

Report card Syrian Arab Republic



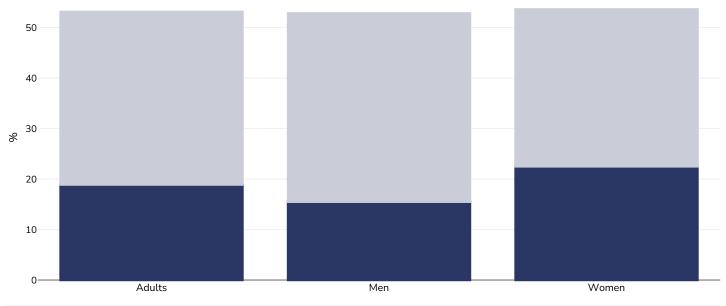
Contents	Page
Obesity prevalence	2
Overweight/obesity by education	5
Overweight/obesity by age	7
Overweight/obesity by region	8
Overweight/obesity by socio-economic group	11
Insufficient physical activity	13
Average daily frequency of carbonated soft drink consumption	19
Estimated per capita fruit intake	20
Prevalence of less than daily fruit consumption	21
Prevalence of less than daily vegetable consumption	22
Average weekly frequency of fast food consumption	23
Estimated per-capita processed meat intake	24
Estimated per capita whole grains intake	25
Mental health - depression disorders	26
Mental health - anxiety disorders	27
% Infants exclusively breastfed 0-5 months	28
Oesophageal cancer	29
Breast cancer	31
Colorectal cancer	32
Pancreatic cancer	34
Gallbladder cancer	36
Kidney cancer	38
Cancer of the uterus	40
Raised blood pressure	41
Raised cholesterol	44
Raised fasting blood glucose	47
Diabetes prevalence	49
Ovarian Cancer	50
Contextual factors	51



Obesity prevalence

Adults, 2003





Survey type:	Measured
Age:	20-65
Sample size:	8509
Area covered:	National

References:

Reference from Syrian Arab Steps Report available at <a href="https://cdn.who.int/media/docs/default-source/ncds/ncd-surveillance/data-reporting/syrian-arab-surveillance/data

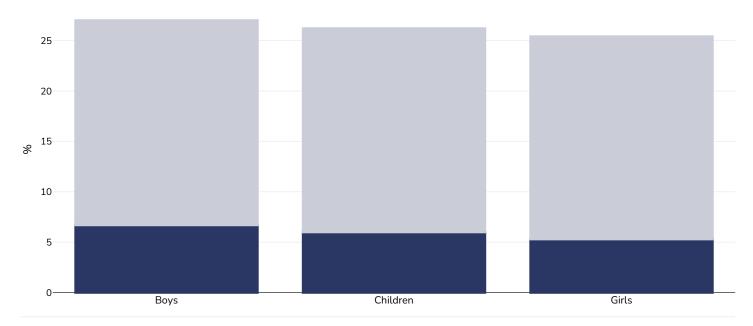
 $republic/steps/syrian arabre public steps report.pdf?sfvrsn=e3f3109b_2\&download=true$

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



Children, 2010-2011





Survey type:	Measured
Age:	15-18
Sample size:	1062
Area covered:	Regional

References: Musaiger AO, Al-Manni M, Tayyem R et al. Prevalence of Overweight and Obesity among Adolescents in Seven Arab Countries: A Cross-Cultural Study. Hindawi Publishing Corporation Journal of Obesity, Volume 2012, Article ID 981390, 5 pages doi:10.1155/2012/981390

Notes: Region: Damascus

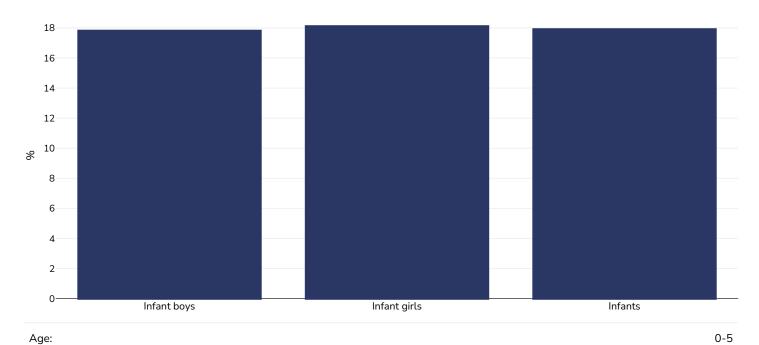
Cutoffs: IOTF



Notes:

Infants, 2009-2010

Overweight or obesity



Sample 13602 size:

References: PAPFAM: Family health survey of the Arab Republic of Syria 2009: Principal report (PAPFAM). Cairo: The League of Arab States, 2011

UNICEF/WHO/World Bank Joint Child Malnutrition Estimates Expanded Database: Overweight (Survey Estimates), May 2023, New York. For more information about the methodology, please consult https://data.unicef.org/resources/jme-2023-country-consultations/ Percentage of children under 5 years of age falling above 2 standard deviations (moderate and severe) from the median weight-for-height of the reference population.

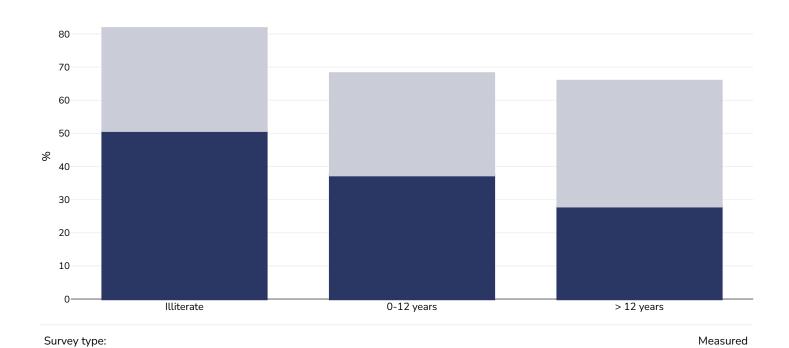
Definitions: =>+2SD



Overweight/obesity by education

Adults, 2004



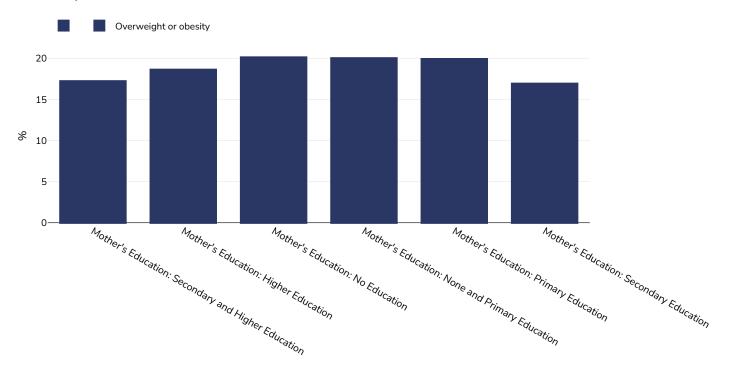


Age:	18-65
Sample size:	2038
Area covered:	Aleppo
References:	Prevalence of obesity and its associated factors in Aleppo, Syria. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2094121/ (last accessed 07.06.2022)

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



Infants, 2006



Sample 10066 size:

References:

 $\hbox{MICS: Syrian Arab Republic multiple indicator cluster survey 2006. February 2008.}$

Notes:

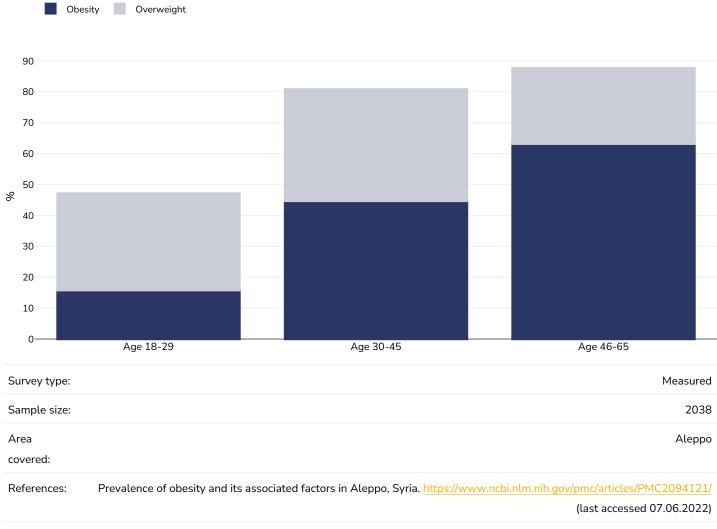
UNICEF/WHO/World Bank Joint Child Malnutrition Estimates Expanded Database: Overweight (Survey Estimates), May 2023, New York. For more information about the methodology, please consult https://data.unicef.org/resources/jme-2023-country-consultations/ Percentage of children under 5 years of age falling above 2 standard deviations (moderate and severe) from the median weight-for-height of the reference population.

Definitions: =>+2SD



Overweight/obesity by age

Adults, 2004



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, 200)4						
4							
3							
2							
\$ 1———							
0							
⁻¹ 1	0	1	2	3	4	5	6
Survey type:						!	Measured
Age:							18-65
Sample size:							2038
Area covered:							Aleppo
References:	Prevalence of ob	pesity and its associa	ated factors in Alep	ppo, Syria. <u>https://w</u>	ww.ncbi.nlm.nih.go	v/pmc/articles/PMC2	
						(last accessed 07.	.06.2022)
L	Inless otherwise note	ed, overweight refer	s to a BMI betweer	n 25kg and 29.9kg/	m², obesity refers to	a BMI greater than	30kg/m².

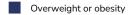


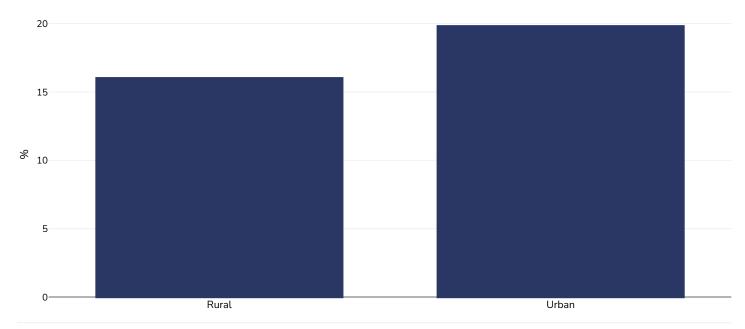
Women,	2004						
4							
3							
2							
1							
0							
- <u>1</u>	0	1	2	3	4	5	6
Survey type:						١	Measured
Age:							18-65
Sample size:							2038
Area covered:							Aleppo
References:	Prevalence of ob	pesity and its associ	ated factors in Alep	po, Syria. <u>https://w</u>	ww.ncbi.nlm.nih.go	v/pmc/articles/PMC2 (last accessed 07.	
l	Jnless otherwise note	ed, overweight refei	rs to a BMI betweer	n 25kg and 29.9kg,	m², obesity refers to		



Notes:

Infants, 2009-2010





Sample 13602 size:

References: PAPFAM: Family health survey of the Arab Republic of Syria 2009: Principal report (PAPFAM). Cairo: The League of Arab States, 2011

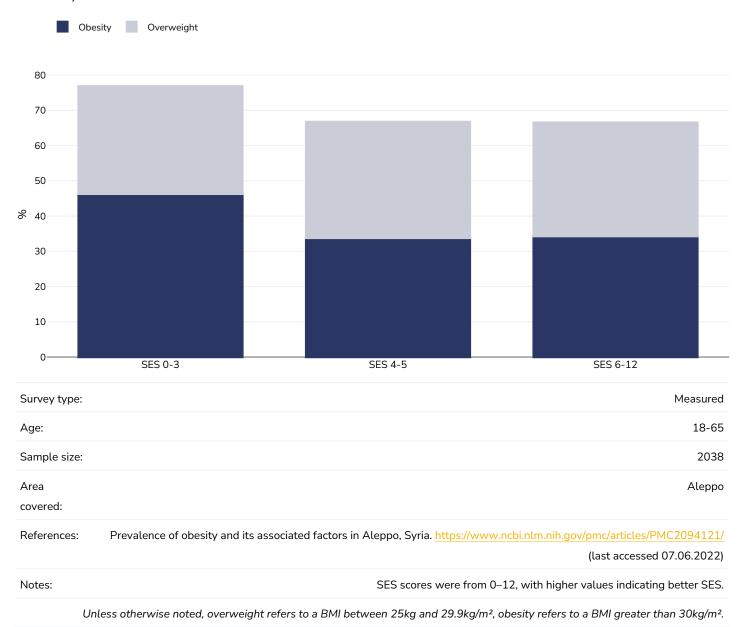
UNICEF/WHO/World Bank Joint Child Malnutrition Estimates Expanded Database: Overweight (Survey Estimates), May 2023, New York. For more information about the methodology, please consult https://data.unicef.org/resources/jme-2023-country-consultations/ Percentage of children under 5 years of age falling above 2 standard deviations (moderate and severe) from the median weight-for-height of the reference population.

Definitions: =>+2SD



Overweight/obesity by socio-economic group

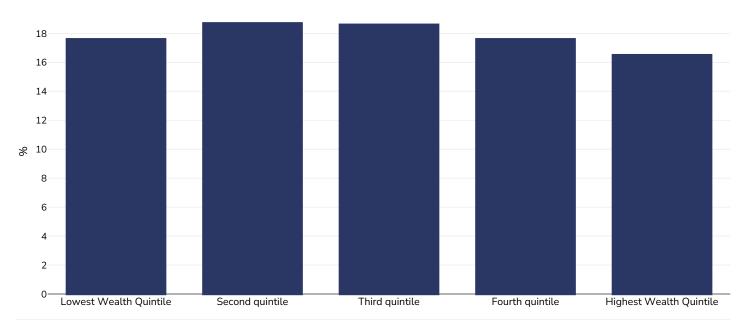
Adults, 2004





Infants, 2009-2010

Overweight or obesity



Sample 13602

size:

References: PAPFAM: Family health survey of the Arab Republic of Syria 2009: Principal report (PAPFAM). Cairo: The League of Arab States, 2011

Notes: UNICEF/WHO/World Bank Joint Child Malnutrition Estimates Expanded Database: Overweight (Survey Estimates), May 2023,

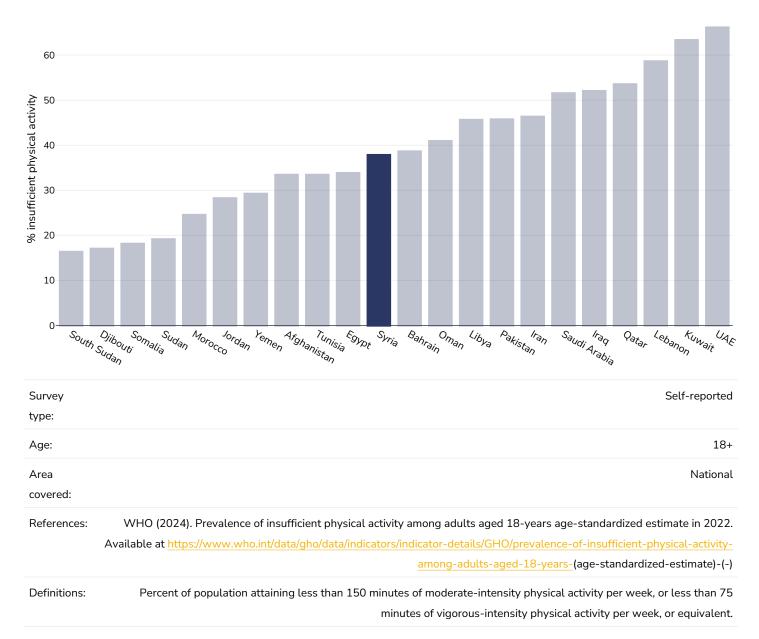
New York. For more information about the methodology, please consult https://data.unicef.org/resources/jme-2023-country-consultations/ Percentage of children under 5 years of age falling above 2 standard deviations (moderate and severe) from the median weight-for-height of the reference population.

Definitions: =>+2SD



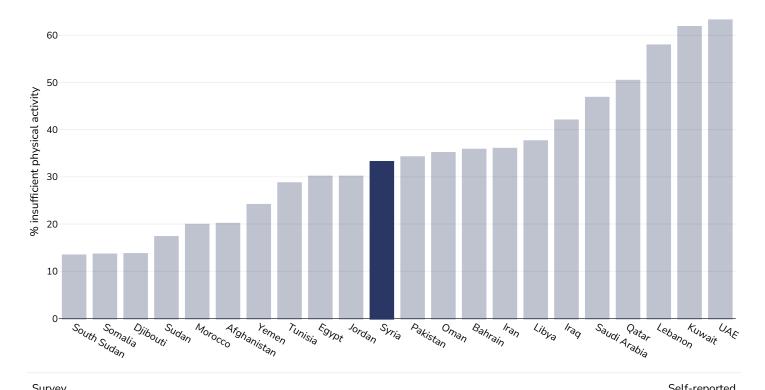
Insufficient physical activity

Adults, 2022





Men, 2022



Survey	Sett reported
type:	
Age:	18+
Area	National
covered:	

References: WHO (2024). Prevalence of insufficient physical activity among adults aged 18-years age-standardized estimate in 2022.

Available at <a href="https://www.who.int/data/gho/data/indicators/indicator-details/GHO/prevalence-of-insufficient-physical-activity-among-adults-aged-18-years-(age-standardized-estimate)-(-)

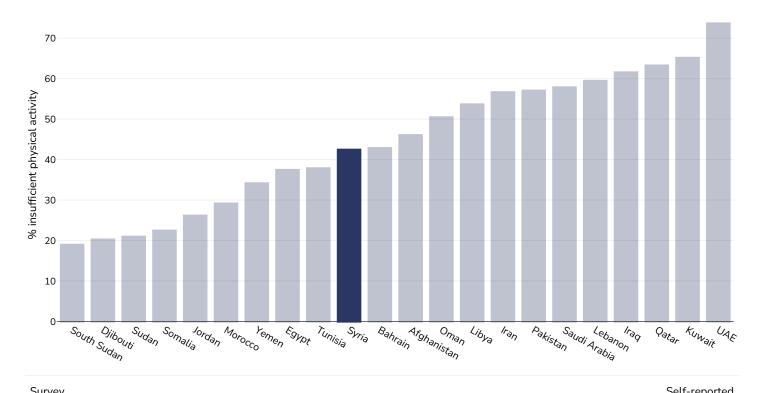
among-adults-aged-18-years-(age-standardized-estimate)-(-)

Definitions: Percent of population attaining less than 150 minutes of moderate-intensity physical activity per week, or less than 75

minutes of vigorous-intensity physical activity per week, or equivalent.



Women, 2022



Survey	Sett reported
type:	
Age:	18+
Area	National
covered:	

References: WHO (2024). Prevalence of insufficient physical activity among adults aged 18-years age-standardized estimate in 2022.

Available at <a href="https://www.who.int/data/gho/data/indicators/indicator-details/GHO/prevalence-of-insufficient-physical-activity-among-adults-aged-18-years-(age-standardized-estimate)-(-)

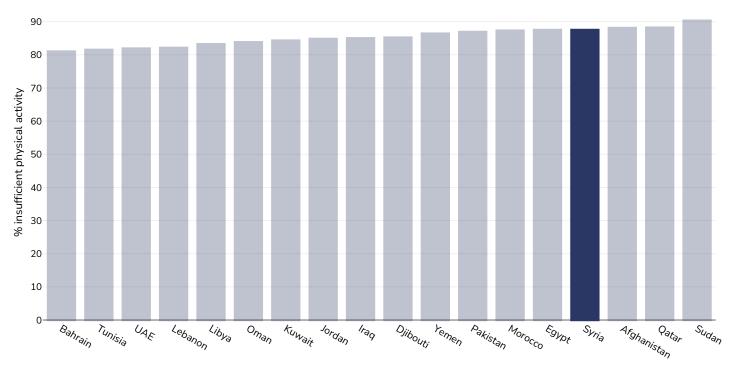
among-adults-aged-18-years-(age-standardized-estimate)-(-)

Definitions: Percent of population attaining less than 150 minutes of moderate-intensity physical activity per week, or less than 75

minutes of vigorous-intensity physical activity per week, or equivalent.



Children, 2016

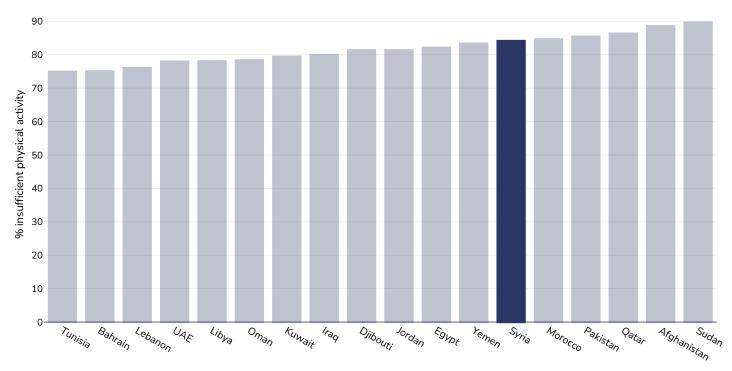


Survey type:	Self-reported
Age:	11-17
References:	Global Health Observatory data repository, World Health Organisation, https://apps.who.int/gho/data/node.main.A893ADO?lang=en (last accessed 16.03.21)
Notes:	% of school going adolescents not meeting WHO recommendations on Physical Activity for Health, i.e. doing less than 60 minutes of moderate- to vigorous-intensity physical activity daily.

Definitions: % Adolescents insufficiently active (age standardised estimate)



Boys, 2016



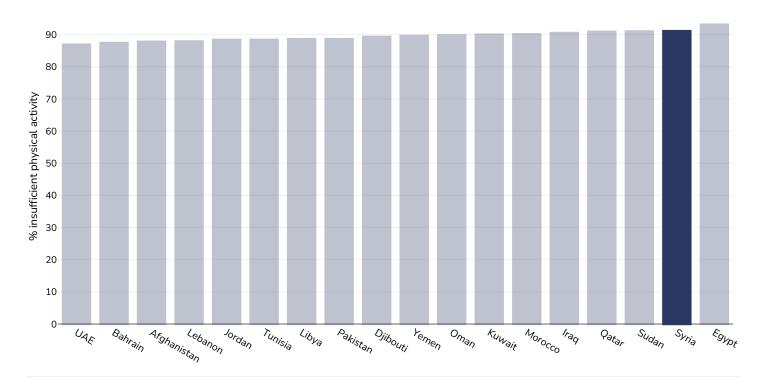
Survey	Self-reported
type:	
Age:	11-17
References:	Global Health Observatory data repository, World Health Organisation, https://apps.who.int/gho/data/node.main.A893ADO?lang=en (last accessed 16.03.21)
Notes:	% of school going adolescents not meeting WHO recommendations on Physical Activity for Health, i.e. doing less than 60

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

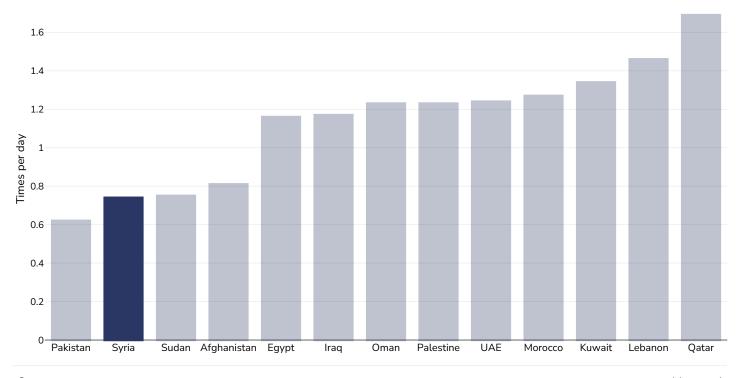


Survey	Self-reported
type:	
Age:	11-17
References:	Global Health Observatory data repository, World Health Organisation, https://apps.who.int/gho/data/node.main.A893ADO?lang=en (last accessed 16.03.21)
Notes:	% of school going adolescents not meeting WHO recommendations on Physical Activity for Health, i.e. doing less than 60 minutes of moderate- to vigorous-intensity physical activity daily.
Definitions:	% Adolescents insufficiently active (age standardised estimate)



Average daily frequency of carbonated soft drink consumption

Children, 2009-2015



Survey Measured type:

Age: 12-17

References:

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.

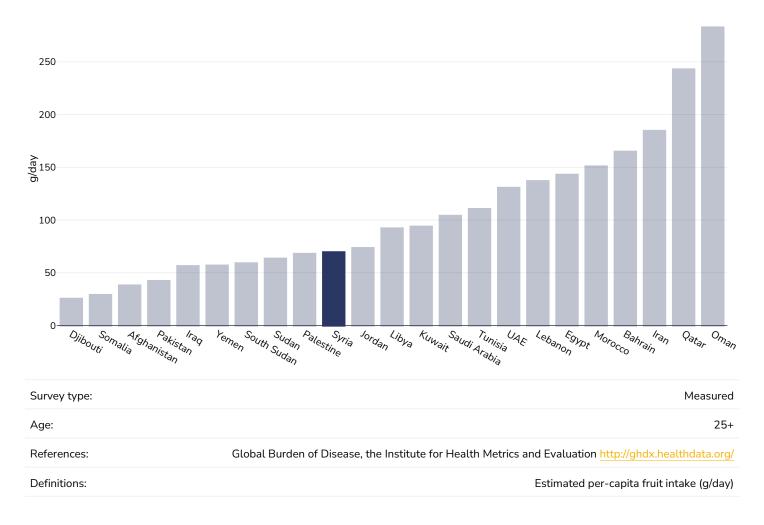
https://doi.org/10.1177/0379572119848287 sourced from Food Systems Dashboard

http://www.foodsystemsdashboard.org/food-system



Estimated per capita fruit intake

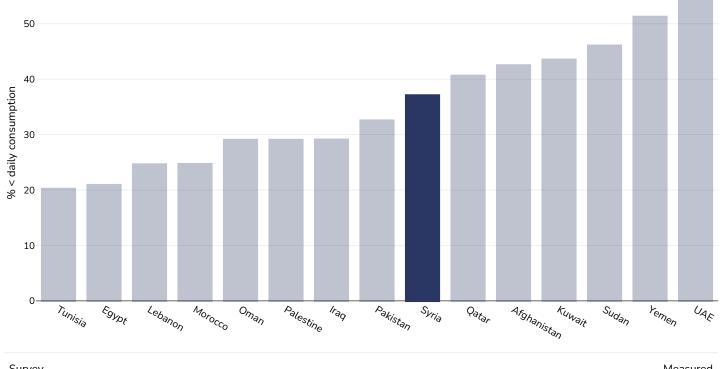
Adults, 2017





Prevalence of less than daily fruit consumption

Children, 2008-2015



Survey Measured type:

Age: 12-17

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

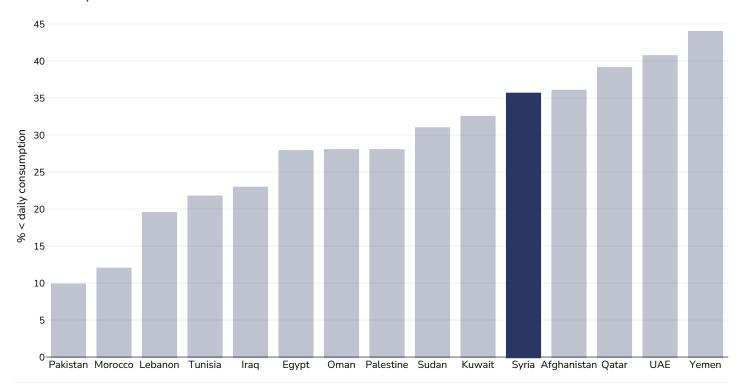
Definitions:

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



Prevalence of less than daily vegetable consumption

Children, 2008-2015



Survey Measured

type:

Age: 12-17

References:

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

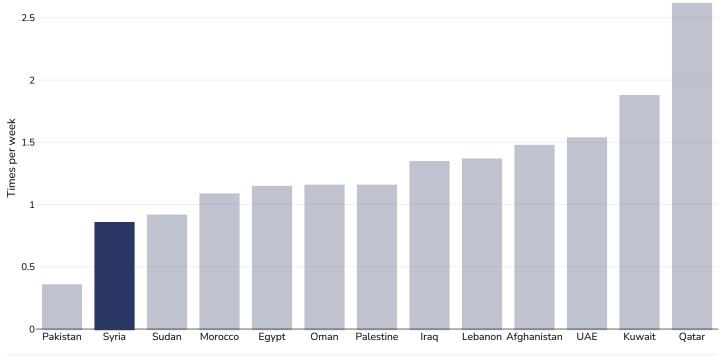
Definitions:

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



Average weekly frequency of fast food consumption

Children, 2009-2015



Age: 12-17

References:

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.

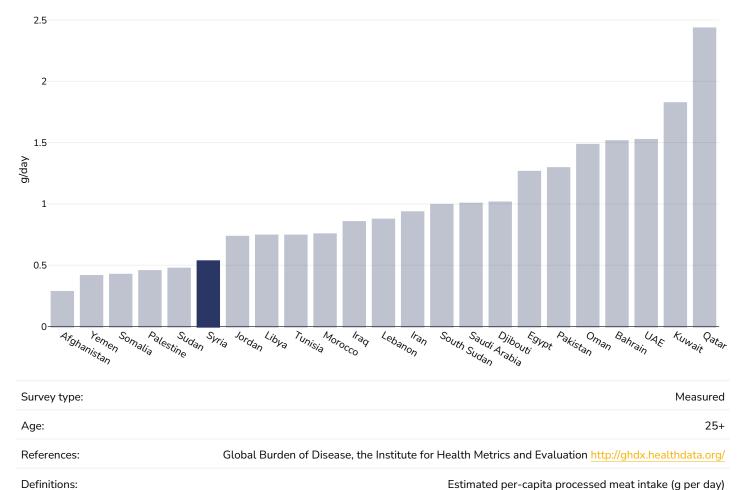
https://doi.org/10.1177/0379572119848287 sourced from Food Systems Dashboard

 $\underline{\text{http://www.foodsystemsdashboard.org/food-system}}$



Estimated per-capita processed meat intake

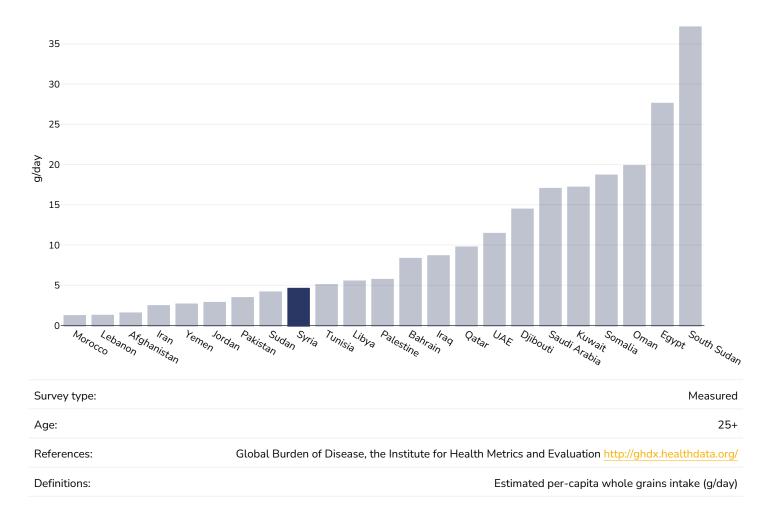
Adults, 2017





Estimated per capita whole grains intake

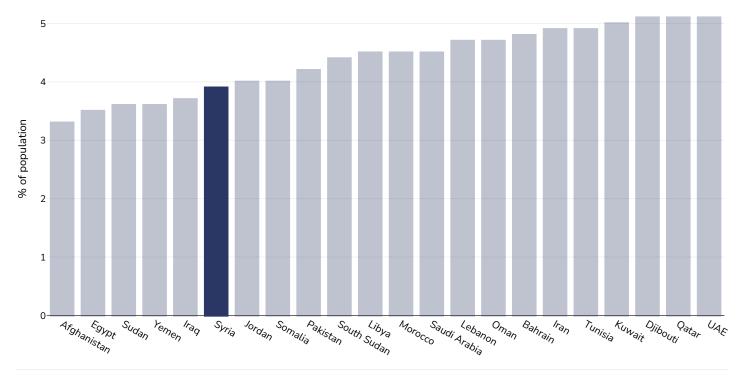
Adults, 2017





Mental health - depression disorders

Adults, 2015



References: Prevalence data from Global Burden of Disease study 2015 (http://ghdx.healthdata.org) published in: Depression and Other Common Mental Disorders: Global Health Estimates. Geneva: World Health Organization; 2017. Licence: CC BY-NC-SA 3.0 IGO.

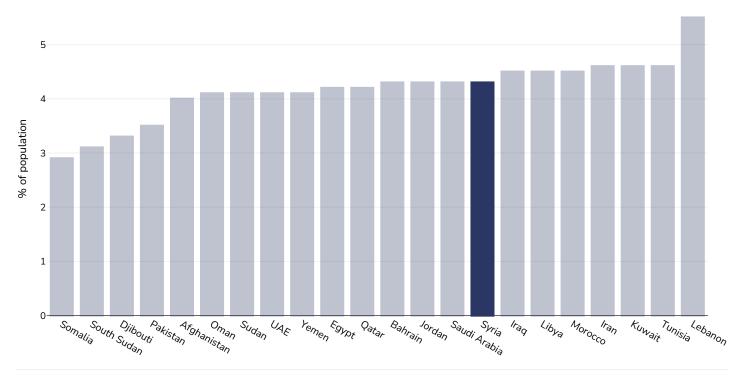
Definitions:

% of population with depression disorders



Mental health - anxiety disorders

Adults, 2015



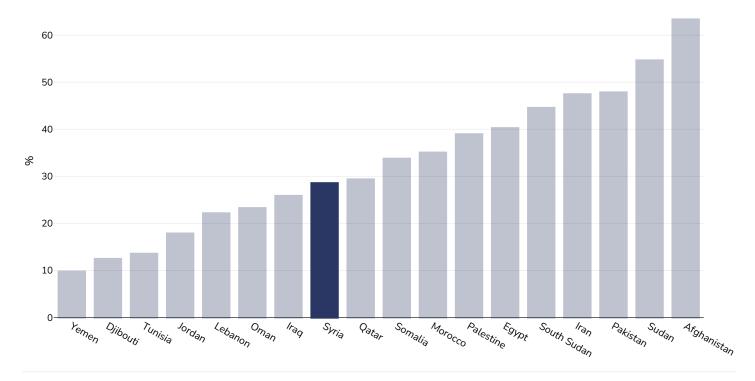
References: Prevalence data from Global Burden of Disease study 2015 (http://ghdx.healthdata.org) published in: Depression and Other Common Mental Disorders: Global Health Estimates. Geneva: World Health Organization; 2017. Licence: CC BY-NC-SA 3.0 IGO.

Definitions: % of population with anxiety disorders



% Infants exclusively breastfed 0-5 months

Infants, 2010-2023



References:

Nutritional status survey according to SMART methodology, Syria April 2019

Notes:

Full details are available. Original citation United Nations Children's Fund, Division of Data, Analysis, Planning and Monitoring (2023). Global UNICEF Global Databases: Infant and Young Child Feeding: Exclusive breastfeeding, New York, October 2023.



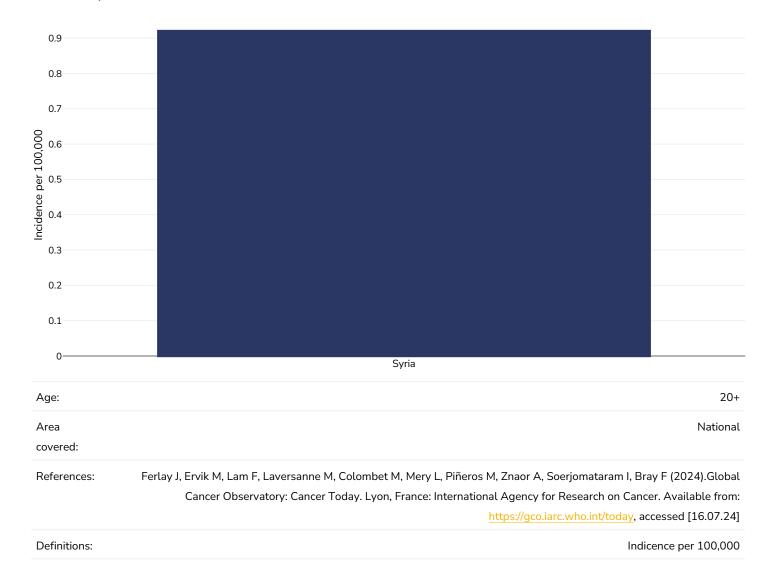
Oesophageal cancer

Men, 2022





Women, 2022

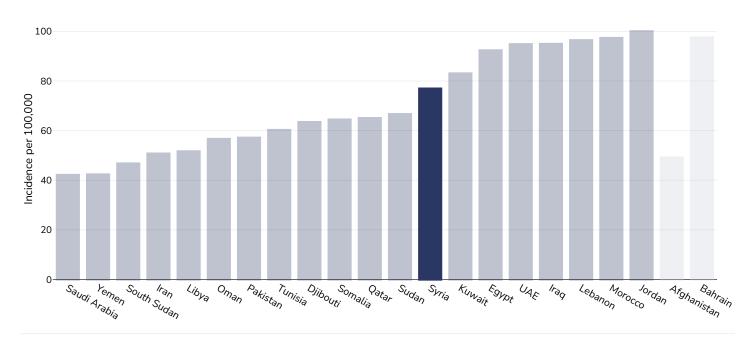




Breast cancer

Women, 2022





Area National covered:

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:

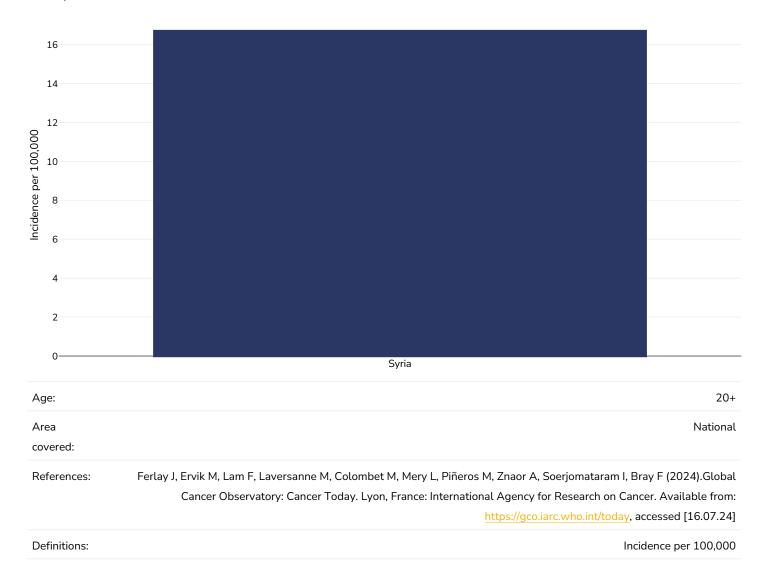
https://gco.iarc.who.int/today, accessed [16.07.24]

Definitions: Incidence per 100,000



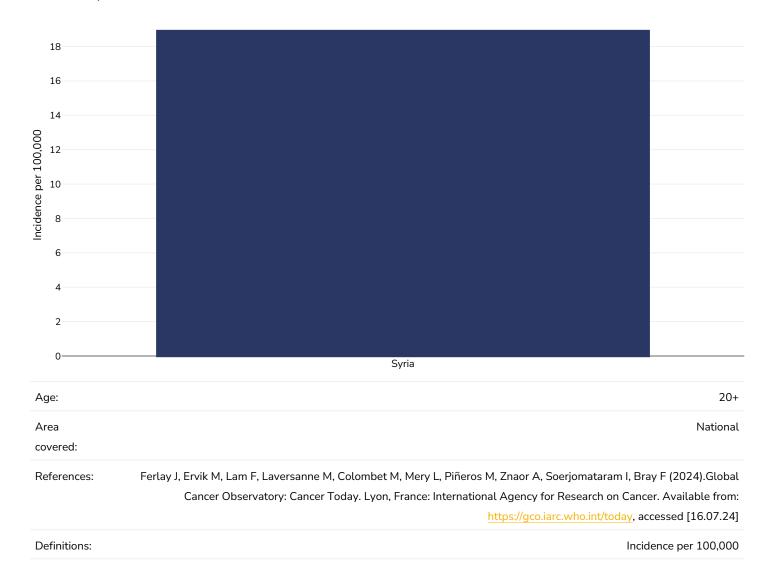
Colorectal cancer

Men, 2022





Women, 2022

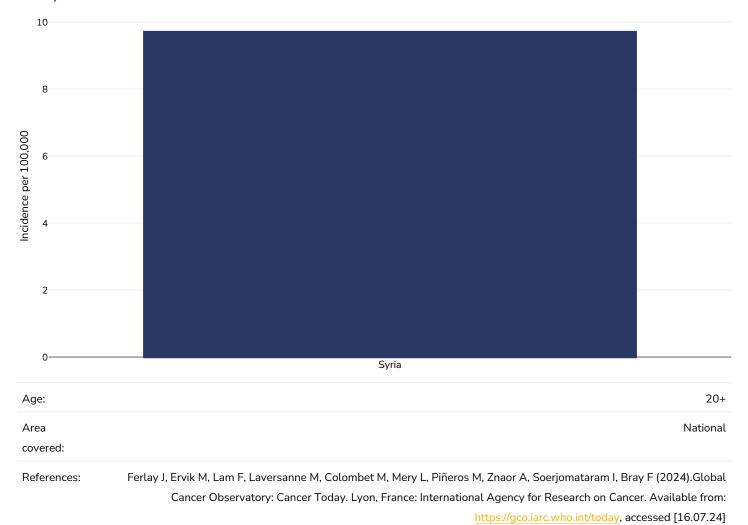




Pancreatic cancer

Men, 2022

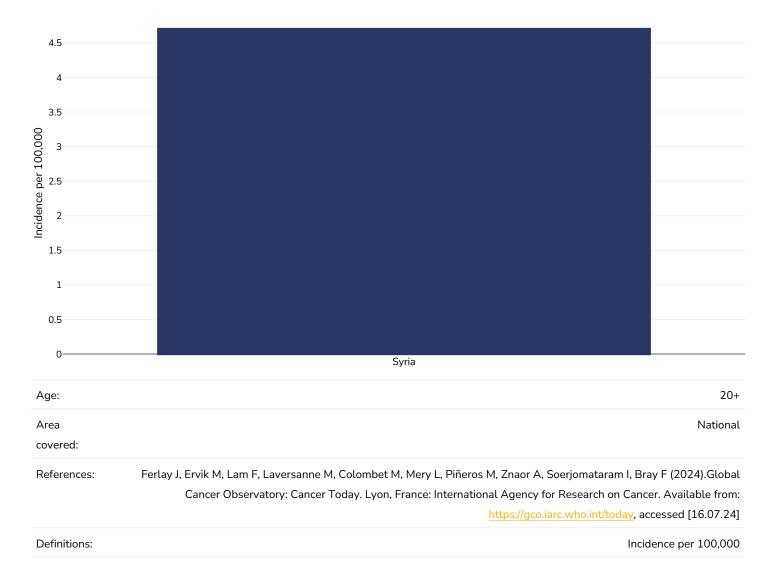
Definitions:



Incidence per 100,000



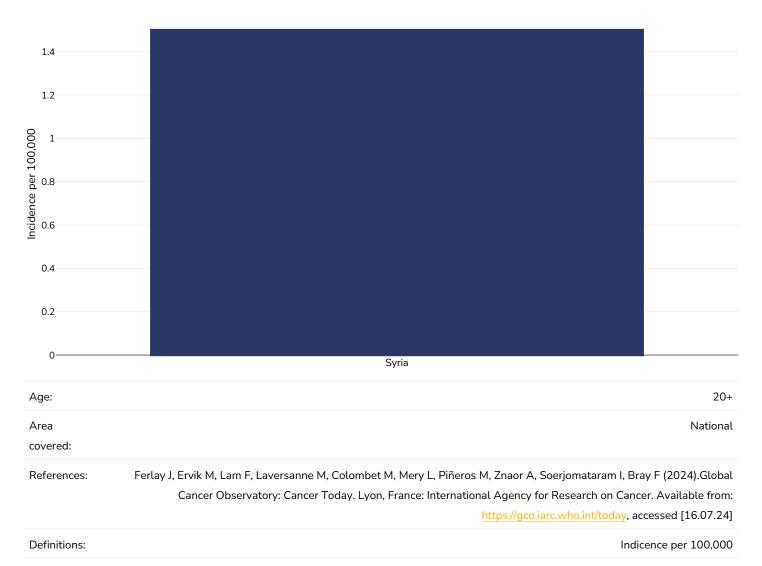
Women, 2022



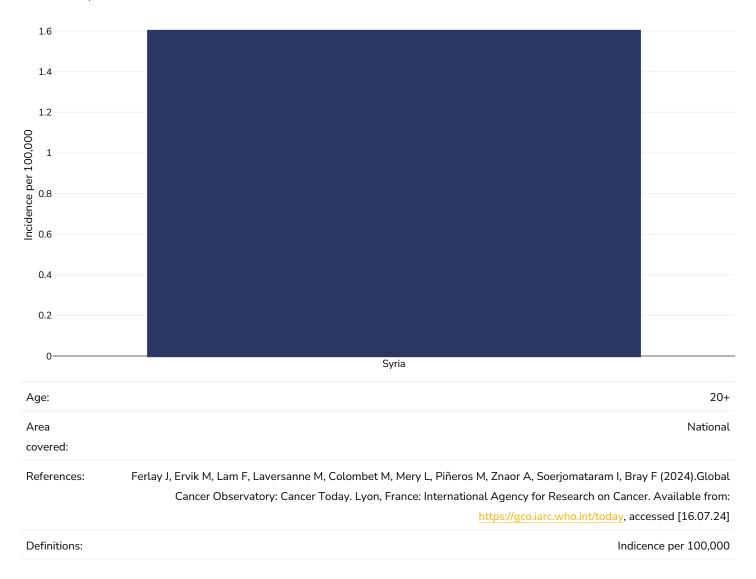


Gallbladder cancer

Men, 2022



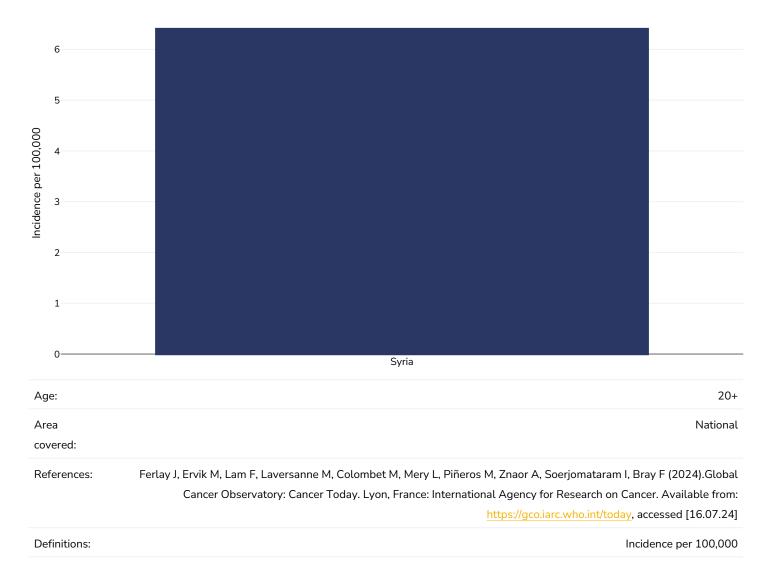






Kidney cancer

Men, 2022



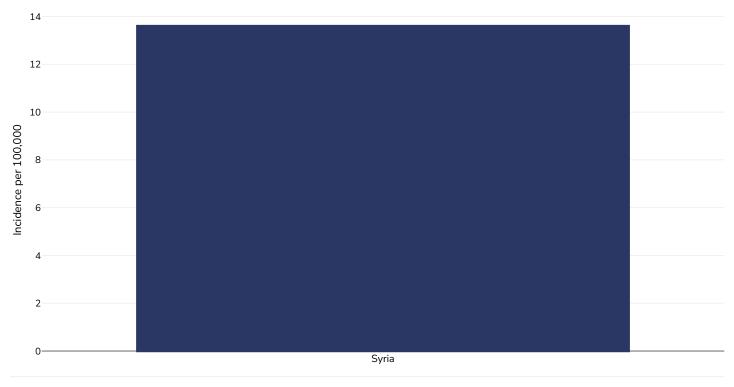






Cancer of the uterus

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:

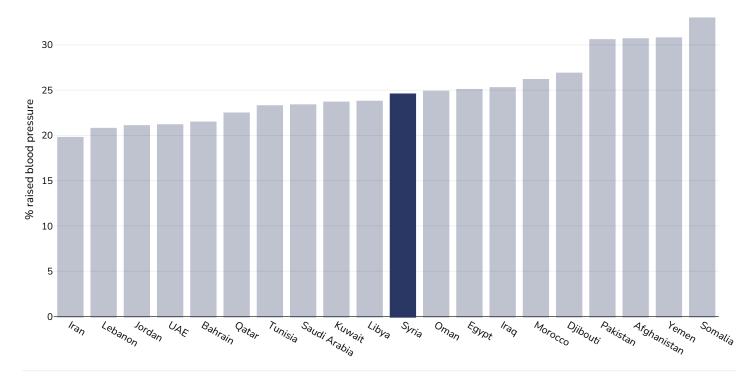
https://gco.iarc.who.int/today, accessed [16.07.24]

Definitions: Incidence per 100,000



Raised blood pressure

Adults, 2015



References:

Global Health Observatory data repository, World Health Organisation,

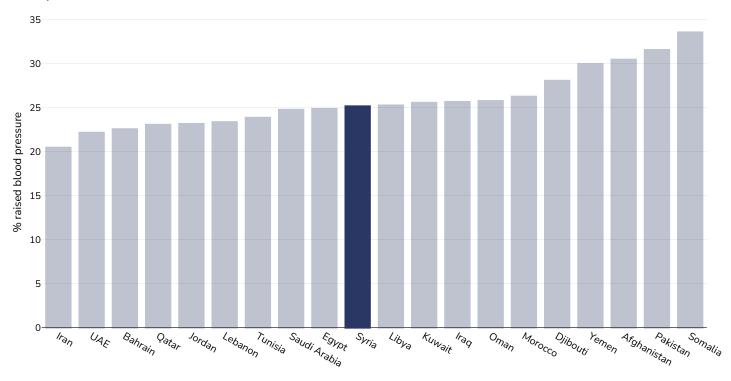
http://apps.who.int/gho/data/node.main.A875?lang=en

Definitions:

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



Men, 2015



References:

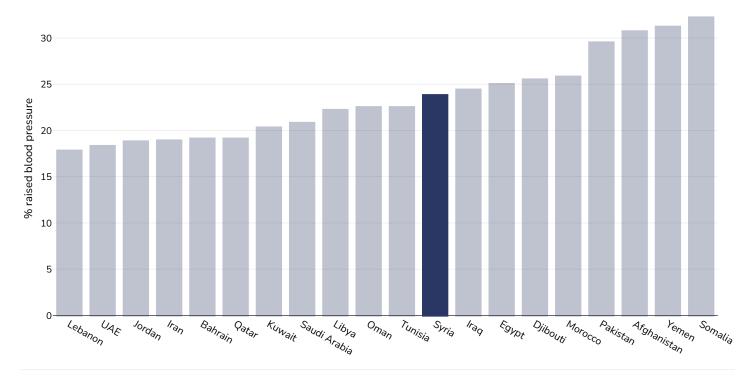
Global Health Observatory data repository, World Health Organisation,

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

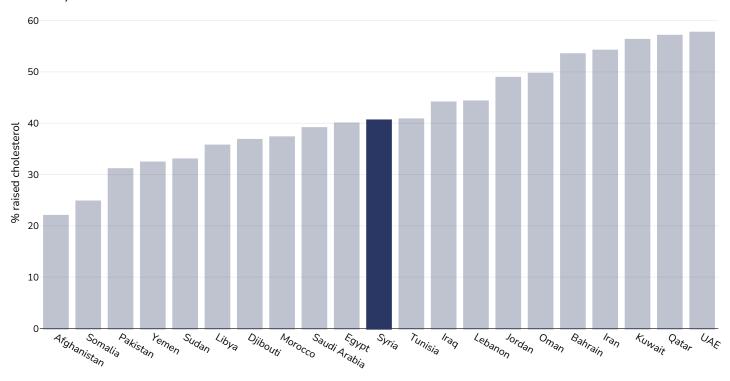
Definitions:

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



Raised cholesterol

Adults, 2008



References:

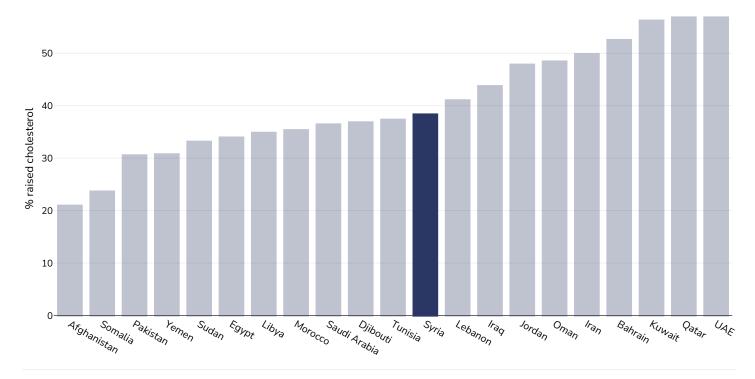
Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A885

Definitions:

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



Men, 2008



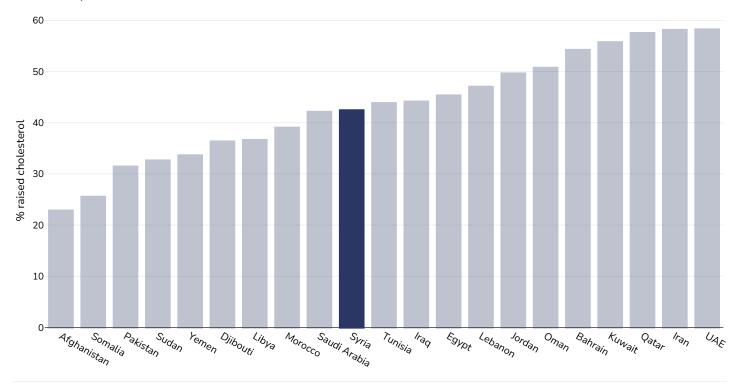
References:

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

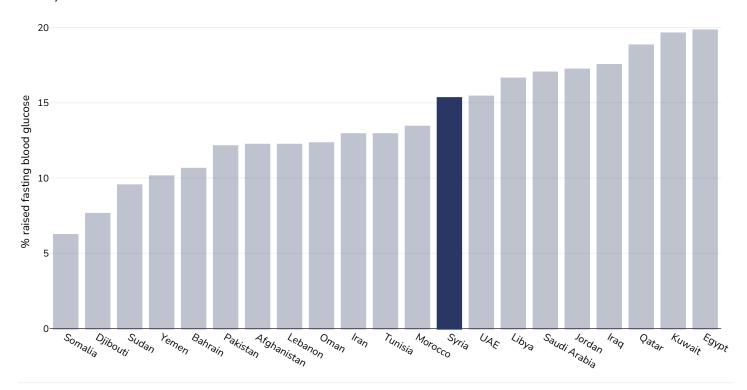
Definitions:

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



Raised fasting blood glucose

Men, 2014



References:

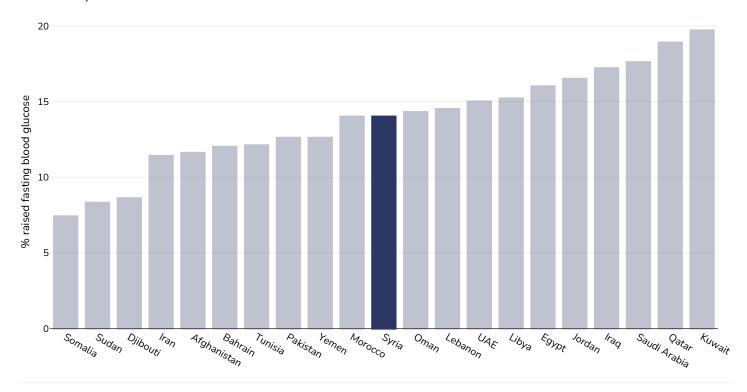
Global Health Observatory data repository, World Health Organisation,

http://apps.who.int/gho/data/node.main.A869?lang=en

Definitions:

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





References:

Global Health Observatory data repository, World Health Organisation,

http://apps.who.int/gho/data/node.main.A869?lang=en

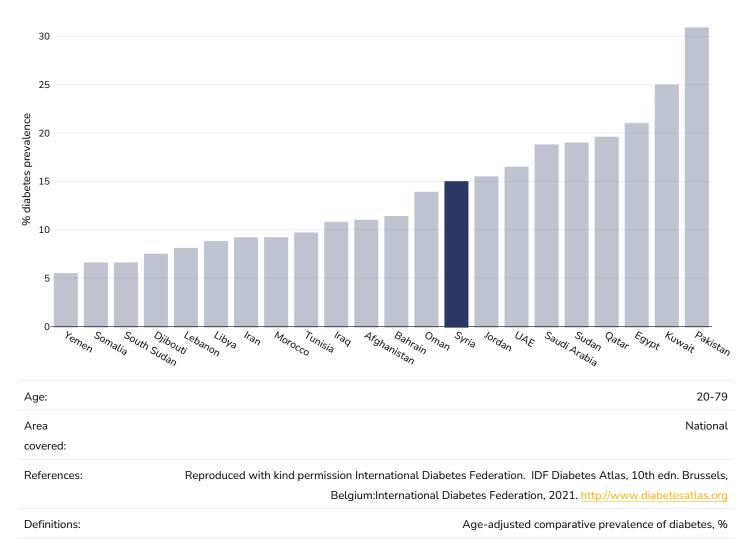
Definitions:

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



Diabetes prevalence

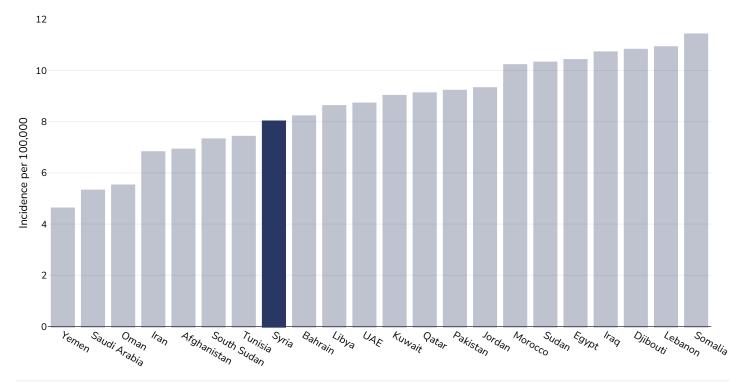
Adults, 2021





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



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.



Labelling

Is there mandatory nutrition labelling?	X
Front-of-package labelling?	×
Back-of-pack nutrition declaration?	?
Color coding?	×
Warning label?	×





Regulation and marketing

Are there fiscal policies on unhealthy products?	X
Tax on unhealthy foods?	X
Tax on unhealthy drinks?	X
Are there fiscal policies on healthy products?	X
Subsidy on fruits?	X
Subsidy on vegetables?	X
Subsidy on other healthy products?	X
Mandatory limit or ban of trans fat (all settings)?	X
Mandatory limit of trans fats in place (all settings)?	X
Ban on trans-fats or phos in place (all settings)?	X
Are there any mandatory policies/marketing restrictions on the promotion of unhealthy food/drinks to children?	×
Mandatory restriction on broadcast media?	X
Mandatory restriction on non-broadcast media?	X
Voluntary policies/marketing restrictions on the promotion of unhealthy food/drinks to children?	X
Are there mandatory standards for food in schools?	X
Are there any mandatory nutrient limits in any manufactured food products?	X
Nutrition standards for public sector procurement?	X





Political will and support

National obesity strategy or nutrition and physical activity national strategy?	X
National obesity strategy?	X
National childhood obesity strategy?	×
Comprehensive nutrition strategy?	×
Comprehensive physical activity strategy?	X
Evidence-based dietary guidelines and/or RDAs?	×
National target(s) on reducing obesity?	×
Guidelines/policy on obesity treatment?	X
Promotion of breastfeeding?	~
Monitoring and surveillance	
Monitoring of the prevalence and incidence for the main obesity-related NCDs and risk factors?	~
Within 5 years?	X
Governance and resource	
Multi-sectoral national co-ordination mechanism for obesity or nutrition (including obesity)?	?
Key	
Present Present Incoming Absent 1 Unknown	
(voluntary)	

Last updated September 13, 2022



PDF created on September 2, 2024