# Report card

## North Macedonia

<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 age</td>
<td>6</td>
</tr>
<tr>
<td>Insufficient physical activity</td>
<td>7</td>
</tr>
<tr>
<td>Prevalence of at least daily carbonated soft drink consumption</td>
<td>10</td>
</tr>
<tr>
<td>Estimated per-capita fruit intake</td>
<td>11</td>
</tr>
<tr>
<td>Prevalence of less-than-daily fruit consumption</td>
<td>12</td>
</tr>
<tr>
<td>Prevalence of less-than-daily vegetable consumption</td>
<td>13</td>
</tr>
<tr>
<td>Estimated per-capita processed meat intake</td>
<td>14</td>
</tr>
<tr>
<td>Estimated per-capita whole grains intake</td>
<td>15</td>
</tr>
<tr>
<td>Mental health - depression disorders</td>
<td>16</td>
</tr>
<tr>
<td>Mental health - anxiety disorders</td>
<td>17</td>
</tr>
<tr>
<td>Oesophageal cancer</td>
<td>18</td>
</tr>
<tr>
<td>Breast cancer</td>
<td>20</td>
</tr>
<tr>
<td>Colorectal cancer</td>
<td>21</td>
</tr>
<tr>
<td>Pancreatic cancer</td>
<td>23</td>
</tr>
<tr>
<td>Gallbladder cancer</td>
<td>25</td>
</tr>
<tr>
<td>Kidney cancer</td>
<td>27</td>
</tr>
<tr>
<td>Cancer of the uterus</td>
<td>29</td>
</tr>
<tr>
<td>Raised blood pressure</td>
<td>30</td>
</tr>
<tr>
<td>Raised cholesterol</td>
<td>33</td>
</tr>
<tr>
<td>Raised fasting blood glucose</td>
<td>36</td>
</tr>
<tr>
<td>Diabetes prevalence</td>
<td>38</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

Survey type: Measured
Age: 13-14
Sample size: 1835
Area covered: Regional
References: Zivkovic V, Todorovska L, Velickovska LA et al. Relationships between overweight, obesity and physical fitness of thirteen and fourteen year old Macedonian adolescent. SportLogia 2014:10 (2);106-115
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

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.
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

% 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)
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

<table>
<thead>
<tr>
<th>Country</th>
<th>% insufficient physical activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ireland</td>
<td>80</td>
</tr>
<tr>
<td>Armenia</td>
<td>75</td>
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<tr>
<td>Bulgaria</td>
<td>70</td>
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<tr>
<td>Czech Republic</td>
<td>65</td>
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<tr>
<td>Slovakia</td>
<td>60</td>
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<tr>
<td>Luxembourg</td>
<td>60</td>
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<tr>
<td>Latvia</td>
<td>60</td>
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<tr>
<td>N Macedonia</td>
<td>60</td>
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<tr>
<td>Ukraine</td>
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<td>Poland</td>
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<tr>
<td>Netherlands</td>
<td>60</td>
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<tr>
<td>Spain</td>
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<tr>
<td>Malta</td>
<td>60</td>
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<tr>
<td>Austria</td>
<td>60</td>
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<tr>
<td>United Kingdom</td>
<td>60</td>
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<td>Slovenia</td>
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<td>Estonia</td>
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<td>Latvia</td>
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<td>Lithuania</td>
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<td>Hungary</td>
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<td>Turkey</td>
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<td>Belgium</td>
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<td>Germany</td>
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<td>Romania</td>
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<td>Poland</td>
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<td>Iceland</td>
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<td>Sweden</td>
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<td>Switzerland</td>
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<td>France</td>
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<td>Italy</td>
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<tr>
<td>Greece</td>
<td>60</td>
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<tr>
<td>Russian Federation</td>
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<tr>
<td>Norway</td>
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<tr>
<td>Portugal</td>
<td>60</td>
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<td>Switzerland</td>
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<tr>
<td>Austria</td>
<td>60</td>
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<tr>
<td>United Kingdom</td>
<td>60</td>
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<tr>
<td>France</td>
<td>60</td>
</tr>
<tr>
<td>Greece</td>
<td>60</td>
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<tr>
<td>Russian Federation</td>
<td>60</td>
</tr>
<tr>
<td>Norway</td>
<td>60</td>
</tr>
</tbody>
</table>

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

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


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


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

Age:
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


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+

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
Gallbladder cancer

Men, 2018


Definitions: Estimated age-standardized incidence rates (World) in 2018, gallbladder, 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>demolished</td>
<td></td>
</tr>
<tr>
<td>England</td>
<td></td>
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<tr>
<td>European Union</td>
<td></td>
</tr>
<tr>
<td>Total (Europe)</td>
<td></td>
</tr>
<tr>
<td>EU-27 (excluding Croatia)</td>
<td></td>
</tr>
<tr>
<td>EU-28 (all)</td>
<td></td>
</tr>
<tr>
<td>World</td>
<td></td>
</tr>
</tbody>
</table>

**Reference:**

**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
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

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).
Men, 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).
Women, 2015

% raised blood pressure


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

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

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).
Diabetes prevalence

Adults, 2017


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

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