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 53.5% of the adult population (≥ 20 years old) in Ukraine were overweight and 21.3% were obese. The prevalence of overweight was lower among men (50.5%) than women (56.0%). The proportion of men and women that were obese was 15.9% and 25.7%, respectively. Adulthood obesity prevalence forecasts (2010–2030) predict that in 2020, 32% of men and 10% of women will be obese. By 2030, the model predicts that 49% of men and 6% of women will be obese.¹

¹ Report on modelling adulthood obesity across the WHO European Region, prepared by consultants (led by T. Marsh and colleagues) for the WHO Regional Office for Europe in 2013.

The Regional Office is grateful to the European Commission (EC) for its financial support for the development of the nutrition, obesity and physical activity database that provided data for this country profile.
Adolescents (10–19 years)
In terms of prevalence of overweight and obesity in adolescents, up to 22% of boys and 12% of girls among 11-year-olds were overweight, according to data from the Health Behaviour in School-aged Children (HBSC) survey (2009/2010). Among 13-year-olds, the corresponding figures were 21% for boys and 9% for girls, and among 15-year-olds, 17% and 8%, respectively (2).

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

Exclusive breastfeeding until 6 months of age
Nationally representative data from 2007 show that the prevalence of exclusive breastfeeding under 6 months of age was 18.2% in Ukraine.

Saturated fat intake
No data are available.

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:
FAOSTAT (3).

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 (3).

2 Based on 2007 WHO growth reference.
3 WHO Regional Office for Europe grey literature from 2012 on breastfeeding.
Fruit and vegetable supply
Ukraine had a fruit and vegetable supply of 560 grams per capita per day, according to 2009 estimates (3).

Salt intake
No data are available.

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 56.2% (5, 6).

Physical inactivity
In Ukraine, 19.8% of the population aged 15 years and over were insufficiently active (men 20.7% and women 19.1%), 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 Ukraine; (b) the stakeholder approach toward salt reduction; and (c) the population approach in terms of labelling and consumer awareness initiatives (4).
Trans fatty acids (TFA) policies

<table>
<thead>
<tr>
<th>Legislation</th>
<th>Type of legislation</th>
<th>Measure</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
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</table>

Source: WHO Regional Office for Europe grey literature from 2012 on TFA and health, TFA policy and food industry approaches.

Price policies (food taxation and subsidies)

<table>
<thead>
<tr>
<th>Taxes</th>
<th>School fruit schemes</th>
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</table>

Source: WHO Regional Office for Europe grey literature from 2012 on diet and the use of fiscal policy in the control and prevention of noncommunicable diseases.

Marketing of food and non-alcoholic beverages to children (7)

No specific regulation in Ukraine restricts the marketing of unhealthy food and non-alcoholic beverages to children.

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

<table>
<thead>
<tr>
<th>Sport</th>
<th>Target groups</th>
<th>Health</th>
<th>Education</th>
<th>Transportation</th>
</tr>
</thead>
<tbody>
<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>Inclusion of PA in general teaching training</td>
</tr>
</tbody>
</table>

* Clearly stated in a policy document, partially implemented or enforced.

Source: country reporting template on Ukraine from 2009 developed in the context of a WHO/EC project on monitoring progress on improving nutrition and PA and preventing obesity in the European Union (EU).

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

<table>
<thead>
<tr>
<th>Existence of national coordination mechanism on HEPA promotion</th>
<th>Leading institution</th>
<th>Participating bodies</th>
</tr>
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<tbody>
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</table>

Source: country reporting template on Ukraine from 2009 developed in the context of a WHO/EC project on monitoring progress on improving nutrition and PA and preventing obesity in the EU.

PA recommendations, goals and surveillance

<table>
<thead>
<tr>
<th>Existence of national recommendation on HEPA</th>
<th>Target groups addressed by national HEPA policy</th>
<th>PA included in the national health monitoring system</th>
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</thead>
<tbody>
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</table>

Source: country reporting template on Ukraine from 2009 developed in the context of a WHO/EC project on monitoring progress on improving nutrition and PA and preventing obesity in the EU.

References