

Report card Egypt



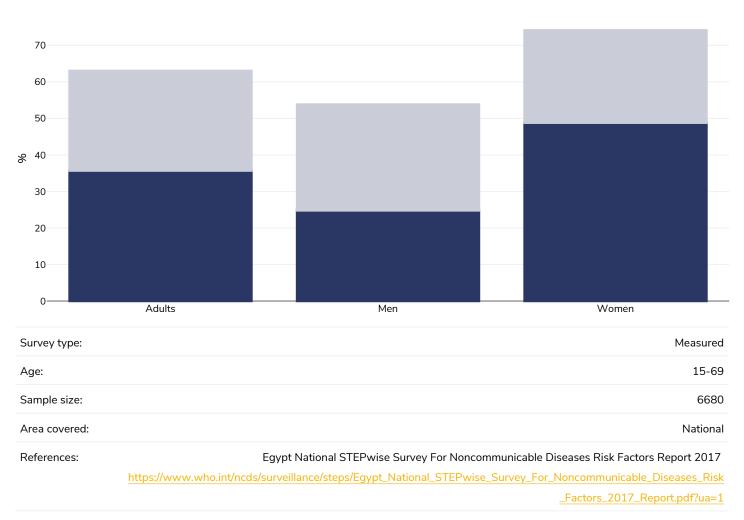
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Contents	Page
Obesity prevalence	2
Trend: % Adults living with obesity, 2011-2017	4
Trend: % Adults living with obesity, 1992-2014	6
Trend: % Adults living with overweight or obesity, 2011-2017	7
Trend: % Adults living with overweight or obesity, 1992-2014	9
Trend: % Adults living with obesity, selected countries, 1984-2018	10
Overweight/obesity by education	12
Overweight/obesity by age	16
Overweight/obesity by region	18
Overweight/obesity by socio-economic group	21
Insufficient physical activity	24
Average daily frequency of carbonated soft drink consumption	30
Estimated per capita fruit intake	31
Prevalence of less than daily fruit consumption	32
Prevalence of less than daily vegetable consumption	33
Average weekly frequency of fast food consumption	34
Estimated per-capita processed meat intake	35
Estimated per capita whole grains intake	36
Mental health - depression disorders	37
Mental health - anxiety disorders	38
% Infants exclusively breastfed 0-5 months	39
Oesophageal cancer	40
Breast cancer	42
Colorectal cancer	43
Pancreatic cancer	45
Gallbladder cancer	47
Kidney cancer	49
Cancer of the uterus	51
Raised blood pressure	52
Raised cholesterol	55
Raised fasting blood glucose	58
Diabetes prevalence	60
Contextual factors	61



Obesity prevalence

Adults, 2016-2017

Obesity Overweight

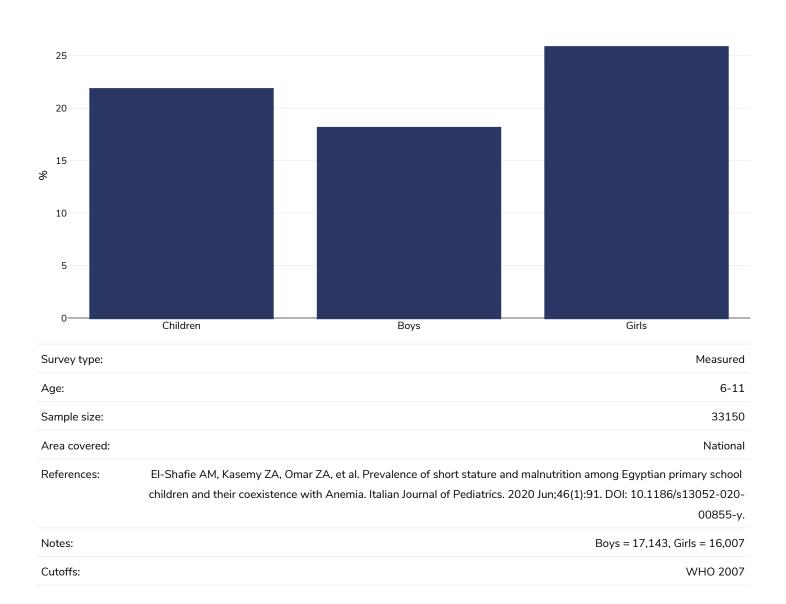


Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².



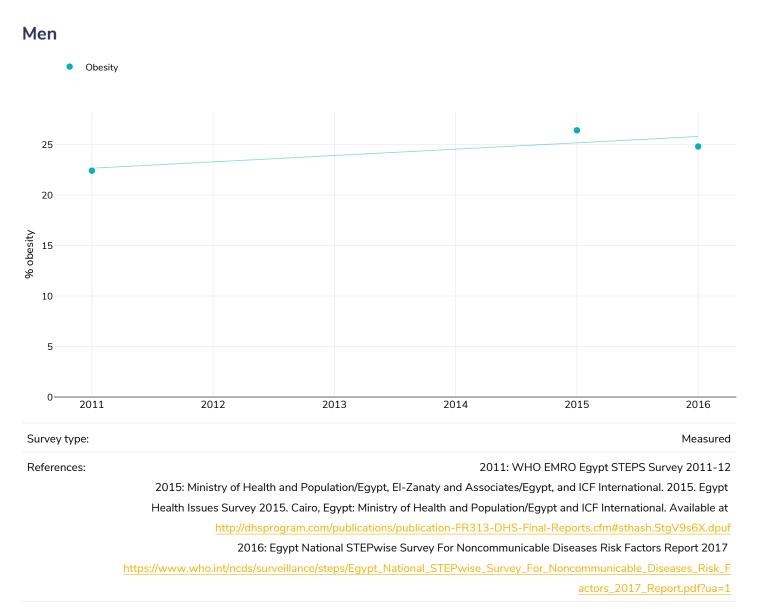
Children, 2018-2020

Overweight or obesity





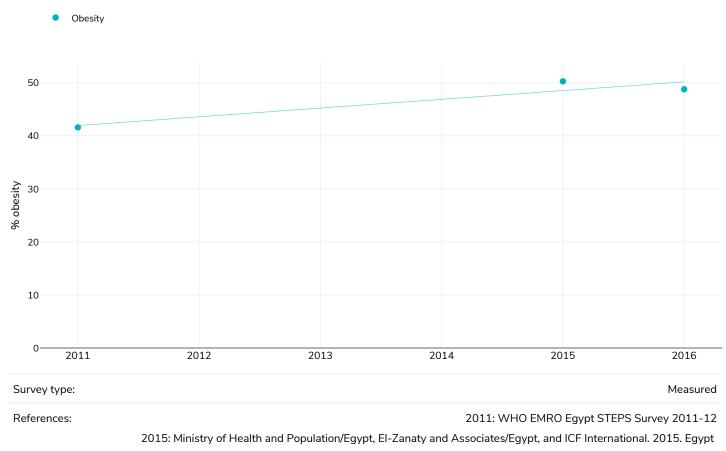
% Adults living with obesity, 2011-2017



Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².



Women



Health Issues Survey 2015. Cairo, Egypt: Ministry of Health and Population/Egypt and ICF International. Available at

http://dhsprogram.com/publications/publication-FR313-DHS-Final-Reports.cfm#sthash.StgV9s6X.dpuf

2016: Egypt National STEPwise Survey For Noncommunicable Diseases Risk Factors Report 2017

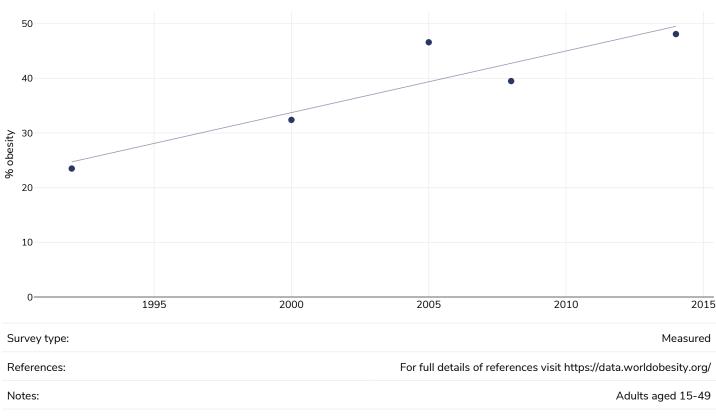
https://www.who.int/ncds/surveillance/steps/Egypt_National_STEPwise_Survey_For_Noncommunicable_Diseases_Risk_F actors_2017_Report.pdf?ua=1

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².



% Adults living with obesity, 1992-2014





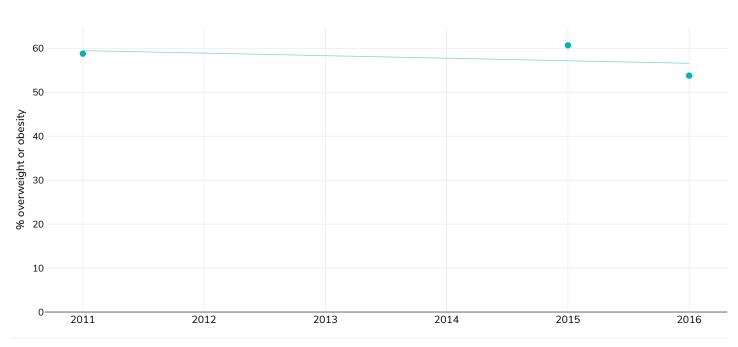
Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².



% Adults living with overweight or obesity, 2011-2017

Men

• Overweight or obesity



Measured

Survey type: References:

2011: WHO EMRO Egypt STEPS Survey 2011-12

2015: Ministry of Health and Population/Egypt, El-Zanaty and Associates/Egypt, and ICF International. 2015. Egypt

Health Issues Survey 2015. Cairo, Egypt: Ministry of Health and Population/Egypt and ICF International. Available at http://dhsprogram.com/publications/publication-FR313-DHS-Final-Reports.cfm#sthash.StgV9s6X.dpuf

2016: Egypt National STEPwise Survey For Noncommunicable Diseases Risk Factors Report 2017

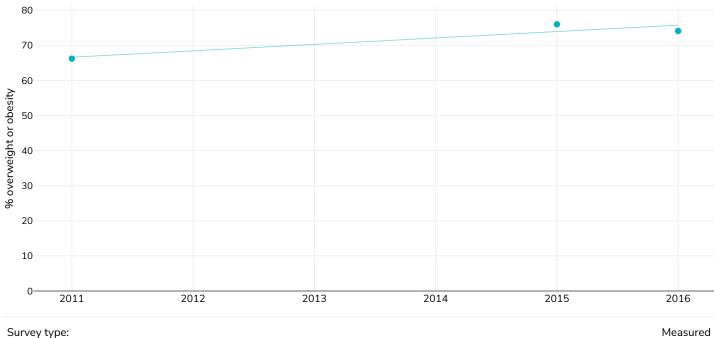
https://www.who.int/ncds/surveillance/steps/Egypt_National_STEPwise_Survey_For_Noncommunicable_Diseases_Risk_F actors_2017_Report.pdf?ua=1

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Women

Overweight or obesity



Measured

2011: WHO EMRO Egypt STEPS Survey 2011-12

References:

2015: Ministry of Health and Population/Egypt, El-Zanaty and Associates/Egypt, and ICF International. 2015. Egypt

Health Issues Survey 2015. Cairo, Egypt: Ministry of Health and Population/Egypt and ICF International. Available at

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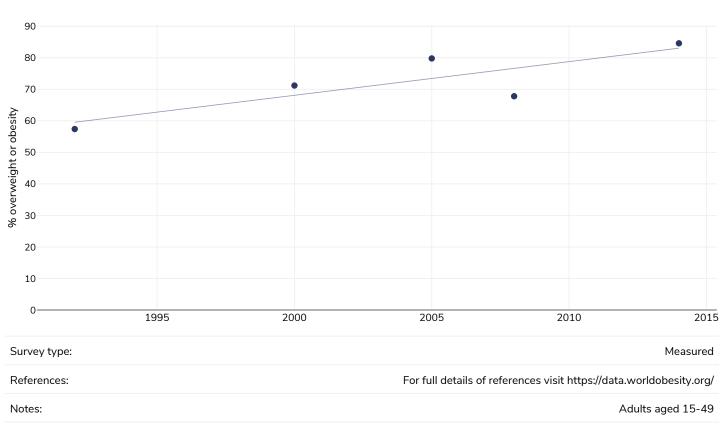
Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².



•

Overweight or obesity, Women

% Adults living with overweight or obesity, 1992-2014

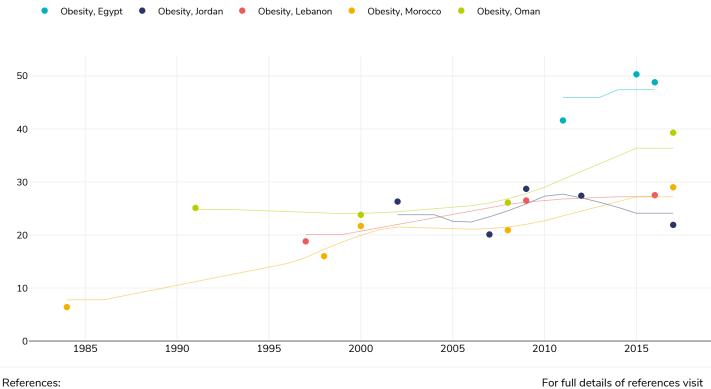


Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².



% Adults living with obesity, selected countries, 1984-2018

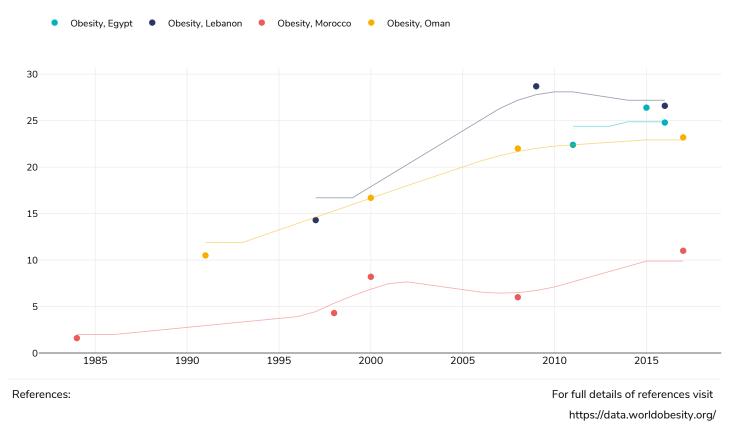
Women



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



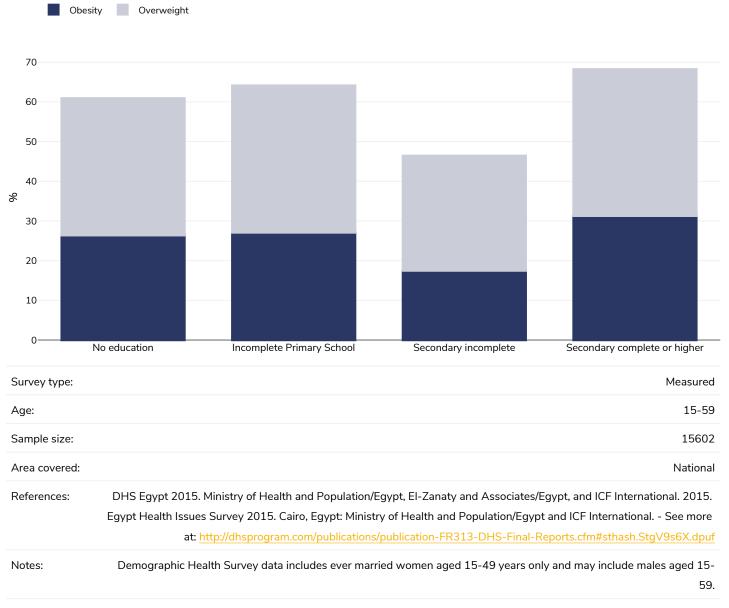
Men





Overweight/obesity by education

Men, 2015

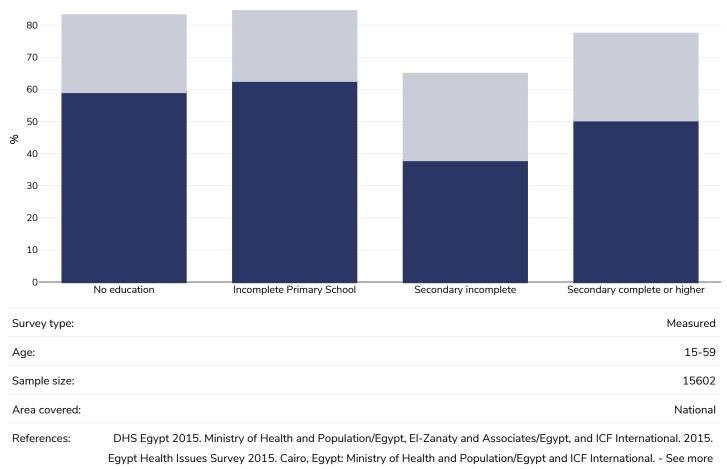


Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².



Women, 2015

Obesity Overweight



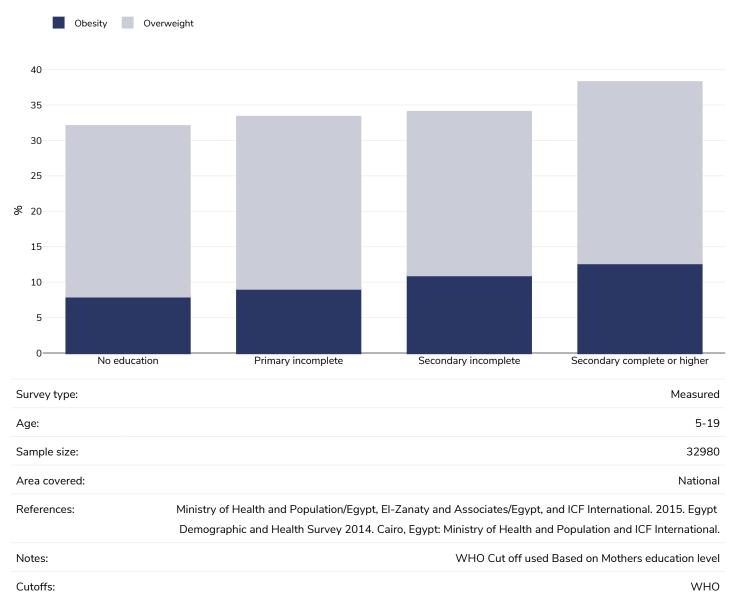
at: http://dhsprogram.com/publications/publication-FR313-DHS-Final-Reports.cfm#sthash.StgV9s6X.dpuf

Notes: Demographic Health Survey data includes ever married women aged 15-49 years only and may include males aged 15-59.

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².



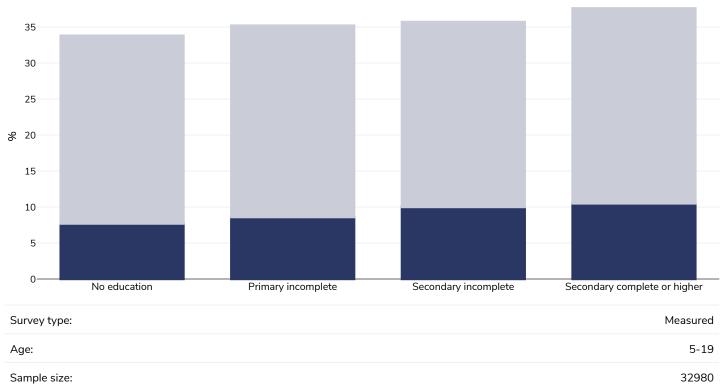
Boys, 2014





Girls, 2014

Obesity Overweight



 Area covered:
 National

 References:
 Ministry of Health and Population/Egypt, El-Zanaty and Associates/Egypt, and ICF International. 2015. Egypt

 Demographic and Health Survey 2014. Cairo, Egypt: Ministry of Health and Population and ICF International.

 Notes:
 WHO Cut off used Based on Mothers education level

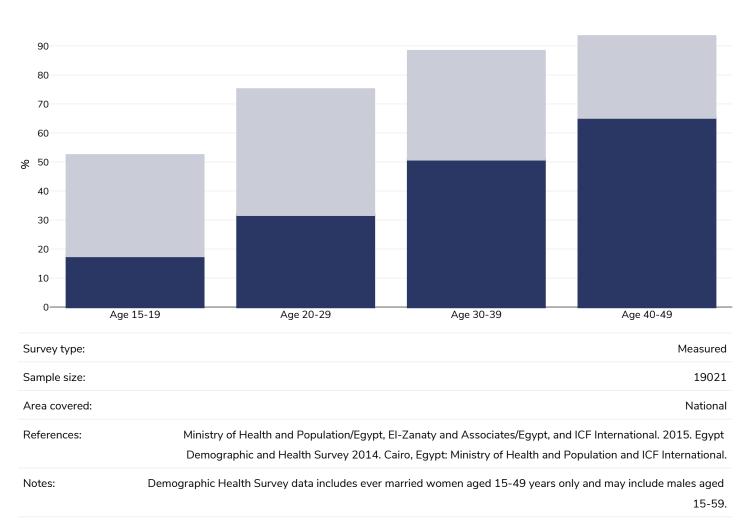
Cutoffs:		WHO



Overweight/obesity by age

Women, 2014

Obesity Overweight

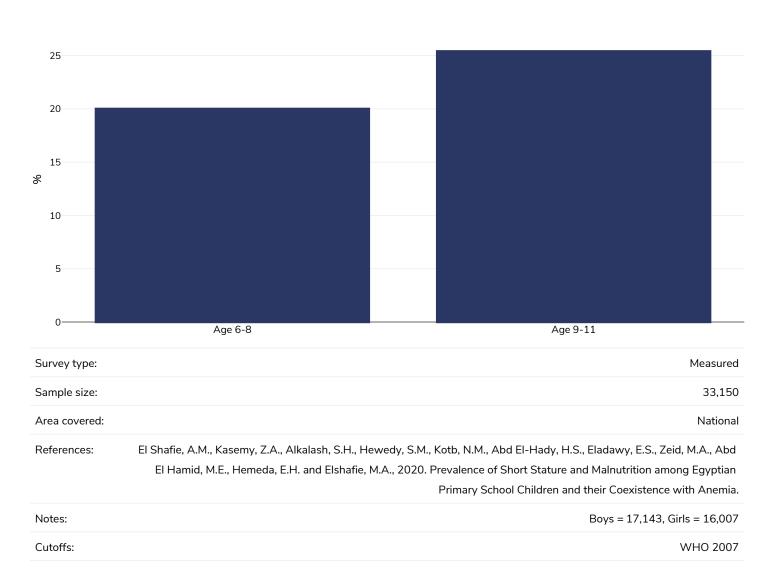


Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².



Children, 2018-2020

Overweight or obesity

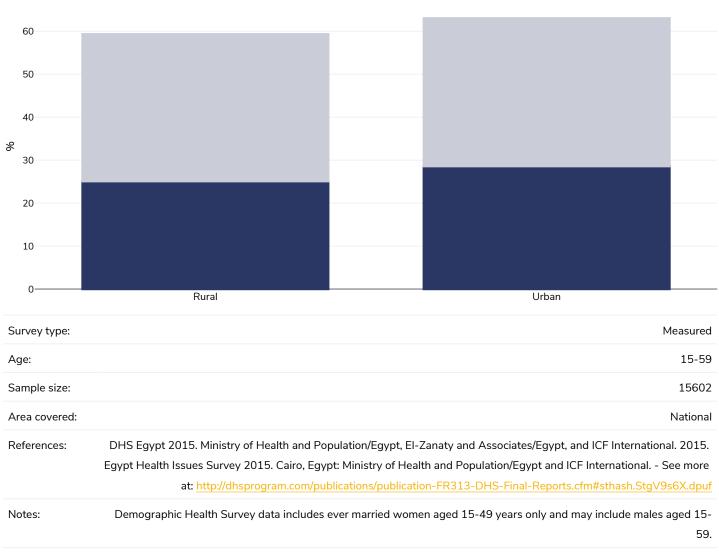




Overweight/obesity by region

Men, 2015

Obesity Overweight

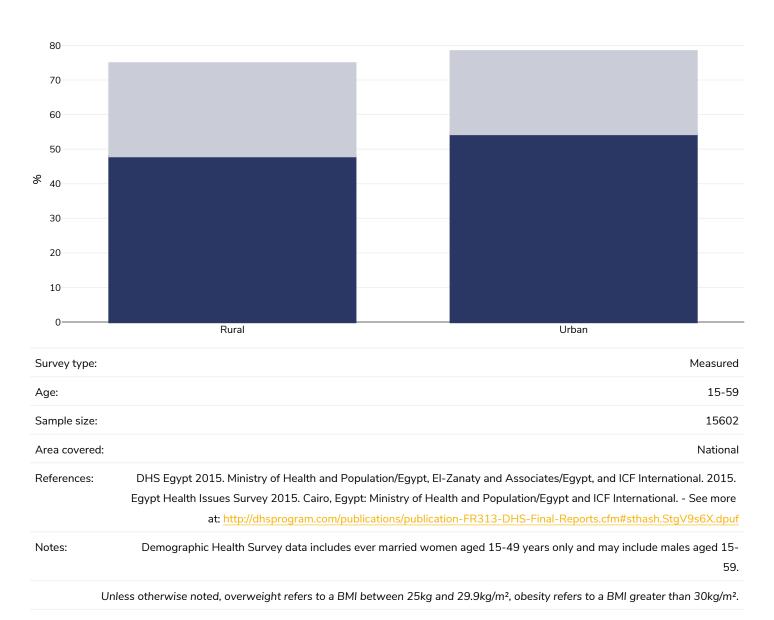


Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².



Women, 2015

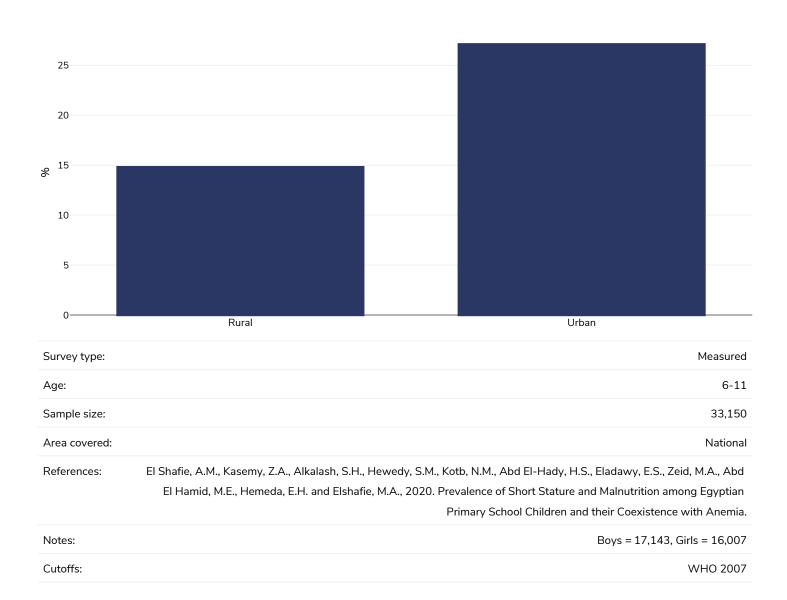
Obesity Overweight





Children, 2018-2020

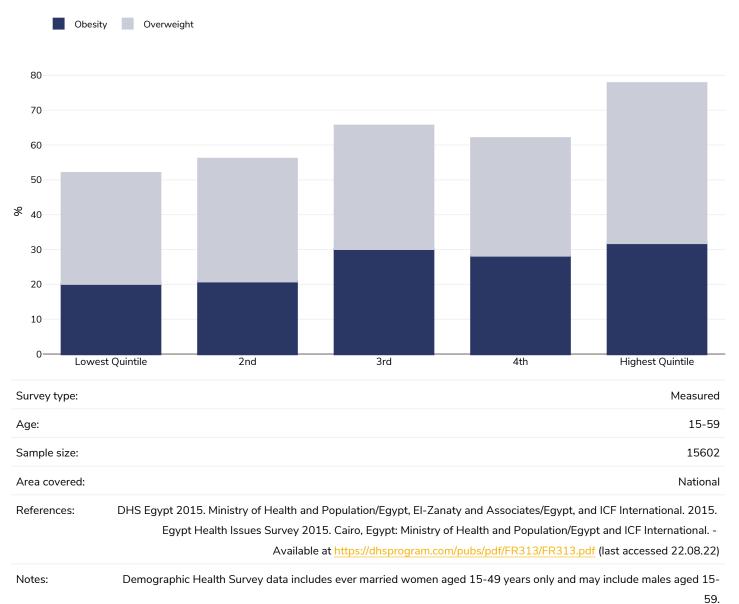
Overweight or obesity





Overweight/obesity by socio-economic group

Men, 2015

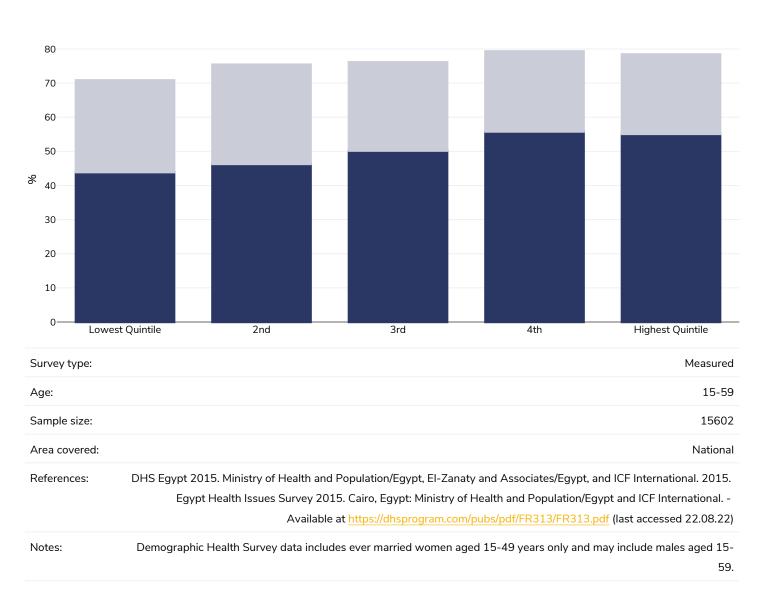


Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².



Women, 2015



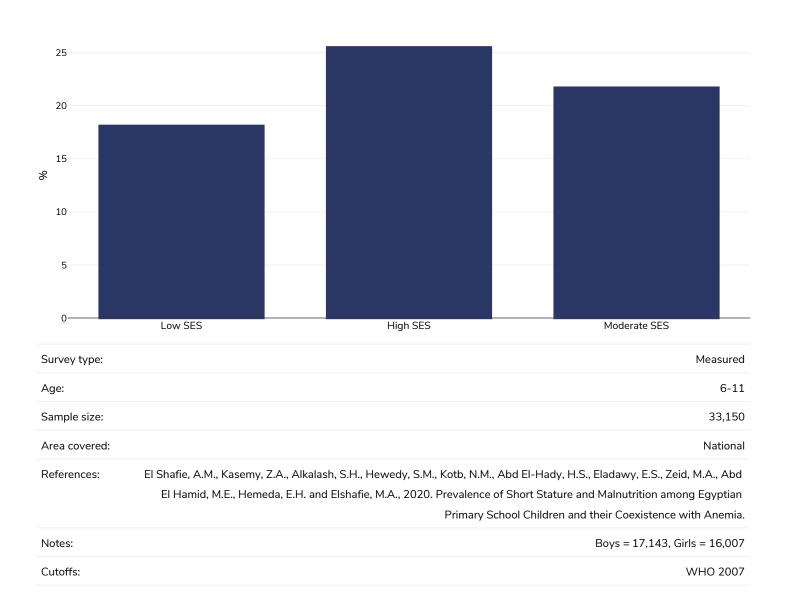


Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².



Children, 2018-2020

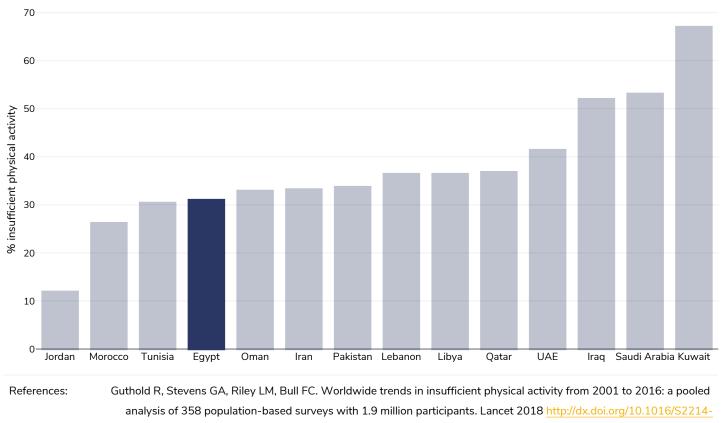
Overweight or obesity





Insufficient physical activity

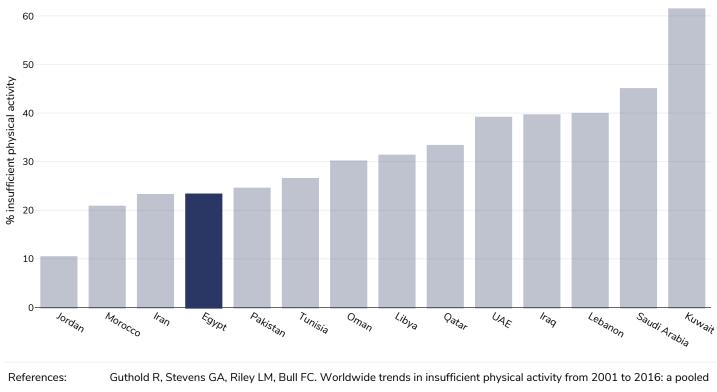
Adults, 2016



109X(18)30357-7



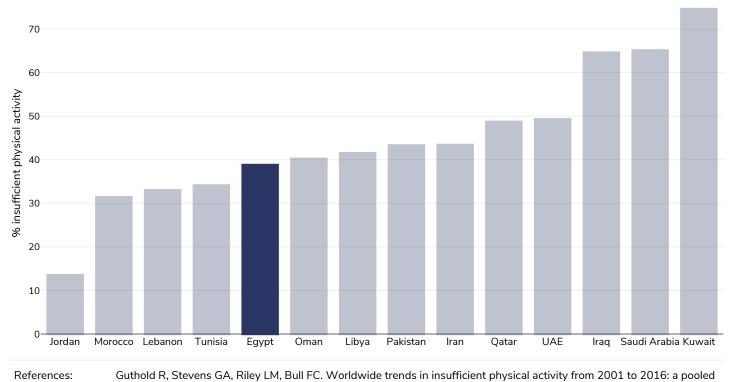
Men, 2016



analysis of 358 population-based surveys with 1.9 million participants. Lancet 2018 <u>http://dx.doi.org/10.1016/S2214-</u> <u>109X</u>(18)30357-7



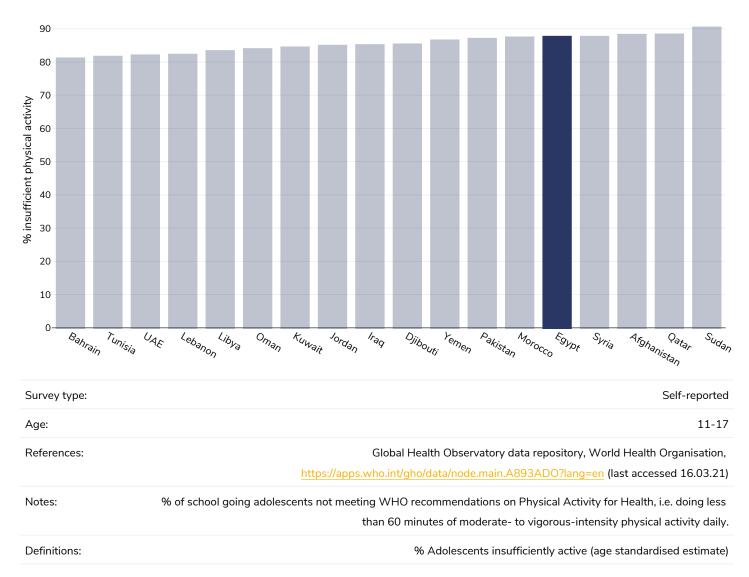
Women, 2016



analysis of 358 population-based surveys with 1.9 million participants. Lancet 2018 http://dx.doi.org/10.1016/S2214-109X(18)30357-7

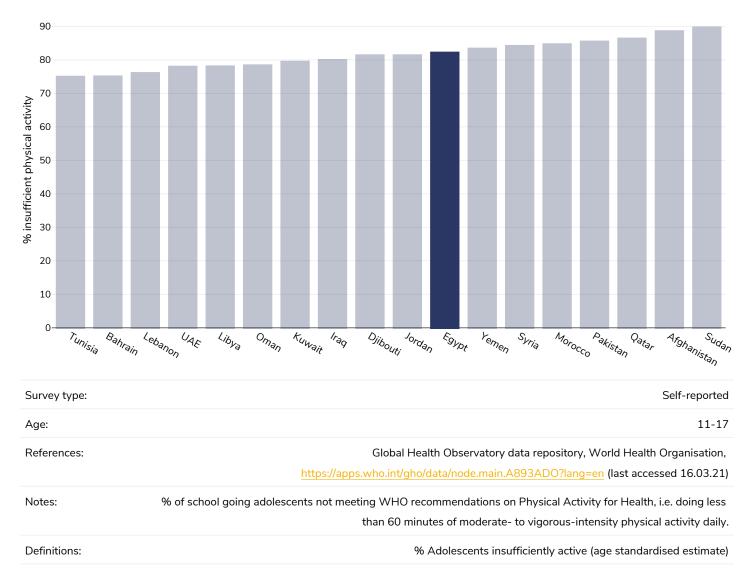


Children, 2016



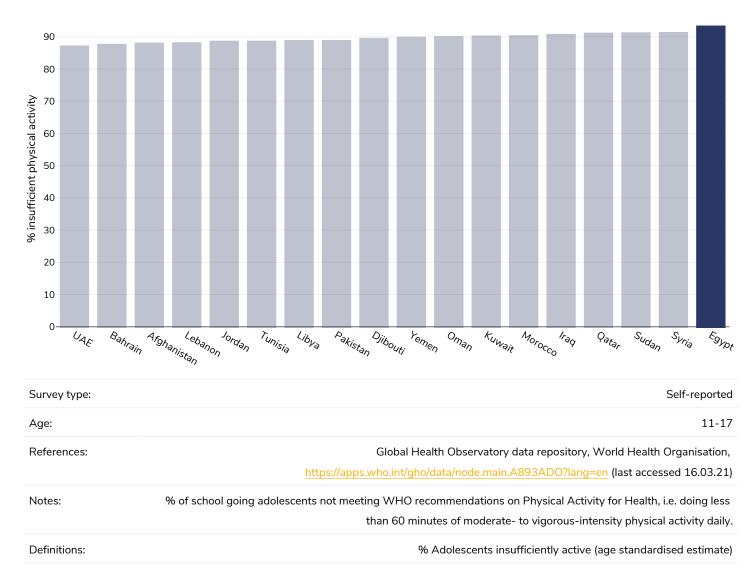


Boys, 2016





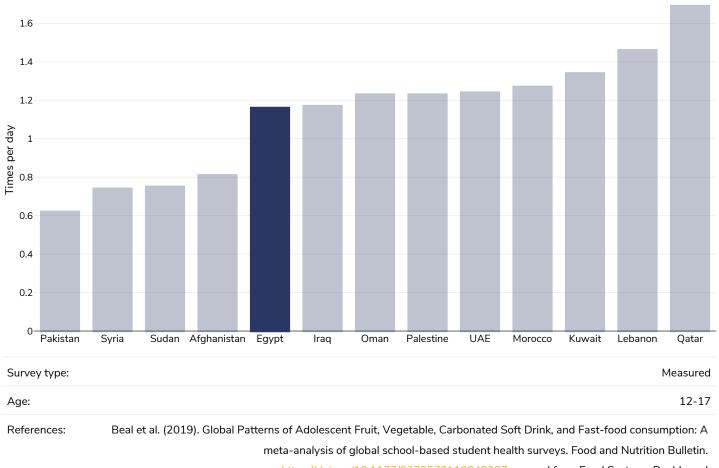
Girls, 2016





Average daily frequency of carbonated soft drink consumption

Children, 2009-2015



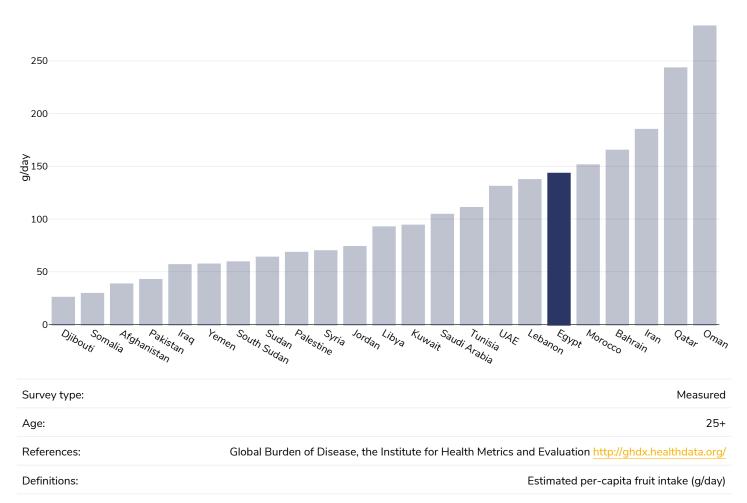
https://doi.org/10.1177/0379572119848287 sourced from Food Systems Dashboard

http://www.foodsystemsdashboard.org/food-system



Estimated per capita fruit intake

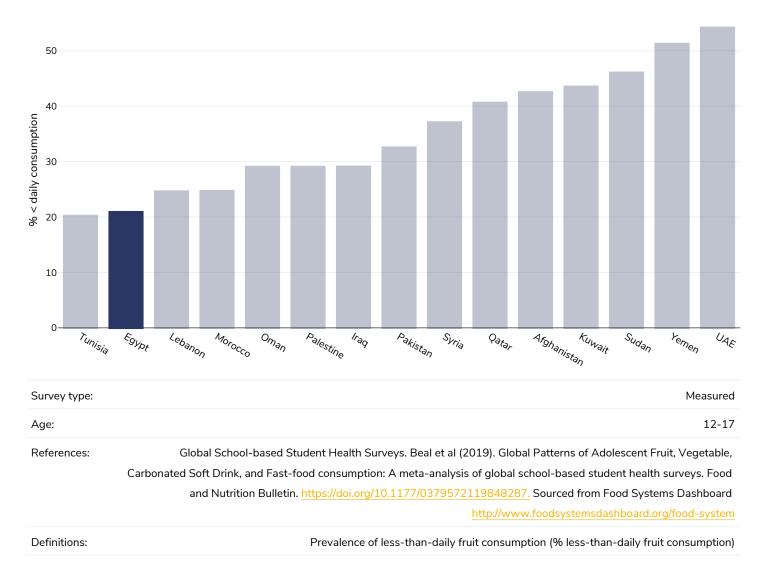






Prevalence of less than daily fruit consumption

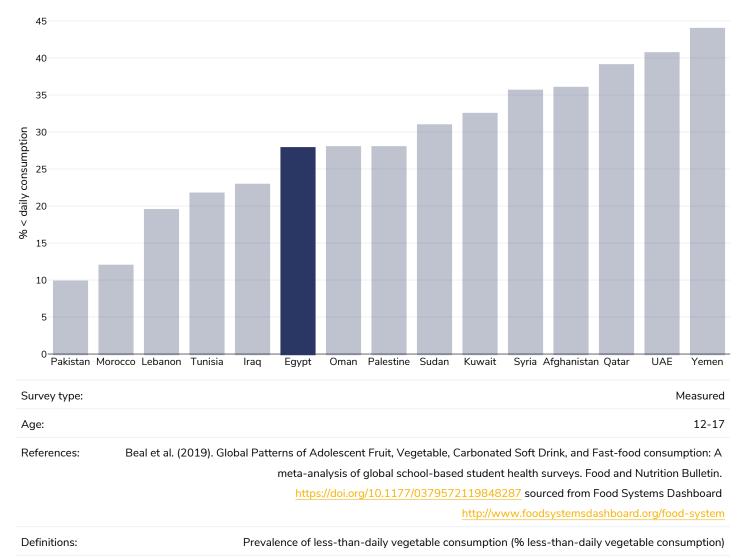
Children, 2008-2015





Prevalence of less than daily vegetable consumption

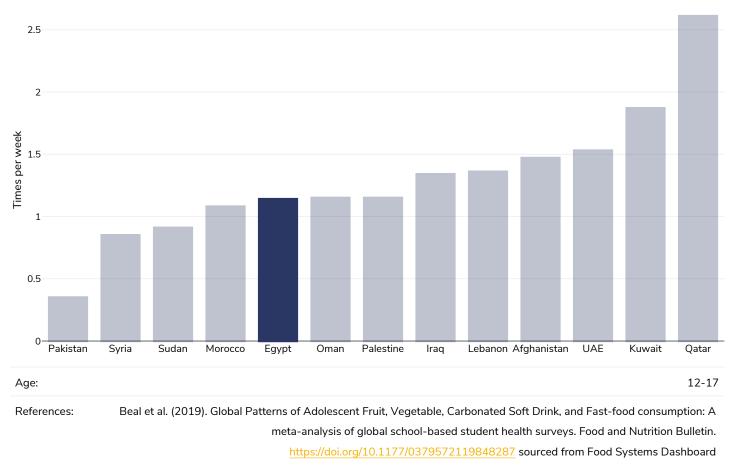
Children, 2008-2015





Average weekly frequency of fast food consumption

Children, 2009-2015



http://www.foodsystemsdashboard.org/food-system



Estimated per-capita processed meat intake

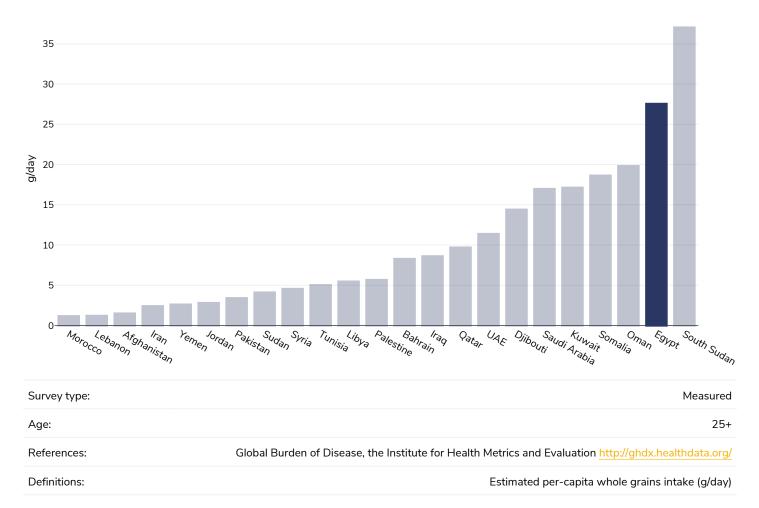
2.5 2 1.5 g/day 1 0.5 South Sudan 0 Lebanon Bahrain Arghanistan Palestine Tunisia Iran Yemen Somalia UAE Sudan Syria Jordan Libya Saudi Arabia Sudan Morocco Kuwait Qatar Survey type: Measured Age: 25+ Global Burden of Disease, the Institute for Health Metrics and Evaluation http://ghdx.healthdata.org/ References: Definitions: Estimated per-capita processed meat intake (g per day)

Adults, 2017



Estimated per capita whole grains intake

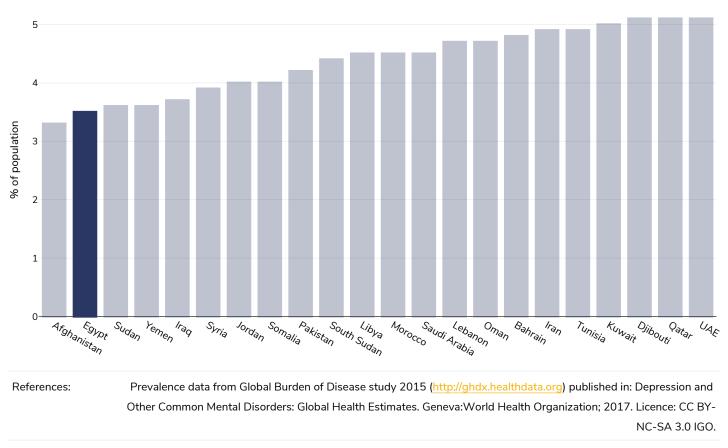
Adults, 2017





Mental health - depression disorders

Adults, 2015

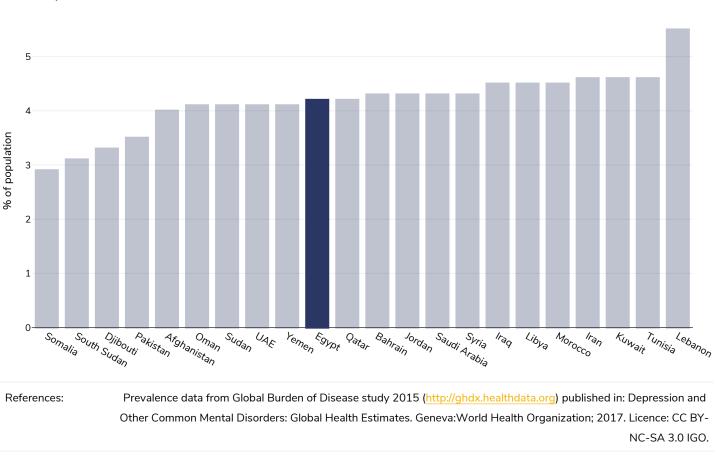


Definitions:

% of population with depression disorders



Mental health - anxiety disorders



Adults, 2015

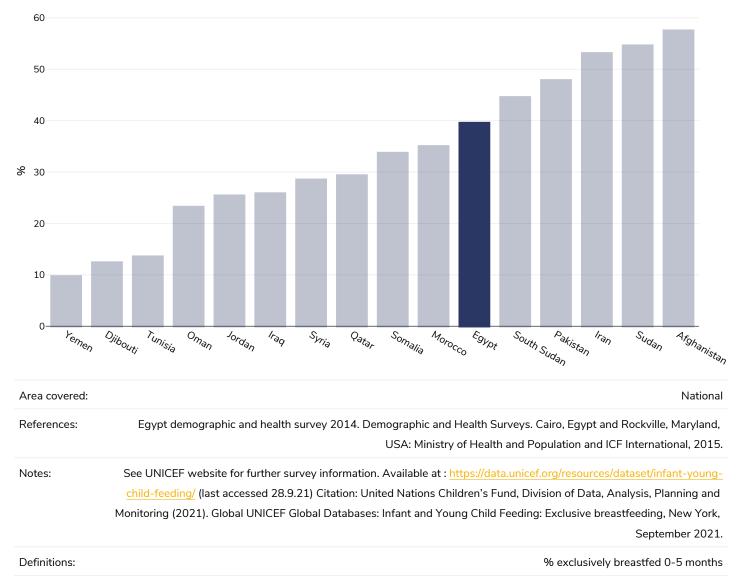
Definitions:

% of population with anxiety disorders



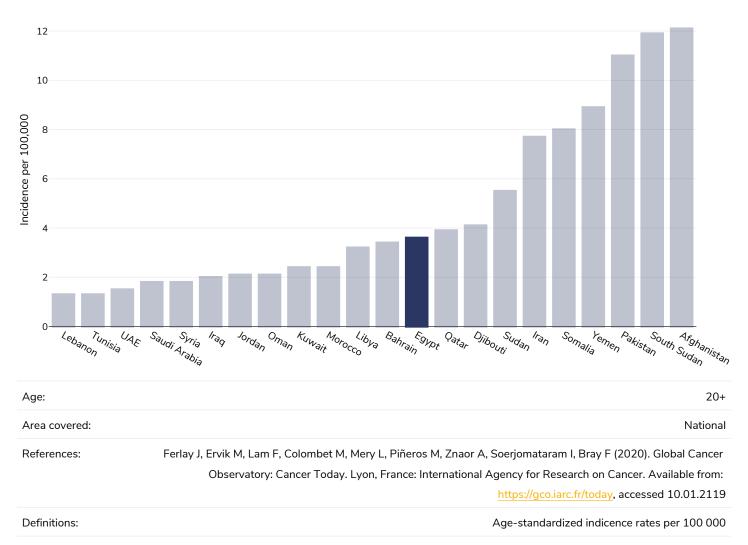
% Infants exclusively breastfed 0-5 months

Children, 2010-2019

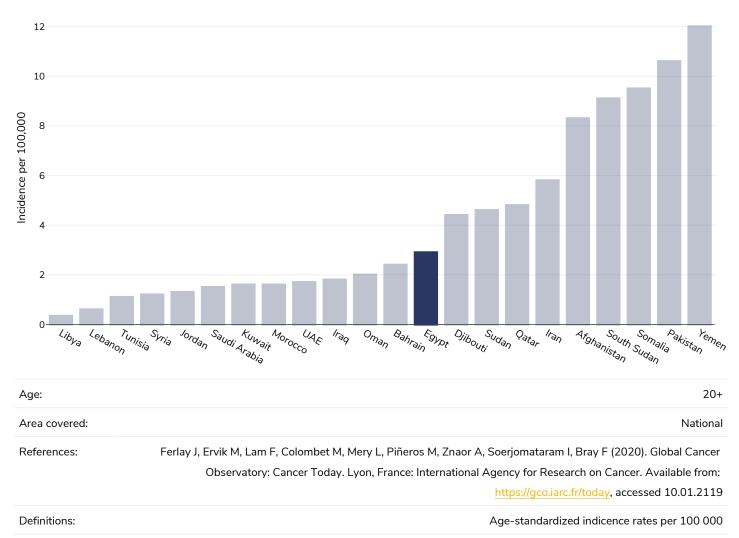




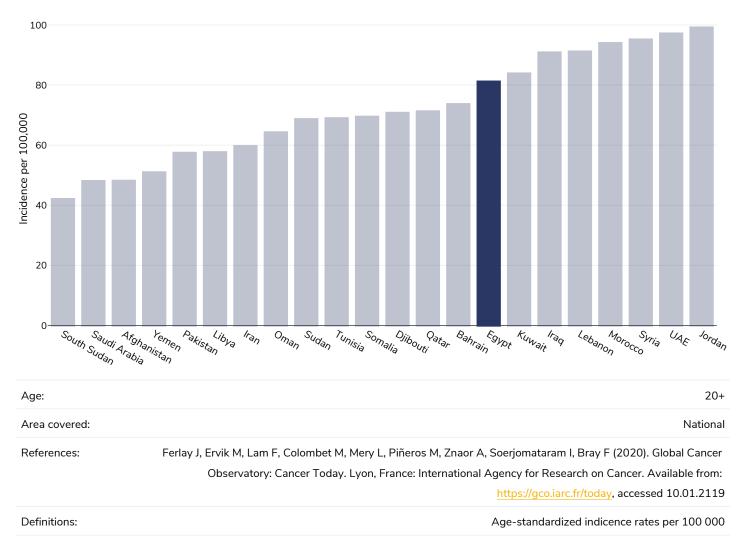
Oesophageal cancer



WORLD ØBESITY

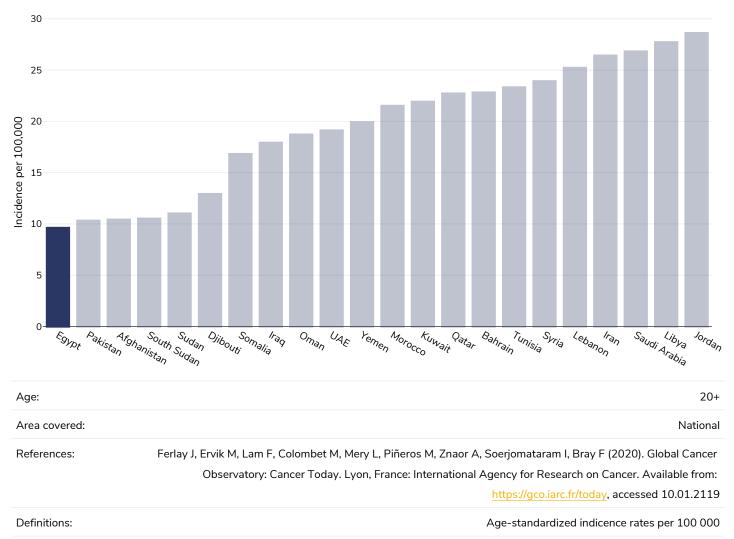


Breast cancer

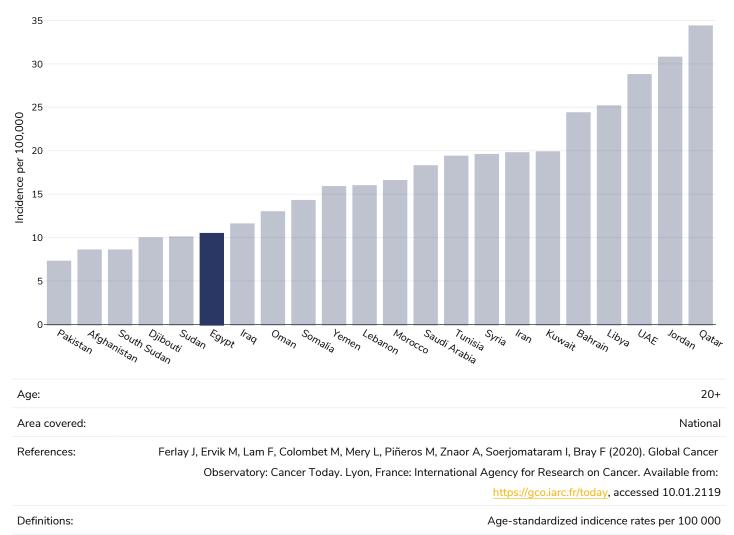




Colorectal cancer

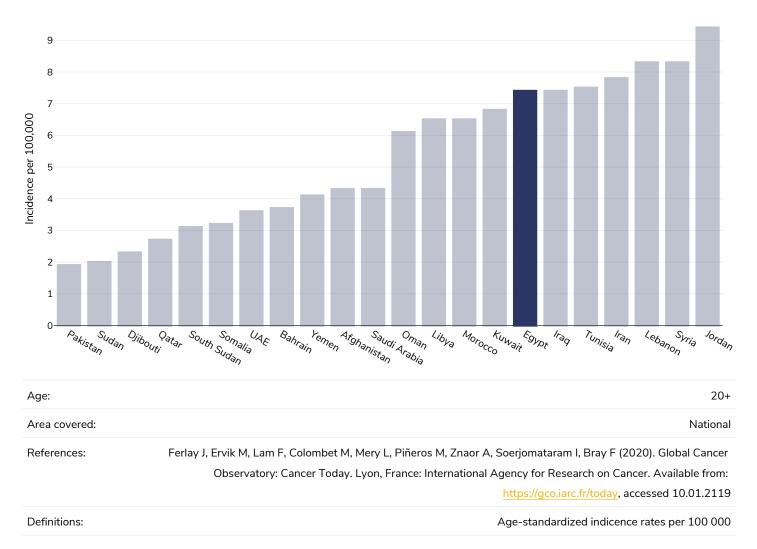


WORLD OBESITY

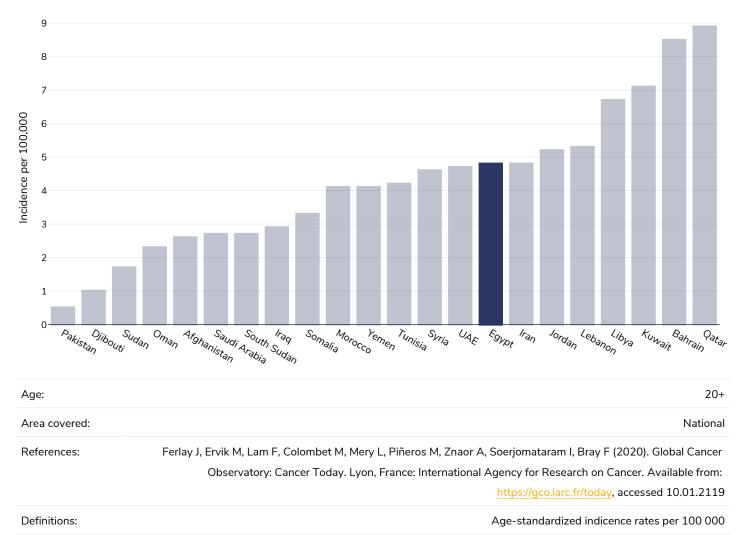




Pancreatic cancer

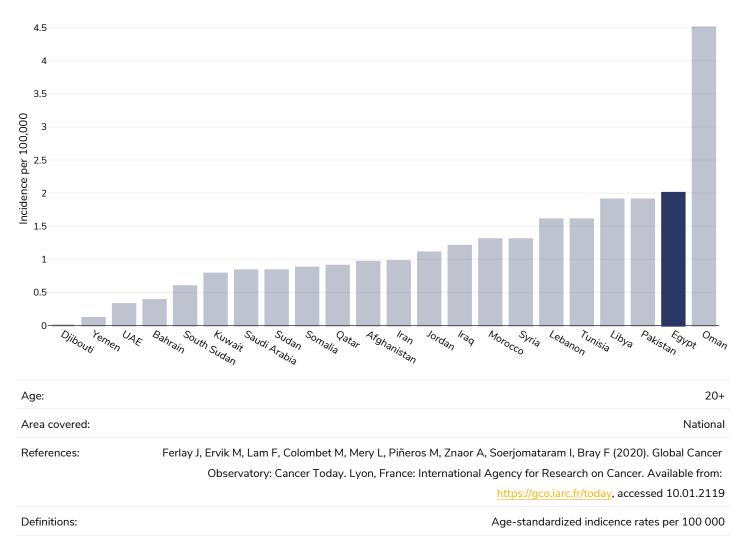


WORLD ØBESITY

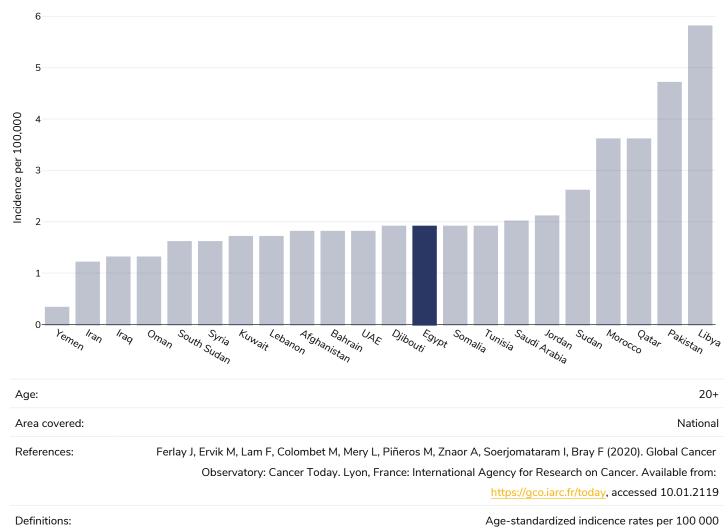




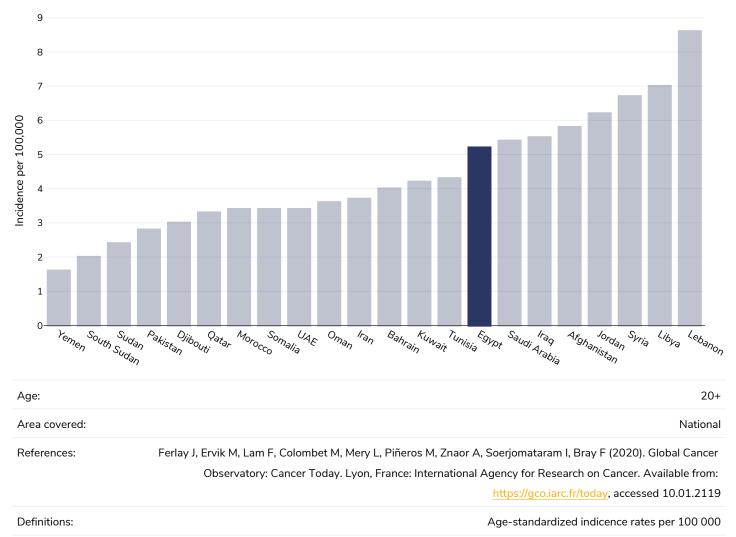
Gallbladder cancer

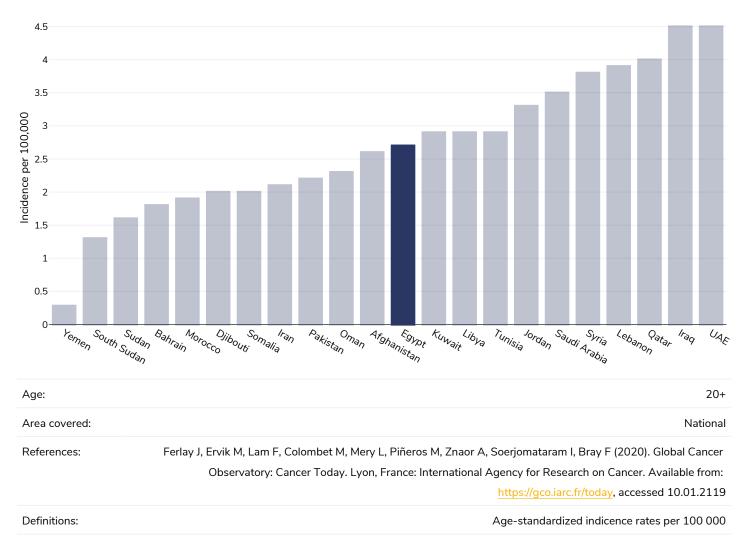


WORLD OBESITY

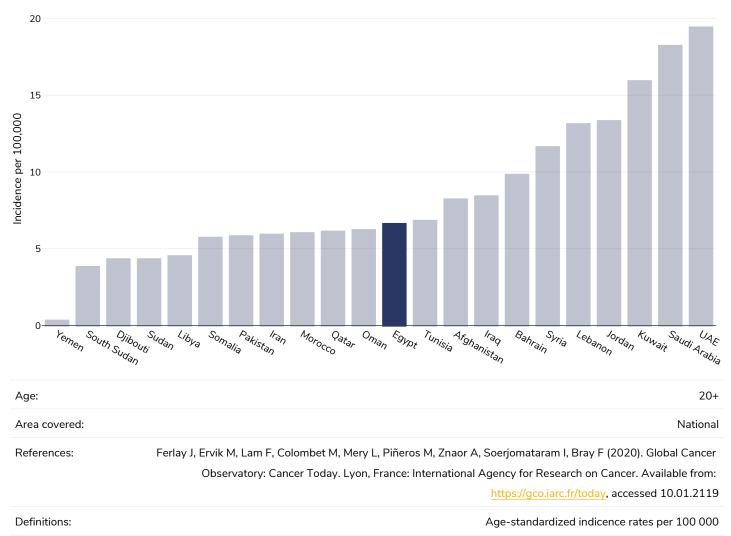


Kidney cancer





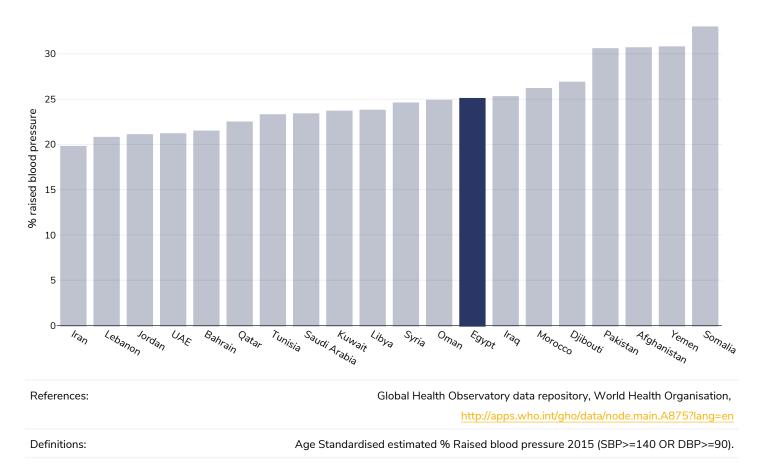
Cancer of the uterus

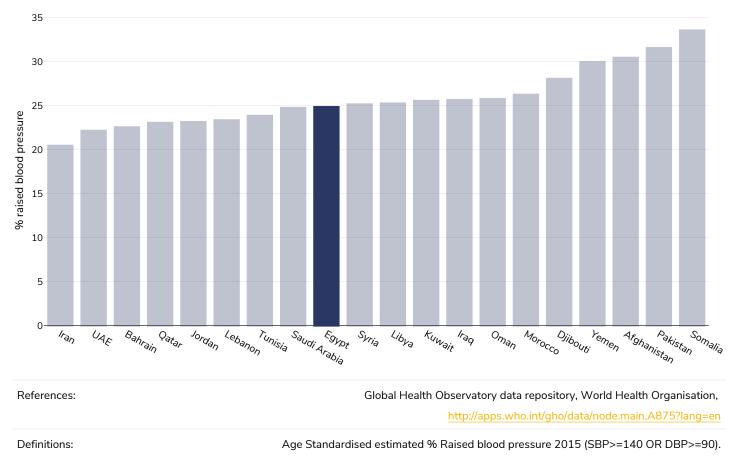




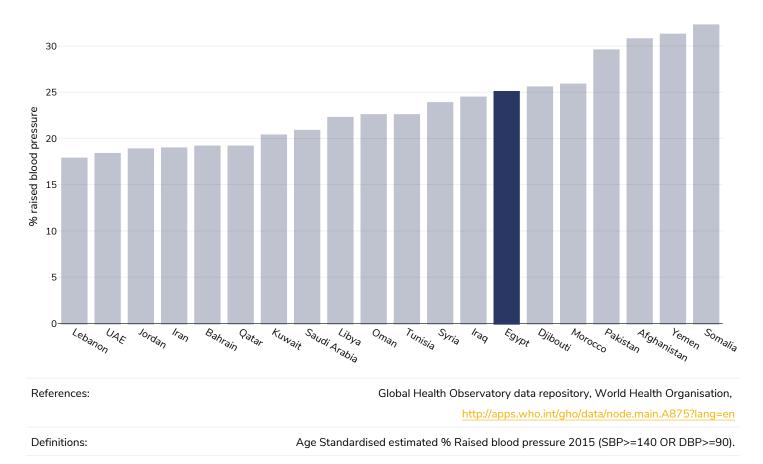
Raised blood pressure

Adults, 2015





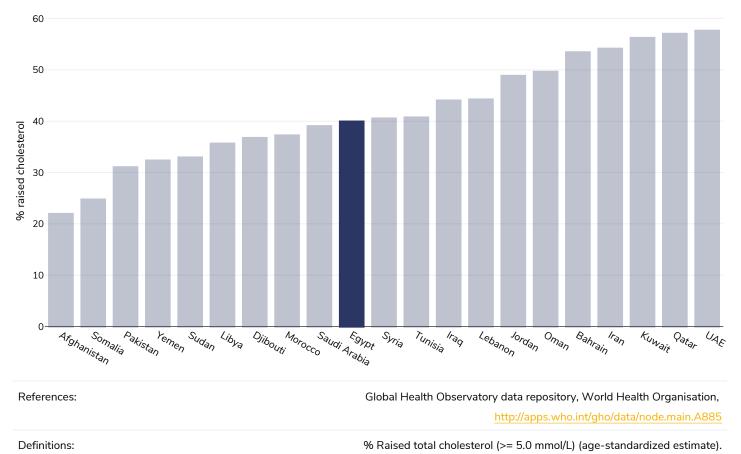






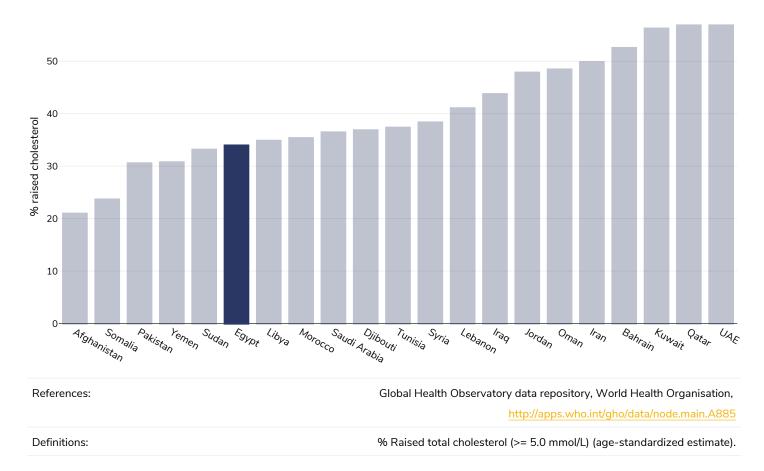
Raised cholesterol

Adults, 2008

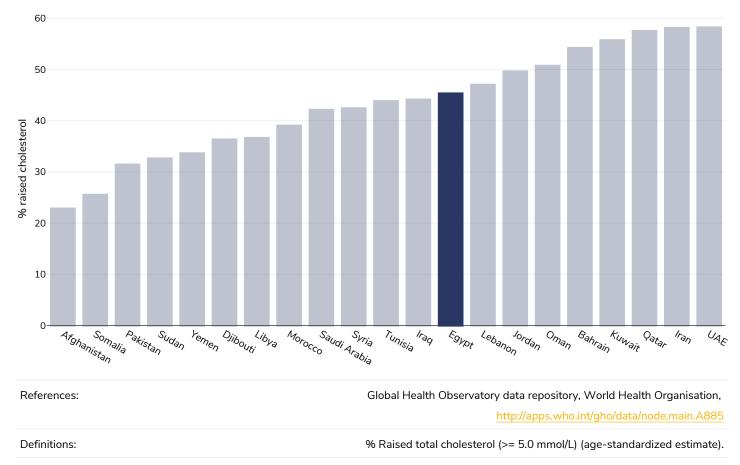


55





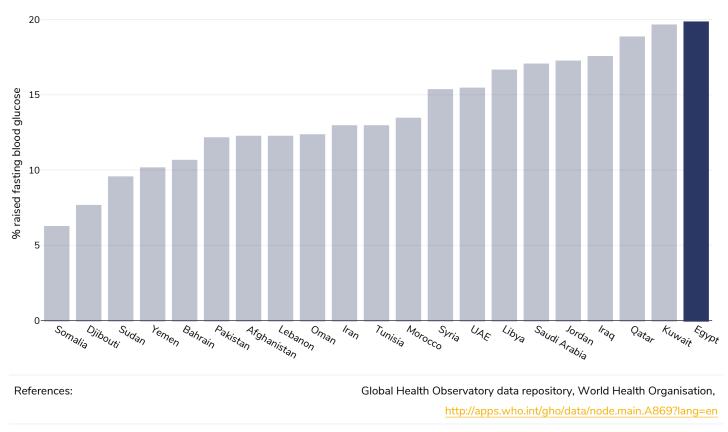






Raised fasting blood glucose

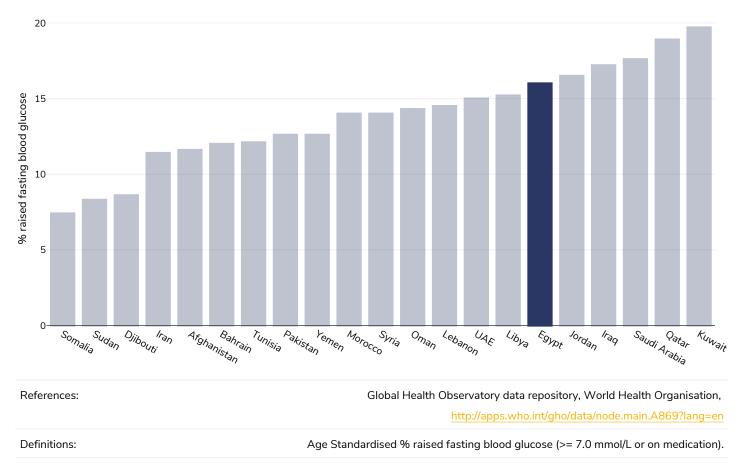




Definitions:

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

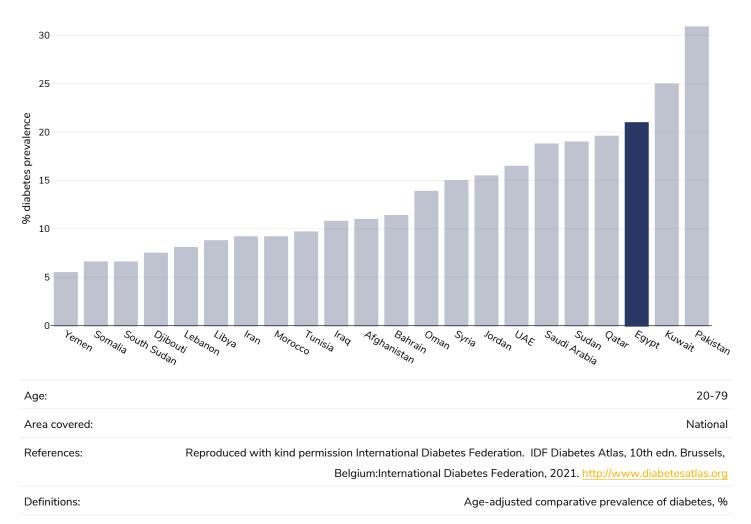






Diabetes prevalence

Adults, 2021





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?	×
Front-of-package labelling?	×
Back-of-pack nutrition declaration?	?
Color coding?	×
Warning label?	×



Regulation and marketing	
Are there fiscal policies on unhealthy products?	X
Tax on unhealthy foods?	×
Tax on unhealthy drinks?	X
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)?	X
Mandatory limit of trans fats in place (all settings)?	×
Ban on trans-fats or phos in place (all settings)?	×
Are there any mandatory policies/marketing restrictions on the promotion of unhealthy food/drinks to children?	×
Mandatory restriction on broadcast media?	×
Mandatory restriction on non-broadcast media?	X
Voluntary policies/marketing restrictions on the promotion of unhealthy food/drinks to children?	X
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?	×



AA ■ ■ Political will and support

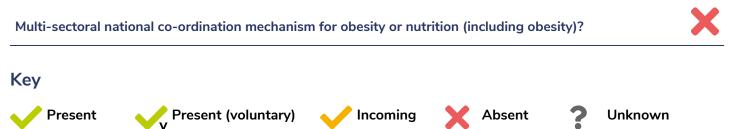
National obesity strategy or nutrition and physical activity national strategy?	×
National obesity strategy?	×
National childhood obesity strategy?	×
Comprehensive nutrition strategy?	✓
Comprehensive physical activity strategy?	×
Evidence-based dietary guidelines and/or RDAs?	×
National target(s) on reducing obesity?	 Image: A start of the start of
Guidelines/policy on obesity treatment?	×
Promotion of breastfeeding?	 Image: A start of the start of

Monitoring and surveillance

Monitoring of the prevalence and incidence for the main obesity-related NCDs and risk factors?	~
Within 5 years?	~



Governance and resource





PDF created on May 18, 2024