



# Russian Federation



## Country report card - children

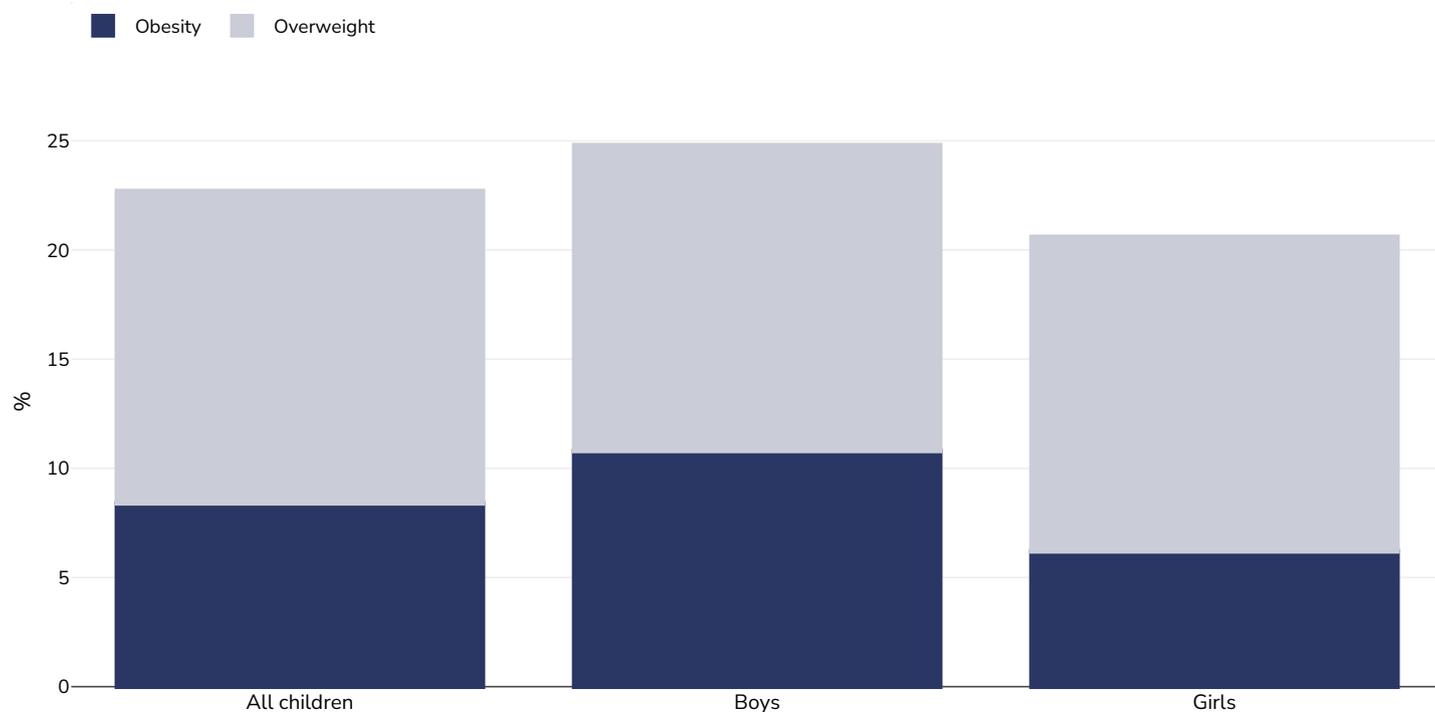
*This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity for children, including adolescents (aged 5 to 18 years). Where available, data on common and relevant obesity drivers and comorbidities are also presented.*

*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

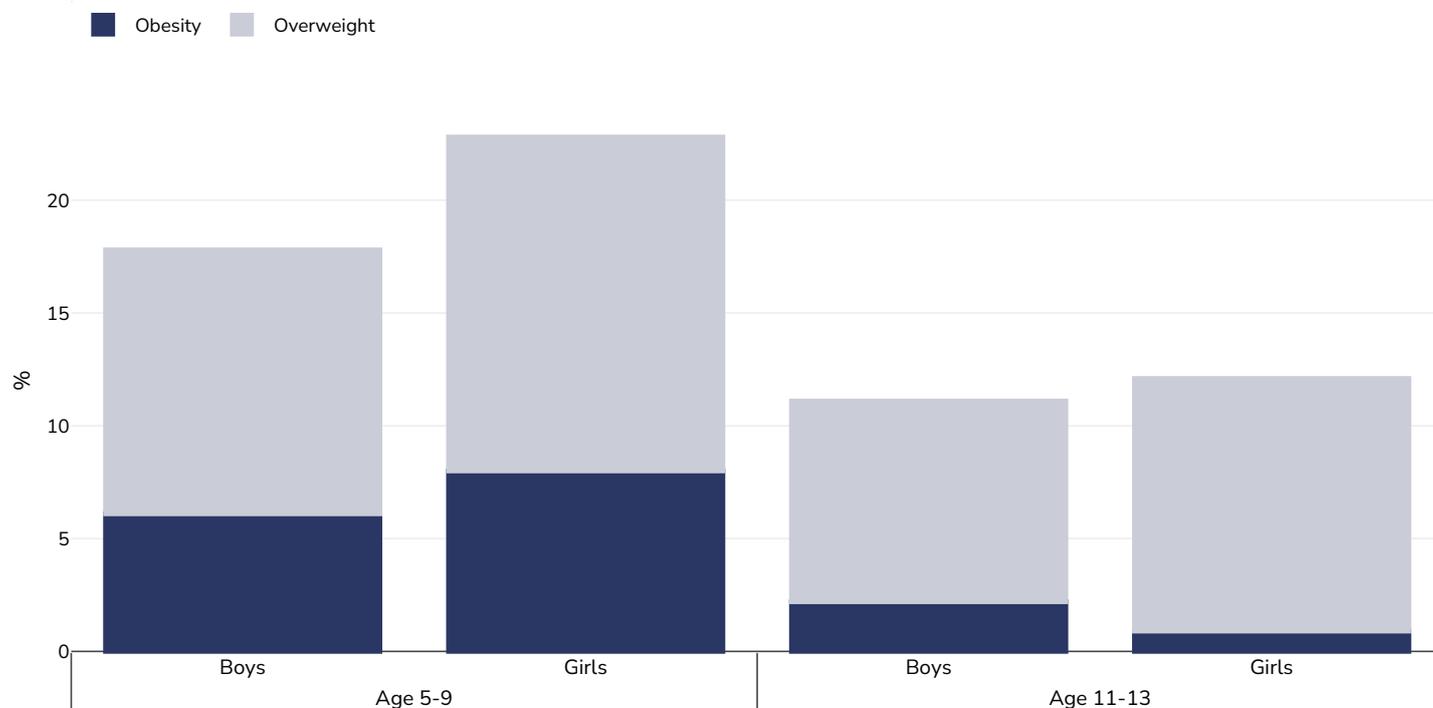
### Children, 2018-2020



Survey type:	Measured
Age:	7
Sample size:	2686
Area covered:	Regional (Yekaterinburg)
References:	Report on the fifth round of data collection, 2018–2020: WHO European Childhood Obesity Surveillance Initiative (COSI). Copenhagen: WHO Regional Office for Europe; 2022. Licence: CC BY-NC-SA 3.0 IGO.
Cutoffs:	WHO 2007

## Overweight/obesity by age

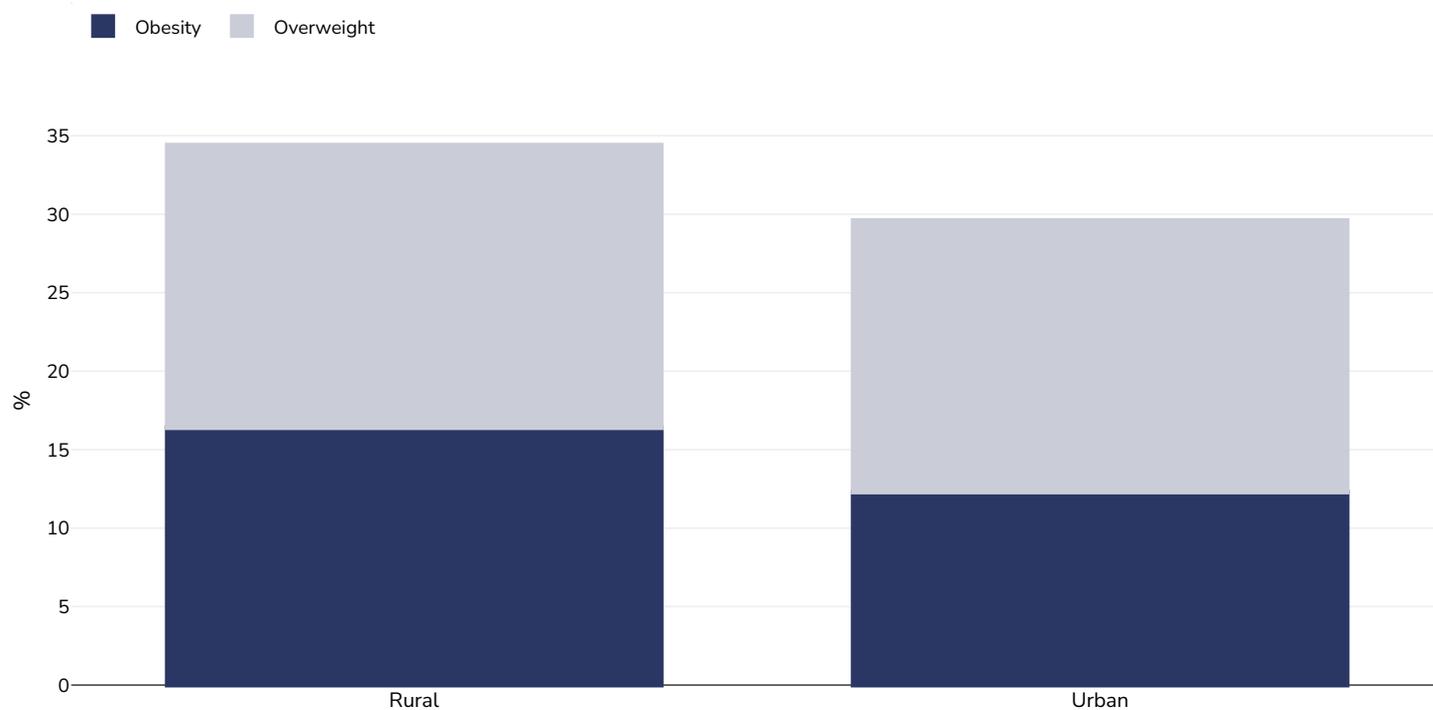
### Children, 2005



Survey type:	Measured
Sample size:	1081
Area covered:	National
References:	World Obesity Reanalysis of RLMS 2005 Original Source: Russia Longitudinal Monitoring survey, RLMS-HSE, conducted by HSE and ZAO Demoscope together with Carolina Population Center, University of North Carolina at Chapel Hill and the Institute of Sociology RAS. (RLMS-HSE sites: <a href="http://www.cpc.unc.edu/projects/rlms-hse">http://www.cpc.unc.edu/projects/rlms-hse</a> , <a href="http://www.hse.ru/org/hse/rlms">http://www.hse.ru/org/hse/rlms</a> )
Cutoffs:	IOTF

## Overweight/obesity by region

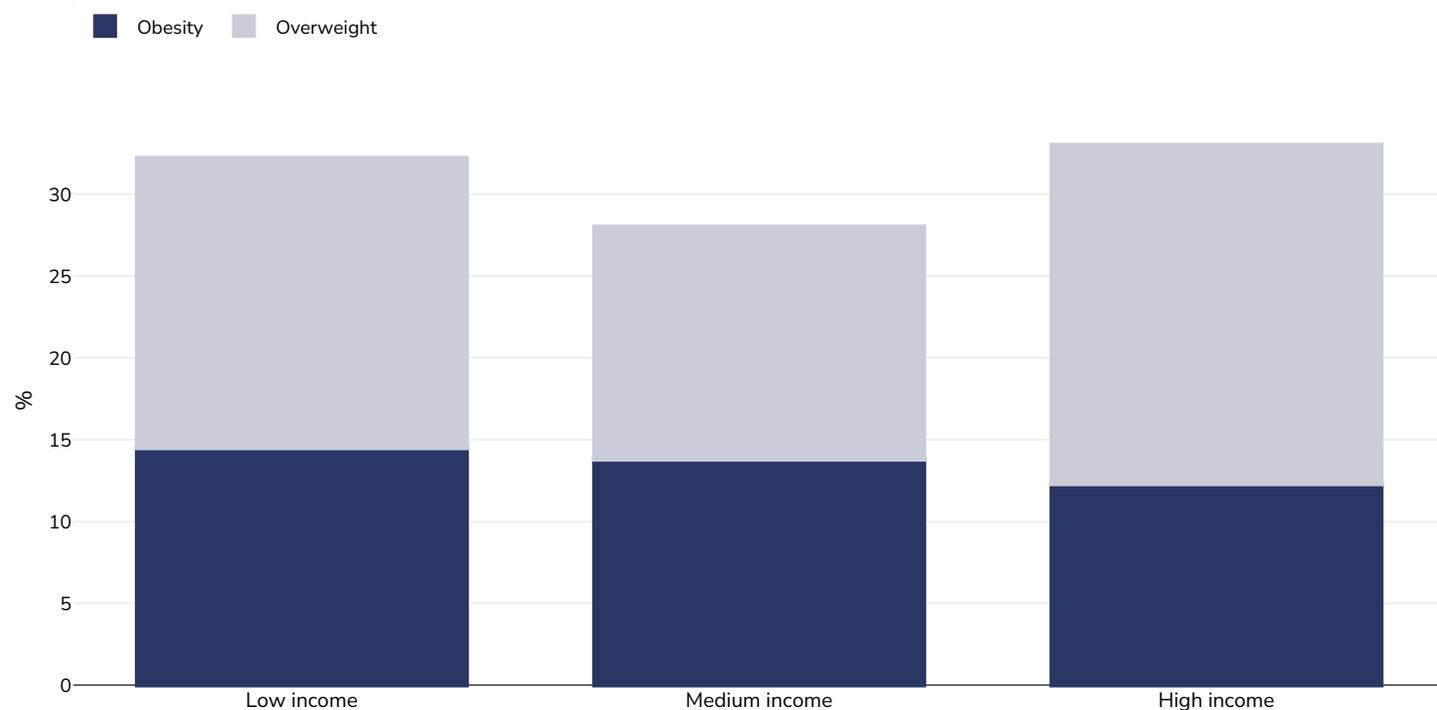
### Children, 1992



Survey type:	Measured
Age:	6-9
Sample size:	Total sample size (6-18yrs old) = 6883
Area covered:	National
References:	Youfa Wang. Cross-national comparison of childhood obesity: the epidemic and the relationship between obesity and socioeconomic status. <i>Int. J. Epidemiol.</i> (2001) 30 (5): 1129-1136. doi: 10.1093/ije/30.5.1129
Notes:	The study used the US NCHS body mass index (BMI = wt/ht <sup>2</sup> ) reference to define obesity (BMI ≥95th percentile) and overweight (85th ≤ BMI < 95th percentile).
Cutoffs:	Other

## Overweight/obesity by socio-economic group

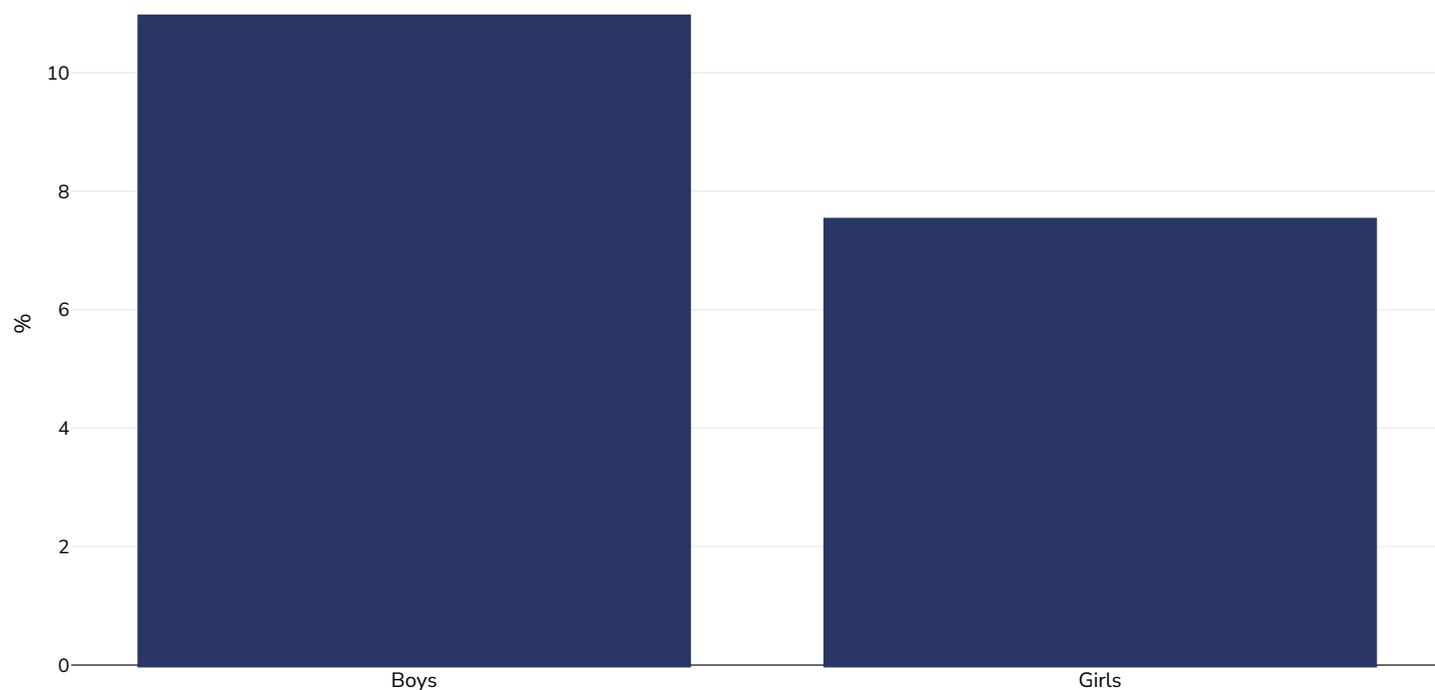
### Children, 1992



<b>Survey type:</b>	Measured
<b>Age:</b>	6-9
<b>Sample size:</b>	Total sample size (6-18yrs old) = 6883
<b>Area covered:</b>	National
<b>References:</b>	Youfa Wang. Cross-national comparison of childhood obesity: the epidemic and the relationship between obesity and socioeconomic status. <i>Int. J. Epidemiol.</i> (2001) 30 (5): 1129-1136. doi: 10.1093/ije/30.5.1129
<b>Notes:</b>	The study used the US NCHS body mass index (BMI = wt/ht <sup>2</sup> ) reference to define obesity (BMI ≥95th percentile) and overweight (85th ≤ BMI < 95th percentile).
<b>Cutoffs:</b>	Other

## Double burden of underweight & overweight

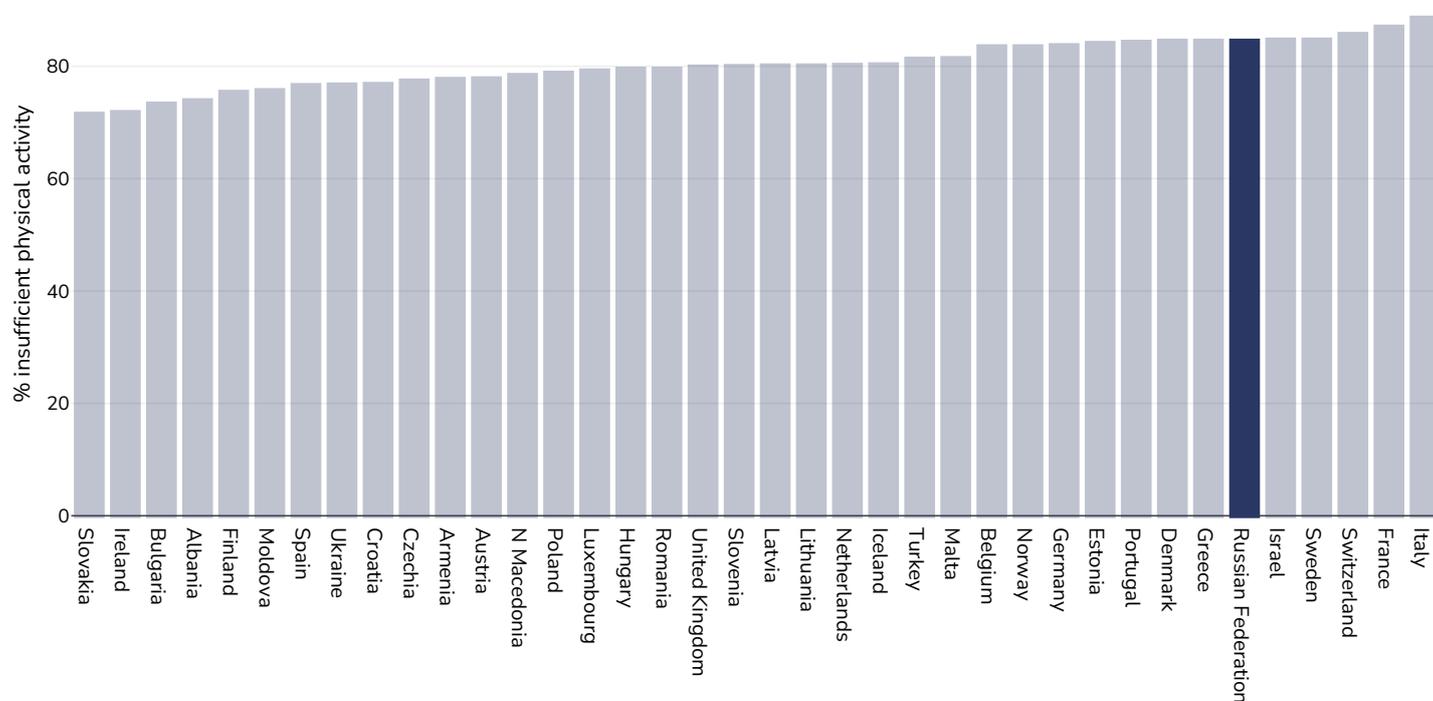
Children, 2022



<b>Survey type:</b>	Measured
<b>Age:</b>	5-19
<b>References:</b>	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. <a href="https://doi.org/10.1016/S0140-6736(23)02750-2">https://doi.org/10.1016/S0140-6736(23)02750-2</a> .
<b>Notes:</b>	Age standardised estimates
<b>Definitions:</b>	Combined prevalence of BMI < -2SD and BMI > 2SD (double burden of thinness and obesity)
<b>Cutoffs:</b>	BMI < -2SD and BMI > 2SD

## Insufficient physical activity

### Children, 2016



Survey type: Self-reported

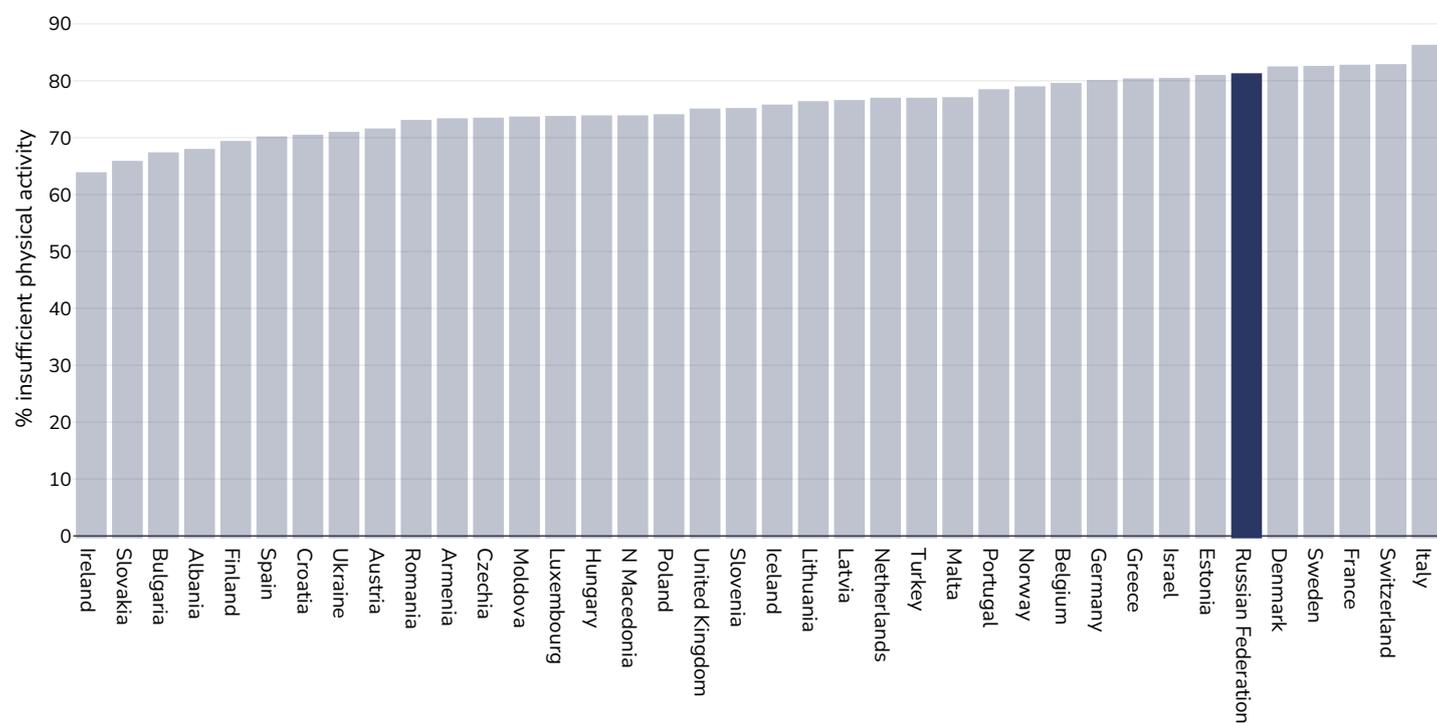
Age: 11-17

References: Global Health Observatory data repository, World Health Organisation, <https://apps.who.int/gho/data/node.main.A893ADO?lang=en> (last accessed 16.03.21)

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, 2016



Survey type: Self-reported

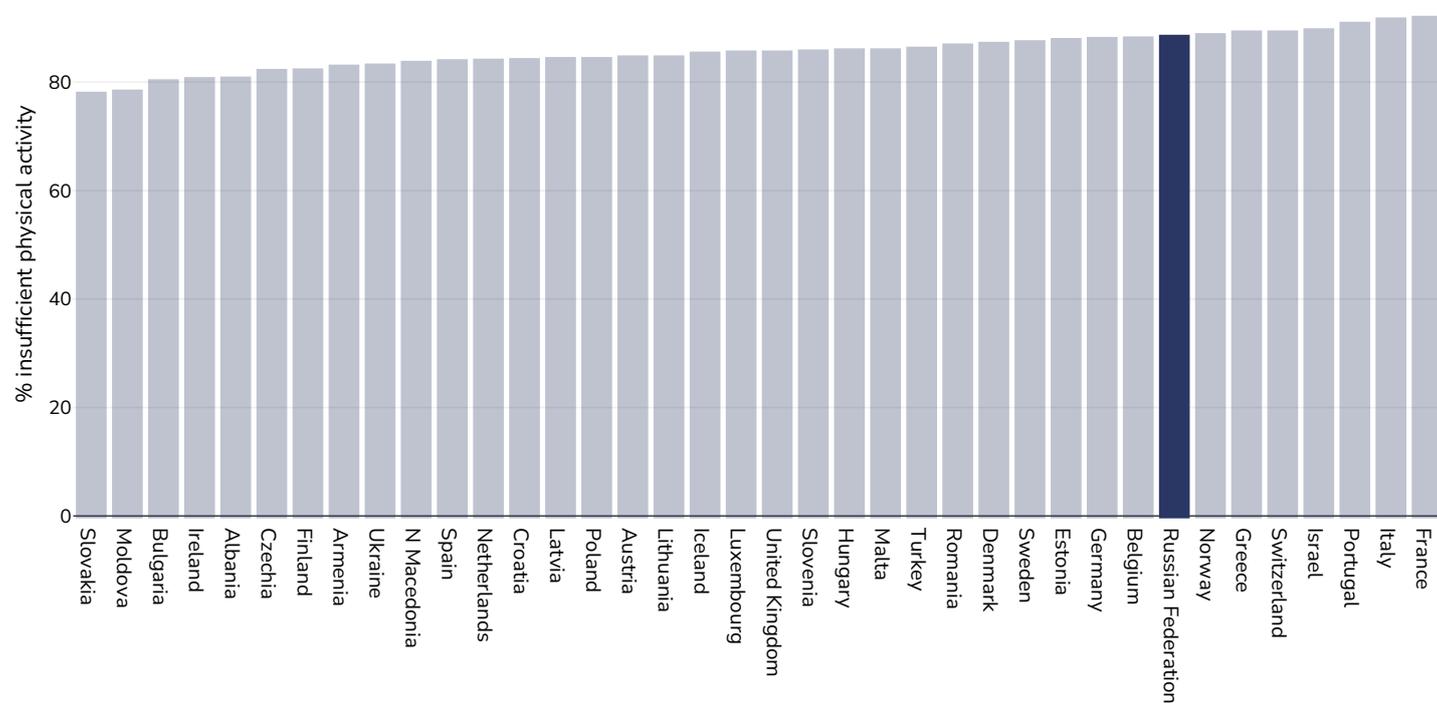
Age: 11-17

References: Global Health Observatory data repository, World Health Organisation, <https://apps.who.int/gho/data/node.main.A893ADO?lang=en> (last accessed 16.03.21)

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)

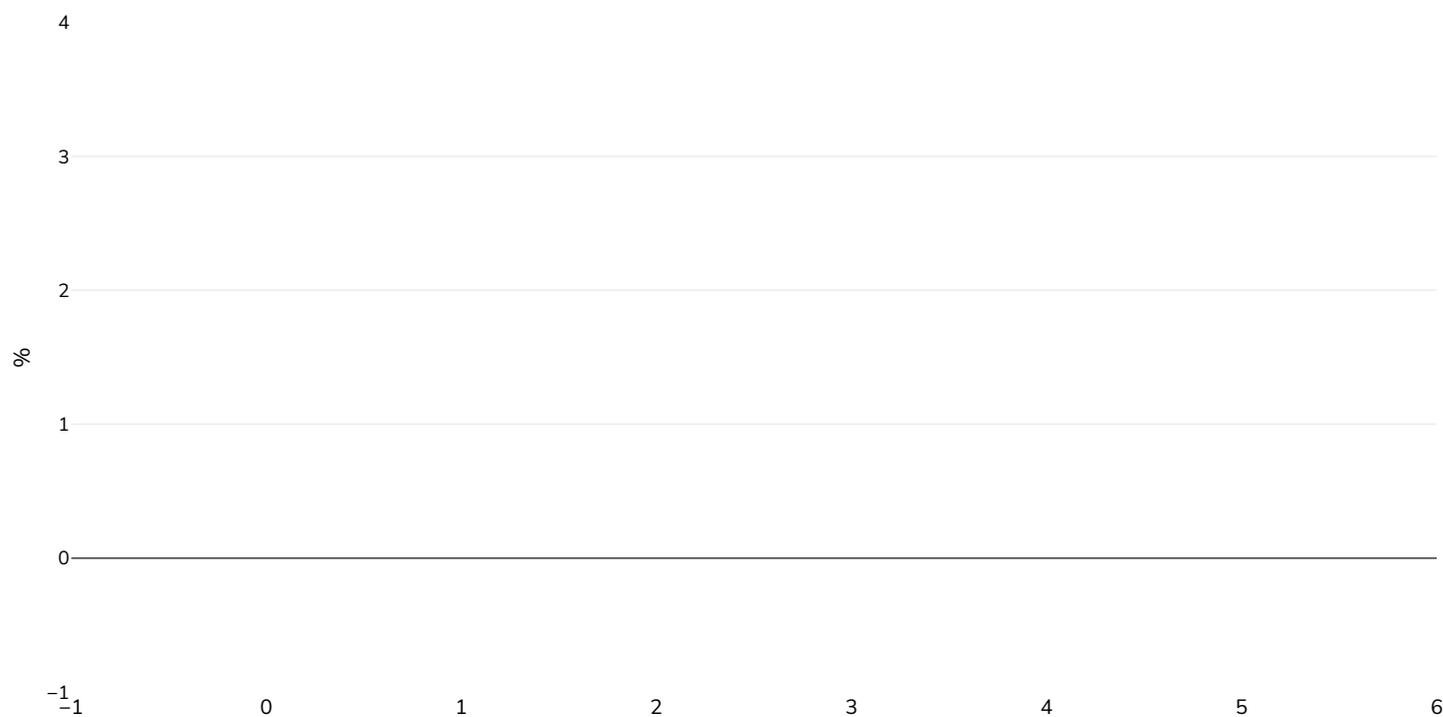
## Girls, 2016



Survey type:	Self-reported
Age:	11-17
References:	Global Health Observatory data repository, World Health Organisation, <a href="https://apps.who.int/gho/data/node.main.A893ADO?lang=en">https://apps.who.int/gho/data/node.main.A893ADO?lang=en</a> (last accessed 16.03.21)
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, 2014



**Survey type:** Measured

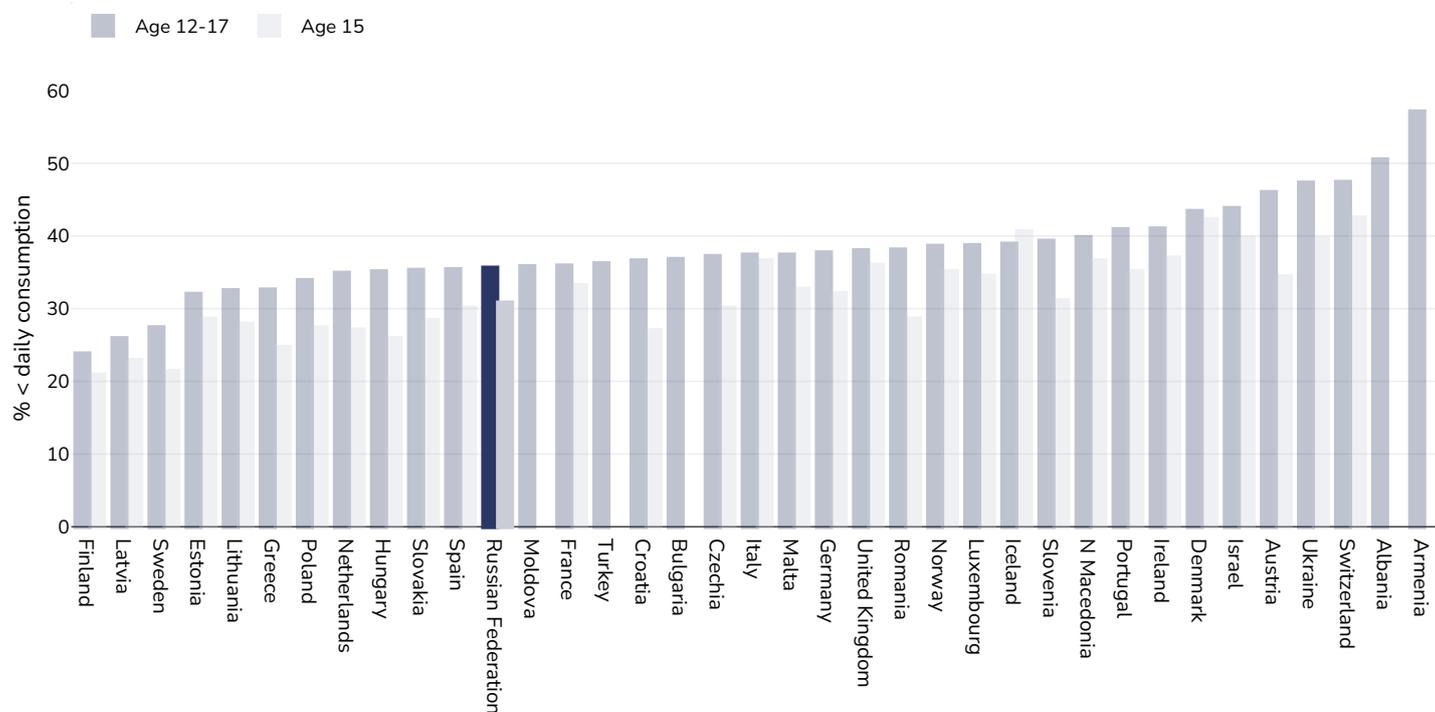
**References:** World Health Organization. (2017). Adolescent obesity and related behaviours: Trends and inequalities in the who european region, 2002-2014: observations from the Health Behavior in School-aged Children (HBSC) WHO collaborative cross-national study (J. Inchley, D. Currie, J. Jewel, J. Breda, & V. Barnekow, Eds.). World Health Organization. Sourced from Food Systems Dashboard <http://www.foodsystemsdashboard.org>

**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 less than daily fruit consumption

### Children, 2010-2014



Survey type:

Measured

References:

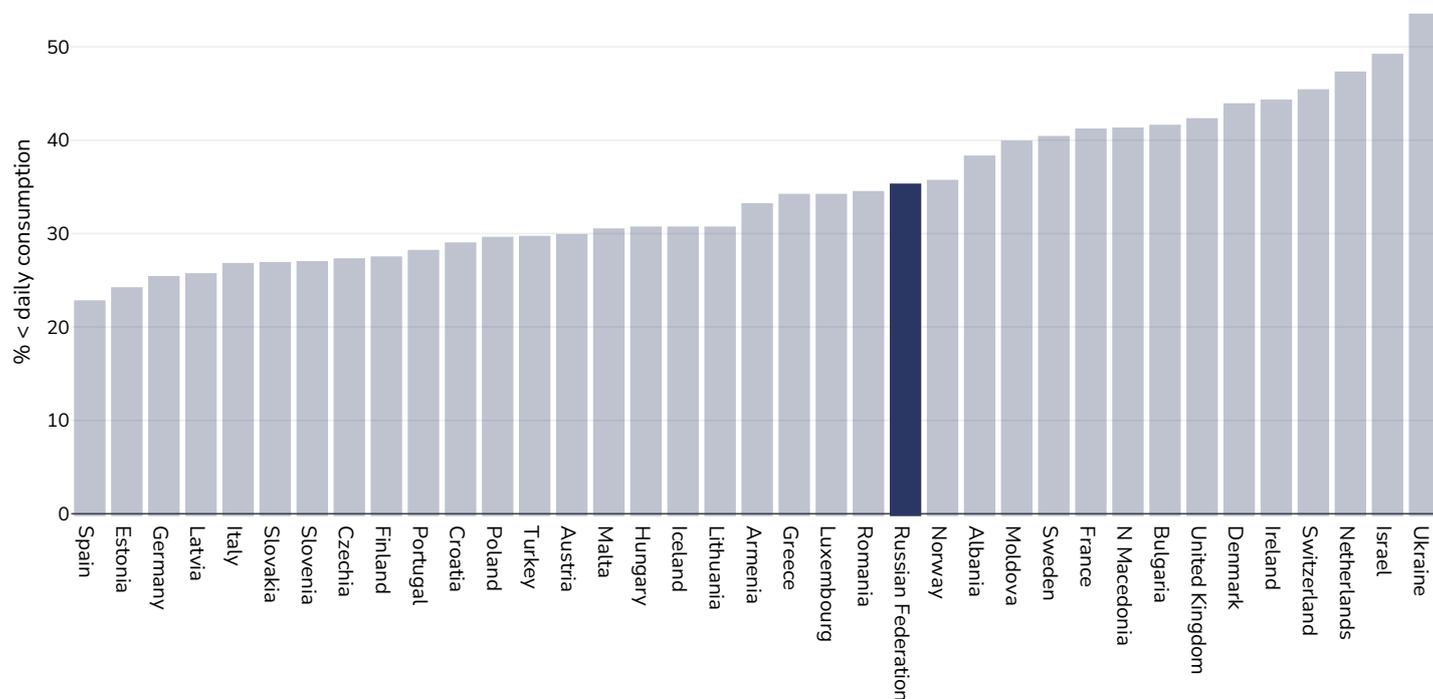
Global School-based Student Health Surveys. Beal et al (2019). Global Patterns of Adolescent Fruit, Vegetable, Carbonated Soft Drink, and Fast-food consumption: A meta-analysis of global school-based student health surveys. Food and Nutrition Bulletin. <https://doi.org/10.1177/0379572119848287>. Sourced from Food Systems Dashboard <http://www.foodsystemsdashboard.org/food-system>

Definitions:

Prevalence of less-than-daily fruit consumption (% less-than-daily fruit consumption)

## Prevalence of less than daily vegetable consumption

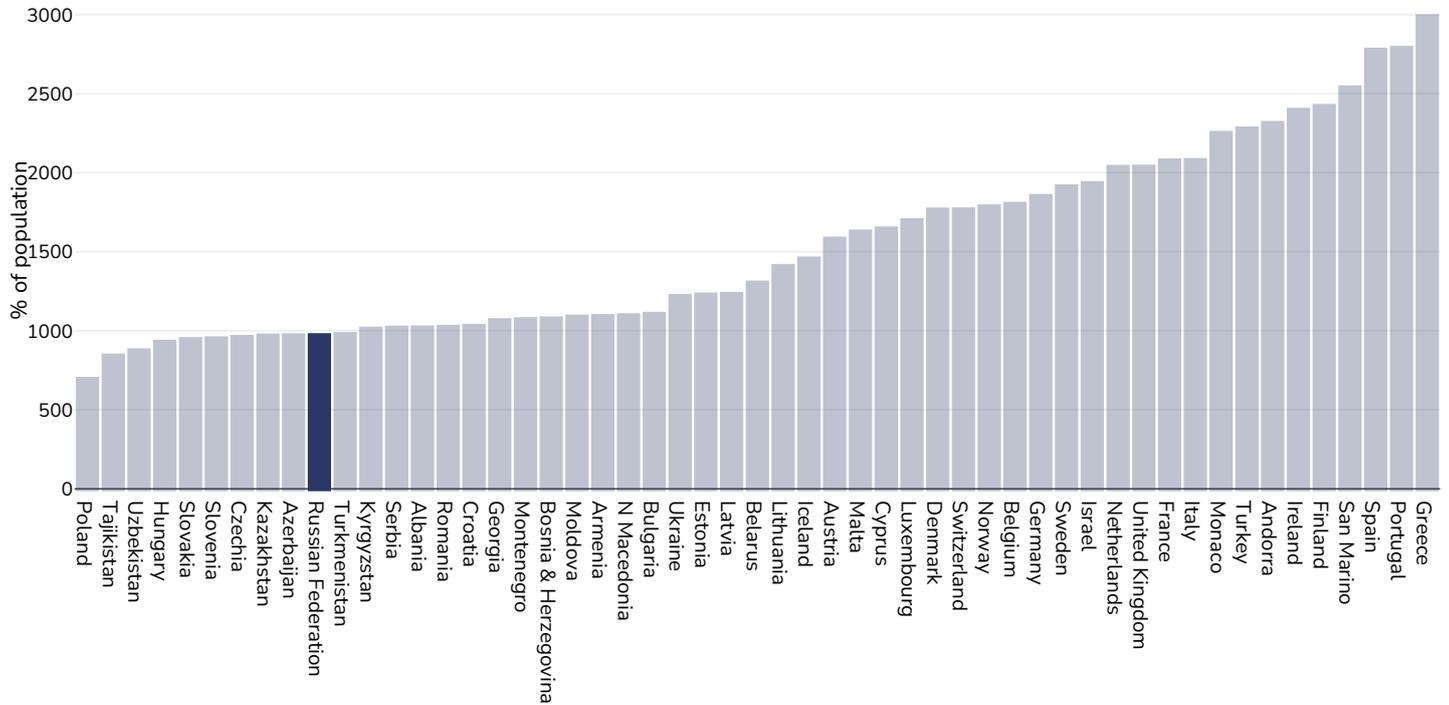
### Children, 2010-2014



<b>Survey type:</b>	Measured
<b>Age:</b>	12-17
<b>References:</b>	Beal et al. (2019). Global Patterns of Adolescent Fruit, Vegetable, Carbonated Soft Drink, and Fast-food consumption: A meta-analysis of global school-based student health surveys. Food and Nutrition Bulletin. <a href="https://doi.org/10.1177/0379572119848287">https://doi.org/10.1177/0379572119848287</a> sourced from Food Systems Dashboard <a href="http://www.foodsystemsdashboard.org/food-system">http://www.foodsystemsdashboard.org/food-system</a>
<b>Definitions:</b>	Prevalence of less-than-daily vegetable consumption (% less-than-daily vegetable consumption)

## Mental health - depression disorders

### Children, 2021



Area covered:

National

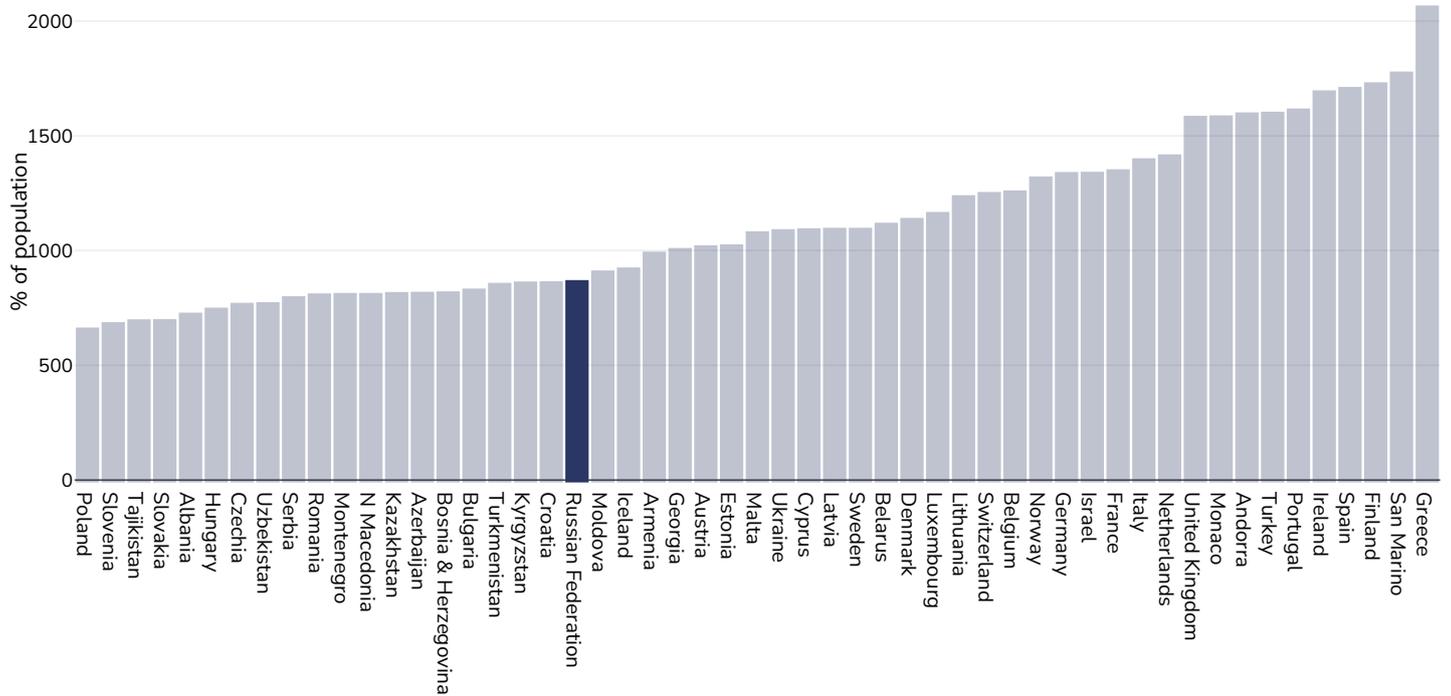
References:

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 depressive disorder per 100,000 population (Under 20 years of age)

## Boys, 2021



Area covered:

National

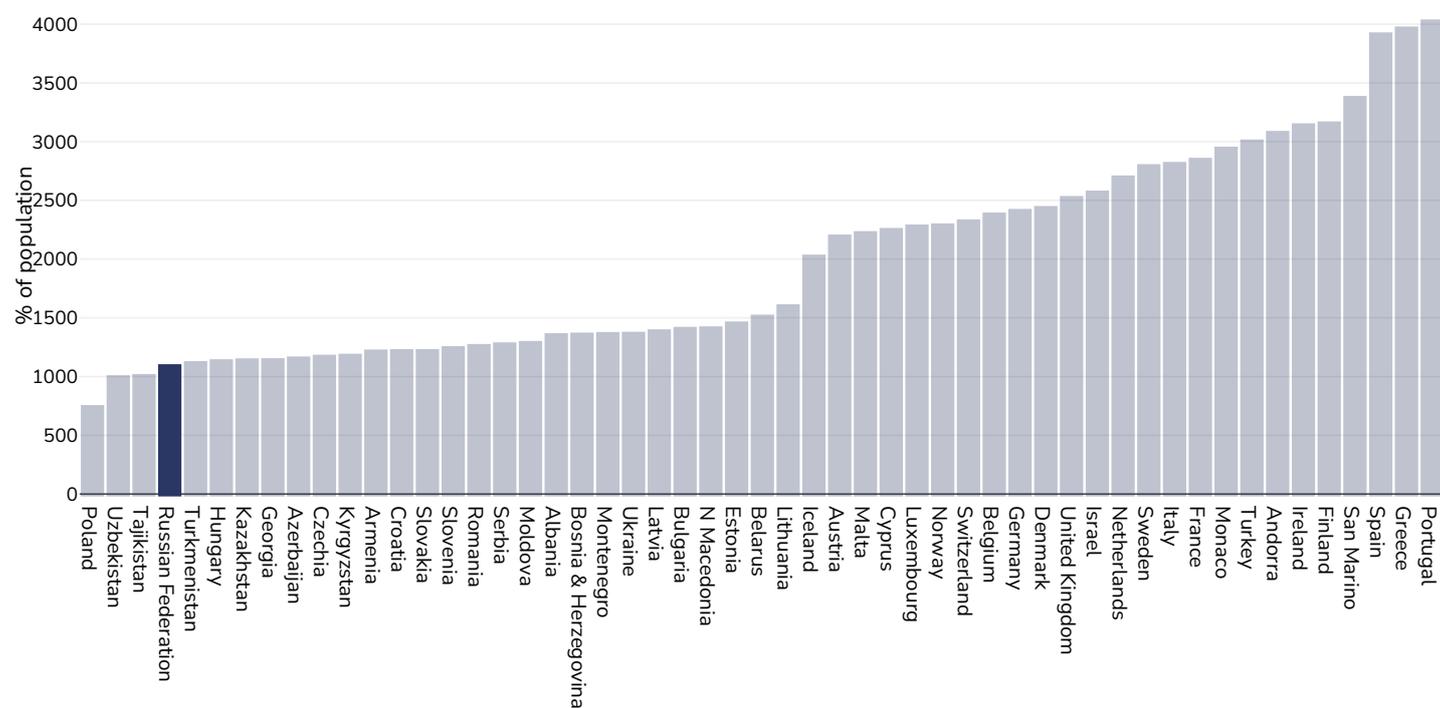
References:

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 depressive disorder per 100,000 population (Under 20 years of age)

## Girls, 2021



Area covered:

National

References:

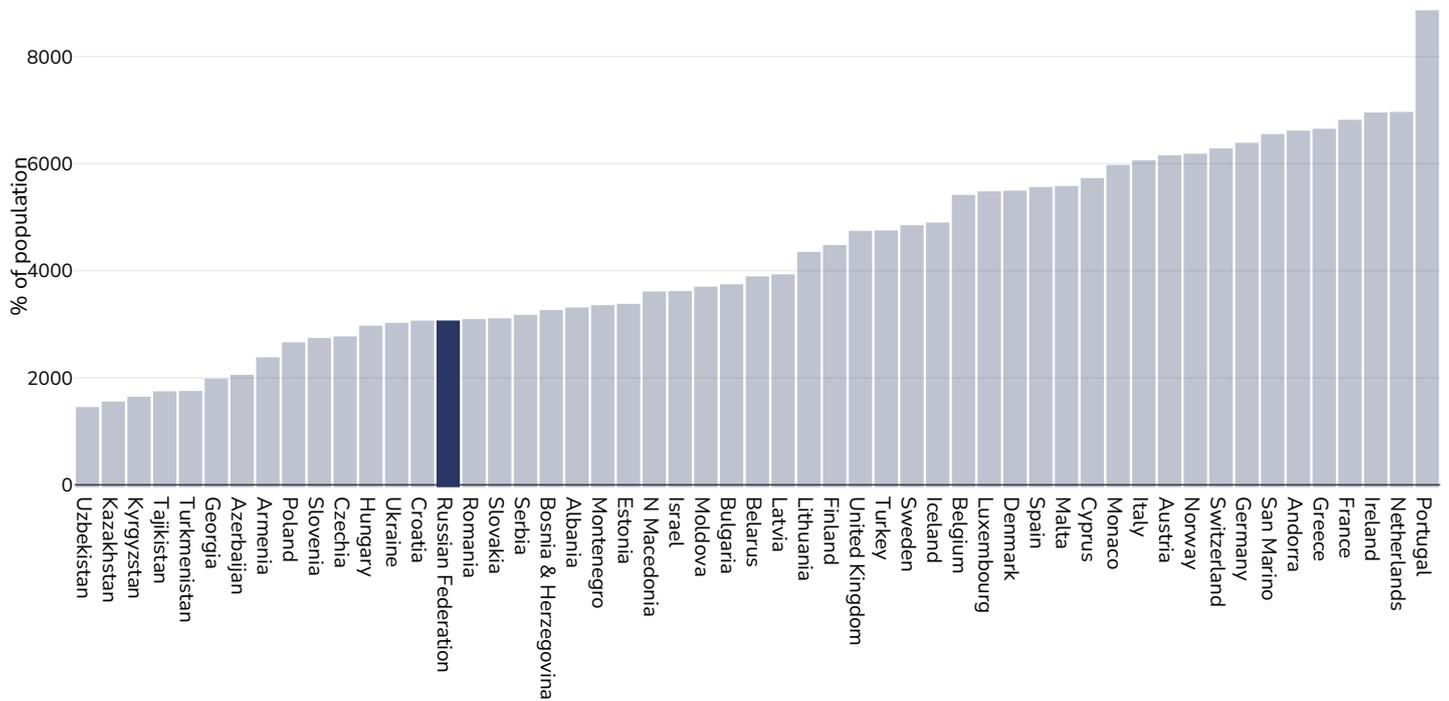
Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

Definitions:

Number living with depressive disorder per 100,000 population (Under 20 years of age)

## Mental health - anxiety disorders

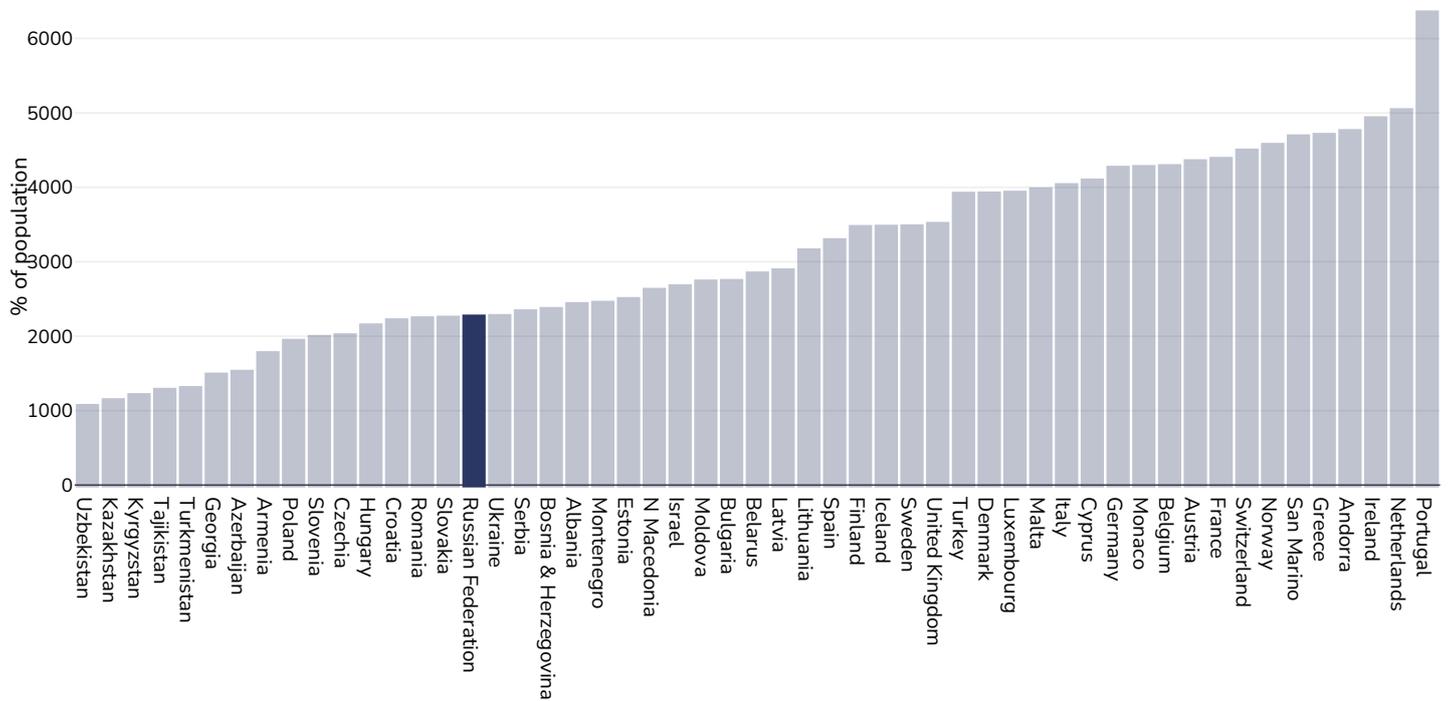
### Children, 2021



**References:**

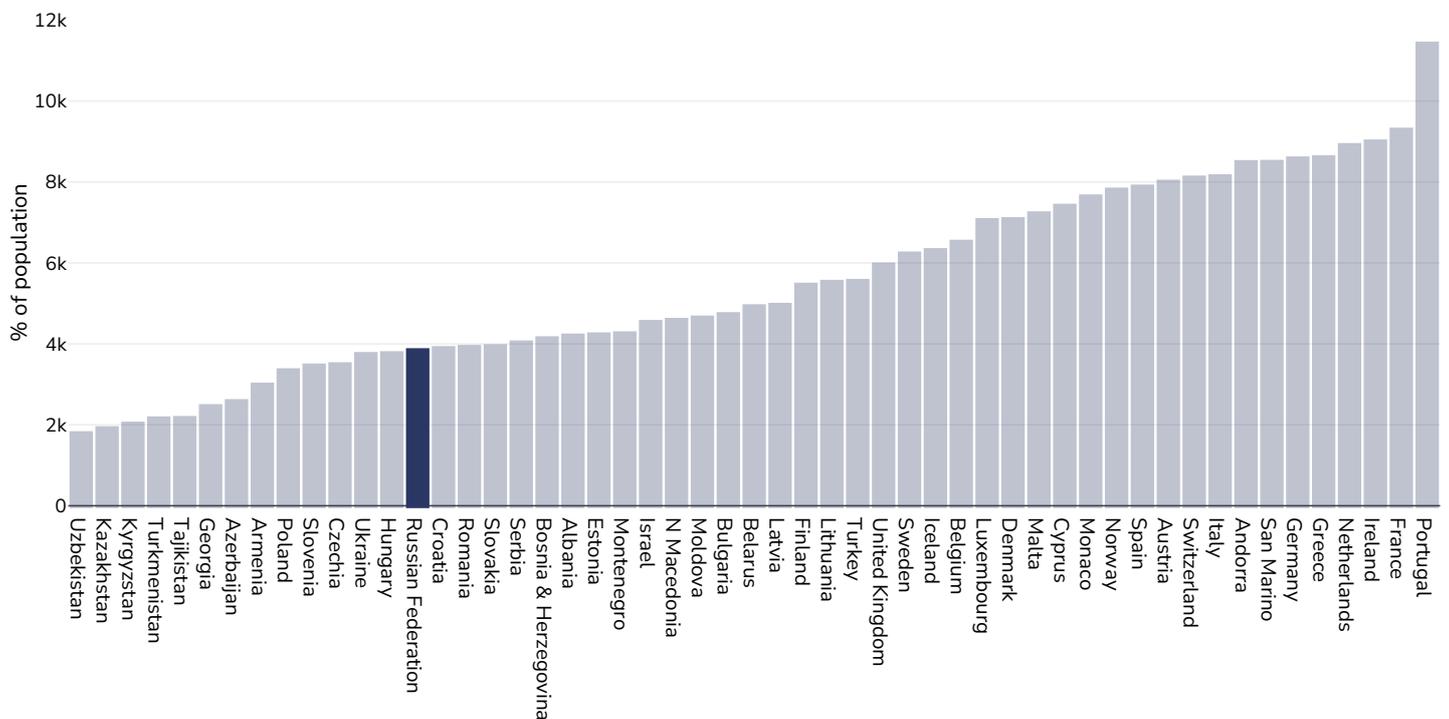
Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

## Boys, 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)

## Girls, 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)

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