

Croatia



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.

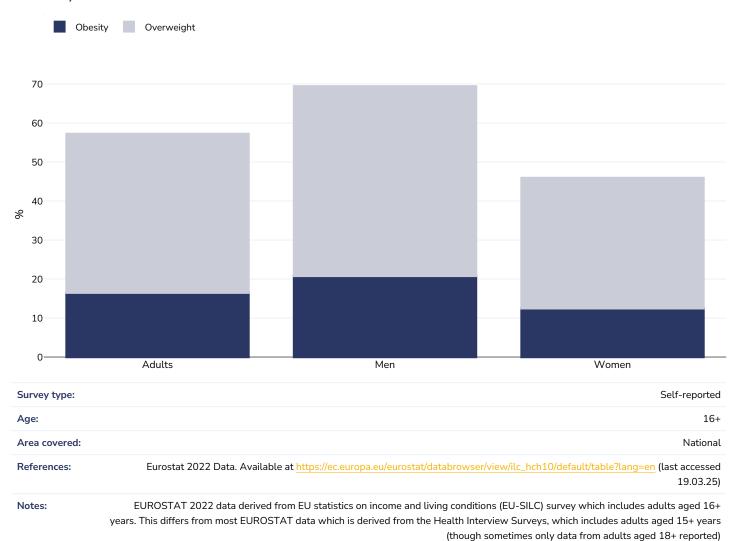


Contents	Page
Obesity prevalence	3
Trend: % Adults living with overweight or obesity, 2014-2019	4
Overweight/obesity by age and education	6
Overweight/obesity by education	9
Overweight/obesity by age	12
Overweight/obesity by region	13
Overweight/obesity by age and region	15
Overweight/obesity by age and socio-economic group	17
Overweight/obesity by socio-economic group	20
Overweight/obesity by age and limited activity	22
Double burden of underweight & overweight	25
Insufficient physical activity	26
Sugar consumption	29
Estimated per capita sugar sweetened beverages intake	30
Prevalence of confectionery consumption	31
Prevalence of sweet/savoury snack consumption	32
Estimated per capita fruit intake	33
Estimated per-capita processed meat intake	34
Estimated per capita whole grains intake	35
Mental health - depression disorders	36
Mental health - anxiety disorders	39
Percent of population who cannot afford a healthy diet	42
Oesophageal cancer	43
Breast cancer	45
Colorectal cancer	46
Pancreatic cancer	48
Gallbladder cancer	50
Kidney cancer	52
Cancer of the uterus	54
Raised blood pressure	55
Raised cholesterol	58
Raised fasting blood glucose	61
Diabetes prevalence	63
Ovarian Cancer	64
Leukemia	65
Liver and intrahepatic bile duct Cancer	67
Multiple Myeloma	69
Non Hodgkin Lymphoma	71
Thyroid Cancer	73



Obesity prevalence

Adults, 2022

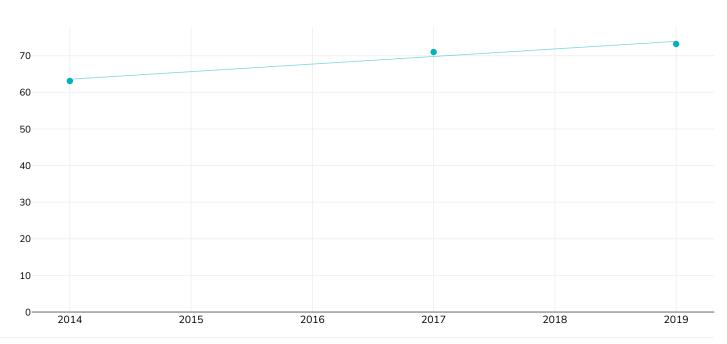




% Adults living with overweight or obesity, 2014-2019

Men

Overweight or obesity



Survey type: Self-reported

References:

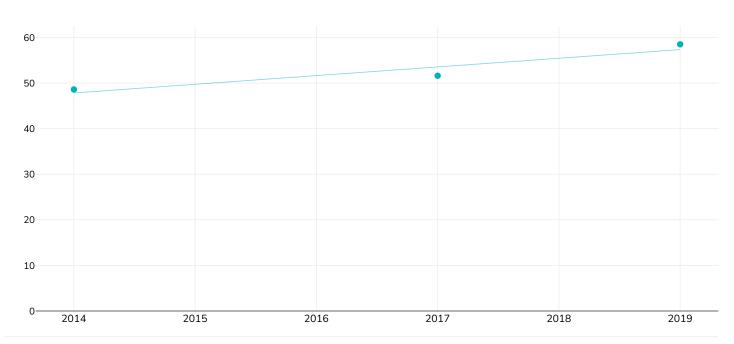
2014: EUROSTAT Database http://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1i&lang=en (last accessed 25.08.20) 2017: EUROSTAT Database https://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=ilc_hch10&lang=en (last accessed 05.10.20) 2019: Eurostat 2019. Data available at https://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1i&lang=en (last accessed 05.10.20) 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



Survey type: Self-reported

References:

2014: EUROSTAT Database http://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1i&lang=en (last accessed 25.08.20) 2017: EUROSTAT Database https://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 05.10.20) accessed 09.08.21)

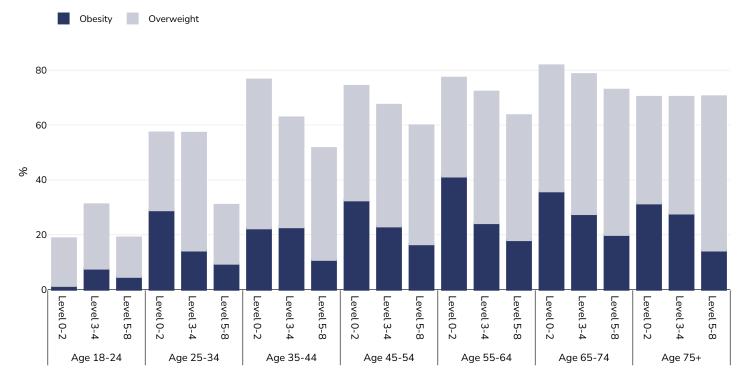
Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².

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/obesity by age and education

Adults, 2019



 Survey type:
 Self-reported

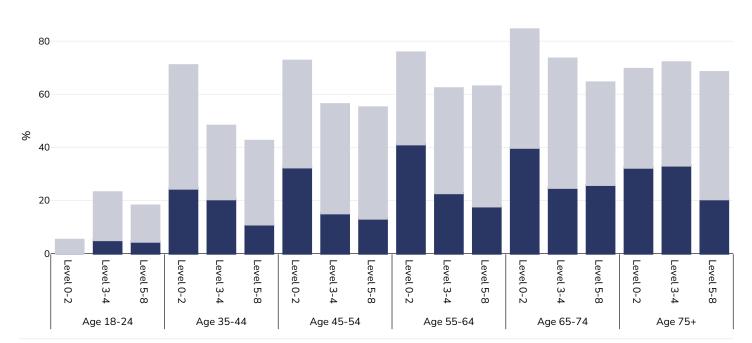
 Area covered:
 National

 References:
 Eurostat 2019. Available at https://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1e&lang=en (last accessed 09.08.21).

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







Survey type: Self-reported

Area covered: National

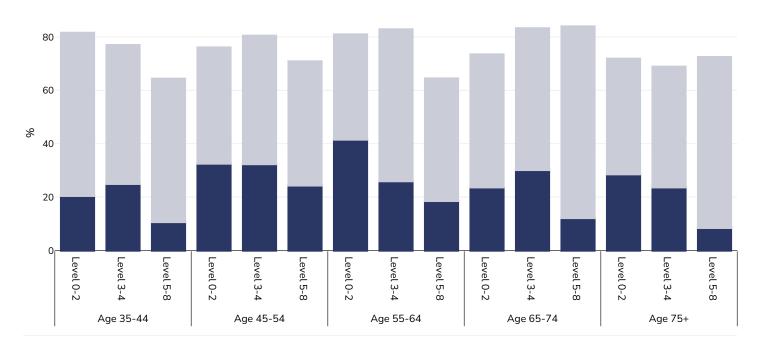
References: Eurostat 2019. Available at https://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1e&lang=en (last accessed 09.08.21).

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



Men, 2019





Survey type: Self-reported

Area covered: National

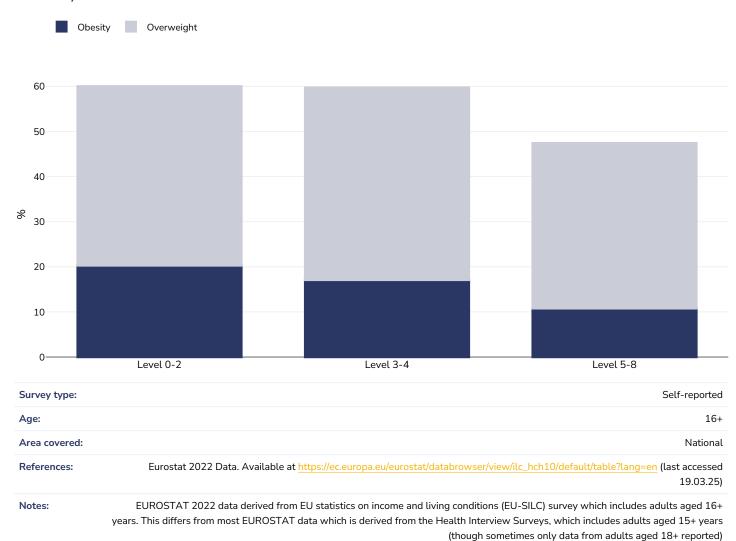
References: Eurostat 2019. Available at https://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1e&lang=en (last accessed 09.08.21).

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



Overweight/obesity by education

Adults, 2022



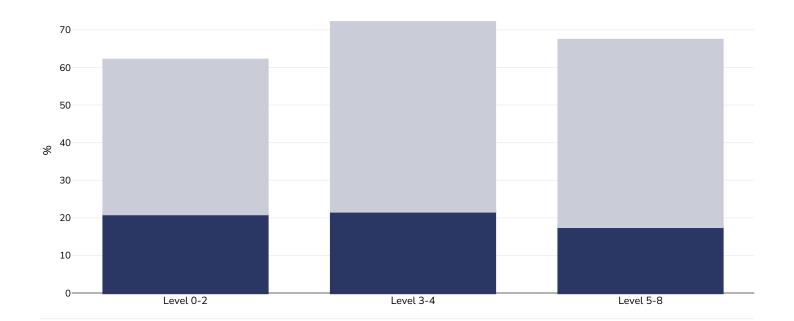
Self-reported



Men, 2022

Survey type:



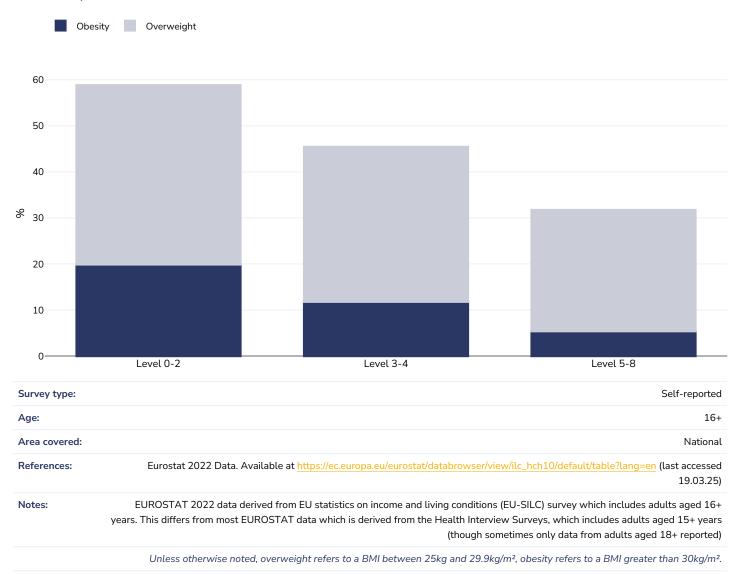


Age: 16+ Area covered: National References: Eurostat 2022 Data. Available at https://ec.europa.eu/eurostat/databrowser/view/ilc_hch10/default/table?lang=en (last accessed

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)

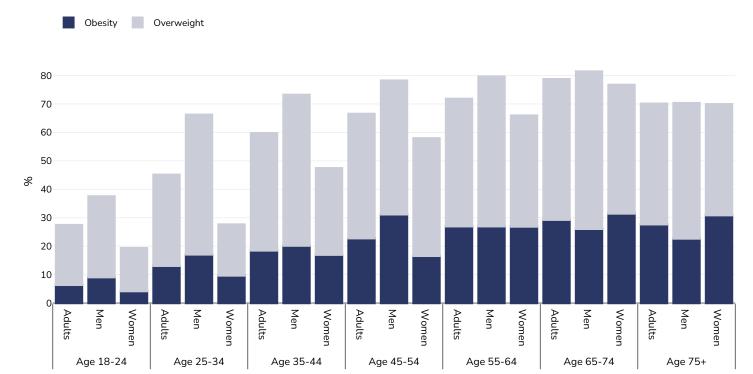






Overweight/obesity by age

Adults, 2019



Survey type:

Area covered:

References:

Eurostat 2019. Available at https://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1i&lang=en (last accessed 09.08.21).

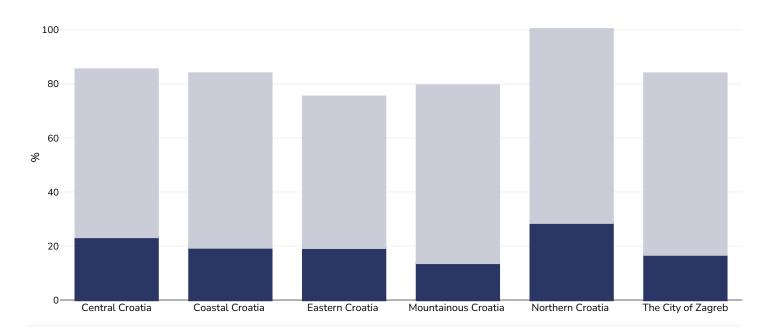
 $Unless \ otherwise \ noted, overweight \ refers \ to \ a \ BMI \ between \ 25kg \ and \ 29.9kg/m^2, obesity \ refers \ to \ a \ BMI \ greater \ than \ 30kg/m^2.$



Overweight/obesity by region

Men, 2003





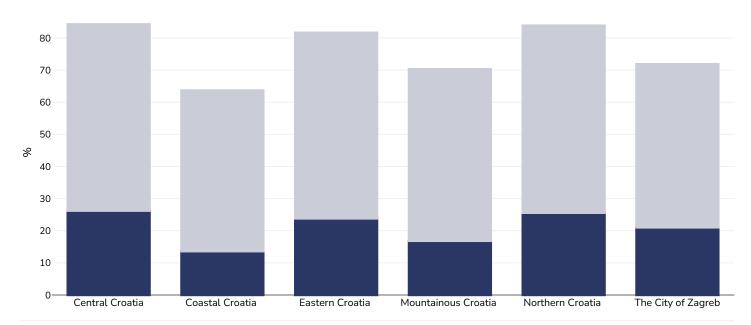
Survey type:	Self-reported
Age:	18+
Sample size:	9,070
Area covered:	National
References:	Fi�šter, K. et al. (2009). The Prevalence of Overweight, Obesity and Central Obesity in Six Regions of Croatia: Results from the

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

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







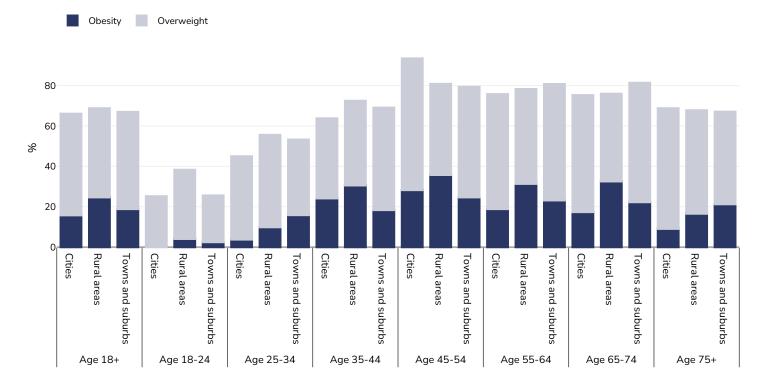
Survey type:	Self-reported
Age:	18+
Sample size:	9,070
Area covered:	National
References:	Fi�šter, K. et al. (2009). The Prevalence of Overweight, Obesity and Central Obesity in Six Regions of Croatia: Results from the Croatian Adult Health Survey. Collegium Antropologicum. 33(1), pp. 25-29.

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



Overweight/obesity by age and region

Men, 2014

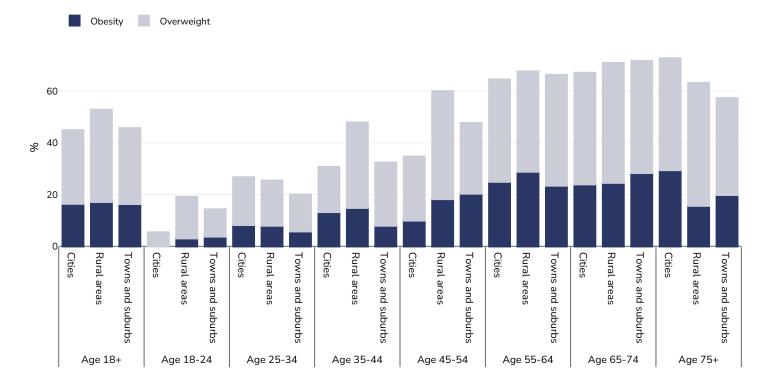


Survey type: Self-reported

Area covered: National

References: Eurostat http://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1u&lang=en (last accessed 25.08.20)





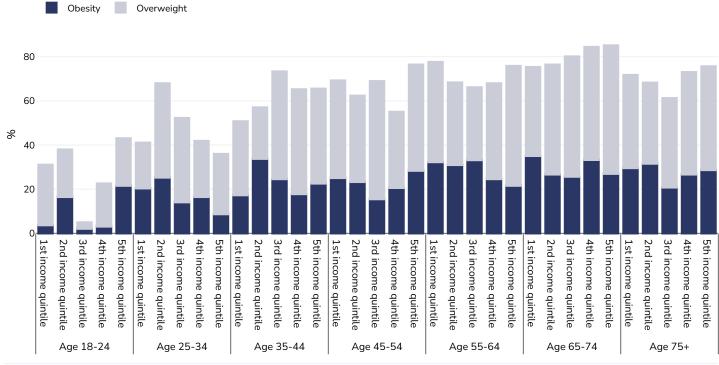
Survey type: Self-reported
Area covered: National

References: Eurostat http://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1u&lang=en (last accessed 25.08.20)

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



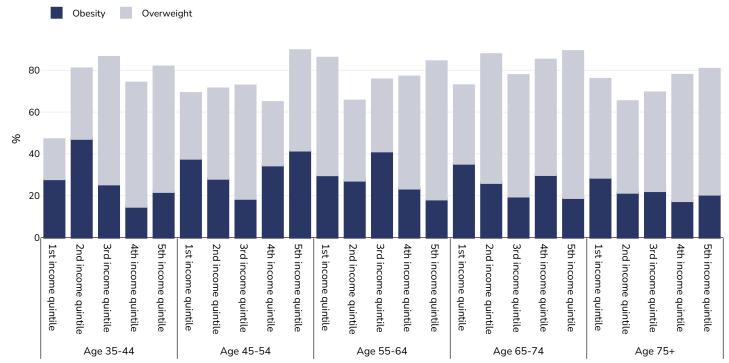
Overweight/obesity by age and socio-economic group



Survey type:	Self-reported	
Area covered:	National	
References:	Eurostat 2019. Available at https://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1i⟨=en (last accessed 09.08.21).	
Notes:	NB. Some age ranges missing due to insufficient data to display by age & income quintile	
	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:

Area covered:

References:

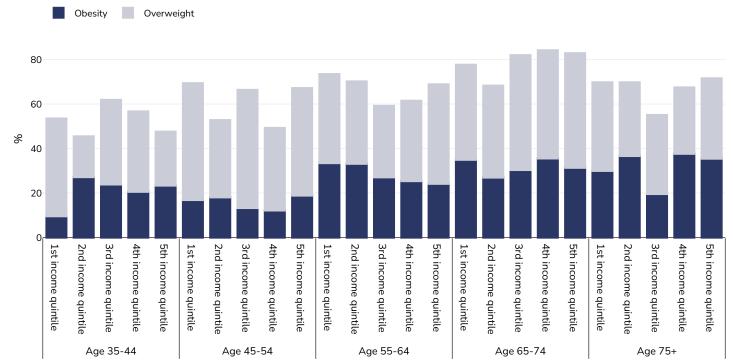
Eurostat 2019. Available at https://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1i&lang=en (last accessed 09.08.21).

Notes:

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

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





Survey type:

Area covered:

References:

Eurostat 2019. Available at https://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1i&lang=en (last accessed 09.08.21).

Notes:

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

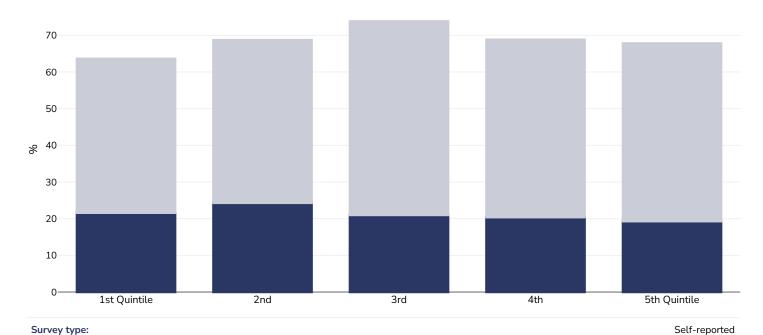
Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².



Overweight/obesity by socio-economic group

Men, 2014





Survey type: Age: 18+ Sample size: Total sample number in EU: 35100 (Age 18+) Area covered: National

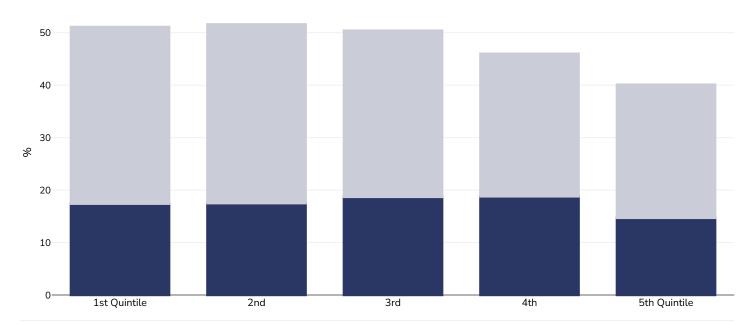
References: EUROSTAT Database: http://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1i&lang=en (last accessed 9 November

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



Area covered:





Survey type:

Age:

Self-reported

18+

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

References: EUROSTAT Database: http://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1i&lang=en (last accessed 9 November

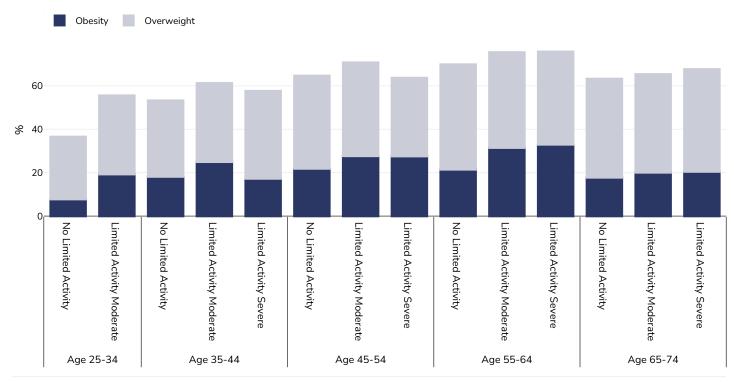
2016)

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



Overweight/obesity by age and limited activity

Adults, 2014



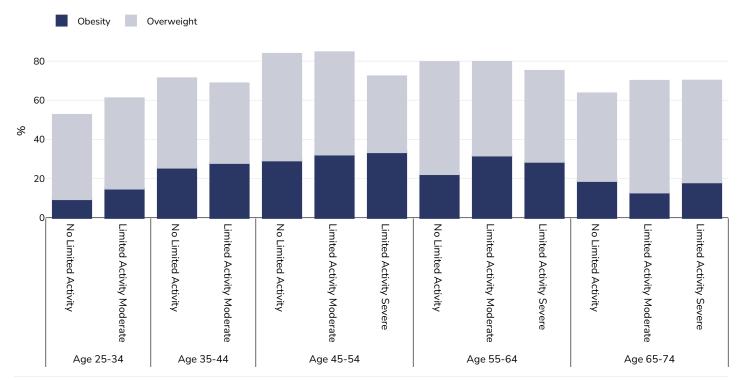
Survey type: Self-reported

Area covered: National

References: Eurostat 2014 available at https://appsso.eurostat.ec.europa.eu/nui/submitViewTableAction.do (last accessed 06.10.21)



Men, 2014



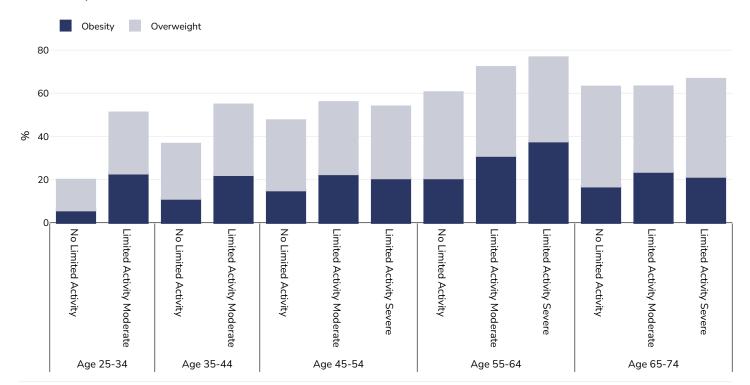
 Survey type:
 Self-reported

 Area covered:
 National

 References:
 Eurostat 2014 available at https://appsso.eurostat.ec.europa.eu/nui/submitViewTableAction.do (last accessed 06.10.21)

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





Survey type:

Area covered:

References:

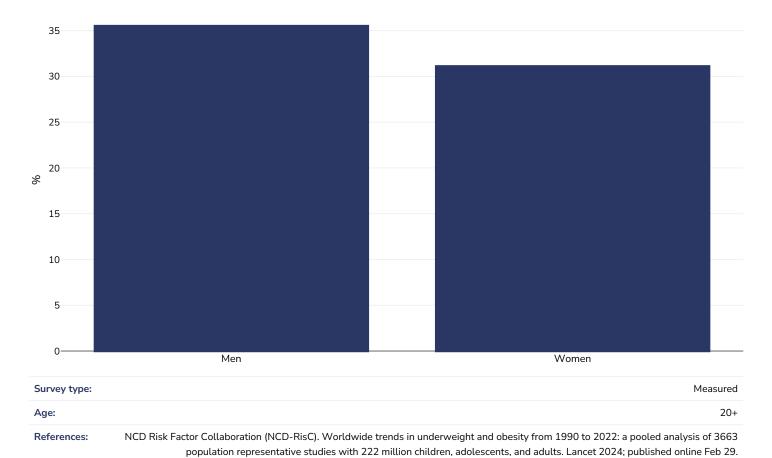
Eurostat 2014 available at https://appsso.eurostat.ec.europa.eu/nui/submitViewTableAction.do (last accessed 06.10.21)

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



Double burden of underweight & overweight

Adults, 2022



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

Notes:

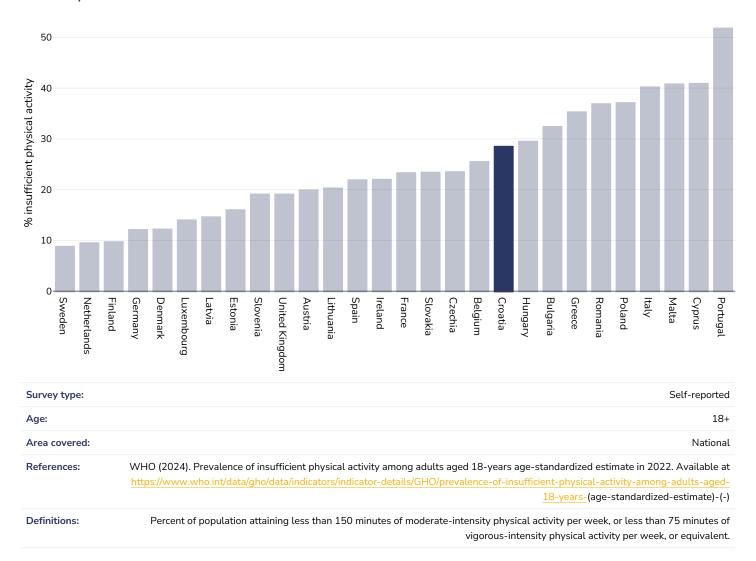
Age Standardised estimates

Age Standardised estimates

Definitions: Combined prevalence of BMI<18.5 kg/m² and BMI>=30 kg/m² (double burden of underweight and obesity)

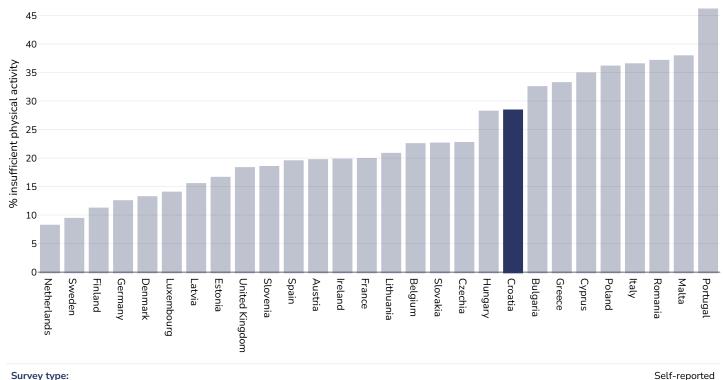


Insufficient physical activity





Men, 2022



	3
Survey type:	Self-reported
Age:	18+
Area covered:	National
References:	WHO (2024). Prevalence of insufficient physical activity among adults aged 18-years age-standardized estimate in 2022. Available at

Definitions:

Percent of population attaining less than 150 minutes of moderate-intensity physical activity per week, or less than 75 minutes of vigorous-intensity physical activity per week, or equivalent.

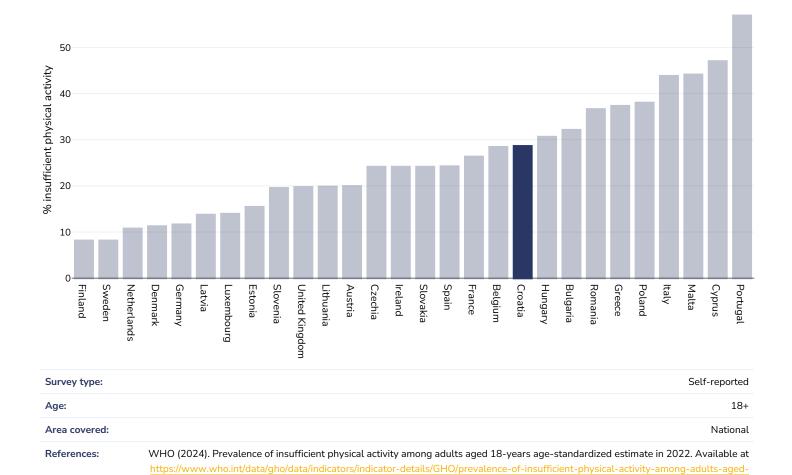
18-years-(age-standardized-estimate)-(-)

vigorous-intensity physical activity per week, or equivalent.



Women, 2022

Definitions:

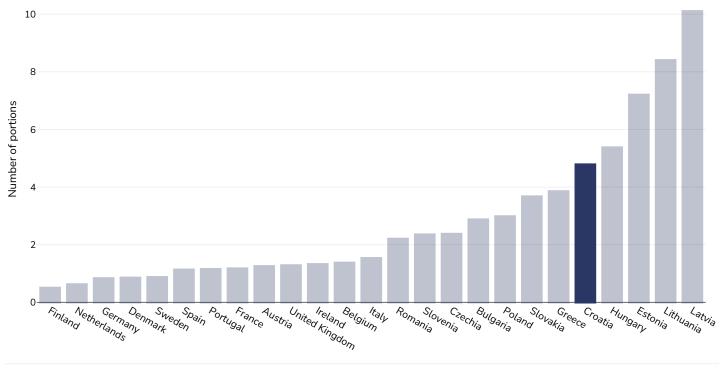


Percent of population attaining less than 150 minutes of moderate-intensity physical activity per week, or less than 75 minutes of



Sugar consumption

Adults, 2016



References: Source: Euromonitor International

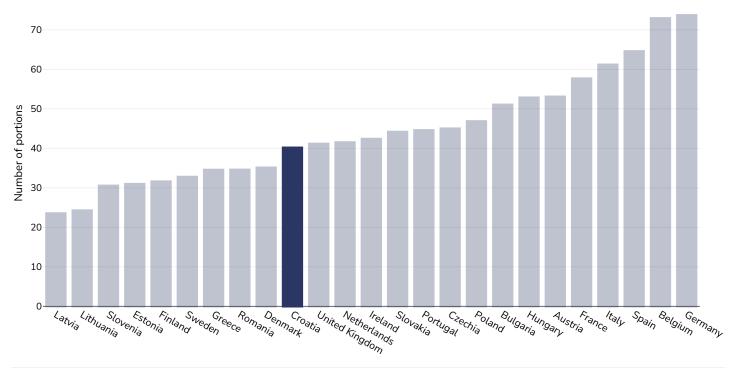
Definitions:

Sugar consumption (Number of 500g sugar portions/person/month)



Estimated per capita sugar sweetened beverages intake

Adults, 2016

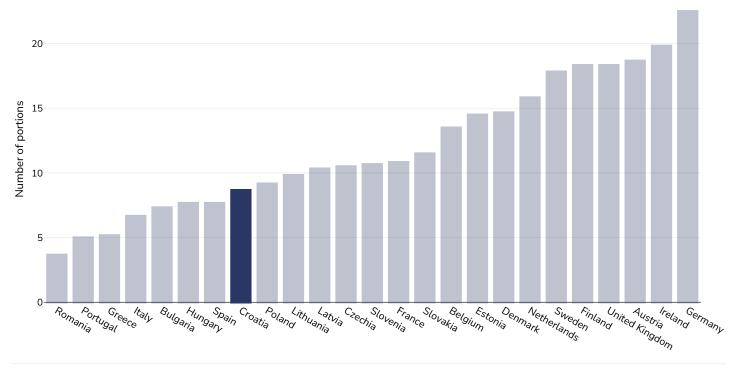


References: Source: Euromonitor International



Prevalence of confectionery consumption

Adults, 2016



References: Source: Euromonitor International

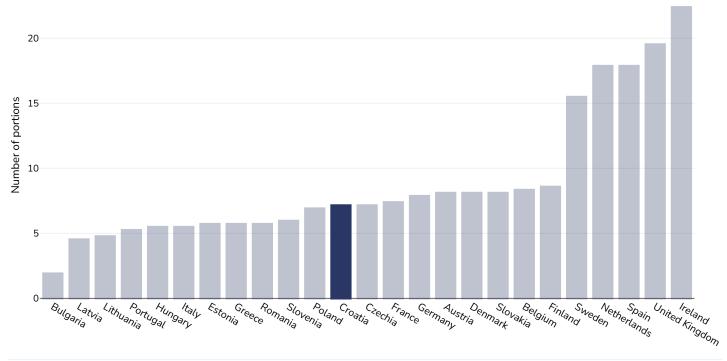
Definitions:

 $Prevalence\ of\ confectionery\ consumption\ (Number\ of\ 50g\ confectionery\ portions/person/month)$



Prevalence of sweet/savoury snack consumption

Adults, 2016



References:

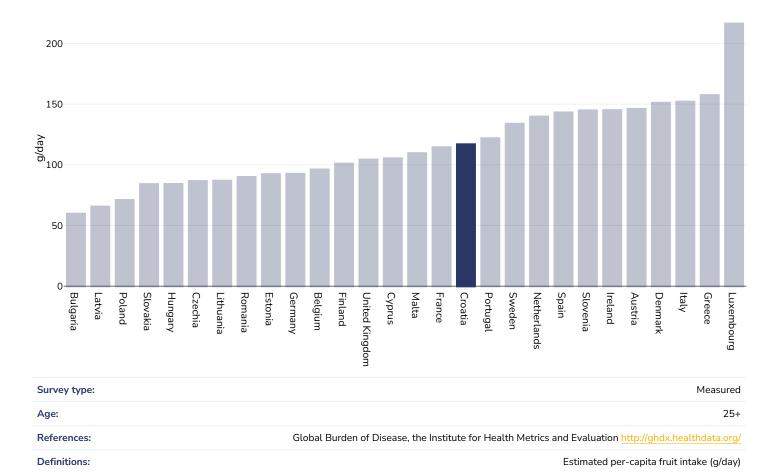
Source: Euromonitor International

Definitions:

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

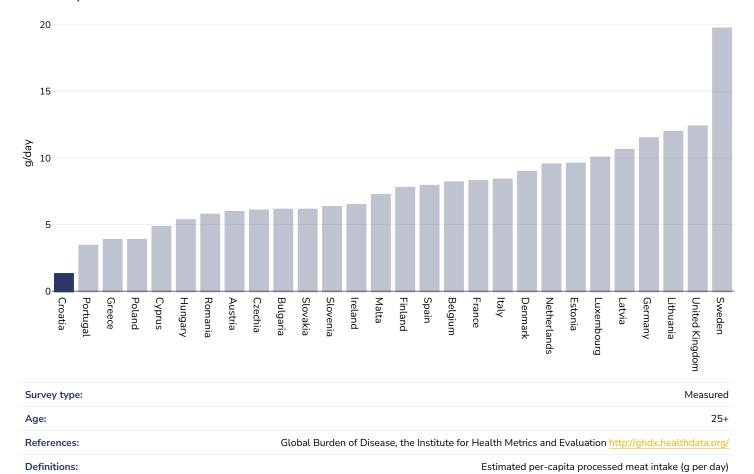


Estimated per capita fruit intake



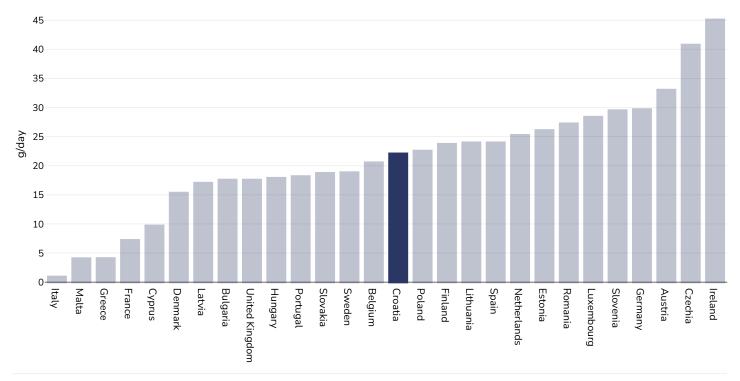


Estimated per-capita processed meat intake





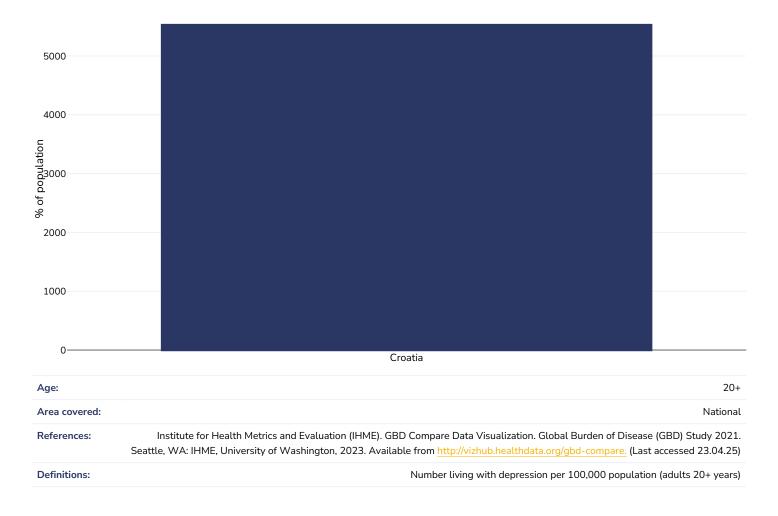
Estimated per capita whole grains intake



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)

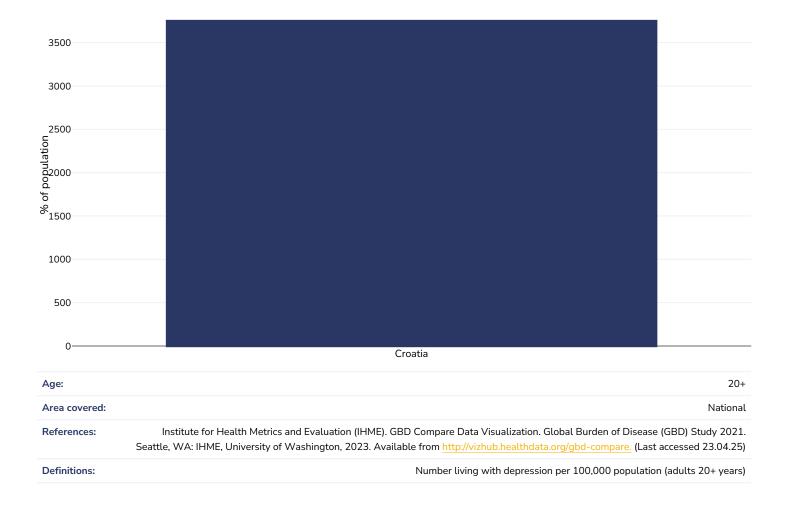


Mental health - depression disorders

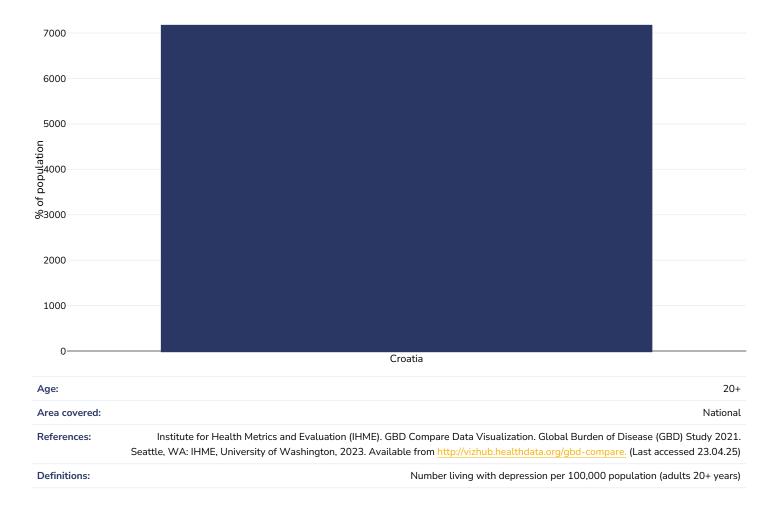




Men, 2021









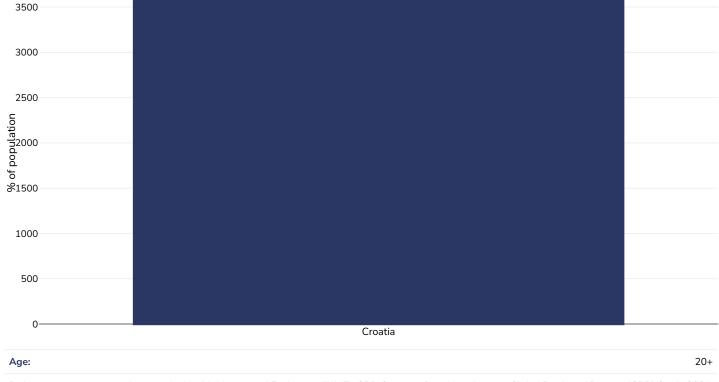
Mental health - anxiety disorders

Adults, 2021





Men, 2021



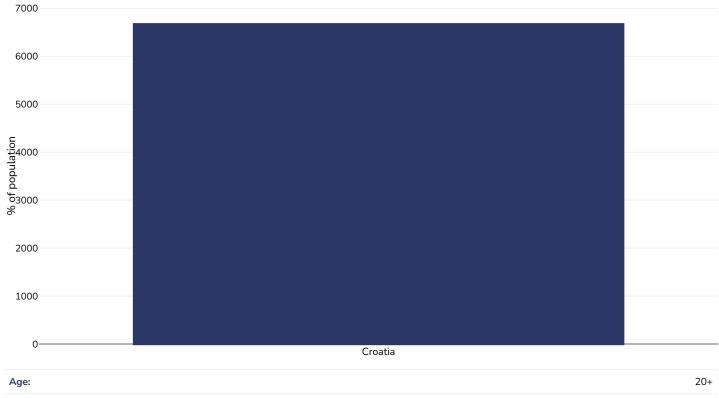
References:

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





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).

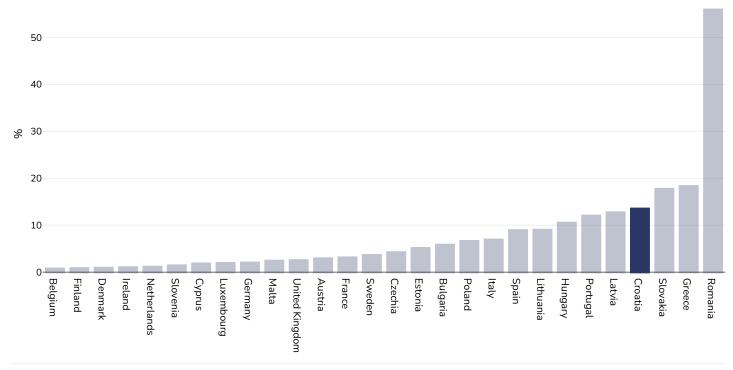
Definitions:

Number living with anxiety per 100,000 population



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:

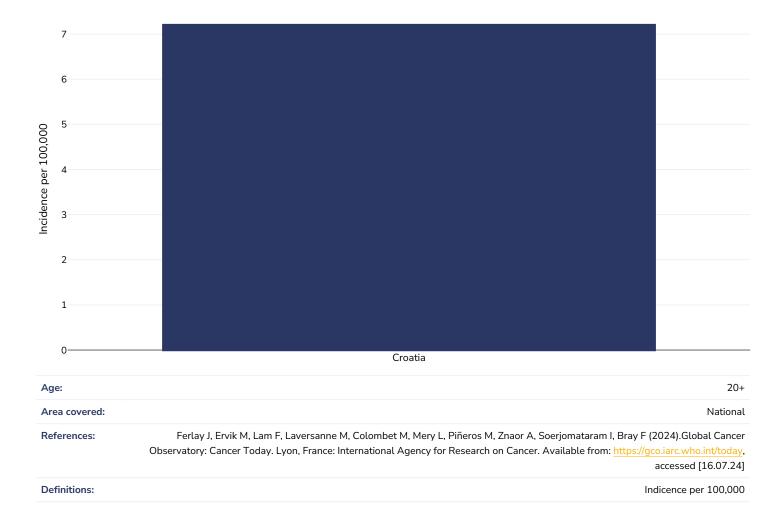
https://www.foodsystemsdashboard.org. DOI:

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



Oesophageal cancer

Men, 2022





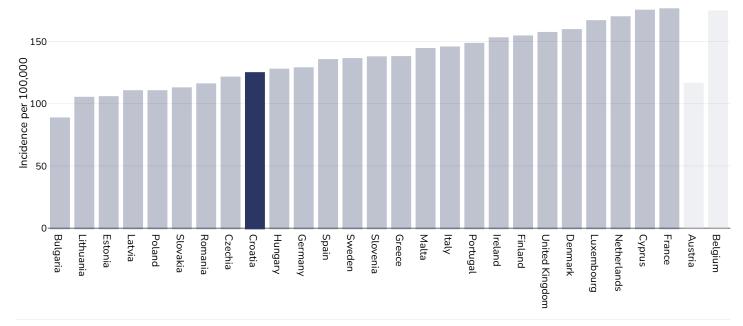




Breast cancer

Women, 2022





Area covered: National

References:

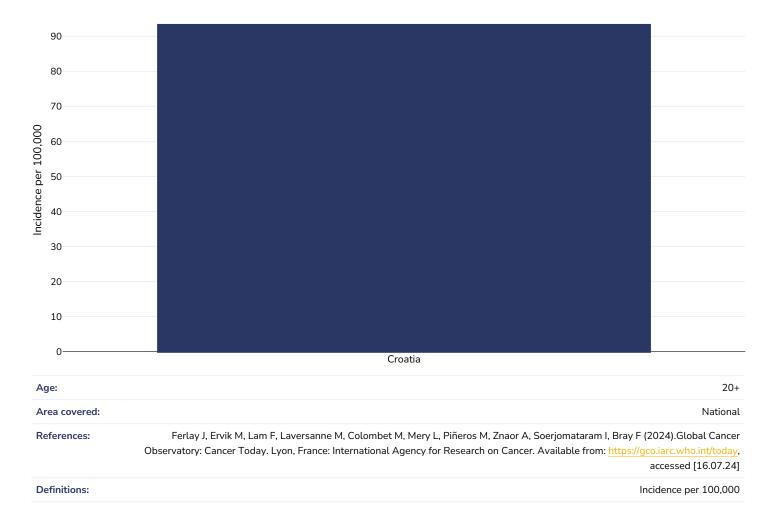
Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]

Definitions: Incidence per 100,000

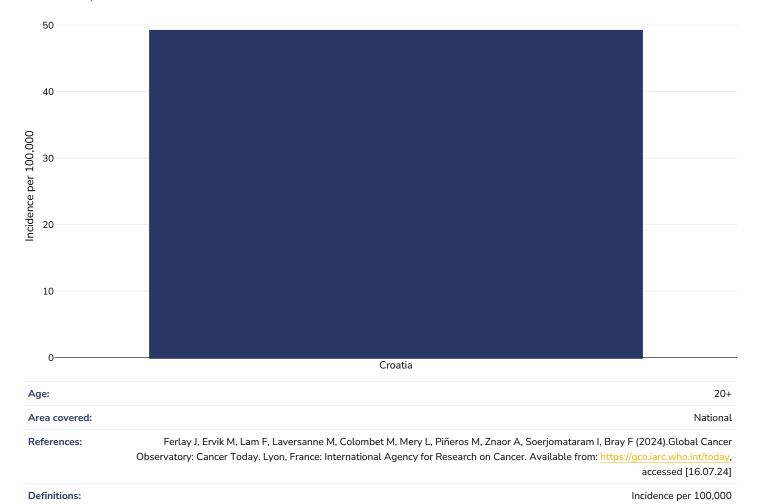


Colorectal cancer

Men, 2022



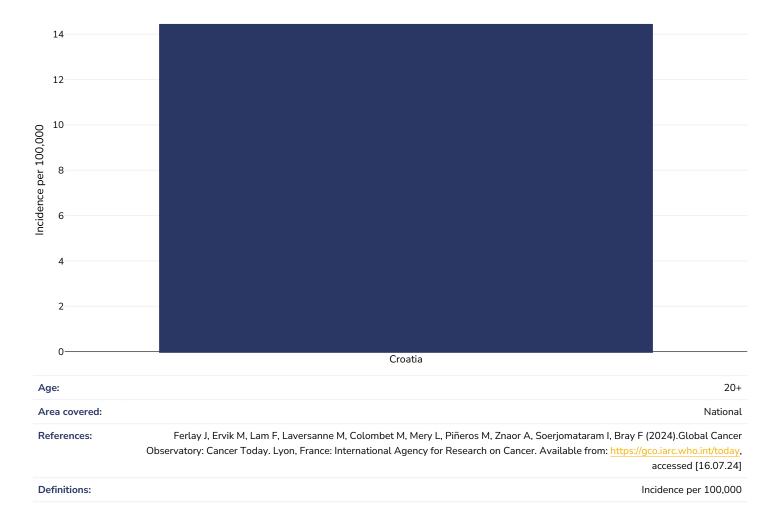




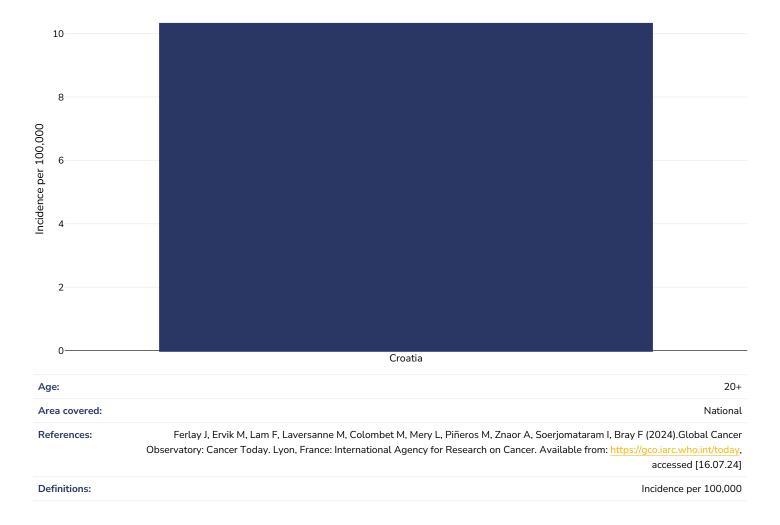


Pancreatic cancer

Men, 2022



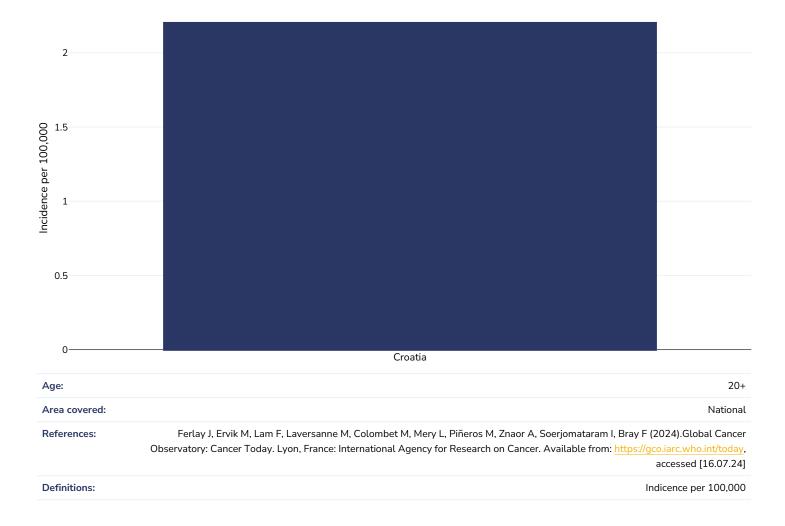




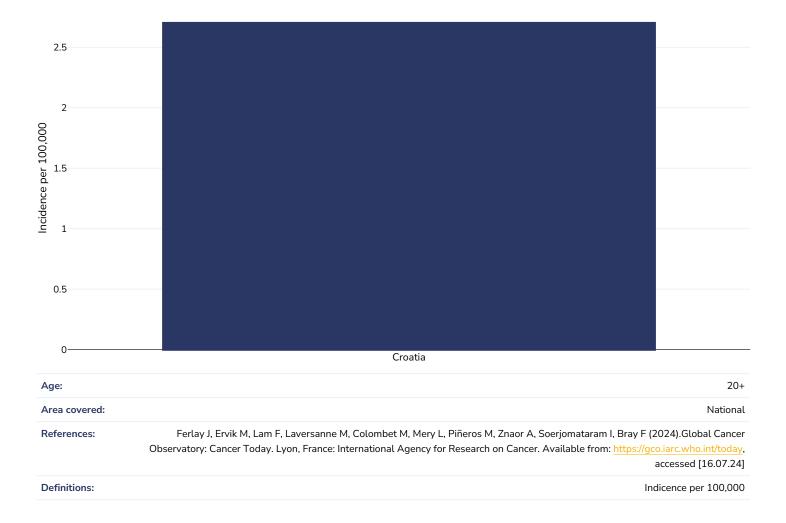


Gallbladder cancer

Men, 2022



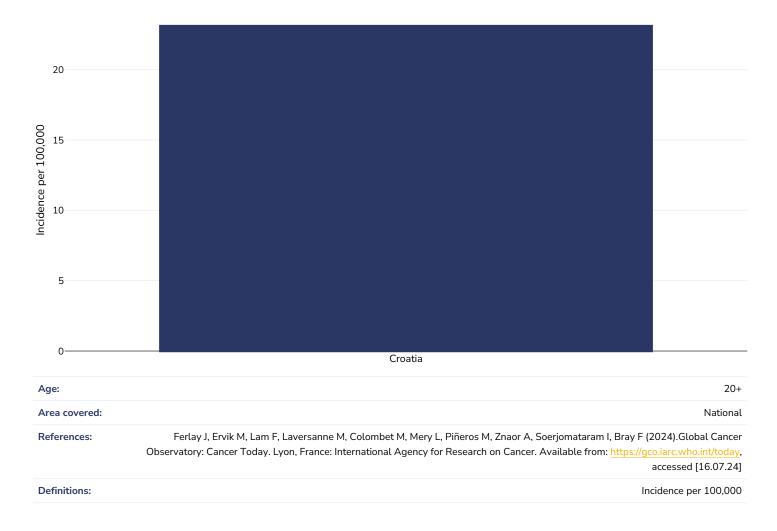




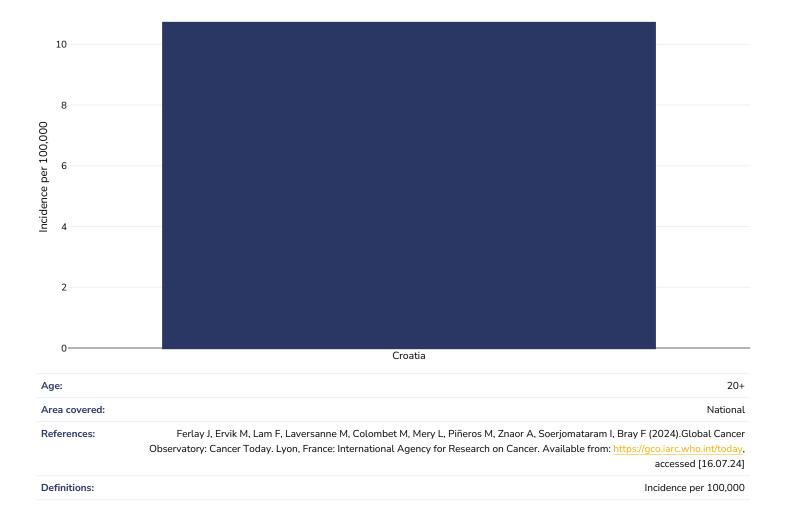


Kidney cancer

Men, 2022



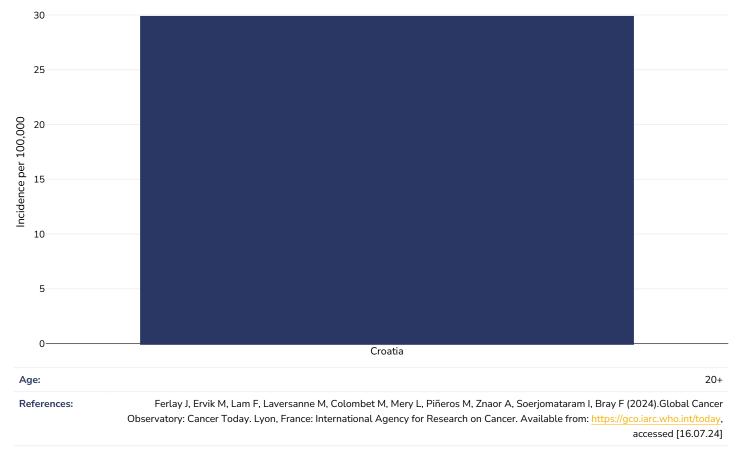






Cancer of the uterus

Women, 2022

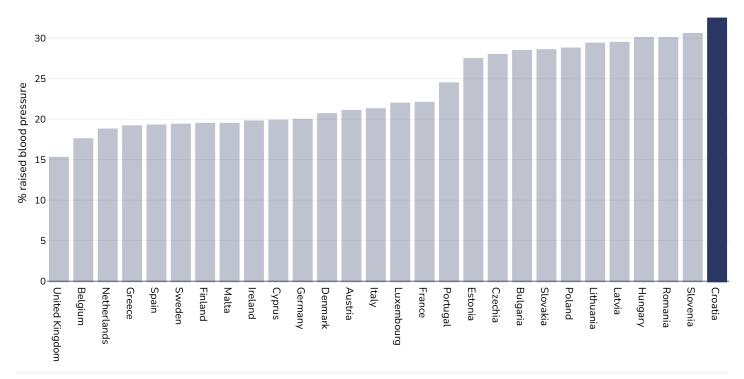


Definitions: Incidence per 100,000



Raised blood pressure

Adults, 2015



References:

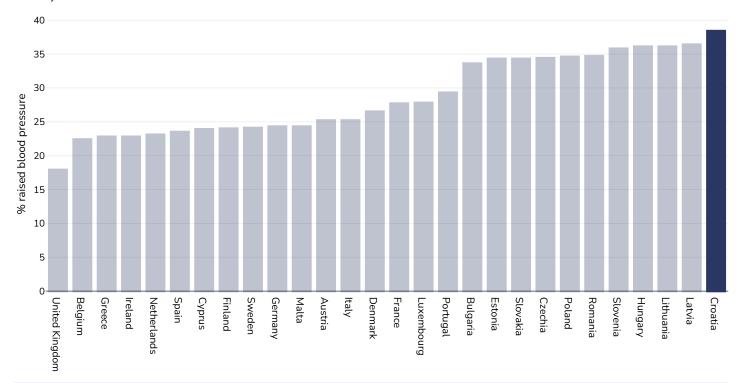
Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A875?lang=en

Definitions:

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



Men, 2015



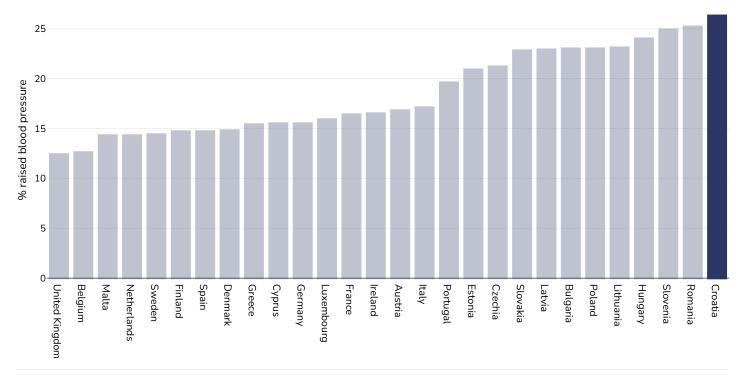
References:

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

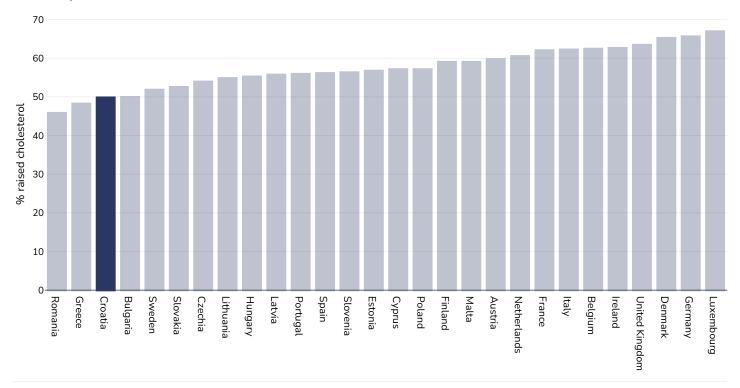
Definitions:

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



Raised cholesterol

Adults, 2008



References:

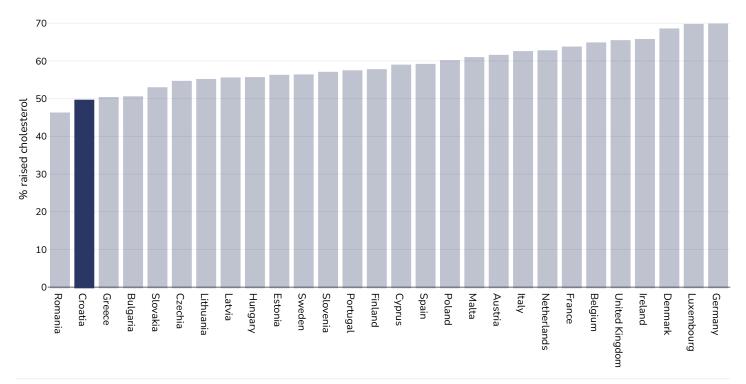
Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A885

Definitions:

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



Men, 2008



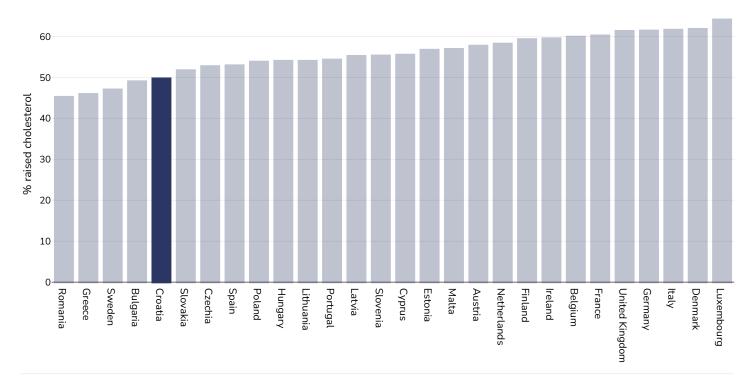
References:

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

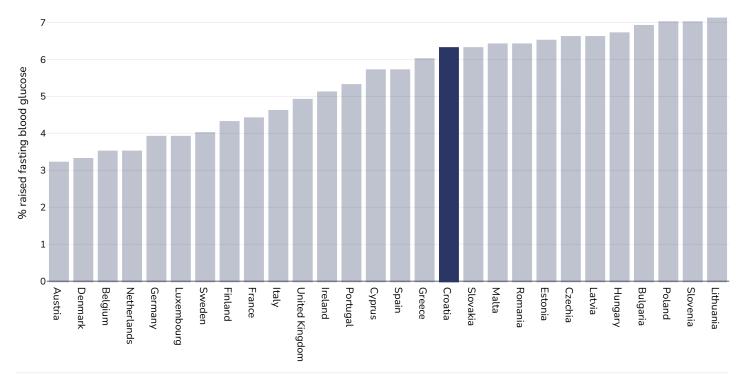
Definitions:

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



Raised fasting blood glucose

Men, 2014



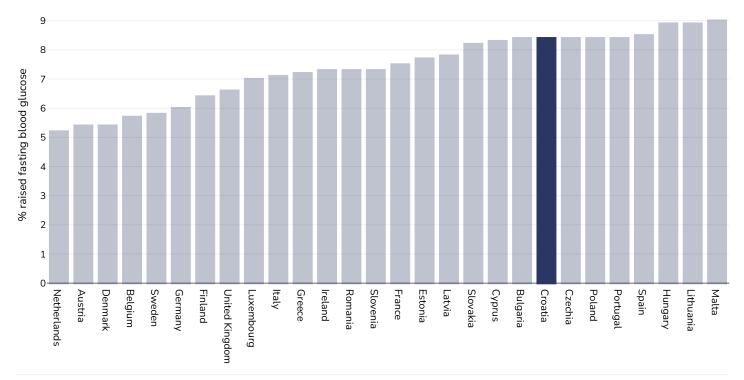
References:

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 mmol/L or on medication).





References:

Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A869?lang=en

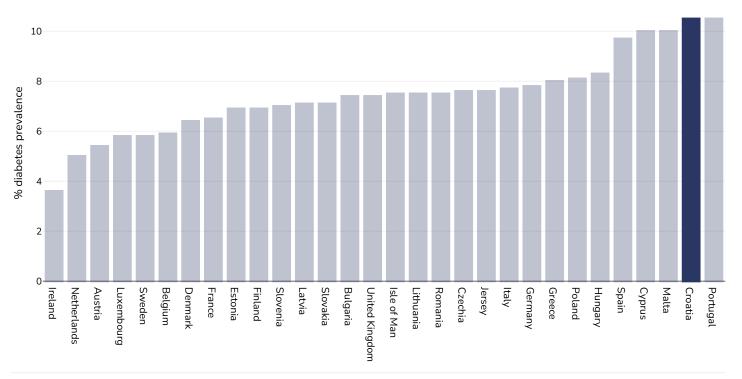
Definitions:

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



Diabetes prevalence

Adults, 2024



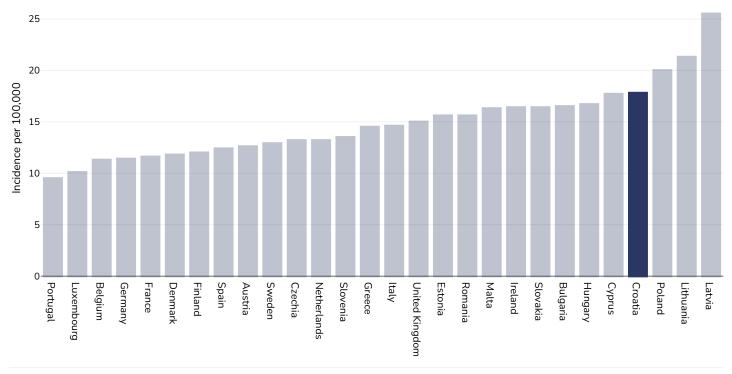
References:

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]

Definitions: Incidence per 100,000



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	r 100,000				
	Unless ot	herwise noted, overw	reight refers to a BMI	between 25kg and 29	0.9kg/m², obesity refers	to a BMI greater thar	30kg/m².				

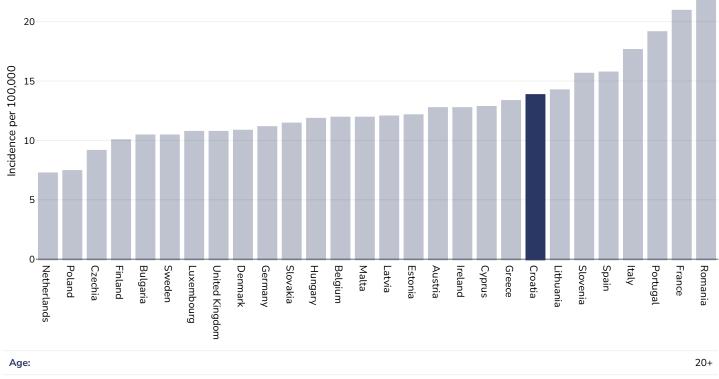


Women, 20	22										
4											
3											
2											
1											
0———											
⁻¹ 1	0	1	2	3	4	5	6				
Age:							20+				
Area covered:							National				
References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer 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 k	oetween 25kg and 29.	.9kg/m², obesity refers	to a BMI greater than	1 30kg/m².				



Liver and intrahepatic bile duct Cancer

Men, 2022



Area covered: National

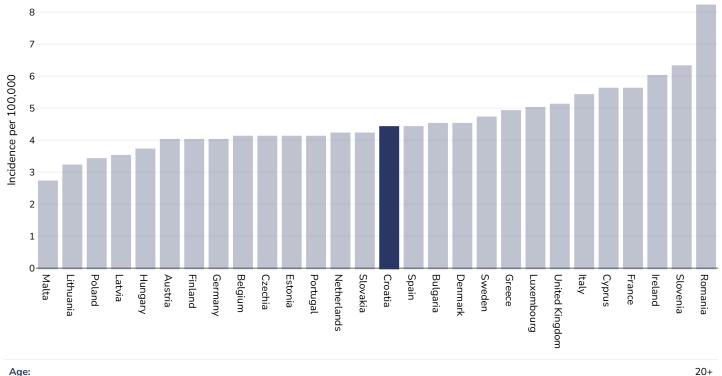
References:

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



References:



Age:

Area covered:

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

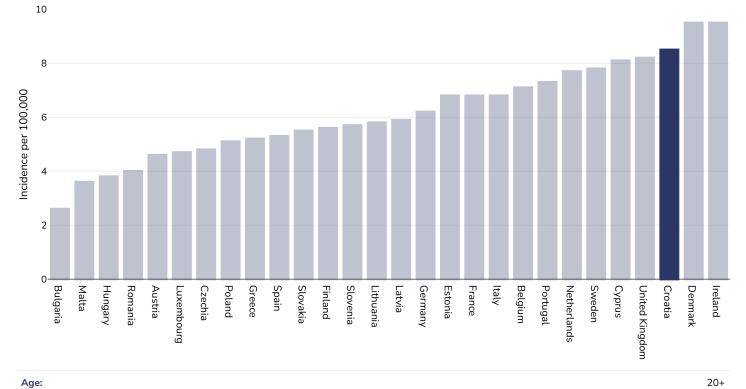
National



Multiple Myeloma

Men, 2022





100

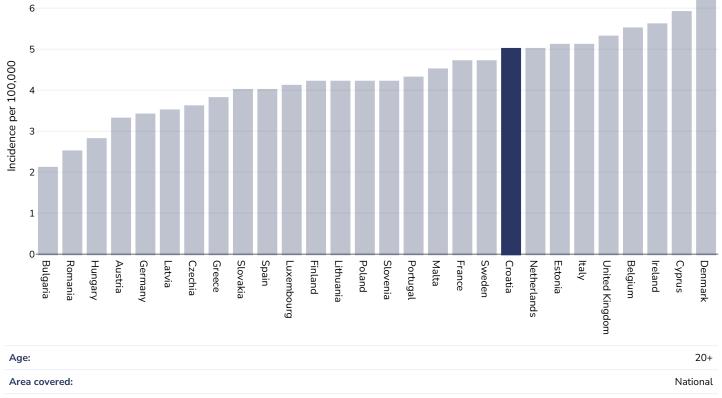
Area covered:

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

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





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]

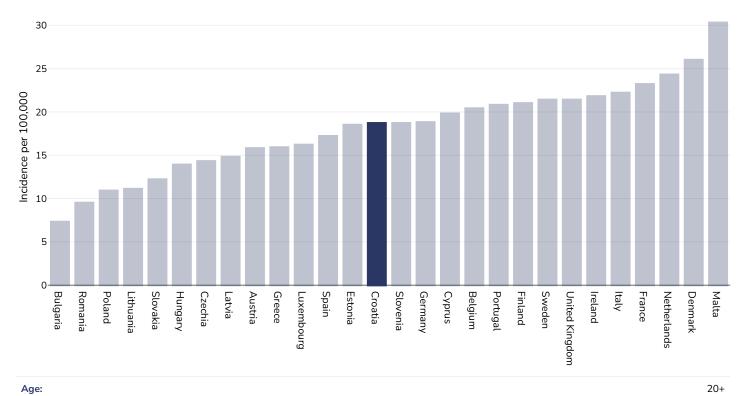
Definitions: Indicence per 100,000

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



Non Hodgkin Lymphoma

Men, 2022



Area covered: National

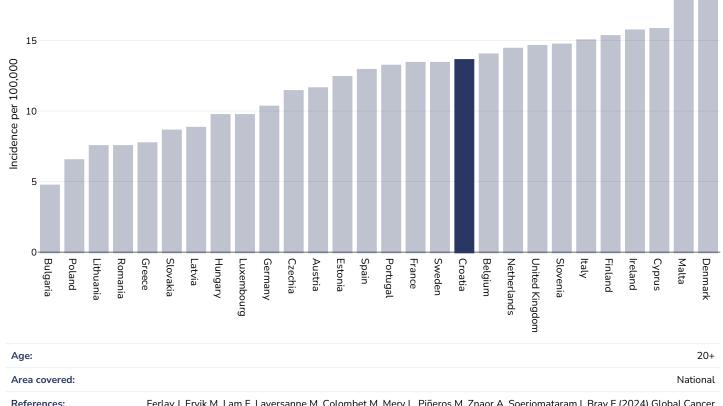
References:

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

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





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]

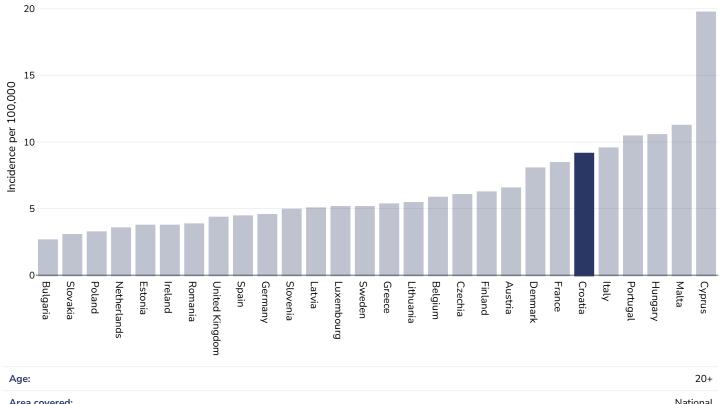
Definitions: Incidence per 100,000

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



Thyroid Cancer

Men, 2022



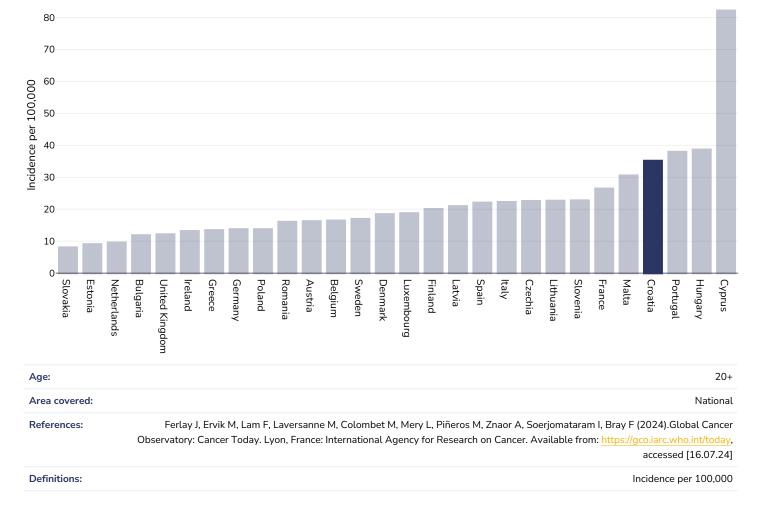
Area covered: National

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





PDF created on June 25, 2025