and Monitoring (2021). Global UNICEF Global Databases: Infant and Young Child Feeding: Exclusive breastfeeding, New York, September 2021. |
| Definitions: | % exclusively breastfed 0-5 months |

# Oesophageal cancer

## Men, 2020
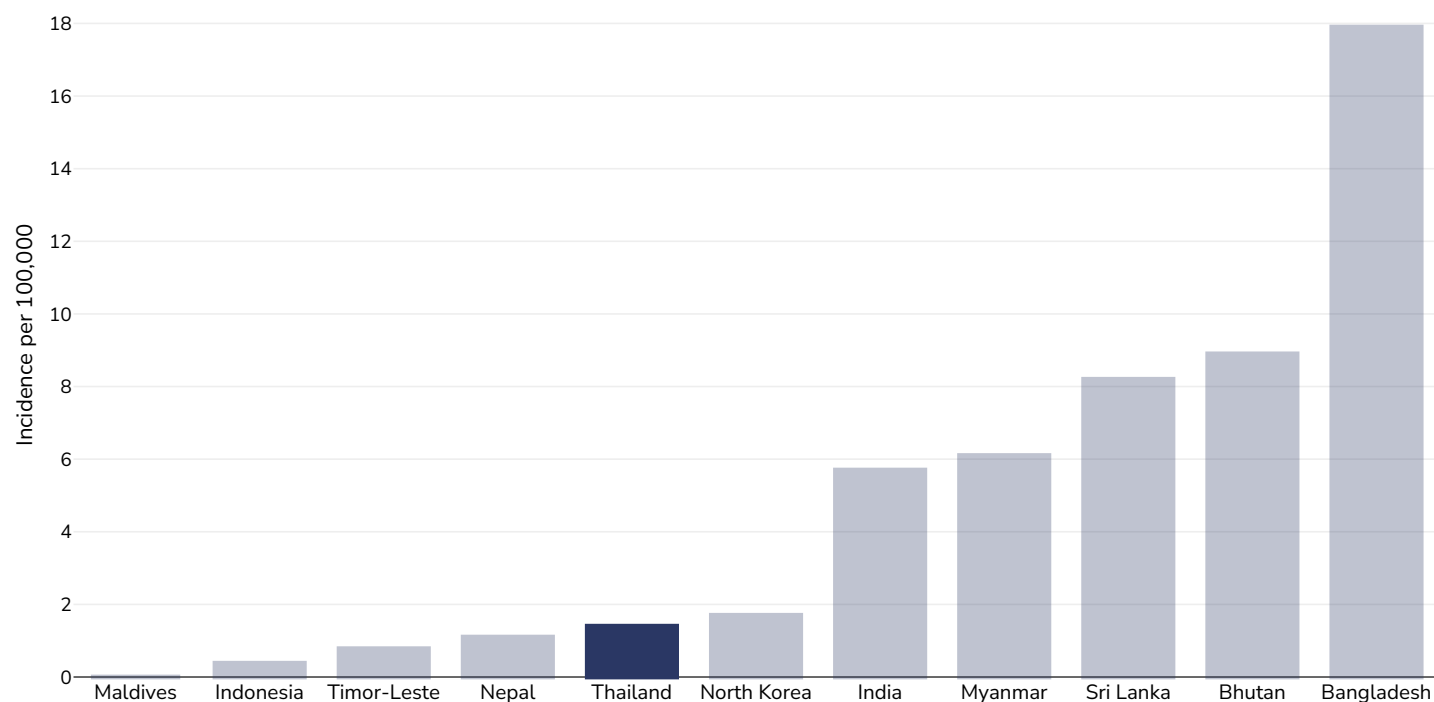


| Age: | 20+ |
|---|---|
| Area covered: | National |
| References: | Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.fr/today, accessed 10.01.2347 |
| Definitions: | Age-standardized indicence rates per 100 000 |

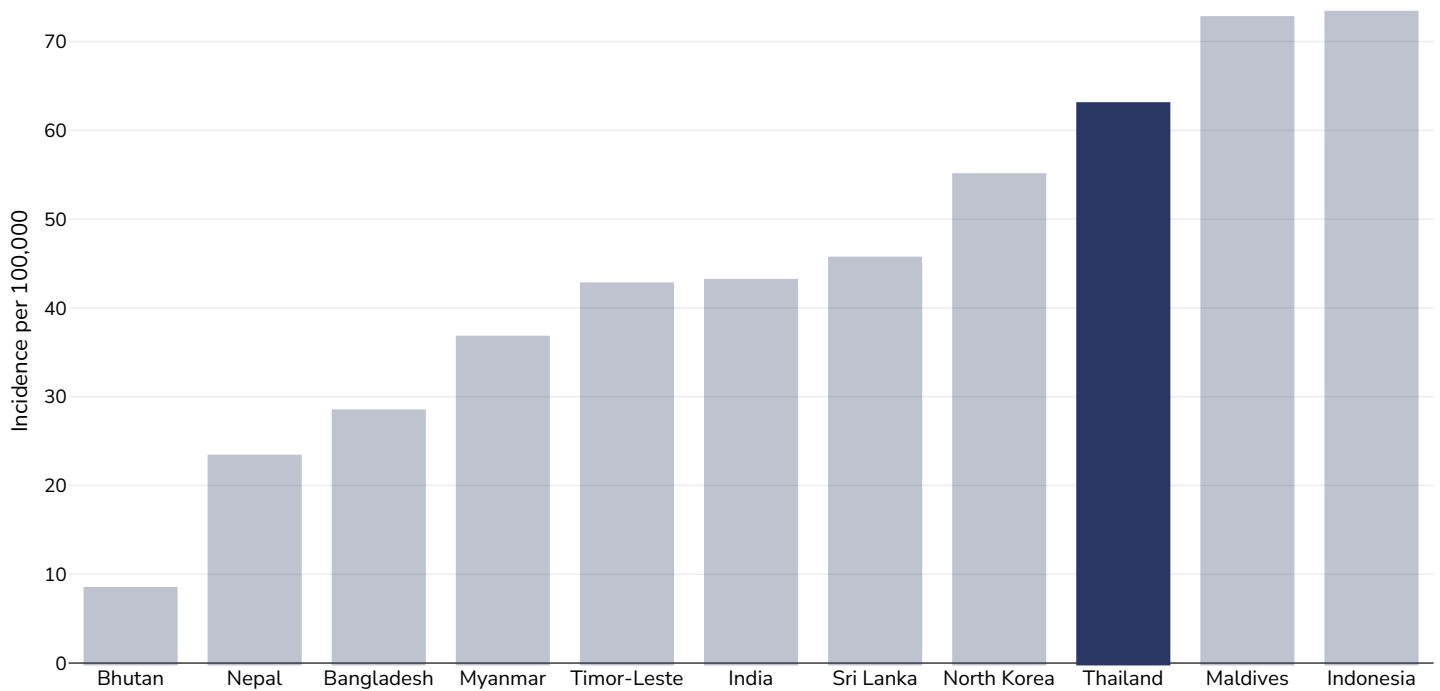# Women, 2020



| Age: | 20+ |
|---|---|
| Area covered: | National |
| References: | Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.fr/today, accessed 10.01.2347 |
| Definitions: | Age-standardized indicence rates per 100 000 |

# Breast cancer

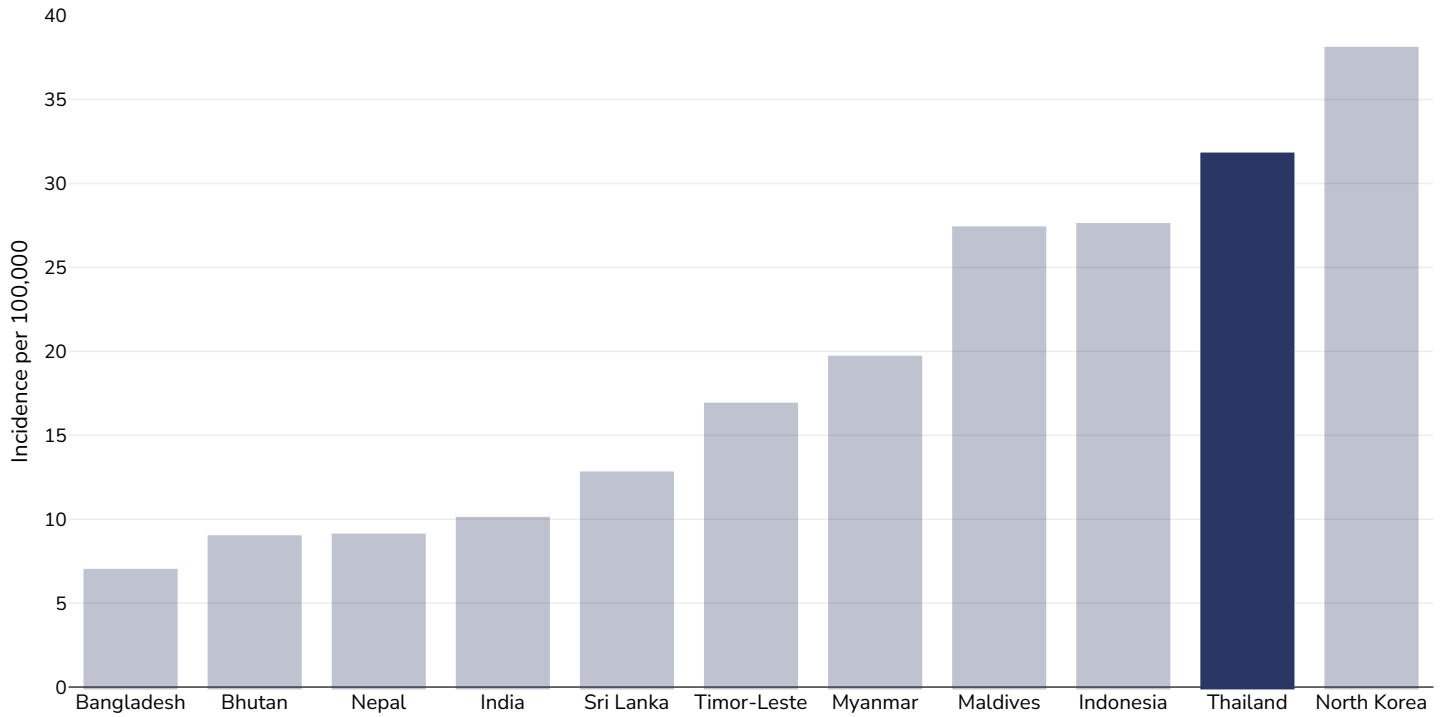## Women, 2020



| Age: | 20+ |
|---|---|
| Area covered: | National |
| References: | Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.fr/today, accessed 10.01.2347 |
| Definitions: | Age-standardized indicence rates per 100 000 |

# Colorectal cancer

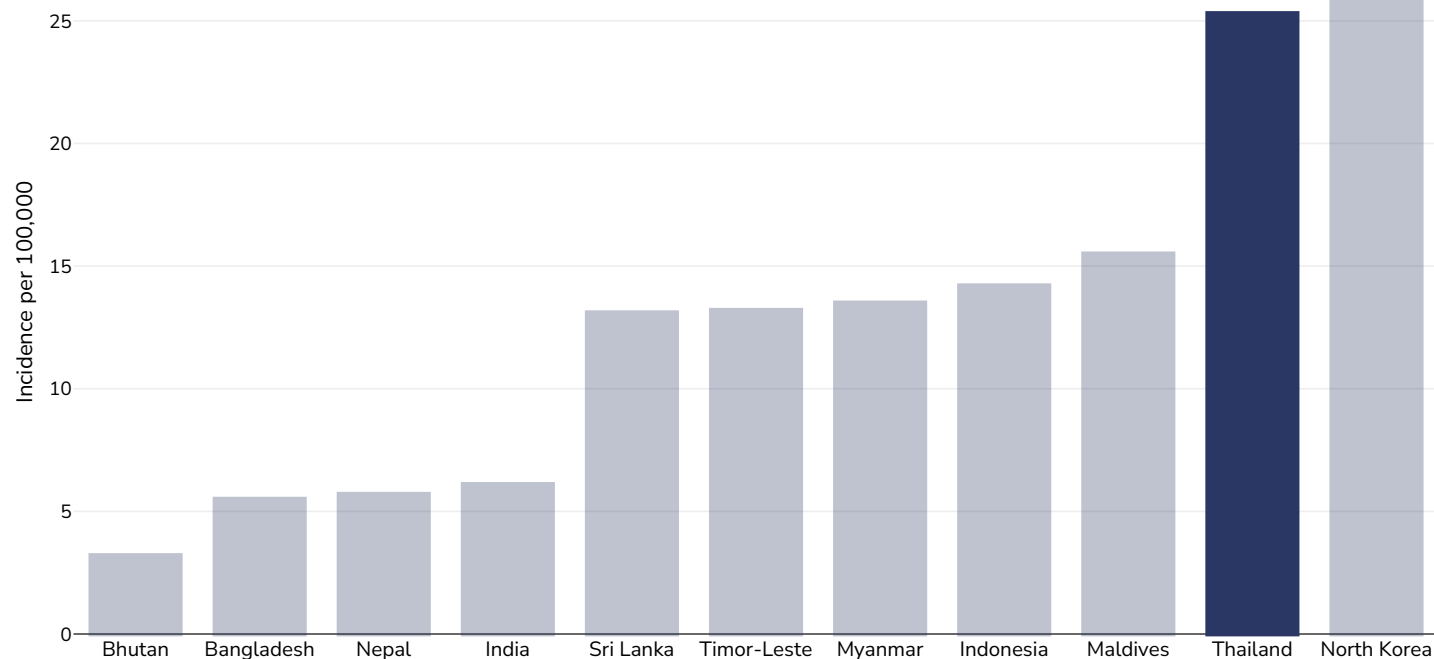## Men, 2020



| Age: | 20+ |
|---|---|
| Area covered: | National |
| References: | Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.fr/today, accessed 10.01.2347 |
| Definitions: | Age-standardized indicence rates per 100 000 |

# Women, 2020



Bar chart titled "Women, 2020" showing Incidence per 100,000 by country.

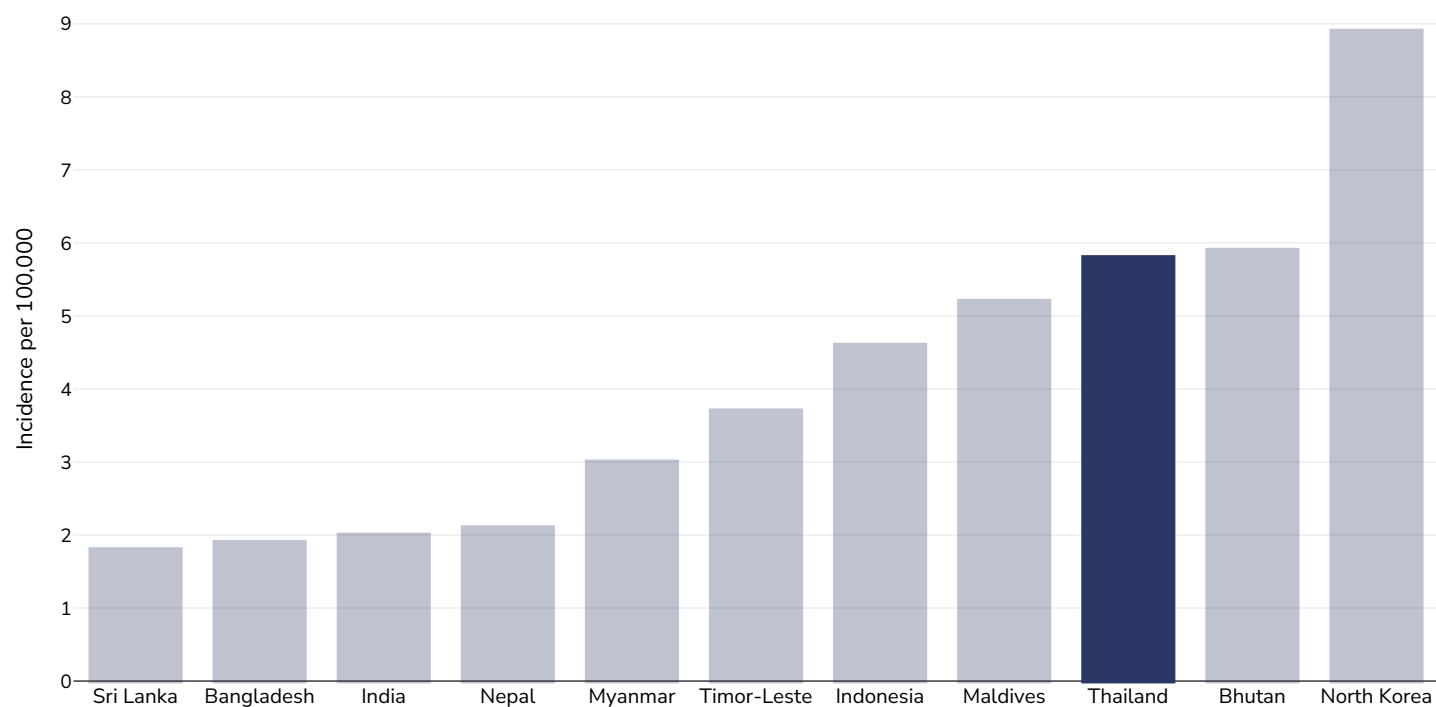| Country | Incidence per 100,000 |
|---|---|
| Bhutan | 3.3 |
| Bangladesh | 5.6 |
| Nepal | 5.8 |
| India | 6.2 |
| Sri Lanka | 13.2 |
| Timor-Leste | 13.3 |
| Myanmar | 13.6 |
| Indonesia | 14.3 |
| Maldives | 15.6 |
| Thailand | 25.4 |
| North Korea | 26.6 |

| | |
|---|---|
| Age: | 20+ |
| Area covered: | National |
| References: | Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.fr/today, accessed 10.01.2347 |
| Definitions: | Age-standardized indicence rates per 100 000 |

# Pancreatic cancer
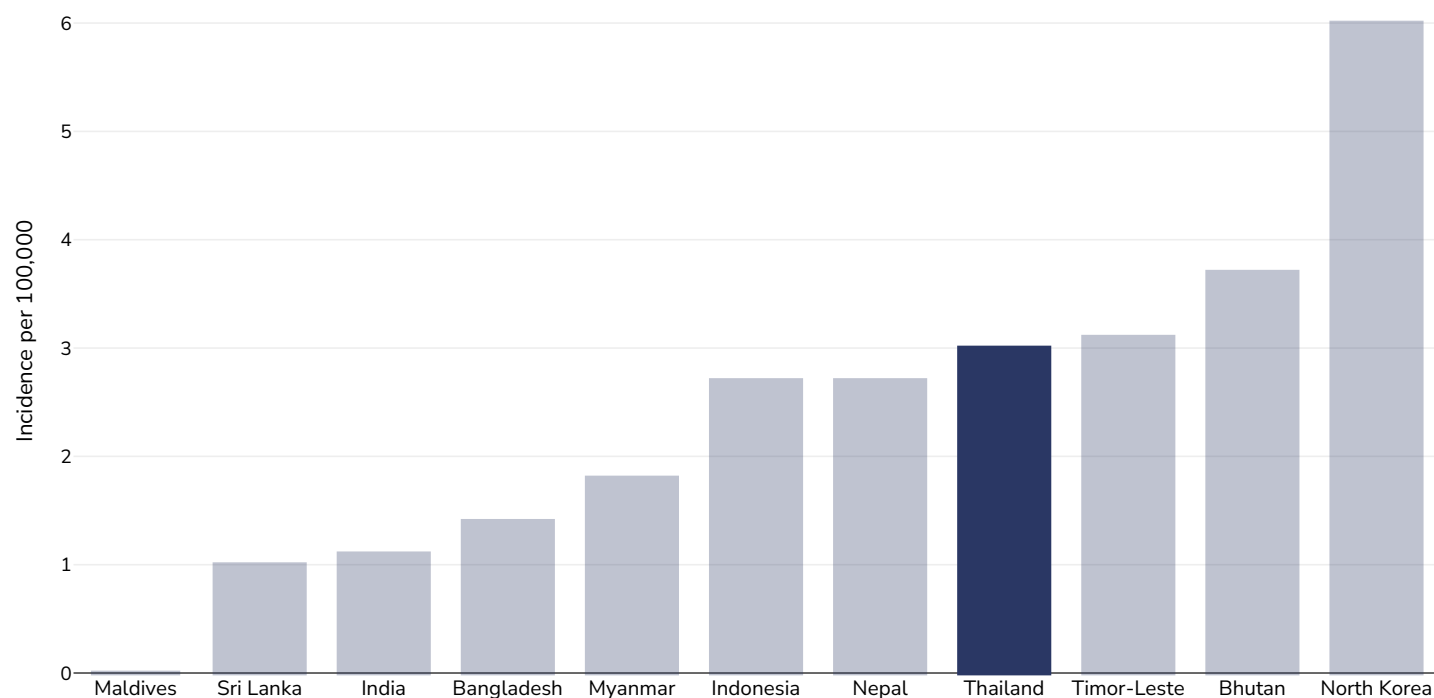
## Men, 2020



| Age: | 20+ |
|---|---|
| Area covered: | National |
| References: | Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.fr/today, accessed 10.01.2347 |
| Definitions: | Age-standardized indicence rates per 100 000 |

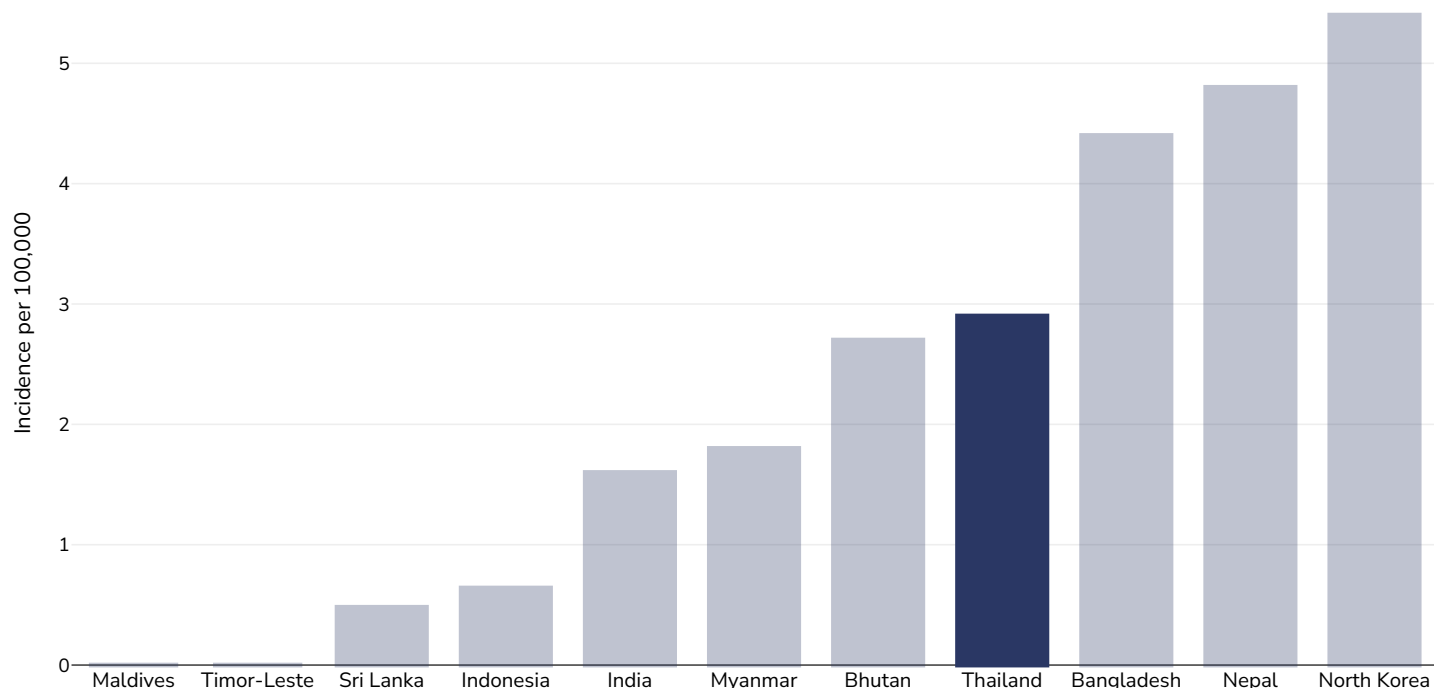# Women, 2020



| Age: | 20+ |
|---|---|
| Area covered: | National |
| References: | Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.fr/today, accessed 10.01.2347 |
| Definitions: | Age-standardized indicence rates per 100 000 |

# Gallbladder cancer
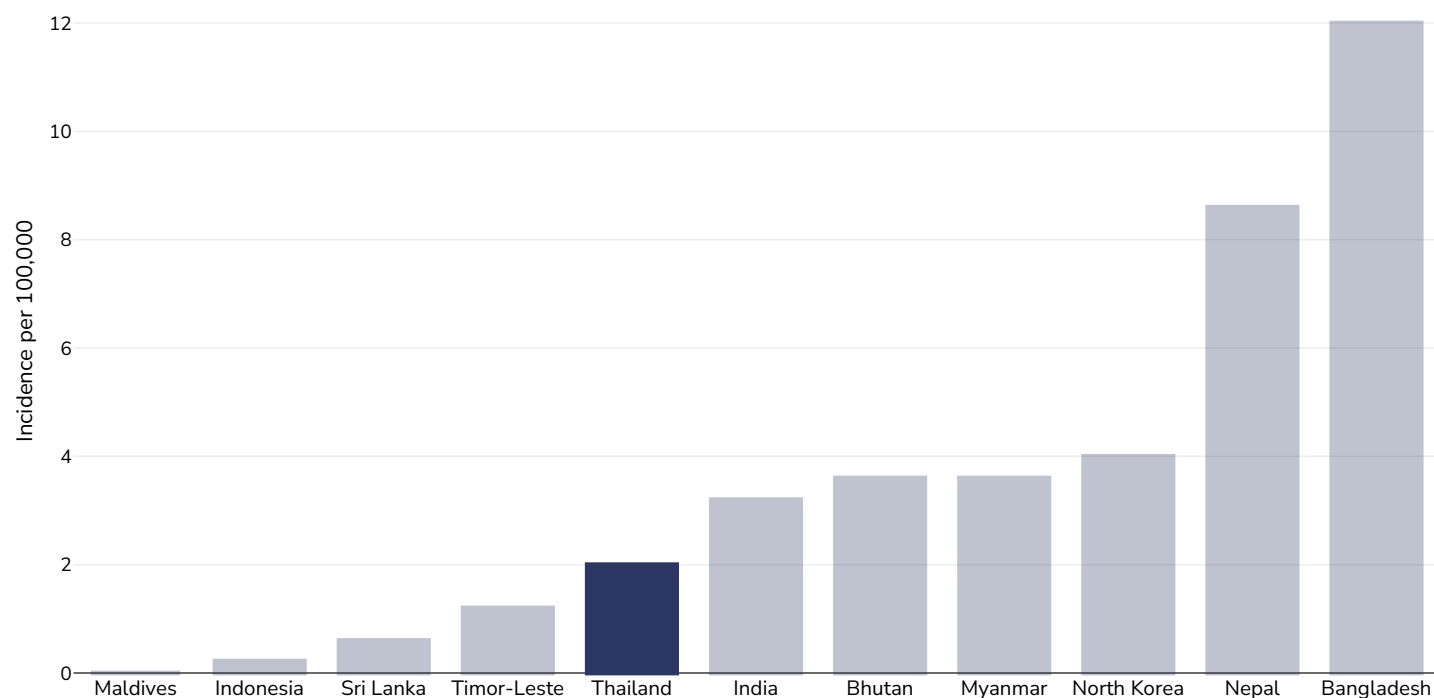
## Men, 2020



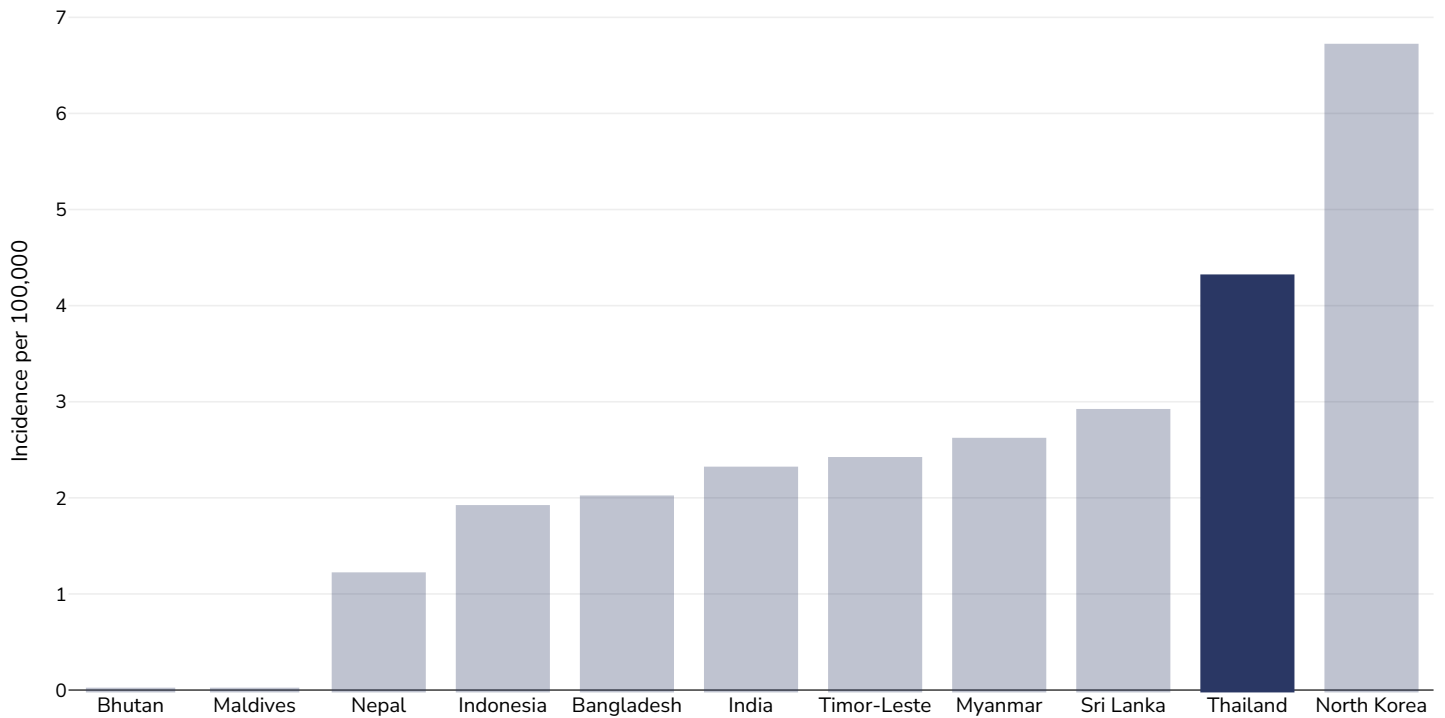| Age: | 20+ |
|---|---|
| Area covered: | National |
| References: | Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.fr/today, accessed 10.01.2347 |
| Definitions: | Age-standardized indicence rates per 100 000 |

# Women, 2020



| | |
|---|---|
| Age: | 20+ |
| Area covered: | National |
| References: | Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.fr/today, accessed 10.01.2347 |
| Definitions: | Age-standardized indicence rates per 100 000 |

# Kidney cancer

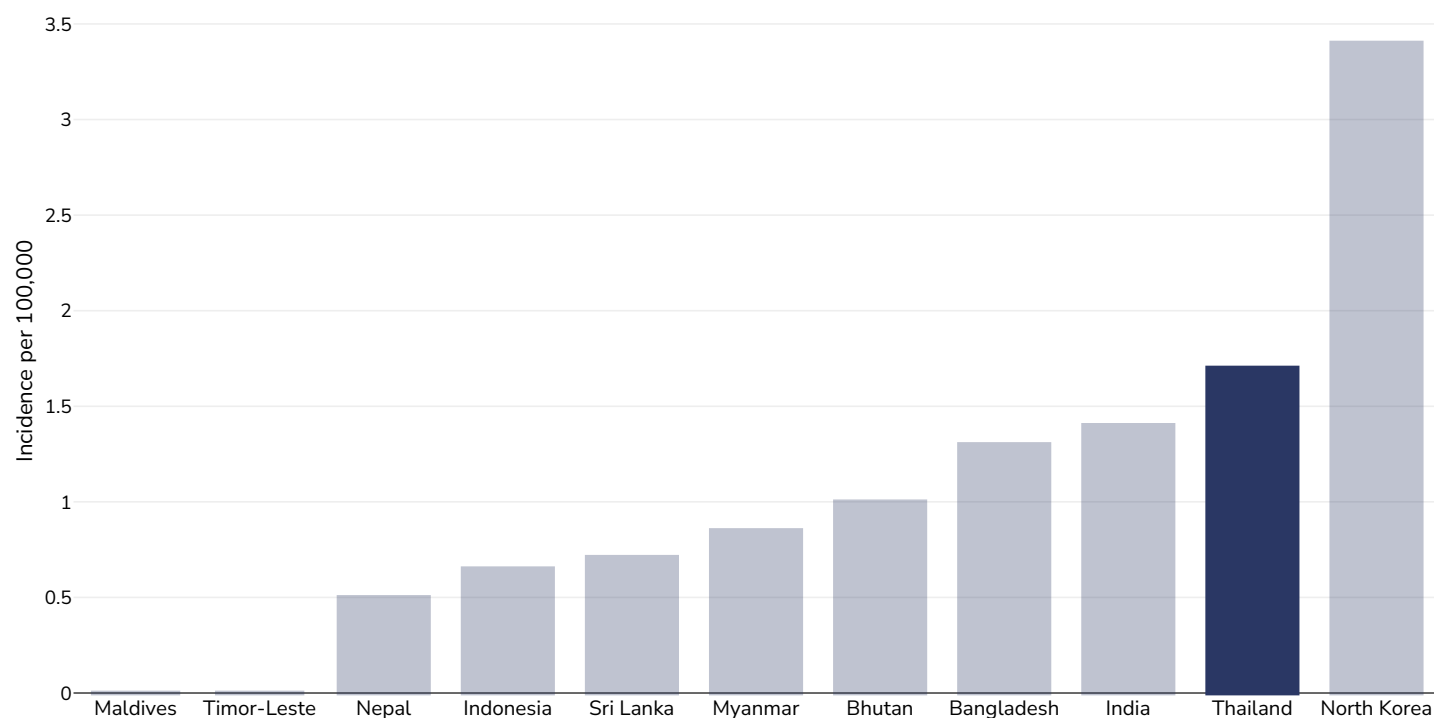## Men, 2020



| Age: | 20+ |
|------|-----|
| Area covered: | National |
| References: | Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.fr/today, accessed 10.01.2347 |
| Definitions: | Age-standardized indicence rates per 100 000 |

## Women, 2020



| | |
|---|---|
| Age: | 20+ |
| Area covered: | National |
| References: | Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.fr/today, accessed 10.01.2347 |
| Definitions: | Age-standardized indicence rates per 100 000 |

# Cancer of the uterus
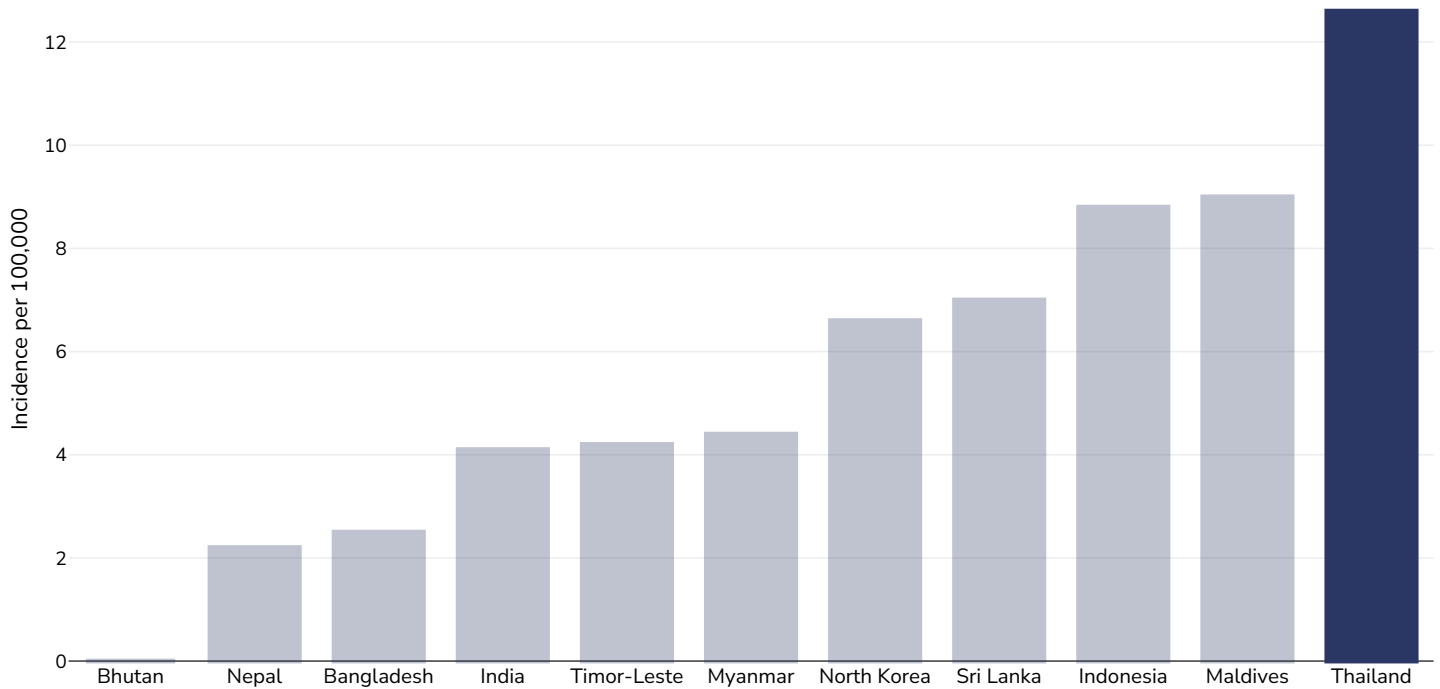
## Women, 2020



| Age: | 20+ |
|---|---|
| Area covered: | National |
| References: | Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.fr/today, accessed 10.01.2347 |
| Definitions: | Age-standardized indicence rates per 100 000 |

# Raised blood pressure

## Adults, 2015
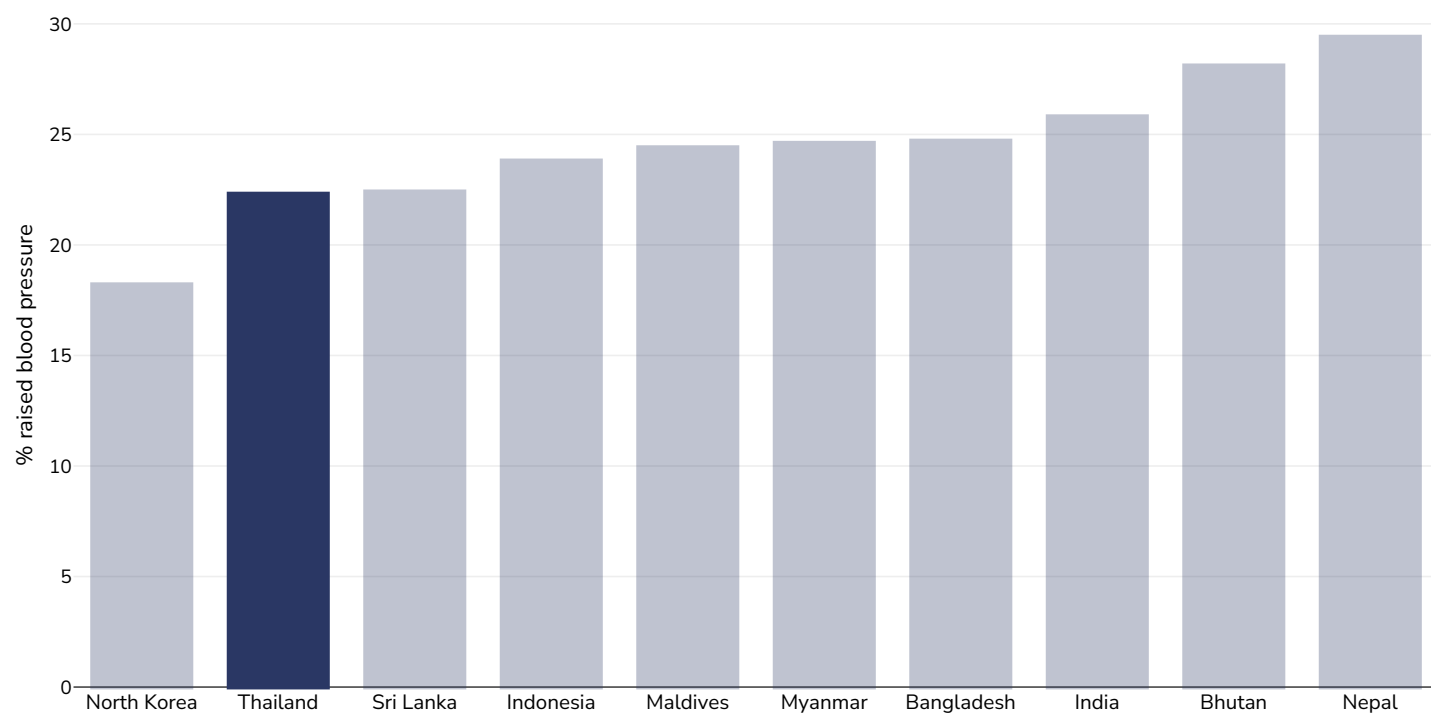


References:                                          Global Health Observatory data repository, World Health Organisation,

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
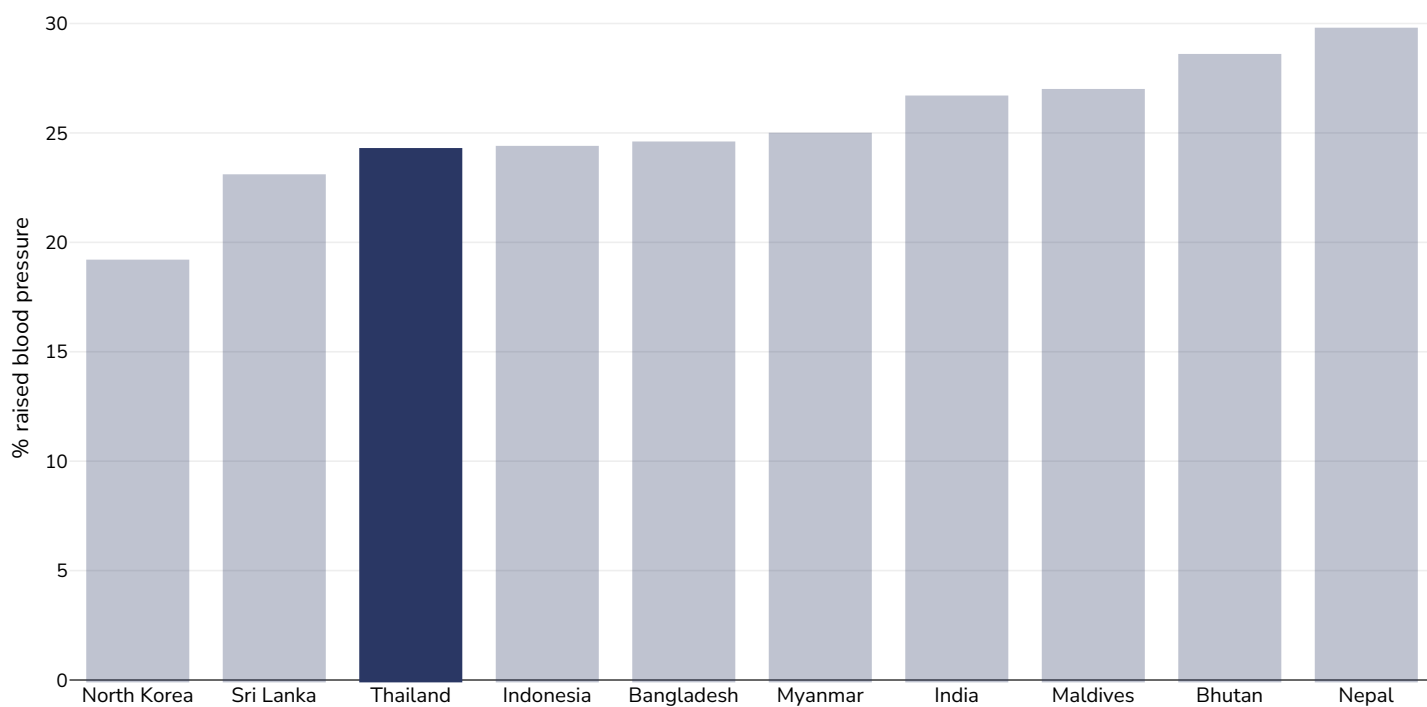


**% raised blood pressure** (y-axis)

| North Korea | Sri Lanka | Thailand | Indonesia | Bangladesh | Myanmar | India | Maldives | Bhutan | Nepal |

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
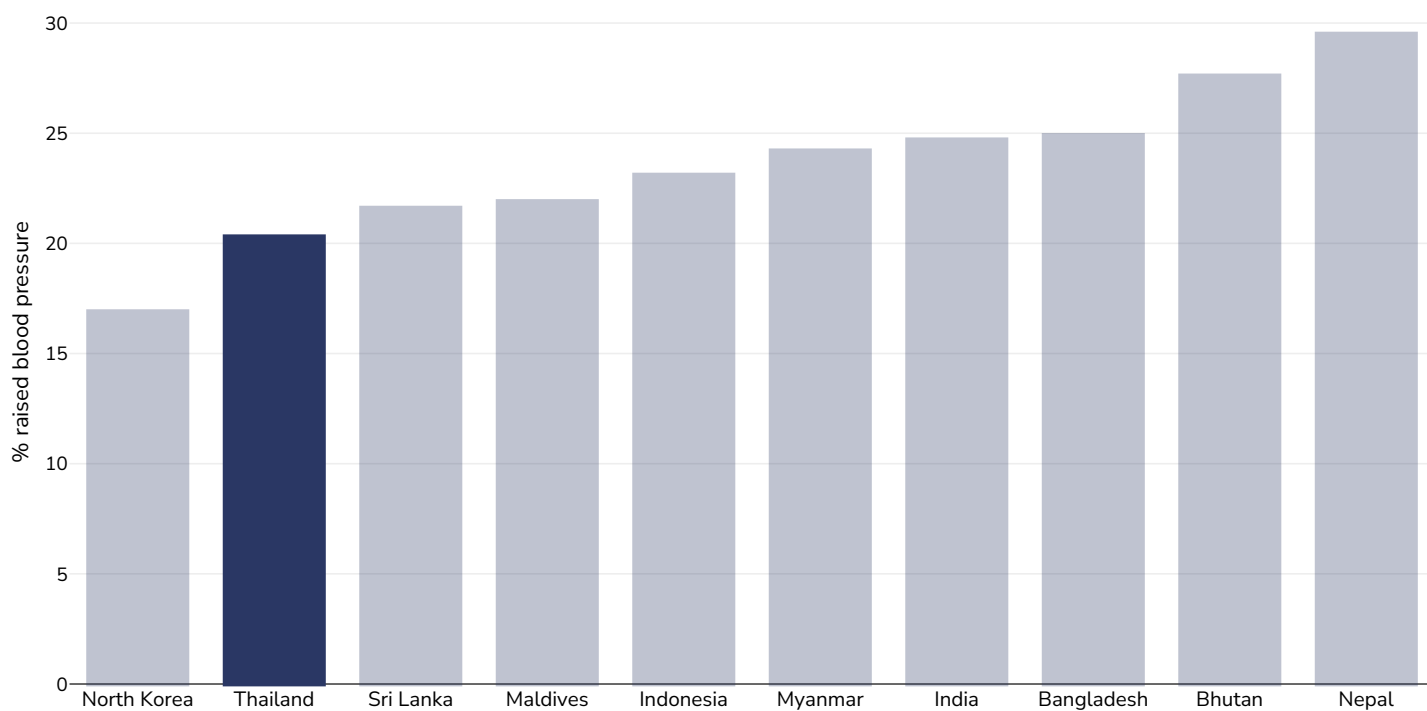


References: Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A875?lang=en

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

# Raised cholesterol

## Adults, 2008
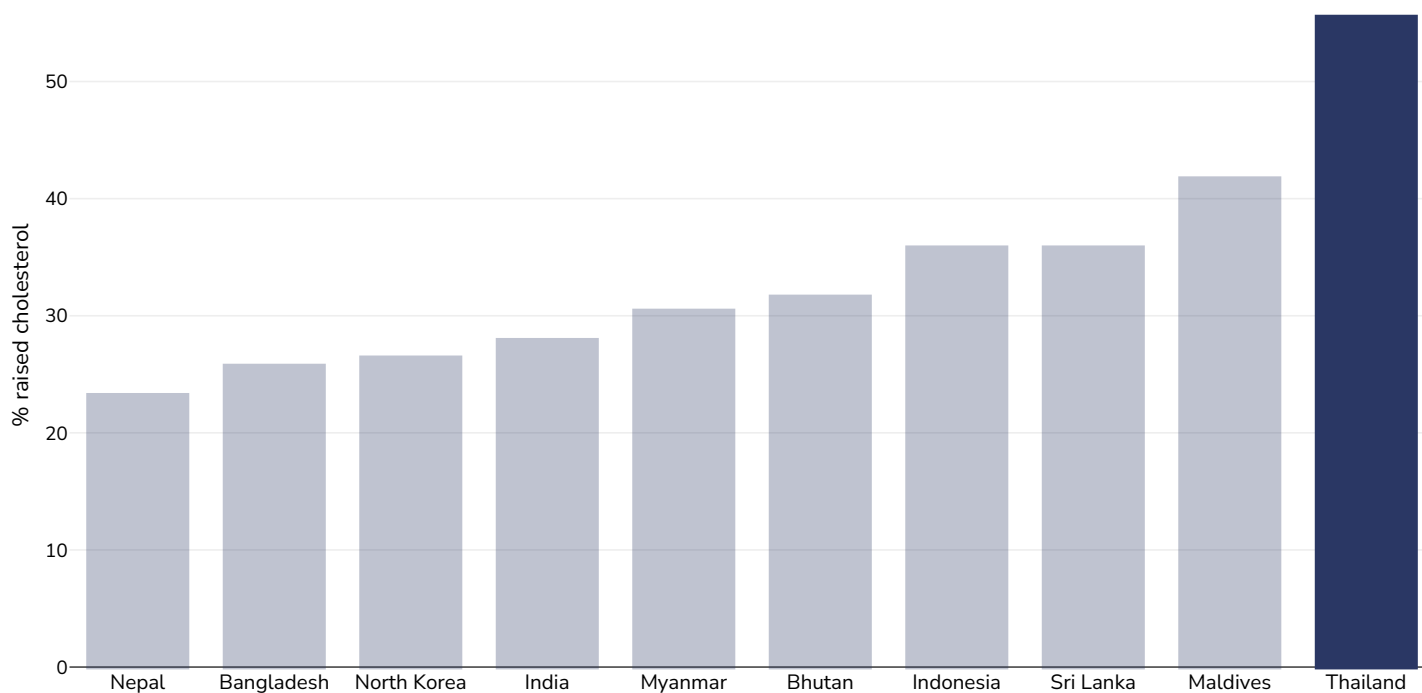


References: Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A885

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

# Men, 2008
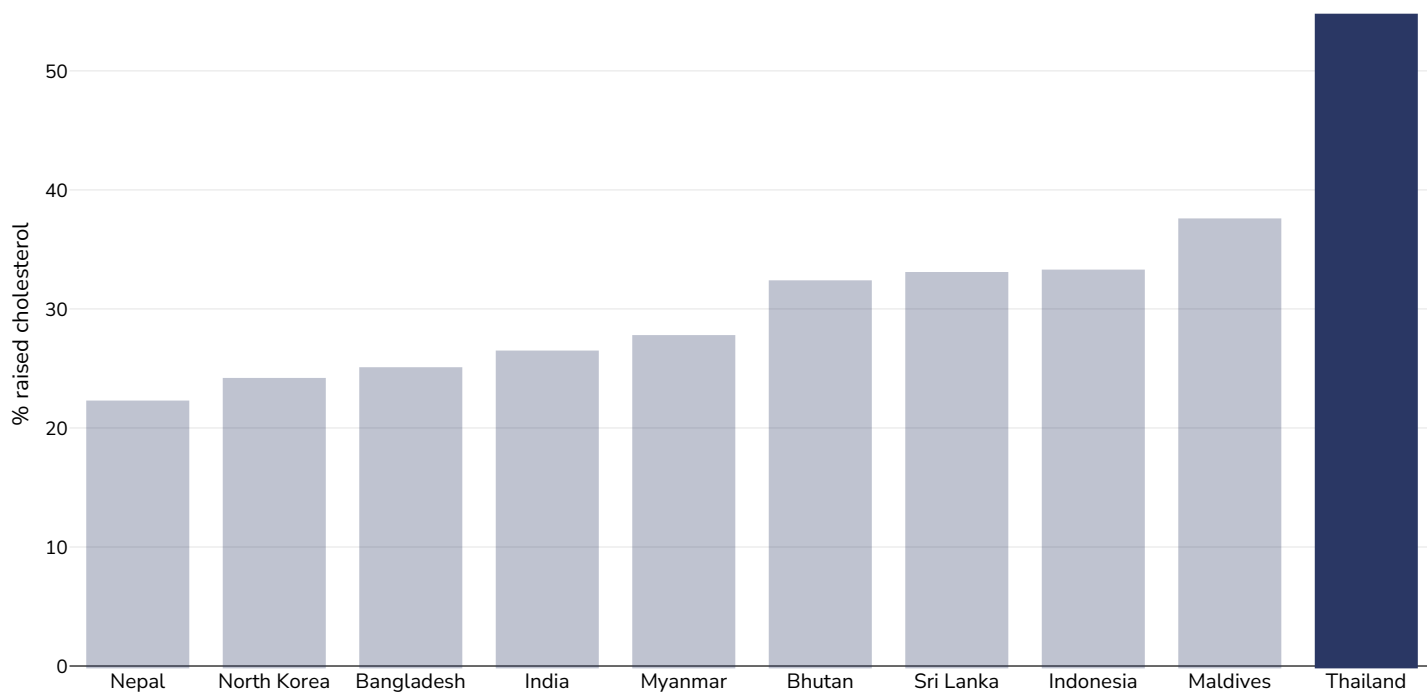


**% raised cholesterol**

| | |
|---|---|
| Nepal | 22 |
| North Korea | 24 |
| Bangladesh | 25 |
| India | 26.5 |
| Myanmar | 28 |
| Bhutan | 32.5 |
| Sri Lanka | 33 |
| Indonesia | 33.5 |
| Maldives | 37.5 |
| Thailand | 55 |

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
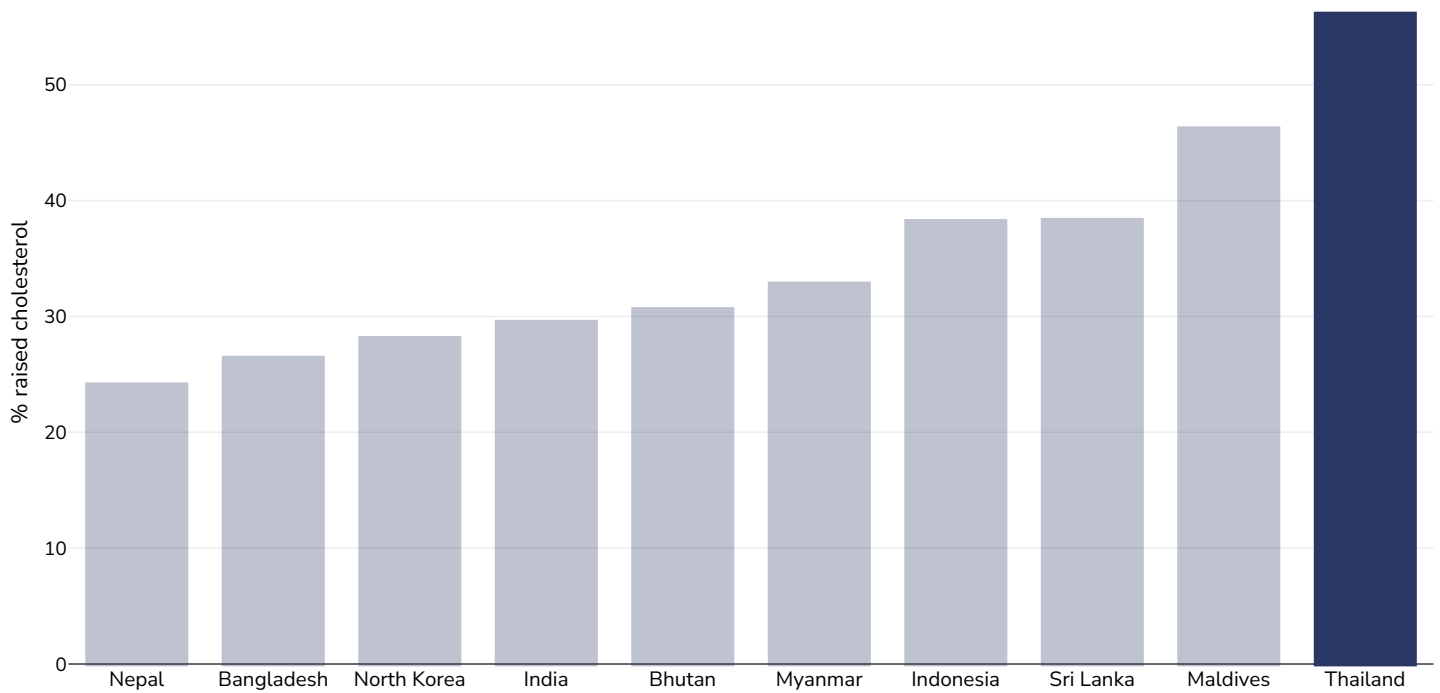


% raised cholesterol

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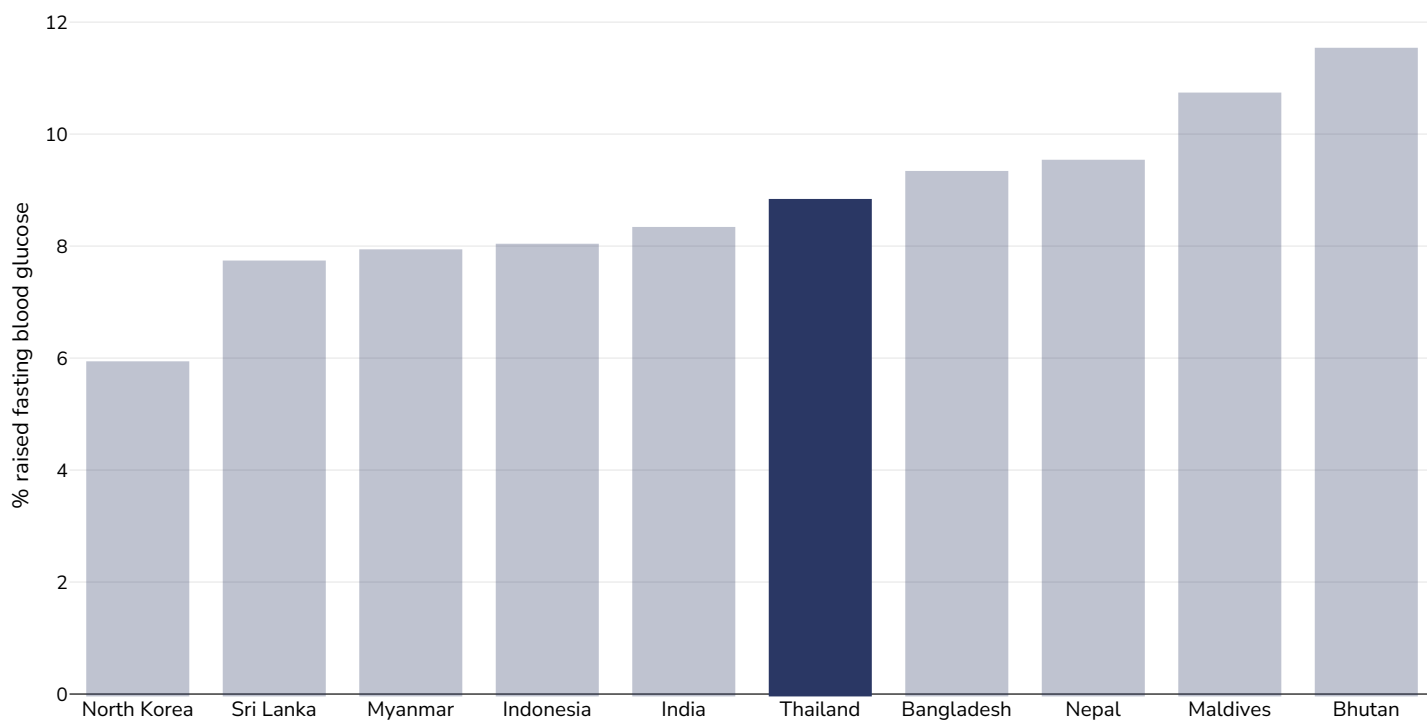


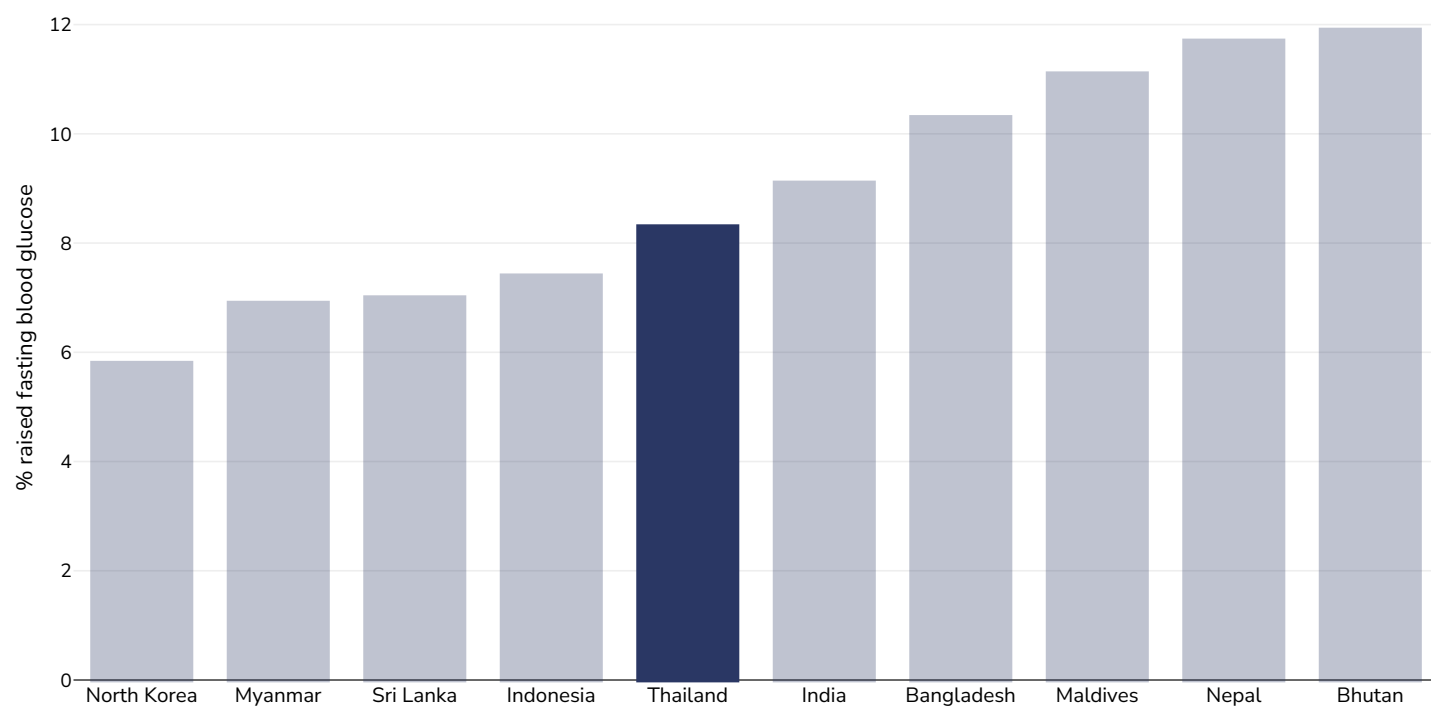References: Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A869?lang=en

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

# Women, 2014



Chart: % raised fasting blood glucose

| Country | % raised fasting blood glucose |
|---|---|
| North Korea | 5.8 |
| Myanmar | 6.9 |
| Sri Lanka | 7.0 |
| Indonesia | 7.4 |
| Thailand | 8.3 |
| India | 9.1 |
| Bangladesh | 10.3 |
| Maldives | 11.1 |
| Nepal | 11.7 |
| Bhutan | 11.9 |

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

# Diabetes prevalence

## Adults, 2021
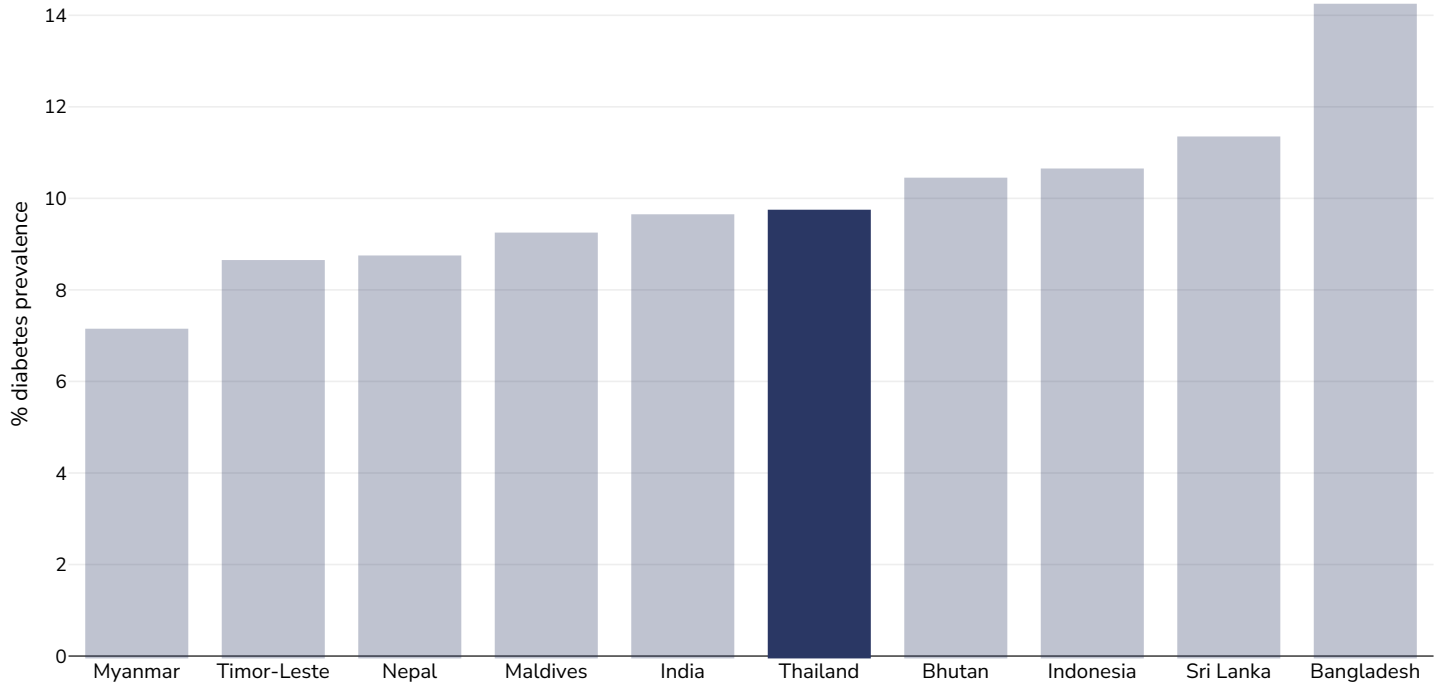


| Age: | 20-79 |
|---|---|
| Area covered: | National |
| References: | Reproduced with kind permission International Diabetes Federation.  IDF Diabetes Atlas, 10th edn. Brussels, Belgium:International Diabetes Federation, 2021. http://www.diabetesatlas.org |
| Definitions: | Age-adjusted comparative prevalence of diabetes, % |

# Contextual factors

**Disclaimer:** These contextual factors should be interpreted with care. Results are updated as regularly as possible and use very specific criteria. The criteria used and full definitions are available for download at the bottom of this page.

## Labelling

| | |
|---|---|
| **Is there mandatory nutrition labelling?** | ✔ |
| Front-of-package labelling? | ✔ v |
| Back-of-pack nutrition declaration? | ✔ |
| Color coding? | ✖ |
| Warning label? | ✖ |

# Regulation and marketing

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

# Political will and support

| | |
|---|---|
| **National obesity strategy or nutrition and physical activity national strategy?** | ✔ |
| National obesity strategy? | ✖ |
| National childhood obesity strategy? | ✖ |
| Comprehensive nutrition strategy? | ✔ |
| Comprehensive physical activity strategy? | ✔ |
| **Evidence-based dietary guidelines and/or RDAs?** | ✔ |
| **National target(s) on reducing obesity?** | ✔ |
| **Guidelines/policy on obesity treatment?** | ✔ |
| **Promotion of breastfeeding?** | ✔ |

# Monitoring and surveillance

| | |
|---|---|
| **Monitoring of the prevalence and incidence for the main obesity-related NCDs and risk factors?** | ✔ |
| Within 5 years? | ✔ |

# Governance and resource

| | |
|---|---|
| **Multi-sectoral national co-ordination mechanism for obesity or nutrition (including obesity)?** | ✔ |

## Key

✔ Present          ✔v Present (voluntary)          ✔ Incoming          ✖ Absent          ❓ Unknown

*Last updated September 13, 2022*

*PDF created on June 26, 2024*