## Report card
### North Macedonia

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## Obesity prevalence

### Adults, 2017

<table>
<thead>
<tr>
<th></th>
<th>Men</th>
<th>Women</th>
</tr>
</thead>
<tbody>
<tr>
<td>Obesity (%)</td>
<td>2</td>
<td>4</td>
</tr>
<tr>
<td>Overweight (%)</td>
<td>8</td>
<td>6</td>
</tr>
</tbody>
</table>

**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

<table>
<thead>
<tr>
<th>Boys</th>
<th>Girls</th>
</tr>
</thead>
<tbody>
<tr>
<td>Overweight or obesity</td>
<td>Overweight or obesity</td>
</tr>
</tbody>
</table>

#### Survey type: Measured

- **Age:** 13-14
- **Sample size:** 1835
- **Area covered:** Regional

#### References:


#### Notes:

Central & Eastern Macedonia Only

#### Cutoffs:

IOTF
Overweight/obesity by age and education

Men, 2017

Survey type: Self-reported
Area covered: National
References: 2017 - Education EUROSTAT Database

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

<table>
<thead>
<tr>
<th>Level 0-2</th>
<th>Level 3-4</th>
<th>Level 5-8</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age 18+</td>
<td>Age 16-24</td>
<td>Age 25-34</td>
</tr>
<tr>
<td>Age 25-64</td>
<td>Age 35-49</td>
<td>Age 50-64</td>
</tr>
<tr>
<td>Age 65-74</td>
<td>Age 75+</td>
<td></td>
</tr>
</tbody>
</table>

Survey type: Self-reported  
Area covered: National  
References: [2017 - Education EUROSTAT Database](http://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=ilc_hch10&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

Adults, 2017

Survey type: Self-reported


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

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

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

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)
### Prevalence of at least daily carbonated soft drink consumption

#### Children, 2010-2014

<table>
<thead>
<tr>
<th>Country</th>
<th>% Prevalence</th>
</tr>
</thead>
<tbody>
<tr>
<td>Finland</td>
<td>5</td>
</tr>
<tr>
<td>Estonia</td>
<td>10</td>
</tr>
<tr>
<td>Iceland</td>
<td>15</td>
</tr>
<tr>
<td>Sweden</td>
<td>20</td>
</tr>
<tr>
<td>Denmark</td>
<td>25</td>
</tr>
<tr>
<td>Greece</td>
<td>30</td>
</tr>
<tr>
<td>Latvia</td>
<td>35</td>
</tr>
<tr>
<td>Norway</td>
<td>40</td>
</tr>
<tr>
<td>Russia</td>
<td>45</td>
</tr>
<tr>
<td>Lithuania</td>
<td>50</td>
</tr>
<tr>
<td>Moldova</td>
<td>55</td>
</tr>
<tr>
<td>Italy</td>
<td>60</td>
</tr>
<tr>
<td>Czech Republic</td>
<td>65</td>
</tr>
<tr>
<td>United Kingdom</td>
<td>70</td>
</tr>
<tr>
<td>Austria</td>
<td>75</td>
</tr>
<tr>
<td>Turkey</td>
<td>80</td>
</tr>
<tr>
<td>Portugal</td>
<td>85</td>
</tr>
<tr>
<td>Spain</td>
<td>90</td>
</tr>
<tr>
<td>Germany</td>
<td>95</td>
</tr>
<tr>
<td>Poland</td>
<td>100</td>
</tr>
<tr>
<td>Croatia</td>
<td>105</td>
</tr>
<tr>
<td>Slovakia</td>
<td>110</td>
</tr>
<tr>
<td>Romania</td>
<td>115</td>
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<tr>
<td>Switzerland</td>
<td>120</td>
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<tr>
<td>France</td>
<td>125</td>
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<tr>
<td>Hungary</td>
<td>130</td>
</tr>
<tr>
<td>Israel</td>
<td>135</td>
</tr>
<tr>
<td>Bulgaria</td>
<td>140</td>
</tr>
<tr>
<td>Luxembourg</td>
<td>145</td>
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<tr>
<td>Netherlands</td>
<td>150</td>
</tr>
<tr>
<td>Malta</td>
<td>155</td>
</tr>
</tbody>
</table>

**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)
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, 2010-2014

Survey type: Measured


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

Children, 2010-2014

Survey type: Measured
Age: 12-17

https://doi.org/10.1177/0379572119848287 sourced from Food Systems Dashboard 
http://www.foodsystemsdashboard.org/food-system

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+


Definitions: Estimated age-standardized incidence rates (World) in 2018, oesophagus, 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, 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


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

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

Age: 20+


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+


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


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

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

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

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).

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

Adults, 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).
Men, 2008

% raised cholesterol


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


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

% raised fasting blood glucose


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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