Monitoring and surveillance
Overweight and obesity in three age groups

Adults (20 years and over)

Intercountry comparable overweight and obesity estimates from 2008 (1) show that 55.6% of the adult population (≥ 20 years old) in Kazakhstan were overweight and 23.7% were obese. The prevalence of overweight was lower among men (55.2%) than women (56.0%). The proportion of men and women that were obese was 19.1% and 27.6%, respectively. Adulthood obesity prevalence forecasts (2010–2030) predict that in 2020, 45% of men and 29% of women will be obese. By 2030, the model predicts that 74% of men and 36% of women will be obese.¹
Adolescents (10–19 years)
No data are available from the Health Behaviour in School-aged Children (HBSC) survey (2009/2010).

Children (0–9 years)
No prevalence figures are available for overweight and obesity in schoolchildren based on measured intercountry comparable data. Kazakhstan is not yet participating in the WHO European Childhood Obesity Surveillance Initiative (COSI).

Exclusive breastfeeding until 6 months of age
Nationally representative data from 2010 show that the prevalence of exclusive breastfeeding under 6 months of age was 31.8% in Kazakhstan.

Notes.
The country codes refer to the ISO 3166-1 Alpha-3 country codes. Data were derived from country-specific publications on surveys carried out in this field, not as part of a European-wide survey. Due to different data collection methods of the country-specific surveys, any comparisons between countries must be made with caution.

Source:
WHO Regional Office for Europe grey literature from 2012 on breastfeeding.

Saturated fat intake
No data are available.

Notes.
The country codes refer to the ISO 3166-1 Alpha-3 country codes. Ranking of data was carried out so that country data at the right-hand side of the graph — with values below the FAO recommendation — fall within the positive frame of the indicator. FAO: Food and Agriculture Organization of the United Nations.

Source: FAOSTAT (2).

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2 WHO Regional Office for Europe grey literature from 2012 on breastfeeding.
Fruit and vegetable supply
Kazakhstan had a fruit and vegetable supply of 587 grams per capita per day, according to 2009 estimates (2).

Iodine status
According to the most recent estimates on iodine status, published in 2012, the proportion of the population with an iodine level lower than 100 µg/L was 13.6% (4,5).

Physical inactivity
In Kazakhstan, 31.0% of the population aged 15 years and over were insufficiently active (men 30.9% and women 31.2%), according to estimates generated for 2008 by WHO (1).

Policies and actions
The table below displays (a) monitoring and evaluation methods of salt intake in Kazakhstan; (b) the stakeholder approach toward salt reduction; and (c) the population approach in terms of labelling and consumer awareness initiatives (3).

Salt reduction initiatives

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<th>Monitoring &amp; evaluation</th>
<th>Stakeholder approach</th>
<th>Population approach</th>
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<td>Salt content in food</td>
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<td>Salt intake</td>
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<td>Urinary salt excretion (24 hrs)</td>
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<tr>
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<td></td>
<td>Reporting</td>
</tr>
</tbody>
</table>

Source: WHO Regional Office for Europe (3).
Marketing of food and non-alcoholic beverages to children (6)

No action has yet been taken regarding a reduction in the marketing of food and beverages to children.

### Physical activity (PA), national policy documents and action plans

<table>
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<tr>
<th>Sport</th>
<th>Target groups</th>
<th>Health</th>
<th>Education</th>
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<tr>
<td>Existence of national “sport for all” policy and/or national “sport for all” implementation programme</td>
<td>Existence of specific scheme or programme for community interventions to promote PA in the elderly</td>
<td>Counselling on PA as part of primary health care activities</td>
<td>Mandatory physical education in primary and secondary schools</td>
<td>National or subnational schemes promoting active travel to school</td>
</tr>
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</table>

### Leadership, partnerships and professional networks on health-enhancing physical activity (HEPA)

### PA recommendations, goals and surveillance

### References