Contents

Obesity prevalence  2
Insufficient activity  6
Average daily frequency of carbonated soft drink consumption  12
Estimated per-capita fruit intake  13
Prevalence of less-than-daily fruit consumption  14
Prevalence of less-than-daily vegetable consumption  15
Average weekly frequency of fast food consumption  16
Estimated per-capita processed meat intake  17
Estimated per-capita whole grains intake  18
Mental health - depression disorders  19
Mental health - anxiety disorders  20
Oesophageal cancer  21
Breast cancer  23
Colorectal cancer  24
Pancreatic cancer  26
Gallbladder cancer  28
Kidney cancer  30
Cancer of the uterus  32
Raised blood pressure  33
Raised cholesterol  36
Raised fasting blood glucose  39
Diabetes prevalence  41
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.
Women

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 25 kg and 29.9 kg/m², obesity refers to a BMI greater than 30 kg/m².
**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

<table>
<thead>
<tr>
<th>Country</th>
<th>Obesity</th>
<th>Overweight</th>
<th>Overweight or obesity</th>
</tr>
</thead>
<tbody>
<tr>
<td>India</td>
<td></td>
<td>2</td>
<td>4</td>
</tr>
<tr>
<td>Thailand</td>
<td>9</td>
<td>10</td>
<td>18</td>
</tr>
<tr>
<td>Sri Lanka</td>
<td>3</td>
<td>4</td>
<td>7</td>
</tr>
<tr>
<td>Timor-Leste</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>Nepal</td>
<td>2</td>
<td>4</td>
<td>6</td>
</tr>
<tr>
<td>Bhutan</td>
<td>2</td>
<td>4</td>
<td>6</td>
</tr>
<tr>
<td>Bangladesh</td>
<td>2</td>
<td>4</td>
<td>6</td>
</tr>
<tr>
<td>Indonesia</td>
<td>2</td>
<td>4</td>
<td>6</td>
</tr>
<tr>
<td>Maldives</td>
<td>2</td>
<td>4</td>
<td>6</td>
</tr>
</tbody>
</table>
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

### Children, 2010

<table>
<thead>
<tr>
<th>Country</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>India</td>
<td>70</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>Thailand</td>
<td>80</td>
</tr>
<tr>
<td>Sri Lanka</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)
Boys, 2010

Percentage 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.

**References:**

**Definitions:**
% Adolescents insufficiently active (age standardised estimate)
Girls, 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)
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>1.1</td>
</tr>
<tr>
<td>Thailand</td>
<td>1.2</td>
</tr>
<tr>
<td>Bangladesh</td>
<td>1.2</td>
</tr>
</tbody>
</table>

Survey type: Measured

Age: 12-17

Estimated per-capita fruit intake

Adults, 2017

Survey type: Measured
Age: 25+
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>% Prevalence</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thailand</td>
<td>20</td>
</tr>
<tr>
<td>Sri Lanka</td>
<td>25</td>
</tr>
<tr>
<td>Indonesia</td>
<td>30</td>
</tr>
<tr>
<td>Bangladesh</td>
<td>40</td>
</tr>
<tr>
<td>Timor-Leste</td>
<td>50</td>
</tr>
<tr>
<td>Maldives</td>
<td>60</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, 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+
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


Definitions: % of population with anxiety disorders
Oesophageal cancer

Men, 2018


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

References:

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

Men, 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, colorectum, 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>Bhutan</td>
<td>2.0</td>
</tr>
<tr>
<td>India</td>
<td>4.5</td>
</tr>
<tr>
<td>Bangladesh</td>
<td>5.2</td>
</tr>
<tr>
<td>Sri Lanka</td>
<td>6.8</td>
</tr>
<tr>
<td>Nepal</td>
<td>7.5</td>
</tr>
<tr>
<td>Maldives</td>
<td>8.5</td>
</tr>
<tr>
<td>Myanmar</td>
<td>9.3</td>
</tr>
<tr>
<td>Timor-Leste</td>
<td>10.1</td>
</tr>
<tr>
<td>Indonesia</td>
<td>12.2</td>
</tr>
<tr>
<td>Thailand</td>
<td>25.1</td>
</tr>
<tr>
<td>North Korea</td>
<td>24.3</td>
</tr>
</tbody>
</table>

Age: 20+


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

Men, 2018

Reference:

Definitions:
Estimated age-standardized incidence rates (World) in 2018, pancreas, 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>Maldives</td>
<td>1</td>
</tr>
<tr>
<td>Sri Lanka</td>
<td>2</td>
</tr>
<tr>
<td>Bangladesh</td>
<td>3</td>
</tr>
<tr>
<td>India</td>
<td>4</td>
</tr>
<tr>
<td>Myanmar</td>
<td>4</td>
</tr>
<tr>
<td>Indonesia</td>
<td>4</td>
</tr>
<tr>
<td>Thailand</td>
<td>4</td>
</tr>
<tr>
<td>Timor-Leste</td>
<td>4</td>
</tr>
<tr>
<td>Nepal</td>
<td>5</td>
</tr>
<tr>
<td>North Korea</td>
<td>7</td>
</tr>
<tr>
<td>Bhutan</td>
<td>8</td>
</tr>
</tbody>
</table>

**Age:** 20+


**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


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


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+

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, cervix uteri, females, ages 20+. ASR (World) per 100,000
Raised blood pressure

Adults, 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).
Men, 2015


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

<table>
<thead>
<tr>
<th>Country</th>
<th>Est %</th>
</tr>
</thead>
<tbody>
<tr>
<td>North Korea</td>
<td>15.5</td>
</tr>
<tr>
<td>Thailand</td>
<td>20.0</td>
</tr>
<tr>
<td>Sri Lanka</td>
<td>22.5</td>
</tr>
<tr>
<td>Maldives</td>
<td>24.0</td>
</tr>
<tr>
<td>Indonesia</td>
<td>25.0</td>
</tr>
<tr>
<td>Myanmar</td>
<td>25.5</td>
</tr>
<tr>
<td>India</td>
<td>26.0</td>
</tr>
<tr>
<td>Bangladesh</td>
<td>26.5</td>
</tr>
<tr>
<td>Bhutan</td>
<td>27.0</td>
</tr>
<tr>
<td>Nepal</td>
<td>29.5</td>
</tr>
</tbody>
</table>

### References:

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

Adults, 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).
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).
Women, 2008


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

<table>
<thead>
<tr>
<th>Country</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>North Korea</td>
<td>6</td>
</tr>
<tr>
<td>Myanmar</td>
<td>7</td>
</tr>
<tr>
<td>Sri Lanka</td>
<td>8</td>
</tr>
<tr>
<td>Indonesia</td>
<td>8</td>
</tr>
<tr>
<td>Thailand</td>
<td>8</td>
</tr>
<tr>
<td>India</td>
<td>9</td>
</tr>
<tr>
<td>Bangladesh</td>
<td>10</td>
</tr>
<tr>
<td>Maldives</td>
<td>11</td>
</tr>
<tr>
<td>Nepal</td>
<td>11</td>
</tr>
<tr>
<td>Bhutan</td>
<td>12</td>
</tr>
</tbody>
</table>


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

Adults, 2017


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