



# WHO Amerikaregionen

## Regional report card - adults

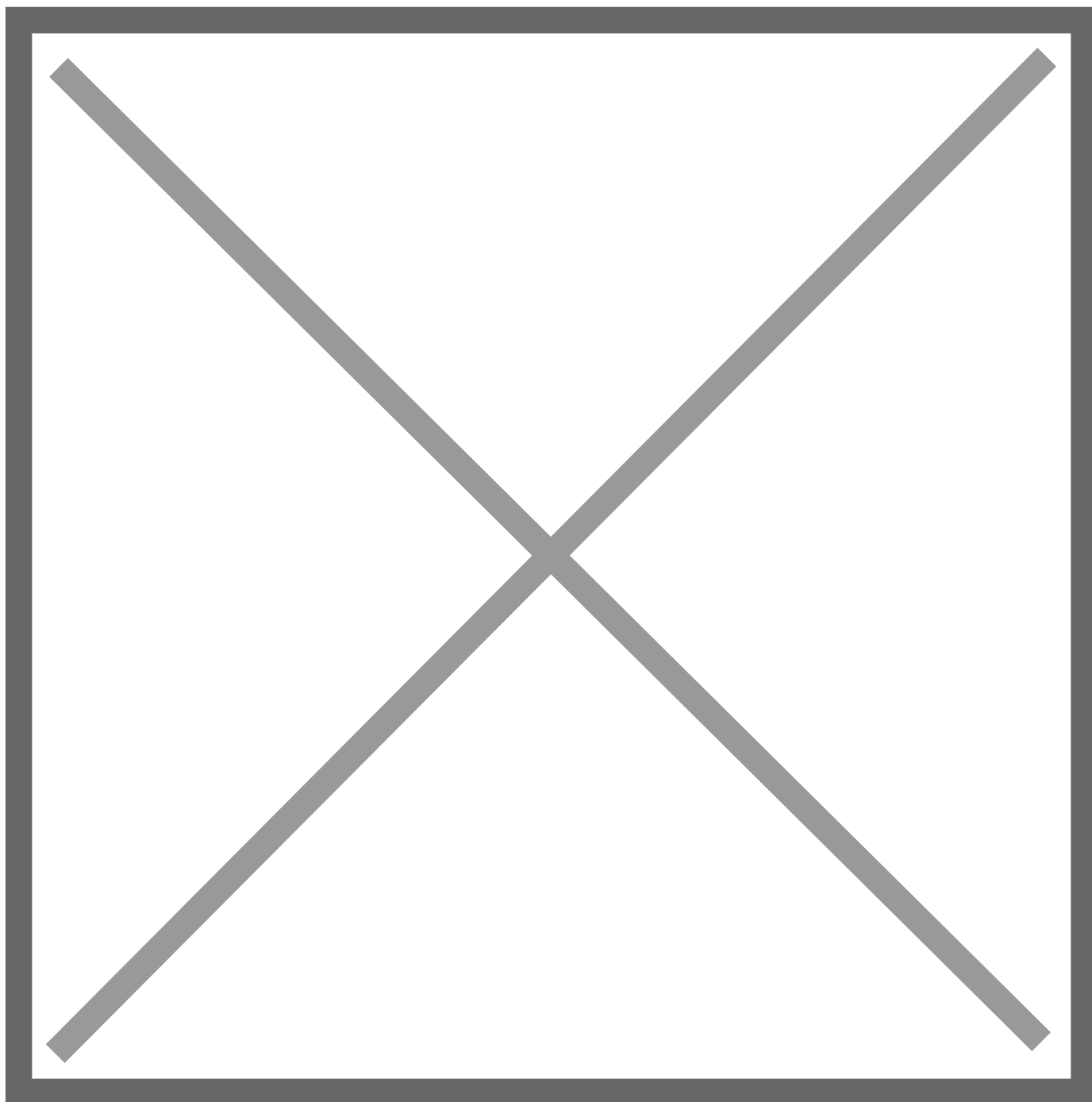
*This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity for adults. Where available, data on common and relevant obesity drivers and comorbidities are also presented.*

*View the latest version of this report on the Global Obesity Observatory at <https://data.worldobesity.org/region/who-americas-region-3/>.*



## Fedmeprævalens

### Voksne



**Undersøgelsestype:**

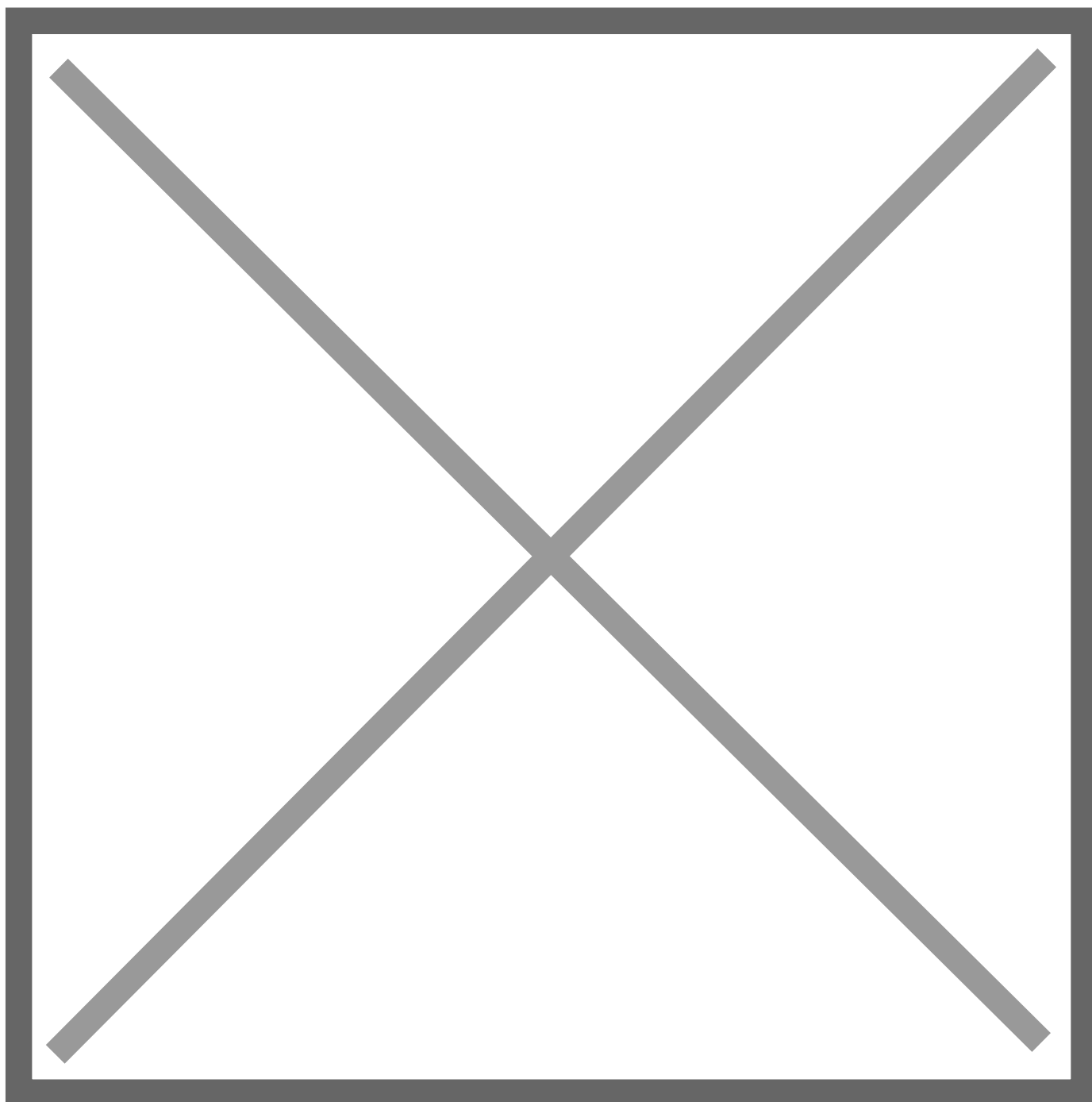
Countries marked with a \* are using self-reported data.

**Noter (kun  
tilgængelige på  
engelsk):**

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

*Medmindre andet er angivet, henviser overvægt til en BMI på mellem 25 kg og 29,9 kg/m<sup>2</sup>, fedme henviser til en BMI på mere end 30 kg/m<sup>2</sup>.*

## Mænd



Undersøgelsestype:

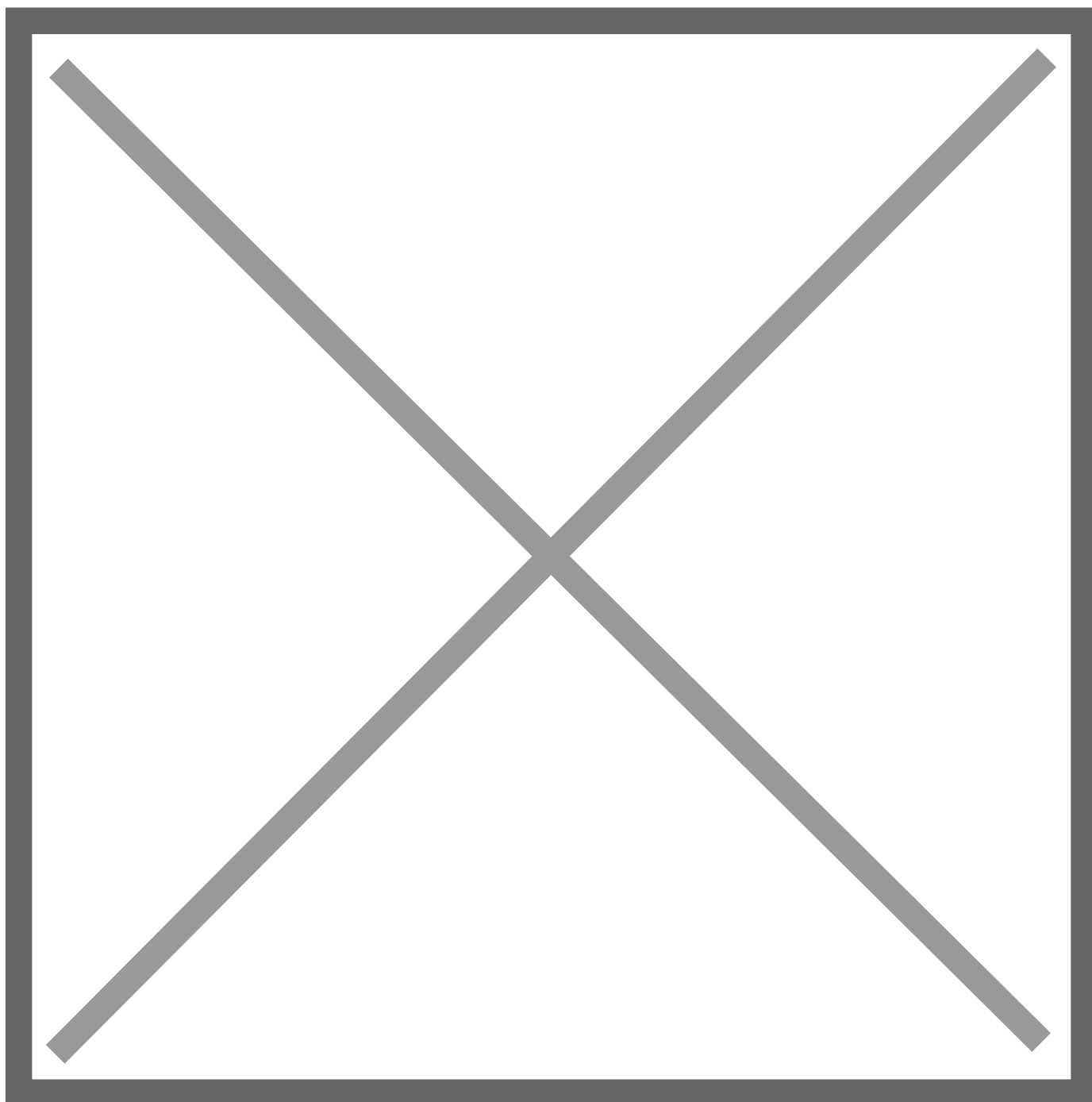
Countries marked with a \* are using self-reported data.

Noter (kun  
tilgængelige på  
engelsk):

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

Medmindre andet er angivet, henviser overvægt til en BMI på mellem 25 kg og 29,9 kg/m<sup>2</sup>, fedme henviser til en BMI på mere end 30 kg/m<sup>2</sup>.

## Kvinder



Undersøgelsestype:

Countries marked with a \* are using self-reported data.

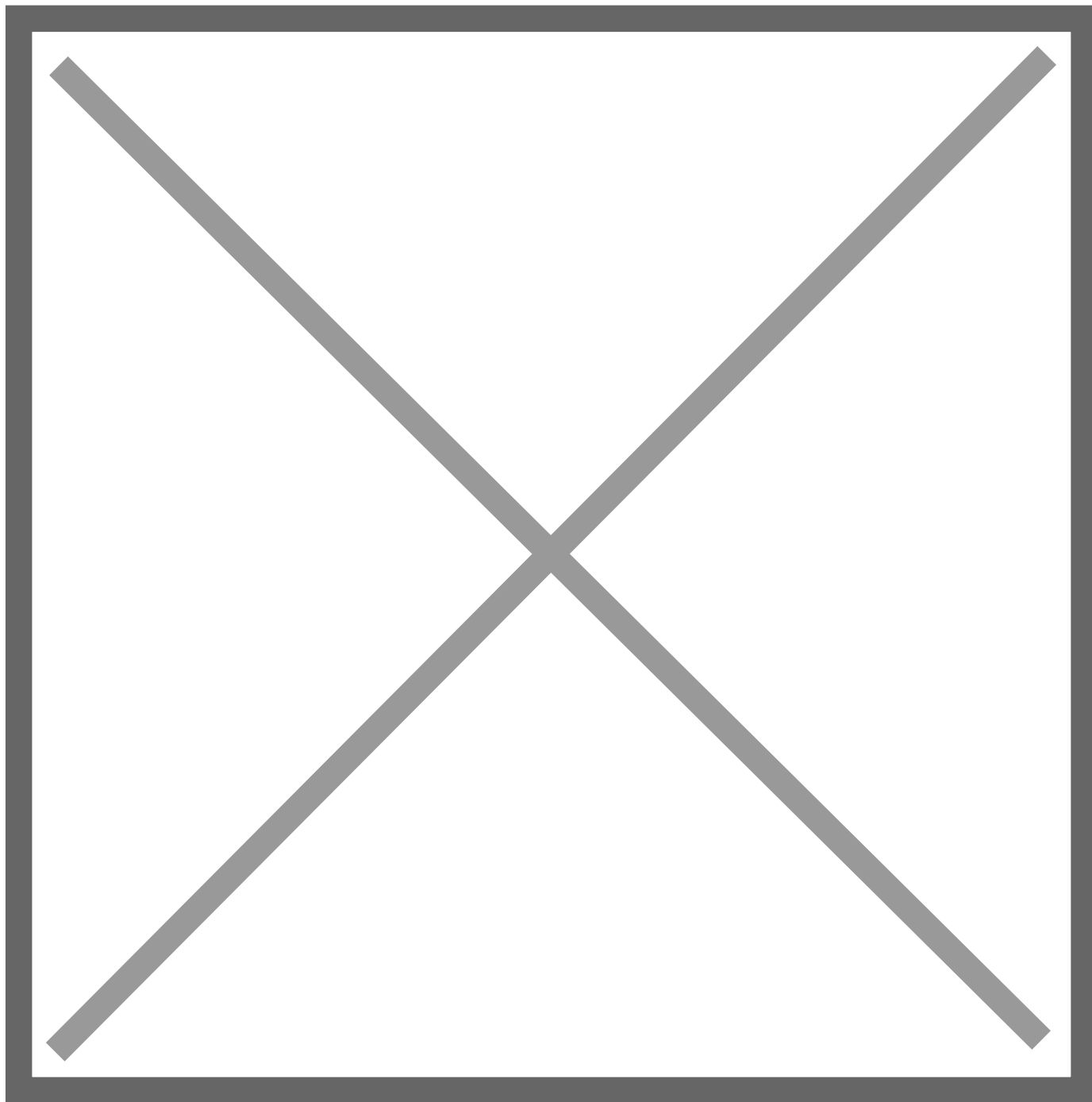
Noter (kun  
tilgængelige på  
engelsk):

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

Medmindre andet er angivet, henviser overvægt til en BMI på mellem 25 kg og 29,9 kg/m<sup>2</sup>, fedme henviser til en BMI på mere end 30 kg/m<sup>2</sup>.

## Utilstr kkelig aktivitet

Voksne, 2016-2022



Unders gelsestype:

Selvrapporteret

Area covered:

National

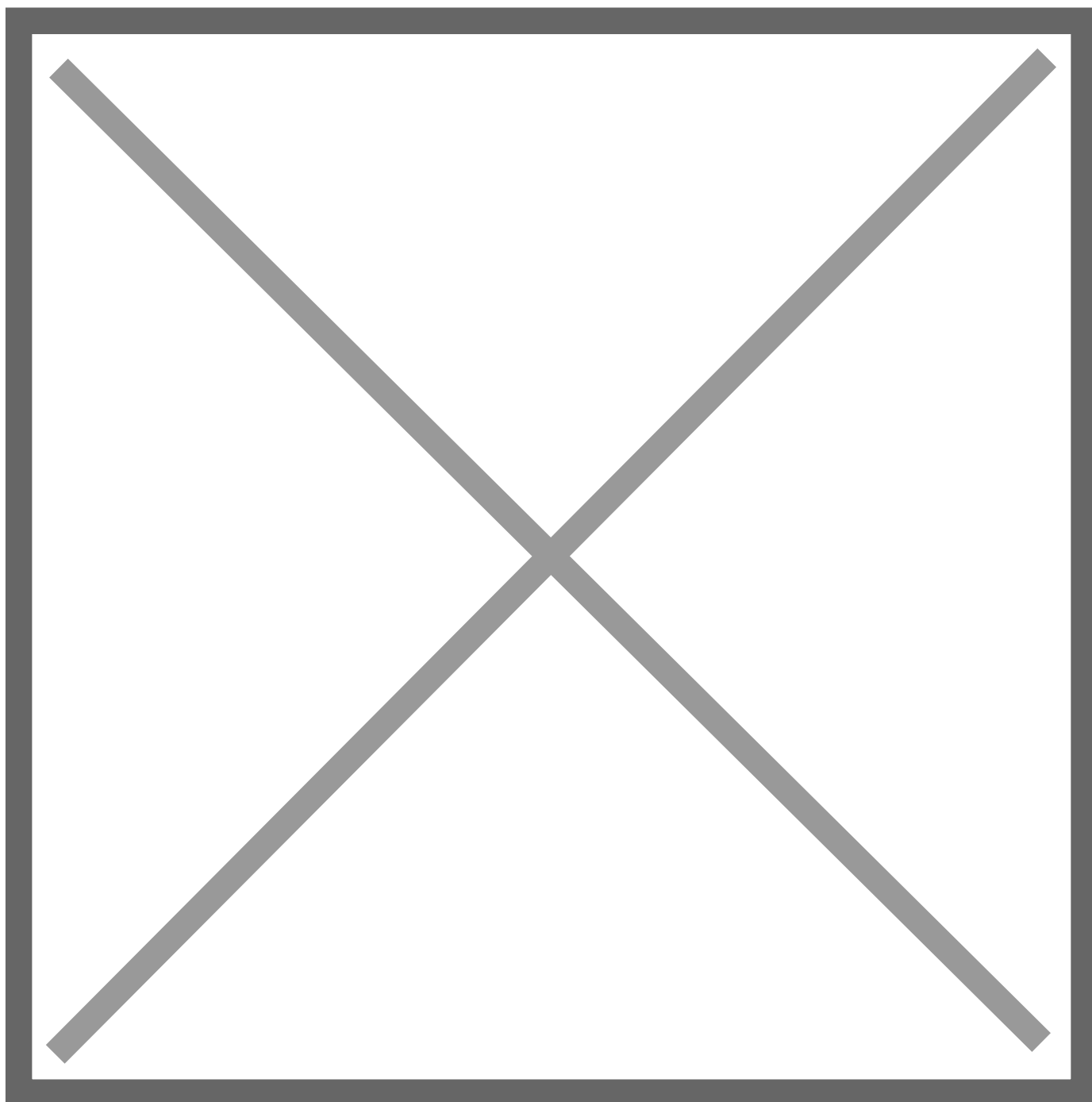
Referencer:

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-\(age-standardized-estimate\)-\(-\)](https://www.who.int/data/gho/data/indicators/indicator-details/GHO/prevalence-of-insufficient-physical-activity-among-adults-aged-18-years-(age-standardized-estimate)-(-))

**Definitioner (kun  
tilgængelig på  
engelsk):**

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.

## Månd, 2016-2022



**Undersøgelsestype:**

Selvrapporteret

**Area covered:**

National

**Referencer:**

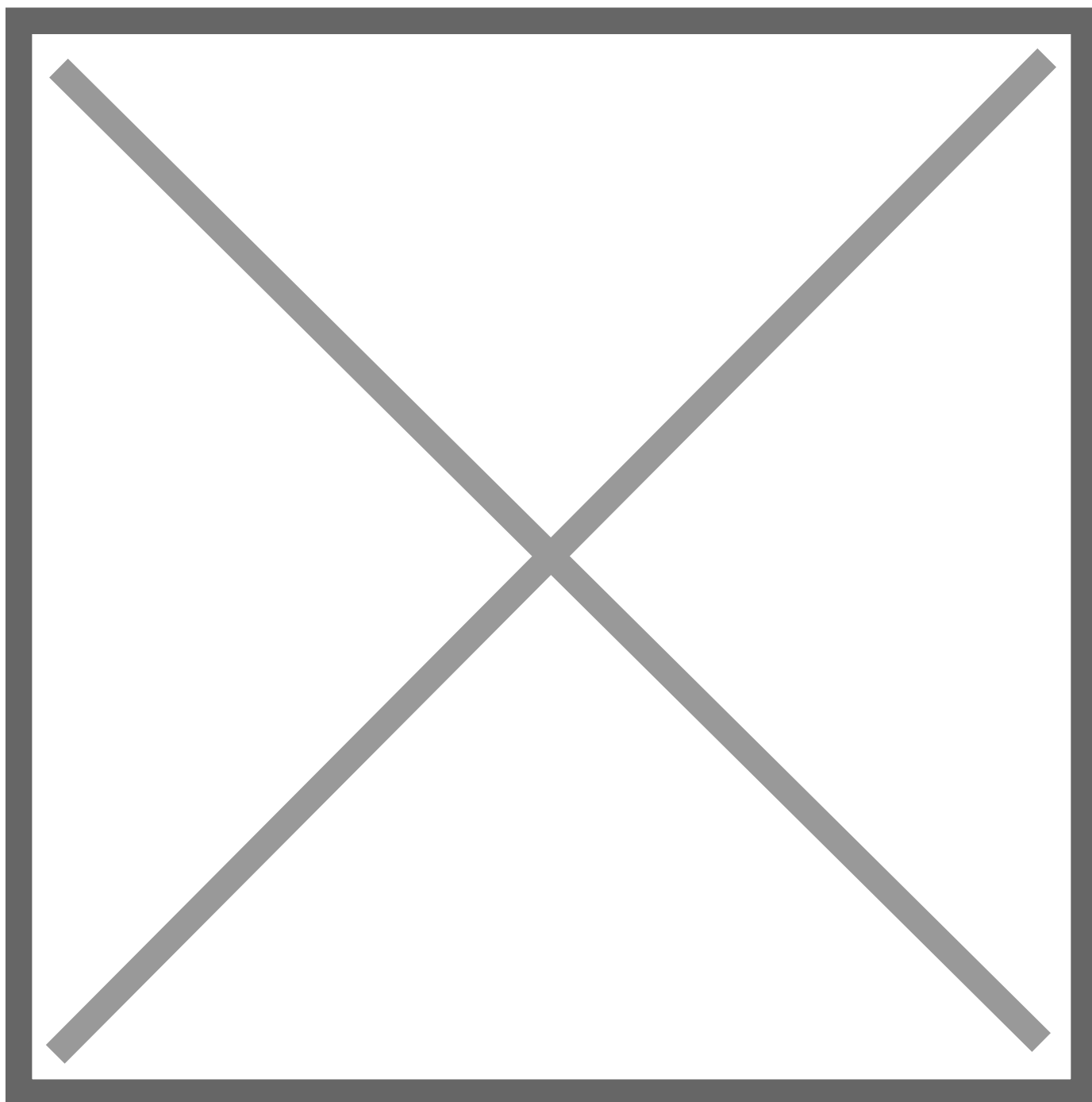
WHO (2024). Prevalence of insufficient physical activity among adults aged 18-years age-standardized estimate in 2022. Available at [https://www.who.int/data/gho/data/indicators/indicator-details/GHO/prevalence-of-insufficient-physical-activity-among-adults-aged-18-years-\(age-standardized-estimate\)-\(-\)](https://www.who.int/data/gho/data/indicators/indicator-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

**Definitioner (kun tilgængelig på engelsk):**

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.



## Kvinder, 2016-2022



**Undersøgelstyp:**

Selvrapporteret

**Area covered:**

National

**Referencer:**

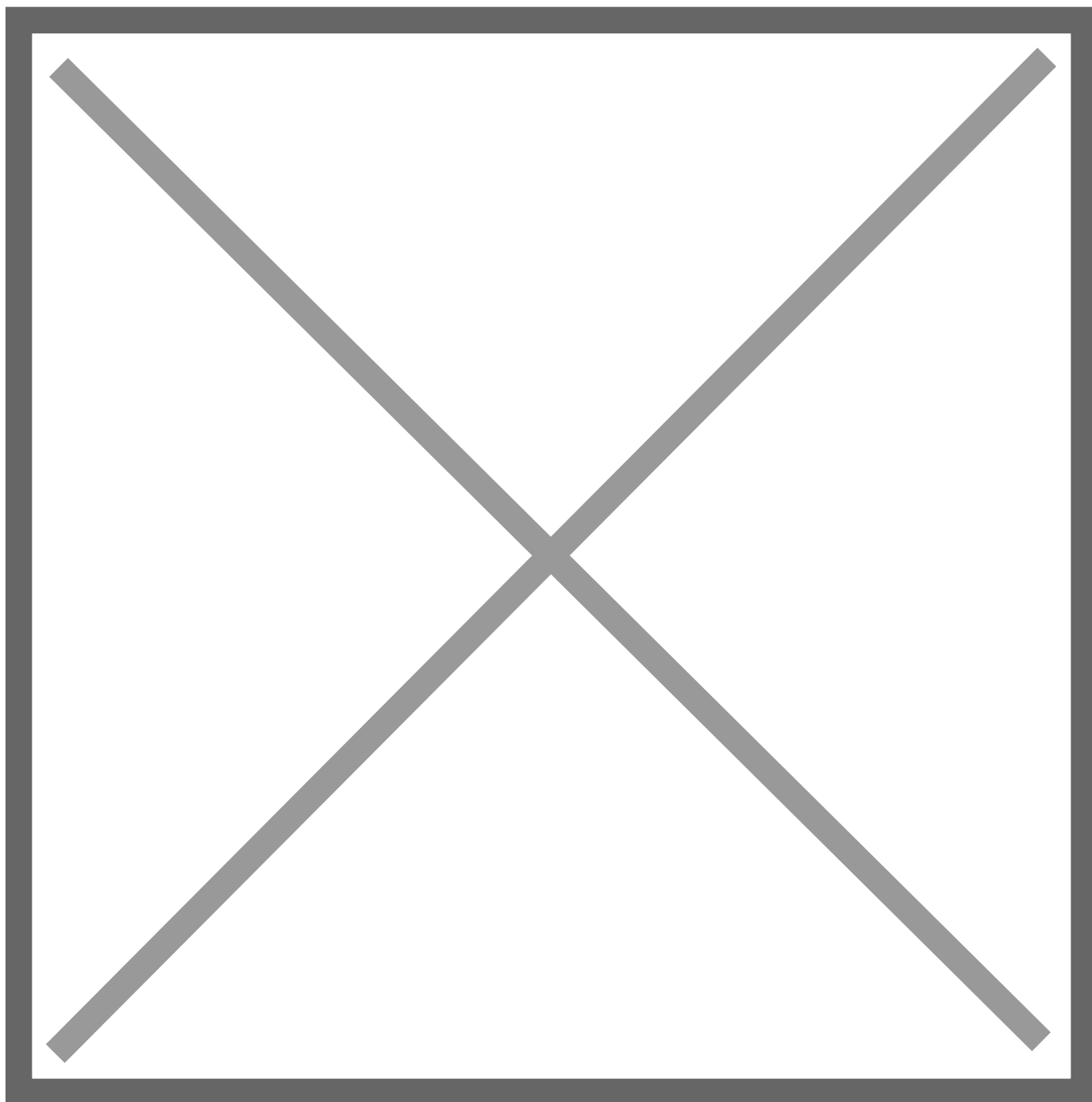
WHO (2024). Prevalence of insufficient physical activity among adults aged 18-years age-standardized estimate in 2022. Available at [https://www.who.int/data/gho/data/indicators/indicator-details/GHO/prevalence-of-insufficient-physical-activity-among-adults-aged-18-years-\(age-standardized-estimate\)-\(-\)](https://www.who.int/data/gho/data/indicators/indicator-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

**Definitioner (kun tilgængelig på engelsk):**

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.

## Anslået frugtindtag pr. indbygger

**Voksne, 2017**



|                           |                                                                                                                                                 |
|---------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Undersøgelsestype:</b> | Målt                                                                                                                                            |
| <b>Alder:</b>             | 25+                                                                                                                                             |
| <b>Referencer:</b>        | Global Burden of Disease, the Institute for Health Metrics and Evaluation <a href="http://ghdx.healthdata.org/">http://ghdx.healthdata.org/</a> |

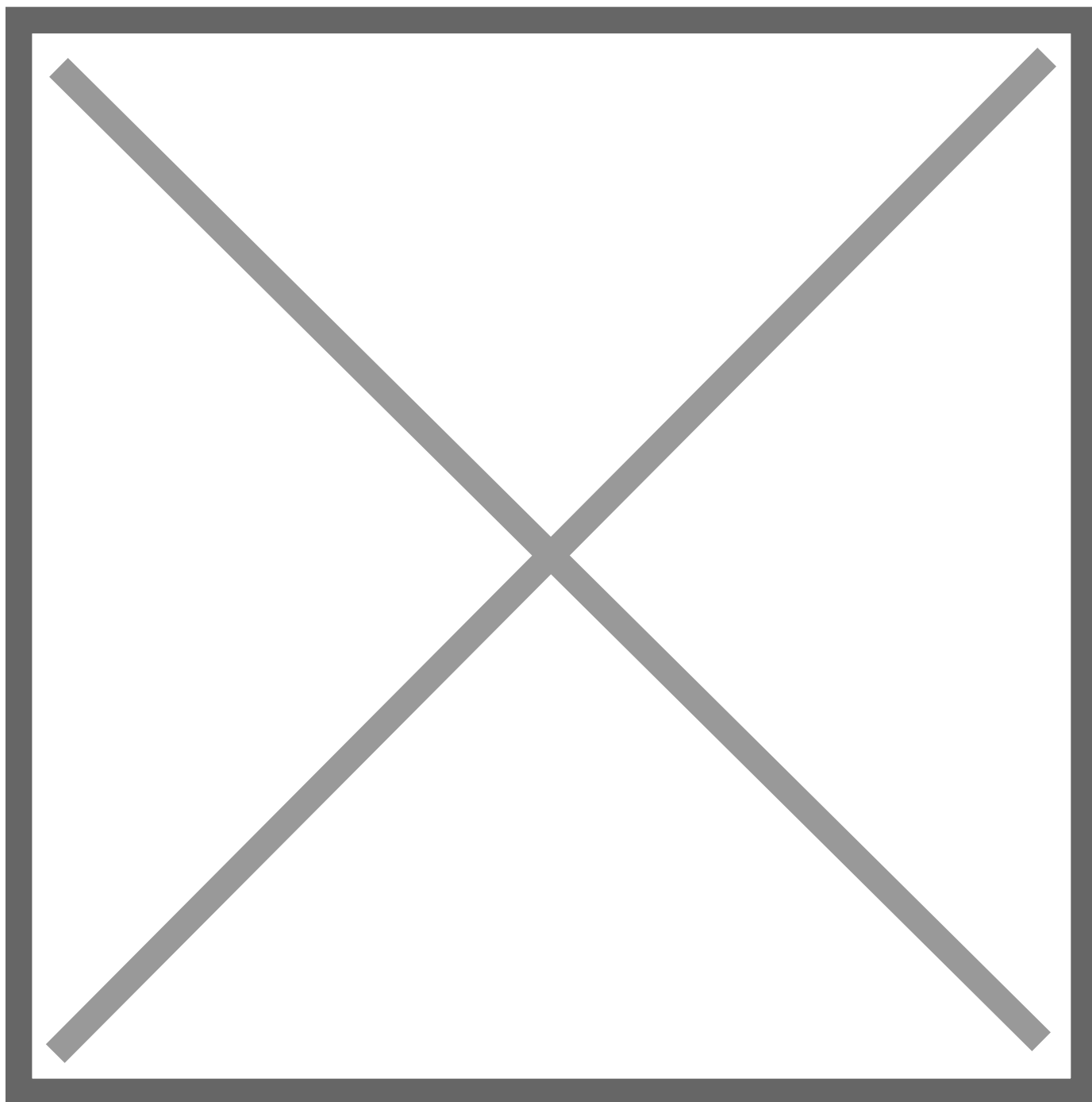
Definitioner (kun  
tilgængelig på  
engelsk):

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Estimated per-capita fruit intake (g/day)

## Anslået indtag af forarbejdet kød pr. indbygger

**Voksne, 2017**



**Undersøgelsestype:**

Målt

**Alder:**

25+

**Referencer:**

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

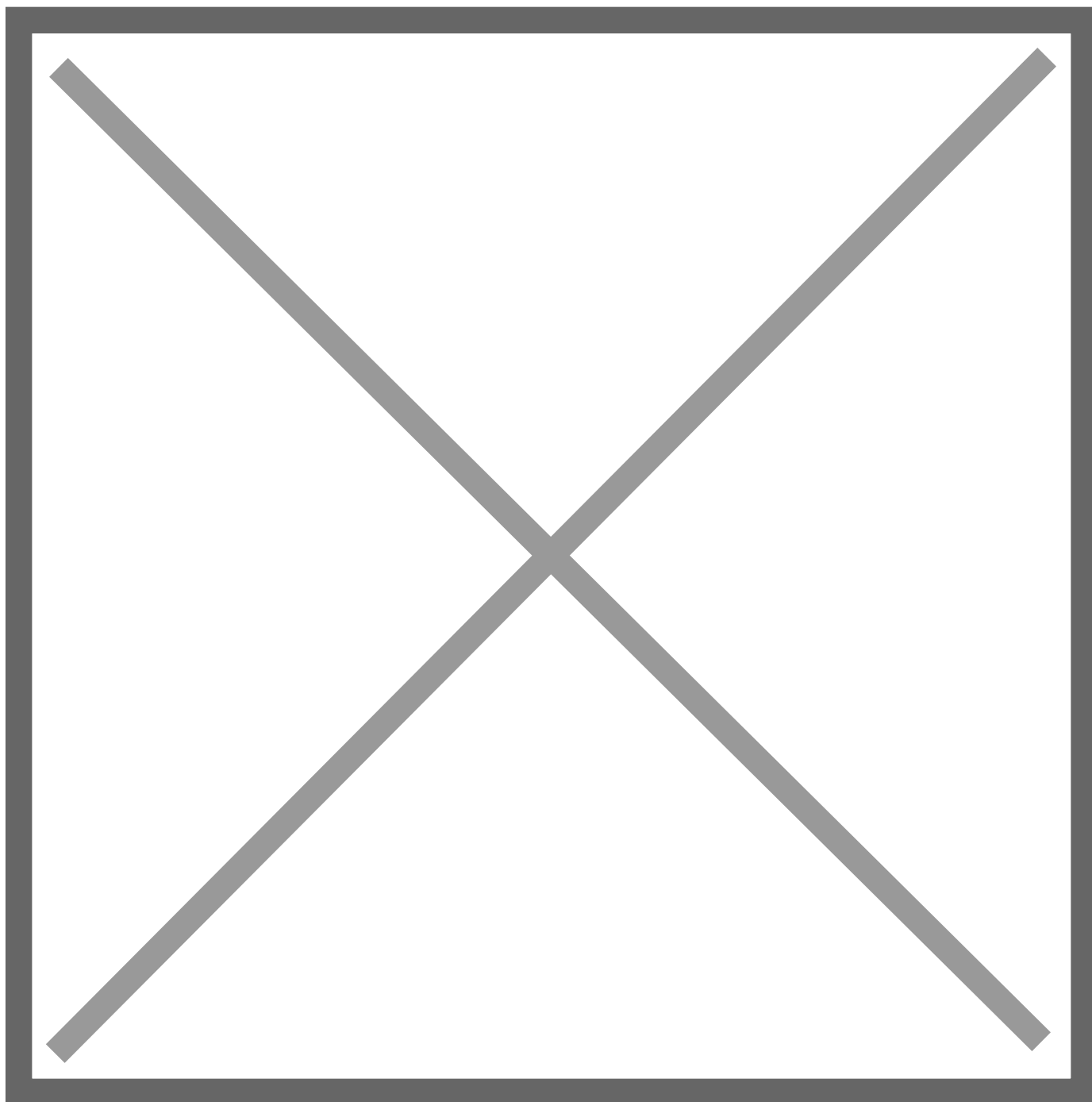
Definitioner (kun  
tilgængelig på  
engelsk):

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

## Anslået indtag af fuldkorn pr. indbygger

**Voksne, 2017**



**Undersøgelsestype:**

Målt

**Alder:**

25+

**Referencer:**

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

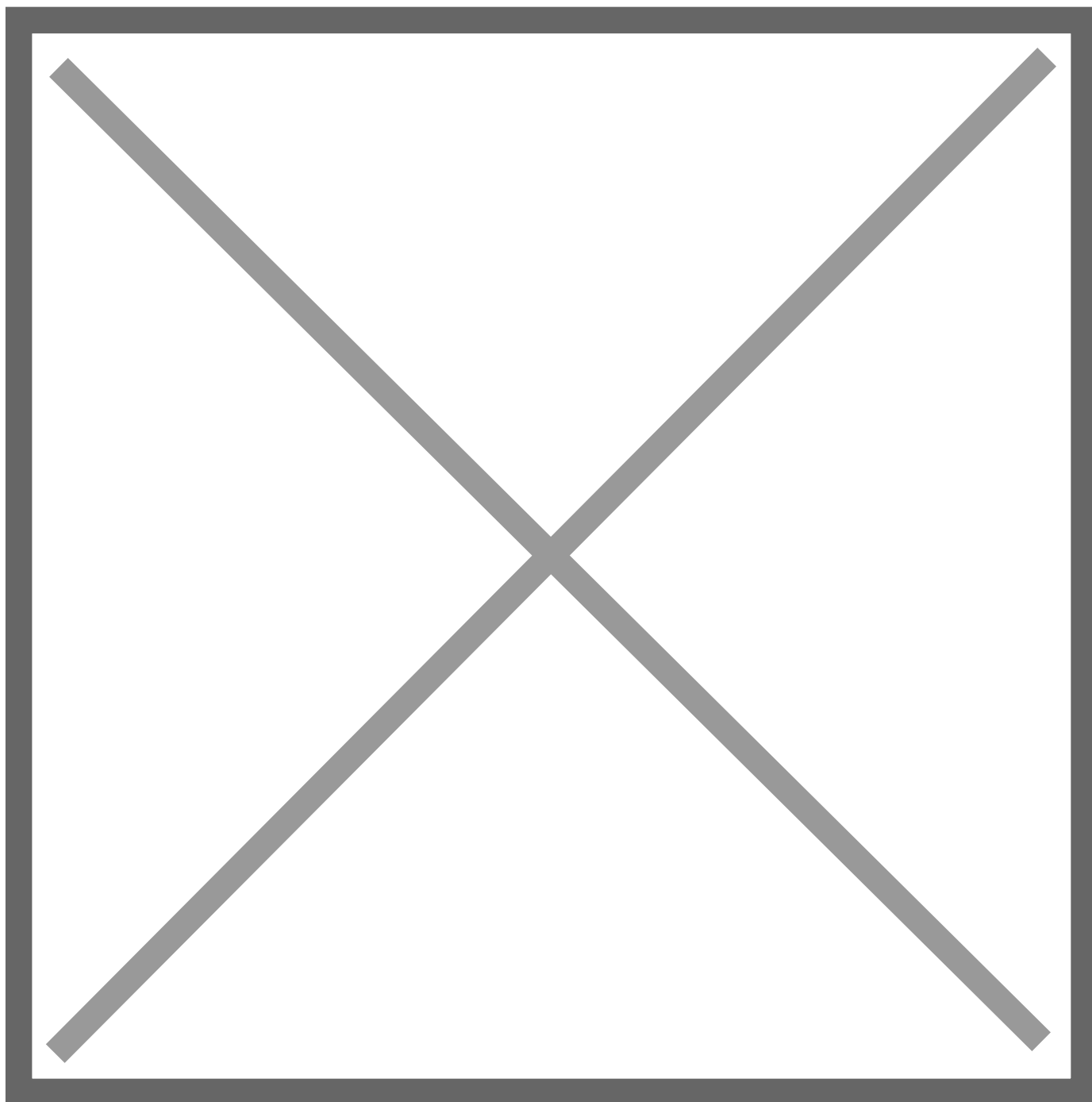
Definitioner (kun  
tilgængelig på  
engelsk):

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

## Psykisk sundhed og depressionssidelser

Voksne, 2021



**Area covered:**

National

**Referencer:**

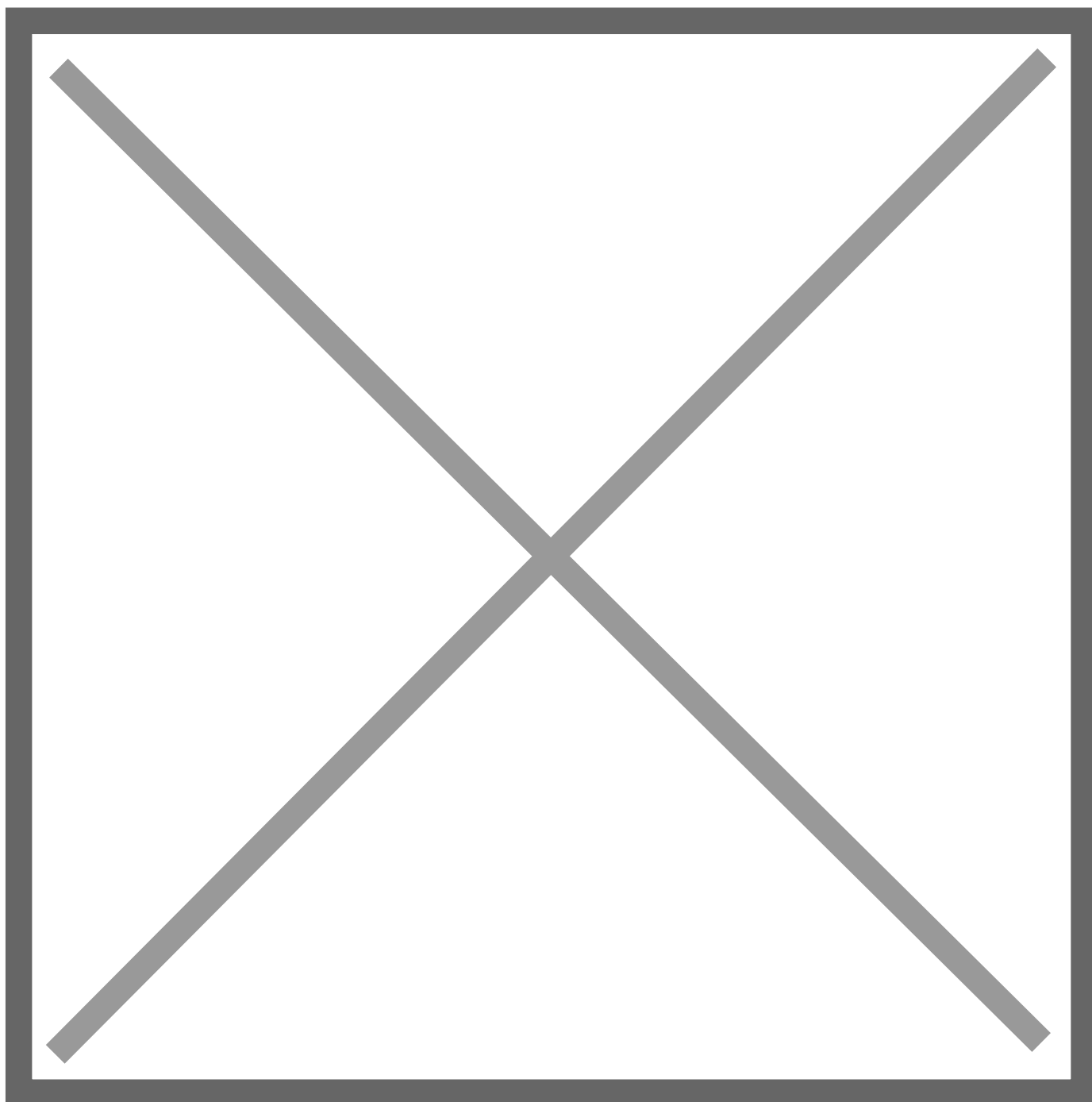
Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)



**Definitioner**  
(kun  
tilgængelig  
på engelsk):

Number living with depression per 100,000 population (adults 20+ years)

## MÃnd, 2021



**Area covered:**

National

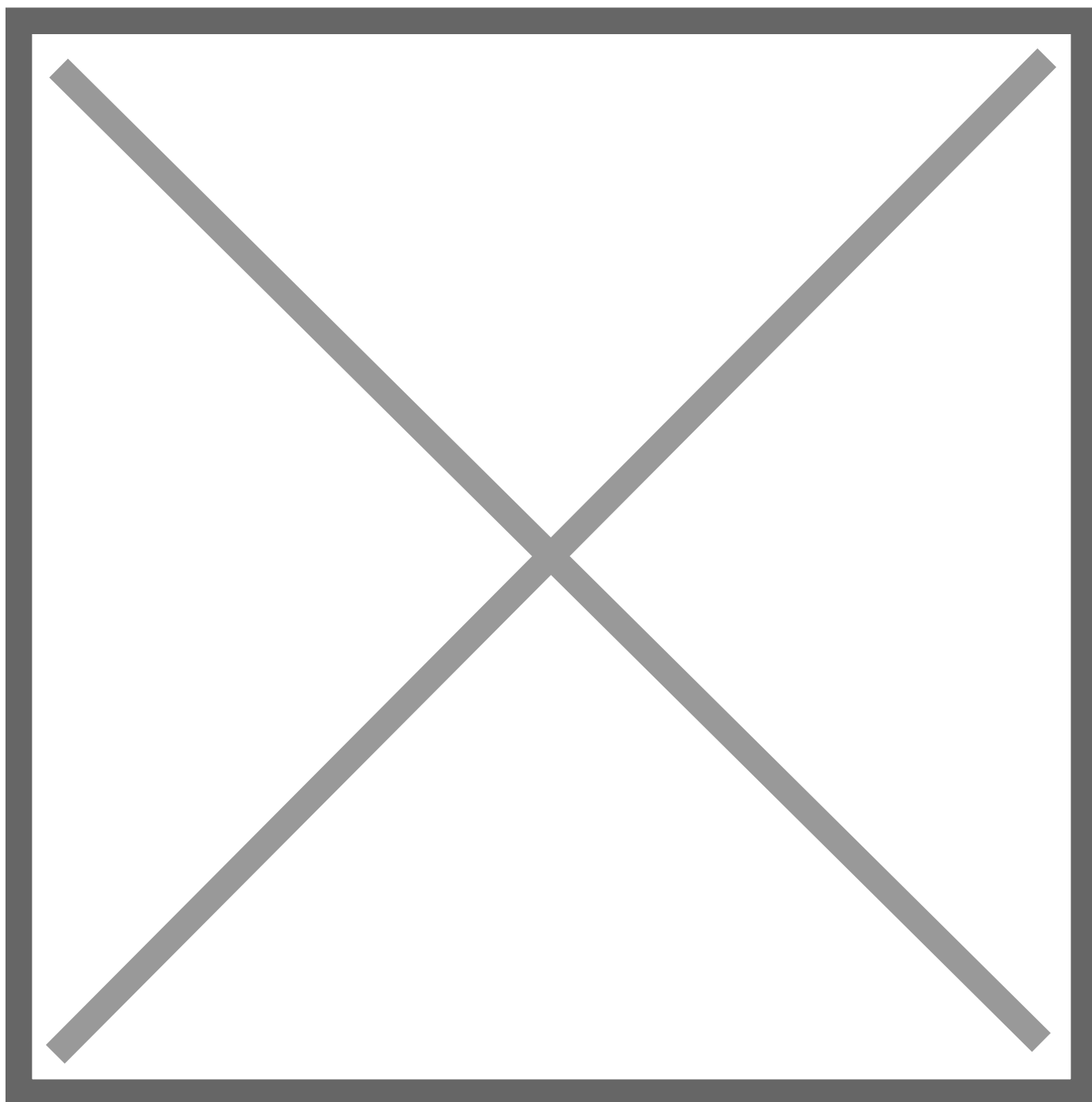
**Referencer:**

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**Definitioner**  
(kun  
tilgÃngelig  
pÃ engelsk):

Number living with depression per 100,000 population (adults 20+ years)

## Kvinder, 2021



**Area covered:**

National

**Referencer:**

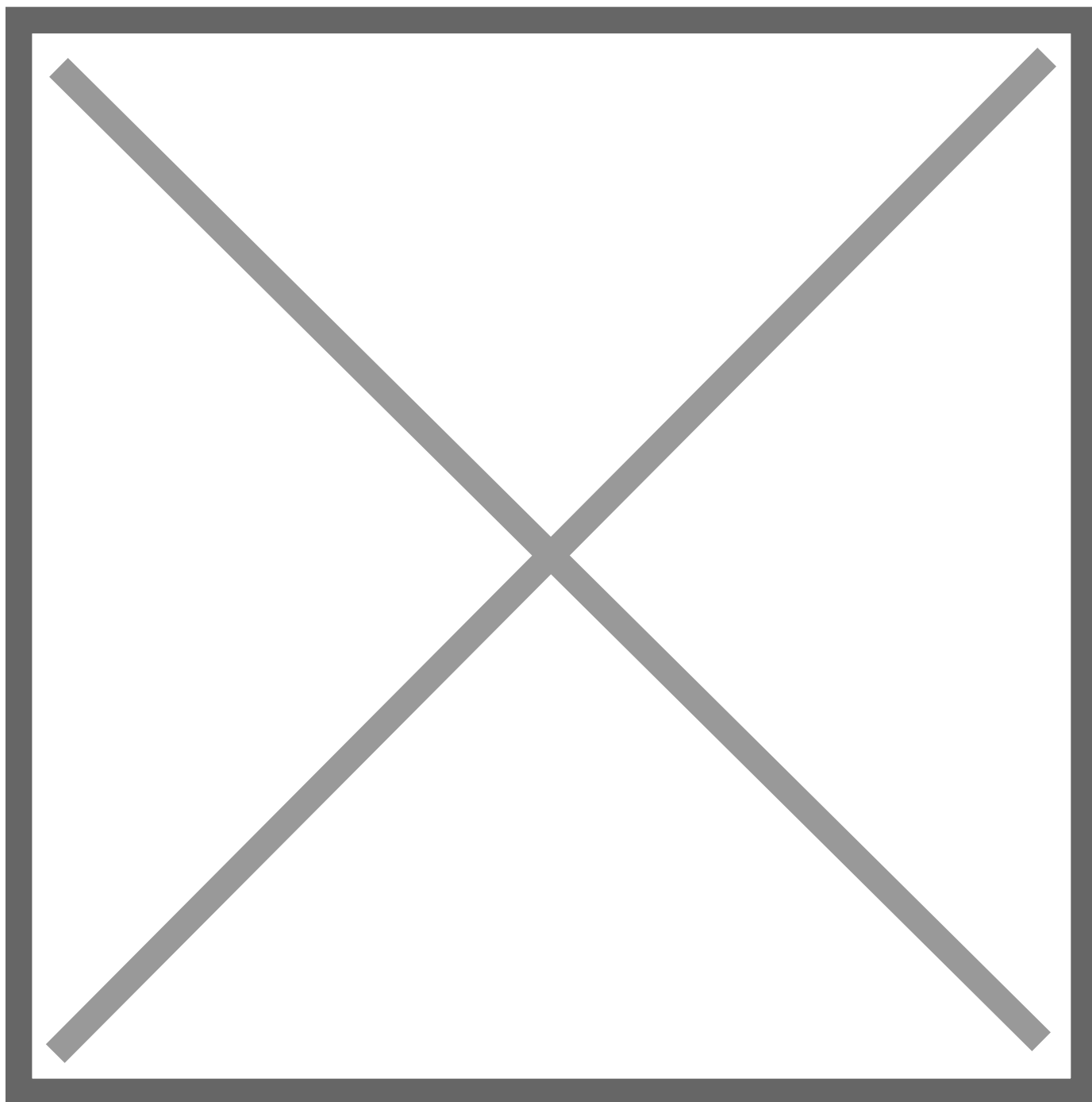
Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

**Definitioner  
(kun  
tilgængelig  
på engelsk):**

Number living with depression per 100,000 population (adults 20+ years)

## Psykisk sundhed og angstlidelser

Voksne, 2021



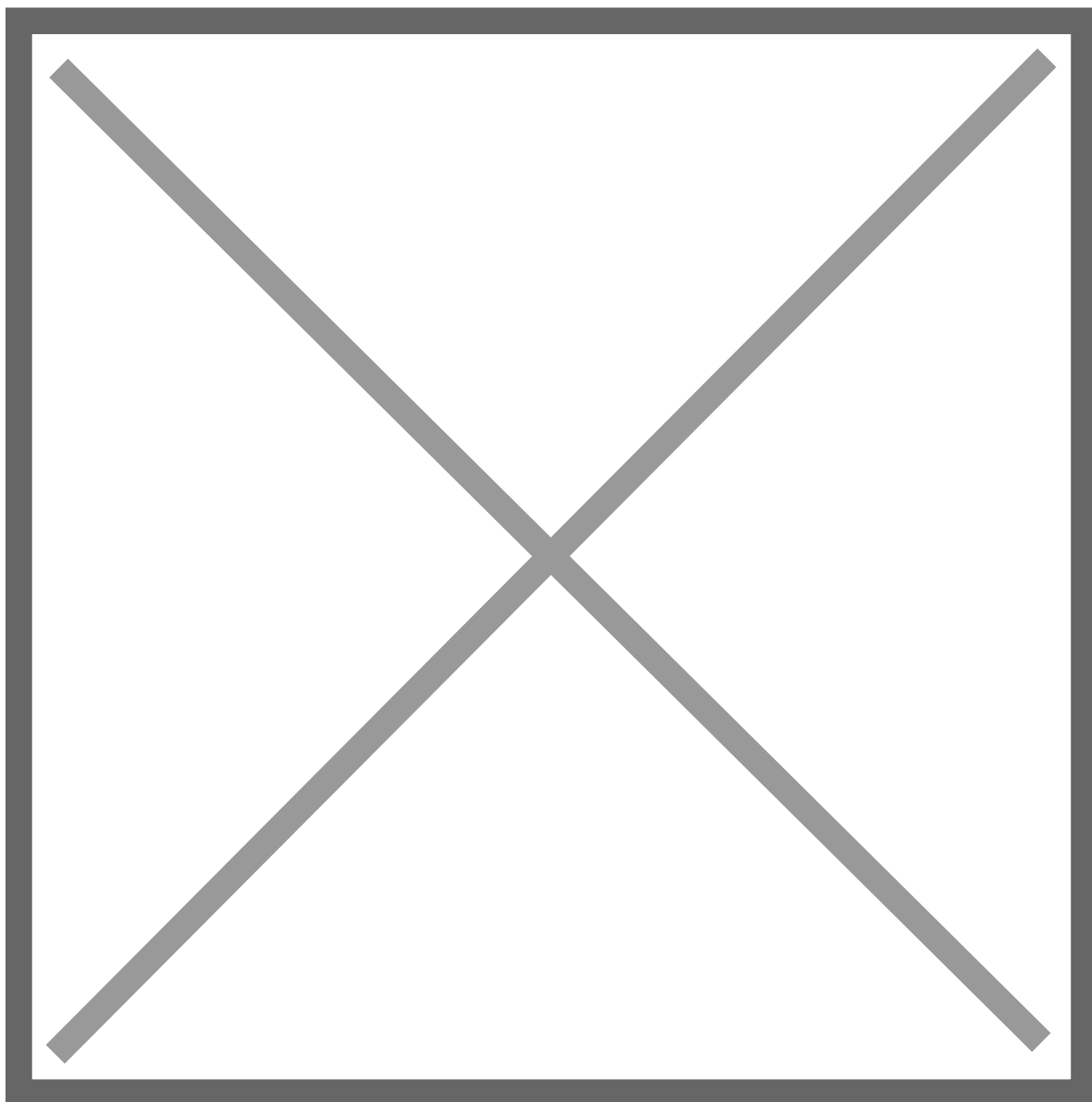
**Alder:** 20+

**Referencer:** Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25).

**Definitioner**  
(kun  
tilgængelig  
på engelsk):

Number living with anxiety per 100,000 population

## MÅl, 2021

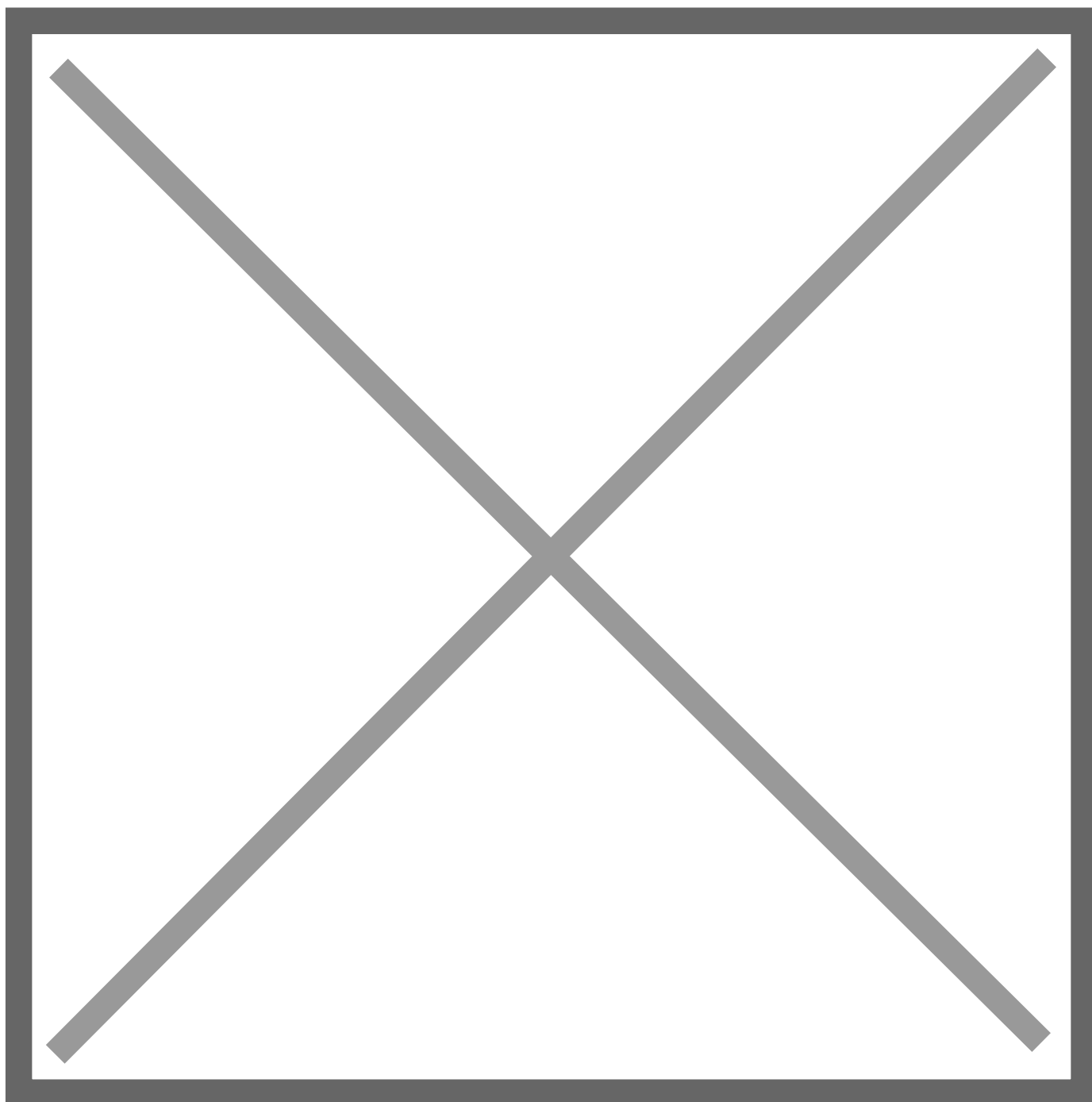


**Alder:** 20+

**Referencer:** Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25).

**Definitioner (kun tilgængelig på engelsk):** Number living with anxiety per 100,000 population

## Kvinder, 2021



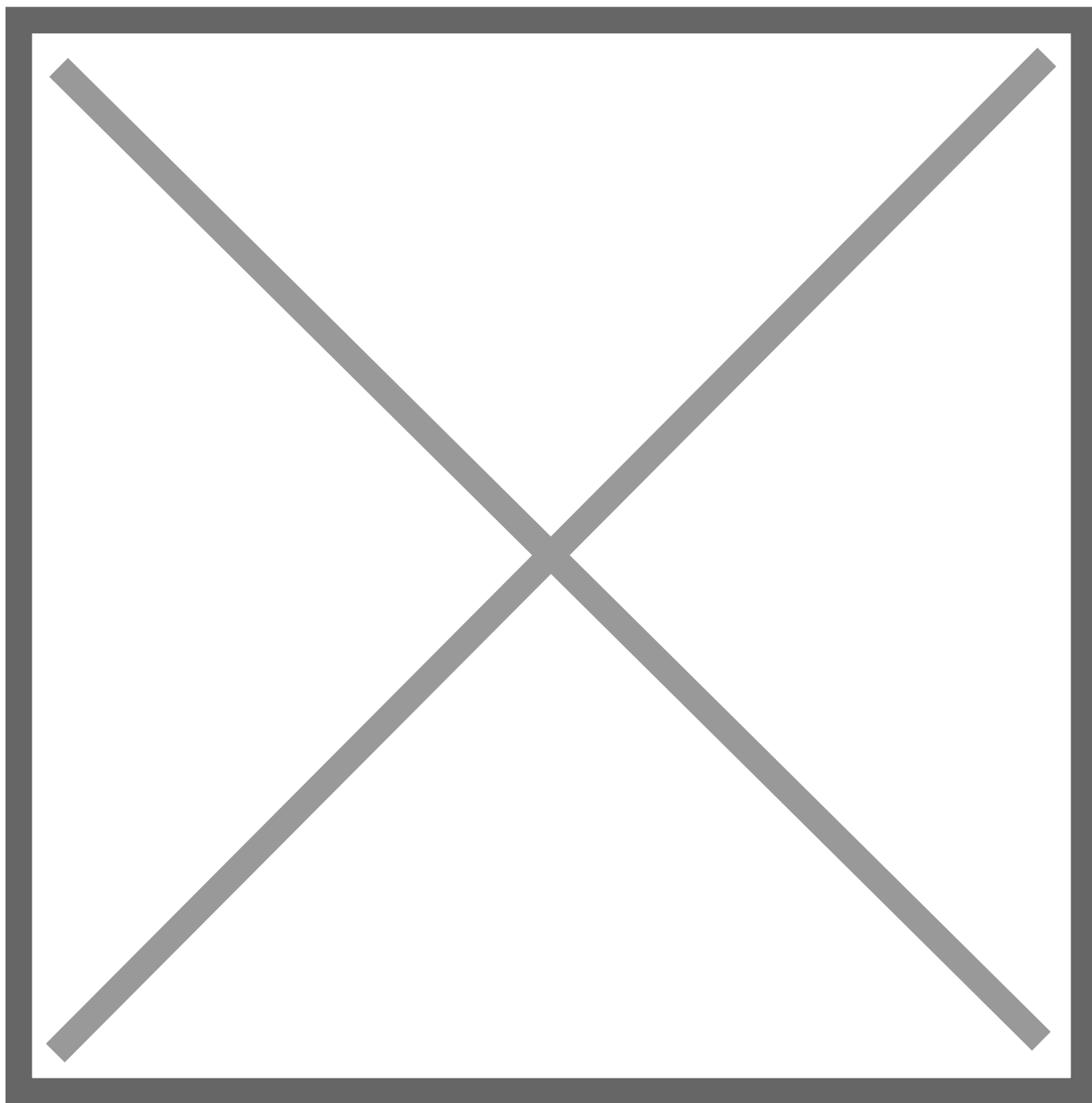
**Alder:** 20+

**Referencer:** Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25).

**Definitioner (kun tilgængelig på engelsk):** Number living with anxiety per 100,000 population

## Kr ft i spiser ret

M nd, 2022



|                      |          |
|----------------------|----------|
| <b>Alder:</b>        | 20+      |
| <b>Area covered:</b> | National |

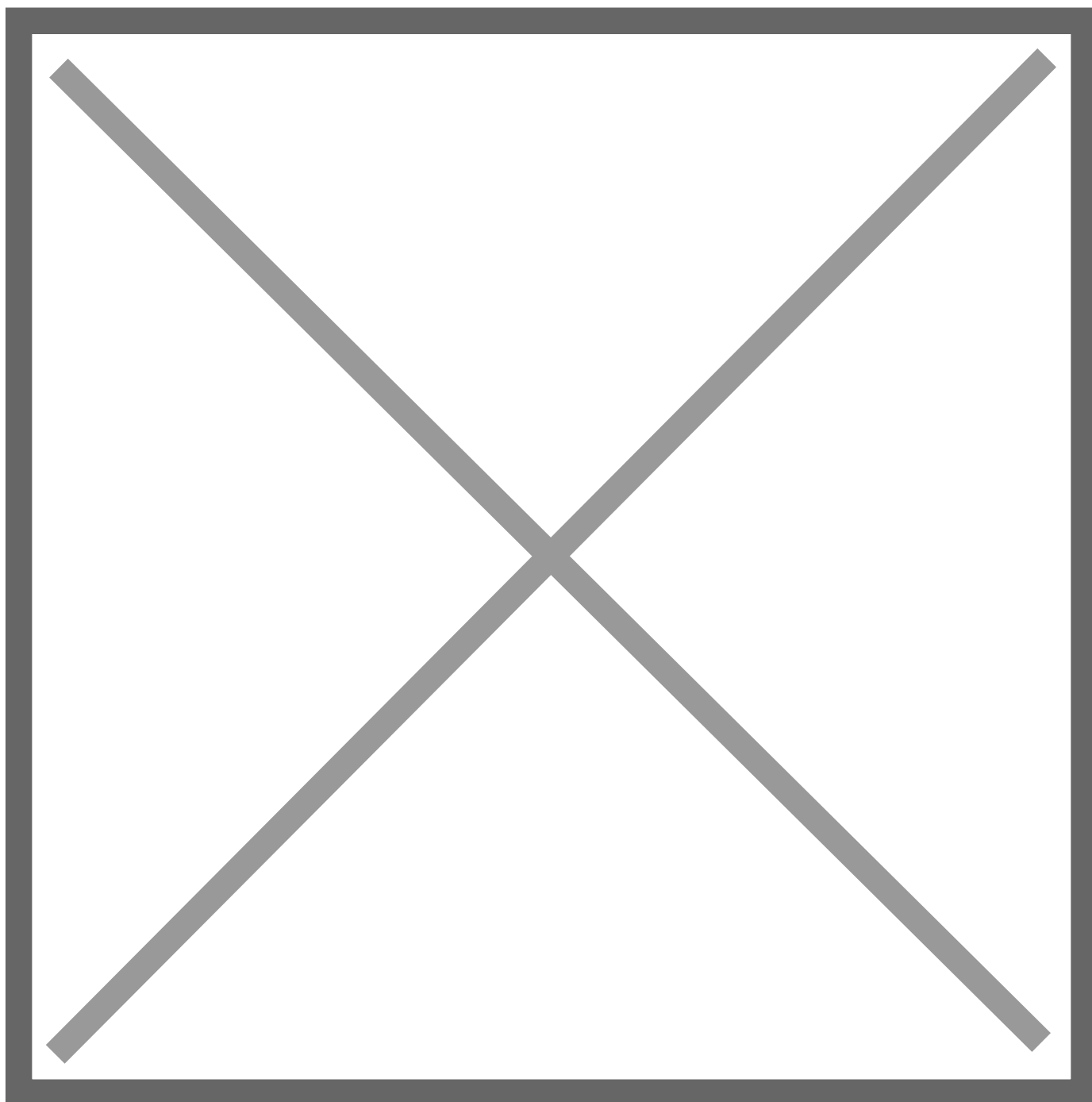


**Referencer:** Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.who.int/today>, accessed [16.07.24]

**Definitioner**  
(kun  
tilgængelig  
på engelsk):

Indicence per 100,000

## Kvinder, 2022



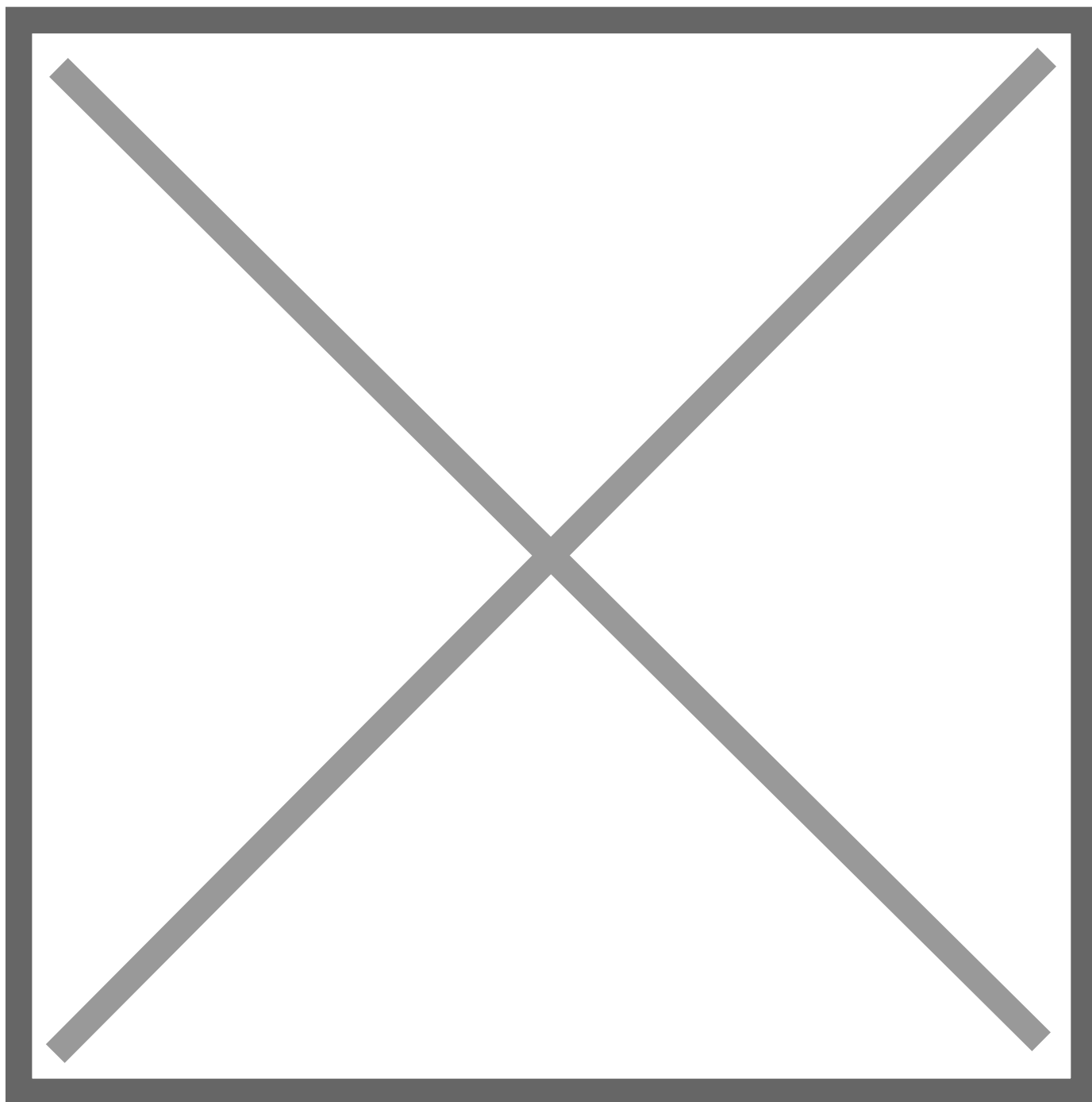
|                      |                                                                                                                                                                                                                                                                                                                                       |
|----------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Alder:</b>        | 20+                                                                                                                                                                                                                                                                                                                                   |
| <b>Area covered:</b> | National                                                                                                                                                                                                                                                                                                                              |
| <b>Referencer:</b>   | 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: <a href="https://gco.iarc.who.int/today">https://gco.iarc.who.int/today</a> , accessed [16.07.24] |

Definitioner  
(kun  
tilgængelig  
på engelsk):

Indicence per 100,000

## Brystkræft

Kvinder, 2022



**Area covered:**

National

**Referencer:**

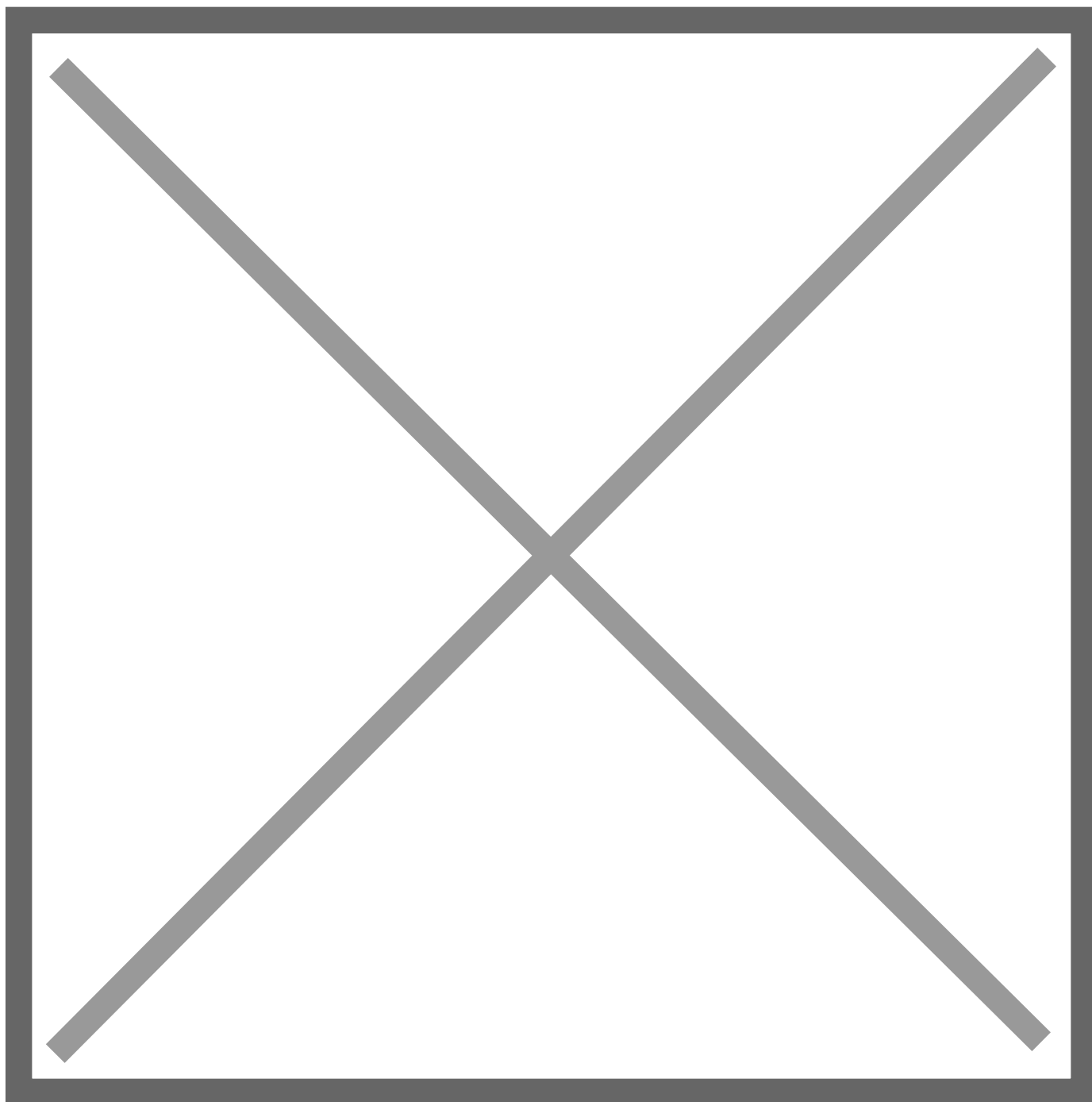
Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.who.int/today>, accessed [16.07.24]

Definitioner  
(kun  
tilgængelig  
på engelsk):

Incidence per 100,000

## Tarmkræft

MÅnd, 2022



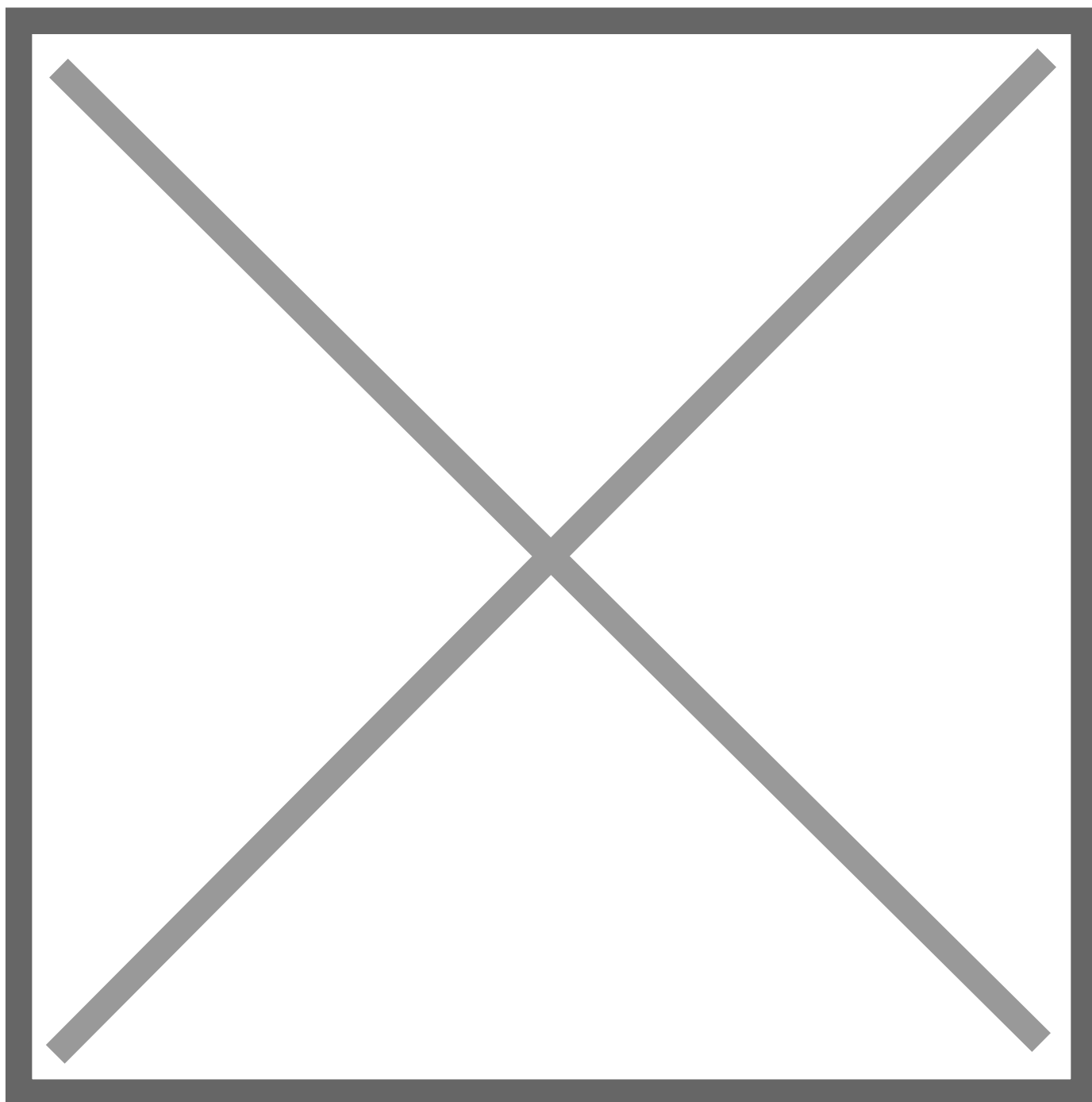
|                      |          |
|----------------------|----------|
| <b>Alder:</b>        | 20+      |
| <b>Area covered:</b> | National |

**Referencer:** 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]

**Definitioner**  
(kun  
tilgængelig  
på engelsk):

Incidence per 100,000

## Kvinder, 2022



|                      |                                                                                                                                                                                                                                                                                                                                       |
|----------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Alder:</b>        | 20+                                                                                                                                                                                                                                                                                                                                   |
| <b>Area covered:</b> | National                                                                                                                                                                                                                                                                                                                              |
| <b>Referencer:</b>   | 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: <a href="https://gco.iarc.who.int/today">https://gco.iarc.who.int/today</a> , accessed [16.07.24] |

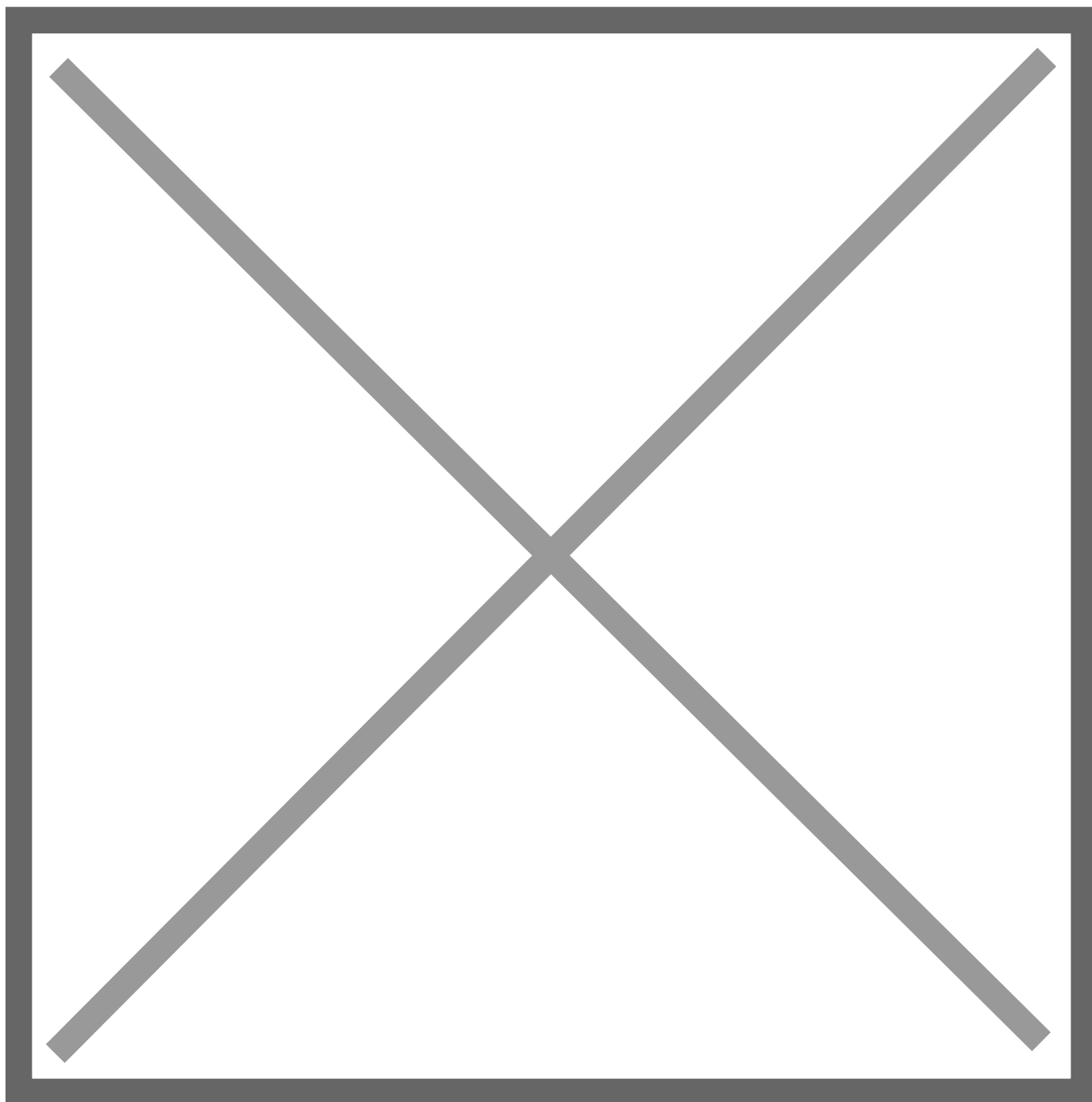


**Definitioner**  
(kun  
tilgængelig  
på engelsk):

Incidence per 100,000

## Kr  ft i bugspytkirtlen

M  nd, 2022



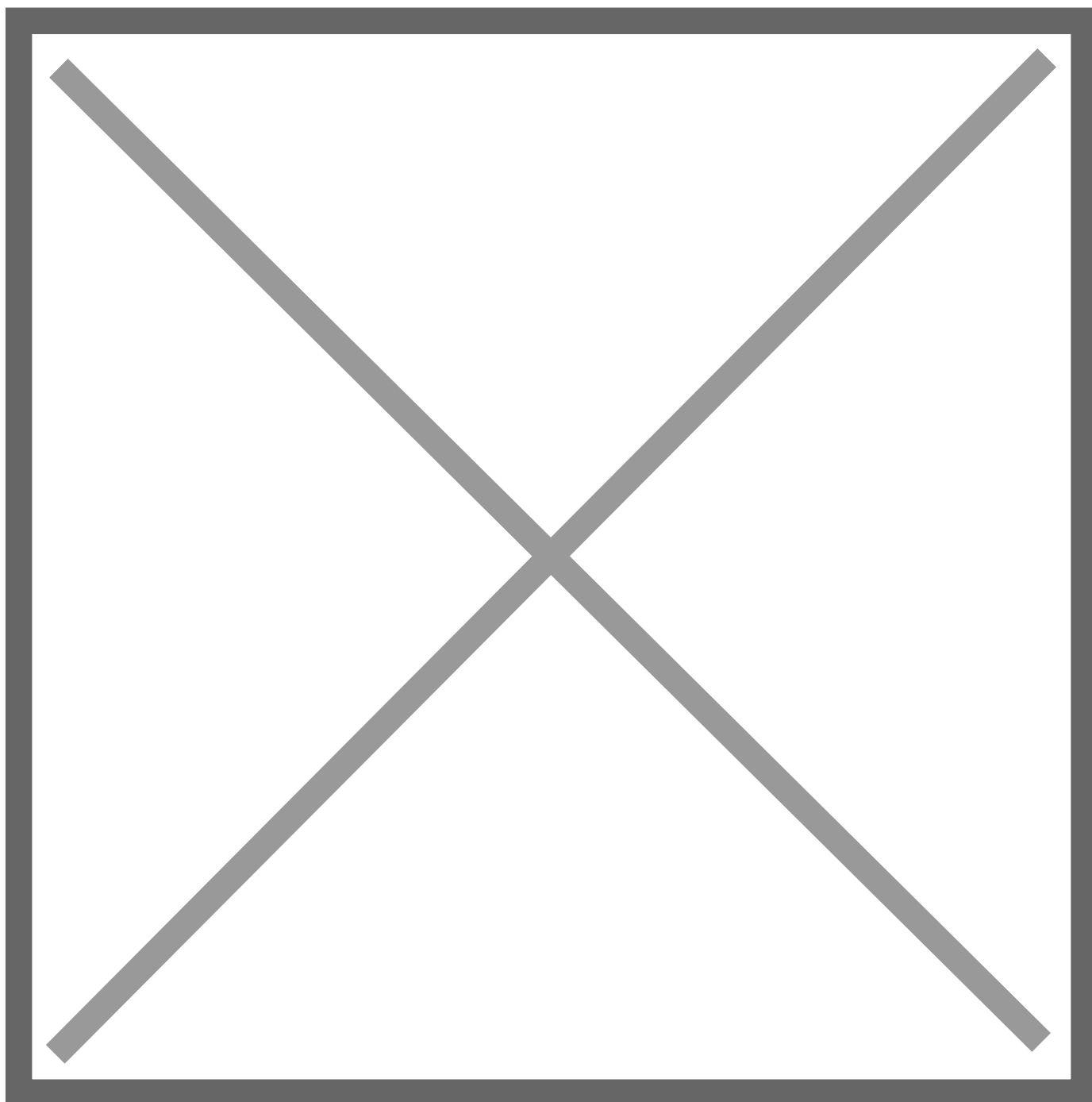
|                      |          |
|----------------------|----------|
| <b>Alder:</b>        | 20+      |
| <b>Area covered:</b> | National |

**Referencer:** 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]

**Definitioner**  
(kun  
tilgængelig  
på engelsk):

Incidence per 100,000

## Kvinder, 2022



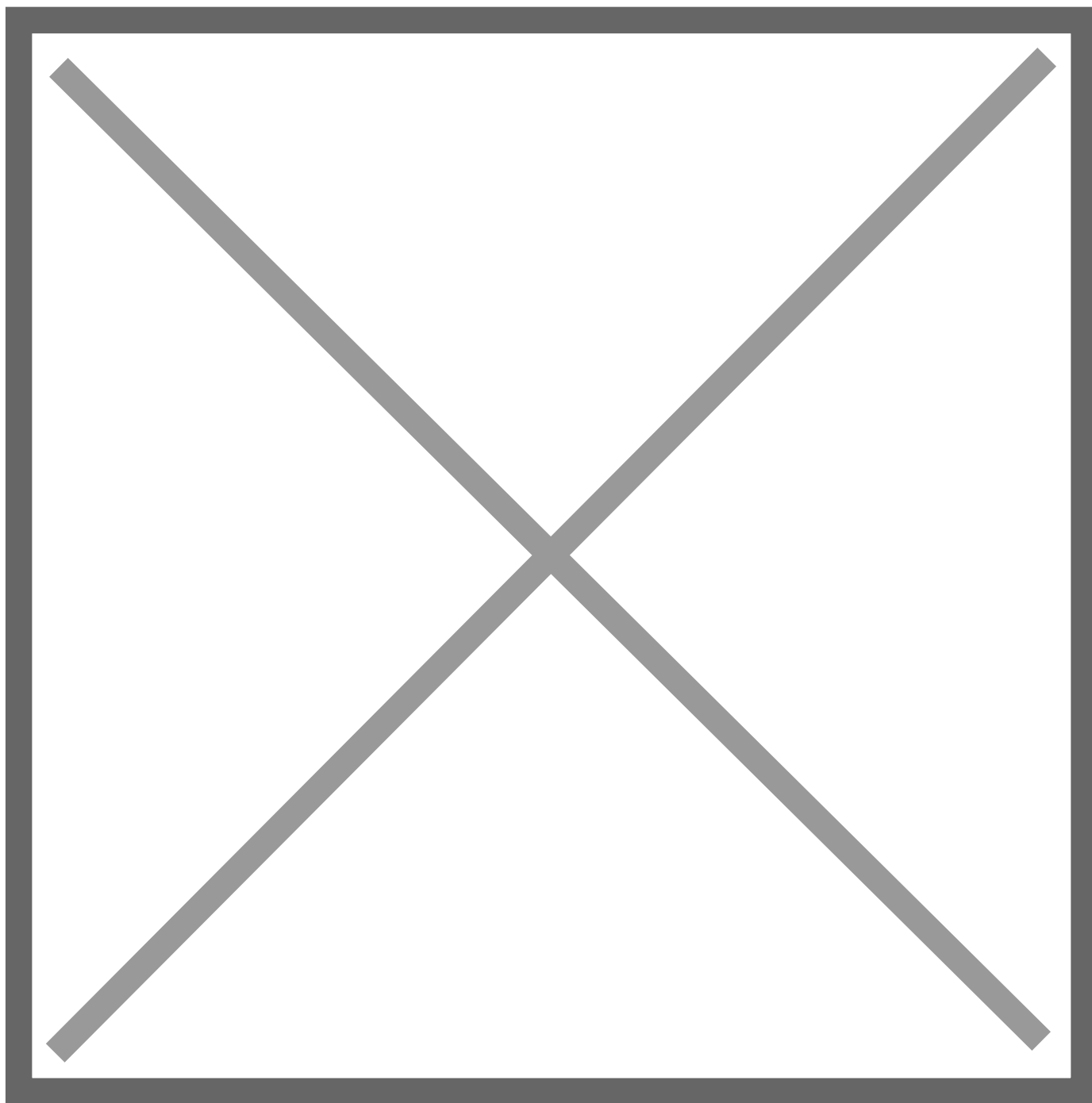
|                      |                                                                                                                                                                                                                                                                                                                                       |
|----------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Alder:</b>        | 20+                                                                                                                                                                                                                                                                                                                                   |
| <b>Area covered:</b> | National                                                                                                                                                                                                                                                                                                                              |
| <b>Referencer:</b>   | 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: <a href="https://gco.iarc.who.int/today">https://gco.iarc.who.int/today</a> , accessed [16.07.24] |

**Definitioner**  
(kun  
tilgængelig  
på engelsk):

Incidence per 100,000

## Kraft i galdeblæren

Månd, 2022



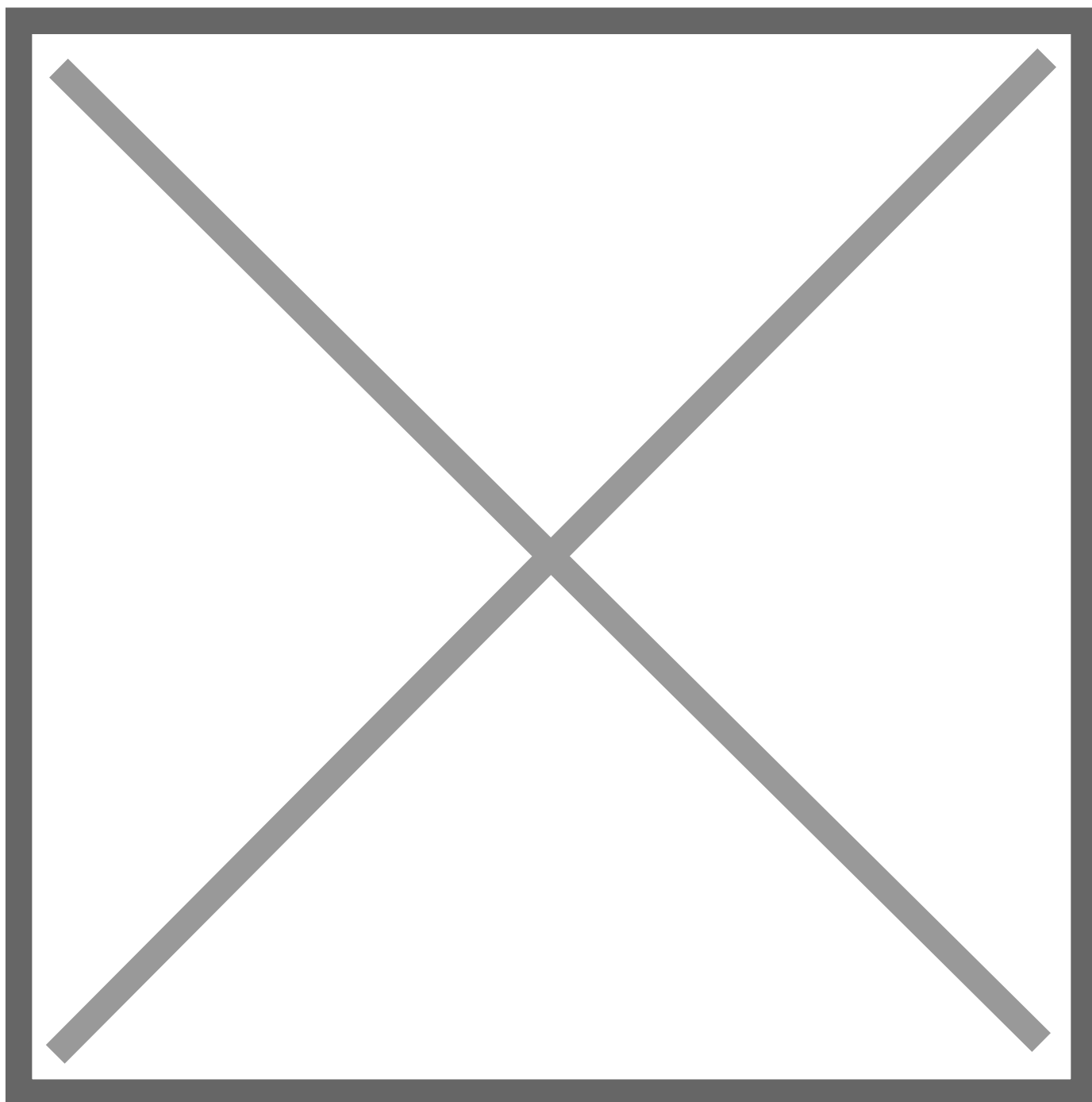
|                      |          |
|----------------------|----------|
| <b>Alder:</b>        | 20+      |
| <b>Area covered:</b> | National |

**Referencer:** 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]

**Definitioner**  
(kun  
tilgængelig  
på engelsk):

Indicence per 100,000

## Kvinder, 2022



|                      |                                                                                                                                                                                                                                                                                                                                       |
|----------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Alder:</b>        | 20+                                                                                                                                                                                                                                                                                                                                   |
| <b>Area covered:</b> | National                                                                                                                                                                                                                                                                                                                              |
| <b>Referencer:</b>   | 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: <a href="https://gco.iarc.who.int/today">https://gco.iarc.who.int/today</a> , accessed [16.07.24] |

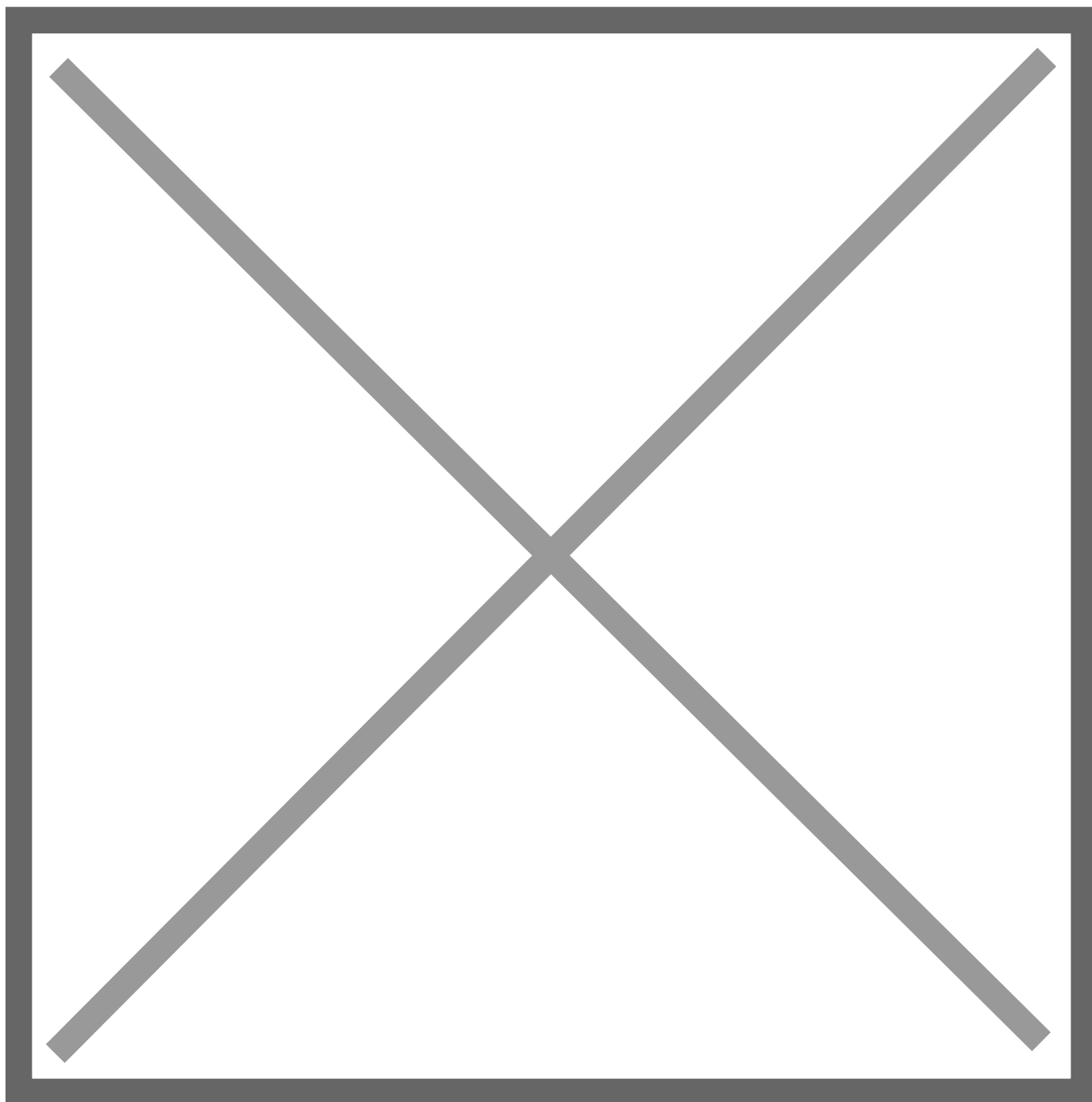


Definitioner  
(kun  
tilgængelig  
på engelsk):

Indicence per 100,000

## Nyrekr ft

M nd, 2022

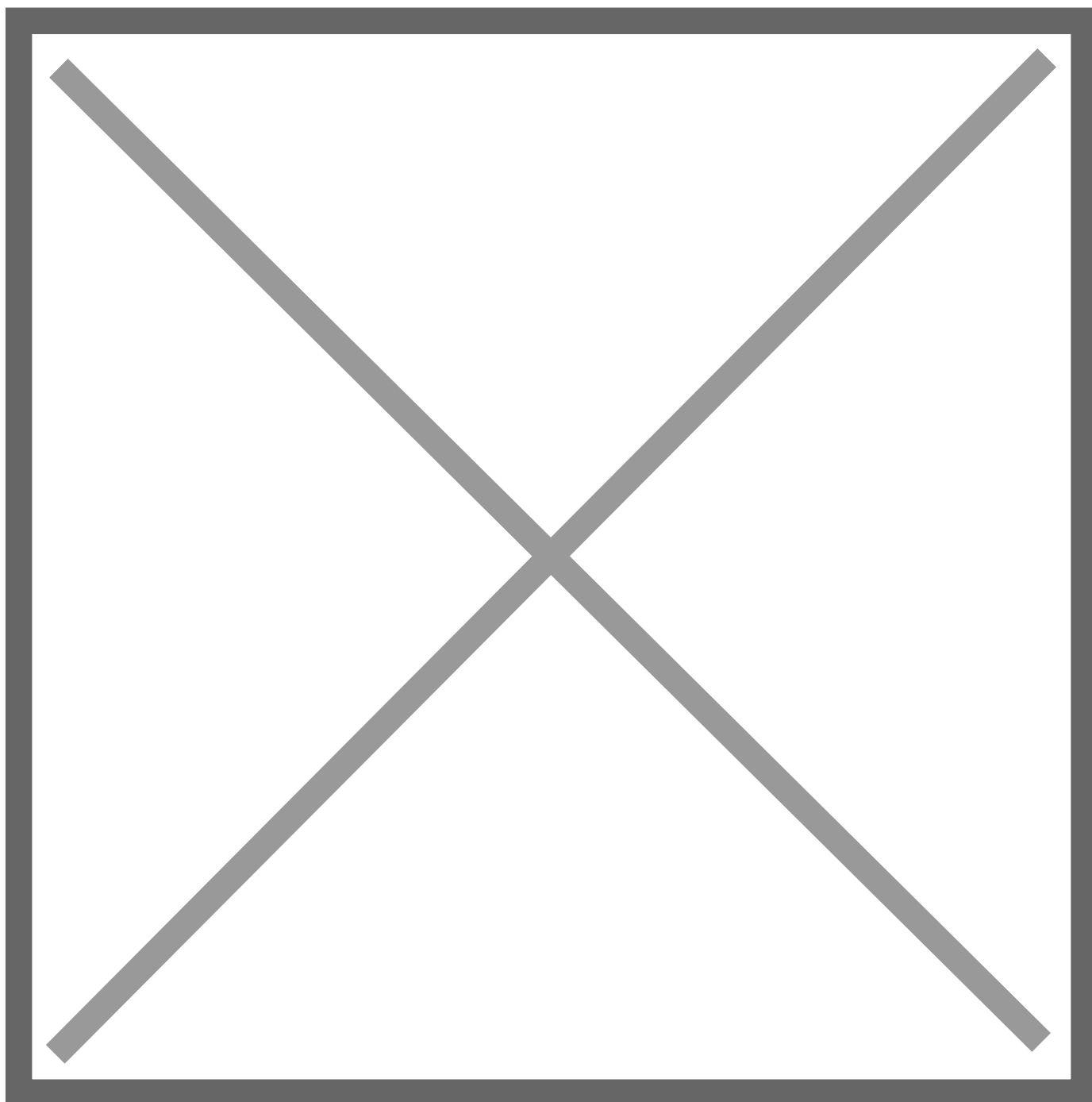


|                      |          |
|----------------------|----------|
| <b>Alder:</b>        | 20+      |
| <b>Area covered:</b> | National |

**Referencer:** 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]

**Definitioner**  
(kun  
tilgængelig  
på engelsk): Incidence per 100,000

## Kvinder, 2022



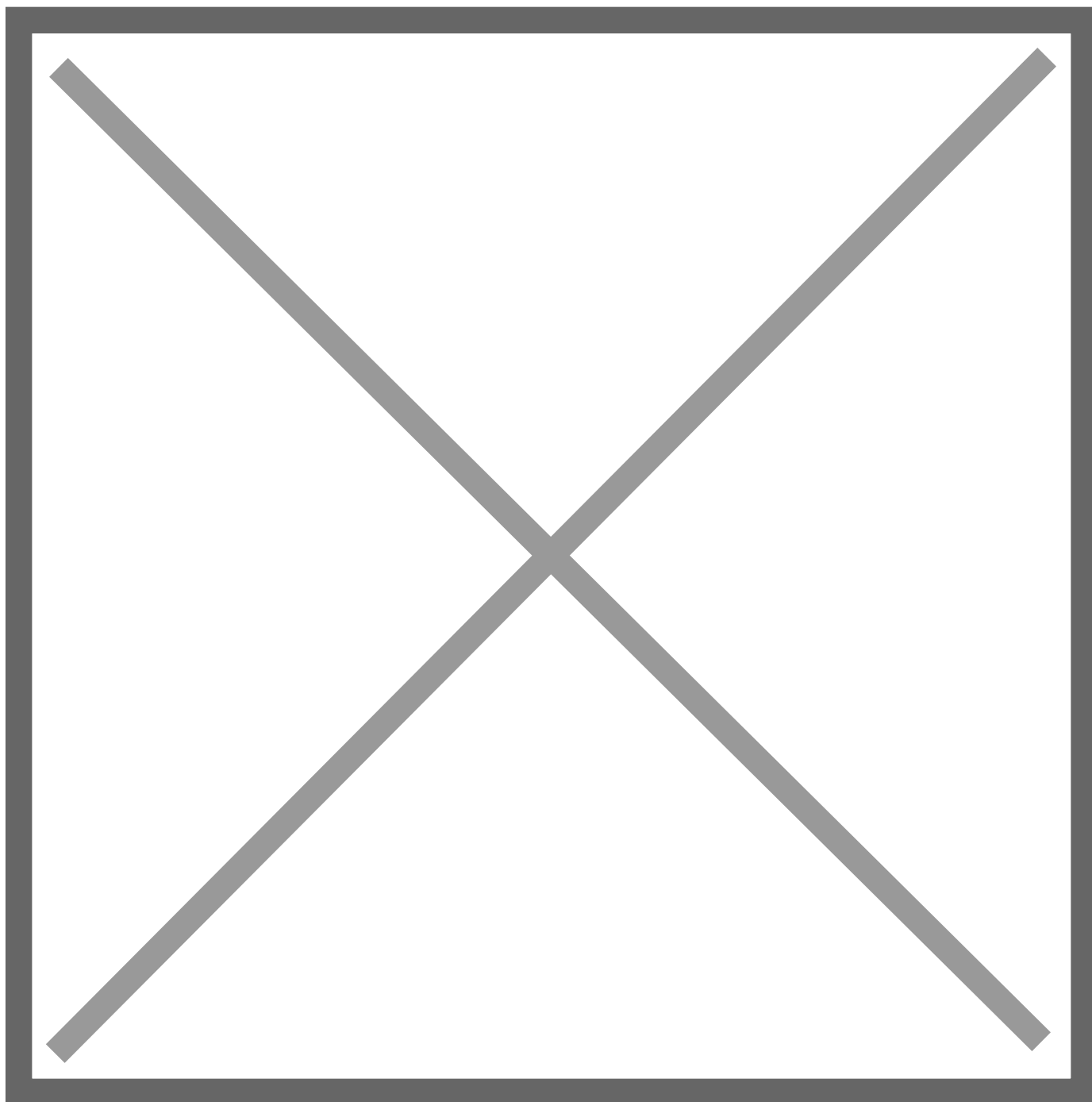
|                      |                                                                                                                                                                                                                                                                                                                                       |
|----------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Alder:</b>        | 20+                                                                                                                                                                                                                                                                                                                                   |
| <b>Area covered:</b> | National                                                                                                                                                                                                                                                                                                                              |
| <b>Referencer:</b>   | 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: <a href="https://gco.iarc.who.int/today">https://gco.iarc.who.int/today</a> , accessed [16.07.24] |

Definitioner  
(kun  
tilgængelig  
på engelsk):

Incidence per 100,000

## Livmoderkraft

Kvinder, 2022



**Alder:** 20+

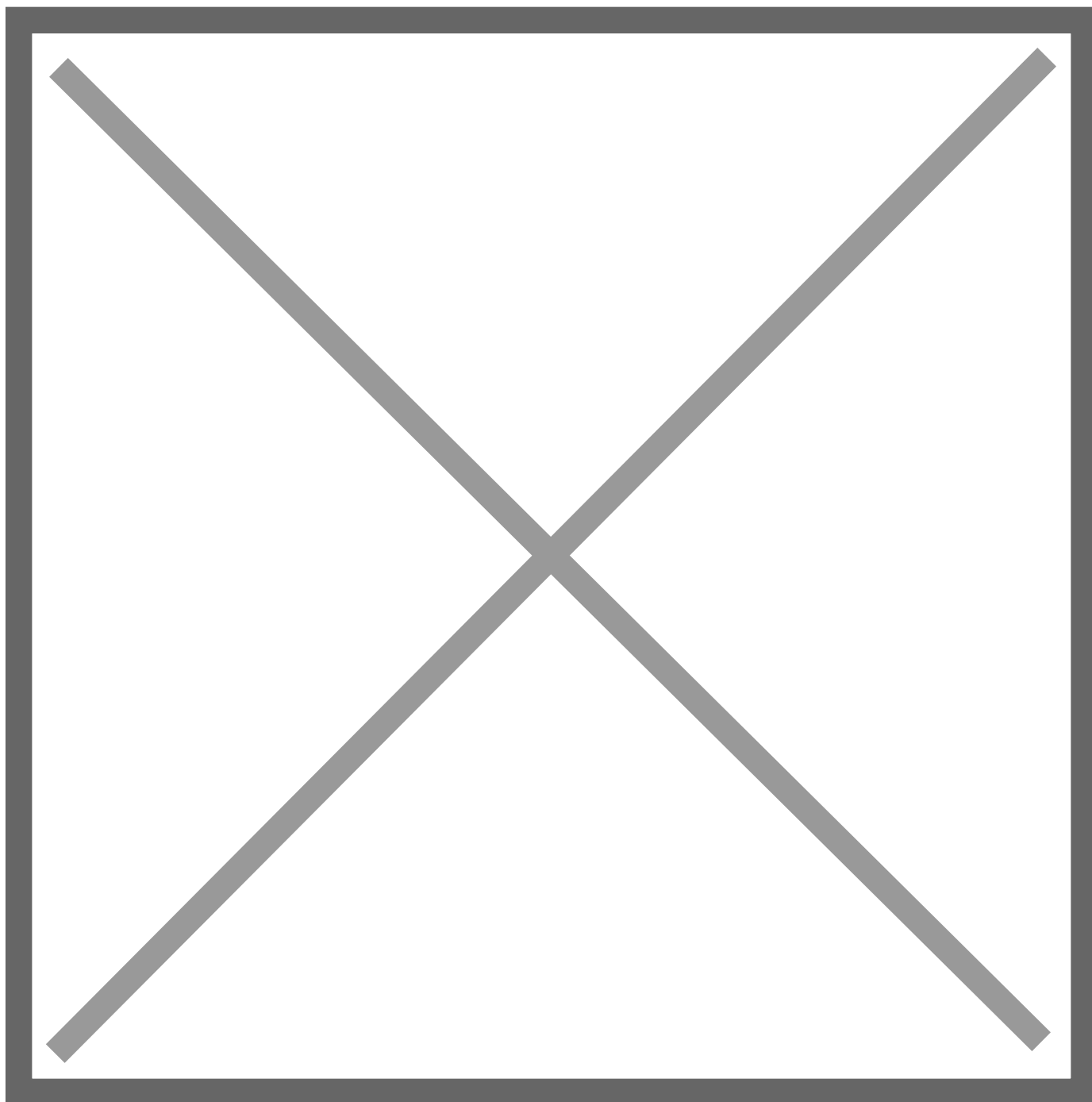
**Referencer:** Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.who.int/today>, accessed [16.07.24]

**Definitioner**  
(kun  
tilgængelig  
på engelsk):

Incidence per 100,000

## Forhøjet blodtryk

Voksne, 2015



### Referencer:

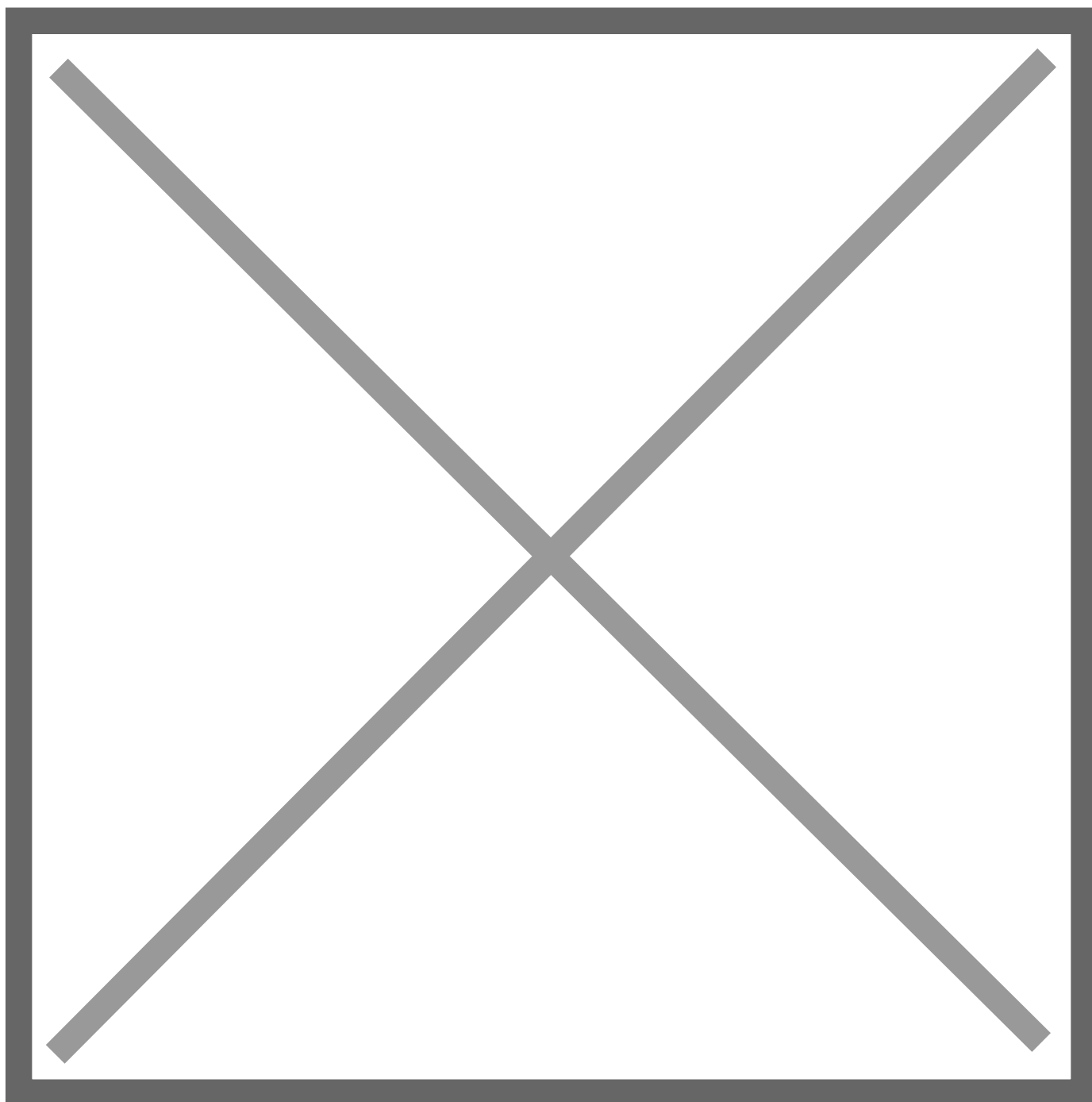
Global Health Observatory data repository, World Health Organisation,  
<http://apps.who.int/gho/data/node.main.A875?lang=en>



**Definitioner**  
(kun  
tilgængelig  
på engelsk):

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

## Månd, 2015



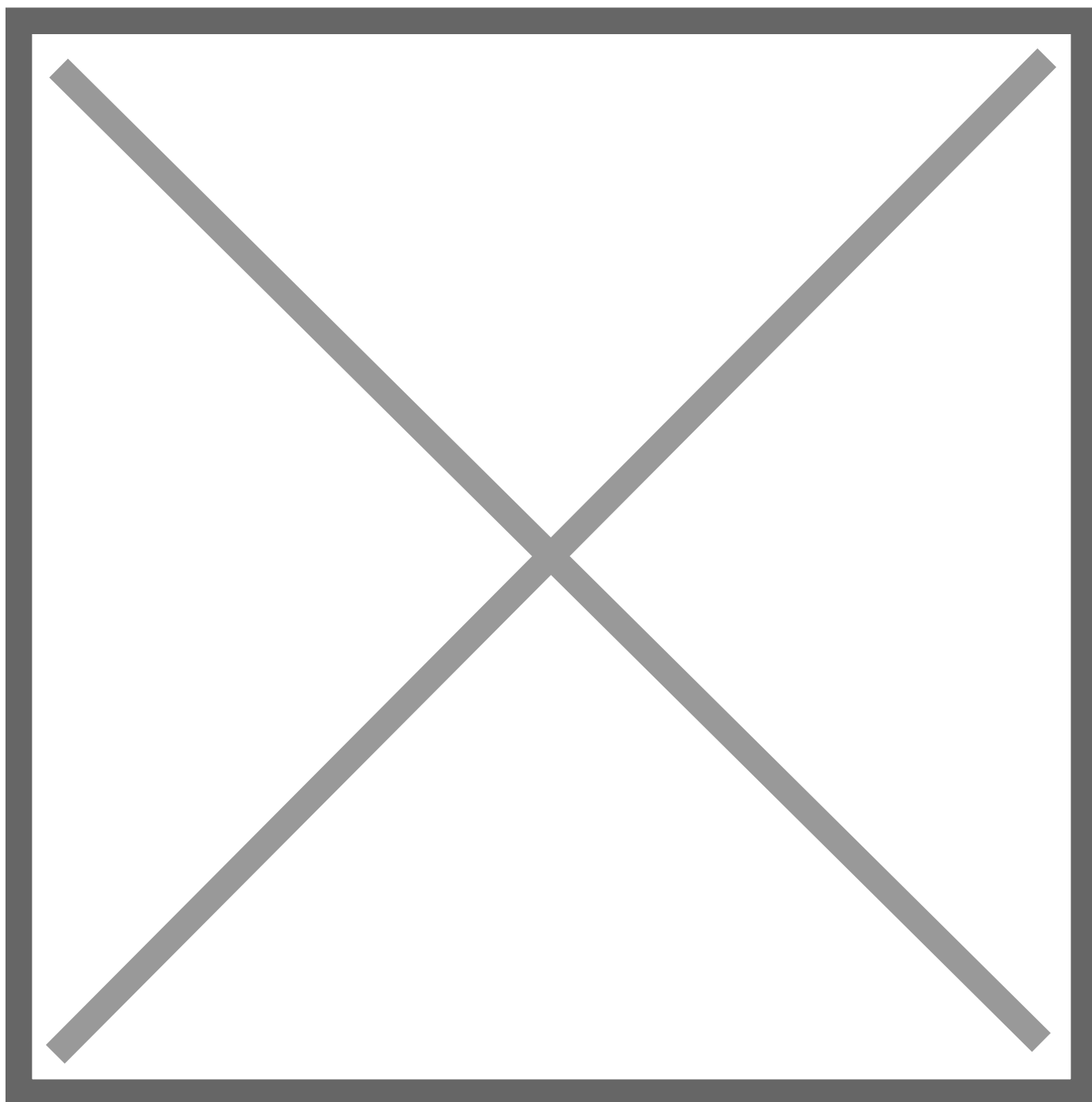
### Referencer:

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

### Definitioner (kun tilgængelig på engelsk):

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

## Kvinder, 2015



### Referencer:

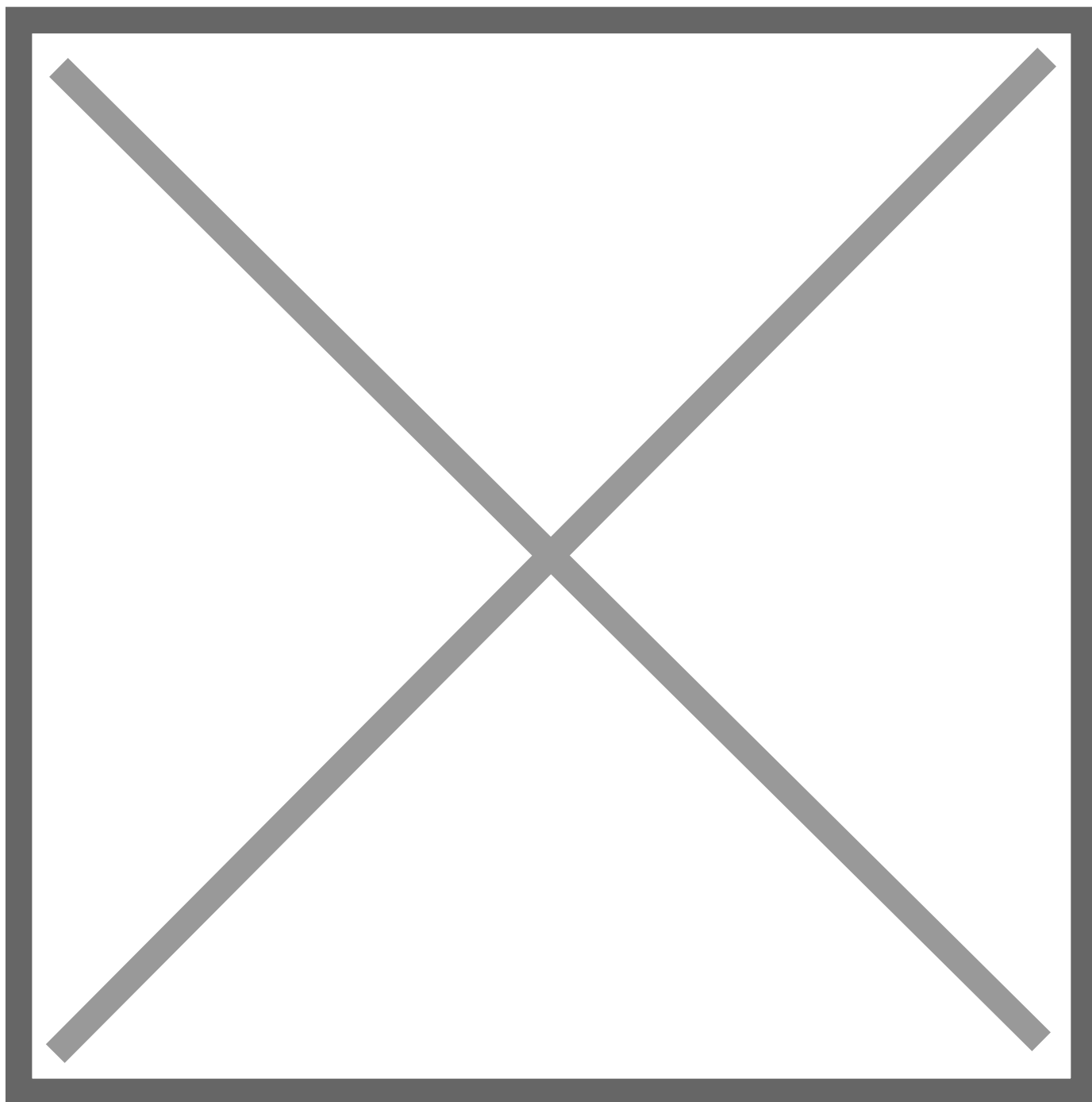
Global Health Observatory data repository, World Health Organisation,  
<http://apps.who.int/gho/data/node.main.A875?lang=en>

### Definitioner (kun tilgængelig på engelsk):

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

## Forh jet kolesterol

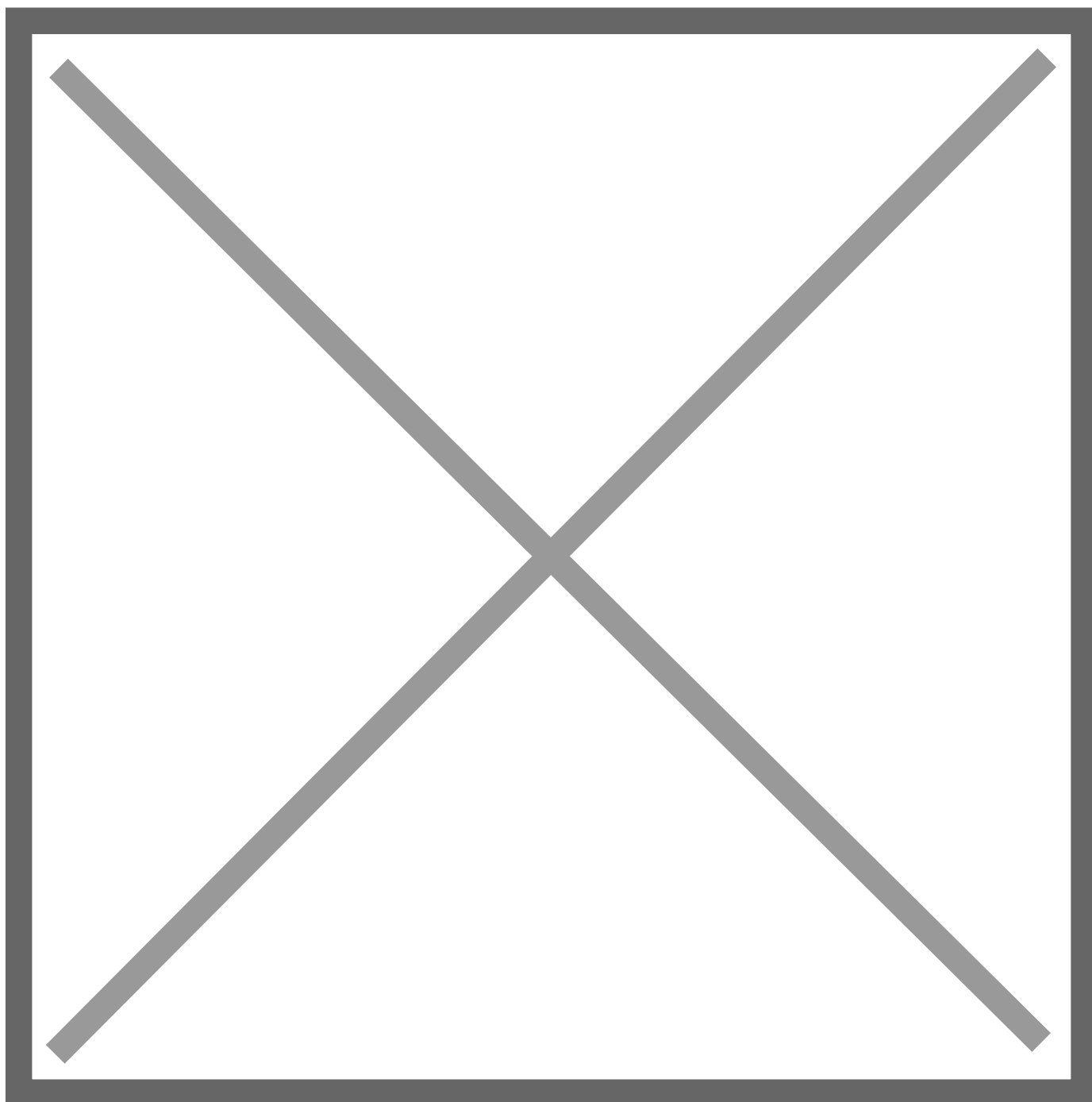
Voksne, 2008



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

**Definitioner**  
(kun tilg ngelig p  engelsk): % Raised total cholesterol ( $\geq 5.0$  mmol/L) (age-standardized estimate).

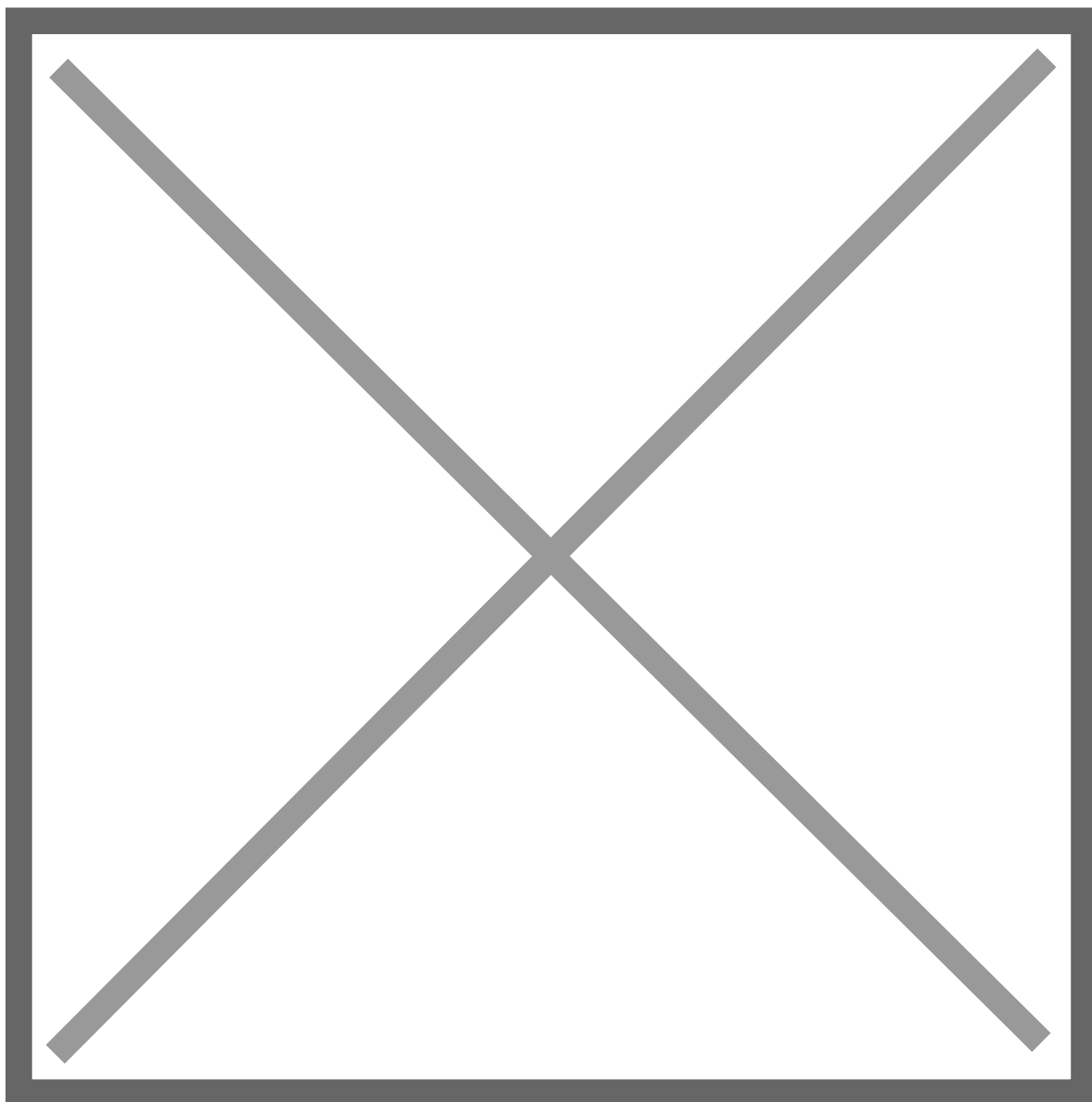
**Månd, 2008**



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

**Definitioner**  
(kun tilgængelig på engelsk): % Raised total cholesterol ( $\geq 5.0$  mmol/L) (age-standardized estimate).

## Kvinder, 2008

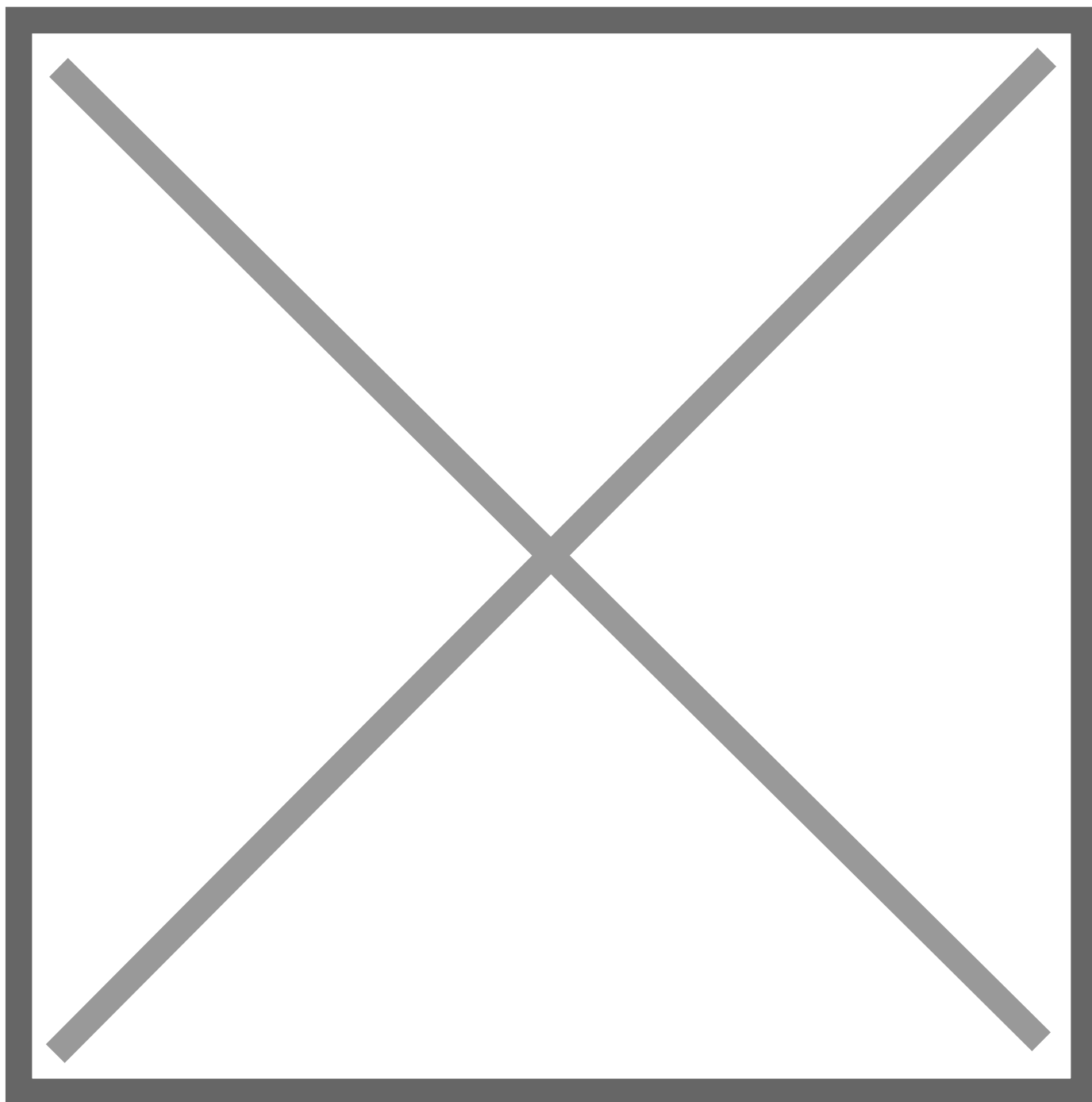


**Referencer:** Global Health Observatory data repository, World Health Organisation, <http://apps.who.int/gho/data/node.main.A885>

**Definitioner**  
(kun tilgængelig på engelsk): % Raised total cholesterol ( $\geq 5.0$  mmol/L) (age-standardized estimate).

## Forh jjet fasteblodsukterniveau

M nd, 2014



**Referencer:**

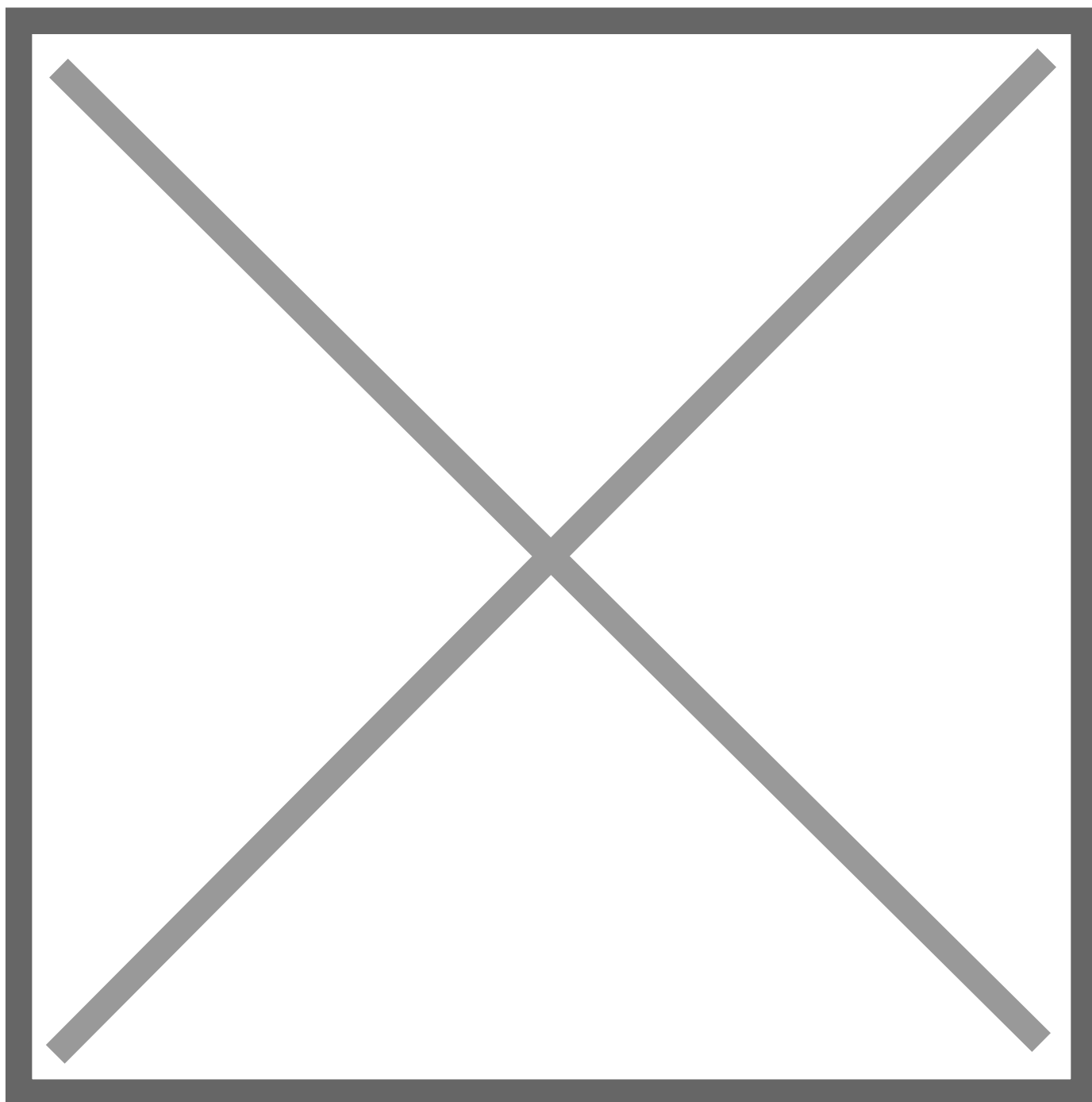
Global Health Observatory data repository, World Health Organisation,  
<http://apps.who.int/gho/data/node.main.A869?lang=en>

**Definitioner**  
(kun  
tilgængelig  
på engelsk):

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



## Kvinder, 2014



### Referencer:

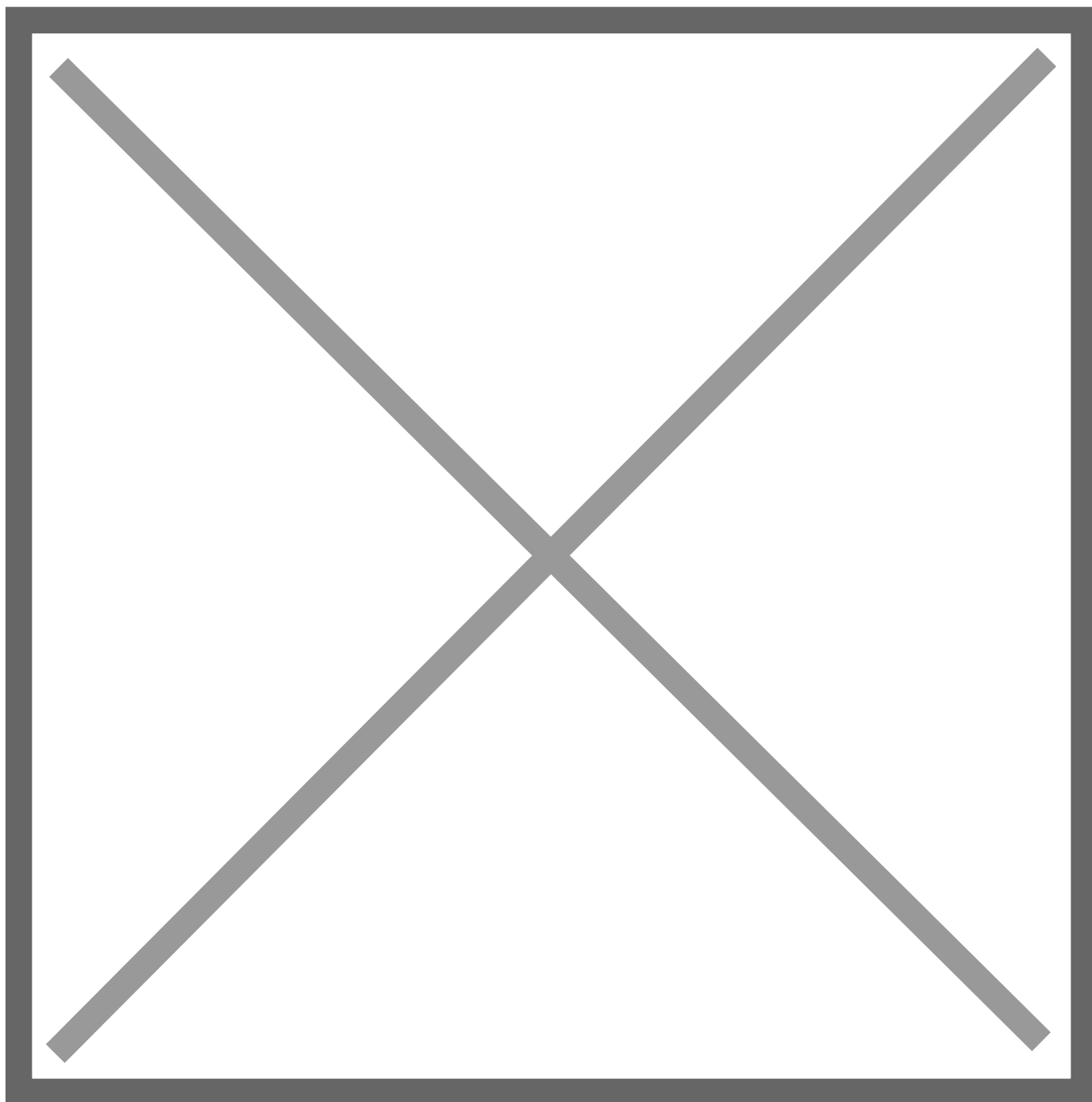
Global Health Observatory data repository, World Health Organisation,  
<http://apps.who.int/gho/data/node.main.A869?lang=en>

### Definitioner (kun tilgængelig på engelsk):

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

## Diabetesprævalens

Voksne, 2024



**Referencer:**

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