

Report card Croatia



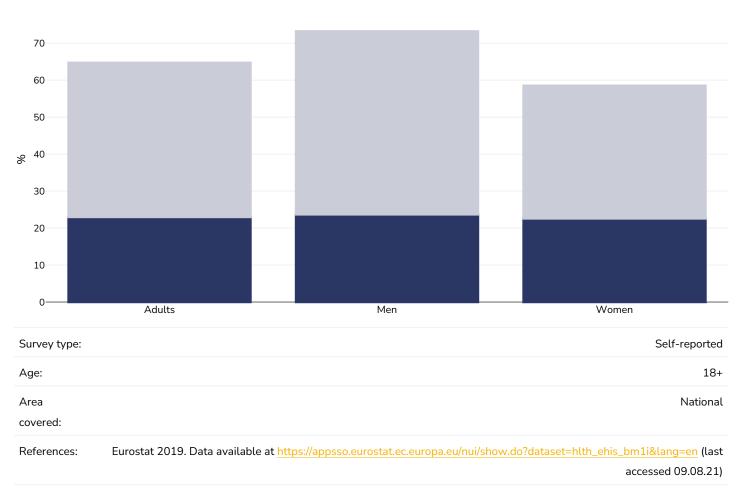
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Obesity prevalence

Adults, 2019

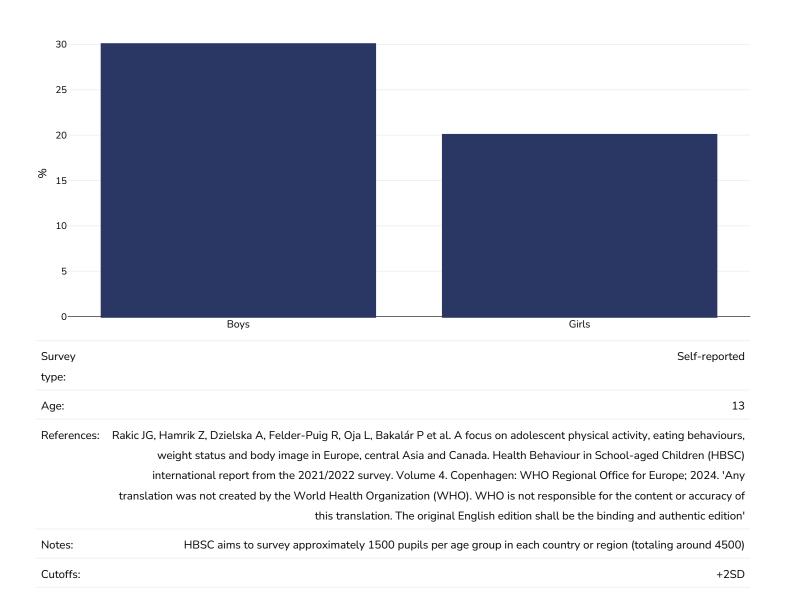
Obesity Overweight





Children, 2021-2022

Overweight or obesity

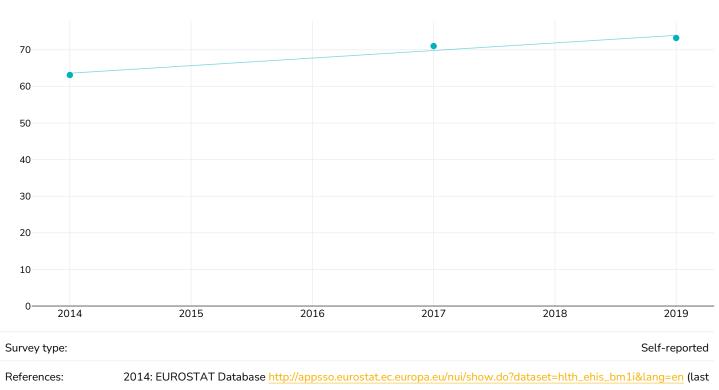




% Adults living with overweight or obesity, 2014-2019

Men

• Overweight or obesity



accessed 25.08.20)

2017: EUROSTAT Database http://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=ilc_hch10&lang=en (last

accessed 05.10.20)

2019: Eurostat 2019. Data available at

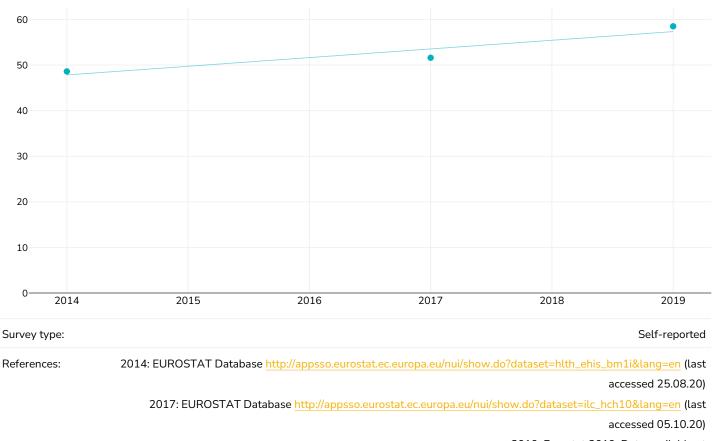
https://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1i&lang=en (last accessed 09.08.21)

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

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 or obesity



2019: Eurostat 2019. Data available at

https://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1i&lang=en (last accessed 09.08.21)

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

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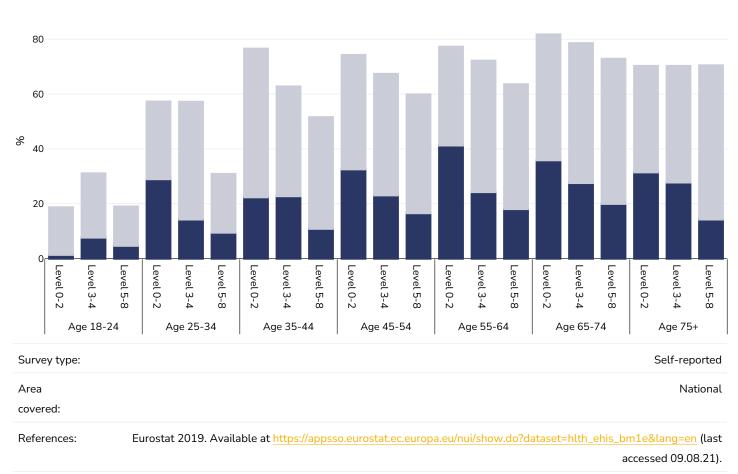


Overweight/obesity by age and education

Adults, 2019

Notes:

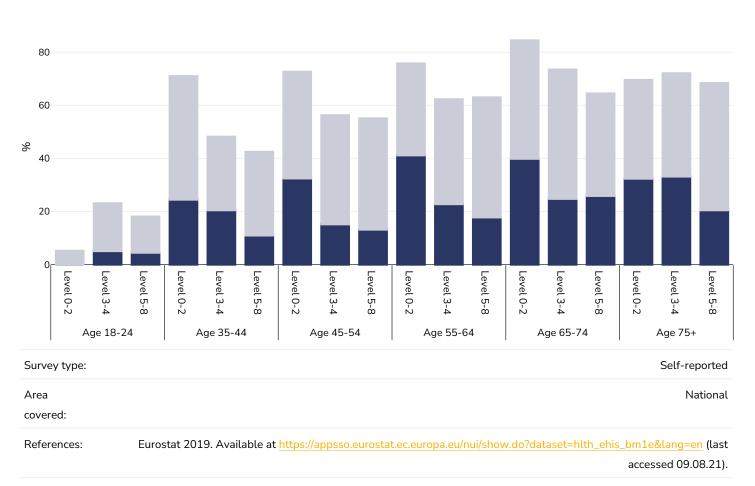
Obesity Overweight



NB. Some age ranges missing due to insufficient data to display by age & educational status







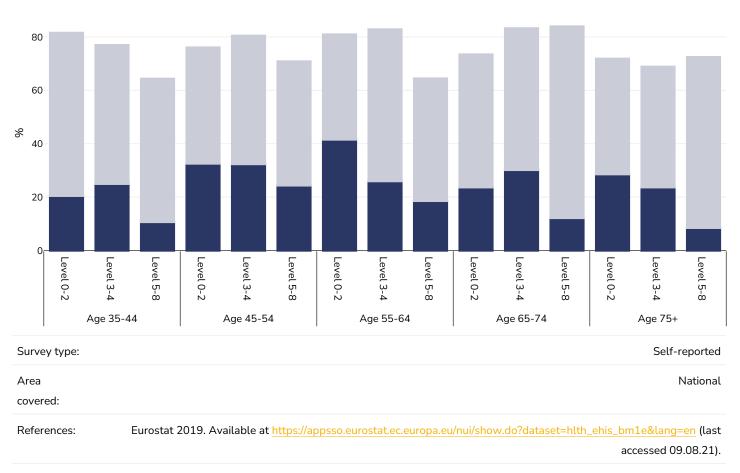
Notes:

NB. Some age ranges missing due to insufficient data to display by age & educational status



Men, 2019

Obesity Overweight



Notes:

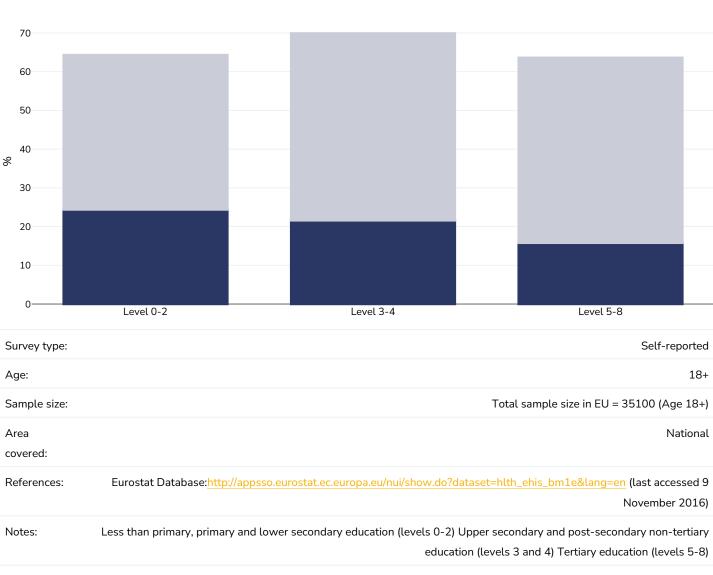
NB. Some age ranges missing due to insufficient data to display by age & educational status



Overweight/obesity by education

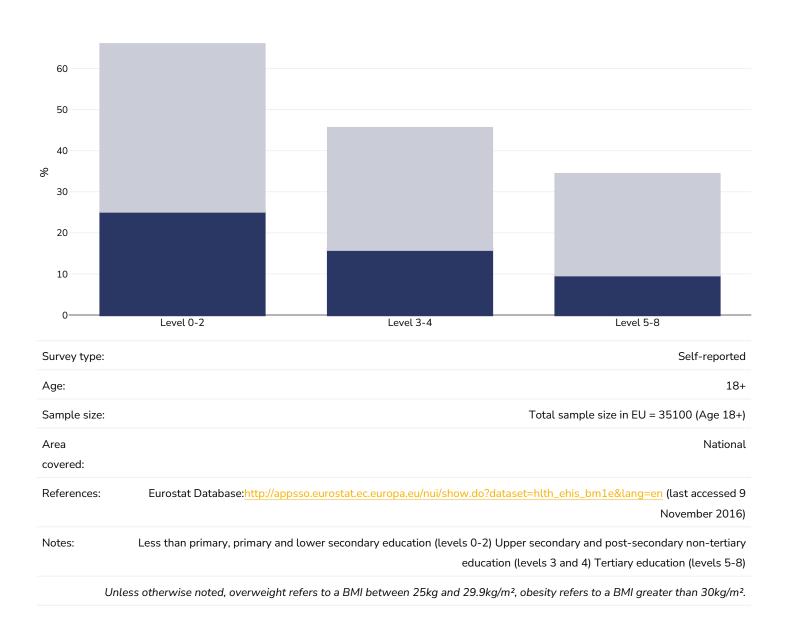
Men, 2014

Obesity Overweight





Obesity Overweight

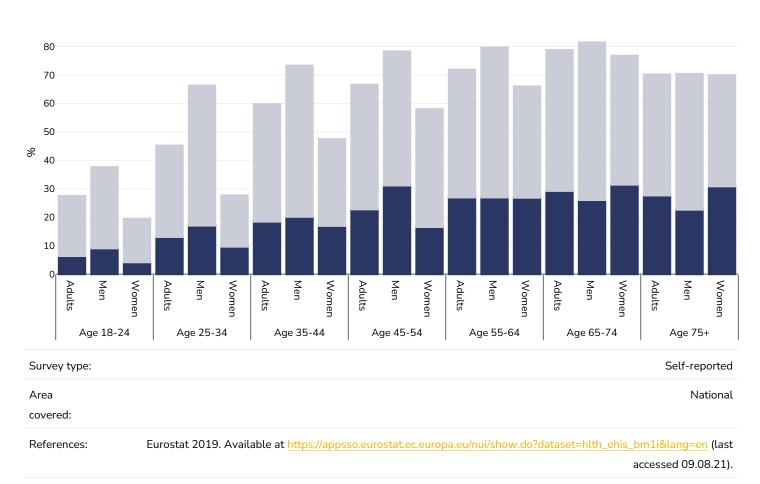




Overweight/obesity by age

Adults, 2019

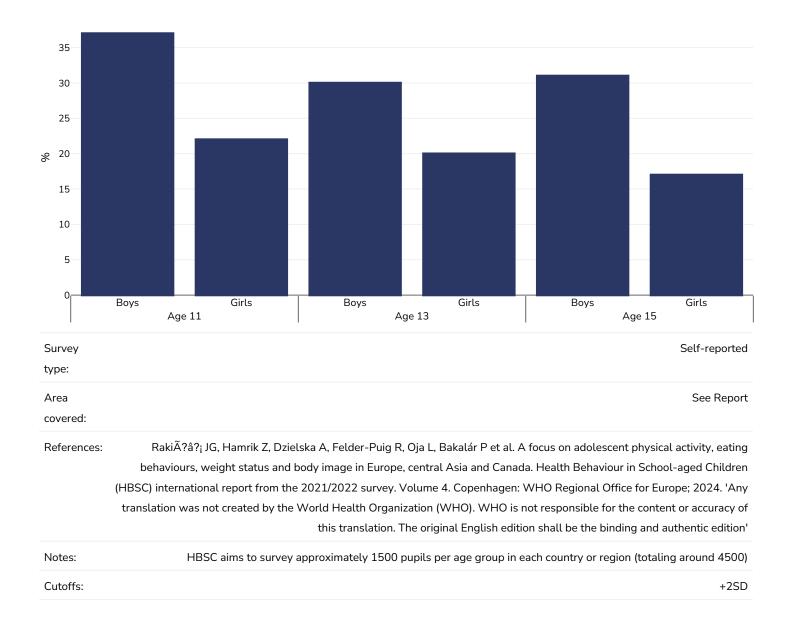
Obesity Overweight





Children, 2021-2022

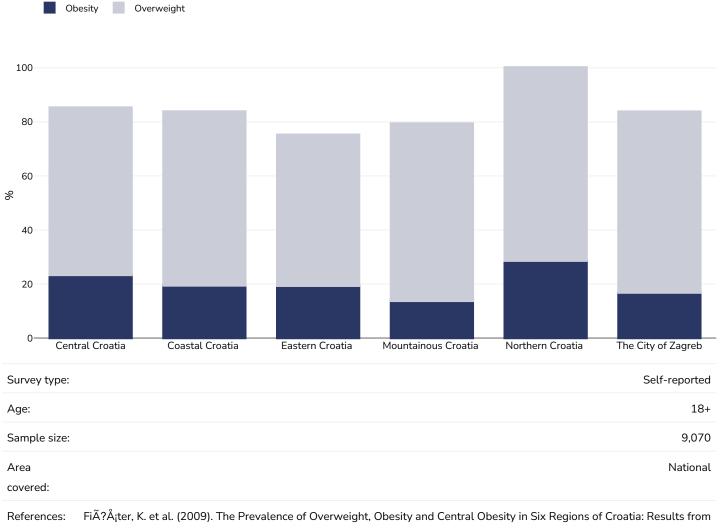
Overweight or obesity





Overweight/obesity by region

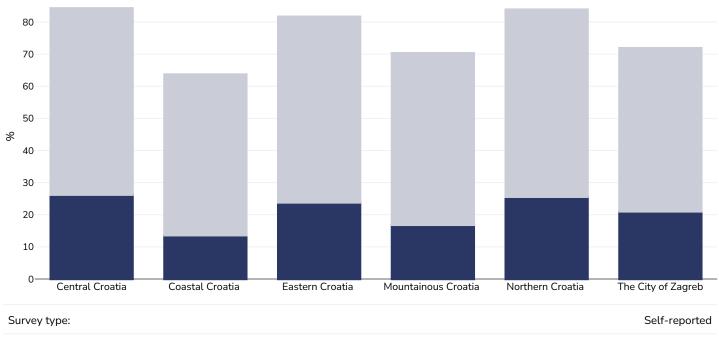
Men, 2003



the Croatian Adult Health Survey. Collegium Antropologicum. 33(1), pp. 25-29.



Obesity Overweight



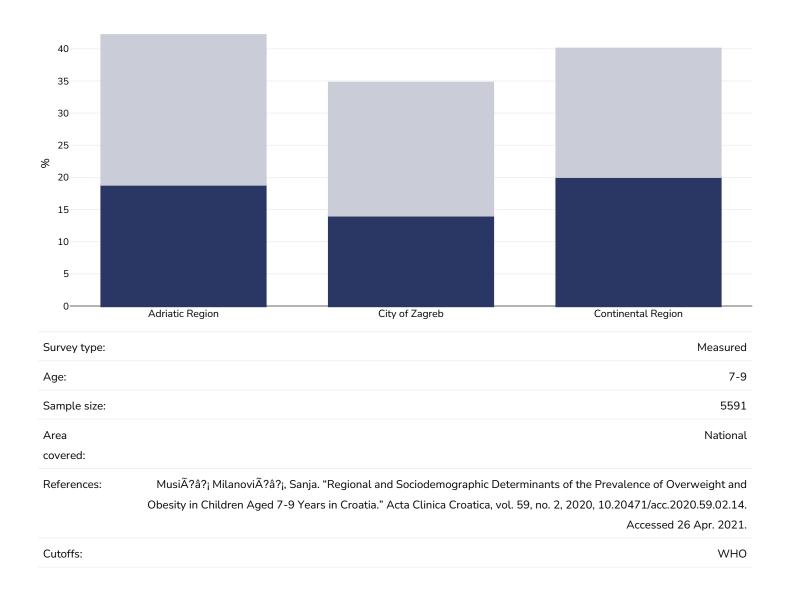
Age:	18+
Sample size:	9,070
Area	National
covered:	

References: FiÃ?Å_iter, K. et al. (2009). The Prevalence of Overweight, Obesity and Central Obesity in Six Regions of Croatia: Results from the Croatian Adult Health Survey. Collegium Antropologicum. 33(1), pp. 25-29.



Boys, 2015-2016

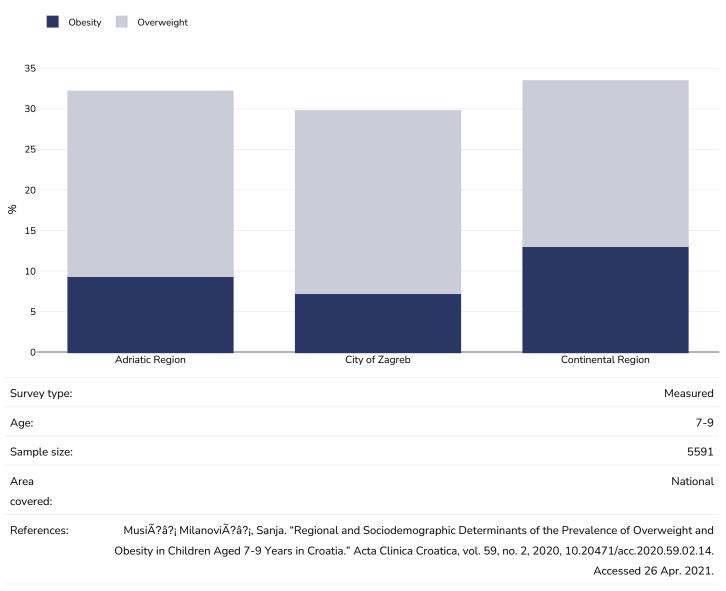
Obesity Overweight





Girls, 2015-2016

Cutoffs:



WHO



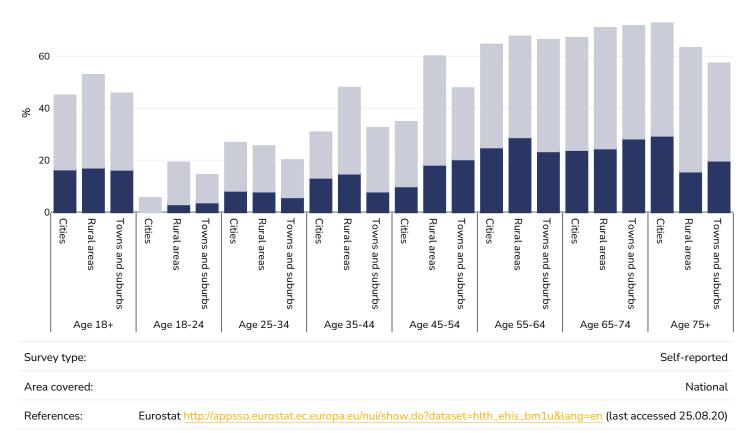
Overweight/obesity by age and region

Men, 2014

Obesity Overweight 80 60 % 40 20 0 Cities Rural areas Towns and suburbs Cities **Rural** areas Cities Rural areas Towns and suburbs Towns and suburbs Age 35-44 Age 45-54 Age 55-64 Age 65-74 Age 18+ Age 18-24 Age 25-34 Age 75+ Survey type: Self-reported Area covered: National Eurostat http://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1u&lang=en (last accessed 25.08.20) References:



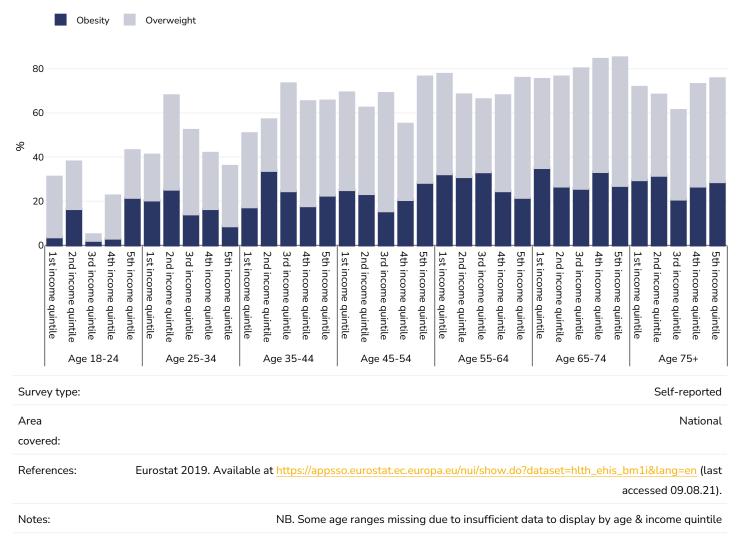
Obesity Overweight





Overweight/obesity by age and socio-economic group

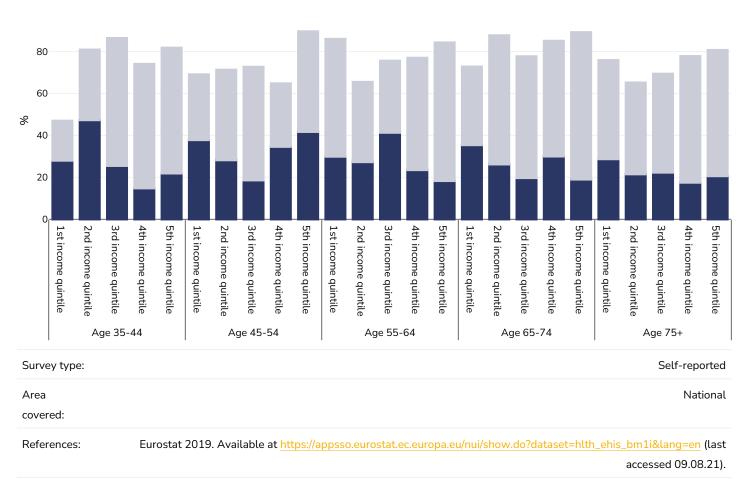
Adults, 2019





Men, 2019

Obesity Overweight

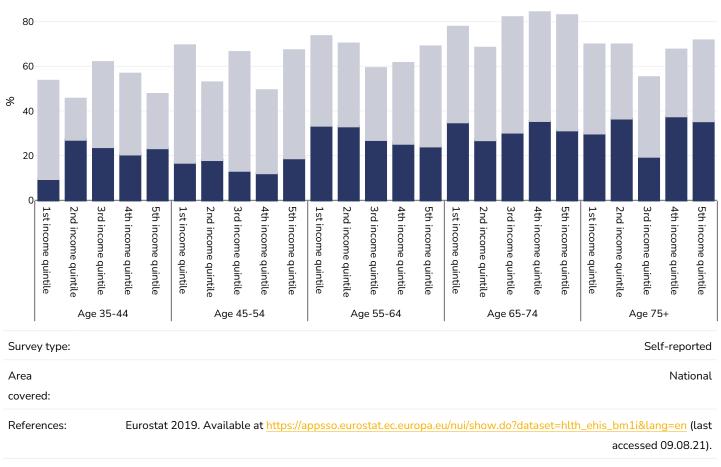


Notes:

NB. Some age ranges missing due to insufficient data to display by age & income quintile



Obesity Overweight



Notes:

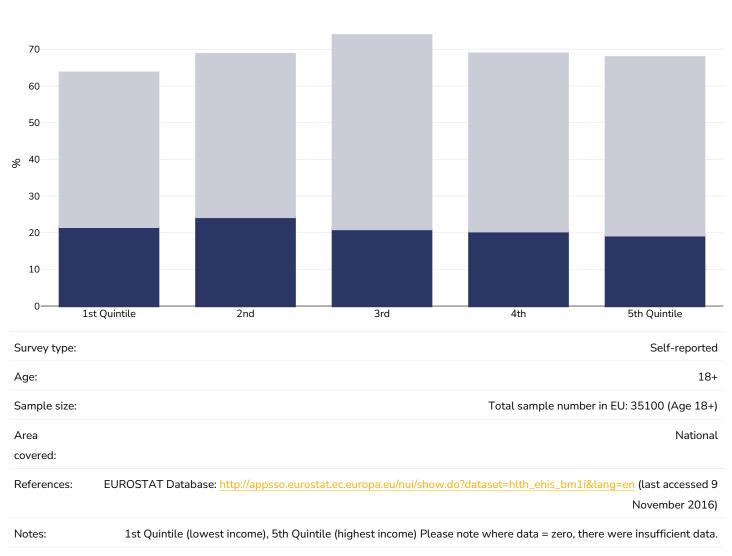
NB. Some age ranges missing due to insufficient data to display by age & income quintile



Overweight/obesity by socio-economic group

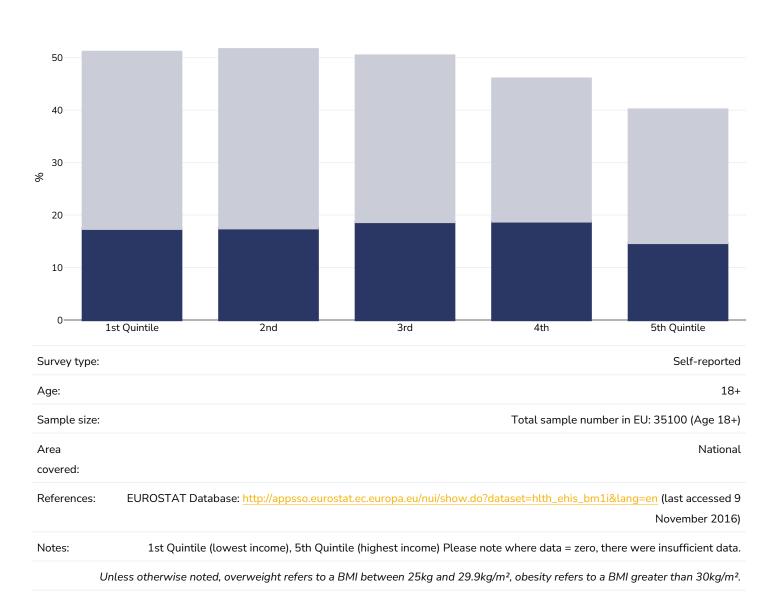
Men, 2014

Obesity Overweight





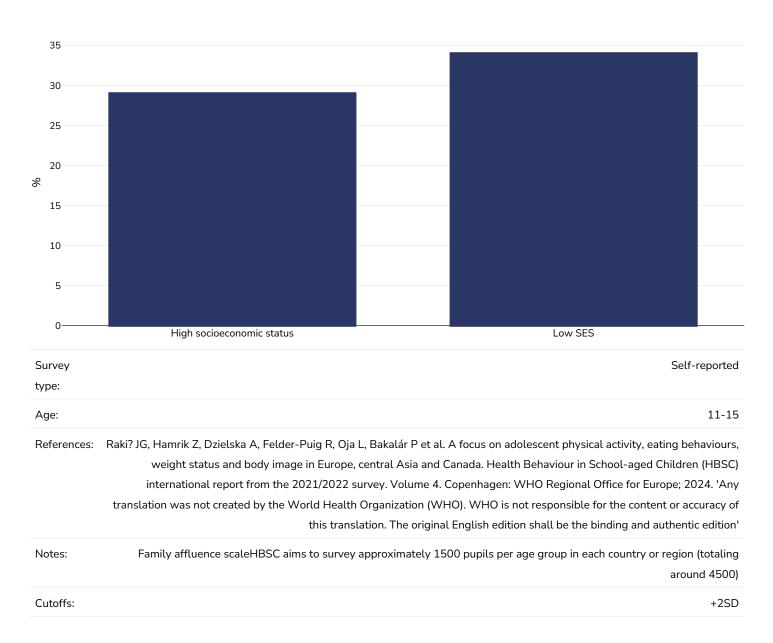
Obesity Overweight





Boys, 2021-2022

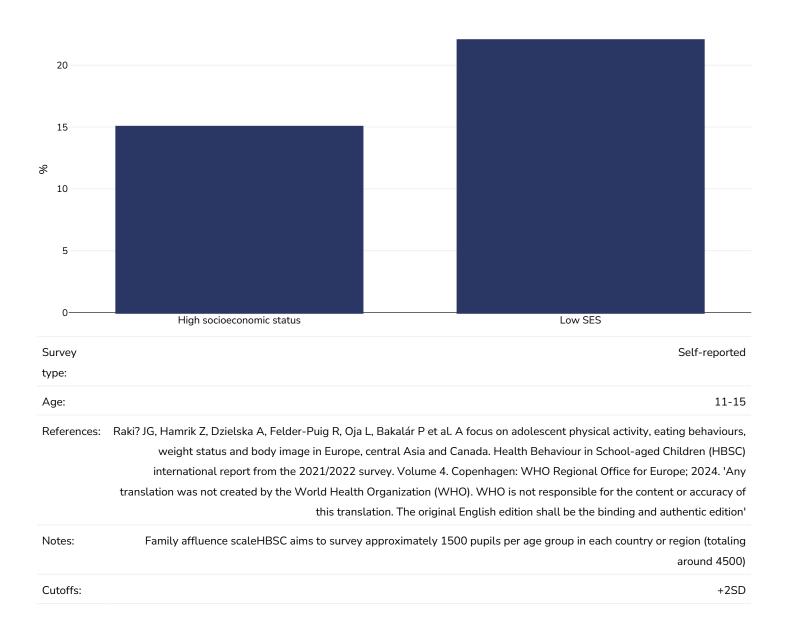
Overweight or obesity





Girls, 2021-2022

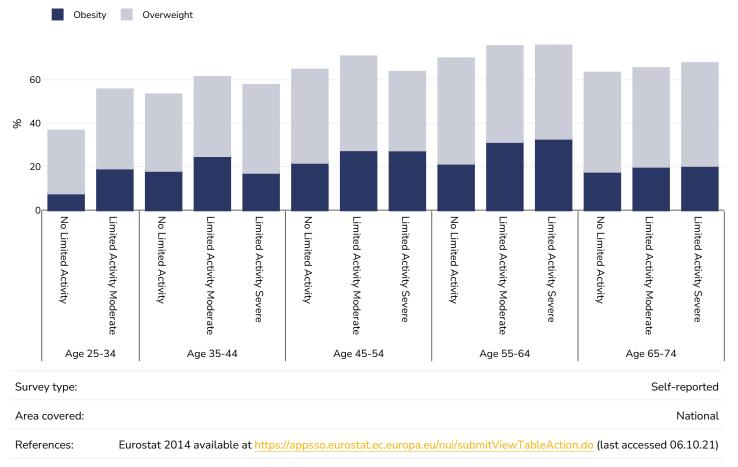
Overweight or obesity





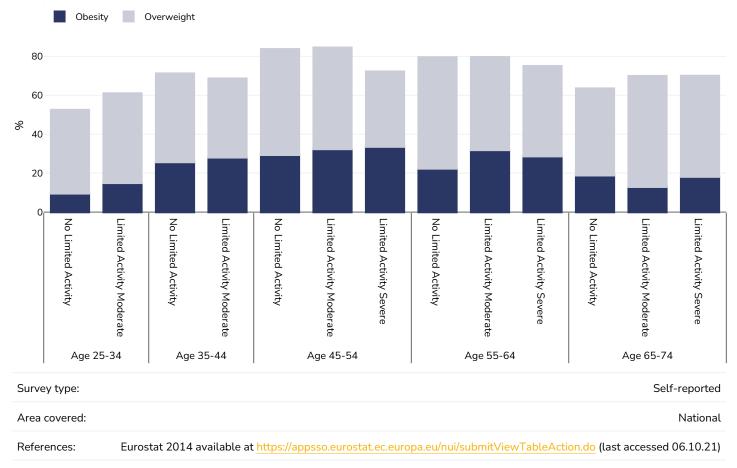
Overweight/obesity by age and limited activity

Adults, 2014

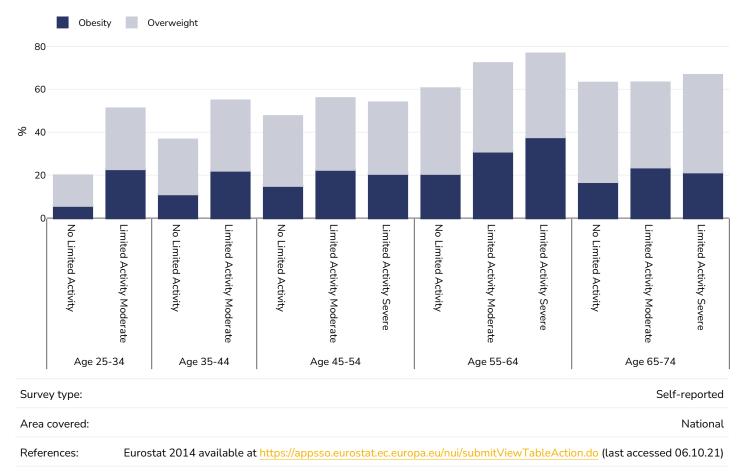




Men, 2014



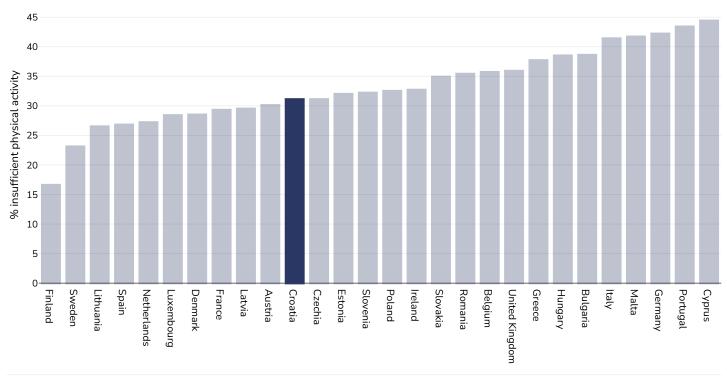






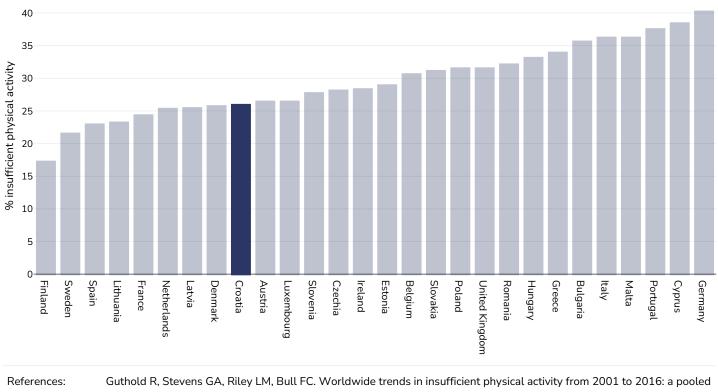
Insufficient physical activity

Adults, 2016



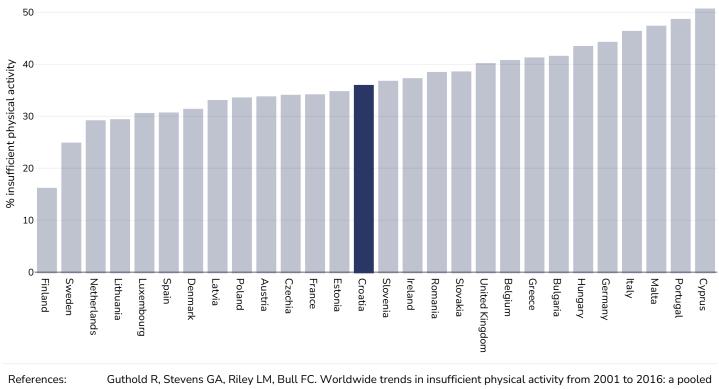
References: Guthold R, Stevens GA, Riley LM, Bull FC. Worldwide trends in insufficient physical activity from 2001 to 2016: a pooled analysis of 358 population-based surveys with 1.9 million participants. Lancet 2018 <u>http://dx.doi.org/10.1016/S2214-109X</u> (18)30357-7

Men, 2016



analysis of 358 population-based surveys with 1.9 million participants. Lancet 2018 <u>http://dx.doi.org/10.1016/S2214-109X</u> (18)30357-7

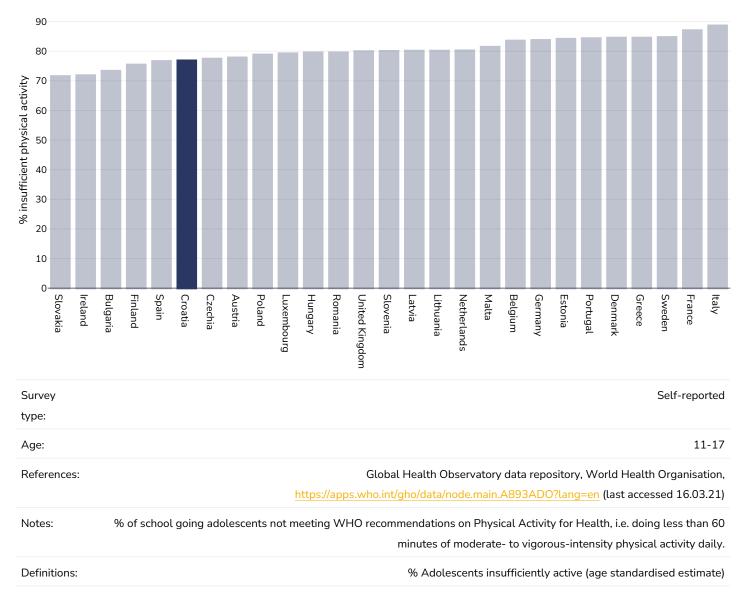




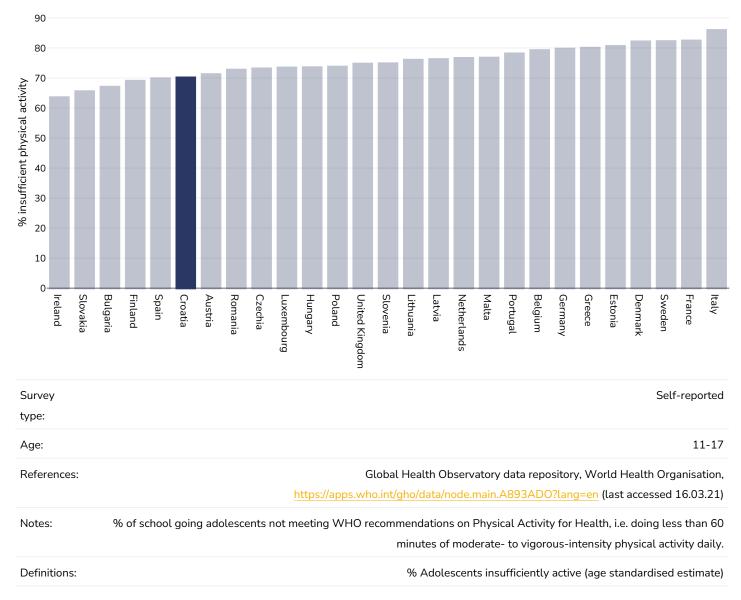
analysis of 358 population-based surveys with 1.9 million participants. Lancet 2018 <u>http://dx.doi.org/10.1016/S2214-109X</u> (18)30357-7



Children, 2016

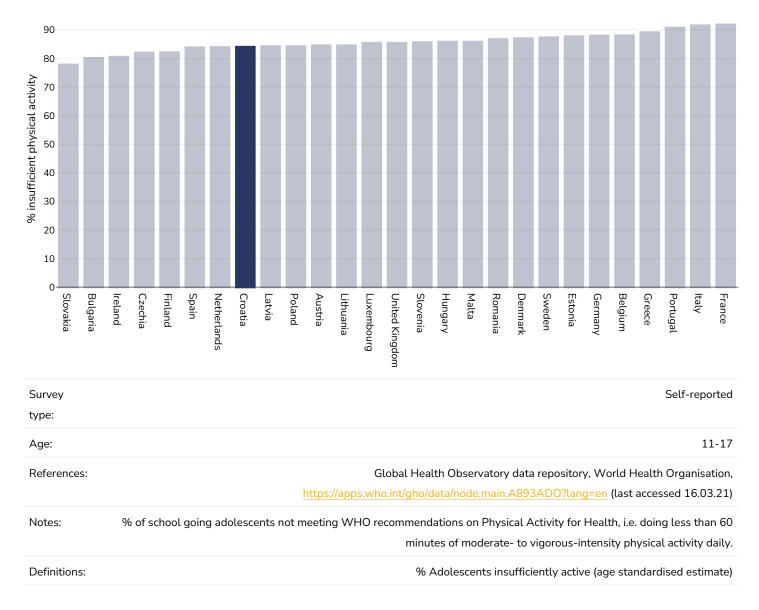


Boys, 2016





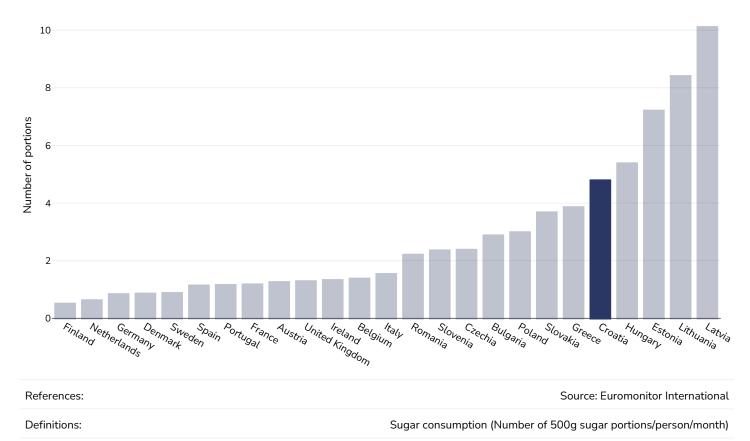
Girls, 2016





Sugar consumption

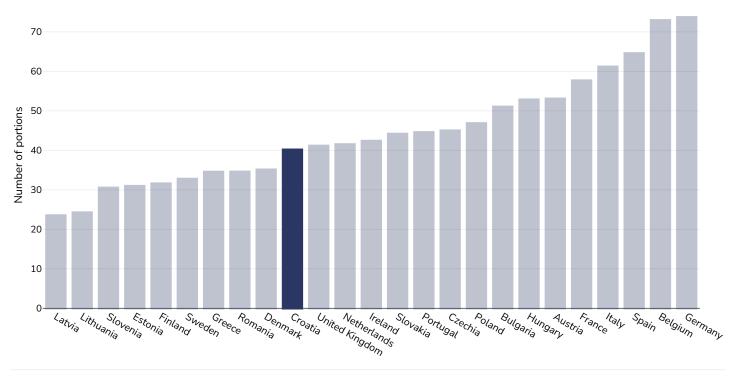
Adults, 2016





Estimated per capita sugar sweetened beverages intake

Adults, 2016



References:

Source: Euromonitor International



Prevalence of at least daily carbonated soft drink consumption

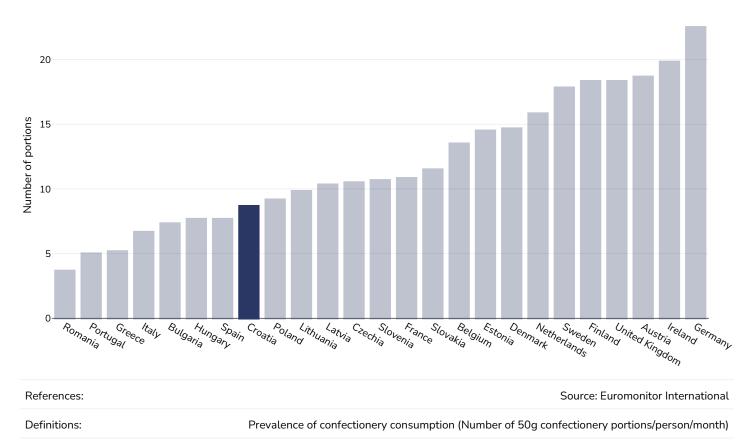
40 35 30 25 8 20 15 10 5 O Bulgaria Estonia Greece Slovenia Austria Spain Poland France Hungary Malta Latvia Ireland Italy Czechia Croatia Finland Sweden Denmark United Kingdom Germany Slovakia Netherlands Lithuania Portugal Romania Luxembourg Survey Measured type: References: World Health Organization. (2017). Adolescent obesity and related behaviours: Trends and inequalities in the who european region, 2002-2014: observations from the Health Behavior in School-aged Children (HBSC) WHO collaborative crossnational study (J. Inchley, D. Currie, J. Jewel, J. Breda, & V. Barnekow, Eds.). World Health Organization. Sourced from Food Systems Dashboard http://www.foodsystemsdashboard.org Notes: 15-year-old adolescents Definitions: Prevalence of at least daily carbonated soft drink consumption (% of at least daily carbonated soft drink consumption)

Children, 2014



Prevalence of confectionery consumption

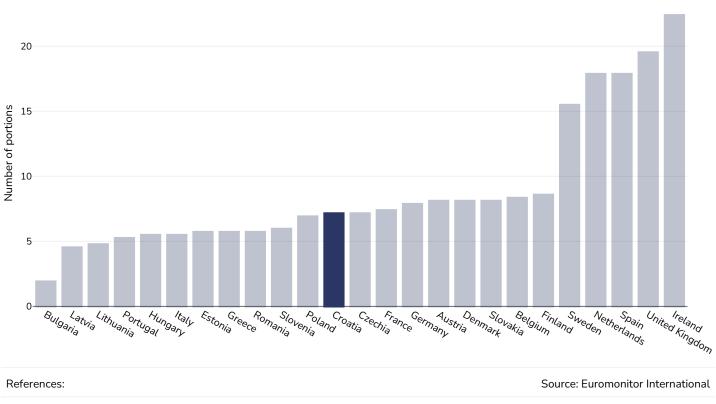
Adults, 2016





Prevalence of sweet/savoury snack consumption



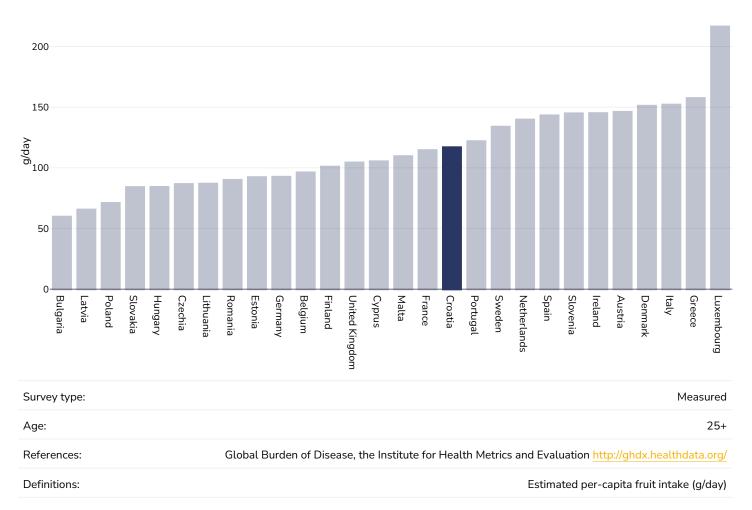


Definitions: Prevalence of sweet/savoury snack consumption (Number of 35g sweet/savoury snack portions/person/month)



Estimated per capita fruit intake

Adults, 2017

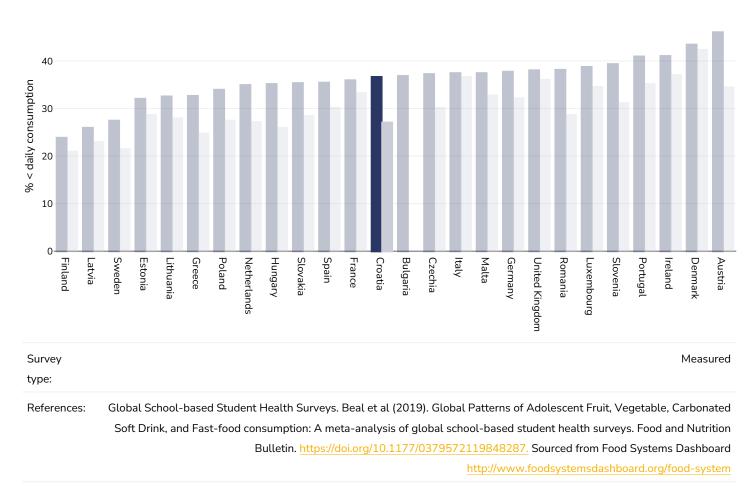




Prevalence of less than daily fruit consumption

Children, 2014

Age 12-17 Age 15



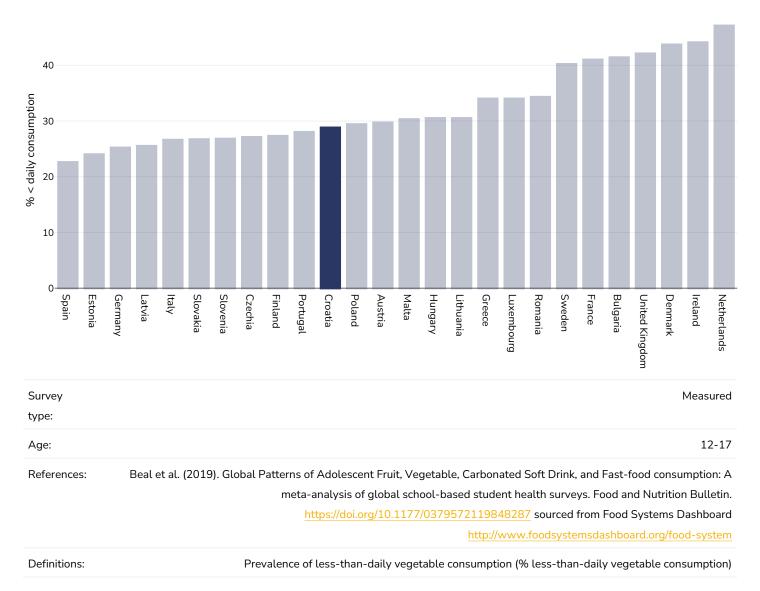
Definitions:

Prevalence of less-than-daily fruit consumption (% less-than-daily fruit consumption)



Prevalence of less than daily vegetable consumption

Children, 2014





Estimated per-capita processed meat intake

20 15 yday 10 5 0 Sweden Croatia Portugal Greece Poland Cyprus Hungary Romania Austria Bulgaria Slovakia Ireland Malta Finland Spain Belgium France Latvia Germany Czechia Italy Estonia Slovenia Denmark Netherlands Lithuania United Kingdom Luxembourg Measured Survey type: Age: 25+ Global Burden of Disease, the Institute for Health Metrics and Evaluation http://ghdx.healthdata.org/ References: Definitions: Estimated per-capita processed meat intake (g per day)

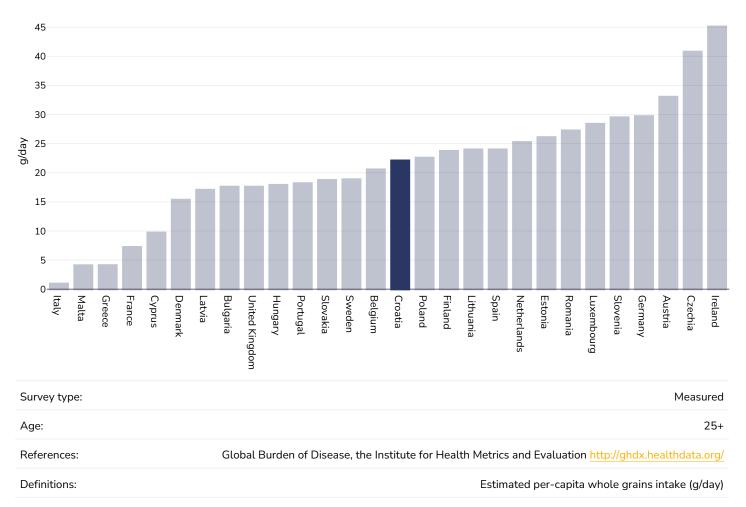
Adults, 2017

43



Estimated per capita whole grains intake

Adults, 2017





Mental health - depression disorders

6 5 4 % of population 3 2 1 0 Belgium Latvia Austria Croatia Cyprus Hungary Malta Slovakia Slovenia Bulgaria Spain Finland Greece Estonia United Kingdom France Ireland Italy Poland Czechia Netherlands Sweden Denmark Romania Luxembourg Germany Lithuania Portugal References: Prevalence data from Global Burden of Disease study 2015 (http://ghdx.healthdata.org) published in: Depression and Other

Adults, 2015

ences: Prevalence data from Global Burden of Disease study 2015 (<u>http://ghdx.healthdata.org</u>) published in: Depression and Other Common Mental Disorders: Global Health Estimates. Geneva:World Health Organization; 2017. Licence: CC BY-NC-SA 3.0 IGO.

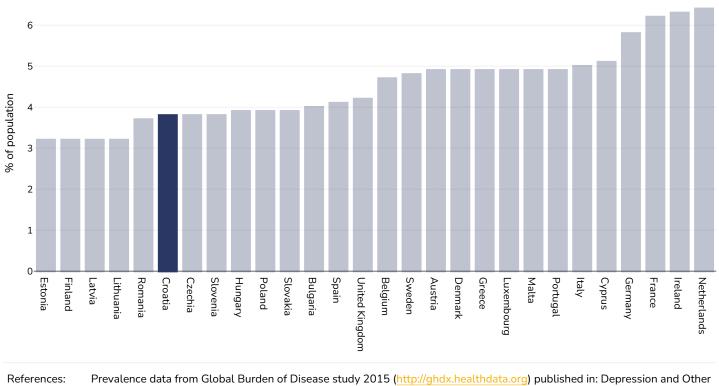
Definitions:

% of population with depression disorders



Mental health - anxiety disorders

Adults, 2015



Common Mental Disorders: Global Health Estimates. Geneva:World Health Organization; 2017. Licence: CC BY-NC-SA 3.0 IGO.

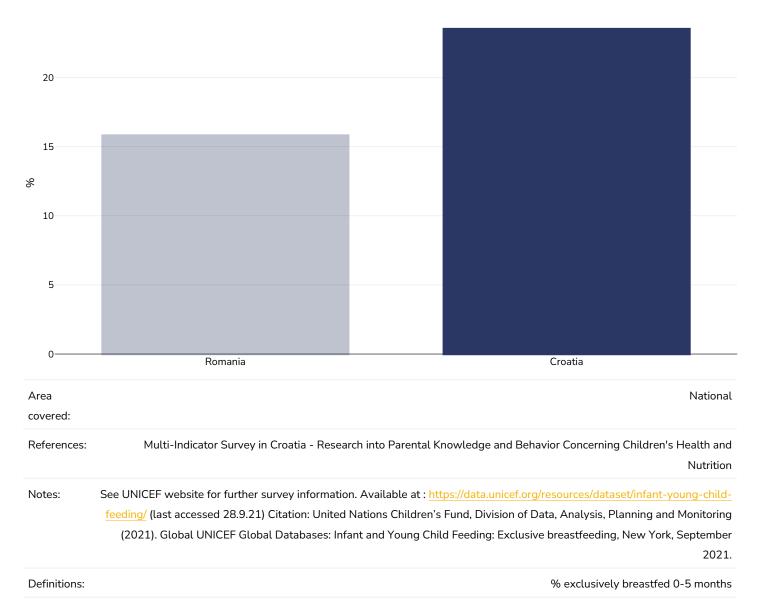
Definitions:

% of population with anxiety disorders



% Infants exclusively breastfed 0-5 months

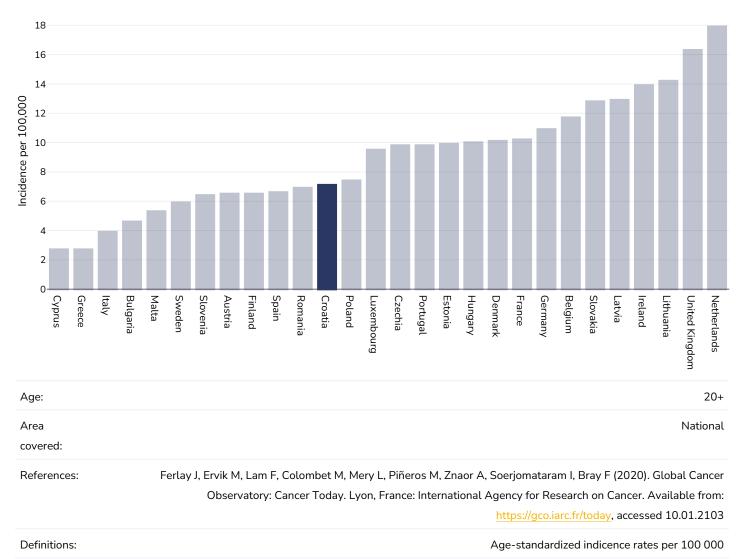
Children, 1996-2004



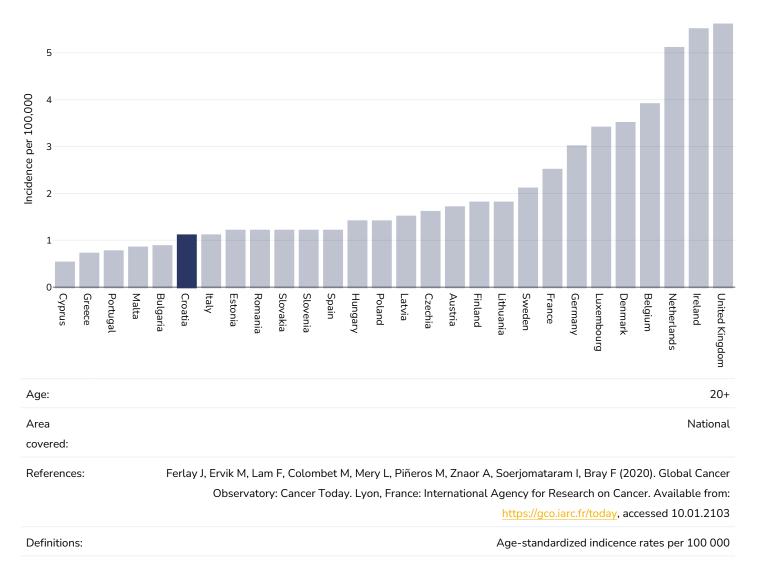


Oesophageal cancer

Men, 2020

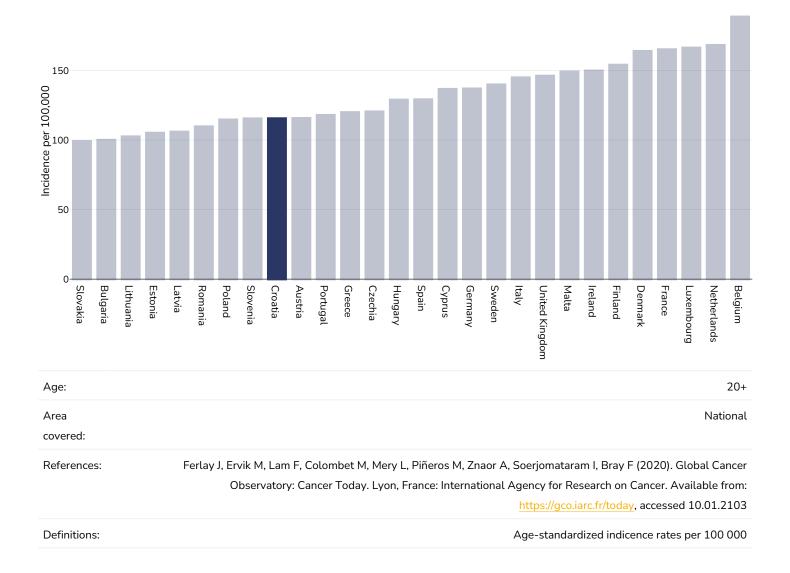








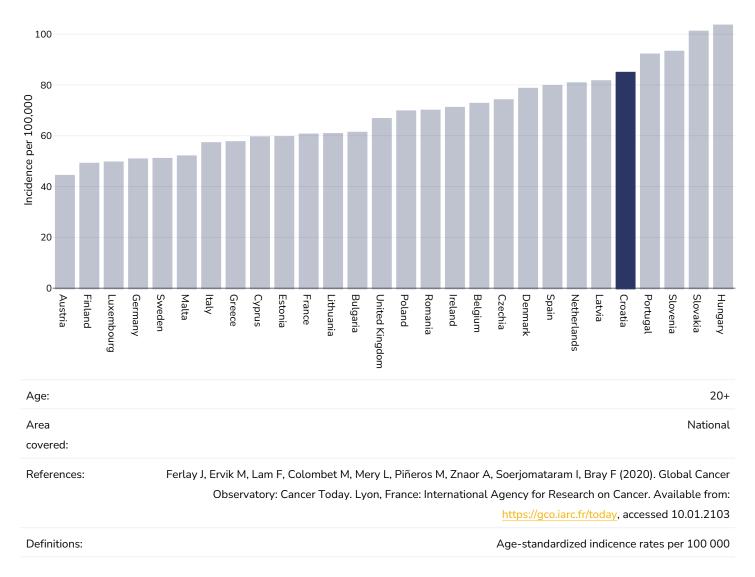
Breast cancer

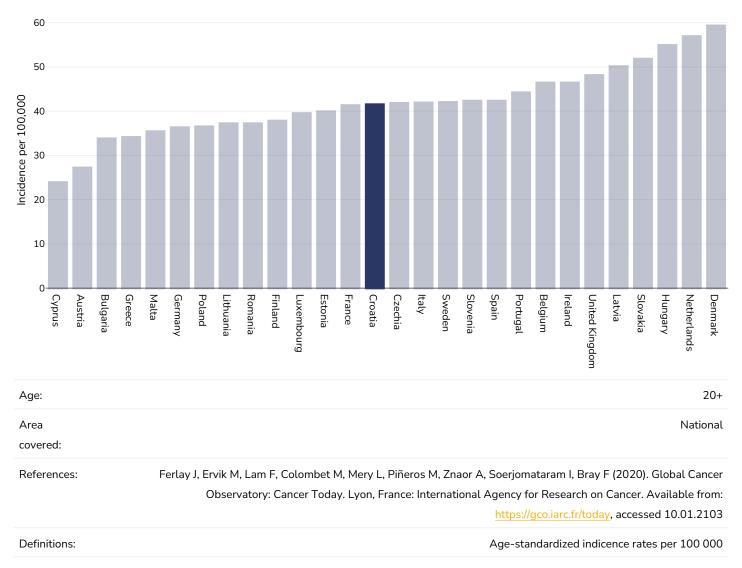




Colorectal cancer

Men, 2020

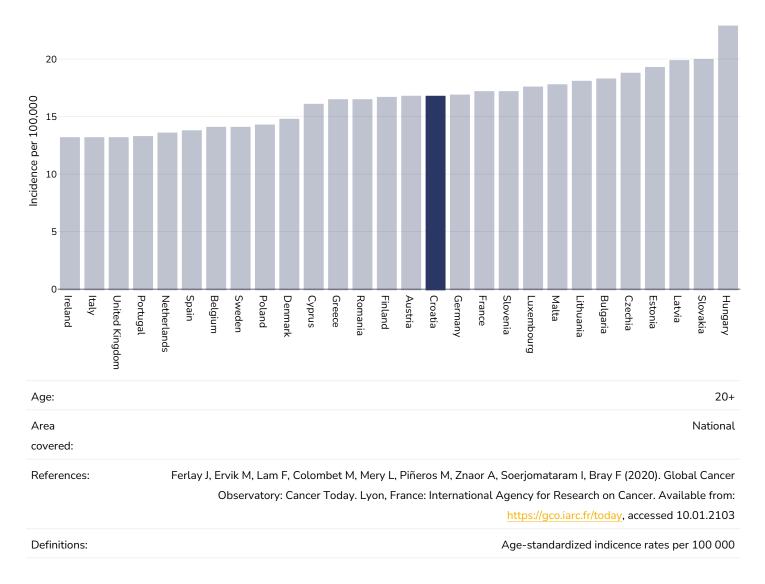


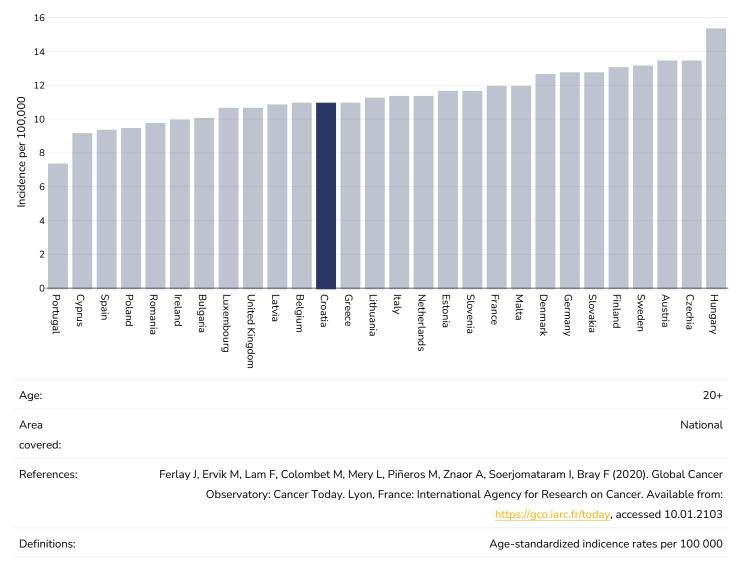




Pancreatic cancer

Men, 2020

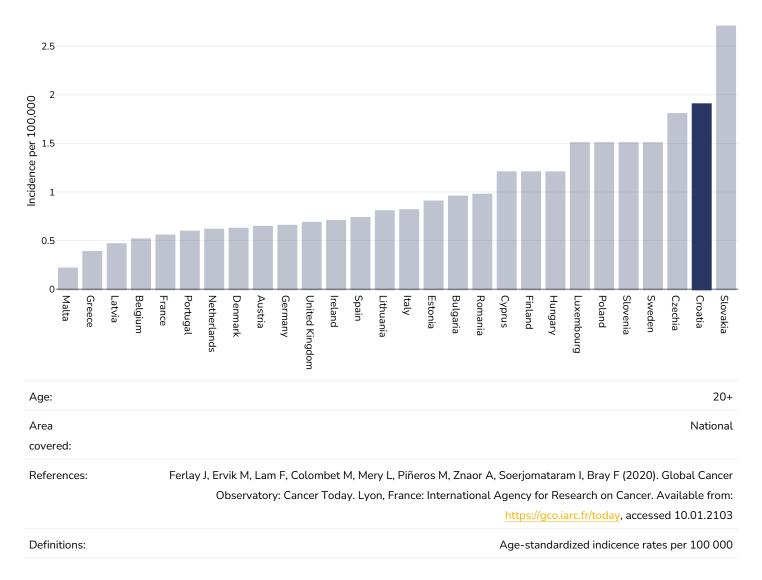




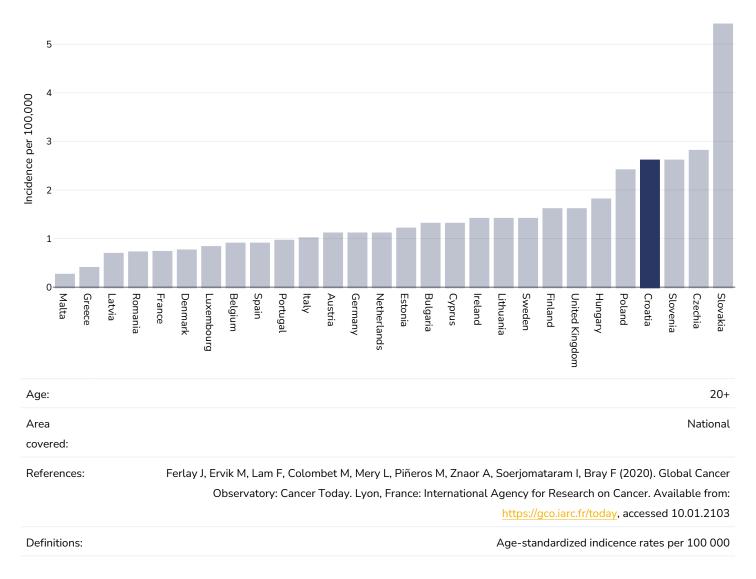


Gallbladder cancer

Men, 2020



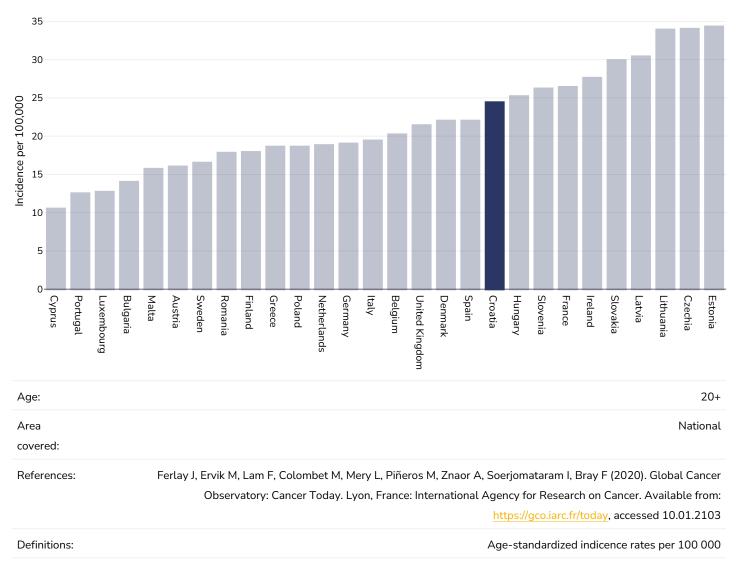


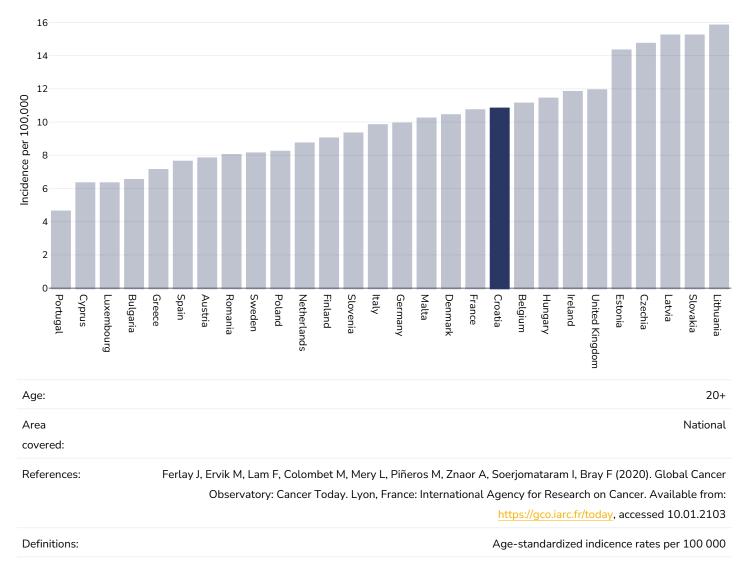




Kidney cancer

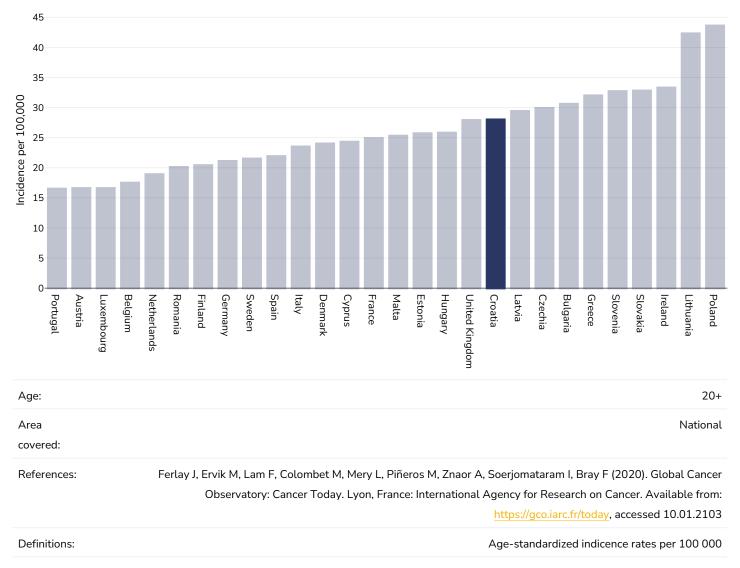
Men, 2020







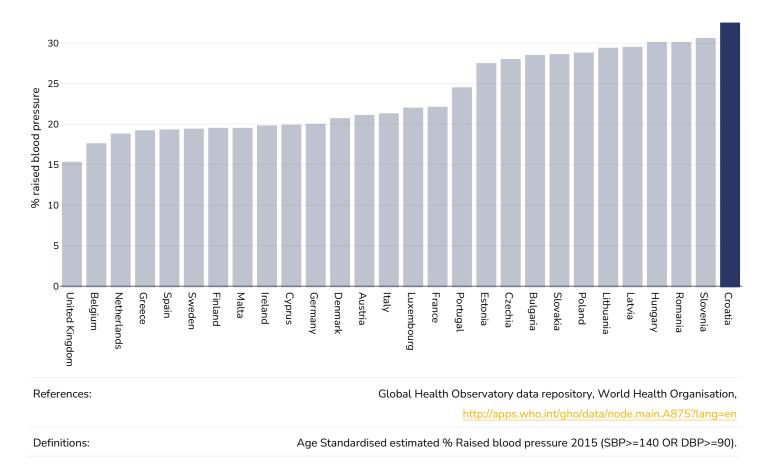
Cancer of the uterus



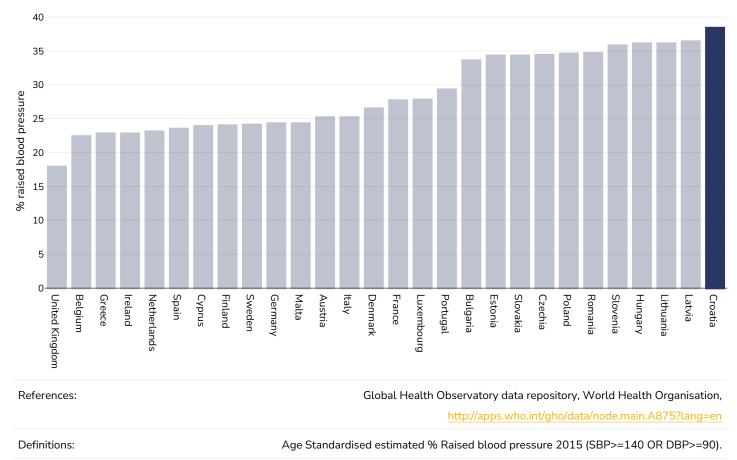


Raised blood pressure

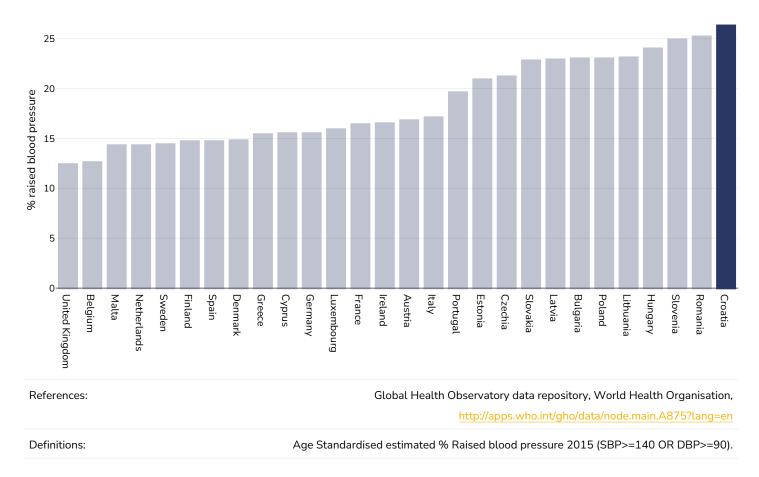
Adults, 2015



Men, 2015



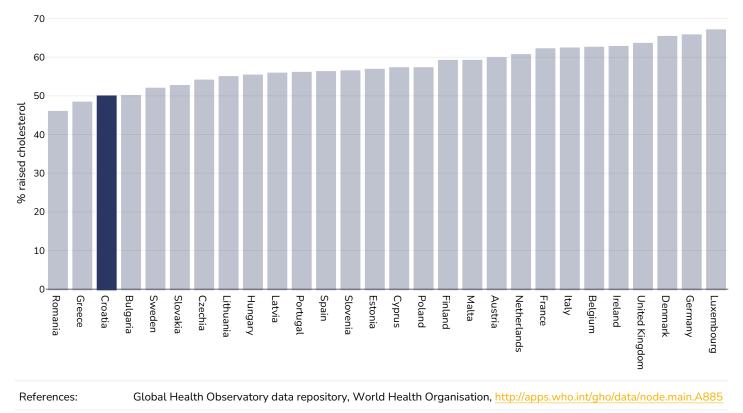






Raised cholesterol

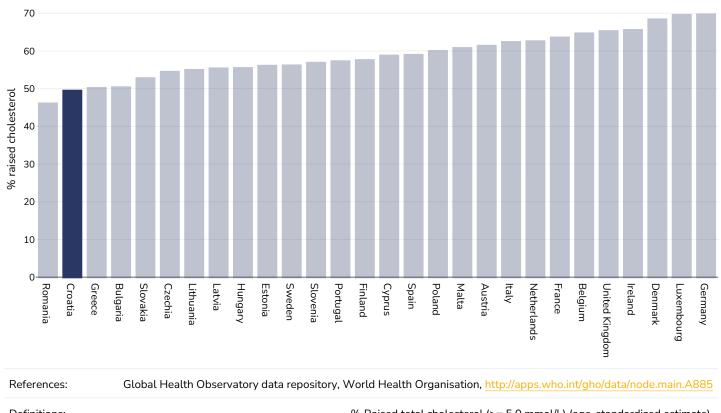
Adults, 2008



Definitions:

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

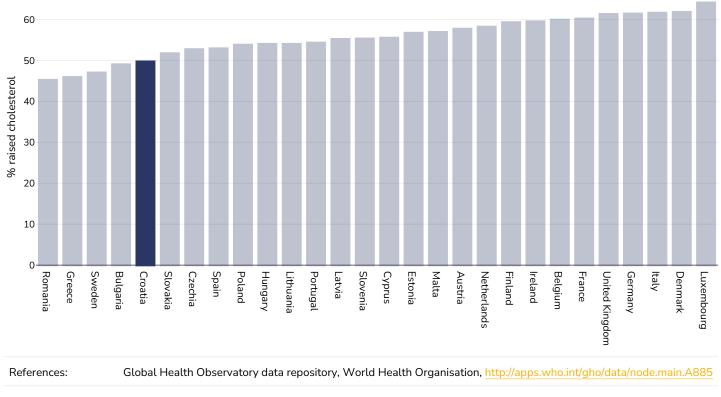
Men, 2008



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



Women, 2008



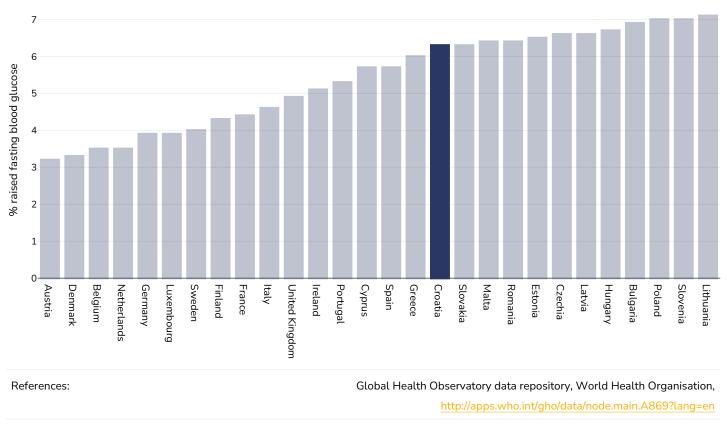
Definitions:

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



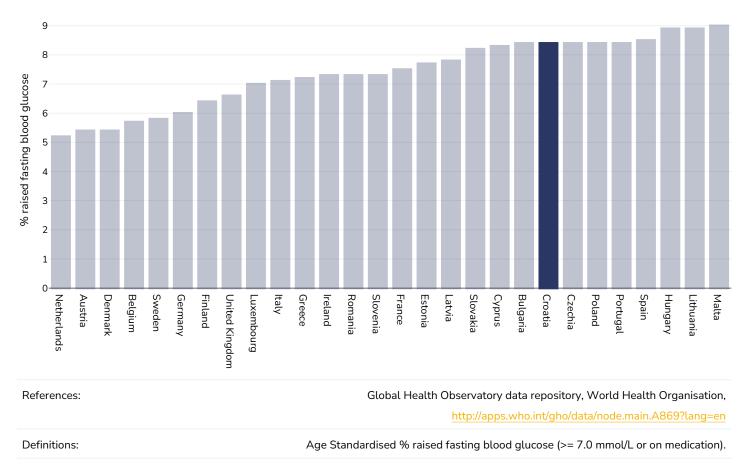
Raised fasting blood glucose

Men, 2014



Definitions:

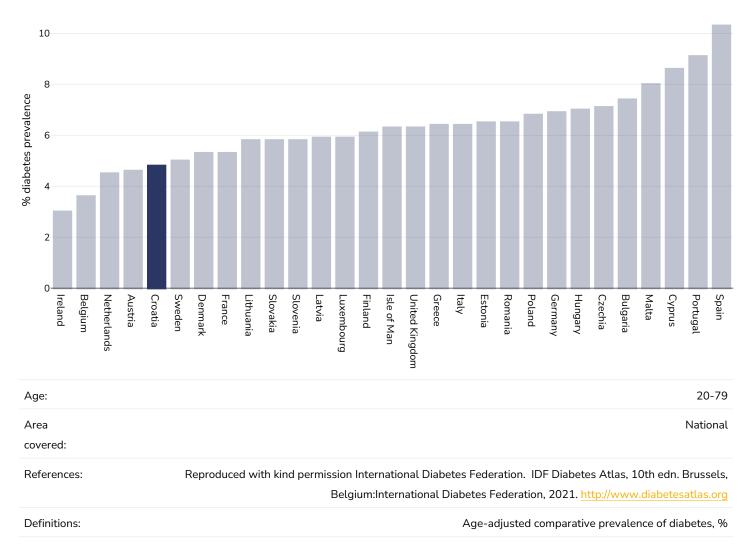
Age Standardised % raised fasting blood glucose (>= 7.0 mmol/L or on medication).





Diabetes prevalence

Adults, 2021





Contextual factors

Disclaimer: These contextual factors should be interpreted with care. Results are updated as regularly as possible and use very specific criteria. The criteria used and full definitions are available for download at the bottom of this page.



Labelling

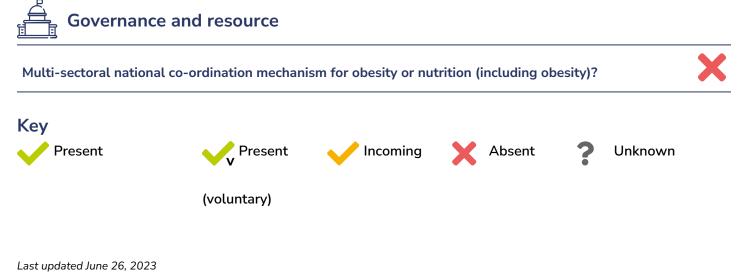
Is there mandatory nutrition labelling?	✓
Front-of-package labelling?	✓
Back-of-pack nutrition declaration?	✓
Color coding?	×
Warning label?	×

Regulation and marketing	
Are there fiscal policies on unhealthy products?	~
Tax on unhealthy foods?	×
Tax on unhealthy drinks?	~
Are there fiscal policies on healthy products?	X
Subsidy on fruits?	×
Subsidy on vegetables?	×
Subsidy on other healthy products?	×
Mandatory limit or ban of trans fat (all settings)?	\checkmark
Mandatory limit of trans fats in place (all settings)?	~
Ban on trans-fats or phos in place (all settings)?	×
Are there any mandatory policies/marketing restrictions on the promotion of unhealthy food/drinks to	X
children?	
Mandatory restriction on broadcast media?	×
Mandatory restriction on non-broadcast media?	×
Voluntary policies/marketing restrictions on the promotion of unhealthy food/drinks to children?	×
Are there mandatory standards for food in schools?	\checkmark
Are there any mandatory nutrient limits in any manufactured food products?	\checkmark
Nutrition standards for public sector procurement?	X



National obesity strategy or nutrition and physical activity national strategy?	\checkmark
National obesity strategy?	
National childhood obesity strategy?	×
Comprehensive nutrition strategy?	×
Comprehensive physical activity strategy?	✓
Evidence-based dietary guidelines and/or RDAs?	\checkmark
National target(s) on reducing obesity?	×
Guidelines/policy on obesity treatment?	\checkmark
Promotion of breastfeeding?	\checkmark
Monitoring and surveillance	





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