# Report card
## WHO Eastern Mediterranean region

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Obesity prevalence

Men

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.
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.
Adults

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.

Cutoffs: WHO
Boys

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.

Cutoffs: WHO
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.

Cutoffs: WHO
Insufficient activity

Adults, 2016

Men, 2016

Women, 2016

References:
Children, 2010

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)
Boys, 2010

<table>
<thead>
<tr>
<th>Country</th>
<th>%</th>
<th>Lebanon</th>
<th>Tunisia</th>
<th>Kuwait</th>
<th>UAE</th>
<th>Oman</th>
<th>Libya</th>
<th>Iraq</th>
<th>Egypt</th>
<th>Djibouti</th>
<th>Jordan</th>
<th>Yemen</th>
<th>Morocco</th>
<th>Syria</th>
<th>Pakistan</th>
<th>Qatar</th>
<th>Sudan</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>70</td>
<td>70</td>
<td>70</td>
<td>70</td>
<td>70</td>
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<td>70</td>
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<td>70</td>
</tr>
</tbody>
</table>

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, 2010

<table>
<thead>
<tr>
<th>Country</th>
<th>% Meeting WHO Recommendations</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lebanon</td>
<td>80</td>
</tr>
<tr>
<td>UAE</td>
<td>80</td>
</tr>
<tr>
<td>Yemen</td>
<td>80</td>
</tr>
<tr>
<td>Libya</td>
<td>80</td>
</tr>
<tr>
<td>Tunisia</td>
<td>80</td>
</tr>
<tr>
<td>Jordan</td>
<td>80</td>
</tr>
<tr>
<td>Djibouti</td>
<td>80</td>
</tr>
<tr>
<td>Morocco</td>
<td>80</td>
</tr>
<tr>
<td>Oman</td>
<td>80</td>
</tr>
<tr>
<td>Pakistan</td>
<td>80</td>
</tr>
<tr>
<td>Iraq</td>
<td>80</td>
</tr>
<tr>
<td>Qatar</td>
<td>80</td>
</tr>
<tr>
<td>Sudan</td>
<td>80</td>
</tr>
<tr>
<td>Syria</td>
<td>80</td>
</tr>
<tr>
<td>Egypt</td>
<td>80</td>
</tr>
<tr>
<td>Kuwait</td>
<td>80</td>
</tr>
</tbody>
</table>

**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, 2009-2015

Survey type: Measured
Age: 12-17

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)
# Prevalence of less-than-daily fruit consumption

## Children, 2008-2015

<table>
<thead>
<tr>
<th>Country</th>
<th>% Less-than-daily Fruit Consumption</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tunisia</td>
<td></td>
</tr>
<tr>
<td>Egypt</td>
<td></td>
</tr>
<tr>
<td>Lebanon</td>
<td></td>
</tr>
<tr>
<td>Morocco</td>
<td></td>
</tr>
<tr>
<td>Oman</td>
<td></td>
</tr>
<tr>
<td>Palestine</td>
<td></td>
</tr>
<tr>
<td>Iraq</td>
<td></td>
</tr>
<tr>
<td>Pakistan</td>
<td></td>
</tr>
<tr>
<td>Syria</td>
<td></td>
</tr>
<tr>
<td>Qatar</td>
<td></td>
</tr>
<tr>
<td>Afghanistan</td>
<td></td>
</tr>
<tr>
<td>Kuwait</td>
<td></td>
</tr>
<tr>
<td>Sudan</td>
<td></td>
</tr>
<tr>
<td>Yemen</td>
<td></td>
</tr>
<tr>
<td>UAE</td>
<td></td>
</tr>
</tbody>
</table>

**Survey type:** Measured

**Age:** 12-17


**Definitions:** Prevalence of less-than-daily fruit consumption (% less-than-daily fruit consumption)
Prevalence of less-than-daily vegetable consumption

Children, 2008-2015

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, 2009-2015

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+
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, 2018

Age: 20+


Definitions: Estimated age-standardized incidence rates (World) in 2018, oesophagus, adults ages 20+. ASR (World) per 100,000
Women, 2018

Incidence per 100,000

Age: 20+

References: Global Cancer Observatory, Cancer incidence rates [http://gco.iarc.fr/] (last accessed 30th June 2020)

Definitions: Estimated age-standardized incidence rates (World) in 2018, oesophagus, adults ages 20+. ASR (World) per 100,000
Breast cancer

Women, 2018

Incidence per 100,000

Age: 20+


Definitions: Estimated age-standardized incidence rates (World) in 2018, breast, females, ages 20+. ASR (World) per 100,000
Colorectal cancer

Men, 2018

Age: 20+


Definitions: Estimated age-standardized incidence rates (World) in 2018, colorectum, adults, ages 20+. ASR (World) per 100,000
**Women, 2018**

**Incidence per 100,000**

- Afghanistan
- Pakistan
- Sudan
- Iraq
- Djibouti
- Egypt
- South Sudan
- Yemen
- Oman
- Morocco
- Saudi Arabia
- Tunisia
- Iran
- Bahrain
- Libya
- UAE
- Qatar
- Kuwait
- Syria
- Palestine
- Jordan
- Lebanon

**Age:** 20+


**Definitions:** Estimated age-standardized incidence rates (World) in 2018, colorectum, adults, ages 20+. ASR (World) per 100,000
Pancreatic cancer

Men, 2018

Age: 20+


Definitions: Estimated age-standardized incidence rates (World) in 2018, pancreas, adults, ages 20+. ASR (World) per 100,000
Women, 2018


Definitions: Estimated age-standardized incidence rates (World) in 2018, pancreas, adults, ages 20+. ASR (World) per 100,000
Gallbladder cancer

Men, 2018


Definitions: Estimated age-standardized incidence rates (World) in 2018, gallbladder, adults, ages 20+. ASR (World) per 100,000
Women, 2018

<table>
<thead>
<tr>
<th>Country</th>
<th>Incidence per 100,000</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yemen</td>
<td>0.2</td>
</tr>
<tr>
<td>Djibouti</td>
<td>1.1</td>
</tr>
<tr>
<td>Egypt</td>
<td>1.3</td>
</tr>
<tr>
<td>Iran</td>
<td>1.6</td>
</tr>
<tr>
<td>Oman</td>
<td>2.2</td>
</tr>
<tr>
<td>South Sudan</td>
<td>2.6</td>
</tr>
<tr>
<td>Sudan</td>
<td>3.0</td>
</tr>
<tr>
<td>Saudi Arabia</td>
<td>3.4</td>
</tr>
<tr>
<td>Somalia</td>
<td>3.7</td>
</tr>
<tr>
<td>Bahrain</td>
<td>3.9</td>
</tr>
<tr>
<td>Morocco</td>
<td>4.1</td>
</tr>
<tr>
<td>Afghanistan</td>
<td>4.2</td>
</tr>
<tr>
<td>Iraq</td>
<td>4.3</td>
</tr>
<tr>
<td>Kuwait</td>
<td>4.5</td>
</tr>
<tr>
<td>Palestine</td>
<td>4.7</td>
</tr>
<tr>
<td>Lebanon</td>
<td>4.9</td>
</tr>
<tr>
<td>Syria</td>
<td>5.0</td>
</tr>
<tr>
<td>Tunisia</td>
<td>5.2</td>
</tr>
<tr>
<td>Jordan</td>
<td>5.4</td>
</tr>
<tr>
<td>Qatar</td>
<td>5.5</td>
</tr>
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<td>Pakistan</td>
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<tr>
<td>Libya</td>
<td>5.9</td>
</tr>
<tr>
<td>UAE</td>
<td>6.2</td>
</tr>
</tbody>
</table>

Age: 20+


Definitions: Estimated age-standardized incidence rates (World) in 2018, gallbladder, adults, ages 20+. ASR (World) per 100,000
Kidney cancer

Men, 2018


Definitions: Estimated age-standardized incidence rates (World) in 2018, kidney, adults, ages 20+. ASR (World) per 100,000
Women, 2018

Incidence per 100,000

Age: 20+


Definitions: Estimated age-standardized incidence rates (World) in 2018, kidney, adults, ages 20+. ASR (World) per 100,000
Cancer of the uterus

Women, 2018

Age: 20+


Definitions: Estimated age-standardized incidence rates (World) in 2018, cervix uteri, females, ages 20+. ASR (World) 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

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


Definitions: % Raised total cholesterol (>= 5.0 mmol/L) (age-standardized estimate).
Men, 2008

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

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

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

Definitions:

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

Men, 2014


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, 2017


Definitions: Diabetes age-adjusted comparative prevalence (%).

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