# Report card

## Latvia

<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 age and education</td>
<td>4</td>
</tr>
<tr>
<td>Overweight/obesity by education</td>
<td>6</td>
</tr>
<tr>
<td>Overweight/obesity by age</td>
<td>8</td>
</tr>
<tr>
<td>Overweight/obesity by region</td>
<td>10</td>
</tr>
<tr>
<td>Overweight/obesity by age and region</td>
<td>13</td>
</tr>
<tr>
<td>Overweight/obesity by age and socio-economic group</td>
<td>15</td>
</tr>
<tr>
<td>Overweight/obesity by socio-economic group</td>
<td>18</td>
</tr>
<tr>
<td>Insufficient physical activity</td>
<td>20</td>
</tr>
<tr>
<td>Sugar consumption</td>
<td>26</td>
</tr>
<tr>
<td>Estimated per-capita sugar sweetened beverages intake</td>
<td>27</td>
</tr>
<tr>
<td>Prevalence of at least daily carbonated soft drink consumption</td>
<td>28</td>
</tr>
<tr>
<td>Prevalence of confectionery consumption</td>
<td>29</td>
</tr>
<tr>
<td>Prevalence of sweet/savoury snack consumption</td>
<td>30</td>
</tr>
<tr>
<td>Estimated per-capita fruit intake</td>
<td>31</td>
</tr>
<tr>
<td>Prevalence of less-than-daily fruit consumption</td>
<td>32</td>
</tr>
<tr>
<td>Prevalence of less-than-daily vegetable consumption</td>
<td>33</td>
</tr>
<tr>
<td>Estimated per-capita processed meat intake</td>
<td>34</td>
</tr>
<tr>
<td>Estimated per-capita whole grains intake</td>
<td>35</td>
</tr>
<tr>
<td>Mental health - depression disorders</td>
<td>36</td>
</tr>
<tr>
<td>Mental health - anxiety disorders</td>
<td>37</td>
</tr>
<tr>
<td>Oesophageal cancer</td>
<td>38</td>
</tr>
<tr>
<td>Breast cancer</td>
<td>40</td>
</tr>
<tr>
<td>Colorectal cancer</td>
<td>41</td>
</tr>
<tr>
<td>Pancreatic cancer</td>
<td>43</td>
</tr>
<tr>
<td>Gallbladder cancer</td>
<td>45</td>
</tr>
<tr>
<td>Kidney cancer</td>
<td>47</td>
</tr>
<tr>
<td>Cancer of the uterus</td>
<td>49</td>
</tr>
<tr>
<td>Raised blood pressure</td>
<td>50</td>
</tr>
<tr>
<td>Raised cholesterol</td>
<td>53</td>
</tr>
<tr>
<td>Raised fasting blood glucose</td>
<td>56</td>
</tr>
<tr>
<td>Diabetes prevalence</td>
<td>58</td>
</tr>
</tbody>
</table>
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, 2012-2013**

<table>
<thead>
<tr>
<th></th>
<th>Obesity</th>
<th>Overweight</th>
</tr>
</thead>
<tbody>
<tr>
<td>Boys</td>
<td>7%</td>
<td>18%</td>
</tr>
<tr>
<td>Girls</td>
<td>7%</td>
<td>18%</td>
</tr>
</tbody>
</table>

**Survey type:** Measured

**Age:** 7

**Sample size:** 3481

**Area covered:** National


**Notes:** WHO cut-offs used.

**Cutoffs:** WHO
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.
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.
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, 2001-2002

- **Survey type:** Self-reported
- **Area covered:** National
- **Notes:** Self Report
- **Cutoffs:** IOTF
Overweight/obesity by region

Men, 2008

Survey type: Self-reported
Age: 20-64
Sample size: 1369
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, 2008

Survey type: Self-reported
Age: 20-64
Sample size: 1369
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, 2010

Survey type: Self-reported
Age: 7
Area covered: National
References: Latvian Cosi Study: www.lm.gov.lv/upload/berns../bernu../akti/lmzino_280513_berni.doc (last accessed 25.8.15)
Notes: WHO child BMI Cut-offs
Cutoffs: WHO
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
References: Eurostat http://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1u&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 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

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 socio-economic group

Men, 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.
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.
Insufficient physical activity

Adults, 2016

Men, 2016

Women, 2016

Children, 2010

Age: 11-17


Notes: % of school going adolescents not meeting WHO recommendations on Physical Activity for Health, i.e. doing less than 60 minutes of moderate- to vigorous-intensity physical activity daily.

Definitions: % Adolescents insufficiently active (age standardised estimate)
Boys, 2010

% insufficient physical activity

Age: 11-17


Notes: % of school going adolescents not meeting WHO recommendations on Physical Activity for Health, i.e. doing less than 60 minutes of moderate- to vigorous-intensity physical activity daily.

Definitions: % Adolescents insufficiently active (age standardised estimate)
Girls, 2010

% insufficient physical activity

Age: 11-17


Notes: % of school going adolescents not meeting WHO recommendations on Physical Activity for Health, i.e. doing less than 60 minutes of moderate- to vigorous-intensity physical activity daily.

Definitions: % Adolescents insufficiently active (age standardised estimate)
Sugar consumption

Adults, 2016

References:
Source: Euromonitor International

Definitions:
Sugar consumption (Number of 500g sugar portions/person/month)
Estimated per-capita sugar sweetened beverages intake

Adults, 2016

References:

Source: Euromonitor International
Prevalence of at least daily carbonated soft drink consumption

Children, 2014

Survey type: Measured


Notes: 15-year-old adolescents

Definitions: Prevalence of at least daily carbonated soft drink consumption (% of at least daily carbonated soft drink consumption)
Prevalence of confectionery consumption

Adults, 2016

References: Source: Euromonitor International
Definitions: Prevalence of confectionery consumption (Number of 50g confectionery portions/person/month)
Prevalence of sweet/savoury snack consumption

Adults, 2016

References:
Source: Euromonitor International

Definitions:
Prevalence of sweet/savoury snack consumption (Number of 35g sweet/savoury snack portions/person/month)
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)
Prevalence of less-than-daily fruit consumption

Children, 2014

Survey type: Measured


Definitions: Prevalence of less-than-daily fruit consumption (% less-than-daily fruit consumption)
Prevalence of less-than-daily vegetable consumption

Children, 2014

Survey type: Measured
Age: 12-17
Definitions: Prevalence of less-than-daily vegetable consumption (% less-than-daily vegetable consumption)
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+

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, oesophagus, adults ages 20+. ASR (World) per 100,000
**Women, 2018**

<table>
<thead>
<tr>
<th>Country</th>
<th>Incidence per 100,000</th>
</tr>
</thead>
<tbody>
<tr>
<td>Greece</td>
<td>0.3</td>
</tr>
<tr>
<td>Portugal</td>
<td>0.5</td>
</tr>
<tr>
<td>Romania</td>
<td>0.6</td>
</tr>
<tr>
<td>Italy</td>
<td>0.7</td>
</tr>
<tr>
<td>Latvia</td>
<td>0.8</td>
</tr>
<tr>
<td>Malta</td>
<td>0.9</td>
</tr>
<tr>
<td>Cyprus</td>
<td>1.1</td>
</tr>
<tr>
<td>Estonia</td>
<td>1.2</td>
</tr>
<tr>
<td>Slovakia</td>
<td>1.3</td>
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<tr>
<td>Spain</td>
<td>1.4</td>
</tr>
<tr>
<td>Lithuania</td>
<td>1.5</td>
</tr>
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<td>Croatia</td>
<td>1.6</td>
</tr>
<tr>
<td>Poland</td>
<td>1.7</td>
</tr>
<tr>
<td>Slovenia</td>
<td>1.8</td>
</tr>
<tr>
<td>Austria</td>
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</tr>
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<td>Sweden</td>
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<tr>
<td>Hungary</td>
<td>2.2</td>
</tr>
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<tr>
<td>Luxembourg</td>
<td>2.4</td>
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<td>France</td>
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<tr>
<td>Germany</td>
<td>2.6</td>
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<td>Belgium</td>
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<td>2.8</td>
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<td>2.9</td>
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<tr>
<td>Ireland</td>
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<tr>
<td>United Kingdom</td>
<td>5.0</td>
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</table>

**Age:** 20+


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

Women, 2018

<table>
<thead>
<tr>
<th>Country</th>
<th>Incidence per 100,000</th>
</tr>
</thead>
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<tr>
<td>Romania</td>
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<td>Poland</td>
<td>130</td>
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<tr>
<td>Slovakia</td>
<td>120</td>
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<tr>
<td>Lithuania</td>
<td>110</td>
</tr>
<tr>
<td>Latvia</td>
<td>100</td>
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<tr>
<td>Slovenia</td>
<td>90</td>
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<tr>
<td>Croatia</td>
<td>80</td>
</tr>
<tr>
<td>Greece</td>
<td>70</td>
</tr>
<tr>
<td>Czech Republic</td>
<td>60</td>
</tr>
<tr>
<td>Portugal</td>
<td>50</td>
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<tr>
<td>Austria</td>
<td>40</td>
</tr>
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<td>Spain</td>
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</tr>
<tr>
<td>Cyprus</td>
<td>20</td>
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<td>Germany</td>
<td>15</td>
</tr>
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<td>Ireland</td>
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<td>France</td>
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<tr>
<td>Netherlands</td>
<td>1</td>
</tr>
<tr>
<td>Luxembourg</td>
<td>1</td>
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</tbody>
</table>

Age: 20+


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

Men, 2018

Age:

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, colorectum, adults, ages 20+. ASR (World) per 100,000
Women, 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, colorectum, adults, ages 20+. ASR (World) per 100,000
Pancreatic 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, pancreas, adults, ages 20+. ASR (World) per 100,000
Women, 2018

<table>
<thead>
<tr>
<th>Country</th>
<th>Incidence per 100,000</th>
</tr>
</thead>
<tbody>
<tr>
<td>Portugal</td>
<td>5</td>
</tr>
<tr>
<td>Cyprus</td>
<td>6</td>
</tr>
<tr>
<td>Spain</td>
<td>7</td>
</tr>
<tr>
<td>Greece</td>
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</tr>
<tr>
<td>Ireland</td>
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<td>Poland</td>
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<td>Romania</td>
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<td>Estonia</td>
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<td>United Kingdom</td>
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<td>Austria</td>
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<td>Belgium</td>
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<tr>
<td>Hungary</td>
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</tr>
</tbody>
</table>

Age: 20+


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

Men, 2018


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

Age: 20+


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


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

References:
Global Health Observatory data repository, World Health Organisation,
http://apps.who.int/gho/data/node.main.A875?lang=en

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

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

Women, 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).
Raised fasting blood glucose

Men, 2014


Definitions: Age Standardised % raised fasting blood glucose (>= 7.0 mmol/L or on medication).
Women, 2014

% raised fasting blood glucose

References:

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

Adults, 2017


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