

Czechia



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.

View the latest version of this report on the Global Obesity Observatory at https://data.worldobesity.org/country/czechia-54/.



Contents	Page
Obesity prevalence	3
Trend: Trend adult obesity 2000 2019	4
Trend: Trend adult overweight obesity 2000 2019	6
Overweight/obesity by age and education	8
Overweight/obesity by education	11
Overweight/obesity by age	14
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

Obesity Overweight





Trend adult obesity 2000 2019



2000: Eurostat Yearbook 2006/07. A goldmine of statistical information. Available at

https://ec.europa.eu/eurostat/documents/2995521/5059290/1-20022007-BP-EN.PDF.pdf/edab8c31-b9f3-4c8e-b4db-

4137bd045efa?t=1414683510000 (last accessed 04.11.21)

2014: Eurostat Database:http://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1e&lang=en (last accessed 25.08.20)

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)

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.





https://ec.europa.eu/eurostat/documents/2995521/5059290/1-20022007-BP-EN.PDF.pdf/edab8c31-b9f3-4c8e-b4db-

4137bd045efa?t=1414683510000 (last accessed 04.11.21)

2014: Eurostat Database:http://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1e&lang=en (last accessed 25.08.20)

2019: Eurostat 2019. Data available at https://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=htth_ehis_bm1i&lang=en (last

accessed 09.08.21)

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.



Trend adult overweight obesity 2000 2019

Men

References:

Overweight or obesity



Self-reported

Eurostat Yearbook 2006/07. A goldmine of statistical information. Available at

4137bd045efa?t=1414683510000 (last accessed 04.11.21)

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



https://ec.europa.eu/eurostat/documents/2995521/5059290/1-20022007-BP-EN.PDF.pdf/edab8c31-b9f3-4c8e-b4db-4137bd045efa?t=1414683510000 (last accessed 04.11.21)

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

Obesity Overweight



Notes:

Insufficient sample size in males by education 18-24 years



Obesity Overweight







Men, 2019







Overweight/obesity by education

Adults, 2022

Obesity Overweight







Men, 2022





(though sometimes only data from adults aged 18+ reported)



Obesity Overweight





Overweight/obesity by age

Adults, 2019

Obesity Overweight





Overweight/obesity by age and region

Men, 2014











Overweight/obesity by age and socio-economic group

Adults, 2019





Men, 2019

Obesity Overweight





Obesity Overweight





Overweight/obesity by socio-economic group

Men, 2014

Notes:

Obesity Overweight



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





Men, 2014

Obesity







Obesity Overweight





Double burden of underweight & overweight





Insufficient physical activity



Men, 2022









Sugar consumption





Estimated per capita sugar sweetened beverages intake

Adults, 2016



References:

Source: Euromonitor International



Prevalence of confectionery consumption





Prevalence of sweet/savoury snack consumption





Estimated per capita fruit intake





Estimated per-capita processed meat intake







Estimated per capita whole grains intake





Mental health - depression disorders








7000					
,000					
6000					
5000					
_					
of population % of population					
194000 d					
f po					
° %3000					
2000					
2000					
1000					
0					
	Czechia				
Age:	20+				
Area covered:	National				
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021.				
	Seattle, WA: IHME, University of Washington, 2023. Available from http://vizhub.healthdata.org/gbd-compare . (Last accessed 23.04.25)				
Definitions:	Number living with depression per 100,000 population (adults 20+ years)				



Mental health - anxiety disorders

Adults, 2021









6000						
5000						
0000 ite						
% of population 000000000000000000000000000000000000						
43000 43000						
0						
2000						
1000						
0	Czechia					
	CZCCIIIU					
Age:		20+				
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease Seattle, WA: IHME, University of Washington, 2023. Available from <u>http://vizhub.healthdata.org/gbd-compare.</u> (Last					
Definitions:	Number living with anxiety per 100,000 population					



Percent of population who cannot afford a healthy diet



42



Oesophageal cancer









Breast cancer

Women, 2022

Age 20 Age 20+



Definitions:

Incidence per 100,000



Colorectal cancer









Pancreatic cancer









Gallbladder cancer









Kidney cancer









Cancer of the uterus





Raised blood pressure

Adults, 2015











Raised cholesterol

Adults, 2008



Definitions:

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

% 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, 2024



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



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:		Ervik M, Lam F, Laver Cancer Today. Lyon, Fi				m: <u>https://gco.iarc.wh</u>	
Definitions:						Incidence p	er 100,000
	Unless ot	therwise noted. overw	eight refers to a BMI b	petween 25kg and 29	9ka/m² obesity refer	s to a BMI greater tha	an 30ka/m².



4							
3							
2							
1							
0							
-1 -1							
_	0	1	2	3	4	5	6
Age: Area covered:							20+ National
References:					Znaor A, Soerjomataran n Cancer. Available fron		oal Cancer . <u>int/today</u> ,
Definitions:						Incidence pe	r 100,000
	Unless othe	rwise noted, overw	eight refers to a BMI	between 25kg and 2	9.9kg/m², obesity refers	to a BMI greater thar	1 30kg/m².





Liver and intrahepatic bile duct Cancer











Multiple Myeloma

Men, 2022



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







Non Hodgkin Lymphoma









Thyroid Cancer







PDF created on July 16, 2025