

# Report card Egypt



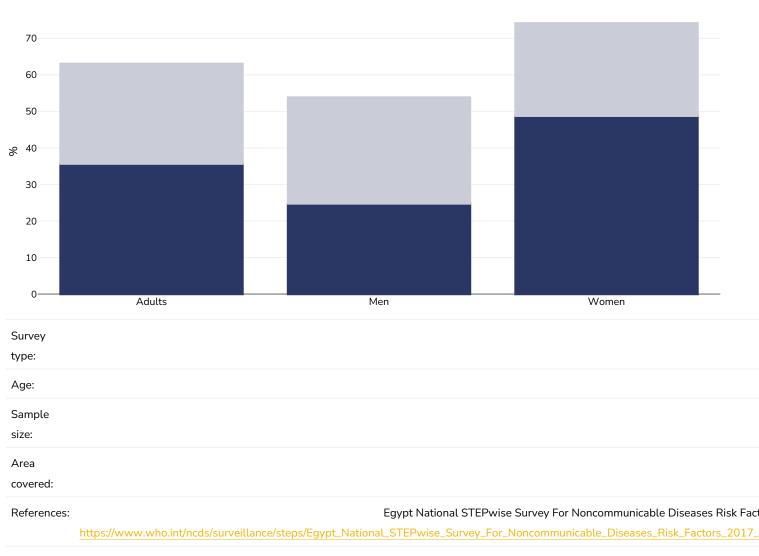
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## **Obesity prevalence**

#### Adults, 2016-2017

Obesity Overweight

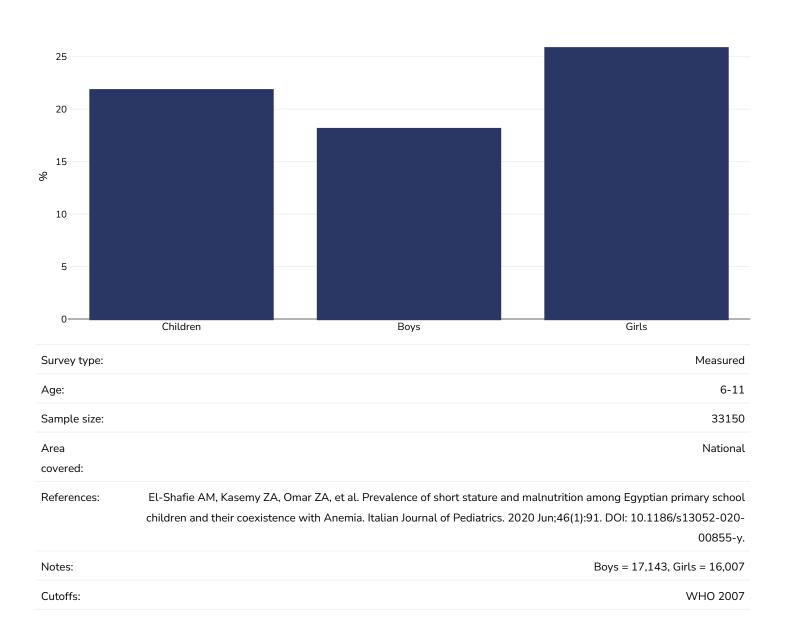


Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI great



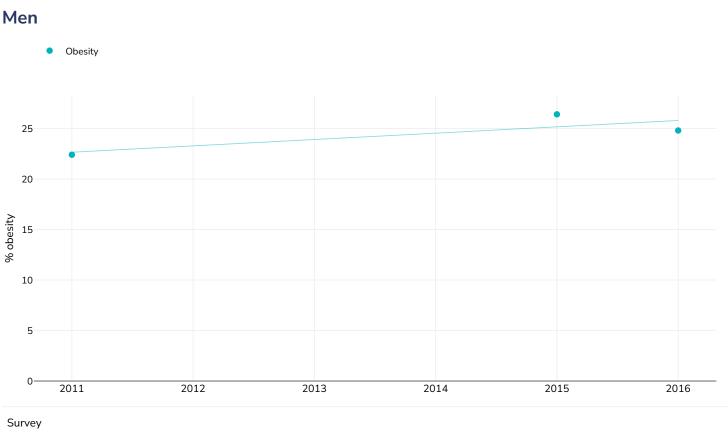
#### Children, 2018-2020

Overweight or obesity





## % Adults living with obesity, 2011-2017



type:

References:

2011: WHO EMRO Egypt STEPS

2015: Ministry of Health and Population/Egypt, El-Zanaty and Associates/Egypt, and ICF International. 2015. Egypt Health Issues Sur Egypt: Ministry of Health and Population/Egypt and ICF International. Available at <a href="http://dhsprogram.com/publications/publication-FR">http://dhsprogram.com/publications/publication-FR</a>

Reports.cfm#sthas

2016: Egypt National STEPwise Survey For Noncommunicable Diseases Risk Factor

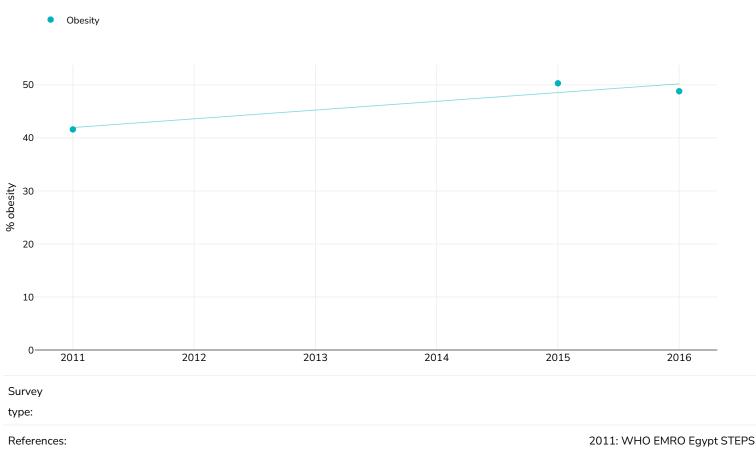
https://www.who.int/ncds/surveillance/steps/Egypt\_National\_STEPwise\_Survey\_For\_Noncommunicable\_Diseases\_Risk\_Factors\_2017\_

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI great

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



#### Women



2015: Ministry of Health and Population/Egypt, El-Zanaty and Associates/Egypt, and ICF International. 2015. Egypt Health Issues Sur Egypt: Ministry of Health and Population/Egypt and ICF International. Available at http://dhsprogram.com/publications/publication-FR

Reports.cfm#sthas

2016: Egypt National STEPwise Survey For Noncommunicable Diseases Risk Fact

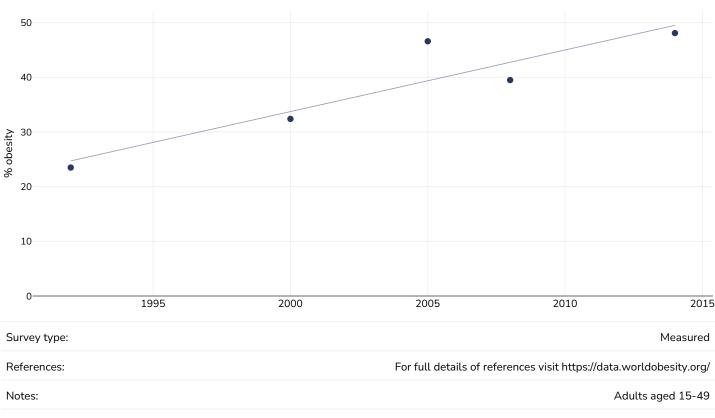
https://www.who.int/ncds/surveillance/steps/Egypt\_National\_STEPwise\_Survey\_For\_Noncommunicable\_Diseases\_Risk\_Factors\_2017\_

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI great



## % Adults living with obesity, 1992-2014





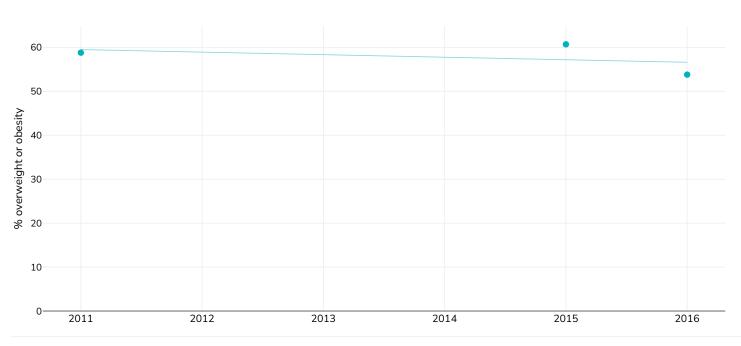
Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m<sup>2</sup>, obesity refers to a BMI greater than 30kg/m<sup>2</sup>.



## % Adults living with overweight or obesity, 2011-2017



• Overweight or obesity



Survey

type:

References:

2011: WHO EMRO Egypt STEPS

2015: Ministry of Health and Population/Egypt, El-Zanaty and Associates/Egypt, and ICF International. 2015. Egypt Health Issues Sur Egypt: Ministry of Health and Population/Egypt and ICF International. Available at <a href="http://dhsprogram.com/publications/publication-FR">http://dhsprogram.com/publications/publication-FR</a>

Reports.cfm#sthas

2016: Egypt National STEPwise Survey For Noncommunicable Diseases Risk Fact

https://www.who.int/ncds/surveillance/steps/Egypt\_National\_STEPwise\_Survey\_For\_Noncommunicable\_Diseases\_Risk\_Factors\_2017\_

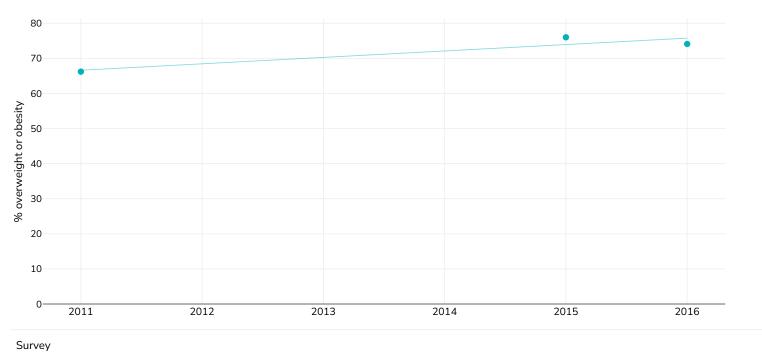
Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI great

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



#### Women

• Overweight or obesity



#### type:

References:

2011: WHO EMRO Egypt STEPS

2015: Ministry of Health and Population/Egypt, El-Zanaty and Associates/Egypt, and ICF International. 2015. Egypt Health Issues Sur Egypt: Ministry of Health and Population/Egypt and ICF International. Available at http://dhsprogram.com/publications/publication-FR

Reports.cfm#sthas

2016: Egypt National STEPwise Survey For Noncommunicable Diseases Risk Fact

https://www.who.int/ncds/surveillance/steps/Egypt\_National\_STEPwise\_Survey\_For\_Noncommunicable\_Diseases\_Risk\_Factors\_2017\_

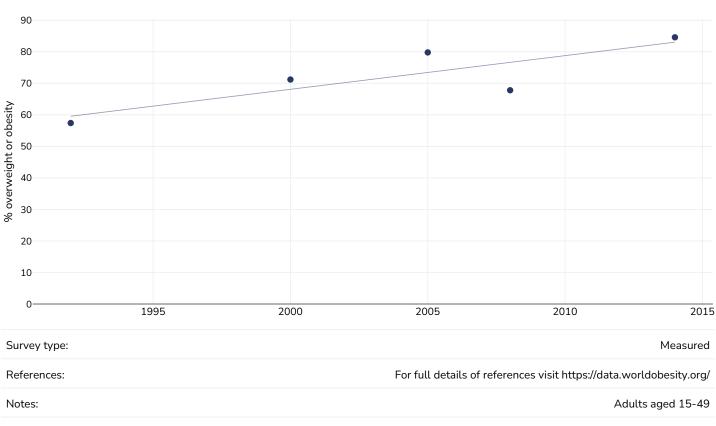
Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI great



•

Overweight or obesity, Women

## % Adults living with overweight or obesity, 1992-2014

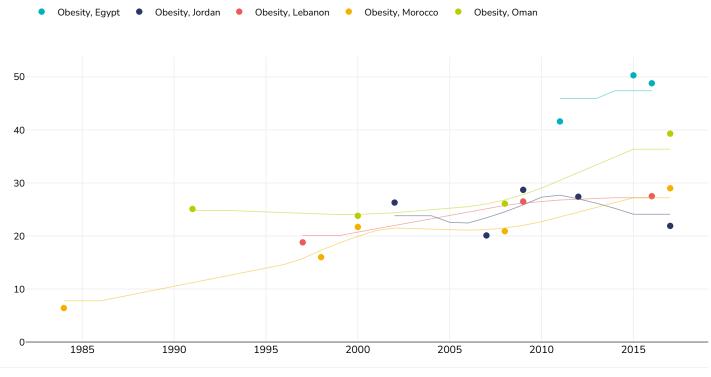


Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m<sup>2</sup>, obesity refers to a BMI greater than 30kg/m<sup>2</sup>.



## % Adults living with obesity, selected countries, 1984-2018

#### Women

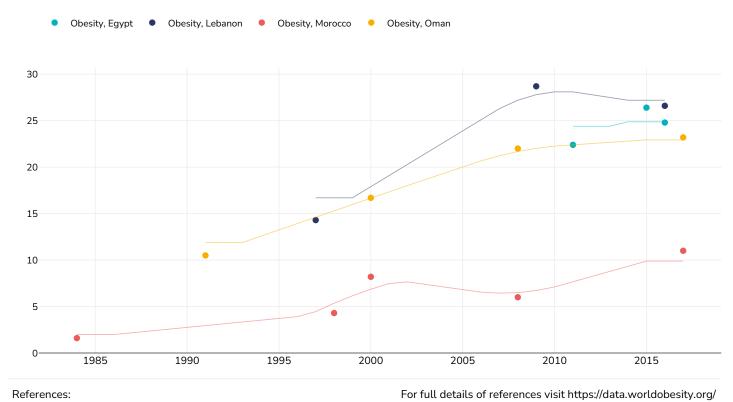


References:

For full details of references visit https://data.worldobesity.org/



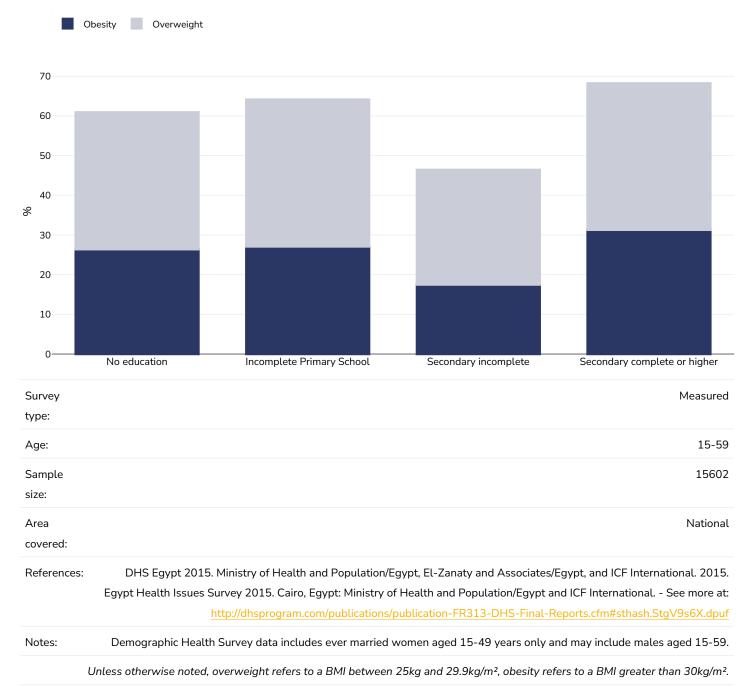
#### Men





## Overweight/obesity by education

#### Men, 2015

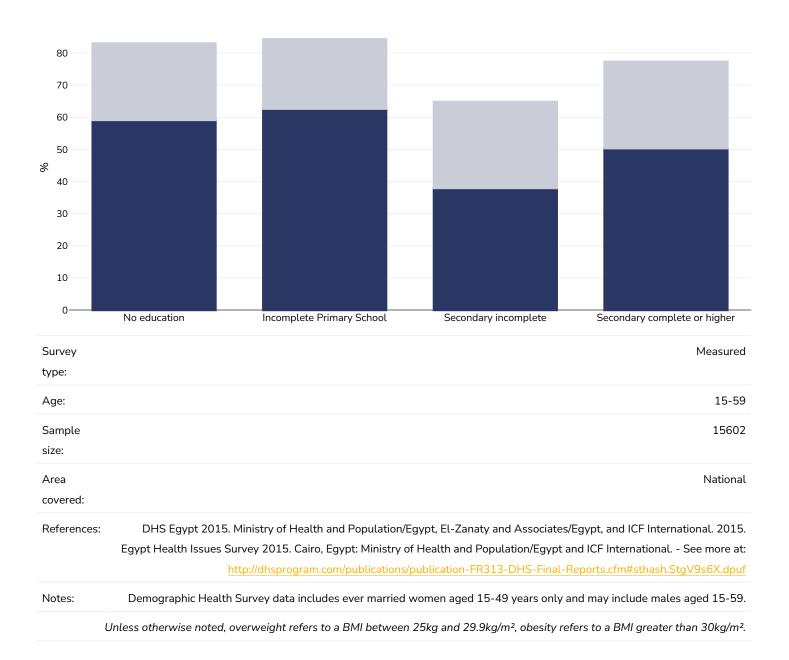


12



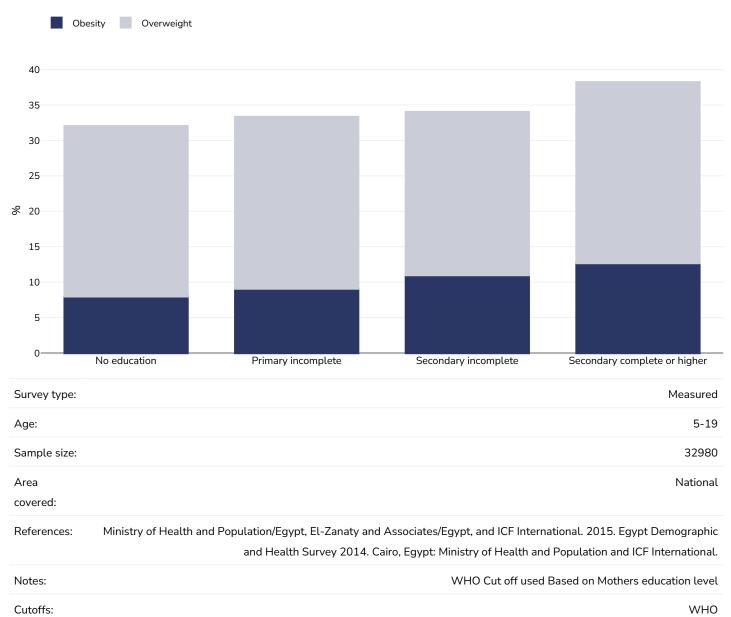
#### Women, 2015

Obesity Overweight





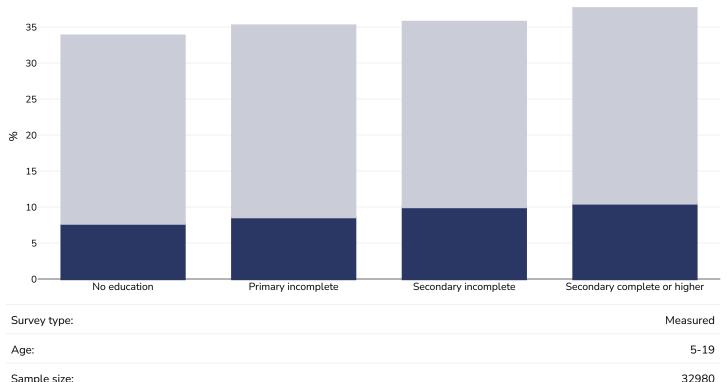
Boys, 2014





## Girls, 2014

Obesity Overweight



Area covered:	National
References: Mi	inistry of Health and Population/Egypt, El-Zanaty and Associates/Egypt, and ICF International. 2015. Egypt Demographic and Health Survey 2014. Cairo, Egypt: Ministry of Health and Population and ICF International.
Notes:	WHO Cut off used Based on Mothers education level

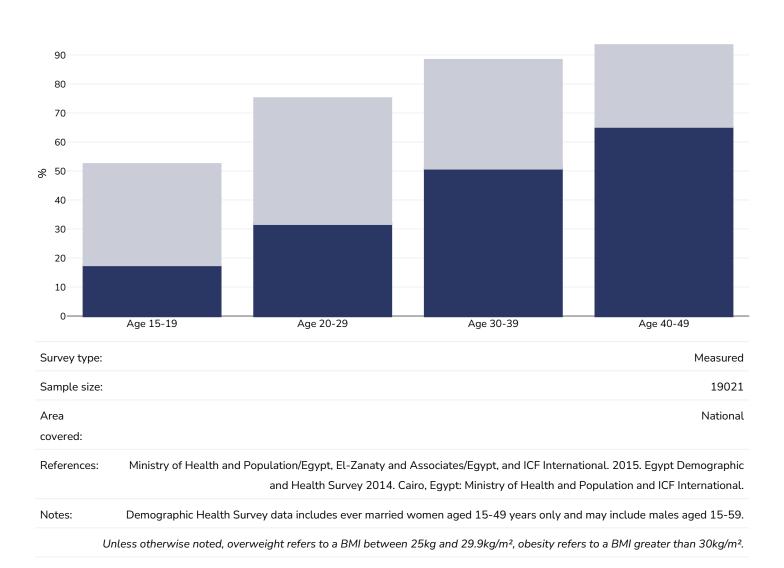
Cutoffs:	WHO
outono	



## Overweight/obesity by age

#### Women, 2014

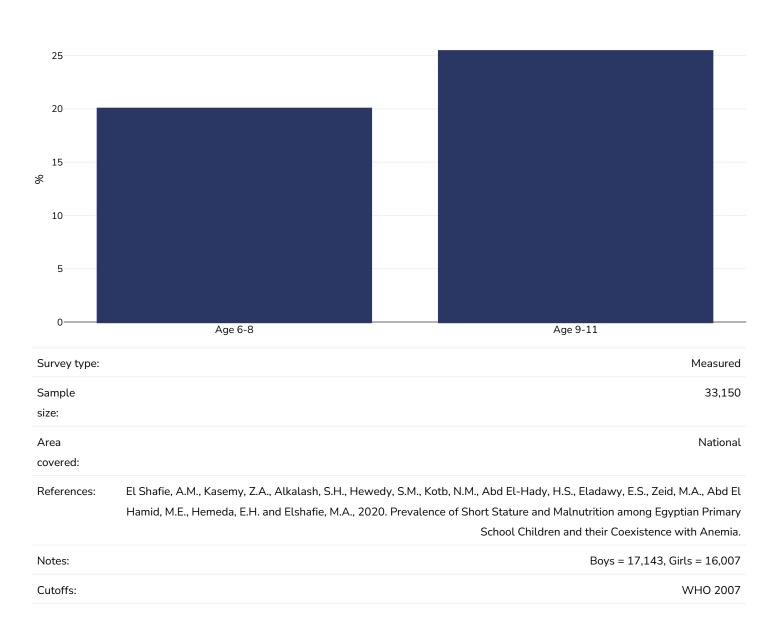
Obesity Overweight





#### Children, 2018-2020

Overweight or obesity

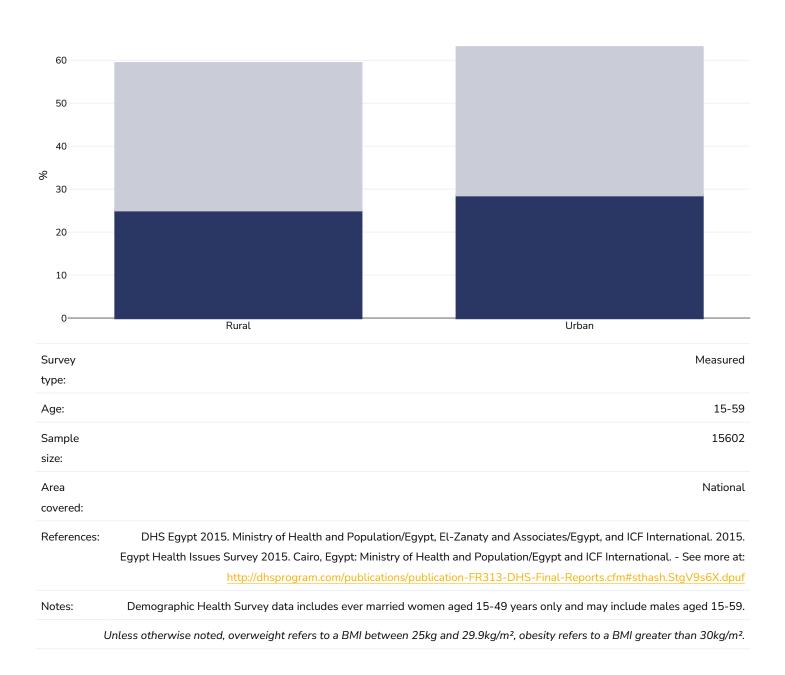




## Overweight/obesity by region

#### Men, 2015

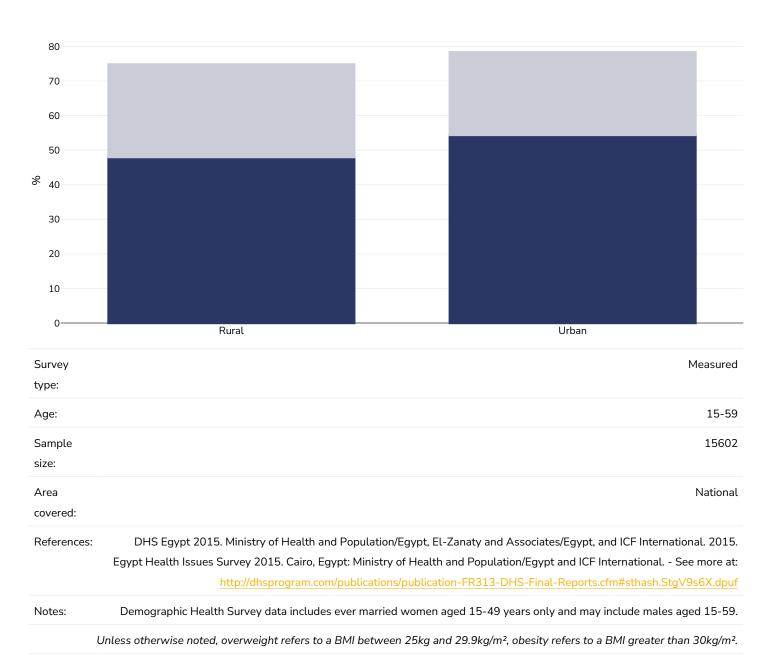
Obesity Overweight





#### Women, 2015

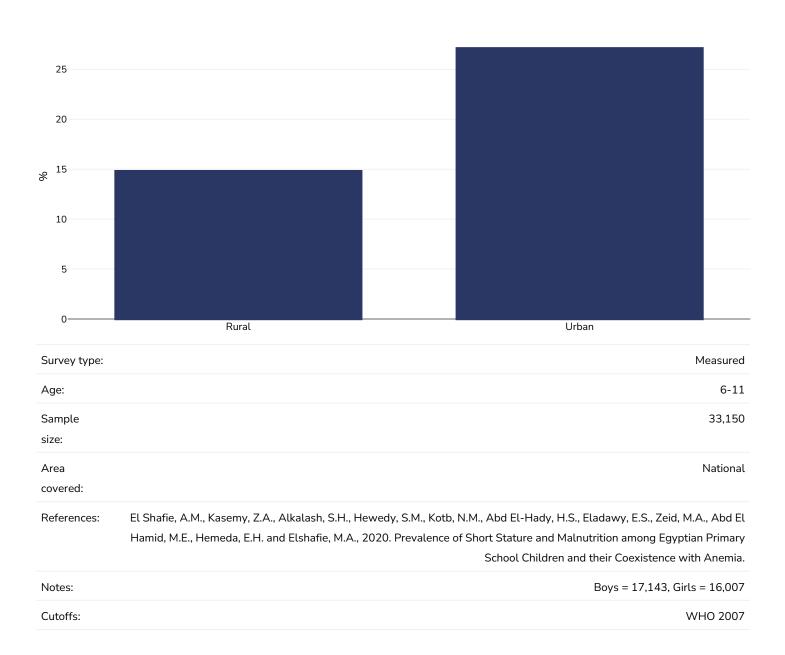
Obesity Overweight





#### Children, 2018-2020

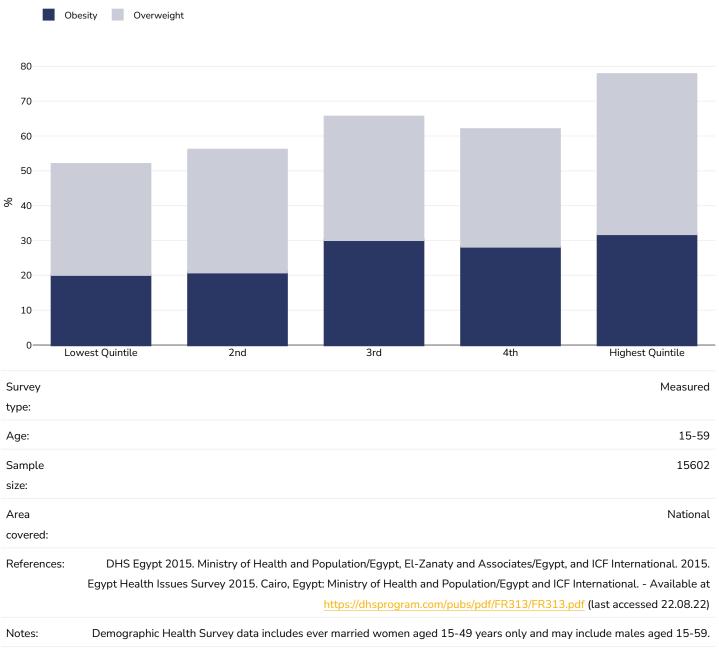
Overweight or obesity





## Overweight/obesity by socio-economic group

#### Men, 2015

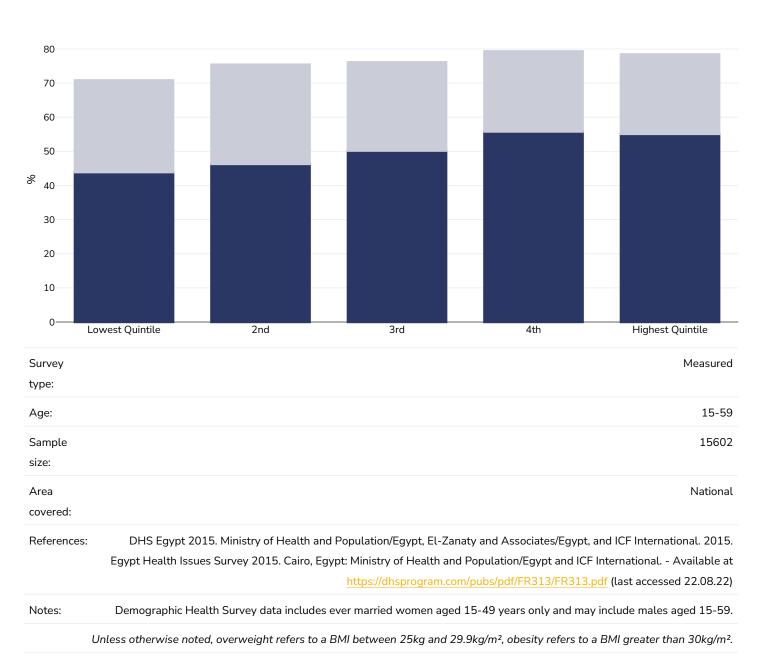


Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m<sup>2</sup>, obesity refers to a BMI greater than 30kg/m<sup>2</sup>.



#### Women, 2015

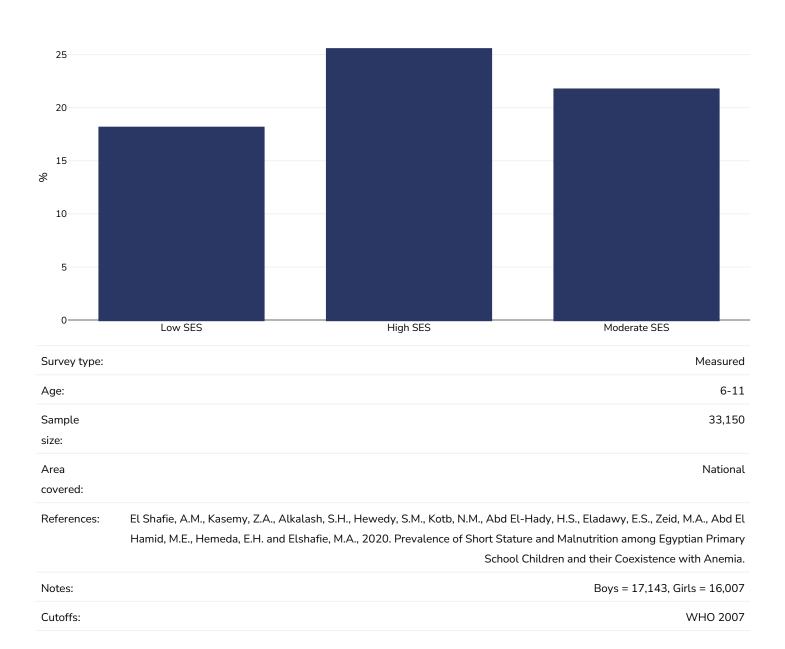






#### Children, 2018-2020

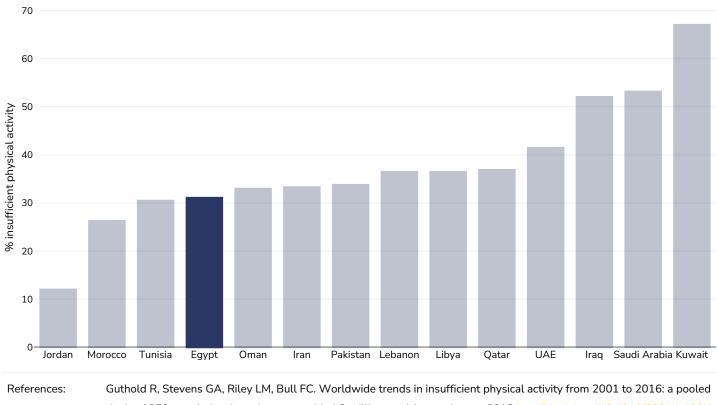
Overweight or obesity





## Insufficient physical activity

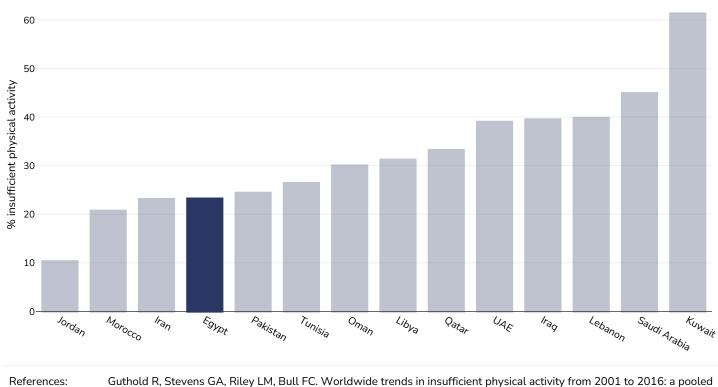
#### Adults, 2016



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

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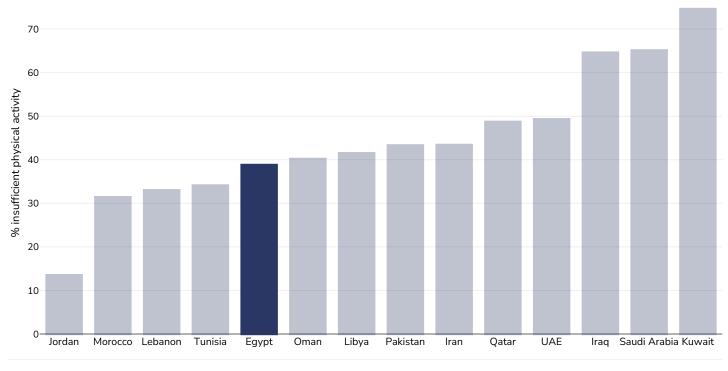
Men, 2016



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



### Women, 2016



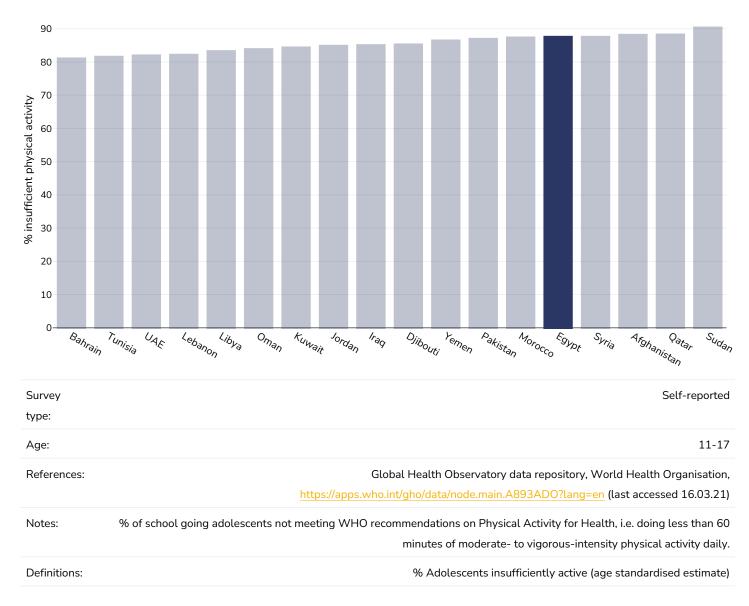
 References:
 Guthold R, Stevens GA, Riley LM, Bull FC. Worldwide trends in insufficient physical activity from 2001 to 2016: a pooled

 analysis of 358 population-based surveys with 1.9 million participants. Lancet 2018 <a href="http://dx.doi.org/10.1016/S2214-109X">http://dx.doi.org/10.1016/S2214-109X</a>

 (18)30357-7

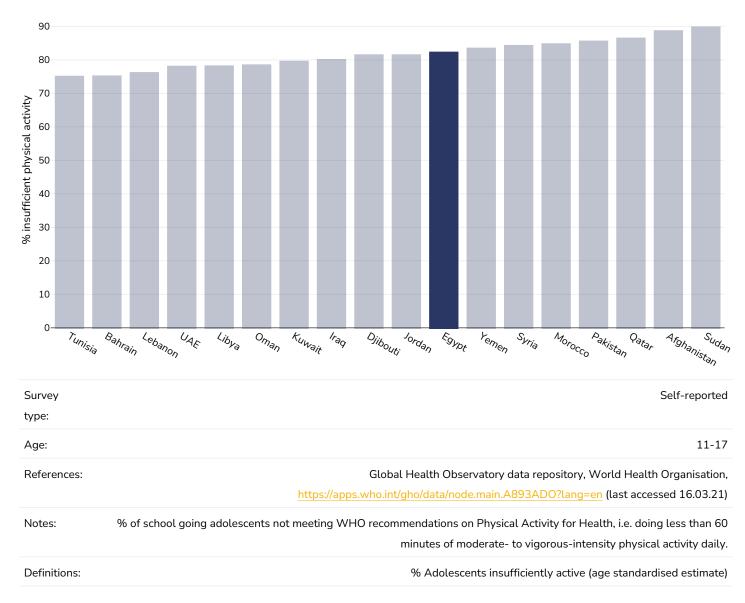


#### Children, 2016



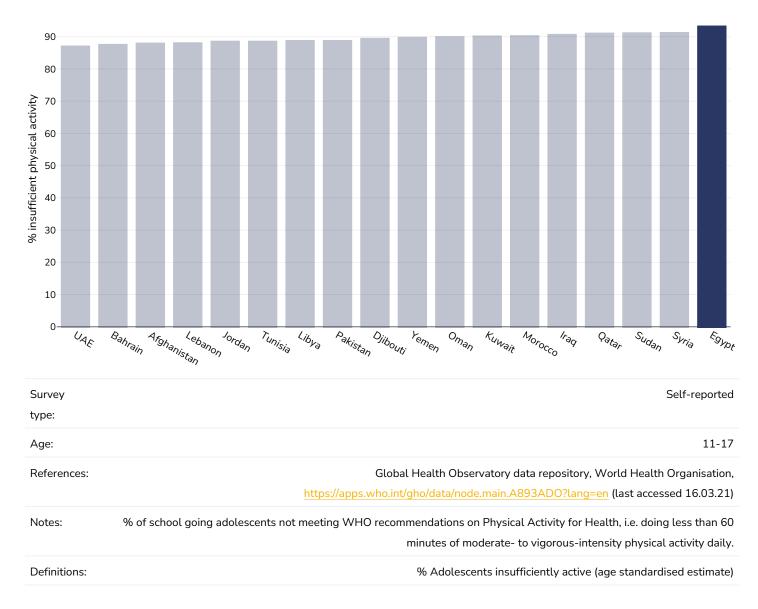
## 

#### Boys, 2016





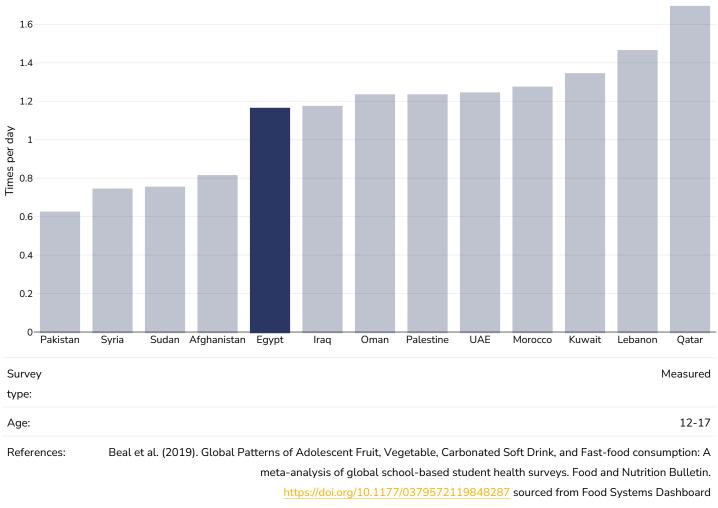
#### Girls, 2016





## Average daily frequency of carbonated soft drink consumption

#### Children, 2009-2015

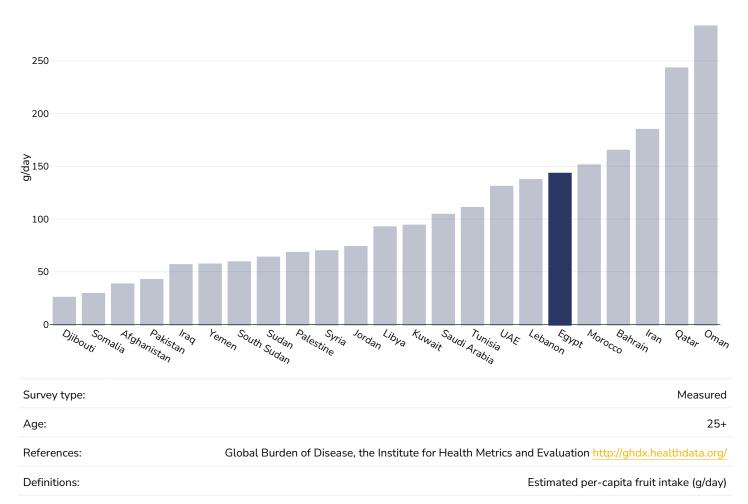


http://www.foodsystemsdashboard.org/food-system



## Estimated per capita fruit intake

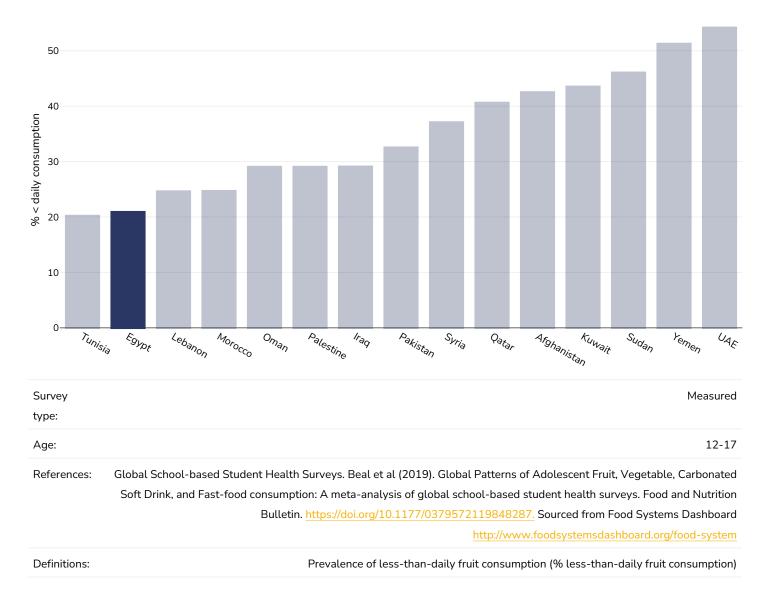






## Prevalence of less than daily fruit consumption

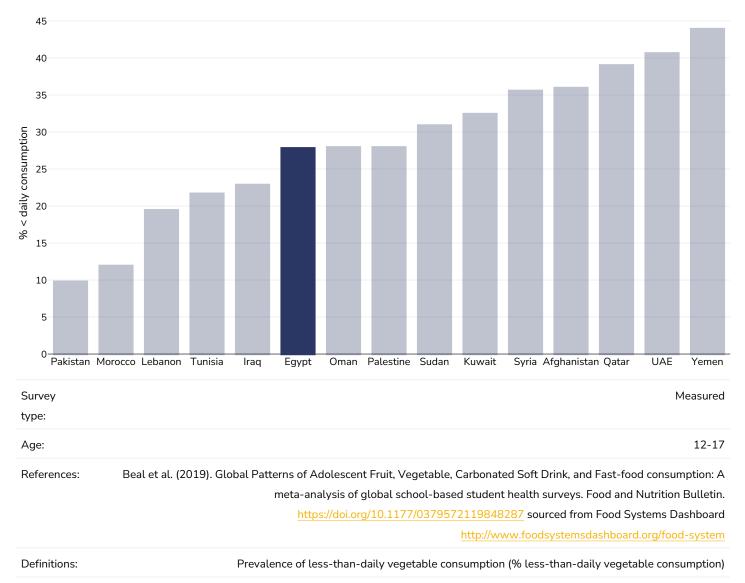
#### Children, 2008-2015





## Prevalence of less than daily vegetable consumption

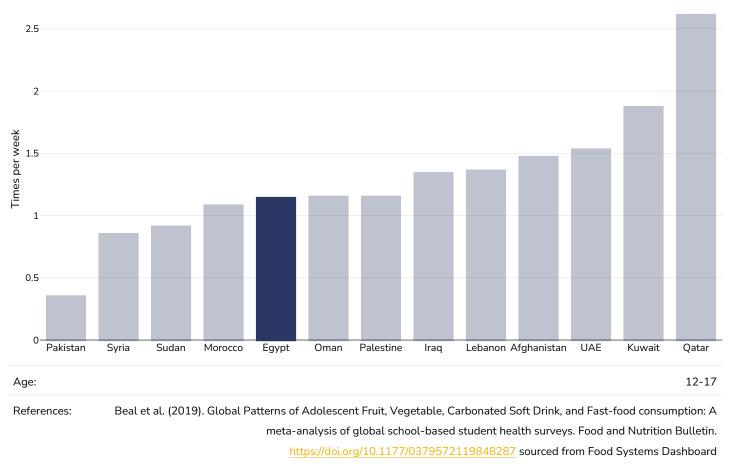
#### Children, 2008-2015





## Average weekly frequency of fast food consumption

#### Children, 2009-2015



http://www.foodsystemsdashboard.org/food-system



## Estimated per-capita processed meat intake

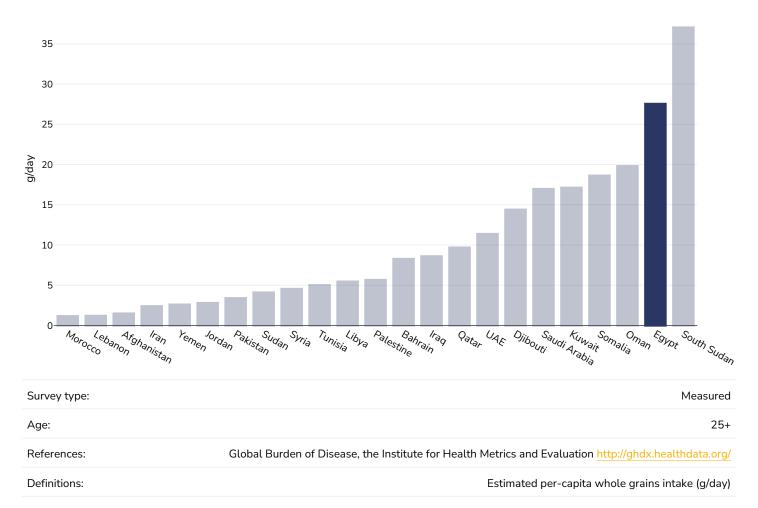
#### 2.5 2 1.5 g/day 1 0.5 South Sudan 0 Morocco Lebanon Bahrain Arghanistan Somalia Palestine Tunisia Iraq Iran Saudi Arabia Yemen UAE Sudan Syria Jordan Libya Kuwait Qatar Measured Survey type: Age: 25+ Global Burden of Disease, the Institute for Health Metrics and Evaluation http://ghdx.healthdata.org/ References: Definitions: Estimated per-capita processed meat intake (g per day)

## Adults, 2017



## Estimated per capita whole grains intake

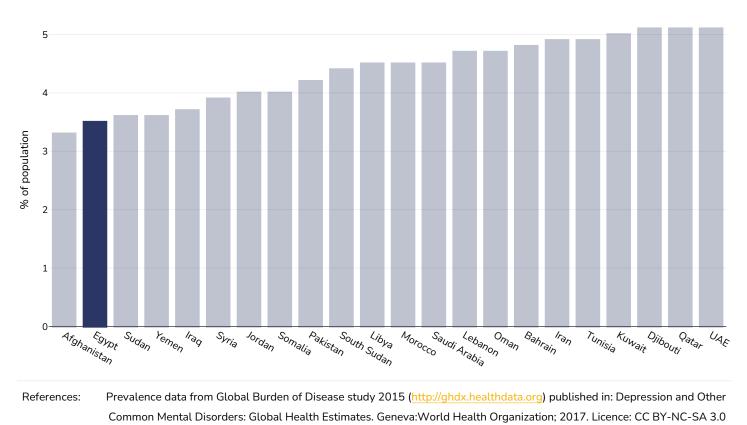
#### Adults, 2017





# Mental health - depression disorders

#### Adults, 2015



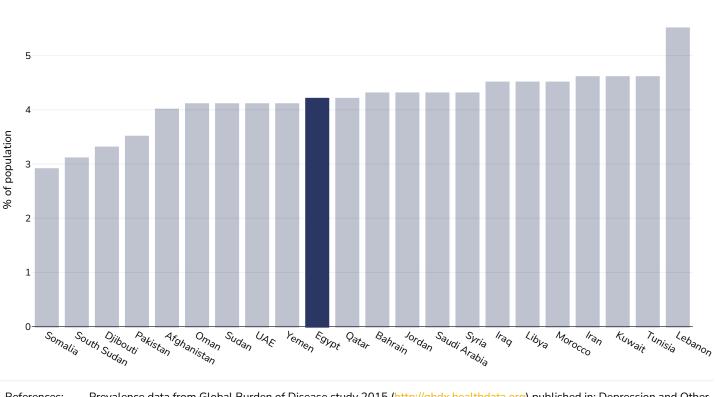
Definitions:

% of population with depression disorders

IGO.



## Mental health - anxiety disorders



#### Adults, 2015

References: 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.

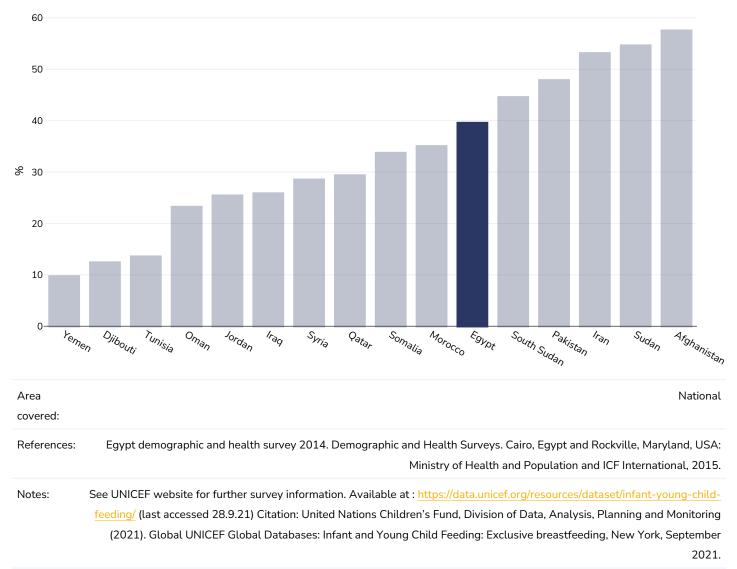
Definitions:

% of population with anxiety disorders



### % Infants exclusively breastfed 0-5 months

### Children, 2010-2019

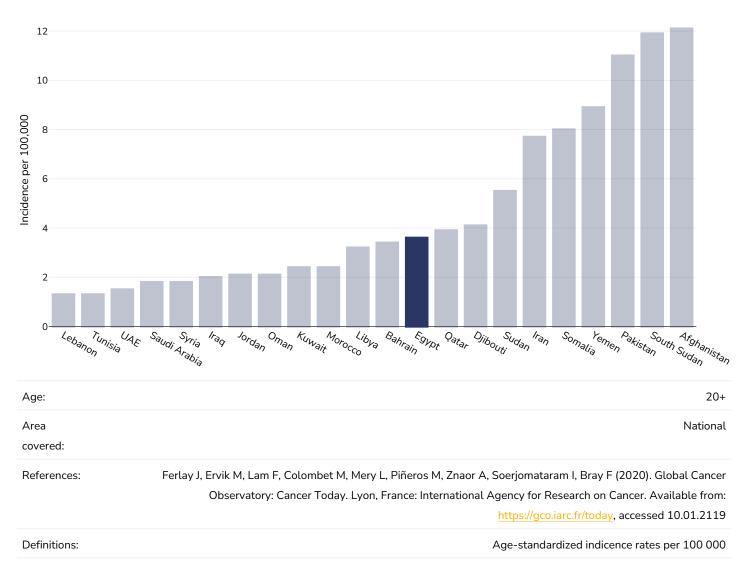


% exclusively breastfed 0-5 months

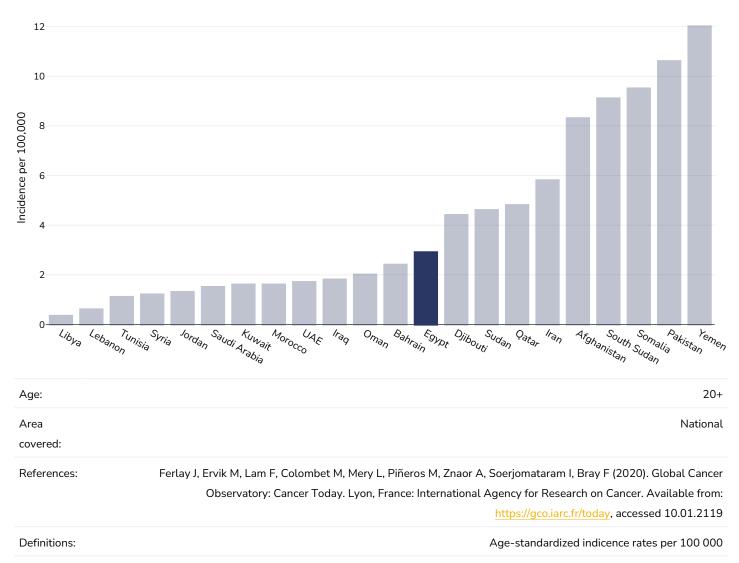
Definitions:



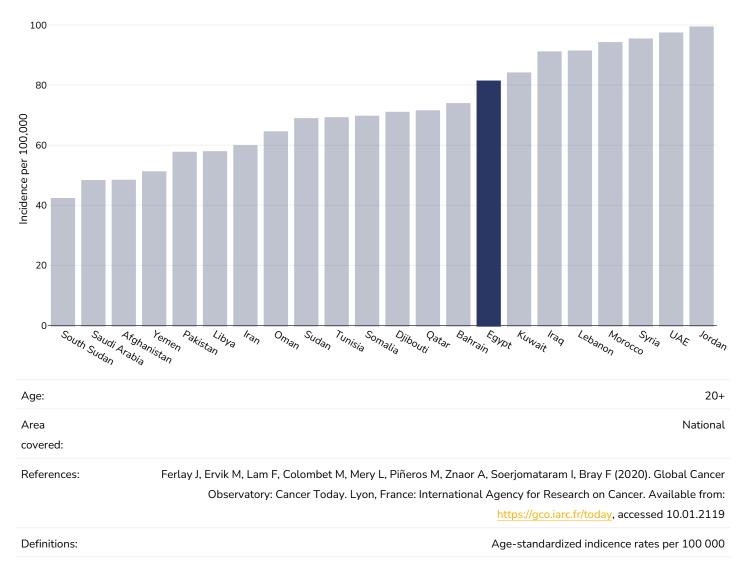
### **Oesophageal cancer**



# WORLD ØBESITY

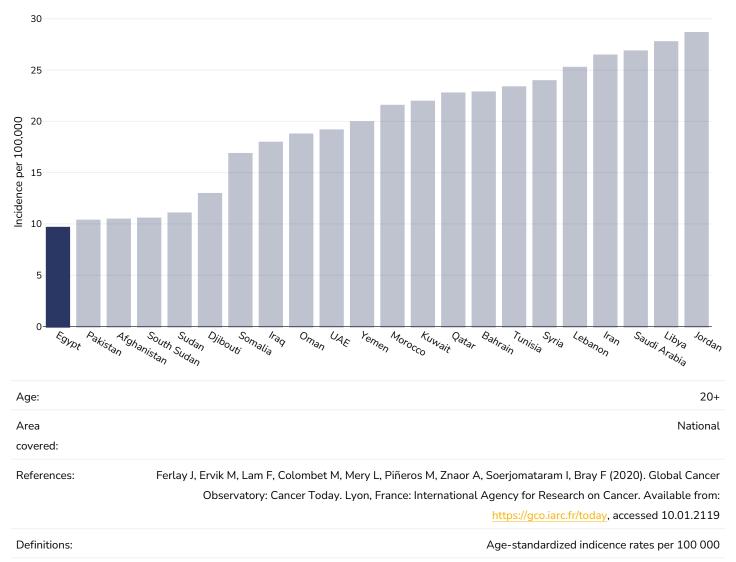


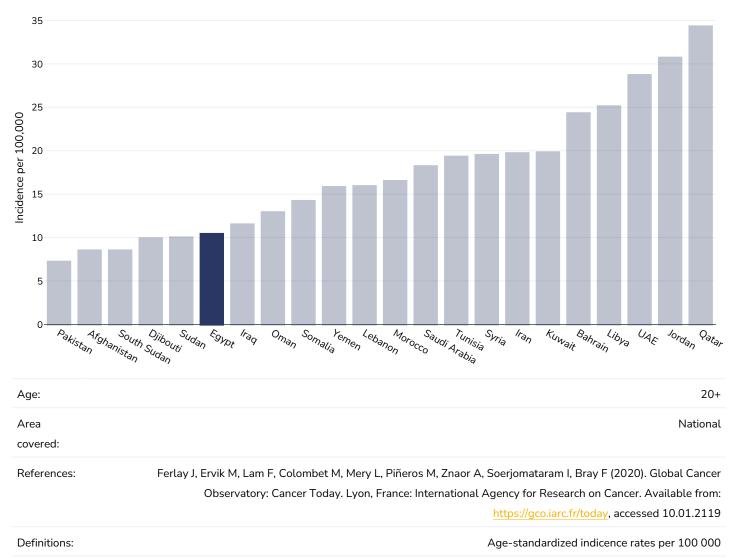
### **Breast cancer**





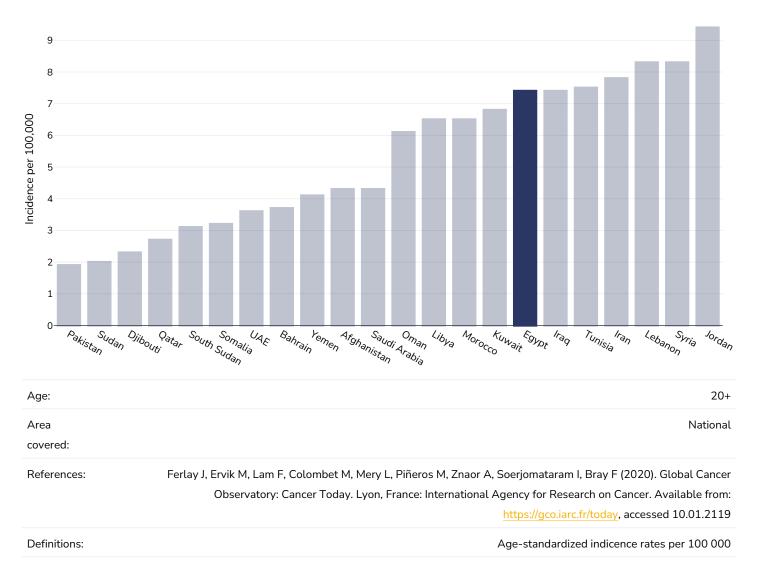
### **Colorectal cancer**



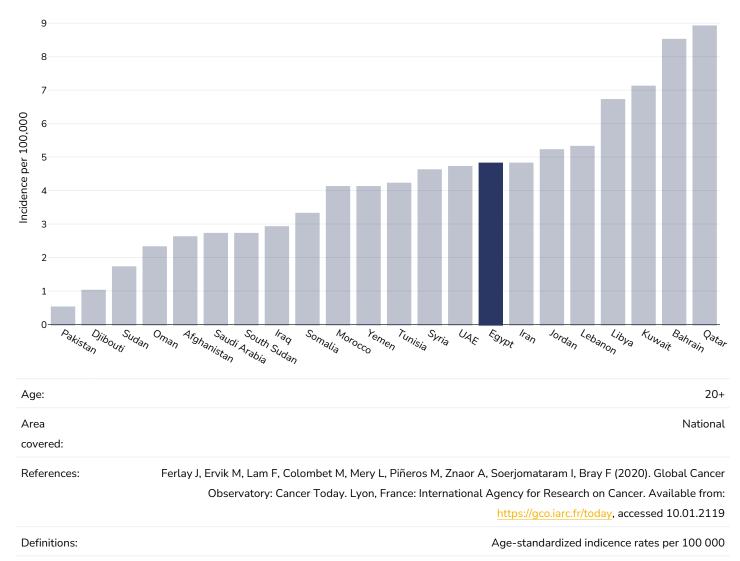




### Pancreatic cancer

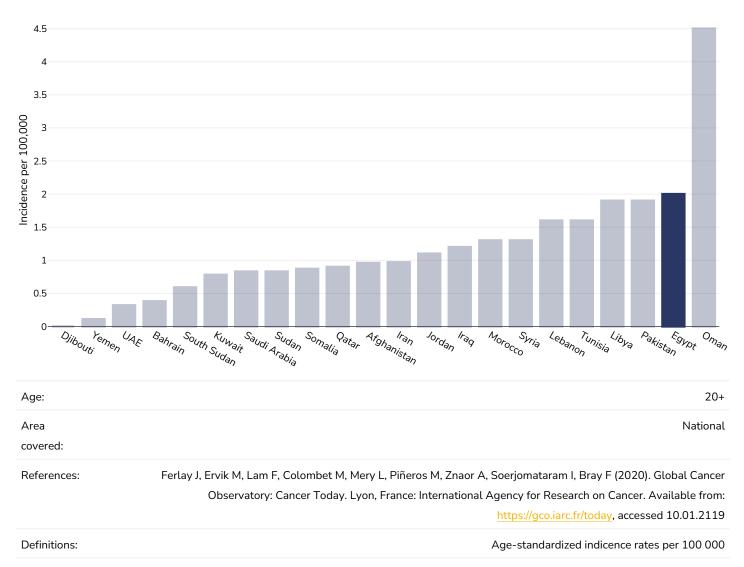


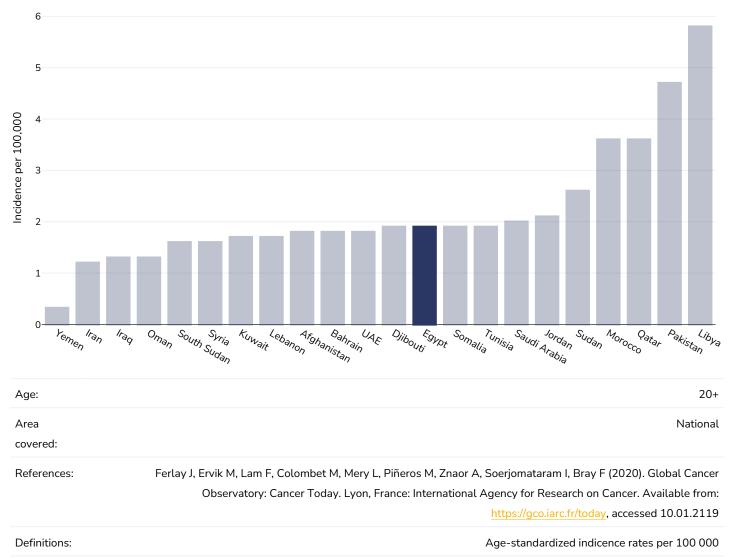
# WORLD ØBESITY



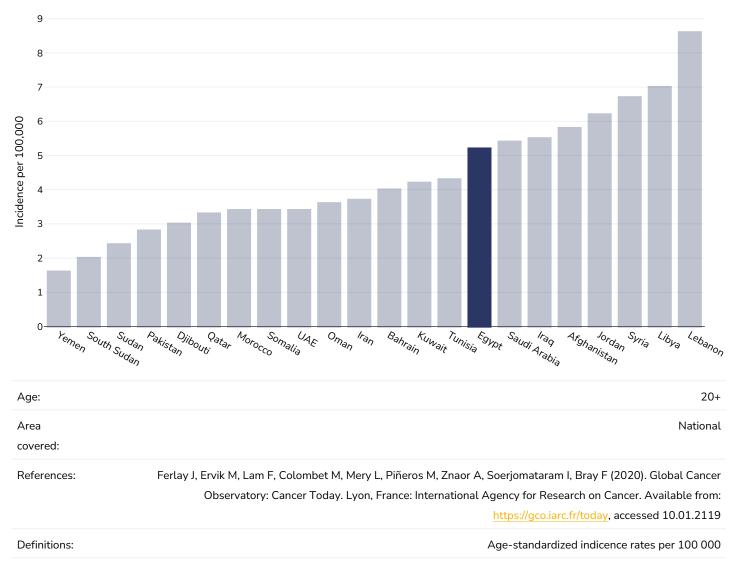


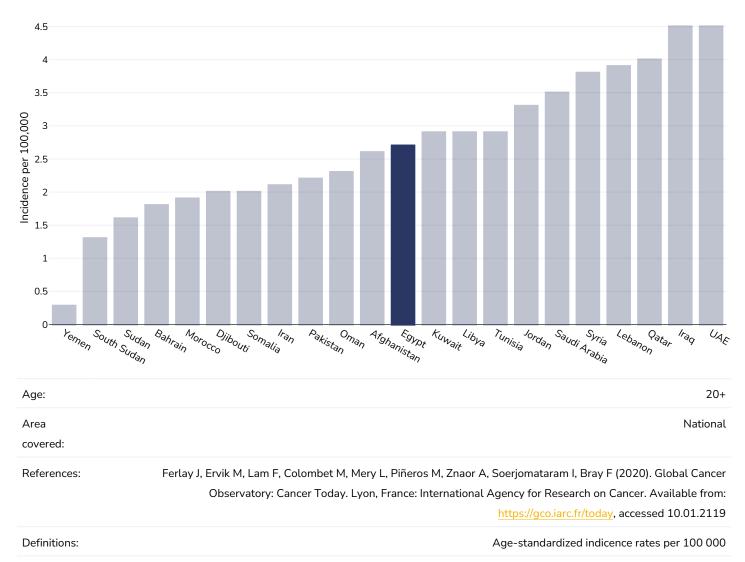
### Gallbladder cancer



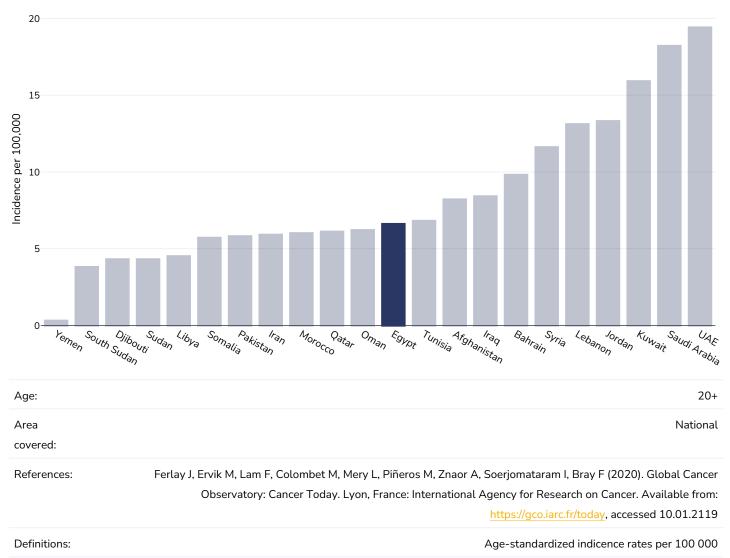


## **Kidney cancer**





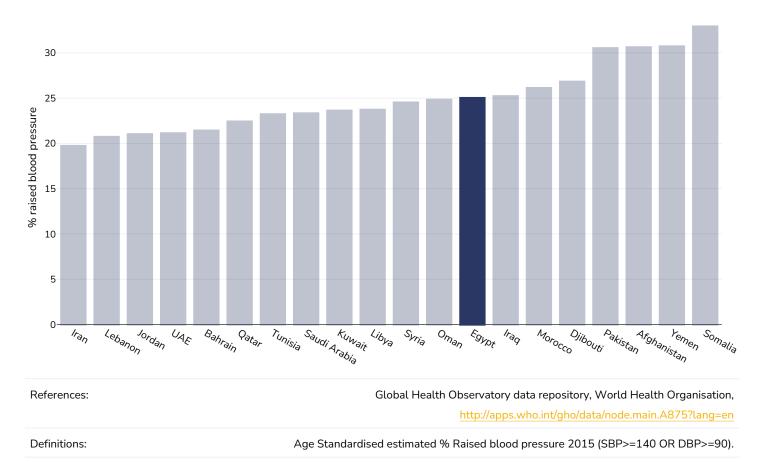
# Cancer of the uterus

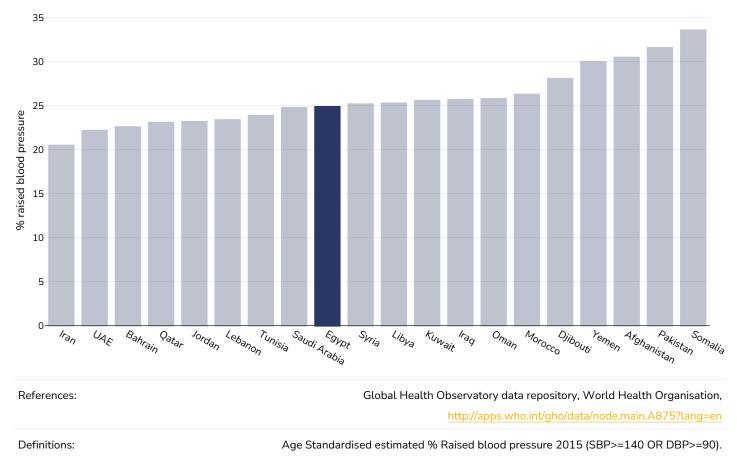




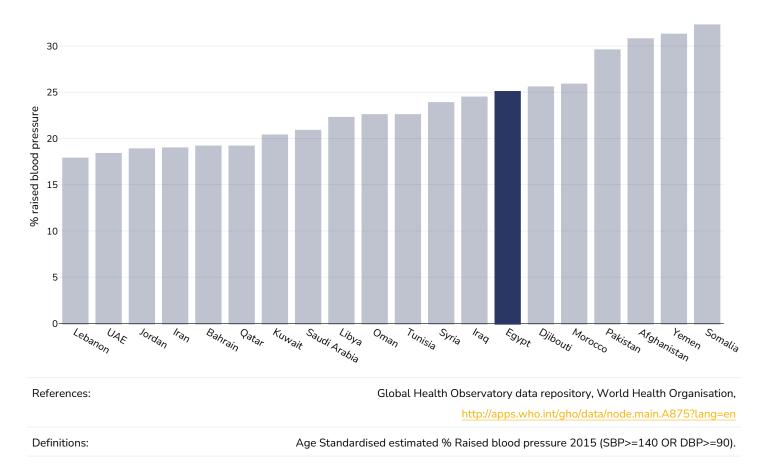
## Raised blood pressure

### Adults, 2015





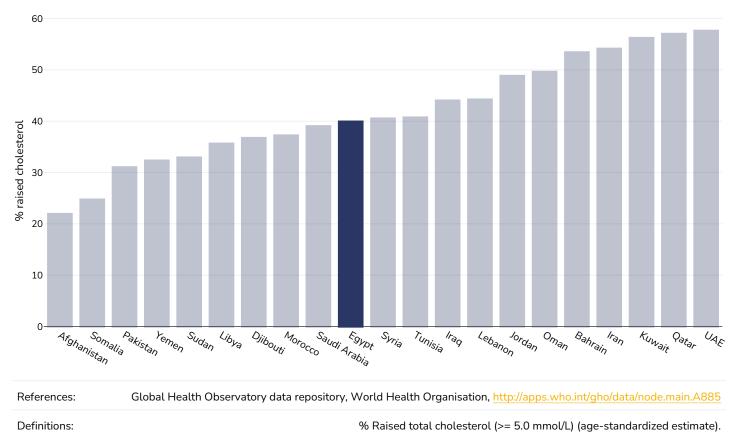




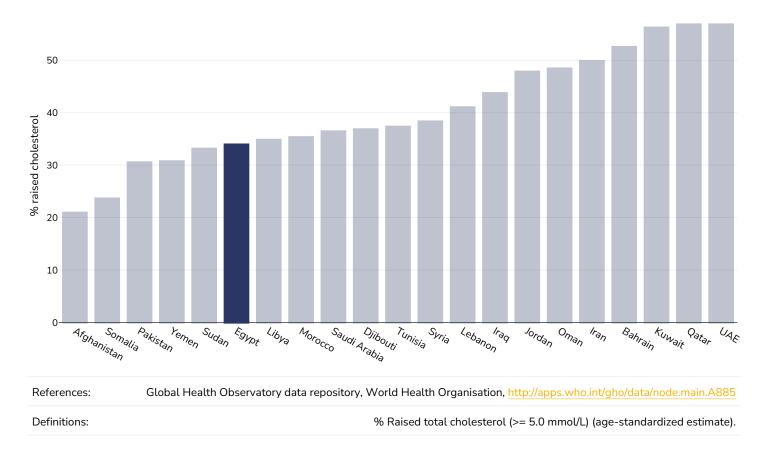


**Raised cholesterol** 

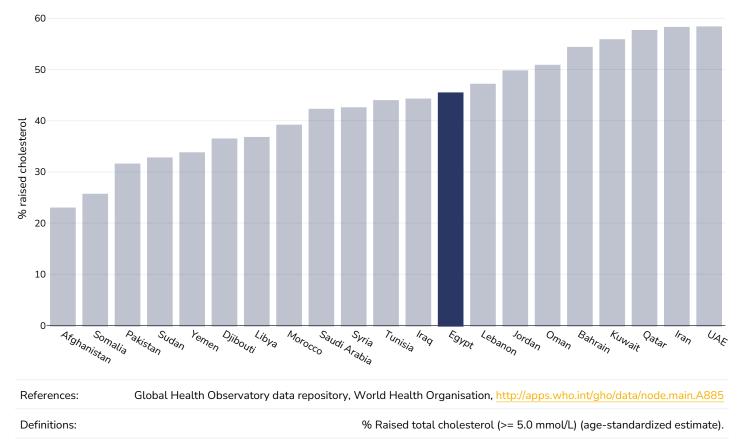
#### Adults, 2008







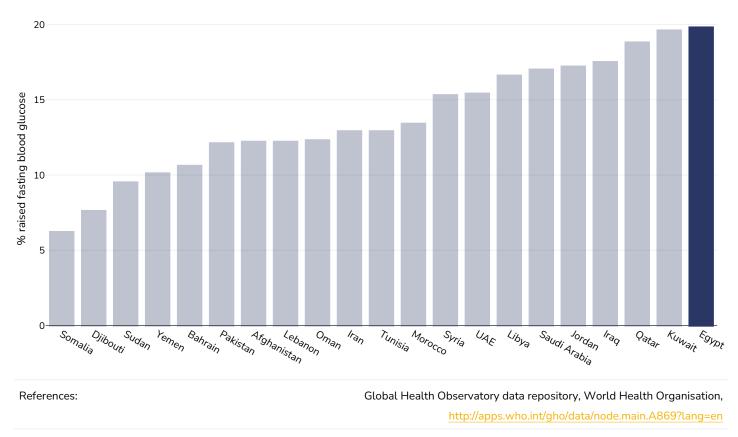






# Raised fasting blood glucose

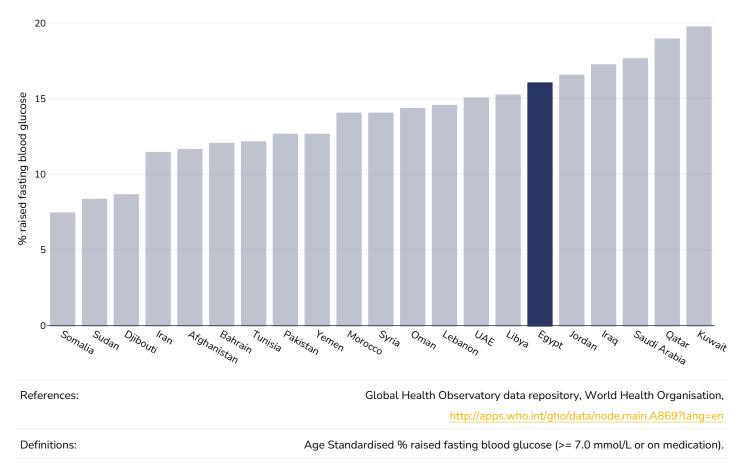




Definitions:

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

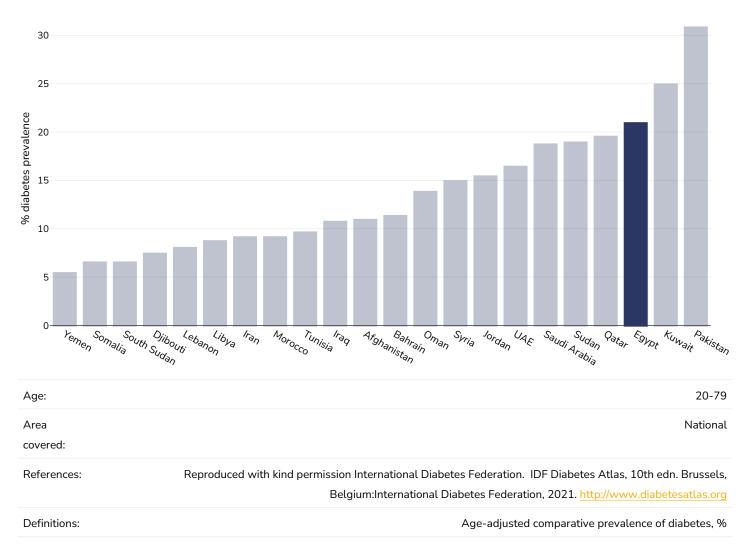






## **Diabetes prevalence**

#### 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.



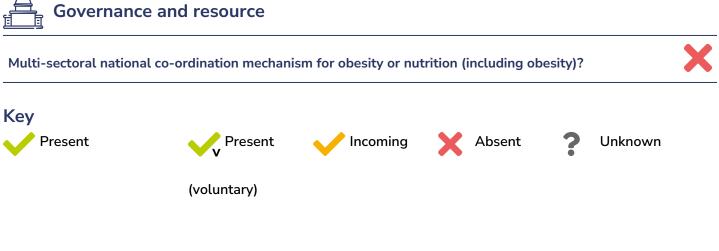
### Labelling

Is there mandatory nutrition labelling?	×
Front-of-package labelling?	×
Back-of-pack nutrition declaration?	?
Color coding?	×
Warning label?	×

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



National obesity strategy or nutrition and physical activity national strategy?	X
National obesity strategy?	×
National childhood obesity strategy?	×
Comprehensive nutrition strategy?	<ul> <li>Image: A second s</li></ul>
Comprehensive physical activity strategy?	×
Evidence-based dietary guidelines and/or RDAs?	X
National target(s) on reducing obesity?	$\checkmark$
Guidelines/policy on obesity treatment?	X
Promotion of breastfeeding?	$\checkmark$
Monitoring and surveillance	
Monitoring of the prevalence and incidence for the main obesity-related NCDs and risk factors?	~
Within 5 years?	<b>~</b>



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