



Institute for Health Metrics and Evaluation

Data Release Information Sheet

Data Summary

Dataset name: Global Burden of Disease Study 2019 (GBD 2019) Dietary Risk Exposure Estimates 1990-2019

Date of release: September 30, 2021

Summary:

The Global Burden of Disease Study 2019 (GBD 2019), coordinated by the Institute for Health Metrics and Evaluation (IHME), estimated the burden of diseases, injuries, and risk factors for 204 countries and territories and selected subnational locations.

Estimates of 15 dietary risks and the burden attributable to these were produced for 1990-2019. Files available in this record include estimates of the daily intake of the 15 GBD food groups (either in grams or percent energy) by year, sex, and 5-year age groups for age 25 and up, with an aggregated 25+ age group. Estimates of disease burden attributable to dietary risks are available through the [GBD Results Tool](#).

For additional GBD results and resources, visit the [GBD 2019 Data Resources page](#).

Relevant publications and visualizations:

- GBD 2019 Risk Factors Collaborators. Global burden of 87 risk factors in 204 countries and territories, 1990–2019: a systematic analysis for the Global Burden of Disease Study 2019. *The Lancet*. 17 October 2020.

Acknowledgements

Contributing organizations:

- Global Burden of Disease Collaborative Network

Funders:

- Bill and Melinda Gates Foundation (BMGF)

Suggested Citation:

Global Burden of Disease Collaborative Network. Global Burden of Disease Study 2019 (GBD 2019) Dietary Risk Exposure Estimates 1990-2019. Seattle, United States of America: Institute for Health Metrics and Evaluation (IHME), 2021.

Data Files Information

File Inventory

File Name	Description	Version Date
IHME_GBD_2019_DIET_RISK_1990_2019_CALCMIUM_Y2021M09D27.CSV	Daily individual intake of calcium estimates	September 27, 2021
IHME_GBD_2019_DIET_RISK_1990_2019_FIBER_Y2021M09D27.CSV	Daily individual intake of fiber estimates	September 27, 2021
IHME_GBD_2019_DIET_RISK_1990_2019_FRUIT_Y2021M09D27.CSV	Daily individual intake of fruits estimates	September 27, 2021
IHME_GBD_2019_DIET_RISK_1990_2019_LEGUMES_Y2021M09D27.CSV	Daily individual intake of legumes estimates	September 27, 2021
IHME_GBD_2019_DIET_RISK_1990_2019_MILK_Y2021M09D27.CSV	Daily individual intake of milk estimates	September 27, 2021
IHME_GBD_2019_DIET_RISK_1990_2019_NUTS_Y2021M09D27.CSV	Daily individual intake of nuts and seeds estimates	September 27, 2021
IHME_GBD_2019_DIET_RISK_1990_2019_OMEGA3_Y2021M09D27.CSV	Daily individual intake of seafood omega-3 acids estimates	September 27, 2021
IHME_GBD_2019_DIET_RISK_1990_2019_PROCMEAT_Y2021M09D27.CSV	Daily individual intake of processed meat estimates	September 27, 2021
IHME_GBD_2019_DIET_RISK_1990_2019_PUFA_Y2021M09D27.CSV	Daily individual intake of polyunsaturated fatty acids estimates	September 27, 2021
IHME_GBD_2019_DIET_RISK_1990_2019_REDMEAT_Y2021M09D27.CSV	Daily individual intake of red meat estimates	September 27, 2021
IHME_GBD_2019_DIET_RISK_1990_2019_SODIUM_Y2021M09D27.CSV	Daily individual intake of sodium estimates	September 27, 2021
IHME_GBD_2019_DIET_RISK_1990_2019_SSBS_Y2021M09D27.CSV	Daily individual intake of sugar-sweetened beverages estimates	September 27, 2021
IHME_GBD_2019_DIET_RISK_1990_2019_TRANSFAT_Y2021M09D27.CSV	Daily individual intake of trans fatty acids estimates	September 27, 2021

File Name	Description	Version Date
IHME_GBD_2019_DIET_RISK_1990_2019_VEG_Y2021M09D27.CSV	Daily individual intake of vegetables estimates	September 27, 2021
IHME_GBD_2019_DIET_RISK_1990_2019_WHOLEGRAINS_Y2021M09D27.CSV	Daily individual intake of whole grains estimates	September 27, 2021
IHME_GBD_2019_DIET_RISK_1990_2019_CODEBOOK_Y2021M09D27.CSV	Codebook	September 27, 2021
IHME_GBD_2019_DIET_RISK_1990_2019_INFO_SHEET_Y2021M09D27.PDF	Data Release Information Sheet	September 27, 2021

Variable Information

Variable	Variable Label	Variable Definition
measure_id	Measure ID	A unique numeric identifier for the measure generated and stored in an IHME database of data dimensions.
measure_name	Measure Name	The measure (indicator) for the estimate.
location_set	Location Set	A short name indicating to which location hierarchy the row's location belongs. This is only relevant for non-GBD location aggregates; all countries are marked as GBD locations.
location_id	Location ID	A unique numeric identifier for the location generated and stored in an IHME database of data dimensions.
location_name	Location Name	The location for the estimate.
sex_id	Sex ID	A unique numeric identifier for the sex generated and stored in an IHME database of data dimensions.
sex_name	Sex Name	The gender for the estimate.
age_group_id	Age Group ID	A unique numeric identifier for the age group generated and stored in an IHME database of data dimensions.

Variable	Variable Label	Variable Definition
age_group_name	Age Group Name	The age group for the estimate.
year_id	Year ID	The time period for the estimate.
metric_id	Metric ID	A unique numeric identifier for the metric.
metric_name	Metric Name	The metric for the estimate.
unit	Unit	The unit of measure for the estimate.
val	Value	Mean estimate.
upper	95% Uncertainty Interval (Upper Bound)	97.5% percentile estimate.
lower	95% Uncertainty Interval (Lower Bound)	2.5% percentile estimate.

Additional Information

Terms and Conditions

<http://www.healthdata.org/about/terms-and-conditions>

Contact information

To request further information about this dataset, please contact IHME:

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These files may be updated periodically, so we appreciate hearing feedback or additional information about how these data are being used.