WORLD OBESITY

Thailand

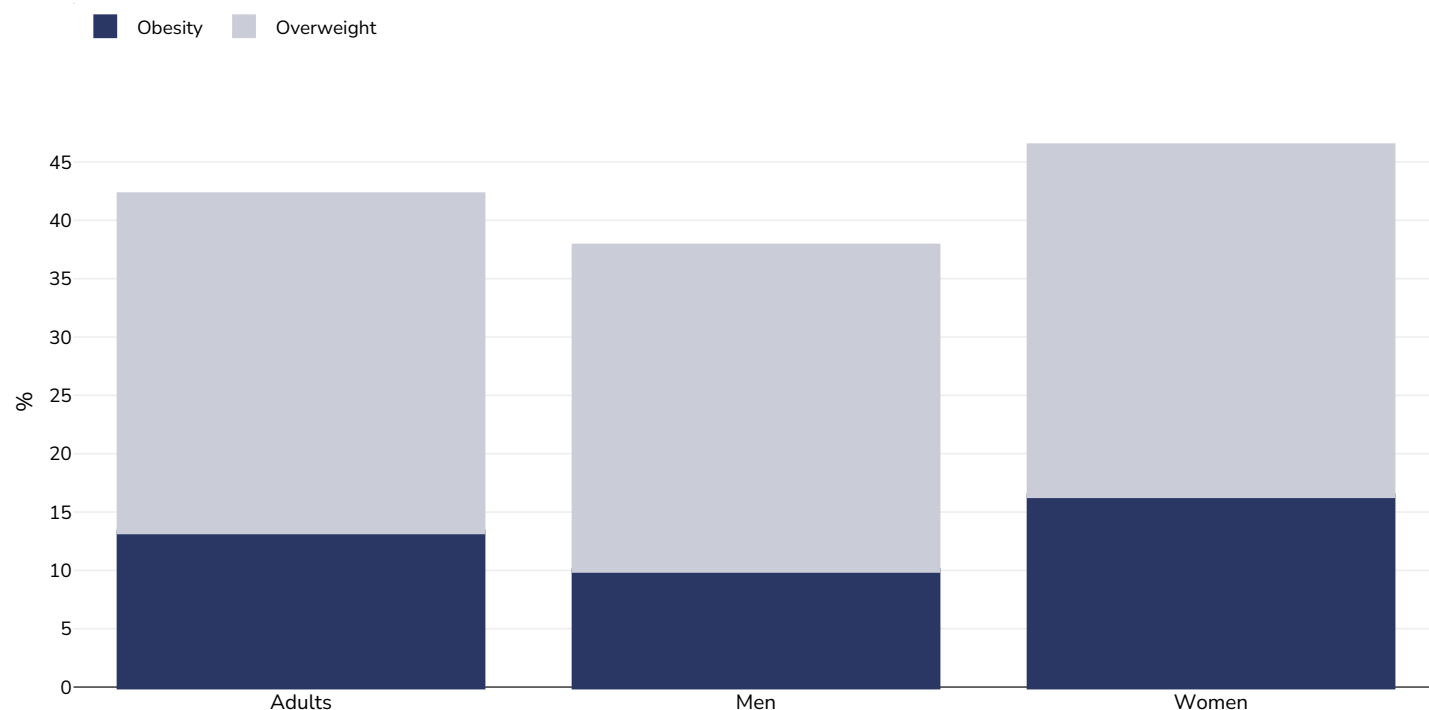## Country report card

Contents

Obesity prevalence

Adults, 2019-2020

■ Obesity ■ Overweight

Survey type:	Measured
Age:	15+
Sample size:	22,459
Area covered:	National
References:	Aekplakorn, W., Puckcharern, H., and Satheannoppakao. (2021). The 6th National Health Examination Survey 2019-2020.
Notes:	9,390 men, 13,069 women. NB. Combined adult data estimated. These estimates were calculated by weighting male and female survey results. Weighting based on World Bank Population % total female in Thailand 2020 (https://data.worldbank.org/indicator/SP.POP.TOTL.FE.ZS?end=2020&locations=TH - accessed 11.07.25)
Definitions:	WHO standard cutoffs shown to allow comparison with non-Asian countries

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

■ Obesity ■ Overweight

Survey type:	Self-reported
Age:	13-17
Sample size:	5661
Area covered:	National
References:	2021 GSHS Fact Sheet Thailand. 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:	WHO

0-5 years, 2022

■ Overweight or obesity

Survey type:	Measured
Age:	0-5
Sample size:	9504
Area covered:	National
References:	National Statistical Office of Thailand. 2023. Thailand Multiple Indicator Cluster Survey 2022, Survey Findings Report. Bangkok, Thailand: National Statistical Office of Thailand.
Definitions:	Percentage of children under age 5 who are above 2 standard deviations (moderate and severe) of the median weight-for-height of the reference population
Cutoffs:	+2 SD

% Adults living with obesity in Thailand 1997-2019

Men and 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.

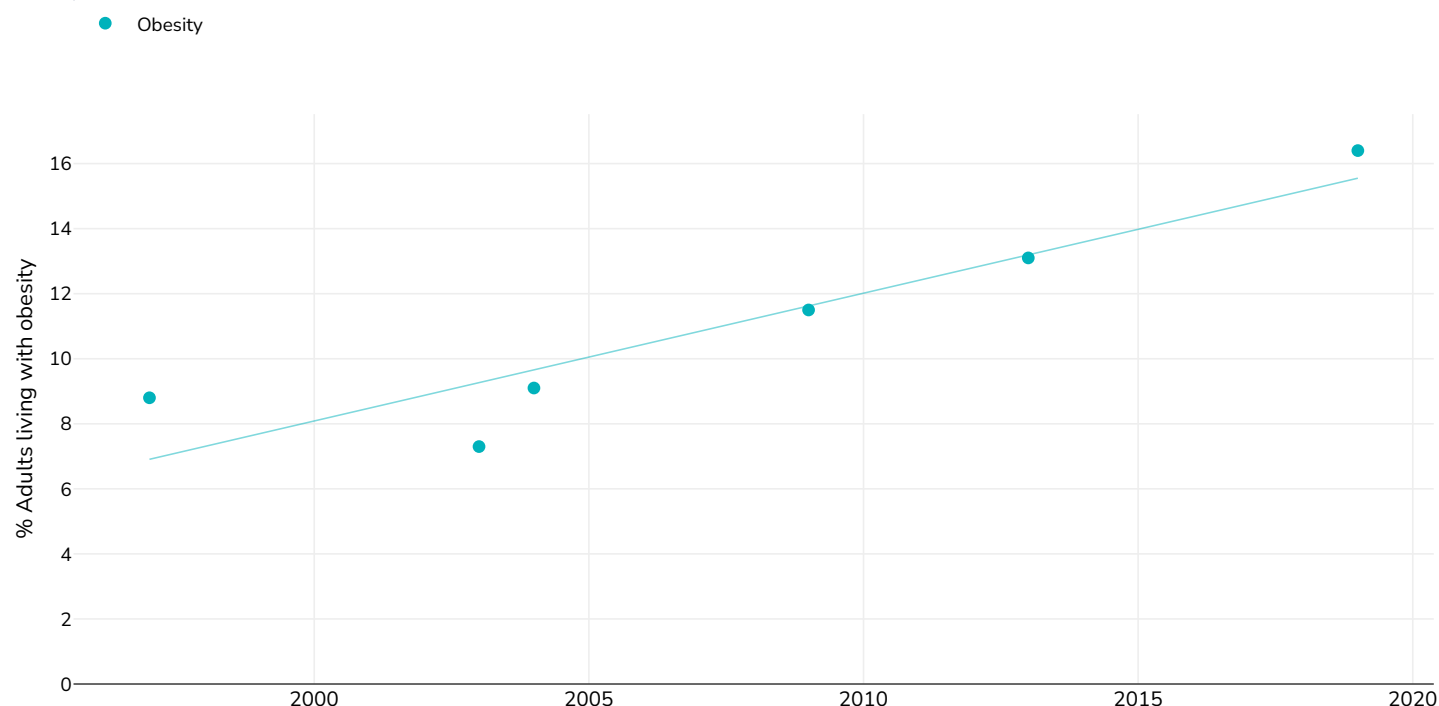2009: Wichai Aekplakorn, Rungkarn Inthawong, Pattapong Kessomboon, et al., Â"Prevalence and Trends of Obesity and Association with Socioeconomic Status in Thai Adults: National Health Examination Surveys, 1991–2009,Â" Journal of Obesity, vol. 2014, Article ID 410259, 8 pages, 2014. doi:10.1155/2014/410259

2013: Report of the 5th National Health Examination Survey 2014. Office of Policy and Strategy, Ministry of Public Health, Health Promotion Fund, Health Systems Research Institute (HSRI). https://www.hiso.or.th/thaihealthstat/report/sreport.php?y=2014&l=sreport5 (Accessed 11.07.25)

2019: Aekplakorn, W., Puckcharern, H., and Satheannoppakao. (2021). The 6th National Health Examination Survey 2019-2020.

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., Â"Prevalence and Trends of Obesity and Association with Socioeconomic Status in Thai Adults: National Health Examination Surveys, 1991–2009,Â" Journal of Obesity, vol. 2014, Article ID 410259, 8 pages, 2014. doi:10.1155/2014/410259

2013: Report of the 5th National Health Examination Survey 2014. Office of Policy and Strategy, Ministry of Public Health, Health Promotion Fund, Health Systems Research Institute (HSRI). https://www.hiso.or.th/thaihealthstat/report/sreport.php?y=2014&l=sreport5 (Accessed 11.07.25)

2019: Aekplakorn, W., Puckcharern, H., and Satheannoppakao. (2021). The 6th National Health Examination Survey 2019-2020.

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Men

● Obesity

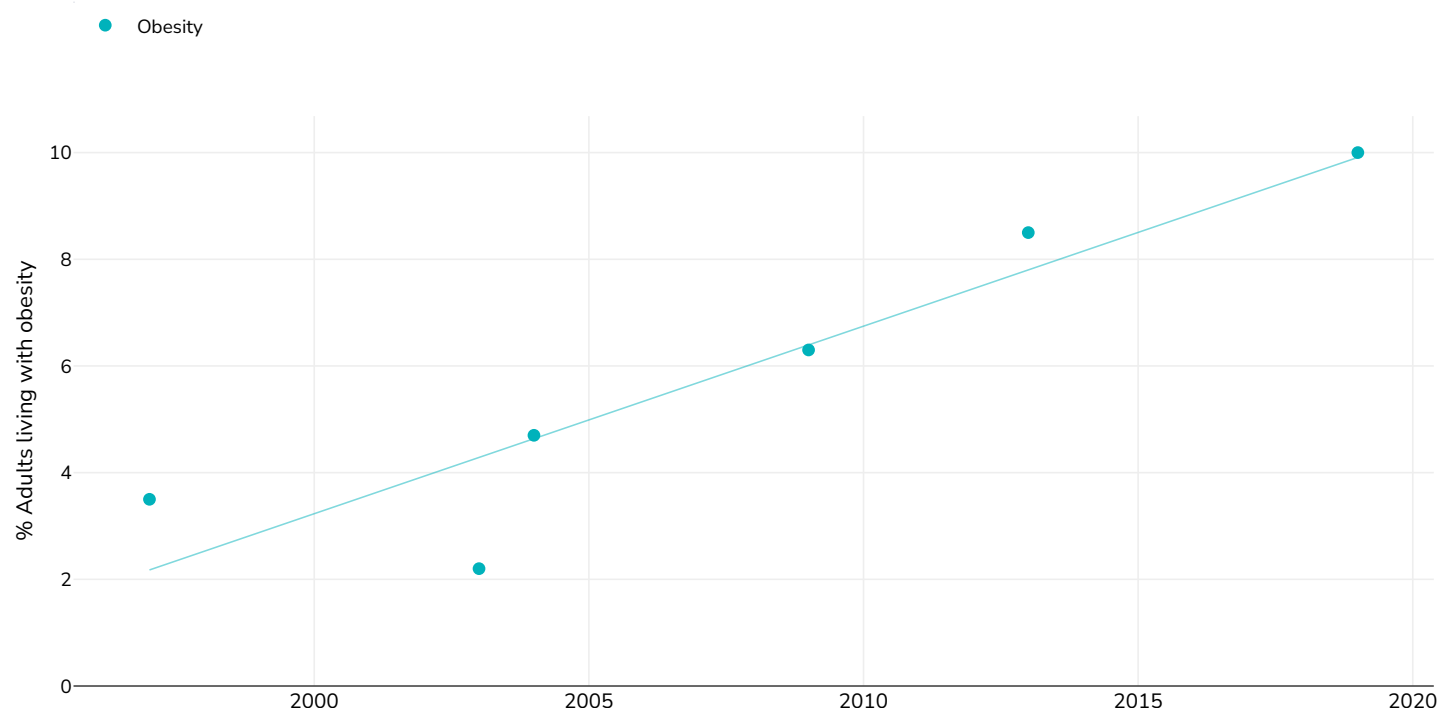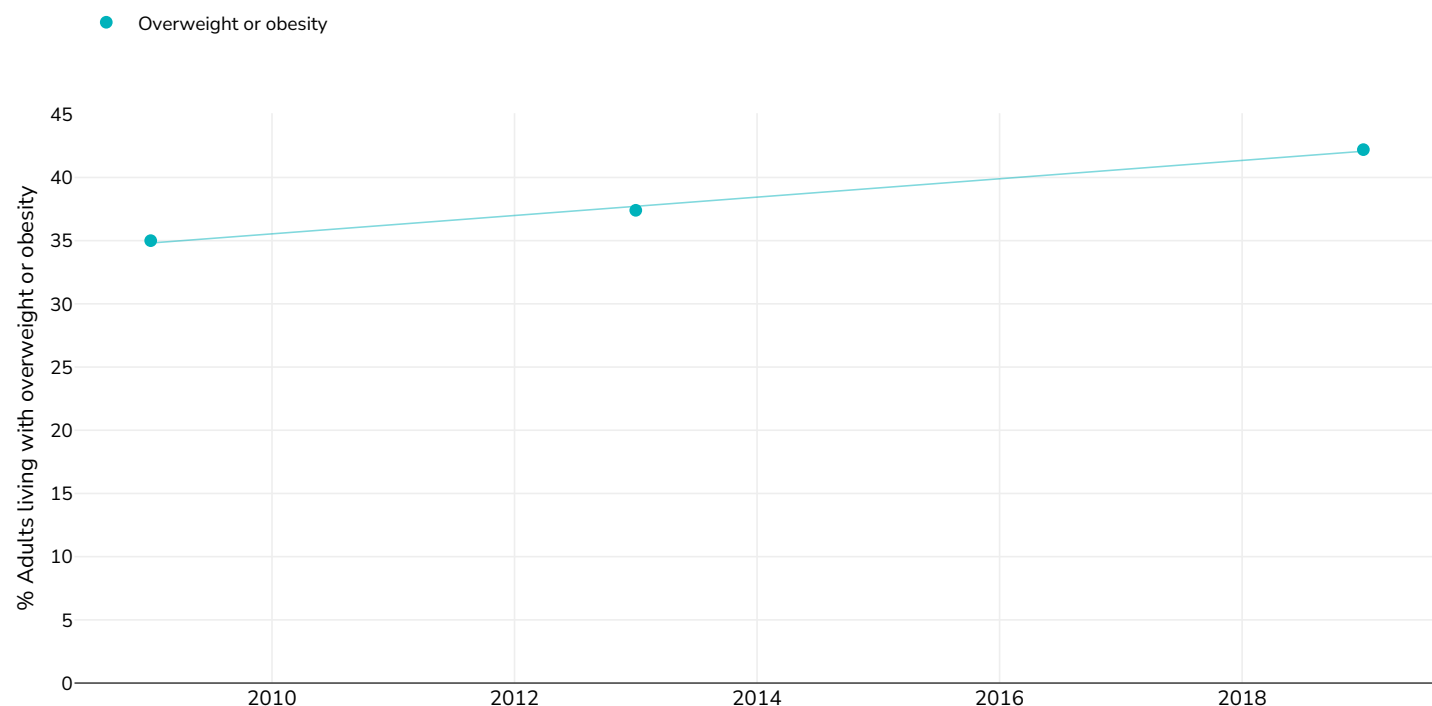| Survey type:	Measured

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.

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2013: Report of the 5th National Health Examination Survey 2014. Office of Policy and Strategy, Ministry of Public Health, Health Promotion Fund, Health Systems Research Institute (HSRI). https://www.hiso.or.th/thaihealthstat/report/sreport.php?y=2014&l=sreport5 (Accessed 11.07.25)

2019: Aekplakorn, W., Puckcharern, H., and Satheannoppakao. (2021). The 6th National Health Examination Survey 2019-2020.

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 Thailand 2003-2019

Men and women

● Overweight or obesity

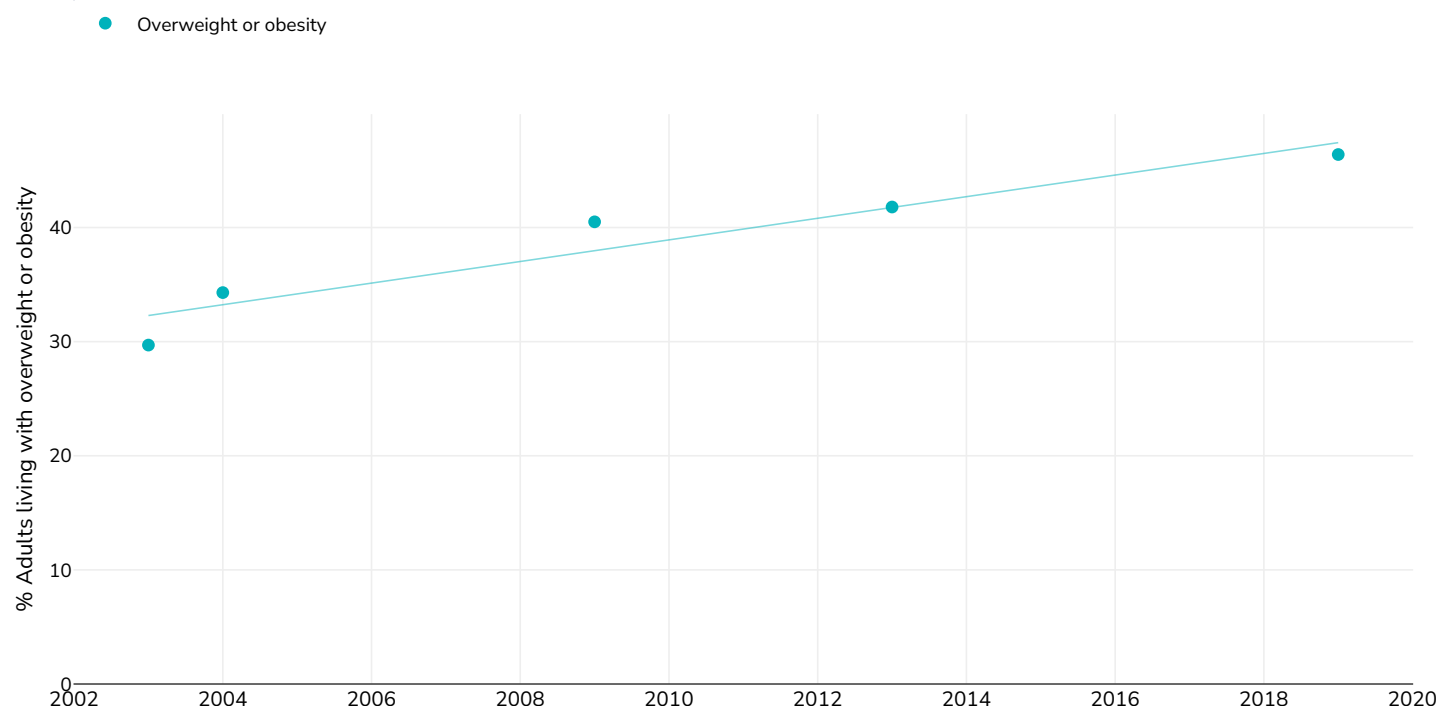

Survey type:	Measured

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., Â"Prevalence and Trends of Obesity and Association with Socioeconomic Status in Thai Adults: National Health Examination Surveys, 1991–2009,Â" Journal of Obesity, vol. 2014, Article ID 410259, 8 pages, 2014. doi:10.1155/2014/410259
	2013: Report of the 5th National Health Examination Survey 2014. Office of Policy and Strategy, Ministry of Public Health, Health Promotion Fund, Health Systems Research Institute (HSRI). https://www.hiso.or.th/thaihealthstat/report/sreport.php?y=2014&l=sreport5 (Accessed 11.07.25)
	2019: Aekplakorn, W., Puckcharern, H., and Satheannoppakao. (2021). The 6th National Health Examination Survey 2019-2020.

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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.
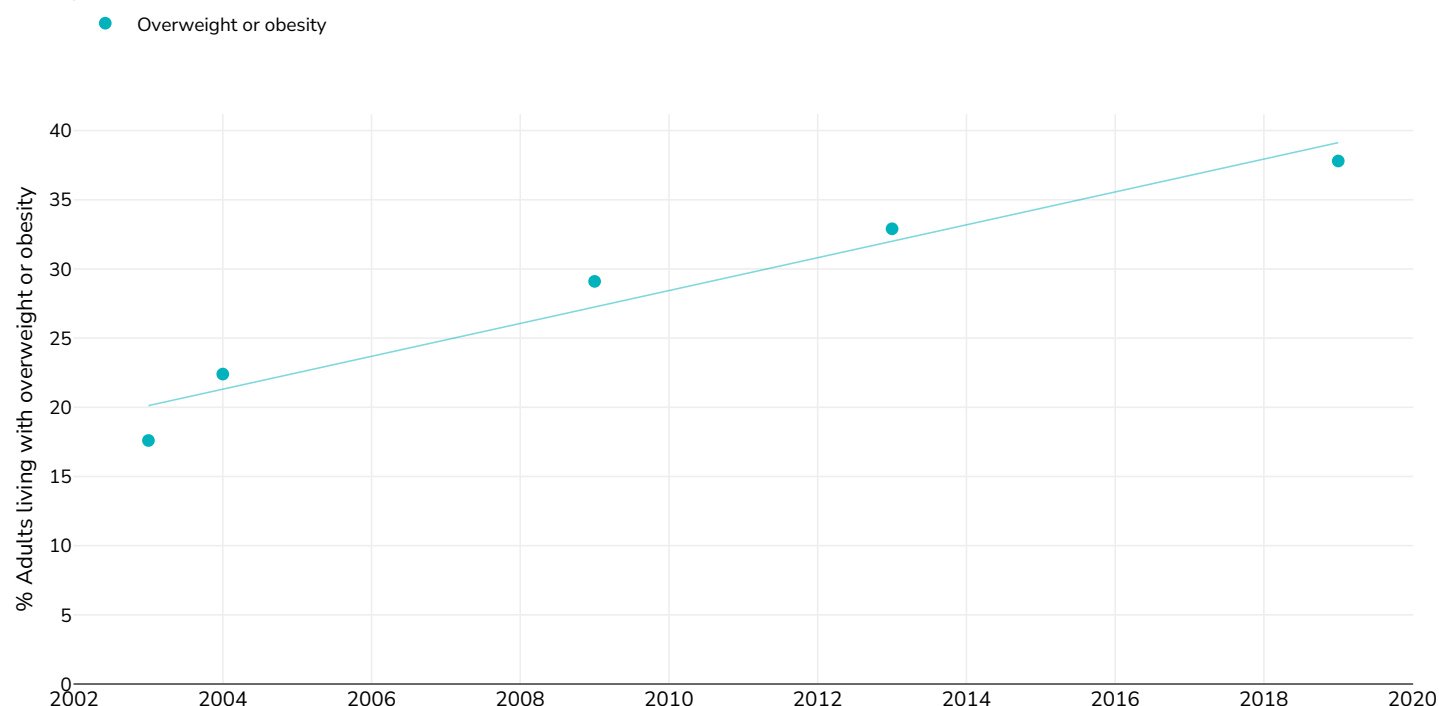
Women

Overweight or obesity

% Adults living with 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., Â"Prevalence and Trends of Obesity and Association with Socioeconomic Status in Thai Adults: National Health Examination Surveys, 1991–2009,Â" Journal of Obesity, vol. 2014, Article ID 410259, 8 pages, 2014. doi:10.1155/2014/410259
	2013: Report of the 5th National Health Examination Survey 2014. Office of Policy and Strategy, Ministry of Public Health, Health Promotion Fund, Health Systems Research Institute (HSRI). https://www.hiso.or.th/thaihealthstat/report/sreport.php?y=2014&l=sreport5 (Accessed 11.07.25)
	2019: Aekplakorn, W., Puckcharern, H., and Satheannoppakao. (2021). The 6th National Health Examination Survey 2019-2020.

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.

Men

● 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., Â"Prevalence and Trends of Obesity and Association with Socioeconomic Status in Thai Adults: National Health Examination Surveys, 1991–2009,Â" Journal of Obesity, vol. 2014, Article ID 410259, 8 pages, 2014. doi:10.1155/2014/410259
	2013: Report of the 5th National Health Examination Survey 2014. Office of Policy and Strategy, Ministry of Public Health, Health Promotion Fund, Health Systems Research Institute (HSRI). https://www.hiso.or.th/thaihealthstat/report/sreport.php?y=2014&l=sreport5 (Accessed 11.07.25)
	2019: Aekplakorn, W., Puckcharern, H., and Satheannoppakao. (2021). The 6th National Health Examination Survey 2019-2020.

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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

Adults, 2021

■ Overweight or obesity
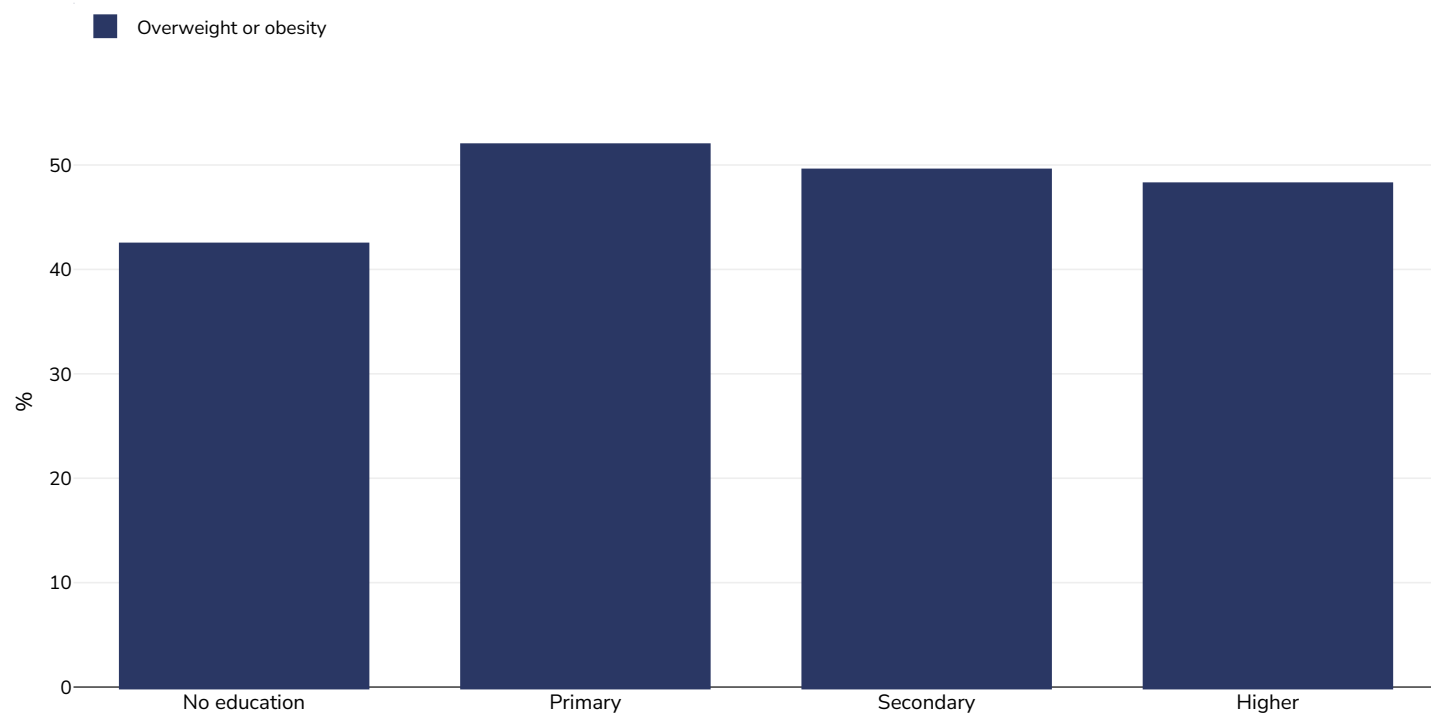
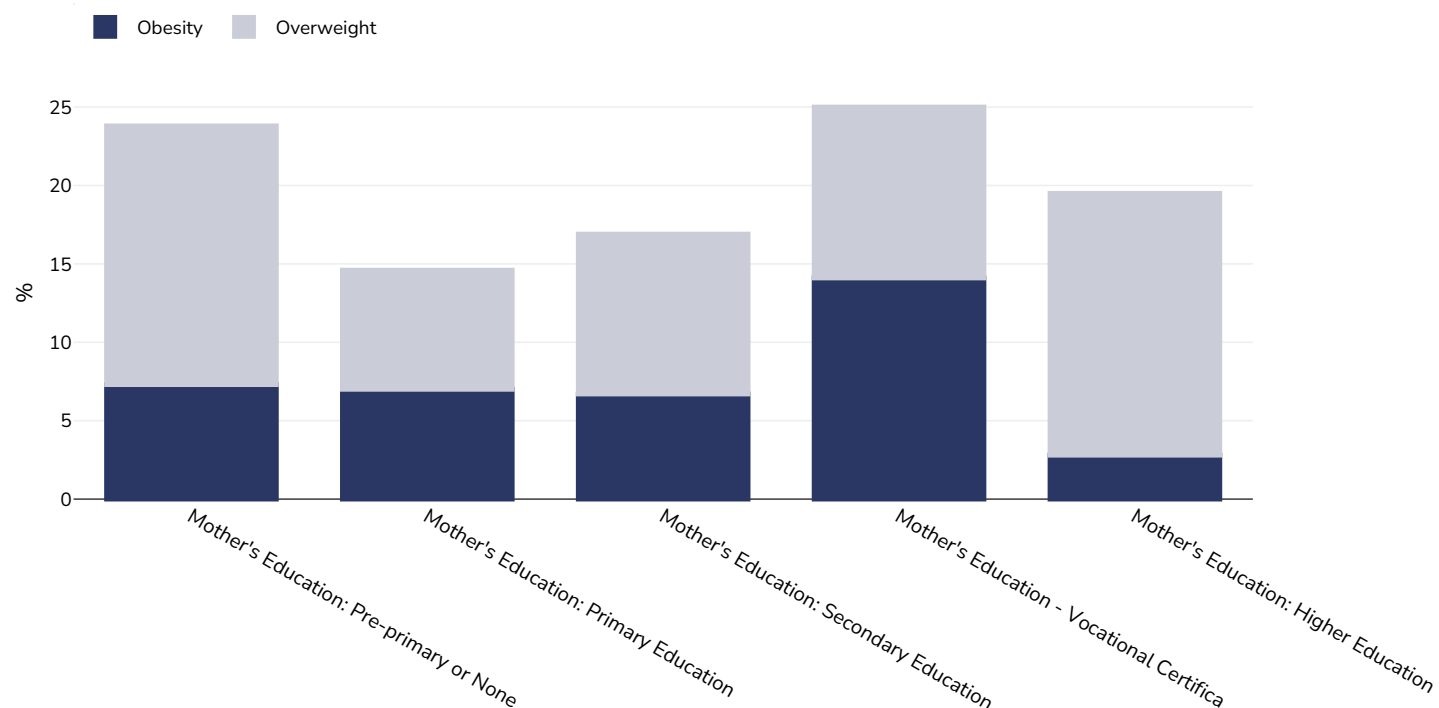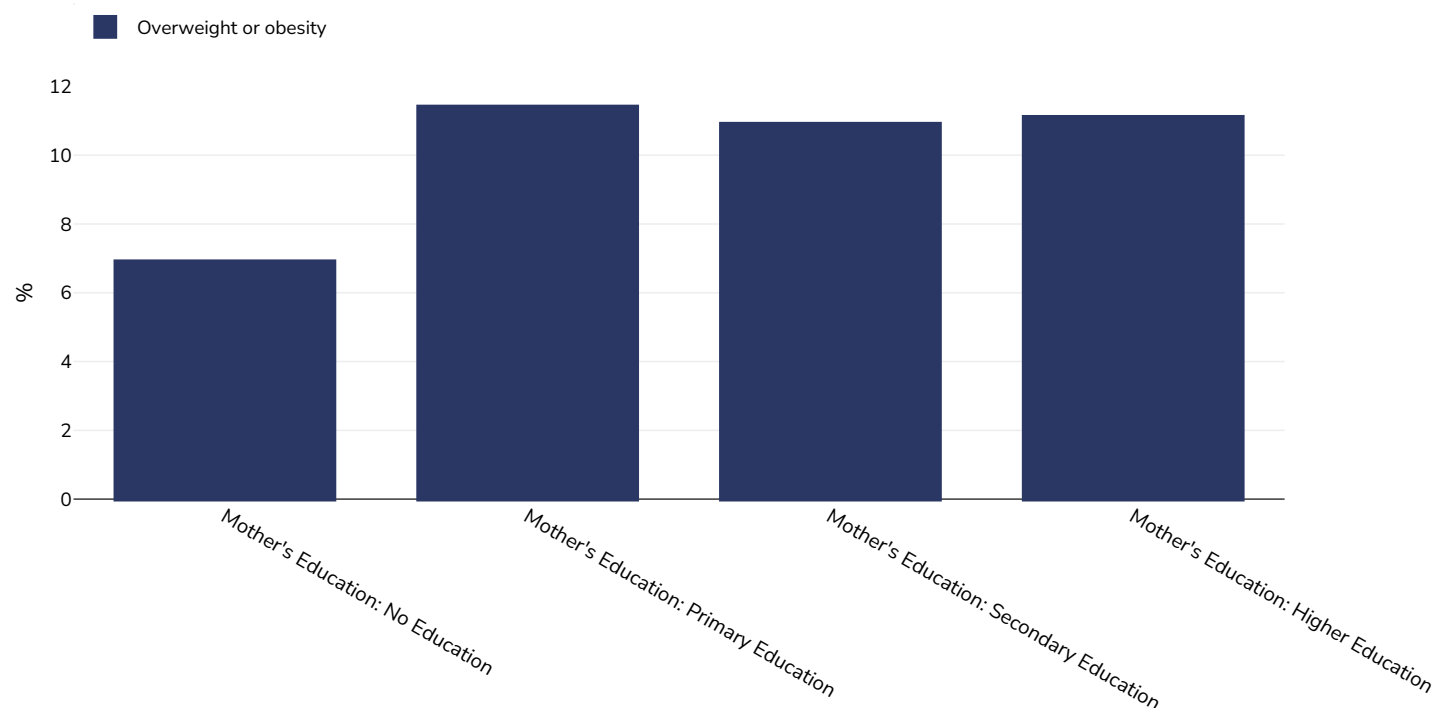| Survey type:	Self-reported
Age:	15+
Sample size:	207,191
Area covered:	National
References:	Polathep Vichitkunakorn, Warintorn Bunyanukul, Kanarit Apiwan, Detphop Tanasanchonnakul & Monsicha Sittisombut (2025) Prevalence of non-communicable disease risk factors and their association with economic status: findings from the 2021 health behaviour of population survey in Thailand, Global Health Action, 18:1, 2485689, DOI: 10.1080/16549716.2025.2485689 [Accessed 11.07.25]
Definitions:	BMI ≥ 23 kg/m2
Cutoffs:	WHO Asia

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

Children, 2016

Legend: ■ Obesity   ■ Overweight

Y-axis: % (0, 5, 10, 15, 20, 25)

X-axis categories:
- Mother's Education: Pre-primary or None
- Mother's Education: Primary Education
- Mother's Education: Secondary Education
- Mother's Education - Vocational Certifica
- Mother's Education: Higher Education

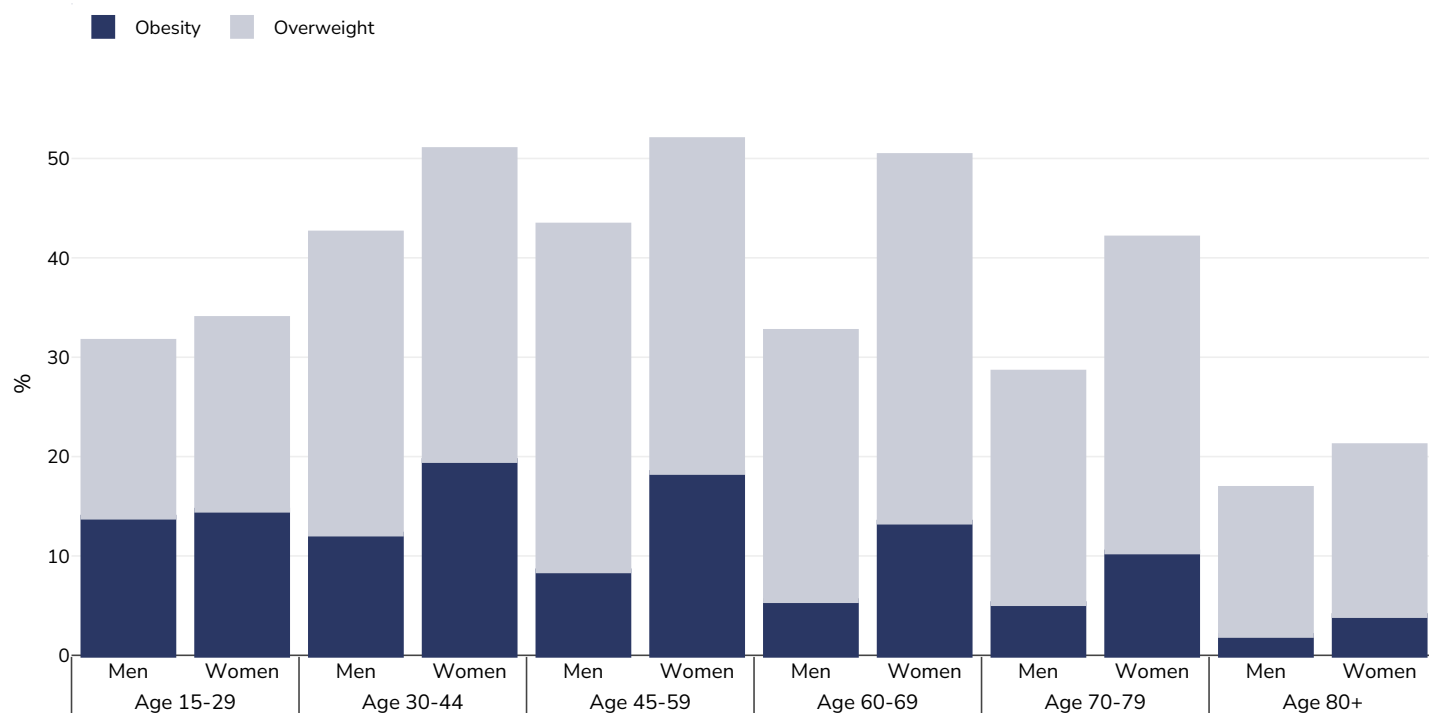|	
Survey type:	Measured
Age:	6-18
Sample size:	1749
Area covered:	Regional
References:	Nonboonyawat, T. et al. (2019). Prevalence and associates of obesity and overweight among school-age children in a rural community of Thailand. Korean Journal of Pediatrics, [online] 62(5), pp.179–186. doi:https://doi.org/10.3345/kjp.2018.06499 [Accessed 08.07.25]
Notes:	The sample was from 9 public schools in Baan Na Yao, Chachoengsao Province and Baan Sai Thong, Sa Kaeo Province in central Thailand. NB: Small sample sizes in vocational and higher categories
Cutoffs:	WHO

0-5 years, 2022

■ Overweight or obesity

Survey type:	Measured
Sample size:	9470
Area covered:	National
References:	Thailand Multiple Indicator Cluster Survey 2022, Survey Findings Report
Notes:	UNICEF/WHO/World Bank Joint Child Malnutrition Estimates Expanded Database: Overweight estimates: National and Disaggregated, July 2025, New York. Weighted sample size. For more information, please consult https://data.unicef.org/resources/jme/.
Definitions:	Percentage of children under 5 years of age falling above 2 standard deviations (moderate and severe) from the median weight-for-height of the reference population.
Cutoffs:	=>+2SD

Overweight/obesity by age

Adults, 2019-2020

■ Obesity   ■ Overweight

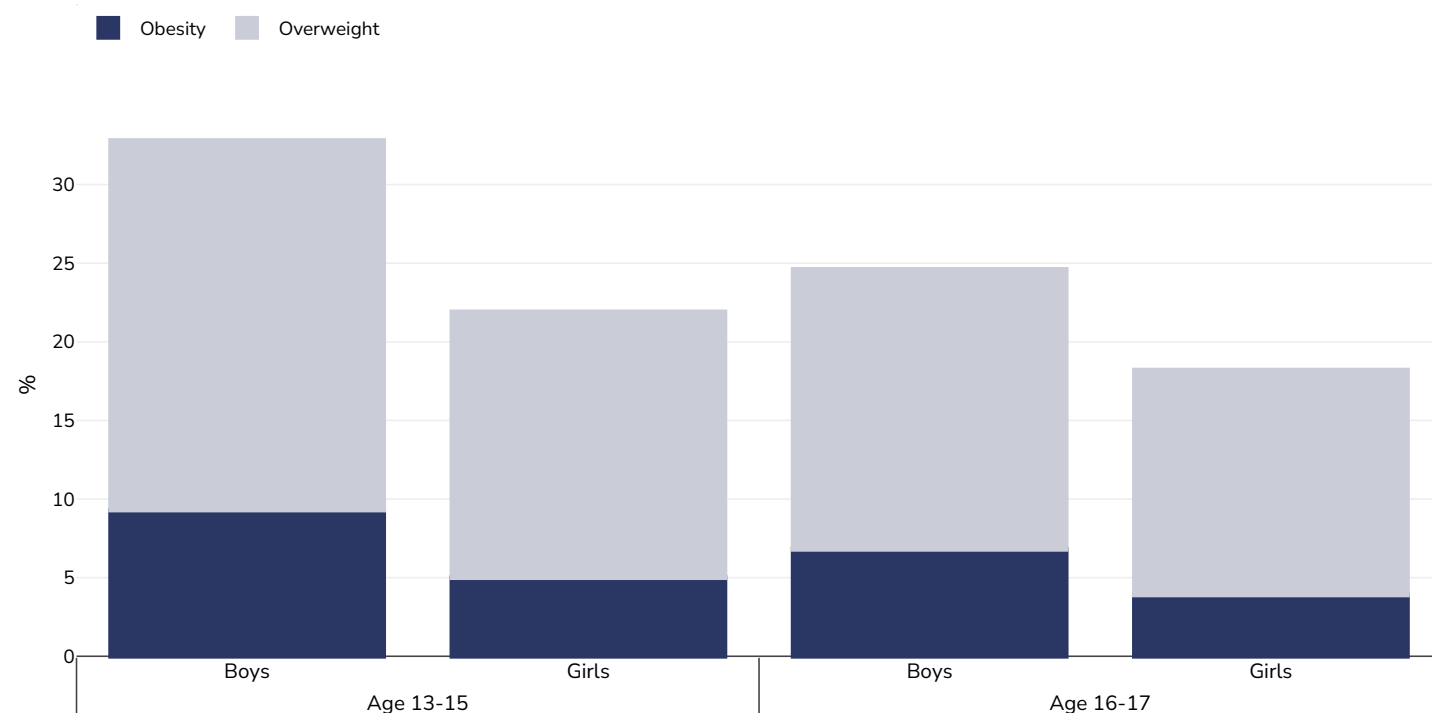|	
Survey type:	Measured
Sample size:	22,459
Area covered:	National
References:	Aekplakorn, W., Puckcharern, H., and Satheannoppakao. (2021). The 6th National Health Examination Survey 2019-2020. https://www.hiso.or.th/thaihealthstat/report/sreport.php?y=2019&l=sreport6 [Accessed 11.07.25]
Notes:	WHO standard cutoffs shown to allow comparison with non-Asian countries, data using WHO Asia cutoffs also available

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
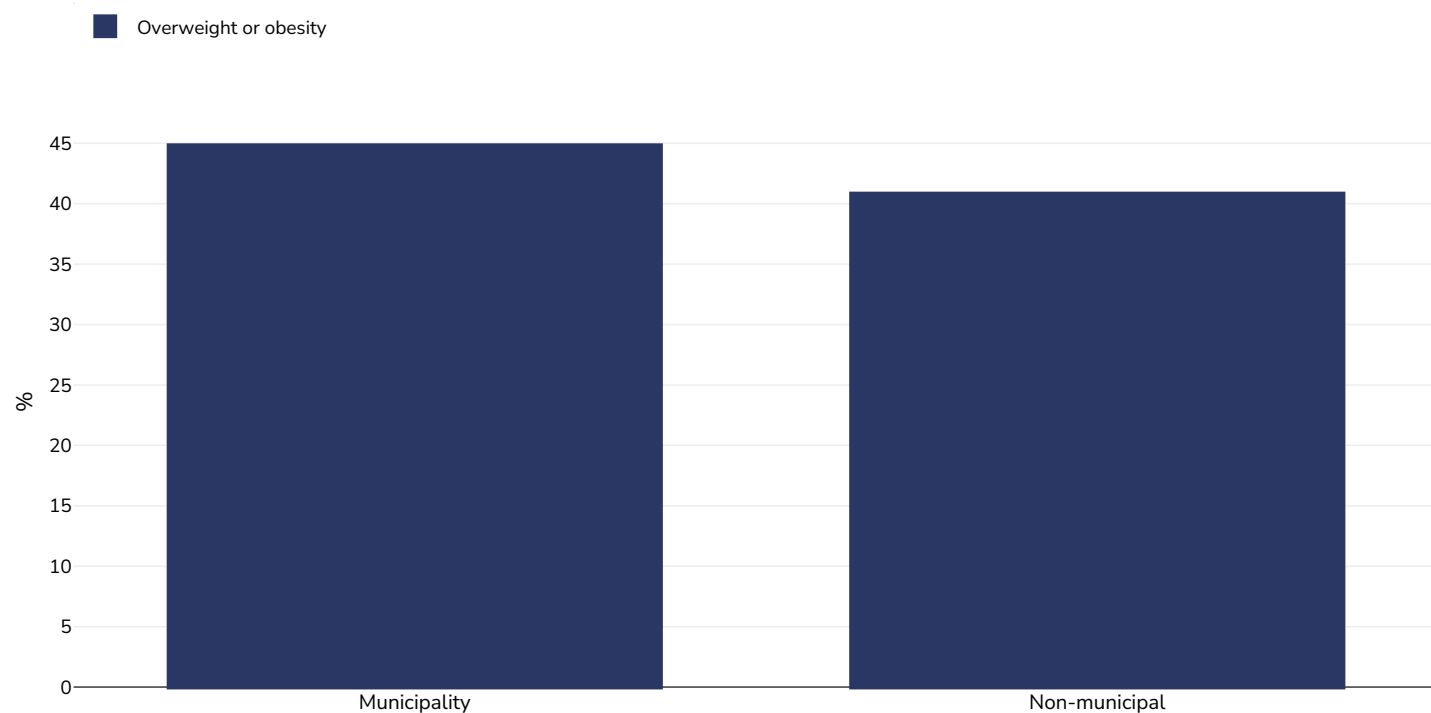
Children, 2021

■ Obesity ■ Overweight

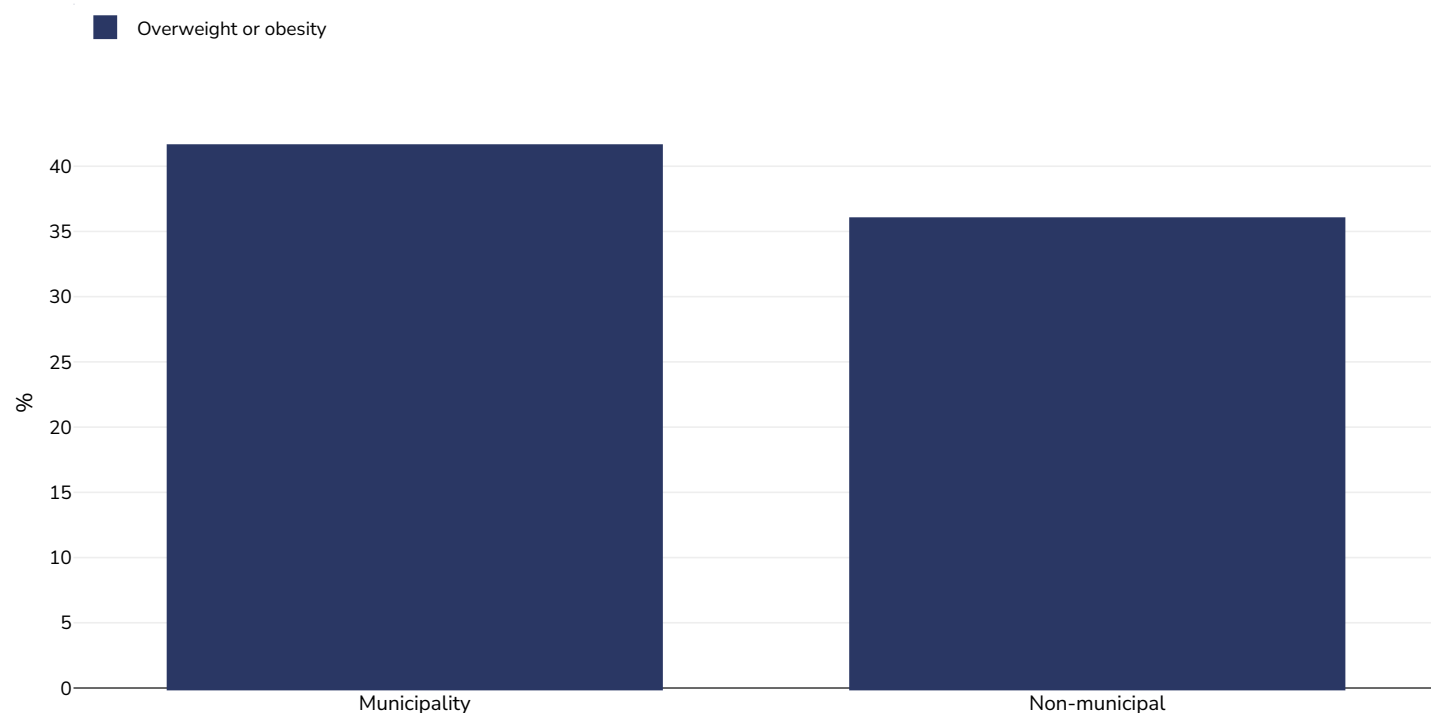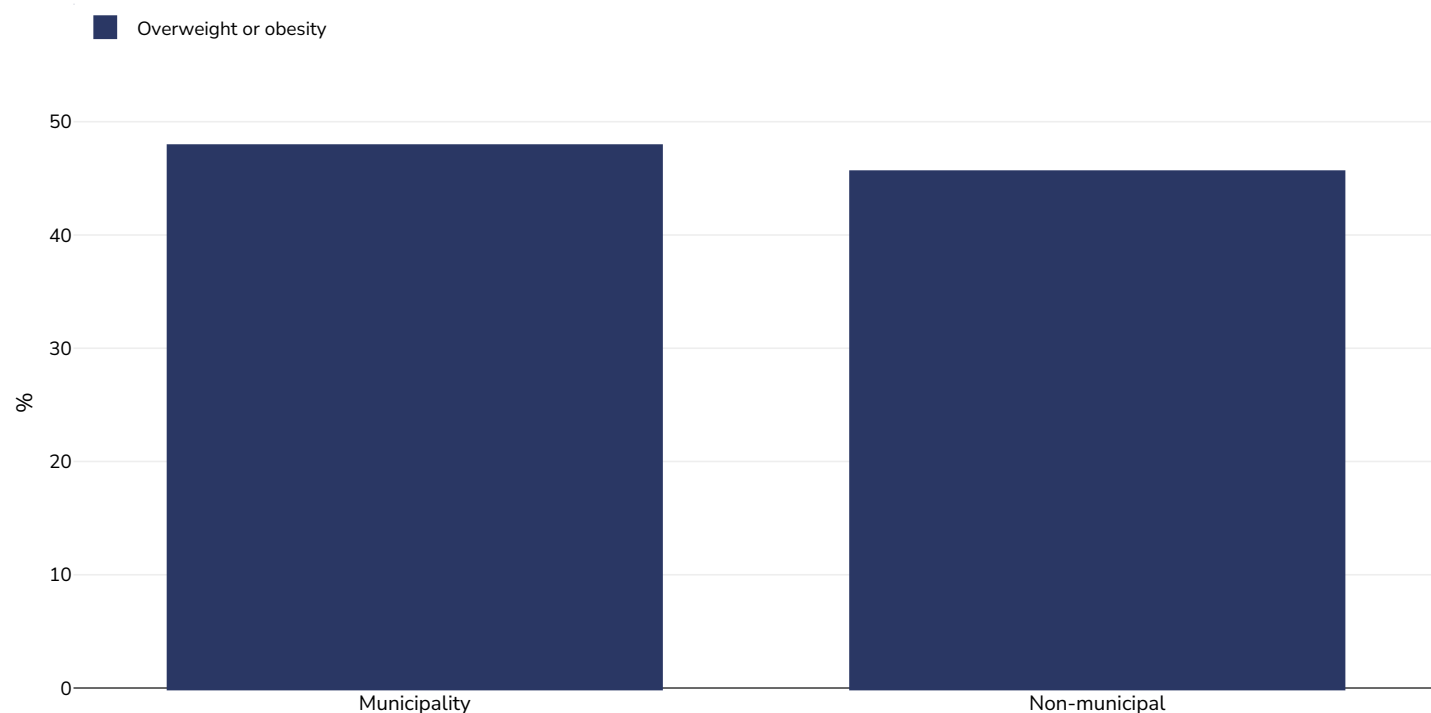| Survey type:	Measured
Sample size:	5661
Area covered:	National
References:	2021 GSHS Fact Sheet Thailand. Available at: https://cdn.who.int/media/docs/default-source/ncds/ncd-surveillance/data-reporting/thailand/2021_thailand_gshs_fact_sheetada1f3cd-2ee4-4258-a01f-b40873aaf988.pdf?sfvrsn=be5c3553_1&download=true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

Overweight/obesity by region

Adults, 2019-2020

■ Overweight or obesity

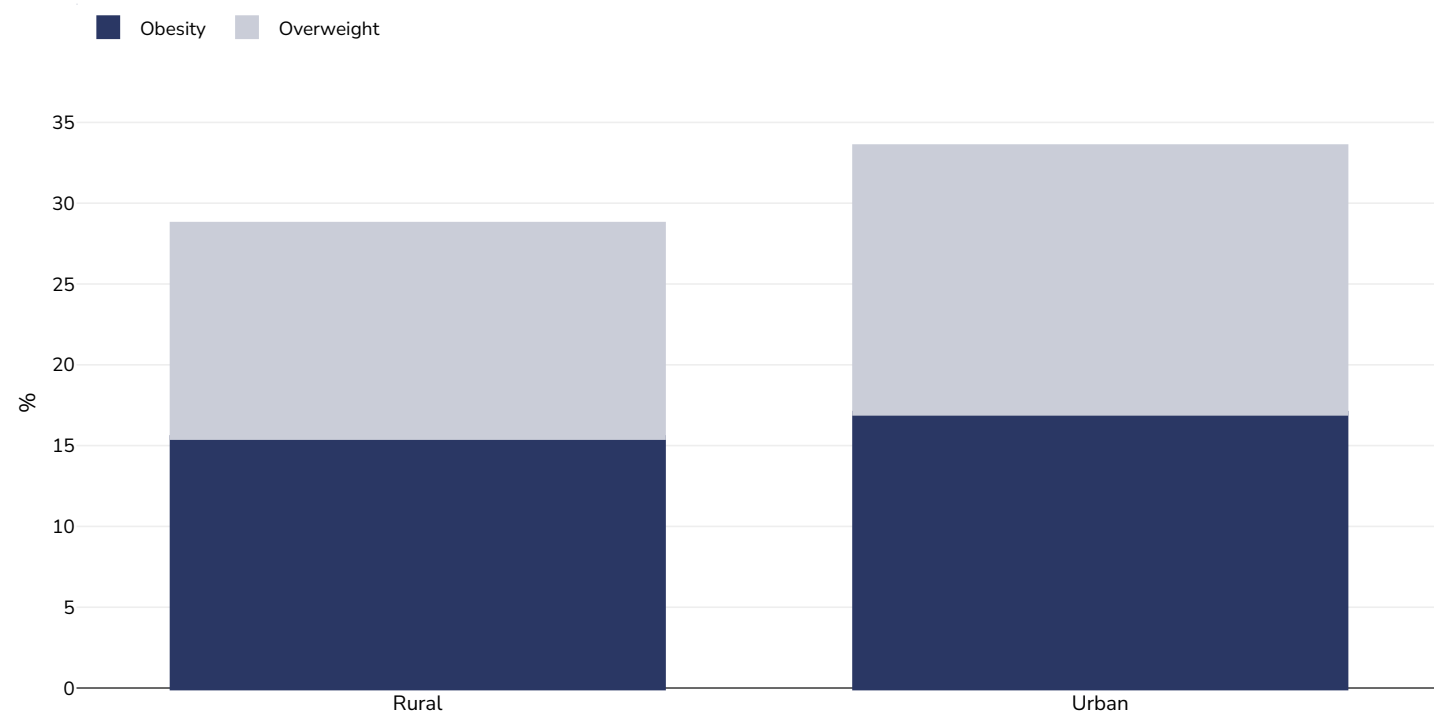| Survey type:	Measured
Age:	15+
Sample size:	22,459
Area covered:	National
References:	Aekplakorn, W., Puckcharern, H., and Satheannoppakao. (2021). The 6th National Health Examination Survey 2019-2020. https://www.hiso.or.th/thaihealthstat/report/sreport.php?y=2019&l=sreport6 [Accessed 11.07.25]
Notes:	WHO standard cutoffs shown to allow comparison with non-Asian countries, data using WHO Asia cutoffs also available
	Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².

Men, 2019-2020

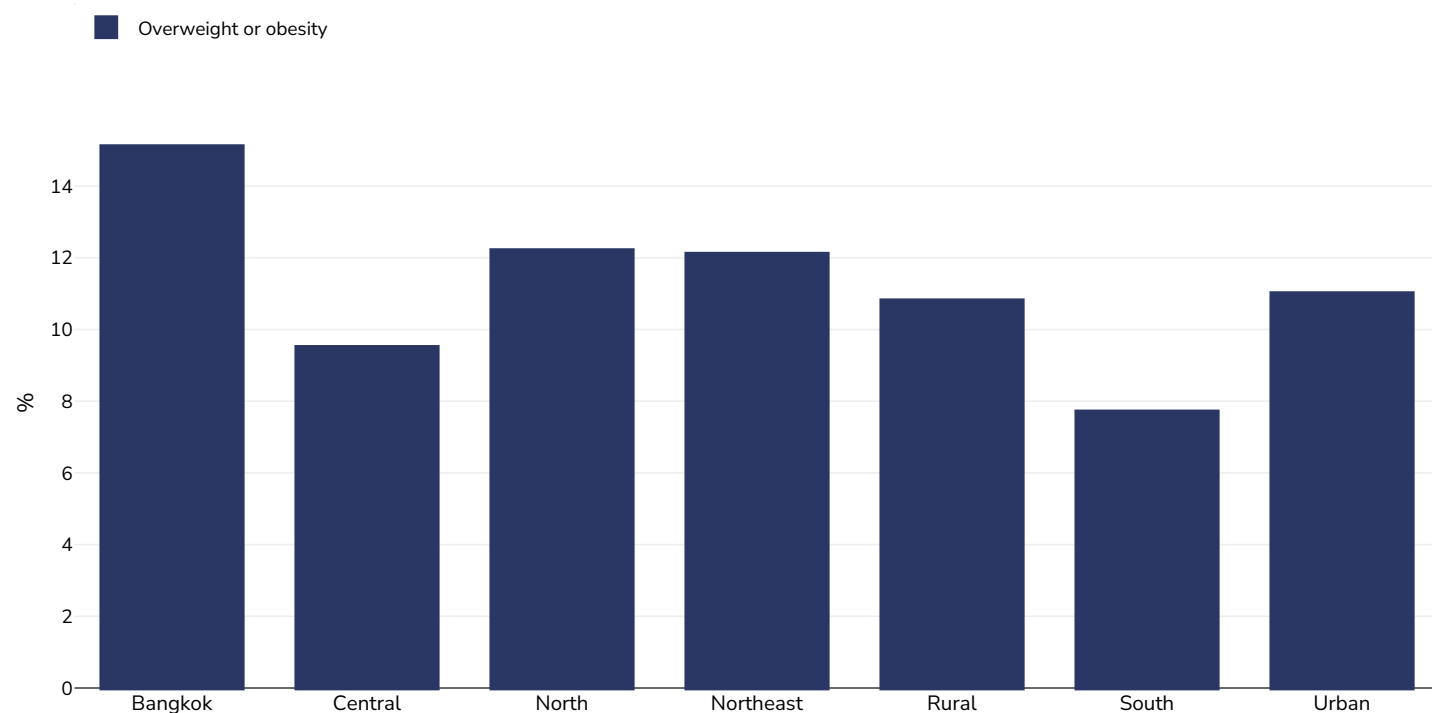■ Overweight or obesity

Survey type:	Measured
Age:	15+
Sample size:	22,459
Area covered:	National
References:	Aekplakorn, W., Puckcharern, H., and Satheannoppakao. (2021). The 6th National Health Examination Survey 2019-2020. https://www.hiso.or.th/thaihealthstat/report/sreport.php?y=2019&l=sreport6 [Accessed 11.07.25]
Notes:	WHO standard cutoffs shown to allow comparison with non-Asian countries, data using WHO Asia cutoffs also available

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

Women, 2019-2020

Legend: Overweight or obesity

Bar chart showing percentages for Municipality (~48%) and Non-municipal (~46%).

Survey type:	Measured
Age:	15+
Sample size:	22,459
Area covered:	National
References:	Aekplakorn, W., Puckcharern, H., and Satheannoppakao. (2021). The 6th National Health Examination Survey 2019-2020. https://www.hiso.or.th/thaihealthstat/report/sreport.php?y=2019&l=sreport6 [Accessed 11.07.25]
Notes:	WHO standard cutoffs shown to allow comparison with non-Asian countries, data using WHO Asia cutoffs also available

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

Children, 2020

■ Obesity ■ Overweight

Survey type:	Measured
Age:	7-12
Sample size:	1088
Area covered:	National
References:	Pongcharoen, T. et al. (2024). South East Asian Nutrition Surveys II (SEANUTS II) Thailand: triple burden of malnutrition among Thai children aged 6 months to 12 years. Public Health Nutrition, [online] 27(1). doi:https://doi.org/10.1017/s1368980024000053 [Accessed 08.07.25] ⬚
Definitions:	Overweight: BMI-for-age z-scores >1 to ≤2 sd. Obesity: BMI-for-age z-scores >2 sd
Cutoffs:	WHO

0-5 years, 2022

■ Overweight or obesity

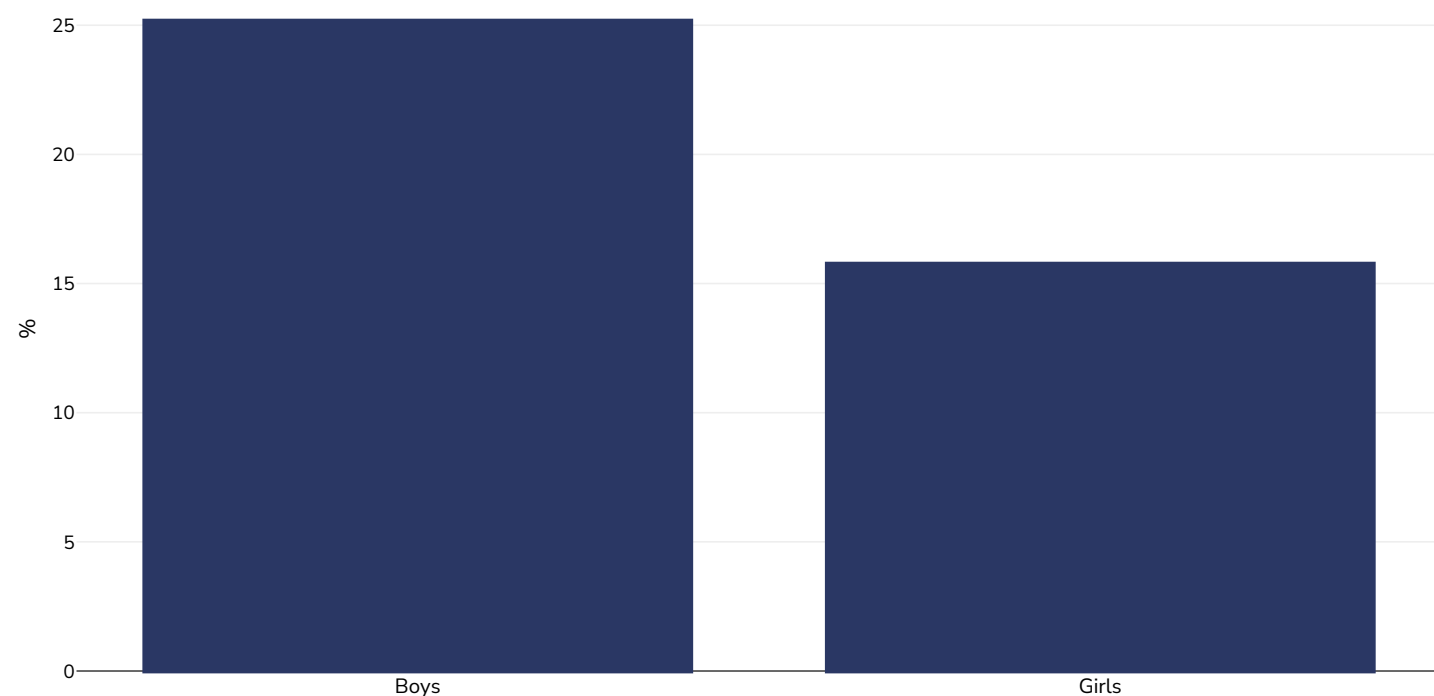| Survey type:	Measured
Sample size:	9504
Area covered:	National
References:	National Statistical Office of Thailand. 2023. Thailand Multiple Indicator Cluster Survey 2022, Survey Findings Report. Bangkok, Thailand: National Statistical Office of Thailand.
Definitions:	Percentage of children under age 5 who are above 2 standard deviations (moderate and severe) of the median weight-for-height of the reference population
Cutoffs:	+2 SD

Overweight/obesity by socio-economic group

Adults, 2021

■ Overweight or obesity
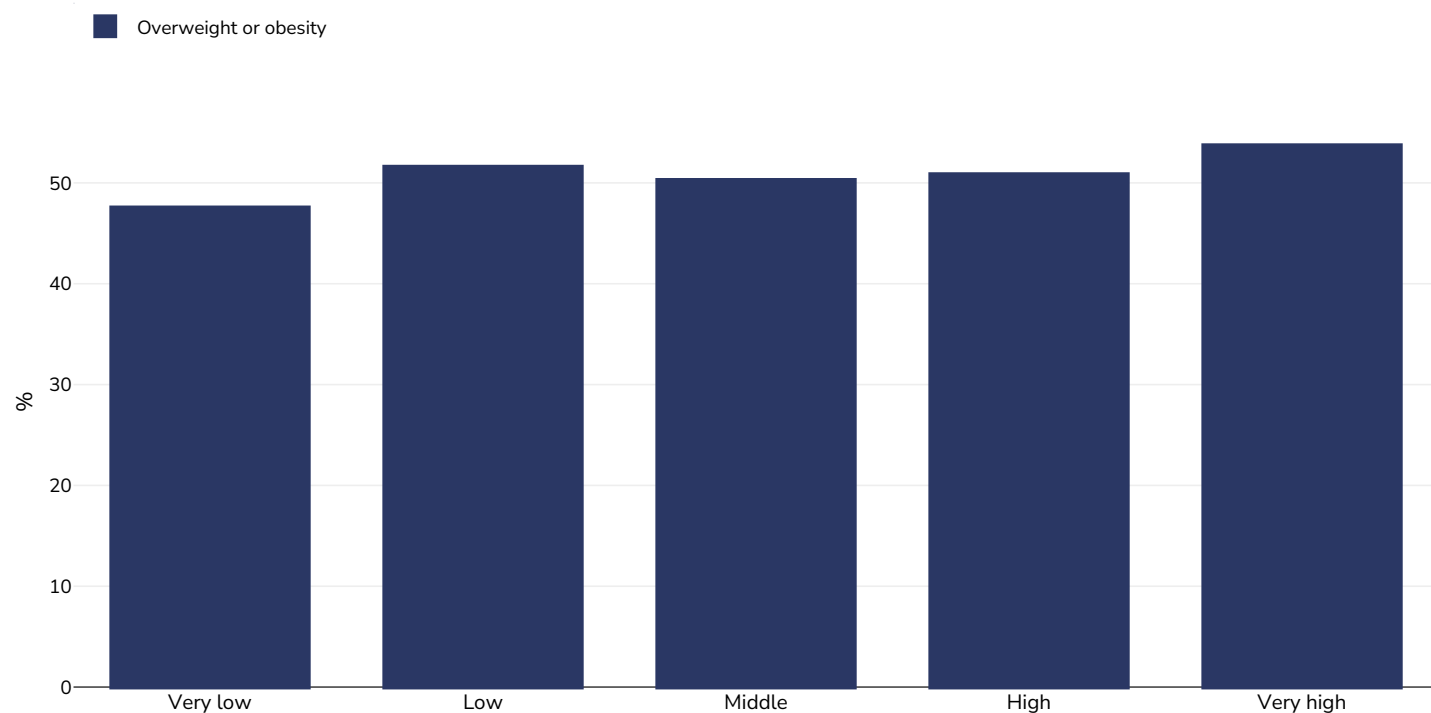
Survey type:	Self-reported
Age:	15+
Sample size:	201,191
Area covered:	National
References:	Polathep Vichitkunakorn, Warintorn Bunyanukul, Kanarit Apiwan, Detphop Tanasanchonnakul & Monsicha Sittisombut (2025) Prevalence of non-communicable disease risk factors and their association with economic status: findings from the 2021 health behaviour of population survey in Thailand, Global Health Action, 18:1, 2485689, DOI: 10.1080/16549716.2025.2485689 [Accessed 11.07.25]
Definitions:	BMI ≥ 23 kg/m²
Cutoffs:	WHO Asia

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, 2022

■ Overweight or obesity

Survey type:	Measured
Sample size:	9504
Area covered:	National
References:	National Statistical Office of Thailand. 2023. Thailand Multiple Indicator Cluster Survey 2022, Survey Findings Report. Bangkok, Thailand: National Statistical Office of Thailand.
Notes:	Percentage of children under age 5 who are above 2 standard deviations (moderate and severe) of the median weight-for-height of the reference population
Cutoffs:	+2 SD

Double burden of underweight & overweight

Adults, 2022

Survey type:	Measured
Age:	20+
References:	NCD Risk Factor Collaboration (NCD-RisC). Worldwide trends in underweight and obesity from 1990 to 2022: a pooled analysis of 3663 population representative studies with 222 million children, adolescents, and adults. Lancet 2024; published online Feb 29. https://doi.org/10.1016/S0140-6736(23)02750-2.
Notes:	Age Standardised estimates
Definitions:	Combined prevalence of BMI<18.5 kg/m² and BMI>=30 kg/m² (double burden of underweight and obesity)

Children, 2022

Survey type:	Measured
Age:	5-19
References:	NCD Risk Factor Collaboration (NCD-RisC). Worldwide trends in underweight and obesity from 1990 to 2022: a pooled analysis of 3663 population representative studies with 222 million children, adolescents, and adults. Lancet 2024; published online Feb 29. https://doi.org/10.1016/S0140-6736(23)02750-2.
Notes:	Age standardised estimates
Definitions:	Combined prevalence of BMI < -2SD and BMI > 2SD (double burden of thinness and obesity)
Cutoffs:	BMI < -2SD and BMI > 2SD

0-5 years, 2022

Survey type:	Measured
Age:	0-5
References:	United Nations Children's Fund, Division of Data, Analysis, Planning and Monitoring (2025). Global UNICEF Global Databases: Overlapping Stunting, Wasting and Overweight (Survey Estimates), 2025, New York. For more information, visit: https://data.unicef.org/topic/nutrition/malnutrition/ [Accessed 06.08.25]
Notes:	Thailand Multiple Indicator Cluster Survey 2022, Survey Findings Report
Definitions:	Combined percentage of children under 5 years of age who are either wasted, stunted, or overweight (falling below -2 standard deviations from the median weight-for-height, falling below -2 standard deviations from the median height for age, or falling at or above +2 standard deviations from the median weight-for-height of the reference population)
Cutoffs:	WHZ <-2, HAZ <-2 and WHZ >+2

Insufficient physical activity

Adults, 2022

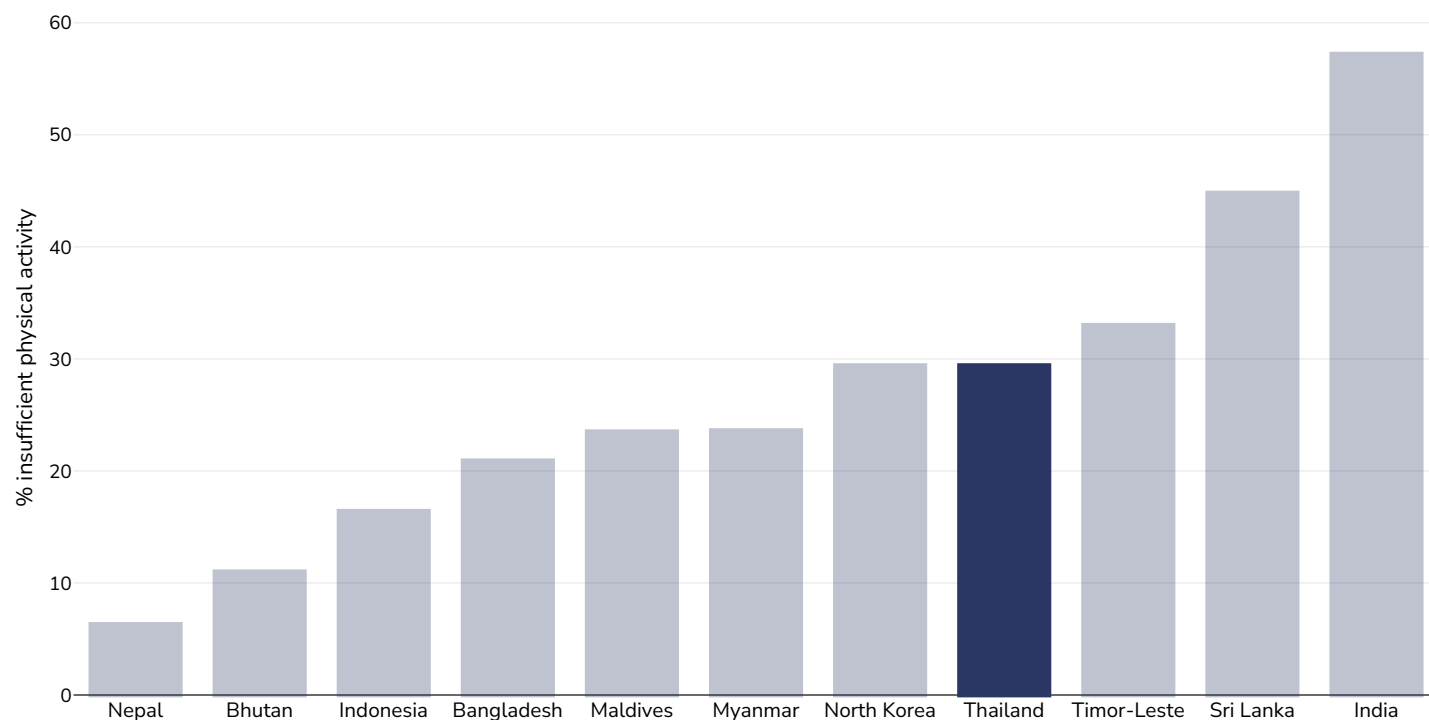|	
Survey type:	Self-reported
Age:	18+
Area covered:	National
References:	WHO (2024). Prevalence of insufficient physical activity among adults aged 18-years age-standardized estimate in 2022. Available at https://www.who.int/data/gho/data/indicators/indicator-details/GHO/prevalence-of-insufficient-physical-activity-among-adults-aged-18-years-(age-standardized-estimate)-(-)
Definitions:	Percent of population attaining less than 150 minutes of moderate-intensity physical activity per week, or less than 75 minutes of vigorous-intensity physical activity per week, or equivalent.

Men, 2022

% insufficient physical activity (y-axis)

Country	Value
Bhutan	~9
Nepal	~10.5
Bangladesh	~19.8
Myanmar	~20.2
Timor-Leste	~21
Indonesia	~21.6
North Korea	~24.5
Maldives	~25.4
Thailand	~28.3
Sri Lanka	~28.9
India	~42

|	
Survey type:	Self-reported
Age:	18+
Area covered:	National
References:	WHO (2024). Prevalence of insufficient physical activity among adults aged 18-years age-standardized estimate in 2022. Available at https://www.who.int/data/gho/data/indicators/indicator-details/GHO/prevalence-of-insufficient-physical-activity-among-adults-aged-18-years-(age-standardized-estimate)-(-)
Definitions:	Percent of population attaining less than 150 minutes of moderate-intensity physical activity per week, or less than 75 minutes of vigorous-intensity physical activity per week, or equivalent.

Women, 2022

Survey type:	Self-reported
Age:	18+
Area covered:	National
References:	WHO (2024). Prevalence of insufficient physical activity among adults aged 18-years age-standardized estimate in 2022. Available at https://www.who.int/data/gho/data/indicators/indicator-details/GHO/prevalence-of-insufficient-physical-activity-among-adults-aged-18-years-(age-standardized-estimate)-(-)
Definitions:	Percent of population attaining less than 150 minutes of moderate-intensity physical activity per week, or less than 75 minutes of vigorous-intensity physical activity per week, or equivalent.

Children, 2016
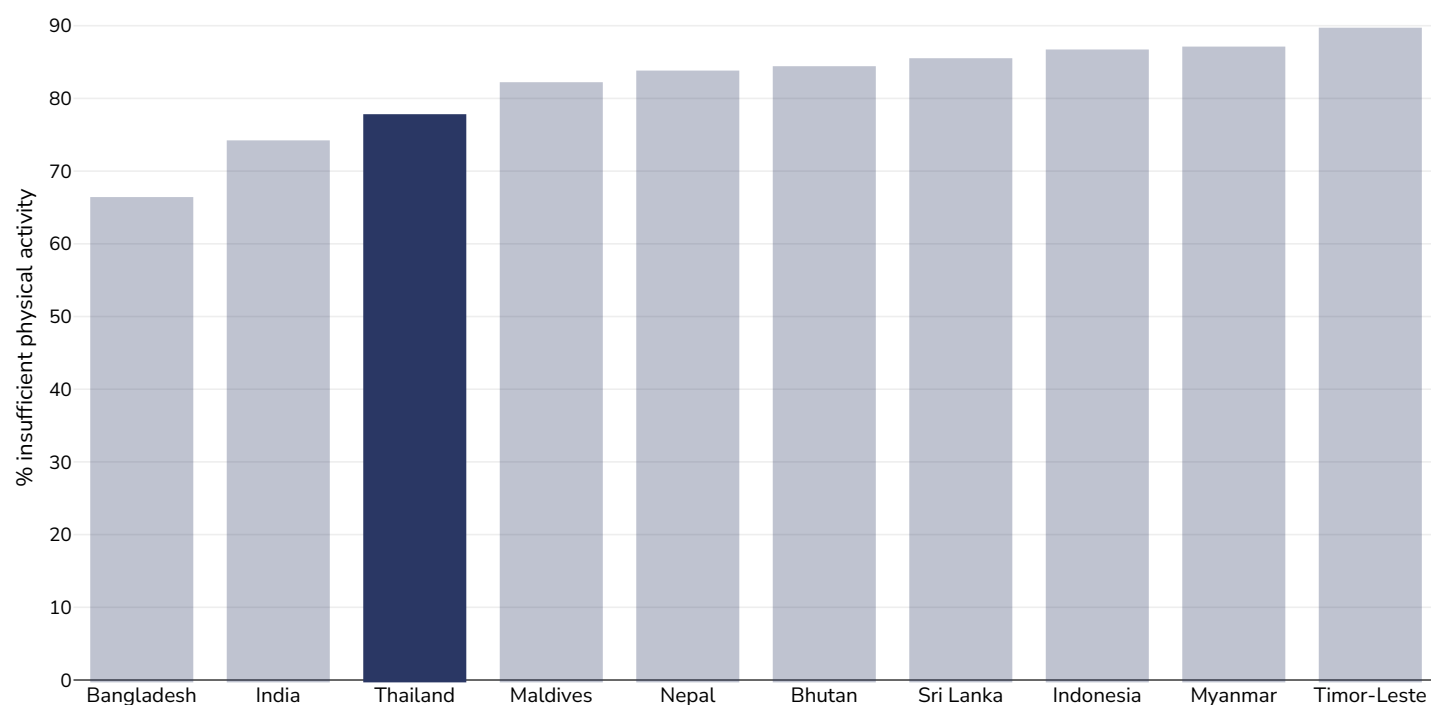
Survey type:	Self-reported
Age:	11-17
References:	Global Health Observatory data repository, World Health Organisation, https://apps.who.int/gho/data/node.main.A893ADO?lang=en (last accessed 16.03.21)
Notes:	% of school going adolescents not meeting WHO recommendations on Physical Activity for Health, i.e. doing less than 60 minutes of moderate- to vigorous-intensity physical activity daily.
Definitions:	% Adolescents insufficiently active (age standardised estimate)

Boys, 2016
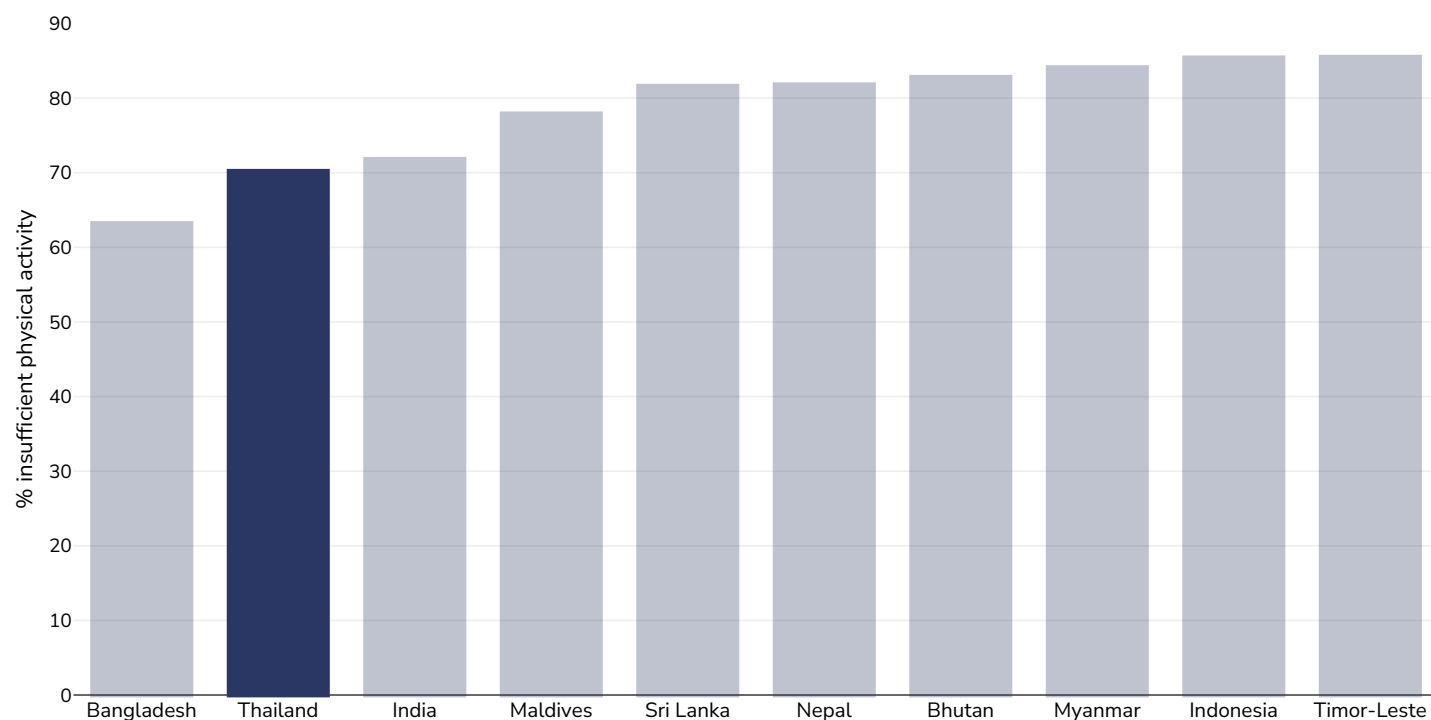
Survey type:	Self-reported
Age:	11-17
References:	Global Health Observatory data repository, World Health Organisation, https://apps.who.int/gho/data/node.main.A893ADO?lang=en (last accessed 16.03.21)
Notes:	% of school going adolescents not meeting WHO recommendations on Physical Activity for Health, i.e. doing less than 60 minutes of moderate- to vigorous-intensity physical activity daily.
Definitions:	% Adolescents insufficiently active (age standardised estimate)

Girls, 2016
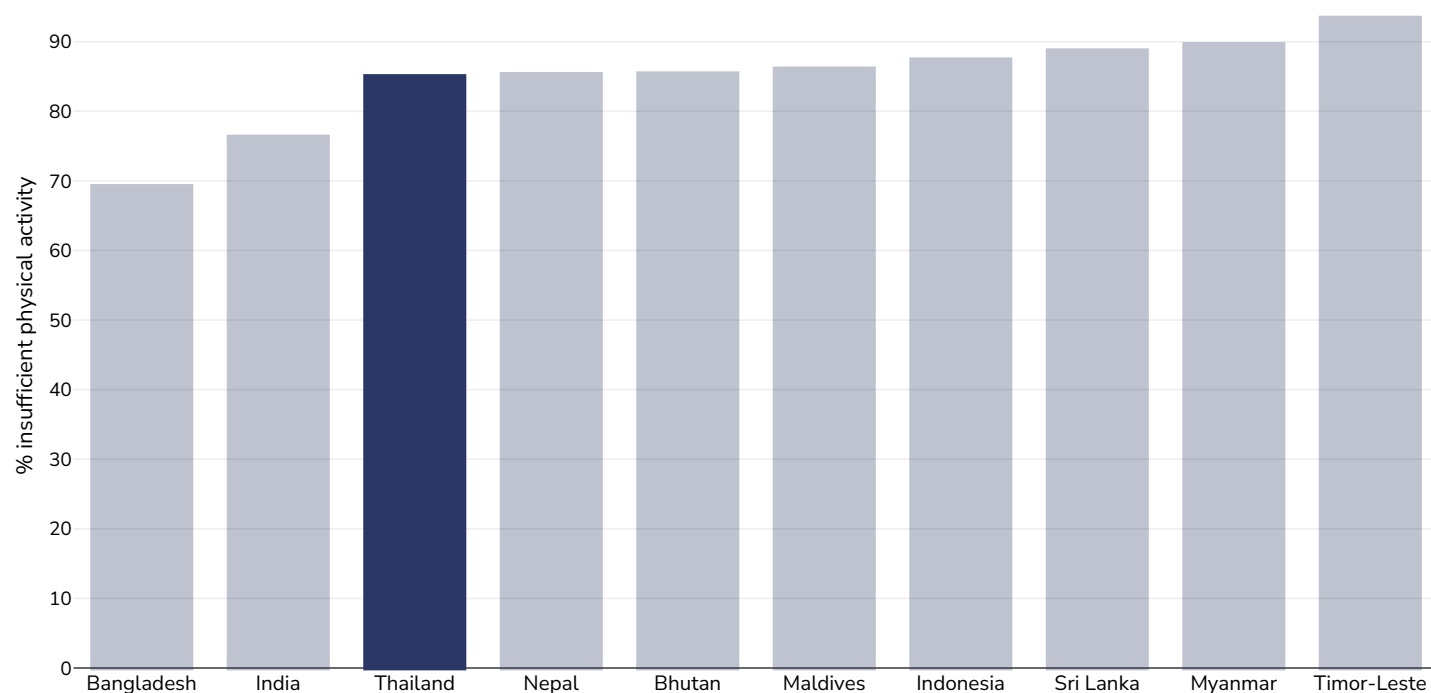
Survey type:	Self-reported
Age:	11-17
References:	Global Health Observatory data repository, World Health Organisation, https://apps.who.int/gho/data/node.main.A893ADO?lang=en (last accessed 16.03.21)
Notes:	% of school going adolescents not meeting WHO recommendations on Physical Activity for Health, 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
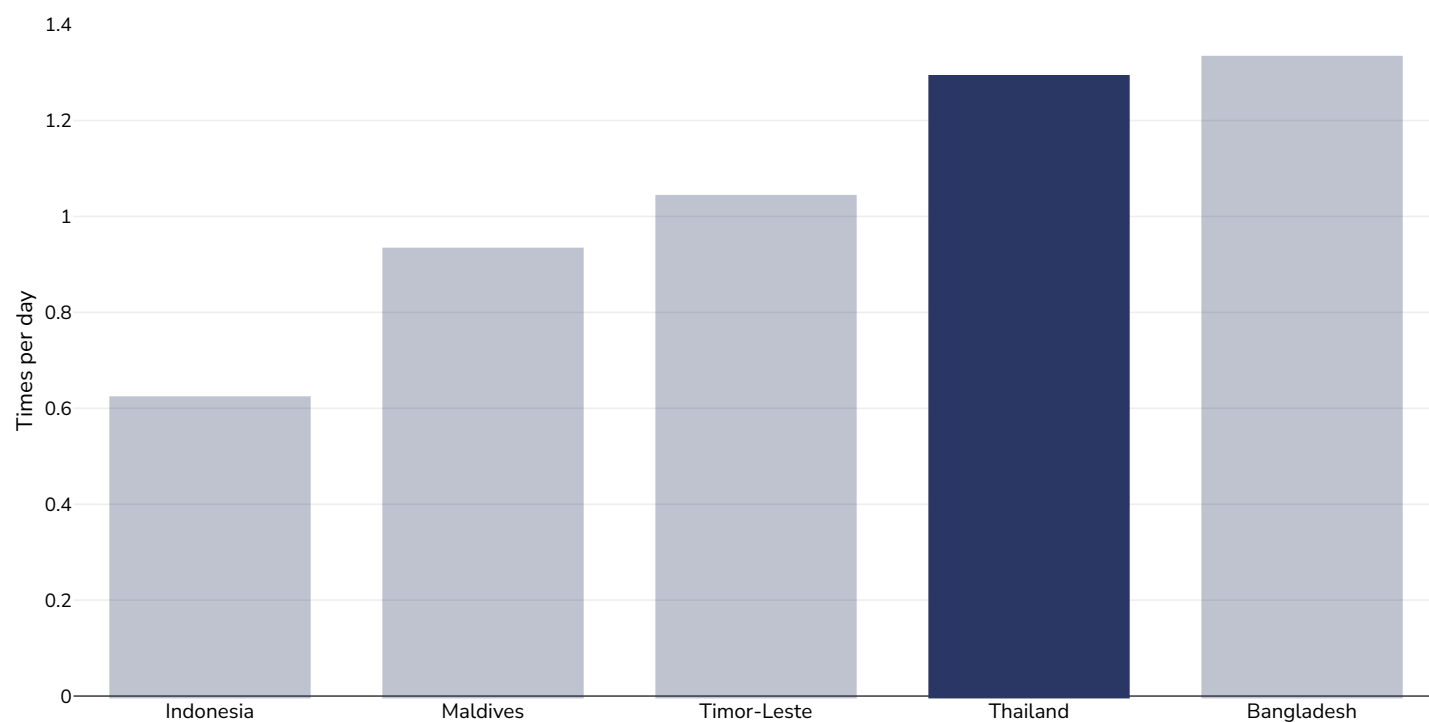
Survey type:	Measured
Age:	12-17
References:	Beal et al. (2019). Global Patterns of Adolescent Fruit, Vegetable, Carbonated Soft Drink, and Fast-food consumption: A meta-analysis of global school-based student health surveys. Food and Nutrition Bulletin. https://doi.org/10.1177/0379572119848287 sourced from Food Systems Dashboard http://www.foodsystemsdashboard.org/food-system

Estimated per capita fruit intake

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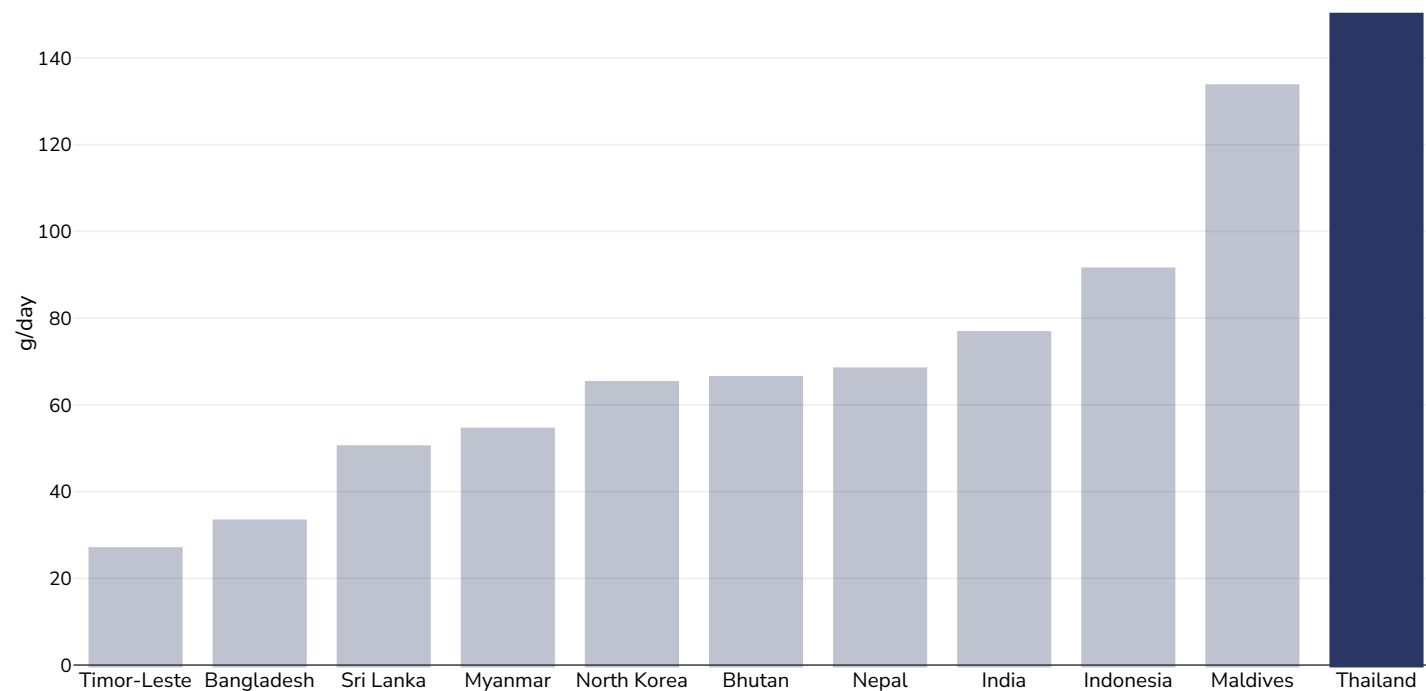
Survey type:	Measured
Age:	25+
References:	Global Burden of Disease, the Institute for Health Metrics and Evaluation http://ghdx.healthdata.org/
Definitions:	Estimated per-capita fruit intake (g/day)

Prevalence of less than daily fruit consumption

Children, 2015

|	
Survey type:	Self-reported
Age:	12-17
Area covered:	National
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, 2015

Survey type:	Self-reported
Age:	12-17
Area covered:	National
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
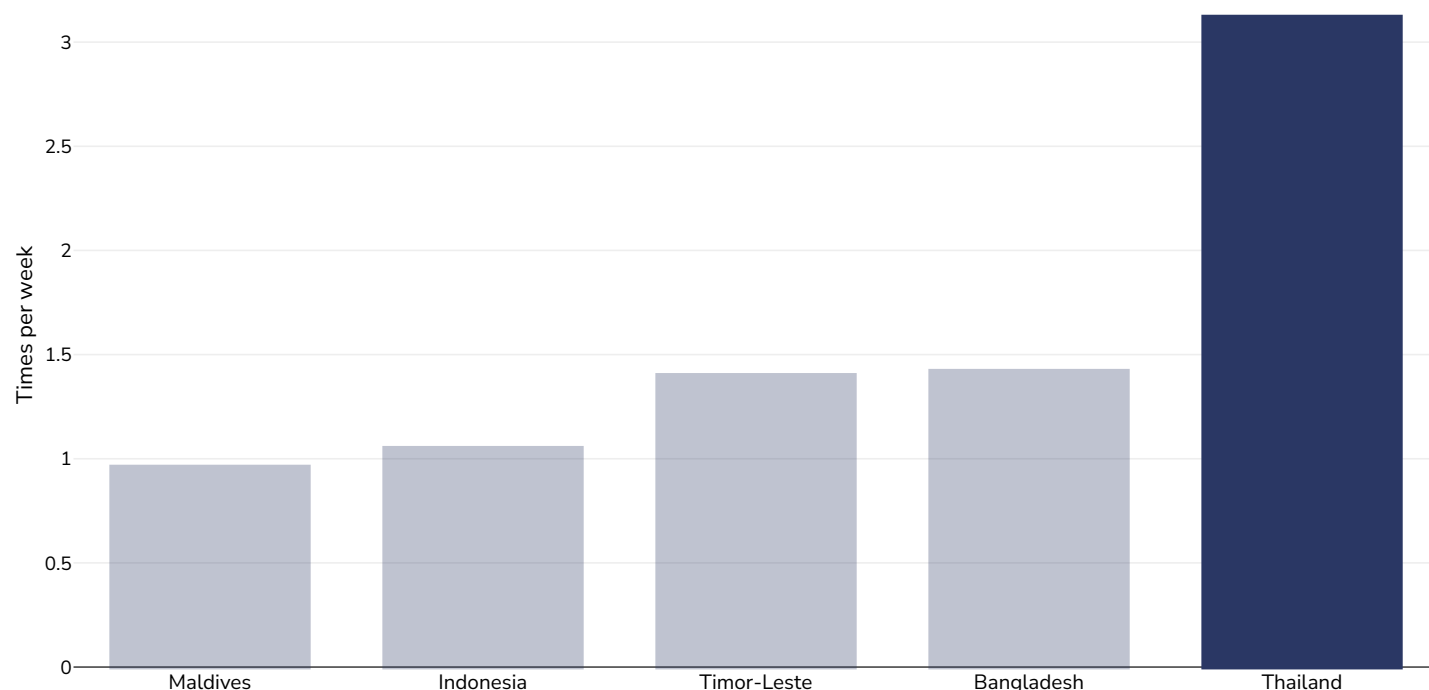
Age: 12-17

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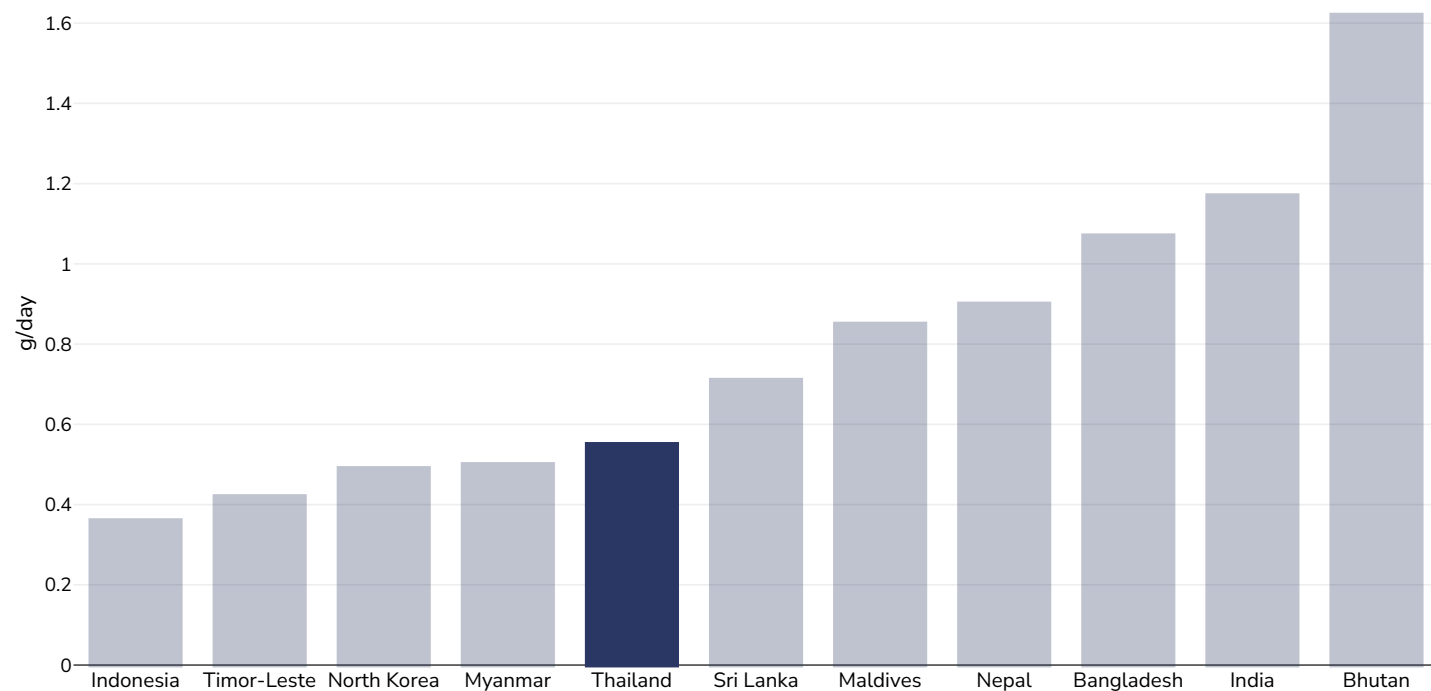
Survey type:	Measured
Age:	25+
References:	Global Burden of Disease, the Institute for Health Metrics and Evaluation http://ghdx.healthdata.org/
Definitions:	Estimated per-capita processed meat intake (g per day)

Estimated per capita whole grains intake

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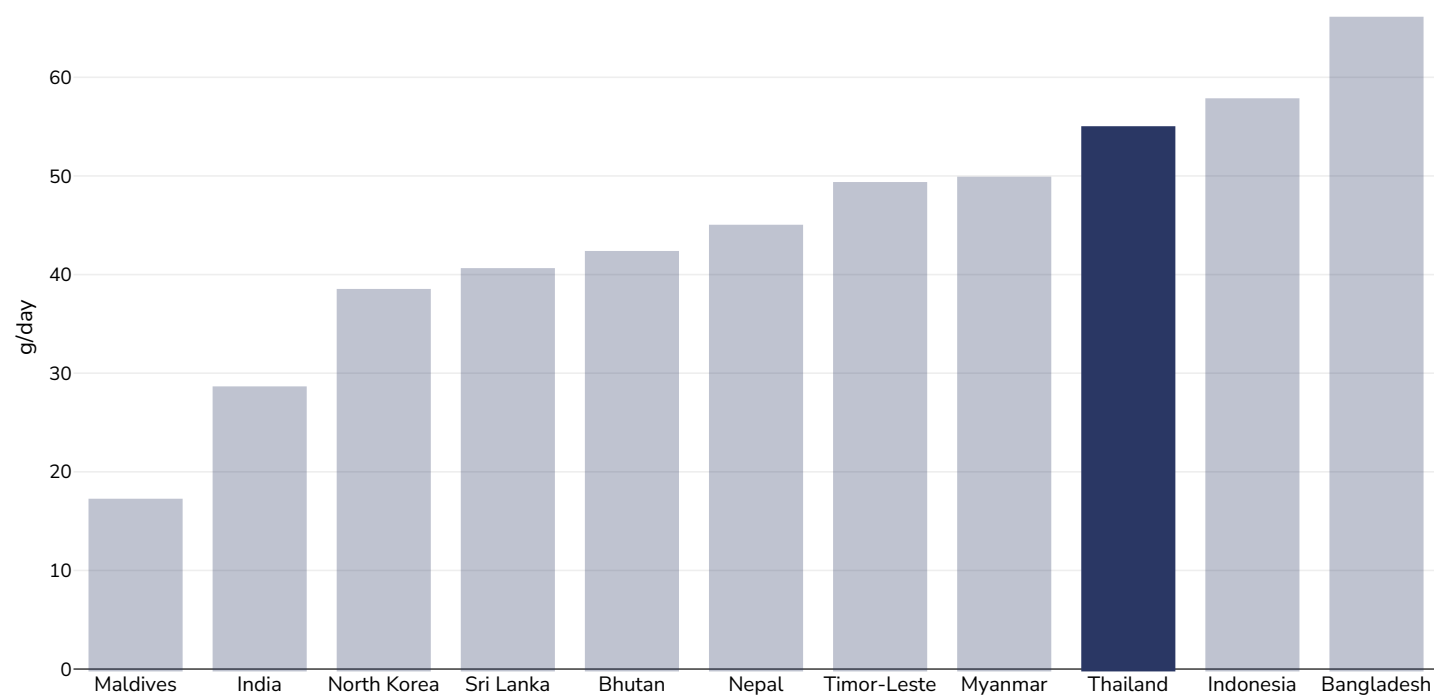
Survey type:	Measured
Age:	25+
References:	Global Burden of Disease, the Institute for Health Metrics and Evaluation http://ghdx.healthdata.org/
Definitions:	Estimated per-capita whole grains intake (g/day)

Mental health - depression disorders

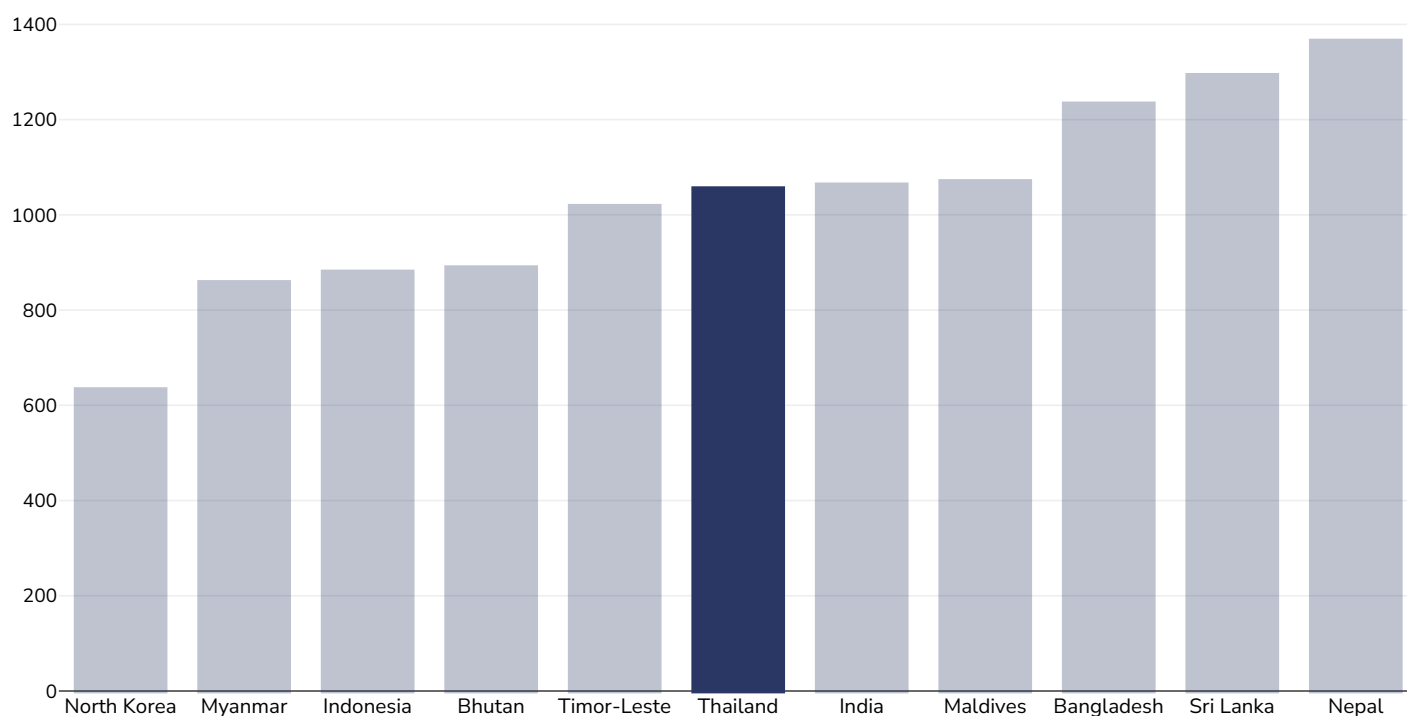## Adults, 2021
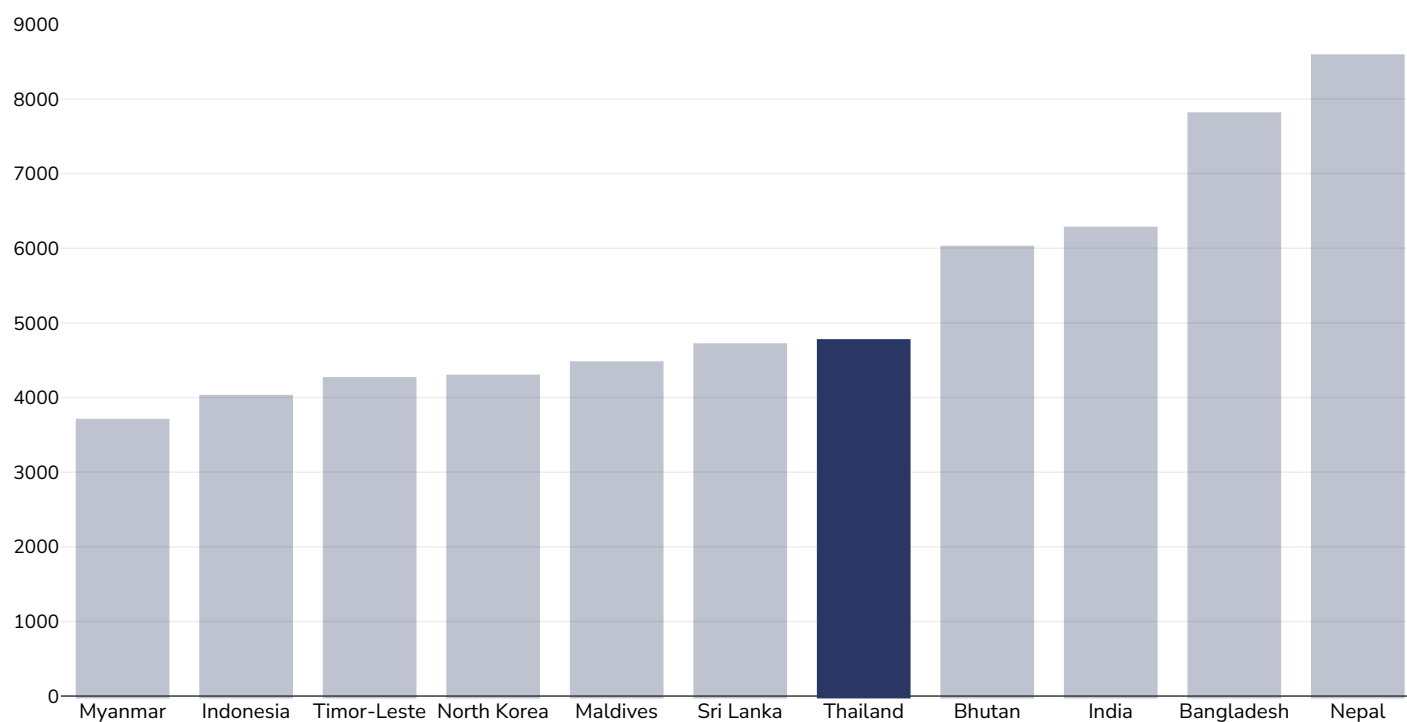
Age:	20+
Area covered:	National
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from http://vizhub.healthdata.org/gbd-compare. (Last accessed 23.04.25)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

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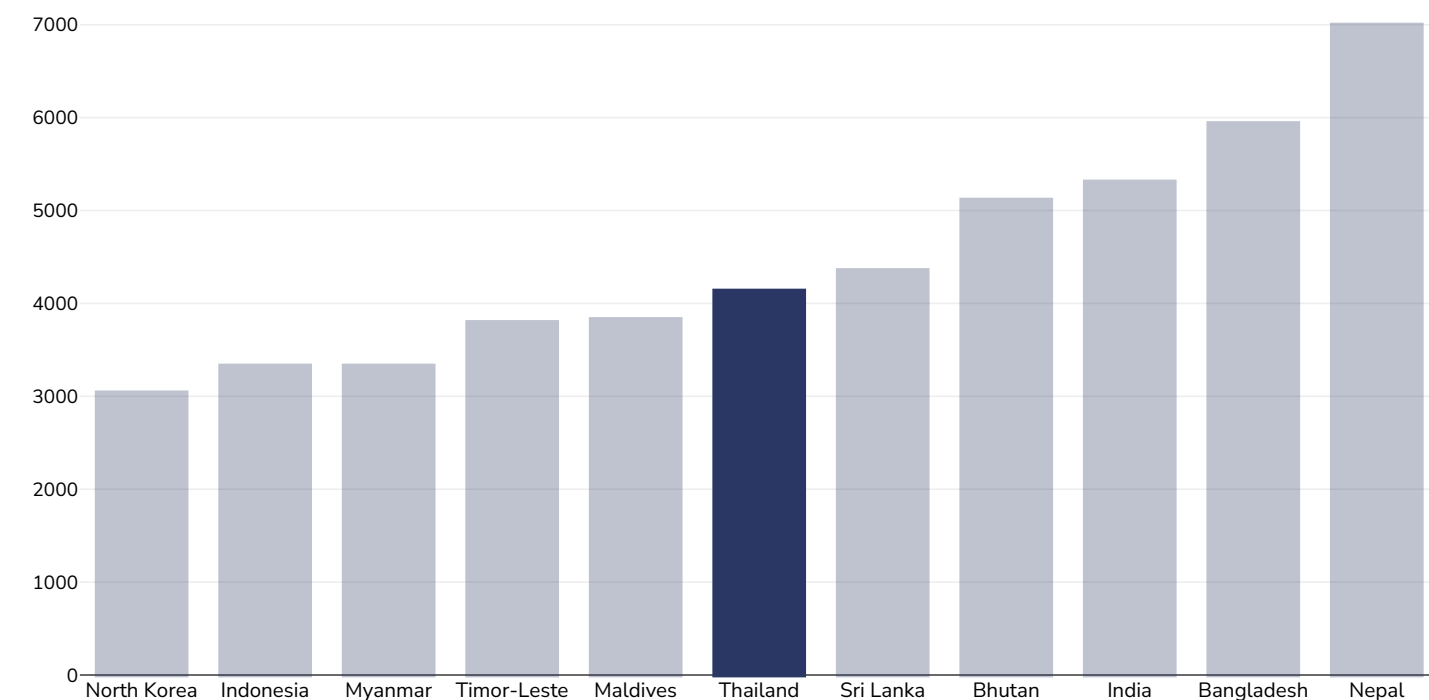
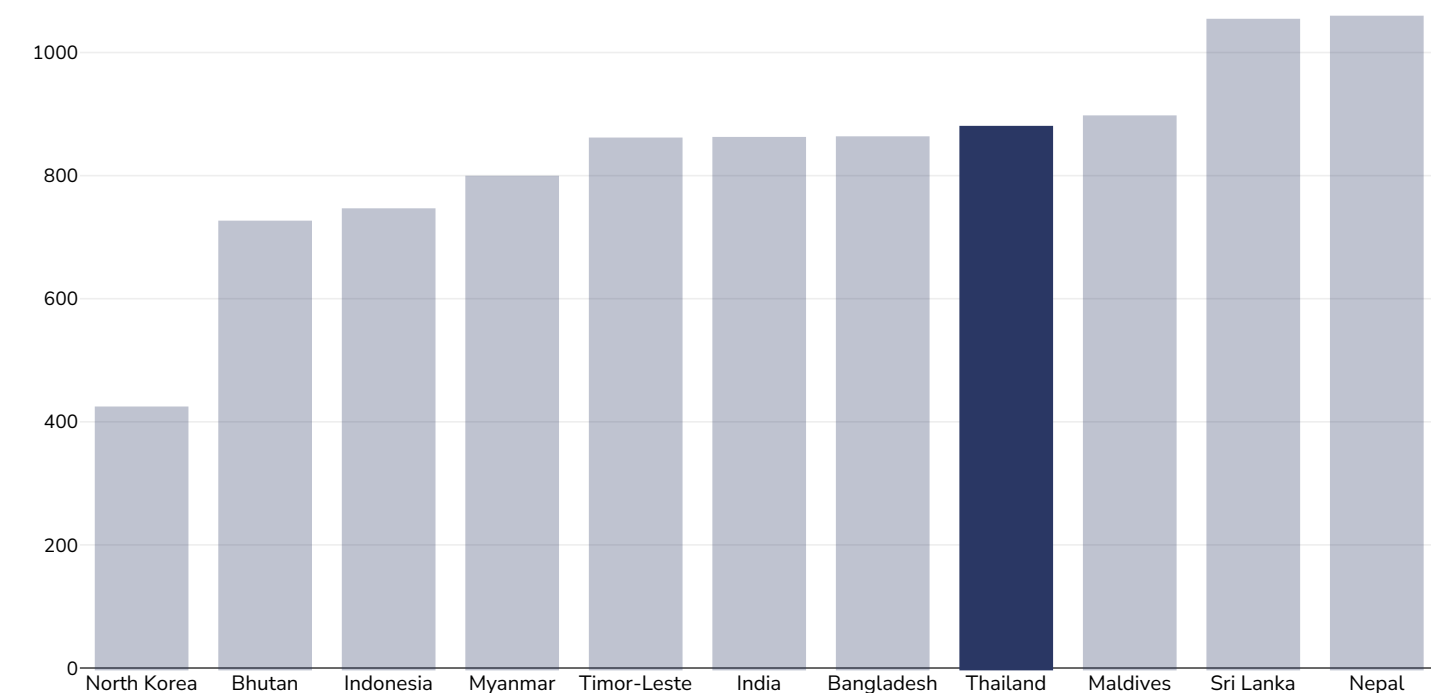| Age:	20+
Area covered:	National
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from http://vizhub.healthdata.org/gbd-compare. (Last accessed 23.04.25)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

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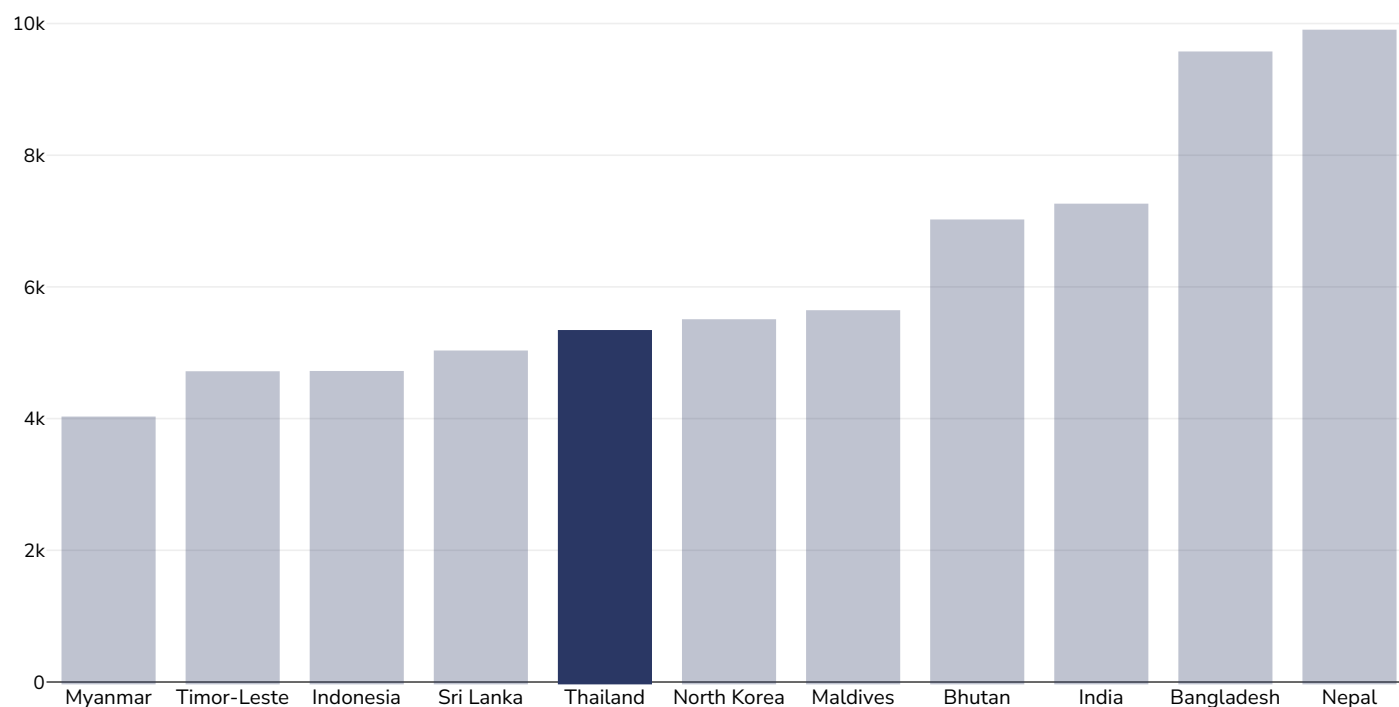
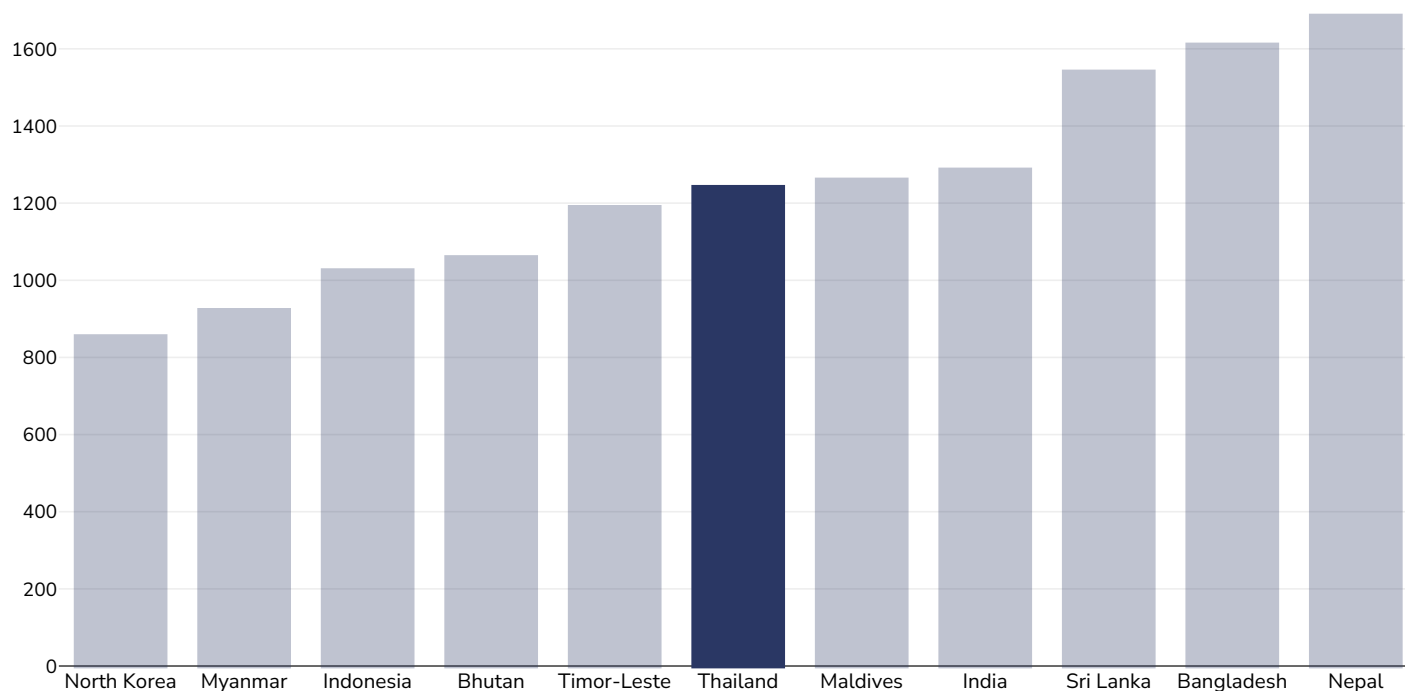| Age:	20+
Area covered:	National
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from http://vizhub.healthdata.org/gbd-compare. (Last accessed 23.04.25)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

Children, 2021

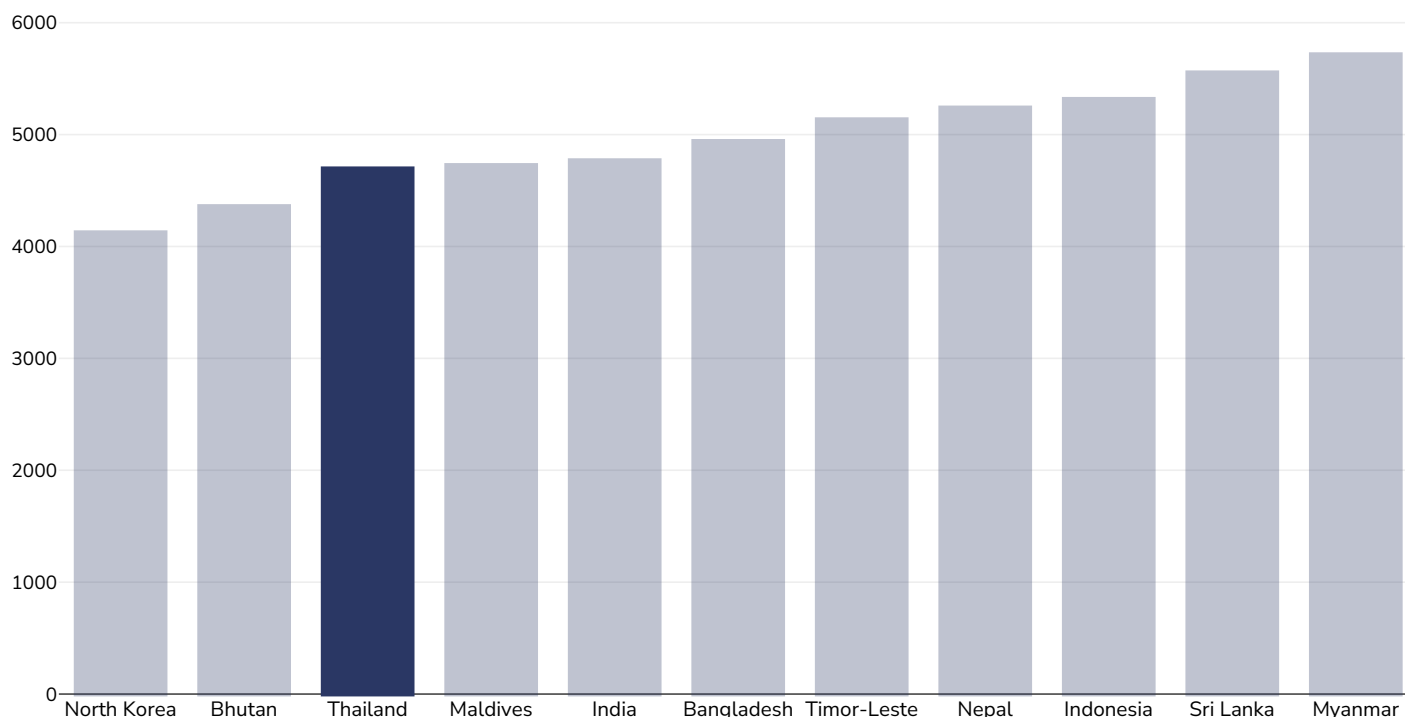

Area covered:	National
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from http://vizhub.healthdata.org/gbd-compare. (Last accessed 23.04.25)
Definitions: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

Boys, 2021

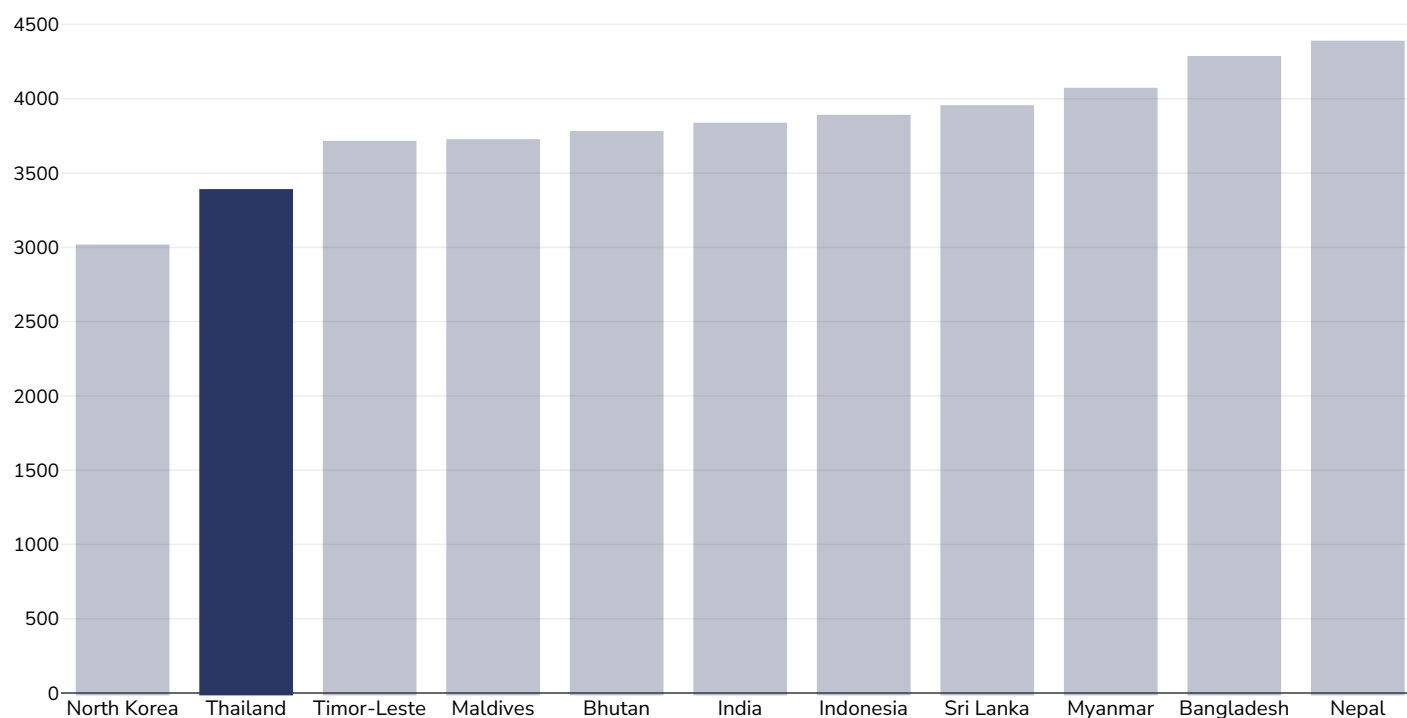| Area covered:	National

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)

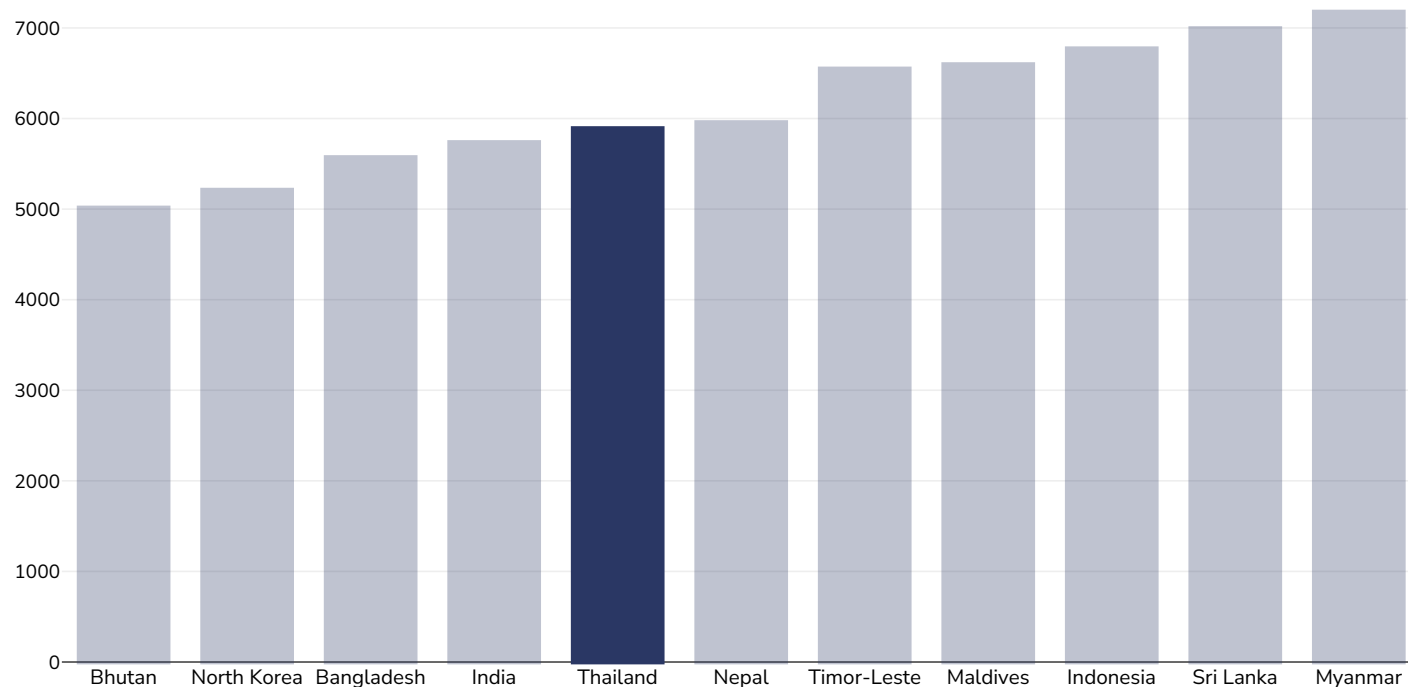| Definitions:	Number living with depressive disorder per 100,000 population (Under 20 years of age)

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
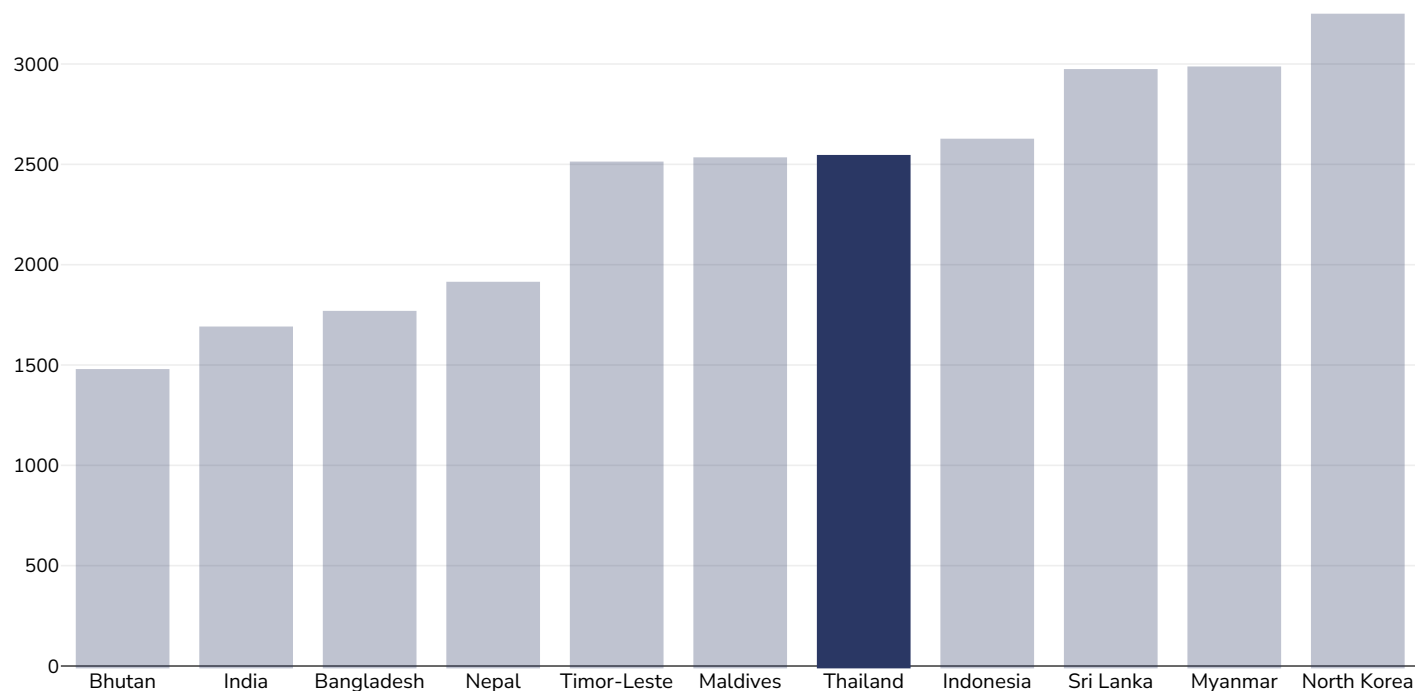
Adults, 2021

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
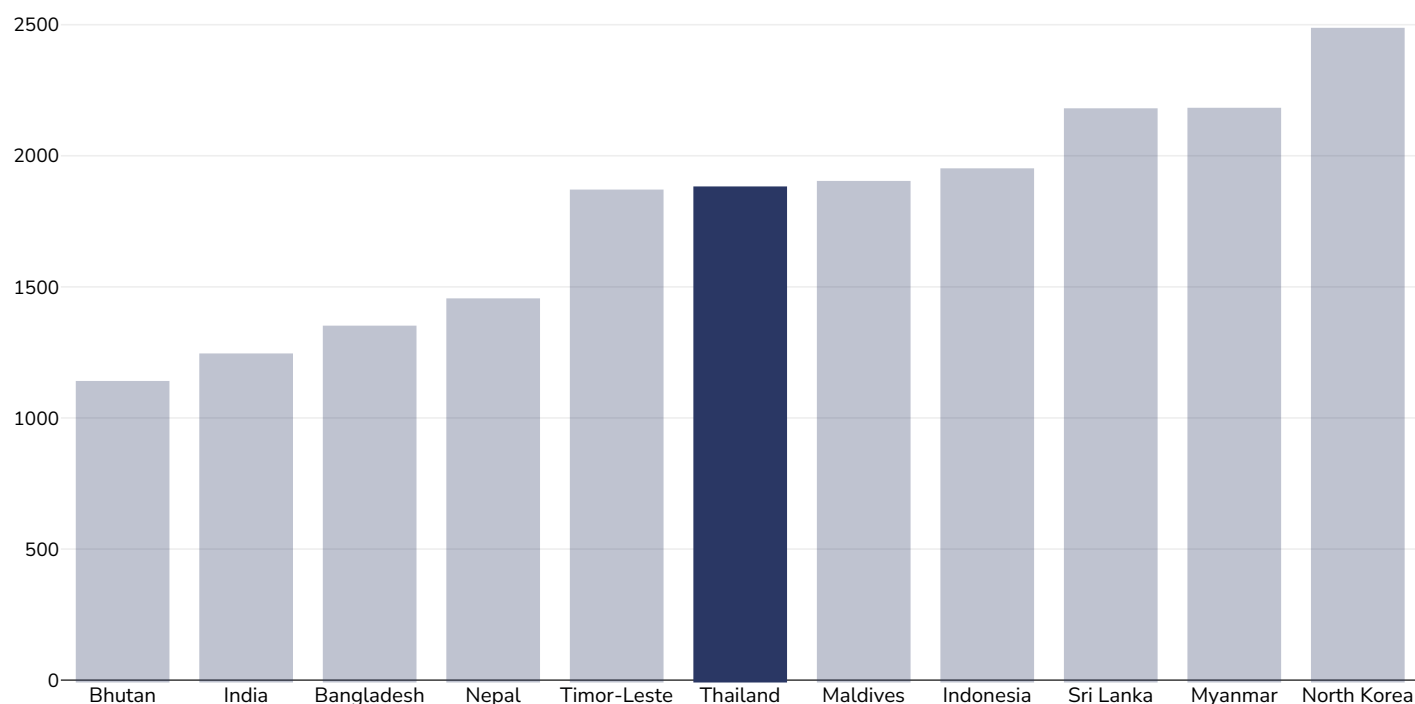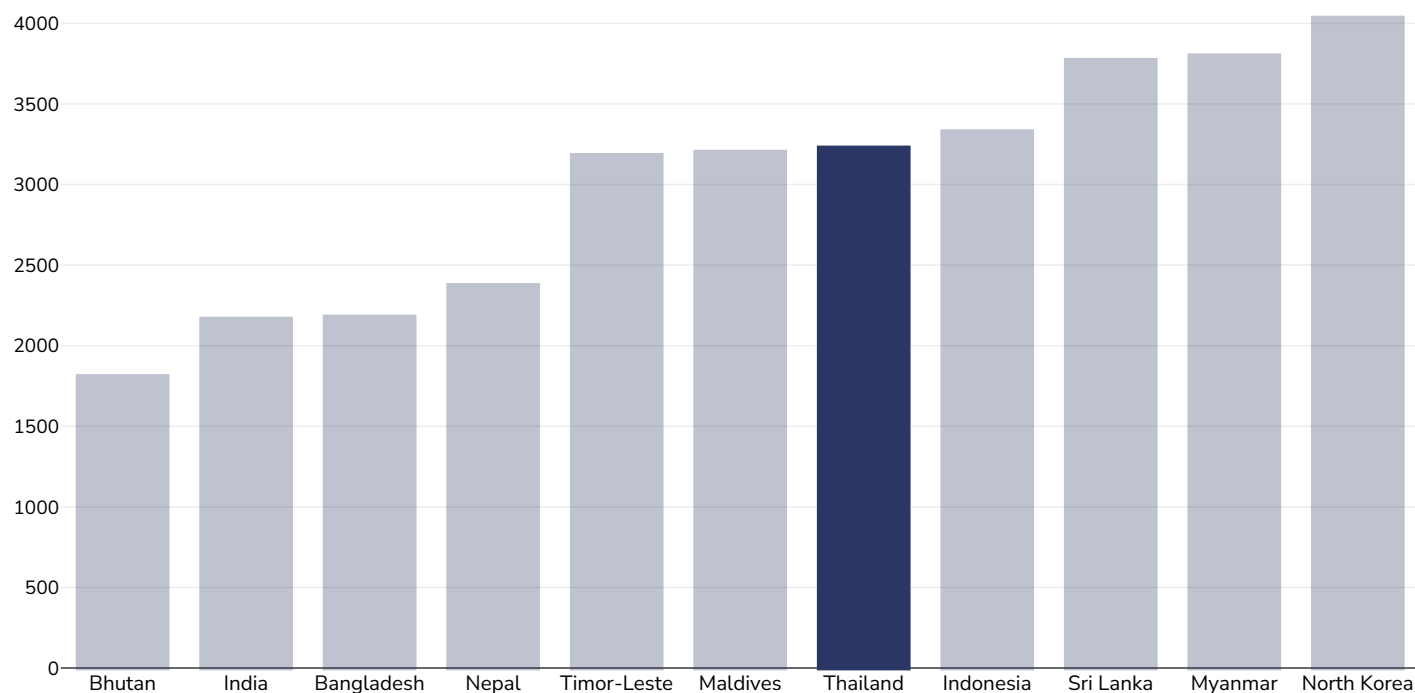
Men, 2021

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+

Definitions:	Number living with anxiety per 100,000 population

Children, 2021

3000
2500
2000
1500
1000
500
0

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

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

2500
2000
1500
1000
500
0

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

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, 2015-2022
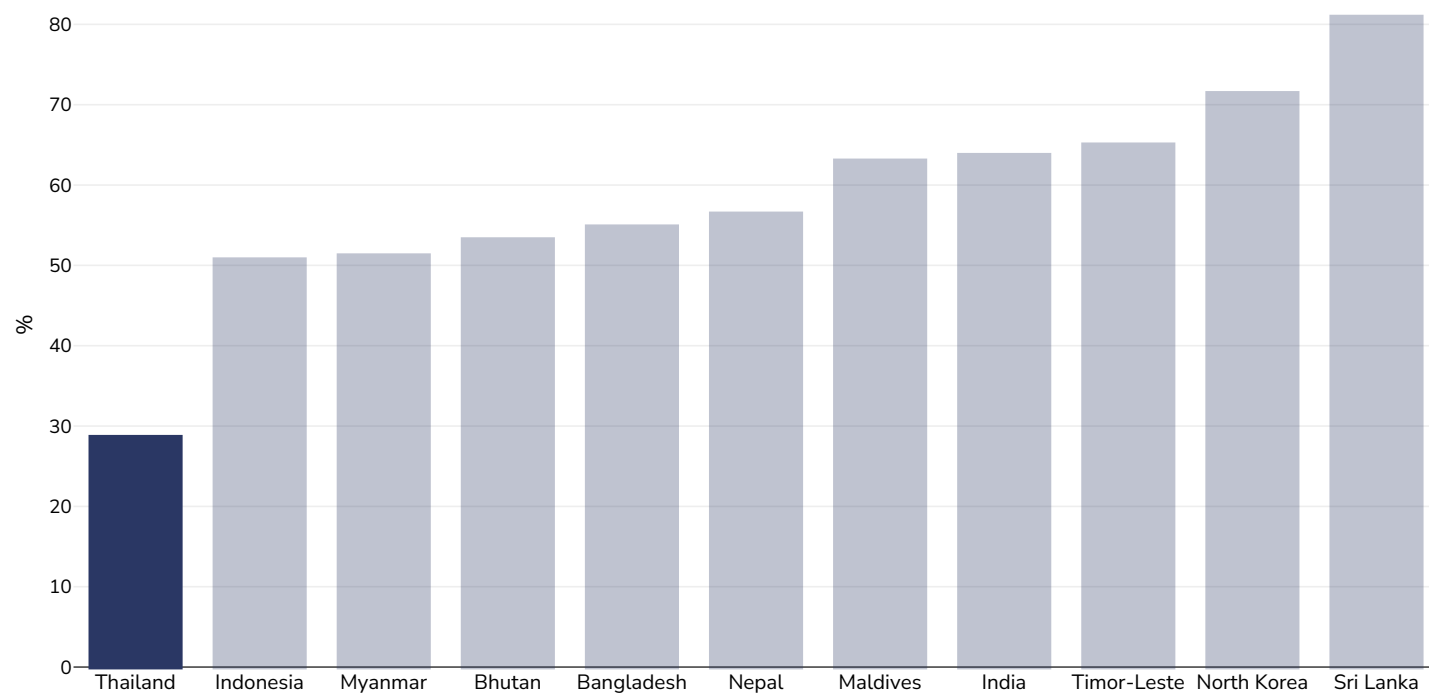
References:	Thailand Multiple Indicator Cluster Survey 2022, Survey Findings Report
Notes:	Full details are available. Original citation United Nations Children's Fund, Division of Data, Analysis, Planning and Monitoring (2023). Global UNICEF Global Databases: Infant and Young Child Feeding: Exclusive breastfeeding, New York, October 2023.

Percent of population who cannot afford a healthy diet

Adults, 2022
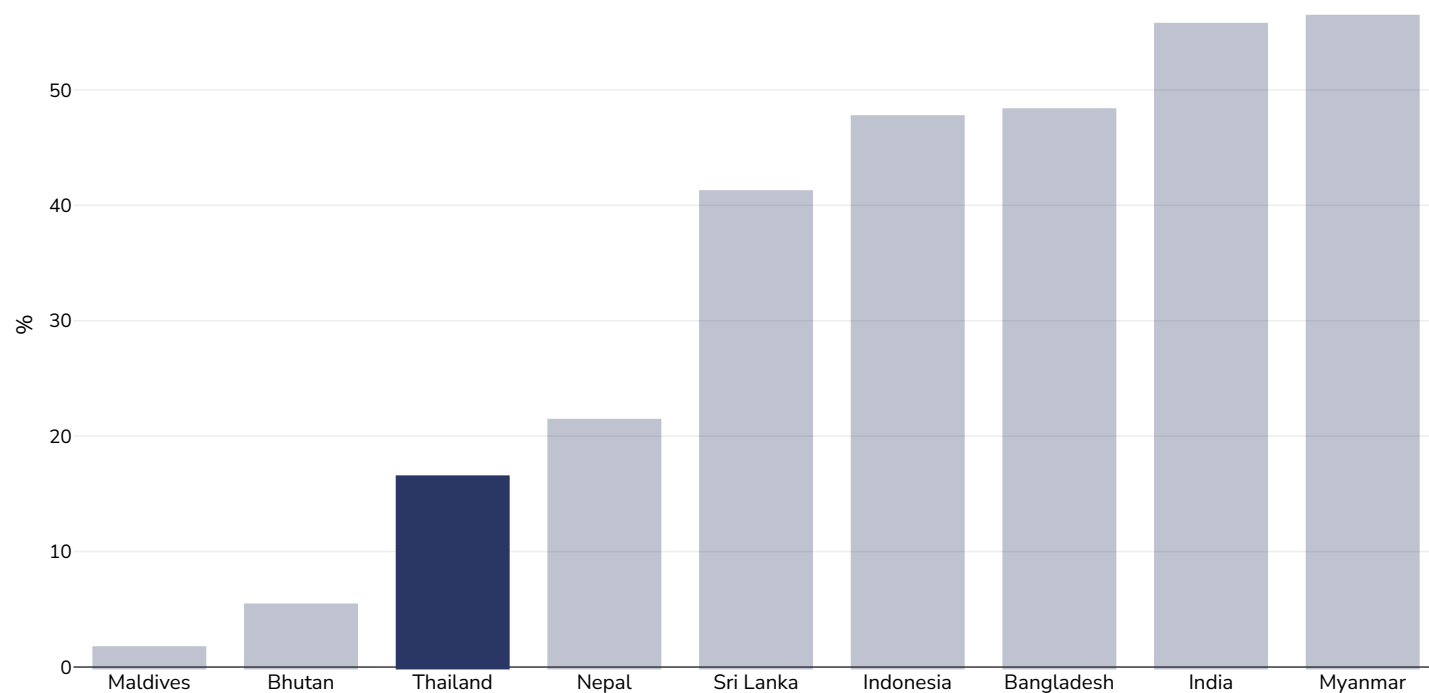
Area covered:	National

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

Oesophageal cancer

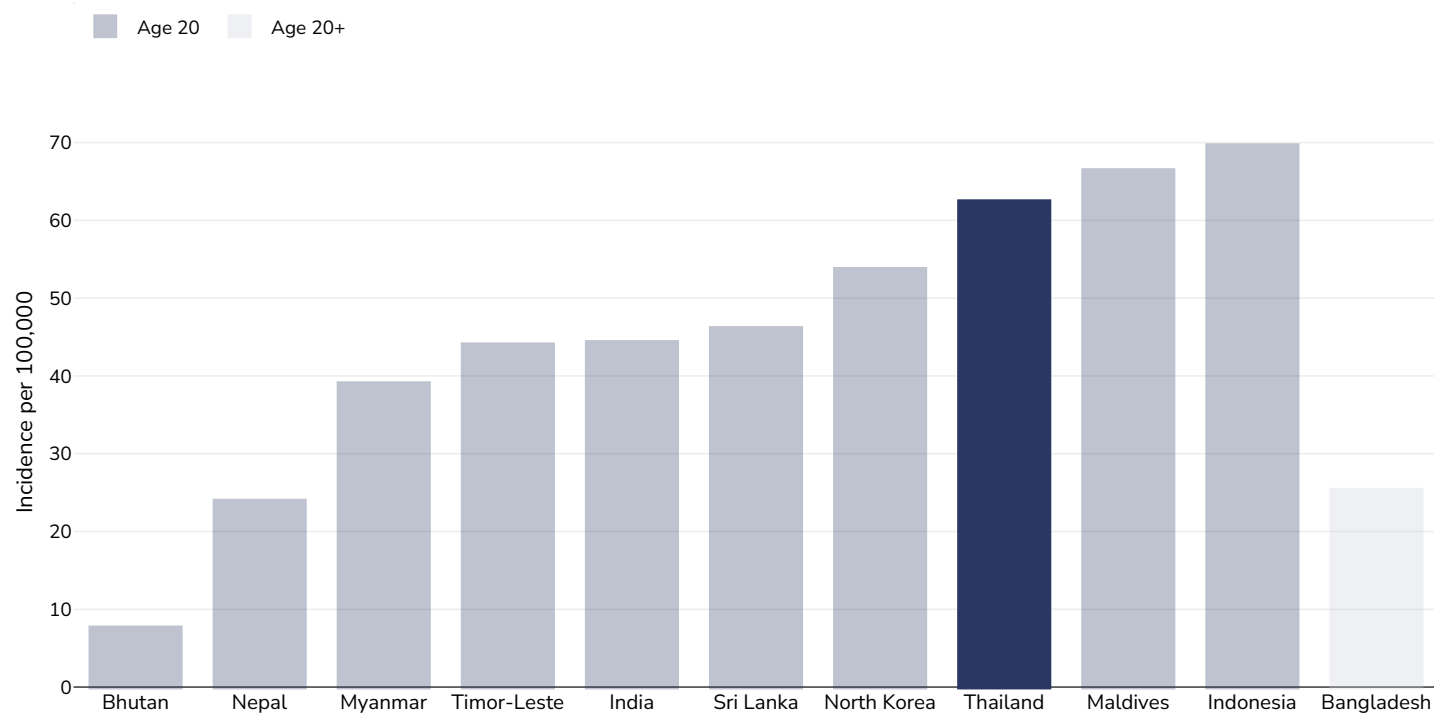## Men, 2022

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

Women, 2022
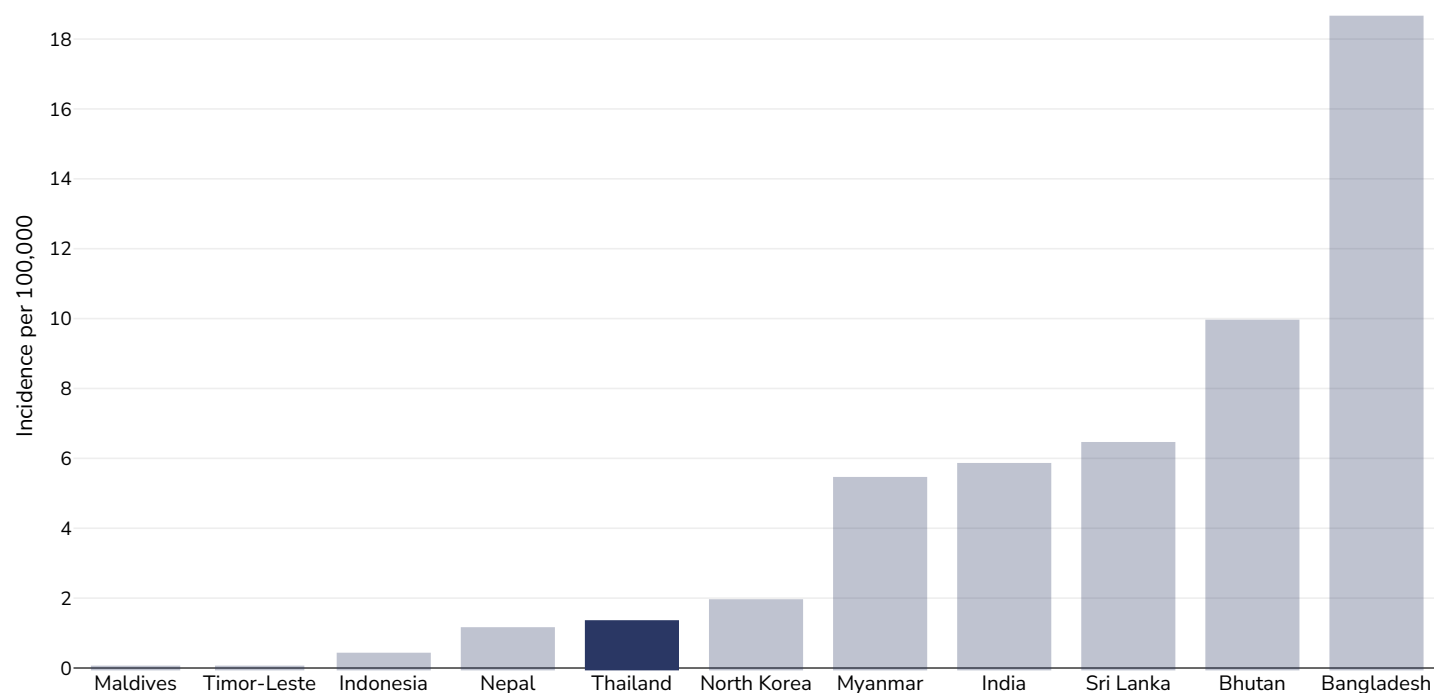
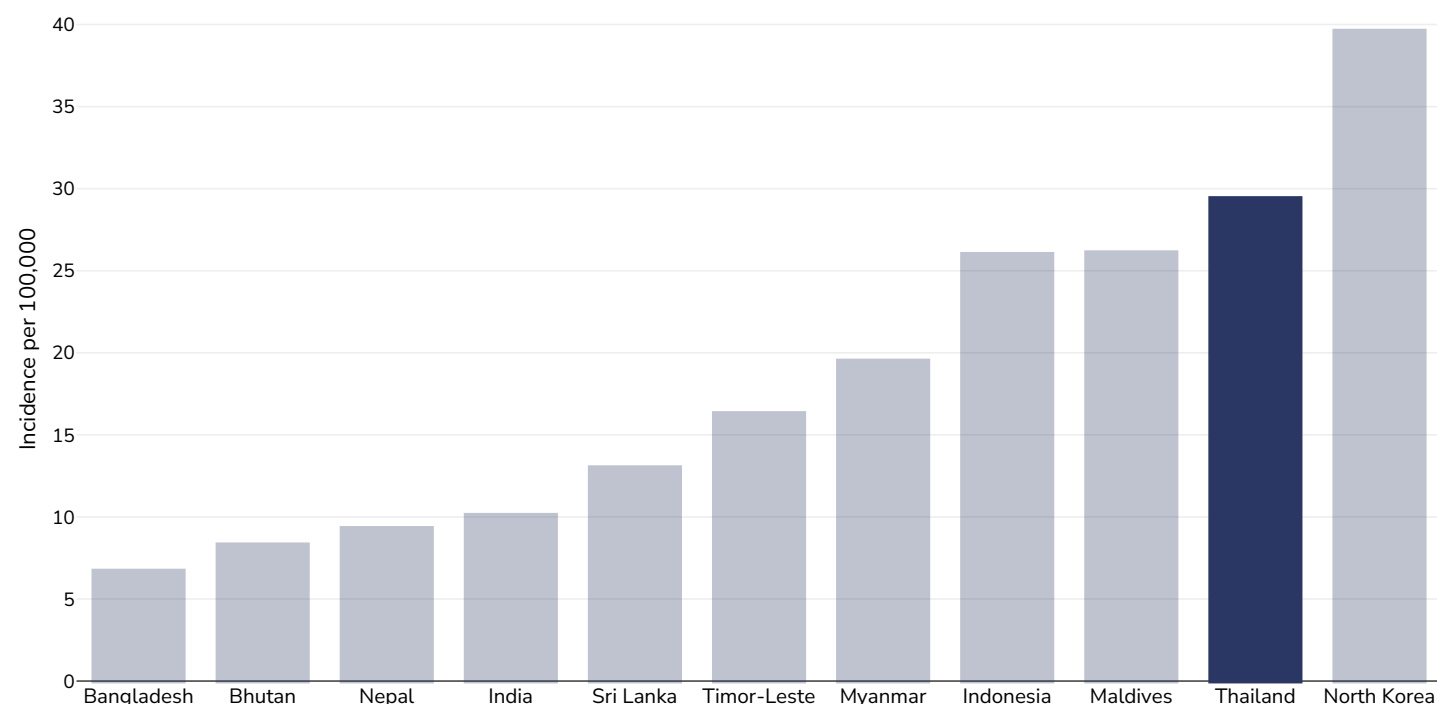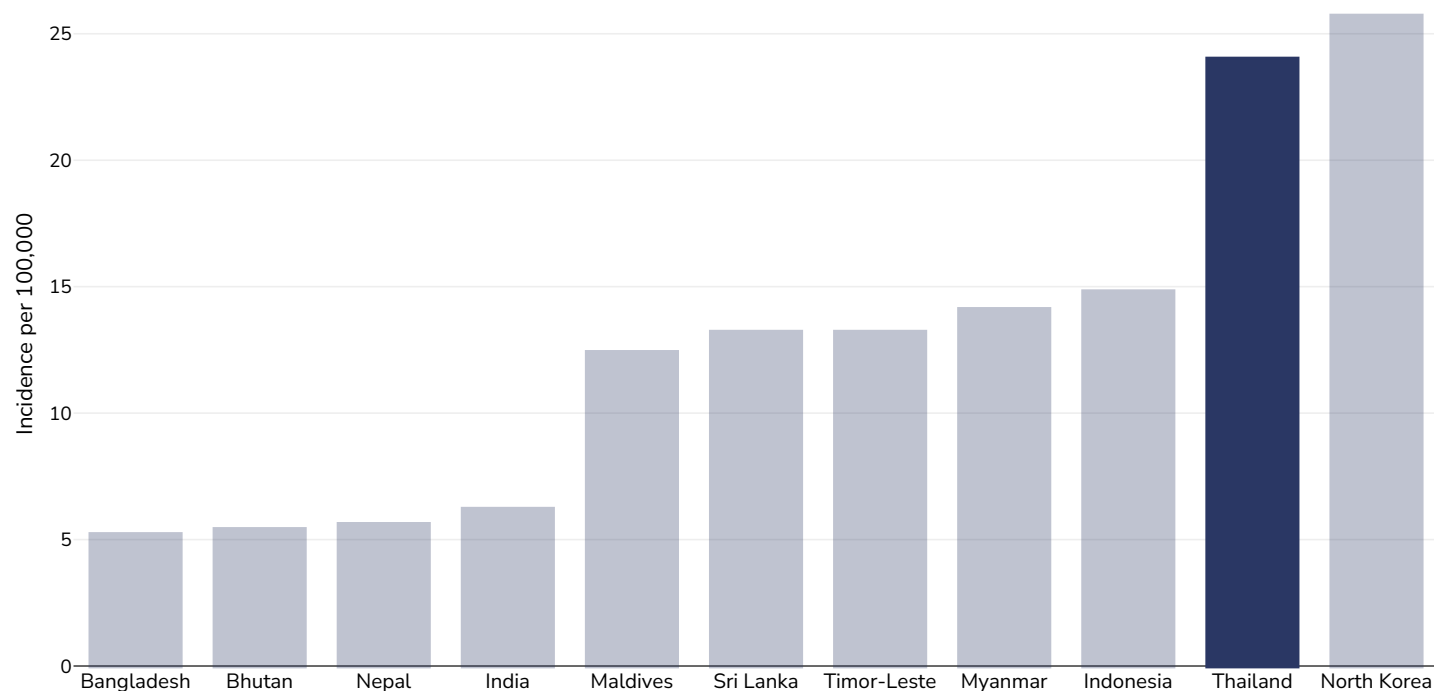| Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]
Definitions:	Indicence per 100,000

Breast cancer

Women, 2022

Age 20   Age 20+

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

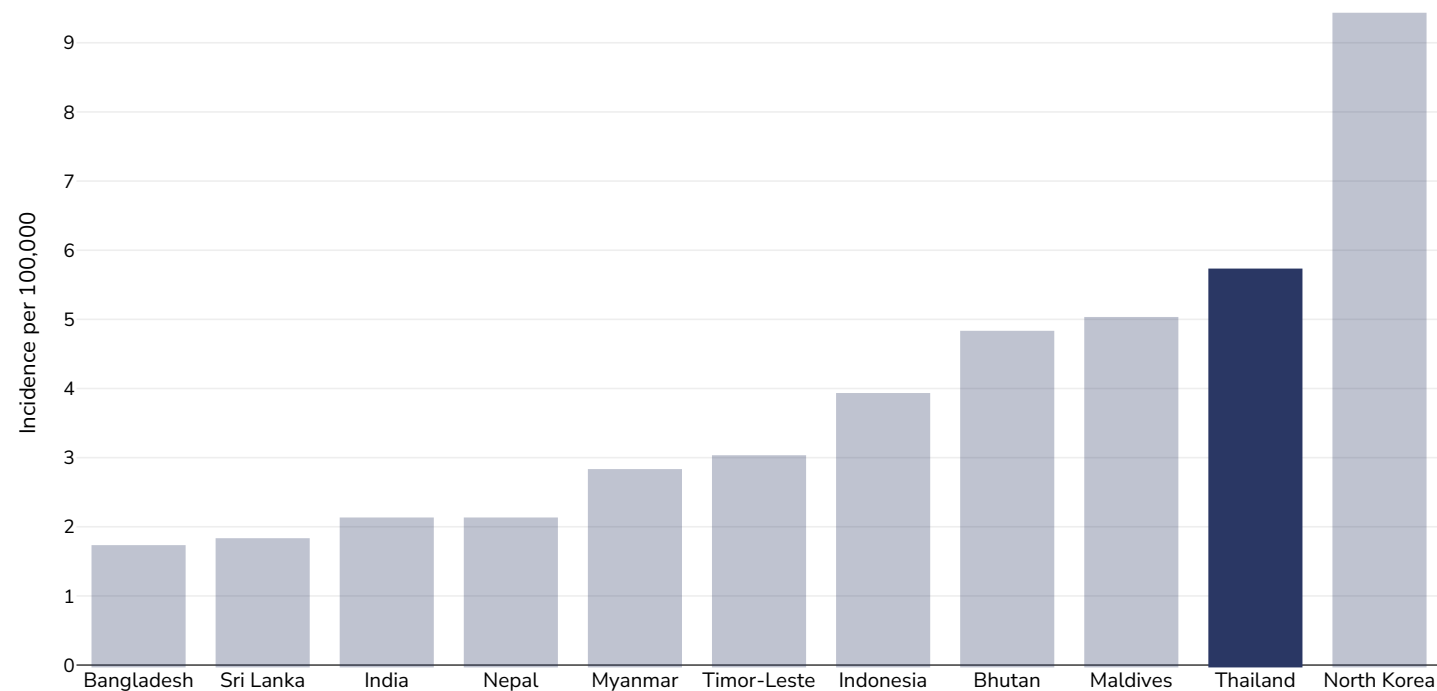# Colorectal cancer

Men, 2022

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
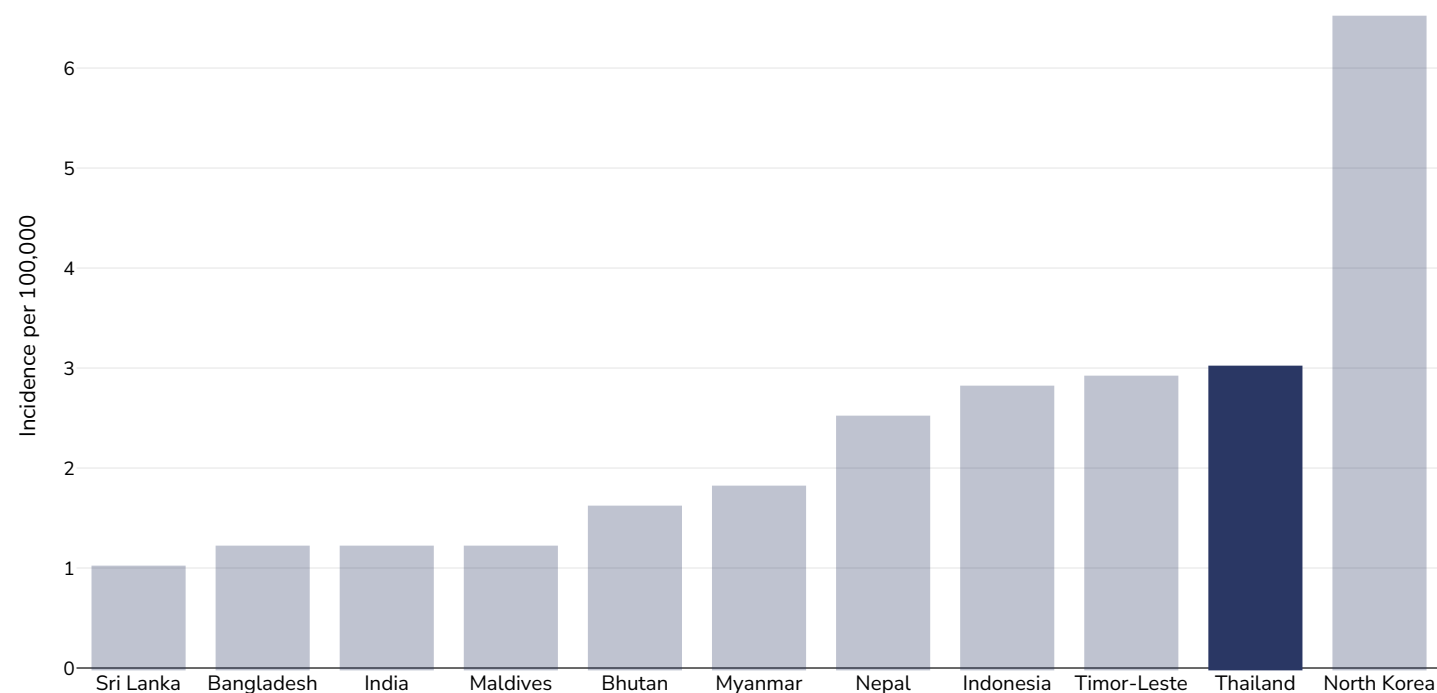

Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today,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

Pancreatic cancer

Men, 2022
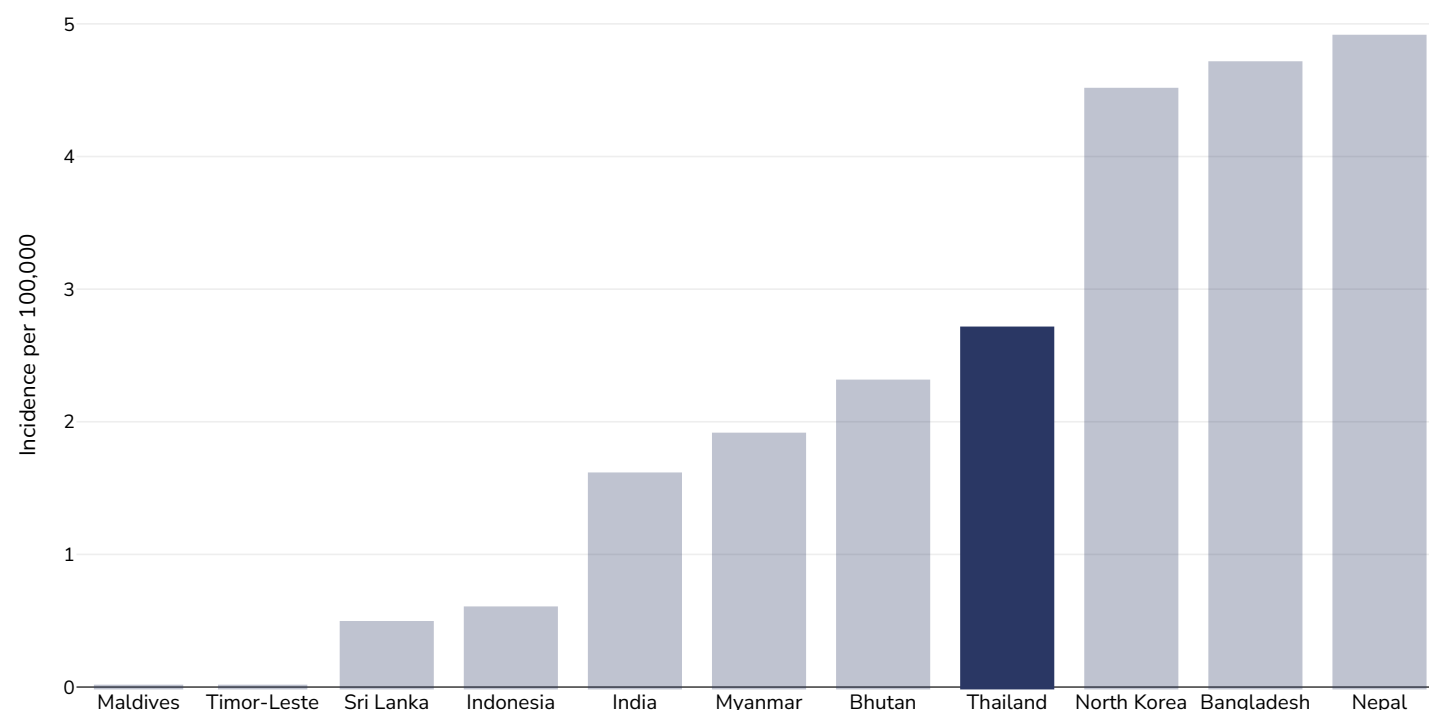

Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today,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

Women, 2022
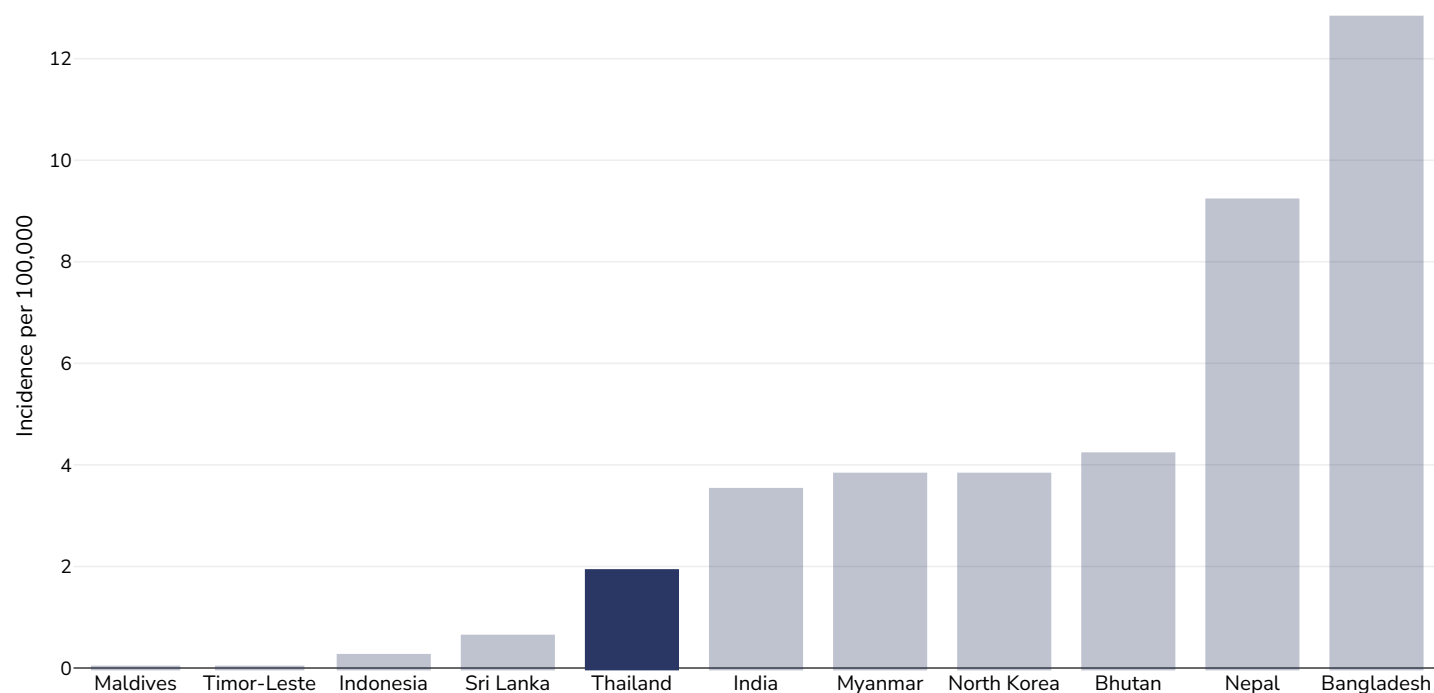

Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today,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

Gallbladder cancer
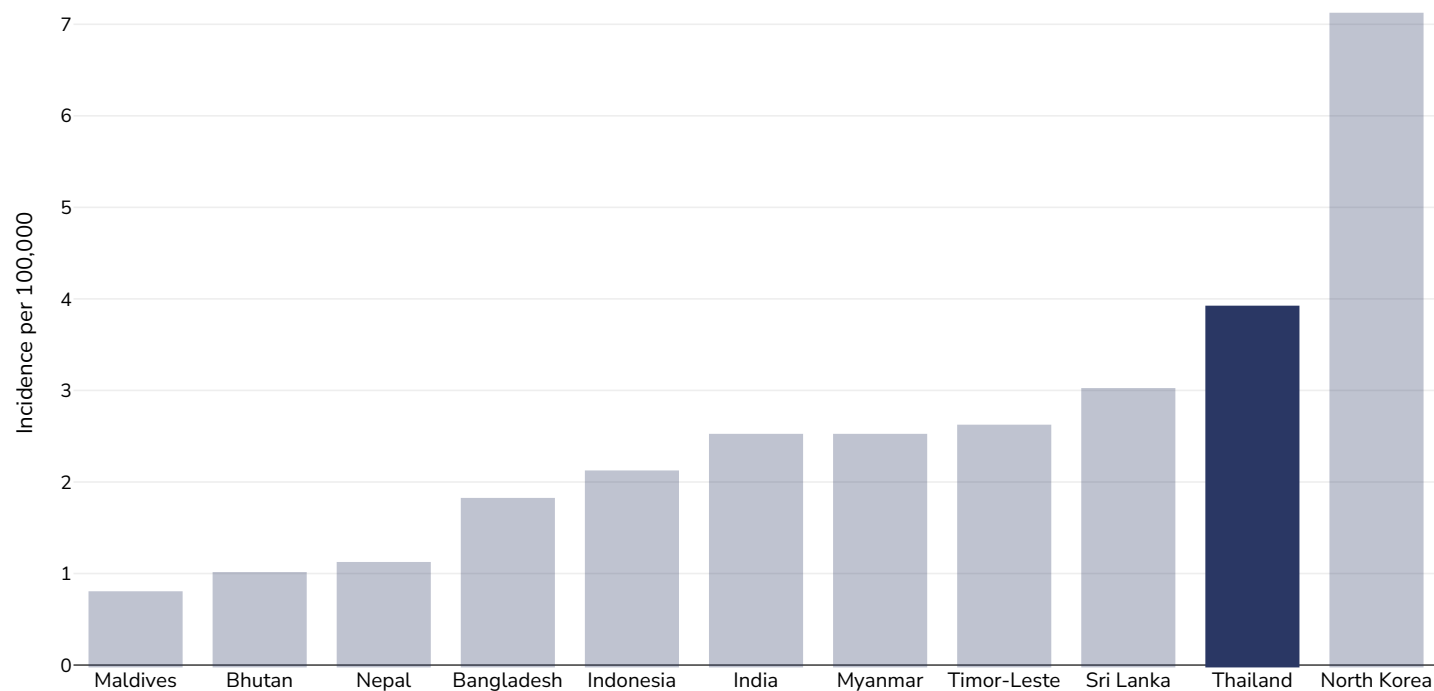
Men, 2022

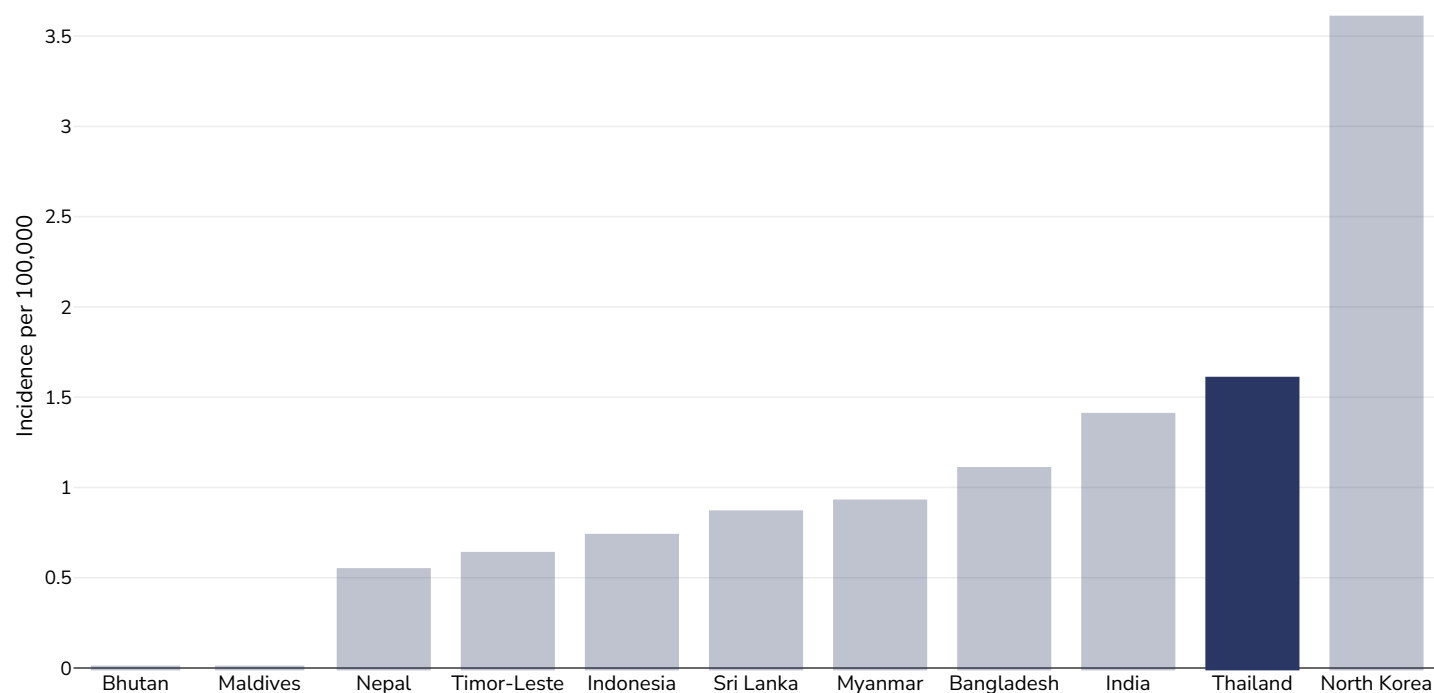| Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today,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

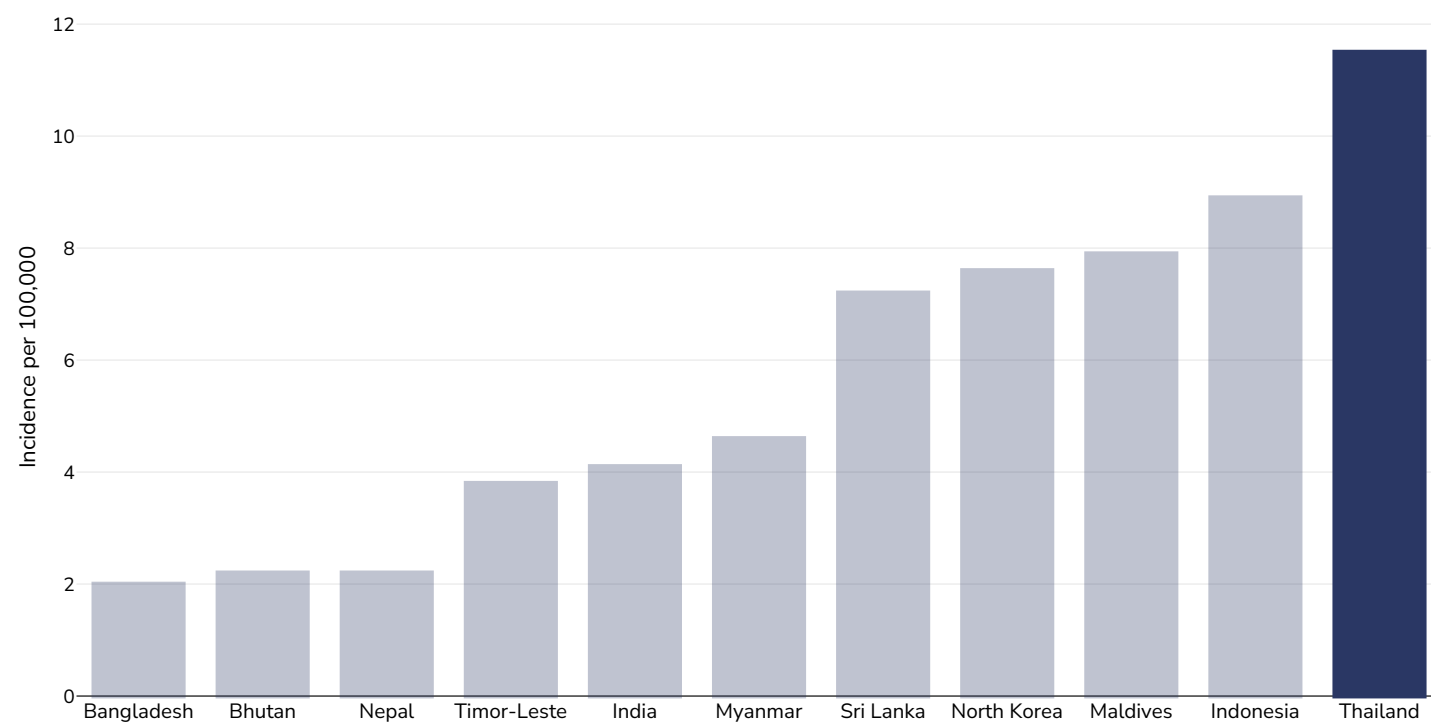## Men, 2022

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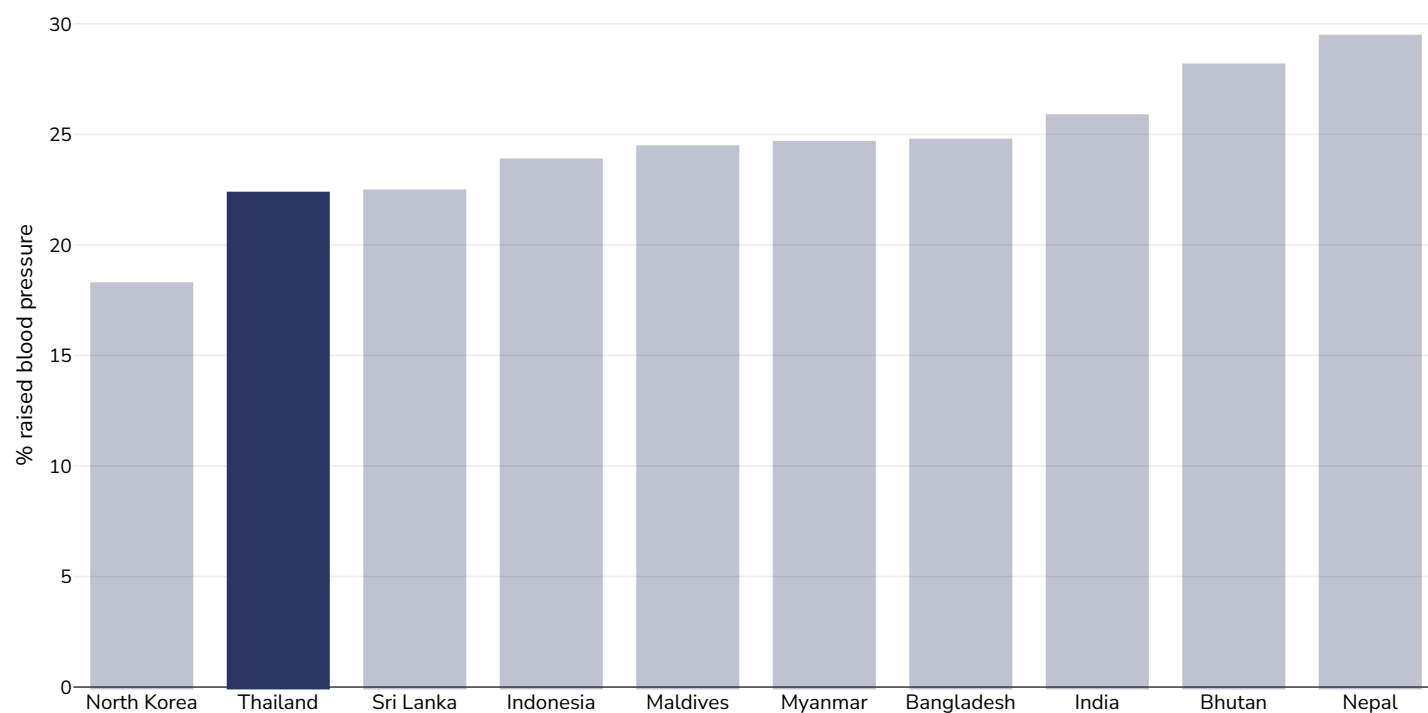
References: Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A875?lang=en

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

Men, 2015
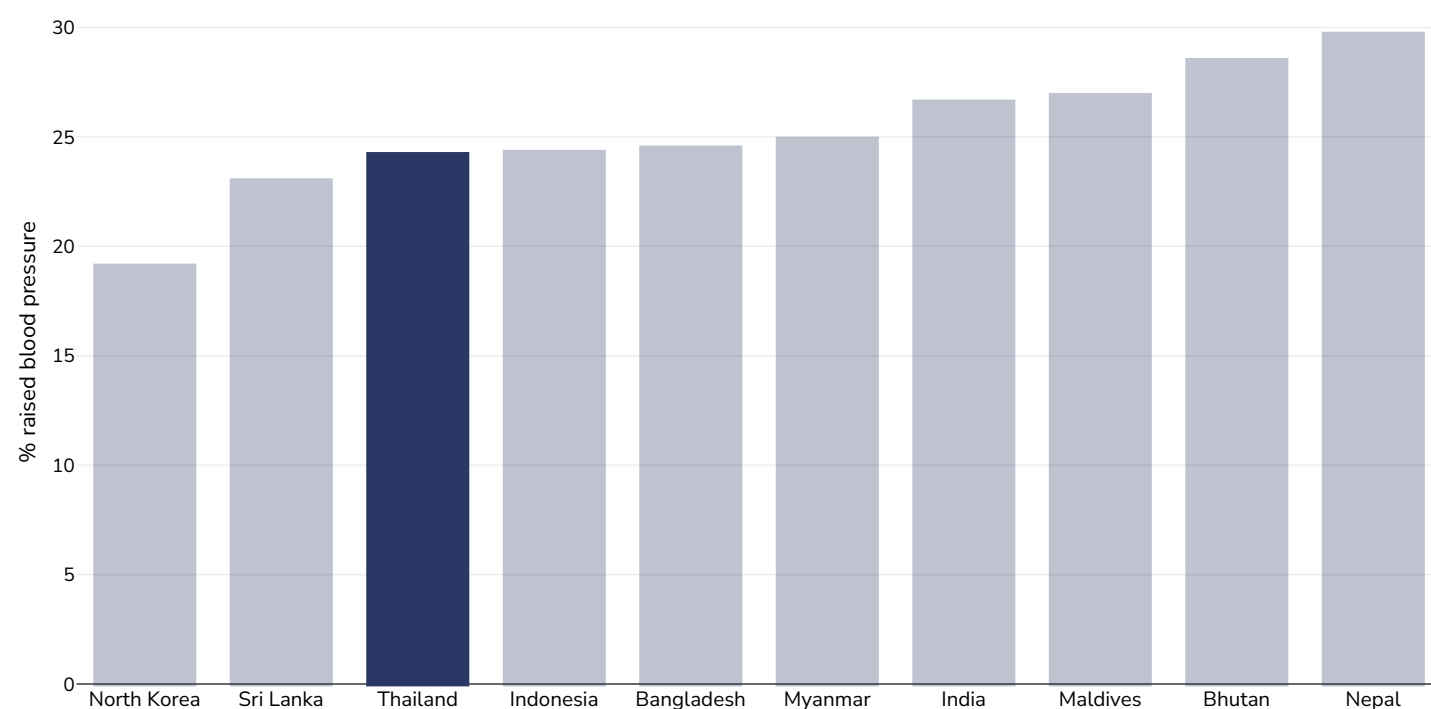
References: Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A875?lang=en

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

Women, 2015
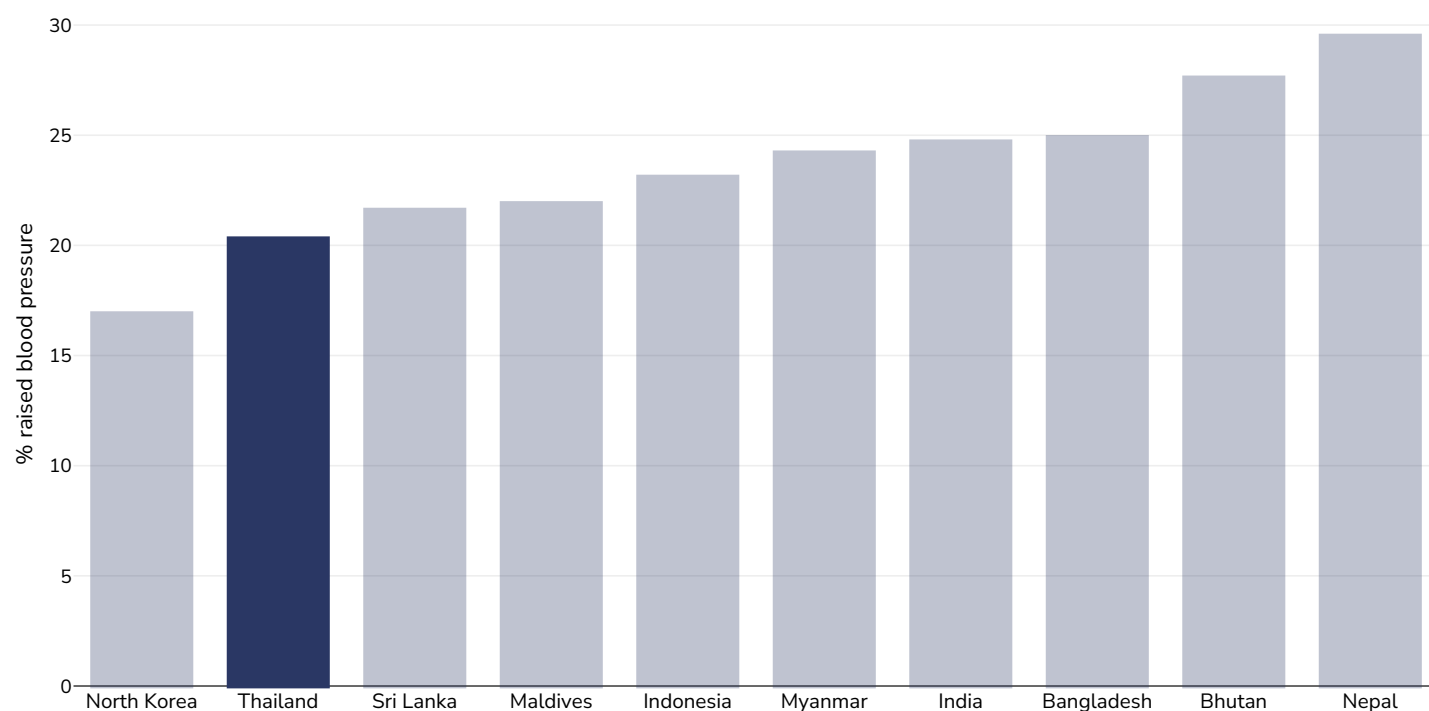
References: Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A875?lang=en

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

Raised cholesterol

Adults, 2008
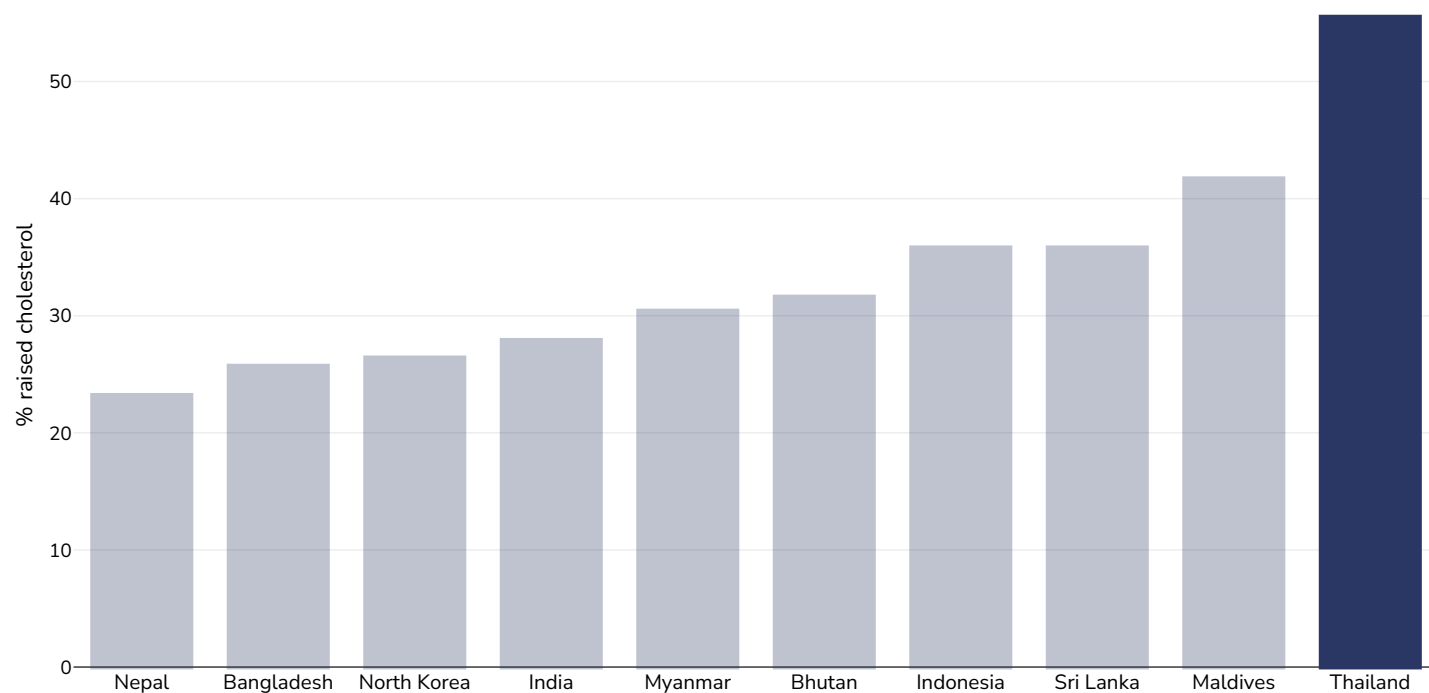
References:	Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A885
Definitions:	% Raised total cholesterol (>= 5.0 mmol/L) (age-standardized estimate).

Men, 2008
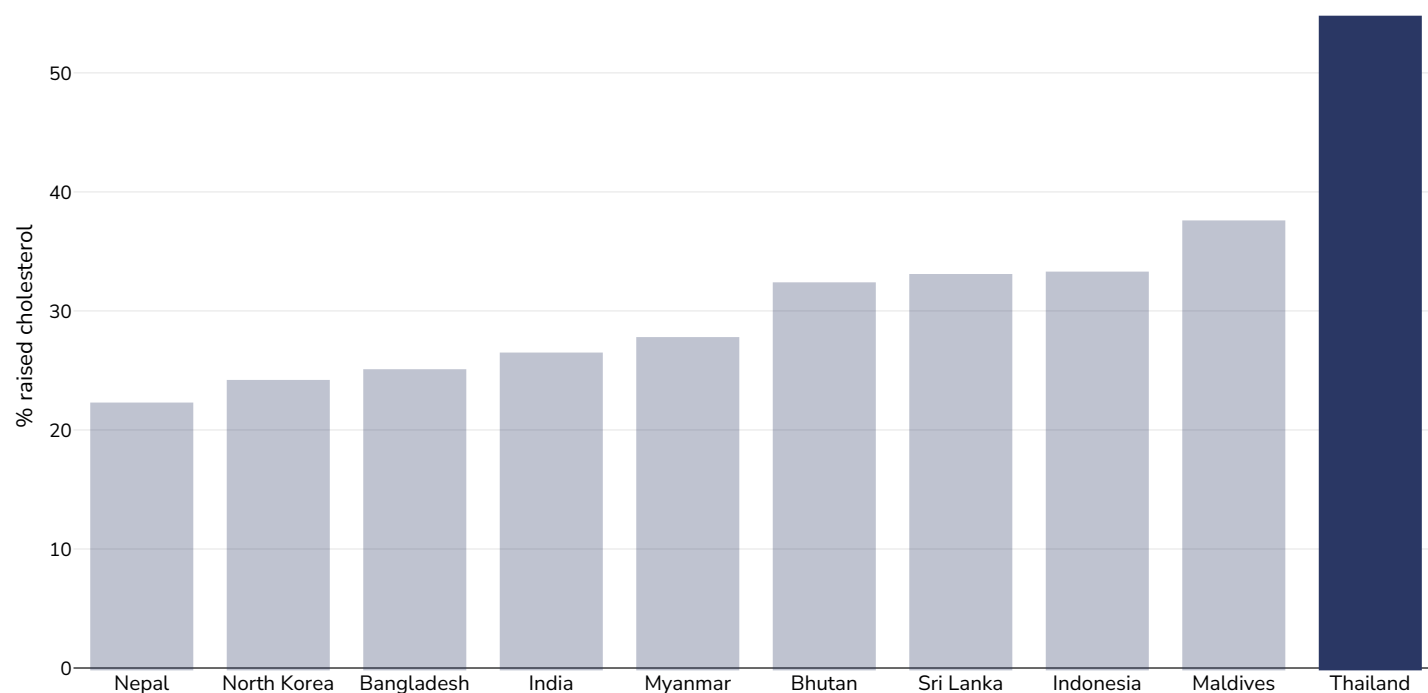
References:	Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A885
Definitions:	% Raised total cholesterol (>= 5.0 mmol/L) (age-standardized estimate).

Women, 2008
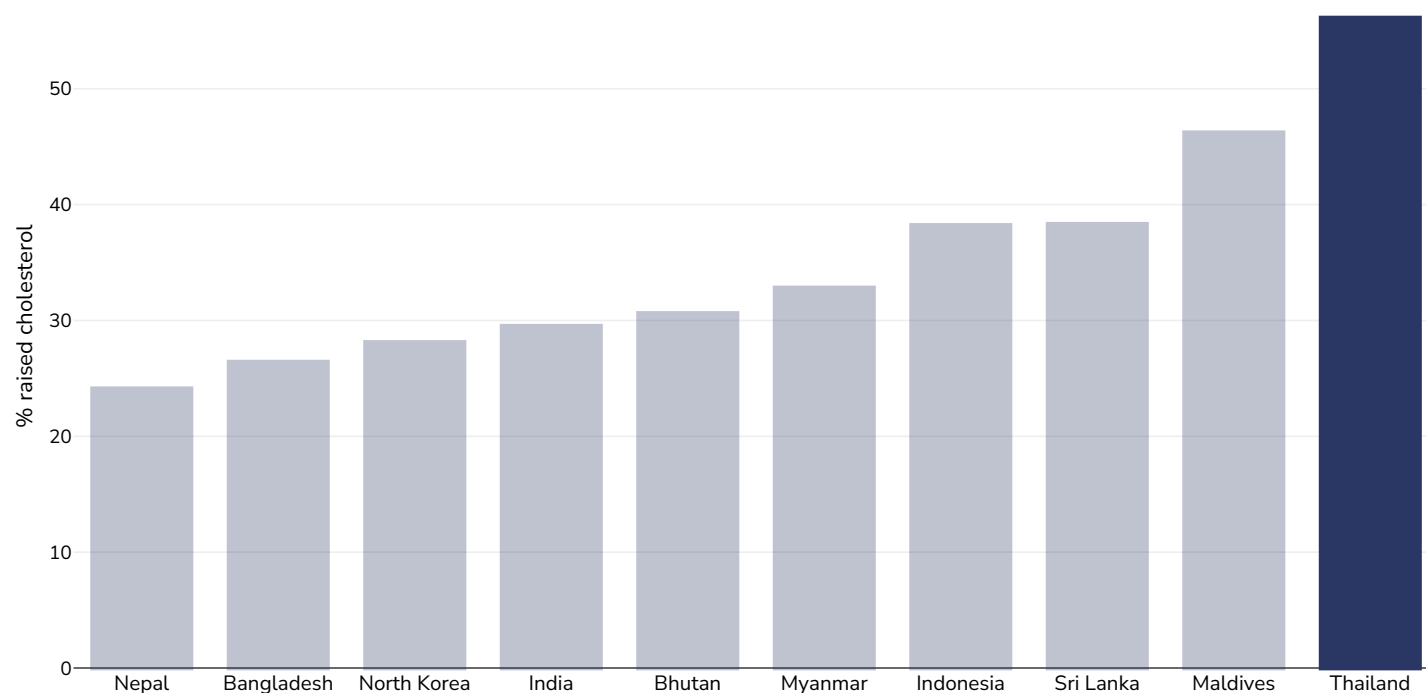
References: Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A885

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

Raised fasting blood glucose

Men, 2014
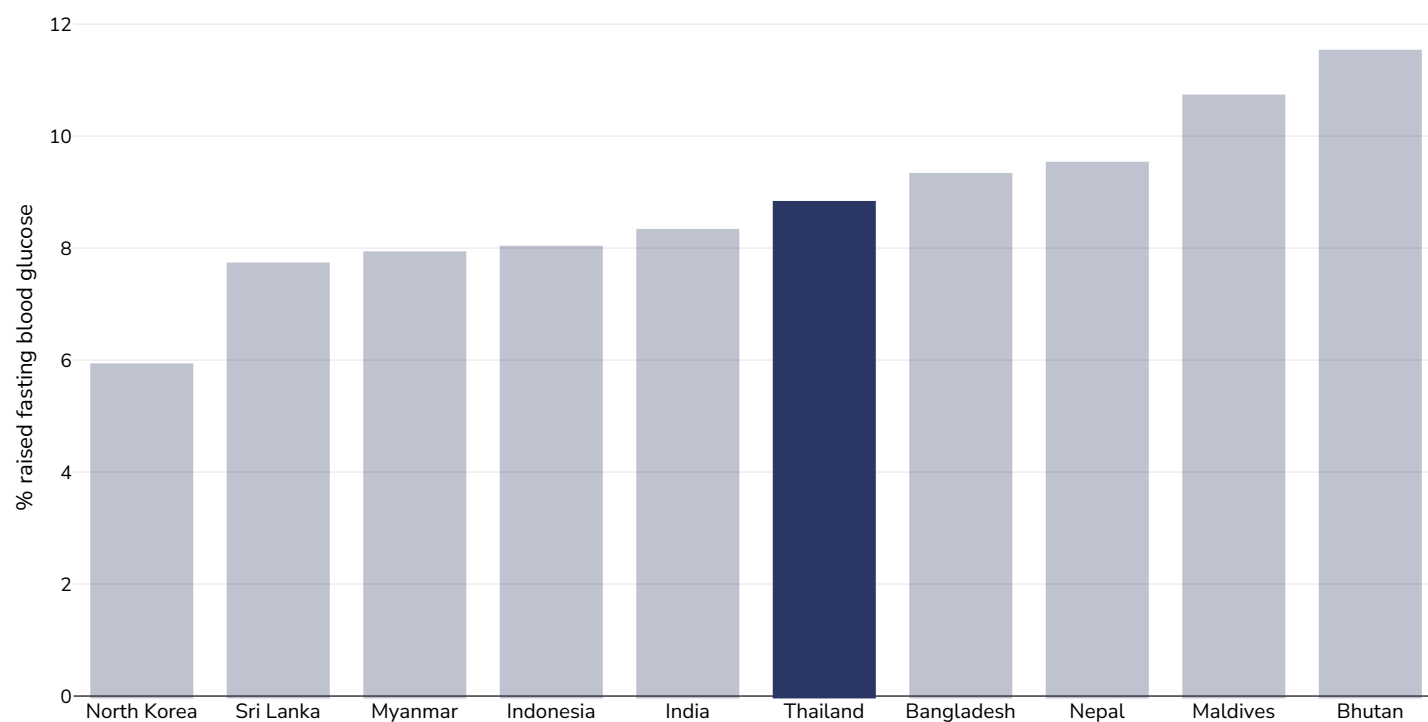
References: Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A869?lang=en

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

Women, 2014
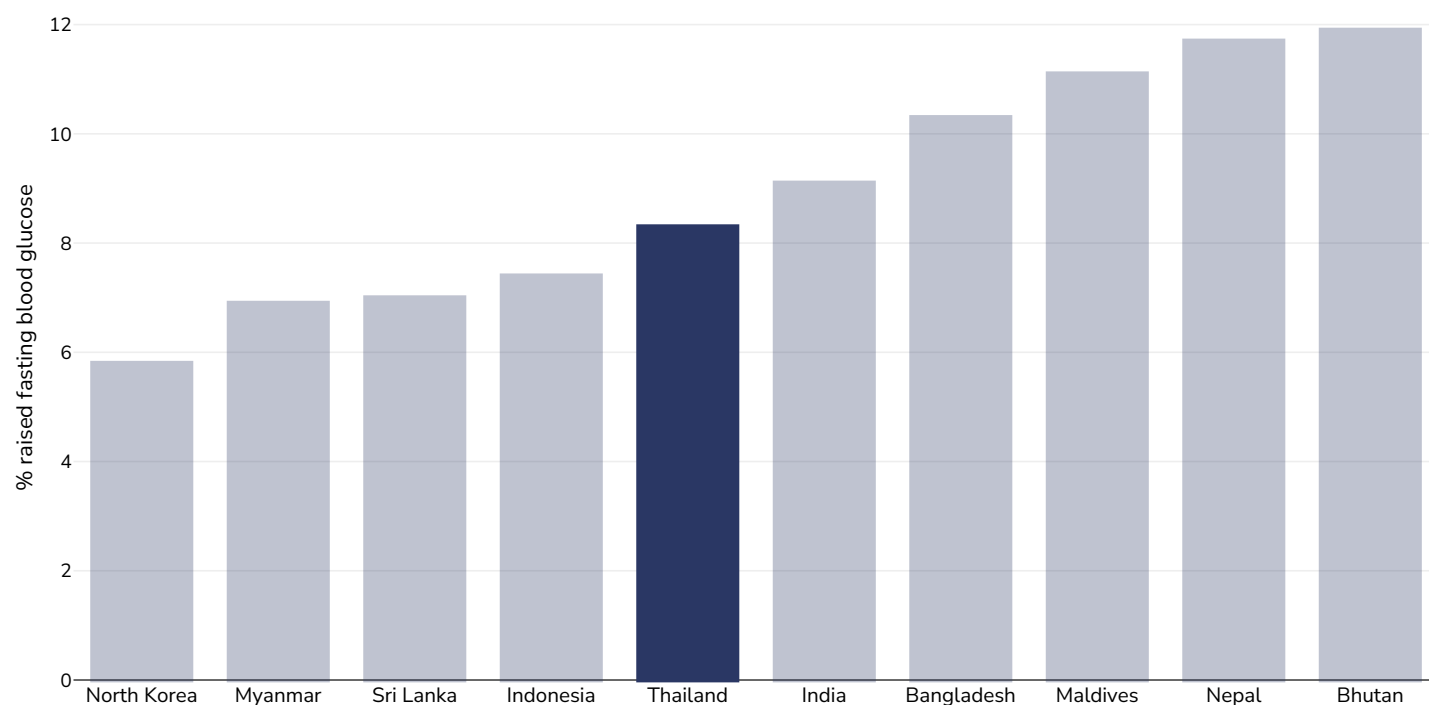
% raised fasting blood glucose

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

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

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

Diabetes prevalence

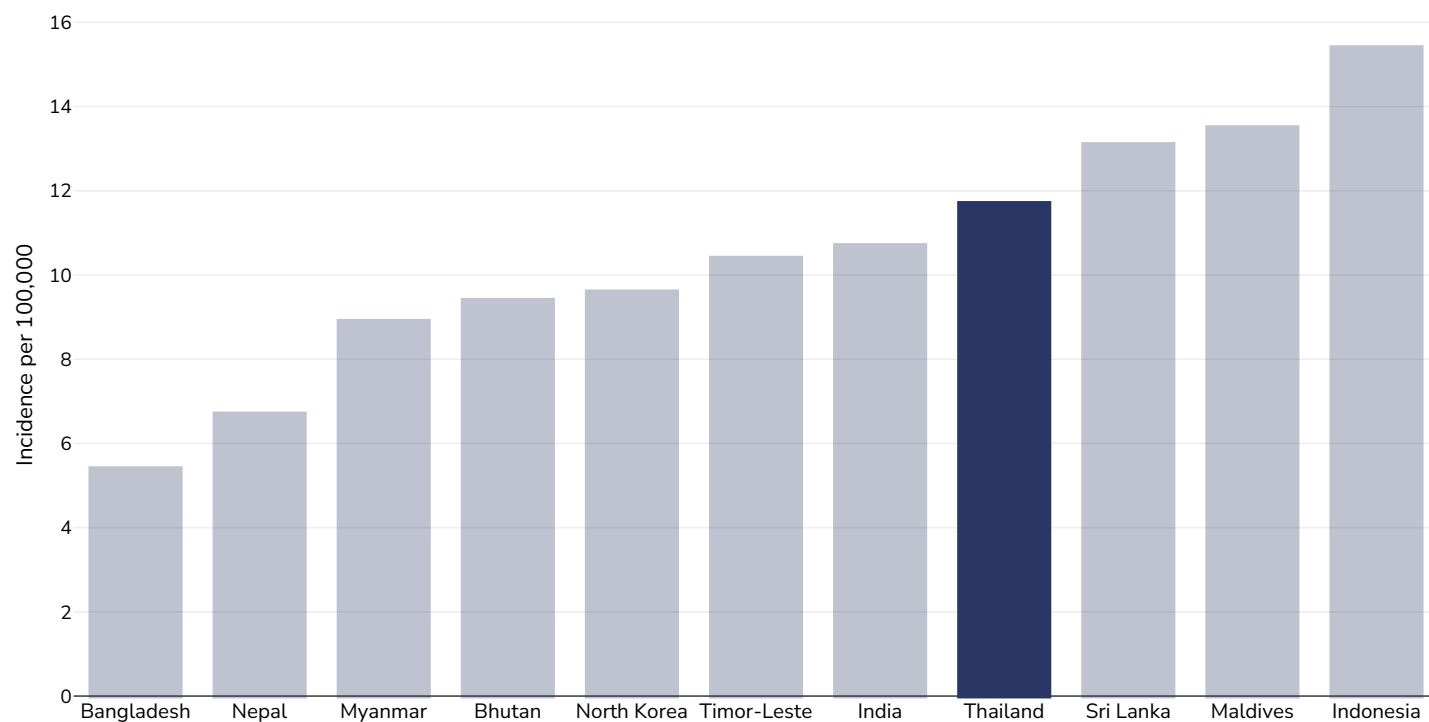## Adults, 2024
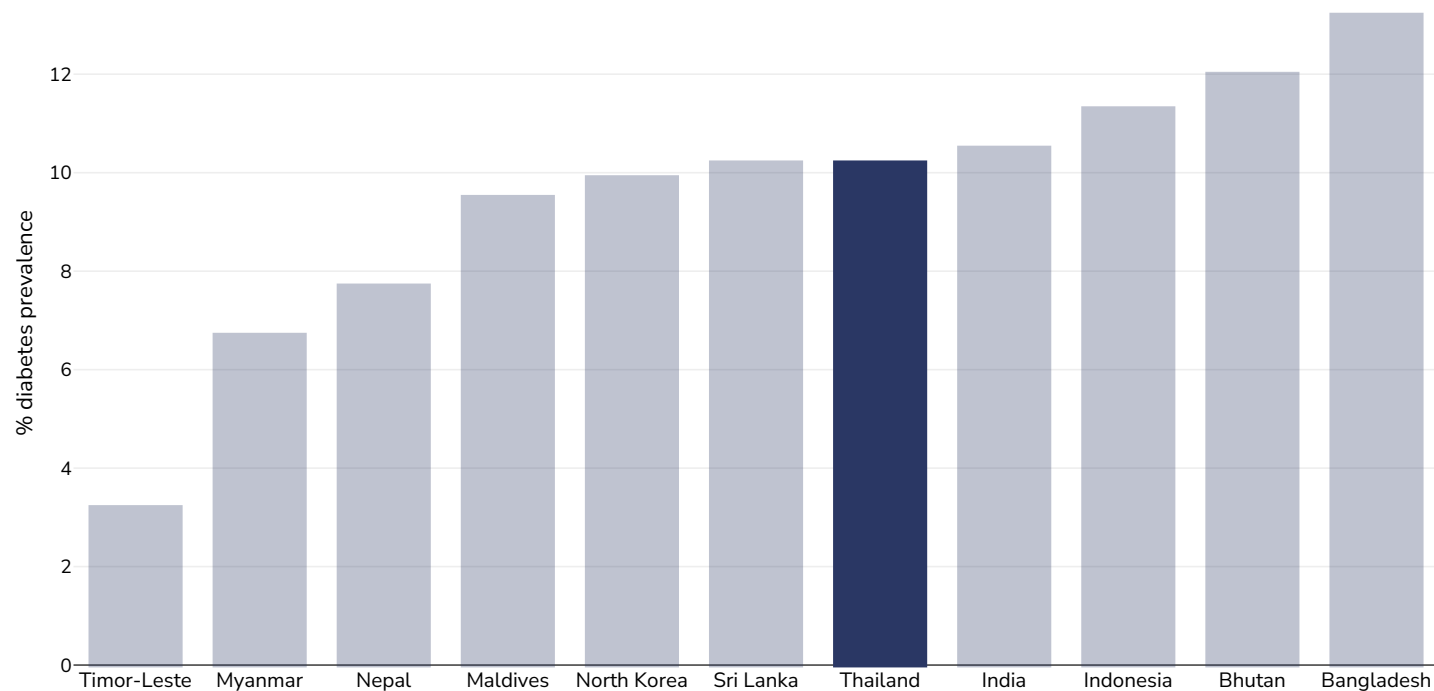
References: Reproduced with kind permission International Diabetes Federation. IDF Diabetes Atlas, 11th edn. Brussels, Belgium:International Diabetes Federation, 2025. http://www.diabetesatlas.org

Ovarian Cancer

Women, 2022

Age:	20+

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

Definitions:	Incidence per 100,000

Leukemia

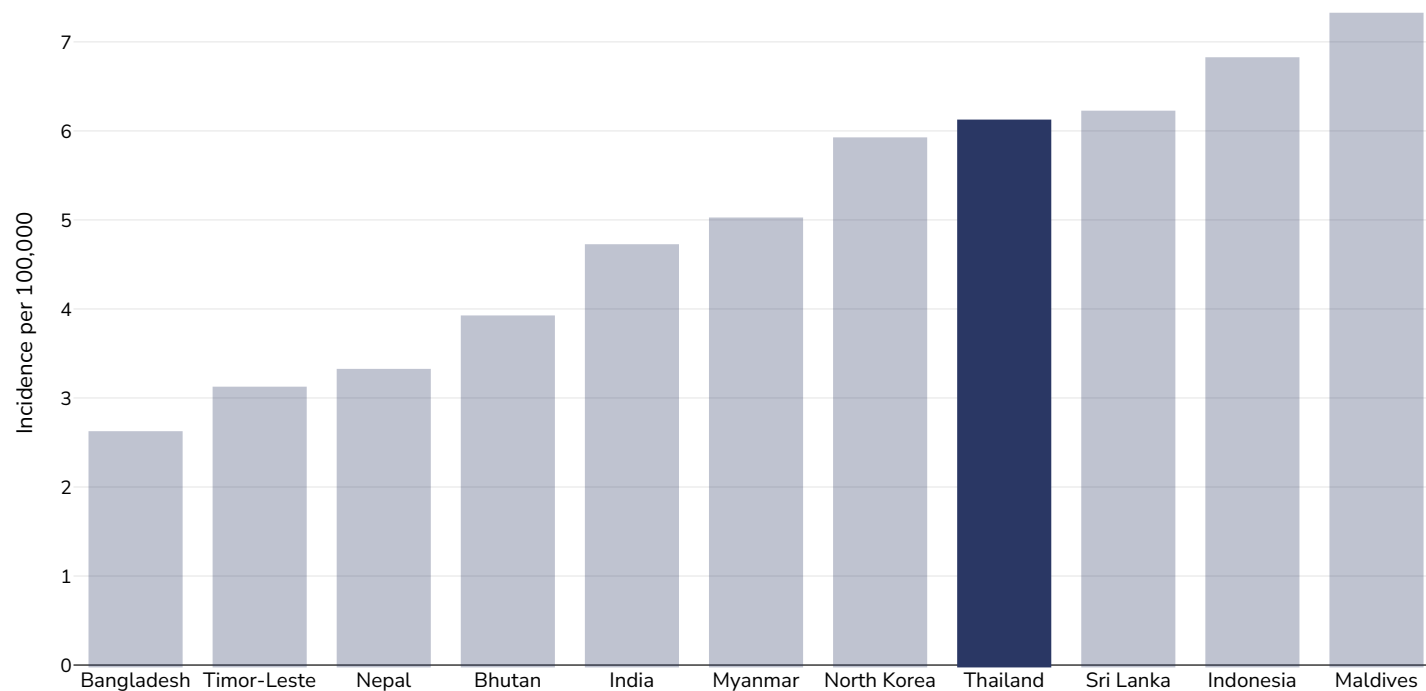## Men, 2022
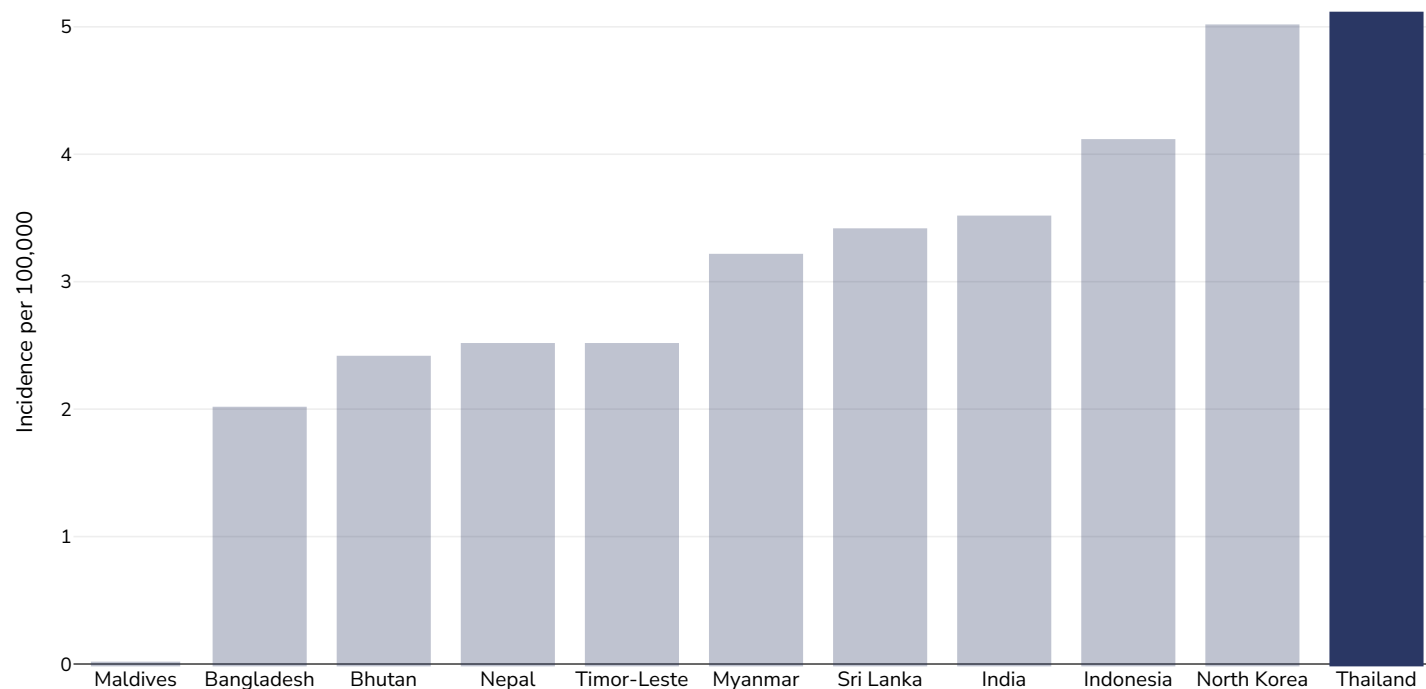

Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today,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

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

Women, 2022

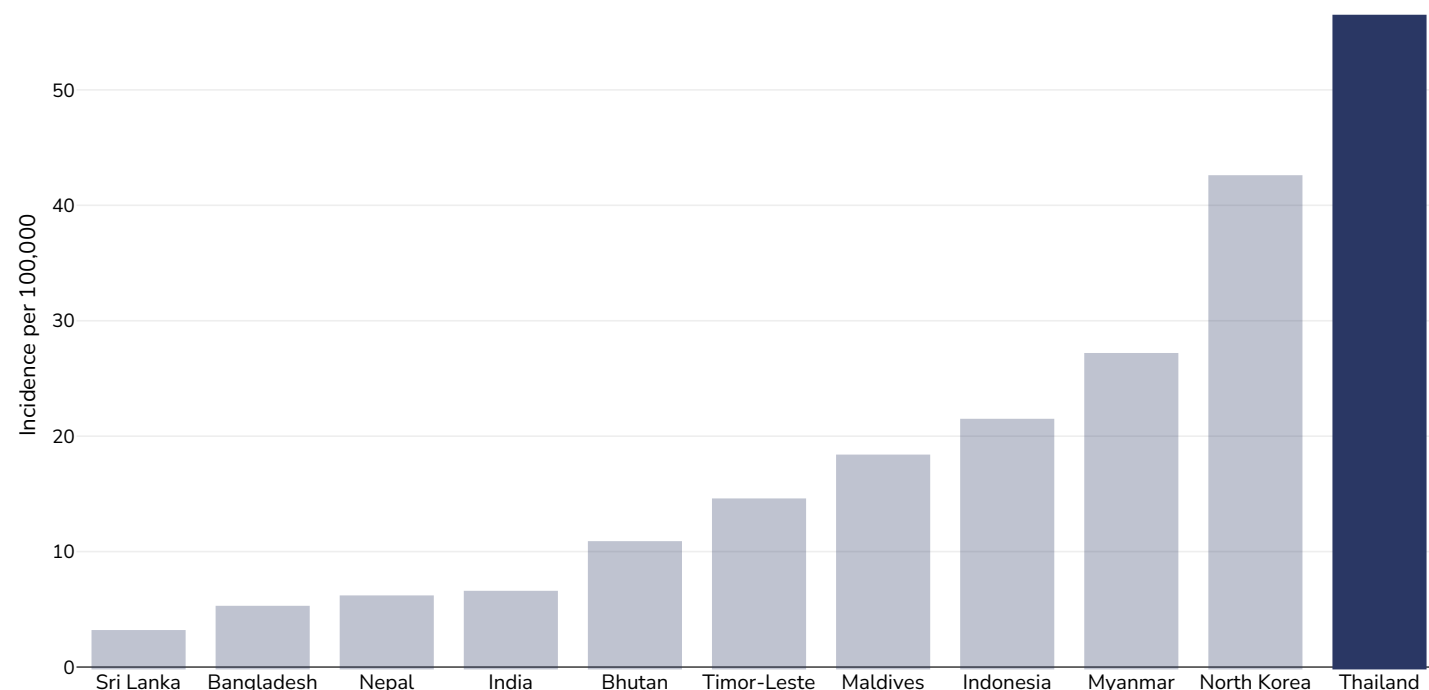| Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today,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

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

Liver and intrahepatic bile duct Cancer

Men, 2022

Incidence per 100,000 (y-axis)

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

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

Women, 2022
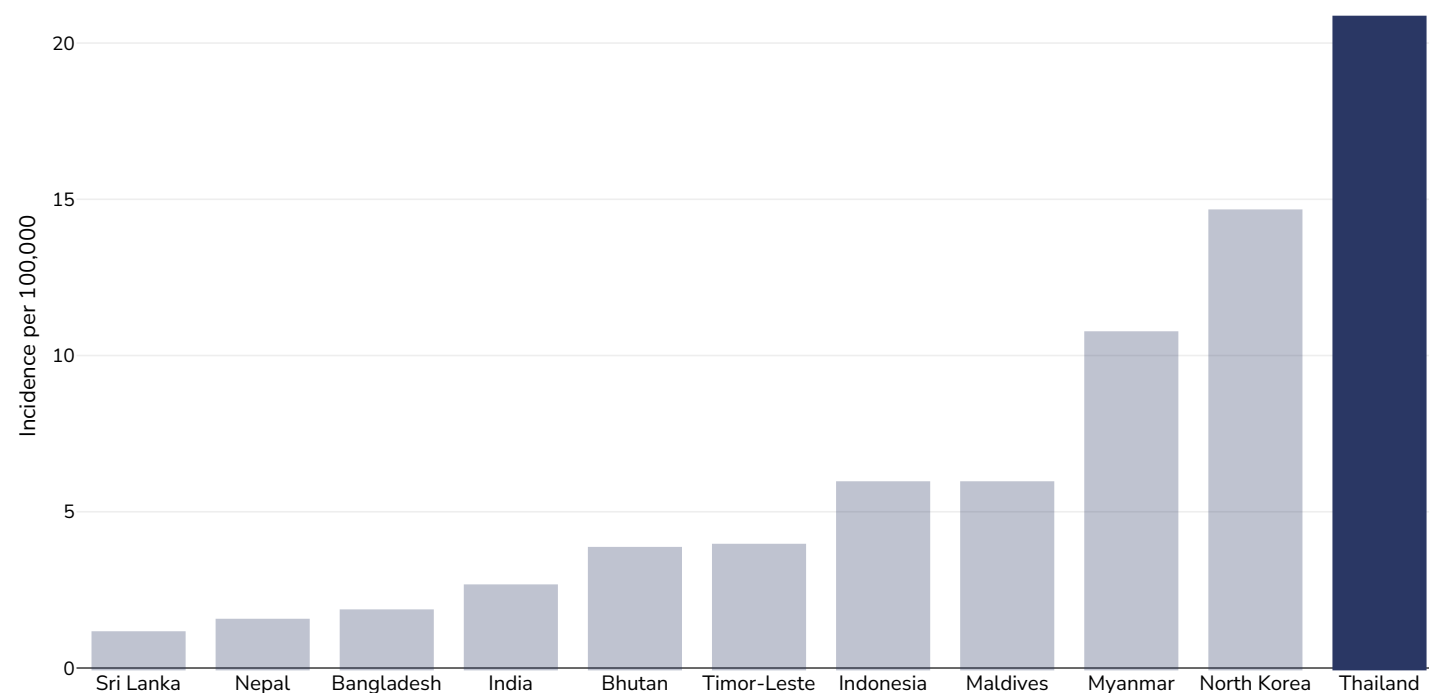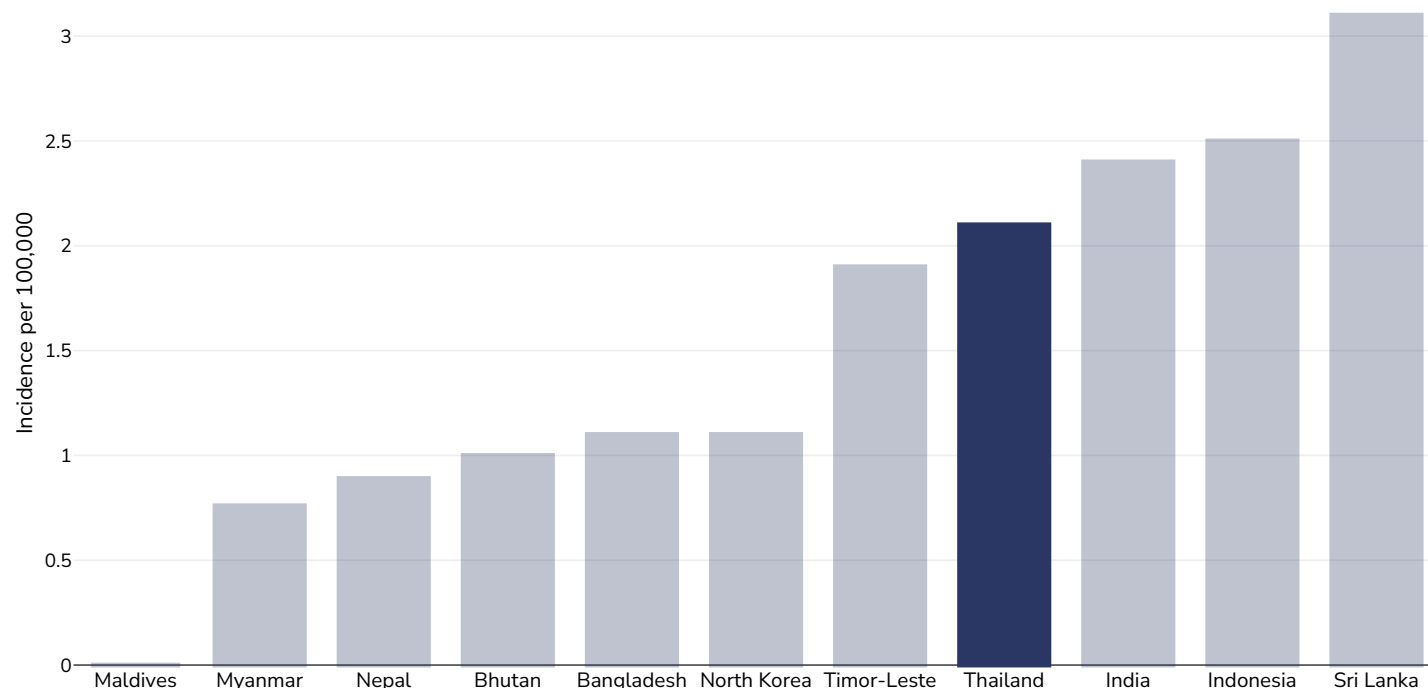

Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today,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

Multiple Myeloma

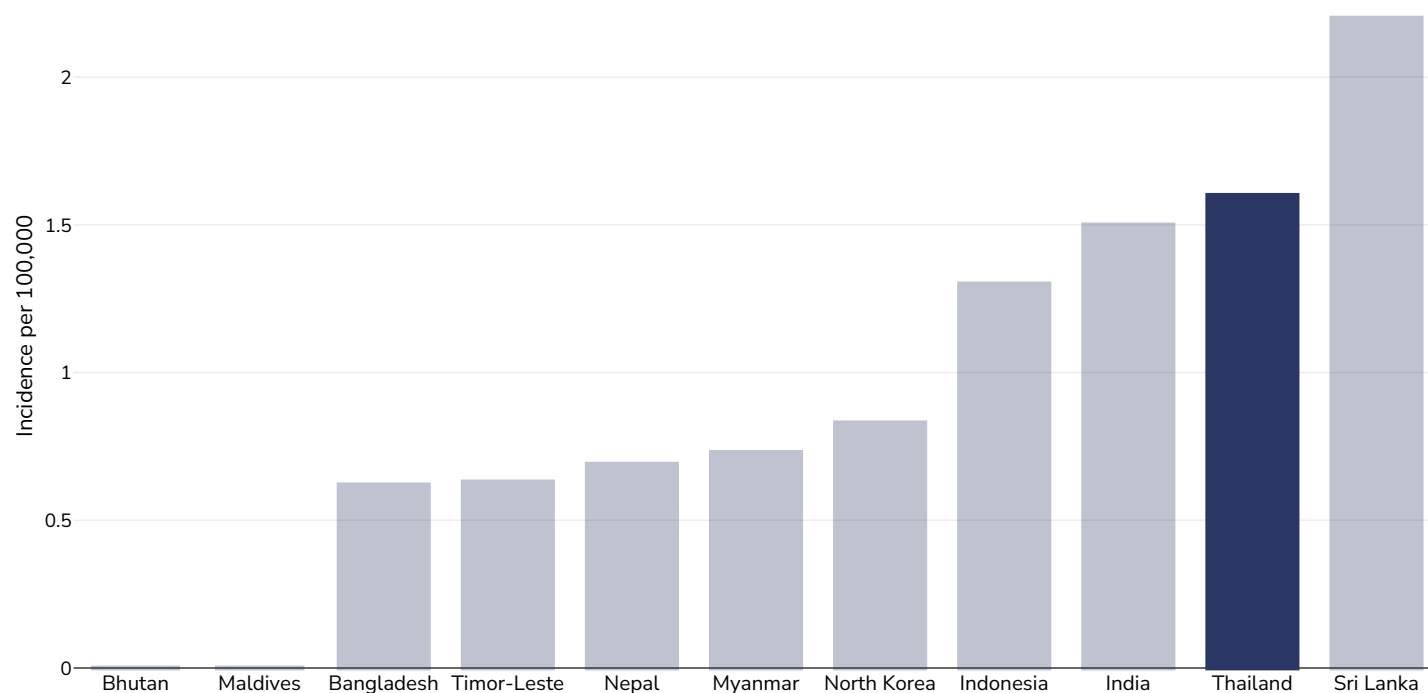## Men, 2022

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

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

Women, 2022

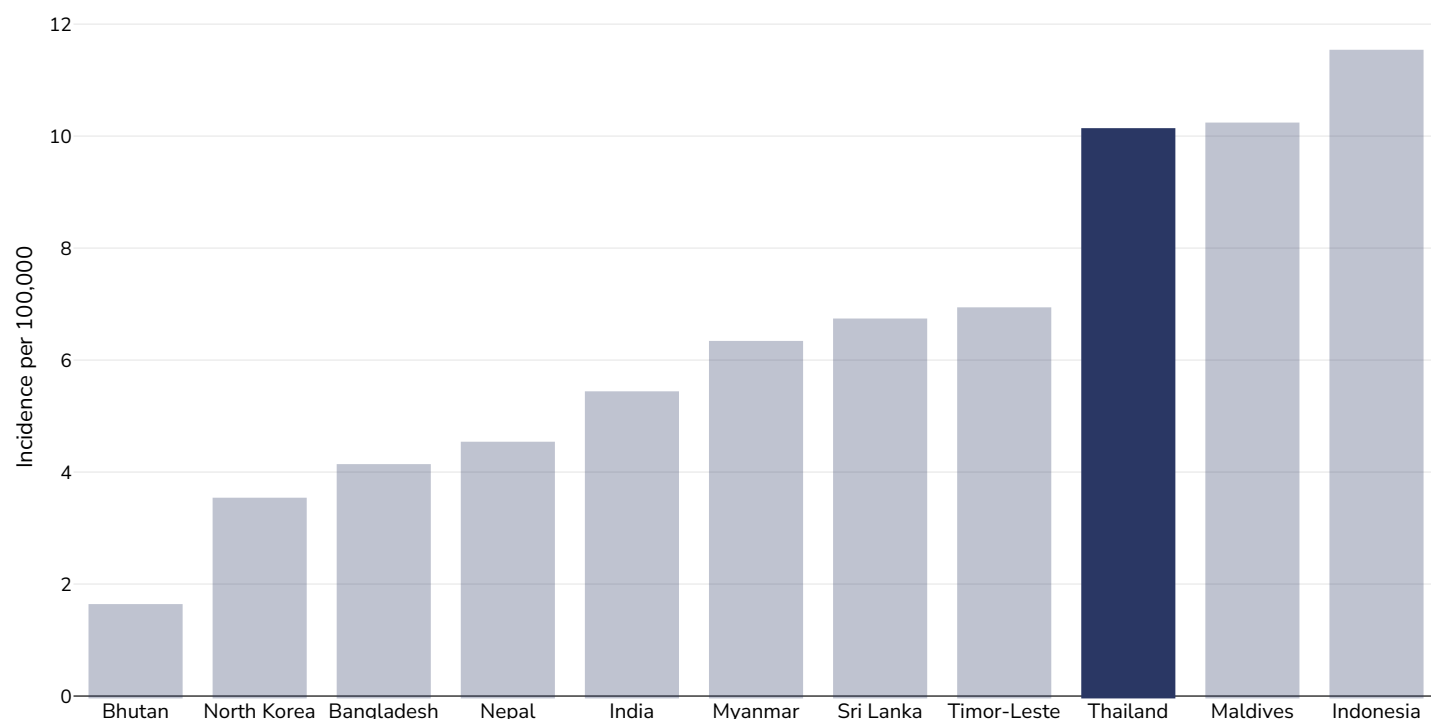| Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today,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

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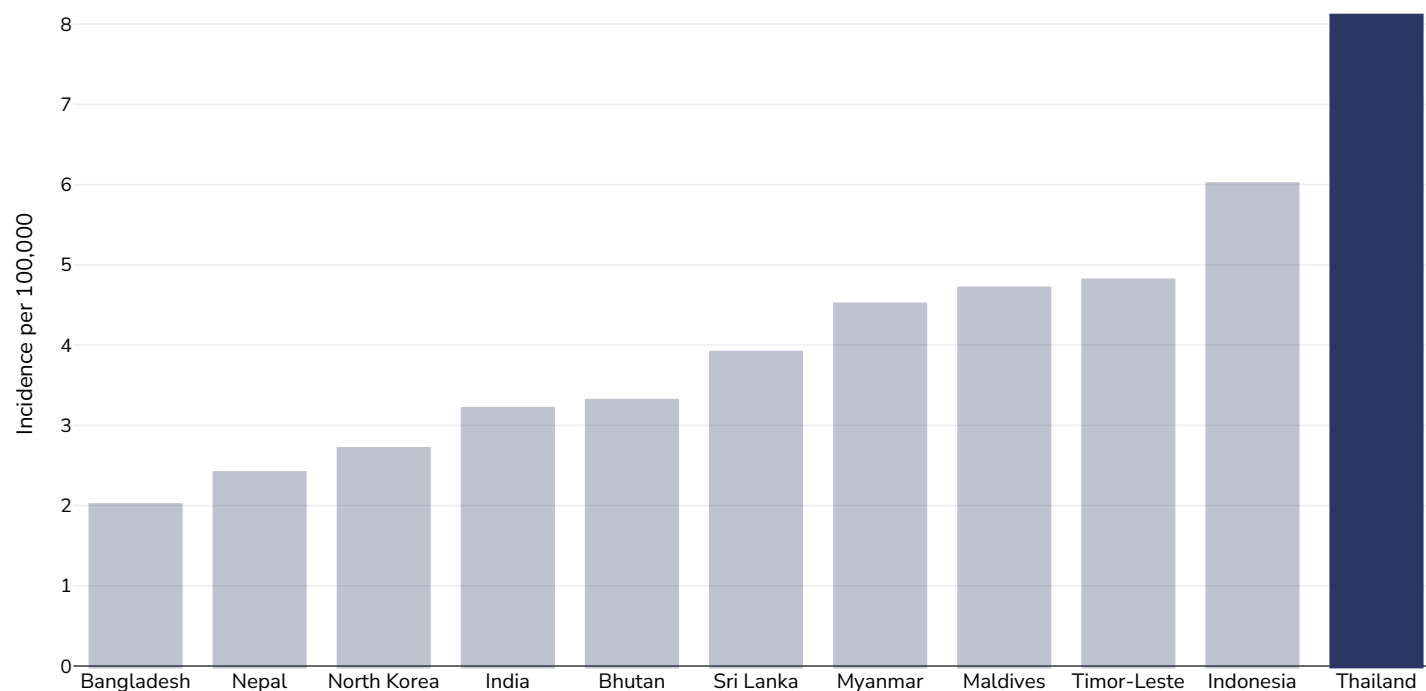
Non Hodgkin Lymphoma

Men, 2022

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

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

Women, 2022

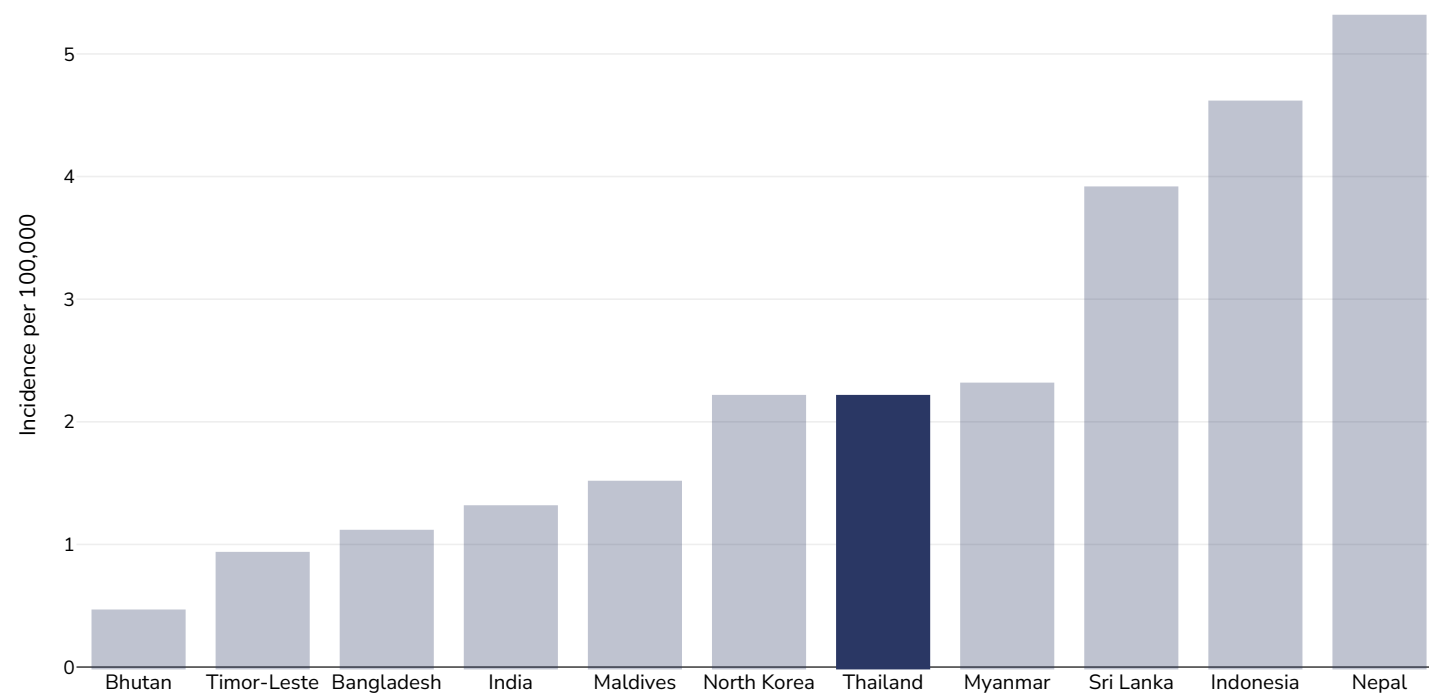|	
Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today,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

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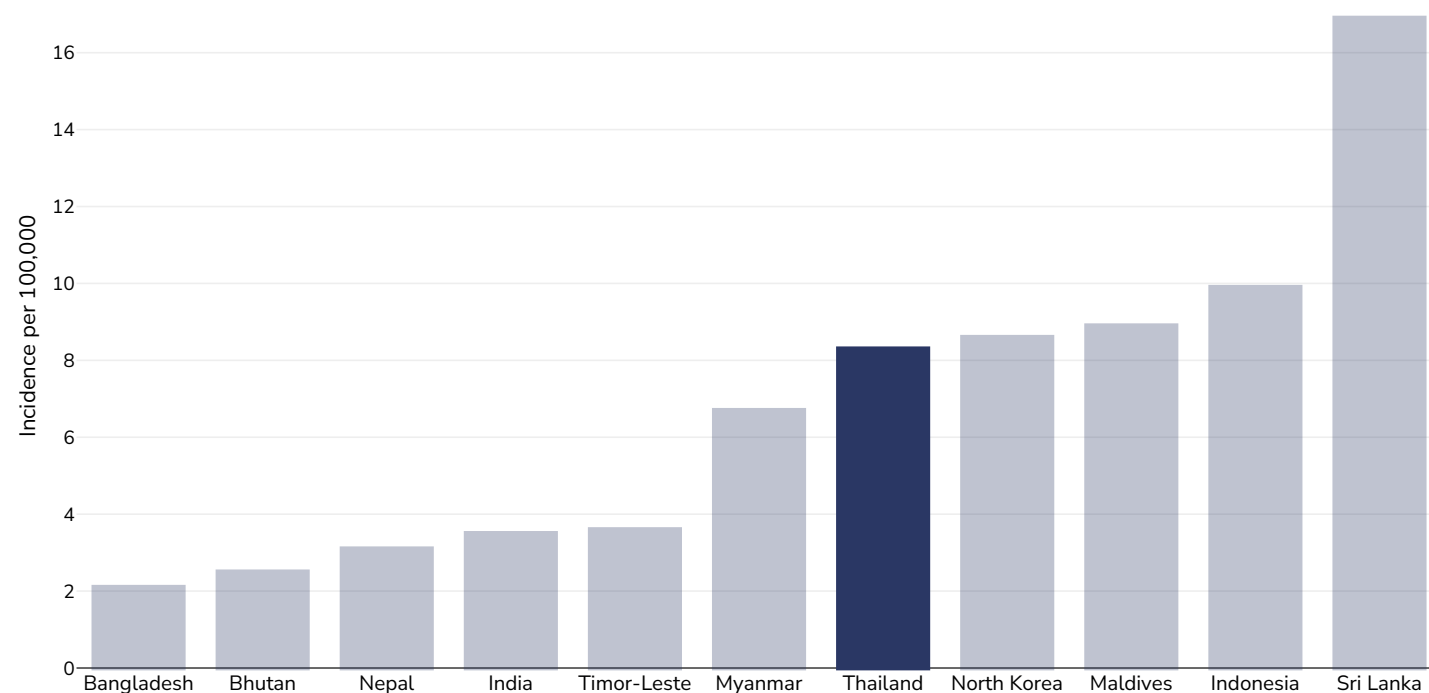
Thyroid Cancer

Men, 2022

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

Women, 2022

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

PDF created on September 17, 2025