# Report card
**CARICOM**

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Obesity prevalence

Adults

Survey type:
Countries marked with a * are using self-reported data.

Notes:
Different methodologies have been used to collect this data and so it is not strictly comparable.

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
Survey type: Countries marked with a * are using self-reported data.

Notes: Different methodologies have been used to collect this data and so it is not strictly comparable.

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

Survey type: Countries marked with a * are using self-reported data.

Notes: Different methodologies have been used to collect this data and so it is not strictly comparable.

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

Survey type: Countries marked with a * are using self-reported data.

Notes: Different methodologies have been used to collect this data and so it is not strictly comparable.
Boys

0% 10% 20% 30% 40%

Survey type: Countries marked with an * are using self-reported data.
Notes: Different methodologies have been used to collect this data and so it is not strictly comparable.
Girls

Survey type: Countries marked with a * are using self-reported data.

Notes: Different methodologies have been used to collect this data and so it is not strictly comparable.
Insufficient activity

Adults, 2016

Men, 2016

Women, 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


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


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, 2009-2011

Survey type: Measured
Age: 12-17

References:
https://doi.org/10.1177/0379572119848287 sourced from Food Systems Dashboard
http://www.foodsystemsdashboard.org/food-system
Estimated per-capita fruit intake

Adults, 2017

Survey type: Measured
Age: 25+
Definitions: Estimated per-capita fruit intake (g/day)
Prevalence of less-than-daily fruit consumption

Children, 2009-2013

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, 2009-2013

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, 2009-2011

Age: 12-17

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


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

Adults, 2015


Definitions: % of population with anxiety disorders
Oesophageal cancer

Men, 2020

<table>
<thead>
<tr>
<th>Country</th>
<th>Incidence per 100,000</th>
</tr>
</thead>
<tbody>
<tr>
<td>Belize</td>
<td>0.5</td>
</tr>
<tr>
<td>Guyana</td>
<td>1.2</td>
</tr>
<tr>
<td>Suriname</td>
<td>2.3</td>
</tr>
<tr>
<td>Barbados</td>
<td>3.1</td>
</tr>
<tr>
<td>Trinidad &amp; Tobago</td>
<td>4.3</td>
</tr>
<tr>
<td>Haiti</td>
<td>4.5</td>
</tr>
<tr>
<td>Jamaica</td>
<td>4.8</td>
</tr>
<tr>
<td>St Lucia</td>
<td>5.9</td>
</tr>
<tr>
<td>Bahamas</td>
<td>7.0</td>
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</tbody>
</table>

Age: 20+

Area covered: National


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>Belize</td>
<td>0</td>
</tr>
<tr>
<td>St Lucia</td>
<td>0.5</td>
</tr>
<tr>
<td>Suriname</td>
<td>1</td>
</tr>
<tr>
<td>Barbados</td>
<td>1.5</td>
</tr>
<tr>
<td>Trinidad &amp; Tobago</td>
<td>2</td>
</tr>
<tr>
<td>Guyana</td>
<td>2.5</td>
</tr>
<tr>
<td>Bahamas</td>
<td>3</td>
</tr>
<tr>
<td>Jamaica</td>
<td>3.5</td>
</tr>
<tr>
<td>Haiti</td>
<td>3.7</td>
</tr>
</tbody>
</table>

**Age:** 20+

**Area covered:** National


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

**Women, 2020**

<table>
<thead>
<tr>
<th>Country</th>
<th>Incidence per 100,000</th>
</tr>
</thead>
<tbody>
<tr>
<td>Haiti</td>
<td>50</td>
</tr>
<tr>
<td>Suriname</td>
<td>70</td>
</tr>
<tr>
<td>Belize</td>
<td>80</td>
</tr>
<tr>
<td>Guyana</td>
<td>90</td>
</tr>
<tr>
<td>St Lucia</td>
<td>100</td>
</tr>
<tr>
<td>Trinidad &amp; Tobago</td>
<td>110</td>
</tr>
<tr>
<td>Bahamas</td>
<td>120</td>
</tr>
<tr>
<td>Jamaica</td>
<td>130</td>
</tr>
<tr>
<td>Barbados</td>
<td>150</td>
</tr>
</tbody>
</table>

**Age:** 20+

**Area covered:** National


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

Men, 2020

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
Pancreatic cancer

Men, 2020

Age: 20+

Area covered: National


Definitions: Age-standardized incidence rates per 100 000
Age: 20+

Area covered: National


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

Men, 2020

Age: 20+
Area covered: National


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>Guyana</td>
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<td>1.0</td>
</tr>
<tr>
<td>Belize</td>
<td>1.1</td>
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<tr>
<td>Suriname</td>
<td>1.3</td>
</tr>
<tr>
<td>Haiti</td>
<td>1.9</td>
</tr>
<tr>
<td>Barbados</td>
<td>2.3</td>
</tr>
<tr>
<td>Trinidad &amp; Tobago</td>
<td>2.4</td>
</tr>
<tr>
<td>Bahamas</td>
<td>2.5</td>
</tr>
<tr>
<td>Jamaica</td>
<td>3.1</td>
</tr>
</tbody>
</table>

**Age:** 20+

**Area covered:** National


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

Men, 2020

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
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

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


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

Men, 2014

References:

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

References:

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, %