

# Report card Cyprus

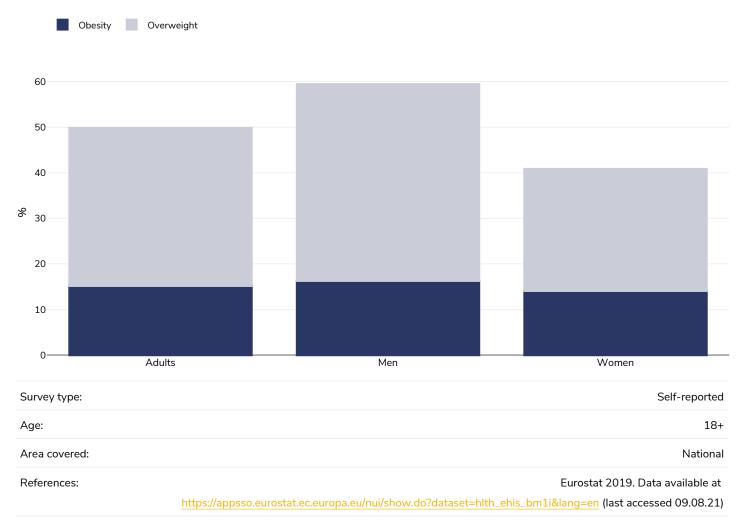


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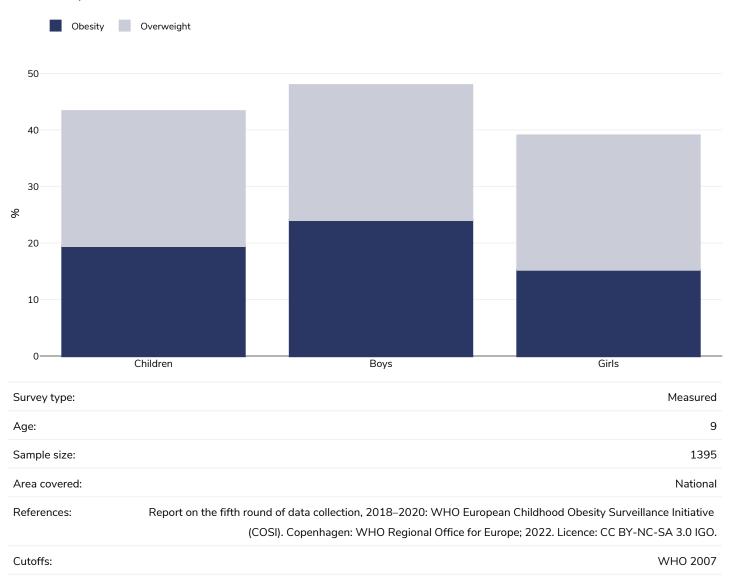
# **Obesity prevalence**

#### Adults, 2019





### Children, 2018-2020

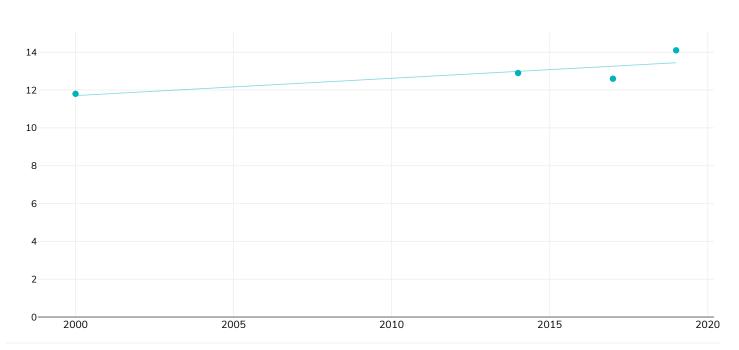




# % Adults living with obesity, 2000-2019

#### Women

Obesity



Survey type: Self-reported

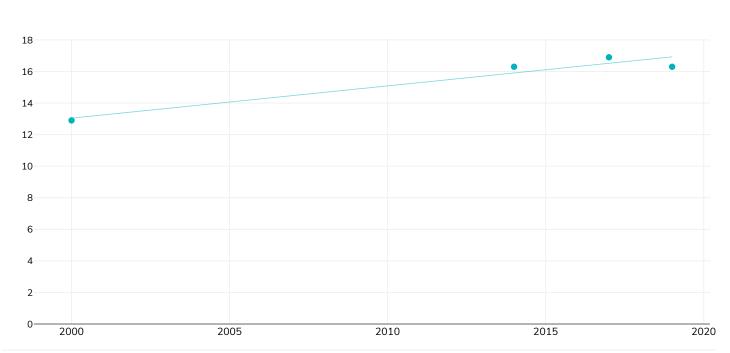
References:

For full details of references visit https://data.worldobesity.org/



#### Men





Survey type: Self-reported

References:

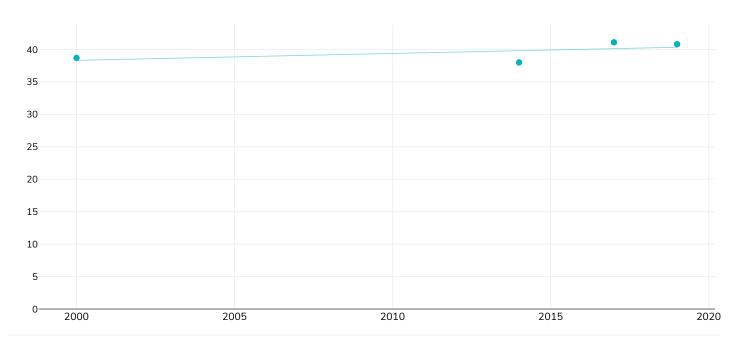
For full details of references visit https://data.worldobesity.org/



# % Adults living with overweight or obesity, 2000-2019

#### Women

Overweight or obesity



Survey type: Self-reported

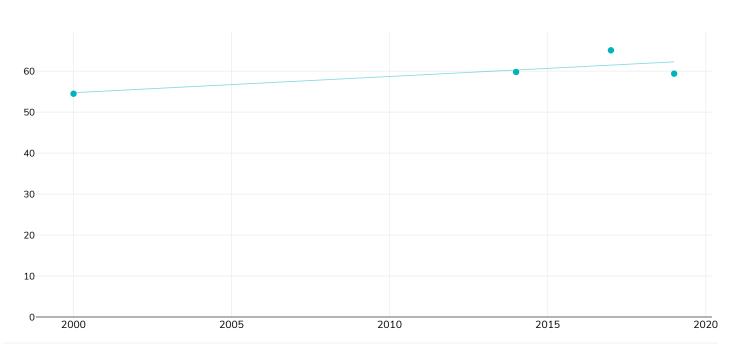
References:

For full details of references visit https://data.worldobesity.org/



#### Men

Overweight or obesity



Survey type: Self-reported

References:

For full details of references visit https://data.worldobesity.org/



# Overweight/obesity by age and education

#### Adults, 2019

Level 3-4

Age 18-24

Level 0-2

Notes:

Level 5-8

Level 0-2

Level 3-4

Age 25-34

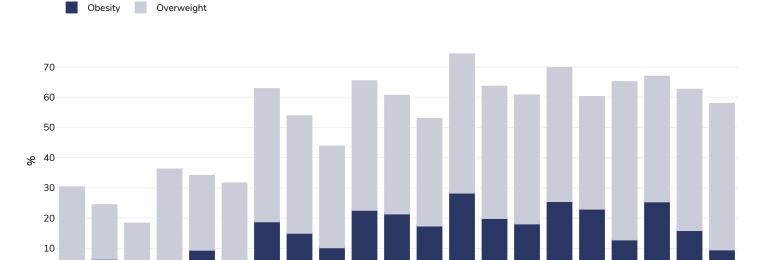
Level 5-8

Level 0-2

Level 3-4

Age 35-44

Level 5-8



Survey type: Self-reported

Level 3-4

Age 45-54

Level 5-8

Level 0-2

Level 3-4

Age 55-64

Level 5-8

Level 3-4

Age 65-74

Level 0-2

Level 5-8

Level 0-2

Level 3-4

Age 75+

Level 5-8

Level 0-2

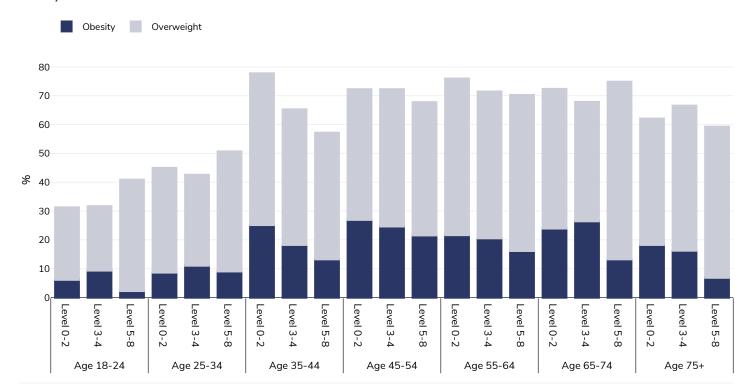
Area covered: National

References: Eurostat 2019. Available at <a href="https://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth\_ehis\_bm1e&lang=en">https://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth\_ehis\_bm1e&lang=en</a> (last accessed 09.08.21).

NB. Some age ranges missing due to insufficient data to display by age & educational status



#### Men, 2019



Survey type: Self-reported

Area covered: National

References: Eurostat 2019. Available at <a href="https://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth\_ehis\_bm1e&lang=en">https://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth\_ehis\_bm1e&lang=en</a>

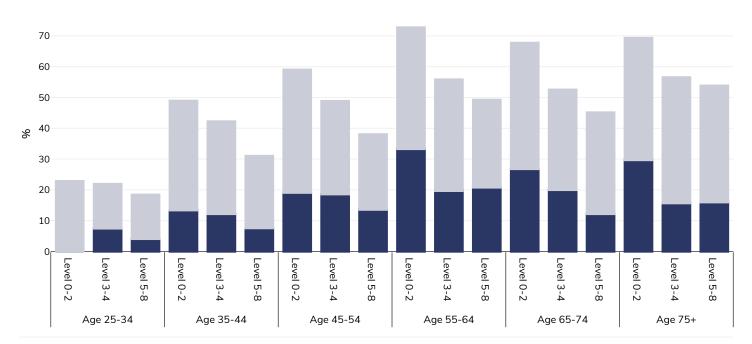
(last accessed 09.08.21).

Notes: NB. Some age ranges missing due to insufficient data to display by age & educational status



#### Women, 2019





Survey type: Self-reported

Area covered: National

References: Eurostat 2019. Available at <a href="https://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth\_ehis\_bm1e&lang=en">https://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth\_ehis\_bm1e&lang=en</a>

(last accessed 09.08.21).

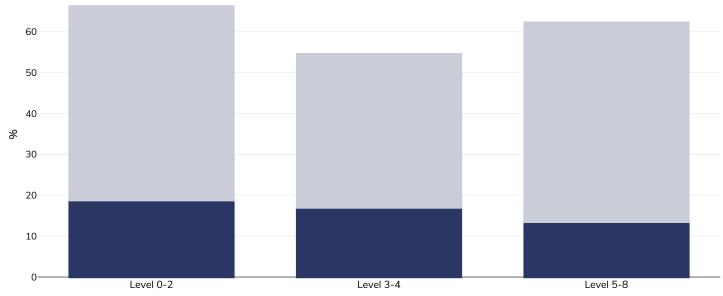
Notes: NB. Some age ranges missing due to insufficient data to display by age & educational status



# Overweight/obesity by education

### Men, 2014

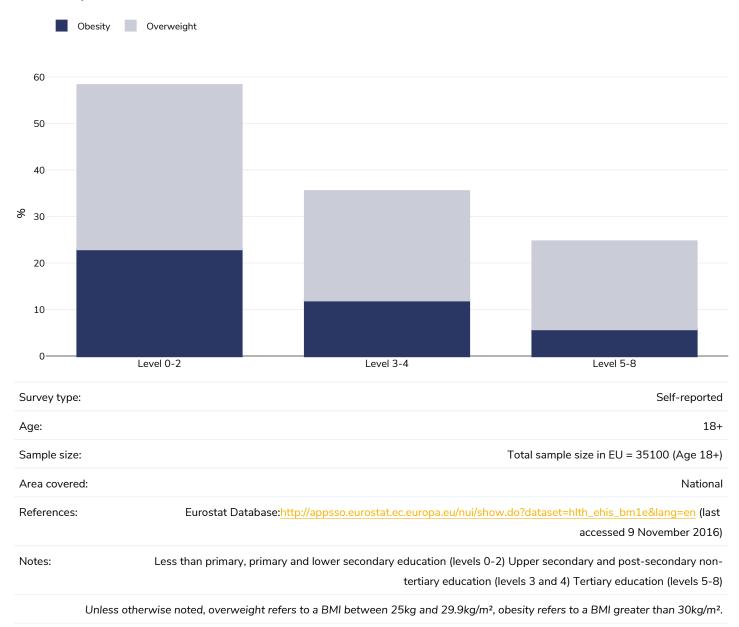




Survey type	Self-reported
Age:	18+
Sample size	e: Total sample size in EU = 35100 (Age 18+)
Area covere	ed: National
References	Eurostat Database: <a href="http://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1e&amp;lang=en">http://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1e⟨=en</a> (last accessed 9 November 2016)
Notes:	Less than primary, primary and lower secondary education (levels 0-2) Upper secondary and post-secondary non- tertiary education (levels 3 and 4) Tertiary education (levels 5-8)
	Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².



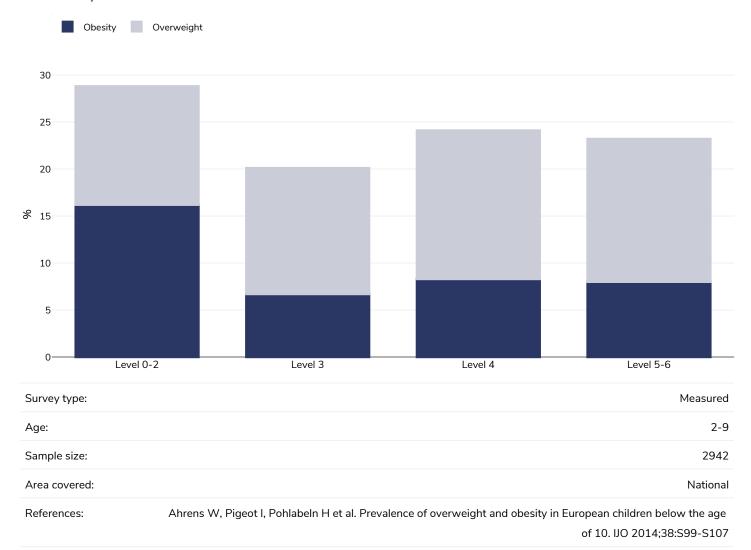
#### Women, 2014





Cutoffs:

### Children, 2007-2008

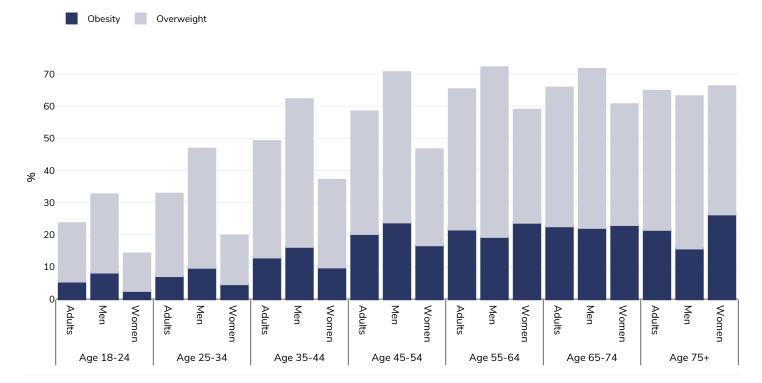


IOTF



# Overweight/obesity by age

#### Adults, 2019



Survey type: Self-reported
Area covered: National

References:

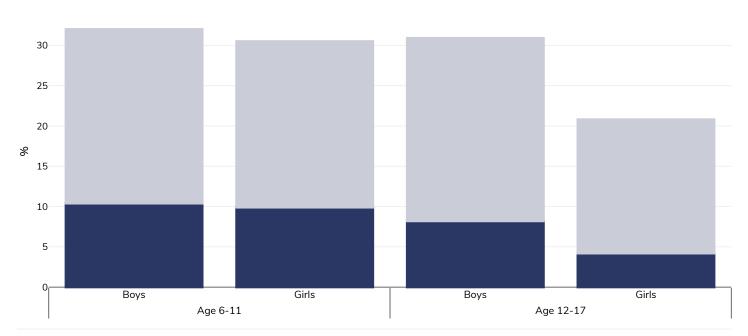
Eurostat 2019. Available at https://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth\_ehis\_bm1i&lang=en

(last accessed 09.08.21).



# Children, 2009-2010



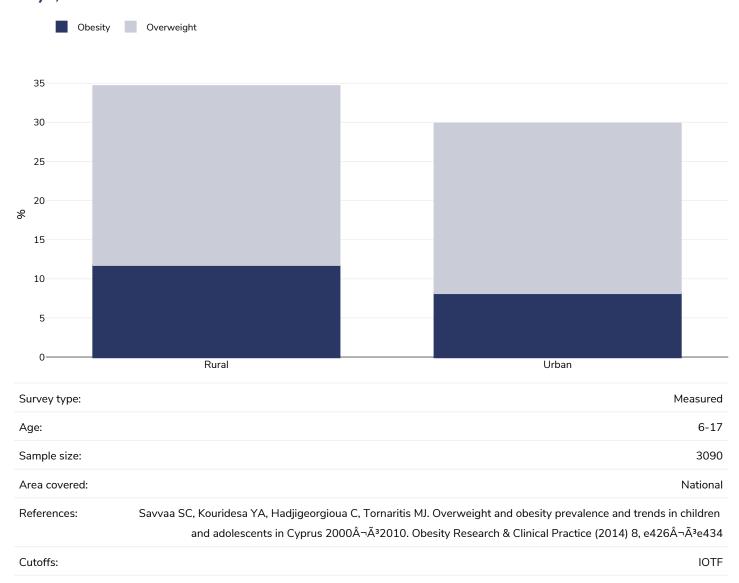


Survey type:	Measured
Sample size:	3090
Area covered:	National
References:	Savvaa SC, Kouridesa YA, Hadjigeorgioua C, Tornaritis MJ. Overweight and obesity prevalence and trends in children and adolescents in Cyprus 2000¬ó2010. Obesity Research & Clinical Practice (2014) 8, e426¬óe434
Cutoffs:	IOTF



# Overweight/obesity by region

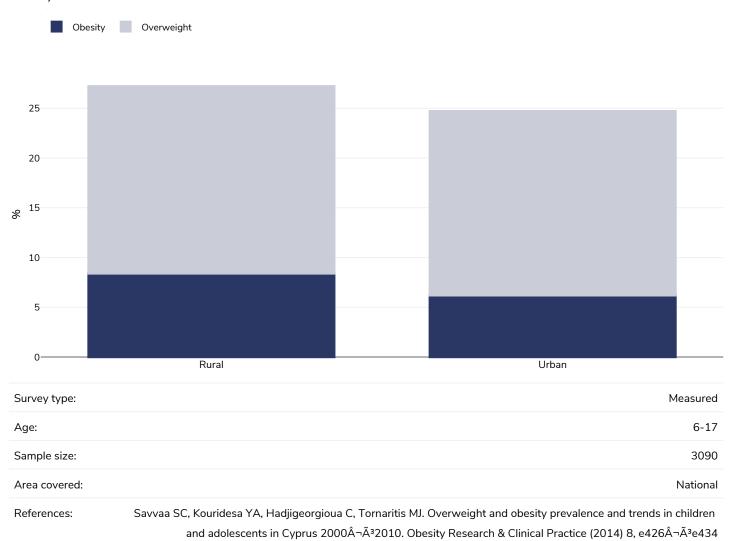
#### Boys, 2009-2010





### Girls, 2009-2010

Cutoffs:

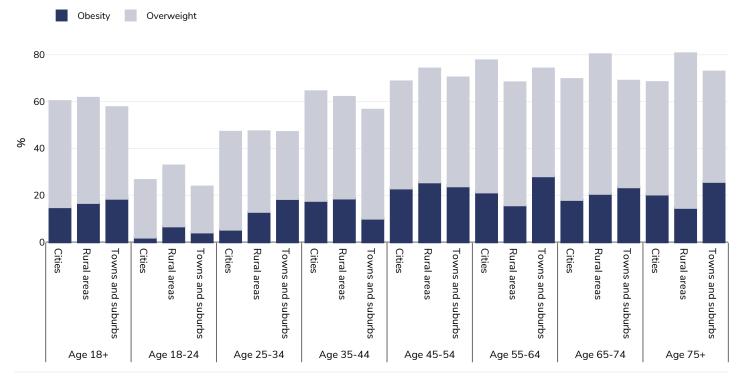


IOTF



# Overweight/obesity by age and region

# Men, 2014



Survey type:

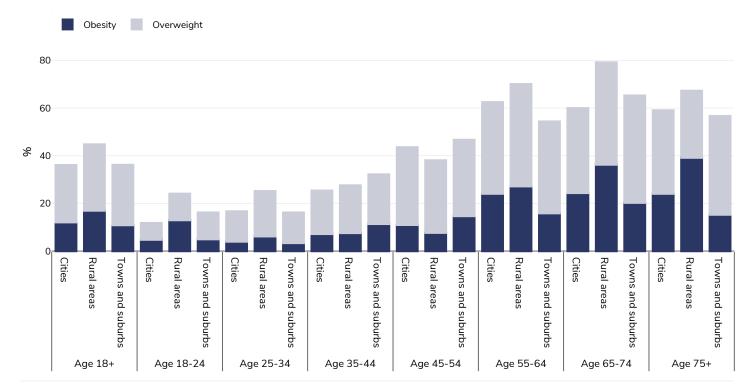
Area covered:

References:

Eurostat <a href="http://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth\_ehis\_bm1u&lang=en">http://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth\_ehis\_bm1u&lang=en</a> (last accessed 25.08.20)



#### Women, 2014



Survey type: Self-reported

Area covered: National

References:

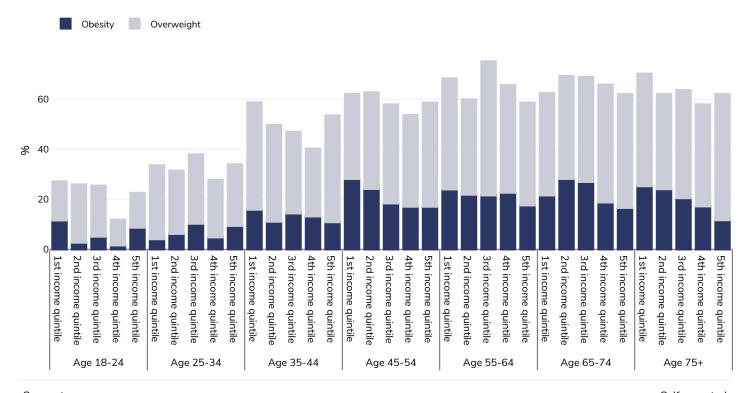
 $\underline{\textbf{Furostat}}\ \underline{\textbf{http://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth\_ehis\_bm1u\&lang=en}\ (last\ accessed to be a substantial of the proposed for the proposed for$ 

25.08.20)



#### Overweight/obesity by age and socio-economic group

#### Adults, 2019



Survey type: Self-reported
Area covered: National

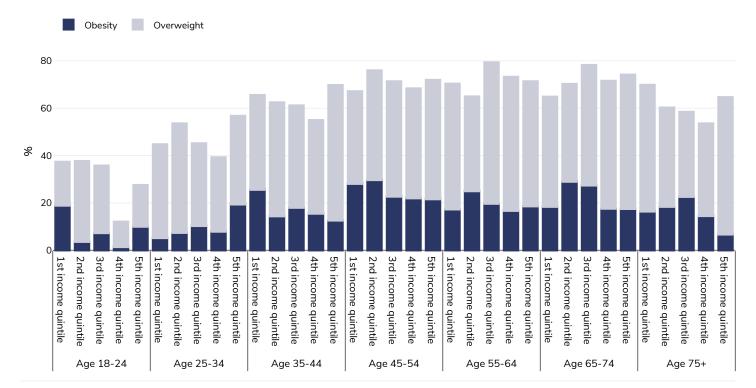
References:

Eurostat 2019. Available at https://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth\_ehis\_bm1i&lang=en

(last accessed 09.08.21).



#### Men, 2019



Survey type: Self-reported

Area covered: National

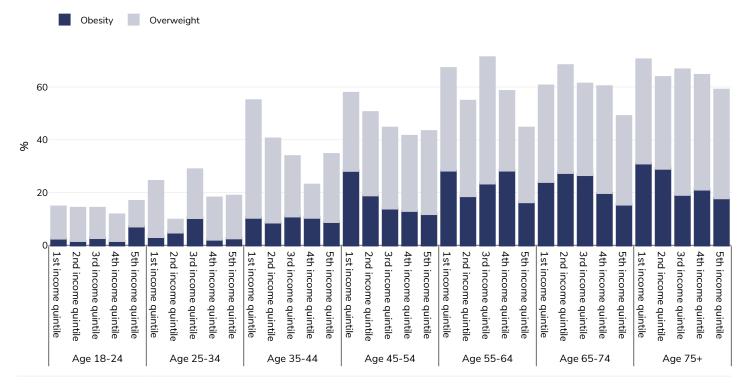
References:

Eurostat 2019. Available at https://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth\_ehis\_bm1i&lang=en

(last accessed 09.08.21).



#### Women, 2019



Survey type: Self-reported

Area covered: National

References:

Eurostat 2019. Available at https://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth\_ehis\_bm1i&lang=en

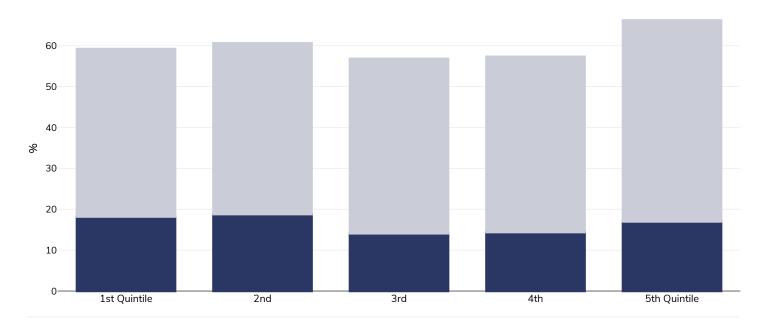
(last accessed 09.08.21).



# Overweight/obesity by socio-economic group

### Men, 2014



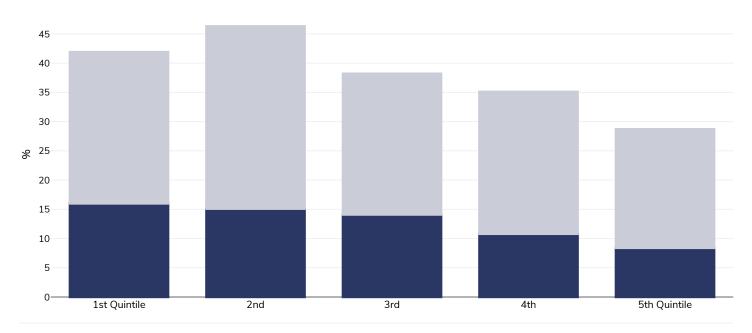


Survey type:	Self-reported
Age:	18+
Sample size:	Total sample number in EU: 35100 (Age 18+)
Area covered:	National
References:	EUROSTAT Database: <a href="http://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1i&amp;lang=en">http://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1i⟨=en</a> (last accessed 9 November 2016)
Notes:	1st Quintile (lowest income), 5th Quintile (highest income) Please note where data = zero, there were insufficient data.



#### Women, 2014





Survey type: Self-reported

Age: 18+

Sample size: Total sample number in EU: 35100 (Age 18+)

Area covered: National

References: EUROSTAT Database: <a href="http://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth\_ehis\_bm1i&lang=en">http://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth\_ehis\_bm1i&lang=en</a> (last

accessed 9 November 2016)

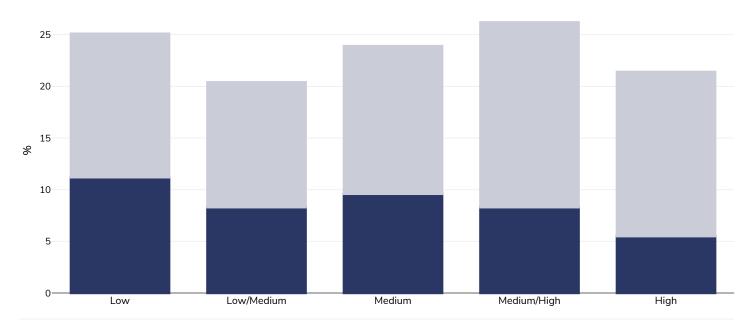
Notes: 1st Quintile (lowest income), 5th Quintile (highest income) Please note where data = zero, there were insufficient

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



# Children, 2007-2008



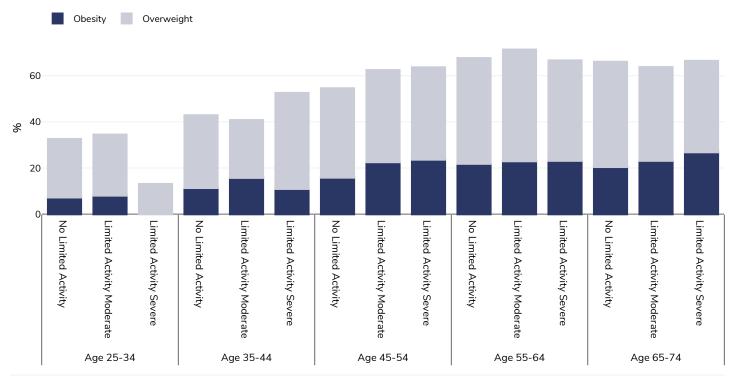


Survey type:	Measured
Age:	2-9
Sample size:	2942
Area covered:	National
References:	Ahrens W, Pigeot I, Pohlabeln H et al. Prevalence of overweight and obesity in European children below the age of 10. IJO 2014;38:S99-S107
Notes:	SES assessed by parental annual income
Cutoffs:	IOTF



# Overweight/obesity by age and limited activity

#### Adults, 2014



Survey type:

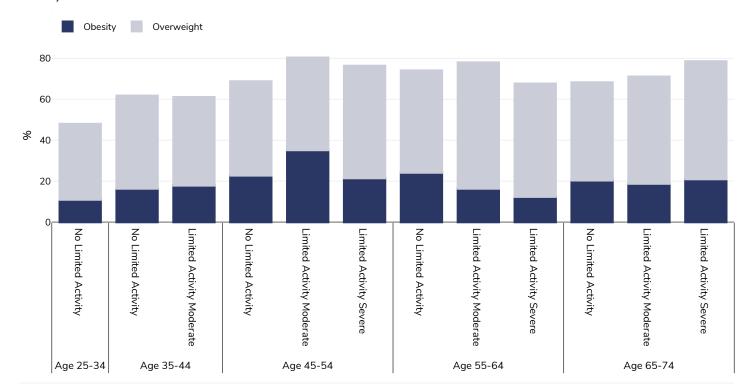
Area covered:

References:

Eurostat 2014 available at <a href="https://appsso.eurostat.ec.europa.eu/nui/submitViewTableAction.do">https://appsso.eurostat.ec.europa.eu/nui/submitViewTableAction.do</a> (last accessed 06.10.21)



### Men, 2014



Survey type: Self-reported

Area covered: National

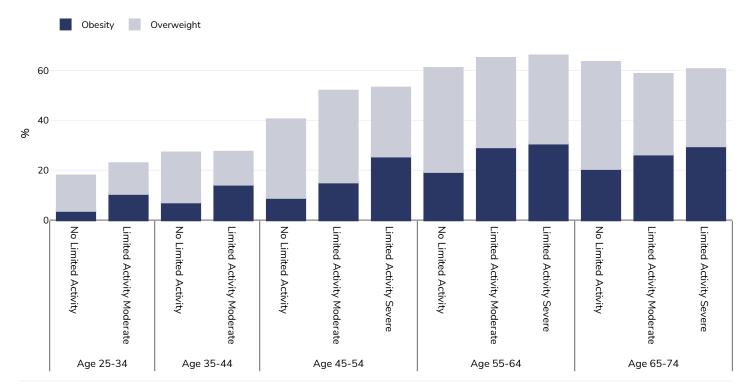
References:

Eurostat 2014 available at <a href="https://appsso.eurostat.ec.europa.eu/nui/submitViewTableAction.do">https://appsso.eurostat.ec.europa.eu/nui/submitViewTableAction.do</a> (last accessed

06.10.21)



#### Women, 2014



Survey type: Self-reported

Area covered: National

References:

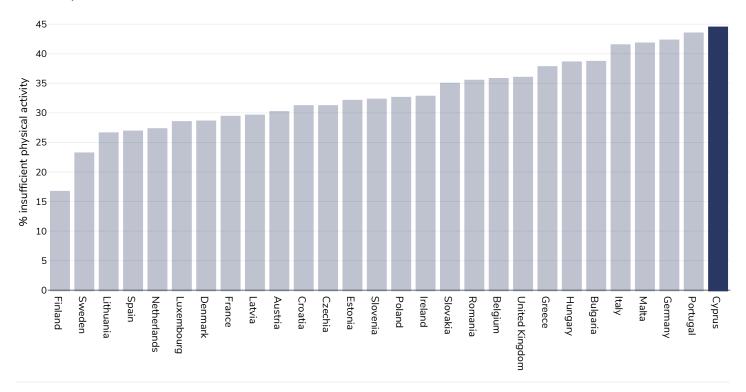
Eurostat 2014 available at <a href="https://appsso.eurostat.ec.europa.eu/nui/submitViewTableAction.do">https://appsso.eurostat.ec.europa.eu/nui/submitViewTableAction.do</a> (last accessed

06.10.21)



# Insufficient physical activity

#### Adults, 2016



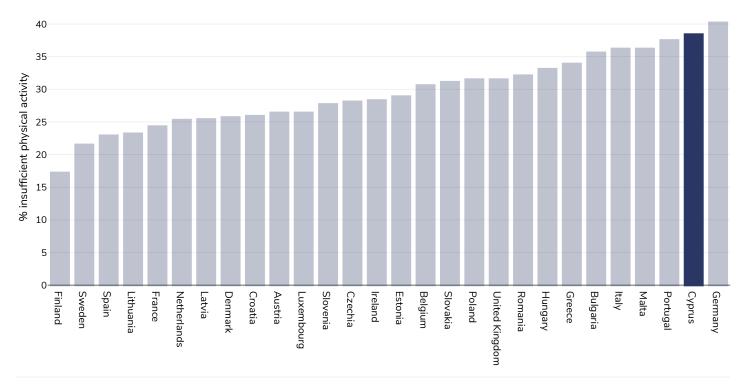
References:

Guthold R, Stevens GA, Riley LM, Bull FC. Worldwide trends in insufficient physical activity from 2001 to 2016: a pooled analysis of 358 population-based surveys with 1.9 million participants. Lancet 2018 <a href="http://dx.doi.org/10.1016/S2214-">http://dx.doi.org/10.1016/S2214-</a>

109X(18)30357-7



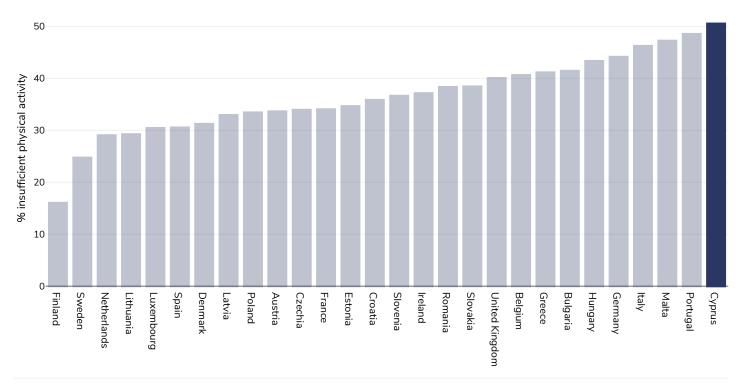
#### Men, 2016



References: Guthold R, Stevens GA, Riley LM, Bull FC. Worldwide trends in insufficient physical activity from 2001 to 2016: a pooled analysis of 358 population-based surveys with 1.9 million participants. Lancet 2018 <a href="http://dx.doi.org/10.1016/S2214-109X">http://dx.doi.org/10.1016/S2214-109X</a>(18)30357-7



# Women, 2016

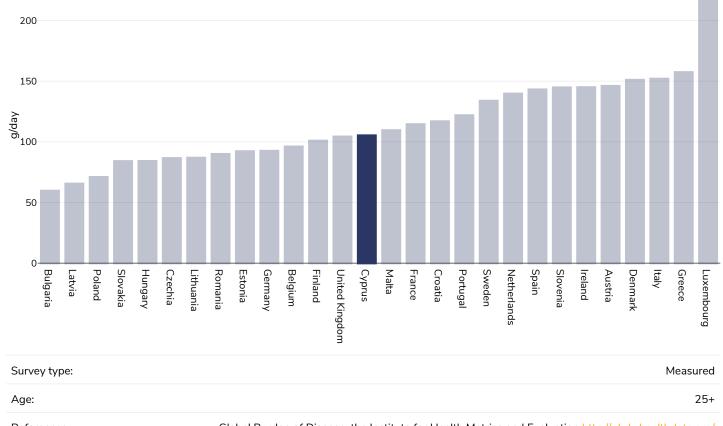


References: Guthold R, Stevens GA, Riley LM, Bull FC. Worldwide trends in insufficient physical activity from 2001 to 2016: a pooled analysis of 358 population-based surveys with 1.9 million participants. Lancet 2018 <a href="http://dx.doi.org/10.1016/S2214-109X">http://dx.doi.org/10.1016/S2214-109X</a>(18)30357-7



# Estimated per capita fruit intake

### Adults, 2017

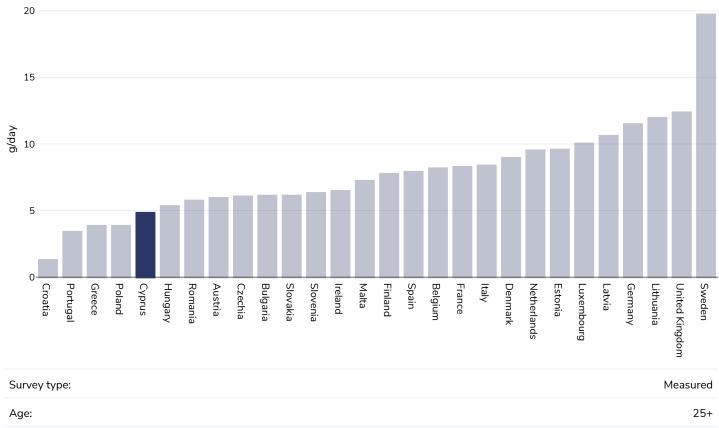


Global Burden of Disease, the Institute for Health Metrics and Evaluation http://ghdx.healthdata.org/ References: Definitions: Estimated per-capita fruit intake (g/day)



# Estimated per-capita processed meat intake

#### Adults, 2017



Survey type:

Age:

Clobal Burden of Disease, the Institute for Health Metrics and Evaluation <a href="http://ghdx.healthdata.org/">http://ghdx.healthdata.org/</a>

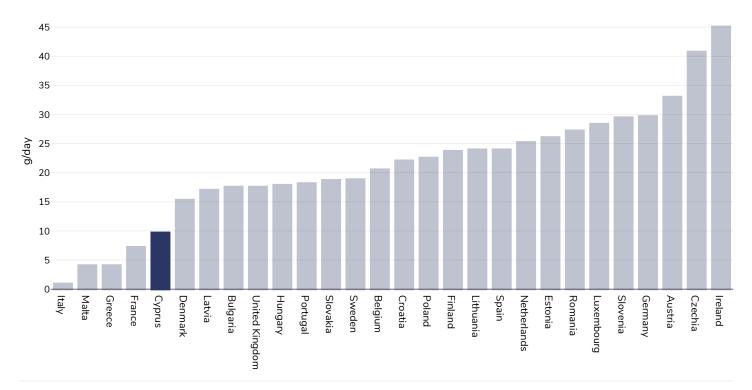
Definitions:

Estimated per-capita processed meat intake (g per day)



# Estimated per capita whole grains intake

### Adults, 2017

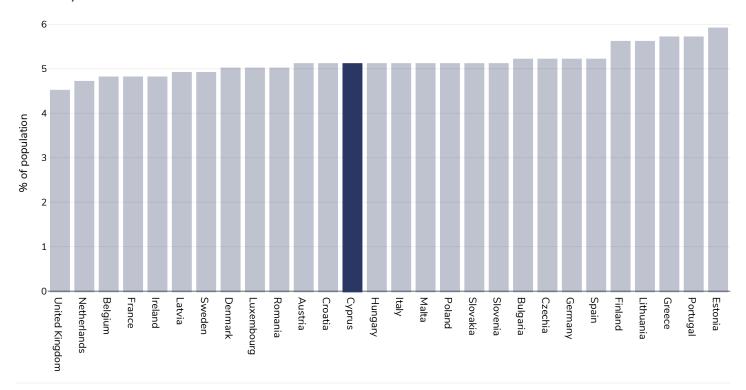


Survey type:	Measured
Age:	25+
References:	Global Burden of Disease, the Institute for Health Metrics and Evaluation <a href="http://ghdx.healthdata.org/">http://ghdx.healthdata.org/</a>
Definitions:	Estimated per-capita whole grains intake (g/day)



# 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.

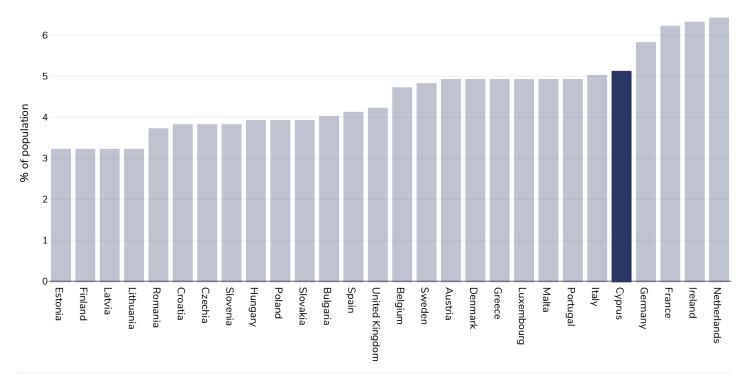
Definitions:

% 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.

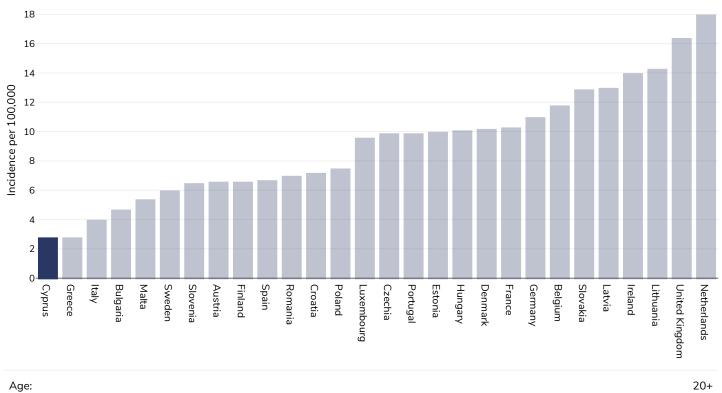
Definitions:

% of population with anxiety disorders



### Oesophageal cancer

### Men, 2020



20.

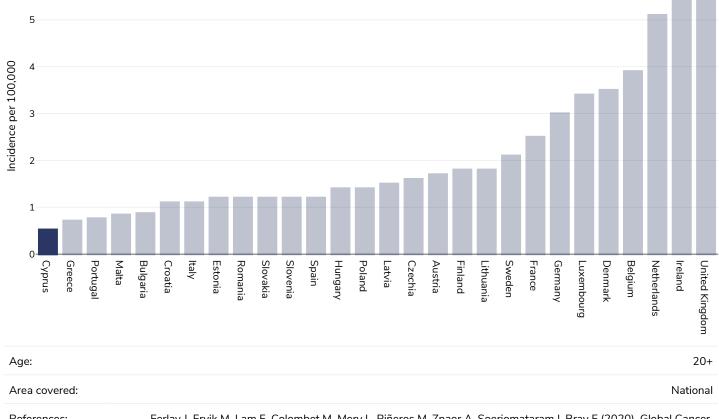
Area covered: National

References: Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from:

https://gco.iarc.fr/today, accessed 10.01.2107

Definitions: Age-standardized indicence rates per 100 000





References: Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from:

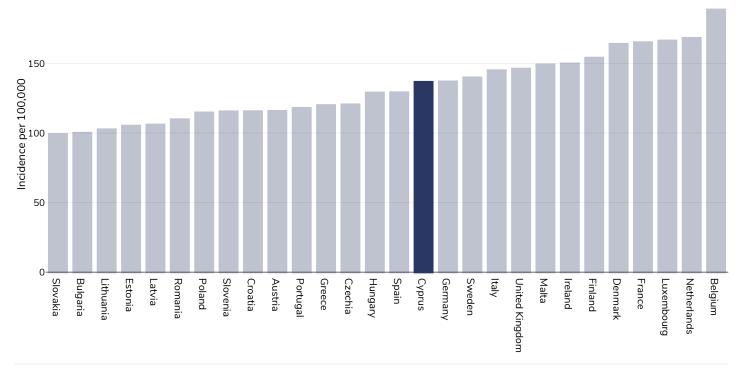
https://gco.iarc.fr/today, accessed 10.01.2107

Definitions:



#### **Breast cancer**

### Women, 2020



Age: 20+

Area covered: National

References:

Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from:

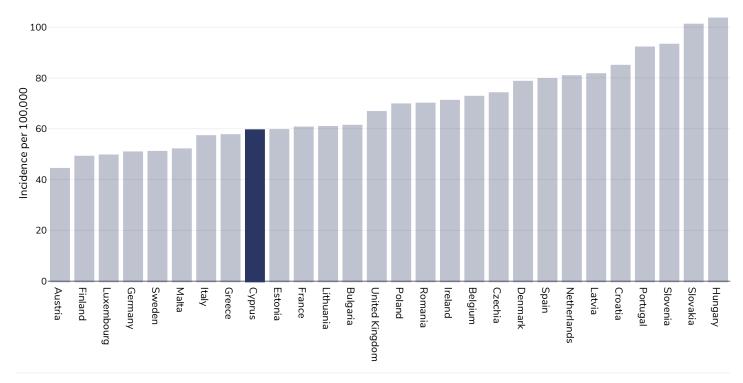
https://gco.iarc.fr/today, accessed 10.01.2107

Definitions:



### **Colorectal cancer**

### Men, 2020



Age: 20+

Area covered: National

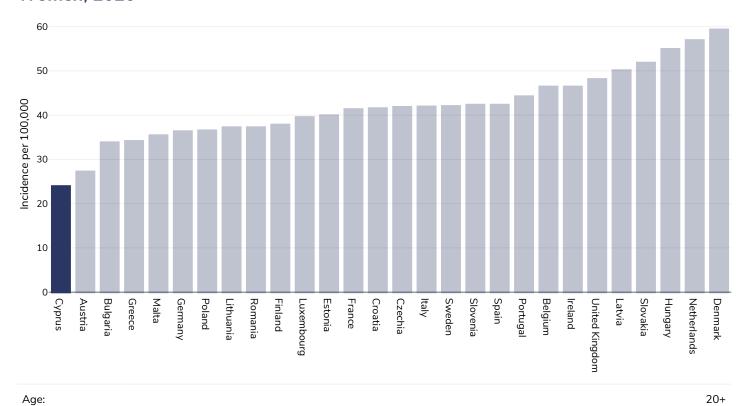
References:

Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from:

https://gco.iarc.fr/today, accessed 10.01.2107

Definitions:





7.gc.

Area covered: National

References:

Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from:

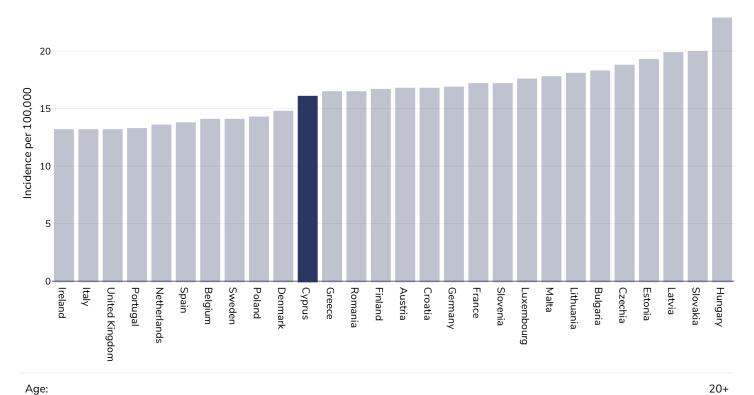
<a href="https://gco.iarc.fr/today">https://gco.iarc.fr/today</a>, accessed 10.01.2107

Definitions:



### Pancreatic cancer

### Men, 2020



Age:

Area covered: National

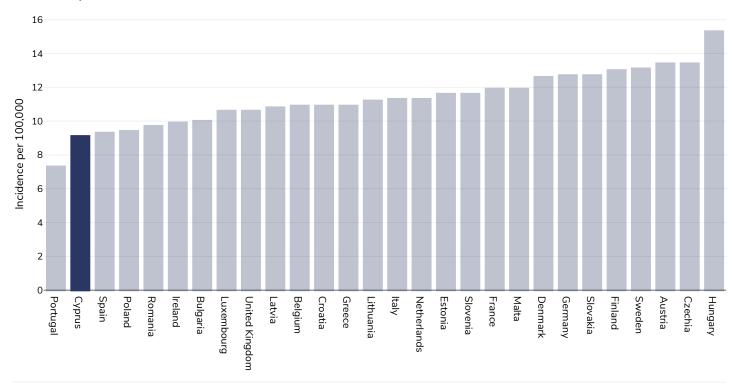
References:

Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from:

https://gco.iarc.fr/today, accessed 10.01.2107

Definitions:





Age: 20+

Area covered: National

References:

Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from:

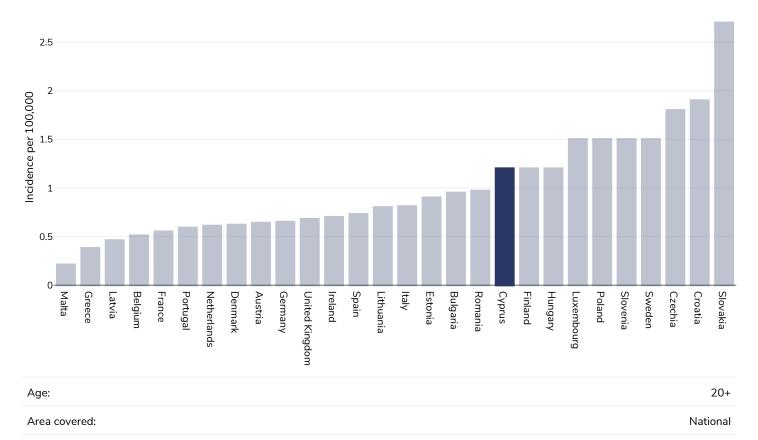
https://gco.iarc.fr/today, accessed 10.01.2107

Definitions:



### Gallbladder cancer

### Men, 2020



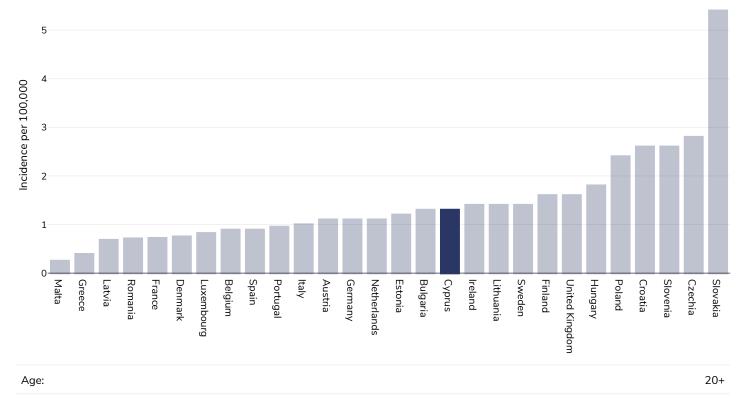
References:

Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from:

https://gco.iarc.fr/today, accessed 10.01.2107

Definitions:





Area covered: National

References:

Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from:

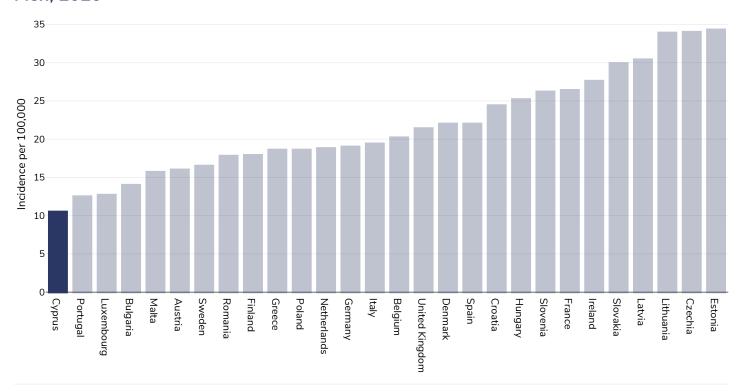
https://gco.iarc.fr/today, accessed 10.01.2107

Definitions:



### Kidney cancer

### Men, 2020



Age: 20+

Area covered: National

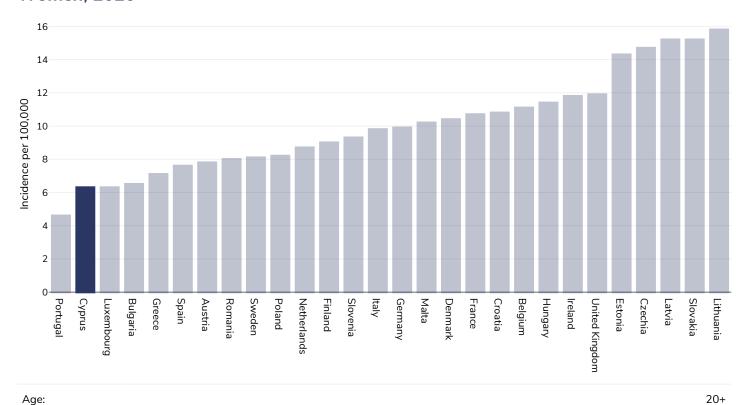
References:

Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from:

https://gco.iarc.fr/today, accessed 10.01.2107

Definitions:





Age:

National Area covered:

References:

Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from:

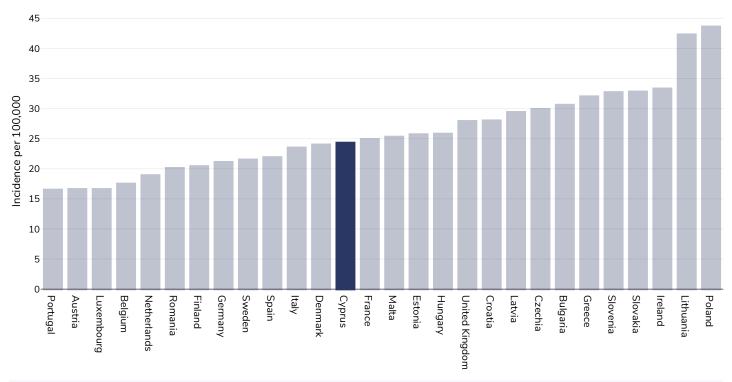
https://gco.iarc.fr/today, accessed 10.01.2107

Definitions:



### Cancer of the uterus

### Women, 2020



Age: 20+

Area covered: National

References:

Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from:

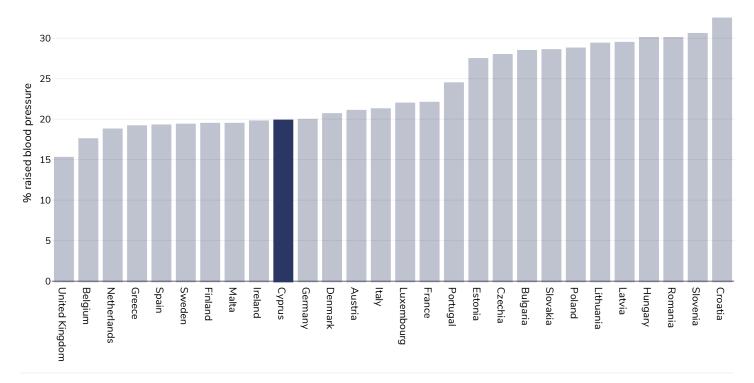
https://gco.iarc.fr/today, accessed 10.01.2107

Definitions:



### Raised blood pressure

### Adults, 2015



References:

Global Health Observatory data repository, World Health Organisation,

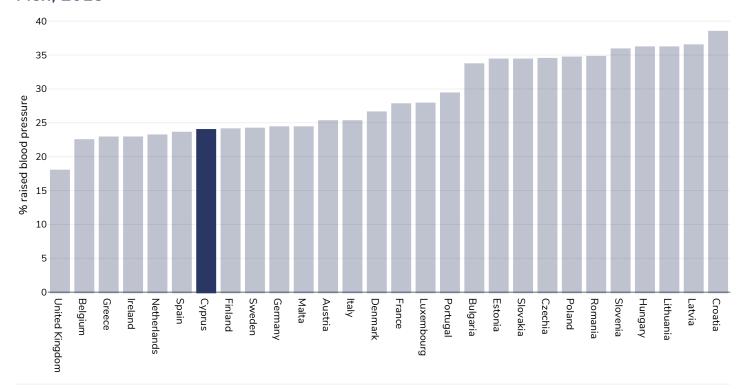
http://apps.who.int/gho/data/node.main.A875?lang=en

Definitions:

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



### Men, 2015



References:

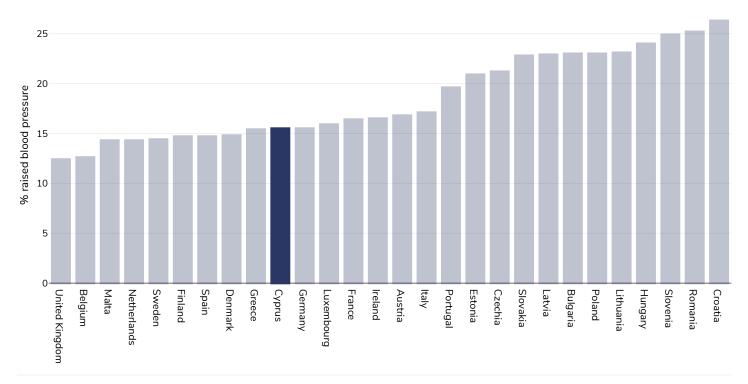
Global Health Observatory data repository, World Health Organisation,

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

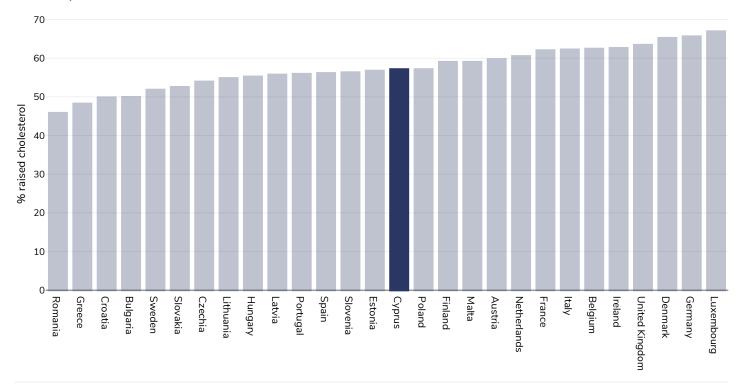
Definitions:

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,

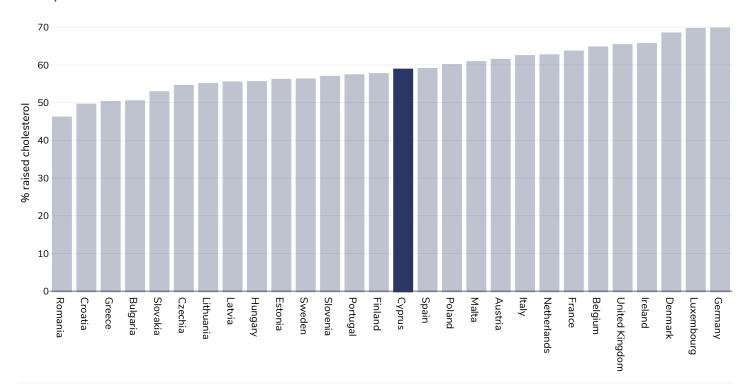
http://apps.who.int/gho/data/node.main.A885

Definitions:

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



### Men, 2008



References:

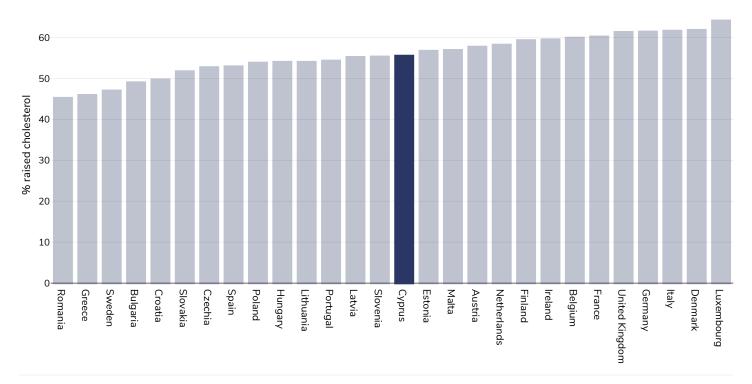
Global Health Observatory data repository, World Health Organisation,

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

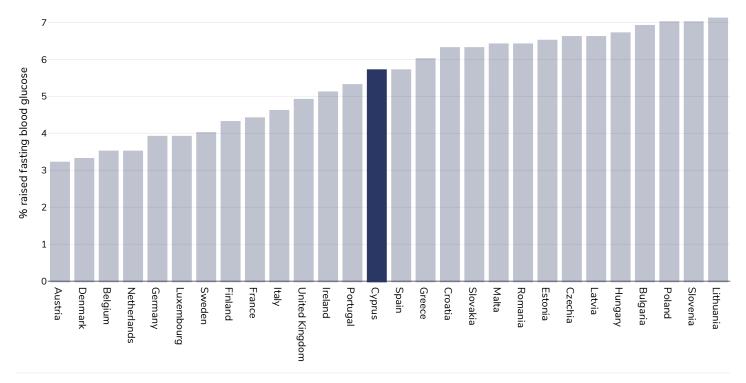
Definitions:

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



### Raised fasting blood glucose

### Men, 2014



References:

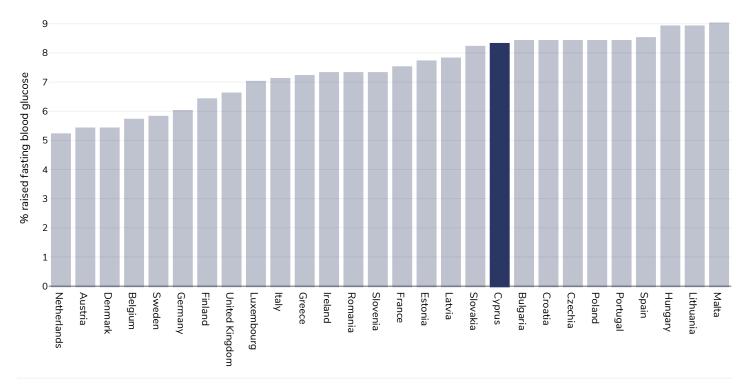
Global Health Observatory data repository, World Health Organisation,

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

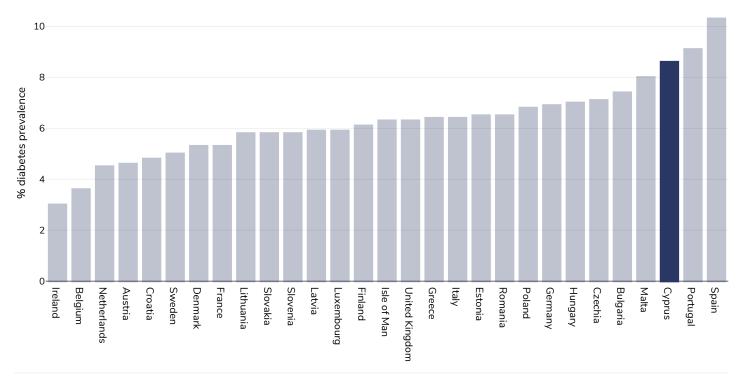
Definitions:

Age Standardised % raised fasting blood glucose (>= 7.0 mmol/L or on medication).



### **Diabetes prevalence**

### Adults, 2021



Age: 20-79

Area covered: National

References:

Reproduced with kind permission International Diabetes Federation. IDF Diabetes Atlas, 10th edn. Brussels,

Belgium:International Diabetes Federation, 2021. http://www.diabetesatlas.org

Definitions:

Age-adjusted comparative prevalence of diabetes, %



### **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?	<b>✓</b>
Front-of-package labelling?	×
Back-of-pack nutrition declaration?	<b>✓</b>
Color coding?	×
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)?	X
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?	×
Are there mandatory standards for food in schools?	X
Are there any mandatory nutrient limits in any manufactured food products?	X
Nutrition standards for public sector procurement?	X





## Political will and support

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

IXCy

Present Present (voluntary) Incoming Absent Unknown

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