# Report card

## Thailand

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Obesity prevalence

Adults, 2018

Survey type: Measured
Age: 15+
Sample size: 627
Area covered: Regional

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

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-b40873af988.pdf?sfvrsn=be5c3553_1&download=true

Cutoffs: BMI-for-age-sex
Infants, 2019

Age: 0-5
Sample size: 12138


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 in Thailand 1997-2009

Men

Survey type: Measured

References:


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

% Adults living with obesity

Survey type:

References:


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 2003-2009

Men

Survey type:

References:


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

<table>
<thead>
<tr>
<th>Year</th>
<th>Overweight or obesity % Adults living with overweight or obesity</th>
</tr>
</thead>
<tbody>
<tr>
<td>2003</td>
<td>25</td>
</tr>
<tr>
<td>2004</td>
<td>30</td>
</tr>
<tr>
<td>2005</td>
<td>35</td>
</tr>
<tr>
<td>2006</td>
<td>40</td>
</tr>
<tr>
<td>2007</td>
<td>45</td>
</tr>
<tr>
<td>2008</td>
<td>50</td>
</tr>
<tr>
<td>2009</td>
<td>55</td>
</tr>
</tbody>
</table>

Survey type: Measured

References:

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

Survey type: Measured
Age: 20+
Sample size: 19,181
Area covered: National - URBAN


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

- **Survey type:** Measured
- **Age:** 20+
- **Sample size:** 19,181
- **Area covered:** National - URBAN


**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.
Overweight/obesity by age

Adults, 2018

Survey type: Measured
Sample size: 627
Area covered: Na-Ngam rural community


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

Men, 2009

Survey type: Measured
Age: 20+
Sample size: 19,181
Area covered: National
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

Survey type: Measured
Age: 20+
Sample size: 19,181
Area covered: National


Notes: Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
Overweight/obesity by socio-economic group

Infants, 2019

Sample size: 12138


Definitions: >=+2SD
Insufficient physical activity

Adults, 2016

Men, 2016

Women, 2016

Average daily frequency of carbonated soft drink consumption

Children, 2014-2015

Survey type: Measured
Age: 12-17
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


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


Definitions: Prevalence of less-than-daily vegetable consumption (% less-than-daily vegetable consumption)
Average weekly frequency of fast food consumption

Children, 2014-2015

Maldives
Indonesia
Timor-Leste
Bangladesh
Thailand

Age: 12-17

Estimated per-capita processed meat intake

Adults, 2017

<table>
<thead>
<tr>
<th>Country</th>
<th>g/day</th>
</tr>
</thead>
<tbody>
<tr>
<td>Indonesia</td>
<td>0.2</td>
</tr>
<tr>
<td>Timor-Leste</td>
<td>0.4</td>
</tr>
<tr>
<td>North Korea</td>
<td>0.6</td>
</tr>
<tr>
<td>Myanmar</td>
<td>0.8</td>
</tr>
<tr>
<td>Thailand</td>
<td>1.0</td>
</tr>
<tr>
<td>Sri Lanka</td>
<td>1.2</td>
</tr>
<tr>
<td>Maldives</td>
<td>1.4</td>
</tr>
<tr>
<td>Nepal</td>
<td>1.6</td>
</tr>
<tr>
<td>Bangladesh</td>
<td>1.8</td>
</tr>
<tr>
<td>India</td>
<td>2.0</td>
</tr>
<tr>
<td>Bhutan</td>
<td>2.2</td>
</tr>
</tbody>
</table>

Survey type: Measured
Age: 25+
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


Definitions: % of population with depression disorders
Mental health - anxiety disorders

Adults, 2015


Definitions: % of population with anxiety disorders
% Infants exclusively breastfed 0-5 months

Infants, 2015-2022

References:
Thailand Multiple Indicator Cluster Survey 2022, Survey Findings Report

Notes:
Oesophageal cancer

Men, 2020

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

Age: 20+
Area covered: National


Definitions: Age-standardized incidence rates per 100 000
Women, 2020

Age: 20+

Area covered: National


Definitions: Age-standardized incidence rates per 100 000
## Colorectal cancer

### Men, 2020

<table>
<thead>
<tr>
<th>Country</th>
<th>Incidence per 100,000</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bangladesh</td>
<td>5</td>
</tr>
<tr>
<td>Bhutan</td>
<td>7</td>
</tr>
<tr>
<td>Nepal</td>
<td>8</td>
</tr>
<tr>
<td>India</td>
<td>9</td>
</tr>
<tr>
<td>Sri Lanka</td>
<td>10</td>
</tr>
<tr>
<td>Timor-Leste</td>
<td>11</td>
</tr>
<tr>
<td>Myanmar</td>
<td>12</td>
</tr>
<tr>
<td>Maldives</td>
<td>13</td>
</tr>
<tr>
<td>Indonesia</td>
<td>14</td>
</tr>
<tr>
<td>Thailand</td>
<td>36</td>
</tr>
<tr>
<td>North Korea</td>
<td>39</td>
</tr>
</tbody>
</table>

**Age:** 20+

**Area covered:** National


**Definitions:** Age-standardized incidence rates per 100,000
Women, 2020

Incidence per 100,000

Age: 20+
Area covered: National


Definitions: Age-standardized incidence rates per 100 000
Pancreatic cancer

Men, 2020

Incidence per 100,000

Age: 20+
Area covered: National


Definitions: Age-standardized incidence rates per 100 000
**Women, 2020**

![Bar chart showing incidence per 100,000 for different countries]

**Age:** 20+

**Area covered:** National


**Definitions:** Age-standardized incidence rates per 100 000
Gallbladder cancer

Men, 2020

Incidence per 100,000

Age:

20+

Area covered:

National

References:


Definitions:

Age-standardized incidence rates per 100 000
Women, 2020

<table>
<thead>
<tr>
<th>Country</th>
<th>Incidence per 100,000</th>
</tr>
</thead>
<tbody>
<tr>
<td>Maldives</td>
<td>0</td>
</tr>
<tr>
<td>Indonesia</td>
<td>2</td>
</tr>
<tr>
<td>Sri Lanka</td>
<td>3</td>
</tr>
<tr>
<td>Timor-Leste</td>
<td>2</td>
</tr>
<tr>
<td>Thailand</td>
<td>12</td>
</tr>
<tr>
<td>India</td>
<td>6</td>
</tr>
<tr>
<td>Bhutan</td>
<td>3</td>
</tr>
<tr>
<td>Myanmar</td>
<td>3</td>
</tr>
<tr>
<td>North Korea</td>
<td>3</td>
</tr>
<tr>
<td>Nepal</td>
<td>9</td>
</tr>
<tr>
<td>Bangladesh</td>
<td>11</td>
</tr>
</tbody>
</table>

Age: 20+

Area covered: National

References:

Definitions:
Age-standardized incidence rates per 100 000
Kidney cancer

Men, 2020

Incidence per 100,000

Age: 20+

Area covered: National


Definitions: Age-standardized incidence rates per 100,000
Women, 2020

Incidence per 100,000

Maldives | Timor-Leste | Nepal | Indonesia | Sri Lanka | Myanmar | Bhutan | Bangladesh | India | Thailand | North Korea
--- | --- | --- | --- | --- | --- | --- | --- | --- | --- | ---
0 | 0.5 | 1 | 1.5 | 2 | 2.5 | 3 | 3.5 | 4 | 5 | 6

Age: 20+

Area covered: National


Definitions: Age-standardized incidence rates per 100,000
Cancer of the uterus

Women, 2020

Age: 20+
Area covered: National


Definitions: Age-standardized incidence rates per 100,000
Raised blood pressure

Adults, 2015


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


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


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](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](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](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**

<table>
<thead>
<tr>
<th>Country</th>
<th>% Raised Fasting Blood Glucose</th>
</tr>
</thead>
<tbody>
<tr>
<td>North Korea</td>
<td>6</td>
</tr>
<tr>
<td>Sri Lanka</td>
<td>7</td>
</tr>
<tr>
<td>Myanmar</td>
<td>8</td>
</tr>
<tr>
<td>Indonesia</td>
<td>8</td>
</tr>
<tr>
<td>India</td>
<td>8</td>
</tr>
<tr>
<td>Thailand</td>
<td>10</td>
</tr>
<tr>
<td>Bangladesh</td>
<td>9</td>
</tr>
<tr>
<td>Nepal</td>
<td>9</td>
</tr>
<tr>
<td>Maldives</td>
<td>9</td>
</tr>
<tr>
<td>Bhutan</td>
<td>11</td>
</tr>
</tbody>
</table>

**References:**

**Definitions:**
Age Standardised % raised fasting blood glucose (>= 7.0 mmol/L or on medication).
Women, 2014

% raised fasting blood glucose

0 2 4 6 8 10 12

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, 2021

Age: 20-79
Area covered: National


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.

<table>
<thead>
<tr>
<th>Labelling</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Is there mandatory nutrition labelling?</strong></td>
</tr>
<tr>
<td>Front-of-package labelling?</td>
</tr>
<tr>
<td>Back-of-pack nutrition declaration?</td>
</tr>
<tr>
<td>Color coding?</td>
</tr>
<tr>
<td>Warning label?</td>
</tr>
</tbody>
</table>
## Regulation and marketing

<table>
<thead>
<tr>
<th>Question</th>
<th>Answer</th>
</tr>
</thead>
<tbody>
<tr>
<td>Are there fiscal policies on unhealthy products?</td>
<td>✔</td>
</tr>
<tr>
<td>Tax on unhealthy foods?</td>
<td>✗</td>
</tr>
<tr>
<td>Tax on unhealthy drinks?</td>
<td>✔</td>
</tr>
<tr>
<td>Are there fiscal policies on healthy products?</td>
<td>✗</td>
</tr>
<tr>
<td>Subsidy on fruits?</td>
<td>✗</td>
</tr>
<tr>
<td>Subsidy on vegetables?</td>
<td>✗</td>
</tr>
<tr>
<td>Subsidy on other healthy products?</td>
<td>✗</td>
</tr>
<tr>
<td>Mandatory limit or ban of trans fat (all settings)?</td>
<td>✔</td>
</tr>
<tr>
<td>Mandatory limit of trans fats in place (all settings)?</td>
<td>✔</td>
</tr>
<tr>
<td>Ban on trans-fats or phos in place (all settings)?</td>
<td>✔</td>
</tr>
<tr>
<td>Are there any mandatory policies/marketing restrictions on the promotion of unhealthy food/drinks to children?</td>
<td>✔</td>
</tr>
<tr>
<td>Mandatory restriction on broadcast media?</td>
<td>✔</td>
</tr>
<tr>
<td>Mandatory restriction on non-broadcast media?</td>
<td>✔</td>
</tr>
<tr>
<td>Voluntary policies/marketing restrictions on the promotion of unhealthy food/drinks to children?</td>
<td>✗</td>
</tr>
<tr>
<td>Are there mandatory standards for food in schools?</td>
<td>✗</td>
</tr>
<tr>
<td>Are there any mandatory nutrient limits in any manufactured food products?</td>
<td>✗</td>
</tr>
<tr>
<td>Nutrition standards for public sector procurement?</td>
<td>✗</td>
</tr>
</tbody>
</table>
## Political will and support

<table>
<thead>
<tr>
<th>Requirement</th>
<th>Status</th>
</tr>
</thead>
<tbody>
<tr>
<td>National obesity strategy or nutrition and physical activity national strategy?</td>
<td>✓</td>
</tr>
<tr>
<td>National obesity strategy?</td>
<td>✗</td>
</tr>
<tr>
<td>National childhood obesity strategy?</td>
<td>✗</td>
</tr>
<tr>
<td>Comprehensive nutrition strategy?</td>
<td>✓</td>
</tr>
<tr>
<td>Comprehensive physical activity strategy?</td>
<td>✓</td>
</tr>
<tr>
<td>Evidence-based dietary guidelines and/or RDAs?</td>
<td>✓</td>
</tr>
<tr>
<td>National target(s) on reducing obesity?</td>
<td>✓</td>
</tr>
<tr>
<td>Guidelines/policy on obesity treatment?</td>
<td>✓</td>
</tr>
<tr>
<td>Promotion of breastfeeding?</td>
<td>✓</td>
</tr>
</tbody>
</table>

## Monitoring and surveillance

<table>
<thead>
<tr>
<th>Requirement</th>
<th>Status</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monitoring of the prevalence and incidence for the main obesity-related NCDs and risk factors?</td>
<td>✓</td>
</tr>
<tr>
<td>Within 5 years?</td>
<td>✓</td>
</tr>
</tbody>
</table>

## Governance and resource

<table>
<thead>
<tr>
<th>Requirement</th>
<th>Status</th>
</tr>
</thead>
<tbody>
<tr>
<td>Multi-sectoral national co-ordination mechanism for obesity or nutrition (including obesity)?</td>
<td>✓</td>
</tr>
</tbody>
</table>

### Key

- ✓ Present
- ✗ Absent
- 🟢 Incoming
- 🟠 Present (voluntary)
- 🟭 Unknown

Last updated September 13, 2022