

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 https://data.worldobesity.org/country/cyprus-53/.



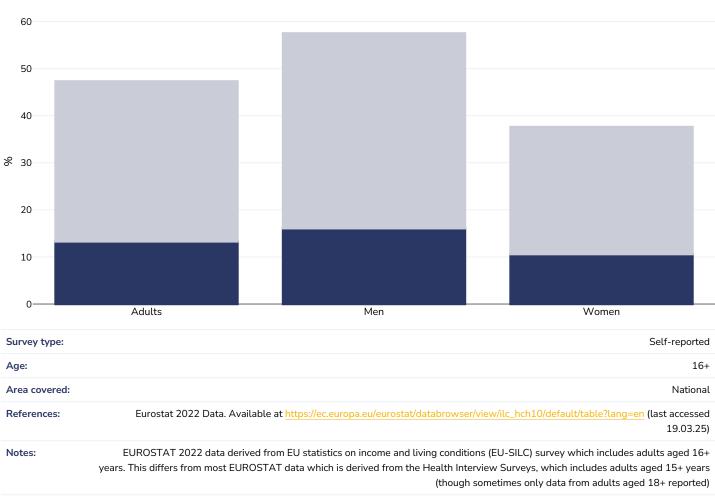
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Obesity prevalence

Adults, 2022



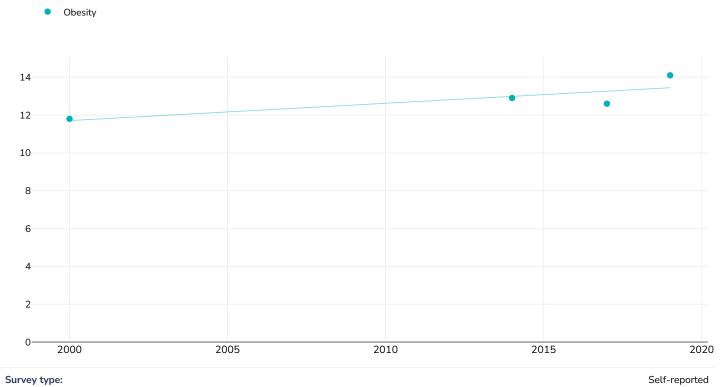




% Trend obesity Cyprus 2000 2019

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

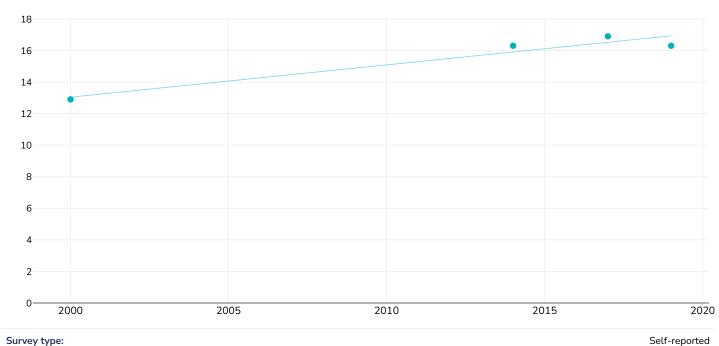
accessed 09.08.21)

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: 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.



% 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: 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)

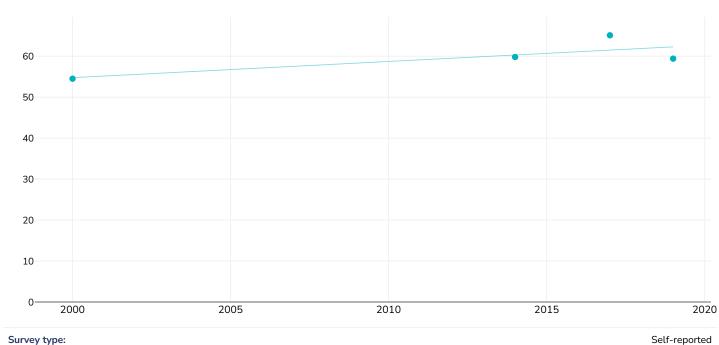
Different methodologies may have been used to collect this data and so data from different surveys may not be strictly comparable. Please check with original data sources for methodologies used.



Men

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: 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.

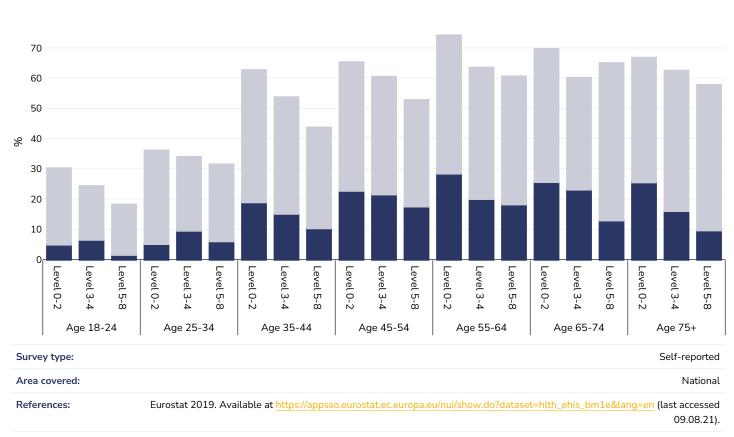


Overweight/obesity by age and education

Adults, 2019

Notes:

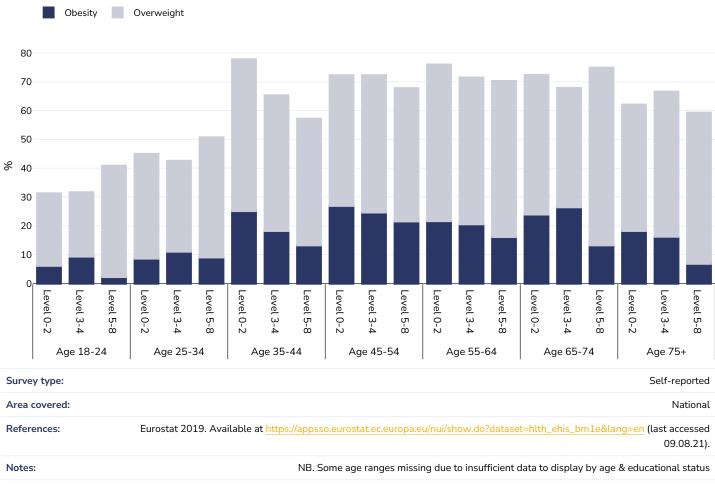
Obesity Overweight



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

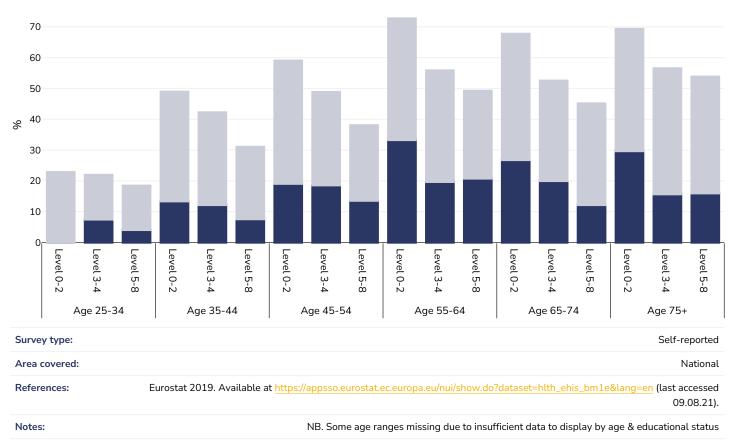


Men, 2019





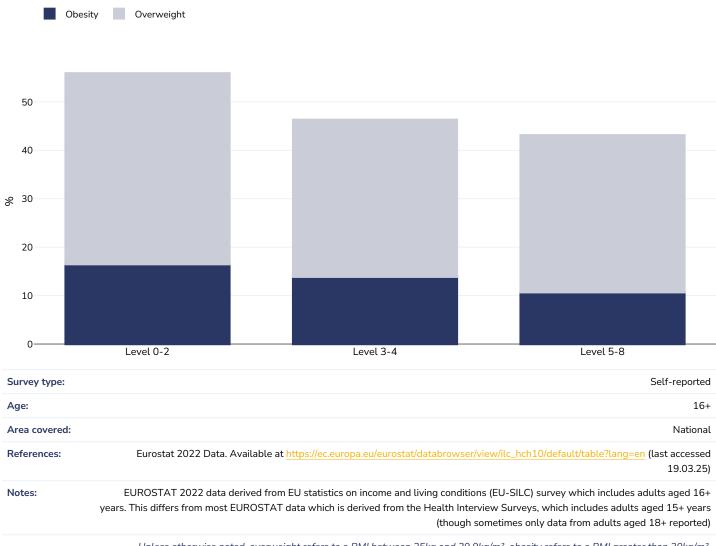
Obesity Overweight





Overweight/obesity by education

Adults, 2022

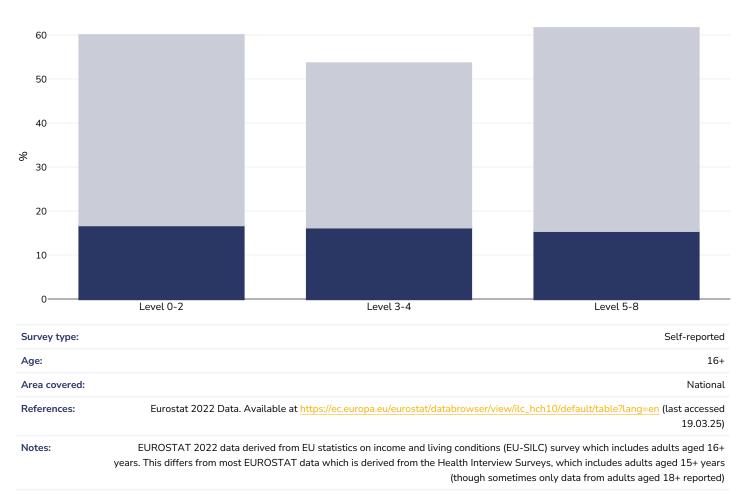






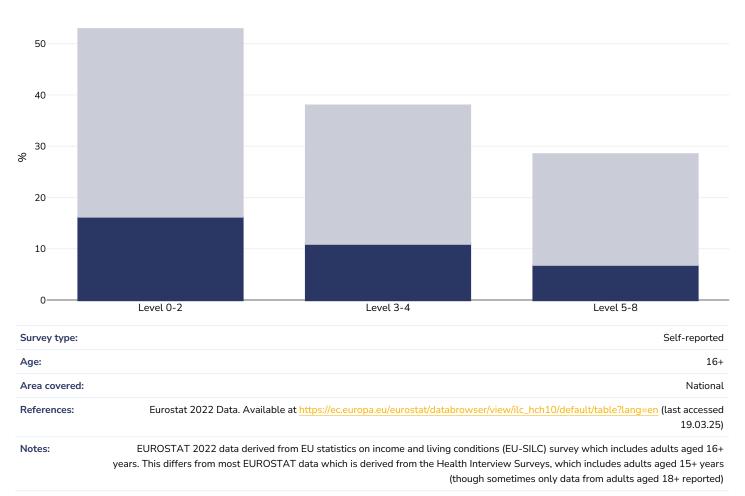
Men, 2022









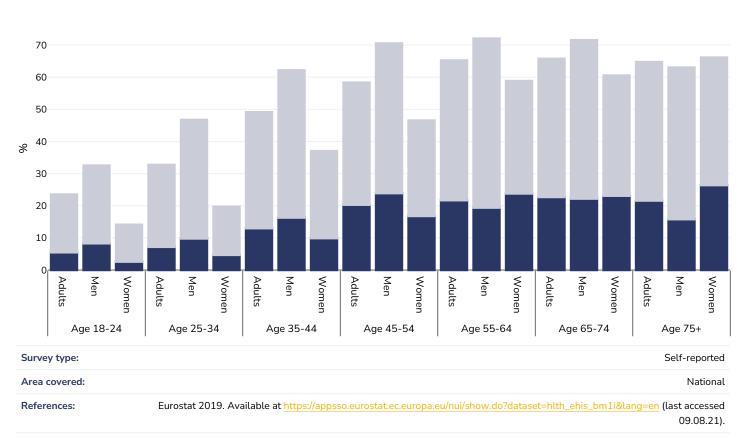




Overweight/obesity by age

Adults, 2019

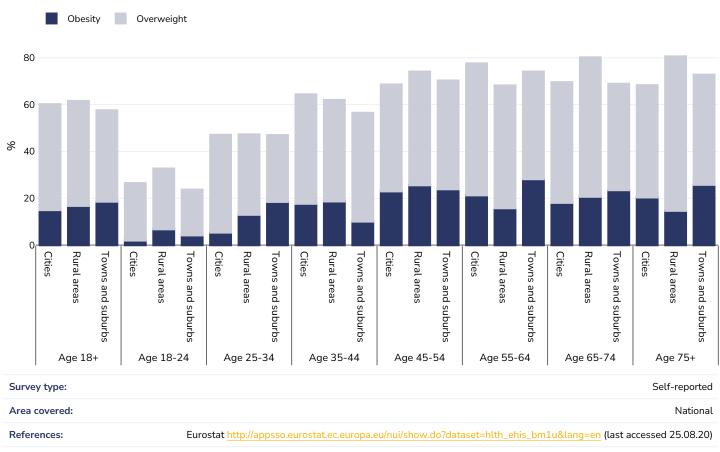
Obesity Overweight



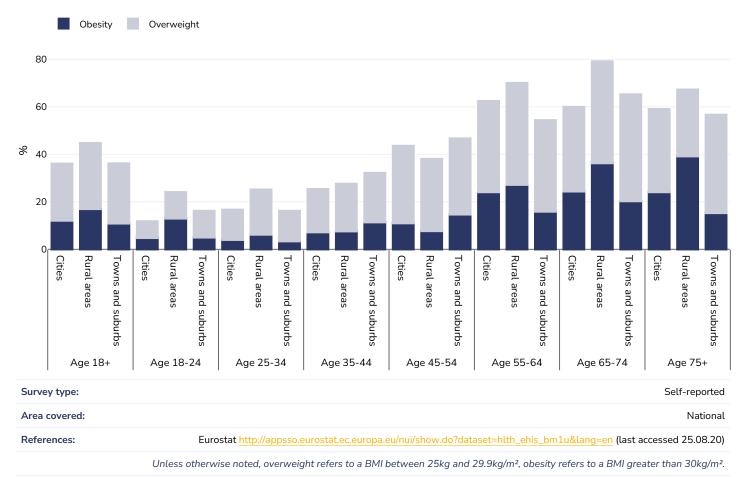


Overweight/obesity by age and region

Men, 2014



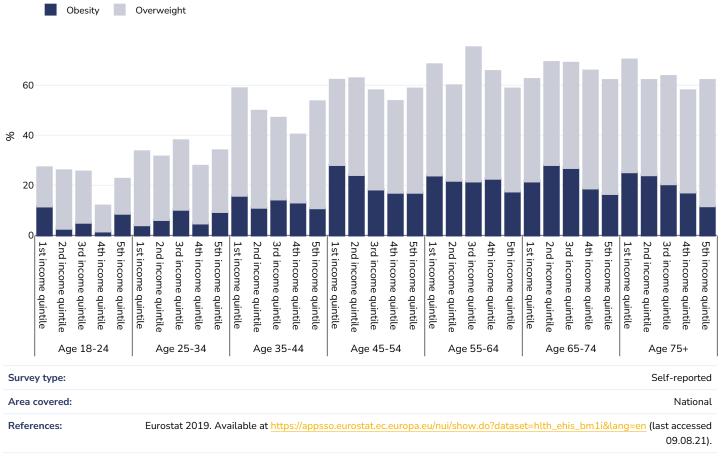






Overweight/obesity by age and socio-economic group

Adults, 2019

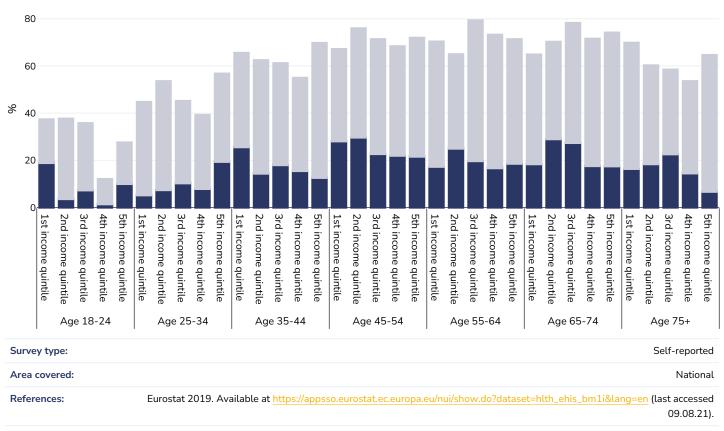




Men, 2019

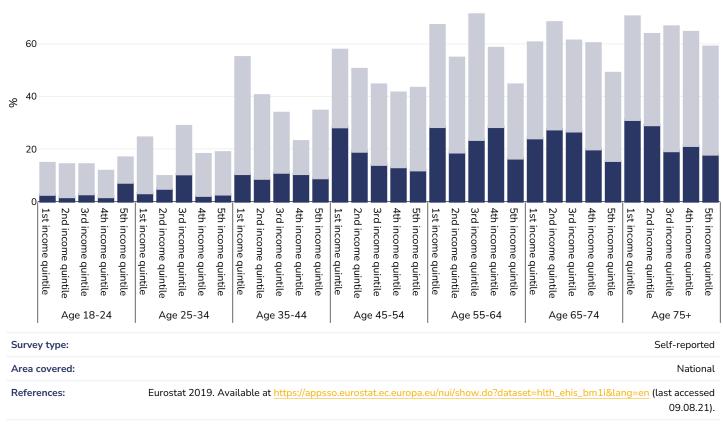
Obesity Over







Obesity Overweight

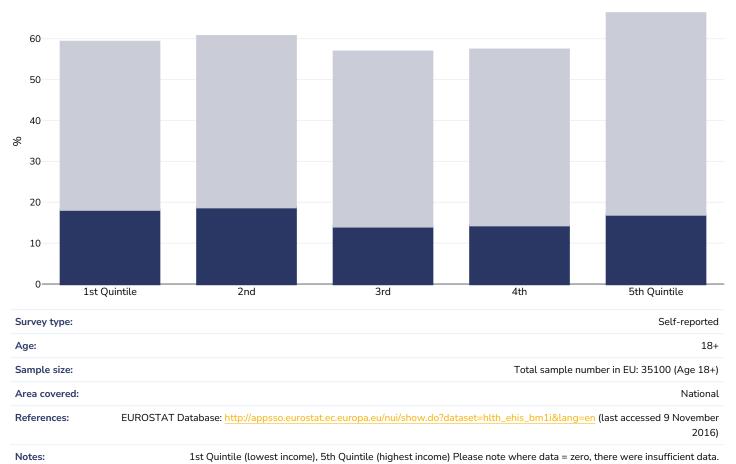




Overweight/obesity by socio-economic group

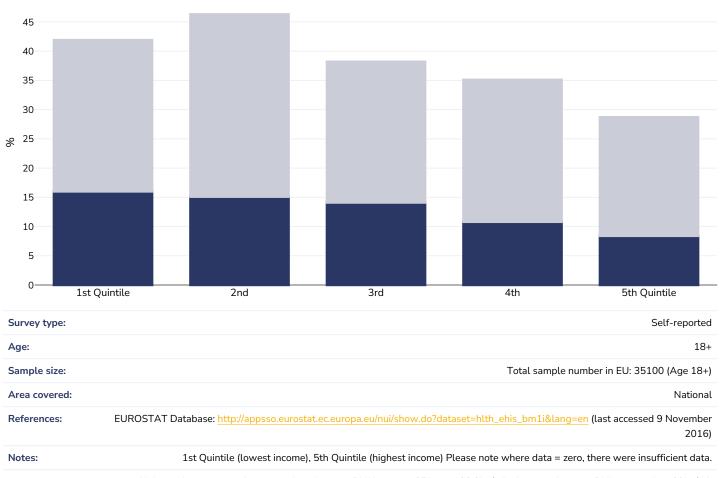
Men, 2014













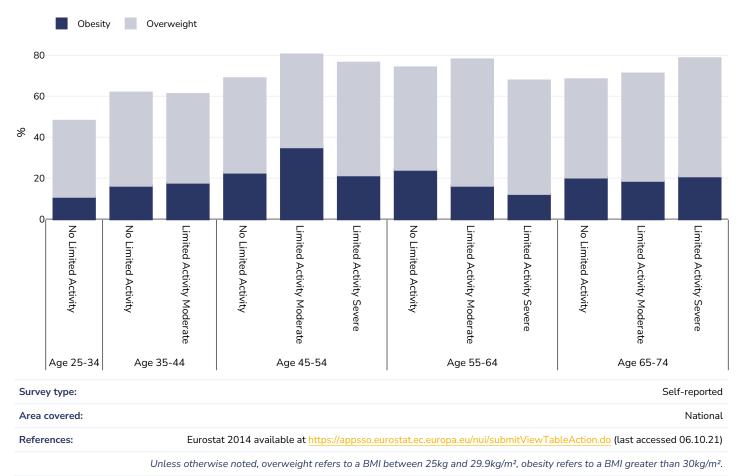
Overweight/obesity by age and limited activity

Adults, 2014

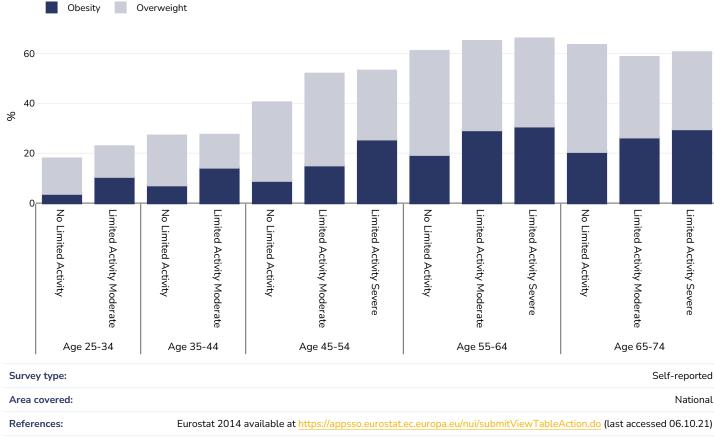
Obesity Overweight 60 40 % 20 0 No Limited Activity Limited Activity Moderate Limited Activity Severe No Limited Activity Limited Activity Moderate Limited Activity Severe No Limited Activity Limited Activity Moderate Limited Activity Severe No Limited Activity Limited Activity Moderate Limited Activity 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

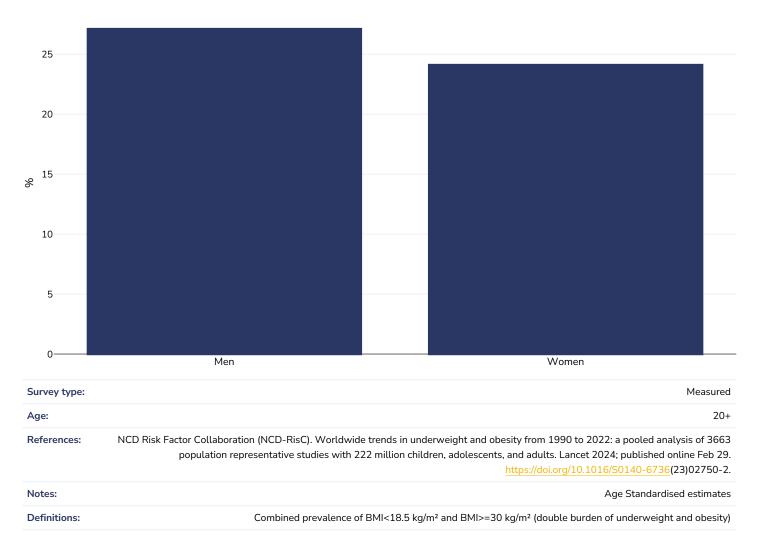






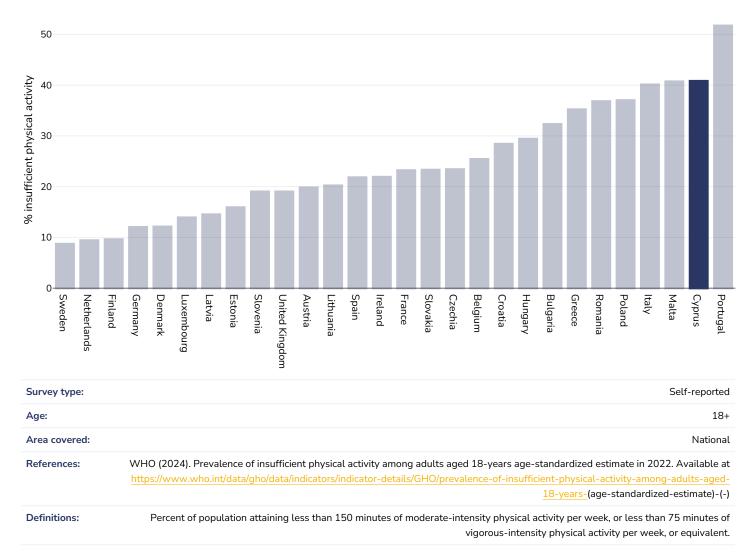


Double burden of underweight & overweight

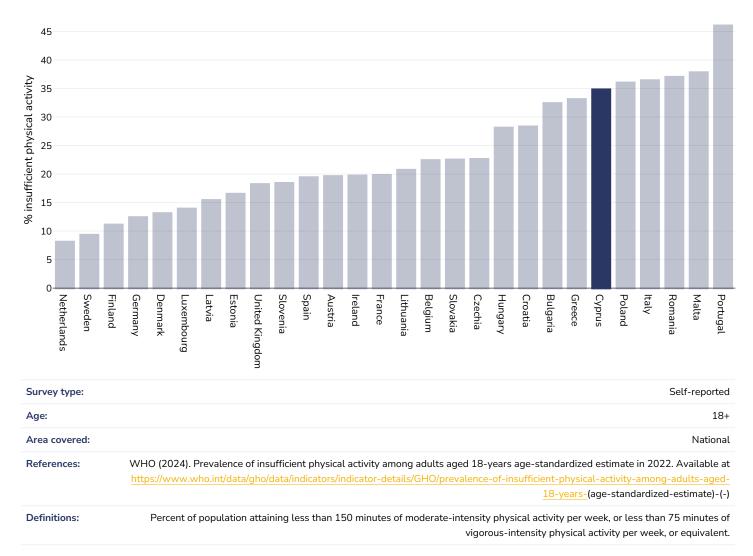




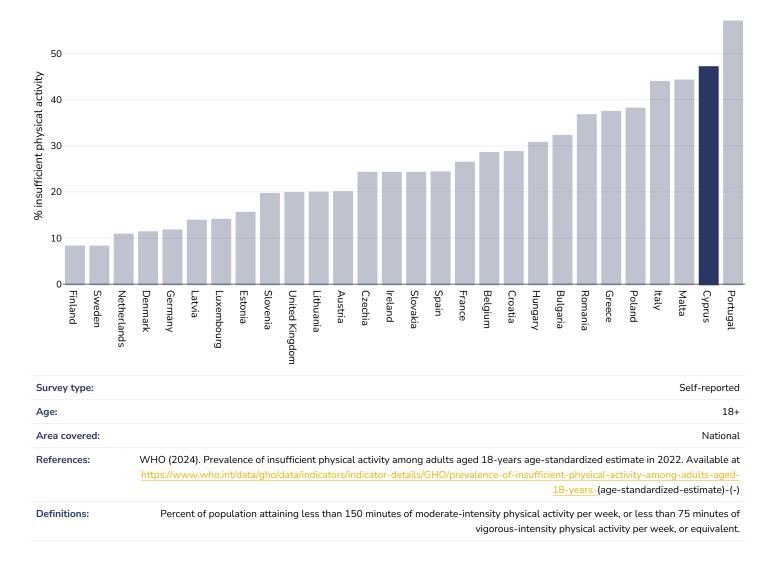
Insufficient physical activity



Men, 2022

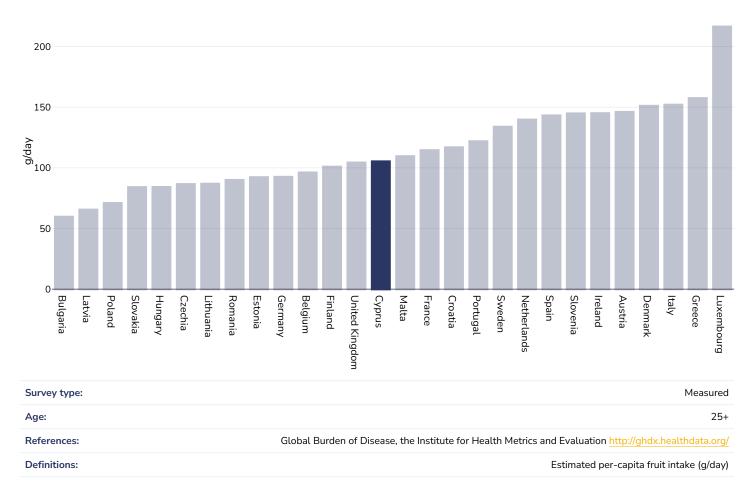






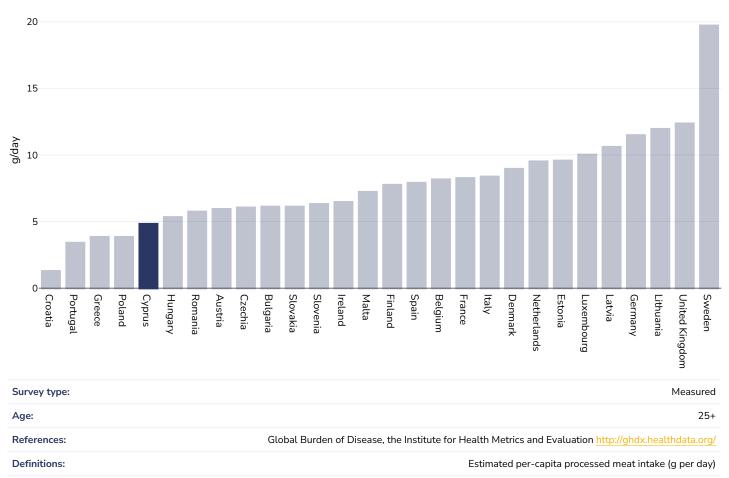


Estimated per capita fruit intake



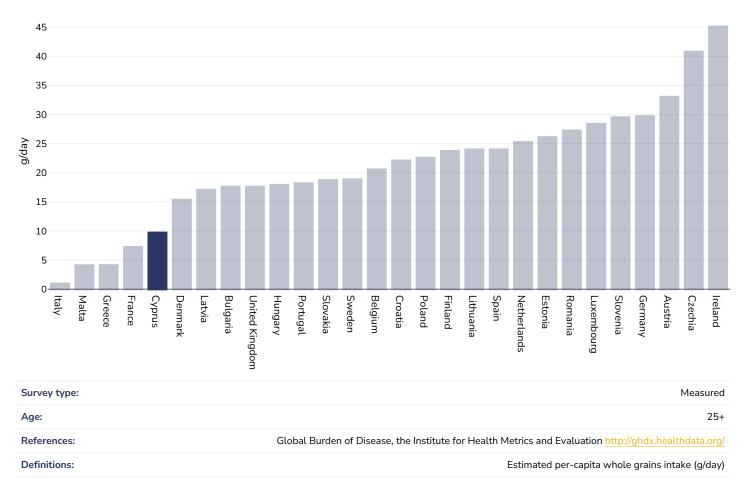


Estimated per-capita processed meat intake



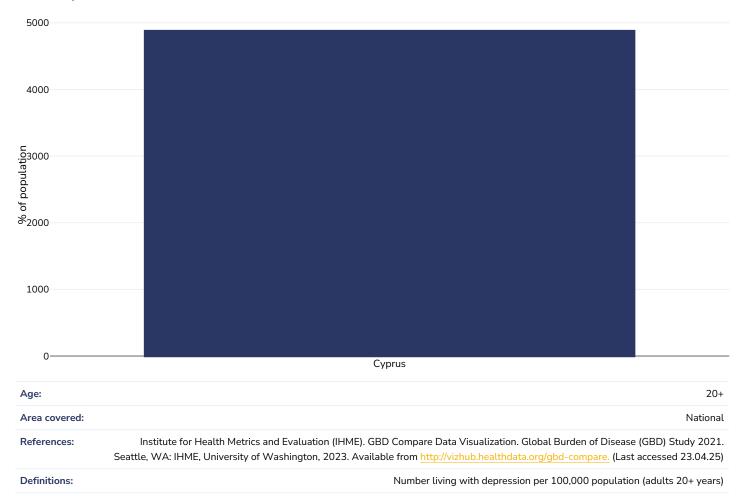


Estimated per capita whole grains intake





Mental health - depression disorders





Men, 2021

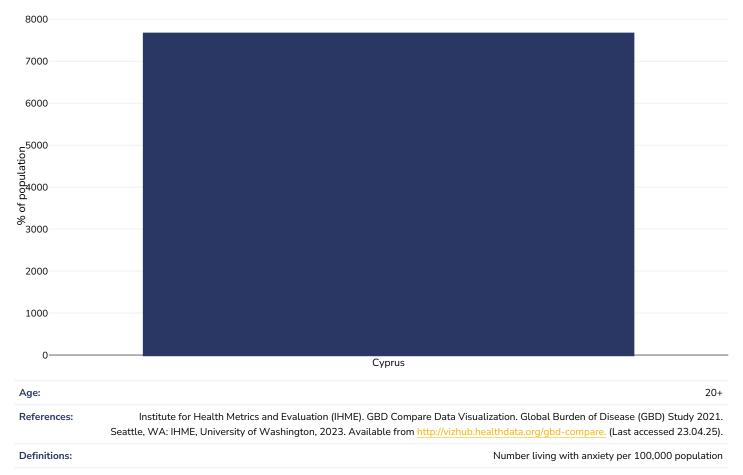
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of	
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1000	
1000	
500	
0	
	Cyprus
Age:	20+
Area covered:	National
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 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	
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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)

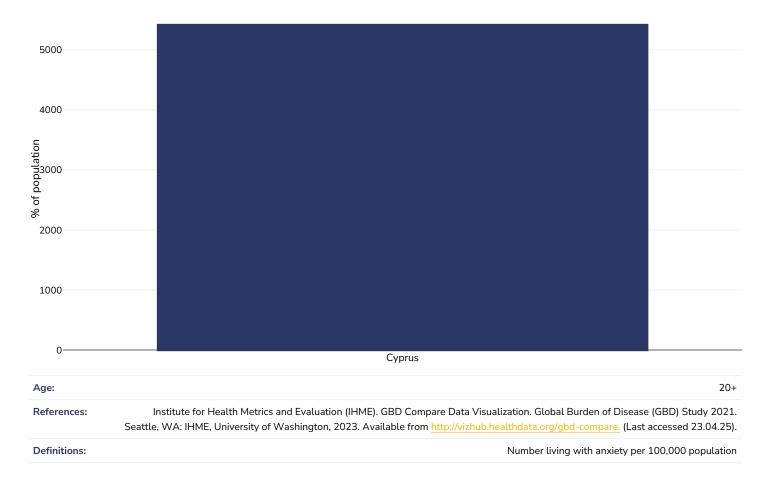


Mental health - anxiety disorders

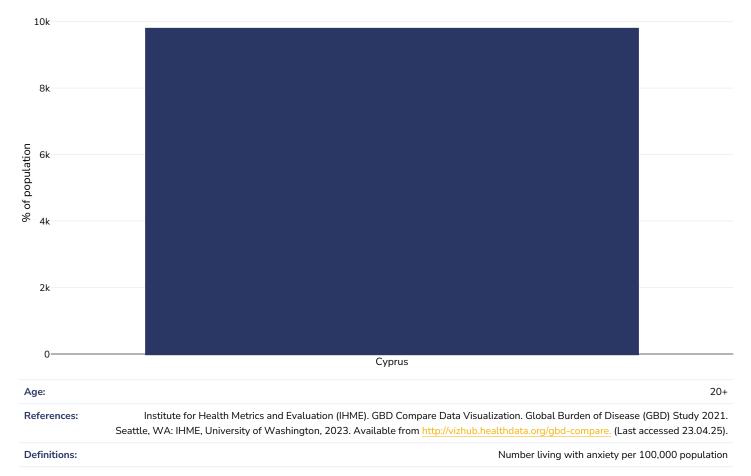




Men, 2021

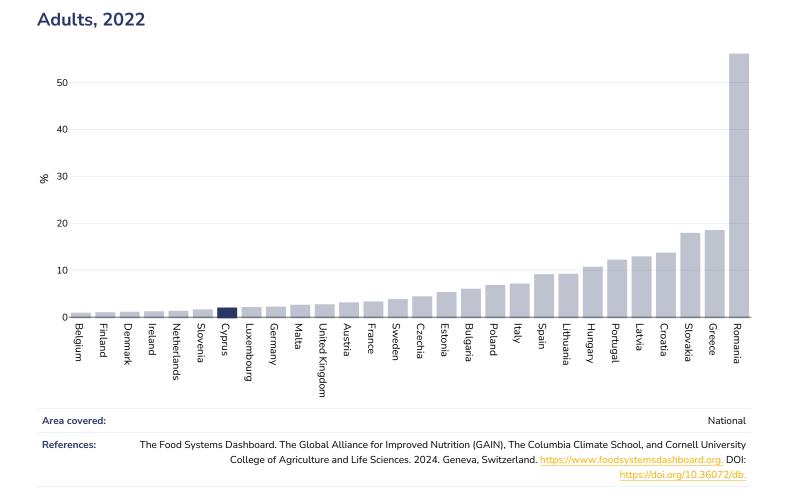








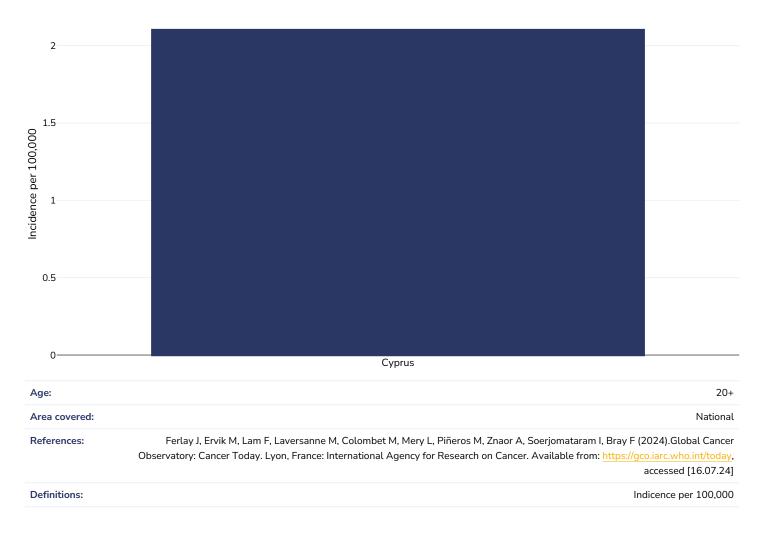
Percent of population who cannot afford a healthy diet



38



Oesophageal cancer





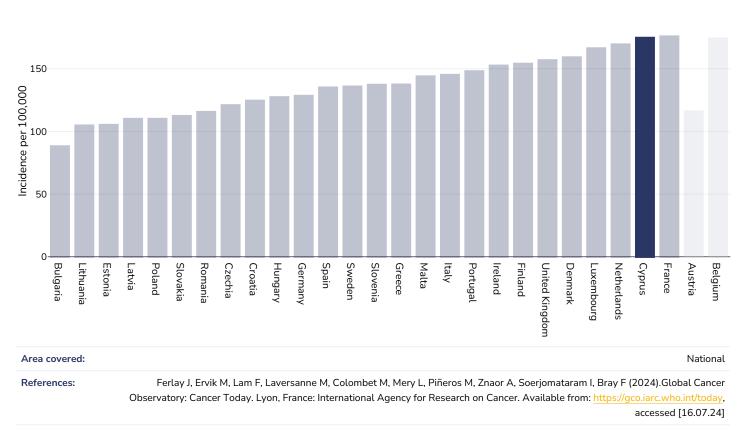
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0	Cyprus	
Age:		20+
Area covered:		National
References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2	
C	bservatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. 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:

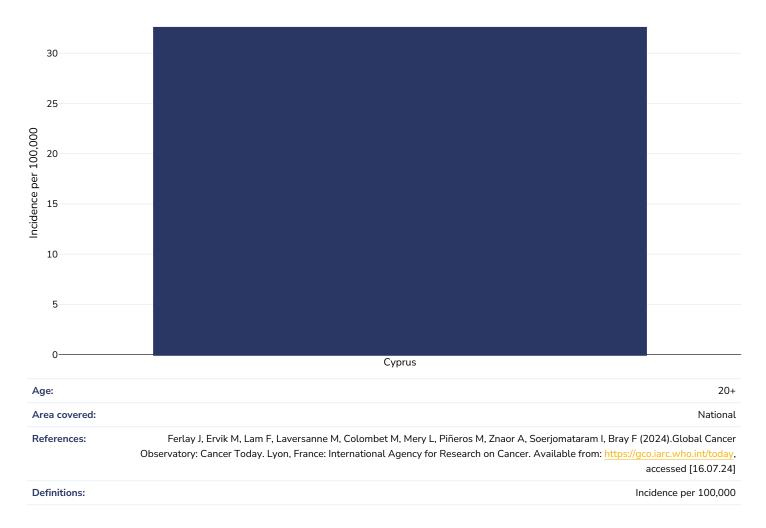
Incidence per 100,000



Colorectal cancer

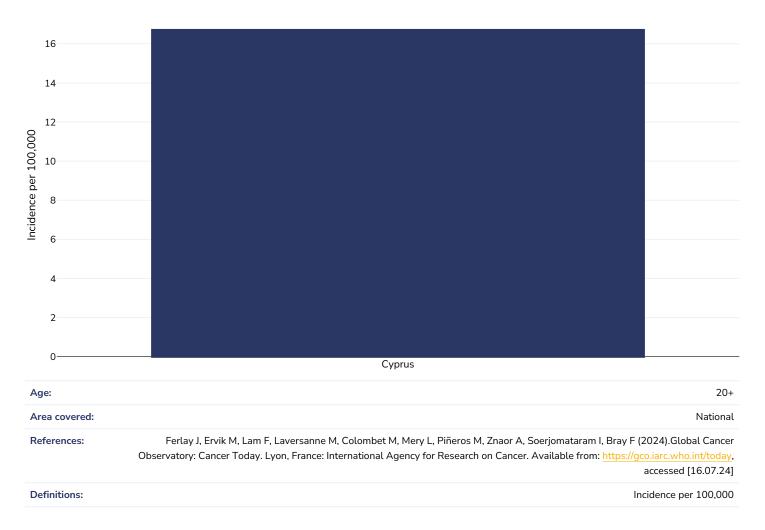




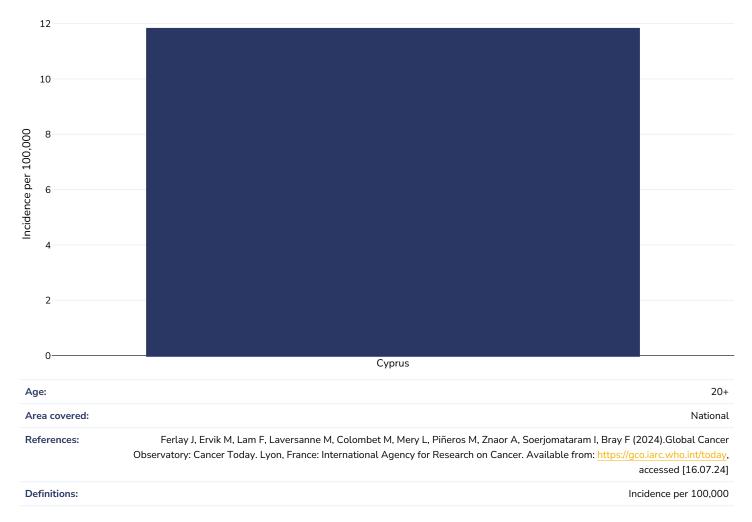




Pancreatic cancer





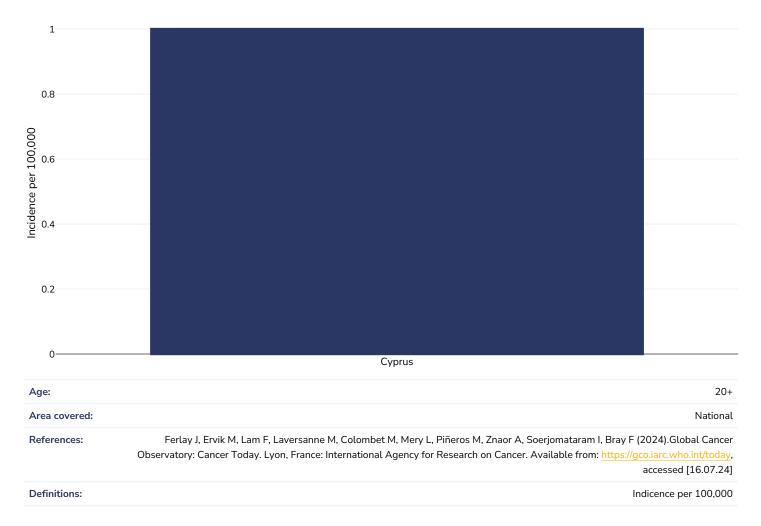




Gallbladder cancer

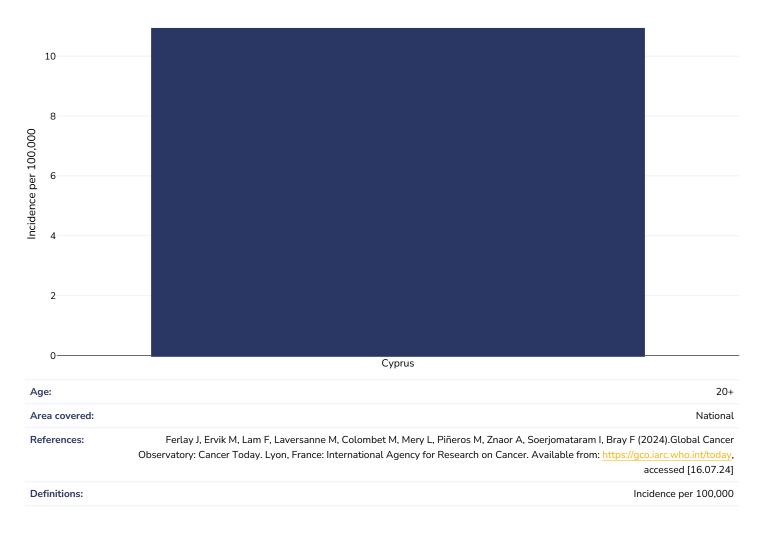




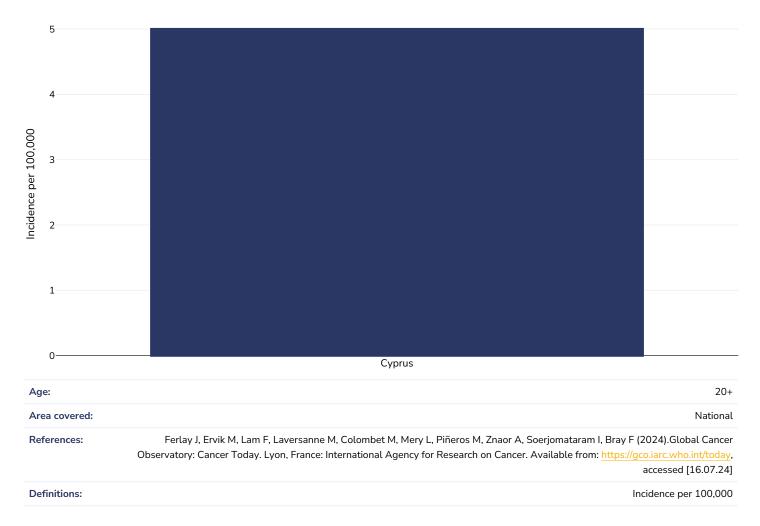




Kidney cancer

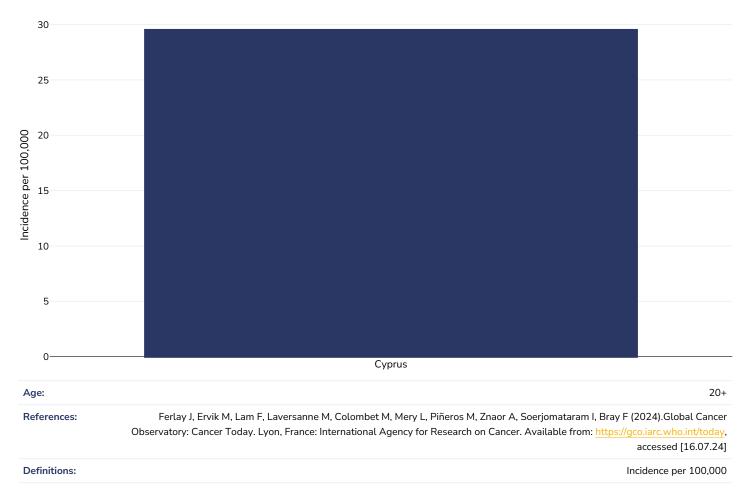








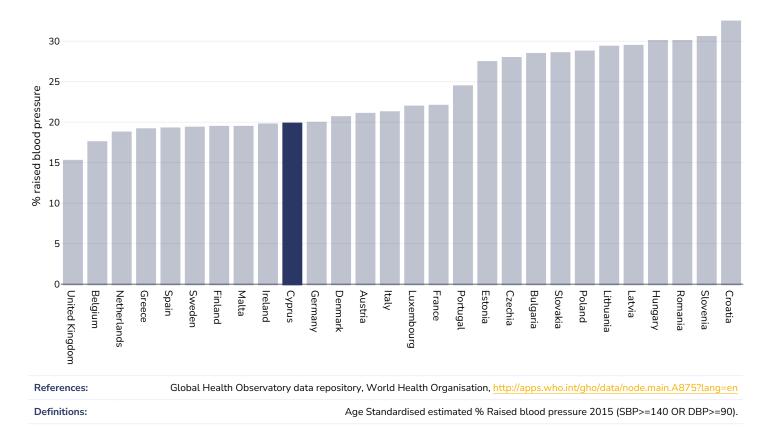
Cancer of the uterus



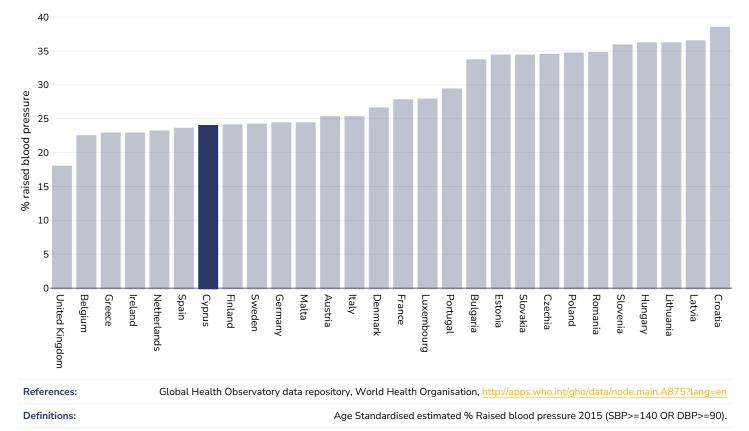


Raised blood pressure

Adults, 2015

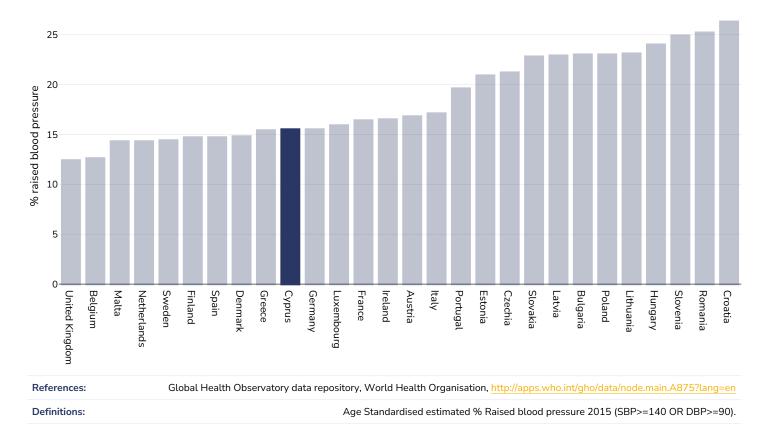


Men, 2015



52

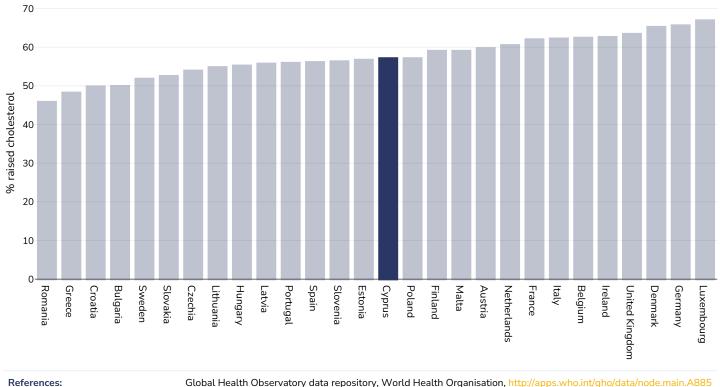






Raised cholesterol

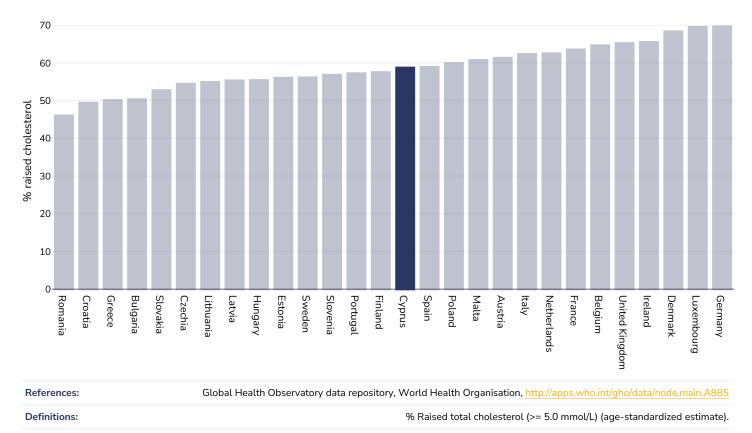
Adults, 2008



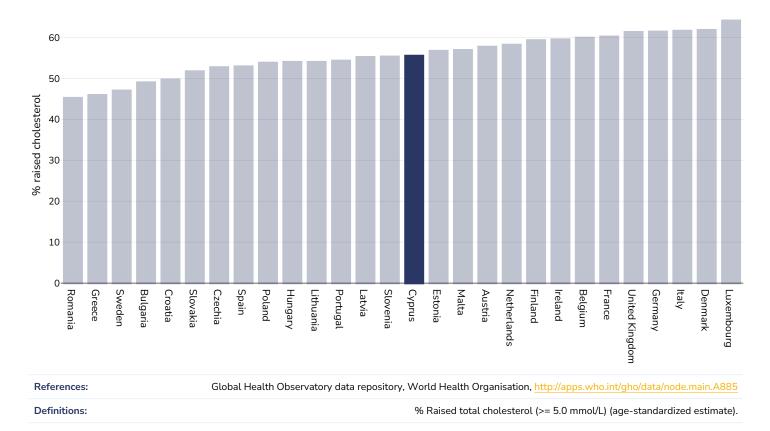
Definitions:

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).



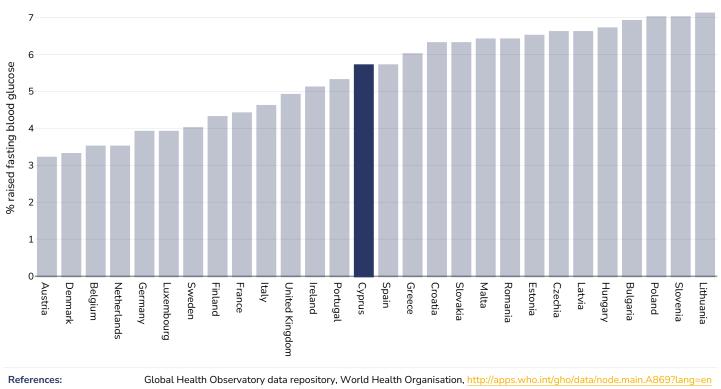






Raised fasting blood glucose

Men, 2014

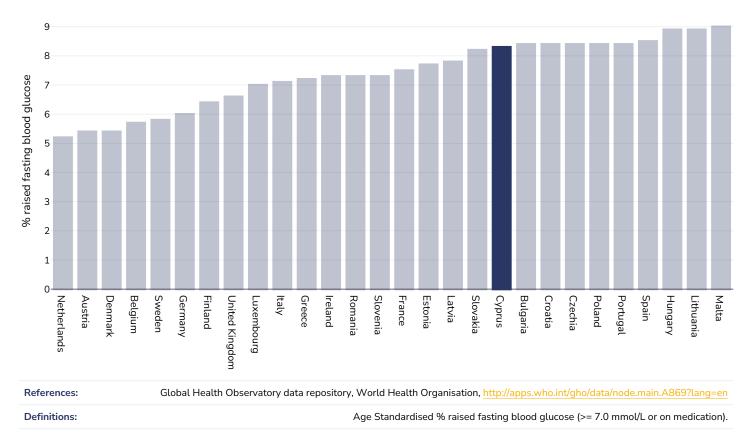


Definitions:

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

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

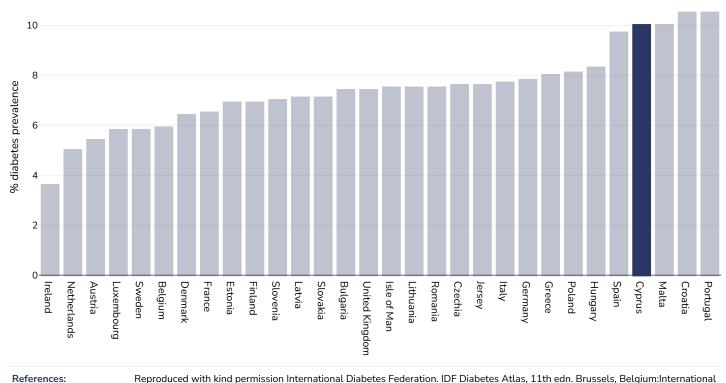






Diabetes prevalence

Adults, 2024

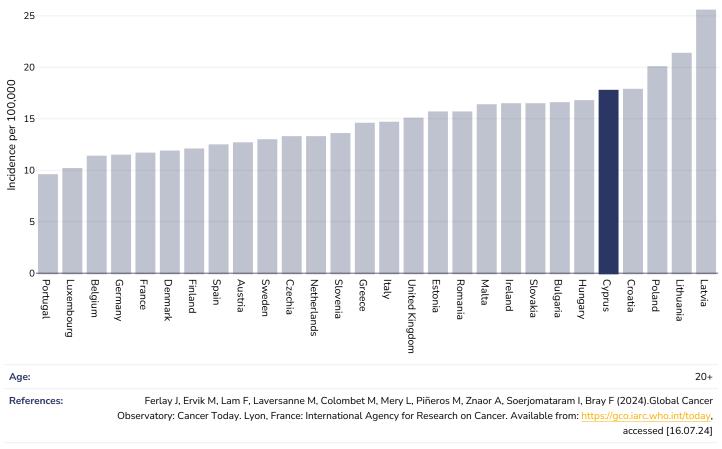


Reproduced with kind permission International Diabetes Federation. IDF Diabetes Atlas, 11th edn. Brussels, Belgium:International Diabetes Federation, 2025. <u>http://www.diabetesatlas.org</u>



Ovarian Cancer

Women, 2022



Definitions:

Incidence per 100,000



Leukemia

Men, 2022							
4							
3							
2							
1							
0							
⁻¹ _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.



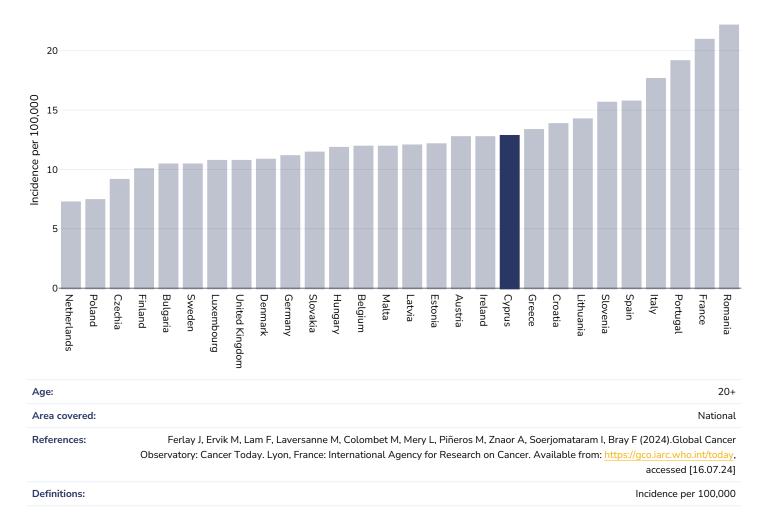
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3							
2							
1							
0							
-1 -1							
_	0	1	2	3	4	5	6
Age: Area covered:							20+ National
References:					Znaor A, Soerjomataran n Cancer. Available fron		oal Cancer . <u>int/today</u> ,
Definitions:						Incidence pe	r 100,000
	Unless 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.





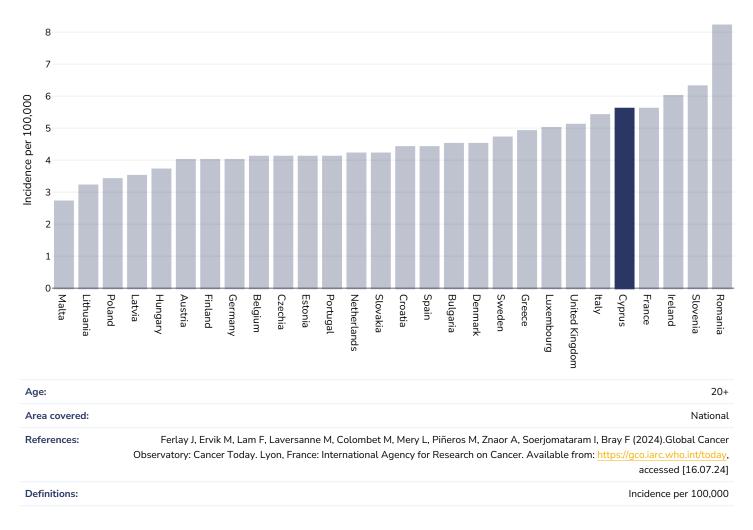
Liver and intrahepatic bile duct Cancer





63

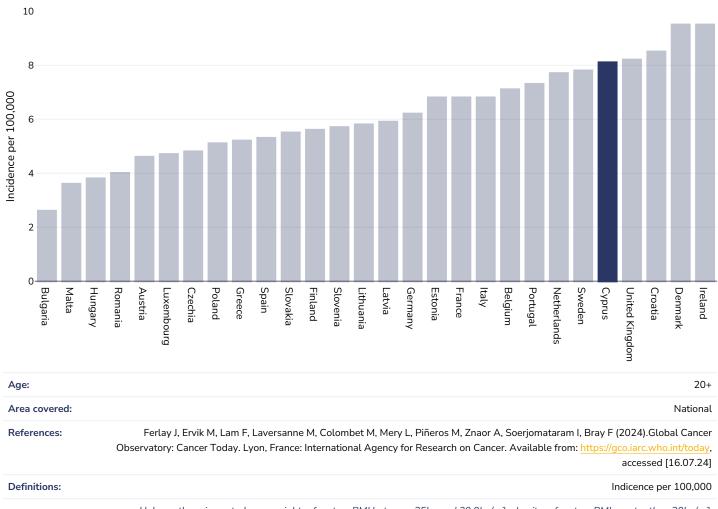






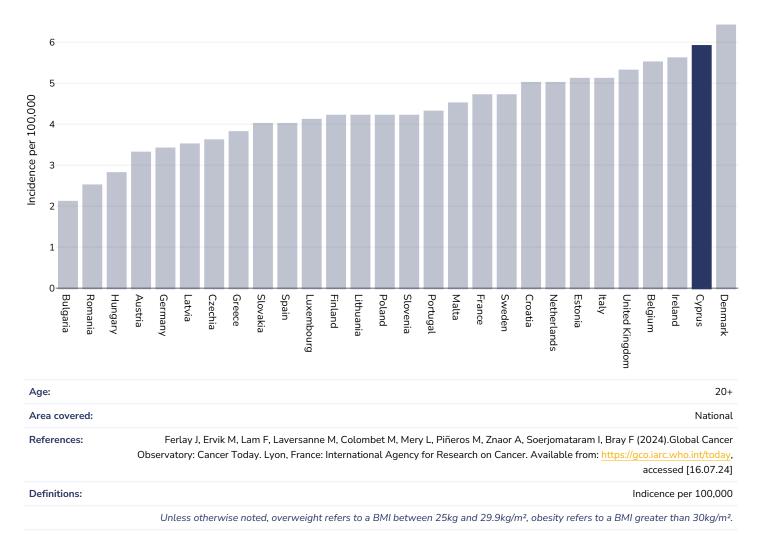
Multiple Myeloma

Men, 2022



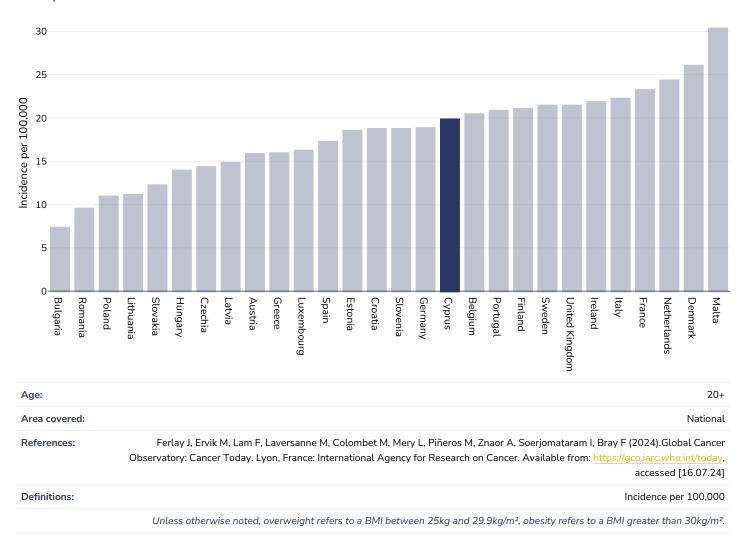
Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².



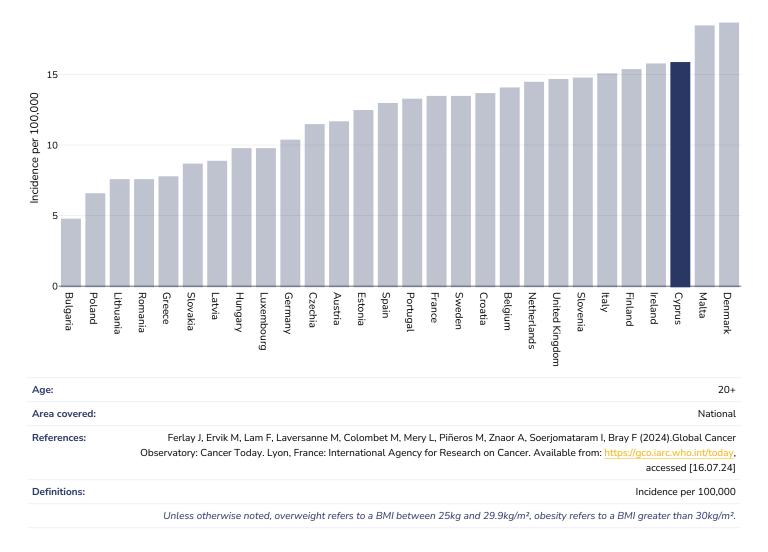




Non Hodgkin Lymphoma

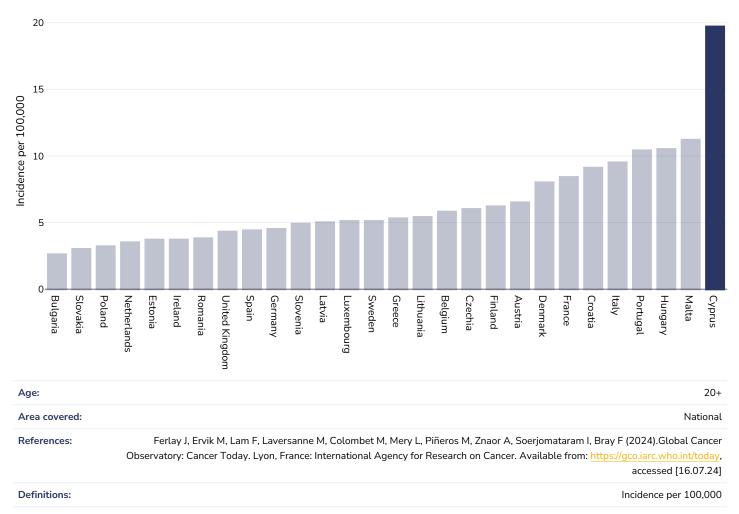




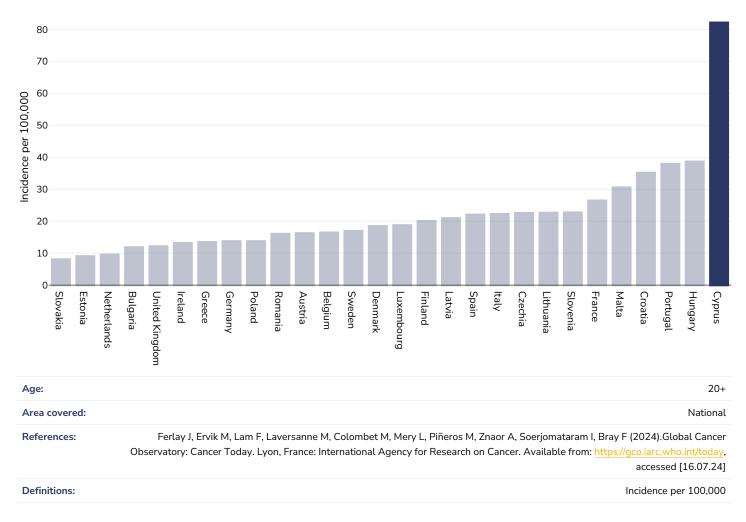




Thyroid Cancer







PDF created on June 17, 2025