# Report card

## Ukraine

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Obesity prevalence

Adults, 2000

Survey type: Self-reported
Age: 15-92
Sample size: 1635
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, 2016

<table>
<thead>
<tr>
<th></th>
<th>Boys</th>
<th>Girls</th>
</tr>
</thead>
<tbody>
<tr>
<td>Obesity</td>
<td>2</td>
<td>2</td>
</tr>
<tr>
<td>Overweight</td>
<td>12</td>
<td>12</td>
</tr>
</tbody>
</table>

**Survey type:** Measured  
**Age:** 6-19  
**Sample size:** 13739  
**Area covered:** National  


**Notes:** Survey Year is estimated we are awaiting confirmation from author. International Cut off points used, WHO & CDC also available in original article

**Cutoffs:** IOTF
Overweight/obesity by education

Men, 2000

Survey type: Self-reported
Age: 15-92
Sample size: 1635
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, 2000**

<table>
<thead>
<tr>
<th></th>
<th>Overweight or obesity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Primary</td>
<td>50%</td>
</tr>
<tr>
<td>Special Technical</td>
<td>50%</td>
</tr>
<tr>
<td>Higher</td>
<td>50%</td>
</tr>
</tbody>
</table>

**Survey type:** Self-reported

**Age:** 15-92

**Sample size:** 1635

**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

Children, 2016

Survey type: Measured
Sample size: 13739
Area covered: National
Notes: Survey Year is estimated we are awaiting confirmation from author. International Cut off points used, WHO & CDC also available in original article
Cutoffs: IOTF
Overweight/obesity by socio-economic group

Adults, 2001

<table>
<thead>
<tr>
<th>Socio-economic Group</th>
<th>Overweight</th>
<th>Obesity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lowest</td>
<td>20%</td>
<td>10%</td>
</tr>
<tr>
<td>Second</td>
<td>30%</td>
<td>20%</td>
</tr>
<tr>
<td>Middle</td>
<td>40%</td>
<td>30%</td>
</tr>
<tr>
<td>Fourth</td>
<td>50%</td>
<td>40%</td>
</tr>
<tr>
<td>Highest</td>
<td>60%</td>
<td>50%</td>
</tr>
</tbody>
</table>

Survey type: Self-reported
Age: 18+
Sample size: 2400
Area covered: National


Notes: Prevalence of overweight and obesity by asset quintiles. Socioeconomic quintiles are defined on the basis of assets and household characteristics, rather than income or consumption.

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

Adults, 2016

Women, 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

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

<table>
<thead>
<tr>
<th>Country</th>
<th>Estimated Per-Capita Fruit Intake (g/day)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tajikistan</td>
<td>50</td>
</tr>
<tr>
<td>Kyrgyzstan</td>
<td>100</td>
</tr>
<tr>
<td>Kazakhstan</td>
<td>150</td>
</tr>
<tr>
<td>Ukraine</td>
<td>200</td>
</tr>
<tr>
<td>Moldova</td>
<td>250</td>
</tr>
<tr>
<td>Georgia</td>
<td>300</td>
</tr>
<tr>
<td>Bulgaria</td>
<td>400</td>
</tr>
<tr>
<td>Latvia</td>
<td>500</td>
</tr>
<tr>
<td>Latvia</td>
<td>600</td>
</tr>
<tr>
<td>Poland</td>
<td>700</td>
</tr>
<tr>
<td>Russian Federation</td>
<td>800</td>
</tr>
<tr>
<td>Belarus</td>
<td>900</td>
</tr>
<tr>
<td>Poland</td>
<td>1000</td>
</tr>
<tr>
<td>Lithuania</td>
<td>1100</td>
</tr>
<tr>
<td>Latvia</td>
<td>1200</td>
</tr>
<tr>
<td>Latvia</td>
<td>1300</td>
</tr>
<tr>
<td>Latvia</td>
<td>1400</td>
</tr>
<tr>
<td>Cyprus</td>
<td>1500</td>
</tr>
<tr>
<td>Armenia</td>
<td>1600</td>
</tr>
<tr>
<td>Azerbaijan</td>
<td>1700</td>
</tr>
<tr>
<td>Belarus</td>
<td>1800</td>
</tr>
<tr>
<td>Estonia</td>
<td>1900</td>
</tr>
<tr>
<td>Latvia</td>
<td>2000</td>
</tr>
</tbody>
</table>

**Survey type:** Measured  
**Age:** 25+  
**References:** Global Burden of Disease, the Institute for Health Metrics and Evaluation [http://ghdx.healthdata.org/](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, 2018


Definitions: Estimated age-standardized incidence rates (World) in 2018, oesophagus, adults ages 20+. ASR (World) per 100,000
**Women, 2018**

- **Incidence per 100,000**

**Age:** 20+

**References:**

**Definitions:**
Estimated age-standardized incidence rates (World) in 2018, oesophagus, adults ages 20+. ASR (World) per 100,000
Breast cancer

Women, 2018

Age: 20+


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

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+


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

Age: 20+


Definitions: Estimated age-standardized incidence rates (World) in 2018, gallbladder, adults, ages 20+. ASR (World) per 100,000
Kidney cancer

Men, 2018

Age: 20+


Definitions: Estimated age-standardized incidence rates (World) in 2018, kidney, adults, ages 20+. ASR (World) per 100,000
Women, 2018


Definitions: Estimated age-standardized incidence rates (World) in 2018, kidney, adults, ages 20+. ASR (World) per 100,000
Cancer of the uterus

Women, 2018


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

% raised blood pressure

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

% raised blood pressure

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).
References:

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:
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).
Women, 2014

% raised fasting blood glucose

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, 2017


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

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