## Report card

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Obesity prevalence

Adults, 2019

Survey type: Self-reported
Age: 18+
Area covered: National

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
### Children, 2017

<table>
<thead>
<tr>
<th></th>
<th>Obesity</th>
<th>Overweight</th>
</tr>
</thead>
<tbody>
<tr>
<td>Children</td>
<td></td>
<td></td>
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<tr>
<td>Boys</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Girls</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

- **Survey type:** Measured
- **Age:** 7-12
- **Sample size:** 2510
- **Area covered:** National


Note: 92% of the children in this sample were aged 8-9; aged 7 n=3, aged 8 n=1218, aged 9 n=1107, aged 10 n=180, aged 11 n=14, aged 12 n=1. IOTF cut-offs used, WHO cut-offs also available in document. NB. Combined child data estimated. These estimates were calculated by weighting male and female survey results. Weighting based on World Bank Population % total female 2019 ([https://data.worldbank.org/indicator/SP.POP.TOTL.FE.ZS](https://data.worldbank.org/indicator/SP.POP.TOTL.FE.ZS) - accessed 21.10.20).
% Adults living with obesity, 2001-2019

Women

Survey type: Self-reported

References: For full details of references visit https://data.worldobesity.org/

Different methodologies may have been used to collect this data and so data from different surveys may not be strictly comparable. Please check with original data sources for methodologies used.
Men

Survey type: Self-reported

References: For full details of references visit https://data.worldobesity.org/

*Different methodologies may have been used to collect this data and so data from different surveys may not be strictly comparable. Please check with original data sources for methodologies used.*
% Adults living with obesity, 1983-2007

Women

Survey type: Self-reported


Different methodologies may have been used to collect this data and so data from different surveys may not be strictly comparable. Please check with original data sources for methodologies used.
Different methodologies may have been used to collect this data and so data from different surveys may not be strictly comparable. Please check with original data sources for methodologies used.
% Adults living with overweight or obesity, 2001-2019

Women

Survey type: Self-reported

References: For full details of references visit https://data.worldobesity.org/

Different methodologies may have been used to collect this data and so data from different surveys may not be strictly comparable. Please check with original data sources for methodologies used.
Men

Survey type: Self-reported

References: For full details of references visit https://data.worldobesity.org/

Different methodologies may have been used to collect this data and so data from different surveys may not be strictly comparable. Please check with original data sources for methodologies used.
Overweight/obesity by age and education

Adults, 2019

Survey type: Self-reported
Area covered: National

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m². obesity refers to a BMI greater than 30kg/m².
Men, 2019

Survey type: Self-reported
Area covered: National

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
Women, 2019

<table>
<thead>
<tr>
<th>Age</th>
<th>Level 0-2</th>
<th>Level 3-4</th>
<th>Level 5-8</th>
</tr>
</thead>
<tbody>
<tr>
<td>18-24</td>
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<td>25-34</td>
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<td></td>
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<tr>
<td>35-44</td>
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<tr>
<td>45-54</td>
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<td></td>
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<tr>
<td>55-64</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>65-74</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>75+</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Survey type: Self-reported
Area covered: National


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

Adults, 2017

Survey type: Self-reported
Age: 16+
Sample size: 6,909
Area covered: National

References: Health and income: Analysis of data from the EU-SILC module 2017 on health and child health. Available at: https://www.statistik.at/web_de/frageboegen/private_haushalte/eu_silc/index.html#index9. Last accessed: 09.06.21.

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
Men, 2017

Survey type: Self-reported
Age: 16+
Sample size: 6,909
Area covered: National
References: Health and income: Analysis of data from the EU-SILC module 2017 on health and child health. Available at: https://www.statistik.at/web_de/frageboegen/private_haushalte/eu_silc/index.html#index9. Last accessed: 09.06.21.

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

Survey data for men showing the percentage of overweight or obesity across different education levels:
- Compulsory education: 50%
- Intermediate school: 60%
- Matura award: 50%
- University: 50%
Women, 2017

Survey type: Self-reported
Age: 16+
Sample size: 6,909
Area covered: National

References: Health and income: Analysis of data from the EU-SILC module 2017 on health and child health. Available at: https://www.statistik.at/web_de/frageboegen/private_haushalte/eu_silc/index.html#index9. Last accessed: 09.06.21.

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

Adults, 2019

Survey type: Self-reported
Area covered: National

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
Children, 2017-2018

Survey type: Self-reported
Sample size: 4098
Area covered: National


Cutoffs: WHO
Overweight/obesity by region

Adults, 2018-2019

Survey type: Self-reported
Age: 15+
Sample size: 15461
Area covered: National


Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
### Boys, 2017

<table>
<thead>
<tr>
<th></th>
<th>East</th>
<th>South</th>
<th>West</th>
</tr>
</thead>
<tbody>
<tr>
<td>Obesity</td>
<td>10</td>
<td>15</td>
<td>10</td>
</tr>
<tr>
<td>Overweight</td>
<td>20</td>
<td>15</td>
<td>20</td>
</tr>
</tbody>
</table>

- **Survey type:** Measured
- **Age:** 7-12
- **Sample size:** 2510
- **Area covered:** National

**Notes:**

**Cutoffs:** IOTF
### Girls, 2017

<table>
<thead>
<tr>
<th></th>
<th>Obesity</th>
<th>Overweight</th>
</tr>
</thead>
<tbody>
<tr>
<td>East</td>
<td></td>
<td></td>
</tr>
<tr>
<td>South</td>
<td></td>
<td></td>
</tr>
<tr>
<td>West</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Survey type:** Measured  
**Age:** 7-12  
**Sample size:** 2510  
**Area covered:** National  


**Cutoffs:** IOTF
Overweight/obesity by age and region

Men, 2014

Survey type: Self-reported
Area covered: National

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m². obesity refers to a BMI greater than 30kg/m².
Women, 2014

Survey type: Self-reported
Area covered: National

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
Overweight/obesity by age and socio-economic group

Adults, 2019

Survey type: Self-reported
Area covered: National

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
Men, 2019

Survey type: Self-reported
Area covered: National

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
Women, 2019

Survey type: Self-reported
Area covered: National

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
Overweight/obesity by socio-economic group

Men, 2014

![Chart showing overweight and obesity percentages by socio-economic group.]

Survey type: Self-reported

Age: 18+

Sample size: Total sample number in EU: 35100 (Age 18+)

Area covered: National


Notes: 1st Quintile (lowest income), 5th Quintile (highest income) Please note where data = zero, there were insufficient data.

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
Women, 2014

Survey type: Self-reported
Age: 18+
Sample size: Total sample number in EU: 35100 (Age 18+)
Area covered: National
Notes: 1st Quintile (lowest income), 5th Quintile (highest income) Please note where data = zero, there were insufficient data.

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
Boys, 2017-2018

Survey type: Self-reported
Age: 11-15
Sample size: 4098
Area covered: National


Notes: HBSC Family Affluence Scale (FAS) - "HBSC uses an alternative measure, the Family Affluence Scale, which asks young people about material assets such as family cars, number of foreign holidays, computers, bathrooms and dishwashers in the household, holidays and having a bedroom to oneself. The scale, which enables users to add up how many of these assets a young person has in their home compared with other adolescents in their country/region, has been shown to provide a valid indicator of relative affluence."

Definitions: HBSC Family Affluence Scale (FAS)
Cutoffs: WHO
Girls, 2017-2018

<table>
<thead>
<tr>
<th>Overweight or obesity</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
</tr>
</tbody>
</table>

Survey type: Self-reported
Age: 11-15
Sample size: 4098
Area covered: National


Notes: HBSC Family Affluence Scale (FAS) - "HBSC uses an alternative measure, the Family Affluence Scale, which asks young people about material assets such as family cars, number of foreign holidays, computers, bathrooms and dishwashers in the household, holidays and having a bedroom to oneself. The scale, which enables users to add up how many of these assets a young person has in their home compared with other adolescents in their country/region, has been shown to provide a valid indicator of relative affluence."

Definitions: HBSC Family Affluence Scale (FAS)
Cutoffs: WHO
Overweight/obesity by age and limited activity

Adults, 2014

Survey type: Self-reported
Area covered: National
References: Eurostat 2014 available at https://appsso.eurostat.ec.europa.eu/nui/submitViewTableAction.do (last accessed 06.10.21)

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
Men, 2014

Survey type: Self-reported
Area covered: National
References: Eurostat 2014 available at https://appsso.eurostat.ec.europa.eu/nui/submitViewTableAction.do (last accessed 06.10.21)

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
Women, 2014

Survey type: Self-reported
Area covered: National
References: Eurostat 2014 available at https://appsso.eurostat.ec.europa.eu/nui/submitViewTableAction.do (last accessed 06.10.21)

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

Adults, 2016

Women, 2016

Children, 2016

Survey type: Self-reported

Age: 11-17


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

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

Survey type: Self-reported
Age: 11-17


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

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

Survey type: Self-reported

Age: 11-17


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

Definitions: % Adolescents insufficiently active (age standardised estimate)
Sugar consumption

Adults, 2016

References:
Source: Euromonitor International

Definitions:
Sugar consumption (Number of 500g sugar portions/person/month)
Estimated per capita sugar sweetened beverages intake

Adults, 2016

References: Source: Euromonitor International
Prevalence of at least daily carbonated soft drink consumption

Children, 2014

Survey type: Measured


Notes: 15-year-old adolescents

Definitions: Prevalence of at least daily carbonated soft drink consumption (% of at least daily carbonated soft drink consumption)
Prevalence of confectionery consumption

Adults, 2016

References:

Source: Euromonitor International

Definitions:

Prevalence of confectionery consumption (Number of 50g confectionery portions/person/month)
Prevalence of sweet/savoury snack consumption

Adults, 2016

References:
Source: Euromonitor International

Definitions:
Prevalence of sweet/savoury snack consumption (Number of 35g sweet/savoury snack portions/person/month)
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, 2014

Survey type: Measured


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

Children, 2014

Survey type: Measured
Age: 12-17
Definitions: Prevalence of less-than-daily vegetable consumption (% less-than-daily vegetable consumption)
Estimated per-capita processed meat intake

Adults, 2017

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

Adults, 2017

Survey type: Measured
Age: 25+
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, 2015


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

Adults, 2015


Definitions: % of population with anxiety disorders
Oesophageal cancer

Men, 2018

Age: 20+


Definitions: Estimated age-standardized incidence rates (World) in 2018, oesophagus, adults ages 20+. ASR (World) per 100,000
Women, 2018

Age: 20+


Definitions: Estimated age-standardized incidence rates (World) in 2018, oesophagus, adults ages 20+. ASR (World) per 100,000
Breast cancer
Women, 2018

References: Global Cancer Observatory, Cancer incidence rates http://gco.iarc.fr/ (last accessed 30th June 2020)
Definitions: Estimated age-standardized incidence rates (World) in 2018, breast, females, ages 20+. ASR (World) per 100,000
Colorectal cancer

Men, 2018

Age: 20+


Definitions: Estimated age-standardized incidence rates (World) in 2018, colorectum, adults, ages 20+. ASR (World) per 100,000
Women, 2018

Age: 20+

References: Global Cancer Observatory, Cancer incidence rates http://gco.iarc.fr/ (last accessed 30th June 2020)

Definitions: Estimated age-standardized incidence rates (World) in 2018, colorectum, adults, ages 20+. ASR (World) per 100,000
Pancreatic cancer

Men, 2018

Age: 20+

References: Global Cancer Observatory, Cancer incidence rates http://gco.iarc.fr/ (last accessed 30th June 2020)

Definitions: Estimated age-standardized incidence rates (World) in 2018, pancreas, adults, ages 20+. ASR (World) per 100,000
Women, 2018

Age: 20+


Definitions: Estimated age-standardized incidence rates (World) in 2018, pancreas, adults, ages 20+. ASR (World) per 100,000
Gallbladder cancer

Men, 2018

<table>
<thead>
<tr>
<th>Country</th>
<th>Incidence per 100,000</th>
</tr>
</thead>
<tbody>
<tr>
<td>Malta</td>
<td>6.0</td>
</tr>
<tr>
<td>Latvia</td>
<td>5.0</td>
</tr>
<tr>
<td>Luxembourg</td>
<td>4.6</td>
</tr>
<tr>
<td>Bulgaria</td>
<td>4.5</td>
</tr>
<tr>
<td>Portugal</td>
<td>4.2</td>
</tr>
<tr>
<td>Finland</td>
<td>3.9</td>
</tr>
<tr>
<td>Lithuania</td>
<td>3.2</td>
</tr>
<tr>
<td>Cyprus</td>
<td>2.9</td>
</tr>
<tr>
<td>Denmark</td>
<td>2.8</td>
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<tr>
<td>Belgium</td>
<td>2.4</td>
</tr>
<tr>
<td>United Kingdom</td>
<td>2.3</td>
</tr>
<tr>
<td>Romania</td>
<td>2.2</td>
</tr>
<tr>
<td>France</td>
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</tr>
<tr>
<td>Sweden</td>
<td>1.9</td>
</tr>
<tr>
<td>Austria</td>
<td>1.9</td>
</tr>
<tr>
<td>Ireland</td>
<td>1.7</td>
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<tr>
<td>Germany</td>
<td>1.6</td>
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<tr>
<td>Greece</td>
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<tr>
<td>Estonia</td>
<td>1.5</td>
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<tr>
<td>Netherlands</td>
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<td>Italy</td>
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<td>Poland</td>
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<tr>
<td>Spain</td>
<td>1.4</td>
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<tr>
<td>Croatia</td>
<td>1.3</td>
</tr>
<tr>
<td>Czechia</td>
<td>1.2</td>
</tr>
<tr>
<td>Hungary</td>
<td>1.2</td>
</tr>
<tr>
<td>Slovenia</td>
<td>1.2</td>
</tr>
</tbody>
</table>

Age: 20+


Definitions: Estimated age-standardized incidence rates (World) in 2018, gallbladder, adults, ages 20+. ASR (World) per 100,000
Women, 2018

Age: 20+


Definitions: Estimated age-standardized incidence rates (World) in 2018, gallbladder, adults, ages 20+. ASR (World) per 100,000
Kidney cancer

Men, 2018

Age: 20+


Definitions: Estimated age-standardized incidence rates (World) in 2018, kidney, adults, ages 20+. ASR (World) per 100,000
Women, 2018

Age: 20+


Definitions: Estimated age-standardized incidence rates (World) in 2018, kidney, adults, ages 20+. ASR (World) per 100,000
Cancer of the uterus

Women, 2018

Reference:
Global Cancer Observatory, Cancer incidence rates [http://gco.iarc.fr/] (last accessed 30th June 2020)

Definition:
Estimated age-standardized incidence rates (World) in 2018, cervix uteri, females, ages 20+. ASR (World) per 100,000
Raised blood pressure

Adults, 2015


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

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


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).
Women, 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).
Raised fasting blood glucose

Men, 2014

References:

Definitions:
Age Standardised % raised fasting blood glucose (≥ 7.0 mmol/L or on medication).
Women, 2014

% raised fasting blood glucose


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

Adults, 2021

Age: 20-79

Area covered: National


Definitions: Age-adjusted comparative prevalence of diabetes, %
Health systems

Economic classification: High Income

Health systems summary

Austria’s public healthcare is primarily delivered through a statutory health insurance (SHI) scheme that covers employees and their non-working dependents. Enrolment into an employer’s insurance scheme is compulsory and so employees are usually enrolled automatically on starting new employment. The self-employed, on the other hand, must enrol into the public health insurance scheme. Under the SHI, only certain services are covered and those that are not are paid for 'out of pocket' (OOP). Individuals can also choose to visit non-SHI physicians and clinics at their own expense. The lack of coverage and insufficient treatment options provided under SHI results in high OOP expenses - in 2017, OOP expenses made up 19.2% of health expenditure.

Many Austrians have ‘supplementary’ private insurance to provide care not covered by the public SHI scheme. In 2013, 35% of the population was estimated to have such insurance.

Indicators

<table>
<thead>
<tr>
<th>Question</th>
<th>Response</th>
</tr>
</thead>
<tbody>
<tr>
<td>Where is the country’s government in the journey towards defining “Obesity as a disease”?</td>
<td>No</td>
</tr>
<tr>
<td>Where is the country’s healthcare provider in the journey towards defining “Obesity as a disease”?</td>
<td>No</td>
</tr>
<tr>
<td>Is there specialist training available dedicated to the training of health professionals to prevent, diagnose, treat and manage obesity?</td>
<td>Not known</td>
</tr>
<tr>
<td>Have any taxes or subsidies been put in place to protect/assist/inform the population around obesity?</td>
<td>No</td>
</tr>
<tr>
<td>Are there adequate numbers of trained health professionals in specialties relevant to obesity in urban areas?</td>
<td>No</td>
</tr>
<tr>
<td>Are there adequate numbers of trained health professionals in specialties relevant to obesity in rural areas?</td>
<td>No</td>
</tr>
<tr>
<td>Are there any obesity-specific recommendations or guidelines published for adults?</td>
<td>No</td>
</tr>
<tr>
<td>Are there any obesity-specific recommendations or guidelines published for children?</td>
<td>No</td>
</tr>
<tr>
<td>In practice, how is obesity treatment largely funded?</td>
<td>Out of pocket</td>
</tr>
</tbody>
</table>
Perceived barriers to treatment

Lack of financial investment and coverage
Fragmented or failing health system
Lack of training for healthcare professionals
Poor health literacy and behaviour

Obesity not recognised as a disease

Summary of stakeholder feedback

Obesity is not considered to be a disease by either the government or the healthcare providers in Austria. Instead, there is reportedly a lot of stigma against the individuals with obesity as it is assumed to be a result of personal failure.

As obesity is not a priority, there is limited infrastructure within the healthcare system for obesity prevention, management and treatment. There is also limited coverage by social insurance schemes for treatment and so most patients must fund treatment as an ‘out of pocket’ expense. Stakeholders said there is an exception for severe obesity, for which treatment (surgery) is available. Follow-up of bariatric surgery is however, said to be insufficient.

There is a lack of specialist obesity professionals in both urban and rural areas.

Based on interviews/survey returns from 2 stakeholders

Last updated: June 2020