

# Cyprus



# **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 <a href="https://data.worldobesity.org/country/cyprus-53/">https://data.worldobesity.org/country/cyprus-53/</a>.



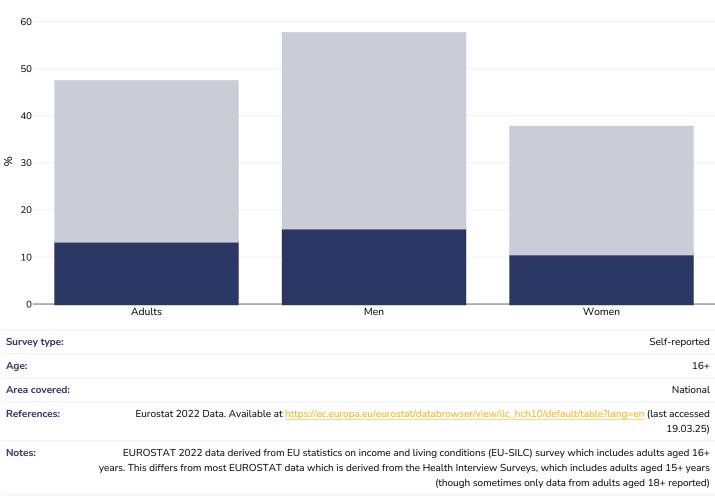
Contents	Page
Obesity prevalence	3
Trend: % Trend obesity Cyprus 2000 2019	4
Trend: % Trend overweight obesity Cyprus Adult 2000 2019	6
Overweight/obesity by age and education	8
Overweight/obesity by education	11
Overweight/obesity by age	14
Overweight/obesity by age and region	15
Overweight/obesity by age and socio-economic group	17
Overweight/obesity by socio-economic group	20
Overweight/obesity by age and limited activity	22
Double burden of underweight & overweight	25
Insufficient physical activity	26
Estimated per capita fruit intake	29
Estimated per-capita processed meat intake	30
Estimated per capita whole grains intake	31
Mental health - depression disorders	32
Mental health - anxiety disorders	35
Percent of population who cannot afford a healthy diet	38
Oesophageal cancer	39
Breast cancer	41
Colorectal cancer	42
Pancreatic cancer	44
Gallbladder cancer	46
Kidney cancer	48
Cancer of the uterus	50
Raised blood pressure	51
Raised cholesterol	54
Raised fasting blood glucose	57
Diabetes prevalence	59
Ovarian Cancer	60
Leukemia	61
Liver and intrahepatic bile duct Cancer	63
Multiple Myeloma	65
Non Hodgkin Lymphoma	67
Thyroid Cancer	69



# **Obesity prevalence**

### Adults, 2022



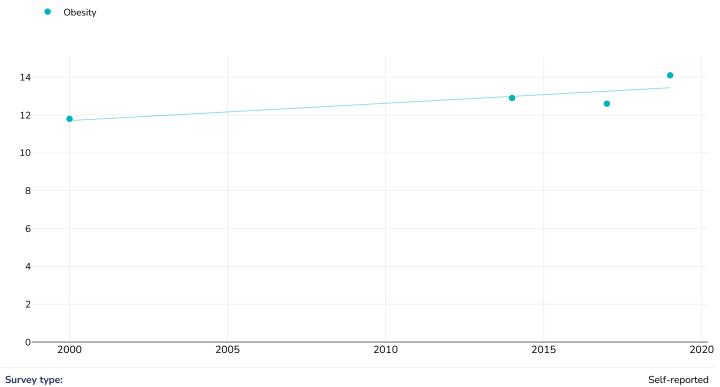




# % Trend obesity Cyprus 2000 2019

#### Women

**References:** 



#### Self-reported

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:http://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth\_ehis\_bm1e&lang=en (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

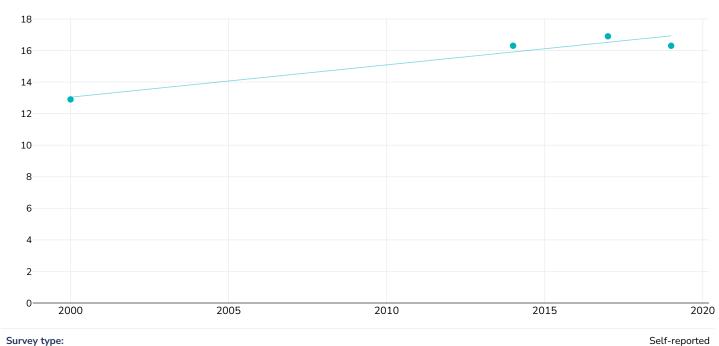
accessed 09.08.21)

Different methodologies may have been used to collect this data and so data from different surveys may not be strictly comparable. Please check with original data sources for methodologies used.



#### Men





#### Self-reported

**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: <a href="http://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth\_ehis\_bm1e&lang=en">http://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth\_ehis\_bm1e&lang=en</a> (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)

Different methodologies may have been used to collect this data and so data from different surveys may not be strictly comparable. Please check with original data sources for methodologies used.



# % Trend overweight obesity Cyprus Adult 2000 2019

#### Women

Overweight or obesity

40			•	•
			•	
35				
30				
50				
25				
20				
15				
15				
10				
5				
0				
02000	2005	2010	2015	202

#### 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: <a href="http://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth\_ehis\_bm1e&lang=en">http://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth\_ehis\_bm1e&lang=en</a> (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)

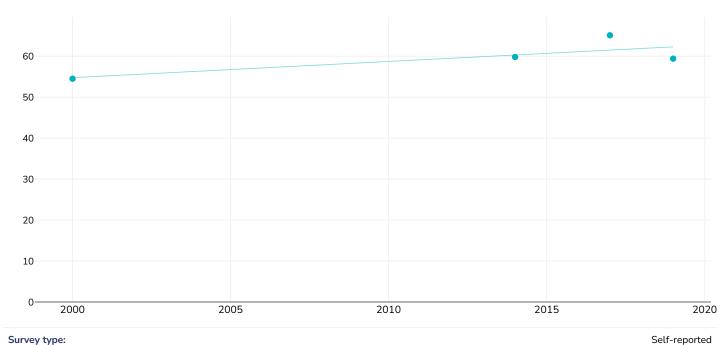
Different methodologies may have been used to collect this data and so data from different surveys may not be strictly comparable. Please check with original data sources for methodologies used.



#### Men

**References:** 

Overweight or obesity



#### Self-reported

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: <a href="http://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth\_ehis\_bm1e&lang=en">http://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth\_ehis\_bm1e&lang=en</a> (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)

Different methodologies may have been used to collect this data and so data from different surveys may not be strictly comparable. Please check with original data sources for methodologies used.

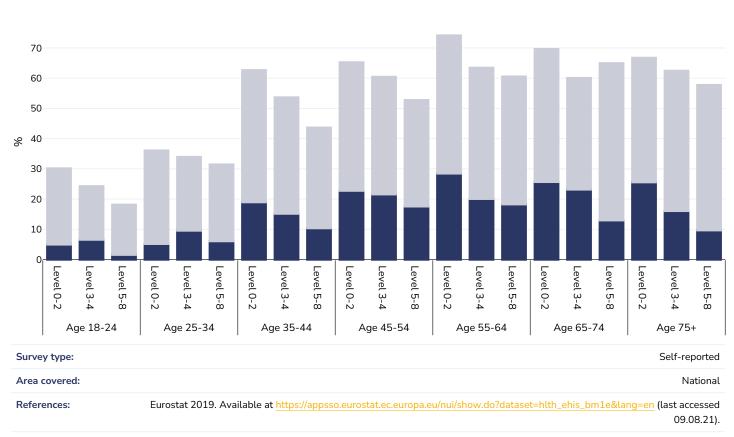


# Overweight/obesity by age and education

### Adults, 2019

Notes:

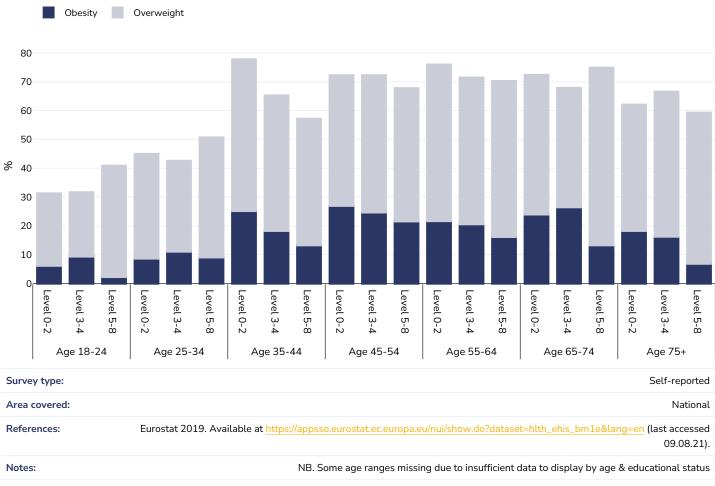
Obesity Overweight



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

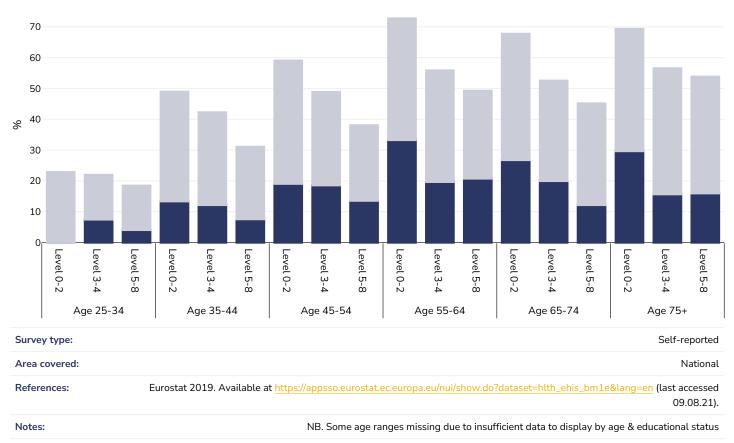


## Men, 2019





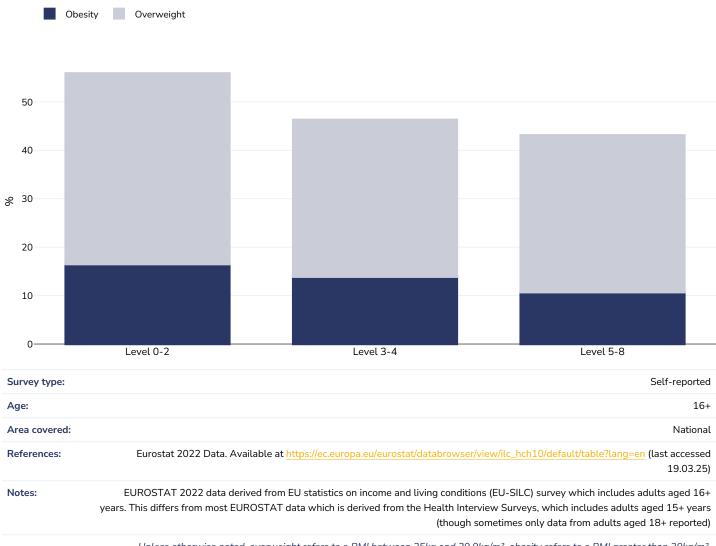
Obesity Overweight





# Overweight/obesity by education

### Adults, 2022

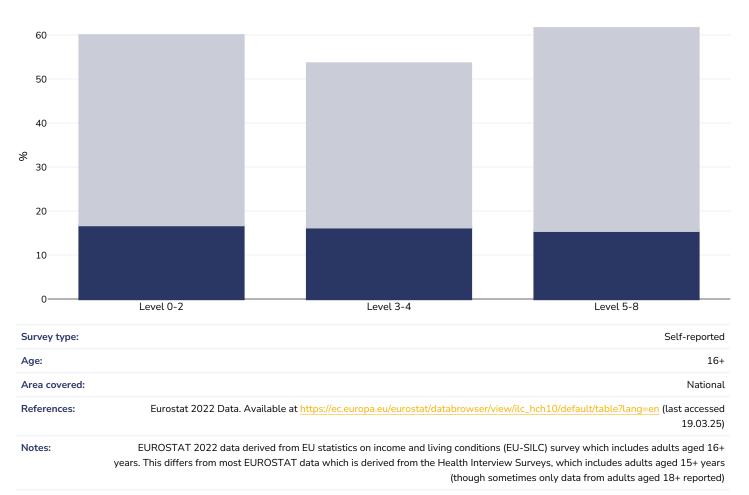






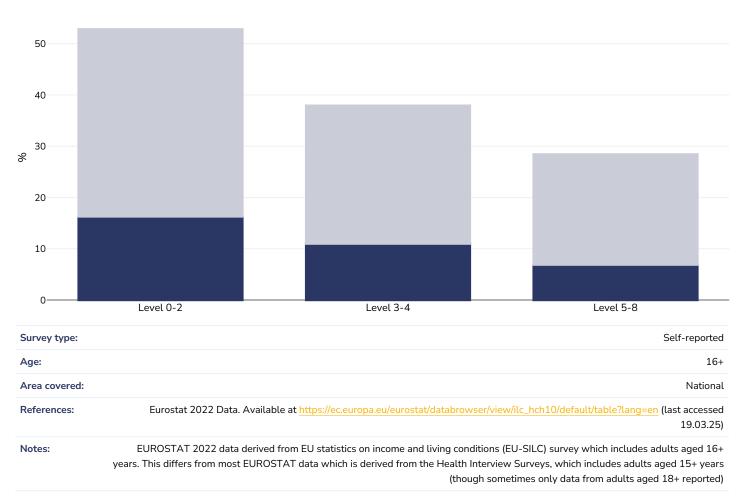
#### Men, 2022









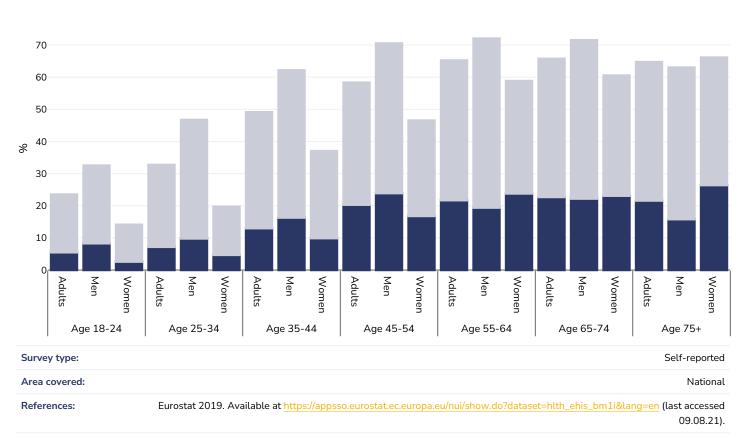




# Overweight/obesity by age

#### Adults, 2019

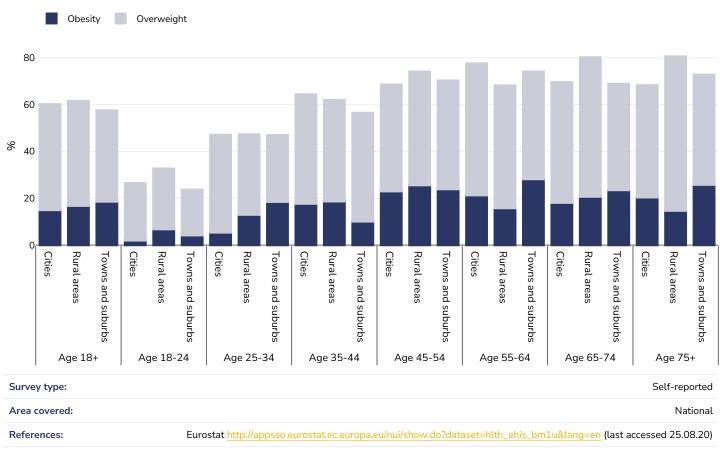
Obesity Overweight



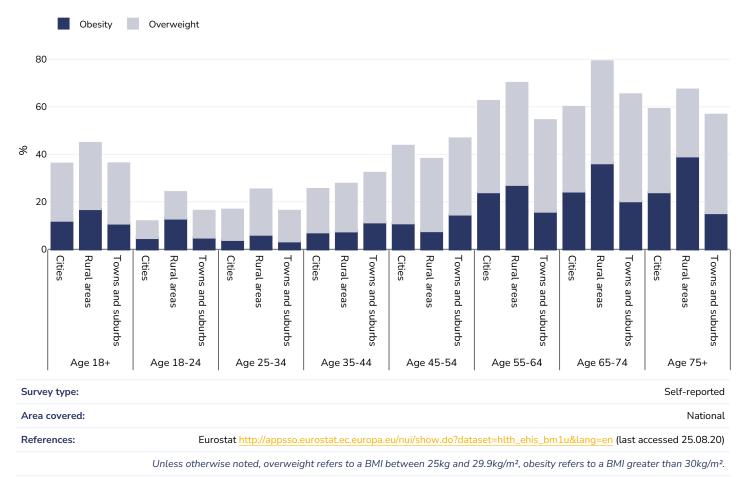


# Overweight/obesity by age and region

#### Men, 2014



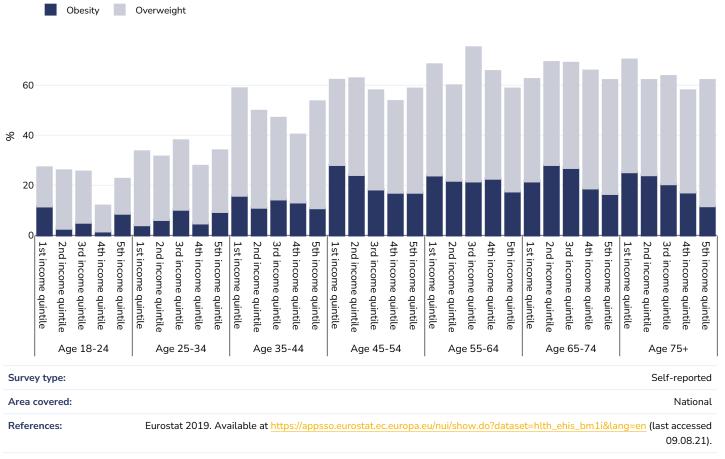






# Overweight/obesity by age and socio-economic group

## Adults, 2019

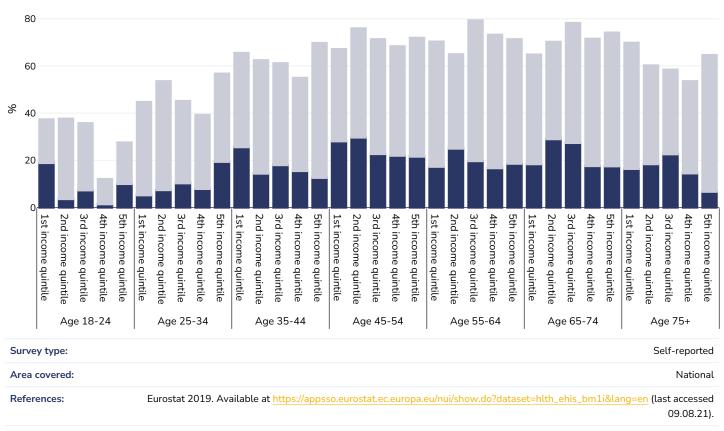




#### Men, 2019

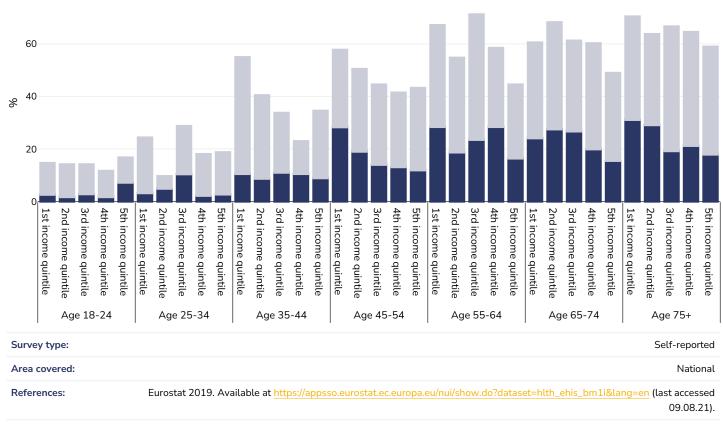
Obesity Over







Obesity Overweight

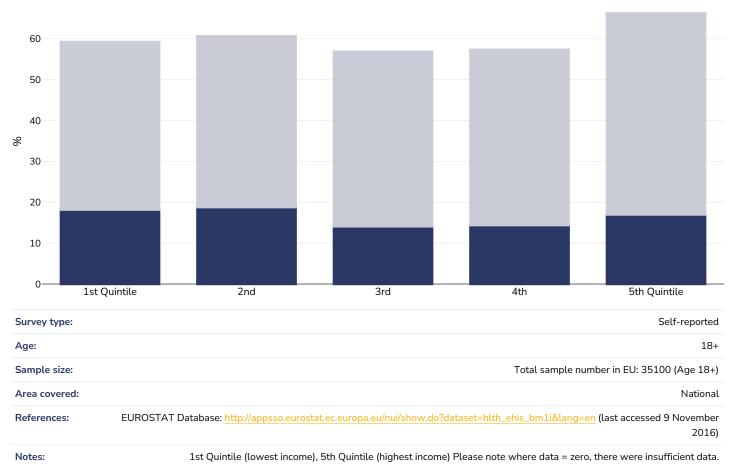




# Overweight/obesity by socio-economic group

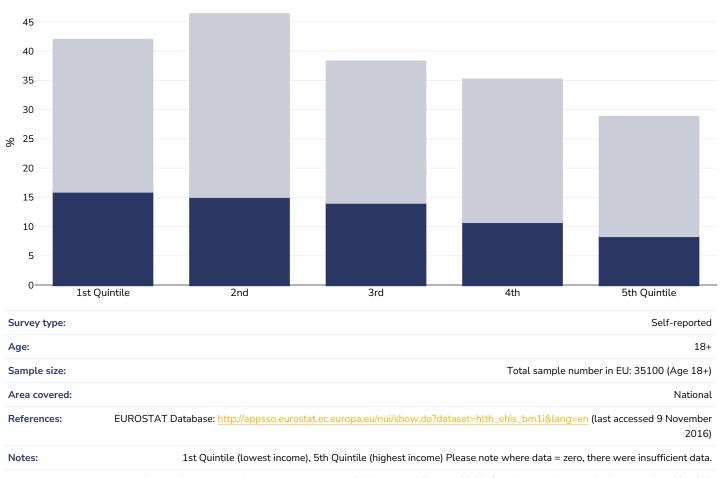
#### Men, 2014













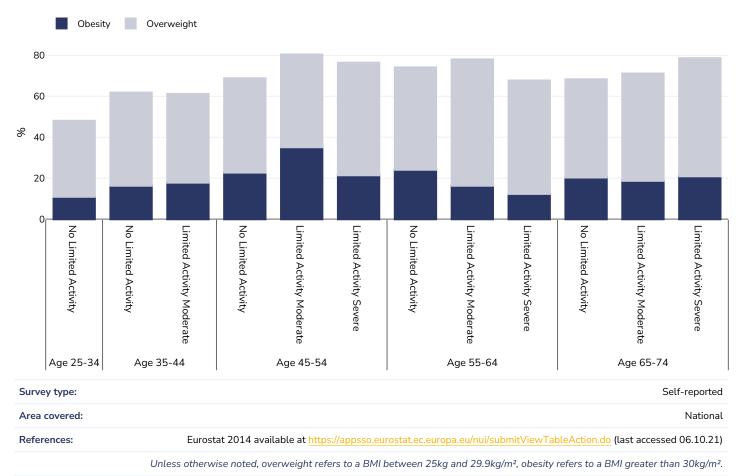
# Overweight/obesity by age and limited activity

#### Adults, 2014

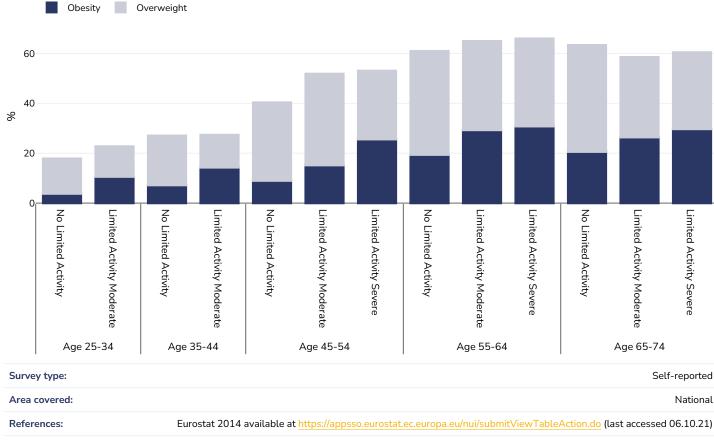
Obesity Overweight 60 40 % 20 0 No Limited Activity Limited Activity Moderate Limited Activity Severe No Limited Activity Limited Activity Moderate Limited Activity Severe No Limited Activity Limited Activity Moderate Limited Activity Severe No Limited Activity Limited Activity Moderate Limited Activity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



## Men, 2014

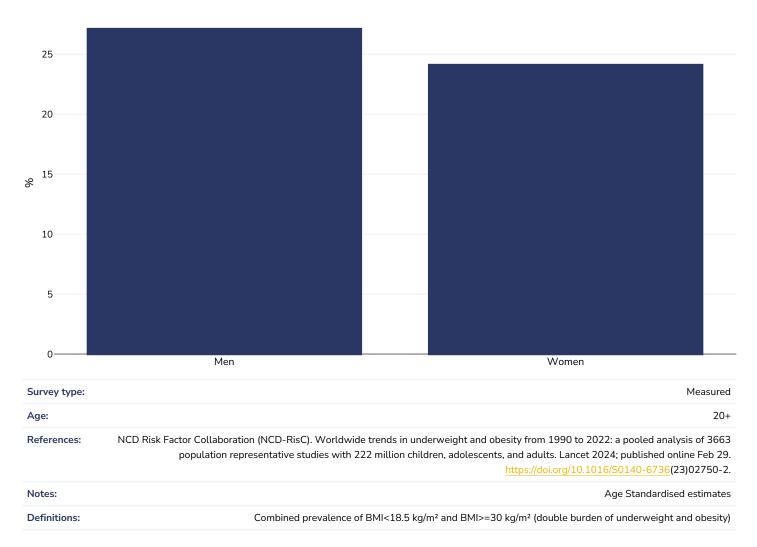






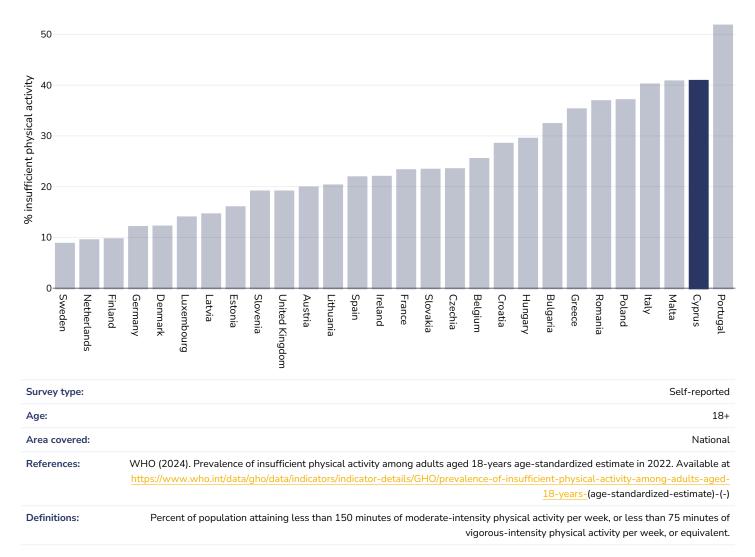


# Double burden of underweight & overweight



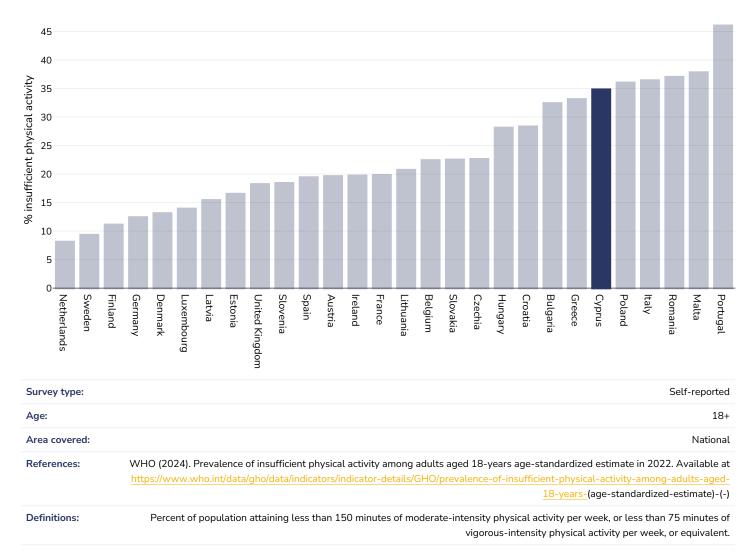


# Insufficient physical activity

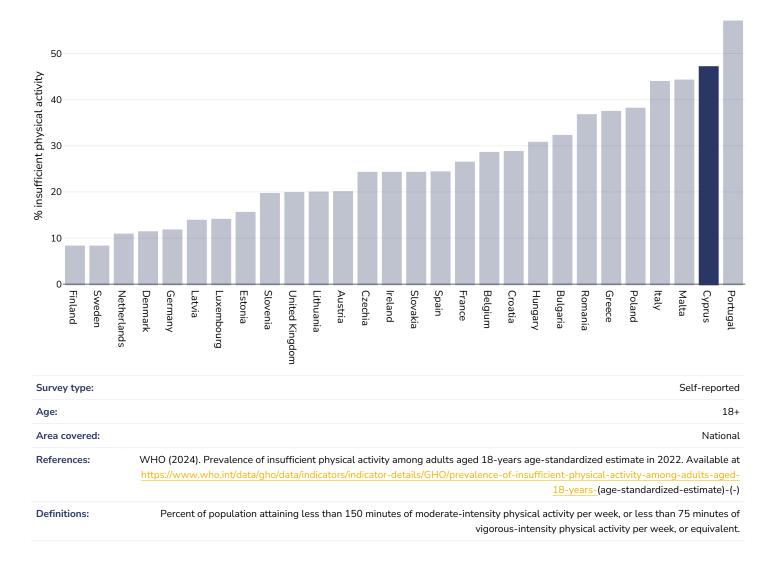


# 

#### Men, 2022

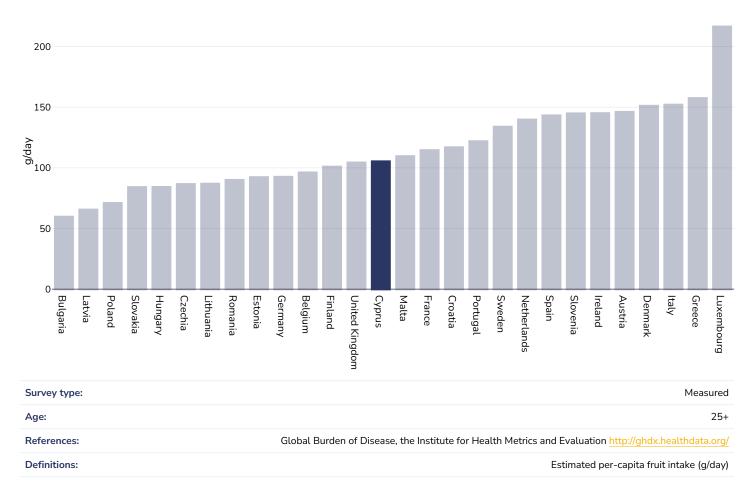






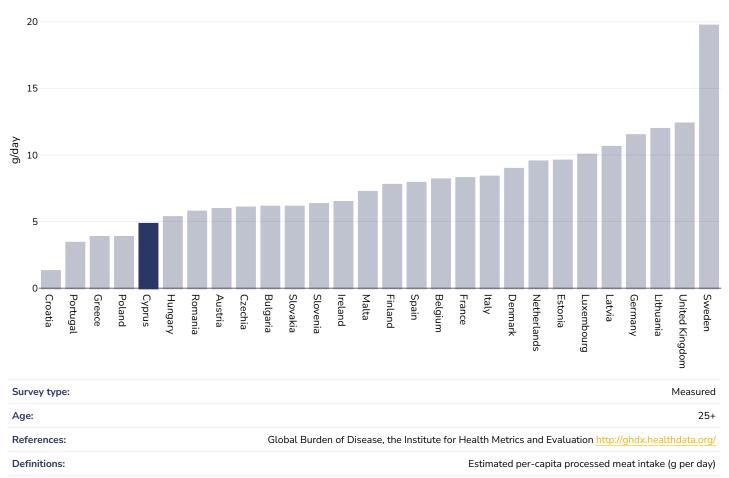


# Estimated per capita fruit intake



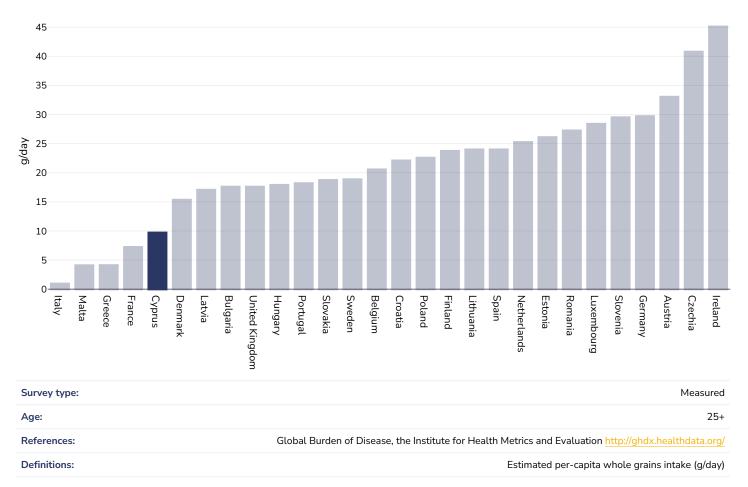


# Estimated per-capita processed meat intake



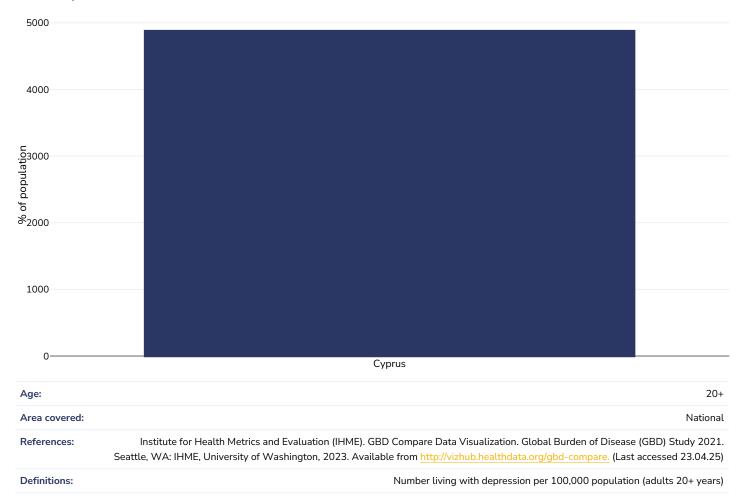


# Estimated per capita whole grains intake





# Mental health - depression disorders





# Men, 2021

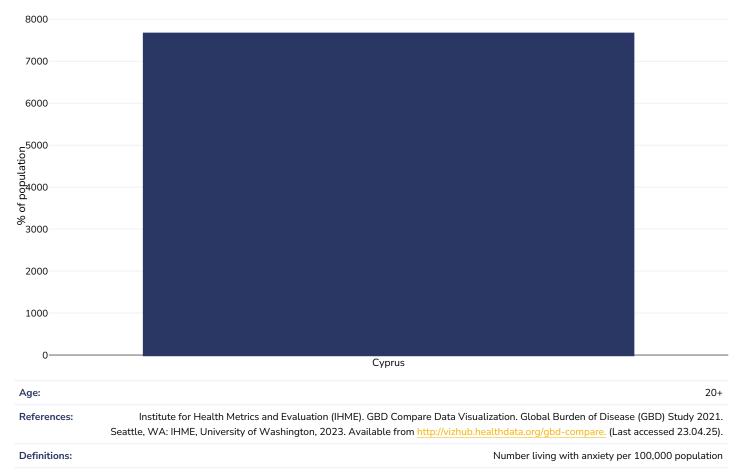
3500	
3300	
3000	
2500	
c	
of population	
122000	
dod	
of	
<i>\$</i> 1500	
1000	
1000	
500	
0	
	Cyprus
Age:	20+
Area covered:	National
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021.
	Seattle, WA: IHME, University of Washington, 2023. Available from http://vizhub.healthdata.org/gbd-compare. (Last accessed 23.04.25)
D.C.W	
Definitions:	Number living with depression per 100,000 population (adults 20+ years)



6000	
8000	
5000	
5000	
5 <sup>4000</sup>	
lati	
ndo	
% of population 000000000000000000000000000000000000	
° %	
2000	
1000	
0	
	Cyprus
Age:	20+
Area covered:	National
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021.
	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)

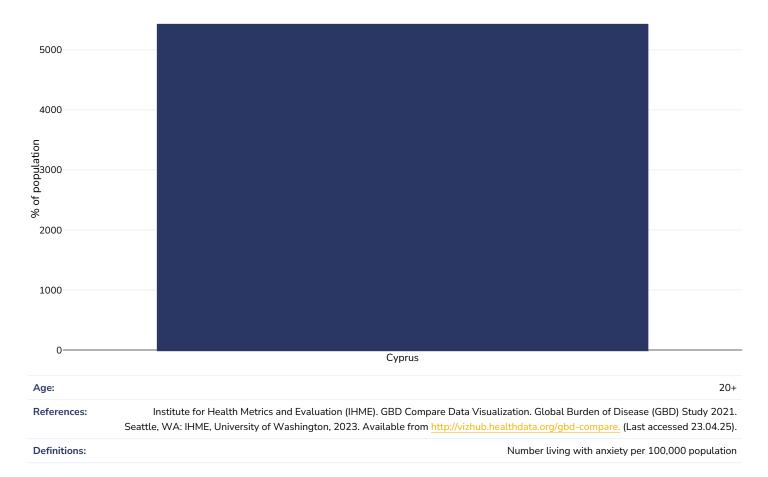


# Mental health - anxiety disorders

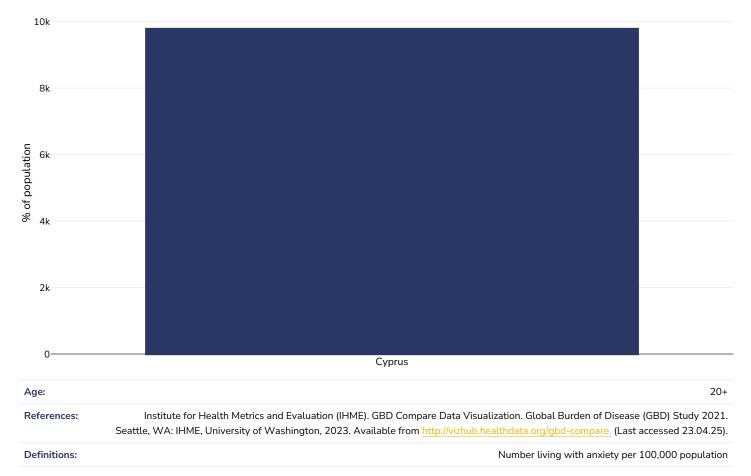




## Men, 2021

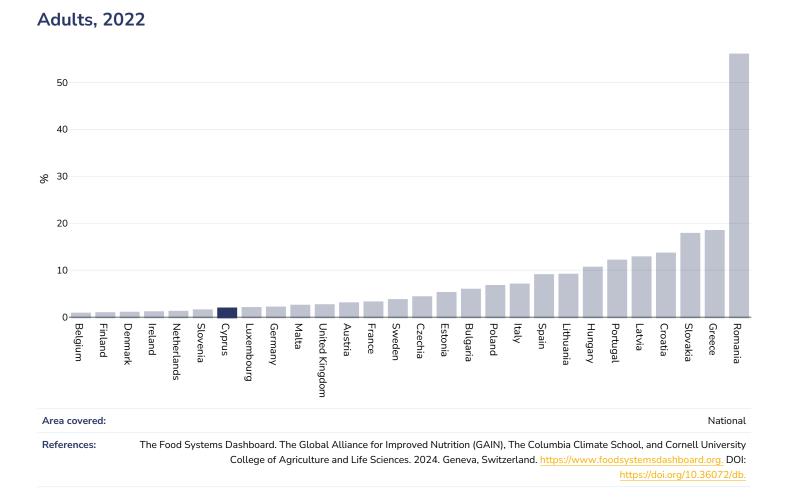








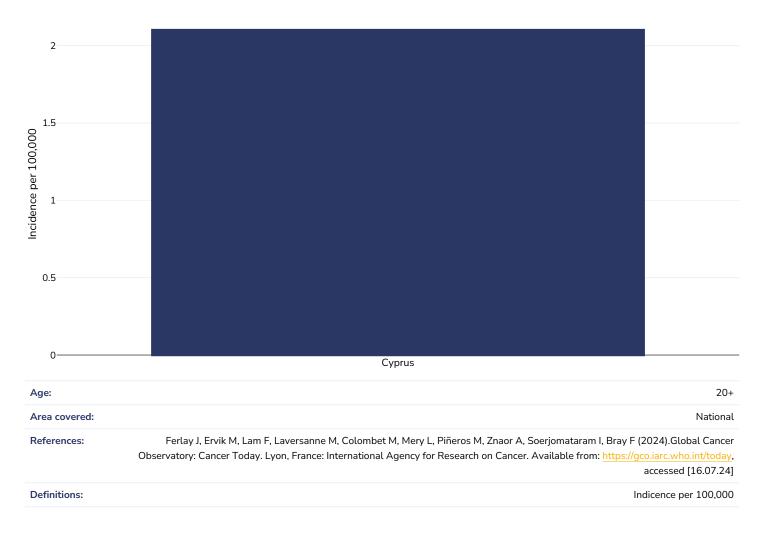
# Percent of population who cannot afford a healthy diet



#### 38



# **Oesophageal cancer**





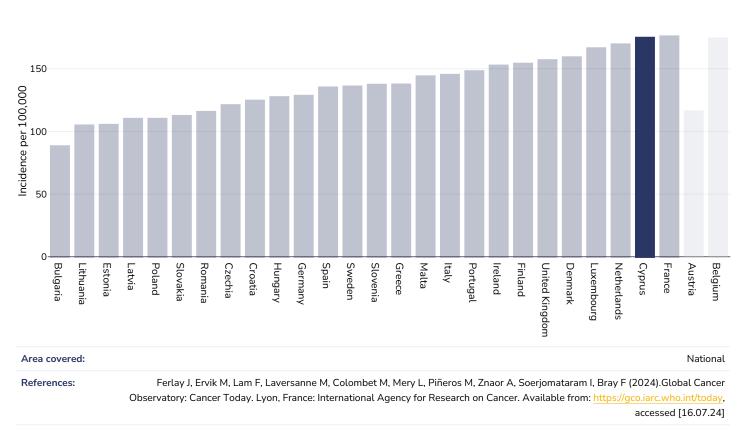
0.4		
0.4		
0.35		
0.55		
0.3		
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cide		
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0.05		
<u>,</u>		
0	Cyprus	
Age:		20+
Area covered:		National
References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2	
C	bservatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <u>https://gc</u>	o.iarc.who.int/today, accessed [16.07.24]
Definitions:	Inc	licence per 100,000



## **Breast cancer**

#### Women, 2022

Age 20 Age 20+



Definitions:

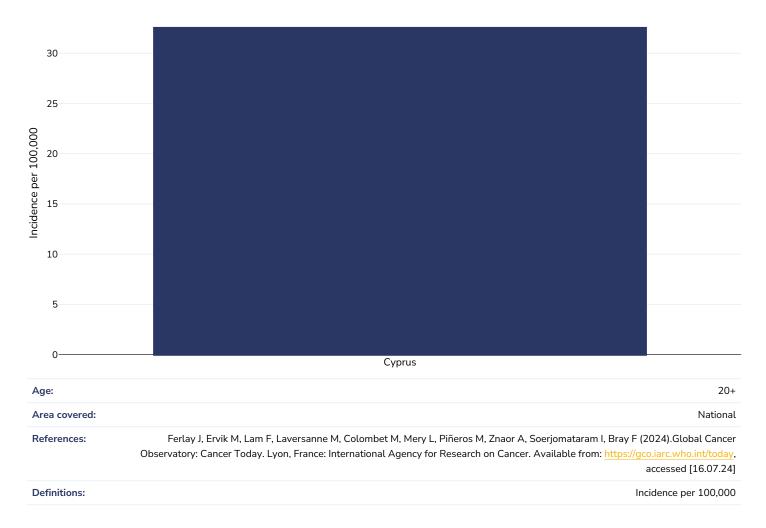
Incidence per 100,000



# **Colorectal cancer**

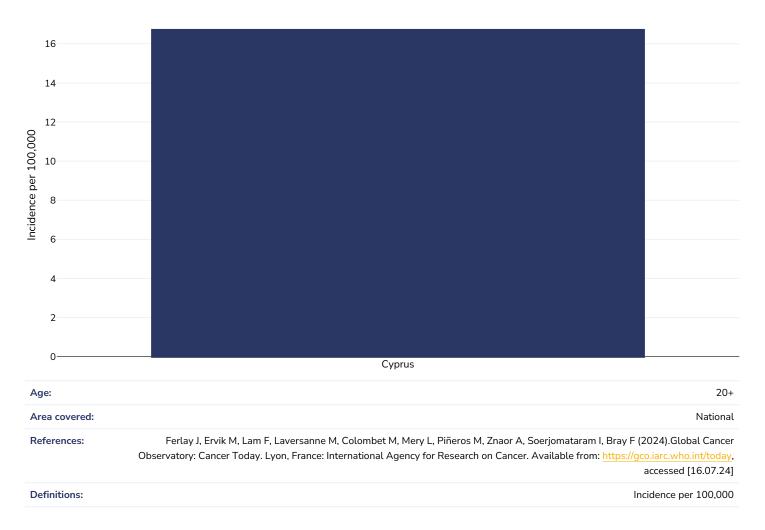




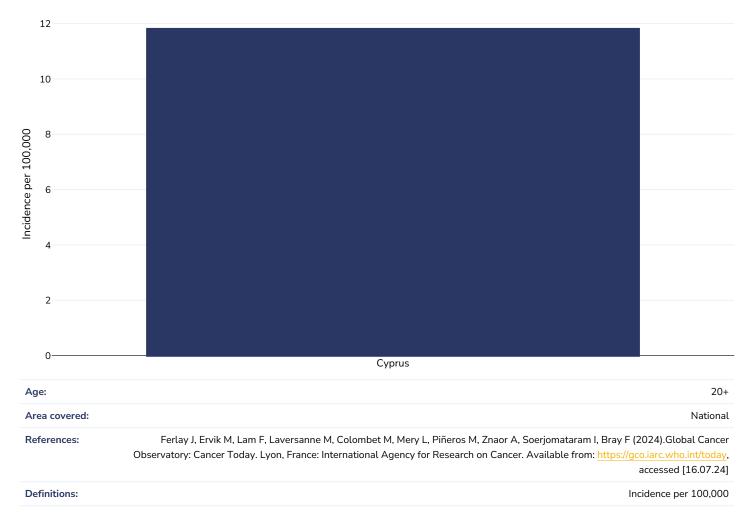




# Pancreatic cancer





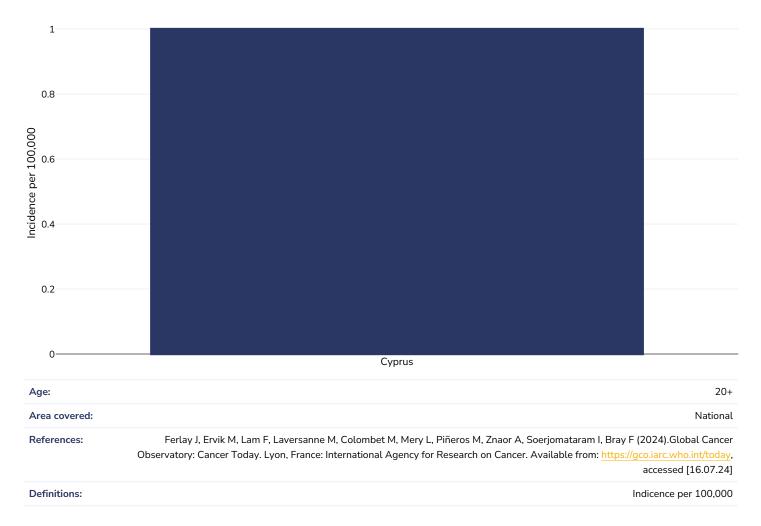




## Gallbladder cancer

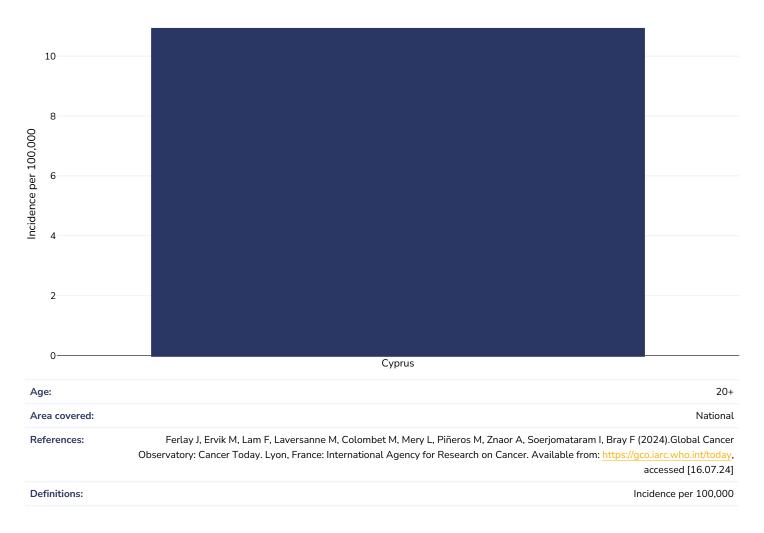




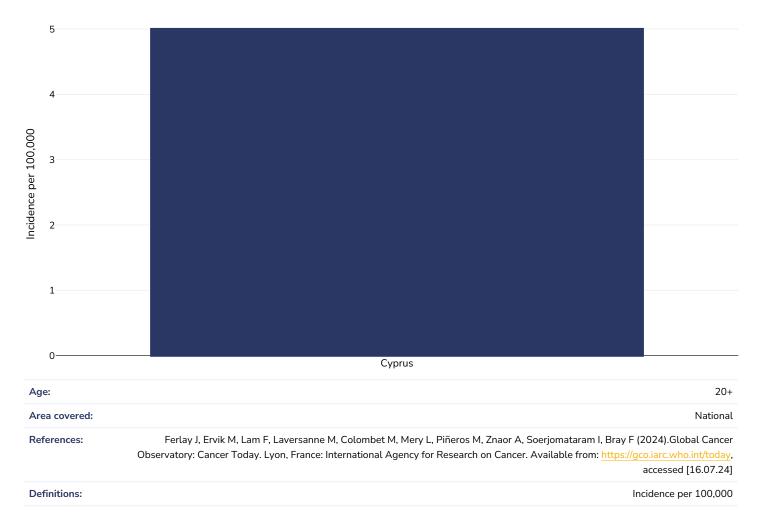




## **Kidney cancer**

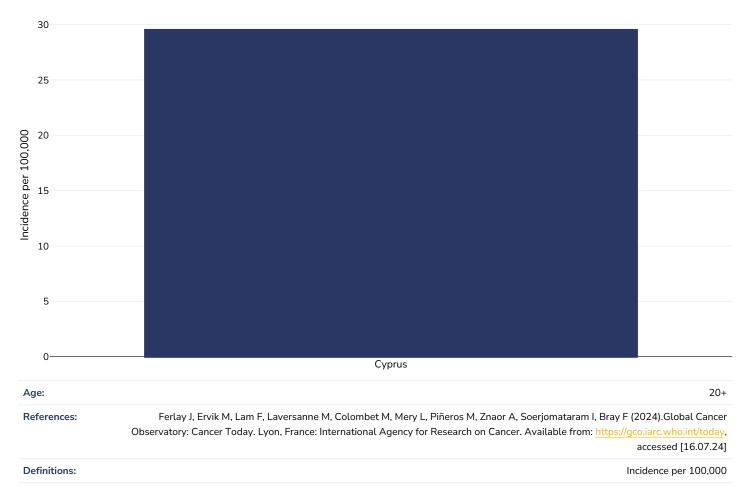








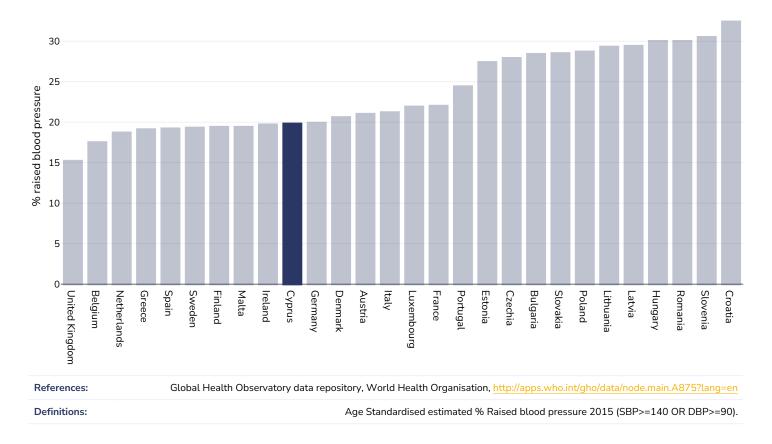
# Cancer of the uterus





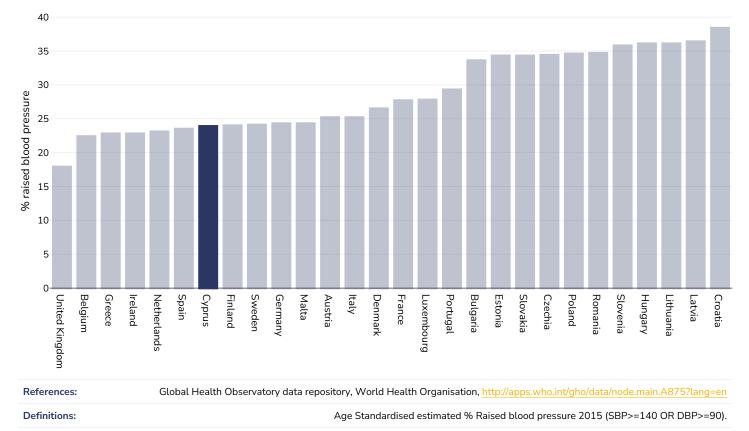
# Raised blood pressure

## Adults, 2015



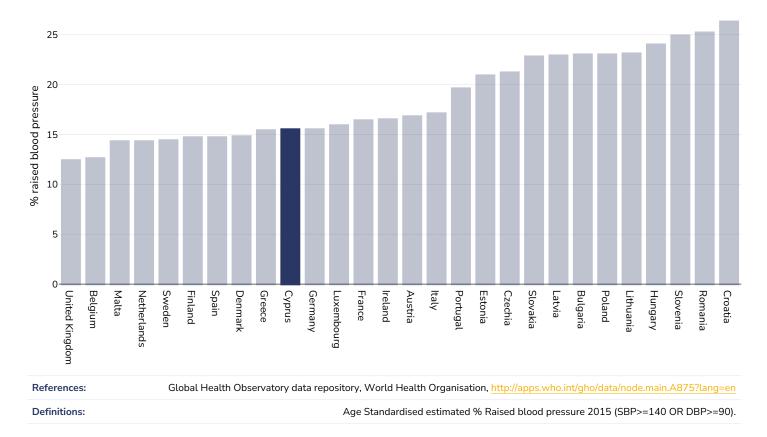
# 

#### Men, 2015



52

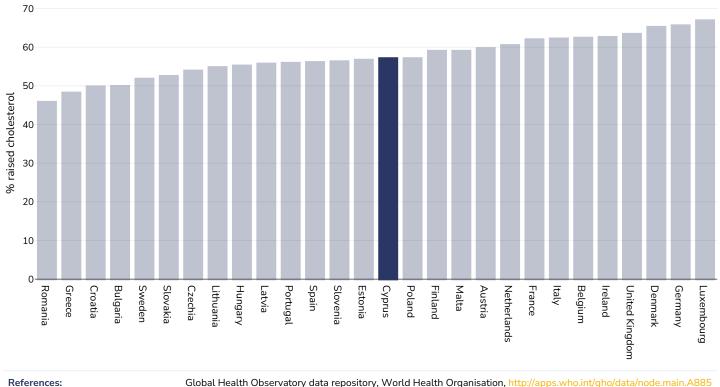






# **Raised cholesterol**

#### Adults, 2008

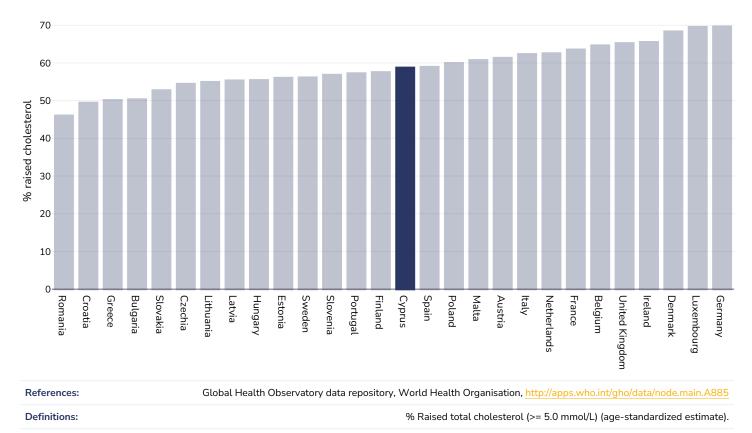


Definitions:

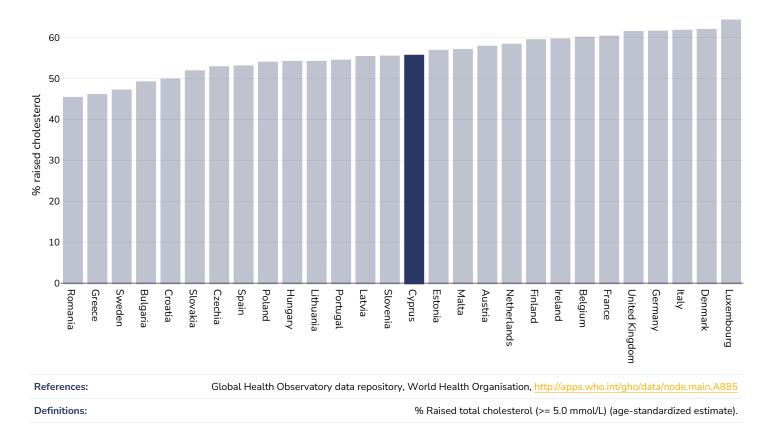
Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A885

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

# 



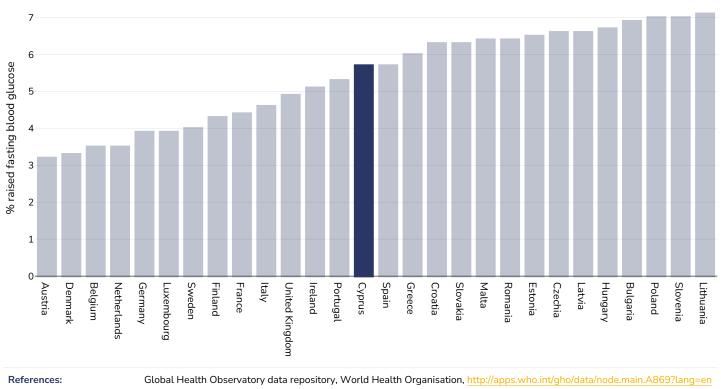






# Raised fasting blood glucose

#### Men, 2014

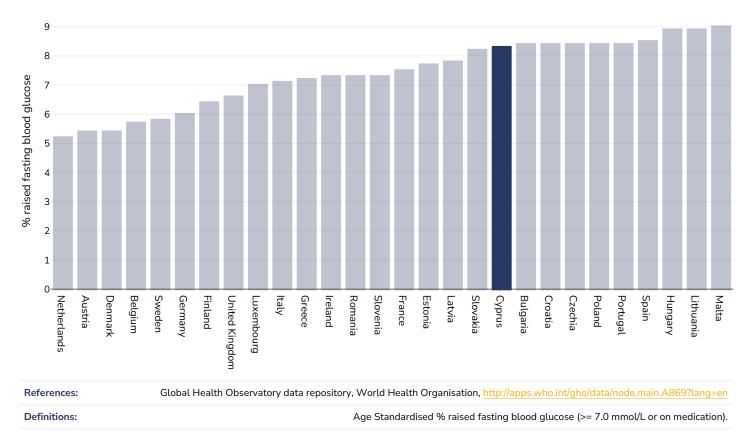


Definitions:

pository, trona neutri organisation, <u>nepropositioning gnoradia nodesnami obostang en</u>

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

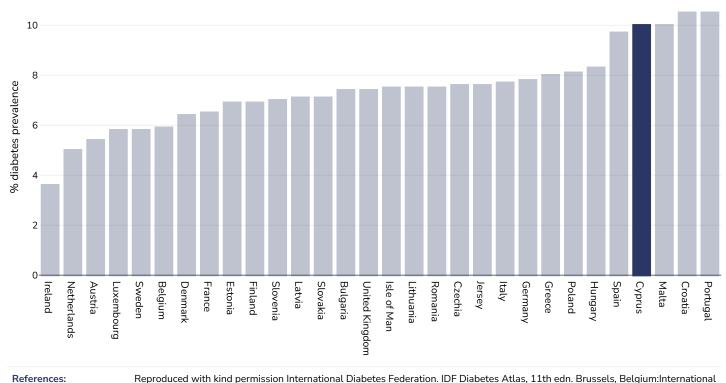






# **Diabetes prevalence**

## Adults, 2024

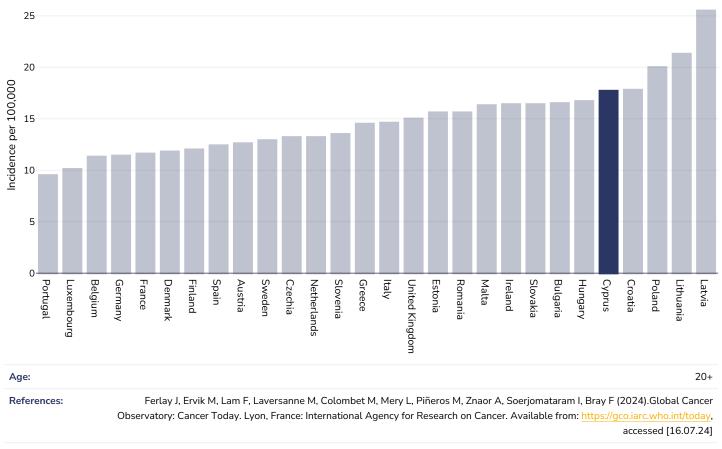


Reproduced with kind permission International Diabetes Federation. IDF Diabetes Atlas, 11th edn. Brussels, Belgium:International Diabetes Federation, 2025. <u>http://www.diabetesatlas.org</u>



# **Ovarian Cancer**

## Women, 2022



Definitions:

Incidence per 100,000



# Leukemia

Men, 2022							
4							
3							
2							
1							
0							
<sup>-1</sup> _1	0	1	2	3	4	5	6
Age:							20+
Area covered: References:				l, Mery L, Piñeros M, Z gency for Research on		m: <u>https://gco.iarc.wh</u>	
Definitions:						Incidence p	er 100,000
	Unless ot	herwise noted. overw	eight refers to a BMI I	between 25kg and 29	.9ka/m². obesitv refer	s to a BMI greater tha	n 30ka/m².



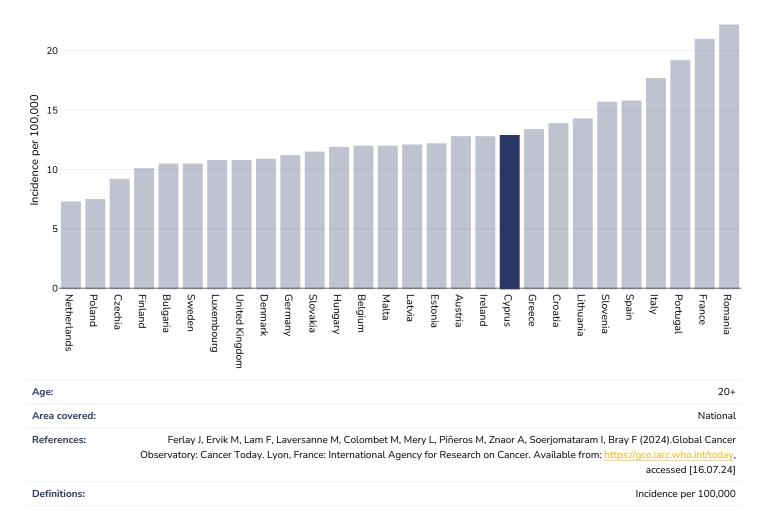
4							
3							
2							
1							
0							
-1 -1							
_	0	1	2	3	4	5	6
Age: Area covered:							20+ National
References:					Znaor A, Soerjomataran n Cancer. Available fron		oal Cancer . <u>int/today</u> ,
Definitions:						Incidence pe	r 100,000
	Unless othe	rwise noted, overw	eight refers to a BMI	between 25kg and 2	9.9kg/m², obesity refers	to a BMI greater thar	1 30kg/m².





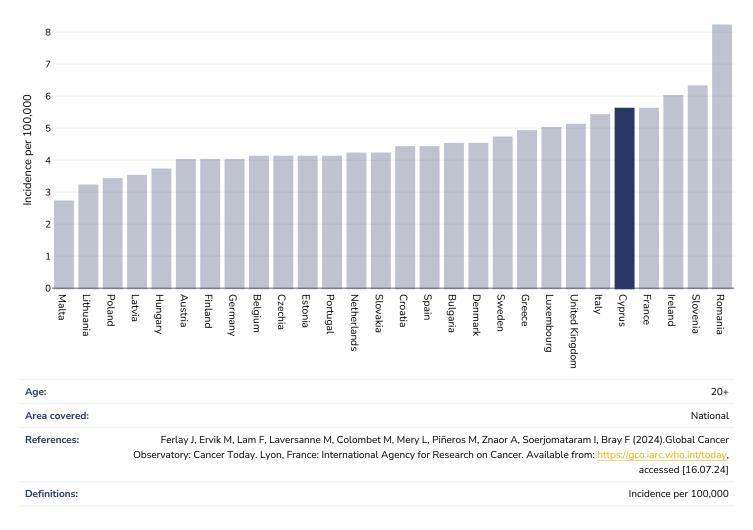
# Liver and intrahepatic bile duct Cancer





63

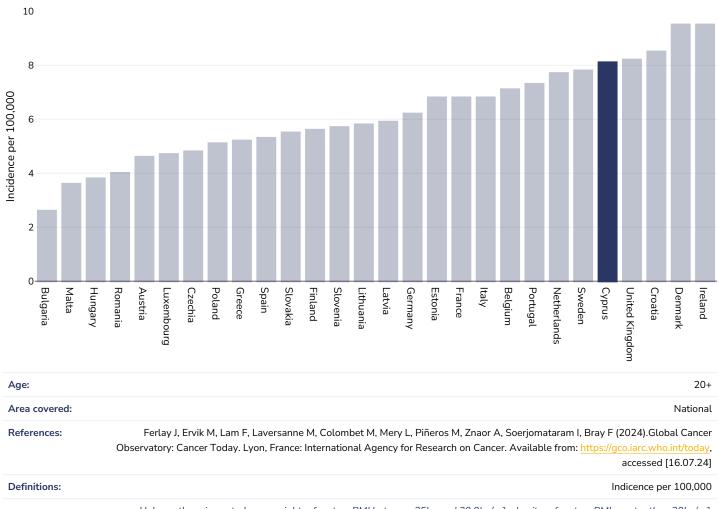






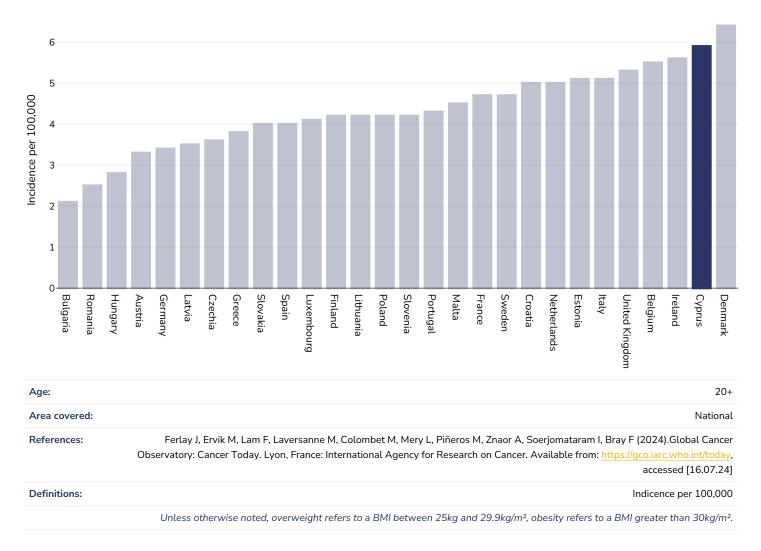
# Multiple Myeloma

#### Men, 2022



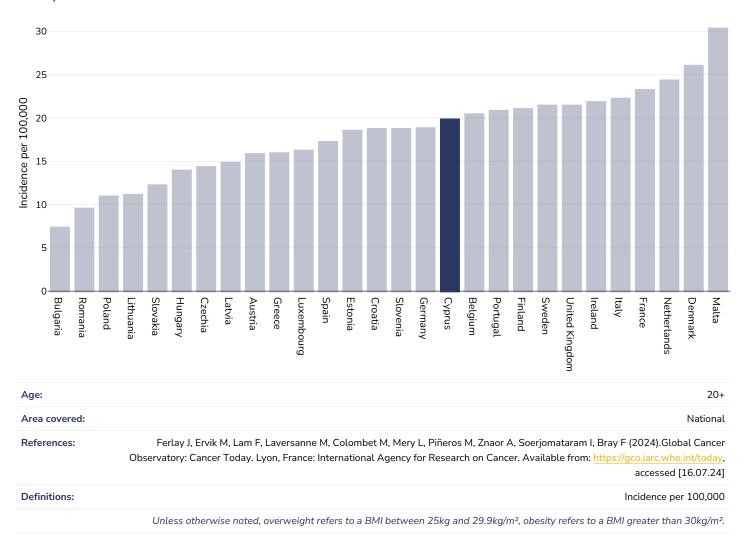
Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m<sup>2</sup>, obesity refers to a BMI greater than 30kg/m<sup>2</sup>.



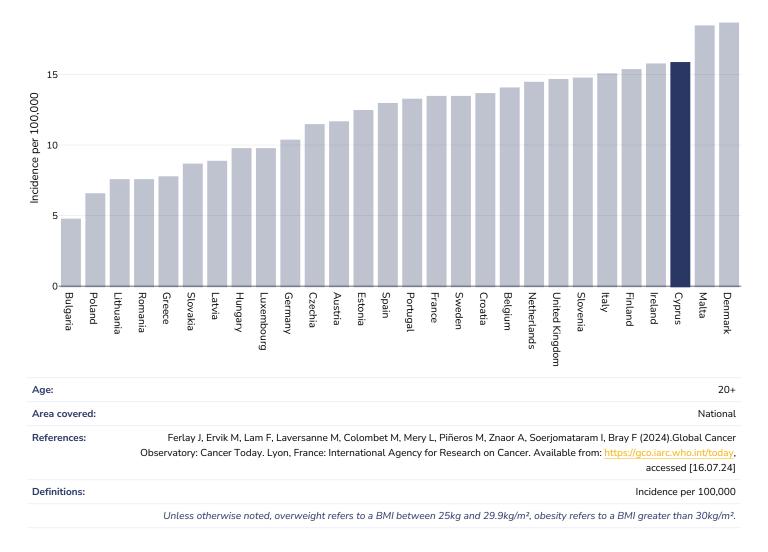




# Non Hodgkin Lymphoma

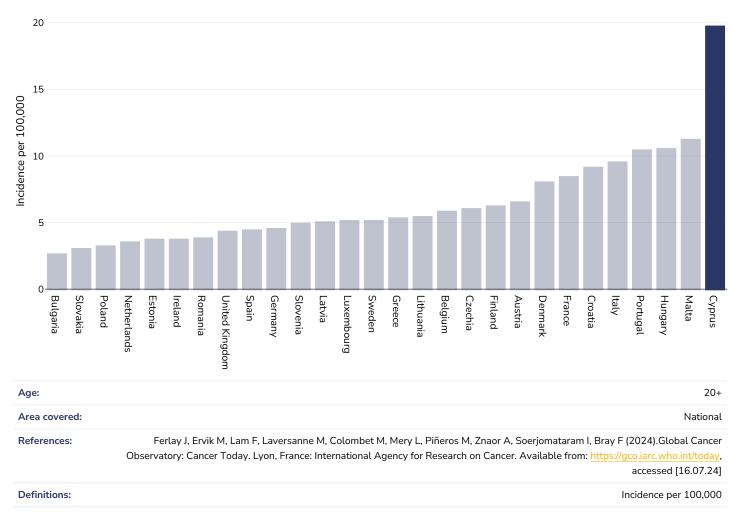




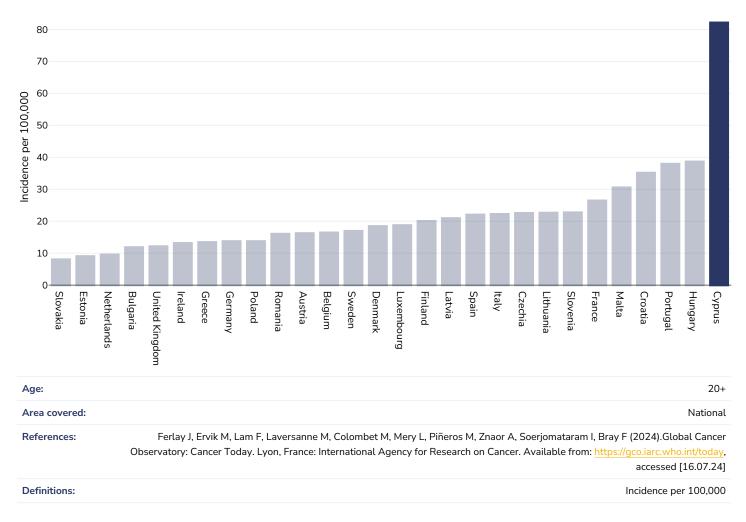




# **Thyroid Cancer**







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