

Albania



Country report card - adults

This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity for adults. Where available, data on common and relevant obesity drivers and comorbidities are also presented.



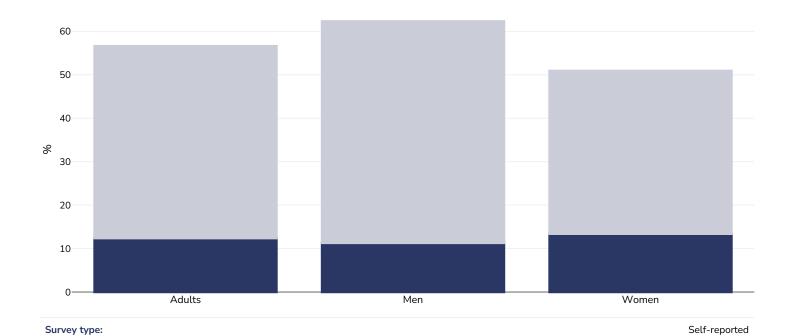
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Obesity prevalence

Adults, 2022





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)

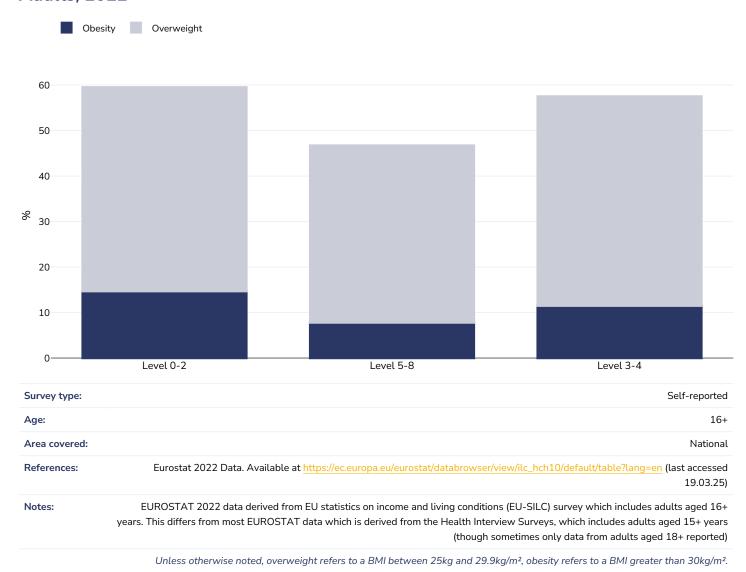
Notes:

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)

 $Unless \ otherwise \ noted, \ overweight \ refers \ to \ a \ BMI \ between \ 25kg \ and \ 29.9kg/m^2, \ obesity \ refers \ to \ a \ BMI \ greater \ than \ 30kg/m^2.$



Overweight/obesity by education



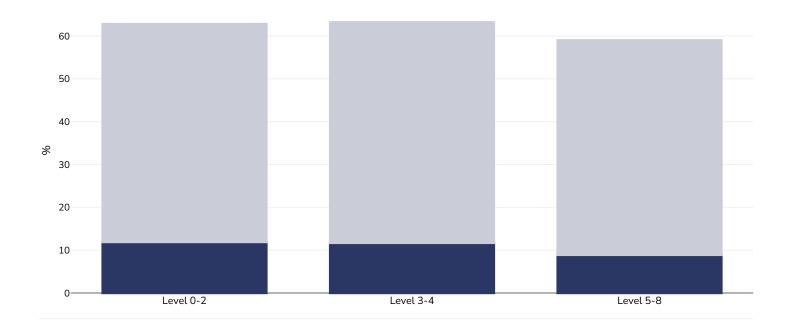
Self-reported



Men, 2022

Survey type:





Age:

Area covered:

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+

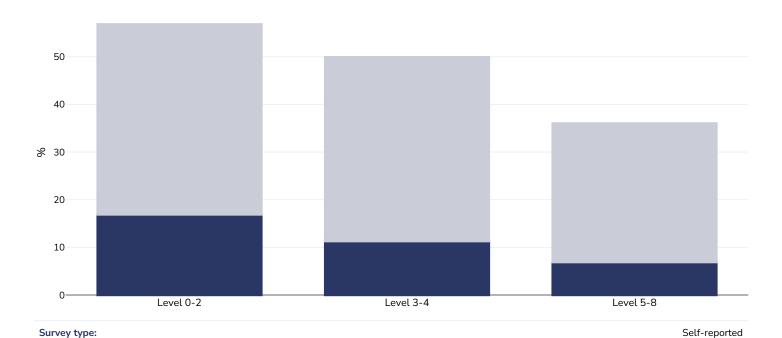
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Survey type:





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)

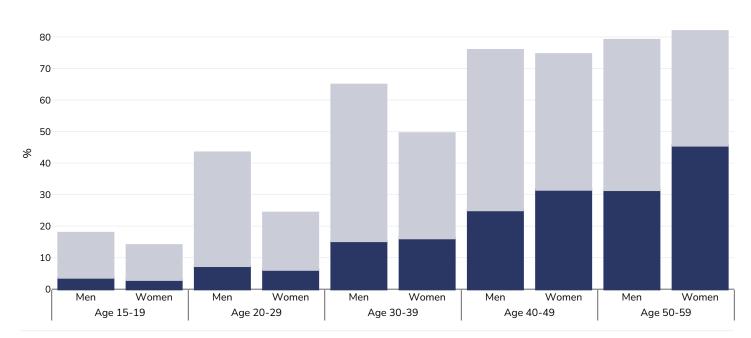
EUROSTAT 2022 data derived from EU statistics on income and living conditions (EU-SILC) survey which includes adults aged 16+ Notes: years. This differs from most EUROSTAT data which is derived from the Health Interview Surveys, which includes adults aged 15+ years (though sometimes only data from adults aged 18+ reported)



Overweight/obesity by age

Adults, 2017-2018





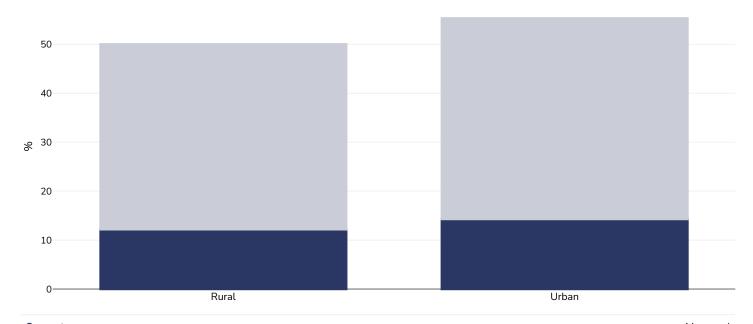
Survey type:	Measured
Sample size:	20053
Area covered:	National
References:	Institute of Statistics, Institute of Public Health, and ICF. 2018. Albania Demographic and Health Survey 2017-18. Tirana, Albania: Institute of Statistics, Institute of Public Health, and ICF.
Notes:	Demographic Health Survey data includes ever married women aged 15-49 years only and may include males aged 15-59.
	Unless otherwise noted overweight refers to a RMI between 25kg and 29 9kg/m² obesity refers to a RMI greater than 30kg/m²



Overweight/obesity by region

Men, 2017-2018



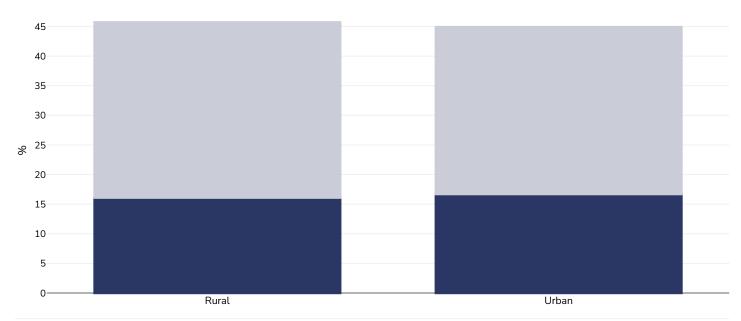


Survey type:	Measured
Age:	15-49
Sample size:	20053
Area covered:	National
References:	Institute of Statistics, Institute of Public Health, and ICF. 2018. Albania Demographic and Health Survey 2017-18. Tirana, Albania: Institute of Statistics, Institute of Public Health, and ICF.
Notes:	Demographic Health Survey data includes ever married women aged 15-49 years only and may include males aged 15-59.
	Unless otherwise noted everweight refers to a RMI between 25kg and 29 9kg/m² obesity refers to a RMI greater than 30kg/m²



Women, 2017-2018



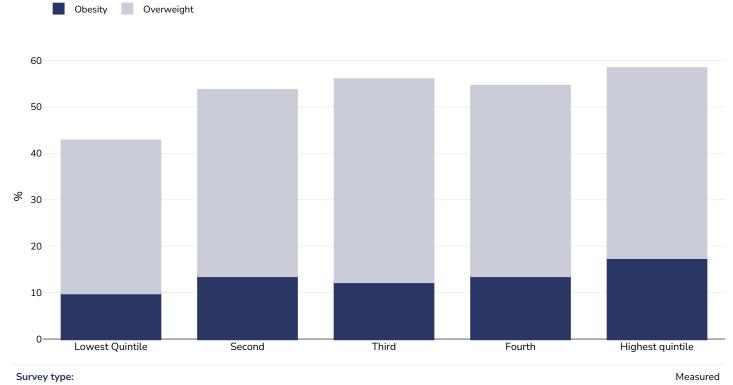


Survey type:	Measured
Age:	15-49
Sample size:	20053
Area covered:	National
References:	Institute of Statistics, Institute of Public Health, and ICF. 2018. Albania Demographic and Health Survey 2017-18. Tirana, Albania: Institute of Statistics, Institute of Public Health, and ICF.
Notes:	Demographic Health Survey data includes ever married women aged 15-49 years only and may include males aged 15-59.



Overweight/obesity by socio-economic group

Men, 2017-2018



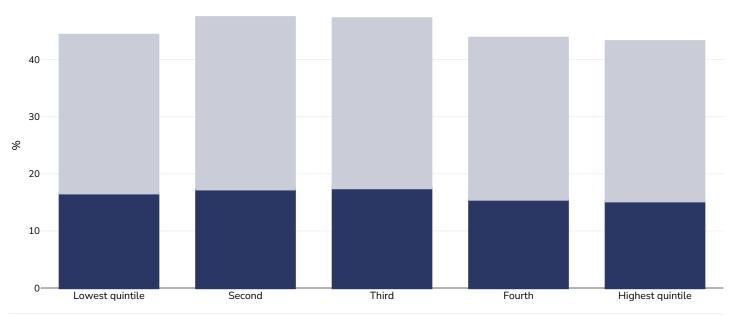
Age:	15-49
Sample size:	20053
Area covered:	National
References:	Institute of Statistics, Institute of Public Health, and ICF. 2018. Albania Demographic and Health Survey 2017-18. Tirana, Albania: Institute of Statistics, Institute of Public Health, and ICF. https://dhsprogram.com/pubs/pdf/FR348/FR348.pdf

 $Unless \ otherwise \ noted, overweight \ refers \ to \ a \ BMI \ between \ 25kg \ and \ 29.9kg/m^2, obesity \ refers \ to \ a \ BMI \ greater \ than \ 30kg/m^2.$



Women, 2017-2018





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:

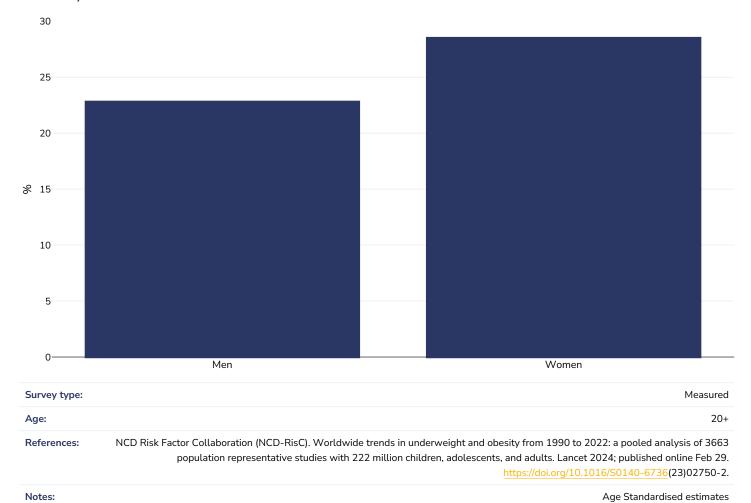
 $Unless \ otherwise \ noted, overweight \ refers \ to \ a \ BMI \ between \ 25kg \ and \ 29.9kg/m^2, obesity \ refers \ to \ a \ BMI \ greater \ than \ 30kg/m^2.$



Double burden of underweight & overweight

Adults, 2022

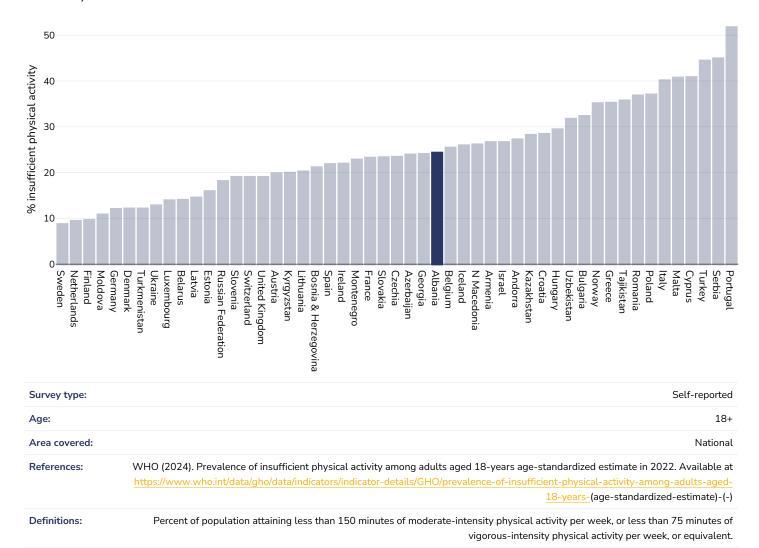
Definitions:



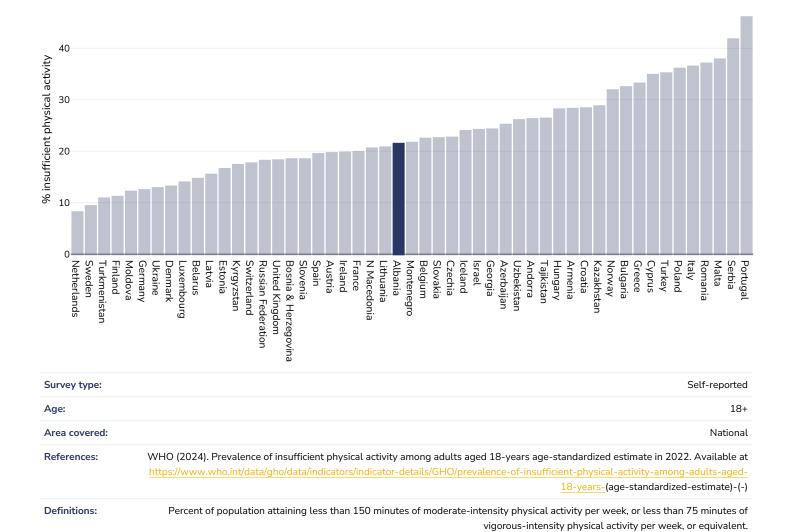
Combined prevalence of BMI<18.5 kg/m 2 and BMI>=30 kg/m 2 (double burden of underweight and obesity)



Insufficient physical activity



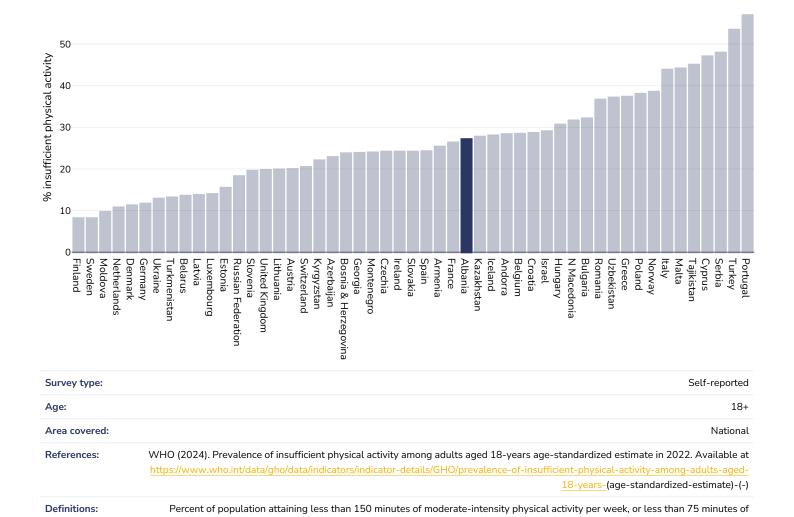




vigorous-intensity physical activity per week, or equivalent.

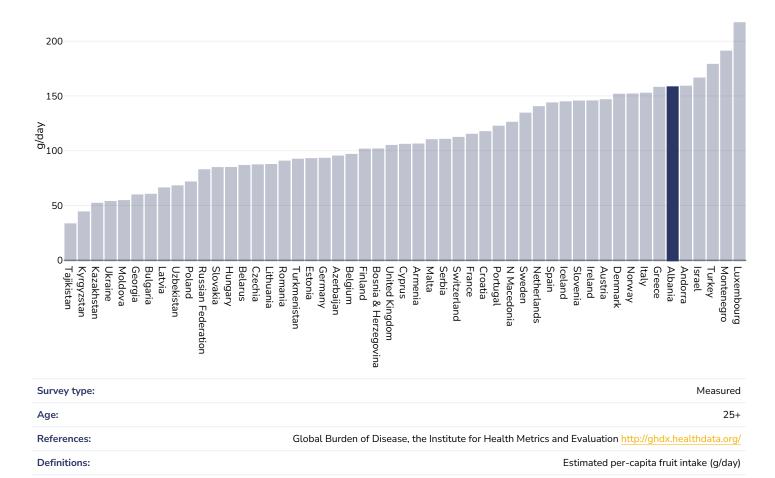


Women, 2022



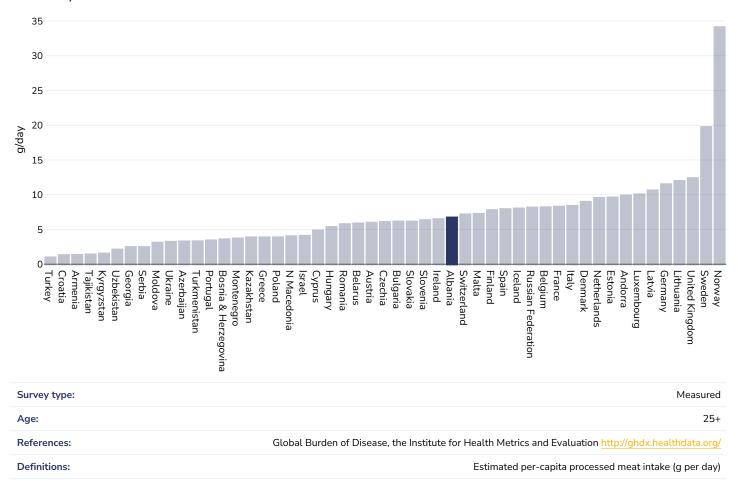


Estimated per capita fruit intake



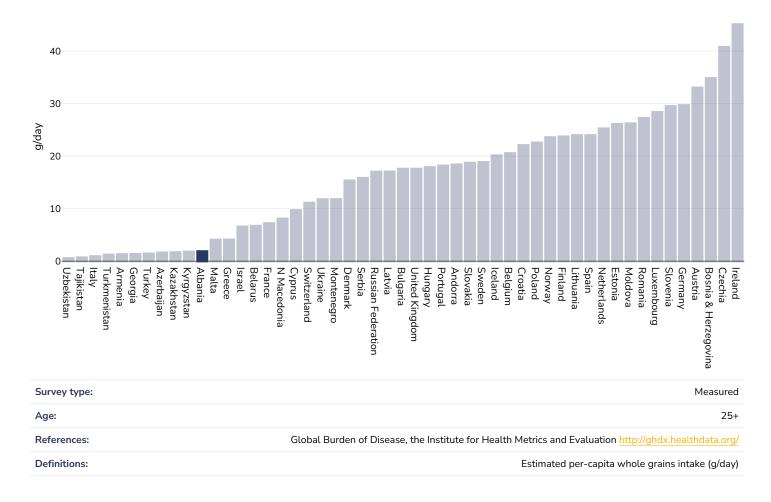


Estimated per-capita processed meat intake



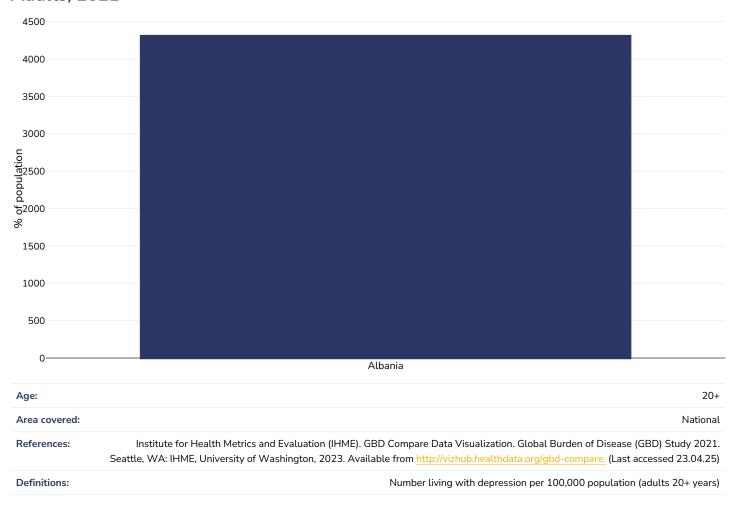


Estimated per capita whole grains intake

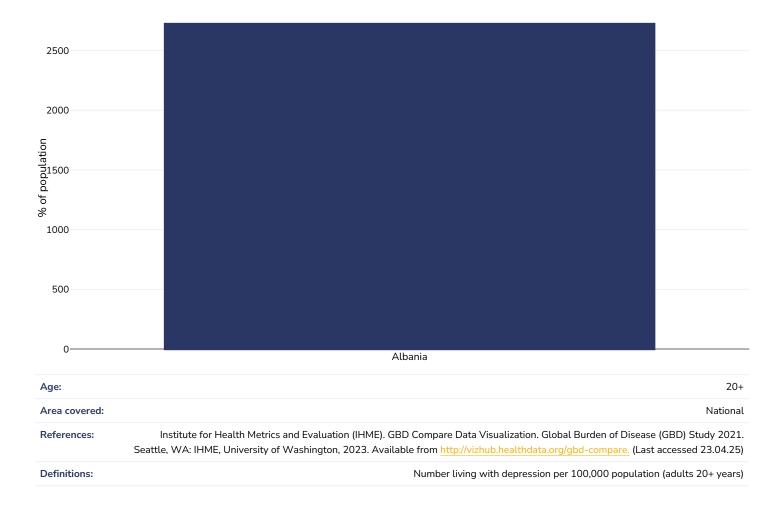




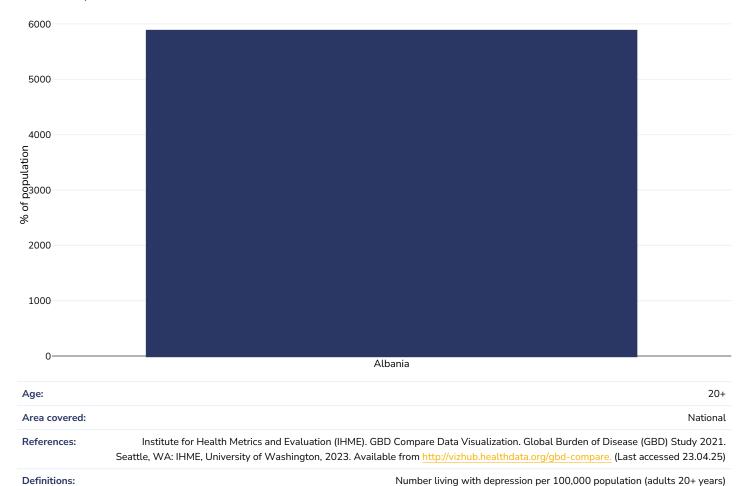
Mental health - depression disorders





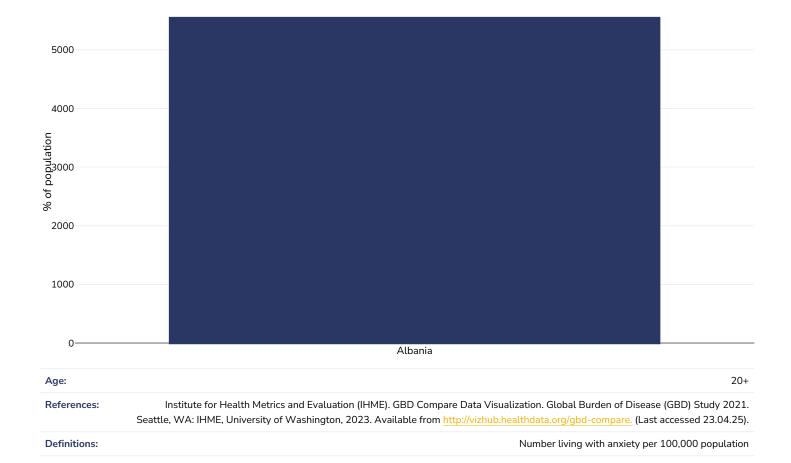






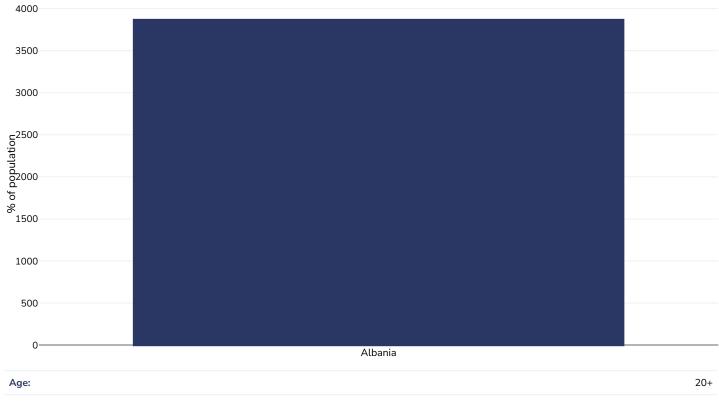


Mental health - anxiety disorders





Men, 2021



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





Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. References:

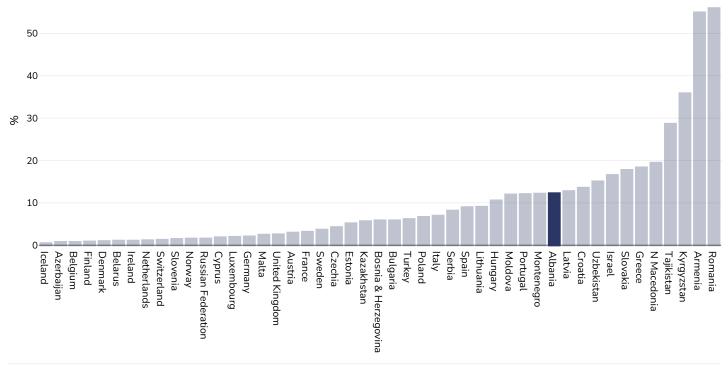
Seattle, WA: IHME, University of Washington, 2023. Available from http://vizhub.healthdata.org/gbd-compare. (Last accessed 23.04.25).

Number living with anxiety per 100,000 population Definitions:



Percent of population who cannot afford a healthy diet

Adults, 2022



Area covered: National

References:

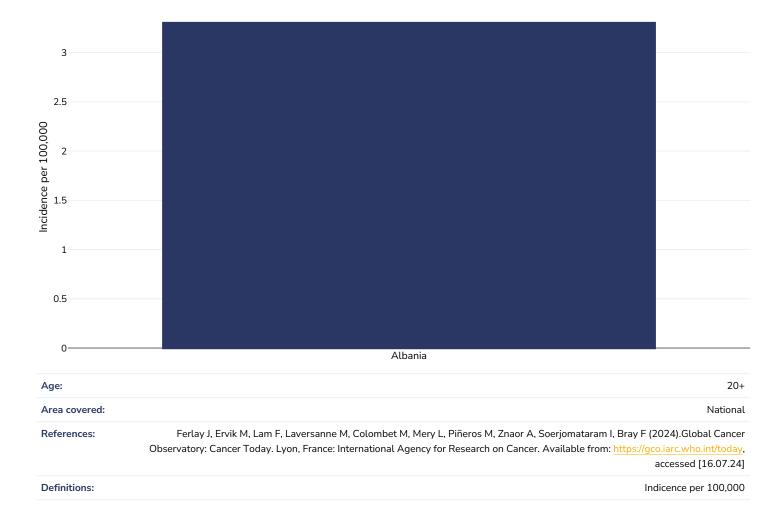
The Food Systems Dashboard. The Global Alliance for Improved Nutrition (GAIN), The Columbia Climate School, and Cornell University

College of Agriculture and Life Sciences. 2024. Geneva, Switzerland. https://www.foodsystemsdashboard.org. DOI:

https://doi.org/10.36072/db.



Oesophageal cancer





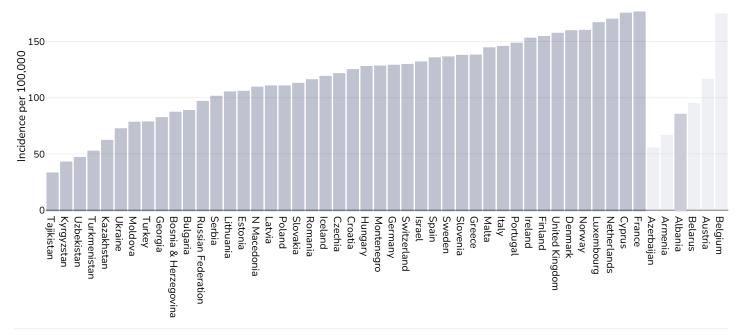




Breast cancer

Women, 2022





Area covered: National

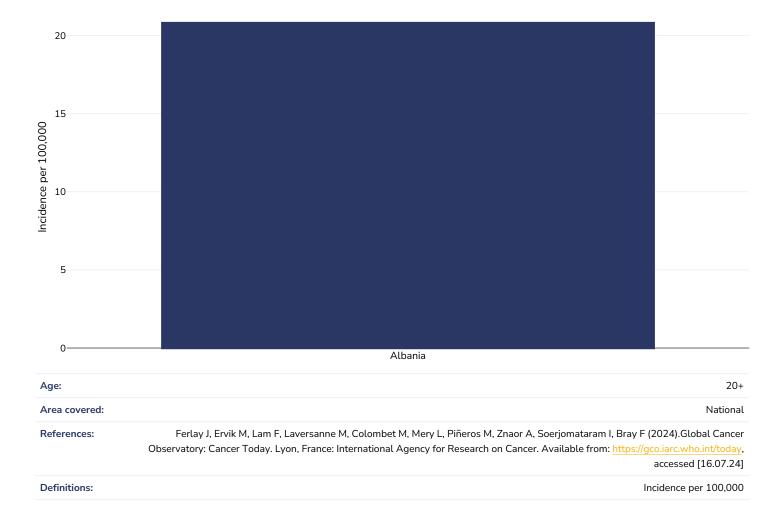
References:

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









Pancreatic cancer



Incidence per 100,000



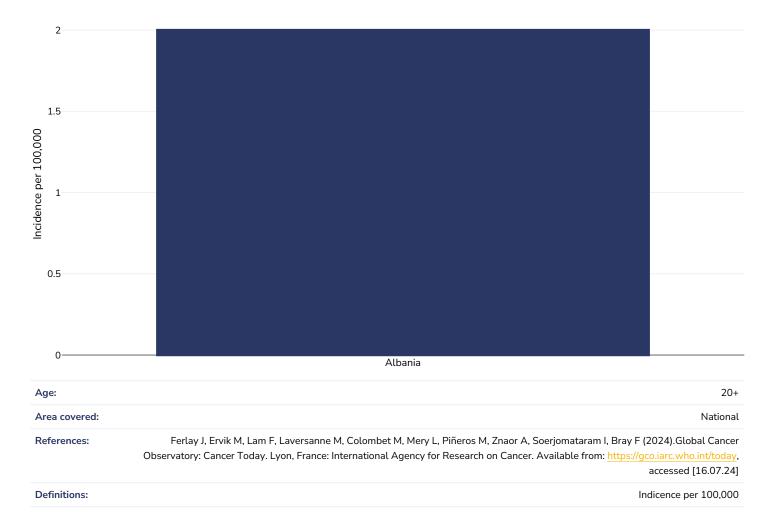
Women, 2022

Definitions:

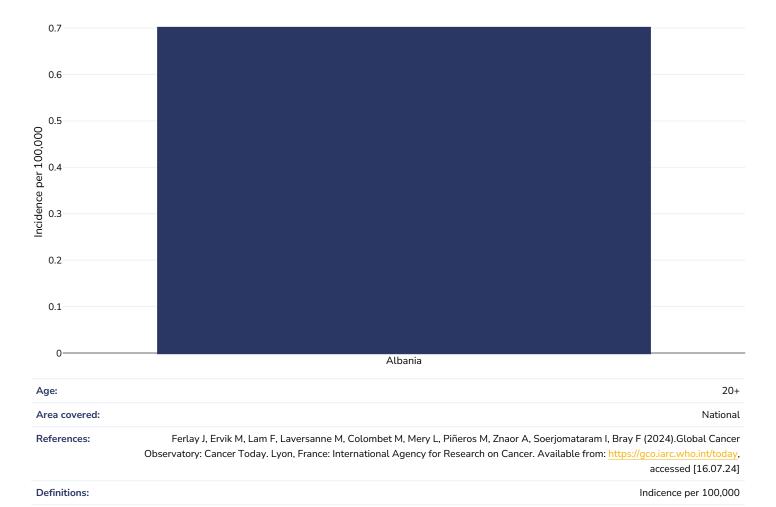




Gallbladder cancer

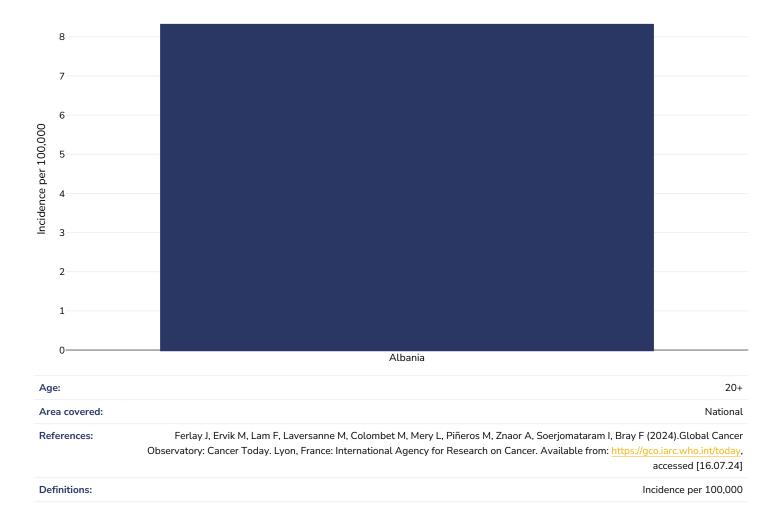




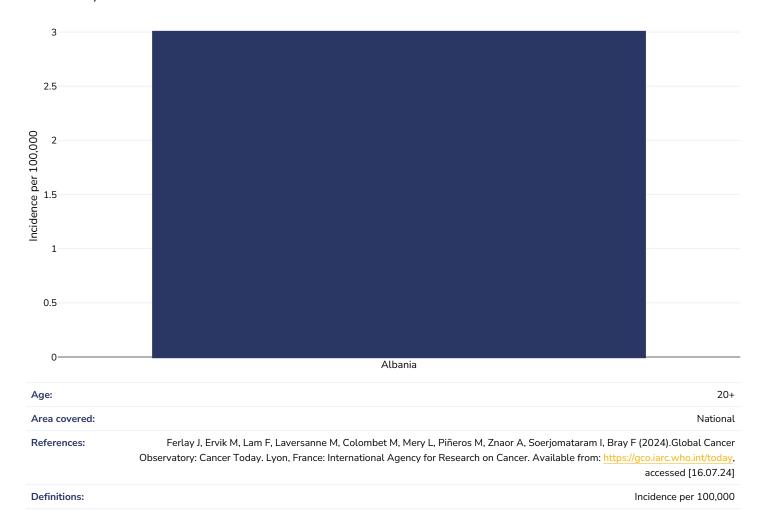




Kidney cancer



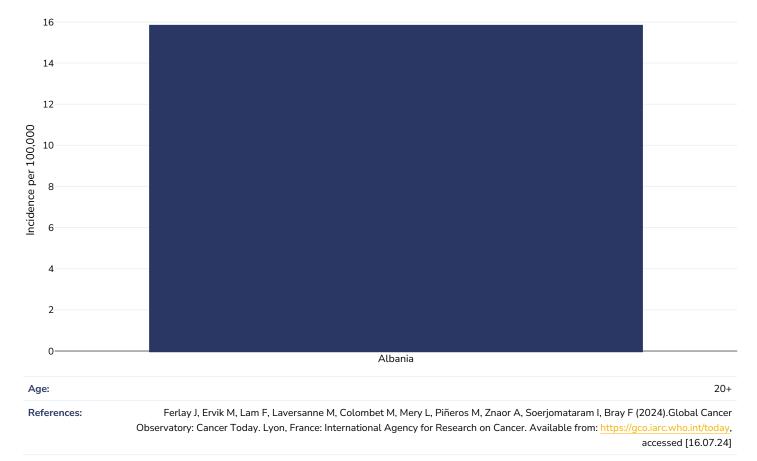






Cancer of the uterus

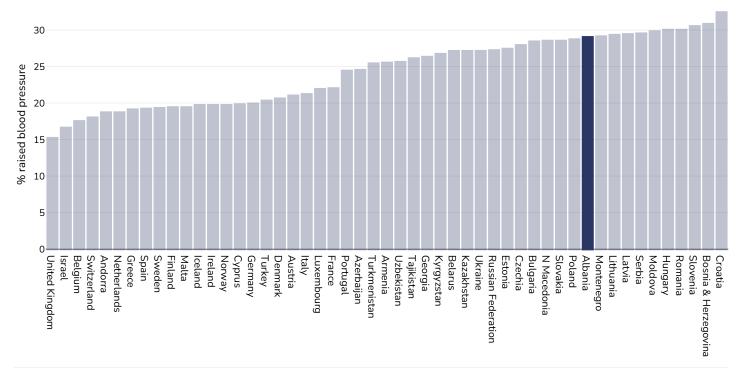
Women, 2022





Raised blood pressure

Adults, 2015



References:

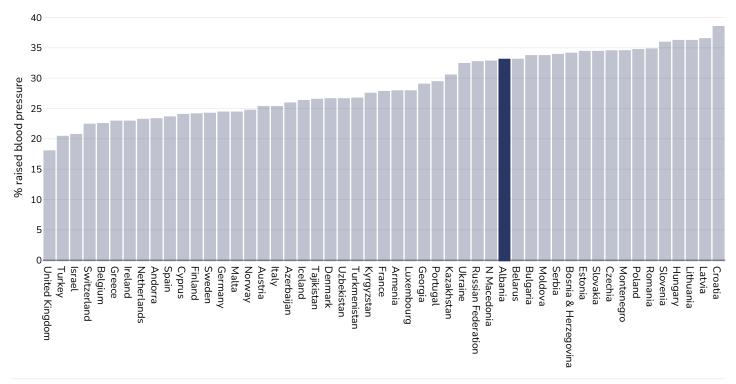
Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A875?lang=en

Definitions:

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



Men, 2015



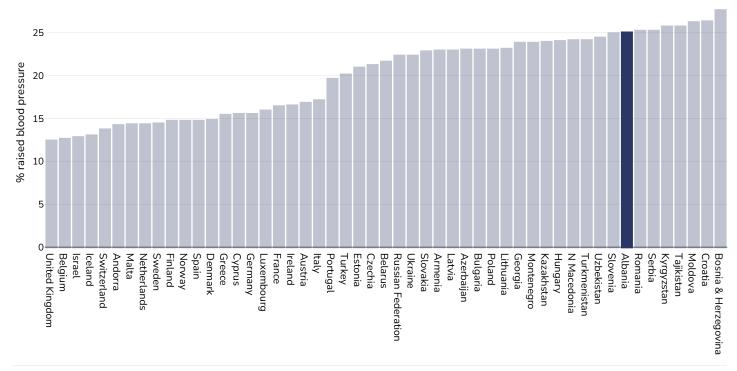
References:

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).





References:

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

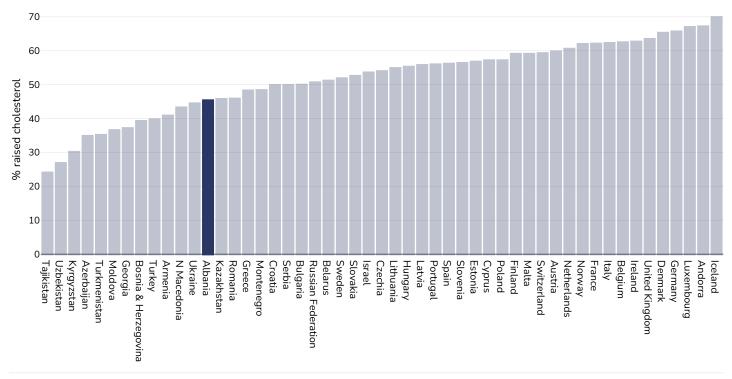
Definitions:

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



Raised cholesterol

Adults, 2008



References:

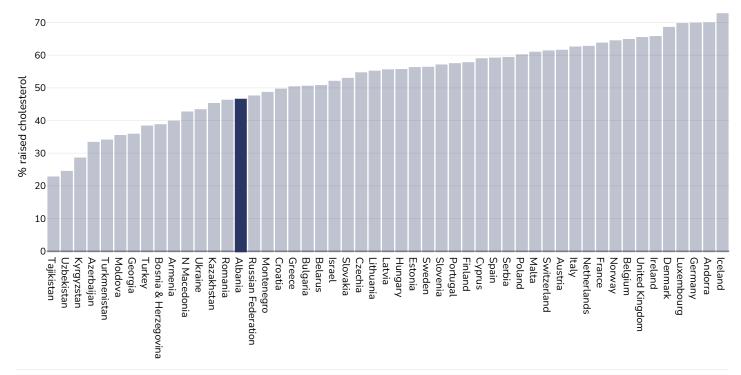
Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A885

Definitions:

% Raised total cholesterol (>= 5.0 mmol/L) (age-standardized estimate).



Men, 2008



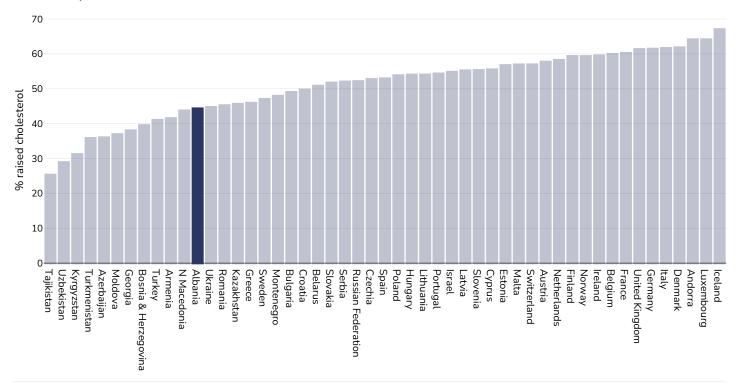
References:

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).





References:

Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A885

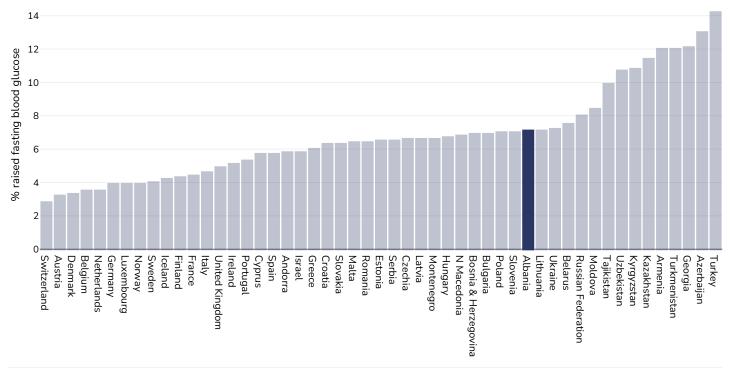
Definitions:

% Raised total cholesterol (>= 5.0 mmol/L) (age-standardized estimate).



Raised fasting blood glucose

Men, 2014



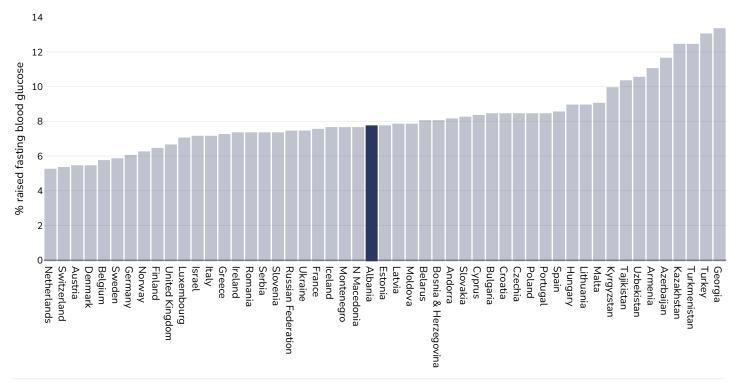
References:

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 mmoVL or on medication).





References:

 ${\bf Global\ Health\ Observatory\ data\ repository,\ World\ Health\ Organisation,\ \underline{http://apps.who.int/gho/data/node.main.A869?lang=en}}$

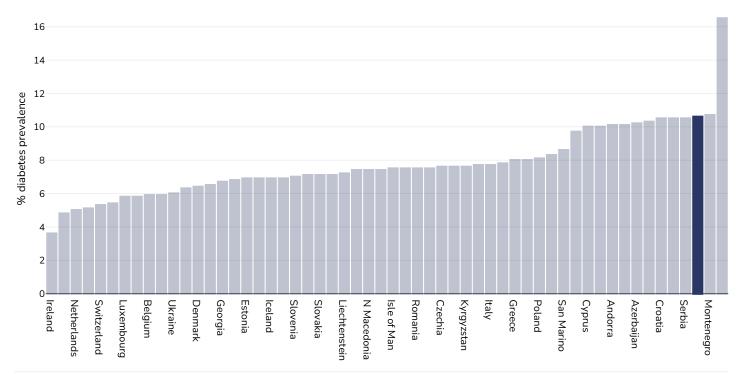
Definitions:

Age Standardised % raised fasting blood glucose (>= 7.0 mmol/L or on medication).



Diabetes prevalence

Adults, 2024



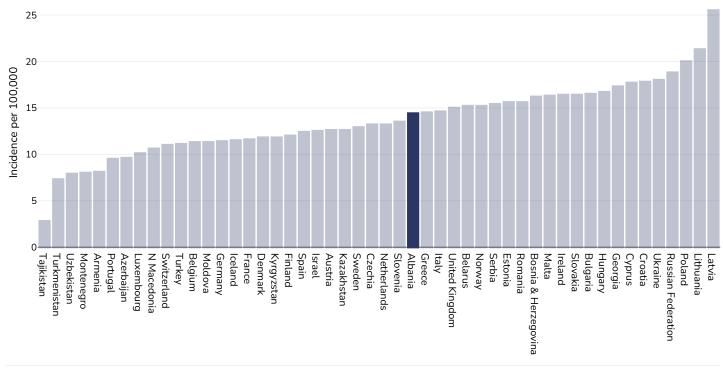
References:

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]



Leukemia

Men, 2022											
4											
3											
2											
1											
0											
⁻¹ ₋₁	0	1	2	3	4	5	6				
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 pe	er 100,000				
	Unless ot	herwise noted, overw	reight refers to a BMI	between 25kg and 29	9.9kg/m², obesity refers	s to a BMI greater than	n 30kg/m².				

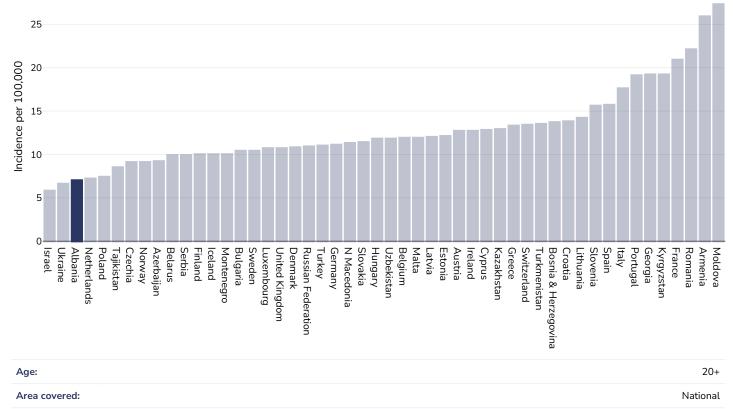


Women, 202	22										
4											
3											
2											
1											
0											
⁻¹ _1	0	1	2	3	4	5	6				
Age:							20+				
Area covered:							National				
References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer 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 pe	r 100,000				
	Unless oth	erwise noted, overwe	eight refers to a BMI I	between 25kg and 29.	9kg/m², obesity refers	to a BMI greater thar	30kg/m².				



Liver and intrahepatic bile duct Cancer

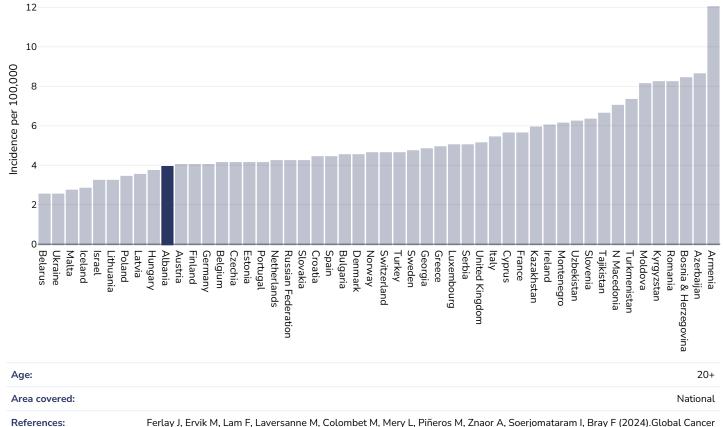
Men, 2022



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]



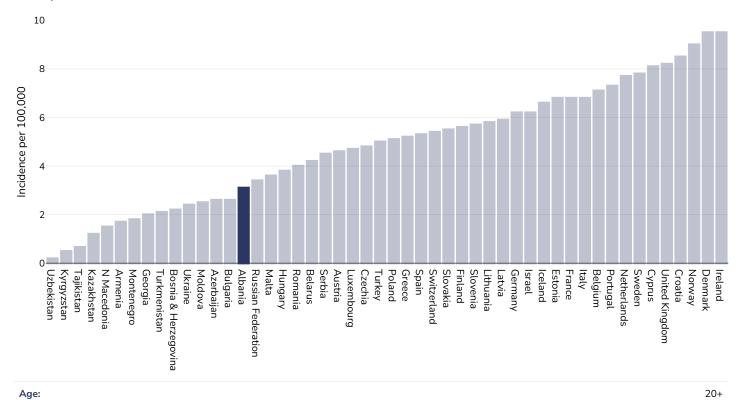


References: Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]



Multiple Myeloma

Men, 2022



Area covered: 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]

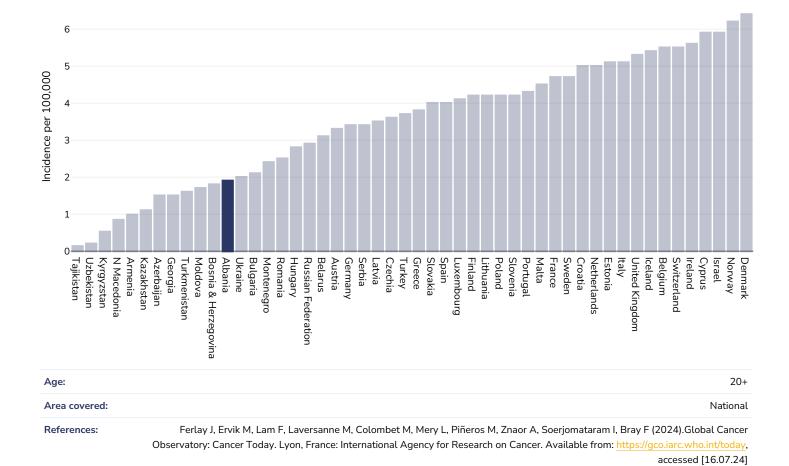
Definitions:

Indicence per 100,000

National

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





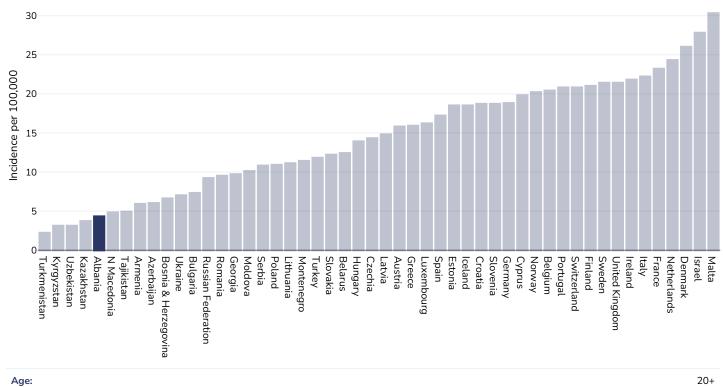
Definitions: Indicence per 100,000

 $Unless \ otherwise \ noted, overweight \ refers \ to \ a \ BMI \ between \ 25kg \ and \ 29.9kg/m^2, \ obesity \ refers \ to \ a \ BMI \ greater \ than \ 30kg/m^2.$



Non Hodgkin Lymphoma

Men, 2022



Area covered: 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]

National

Definitions:

Incidence per 100,000

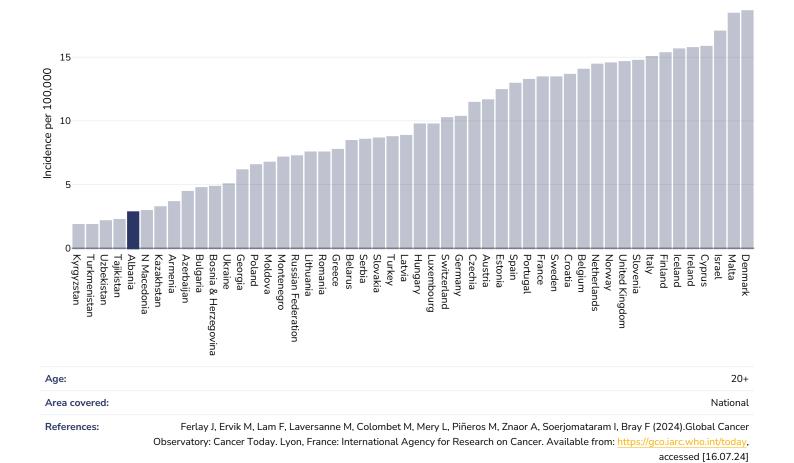
Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².

Incidence per 100,000



Women, 2022

Definitions:

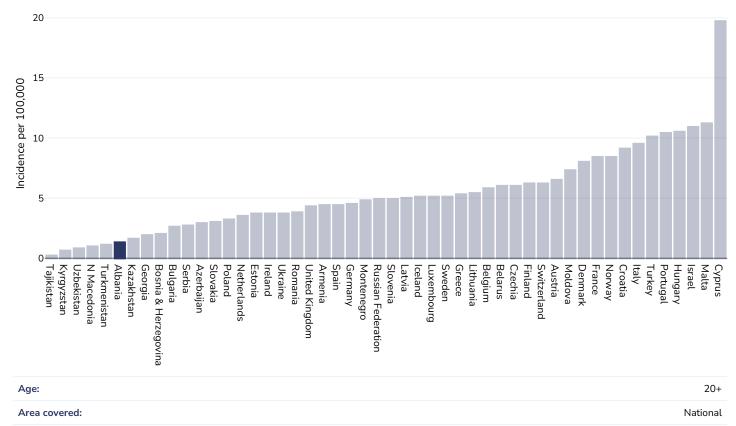


 $Unless \ otherwise \ noted, overweight \ refers \ to \ a \ BMI \ between \ 25kg \ and \ 29.9kg/m^2, \ obesity \ refers \ to \ a \ BMI \ greater \ than \ 30kg/m^2.$



Thyroid Cancer

Men, 2022



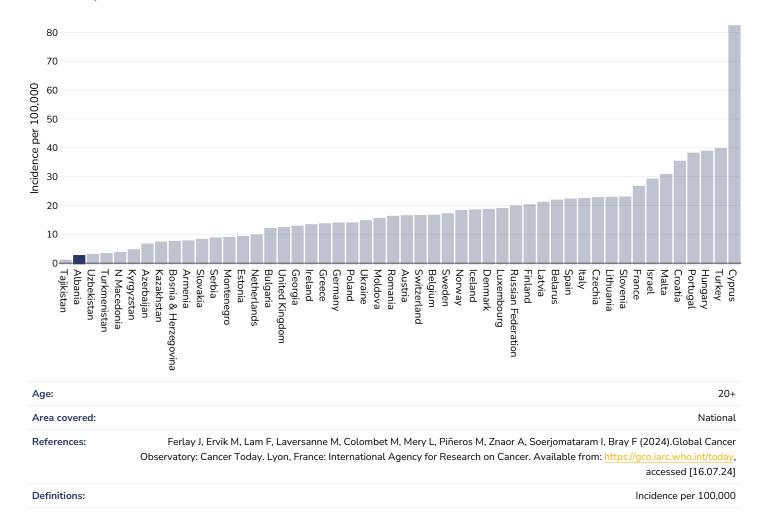
References:

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