

Denmark



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: Adult trend obesity 2000 2019	4
Trend: Adult trend 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 region	15
Overweight/obesity by age and region	17
Overweight/obesity by age and socio-economic group	18
Overweight/obesity by socio-economic group	21
Overweight/obesity by age and limited activity	24
Double burden of underweight & overweight	27
Insufficient physical activity	28
Sugar consumption	31
Estimated per capita sugar sweetened beverages intake	32
Prevalence of confectionery consumption	33
Prevalence of sweet/savoury snack consumption	34
Estimated per capita fruit intake	35
Estimated per-capita processed meat intake	36
Estimated per capita whole grains intake	37
Mental health - depression disorders	38
Mental health - anxiety disorders	41
Percent of population who cannot afford a healthy diet	44
Oesophageal cancer	45
Breast cancer	47
Colorectal cancer	48
Pancreatic cancer	50
Gallbladder cancer	52
Kidney cancer	54
Cancer of the uterus	56
Raised blood pressure	57
Raised cholesterol	60
Raised fasting blood glucose	63
Diabetes prevalence	65
Ovarian Cancer	66
Leukemia	67
Liver and intrahepatic bile duct Cancer	69
Multiple Myeloma	71
Non Hodgkin Lymphoma	73
Thyroid Cancer	75

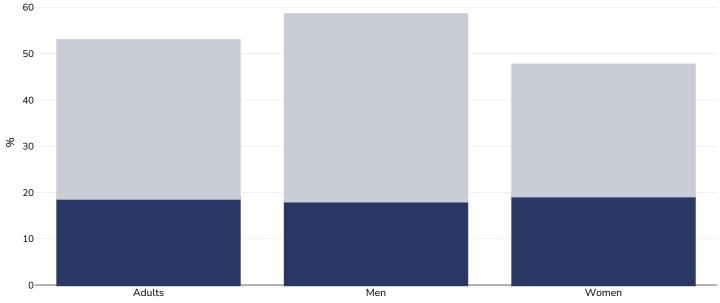


Obesity prevalence

Obesity Overweight

Adults, 2023





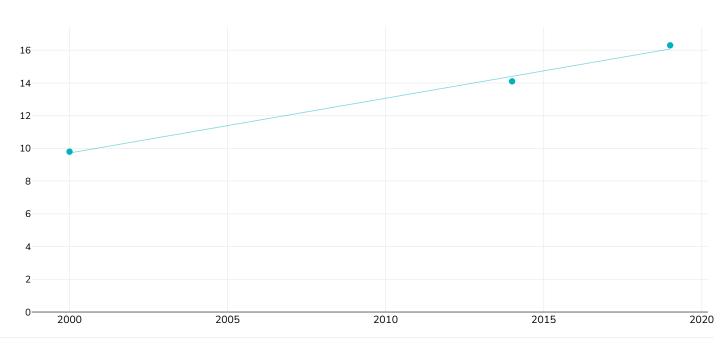
Survey type:	Self-reported
Age:	16+
Sample size:	25000
Area covered:	National
References:	Danish National Representative Health and Morbidity Study 2023. Available at https://danskernessundhed.dk/ (last accessed 04.03.25)



Adult trend obesity 2000 2019

Men

Obesity



Survey type: Self-reported

References:

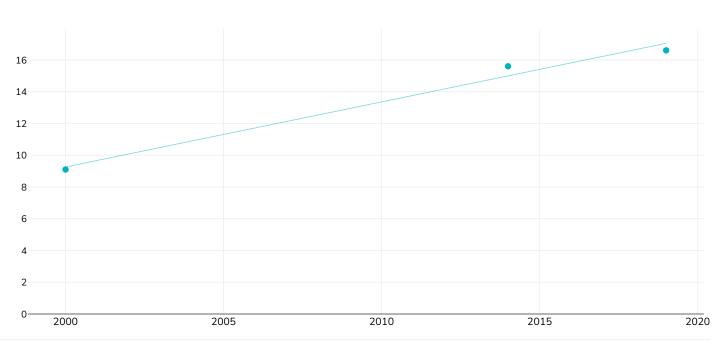
2000: Eurostat Yearbook 2006/07. A goldmine of statistical information. Available at

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) accessed 09.08.21)



Obesity



Survey type: Self-reported

References:

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

4137bd045efa?t=1414683510000 (last accessed 04.11.21)

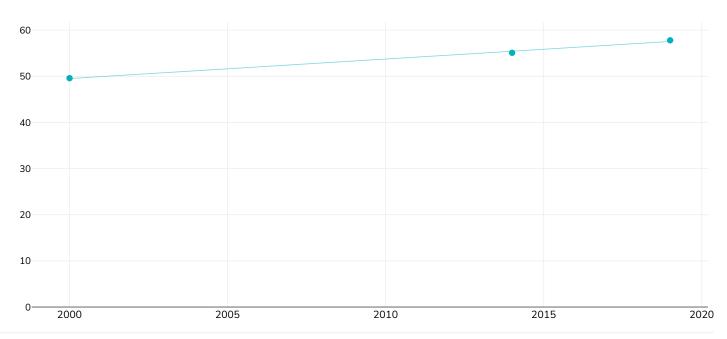
2014: Eurostat Database: http://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1e&lang=en (last accessed 25.08.20) 2019: Eurostat 2019. Data available at https://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1i&lang=en (last accessed 25.08.20) accessed 09.08.21)



Adult trend overweight obesity 2000 2019

Men

Overweight or obesity



Survey type: Self-reported

References:

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

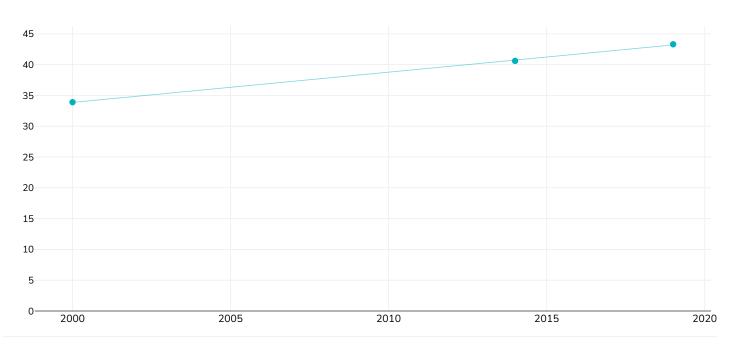
https://ec.europa.eu/eurostat/documents/2995521/5059290/1-20022007-BP-EN.PDF.pdf/edab8c31-b9f3-4c8e-b4db-fine from the control of the contr

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 25.08.20) accessed 09.08.21)



Overweight or obesity



Survey type: Self-reported

References:

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

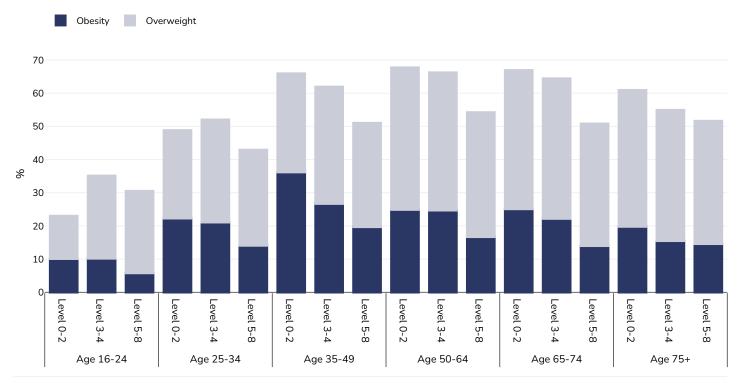
 $\underline{4137bd045efa?t=1414683510000} \text{ (last accessed 04.11.21)}$

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 25.08.20) accessed 09.08.21)



Overweight/obesity by age and education

Adults, 2022



Survey type: Self-reported

Area covered: National

References:

Eurostat 2022. Available at:

https://ec.europa.eu/eurostat/databrowser/view/ilc_hch10__custom_17232091/default/table?lang=en&page=time:2022 [Accessed

Notes:

EUROSTAT 2022 data derived from EU statistics on income and living conditions (EU-SILC) survey which includes adults aged 16+ 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). NB: Some values have been flagged for low reliability (25-34 year old men and women with level 0-2 education and 16-24 year old men with level 5-8 education).

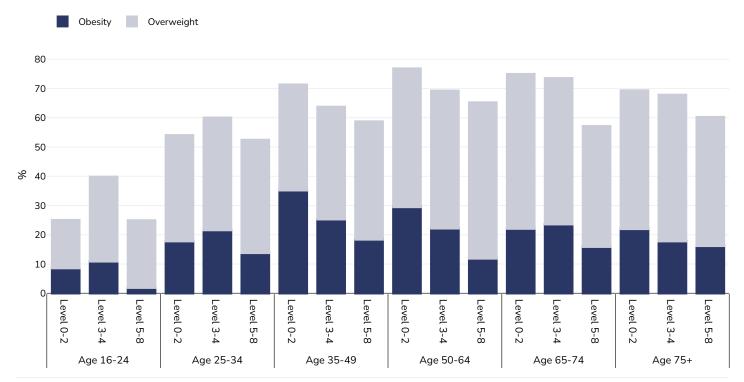
Definitions:

Level 0-2 = Lower secondary or less, Level 3-4 = upper secondary and post-secondary, Level 5-8 = Tertiary

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



Men, 2022



Survey type: Self-reported

Area covered:

References: Eurostat 2022. Available at:

https://ec.europa.eu/eurostat/databrowser/view/ilc_hch10__custom_17232091/default/table?lang=en&page=time:2022 [Accessed 20.00.07]

23.06.25]

National

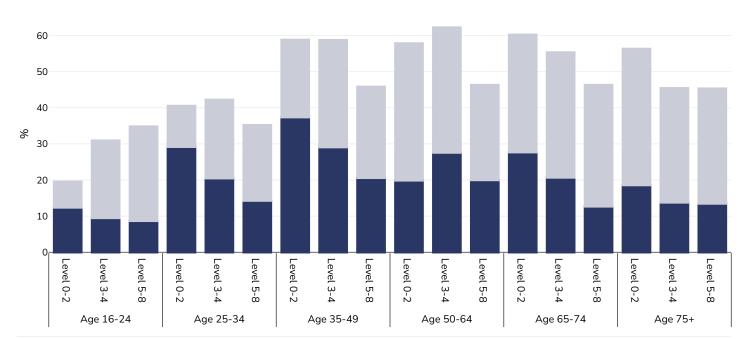
Notes:

EUROSTAT 2022 data derived from EU statistics on income and living conditions (EU-SILC) survey which includes adults aged 16+ 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). NB: Some values have been flagged for low reliability (25-34 year old men and women with level 0-2 education and 16-24 year old men with level 5-8 education).

Definitions: Level 0-2 = Lower secondary or less, Level 3-4 = upper secondary and post-secondary, Level 5-8 = Tertiary







Survey type: Self-reported

Area covered: National

References: Eurostat 2022. Available at:

https://ec.europa.eu/eurostat/databrowser/view/ilc_hch10__custom_17232091/default/table?lang=en&page=time:2022 [Accessed

23.06.25]

Notes:

EUROSTAT 2022 data derived from EU statistics on income and living conditions (EU-SILC) survey which includes adults aged 16+ 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). NB: Some values have been flagged for low reliability (25-34 year old men and women with level 0-2 education and 16-24 year old men with level 5-8 education).

Definitions: Level 0-2 = Lower secondary or less, Level 3-4 = upper secondary and post-secondary, Level 5-8 = Tertiary



Overweight/obesity by education

Adults, 2022



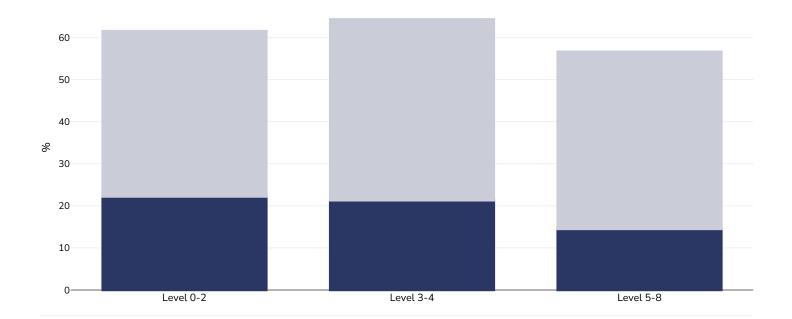
Self-reported



Men, 2022

Survey type:





Age:

Area covered:

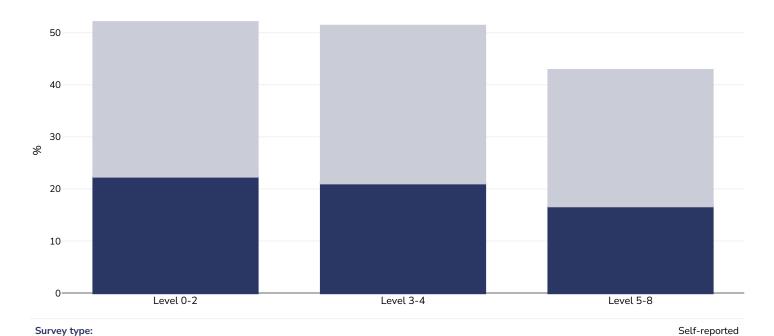
References:

Eurostat 2022 Data. Available at https://ec.europa.eu/eurostat/databrowser/view/ilc_hch10/default/table?lang=en (last accessed 19.03.25)

Notes: EUROSTAT 2022 data derived from EU statistics on income and living conditions (EU-SILC) survey which includes adults aged 16+ 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)







Age:
Area covered:

References:
Eurostat 2022 Data. Available at https://ec.europa.eu/eurostat/databrowser/view/ilc_hch10/default/table?lang=en (last accessed 19.03.25)

Notes: EUROSTAT 2022 data derived from EU statistics on income and living conditions (EU-SILC) survey which includes adults aged 16+ 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)

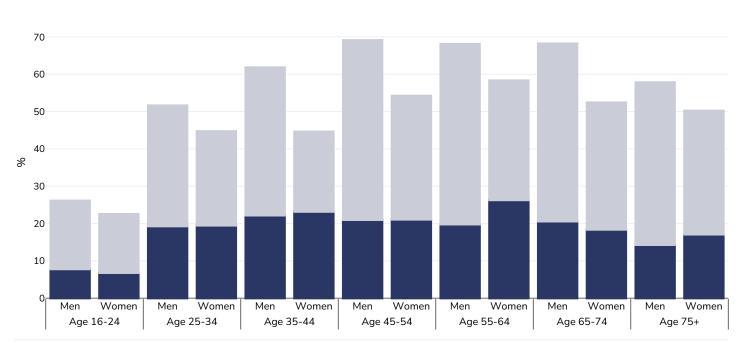
Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².



Overweight/obesity by age

Adults, 2023





Survey type:

Sample size:

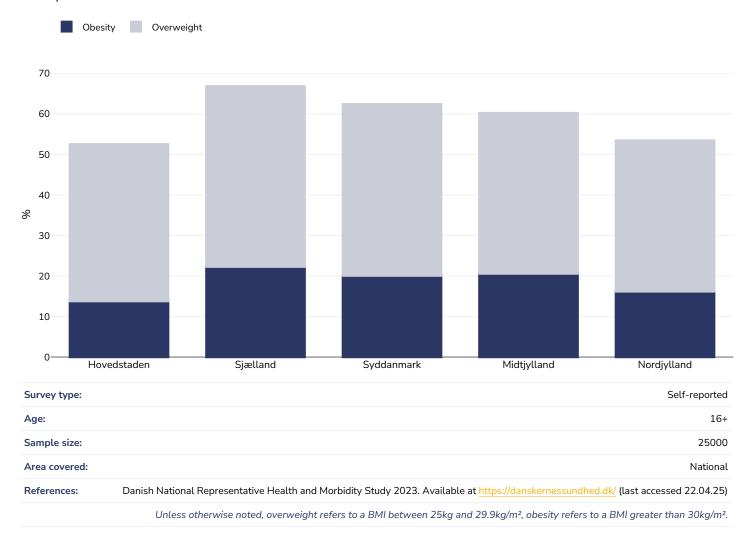
Area covered:

Danish National Representative Health and Morbidity Study 2023. Available at https://danskernessundhed.dk/ (last accessed 04.03.25)



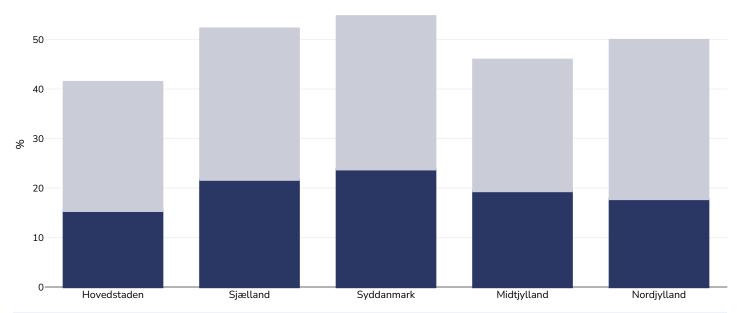
Overweight/obesity by region

Men, 2023









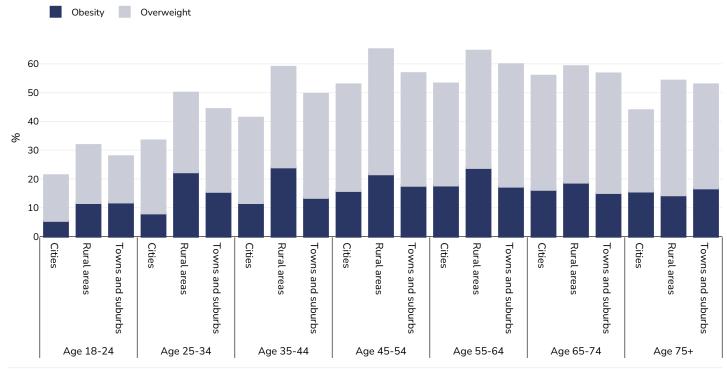
Survey type:

Age:
Sample size:
Age:
Sample size:
Age:
Sample size:
Area covered:
Danish National Representative Health and Morbidity Study 2023. Available at https://danskernessundhed.dk/ (last accessed 22.04.25)



Overweight/obesity by age and region

Adults, 2019



Survey type: Self-reported

Area covered: National

References:

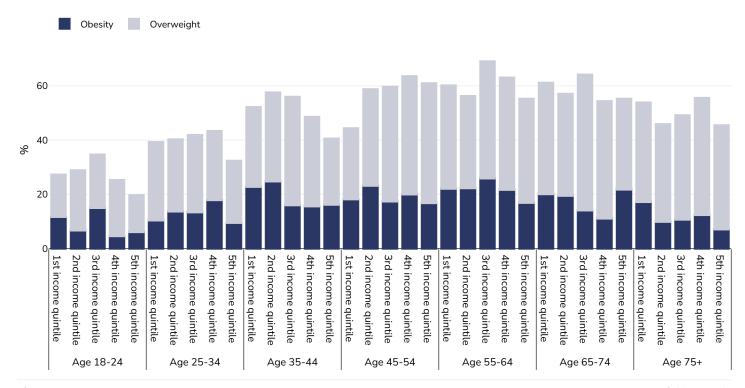
Eurostat 2019. Available at:

https://ec.europa.eu/eurostat/databrowser/view/hlth_ehis_bm1u_custom_17231601/default/table?lang=en&page=time:2019 [Accessed 23.06.25]



Overweight/obesity by age and socio-economic group

Adults, 2019



Survey type:

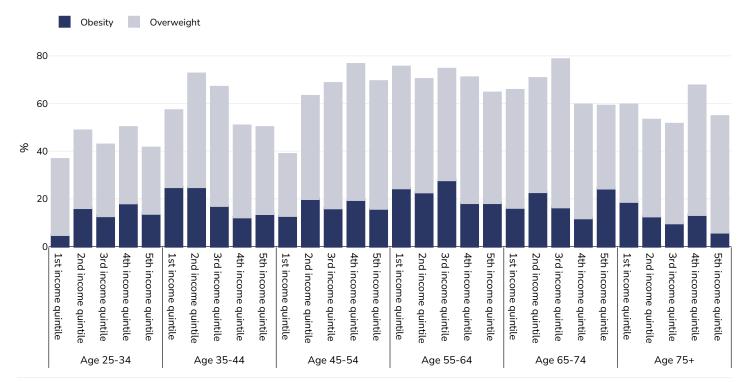
Area covered:

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).



Men, 2019



Survey type: Self-reported

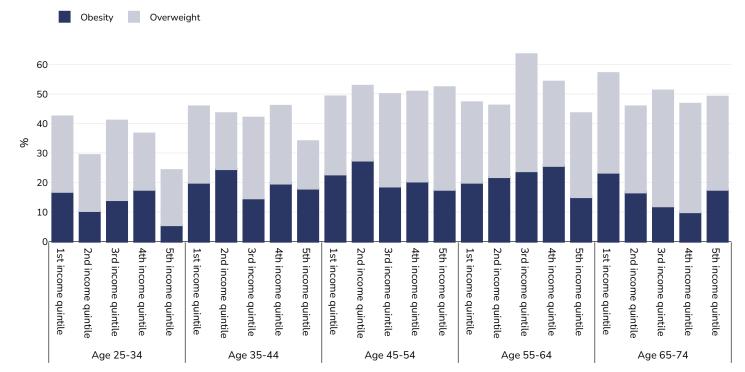
Area covered: National

References:

Eurostat 2019. Available at https://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_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.





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/m², obesity refers to a BMI greater than 30kg/m².

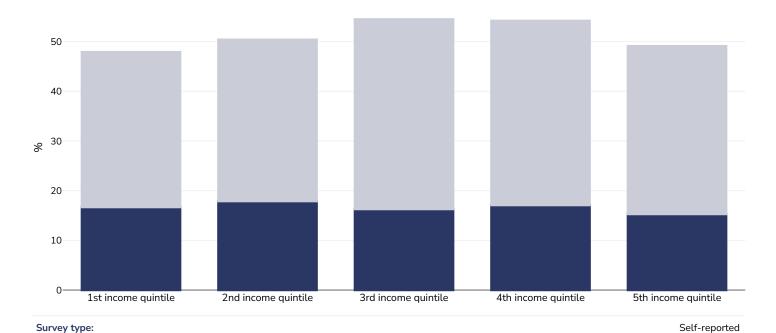
23.06.25]



Overweight/obesity by socio-economic group

Adults, 2019





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

References: Eurostat 2019. Available at:

Eurostat 2019. Available at: https://ec.europa.eu/eurostat/databrowser/view/hlth_ehis_bm1i_custom_17231889/default/table?lang=en&page=time:2019 [Accessed

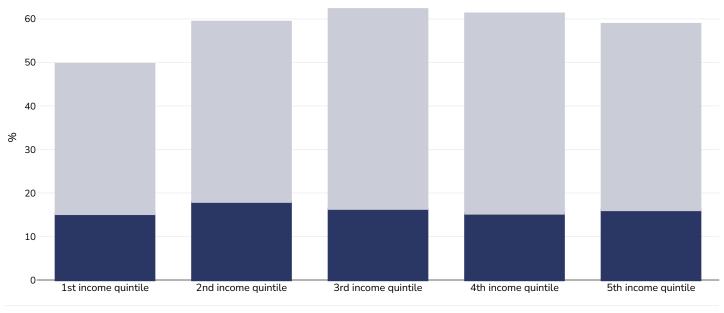
Definitions:

1st income quintile (lowest) to 5th income quintile (highest)



Men, 2019





Survey type: Self-reported

Age: 18+

Area covered: National

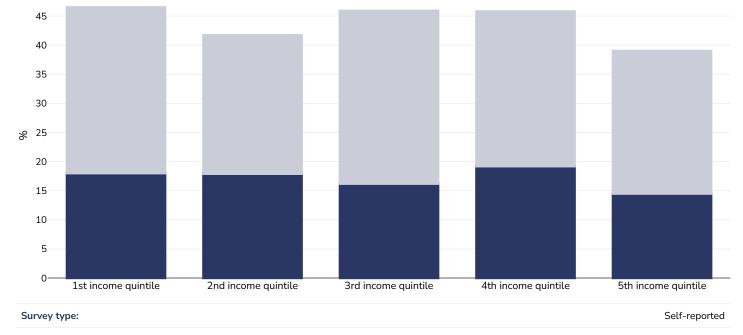
References: Eurostat 2019. Available at:

https://ec.europa.eu/eurostat/databrowser/view/hlth_ehis_bm1i_custom_17231889/default/table?lang=en&page=time:2019 [Accessed 23.06.25]

Definitions: 1st income quintile (lowest) to 5th income quintile (highest)







Age: 18+

Area covered: National

References: Eurostat 2019. Available at:

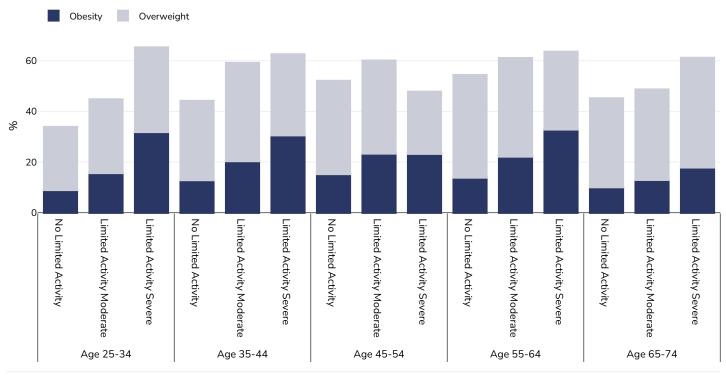
https://ec.europa.eu/eurostat/databrowser/view/hlth_ehis_bm1i_custom_17231889/default/table?lang=en&page=time:2019 [Accessed 23.06.25]

Definitions: 1st income quintile (lowest) to 5th income quintile (highest)



Overweight/obesity by age and limited activity

Adults, 2014



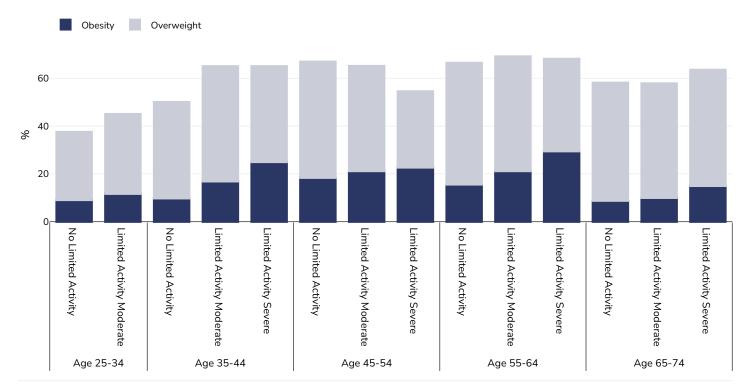
Survey type: Self-reported

Area covered: National

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



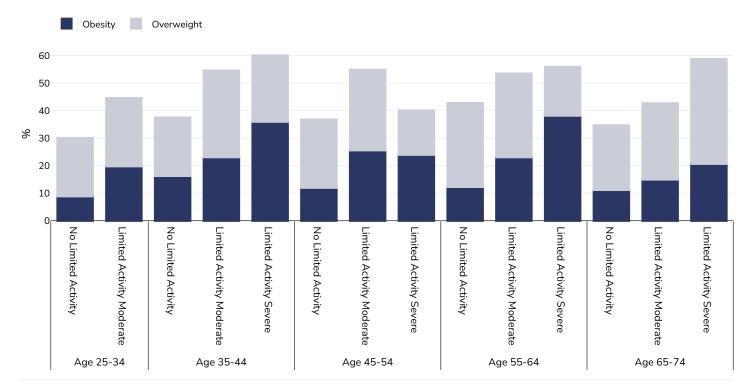
Men, 2014



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)





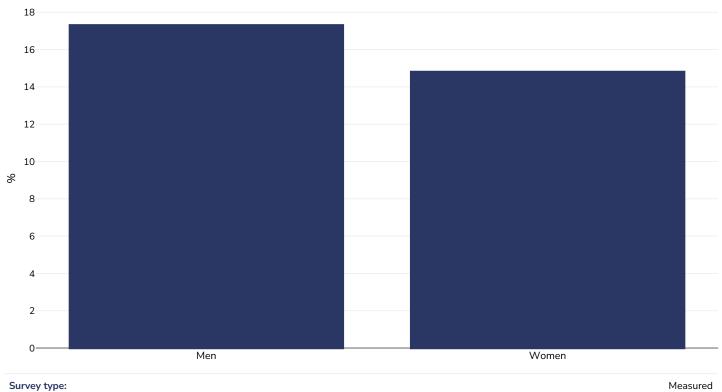
Survey type: Self-reported
Area covered: National

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



Double burden of underweight & overweight

Adults, 2022



Age: 20+

References: 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.

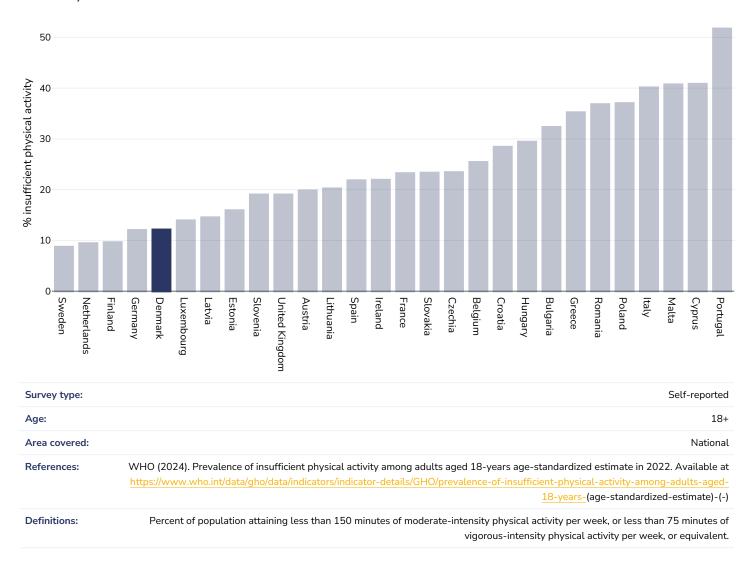
Notes: Age Standardised estimates

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



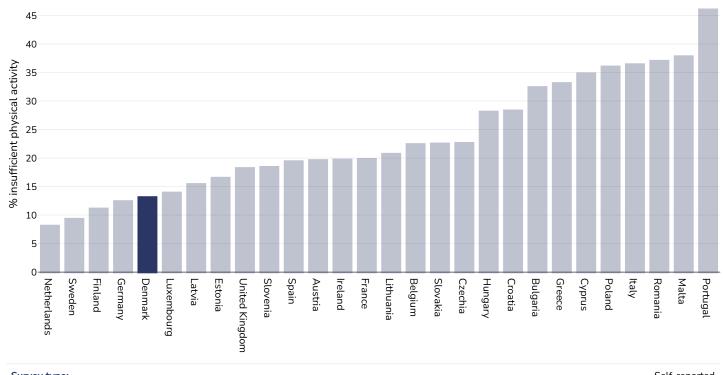
Insufficient physical activity

Adults, 2022





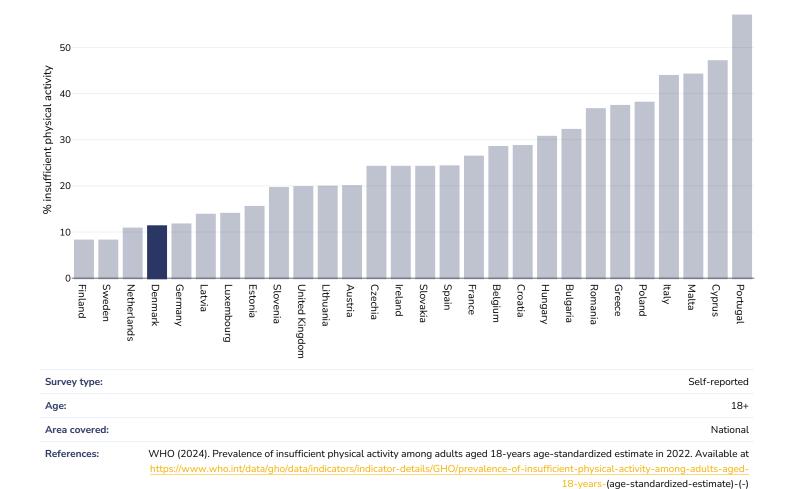
Men, 2022



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:



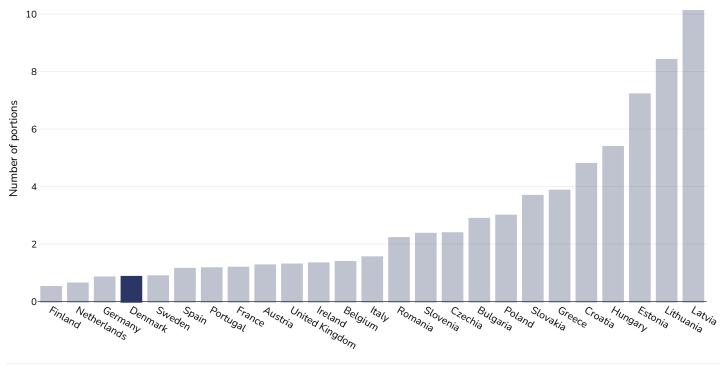
Percent of population attaining less than 150 minutes of moderate-intensity physical activity per week, or less than 75 minutes of

vigorous-intensity physical activity per week, or equivalent.



Sugar consumption

Adults, 2016



References: Source: Euromonitor International

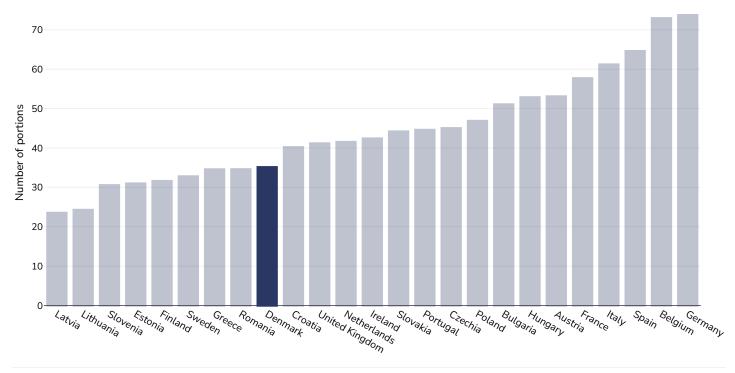
Definitions:

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



Estimated per capita sugar sweetened beverages intake

Adults, 2016

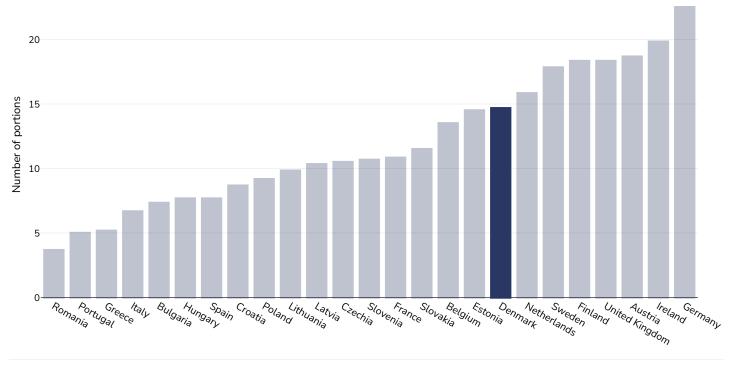


References: Source: Euromonitor International



Prevalence of confectionery consumption

Adults, 2016



References: Source: Euromonitor International

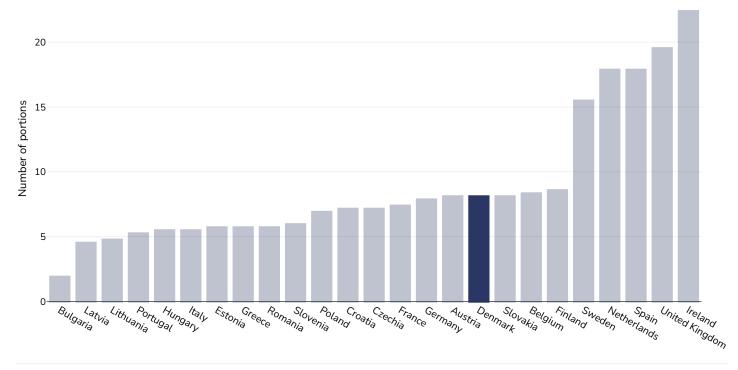
Definitions:

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



Prevalence of sweet/savoury snack consumption

Adults, 2016



References: Source: Euromonitor International

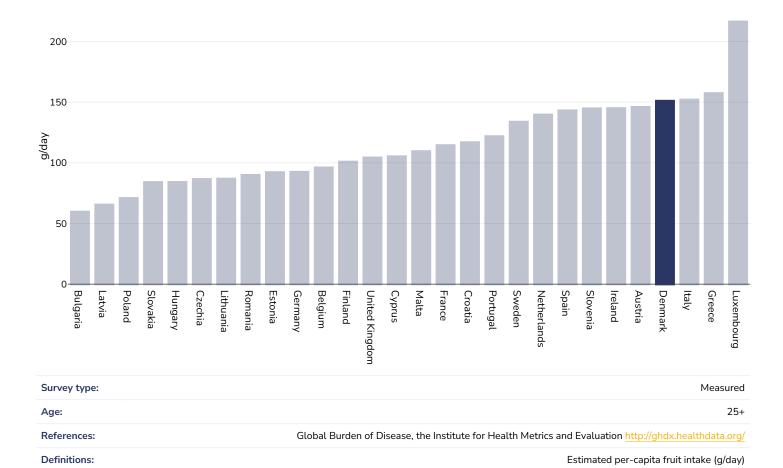
Definitions:

 $Prevalence\ of\ sweet/s avoury\ snack\ consumption\ (Number\ of\ 35g\ sweet/s avoury\ snack\ portions/person/month)$



Estimated per capita fruit intake

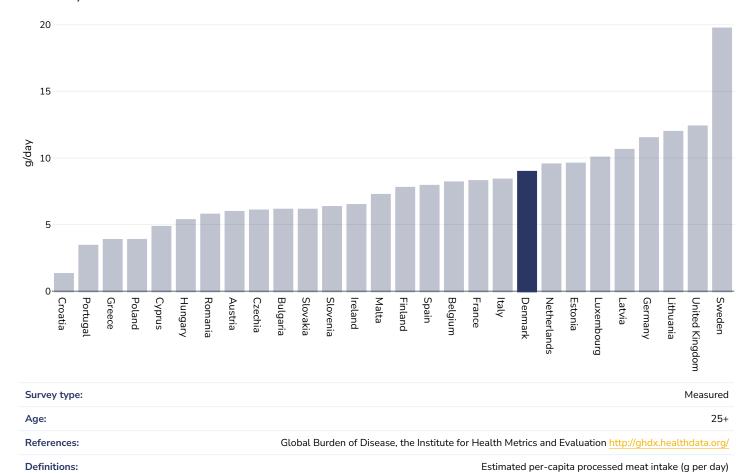
Adults, 2017





Estimated per-capita processed meat intake

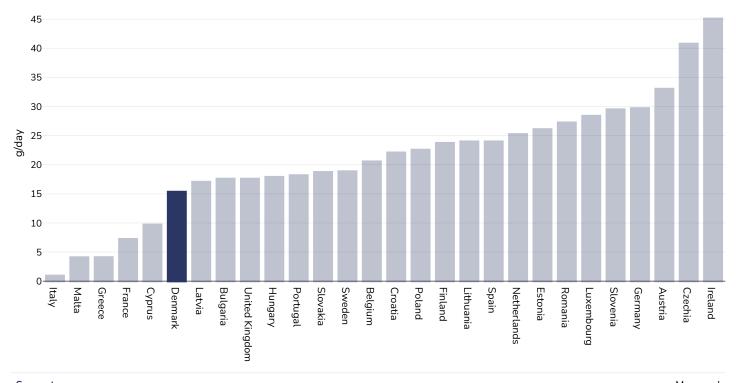
Adults, 2017





Estimated per capita whole grains intake

Adults, 2017

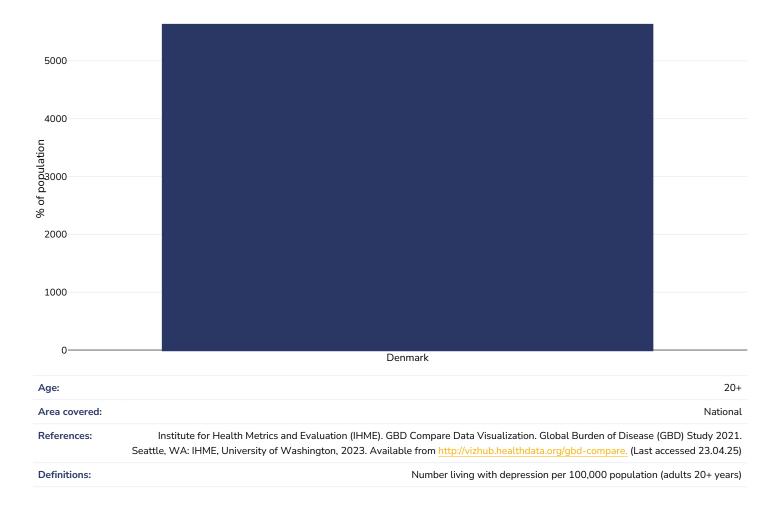


Survey type:	Measured
Age:	25+
References:	Global Burden of Disease, the Institute for Health Metrics and Evaluation http://ghdx.healthdata.org/
Definitions:	Estimated per-capita whole grains intake (g/day)



Mental health - depression disorders

Adults, 2021





Men, 2021









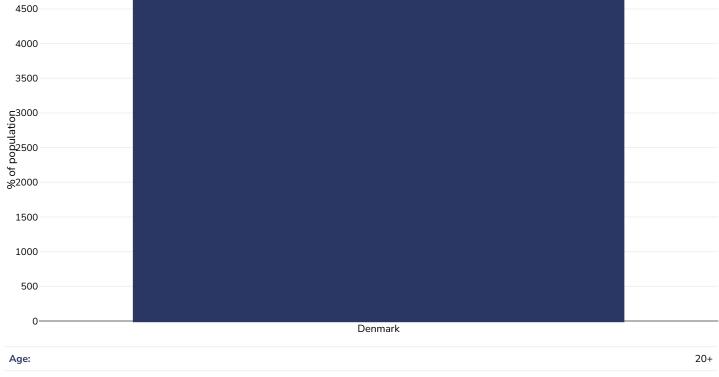
Mental health - anxiety disorders

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).

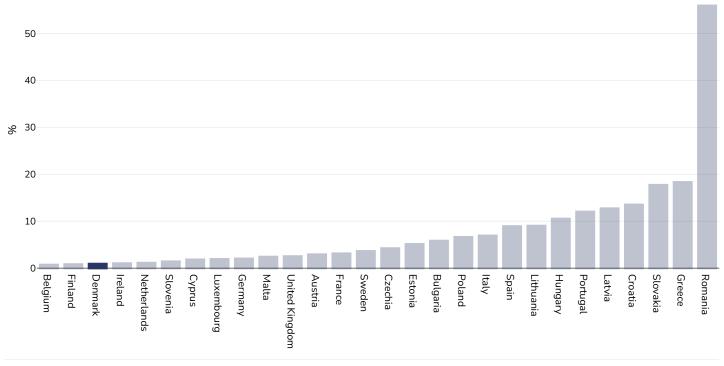
Definitions:

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:

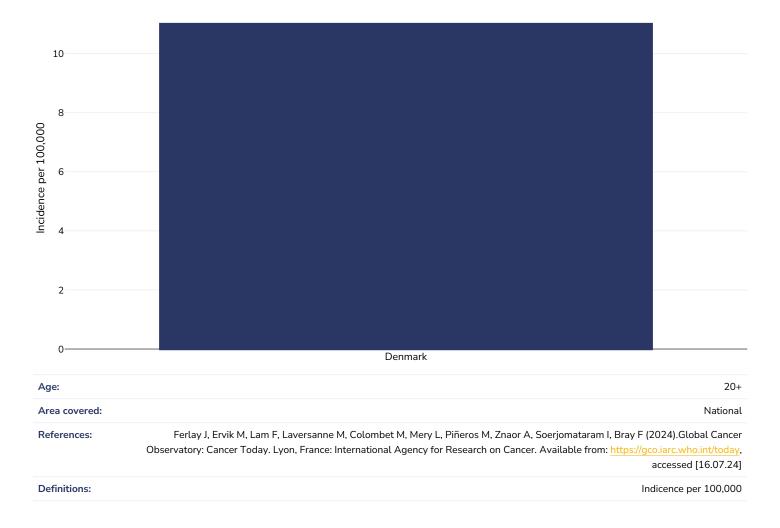
https://www.foodsystemsdashboard.org. DOI:

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

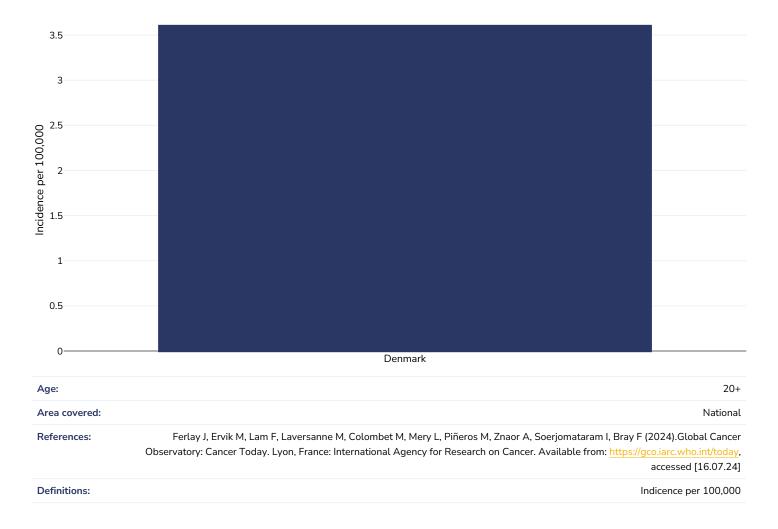


Oesophageal cancer

Men, 2022





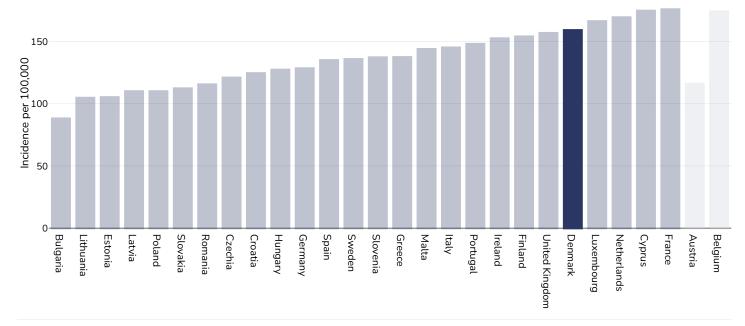




Breast cancer

Women, 2022





Area covered: National

References:

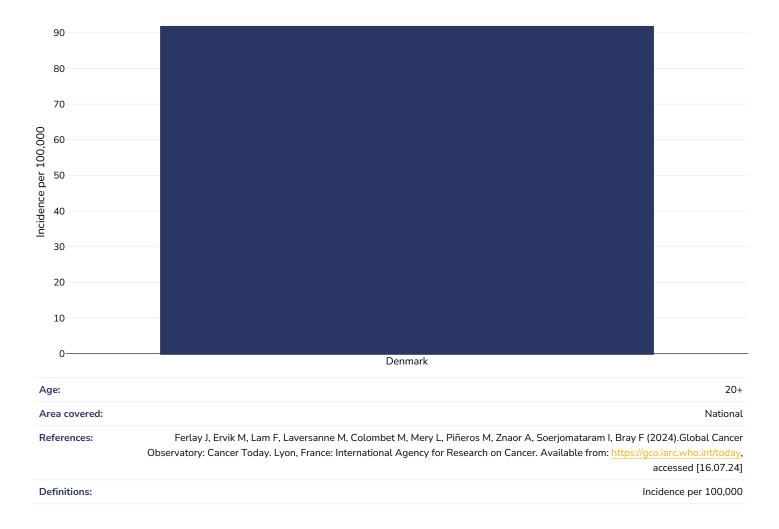
Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]

Definitions: Incidence per 100,000

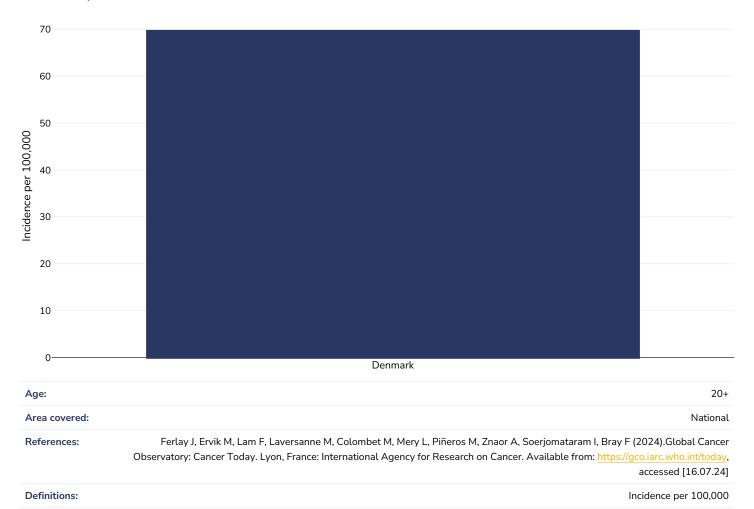


Colorectal cancer

Men, 2022



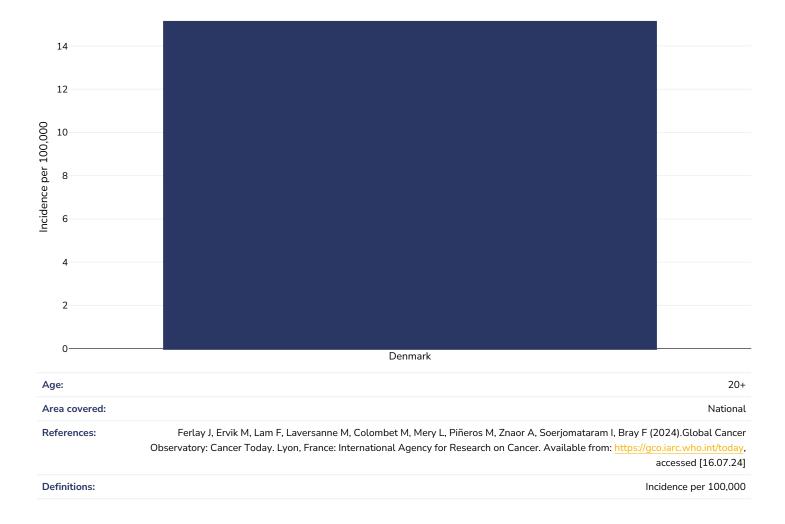




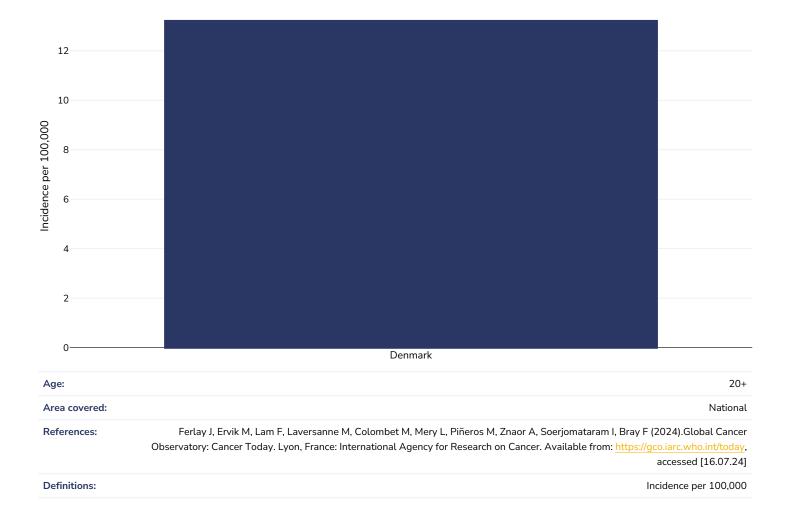


Pancreatic cancer

Men, 2022



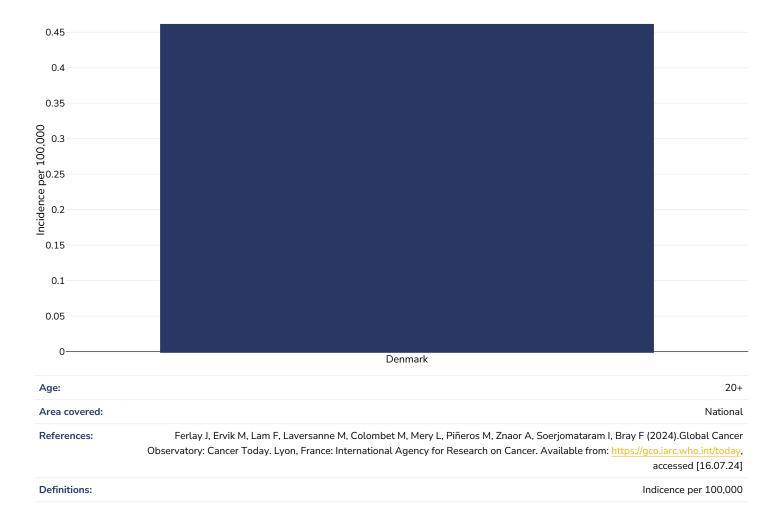






Gallbladder cancer

Men, 2022



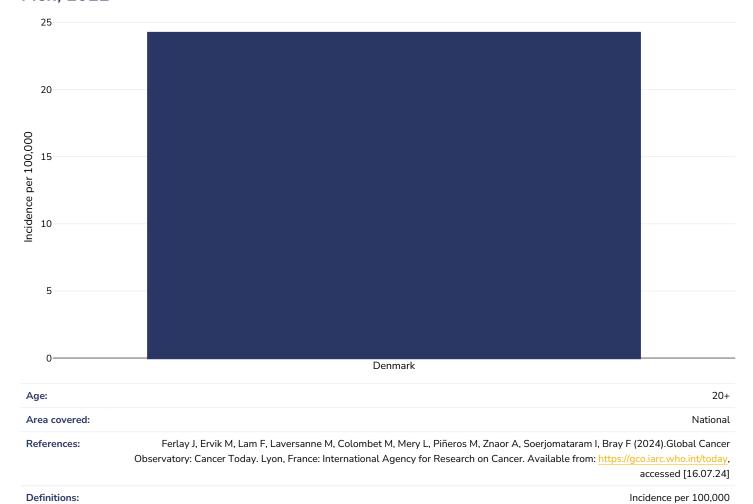






Kidney cancer

Men, 2022



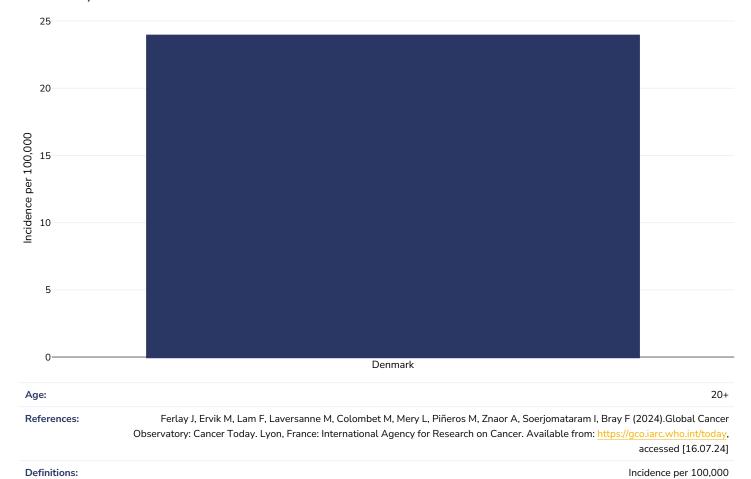






Cancer of the uterus

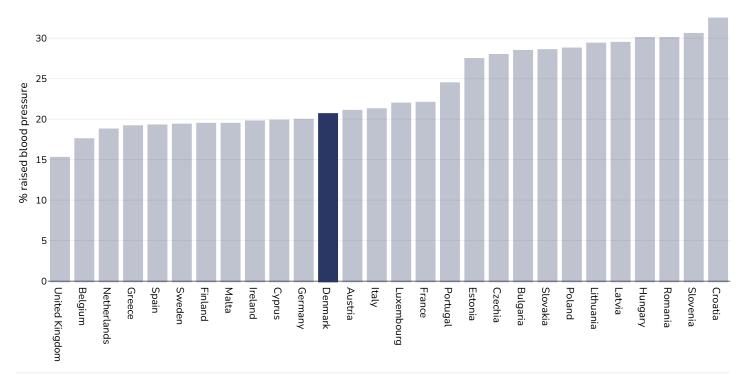
Women, 2022





Raised blood pressure

Adults, 2015



References:

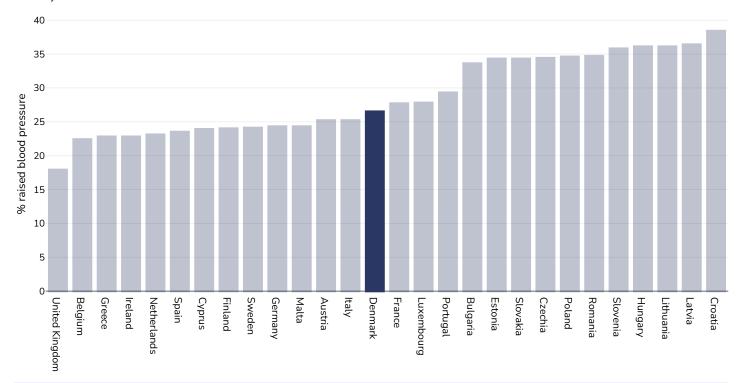
Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A875?lang=en

Definitions:

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



Men, 2015



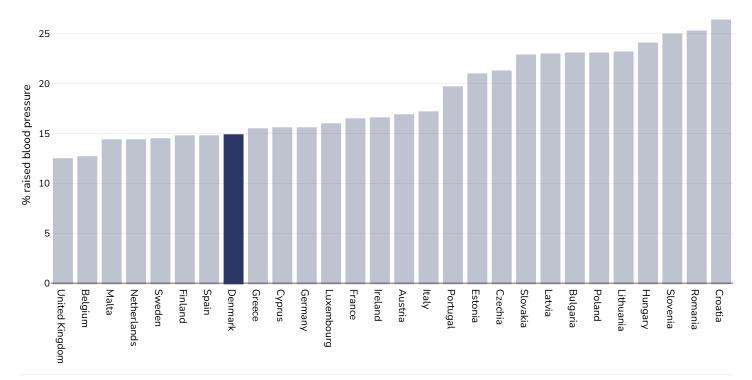
References:

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

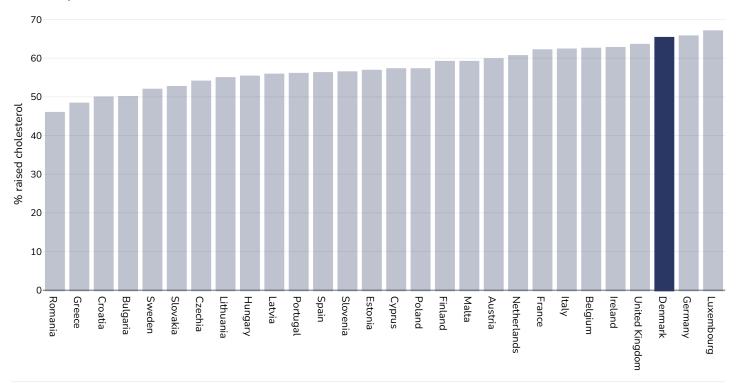
Definitions:

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



Raised cholesterol

Adults, 2008



References:

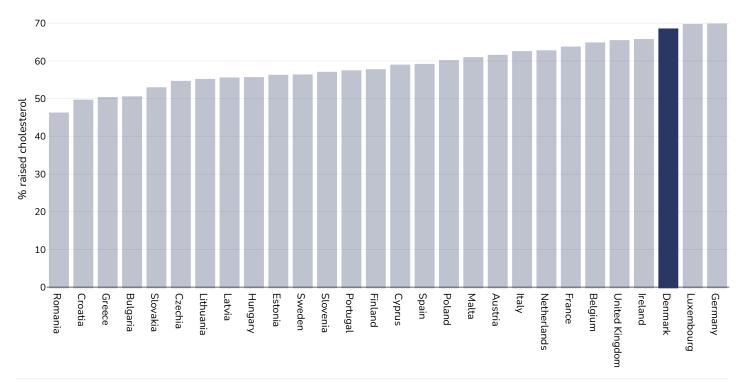
Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A885

Definitions:

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



Men, 2008



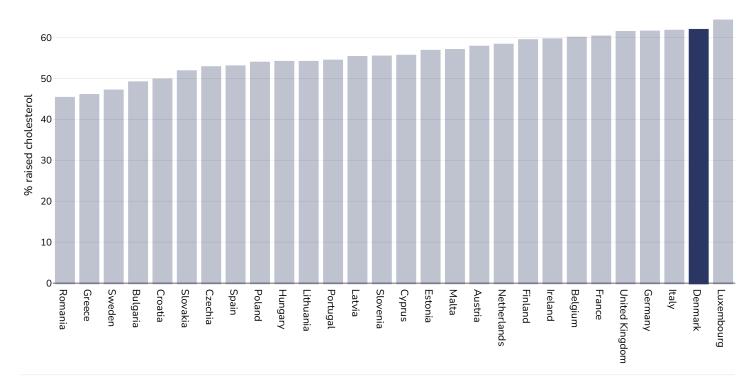
References:

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

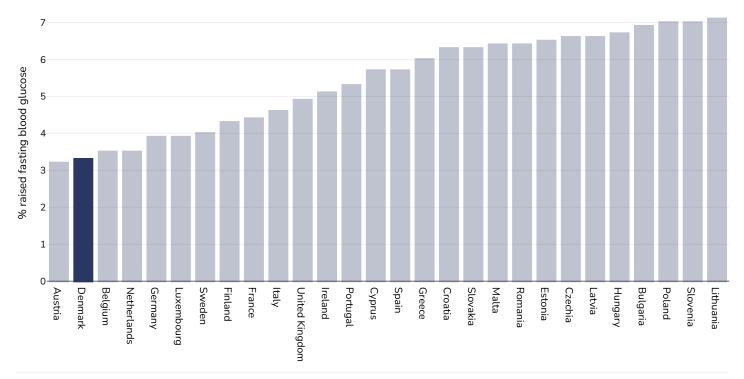
Definitions:

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



Raised fasting blood glucose

Men, 2014



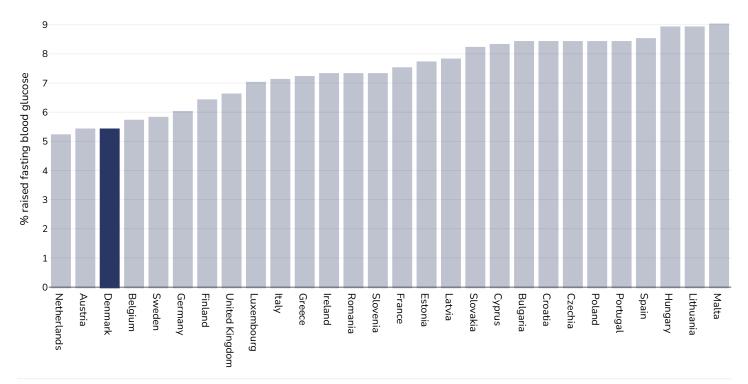
References:

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

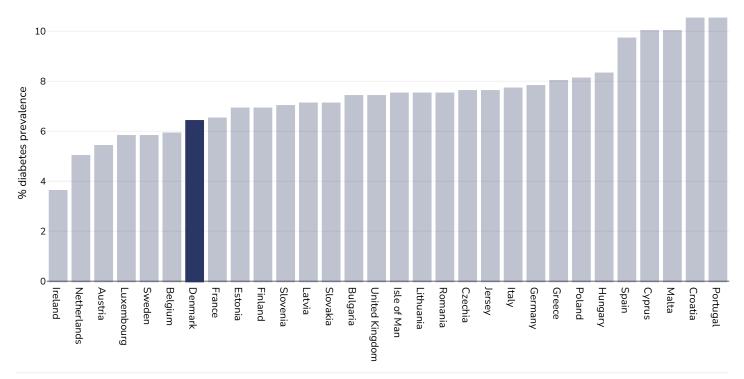
Definitions:

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



Diabetes prevalence

Adults, 2024



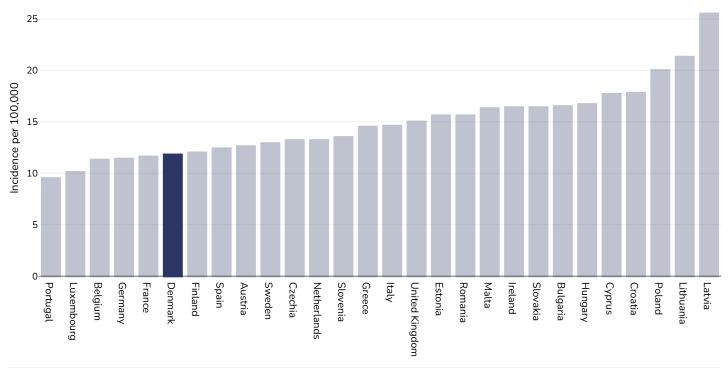
References:

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:					Znaor A, Soerjomataran n Cancer. Available fror		.int/today,
Definitions:						Incidence pe	er 100,000
	Unless ot	therwise noted, overw	veight refers to a BMI	between 25kg and 29	9.9kg/m², obesity refers	to a BMI greater thar	n 30kg/m².

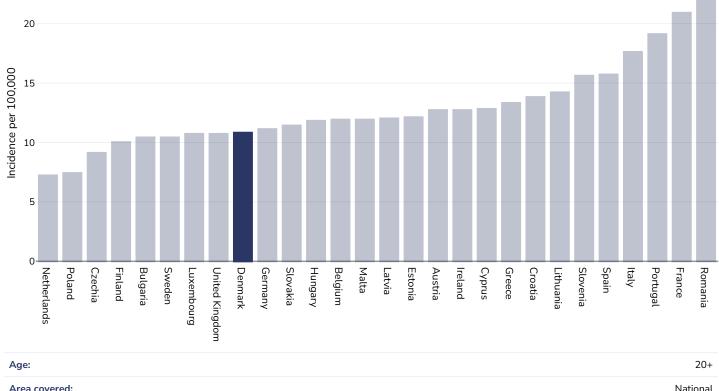


Women, 20	022						
4							
3							
2							
1							
0							
⁻¹ 1	0	1	2	3	4	5	6
Age:							20+
Area covered:							National
References:					'naor A, Soerjomatarar n Cancer. Available fron	m: https://gco.iarc.who	
Definitions:						Incidence pe	er 100,000
	Unless oth	nerwise noted, overw	veight refers to a BMI	between 25kg and 29	0.9kg/m², obesity refers	s to a BMI greater than	1 30kg/m².



Liver and intrahepatic bile duct Cancer

Men, 2022



Area covered: National

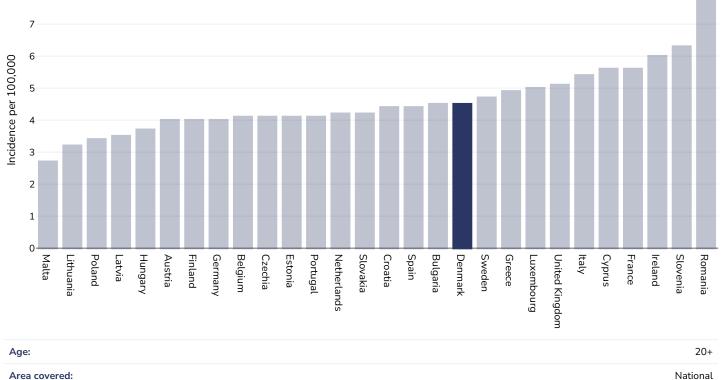
References:

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



8



Area covered: National

References:

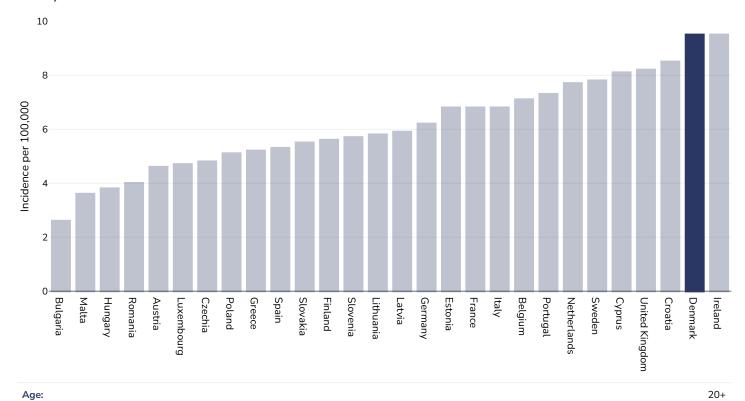
Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]

Definitions: Incidence per 100,000



Multiple Myeloma

Men, 2022



Area covered: National

References:

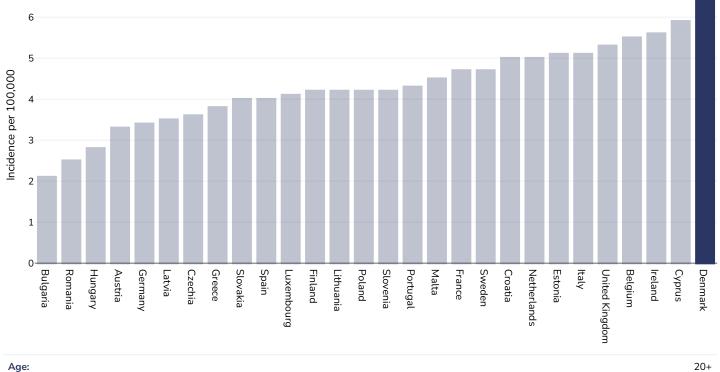
Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]

Definitions: Indicence per 100,000

National



Women, 2022



790.

Area covered: References:

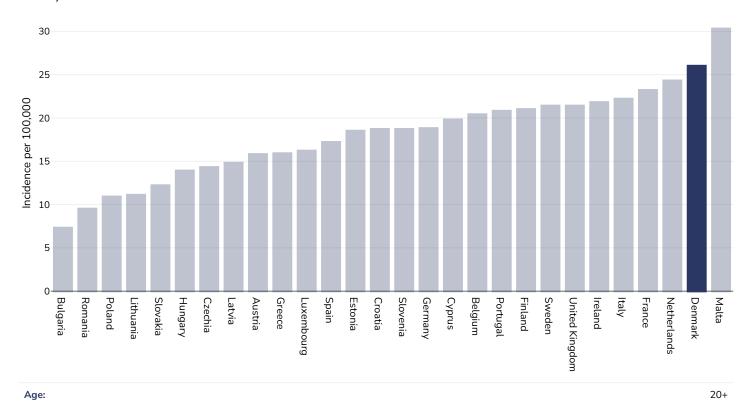
Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]

Definitions: Indicence per 100,000



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]

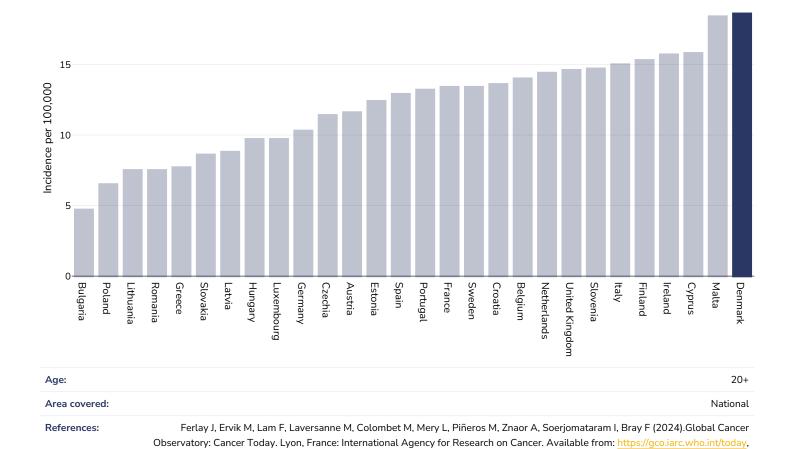
Definitions:

Incidence per 100,000

accessed [16.07.24]



Women, 2022

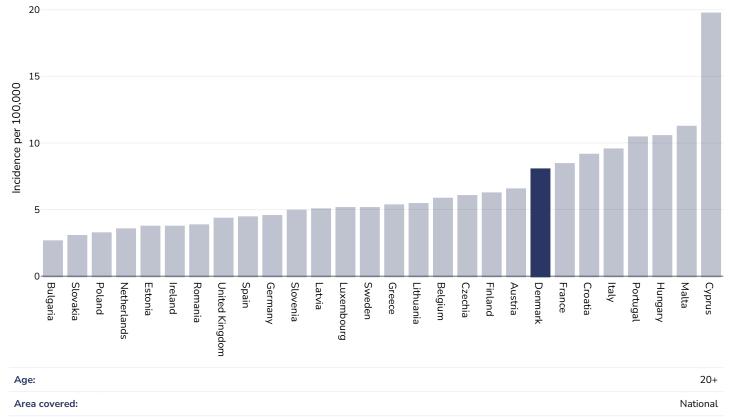


Definitions: Incidence per 100,000



Thyroid Cancer

Men, 2022

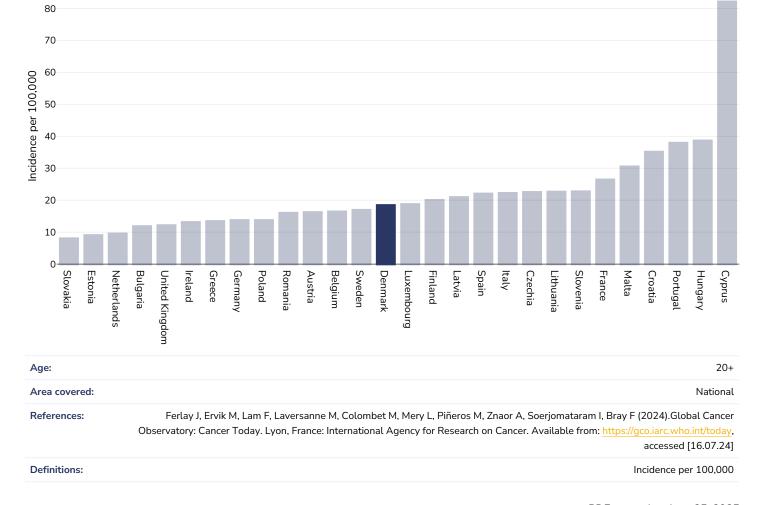


References:

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