BODY-MASS INDEX (BMI)

Mean BMI

Prevalences of adult BMI categories

Number of adults in BMI categories

Prevalences of child & adolescent BMI categories

Number of children & adolescents in BMI categories

BLOOD PRESSURE (BP)

Mean systolic BP

Mean diastolic BP

Prevalence of raised BP

Number of adults with raised BP
We use age-standardised estimates for adults 20 years and older for BMI and 18 years and older for other risk factors, and estimates for children and adolescents aged 5 to 19 years.

For all line charts, the solid line represents the trend for the selected country, and the dotted line represents the global trend. The shaded areas represent the 95% uncertainty intervals.

Raised BP is defined as SBP $\geq$ 140 mmHg, or DBP $\geq$ 90 mmHg.

Diabetes is defined as fasting plasma glucose $\geq$ 7.0 mmol/L, or history of diagnosis with diabetes, or use of insulin or oral hypoglycaemic drugs.

Global target for obesity and diabetes is to halt, by 2025, the rise in the age-standardised adult prevalence at their 2010 levels.

### PROJECTIONS FOR 2025

<table>
<thead>
<tr>
<th></th>
<th>Estimated prevalence in 2010</th>
<th>Probability of meeting global target</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Women</td>
<td>Men</td>
</tr>
<tr>
<td>Obesity</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>16.0%</td>
<td>19.9%</td>
</tr>
<tr>
<td></td>
<td>(11.8-20.5)</td>
<td>(15.9-24.4)</td>
</tr>
<tr>
<td>Diabetes</td>
<td>2.9%</td>
<td>5.1%</td>
</tr>
<tr>
<td></td>
<td>(1.8-4.3)</td>
<td>(3.3-7.4)</td>
</tr>
</tbody>
</table>

### NOTES

- We use age-standardised estimates for adults 20 years and older for BMI and 18 years and older for other risk factors, and estimates for children and adolescents aged 5 to 19 years.
- For all line charts, the solid line represents the trend for the selected country, and the dotted line represents the global trend. The shaded areas represent the 95% uncertainty intervals.
- Raised BP is defined as SBP $\geq$ 140 mmHg, or DBP $\geq$ 90 mmHg.
- Diabetes is defined as fasting plasma glucose $\geq$ 7.0 mmol/L, or history of diagnosis with diabetes, or use of insulin or oral hypoglycaemic drugs.
- Global target for obesity and diabetes is to halt, by 2025, the rise in the age-standardised adult prevalence at their 2010 levels.