# Report card

## Belarus

<table>
<thead>
<tr>
<th>Contents</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Obesity prevalence</td>
<td>2</td>
</tr>
<tr>
<td>Overweight/obesity by education</td>
<td>3</td>
</tr>
<tr>
<td>Overweight/obesity by age</td>
<td>4</td>
</tr>
<tr>
<td>Overweight/obesity by socio-economic group</td>
<td>5</td>
</tr>
<tr>
<td>Insufficient physical activity</td>
<td>7</td>
</tr>
<tr>
<td>Estimated per capita fruit intake</td>
<td>10</td>
</tr>
<tr>
<td>Estimated per-capita processed meat intake</td>
<td>11</td>
</tr>
<tr>
<td>Estimated per capita whole grains intake</td>
<td>12</td>
</tr>
<tr>
<td>Mental health - depression disorders</td>
<td>13</td>
</tr>
<tr>
<td>Mental health - anxiety disorders</td>
<td>14</td>
</tr>
<tr>
<td>% Infants exclusively breastfed 0-5 months</td>
<td>15</td>
</tr>
<tr>
<td>Oesophageal cancer</td>
<td>16</td>
</tr>
<tr>
<td>Breast cancer</td>
<td>18</td>
</tr>
<tr>
<td>Colorectal cancer</td>
<td>19</td>
</tr>
<tr>
<td>Pancreatic cancer</td>
<td>21</td>
</tr>
<tr>
<td>Gallbladder cancer</td>
<td>23</td>
</tr>
<tr>
<td>Kidney cancer</td>
<td>25</td>
</tr>
<tr>
<td>Cancer of the uterus</td>
<td>27</td>
</tr>
<tr>
<td>Raised blood pressure</td>
<td>28</td>
</tr>
<tr>
<td>Raised cholesterol</td>
<td>31</td>
</tr>
<tr>
<td>Raised fasting blood glucose</td>
<td>34</td>
</tr>
<tr>
<td>Diabetes prevalence</td>
<td>36</td>
</tr>
</tbody>
</table>
Obesity prevalence

Adults, 2016-2017

Survey type: Measured
Age: 18-69
Sample size: 4947
Area covered: National
References: Prevalence of non communicable disease risk factors in Belarus STEPS 2016, WHO

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

Children, 2002-2005

Survey type: Measured
Age: 6
Sample size: 10870
Area covered: National
Notes: Prevalence of overweight and obesity by maternal education. IOTF BMI cut-offs used
Cutoffs: IOTF
Overweight/obesity by age

Adults, 2016-2017

Survey type: Measured
Sample size: 4979
Area covered: National
References: Prevalence of non communicable disease risk factors in Belarus STEPS 2016, WHO

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
Overweight/obesity by socio-economic group

Men, 2001

<table>
<thead>
<tr>
<th>Socio-economic Group</th>
<th>Obesity</th>
<th>Overweight</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lowest</td>
<td>20%</td>
<td>40%</td>
</tr>
<tr>
<td>Second</td>
<td>25%</td>
<td>55%</td>
</tr>
<tr>
<td>Middle</td>
<td>30%</td>
<td>60%</td>
</tr>
<tr>
<td>Fourth</td>
<td>35%</td>
<td>65%</td>
</tr>
<tr>
<td>Highest</td>
<td>40%</td>
<td>70%</td>
</tr>
</tbody>
</table>

Survey type: Self-reported
Age: 18+
Sample size: 2000
Area covered: National


Notes: 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.

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
Women, 2001

<table>
<thead>
<tr>
<th>Gender</th>
<th>Asset Quintile</th>
<th>Obesity</th>
<th>Overweight</th>
</tr>
</thead>
<tbody>
<tr>
<td>Women</td>
<td>Lowest</td>
<td>0</td>
<td>60</td>
</tr>
<tr>
<td></td>
<td>Second</td>
<td>10</td>
<td>50</td>
</tr>
<tr>
<td></td>
<td>Middle</td>
<td>20</td>
<td>40</td>
</tr>
<tr>
<td></td>
<td>Fourth</td>
<td>30</td>
<td>30</td>
</tr>
<tr>
<td></td>
<td>Highest</td>
<td>40</td>
<td>20</td>
</tr>
</tbody>
</table>

Survey type: Self-reported
Age: 18+
Sample size: 2000
Area covered: National


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

Adults, 2016

Men, 2016

Estimated per capita fruit intake

Adults, 2017

Survey type: Measured

Age: 25+

References: Global Burden of Disease, the Institute for Health Metrics and Evaluation [http://ghdx.healthdata.org/]

Definitions: Estimated per-capita fruit intake (g/day)
Estimated per-capita processed meat intake

Adults, 2017

Survey type: Measured
Age: 25+
References: Global Burden of Disease, the Institute for Health Metrics and Evaluation [http://ghdx.healthdata.org/]
Definitions: Estimated per-capita processed meat intake (g per day)
## Estimated per capita whole grains intake

**Adults, 2017**

### Survey type:
- Measured

### Age:
- 25+

### References:

### Definitions:
- Estimated per-capita whole grains intake (g/day)
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, 1996-2019

Area covered:

National

References:

Notes:

Definitions:
% exclusively breastfed 0-5 months
Oesophageal cancer

Men, 2018


Definitions: Estimated age-standardized incidence rates (World) in 2018, oesophagus, adults ages 20+. ASR (World) per 100,000
Women, 2018

- Age: 20+
- Definitions: Estimated age-standardized incidence rates (World) in 2018, oesophagus, adults ages 20+. ASR (World) per 100,000
Breast cancer
Women, 2018


Definitions: Estimated age-standardized incidence rates (World) in 2018, breast, females, ages 20+. ASR (World) per 100,000
Colorectal cancer

Men, 2018

Age:

References: Global Cancer Observatory, Cancer incidence rates http://gco.iarc.fr/ (last accessed 30th June 2020)

Definitions: Estimated age-standardized incidence rates (World) in 2018, colorectum, adults, ages 20+. ASR (World) per 100,000
Age: 20+


Definitions: Estimated age-standardized incidence rates (World) in 2018, colorectum, adults, ages 20+. ASR (World) per 100,000
Pancreatic cancer

Men, 2018


Definitions: Estimated age-standardized incidence rates (World) in 2018, pancreas, adults, ages 20+. ASR (World) per 100,000
Women, 2018

Age: 20+

References: Global Cancer Observatory, Cancer incidence rates http://gco.iarc.fr/ (last accessed 30th June 2020)

Definitions: Estimated age-standardized incidence rates (World) in 2018, pancreas, adults, ages 20+. ASR (World) per 100,000
Gallbladder cancer

Men, 2018

Reference:

Definitions:
Estimated age-standardized incidence rates (World) in 2018, gallbladder, adults, ages 20+. ASR (World) per 100,000
Women, 2018

Reference:

Definition:
Estimated age-standardized incidence rates (World) in 2018, gallbladder, adults, ages 20+. ASR (World) per 100,000
Kidney cancer

Men, 2018


Definitions: Estimated age-standardized incidence rates (World) in 2018, kidney, adults, ages 20+. ASR (World) per 100,000
Women, 2018


Definitions: Estimated age-standardized incidence rates (World) in 2018, kidney, adults, ages 20+. ASR (World) per 100,000
Cancer of the uterus

Women, 2018

Age:


Definitions: Estimated age-standardized incidence rates (World) in 2018, cervix uteri, females, ages 20+. ASR (World) per 100,000
Raised blood pressure

Adults, 2015

[Bar chart showing the percentage of raised blood pressure in various countries.]

References:

Definitions:
Age Standardised estimated % Raised blood pressure 2015 (SBP>=140 OR DBP>=90).
### Men, 2015

<table>
<thead>
<tr>
<th>Country</th>
<th>% Raised Blood Pressure</th>
</tr>
</thead>
<tbody>
<tr>
<td>Costa Rica</td>
<td>35.8</td>
</tr>
<tr>
<td>United Kingdom</td>
<td>35.1</td>
</tr>
<tr>
<td>Turkey</td>
<td>34.2</td>
</tr>
<tr>
<td>Israel</td>
<td>33.8</td>
</tr>
<tr>
<td>Switzerland</td>
<td>33.5</td>
</tr>
<tr>
<td>Belgium</td>
<td>33.3</td>
</tr>
<tr>
<td>Greece</td>
<td>33.1</td>
</tr>
<tr>
<td>Ireland</td>
<td>32.8</td>
</tr>
<tr>
<td>Netherlands</td>
<td>32.6</td>
</tr>
<tr>
<td>Andorra</td>
<td>32.5</td>
</tr>
<tr>
<td>Spain</td>
<td>32.2</td>
</tr>
<tr>
<td>Cyprus</td>
<td>32.0</td>
</tr>
<tr>
<td>Finland</td>
<td>31.6</td>
</tr>
<tr>
<td>Sweden</td>
<td>31.5</td>
</tr>
<tr>
<td>Germany</td>
<td>31.3</td>
</tr>
<tr>
<td>Malta</td>
<td>31.1</td>
</tr>
<tr>
<td>Norway</td>
<td>31.0</td>
</tr>
<tr>
<td>Austria</td>
<td>30.8</td>
</tr>
<tr>
<td>Italy</td>
<td>30.5</td>
</tr>
<tr>
<td>Azerbaijan</td>
<td>30.4</td>
</tr>
<tr>
<td>Iceland</td>
<td>30.3</td>
</tr>
<tr>
<td>United States</td>
<td>30.2</td>
</tr>
<tr>
<td>Turkmenistan</td>
<td>30.1</td>
</tr>
<tr>
<td>Kyrgyzstan</td>
<td>30.0</td>
</tr>
<tr>
<td>France</td>
<td>29.9</td>
</tr>
<tr>
<td>Armenia</td>
<td>29.8</td>
</tr>
<tr>
<td>Luxembourg</td>
<td>29.7</td>
</tr>
<tr>
<td>Portugal</td>
<td>29.6</td>
</tr>
<tr>
<td>Georgia</td>
<td>29.5</td>
</tr>
<tr>
<td>Portugal</td>
<td>29.4</td>
</tr>
<tr>
<td>Latvia</td>
<td>29.3</td>
</tr>
<tr>
<td>Lithuania</td>
<td>29.2</td>
</tr>
</tbody>
</table>

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

### References
Women, 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).
Raised cholesterol

Adults, 2008


Definitions: % Raised total cholesterol (>= 5.0 mmol/L) (age-standardized estimate).
Men, 2008


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

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).
Women, 2014

References:

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

Adults, 2021

Age: 20-79

Area covered: National


Definitions: Age-adjusted comparative prevalence of diabetes, %