# Report card

## Denmark

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Obesity prevalence

Adults, 2014

Survey type: Self-reported
Age: 18+
Area covered: National
References: Eurostat Database: http://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1e&lang=en (last accessed 25.08.20)

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
Children, 2007-2009

Survey type: Measured
Age: 14-16
Sample size: 7541
Area covered: Regional
Notes: 14 Regions included 90th & 97th Centile Cut Off
Cutoffs: Other
Overweight/obesity by age and education

Men, 2014

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.
Women, 2014

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.
Overweight/obesity by education

Men, 2014

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

Notes: Total sample size in EU = 35100 (Age 18+) Less than primary, primary and lower secondary education (levels 0-2) Upper secondary and post-secondary non-tertiary education (levels 3 and 4) Tertiary education (levels 5-8)

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m². obesity refers to a BMI greater than 30kg/m².
Women, 2014

Survey type: Self-reported  
Age: 18+  
Area covered: National  
Notes: Total sample size in EU = 35100 (Age 18+) Less than primary, primary and lower secondary education (levels 0-2)  
Upper secondary and post-secondary non-tertiary education (levels 3 and 4) Tertiary education (levels 5-8)  
Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
Boys, 2003-2010

Survey type: Self-reported
Age: 7
Sample size: 44,204
Area covered: National


Notes: Prevalence of overweight by Maternal Education Level. IOTF BMI cut-offs used

Cutoffs: IOTF
### Girls, 2003-2010

#### Survey type:
Self-reported

#### Age:
7

#### Sample size:
44,204

#### Area covered:
National

#### References:

#### Notes:
Prevalence of overweight by Maternal Education Level. IOTF BMI cut-offs used

#### Cutoffs:
IOTF
Overweight/obesity by age

Adults, 2017

Survey type: Self-reported
Sample size: 171,126
Area covered: National


Notes: This data is Self-report.

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m². Obesity refers to a BMI greater than 30kg/m².
Children, 1996-1997

Survey type: Measured
Sample size: 11211
Area covered: National
References: Nielson A, National Institute of Public Health, Copenhagen. Personal communication data re-analysed 2000 (Denmark)
Cutoffs: IOTF
Overweight/obesity by region

Men, 2010

Survey type: Self-reported
Age: 25+
Sample size: 104833
Area covered: 11 Regions

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m². Obesity refers to a BMI greater than 30kg/m².
Women, 2010

Survey type: Self-reported
Age: 25+
Sample size: 104833
Area covered: 11 Regions

References:

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 and region

Men, 2014

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.
Women, 2014

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.
Overweight/obesity by age and socio-economic group

Adults, 2014

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.
Men, 2014

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.
Women, 2014

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.
Overweight/obesity by socio-economic group

Men, 2014

<table>
<thead>
<tr>
<th>Quintile</th>
<th>Obesity (%)</th>
<th>Overweight (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1st</td>
<td>10</td>
<td>45</td>
</tr>
<tr>
<td>2nd</td>
<td>15</td>
<td>40</td>
</tr>
<tr>
<td>3rd</td>
<td>18</td>
<td>35</td>
</tr>
<tr>
<td>4th</td>
<td>20</td>
<td>25</td>
</tr>
<tr>
<td>5th</td>
<td>25</td>
<td>20</td>
</tr>
</tbody>
</table>

Survey type: Self-reported

Age: 18+

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

Area covered: National


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

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
Women, 2014

Survey type: Self-reported
Age: 18+
Sample size: Total sample number in EU: 35100 (Age 18+)
Area covered: National
Notes: 1st Quintile (lowest income), 5th Quintile (highest income) Please note where data = zero, there were insufficient data.

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
### Boys, 2003-2010

![Chart showing prevalence of overweight by household income]

<table>
<thead>
<tr>
<th>Household Income (%)</th>
<th>Overweight %</th>
</tr>
</thead>
<tbody>
<tr>
<td>&lt;20</td>
<td>10</td>
</tr>
<tr>
<td>20-&lt;40</td>
<td>9</td>
</tr>
<tr>
<td>40-&lt;60</td>
<td>8</td>
</tr>
<tr>
<td>60-&lt;80</td>
<td>7</td>
</tr>
<tr>
<td>80-100</td>
<td>6</td>
</tr>
</tbody>
</table>

**Survey type:** Self-reported  
**Age:** 7  
**Sample size:** 44,204  
**Area covered:** National  


**Notes:** Prevalence of overweight by household income (%) IOTF BMI cut-offs used  
**Cutoffs:** IOTF
Girls, 2003-2010

Prevalence of overweight by household income (%) IOTF BMI cut-offs used

Survey type: Self-reported
Age: 7
Sample size: 44,204
Area covered: National


Notes: Prevalence of overweight by household income (%) IOTF BMI cut-offs used

Cutoffs: IOTF
Insufficient physical activity

Adults, 2016

Men, 2016

Women, 2016

### Children, 2010

<table>
<thead>
<tr>
<th>Country</th>
<th>% insufficient physical activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ireland</td>
<td>70</td>
</tr>
<tr>
<td>Austria</td>
<td>70</td>
</tr>
<tr>
<td>Czech Republic</td>
<td>70</td>
</tr>
<tr>
<td>Finland</td>
<td>70</td>
</tr>
<tr>
<td>Spain</td>
<td>70</td>
</tr>
<tr>
<td>Luxembourg</td>
<td>70</td>
</tr>
<tr>
<td>United Kingdom</td>
<td>70</td>
</tr>
<tr>
<td>Croatia</td>
<td>70</td>
</tr>
<tr>
<td>Poland</td>
<td>70</td>
</tr>
<tr>
<td>Latvia</td>
<td>70</td>
</tr>
<tr>
<td>Slovenia</td>
<td>70</td>
</tr>
<tr>
<td>Hungary</td>
<td>70</td>
</tr>
<tr>
<td>Netherlands</td>
<td>70</td>
</tr>
<tr>
<td>Malta</td>
<td>70</td>
</tr>
<tr>
<td>Belgium</td>
<td>70</td>
</tr>
<tr>
<td>Germany</td>
<td>70</td>
</tr>
<tr>
<td>Lithuania</td>
<td>70</td>
</tr>
<tr>
<td>Greece</td>
<td>70</td>
</tr>
<tr>
<td>Estonia</td>
<td>70</td>
</tr>
<tr>
<td>Sweden</td>
<td>70</td>
</tr>
<tr>
<td>Portugal</td>
<td>70</td>
</tr>
<tr>
<td>France</td>
<td>70</td>
</tr>
<tr>
<td>Denmark</td>
<td>70</td>
</tr>
</tbody>
</table>

**Age:** 11-17


**Notes:** % of school going adolescents not meeting WHO recommendations on Physical Activity for Health, i.e. doing less than 60 minutes of moderate- to vigorous-intensity physical activity daily.

**Definitions:** % Adolescents insufficiently active (age standardised estimate)
Boys, 2010

Age: 11-17


Notes: % of school going adolescents not meeting WHO recommendations on Physical Activity for Health, i.e. doing less than 60 minutes of moderate- to vigorous-intensity physical activity daily.

Definitions: % Adolescents insufficiently active (age standardised estimate)
Girls, 2010

Age: 11-17


Notes: % of school going adolescents not meeting WHO recommendations on Physical Activity for Health, i.e. doing less than 60 minutes of moderate- to vigorous-intensity physical activity daily.

Definitions: % Adolescents insufficiently active (age standardised estimate)
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 at least daily carbonated soft drink consumption

Children, 2014

Survey type: Measured


Notes: 15-year-old adolescents

Definitions: Prevalence of at least daily carbonated soft drink consumption (% of at least daily carbonated soft drink consumption)
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

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 fruit intake (g/day)
Prevalence of less-than-daily fruit consumption

Children, 2014

Survey type: Measured

Definitions: Prevalence of less-than-daily fruit consumption (% less-than-daily fruit consumption)
Prevalence of less-than-daily vegetable consumption

Children, 2014

Survey type: Measured
Age: 12-17


Definitions: Prevalence of less-than-daily vegetable consumption (% less-than-daily vegetable consumption)
Estimated per-capita processed meat 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 processed meat intake (g per day)
Estimated per-capita whole grains intake

Adults, 2017

<table>
<thead>
<tr>
<th>Country</th>
<th>g/day</th>
</tr>
</thead>
<tbody>
<tr>
<td>Italy</td>
<td>35</td>
</tr>
<tr>
<td>Malta</td>
<td>30</td>
</tr>
<tr>
<td>Greece</td>
<td>25</td>
</tr>
<tr>
<td>France</td>
<td>20</td>
</tr>
<tr>
<td>Cyprus</td>
<td>15</td>
</tr>
<tr>
<td>Denmark</td>
<td>10</td>
</tr>
<tr>
<td>Latvia</td>
<td>5</td>
</tr>
<tr>
<td>United Kingdom</td>
<td>5</td>
</tr>
<tr>
<td>Hungary</td>
<td>10</td>
</tr>
<tr>
<td>Portugal</td>
<td>15</td>
</tr>
<tr>
<td>Slovakia</td>
<td>20</td>
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<td>Sweden</td>
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<td>Belgium</td>
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<td>Lithuania</td>
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<td>Spain</td>
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<td>Netherlands</td>
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<tr>
<td>Estonia</td>
<td>20</td>
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<tr>
<td>Romania</td>
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<tr>
<td>Luxembourg</td>
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<tr>
<td>Slovenia</td>
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</tr>
<tr>
<td>Germany</td>
<td>5</td>
</tr>
<tr>
<td>Austria</td>
<td>10</td>
</tr>
<tr>
<td>Czech Republic</td>
<td>15</td>
</tr>
<tr>
<td>Ireland</td>
<td>20</td>
</tr>
</tbody>
</table>

Survey type: Measured
Age: 25+
Definitions: Estimated per-capita whole grains intake (g/day)
Mental health - depression disorders

Adults, 2015


Definitions: % of population with depression disorders
Mental health - anxiety disorders

Adults, 2015


Definitions: % of population with anxiety disorders
Oesophageal cancer

Men, 2018

Incidence per 100,000

Age: 20+


Definitions: Estimated age-standardized incidence rates (World) in 2018, oesophagus, adults ages 20+. ASR (World) per 100,000
Women, 2018

Age: 20+


Definitions: Estimated age-standardized incidence rates (World) in 2018, oesophagus, adults ages 20+. ASR (World) per 100,000
Breast cancer

Women, 2018

Age: 20+


Definitions: Estimated age-standardized incidence rates (World) in 2018, breast, females, ages 20+. ASR (World) per 100,000
**Colorectal cancer**

**Men, 2018**

![Bar chart showing incidence per 100,000 of colorectal cancer among men in various countries, with the highest incidence in Spain and the lowest in Malta.](chart)

*Age:* 20+


*Definitions:* Estimated age-standardized incidence rates (World) in 2018, colorectum, adults, ages 20+. ASR (World) per 100,000
Women, 2018

Age: 20+


Definitions: Estimated age-standardized incidence rates (World) in 2018, colorectum, adults, ages 20+. ASR (World) per 100,000
Pancreatic cancer

Men, 2018

Age: 20+


Definitions: Estimated age-standardized incidence rates (World) in 2018, pancreas, adults, ages 20+. ASR (World) per 100,000
Women, 2018


Definitions: Estimated age-standardized incidence rates (World) in 2018, pancreas, adults, ages 20+. ASR (World) per 100,000
Gallbladder cancer

Men, 2018


Definitions: Estimated age-standardized incidence rates (World) in 2018, gallbladder, adults, ages 20+. ASR (World) per 100,000
Women, 2018

Incidence per 100,000

Age: 20+


Definitions: Estimated age-standardized incidence rates (World) in 2018, gallbladder, adults, ages 20+. ASR (World) per 100,000
Kidney cancer

Men, 2018

References: Global Cancer Observatory, Cancer incidence rates http://gco.iarc.fr/ (last accessed 30th June 2020)

Definitions: Estimated age-standardized incidence rates (World) in 2018, kidney, adults, ages 20+. ASR (World) per 100,000
Women, 2018


Definitions: Estimated age-standardized incidence rates (World) in 2018, kidney, adults, ages 20+. ASR (World) per 100,000
Cancer of the uterus

Women, 2018

References: Global Cancer Observatory, Cancer incidence rates [http://gco.iarc.fr/] (last accessed 30th June 2020)

Definitions: Estimated age-standardized incidence rates (World) in 2018, cervix uteri, females, ages 20+. ASR (World) per 100,000
Raised blood pressure

Adults, 2015


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

% raised blood pressure

United Kingdom 0
Belgium 5
Ireland 10
Netherlands 15
Spain 20
Cyprus 25
Sweden 30
Germany 35
Italy 40
Austria 45
Malta 50
France 55
Luxembourg 60
Portugal 65
Estonia 70
Croatia 75
Poland 80
Romania 85
Slovenia 90
Hungary 95
Lithuania 100
Latvia 105
Czech Republic 110


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


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

Adults, 2008


Definitions: % Raised total cholesterol (>= 5.0 mmol/L) (age-standardized estimate).
Men, 2008

References:

Definitions:
% Raised total cholesterol (>= 5.0 mmol/L) (age-standardized estimate).
Women, 2008


Definitions: % Raised total cholesterol (>= 5.0 mmol/L) (age-standardized estimate).
Raised fasting blood glucose

Men, 2014


Definitions: Age Standardised % raised fasting blood glucose (>= 7.0 mmol/L or on medication).
Women, 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).
Diabetes prevalence

Adults, 2017


Definitions: Diabetes age-adjusted comparative prevalence (%).

PDF created on August 25, 2020