## Drivers

### Albania

<table>
<thead>
<tr>
<th>Contents</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Insufficient physical activity</td>
<td>2</td>
</tr>
<tr>
<td>Prevalence of at least daily carbonated soft drink consumption</td>
<td>5</td>
</tr>
<tr>
<td>Estimated per capita fruit intake</td>
<td>6</td>
</tr>
<tr>
<td>Prevalence of less than daily fruit consumption</td>
<td>7</td>
</tr>
<tr>
<td>Prevalence of less than daily vegetable consumption</td>
<td>8</td>
</tr>
<tr>
<td>Estimated per-capita processed meat intake</td>
<td>9</td>
</tr>
<tr>
<td>Estimated per capita whole grains intake</td>
<td>10</td>
</tr>
<tr>
<td>Mental health - depression disorders</td>
<td>11</td>
</tr>
<tr>
<td>Mental health - anxiety disorders</td>
<td>12</td>
</tr>
<tr>
<td>% Infants exclusively breastfed 0-5 months</td>
<td>13</td>
</tr>
</tbody>
</table>
Insufficient physical activity

Children, 2016

Survey type: Self-reported

Age: 11-17

References:

Notes: % of school going adolescents not meeting WHO recommendations on Physical Activity for Health, i.e. doing less than 60 minutes of moderate- to vigorous-intensity physical activity daily.

Definitions: % Adolescents insufficiently active (age standardised estimate)
Boys, 2016

Survey type: Self-reported
Age: 11-17


Notes: % of school going adolescents not meeting WHO recommendations on Physical Activity for Health, i.e. doing less than 60 minutes of moderate- to vigorous-intensity physical activity daily.

Definitions: % Adolescents insufficiently active (age standardised estimate)
Girls, 2016

Survey type: Self-reported

Age: 11-17


Notes: % of school going adolescents not meeting WHO recommendations on Physical Activity for Health, i.e. doing less than 60 minutes of moderate- to vigorous-intensity physical activity daily.

Definitions: % Adolescents insufficiently active (age standardised estimate)
Prevalence of at least daily carbonated soft drink consumption

Children, 2010-2014

Survey type: Measured


Notes: 15-year-old adolescents

Definitions: Prevalence of at least daily carbonated soft drink consumption (% of at least daily carbonated soft drink consumption)
Estimated per capita fruit intake

Adults, 2017

Survey type: Measured
Age: 25+
References: Global Burden of Disease, the Institute for Health Metrics and Evaluation [http://ghdx.healthdata.org/]
Definitions: Estimated per-capita fruit intake (g/day)
Prevalence of less than daily fruit consumption

Children, 2010-2014

Survey type: Measured


Definitions: Prevalence of less-than-daily fruit consumption (% less-than-daily fruit consumption)
Prevalence of less than daily vegetable consumption

Children, 2010-2014

Survey type: Measured
Age: 12-17

Definitions: Prevalence of less-than-daily vegetable consumption (% less-than-daily vegetable consumption)
Estimated per-capita processed meat intake

Adults, 2017

Survey type: Measured
Age: 25+
References: Global Burden of Disease, the Institute for Health Metrics and Evaluation [http://ghdx.healthdata.org/]
Definitions: Estimated per-capita processed meat intake (g per day)
**Estimated per capita whole grains intake**

**Adults, 2017**

Survey type: Measured

Age: 25+


Definitions: Estimated per-capita whole grains intake (g/day)
Mental health - depression disorders

Adults, 2015


Definitions: % of population with depression disorders
Mental health - anxiety disorders

Adults, 2015


Definitions: % of population with anxiety disorders
% Infants exclusively breastfed 0-5 months

Children, 1996-2019

Area covered:

National


Definitions: % exclusively breastfed 0-5 months

PDF created on August 10, 2023