



Bulgarien



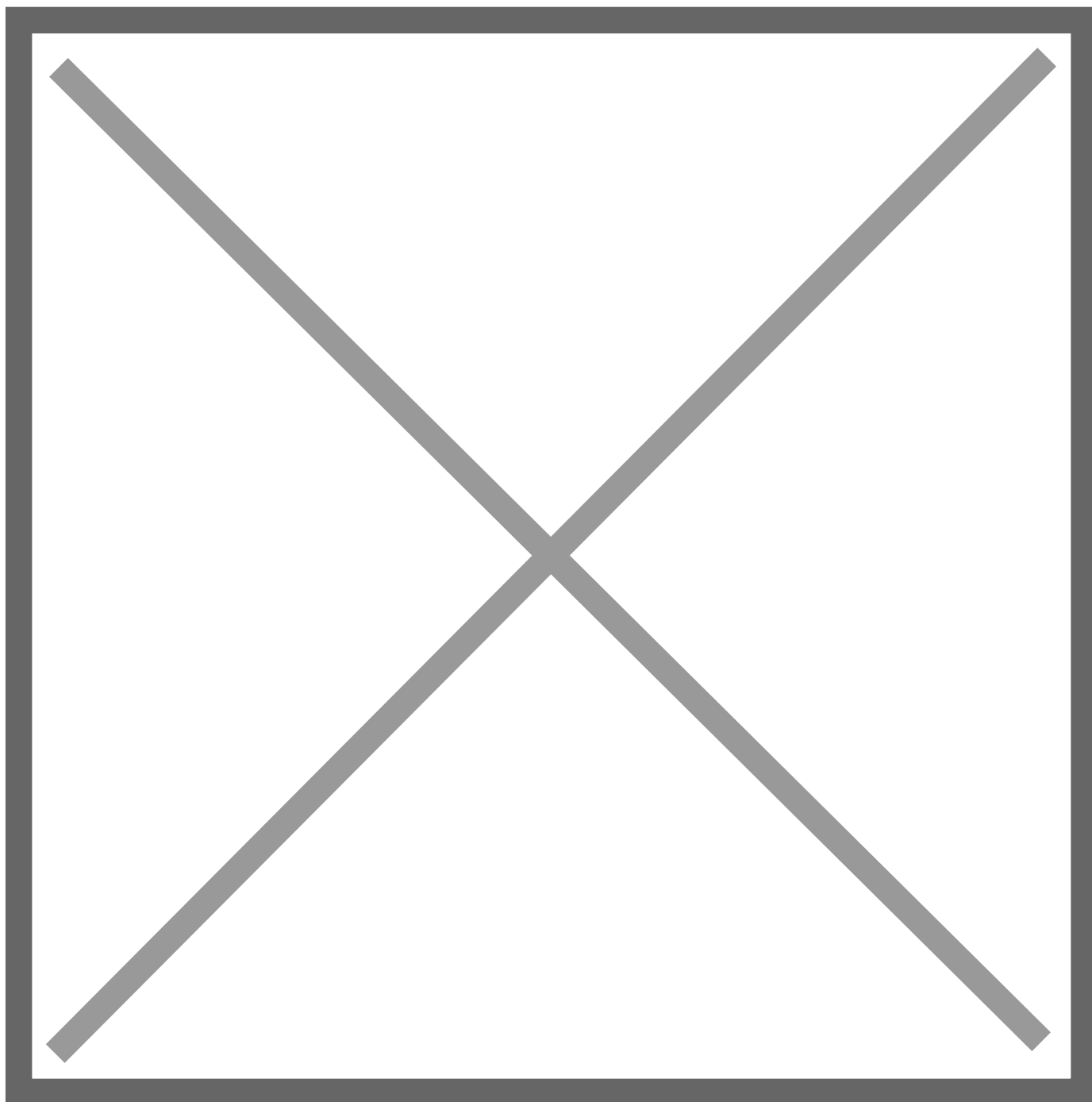
Country report card - children

This report card contains the latest data available on the GlobalObesityObservatory 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/bulgaria-31/>.

Adipositasprävalenz

Kinder, 2022-2024

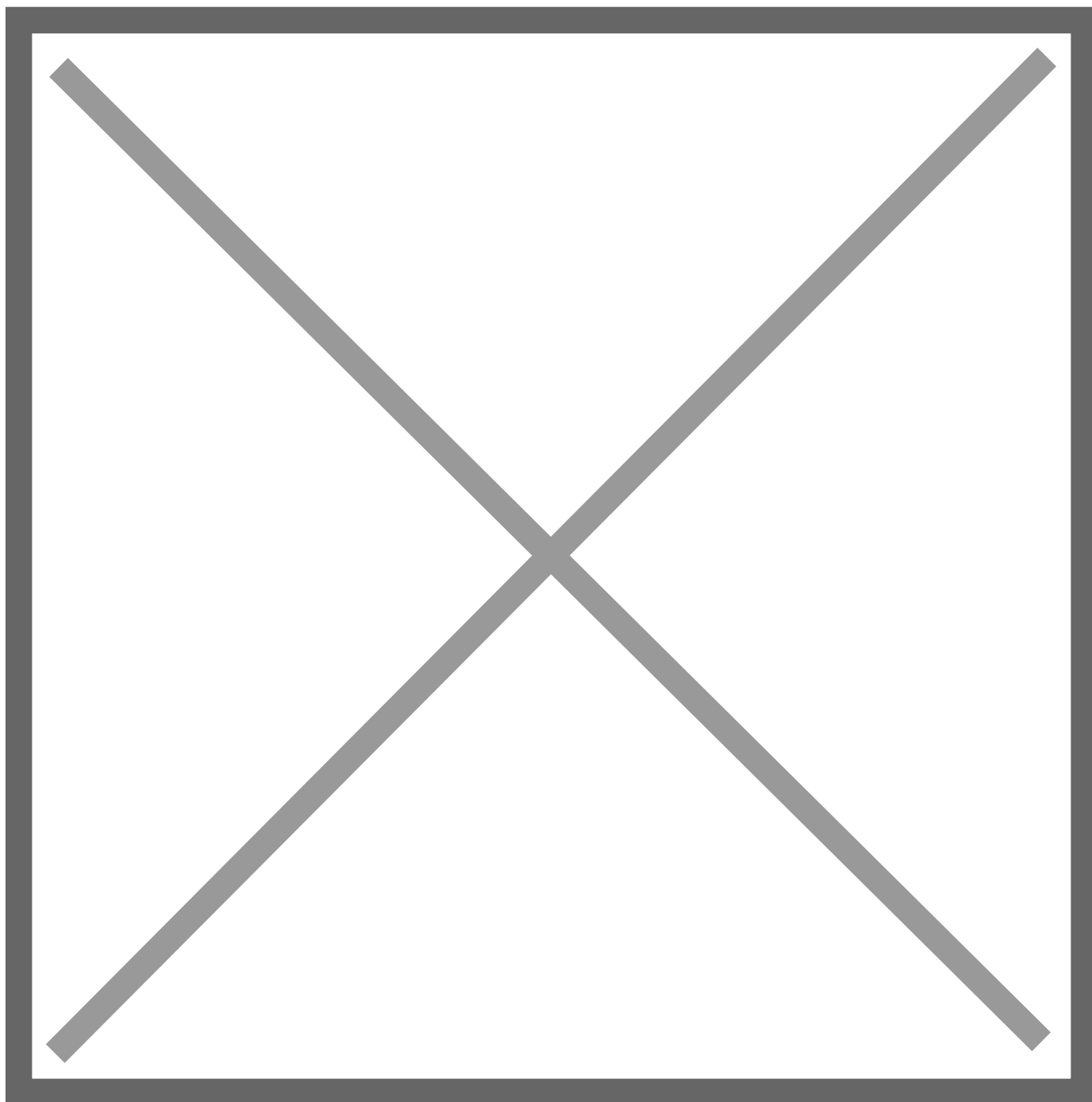


Umfragetyp:	Gemessen
Alter:	7
Stichprobengröße:	3131
Geltungsbereich:	National

Referenzen:	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

% Children (aged 7) living with obesity, 2007-2022 (WHO)

Jungen



Umfragetyp:

Gemessen

Referenzen:

- 2007: Wijnhoven, T.M.A., van Raaij, J.M.A., Spinelli, A., Rito, A.I., Hovengen, R., Kunesova, M., Starc, G., Rutter, H., Sjoberg, A., Petrauskiene, A., O'Dwyer, U., Petrova, S., Farrugia Sant'Angelo, V., Wauters, M., Yngve, A., Rubana, I.-M. and Breda, J. (2013), WHO-COSI 2008: weight, height and BMI. *Pediatric Obesity*, 8: 79-97. <https://doi.org/10.1111/j.2047-6310.2012.00090.x>
- 2015: WHO European Childhood Obesity Surveillance Initiative (COSI) Report on the fourth round of data collection, 20152017 (2021). Available at: <https://www.euro.who.int/en/health-topics/disease-prevention/nutrition/activities/who-european-childhood-obesity-surveillance-initiative-cosi/cosi-publications/who-european-childhood-obesity-surveillance-initiative-cosi-report-on-the-fourth-round-of-data-collection,-20152017-2021>. Accessed 19.05.21.
- 2018: Report on the fifth round of data collection, 20182020: WHO European Childhood Obesity Surveillance Initiative (COSI). Copenhagen: WHO Regional Office for Europe; 2022. Licence: CC BY-NC-SA 3.0 IGO.

**Anmerkungen
(nur in
englischer
Sprache
verfügbar):**

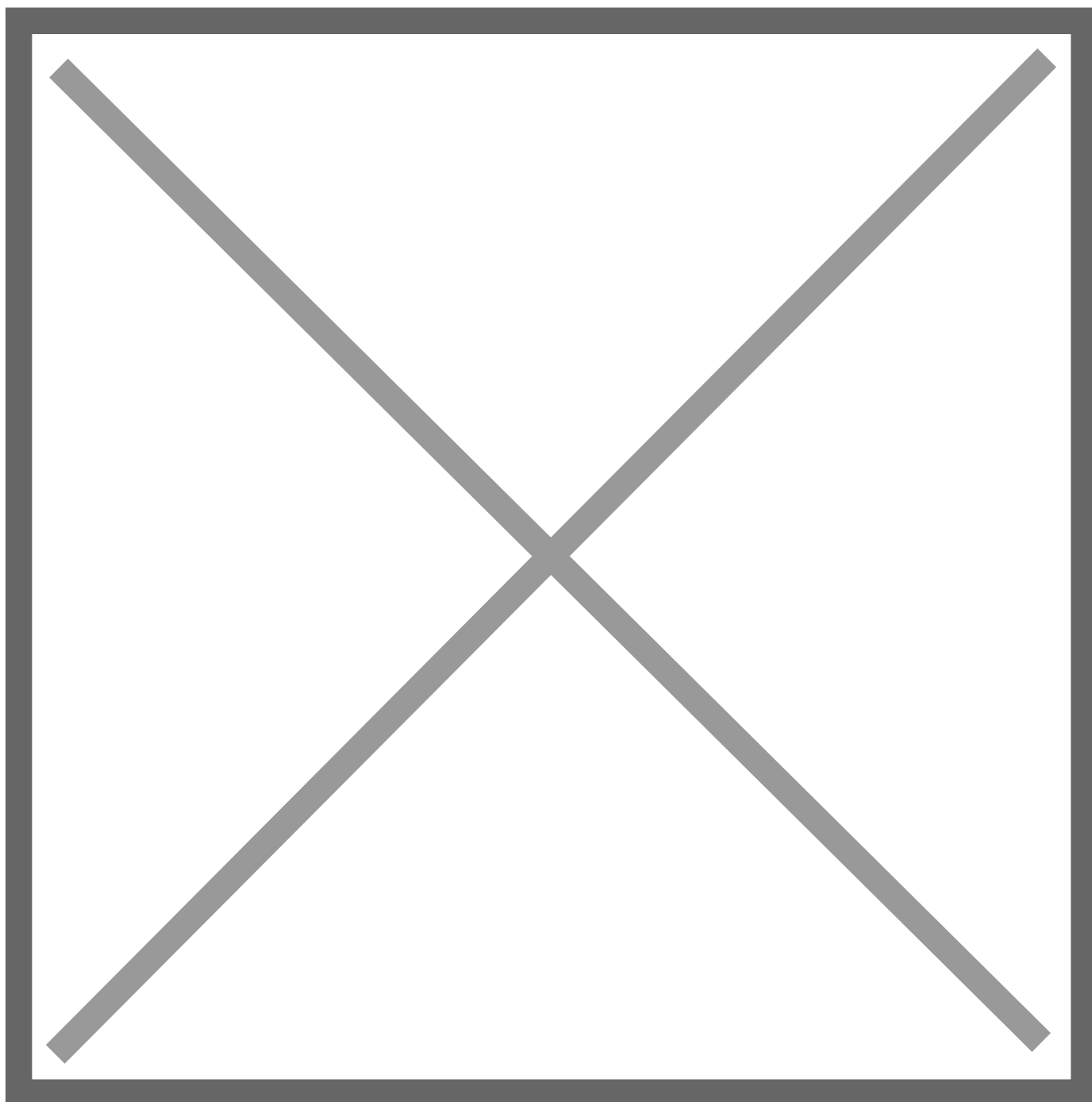
WHO European Childhood Obesity Surveillance Initiative (COSI)

**Definitionen
(nur in
englischer
Sprache
verfügbar):**

WHO 2007 cutoffs

Für die Erhebung dieser Daten wurden möglicherweise unterschiedliche Methoden verwendet, weshalb die Daten aus verschiedenen Erhebungen möglicherweise nicht genau vergleichbar sind. Bitte erkundigen Sie sich bei den ursprünglichen Datenquellen über die verwendeten Methoden

Mädchen



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Referenzen:

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WHO European Childhood Obesity Surveillance Initiative (COSI)

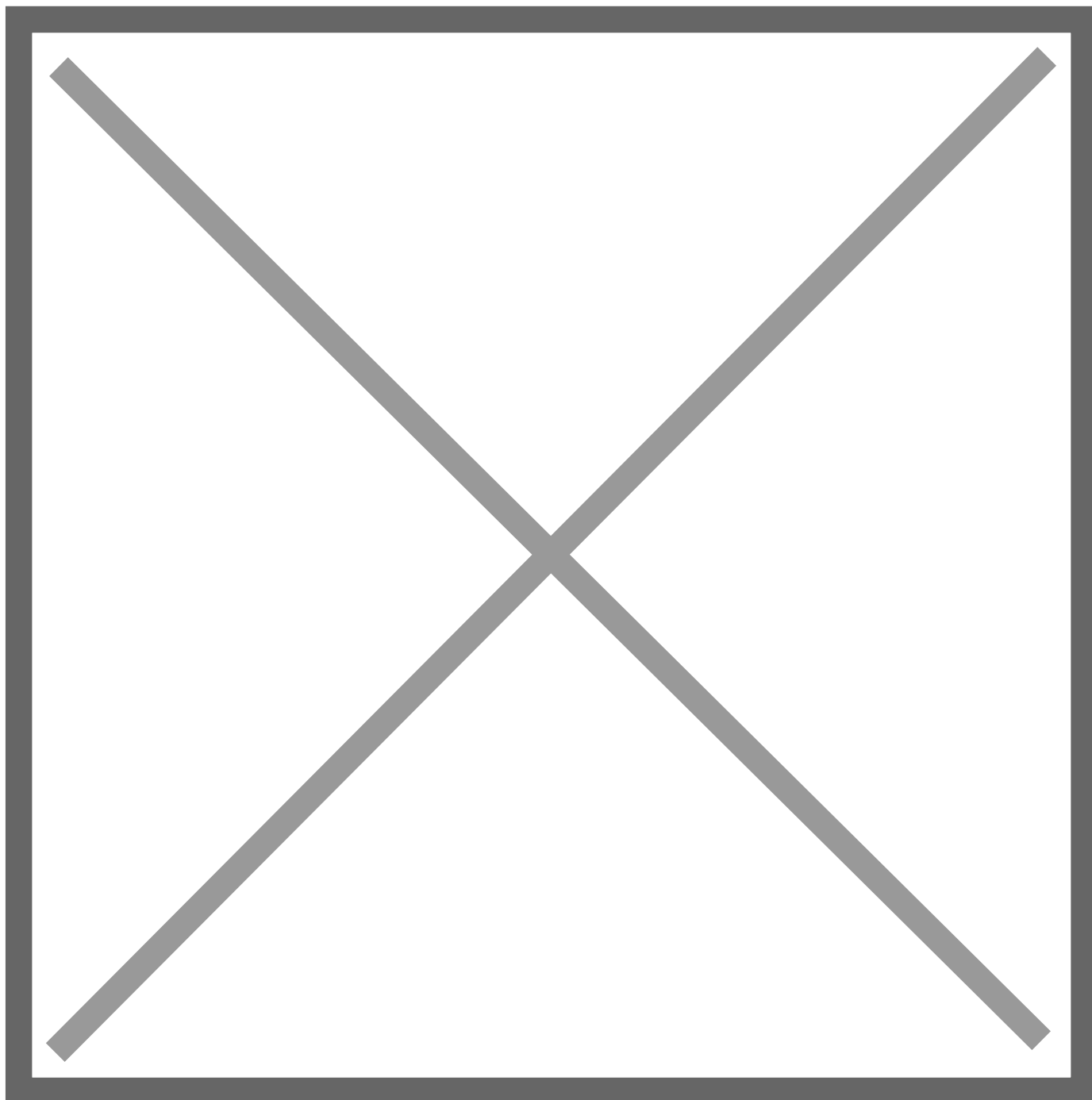
**Definitionen
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% Children (aged 7) living with overweight or obesity, 2007-2022 (WHO)

Jungen



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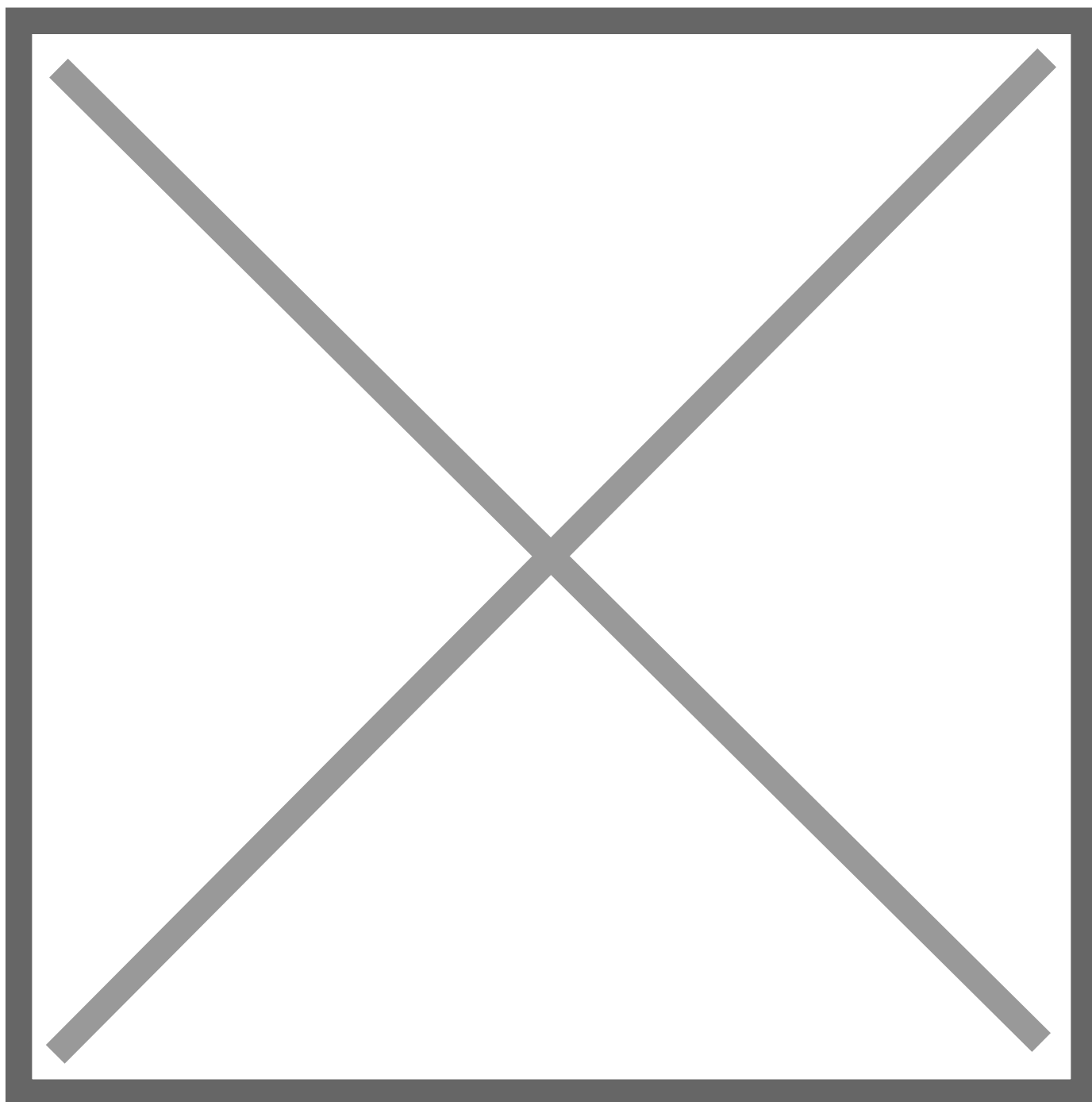
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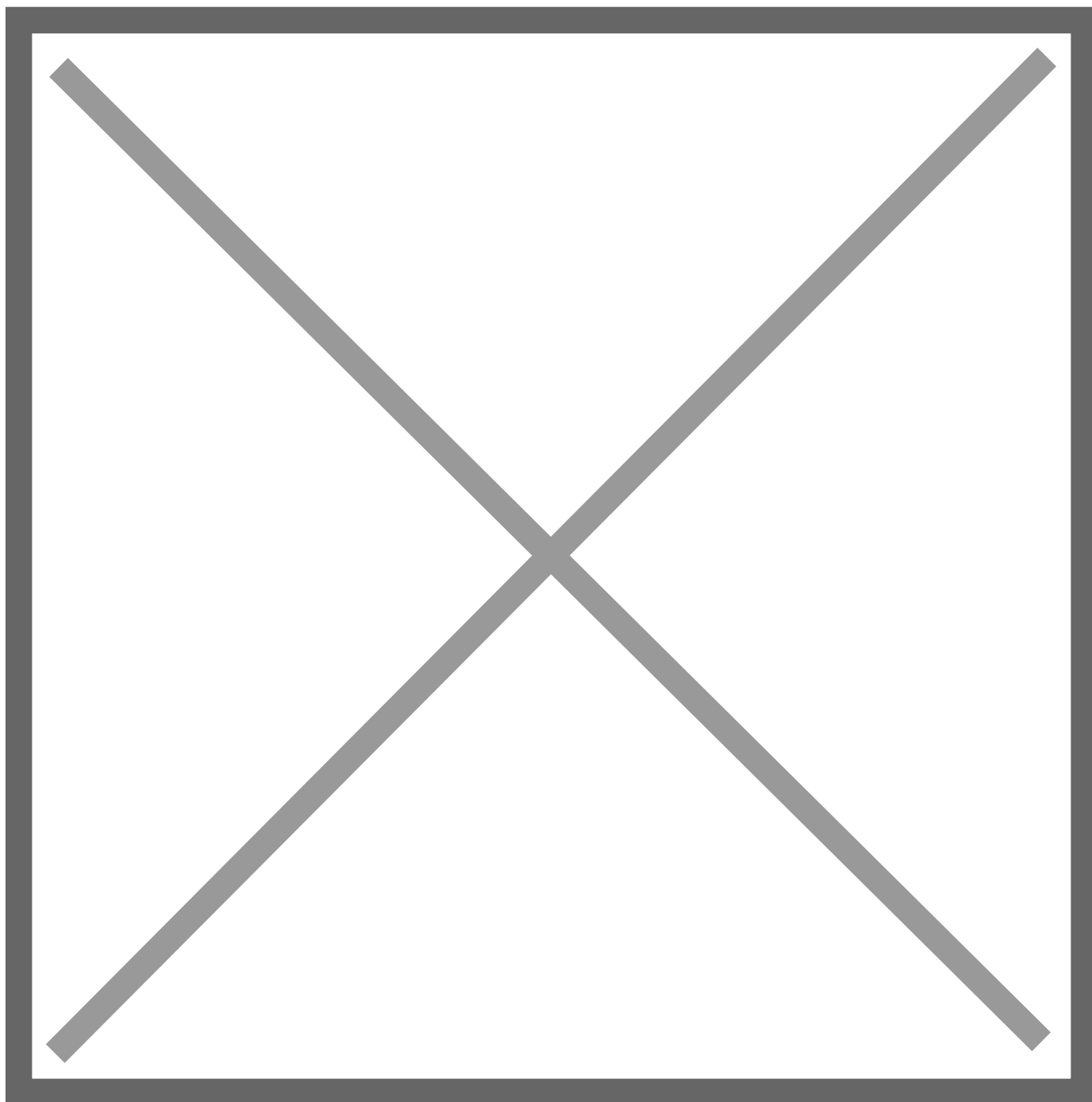
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WHO 2007 cutoffs

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Übergewicht/Adipositas nach Bildung

Kinder, 2022-2024

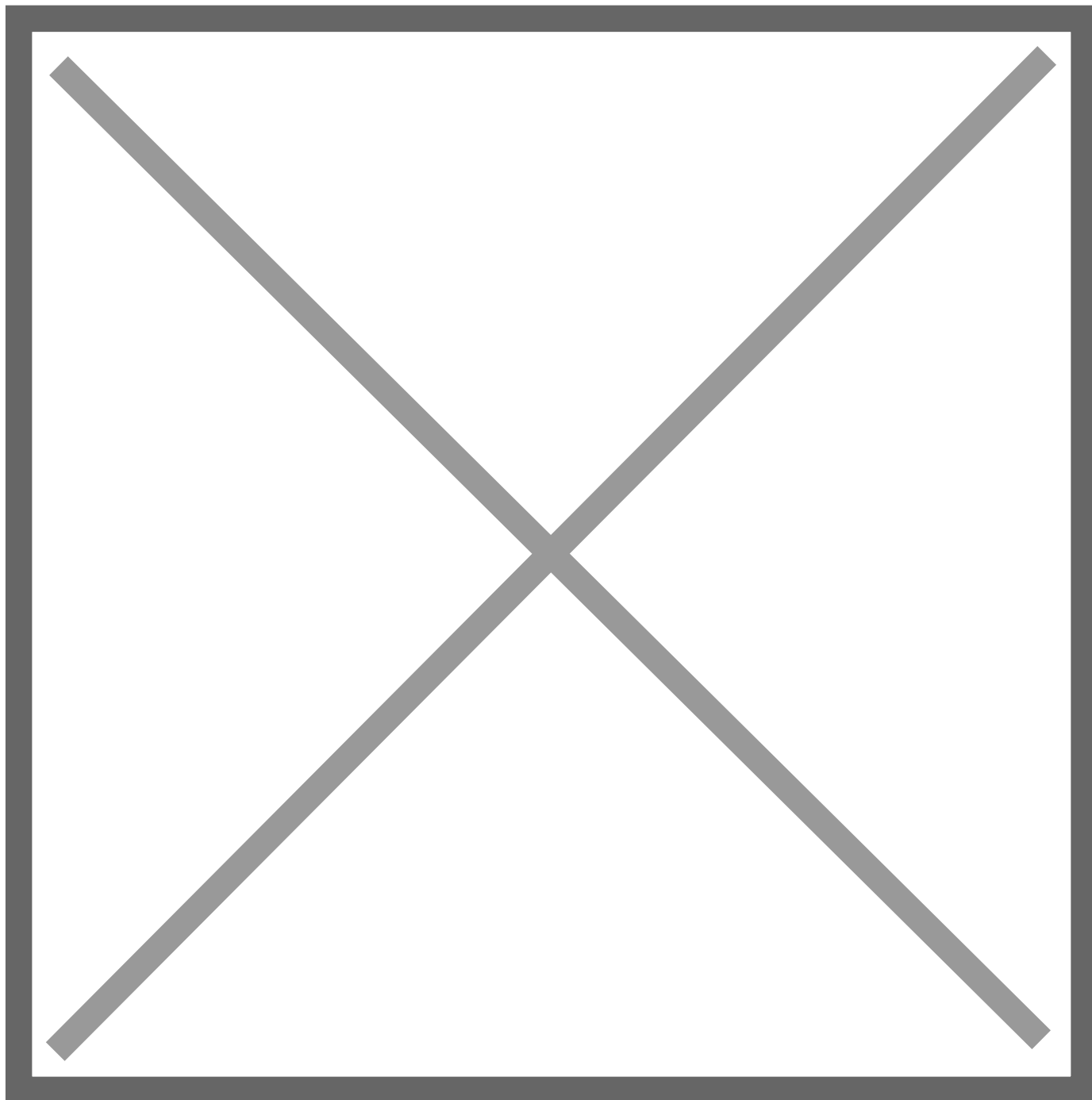


Umfragetyp:	Gemessen
Alter:	6-9
Stichprobengröße:	3069
Geltungsbereich:	National

Referenzen:	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.
Definitionen (nur in englischer Sprache verfügbar):	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 bachelors or equivalent level and masters 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

Übergewicht/Adipositas nach Alter

Kinder, 2021-2022



Umfragetyp:

Selbst berichtet

Geltungsbereich:

See Report

Referenzen:

Rakić JG, Hamrik Z, Dzielska A, Felder-Puig R, Oja L, Bakalr 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'

**Anmerkungen
(nur in
englischer
Sprache
verfügbar):**

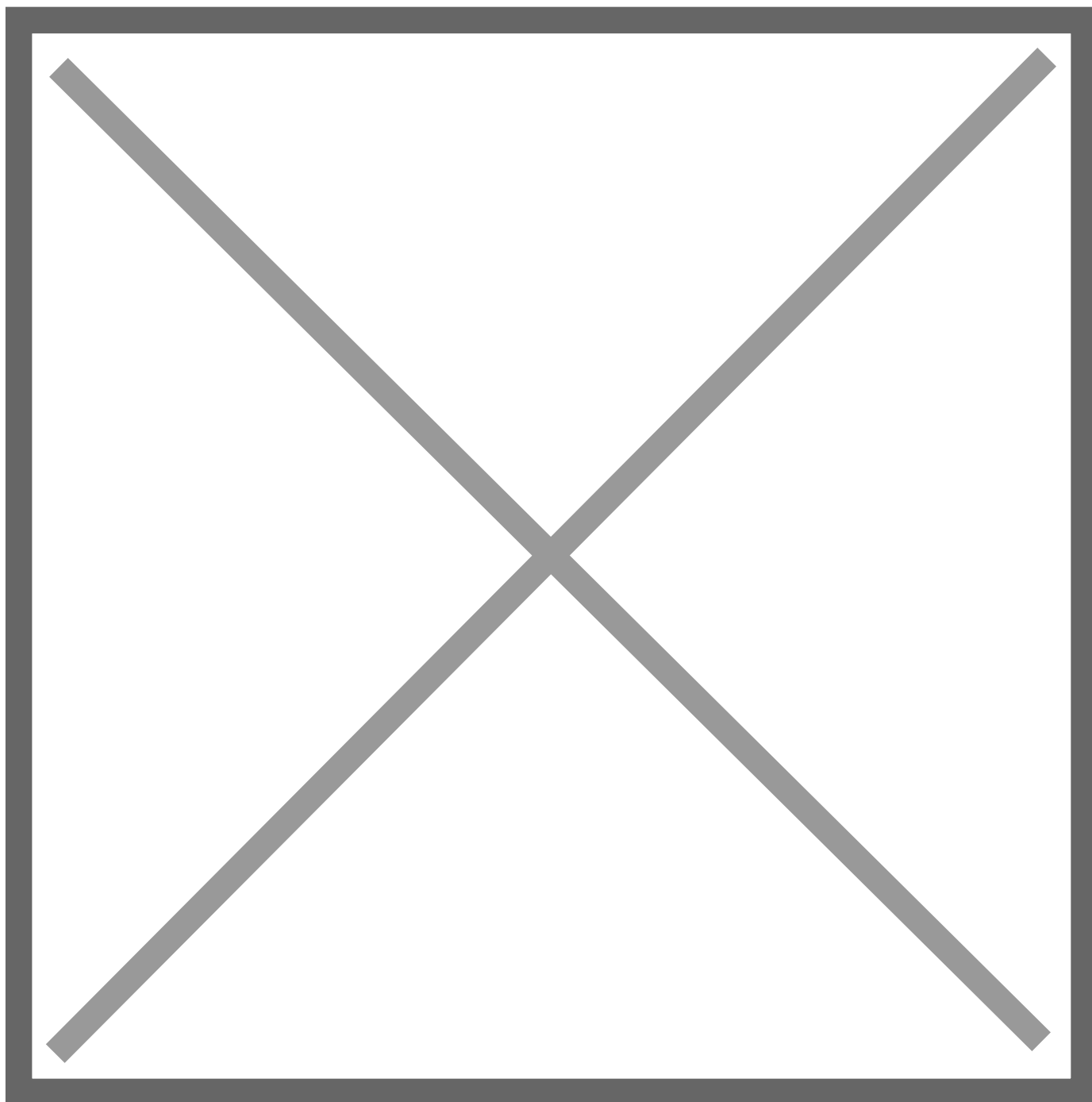
HBSC aims to survey approximately 1500 pupils per age group in each country or region (totaling around 4500)

Cutoffs:

+2SD

Übergewicht/Adipositas nach sozioökonomischer Gruppe

Jungen, 2021-2022



Umfragetyp:

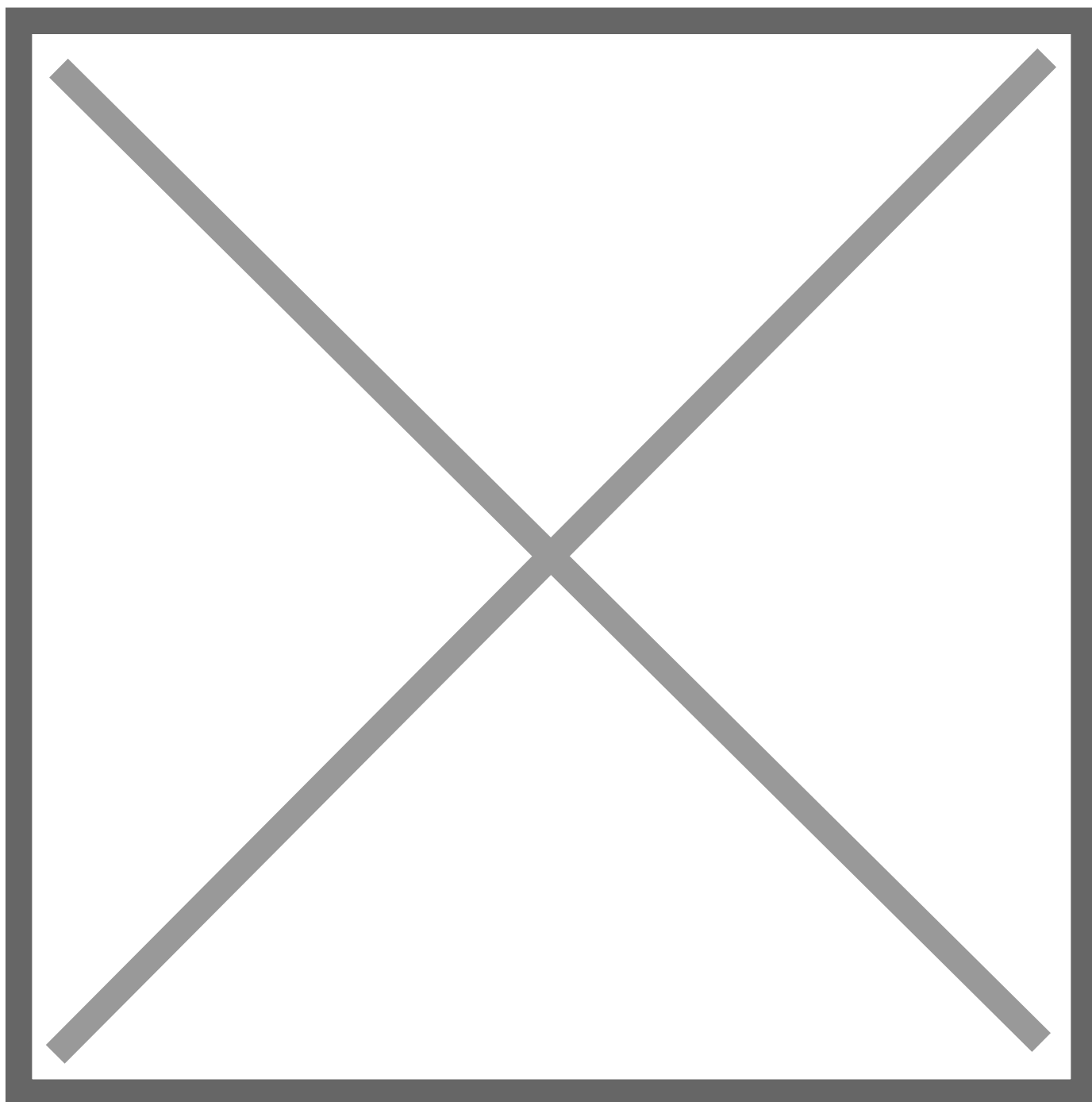
Selbst berichtet

Alter:

11-15

Referenzen:	Raki? JG, Hamrik Z, Dzielska A, Felder-Puig R, Oja L, Bakalr 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'
Anmerkungen (nur in englischer Sprache verfügbar):	Family affluence scaleHBSC aims to survey approximately 1500 pupils per age group in each country or region (totaling around 4500)
Cutoffs:	+2SD

Mädchen, 2021-2022



Umfragetyp:

Selbst berichtet

Alter:

11-15

Referenzen:

Raki? JG, Hamrik Z, Dzielska A, Felder-Puig R, Oja L, Bakalr 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.
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**Anmerkungen
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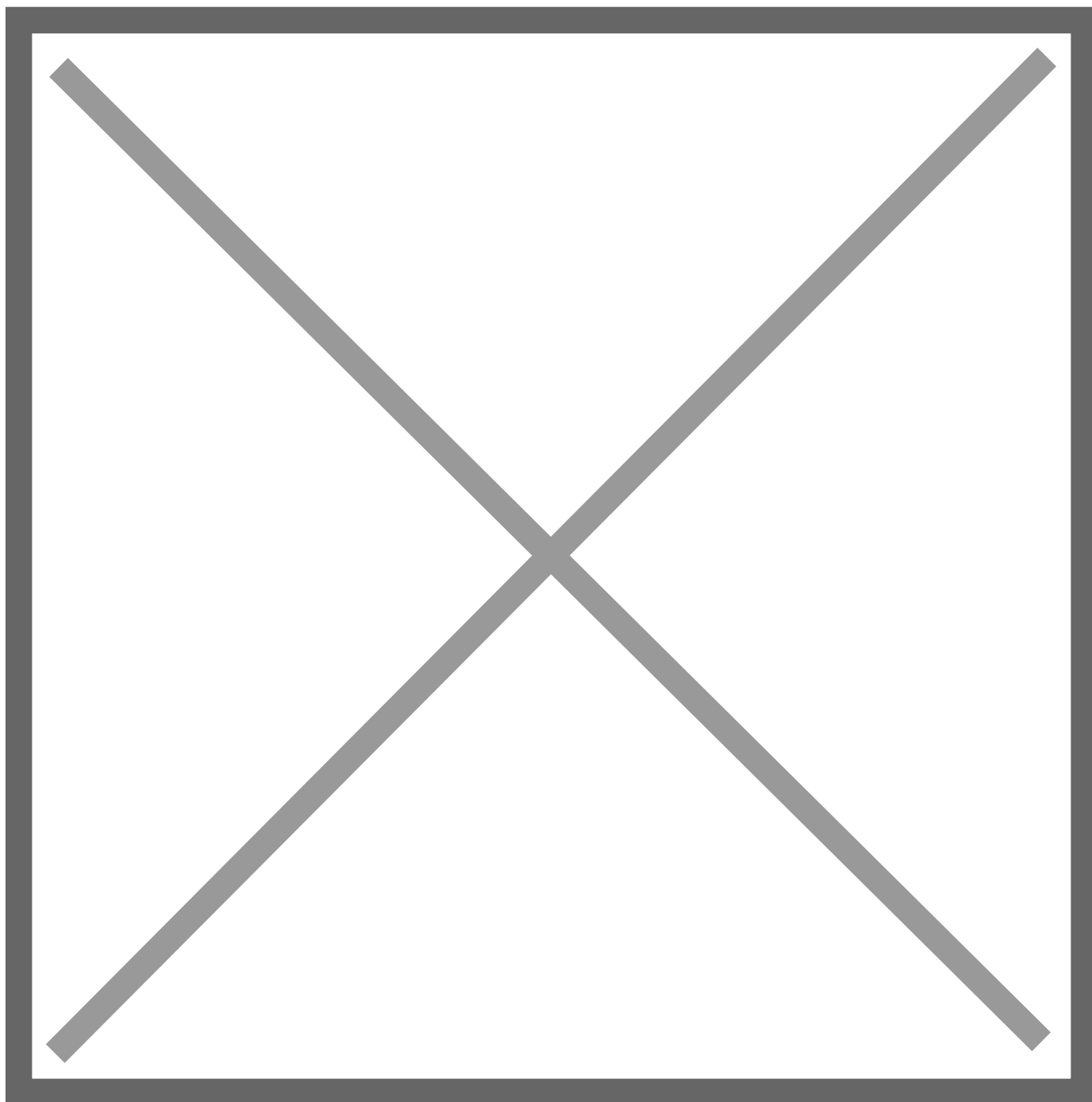
Family affluence scaleHBSC aims to survey approximately 1500 pupils per age group in each country or region (totaling around 4500)

Cutoffs:

+2SD

Double burden of underweight & overweight

Kinder, 2022



Umfragetyp:

Gemessen

Alter:

5-19

Referenzen:

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](https://doi.org/10.1016/S0140-6736(23)02750-2).

Anmerkungen
(nur in
englischer
Sprache
verfügbar):

Age standardised estimates

Definitionen
(nur in
englischer
Sprache
verfügbar):

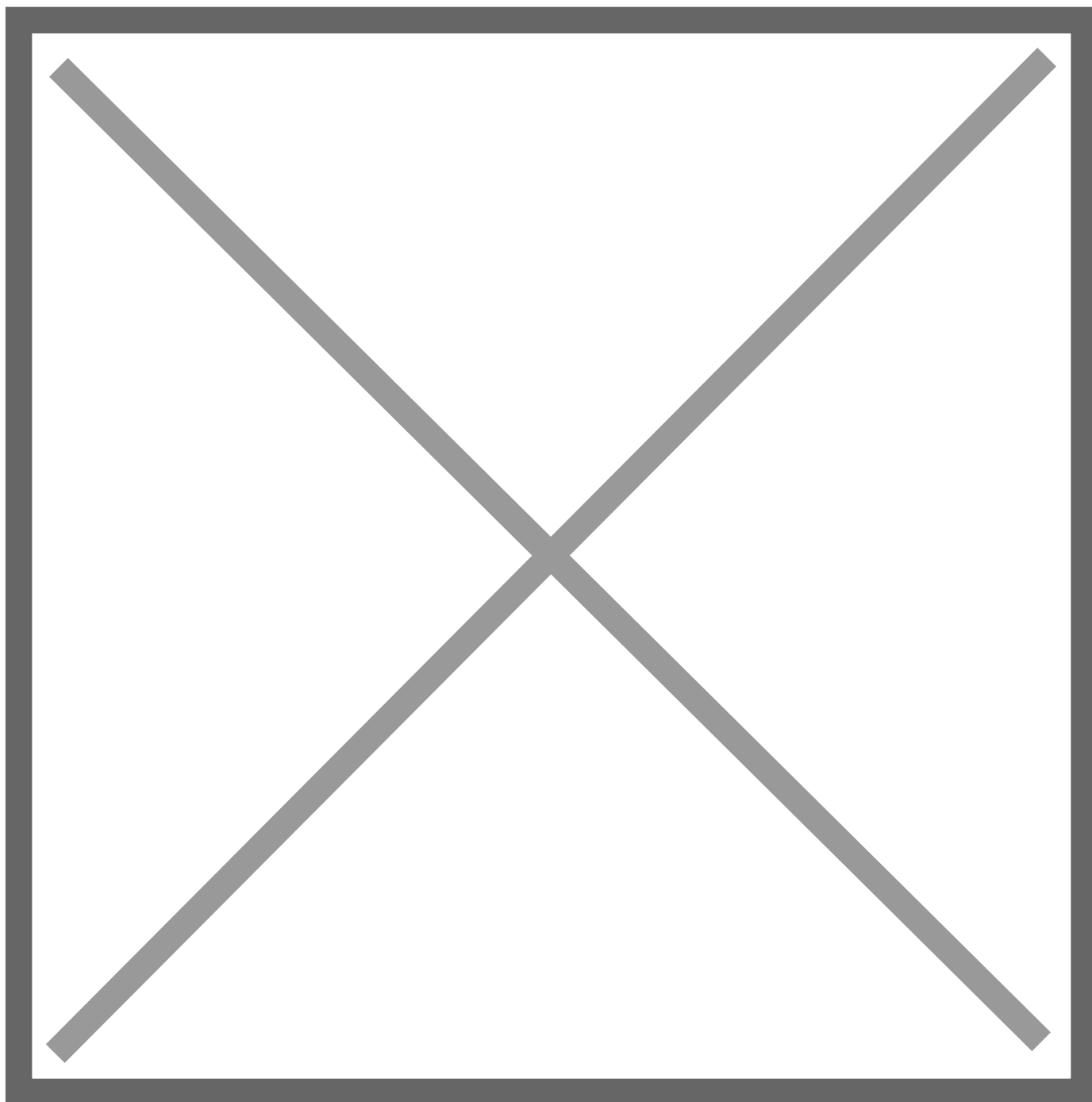
Combined prevalence of BMI < -2SD and BMI > 2SD (double burden of thinness and obesity)

Cutoffs:

BMI < -2SD and BMI > 2SD

Unzureichende körperliche Aktivität

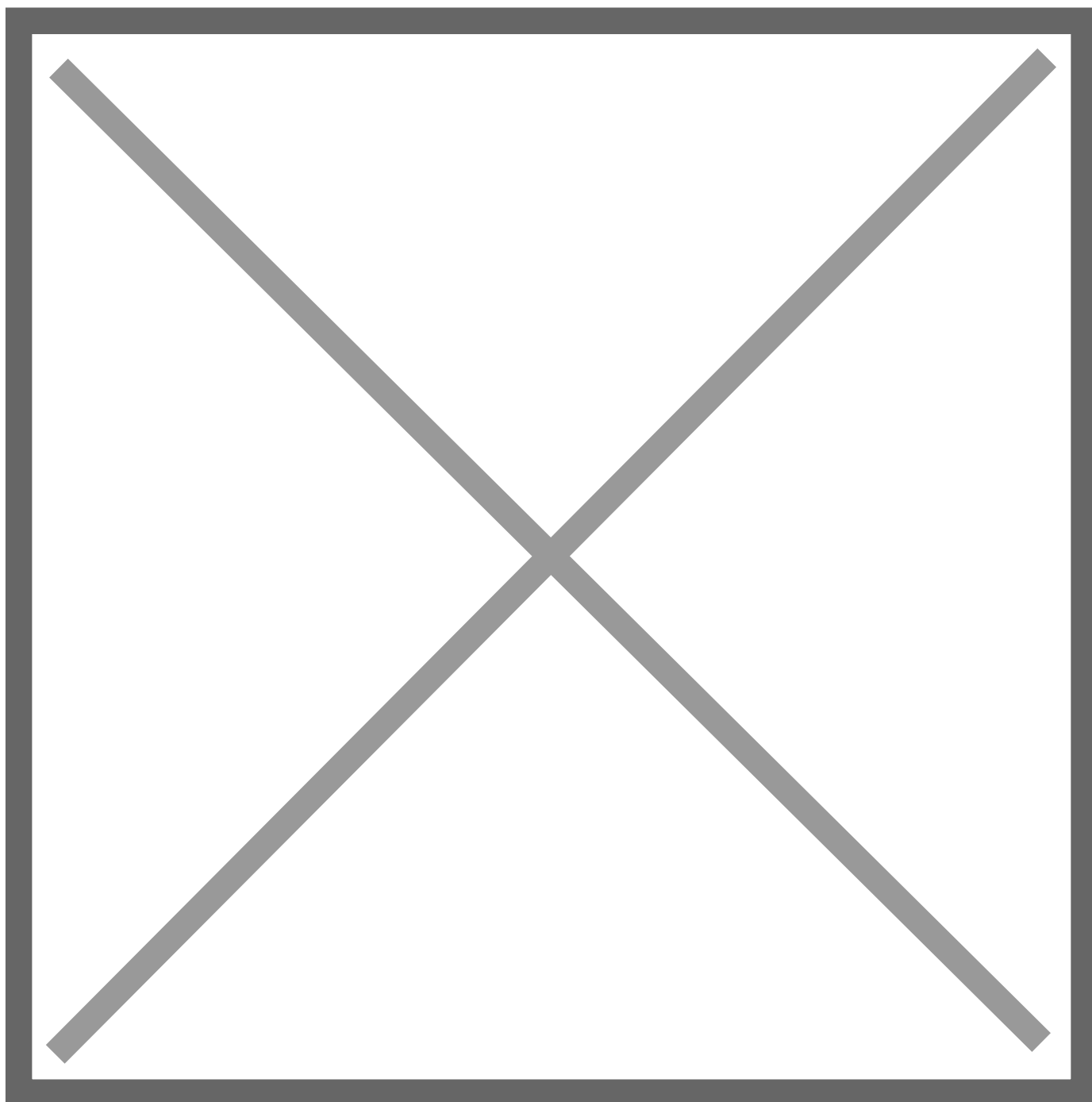
Kinder, 2022-2024



Umfragetyp:	Selbst berichtet
Alter:	6-9
Stichprobengröße:	2785
Geltungsbereich:	National

Referenzen:	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.
Anmerkungen (nur in englischer Sprache verfügbar):	National data excluding Germany (Bremen only) and Kazakhstan (Almaty only).
Definitionen (nur in englischer Sprache verfügbar):	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

Jungen, 2022-2024



Umfragetyp:	Selbst berichtet
Alter:	6-9
Stichprobengröße:	2785
Geltungsbereich:	National
Referenzen:	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.

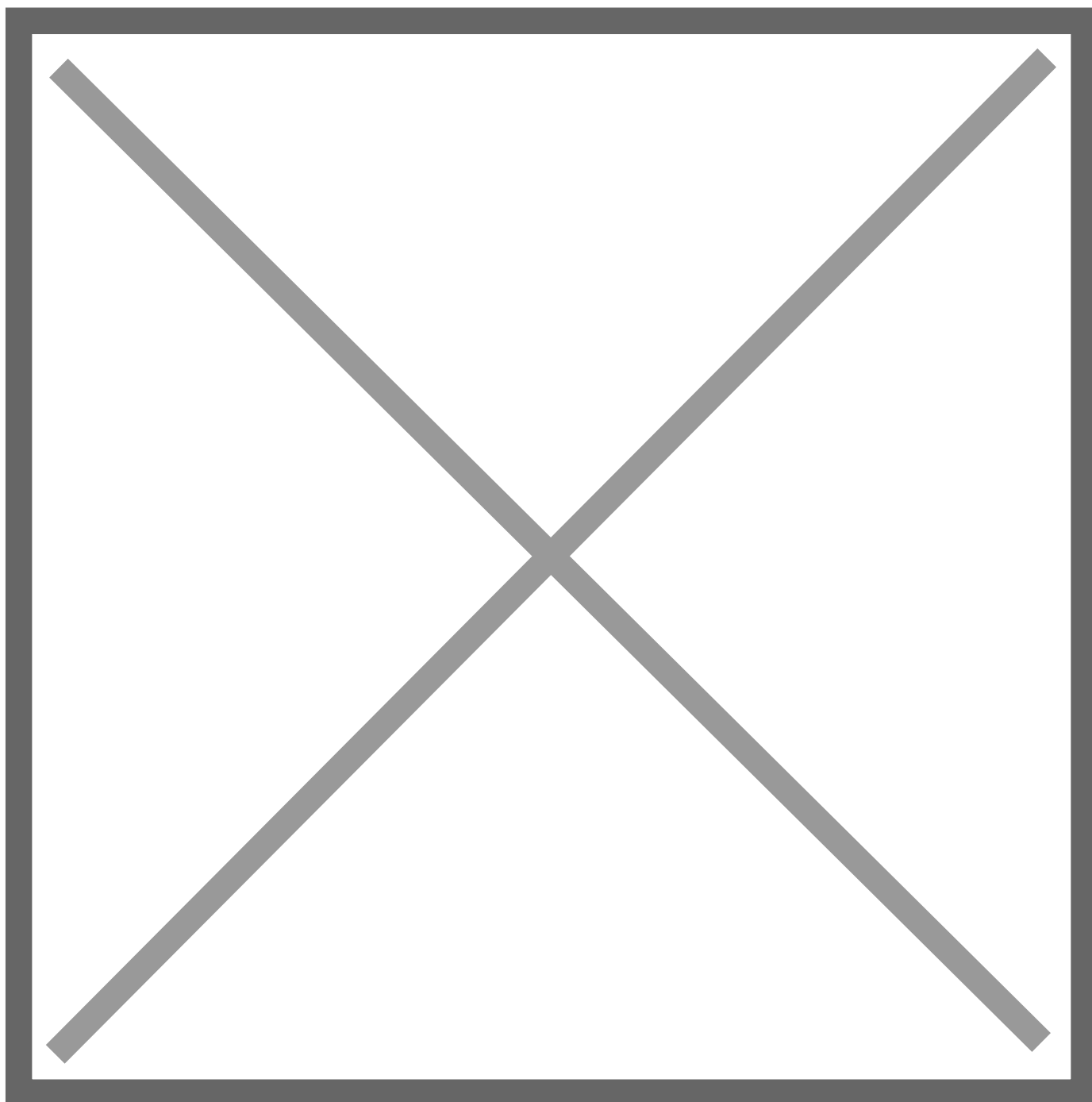
**Anmerkungen
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Sprache
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National data excluding Germany (Bremen only) and Kazakhstan (Almaty only).

**Definitionen (nur
in englischer
Sprache
verfügbar):**

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

Mädchen, 2022-2024



Umfragetyp:	Selbst berichtet
Alter:	6-9
Stichprobengröße:	2785
Geltungsbereich:	National
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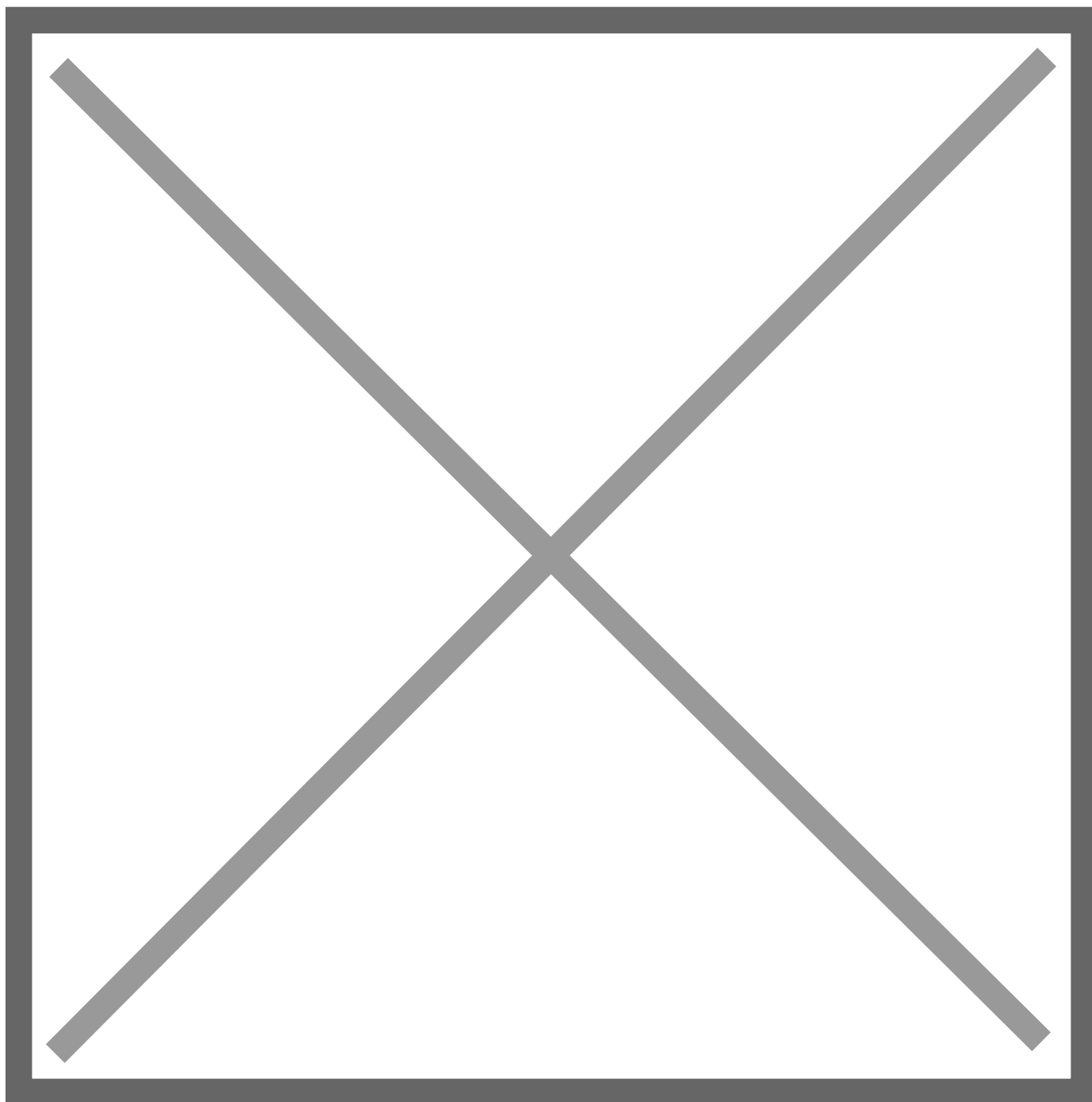
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Percentage of children not meeting WHO recommendations for physical activity, i.e. not playing actively/vigorously for at least one hour a day on an average day, as reported by their parent

Prevalence of at least daily soft drink consumption

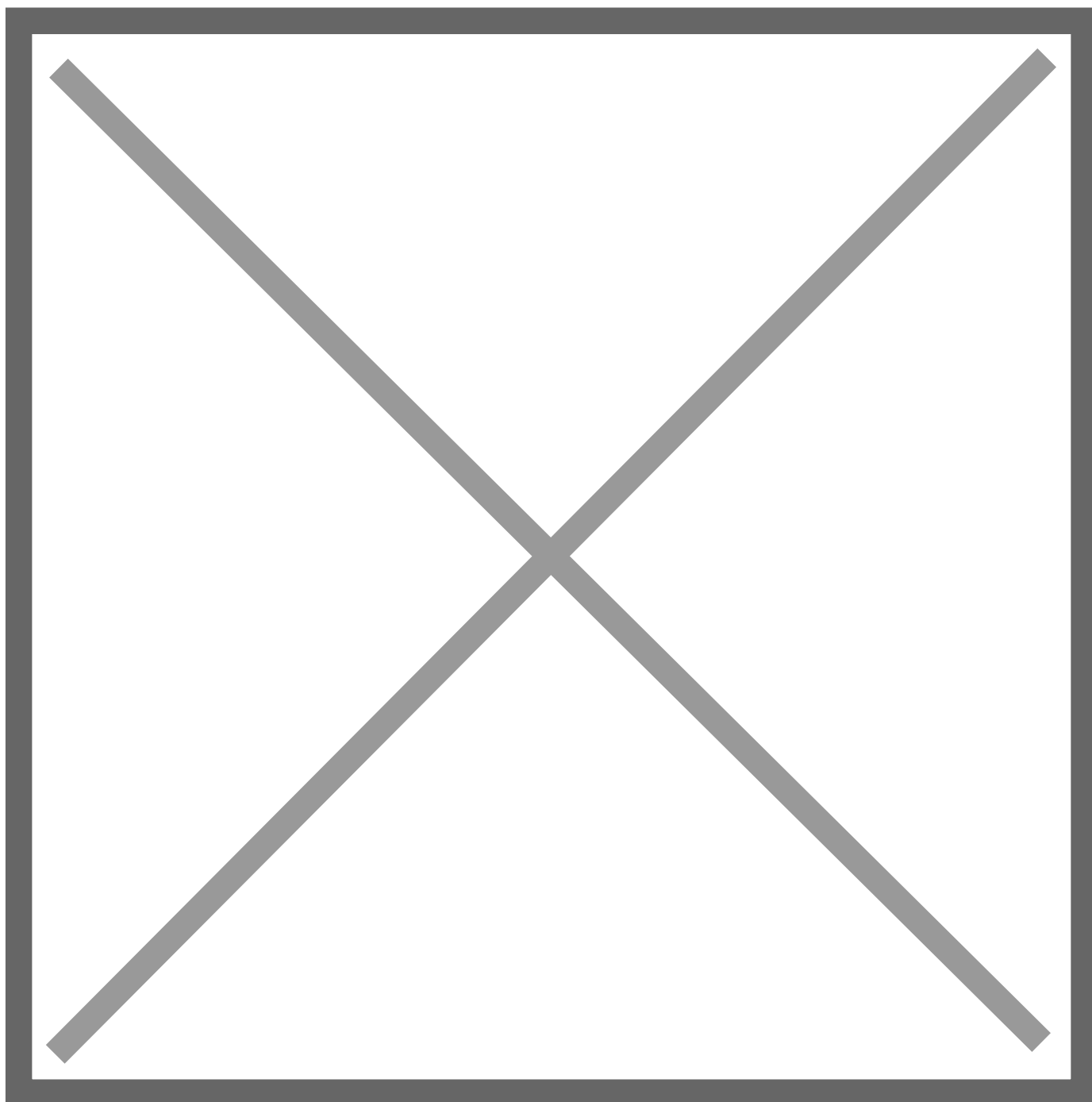
Kinder, 2022-2024



Umfragetyp:	Selbst berichtet
Alter:	6-9
Stichprobengröße:	3104
Geltungsbereich:	National

Referenzen:	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.
Anmerkungen (nur in englischer Sprache verfügbar):	National data excluding Germany (Bremen only) and Kazakhstan (Almaty only)
Definitionen (nur in englischer Sprache verfügbar):	Prevalence of daily consumption of soft drinks containing sugar, as reported by the child's parent (%)

Jungen, 2022-2024



Umfragetyp:	Selbst berichtet
Alter:	6-9
Stichprobengröße:	3104
Geltungsbereich:	National
Referenzen:	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.

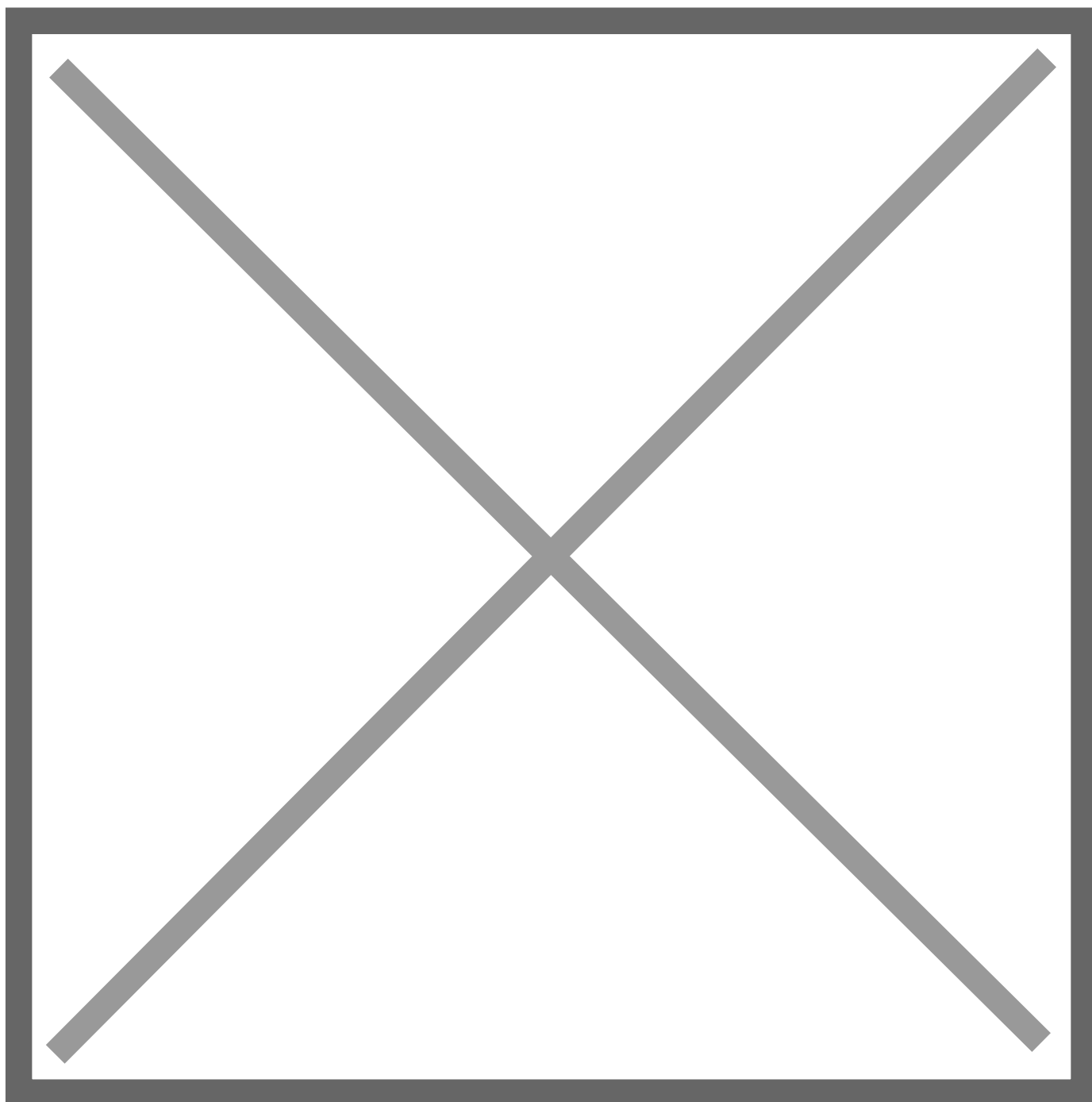
**Anmerkungen
(nur in englischer
Sprache
verfügbar):**

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

**Definitionen (nur
in englischer
Sprache
verfügbar):**

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

Mädchen, 2022-2024



Umfragetyp:	Selbst berichtet
Alter:	6-9
Stichprobengröße:	3104
Geltungsbereich:	National
Referenzen:	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.

Anmerkungen
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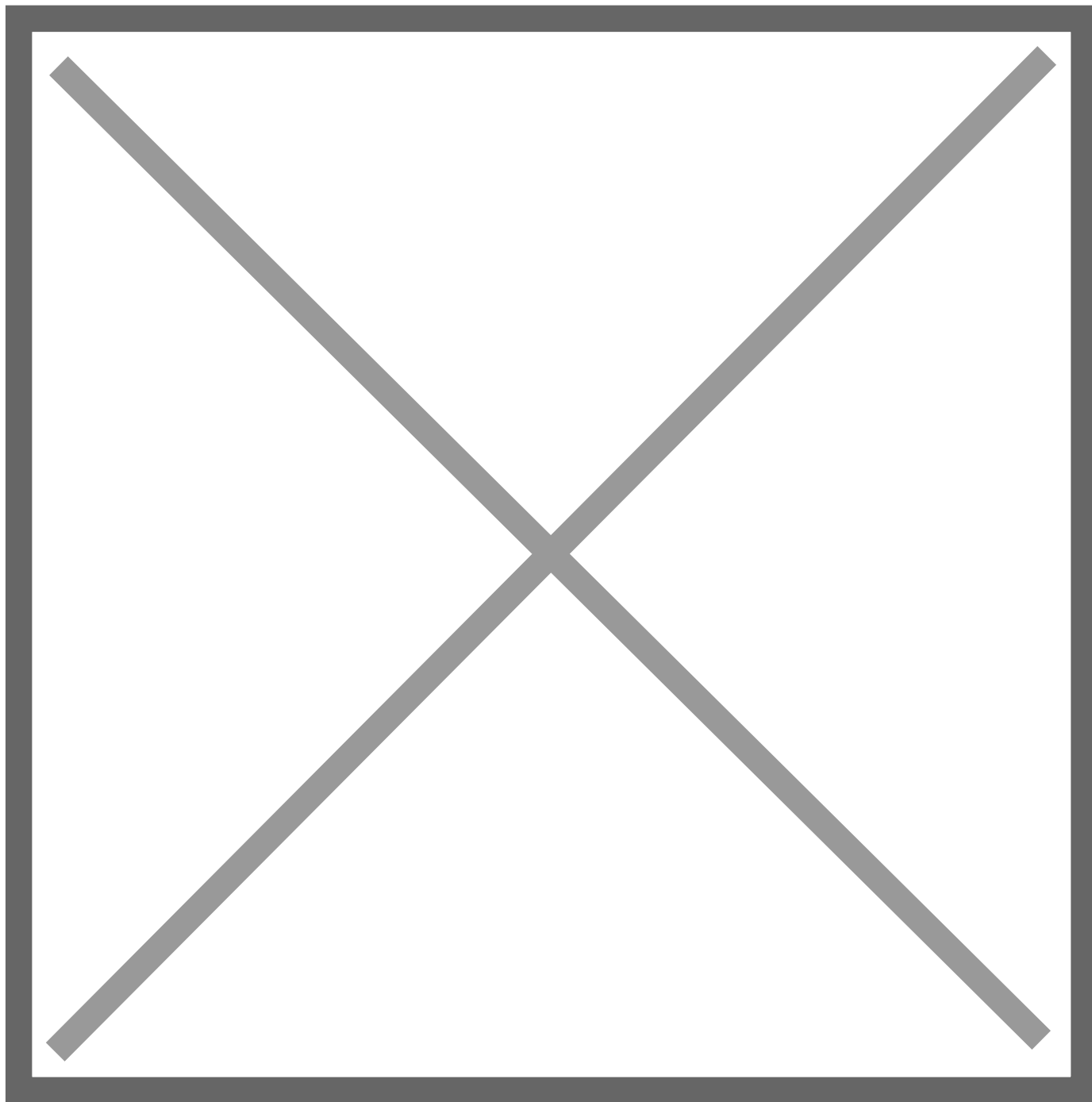
National data excluding Germany (Bremen only) and Kazakhstan (Almaty only)

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

Prävalenz von weniger als täglichem Obstkonsum

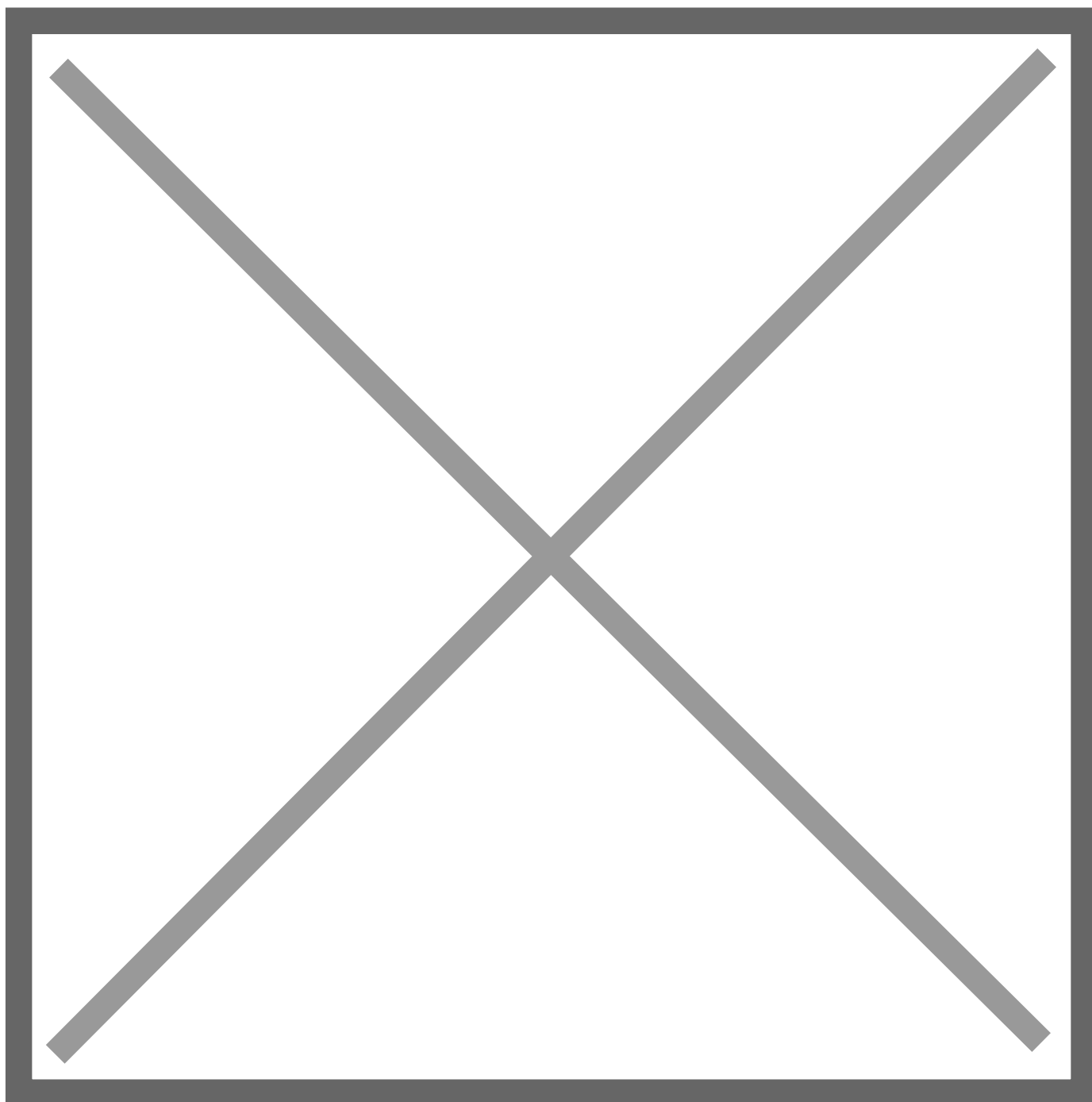
Kinder, 2022-2024



Umfragetyp:	Selbst berichtet
Alter:	6-9
Stichprobengröße:	3116
Geltungsbereich:	National

Referenzen:	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.
Anmerkungen (nur in englischer Sprache verfügbar):	National data excluding Germany (Bremen only) and Kazakhstan (Almaty only).
Definitionen (nur in englischer Sprache verfügbar):	Proportion of children whose parents reported that their child consumes fruit less than daily

Jungen, 2022-2024



Umfragetyp:	Selbst berichtet
Alter:	6-9
Stichprobengröße:	3116
Geltungsbereich:	National
Referenzen:	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.

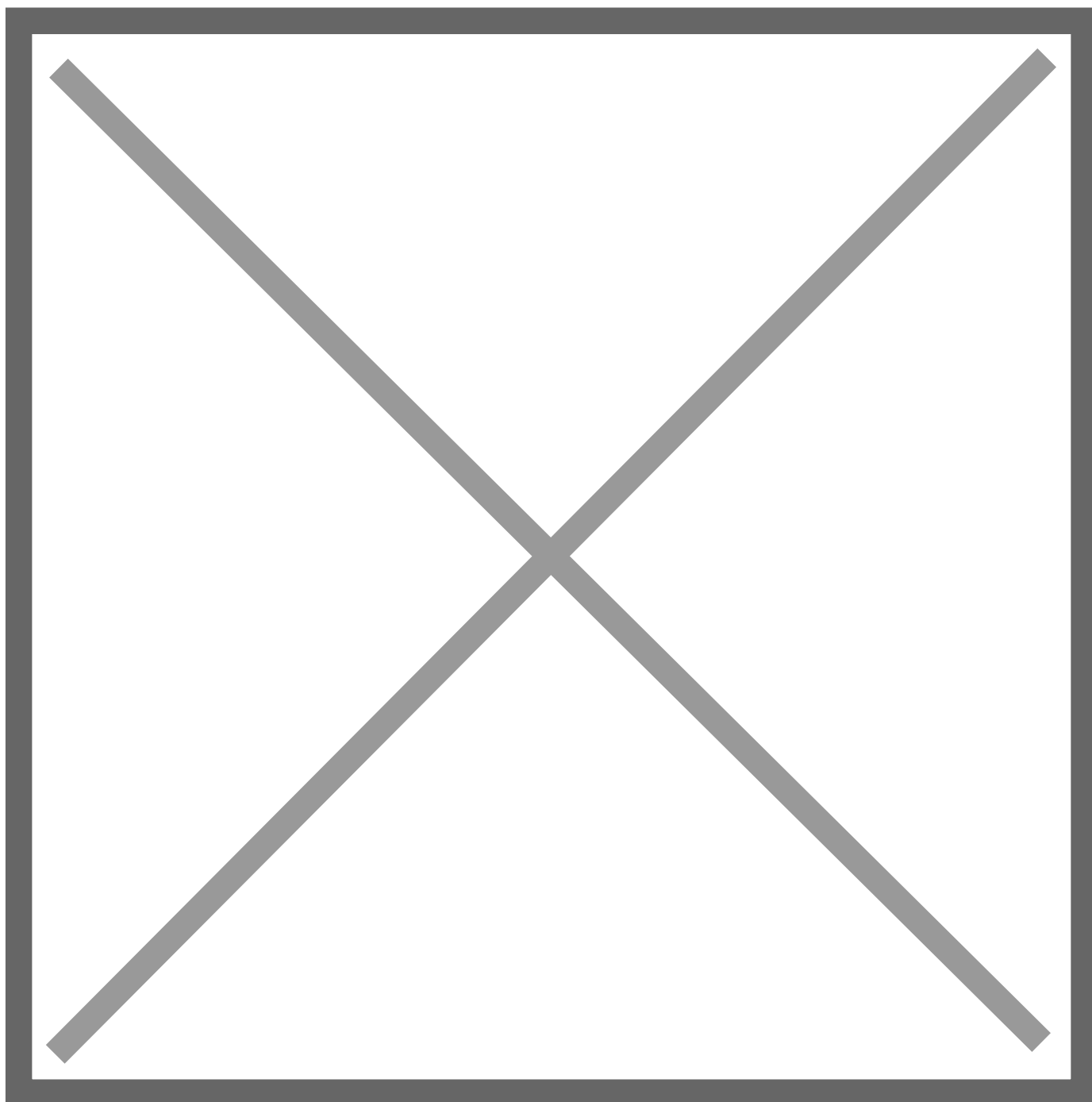
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Mädchen, 2022-2024



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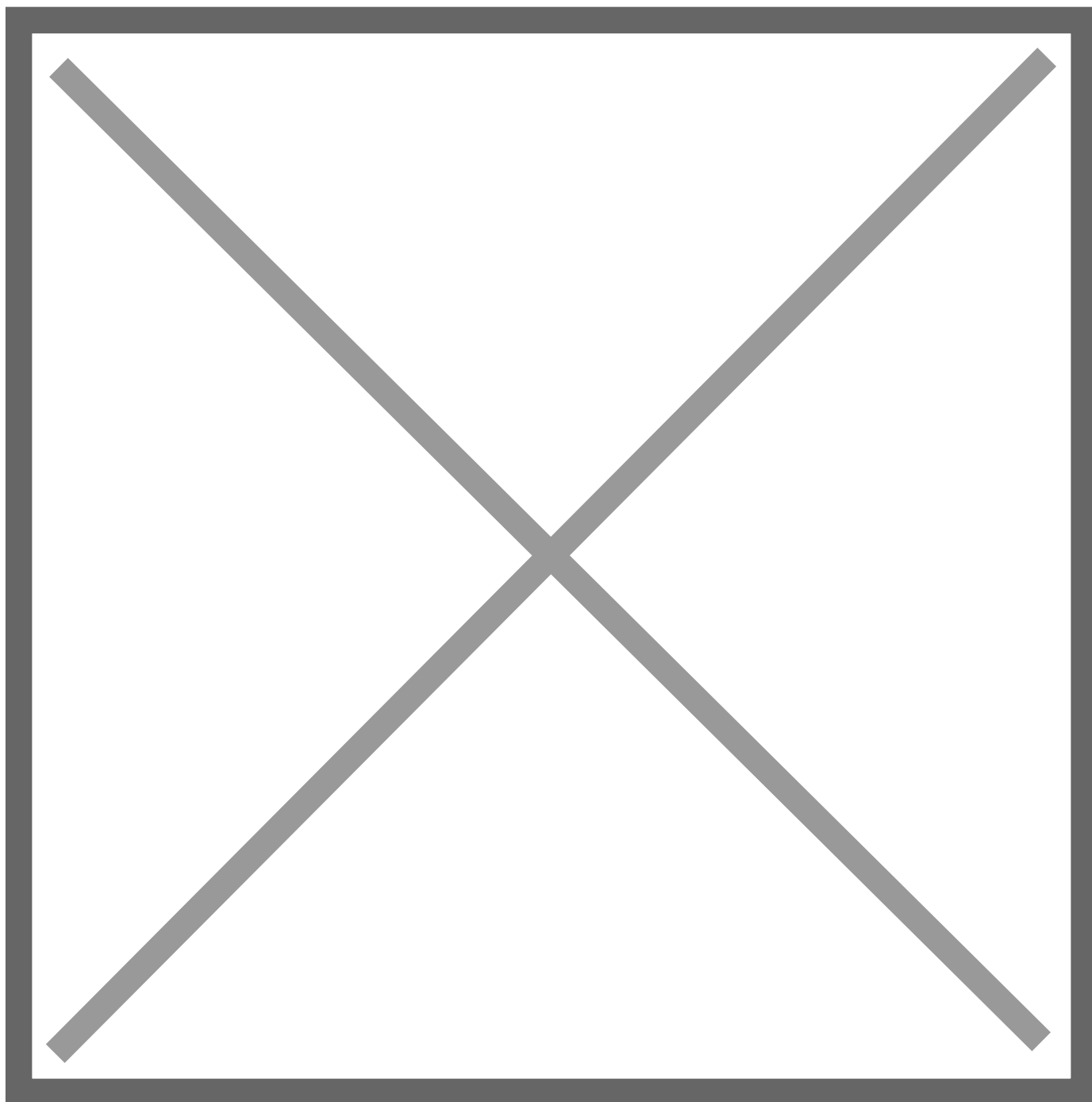
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Prävalenz von weniger als täglichem Gemüsekonsum

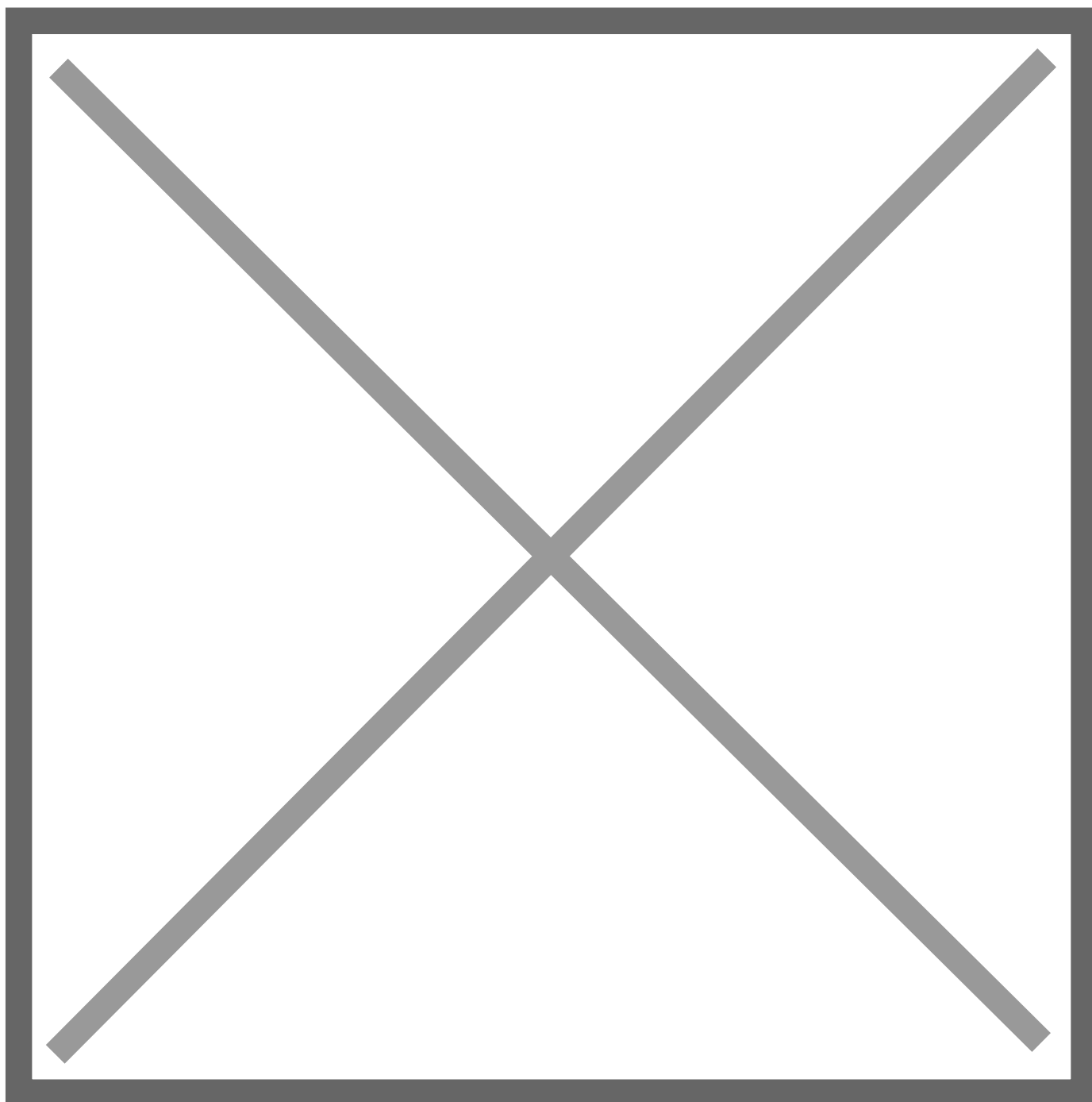
Kinder, 2022-2024



Umfragetyp:	Selbst berichtet
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Anmerkungen (nur in englischer Sprache verfügbar):	National data excluding Germany (Bremen only) and Kazakhstan (Almaty only).
Definitionen (nur in englischer Sprache verfügbar):	Proportion of children whose parents reported that their child consumes vegetables less than daily

Jungen, 2022-2024



Umfragetyp:	Selbst berichtet
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Geltungsbereich:	National
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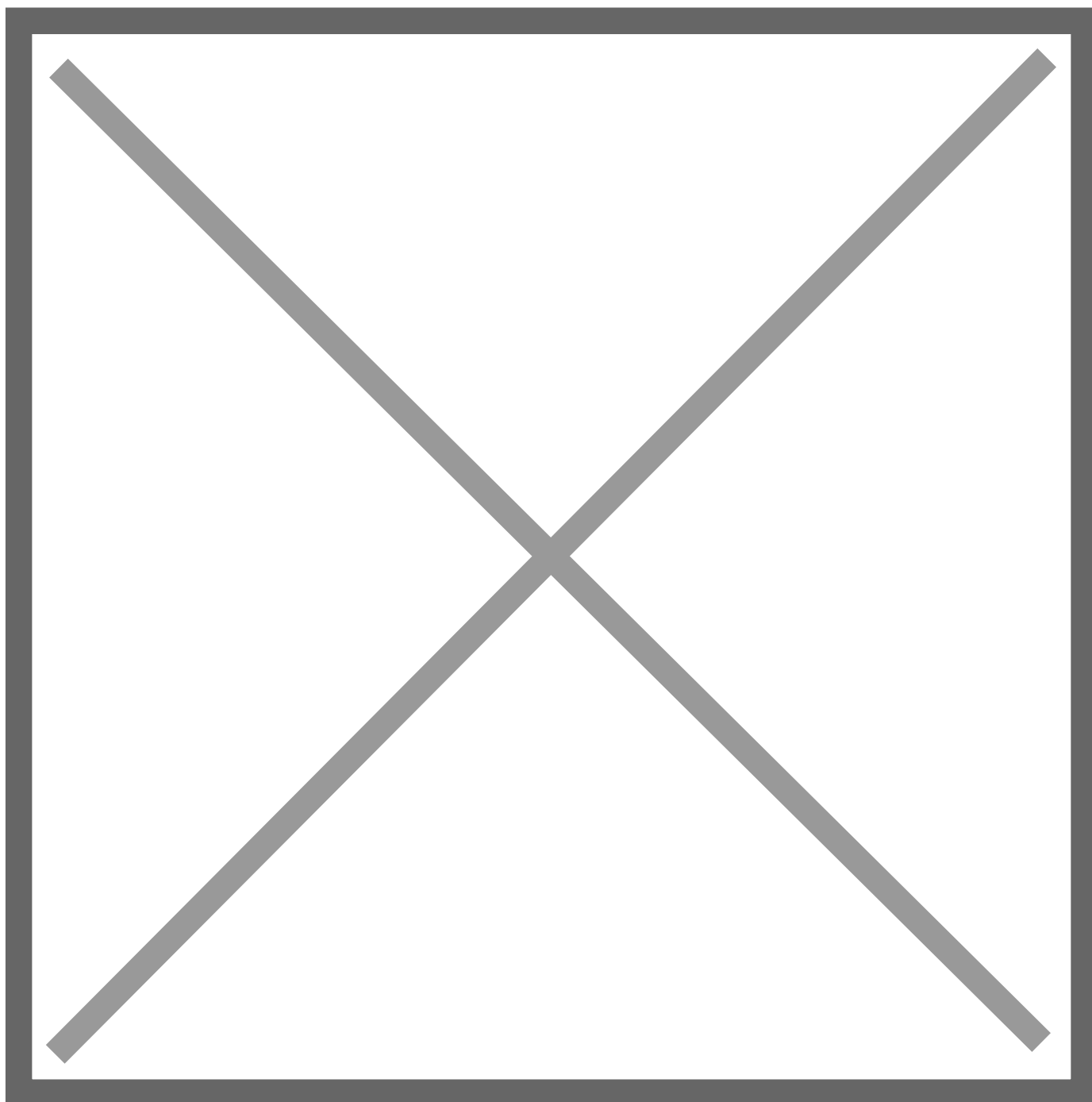
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National data excluding Germany (Bremen only) and Kazakhstan (Almaty only).

Definitionen (nur
in englischer
Sprache
verfügbar):

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

Mädchen, 2022-2024



Umfragetyp:	Selbst berichtet
Alter:	6-9
Stichprobengröße:	3116
Geltungsbereich:	National
Referenzen:	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.

Anmerkungen
(nur in englischer
Sprache
verfügbar):

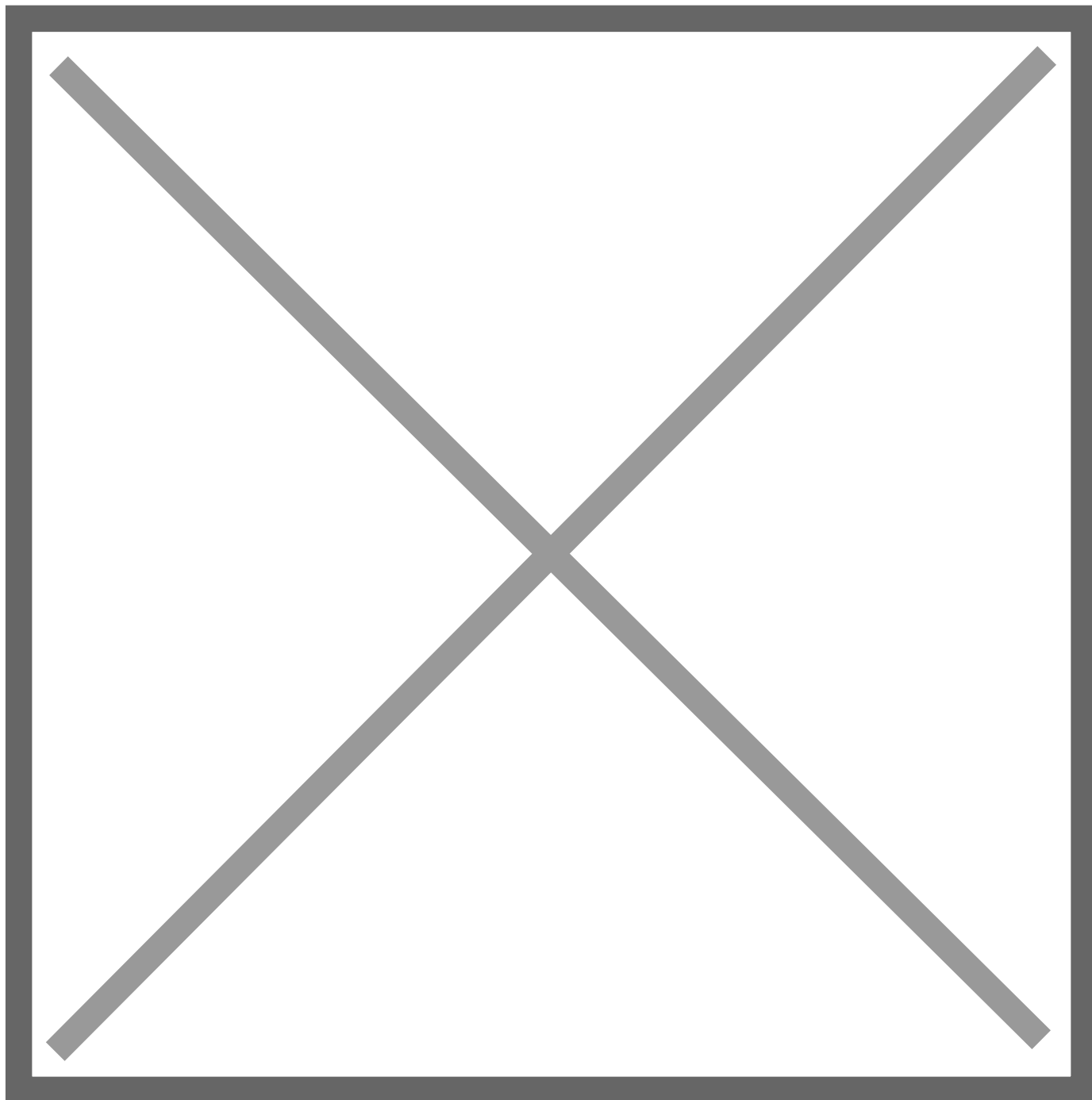
National data excluding Germany (Bremen only) and Kazakhstan (Almaty only).

Definitionen (nur
in englischer
Sprache
verfügbar):

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

Psychische Gesundheit - Depressionsstörungen

Kinder, 2021



Geltungsbereich:

National

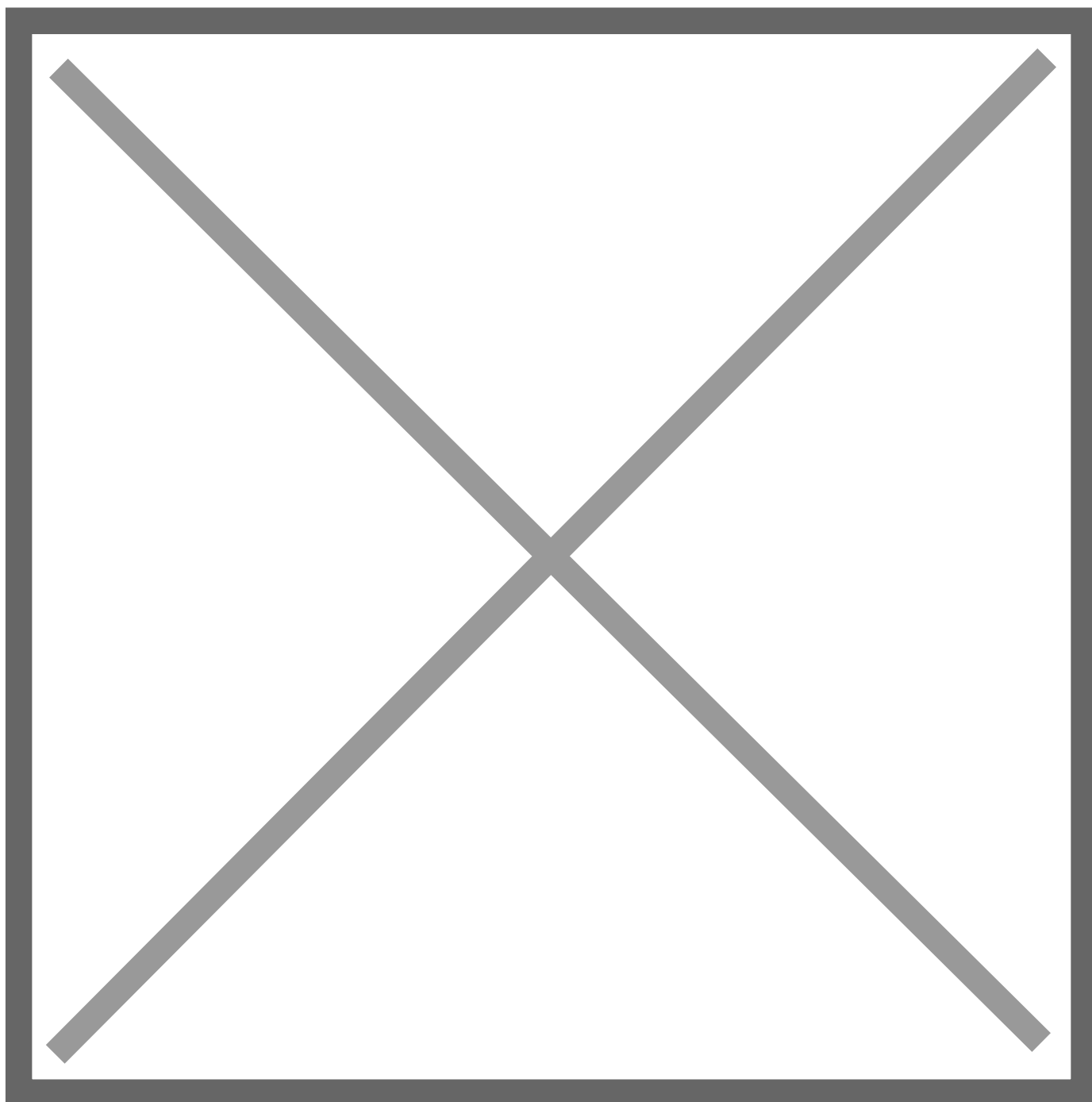
Referenzen:

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)

Definitionen
(nur in
englischer
Sprache
verfügbar):

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

Jungen, 2021



Geltungsbereich:

National

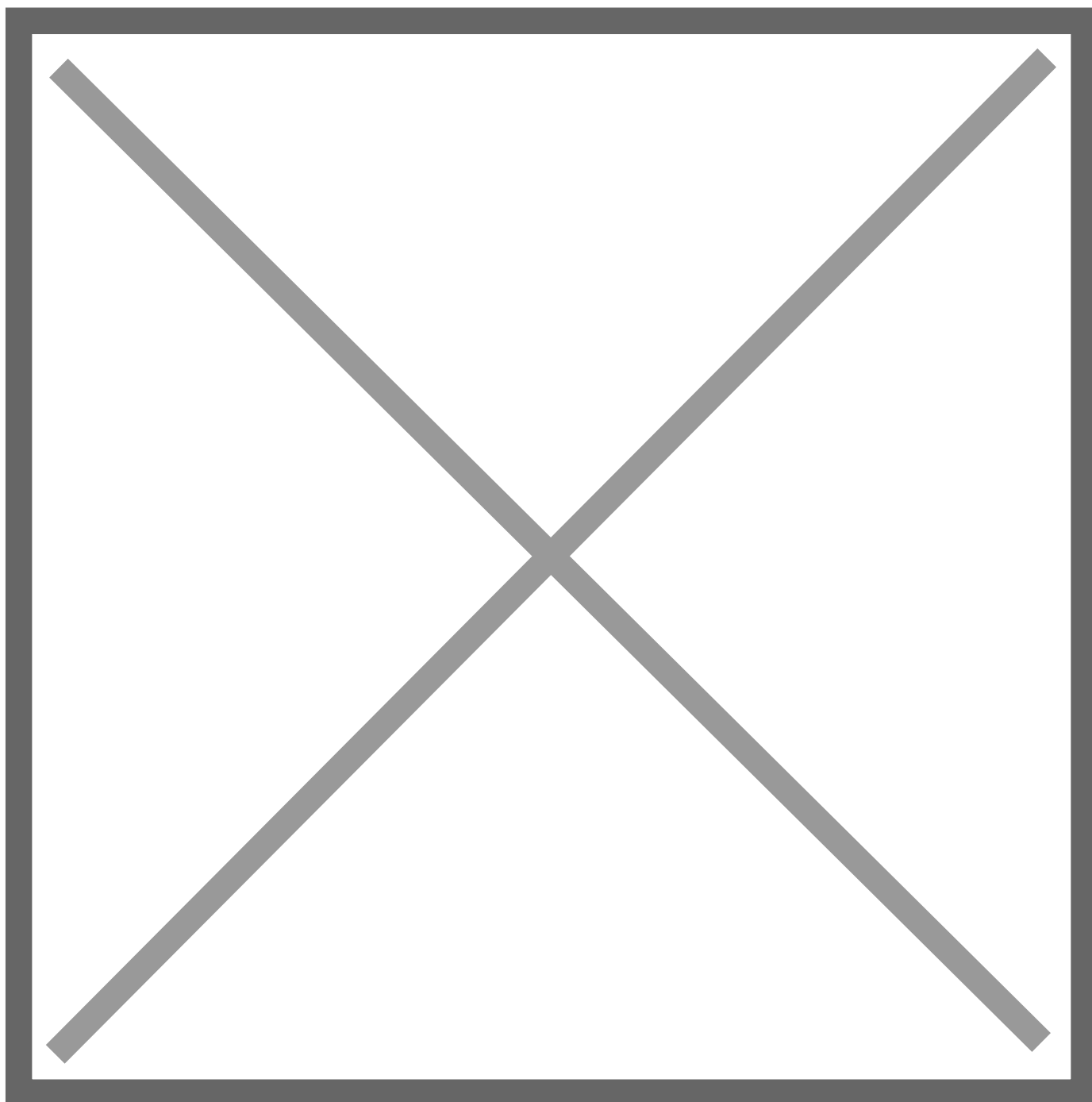
Referenzen:

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)

**Definitionen
(nur in
englischer
Sprache
verfügbar):**

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

Mädchen, 2021

**Geltungsbereich:**

National

Referenzen:

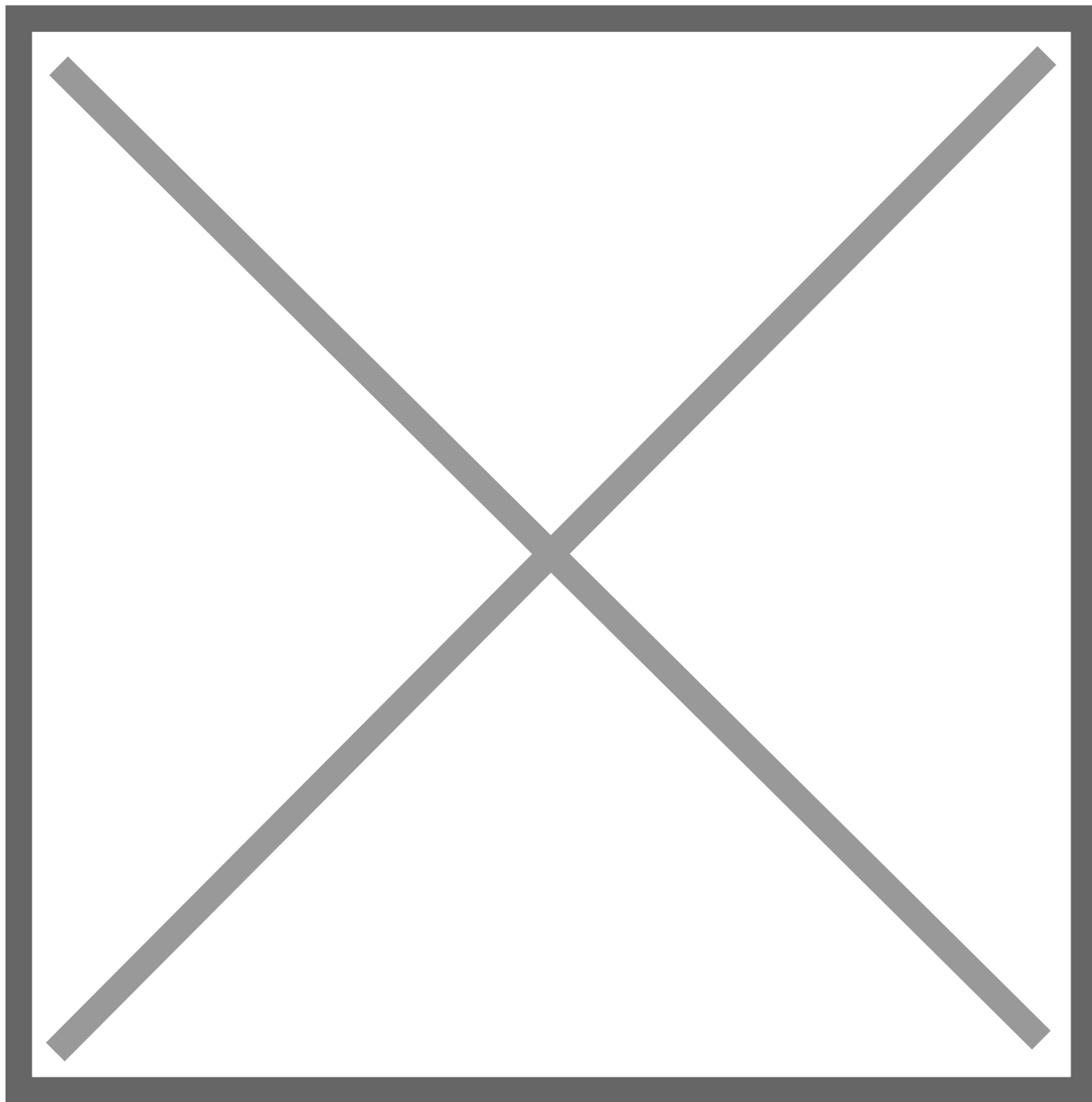
Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

**Definitionen
(nur in
englischer
Sprache
verfügbar):**

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

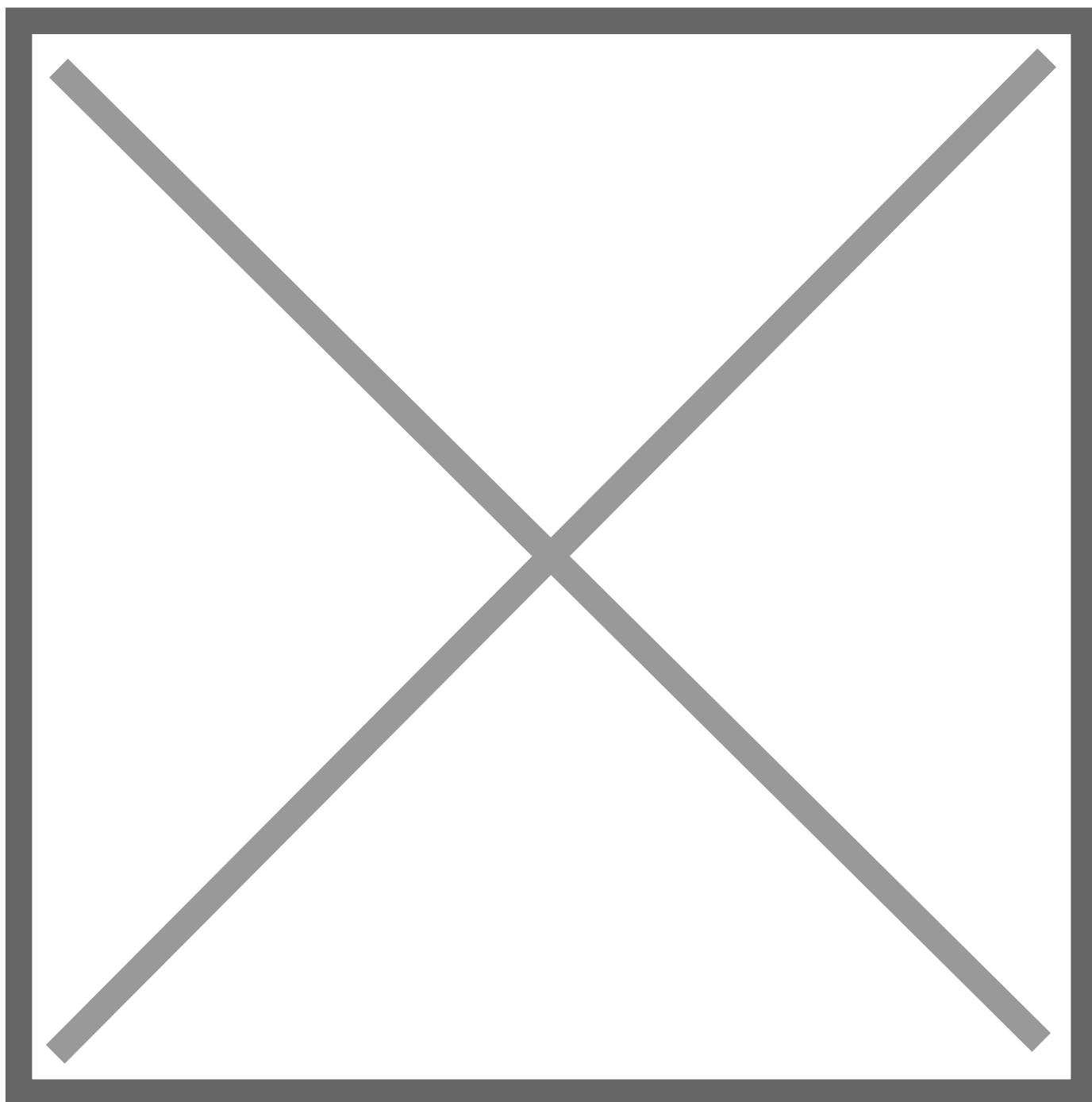
Psychische Gesundheit - Angststörungen

Kinder, 2021

**Referenzen:**

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)

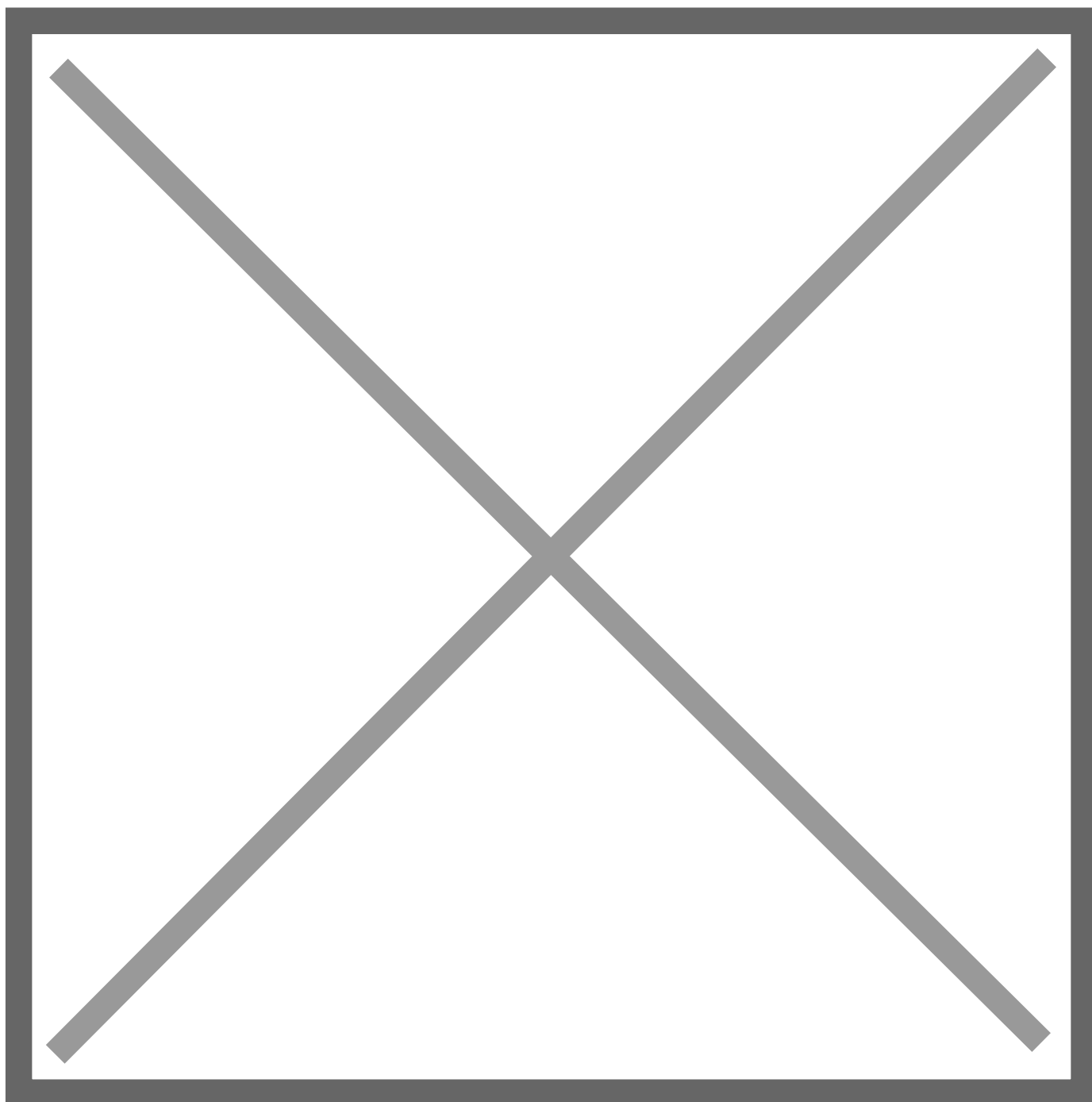
Jungen, 2021



Referenzen:

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)

Mädchen, 2021



Referenzen:

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 January 18, 2026