

# Report card Singapore



## High income

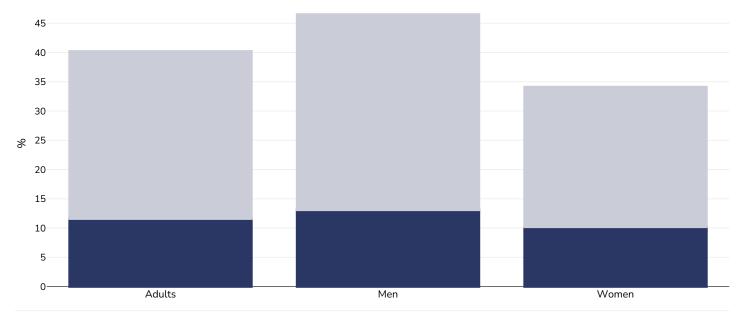
Contents	Page
Obesity prevalence	2
Trend: % Adults living with obesity in Singapore	5
Trend: % Adults living with overweight or obesity in Singapore	9
Overweight/obesity by education	13
Overweight/obesity by age	14
Overweight/obesity by ethnicity	15
Insufficient physical activity	18
Estimated per capita fruit intake	24
Estimated per-capita processed meat intake	25
Estimated per capita whole grains intake	26
Mental health - depression disorders	27
Mental health - anxiety disorders	28
Oesophageal cancer	29
Breast cancer	31
Colorectal cancer	32
Pancreatic cancer	34
Gallbladder cancer	36
Kidney cancer	38
Cancer of the uterus	40
Raised blood pressure	41
Raised cholesterol	44
Raised fasting blood glucose	47
Diabetes prevalence	49
Ovarian Cancer	50
Leukemia	51
Liver and intrahepatic bile duct Cancer	53
Multiple Myeloma	55
Non Hodgkin Lymphoma	57
Thyroid Cancer	59
Contextual factors	61



## **Obesity prevalence**

## Adults, 2021-2022





Survey	Measured
type:	
Age:	18-74
Sample size:	4743
Area covered:	National

References:

National Population Health Survey 2022 (Household Interview and Health Examination). Epidemiology & Disease Control Division and Policy, Research & Surveillance Group Ministry of Health and Health Promotion Board, Singapore. https://www.moh.gov.sg/docs/librariesprovider5/resources-statistics/reports/nphs-2022-survey-report-(final).pdf (Accessed 27.09.2023)

Notes:

The report also provides prevalence by Asian BMI Risk Category.

 $Unless \ otherwise \ noted, \ overweight \ refers \ to \ a \ BMI \ between \ 25kg \ and \ 29.9kg/m^2, \ obesity \ refers \ to \ a \ BMI \ greater \ than \ 30kg/m^2.$ 



## Children, 2017

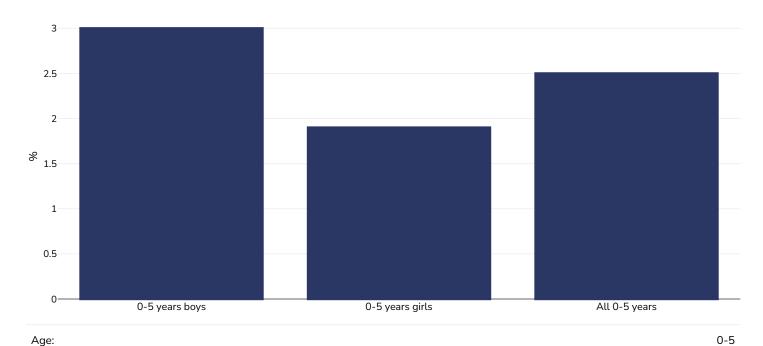
Overweight or obesity





#### 0-5 years, 2000

Overweight or obesity



Sample 15822

size:

References: Other: National healthcare group polyclinics' anthropometric growth charts for Singapore preschool children 2000. Singapore Health Booklet, revised edition April 2003

Notes:

UNICEF/WHO/World Bank Joint Child Malnutrition Estimates Expanded Database: Overweight (Survey Estimates), May 2023, New York. For more information about the methodology, please consult <a href="https://data.unicef.org/resources/jme-2023-country-consultations/">https://data.unicef.org/resources/jme-2023-country-consultations/</a> Percentage of children under 5 years of age falling above 2 standard deviations (moderate and severe) from the median weight-for-height of the reference population.

Definitions: =>+2SD

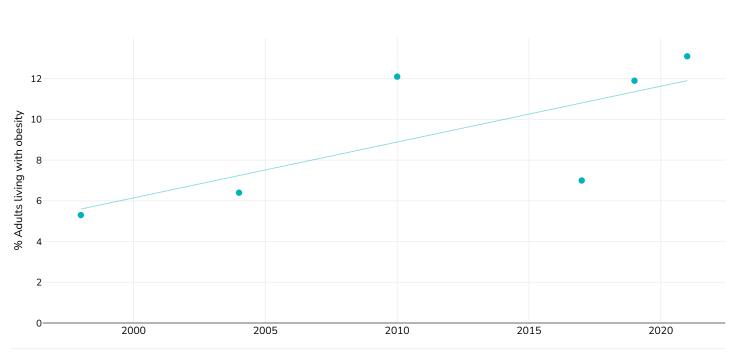


% Adults living with obesity in Singapore



#### Men





Survey Measured

References:

type:

1992: National Health Survey Singapore 1992. Ministry of Health Singapore.

1998: National Health Survey 1998. Ministry of Health Singapore

2004: Ministry of Health. National Health Survey 2004: Singapore. WHO Report 2005.

2010: National Health Survey 2010. Ministry of Health Singapore 2011. Report and Tables available at

https://www.moh.gov.sg/resources-statistics/reports/national-health-survey-2010 (assessed 08.10.12)

2013: National Health Surveillance Survey (NHSS) 2013. Ministry of Health Singapore.

2017: Ministry of Health. National Population Health Survey. 2016/17. Available from:

 $\underline{\text{https://www.moh.gov.sg/docs/librariesprovider5/resources-statistics/reports/executive-summary-nphs-2016\_17.pdf} \\$ 

(Accessed 2 April 2019).

2019: National Population Health Survey 2020. Epidemiology & Disease Control Division and Policy, Research & Surveillance
Group Ministry of Health and Health Promotion Board, Singapore. <a href="https://www.hpb.gov.sg/docs/default-source/default-document-library/nphs-2020-survey-report.pdf?sfvrsn=ece50aa9\_0">https://www.hpb.gov.sg/docs/default-source/default-document-library/nphs-2020-survey-report.pdf?sfvrsn=ece50aa9\_0</a> (Accessed 18.11.2021)

2021: National Population Health Survey 2022 (Household Interview and Health Examination). Epidemiology & Disease Control Division and Policy, Research & Surveillance Group Ministry of Health and Health Promotion Board, Singapore.

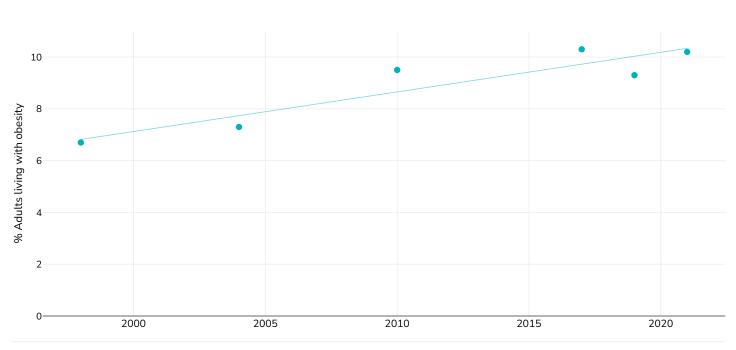
https://www.moh.gov.sg/docs/librariesprovider5/resources-statistics/reports/nphs-2022-survey-report-(final).pdf (Accessed 27.09.2023)

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².



#### Women





Survey Measured type:

References:

1992: National Health Survey Singapore 1992. Ministry of Health Singapore.

1998: National Health Survey 1998. Ministry of Health Singapore

2004: Ministry of Health. National Health Survey 2004: Singapore. WHO Report 2005.

2010: National Health Survey 2010. Ministry of Health Singapore 2011. Report and Tables available at

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2021: National Population Health Survey 2022 (Household Interview and Health Examination). Epidemiology & Disease Control Division and Policy, Research & Surveillance Group Ministry of Health and Health Promotion Board, Singapore.

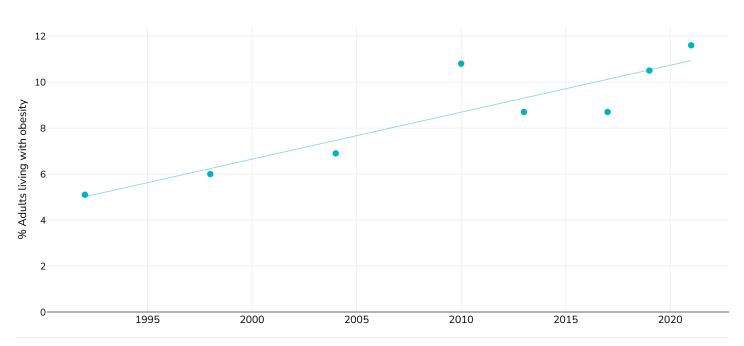
https://www.moh.gov.sg/docs/librariesprovider5/resources-statistics/reports/nphs-2022-survey-report-(final).pdf (Accessed 27.09.2023)

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².



#### Men and women





Survey Measured type:

References:

1992: National Health Survey Singapore 1992. Ministry of Health Singapore.

1998: National Health Survey 1998. Ministry of Health Singapore

2004: Ministry of Health. National Health Survey 2004: Singapore. WHO Report 2005.

2010: National Health Survey 2010. Ministry of Health Singapore 2011. Report and Tables available at

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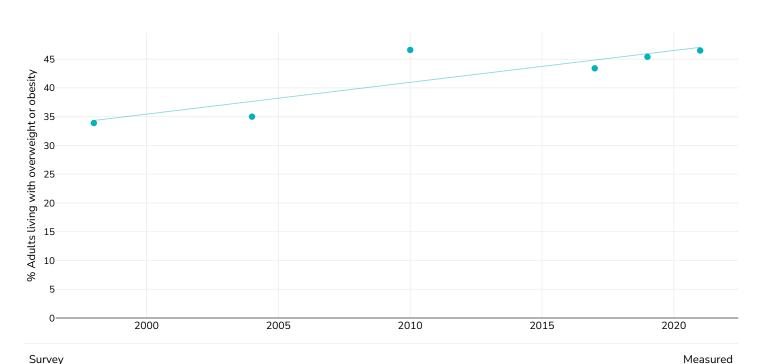


% Adults living with overweight or obesity in Singapore



#### Men

Overweight or obesity



type: References:

1992: National Health Survey Singapore 1992. Ministry of Health Singapore.

1998: National Health Survey 1998. Ministry of Health Singapore

2004: Ministry of Health. National Health Survey 2004: Singapore. WHO Report 2005.

2010: National Health Survey 2010. Ministry of Health Singapore 2011. Report and Tables available at

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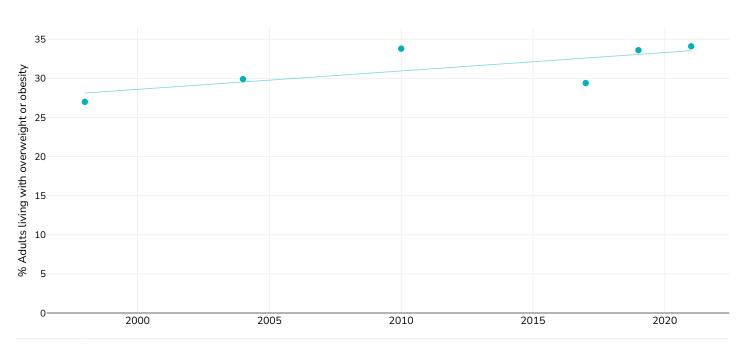
https://www.moh.gov.sg/docs/librariesprovider5/resources-statistics/reports/nphs-2022-survey-report-(final).pdf (Accessed 27.09.2023)

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#### Women

Overweight or obesity



Survey Measured

References:

type:

1992: National Health Survey Singapore 1992. Ministry of Health Singapore.

1998: National Health Survey 1998. Ministry of Health Singapore

2004: Ministry of Health. National Health Survey 2004: Singapore. WHO Report 2005.

2010: National Health Survey 2010. Ministry of Health Singapore 2011. Report and Tables available at

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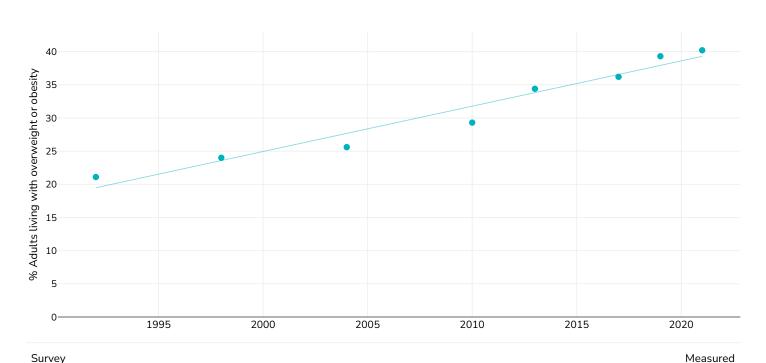
https://www.moh.gov.sg/docs/librariesprovider5/resources-statistics/reports/nphs-2022-survey-report-(final).pdf (Accessed 27.09.2023)

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#### Men and women

Overweight or obesity



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2004: Ministry of Health. National Health Survey 2004: Singapore. WHO Report 2005.

2010: National Health Survey 2010. Ministry of Health Singapore 2011. Report and Tables available at <a href="https://www.moh.gov.sg/resources-statistics/reports/national-health-survey-2010">https://www.moh.gov.sg/resources-statistics/reports/national-health-survey-2010</a> (assessed 08.10.12)

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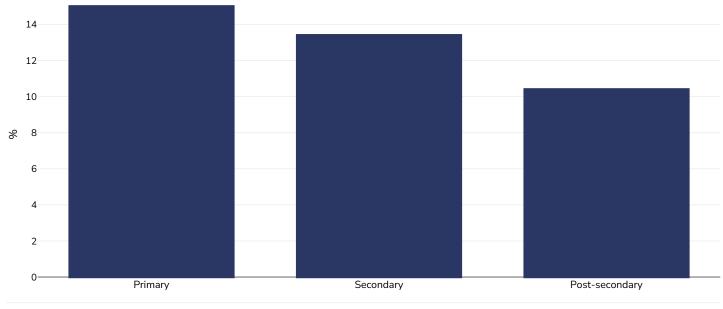
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## Overweight/obesity by education

## Adults, 2021-2022





Survey	Measured
type:	
Age:	18-74
Sample size:	4743
size:	
Area	National
covered:	

References:

National Population Health Survey 2022 (Household Interview and Health Examination). Epidemiology & Disease Control Division and Policy, Research & Surveillance Group Ministry of Health and Health Promotion Board, Singapore. <a href="https://www.moh.gov.sg/docs/librariesprovider5/resources-statistics/reports/nphs-2022-survey-report-">https://www.moh.gov.sg/docs/librariesprovider5/resources-statistics/reports/nphs-2022-survey-report-</a> (final).pdf (Accessed 27.09.2023)

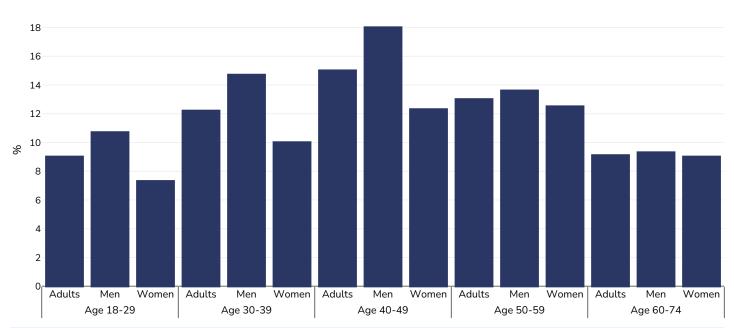
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## Overweight/obesity by age

## Adults, 2021-2022





Survey type:	Measured
Sample size:	4743
Area covered:	National
Peferences:	National Population Health Survey 2022 (Household Interview and Health Examination). Enidemiology & Disease Control

References:

National Population Health Survey 2022 (Household Interview and Health Examination). Epidemiology & Disease Control Division and Policy, Research & Surveillance Group Ministry of Health and Health Promotion Board, Singapore. https://www.moh.gov.sg/docs/librariesprovider5/resources-statistics/reports/nphs-2022-survey-report-(final).pdf (Accessed 27.09.2023)

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².

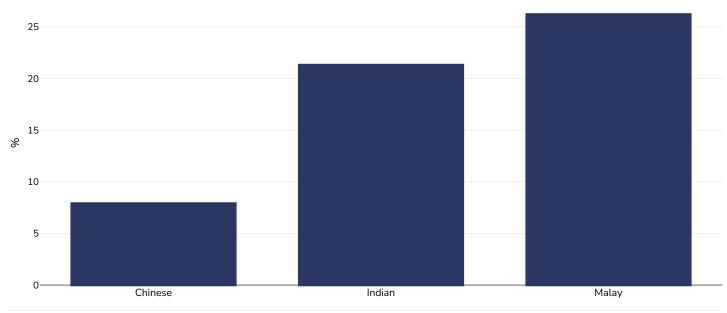


## Overweight/obesity by ethnicity

Ethnic groups are as defined by publication of origin and are not as defined by WOF. In some instances ethnicity is conflated with nationality and/or race.

#### Adults, 2021-2022





Survey type:	Measured
Age:	18-74
Sample size:	4743
Area covered:	National

References:

National Population Health Survey 2022 (Household Interview and Health Examination). Epidemiology & Disease Control Division and Policy, Research & Surveillance Group Ministry of Health and Health Promotion Board, Singapore.

 $\underline{\text{https://www.moh.gov.sg/docs/librariesprovider5/resources-statistics/reports/nphs-2022-survey-report-(final).pdf} \ (Accessed to the statistics of the$ 

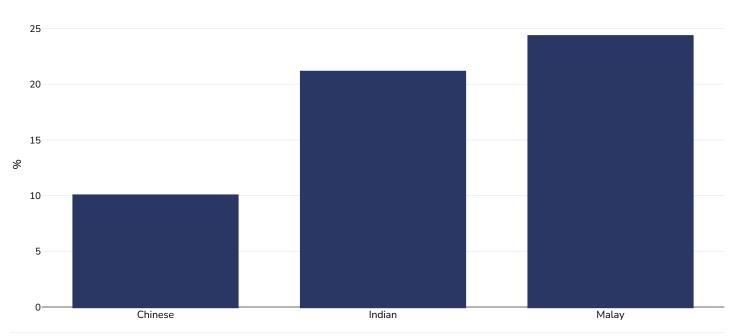
27.09.2023)

 $Unless \ otherwise \ noted, \ overweight \ refers \ to \ a \ BMI \ between \ 25kg \ and \ 29.9kg/m^2, \ obesity \ refers \ to \ a \ BMI \ greater \ than \ 30kg/m^2.$ 



## Men, 2021-2022





Survey	Measured
type:	
Age:	18-74
Sample	4743
size:	
Area	National
covered:	

References:

National Population Health Survey 2022 (Household Interview and Health Examination). Epidemiology & Disease Control Division and Policy, Research & Surveillance Group Ministry of Health and Health Promotion Board, Singapore. <a href="https://www.moh.gov.sg/docs/librariesprovider5/resources-statistics/reports/nphs-2022-survey-report-">https://www.moh.gov.sg/docs/librariesprovider5/resources-statistics/reports/nphs-2022-survey-report-</a> (final).pdf (Accessed

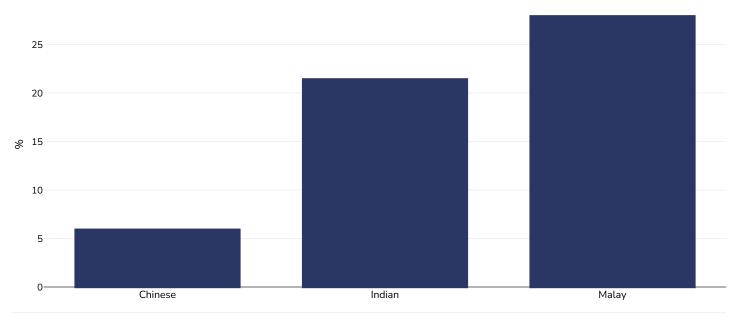
27.09.2023)

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².



#### Women, 2021-2022





Survey	Measured
type:	
Age:	18-74
Sample	4743
size:	
Area	National
covered:	

References:

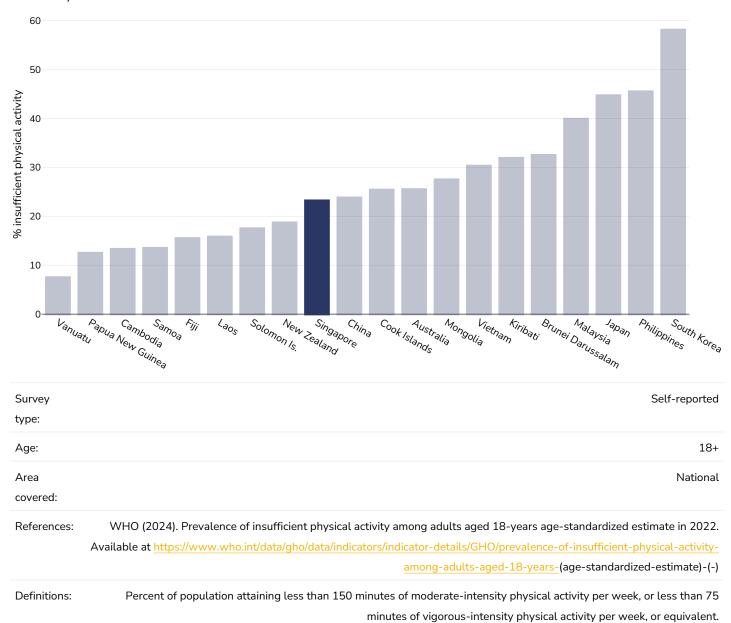
National Population Health Survey 2022 (Household Interview and Health Examination). Epidemiology & Disease Control Division and Policy, Research & Surveillance Group Ministry of Health and Health Promotion Board, Singapore. https://www.moh.gov.sg/docs/librariesprovider5/resources-statistics/reports/nphs-2022-survey-report-(final).pdf (Accessed

27.09.2023)

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².

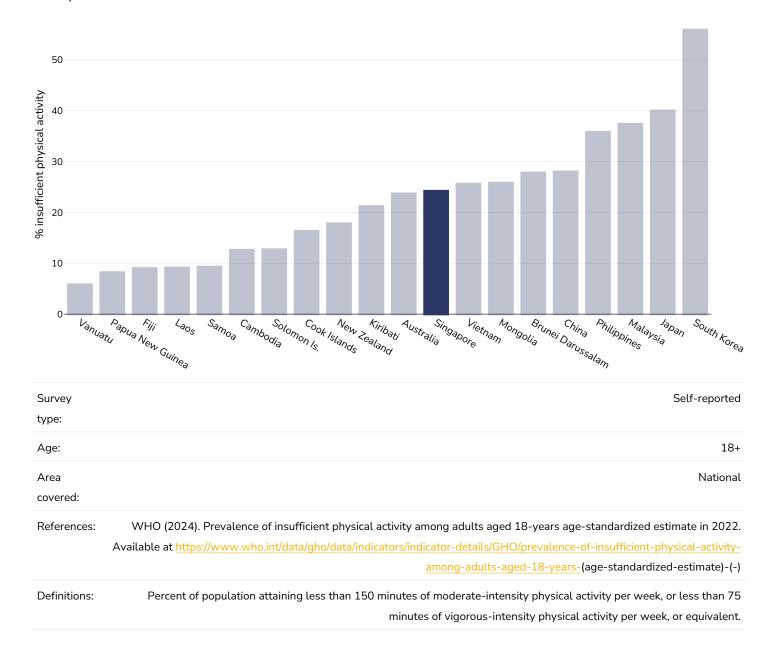


## Insufficient physical activity



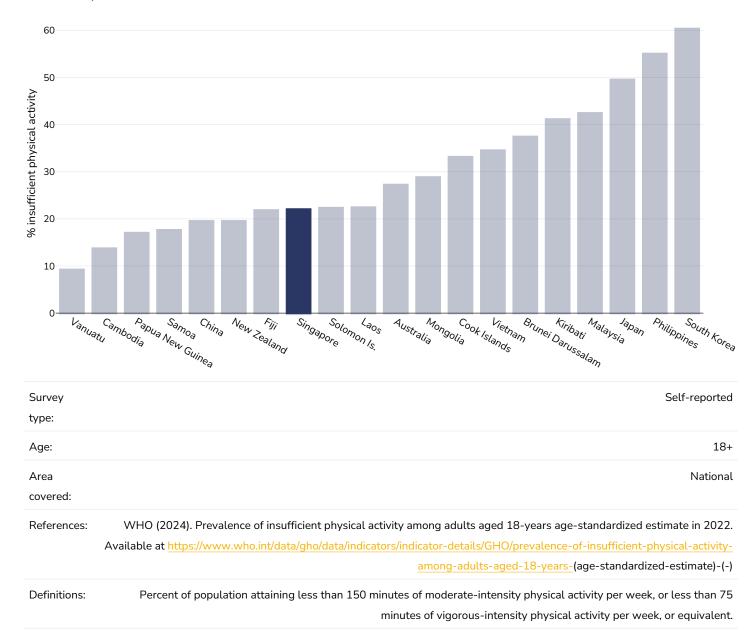


#### Men, 2022





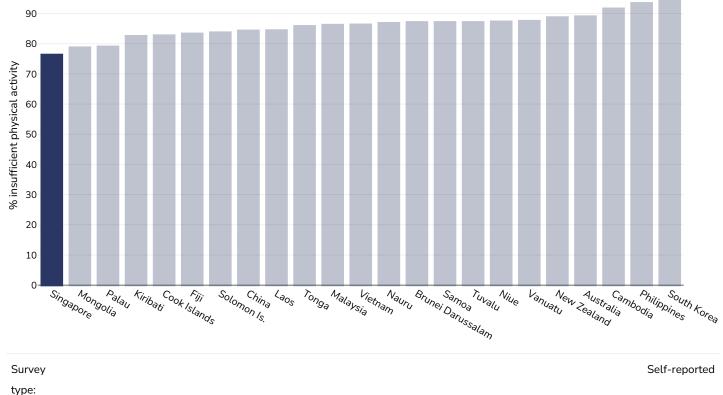
## Women, 2022





#### Children, 2016

Notes:



Survey	Sett-reported
type:	
Age:	11-17
References:	Global Health Observatory data repository, World Health Organisation,

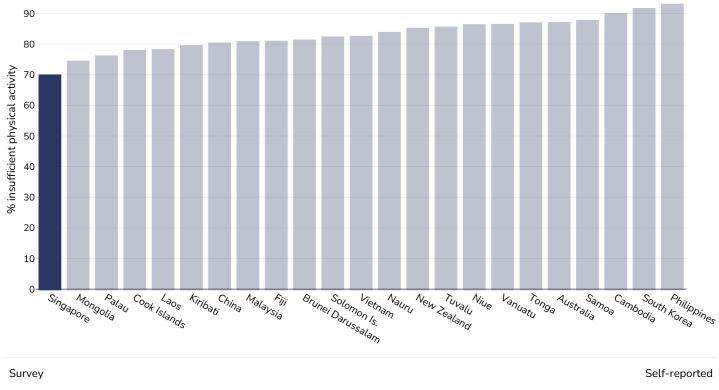
% of school going adolescents not meeting WHO recommendations on Physical Activity for Health, i.e. doing less than 60 minutes of moderate- to vigorous-intensity physical activity daily.

https://apps.who.int/gho/data/node.main.A893ADO?lang=en (last accessed 16.03.21)

Definitions: % Adolescents insufficiently active (age standardised estimate)



## Boys, 2016

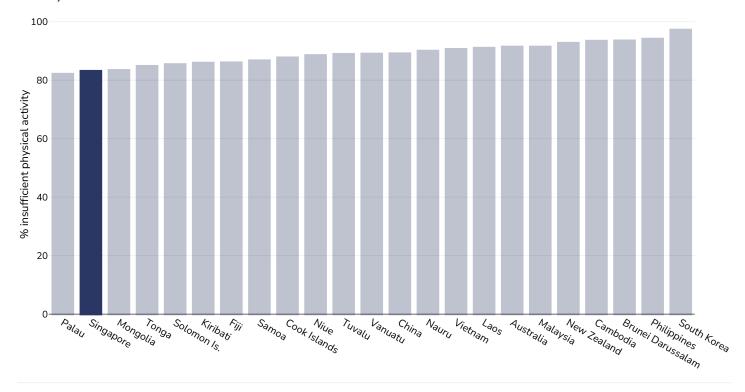


type:	
Age:	11-17
References:	Global Health Observatory data repository, World Health Organisation, <a href="https://apps.who.int/gho/data/node.main.A893ADO?lang=en">https://apps.who.int/gho/data/node.main.A893ADO?lang=en</a> (last accessed 16.03.21)
Notes:	% of school going adolescents not meeting WHO 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)



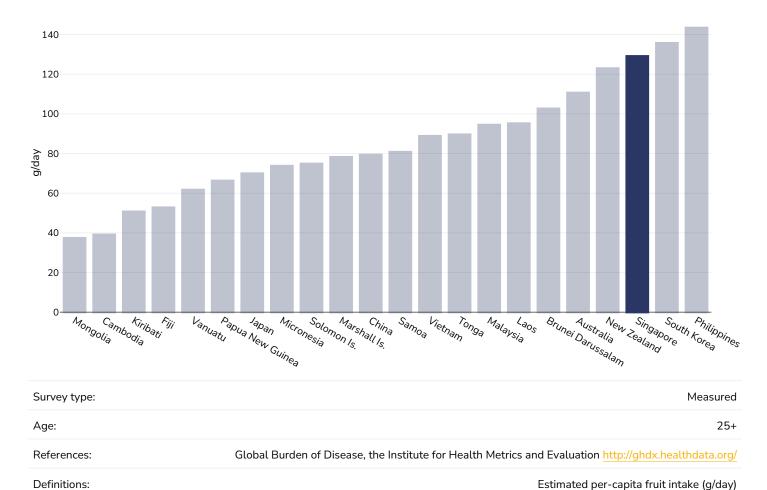
## Girls, 2016



Survey	Self-reported
type:	
Age:	11-17
References:	Global Health Observatory data repository, World Health Organisation, <a href="https://apps.who.int/gho/data/node.main.A893ADO?lang=en">https://apps.who.int/gho/data/node.main.A893ADO?lang=en</a> (last accessed 16.03.21)
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)

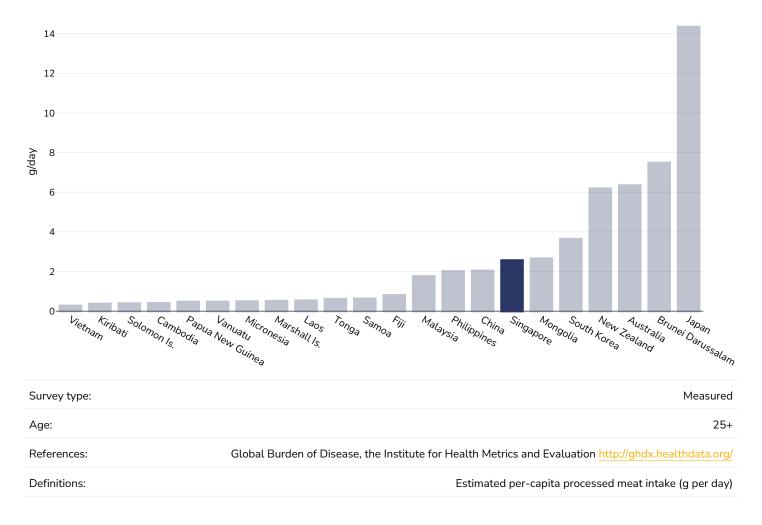


## Estimated per capita fruit intake



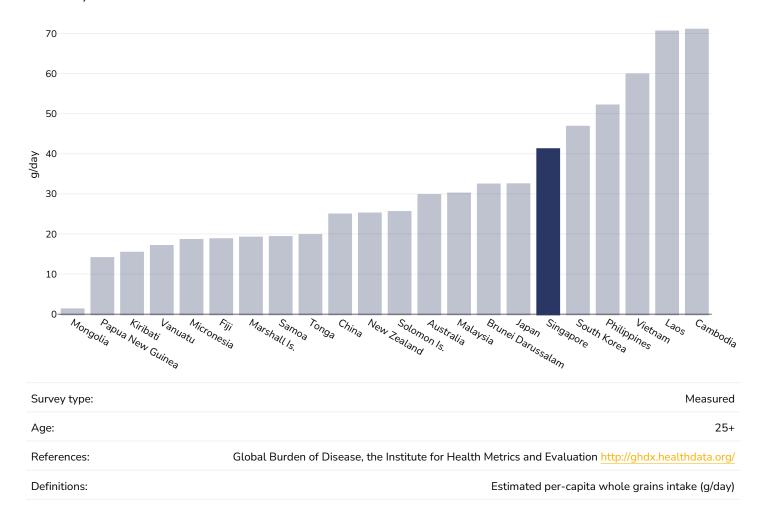


## Estimated per-capita processed meat intake





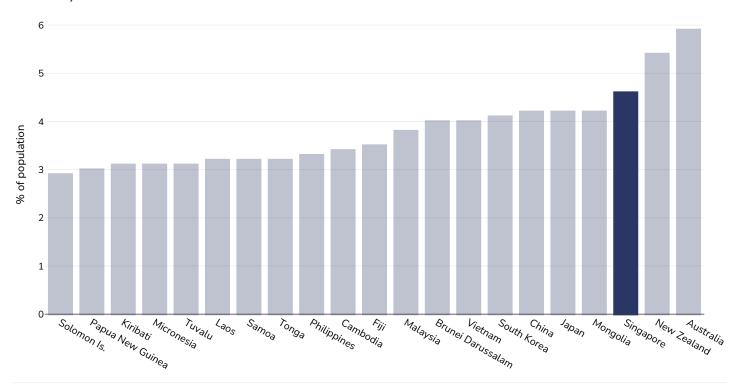
## Estimated per capita whole grains intake





## Mental health - depression disorders

#### Adults, 2015



References: Prevalence data from Global Burden of Disease study 2015 (<a href="http://ghdx.healthdata.org">http://ghdx.healthdata.org</a>) published in: Depression and Other Common Mental Disorders: Global Health Estimates. Geneva: World Health Organization; 2017. Licence: CC BY-NC-SA 3.0 IGO.

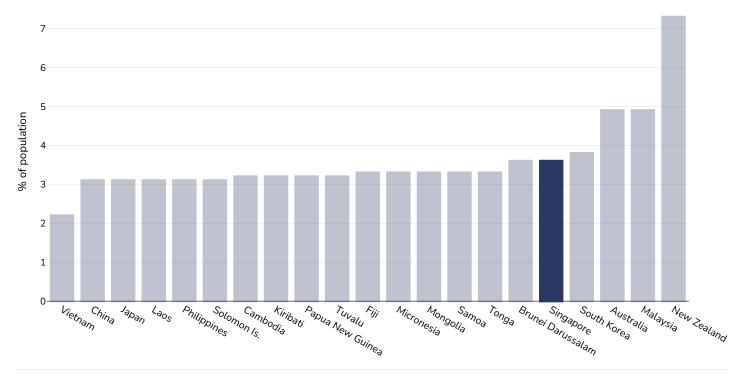
Definitions:

% of population with depression disorders



## Mental health - anxiety disorders

#### Adults, 2015



References: Prevalence data from Global Burden of Disease study 2015 (<a href="http://ghdx.healthdata.org">http://ghdx.healthdata.org</a>) published in: Depression and Other Common Mental Disorders: Global Health Estimates. Geneva: World Health Organization; 2017. Licence: CC BY-NC-SA 3.0 IGO.

Definitions: % of population with anxiety disorders



## Oesophageal cancer

## Men, 2022





## Women, 2022

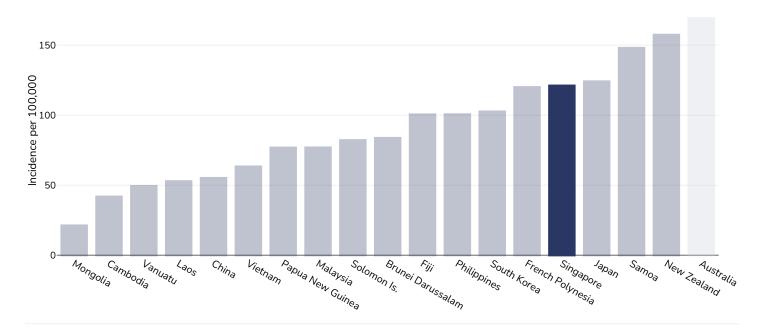




#### **Breast cancer**

#### Women, 2022





Area National covered:

References:

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:

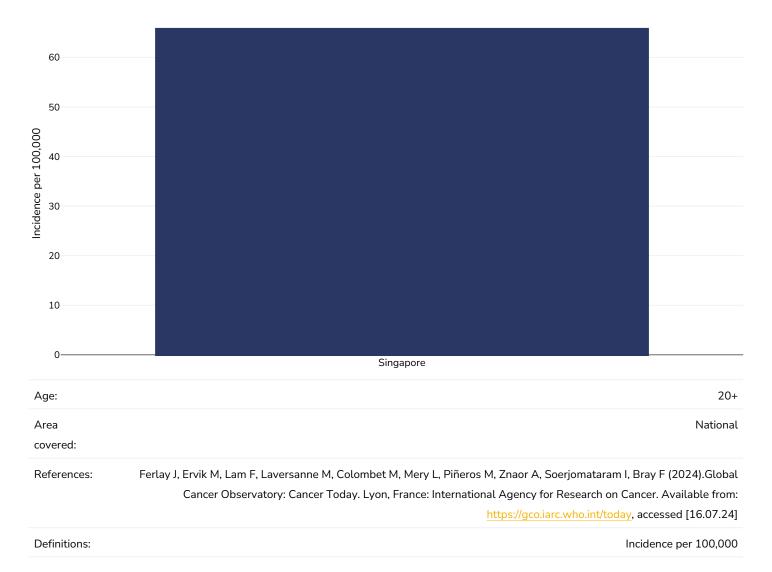
https://gco.iarc.who.int/today, accessed [16.07.24]

Definitions: Incidence per 100,000



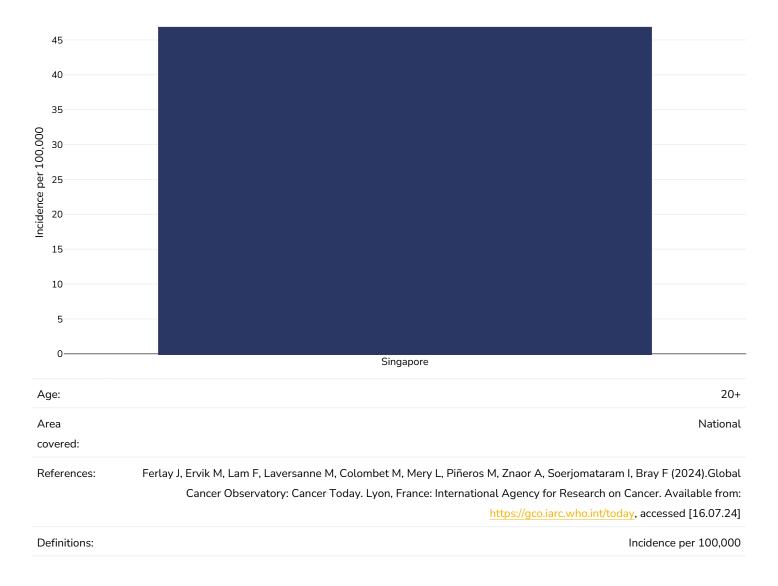
## **Colorectal cancer**

## Men, 2022





## Women, 2022





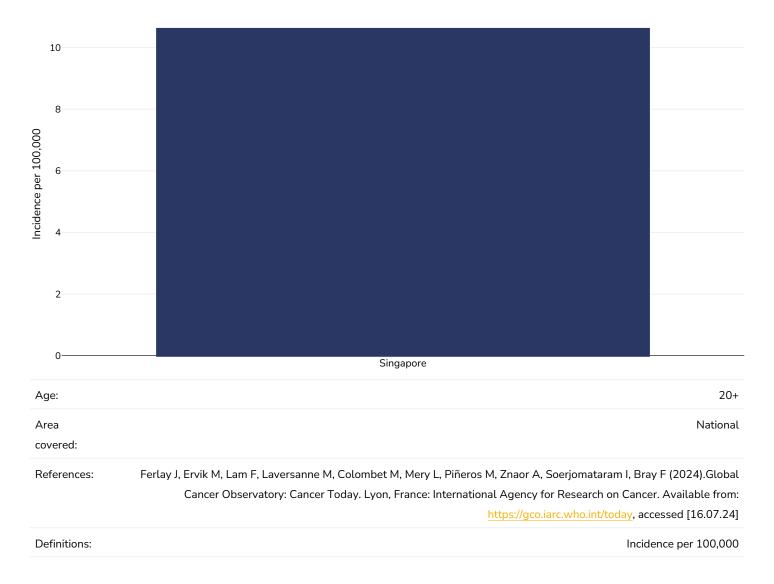
## Pancreatic cancer

## Men, 2022





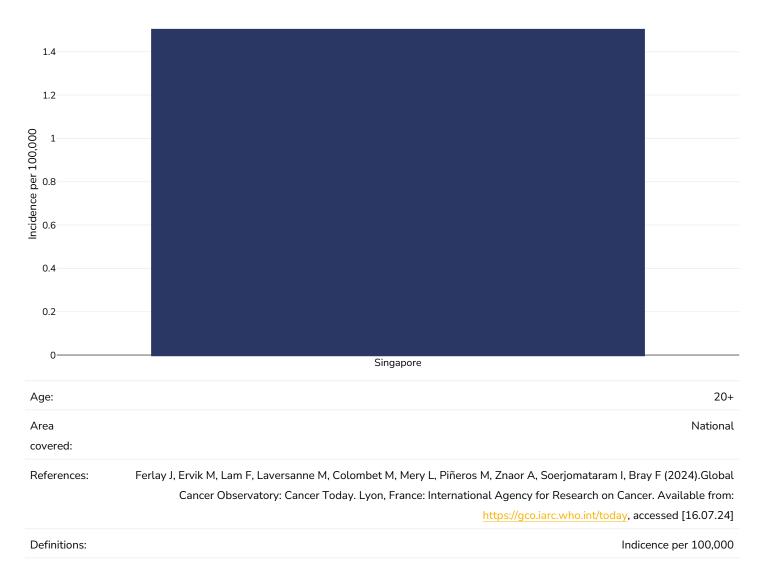
## Women, 2022



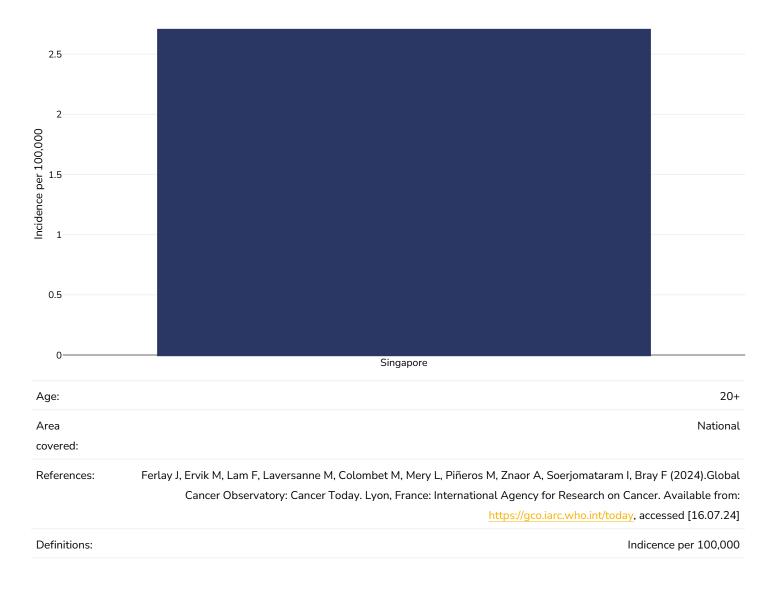


## Gallbladder cancer

## Men, 2022







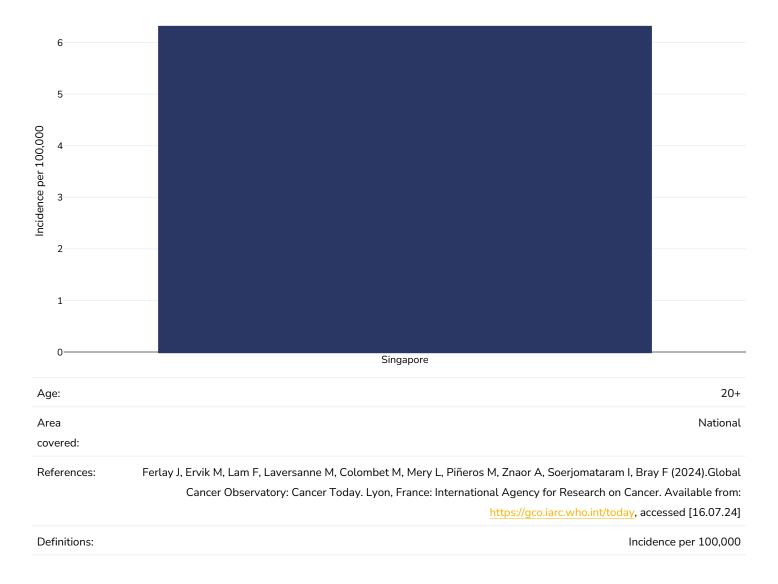


# Kidney cancer

#### Men, 2022



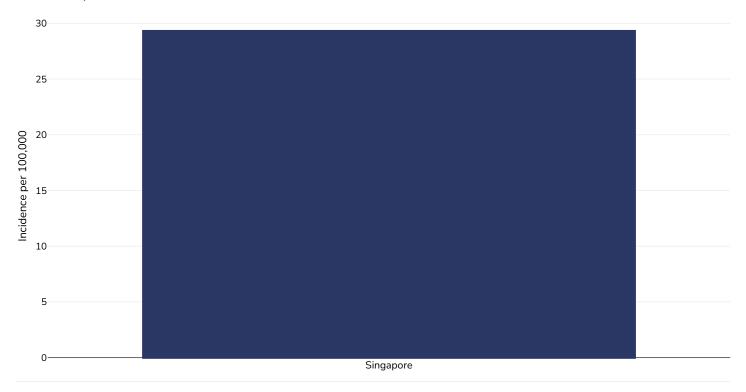






#### Cancer of the uterus

#### Women, 2022



Age: 20+

References:

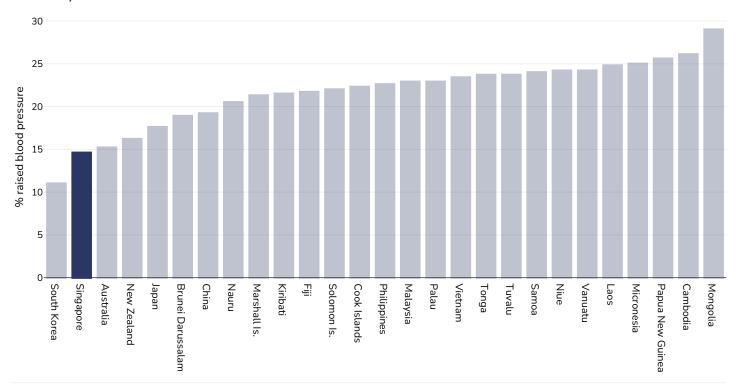
Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from:

https://gco.iarc.who.int/today, accessed [16.07.24]



# Raised blood pressure

#### Adults, 2015



References:

Global Health Observatory data repository, World Health Organisation,

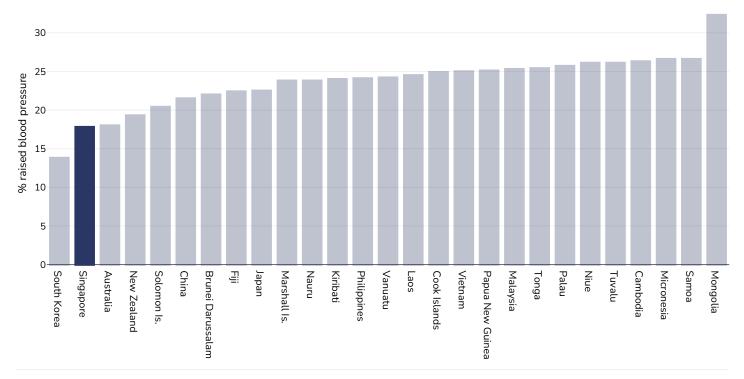
http://apps.who.int/gho/data/node.main.A875?lang=en

Definitions:

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



# Men, 2015



References:

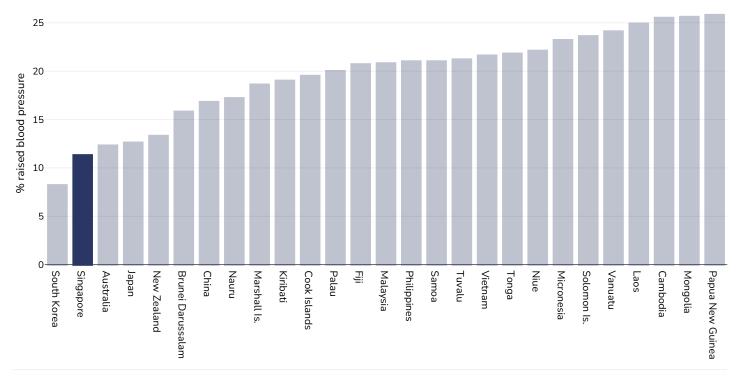
Global Health Observatory data repository, World Health Organisation,

http://apps.who.int/gho/data/node.main.A875?lang=en

Definitions:

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





References:

Global Health Observatory data repository, World Health Organisation,

http://apps.who.int/gho/data/node.main.A875?lang=en

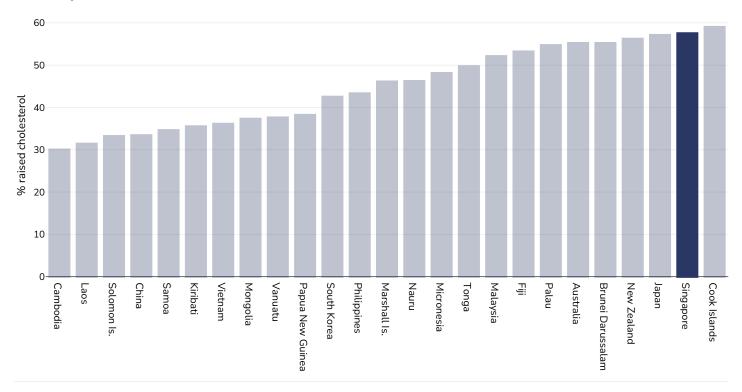
Definitions:

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



#### Raised cholesterol

#### Adults, 2008



References:

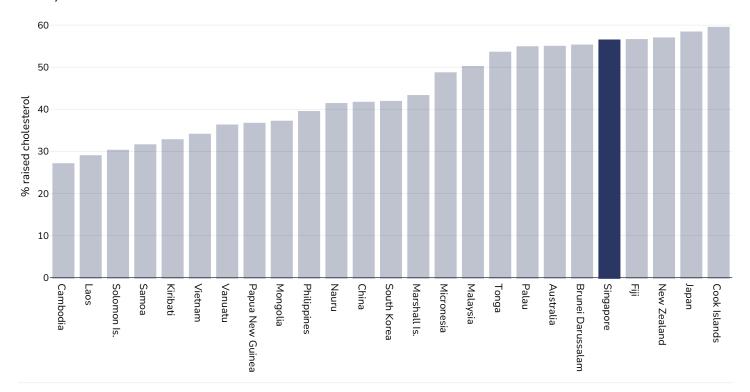
Global Health Observatory data repository, World Health Organisation, <a href="http://apps.who.int/gho/data/node.main.A885">http://apps.who.int/gho/data/node.main.A885</a>

Definitions:

% Raised total cholesterol (>= 5.0 mmol/L) (age-standardized estimate).



#### Men, 2008



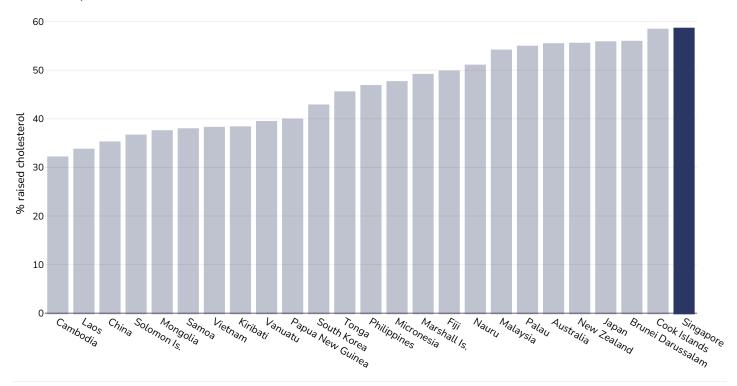
References:

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).





References:

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

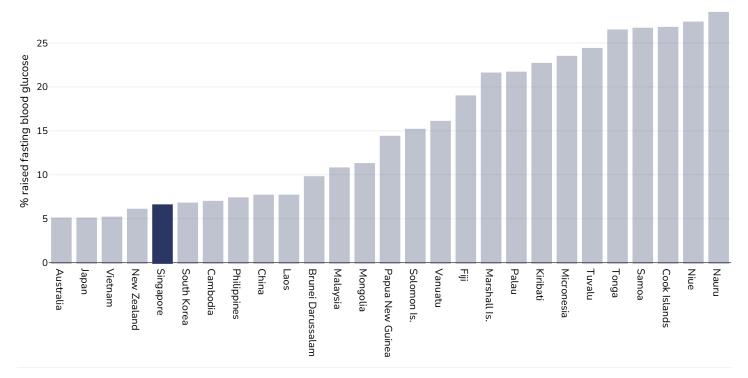
Definitions:

% Raised total cholesterol (>= 5.0 mmol/L) (age-standardized estimate).



# Raised fasting blood glucose

#### Men, 2014



References:

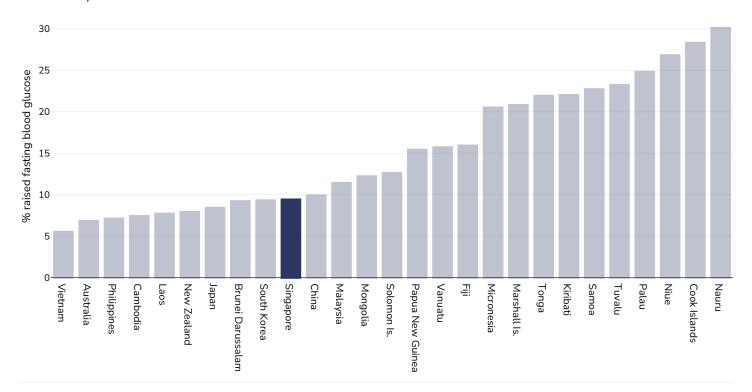
Global Health Observatory data repository, World Health Organisation,

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).





References:

Global Health Observatory data repository, World Health Organisation,

http://apps.who.int/gho/data/node.main.A869?lang=en

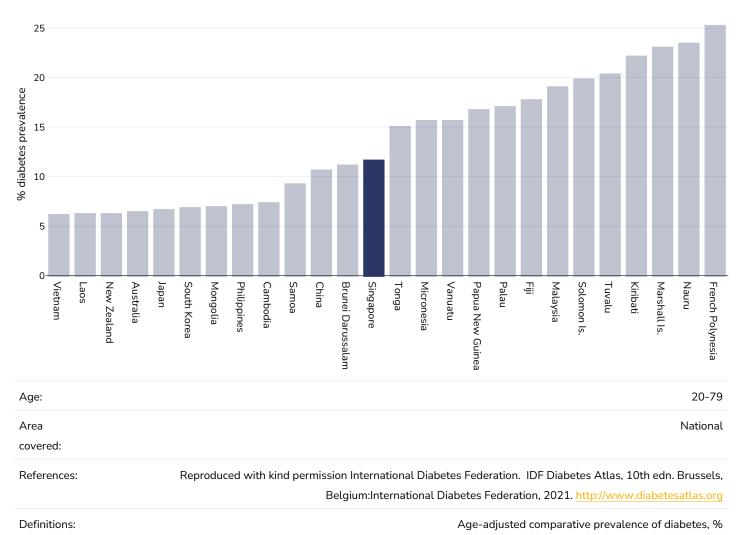
Definitions:

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



# Diabetes prevalence

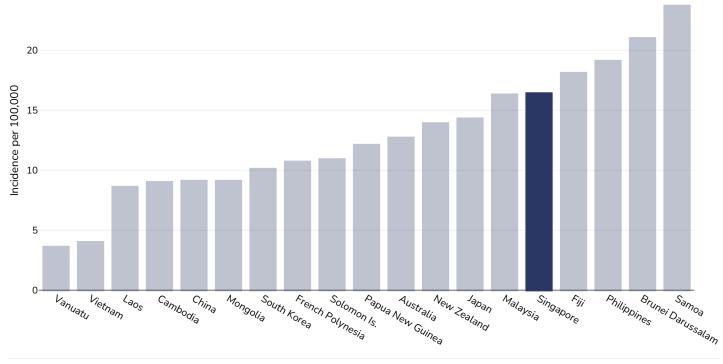
#### Adults, 2021





# **Ovarian Cancer**

#### Women, 2022



Age: 20+

References:

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]



# Leukemia

Man 2022							
Men, 2022							
4							
3							
2							
1							
0———							
<sup>-1</sup> 1	0	1	2	3	4	5	6
Age:							20+
Area covered:							National
References:	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: <a href="https://gco.iarc.who.int/today">https://gco.iarc.who.int/today</a> , accessed [16.07.24]						
Definitions:						Incidence per	100,000
Unle	ss otherwise note	d, overweiaht refer	s to a BMI between	25kg and 29.9ka/n	n². obesity refers to	a BMI greater than	30ka/m².
-1110				3 % % == ····g/··	, , , , , , , , , , , , , , , , , , , ,	J	. J

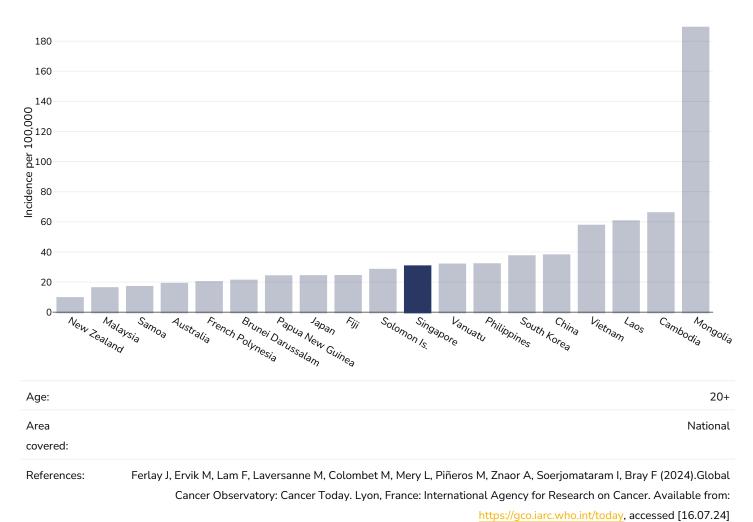


Wome	n, 2022						
4							
3							
2							
1							
0							
<sup>-1</sup> _1	0	1	2	3	4	5	6
Age:							20+
Area covered:							National
References			nne M, Colombet M, ncer Today. Lyon, Fr	ance: International		ch on Cancer. Availa	able from:
Definitions	:					Incidence per	r 100,000
	Unless otherwise not	ed, overweight refe	rs to a BMI between	25kg and 29.9kg/r	m², obesity refers to	a BMI greater than	30kg/m².

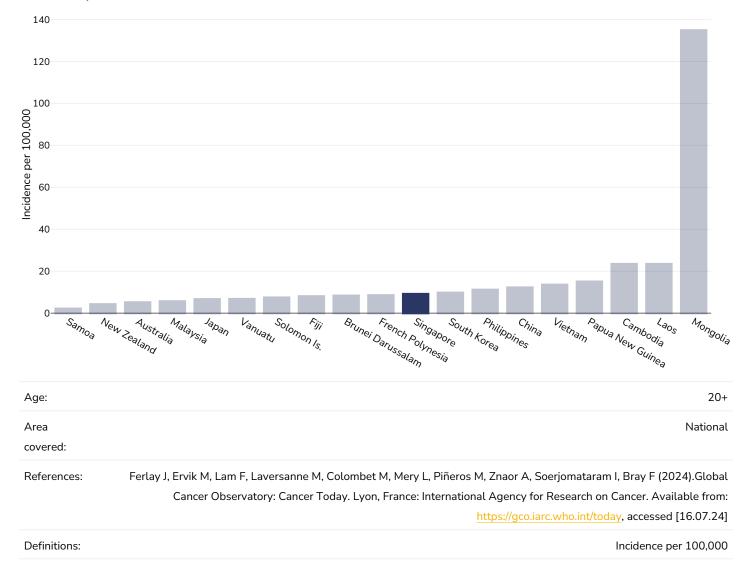


# Liver and intrahepatic bile duct Cancer

#### Men, 2022



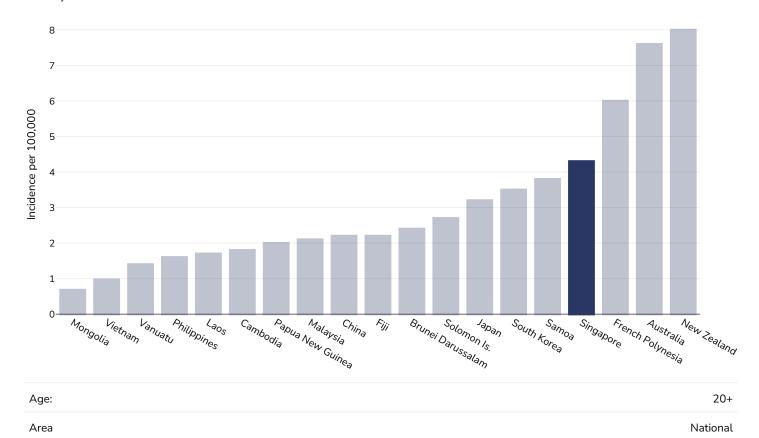






# Multiple Myeloma

#### Men, 2022



References:

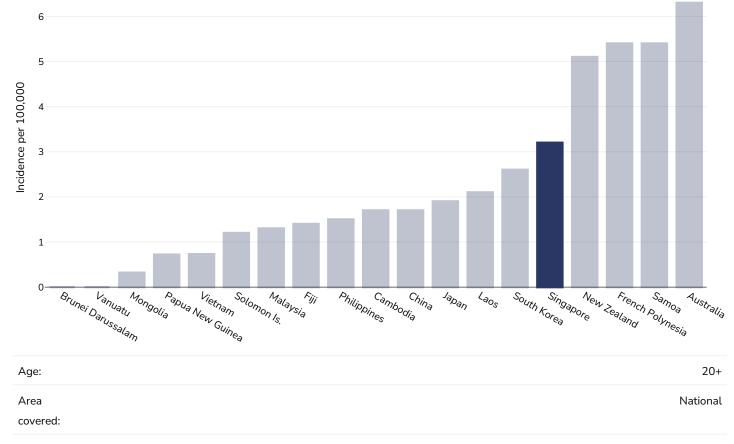
covered:

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]

Definitions: Indicence per 100,000





References:

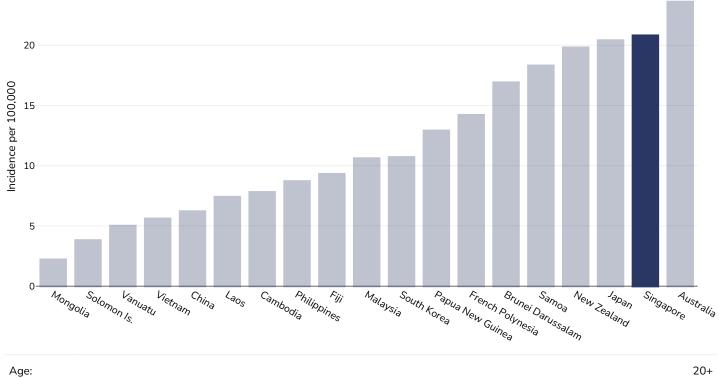
Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <a href="https://gco.iarc.who.int/today">https://gco.iarc.who.int/today</a>,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

Definitions: Indicence per 100,000



# Non Hodgkin Lymphoma

#### Men, 2022



Area National

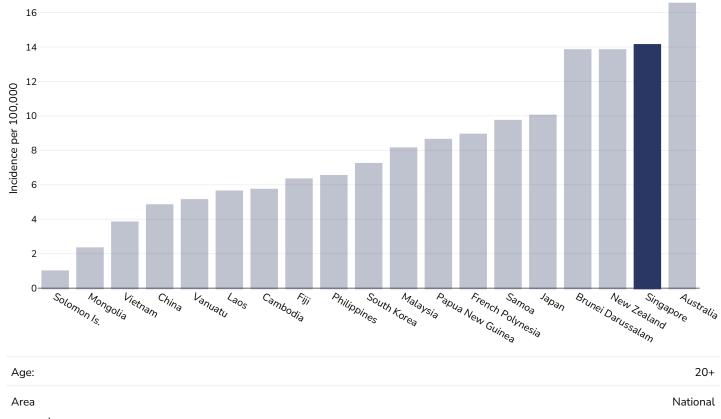
covered: References:

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]

Definitions: Incidence per 100,000





covered:

References:

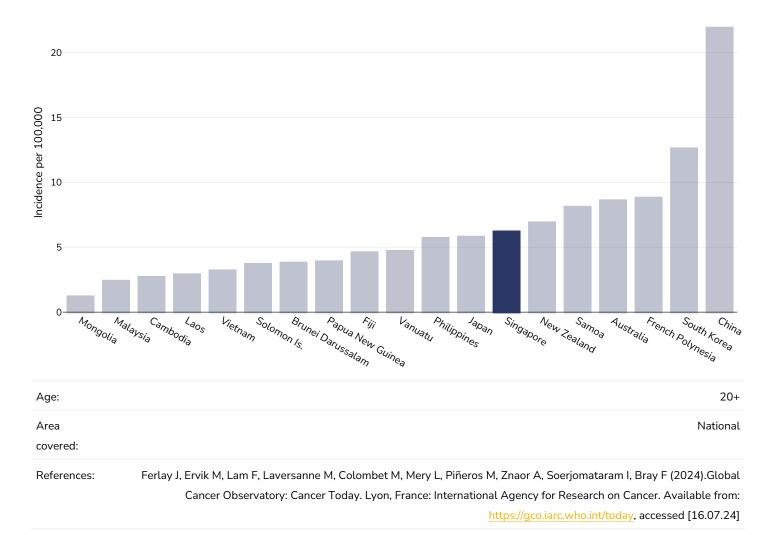
Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]

Definitions: Incidence per 100,000

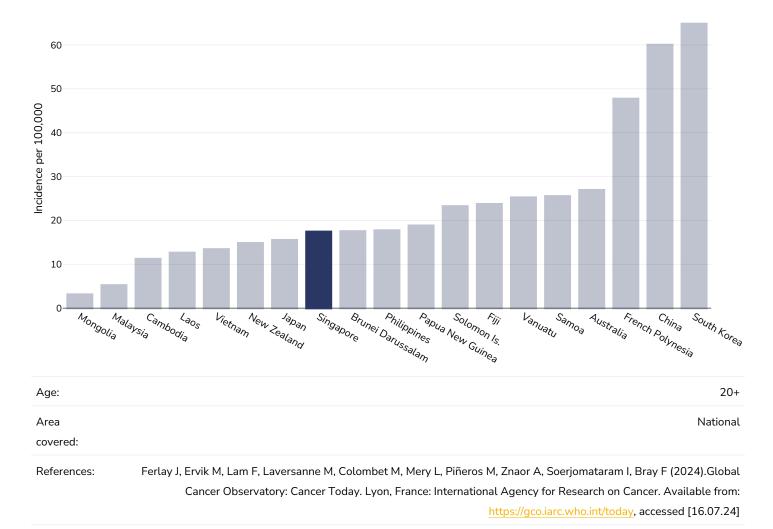


# **Thyroid Cancer**

#### Men, 2022









#### **Contextual factors**

**Disclaimer:** These contextual factors should be interpreted with care. Results are updated as regularly as possible and use very specific criteria. The criteria used and full definitions are available for download at the bottom of this page.



#### Labelling

Is there mandatory nutrition labelling?	
Front-of-package labelling?	<b>✓</b>
Back-of-pack nutrition declaration?	×
Color coding?	<b>✓</b>
Warning label?	×





# Regulation and marketing

Are there fiscal policies on unhealthy products?	X
Tax on unhealthy foods?	×
Tax on unhealthy drinks?	×
Are there fiscal policies on healthy products?	X
Subsidy on fruits?	×
Subsidy on vegetables?	×
Subsidy on other healthy products?	×
Mandatory limit or ban of trans fat (all settings)?	<b>~</b>
Mandatory limit of trans fats in place (all settings)?	<b>~</b>
Ban on trans-fats or phos in place (all settings)?	<b>~</b>
Are there any mandatory policies/marketing restrictions on the promotion of unhealthy food/drinks to children?	X
Mandatory restriction on broadcast media?	X
Mandatory restriction on non-broadcast media?	×
Voluntary policies/marketing restrictions on the promotion of unhealthy food/drinks to children?	<b>√</b> v
Are there mandatory standards for food in schools?	X
Are there any mandatory nutrient limits in any manufactured food products?	<b>~</b>
Nutrition standards for public sector procurement?	X





# Political will and support

National obesity strategy or nutrition and physical activity national strategy?	X
National obesity strategy?	X
National childhood obesity strategy?	X
Comprehensive nutrition strategy?	X
Comprehensive physical activity strategy?	<b>~</b>
Evidence-based dietary guidelines and/or RDAs?	X
National target(s) on reducing obesity?	<b>~</b>
Guidelines/policy on obesity treatment?	<b>~</b>
Promotion of breastfeeding?	×
Monitoring and surveillance	
Monitoring of the prevalence and incidence for the main obesity-related NCDs and risk factors?	X
Within 5 years?	X
Governance and resource	
Multi-sectoral national co-ordination mechanism for obesity or nutrition (including obesity)?	<b>~</b>
Key	
Present Present Incoming Absent Unknown	
(voluntary)	

Last updated July 6, 2023