



Albania



Country report card - children

This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity for children, including adolescents (aged 5 to 18 years). Where available, data on common and relevant obesity drivers and comorbidities are also presented.

View the latest version of this report on the Global Obesity Observatory at <https://data.worldobesity.org/country/albania-2/>

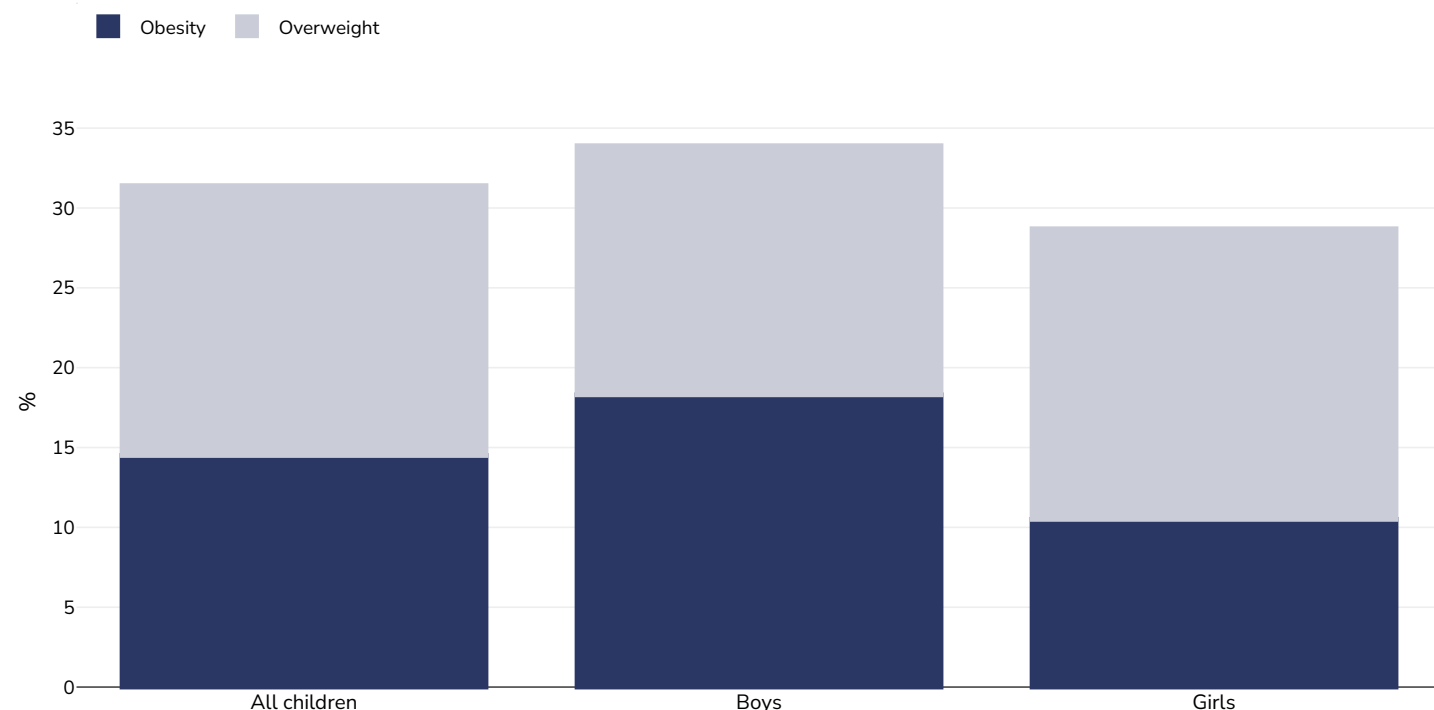
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National obesity risk *7.5/10 This is a composite obesity risk score (out of 10, the highest risk) based on obesity prevalence, rate of increase, likelihood of meeting the 2025 target, treatment indicator and childhood stunting levels. Childhood obesity risk *6.5/11 This is a risk score for each country's likelihood of having or acquiring a major childhood obesity problem during the 2020s, taking account of current prevalence levels and risk for future obesity (based on stunting among infants, maternal obesity, maternal smoking, and breastfeeding rates).

* Based on estimated data. For more information see [Publications](#)

Obesity prevalence

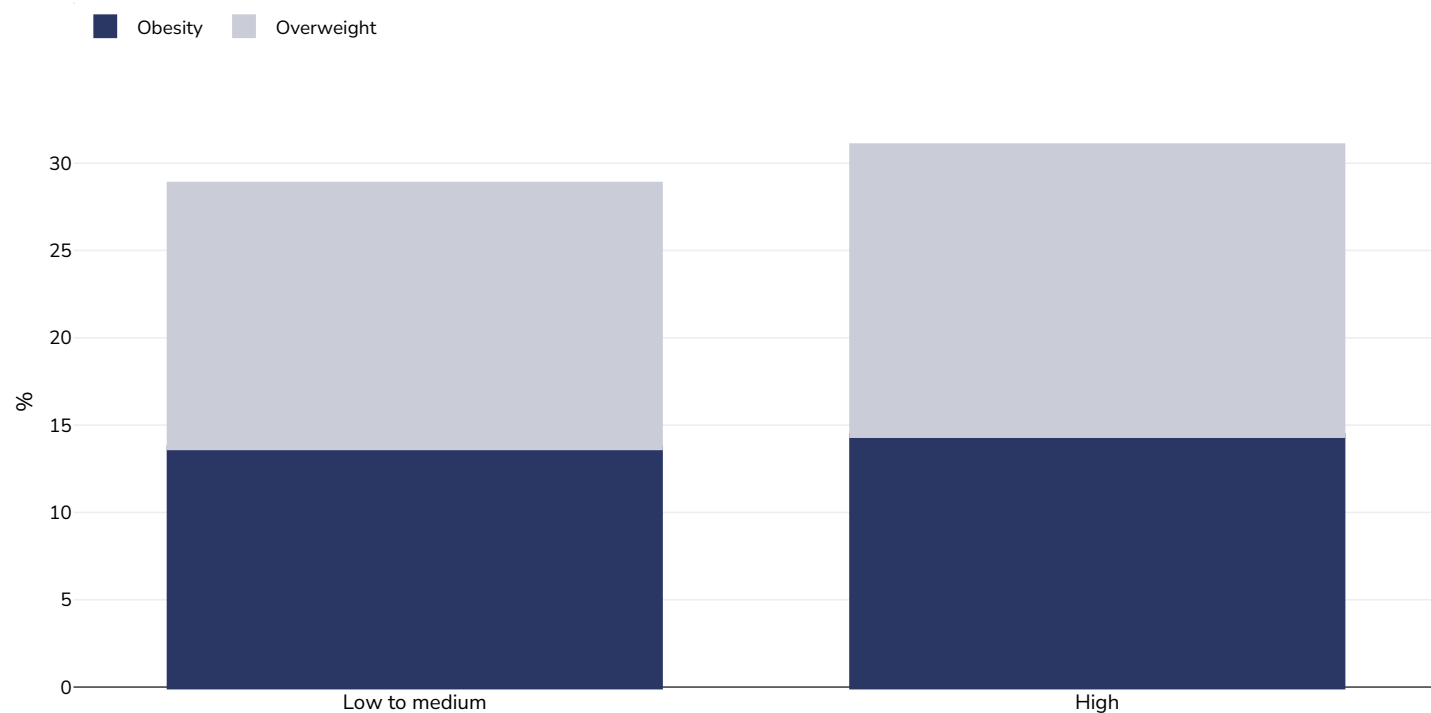
Children, 2022-2024



Survey type:	Measured
Age:	8
Sample size:	3161
Area covered:	National
References:	WHO European Childhood Obesity Surveillance Initiative (COSI): report on the sixth round of data collection, 2022? 2024. Copenhagen: WHO Regional Office for Europe; 2025. Licence: CC BY-NC-SA 3.0 IGO.
Cutoffs:	WHO 2007

Overweight/obesity by education

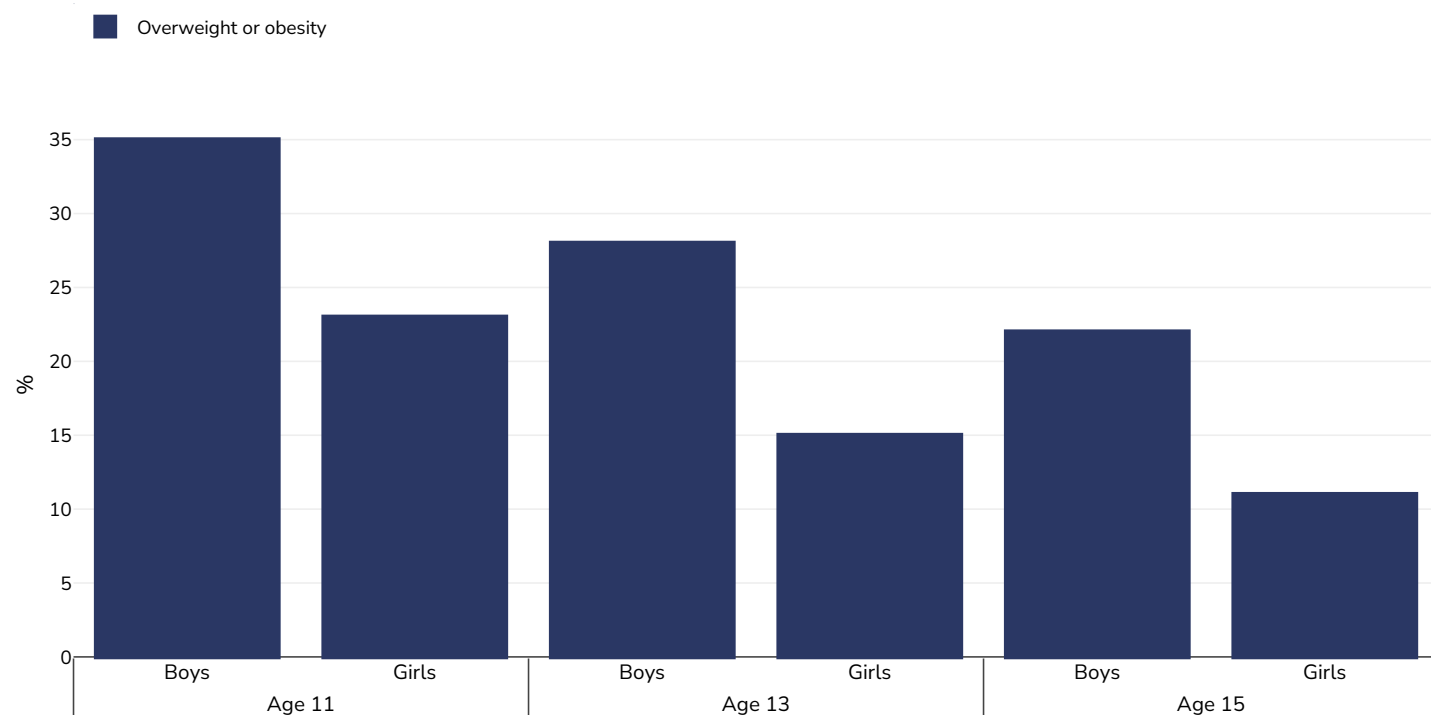
Children, 2022-2024



Survey type:	Measured
Age:	6-9
Sample size:	4742
Area covered:	National
References:	WHO European Childhood Obesity Surveillance Initiative (COSI): report on the sixth round of data collection, 2022? 2024. Copenhagen: WHO Regional Office for Europe; 2025. Licence: CC BY-NC-SA 3.0 IGO.
Definitions:	Level of parental education: (i) low to medium, where both parents have lower education or one parent has lower education and the other has higher education; and (ii) high, where both parents have higher education. Lower education was defined as ?primary school or less?, ?lower secondary education?, or ?upper secondary and post-secondary non-tertiary education?. Higher education included ? short-cycle tertiary education or bachelor?s or equivalent level? and ?master?s or doctoral or equivalent level?. In single-parent families, parental education was determined based on the educational attainment of the single parent.
Cutoffs:	WHO 2007

Overweight/obesity by age

Children, 2021-2022



Survey type: Self-reported

Area covered: See Report

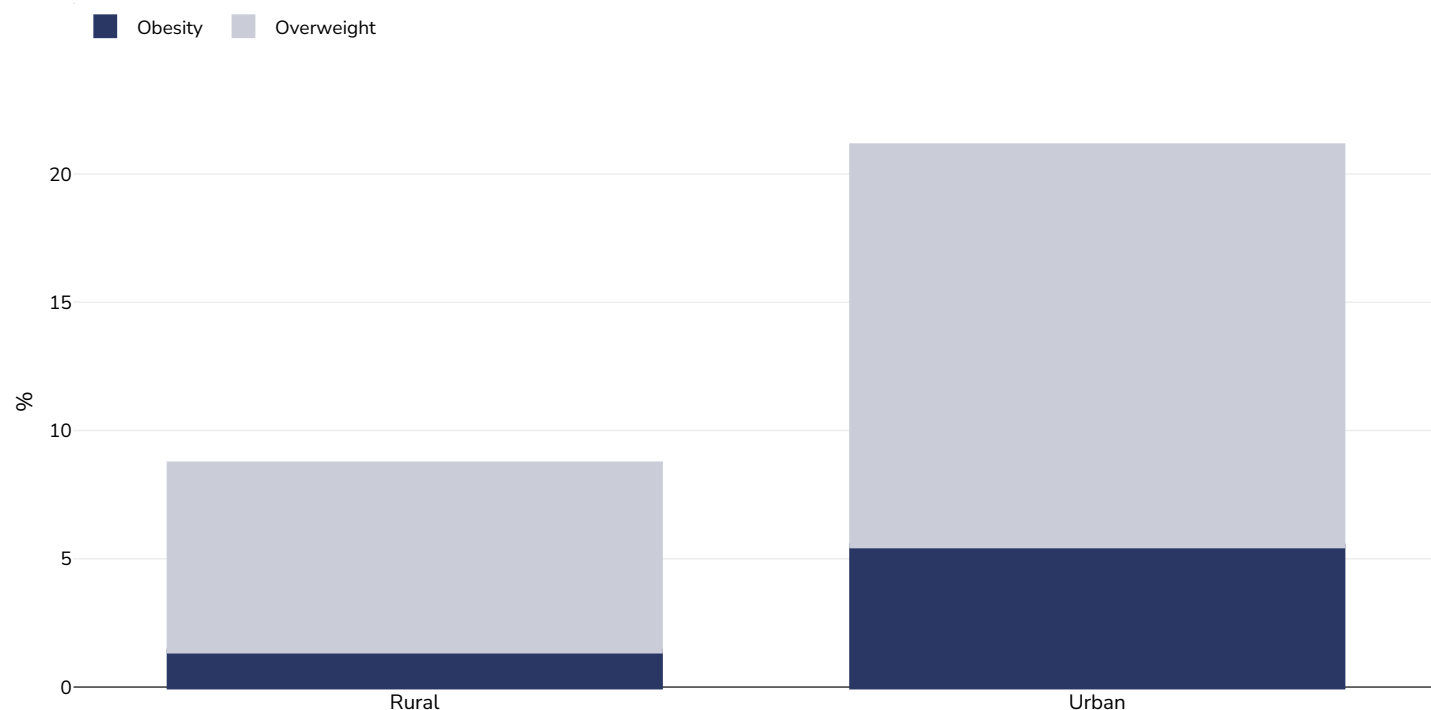
References: Rakić JG, Hamrik Z, Dzielska A, Felder-Puig R, Oja L, Bakalár P et al. A focus on adolescent physical activity, eating behaviours, weight status and body image in Europe, central Asia and Canada. Health Behaviour in School-aged Children (HBSC) international report from the 2021/2022 survey. 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

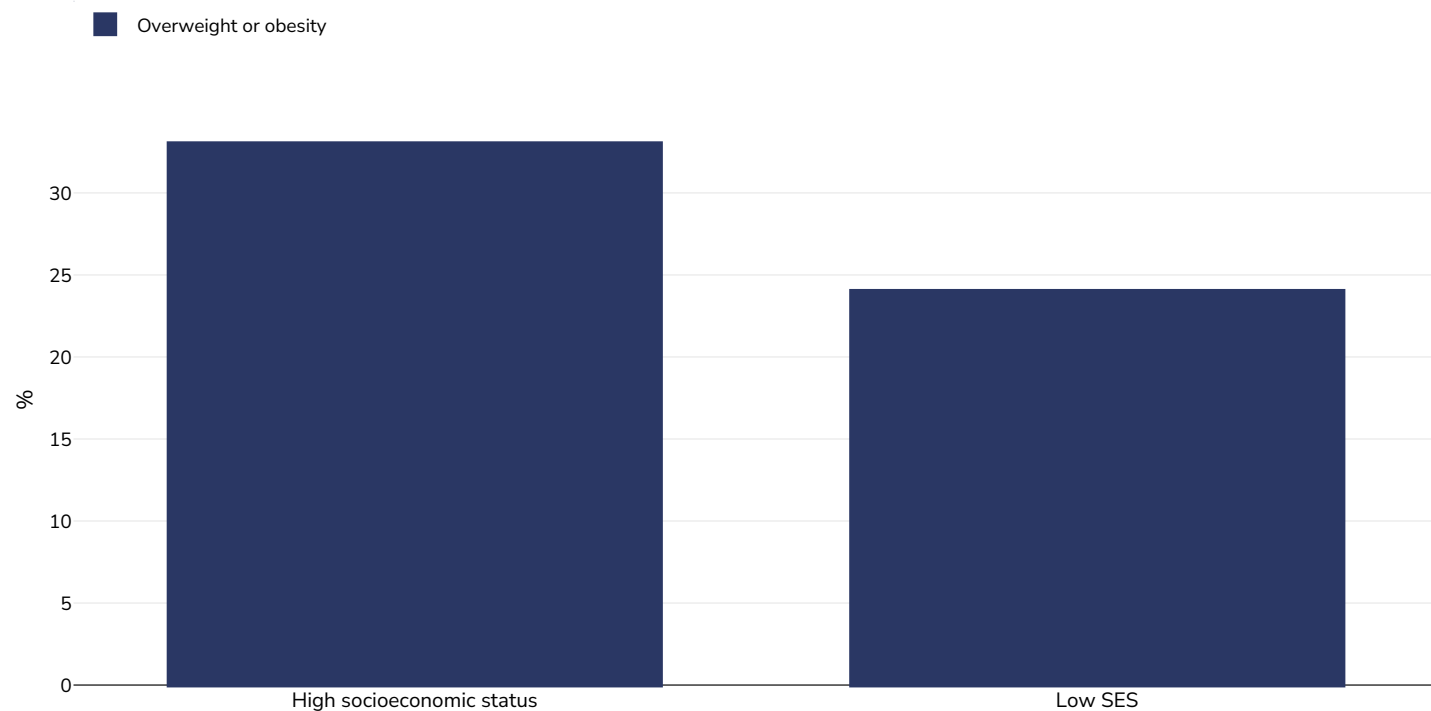
Children, 2013



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. <i>J Community Health</i> . 2014 Oct;39(5):828-34. doi: 10.1007/s10900-014-9888-9.
Notes:	IOTF Cut off WHO International cut off available
Cutoffs:	IOTF

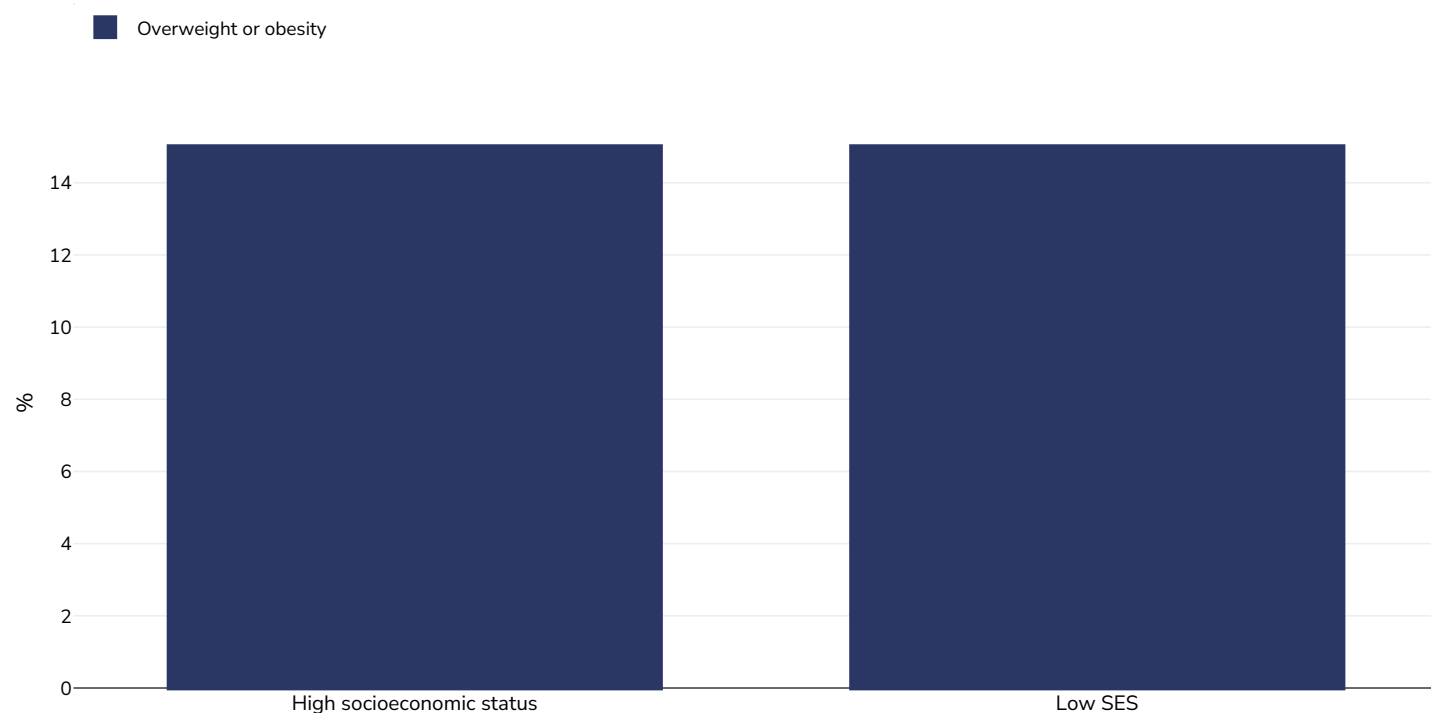
Overweight/obesity by socio-economic group

Boys, 2021-2022



Survey type:	Self-reported
Age:	11-15
References:	Rakić 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

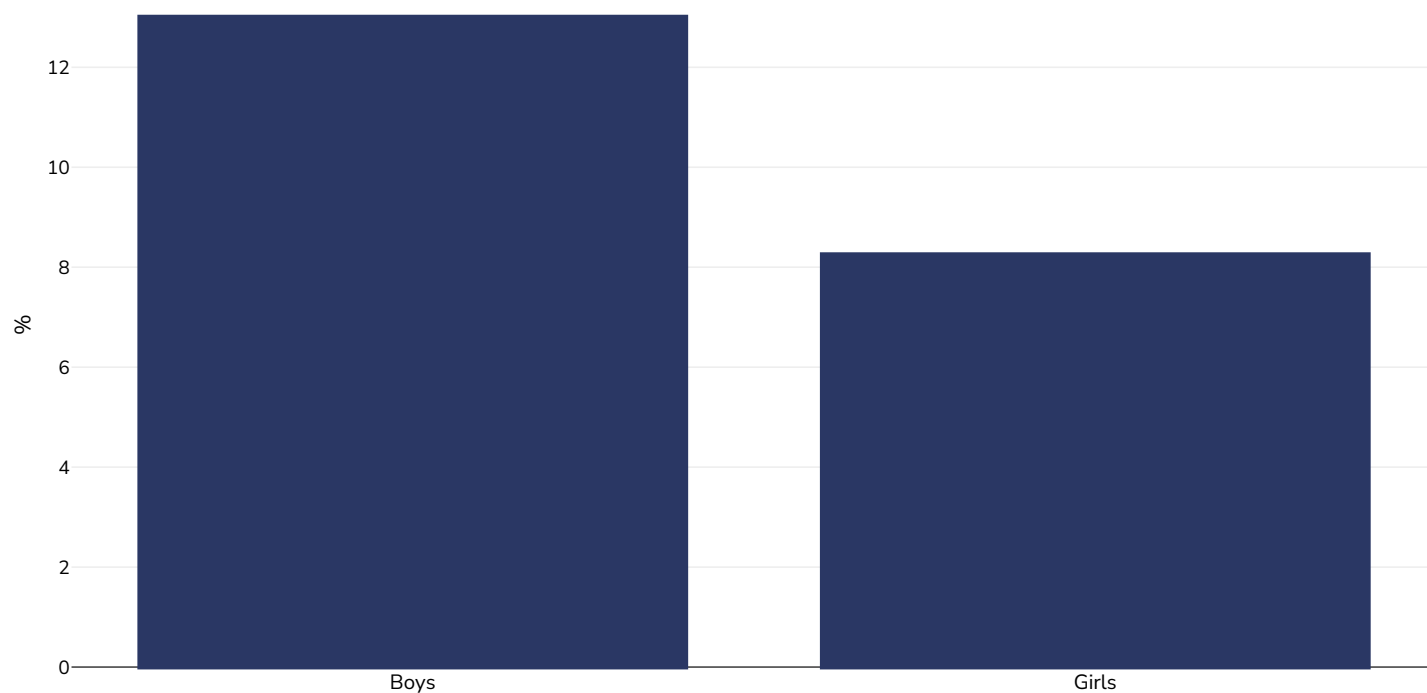
Girls, 2021-2022



Survey type:	Self-reported
Age:	11-15
References:	Rakić 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

Double burden of underweight & overweight

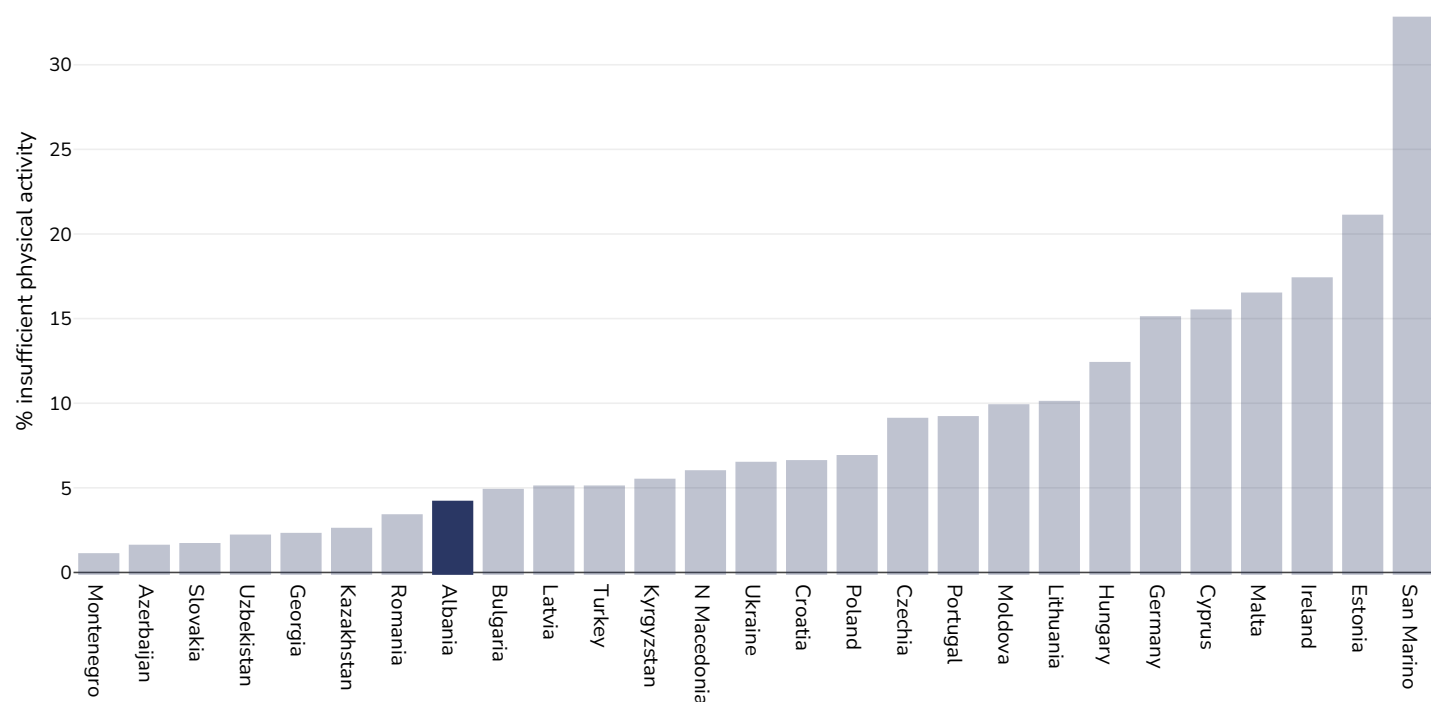
Children, 2022



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

Insufficient physical activity

Children, 2022-2024



Survey type: Self-reported

Age: 6-9

Sample size: 4652

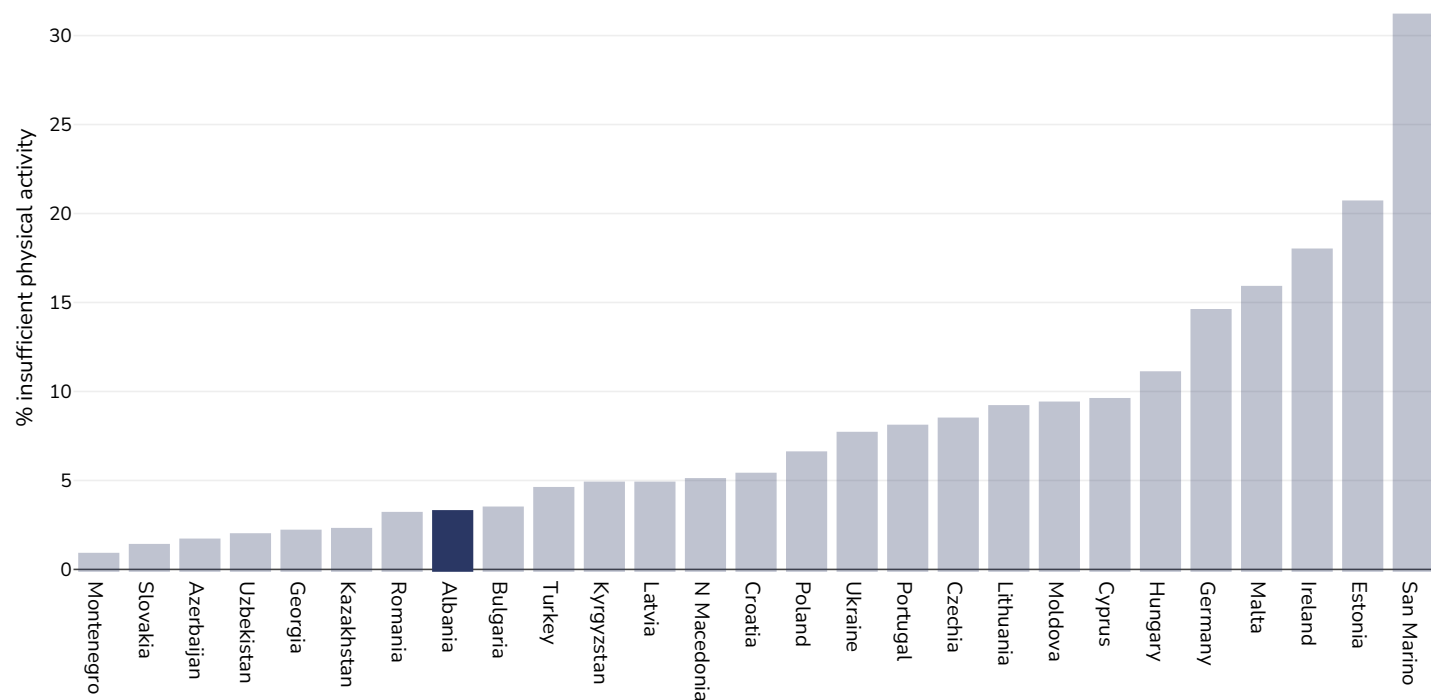
Area covered: National

References: WHO European Childhood Obesity Surveillance Initiative (COSI): report on the sixth round of data collection, 2022? 2024. Copenhagen: WHO Regional Office for Europe; 2025. Licence: CC BY-NC-SA 3.0 IGO.

Notes: National data excluding Germany (Bremen only) and Kazakhstan (Almaty only).

Definitions: Percentage of children not meeting WHO recommendations for physical activity, i.e. not playing actively/vigorously for at least one hour a day on an average day, as reported by their parent

Boys, 2022-2024



Survey type: Self-reported

Age: 6-9

Sample size: 4652

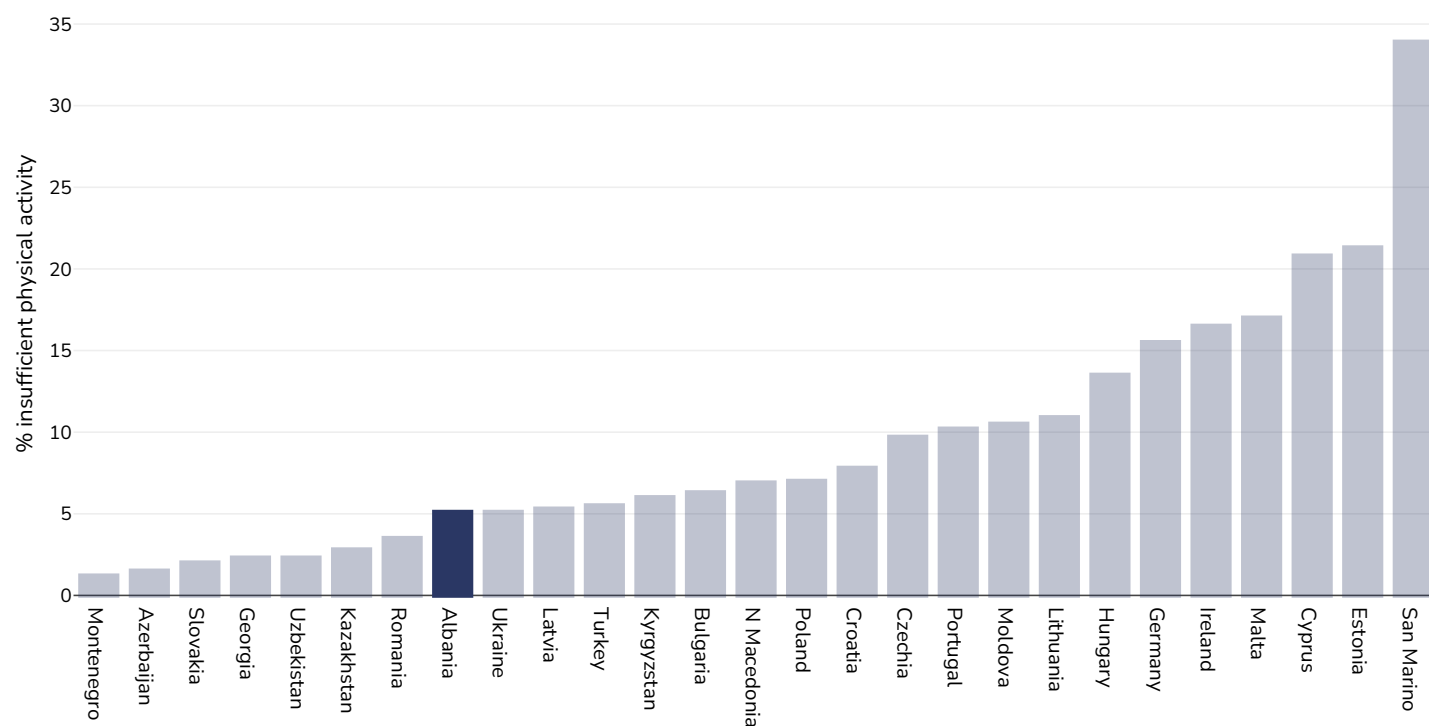
Area covered: National

References: WHO European Childhood Obesity Surveillance Initiative (COSI): report on the sixth round of data collection, 2022? 2024. Copenhagen: WHO Regional Office for Europe; 2025. Licence: CC BY-NC-SA 3.0 IGO.

Notes: National data excluding Germany (Bremen only) and Kazakhstan (Almaty only).

Definitions: Percentage of children not meeting WHO recommendations for physical activity, i.e. not playing actively/vigorously for at least one hour a day on an average day, as reported by their parent

Girls, 2022-2024



Survey type: Self-reported

Age: 6-9

Sample size: 4652

Area covered: National

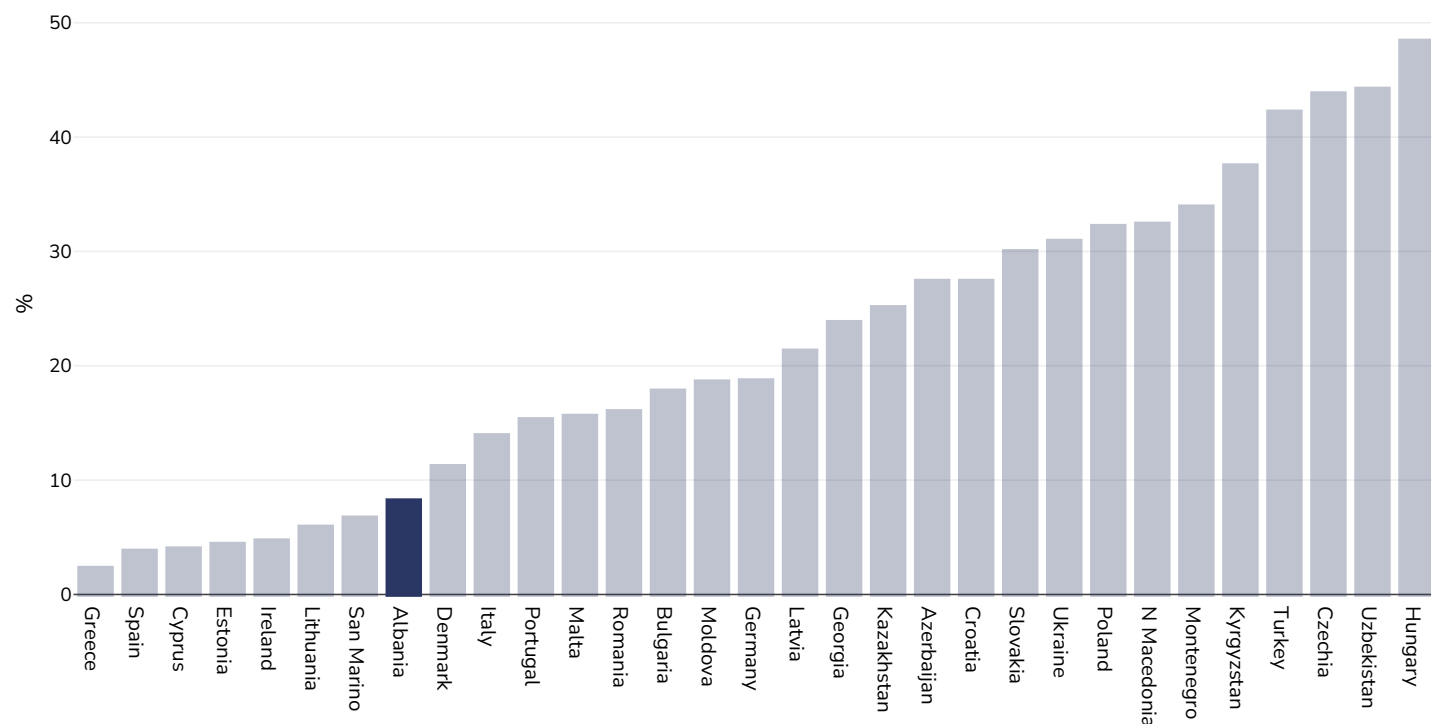
References: WHO European Childhood Obesity Surveillance Initiative (COSI): report on the sixth round of data collection, 2022? 2024. Copenhagen: WHO Regional Office for Europe; 2025. Licence: CC BY-NC-SA 3.0 IGO.

Notes: National data excluding Germany (Bremen only) and Kazakhstan (Almaty only).

Definitions: Percentage of children not meeting WHO recommendations for physical activity, i.e. not playing actively/vigorously for at least one hour a day on an average day, as reported by their parent

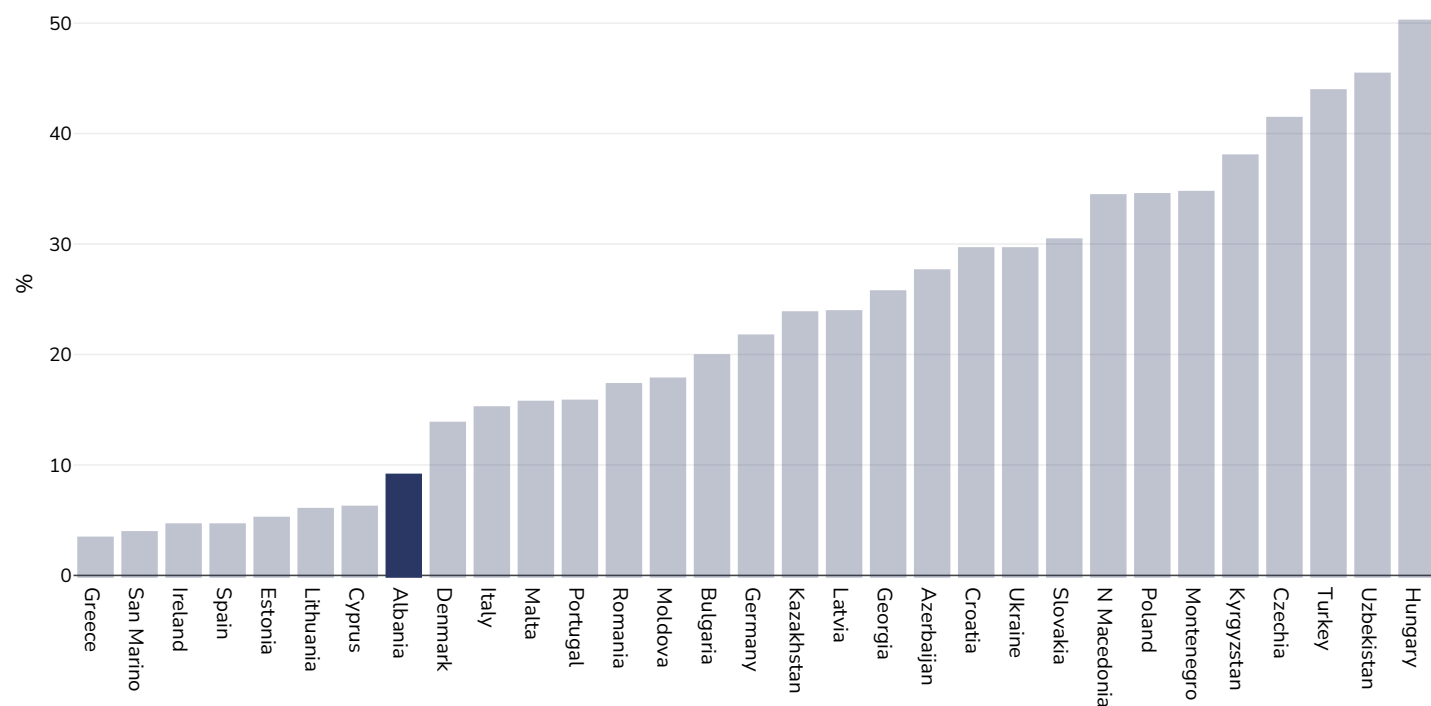
Prevalence of at least daily soft drink consumption

Children, 2022-2024



Survey type:	Self-reported
Age:	6-9
Sample size:	5097
Area covered:	National
References:	WHO European Childhood Obesity Surveillance Initiative (COSI): report on the sixth round of data collection, 2022? 2024. Copenhagen: WHO Regional Office for Europe; 2025. Licence: CC BY-NC-SA 3.0 IGO.
Notes:	National data excluding Germany (Bremen only) and Kazakhstan (Almaty only)
Definitions:	Prevalence of daily consumption of soft drinks containing sugar, as reported by the child's parent (%)

Boys, 2022-2024



Survey type: Self-reported

Age: 6-9

Sample size: 5097

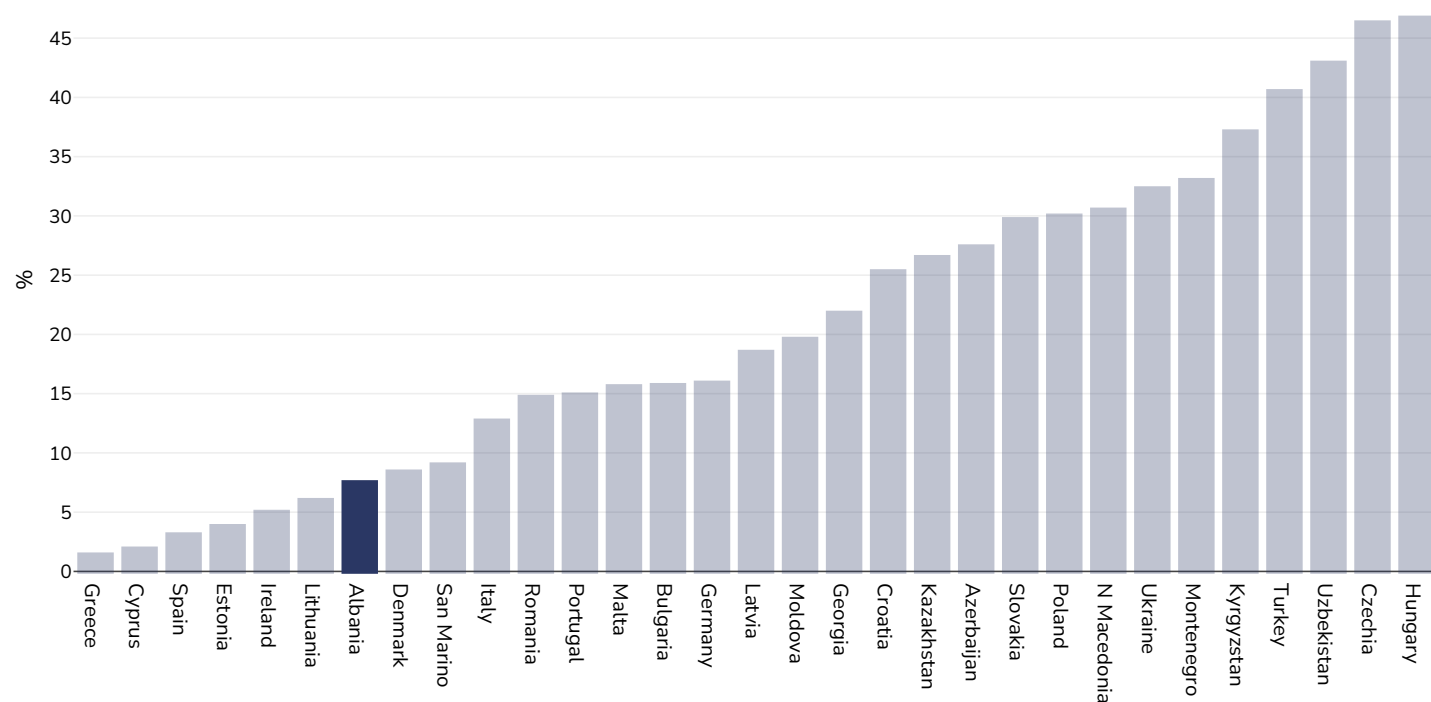
Area covered: National

References: WHO European Childhood Obesity Surveillance Initiative (COSI): report on the sixth round of data collection, 2022? 2024. Copenhagen: WHO Regional Office for Europe; 2025. Licence: CC BY-NC-SA 3.0 IGO.

Notes: National data excluding Germany (Bremen only) and Kazakhstan (Almaty only)

Definitions: Prevalence of daily consumption of soft drinks containing sugar, as reported by the child's parent (%)

Girls, 2022-2024



Survey type: Self-reported

Age: 6-9

Sample size: 5097

Area covered: National

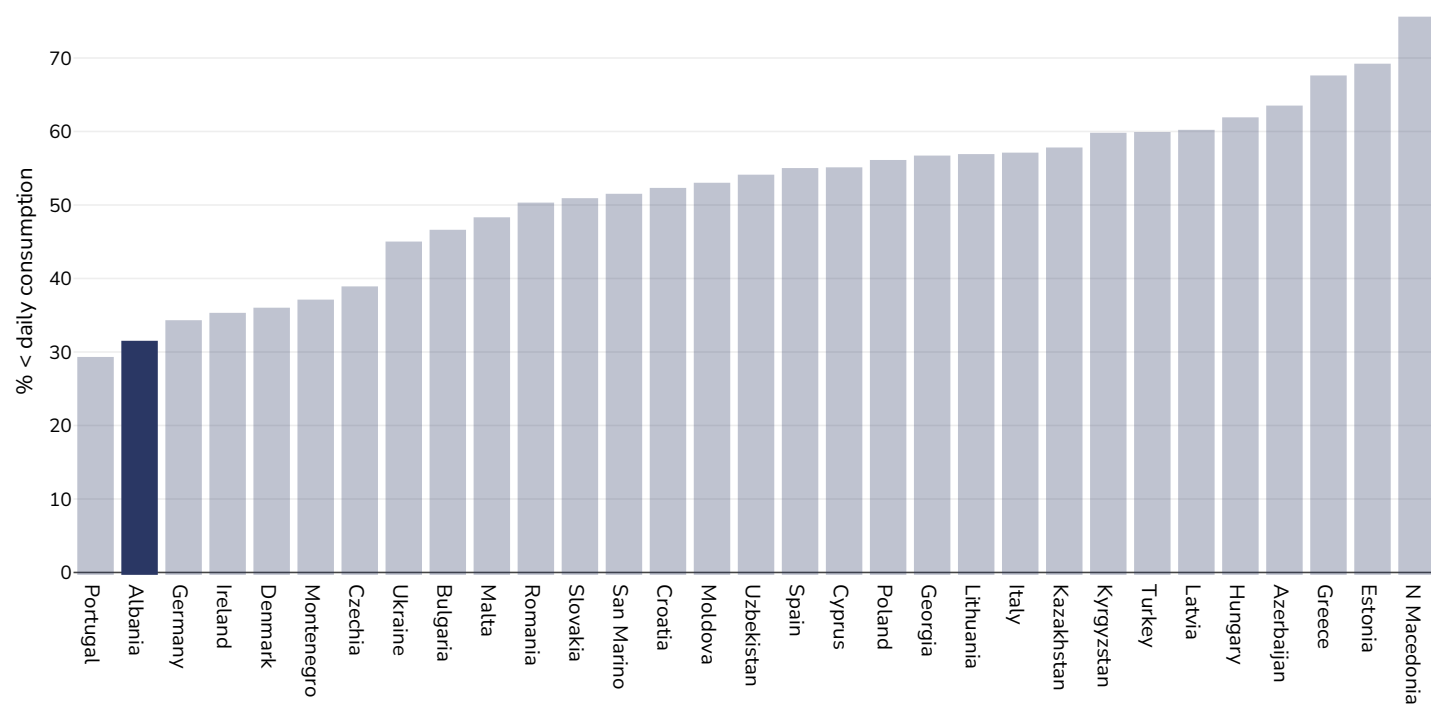
References: WHO European Childhood Obesity Surveillance Initiative (COSI): report on the sixth round of data collection, 2022? 2024. Copenhagen: WHO Regional Office for Europe; 2025. Licence: CC BY-NC-SA 3.0 IGO.

Notes: National data excluding Germany (Bremen only) and Kazakhstan (Almaty only)

Definitions: Prevalence of daily consumption of soft drinks containing sugar, as reported by the child's parent (%)

Prevalence of less than daily fruit consumption

Children, 2022-2024



Survey type: Self-reported

Age: 6-9

Sample size: 5207

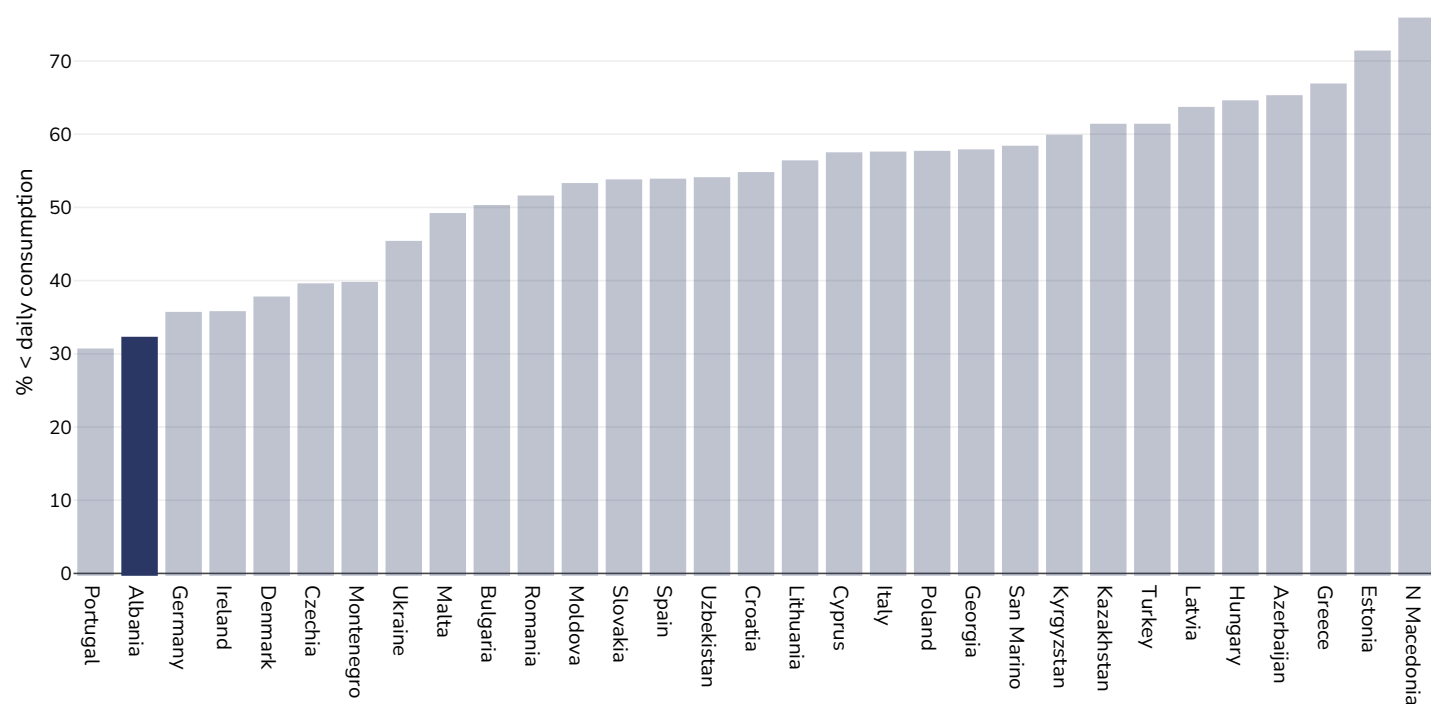
Area covered: National

References: WHO European Childhood Obesity Surveillance Initiative (COSI): report on the sixth round of data collection, 2022? 2024. Copenhagen: WHO Regional Office for Europe; 2025. Licence: CC BY-NC-SA 3.0 IGO.

Notes: National data excluding Germany (Bremen only) and Kazakhstan (Almaty only).

Definitions: Proportion of children whose parents reported that their child consumes fruit less than daily

Boys, 2022-2024



Survey type: Self-reported

Age: 6-9

Sample size: 5207

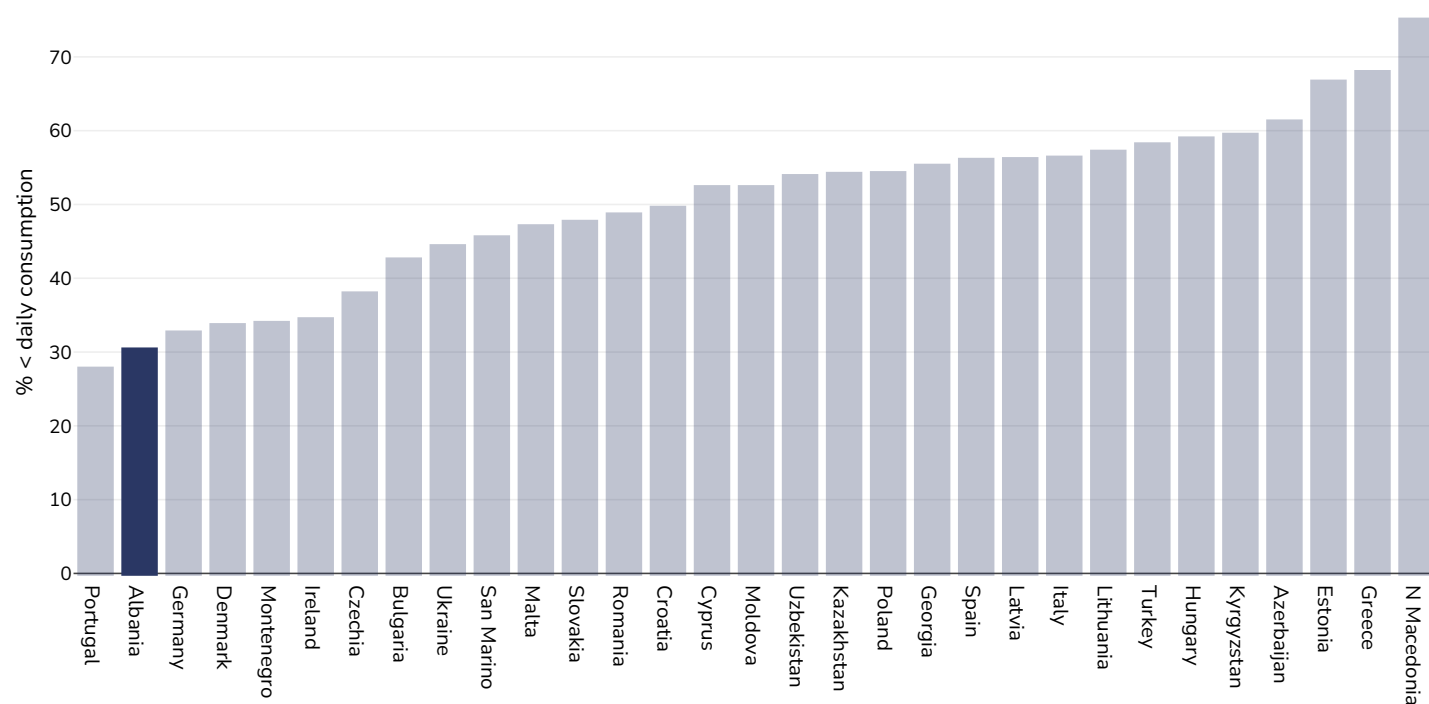
Area covered: National

References: WHO European Childhood Obesity Surveillance Initiative (COSI): report on the sixth round of data collection, 2022? 2024. Copenhagen: WHO Regional Office for Europe; 2025. Licence: CC BY-NC-SA 3.0 IGO.

Notes: National data excluding Germany (Bremen only) and Kazakhstan (Almaty only).

Definitions: Proportion of children whose parents reported that their child consumes fruit less than daily

Girls, 2022-2024



Survey type: Self-reported

Age: 6-9

Sample size: 5207

Area covered: National

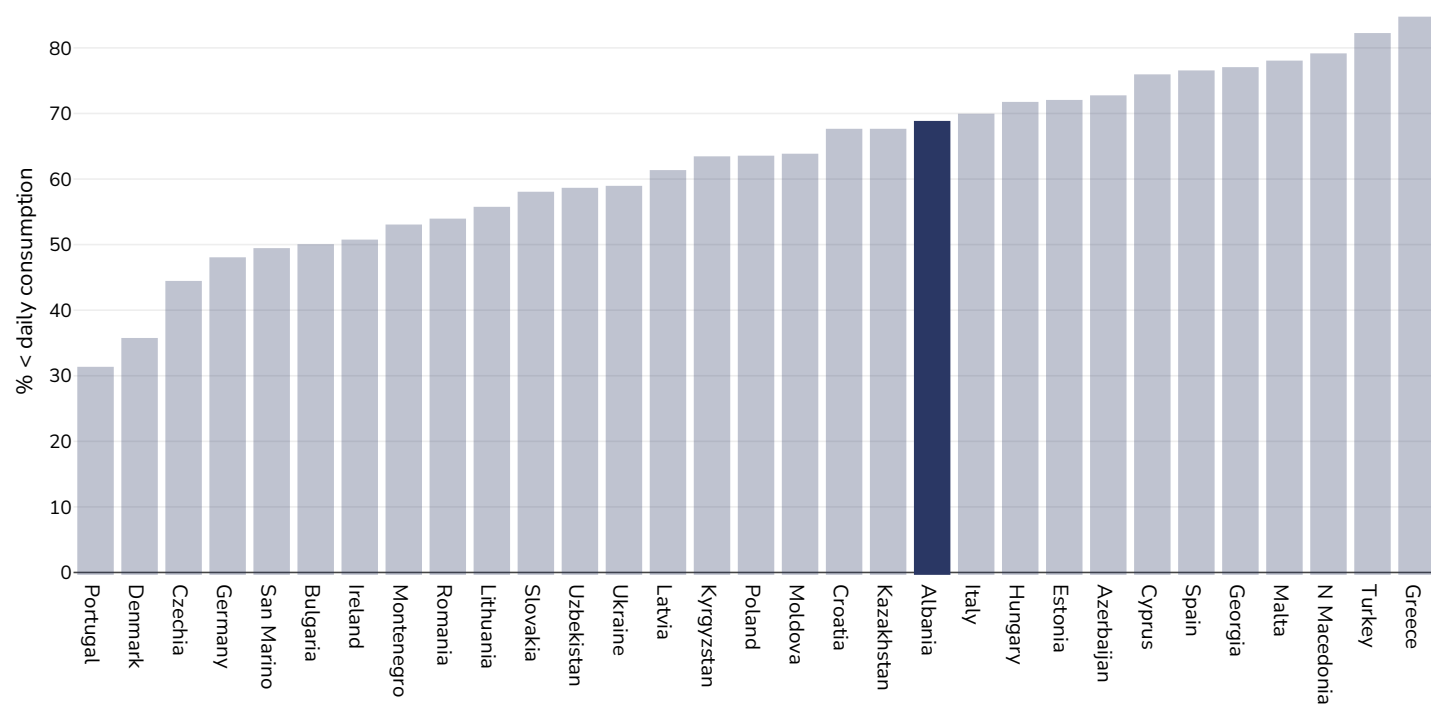
References: WHO European Childhood Obesity Surveillance Initiative (COSI): report on the sixth round of data collection, 2022? 2024. Copenhagen: WHO Regional Office for Europe; 2025. Licence: CC BY-NC-SA 3.0 IGO.

Notes: National data excluding Germany (Bremen only) and Kazakhstan (Almaty only).

Definitions: Proportion of children whose parents reported that their child consumes fruit less than daily

Prevalence of less than daily vegetable consumption

Children, 2022-2024



Survey type: Self-reported

Age: 6-9

Sample size: 5158

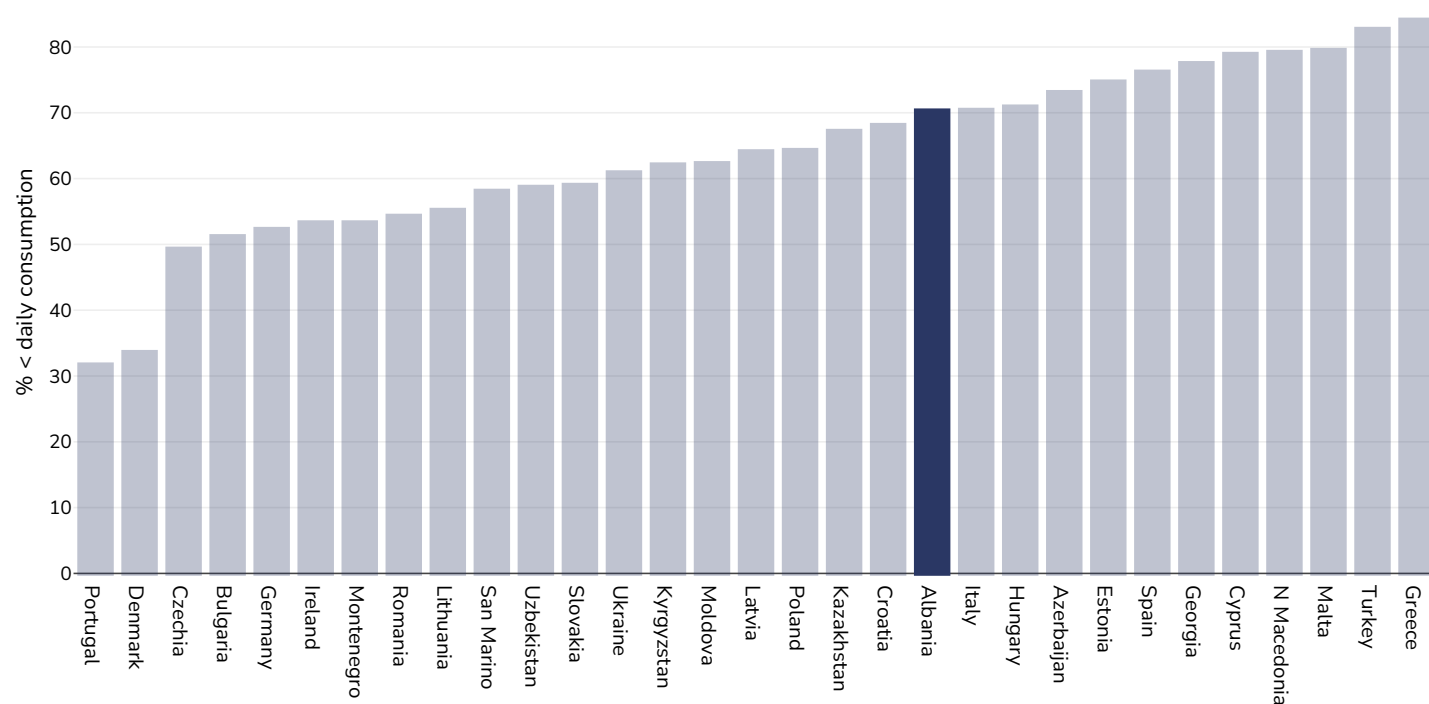
Area covered: National

References: WHO European Childhood Obesity Surveillance Initiative (COSI): report on the sixth round of data collection, 2022? 2024. Copenhagen: WHO Regional Office for Europe; 2025. Licence: CC BY-NC-SA 3.0 IGO.

Notes: National data excluding Germany (Bremen only) and Kazakhstan (Almaty only).

Definitions: Proportion of children whose parents reported that their child consumes vegetables less than daily

Boys, 2022-2024



Survey type: Self-reported

Age: 6-9

Sample size: 5158

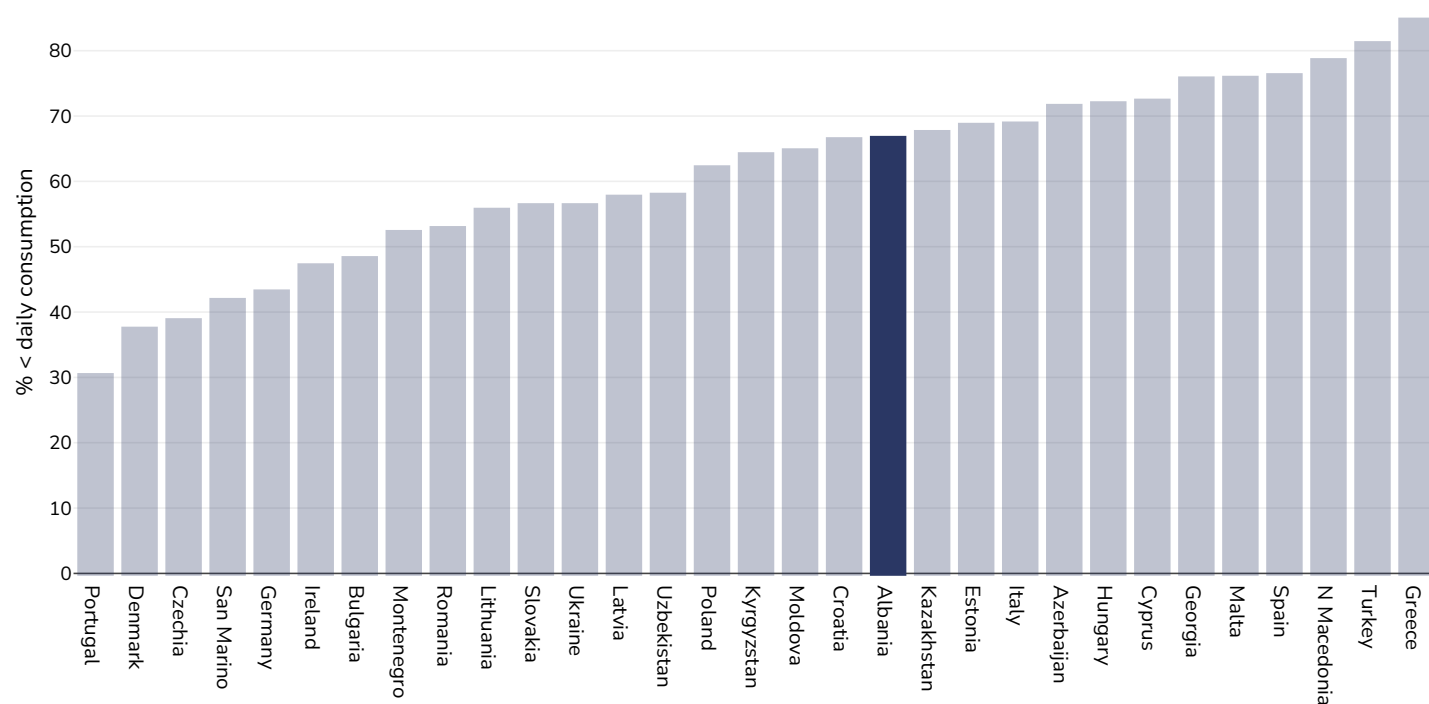
Area covered: National

References: WHO European Childhood Obesity Surveillance Initiative (COSI): report on the sixth round of data collection, 2022? 2024. Copenhagen: WHO Regional Office for Europe; 2025. Licence: CC BY-NC-SA 3.0 IGO.

Notes: National data excluding Germany (Bremen only) and Kazakhstan (Almaty only).

Definitions: Proportion of children whose parents reported that their child consumes vegetables less than daily

Girls, 2022-2024



Survey type: Self-reported

Age: 6-9

Sample size: 5158

Area covered: National

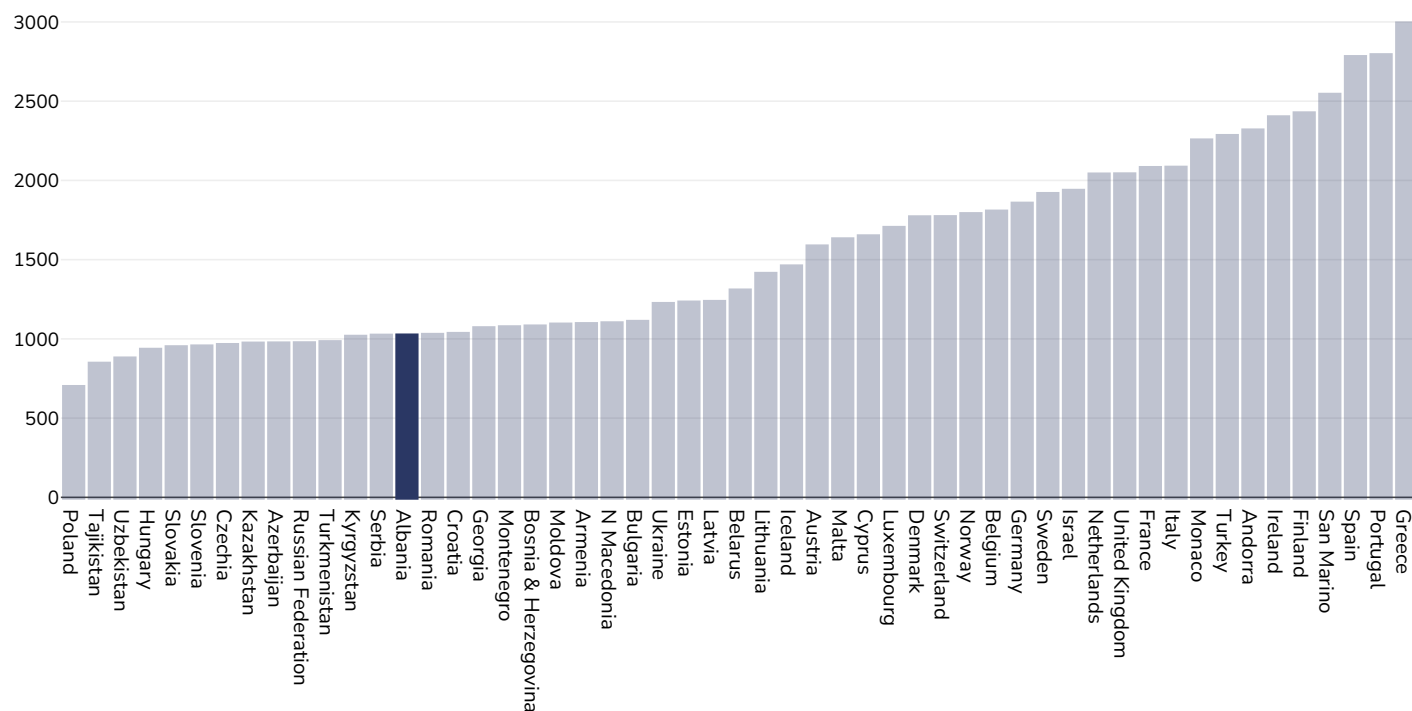
References: WHO European Childhood Obesity Surveillance Initiative (COSI): report on the sixth round of data collection, 2022? 2024. Copenhagen: WHO Regional Office for Europe; 2025. Licence: CC BY-NC-SA 3.0 IGO.

Notes: National data excluding Germany (Bremen only) and Kazakhstan (Almaty only).

Definitions: Proportion of children whose parents reported that their child consumes vegetables less than daily

Mental health - depression disorders

Children, 2021



Area covered:

National

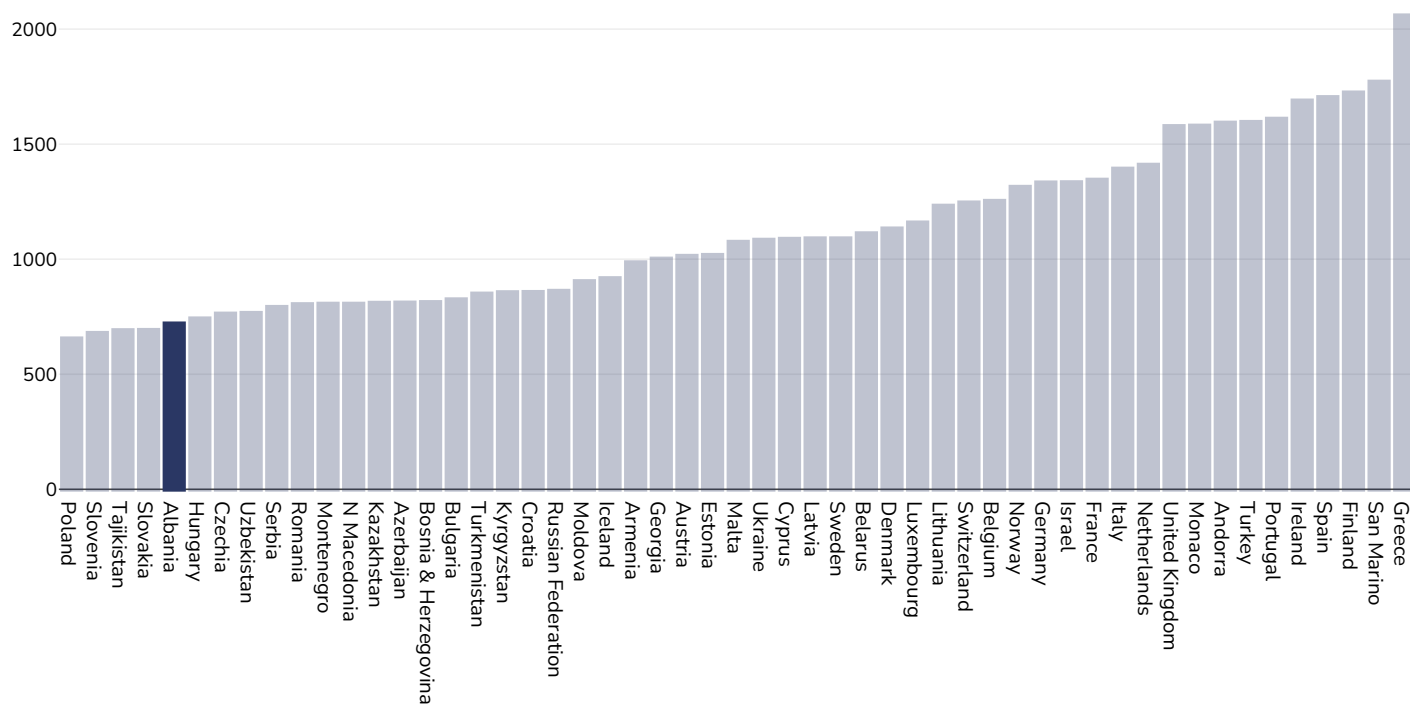
References:

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

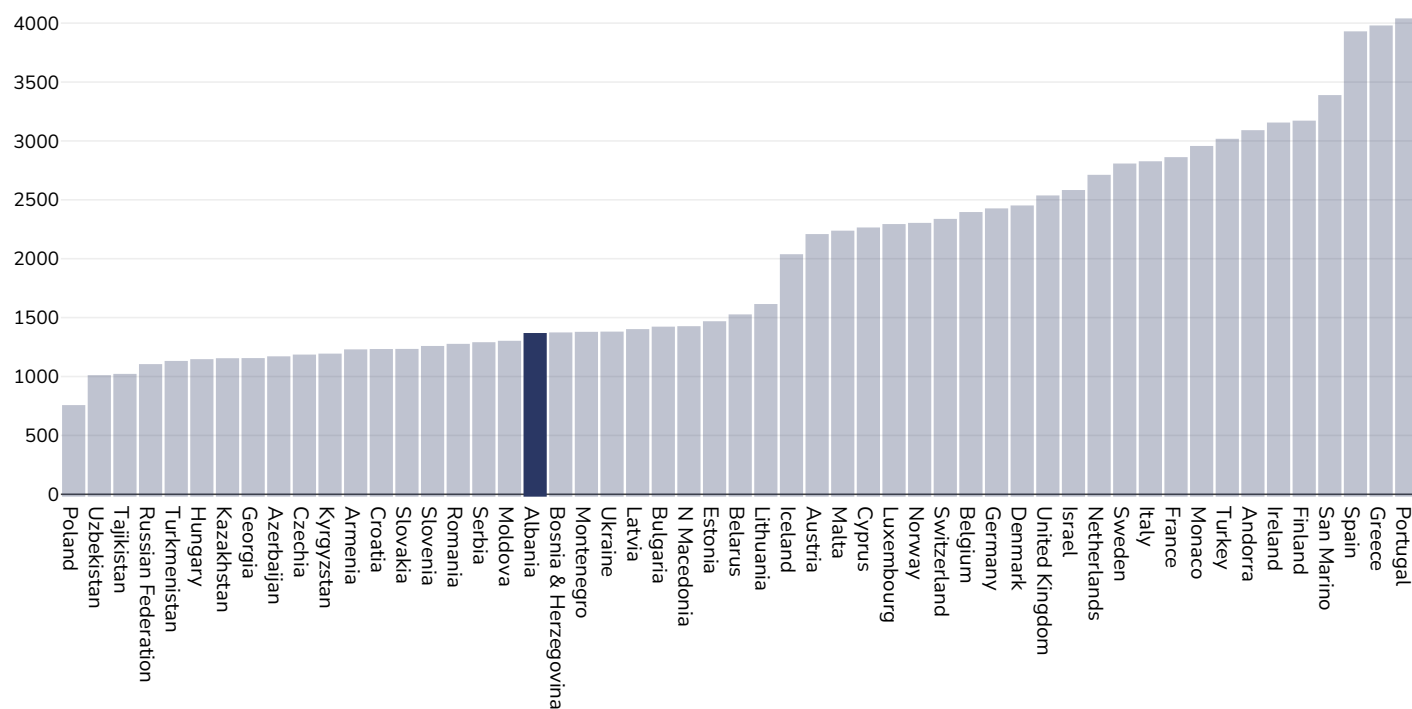
References:

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:

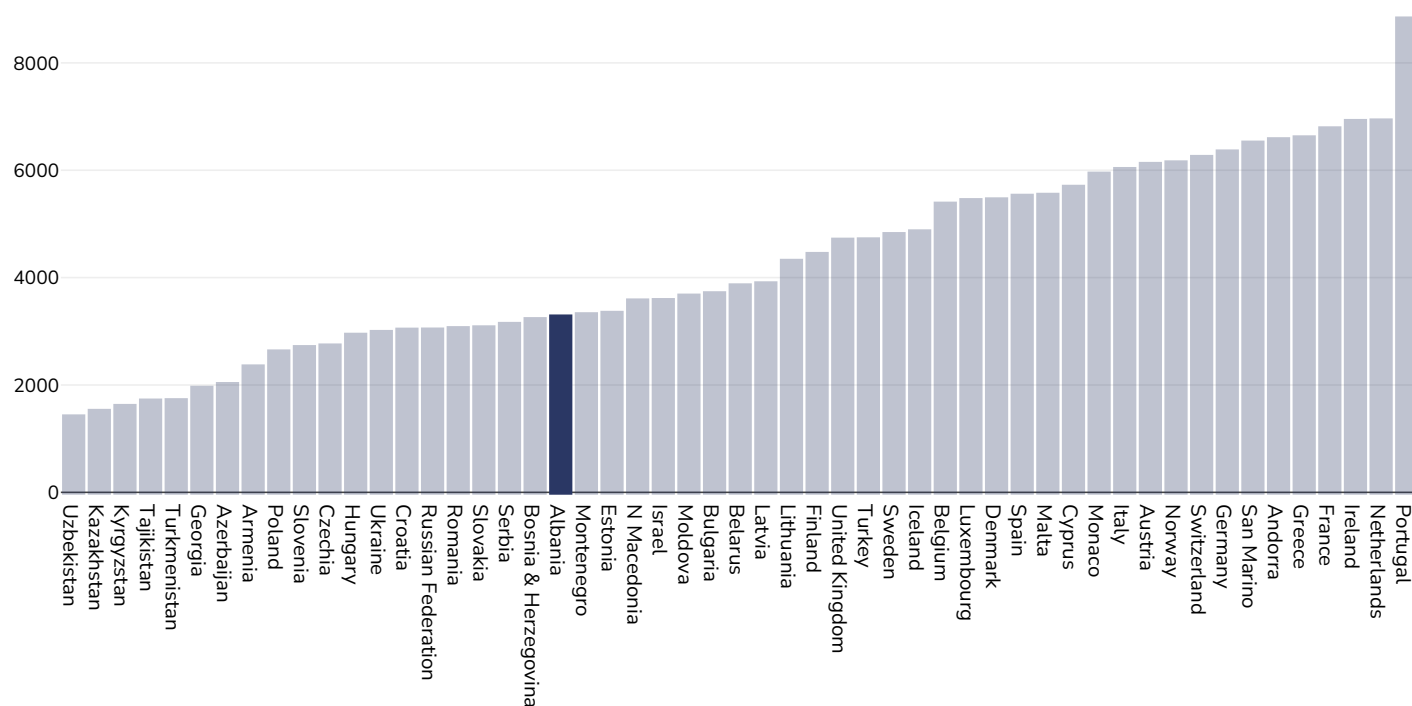
Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

Definitions:

Number living with depressive disorder per 100,000 population (Under 20 years of age)

Mental health - anxiety disorders

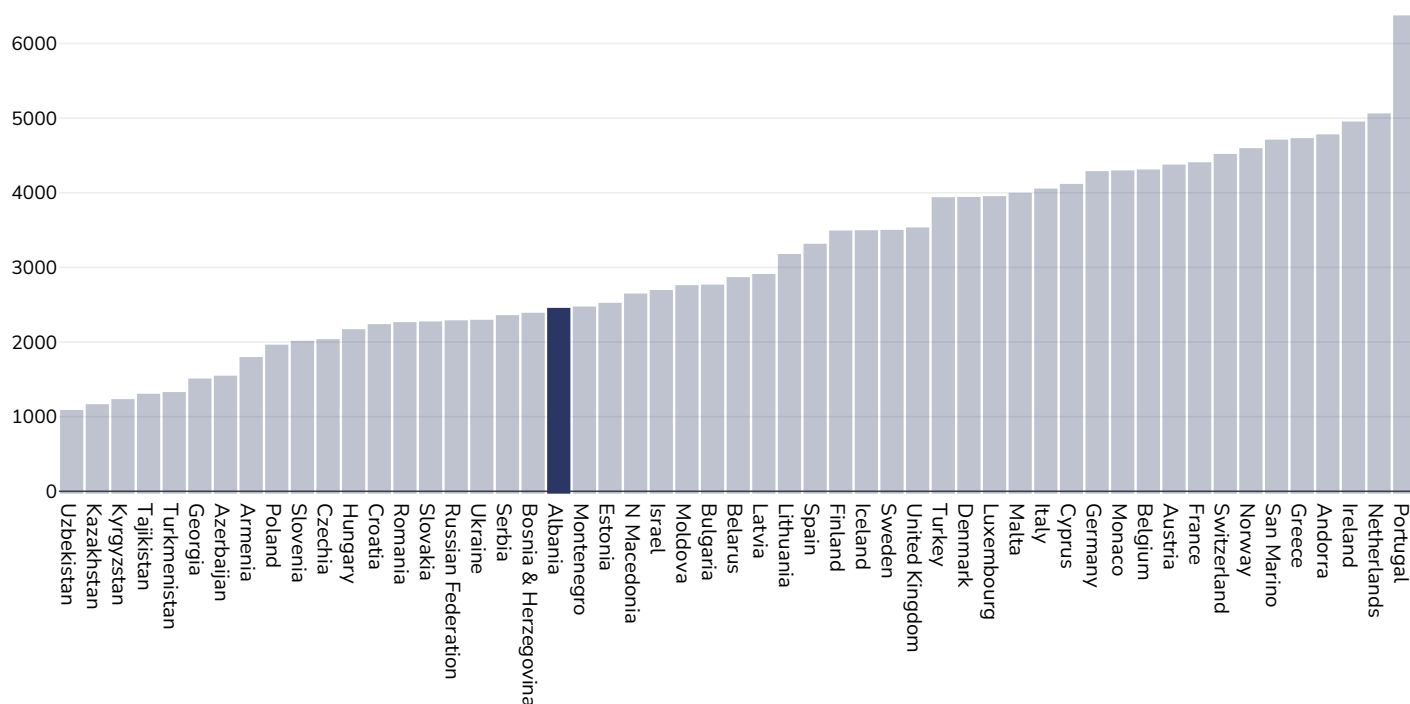
Children, 2021



References:

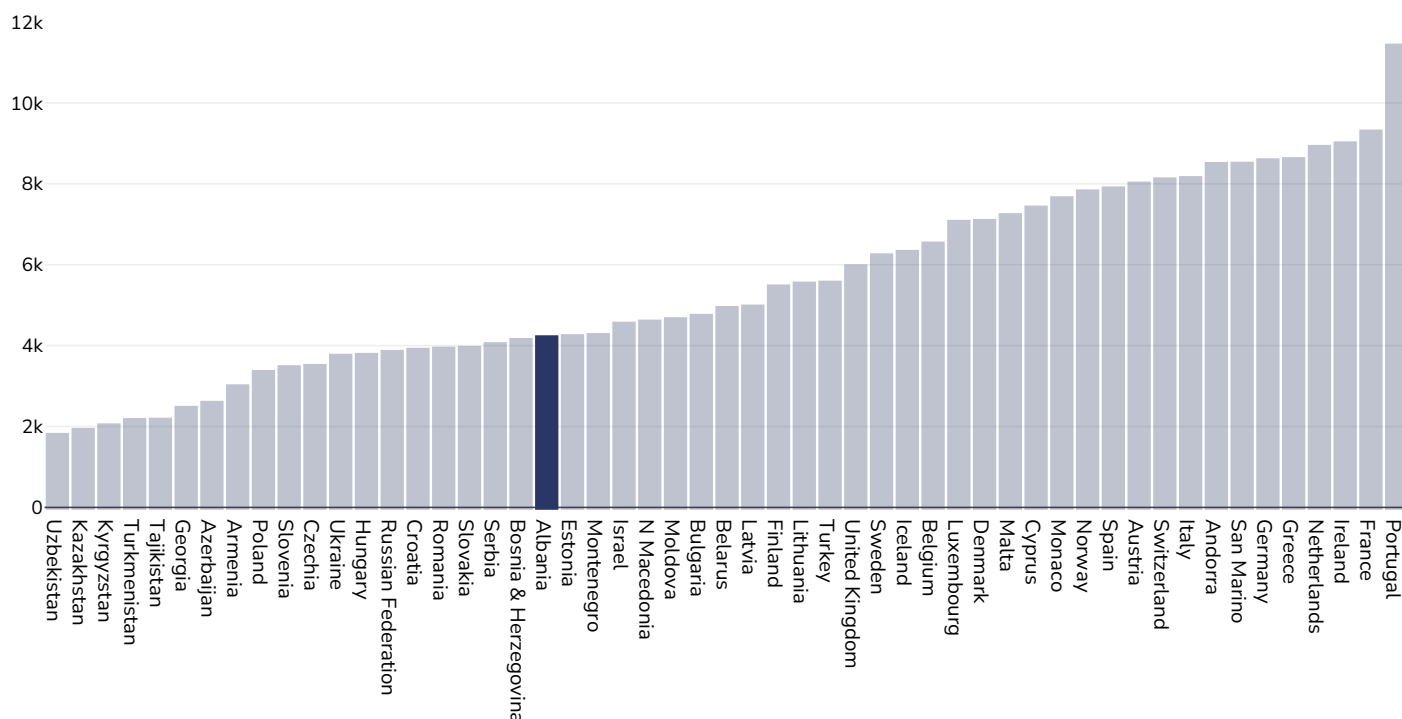
Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

Boys, 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)

Girls, 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)

PDF created on November 25, 2025