

# Report card Cyprus



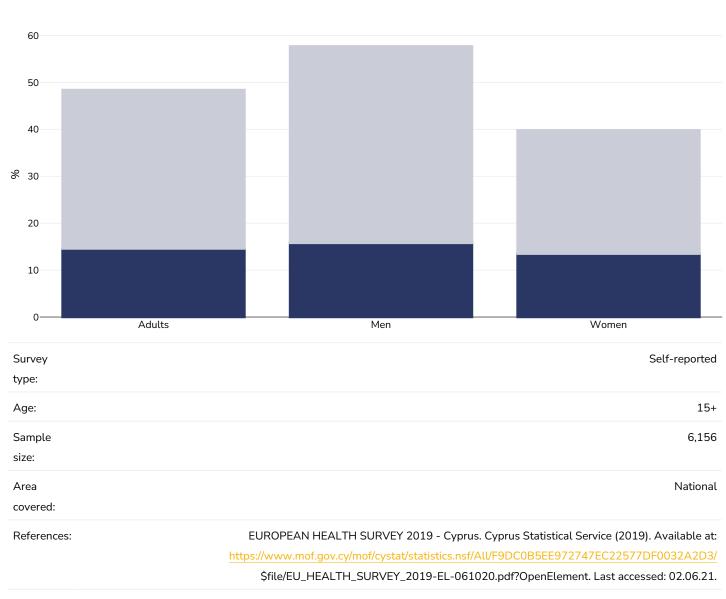
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### **Obesity prevalence**

### Adults, 2019

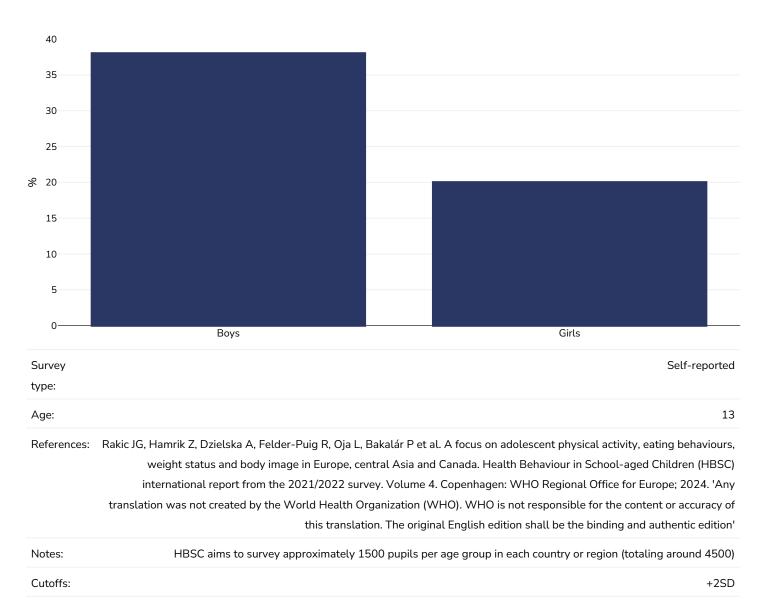
Obesity Overweight





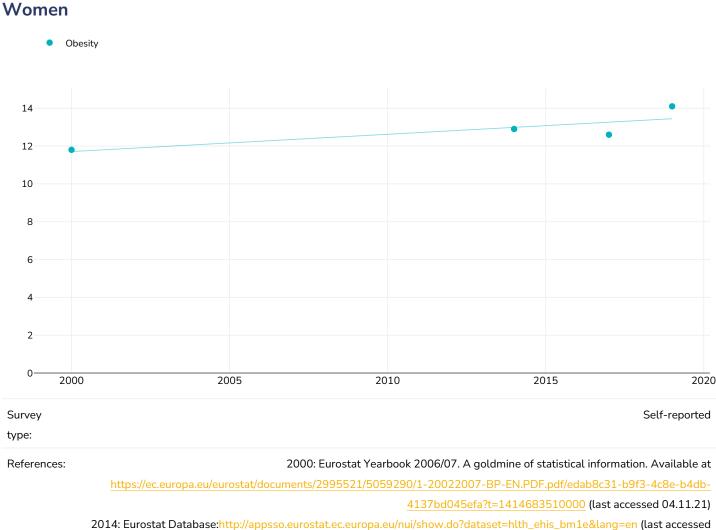
#### Children, 2021-2022

Overweight or obesity





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



2014: Eurostat Database:<u>http://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth\_ehis\_bm1e&lang=en</u> (last accessed 25.08.20)

2017: EUROSTAT Database http://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=ilc\_hch10&lang=en

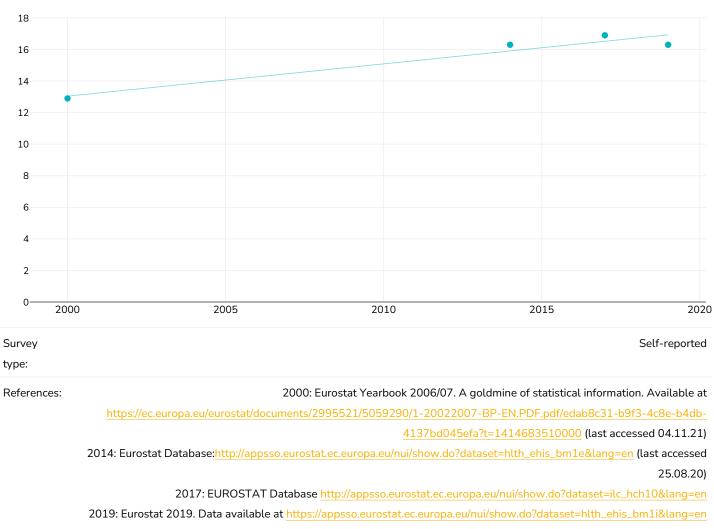
2019: Eurostat 2019. Data available at https://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth\_ehis\_bm1i&lang=en

(last accessed 09.08.21)





Obesity



(last accessed 09.08.21)



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

#### Women

Overweight or obesity

10				• •
• 0			•	
35				
30				
25				
20				
5				
0				
5				
02000	2005	2010	2015	20

Self-reported

Survey type:

-/ |- --

References:

2000: Eurostat Yearbook 2006/07. A goldmine of statistical information. Available at https://ec.europa.eu/eurostat/documents/2995521/5059290/1-20022007-BP-EN.PDF.pdf/edab8c31-b9f3-4c8e-b4db-

4137bd045efa?t=1414683510000 (last accessed 04.11.21)

2014: Eurostat Database:<u>http://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth\_ehis\_bm1e&lang=en</u> (last accessed 25.08.20)

2017: EUROSTAT Database http://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=ilc\_hch10&lang=en

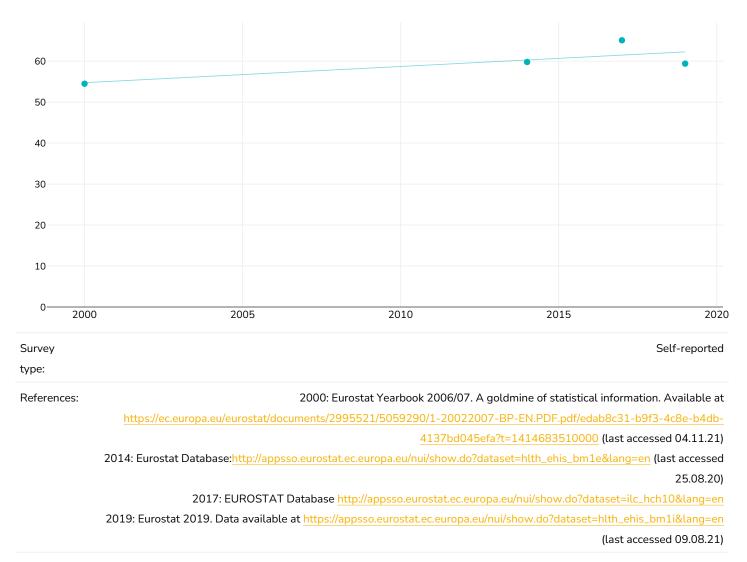
2019: Eurostat 2019. Data available at <a href="https://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth\_ehis\_bm1i&lang=en">https://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth\_ehis\_bm1i&lang=en</a>

(last accessed 09.08.21)



#### Men

Overweight or obesity



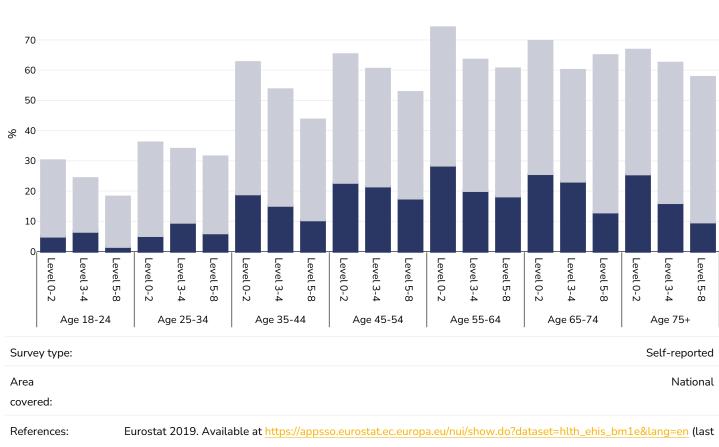


### Overweight/obesity by age and education

#### Adults, 2019

Notes:

Obesity Overweight

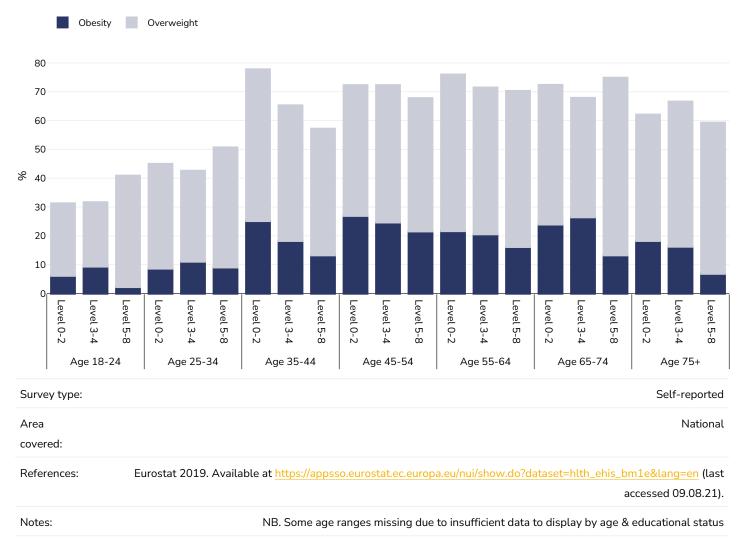


accessed 09.08.21).

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



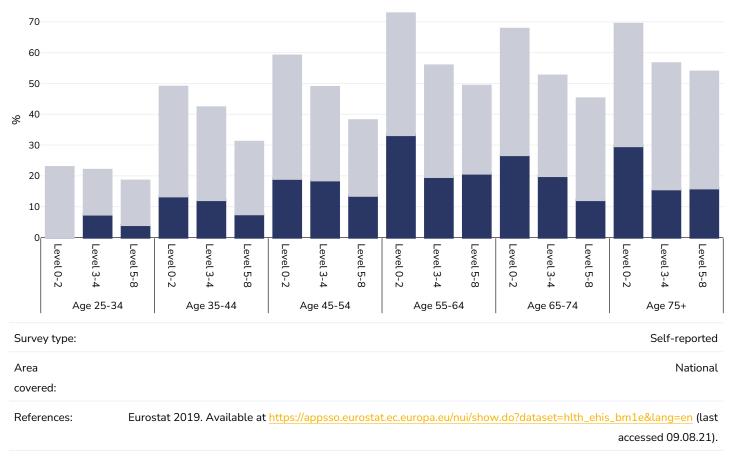
Men, 2019





#### Women, 2019

Obesity Overweight



Notes:

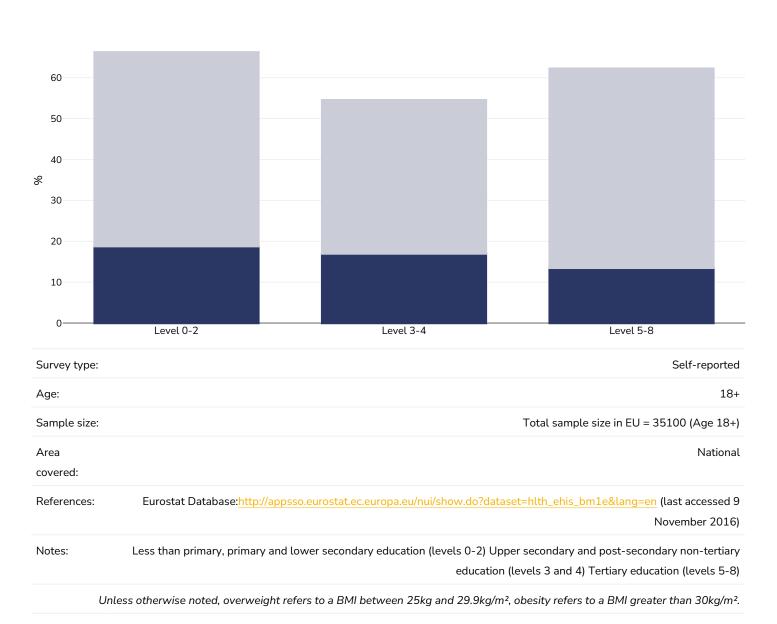
NB. Some age ranges missing due to insufficient data to display by age & educational status



### Overweight/obesity by education



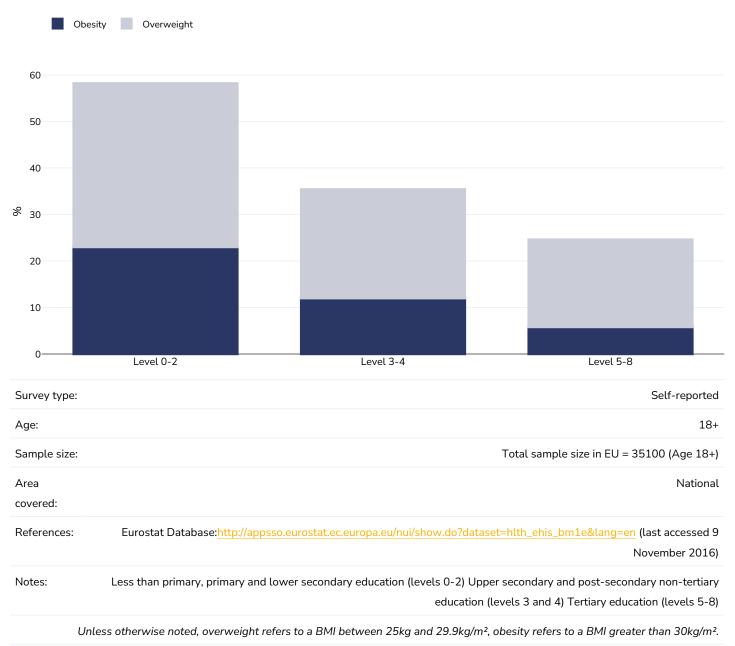
Obesity Overweight



11

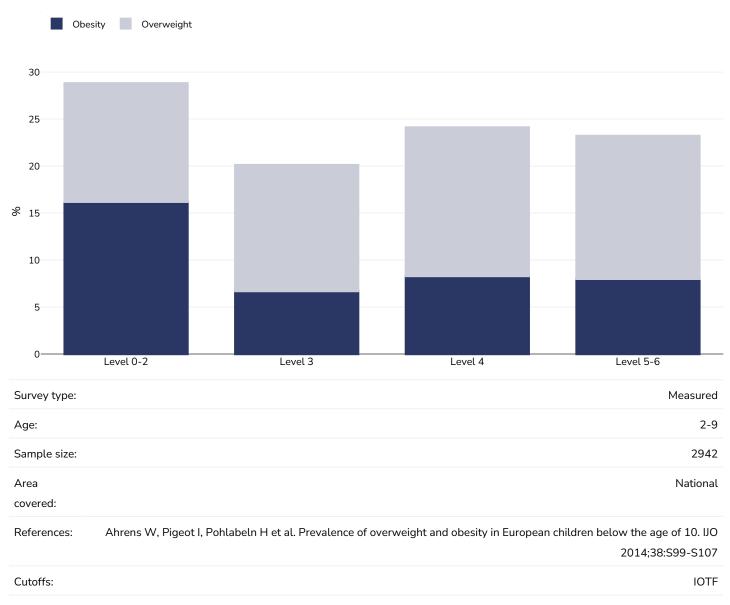


Women, 2014





Children, 2007-2008

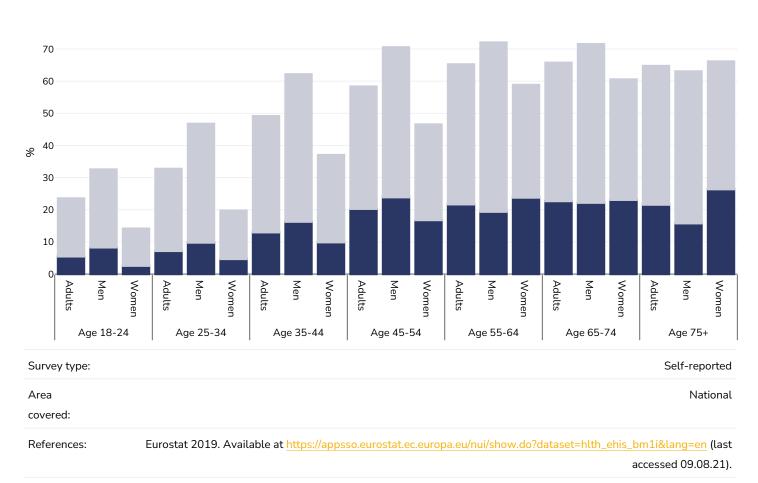




### Overweight/obesity by age

#### Adults, 2019

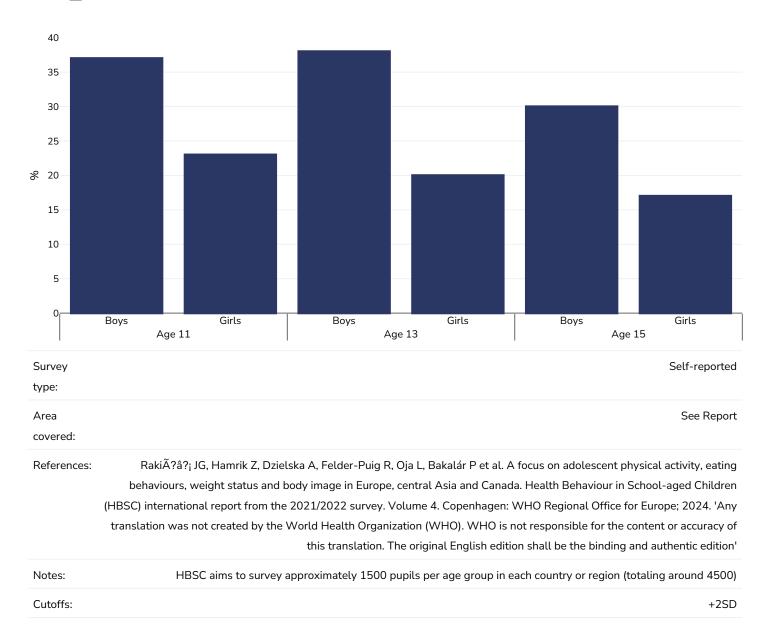
Obesity Overweight





#### Children, 2021-2022

Overweight or obesity

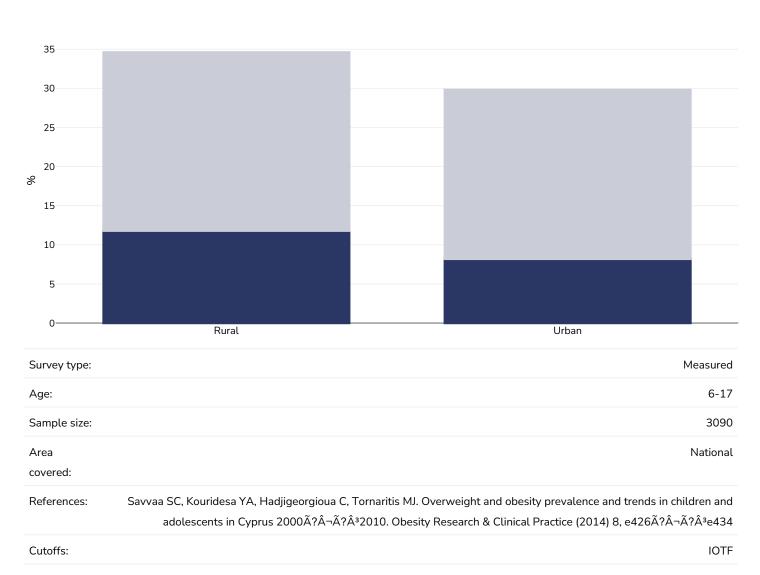




### Overweight/obesity by region

#### Boys, 2009-2010

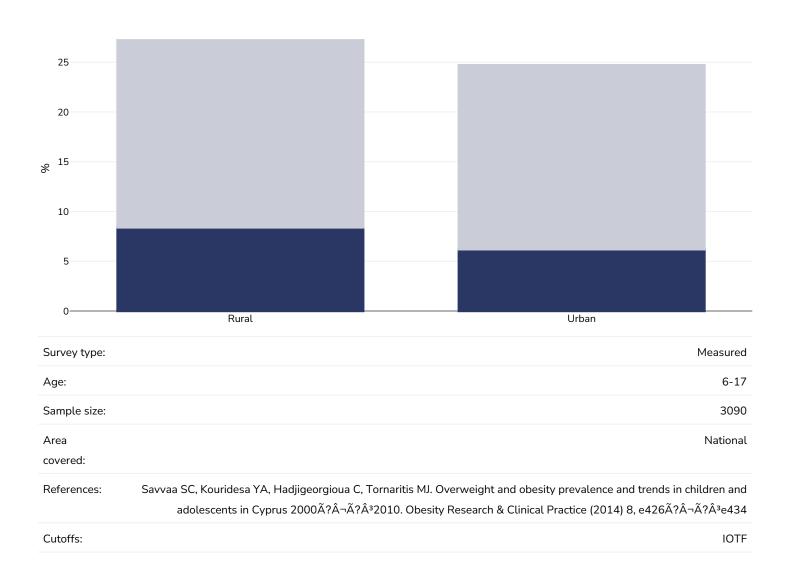
Obesity Overweight





### Girls, 2009-2010

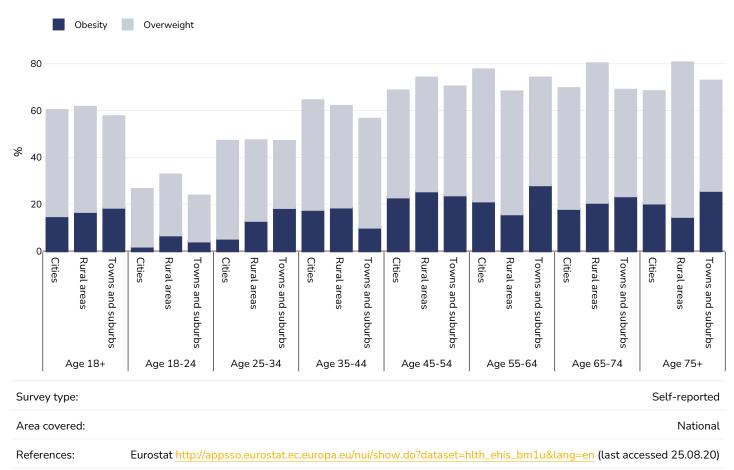
Obesity Overweight





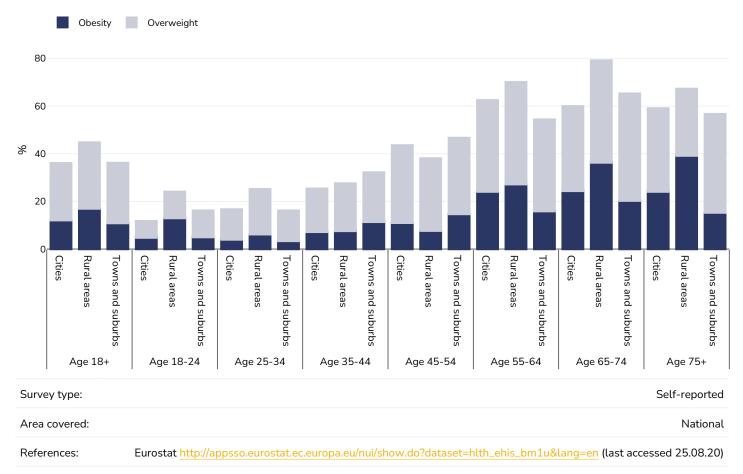
### Overweight/obesity by age and region

### Men, 2014





Women, 2014





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

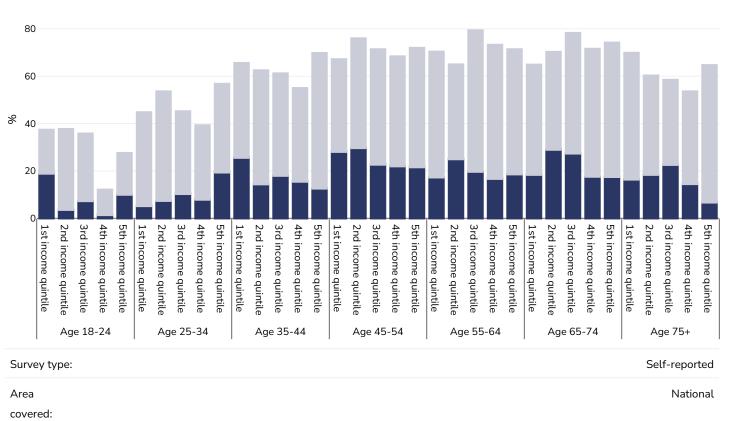
### Adults, 2019

Obesity Overweight 60 8 40 20 1st income quintile 2nd income quintile 3rd income quintile 4th income quintile 5th income quintile 1st income quintile 2nd income quintile 3rd income quintile 4th income quintile 5th income quintile 1st income quintile 2nd income quintile 3rd income quintile 4th income quintile 5th income quintile 1st income quintile 2nd income quintile 3rd income quintile 4th income quintile 5th income quintile 1st income quintile 2nd income quintile 3rd income quintile 4th income quintile 5th income quintile 2nd income quintile 3rd income quintile 4th income quintile 5th income quintile 1st income quintile 2nd income quintile 3rd income quintile 4th income quintile 5th income quintile 1st income quintile Age 25-34 Age 45-54 Age 55-64 Age 65-74 Age 75+ Age 18-24 Age 35-44 Survey type: Self-reported Area National covered: 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



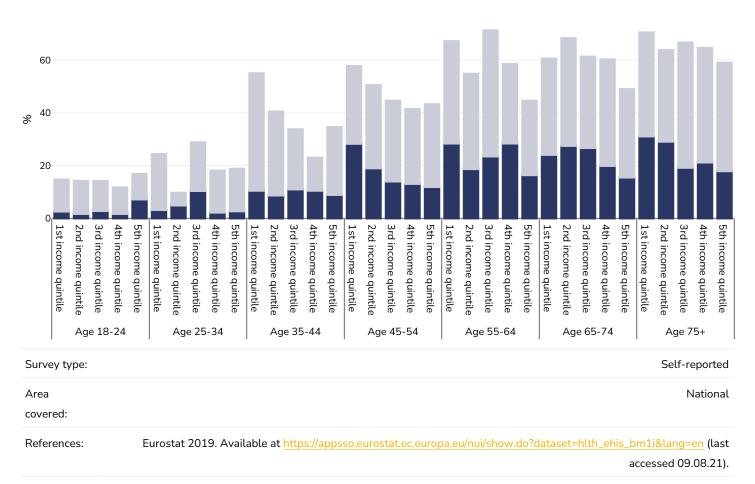


 References:
 Eurostat 2019. Available at <a href="https://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth\_ehis\_bm1i&lang=en">https://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth\_ehis\_bm1i&lang=en</a> (last accessed 09.08.21).



Women, 2019

Obesity Overweight

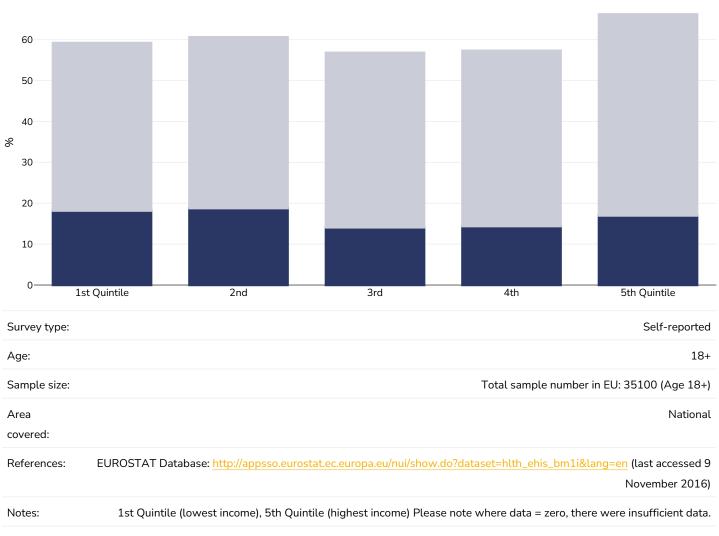




### Overweight/obesity by socio-economic group

#### Men, 2014

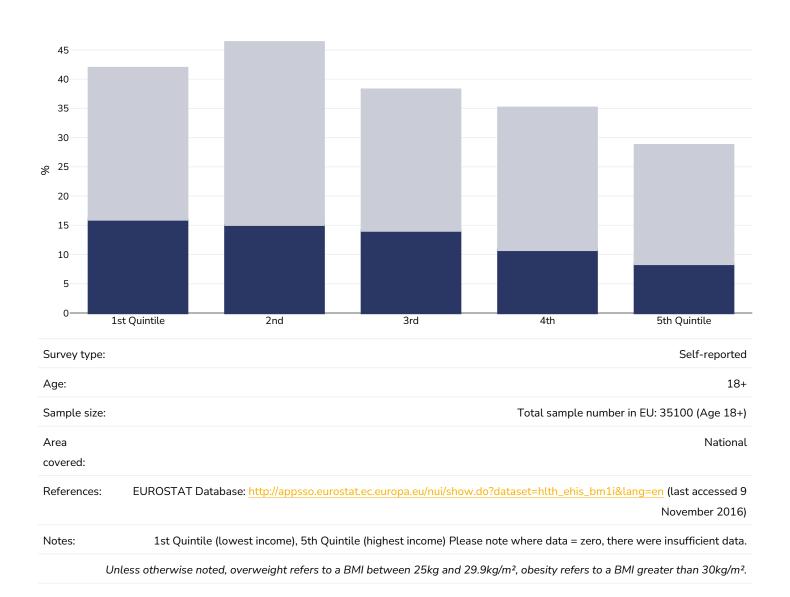
Obesity Overweight





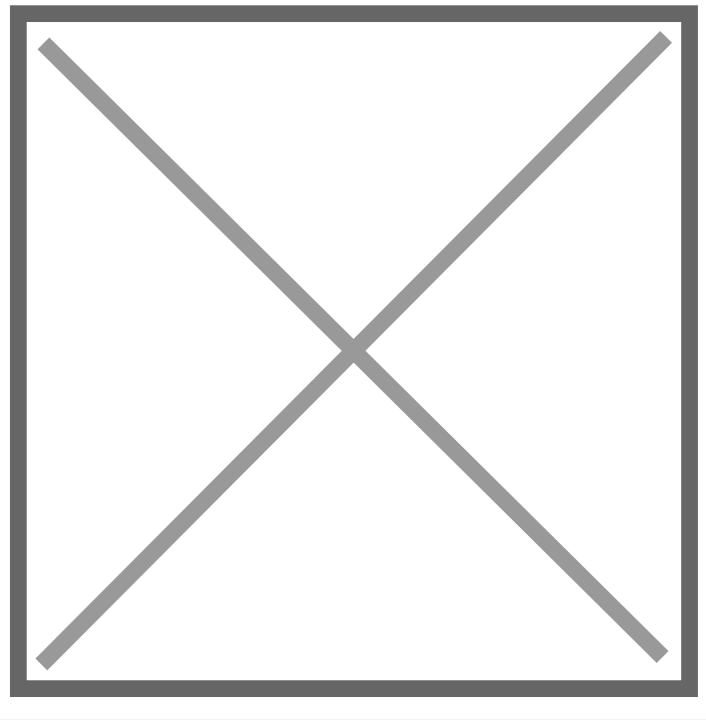
#### Women, 2014

Obesity Overweight





## Boys, 2021-2022



Survey type:	Self-reported
Age:	11-15

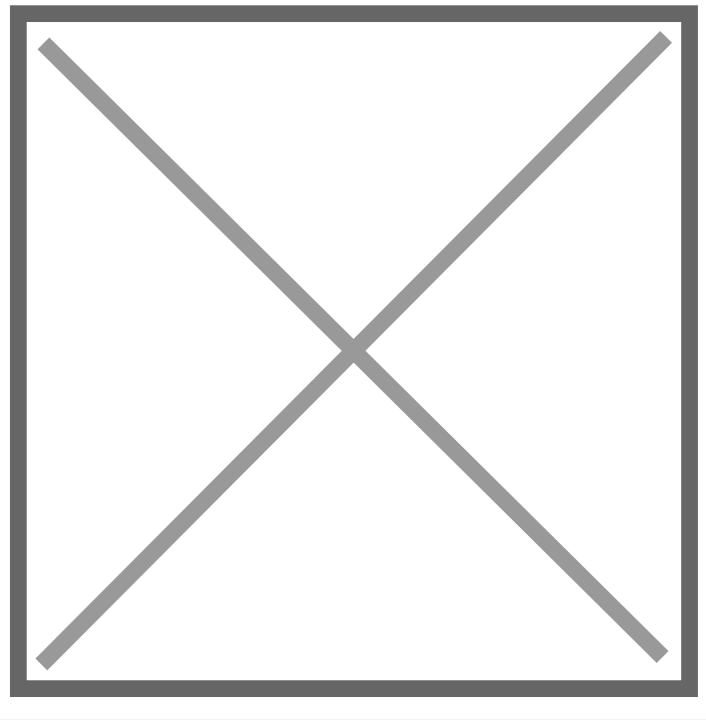


References: Raki? JG, Hamrik Z, Dzielska A, Felder-Puig R, Oja L, Bakalár P et al. A focus on adolescent physical activity, eating behaviours, weight status and body image in Europe, central Asia and Canada. Health Behaviour in School-aged Children (HBSC) international report from the 2021/2022 survey. Volume 4. Copenhagen: WHO Regional Office for Europe; 2024. 'Any translation was not created by the World Health Organization (WHO). WHO is not responsible for the content or accuracy of this translation. The original English edition shall be the binding and authentic edition'

Notes: Family affluence scaleHBSC aims to survey approximately 1500 pupils per age group in each country or region (totaling around 4500)
Cutoffs: +2SD



## Girls, 2021-2022



Survey	Self-reported
type:	
Age:	11-15



References: Raki? JG, Hamrik Z, Dzielska A, Felder-Puig R, Oja L, Bakalár P et al. A focus on adolescent physical activity, eating behaviours, weight status and body image in Europe, central Asia and Canada. Health Behaviour in School-aged Children (HBSC) international report from the 2021/2022 survey. Volume 4. Copenhagen: WHO Regional Office for Europe; 2024. 'Any translation was not created by the World Health Organization (WHO). WHO is not responsible for the content or accuracy of this translation. The original English edition shall be the binding and authentic edition'

Notes: Family affluence scaleHBSC aims to survey approximately 1500 pupils per age group in each country or region (totaling around 4500)
Cutoffs: +2SD



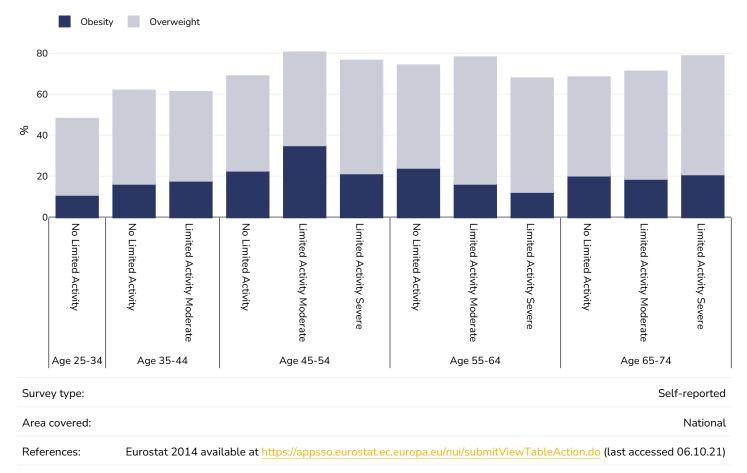
### Overweight/obesity by age and limited activity

#### Adults, 2014

Obesity Overweight 60 40 % 20 0 No Limited Activity Limited Activity Moderate Limited Activity Severe No Limited Activity Limited Activity Moderate Limited Activity Severe No Limited Activity Limited Activity Moderate Limited Activity Severe No Limited Activity Limited Activity Moderate Limited Activity Severe No Limited Activity Limited Activity Moderate Limited Activity Severe Age 25-34 Age 35-44 Age 45-54 Age 55-64 Age 65-74 Survey type: Self-reported Area covered: National Eurostat 2014 available at https://appsso.eurostat.ec.europa.eu/nui/submitViewTableAction.do (last accessed 06.10.21) References:



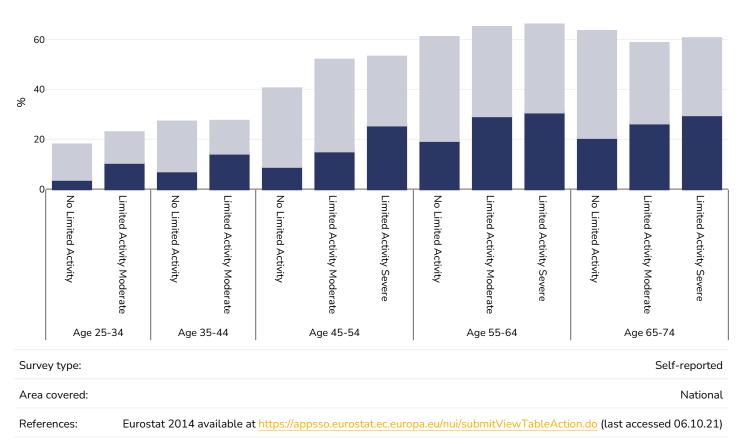
Men, 2014





Women, 2014

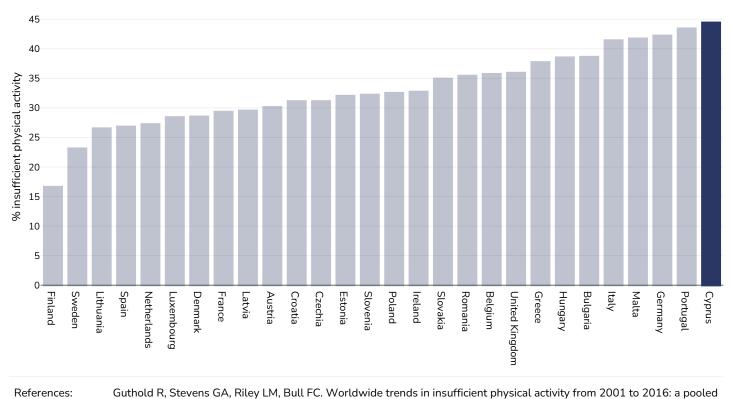
Obesity Overweight





### Insufficient physical activity

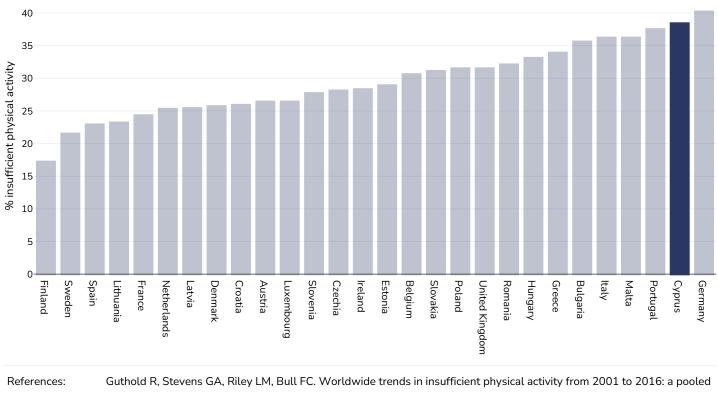
#### Adults, 2016



s: 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 <u>http://dx.doi.org/10.1016/S2214-109X</u> (18)30357-7

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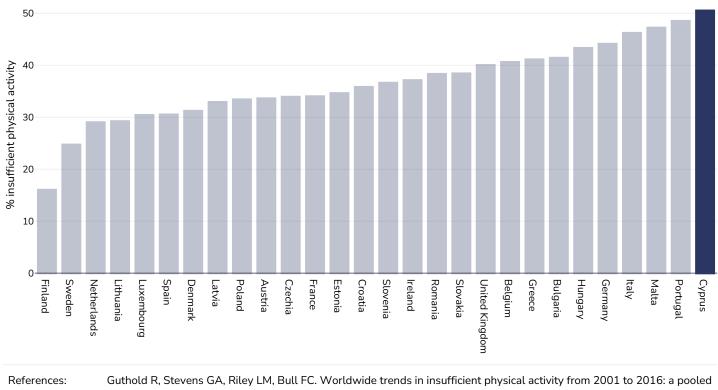
Men, 2016



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



Women, 2016

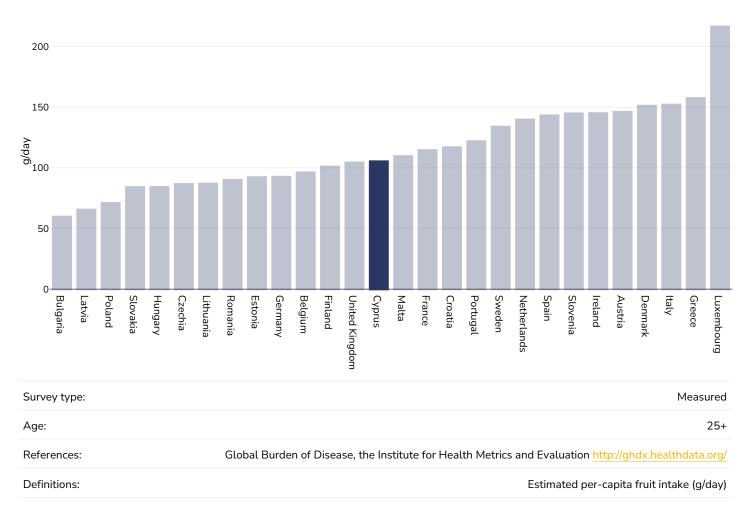


analysis of 358 population-based surveys with 1.9 million participants. Lancet 2018 <u>http://dx.doi.org/10.1016/S2214-109X</u> (18)30357-7



### Estimated per capita fruit intake

#### Adults, 2017





### Estimated per-capita processed meat intake

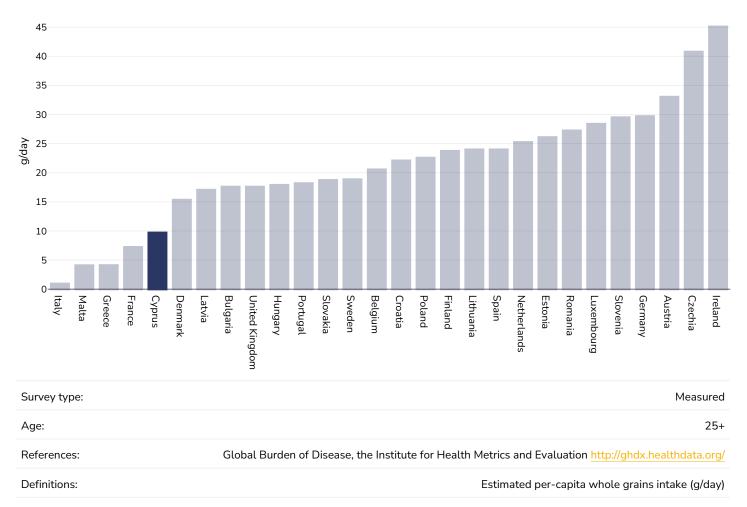
#### 20 15 yday 10 5 0 Sweden Croatia Greece Poland Cyprus Hungary Romania Austria Bulgaria Slovakia Ireland Malta Finland Spain Belgium France Latvia Germany Czechia Italy Estonia Portugal Slovenia Denmark Netherlands Lithuania United Kingdom Luxembourg Measured Survey type: Age: 25+ Global Burden of 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

#### 6 5 4 % of population 3 2 1 0 Belgium Latvia Austria Croatia Cyprus Hungary Malta Slovakia Slovenia Bulgaria Spain Finland Greece Estonia United Kingdom France Ireland Italy Poland Czechia Netherlands Sweden Denmark Romania Luxembourg Germany Lithuania Portugal References: Prevalence data from Global Burden of Disease study 2015 (http://ghdx.healthdata.org) published in: Depression and Other

#### Adults, 2015

ences: Prevalence data from Global Burden of Disease study 2015 (<u>http://ghdx.healthdata.org</u>) published in: Depression and Other Common Mental Disorders: Global Health Estimates. Geneva:World Health Organization; 2017. Licence: CC BY-NC-SA 3.0 IGO.

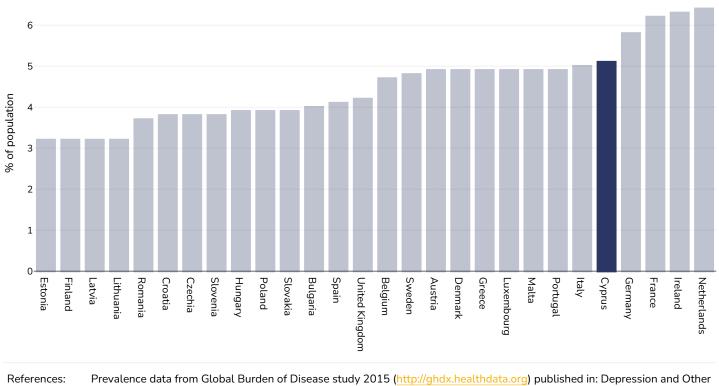
Definitions:

% of population with depression disorders



### Mental health - anxiety disorders

### Adults, 2015



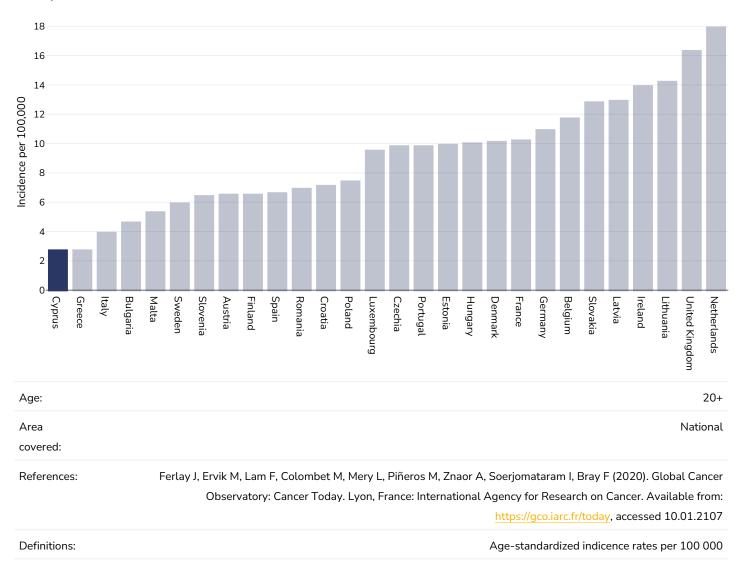
Common Mental Disorders: Global Health Estimates. Geneva:World Health Organization; 2017. Licence: CC BY-NC-SA 3.0 IGO.

Definitions:

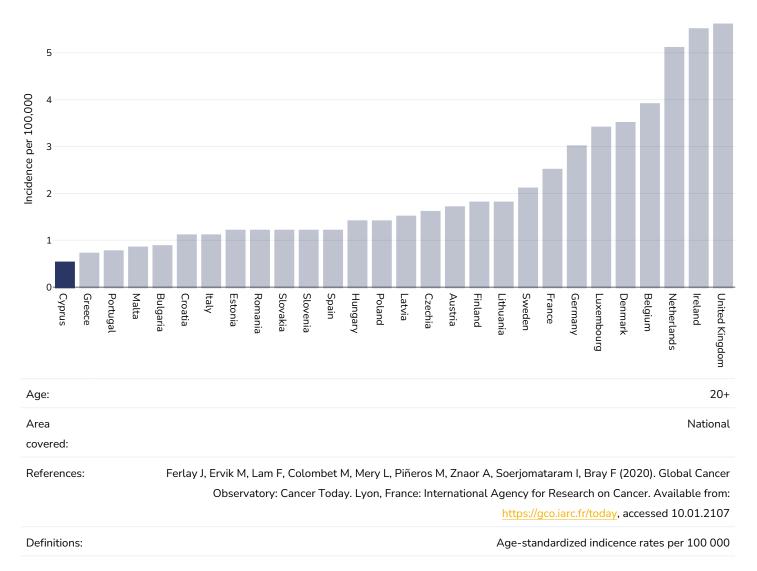
% of population with anxiety disorders



### **Oesophageal cancer**

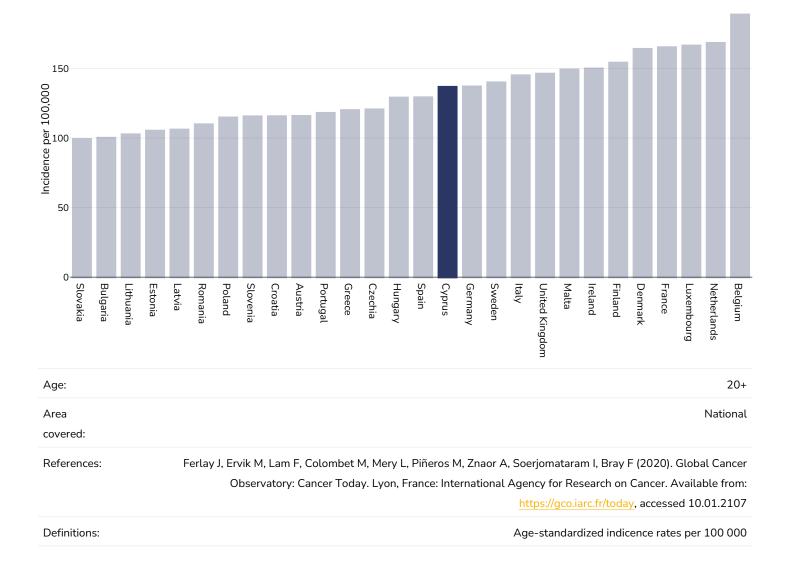






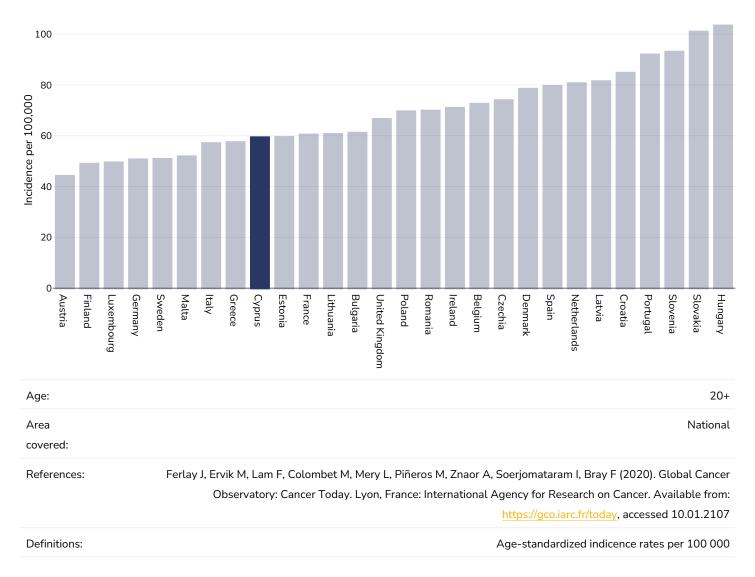


### **Breast cancer**

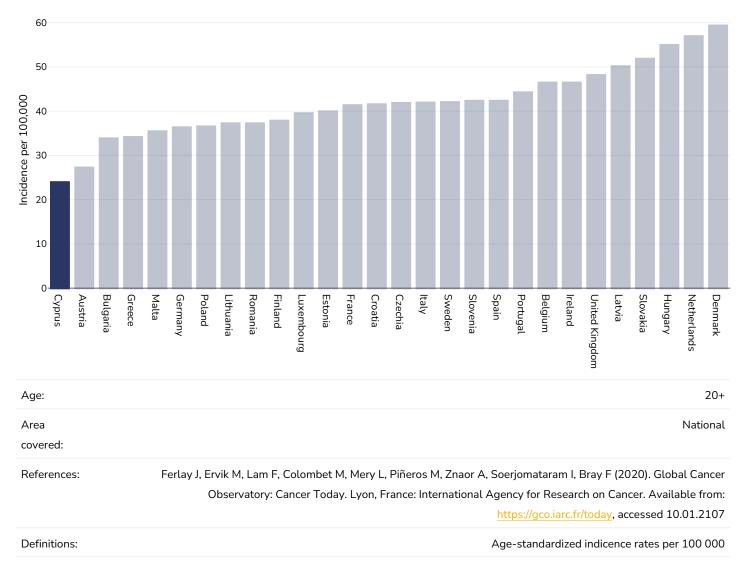




### **Colorectal cancer**

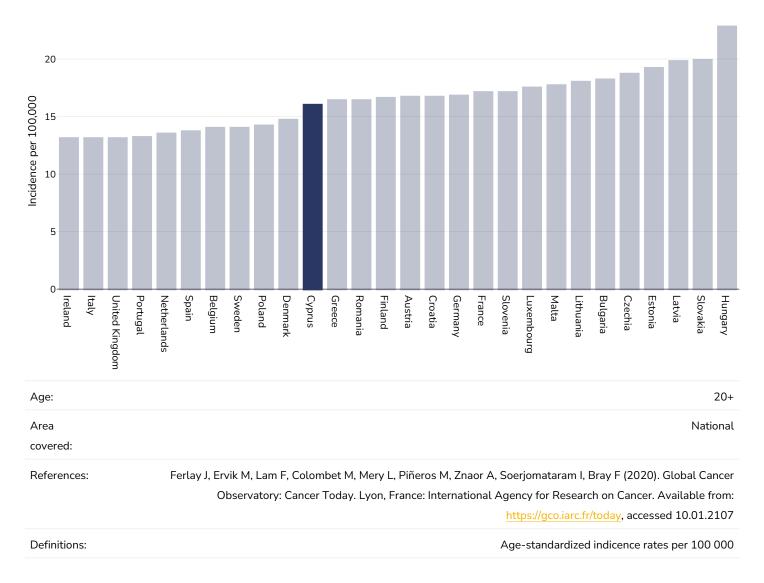


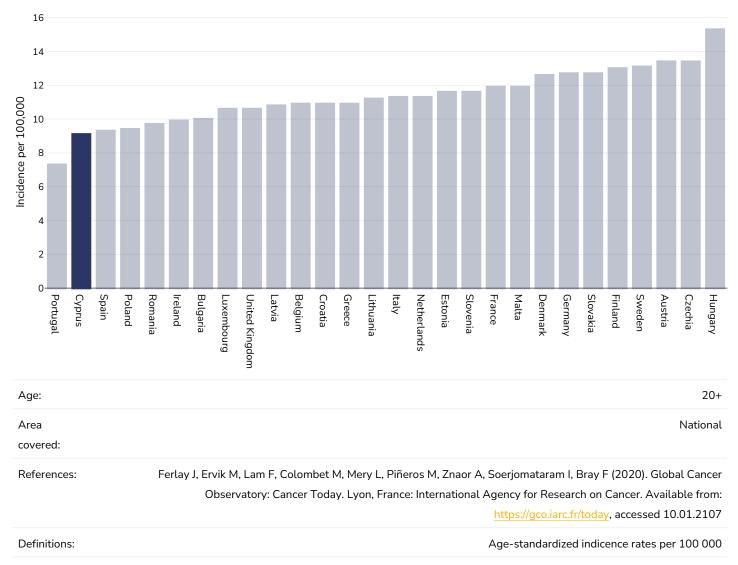






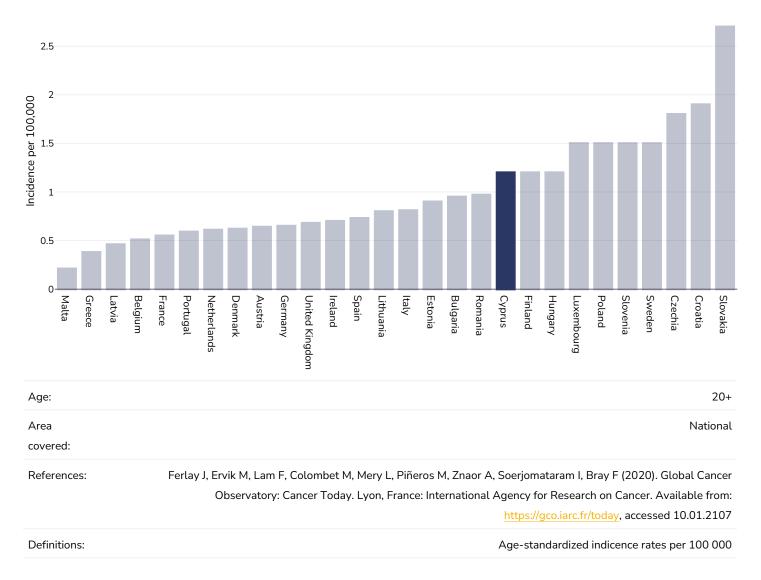
### Pancreatic cancer



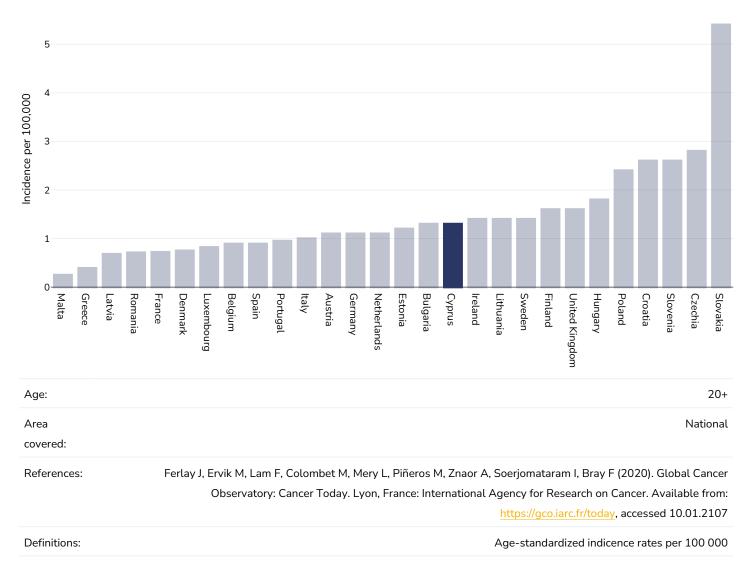




### Gallbladder cancer

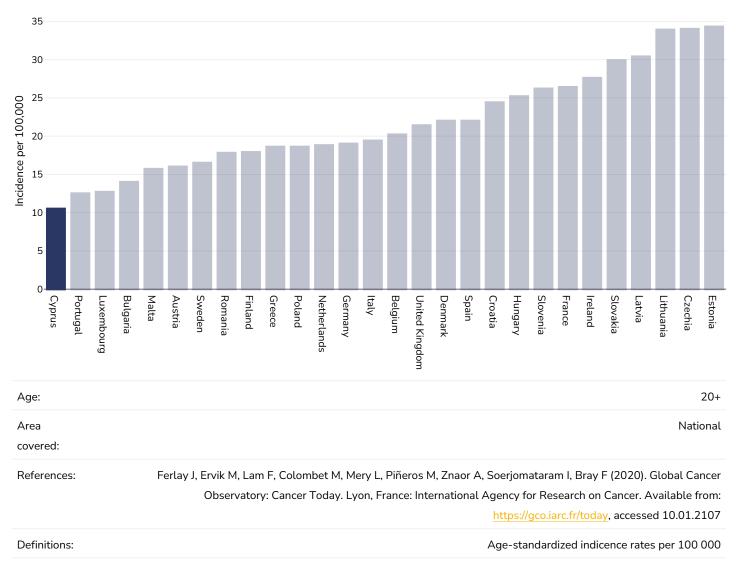


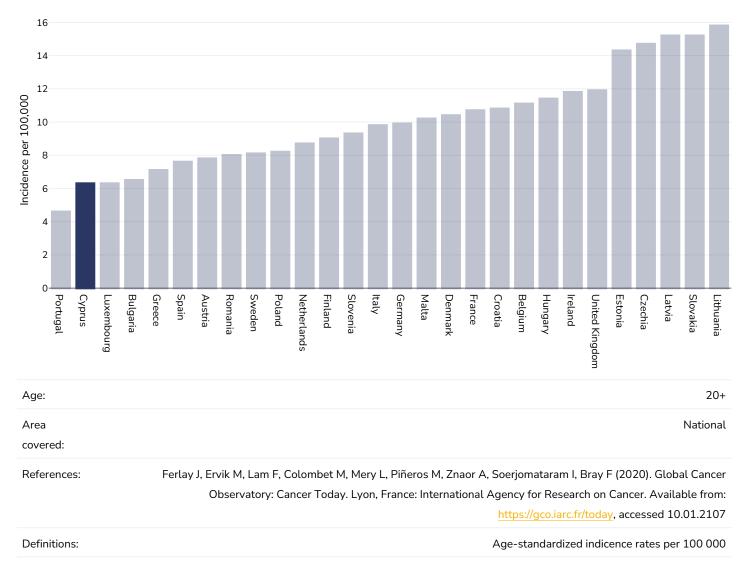






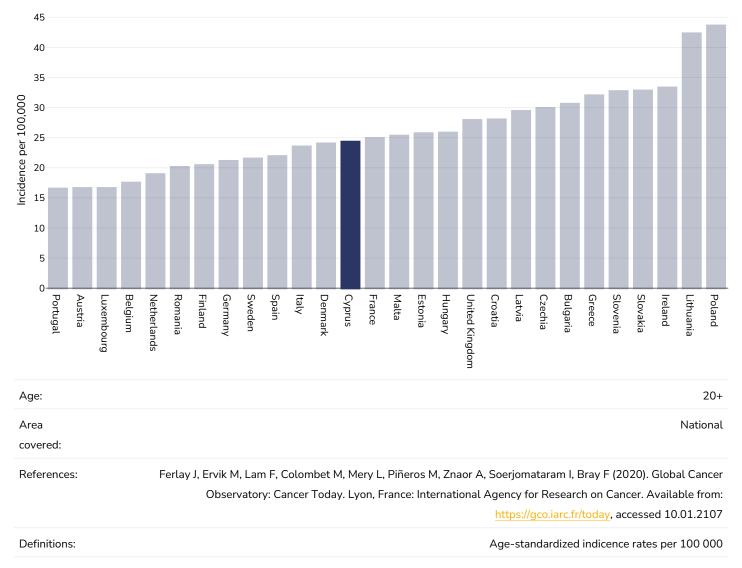
### **Kidney cancer**







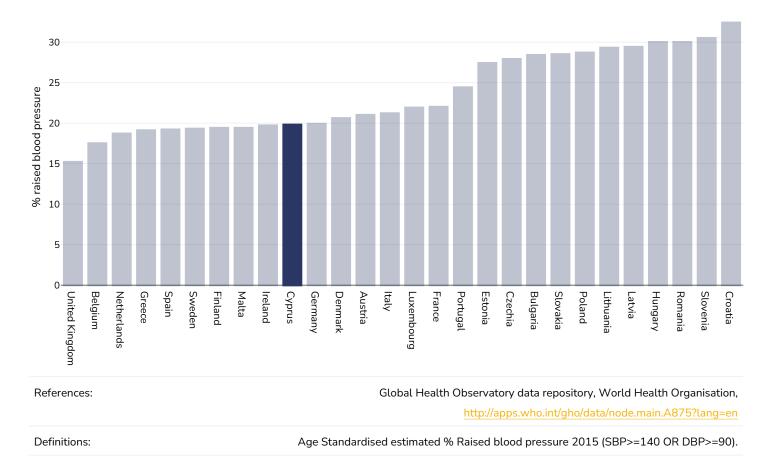
### Cancer of the uterus

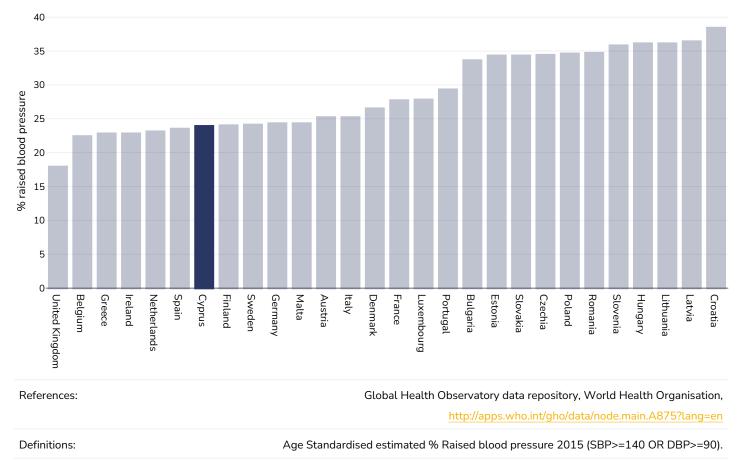




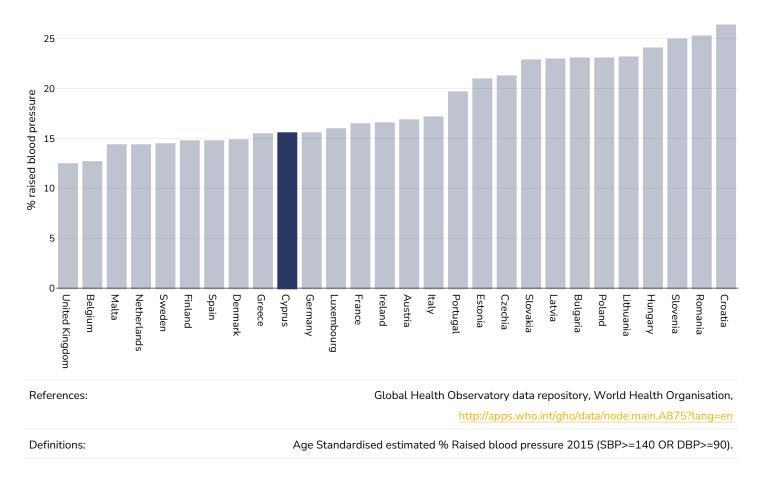
### Raised blood pressure

### Adults, 2015





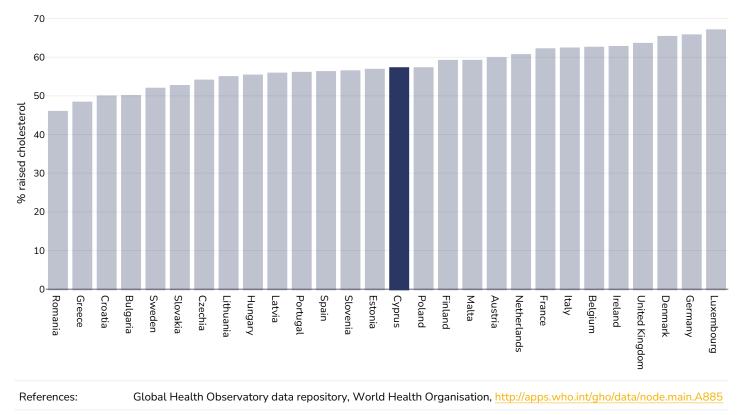






### **Raised cholesterol**

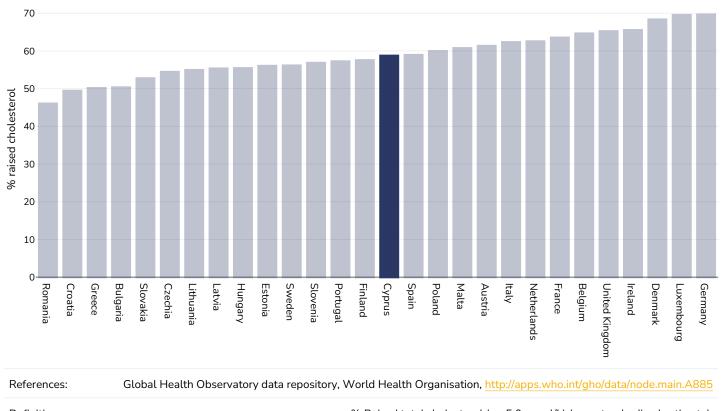
#### Adults, 2008



Definitions:

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

Men, 2008

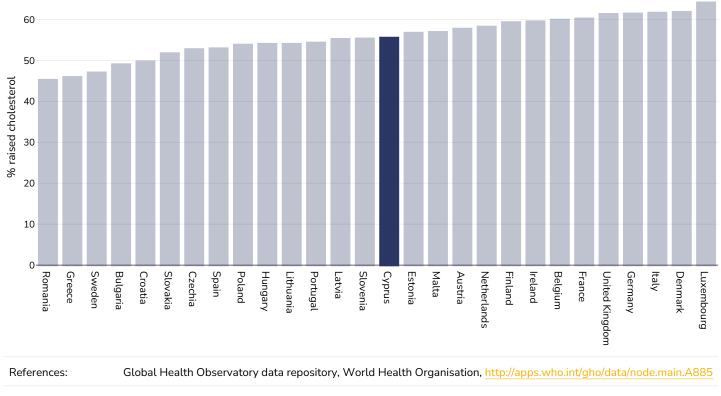


Definitions:

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



### Women, 2008



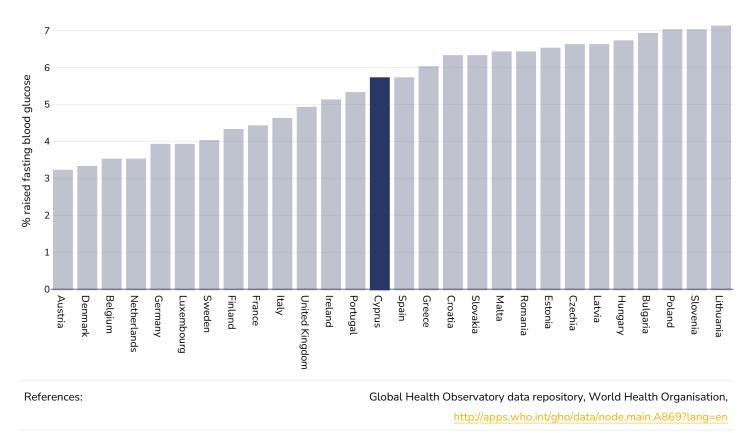
Definitions:

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



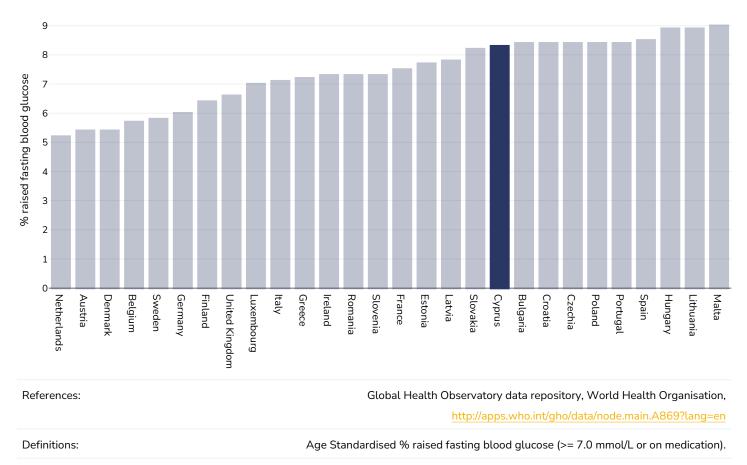
### Raised fasting blood glucose





Definitions:

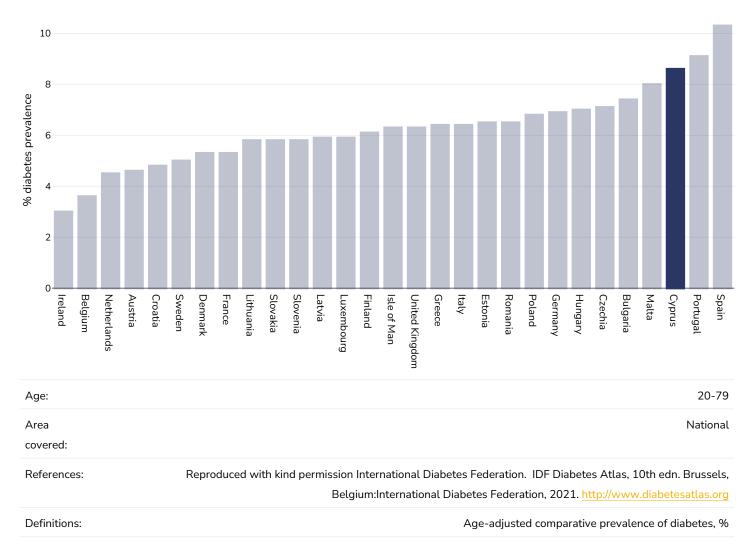
Age Standardised % raised fasting blood glucose (>= 7.0 mmol/L or on medication).





### **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?	<ul> <li>✓</li> </ul>
Color coding?	×
Warning label?	×

Regulation and marketing	
Are there fiscal policies on unhealthy products?	X
Tax on unhealthy foods?	X
Tax on unhealthy drinks?	X
Are there fiscal policies on healthy products?	X
Subsidy on fruits?	X
Subsidy on vegetables?	X
Subsidy on other healthy products?	X
Mandatory limit or ban of trans fat (all settings)?	$\checkmark$
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?	X
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?	X

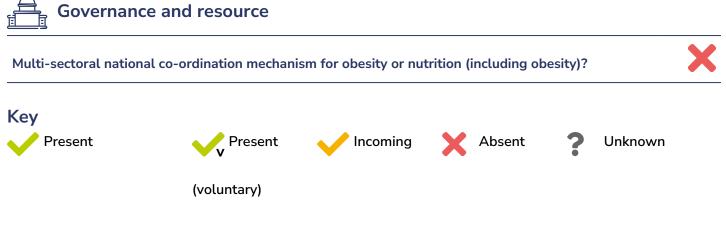
### Y

Ξ



National obesity strategy or nutrition and physical activity national strategy?	$\checkmark$
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?	×
Guidelines/policy on obesity treatment?	×
Promotion of breastfeeding?	✓





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