# Report card

## Kazakhstan

<table>
<thead>
<tr>
<th>Contents</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Obesity prevalence</td>
<td>2</td>
</tr>
<tr>
<td>Overweight/obesity by education</td>
<td>4</td>
</tr>
<tr>
<td>Overweight/obesity by age</td>
<td>7</td>
</tr>
<tr>
<td>Overweight/obesity by region</td>
<td>8</td>
</tr>
<tr>
<td>Overweight/obesity by socio-economic group</td>
<td>11</td>
</tr>
<tr>
<td>Insufficient physical activity</td>
<td>15</td>
</tr>
<tr>
<td>Estimated per-capita fruit intake</td>
<td>18</td>
</tr>
<tr>
<td>Estimated per-capita processed meat intake</td>
<td>19</td>
</tr>
<tr>
<td>Estimated per-capita whole grains intake</td>
<td>20</td>
</tr>
<tr>
<td>Mental health - depression disorders</td>
<td>21</td>
</tr>
<tr>
<td>Mental health - anxiety disorders</td>
<td>22</td>
</tr>
<tr>
<td>Oesophageal cancer</td>
<td>23</td>
</tr>
<tr>
<td>Breast cancer</td>
<td>25</td>
</tr>
<tr>
<td>Colorectal cancer</td>
<td>26</td>
</tr>
<tr>
<td>Pancreatic cancer</td>
<td>28</td>
</tr>
<tr>
<td>Gallbladder cancer</td>
<td>30</td>
</tr>
<tr>
<td>Kidney cancer</td>
<td>32</td>
</tr>
<tr>
<td>Cancer of the uterus</td>
<td>34</td>
</tr>
<tr>
<td>Raised blood pressure</td>
<td>35</td>
</tr>
<tr>
<td>Raised cholesterol</td>
<td>38</td>
</tr>
<tr>
<td>Raised fasting blood glucose</td>
<td>41</td>
</tr>
<tr>
<td>Diabetes prevalence</td>
<td>43</td>
</tr>
</tbody>
</table>
Obesity prevalence

Adults, 2012

Survey type: Measured
Age: 15+
Sample size: 3736
Area covered: National

References: Kazakh Academy of Nutrition, data from Kazakhstan Health Household Survey 2012

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
Children, 2015

<table>
<thead>
<tr>
<th></th>
<th>Obesity</th>
<th>Overweight</th>
</tr>
</thead>
<tbody>
<tr>
<td>Children</td>
<td>4</td>
<td>12</td>
</tr>
<tr>
<td>Boys</td>
<td>4</td>
<td>12</td>
</tr>
<tr>
<td>Girls</td>
<td>6</td>
<td>16</td>
</tr>
</tbody>
</table>

Survey type: Measured
Age: 2-4
Sample size: 3238
Area covered: National
References: Kazakhstan MICS 2015 analysed by R Jackson Leach & Caroline Litts, World Obesity Federation 2017
Notes: IOTF International Cut Off Points
Cutoffs: IOTF
Overweight/obesity by education

Women, 1999

Survey type: measured
Sample size: 2238
Area covered: national
References: Demographic Health Survey Kazakhstan 1999
Notes: Obesity only available Demographic Health Survey data includes ever married women aged 15-49 years only and may include males aged 15-59.

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
Boys, 2010-2011

Survey type: Measured
Age: 2-4
Sample size: 2939
Area covered: National
References: Kazakhstan MICS 2010-11 Survey - data analysed by R Jackson Leach, F Montague. World Obesity Federation
Notes: IOTF International Monthly Cut Off's applied Age range 2-4.9yrs Sample too small for None or Primary only
Cutoffs: IOTF
Girls, 2010-2011

Survey type: Measured
Age: 2-4
Sample size: 2939
Area covered: National
References: Kazakhstan MICS 2010-11 Survey - data analysed by R Jackson Leach, F Montague. World Obesity Federation
Notes: IOTF International Monthly Cut Off's applied Age range 2-4.9yrs Sample too small for None or Primary only
Cutoffs: IOTF
Overweight/obesity by age

Children, 2010-2011

Survey type: Measured
Sample size: 2939
Area covered: National
References: Kazakhstan MICS 2010-11 Survey - data analysed by R Jackson Leach, F Montague. World Obesity Federation
Notes: IOTF International Monthly Cut Off’s applied Age range 2-4.9yrs
Cutoffs: IOTF
Overweight/obesity by region

Women, 1999

Survey type: Measured
Age: 15-49
Sample size: 2238
Area covered: National
References: Demographic Health Survey Kazakhstan 1999
Notes: Obesity only available Demographic Health Survey data includes ever married women aged 15-49 years only and may include males aged 15-59.

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
Boys, 2010-2011

Survey type: Measured
Age: 2-4
Sample size: 2939
Area covered: National
References: Kazakhstan MICS 2010-11 Survey - data analysed by R Jackson Leach, F Montague. World Obesity Federation
Notes: IOTF International Monthly Cut Off's applied Age range 2-4.9yrs
Cutoffs: IOTF
**Girls, 2010-2011**

<table>
<thead>
<tr>
<th></th>
<th>Rural</th>
<th>Urban</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Obesity</strong></td>
<td>7.5</td>
<td>8.5</td>
</tr>
<tr>
<td><strong>Overweight</strong></td>
<td>10</td>
<td>14</td>
</tr>
</tbody>
</table>

**Survey type:** Measured

**Age:** 2-4

**Sample size:** 2939

**Area covered:** National

**References:** Kazakhstan MICS 2010-11 Survey - data analysed by R Jackson Leach, F Montague. World Obesity Federation

**Notes:** IOTF International Monthly Cut Off’s applied Age range 2-4.9yrs

**Cutoffs:** IOTF
Overweight/obesity by socio-economic group

Men, 2001

Survey type: Self-reported
Age: 18+
Sample size: 2000
Area covered: National


Notes: Prevalence of overweight and obesity by asset quintiles. Socioeconomic quintiles are defined on the basis of assets and household characteristics, rather than income or consumption.

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
Women, 2001

Survey type: Self-reported
Age: 18+
Sample size: 2000
Area covered: National


Notes: Prevalence of overweight and obesity by asset quintiles. Socioeconomic quintiles are defined on the basis of assets and household characteristics, rather than income or consumption.

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
### Boys, 2010-2011

**Survey type:** Measured  
**Age:** 2-4  
**Sample size:** 2939  
**Area covered:** National  
**References:** Kazakhstan MICS 2010-11 Survey - data analysed by R Jackson Leach, F Montague. World Obesity Federation  
**Notes:** IOTF International Monthly Cut Off's applied Age range 2-4.9yrs  
**Cutoffs:** IOTF

<table>
<thead>
<tr>
<th>Quintile</th>
<th>% Overweight or Obesity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1st (lowest)</td>
<td>23.2%</td>
</tr>
<tr>
<td>2nd</td>
<td>22.8%</td>
</tr>
<tr>
<td>3rd</td>
<td>22.0%</td>
</tr>
<tr>
<td>4th</td>
<td>17.4%</td>
</tr>
<tr>
<td>5th (highest)</td>
<td>25.9%</td>
</tr>
</tbody>
</table>

The graph shows the percentage of boys aged 2-4 years who are overweight or obese across different quintiles, with the highest percentage in the 5th quintile and the lowest in the 1st quintile.
Girls, 2010-2011

Survey type: Measured
Age: 2-4
Sample size: 2939
Area covered: National
References: Kazakhstan MICS 2010-11 Survey - data analysed by R Jackson Leach, F Montague. World Obesity Federation
Notes: IOTF International Monthly Cut Off's applied Age range 2-4.9yrs
Cutoffs: IOTF
Insufficient physical activity

Adults, 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


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

Adults, 2015


Definitions: % of population with anxiety disorders
Oesophageal cancer

Men, 2018

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

References: Global Cancer Observatory, Cancer incidence rates http://gco.iarc.fr/ (last accessed 30th June 2020)

Definitions: Estimated age-standardized incidence rates (World) in 2018, breast, females, ages 20+. ASR (World) per 100,000
Colorectal cancer

Men, 2018


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

![Bar chart showing colorectal cancer incidence per 100,000 by age group and country.](chart.png)

**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**

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

**Age:** 20+

**References:**

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

Men, 2018

Incidence per 100,000

Age:
20+

References: Global Cancer Observatory, Cancer incidence rates http://gco.iarc.fr/ (last accessed 30th June 2020)

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

Age: 20+

References: Global Cancer Observatory, Cancer incidence rates [http://gco.iarc.fr/] (last accessed 30th June 2020)

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

Men, 2018


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

References: Global Cancer Observatory, Cancer incidence rates [http://gco.iarc.fr/] (last accessed 30th June 2020)

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

Women, 2018

References: Global Cancer Observatory, Cancer incidence rates [http://gco.iarc.fr/] (last accessed 30th June 2020)

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

Adults, 2015

References:

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


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).

Definitions: % Raised total cholesterol (&ge; 5.0 mmol/L) (age-standardized estimate).
Raised fasting blood glucose

Men, 2014


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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