Report card
Russian Federation

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Obesity prevalence

Adults, 2012-2014

Survey type: Measured
Age: 25-64
Sample size: 20332
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, 2005

Survey type: Measured
Age: 7-11
Sample size: 772
Area covered: National
Notes: IOTF Cut Off Used
Cutoffs: IOTF

Survey Type: Measured
Age: 7-11
Sample Size: 772
Area Covered: National
Notes: IOTF Cut Off Used
Cutoffs: IOTF

Survey Type: Measured
Age: 7-11
Sample Size: 772
Area Covered: National
Notes: IOTF Cut Off Used
Cutoffs: IOTF
% Adults living with obesity in Russia 1992-2012

Men

Survey type: Measured

References:

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

Different methodologies may have been used to collect this data and so data from different surveys may not be strictly comparable. Please check with original data sources for methodologies used.
Women

Survey type: Measured

References:


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

Different methodologies may have been used to collect this data and so data from different surveys may not be strictly comparable. Please check with original data sources for methodologies used.
% Adults living with overweight or obesity in Russia 1992-2012

Men

Survey type: Measured

References:


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

Different methodologies may have been used to collect this data and so data from different surveys may not be strictly comparable. Please check with original data sources for methodologies used.
Women

Survey type: Measured

References:


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

Different methodologies may have been used to collect this data and so data from different surveys may not be strictly comparable. Please check with original data sources for methodologies used.
Overweight/obesity by education

Men, 2012-2013

Survey type: Measured
Age: 25-64
Sample size: 20,190
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, 2012-2013

Survey type: Measured
Age: 25-64
Sample size: 20,190
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 age

Adults, 2007-2010

Survey type: Measured
Sample size: 3938
Area covered: National


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.
Children, 2005

Survey type: Measured
Sample size: 1081
Area covered: National
Cutoffs: IOTF
Overweight/obesity by region

Men, 2012-2013

Survey type: Measured
Age: 25-64
Sample size: 20,190
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, 2012-2013

Survey type: Measured
Age: 25-64
Sample size: 20,190
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, 1992

<table>
<thead>
<tr>
<th></th>
<th>Rural</th>
<th>Urban</th>
</tr>
</thead>
<tbody>
<tr>
<td>Obesity (%)</td>
<td>15</td>
<td>12</td>
</tr>
<tr>
<td>Overweight (%)</td>
<td>30</td>
<td>28</td>
</tr>
</tbody>
</table>

Survey type: Measured  
Age: 6-9  
Sample size: Total sample size (6-18yrs old) = 6883  
Area covered: National  
Notes: The study used the US NCHS body mass index (BMI = wt/ht^2) reference to define obesity (BMI ≥95th percentile) and overweight (85ths≤BMI<95th percentile).  
Cutoffs: Other
Overweight/obesity by socio-economic group

Men, 2012-2014

Survey type: Measured
Age: 25-64
Sample size: 20332
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, 2012-2014

Survey type: Measured
Age: 25-64
Sample size: 20332
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, 1992

<table>
<thead>
<tr>
<th>Income Level</th>
<th>Obesity</th>
<th>Overweight</th>
</tr>
</thead>
<tbody>
<tr>
<td>Low income</td>
<td>15%</td>
<td>20%</td>
</tr>
<tr>
<td>Medium income</td>
<td>10%</td>
<td>15%</td>
</tr>
<tr>
<td>High income</td>
<td>10%</td>
<td>15%</td>
</tr>
</tbody>
</table>

Survey type: Measured
Age: 6-9
Sample size: Total sample size (6-18yrs old) = 6883
Area covered: National


Notes: The study used the US NCHS body mass index (BMI = wt/ht2) reference to define obesity (BMI ≥95th percentile) and overweight (85th≤BMI<95th percentile).

Cutoffs: Other
Insufficient physical activity

Adults, 2016

Men, 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

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

<table>
<thead>
<tr>
<th>Country</th>
<th>Estimated Intake (g/day)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Uzbekistan</td>
<td>30</td>
</tr>
<tr>
<td>Tajikistan</td>
<td>25</td>
</tr>
<tr>
<td>Italy</td>
<td>35</td>
</tr>
<tr>
<td>Turkmenistan</td>
<td>30</td>
</tr>
<tr>
<td>Armenia</td>
<td>25</td>
</tr>
<tr>
<td>Georgia</td>
<td>35</td>
</tr>
<tr>
<td>Azerbaijan</td>
<td>30</td>
</tr>
<tr>
<td>Albania</td>
<td>25</td>
</tr>
<tr>
<td>Malta</td>
<td>35</td>
</tr>
<tr>
<td>Greece</td>
<td>40</td>
</tr>
<tr>
<td>Bosnia</td>
<td>30</td>
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<tr>
<td>France</td>
<td>35</td>
</tr>
<tr>
<td>Cyprus</td>
<td>40</td>
</tr>
<tr>
<td>Switzerland</td>
<td>40</td>
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<tr>
<td>Denmark</td>
<td>40</td>
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<tr>
<td>Sweden</td>
<td>35</td>
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<tr>
<td>Norway</td>
<td>30</td>
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<tr>
<td>Finland</td>
<td>25</td>
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<tr>
<td>Iceland</td>
<td>25</td>
</tr>
<tr>
<td>Germany</td>
<td>30</td>
</tr>
<tr>
<td>Austria</td>
<td>35</td>
</tr>
<tr>
<td>Bosnia &amp; Herzegovina</td>
<td>30</td>
</tr>
<tr>
<td>Montenegro</td>
<td>25</td>
</tr>
<tr>
<td>Denmark</td>
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<td>Slovenia</td>
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<td>Greece</td>
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<td>Israel</td>
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<td>France</td>
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<td>N Macedonia</td>
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<td>Cyprus</td>
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<td>Iceland</td>
<td>25</td>
</tr>
<tr>
<td>Austria</td>
<td>30</td>
</tr>
<tr>
<td>Bosnia &amp; Herzegovina</td>
<td>25</td>
</tr>
</tbody>
</table>

#### Survey type: Measured

#### Age: 25+


#### 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

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

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
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

Age: 20+


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

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+

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

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, gallbladder, adults, ages 20+. ASR (World) per 100,000
Kidney cancer

Men, 2018


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:


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

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

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

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


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


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

Adults, 2017

References:

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

PDF created on November 19, 2020