

Belarus



Country report card - adults

This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity for adults. Where available, data on common and relevant obesity drivers and comorbidities are also presented.

View the latest version of this report on the Global Obesity Observatory at https://data.worldobesity.org/country/belarus-18/.



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Obesity prevalence

Adults, 2020

Obesity Overweight





Overweight/obesity by age

Adults, 2020

Obesity Overweight



?â? Ã[µÃ[½Ã[Â.Ã[Â.Ã[Â.Â.Â] CC BY-NC-SA 3.0 IGO (Belarus 2020 STEPS Survey)



Overweight/obesity by socio-economic group

Men, 2001

Notes:

Obesity Overweight



 Area covered:
 National

 References:
 Suhrcke M, Walters S, Mazzuco S, Pomerleau J,McKee M and Haerpfer CW. Socioeconomic differences in health, health behaviour and access to health care in Armenia, Belarus, Georgia, Kazakhstan, Kyrgyzstan, the Republic of Moldova, the Russian Federation and Ukraine. World Health Organisation 2008. http://www.un.am/up/library/Socio%20Economic%20Differences_eng.pdf (last accessed 19 April 2016)

Prevalence of overweight and obesity by asset quintiles. Socioeconomic quintiles are defined on the basis of assets and household characteristics, rather than income or consumption.











Double burden of underweight & overweight





Insufficient physical activity













Estimated per capita fruit intake





Estimated per-capita processed meat intake





Estimated per capita whole grains intake





Mental health - depression disorders









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| Ū | Belarus | | | |
| Age: | 20+ | | | |
| | | | | |
| Area covered: | National | | | |
| References: | s: Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study | | | |
| | Seattle, WA: IHME, University of Washington, 2023. Available from http://vizhub.healthdata.org/gbd-compare. (Last accessed 23.04.25) | | | |
| Definitions: | Number living with depression per 100,000 population (adults 20+ years) | | | |



Mental health - anxiety disorders













Percent of population who cannot afford a healthy diet





Oesophageal cancer





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| Age: | | | 20+ | | |
| Area | covered: | | National | | |
| Refer | ences: | Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2 | | | |
| | Ob | Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, | | | |
| | | | accessed [16.07.24] | | |
| Defin | itions: | Indicence per 100,000 | | | |



Breast cancer

Women, 2022

Age 20 Age 20+





Colorectal cancer









Pancreatic cancer









Gallbladder cancer









Kidney cancer









Cancer of the uterus





Raised blood pressure

Adults, 2015



Definitions:

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









Raised cholesterol












Raised fasting blood glucose

Men, 2014



Definitions:

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







Diabetes prevalence

Adults, 2024



References:

Reproduced with kind permission International Diabetes Federation. IDF Diabetes Atlas, 11th edn. Brussels, Belgium:International Diabetes Federation, 2025. http://www.diabetesatlas.org



Ovarian Cancer





Leukemia

| Men, 2022 | | | | | | | | | | | |
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| Age: | | | | | | | 20+ | | | | |
| Area covered: | | | | | | | National | | | | |
| References: | Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <u>https://gco.iarc.who.int/today</u> , accessed [16.07.24] | | | | | | | | | | |
| Definitions: | | | | | | Incidence p | er 100,000 | | | | |
| | Unless of | therwise noted. overw | eight refers to a BMI I | petween 25kg and 29 | .9ka/m². obesity refer | s to a BMI greater tha | n 30ka/m². | | | | |



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| Age: Area covered: | | | | | | | 20+ National |
| References: | | | | | Znaor A, Soerjomataran n Cancer. Available fron | | oal Cancer . <u>int/today</u> , |
| Definitions: | | | | | | Incidence pe | r 100,000 |
| | Unless othe | rwise noted, overw | eight refers to a BMI | between 25kg and 2 | 9.9kg/m², obesity refers | to a BMI greater thar | 1 30kg/m². |



Leukemia





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









Liver and intrahepatic bile duct Cancer









Multiple Myeloma









Non Hodgkin Lymphoma









Thyroid Cancer







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