Drivers
WHO SE Asia region

<table>
<thead>
<tr>
<th>Contents</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Insufficient activity</td>
<td>2</td>
</tr>
<tr>
<td>Average daily frequency of carbonated soft drink consumption</td>
<td>8</td>
</tr>
<tr>
<td>Estimated per-capita fruit intake</td>
<td>9</td>
</tr>
<tr>
<td>Prevalence of less-than-daily fruit consumption</td>
<td>10</td>
</tr>
<tr>
<td>Prevalence of less-than-daily vegetable consumption</td>
<td>11</td>
</tr>
<tr>
<td>Average weekly frequency of fast food consumption</td>
<td>12</td>
</tr>
<tr>
<td>Estimated per-capita processed meat intake</td>
<td>13</td>
</tr>
<tr>
<td>Estimated per-capita whole grains intake</td>
<td>14</td>
</tr>
<tr>
<td>Mental health - depression disorders</td>
<td>15</td>
</tr>
<tr>
<td>Mental health - anxiety disorders</td>
<td>16</td>
</tr>
</tbody>
</table>
Insufficient activity

Adults, 2016

Men, 2016

Children, 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)
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, 2014-2015

<table>
<thead>
<tr>
<th>Country</th>
<th>Times per week</th>
</tr>
</thead>
<tbody>
<tr>
<td>Indonesia</td>
<td>0.6</td>
</tr>
<tr>
<td>Maldives</td>
<td>0.8</td>
</tr>
<tr>
<td>Timor-Leste</td>
<td>1.1</td>
</tr>
<tr>
<td>Thailand</td>
<td>1.2</td>
</tr>
<tr>
<td>Bangladesh</td>
<td>1.4</td>
</tr>
</tbody>
</table>

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

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, 2014-2015

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

![Bar chart showing the percentage of population with anxiety disorders in various countries, with Bangladesh having the highest percentage.]


**Definitions:** % of population with anxiety disorders

*PDF created on July 27, 2023*