

Report card United Arab Emirates



High income

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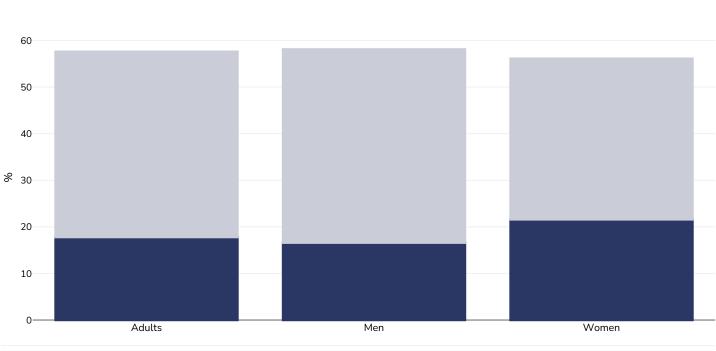


Obesity prevalence

Overweight

Adults, 2019

Obesity



Survey	Measured
type:	
Age:	18+
Sample size:	2142
size:	
Area	Dubai
covered:	

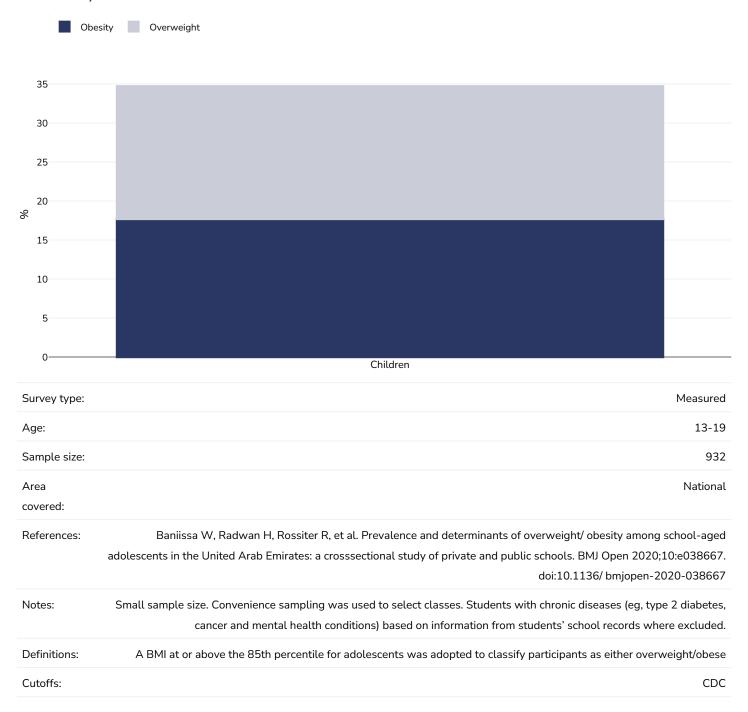
References:

Mamdouh H, Hussain HY, Ibrahim GM, Alawadi F, Hassanein M, Zarooni AA, Suwaidi HA, Hassan A, Alsheikh-Ali A, Alnakhi WK. Prevalence and associated risk factors of overweight and obesity among adult population in Dubai: a population-based cross-sectional survey in Dubai, the United Arab Emirates. BMJ Open. 2023 Jan 24;13(1):e062053. doi: 10.1136/bmjopen-2022-062053. PMID: 36693685; PMCID: PMC9884894.

 $Unless \ otherwise \ noted, \ overweight \ refers \ to \ a \ BMI \ between \ 25kg \ and \ 29.9kg/m^2, \ obesity \ refers \ to \ a \ BMI \ greater \ than \ 30kg/m^2.$



Children, 2018-2019

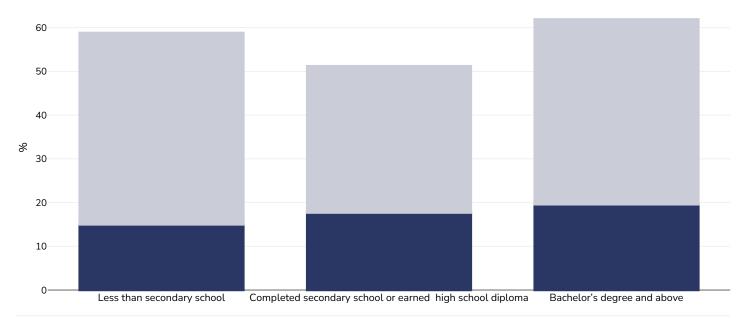




Overweight/obesity by education

Adults, 2019





Survey type:	Measured
Age:	18+
Sample size:	2142
Area covered:	Dubai

References:

Mamdouh H, Hussain HY, Ibrahim GM, Alawadi F, Hassanein M, Zarooni AA, Suwaidi HA, Hassan A, Alsheikh-Ali A, Alnakhi WK. Prevalence and associated risk factors of overweight and obesity among adult population in Dubai: a population-based cross-sectional survey in Dubai, the United Arab Emirates. BMJ Open. 2023 Jan 24;13(1):e062053. doi: 10.1136/bmjopen-2022-062053. PMID: 36693685; PMCID: PMC9884894.

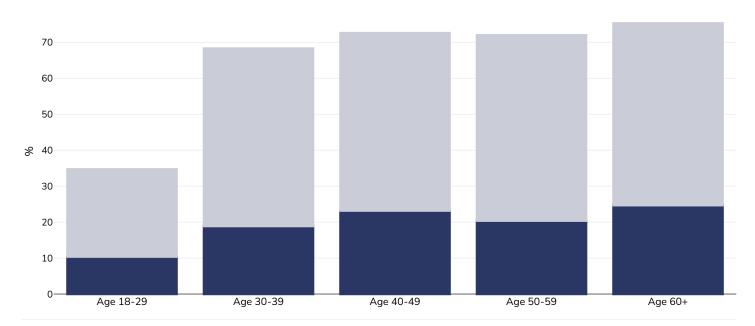
 $Unless \ otherwise \ noted, \ overweight \ refers \ to \ a \ BMI \ between \ 25kg \ and \ 29.9kg/m^2, \ obesity \ refers \ to \ a \ BMI \ greater \ than \ 30kg/m^2.$



Overweight/obesity by age

Adults, 2019





Survey	Measured
type:	
Sample	2142
size:	
Area	Dubai
covered:	

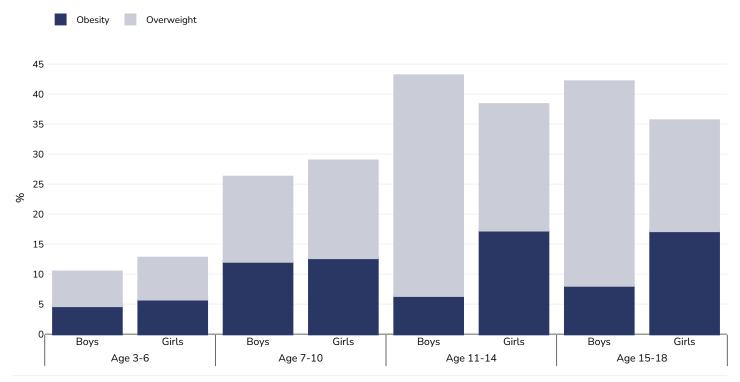
References:

Mamdouh H, Hussain HY, Ibrahim GM, Alawadi F, Hassanein M, Zarooni AA, Suwaidi HA, Hassan A, Alsheikh-Ali A, Alnakhi WK. Prevalence and associated risk factors of overweight and obesity among adult population in Dubai: a population-based cross-sectional survey in Dubai, the United Arab Emirates. BMJ Open. 2023 Jan 24;13(1):e062053. doi: 10.1136/bmjopen-2022-062053. PMID: 36693685; PMCID: PMC9884894.

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



Children, 2014-2015



Survey type:	Measured
Sample size:	27113
Area covered:	Regional
References:	AlBlooshi, A., Shaban, S., AlTunaiji, M., Fares, N., AlShehhi, L., AlShehhi, H., AlMazrouei, A., and Souid, AK. (2016) Increasing obesity rates in school children in United Arab Emirates. Obesity Science & Practice, 2: 196–202. doi: 10.1002/osp4.37.
Notes:	International IOTF Cut Off
Cutoffs:	IOTF

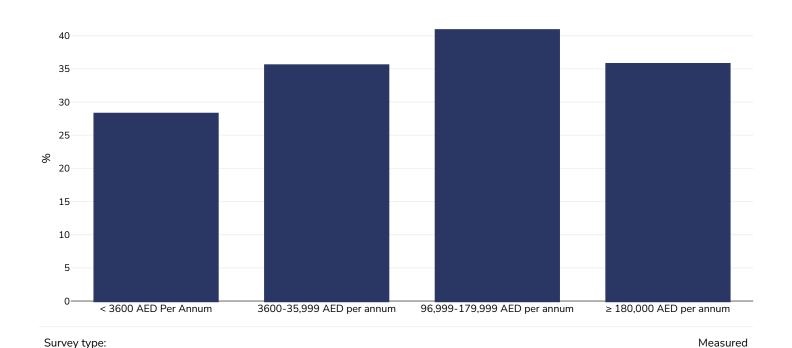


Overweight/obesity by socio-economic group

Adults, 2012-2014



Survey type:



Age:	18+
Sample size:	2724
Area covered:	Expatriates (who make up approx 80% of UAE adult population)
References:	Sulaiman, Elbadawi, Hussein, Abusnana, Madani, Mairghani, Alawadi, Sulaiman, Zimmet, Huse, Shaw and Peeters. 2017. Prevalence of overweight and obesity in United Arab Emirates Expatriates: the UAE National Diabetes and Lifestyle Study.

Expatriates only (though expatriates make up approx 80% of UAE adult population) Notes:

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

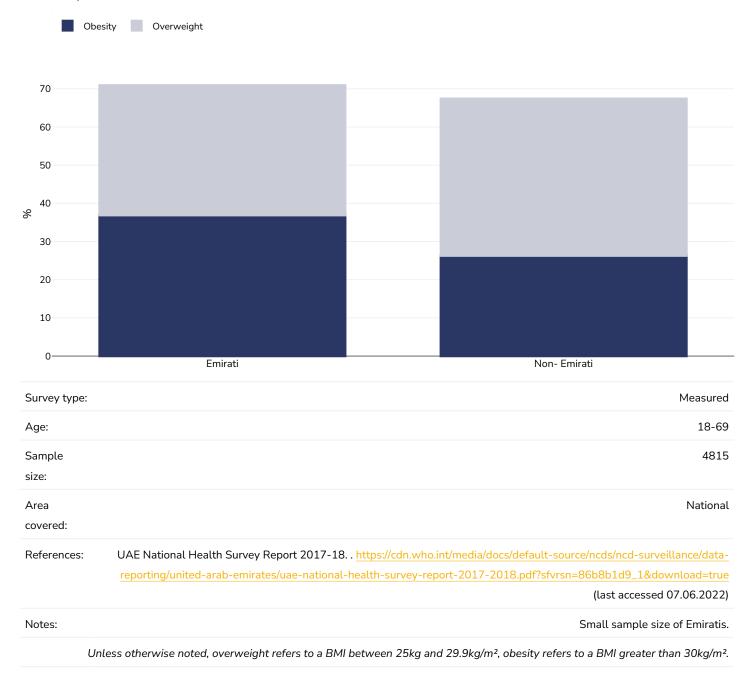
Diabetol Metab Syndr. 9(88). DOI 10.1186/s13098-017-0287-0.



Overweight/obesity by ethnicity

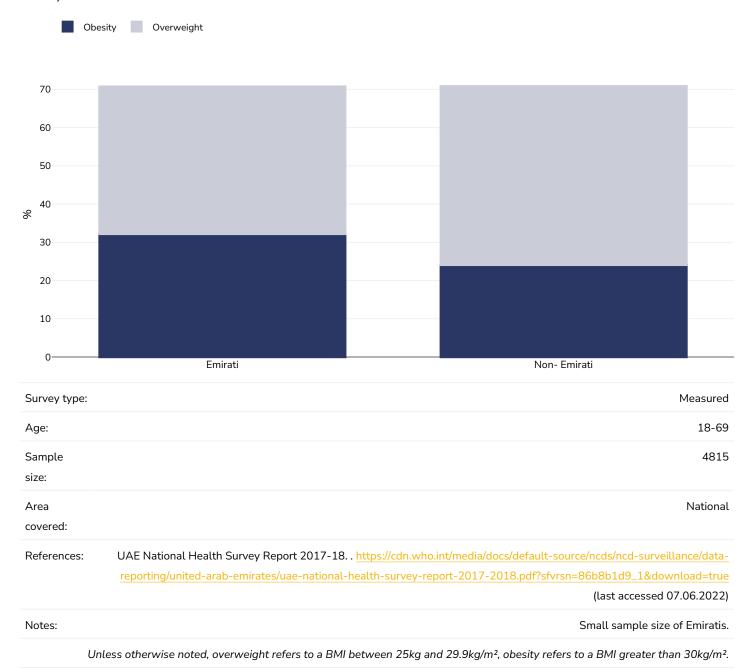
Ethnic groups are as defined by publication of origin and are not as defined by WOF. In some instances ethnicity is conflated with nationality and/or race.

Adults, 2017-2018





Men, 2017-2018





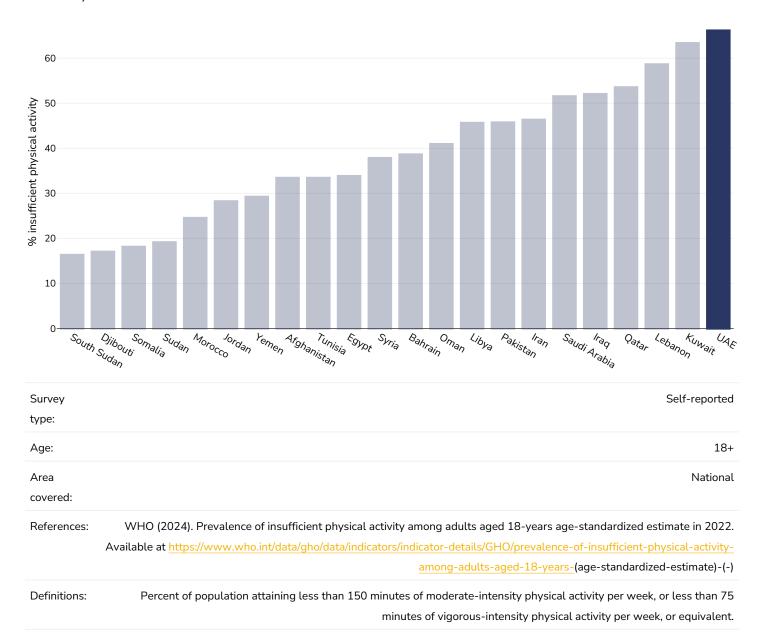
Women, 2017-2018





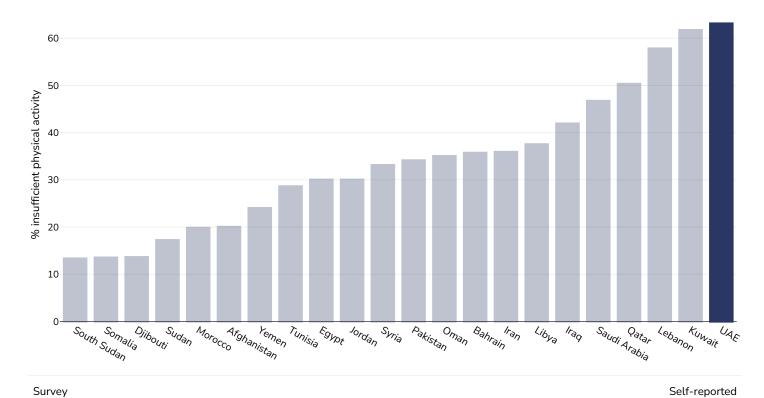
Insufficient physical activity

Adults, 2022





Men, 2022



type:	·
Age:	18+
Area	National
covered:	

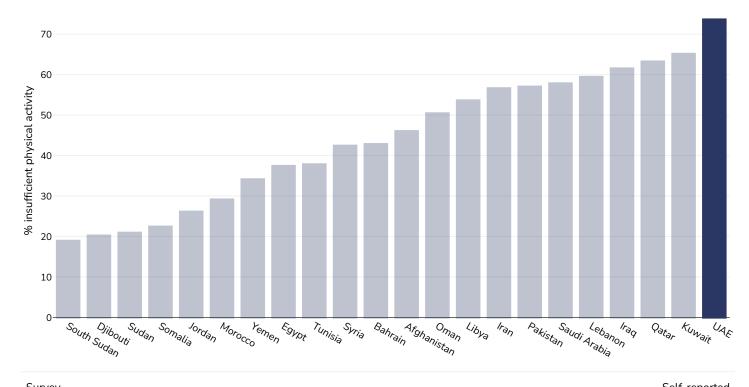
References: WHO (2024). Prevalence of insufficient physical activity among adults aged 18-years age-standardized estimate in 2022. Available at https://www.who.int/data/gho/data/indicators/indicator-details/GHO/prevalence-of-insufficient-physical-activity-

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	Sett-reported
type:	
Age:	18+
Area	National
covered:	

References: WHO (2024). Prevalence of insufficient physical activity among adults aged 18-years age-standardized estimate in 2022.

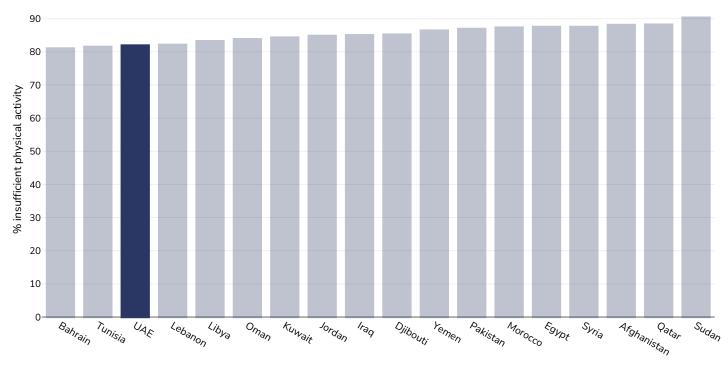
Available at <a href="https://www.who.int/data/gho/data/indicators/indicator-details/GHO/prevalence-of-insufficient-physical-activity-among-adults-aged-18-years-(age-standardized-estimate)-(-)

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

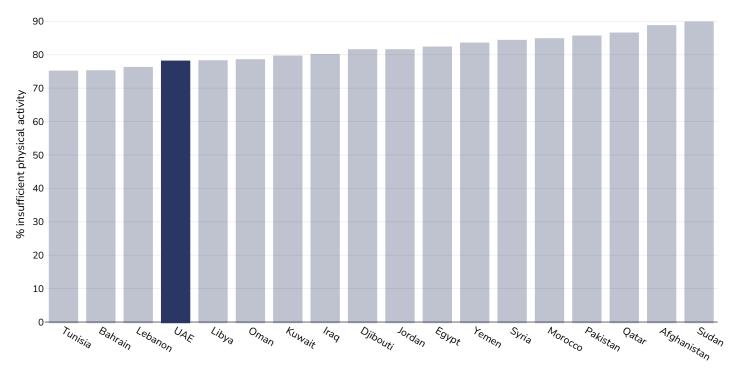


Survey type:	Self-reported
Age:	11-17
References:	Global Health Observatory data repository, World Health Organisation, https://apps.who.int/gho/data/node.main.A893ADO?lang=en (last accessed 16.03.21)
Notes:	% of school going adolescents not meeting WHO recommendations on Physical Activity for Health,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

Definitions: % Adolescents insufficiently active (age standardised estimate)



Boys, 2016



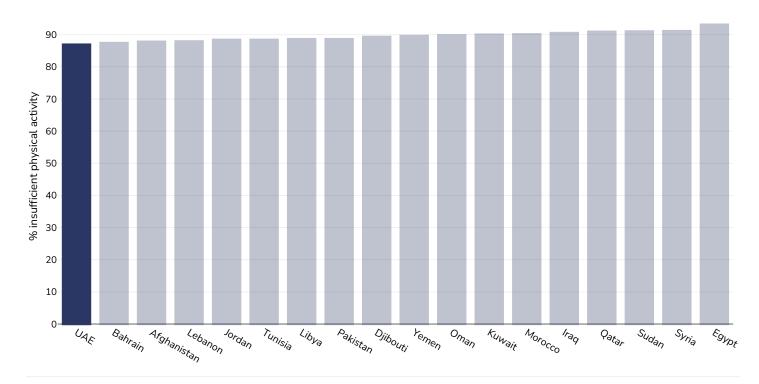
Survey	Self-reported
type:	
Age:	11-17
References:	Global Health Observatory data repository, World Health Organisation, https://apps.who.int/gho/data/node.main.A893ADO?lang=en (last accessed 16.03.21)

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

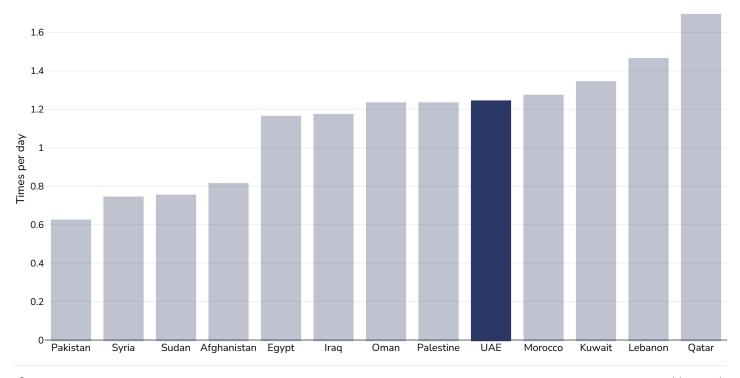


Survey	Self-reported
type:	
Age:	11-17
References:	Global Health Observatory data repository, World Health Organisation, https://apps.who.int/gho/data/node.main.A893ADO?lang=en (last accessed 16.03.21)
Notes:	% of school going adolescents not meeting WHO recommendations on Physical Activity for Health, 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, 2009-2015



Survey Measured type:

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.

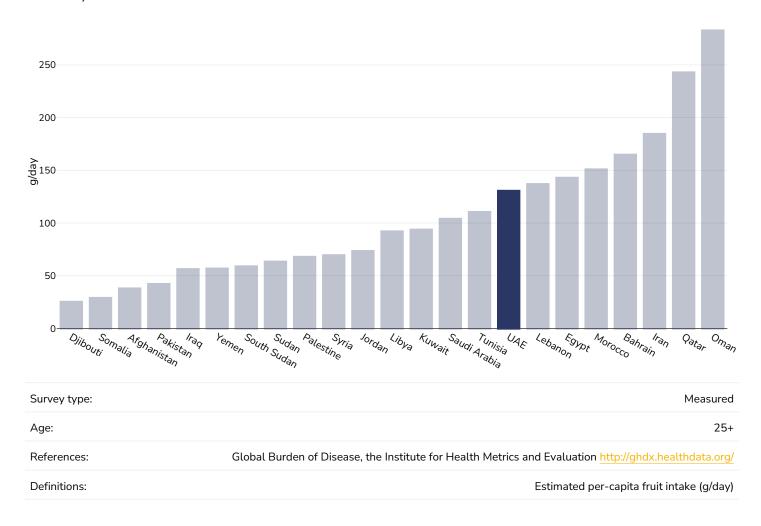
https://doi.org/10.1177/0379572119848287 sourced from Food Systems Dashboard

http://www.foodsystemsdashboard.org/food-system



Estimated per capita fruit intake

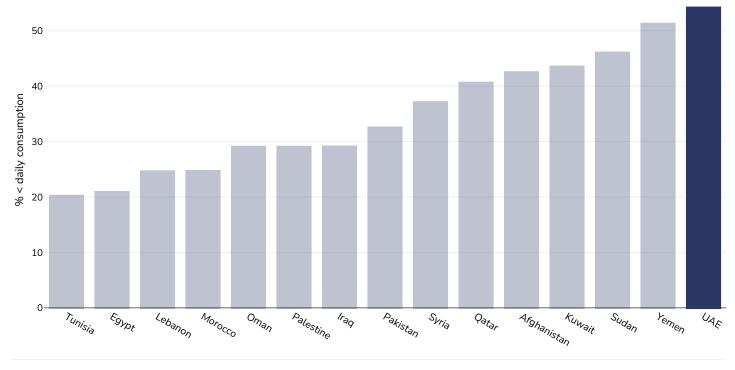
Adults, 2017





Prevalence of less than daily fruit consumption

Children, 2008-2015



Survey Measured

type:

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

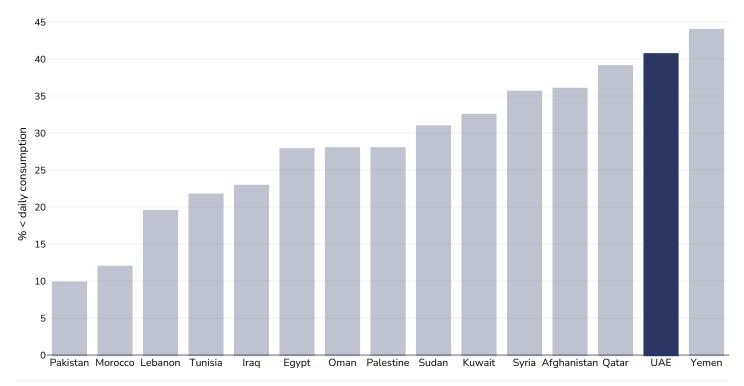
Definitions:

Prevalence of less-than-daily fruit consumption (% less-than-daily fruit consumption)



Prevalence of less than daily vegetable consumption

Children, 2008-2015



Survey Measured

type:

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

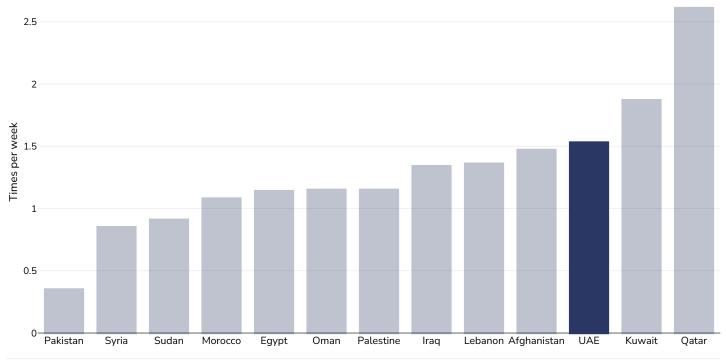
Definitions:

Prevalence of less-than-daily vegetable consumption (% less-than-daily vegetable consumption)



Average weekly frequency of fast food consumption

Children, 2009-2015



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

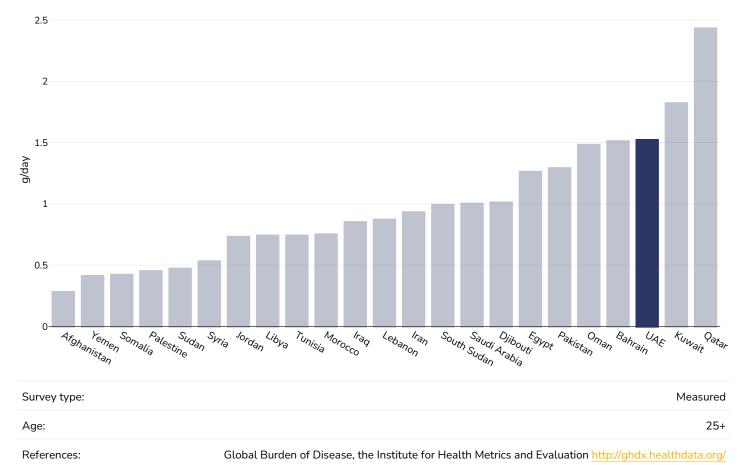
 $\underline{\text{http://www.foodsystemsdashboard.org/food-system}}$



Estimated per-capita processed meat intake

Adults, 2017

Definitions:

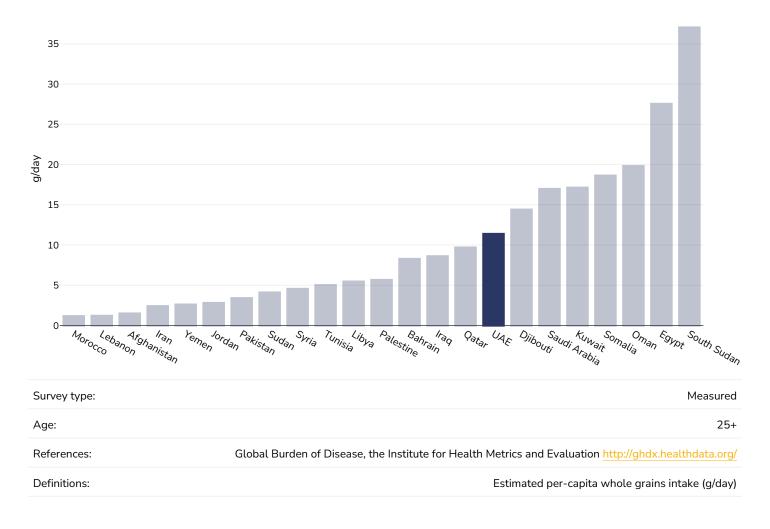


Estimated per-capita processed meat intake (g per day)



Estimated per capita whole grains intake

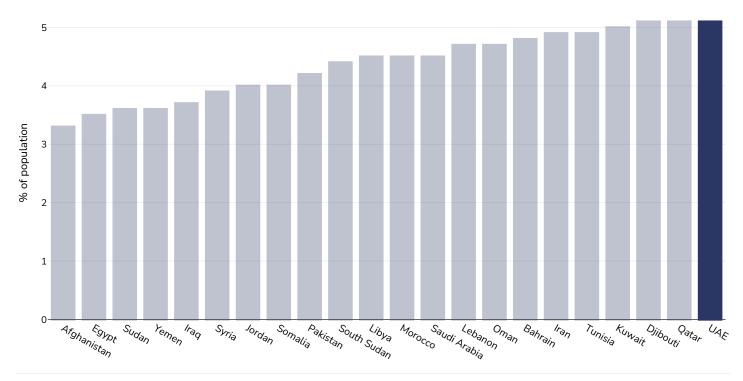
Adults, 2017





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.

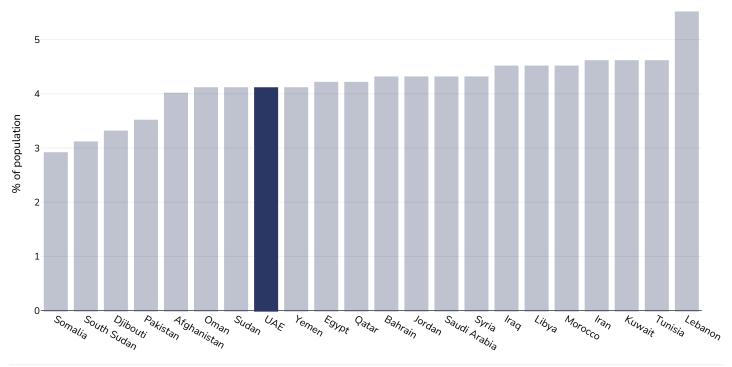
Definitions:

% 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

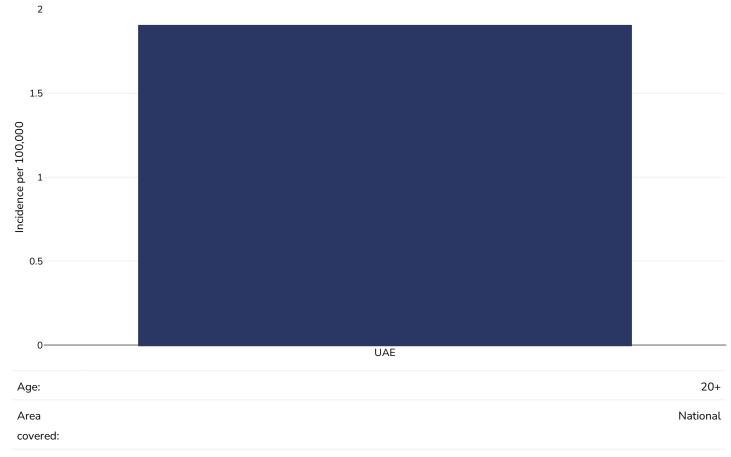
IGO.

Definitions: % of population with anxiety disorders



Oesophageal cancer

Men, 2022



References:

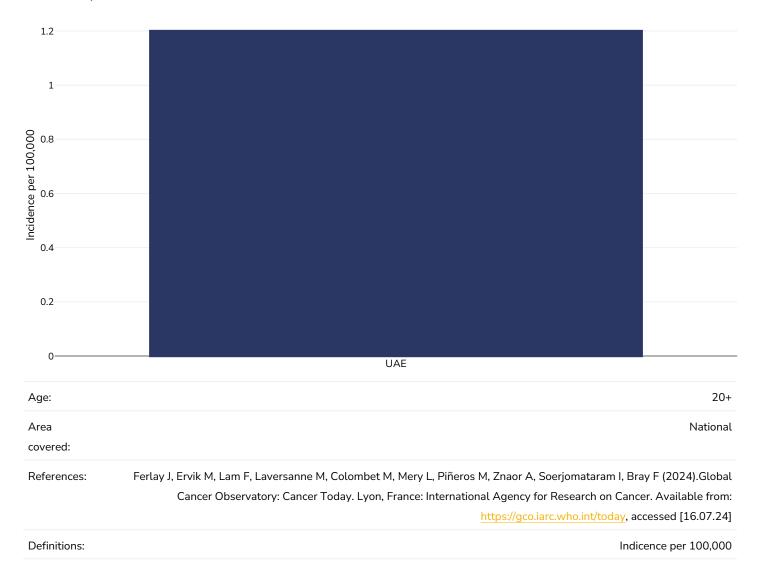
Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from:

https://gco.iarc.who.int/today, accessed [16.07.24]

Definitions: Indicence per 100,000



Women, 2022

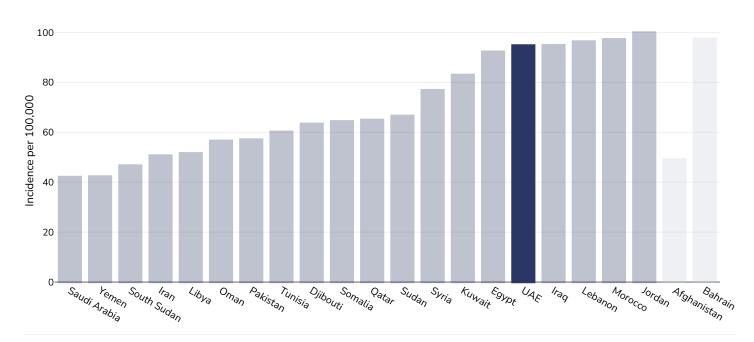




Breast cancer

Women, 2022





Area National covered:

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:

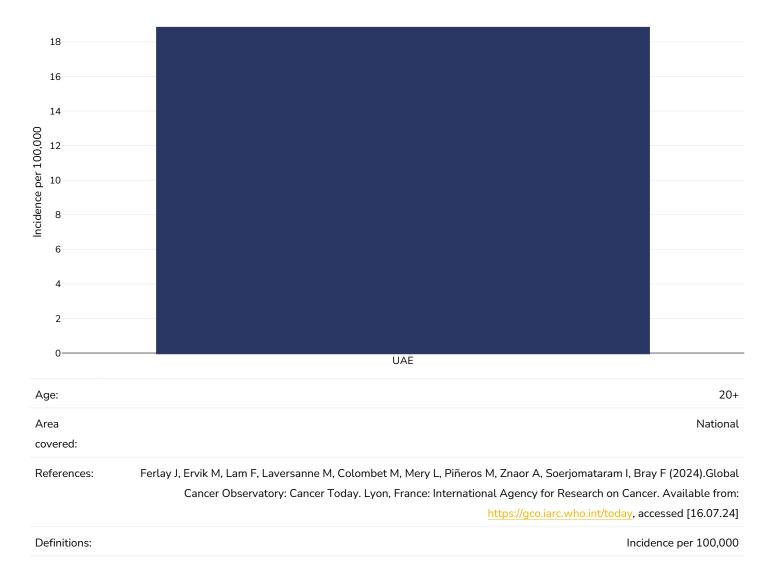
https://gco.iarc.who.int/today, accessed [16.07.24]

Definitions: Incidence per 100,000



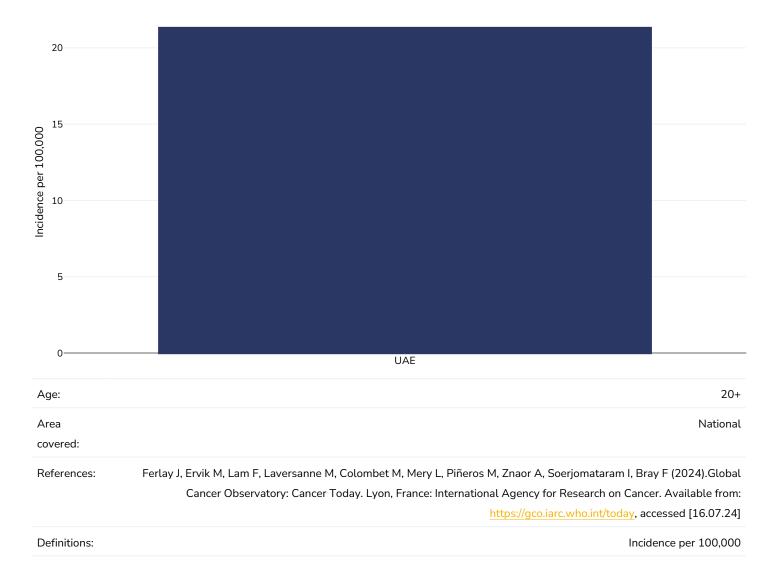
Colorectal cancer

Men, 2022





Women, 2022





Pancreatic cancer

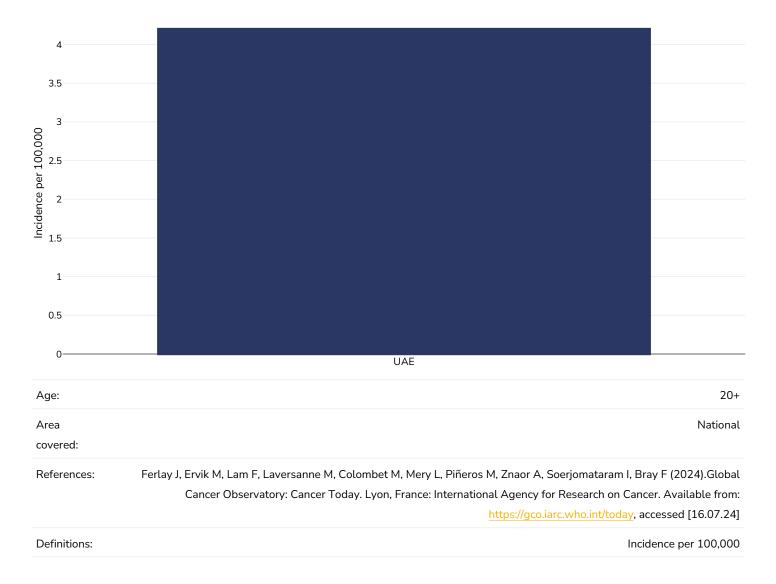
Men, 2022

Definitions:





Women, 2022

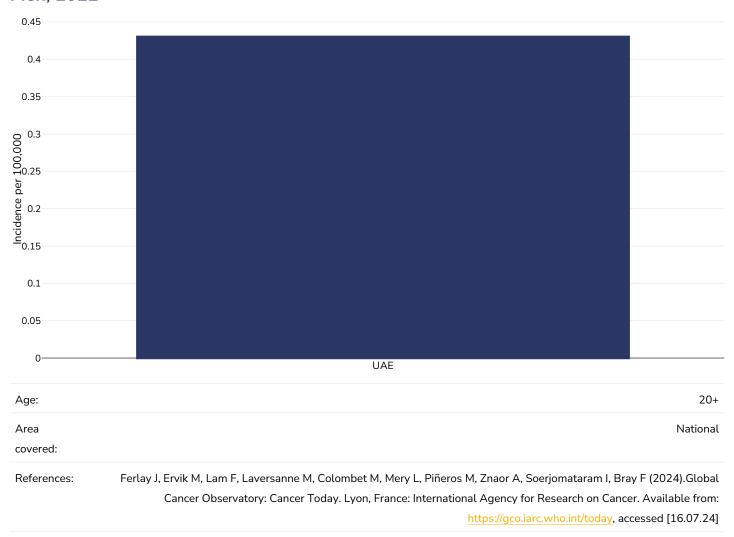




Gallbladder cancer

Men, 2022

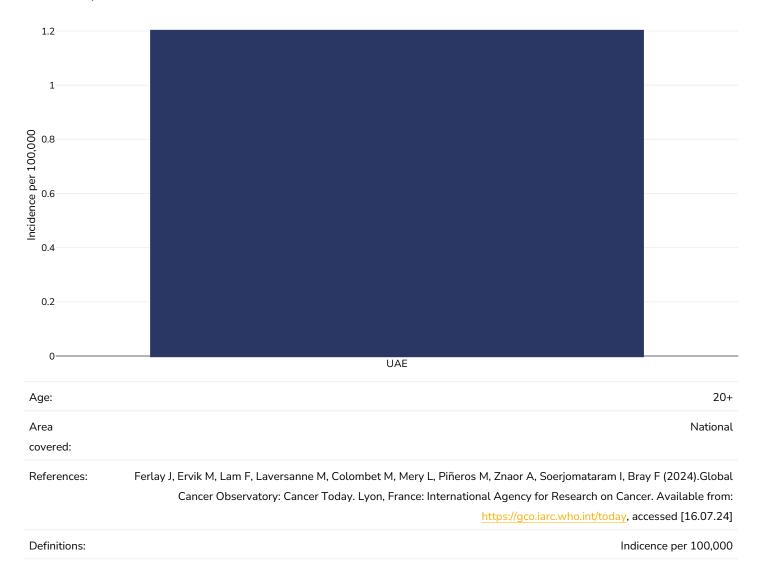
Definitions:



Indicence per 100,000



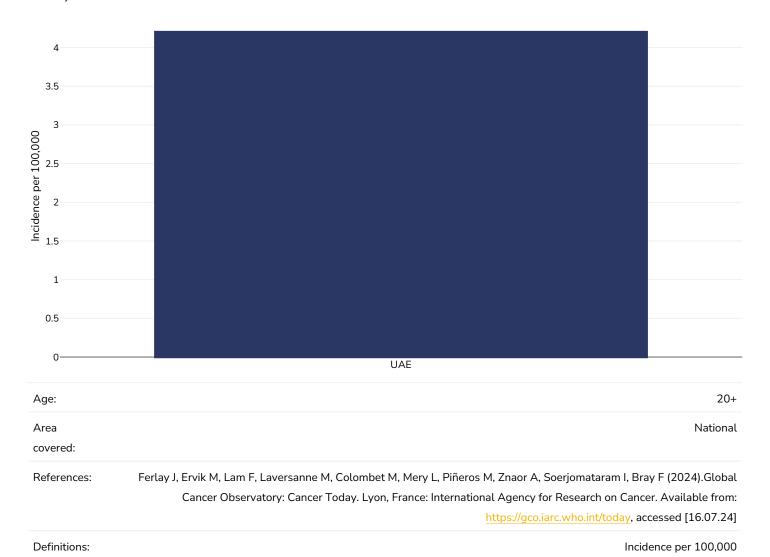
Women, 2022





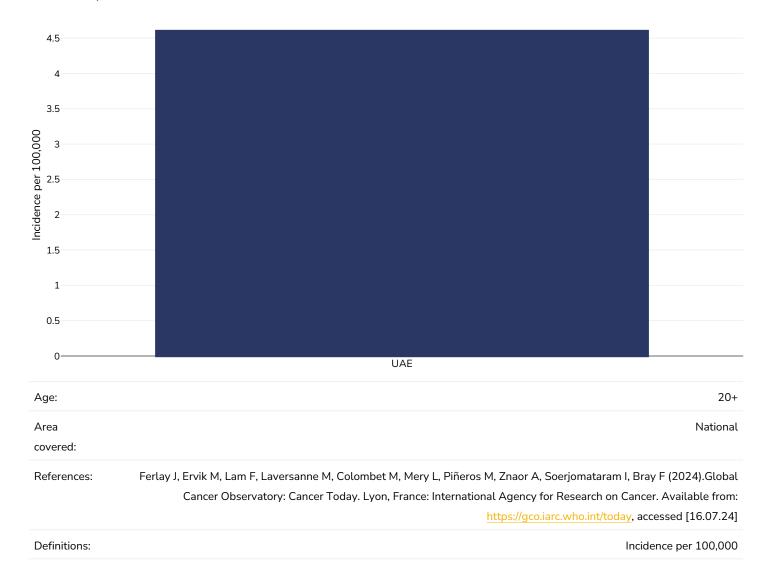
Kidney cancer

Men, 2022





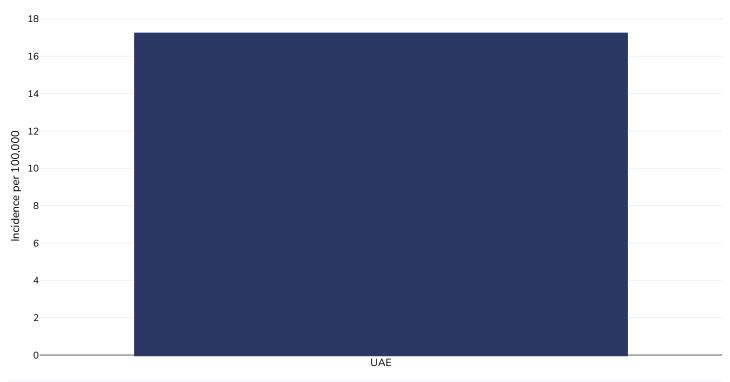
Women, 2022





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:

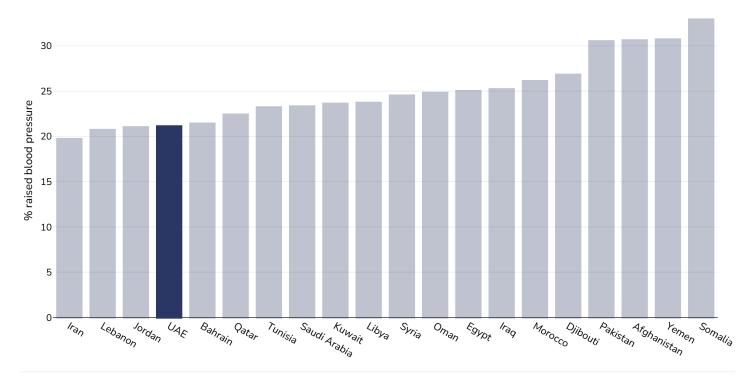
https://gco.iarc.who.int/today, accessed [16.07.24]

Definitions: Incidence per 100,000



Raised blood pressure

Adults, 2015



References:

Global Health Observatory data repository, World Health Organisation,

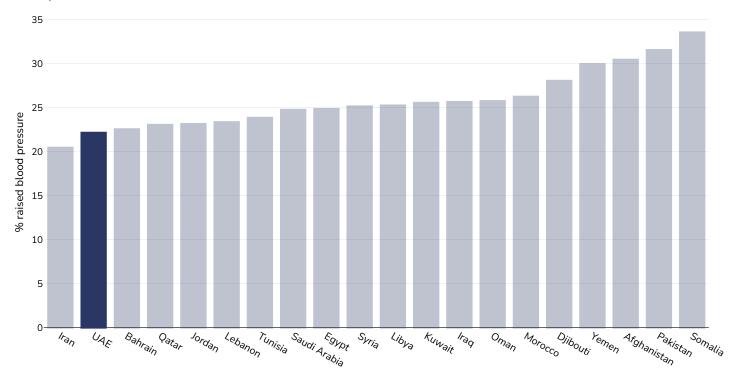
http://apps.who.int/gho/data/node.main.A875?lang=en

Definitions:

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



Men, 2015



References:

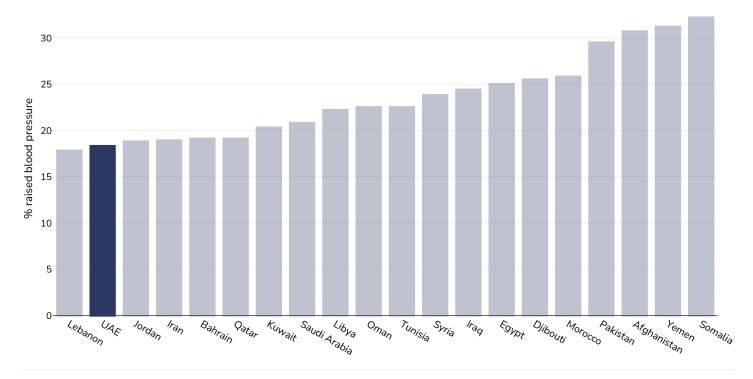
Global Health Observatory data repository, World Health Organisation,

http://apps.who.int/gho/data/node.main.A875?lang=en

Definitions:

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





References:

Global Health Observatory data repository, World Health Organisation,

http://apps.who.int/gho/data/node.main.A875?lang=en

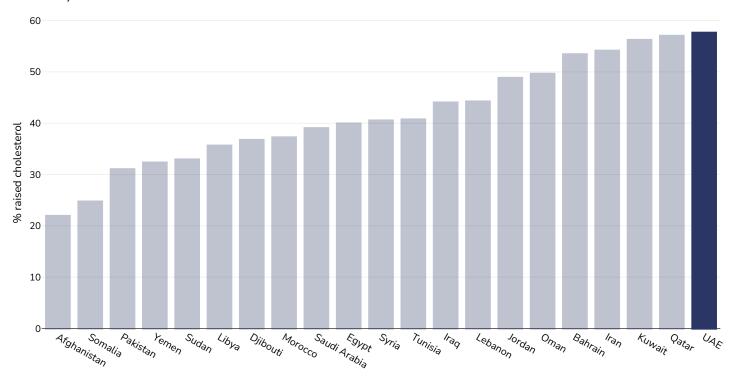
Definitions:

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



Raised cholesterol

Adults, 2008



References:

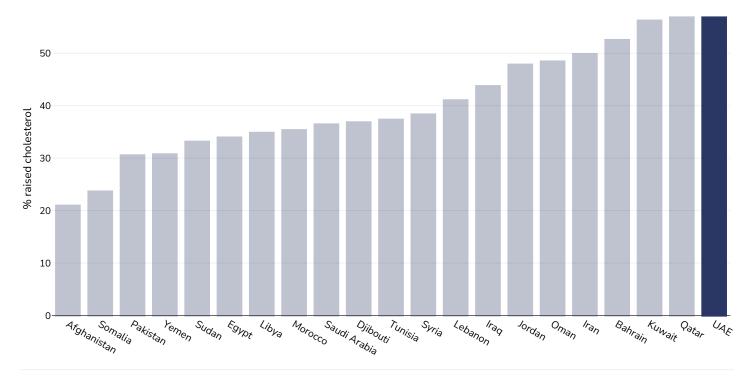
Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A885

Definitions:

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



Men, 2008



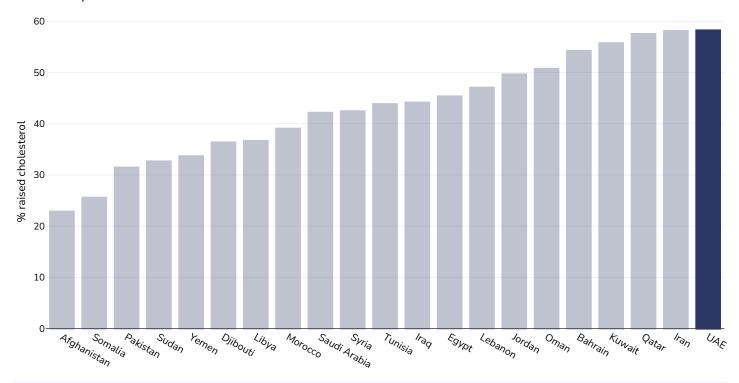
References:

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).





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

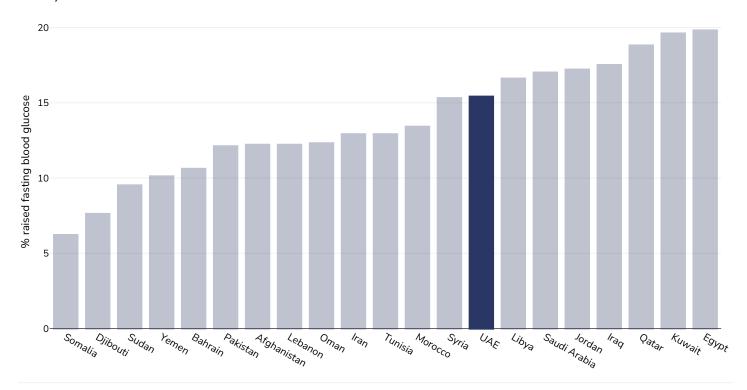
Definitions:

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



Raised fasting blood glucose

Men, 2014



References:

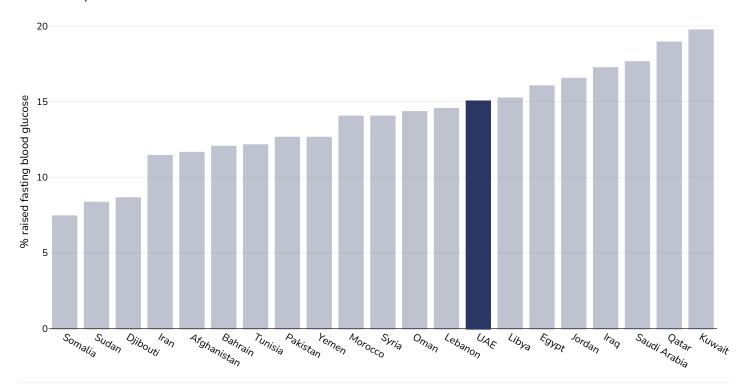
Global Health Observatory data repository, World Health Organisation,

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).





References:

Global Health Observatory data repository, World Health Organisation,

http://apps.who.int/gho/data/node.main.A869?lang=en

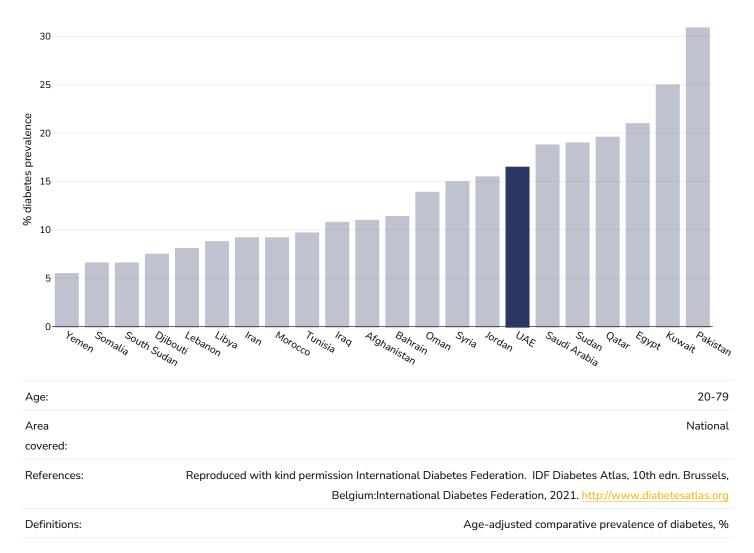
Definitions:

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



Diabetes prevalence

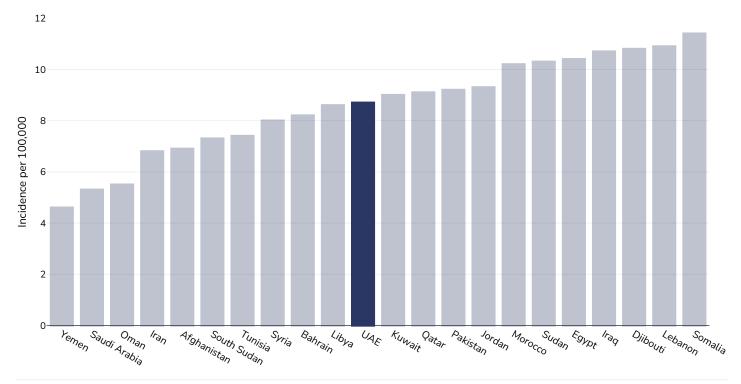
Adults, 2021





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	<u>.</u>						
4							
3							
2							
1							
0							
⁻¹ _1	0	1	2	3	4	5	6
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
Unle	ess otherwise note	ed, overweight refer	rs to a BMI between	25kg and 29.9kg/ı	m², obesity refers to	a BMI greater than	30kg/m².

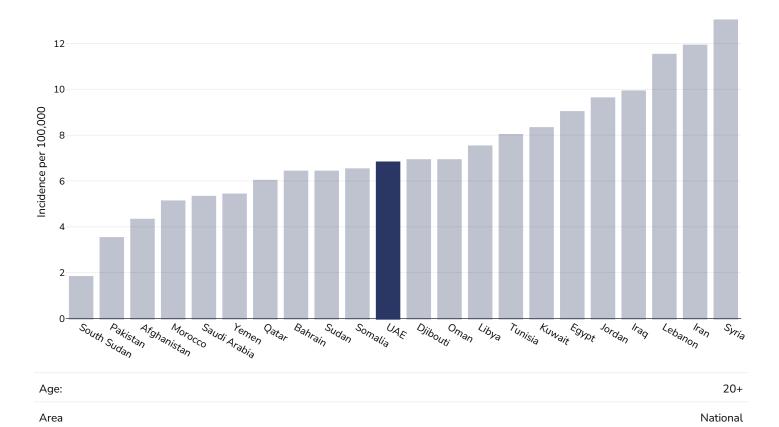


Wome	n, 2022						
4							
3							
2							
1							
0							
⁻¹ _1	0	1	2	3	4	5	6
Age:							20+
Area covered:							National
References			nne M, Colombet M, ncer Today. Lyon, Fr	ance: International		ch on Cancer. Availa	able from:
Definitions	:					Incidence per	r 100,000
	Unless otherwise not	ed, overweight refe	rs to a BMI between	25kg and 29.9kg/r	m², obesity refers to	a BMI greater than	30kg/m².



Leukemia

Men, 2022



References:

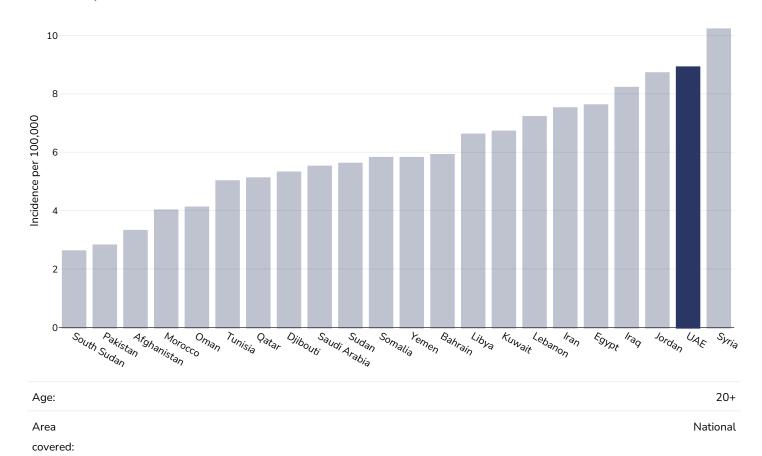
covered:

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





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:

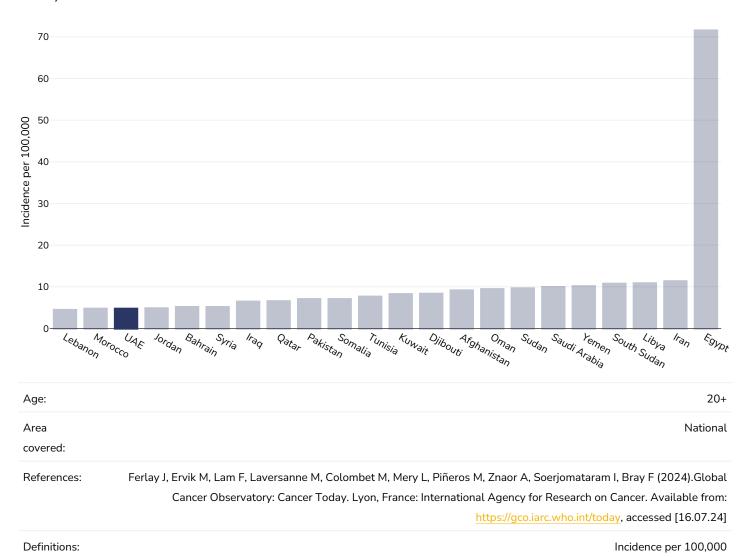
https://gco.iarc.who.int/today, accessed [16.07.24]

Definitions: Incidence per 100,000

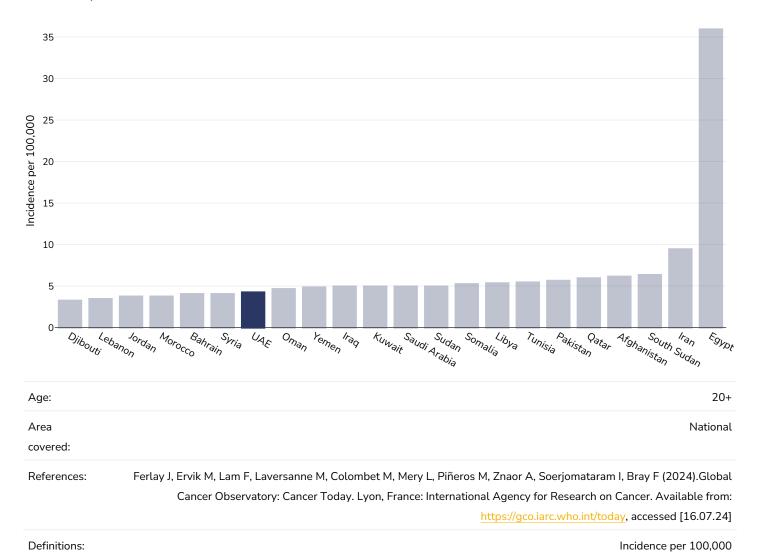


Liver and intrahepatic bile duct Cancer

Men, 2022



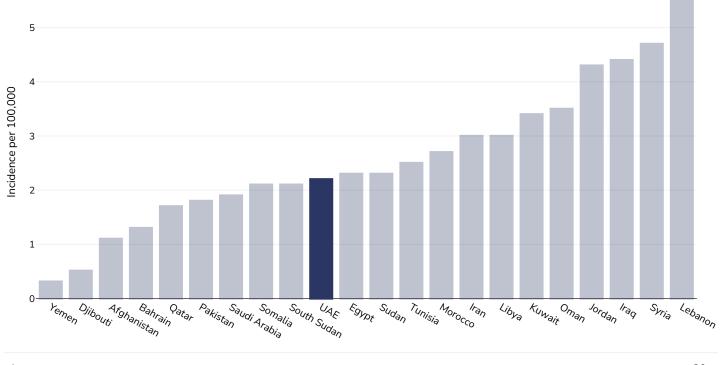






Multiple Myeloma

Men, 2022



Age: 20+

Area National

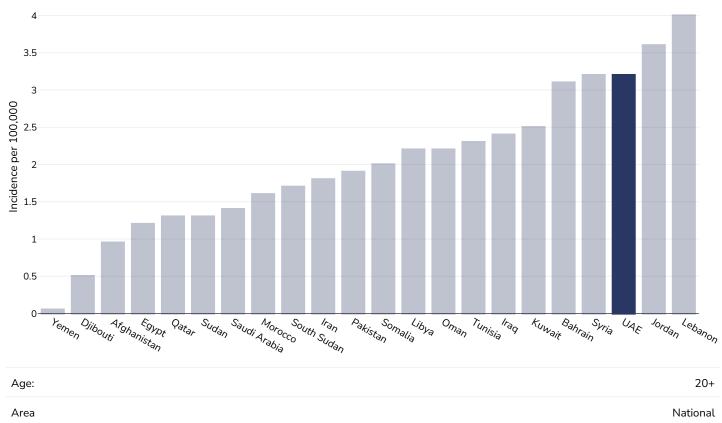
covered:
References:

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





covered:

References:

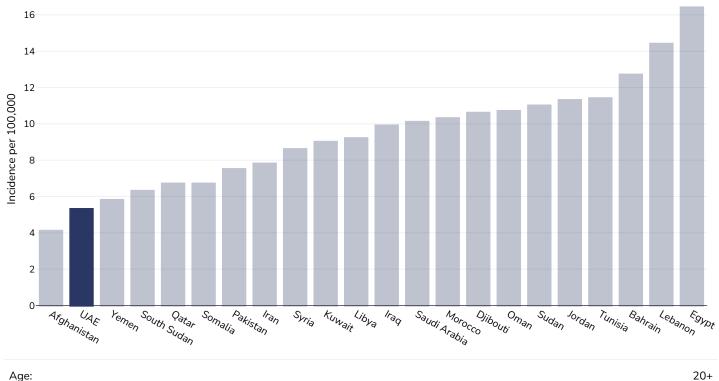
Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]

Definitions: Indicence per 100,000



Non Hodgkin Lymphoma

Men, 2022



Age:

Area National covered:

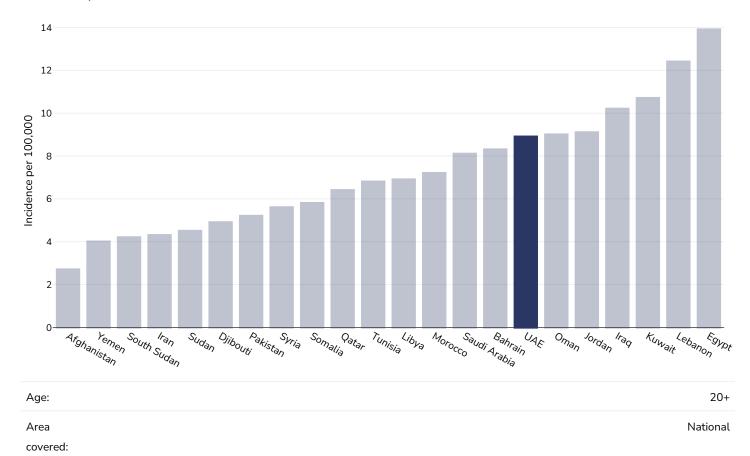
References:

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





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:

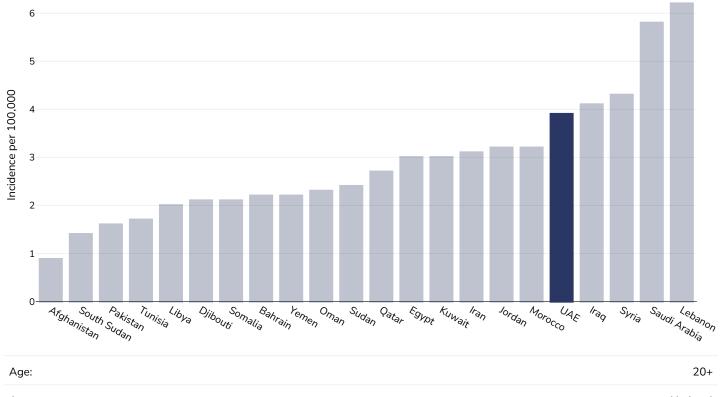
https://gco.iarc.who.int/today, accessed [16.07.24]

Definitions: Incidence per 100,000



Thyroid Cancer

Men, 2022



Area National

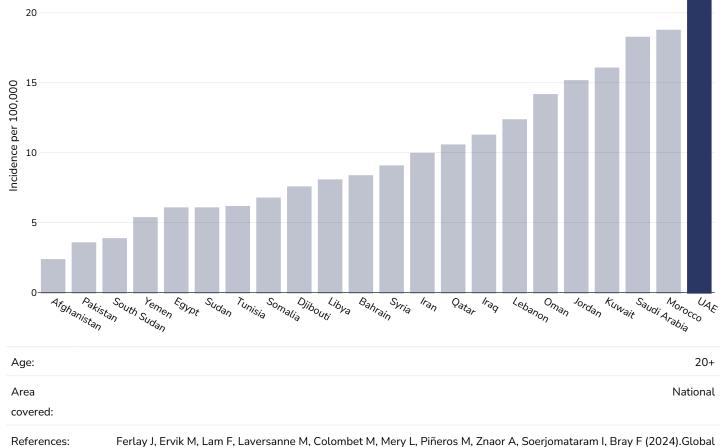
covered:

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:

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Definitions: Incidence per 100,000





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https://gco.iarc.who.int/today, accessed [16.07.24]

Definitions: Incidence per 100,000



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?	✓v
Warning label?	×





Regulation and marketing

Are there fiscal policies on unhealthy products?	~
Tax on unhealthy foods?	X
Tax on unhealthy drinks?	~
Are there fiscal policies on healthy products?	×
Subsidy on fruits?	X
Subsidy on vegetables?	X
Subsidy on other healthy products?	X
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)?	X
Are there any mandatory policies/marketing restrictions on the promotion of unhealthy food/drinks to children?	×
Mandatory restriction on broadcast media?	X
Mandatory restriction on non-broadcast media?	X
Voluntary policies/marketing restrictions on the promotion of unhealthy food/drinks to children?	~
Are there mandatory standards for food in schools?	~
Are there any mandatory nutrient limits in any manufactured food products?	X
Nutrition standards for public sector procurement?	X





Political will and support

National obesity strategy or nutrition and physical activity national strategy?	\
National obesity strategy?	X
National childhood obesity strategy?	~
Comprehensive nutrition strategy?	~
Comprehensive physical activity strategy?	X
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 Present Incoming Absent Unknown	
(voluntary)	

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