



**COSI**  
WHO CHILDHOOD  
OBESITY SURVEILLANCE  
INITIATIVE



## Results of Surveillance of Childhood Obesity, Nutrition and Physical Activity 2020

Kazakhstan has the national childhood obesity monitoring system. Tracking the prevalence of overweight and underweight among children is carried out through measurements and surveys that comply with international surveillance standards (COSI rounds) and are conducted every 3 years. This allows evaluating the effectiveness of systemic measures taken by the country.

In 2020, the National Center of Public Health under the Ministry of Health of the Republic of Kazakhstan (NCPH), with the support of the Ministry of Health of the Republic of Kazakhstan, the World Health Organization (WHO) and the United Nations Children’s Fund (UNICEF) conducted a survey as part of the WHO Childhood Obesity Surveillance Initiative (COSI). The first survey was conducted in 2015.

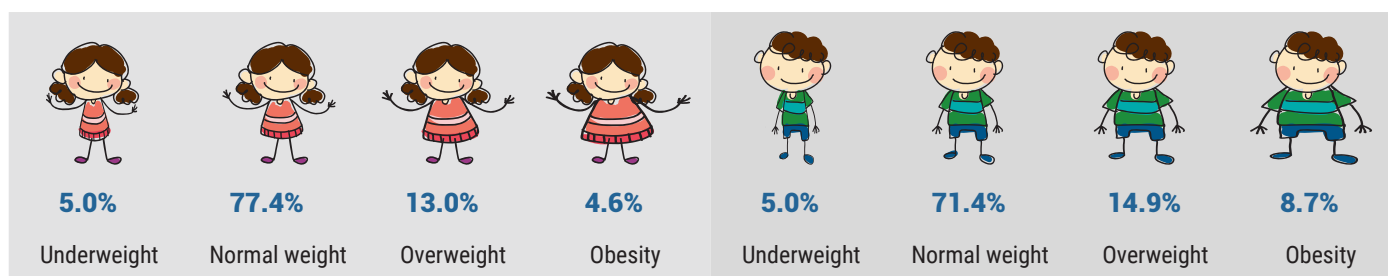
### Sample 2020

 **6,851**  
children

 **6,330**  
parents

 **153** schools

**14** regions and **3** cities –  
Nur-Sultan, Almaty and Shymkent



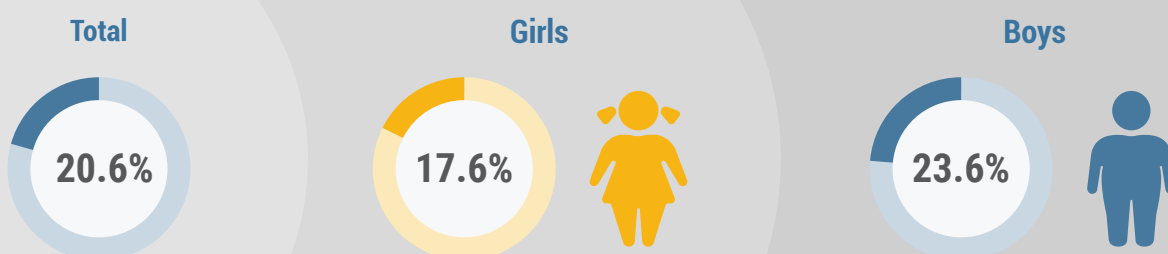
### Overweight and obesity in 6-9 year old children

- Prevalence of overweight and obesity in children aged 6-9 years was 20.6% (95% CI 18,7%-22,7%).
- Children with obesity 6.6% (95% CI 5,7%-7,7%), including 1.6% of children with severe obesity (95% CI 1,3%-1,9%).

- Overweight and obesity are more prevalent among boys – 23.6% and 8.7% accordingly, than among girls – 17.6% and 4.6%.

Weight status of children is determined according to the WHO Growth Reference 2007.

### Overweight including obesity in 6-9 year old children

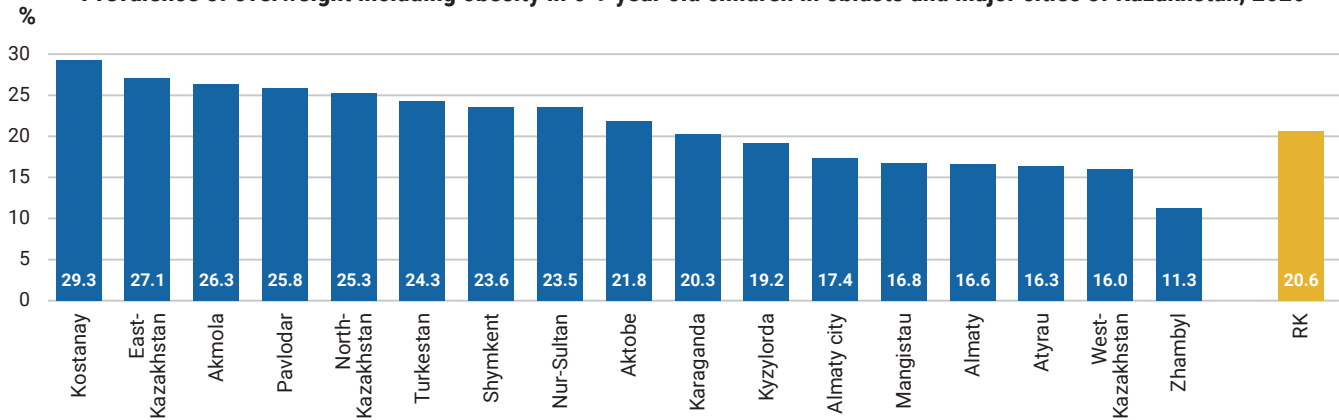




**COSI** WHO CHILDHOOD OBESITY SURVEILLANCE INITIATIVE

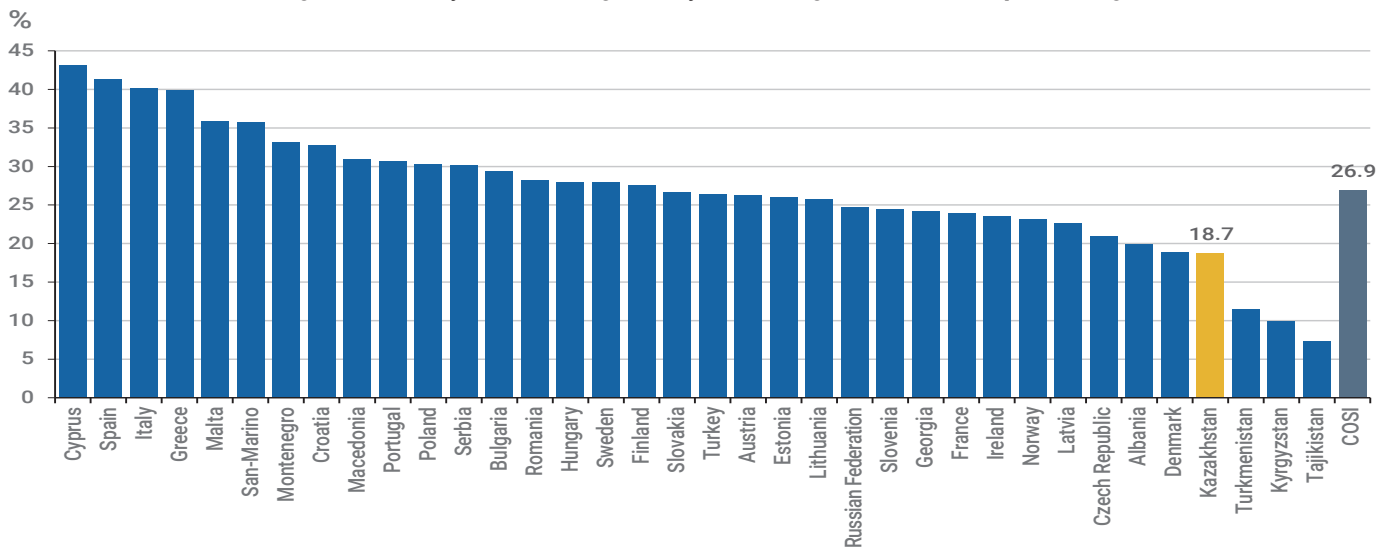


**Prevalence of overweight including obesity in 6-9 year old children in oblasts and major cities of Kazakhstan, 2020**



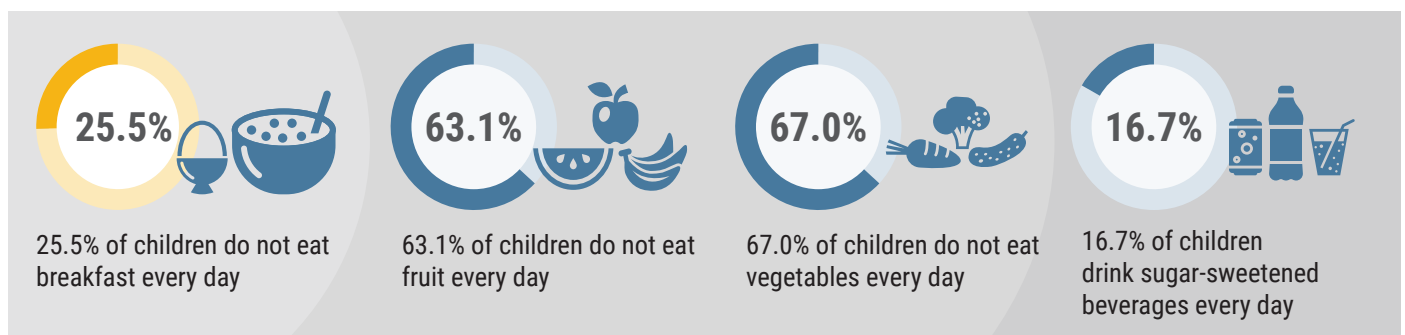
WHO European Childhood Obesity Surveillance Initiative (COSI) is a unique system for measuring trends in overweight and obesity among primary school children in more than 300,000 children from over 40 Member States of the WHO European Region. This data helps countries understand the scope of the problem, determine policy effectiveness and obesity-related priorities.

**Prevalence of overweight and obesity in children aged 7-9 years among the countries implementing COSI, 2015-2017\***



\*Source: WHO European Childhood Obesity Surveillance Initiative (COSI): report on the fourth round of data collection, 2015-2017. Copenhagen: WHO Regional Office for Europe; 2021.

## Children's nutrition, unhealthy eating habits

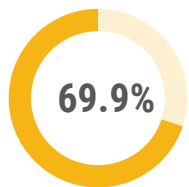




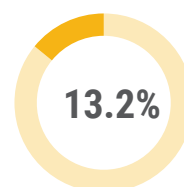
**COSI**  
WHO CHILDHOOD  
OBESITY SURVEILLANCE  
INITIATIVE



## Physical activity and sports

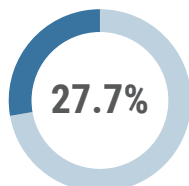


69.9% of children do not attend sports or dance clubs



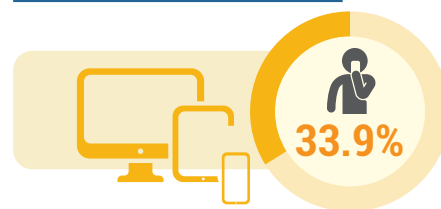
13.2% of children spend less than 1 hour a day in active movement or games

## Routes to and from school



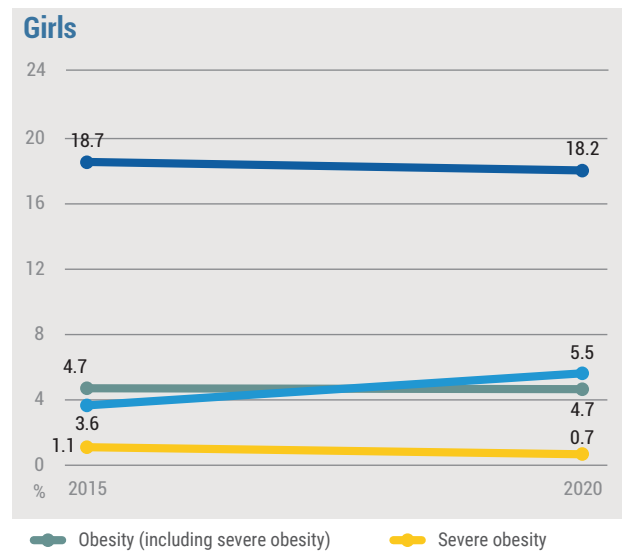
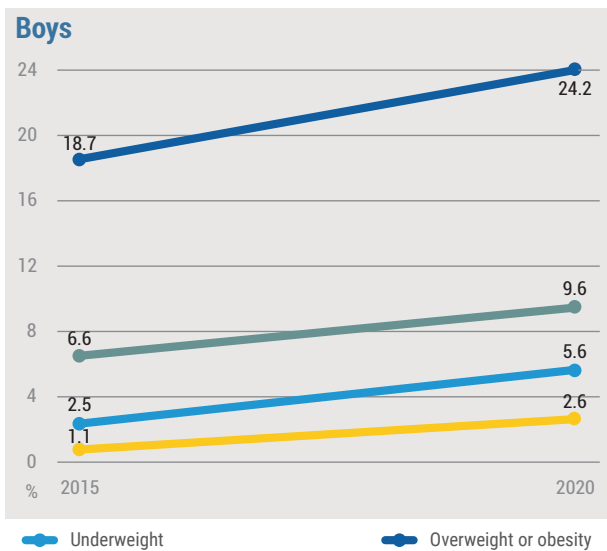
27.7% of parents noted that walking routes to and from school was extremely unsafe

## Sedentary behaviour



33.9% of children spend 2 or more hours a day sitting in front of TV screens and electronic gadgets

## Comparison of 2015 and 2020 indicators



Changes in the prevalence of underweight, overweight and obesity among boys and girls in COSI surveys of 2015 and 2020, Kazakhstan

The rates of overweight and obesity among girls remained almost the same and increased from 18.7% in 2015 to 24.2% in 2020 among boys.

In 2020, the prevalence of underweight in boys aged 8 years increased from 2.5% to 5.6% and in children of both genders from 3.0 in 2015 to 5.6% in 2020 respectively.

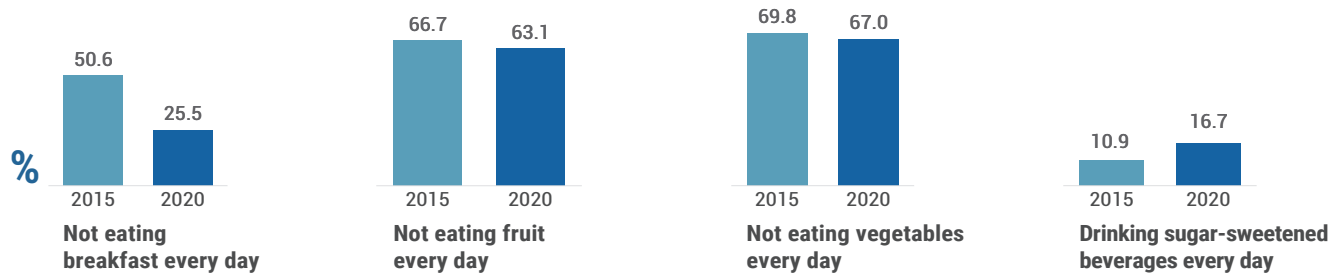


**COSI**  
WHO CHILDHOOD  
OBESITY SURVEILLANCE  
INITIATIVE

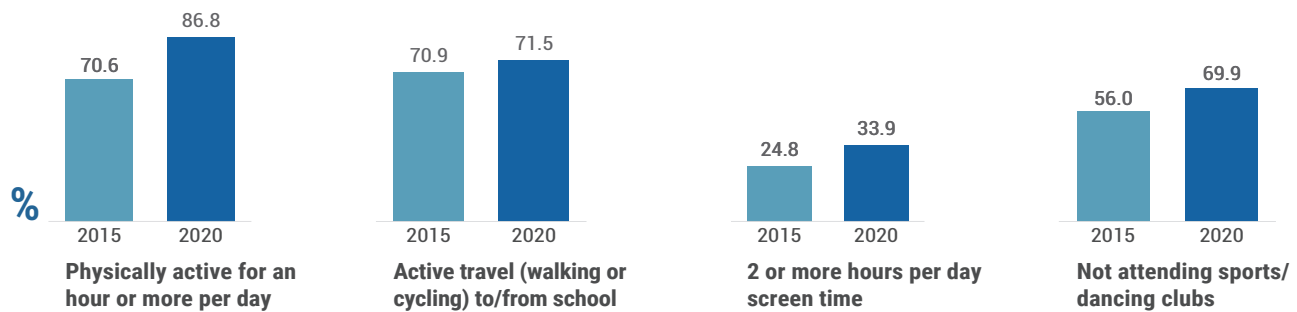


## Unhealthy eating habits

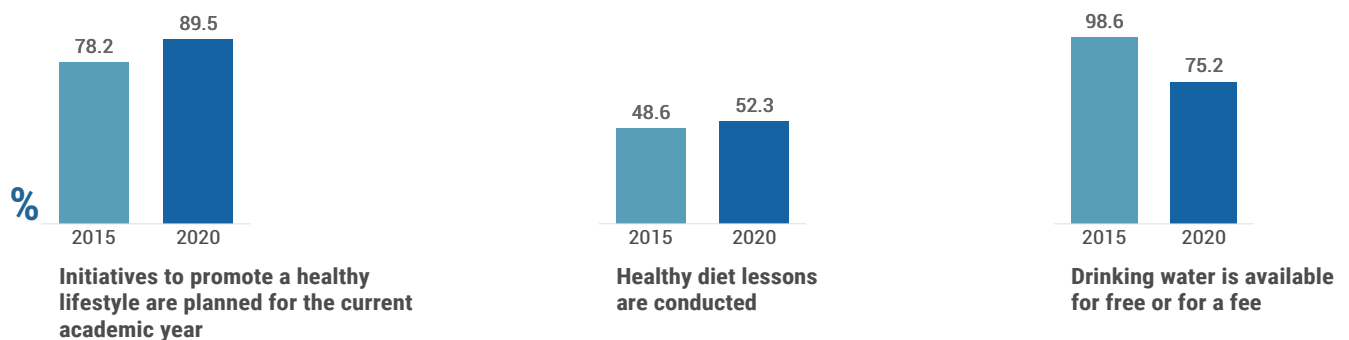
In 2020, compared to 2015, the proportion of children who eat breakfast every day increased, while the proportion of children who do not eat fruit and vegetables every day remains high. Daily consumption of sugary drinks increased.



## Physical activity and sedentary behavior



## Healthy eating promotion in schools (% of schools)



## Physical activity in school (% of schools)

