# Report card

## Trinidad and Tobago

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<td>40</td>
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Obesity prevalence

Adults, 2011

Survey type: Measured
Age: 15-64
Sample size: 2700
Area covered: National
References: Trinidad and Tobago PANAM STEPS CNCD Risk Factor Survey- Final Report

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
Children, 2017

Survey type: Self-reported
Age: 13-17
References: Global School-based Student Health Survey (GSHS), available at [https://www.cdc.gov/gshs/countries/index.htm](https://www.cdc.gov/gshs/countries/index.htm) (last accessed 28.04.20)
Notes: WHO cutoffs.
Cutoffs: WHO
Overweight/obesity by age

Adults, 2011

Survey type: Measured
Sample size: 2700 (1104 Men, 1596 Women)
Area covered: National
References: Trinidad and Tobago PANAM STEPS CNCD Risk Factor Survey- Final Report

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

Adults, 2016

References:
Men, 2016

Women, 2016

Children, 2010

Age: 11-17


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, 2010


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, 2010

Age: 11-17


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, 2009-2015

<table>
<thead>
<tr>
<th>Country</th>
<th>Times per day</th>
</tr>
</thead>
<tbody>
<tr>
<td>Peru</td>
<td></td>
</tr>
<tr>
<td>Costa Rica</td>
<td></td>
</tr>
<tr>
<td>Dominica</td>
<td></td>
</tr>
<tr>
<td>Guatemala</td>
<td></td>
</tr>
<tr>
<td>St Kitts &amp; Nevis</td>
<td></td>
</tr>
<tr>
<td>Belize</td>
<td></td>
</tr>
<tr>
<td>El Salvador</td>
<td></td>
</tr>
<tr>
<td>Antigua &amp; Barbuda</td>
<td></td>
</tr>
<tr>
<td>Bolivia</td>
<td></td>
</tr>
<tr>
<td>Guyana</td>
<td></td>
</tr>
<tr>
<td>Chile</td>
<td></td>
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<tr>
<td>Jamaica</td>
<td></td>
</tr>
<tr>
<td>Honduras</td>
<td></td>
</tr>
<tr>
<td>Trinidad &amp; Tobago</td>
<td></td>
</tr>
<tr>
<td>Bahamas</td>
<td></td>
</tr>
<tr>
<td>Argentina</td>
<td></td>
</tr>
<tr>
<td>Uruguay</td>
<td></td>
</tr>
<tr>
<td>Suriname</td>
<td></td>
</tr>
</tbody>
</table>

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, 2009-2015

<table>
<thead>
<tr>
<th>Country</th>
<th>% &lt; daily consumption</th>
</tr>
</thead>
<tbody>
<tr>
<td>Guatemala</td>
<td>20.7</td>
</tr>
<tr>
<td>Guyana</td>
<td>22.9</td>
</tr>
<tr>
<td>Suriname</td>
<td>21.1</td>
</tr>
<tr>
<td>Jamaica</td>
<td>25.4</td>
</tr>
<tr>
<td>Grenada</td>
<td>30.4</td>
</tr>
<tr>
<td>El Salvador</td>
<td>30.7</td>
</tr>
<tr>
<td>Peru</td>
<td>29.5</td>
</tr>
<tr>
<td>Chile</td>
<td>28.3</td>
</tr>
<tr>
<td>Belize</td>
<td>30.7</td>
</tr>
<tr>
<td>Uruguay</td>
<td>28.4</td>
</tr>
<tr>
<td>Bolivia</td>
<td>27.4</td>
</tr>
<tr>
<td>Dominica</td>
<td>27.9</td>
</tr>
<tr>
<td>Antigua &amp; Barbuda</td>
<td>23.9</td>
</tr>
<tr>
<td>Argentina</td>
<td>27.6</td>
</tr>
<tr>
<td>Honduras</td>
<td>25.3</td>
</tr>
<tr>
<td>Costa Rica</td>
<td>25.9</td>
</tr>
<tr>
<td>St Kitts &amp; Nevis</td>
<td>29.2</td>
</tr>
<tr>
<td>Bahamas</td>
<td>49.0</td>
</tr>
<tr>
<td>Trinidad &amp; Tobago</td>
<td>50.0</td>
</tr>
</tbody>
</table>

**Survey type:** Measured

**Age:** 12-17

**References:**

**Definitions:**
Prevalence of less-than-daily fruit consumption (% less-than-daily fruit consumption)
Prevalence of less-than-daily vegetable consumption

Children, 2009-2015

<table>
<thead>
<tr>
<th>Country</th>
<th>% &lt; daily consumption</th>
</tr>
</thead>
<tbody>
<tr>
<td>Suriname</td>
<td>27.6</td>
</tr>
<tr>
<td>Chile</td>
<td>26.9</td>
</tr>
<tr>
<td>Guyana</td>
<td>24.9</td>
</tr>
<tr>
<td>Bolivia</td>
<td>24.3</td>
</tr>
<tr>
<td>Guatemala</td>
<td>25.5</td>
</tr>
<tr>
<td>Peru</td>
<td>26.4</td>
</tr>
<tr>
<td>Uruguay</td>
<td>27.9</td>
</tr>
<tr>
<td>Costa Rica</td>
<td>27.2</td>
</tr>
<tr>
<td>Antigua &amp; Barbuda</td>
<td>26.0</td>
</tr>
<tr>
<td>Argentina</td>
<td>24.8</td>
</tr>
<tr>
<td>Dominica</td>
<td>22.5</td>
</tr>
<tr>
<td>Honduras</td>
<td>21.1</td>
</tr>
<tr>
<td>El Salvador</td>
<td>31.7</td>
</tr>
<tr>
<td>Trinidad &amp; Tobago</td>
<td>23.7</td>
</tr>
<tr>
<td>Jamaica</td>
<td>23.0</td>
</tr>
<tr>
<td>St Kitts &amp; Nevis</td>
<td>22.2</td>
</tr>
<tr>
<td>Bahamas</td>
<td>21.6</td>
</tr>
</tbody>
</table>

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, 2009-2015

Age: 12-17

**Estimated per-capita processed meat intake**

**Adults, 2017**

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
Oesophageal cancer

Men, 2018

References: Global Cancer Observatory, Cancer incidence rates [http://gco.iarc.fr/] (last accessed 30th June 2020)

Definitions: Estimated age-standardized incidence rates (World) in 2018, oesophagus, adults ages 20+. ASR (World) per 100,000
**Women, 2018**

Incidence per 100,000

<table>
<thead>
<tr>
<th>Country</th>
<th>Incidence</th>
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</thead>
<tbody>
<tr>
<td>Belize</td>
<td>0.1</td>
</tr>
<tr>
<td>St Lucia</td>
<td>0.2</td>
</tr>
<tr>
<td>Suriname</td>
<td>0.3</td>
</tr>
<tr>
<td>Nicaragua</td>
<td>0.5</td>
</tr>
<tr>
<td>Trinidad &amp; Tobago</td>
<td>0.7</td>
</tr>
<tr>
<td>Bahamas</td>
<td>0.8</td>
</tr>
<tr>
<td>Barbados</td>
<td>0.9</td>
</tr>
<tr>
<td>Mexico</td>
<td>1.0</td>
</tr>
<tr>
<td>Panama</td>
<td>1.1</td>
</tr>
<tr>
<td>Guyana</td>
<td>1.2</td>
</tr>
<tr>
<td>Ecuador</td>
<td>1.3</td>
</tr>
<tr>
<td>Venezuela</td>
<td>1.4</td>
</tr>
<tr>
<td>Bolivia</td>
<td>1.5</td>
</tr>
<tr>
<td>Costa Rica</td>
<td>1.6</td>
</tr>
<tr>
<td>El Salvador</td>
<td>1.7</td>
</tr>
<tr>
<td>Guatemala</td>
<td>1.8</td>
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<tr>
<td>Colombia</td>
<td>1.9</td>
</tr>
<tr>
<td>Peru</td>
<td>2.0</td>
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<td>Honduras</td>
<td>2.1</td>
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<tr>
<td>Jamaica</td>
<td>2.2</td>
</tr>
<tr>
<td>Dominican Republic</td>
<td>2.3</td>
</tr>
<tr>
<td>United States</td>
<td>2.4</td>
</tr>
<tr>
<td>Cura</td>
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</tr>
<tr>
<td>Paraguay</td>
<td>2.6</td>
</tr>
<tr>
<td>Canada</td>
<td>2.7</td>
</tr>
<tr>
<td>Brazil</td>
<td>2.8</td>
</tr>
<tr>
<td>Argentina</td>
<td>2.9</td>
</tr>
<tr>
<td>Chile</td>
<td>3.0</td>
</tr>
<tr>
<td>Uruguay</td>
<td>3.1</td>
</tr>
<tr>
<td>Haiti</td>
<td>3.2</td>
</tr>
</tbody>
</table>

**Age:** 20+


**Definitions:** Estimated age-standardized incidence rates (World) in 2018, oesophagus, adults ages 20+. ASR (World) per 100,000
Breast cancer

Women, 2018

References: Global Cancer Observatory, Cancer incidence rates [http://gco.iarc.fr/] (last accessed 30th June 2020)

Definitions: Estimated age-standardized incidence rates (World) in 2018, breast, females, ages 20+. ASR (World) per 100,000
Colorectal cancer

Men, 2018


Definitions: Estimated age-standardized incidence rates (World) in 2018, colorectum, adults, ages 20+. ASR (World) per 100,000
Women, 2018

Age: 20+


Definitions: Estimated age-standardized incidence rates (World) in 2018, colorectum, adults, ages 20+. ASR (World) per 100,000
Pancreatic cancer

Men, 2018


Definitions: Estimated age-standardized incidence rates (World) in 2018, pancreas, adults, ages 20+. ASR (World) per 100,000
Age: 20+

References: Global Cancer Observatory, Cancer incidence rates [http://gco.iarc.fr/] (last accessed 30th June 2020)

Definitions: Estimated age-standardized incidence rates (World) in 2018, pancreas, adults, ages 20+. ASR (World) per 100,000
Gallbladder cancer

Men, 2018


Definitions: Estimated age-standardized incidence rates (World) in 2018, gallbladder, adults, ages 20+. ASR (World) per 100,000
Women, 2018

Age: 20+


Definitions: Estimated age-standardized incidence rates (World) in 2018, gallbladder, adults, ages 20+. ASR (World) per 100,000
Kidney cancer

Men, 2018

Age: 20+


Definitions: Estimated age-standardized incidence rates (World) in 2018, kidney, adults, ages 20+. ASR (World) per 100,000
Women, 2018

Age: 20+


Definitions: Estimated age-standardized incidence rates (World) in 2018, kidney, adults, ages 20+. ASR (World) per 100,000
Cancer of the uterus

Women, 2018


Definitions: Estimated age-standardized incidence rates (World) in 2018, cervix uteri, females, ages 20+. ASR (World) 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**


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

Adults, 2008


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


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

% raised cholesterol


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

Men, 2014-2019


Definitions: Age Standardised % raised fasting blood glucose (>= 7.0 mmol/L or on medication).
Women, 2014-2019

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, 2017


Definitions: Diabetes age-adjusted comparative prevalence (%).

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