



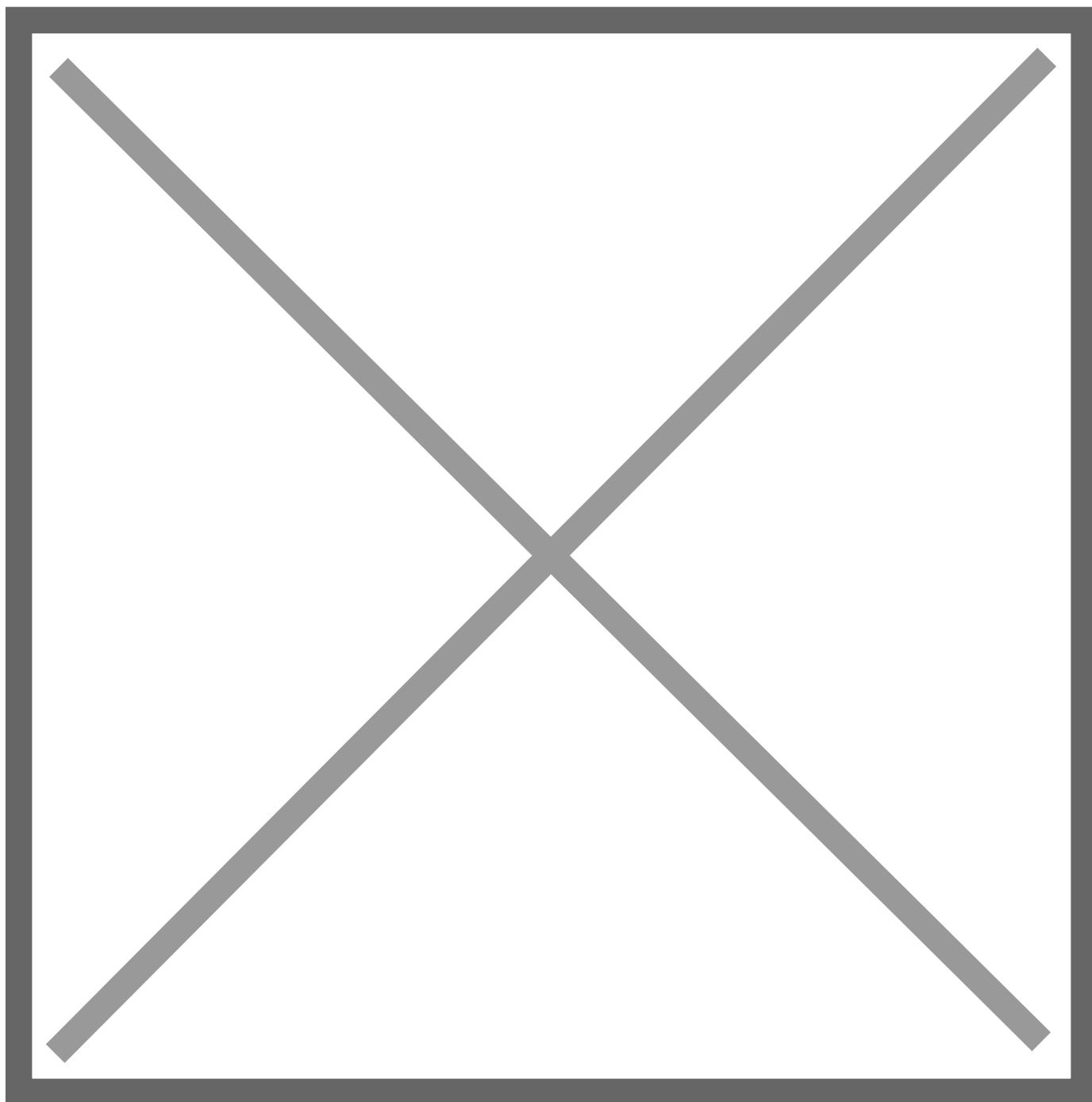
WHO vestlige Stillehavsområde Regional report card - adults

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/>.

Fedmeprævalens

Voksne

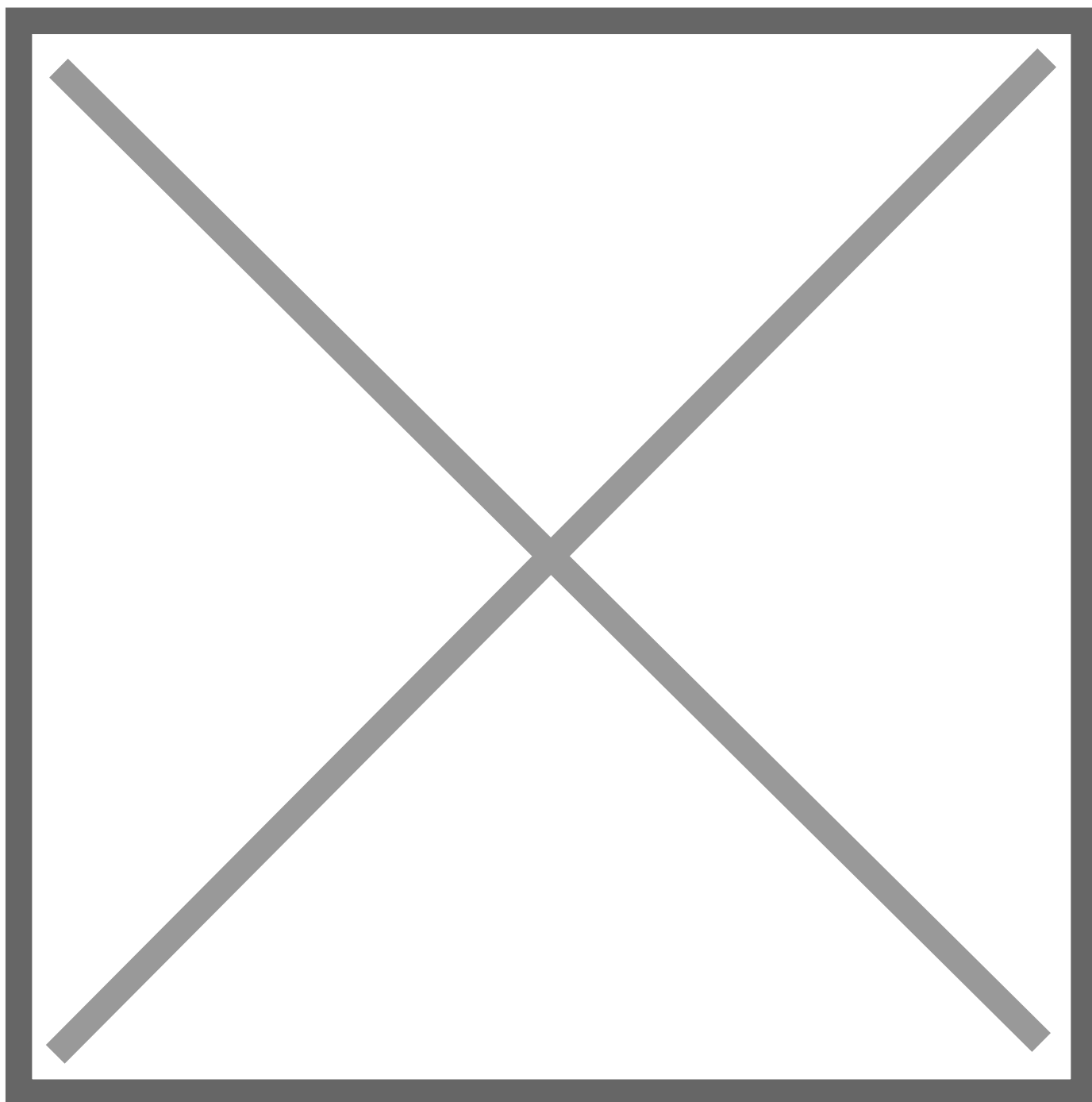


Noter (kun tilgængelige på engelsk):

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

Medmindre andet er angivet, henviser overvægt til en BMI på mellem 25 kg og 29,9 kg/m², fedme henviser til en BMI på mere end 30 kg/m².

Mænd

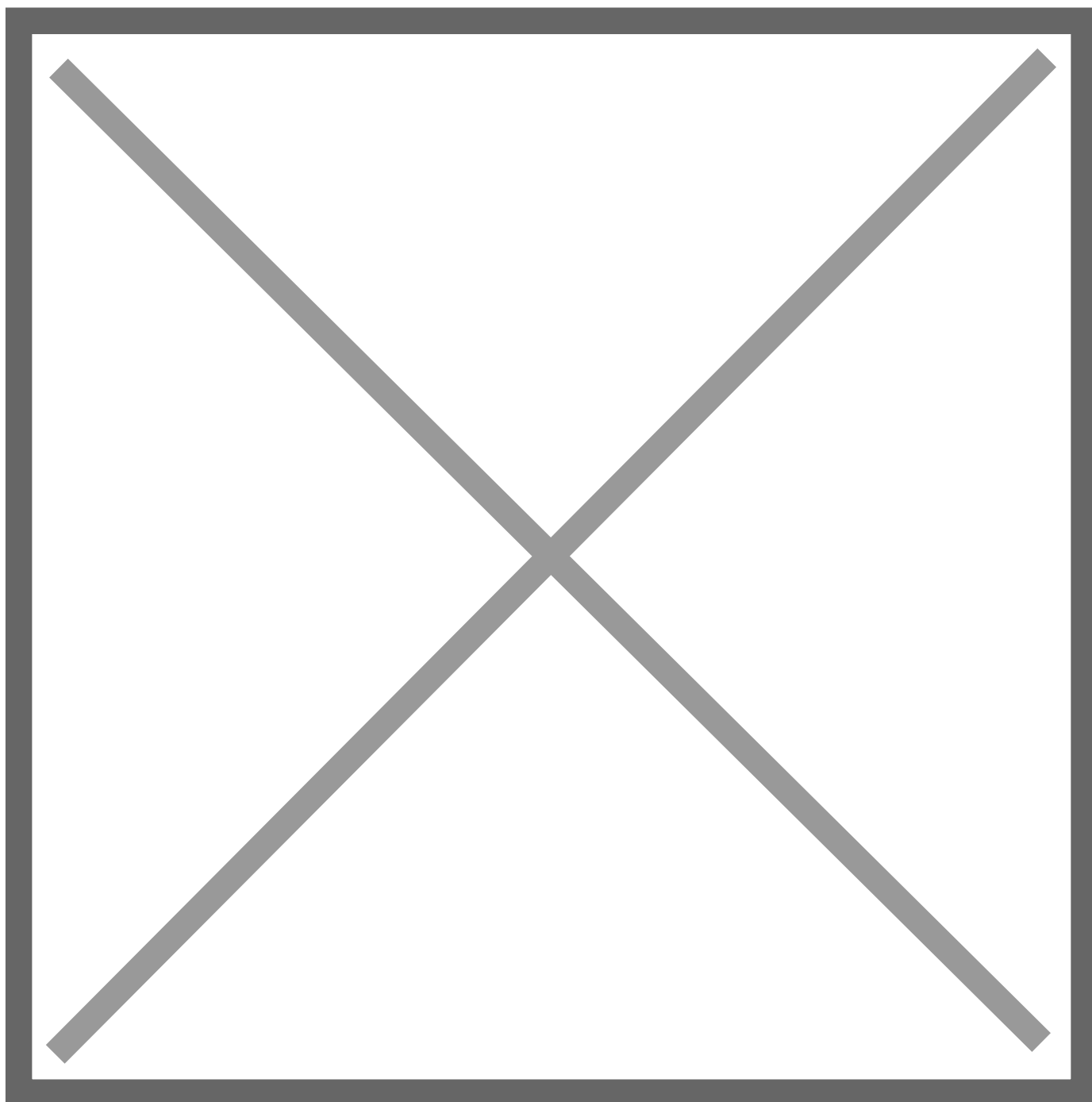


**Noter (kun
tilgængelige
på engelsk):**

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

Medmindre andet er angivet, henviser overvægt til en BMI på mellem 25 kg og 29,9 kg/m², fedme henviser til en BMI på mere end 30 kg/m².

Kvinder



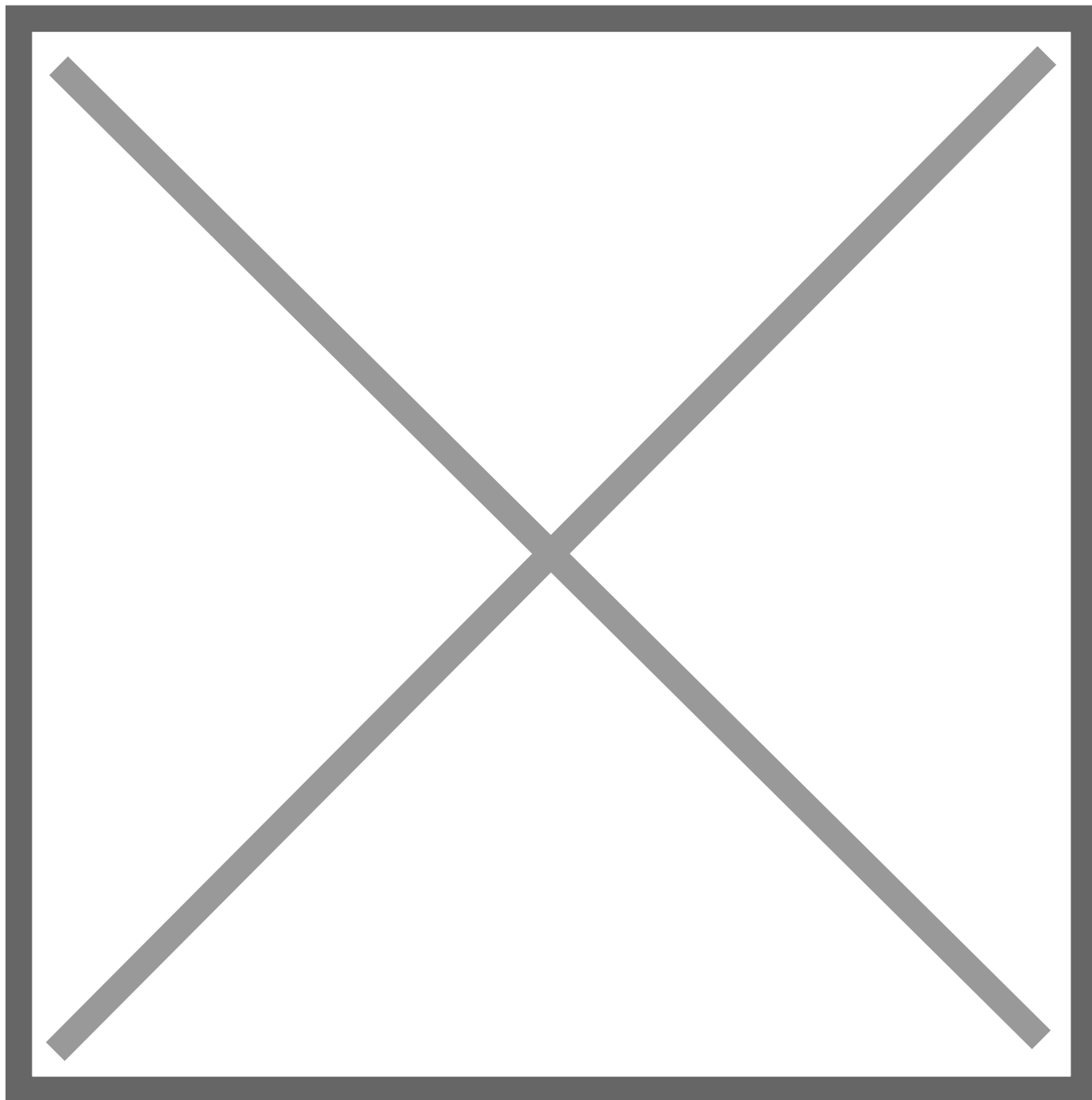
**Noter (kun
tilgængelige
på engelsk):**

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

Medmindre andet er angivet, henviser overvægt til en BMI på mellem 25 kg og 29,9 kg/m², fedme henviser til en BMI på mere end 30 kg/m².

Utilstrækkelig aktivitet

Voksne, 2016-2022



Undersøgelsestype:

Selvrapporteret

Area covered:

National

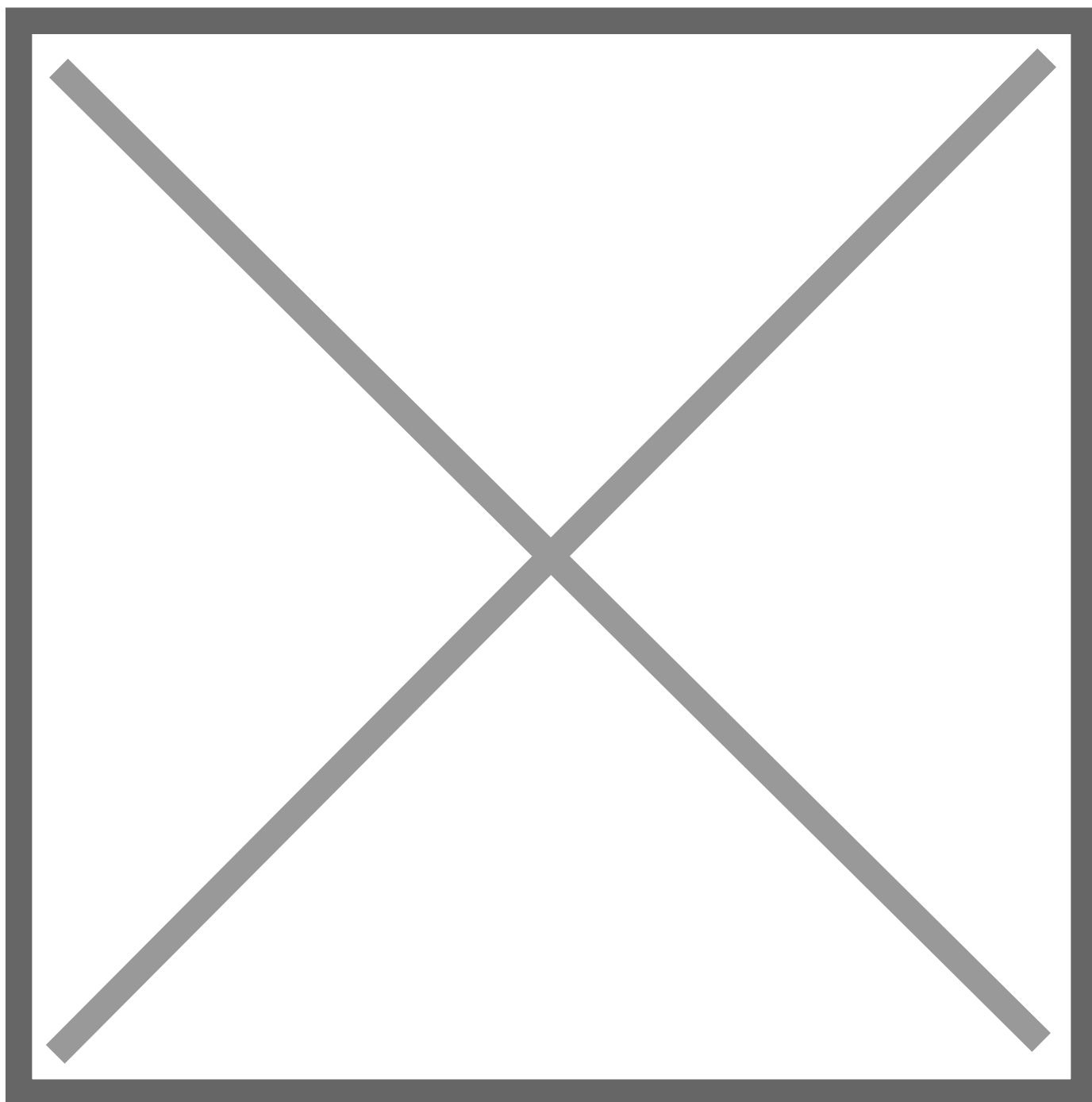
Referencer:

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)-(-))

**Definitioner (kun
tilgængelig på
engelsk):**

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.

Månd, 2016-2022



Undersøgelsestype:

Selvrapporteret

Area covered:

National

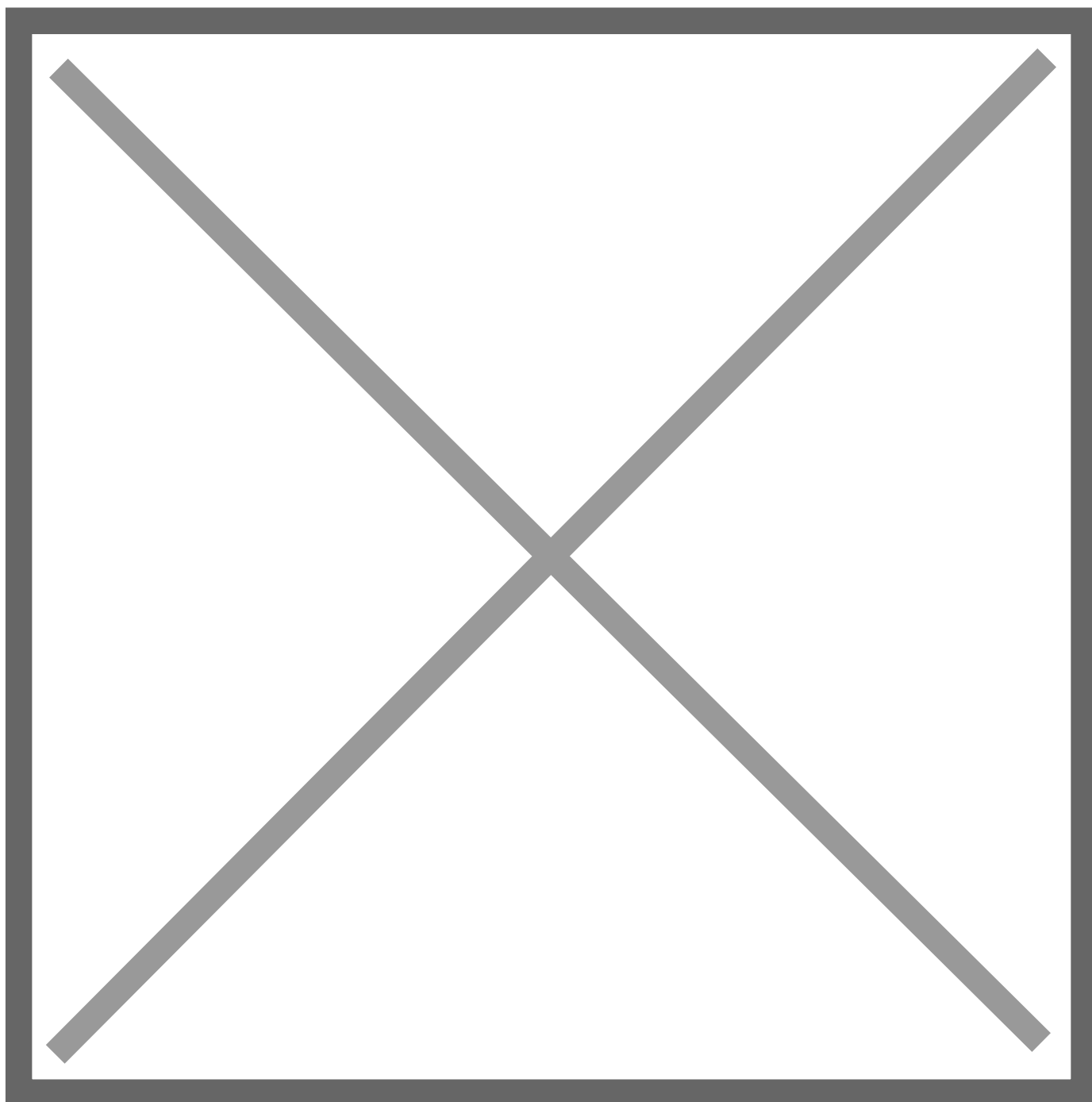
Referencer:

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)-(-))

Definitioner (kun tilgængelig på engelsk):

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.

Kvinder, 2016-2022



Undersøgelsestype:

Selvrapporteret

Area covered:

National

Referencer:

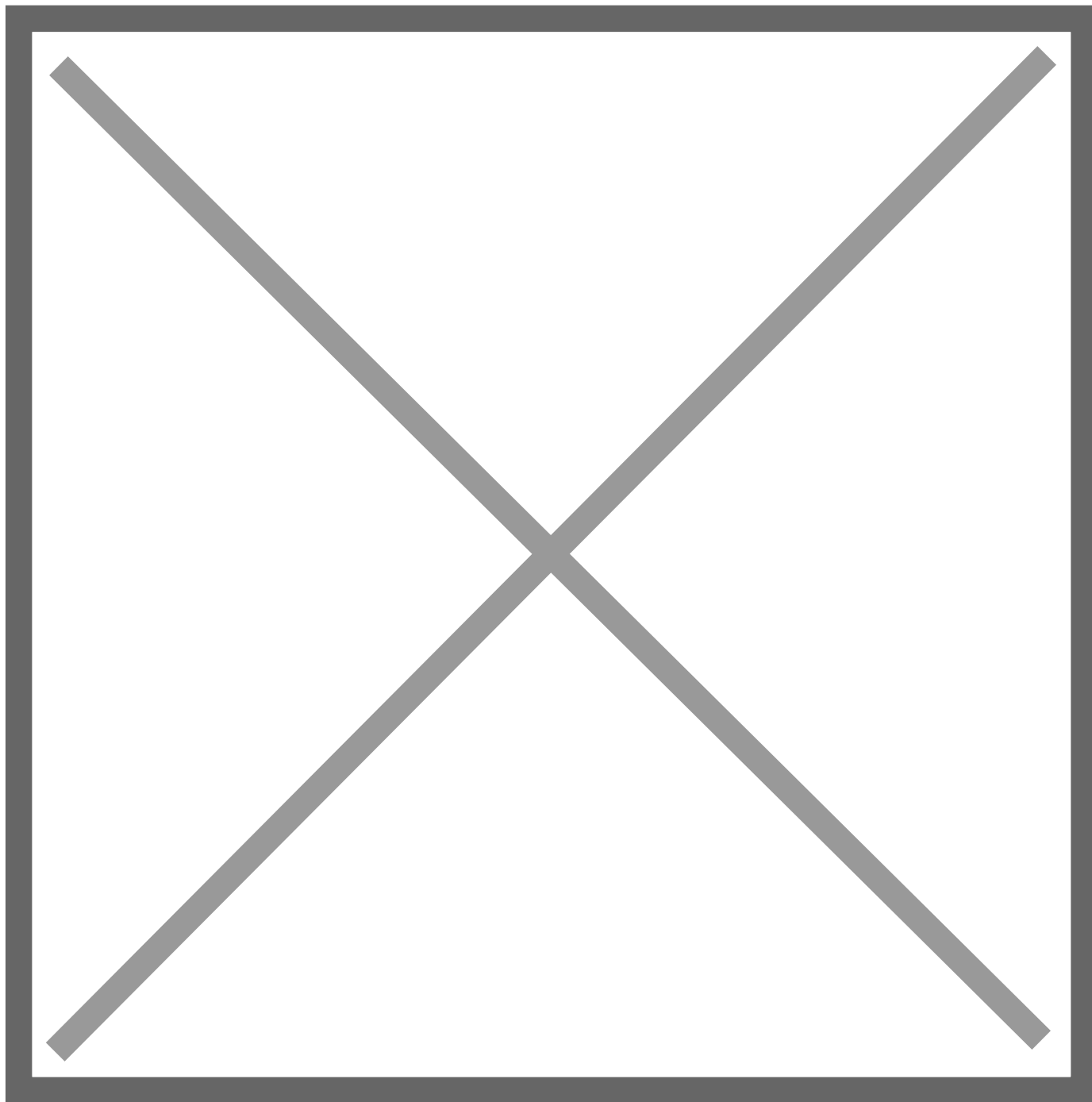
WHO (2024). Prevalence of insufficient physical activity among adults aged 18-years age-standardized estimate in 2022. Available at [https://www.who.int/data/gho/data/indicators/indicator-details/GHO/prevalence-of-insufficient-physical-activity-among-adults-aged-18-years-\(age-standardized-estimate\)-\(-\)](https://www.who.int/data/gho/data/indicators/indicator-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

Definitioner (kun
tilgængelig på
engelsk):

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.

Anslået frugtindtag pr. indbygger

Voksne, 2017



Undersøgelsestype:

Målt

Alder:

25+

Referencer:

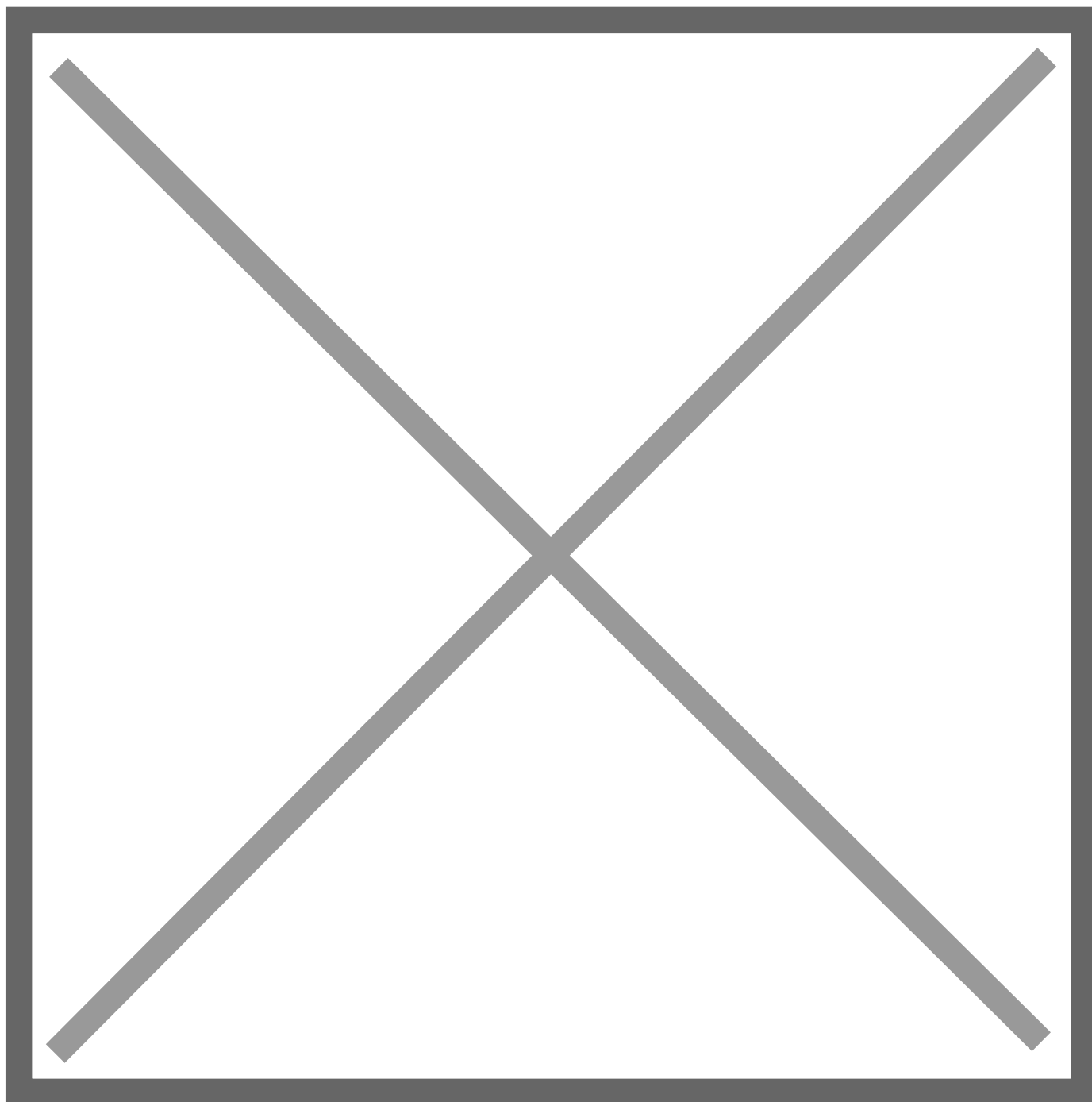
Global Burden of Disease, the Institute for Health Metrics and Evaluation <http://ghdx.healthdata.org/>

Definitioner (kun
tilgængelig på
engelsk):

Estimated per-capita fruit intake (g/day)

Anslået indtag af forarbejdet käd pr. indbygger

Voksne, 2017



Undersägelsestype:

Mält

Alder:

25+

Referencer:

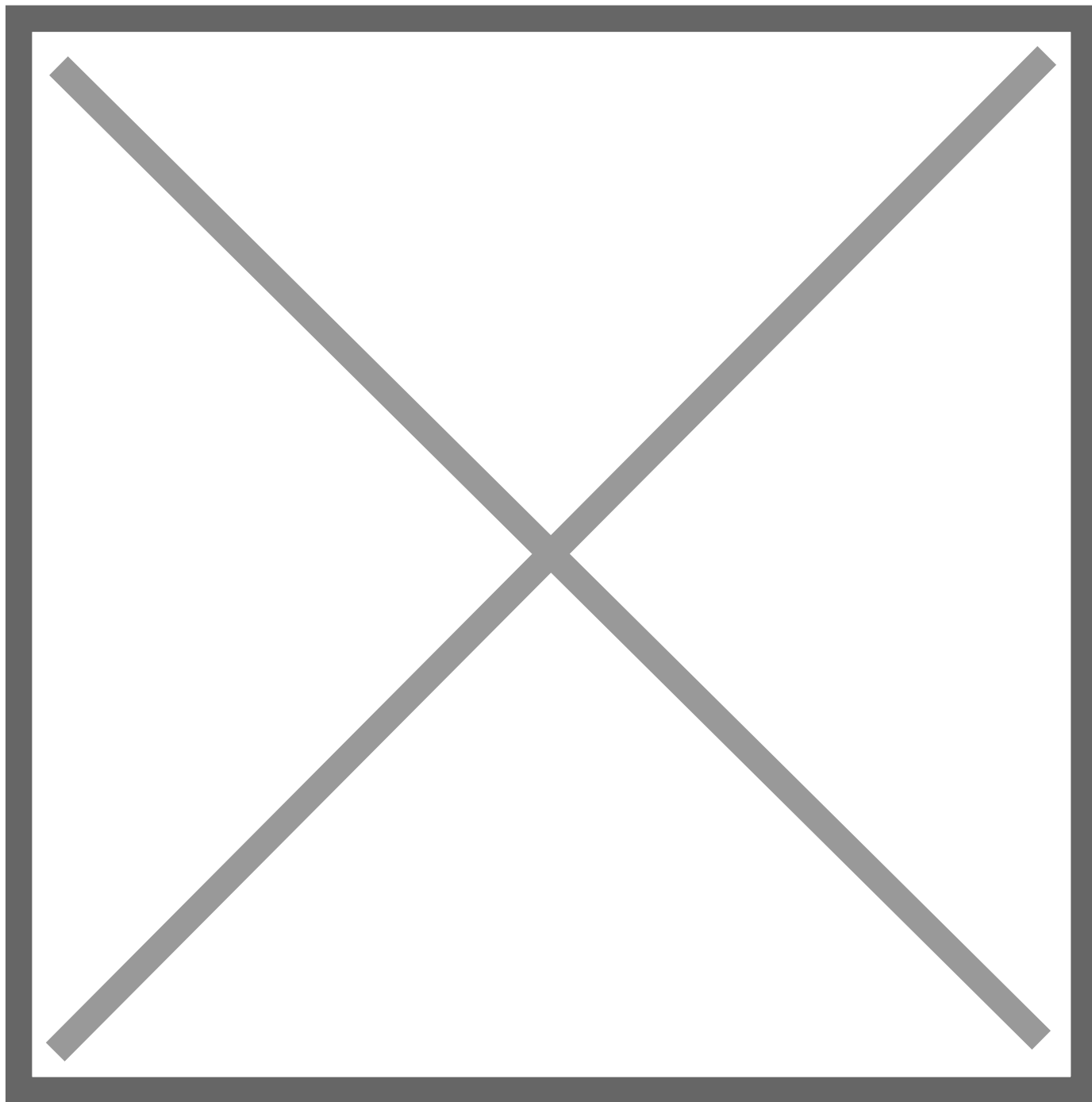
Global Burden of Disease, the Institute for Health Metrics and Evaluation <http://ghdx.healthdata.org/>

Definitioner (kun
tilgængelig på
engelsk):

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

Anslået indtag af fuldkorn pr. indbygger

Voksne, 2017



Undersøgelsestype:

Målt

Alder:

25+

Referencer:

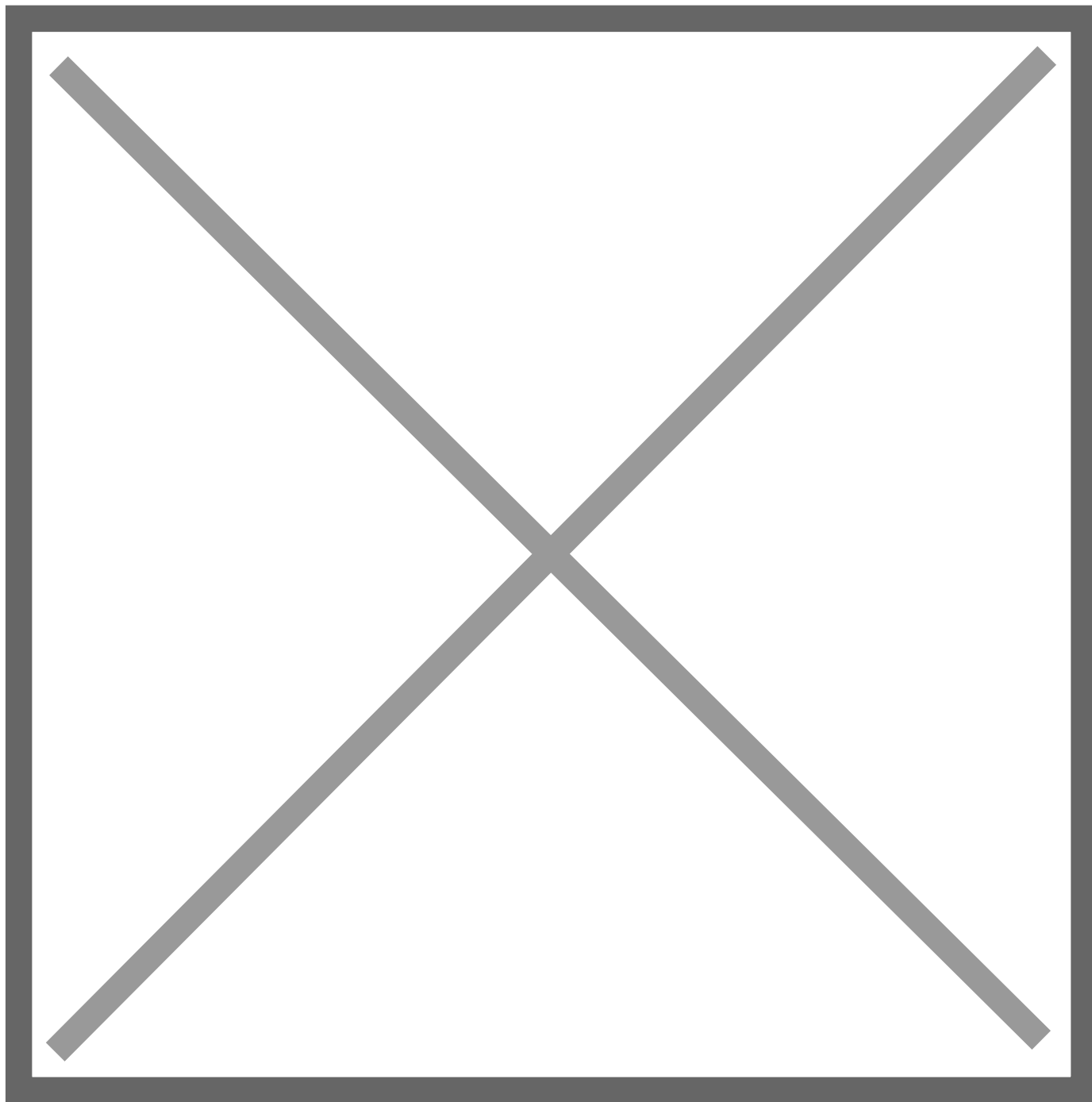
Global Burden of Disease, the Institute for Health Metrics and Evaluation <http://ghdx.healthdata.org/>

Definitioner (kun
tilgængelig på
engelsk):

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

Psyisk sundhed og depressionssygdomme

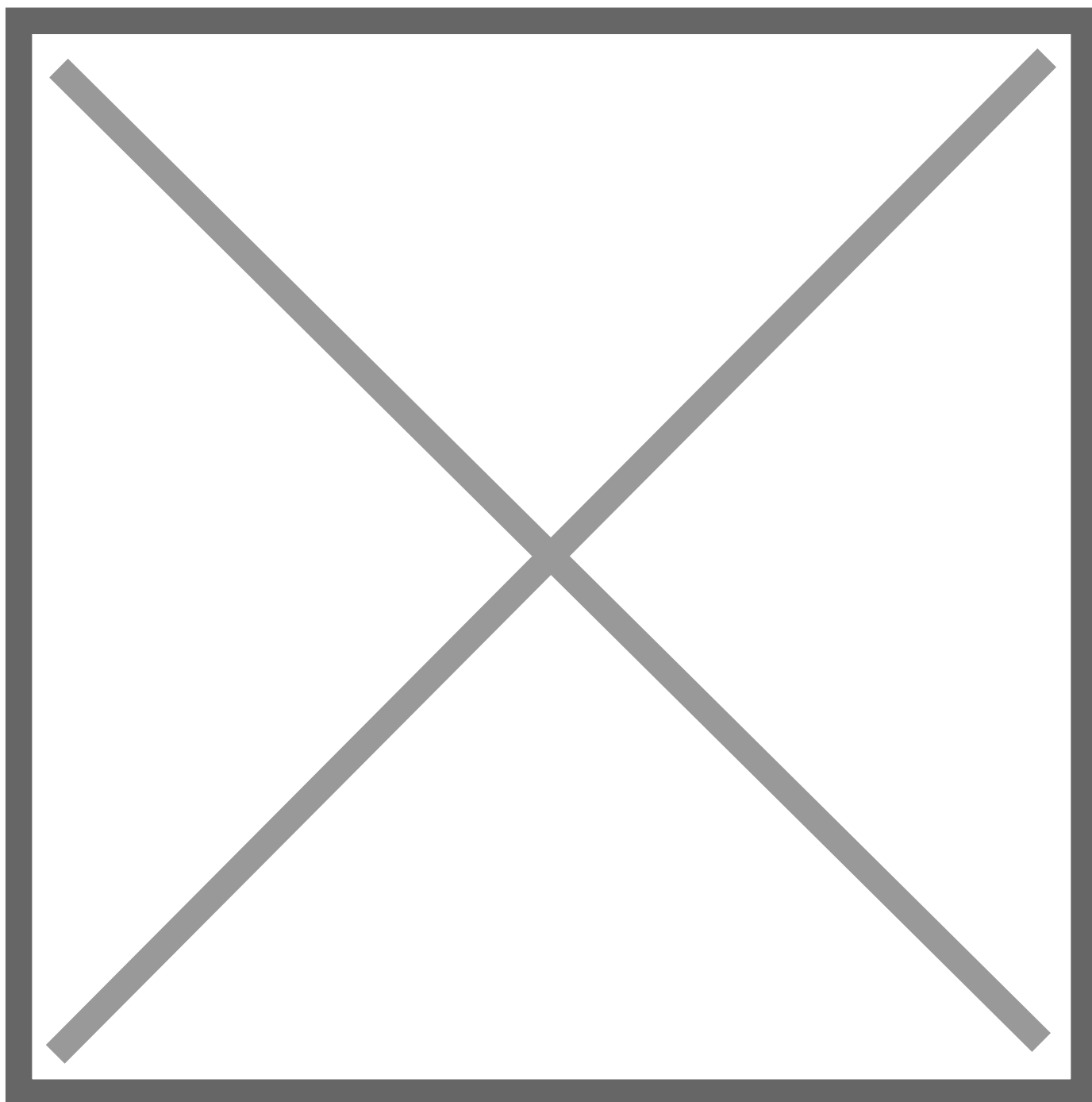
Voksne, 2021

**Alder:** 20+**Area covered:** National**Referencer:** 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)

Definitioner
(kun
tilgængelig
på engelsk):

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

Månd, 2021

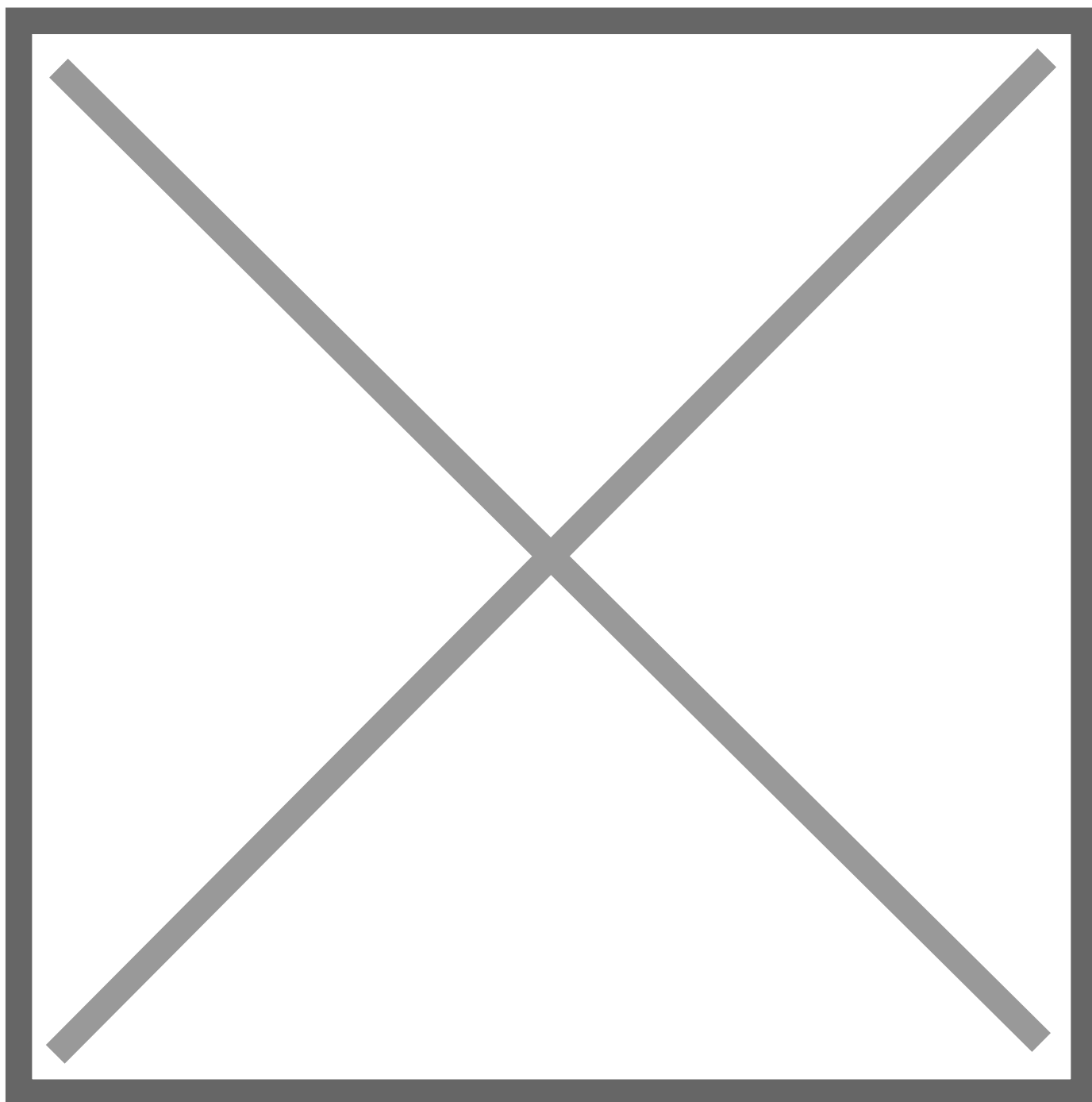


Alder:	20+
Area covered:	National
Referencer:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from http://vizhub.healthdata.org/gbd-compare . (Last accessed 23.04.25)

Definitioner
(kun
tilgængelig
på engelsk):

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

Kvinder, 2021



Alder: 20+

Area covered: National

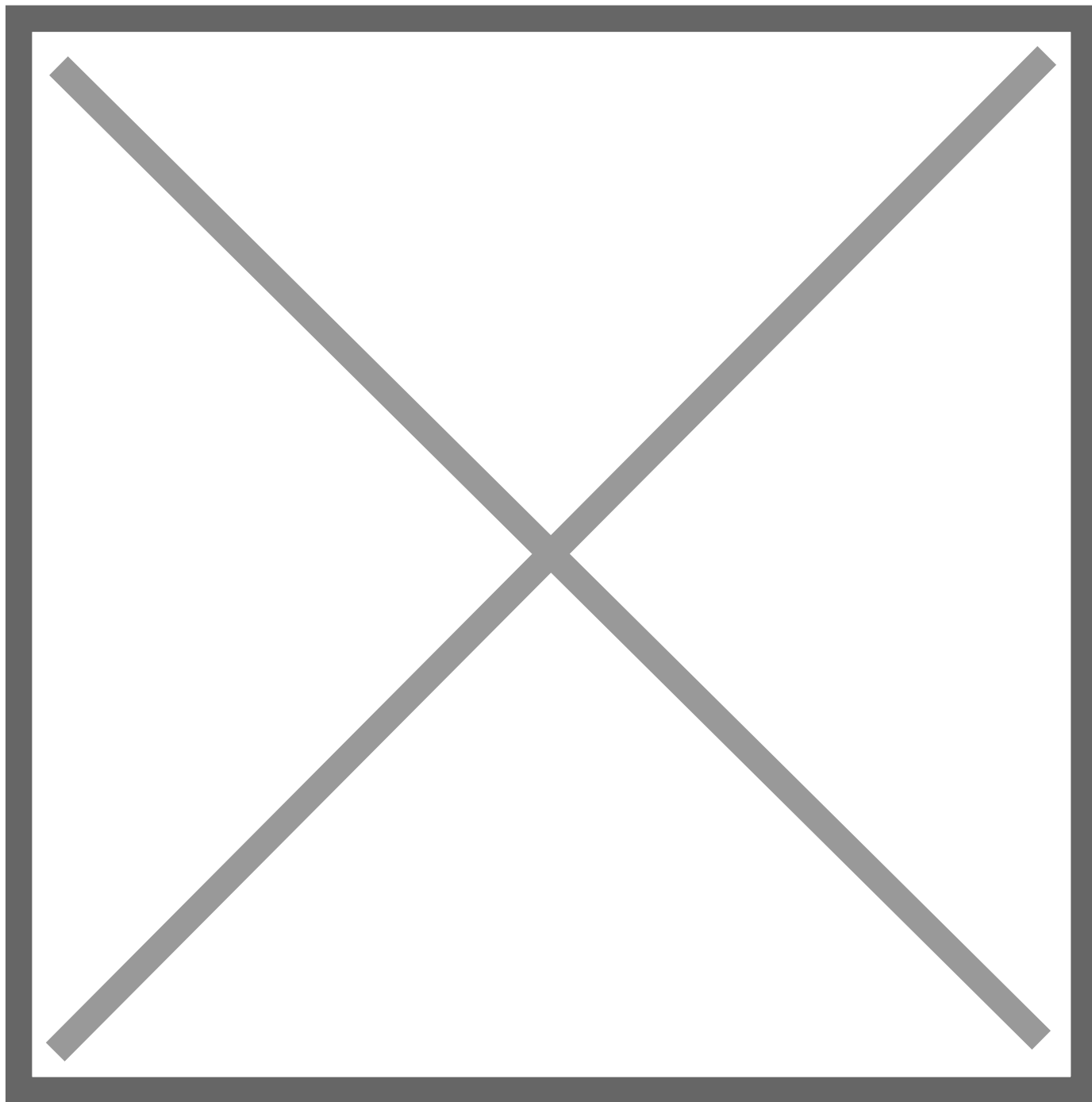
Referencer: Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

Definitioner
(kun
tilgængelig
på engelsk):

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

Psyisk sundhed og angstlidelser

Voksne, 2021



Alder:

20+

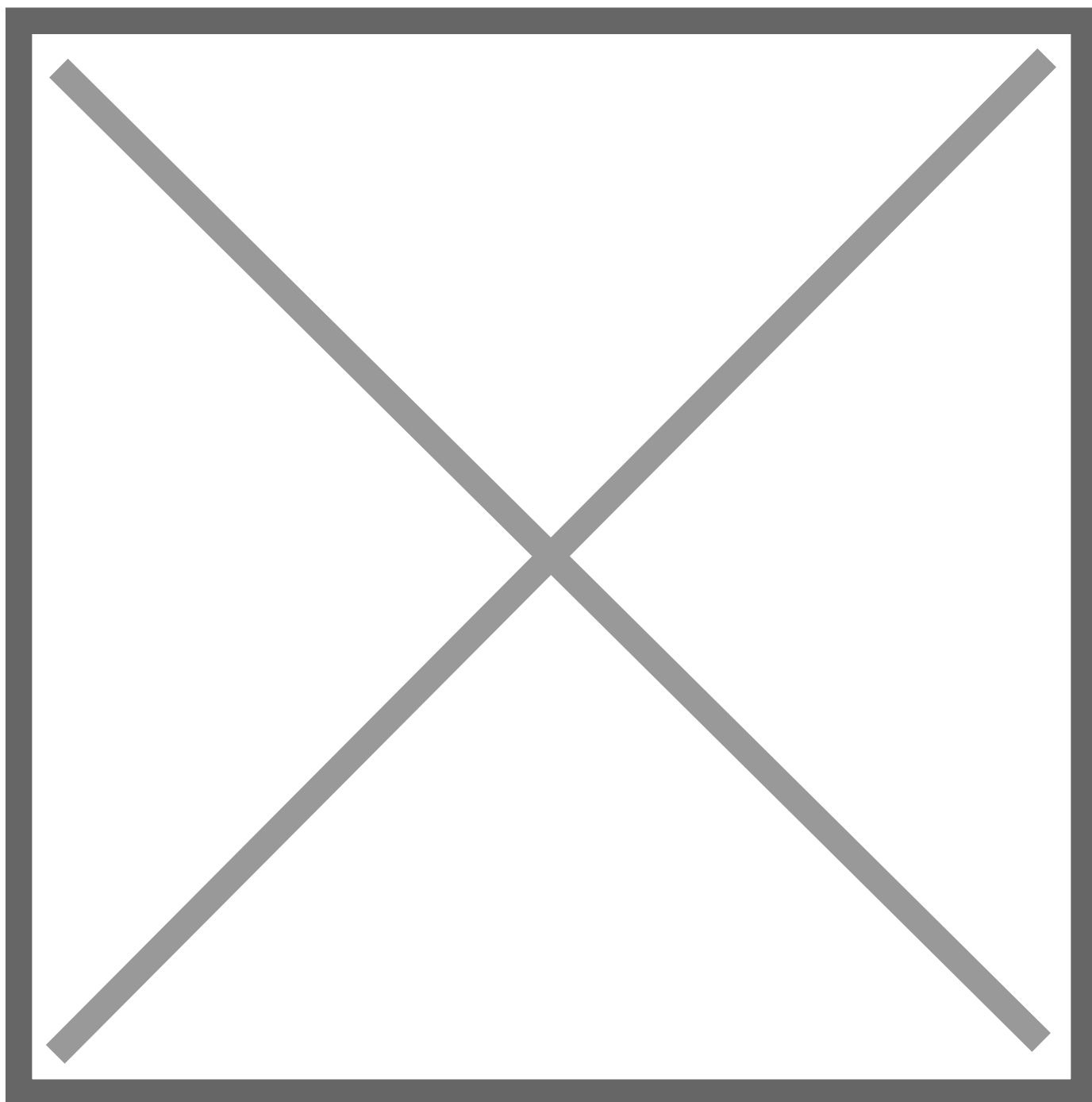
Referencer:

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).

Definitioner
(kun
tilgængelig
på engelsk):

Number living with anxiety per 100,000 population

MÅnd, 2021

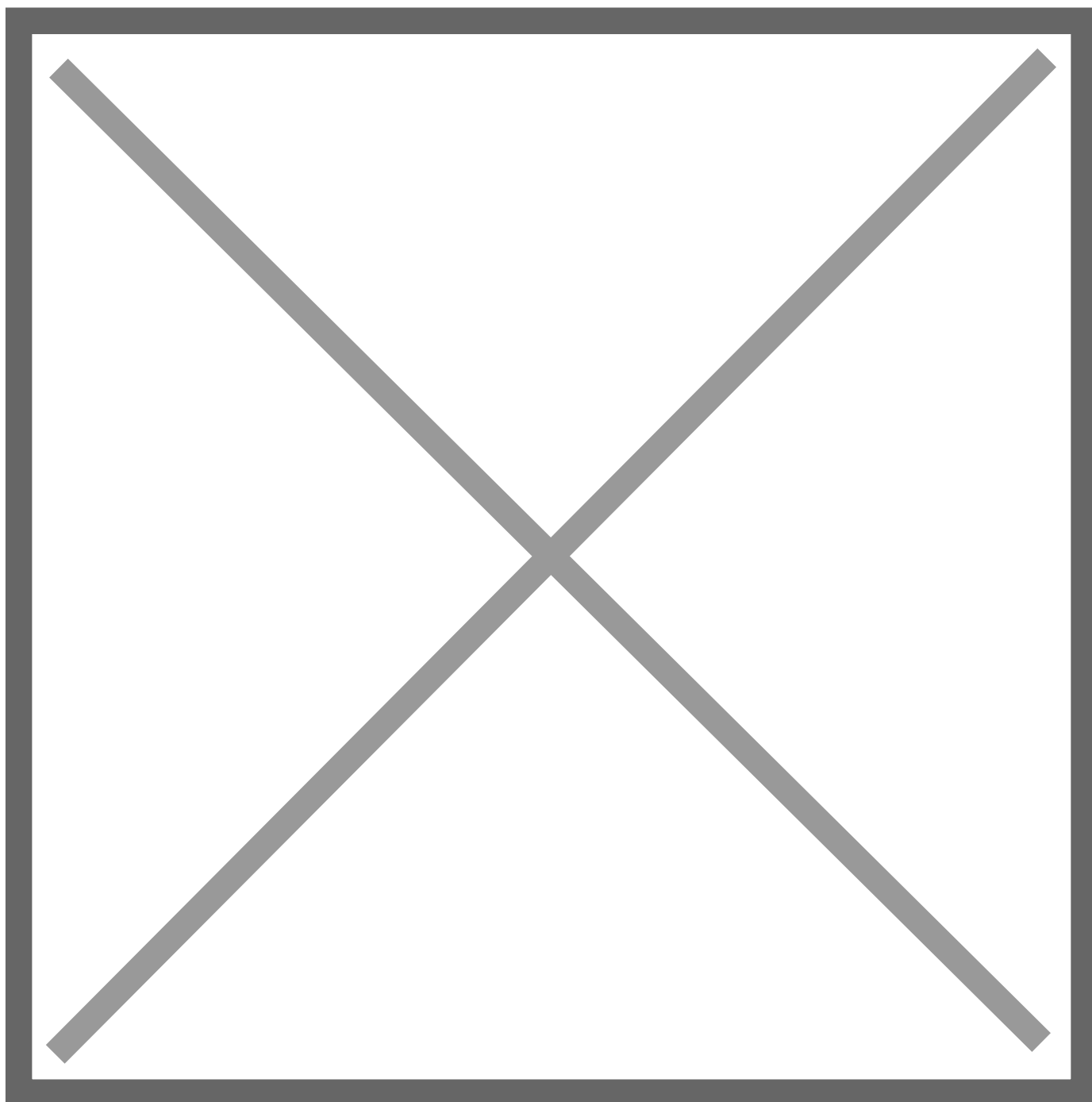


Alder: 20+

Referencer: 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).

Definitioner (kun tilgængelig på engelsk): Number living with anxiety per 100,000 population

Kvinder, 2021



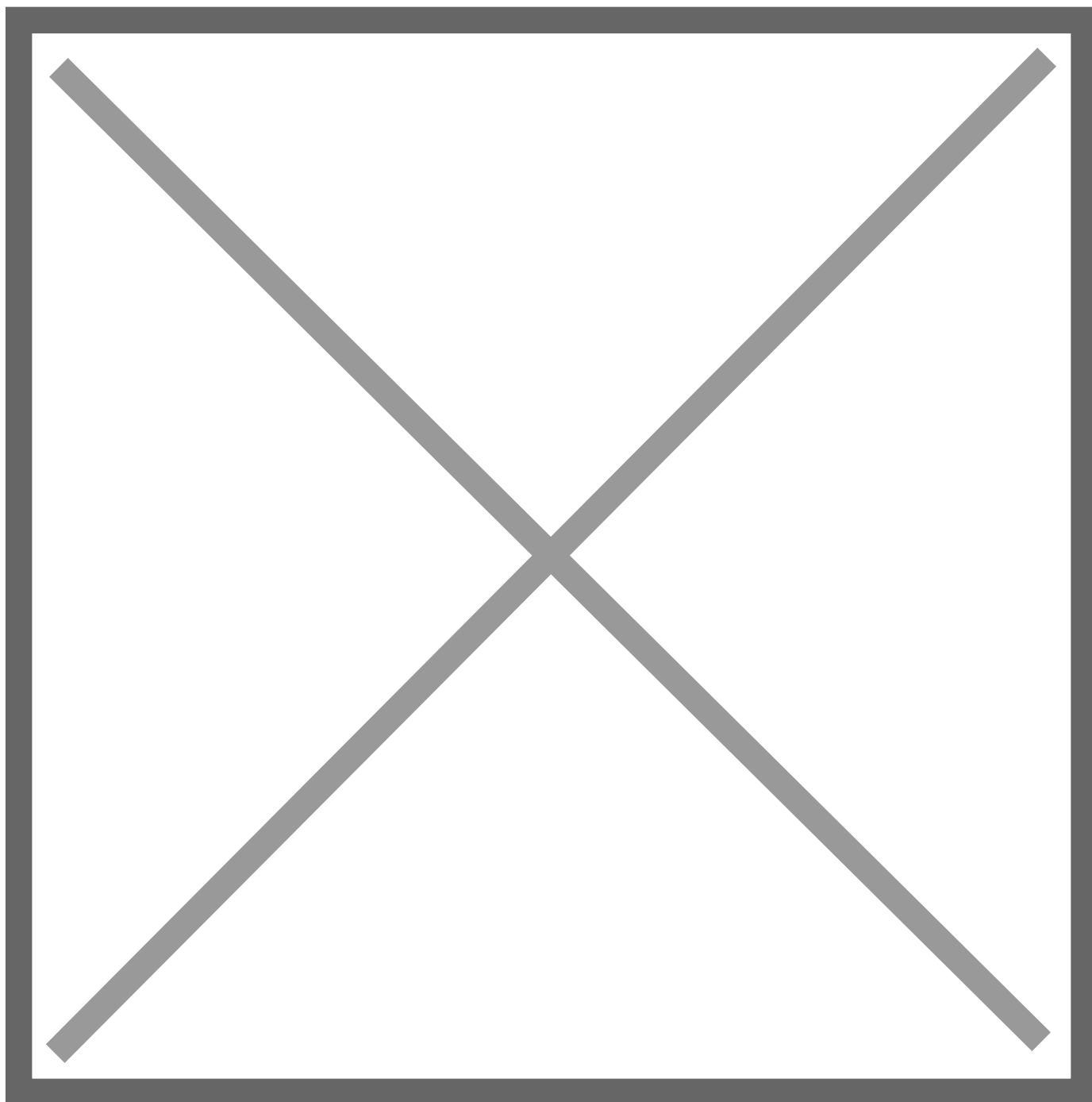
Alder: 20+

Referencer: 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).

Definitioner (kun tilgængelig på engelsk): Number living with anxiety per 100,000 population

Kraft i spiseret

Månd, 2022

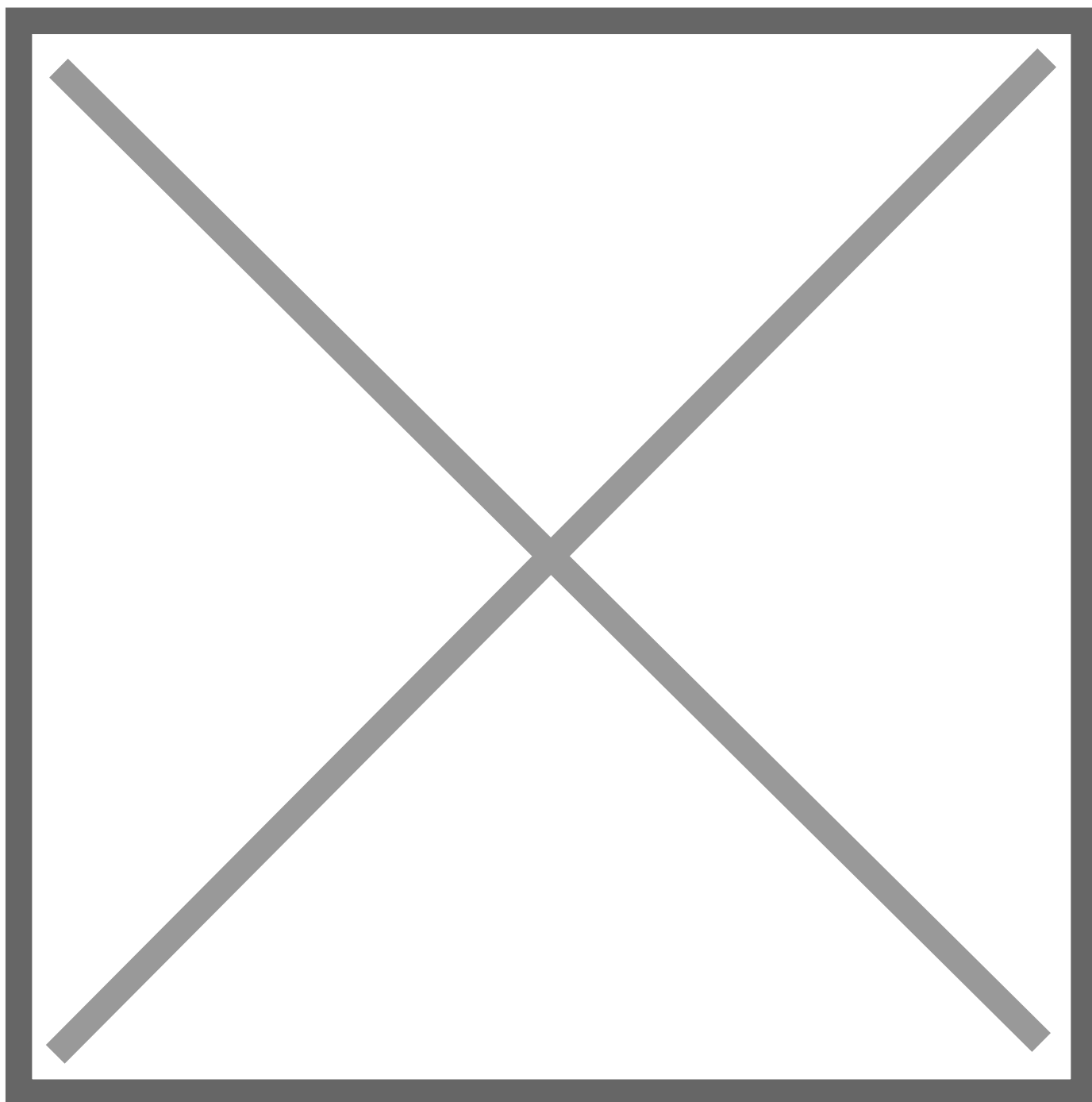


Alder:	20+
Area covered:	National

Referencer: 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]

Definitioner
(kun
tilgængelig
på engelsk): Indicence per 100,000

Kvinder, 2022



Alder: 20+

Area covered: National

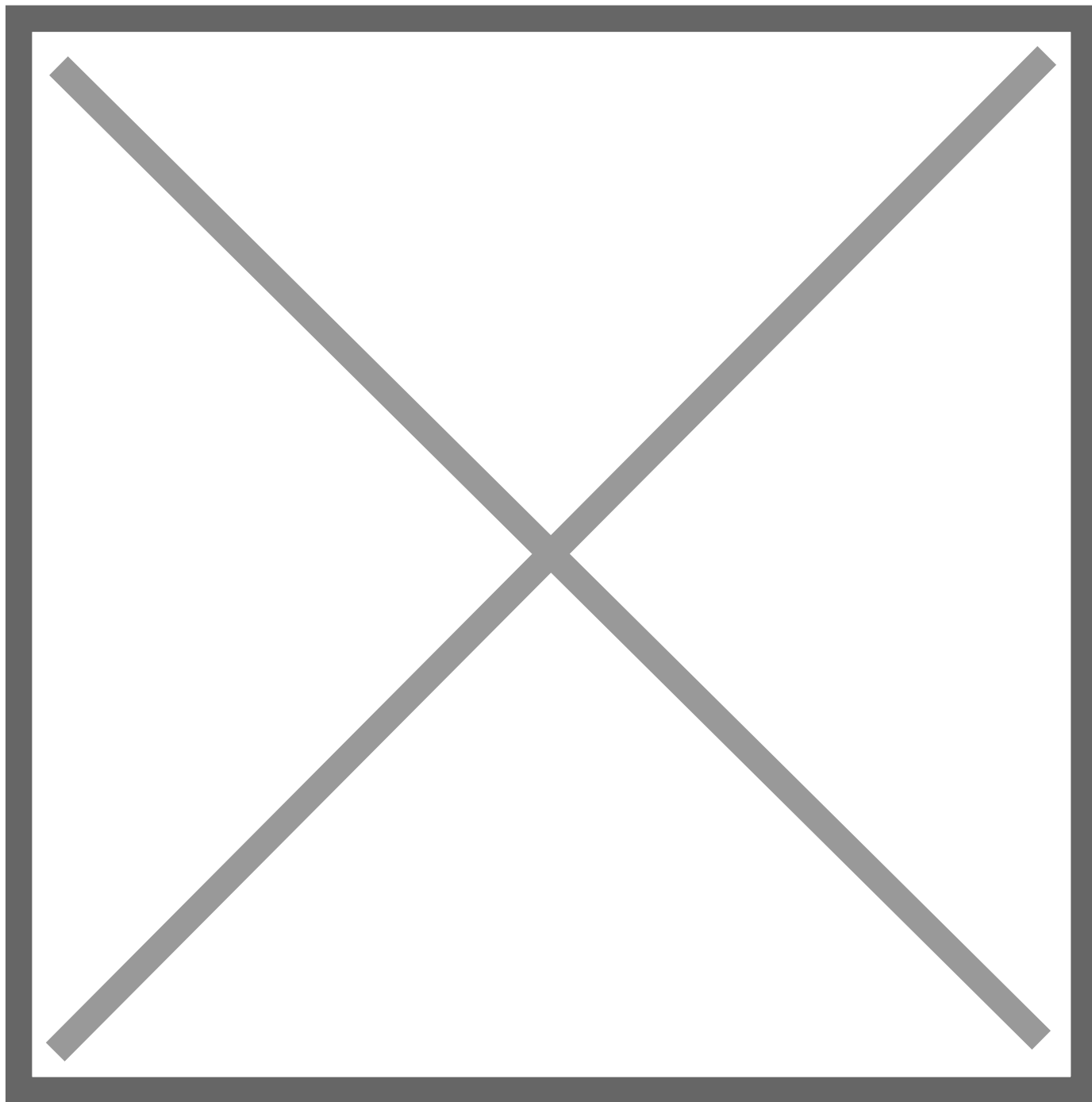
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Definitioner
(kun
tilgængelig
på engelsk):

Indicence per 100,000

Brystkræft

Kvinder, 2022



Area covered:

National

Referencer:

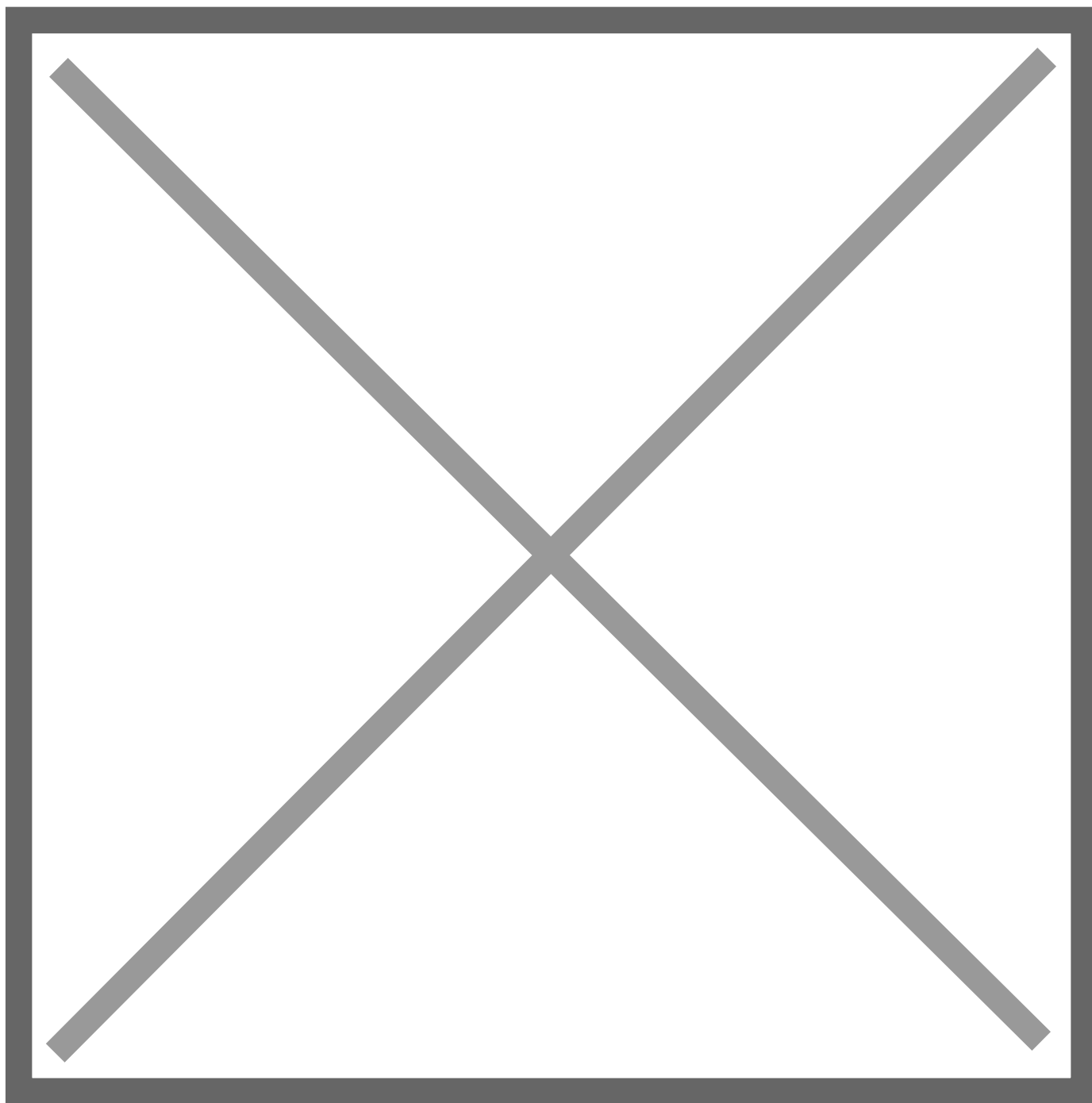
Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.who.int/today>, accessed [16.07.24]

Definitioner
(kun
tilgængelig
på engelsk):

Incidence per 100,000

Tarmkræft

MÅnd, 2022

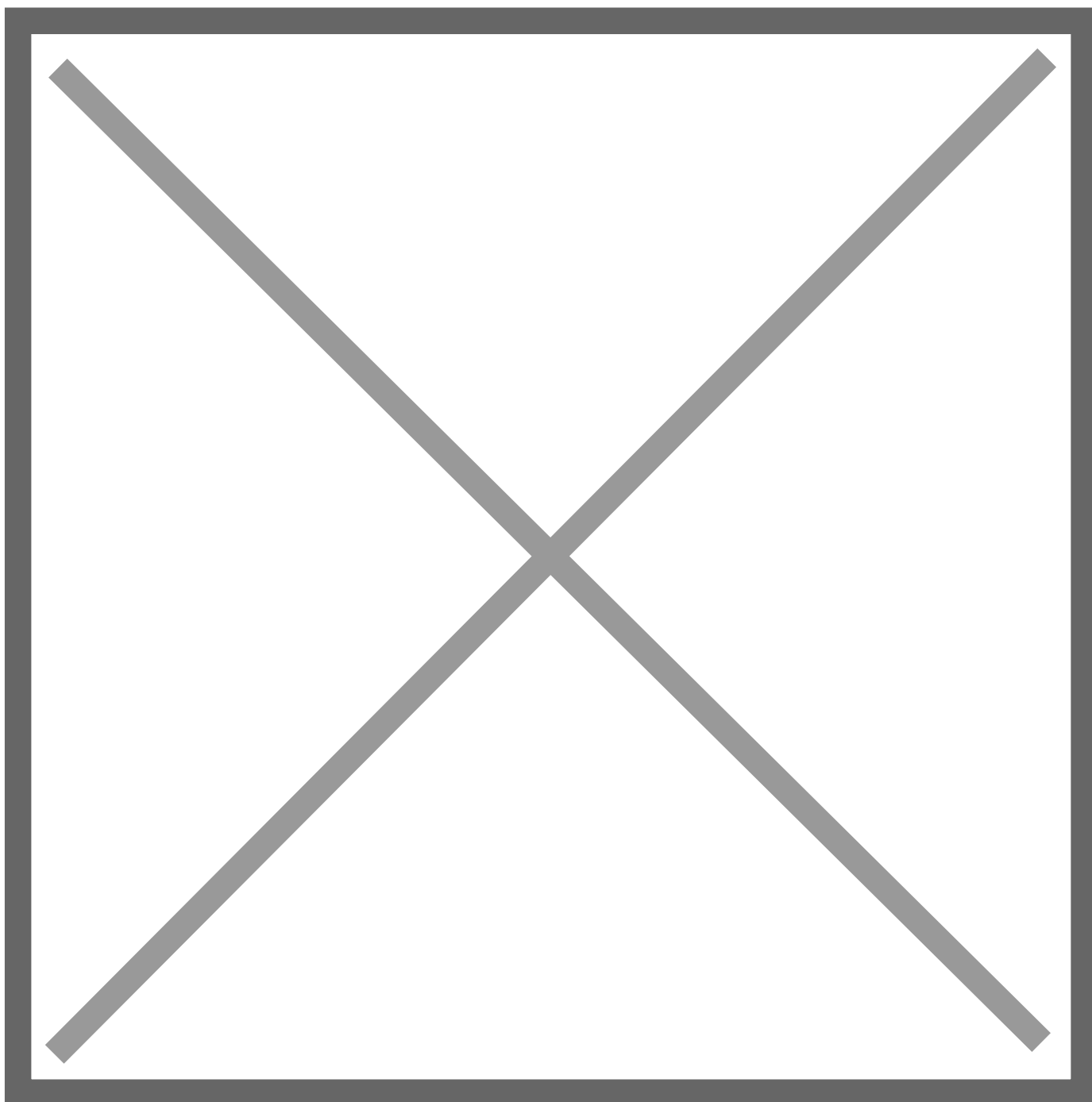


Alder:	20+
Area covered:	National

Referencer: 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]

Definitioner
(kun
tilgængelig
på engelsk): Incidence per 100,000

Kvinder, 2022



Alder: 20+

Area covered: National

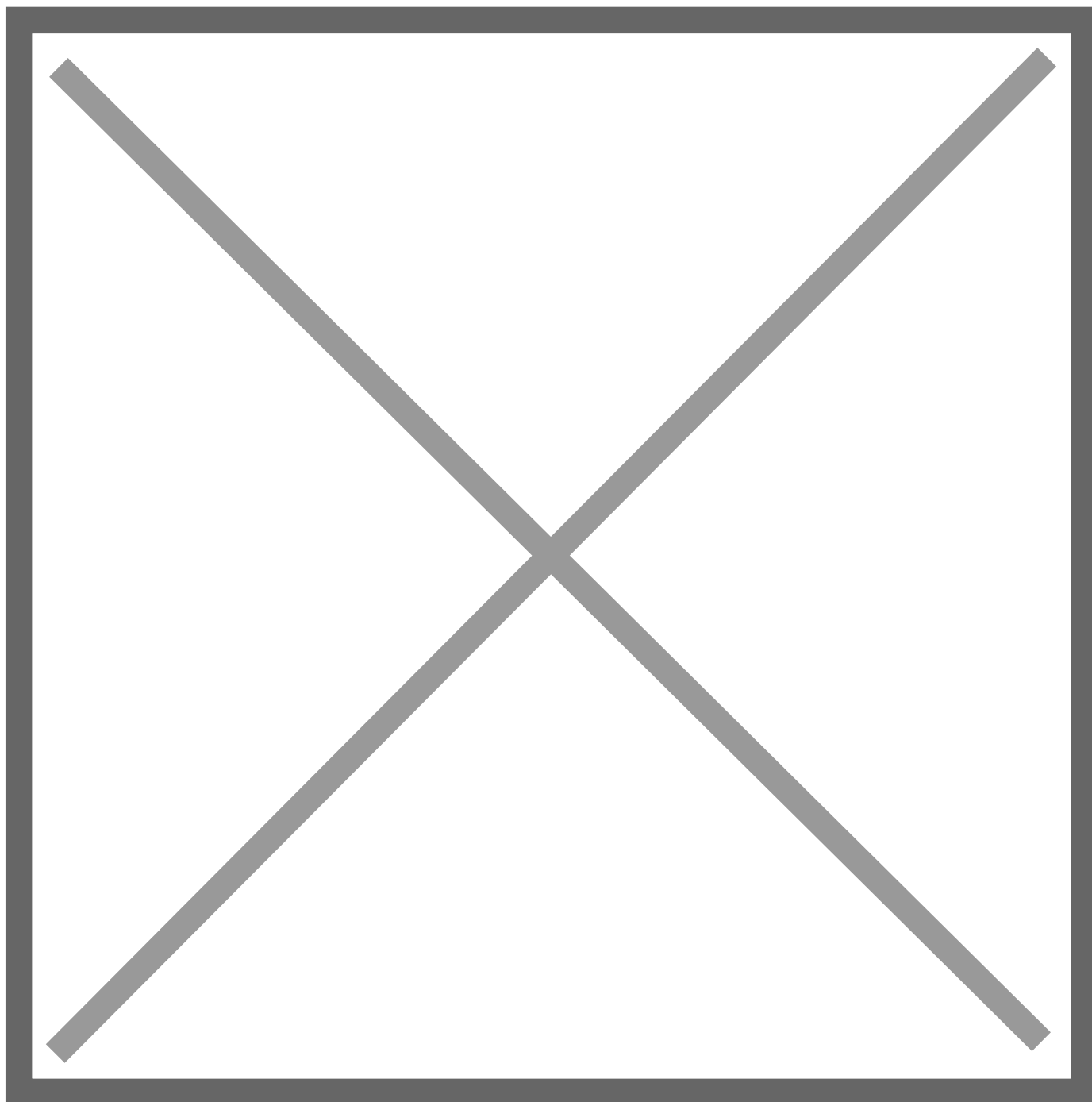
Referencer: Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.who.int/today>, accessed [16.07.24]

Definitioner
(kun
tilgængelig
på engelsk):

Incidence per 100,000

Kraft i bugspytkirtlen

Månd, 2022

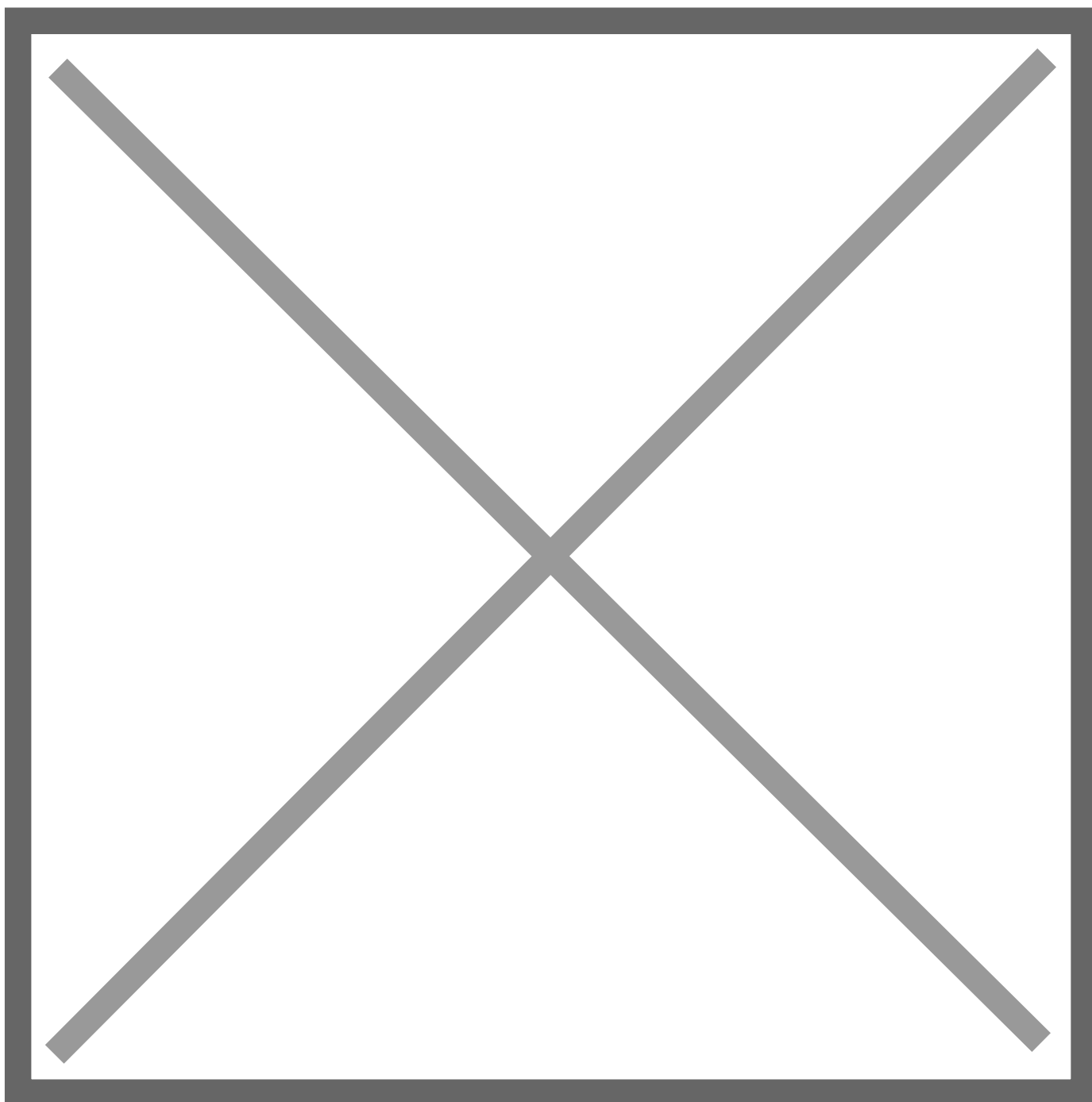


Alder:	20+
Area covered:	National

Referencer: 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]

Definitioner
(kun
tilgængelig
på engelsk): Incidence per 100,000

Kvinder, 2022



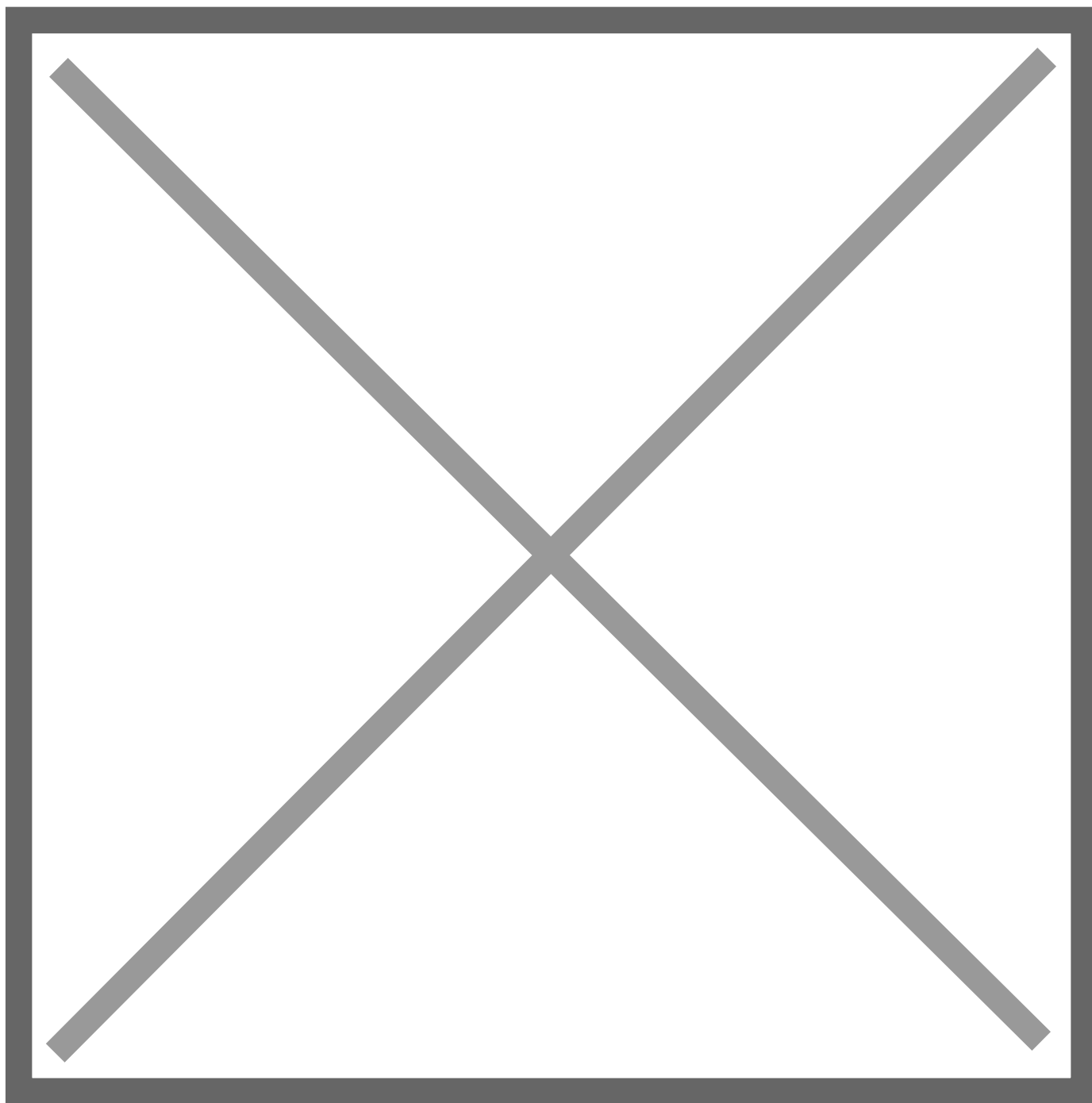
Alder:	20+
Area covered:	National
Referencer:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today , accessed [16.07.24]

Definitioner
(kun
tilgængelig
på engelsk):

Incidence per 100,000

Kraft i galdeblæren

Månd, 2022

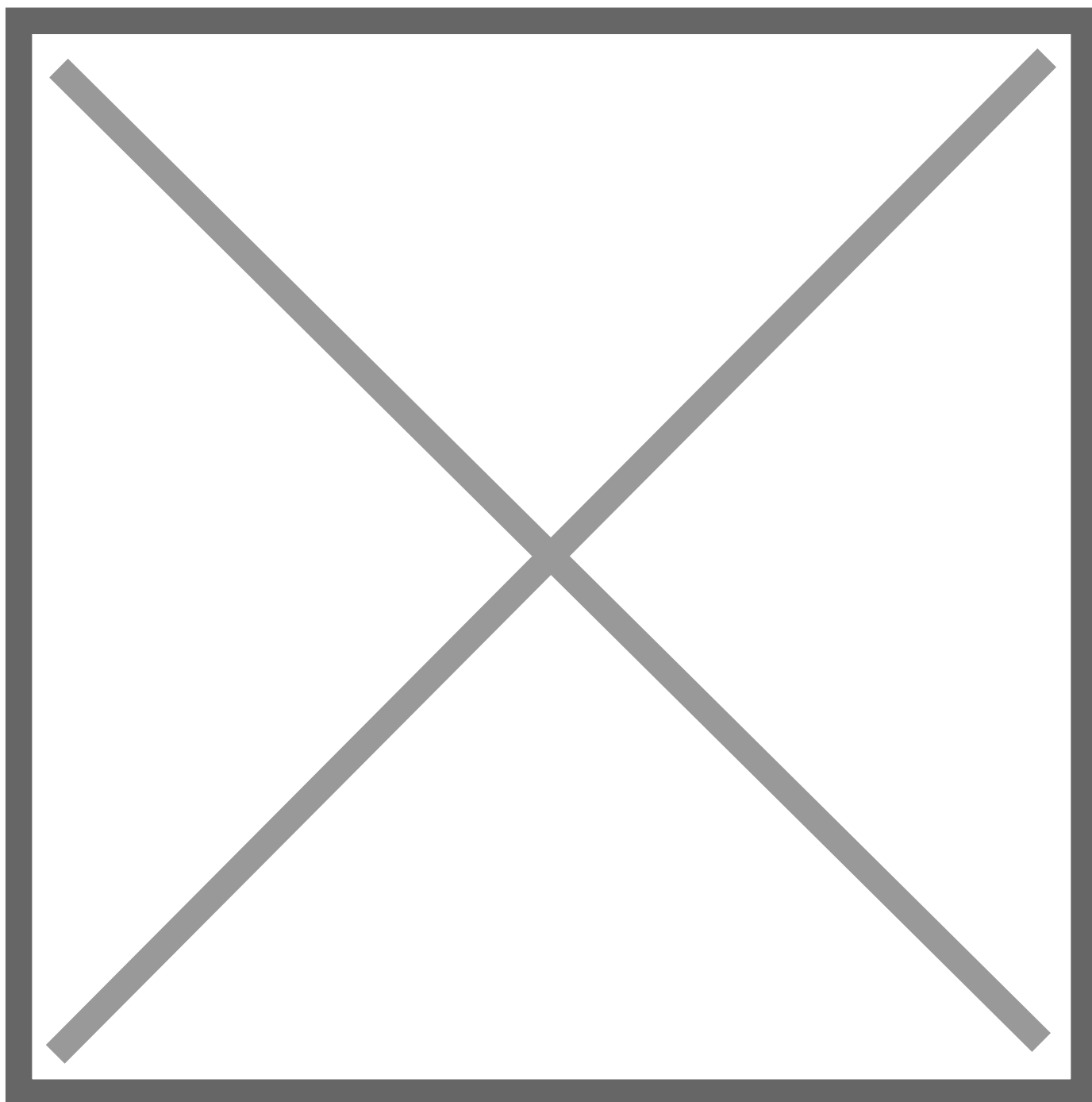


Alder:	20+
Area covered:	National

Referencer: 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]

Definitioner
(kun
tilgængelig
på engelsk): Incidence per 100,000

Kvinder, 2022



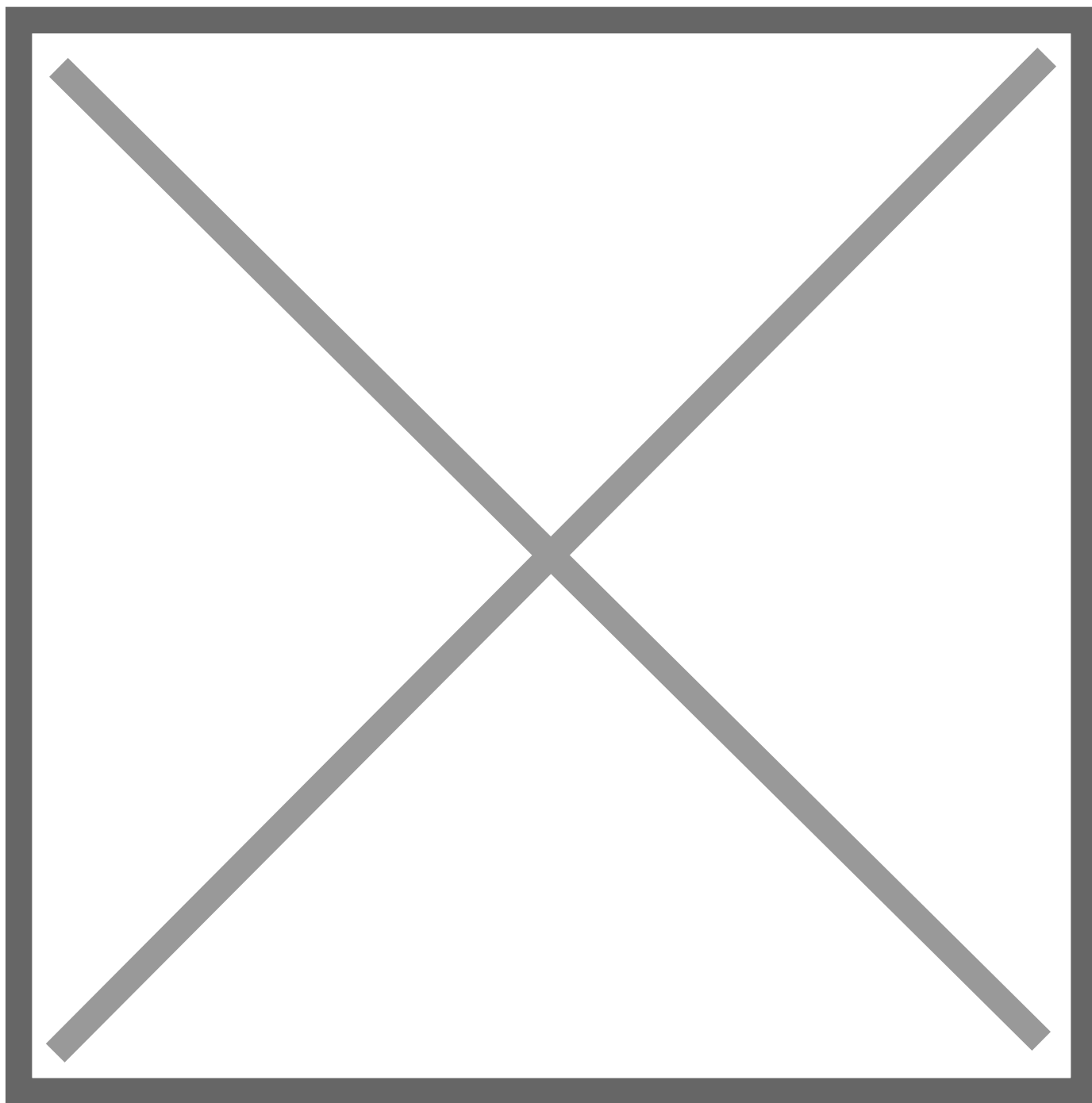
Alder:	20+
Area covered:	National
Referencer:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today , accessed [16.07.24]

Definitioner
(kun
tilgængelig
på engelsk):

Indicence per 100,000

Nyrekræft

Månd, 2022



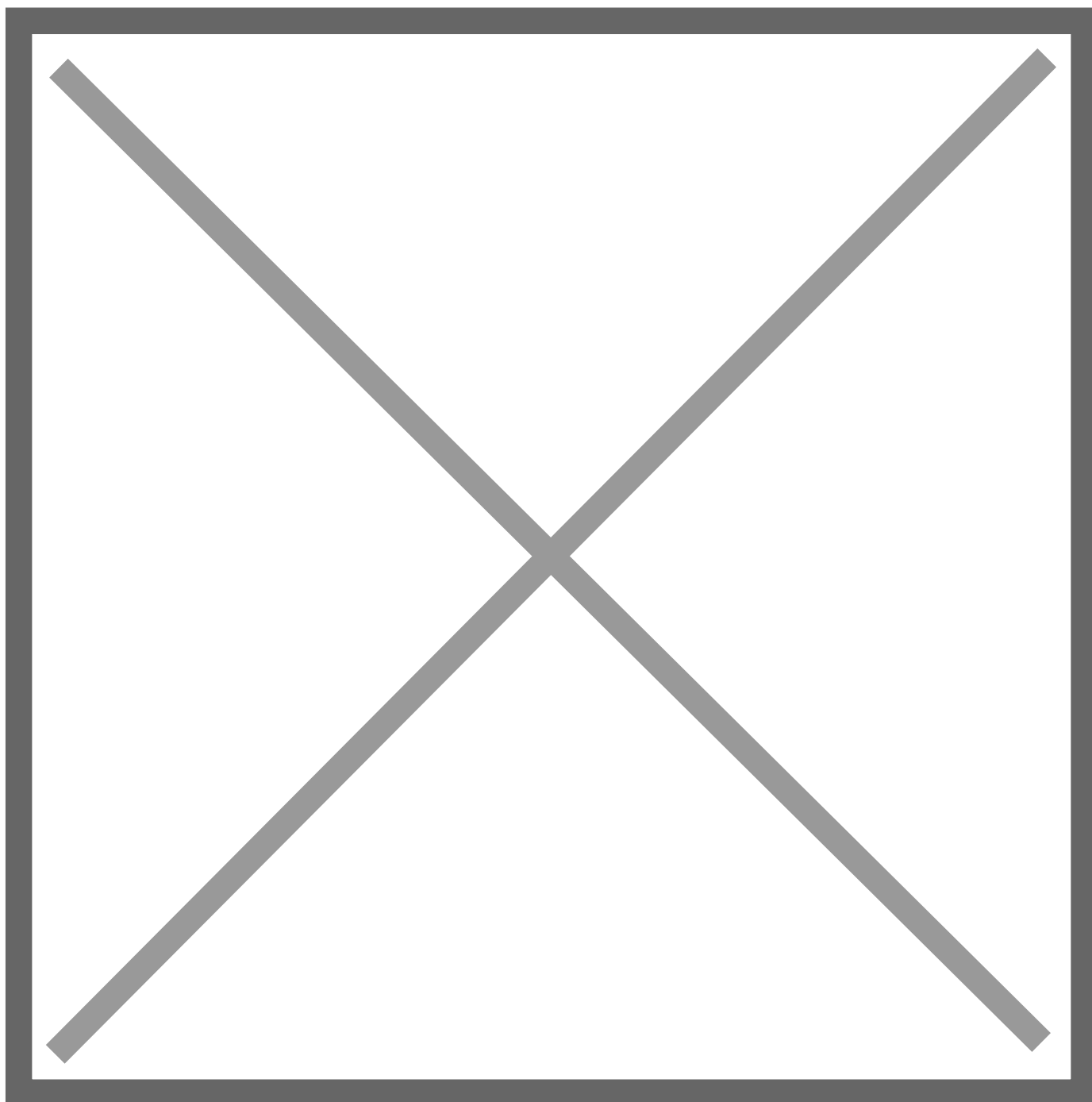
Alder:	20+
Area covered:	National

Referencer: 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]

Definitioner
(kun
tilgængelig
på engelsk):

Incidence per 100,000

Kvinder, 2022



Alder: 20+

Area covered: National

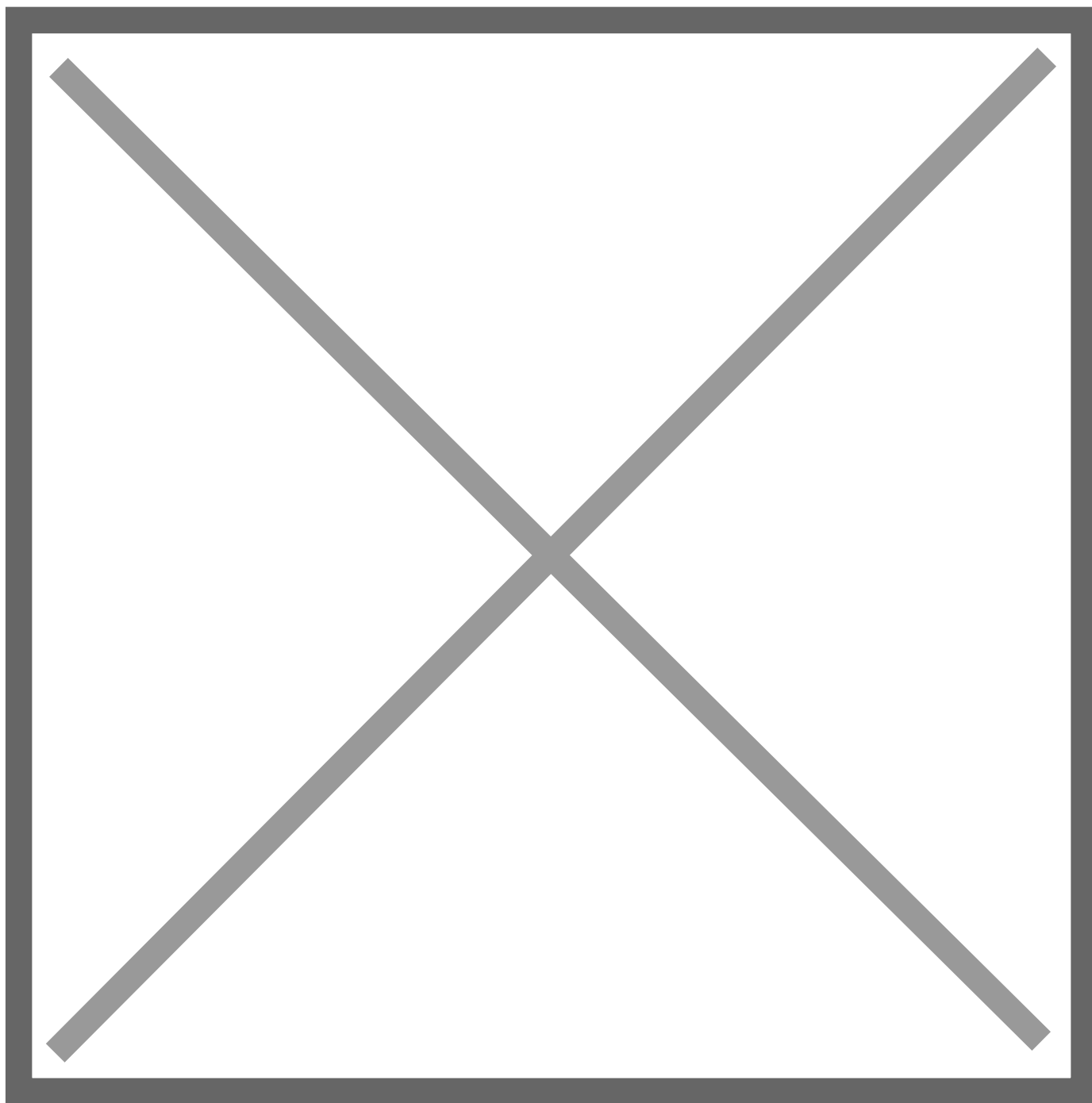
Referencer: Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.who.int/today>, accessed [16.07.24]

Definitioner
(kun
tilgængelig
på engelsk):

Incidence per 100,000

Livmoderkræft

Kvinder, 2022



Alder:

20+

Referencer:

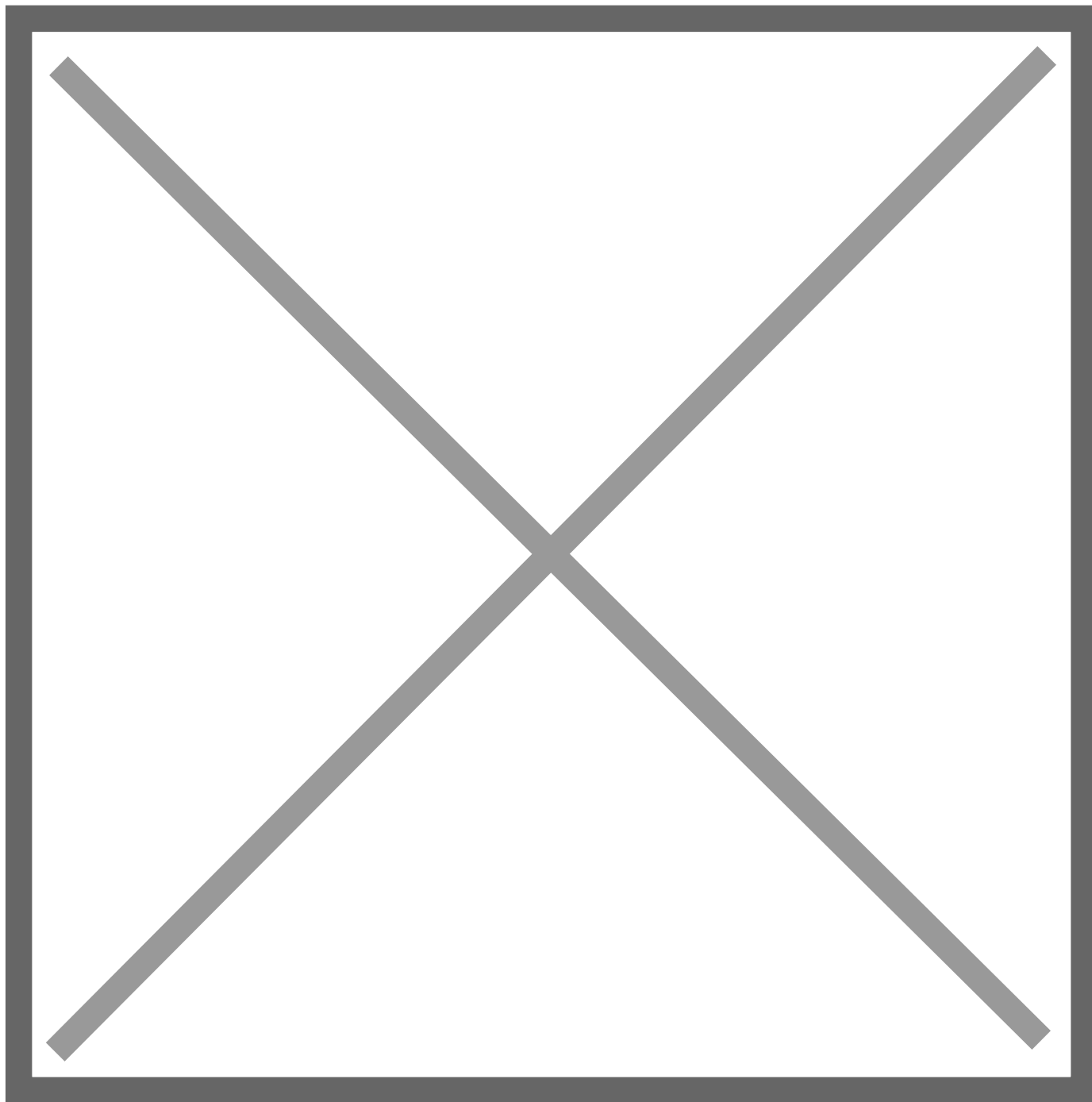
Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.who.int/today>, accessed [16.07.24]

Definitioner
(kun
tilgængelig
på engelsk):

Incidence per 100,000

Forhøjet blodtryk

Voksne, 2015



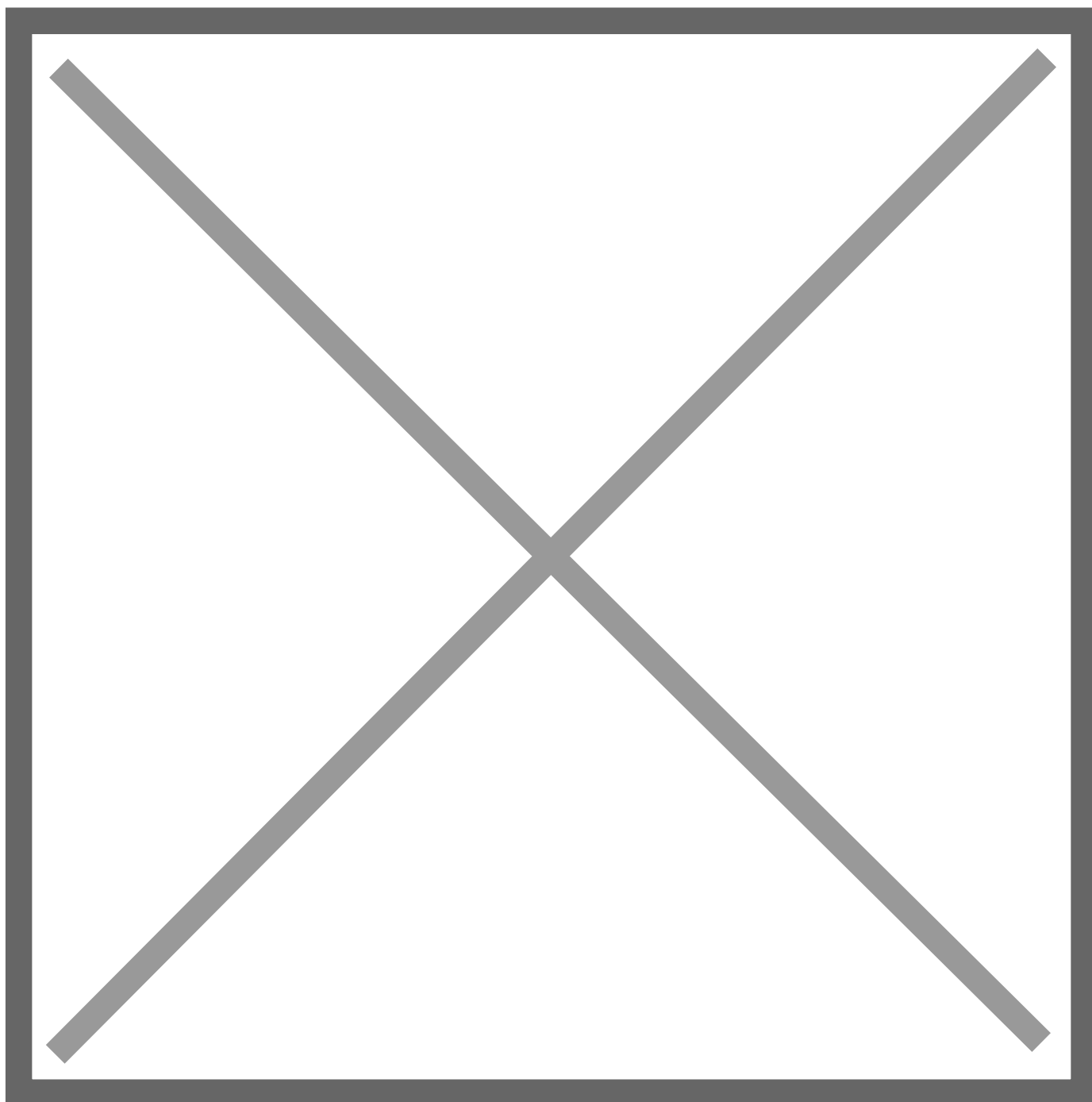
Referencer:

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

Definitioner
(kun
tilgængelig
på engelsk):

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

Månd, 2015



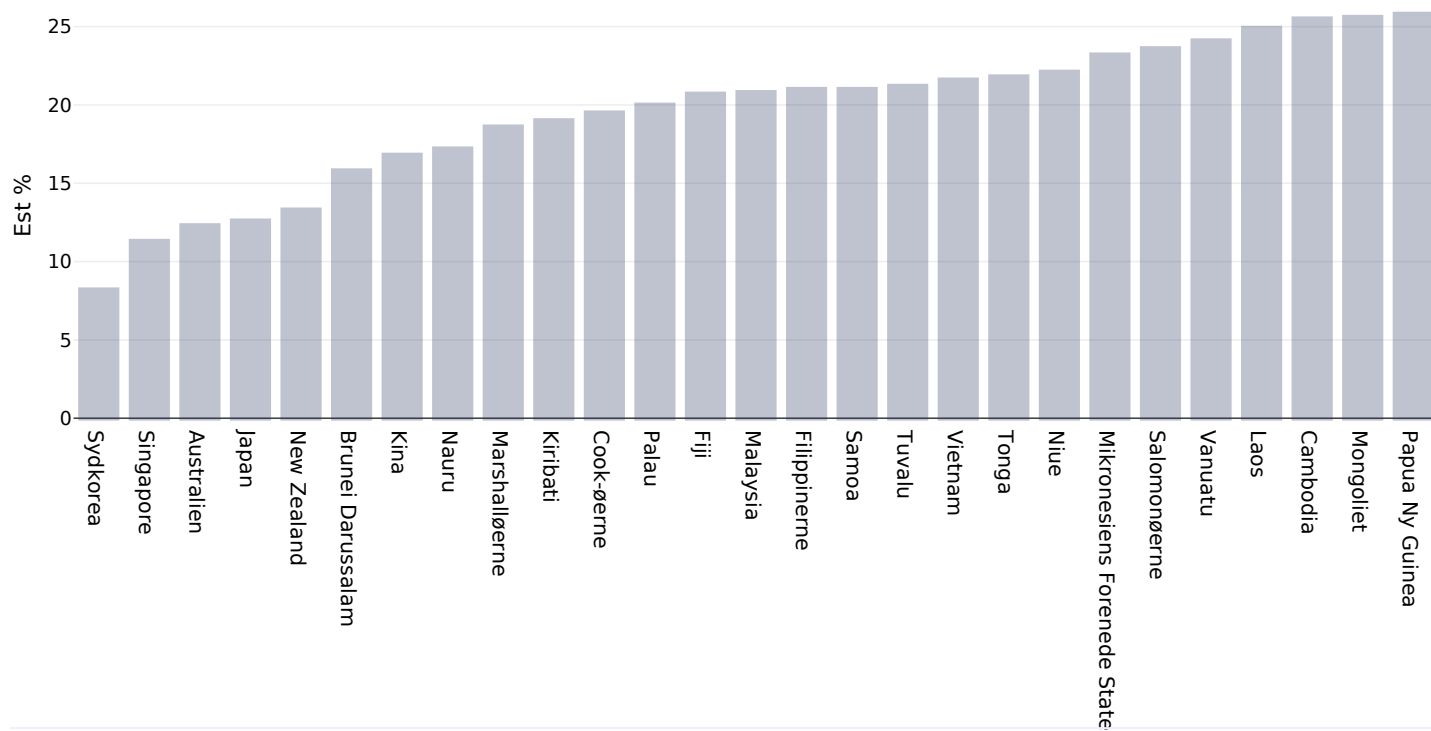
Referencer:

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

**Definitioner
(kun
tilgængelig
på engelsk):**

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

Kvinder, 2015



Referencer:

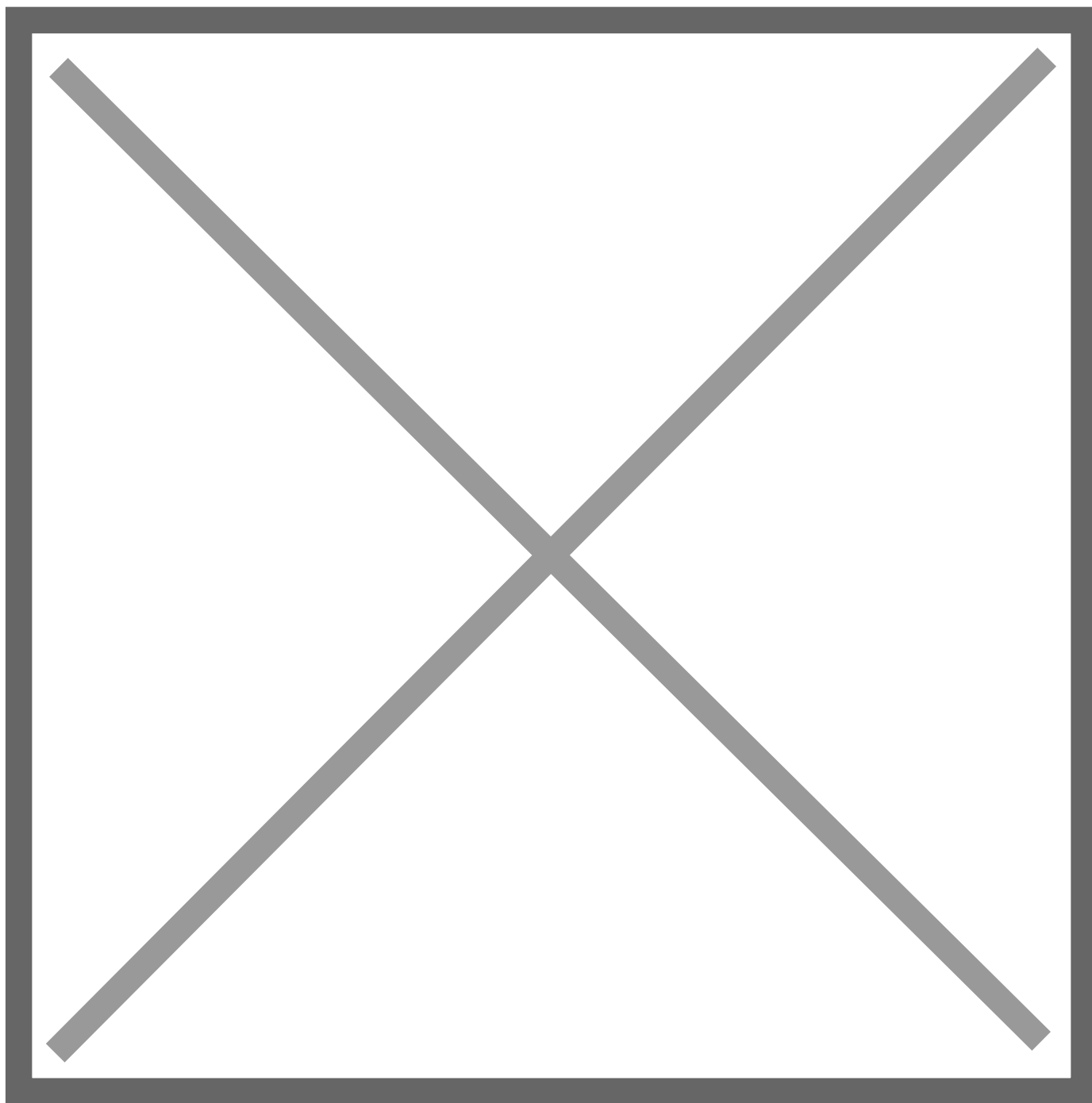
Global Health Observatory data repository, World Health Organisation,
<http://apps.who.int/gho/data/node.main.A875?lang=en>

Definitioner (kun tilgængelig på engelsk):

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

Forhøjede kolesterol

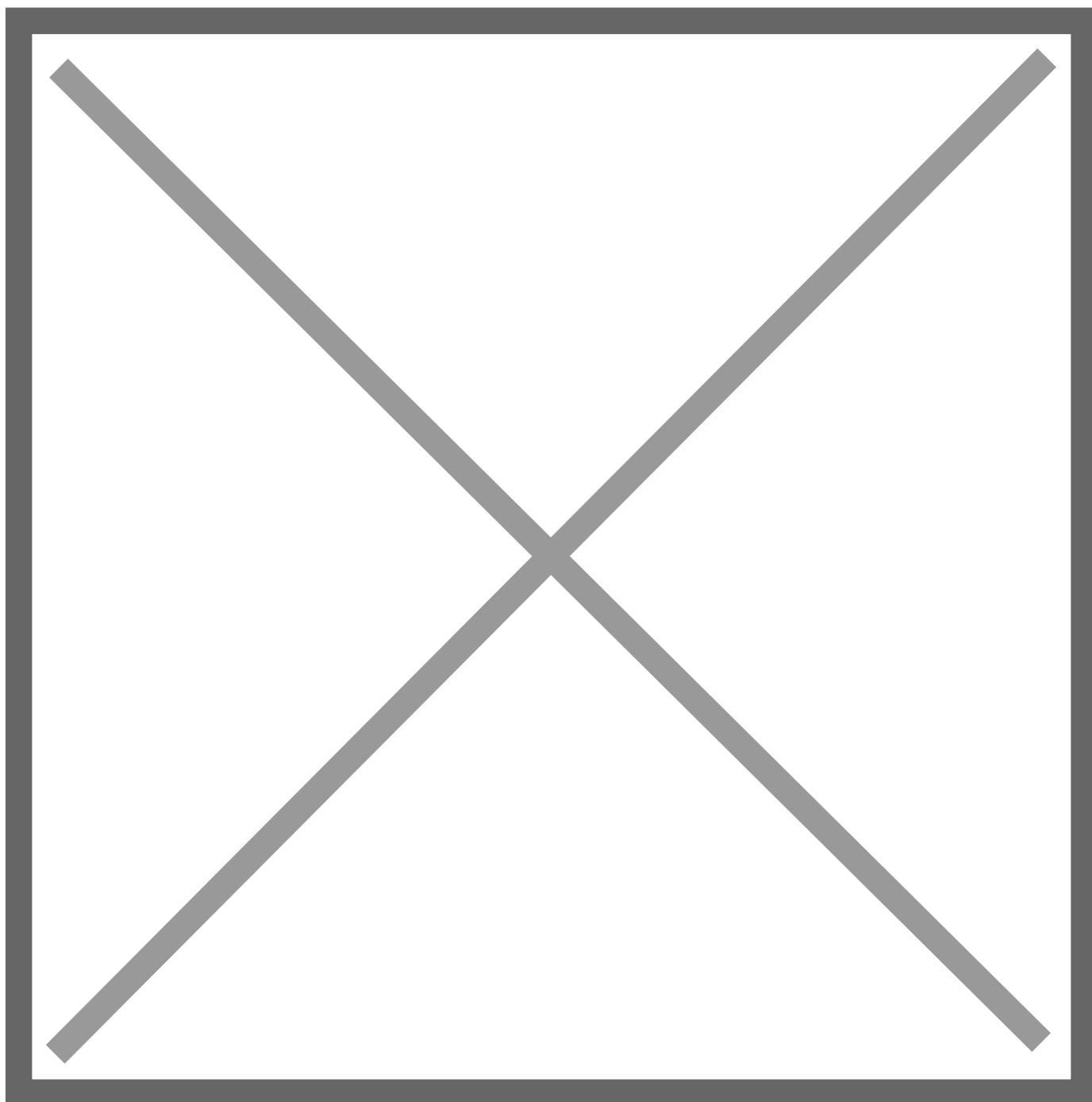
Voksne, 2008



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

Definitioner
(kun tilgængelig på engelsk): % Raised total cholesterol (≥ 5.0 mmol/L) (age-standardized estimate).

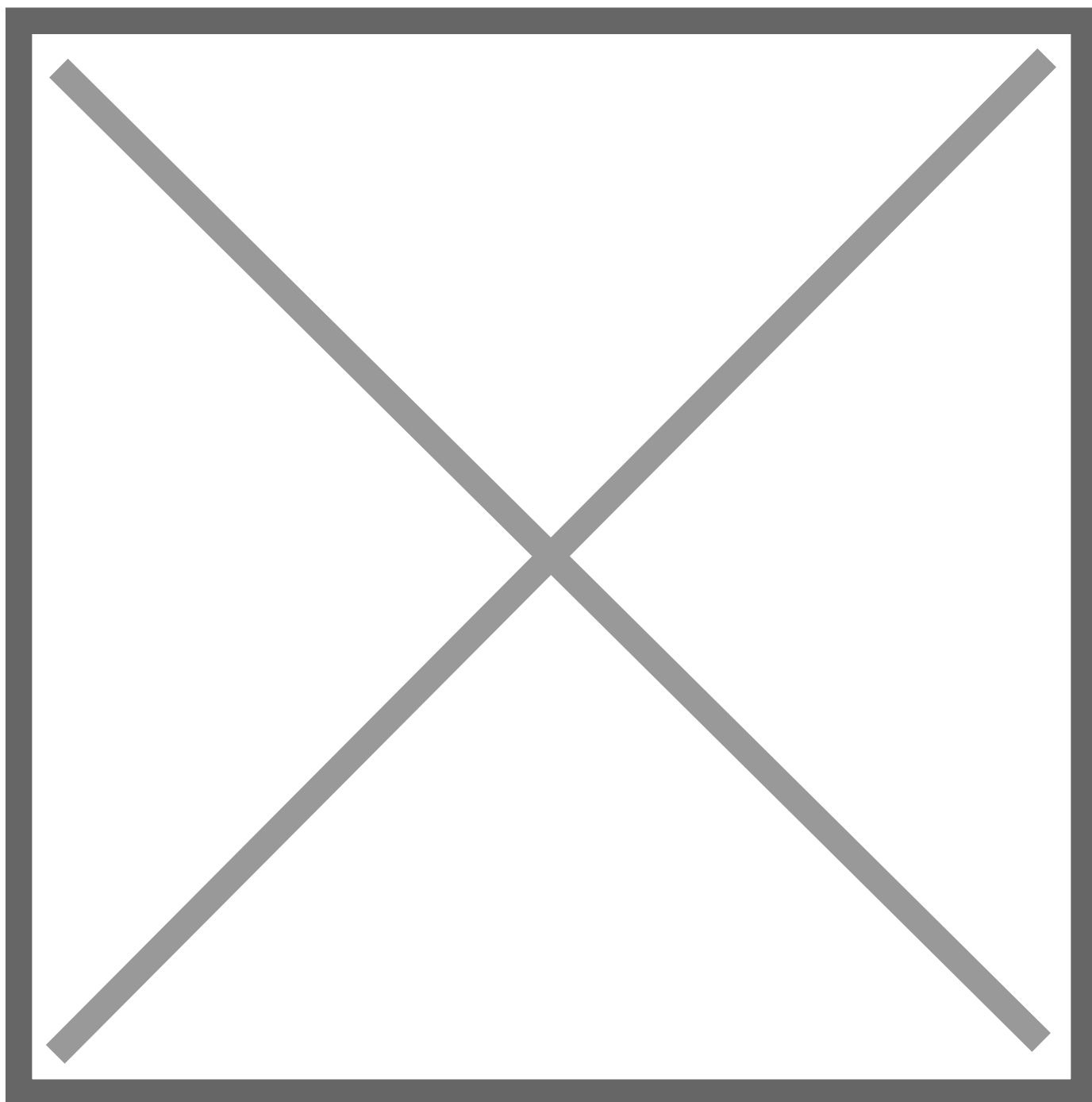
Månd, 2008



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

Definitioner
(kun tilgængelig på engelsk): % Raised total cholesterol (≥ 5.0 mmol/L) (age-standardized estimate).

Kvinder, 2008

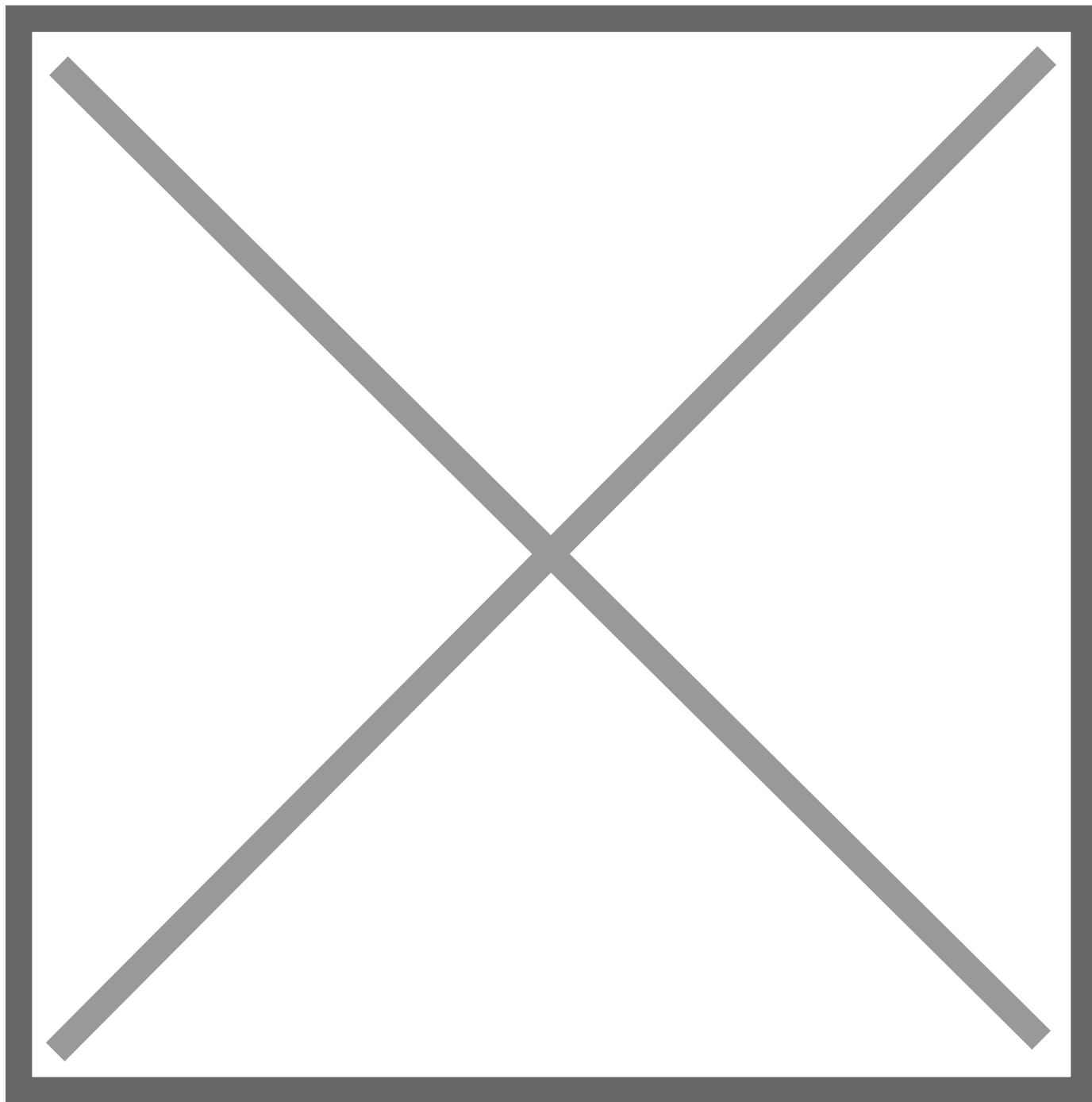


Referencer: Global Health Observatory data repository, World Health Organisation, <http://apps.who.int/gho/data/node.main.A885>

Definitioner
(kun tilgængelig på engelsk): % Raised total cholesterol (≥ 5.0 mmol/L) (age-standardized estimate).

Forhøjede fasteblodsukker niveau

Maj, 2014



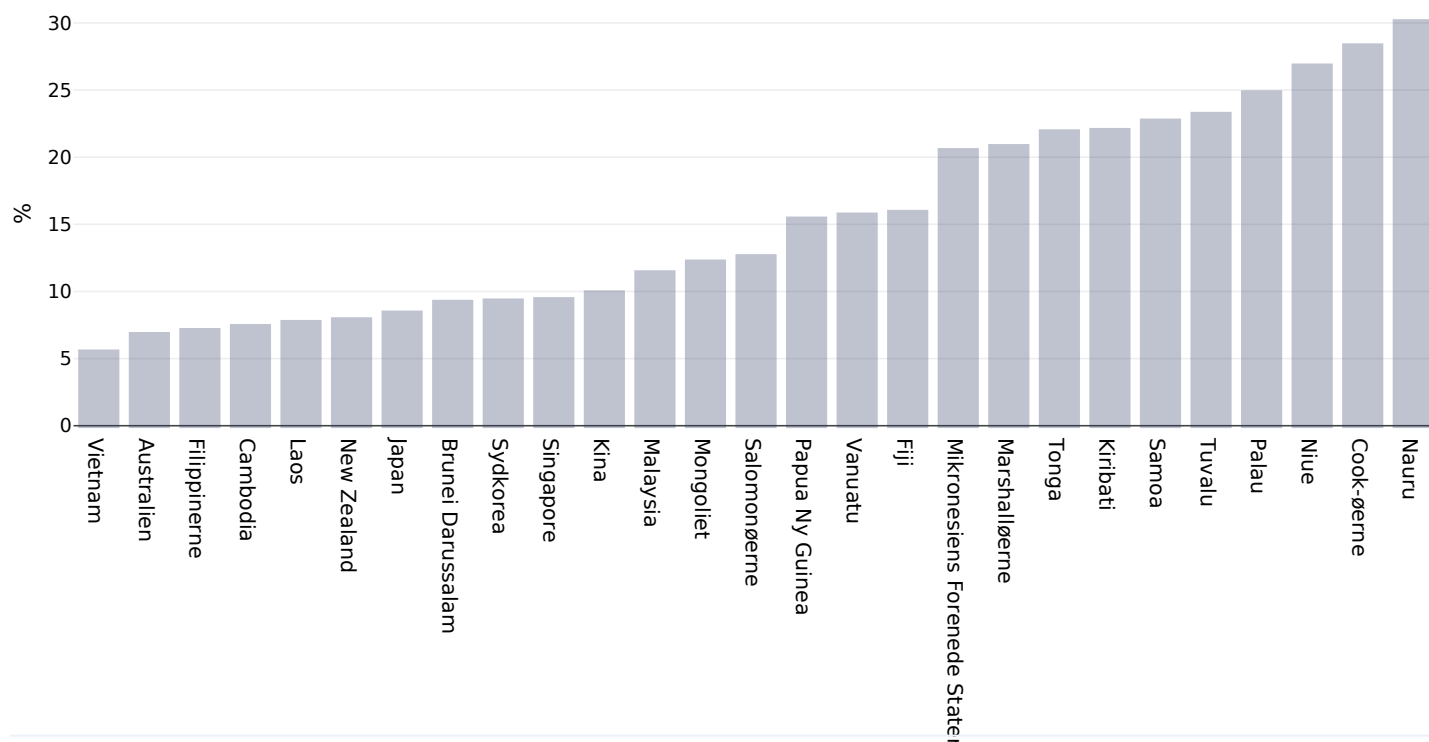
Referencer:

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

Definitioner
(kun
tilgængelig
på engelsk):

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

Kvinder, 2014



Referencer:

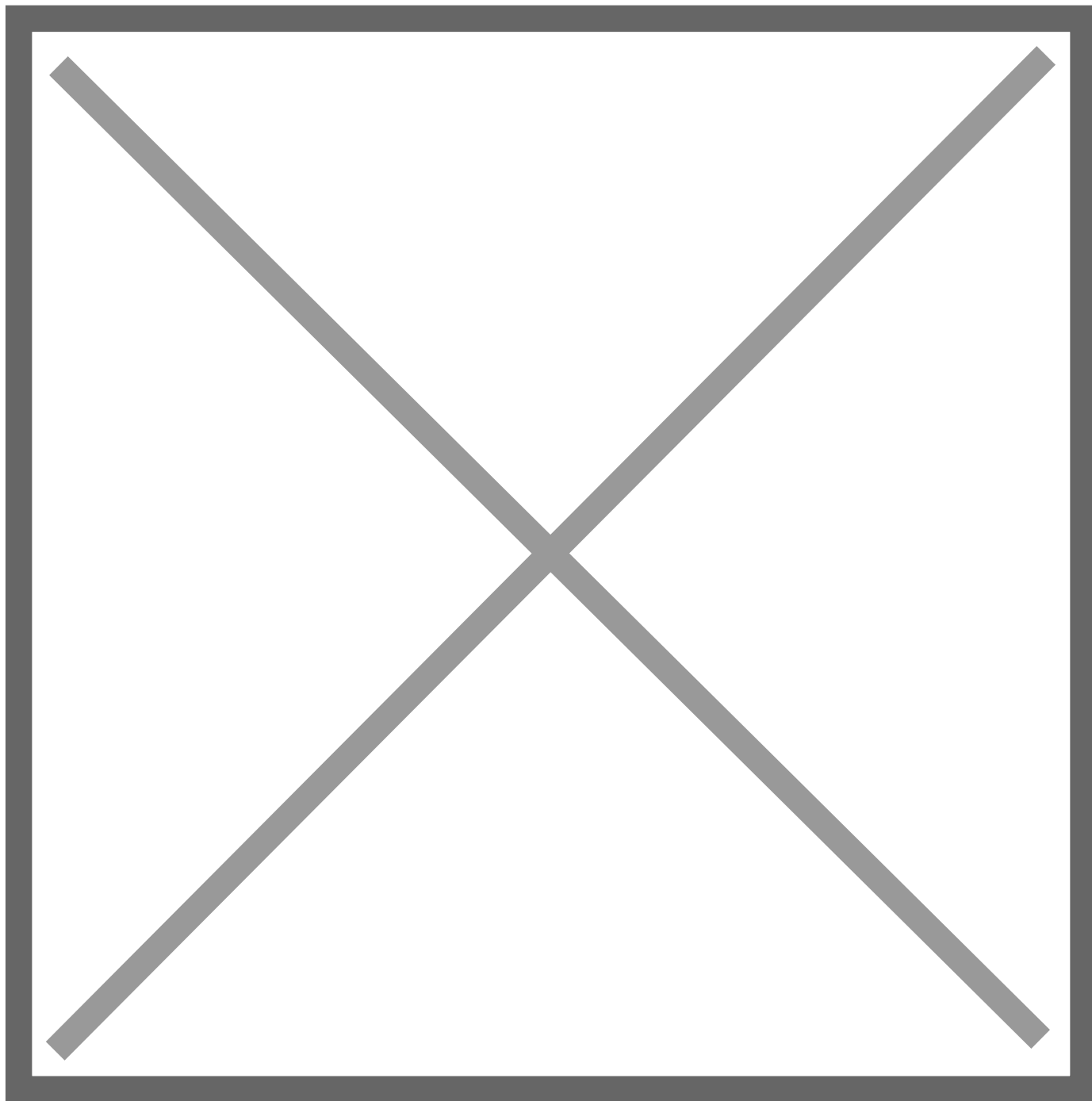
Global Health Observatory data repository, World Health Organisation,
<http://apps.who.int/gho/data/node.main.A869?lang=en>

Definitioner
(kun
tilgængelig
på engelsk):

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

Diabetesprævalens

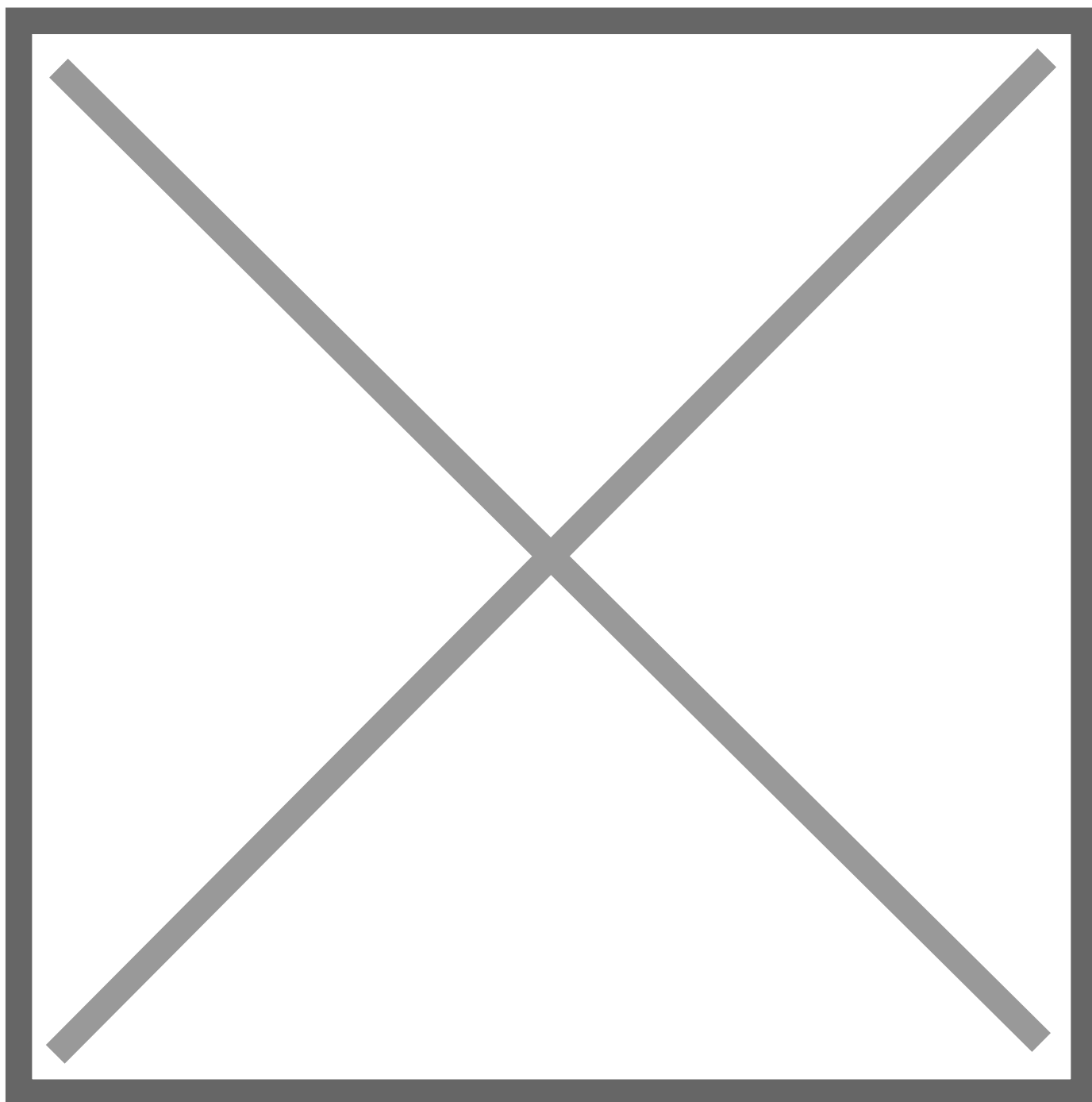
Voksne, 2021-2024



Referencer:

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

Voksne, 2021-2024



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