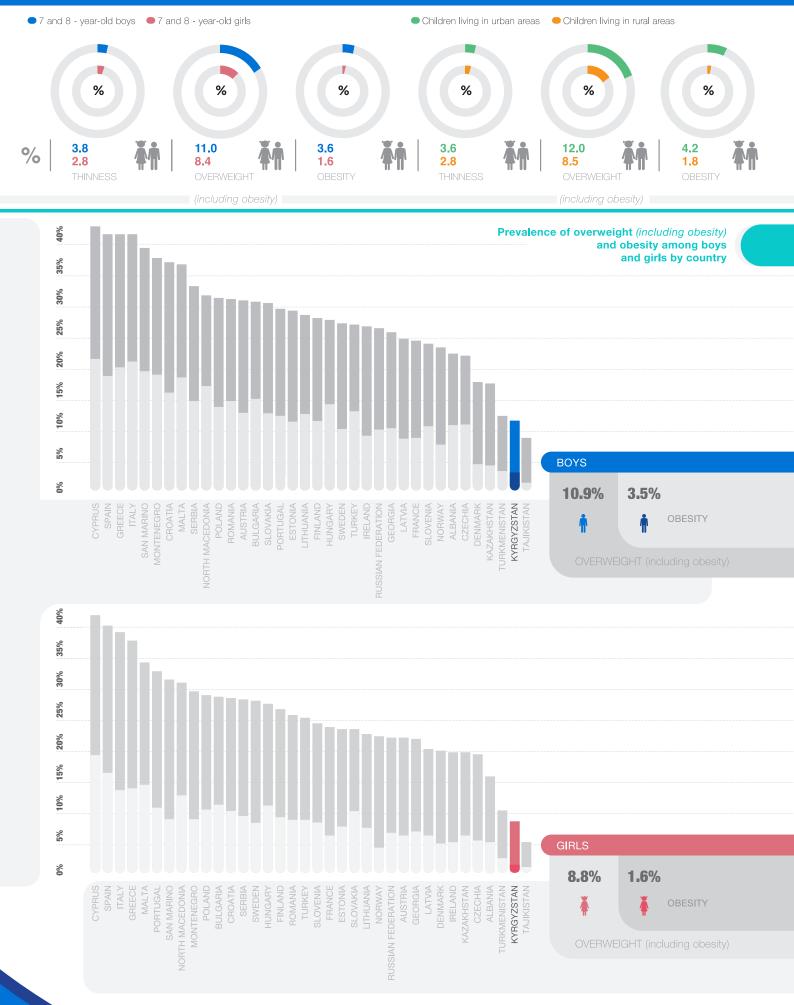


KYRGYZSTAN 2018



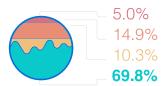
COSI: CHILDREN'S NUTRITIONAL STATUS - KYRGYZSTAN



HEALTHY FOOD HABITS



Having breakfast



Never

ome days (1-3 days) Most days (4-6 days)

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UNHEALTHY FOOD



Savoury snack consumption



Fresh fruit consumption



Never or sporadically

ome days (1-3 days)

Most days (4-6 days

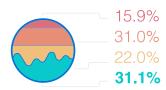
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Sweet snack consumption







Never or sporadically

Most days (4-6 days)

Every day



Soft drink consumption





Actively/vigorously playing for at least 1 hour a day

14.9 10.5 %

Practising sports for at least 2 hours a week



49.9 %

Watching TV or using electronic devices for less than 2 hours a day



Sleeping for at least 9 hours per night

 $Z^{Z_{Z}}$



Boys

Girls



46.6%

Schools with nutritional education in school curriculum



90 minutes/week average duration of physical education at school



54.5

Schools with initiatives or projects to promote a healthy lifestyle



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Schools with vending machines where children are allowed to purchase foods or beverages (other than water, fruits and vegetables)



41.6

Schools free from advertising and marketing of energy-dense and nutrient-poor foods and beverages that could undermine the promotion of a healthy, balanced diet



HIGHLIGHTS

- # Around one in ten primary school-aged children in Kyrgyzstan was living with overweight or obesity.
- # The prevalence of thinness was around 3%.
- Boys were less likely than girls to fall within a "healthy weight" category.
 - The prevalence of overweight and obesity was higher in urban areas relative to rural areas.
- # Around 31% of children consumed vegetables every day and 18% consumed fresh fruit every day.
- # Around one in three children consumed soft drinks containing sugar 1-3 days a week.
- # Around one in two children spent at least 2 hours per day watching TV or using electronic devices.

POLICY IMPLICATIONS

Governments have a key role in creating healthy food and physical activity environments. Policy actions to combat the burden of malnutrition may include:

- fiscal interventions (sugar sweetened beverage taxation)
- encouraging reformulation of foods high in fat, sugar and salt
- implementing marketing restrictions of unhealthy products (especially to children)
- front-of-pack labelling schemes
- initiatives to create opportunities for physical activity and active travel (including urban planning)

Schools play a key role in addressing the double burden of malnutrition, through provision of healthy meals, education on healthy nutrition and physical activity, and providing links to the broader community.

Exclusive breastfeeding for the first six months of life and appropriate complementary feeding is key to preventing obesity and overweight. Implementing the Baby-friendly Hospital Initiative and the International Code of Marketing of Breast milk Substitutes can support good nutrition.

As obesity and overweight in the WHO European Region rise, it will be important to build capacity for management of overweight and obesity in primary care and among health workers.

ABOUT COSI

The WHO European Childhood Obesity Surveillance Initiative (COSI) is a unique system that for over 10 years has measured trends in overweight and obesity among primary school aged children. COSI involves taking standardized weight and height measurements from over 300 000 children across the WHO European Region every three years.

This provides nationally representative data for participating countries. as well as a large Region-wide data set for analysis of the determinants of childhood overweight and obesity.

This vital collaboration between the **World Health Organization** and research institutions from across Europe provides high-quality data that is needed to inform policy and practice in response to the challenge of childhood overweight and obesity.

36 countries participated in **COSI** fourth round of data collection that took place in **2015-2018**. In **Kyrgyzstan 150 schools** and around **7,600 families** took part in the surveillance and almost **8,000 children** aged 6 to 9 were measured.

www.who.int/europe http://www.euro.who.int/en/cosi