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# Global, regional, and national prevalence of overweight and obesity in children and adults during 1980–2013: a systematic analysis for the Global Burden of Disease Study 2013

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## Summary

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**Background** In 2010, overweight and obesity were estimated to cause 3·4 million deaths, 3·9% of years of life lost, and 3·8% of disability-adjusted life-years (DALYs) worldwide. The rise in obesity has led to widespread calls for regular monitoring of changes in overweight and obesity prevalence in all populations. Comparable, up-to-date information about levels and trends is essential to quantify population health effects and to prompt decision makers to prioritise action. We estimate the global, regional, and national prevalence of overweight and obesity in children and adults during 1980–2013.

**Methods** We systematically identified surveys, reports, and published studies (n=1769) that included data for height and weight, both through physical measurements and self-reports. We used mixed effects linear regression to correct for bias in self-reports. We obtained data for prevalence of obesity and overweight by age, sex, country, and year (n=19 244) with a spatiotemporal Gaussian process regression model to estimate prevalence with 95% uncertainty intervals (UIs).

**Findings** Worldwide, the proportion of adults with a body-mass index (BMI) of 25 kg/m<sup>2</sup> or greater increased between 1980 and 2013 from 28·8% (95% UI 28·4–29·3) to 36·9% (36·3–37·4) in men, and from 29·8% (29·3–30·2) to 38·0% (37·5–38·5) in women. Prevalence has increased substantially in children and adolescents in developed countries; 23·8% (22·9–24·7) of boys and 22·6% (21·7–23·6) of girls were overweight or obese in 2013. The prevalence of overweight and obesity has also increased in children and adolescents in developing countries, from 8·1% (7·7–8·6) to 12·9% (12·3–13·5) in 2013 for boys and from 8·4% (8·1–8·8) to 13·4% (13·0–13·9) in girls. In adults, estimated prevalence of obesity exceeded 50% in men in Tonga and in women in Kuwait, Kiribati, Federated States of Micronesia, Libya, Qatar, Tonga, and Samoa. Since 2006, the increase in adult obesity in developed countries has slowed down.

**Interpretation** Because of the established health risks and substantial increases in prevalence, obesity has become a major global health challenge. Not only is obesity increasing, but no national success stories have been reported in the past 33 years. Urgent global action and leadership is needed to help countries to more effectively intervene.

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## Introduction

The rising prevalence of overweight and obesity in several countries<sup>1–5</sup> has been described as a global pandemic.<sup>6–8</sup> In 2010, overweight and obesity were estimated to cause 3·4 million deaths, 4% of years of life lost, and 4% of disability-adjusted life-years (DALYs) worldwide.<sup>9</sup> Data from studies in the USA have suggested that, unabated, the rise in obesity could lead to future falls in life expectancy.<sup>10</sup> Concern about the health risks associated with rising obesity has become nearly universal; member states of WHO introduced a voluntary target to stop the rise in obesity by 2025,<sup>11</sup> and widespread calls have been made for regular monitoring of changes in the prevalence of overweight and obesity in all populations.<sup>12–15</sup>

Monitoring of trends in the prevalence of overweight and obesity depends on household surveys. Many health interview surveys include questions on self-reported weight and height, which have been used to monitor trends over time;<sup>16–18</sup> however, estimates of body-mass index (BMI) from self-reported data are biased downwards.<sup>19–21</sup> Examination surveys provide direct measurements of weight and height, but few countries do repeated national examination surveys, and estimates from these surveys might be biased because of low participation rates.<sup>19</sup> Despite the paucity of complete and unbiased information about overweight and obesity, various systematic analyses have tried to assess levels and trends. Finucane and colleagues<sup>2</sup> used data from 369 national surveys and 591 subnational surveys to estimate country trends in mean BMI between 1980 and 2008. De Onis and colleagues<sup>3</sup> examined 450 national surveys to estimate trends in childhood obesity and overweight from 1990 to 2020. Investigators have used mean BMI estimates to predict levels of overweight and obesity during 1980–2008.<sup>1</sup> Data from these analyses suggest widespread increases in overweight and obesity in the past few decades, although data from recent country-specific analyses suggest that trends might have stabilised in some populations.<sup>22–24</sup>

Up-to-date information about levels and trends in overweight and obesity is essential both to quantify the health effects and to prompt decision makers to prioritise action and assess where progress is, or is not, being made. We aimed to analyse trends in overweight and obesity by country during 1980–2013 with data from surveys, reports, and scientific literature.

## Methods

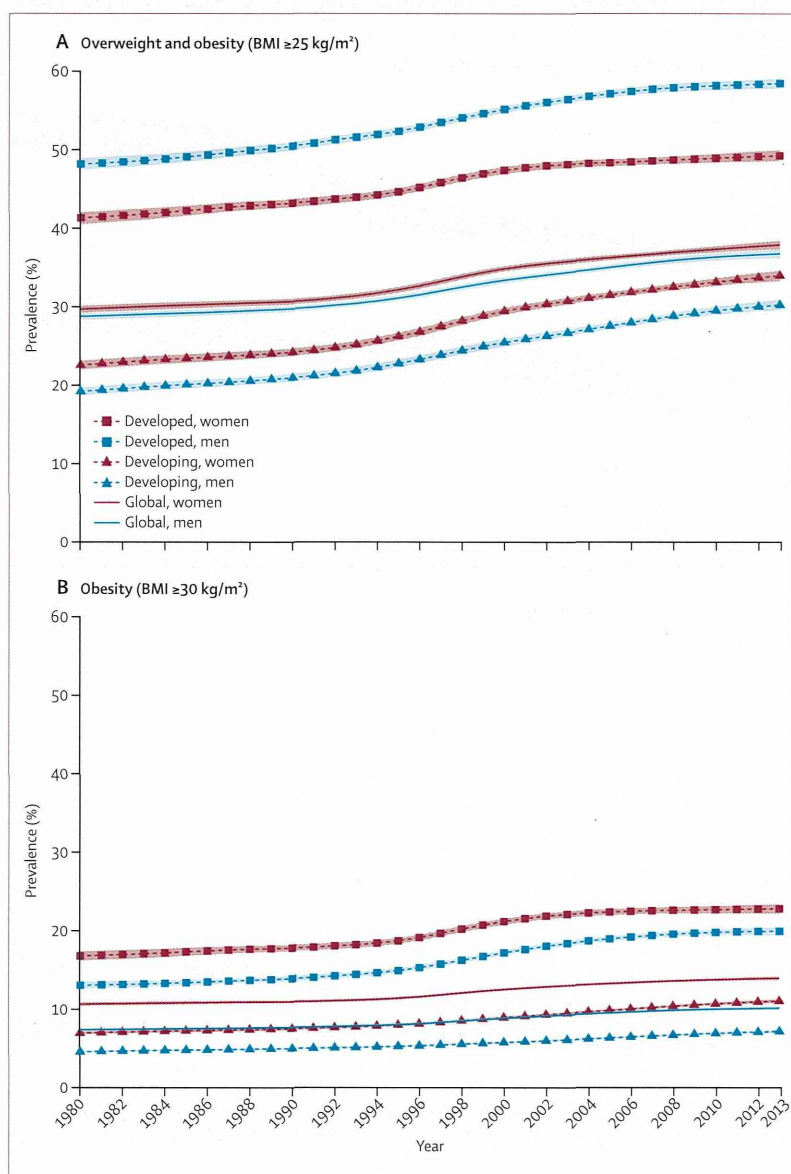
### Definitions and data extraction

Following convention, we defined prevalence of overweight and obesity (in adults [aged >18 years]) overweight categorised as BMI  $\geq 25$  to  $< 30$  kg/m<sup>2</sup> and obesity as BMI  $\geq 30$  kg/m<sup>2</sup>; in children, classification is based on the International Obesity Task Force [IOTF] definition; appendix). We reported estimates for 188 countries, 21 regions, and development status (developed or developing) as defined in the GBD study.<sup>25</sup>

We report estimates of the prevalence of overweight and obesity for men and women separately and for 17 age groups (from age 2–4 years to  $\geq 80$  years).

We used several strategies to identify data sources. First, we included all major multicountry survey programmes that included information about height and weight, such as the Demographic and Health Surveys,<sup>26</sup> the WHO STEPwise approach to Surveillance programme,<sup>27</sup> the Eurobarometer Surveys,<sup>28</sup> the Multiple Indicator Cluster Surveys,<sup>29</sup> the World Health Surveys,<sup>30</sup> the Reproductive Health Surveys,<sup>31</sup> the Survey of Healthy Ageing and Retirement in Europe,<sup>32</sup> and the International Social

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**Figure 1:** Age-standardised prevalence of overweight and obesity and obesity alone, ages  $\geq 20$  years, by sex, 1980–2013  
BMI=body-mass index.

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Survey Programme.<sup>33</sup> Second, we searched three large databases (the WHO Global Infobase,<sup>34</sup> the International Association for the Study of Obesity Data Portal,<sup>35</sup> and the Global Health Data Exchange),<sup>36</sup> and national health ministry websites to identify national multiyear surveys, such as national health surveys and national longitudinal studies. Of 2270 sources identified, we excluded 501 because the samples were not representative.

Third, we did a systematic literature review with similar search criteria as those applied by Finucane and colleagues.<sup>2</sup> We identified all articles reporting prevalence of overweight and obesity based on BMI from 1980 to 2012. We included studies designed with a representative

random sample of the population and both self-report and measured data (appendix). We compared data with the survey and report database and removed all duplicated data (with preference given to survey microdata). We excluded studies reporting prevalence of overweight and obesity based on alternative measurements, such as waist circumference and hip-waist ratio, because of insufficient reliable data for conversion of prevalence based on these alternative measurements to an equivalent prevalence estimate based on BMI.

These sources provided 1769 country-years of data and 19244 datapoints for country, year, age, and sex from 183 countries. Five countries had no data (Antigua and Barbuda, Brunei, Grenada, Saint Vincent and the Grenadines, Venezuela). The appendix provides more details on the surveys included and excluded, specific search terms and inclusion and exclusion criteria for the systematic review, and a complete list of all the sources included in the analysis.

### Data processing

#### Cross-walking different definitions

Self-reported weights for women in some countries tend to be under-reported and self-reported heights for men tend to be over-reported.<sup>19–21</sup> However, self-reported weights and heights are a major source of information for studies of obesity. We examined the association between self-reported and measured BMI with 538 country-years with both types of measurements available. We used a mixed effects linear regression to estimate bias correction factors for each GBD region, age, and sex. The uncertainty introduced from this adjustment was incorporated as the data variance and propagated into the Gaussian process regression. We did a sensitivity analysis excluding all self-reported data from the analysis (appendix).

Several reports have presented data for broader age groups than those selected for this analysis and sometimes for both sexes combined. We disaggregated these data into the required age and sex groups by applying an age–sex splitting model previously used in GBD 2010,<sup>37</sup> which used all surveys that provided information about multiple age–sex groupings as the reference standard to redistribute aggregated prevalence estimates into specific 5-year age bands and sex groups of interest (appendix).

### Prevalence modelling

We often had many sources of data for the same year, which implied different levels of prevalence. In other cases, the data sequence had gaps. To deal with both issues and generate a complete time series based on all available data, we used a spatiotemporal regression model and Gaussian process regression to synthesise the data. Spatiotemporal Gaussian process regression has been used extensively to synthesise time series cross-sectional data,<sup>38–42</sup> and is a powerful method for interpolation and extrapolation of nonlinear trends. Specifically, it allows the borrowing of strength across

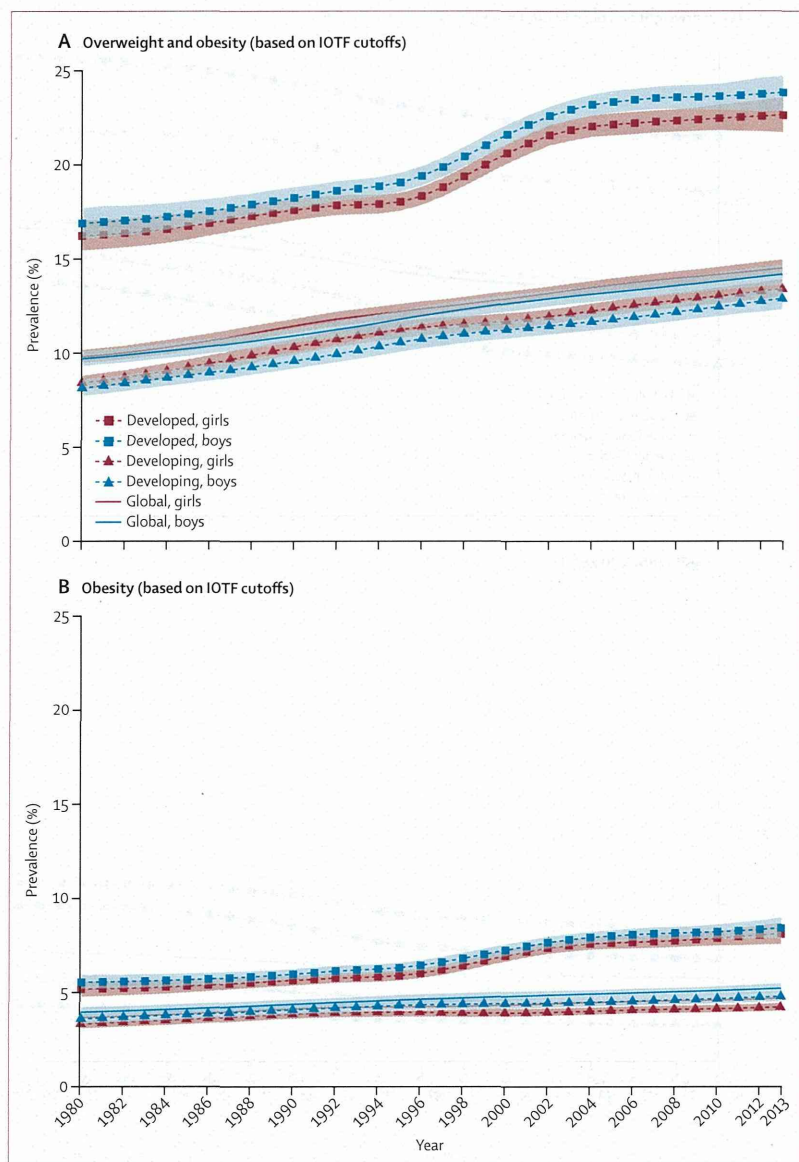


Figure 2: Age-standardised prevalence of overweight and obesity, and obesity alone (based on IOTF cutoffs), ages 2–19 years, by sex, 1980–2013  
IOTF=International Obesity Task Force.

space and time. Additionally, rather than treating every datapoint with equal weight, the relative uncertainty of data are taken into account in the estimation procedure with less uncertain data given a higher weight. The appendix provides details of each step of the estimation process. Briefly, we assumed that the trend of overweight and obesity prevalence followed a Gaussian process, which is defined by a mean function  $m(\bullet)$  and a covariance function  $Cov(\bullet)$ . To estimate the mean function, we applied a procedure with two stages. First, we fitted a linear model separately for each sex. Specifically for prevalence of overweight the following model is applied

$$\text{logit}(p_{c,a,t}^{ow}) = \beta_0 + \beta_1 \log(Kcal_{pc,i}) + \beta_2 Lat + \beta_3 Urban + \sum_{k=4}^{k+16} \beta_k I_{age} + \sum_{k=21}^{k+21} \beta_k I_{region}$$

where  $p_{c,a,t}^{ow}$  is the prevalence of overweight and obesity for country ( $c$ ), age ( $a$ ), at time ( $t$ ). In view of the association between food consumption and overweight,<sup>43</sup> we used total kilocalories consumed per year per person as a covariate obtained from the Food and Agriculture Organization food balance sheets ( $Kcal_{pc,i}$ ).<sup>43,44</sup> Additionally, we included latitude ( $Lat$ ) and urbanicity ( $Urban$ ) as measured by the proportion of a country's land area having a population density of 1000 people/km<sup>2</sup> or greater, to measure the variation in overweight and obesity within and between countries. Finally, we included  $I_{age}$  as a dummy indicator to capture the age pattern and  $I_{region}$  to capture regional variation. To estimate the prevalence of obesity ( $p_{c,a,t}^{ob}$ ), we applied a similar model:

$$\text{logit}\left(\frac{p_{c,a,t}^{ob}}{p_{c,a,t}^{ow}}\right) = \beta_0 + \beta_1 \log(Kcal_{c,i}) + \beta_2 Lat + \beta_3 Urban + \sum_{k=4}^{k+16} \beta_k I_{age} + \sum_{k=21}^{k+21} \beta_k I_{region}$$

We modelled the prevalence of obesity as a fraction of the joint category of overweight and obesity. We used this method to ensure that the prevalence of obesity did not exceed the joint category of overweight and obesity, which is bound between 0 and 1. We explored the use of other covariates to predict prevalence, including average income per person and various measures of diet composition. Our results were not sensitive to the choice of these covariates and we present estimates based on the most parsimonious model. The appendix shows details on the various model specifications that we included.

Although the linear component captured the general trend in prevalence, some of the data variability was still not adequately accounted for. Therefore, we applied a smoothing function that allowed for borrowing strength across time, age, and space patterns to the residuals from

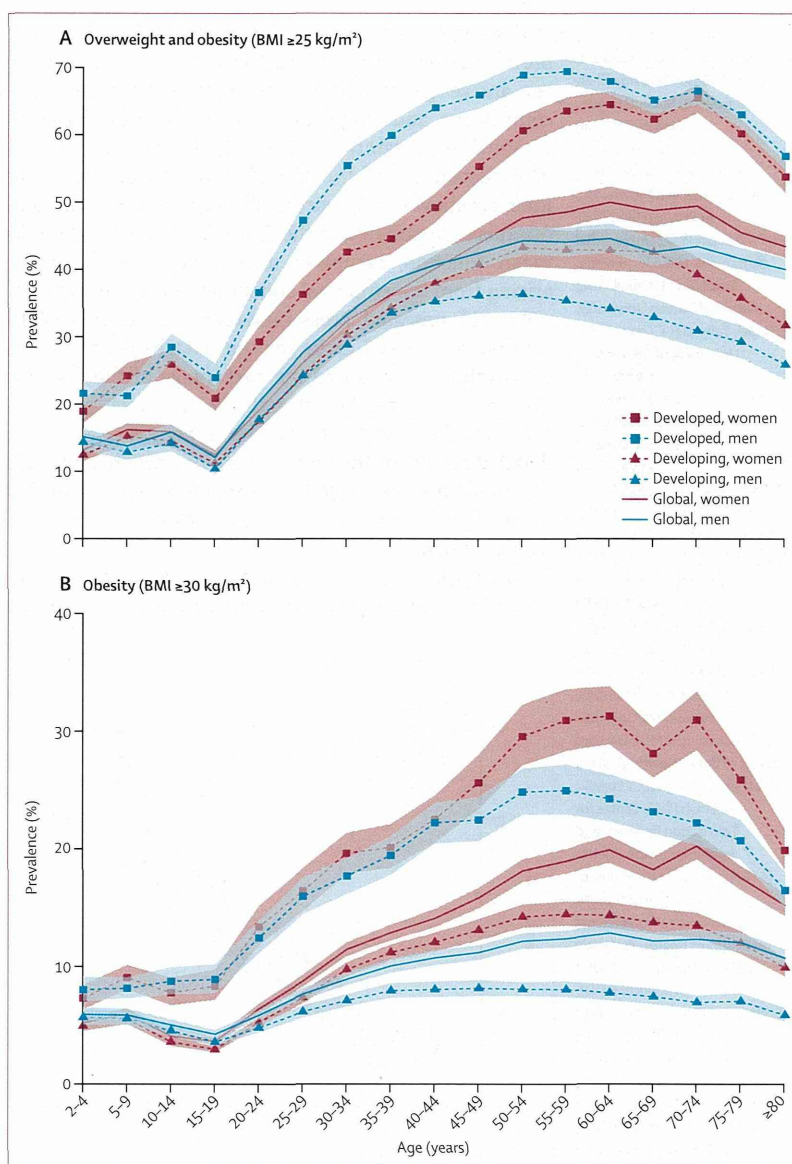


Figure 3: Prevalence of overweight and obesity and obesity alone, by age and sex, 2013  
BMI=body-mass index.

the linear model, as has been done repeatedly in the GBD analytical framework (appendix).

In addition to the definition of the mean function, another key component in Gaussian process regression is the covariance function, which defines the shape and distribution of trends. We applied the Matern covariance function, which offers flexibility to model a wide spectrum of trends with varying degrees of smoothness (appendix).

On the basis of the mean and covariance function, estimates of overweight and obesity prevalence  $p_{c,a,t}^{ow}$  and  $p_{c,a,t}^{ob}$  were derived for country ( $c$ ), age ( $a$ ), and sex ( $s$ ) for time ( $t$ ). We did the analysis with the PyMC package (version 3.3) in Python. We obtained random draws of

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L Hernandez MS, A Pedroza MS); **Stanford University, Stanford, CA, USA** (S Basu PhD); **Aga Khan University Medical Center, Karachi, Pakistan** (Prof Z Bhutta PhD, M I Nisar MSc); **University of Melbourne, Melbourne, VIC, Australia** (J Blore PhD, Prof A D Lopez PhD); **Universidad de Joinville-Univille, Joinville, Brazil** (Prof N Cabral PhD); **National Taiwan University, Taipei, Taiwan** (J-C Chang PhD); **University of Cambridge, Cambridge, UK** (R Chowdhury MD); **Hospital Dr Gustavo N. Collado, Chitre, Herrera, Panama** (K J Courville MD); **University of California San Diego, San Diego, CA, USA** (Prof M H Criqui MD); **Independent Researcher, Long Beach, CA, USA** (D K Cundiff MD); **Public Health Foundation of India, New Delhi, India** (Prof L Dandona); **Public Health England, London, UK** (Prof A Davis PhD, D F J Fay MSc); **University of Peradeniya, Peradeniya, Sri Lanka** (S D Dharmaratne MD); **Harvard School of Public Health, Boston, MA USA** (E L Ding ScD, Y Lu MSc, GM Singh PhD); **Center for Translation Research and Implementation Science (CTRIS), National Heart, Lung, and Blood Institute (G A Mensah MD), National Institutes of Health, Bethesda and Montgomery, MD, USA** (A M Durrani MD); **Endocrinology and Metabolism Research Center** (Prof A Esteghamati MD, F Farzadfar MD, N Hafezi-Nejad MD), **Digestive Diseases Research Institute, Tehran University of Medical Sciences, Tehran, Iran** (S G Sepanlou MD); **National Institute for Stroke and Applied Neurosciences, AUT University, Auckland, New Zealand** (Prof V L Feigin PhD); **Department of Diabetes Research, National Center for Global Health and Medicine, Tokyo, Japan** (A Goto PhD); **University of Sheffield, Sheffield, UK** (M A Green MSc); **Fortis Escorts Hospital, Jaipur, India** (R Gupta PhD); **School of Medicine and Pharmacology, University of Western Australia, Perth, WA, Australia** (Prof G J Hankey MD); **Eunice Gibson Polyclinic, Bridgetown, Barbados** (H C Harewood MPH); **Department of Medical**

1000 samples from the marginal distributions of predicted prevalence of overweight and obesity for every country, age, and sex group. The final estimated prevalence for each country, age, and sex group was the mean of the draws. We obtained uncertainty intervals by taking the 2.5 and 97.5 percentiles of the distributions. These uncertainty intervals show many sources of uncertainty, including the unexplained variance in the Gaussian process regression mean function, sampling uncertainty, and uncertainty arising from the empirical adjustment of self-report data.

We did repeated cross-validation and estimated the root-mean squared error for the data held out in each cross-validation run and the percentage of the time that the 95% uncertainty interval for the data prediction included the data held-out. The appendix provides the detailed results of the cross-validation, which shows that the modelling strategy had reasonable error and 95% uncertainty intervals that included close to 95% of the data excluded.

We computed age-standardised prevalence rates for the population aged 20 years and older and for ages 2–19 years

with the standard population distribution based on the average country-level population distribution by age from the World Population Prospects 2012 revision.<sup>45</sup>

**Role of the funding source**

The funder of the study had no role in study design, data collection, data analysis, data interpretation, or writing of the report. The corresponding author had full access to all the data in the study and had final responsibility for the decision to submit for publication.

**Results**

Worldwide, prevalence of overweight and obesity combined rose by 27.5% for adults and 47.1% for children between 1980 and 2013. The number of overweight and obese individuals increased from 857 million in 1980, to 2.1 billion in 2013 (data not shown). Figure 1 shows age-standardised global prevalence of overweight and obesity combined and obesity alone in adults, for developing and developed countries between 1980 and 2013. Worldwide, the

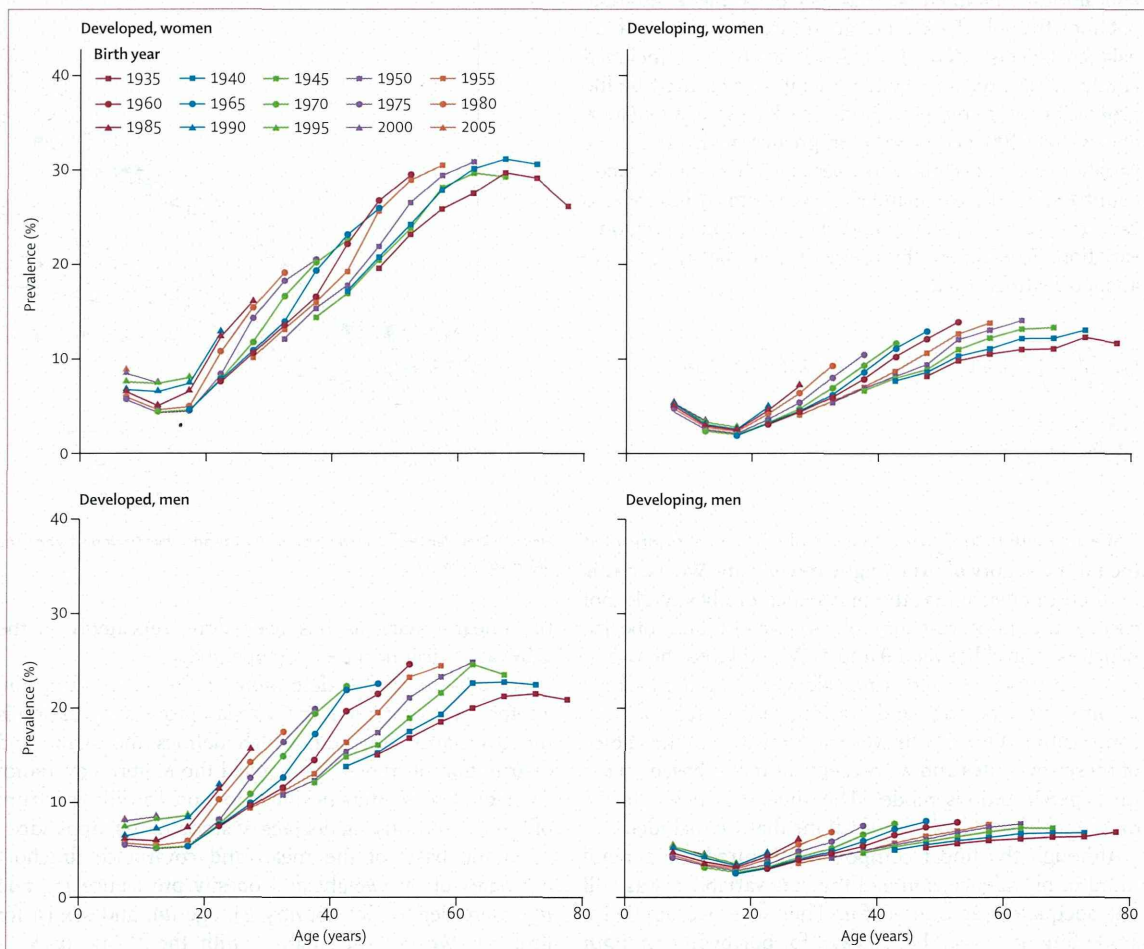


Figure 4: Prevalence of obesity by age across birth cohorts for men and women in developed and developing countries

	Boys <20 years		Men ≥20 years		Girls <20 years		Women ≥20 years	
	Overweight and obese	Obese	Overweight and obese	Obese	Overweight and obese	Obese	Overweight and obese	Obese
Andean Latin America	16.7 (15.1–18.3)	3.7 (3.3–4.2)	45.0 (43.2–46.8)	8.5 (7.8–9.1)	27.2 (24.9–29.5)	4.4 (3.8–4.9)	66.7 (65.6–67.7)	23.4 (22.2–24.6)
Bolivia	20.5 (17.4–24.0)	4.6 (3.7–5.5)	51.9 (49.1–54.5)	10.2 (9.1–11.4)	28.2 (24.4–32.4)	4.7 (3.7–5.7)	62.0 (59.7–64.4)	24.5 (22.4–26.8)
Ecuador	13.7 (11.4–16.2)	3.1 (2.4–3.7)	40.2 (37.5–42.9)	6.9 (6.1–7.7)	29.6 (25.4–34.2)	4.6 (3.7–5.8)	69.8 (67.2–72.1)	19.8 (17.6–22.0)
Peru	16.6 (14.2–19.4)	3.8 (3.1–4.5)	45.4 (42.7–48.2)	8.8 (7.7–9.8)	25.6 (22.3–29.2)	4.1 (3.3–4.9)	66.5 (65.1–67.9)	24.9 (23.1–26.6)
Australasia	25.3 (22.7–28.2)	7.5 (6.5–8.6)	68.6 (66.3–70.6)	27.6 (25.5–29.6)	24.0 (21.3–26.9)	7.6 (6.4–9.0)	56.7 (54.4–59.1)	29.8 (27.7–32.0)
Australia	24.4 (21.4–28.0)	7.0 (5.8–8.2)	68.2 (65.6–70.5)	27.5 (25.2–29.8)	23.0 (19.9–26.5)	7.3 (5.9–8.9)	56.1 (53.4–58.9)	29.8 (27.3–32.4)
New Zealand	29.6 (26.0–33.3)	9.7 (8.4–11.4)	71.4 (69.6–73.3)	28.1 (26.3–29.9)	28.7 (25.3–32.6)	9.0 (7.6–10.6)	60.0 (57.8–62.2)	30.0 (28.1–31.9)
Caribbean	13.4 (12.3–14.6)	4.5 (4.1–4.9)	37.8 (36.4–39.1)	12.3 (11.5–13.1)	19.9 (18.4–21.5)	6.6 (5.9–7.3)	50.4 (49.1–51.8)	24.5 (23.4–25.9)
Antigua and Barbuda	11.2 (9.4–13.4)	4.5 (3.6–5.6)	35.5 (32.7–38.4)	10.1 (8.9–11.4)	20.5 (17.3–24.2)	6.7 (5.3–8.2)	49.1 (46.3–52.0)	20.5 (18.4–22.7)
Barbados	25.3 (21.6–29.1)	8.7 (7.0–10.5)	57.5 (54.7–60.1)	18.1 (16.4–20.0)	32.4 (27.9–37.3)	14.9 (12.0–17.9)	69.9 (67.2–72.4)	33.0 (30.6–35.8)
Belize	18.4 (15.7–21.4)	7.9 (6.4–9.5)	58.6 (55.9–61.4)	23.0 (20.9–25.3)	27.1 (23.1–31.5)	11.6 (9.3–14.2)	75.3 (72.9–77.5)	42.7 (39.5–45.8)
Cuba	15.7 (13.1–18.4)	7.4 (6.1–9.0)	37.5 (34.5–40.4)	16.0 (14.4–17.8)	23.9 (20.3–28.1)	10.7 (8.5–13.0)	51.4 (48.5–54.3)	29.7 (26.9–32.6)
Dominica	15.2 (12.7–18.0)	4.6 (3.7–5.7)	36.6 (33.8–39.1)	10.7 (9.7–11.9)	29.2 (24.5–33.6)	12.2 (9.9–14.9)	74.0 (71.5–76.4)	39.4 (36.8–42.1)
Dominican Republic	17.8 (14.8–20.9)	4.3 (3.5–5.3)	50.7 (47.9–53.7)	10.3 (9.1–11.7)	25.2 (21.5–29.5)	7.3 (5.9–9.1)	54.8 (51.7–57.9)	20.9 (18.8–23.4)
Grenada	11.6 (9.7–13.9)	4.7 (3.8–5.9)	36.5 (33.9–39.0)	10.5 (9.4–11.8)	21.2 (17.8–25.1)	7.0 (5.5–8.7)	50.2 (47.2–53.2)	21.3 (19.0–23.6)
Guyana	11.5 (9.8–13.3)	4.5 (3.6–5.4)	40.9 (38.6–43.2)	11.5 (10.4–12.7)	22.2 (18.8–25.8)	8.6 (7.0–10.5)	62.3 (60.2–64.5)	30.4 (28.0–32.7)
Haiti	7.7 (6.5–9.1)	2.1 (1.7–2.6)	16.6 (15.1–18.4)	5.0 (4.4–5.6)	9.5 (7.9–11.5)	2.0 (1.6–2.5)	30.8 (28.7–33.0)	12.2 (11.2–13.4)
Jamaica	13.4 (11.1–15.7)	5.3 (4.2–6.6)	37.1 (34.3–39.9)	10.6 (9.4–11.8)	31.0 (26.5–36.0)	10.9 (8.6–13.3)	62.7 (59.7–65.2)	32.0 (29.2–34.8)
Saint Lucia	15.8 (13.2–18.7)	6.2 (5.0–7.4)	46.9 (44.0–49.6)	14.4 (12.9–16.2)	17.0 (13.9–20.2)	6.0 (4.7–7.5)	44.2 (41.4–47.2)	19.2 (17.3–21.5)
Saint Vincent and the Grenadines	15.3 (12.7–17.9)	6.0 (4.9–7.4)	43.5 (40.8–46.3)	13.3 (11.8–14.8)	26.0 (22.1–30.7)	8.8 (7.0–10.9)	56.5 (53.2–59.7)	25.4 (23.0–28.0)
Suriname	11.8 (9.8–14.0)	4.2 (3.3–5.4)	49.7 (46.9–52.5)	12.5 (11.2–13.9)	22.6 (19.0–26.3)	7.4 (5.8–9.2)	64.7 (61.8–67.5)	33.8 (30.7–36.8)
The Bahamas	19.1 (16.3–22.3)	15.9 (12.9–18.9)	49.9 (47.1–52.8)	30.9 (28.3–33.6)	33.3 (28.7–38.3)	20.2 (16.6–24.2)	64.3 (61.4–67.2)	47.7 (44.5–51.2)
Trinidad and Tobago	19.2 (16.3–22.1)	7.8 (6.3–9.4)	55.5 (53.2–57.7)	20.9 (19.3–22.5)	21.3 (18.0–25.0)	7.2 (5.7–8.9)	66.1 (64.1–68.1)	36.2 (34.2–38.3)
Central Asia	19.9 (18.6–21.4)	6.8 (6.2–7.6)	50.8 (49.5–52.0)	12.6 (12.0–13.2)	20.6 (19.0–22.1)	5.9 (5.3–6.7)	53.2 (52.0–54.4)	22.0 (21.1–22.9)
Armenia	23.3 (20.1–27.1)	7.3 (5.8–8.9)	44.7 (42.1–47.3)	11.4 (10.0–12.8)	24.1 (20.7–28.2)	6.6 (5.2–8.2)	60.4 (58.0–62.7)	26.4 (24.1–28.8)
Azerbaijan	24.9 (21.2–28.6)	8.3 (6.5–10.4)	59.0 (56.6–61.4)	9.0 (8.0–10.0)	23.1 (19.5–26.9)	7.9 (6.2–9.9)	67.3 (65.1–69.5)	30.4 (28.2–32.8)
Georgia	26.3 (22.5–30.1)	10.7 (8.9–12.7)	58.7 (56.0–61.4)	21.2 (19.7–22.8)	29.9 (25.7–34.3)	12.1 (9.9–14.5)	59.7 (57.1–62.5)	28.1 (26.1–30.1)
Kazakhstan	20.5 (17.6–23.8)	7.4 (6.0–8.9)	52.7 (49.9–55.4)	15.4 (13.8–17.0)	21.9 (18.6–25.8)	5.7 (4.6–7.0)	55.9 (53.1–58.7)	27.3 (24.8–29.7)
Kyrgyzstan	19.7 (16.6–23.1)	4.6 (3.7–5.6)	50.9 (47.9–53.6)	10.3 (9.1–11.5)	19.1 (15.8–22.6)	4.5 (3.5–5.6)	50.0 (47.2–52.8)	19.7 (17.8–22.0)
Mongolia	15.5 (13.1–18.2)	4.7 (3.7–5.8)	44.3 (42.0–46.7)	12.1 (10.9–13.4)	18.9 (15.9–22.2)	4.5 (3.6–5.5)	53.8 (51.3–56.2)	18.3 (16.8–20.2)
Tajikistan	13.0 (11.0–15.3)	5.9 (4.8–7.1)	39.6 (37.1–42.4)	13.0 (11.5–14.4)	13.3 (10.8–15.7)	4.3 (3.4–5.5)	41.8 (39.5–44.2)	13.4 (12.0–14.8)
Turkmenistan	21.5 (18.2–25.1)	6.5 (5.3–8.1)	53.2 (50.4–56.0)	14.1 (12.6–15.8)	24.2 (20.4–28.4)	2.6 (2.1–3.3)	53.7 (50.7–56.7)	22.0 (19.9–24.1)
Uzbekistan	20.2 (17.3–23.5)	7.0 (5.5–8.5)	49.2 (46.6–51.9)	11.3 (10.0–12.6)	20.6 (17.1–24.3)	6.6 (5.1–8.4)	46.6 (43.8–49.2)	15.8 (14.1–17.7)
Central Europe	21.3 (20.0–22.7)	7.5 (6.9–8.1)	62.2 (61.1–63.3)	18.0 (17.2–18.8)	20.3 (18.9–21.6)	6.3 (5.8–6.9)	50.4 (49.2–51.5)	20.7 (19.8–21.7)
Albania	32.8 (28.5–37.3)	11.5 (9.2–13.9)	56.2 (53.6–58.7)	9.2 (8.2–10.2)	26.7 (22.9–30.5)	12.8 (10.3–15.8)	45.8 (43.3–48.5)	11.1 (9.9–12.4)
Bosnia and Herzegovina	17.2 (14.7–20.1)	10.1 (8.3–12.1)	57.3 (54.5–60.2)	15.4 (13.8–17.0)	22.7 (19.2–26.3)	11.6 (9.6–14.1)	51.9 (49.2–54.7)	20.4 (18.4–22.4)
Bulgaria	26.7 (22.9–30.8)	6.9 (5.6–8.5)	59.7 (56.9–62.2)	16.6 (14.9–18.5)	25.7 (21.9–29.9)	6.7 (5.3–8.3)	48.8 (46.1–51.7)	20.3 (18.3–22.5)
Croatia	29.5 (25.3–33.8)	7.6 (6.1–9.3)	65.5 (62.9–68.2)	19.9 (17.9–22.2)	19.7 (16.5–23.1)	5.6 (4.4–7.1)	51.0 (48.3–53.7)	19.6 (17.5–21.7)
Czech Republic	22.3 (19.1–26.3)	6.4 (5.2–7.7)	65.5 (62.9–68.2)	17.8 (16.0–19.6)	18.0 (15.0–21.0)	4.8 (3.8–6.1)	50.0 (47.2–52.7)	20.8 (18.8–22.9)
Hungary	30.2 (26.3–34.4)	7.9 (6.5–9.6)	65.6 (63.0–68.1)	21.7 (19.6–24.0)	24.9 (21.3–28.6)	6.1 (4.9–7.5)	54.8 (52.0–57.5)	24.7 (22.4–27.2)
Macedonia	23.7 (20.5–27.2)	8.6 (7.2–10.4)	57.0 (54.2–59.9)	16.8 (15.1–18.6)	22.3 (19.1–25.9)	5.4 (4.4–6.7)	51.7 (49.0–54.3)	21.6 (19.6–23.6)
Montenegro	26.3 (22.7–30.2)	9.4 (7.6–11.3)	60.1 (57.1–62.9)	19.5 (17.5–21.5)	27.3 (23.1–31.4)	8.3 (6.8–10.2)	57.0 (54.1–60.1)	24.1 (21.7–26.6)
Poland	21.9 (18.6–25.7)	6.9 (5.6–8.4)	64.0 (61.4–66.7)	18.3 (16.5–20.3)	17.8 (14.7–21.3)	6.0 (4.7–7.4)	49.4 (46.8–52.1)	20.9 (18.9–23.2)
Romania	11.0 (9.2–13.2)	8.6 (7.0–10.4)	60.4 (57.6–63.0)	18.7 (16.9–20.6)	20.3 (17.1–24.2)	5.7 (4.5–6.9)	50.3 (47.6–53.0)	19.8 (17.8–22.1)
Serbia	19.2 (16.5–22.5)	6.7 (5.5–8.1)	55.7 (53.5–58.2)	16.0 (14.5–17.4)	23.1 (19.8–26.7)	6.9 (5.6–8.4)	50.4 (47.8–52.8)	19.5 (17.7–21.3)
Slovakia	20.6 (17.5–23.8)	5.5 (4.5–6.7)	64.4 (61.8–66.9)	17.6 (15.7–19.5)	13.5 (11.0–16.4)	5.5 (4.3–6.9)	51.5 (48.9–54.1)	21.5 (19.3–23.7)
Slovenia	33.1 (29.4–36.9)	7.2 (5.9–8.6)	65.1 (62.3–67.6)	19.9 (17.9–22.0)	24.0 (20.7–27.3)	5.3 (4.3–6.4)	52.1 (49.1–54.8)	22.4 (20.2–24.9)
Central Latin America	21.7 (20.1–23.3)	7.4 (6.5–8.4)	57.1 (56.0–58.2)	16.7 (15.7–17.6)	25.5 (23.7–27.3)	7.5 (6.6–8.3)	65.2 (64.1–66.2)	28.4 (27.3–29.8)
Colombia	15.4 (13.1–18.0)	4.1 (3.4–4.8)	52.7 (50.4–54.9)	14.6 (13.5–15.8)	18.3 (15.4–21.6)	3.6 (2.9–4.3)	57.0 (54.9–59.2)	22.6 (21.0–24.3)

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