

Every Fifth Muscovite is Overweight

August 13, 2015



One in five residents of the Russian capital is overweight, according to RusIndex, an annual survey carried out by Synovate Comcon.

The RusIndex National Survey measures consumer motivations and preferences, sampling 28,000 individuals from 50 cities across 12 Russian regions.

While only 16 percent of Russians nationwide are overweight, 20.5 percent of Muscovites tip the scales at an unhealthy weight.

In a related statistic, the percentage of Muscovites who consider the food they eat to be healthy is lower than the national average — 56.3 percent compared to 59.3 percent.

Synovate Comcon analysts did note one positive trend in Moscow. According to their research, the percentage of Muscovites who ate chips and crackers regularly was 38.7 percent for the first half of 2015, down from 41 percent in the same period in 2014.

Original url:

<https://www.themoscowtimes.com/2015/08/13/every-fifth-muscovite-is-overweight-a48955>