



POPULATION REFERENCE BUREAU
Background Data for
**Noncommunicable Diseases in Latin America and the Caribbean:
Youth Are Key to Prevention**

(June 2013) This background data accompany the PRB data sheet *Noncommunicable Diseases in Latin America and the Caribbean: Youth Are Key to Prevention*. The data sheet is available at www.prb.org.

Unhealthy Diet (Overweight or Obese Status)

The core indicator: percent overweight or obese.

The standard used for coding: high (red) \geq 20%; medium (yellow)=10%-19.9%; and low (green) $<$ 10% among 13-15 year old students.

Data Source

CAMDI	The Central America Diabetes Initiative (CAMDI): Survey of Diabetes, Hypertension and Chronic Disease Risk Factors, Belize 2009 (PAHO).
CCHS	Canadian Community Health Survey (Statistics Canada)
DHS	Demographic and Health Surveys (varying survey years per country) (ICF International).
ENSANUT	Encuesta Nacional de Salud y Nutrición 2006, 2012, Mexico [National Survey of Health and Nutrition] (Instituto Nacional de Salud Publica)

ENSC	Encuesta Nacional de Salud Chile 2009-2010 [Chile National Health Survey 2009-2010] (Ministerio de Salud, Chile)
GSHS	Global School-based Student Health Survey (varying survey years per country) (US Centers for Disease Control and Prevention (CDC) and World Health Organization (WHO))
RHS	Reproductive Health Survey (varying survey years per country) (US Centers for Disease Control and Prevention (CDC))
VIGITEL	Vigilância de Fatores de Risco e Proteção para Doenças Crônicas por Inquérito Telefônico 2010, Brazil [Surveillance of Risk and Protective Factors for Chronic Diseases Telephone Interviews 2010] (Ministério da Saúde)
YRBS	Youth Risk Behavior Survey (varying survey years per country) (CDC)

Overweight/obesity Definitions Used Across Surveys

- (1) Overweight, including those who are obese, is measured as BMI of 25 or higher, and obesity is measured as BMI of 30 or higher (used in CAMDI, DHS, ENSC, RHS, and VIGITEL).
- (2) Overweight and obesity are measured as BMI of 1 standard deviation above the mean and obesity as BMI of 2 standard deviations above the mean (used in GSHS).
- (3) Overweight or obesity is measured as BMI of 85th percentile or higher, and obesity is measured as BMI of 95th percentile or higher for age and sex (used in YRBS).
- (4) Overweight and obesity are measured with the age- and sex-specific BMI cut-off points developed by the International Obesity Task Force (IOTC) (Cole et al. 2000). They are based on pooled BMI data from six countries with a wide range of obesity prevalences and available for 2-18 year olds (used in CCHS and ENSANUT).

Overweight or Obese Status Among Females

Country	Region	Year	Age	Prevalence (overweight or obese)				Sample Size	Source
				BMI \geq 25	BMI $>+1$ SD	BMI \geq 85 th percentile	IOTC standards		
Definition Used									
NORTH AMERICA									
Canada		2008	12-17				24.8		CCHS
United States		2011	13-15 ¹			25.2		7,164	YRBS
Puerto Rico		2011	13-15 ¹			28.7		772	YRBS
CENTRAL AMERICA									
Belize		2009	20-39	68.7				43,200	CAMDI
Costa Rica		2009	13-15		27.3			2,679	GSHS
El Salvador		2008	15-19	23.4				942	DHS
		2008	20-24	41.1				1,208	DHS
Guatemala		2009	13-15		27.3			5,592	GSHS
Mexico		2012	12-19	35.8				6,951	ENSANUT
CARIBBEAN									
Antigua and Barbuda									
British Virgin Islands		2009	13-15		37.8			1,644	GSHS
Cayman Islands									
Dominica		2009	13-15		25.9			1,642	GSHS
Grenada									
Jamaica		2010	13-15		25.2			1,623	GSHS
St. Kitts-Nevis		2011	13-15		32.5			1,740	GSHS
Saint Lucia									
St. Vincent and the Grenadines									
Trinidad and Tobago		2011	13-15		25.0			2,811	GSHS
SOUTH AMERICA									
Argentina		2007	13-15		17.6			1,980	GSHS

Brazil		2010	18-24	27.6				33,573	VIGITEL
Chile		2009/ 2010	15-24	37.7				404	ENSC
Colombia		2010	15-19	17.5				8,020	DHS
		2010	20-24	28.9				6,421	DHS
Ecuador	Quito	2007	13-15		26.0			2,215	GSHS
Guyana		2009	15-19	17.6				917	DHS
Peru		2011	15-19	21.1				3,884	DHS
Suriname		2009	13-15		19.2			1,698	GSHS
Uruguay		2006	13-15		16.2			3,406	GSHS

Footnotes

*Sample sizes for Global Youth Tobacco Survey (GYTS) are for both sexes combined. Sample sizes for Global School-based Student Health Survey (GSHS) are for both sexes combined and for all ages included in the survey (not limited to 13-15 year olds).
¹grades 9-12

Reference

Cole, TJ and Bellizzi, MC and Flegal, KM and Dietz, WH. 2000. Establishing a Standard Definition for Child Overweight and Obesity Worldwide: International Survey. *British Medical Journal* 320(7244):1240-1243.

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