

Denmark



Country report card

This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity . 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/denmark-55/



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Thyroid Cancer

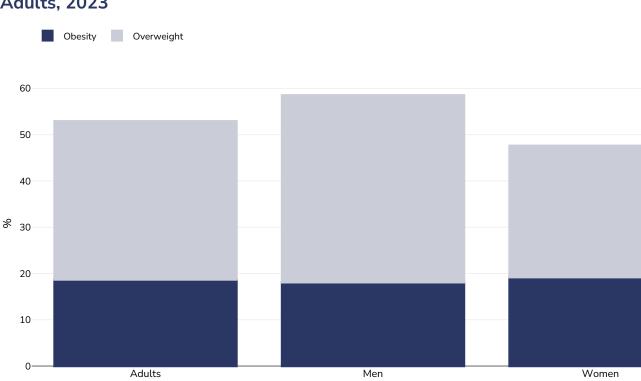
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Obesity prevalence

Adults, 2023

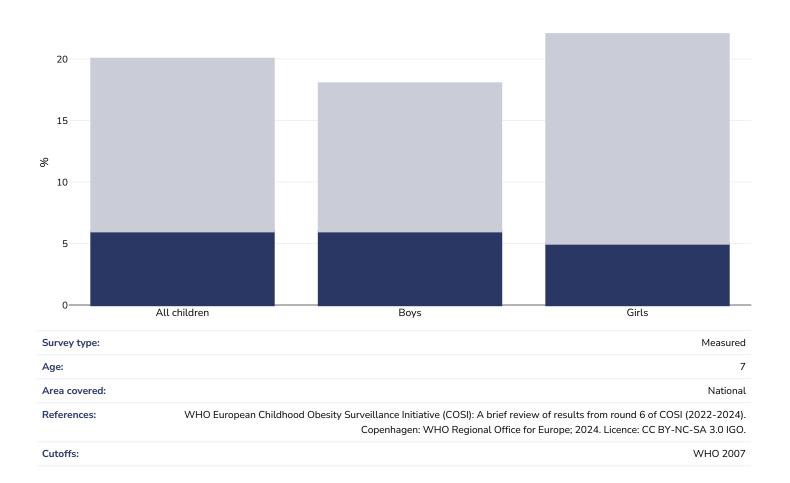


Survey type:	Self-reported
Age:	16+
Sample size:	25000
Area covered:	National
References:	Danish National Representative Health and Morbidity Study 2023. Available at https://danskernessundhed.dk/ (last accessed 04.03.25)



Children, 2022-2024

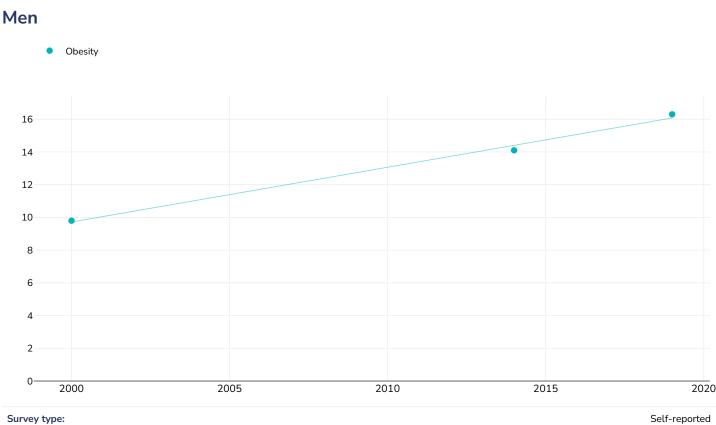
Obesity Overweight





References:

Adult trend obesity 2000 2019



Self-reported

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

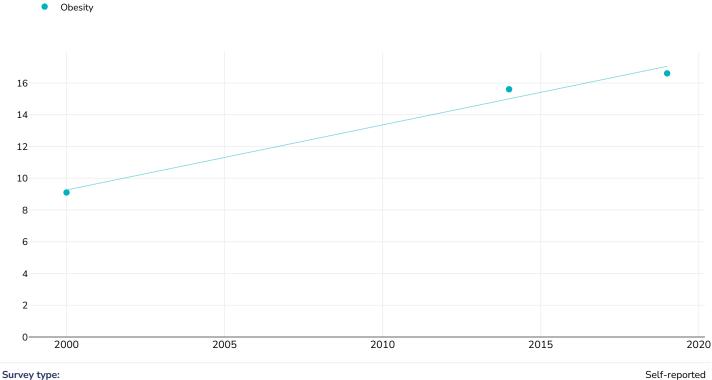
accessed 09.08.21)

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.



Women

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-

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.

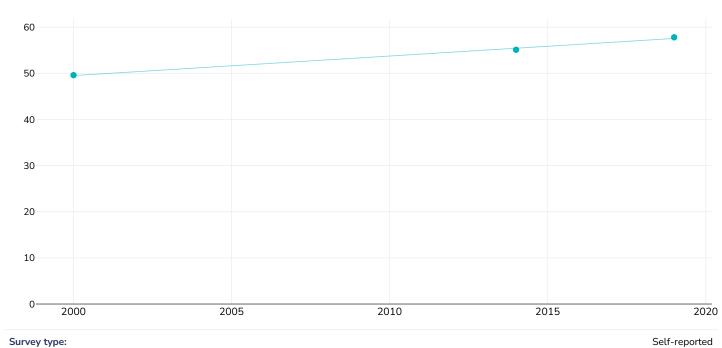


Adult trend overweight obesity 2000 2019

Men

References:

Overweight or obesity



Self-reported

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)

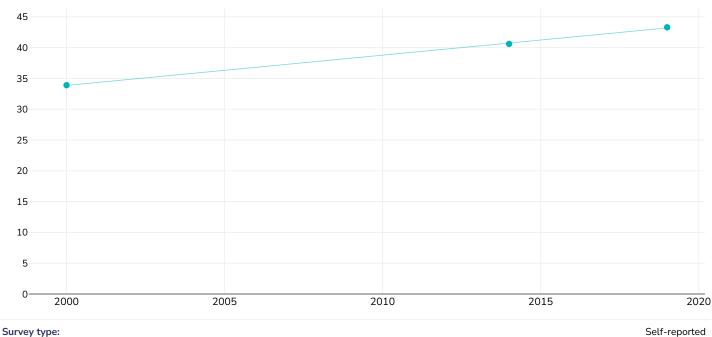
Different methodologies may have been used to collect this data and so data from different surveys may not be strictly comparable. Please check with original data sources for methodologies used.



Women

References:

• Overweight or obesity



Self-reported

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=htth_ehis_bm1i&lang=en (last

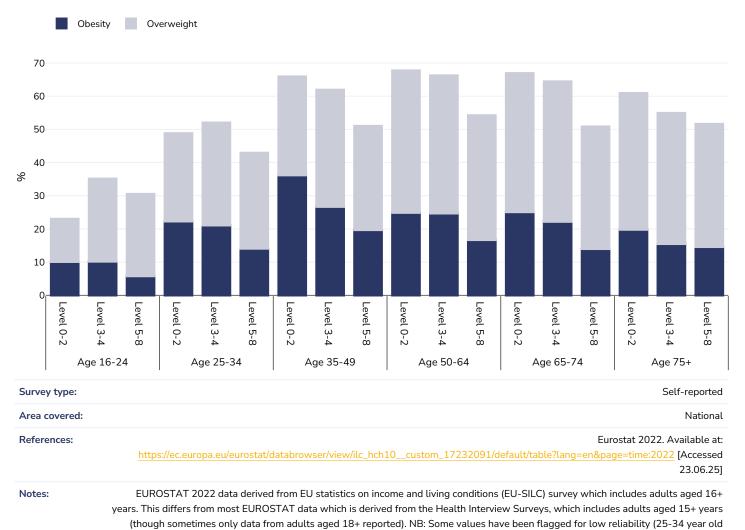
accessed 09.08.21)

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.



Overweight/obesity by age and education

Adults, 2022



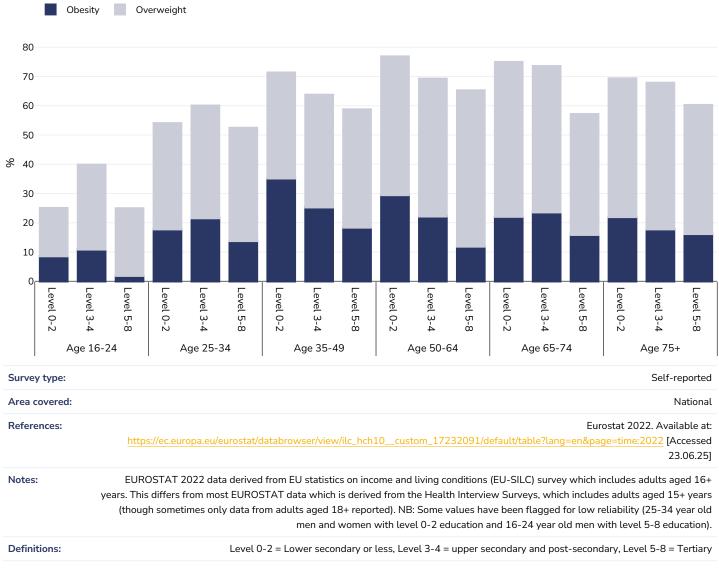
 men and women with level 0-2 education and 16-24 year old men with level 5-8 education).

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





Men, 2022

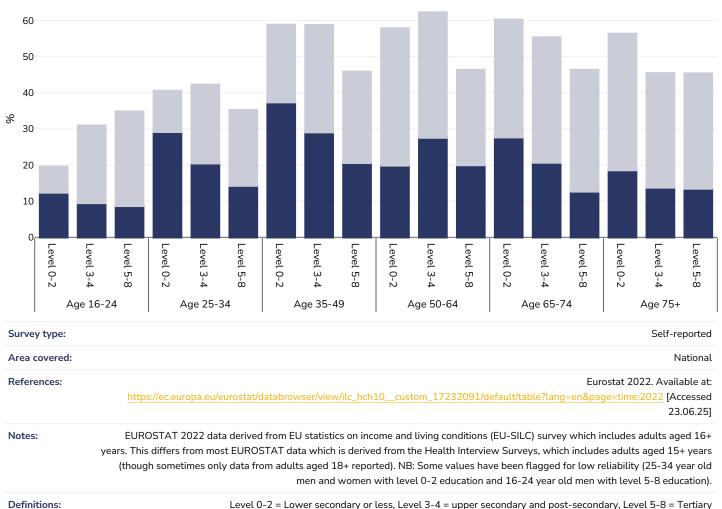






Women, 2022



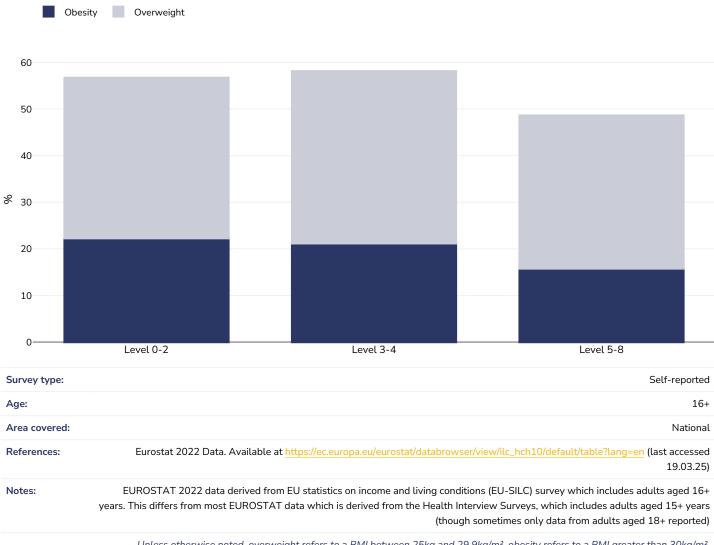


Level 0-2 = Lower secondary or less, Level 3-4 = upper secondary and post-secondary, Level 5-8 = Tertiary



Overweight/obesity by education

Adults, 2022

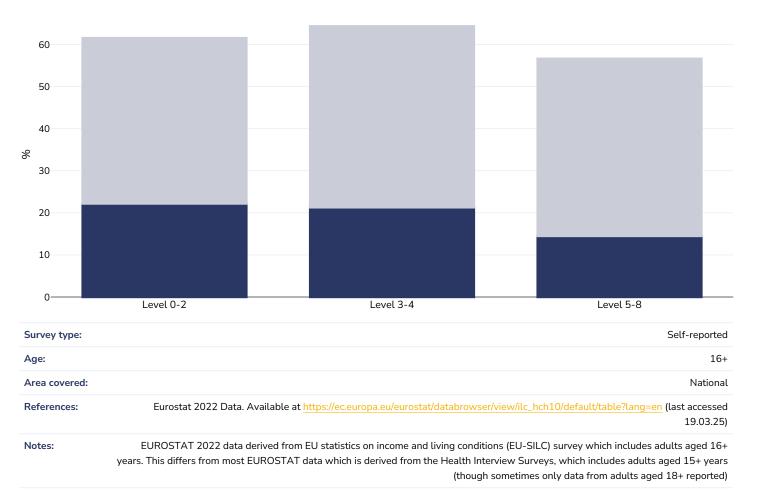






Men, 2022



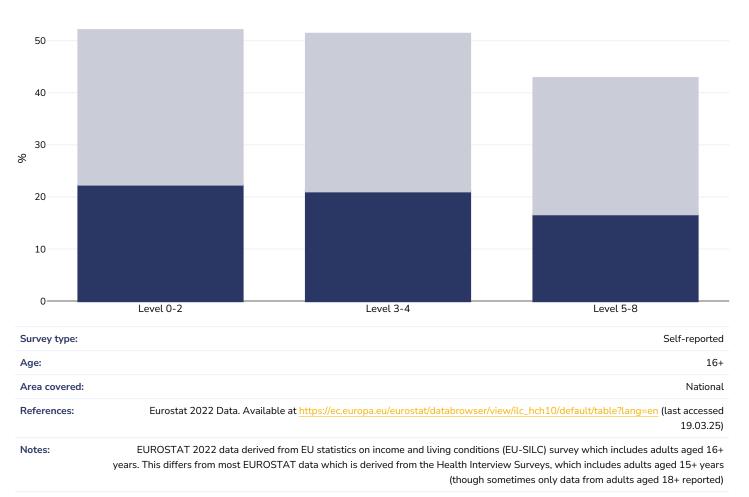






Women, 2022

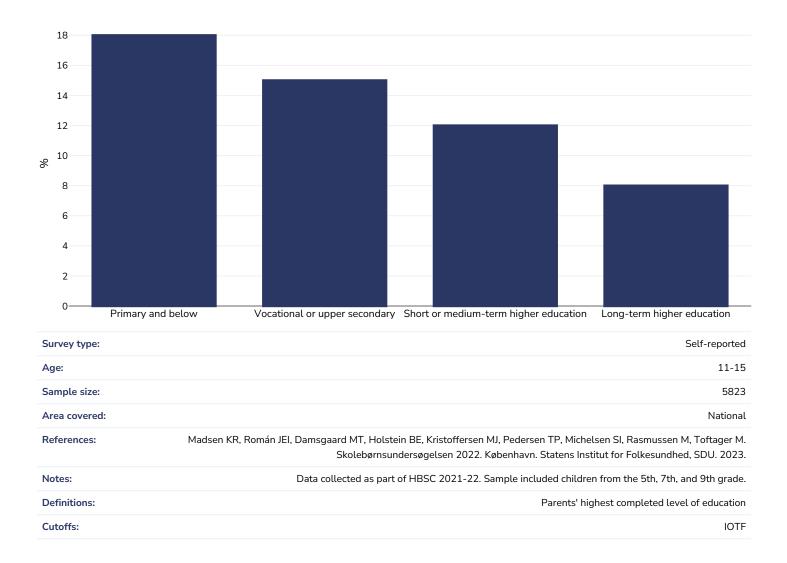






Children, 2022

Overweight or obesity

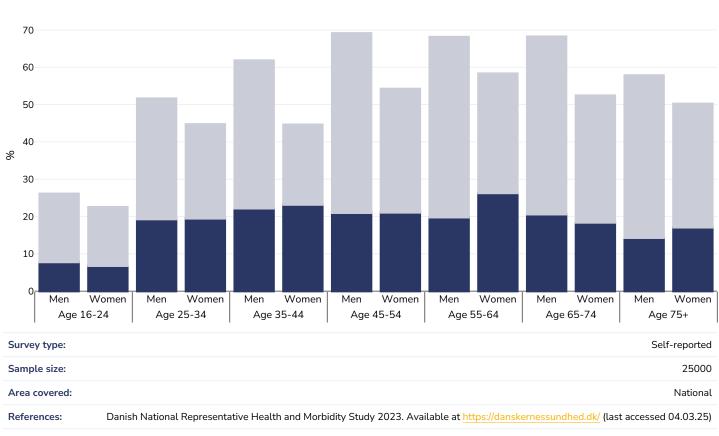




Overweight/obesity by age

Adults, 2023

Obesity Overweight

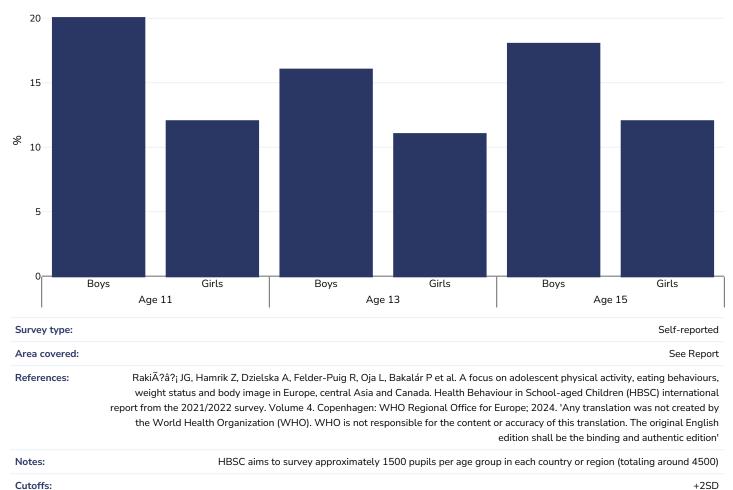






Children, 2021-2022

Overweight or obesity

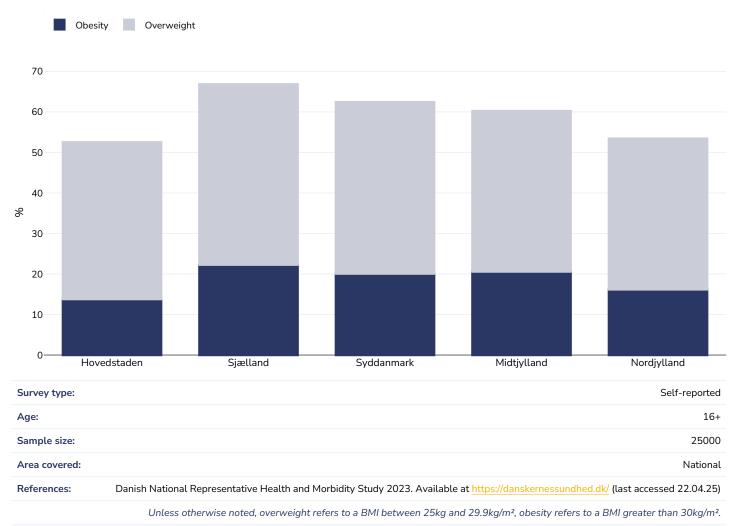


+2SD



Overweight/obesity by region

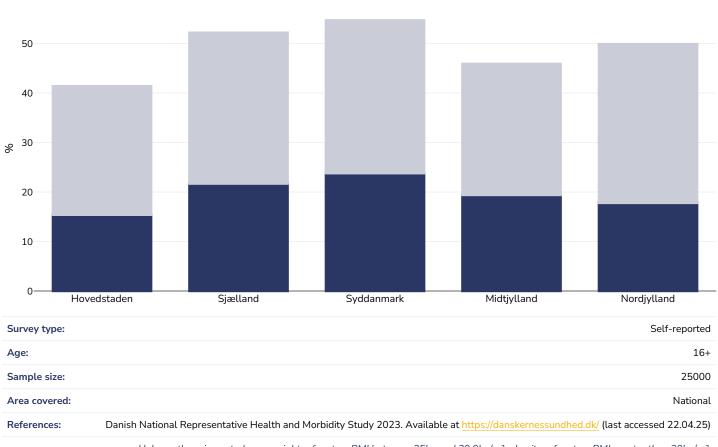
Men, 2023





Women, 2023

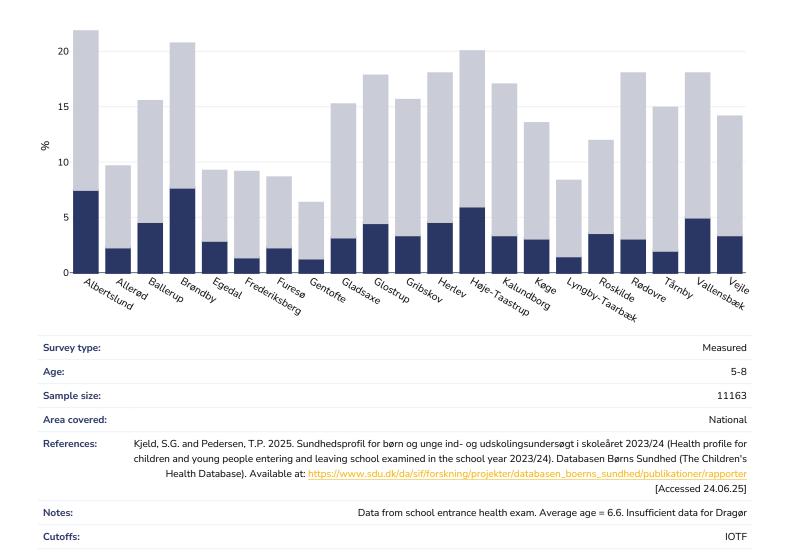






Children, 2023-2024

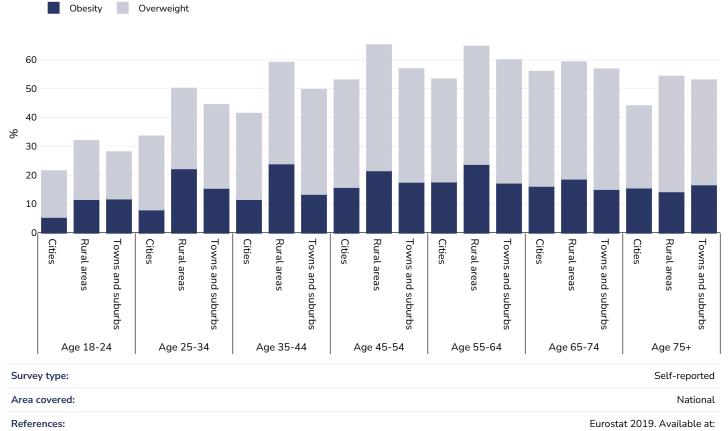






Overweight/obesity by age and region

Adults, 2019



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



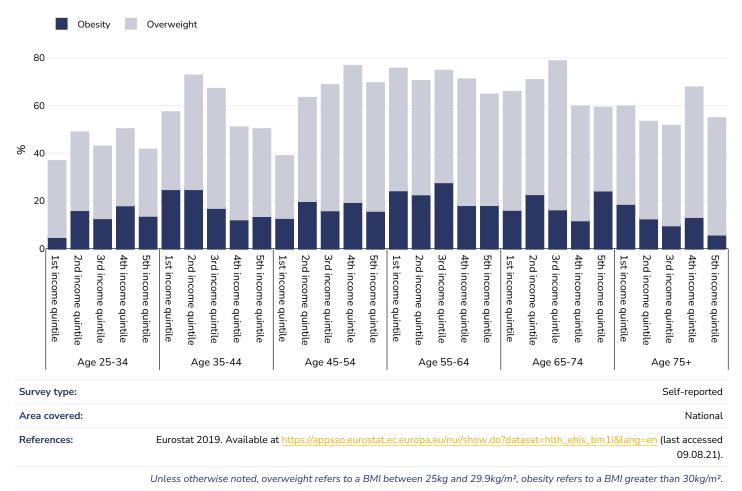
Overweight/obesity by age and socio-economic group

Adults, 2019

Obesity Overweight 60 40 % 20 3rd income quintile 5th income quintile 3rd income quintile 3rd income quintile 1st income quintile 2nd income quintile 4th income quintile 1st income quintile 2nd income quintile 3rd income quintile 4th income quintile 5th income quintile 1st income quintile 2nd income quintile 4th income quintile 5th income quintile 2nd income quintile 3rd income quintile 4th income quintile 5th income quintile 1st income quintile 2nd income quintile 3rd income quintile 4th income quintile 5th income quintile 1st income quintile 2nd income quintile 3rd income quintile 4th income quintile 5th income quintile 1st income quintile 2nd income quintile 4th income quintile 5th income quintile 1st income quintile Age 25-34 Age 35-44 Age 75+ Age 18-24 Age 45-54 Age 55-64 Age 65-74 Self-reported Survey type: 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).



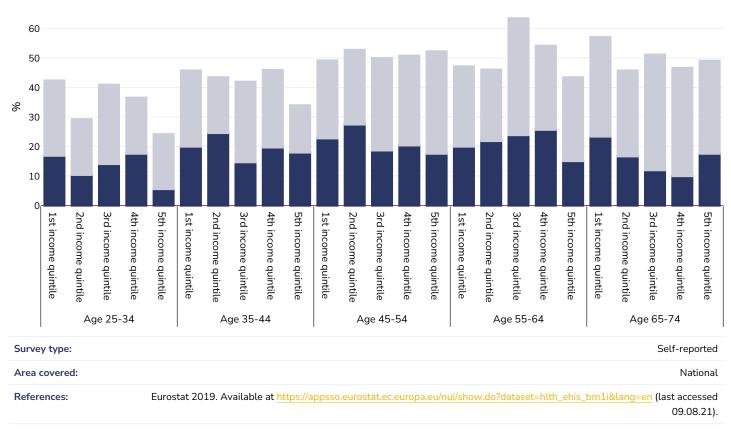
Men, 2019





Women, 2019

Obesity Overweight





Overweight/obesity by socio-economic group

Adults, 2019

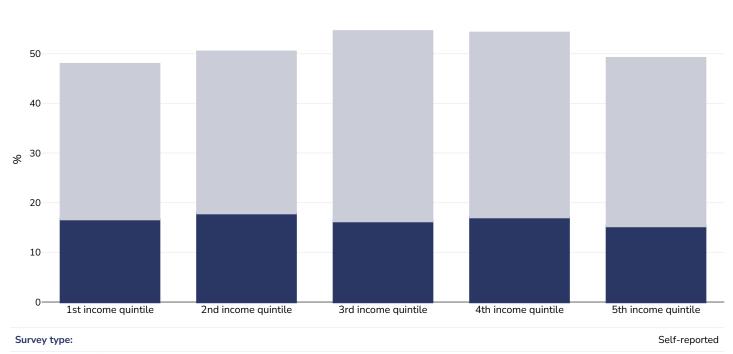
Age:

Area covered:

References:

Definitions:

Obesity Overweight



18+

National

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]

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



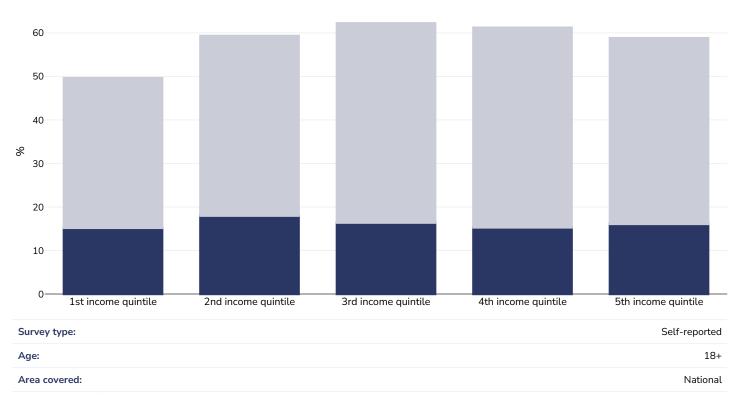


Men, 2019

References:

Definitions:





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]

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

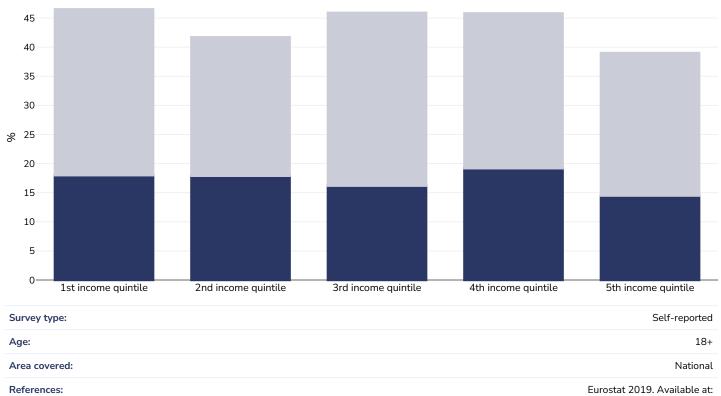




Women, 2019

Definitions:

Obesity Overweight



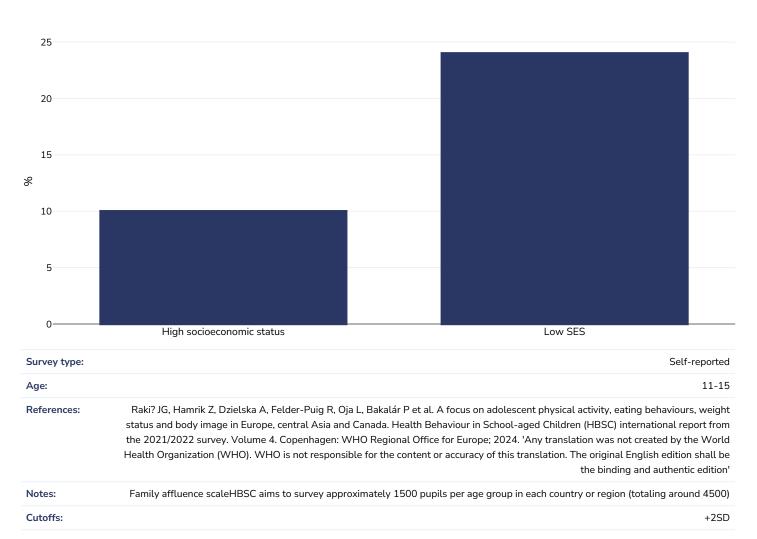
https://ec.europa.eu/eurostat/databrowser/view/hlth_ehis_bm1i__custom_17231889/default/table?lang=en&page=time:2019 [Accessed 23.06.25]

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



Boys, 2021-2022

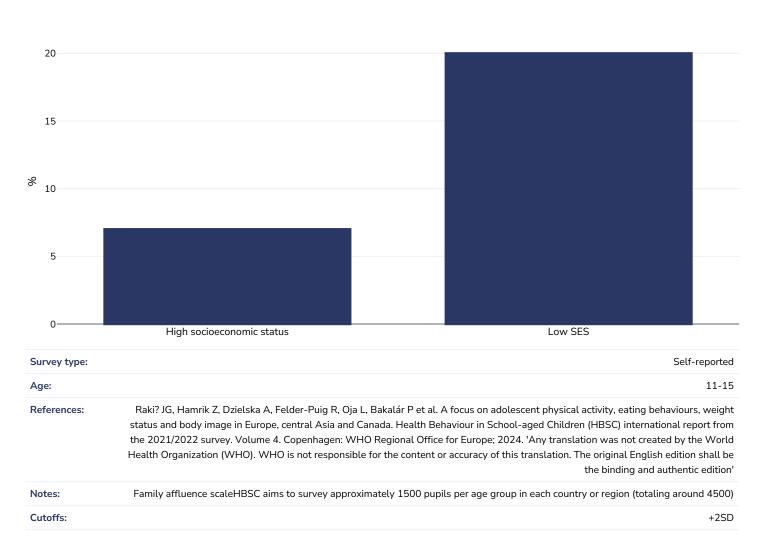
Overweight or obesity





Girls, 2021-2022

Overweight or obesity





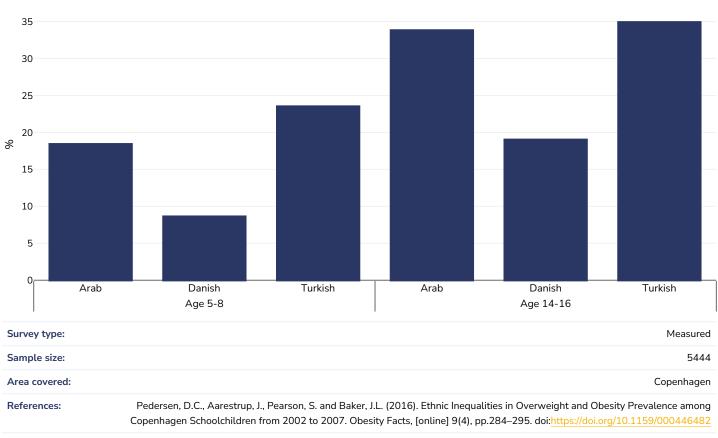
IOTF

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.

Boys, 2007-2008

Overweight or obesity

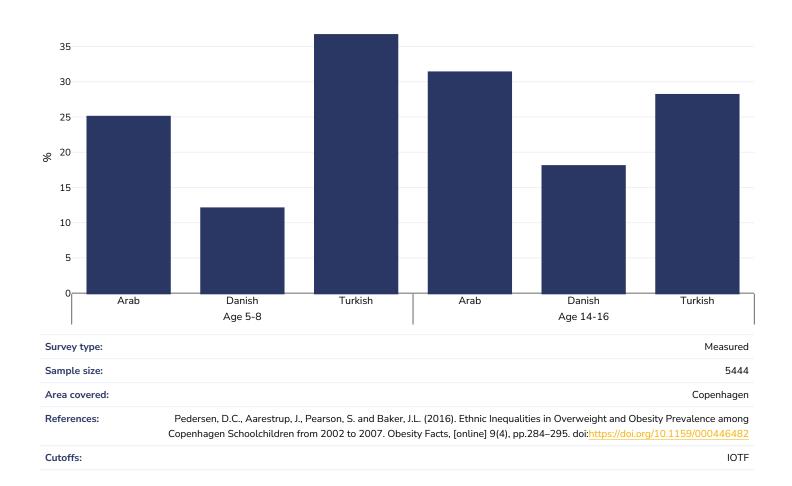


Cutoffs:



Girls, 2007-2008

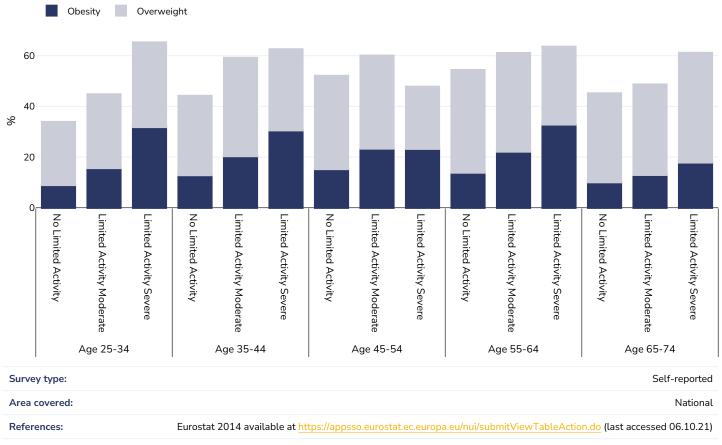
Overweight or obesity





Overweight/obesity by age and limited activity

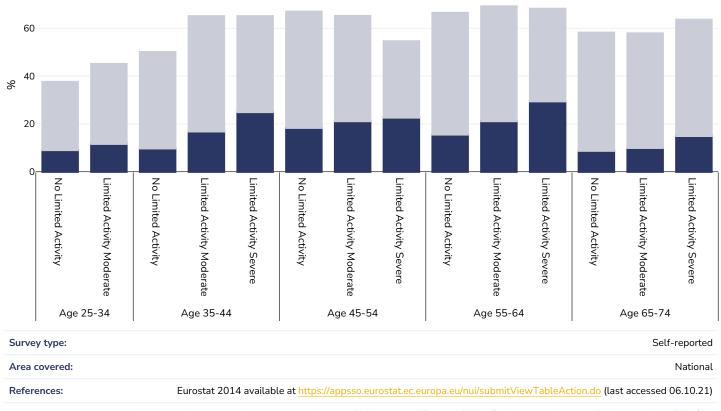
Adults, 2014





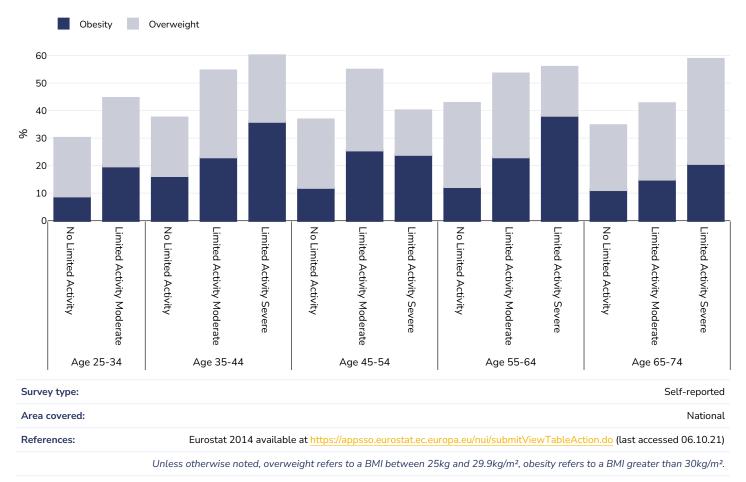
Men, 2014

Obesity Overweight





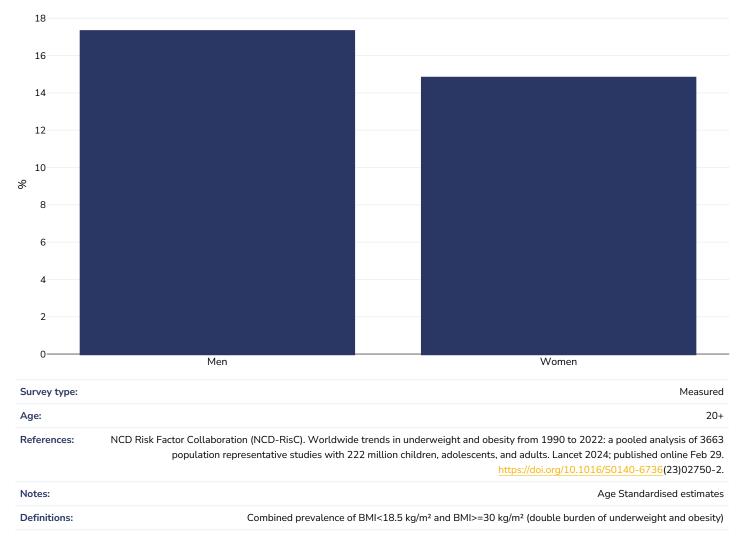
Women, 2014





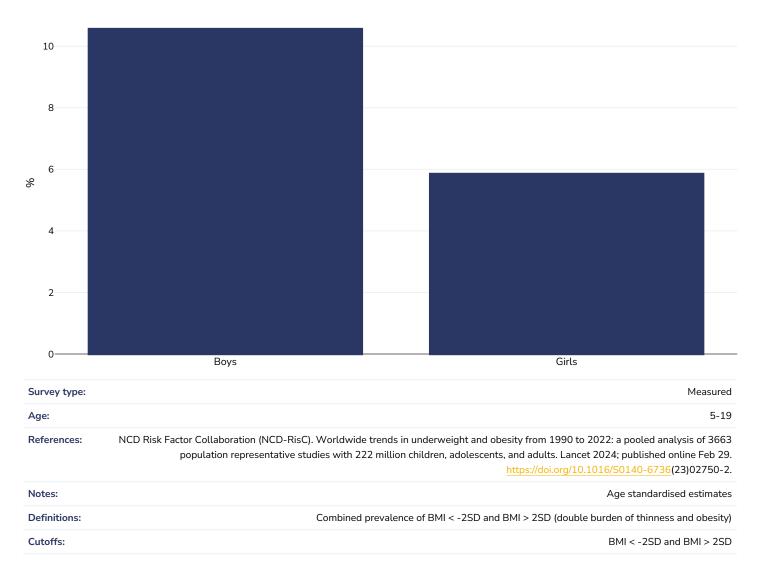
Double burden of underweight & overweight

Adults, 2022



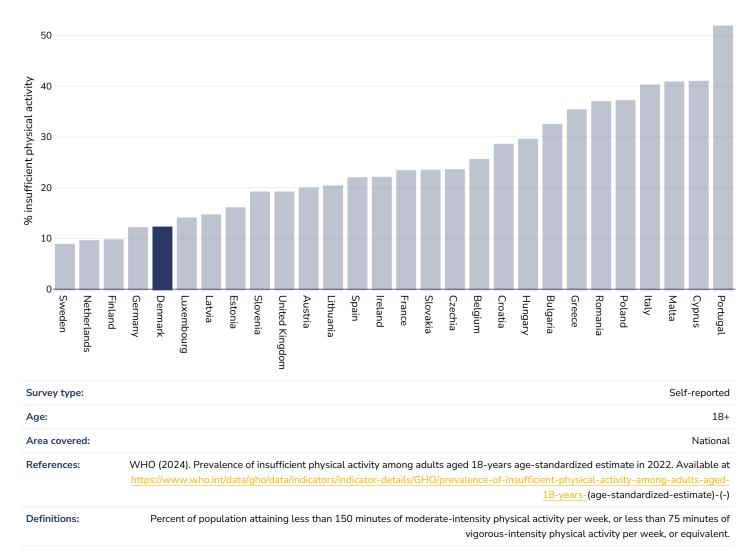


Children, 2022

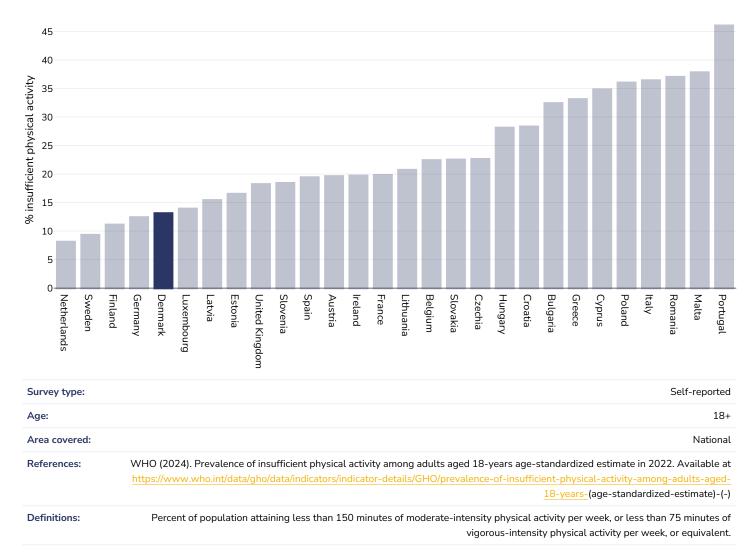




Insufficient physical activity

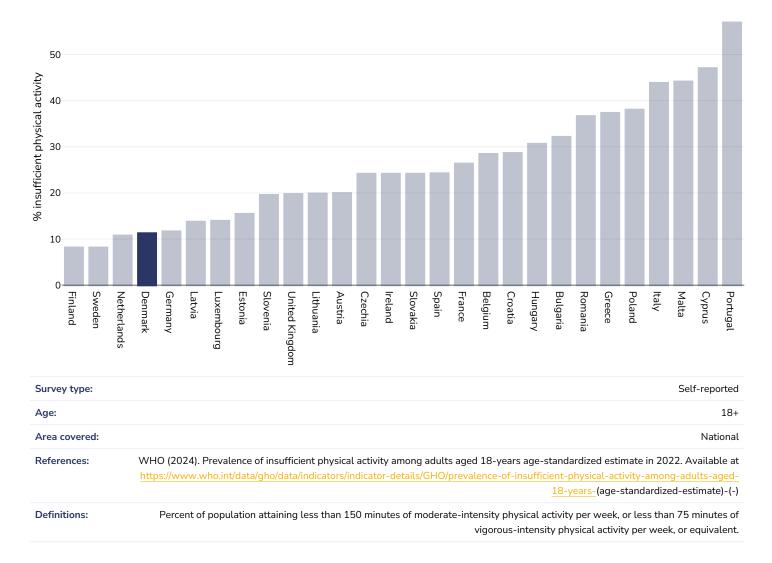


Men, 2022



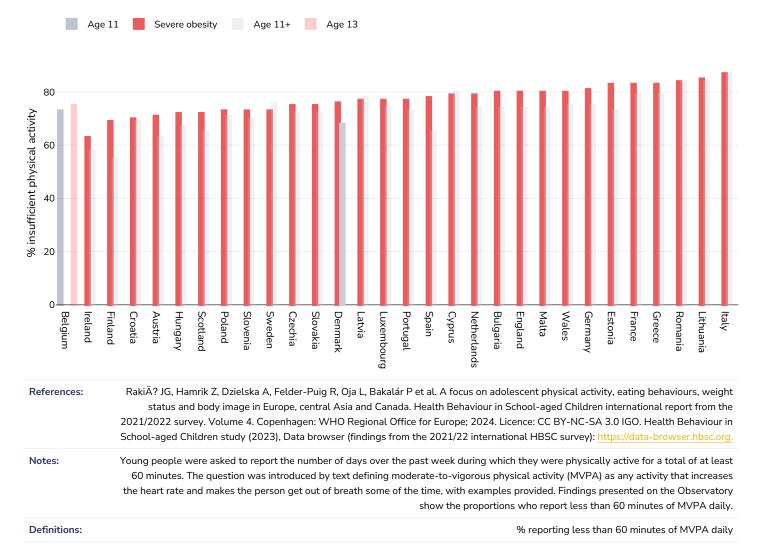


Women, 2022

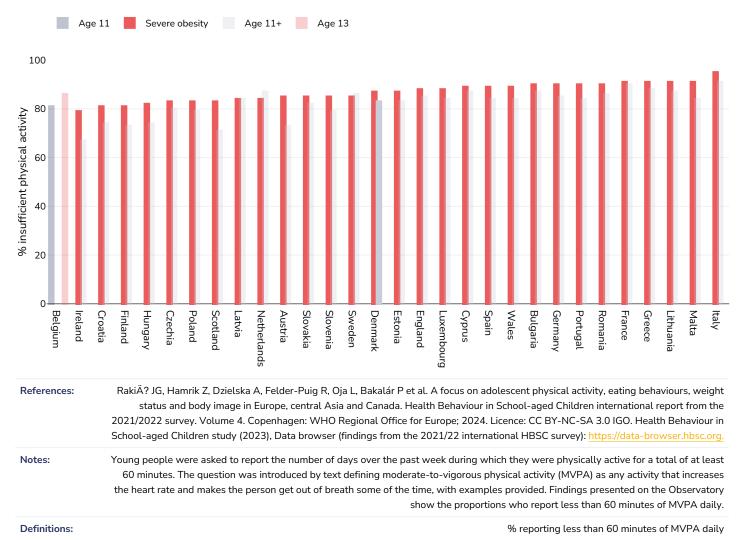




Boys, 2022

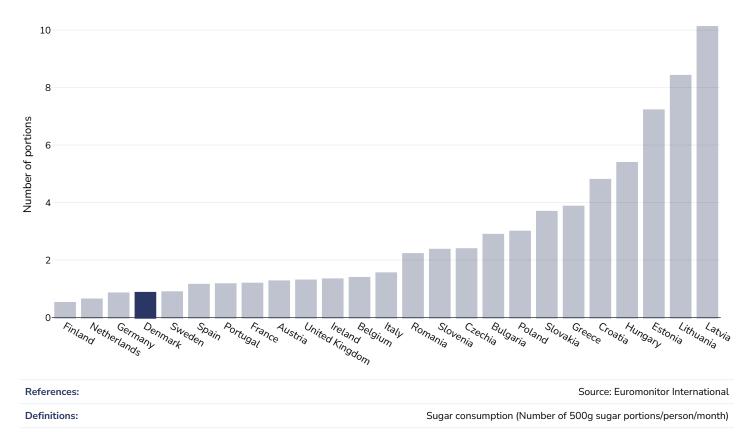


Girls, 2022





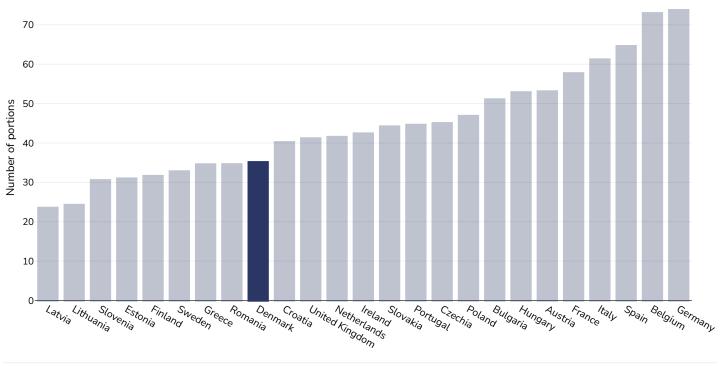
Sugar consumption





Estimated per capita sugar sweetened beverages intake

Adults, 2016



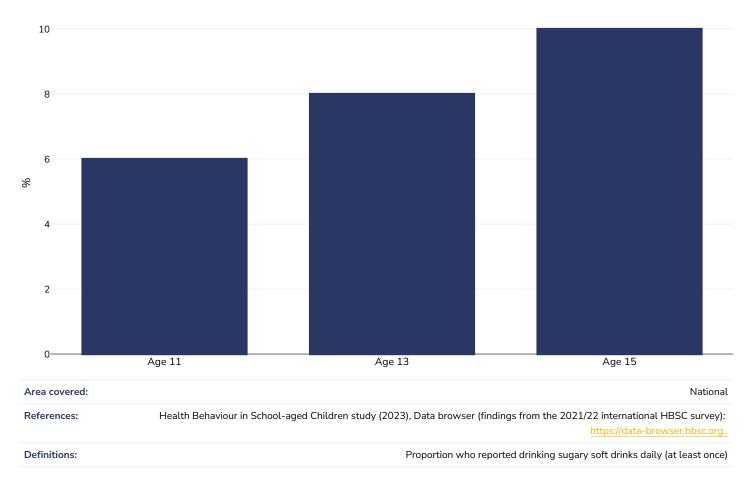
References:

Source: Euromonitor International



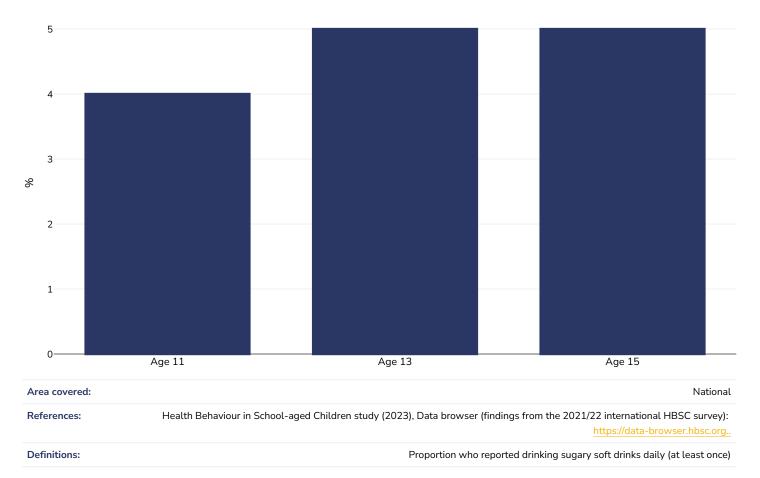
Prevalence of at least daily carbonated soft drink consumption

Boys, 2021-2022



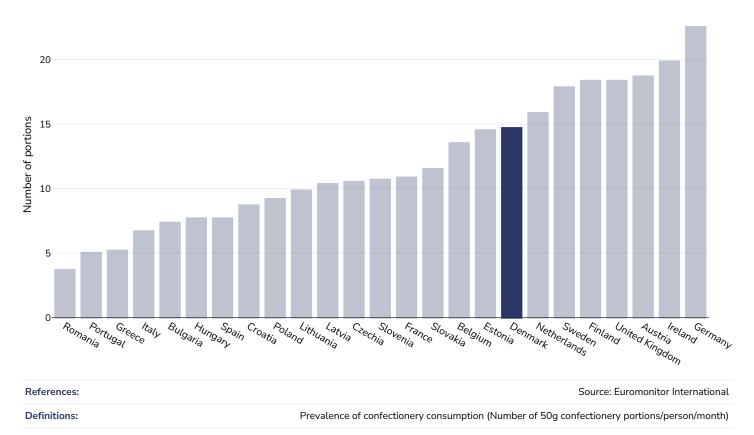


Girls, 2021-2022



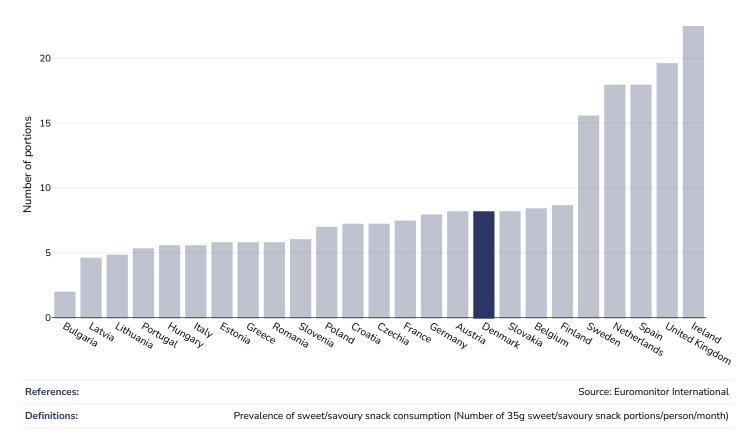


Prevalence of confectionery consumption



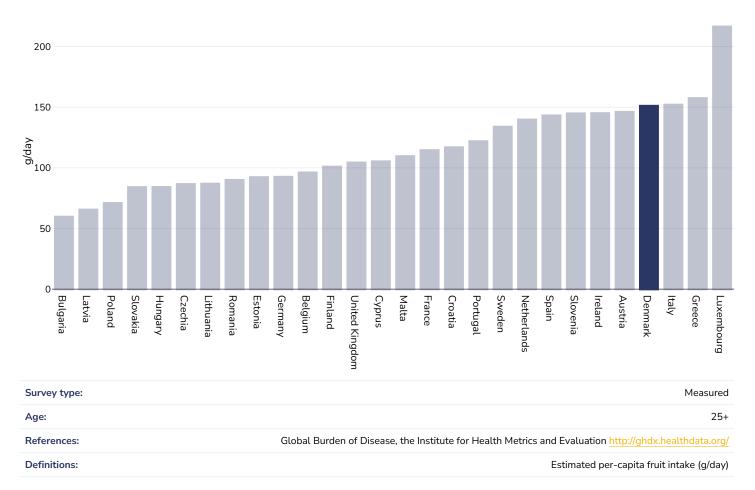


Prevalence of sweet/savoury snack consumption





Estimated per capita fruit intake

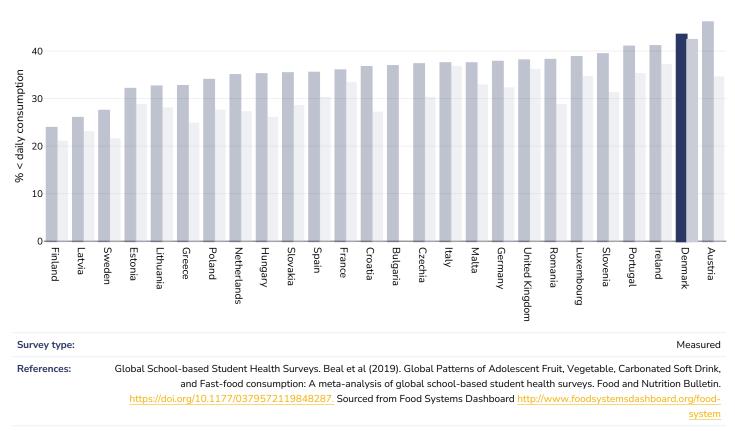




Prevalence of less than daily fruit consumption

Children, 2014

Age 12-17 Age 15



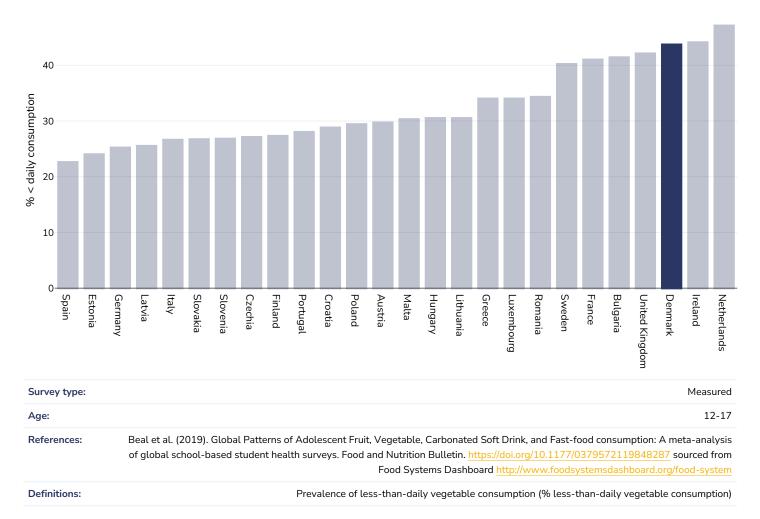
Definitions:

Prevalence of less-than-daily fruit consumption (% less-than-daily fruit consumption)



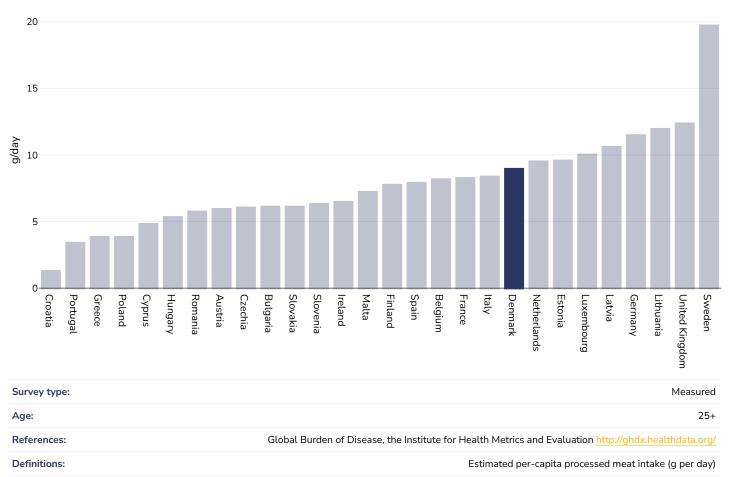
Prevalence of less than daily vegetable consumption

Children, 2014



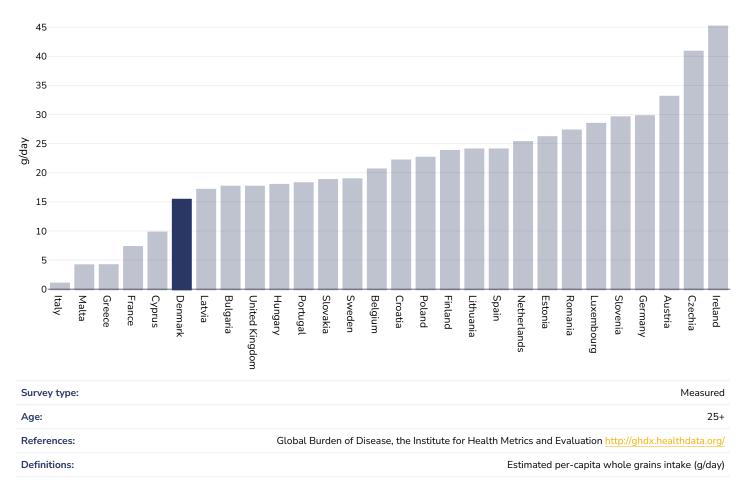


Estimated per-capita processed meat intake





Estimated per capita whole grains intake





Mental health - depression disorders





Men, 2021

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3000		
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<u>d</u> 2000		
uo 2500 Jo %		
1500		
1000		
500		
0		
U U	Denmark	
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	
Definitions:	Number living with depression per 100,000 population (adults 20+ years)	

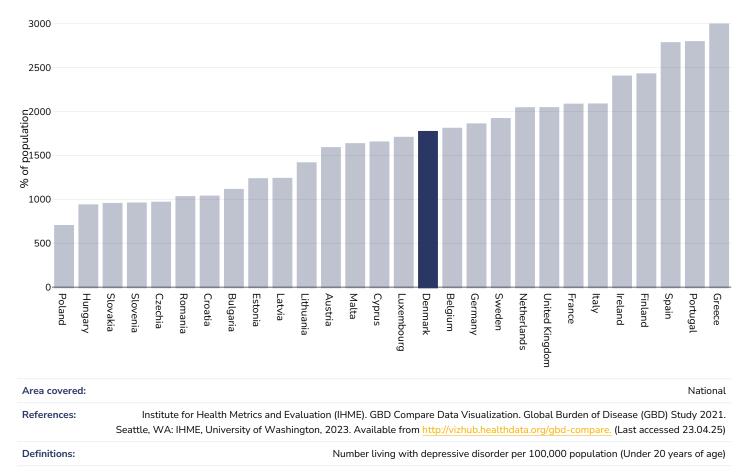


Women, 2021

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5000		
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0	Denmark	
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)	

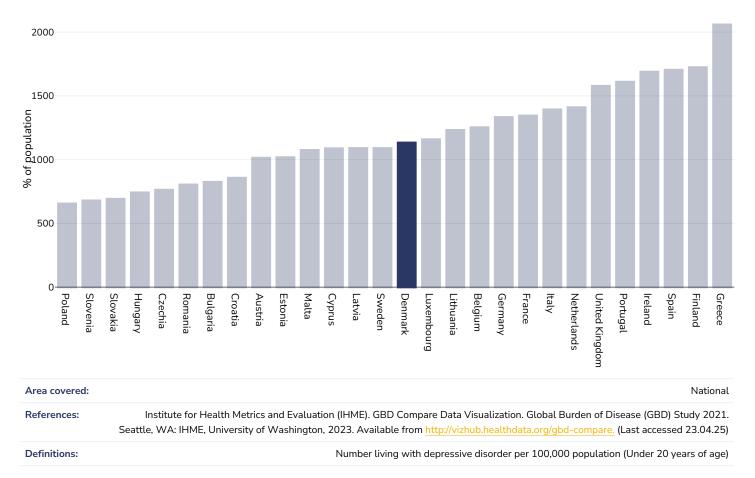


Children, 2021

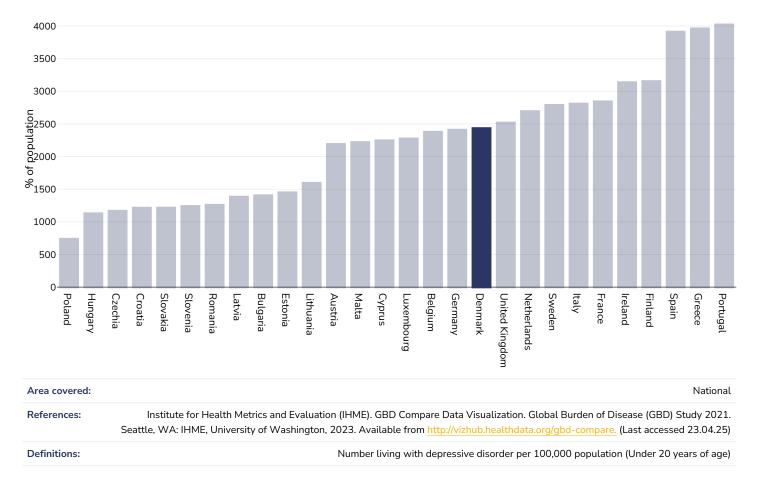




Boys, 2021



Girls, 2021





Mental health - anxiety disorders





Men, 2021

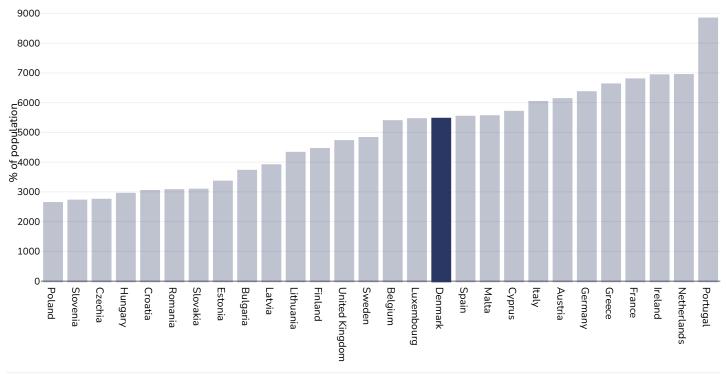
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ъ %2000			
1500			
1000			
500			
0			
	Denmark		
Age:		20+	
References: Se	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. httle, WA: IHME, University of Washington, 2023. Available from http://vizhub.healthdata.org/gbd-compare. (Last accessed 23.04.25).		
Definitions:	Number living with anxiety per 100,000 population		



Women, 2021

8000			
7000			
6000			
c			
-005000			
Indo			
% of population			
3000			
2000			
1000			
0	Denmark		
Age:		20+	
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 <u>http://vizhub.healthdata.org/gbd-compare.</u> (Last accessed 23.04.25).		
Definitions:	Number living with anxiety per 100,000 population		

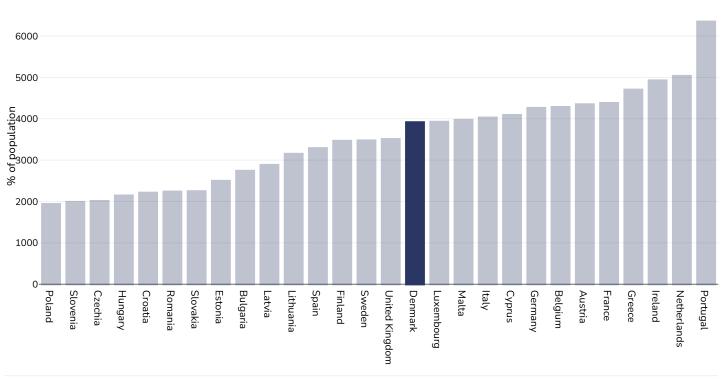
Children, 2021



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)

Boys, 2021

References:

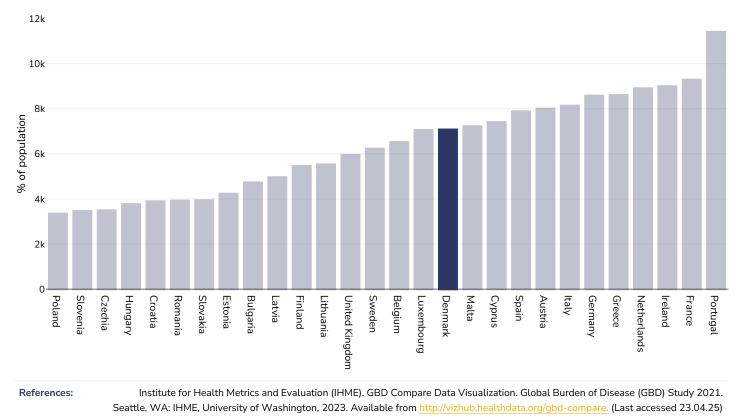


References:

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)

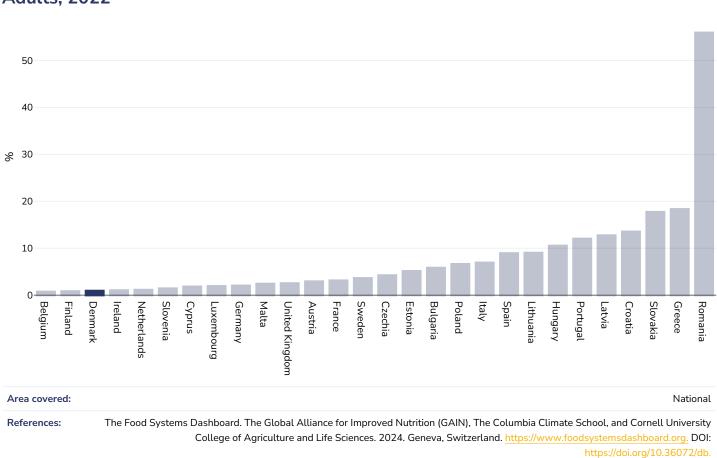


Girls, 2021





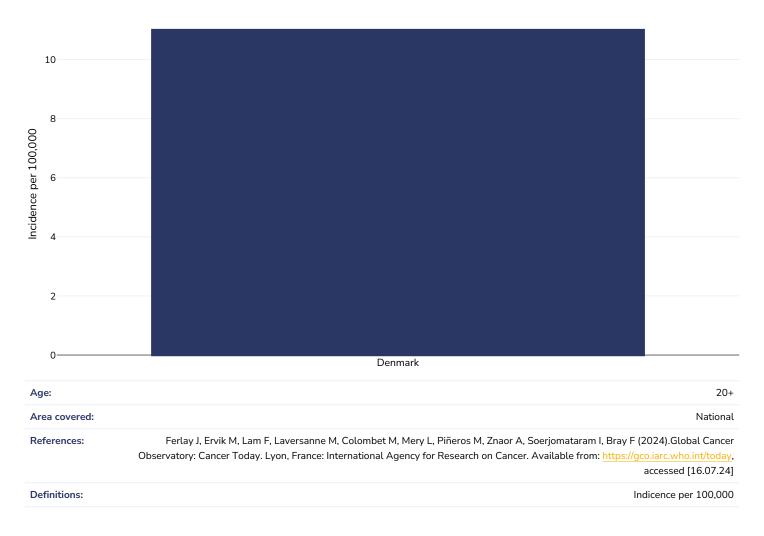
Percent of population who cannot afford a healthy diet





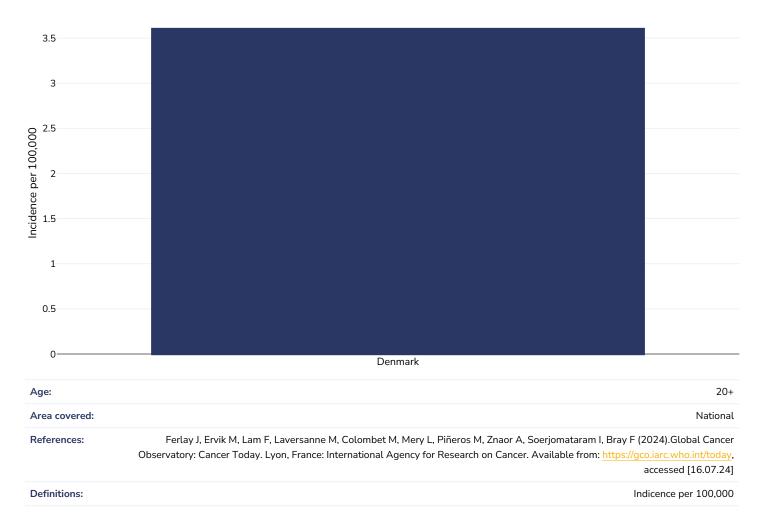
Oesophageal cancer

Men, 2022





Women, 2022

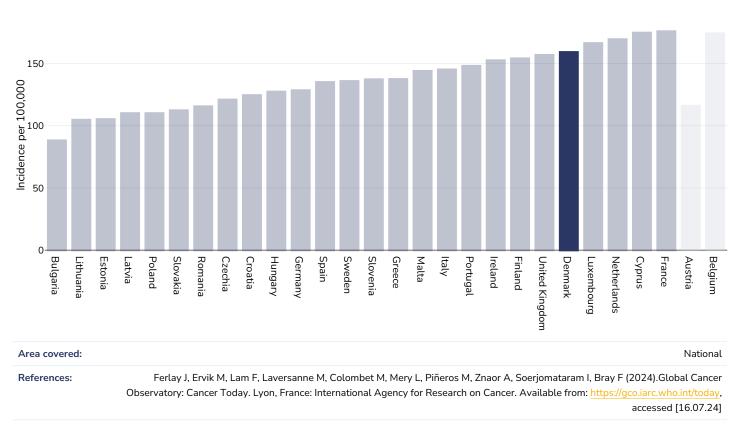




Breast cancer

Women, 2022

Age 20 Age 20+



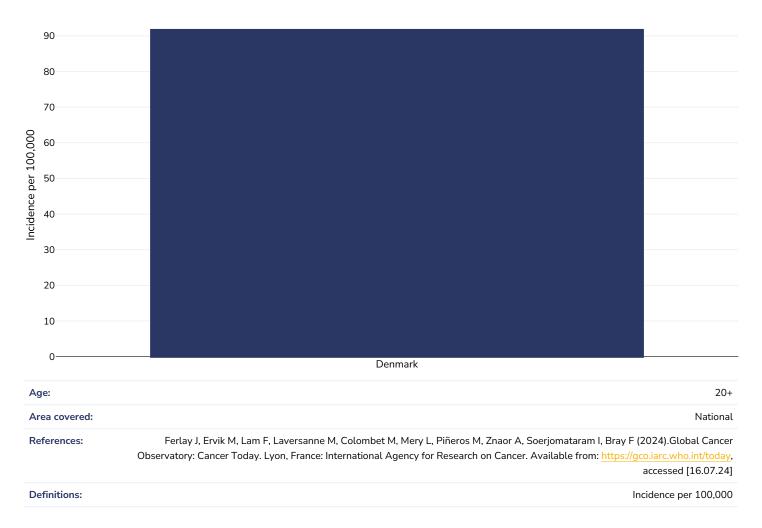
Definitions:

Incidence per 100,000



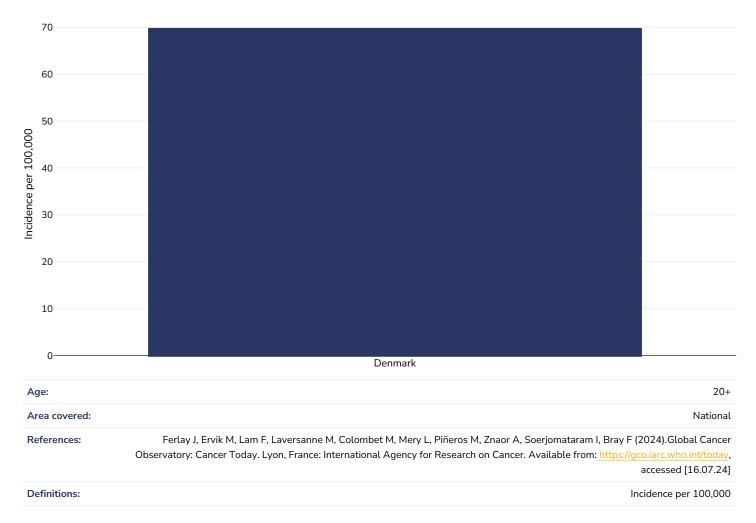
Colorectal cancer

Men, 2022





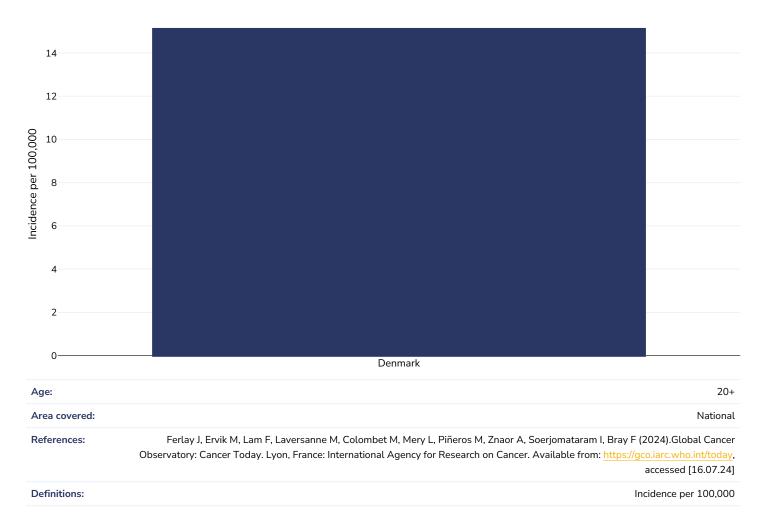
Women, 2022





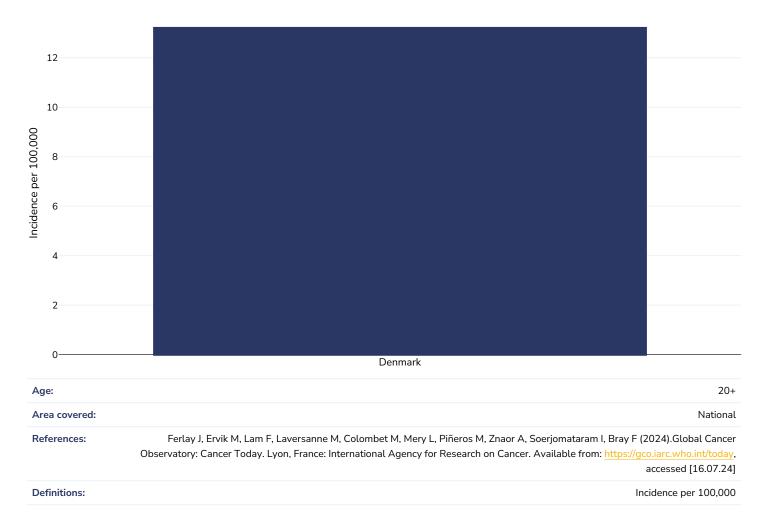
Pancreatic cancer

Men, 2022





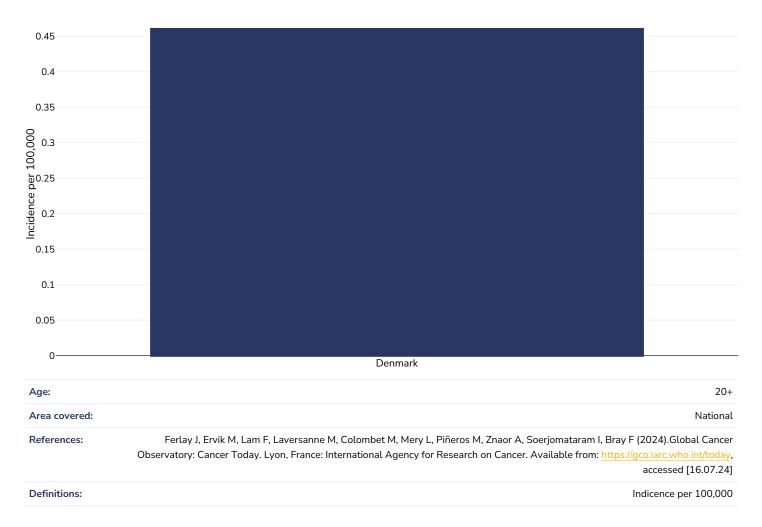
Women, 2022



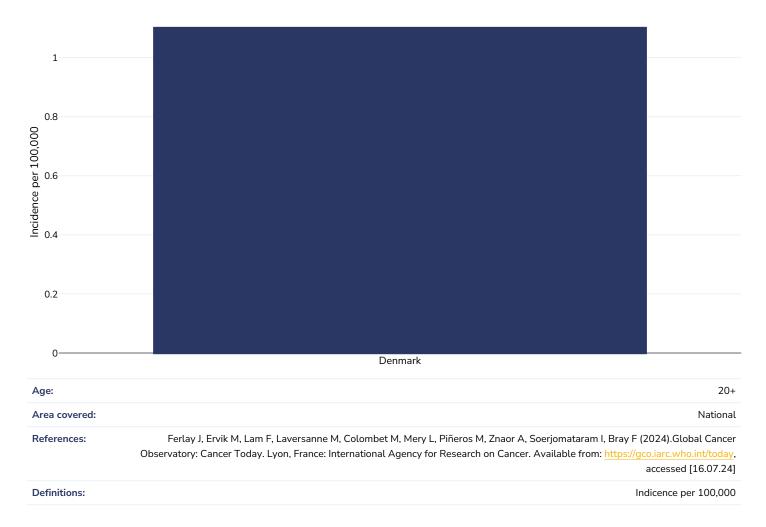


Gallbladder cancer

Men, 2022









Kidney cancer

Men, 2022 25 20 Incidence per 100,000 15 10 5 0 Denmark 20+ Age: 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







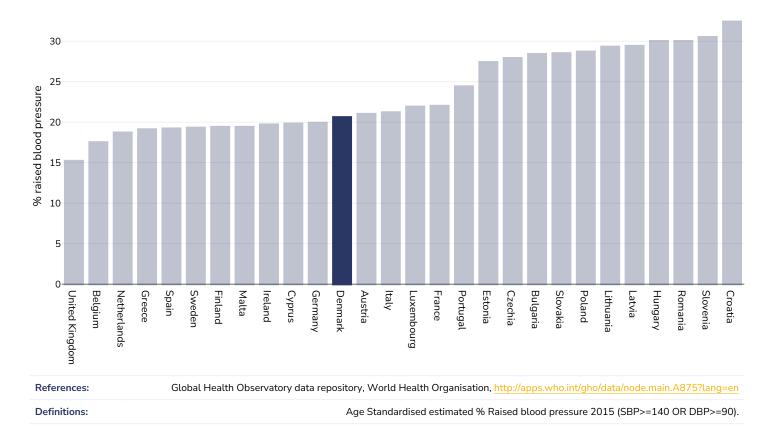
Cancer of the uterus



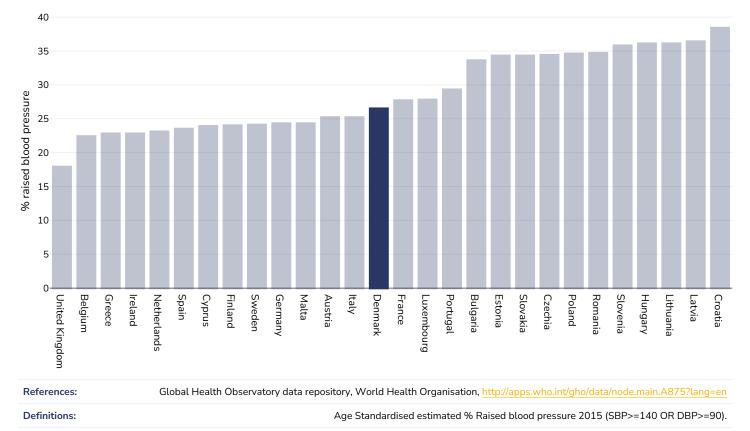


Raised blood pressure

Adults, 2015

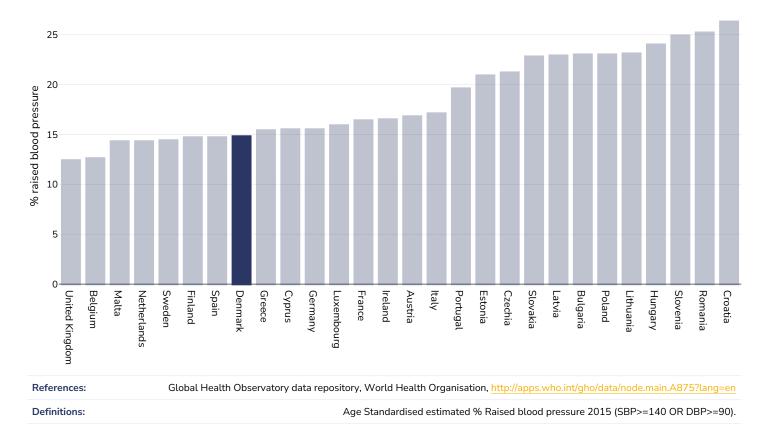


Men, 2015



79

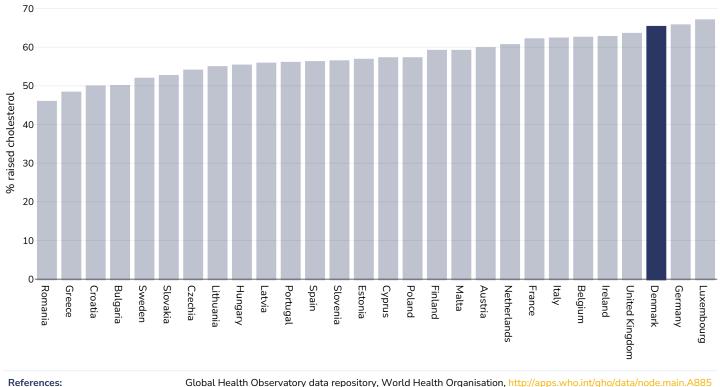






Raised cholesterol

Adults, 2008

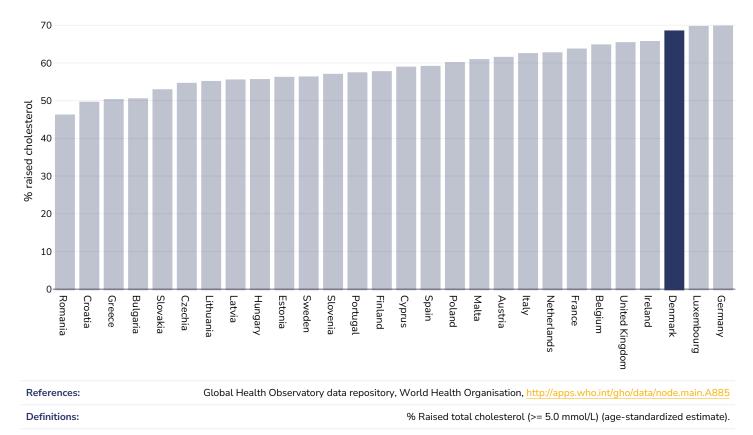


Definitions:

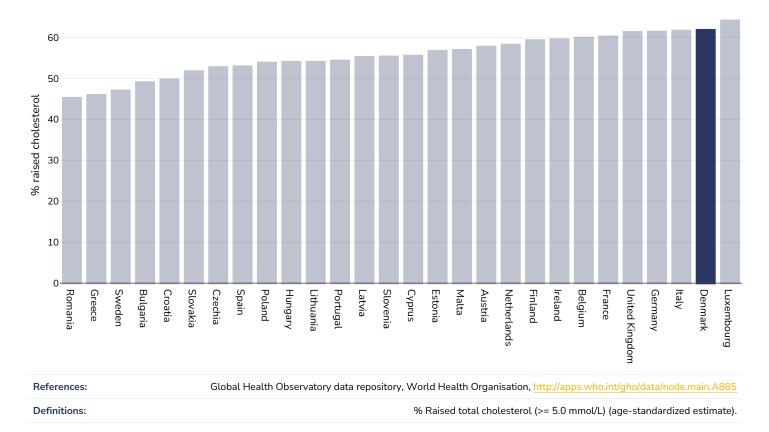
Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A885

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

Men, 2008



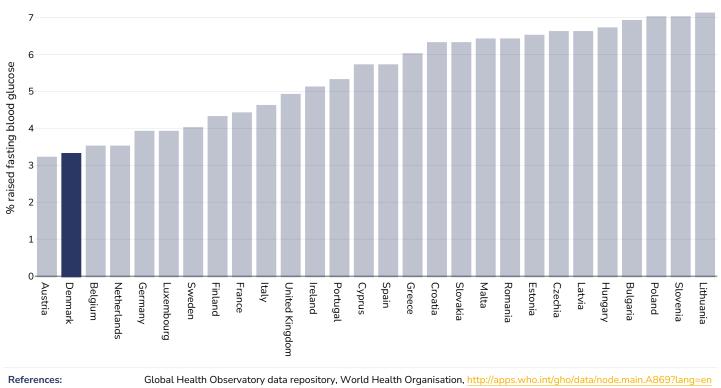






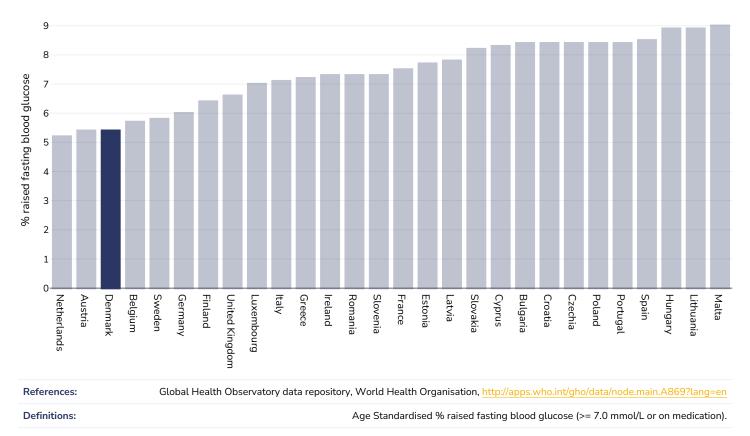
Raised fasting blood glucose

Men, 2014



Definitions:

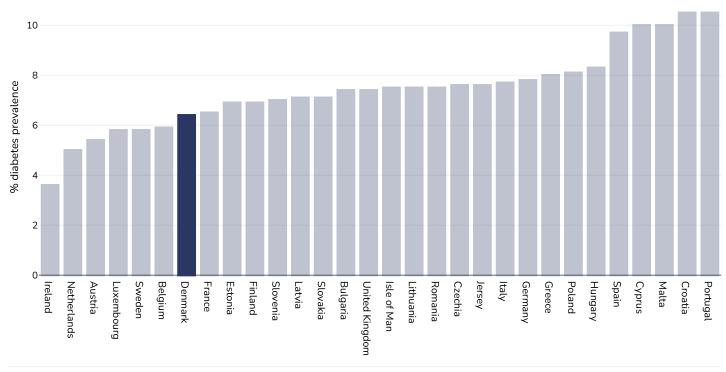
Age Standardised % raised fasting blood glucose (>= 7.0 mmol/L or on medication).





Diabetes prevalence

Adults, 2024



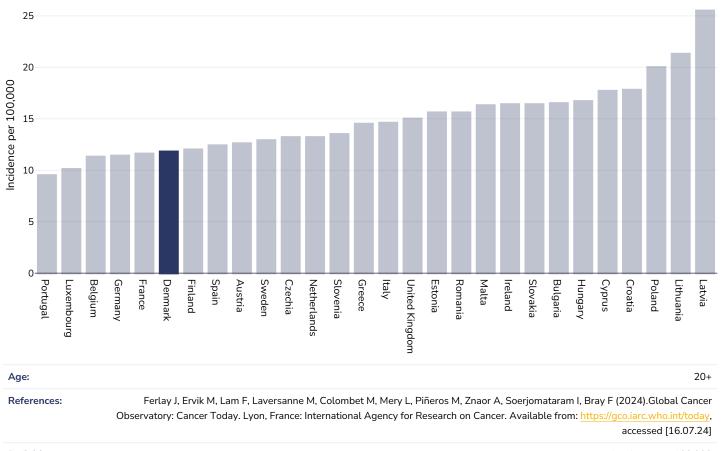
References:

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



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: References:	National 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: <u>https://gco.iarc.who.int/today</u> , accessed [16.07.24]										
Definitions:						Incidence p	er 100,000				
	Unless ot	therwise noted, overw	reight refers to a BMI b	between 25kg and 29.	.9ka/m². obesitv refer	s to a BMI greater tha	n 30kg/m².				



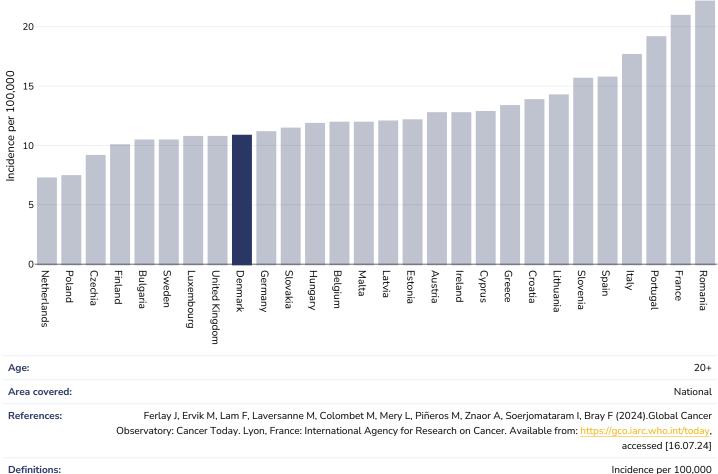
4							
3							
2							
1							
0							
-1 -1							
_	0	1	2	3	4	5	6
Age: Area covered:							20+ National
References:					Znaor A, Soerjomataran n Cancer. Available fron		oal Cancer . <u>int/today</u> ,
Definitions:						Incidence pe	r 100,000
	Unless othe	rwise noted, overw	eight refers to a BMI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



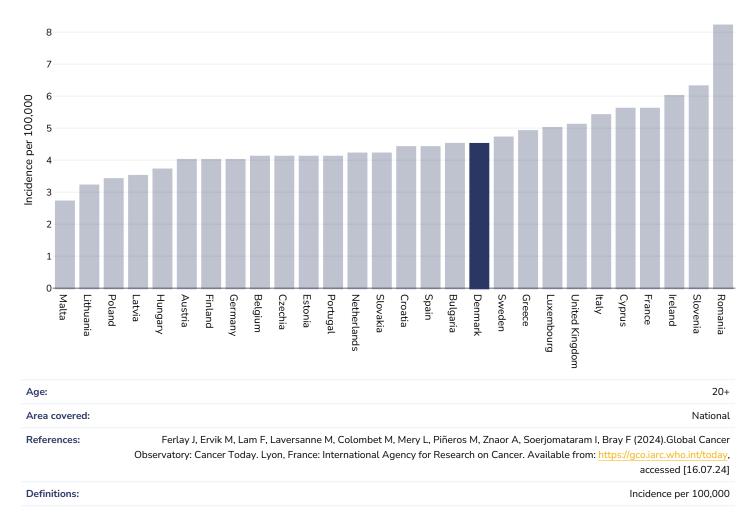


Liver and intrahepatic bile duct Cancer





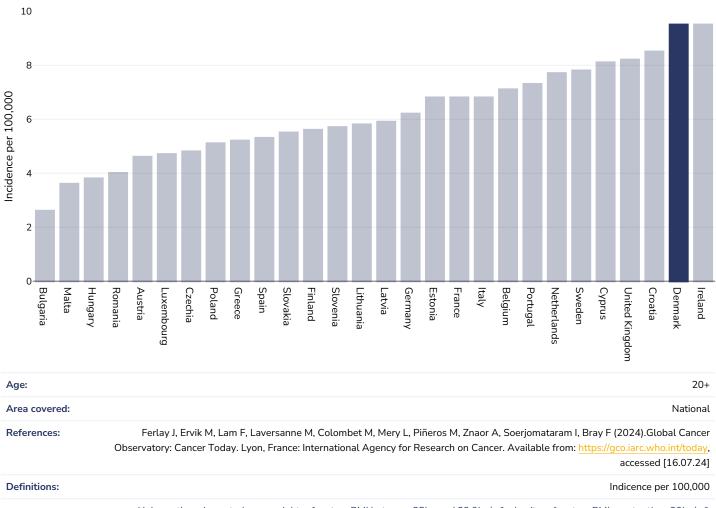






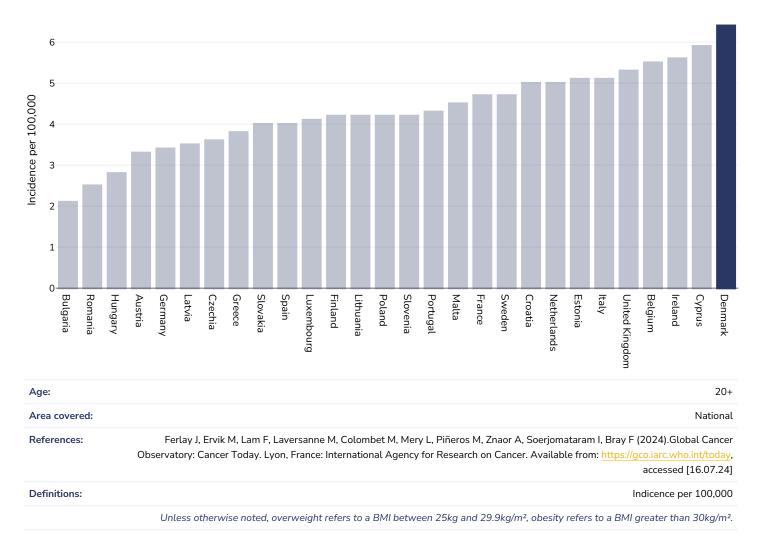
Multiple Myeloma

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.

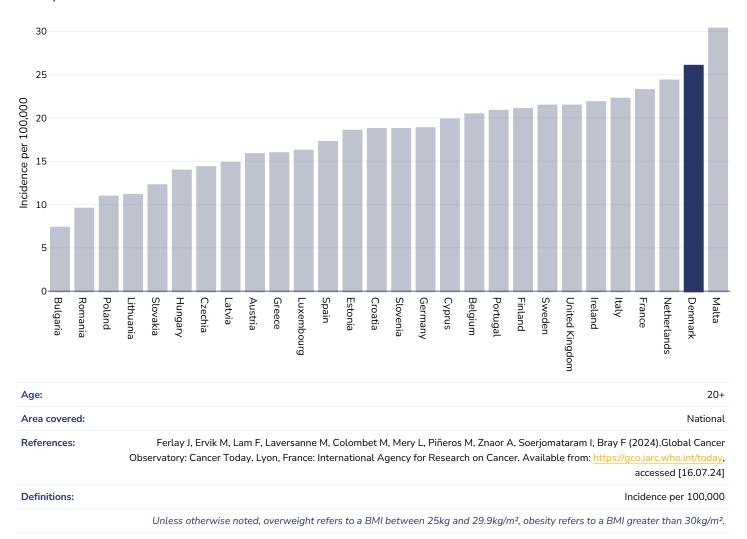




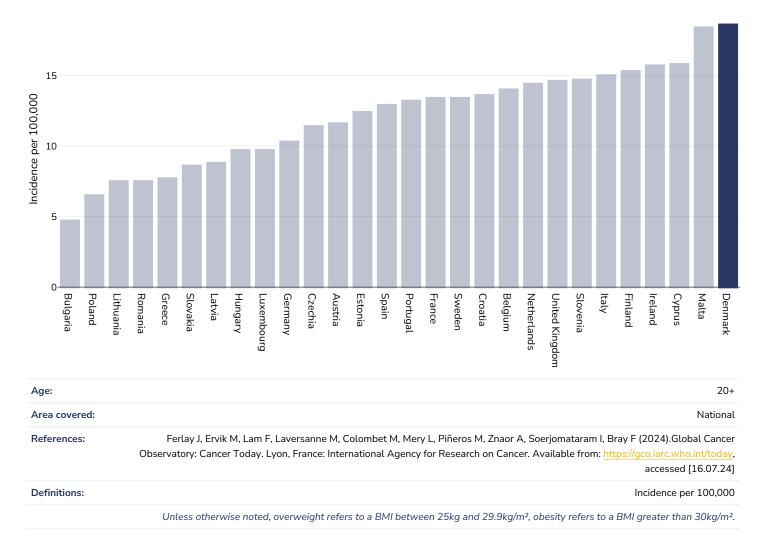


Non Hodgkin Lymphoma

Men, 2022



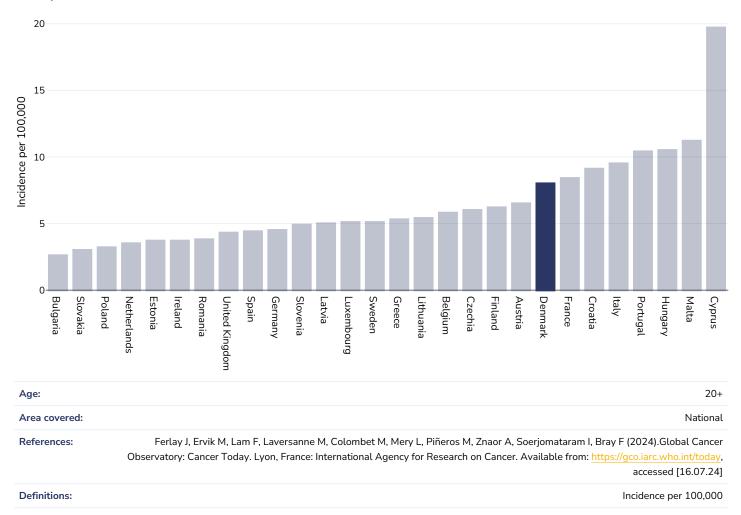




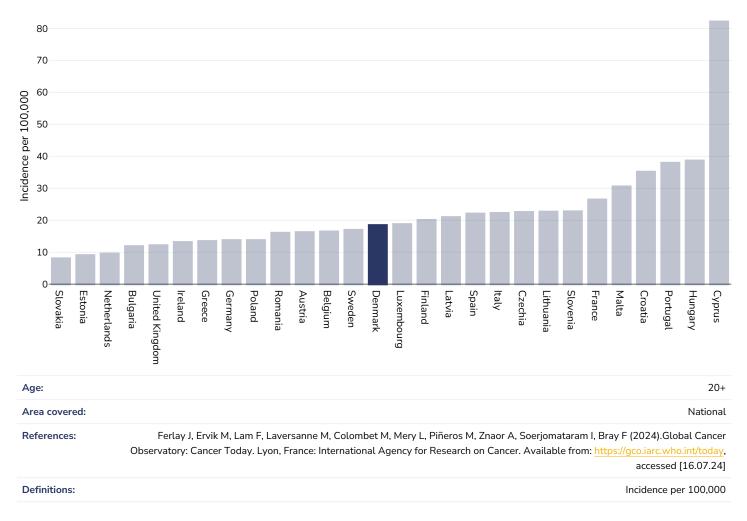


Thyroid Cancer

Men, 2022







PDF created on July 4, 2025