



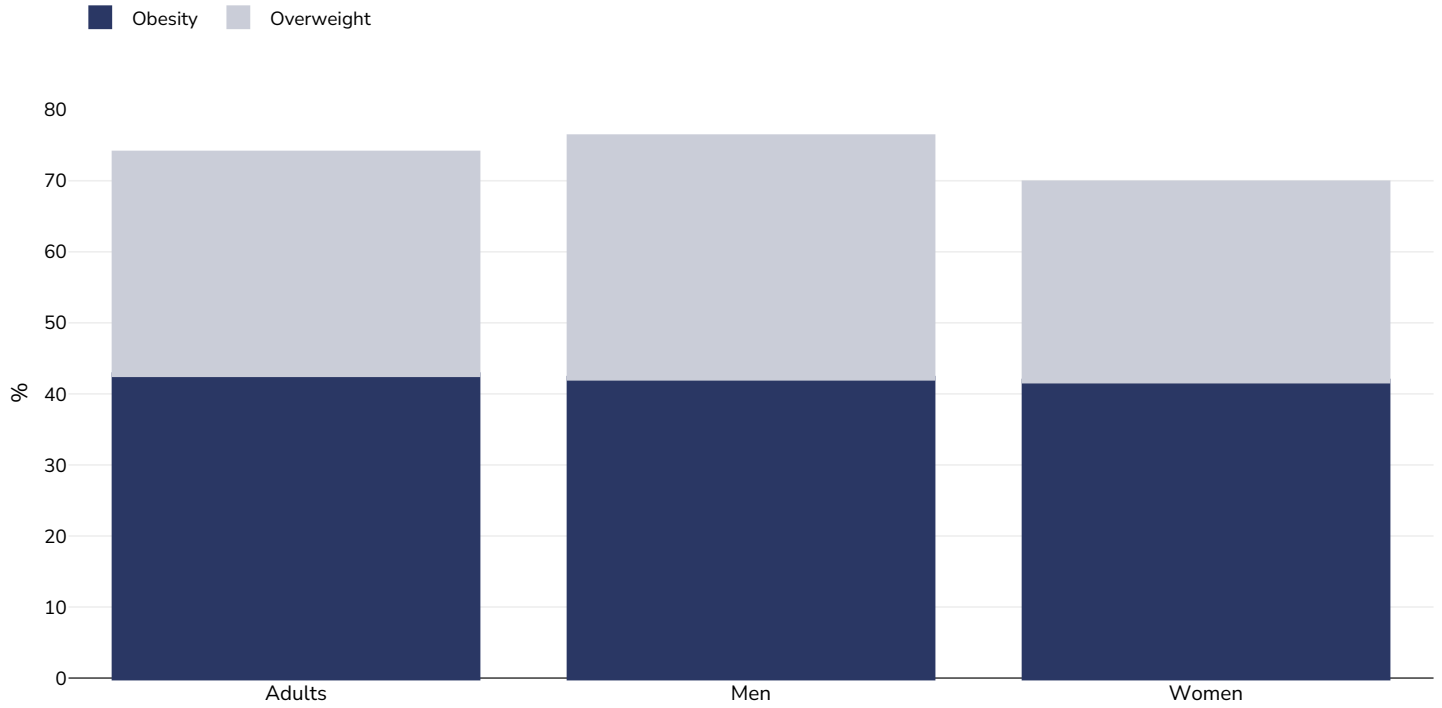
Report card

United States

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Obesity prevalence

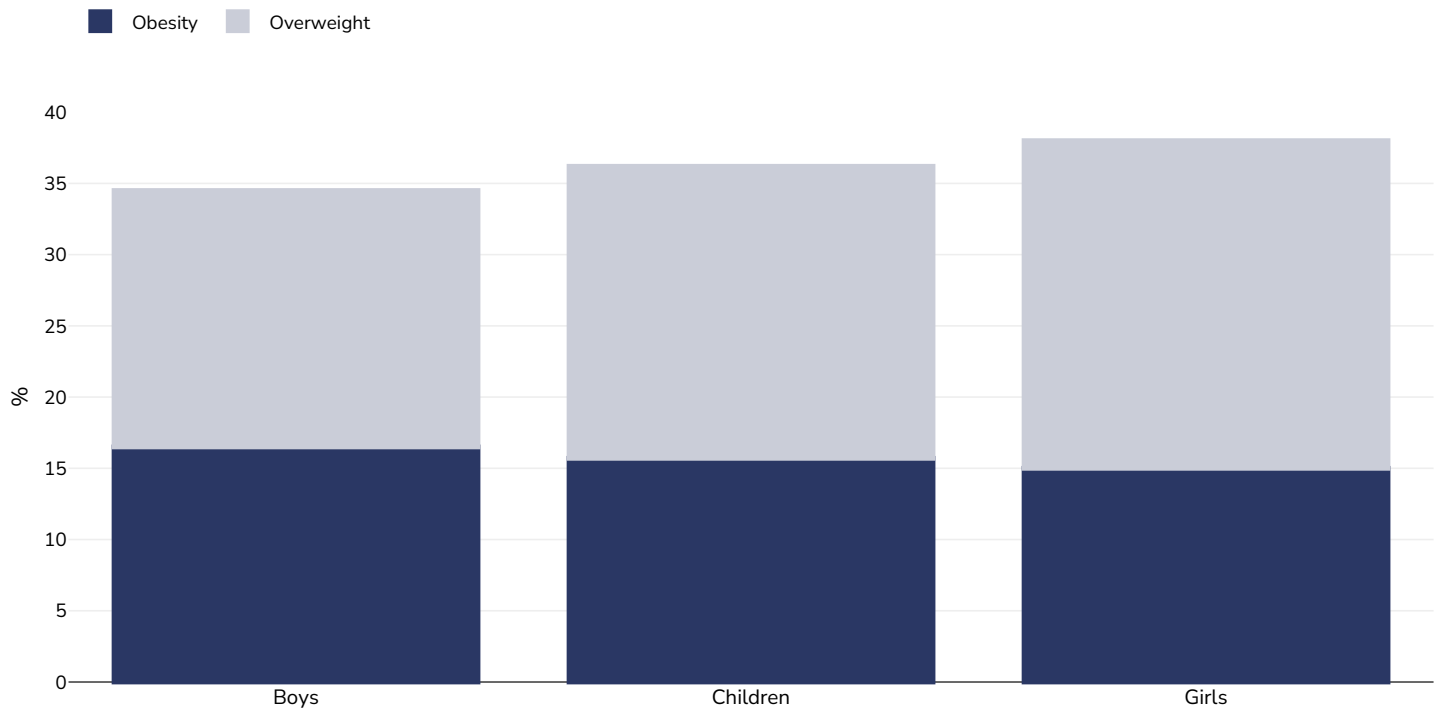
Adults, 2017-2018



Survey type:	Measured
Age:	18+
Sample size:	5429
Area covered:	National
References:	Reanalysis of NHANES 2017/18 by Rachel Jackson Leach, Jaynaide Powis World Obesity Federation

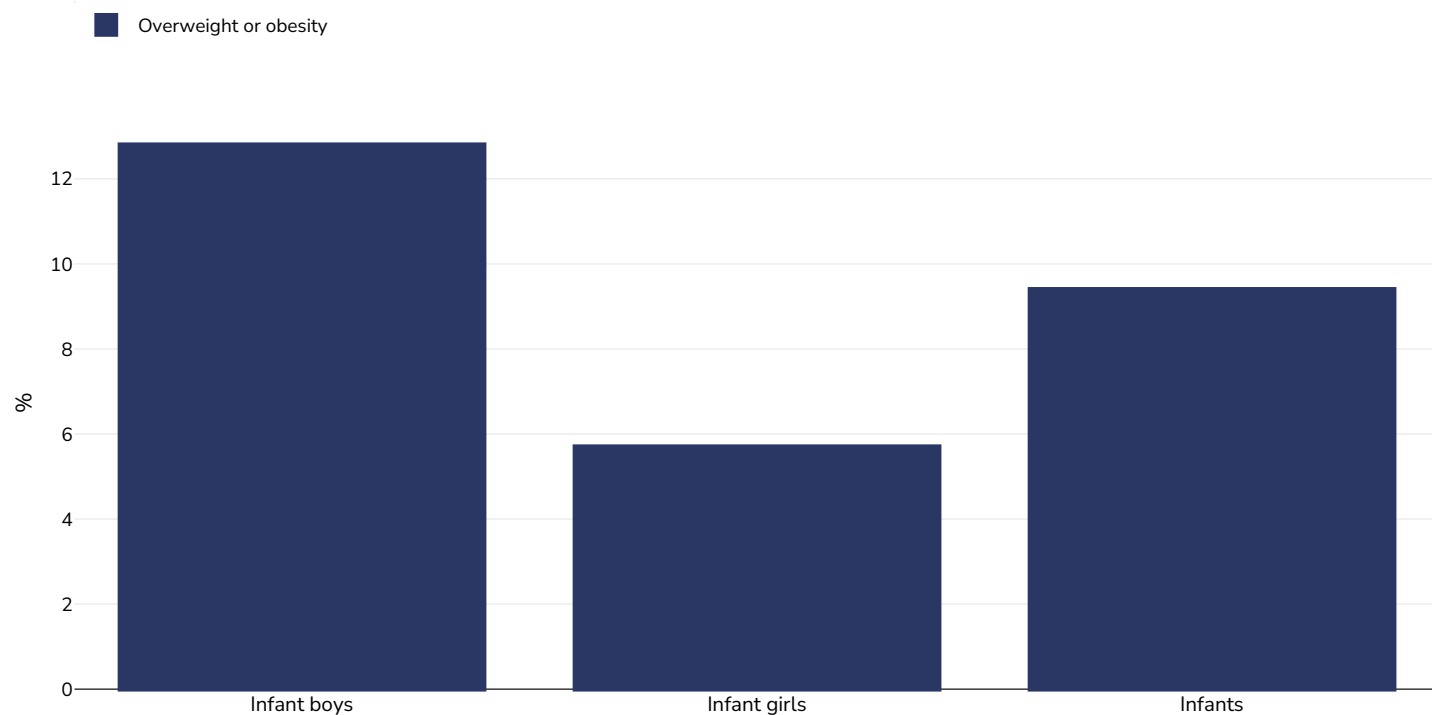
Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².

Children, 2017-2018



Survey type:	Measured
Age:	5-17
Sample size:	2086
Area covered:	National
References:	Reanalysis of NHANES 2017/18 by Rachel Jackson Leach, Jaynaide Powis World Obesity Federation
Cutoffs:	IOTF

Infants, 2017-2018



Age: 0-5

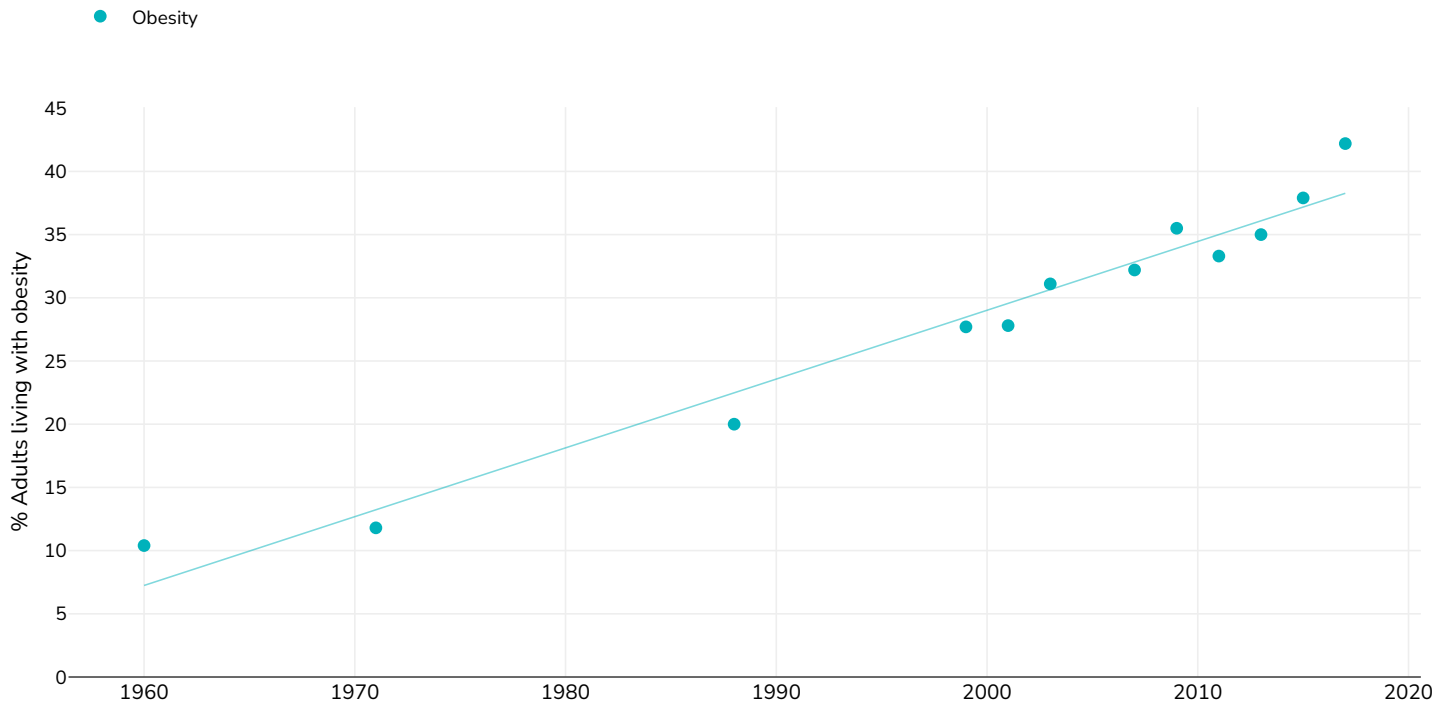
References: NHANES: United States National Health and Nutrition Examination Survey 2017-2018. Hyattsville, United States: National Center for Health Statistics (NCHS), Centers for Disease Control and Prevention (CDC)

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 the United States 1960-2017

Men



Survey
type:

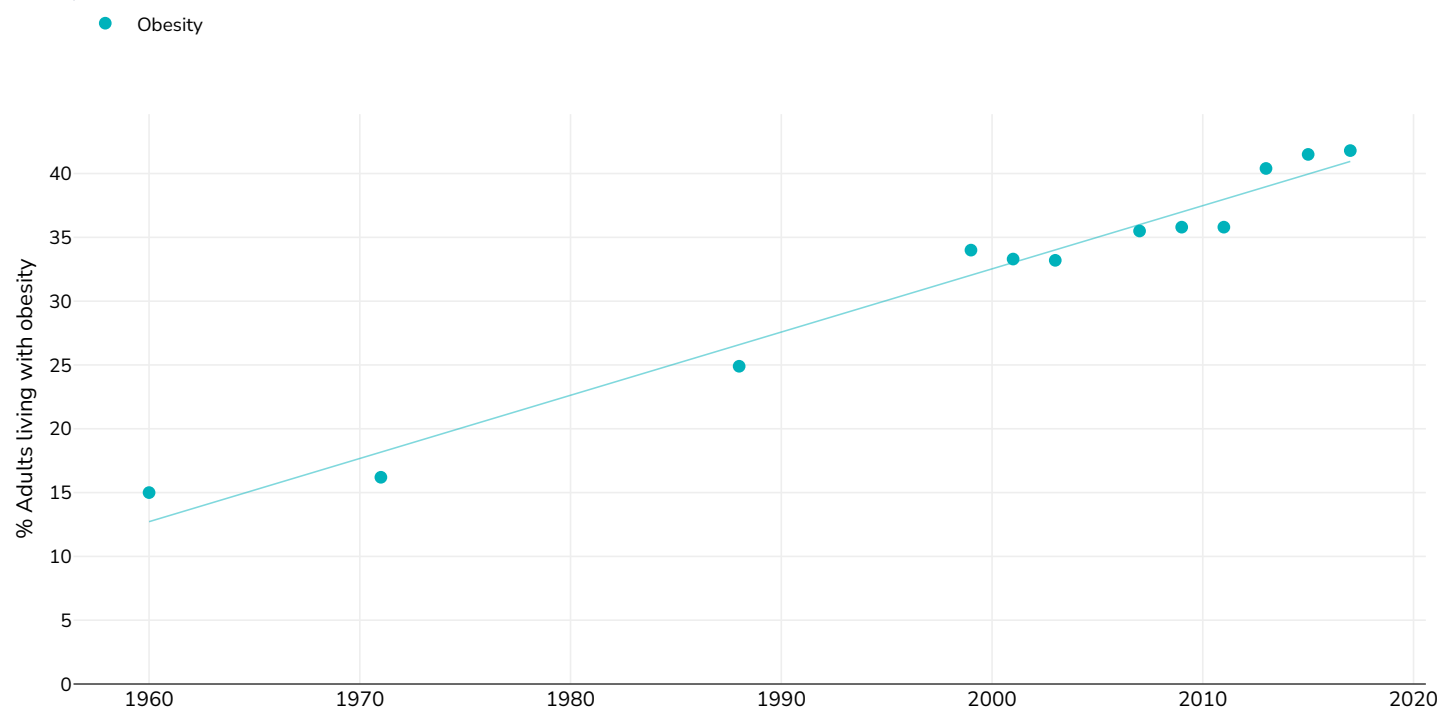
Measured

- References:
- 1960, 1971, 1973, 1976, 1988, 1991: Flegal KM, Carroll MD, Kuczmarski RJ, Johnson CL. Overweight and obesity in the United States: prevalence and trends, 1960-1994. *International Journal of Obesity* (1998);22:39-47
 - 1999: Centres for Disease Control and Prevention. <http://www.cdc.gov/>
 - 2000, 2001: Ogden CL, Carroll MD, Curtin LR, McDowell MA, Tabak CJ, Flegal KM. Prevalence of Overweight and Obesity in the United States, 1999-2004. *JAMA* 2006;295(13):1549-1555
 - 2003: Ogden CL, Carroll MD, Curtin LR, McDowell MA, Tabak CJ, & Flegal KM. (2006). Prevalence of Overweight and Obesity in the United States, 1999-2004. *The Journal of the American Medical Association*, Vol 295(13):1549 - 1555.
 - 2007: Flegal KM, Carroll MD, Ogden CL and Curtin LR. (2010). Prevalence and trends in obesity among US adults, 1999-2008. *Journal of the American Medical Association*, 303 (3): 235 - 241.
 - 2009: NHANES Survey - Published in Flegal KM, Carroll MD, Kit BK, Ogden CL. Prevalence of Obesity and Trends in the Distribution of Body Mass Index Among US Adults, 1999-2010. *JAMA* Published online January 17, 2012. doi: 10.1001/jama.2012.39
 - 2011: Ruopeng An, "Prevalence and Trends of Adult Obesity in the US, 1999-2012", *ISRN Obesity*, vol. 2014, Article ID 185132, 6 pages, 2014. doi:10.1155/2014/185132
 - 2013: Flegal KM, Kruszon-Moran D, Carroll MD, Fryar CD, Ogden CL. Trends in Obesity Among Adults in the United States, 2005 to 2014. *JAMA*. 2016;315(21):2284-2291. doi:10.1001/jama.2016.6458.
 - 2015: NHANES 2015/16. Analysis conducted by the World Obesity Federation, Caroline Litts, Fiona Montague & R Jackson-Leach 2017
 - 2017: Reanalysis of NHANES 2017/18 by Rachel Jackson Leach, Jaynaide Powis World Obesity Federation

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



Survey
type:

Measured

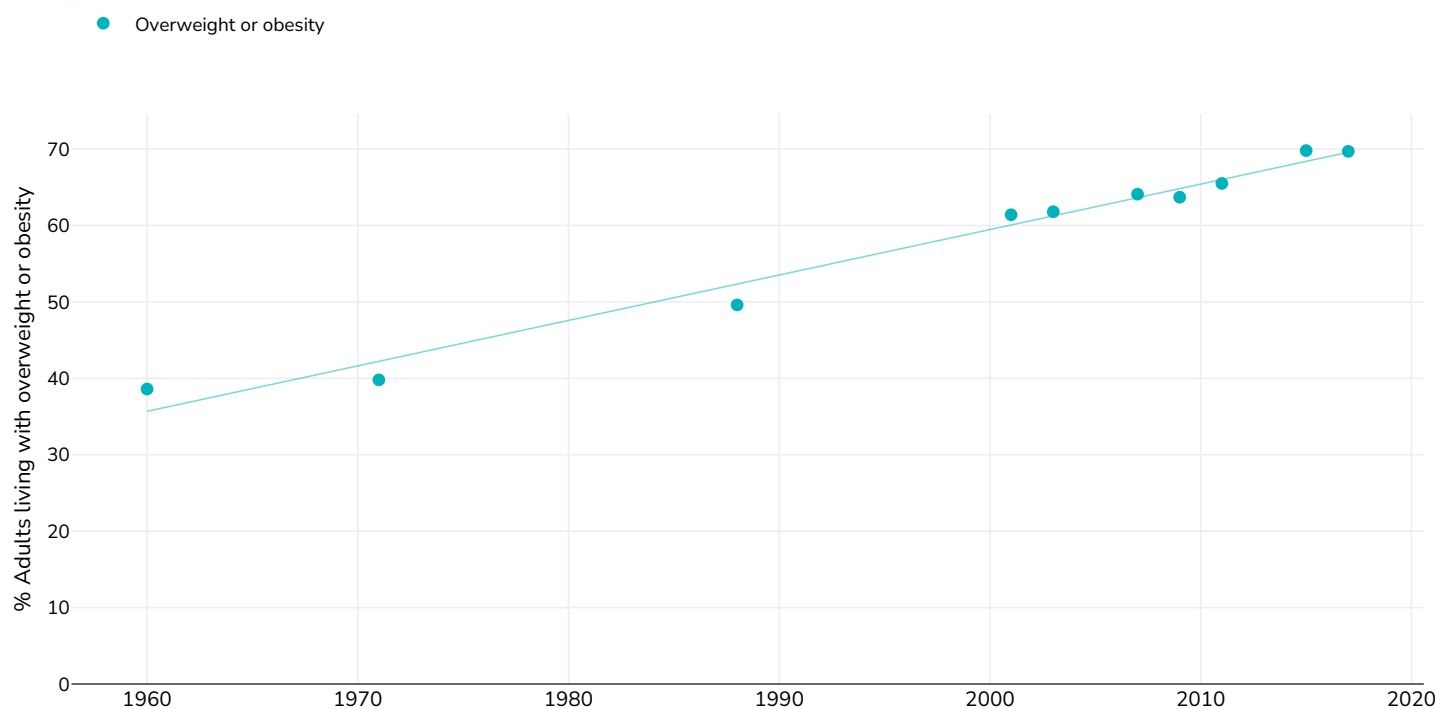
- References:
- 1960, 1971, 1973, 1976, 1988, 1991: Flegal KM, Carroll MD, Kuczmarski RJ, Johnson CL. Overweight and obesity in the United States: prevalence and trends, 1960-1994. *International Journal of Obesity* (1998);22:39-47
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% Adults living with overweight or obesity in the United States 1960-2017

Women



Survey
type:

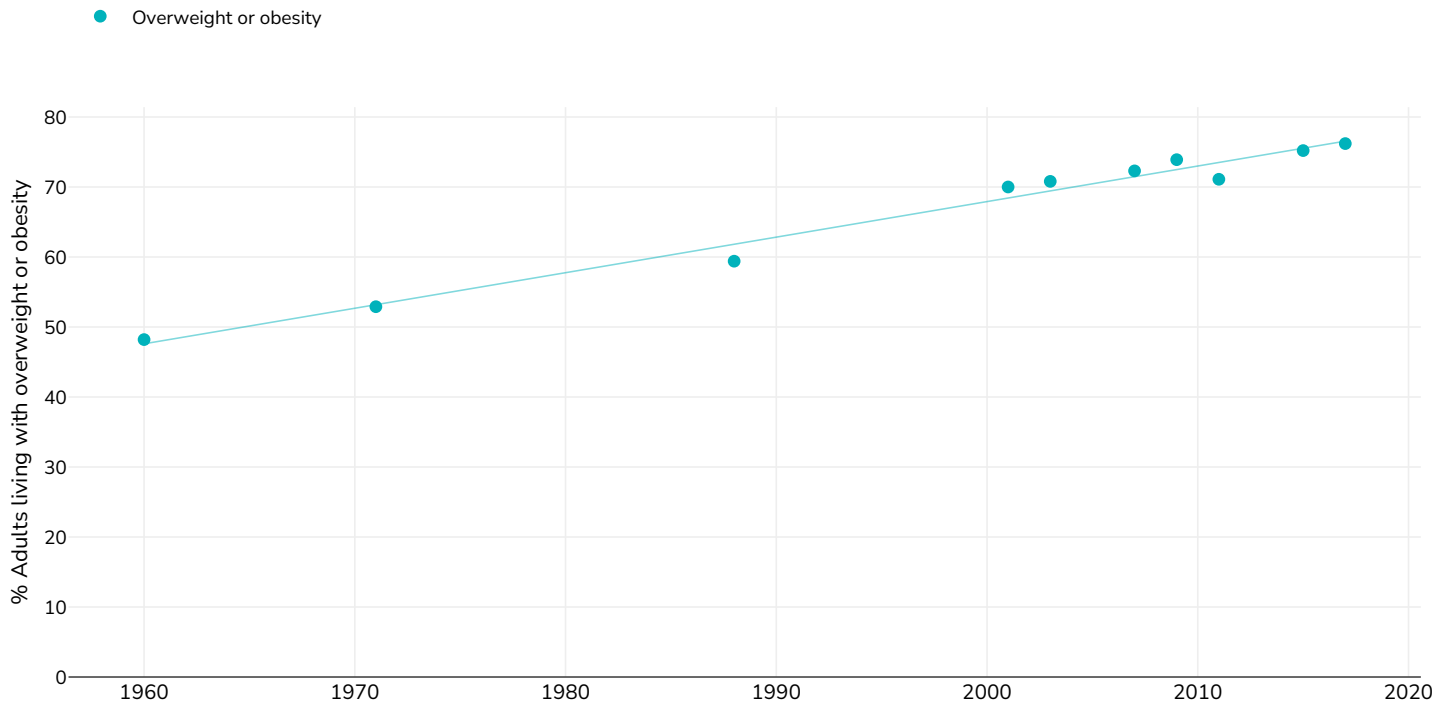
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- References:
- 1960, 1971, 1973, 1976, 1988, 1991: Flegal KM, Carroll MD, Kuczmarski RJ, Johnson CL. Overweight and obesity in the United States: prevalence and trends, 1960-1994. *International Journal of Obesity* (1998);22:39-47
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Men



Survey type:

Measured

References:

1960, 1971, 1973, 1976, 1988, 1991: Flegal KM, Carroll MD, Kuczmarski RJ, Johnson CL. Overweight and obesity in the United States: prevalence and trends, 1960-1994. *International Journal of Obesity* (1998);22:39-47

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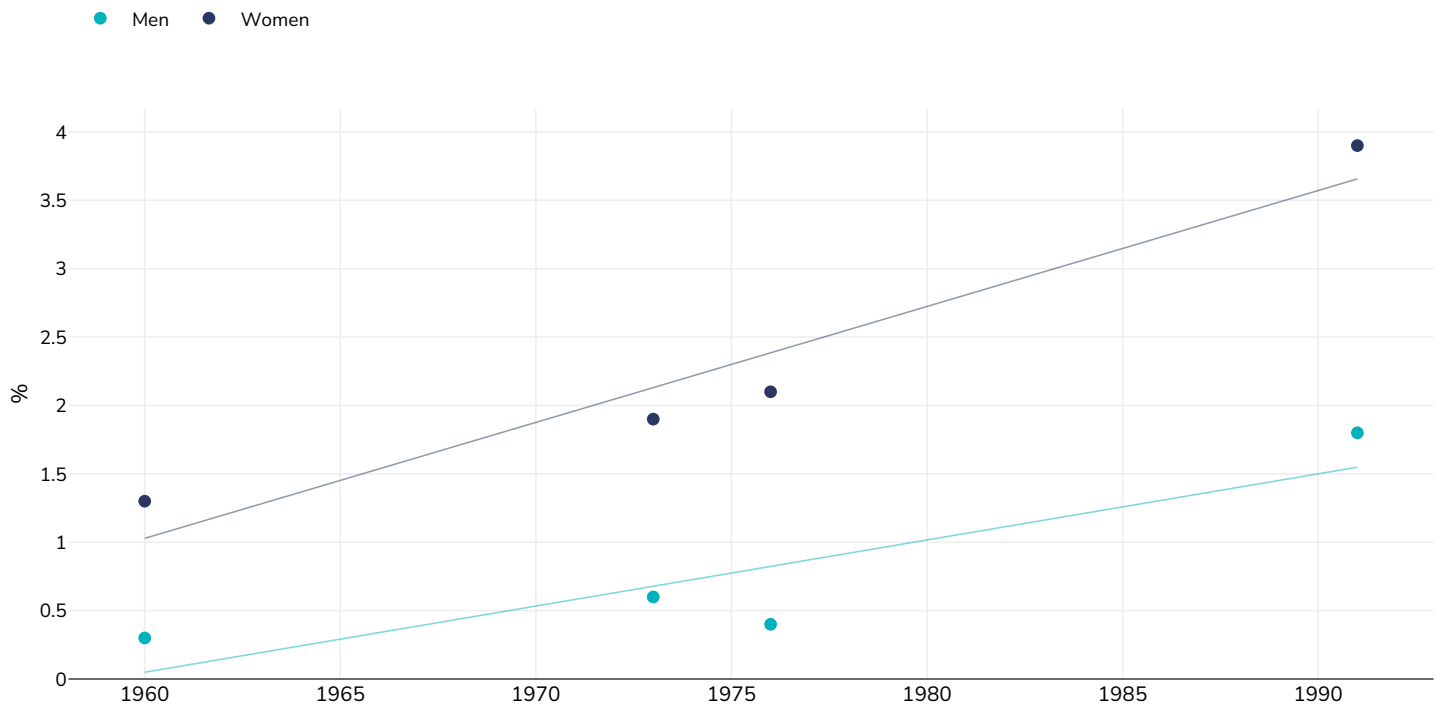
2015: NHANES 2015/16. Analysis conducted by the World Obesity Federation, Caroline Litts, Fiona Montague & R Jackson-Leach 2017

2017: Reanalysis of NHANES 2017/18 by Rachel Jackson Leach, Jaynaide Powis World Obesity Federation

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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.

% Adults living with severe obesity in the United States 1960-1997



Survey
type:

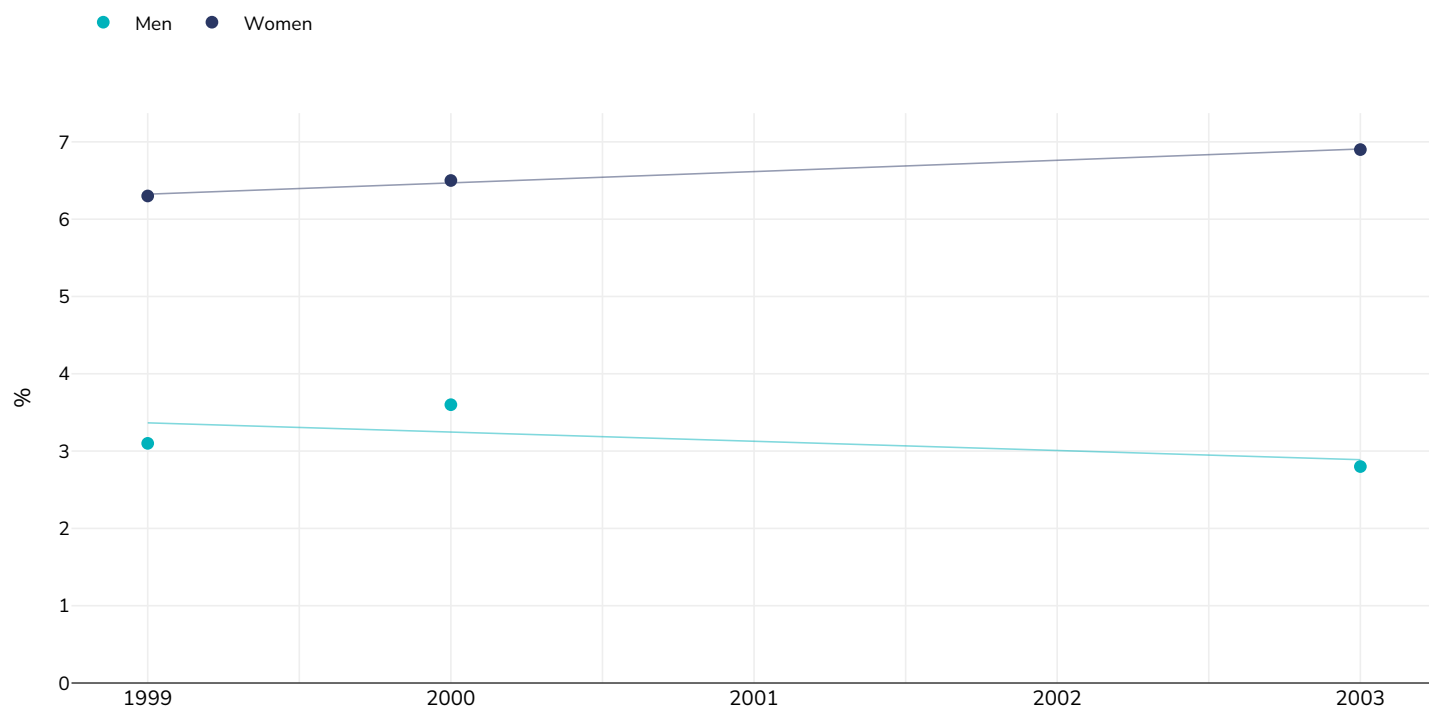
Measured

References: Flegal KM, Carroll MD, Kuczmarski RJ, Johnson CL. Overweight and obesity in the United States: prevalence and trends, 1960-1994. *International Journal of Obesity* (1998);22:39-47

Notes: 1971-74 (marked as 1973), 1988-94 marked as 1991 Aged 20-74

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 severe obesity in the United States 1999-2003



Survey type:

Measured

References:

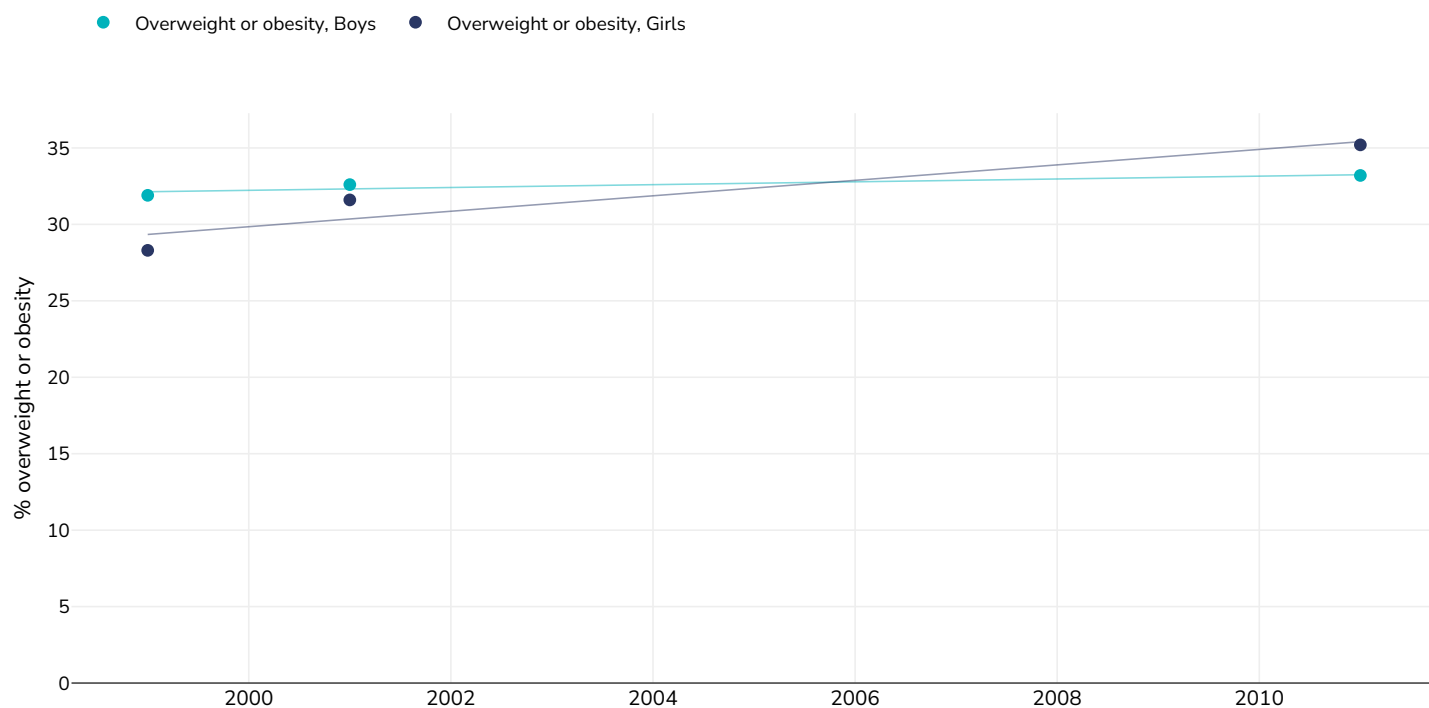
Ogden CL, Carroll MD, Curtin LR, McDowell MA, Tabak CJ, Flegal KM. Prevalence of Overweight and Obesity in the United States, 1999-2004. JAMA 2006;295(13):1549-1555

Notes:

1999-2000, 2001-2, 2003-4 Aged 20+

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.

% Children living with overweight or obesity in the United States 1999-2011



Survey type: Measured

References: 1999, 2001: Ogden CL, Carroll MD, Curtin LR, McDowell MA, Tabak CJ, Flegal KM. Prevalence of Overweight and Obesity in the United States, 1999-2004. JAMA 2006;295(13):1549-1555
 2011: Ogden CL, Carroll MD, Kit BK, Flegal KM. Prevalence of childhood and adult obesity in the United States, 2011-2012. JAMA (2014)26;311(8):806-14.

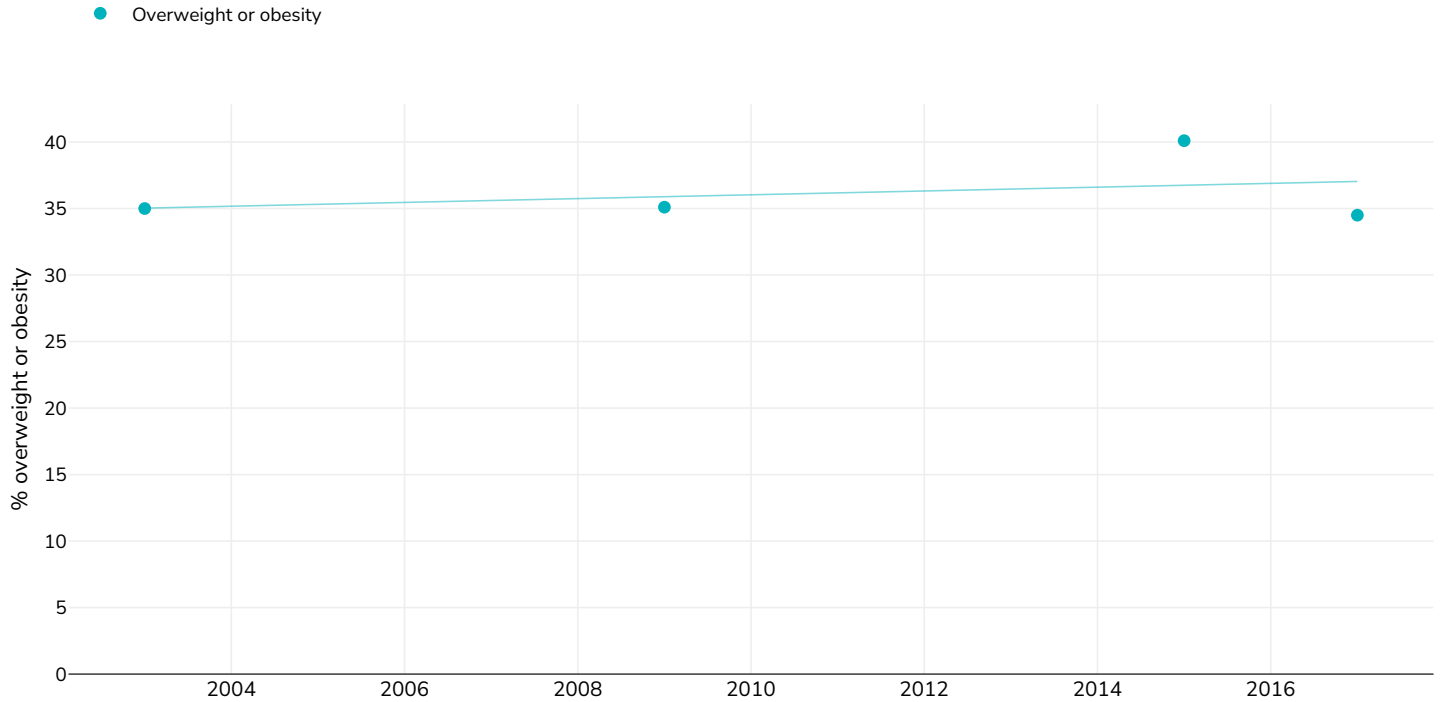
Notes: Aged 6-11

Definitions: 85th & 95th Centile CDC cut off

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.

% Children living with overweight or obesity in the United States 2003-2017

Boys



Survey type: Measured

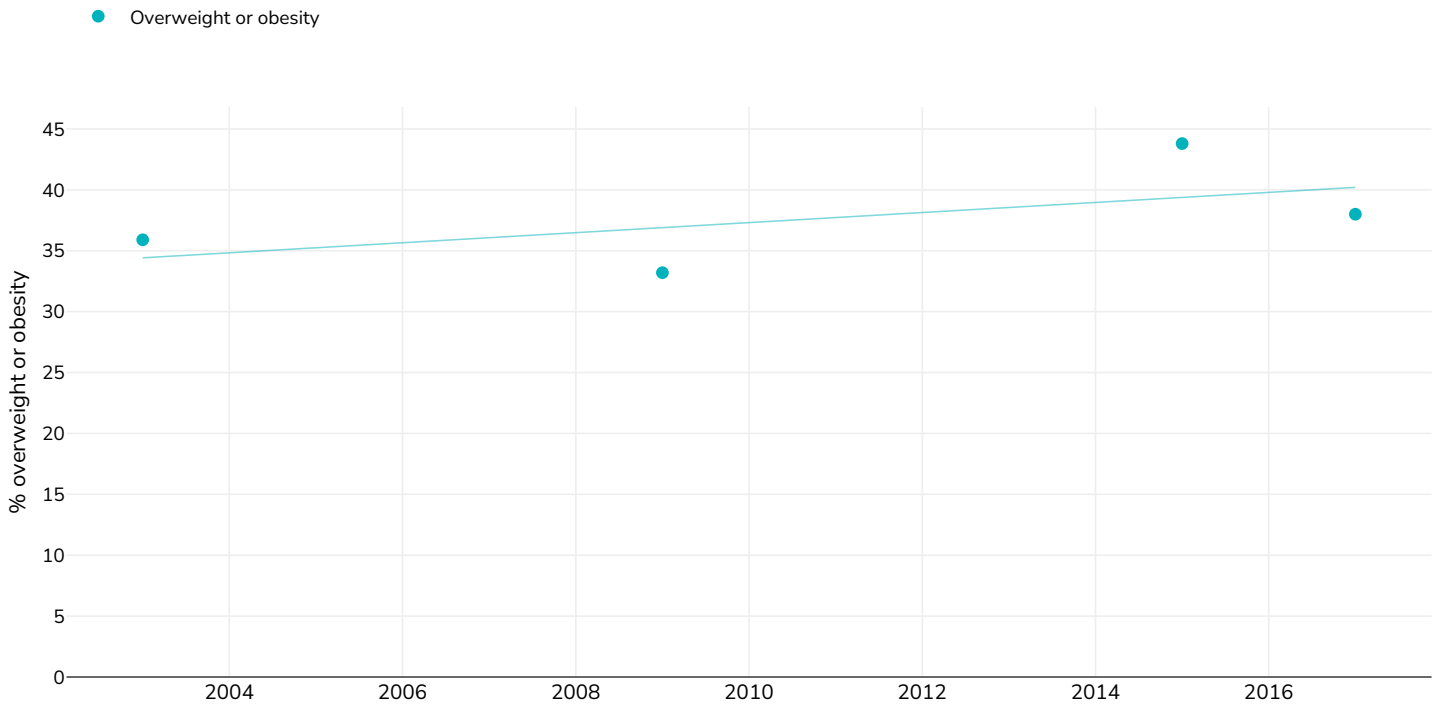
References: 2003: Lobstein T, Jackson - Leach R. Child overweight and obesity in the USA: prevalence rates according to IOTF definitions. *Int J Pediatr Obes.* 2007;2(1):62-4.
 2009: NHANES IASO analysis
 2015: NHANES 2015/16. Analysis conducted by the World Obesity Federation, Caroline Litts, Fiona Montague & R Jackson-Leach 2017
 2017: Reanalysis of NHANES 2017/18 by Rachel Jackson Leach, Jaynaide Powis World Obesity Federation

Notes: Aged 5-17

Definitions: IOTF

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.

Girls



Survey type: Measured

References: 2003: Lobstein T, Jackson - Leach R. Child overweight and obesity in the USA: prevalence rates according to IOTF definitions. *Int J Pediatr Obes.* 2007;2(1):62-4.
 2009: NHANES IASO analysis
 2015: NHANES 2015/16. Analysis conducted by the World Obesity Federation, Caroline Litts, Fiona Montague & R Jackson-Leach 2017
 2017: Reanalysis of NHANES 2017/18 by Rachel Jackson Leach, Jaynaide Powis World Obesity Federation

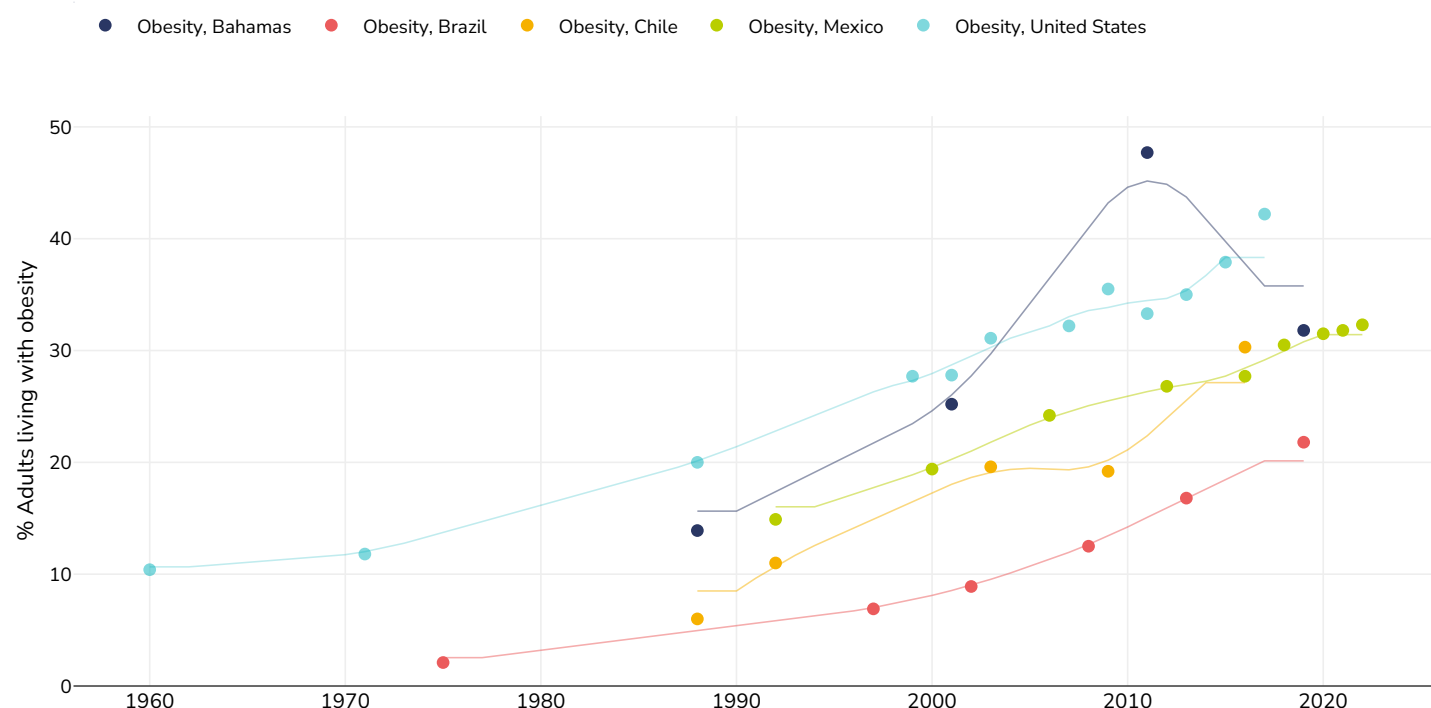
Notes: Aged 5-17

Definitions: IOTF

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 obesity in selected countries in the Americas Region
1960-2018, selected countries**

Men



References:

1960, 1971, 1973, 1976, 1988, 1991: Flegal KM, Carroll MD, Kuczmarski RJ, Johnson CL. Overweight and obesity in the United States: prevalence and trends, 1960-1994. *International Journal of Obesity* (1998);22:39-47

1975: Monteiro CA, Conde WL, Popking BM. Is obesity replacing or adding to undernutrition? Evidence from different social classes in Brazil. 2002. *Public Health Nutrition*:51(1A), 105-112

1992: Arroyo et al. Prevalence of Pre-Obesity and Obesity in Urban Adult Mexicans in Comparison with other Large Surveys. *Obesity Research*. 2000;8:179-185

1994, 1995: Martorell R, Khan LK, Hughes ML, Grummer Strawn LM. Obesity in women from developing countries. *EJCN* (2000) 54:247-252

1997: Filozof C, Gonzales C, Sereday M, Mazza C, Braguinsky J. Obesity prevalence and trends in Latin American countries. *Obesity Reviews*, 2001;2:99-196

1998: Instituto Nacional de Estadística - INE/Guatemala and Macro International. 1999. Guatemala Encuesta Nacional de Salud Materno Infantil 1998-1999. Calverton, Maryland, USA: Instituto Nacional de Estadística - INE/Guatemala and Macro International.

1999: Centres for Disease Control and Prevention. <http://www.cdc.gov/>

2000: SCN (2004). 5th Report on the World Nutrition Situation. Nutrition for Improved Development Outcomes. Appendix 11

2001: N Brathwaite, A Brathwaite, M Taylor. The Socio-economic Determinants of Obesity in Adults in the Bahamas. *West Indian Med J* 2011; 60 (4): 434

2002: Monteiro CA, Conde WL and Popkin BA. (2007). Income-specific trends in obesity in Brazil: 1975 - 2003. *American Journal of Public Health*, 97 (10): 1808 - 1812.

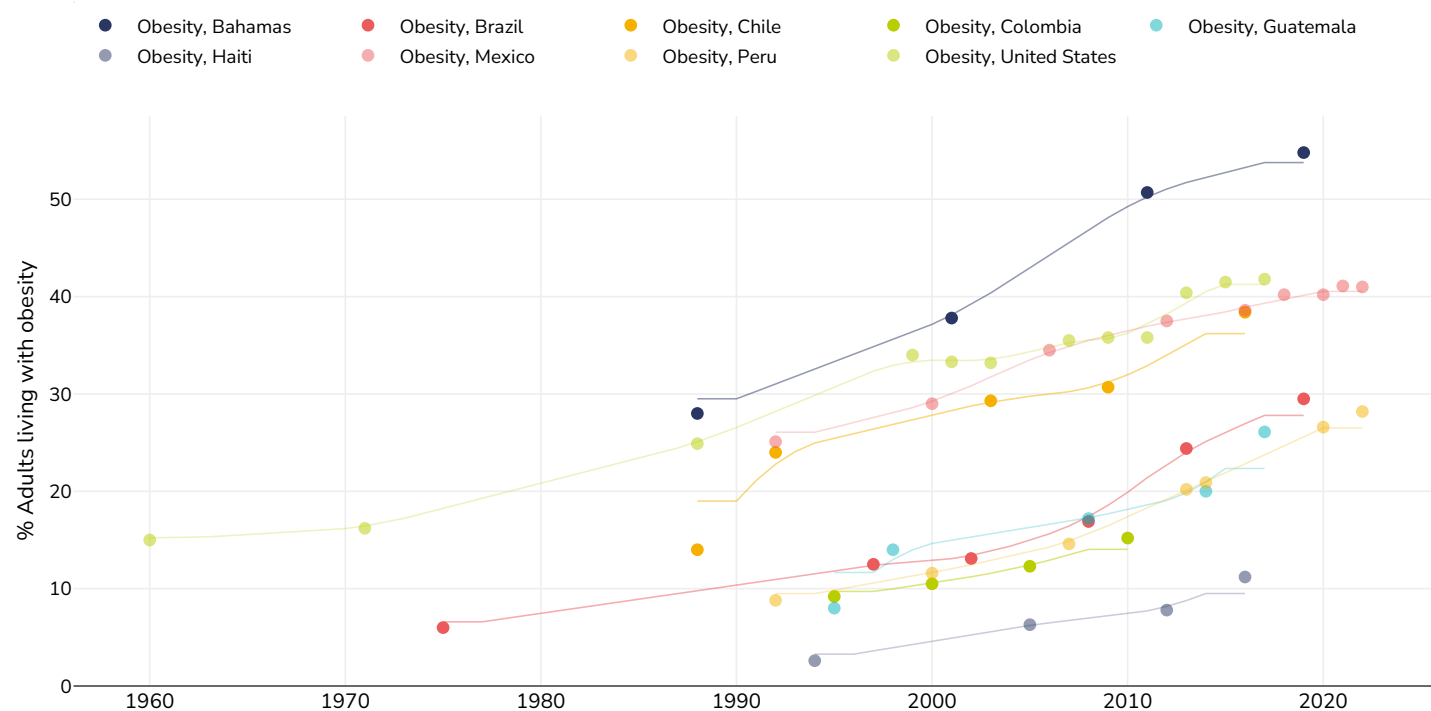
2003: Ogden CL, Carroll MD, Curtin LR, McDowell MA, Tabak CJ, & Flegal KM. (2006). Prevalence of Overweight and Obesity in the United States, 1999-2004. *The Journal of the American Medical Association*, Vol 295(13):1549 - 1555.

2005: 1st Argentinian National Survey of Risk Factors (Encuesta Nacional de Factores de Riesgo). Results from 1-3rd survey reported in the 4th survey report: https://www.indec.gov.ar/ftp/cuadros/publicaciones/enfr_2018_resultados_definitivos.pdf

2006: Olaiz-Fernández G, Rivera-Dommarco J, Shamah-Levy T, Rojas R, Villalpando-Hernández S, Hernández-Avila M, Sepúlveda-Amor J. Encuesta Nacional de Salud y Nutrición 2006. Cuernavaca, México: Instituto Nacional de Salud Pública, 2006. (National Health and Nutrition Survey 2006)

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Women



References:

1960, 1971, 1973, 1976, 1988, 1991: Flegal KM, Carroll MD, Kuczmarski RJ, Johnson CL. Overweight and obesity in the United States: prevalence and trends, 1960-1994. *International Journal of Obesity* (1998);22:39-47

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1998: Instituto Nacional de Estadística - INE/Guatemala and Macro International. 1999. Guatemala Encuesta Nacional de Salud Materno Infantil 1998-1999. Calverton, Maryland, USA: Instituto Nacional de Estadística - INE/Guatemala and Macro International.

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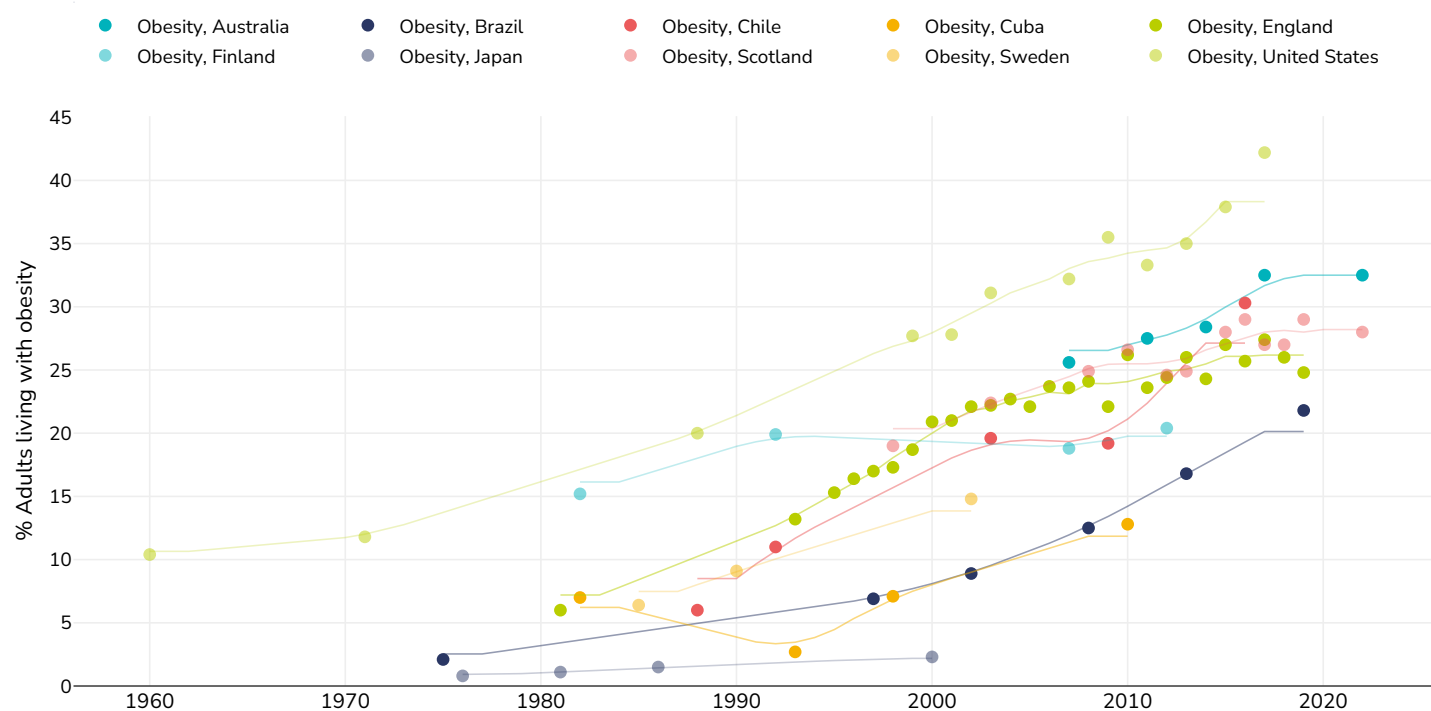
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**% Adults living with obesity in selected countries worldwide 1976-2018,
selected countries**

Men



References:

1960, 1971, 1973, 1976, 1988, 1991: Flegal KM, Carroll MD, Kuczmarski RJ, Johnson CL. Overweight and obesity in the United States: prevalence and trends, 1960-1994. *International Journal of Obesity* (1998);22:39-47

1975: Monteiro CA, Conde WL, Popking BM. Is obesity replacing or adding to undernutrition? Evidence from different social classes in Brazil. *2002. Public Health Nutrition*:51(1A), 105-112

1981, 1986: Yoshiike N, Seino F, Tajima S, Arai Y, Kawano M, Furuhashi T, Inoue S. Twenty-year changes in the prevalence of overweight in Japanese adults: The National Nutrition Survey 1976-95. *Obesity Reviews* 2002;3:183-190

1982, 1993: Rodriguez-Ojea A, Jimenez S, Berdasco A, Esquivel M. The nutrition transition in Cuba in the nineties: an overview. *Public Health Nutrition* 2002;5(1A), 129-133

1985: Berg C, Rosengren A, Aires N, Pappas G, Toren K, Thelle D, Lissner L. Trends in overweight and obesity from 1985 to 2002 in Goteborg, West Sweden. *IJO* 2005 Aug;29(8):916-24

1990: Berg C, Rosengren A, Aires N, Pappas G, Toren K, Thelle D, Lissner L. Trends in overweight and obesity from 1985 to 2002 in Goteborg, West Sweden. *IJO* 2005 online published ahead of print.

1992: Uauy R, Albal C, Kain J. Obesity Trends in Latin America: Transiting from Under- to Overweight. *Journal of Nutrition* 2001;131:S893-S899

1995: Health Survey for England 1995.

1996: Health Survey for England 1996.

1997: Filozof C, Gonzales C, Sereday M, Mazza C, Braguinsky J. Obesity prevalence and trends in Latin American countries. *Obesity Reviews*, 2001;2:99-196

1998: Scottish Health Survey 1998

1999: Health Survey for England 1999.

2000: Ogden CL, Carroll MD, Curtin LR, McDowell MA, Tabak CJ, Flegal KM. Prevalence of Overweight and Obesity in the United States, 1999-2004. *JAMA* 2006;295(13):1549-1555

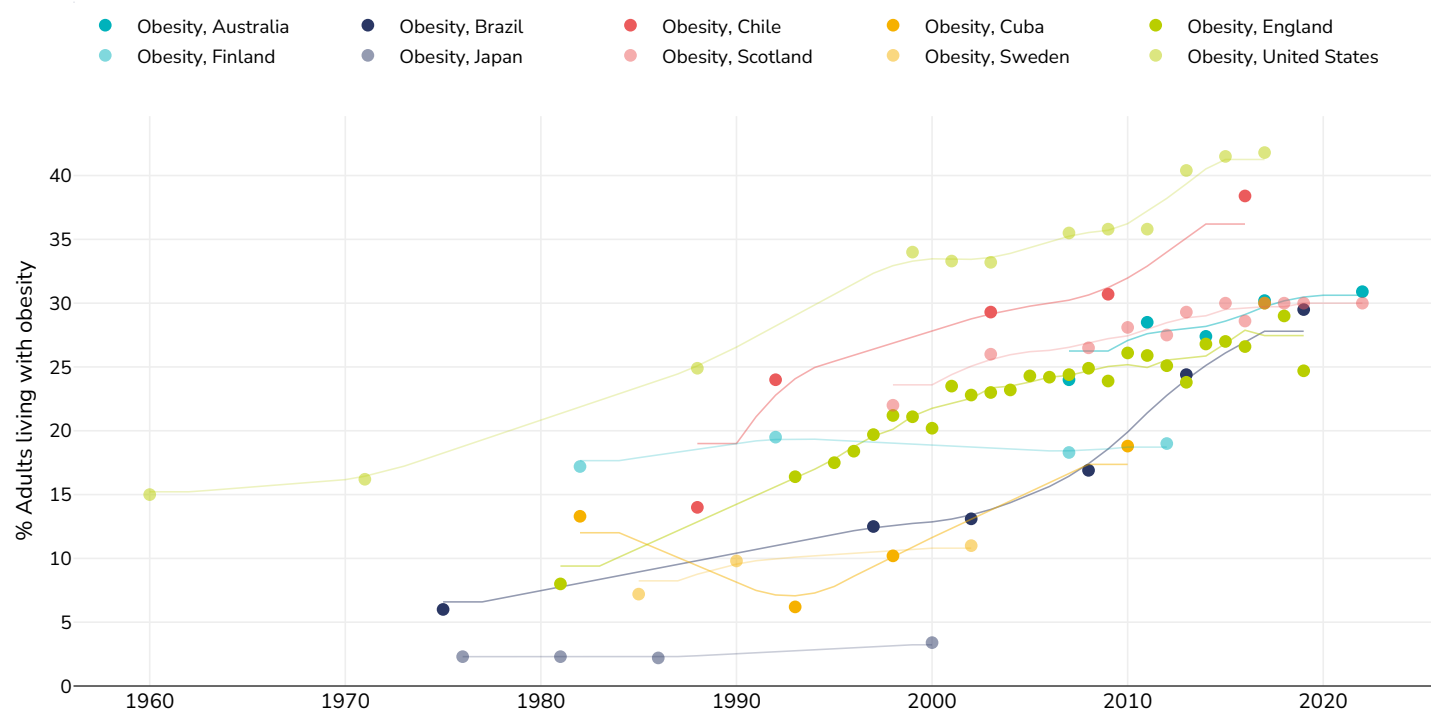
2001: Health Survey for England 2001.

2002: Monteiro CA, Conde WL and Popkin BA. (2007). Income-specific trends in obesity in Brazil: 1975 - 2003. *American Journal of Public Health*, 97 (10): 1808 - 1812.

2002: 2002 FNS Report. Final results on the National Health Survey

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Women



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1985: Berg C, Rosengren A, Aires N, Pappas G, Toren K, Thelle D, Lissner L. Trends in overweight and obesity from 1985 to 2002 in Goteborg, West Sweden. *IJO* 2005 Aug;29(8):916-24

1990: Berg C, Rosengren A, Aires N, Pappas G, Toren K, Thelle D, Lissner L. Trends in overweight and obesity from 1985 to 2002 in Goteborg, West Sweden. *IJO* 2005 online published ahead of print.

1992: Uauy R, Albal C, Kain J. Obesity Trends in Latin America: Transiting from Under- to Overweight. *Journal of Nutrition* 2001;131:S893-S899

1995: Health Survey for England 1995.

1996: Health Survey for England 1996.

1997: Filozof C, Gonzales C, Sereday M, Mazza C, Braguinsky J. Obesity prevalence and trends in Latin American countries. *Obesity Reviews*, 2001;2:99-196

1998: Scottish Health Survey 1998

1999: Health Survey for England 1999.

2000: Ogden CL, Carroll MD, Curtin LR, McDowell MA, Tabak CJ, Flegal KM. Prevalence of Overweight and Obesity in the United States, 1999-2004. *JAMA* 2006;295(13):1549-1555

2001: Health Survey for England 2001.

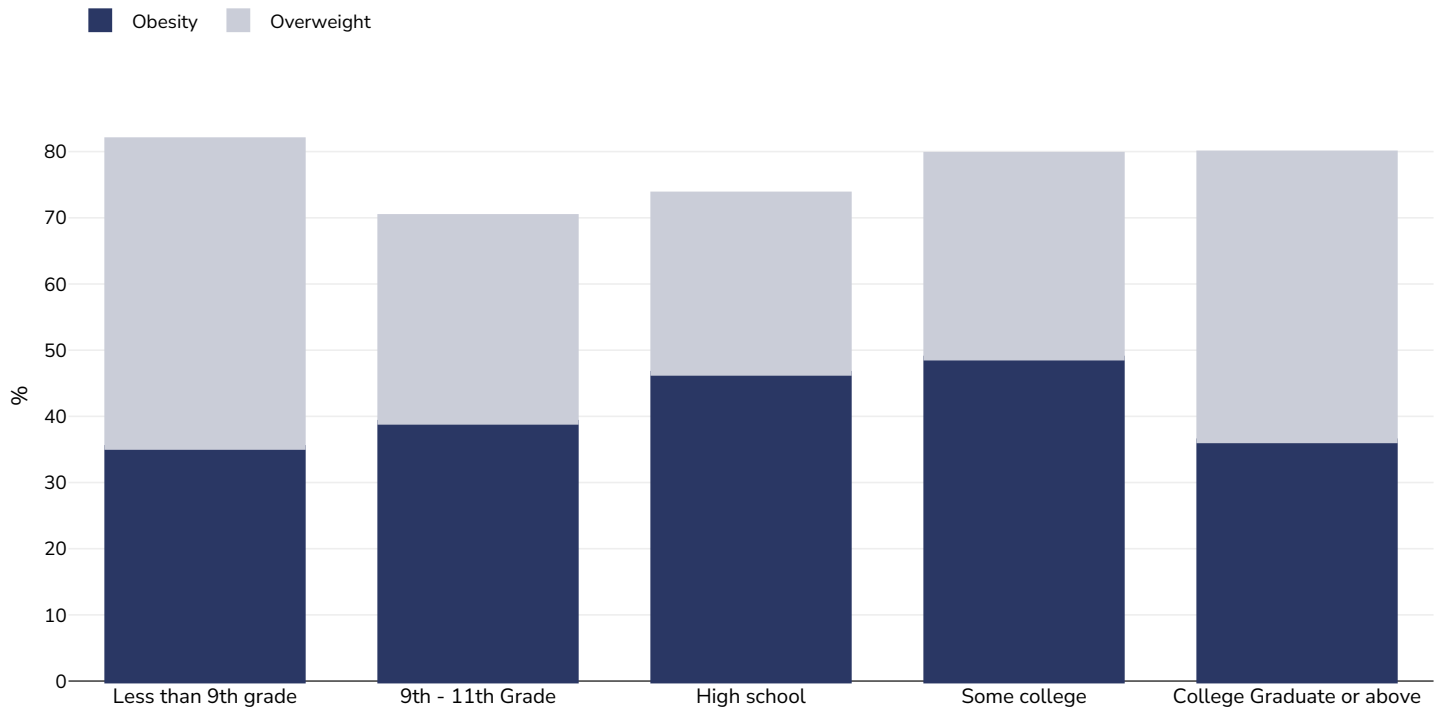
2002: Monteiro CA, Conde WL and Popkin BA. (2007). Income-specific trends in obesity in Brazil: 1975 - 2003. *American Journal of Public Health*, 97 (10): 1808 - 1812.

2002: 2002 FNS Report. Final results on the National Health Survey

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

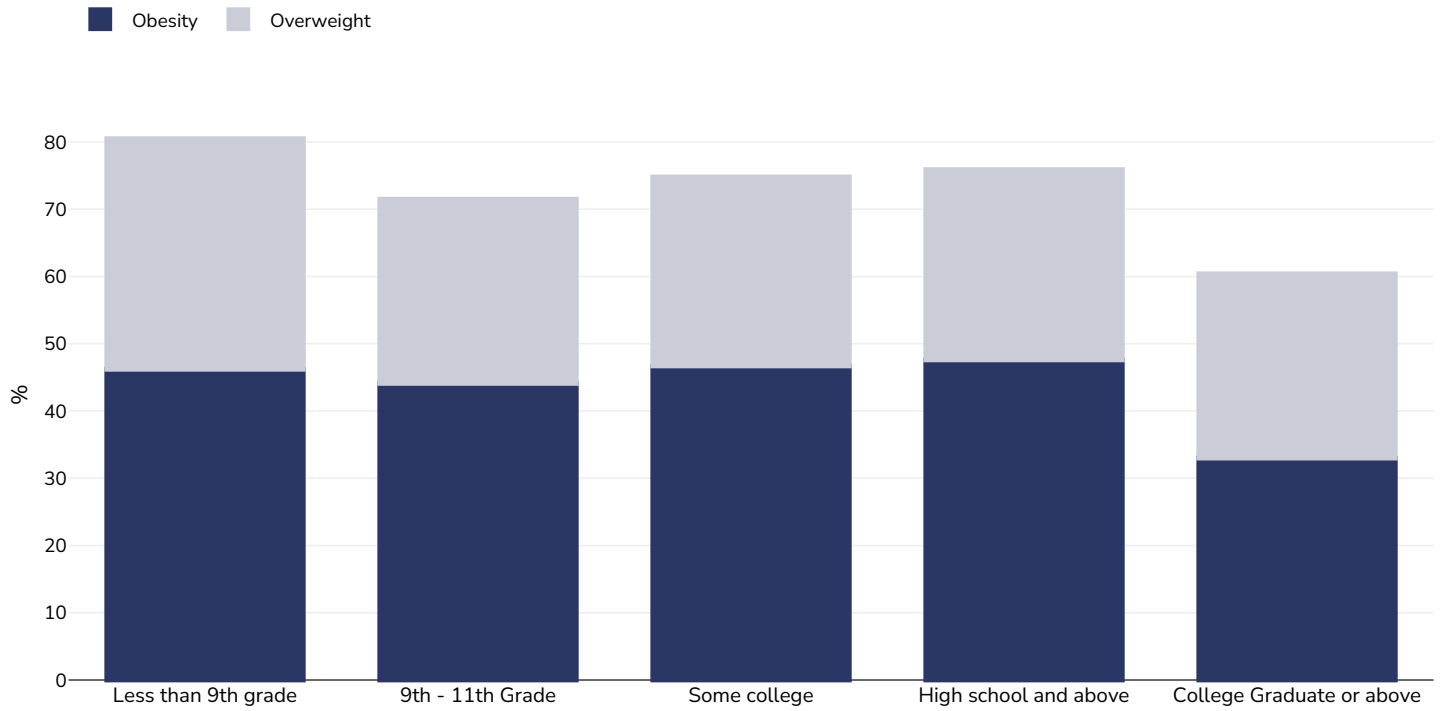
Men, 2017-2018



Survey type:	Measured
Age:	18+
Sample size:	5350 (unweighted)
Area covered:	National
References:	NHANES 2017/18 Reanalysis by Rachel Jackson Leach, Jaynaide Powis, World Obesity Federation, March 2020
Notes:	Weighted

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

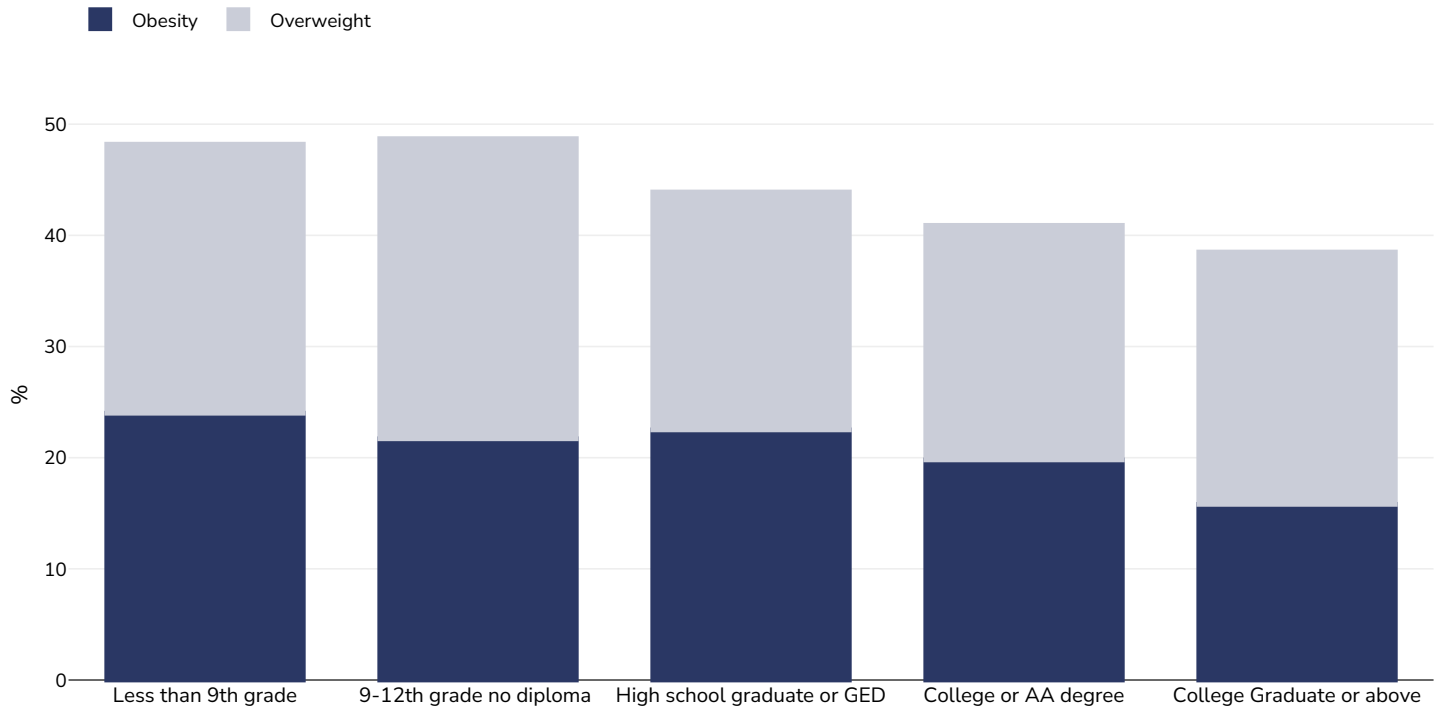
Women, 2017-2018



Survey type:	Measured
Age:	18+
Sample size:	5350 (unweighted)
Area covered:	National
References:	NHANES 2017/18 Reanalysis by Rachel Jackson Leach, Jaynaide Powis, World Obesity Federation, March 2020
Notes:	Weighted

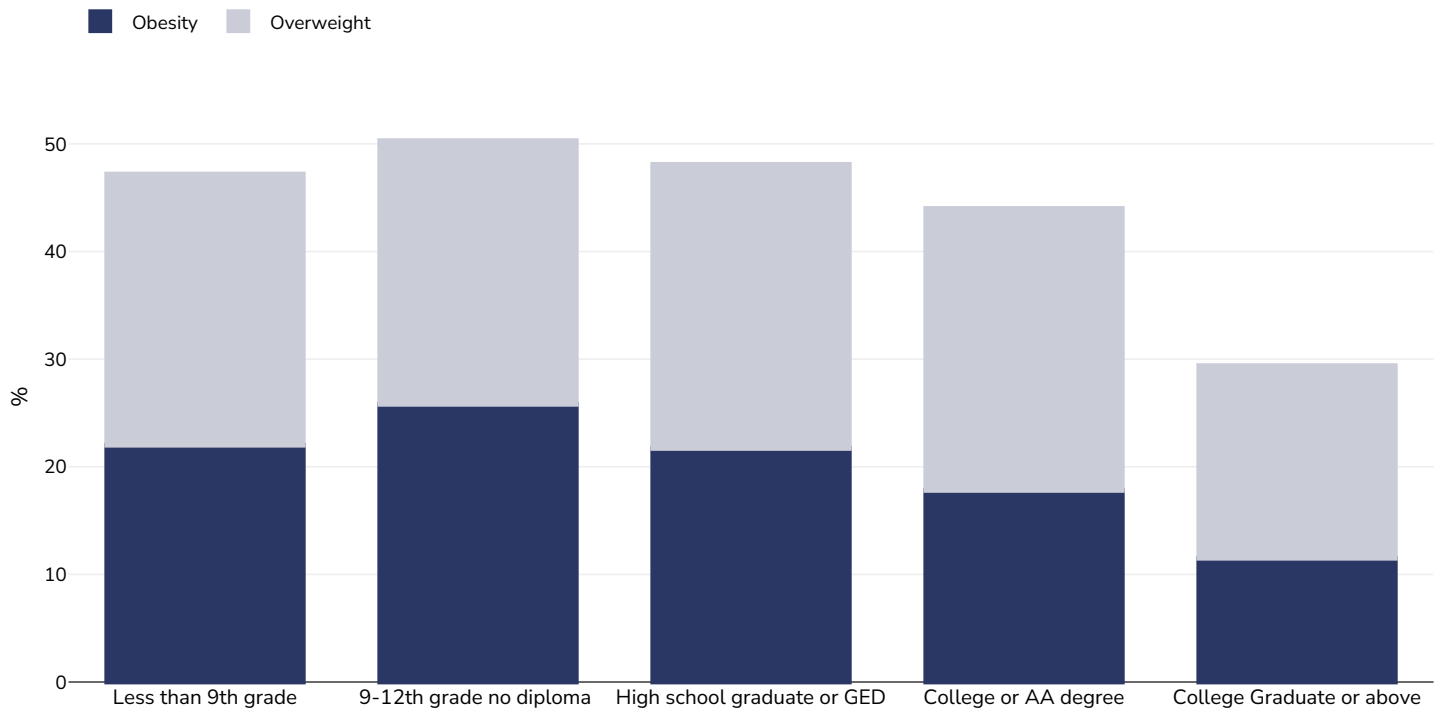
Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².

Boys, 2015-2016



Survey type:	Measured
Age:	5-17
Sample size:	2315
Area covered:	National
References:	NHANES 2015/16. Analysis conducted by the World Obesity Federation, Caroline Litts, Fiona Montague & R Jackson-Leach 2017
Notes:	Weighted
Cutoffs:	Other

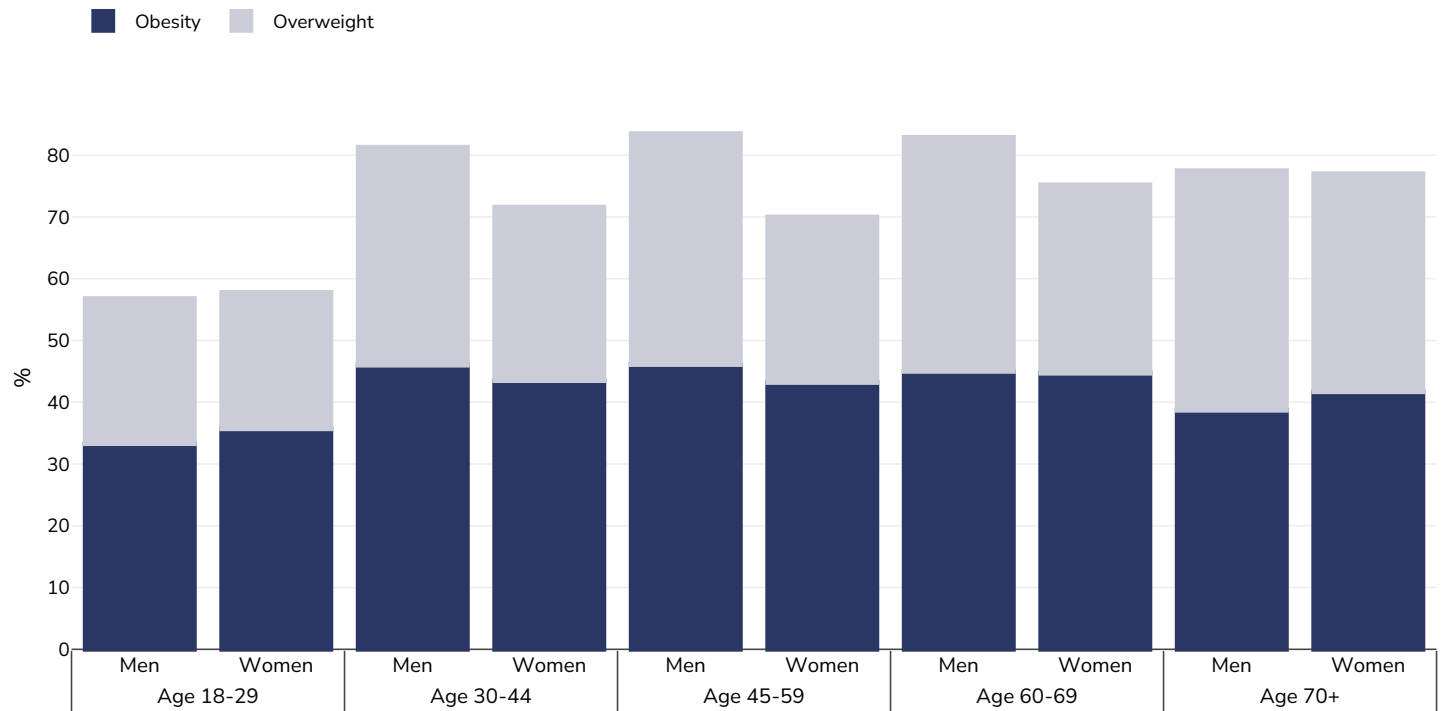
Girls, 2015-2016



Survey type:	Measured
Age:	5-17
Sample size:	2315
Area covered:	National
References:	NHANES 2015/16. Analysis conducted by the World Obesity Federation, Caroline Litts, Fiona Montague & R Jackson-Leach 2017
Notes:	Weighted
Cutoffs:	Other

Overweight/obesity by age

Adults, 2017-2018



Survey type: Measured

Sample size: 5432 (unweighted)

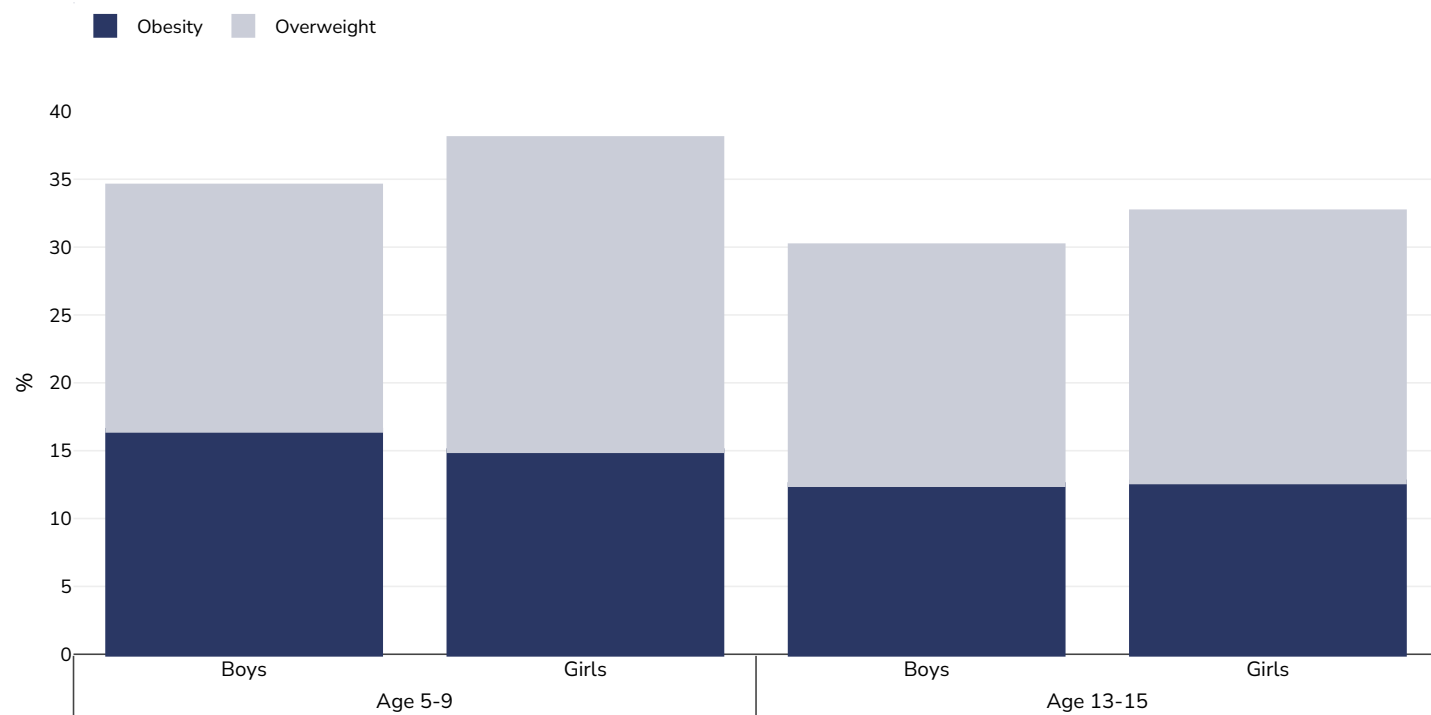
Area covered: National

References: NHANES 2017/18 Reanalysis by Rachel Jackson Leach, Jaynaide Powis, World Obesity Federation, March 2020

Notes: Weighted

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

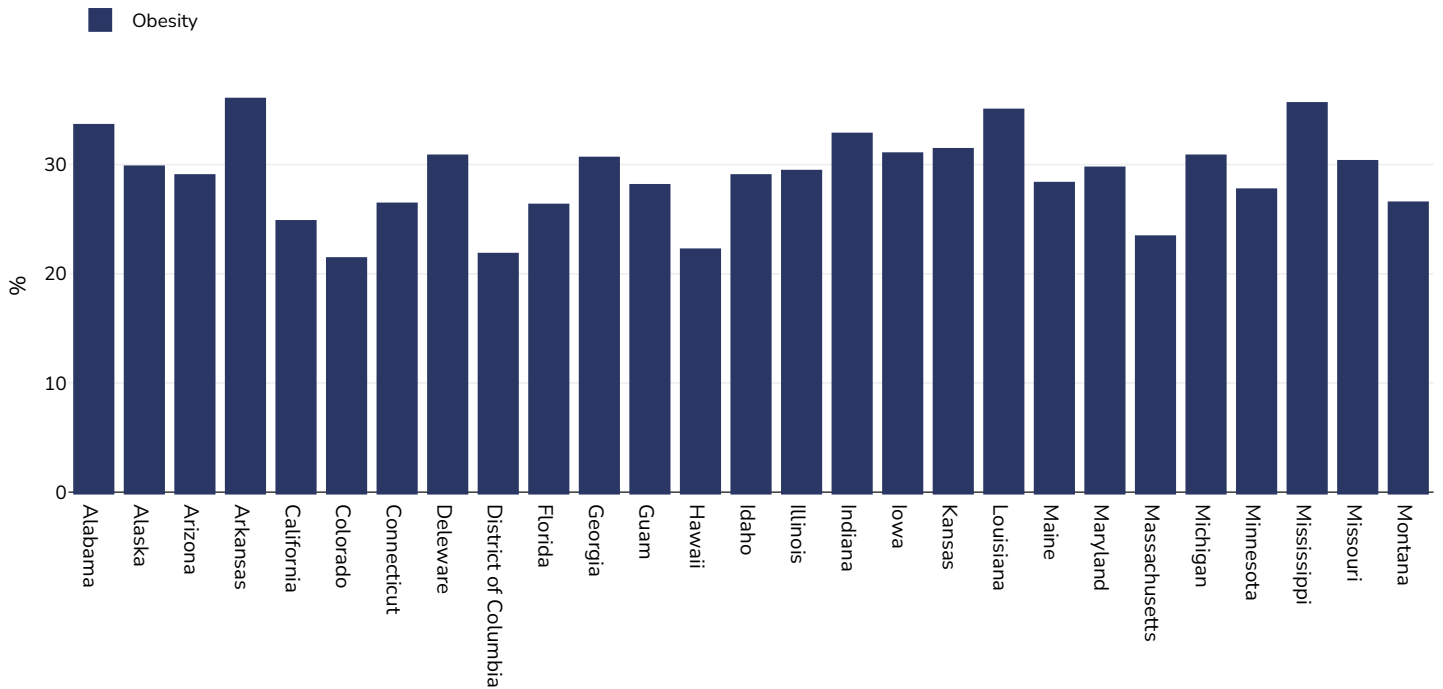
Children, 2017-2018



Survey type:	Measured
Sample size:	2086 (unweighted)
Area covered:	National
References:	NHANES 2017/18 Reanalysis by Rachel Jackson Leach, Jaynaide Powis, World Obesity Federation, March 2020
Notes:	Weighted
Cutoffs:	IOTF

Overweight/obesity by region

Adults, 2014



Survey type: Self-reported

Age: 18+

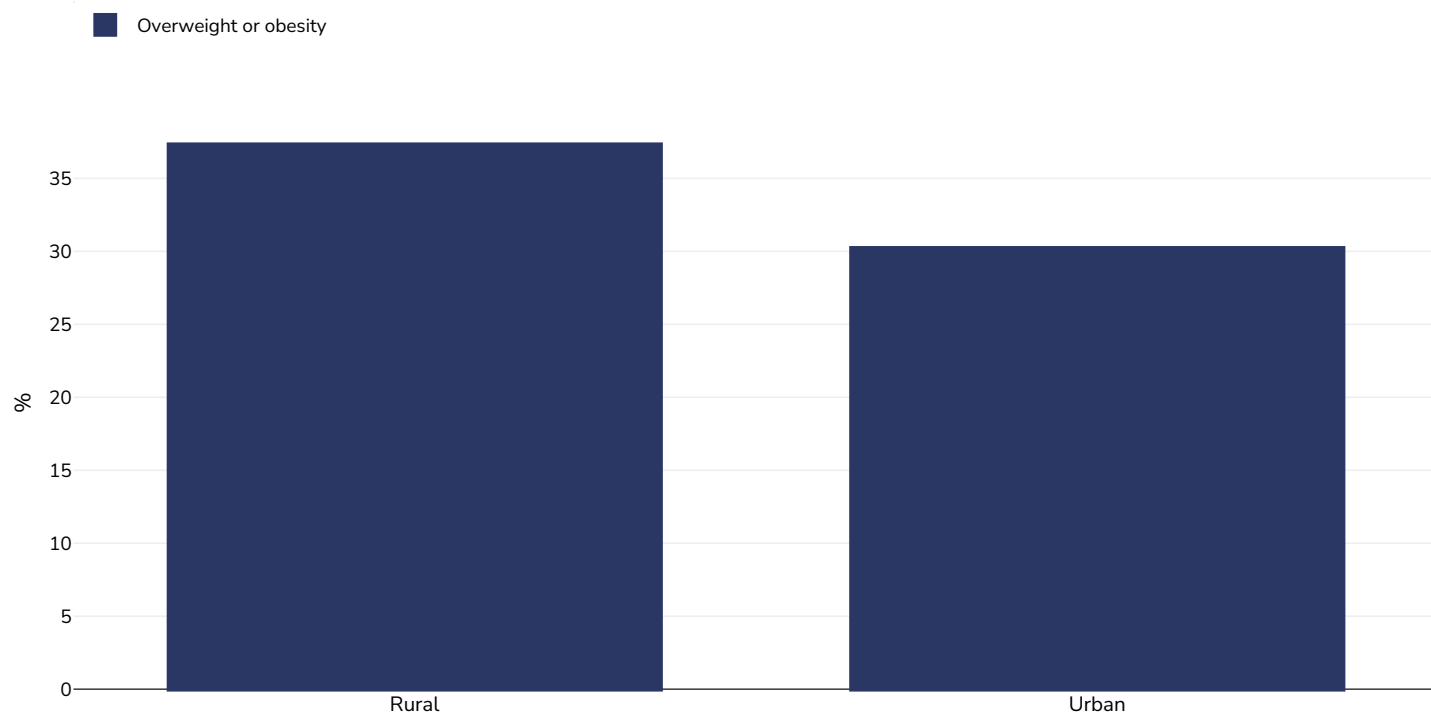
Area covered: National

References: Behavioral Risk Factor Surveillance System, CDC. Found at <http://www.cdc.gov/obesity/data/prevalence-maps.html> (last accessed 20th April 2016)

Notes: NOT NHANES States A - M (inclusive)

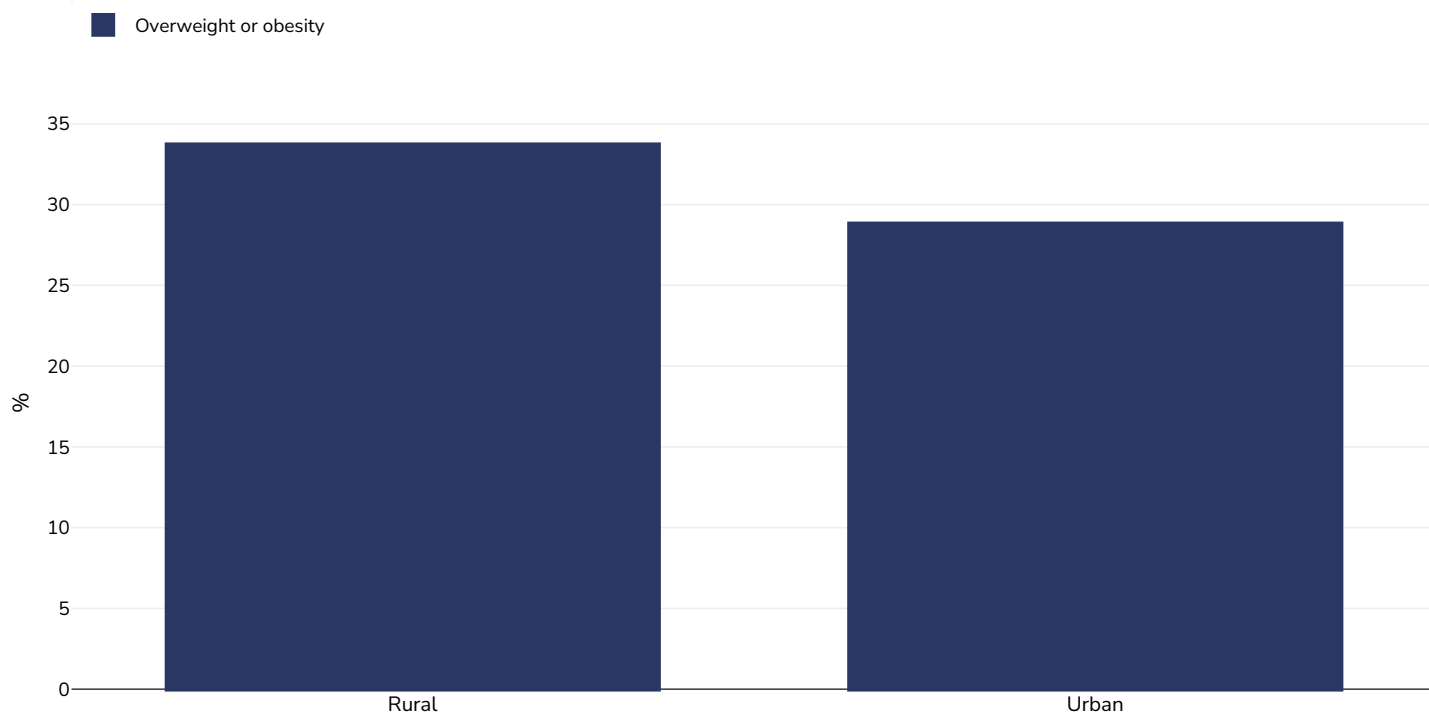
Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².

Boys, 1999-2006



Survey type:	Measured
Age:	2-19
Sample size:	15479
Area covered:	National
References:	Liu J, Jones SJ, Sun H, et al. Diet, physical activity, and sedentary behaviors as risk factors for childhood obesity: An urban and rural comparison. <i>Child Obes</i> 2012;8:440-448
Notes:	Children were considered overweight and obese if their body mass index (BMI) was at or above the 85th percentile for age and gender according to growth charts from the National Center for Health Statistics (NCHS).
Cutoffs:	Other

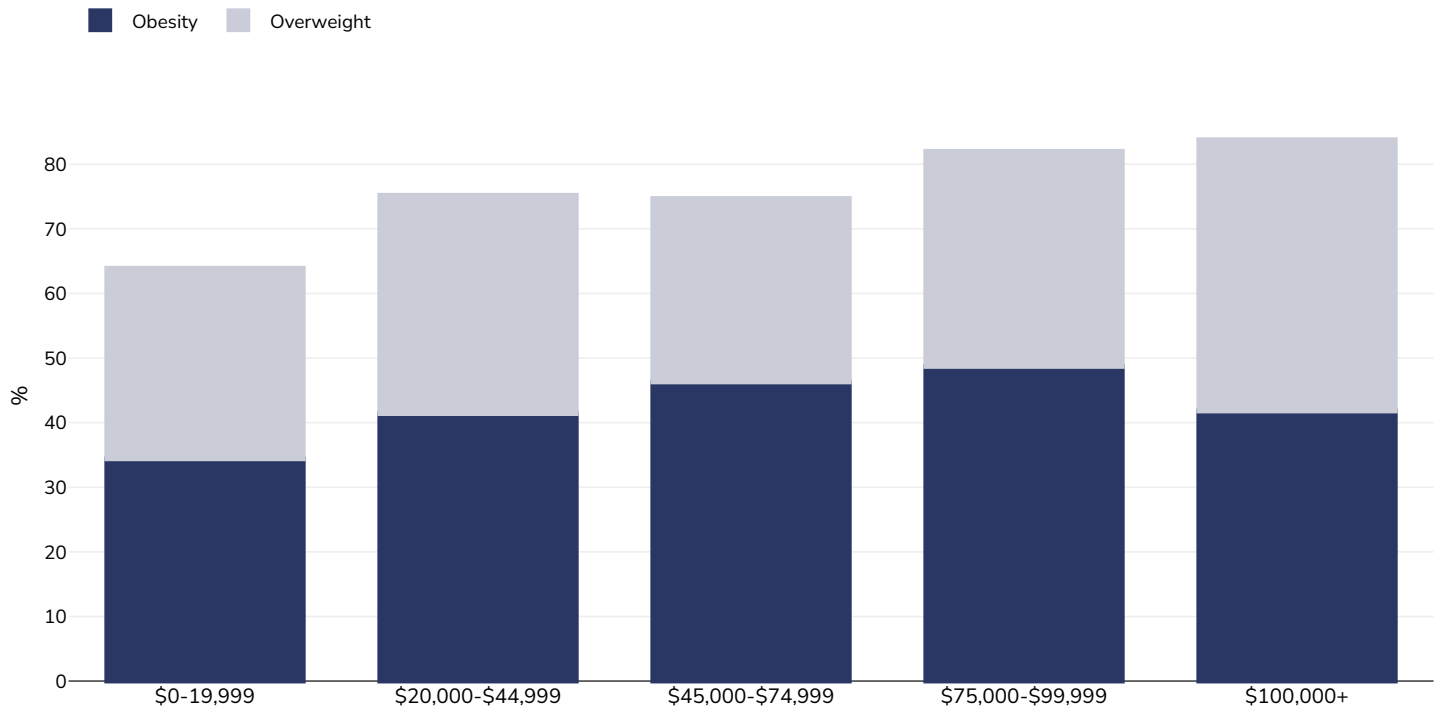
Girls, 1999-2006



Survey type:	Measured
Age:	2-19
Sample size:	15479
Area covered:	National
References:	Liu J, Jones SJ, Sun H, et al. Diet, physical activity, and sedentary behaviors as risk factors for childhood obesity: An urban and rural comparison. <i>Child Obes</i> 2012;8:440-448
Notes:	Children were considered overweight and obese if their body mass index (BMI) was at or above the 85th percentile for age and gender according to growth charts from the National Center for Health Statistics (NCHS).
Cutoffs:	Other

Overweight/obesity by socio-economic group

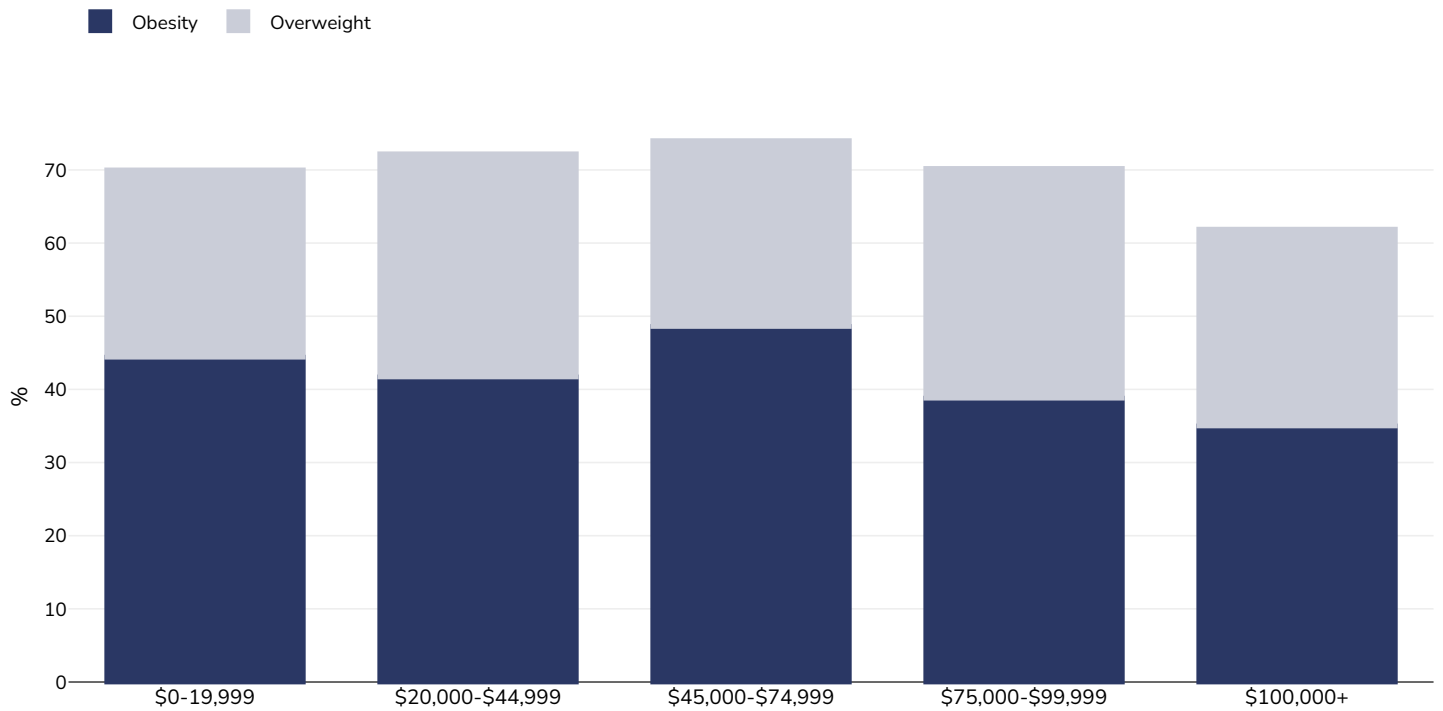
Men, 2017-2018



Survey type:	Measured
Age:	18+
Sample size:	4638 (unweighted)
Area covered:	National
References:	NHANES 2017/18 Reanalysis by Rachel Jackson Leach, Jaynaide Powis, World Obesity Federation, March 2020
Notes:	Weighted

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

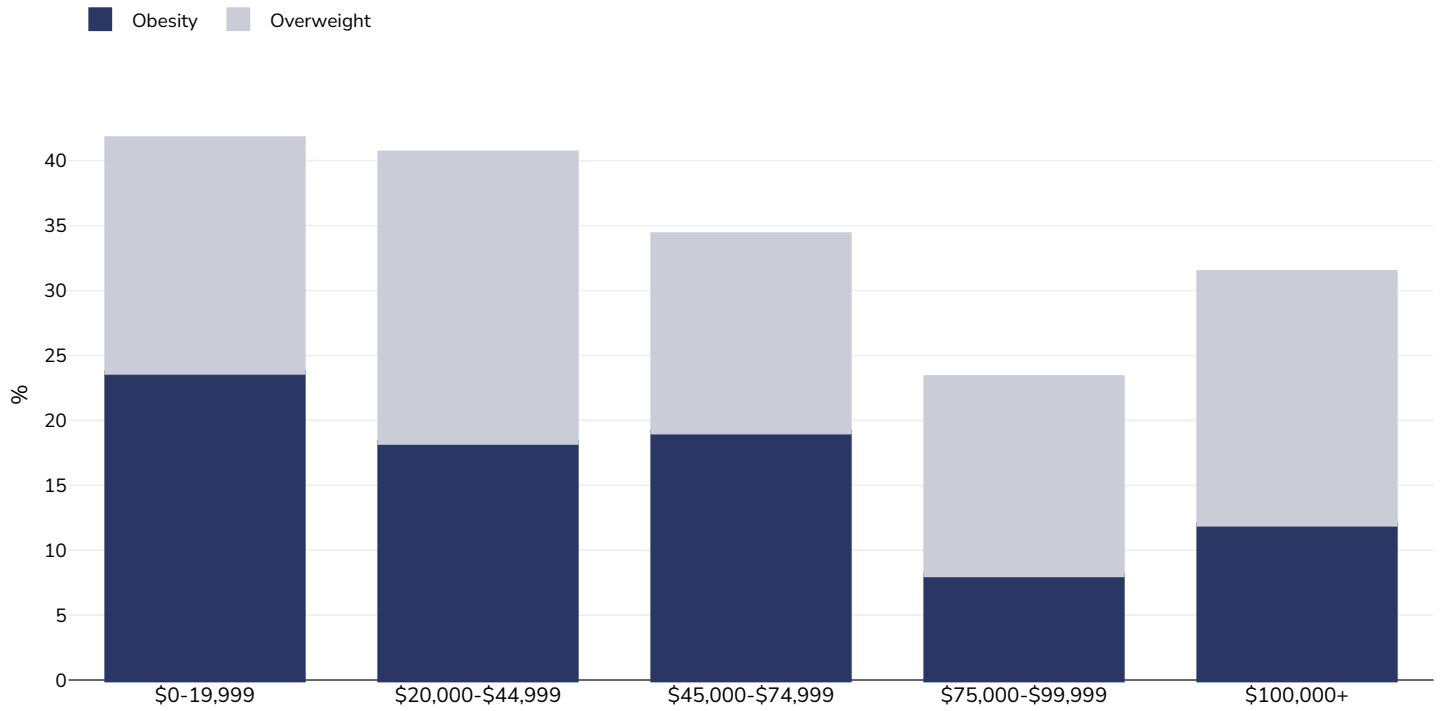
Women, 2017-2018



Survey type:	Measured
Age:	18+
Sample size:	4638 (unweighted)
Area covered:	National
References:	NHANES 2017/18 Reanalysis by Rachel Jackson Leach, Jaynaide Powis, World Obesity Federation, March 2020
Notes:	Weighted

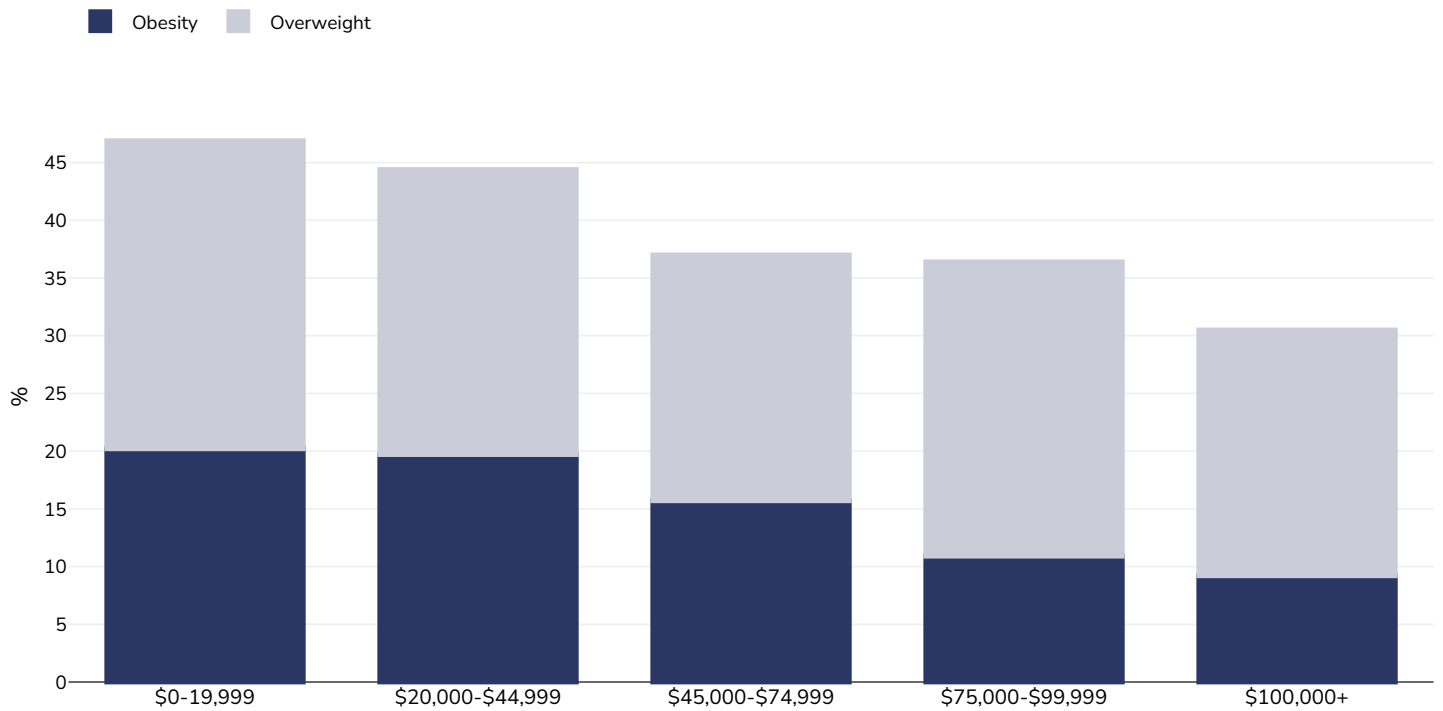
Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².

Boys, 2017-2018



Survey type:	Measured
Age:	5-17
Sample size:	1852 (unweighted)
Area covered:	National
References:	NHANES 2017/18 Reanalysis by Rachel Jackson Leach, Jaynaide Powis, World Obesity Federation, March 2020
Notes:	Weighted
Cutoffs:	IOTF

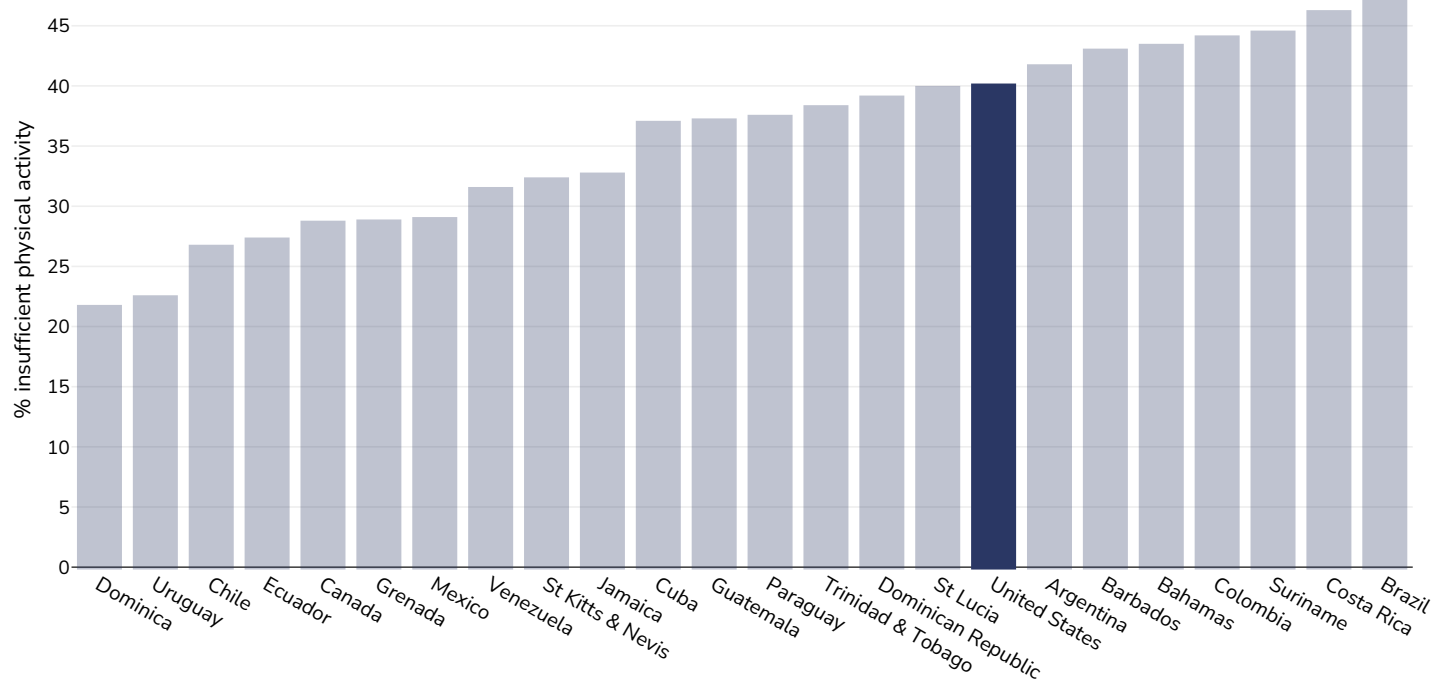
Girls, 2017-2018



Survey type:	Measured
Age:	5-17
Sample size:	1852 (unweighted)
Area covered:	National
References:	NHANES 2017/18 Reanalysis by Rachel Jackson Leach, Jaynaide Powis, World Obesity Federation, March 2020
Notes:	Weighted
Cutoffs:	IOTF

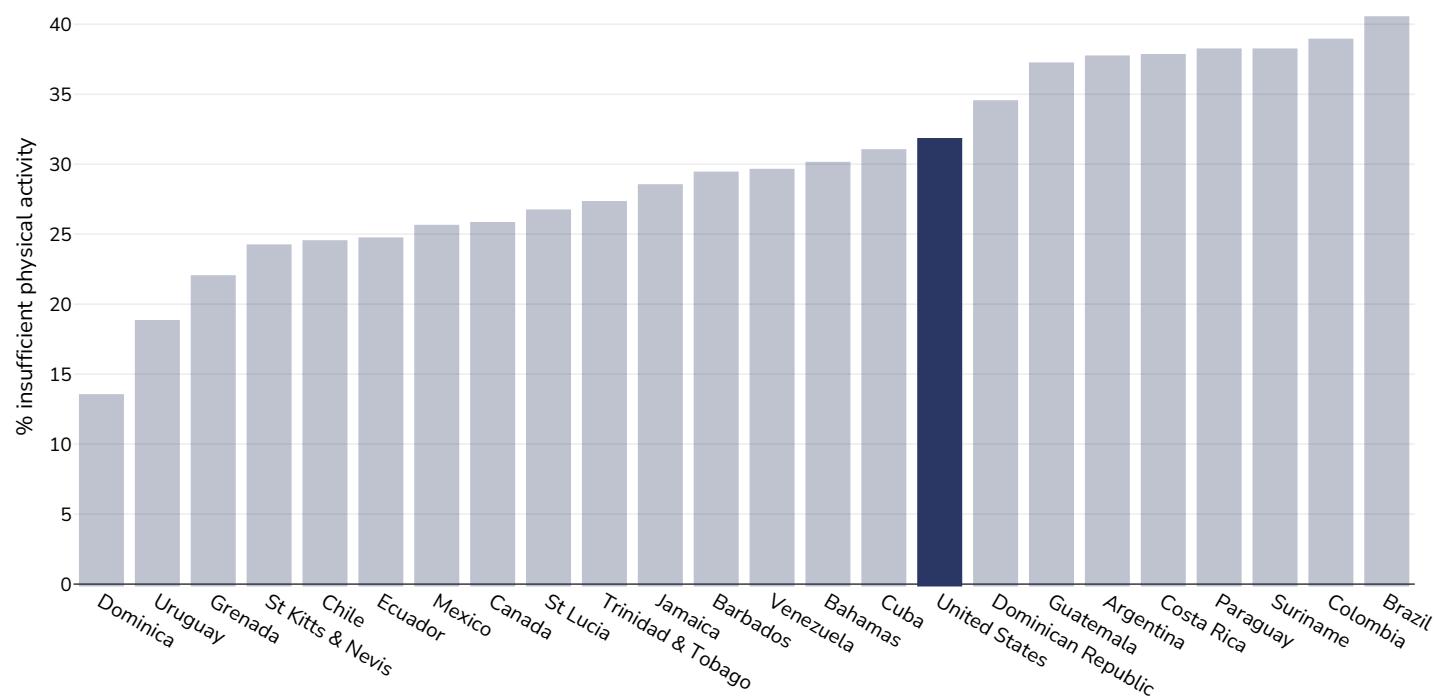
Insufficient physical activity

Adults, 2016



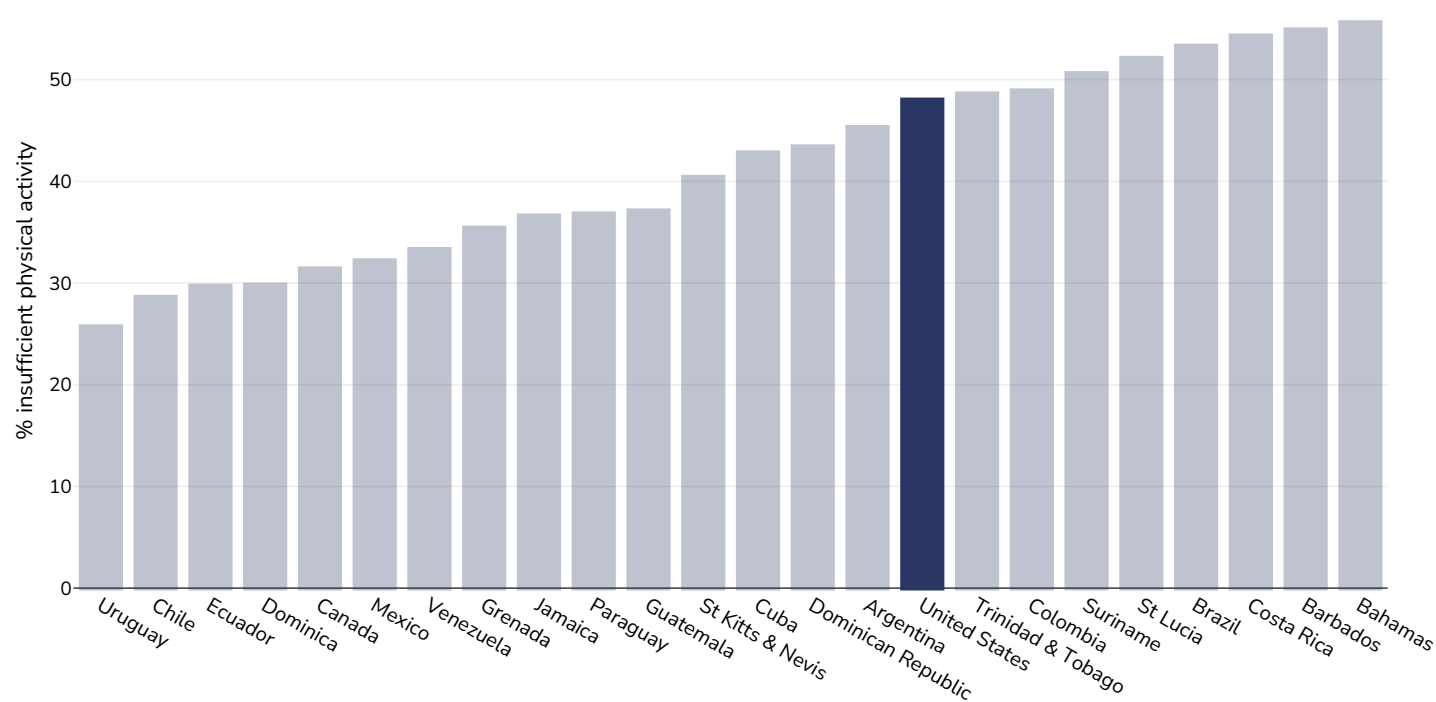
References: Guthold R, Stevens GA, Riley LM, Bull FC. Worldwide trends in insufficient physical activity from 2001 to 2016: a pooled analysis of 358 population-based surveys with 1.9 million participants. Lancet 2018 [http://dx.doi.org/10.1016/S2214-109X\(18\)30357-7](http://dx.doi.org/10.1016/S2214-109X(18)30357-7)

Men, 2016



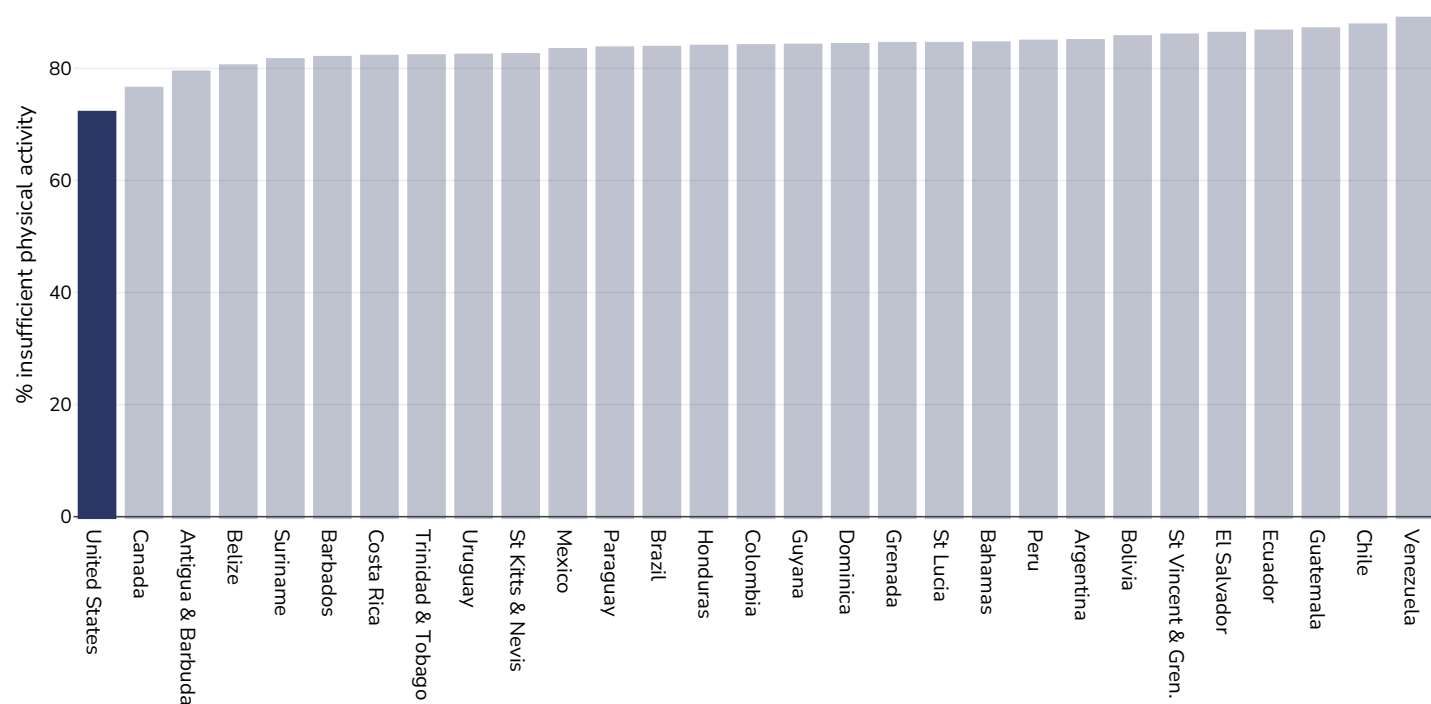
References: Guthold R, Stevens GA, Riley LM, Bull FC. Worldwide trends in insufficient physical activity from 2001 to 2016: a pooled analysis of 358 population-based surveys with 1.9 million participants. *Lancet* 2018 [http://dx.doi.org/10.1016/S2214-109X\(18\)30357-7](http://dx.doi.org/10.1016/S2214-109X(18)30357-7)

Women, 2016



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

Children, 2016



Survey type: Self-reported

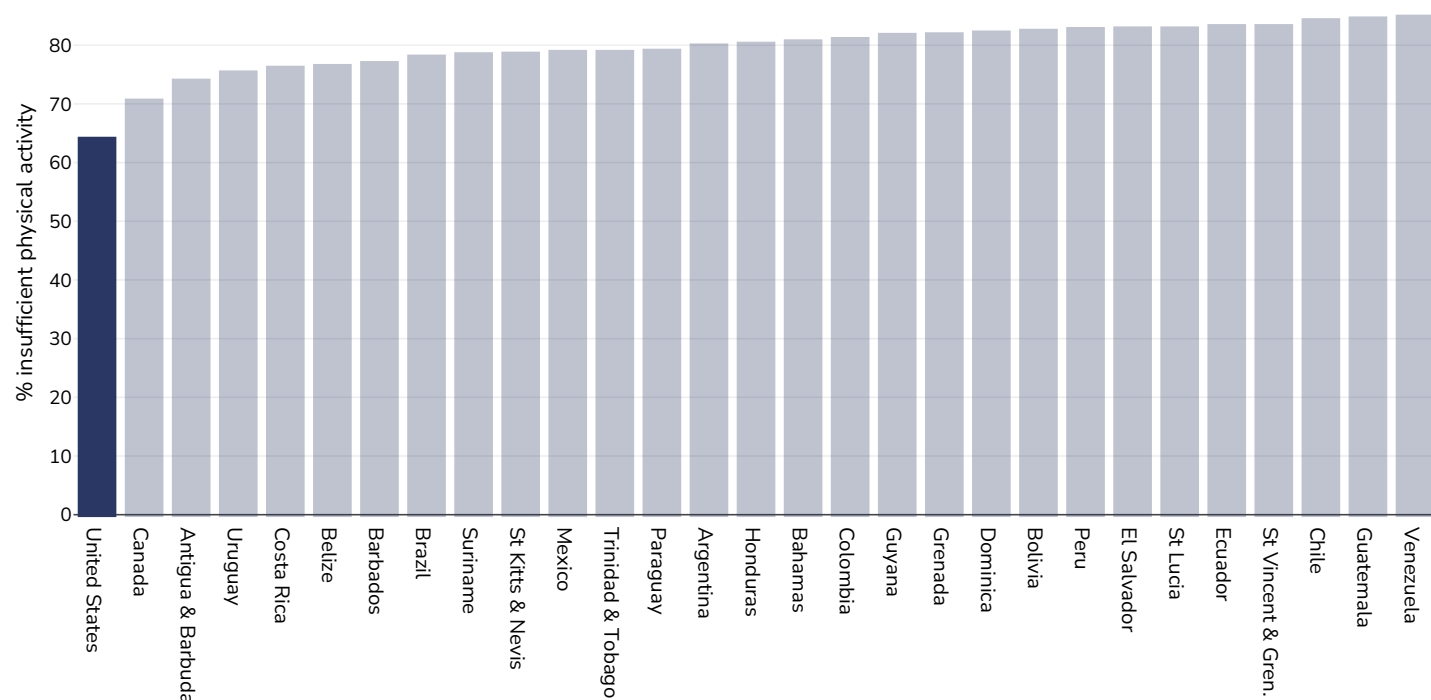
Age: 11-17

References: Global Health Observatory data repository, World Health Organisation, <https://apps.who.int/gho/data/node.main.A893ADO?lang=en> (last accessed 16.03.21)

Notes: % of school going adolescents not meeting WHO recommendations on Physical Activity for Health, i.e. doing less than 60 minutes of moderate- to vigorous-intensity physical activity daily.

Definitions: % Adolescents insufficiently active (age standardised estimate)

Boys, 2016



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)

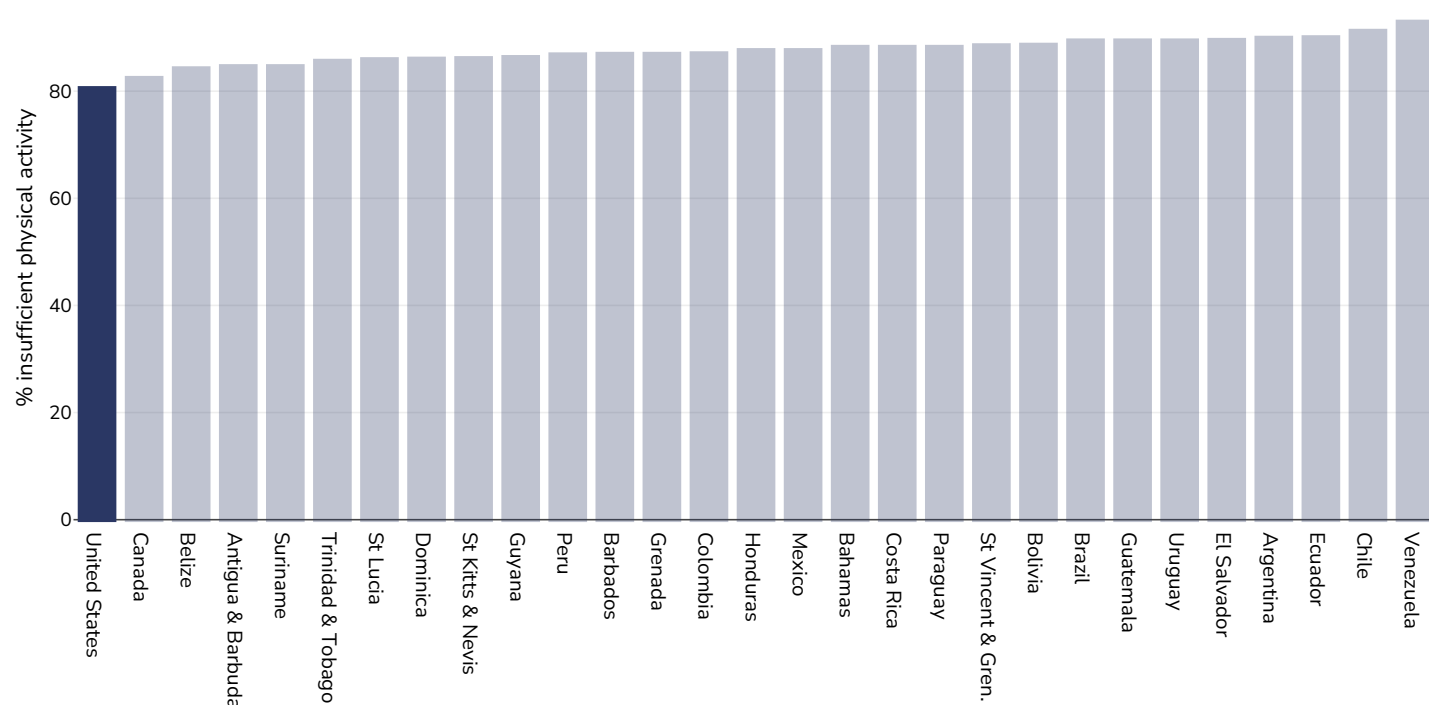
Notes:

% 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

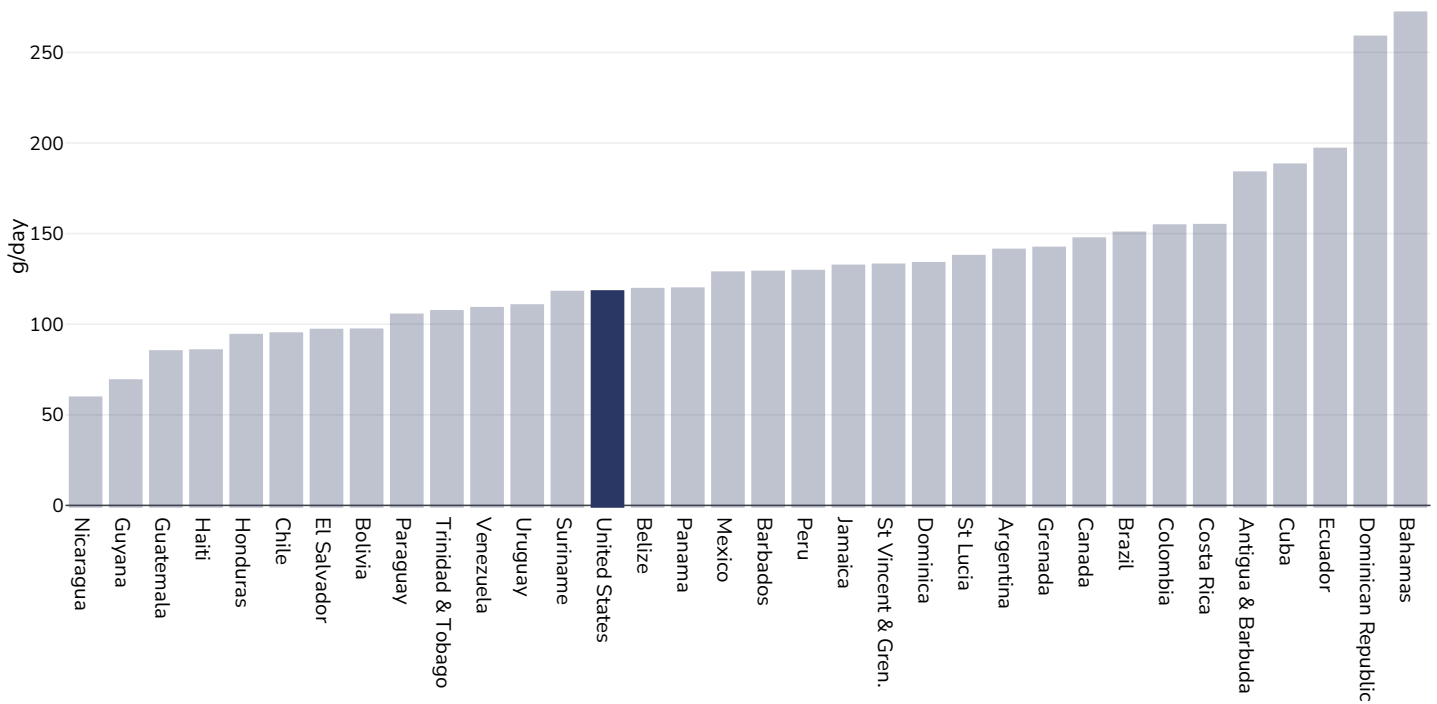
References: Global Health Observatory data repository, World Health Organisation, <https://apps.who.int/gho/data/node.main.A893ADO?lang=en> (last accessed 16.03.21)

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)

Estimated per capita fruit intake

Adults, 2017



Survey type:

Measured

Age:

25+

References:

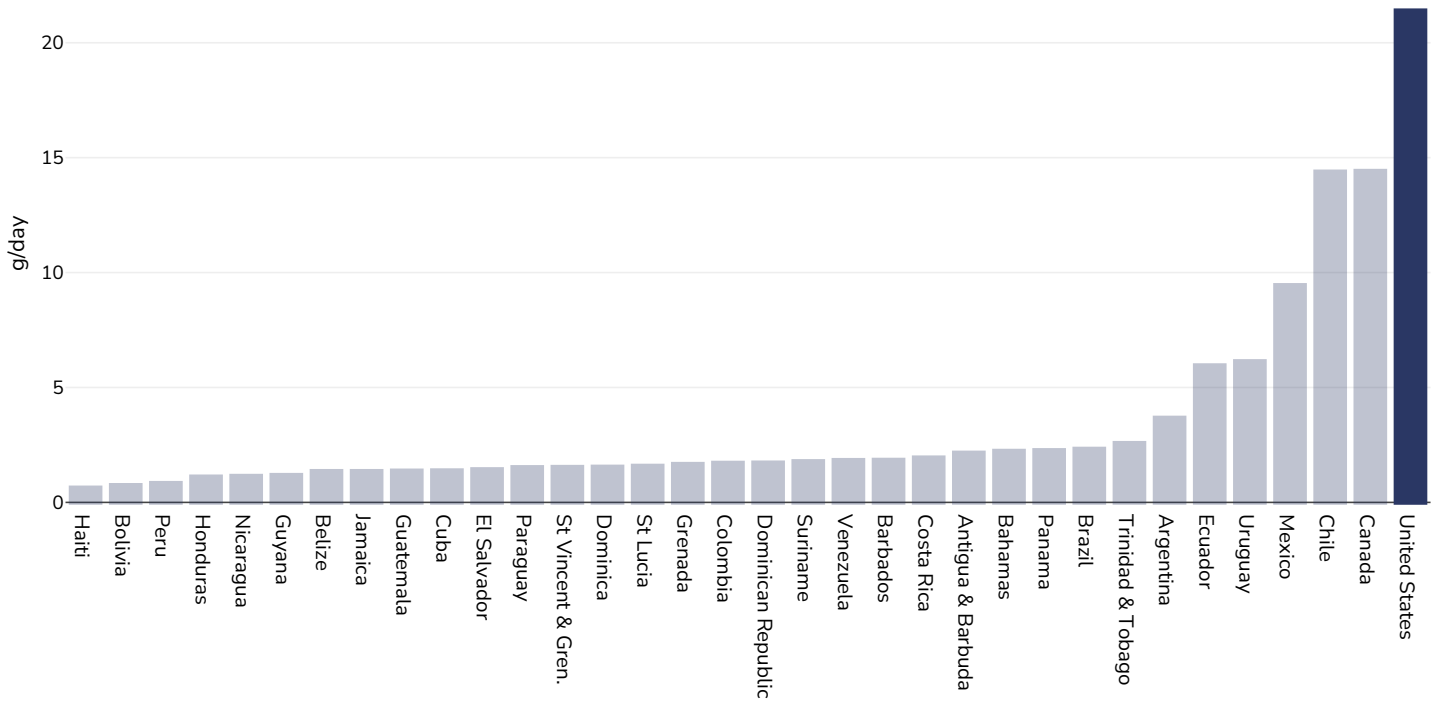
Global Burden of Disease, the Institute for Health Metrics and Evaluation <http://ghdx.healthdata.org/>

Definitions:

Estimated per-capita fruit intake (g/day)

Estimated per-capita processed meat intake

Adults, 2017



Survey type:

Measured

Age:

25+

References:

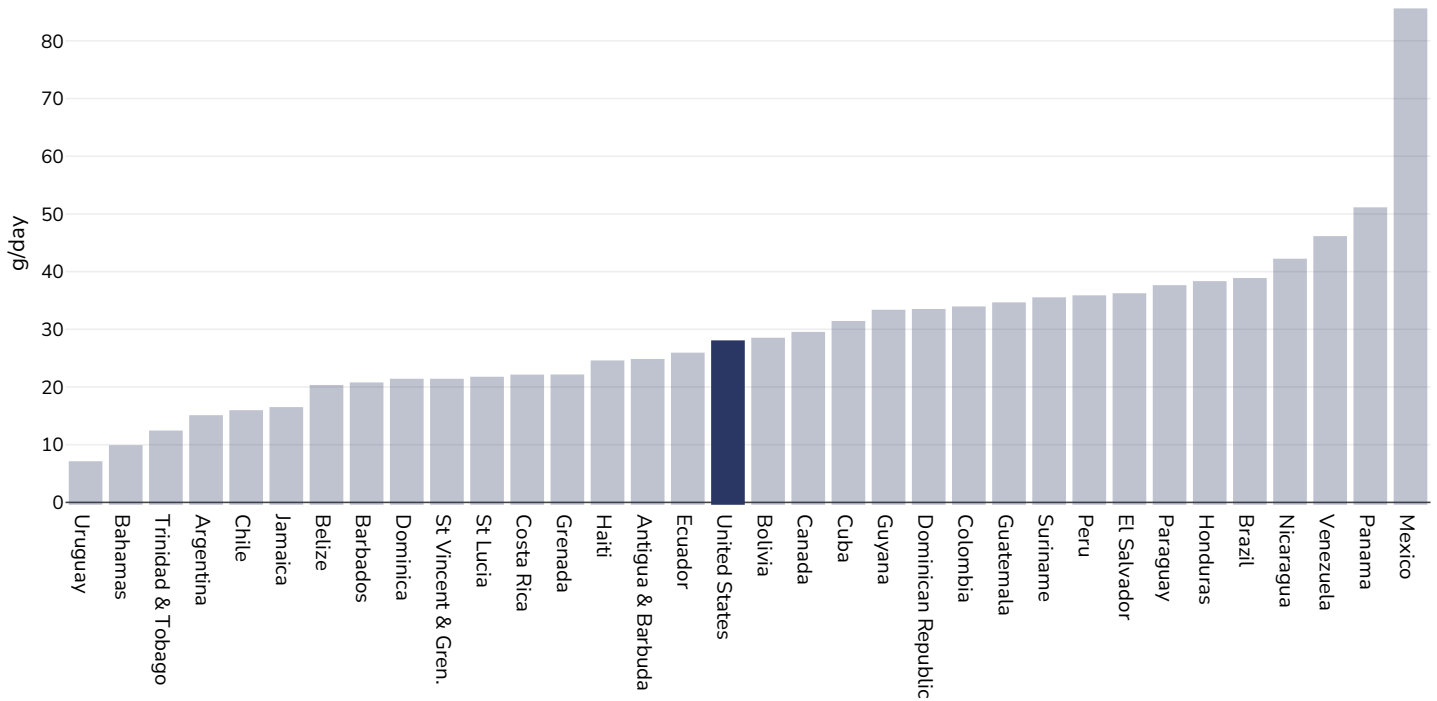
Global Burden of Disease, the Institute for Health Metrics and Evaluation <http://ghdx.healthdata.org/>

Definitions:

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

Estimated per capita whole grains intake

Adults, 2017



Survey type:

Measured

Age:

25+

References:

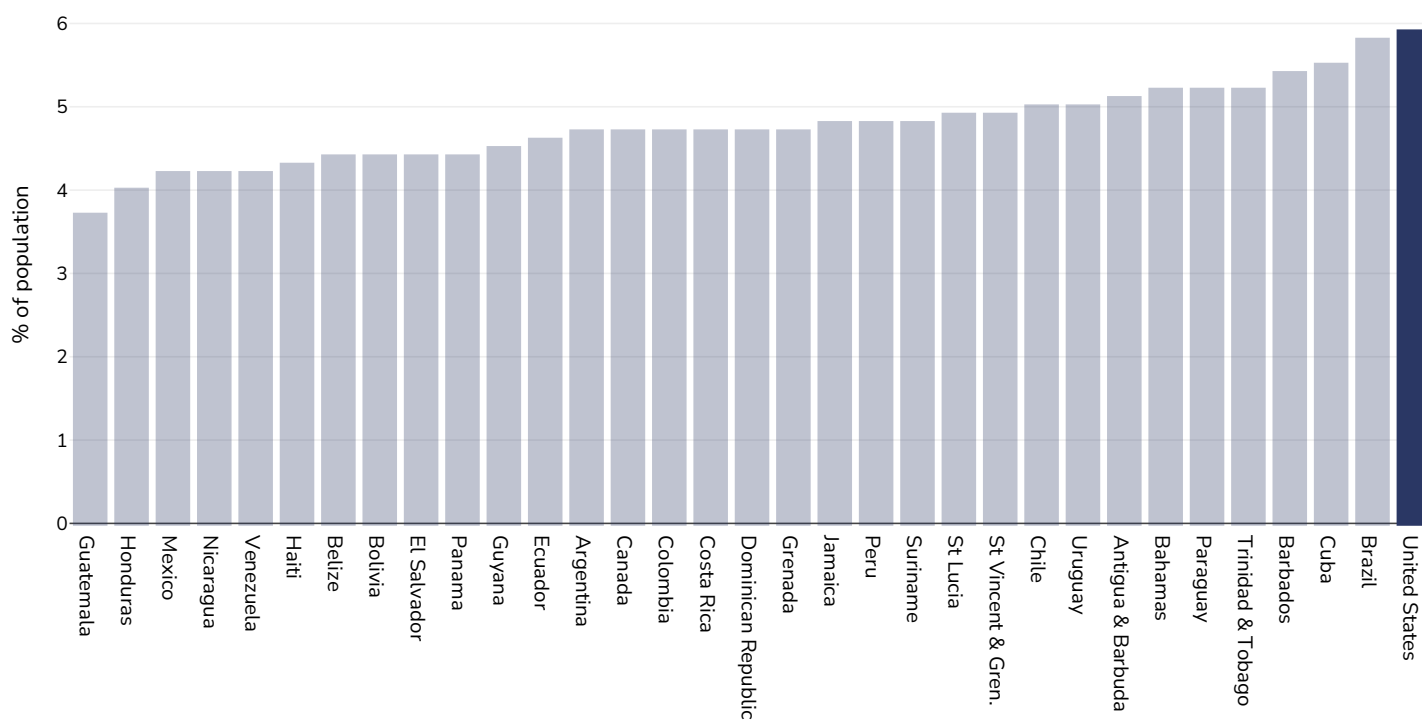
Global Burden of Disease, the Institute for Health Metrics and Evaluation <http://ghdx.healthdata.org/>

Definitions:

Estimated per-capita whole grains intake (g/day)

Mental health - depression disorders

Adults, 2015

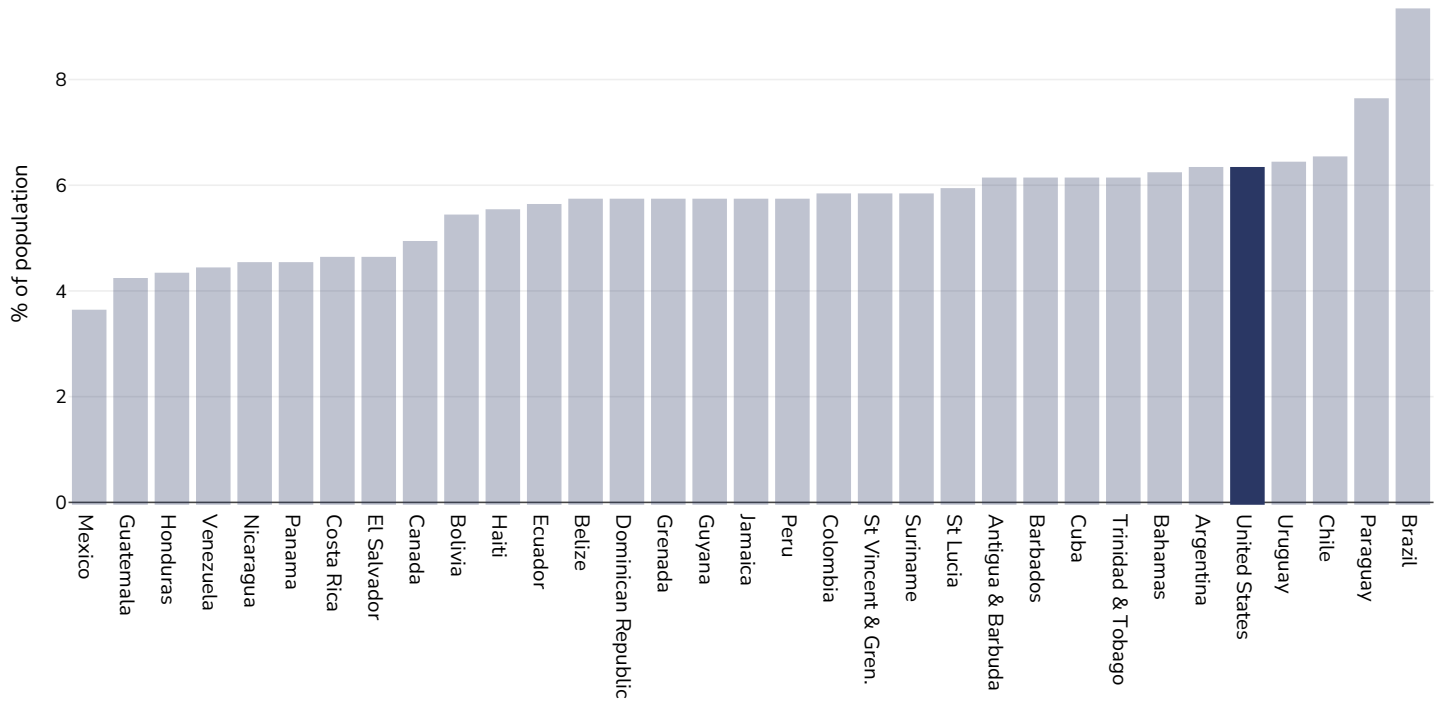


References: Prevalence data from Global Burden of Disease study 2015 (<http://ghdx.healthdata.org>) published in: Depression and Other Common Mental Disorders: Global Health Estimates. Geneva:World Health Organization; 2017. Licence: CC BY-NC-SA 3.0 IGO.

Definitions: % of population with depression disorders

Mental health - anxiety disorders

Adults, 2015

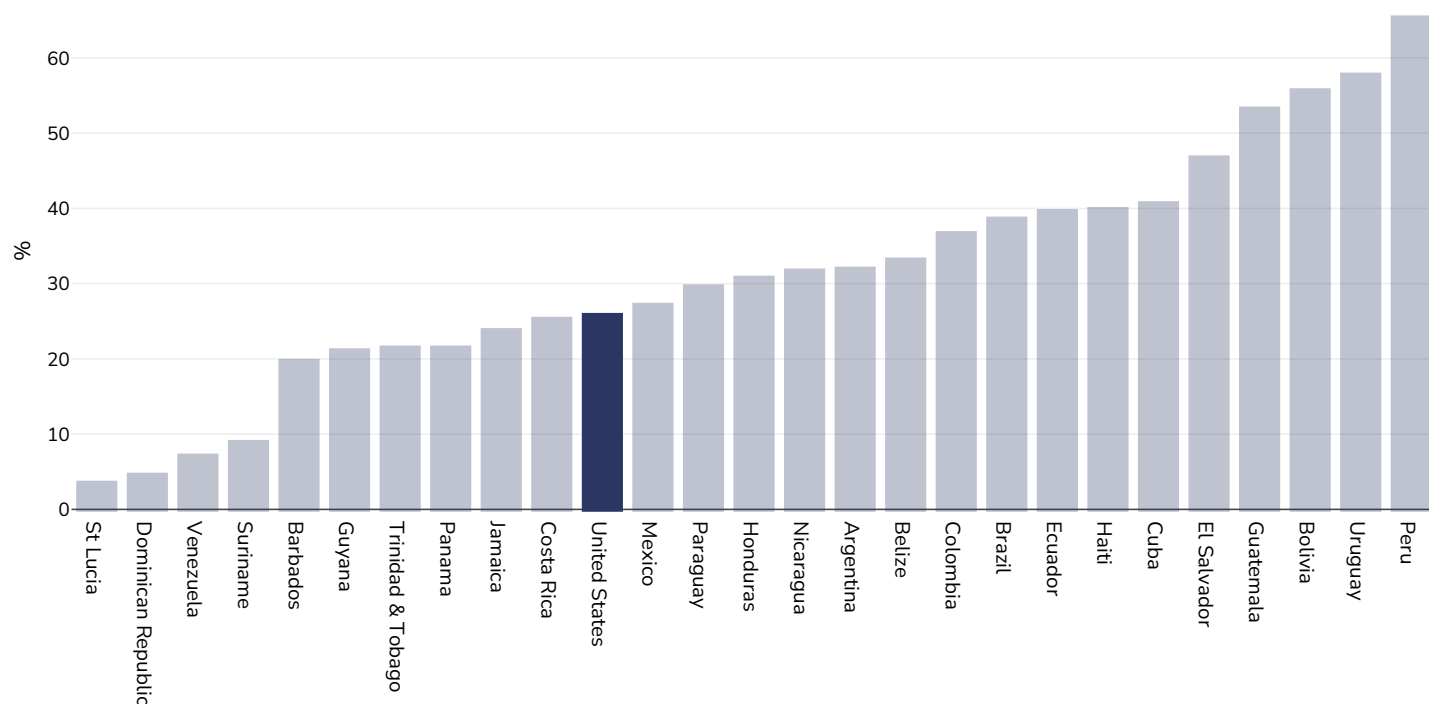


References: Prevalence data from Global Burden of Disease study 2015 (<http://ghdx.healthdata.org>) published in: Depression and Other Common Mental Disorders: Global Health Estimates. Geneva:World Health Organization; 2017. Licence: CC BY-NC-SA 3.0 IGO.

Definitions: % of population with anxiety disorders

% Infants exclusively breastfed 0-5 months

Children, 1998-2019



Area covered: National

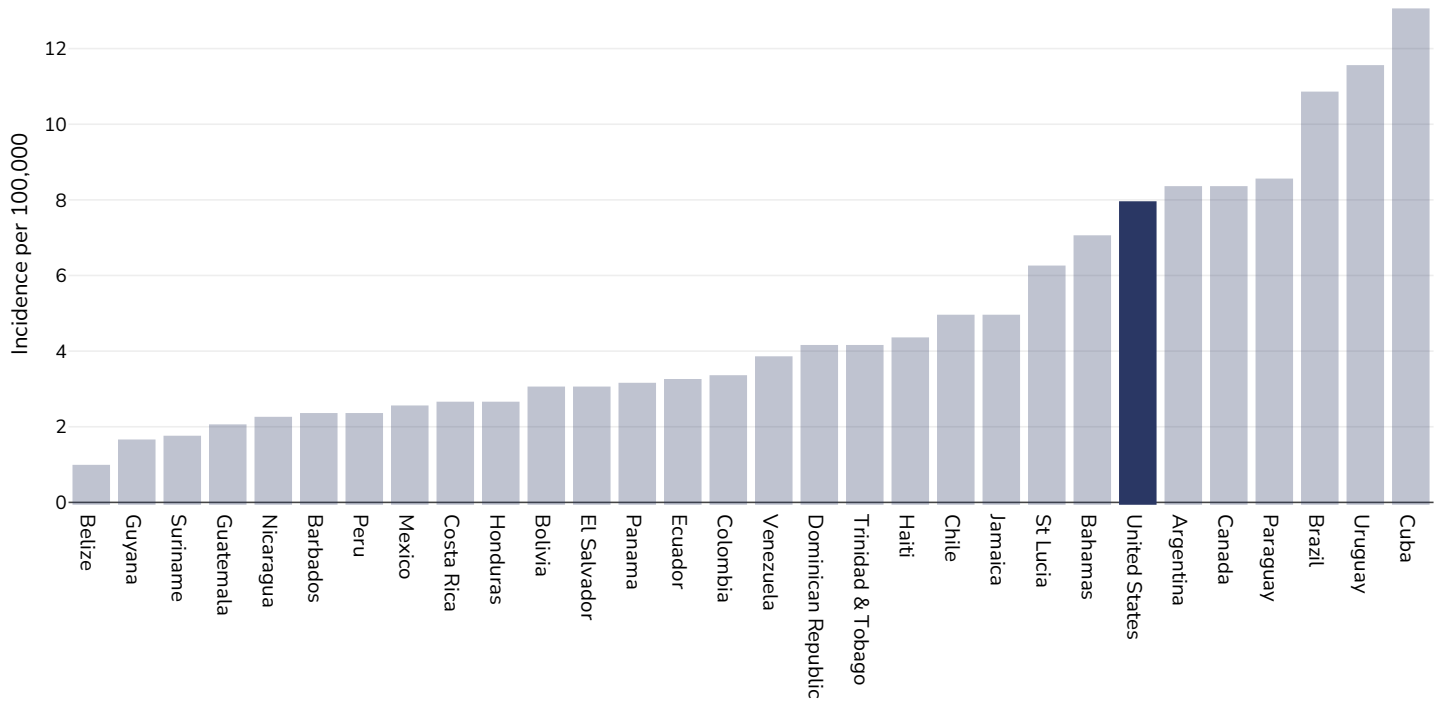
References: United States National Health and Nutrition Examination Survey 2017-2018. Hyattsville, United States: National Center for Health Statistics (NCHS), Centers for Disease Control and Prevention (CDC)

Notes: See UNICEF website for further survey information. Available at : <https://data.unicef.org/resources/dataset/infant-young-child-feeding/> (last accessed 28.9.21) Citation: United Nations Children’s Fund, Division of Data, Analysis, Planning and Monitoring (2021). Global UNICEF Global Databases: Infant and Young Child Feeding: Exclusive breastfeeding, New York, September 2021.

Definitions: % exclusively breastfed 0-5 months

Oesophageal cancer

Men, 2020



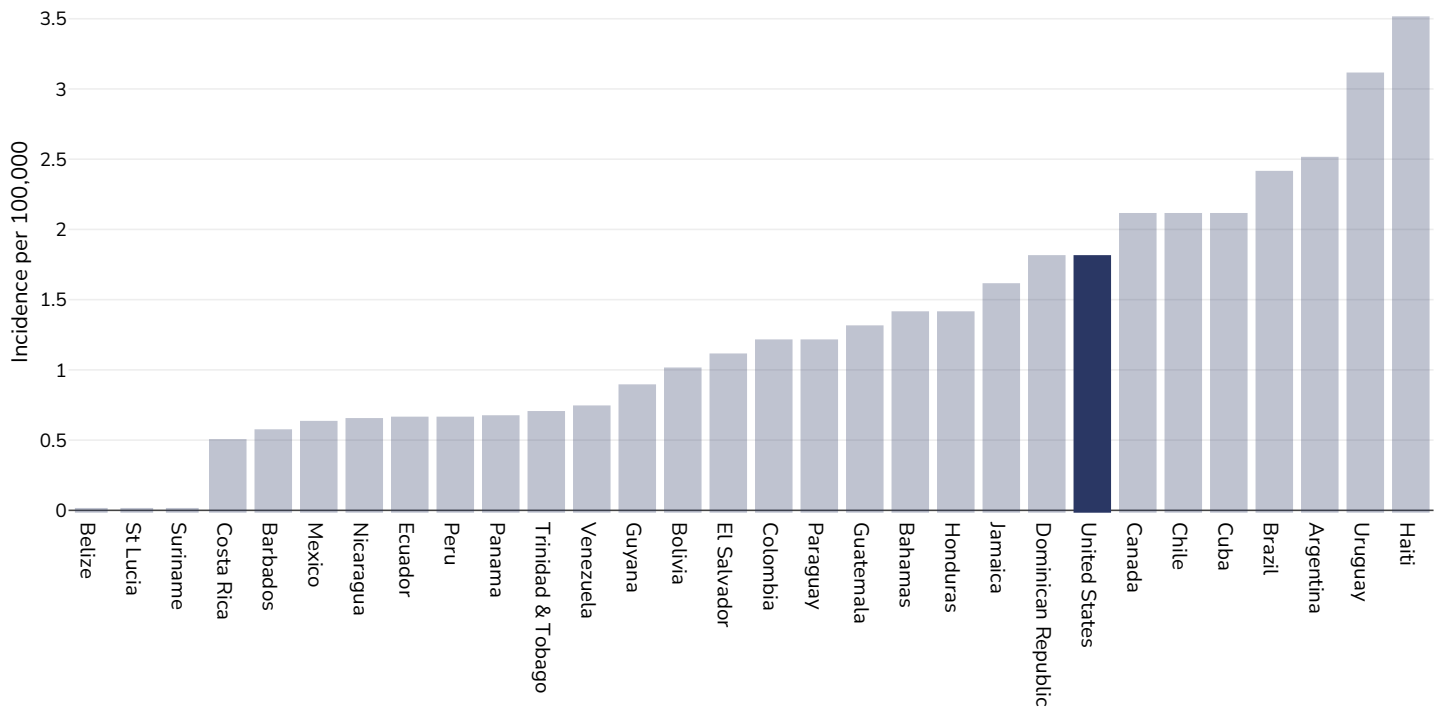
Age: 20+

Area covered: National

References: Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.fr/today>, accessed 10.01.2373

Definitions: Age-standardized incidence rates per 100 000

Women, 2020



Age: 20+

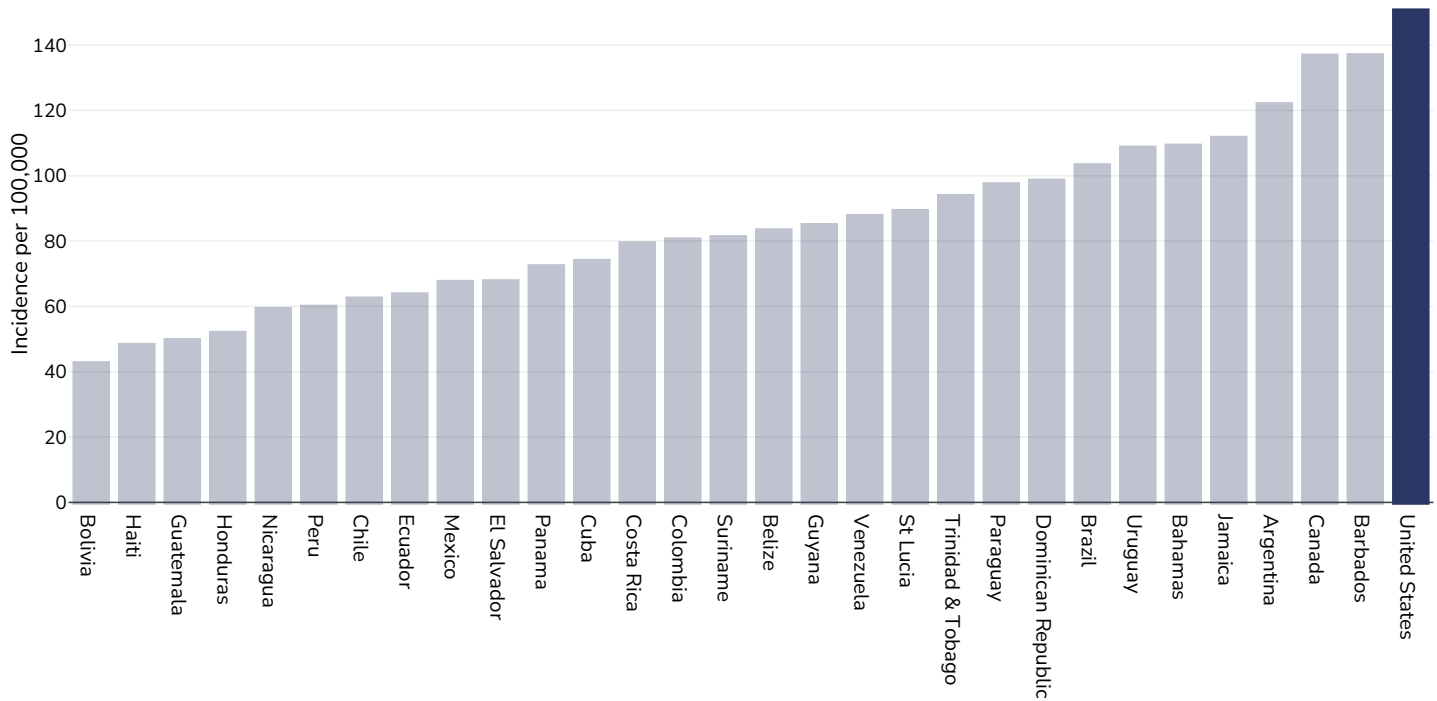
Area covered: National

References: Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.fr/today>, accessed 10.01.2373

Definitions: Age-standardized incidence rates per 100 000

Breast cancer

Women, 2020



Age: 20+

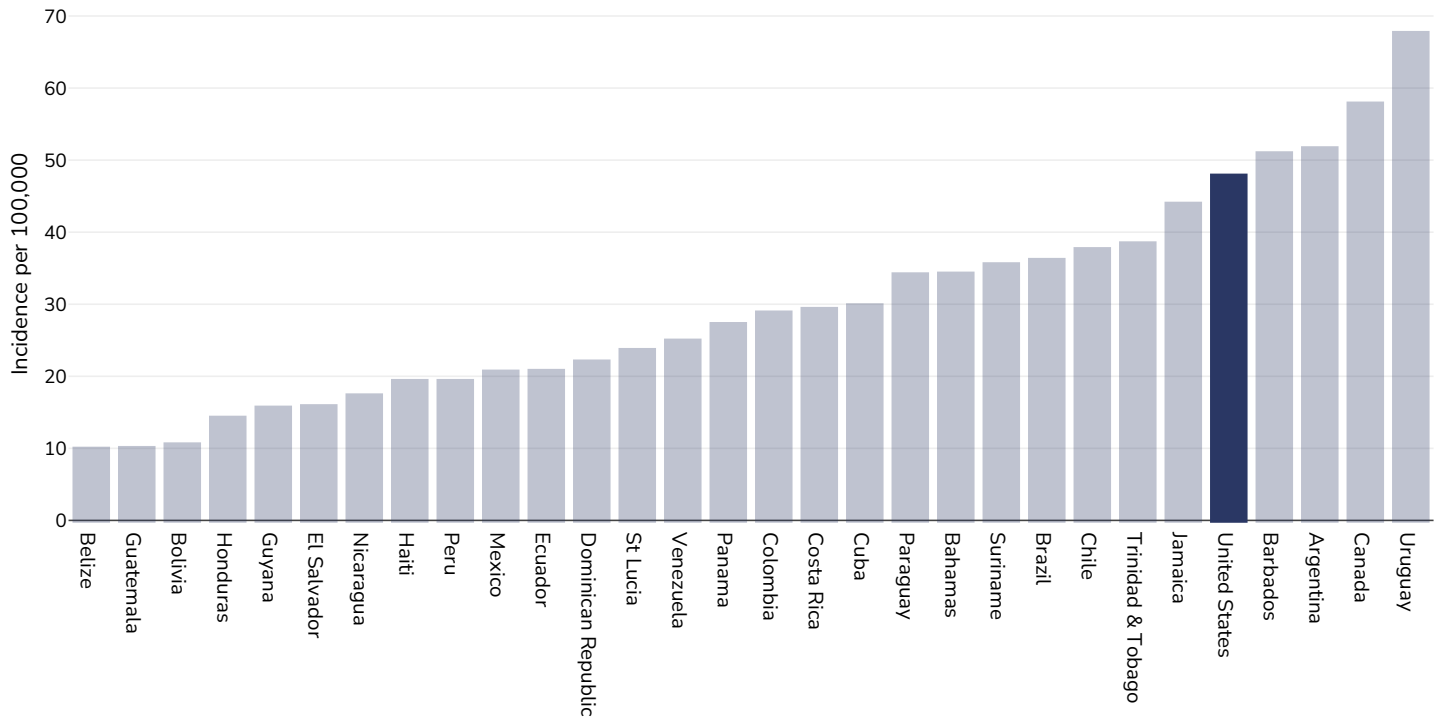
Area covered: National

References: Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.fr/today>, accessed 10.01.2373

Definitions: Age-standardized incidence rates per 100 000

Colorectal cancer

Men, 2020



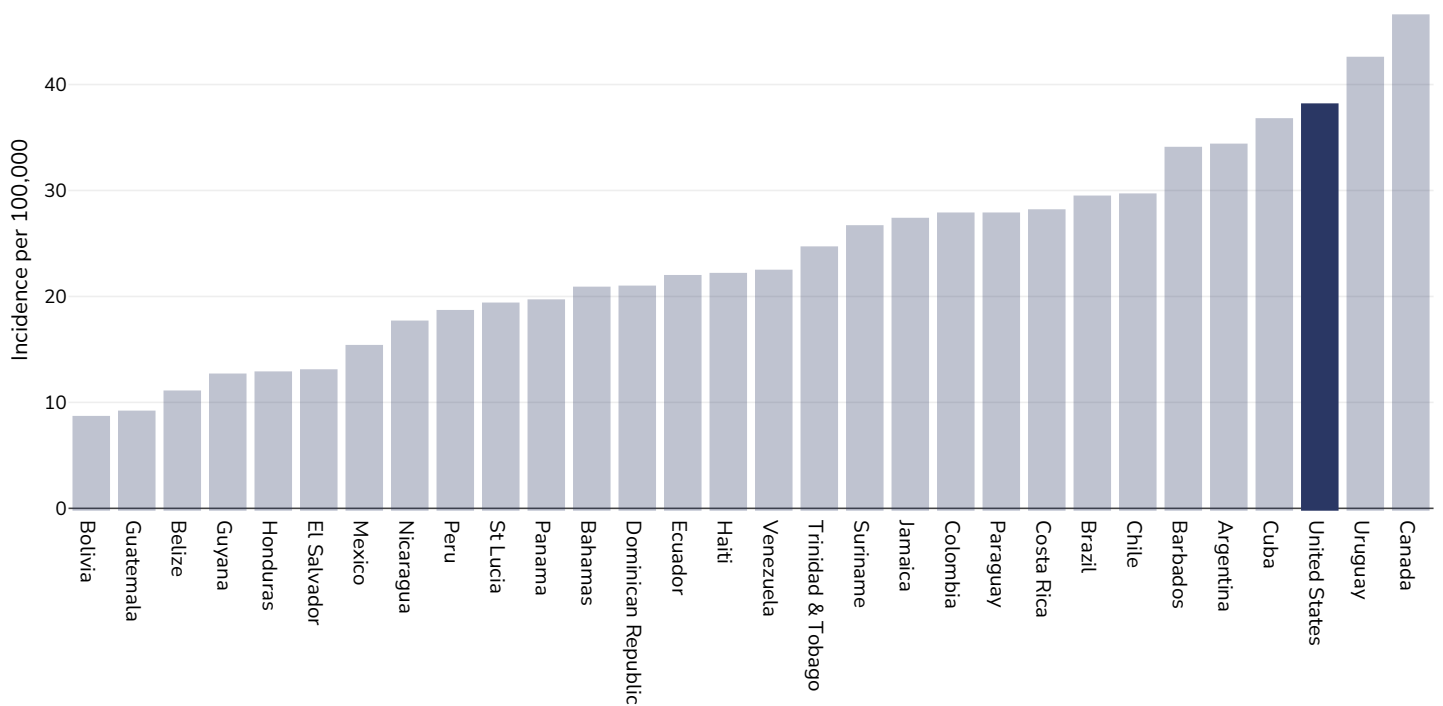
Age: 20+

Area covered: National

References: Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.fr/today>, accessed 10.01.2373

Definitions: Age-standardized incidence rates per 100 000

Women, 2020



Age: 20+

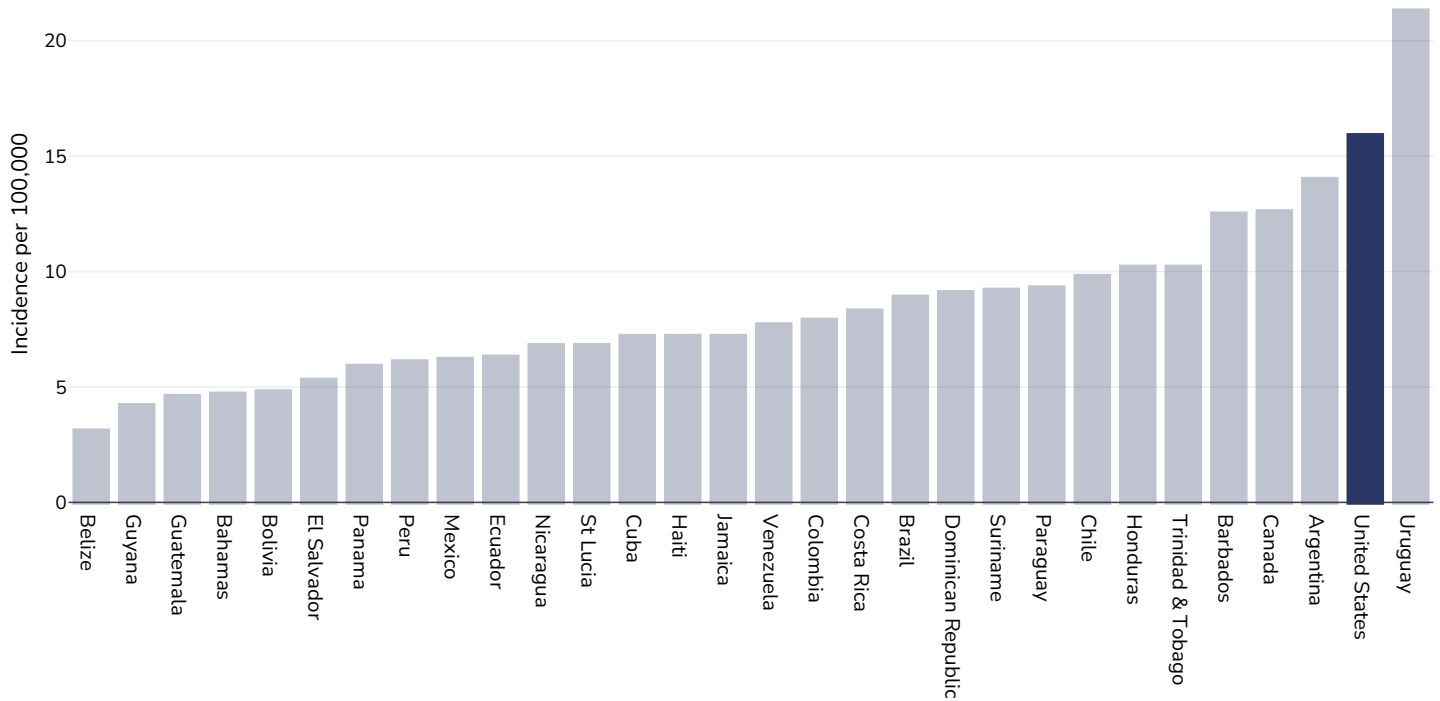
Area covered: National

References: Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.fr/today>, accessed 10.01.2373

Definitions: Age-standardized incidence rates per 100 000

Pancreatic cancer

Men, 2020



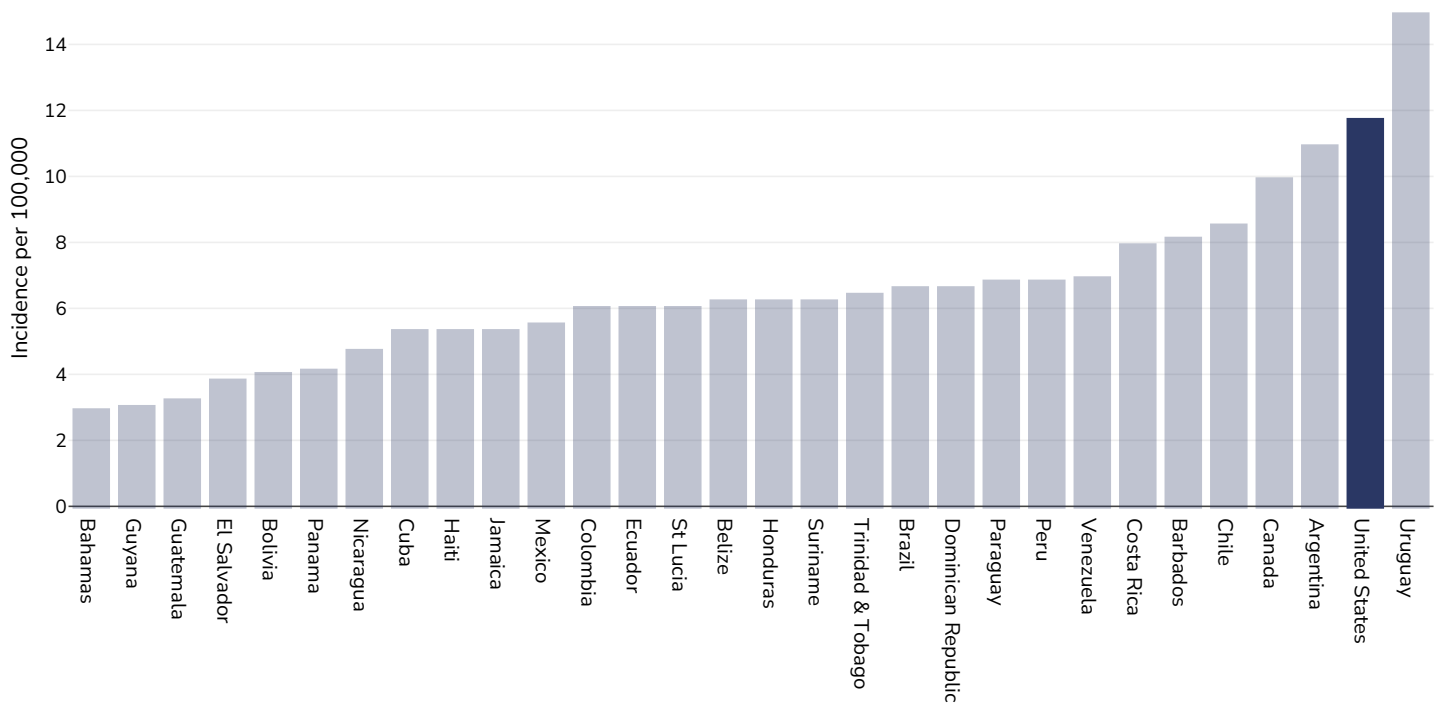
Age: 20+

Area covered: National

References: Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.fr/today>, accessed 10.01.2373

Definitions: Age-standardized incidence rates per 100 000

Women, 2020



Age: 20+

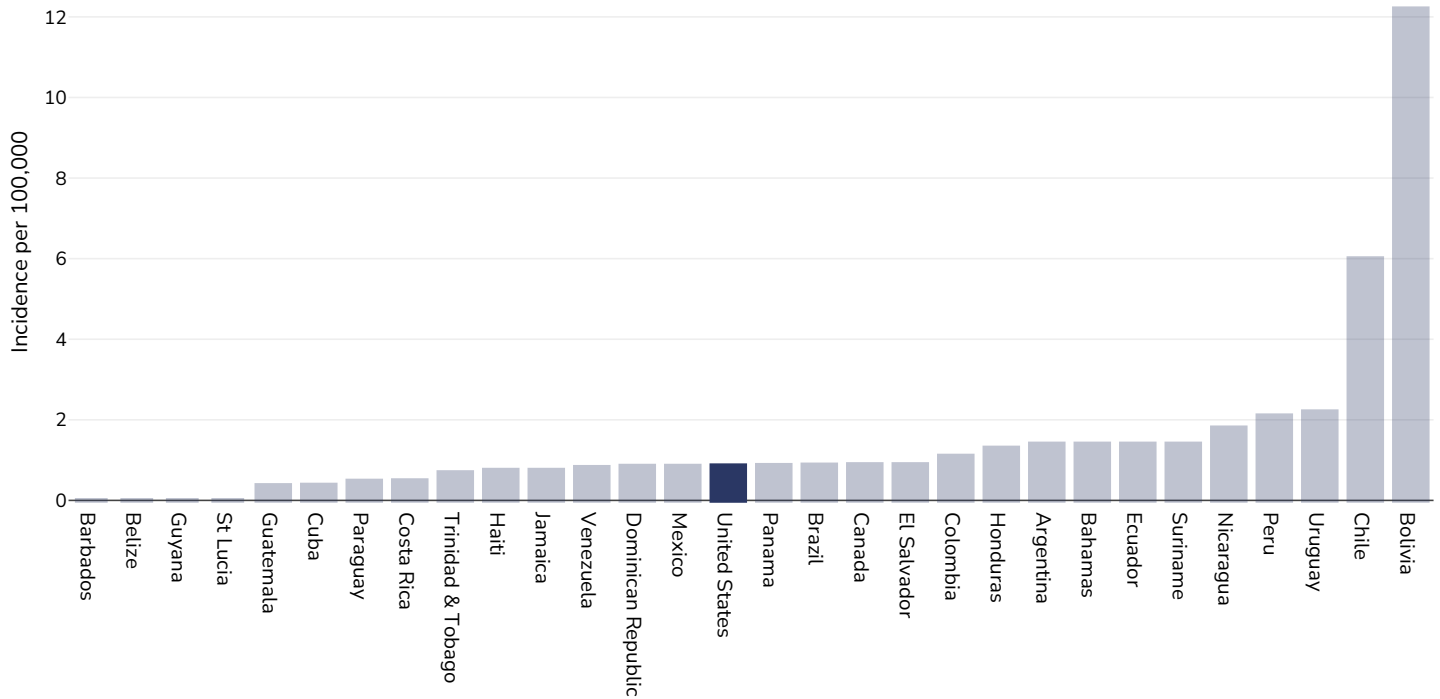
Area covered: National

References: Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.fr/today>, accessed 10.01.2373

Definitions: Age-standardized incidence rates per 100 000

Gallbladder cancer

Men, 2020



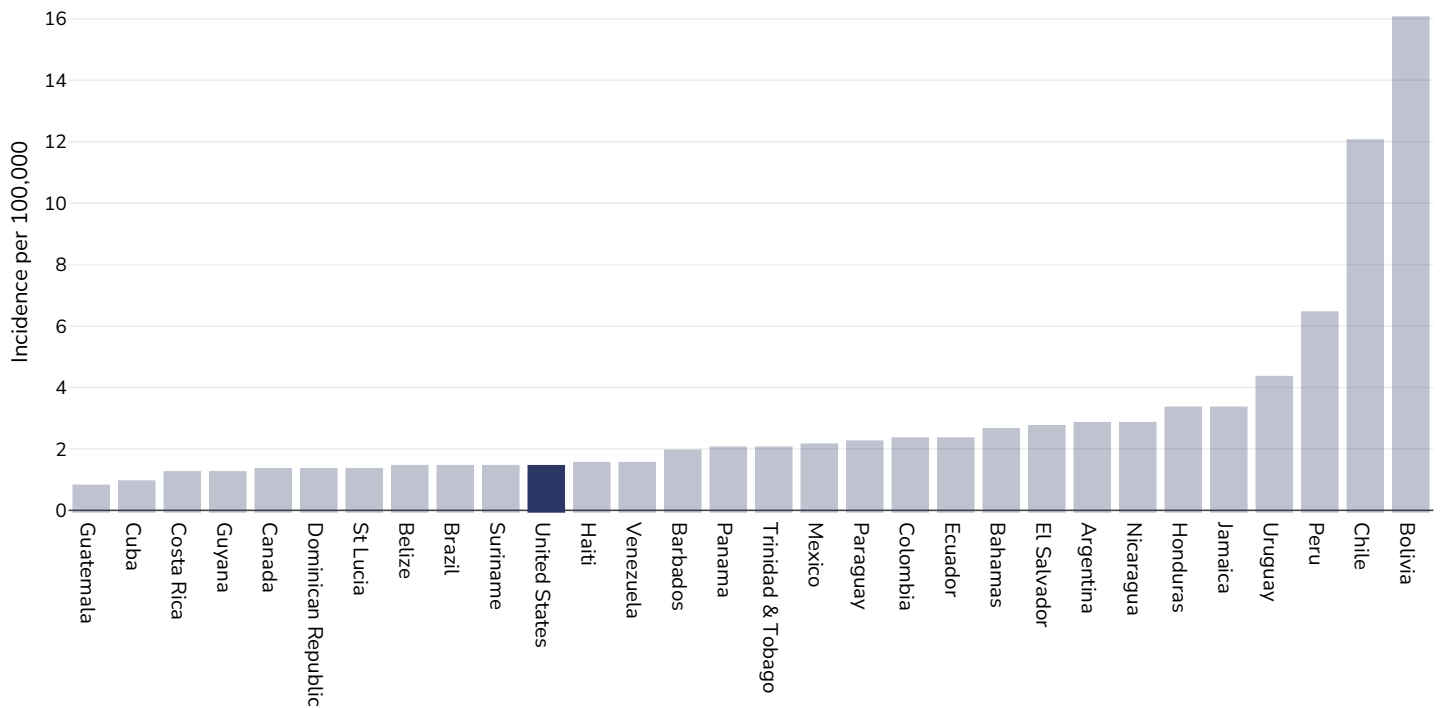
Age: 20+

Area covered: National

References: Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.fr/today>, accessed 10.01.2373

Definitions: Age-standardized incidence rates per 100 000

Women, 2020



Age: 20+

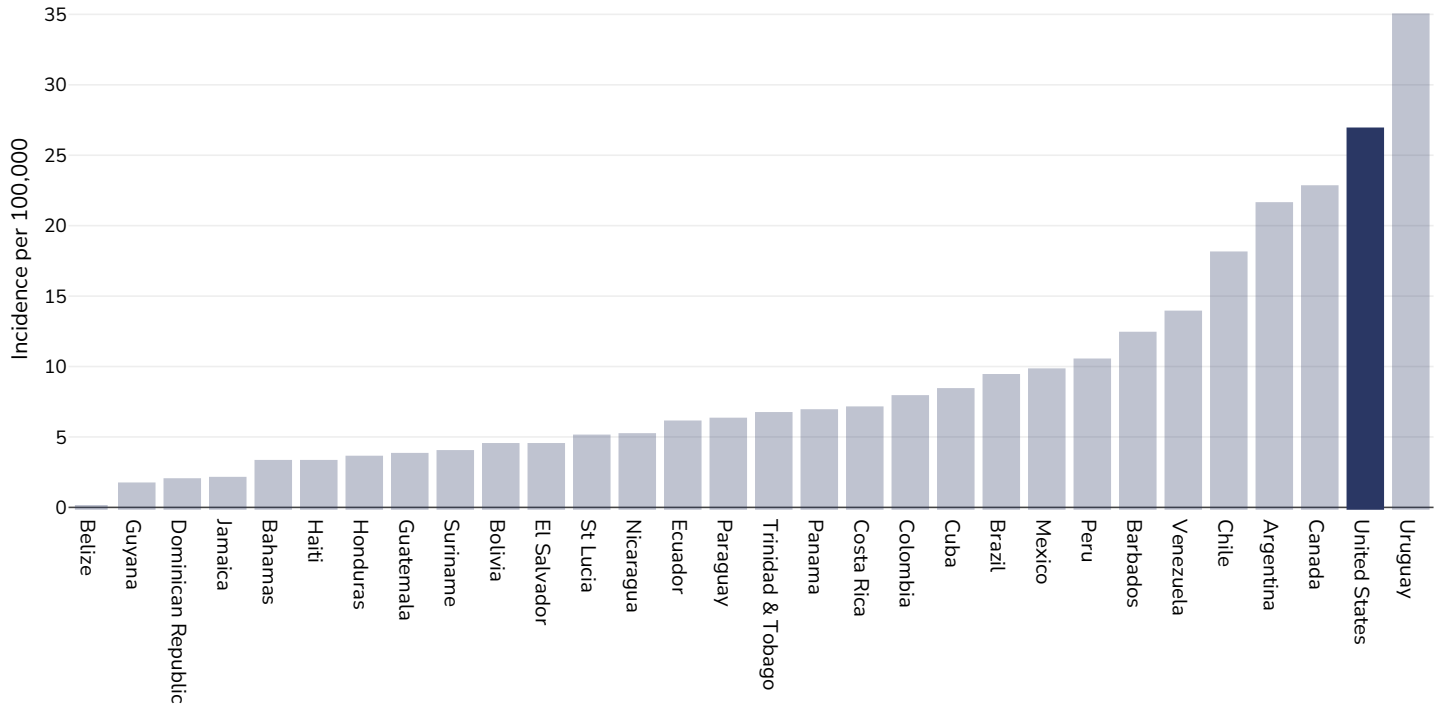
Area covered: National

References: Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.fr/today>, accessed 10.01.2373

Definitions: Age-standardized incidence rates per 100 000

Kidney cancer

Men, 2020



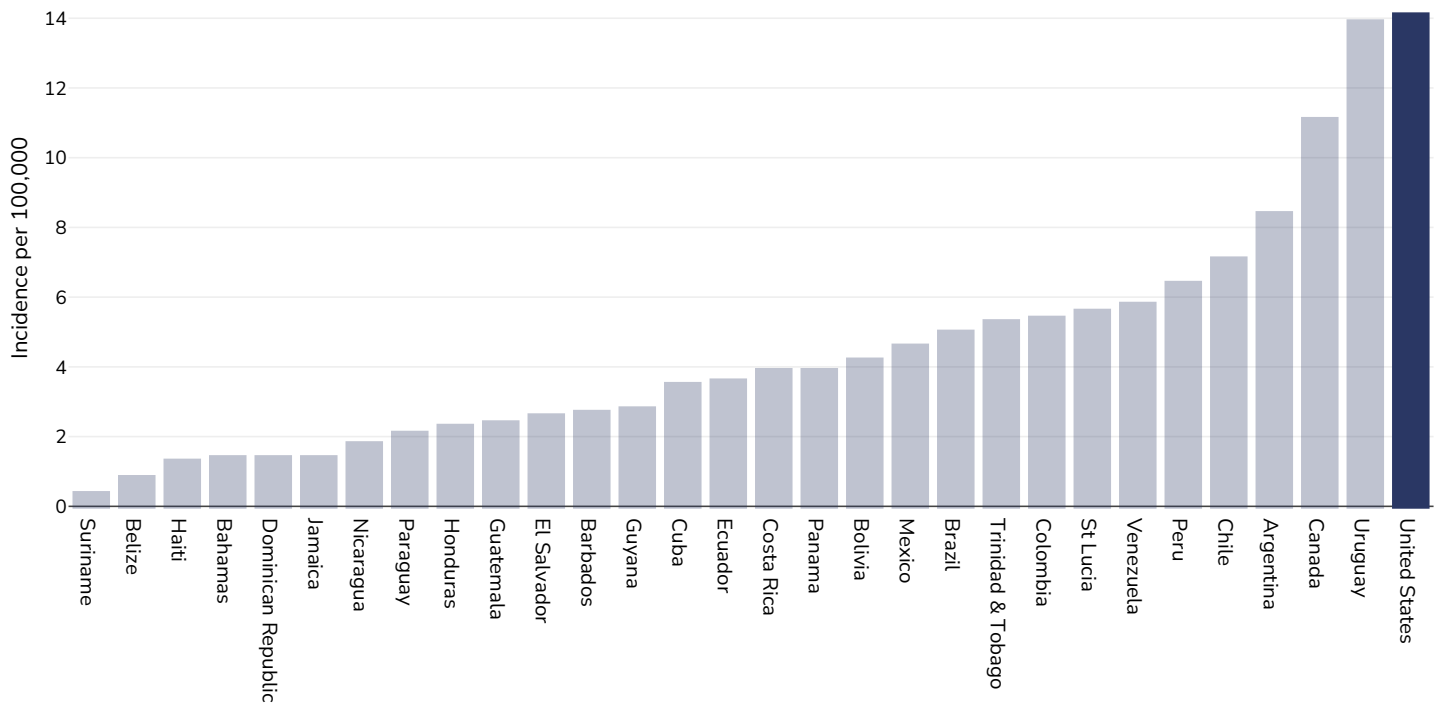
Age: 20+

Area covered: National

References: Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.fr/today>, accessed 10.01.2373

Definitions: Age-standardized incidence rates per 100 000

Women, 2020



Age: 20+

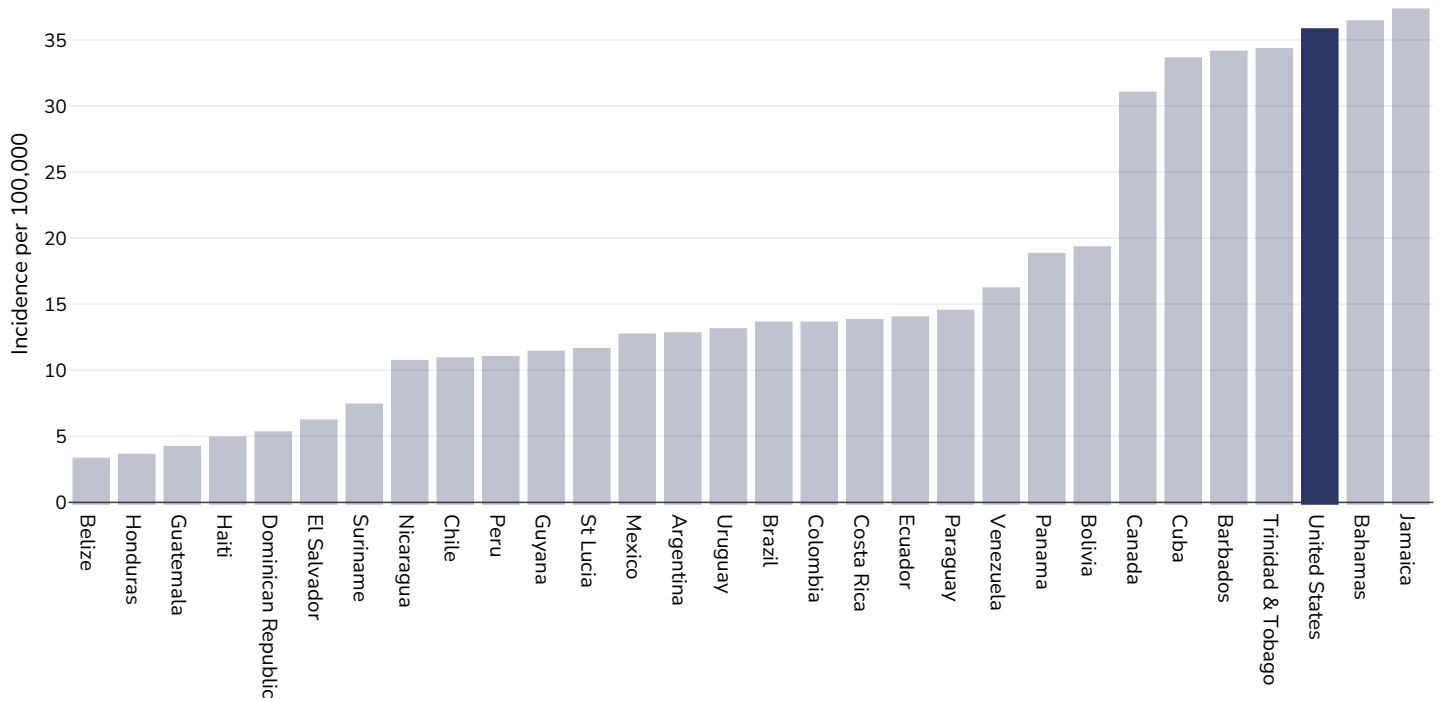
Area covered: National

References: Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.fr/today>, accessed 10.01.2373

Definitions: Age-standardized incidence rates per 100 000

Cancer of the uterus

Women, 2020



Age: 20+

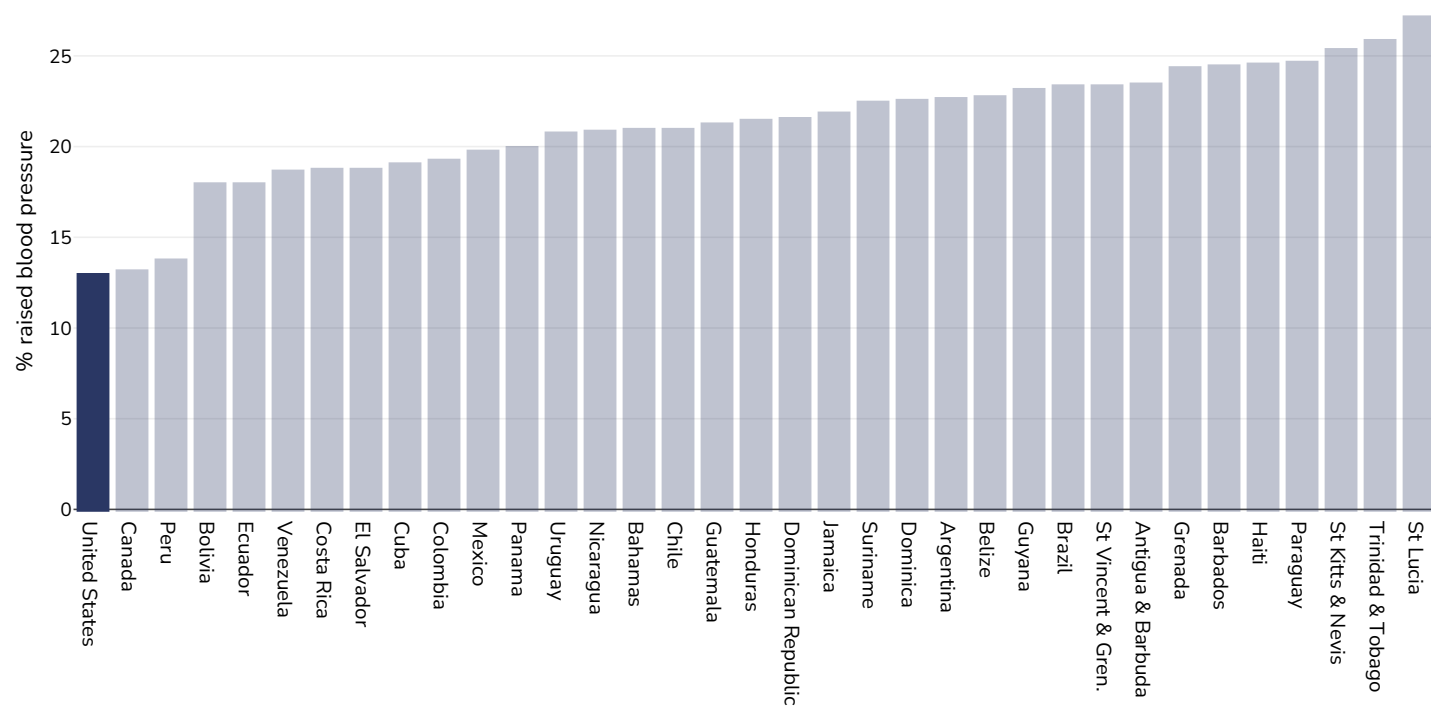
Area covered: National

References: Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.fr/today>, accessed 10.01.2373

Definitions: Age-standardized incidence rates per 100 000

Raised blood pressure

Adults, 2015



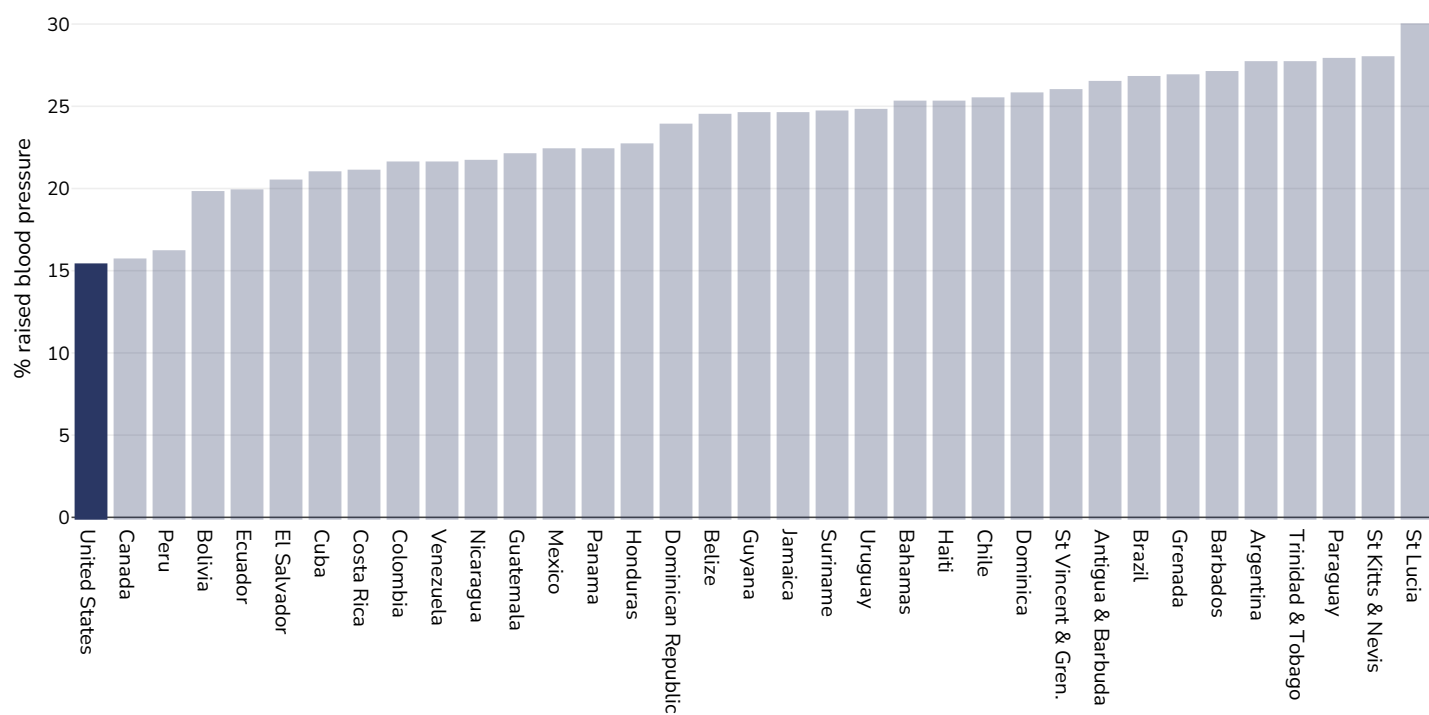
References:

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

Definitions:

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

Men, 2015



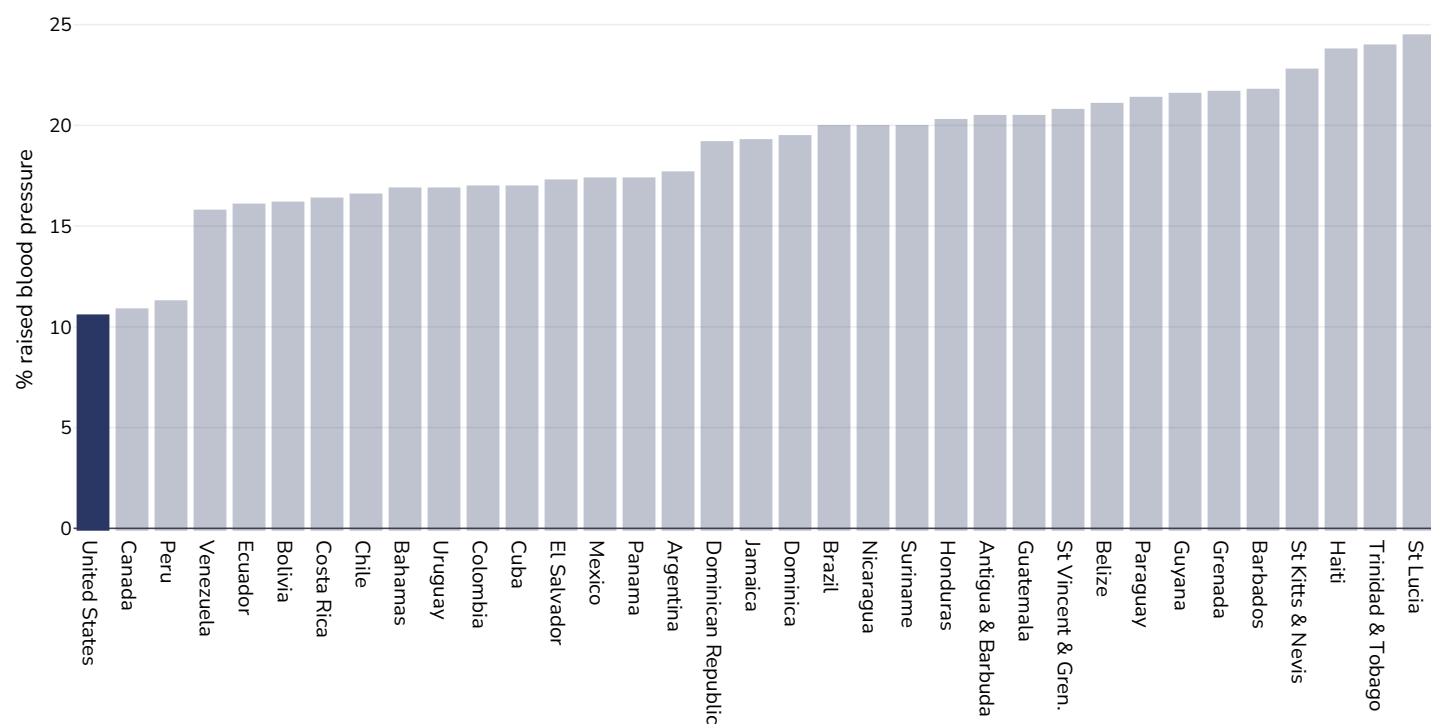
References:

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 \geq 140 OR DBP \geq 90).

Women, 2015



References:

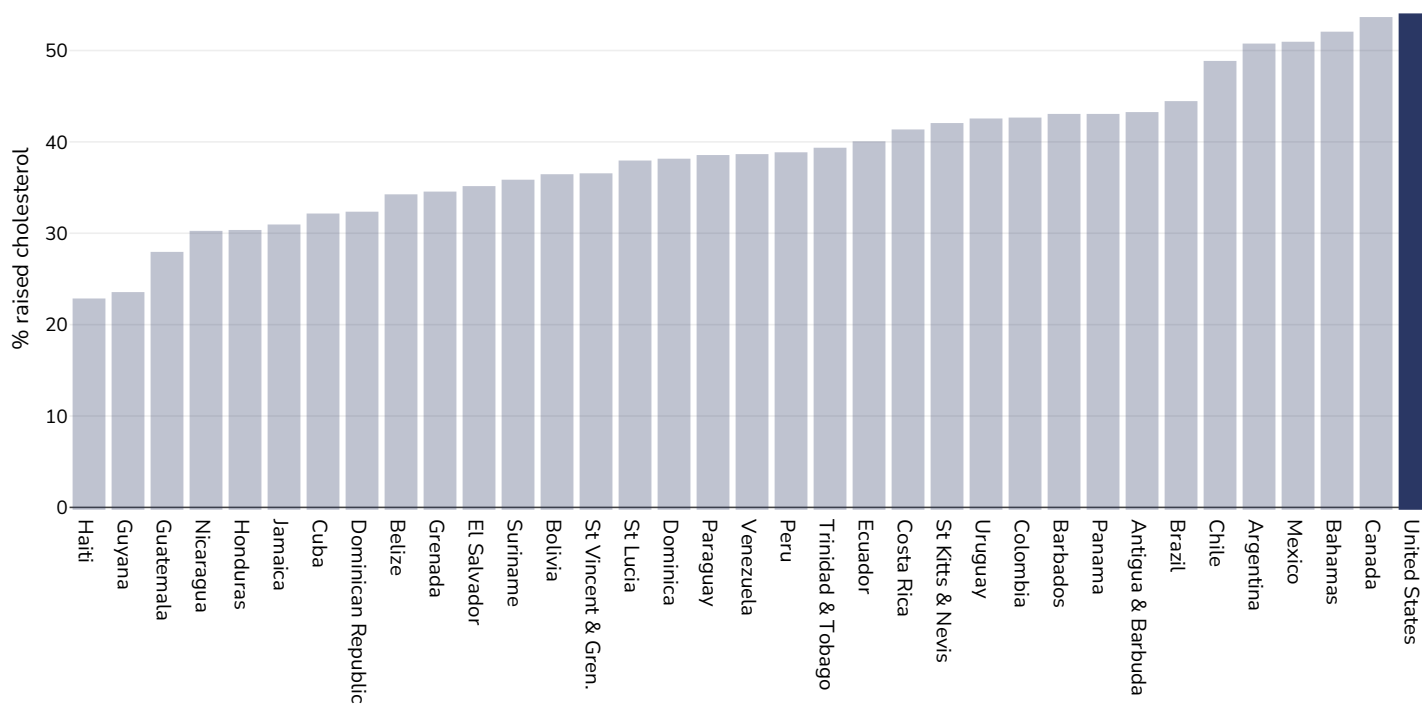
Global Health Observatory data repository, World Health Organisation,
<http://apps.who.int/gho/data/node.main.A875?lang=en>

Definitions:

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

Raised cholesterol

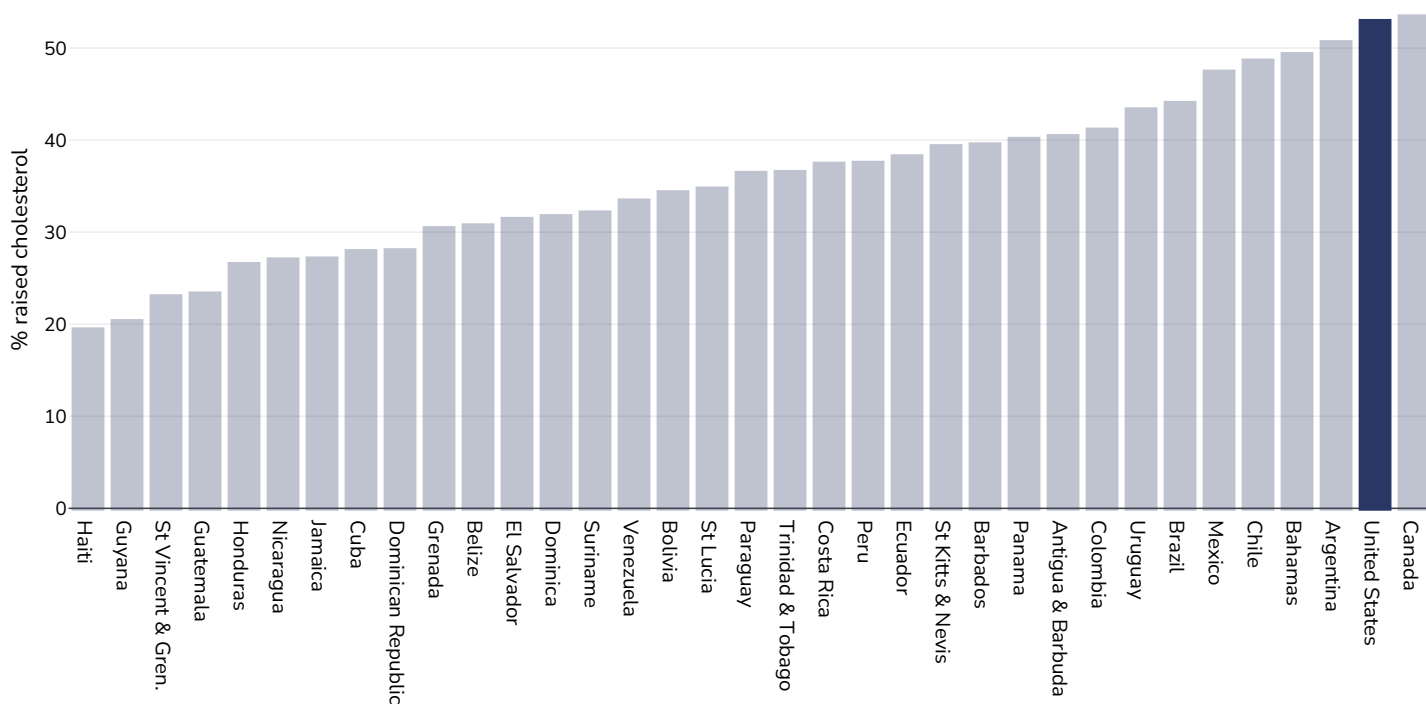
Adults, 2008



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).

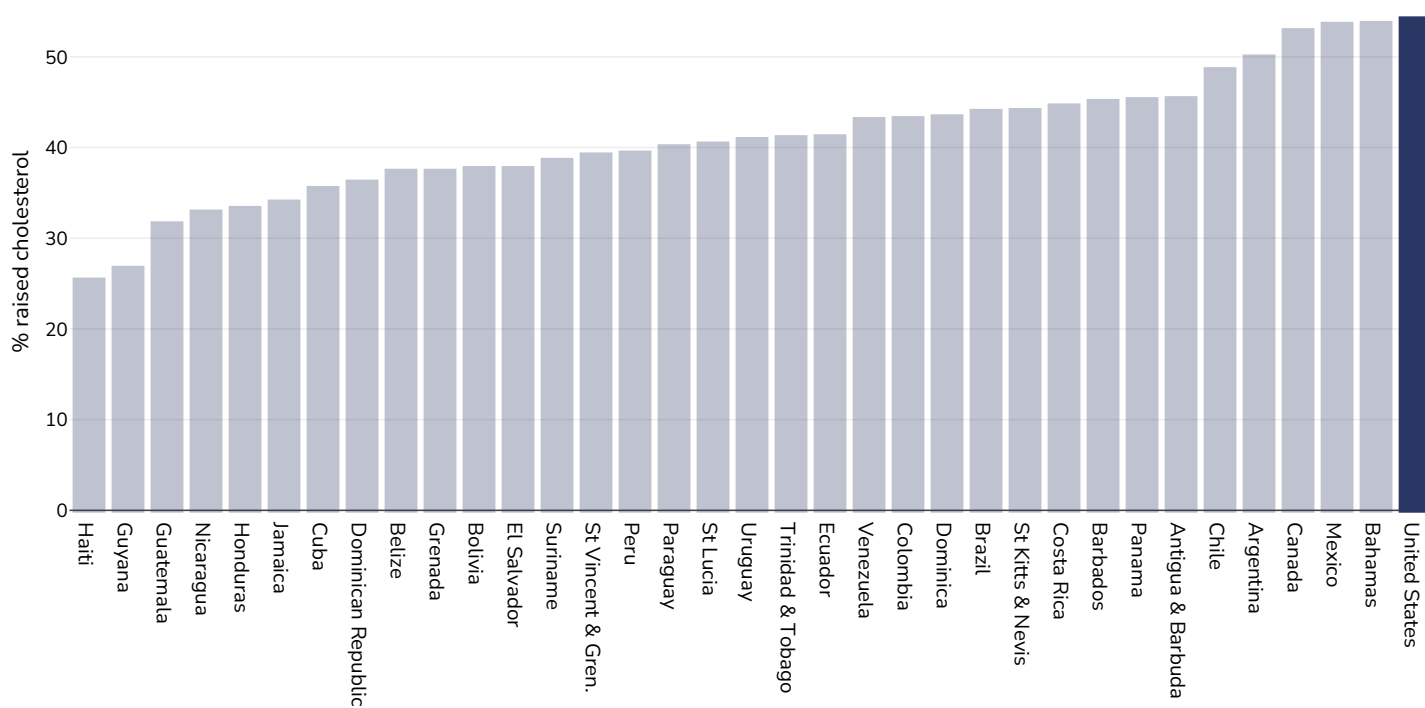
Men, 2008



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

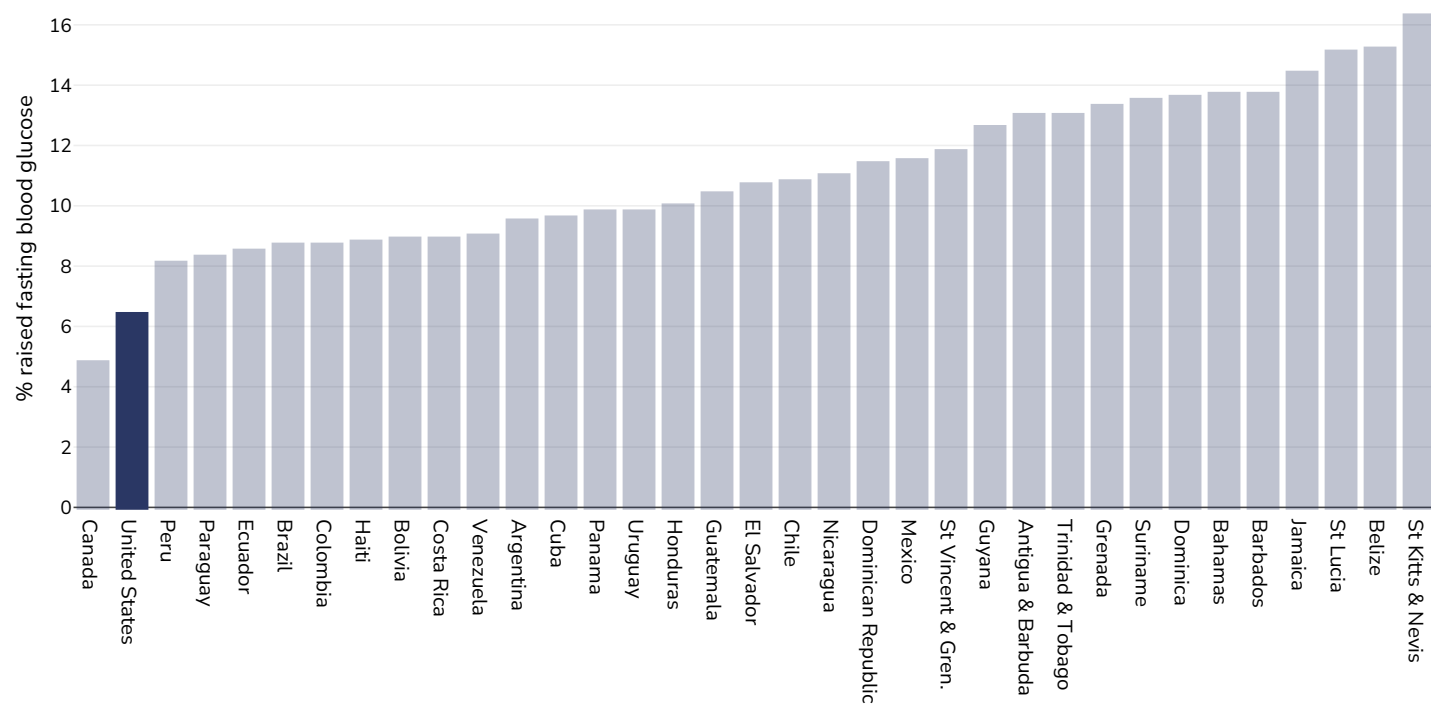


References: Global Health Observatory data repository, World Health Organisation, <http://apps.who.int/gho/data/node.main.A885>

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

Raised fasting blood glucose

Men, 2014



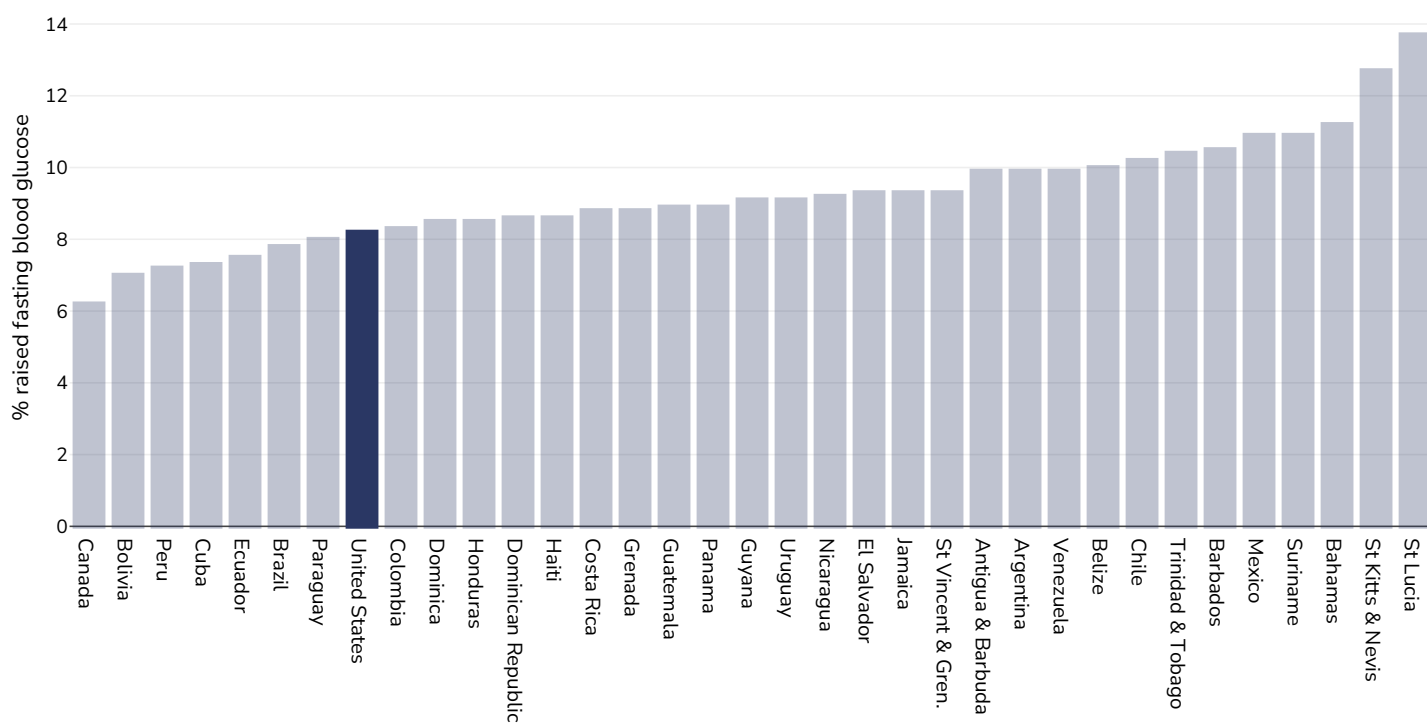
References:

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



References:

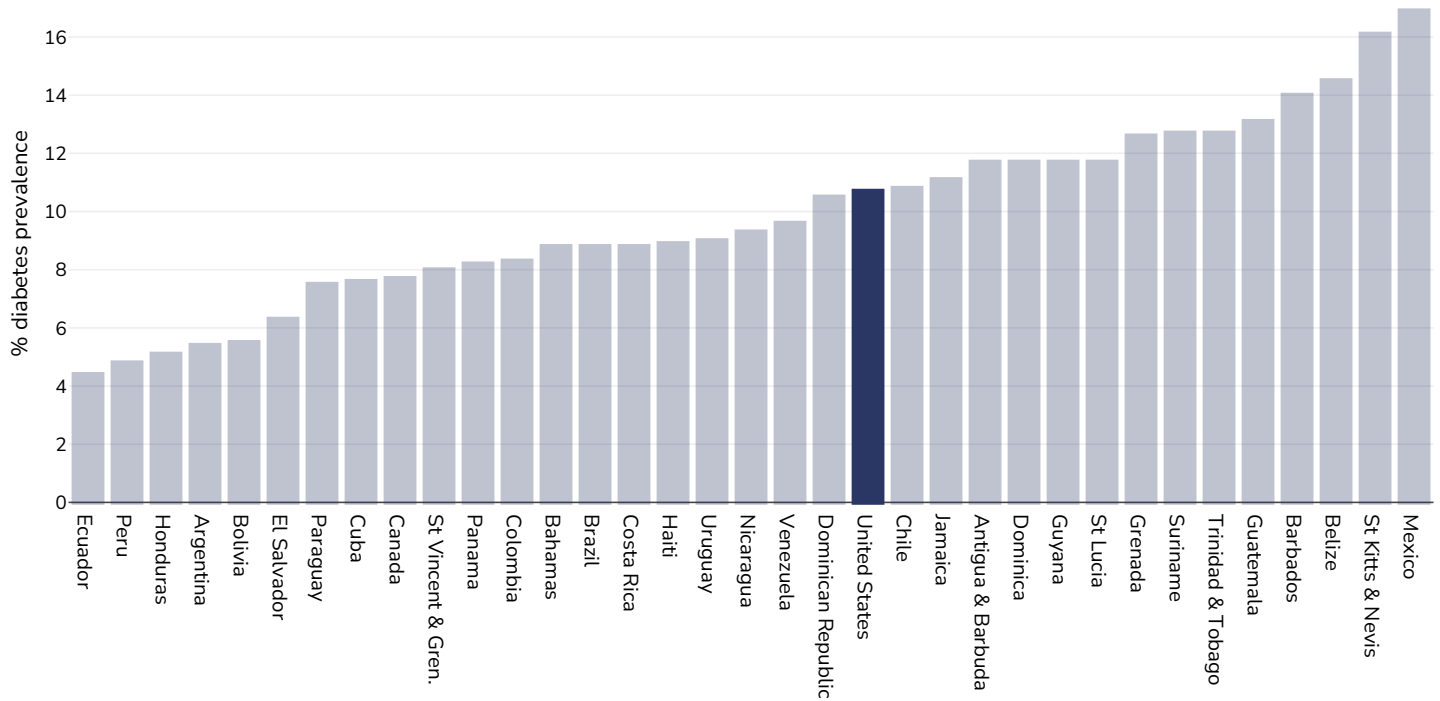
Global Health Observatory data repository, World Health Organisation,
<http://apps.who.int/gho/data/node.main.A869?lang=en>

Definitions:

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

Diabetes prevalence

Adults, 2021



Age: 20-79

Area covered: National

References: Reproduced with kind permission International Diabetes Federation. IDF Diabetes Atlas, 10th edn. Brussels, Belgium:International Diabetes Federation, 2021. <http://www.diabetesatlas.org>

Definitions: Age-adjusted comparative prevalence of diabetes, %

Contextual factors

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



Labelling

Is there mandatory nutrition labelling?	✓
Front-of-package labelling?	✗
Back-of-pack nutrition declaration?	✓
Color coding?	✗
Warning label?	✗



Regulation and marketing

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



Political will and support

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



Monitoring and surveillance

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



Governance and resource

Multi-sectoral national co-ordination mechanism for obesity or nutrition (including obesity)?	✓
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Key

✓ Present

✓_v Present

(voluntary)

✓ Incoming

✗ Absent

? Unknown

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