



Región del Pacífico Occidental de la OMS

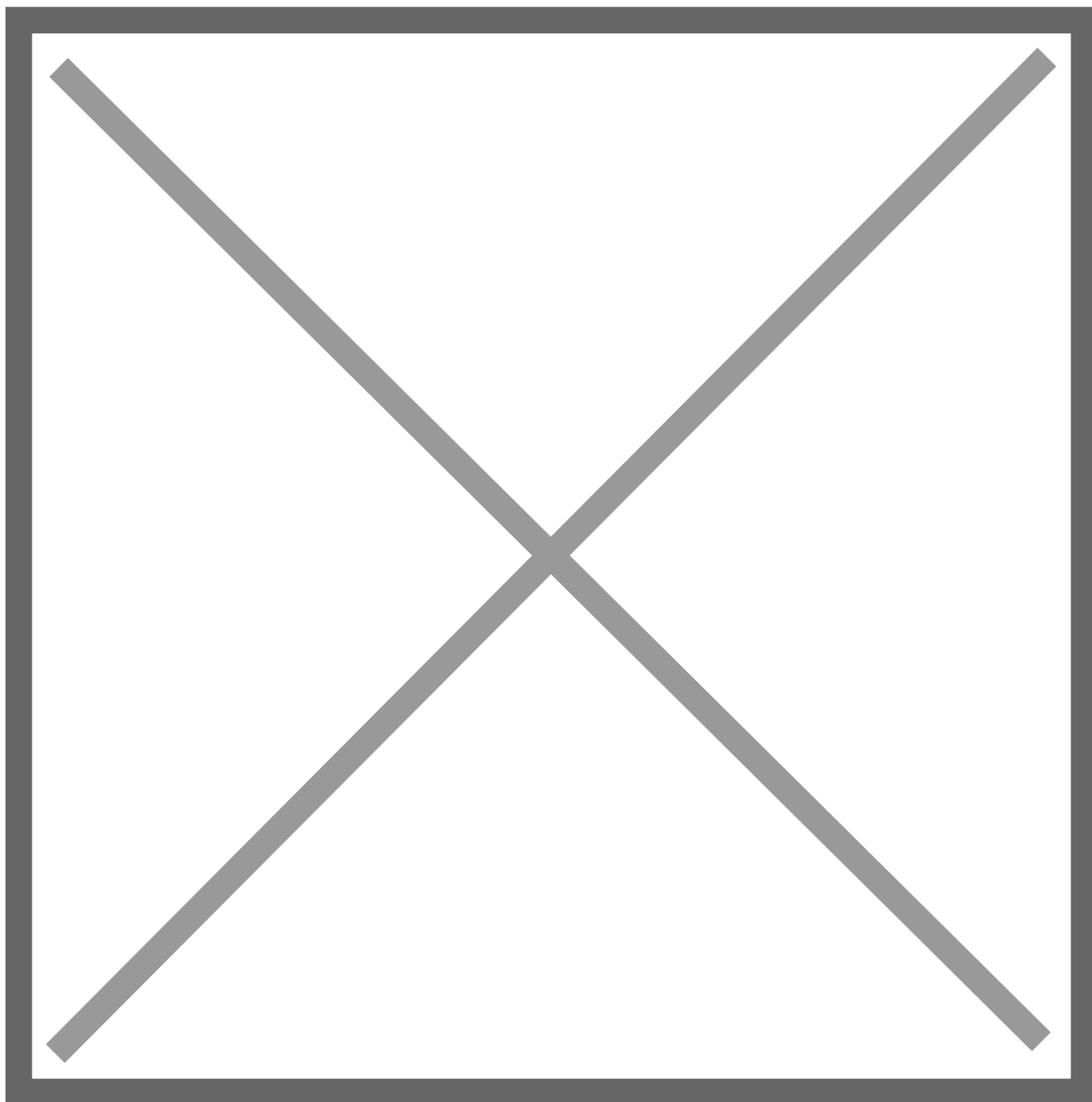
Regional report card - adults

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-western-pacific-region-7/>.

Prevalencia de obesidad

Adultos

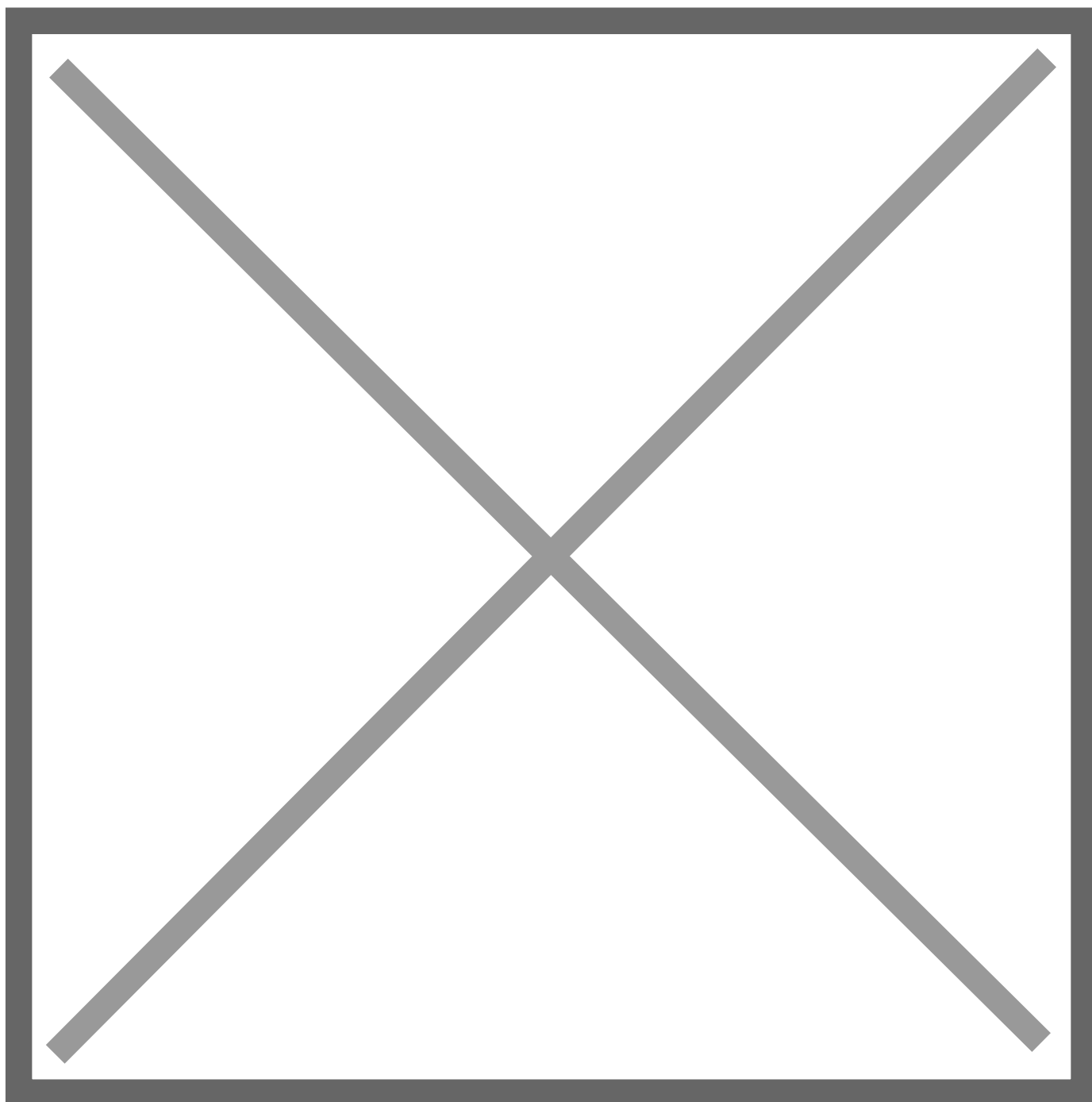


Notas:

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

A menos que se indique lo contrario, el sobrepeso se refiere a un IMC entre 25 kg y 29,9 kg/m² y la obesidad se refiere a un IMC superior a 30 kg/m².

Hombres

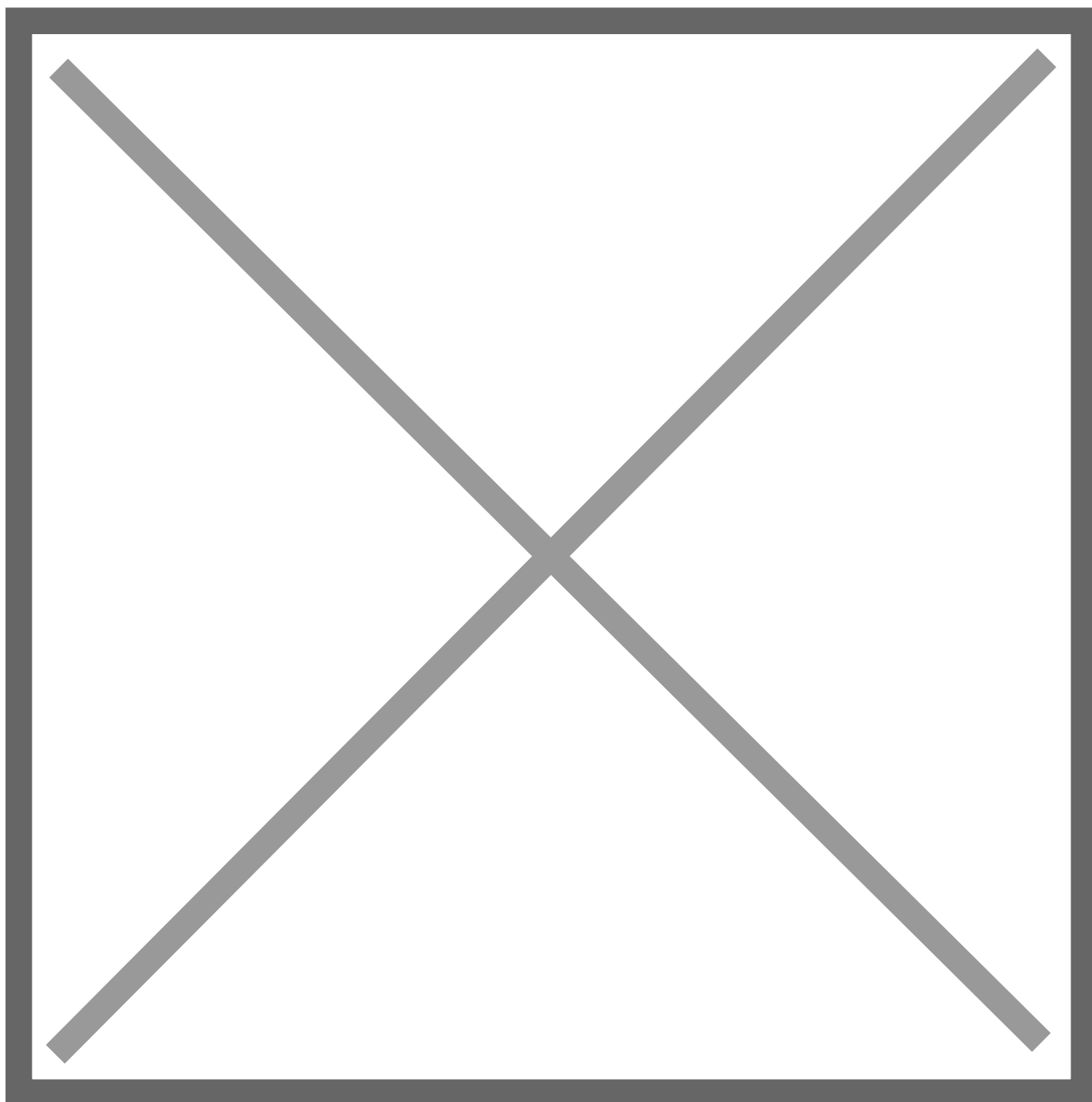


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Mujeres



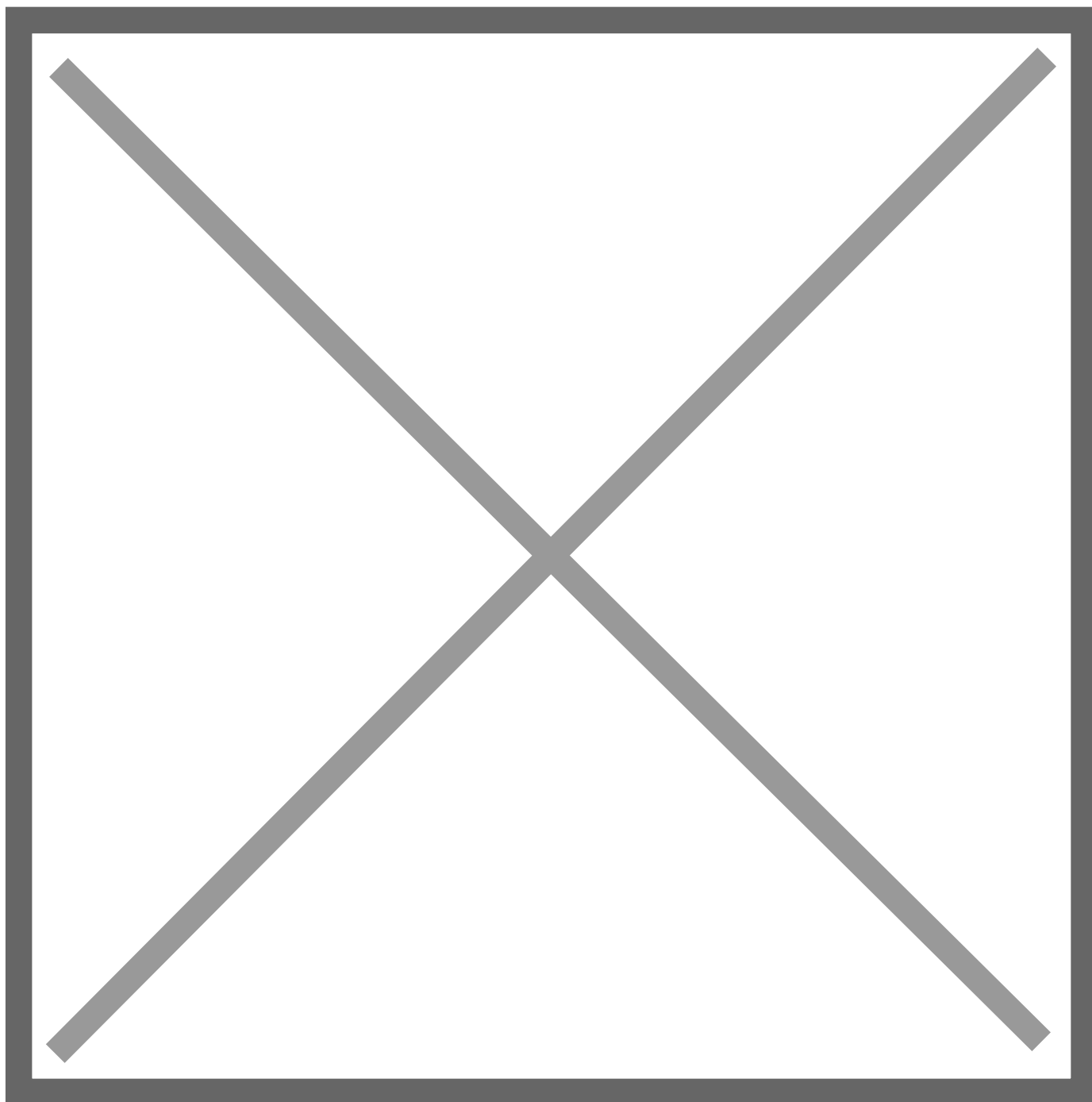
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Actividad insuficiente

Adultos, 2016-2022



Tipo de encuesta:

Autodeclarado

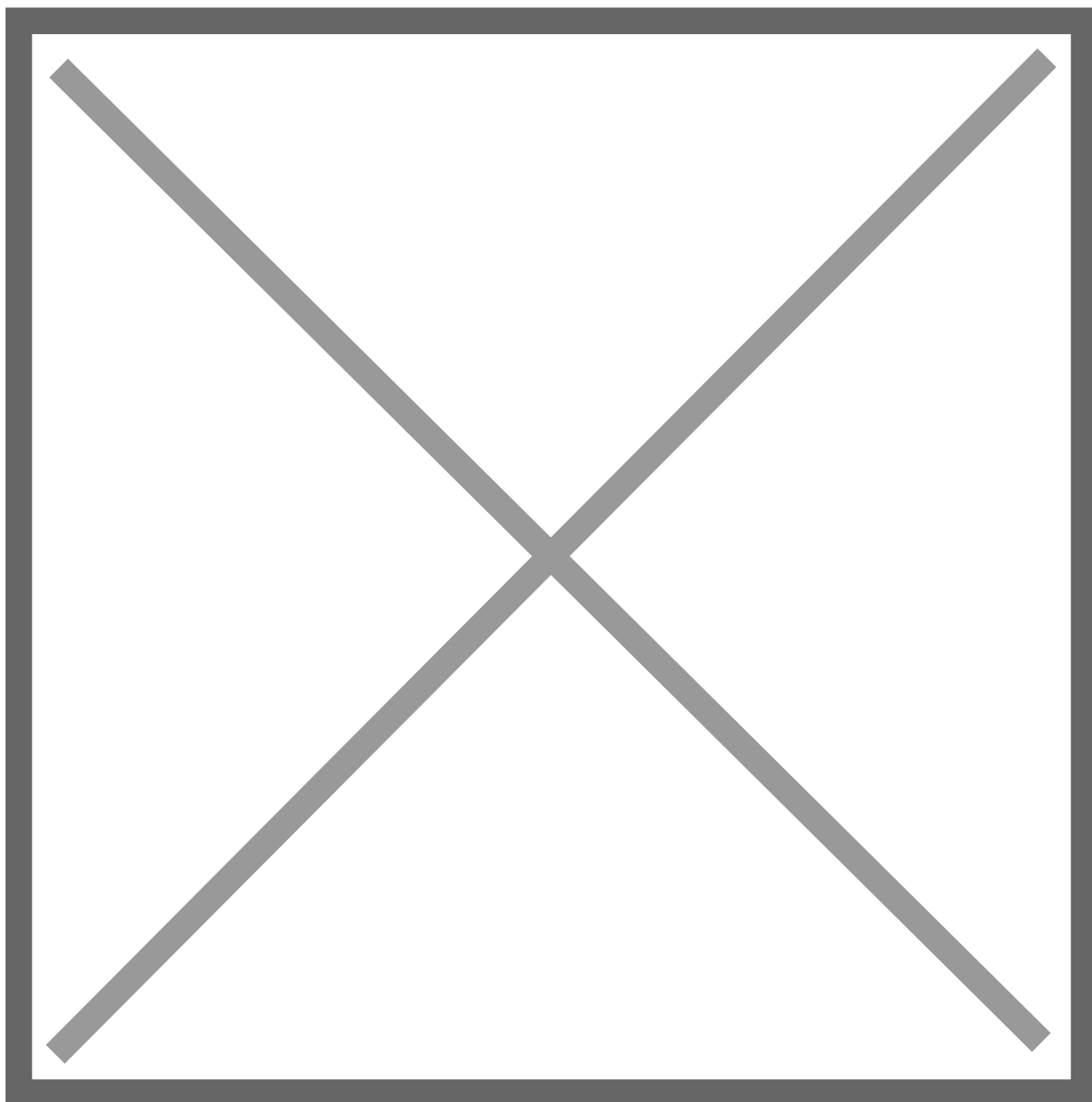
Zona abarcada:

Nacional

Referencias: 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)-(-))

Definiciones (solo disponible en inglés): 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.

Hombres, 2016-2022



Tipo de encuesta:

Autodeclarado

Zona abarcada:

Nacional

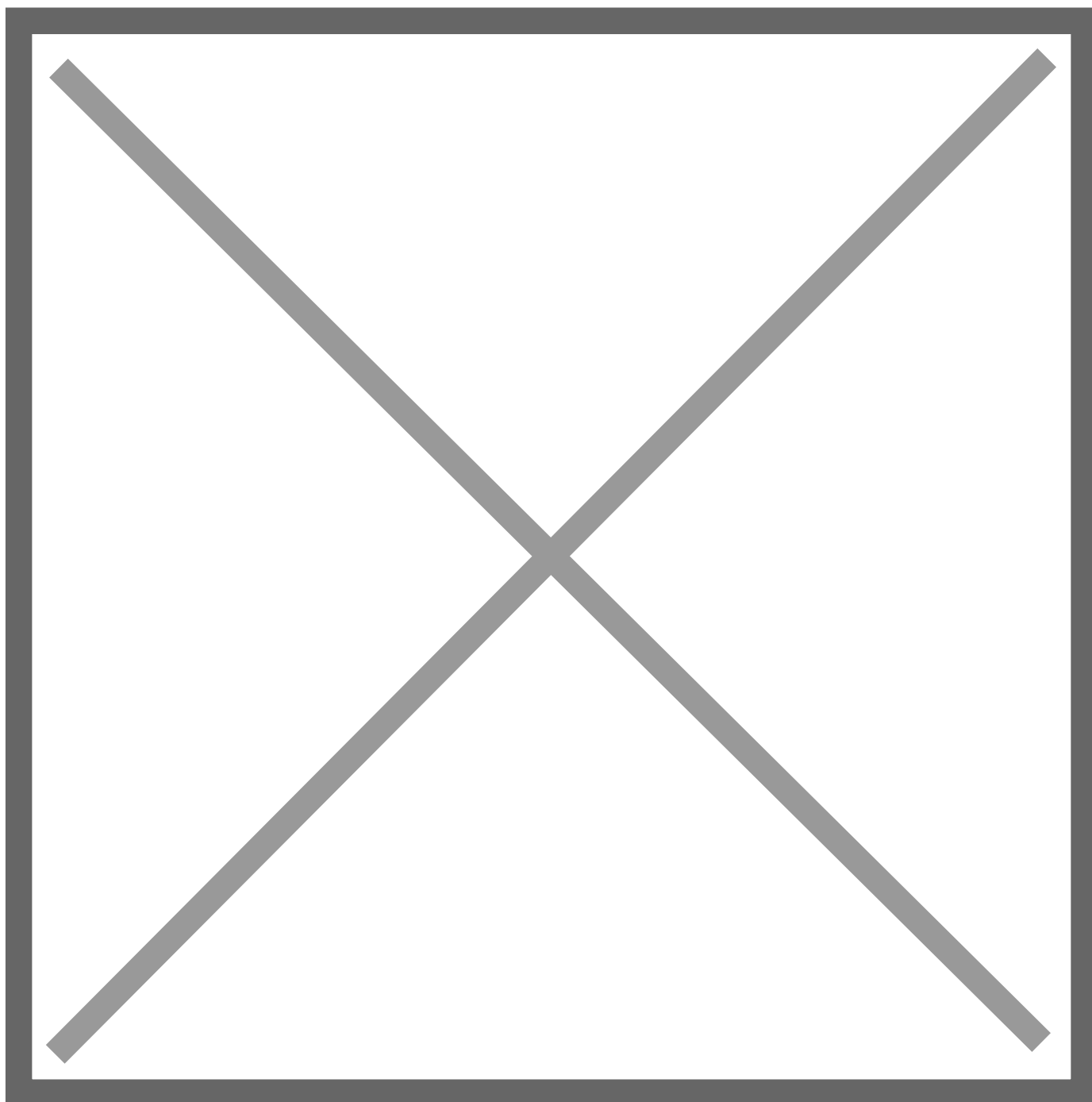
Referencias:

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)-(-))

**Definiciones
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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.

Mujeres, 2016-2022



Tipo de encuesta:

Autodeclarado

Zona abarcada:

Nacional

Referencias:

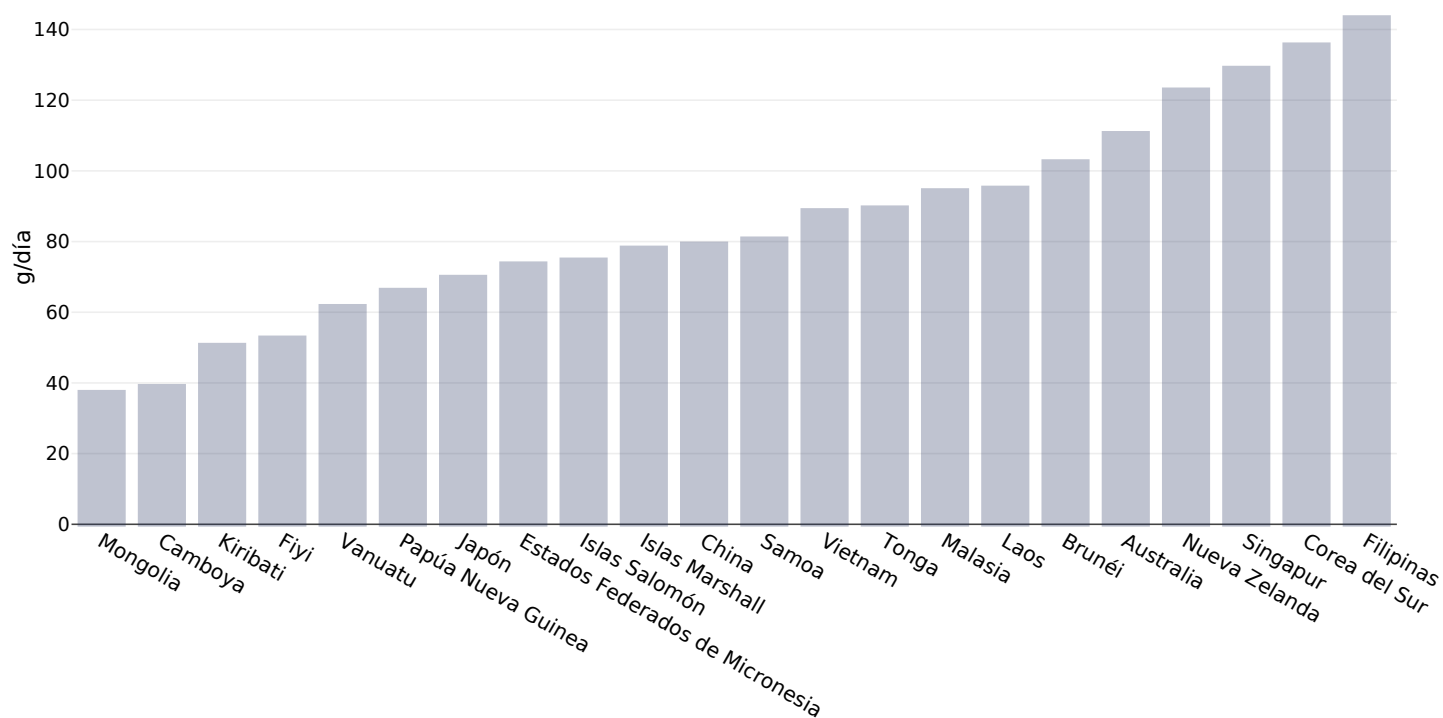
WHO (2024). Prevalence of insufficient physical activity among adults aged 18-years age-standardized estimate in 2022. Available at [https://www.who.int/data/gho/data/indicators/indicator-details/GHO/prevalence-of-insufficient-physical-activity-among-adults-aged-18-years-\(age-standardized-estimate\)-\(-\)](https://www.who.int/data/gho/data/indicators/indicator-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

**Definiciones
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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.

Ingesta estimada de frutas per cápita

Adultos, 2017



Tipo de encuesta:

Medido

Edad:

25+

Referencias:

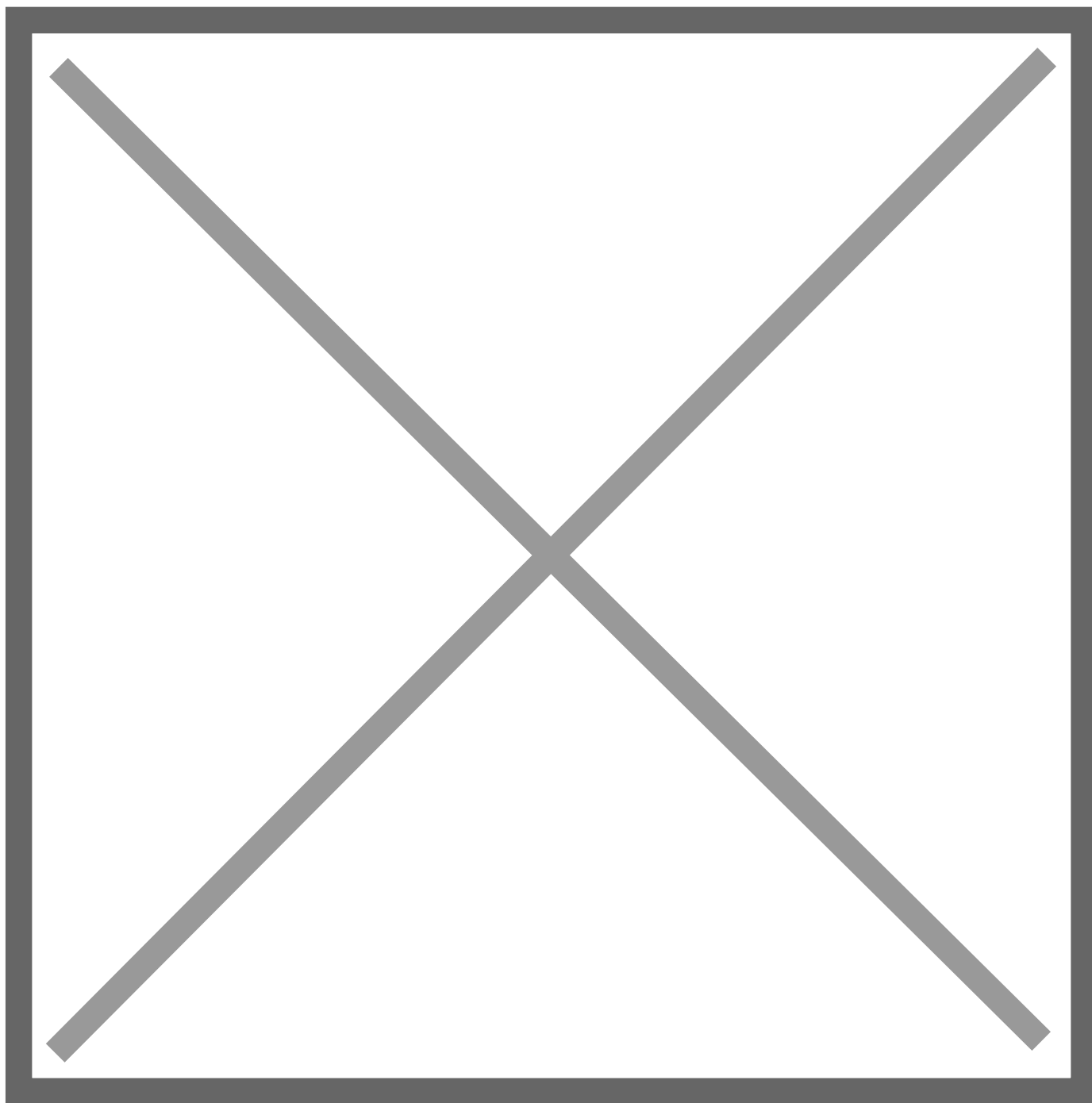
Global Burden of Disease, the Institute for Health Metrics and Evaluation <http://ghdx.healthdata.org/>

**Definiciones
(solo disponible en
inglés):**

Estimated per-capita fruit intake (g/day)

Ingesta estimada de carne procesada per cápita

Adultos, 2017



Tipo de encuesta:

Medido

Edad:

25+

Referencias:

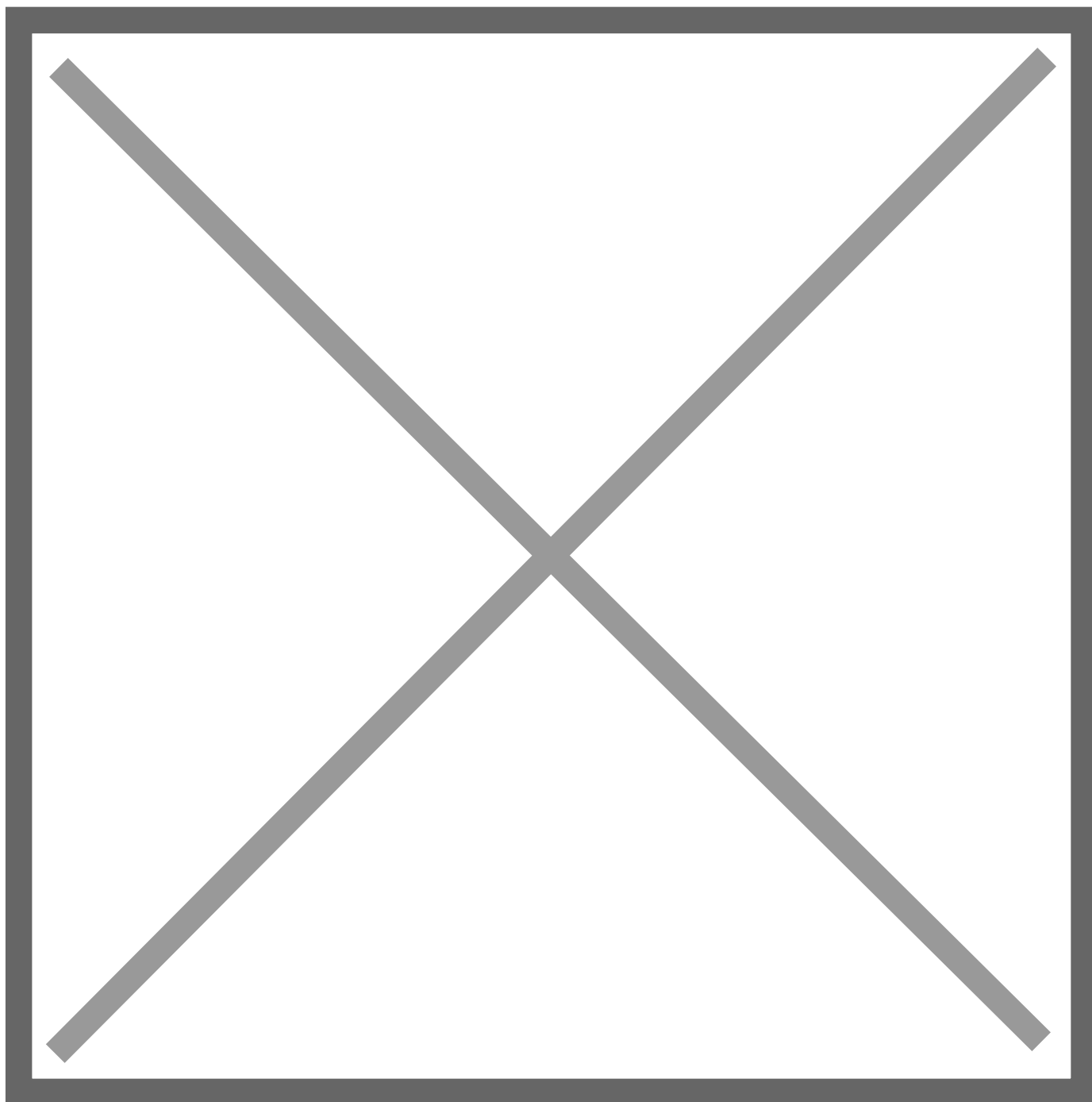
Global Burden of Disease, the Institute for Health Metrics and Evaluation <http://ghdx.healthdata.org/>

Definiciones
(solo
disponible en
ingl es):

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

Ingesta estimada de cereales integrales per cápita

Adultos, 2017



Tipo de encuesta:

Medido

Edad:

25+

Referencias:

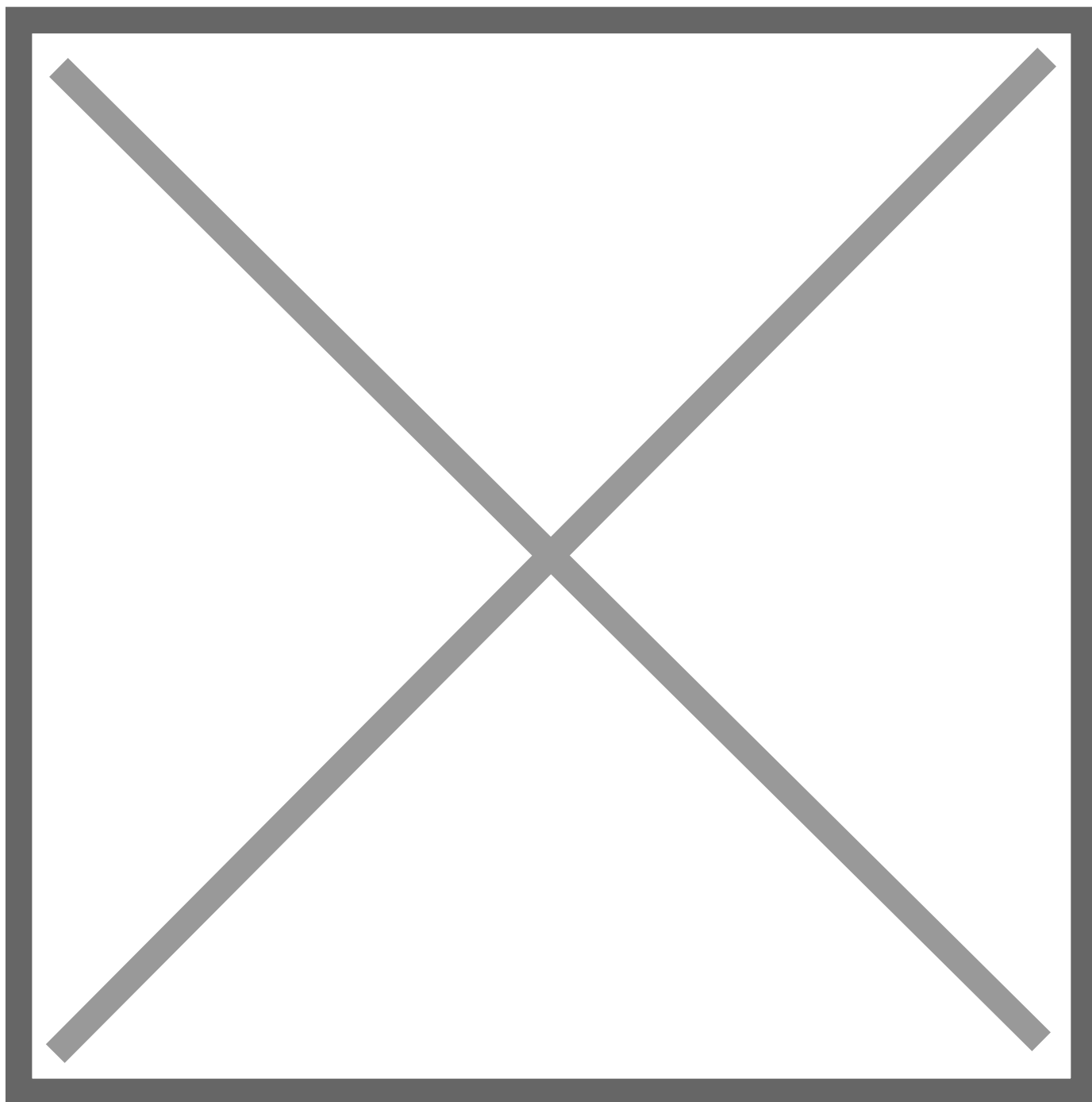
Global Burden of Disease, the Institute for Health Metrics and Evaluation <http://ghdx.healthdata.org/>

Definiciones
(solo
disponible en
ingl es):

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

Salud mental: trastornos de depresión

Adultos, 2021



Edad:	20+
Zona abarcada:	Nacional

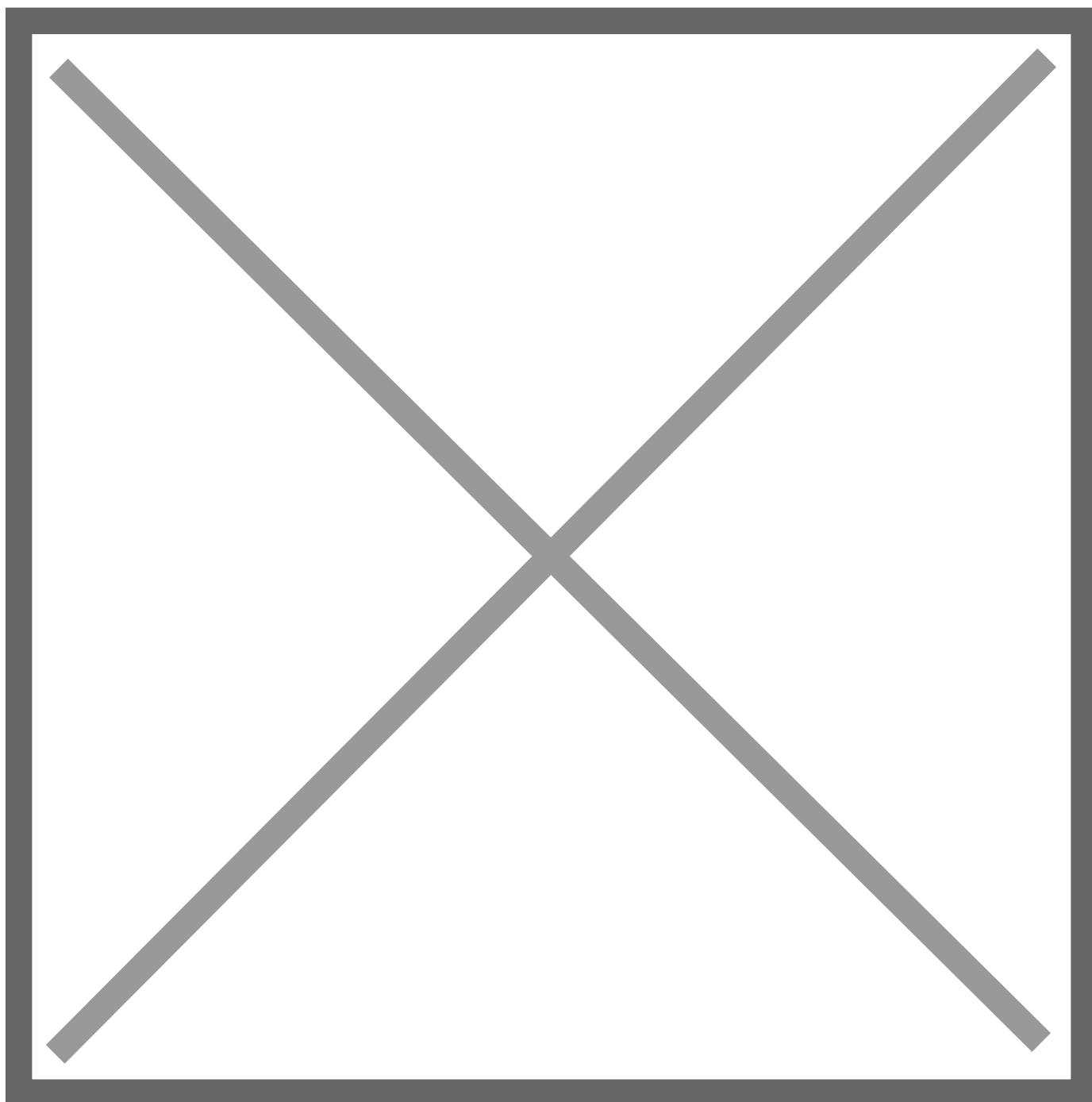
Referencias:

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)

**Definiciones
(solo
disponible en
inglés):**

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

Hombres, 2021



Edad: 20+

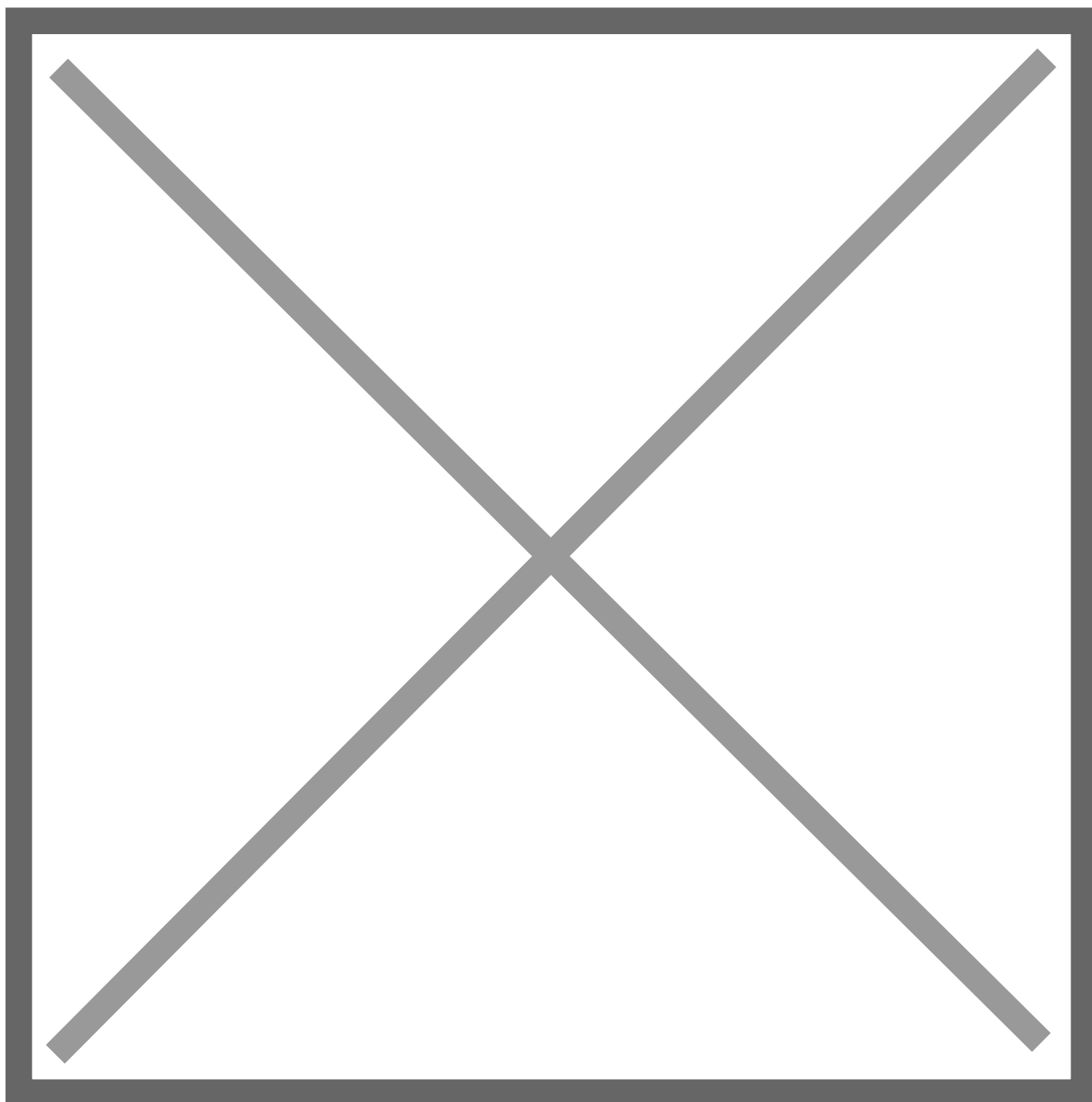
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Definiciones
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Number living with depression per 100,000 population (adults 20+ years)

Mujeres, 2021



Edad: 20+

Zona abarcada: Nacional

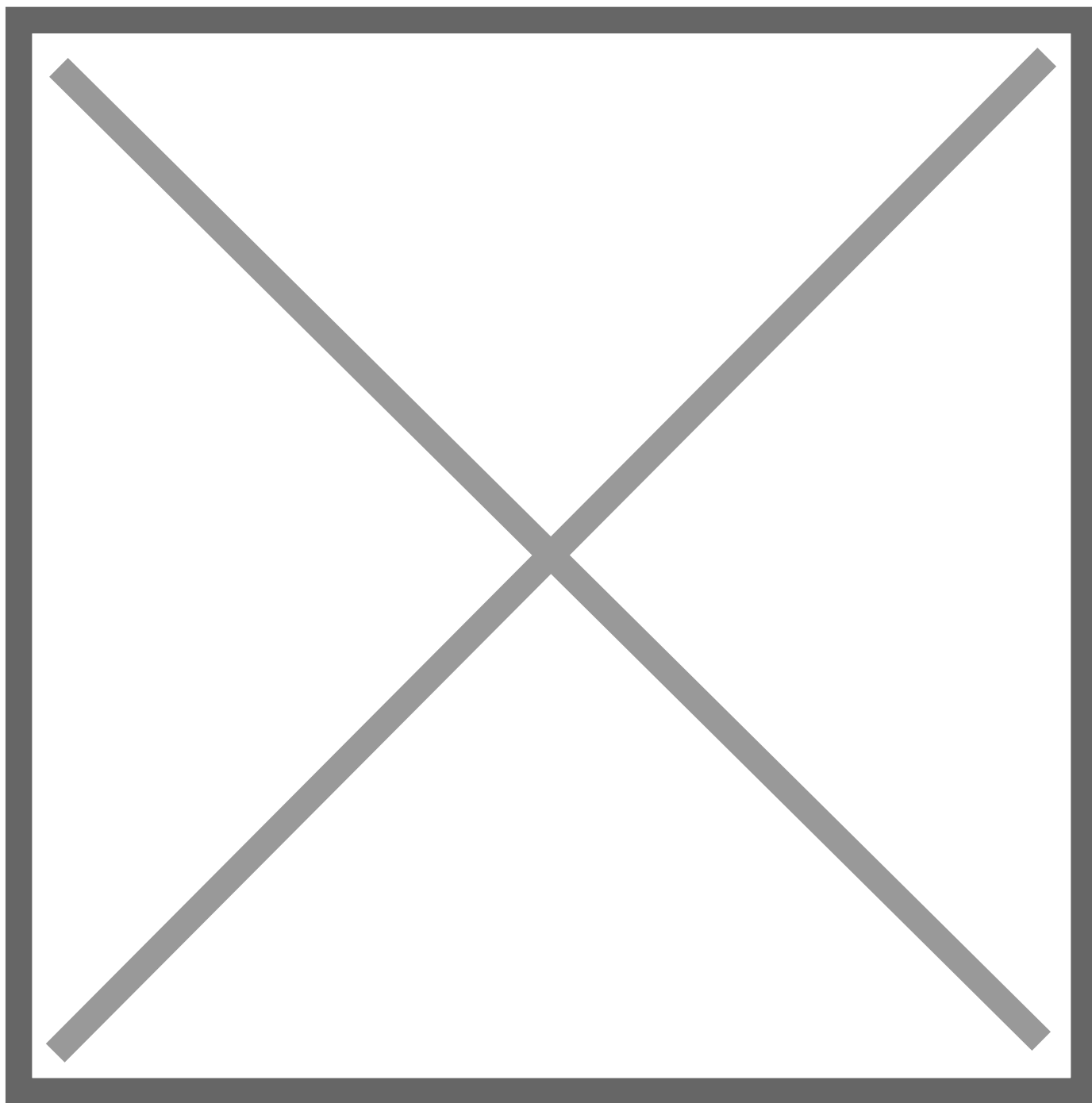
Referencias: Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

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

Salud mental: trastornos de ansiedad

Adultos, 2021



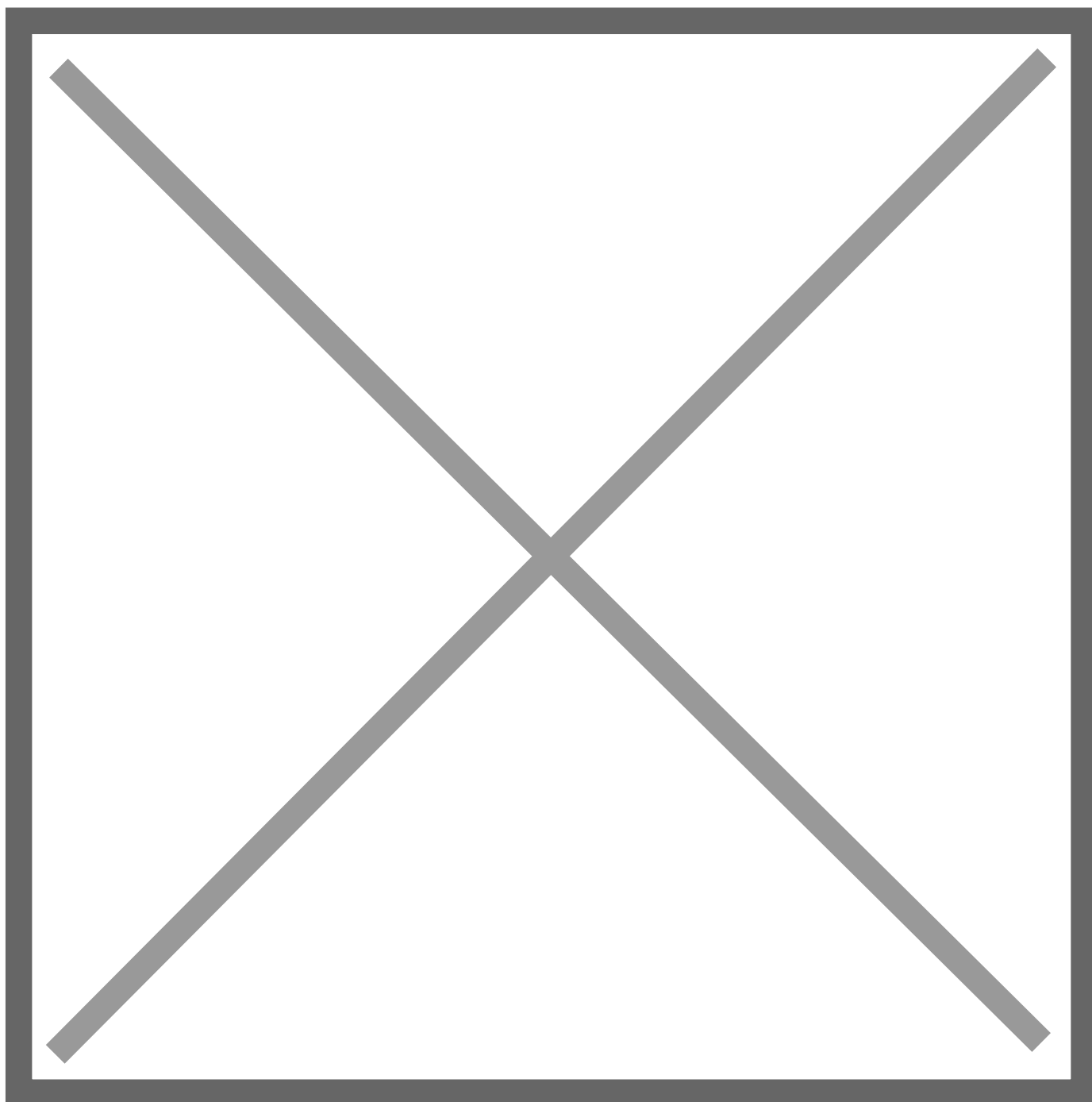
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Referencias: Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>.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

Definiciones
(solo
disponible en
ingl es):

Number living with anxiety per 100,000 population

Hombres, 2021

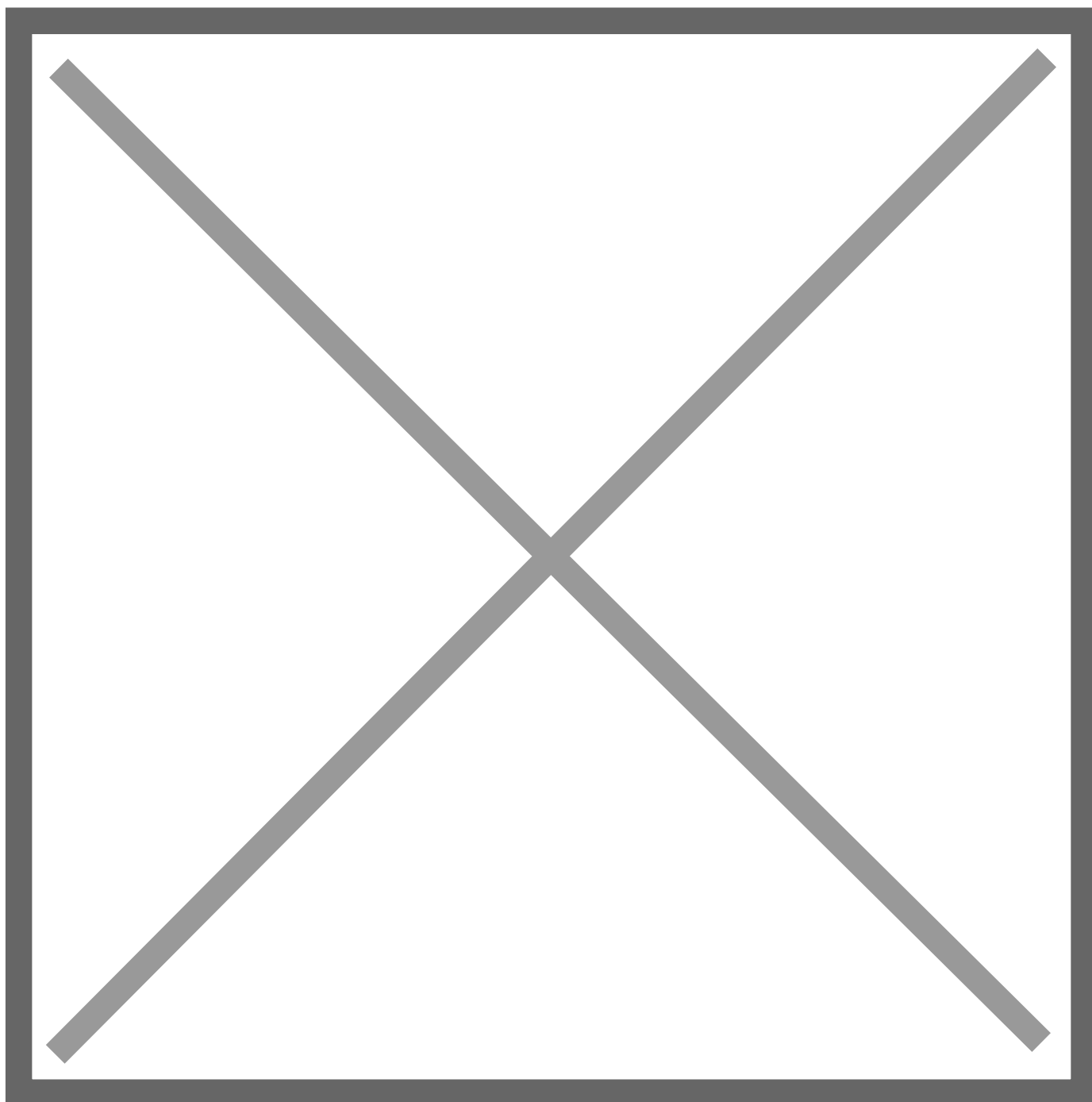


Edad: 20+

Referencias: 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).

Definiciones (solo disponible en inglés): Number living with anxiety per 100,000 population

Mujeres, 2021



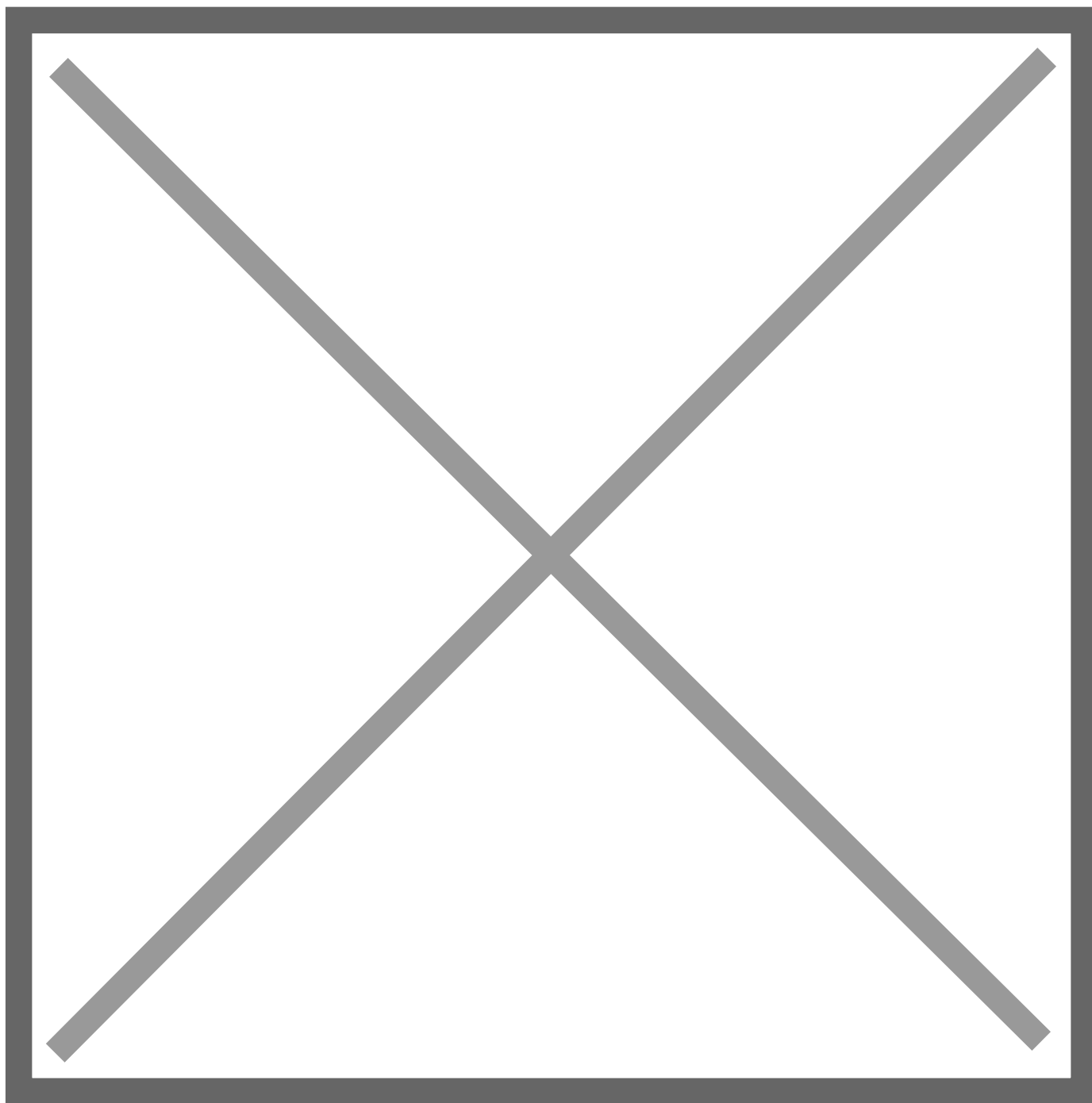
Edad: 20+

Referencias: 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).

Definiciones (solo disponible en inglés): Number living with anxiety per 100,000 population

Cáncer de esófago

Hombres, 2022

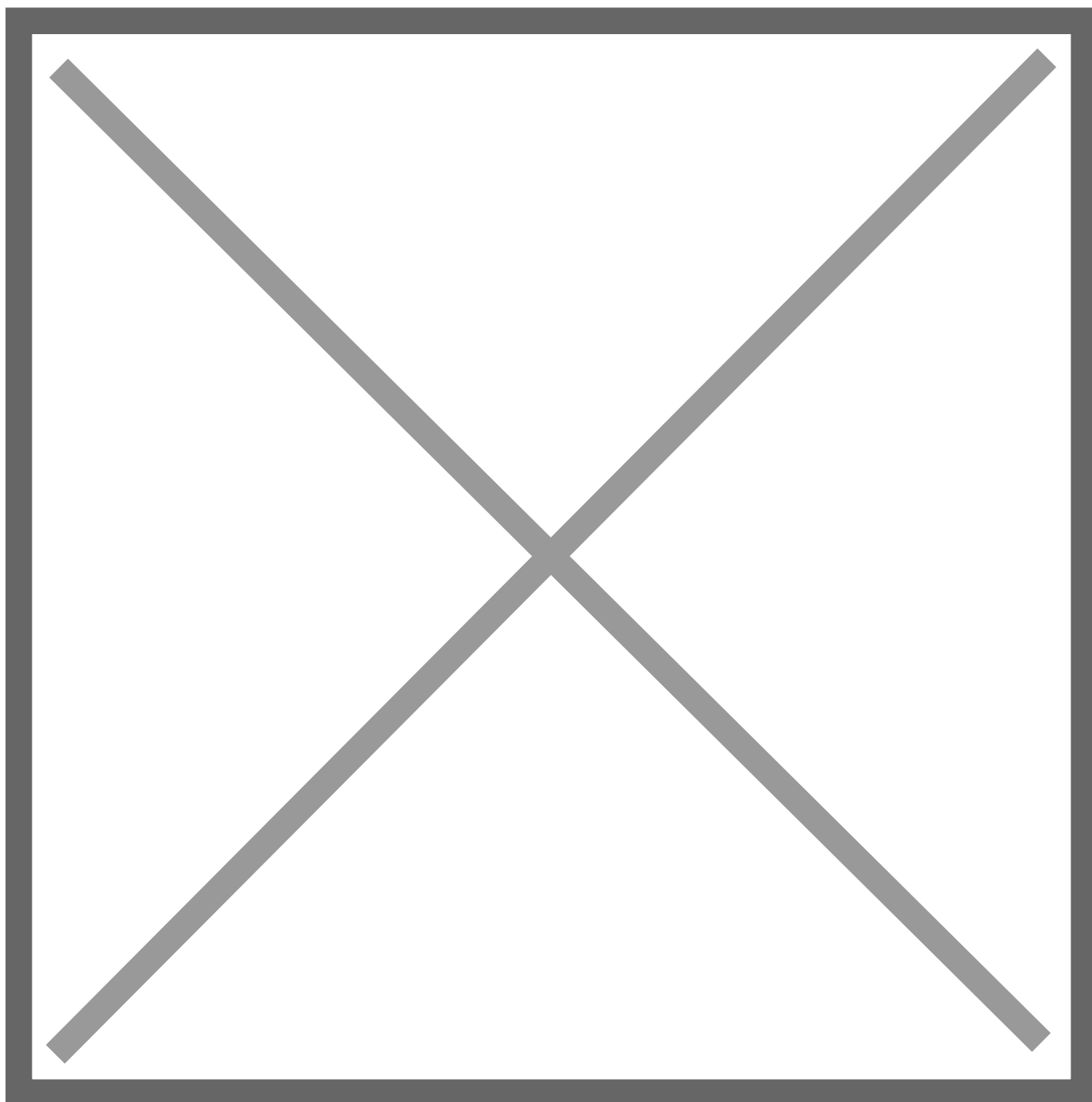


Edad:	20+
Zona abarcada:	Nacional

Referencias: 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]

Definiciones (solo disponible en inglés): Indicence per 100,000

Mujeres, 2022



Edad: 20+

Zona abarcada: Nacional

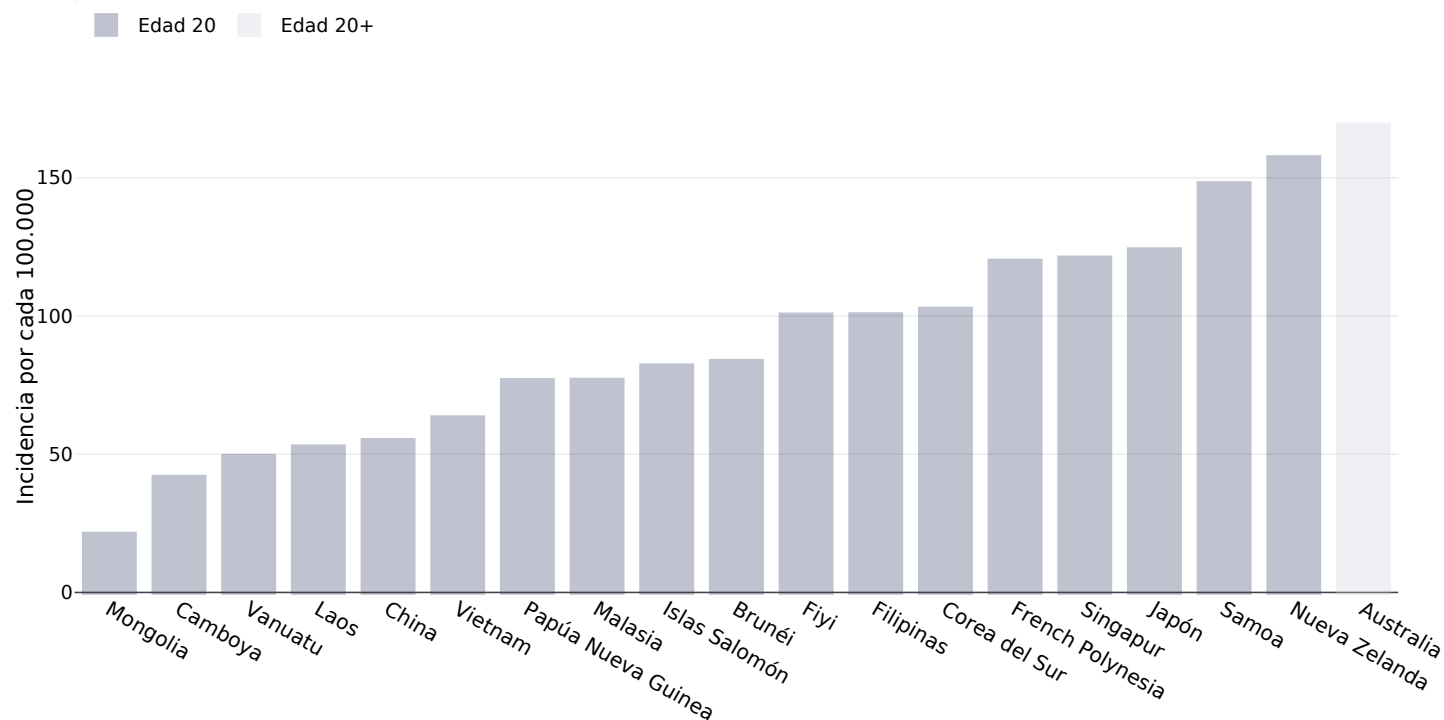
Referencias: Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.who.int/today>, accessed [16.07.24]

Definiciones
(solo
disponible en
ingl es):

Indicence per 100,000

Cáncer de mama

Mujeres, 2022



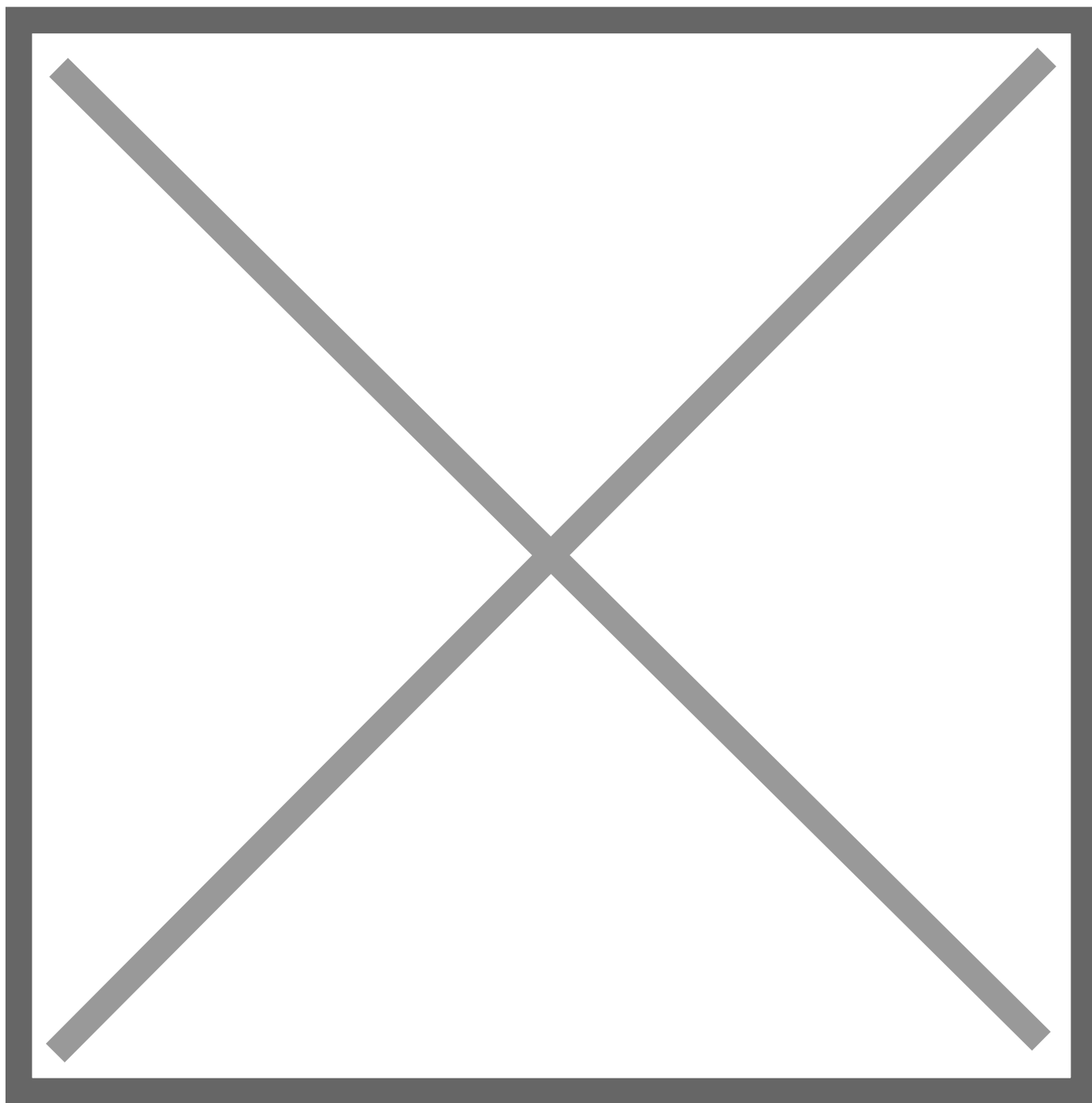
Zona abarcada: Nacional

Referencias: 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]

Definiciones (solo disponible en inglés): Incidence per 100,000

Cáncer colorrectal

Hombres, 2022



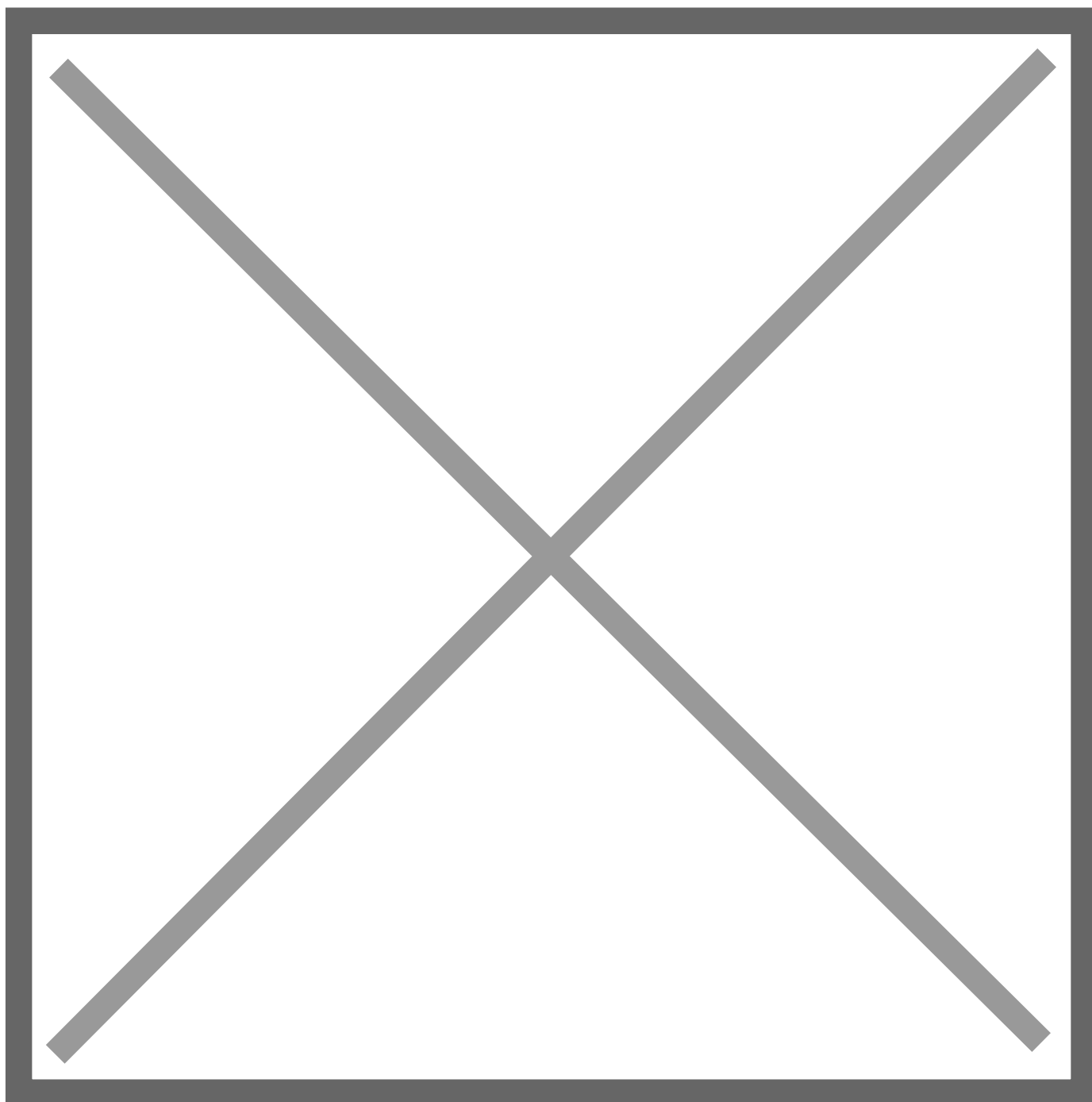
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**Definiciones
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Incidence per 100,000

Mujeres, 2022



Edad: 20+

Zona abarcada: Nacional

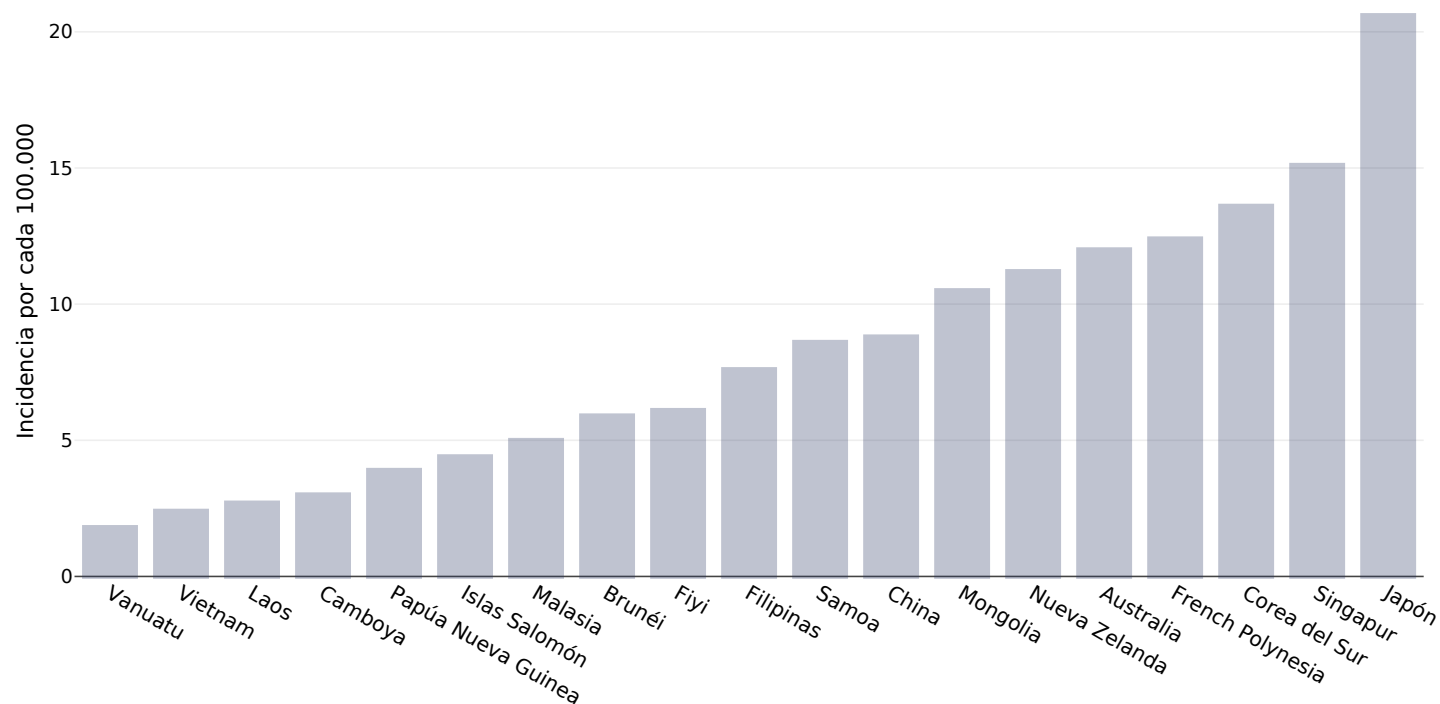
Referencias: Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.who.int/today>, accessed [16.07.24]

Definiciones
(solo
disponible en
ingl es):

Incidence per 100,000

Cáncer de páncreas

Hombres, 2022



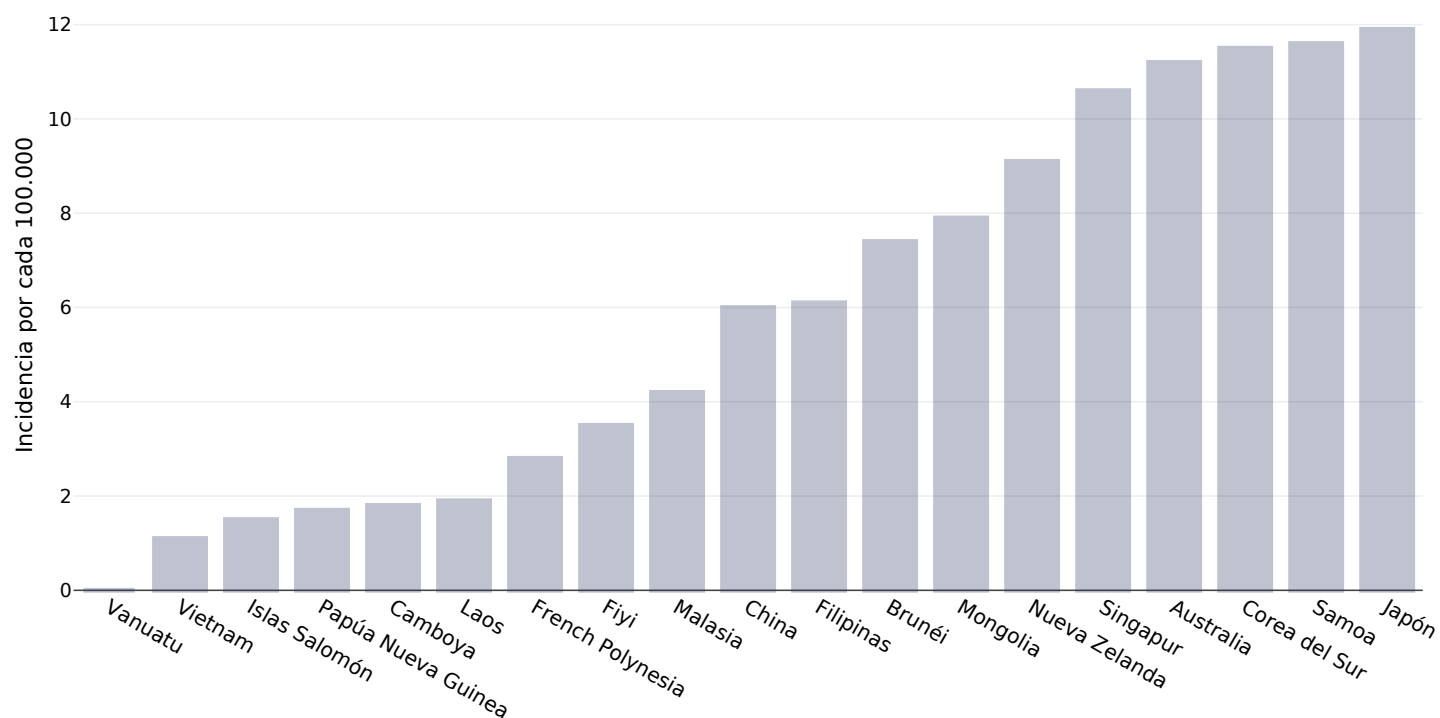
Edad: 20+

Zona abarcada: Nacional

Referencias: 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]

Definiciones (solo disponible en inglés): Incidence per 100,000

Mujeres, 2022



Edad: 20+

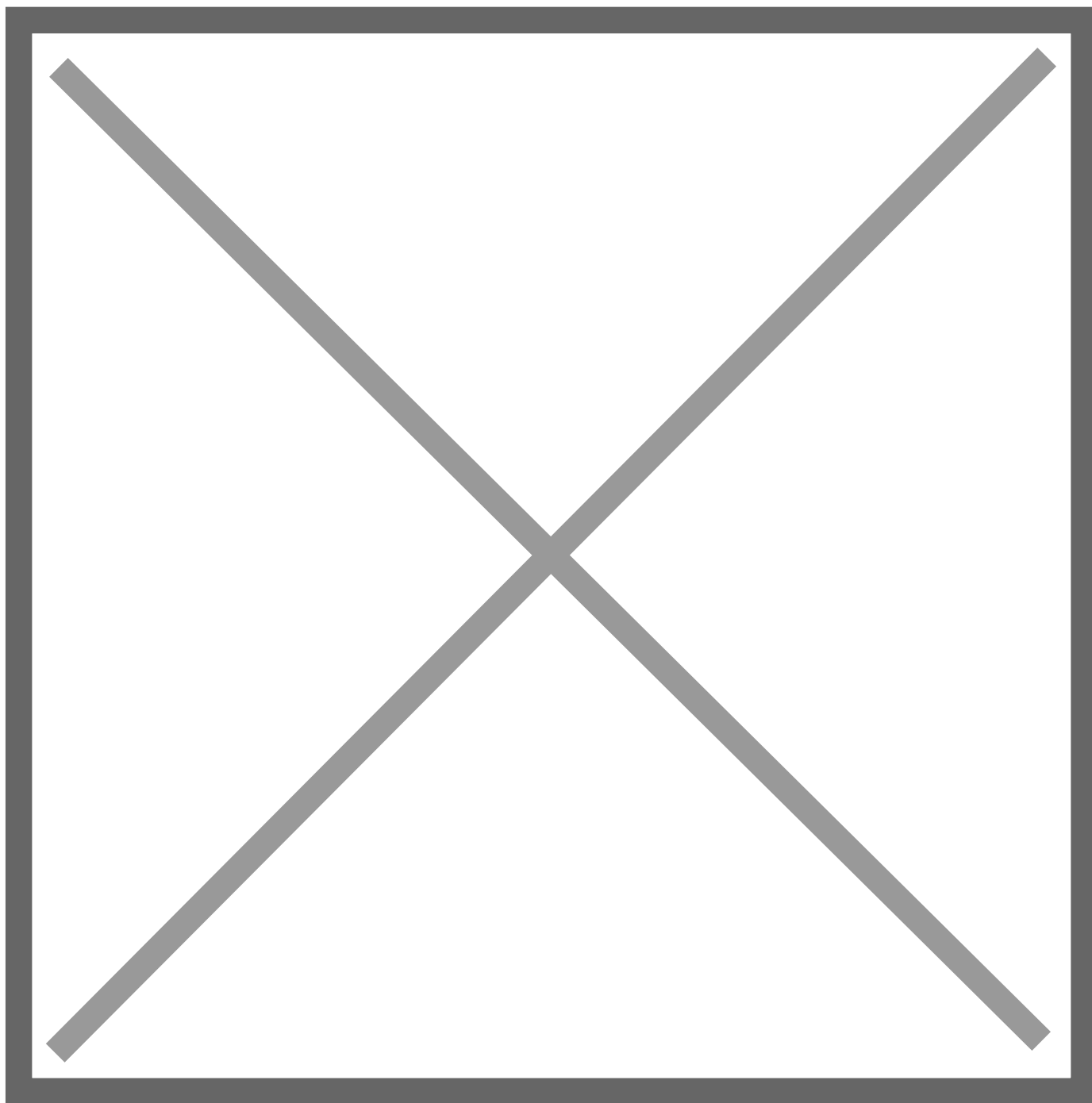
Zona abarcada: Nacional

Referencias: 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]

Definiciones (solo disponible en inglés): Incidence per 100,000

Cáncer de la vesícula biliar

Hombres, 2022

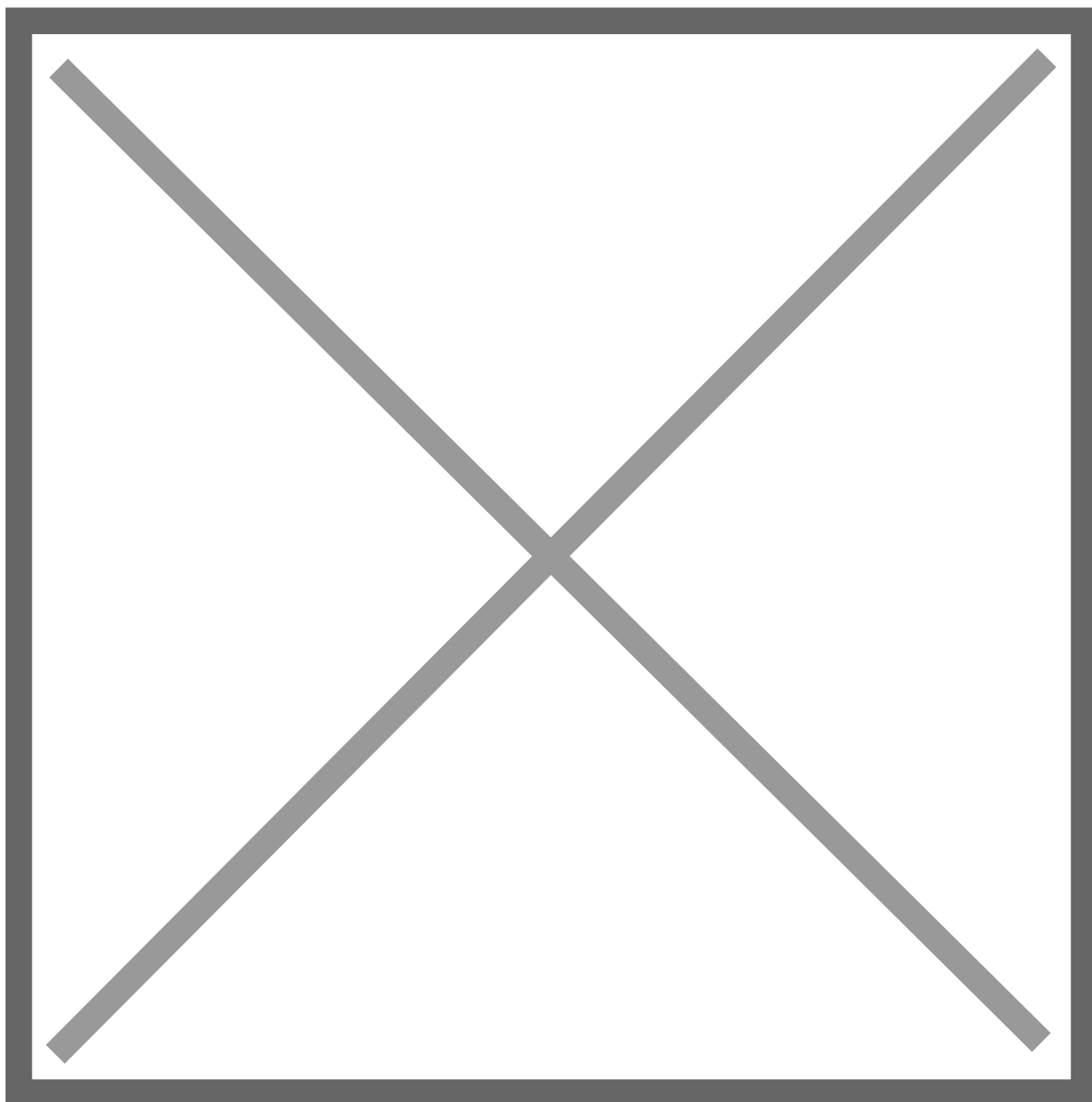


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Referencias: Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.who.int/today>,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

Definiciones (solo disponible en inglés): Indicence per 100,000

Mujeres, 2022



Edad: 20+

Zona abarcada: Nacional

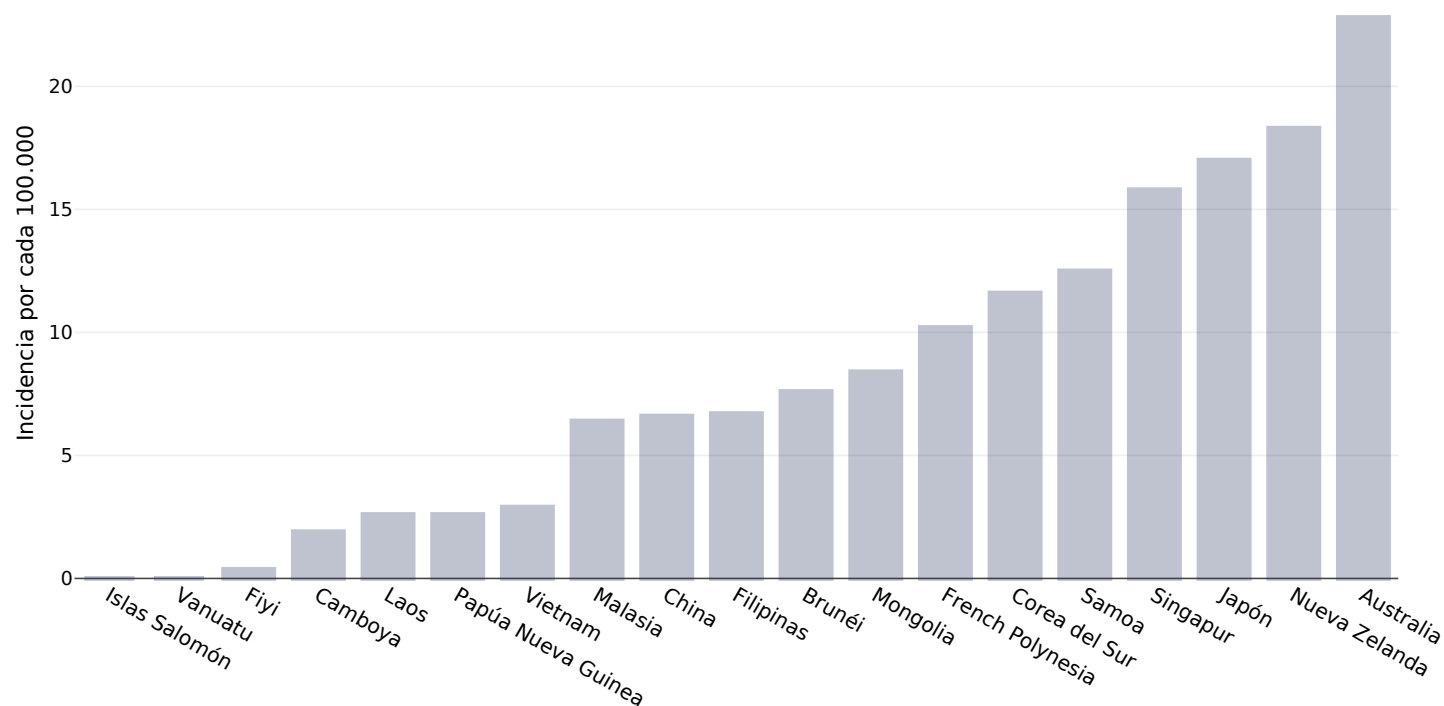
Referencias: Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.who.int/today>, accessed [16.07.24]

Definiciones
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ingl es):

Indicence per 100,000

Cáncer de riñón

Hombres, 2022



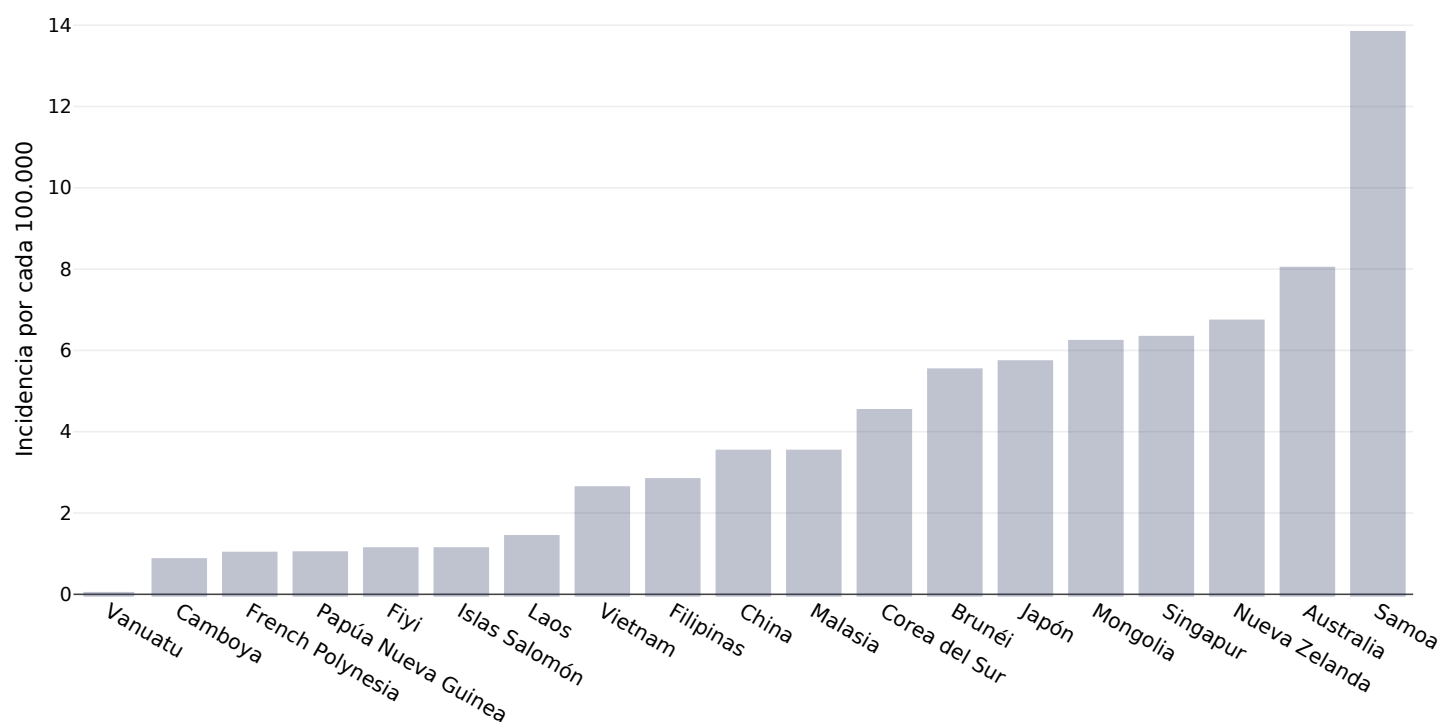
Edad: 20+

Zona abarcada: Nacional

Referencias: 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]

Definiciones (solo disponible en inglés): Incidence per 100,000

Mujeres, 2022



Edad: 20+

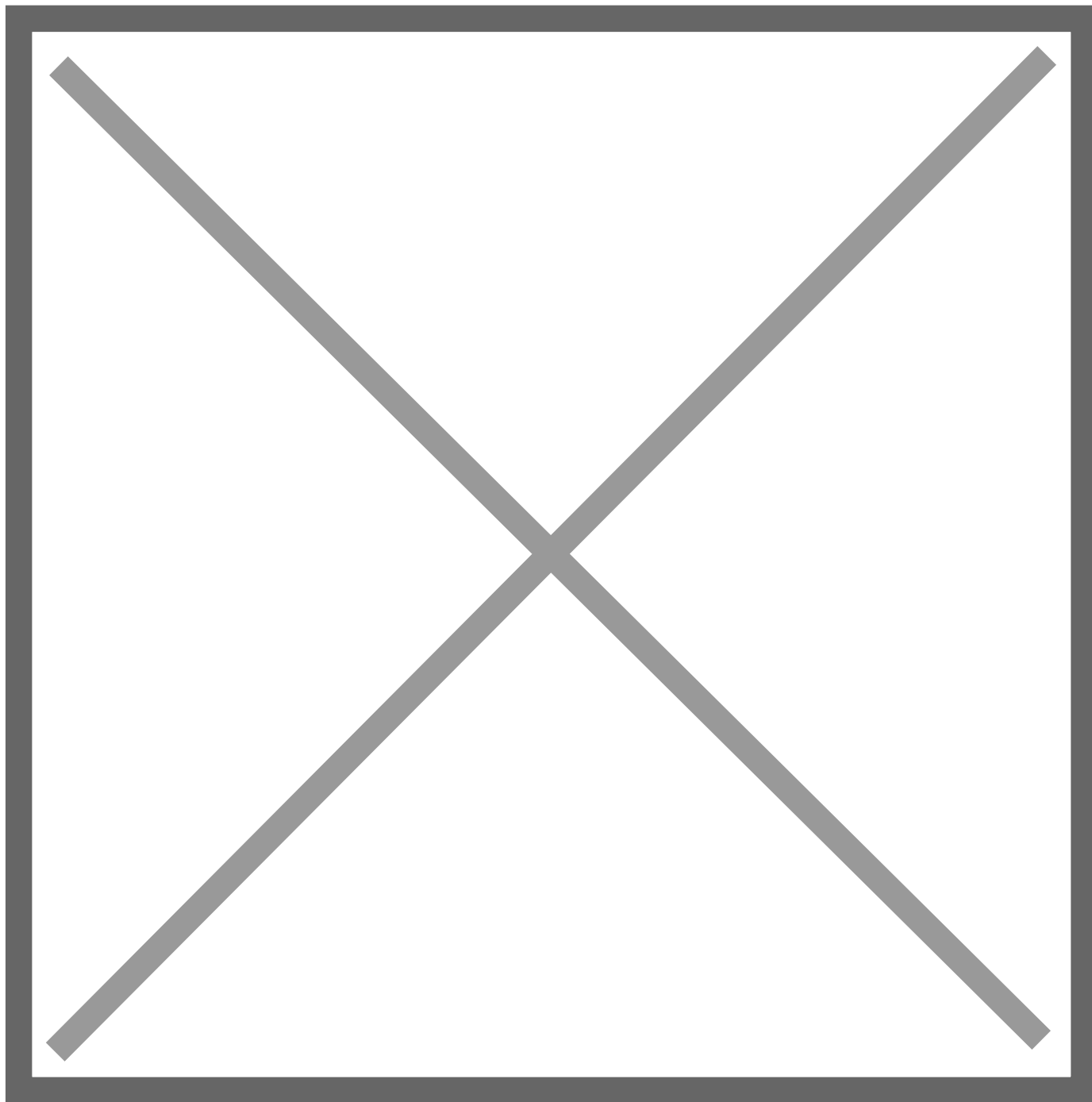
Zona abarcada: Nacional

Referencias: 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]

Definiciones (solo disponible en inglés): Incidence per 100,000

Cáncer de Cérvix

Mujeres, 2022



Edad: 20+

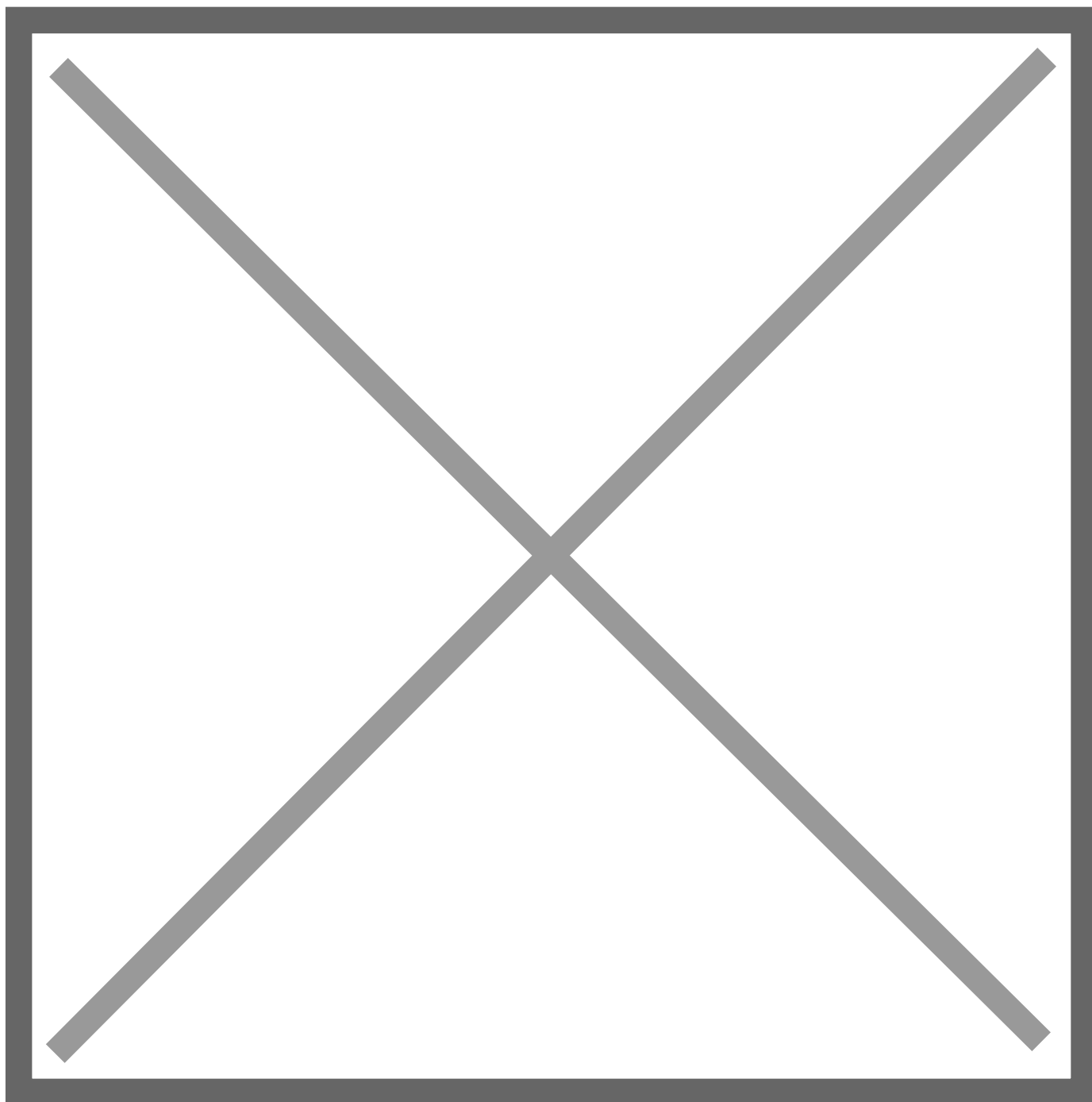
Referencias: Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.who.int/today>, accessed [16.07.24]

Definiciones
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Incidence per 100,000

Tensión arterial elevada

Adultos, 2015



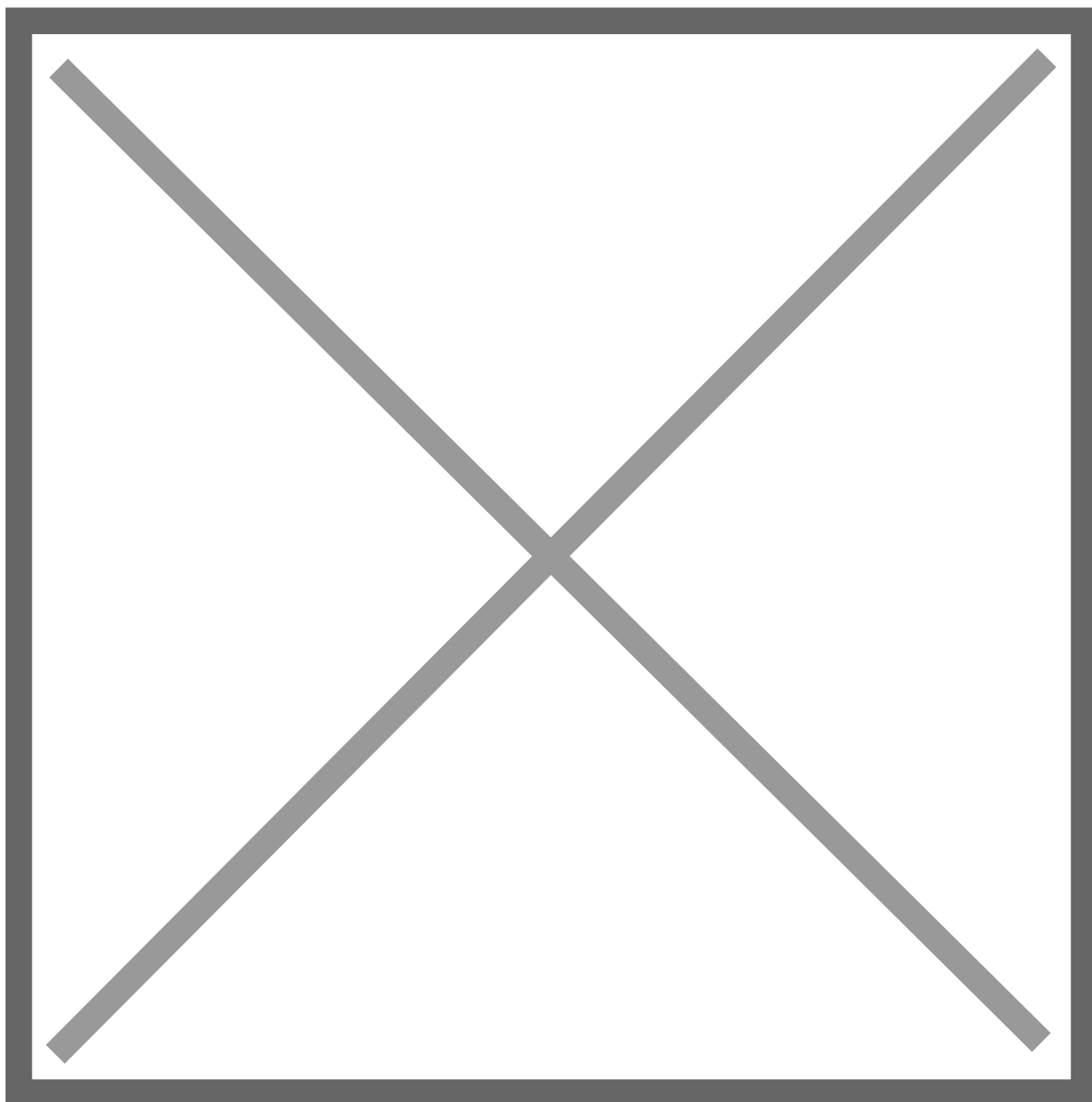
Referencias:

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

Definiciones
(solo
disponible en
ingl  s):

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

Hombres, 2015



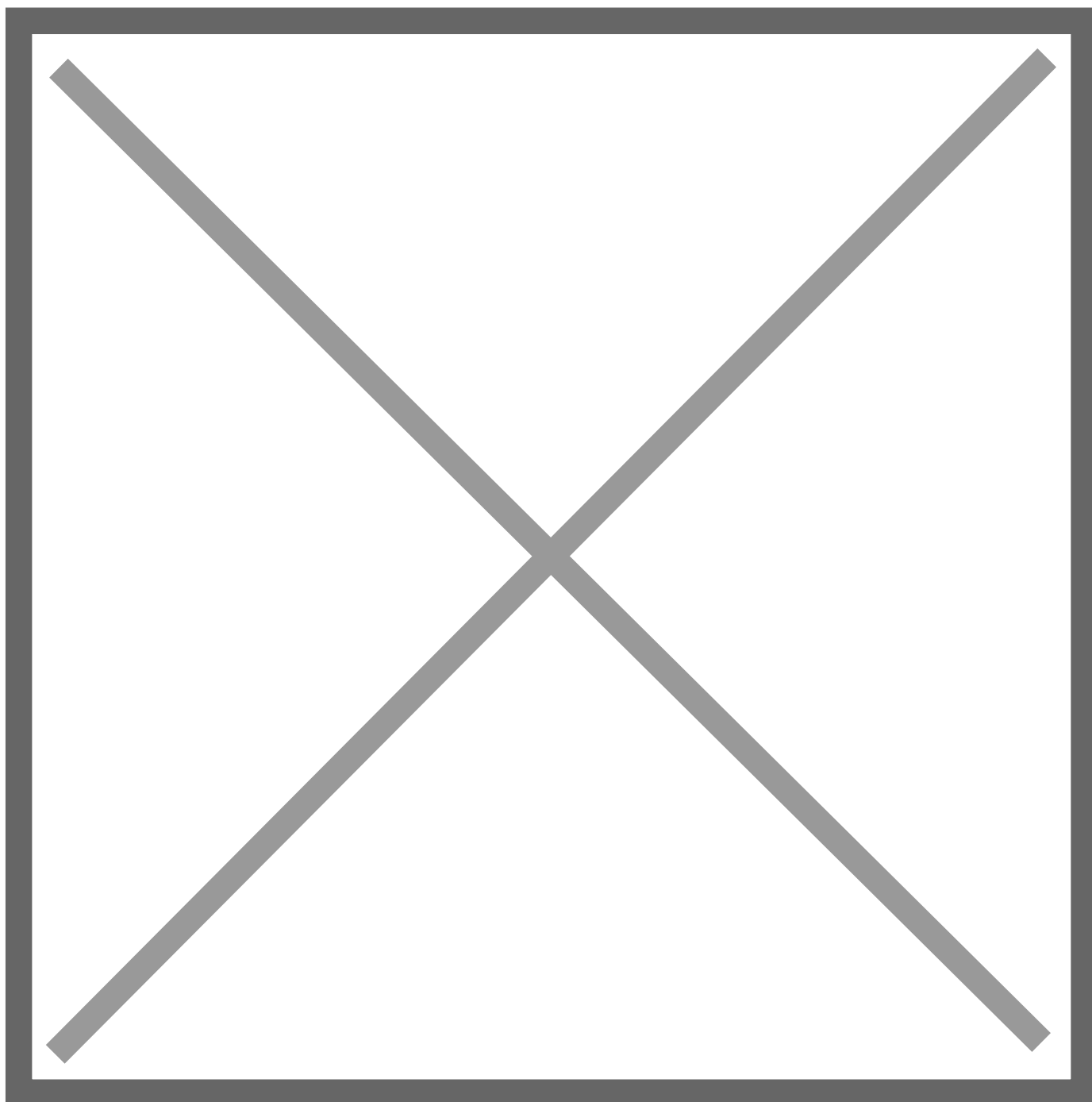
Referencias:

Global Health Observatory data repository, World Health Organisation,
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Definiciones (solo disponible en inglés):

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

Mujeres, 2015



Referencias:

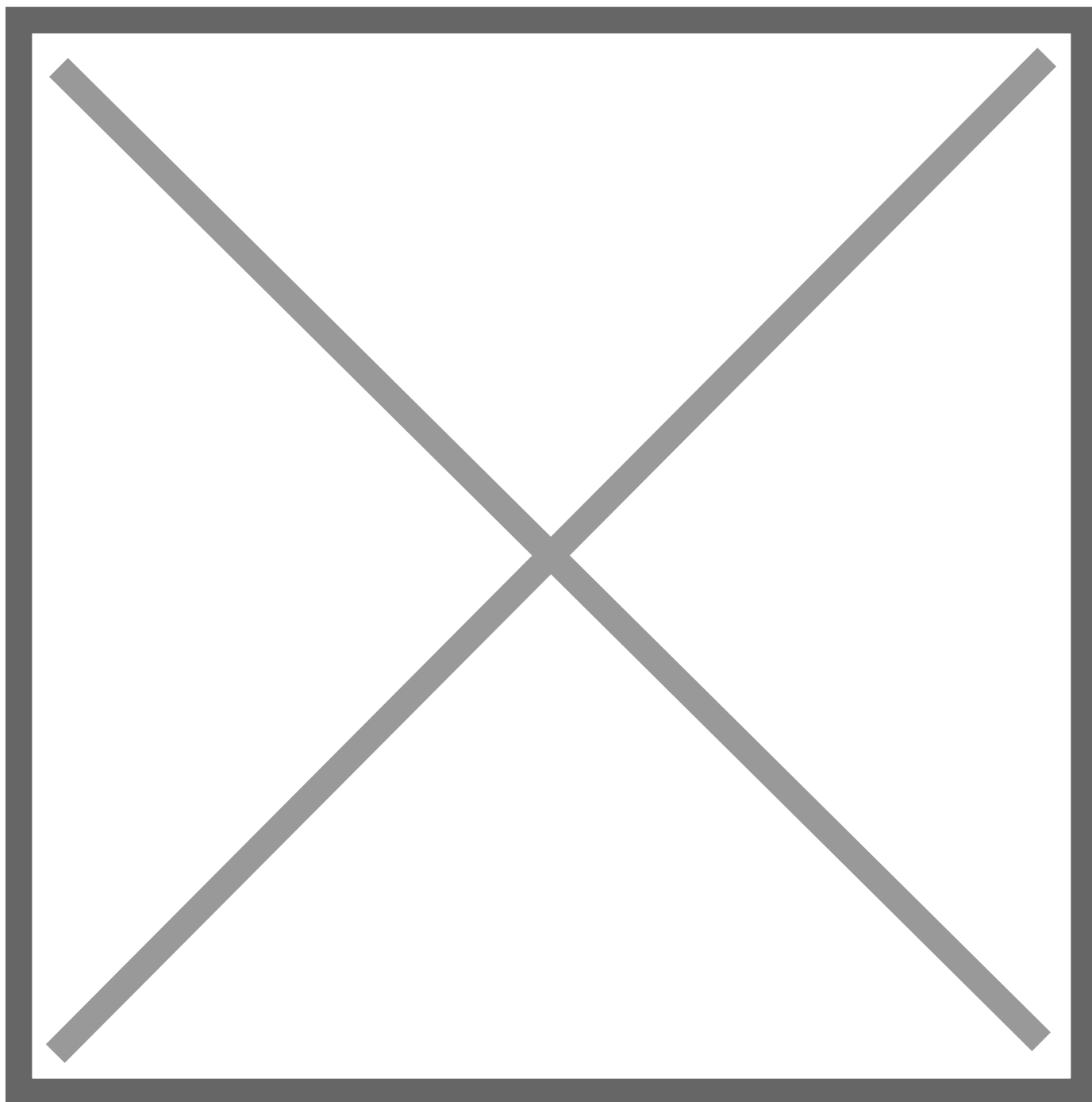
Global Health Observatory data repository, World Health Organisation,
<http://apps.who.int/gho/data/node.main.A875?lang=en>

Definiciones (solo disponible en inglés):

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

Colesterol elevado

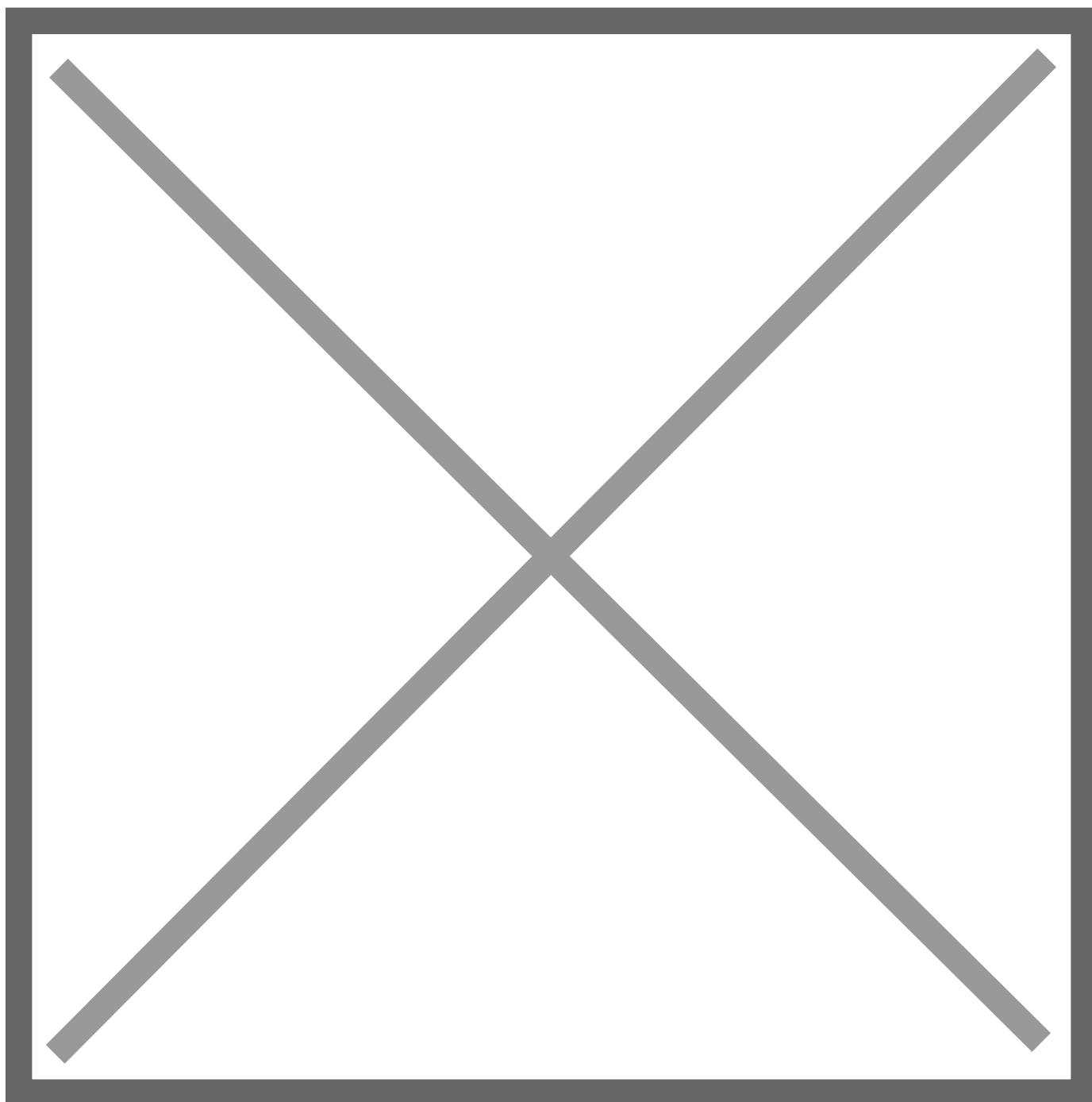
Adultos, 2008



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

Definiciones (solo disponible en inglés): % Raised total cholesterol (≥ 5.0 mmol/L) (age-standardized estimate).

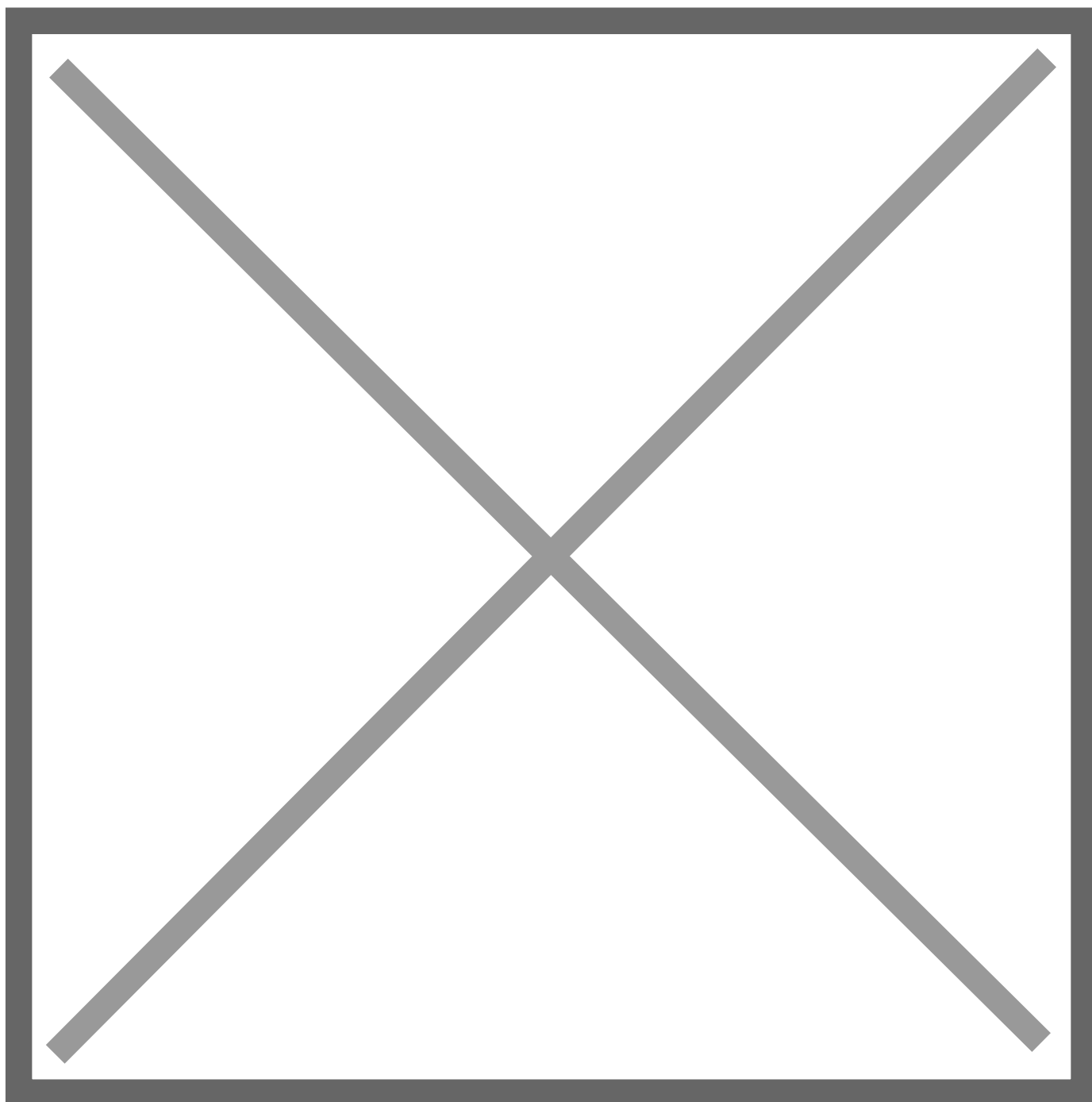
Hombres, 2008



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

Definiciones (solo disponible en inglés): % Raised total cholesterol (≥ 5.0 mmol/L) (age-standardized estimate).

Mujeres, 2008

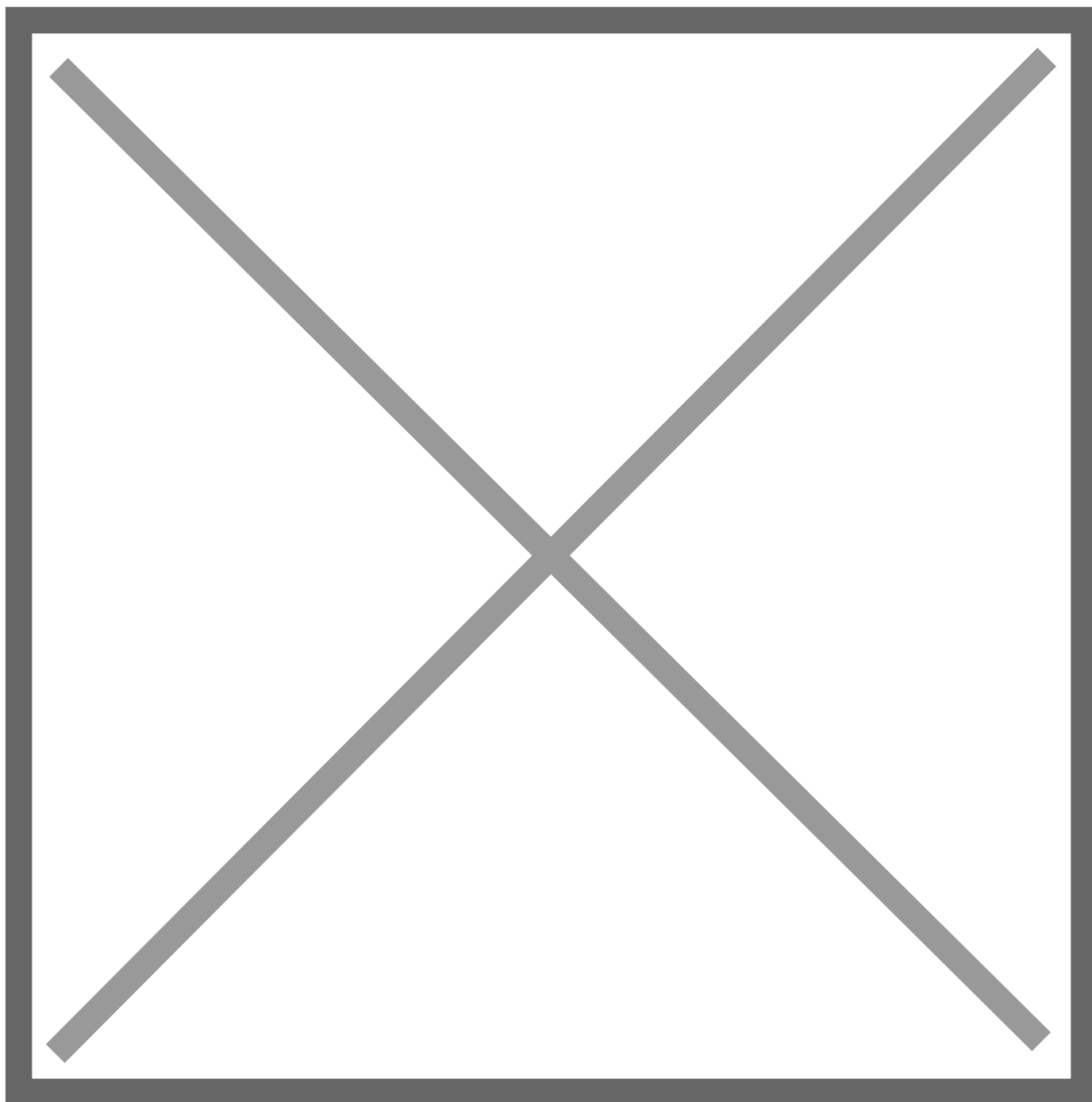


Referencias: Global Health Observatory data repository, World Health Organisation, <http://apps.who.int/gho/data/node.main.A885>

Definiciones (solo disponible en inglés): % Raised total cholesterol (≥ 5.0 mmol/L) (age-standardized estimate).

Glucemia en ayunas elevada

Hombres, 2014



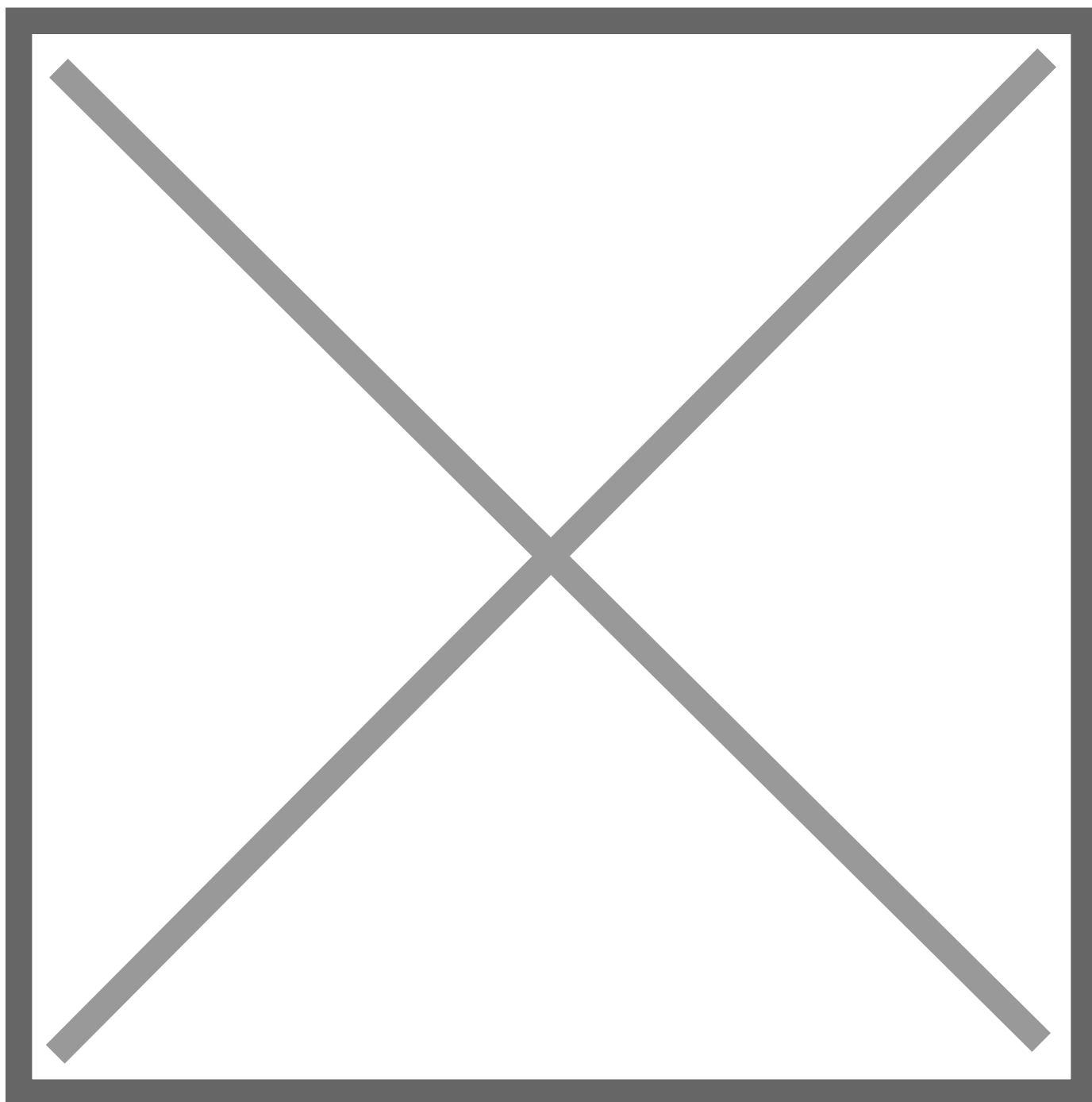
Referencias:

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

Definiciones
(solo
disponible en
inglés):

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

Mujeres, 2014



Referencias:

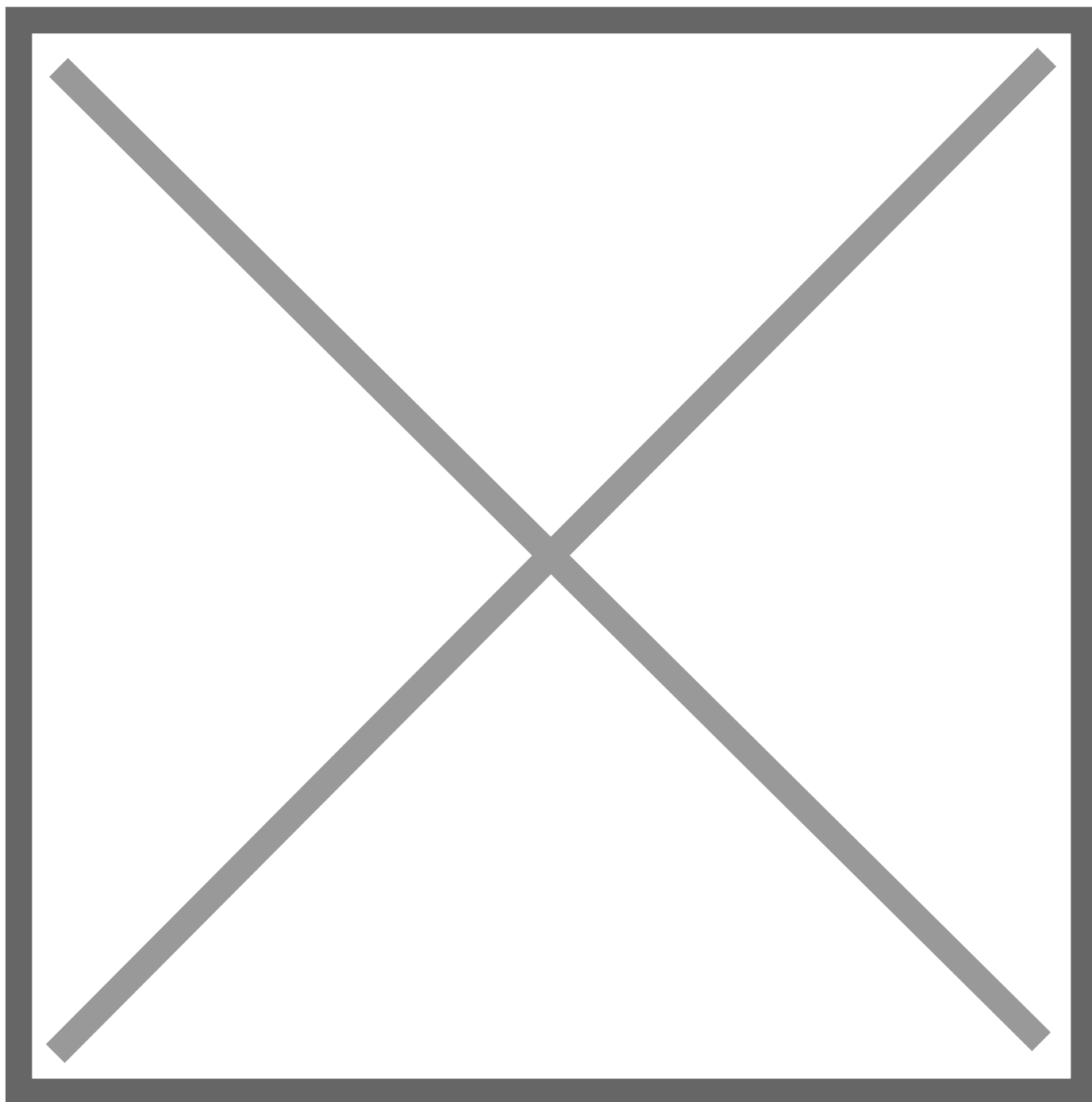
Global Health Observatory data repository, World Health Organisation,
<http://apps.who.int/gho/data/node.main.A869?lang=en>

Definiciones (solo disponible en inglés):

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

Prevalencia de la diabetes

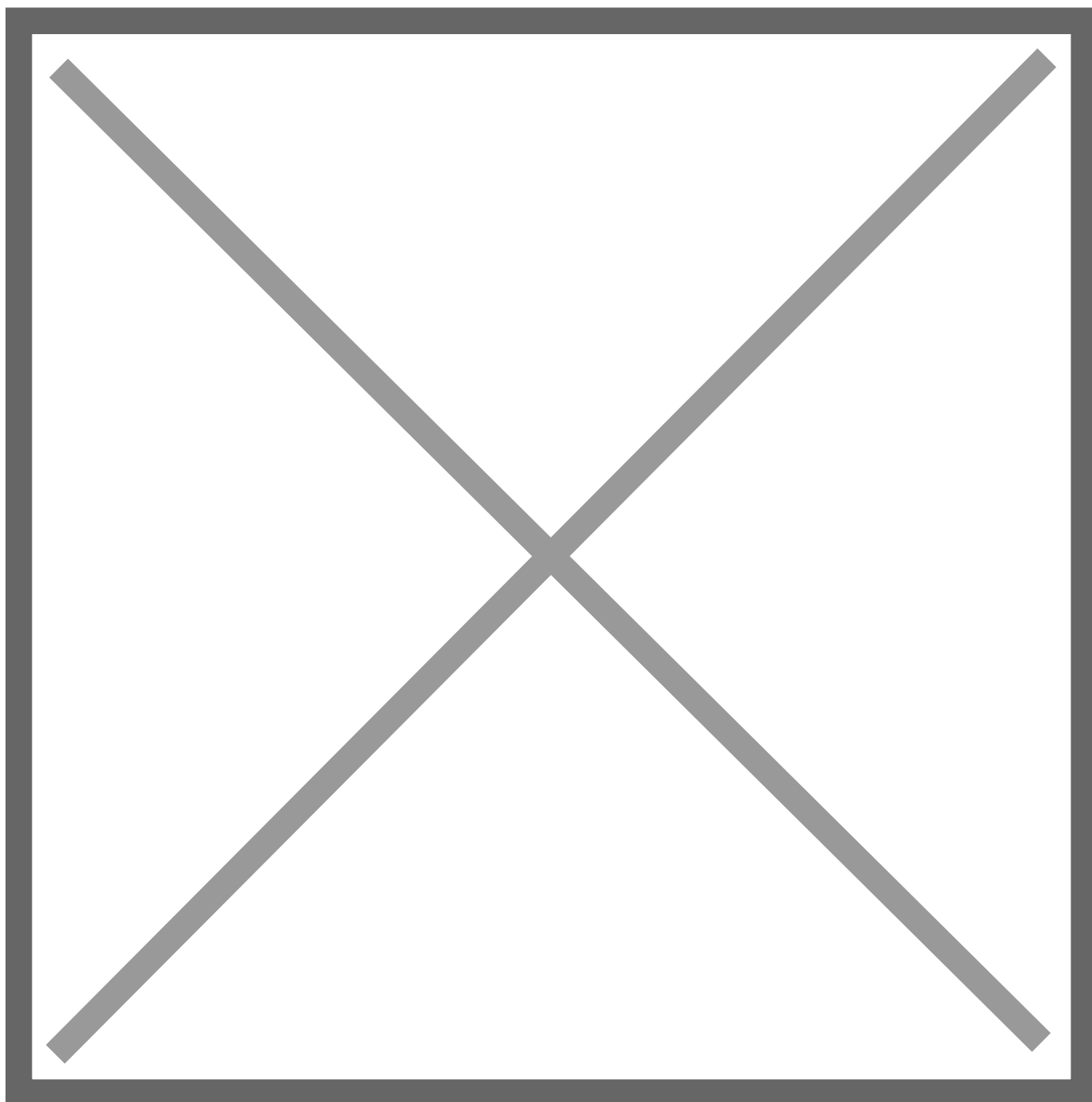
Adultos, 2021-2024



Referencias:

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

Adultos, 2021-2024



Referencias:

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 July 16, 2025