

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.



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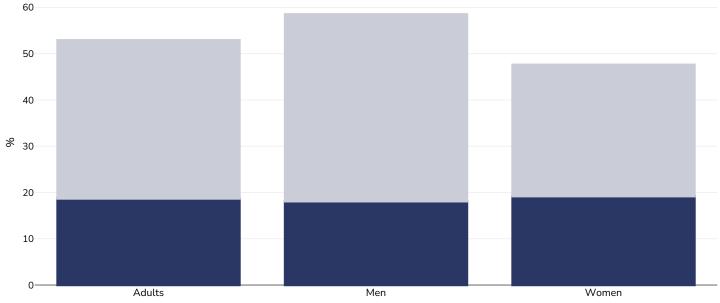


Obesity prevalence

Obesity Overweight

Adults, 2023





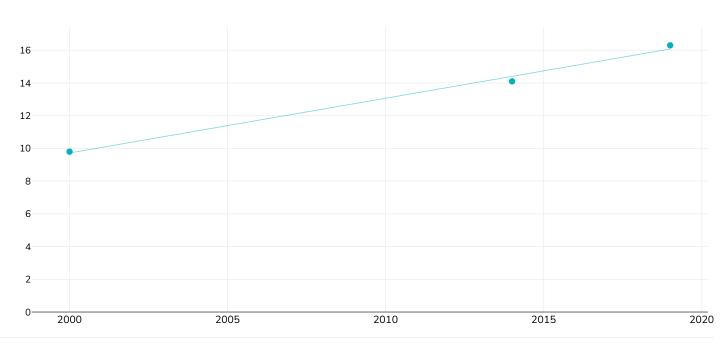
| Survey type: | Self-reported |
|---------------|---|
| Age: | 16+ |
| Sample size: | 25000 |
| Area covered: | National |
| References: | Danish National Representative Health and Morbidity Study 2023. Available at https://danskernessundhed.dk/ (last accessed 04.03.25) |
| | |



Adult trend obesity 2000 2019

Men

Obesity



Survey type: Self-reported

References:

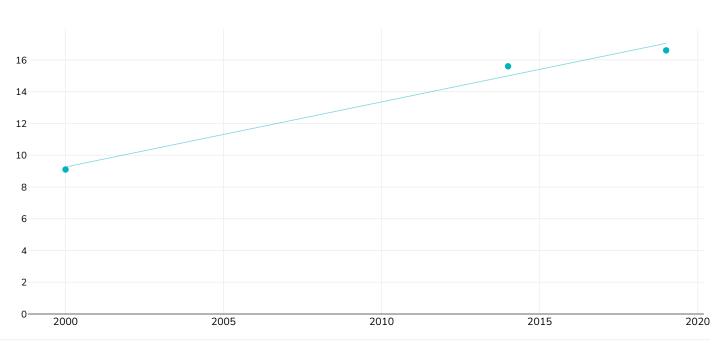
2000: Eurostat Yearbook 2006/07. A goldmine of statistical information. Available at

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)

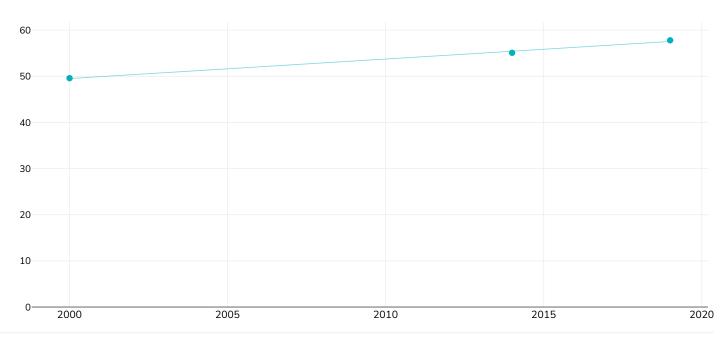
2014: Eurostat Database: http://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1e&lang=en (last accessed 25.08.20) 2019: Eurostat 2019. Data available at https://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1i&lang=en (last accessed 25.08.20) accessed 09.08.21)



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

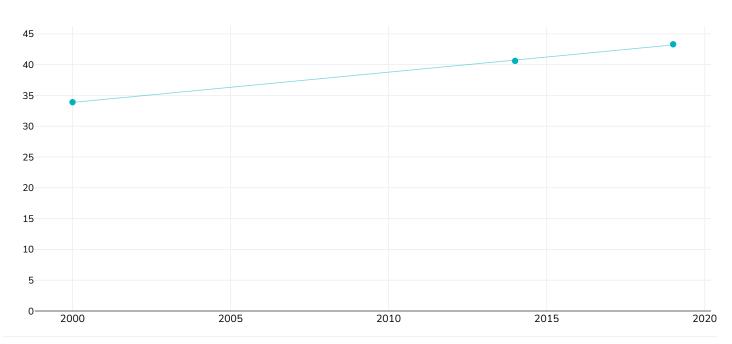
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4137bd045efa?t=1414683510000 (last accessed 04.11.21)

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

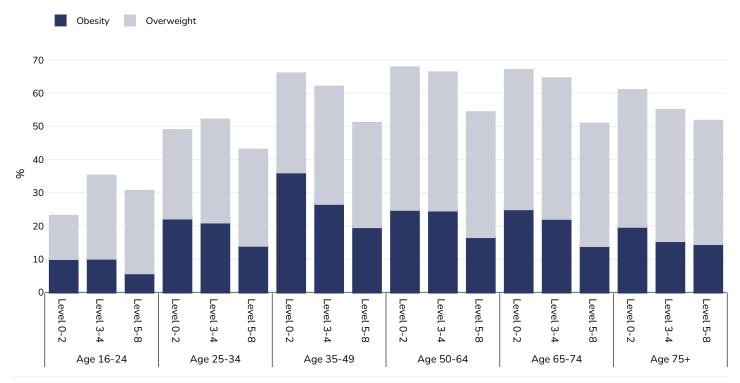
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2014: Eurostat Database: http://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1e&lang=en (last accessed 25.08.20) 2019: Eurostat 2019. Data available at https://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1i&lang=en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

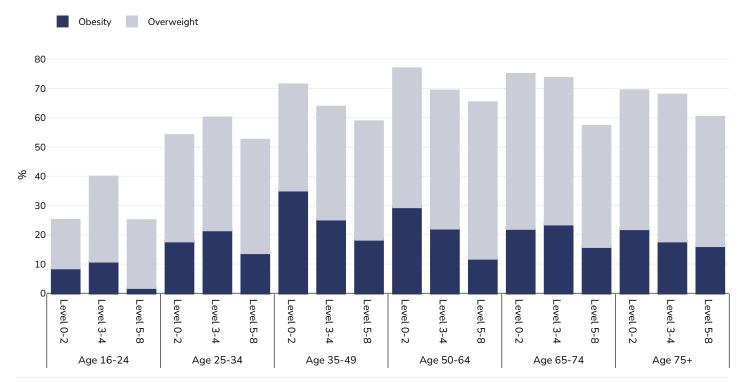
Definitions:

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]

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National

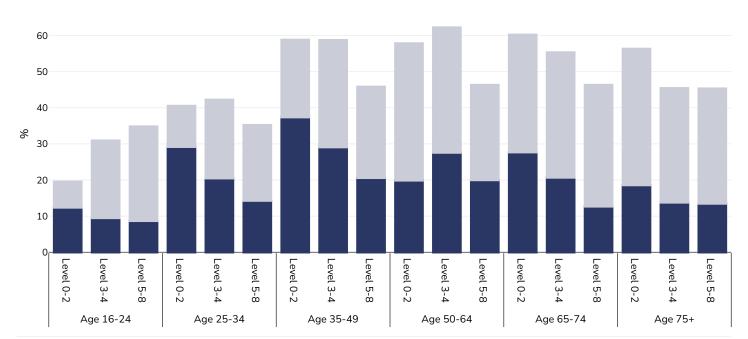
Notes:

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



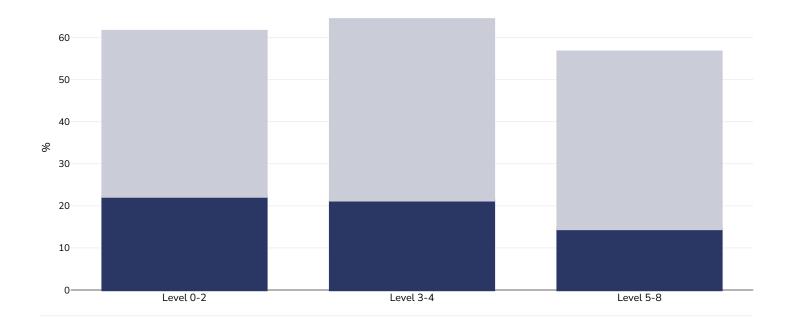
Self-reported



Men, 2022

Survey type:





Age:

Area covered:

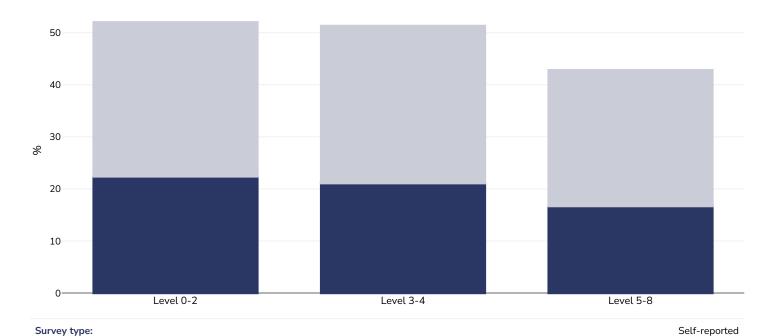
References:

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)

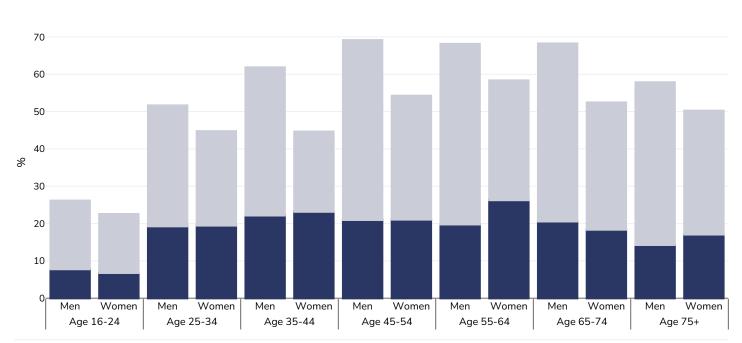
Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².



Overweight/obesity by age

Adults, 2023





Survey type:

Sample size:

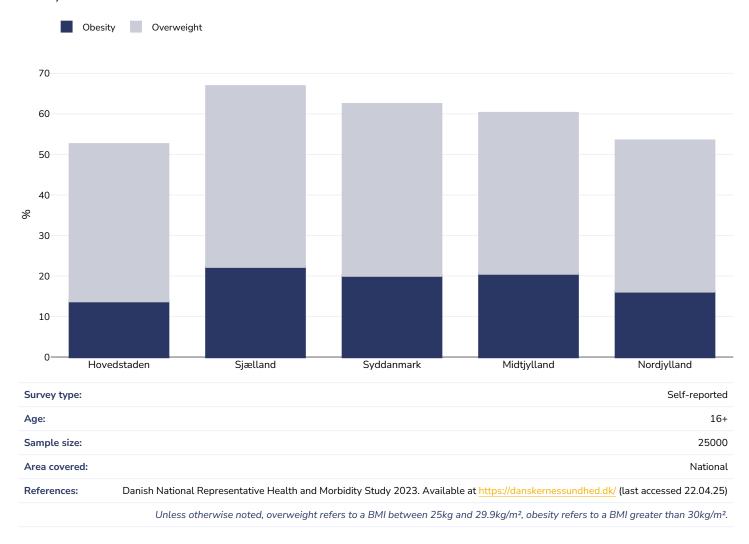
Area covered:

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



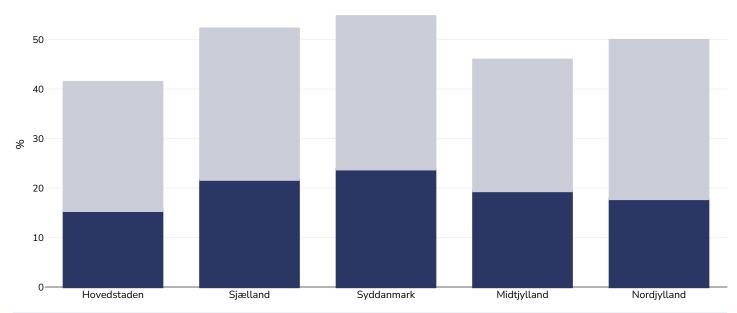
Overweight/obesity by region

Men, 2023









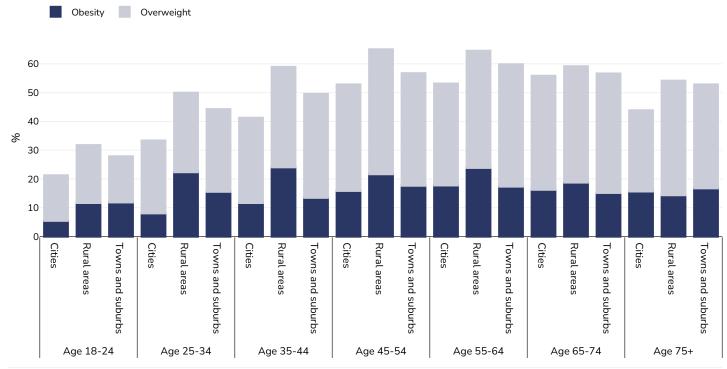
Survey type:

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:

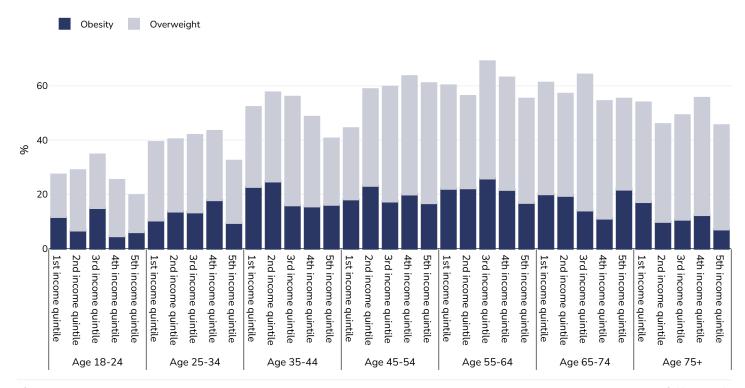
Eurostat 2019. Available at:

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:

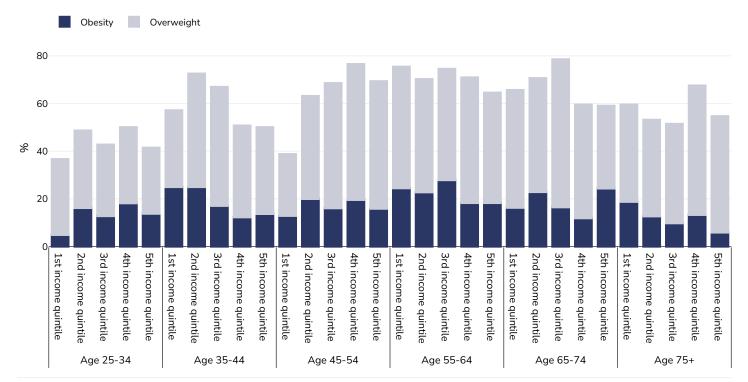
Area covered:

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

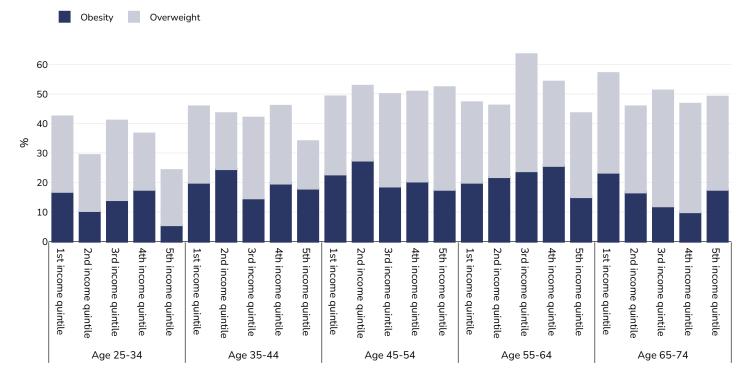
Area covered: National

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.

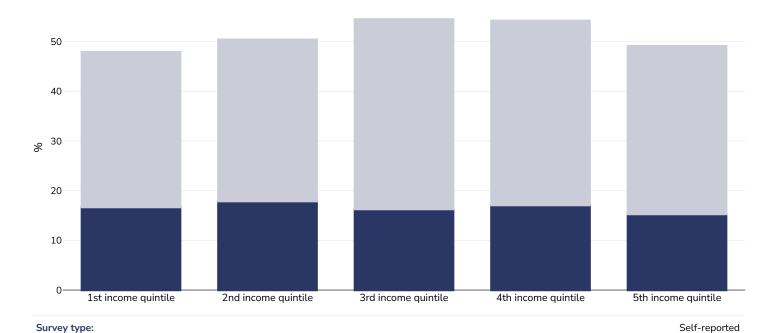
23.06.25]



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

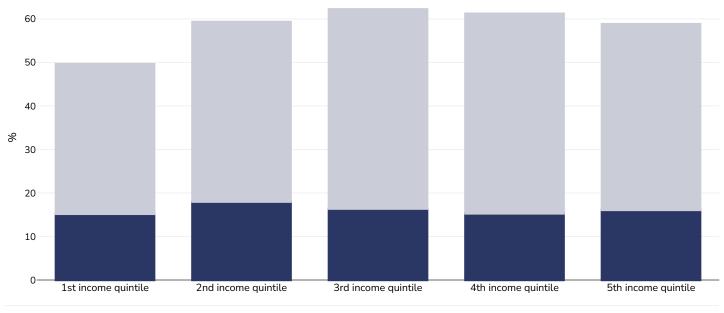
Definitions:

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



Men, 2019





Survey type: Self-reported

Age: 18+

Area covered: National

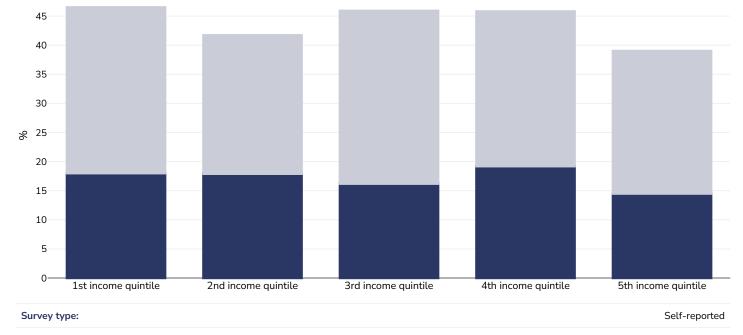
References: Eurostat 2019. Available at:

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)



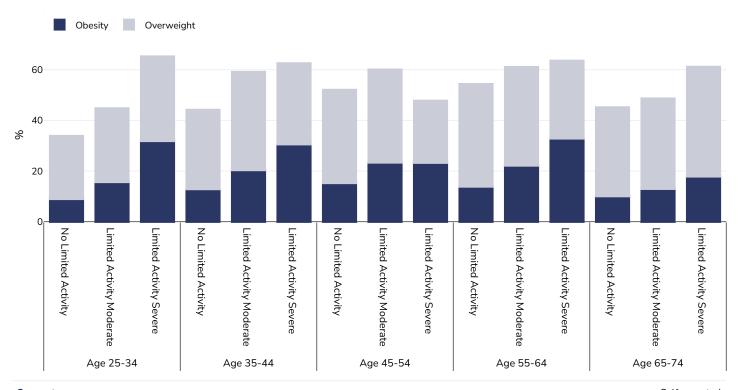
Overweight/obesity by ethnicity

Ethnic groups are as defined by publication of origin and are not as defined by WOF. In some instances ethnicity is conflated with nationality and/or race.



Overweight/obesity by age and limited activity

Adults, 2014



Survey type: Self-reported

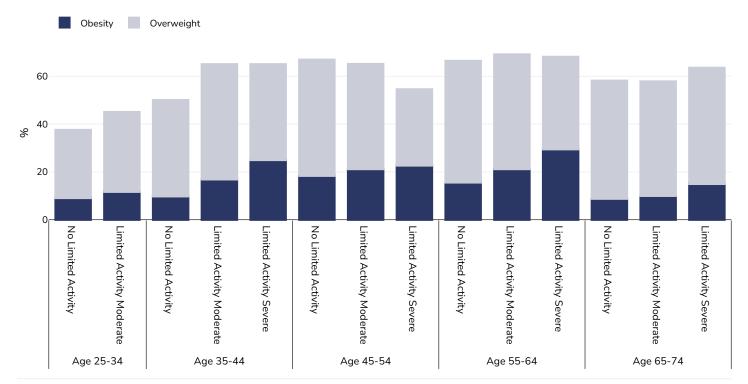
Area covered: National

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



Men, 2014

References:

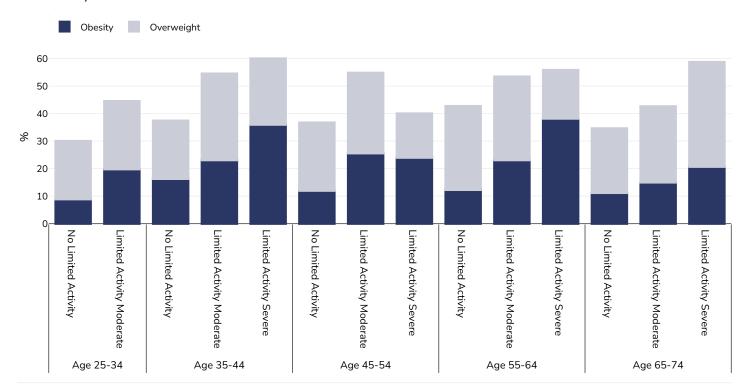


Survey type: Self-reported
Area covered: National

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

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





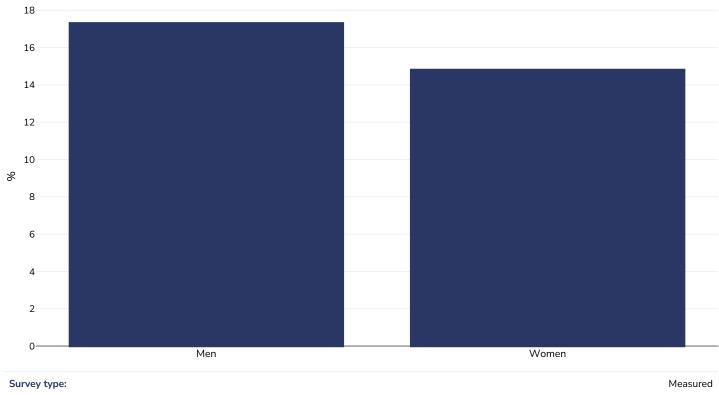
Survey type: Self-reported
Area covered: National

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.

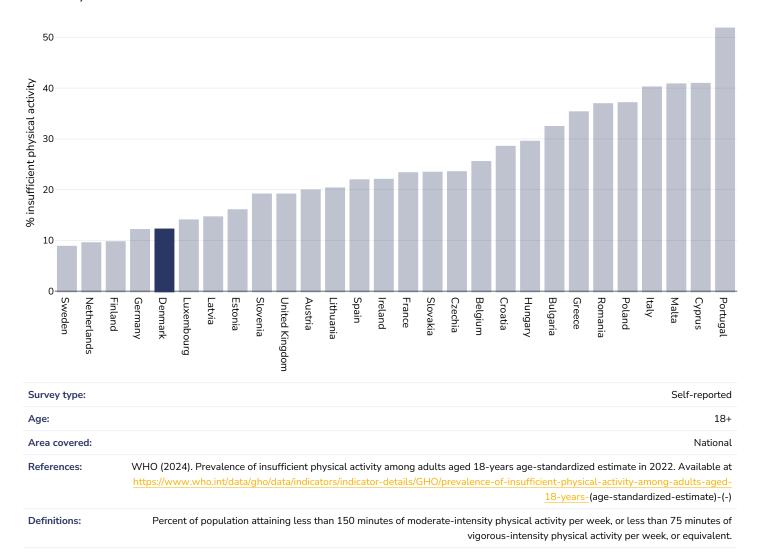
Notes: Age Standardised estimates

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



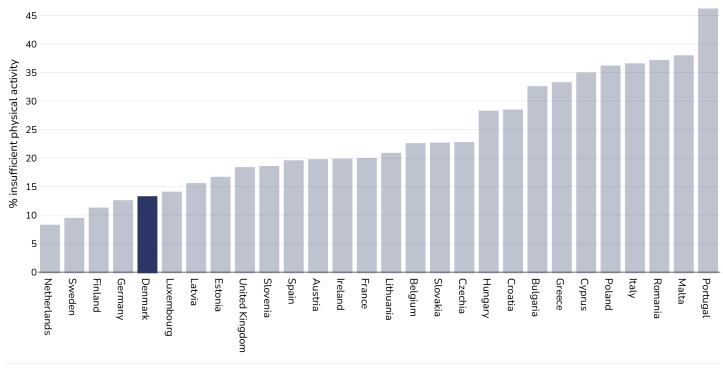
Insufficient physical activity

Adults, 2022





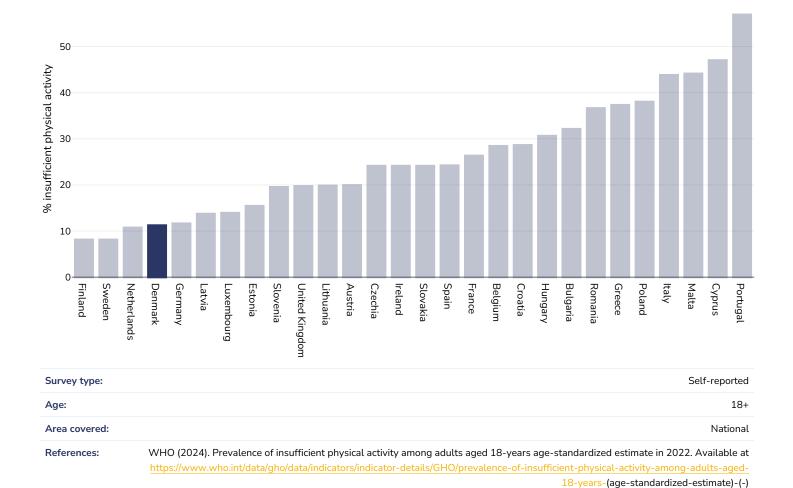
Men, 2022



| | do m |
|---------------|---|
| 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:



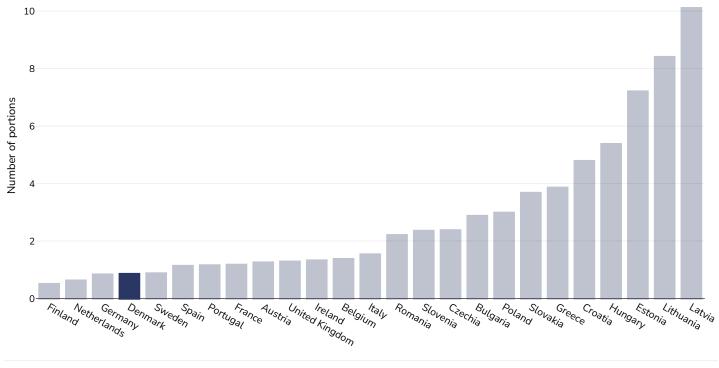
Percent of population attaining less than 150 minutes of moderate-intensity physical activity per week, or less than 75 minutes of

vigorous-intensity physical activity per week, or equivalent.



Sugar consumption

Adults, 2016



References: Source: Euromonitor International

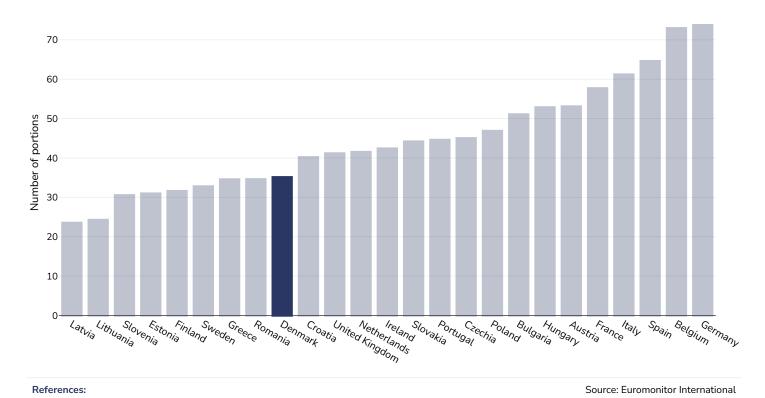
Definitions:

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



Estimated per capita sugar sweetened beverages intake

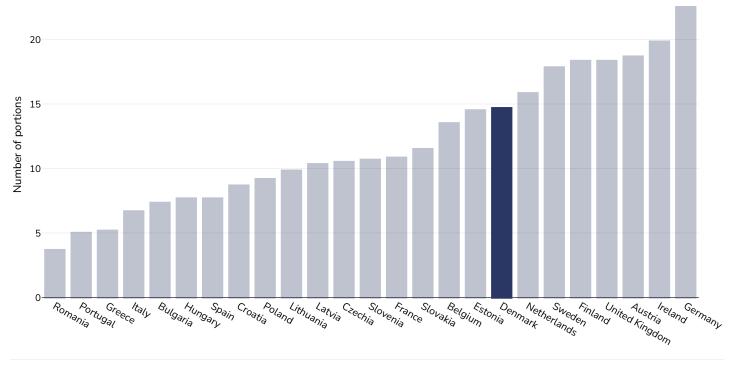
Adults, 2016





Prevalence of confectionery consumption

Adults, 2016



References: Source: Euromonitor International

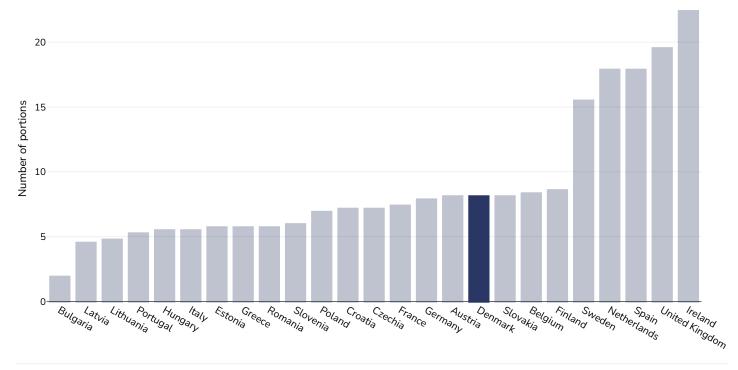
Definitions:

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



Prevalence of sweet/savoury snack consumption

Adults, 2016



References: Source: Euromonitor International

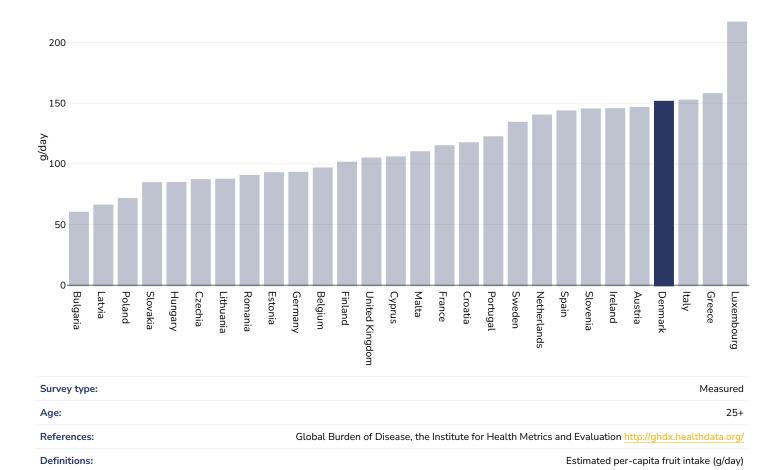
Definitions:

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



Estimated per capita fruit intake

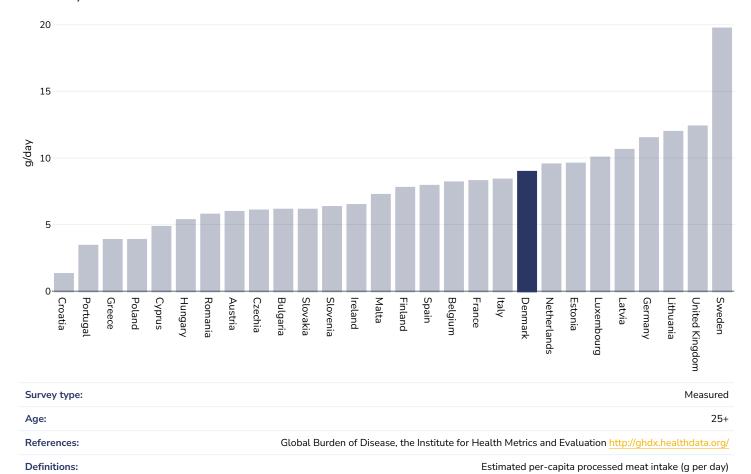
Adults, 2017





Estimated per-capita processed meat intake

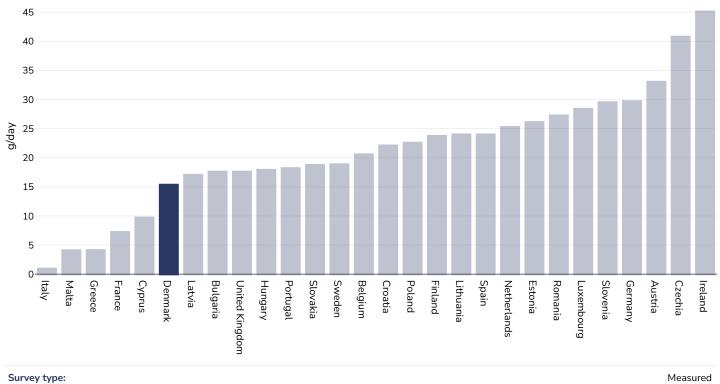
Adults, 2017





Estimated per capita whole grains intake

Adults, 2017



Age:

Age:

Clobal Burden of Disease, the Institute for Health Metrics and Evaluation http://ghdx.healthdata.org/

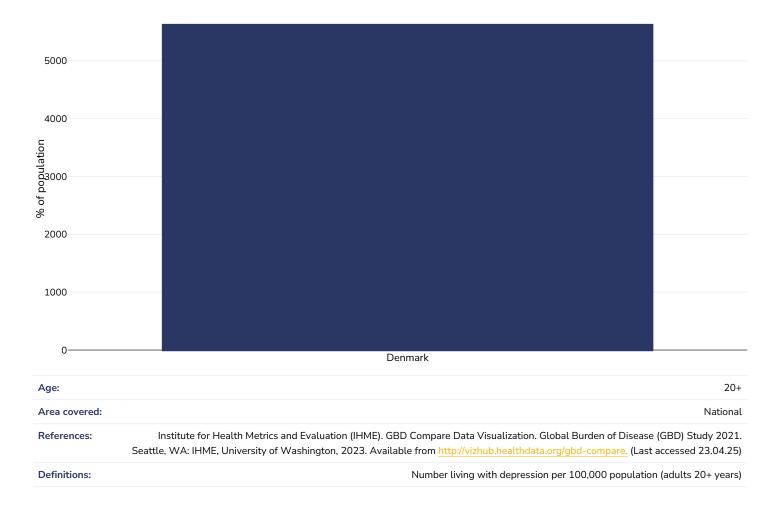
Definitions:

Estimated per-capita whole grains intake (g/day)



Mental health - depression disorders

Adults, 2021





Men, 2021









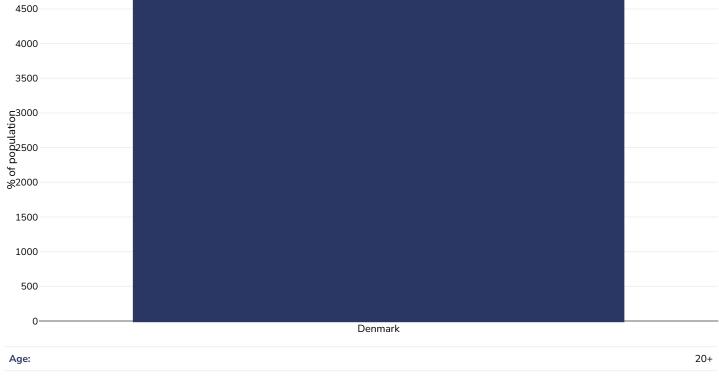
Mental health - anxiety disorders

Adults, 2021





Men, 2021



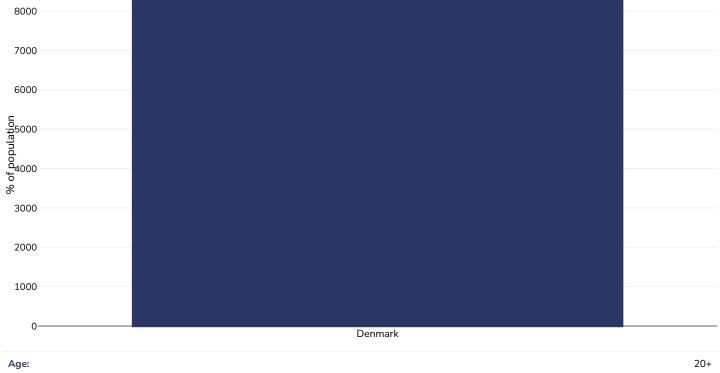
References:

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).

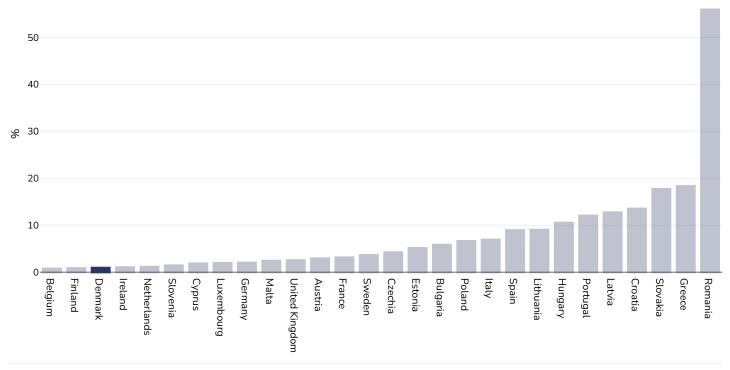
Definitions:

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:

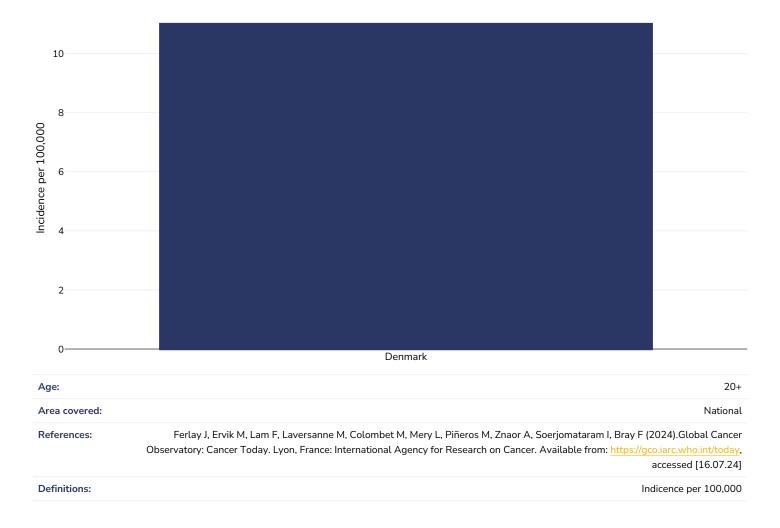
https://www.foodsystemsdashboard.org. DOI:

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

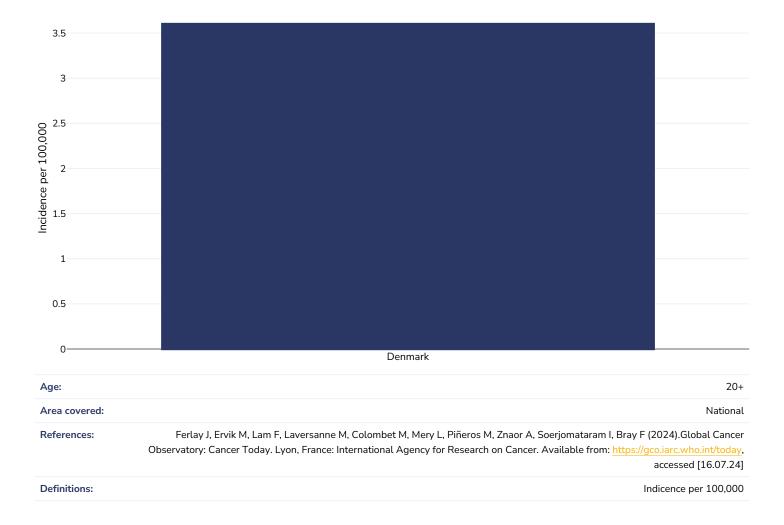


Oesophageal cancer

Men, 2022





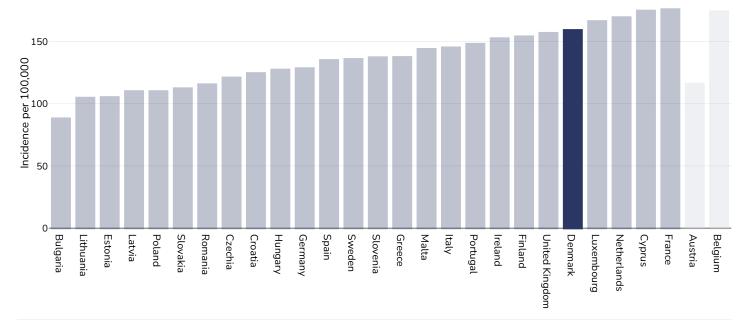




Breast cancer

Women, 2022





Area covered: National

References:

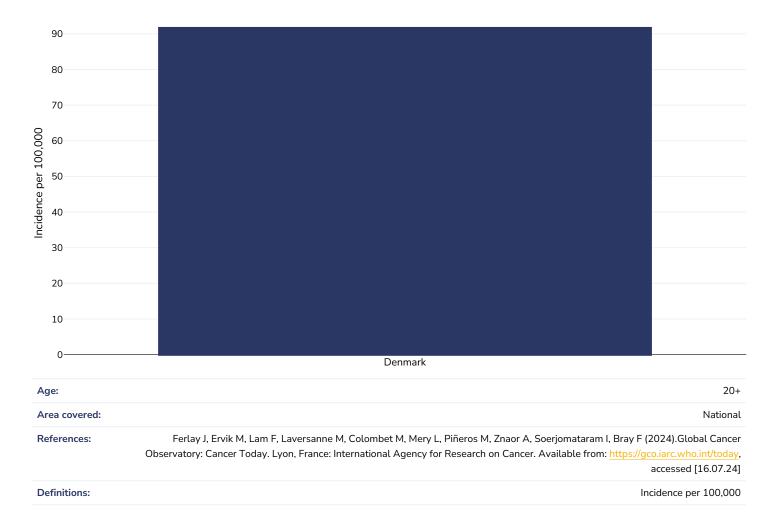
Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]

Definitions: Incidence per 100,000

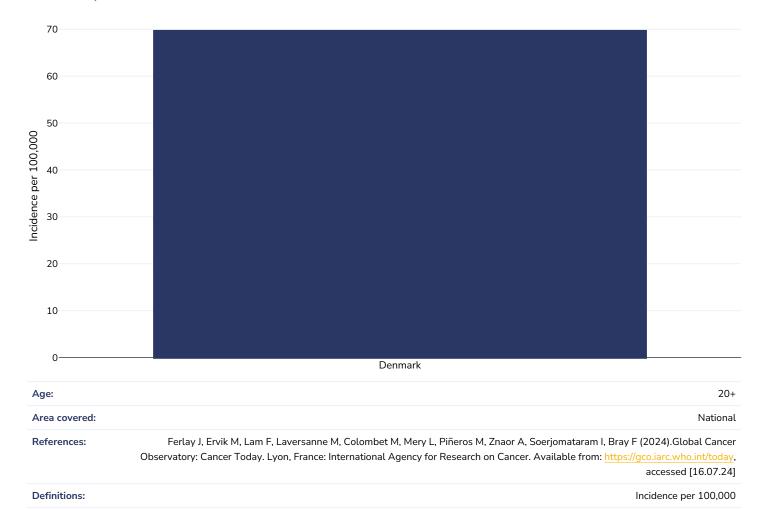


Colorectal cancer

Men, 2022



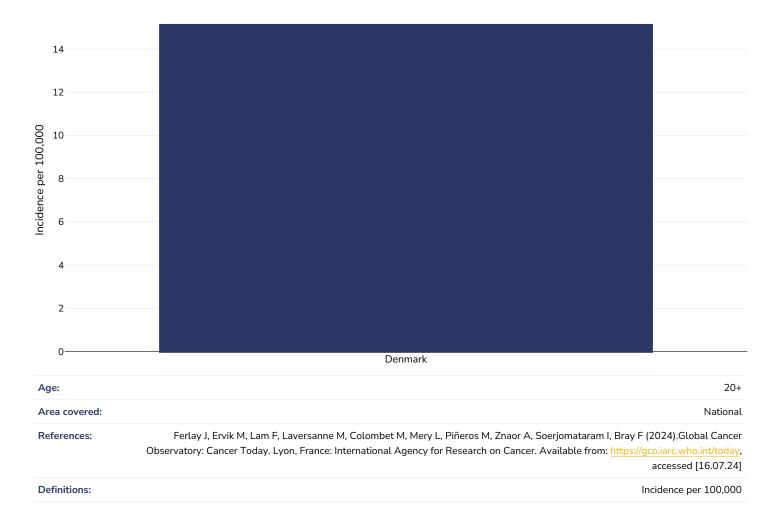




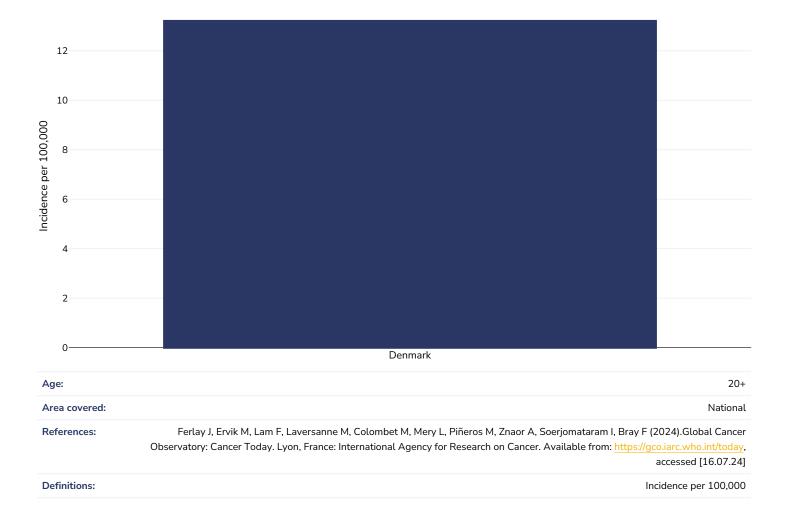


Pancreatic cancer

Men, 2022



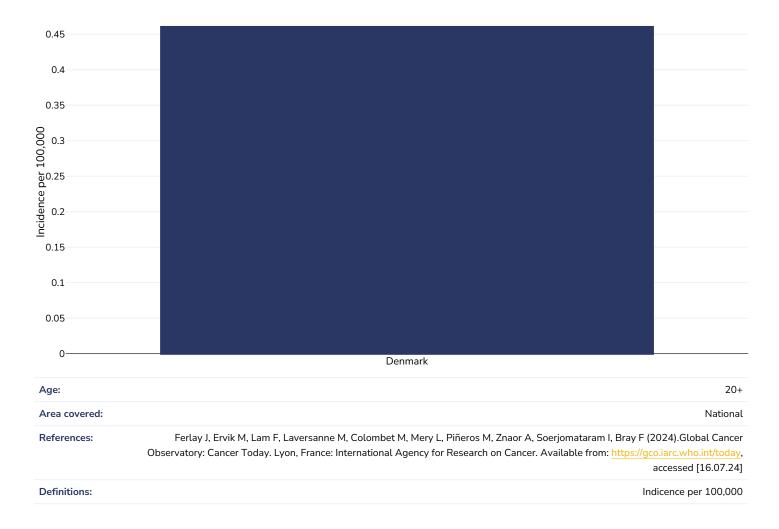






Gallbladder cancer

Men, 2022



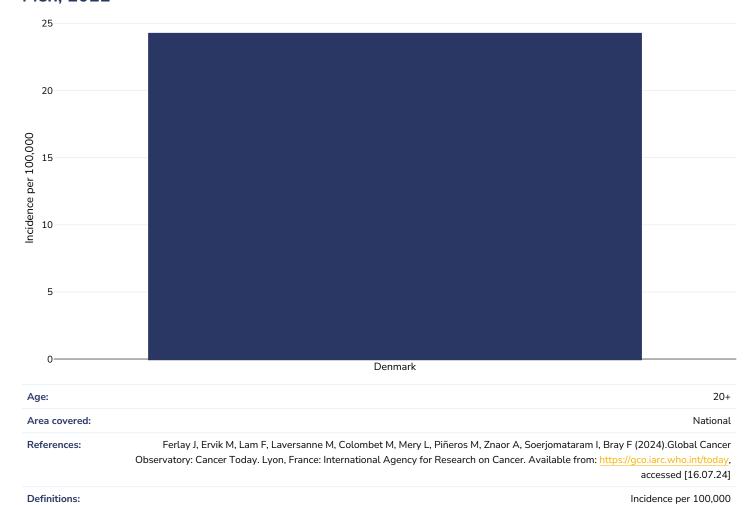




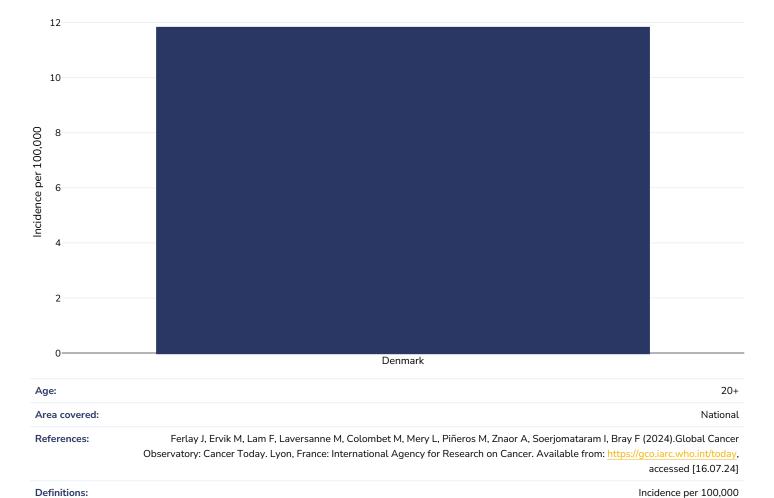


Kidney cancer

Men, 2022



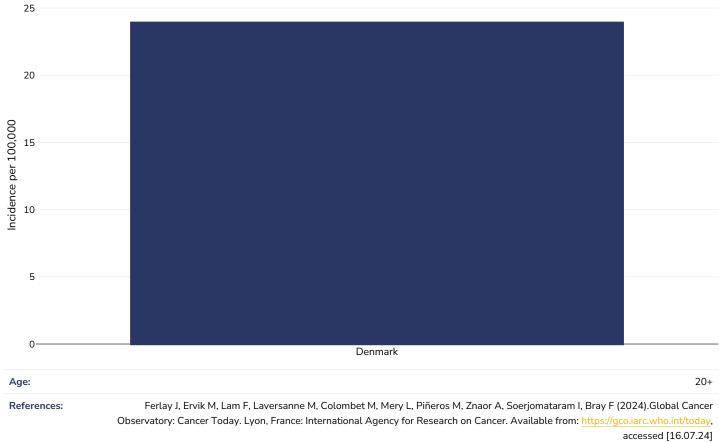






Cancer of the uterus

Women, 2022

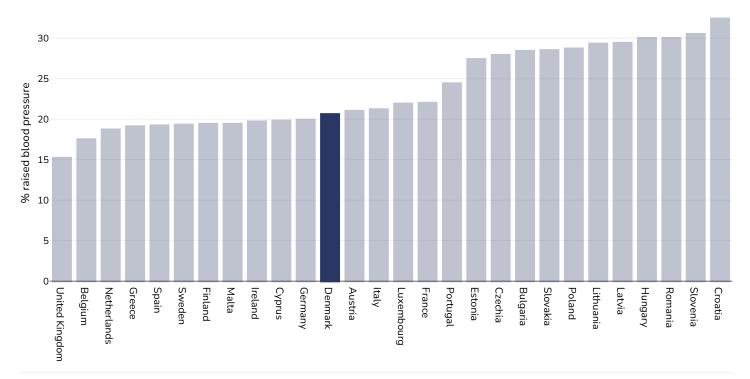


Definitions: Incidence per 100,000



Raised blood pressure

Adults, 2015



References:

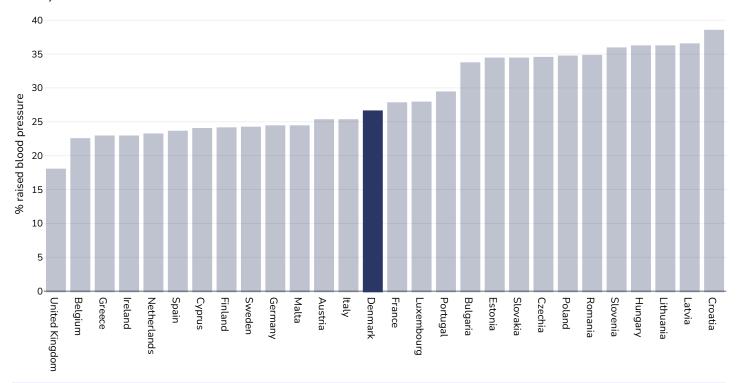
Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A875?lang=en

Definitions:

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



Men, 2015



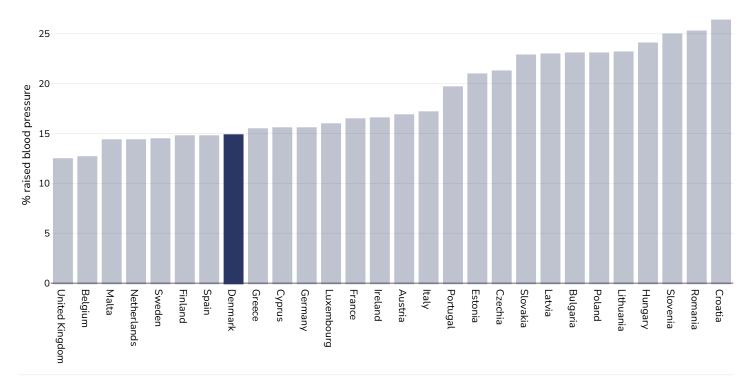
References:

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

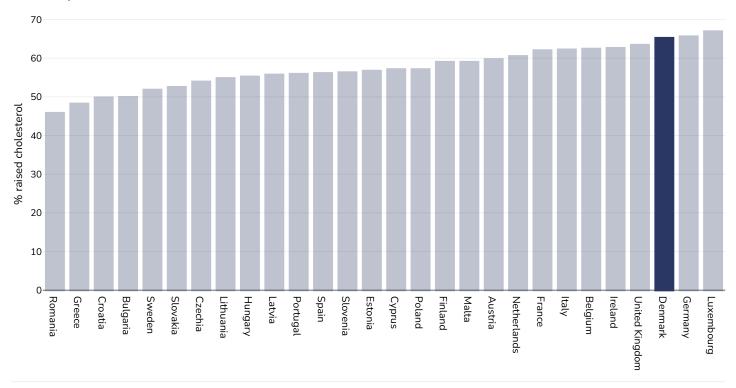
Definitions:

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



Raised cholesterol

Adults, 2008



References:

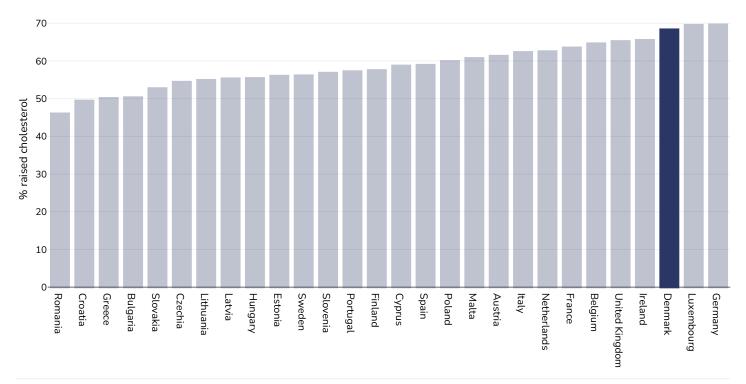
Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A885

Definitions:

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



Men, 2008



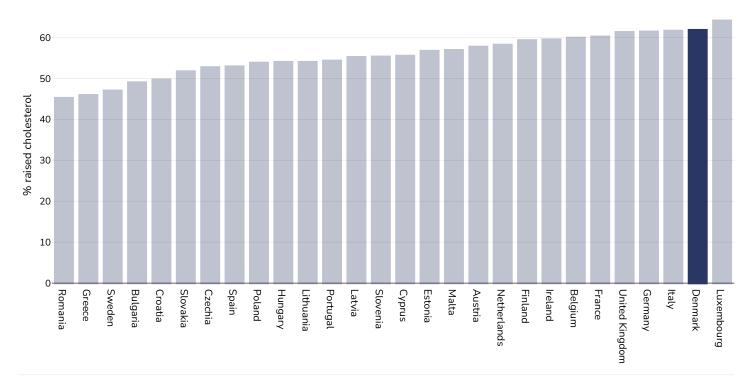
References:

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

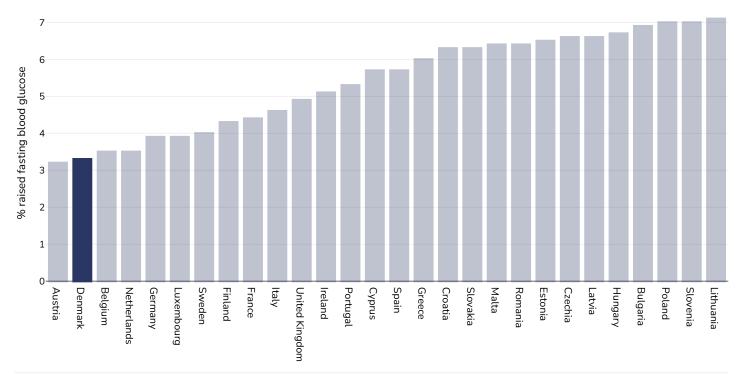
Definitions:

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



Raised fasting blood glucose

Men, 2014



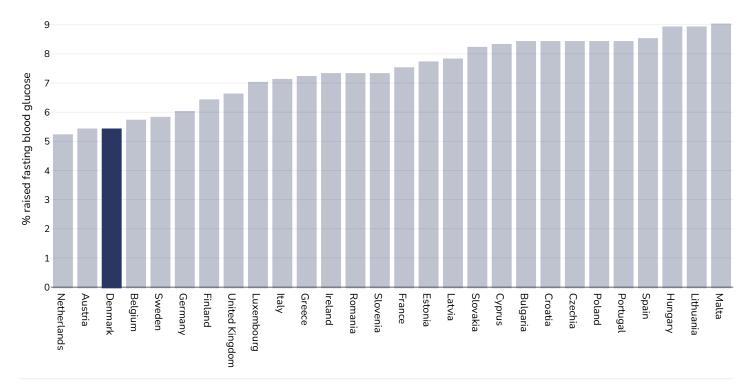
References:

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 (\geq 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

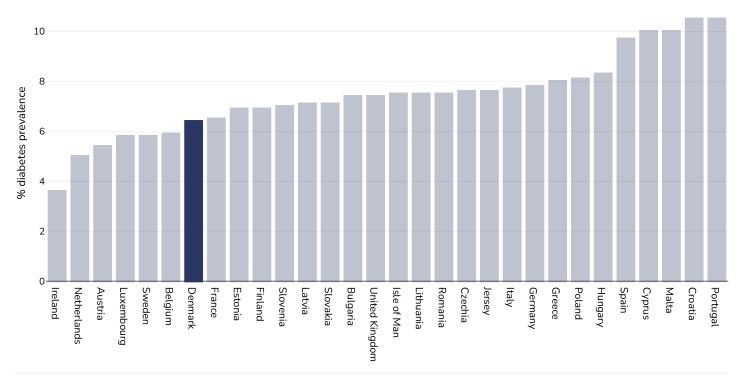
Definitions:

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



Diabetes prevalence

Adults, 2024



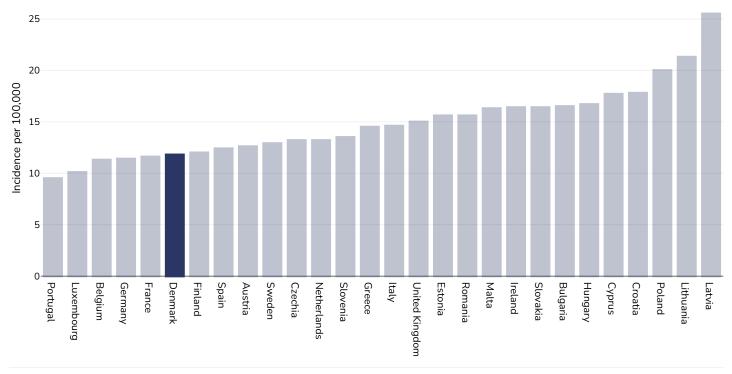
References:

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: | 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. | | | | |

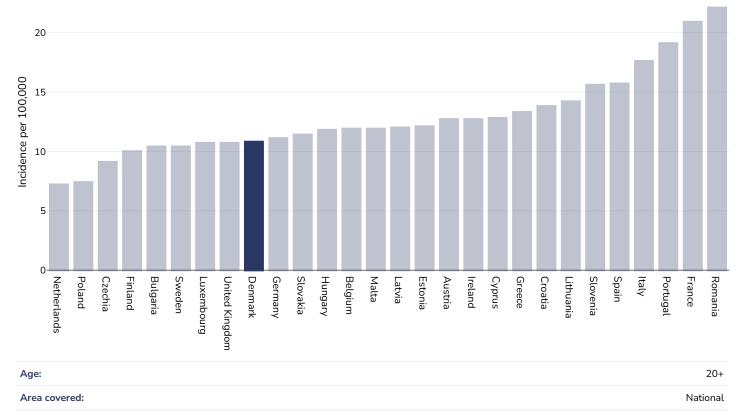


| Women, 20 | 22 | | | | | | |
|-----------------|-------------|---------------------|-------------------------|---------------------|--|-------------------------|------------|
| 4 | | | | | | | |
| 3 | | | | | | | |
| 2 | | | | | | | |
| 1 | | | | | | | |
| 0——— | | | | | | | |
| ⁻¹ 1 | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| Age: | | | | | | | 20+ |
| Area covered: | | | | | | | National |
| References: | | | | | 'naor A, Soerjomataram 1 Cancer. Available fron | n: https://gco.iarc.who | |
| Definitions: | | | | | | Incidence pe | er 100,000 |
| | Unless othe | rwise noted, overwe | eight refers to a BMI b | petween 25kg and 29 | 0.9kg/m², obesity refers | to a BMI greater tha | n 30kg/m². |



Liver and intrahepatic bile duct Cancer

Men, 2022

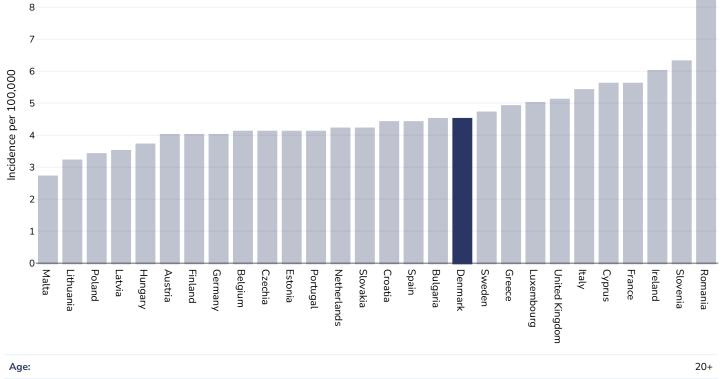


References:

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





Area covered: National

References:

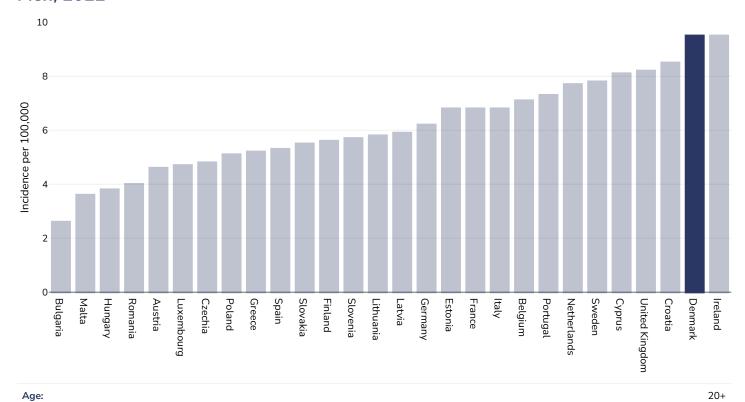
Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]

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]

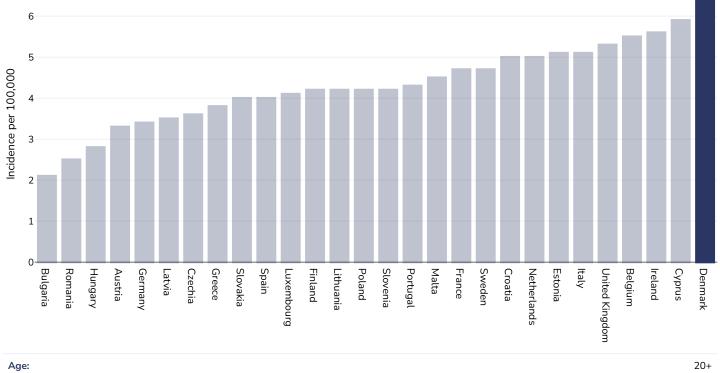
Definitions: Indicence per 100,000

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

National



Women, 2022



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]

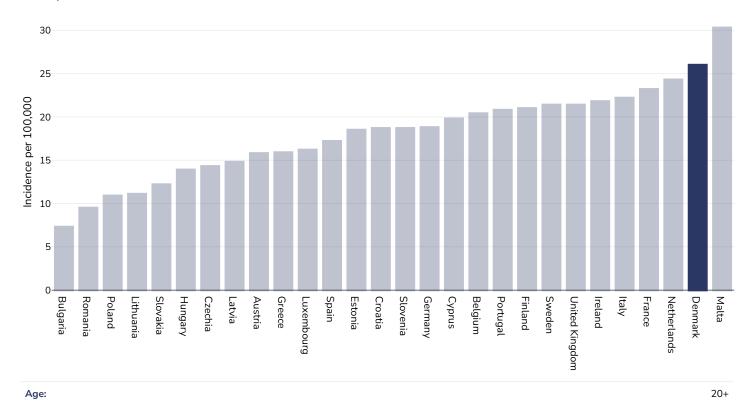
Definitions: Indicence per 100,000

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

Men, 2022



Area covered: National

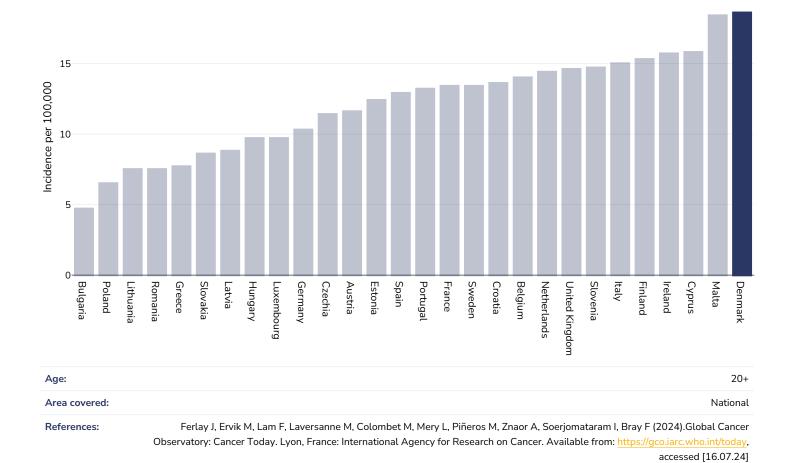
References:

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.





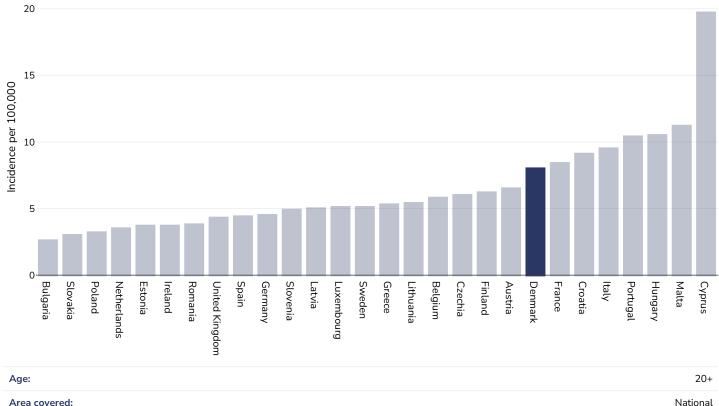
Definitions: Incidence per 100,000

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



Thyroid Cancer

Men, 2022



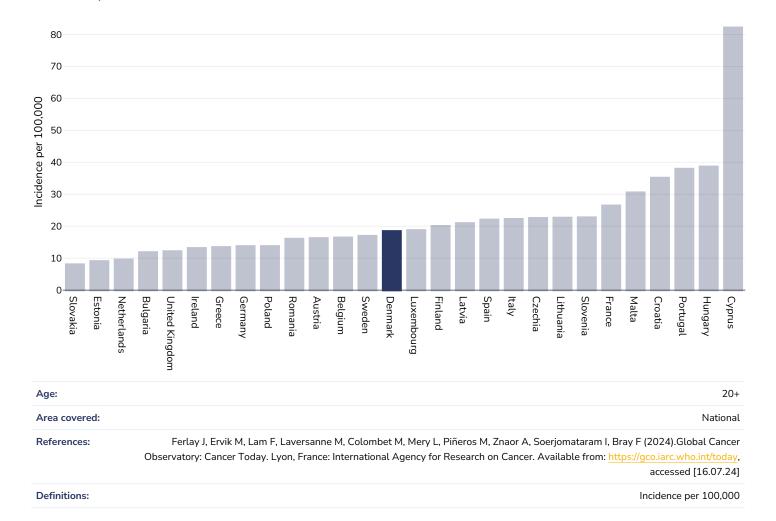
Area covered: National

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 July 4, 2025