# Report card

## WHO SE Asia region

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Obesity prevalence

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.
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

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

Women, 2016

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

Age: 11-17

References: Global Health Observatory data repository, World Health Organisation,
http://apps.who.int/gho/data/node.main.A893?lang=en

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)
<table>
<thead>
<tr>
<th>Country</th>
<th>% of Schoolgoing Adolescents Insufficiently Active</th>
</tr>
</thead>
<tbody>
<tr>
<td>India</td>
<td>80</td>
</tr>
<tr>
<td>Maldives</td>
<td>80</td>
</tr>
<tr>
<td>Indonesia</td>
<td>80</td>
</tr>
<tr>
<td>Myanmar</td>
<td>80</td>
</tr>
<tr>
<td>Sri Lanka</td>
<td>90</td>
</tr>
<tr>
<td>Thailand</td>
<td>90</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, 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>1.0</td>
</tr>
<tr>
<td>Timor-Leste</td>
<td>1.2</td>
</tr>
<tr>
<td>Thailand</td>
<td>1.4</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

Thailand
Sri Lanka
Indonesia
Bangladesh
Timor-Leste
Maldives

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

<table>
<thead>
<tr>
<th>Country</th>
<th>g/day</th>
</tr>
</thead>
<tbody>
<tr>
<td>Indonesia</td>
<td>0.3</td>
</tr>
<tr>
<td>Timor-Leste</td>
<td>0.4</td>
</tr>
<tr>
<td>North Korea</td>
<td>0.5</td>
</tr>
<tr>
<td>Myanmar</td>
<td>0.6</td>
</tr>
<tr>
<td>Thailand</td>
<td>0.7</td>
</tr>
<tr>
<td>Sri Lanka</td>
<td>0.8</td>
</tr>
<tr>
<td>Maldives</td>
<td>1.0</td>
</tr>
<tr>
<td>Nepal</td>
<td>1.1</td>
</tr>
<tr>
<td>Bangladesh</td>
<td>1.2</td>
</tr>
<tr>
<td>India</td>
<td>1.3</td>
</tr>
<tr>
<td>Bhutan</td>
<td>1.6</td>
</tr>
</tbody>
</table>

Survey type: Measured

Age: 25+


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**

![Bar chart showing the percentage of the population with anxiety disorders in various countries. The highest percentage is in Bangladesh, followed by North Korea and Sri Lanka, with the lowest in Timor-Leste.]


**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+


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

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, breast, females, ages 20+. ASR (World) per 100,000
Colorectal cancer

Men, 2018

<table>
<thead>
<tr>
<th>Country</th>
<th>Incidence per 100,000</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bangladesh</td>
<td>7</td>
</tr>
<tr>
<td>Nepal</td>
<td>7</td>
</tr>
<tr>
<td>Sri Lanka</td>
<td>9</td>
</tr>
<tr>
<td>India</td>
<td>10</td>
</tr>
<tr>
<td>Bhutan</td>
<td>12</td>
</tr>
<tr>
<td>Timor-Leste</td>
<td>14</td>
</tr>
<tr>
<td>Myanmar</td>
<td>20</td>
</tr>
<tr>
<td>Maldives</td>
<td>23</td>
</tr>
<tr>
<td>Indonesia</td>
<td>27</td>
</tr>
<tr>
<td>Thailand</td>
<td>30</td>
</tr>
<tr>
<td>North Korea</td>
<td>35</td>
</tr>
</tbody>
</table>

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**

<table>
<thead>
<tr>
<th>Country</th>
<th>Incidence</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bhutan</td>
<td>2</td>
</tr>
<tr>
<td>India</td>
<td>4</td>
</tr>
<tr>
<td>Bangladesh</td>
<td>5</td>
</tr>
<tr>
<td>Sri Lanka</td>
<td>6</td>
</tr>
<tr>
<td>Nepal</td>
<td>9</td>
</tr>
<tr>
<td>Maldives</td>
<td>10</td>
</tr>
<tr>
<td>Myanmar</td>
<td>11</td>
</tr>
<tr>
<td>Timor-Leste</td>
<td>12</td>
</tr>
<tr>
<td>Indonesia</td>
<td>13</td>
</tr>
<tr>
<td>Thailand</td>
<td>14</td>
</tr>
<tr>
<td>North Korea</td>
<td>25</td>
</tr>
</tbody>
</table>


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

Men, 2018

Incidence per 100,000

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, 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

Age: 20+


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

Men, 2018

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, kidney, adults, ages 20+. ASR (World) per 100,000
Women, 2018

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

References:

Definitions:
Age Standardised estimated % Raised blood pressure 2015 (SBP>=140 OR DBP>=90).
Men, 2015


Definitions: Age Standardised estimated % Raised blood pressure 2015 (SBP>=140 OR DBP>=90).
**Women, 2015**

![Bar chart showing estimated percentage of raised blood pressure for women in various countries in 2015.](image)

**References:**

**Definitions:**
Age Standardised estimated % Raised blood pressure 2015 (SBP>=140 OR DBP>=90).
Raised cholesterol

Adults, 2008

Nepal
Bangladesh
North Korea
India
Myanmar
Bhutan
Indonesia
Sri Lanka
Maldives
Thailand


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](http://apps.who.int/gho/data/node.main.A885)

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

Men, 2014

North Korea, Sri Lanka, Myanmar, Indonesia, India, Thailand, Bangladesh, Nepal, Maldives, Bhutan

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

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


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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