# 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, 2018-2020

Survey type: Measured
Age: 7
Sample size: 2081
Area covered: Regional (Moscow)
Cutoffs: WHO 2007
% Adults living with obesity, 1992-2014

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, 1992-2014

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

**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 (85th≤BMI<95th percentile).  
**Cutoffs:** Other

<table>
<thead>
<tr>
<th>Rural</th>
<th>Urban</th>
</tr>
</thead>
<tbody>
<tr>
<td>Obesity</td>
<td>Overweight</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>%</th>
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</thead>
<tbody>
<tr>
<td>35</td>
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<tr>
<td>30</td>
</tr>
<tr>
<td>25</td>
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<tr>
<td>20</td>
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<td>15</td>
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<tr>
<td>10</td>
</tr>
<tr>
<td>5</td>
</tr>
<tr>
<td>0</td>
</tr>
</tbody>
</table>
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

**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

<table>
<thead>
<tr>
<th>Income Level</th>
<th>Obesity (%)</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Low income</td>
<td>15</td>
<td>18</td>
</tr>
<tr>
<td>Medium income</td>
<td>12</td>
<td>20</td>
</tr>
<tr>
<td>High income</td>
<td>13</td>
<td>22</td>
</tr>
</tbody>
</table>

- **Obesity** refers to body mass index (BMI) ≥95th percentile.  
- **Overweight** refers to BMI ≥ 85th but < 95th percentile.
Insufficient physical activity

Adults, 2016

Men, 2016

Women, 2016

Children, 2016

Survey type: Self-reported

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)
Survey type: Self-reported
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, 2016

Survey type: Self-reported
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, 2020

Age: 20+
Area covered: National


Definitions: Age-standardized incidence rates per 100 000
Women, 2020

Age:

Area covered: National


Definitions: Age-standardized incidence rates per 100,000
Breast cancer
Women, 2020

<table>
<thead>
<tr>
<th>Age:</th>
<th>20+</th>
</tr>
</thead>
<tbody>
<tr>
<td>Area covered:</td>
<td>National</td>
</tr>
<tr>
<td>Definitions:</td>
<td>Age-standardized incidence rates per 100 000</td>
</tr>
</tbody>
</table>
Colorectal cancer

Men, 2020

<table>
<thead>
<tr>
<th>Area covered:</th>
<th>National</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age:</td>
<td>20+</td>
</tr>
</tbody>
</table>


Definitions: Age-standardized incidence rates per 100 000
Women, 2020

Age: 20+

Area covered: National


Definitions: Age-standardized incidence rates per 100 000
Pancreatic cancer

Men, 2020

Age: 20+

Area covered: National


Definitions: Age-standardized incidence rates per 100 000
Women, 2020

Age: 20+

Area covered: National


Definitions: Age-standardized incidence rates per 100 000
Gallbladder cancer

Men, 2020

Age: 20+

Area covered: National


Definitions: Age-standardized incidence rates per 100 000
Women, 2020

Age: 20+

Area covered: National


Definitions: Age-standardized incidence rates per 100 000

Incidence per 100,000
Kidney cancer

Men, 2020

Age: 20+

Area covered: National


Definitions: Age-standardized incidence rates per 100 000
Women, 2020

Age: 20+

Area covered: National


Definitions: Age-standardized incidence rates per 100 000
Cancer of the uterus

Women, 2020

Age: 20+

Area covered: National


Definitions: Age-standardized incidence rates per 100 000

0 10 20 30 40
Incidence per 100,000

Age: 20+

Area covered: National


Definitions: Age-standardized incidence rates 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

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


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

References:

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, 2021

Age: 20-79

Area covered: National


Definitions: Age-adjusted comparative prevalence of diabetes, %
Contextual factors

Disclaimer: These contextual factors should be interpreted with care. Results are updated as regularly as possible and use very specific criteria. The criteria used and full definitions are available for download at the bottom of this page.

<table>
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<th>Labelling</th>
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<td>Is there mandatory nutrition labelling?</td>
<td>✅</td>
</tr>
<tr>
<td>Front-of-package labelling?</td>
<td>✖</td>
</tr>
<tr>
<td>Back-of-pack nutrition declaration?</td>
<td>✅</td>
</tr>
<tr>
<td>Color coding?</td>
<td>✖</td>
</tr>
<tr>
<td>Warning label?</td>
<td>✖</td>
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### Regulation and marketing

<table>
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<tr>
<th><strong>Are there fiscal policies on unhealthy products?</strong></th>
<th>✗</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tax on unhealthy foods?</td>
<td>✗</td>
</tr>
<tr>
<td>Tax on unhealthy drinks?</td>
<td>✗</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Are there fiscal policies on healthy products?</strong></th>
<th>✗</th>
</tr>
</thead>
<tbody>
<tr>
<td>Subsidy on fruits?</td>
<td>✗</td>
</tr>
<tr>
<td>Subsidy on vegetables?</td>
<td>✗</td>
</tr>
<tr>
<td>Subsidy on other healthy products?</td>
<td>✗</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Mandatory limit or ban of trans fat (all settings)?</strong></th>
<th>✓</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mandatory limit of trans fats in place (all settings)?</td>
<td>✓</td>
</tr>
<tr>
<td>Ban on trans-fats or phos in place (all settings)?</td>
<td>✗</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Are there any mandatory policies/marketing restrictions on the promotion of unhealthy food/drinks to children?</strong></th>
<th>✗</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mandatory restriction on broadcast media?</td>
<td>✗</td>
</tr>
<tr>
<td>Mandatory restriction on non-broadcast media?</td>
<td>✗</td>
</tr>
<tr>
<td>Voluntary policies/marketing restrictions on the promotion of unhealthy food/drinks to children?</td>
<td>✗</td>
</tr>
</tbody>
</table>

| **Are there mandatory standards for food in schools?** | ✗ |

| **Are there any mandatory nutrient limits in any manufactured food products?** | ✗ |

| **Nutrition standards for public sector procurement?** | ✗ |
## Political will and support

<table>
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<th>Question</th>
<th>Status</th>
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</thead>
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<tr>
<td>National obesity strategy or nutrition and physical activity national strategy?</td>
<td>✗</td>
</tr>
<tr>
<td>National obesity strategy?</td>
<td>✗</td>
</tr>
<tr>
<td>National childhood obesity strategy?</td>
<td>✗</td>
</tr>
<tr>
<td>Comprehensive nutrition strategy?</td>
<td>✔</td>
</tr>
<tr>
<td>Comprehensive physical activity strategy?</td>
<td>✗</td>
</tr>
<tr>
<td>Evidence-based dietary guidelines and/or RDAs?</td>
<td>✗</td>
</tr>
<tr>
<td>National target(s) on reducing obesity?</td>
<td>✔</td>
</tr>
<tr>
<td>Guidelines/policy on obesity treatment?</td>
<td>✗</td>
</tr>
<tr>
<td>Promotion of breastfeeding?</td>
<td>✔</td>
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</table>

## Monitoring and surveillance

<table>
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<th>Question</th>
<th>Status</th>
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</thead>
<tbody>
<tr>
<td>Monitoring of the prevalence and incidence for the main obesity-related NCDs and risk factors?</td>
<td>✗</td>
</tr>
<tr>
<td>Within 5 years?</td>
<td>✗</td>
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</table>

## Governance and resource

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<th>Question</th>
<th>Status</th>
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</thead>
<tbody>
<tr>
<td>Multi-sectoral national co-ordination mechanism for obesity or nutrition (including obesity)?</td>
<td>✗</td>
</tr>
</tbody>
</table>

## Key

- ✔ Present
- ✔ Present (voluntary)
- ✔ Incoming
- ✗ Absent
- ? Unknown

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PDF created on December 30, 2023