# Report card

## Cyprus

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Obesity prevalence

Adults, 2017

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

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
Children, 2009-2010

Survey type: Measured
Sample size: 3090
Area covered: National
Notes: IOTF Cut off Used
Cutoffs: IOTF
Overweight/obesity by age and education

Men, 2017

Survey type: Self-reported
Area covered: National

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
Women, 2017

Survey type: Self-reported
Area covered: National

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

Men, 2014

Survey type: Self-reported
Age: 18+
Sample size: Total sample size in EU = 35100 (Age 18+)
Area covered: National
Notes: Less than primary, primary and lower secondary education (levels 0-2) Upper secondary and post-secondary non-tertiary education (levels 3 and 4) Tertiary education (levels 5-8)

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m². obesity refers to a BMI greater than 30kg/m².
Women, 2014

Survey type: Self-reported
Age: 18+
Sample size: Total sample size in EU = 35100 (Age 18+)
Area covered: National
Notes: Less than primary, primary and lower secondary education (levels 0-2) Upper secondary and post-secondary non-tertiary education (levels 3 and 4) Tertiary education (levels 5-8)

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
Children, 2007-2008

Survey type: Measured
Age: 2-9
Sample size: 2942
Area covered: National
Cutoffs: IOTF
Overweight/obesity by age

Adults, 2017

Survey type: Self-reported

Area covered: National


Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
Children, 2009-2010

Survey type: Measured
Sample size: 3090
Area covered: National
Cutoffs: IOTF
### Overweight/obesity by region

**Boys, 2009-2010**

![Graph showing percentage of overweight and obesity among boys in rural and urban areas](image)

<table>
<thead>
<tr>
<th>Survey type:</th>
<th>Measured</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age:</td>
<td>6-17</td>
</tr>
<tr>
<td>Sample size:</td>
<td>3090</td>
</tr>
<tr>
<td>Area covered:</td>
<td>National</td>
</tr>
<tr>
<td>Cutoffs:</td>
<td>IOTF</td>
</tr>
</tbody>
</table>
Girls, 2009-2010

Survey type: Measured
Age: 6-17
Sample size: 3090
Area covered: National
Cutoffs: IOTF
Overweight/obesity by age and region

Men, 2014

Survey type: Self-reported
Area covered: National

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m². Obesity refers to a BMI greater than 30kg/m².
Women, 2014

Survey type: Self-reported

Area covered: National


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 age and socio-economic group

Adults, 2014

Survey type: Self-reported
Area covered: National

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m². Obesity refers to a BMI greater than 30kg/m².
Men, 2014

Survey type: Self-reported
Area covered: National
References: Eurostat http://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1i&lang=en (last accessed 25.08.20)

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
Women, 2014

Survey type: Self-reported
Area covered: National
References: Eurostat http://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1i&lang=en (last accessed 25.08.20)

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, 2014

<table>
<thead>
<tr>
<th>Quintile</th>
<th>Overweight</th>
<th>Obesity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1st</td>
<td>30</td>
<td>20</td>
</tr>
<tr>
<td>2nd</td>
<td>35</td>
<td>25</td>
</tr>
<tr>
<td>3rd</td>
<td>33</td>
<td>24</td>
</tr>
<tr>
<td>4th</td>
<td>32</td>
<td>23</td>
</tr>
<tr>
<td>5th</td>
<td>36</td>
<td>25</td>
</tr>
</tbody>
</table>

Survey type: Self-reported
Age: 18+
Sample size: Total sample number in EU: 35100 (Age 18+)
Area covered: National
Notes: 1st Quintile (lowest income), 5th Quintile (highest income) Please note where data = zero, there were insufficient data.

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
Women, 2014

Survey type: Self-reported
Age: 18+
Sample size: Total sample number in EU: 35100 (Age 18+)
Area covered: National
Notes: 1st Quintile (lowest income), 5th Quintile (highest income) Please note where data = zero, there were insufficient data.

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
### Children, 2007-2008

**Survey type:** Measured  
**Age:** 2-9  
**Sample size:** 2942  
**Area covered:** National  
**References:** Ahrens W, Pigeot I, Pohlabeln H et al. Prevalence of overweight and obesity in European children below the age of 10. IJO 2014;38:S99-S107  
**Notes:** SES assessed by parental annual income  
**Cutoffs:** IOTF

<table>
<thead>
<tr>
<th>SES Level</th>
<th>Obesity</th>
<th>Overweight</th>
</tr>
</thead>
<tbody>
<tr>
<td>Low</td>
<td>10</td>
<td>15</td>
</tr>
<tr>
<td>Low/Medium</td>
<td>7</td>
<td>13</td>
</tr>
<tr>
<td>Medium</td>
<td>9</td>
<td>17</td>
</tr>
<tr>
<td>Medium/High</td>
<td>11</td>
<td>19</td>
</tr>
<tr>
<td>High</td>
<td>13</td>
<td>20</td>
</tr>
</tbody>
</table>
Insufficient physical activity

Adults, 2016

Men, 2016

Women, 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: Global Burden of Disease, the Institute for Health Metrics and Evaluation [http://ghdx.healthdata.org/]
Definitions: Estimated per-capita whole grains intake (g/day)
Mental health - depression disorders

Adults, 2015

% of population


Definitions: % of population with depression disorders
Mental health - anxiety disorders

Adults, 2015


Definitions: % of population with anxiety disorders
**Oesophageal cancer**

**Men, 2018**

![Bar chart showing incidence per 100,000 across various countries.](Image)

Age: 20+


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: 20+


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

Age: 20+


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

Men, 2018

Age: 20+


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

Incidence per 100,000

Age: 20+


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

Men, 2018

<table>
<thead>
<tr>
<th>Country</th>
<th>Incidence per 100,000</th>
</tr>
</thead>
<tbody>
<tr>
<td>Malta</td>
<td>1.5</td>
</tr>
<tr>
<td>Latvia</td>
<td>1.7</td>
</tr>
<tr>
<td>Luxembourg</td>
<td>1.9</td>
</tr>
<tr>
<td>Portugal</td>
<td>2.1</td>
</tr>
<tr>
<td>Finland</td>
<td>2.9</td>
</tr>
<tr>
<td>Lithuania</td>
<td>2.9</td>
</tr>
<tr>
<td>Denmark</td>
<td>3.1</td>
</tr>
<tr>
<td>Belgium</td>
<td>3.3</td>
</tr>
<tr>
<td>United Kingdom</td>
<td>3.3</td>
</tr>
<tr>
<td>Romania</td>
<td>3.3</td>
</tr>
<tr>
<td>France</td>
<td>3.3</td>
</tr>
<tr>
<td>Spain</td>
<td>3.3</td>
</tr>
<tr>
<td>Austria</td>
<td>3.3</td>
</tr>
<tr>
<td>Ireland</td>
<td>3.3</td>
</tr>
<tr>
<td>Germany</td>
<td>3.3</td>
</tr>
<tr>
<td>Greece</td>
<td>3.3</td>
</tr>
<tr>
<td>Estonia</td>
<td>3.3</td>
</tr>
<tr>
<td>Netherlands</td>
<td>3.3</td>
</tr>
<tr>
<td>Italy</td>
<td>3.3</td>
</tr>
<tr>
<td>Poland</td>
<td>3.3</td>
</tr>
<tr>
<td>Croatia</td>
<td>3.3</td>
</tr>
<tr>
<td>Czech Republic</td>
<td>3.3</td>
</tr>
<tr>
<td>Hungary</td>
<td>3.3</td>
</tr>
<tr>
<td>Slovenia</td>
<td>3.3</td>
</tr>
<tr>
<td>Slovakia</td>
<td>3.3</td>
</tr>
</tbody>
</table>

Age: 20+


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

Age: 20+


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

Men, 2018

Incidence per 100,000

Age: 20+


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

Incidence per 100,000

Age: 20+


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

Women, 2018

Incidence per 100,000

Age: 20+


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

Adults, 2015


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

% raised blood pressure


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


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

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

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

<table>
<thead>
<tr>
<th>Country</th>
<th>% Raised cholesterol</th>
</tr>
</thead>
<tbody>
<tr>
<td>Romania</td>
<td></td>
</tr>
<tr>
<td>Greece</td>
<td></td>
</tr>
<tr>
<td>Sweden</td>
<td></td>
</tr>
<tr>
<td>Croatia</td>
<td></td>
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<tr>
<td>Slovenia</td>
<td></td>
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<tr>
<td>Czech Republic</td>
<td></td>
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<td>Spain</td>
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<tr>
<td>Poland</td>
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<td>Hungary</td>
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<tr>
<td>Lithuania</td>
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<tr>
<td>Portugal</td>
<td></td>
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<tr>
<td>Latvia</td>
<td></td>
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<tr>
<td>Slovenia</td>
<td></td>
</tr>
<tr>
<td>Cyprus</td>
<td></td>
</tr>
<tr>
<td>Estonia</td>
<td></td>
</tr>
<tr>
<td>Malta</td>
<td></td>
</tr>
<tr>
<td>Austria</td>
<td></td>
</tr>
<tr>
<td>Netherlands</td>
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<tr>
<td>Finland</td>
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<td>Ireland</td>
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<tr>
<td>France</td>
<td></td>
</tr>
<tr>
<td>United Kingdom</td>
<td></td>
</tr>
<tr>
<td>Italy</td>
<td></td>
</tr>
<tr>
<td>Denmark</td>
<td></td>
</tr>
<tr>
<td>Luxembourg</td>
<td></td>
</tr>
</tbody>
</table>

**References:**  
Global Health Observatory data repository, World Health Organisation,  
[http://apps.who.int/gho/data/node.main.A885](http://apps.who.int/gho/data/node.main.A885)

**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


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

Adults, 2017


Definitions: Diabetes age-adjusted comparative prevalence (%).

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