

# Report card Kyrgyzstan

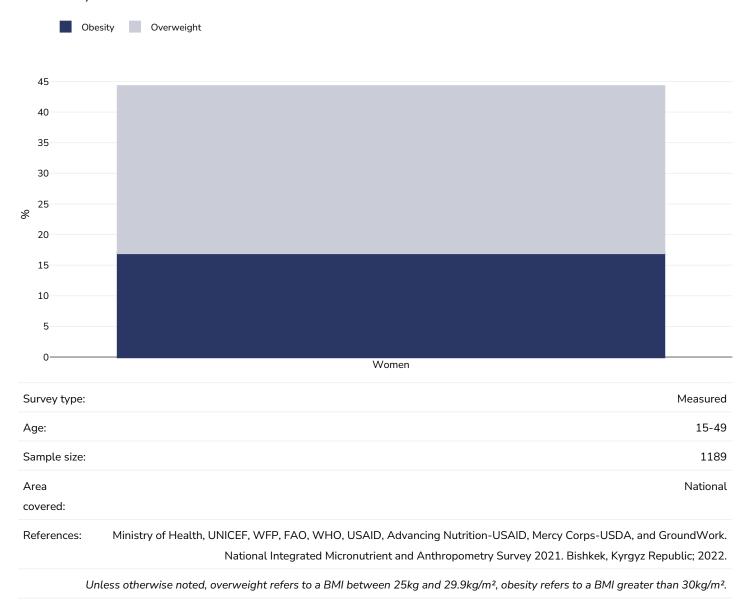


### Lower-middle income

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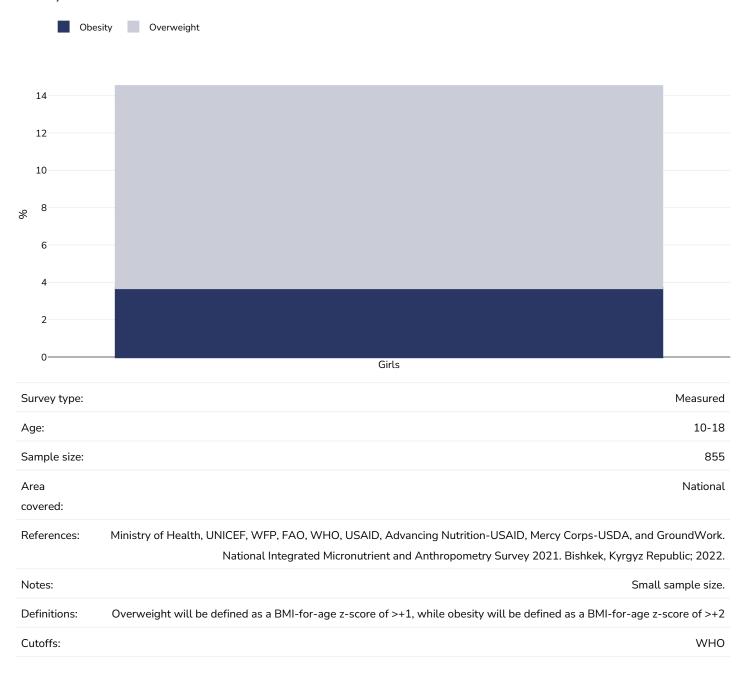


# **Obesity prevalence**





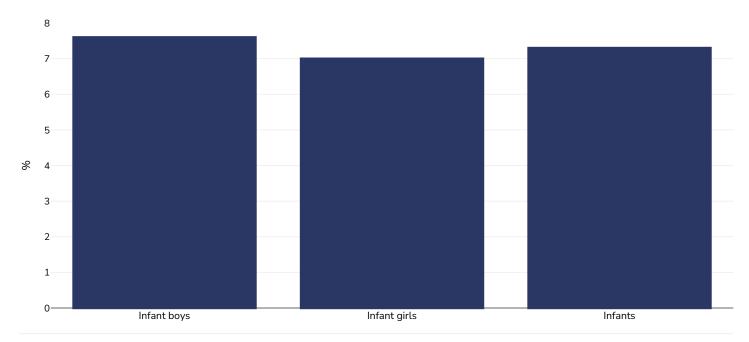
### Girls, 2021





# Infants, 2021

#### Overweight or obesity

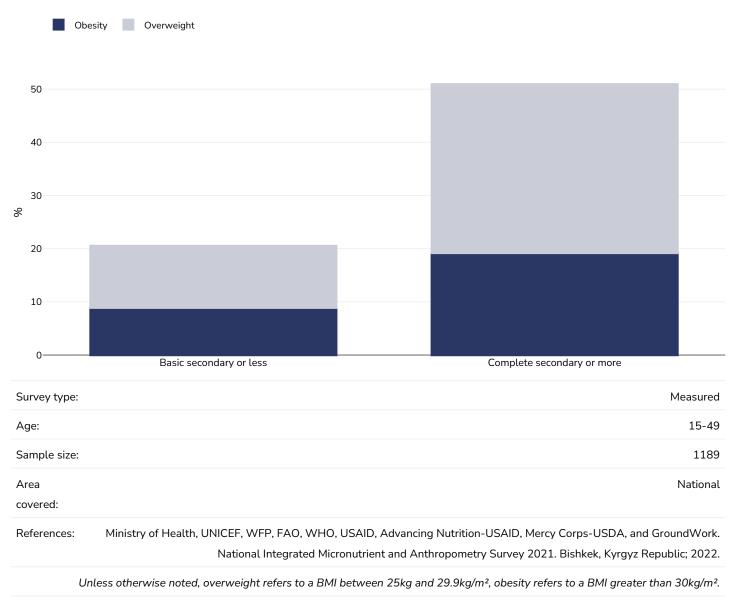


Survey type:	Measured
Age:	0-5
Sample size:	1307
Area covered:	National
References:	Ministry of Health, UNICEF, WFP, FAO, WHO, USAID, Advancing Nutrition-USAID, Mercy Corps-USDA, and GroundWork.  National Integrated Micronutrient and Anthropometry Survey 2021. Bishkek, Kyrgyz Republic; 2022.
Definitions:	Overweight is a weight-for-height z-score of greater than +2.0 but less than or equal to +3.0. Obesity is defined as a weight-for-height z-score greater than +3.0.

Cutoffs: Weight for height



# Overweight/obesity by education

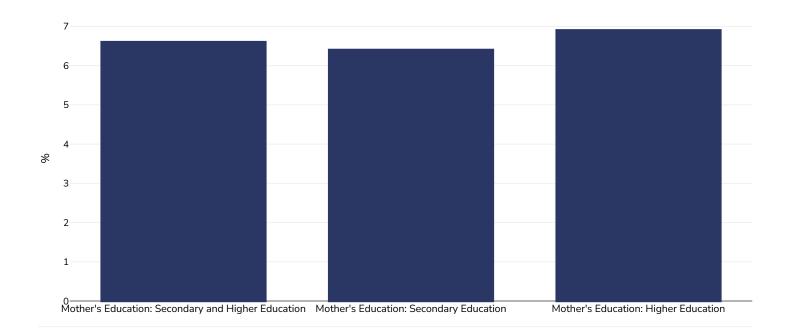




### Infants, 2018

Sample





size:	
References:	MICS: Kyrgyzstan Multiple Indicator Cluster Survey 2018, Survey Findings Report. Bishkek, Kyrgyzstan: National Statistical Committee of the Kyrgyz Republic and UNICEF.
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 <a href="https://data.unicef.org/resources/jme-2023-country-consultations/">https://data.unicef.org/resources/jme-2023-country-consultations/</a> Percentage of children under 5 years of age falling above 2 standard deviations (moderate and severe) from the

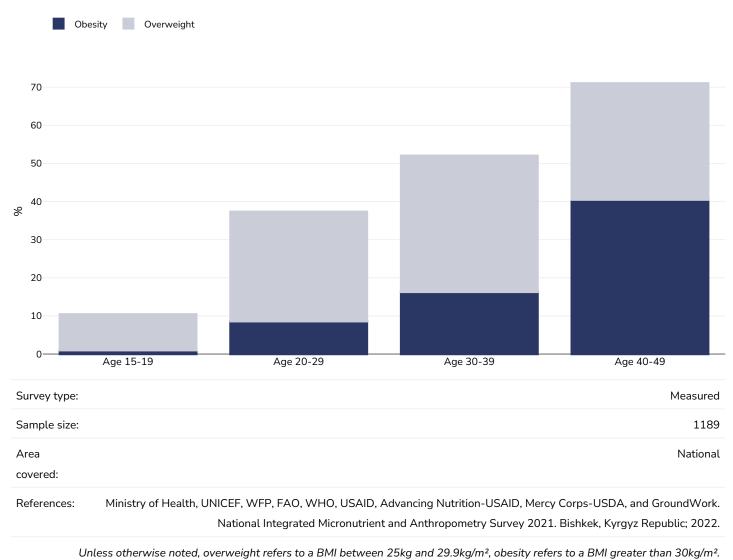
3411

median weight-for-height of the reference population.

Definitions: =>+2SD



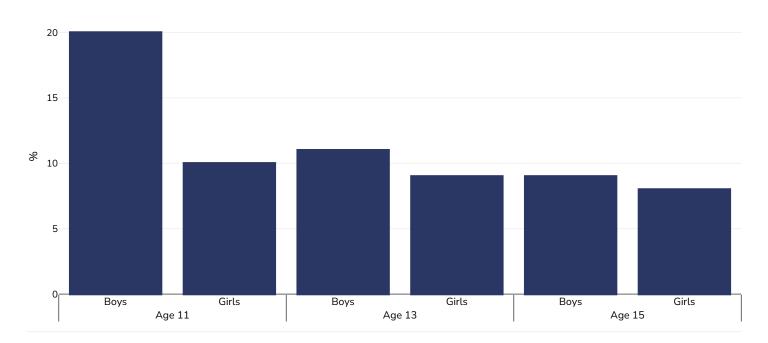
# Overweight/obesity by age





#### Children, 2021-2022





Survey Self-reported type:

Area See Report

References:

covered:

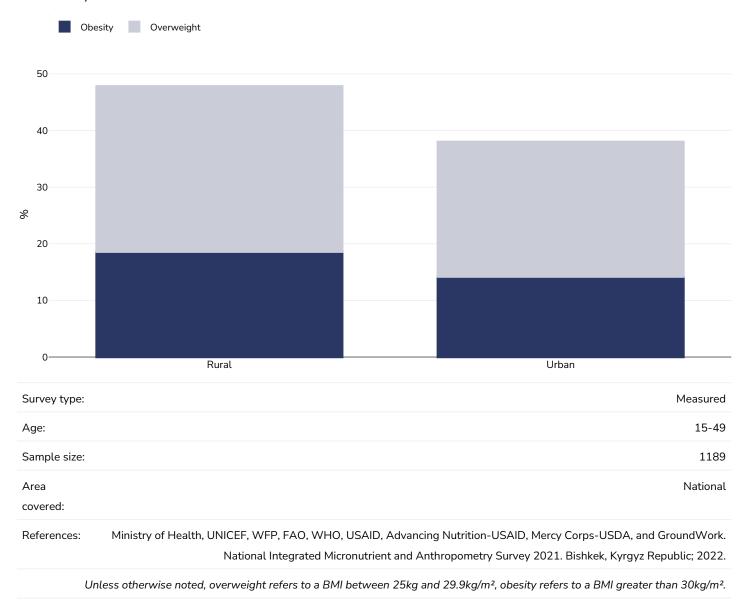
RakiÃ?â?¡ JG, Hamrik Z, Dzielska A, Felder-Puig R, Oja L, Bakalár P et al. A focus on adolescent physical activity, eating behaviours, weight status and body image in Europe, central Asia and Canada. Health Behaviour in School-aged Children (HBSC) international report from the 2021/2022 survey. Volume 4. Copenhagen: WHO Regional Office for Europe; 2024. 'Any translation was not created by the World Health Organization (WHO). WHO is not responsible for the content or accuracy of this translation. The original English edition shall be the binding and authentic edition'

Notes: HBSC aims to survey approximately 1500 pupils per age group in each country or region (totaling around 4500)

Cutoffs: +2SD



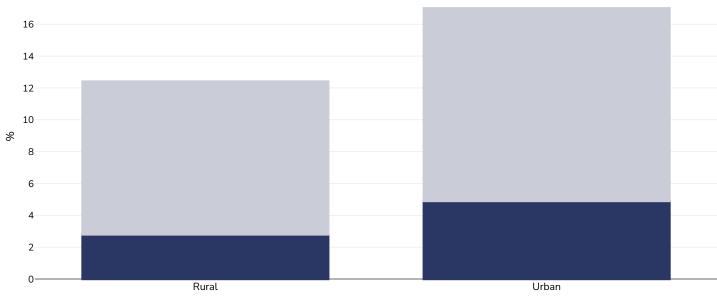
# Overweight/obesity by region





# Children, 2021



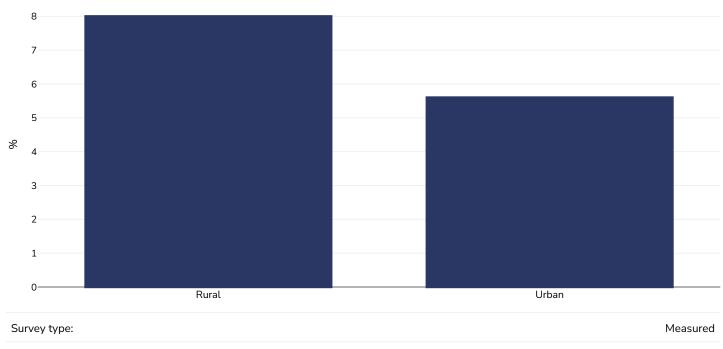


Survey type:	Measured
Age:	5-9
Sample size:	1428
Area covered:	National
References:	Ministry of Health, UNICEF, WFP, FAO, WHO, USAID, Advancing Nutrition-USAID, Mercy Corps-USDA, and GroundWork.  National Integrated Micronutrient and Anthropometry Survey 2021. Bishkek, Kyrgyz Republic; 2022.
Definitions:	Overweight is defined as a BMI-for-age z-score of >+1, while obesity will be defined as a BMI-for-age z-score of >+2
Cutoffs:	WHO



# Infants, 2021

Overweight or obesity

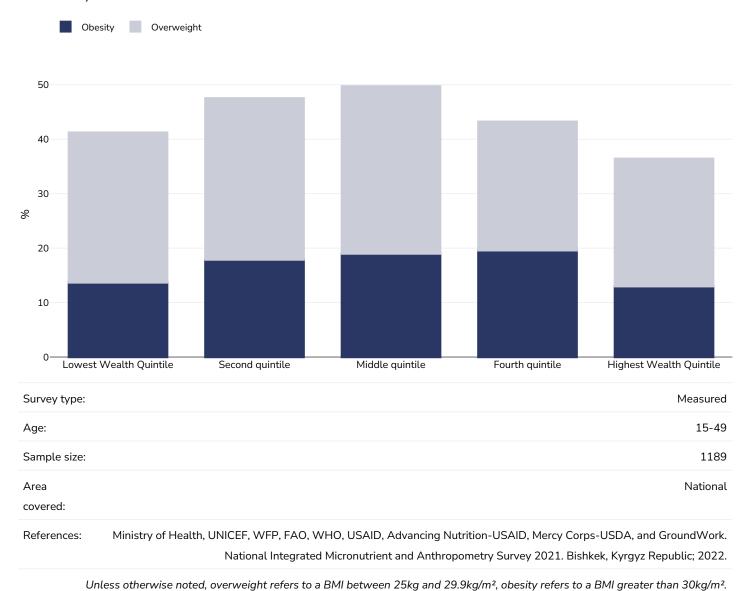


Survey type:	Measured
Sample size:	1307
Area covered:	National
References:	Ministry of Health, UNICEF, WFP, FAO, WHO, USAID, Advancing Nutrition-USAID, Mercy Corps-USDA, and GroundWork.  National Integrated Micronutrient and Anthropometry Survey 2021. Bishkek, Kyrgyz Republic; 2022.
Definitions:	Overweight is a weight-for-height z-score of greater than +2.0 but less than or equal to +3.0. Obesity is defined as a weight-for-height z-score greater than +3.0.

Cutoffs: Weight for height



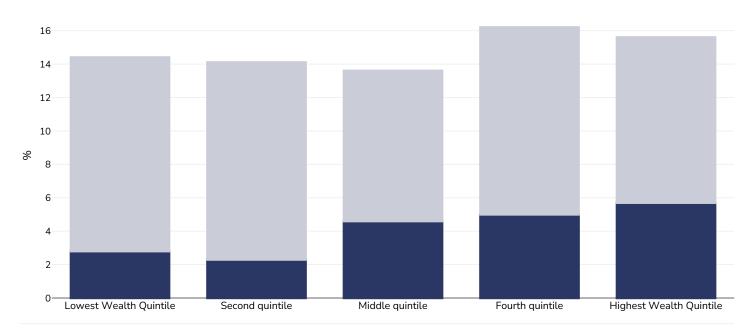
# Overweight/obesity by socio-economic group





# Girls, 2021



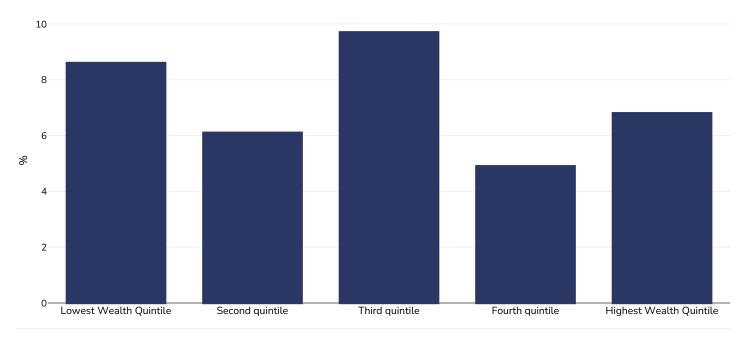


Survey type:	Measured
Age:	10-18
Sample size:	855
Area covered:	National
References: Ministry of Health, UNICEF, WFP, FAO, WHO, USAID, Advancing Nutrition-USAID, Mercy Corps-USDA, and National Integrated Micronutrient and Anthropometry Survey 2021. Bishkek, Kyrgyz Ro	
Notes: Small	ll sample size.
Definitions: Overweight will be defined as a BMI-for-age z-score of >+1, while obesity will be defined as a BMI-for-age z	z-score of >+2
Cutoffs:	WHO



### Infants, 2021





Survey type:	Measured	
Sample size:	1307	
Area covered:	National	
References:	: Ministry of Health, UNICEF, WFP, FAO, WHO, USAID, Advancing Nutrition-USAID, Mercy Corps-USDA, and GroundWork.  National Integrated Micronutrient and Anthropometry Survey 2021. Bishkek, Kyrgyz Republic; 2022.	
Definitions:	ns: Overweight is a weight-for-height z-score of greater than +2.0 but less than or equal to +3.0. Obesity is defined as a weight-	

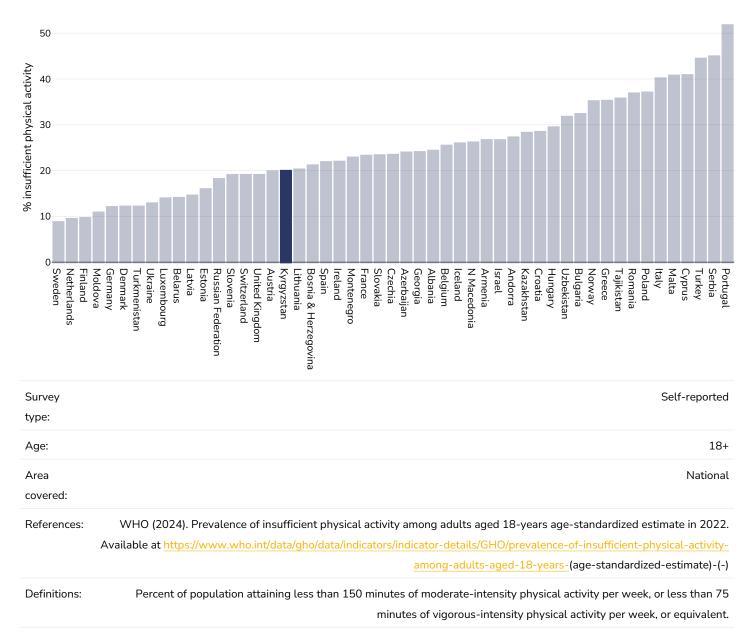
Cutoffs: Weight for height

for-height z-score greater than +3.0.



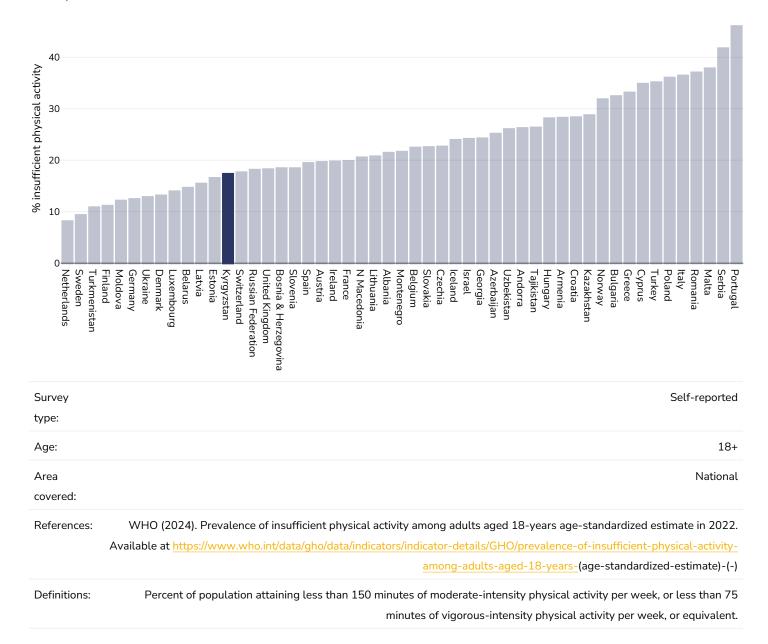
### Insufficient physical activity

### Adults, 2022

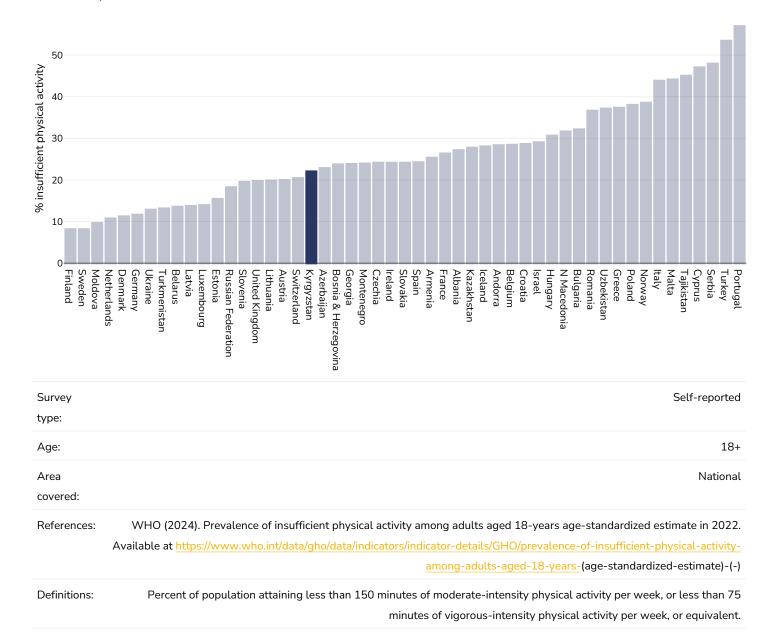




#### Men, 2022



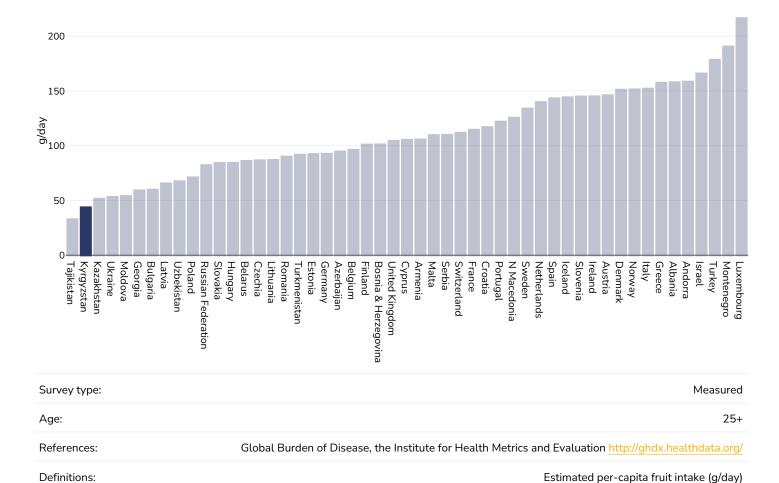






# Estimated per capita fruit intake

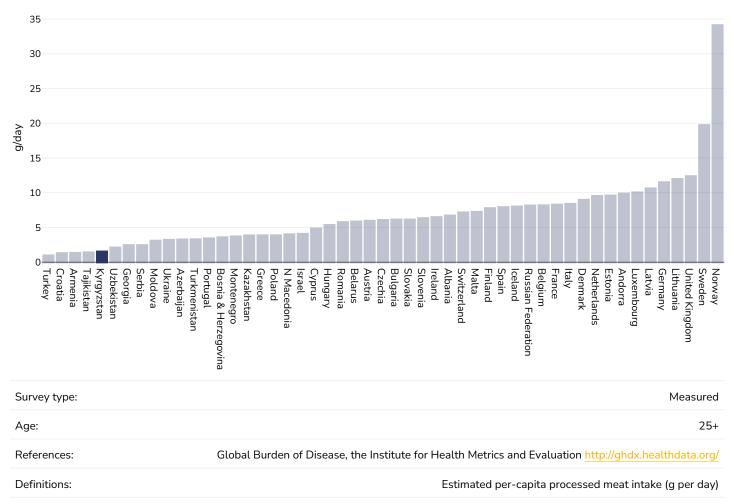
#### Adults, 2017





# Estimated per-capita processed meat intake

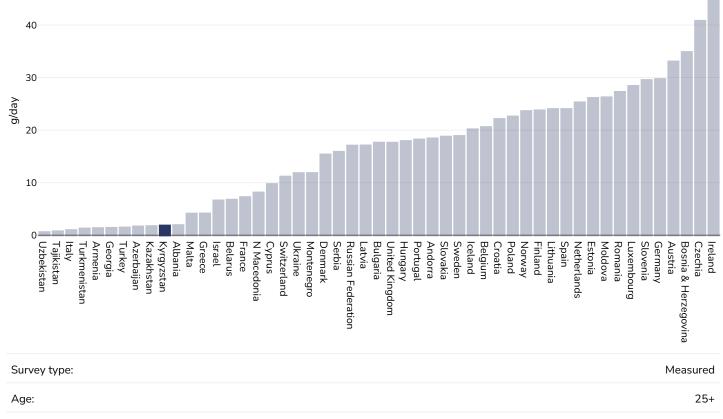
#### Adults, 2017





# Estimated per capita whole grains intake

### Adults, 2017

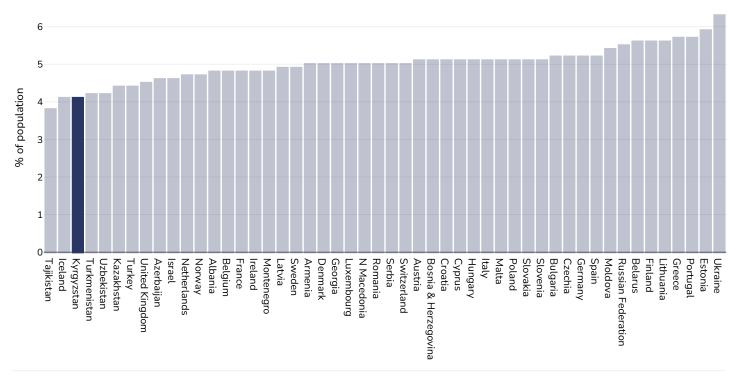


Global Burden of Disease, the Institute for Health Metrics and Evaluation <a href="http://ghdx.healthdata.org/">http://ghdx.healthdata.org/</a> References: Definitions: Estimated per-capita whole grains intake (g/day)



### Mental health - depression disorders

#### Adults, 2015



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

IGO.

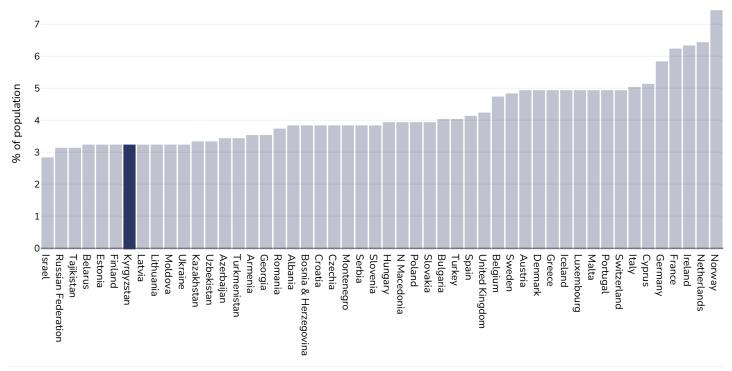
Definitions:

% of population with depression disorders



### Mental health - anxiety disorders

#### Adults, 2015



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

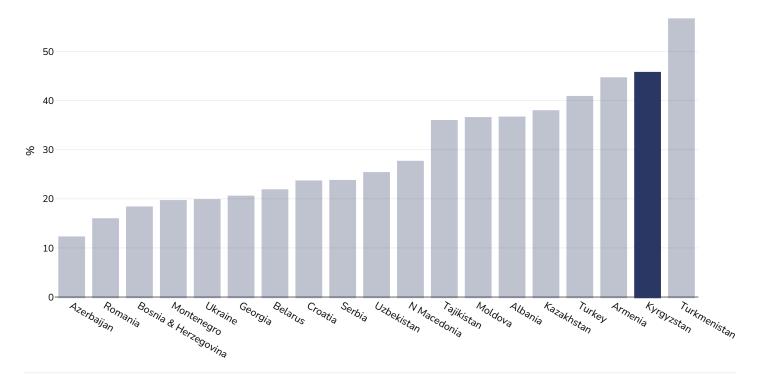
IGO.

Definitions: % of population with anxiety disorders



### % Infants exclusively breastfed 0-5 months

#### Infants, 1996-2021



References:

Kyrgyzstan Multiple Indicator Cluster Survey 2018, Survey Findings Report. Bishkek, Kyrgyzstan: National Statistical Committee of the Kyrgyz Republic and UNICEF.

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.

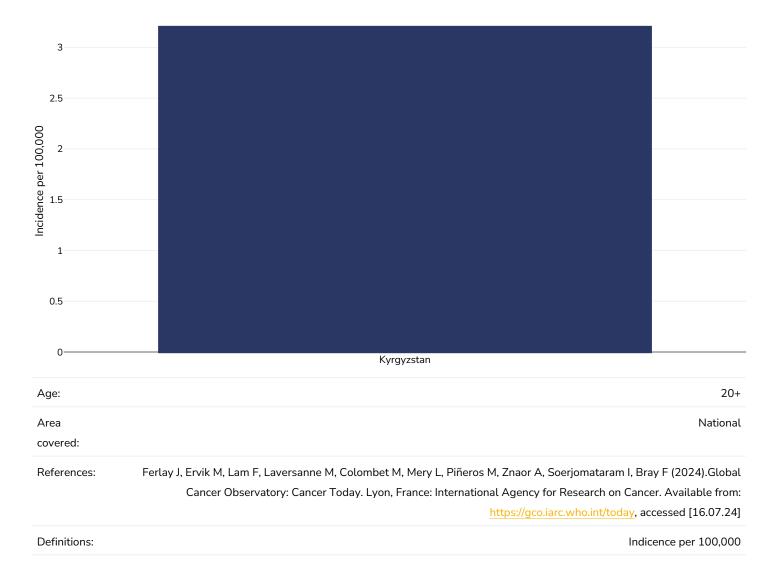


# Oesophageal cancer

### Men, 2022





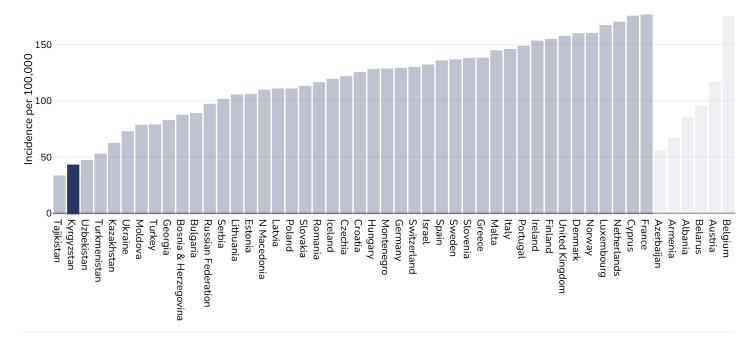




#### **Breast cancer**

#### 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

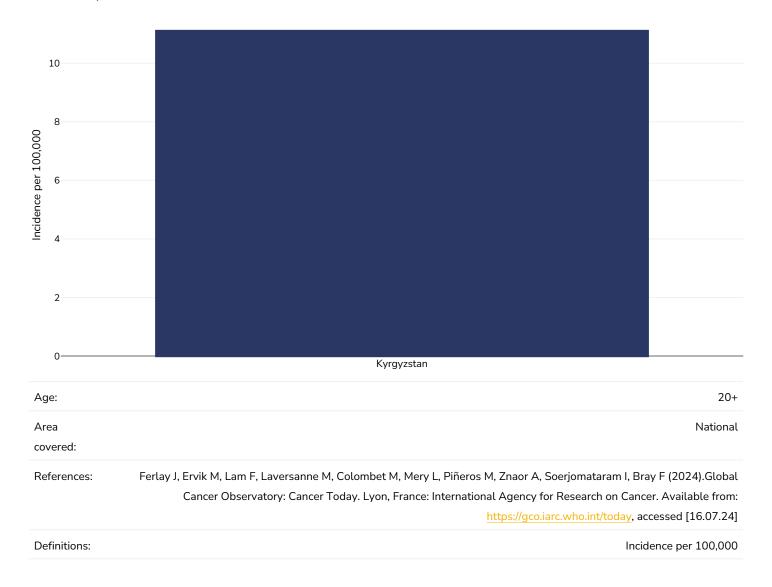


### **Colorectal cancer**

### Men, 2022







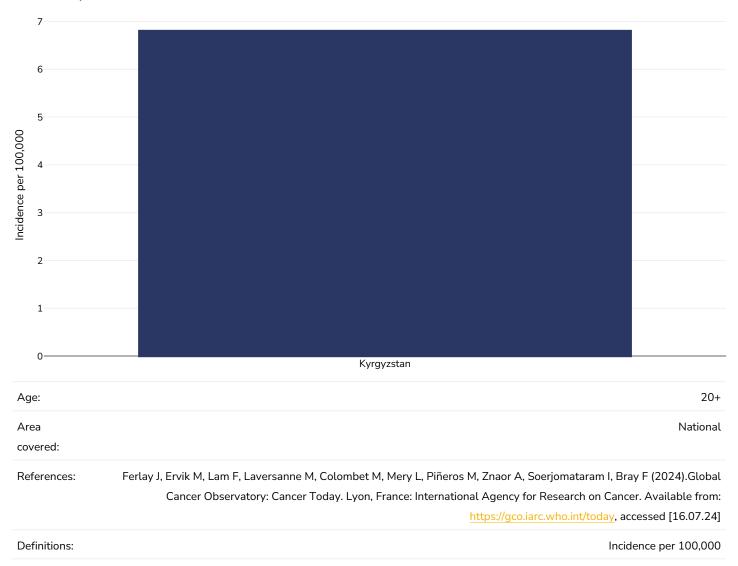


### Pancreatic cancer

### Men, 2022



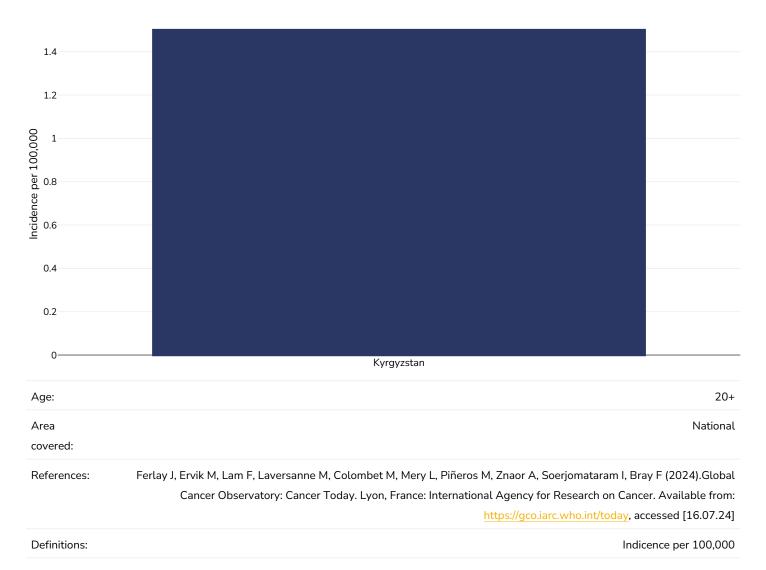




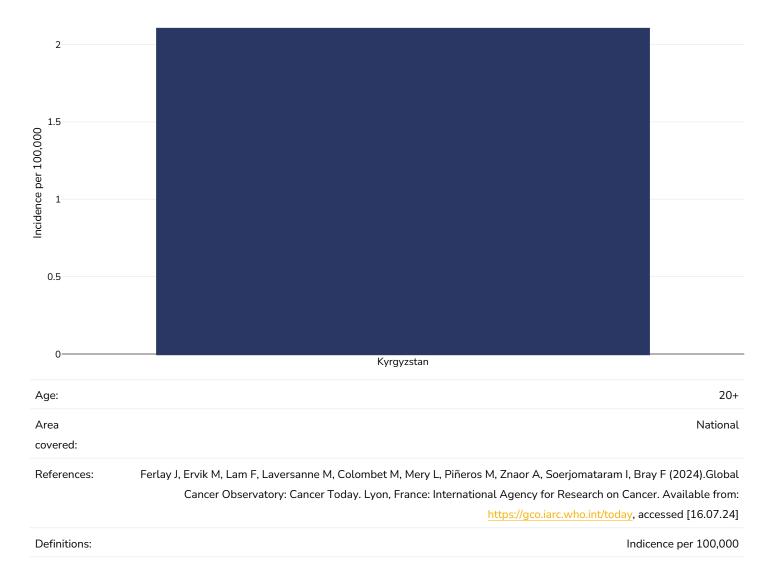


### Gallbladder cancer

### Men, 2022









### Kidney cancer

### Men, 2022



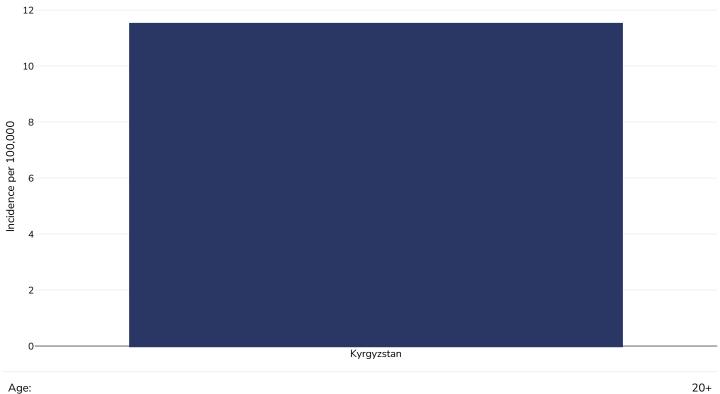






### Cancer of the uterus

# Women, 2022



Age:

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:

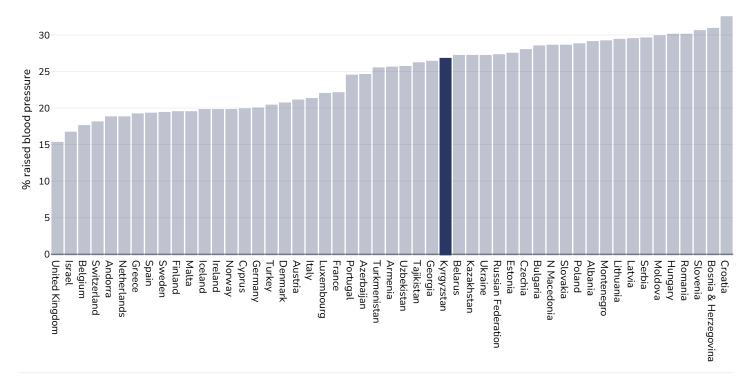
https://gco.iarc.who.int/today, accessed [16.07.24]

Definitions: Incidence per 100,000



### Raised blood pressure

### Adults, 2015



References:

Global Health Observatory data repository, World Health Organisation,

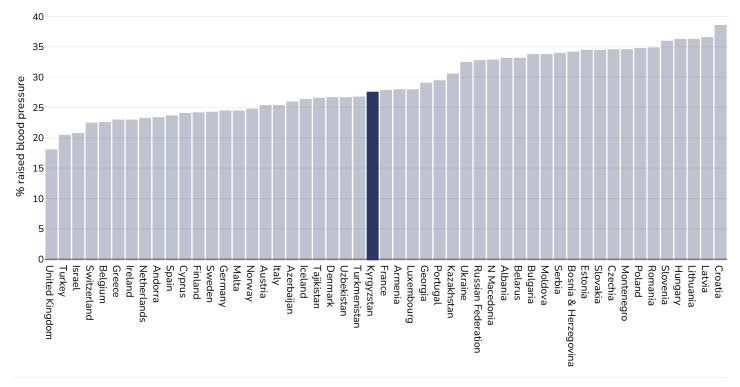
http://apps.who.int/gho/data/node.main.A875?lang=en

Definitions:

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



#### Men, 2015



References:

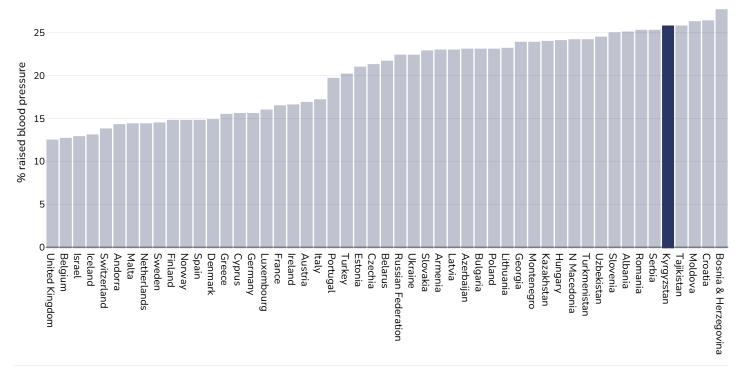
Global Health Observatory data repository, World Health Organisation,

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

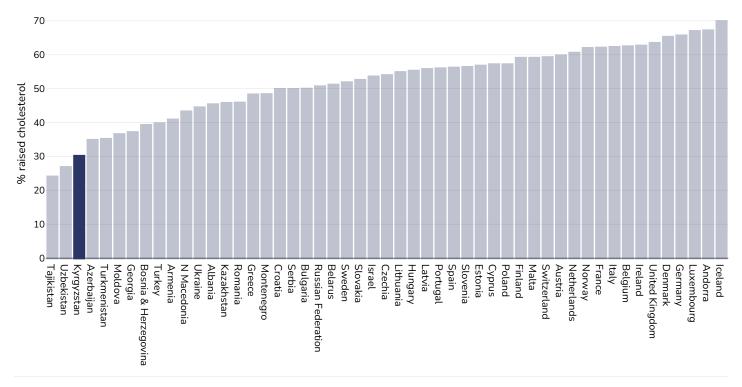
Definitions:

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



#### Raised cholesterol

## Adults, 2008



References:

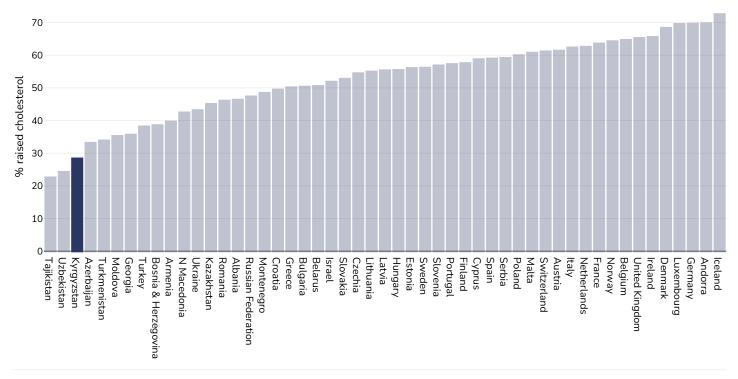
Global Health Observatory data repository, World Health Organisation, <a href="http://apps.who.int/gho/data/node.main.A885">http://apps.who.int/gho/data/node.main.A885</a>

Definitions:

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



#### Men, 2008



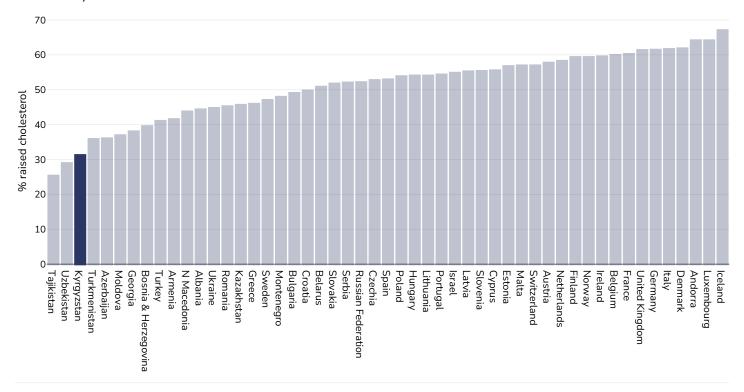
References:

Global Health Observatory data repository, World Health Organisation, <a href="http://apps.who.int/gho/data/node.main.A885">http://apps.who.int/gho/data/node.main.A885</a>

Definitions:

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





References:

 $Global\ Health\ Observatory\ data\ repository,\ World\ Health\ Organisation,\ \underline{http://apps.who.int/gho/data/node.main.A885}$ 

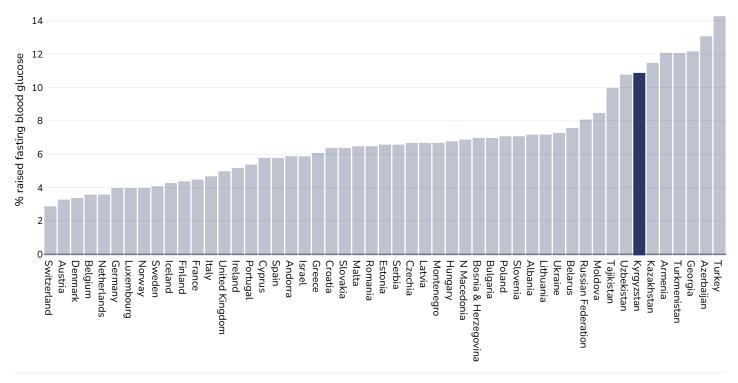
Definitions:

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



## Raised fasting blood glucose

#### Men, 2014



References:

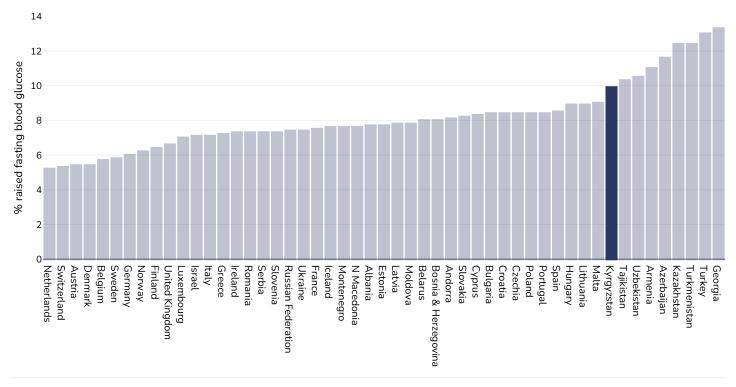
Global Health Observatory data repository, World Health Organisation,

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

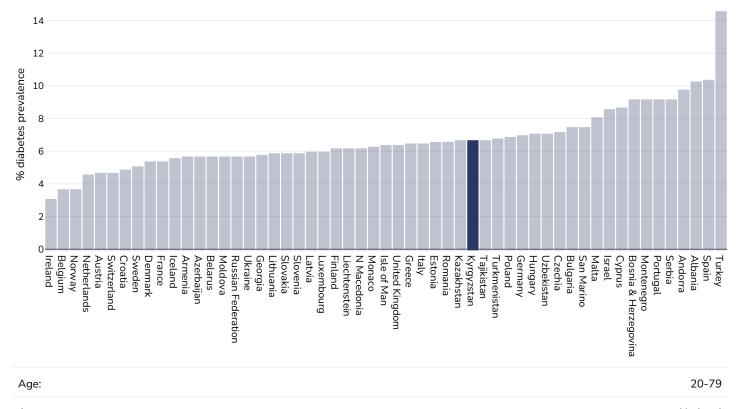
Definitions:

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



## Diabetes prevalence

#### Adults, 2021



Area National

covered:

References: Reproduced with kind permission International Diabetes Federation. IDF Diabetes Atlas, 10th edn. Brussels,

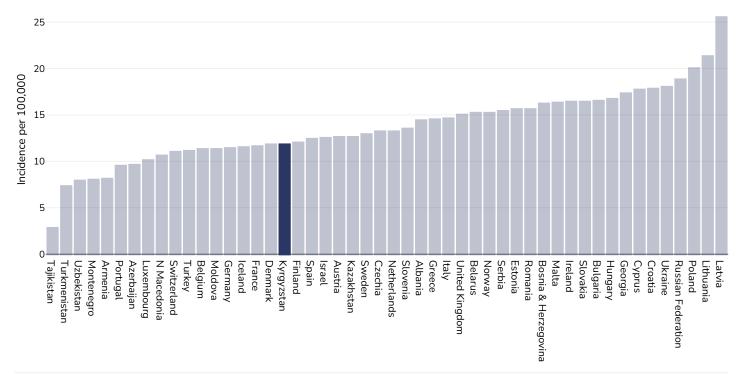
Belgium:International Diabetes Federation, 2021. <a href="http://www.diabetesatlas.org">http://www.diabetesatlas.org</a>

Definitions: Age-adjusted comparative prevalence of diabetes, %



#### **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



## Leukemia

Men, 2022								
4								
3								
2								
1								
0-								
<sup>-1</sup> 1	0	1	2	3	4	5	6	
Age:							20+	
Area covered:							National	
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: <a href="https://gco.iarc.who.int/today">https://gco.iarc.who.int/today</a> , accessed [16.07.24]							
Definitions:						Incidence pe	r 100,000	
Unle	ss otherwise note	ed, overweight refe	rs to a BMI between	25kg and 29.9kg/n	n², obesity refers to	a BMI greater than	n 30kg/m².	

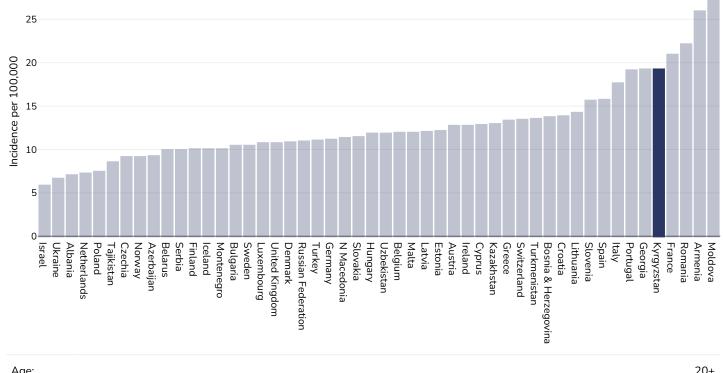


Wome	n, 2022						
4							
3							
2							
1							
0							
<sup>-1</sup> 1	0	1	2	3	4	5	$\epsilon$
Age:							20+
Area covered:							National
References		ik M, Lam F, Laversa ncer Observatory: Ca		ance: International		h on Cancer. Availa	able from:
Definitions	S:					Incidence per	r 100,000
	Unless otherwise no	ted, overweight refe	rs to a BMI between	25kg and 29.9kg/r	m², obesity refers to	a BMI greater than	30kg/m².



## Liver and intrahepatic bile duct Cancer

#### Men, 2022



20+ Age:

Area National

covered:

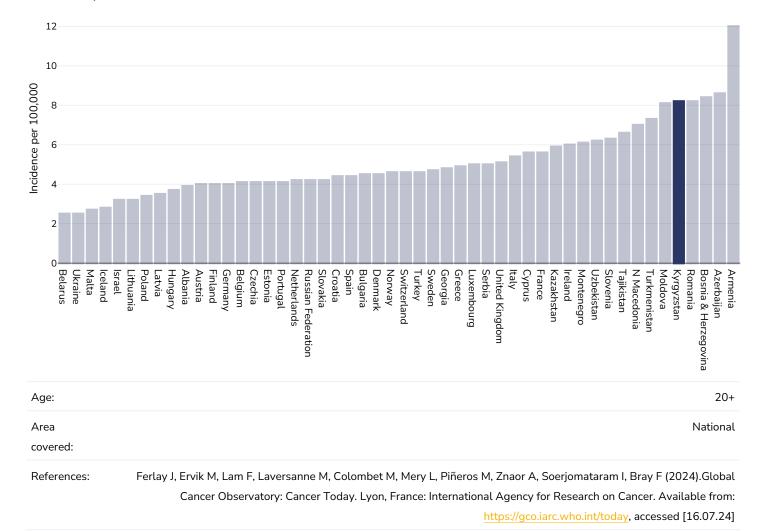
References: Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from:

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

Definitions: Incidence per 100,000



Definitions:

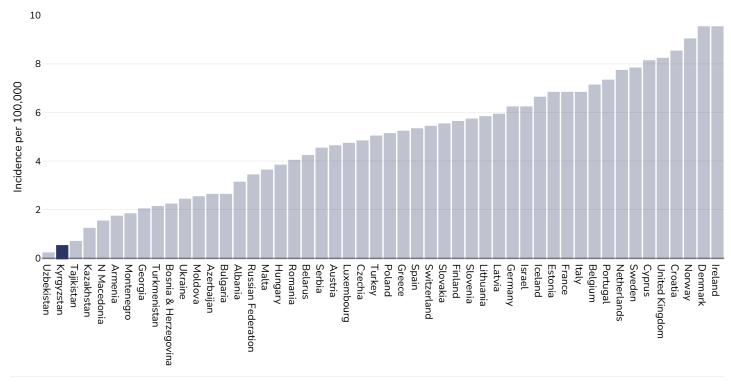


Incidence per 100,000



## Multiple Myeloma

#### Men, 2022



Age: 20+

Area National covered:

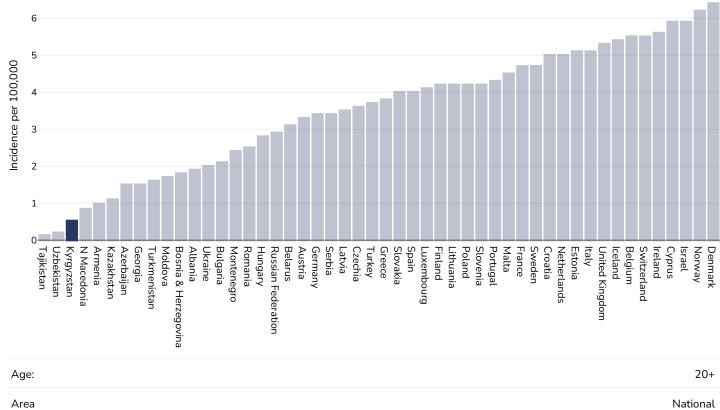
References:

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: Indicence per 100,000





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:

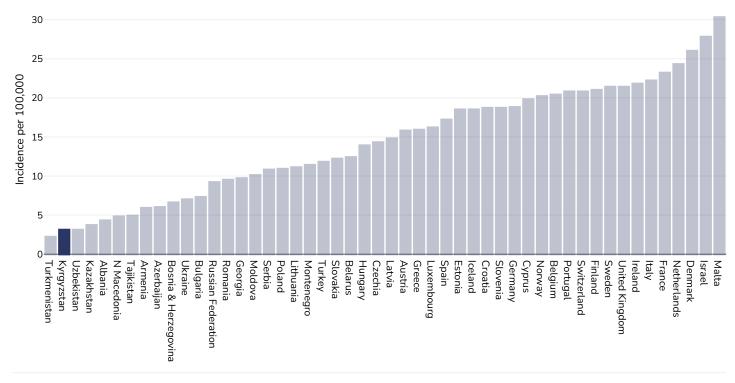
https://gco.iarc.who.int/today, accessed [16.07.24]

Definitions: Indicence per 100,000



## Non Hodgkin Lymphoma

#### Men, 2022



Age: 20+

Area National covered:

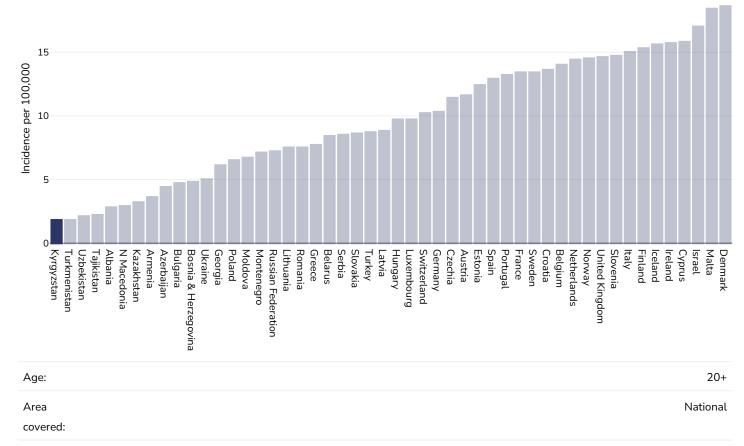
References:

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





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:

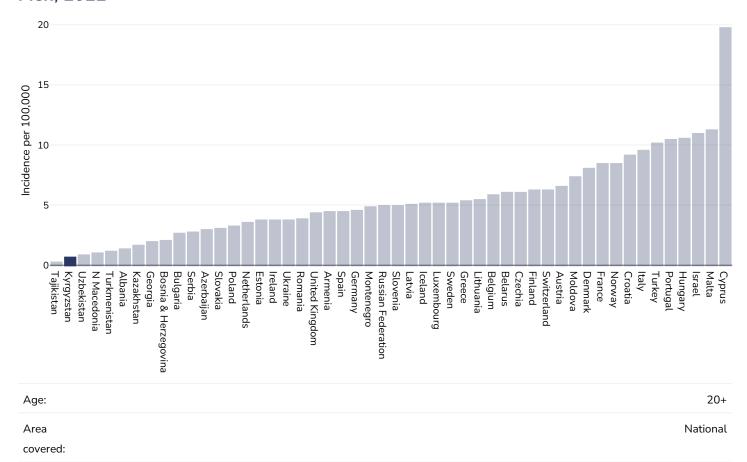
https://gco.iarc.who.int/today, accessed [16.07.24]

Definitions: Incidence per 100,000



## **Thyroid Cancer**

#### Men, 2022



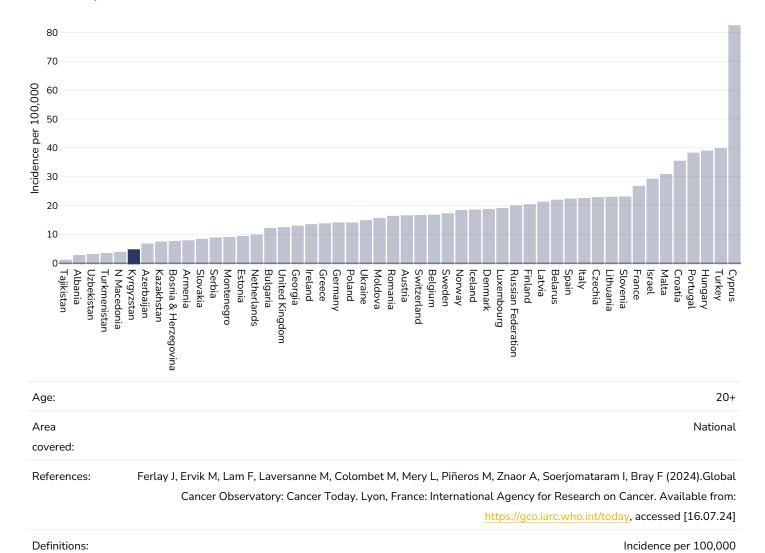
References:

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?	<b>✓</b>
Front-of-package labelling?	×
Back-of-pack nutrition declaration?	<b>✓</b>
Color coding?	×
Warning label?	×





# Regulation and marketing

Are there fiscal policies on unhealthy products?	X
Tax on unhealthy foods?	×
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)?	<b>~</b>
Mandatory limit of trans fats in place (all settings)?	<b>~</b>
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	×
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





## Political will and support

National obesity strategy o	r nutrition and phys	ical activity nationa	l strategy?			×
National obesity strategy?						X
National childhood obesity strateg	уу?					X
Comprehensive nutrition strategy?	?					X
Comprehensive physical activity st	trategy?					X
Evidence-based dietary guid	delines and/or RDA	s?				X
National target(s) on reduc	ing obesity?					×
Guidelines/policy on obesity	y treatment?					×
Promotion of breastfeeding	J?					<b>\</b>
Monitoring and	l surveillance					
Monitoring of the prevalence	ce and incidence for	the main obesity-re	elated NCDs	and risk fact	tors?	<b>~</b>
Within 5 years?						X
Governance and	d resource					
Multi-sectoral national co-o	ordination mechanis	m for obesity or nu	trition (inclu	ding obesity)	)?	<b>~</b>
Key						
Present	v Present	Incoming	X Ab	sent	Unknown	
	(voluntary)					

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