# WORLD OBESITY

# Albania

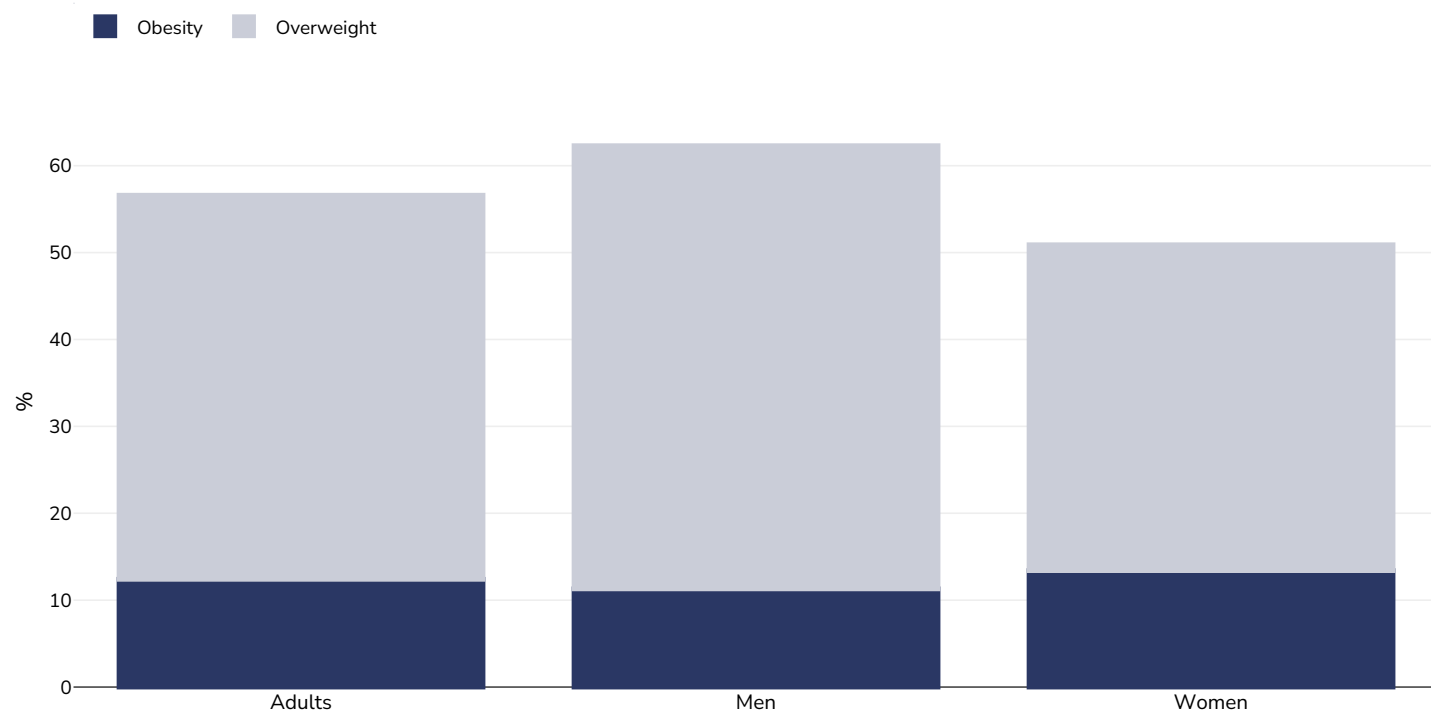

# Country report card

| Contents | Page |
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# Obesity prevalence

## Adults, 2022

■ Obesity    ■ Overweight



| Survey type: | Self-reported |
|---|---|
| **Age:** | 16+ |
| **Area covered:** | National |
| **References:** | Eurostat 2022 Data. Available at https://ec.europa.eu/eurostat/databrowser/view/ilc_hch10/default/table?lang=en (last accessed 19.03.25) |
| **Notes:** | EUROSTAT 2022 data derived from EU statistics on income and living conditions (EU-SILC) survey which includes adults aged 16+ years. This differs from most EUROSTAT data which is derived from the Health Interview Surveys, which includes adults aged 15+ years (though sometimes only data from adults aged 18+ reported) |
| | *Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².* |

# Children, 2022-2024

■ Obesity   ■ Overweight



| Survey type: | Measured |
|---|---|
| Age: | 8 |
| Area covered: | National |
| References: | WHO European Childhood Obesity Surveillance Initiative (COSI): A brief review of results from round 6 of COSI (2022-2024). Copenhagen: WHO Regional Office for Europe; 2024. Licence: CC BY-NC-SA 3.0 IGO. |
| Cutoffs: | WHO 2007 |

# 0-5 years, 2017-2018
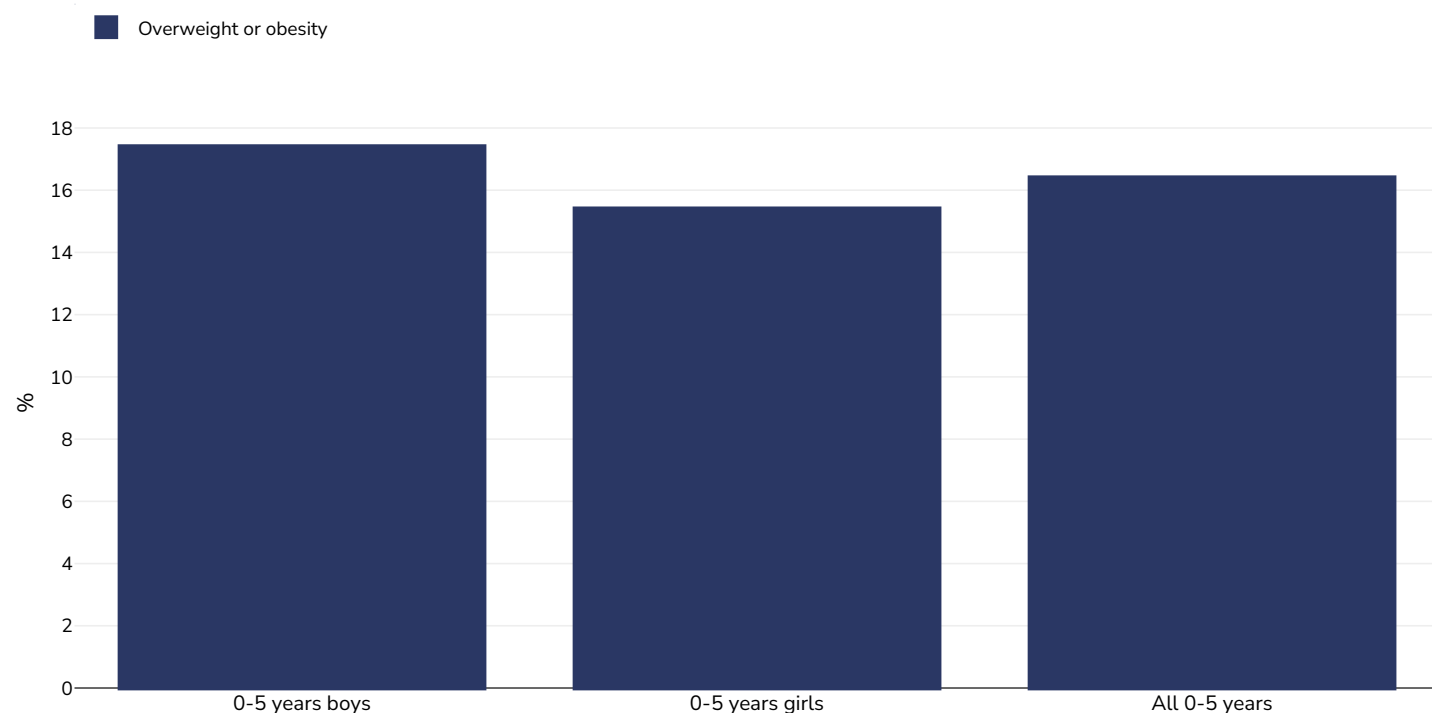
■ Overweight or obesity



| Age: | 0-5 |
|---|---|
| Sample size: | 2299 |
| References: | DHS: Albania Demographic and Health Survey 2017-18. Tirana, Albania: Institute of Statistics, Institute of Public Health, and ICF |
| Notes: | UNICEF/WHO/World Bank Joint Child Malnutrition Estimates Expanded Database: Overweight (Survey Estimates), May 2023, New York. For more information about the methodology, please consult https://data.unicef.org/resources/jme-2023-country-consultations/ Percentage of children under 5 years of age falling above 2 standard deviations (moderate and severe) from the median weight-for-height of the reference population. |
| Definitions: | =>+2SD |

# Overweight/obesity by education

## Adults, 2022

■ Obesity   ■ Overweight



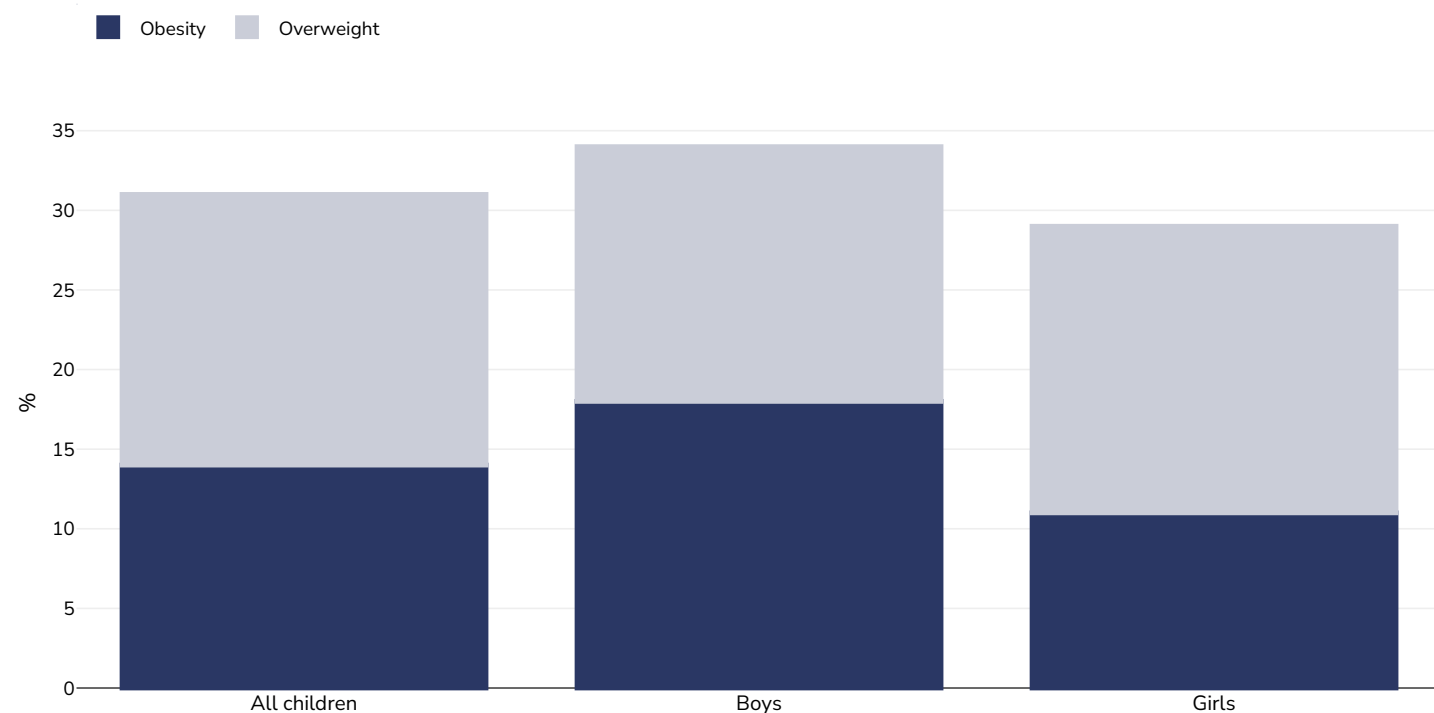| Survey type: | Self-reported |
|---|---|
| Age: | 16+ |
| Area covered: | National |
| References: | Eurostat 2022 Data. Available at https://ec.europa.eu/eurostat/databrowser/view/ilc_hch10/default/table?lang=en (last accessed 19.03.25) |
| Notes: | EUROSTAT 2022 data derived from EU statistics on income and living conditions (EU-SILC) survey which includes adults aged 16+ years. This differs from most EUROSTAT data which is derived from the Health Interview Surveys, which includes adults aged 15+ years (though sometimes only data from adults aged 18+ reported) |

*Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².*

## Men, 2022

■ Obesity   ■ Overweight



| Survey type: | Self-reported |
|---|---|
| **Age:** | 16+ |
| **Area covered:** | National |
| **References:** | Eurostat 2022 Data. Available at https://ec.europa.eu/eurostat/databrowser/view/ilc_hch10/default/table?lang=en (last accessed 19.03.25) |
| **Notes:** | EUROSTAT 2022 data derived from EU statistics on income and living conditions (EU-SILC) survey which includes adults aged 16+ years. This differs from most EUROSTAT data which is derived from the Health Interview Surveys, which includes adults aged 15+ years (though sometimes only data from adults aged 18+ reported) |

*Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².*

# Women, 2022

■ Obesity ■ Overweight



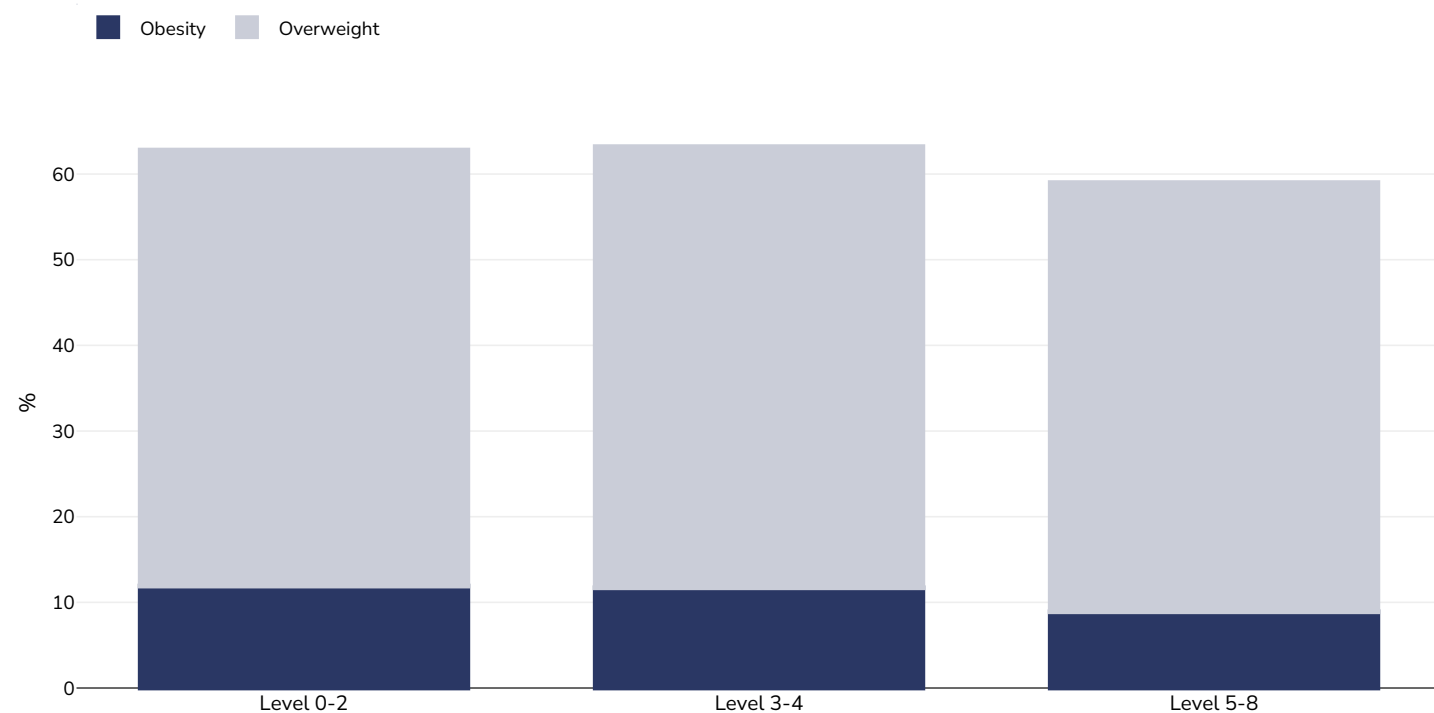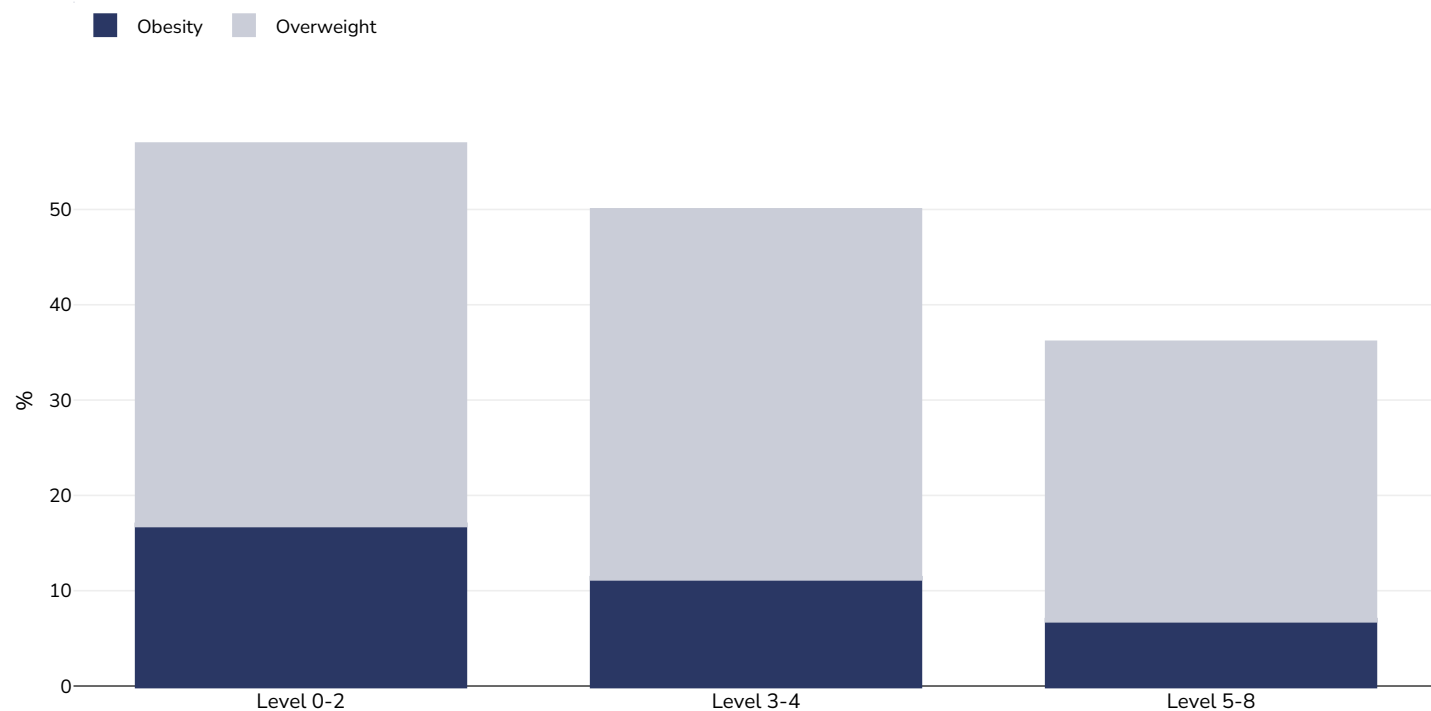| Survey type: | Self-reported |
|---|---|
| Age: | 16+ |
| Area covered: | National |
| References: | Eurostat 2022 Data. Available at https://ec.europa.eu/eurostat/databrowser/view/ilc_hch10/default/table?lang=en (last accessed 19.03.25) |
| Notes: | EUROSTAT 2022 data derived from EU statistics on income and living conditions (EU-SILC) survey which includes adults aged 16+ years. This differs from most EUROSTAT data which is derived from the Health Interview Surveys, which includes adults aged 15+ years (though sometimes only data from adults aged 18+ reported) |

*Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².*

# 0-5 years, 2017-2018

■ Overweight or obesity



| | |
|---|---|
| **Sample size:** | 2299 |
| **Area covered:** | Naitonal |
| **References:** | DHS: Albania Demographic and Health Survey 2017-18. Tirana, Albania: Institute of Statistics, Institute of Public Health, and ICF |
| **Notes:** | UNICEF/WHO/World Bank Joint Child Malnutrition Estimates Expanded Database: Overweight (Survey Estimates), May 2023, New York. For more information about the methodology, please consult https://data.unicef.org/resources/jme-2023-country-consultations/ Percentage of children under 5 years of age falling above 2 standard deviations (moderate and severe) from the median weight-for-height of the reference population. |
| **Definitions:** | =>+2SD |

# Overweight/obesity by age

## Adults, 2017-2018

■ Obesity   ■ Overweight



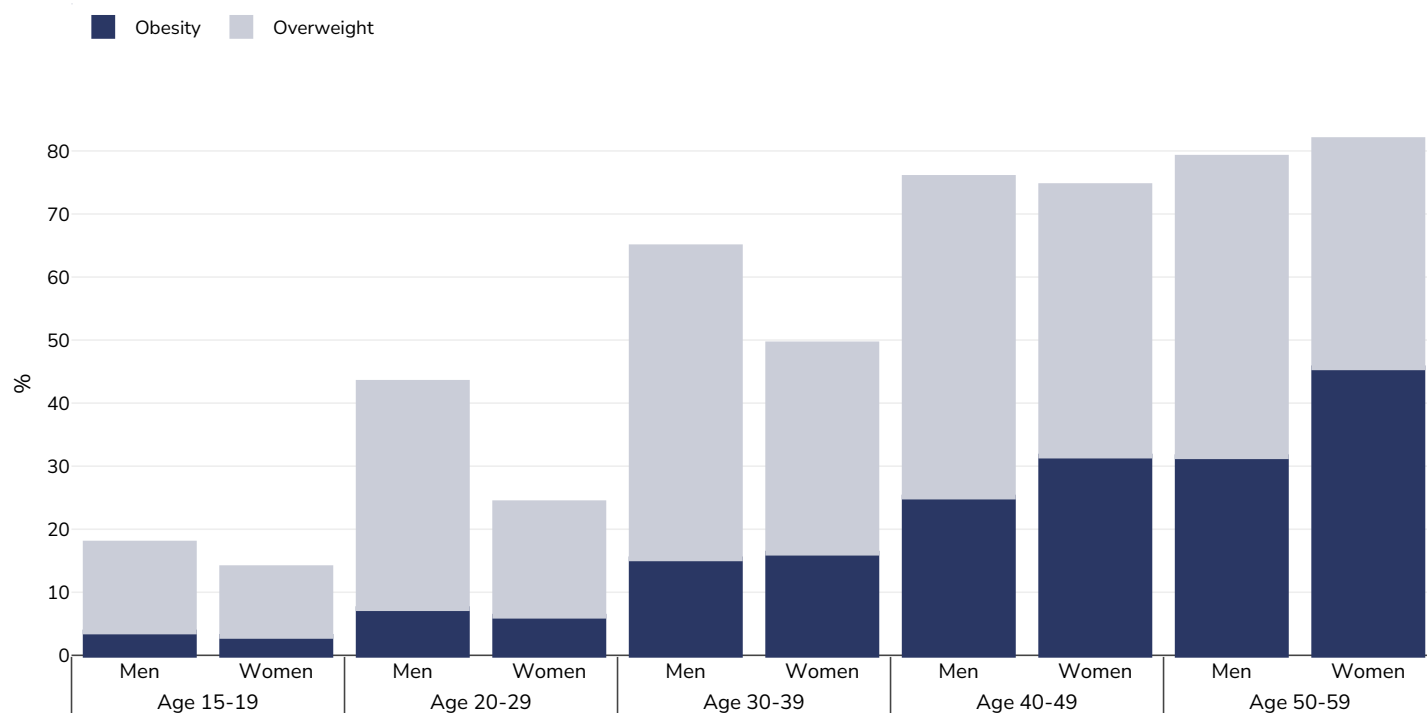| Survey type: | Measured |
|---|---|
| Sample size: | 20053 |
| Area covered: | National |
| References: | Institute of Statistics, Institute of Public Health, and ICF. 2018. Albania Demographic and Health Survey 2017-18. Tirana, Albania: Institute of Statistics, Institute of Public Health, and ICF. |
| Notes: | Demographic Health Survey data includes ever married women aged 15-49 years only and may include males aged 15-59. |
| | *Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².* |

# Children, 2021-2022

■ Overweight or obesity
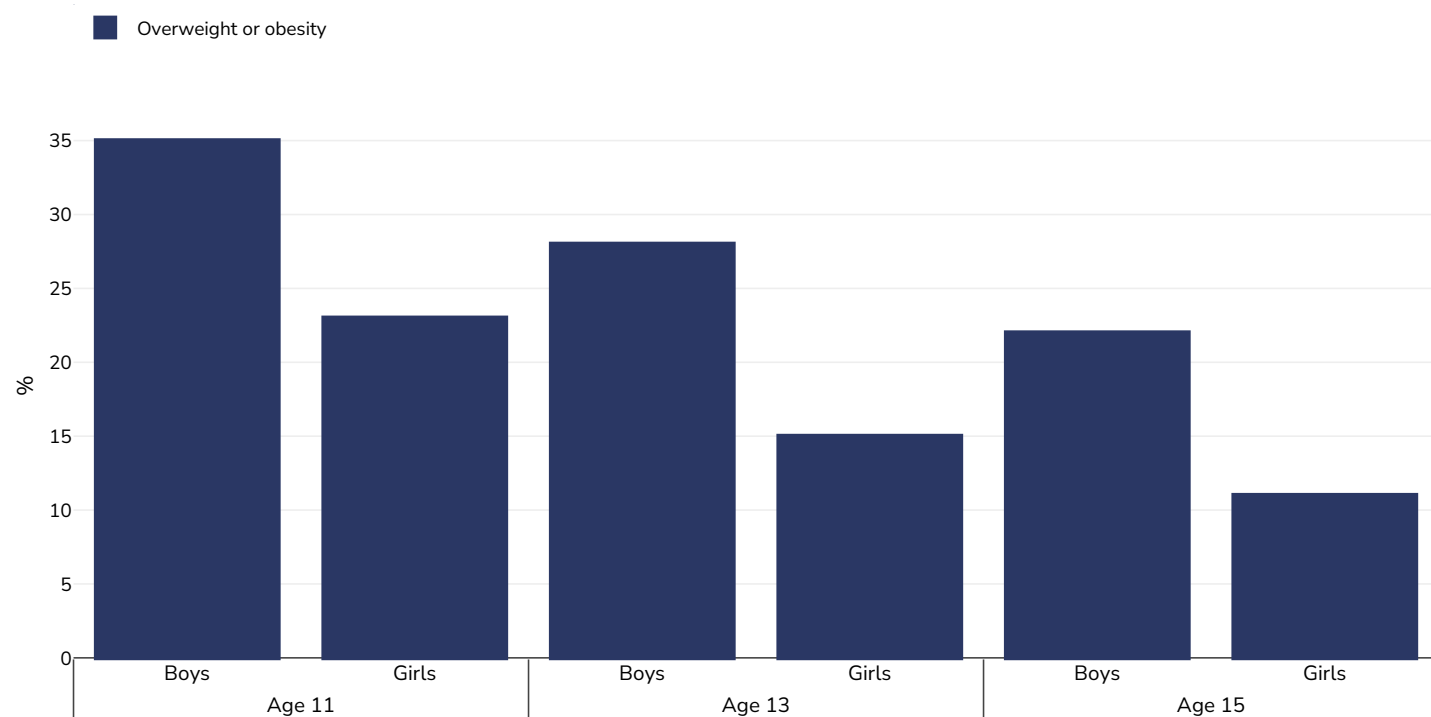


| Survey type: | Self-reported |
|---|---|
| Area covered: | See Report |
| References: | RakiÃ?â?¡ JG, Hamrik Z, Dzielska A, Felder-Puig R, Oja L, Bakalár P et al. A focus on adolescent physical activity, eating behaviours, weight status and body image in Europe, central Asia and Canada. Health Behaviour in School-aged Children (HBSC) international report from the 2021/2022 survey. Volume 4. Copenhagen: WHO Regional Office for Europe; 2024. 'Any translation was not created by the World Health Organization (WHO). WHO is not responsible for the content or accuracy of this translation. The original English edition shall be the binding and authentic edition' |
| Notes: | HBSC aims to survey approximately 1500 pupils per age group in each country or region (totaling around 4500) |
| Cutoffs: | +2SD |

# Overweight/obesity by region

## Men, 2017-2018

■ Obesity    ■ Overweight



| Survey type: | Measured |
|---|---|
| **Age:** | 15-49 |
| **Sample size:** | 20053 |
| **Area covered:** | National |
| **References:** | Institute of Statistics, Institute of Public Health, and ICF. 2018. Albania Demographic and Health Survey 2017-18. Tirana, Albania: Institute of Statistics, Institute of Public Health, and ICF. |
| **Notes:** | Demographic Health Survey data includes ever married women aged 15-49 years only and may include males aged 15-59. |
| | *Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².* |

# Women, 2017-2018

■ Obesity    ■ Overweight



| | |
|---|---|
| **Survey type:** | Measured |
| **Age:** | 15-49 |
| **Sample size:** | 20053 |
| **Area covered:** | National |
| **References:** | Institute of Statistics, Institute of Public Health, and ICF. 2018. Albania Demographic and Health Survey 2017-18. Tirana, Albania: Institute of Statistics, Institute of Public Health, and ICF. |
| **Notes:** | Demographic Health Survey data includes ever married women aged 15-49 years only and may include males aged 15-59. |
| | *Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².* |

# Children, 2013

■ Obesity  ■ Overweight



| Survey type: | Measured |
|---|---|
| Age: | 7-9 |
| Sample size: | 5810 |
| Area covered: | National |
| References: | Hyska J, Mersini E, Mone I, Burazeri G.Prevalence and demographic correlates of overweight and obesity among children in a transitional southeastern European population.J Community Health. 2014 Oct;39(5):828-34. doi: 10.1007/s10900-014-9888-9. |
| Notes: | IOTF Cut off WHO International cut off available |
| Cutoffs: | IOTF |

# 0-5 years, 2017-2018
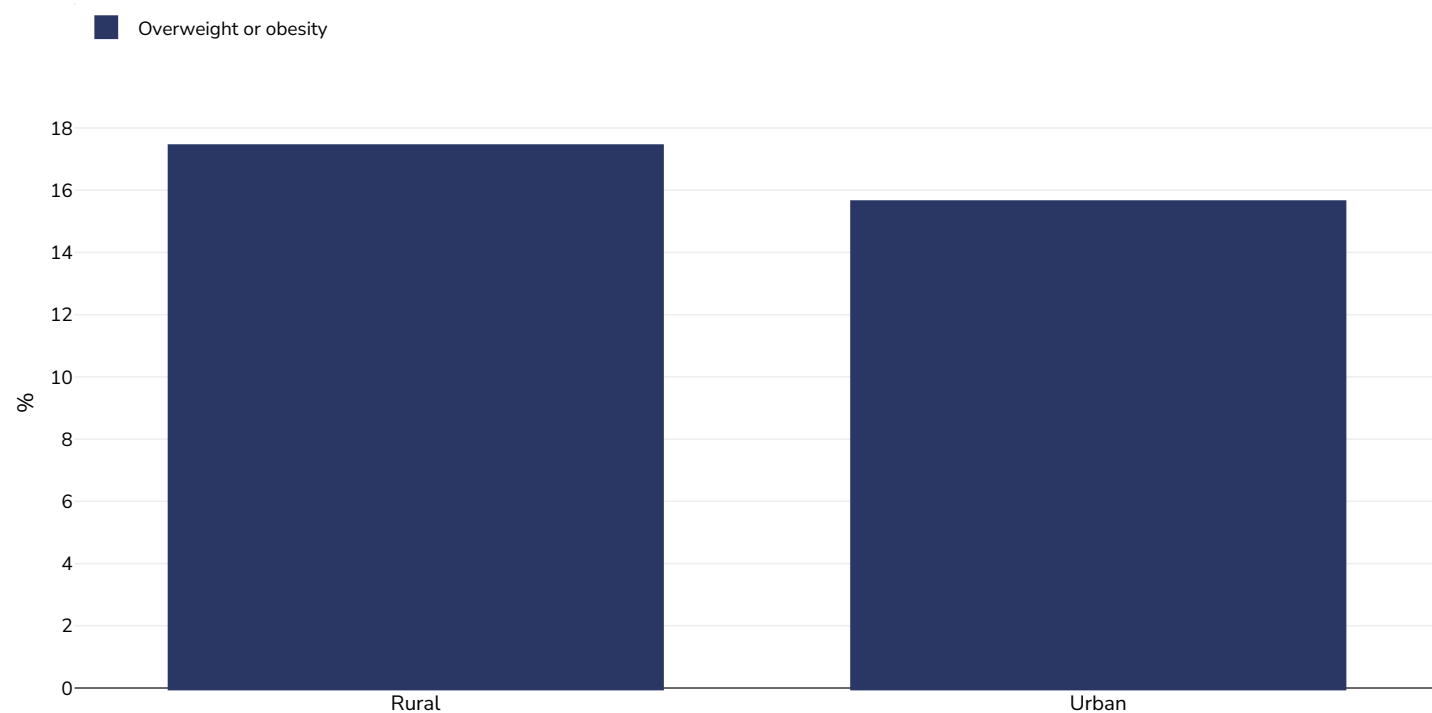
■ Overweight or obesity



| Sample size: | 2299 |
|---|---|
| References: | DHS: Albania Demographic and Health Survey 2017-18. Tirana, Albania: Institute of Statistics, Institute of Public Health, and ICF |
| Notes: | UNICEF/WHO/World Bank Joint Child Malnutrition Estimates Expanded Database: Overweight (Survey Estimates), May 2023, New York. For more information about the methodology, please consult https://data.unicef.org/resources/jme-2023-country-consultations/ Percentage of children under 5 years of age falling above 2 standard deviations (moderate and severe) from the median weight-for-height of the reference population. |
| Definitions: | =>+2SD |

# Overweight/obesity by socio-economic group

## Men, 2017-2018

■ Obesity   ■ Overweight



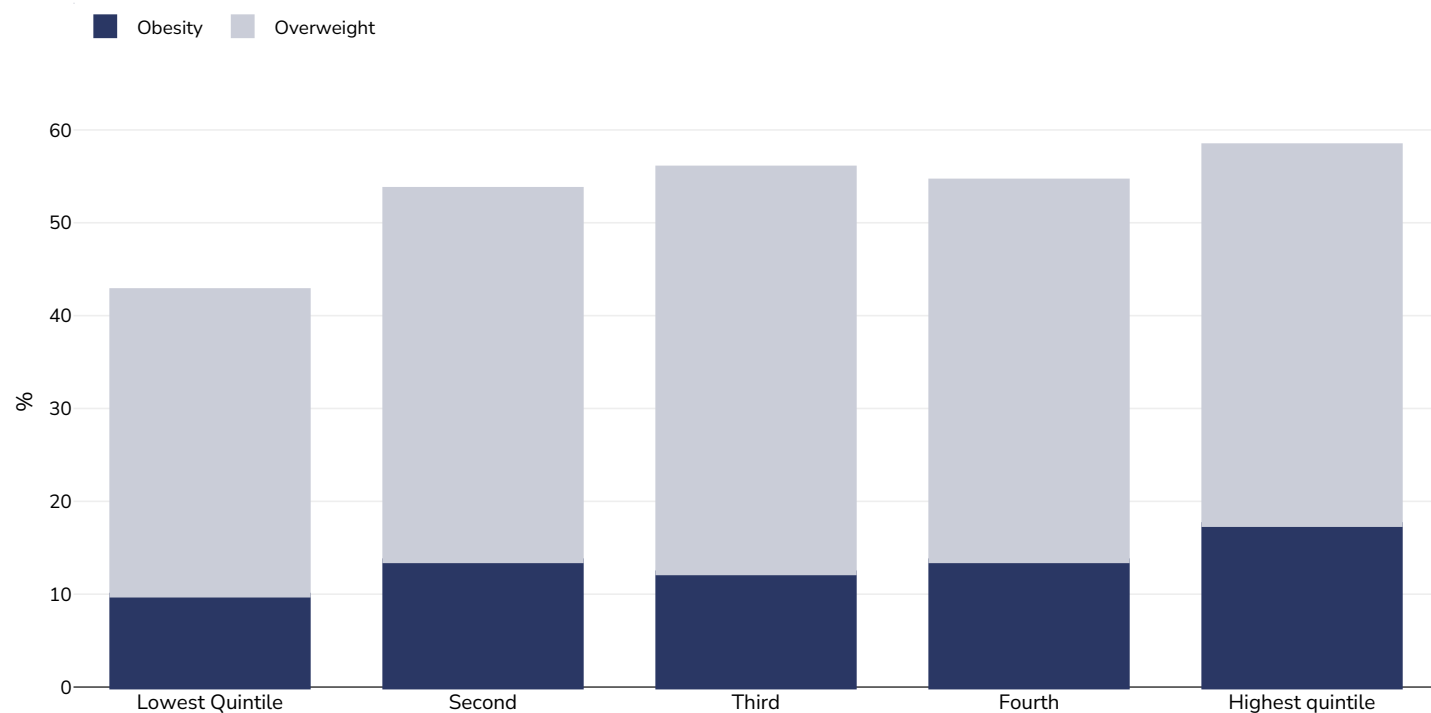| Survey type: | Measured |
|---|---|
| Age: | 15-49 |
| Sample size: | 20053 |
| Area covered: | National |
| References: | Institute of Statistics, Institute of Public Health, and ICF. 2018. Albania Demographic and Health Survey 2017-18. Tirana, Albania: Institute of Statistics, Institute of Public Health, and ICF. https://dhsprogram.com/pubs/pdf/FR348/FR348.pdf |

*Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².*

# Women, 2017-2018

■ Obesity    ■ Overweight



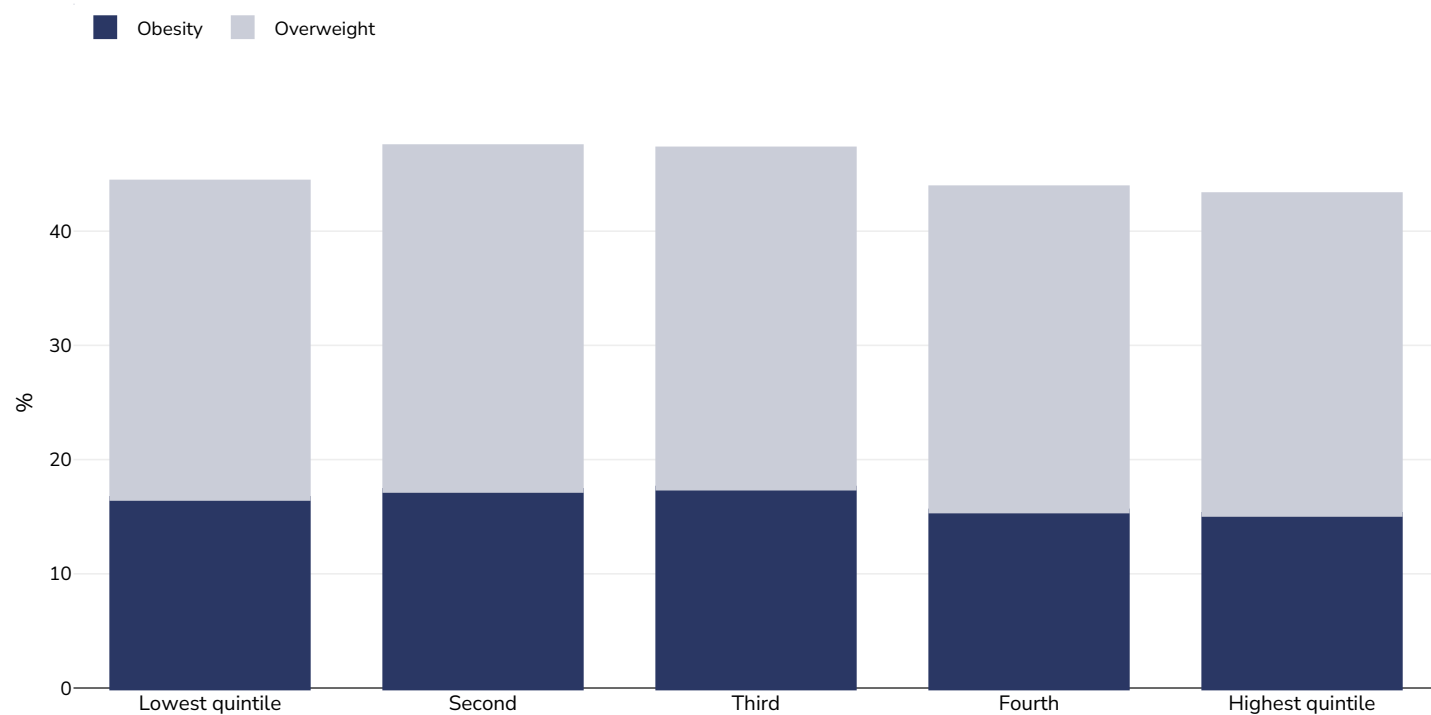| Survey type: | Measured |
|---|---|
| **Age:** | 15-49 |
| **Sample size:** | 20053 |
| **Area covered:** | National |
| **References:** | Institute of Statistics, Institute of Public Health, and ICF. 2018. Albania Demographic and Health Survey 2017-18. Tirana, Albania: Institute of Statistics, Institute of Public Health, and ICF. https://dhsprogram.com/pubs/pdf/FR348/FR348.pdf |

*Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².*

# Boys, 2021-2022
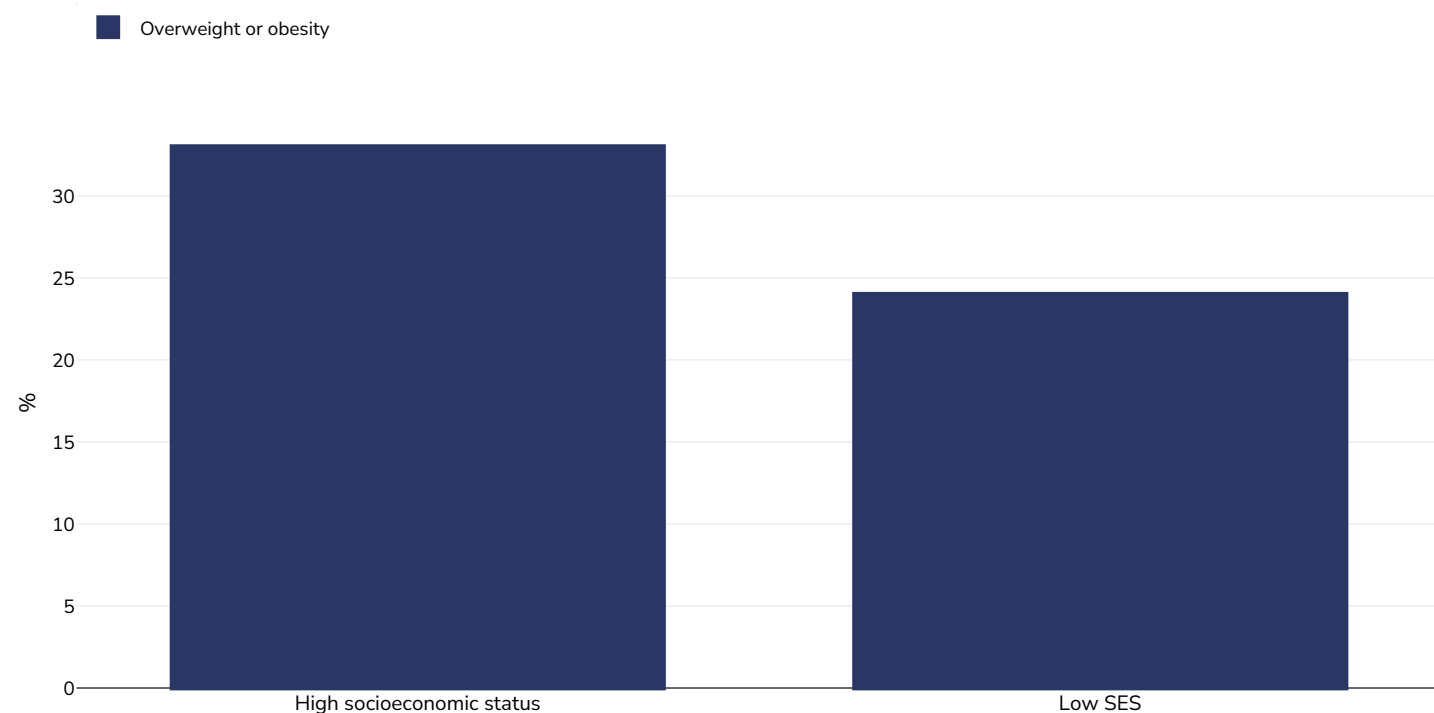
■ Overweight or obesity



| Survey type: | Self-reported |
|---|---|
| Age: | 11-15 |
| References: | Raki? JG, Hamrik Z, Dzielska A, Felder-Puig R, Oja L, Bakalár P et al. A focus on adolescent physical activity, eating behaviours, weight status and body image in Europe, central Asia and Canada. Health Behaviour in School-aged Children (HBSC) international report from the 2021/2022 survey. Volume 4. Copenhagen: WHO Regional Office for Europe; 2024. 'Any translation was not created by the World Health Organization (WHO). WHO is not responsible for the content or accuracy of this translation. The original English edition shall be the binding and authentic edition' |
| Notes: | Family affluence scaleHBSC aims to survey approximately 1500 pupils per age group in each country or region (totaling around 4500) |
| Cutoffs: | +2SD |

# Girls, 2021-2022

■ Overweight or obesity



| | |
|---|---|
| **Survey type:** | Self-reported |
| **Age:** | 11-15 |
| **References:** | Raki? JG, Hamrik Z, Dzielska A, Felder-Puig R, Oja L, Bakalár P et al. A focus on adolescent physical activity, eating behaviours, weight status and body image in Europe, central Asia and Canada. Health Behaviour in School-aged Children (HBSC) international report from the 2021/2022 survey. Volume 4. Copenhagen: WHO Regional Office for Europe; 2024. 'Any translation was not created by the World Health Organization (WHO). WHO is not responsible for the content or accuracy of this translation. The original English edition shall be the binding and authentic edition' |
| **Notes:** | Family affluence scaleHBSC aims to survey approximately 1500 pupils per age group in each country or region (totaling around 4500) |
| **Cutoffs:** | +2SD |

# 0-5 years, 2017-2018

■ Overweight or obesity



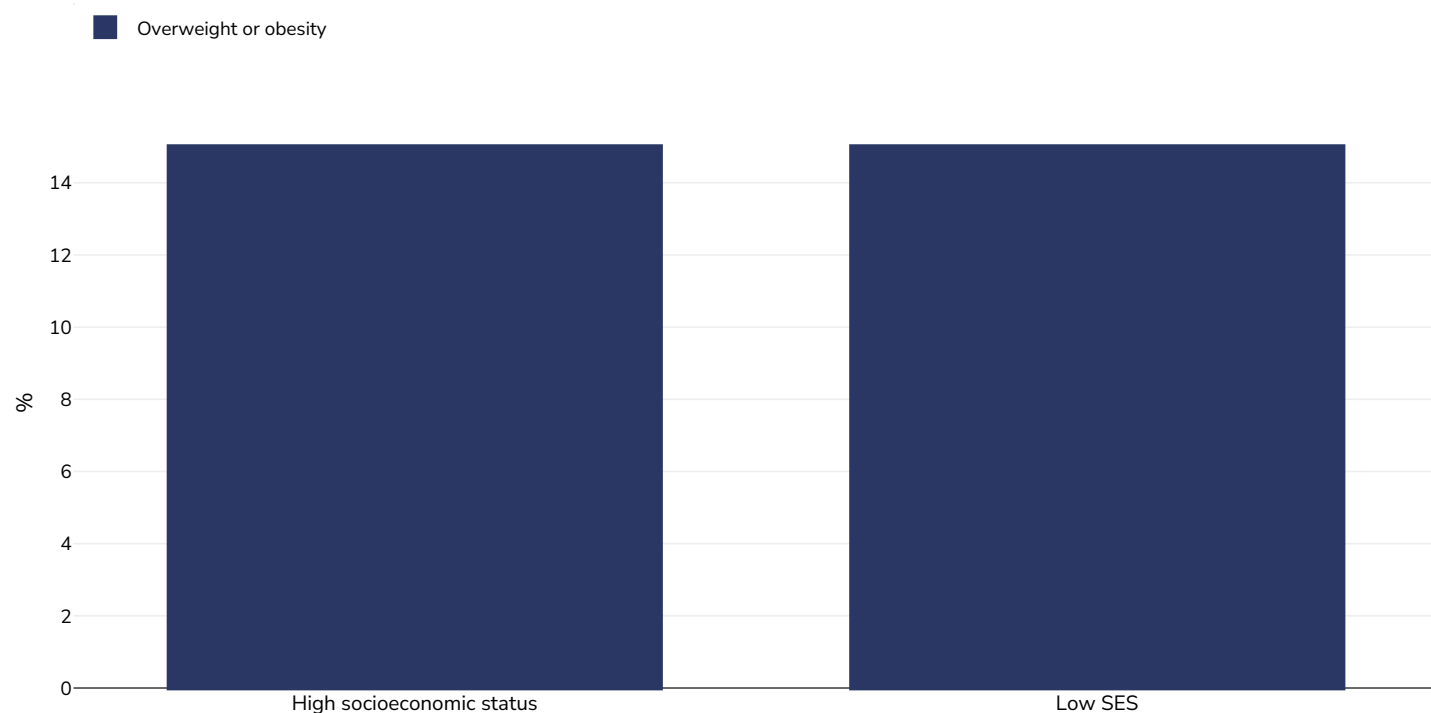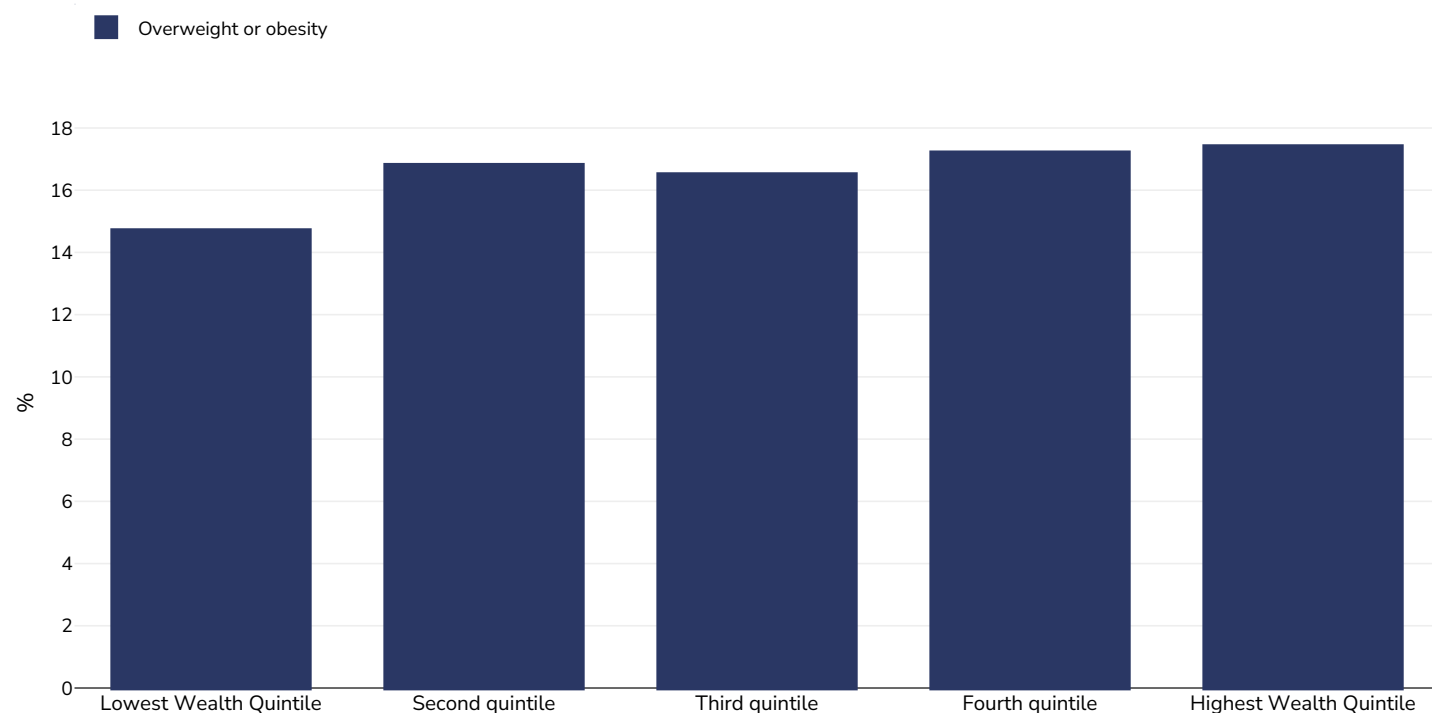| Sample size: | 2299 |
|---|---|
| References: | DHS: Albania Demographic and Health Survey 2017-18. Tirana, Albania: Institute of Statistics, Institute of Public Health, and ICF |
| Notes: | UNICEF/WHO/World Bank Joint Child Malnutrition Estimates Expanded Database: Overweight (Survey Estimates), May 2023, New York. For more information about the methodology, please consult https://data.unicef.org/resources/jme-2023-country-consultations/ Percentage of children under 5 years of age falling above 2 standard deviations (moderate and severe) from the median weight-for-height of the reference population. |
| Definitions: | =>+2SD |

# Double burden of underweight & overweight

## Adults, 2022



| Survey type: | Measured |
|---|---|
| **Age:** | 20+ |
| **References:** | NCD Risk Factor Collaboration (NCD-RisC). Worldwide trends in underweight and obesity from 1990 to 2022: a pooled analysis of 3663 population representative studies with 222 million children, adolescents, and adults. Lancet 2024; published online Feb 29. https://doi.org/10.1016/S0140-6736(23)02750-2. |
| **Notes:** | Age Standardised estimates |
| **Definitions:** | Combined prevalence of BMI<18.5 kg/m² and BMI>=30 kg/m² (double burden of underweight and obesity) |

# Children, 2022



| Survey type: | Measured |
|---|---|
| Age: | 5-19 |
| References: | NCD Risk Factor Collaboration (NCD-RisC). Worldwide trends in underweight and obesity from 1990 to 2022: a pooled analysis of 3663 population representative studies with 222 million children, adolescents, and adults. Lancet 2024; published online Feb 29. https://doi.org/10.1016/S0140-6736(23)02750-2. |
| Notes: | Age standardised estimates |
| Definitions: | Combined prevalence of BMI < -2SD and BMI > 2SD (double burden of thinness and obesity) |
| Cutoffs: | BMI < -2SD and BMI > 2SD |

# 0-5 years, 2017-2018



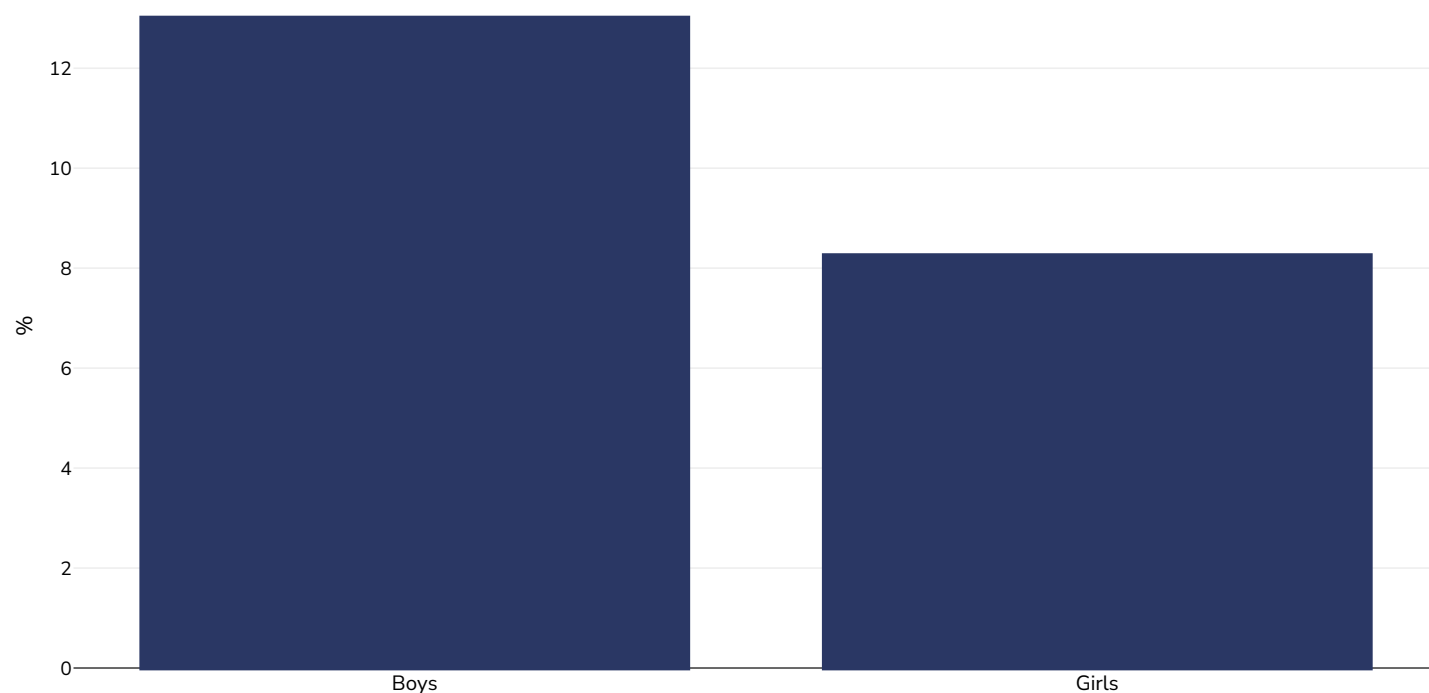| Survey type: | Measured |
|---|---|
| Age: | 0-5 |
| References: | UNICEF data available at https://data.unicef.org/topic/nutrition/malnutrition/(last accessed 12.03.25) |
| Notes: | Children under 5 falling below -2 standard deviations from the median height for age and falling at or above +2 standard deviations from the median weight-for-height of the reference population |

# Insufficient physical activity

## Adults, 2022



| Survey type: | Self-reported |
|---|---|
| **Age:** | 18+ |
| **Area covered:** | National |
| **References:** | WHO (2024). Prevalence of insufficient physical activity among adults aged 18-years age-standardized estimate in 2022. Available at https://www.who.int/data/gho/data/indicators/indicator-details/GHO/prevalence-of-insufficient-physical-activity-among-adults-aged-18-years-(age-standardized-estimate)-(-) |
| **Definitions:** | Percent of population attaining less than 150 minutes of moderate-intensity physical activity per week, or less than 75 minutes of vigorous-intensity physical activity per week, or equivalent. |

# Men, 2022



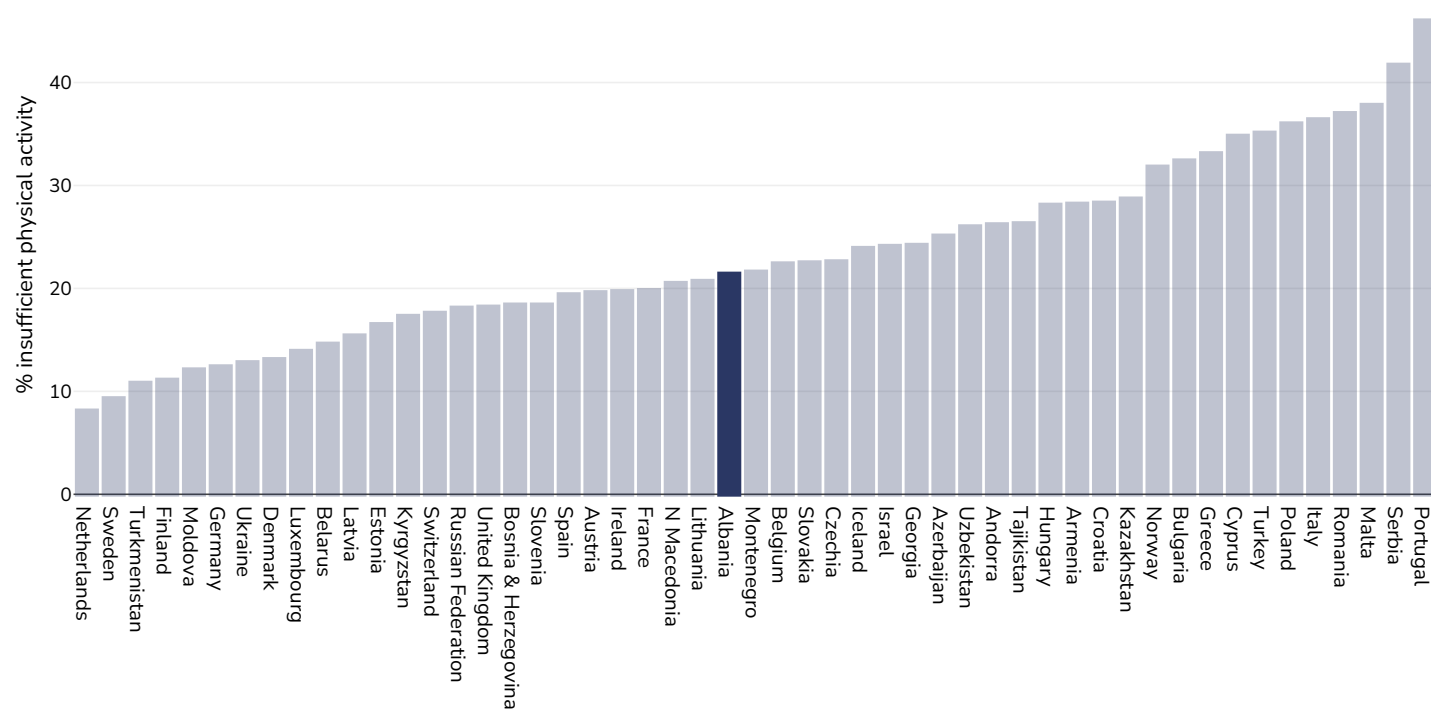| Survey type: | Self-reported |
|---|---|
| Age: | 18+ |
| Area covered: | National |
| References: | WHO (2024). Prevalence of insufficient physical activity among adults aged 18-years age-standardized estimate in 2022. Available at https://www.who.int/data/gho/data/indicators/indicator-details/GHO/prevalence-of-insufficient-physical-activity-among-adults-aged-18-years-(age-standardized-estimate)-(-) |
| Definitions: | Percent of population attaining less than 150 minutes of moderate-intensity physical activity per week, or less than 75 minutes of vigorous-intensity physical activity per week, or equivalent. |

# Women, 2022



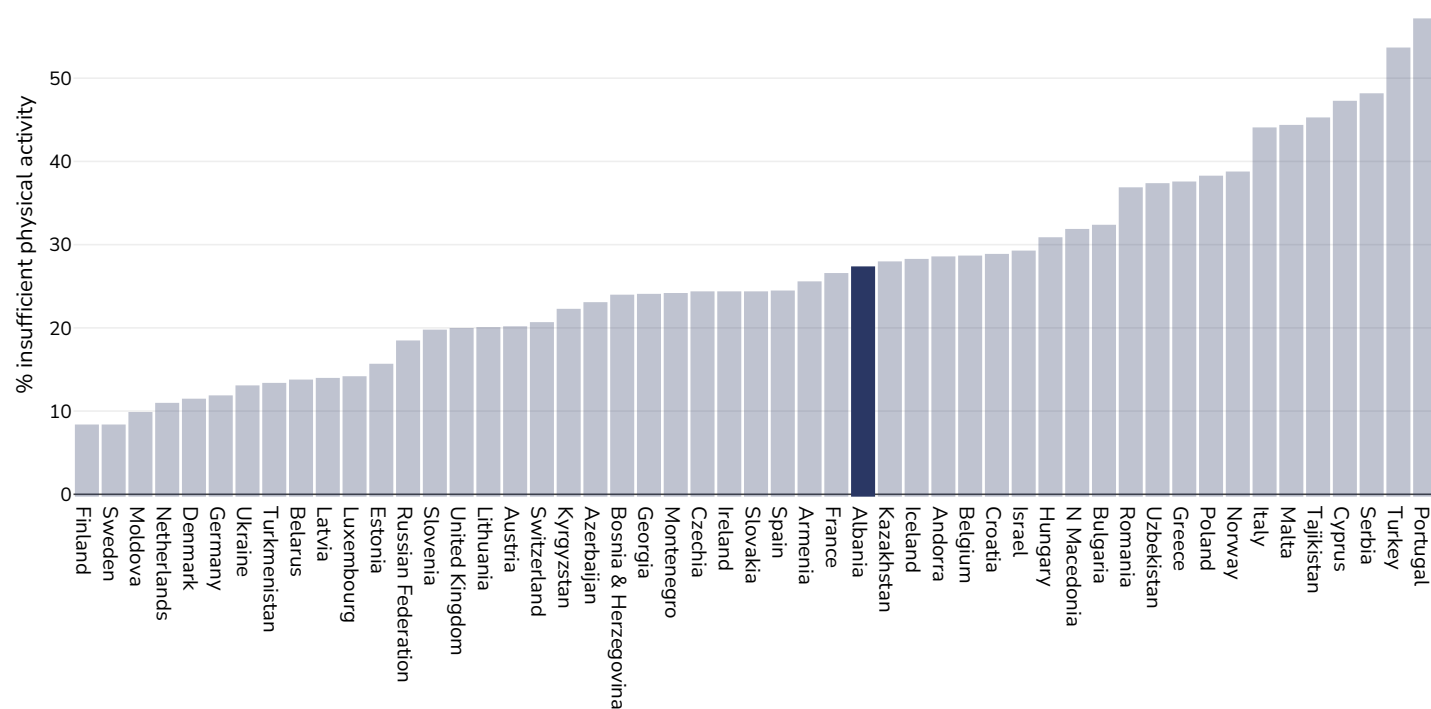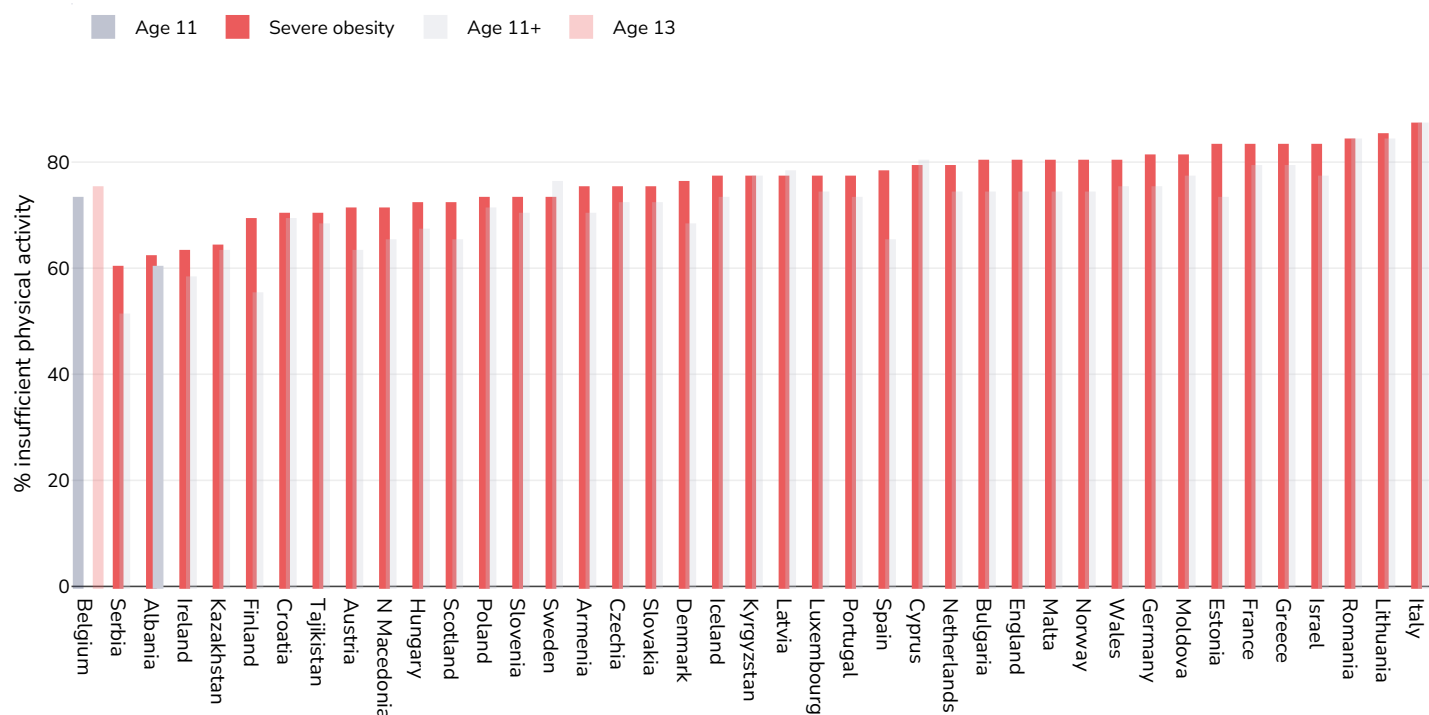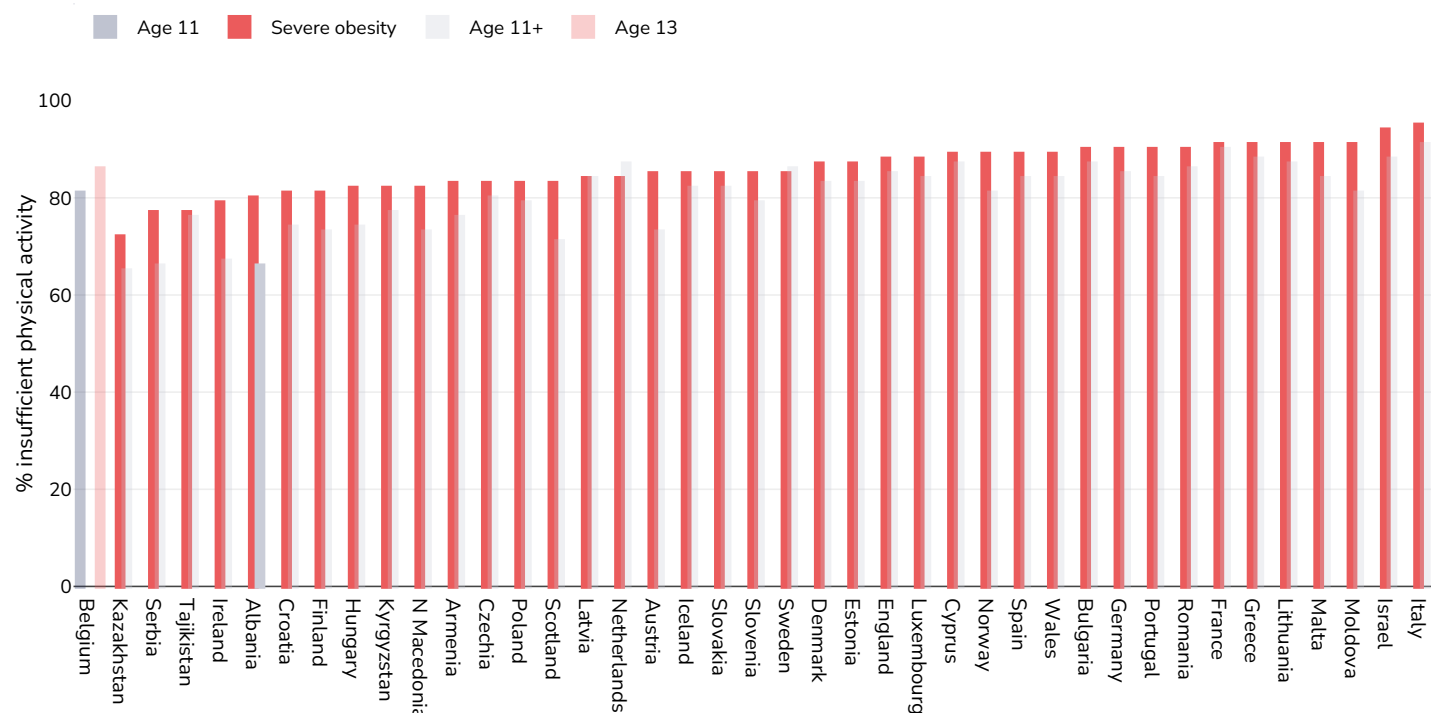| Survey type: | Self-reported |
|---|---|
| Age: | 18+ |
| Area covered: | National |
| References: | WHO (2024). Prevalence of insufficient physical activity among adults aged 18-years age-standardized estimate in 2022. Available at https://www.who.int/data/gho/data/indicators/indicator-details/GHO/prevalence-of-insufficient-physical-activity-among-adults-aged-18-years-(age-standardized-estimate)-(-) |
| Definitions: | Percent of population attaining less than 150 minutes of moderate-intensity physical activity per week, or less than 75 minutes of vigorous-intensity physical activity per week, or equivalent. |

# Boys, 2022

Age 11  ▪ Severe obesity  Age 11+  Age 13



**% insufficient physical activity**

Countries (left to right): Belgium, Serbia, Albania, Ireland, Kazakhstan, Finland, Croatia, Tajikistan, Austria, N Macedonia, Hungary, Scotland, Poland, Slovenia, Sweden, Armenia, Czechia, Slovakia, Denmark, Iceland, Kyrgyzstan, Latvia, Luxembourg, Portugal, Spain, Cyprus, Netherlands, Bulgaria, England, Malta, Norway, Wales, Germany, Moldova, Estonia, France, Greece, Israel, Romania, Lithuania, Italy

| **References:** | RakiÄ? JG, Hamrik Z, Dzielska A, Felder-Puig R, Oja L, Bakalár P et al. A focus on adolescent physical activity, eating behaviours, weight status and body image in Europe, central Asia and Canada. Health Behaviour in School-aged Children international report from the 2021/2022 survey. Volume 4. Copenhagen: WHO Regional Office for Europe; 2024. Licence: CC BY-NC-SA 3.0 IGO. Health Behaviour in School-aged Children study (2023), Data browser (findings from the 2021/22 international HBSC survey): https://data-browser.hbsc.org. |
| --- | --- |
| **Notes:** | Young people were asked to report the number of days over the past week during which they were physically active for a total of at least 60 minutes. The question was introduced by text defining moderate-to-vigorous physical activity (MVPA) as any activity that increases the heart rate and makes the person get out of breath some of the time, with examples provided. Findings presented on the Observatory show the proportions who report less than 60 minutes of MVPA daily. |
| **Definitions:** | % reporting less than 60 minutes of MVPA daily |

# Girls, 2022

Age 11　　Severe obesity　　Age 11+　　Age 13



% insufficient physical activity

100
80
60
40
20
0

Belgium, Kazakhstan, Serbia, Tajikistan, Ireland, Albania, Croatia, Finland, Hungary, Kyrgyzstan, N Macedonia, Armenia, Czechia, Poland, Scotland, Latvia, Netherlands, Austria, Iceland, Slovakia, Slovenia, Sweden, Denmark, Estonia, England, Luxembourg, Cyprus, Norway, Spain, Wales, Bulgaria, Germany, Portugal, Romania, France, Greece, Lithuania, Malta, Moldova, Israel, Italy

| References: | RakiÄ? JG, Hamrik Z, Dzielska A, Felder-Puig R, Oja L, Bakalár P et al. A focus on adolescent physical activity, eating behaviours, weight status and body image in Europe, central Asia and Canada. Health Behaviour in School-aged Children international report from the 2021/2022 survey. Volume 4. Copenhagen: WHO Regional Office for Europe; 2024. Licence: CC BY-NC-SA 3.0 IGO. Health Behaviour in School-aged Children study (2023), Data browser (findings from the 2021/22 international HBSC survey): https://data-browser.hbsc.org. |
|---|---|
| Notes: | Young people were asked to report the number of days over the past week during which they were physically active for a total of at least 60 minutes. The question was introduced by text defining moderate-to-vigorous physical activity (MVPA) as any activity that increases the heart rate and makes the person get out of breath some of the time, with examples provided. Findings presented on the Observatory show the proportions who report less than 60 minutes of MVPA daily. |
| Definitions: | % reporting less than 60 minutes of MVPA daily |

# Prevalence of at least daily carbonated soft drink consumption

## Boys, 2021-2022
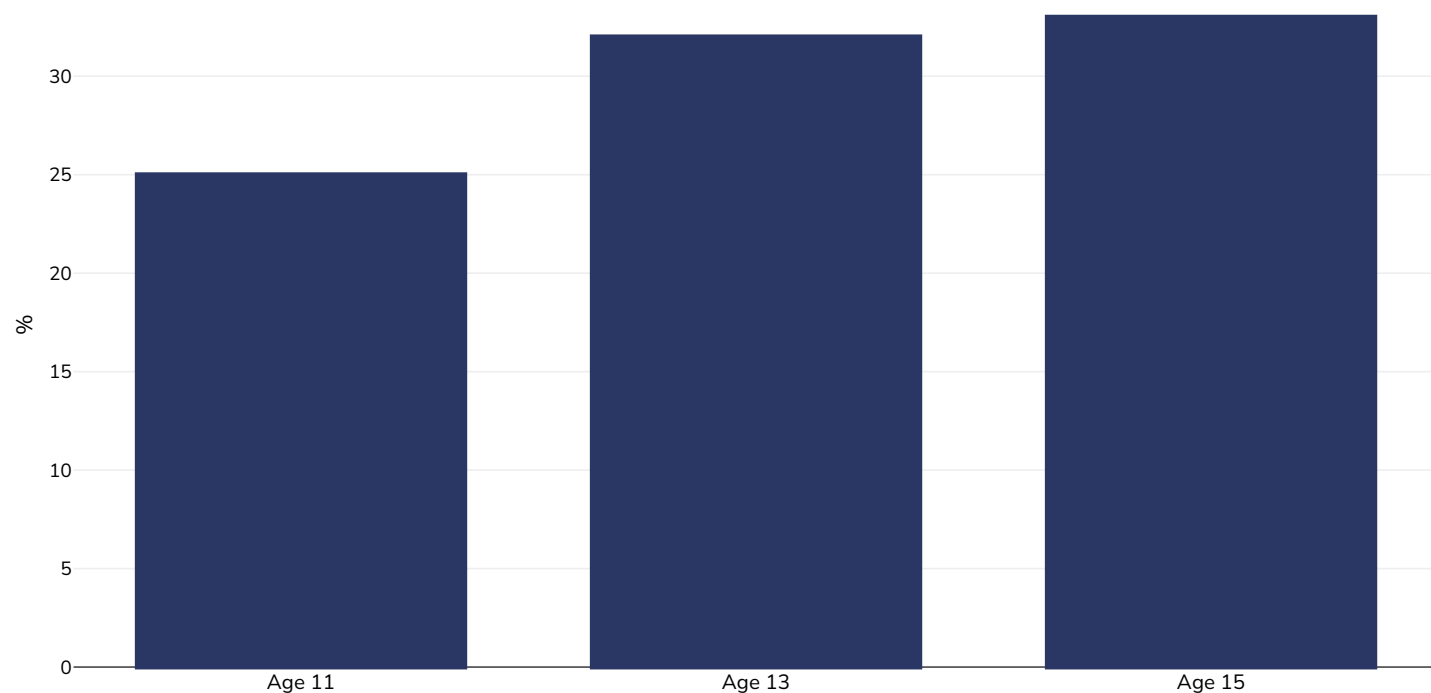


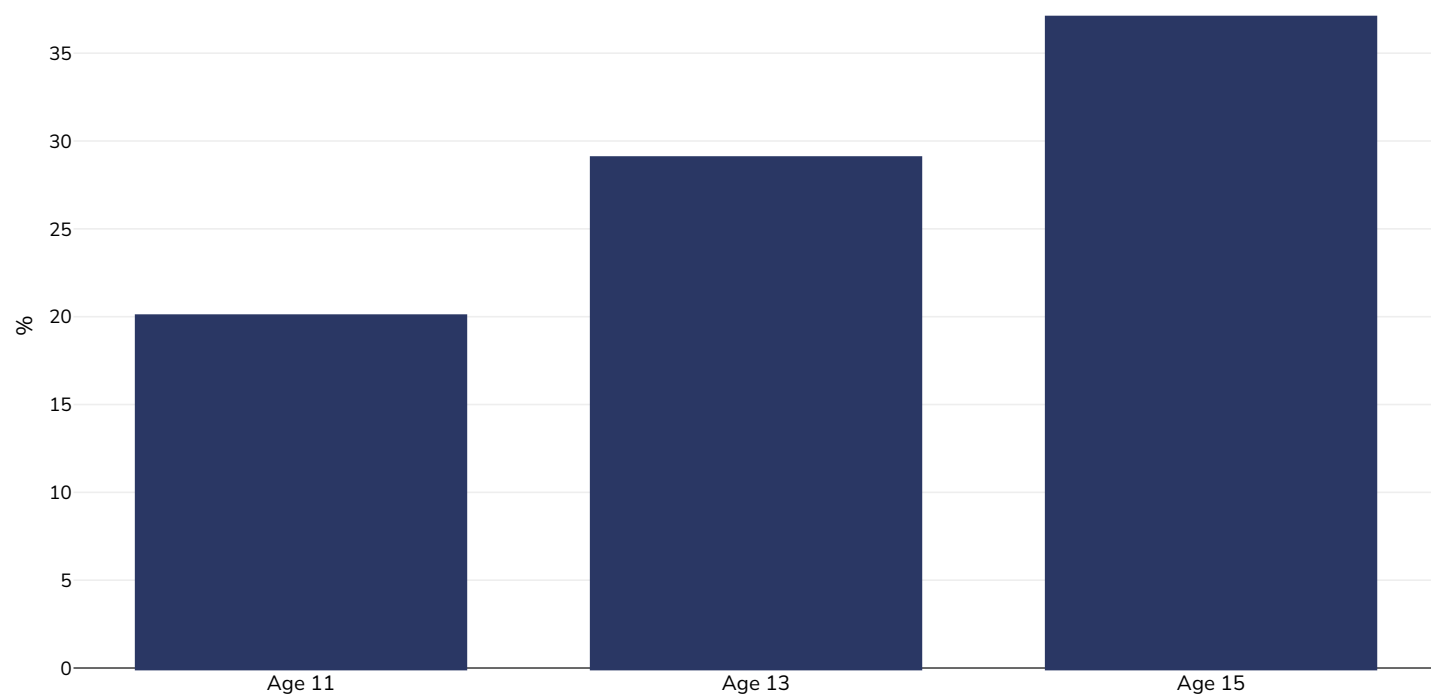| Area covered: | National |
|---|---|
| References: | Health Behaviour in School-aged Children study (2023), Data browser (findings from the 2021/22 international HBSC survey): https://data-browser.hbsc.org |
| Definitions: | Proportion who reported drinking sugary soft drinks daily (at least once) |

## Girls, 2021-2022



| Area covered: | National |
|---|---|
| References: | Health Behaviour in School-aged Children study (2023), Data browser (findings from the 2021/22 international HBSC survey): https://data-browser.hbsc.org |
| Definitions: | Proportion who reported drinking sugary soft drinks daily (at least once) |

# Estimated per capita fruit intake

## Adults, 2017
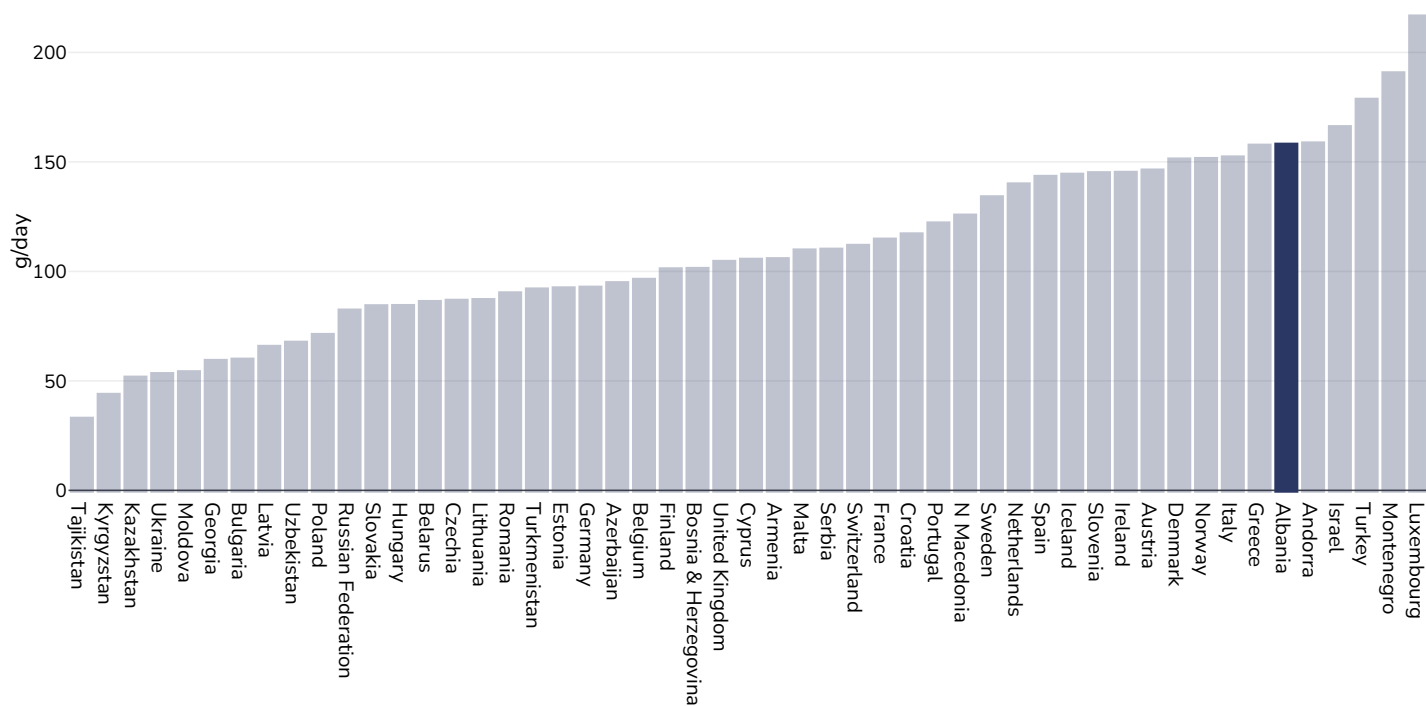


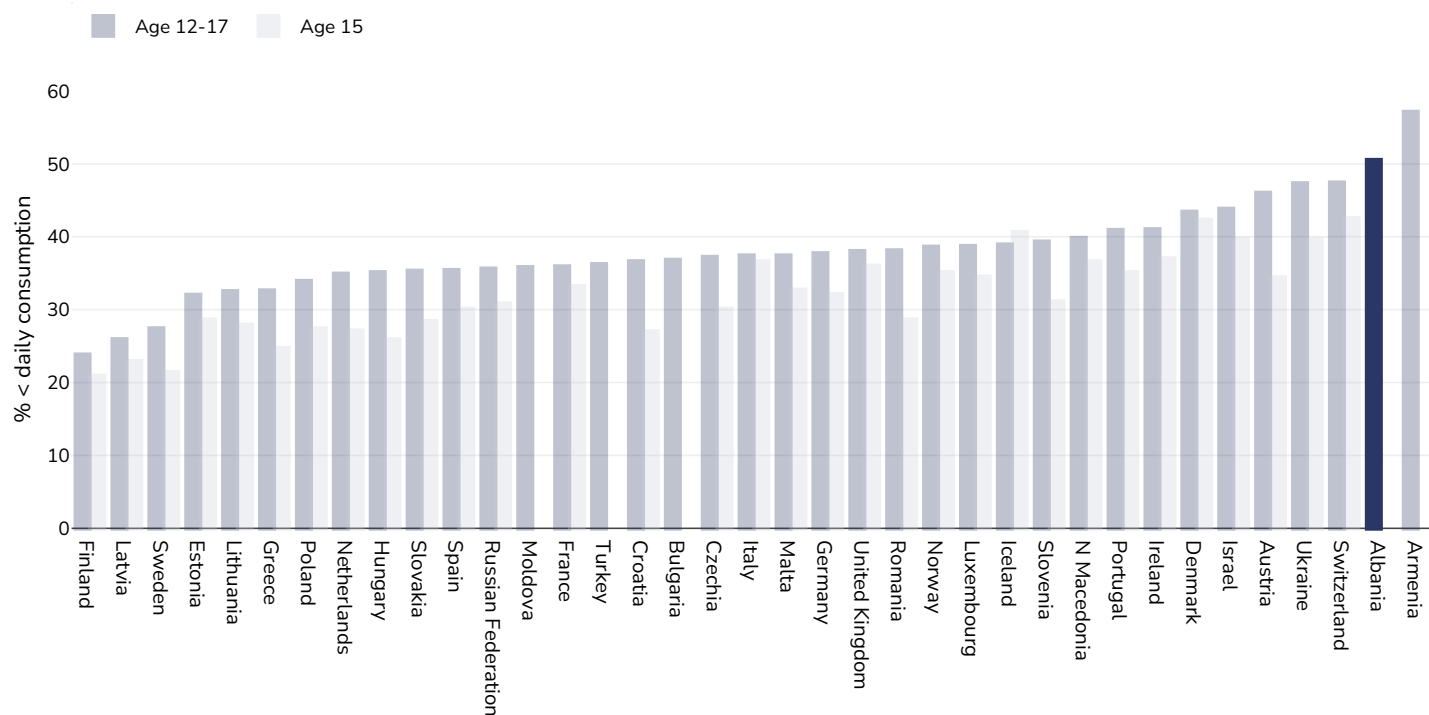| | |
|---|---|
| **Survey type:** | Measured |
| **Age:** | 25+ |
| **References:** | Global Burden of Disease, the Institute for Health Metrics and Evaluation http://ghdx.healthdata.org/ |
| **Definitions:** | Estimated per-capita fruit intake (g/day) |

# Prevalence of less than daily fruit consumption

## Children, 2010-2014



| Survey type: | Measured |
|---|---|
| References: | Global School-based Student Health Surveys. Beal et al (2019). Global Patterns of Adolescent Fruit, Vegetable, Carbonated Soft Drink, and Fast-food consumption: A meta-analysis of global school-based student health surveys. Food and Nutrition Bulletin. https://doi.org/10.1177/0379572119848287. Sourced from Food Systems Dashboard http://www.foodsystemsdashboard.org/food-system |
| Definitions: | Prevalence of less-than-daily fruit consumption (% less-than-daily fruit consumption) |

# Prevalence of less than daily vegetable consumption

## Children, 2010-2014
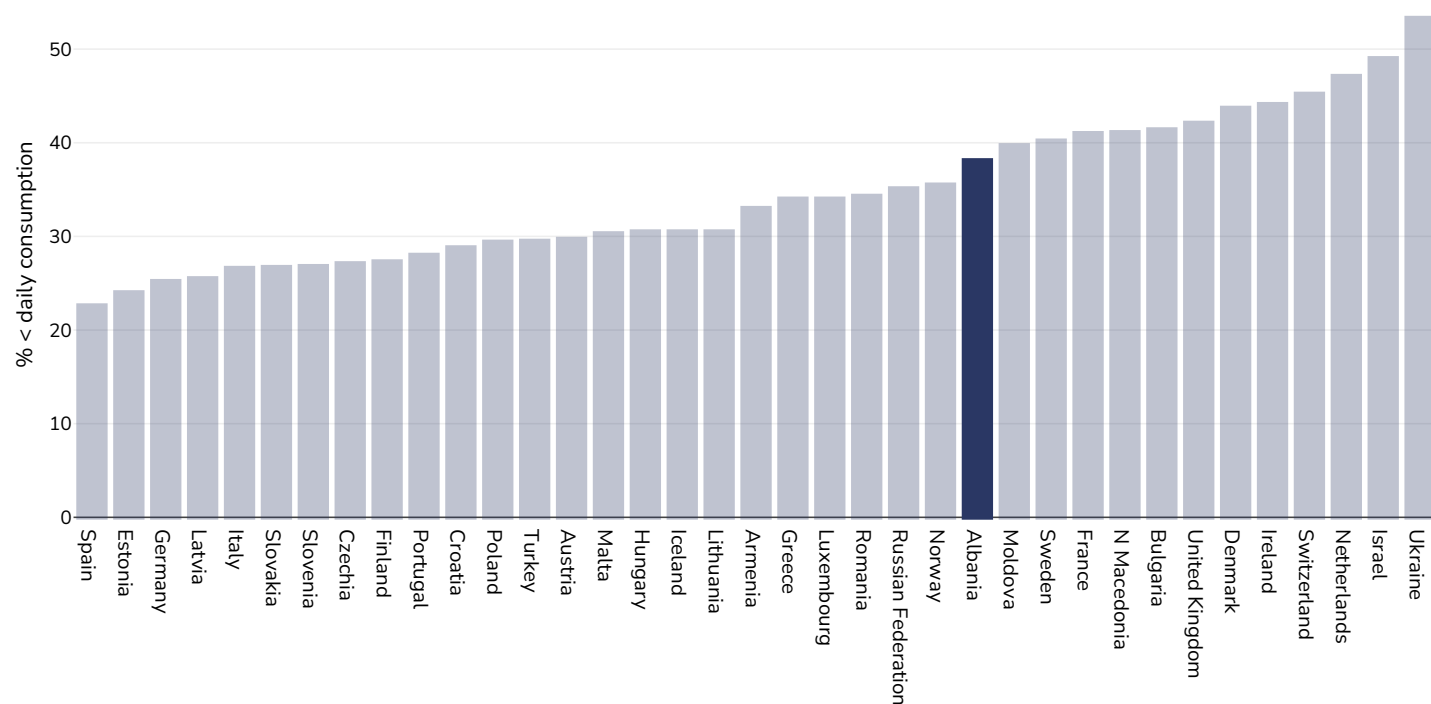


| Survey type: | Measured |
|---|---|
| Age: | 12-17 |
| References: | Beal et al. (2019). Global Patterns of Adolescent Fruit, Vegetable, Carbonated Soft Drink, and Fast-food consumption: A meta-analysis of global school-based student health surveys. Food and Nutrition Bulletin. https://doi.org/10.1177/0379572119848287 sourced from Food Systems Dashboard http://www.foodsystemsdashboard.org/food-system |
| Definitions: | Prevalence of less-than-daily vegetable consumption (% less-than-daily vegetable consumption) |

# Estimated per-capita processed meat intake

## Adults, 2017
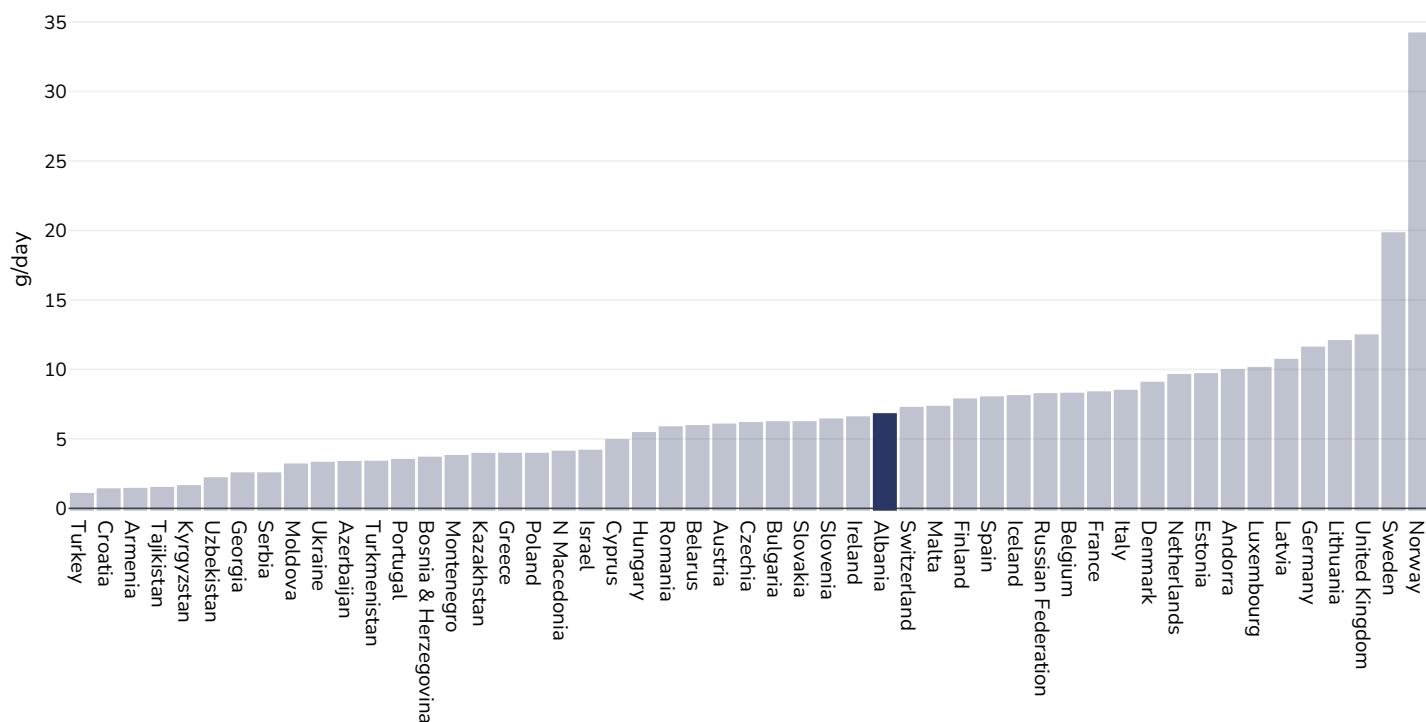


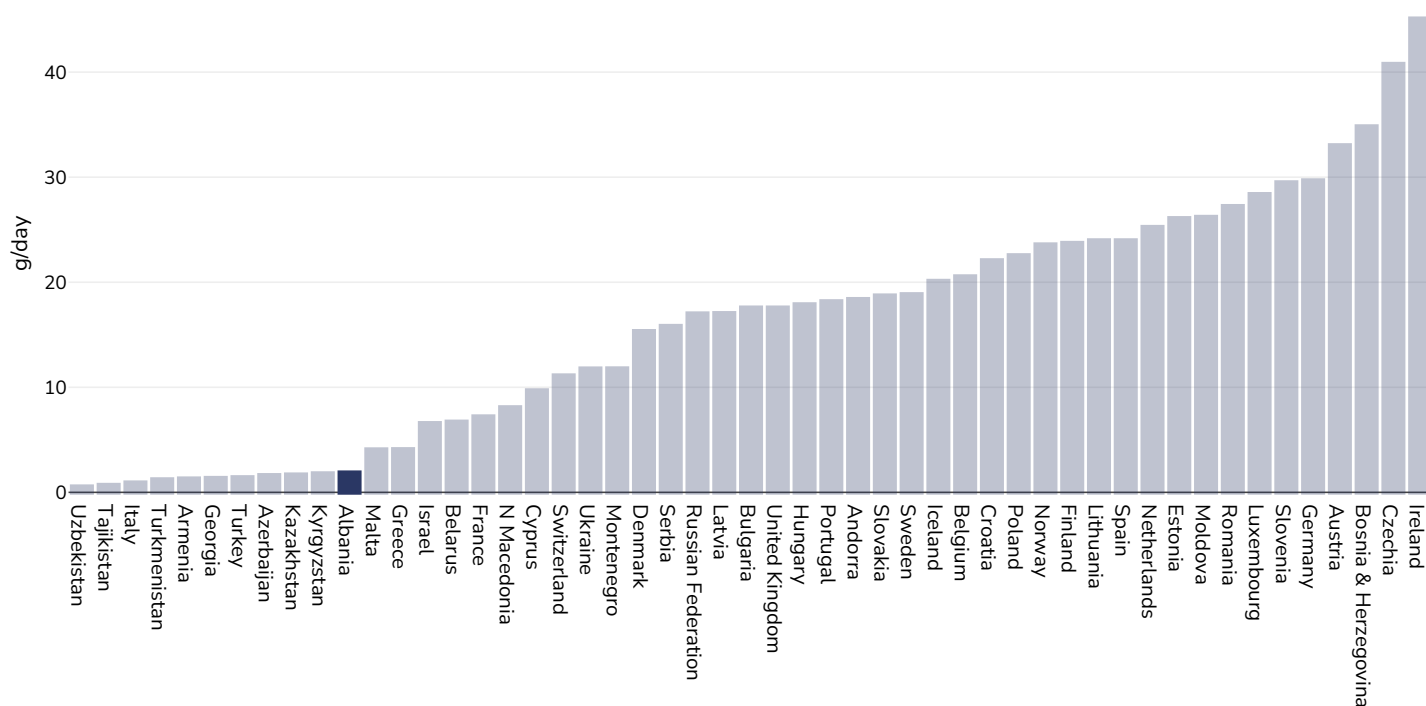| | |
|---|---|
| **Survey type:** | Measured |
| **Age:** | 25+ |
| **References:** | Global Burden of Disease, the Institute for Health Metrics and Evaluation http://ghdx.healthdata.org/ |
| **Definitions:** | Estimated per-capita processed meat intake (g per day) |

Albania
Country report card

# Estimated per capita whole grains 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 whole grains intake (g/day) |

# Mental health - depression disorders

## Adults, 2021



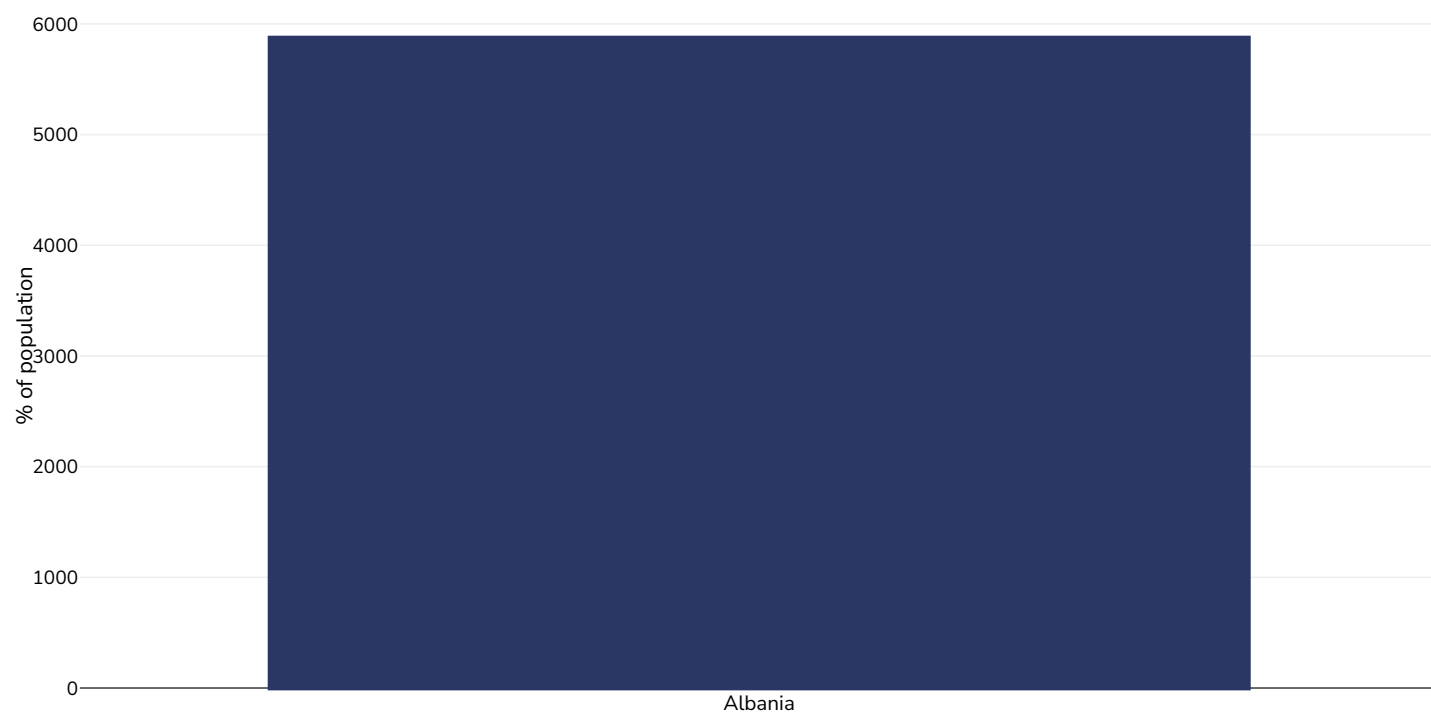| Age: | 20+ |
|---|---|
| Area covered: | National |
| References: | Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from http://vizhub.healthdata.org/gbd-compare. (Last accessed 23.04.25) |
| Definitions: | Number living with depression per 100,000 population (adults 20+ years) |

# Men, 2021



| | |
|---|---|
| **Age:** | 20+ |
| **Area covered:** | National |
| **References:** | Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from http://vizhub.healthdata.org/gbd-compare. (Last accessed 23.04.25) |
| **Definitions:** | Number living with depression per 100,000 population (adults 20+ years) |

# Women, 2021



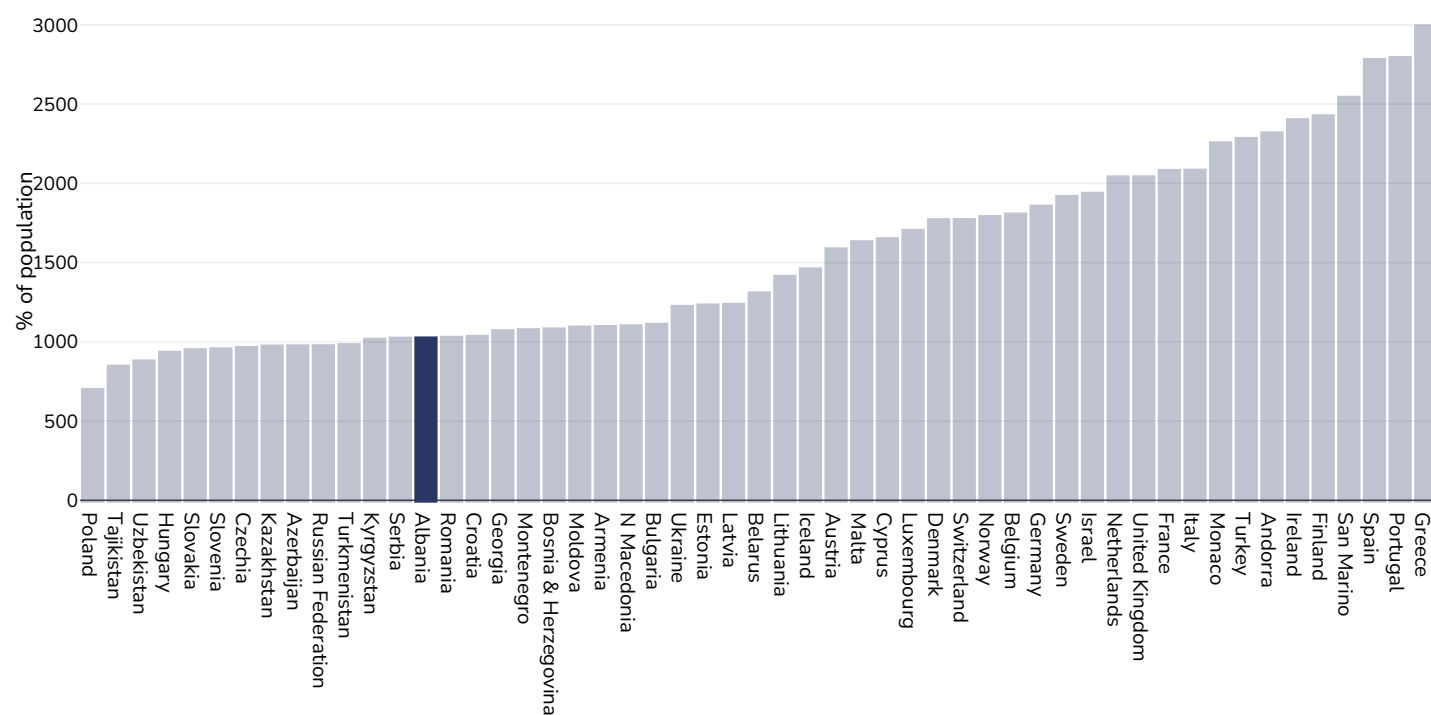| Age: | 20+ |
|---|---|
| **Area covered:** | National |
| **References:** | Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from http://vizhub.healthdata.org/gbd-compare. (Last accessed 23.04.25) |
| **Definitions:** | Number living with depression per 100,000 population (adults 20+ years) |

# Children, 2021



| Area covered: | National |
|---|---|
| References: | Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from http://vizhub.healthdata.org/gbd-compare. (Last accessed 23.04.25) |
| Definitions: | Number living with depressive disorder per 100,000 population (Under 20 years of age) |

## Boys, 2021



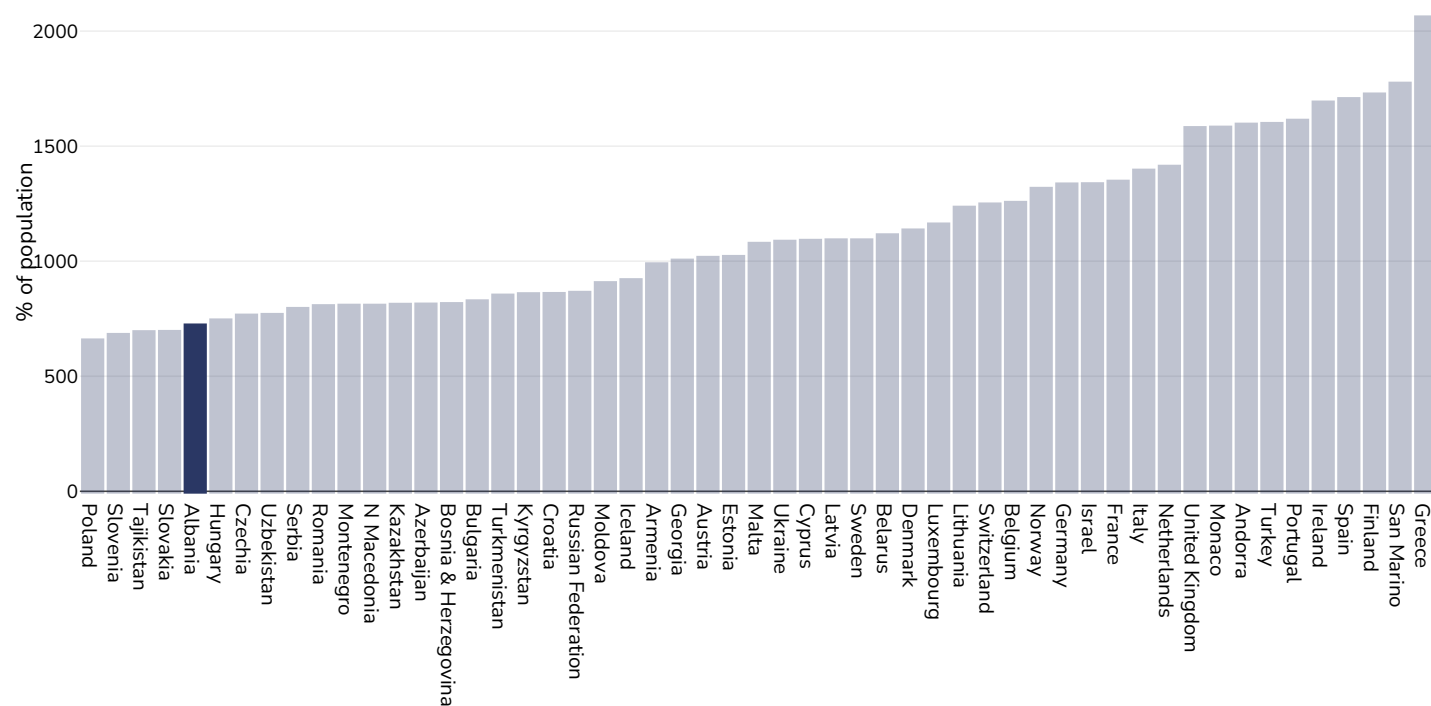| Area covered: | National |
|---|---|
| References: | Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from http://vizhub.healthdata.org/gbd-compare. (Last accessed 23.04.25) |
| Definitions: | Number living with depressive disorder per 100,000 population (Under 20 years of age) |

## Girls, 2021



| Area covered: | National |
|---|---|
| References: | Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from http://vizhub.healthdata.org/gbd-compare. (Last accessed 23.04.25) |
| Definitions: | Number living with depressive disorder per 100,000 population (Under 20 years of age) |

# Mental health - anxiety disorders

## Adults, 2021



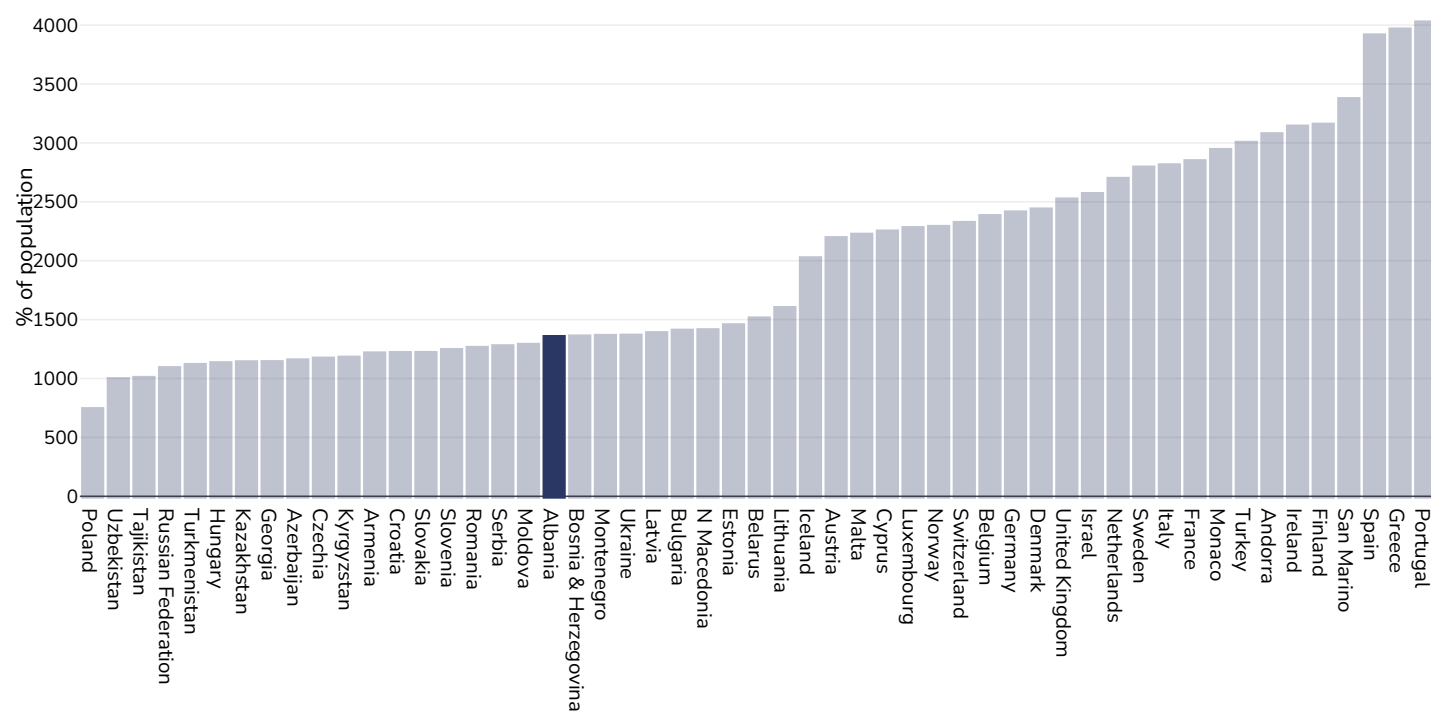| | |
|---|---|
| **Age:** | 20+ |
| **References:** | Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from http://vizhub.healthdata.org/gbd-compare. (Last accessed 23.04.25). |
| **Definitions:** | Number living with anxiety per 100,000 population |

## Men, 2021



% of population

| | Albania |
|---|---|

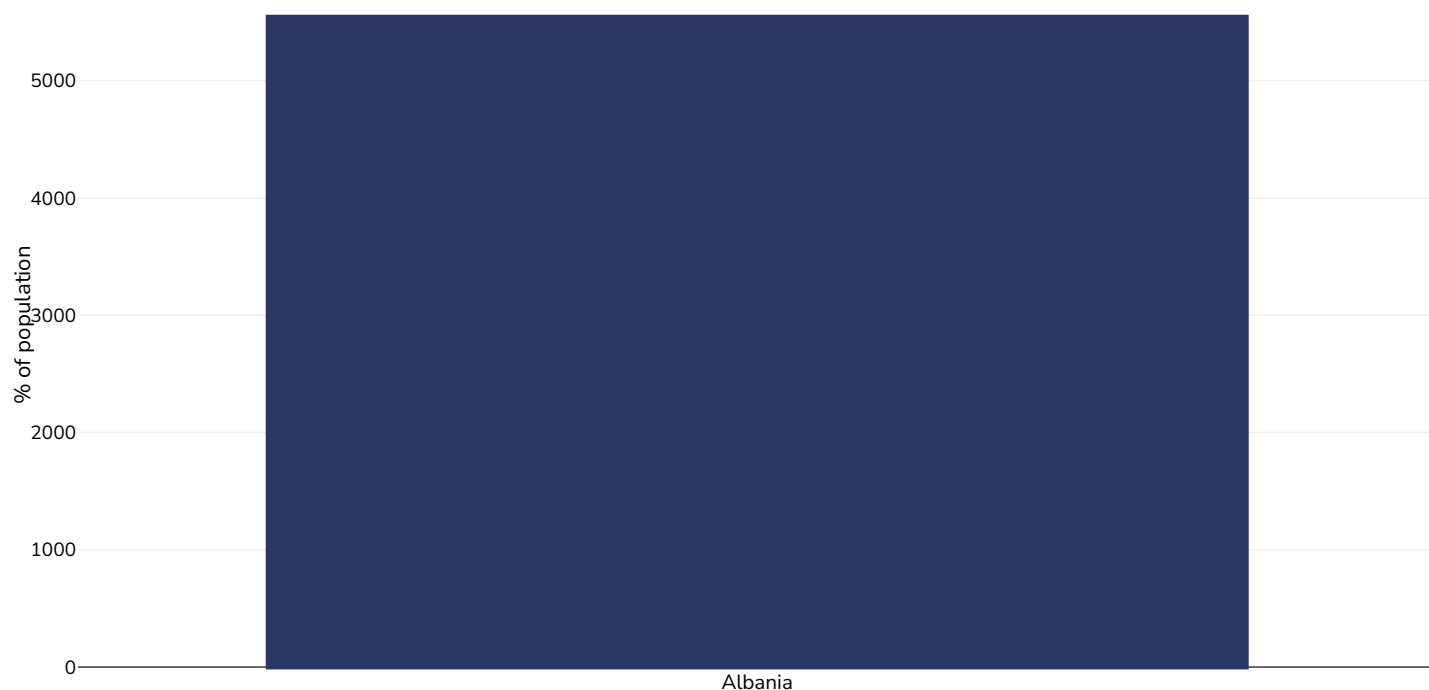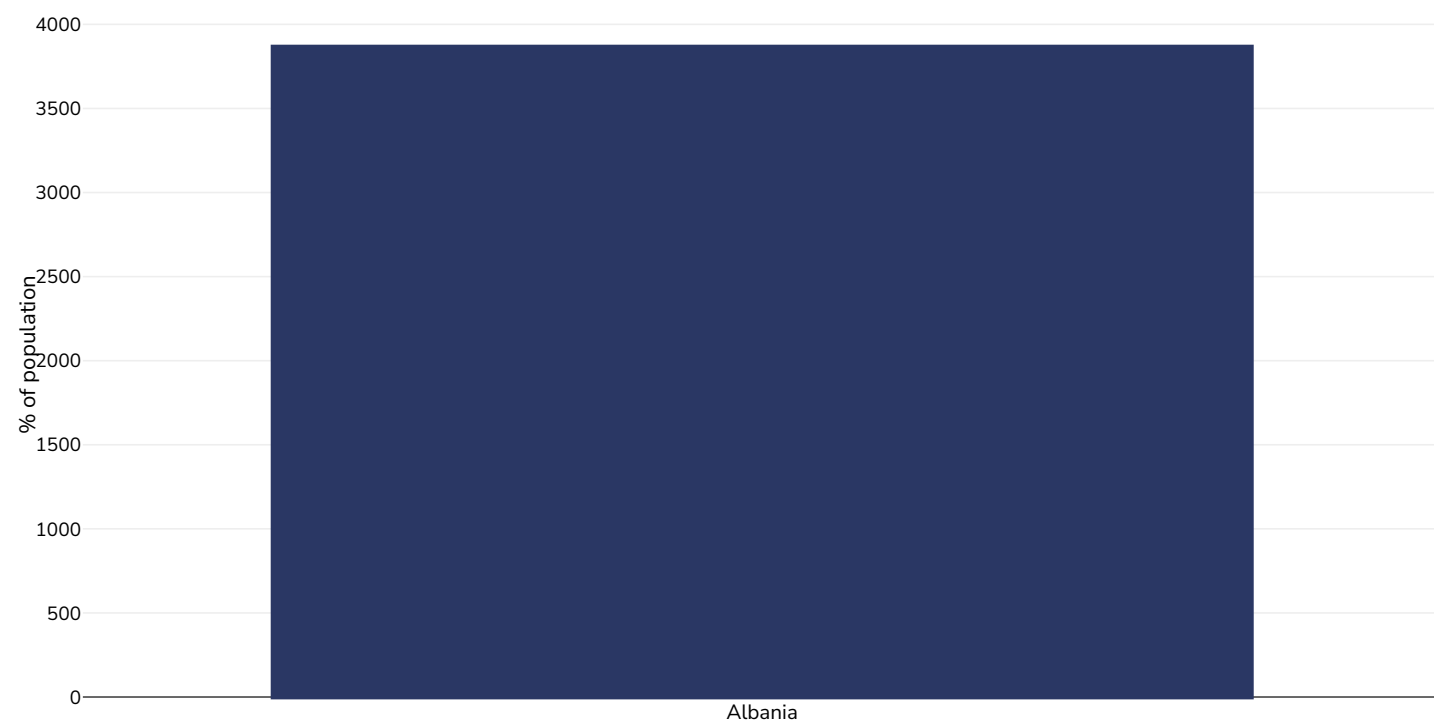| | |
|---|---|
| **Age:** | 20+ |
| **References:** | Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from http://vizhub.healthdata.org/gbd-compare. (Last accessed 23.04.25). |
| **Definitions:** | Number living with anxiety per 100,000 population |

# Women, 2021



| Age: | 20+ |
|---|---|
| References: | Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from http://vizhub.healthdata.org/gbd-compare. (Last accessed 23.04.25). |
| Definitions: | Number living with anxiety per 100,000 population |

## Children, 2021



% of population

8000

6000

4000

2000

0

Uzbekistan
Kazakhstan
Kyrgyzstan
Tajikistan
Turkmenistan
Georgia
Azerbaijan
Armenia
Poland
Slovenia
Czechia
Hungary
Ukraine
Croatia
Russian Federation
Romania
Slovakia
Serbia
Bosnia & Herzegovina
Albania
Montenegro
Estonia
N Macedonia
Israel
Moldova
Bulgaria
Belarus
Latvia
Lithuania
Finland
United Kingdom
Turkey
Sweden
Iceland
Belgium
Luxembourg
Denmark
Spain
Malta
Cyprus
Monaco
Italy
Austria
Norway
Switzerland
Germany
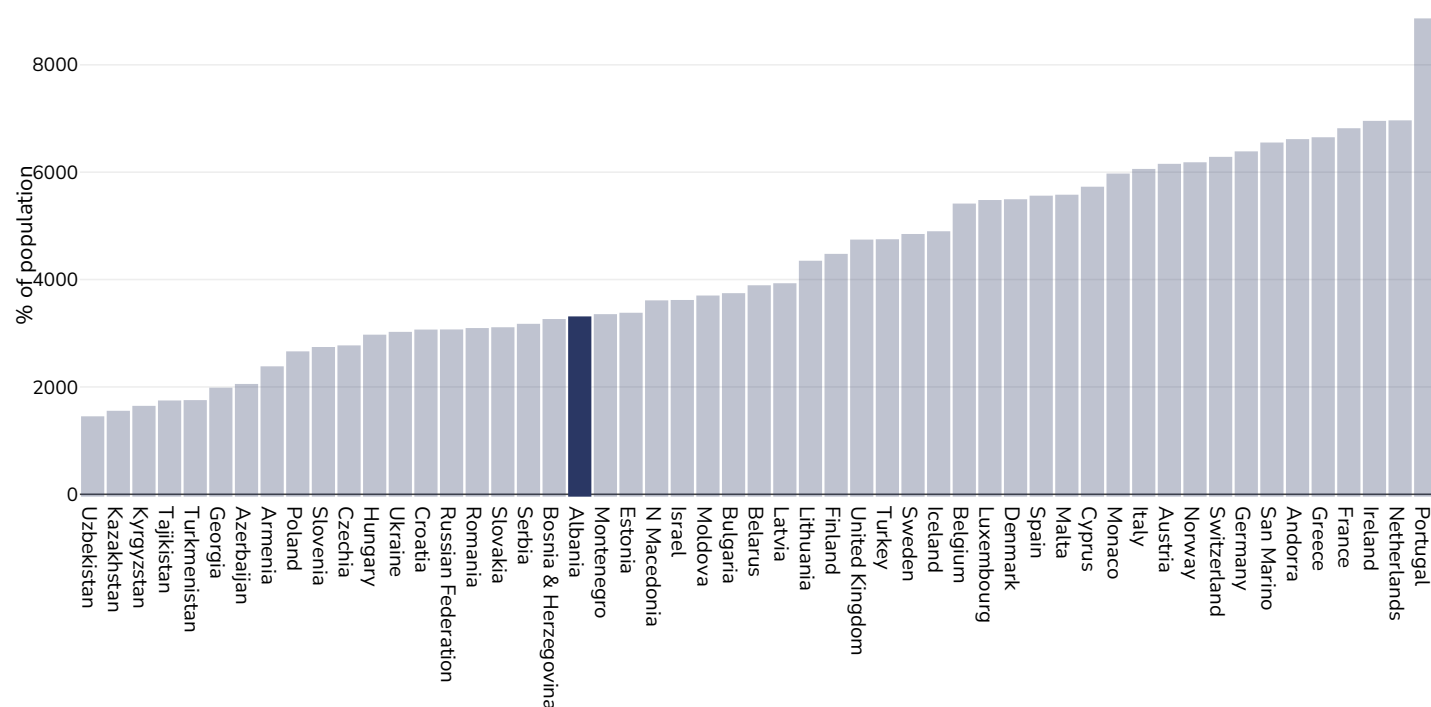San Marino
Andorra
Greece
France
Ireland
Netherlands
Portugal

**References:** Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle,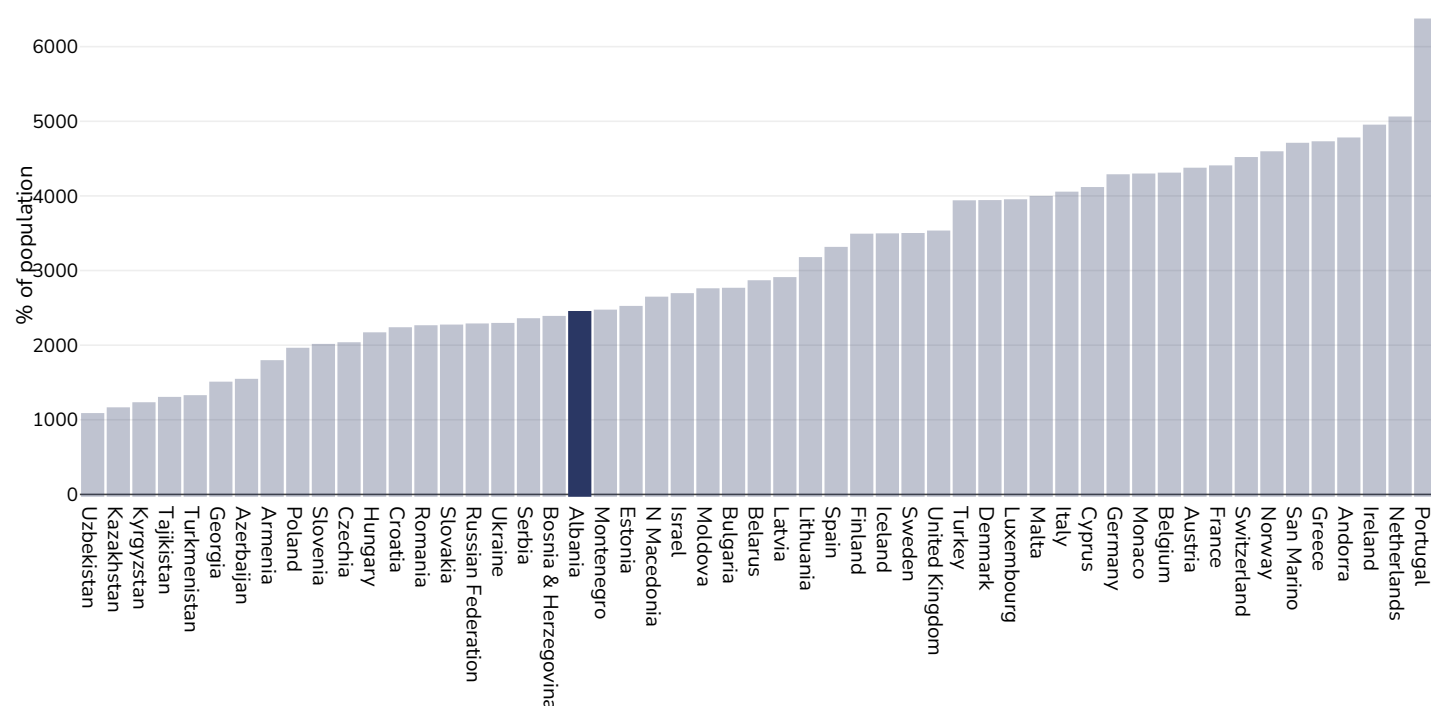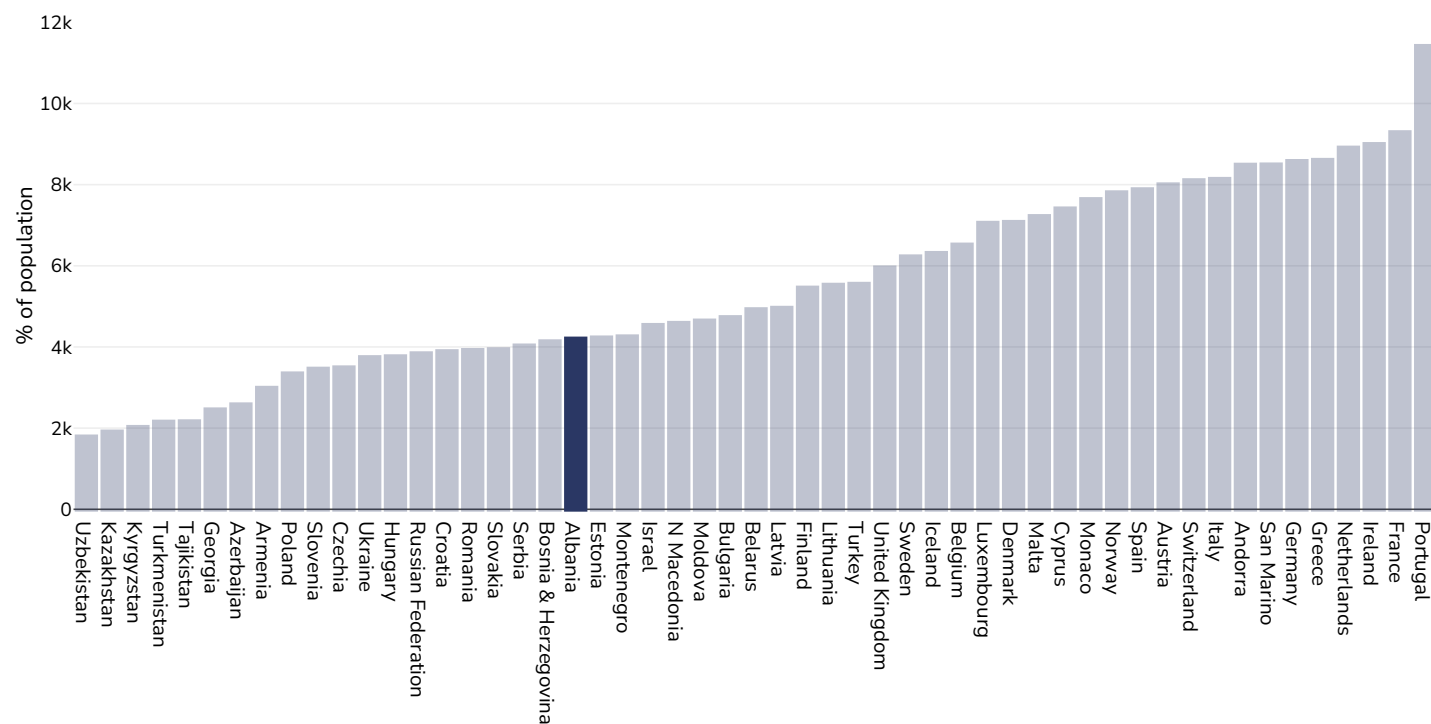 WA: IHME, University of Washington, 2023. Available from http://vizhub.healthdata.org/gbd-compare. (Last accessed 23.04.25)

## Boys, 2021



% of population

6000

5000

4000

3000

2000

1000

0

Uzbekistan
Kazakhstan
Kyrgyzstan
Tajikistan
Turkmenistan
Georgia
Azerbaijan
Armenia
Poland
Slovenia
Czechia
Hungary
Croatia
Romania
Slovakia
Russian Federation
Ukraine
Serbia
Bosnia & Herzegovina
Albania
Montenegro
Estonia
N Macedonia
Israel
Moldova
Bulgaria
Belarus
Latvia
Lithuania
Spain
Finland
Iceland
Sweden
United Kingdom
Turkey
Denmark
Luxembourg
Malta
Italy
Cyprus
Germany
Monaco
Belgium
Austria
France
Switzerland
Norway
San Marino
Greece
Andorra
Ireland
Netherlands
Portugal

**References:** Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from http://vizhub.healthdata.org/gbd-compare. (Last accessed 23.04.25)

## Girls, 2021

# % Infants exclusively breastfed 0-5 months

## 0-5 years, 1996-2023
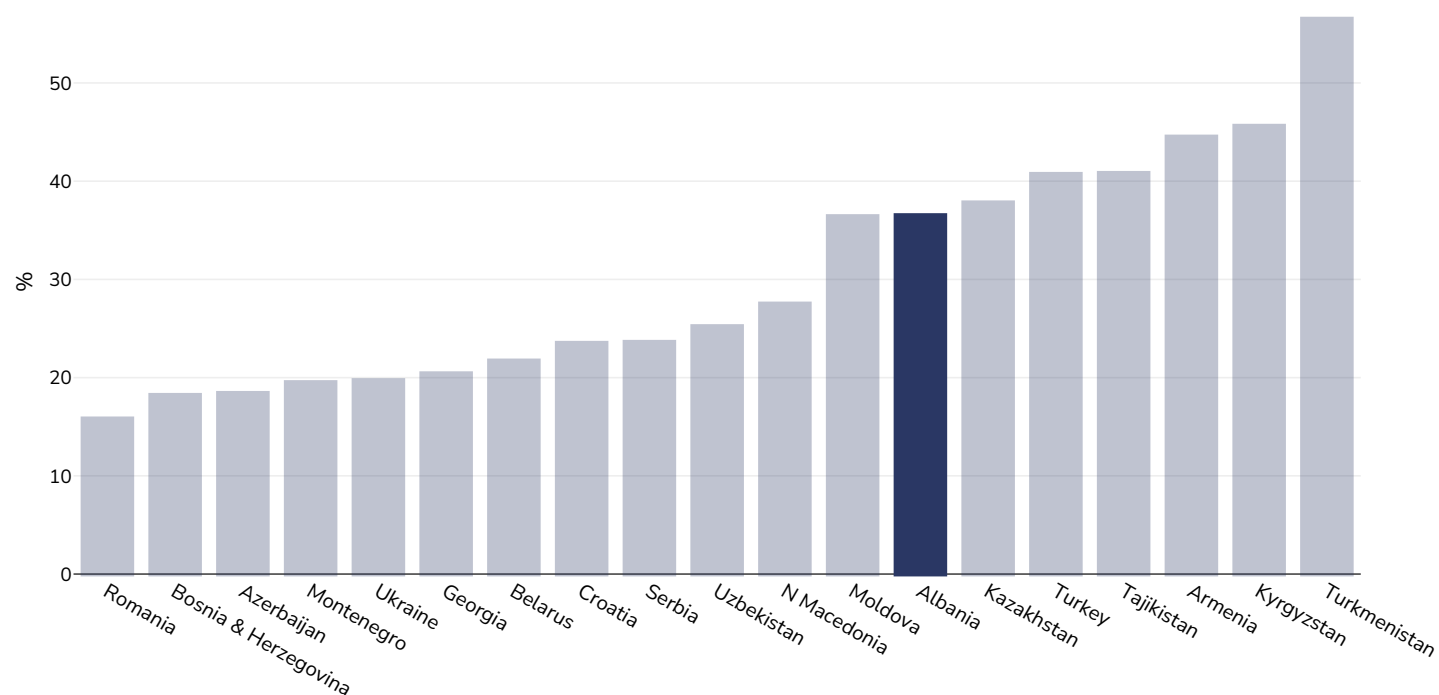


| References: | Albania Demographic and Health Survey 2017-18. Tirana, Albania: Institute of Statistics, Institute of Public Health, and ICF |
| --- | --- |
| Notes: | Full details are available. Original citation United Nations Children's Fund, Division of Data, Analysis, Planning and Monitoring (2023). Global UNICEF Global Databases: Infant and Young Child Feeding: Exclusive breastfeeding, New York, October 2023. |

# Percent of population who cannot afford a healthy diet
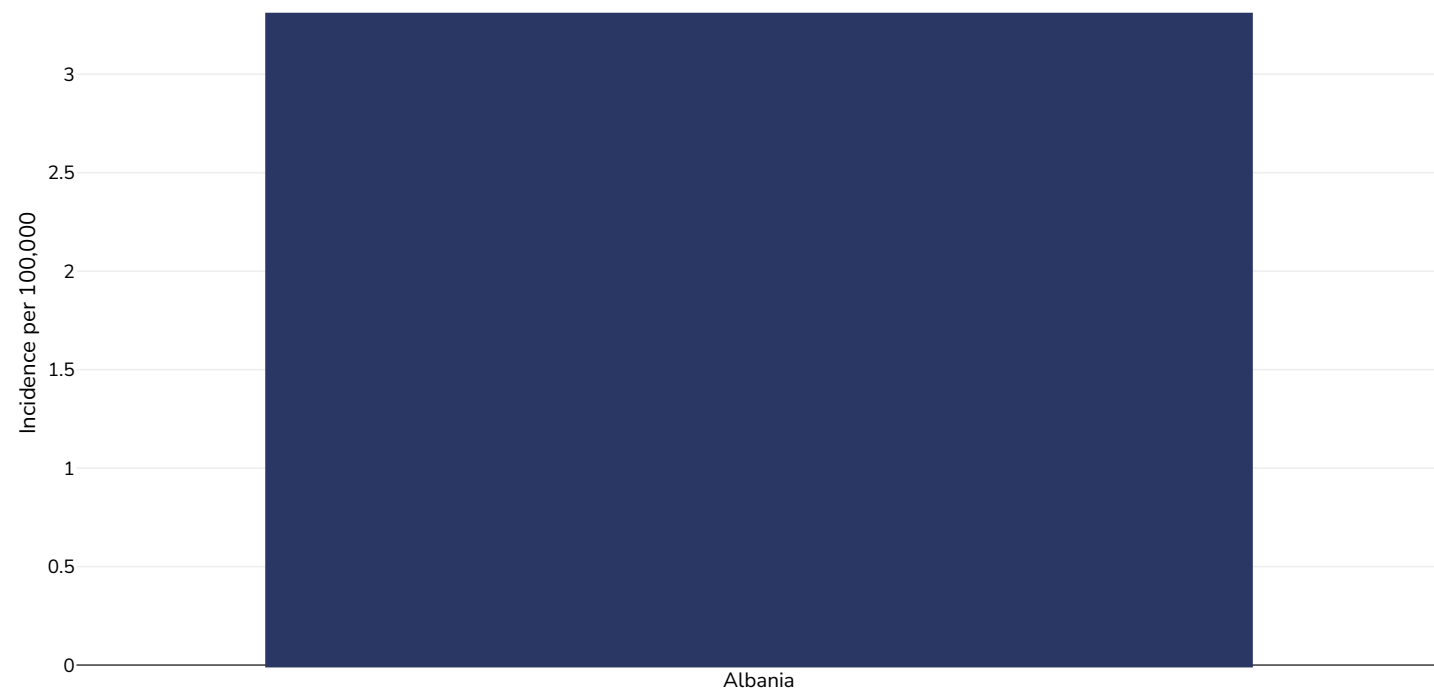
## Adults, 2022
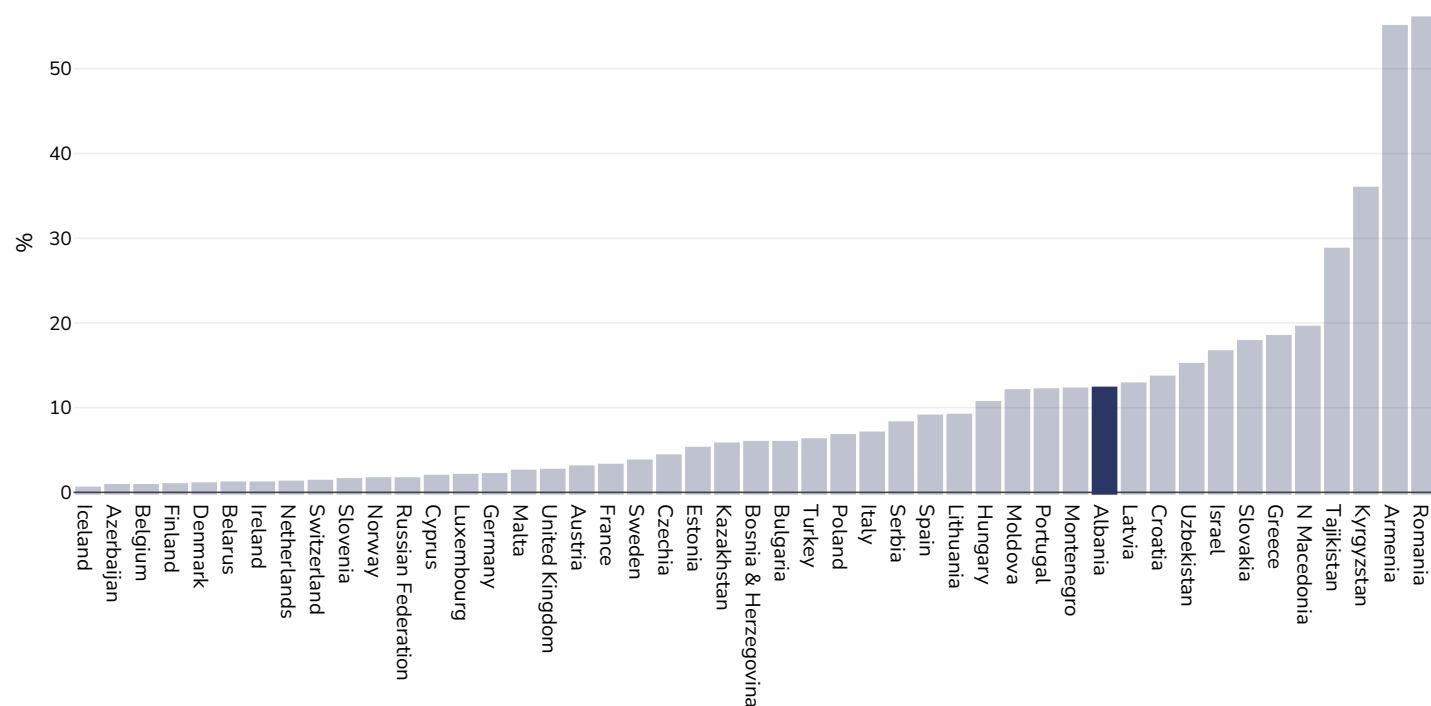


| Area covered: | National |
|---|---|

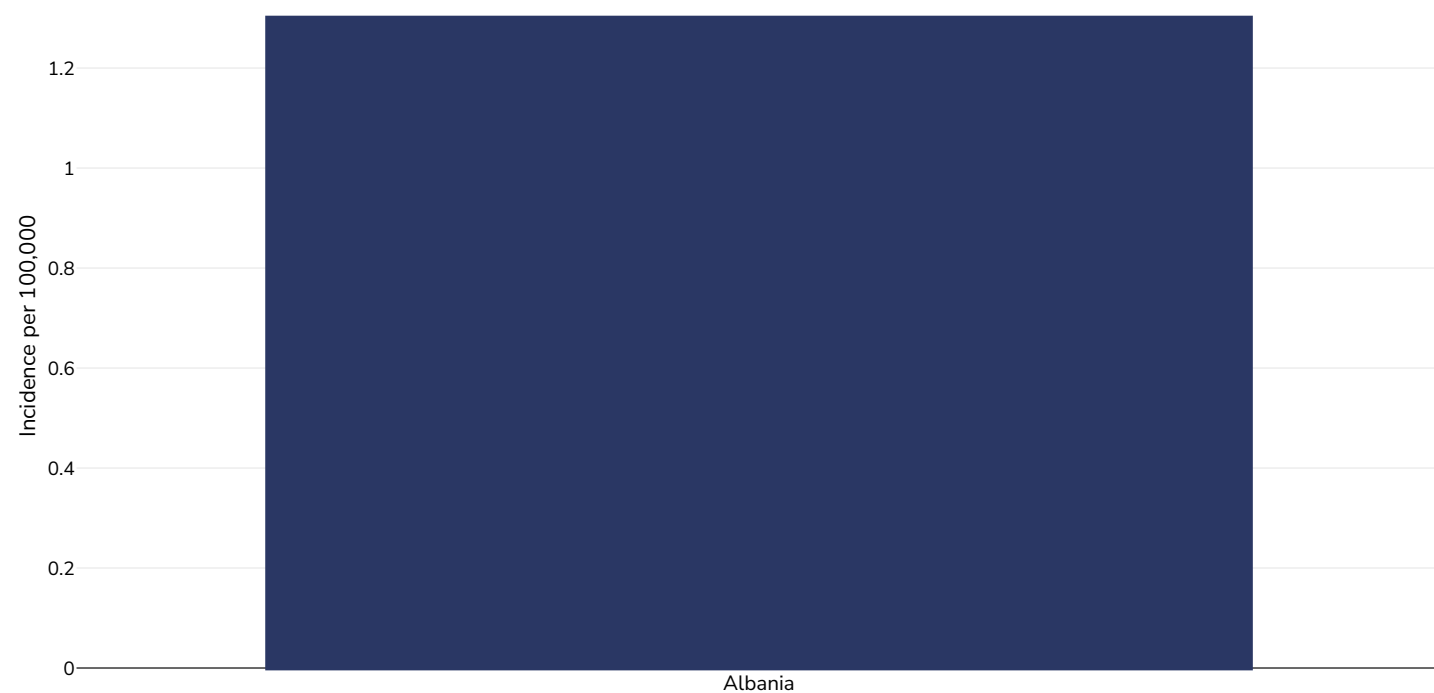| References: | The Food Systems Dashboard. The Global Alliance for Improved Nutrition (GAIN), The Columbia Climate School, and Cornell University College of Agriculture and Life Sciences. 2024. Geneva, Switzerland. https://www.foodsystemsdashboard.org. DOI: https://doi.org/10.36072/db. |
|---|---|

# Oesophageal cancer

## Men, 2022



| Age: | 20+ |
|---|---|
| Area covered: | National |
| References: | Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24] |
| Definitions: | Indicence per 100,000 |

# Women, 2022



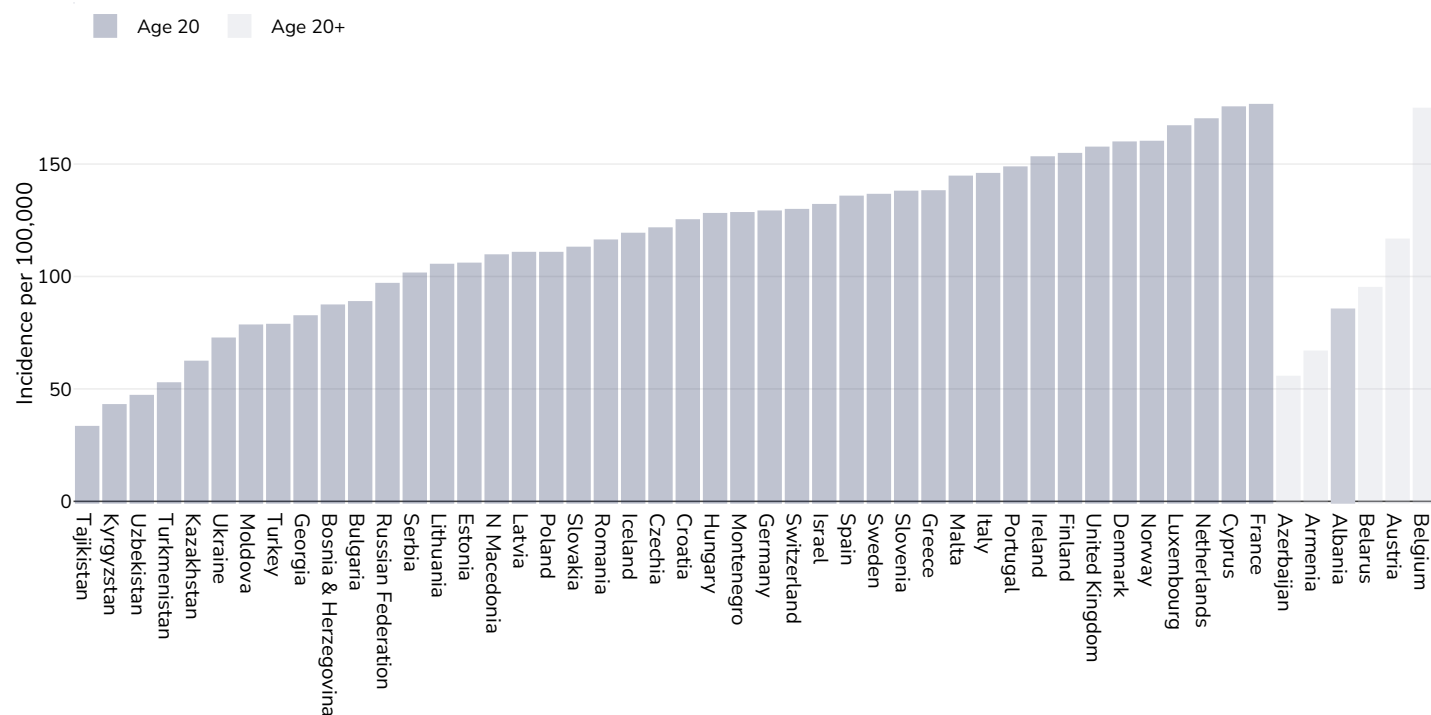| | |
|---|---|
| **Age:** | 20+ |
| **Area covered:** | National |
| **References:** | Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24] |
| **Definitions:** | Indicence per 100,000 |

# Breast cancer

## Women, 2022



Legend: ■ Age 20   □ Age 20+

| Area covered: | National |
| --- | --- |
| References: | Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24] |
| Definitions: | Incidence per 100,000 |

# Colorectal cancer

## Men, 2022



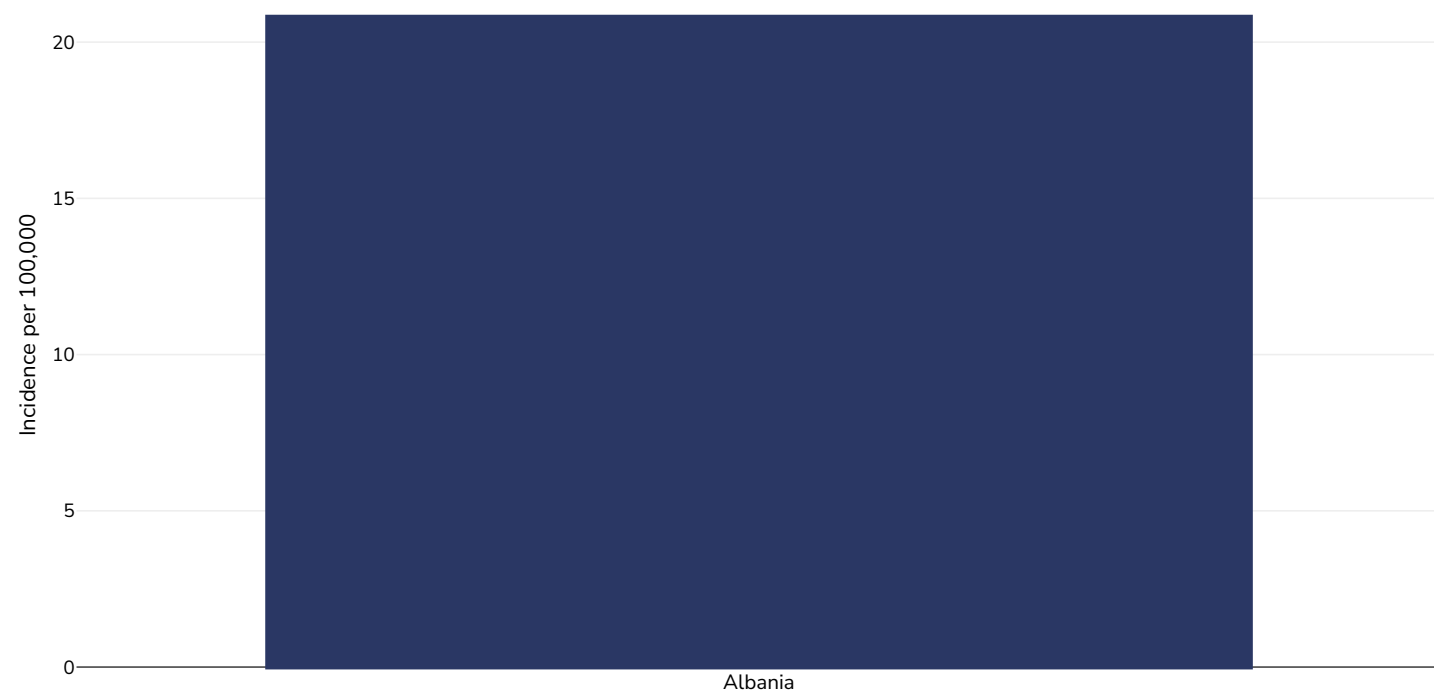| | |
|---|---|
| **Age:** | 20+ |
| **Area covered:** | National |
| **References:** | Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24] |
| **Definitions:** | Incidence per 100,000 |

## Women, 2022



| Age: | 20+ |
|---|---|
| Area covered: | National |
| References: | Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24] |
| Definitions: | Incidence per 100,000 |

# Pancreatic cancer

## Men, 2022



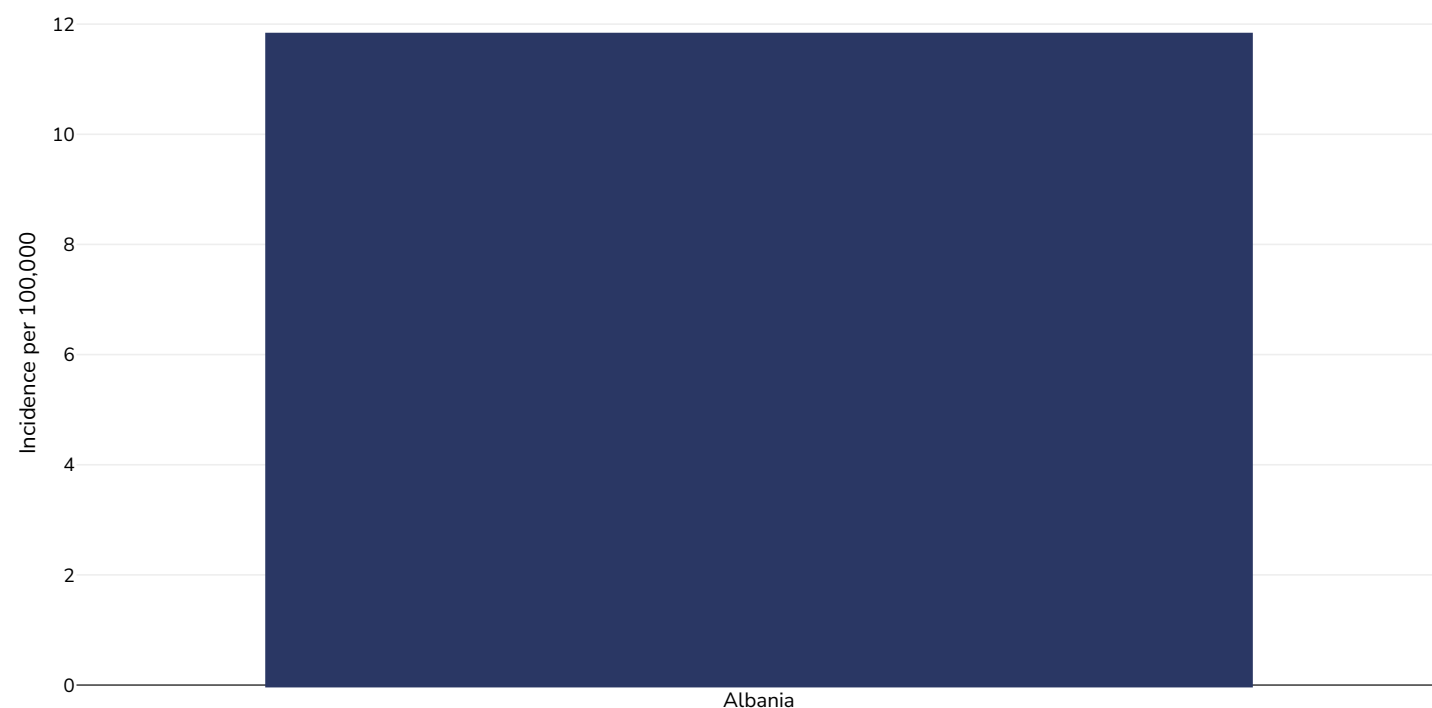| Age: | 20+ |
|---|---|
| Area covered: | National |
| References: | Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24] |
| Definitions: | Incidence per 100,000 |

## Women, 2022



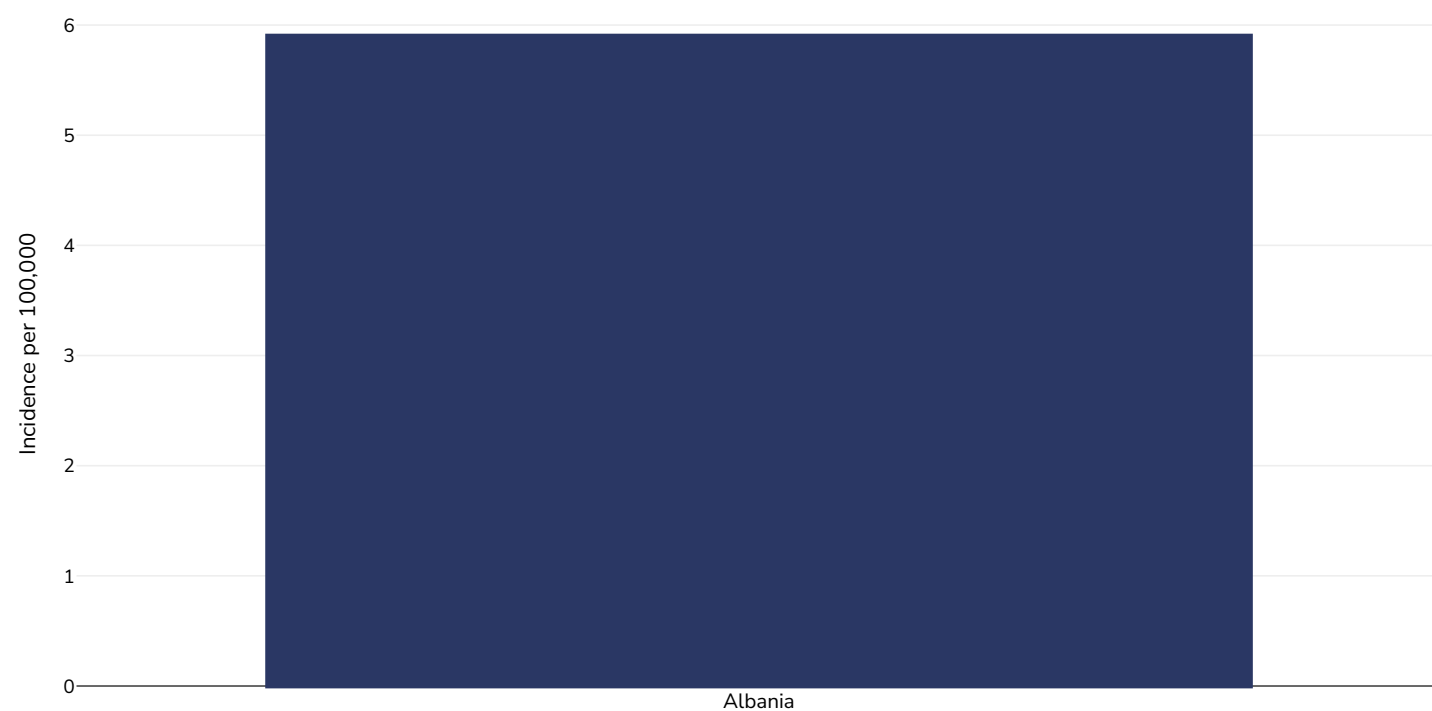| Age: | 20+ |
|---|---|
| **Area covered:** | National |
| **References:** | Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24] |
| **Definitions:** | Incidence per 100,000 |

# Gallbladder cancer

## Men, 2022



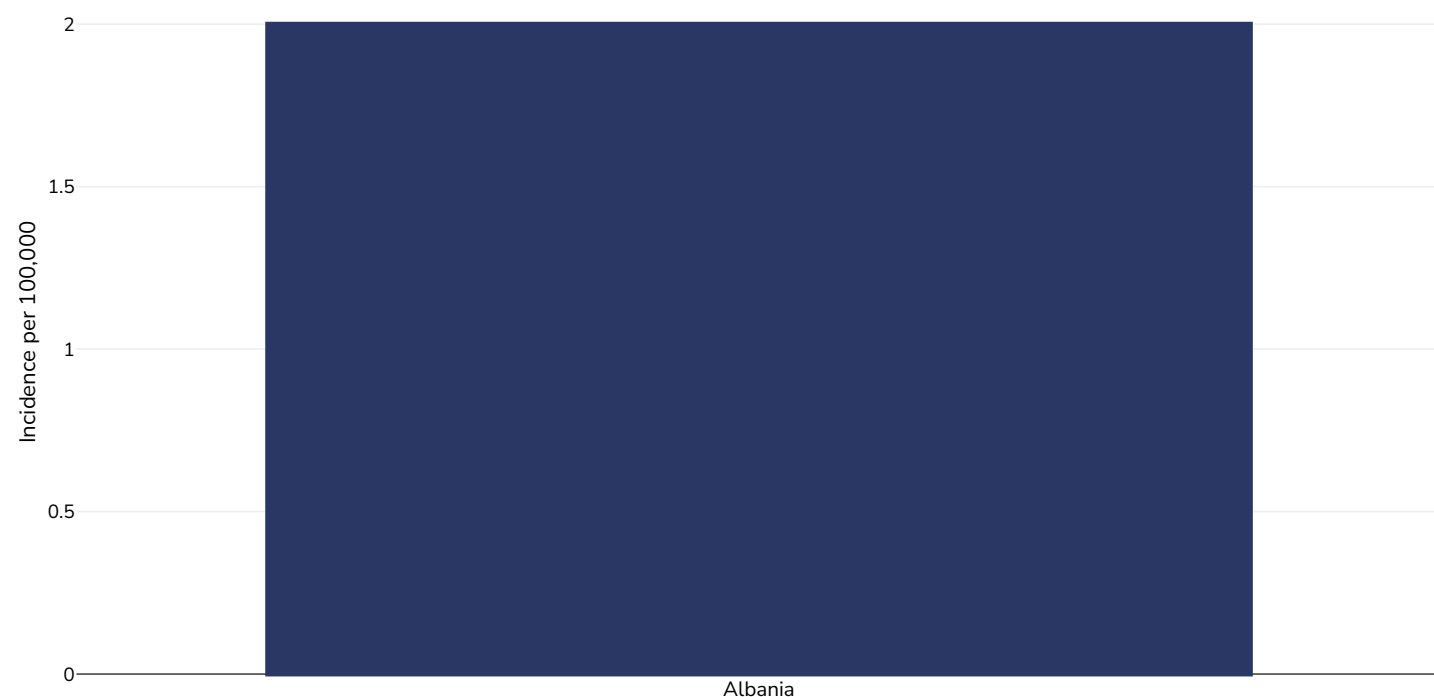| Age: | 20+ |
|---|---|
| Area covered: | National |
| References: | Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24] |
| Definitions: | Indicence per 100,000 |

# Women, 2022



Chart: Incidence per 100,000 (y-axis, 0 to 0.7) for Albania. Single bar at approximately 0.7.

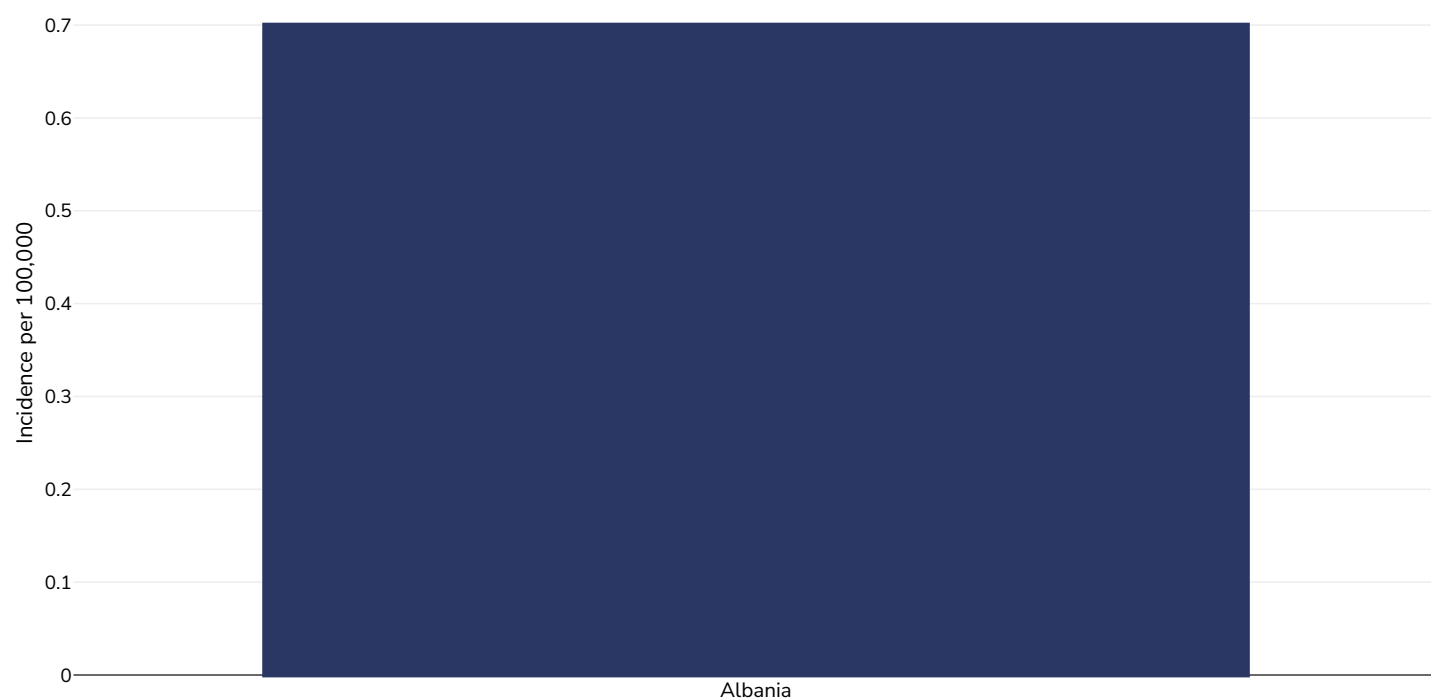| Age: | 20+ |
|---|---|
| Area covered: | National |
| References: | Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24] |
| Definitions: | Indicence per 100,000 |

# Kidney cancer

## Men, 2022



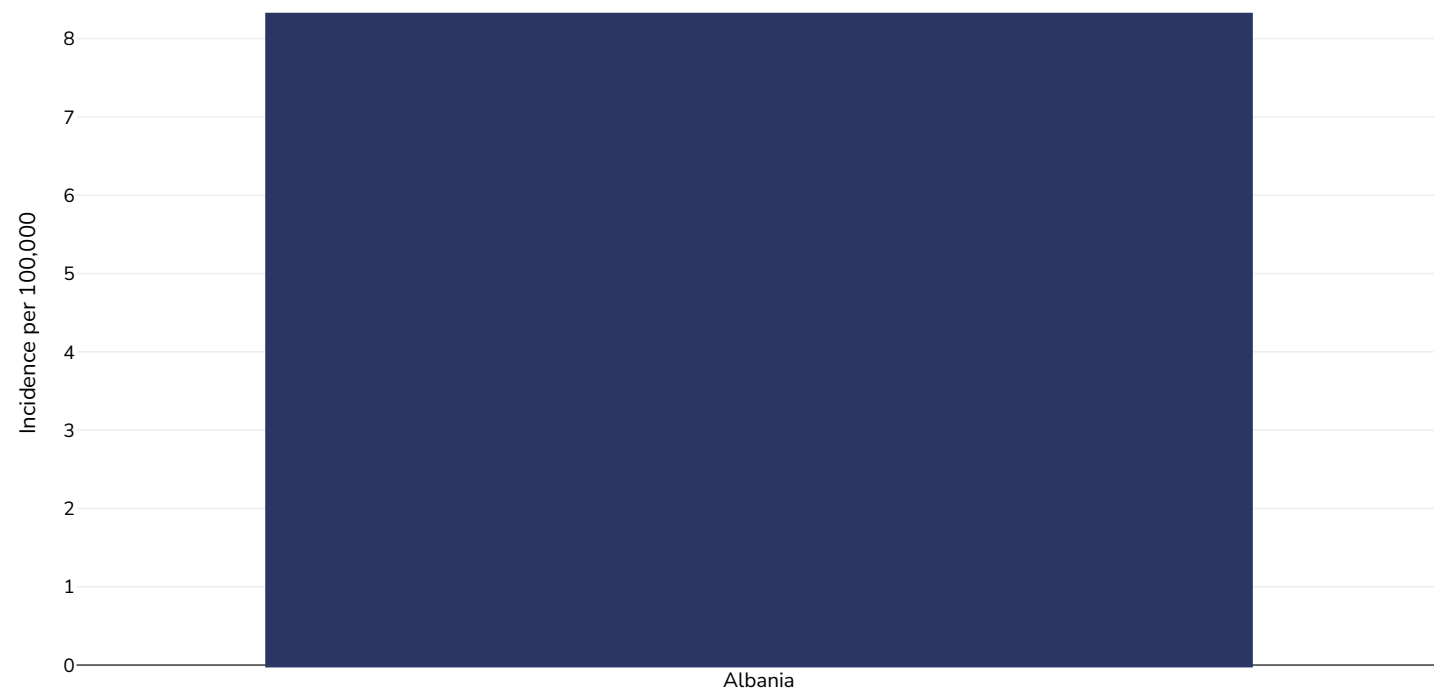| Age: | 20+ |
|---|---|
| Area covered: | National |
| References: | Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24] |
| Definitions: | Incidence per 100,000 |

# Women, 2022



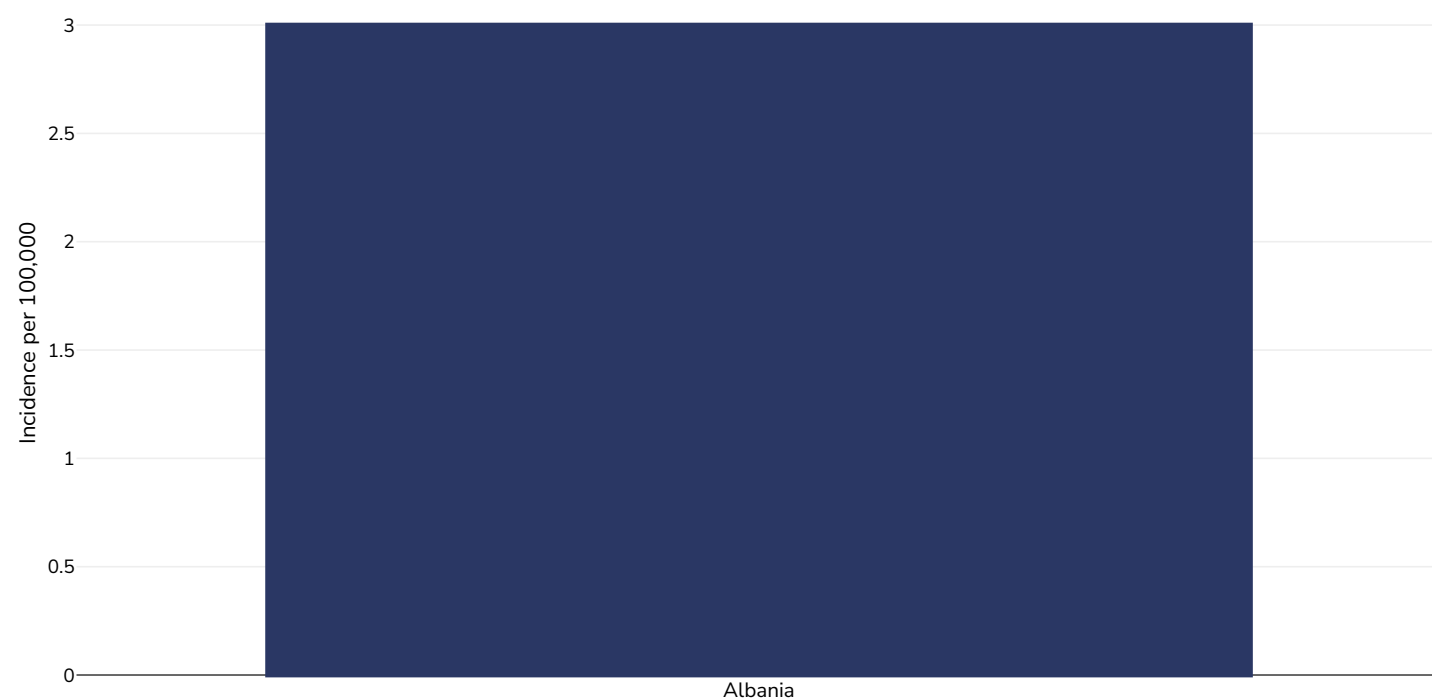| Age: | 20+ |
|------|-----|
| Area covered: | National |
| References: | Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24] |
| Definitions: | Incidence per 100,000 |

# Cancer of the uterus

## Women, 2022



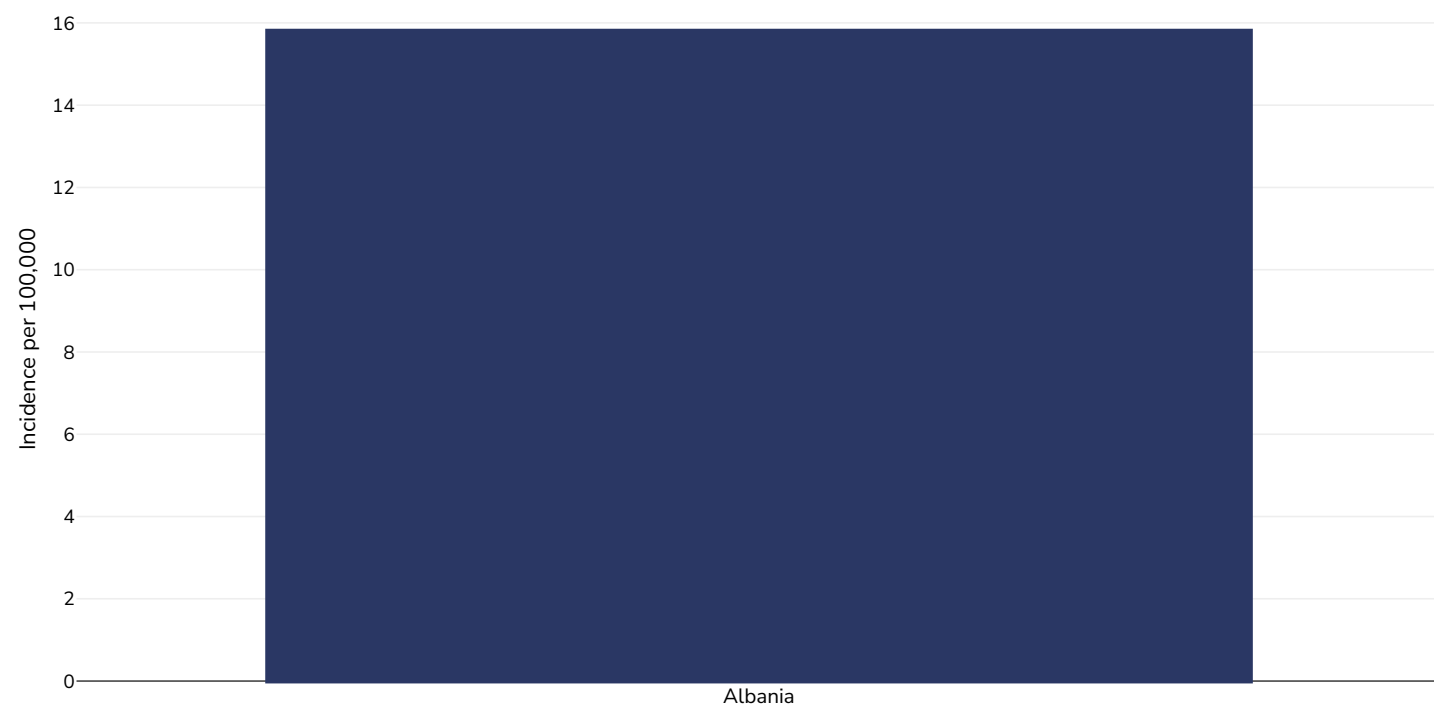| | |
|---|---|
| **Age:** | 20+ |
| **References:** | Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24] |
| **Definitions:** | Incidence per 100,000 |

# Raised blood pressure

## Adults, 2015
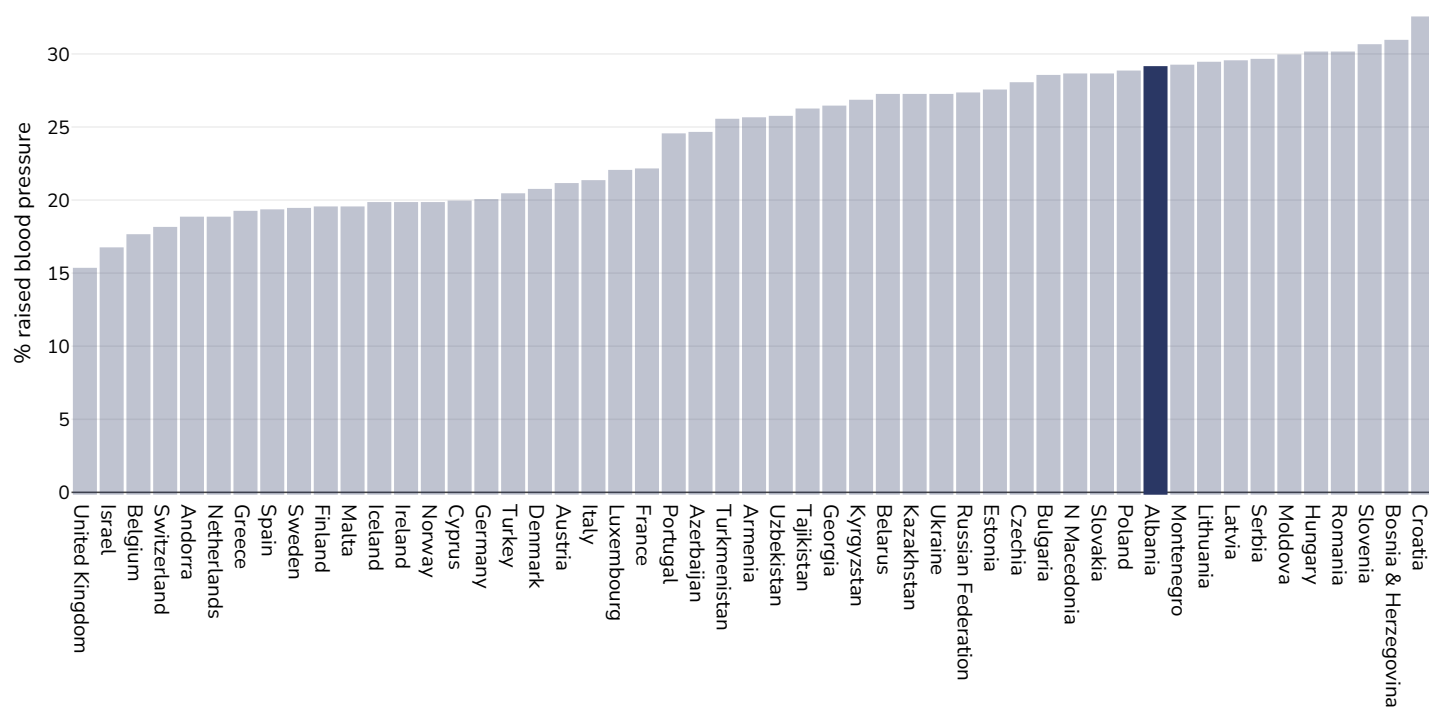


**References:** Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A875?lang=en

**Definitions:** Age Standardised estimated % Raised blood pressure 2015 (SBP>=140 OR DBP>=90).

## Men, 2015
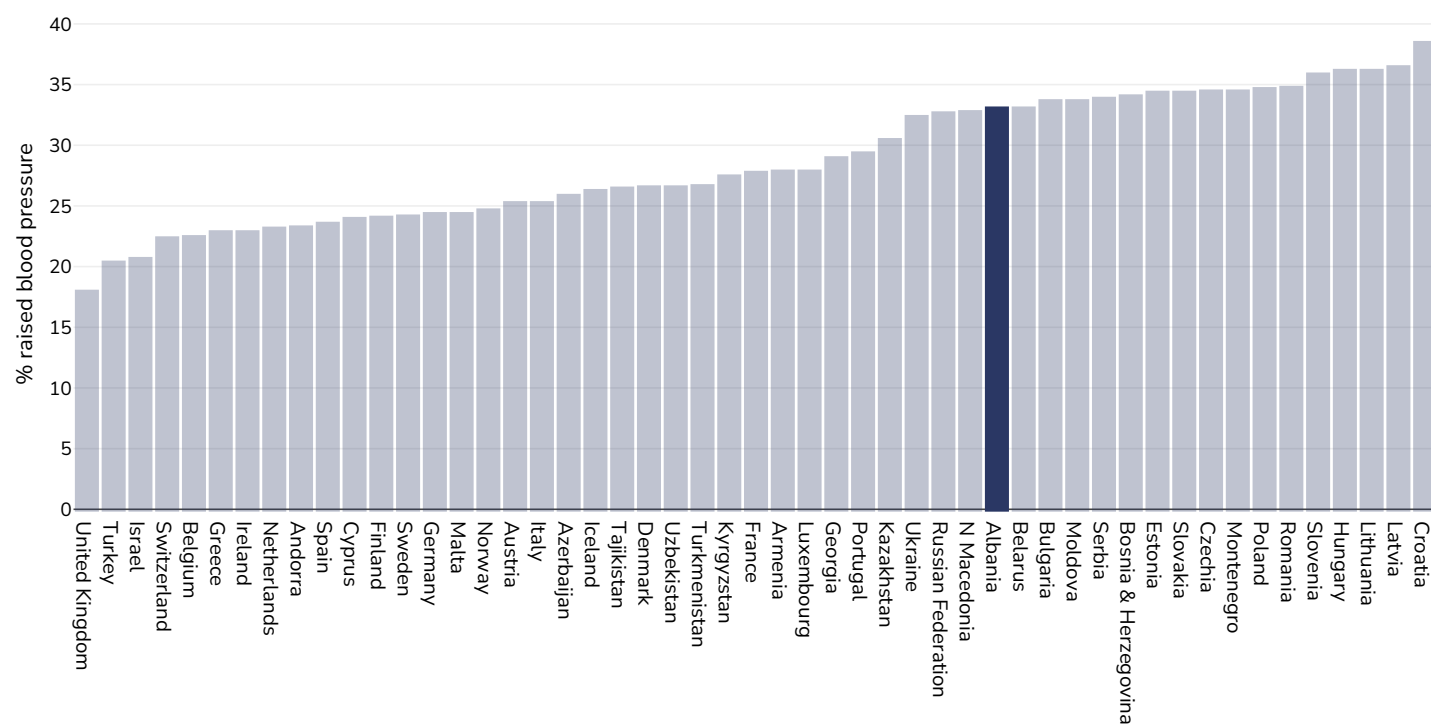


| | |
|---|---|
| **References:** | Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A875?lang=en |
| **Definitions:** | Age Standardised estimated % Raised blood pressure 2015 (SBP>=140 OR DBP>=90). |

## Women, 2015



y-axis: % raised blood pressure (0 to 25)

Countries (left to right): United Kingdom, Belgium, Israel, Iceland, Switzerland, Andorra, Malta, Netherlands, Sweden, Finland, Norway, Spain, Denmark, Greece, Cyprus, Germany, Luxembourg, France, Ireland, Austria, Italy, Portugal, Turkey, Estonia, Czechia, Belarus, Russian Federation, Ukraine, Slovakia, Armenia, Latvia, Azerbaijan, Bulgaria, Poland, Lithuania, Georgia, Montenegro, Kazakhstan, Hungary, N Macedonia, Turkmenistan, Uzbekistan, Slovenia, Albania, Romania, Serbia, Kyrgyzstan, Tajikistan, Moldova, Croatia, Bosnia & Herzegovina

| References: | Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A875?lang=en |
|---|---|
| Definitions: | Age Standardised estimated % Raised blood pressure 2015 (SBP>=140 OR DBP>=90). |

# Raised cholesterol

## Adults, 2008
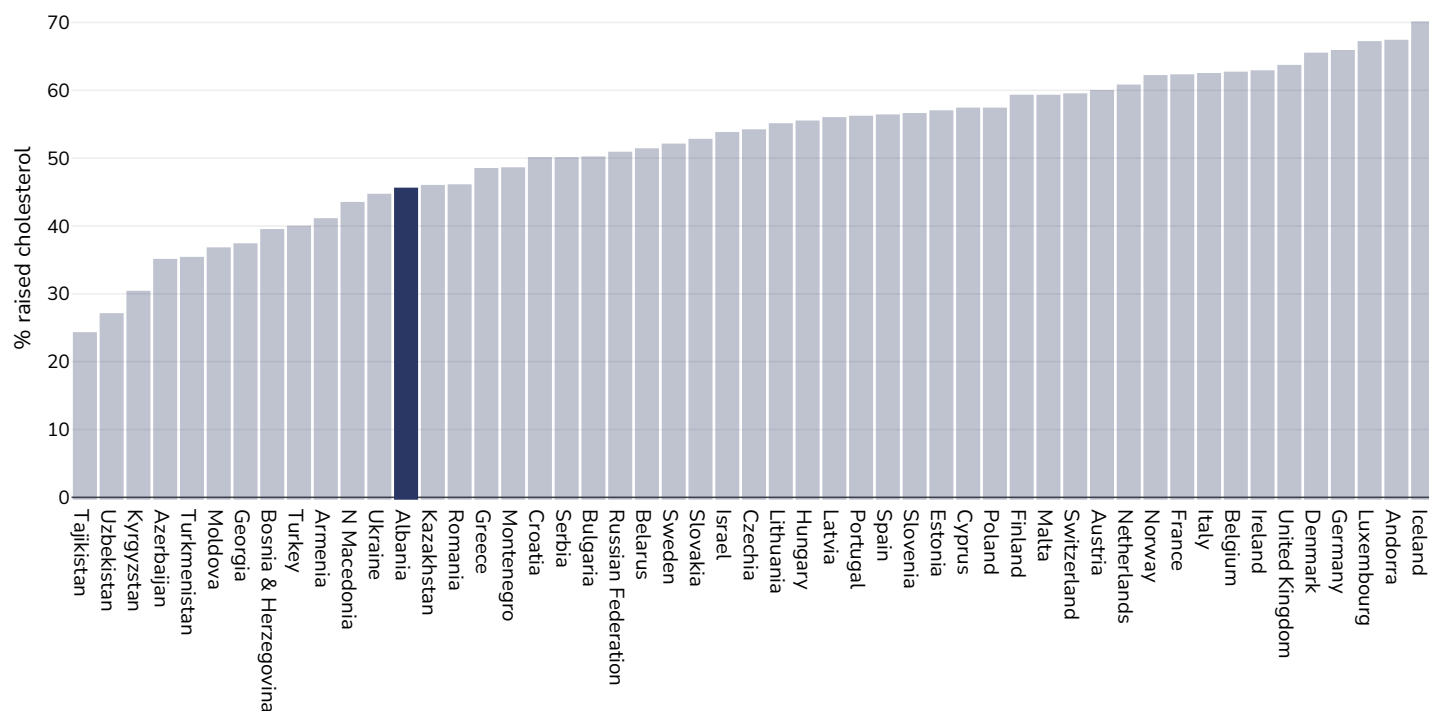


| References: | Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A885 |
|---|---|
| Definitions: | % Raised total cholesterol (>= 5.0 mmol/L) (age-standardized estimate). |

## Men, 2008



% raised cholesterol

Tajikistan, Uzbekistan, Kyrgyzstan, Azerbaijan, Turkmenistan, Moldova, Georgia, Turkey, Bosnia & Herzegovina, Armenia, N Macedonia, Ukraine, Kazakhstan, Romania, Albania, Russian Federation, Montenegro, Croatia, Greece, Bulgaria, Belarus, Israel, Slovakia, Czechia, Lithuania, Latvia, Hungary, Estonia, Sweden, Slovenia, Portugal, Finland, Cyprus, Spain, Serbia, Poland, Malta, Switzerland, Austria, Italy, Netherlands, France, Norway, Belgium, United Kingdom, Ireland, Denmark, Luxembourg, Germany, Andorra, Iceland

| References: | Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A885 |
|---|---|
| Definitions: | % Raised total cholesterol (>= 5.0 mmol/L) (age-standardized estimate). |

## Women, 2008



% raised cholesterol

Countries (left to right): Tajikistan, Uzbekistan, Kyrgyzstan, Turkmenistan, Azerbaijan, Moldova, Georgia, Bosnia & Herzegovina, Turkey, Armenia, N Macedonia, Albania, Ukraine, Romania, Kazakhstan, Greece, Sweden, Montenegro, Bulgaria, Croatia, Belarus, Slovakia, Serbia, Russian Federation, Czechia, Spain, Poland, Hungary, Lithuania, Portugal, Israel, Latvia, Slovenia, Cyprus, Estonia, Malta, Switzerland, Austria, Netherlands, Finland, Norway, Ireland, Belgium, France, United Kingdom, Germany, Italy, Denmark, Andorra, Luxembourg, Iceland

| References: | Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A885 |
|---|---|
| Definitions: | % Raised total cholesterol (>= 5.0 mmol/L) (age-standardized estimate). |

# Raised fasting blood glucose

## Men, 2014
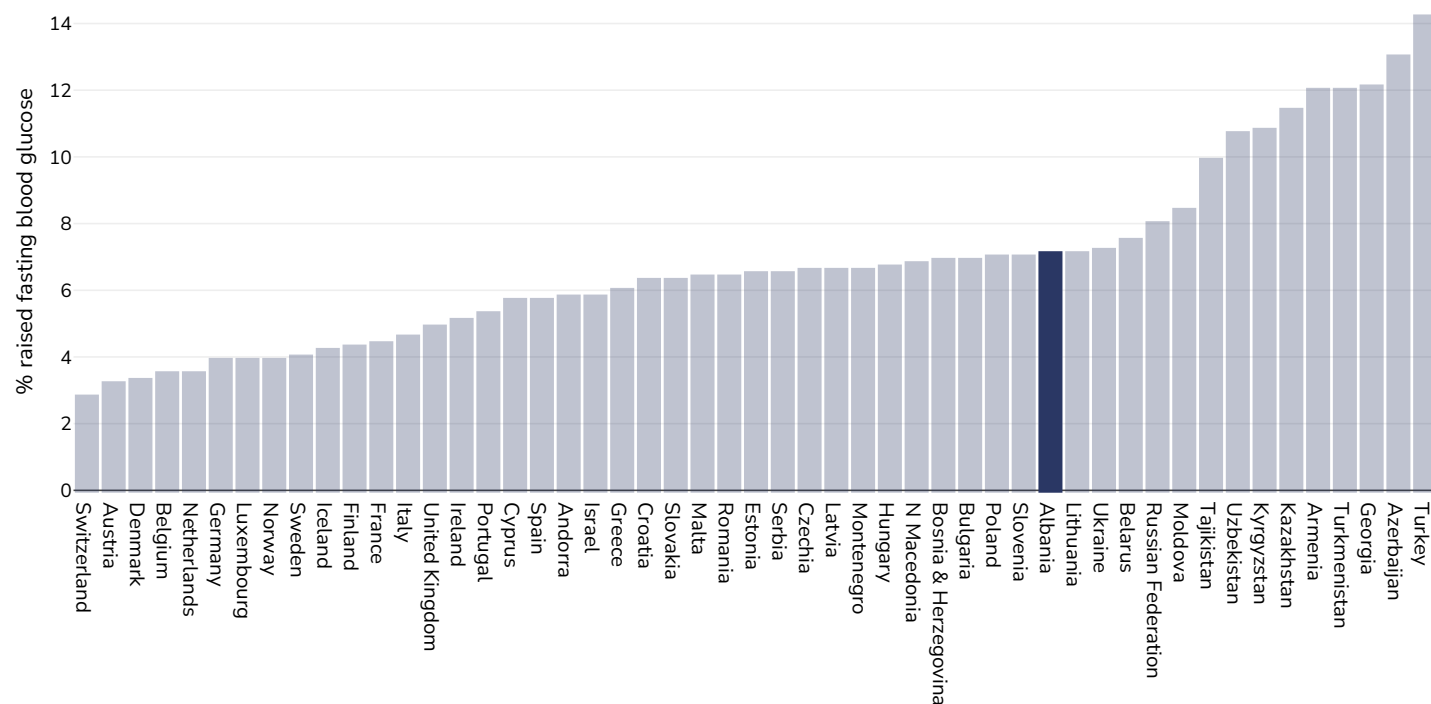


| References: | Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A869?lang=en |
|---|---|
| Definitions: | Age Standardised % raised fasting blood glucose (>= 7.0 mmol/L or on medication). |

## Women, 2014
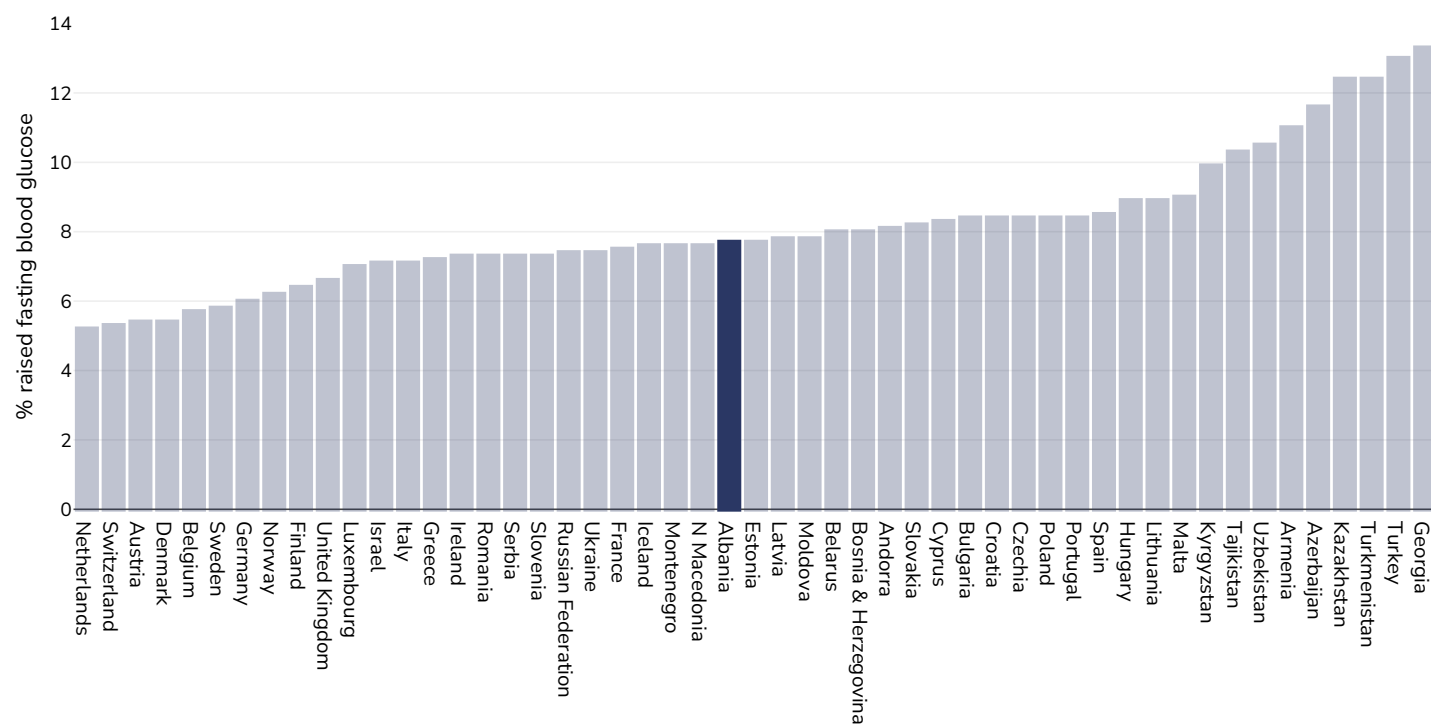
References: Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A869?lang=en

Definitions: Age Standardised % raised fasting blood glucose (>= 7.0 mmol/L or on medication).
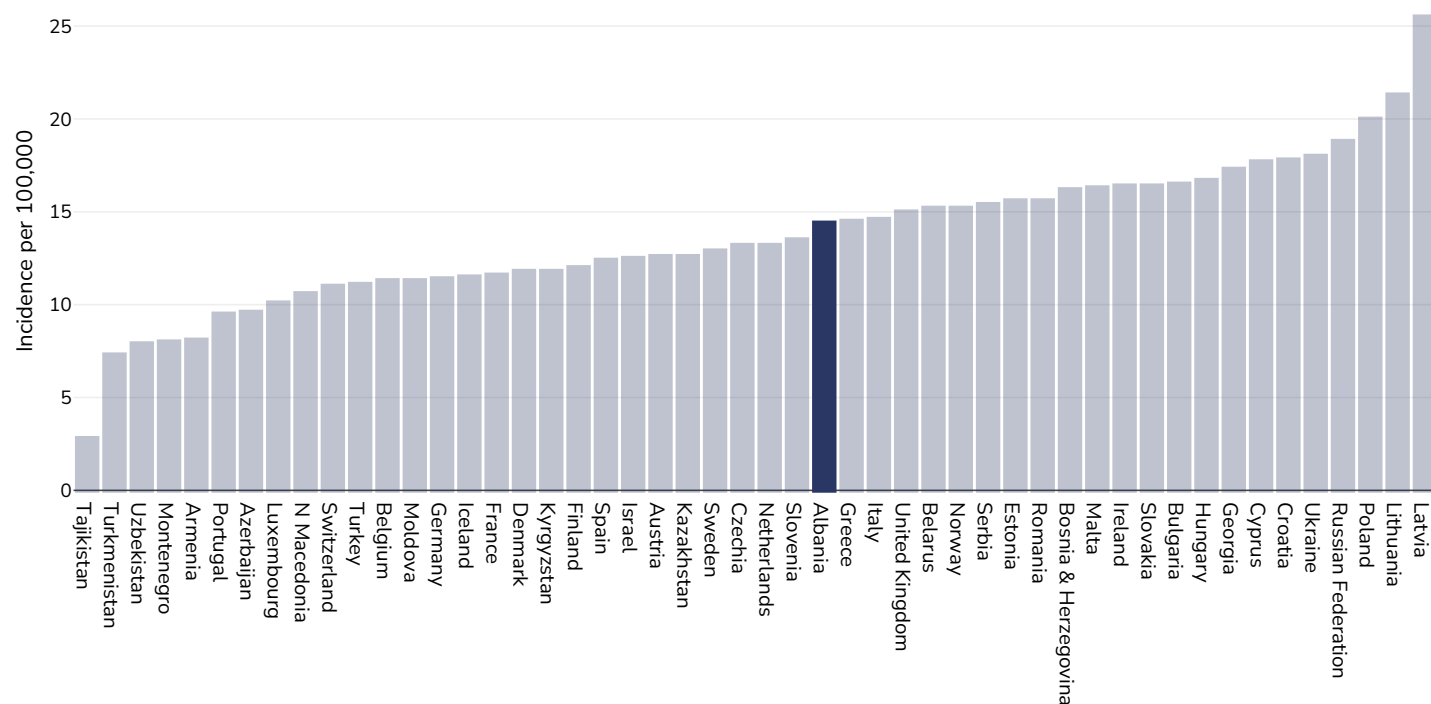
# Diabetes prevalence

## Adults, 2024
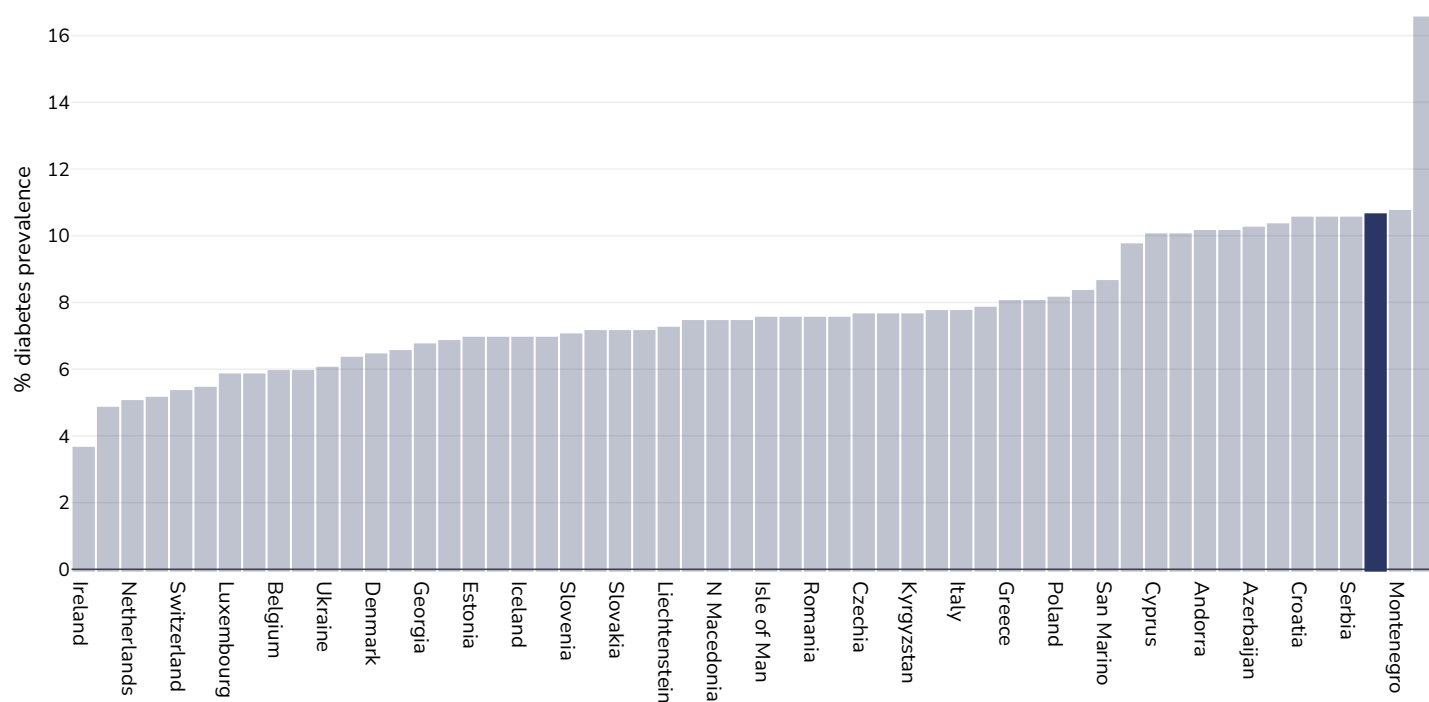


References: Reproduced with kind permission International Diabetes Federation. IDF Diabetes Atlas, 11th edn. Brussels, Belgium:International Diabetes Federation, 2025. http://www.diabetesatlas.org

# Ovarian Cancer

## Women, 2022



| Age: | 20+ |
| --- | --- |
| References: | Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24] |
| Definitions: | Incidence per 100,000 |

# Leukemia
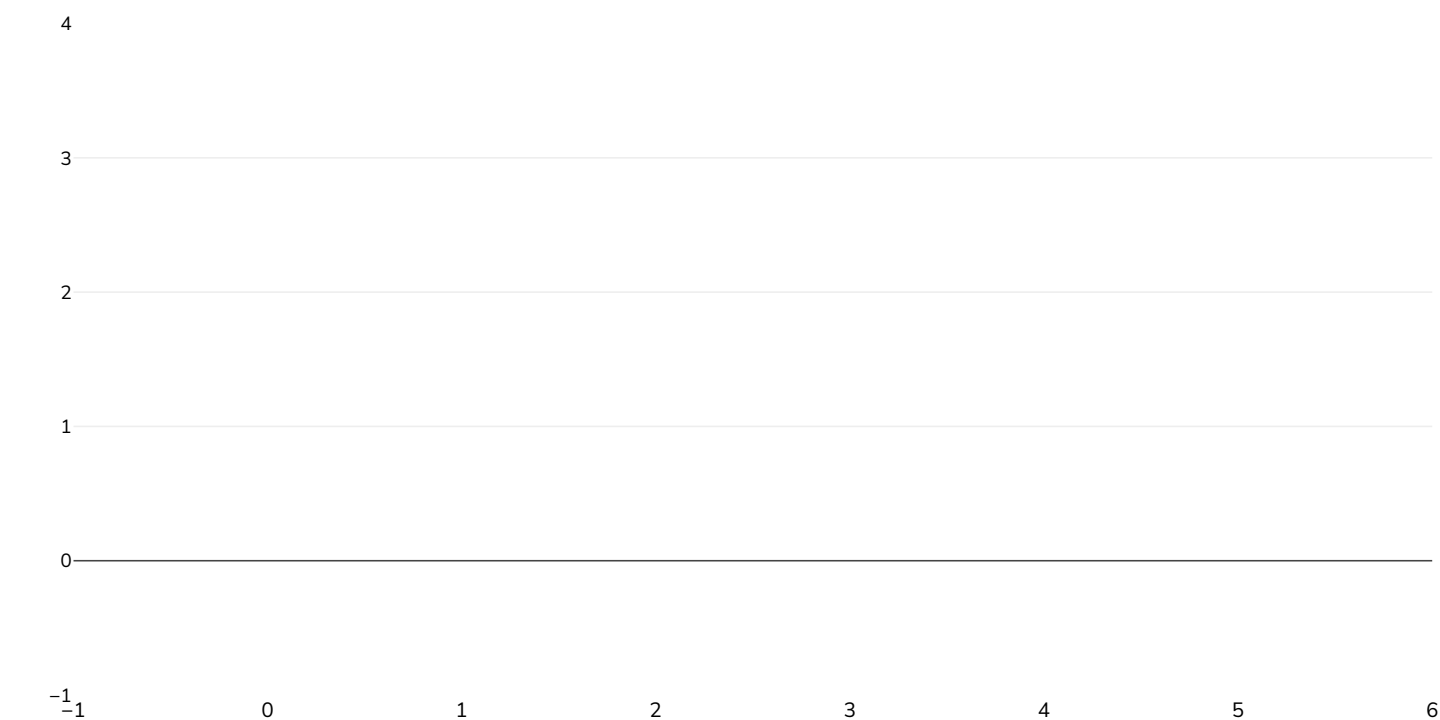
## Men, 2022



| Age: | 20+ |
|---|---|
| Area covered: | National |
| References: | Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24] |
| Definitions: | Incidence per 100,000 |

*Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².*

## Women, 2022
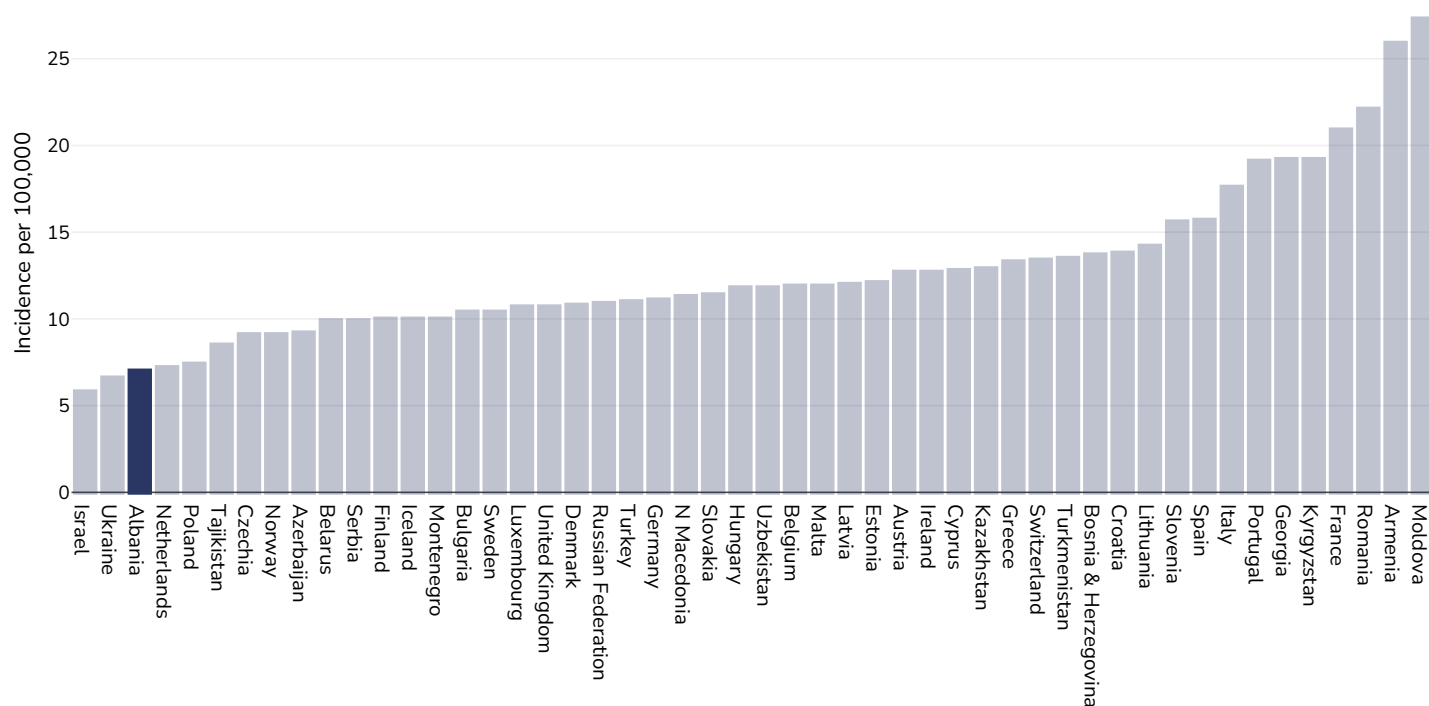
Age: | 20+
Area covered: | National
References: | Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]
Definitions: | Incidence per 100,000

*Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².*
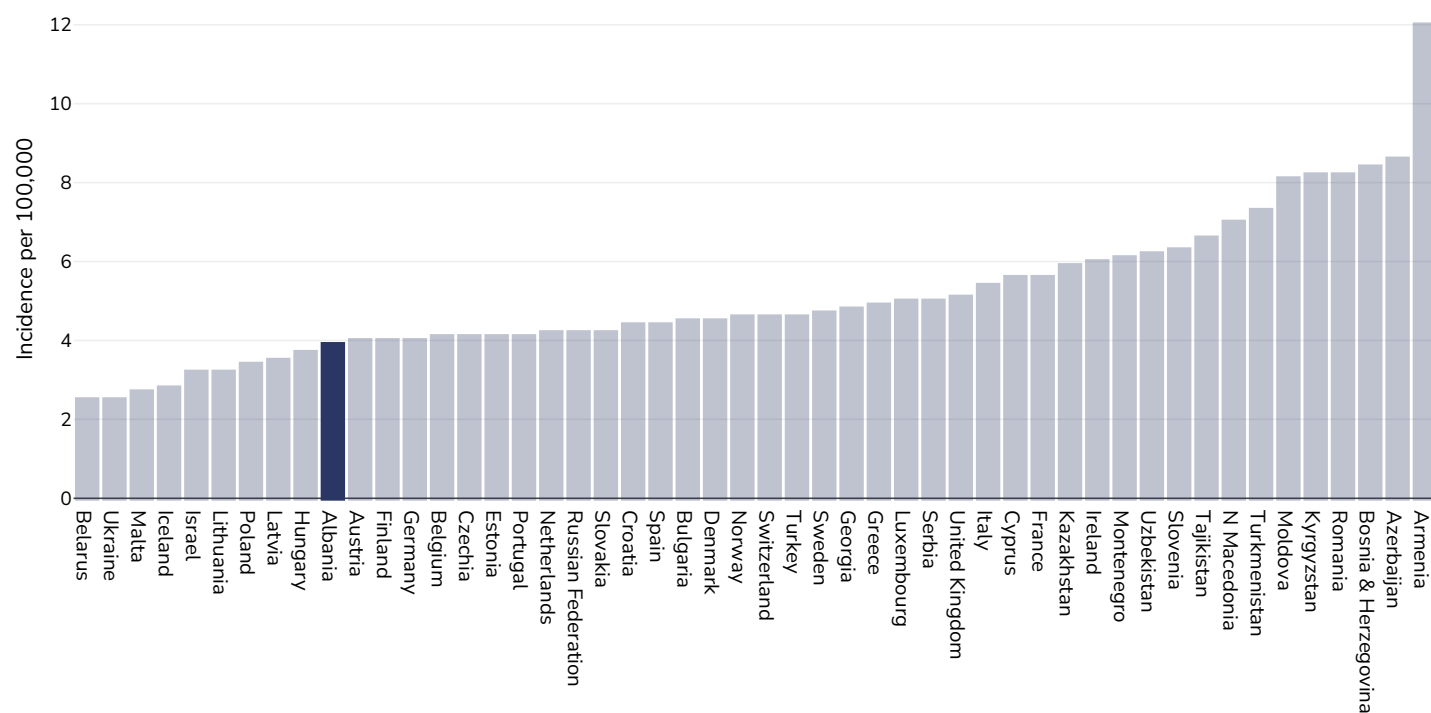
# Liver and intrahepatic bile duct Cancer

## Men, 2022



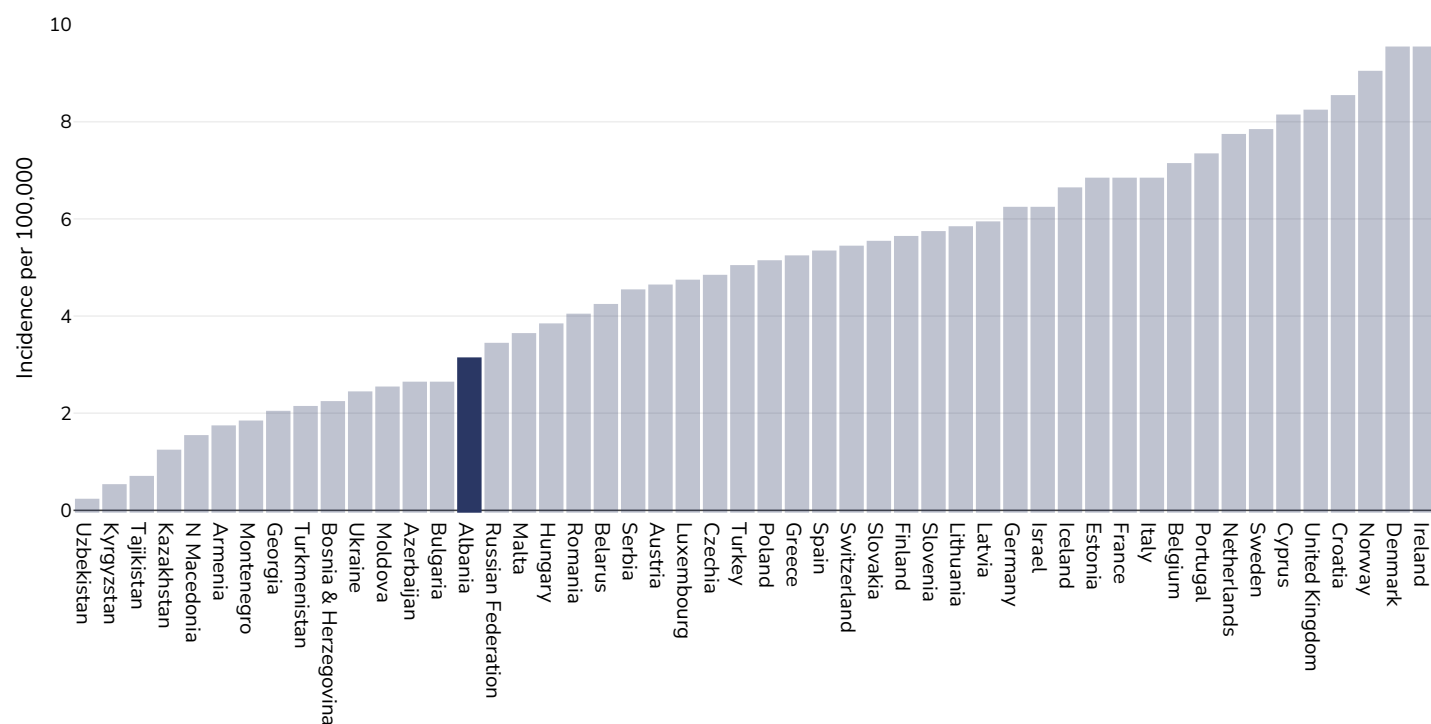| Age: | 20+ |
|---|---|
| Area covered: | National |
| References: | Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24] |
| Definitions: | Incidence per 100,000 |

## Women, 2022



| Age: | 20+ |
|---|---|
| Area covered: | National |
| References: | Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24] |
| Definitions: | Incidence per 100,000 |

# Multiple Myeloma

## Men, 2022
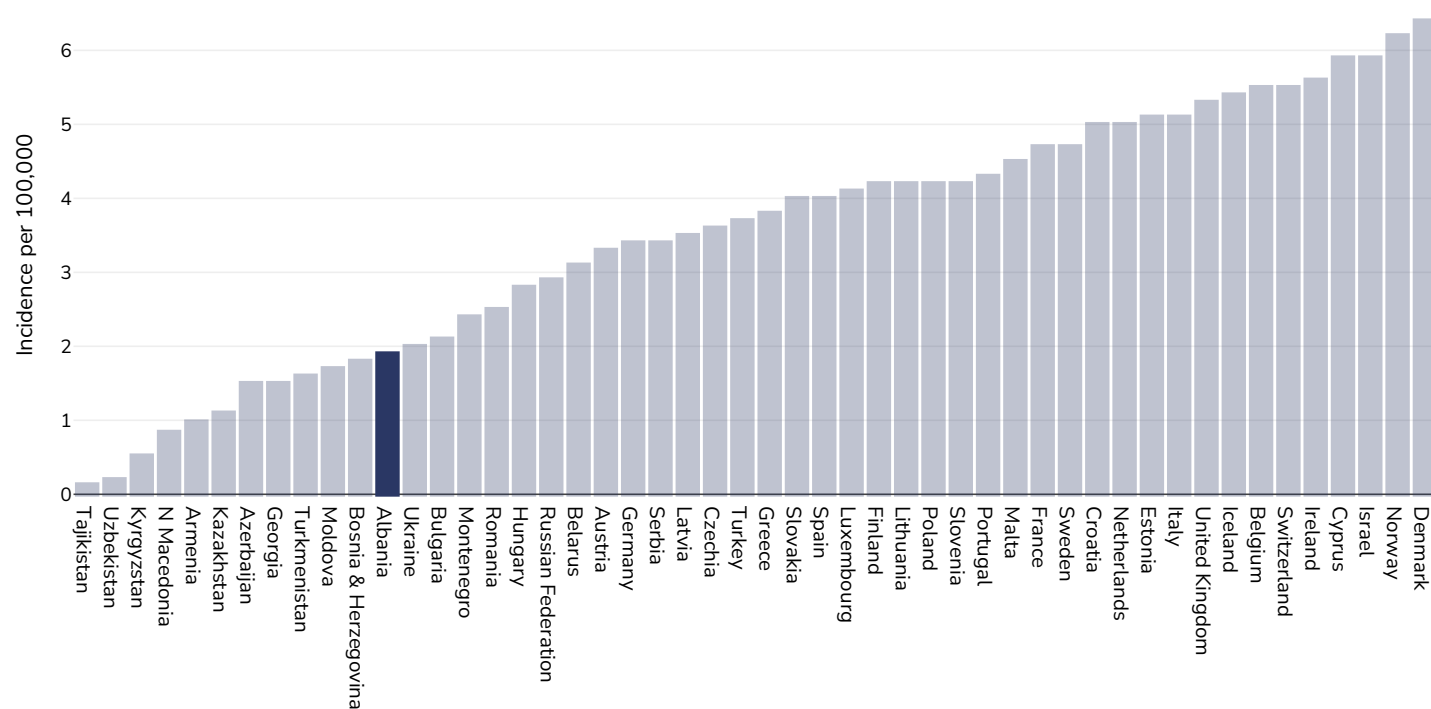


| Age: | 20+ |
|---|---|
| Area covered: | National |
| References: | Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24] |
| Definitions: | Indicence per 100,000 |

*Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².*

## Women, 2022



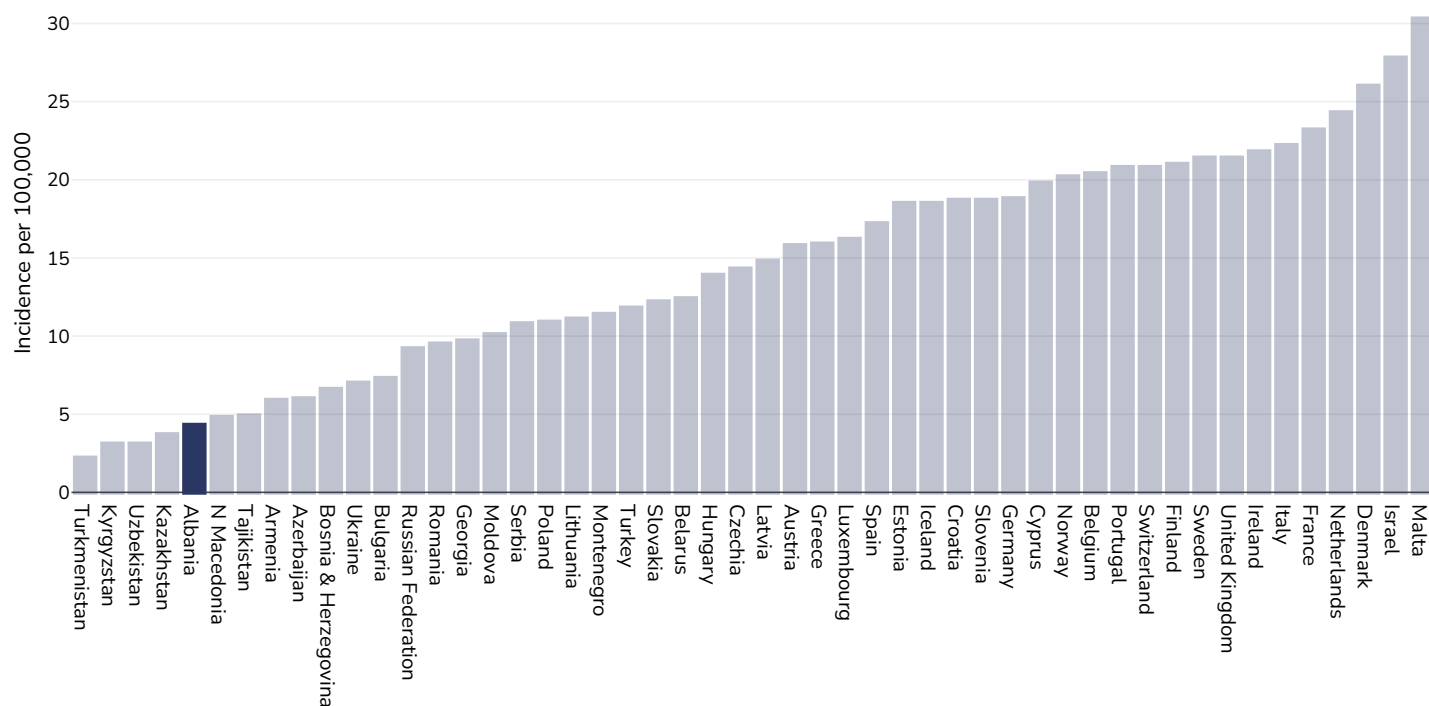| Age: | 20+ |
|------|-----|
| Area covered: | National |
| References: | Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24] |
| Definitions: | Indicence per 100,000 |

*Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².*
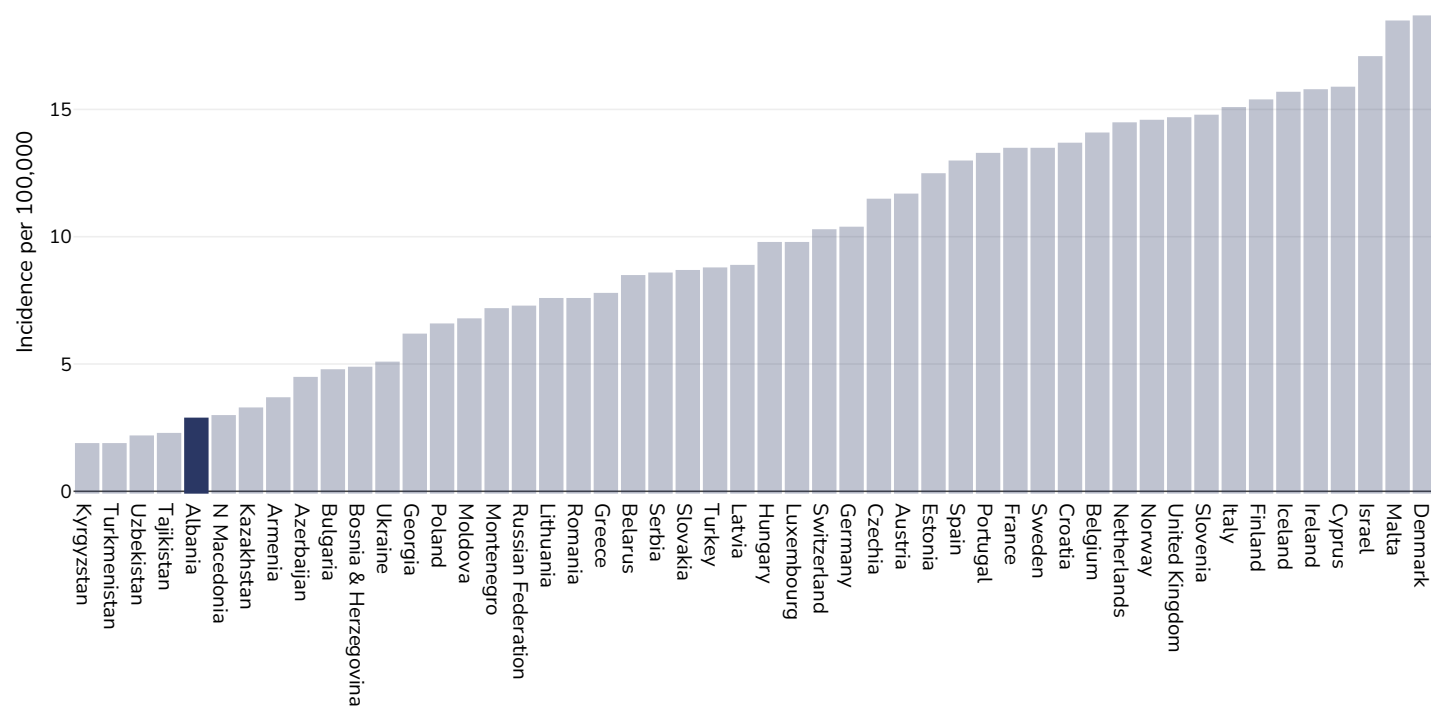
# Non Hodgkin Lymphoma

## Men, 2022



| Age: | 20+ |
|---|---|
| Area covered: | National |
| References: | Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24] |
| Definitions: | Incidence per 100,000 |

*Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².*

# Women, 2022



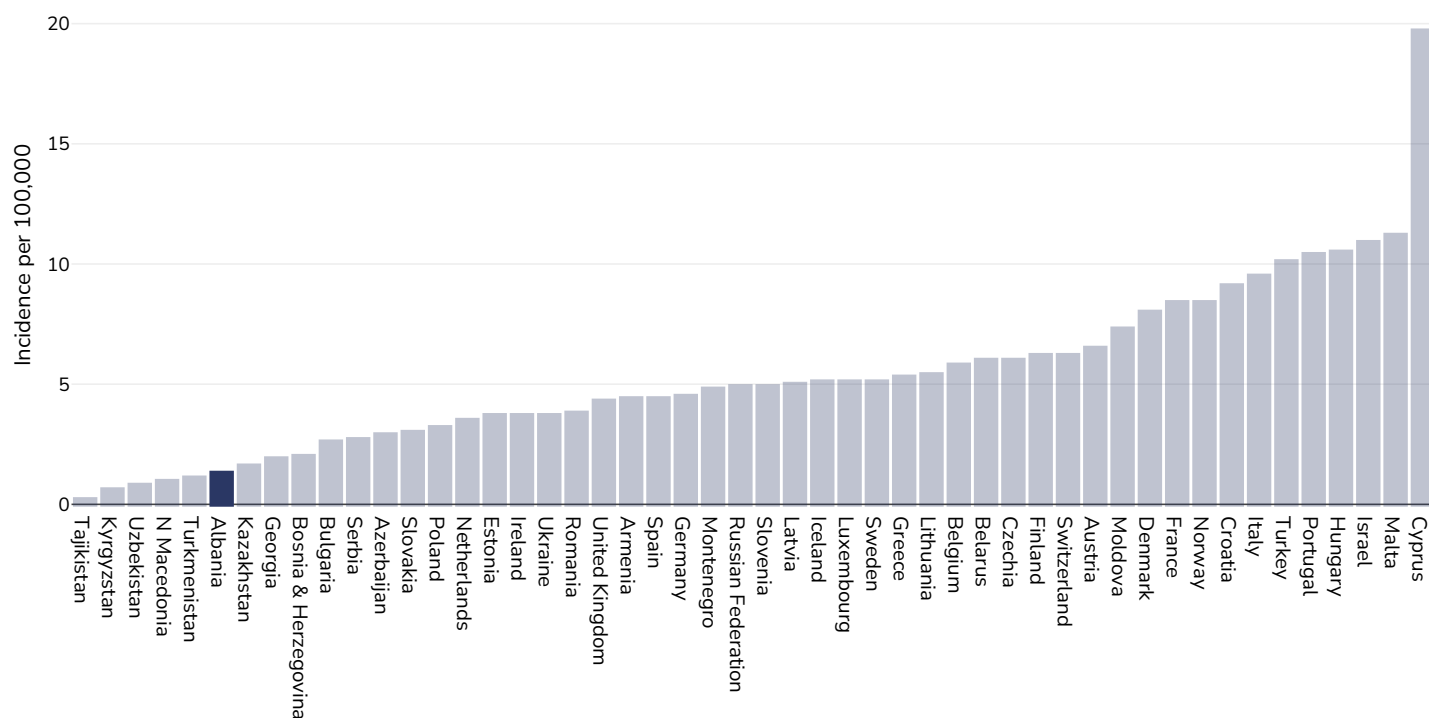| Age: | 20+ |
|---|---|
| Area covered: | National |
| References: | Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24] |
| Definitions: | Incidence per 100,000 |

*Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².*
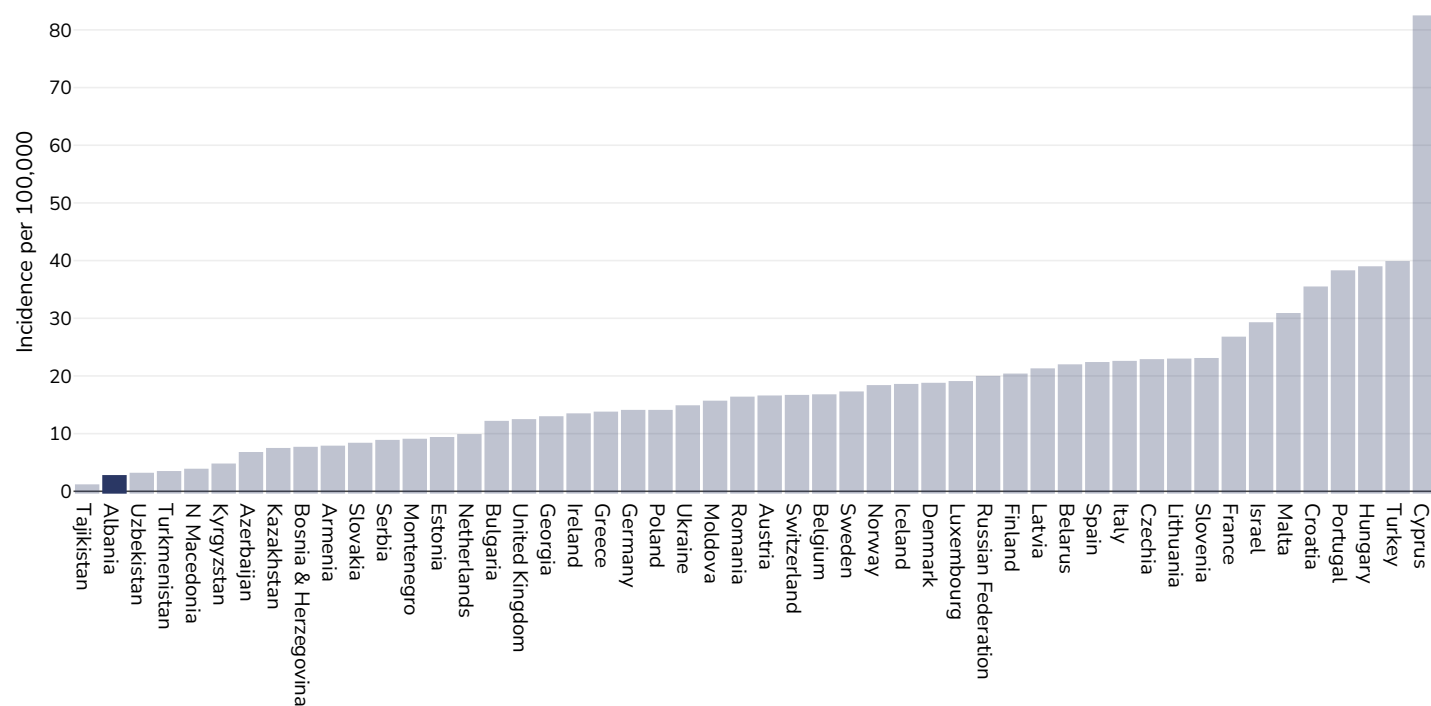
# Thyroid Cancer

## Men, 2022



| Age: | 20+ |
|---|---|
| Area covered: | National |
| References: | Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24] |
| Definitions: | Incidence per 100,000 |

# Women, 2022



| Age: | 20+ |
|---|---|
| **Area covered:** | National |
| **References:** | Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24] |
| **Definitions:** | Incidence per 100,000 |

*PDF created on June 25, 2025*