

Russian Federation



Country report card - adults

This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity for adults. Where available, data on common and relevant obesity drivers and comorbidities are also presented.

View the latest version of this report on the Global Obesity Observatory at https://data.worldobesity.org/country/russian-federation-179/.



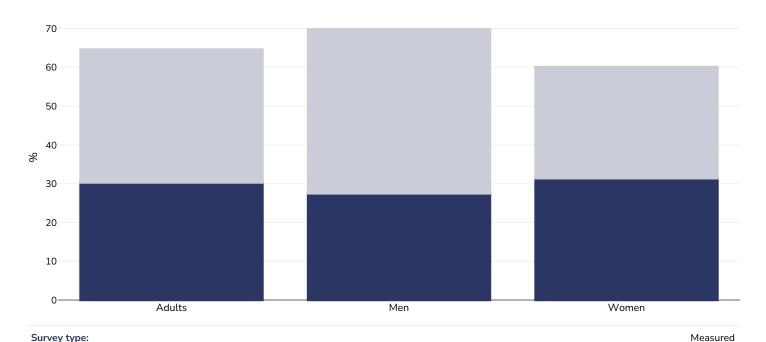
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Obesity prevalence

Adults, 2012-2014





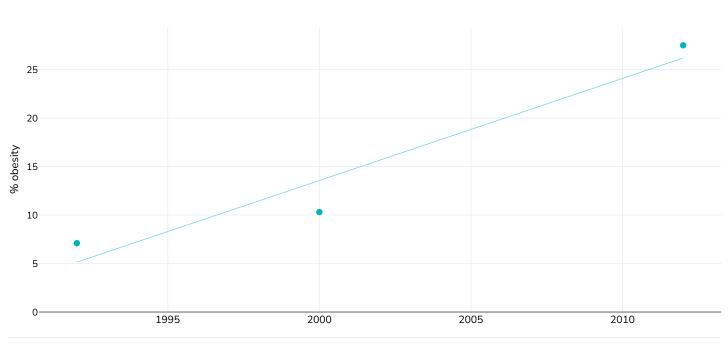
Age:	25-64
Sample size:	20332
Area covered:	National
References:	Kontsevaya A, Shalnova S, Deev A et al. Overweight and Obesity in the Russian Population: Prevalence in Adults and Association with Socioeconomic Parameters. and Cardiovascular Risk Factors. Obesity Facts 2019;12:103–114



% Adults living with obesity in Russia 1992-2012

Men

Obesity



Survey type: Measured

References:

1992: Jahns L, Baturin A, Popkin BM. Obesity, diet, and poverty: trends in the Russian transition to market economy. EJCN 2003;57:1295-1302

2000: Jahns L, Baturin A, Popkin BM. Obesity, diet, and poverty: trends in the Russian transition to market economy. EJCN 2003;57:1295-1302.

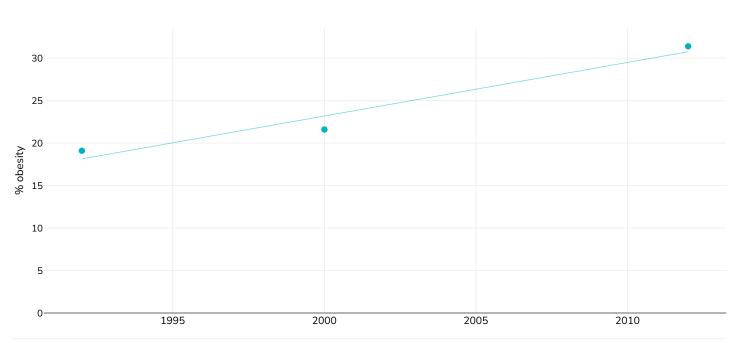
2012: Kontsevaya A, Shalnova S, Deev A et al. Overweight and Obesity in the Russian Population: Prevalence in Adults and Association with Socioeconomic Parameters. and Cardiovascular Risk Factors. Obesity Facts 2019;12:103–114

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



Women

Obesity



Survey type: Measured

References:

1992: Jahns L, Baturin A, Popkin BM. Obesity, diet, and poverty: trends in the Russian transition to market economy. EJCN 2003;57:1295-1302

2000: Jahns L, Baturin A, Popkin BM. Obesity, diet, and poverty: trends in the Russian transition to market economy. EJCN 2003;57:1295-1302.

2012: Kontsevaya A, Shalnova S, Deev A et al. Overweight and Obesity in the Russian Population: Prevalence in Adults and Association with Socioeconomic Parameters. and Cardiovascular Risk Factors. Obesity Facts 2019;12:103–114

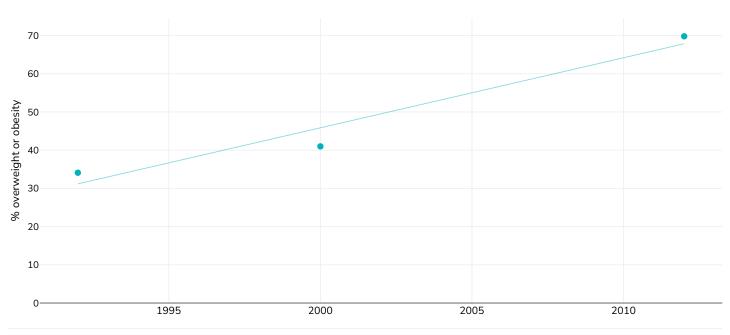
 $Unless \ otherwise \ noted, overweight \ refers \ to \ a \ BMI \ between \ 25kg \ and \ 29.9kg/m^2, obesity \ refers \ to \ a \ BMI \ greater \ than \ 30kg/m^2.$



% Adults living with overweight or obesity in Russia 1992-2012

Men

Overweight or obesity



Survey type: Measured

References:

1992: Jahns L, Baturin A, Popkin BM. Obesity, diet, and poverty: trends in the Russian transition to market economy. EJCN 2003:57:1295-1302

2000: Jahns L, Baturin A, Popkin BM. Obesity, diet, and poverty: trends in the Russian transition to market economy. EJCN 2003;57:1295-1302.

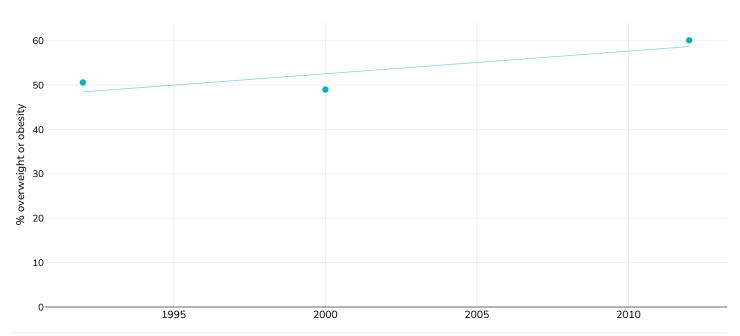
2012: Kontsevaya A, Shalnova S, Deev A et al. Overweight and Obesity in the Russian Population: Prevalence in Adults and Association with Socioeconomic Parameters. and Cardiovascular Risk Factors. Obesity Facts 2019;12:103–114

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



Women

Overweight or obesity



Survey type: Measured

References:

1992: Jahns L, Baturin A, Popkin BM. Obesity, diet, and poverty: trends in the Russian transition to market economy. EJCN 2003;57:1295-1302

2000: Jahns L, Baturin A, Popkin BM. Obesity, diet, and poverty: trends in the Russian transition to market economy. EJCN 2003;57:1295-1302.

2012: Kontsevaya A, Shalnova S, Deev A et al. Overweight and Obesity in the Russian Population: Prevalence in Adults and Association with Socioeconomic Parameters. and Cardiovascular Risk Factors. Obesity Facts 2019;12:103–114

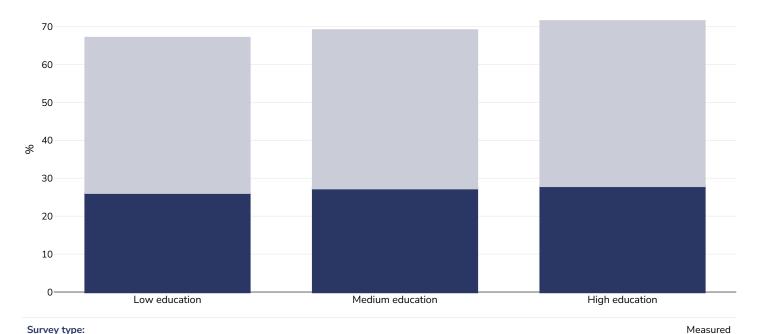
 $Unless \ otherwise \ noted, overweight \ refers \ to \ a \ BMI \ between \ 25kg \ and \ 29.9kg/m^2, obesity \ refers \ to \ a \ BMI \ greater \ than \ 30kg/m^2.$



Overweight/obesity by education

Men, 2012-2014





Survey type: Measured

Age: 25-64

Sample size: 20332

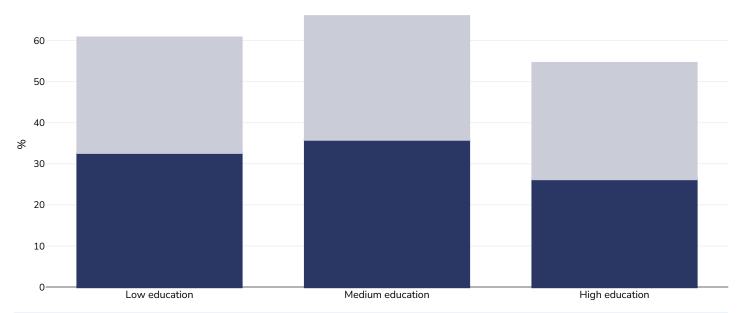
Area covered: National

References: Kontsevaya A, Shalnova S, Deev A et al. Overweight and Obesity in the Russian Population: Prevalence in Adults and Association with Socioeconomic Parameters. and Cardiovascular Risk Factors.Obesity Facts 2019;12:103–114



Women, 2012-2014





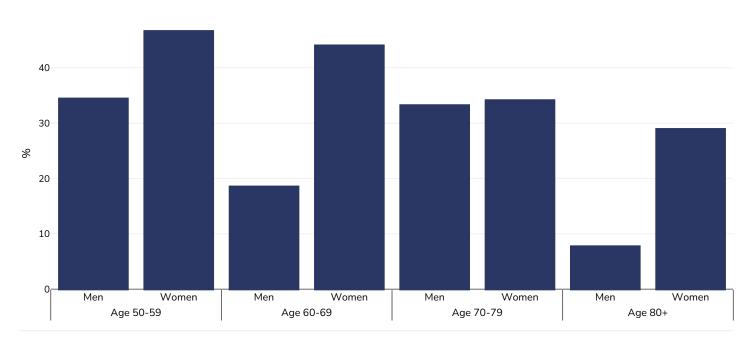
Survey type:	Measured
Age:	25-64
Sample size:	20332
Area covered:	National
References:	Kontsevaya A, Shalnova S, Deev A et al. Overweight and Obesity in the Russian Population: Prevalence in Adults and Association with Socioeconomic Parameters, and Cardiovascular Risk Factors. Obesity Facts 2019:12:103–114



Overweight/obesity by age

Adults, 2007-2010





Survey type: Measured
Sample size: 3938

Area covered: National

References:

Wu F, Guo Y, Chatterji S, et al. Common risk factors for chronic non-communicable diseases among older adults in China, Ghana, Mexico, India, Russia and South Africa: the study on global AGEing and adult health (SAGE) wave 1. BMC Public Health. 2015;15:88. doi:10.1186/s12889-015-1407-0.

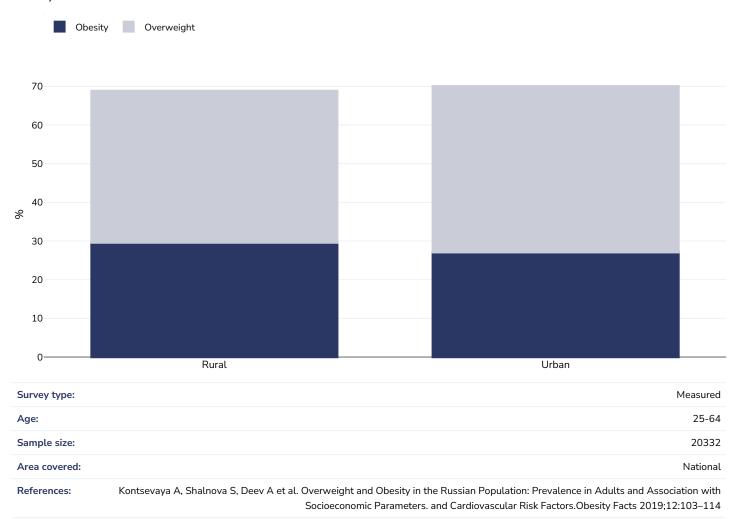
Notes: Prevalence of obesity in adults aged 50+

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 region

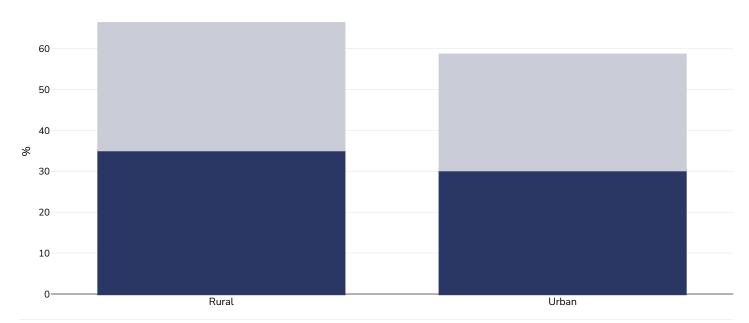
Men, 2012-2014





Women, 2012-2014





Survey type:	Measured
Age:	25-64
Sample size:	20332
Area covered:	National
References:	Kontsevaya A, Shalnova S, Deev A et al. Overweight and Obesity in the Russian Population: Prevalence in Adults and Association with

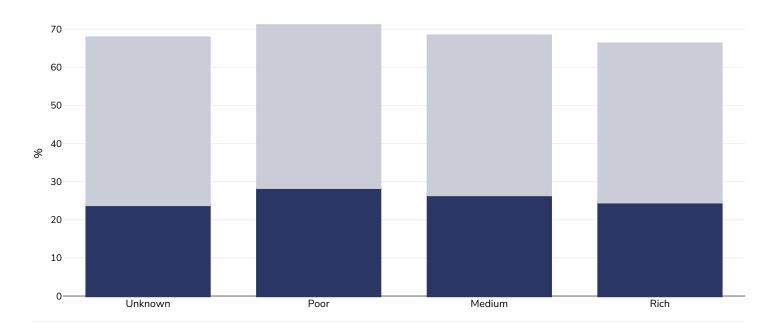
Socioeconomic Parameters. and Cardiovascular Risk Factors. Obesity Facts 2019;12:103–114



Overweight/obesity by socio-economic group

Men, 2012-2014



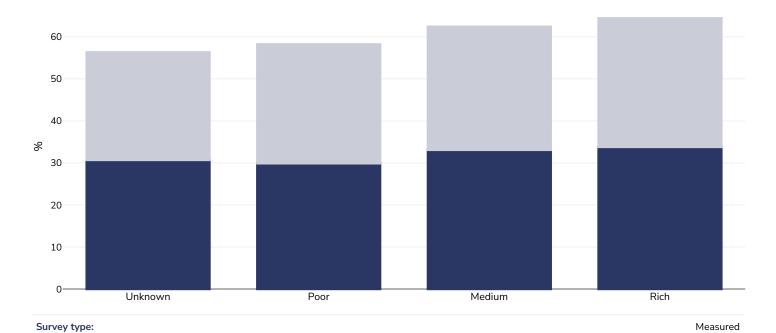


Survey type:	Measured
Age:	25-64
Sample size:	20332
Area covered:	National
References:	Kontsevaya A, Shalnova S, Deev A et al. Overweight and Obesity in the Russian Population: Prevalence in Adults and Association with Socioeconomic Parameters. and Cardiovascular Risk Factors. Obesity Facts 2019;12:103–114



Women, 2012-2014





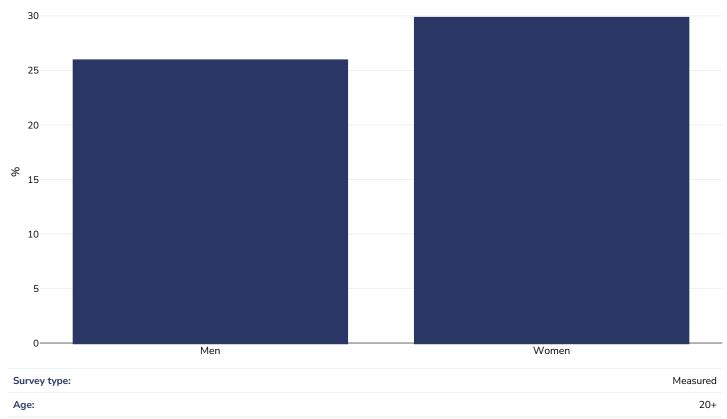
Age:	25-64
Sample size:	20332
Area covered:	National
References:	Kontsevaya A, Shalnova S, Deev A et al. Overweight and Obesity in the Russian Population: Prevalence in Adults and Association with

Socioeconomic Parameters. and Cardiovascular Risk Factors. Obesity Facts 2019;12:103–114



Double burden of underweight & overweight

Adults, 2022



References: NCD Risk Factor Collaboration (NCD-RisC). Worldwide trends in underweight and obesity from 1990 to 2022: a pooled analysis of 3663 population representative studies with 222 million children, adolescents, and adults. Lancet 2024; published online Feb 29.

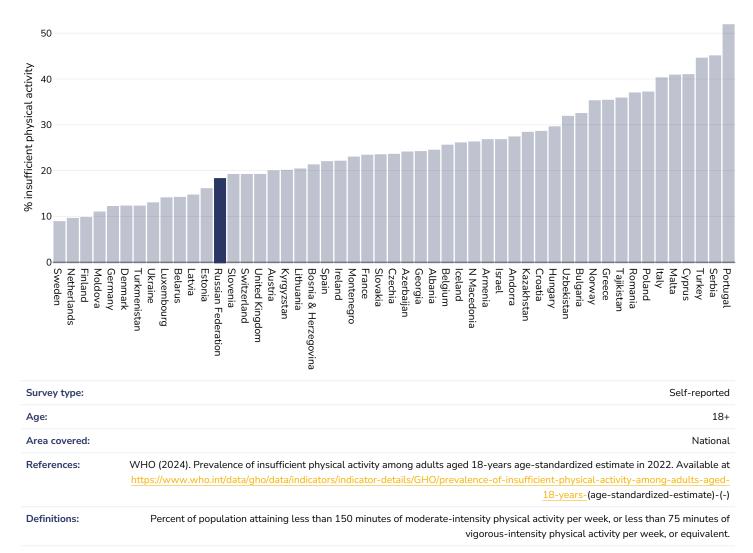
https://doi.org/10.1016/S0140-6736(23)02750-2.

Notes: Age Standardised estimates

Definitions: Combined prevalence of BMI<18.5 kg/m² and BMI>=30 kg/m² (double burden of underweight and obesity)

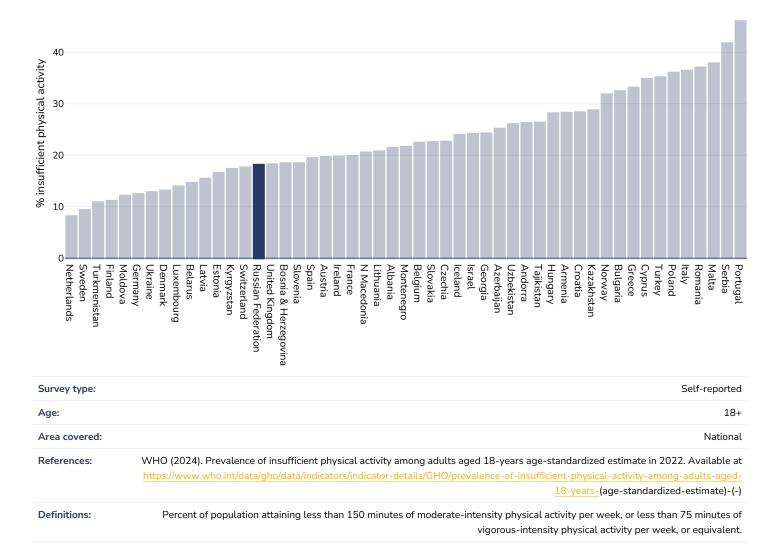


Insufficient physical activity



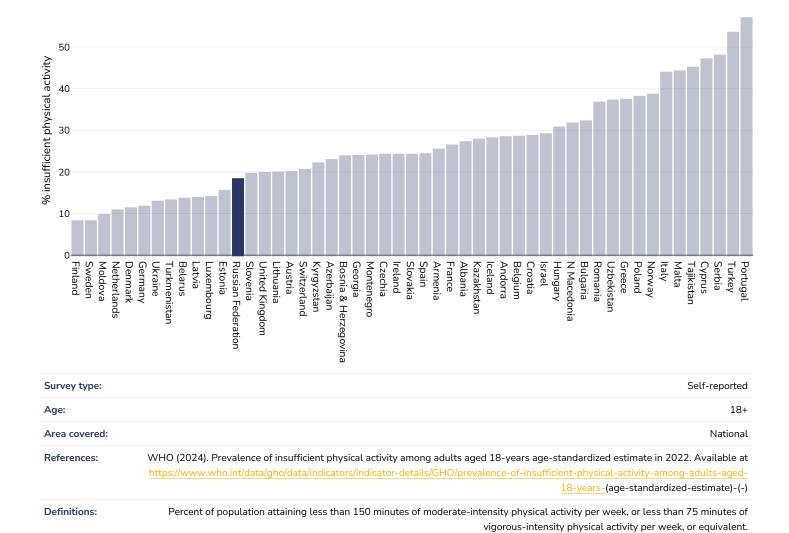


Men, 2022



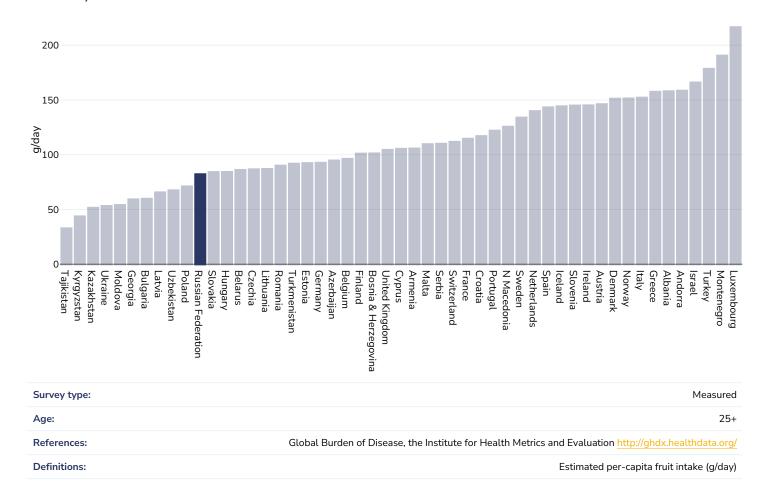


Women, 2022



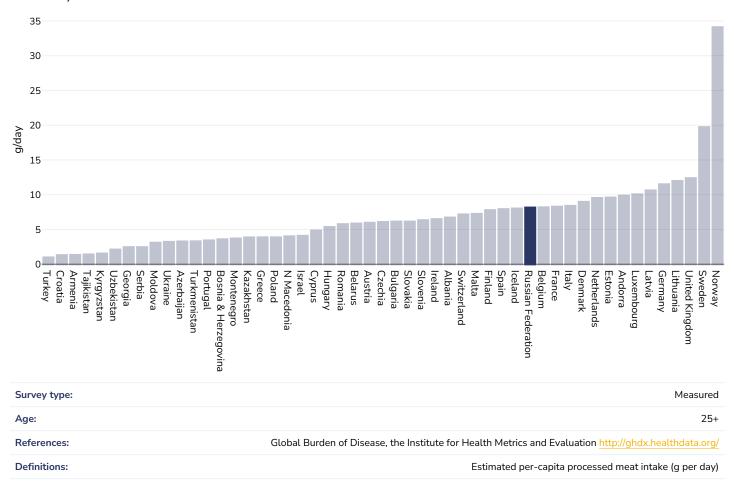


Estimated per capita fruit intake



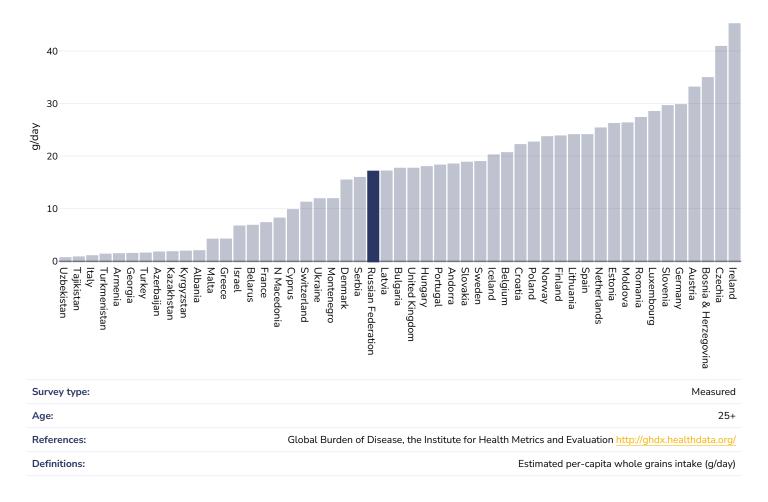


Estimated per-capita processed meat intake





Estimated per capita whole grains intake





Mental health - depression disorders



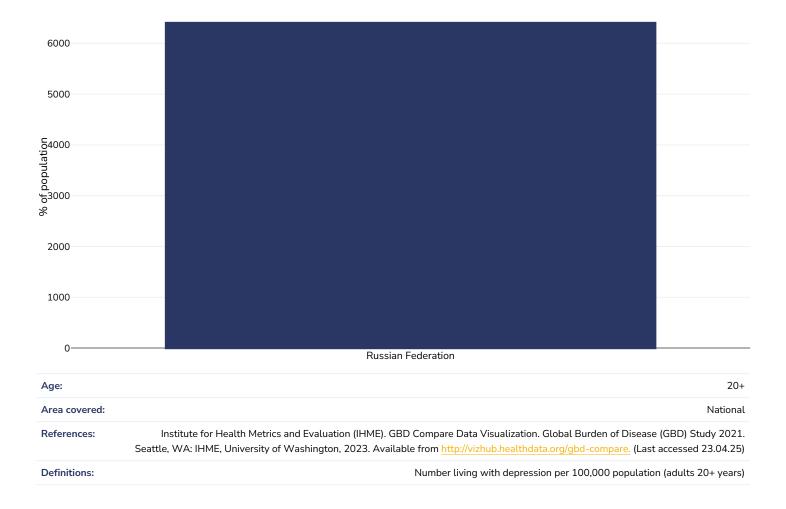


Men, 2021





Women, 2021





Mental health - anxiety disorders





Men, 2021



References:

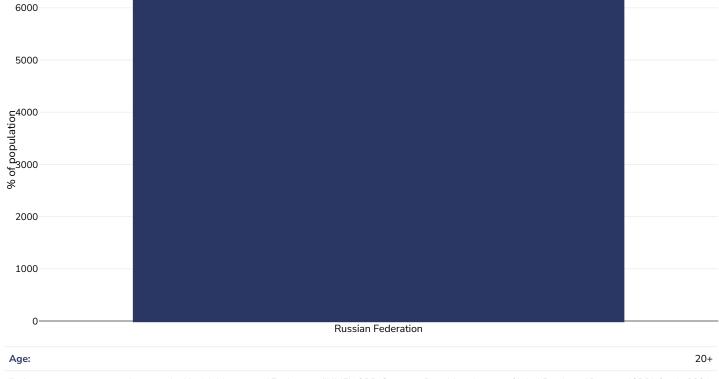
Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from http://vizhub.healthdata.org/gbd-compare. (Last accessed 23.04.25).

Definitions:

Number living with anxiety per 100,000 population



Women, 2021



References:

Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from http://vizhub.healthdata.org/gbd-compare. (Last accessed 23.04.25).

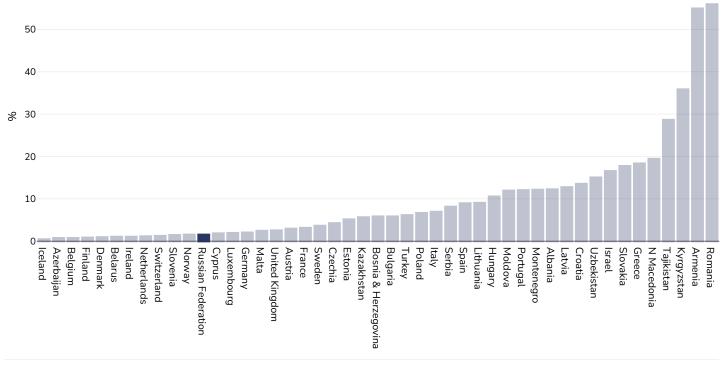
Definitions:

Number living with anxiety per 100,000 population



Percent of population who cannot afford a healthy diet

Adults, 2022



Area covered: National

References:

The Food Systems Dashboard. The Global Alliance for Improved Nutrition (GAIN), The Columbia Climate School, and Cornell University

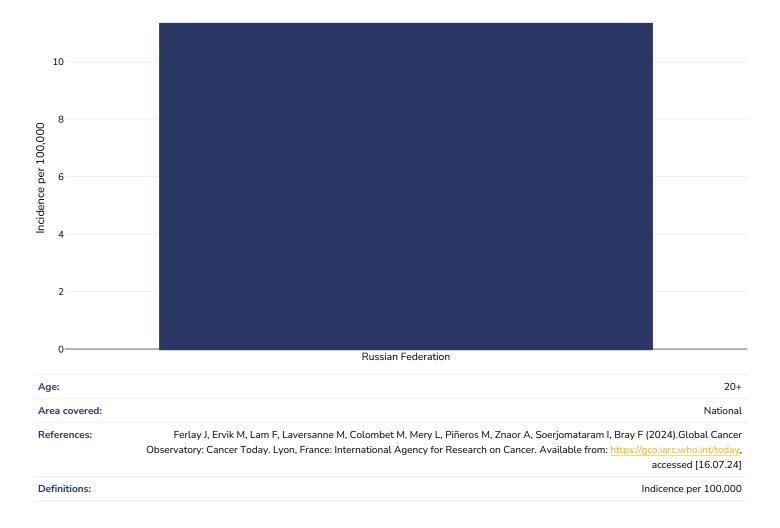
College of Agriculture and Life Sciences. 2024. Geneva, Switzerland. https://www.foodsystemsdashboard.org. DOI:

https://doi.org/10.36072/db.



Oesophageal cancer

Men, 2022





Women, 2022

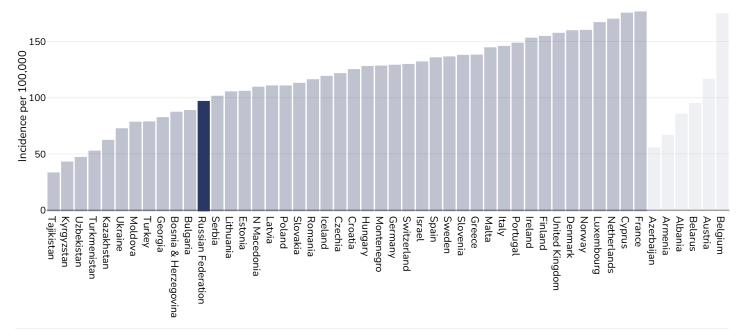




Breast cancer

Women, 2022





Area covered: National

References:

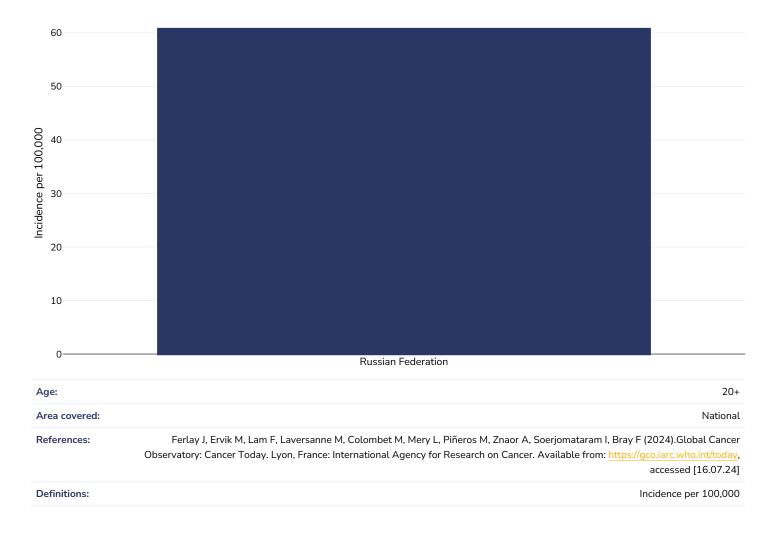
Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]

Definitions: Incidence per 100,000



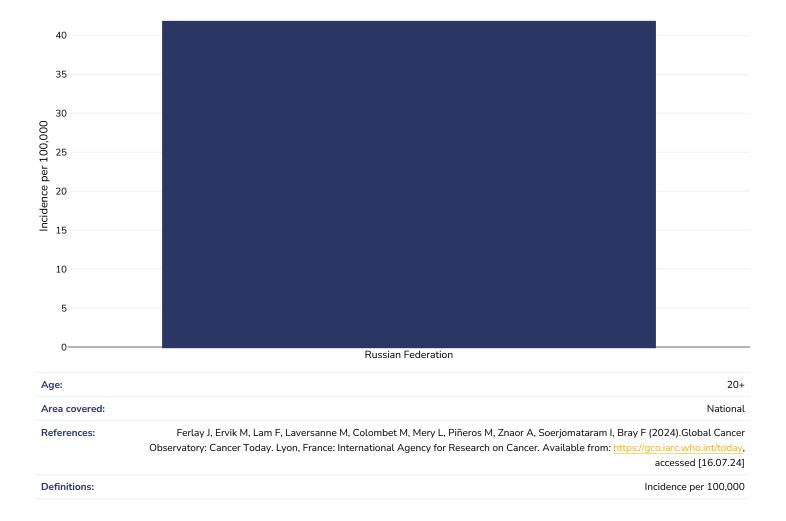
Colorectal cancer

Men, 2022





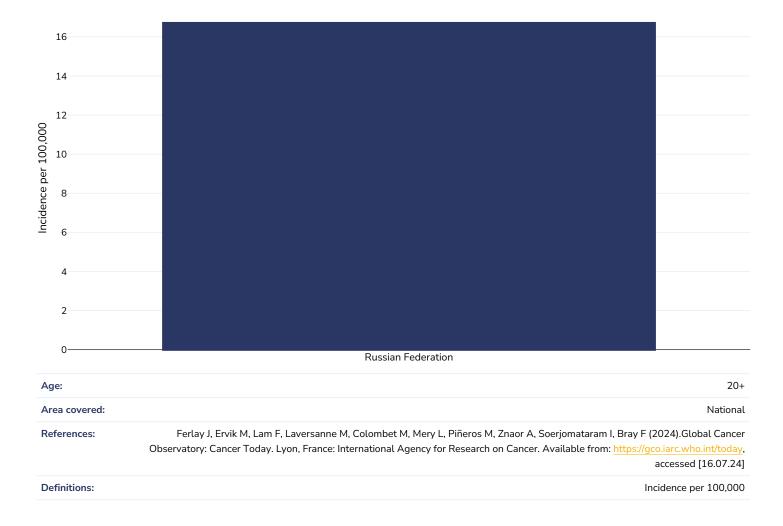
Women, 2022





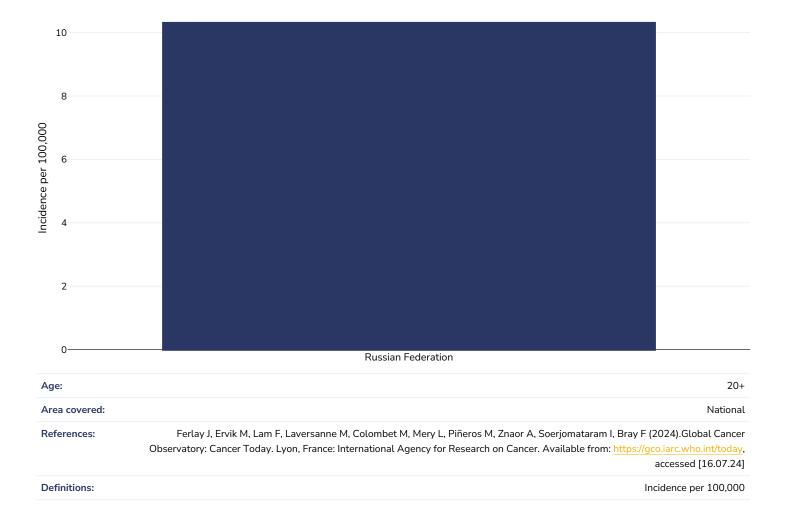
Pancreatic cancer

Men, 2022





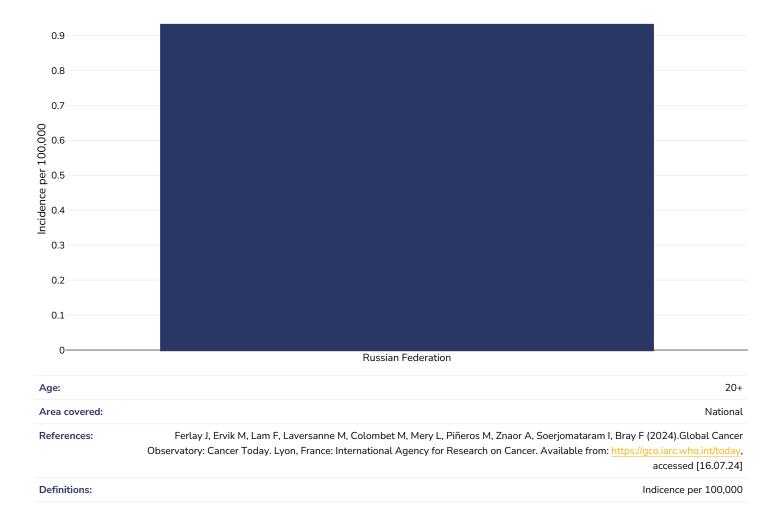
Women, 2022



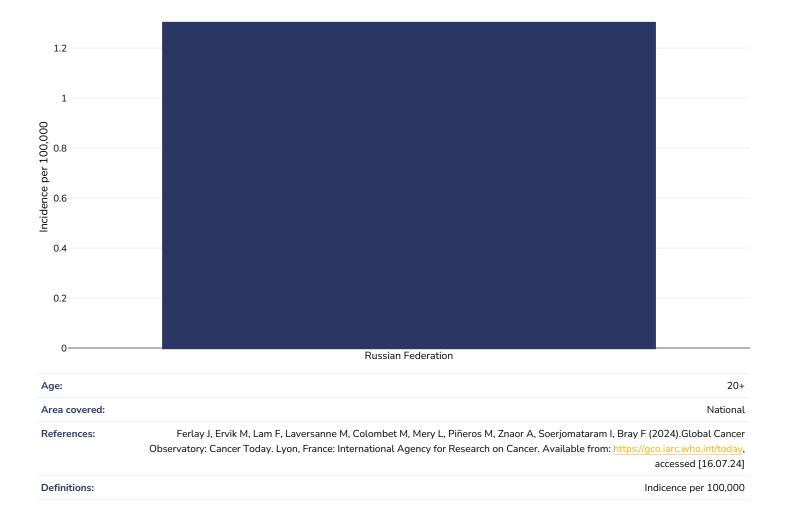


Gallbladder cancer

Men, 2022



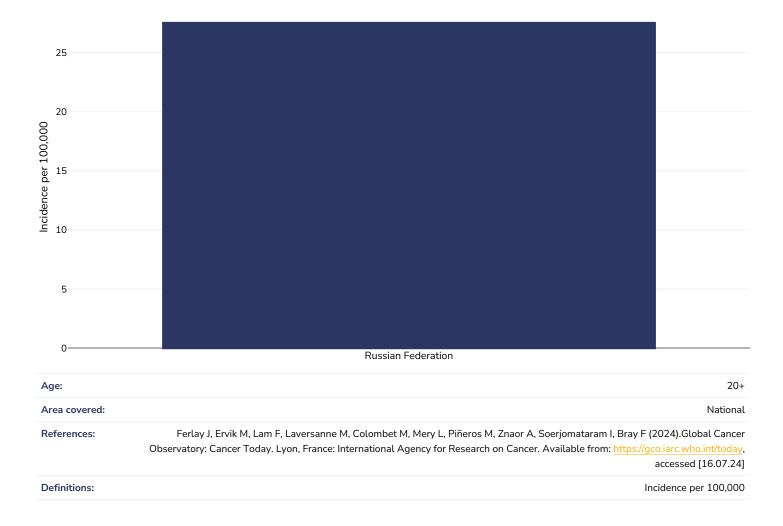




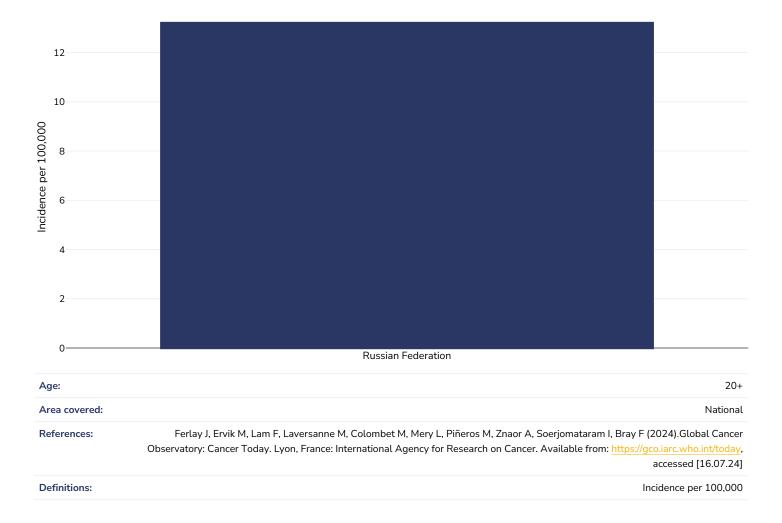


Kidney cancer

Men, 2022



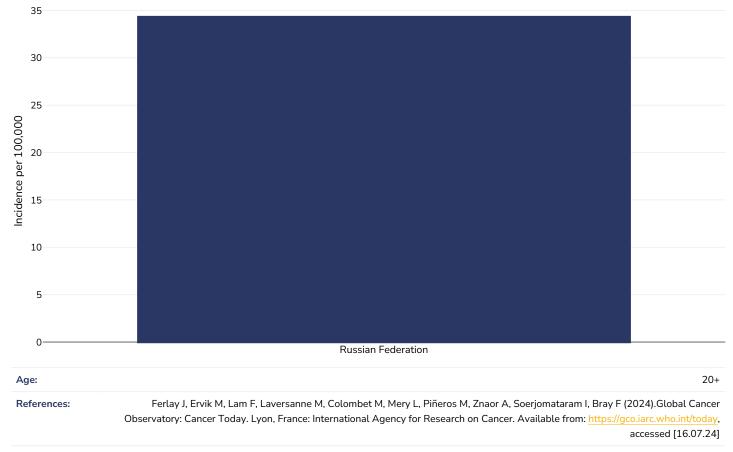






Cancer of the uterus

Women, 2022

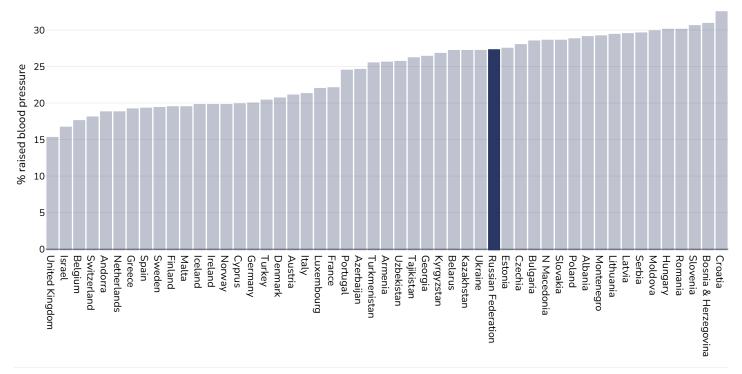


Definitions: Incidence per 100,000



Raised blood pressure

Adults, 2015



References:

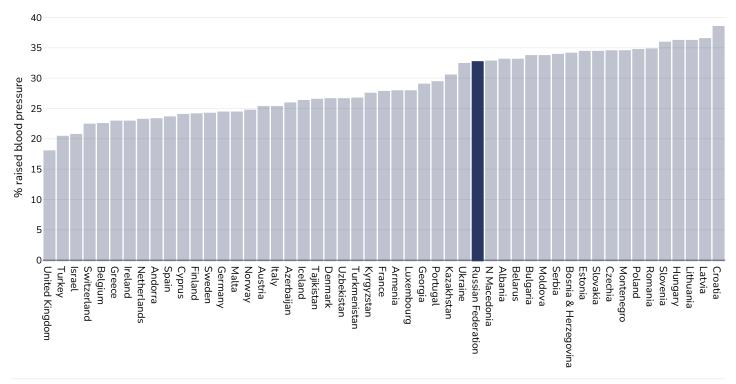
Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A875?lang=en

Definitions:

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



Men, 2015



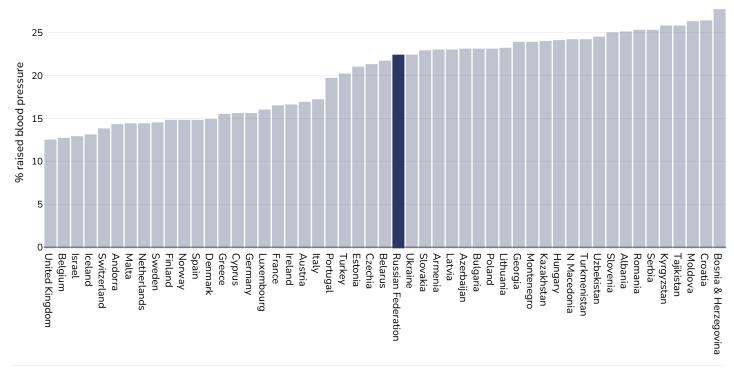
References:

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).





References:

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

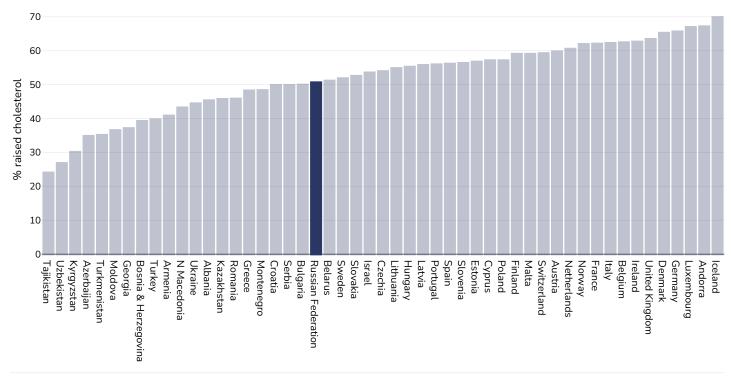
Definitions:

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



Raised cholesterol

Adults, 2008



References:

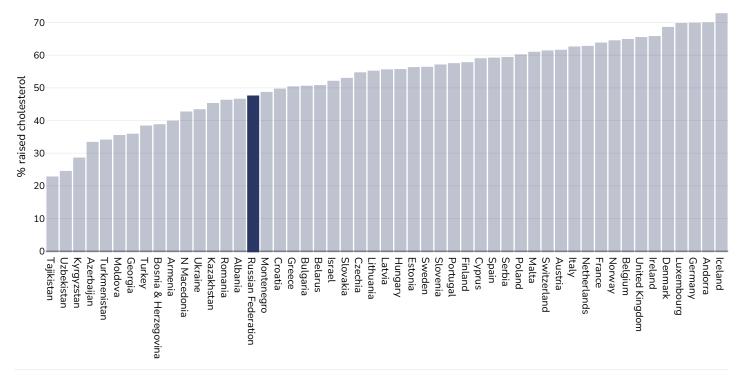
Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A885

Definitions:

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



Men, 2008



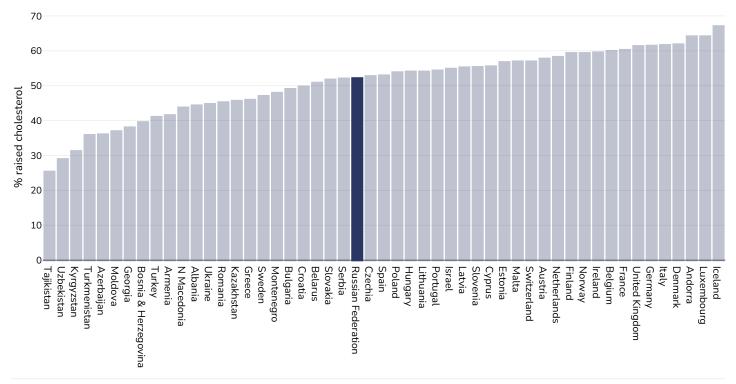
References:

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).





References:

Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A885

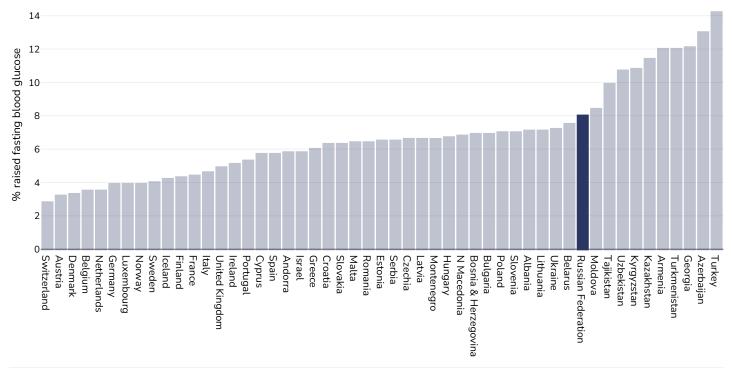
Definitions:

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



Raised fasting blood glucose

Men, 2014



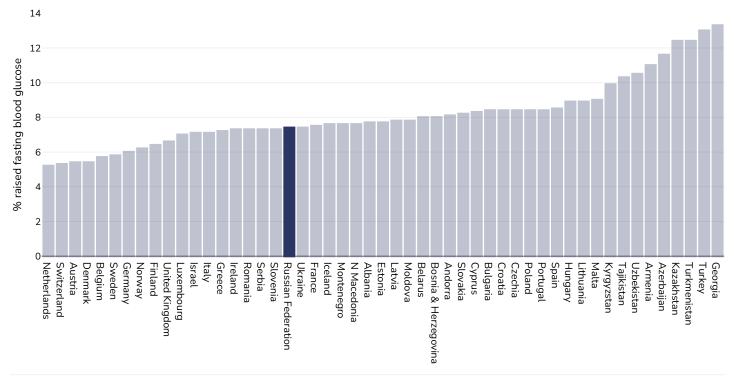
References:

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 mmoVL or on medication).





References:

Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A869?lang=en

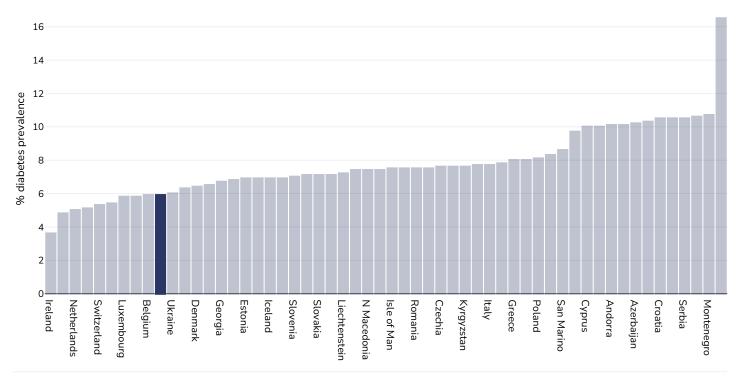
Definitions:

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



Diabetes prevalence

Adults, 2024



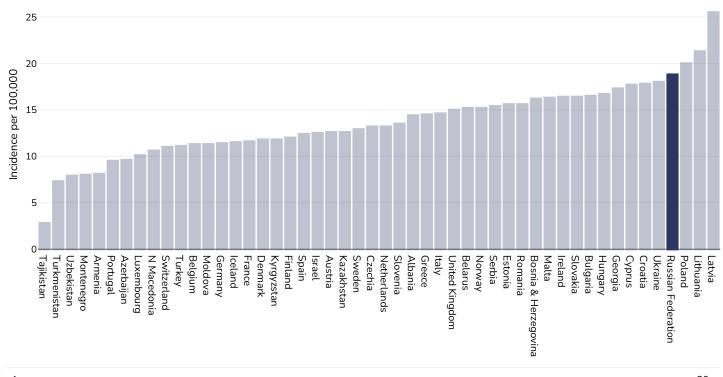
References:

Reproduced with kind permission International Diabetes Federation. IDF Diabetes Atlas, 11th edn. Brussels, Belgium:International Diabetes Federation, 2025. http://www.diabetesatlas.org



Ovarian Cancer

Women, 2022



Age: 20+

References:

Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]

Definitions: Incidence per 100,000



Leukemia

Men, 2022							
4							
3							
2							
1							
0							
ū							
⁻¹ 1	0	1	2	3	4	5	6
Age:	0	1	2	3	-	3	20+
Area covered:							National
References:					naor A, Soerjomataran Cancer. Available fror		
	Observatory. Co	ancer Today. Lyon, Fr	ance. International A	gency for Nesearch on	Cancer. Available Iroi	accessed	
Definitions:						Incidence pe	r 100,000
	Unless oth	nerwise noted, overw	reight refers to a BMI	between 25kg and 29	.9kg/m², obesity refers	to a BMI greater than	30kg/m².

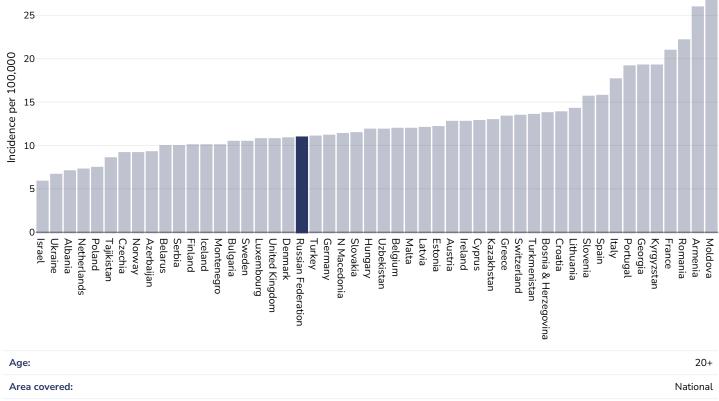


Women, 202	22										
4											
3											
2											
1											
0											
⁻¹ _1	0	1	2	3	4	5	6				
Age:							20+				
Area covered:							National				
References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today , accessed [16.07.24]										
Definitions:						Incidence pe	r 100,000				
	Unless oth	erwise noted, overwe	eight refers to a BMI I	between 25kg and 29.	9kg/m², obesity refers	to a BMI greater thar	30kg/m².				



Liver and intrahepatic bile duct Cancer

Men, 2022

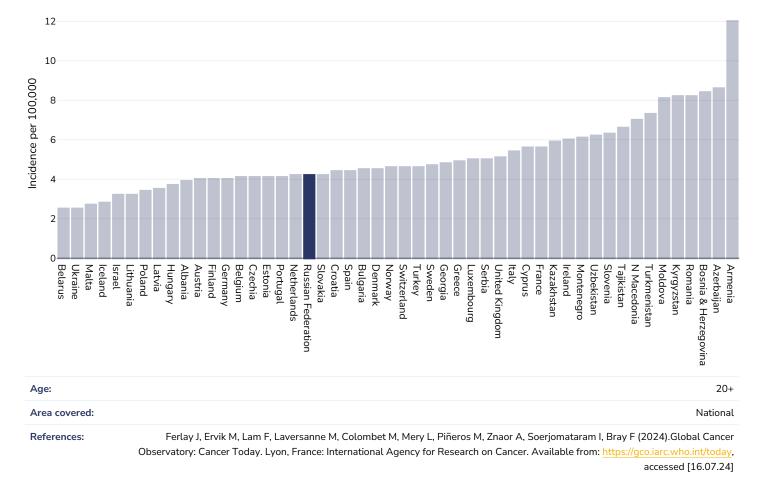


References:

Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]

Definitions: Incidence per 100,000



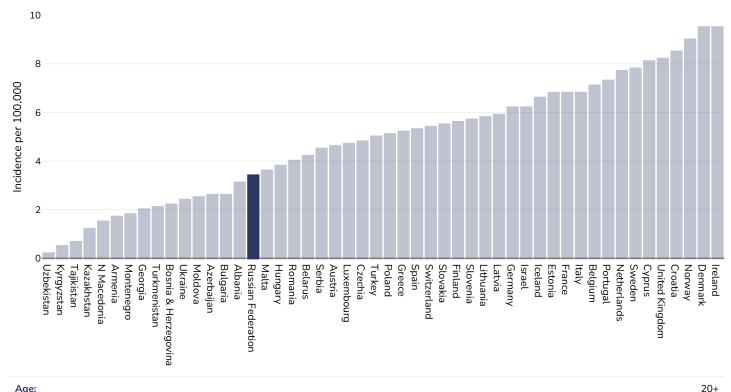


Definitions: Incidence per 100,000



Multiple Myeloma

Men, 2022



Age:

Area covered: National

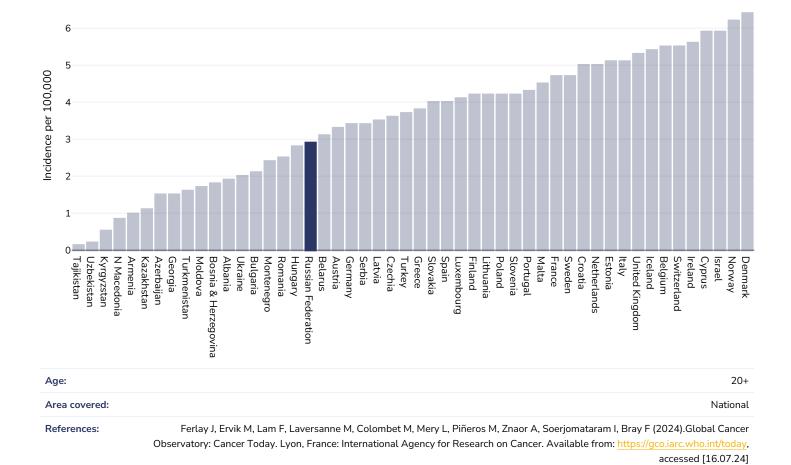
References:

Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]

Definitions: Indicence per 100,000

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





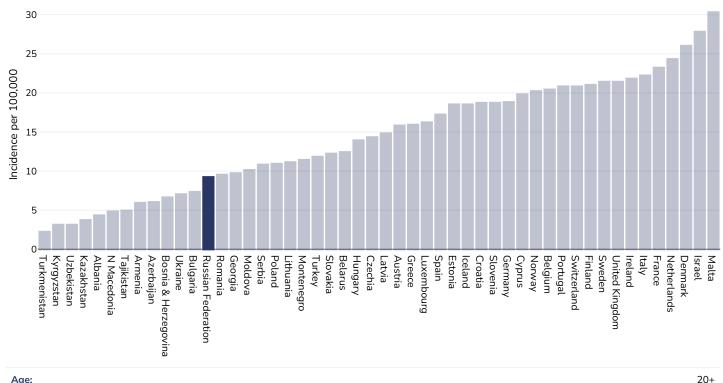
Definitions: Indicence per 100,000

 $Unless \ otherwise \ noted, overweight \ refers \ to \ a \ BMI \ between \ 25kg \ and \ 29.9kg/m^2, \ obesity \ refers \ to \ a \ BMI \ greater \ than \ 30kg/m^2.$



Non Hodgkin Lymphoma

Men, 2022



Age:

Area covered: National

References:

Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today,

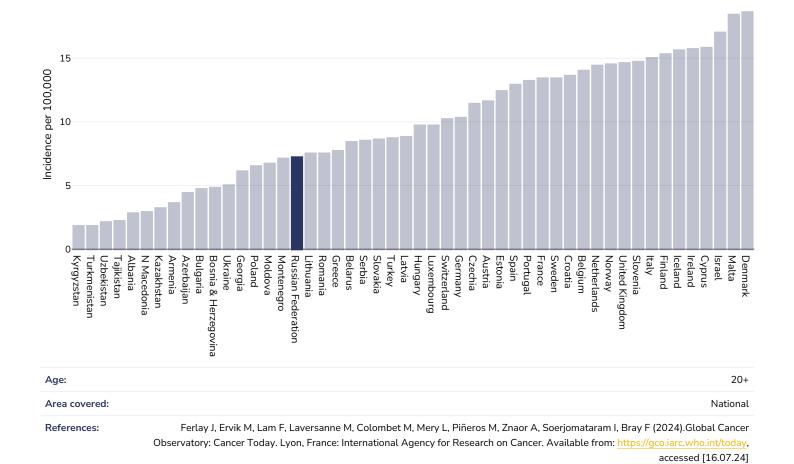
accessed [16.07.24]

Definitions:

Incidence per 100,000

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





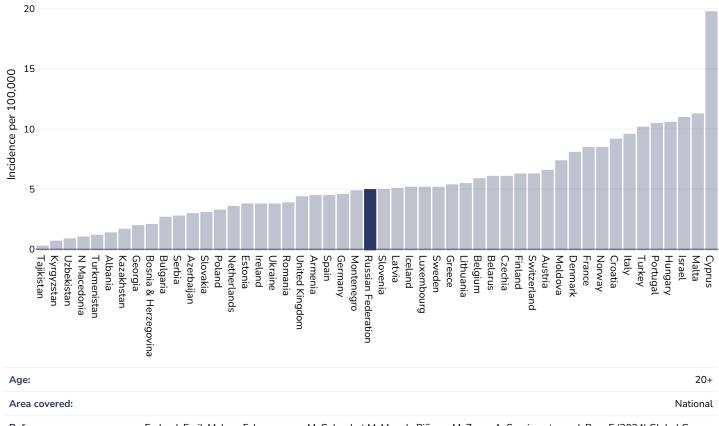
Definitions: Incidence per 100,000

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



Thyroid Cancer

Men, 2022

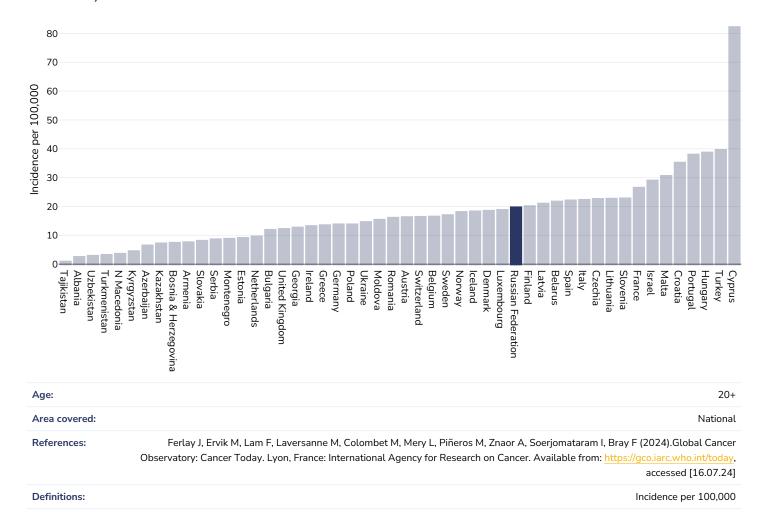


References:

Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]

Definitions: Incidence per 100,000





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