



WHO Ameerika piirkond

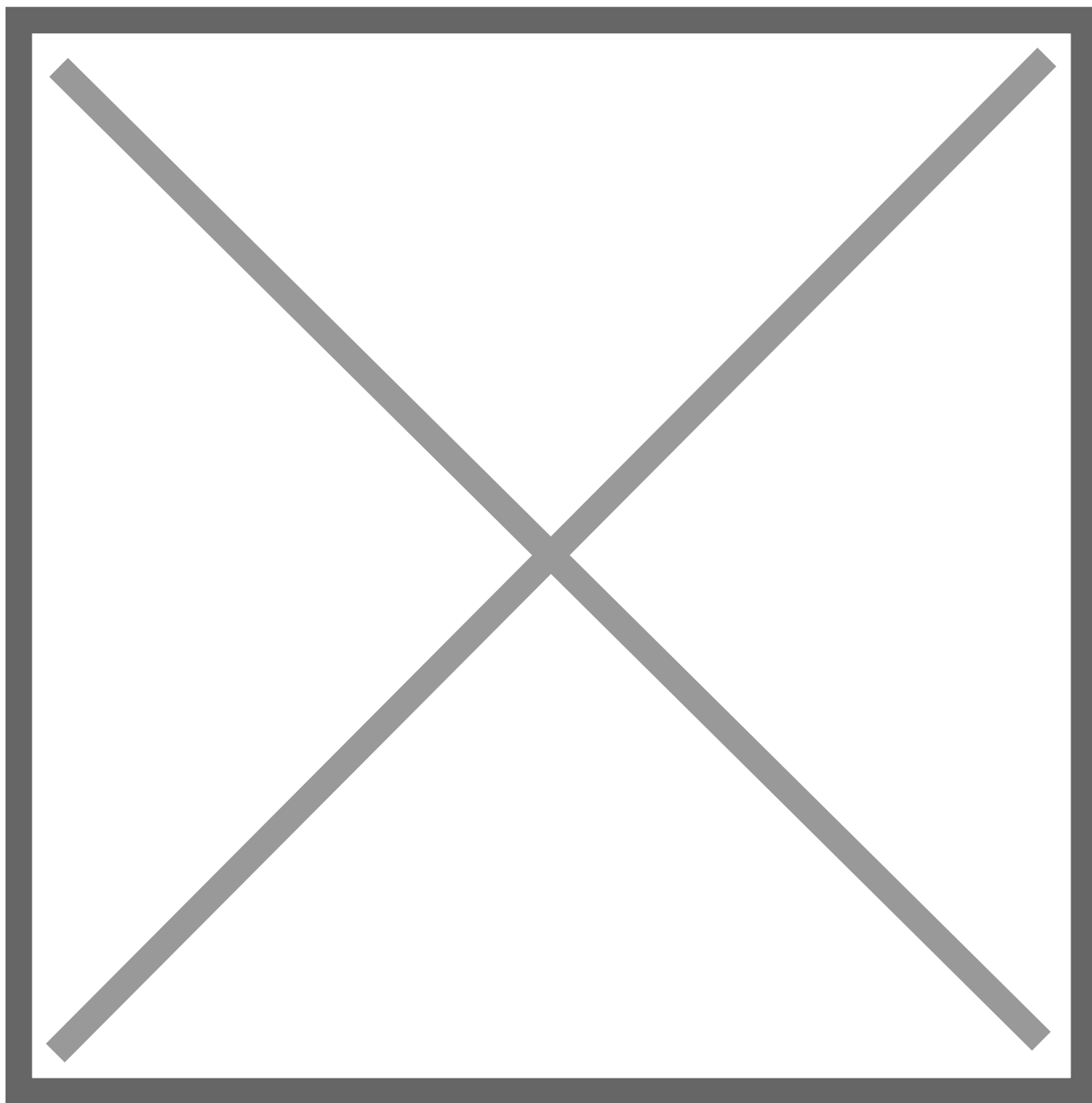
Regional report card - adults

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/>.

Rasvumise levimus

Täiskasvanud



**Uuringu
tähtsime:**

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

Märkused:

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

Kui ei ole märgitud teisiti, tähendab 1/4lekaal KMI vahemikku 25 kg ja 29,9 kg/m², rasvumine KMI-t 1/4le 30 kg/m².

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

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

Kui ei ole m  rgitud teisiti, t  hendab    lekaal KMI vahemikku 25 kg ja 29,9 kg/m   , rasvumine KMI-t    le 30 kg/m   .

A large, thick, gray 'X' mark is drawn across the entire page, from corner to corner, indicating that the content has been removed or is a placeholder.

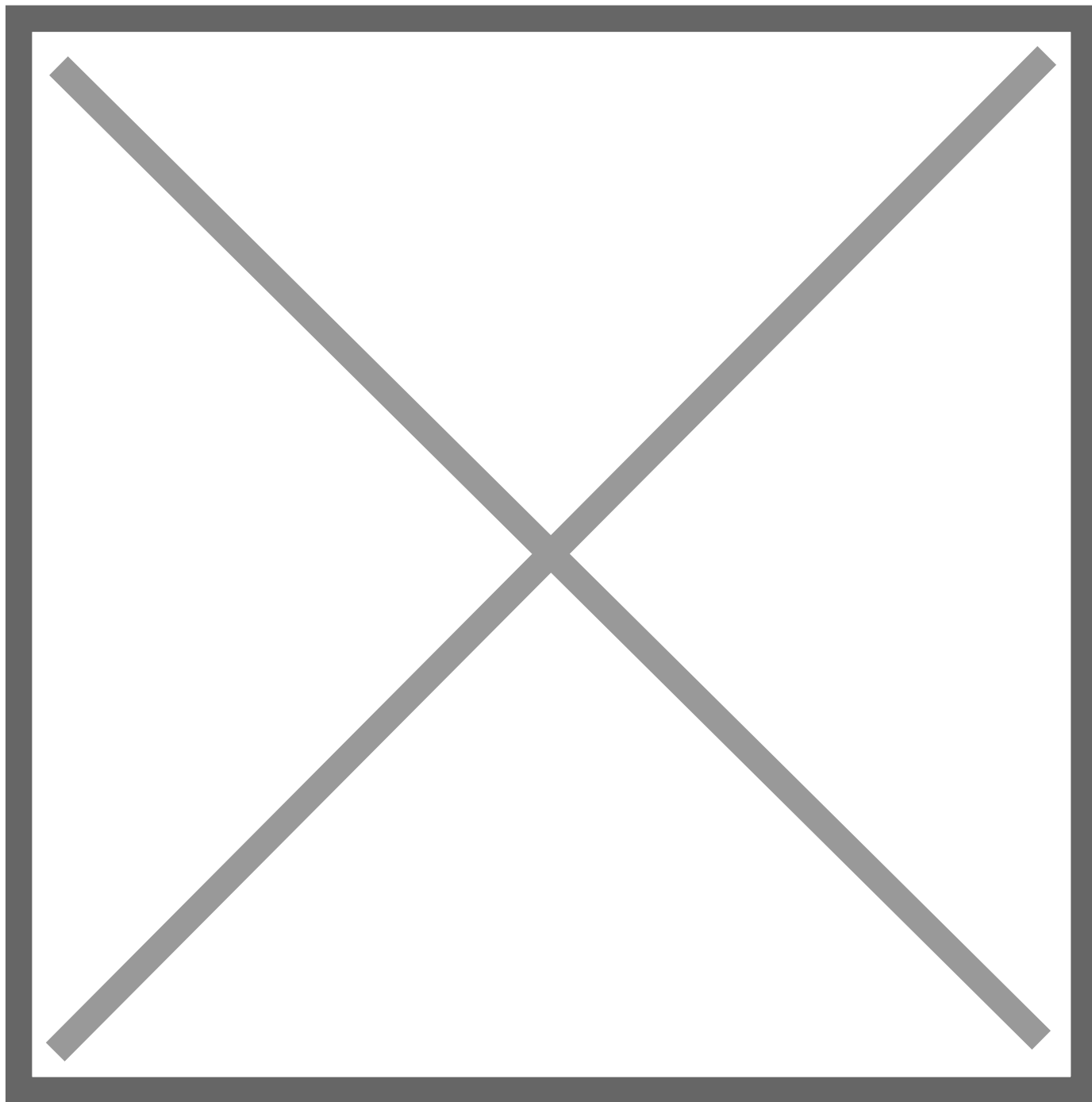
Countries marked with a * are using self-reported data.

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

Kui ei ole m  rgitud teisiti, t  hendab    lekaal KMI vahemikku 25 kg ja 29,9 kg/m   , rasvumine KMI-t    le 30 kg/m   .

Ebapiisav aktiivsus

Täiskasvanud, 2016-2022



**Uuringu
tähtsusp:**

Ise teatatud

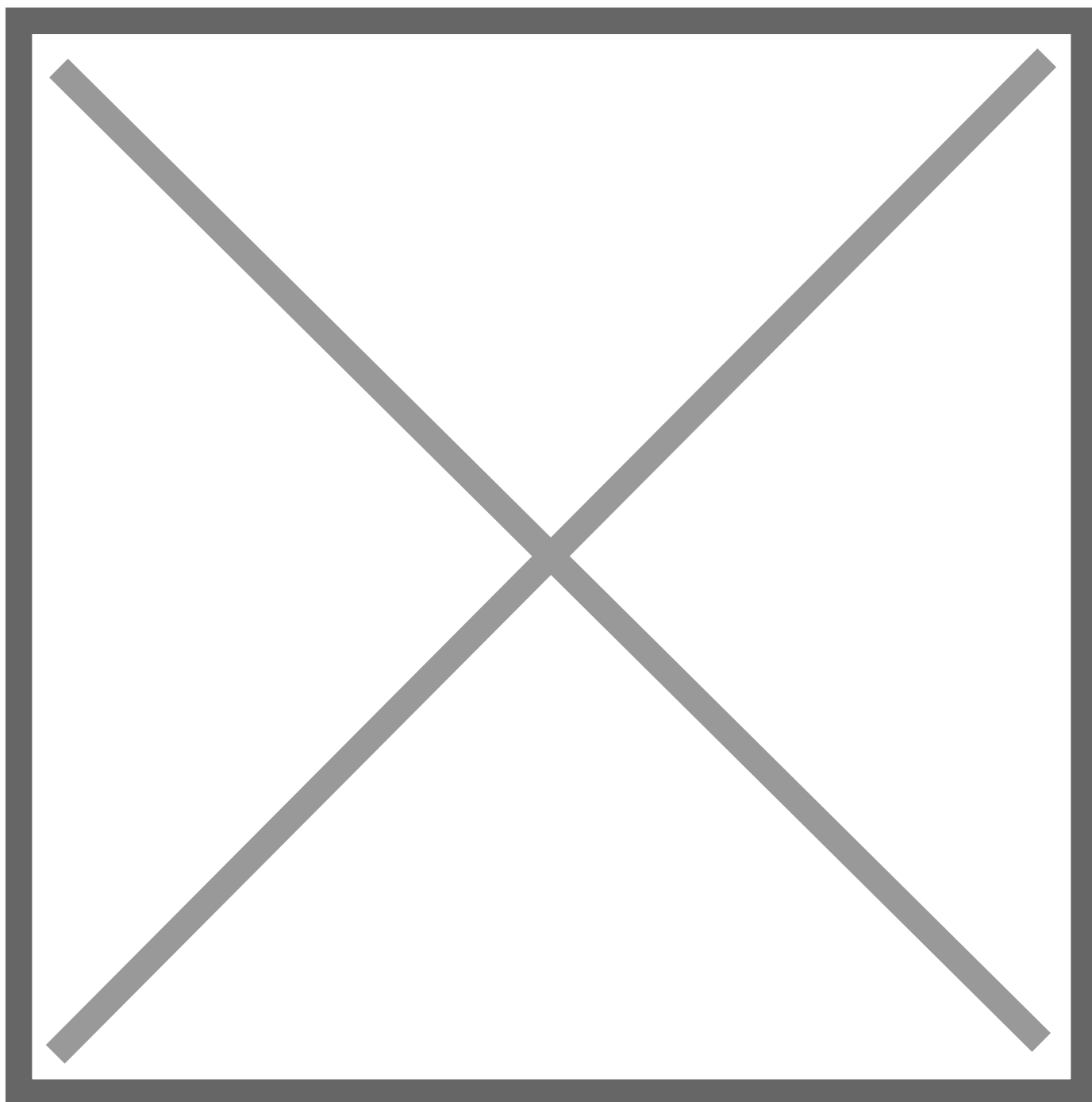
**Hõlmatud
piirkond:**

Riiklik

Viited: 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)-(-))

Mõisted: 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.

Mehed, 2016-2022



Uuringu
tähtsusp:

Ise teatatud

Hõlmatud
piirkond:

Riiklik

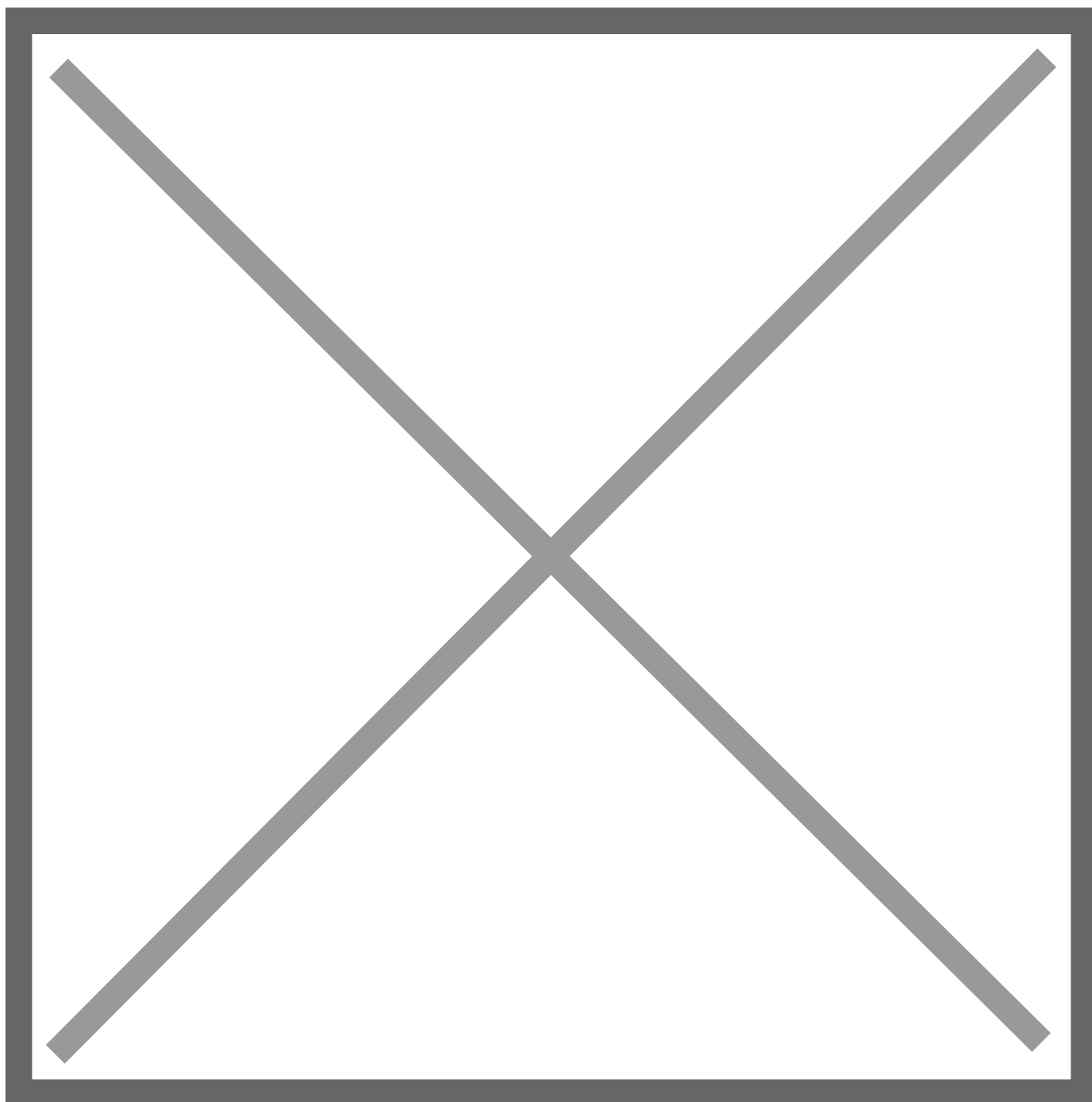
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WHO (2024). Prevalence of insufficient physical activity among adults aged 18-years age-standardized estimate in 2022.
Available at [https://www.who.int/data/gho/data/indicators/indicator-details/GHO/prevalence-of-insufficient-physical-activity-among-adults-aged-18-years-\(age-standardized-estimate\)-\(-\)](ht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

Mõisted:

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.

Naised, 2016-2022



Uuringu
tähtsusp:

Ise teatatud

Hõlmatud
piirkond:

Riiklik

Viited:

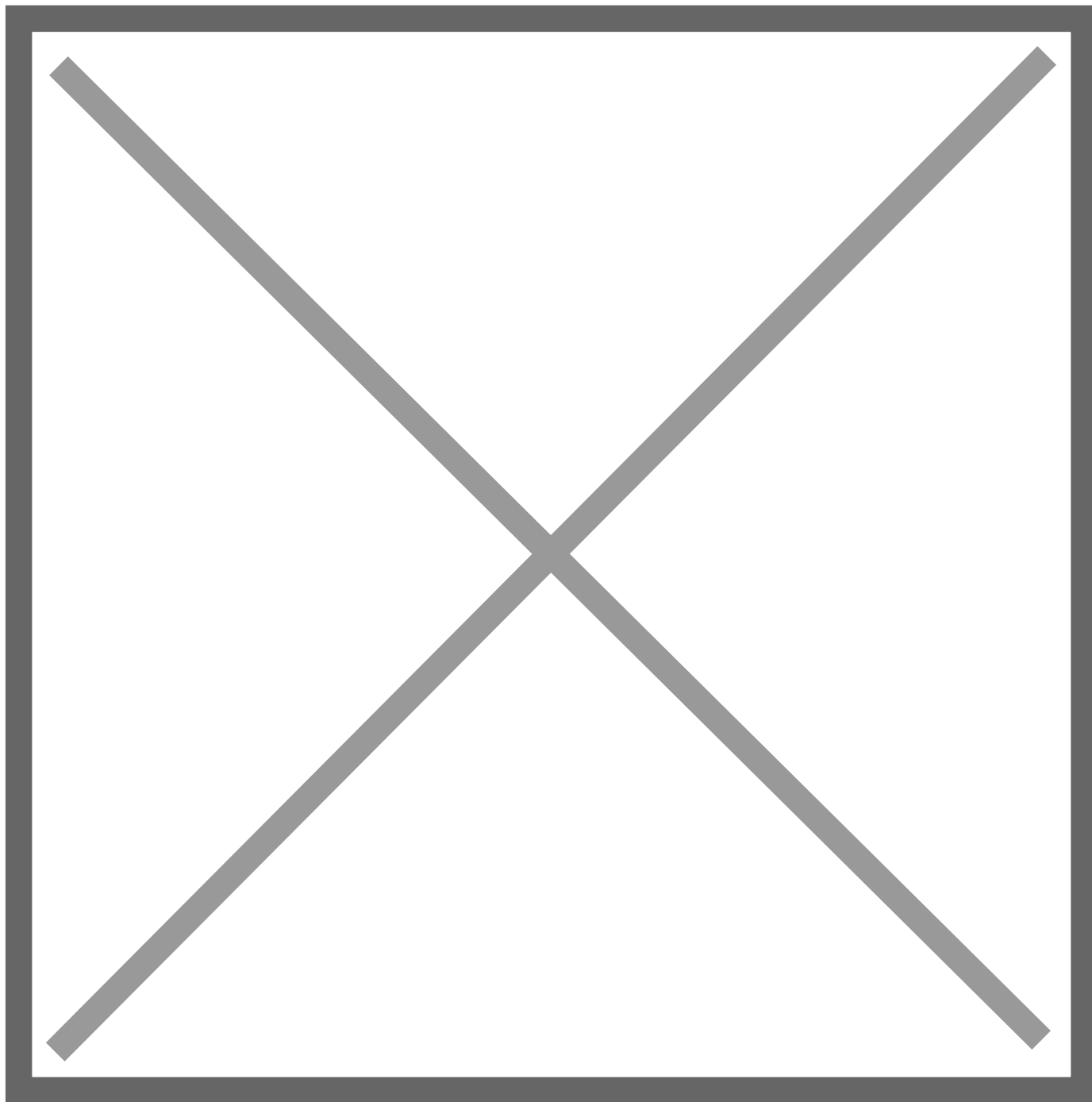
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Available at [https://www.who.int/data/gho/data/indicators/indicator-details/GHO/prevalence-of-insufficient-physical-activity-among-adults-aged-18-years-\(age-standardized-estimate\)-\(-\)](https://www.who.int/data/gho/data/indicators/indicator-details/GHO/prevalence-of-insufficient-physical-activity-among-adu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

Mõisted:

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.

Hinnanguline puuvilja tarbimine inimese kohta

Täiskasvanud, 2017



**Uuringu
tähtsusp:**

Määdetud

Vanus:

25+

Viited:

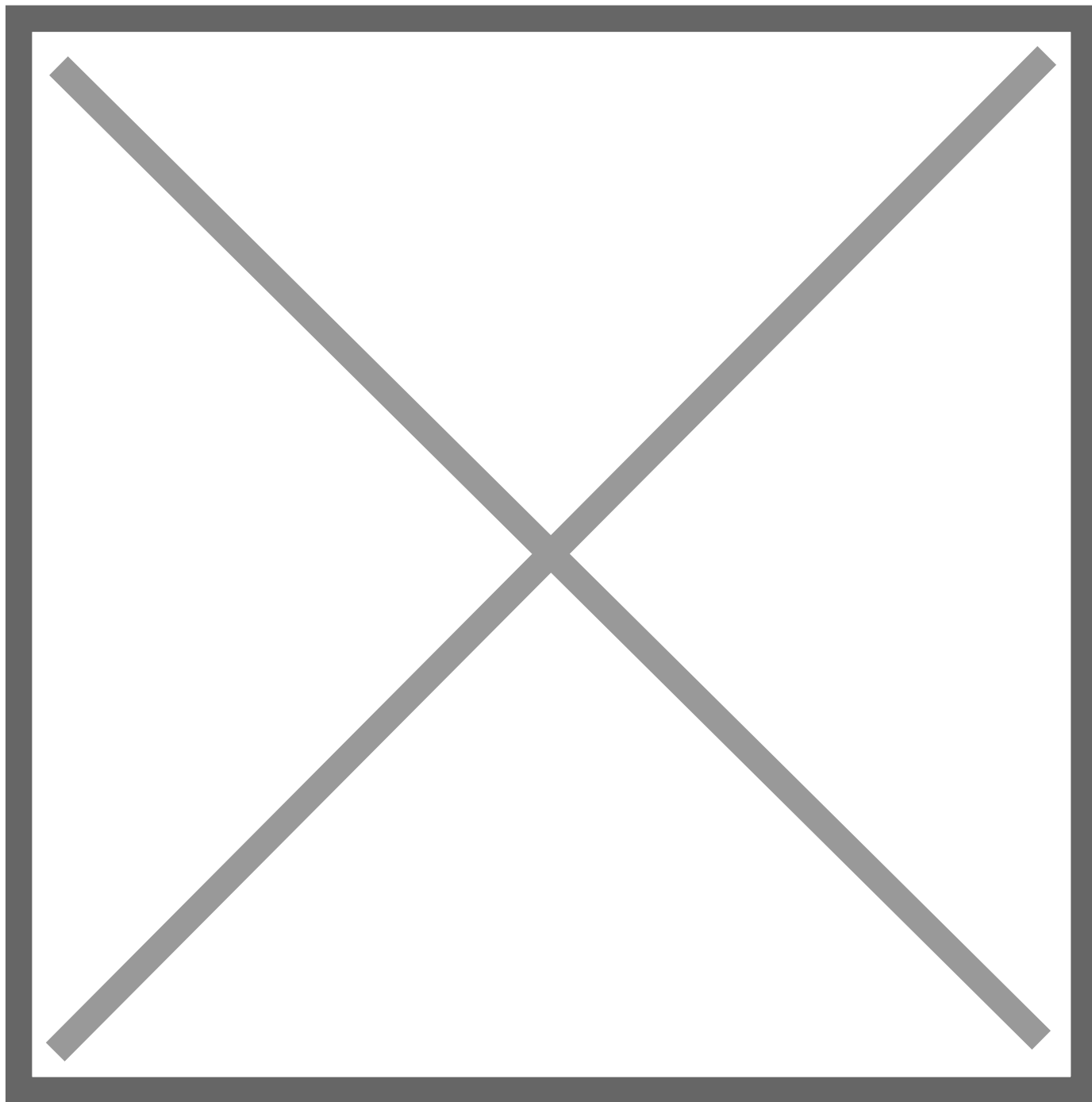
Global Burden of Disease, the Institute for Health Metrics and Evaluation <http://ghdx.healthdata.org/>

Mõisted:

Estimated per-capita fruit intake (g/day)

Hinnanguline tÄ¶Ä¶deldud liha tarbimine inimese kohta

TÄiskasvanud, 2017



**Uuringu
tÄ¶Ä¶p:**

MÄdetud

Vanus:

25+

Viited:

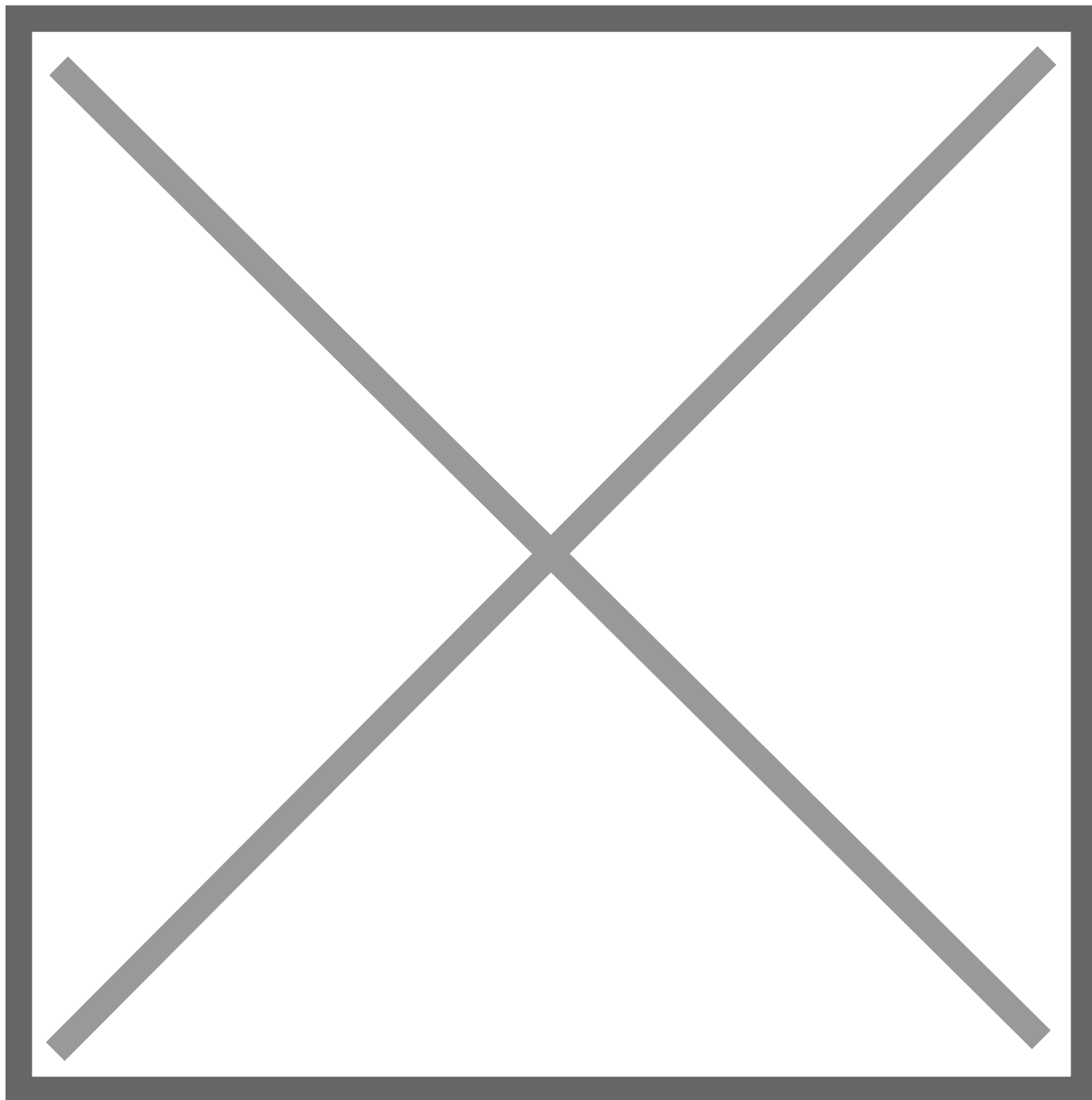
Global Burden of Disease, the Institute for Health Metrics and Evaluation <http://ghdx.healthdata.org/>

Mõisted:

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

Hinnanguline tÄisteratoodete tarbimine inimese kohta

TÄiskasvanud, 2017



**Uuringu
tÄistap:**

MÄdetud

Vanus:

25+

Viited:

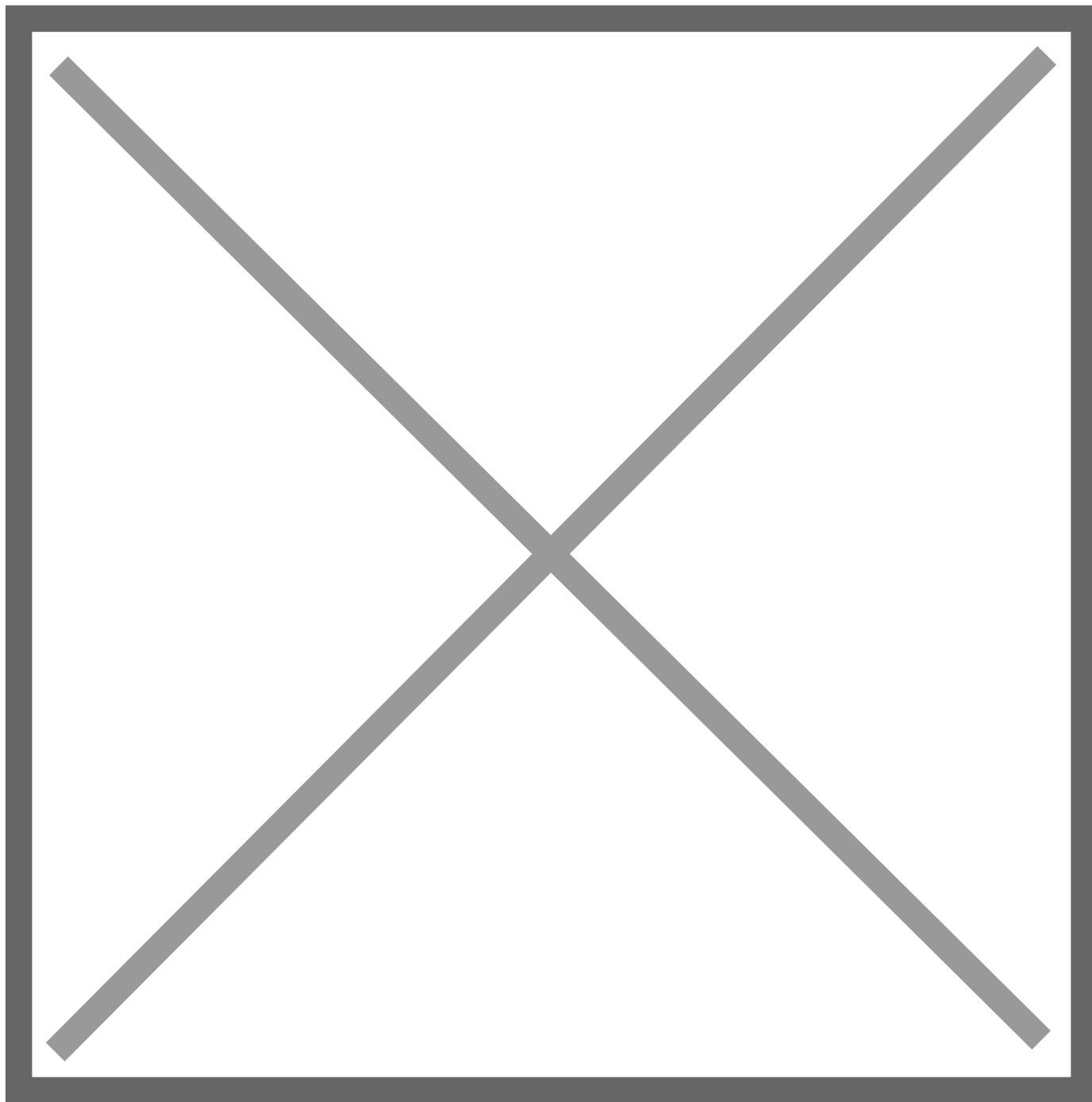
Global Burden of Disease, the Institute for Health Metrics and Evaluation <http://ghdx.healthdata.org/>

Mõisted:

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

Vaimne tervis - depressiivsed häired

Täiskasvanud, 2021



Häälmatud
piirkond:

Riiklik

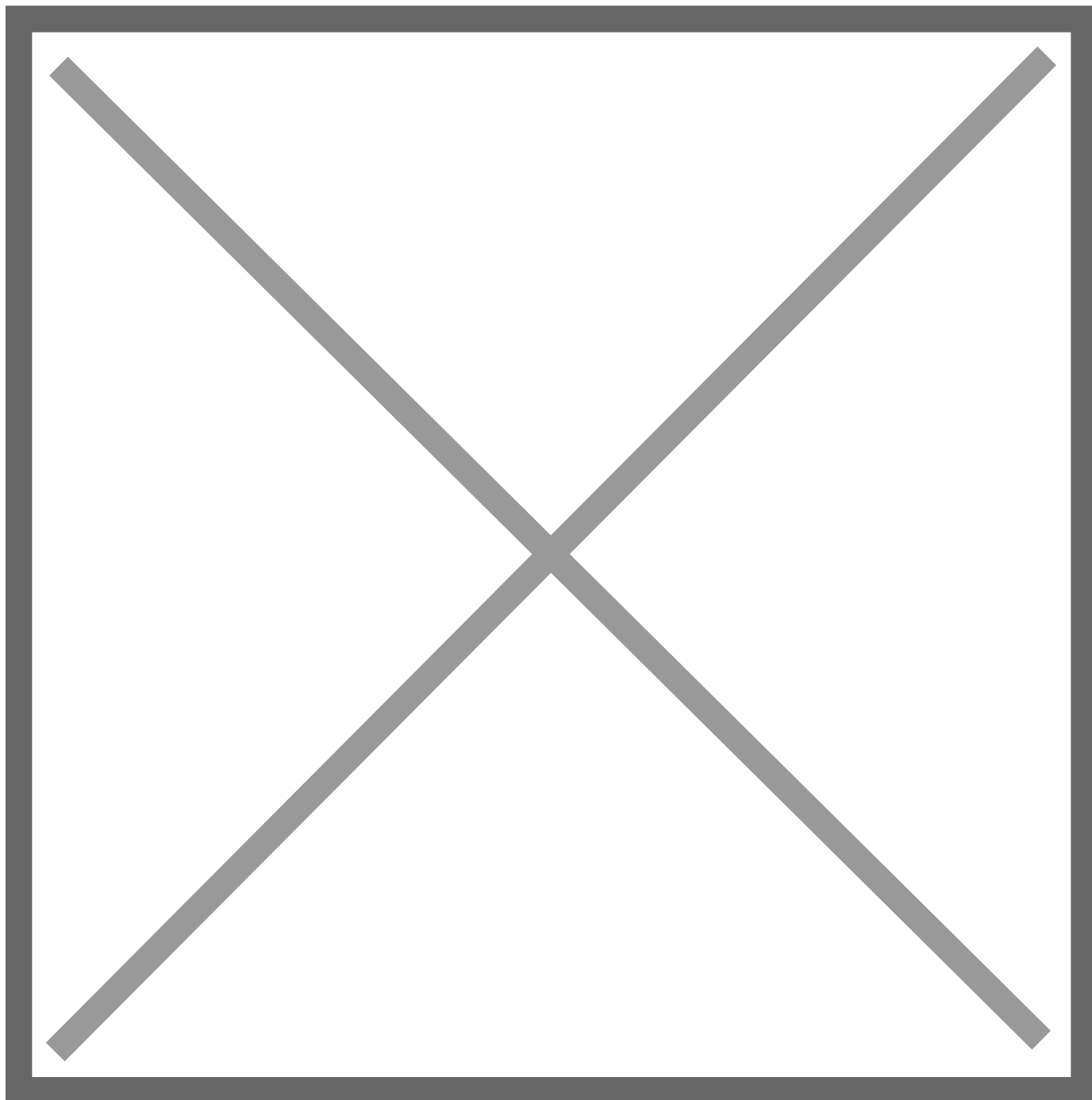
Viited:

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)

Mõisted:

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

Mehed, 2021



Häälmatud
piirkond:

Riiklik

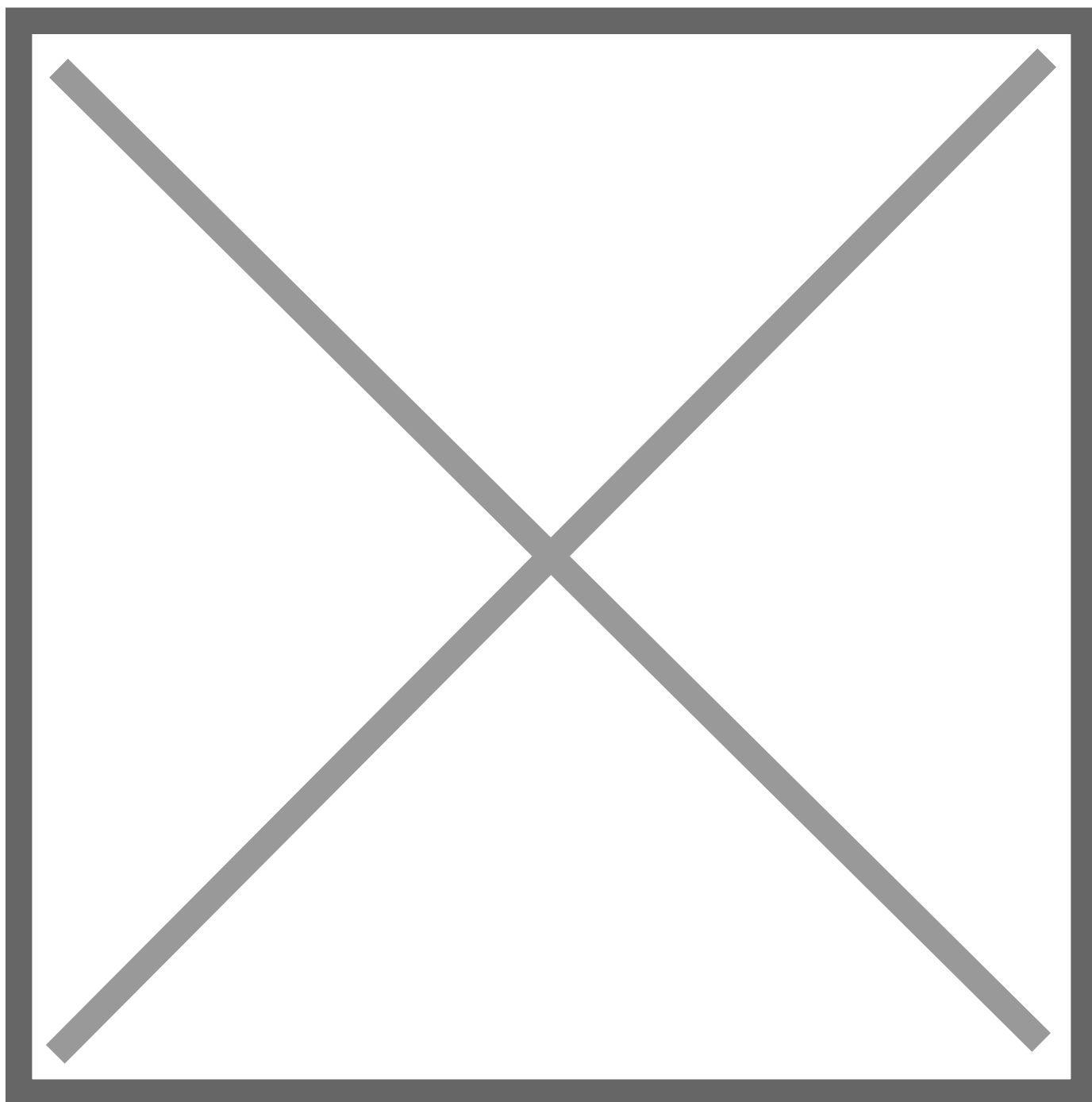
Viited:

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)

Mõisted:

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

Naised, 2021

**HÄälmatud
piirkond:**

Riiklik

Viited:

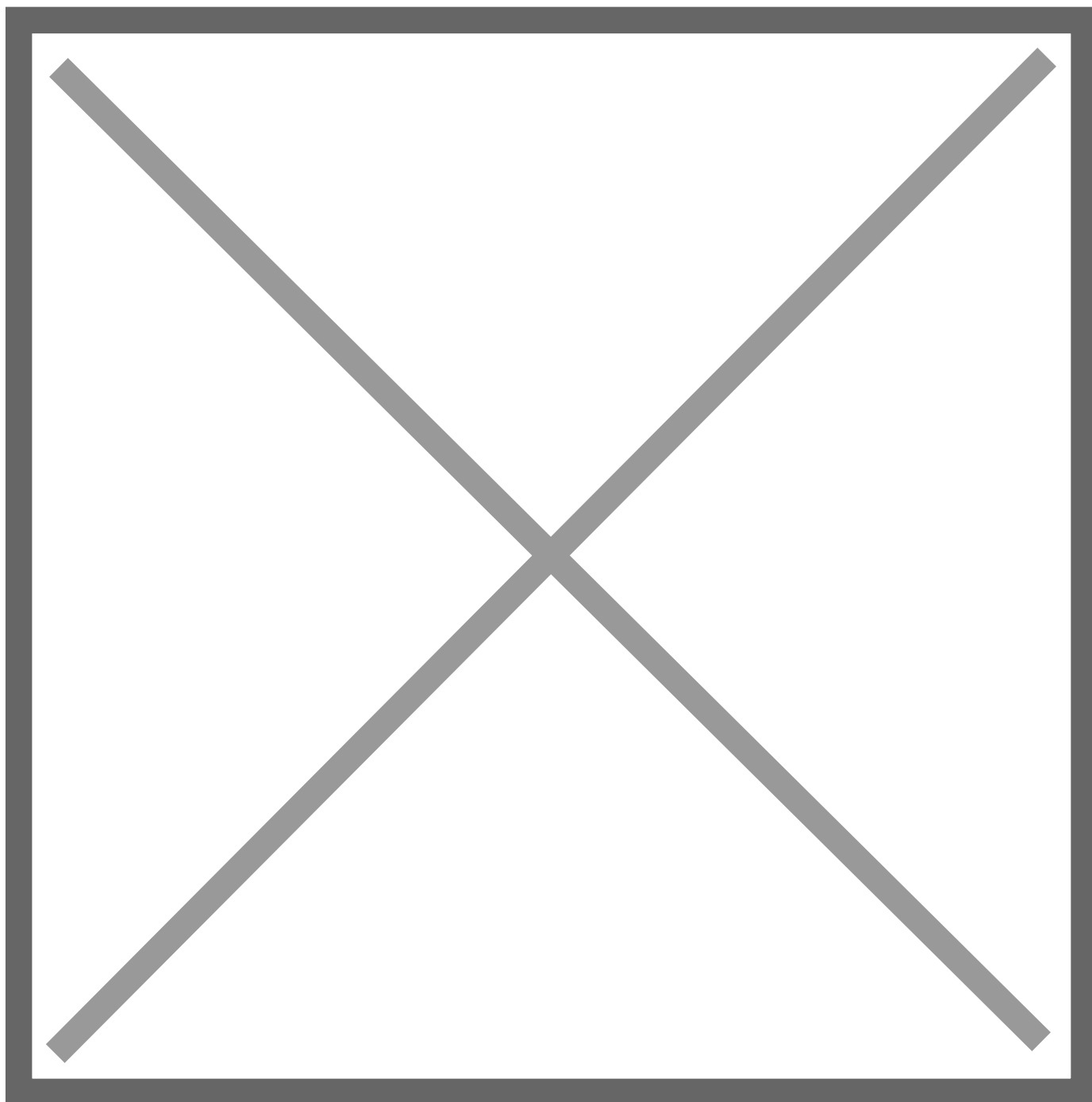
Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

Mõisted:

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

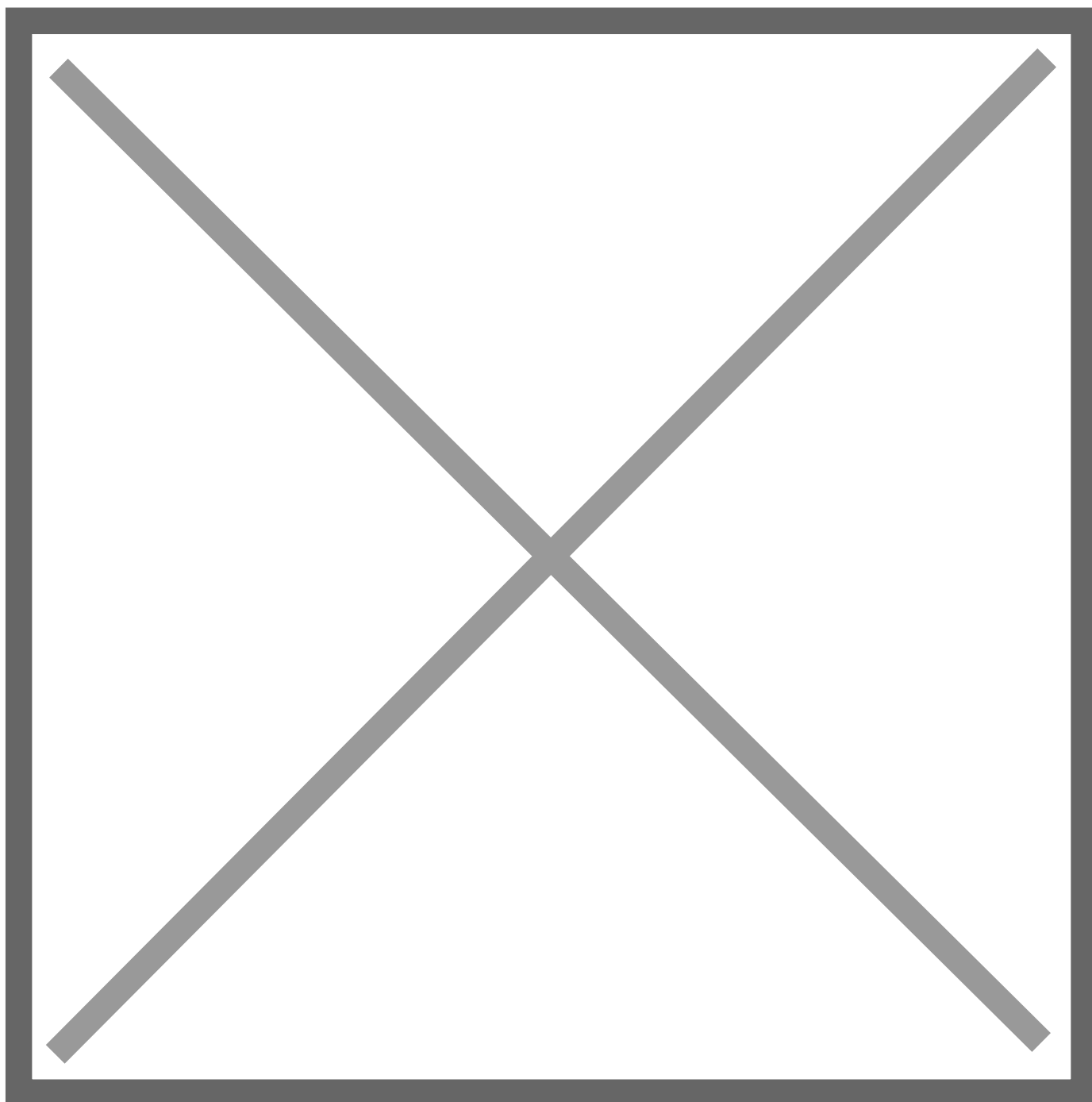
Vaimne tervis - Ärevushäired

Täiskasvanud, 2021



Vanus:	20+
Viited:	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).
Mõisted:	Number living with anxiety per 100,000 population

Mehed, 2021

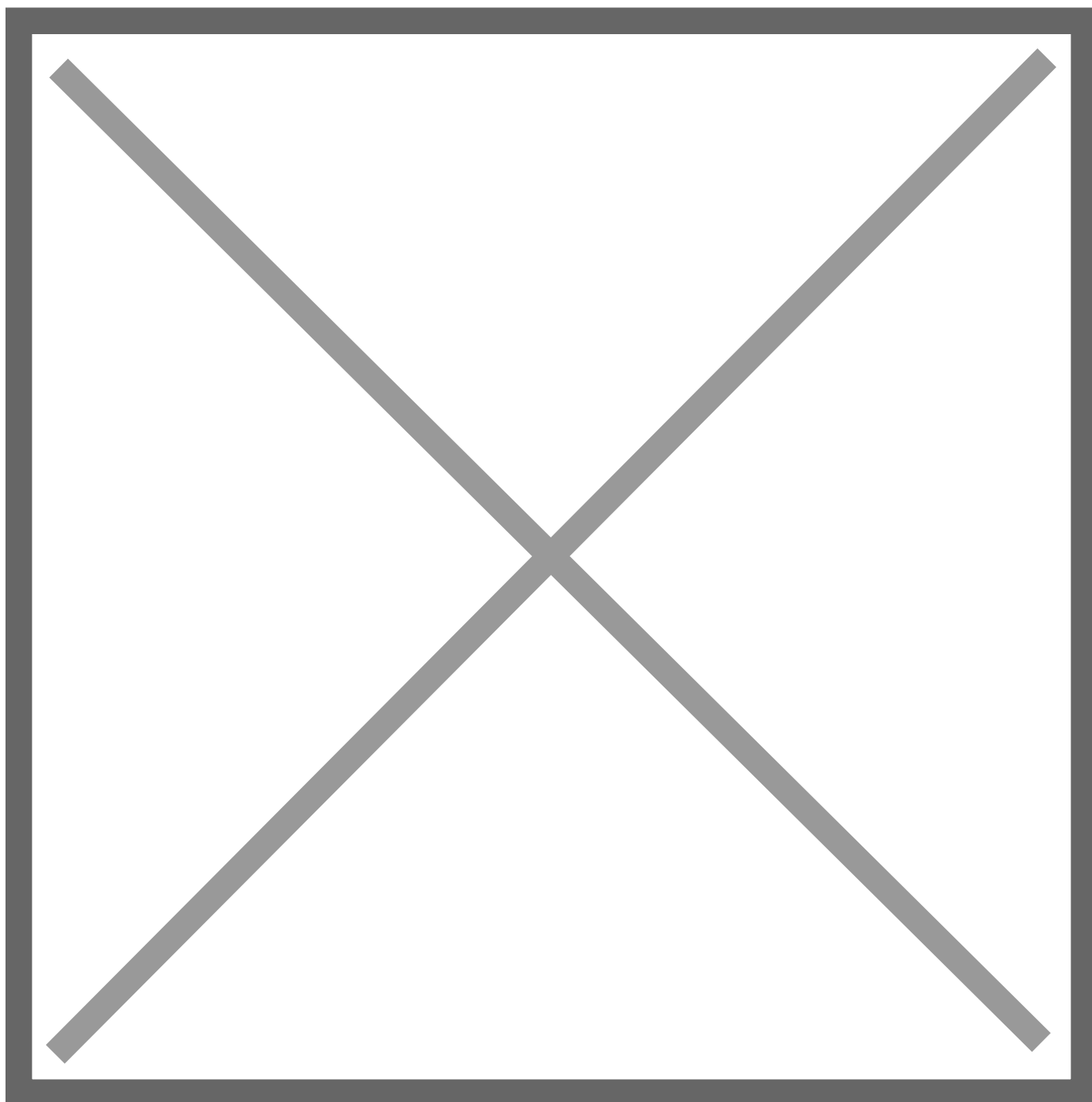


Vanus: 20+

Viited: 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).

Mõisted: Number living with anxiety per 100,000 population

Naised, 2021



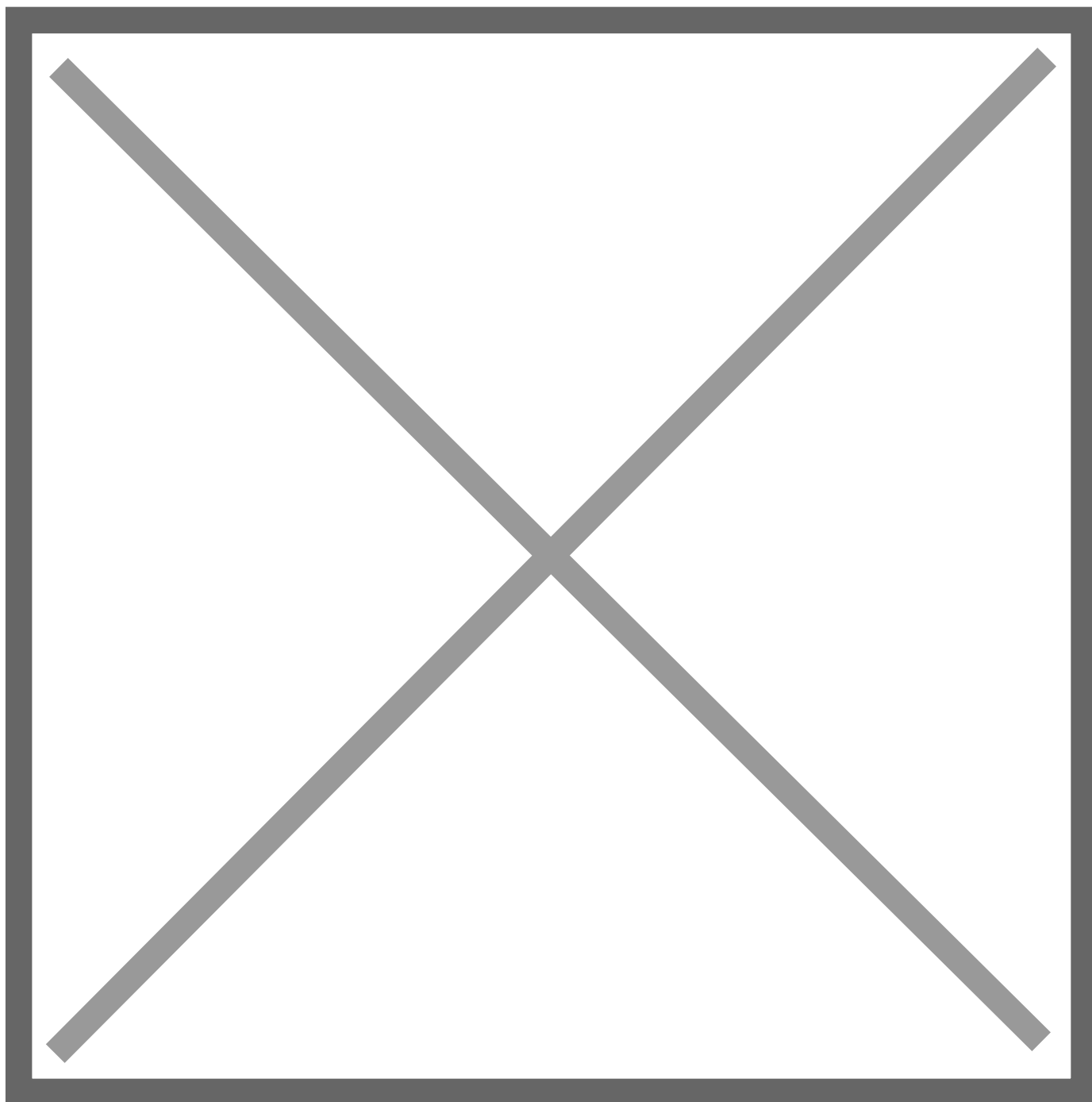
Vanus: 20+

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Mõisted: Number living with anxiety per 100,000 population

Sõltuvust

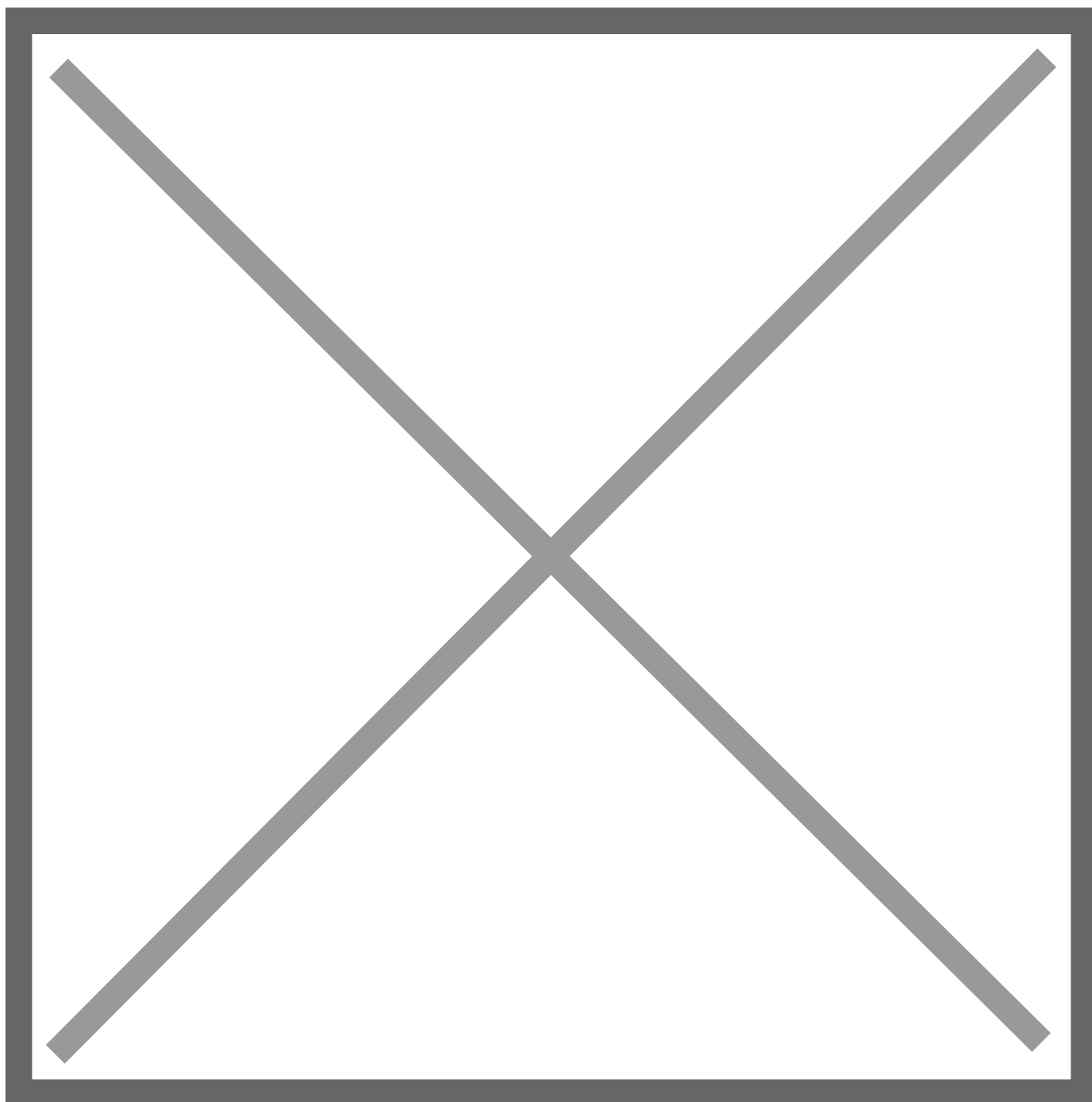
Mehed, 2022



Vanus:	20+
Hõlmatud piirkond:	Riiklik

Viited:	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]
Mõisted:	Indicence per 100,000

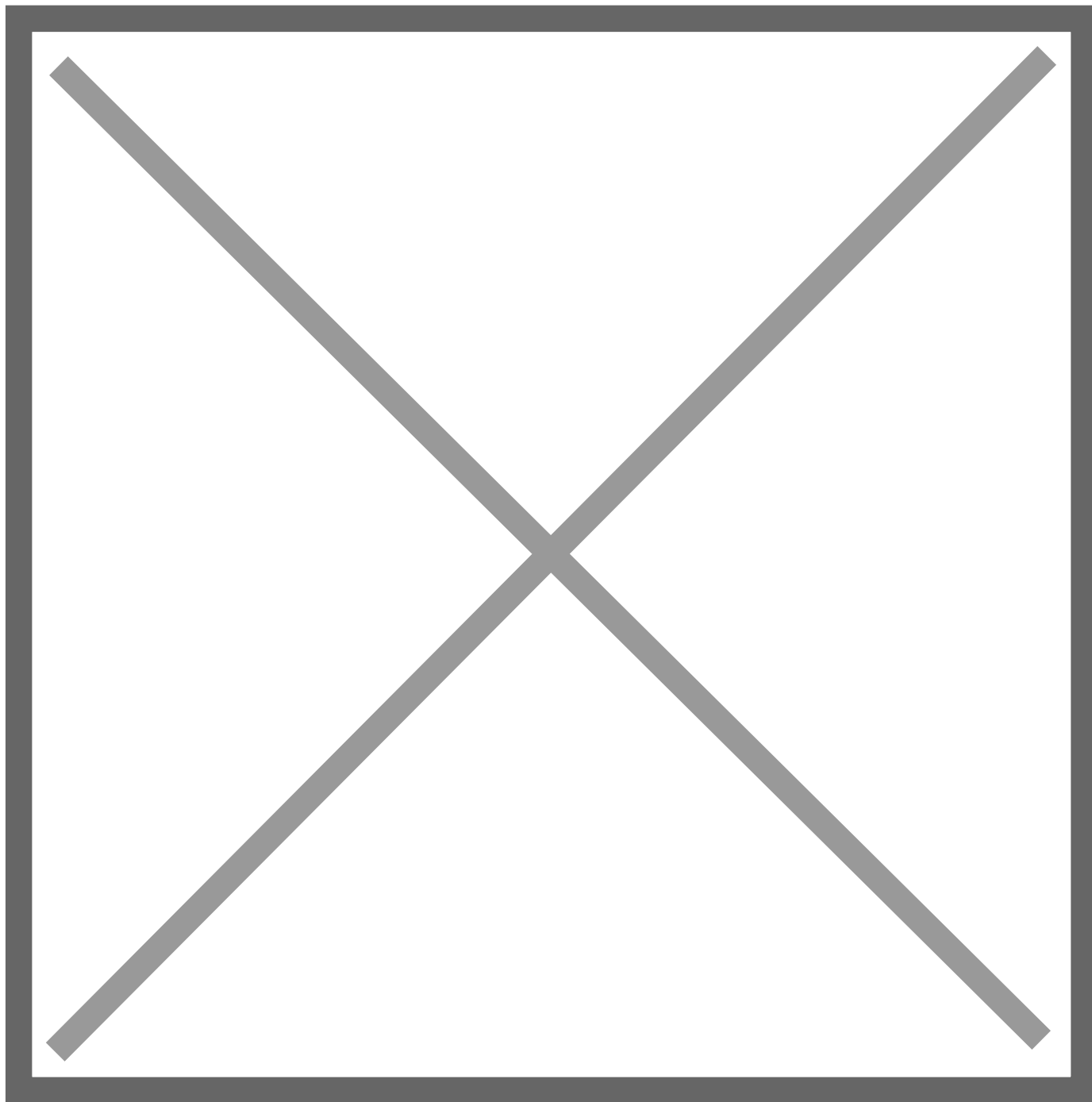
Naised, 2022



Vanus:	20+
Häälmatud piirkond:	Riiklik
Viited:	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]
Mõisted:	Indicence per 100,000

Rinnavõrk

Naised, 2022



**Hõlmatud
piirkond:**

Riiklik

Viited:

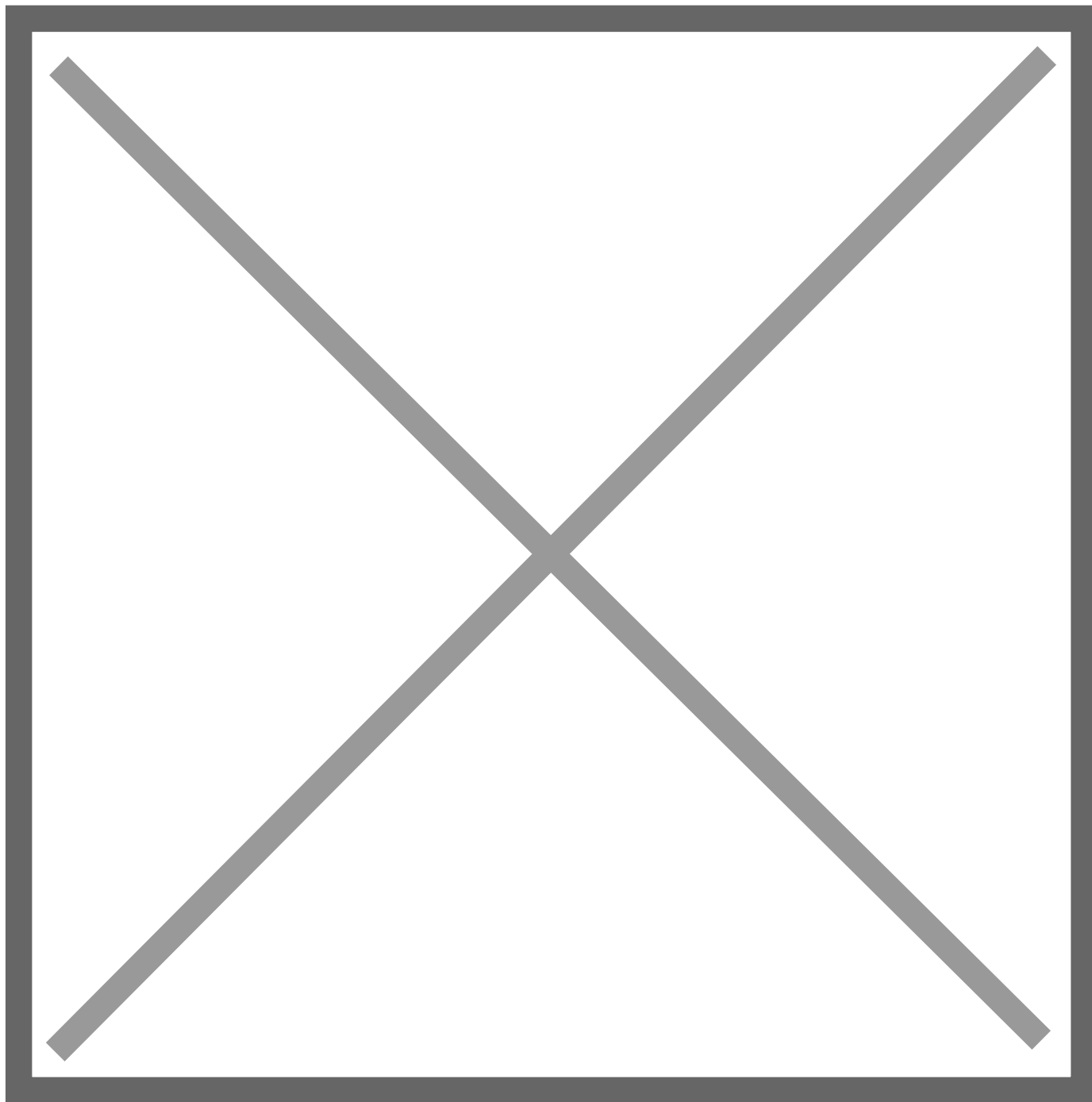
Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.who.int/today>, accessed [16.07.24]

Mõisted:

Incidence per 100,000

Põhjasoolevõrk

Mehed, 2022



Vanus:

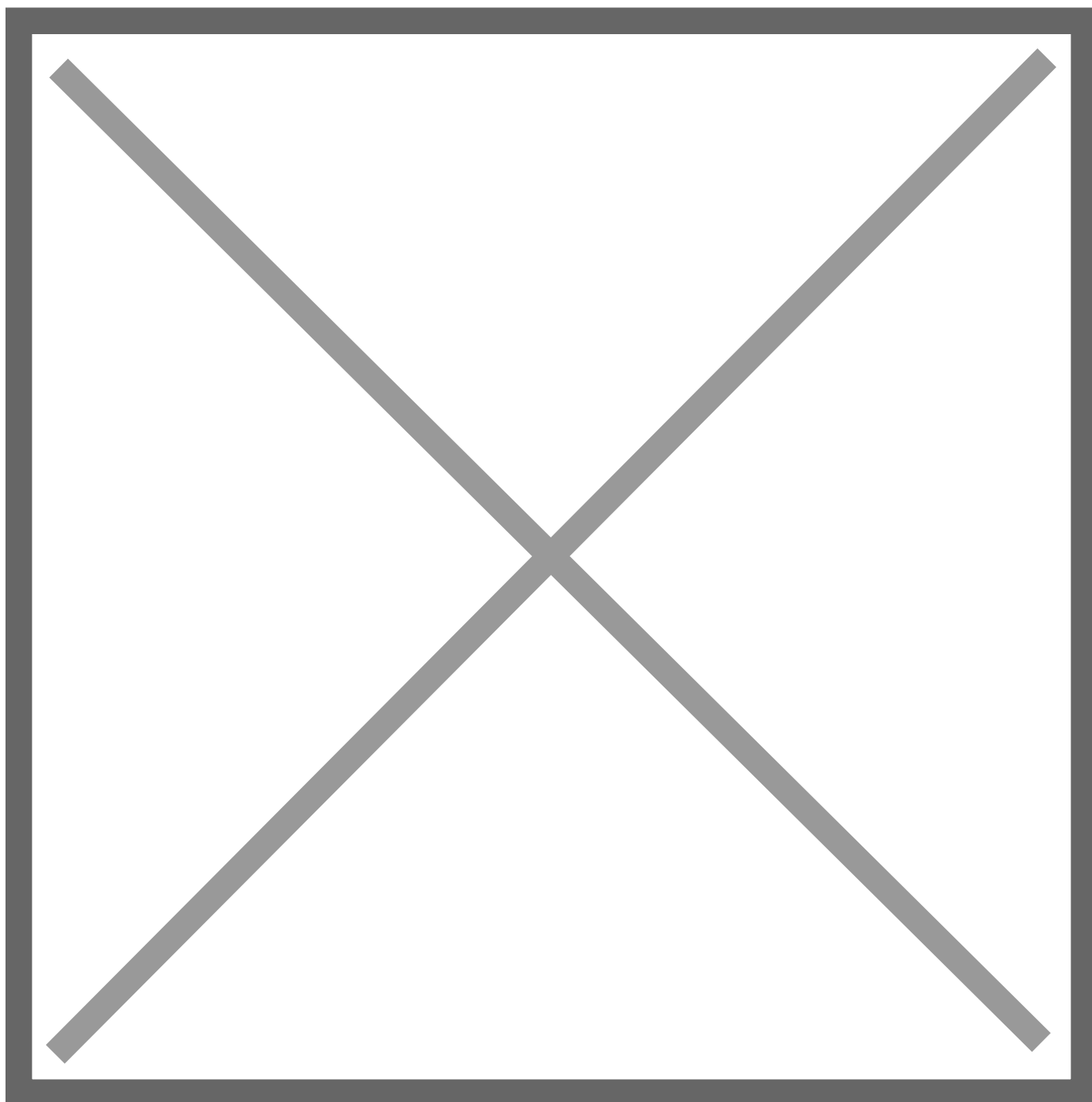
20+

**Hõlmatud
piirkond:**

Riiklik

Viited:	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]
Mõisted:	Incidence per 100,000

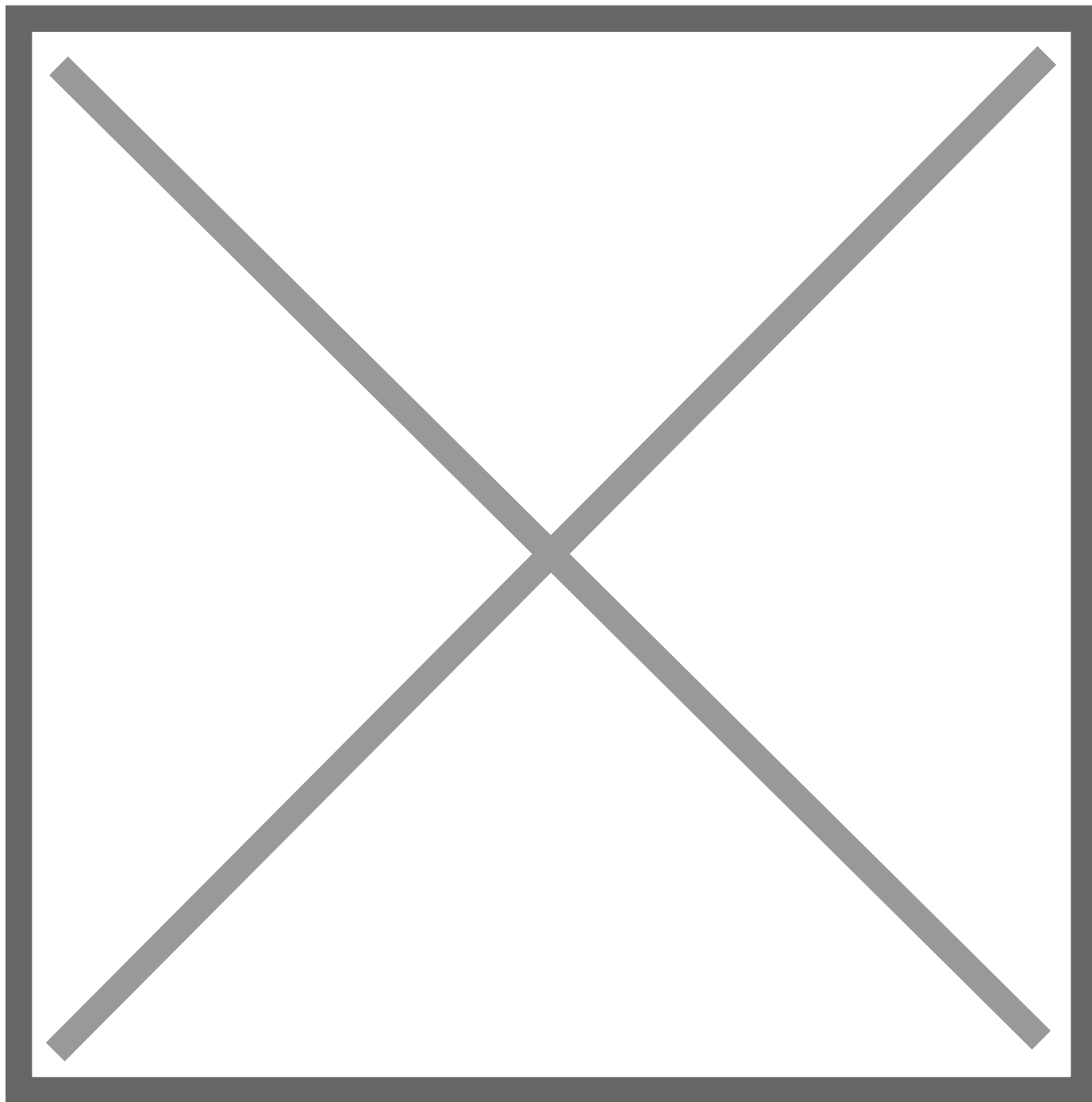
Naised, 2022



Vanus:	20+
Häälmatud piirkond:	Riiklik
Viited:	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]
Mõisted:	Incidence per 100,000

Kõhunäärmevähk

Mehed, 2022



Vanus:

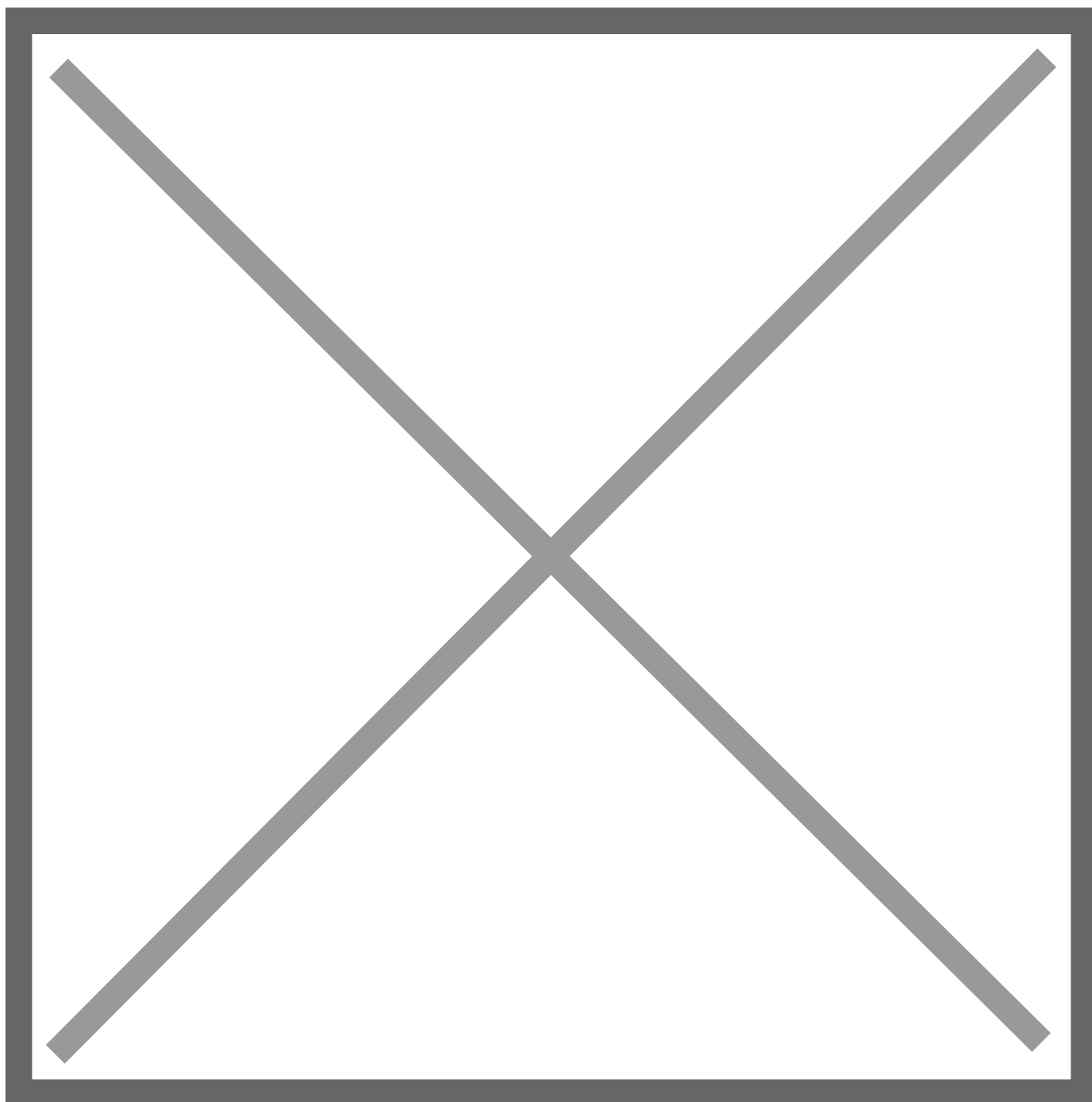
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**Häälmatud
piirkond:**

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Mõisted:	Incidence per 100,000

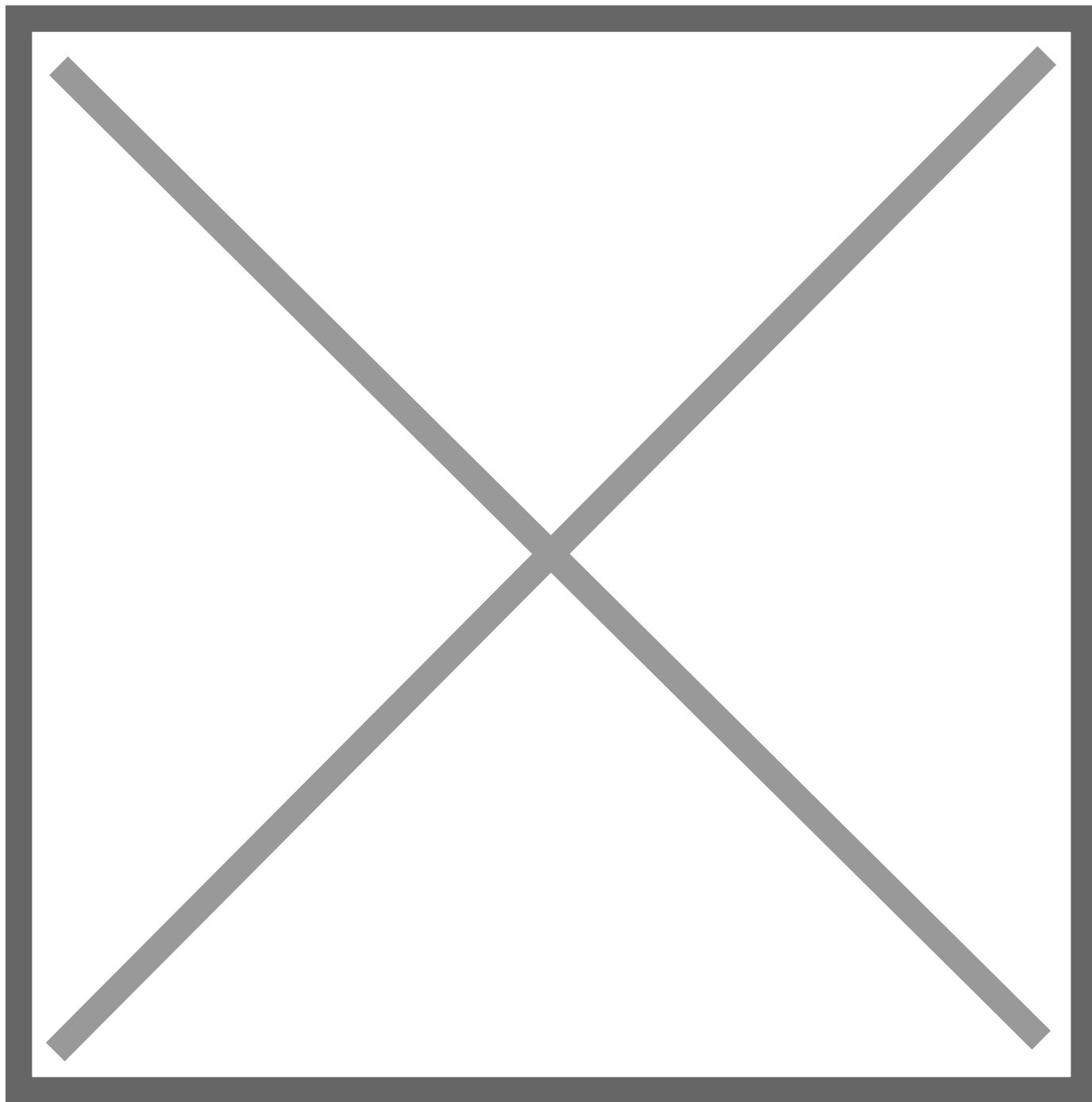
Naised, 2022



Vanus:	20+
Häälmatud piirkond:	Riiklik
Viited:	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]
Mõisted:	Incidence per 100,000

Sapipõie väärtused

Mehed, 2022



Vanus:

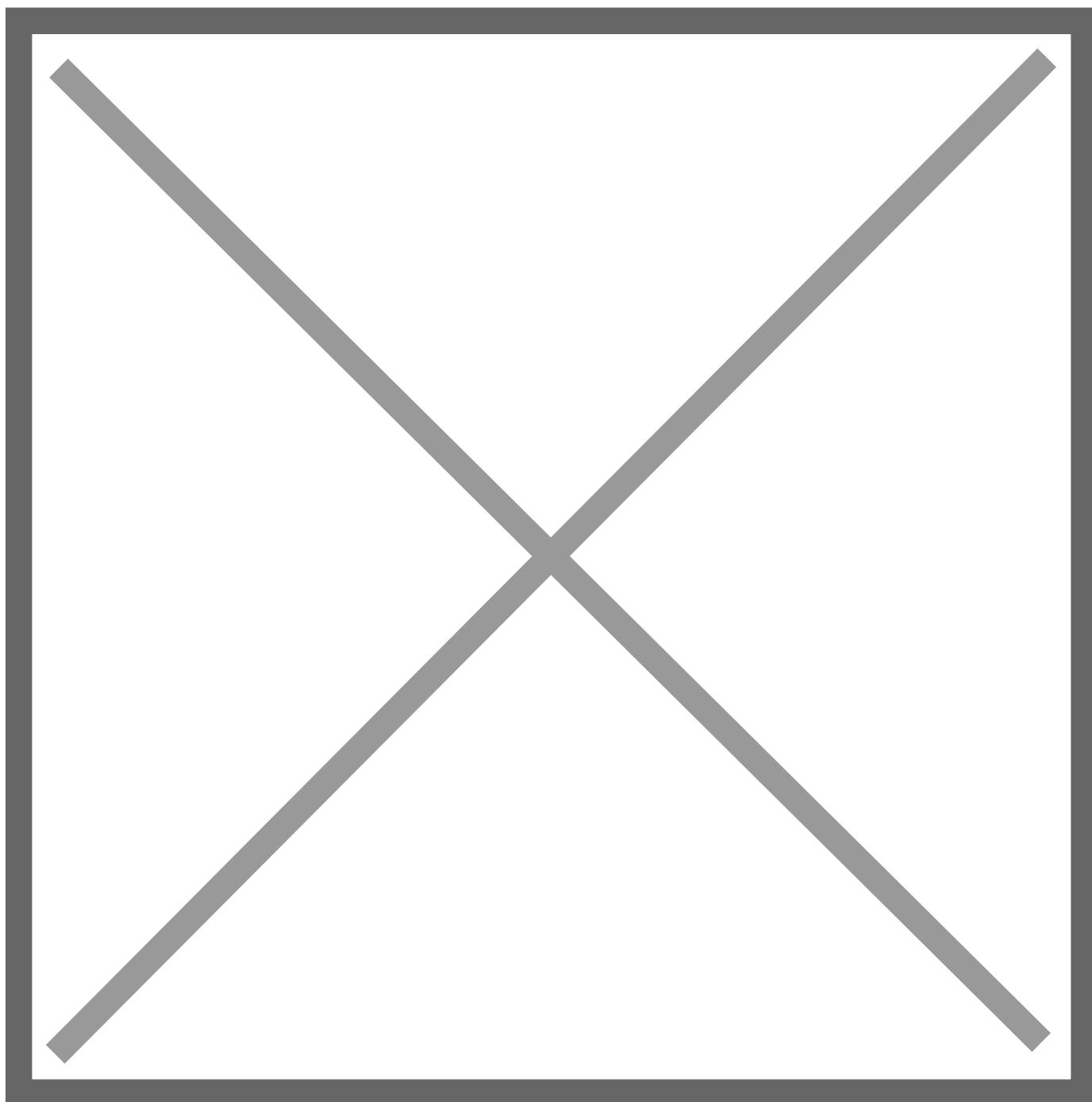
20+

**Hõlmatud
piirkond:**

Riiklik

Viited:	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]
Mõisted:	Indicence per 100,000

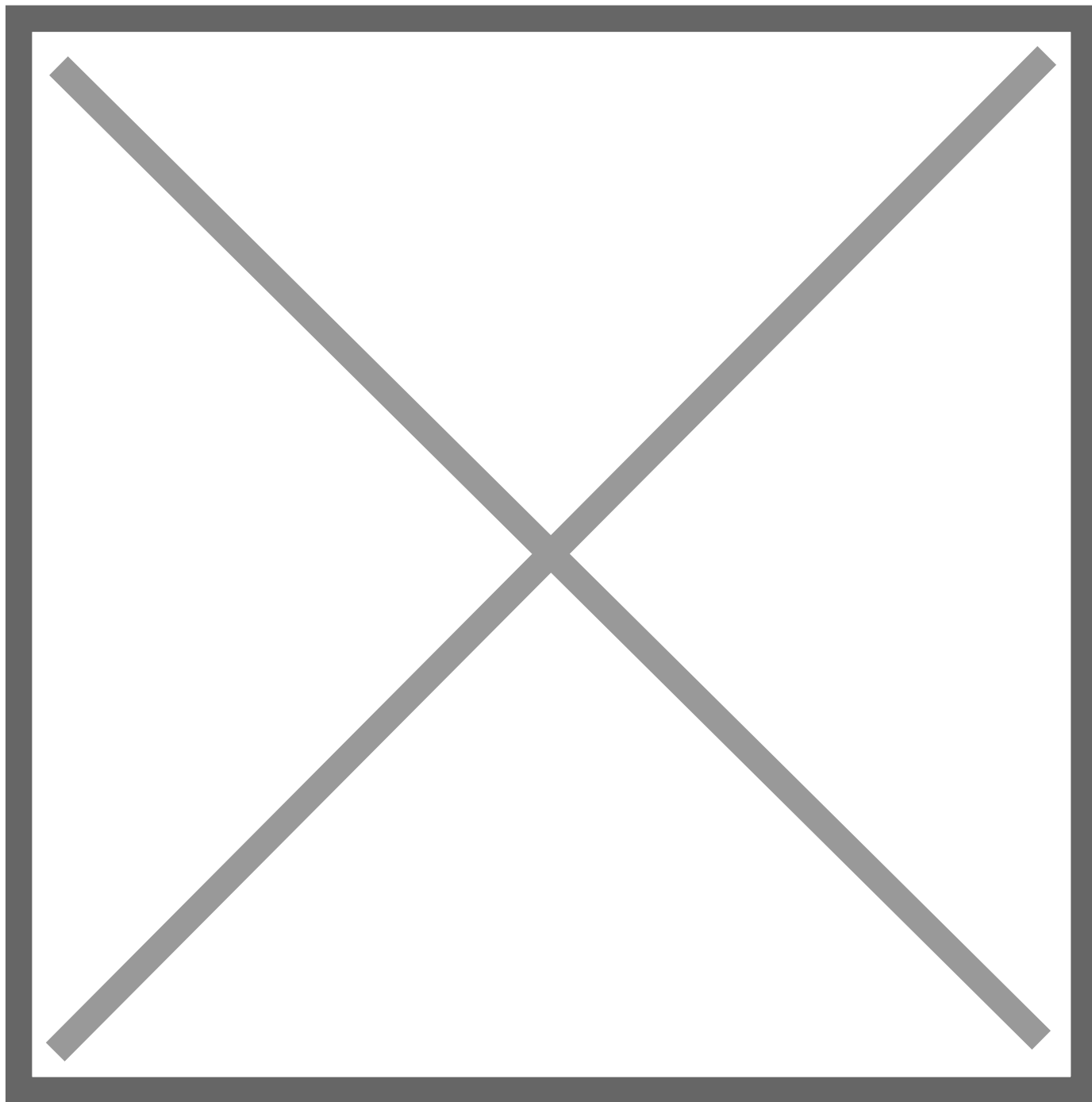
Naised, 2022



Vanus:	20+
Häälmatud piirkond:	Riiklik
Viited:	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]
Mõisted:	Indicence per 100,000

NeeruvÄrsk

Mehed, 2022



Vanus:

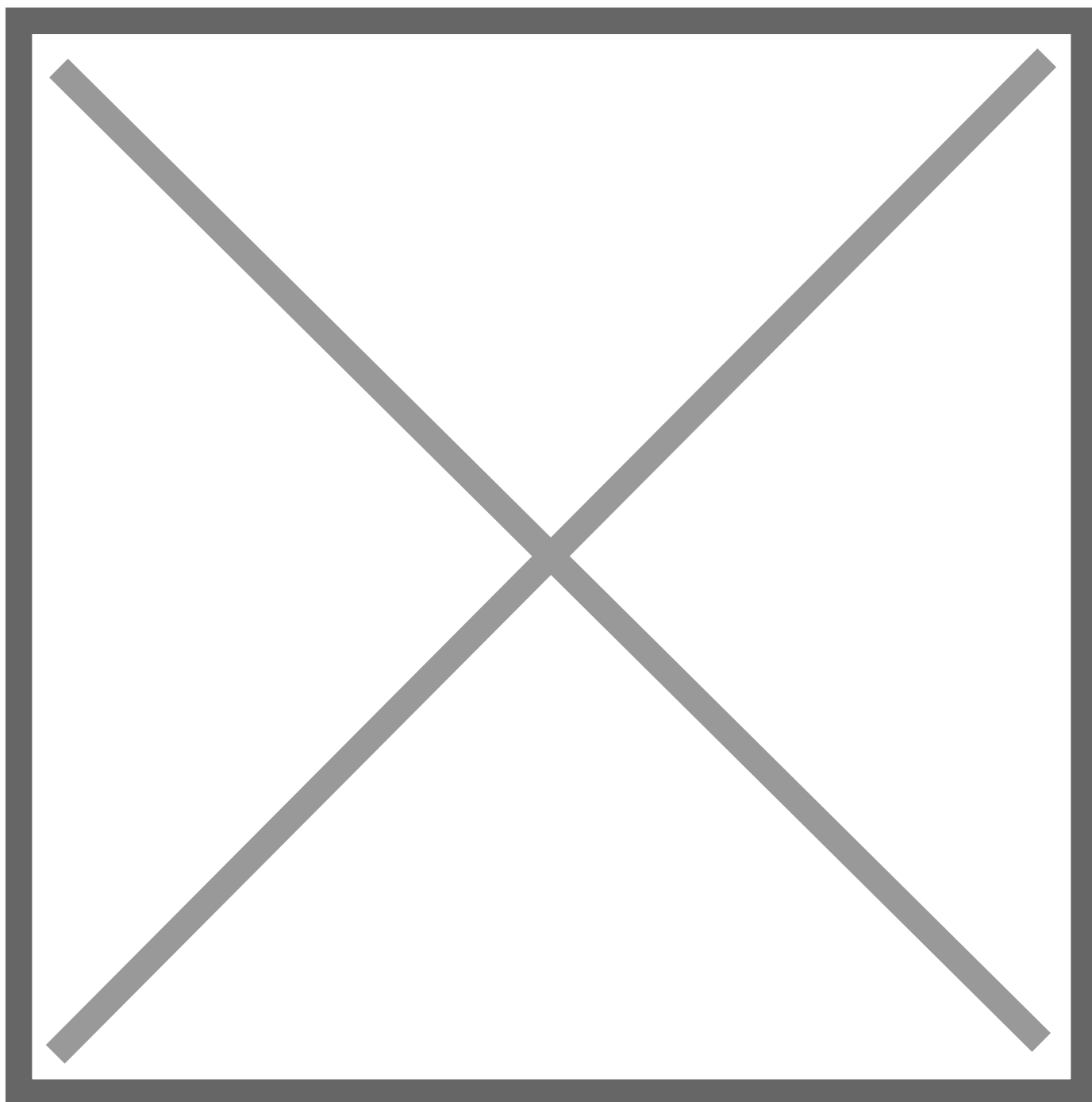
20+

**HÄlmatud
piirkond:**

Riiklik

Viited:	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]
Mõisted:	Incidence per 100,000

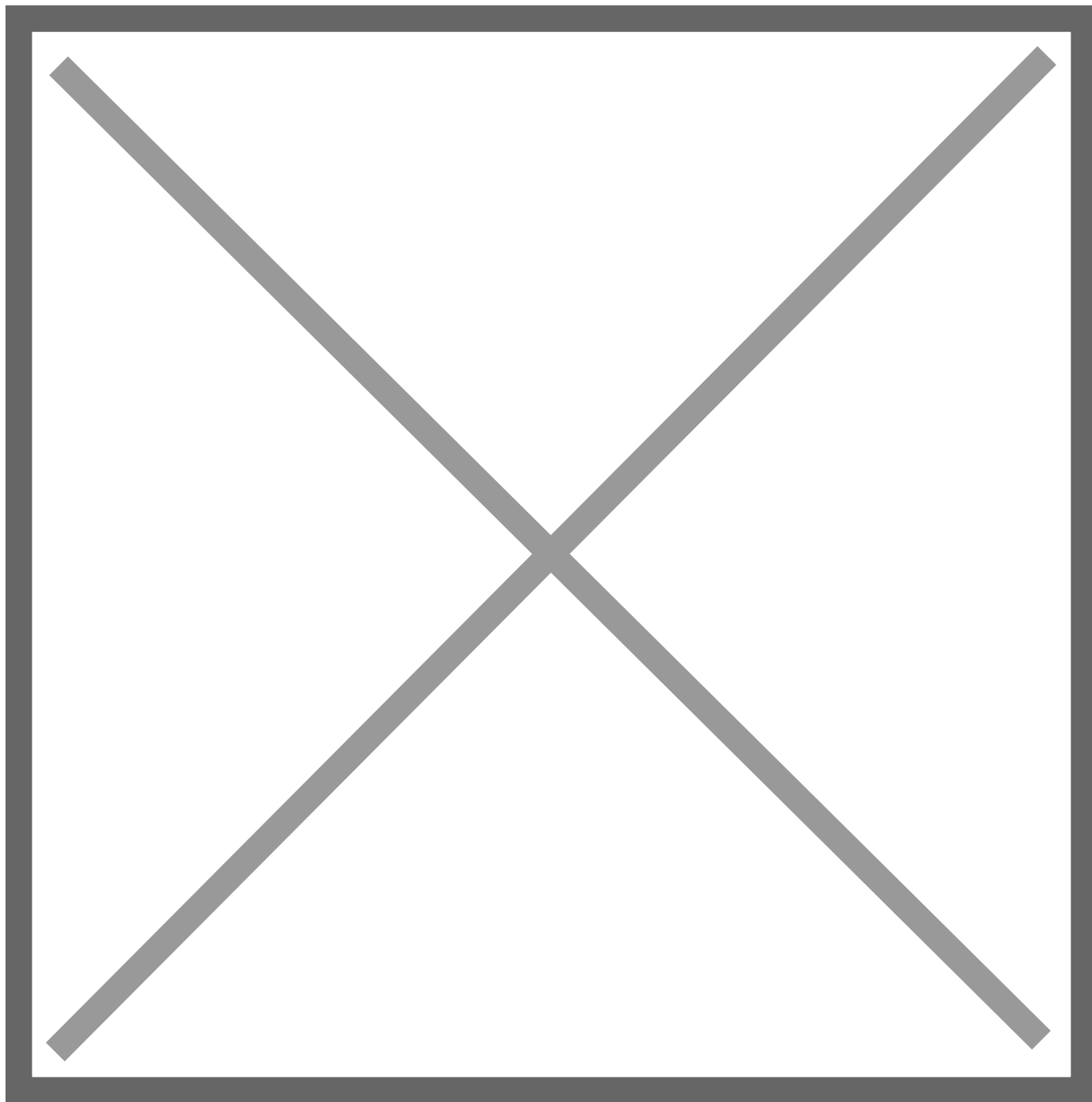
Naised, 2022



Vanus:	20+
Häälmatud piirkond:	Riiklik
Viited:	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]
Mõisted:	Incidence per 100,000

Emakavõrk

Naised, 2022



Vanus:

20+

Viited:

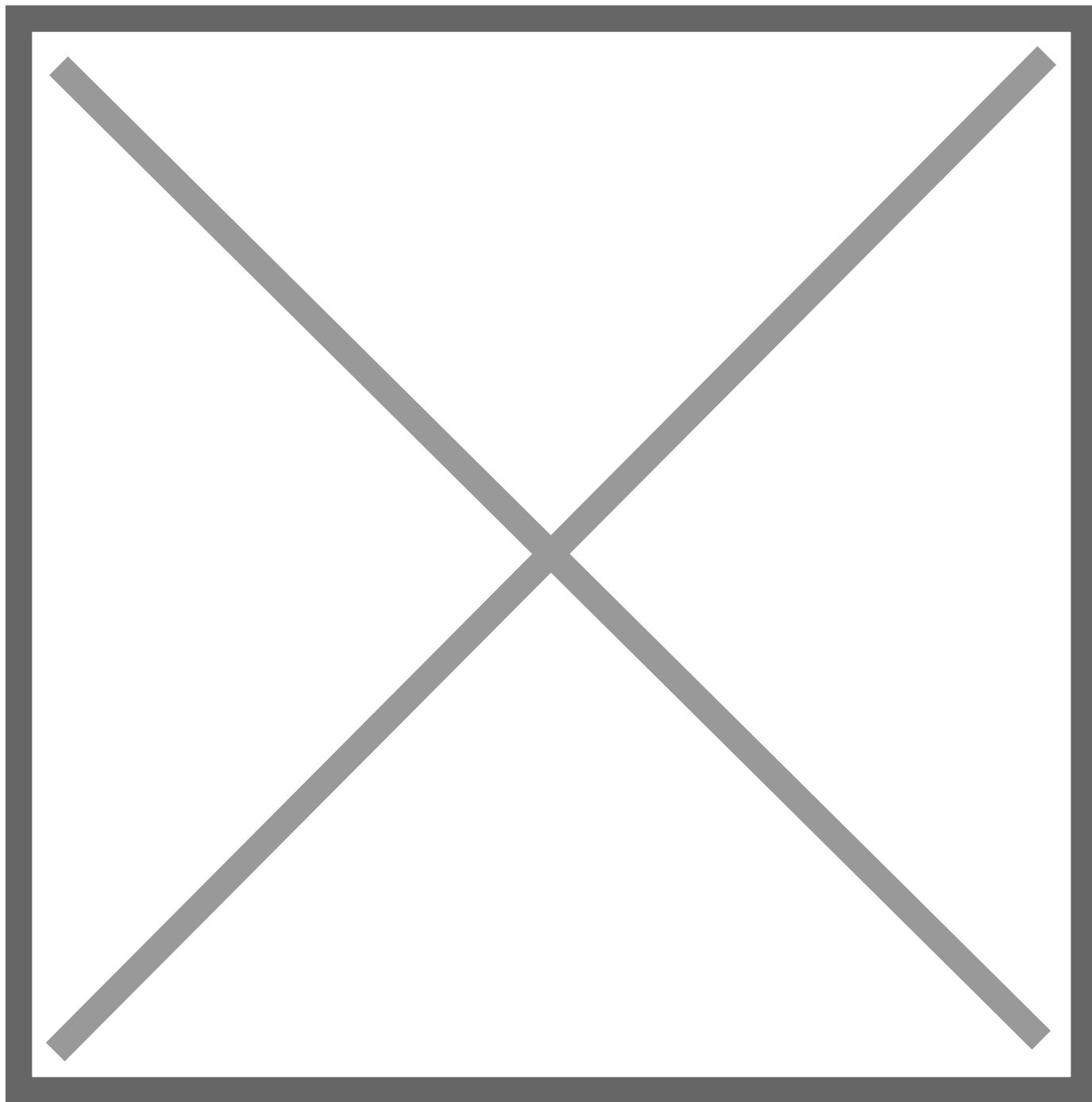
Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.who.int/today>, accessed [16.07.24]

Mõisted:

Incidence per 100,000

Kõrgenenud vererõhk

Täiskasvanud, 2015



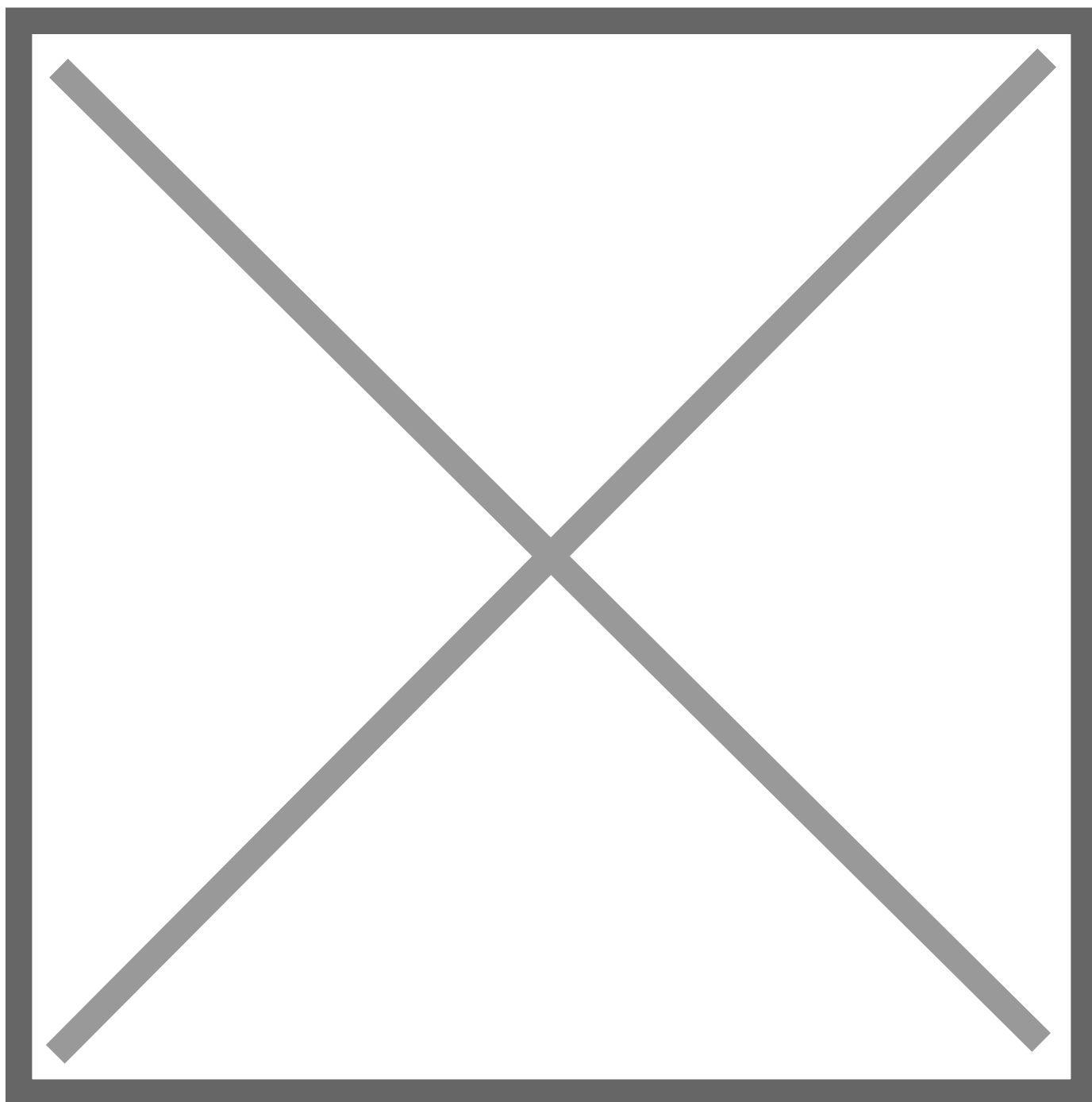
Viited:

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

Mõisted:

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

Mehed, 2015



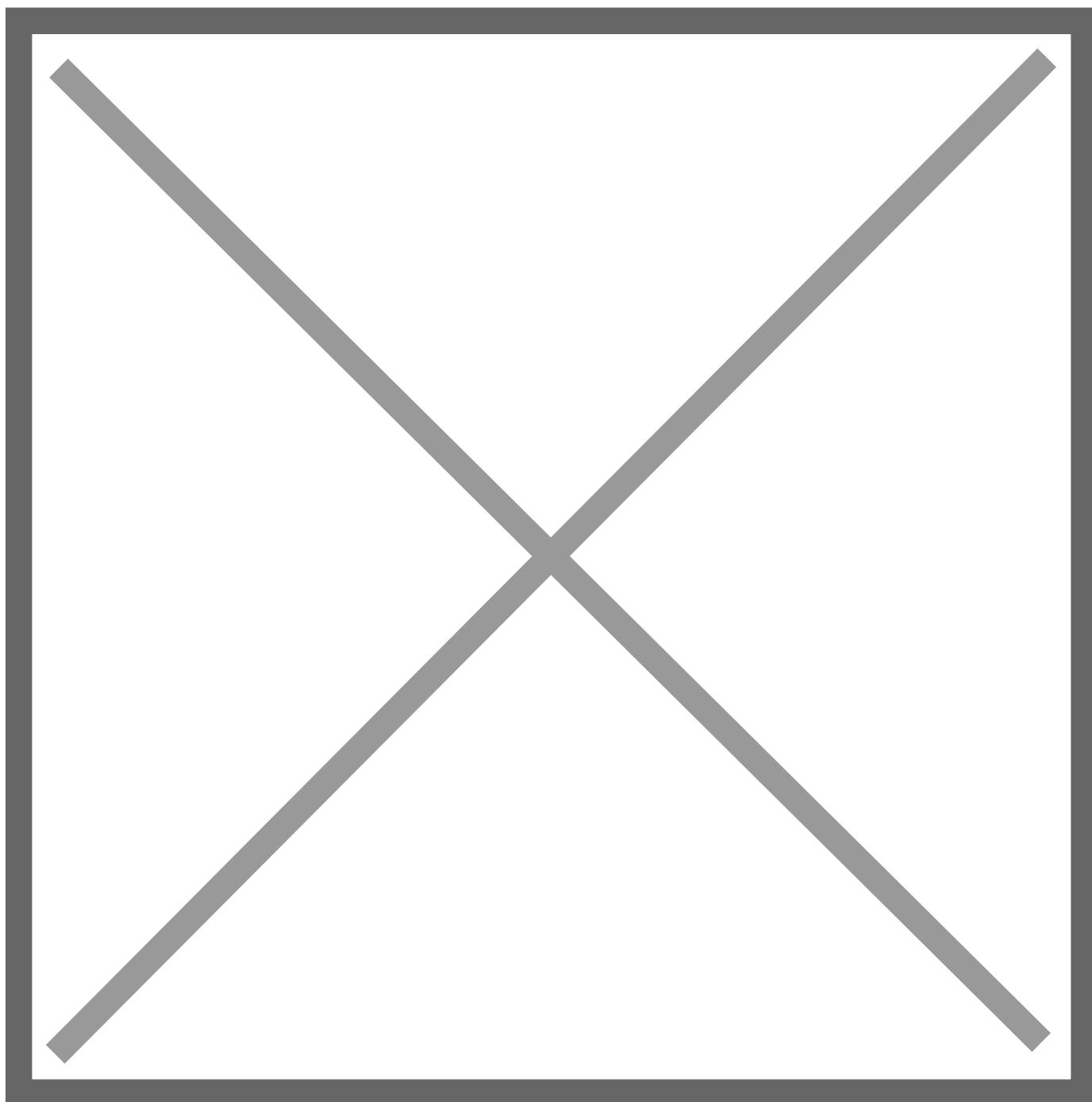
Viited:

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

Mõisted:

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

Naised, 2015



Viited:

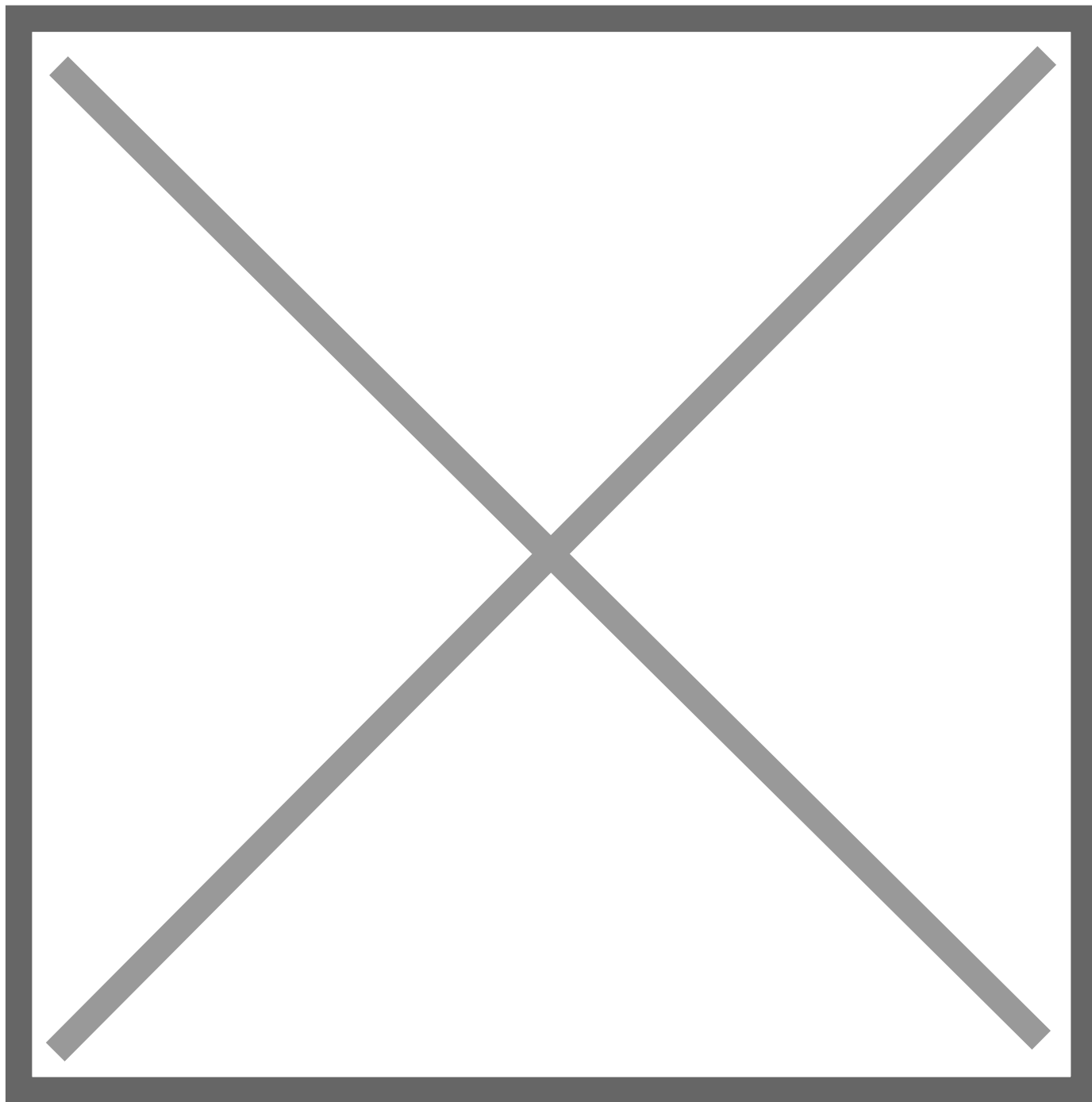
Global Health Observatory data repository, World Health Organisation,
<http://apps.who.int/gho/data/node.main.A875?lang=en>

Mõisted:

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

Kõrgenenud kolesteroolitase

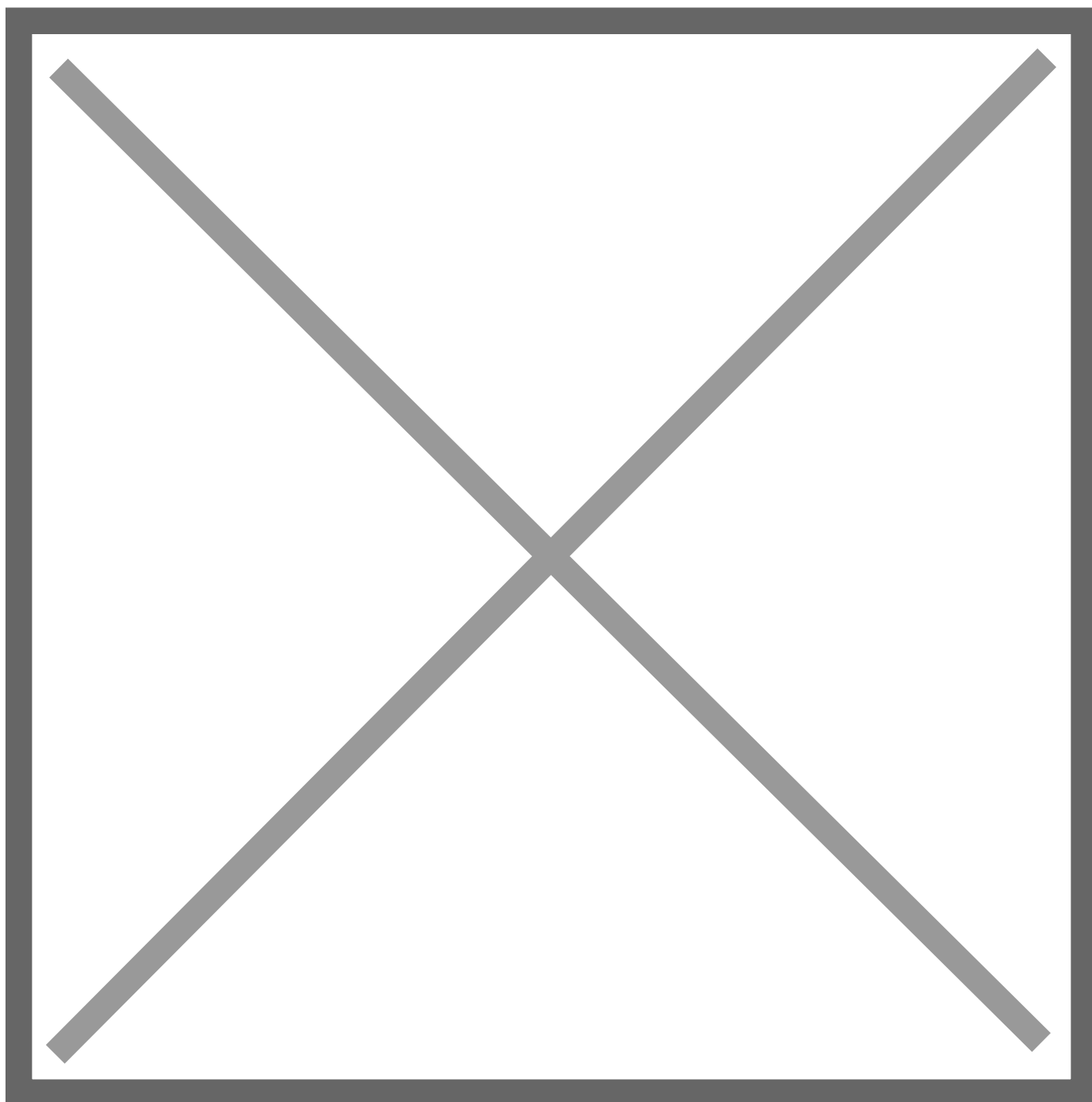
Täiskasvanud, 2008



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

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

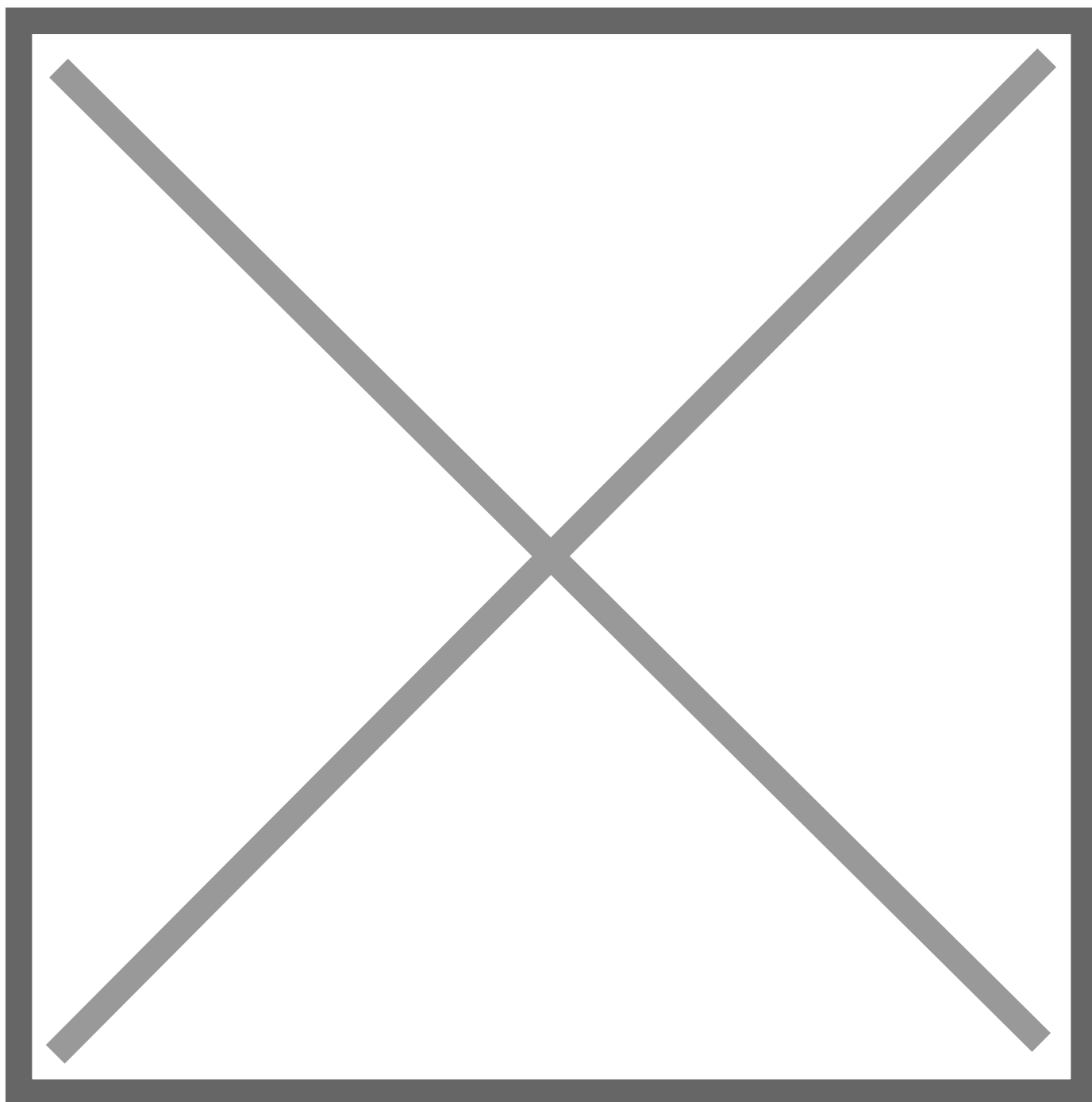
Mehed, 2008



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

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

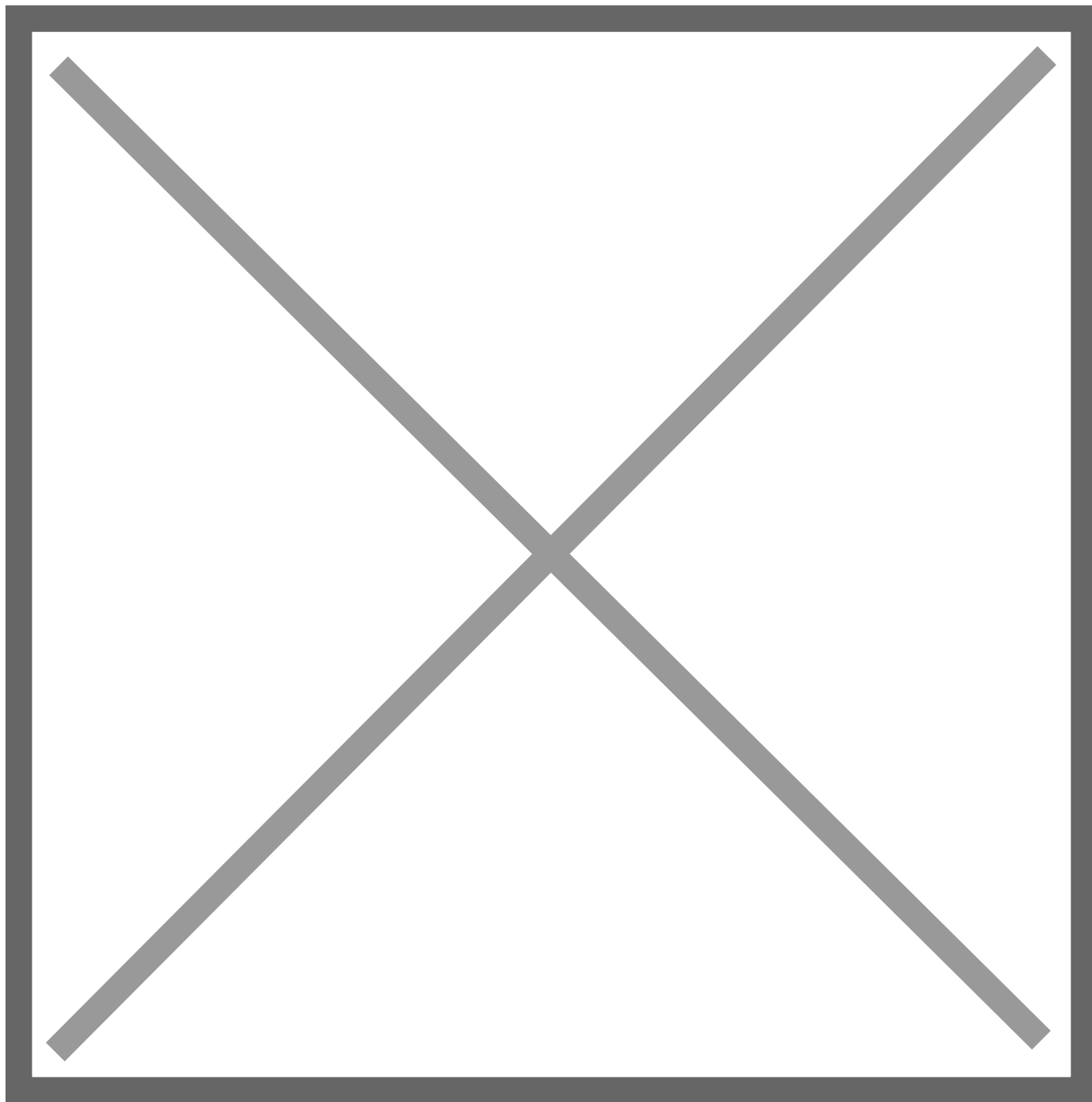
Naised, 2008



Viited: Global Health Observatory data repository, World Health Organisation, <http://apps.who.int/gho/data/node.main.A885>
Mõisted: % Raised total cholesterol (≥ 5.0 mmol/L) (age-standardized estimate).

Kõrgenenud veresuhkru tase tühja kõhuga

Mehed, 2014



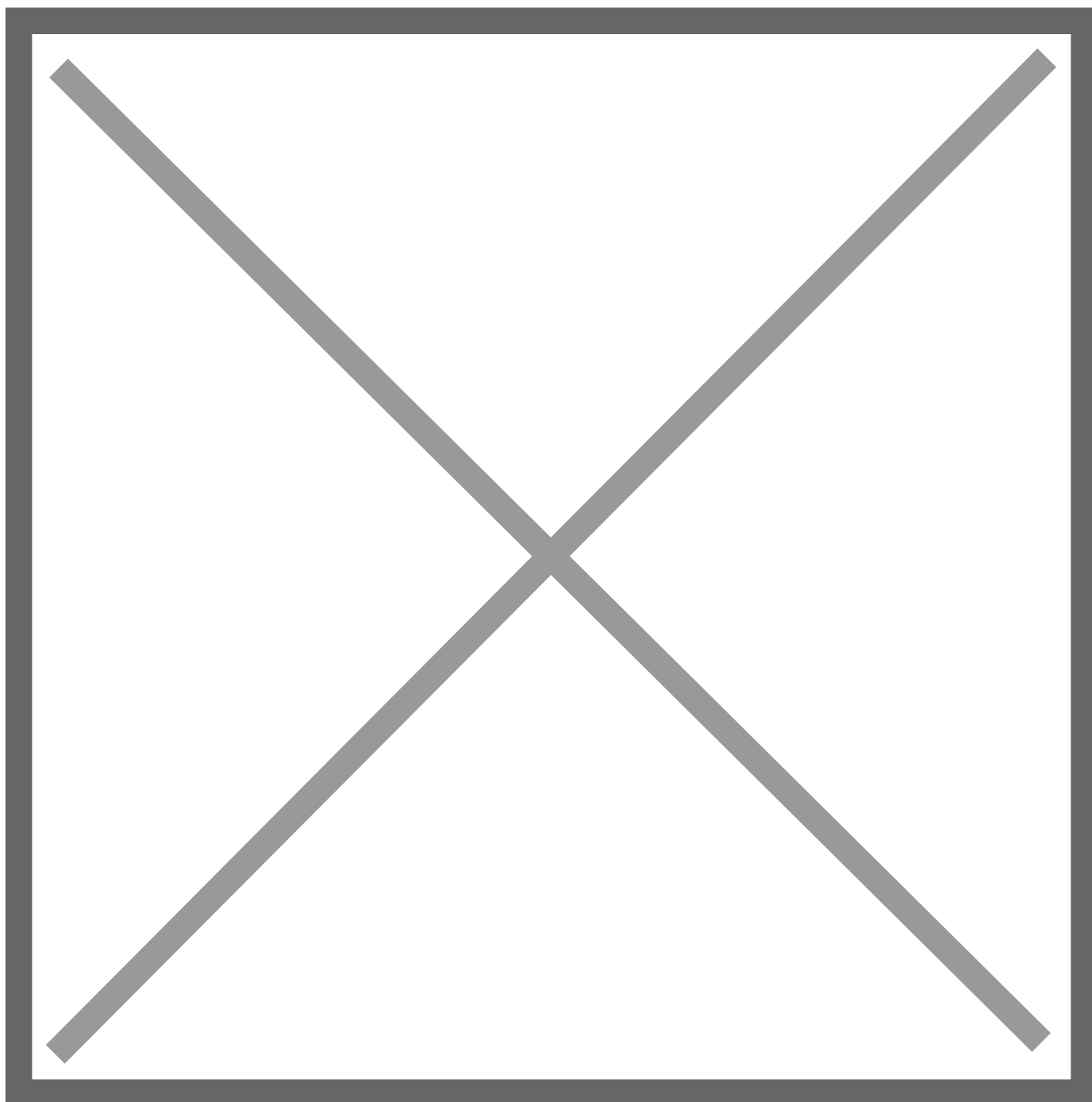
Viited:

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

Mõisted:

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

Naised, 2014



Viited:

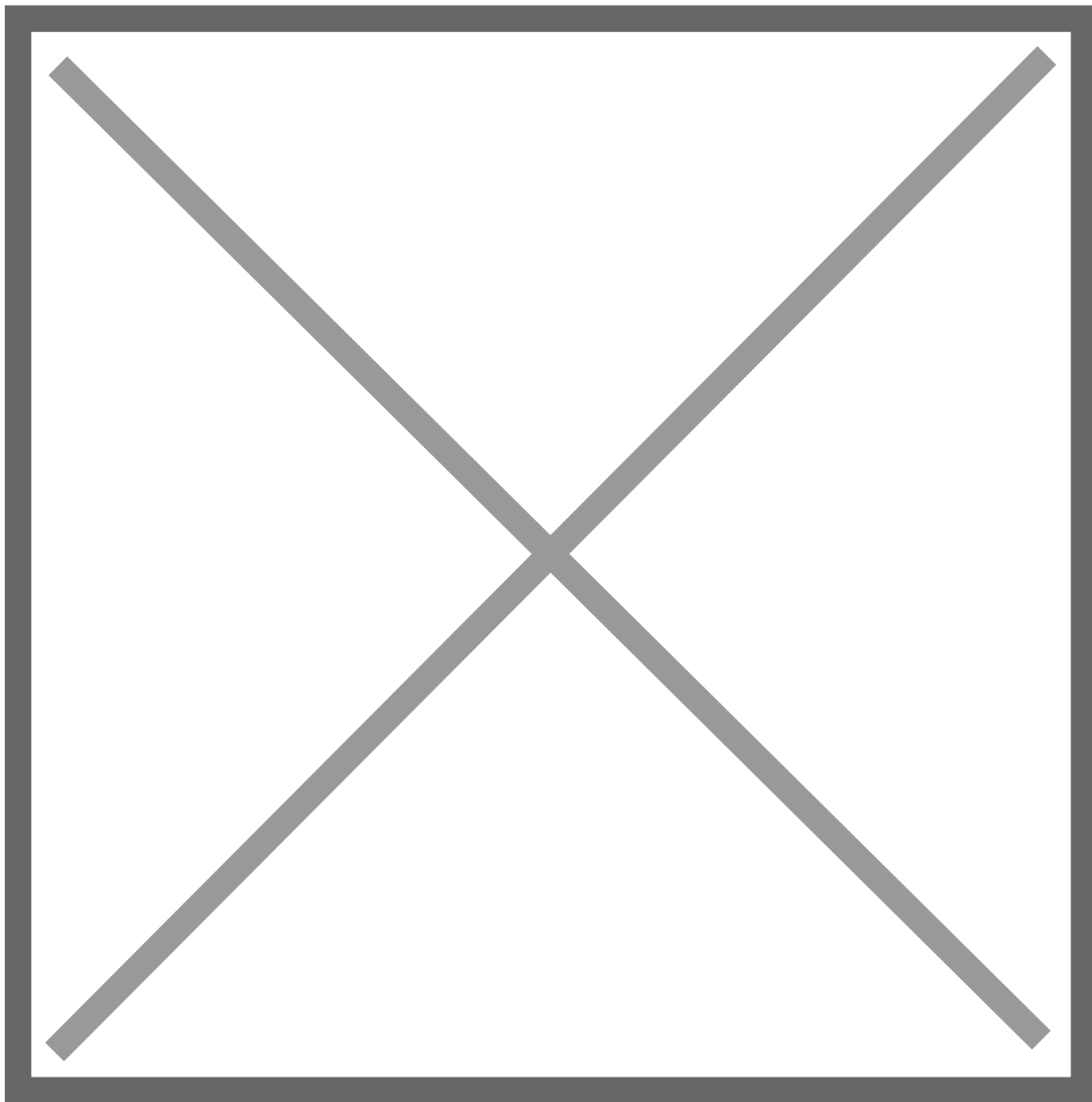
Global Health Observatory data repository, World Health Organisation,
<http://apps.who.int/gho/data/node.main.A869?lang=en>

Mõisted:

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

Diabeedi levimus

Täiskasvanud, 2024



Viited:

Reproduced with kind permission International Diabetes Federation. IDF Diabetes Atlas, 11th edn. Brussels, Belgium:International Diabetes Federation, 2025. <http://www.diabetesatlas.org>

PDF created on June 21, 2025