

Ietekmējošie faktori Igaunija

High income



Report cards

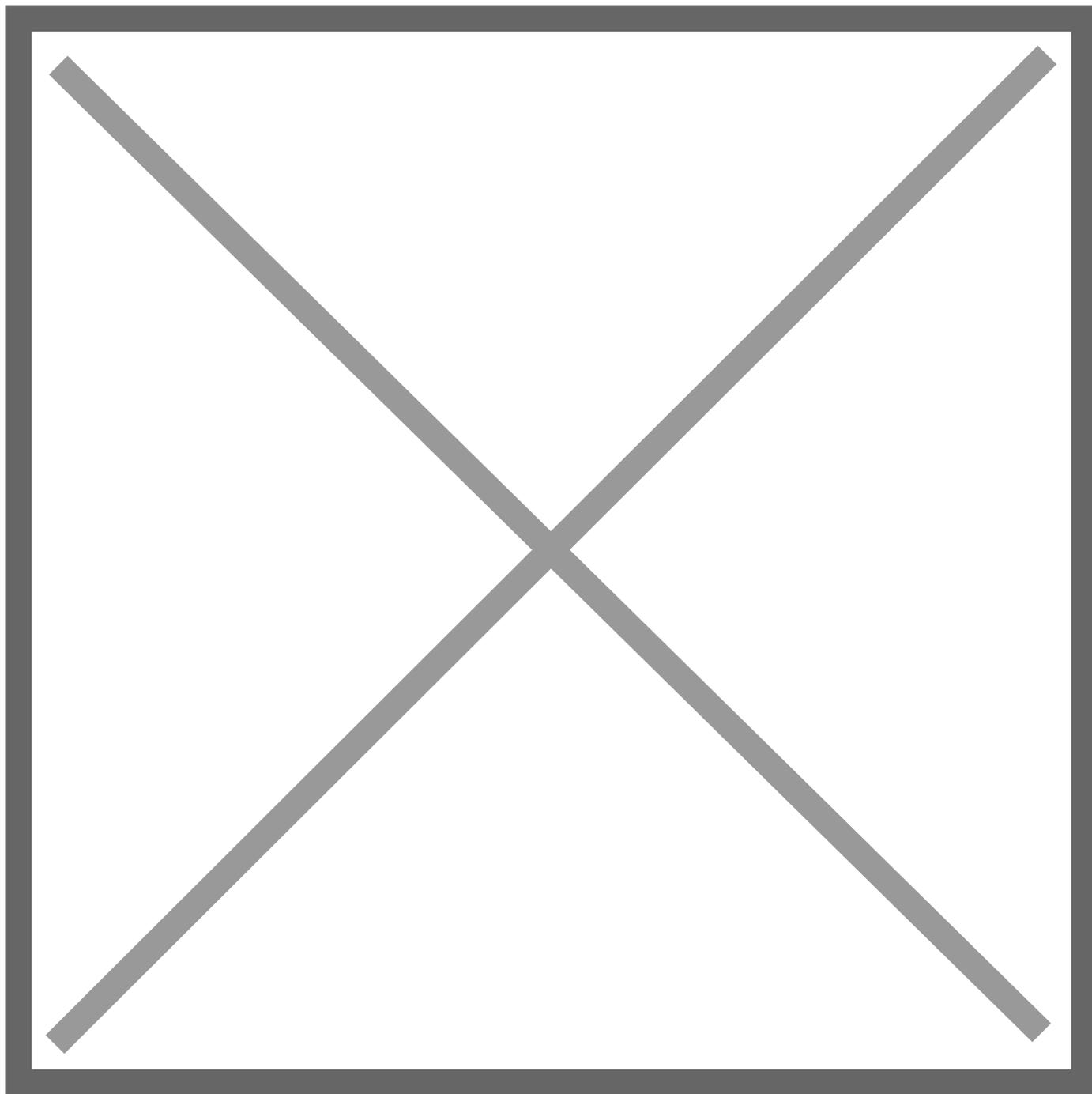
Our report cards collate all the most-recent graphics for this country. If you would like to produce a custom report based on selected graphics, just tap the Add to custom PDF button below the graphics you would like to use.

[Report card \(adult data\)](#)

[Report card \(child data\)](#)

Nepietiekamas fiziskās aktivitātes

Pieaugušie, 2022



**Apsekojuma
veids:**

Pašu ziņojums

Vecums:

18+

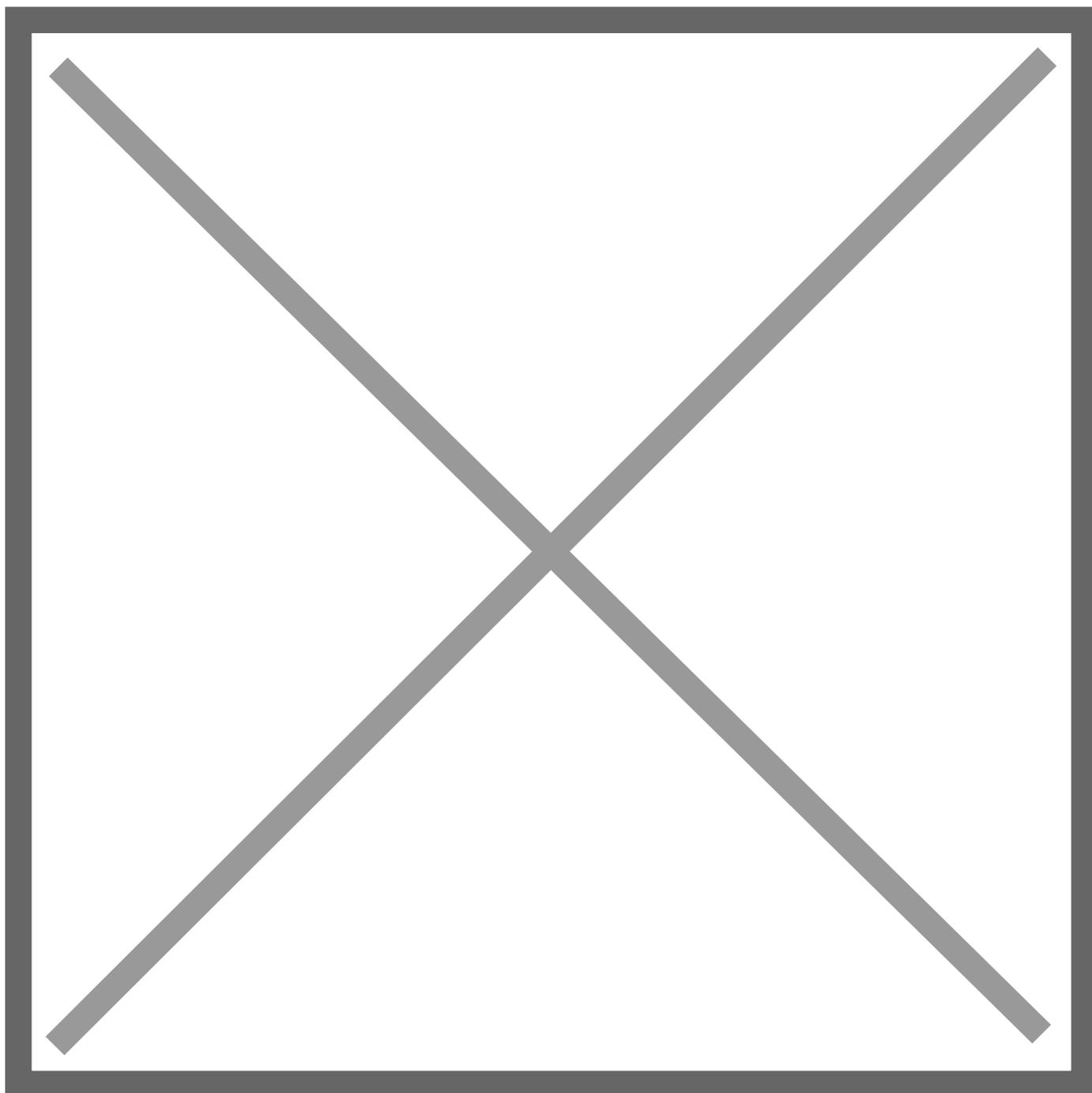
**Aptvertā
teritorija:**

Valsts

Atsauces: WHO (2024). Prevalence of insufficient physical activity among adults aged 18-years age-standardized estimate in 2022. Available at [https://www.who.int/data/gho/data/indicators/indicator-details/GHO/prevalence-of-insufficient-physical-activity-among-adults-aged-18-years-\(age-standardized-estimate\)-\(-\)](https://www.who.int/data/gho/data/indicators/indicator-details/GHO/prevalence-of-insufficient-physical-activity-among-adults-aged-18-years-(age-standardized-estimate)-(-))

Definīcijas (pieejamas tikai angļu valodā): 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.

Vīrieši, 2022



**Apsekojuma
veids:**

Pašu ziņojums

Vecums:

18+

**Aptvertā
teritorija:**

Valsts

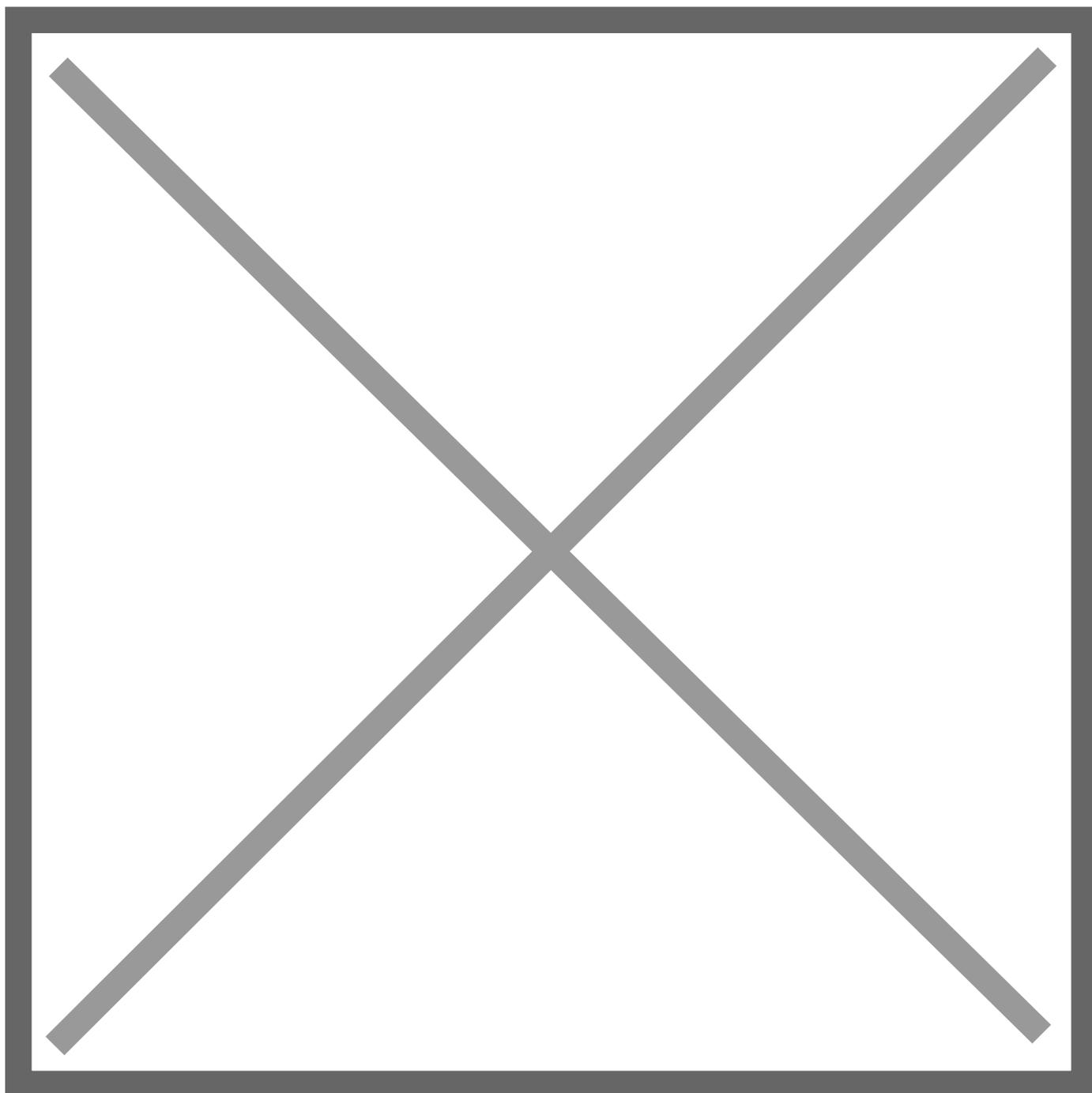
Atsauces:

WHO (2024). Prevalence of insufficient physical activity among adults aged 18-years age-standardized estimate in 2022. Available at [https://www.who.int/data/gho/data/indicators/indicator-details/GHO/prevalence-of-insufficient-physical-activity-among-adults-aged-18-years-\(age-standardized-estimate\)-\(-\)](https://www.who.int/data/gho/data/indicators/indicator-details/GHO/prevalence-of-insufficient-physical-activity-among-adults-aged-18-years-(age-standardized-estimate)-(-))

**Definīcijas
(pieejamas
tikai angļu
valodā):**

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.

Sievietes, 2022



**Apsekojuma
veids:**

Pašu ziņojums

Vecums:

18+

**Aptvertā
teritorija:**

Valsts

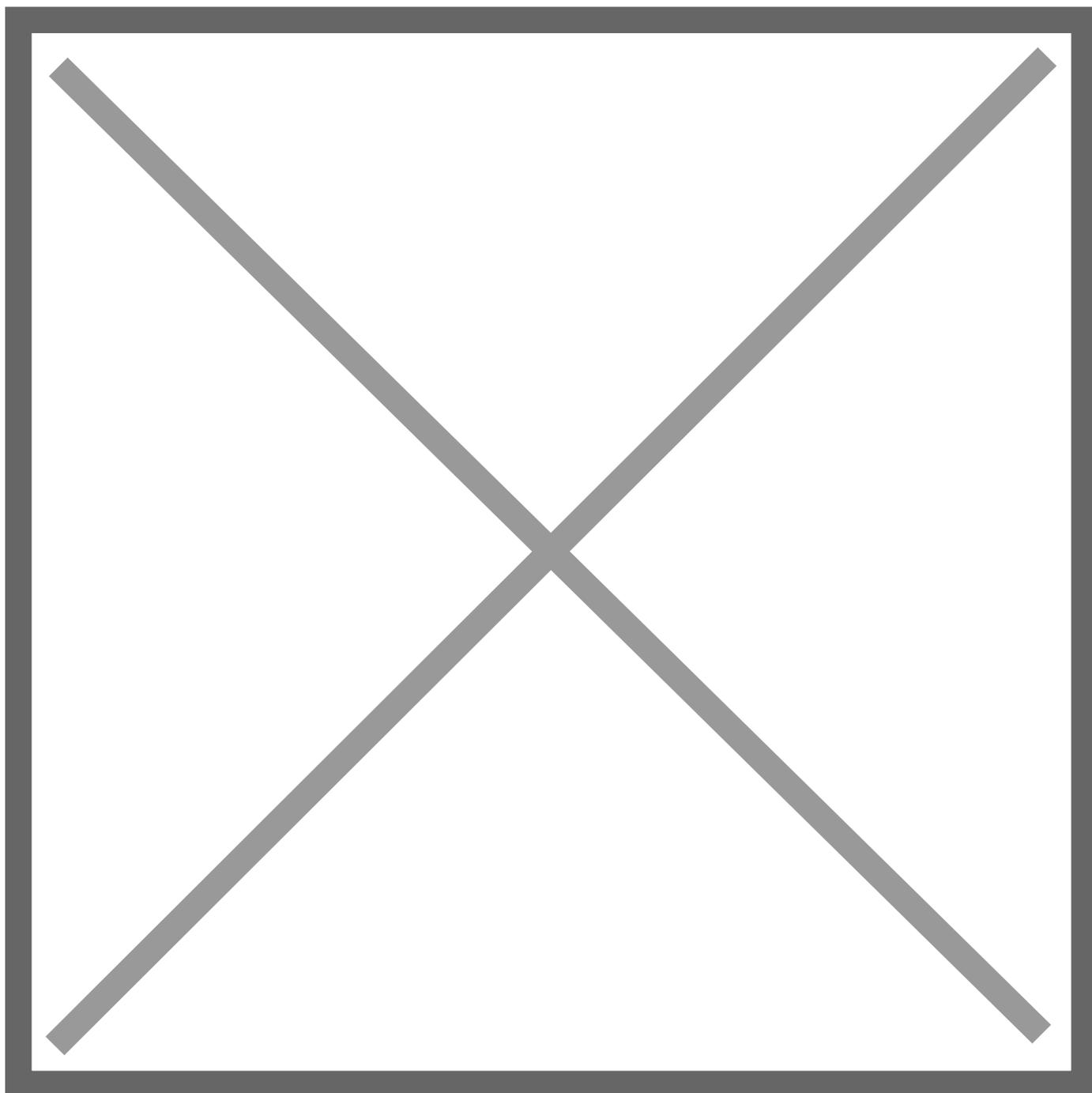
Atsauces:

WHO (2024). Prevalence of insufficient physical activity among adults aged 18-years age-standardized estimate in 2022. Available at [https://www.who.int/data/gho/data/indicators/indicator-details/GHO/prevalence-of-insufficient-physical-activity-among-adults-aged-18-years-\(age-standardized-estimate\)-\(-\)](https://www.who.int/data/gho/data/indicators/indicator-details/GHO/prevalence-of-insufficient-physical-activity-among-adults-aged-18-years-(age-standardized-estimate)-(-))

**Definīcijas
(pieejamas
tikai angļu
valodā):**

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.

Zēni, 2022



Atsauces:

Rakić JG, Hamrik Z, Dzielska A, Felder-Puig R, Oja L, Bakalár P et al. A focus on adolescent physical activity, eating behaviours, weight status and body image in Europe, central Asia and Canada. Health Behaviour in School-aged Children international report from the 2021/2022 survey. Volume 4. Copenhagen: WHO Regional Office for Europe; 2024. Licence: CC BY-NC-SA 3.0 IGO. Health Behaviour in School-aged Children study (2023), Data browser (findings from the 2021/22 international HBSC survey): <https://data-browser.hbsc.org>.

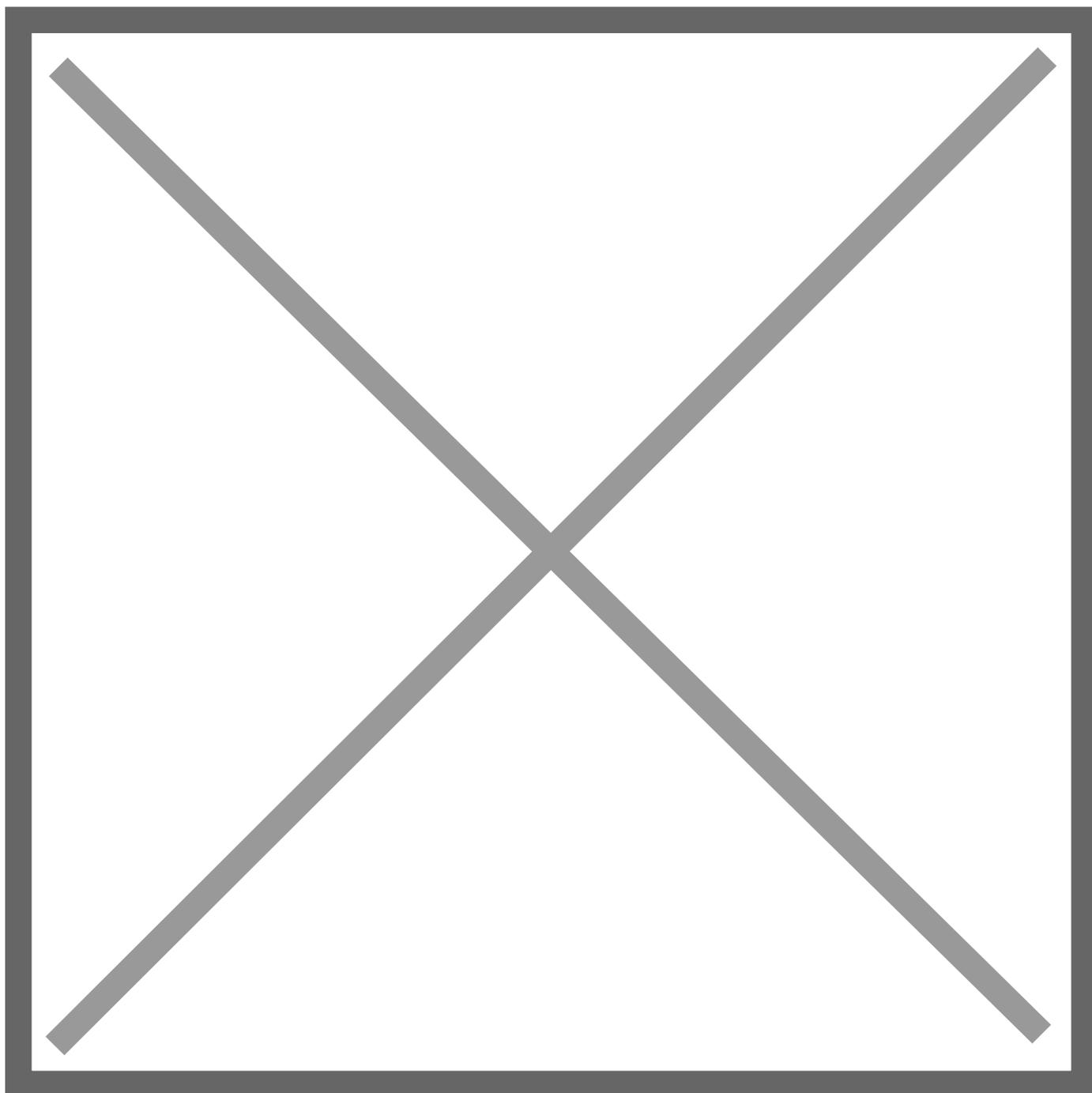
**Piezīmes
(pieejamas
tikai angļu
valodā):**

Young people were asked to report the number of days over the past week during which they were physically active for a total of at least 60 minutes. The question was introduced by text defining moderate-to-vigorous physical activity (MVPA) as any activity that increases the heart rate and makes the person get out of breath some of the time, with examples provided. Findings presented on the Observatory show the proportions who report less than 60 minutes of MVPA daily.

**Definīcijas
(pieejamas
tikai angļu
valodā):**

% reporting less than 60 minutes of MVPA daily

Meitenes, 2022



Atsauces:

Rakić JG, Hamrik Z, Dzielska A, Felder-Puig R, Oja L, Bakalár P et al. A focus on adolescent physical activity, eating behaviours, weight status and body image in Europe, central Asia and Canada. Health Behaviour in School-aged Children international report from the 2021/2022 survey. Volume 4. Copenhagen: WHO Regional Office for Europe; 2024. Licence: CC BY-NC-SA 3.0 IGO. Health Behaviour in School-aged Children study (2023), Data browser (findings from the 2021/22 international HBSC survey): <https://data-browser.hbsc.org>.

**Piezīmes
(pieejamas
tikai angļu
valodā):**

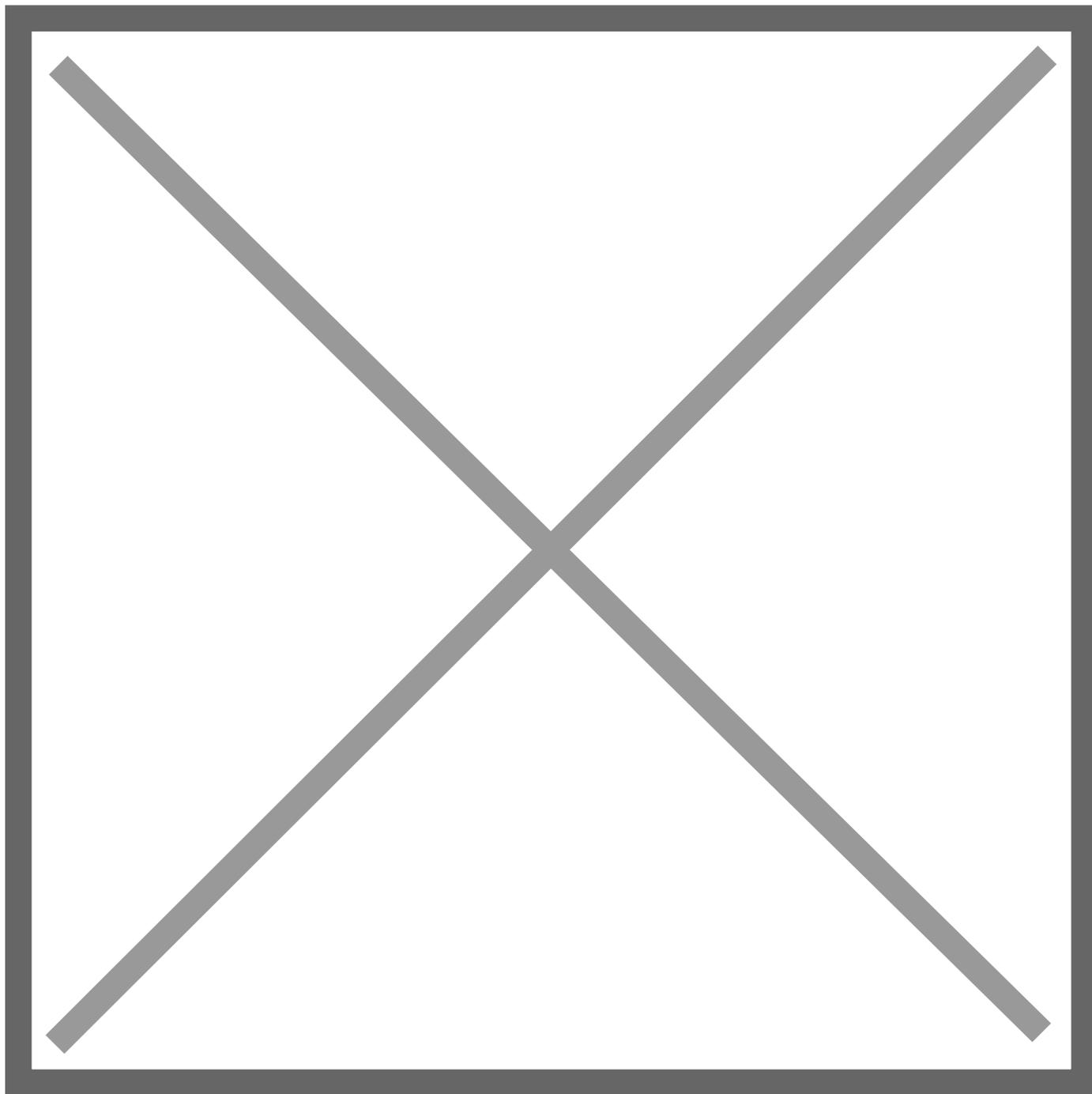
Young people were asked to report the number of days over the past week during which they were physically active for a total of at least 60 minutes. The question was introduced by text defining moderate-to-vigorous physical activity (MVPA) as any activity that increases the heart rate and makes the person get out of breath some of the time, with examples provided. Findings presented on the Observatory show the proportions who report less than 60 minutes of MVPA daily.

**Definīcijas
(pieejamas
tikai angļu
valodā):**

% reporting less than 60 minutes of MVPA daily

Cukura patēriņš

Pieaugušie, 2016



Atsauces:

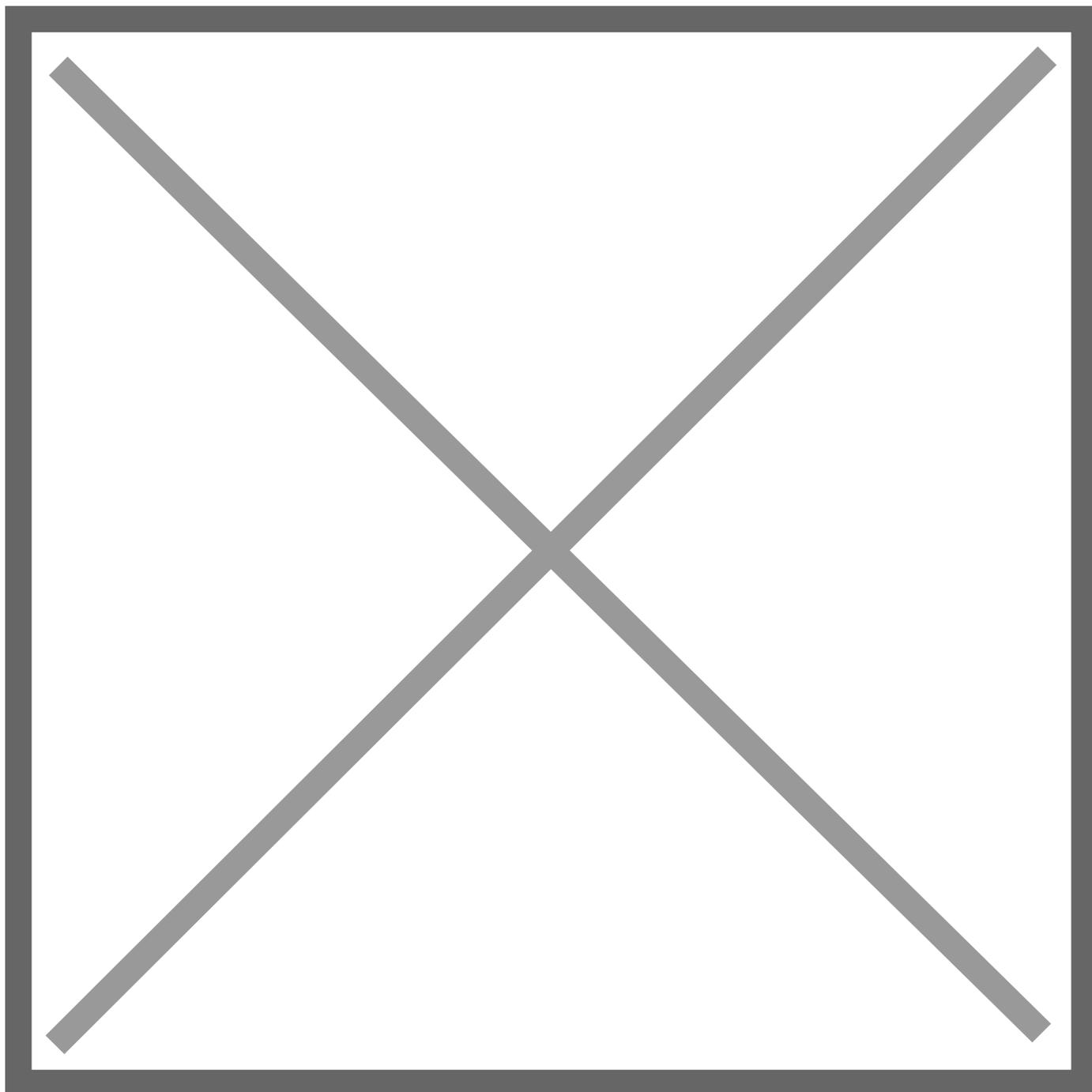
Source: Euromonitor International

**Definīcijas
(pieejamas
tikai angļu
valodā):**

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

Aptuvenais ar cukuru saldināto dzērienu patēriņš uz vienu iedzīvotāju

Pieaugušie, 2016

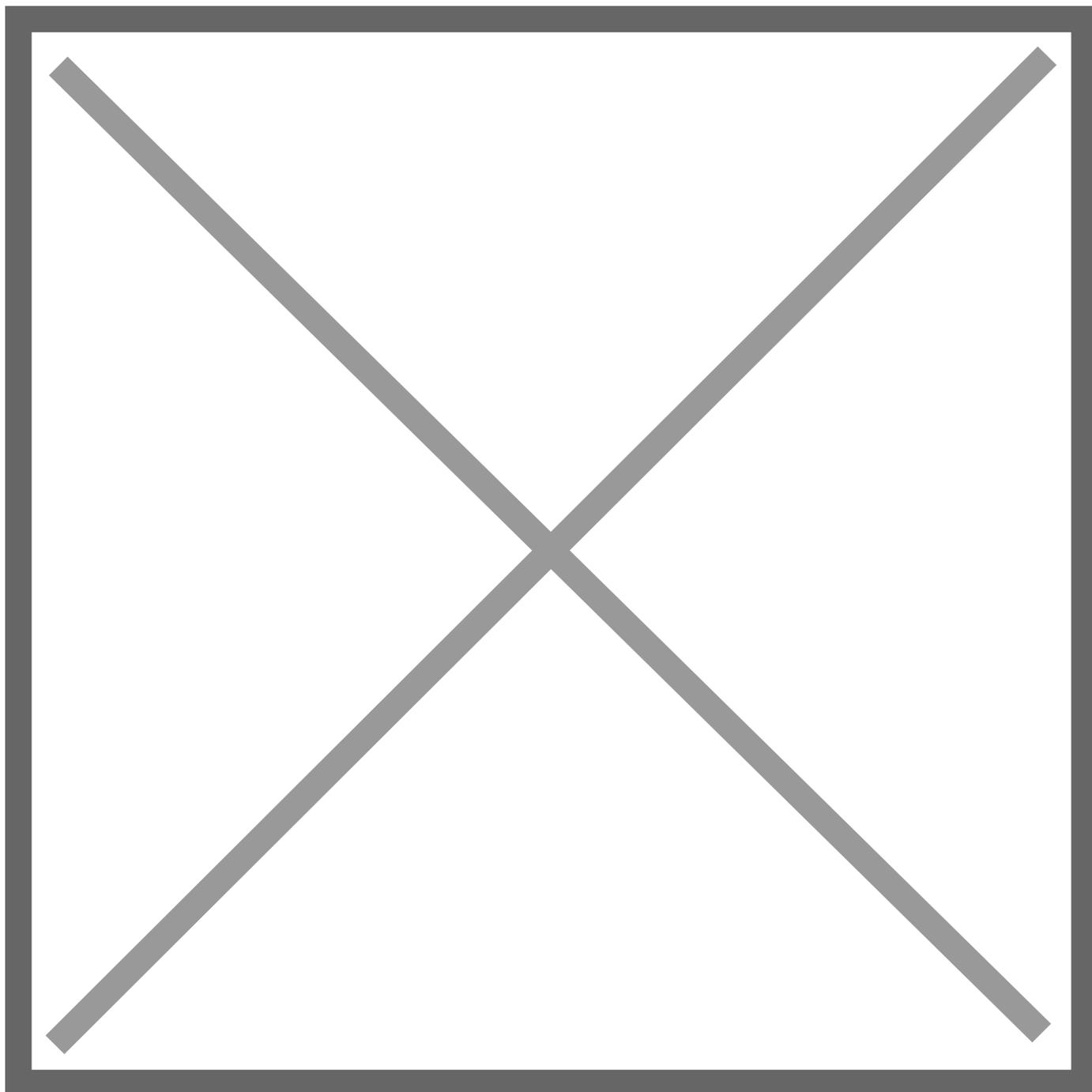


Atsauces:

Source: Euromonitor International

Gāzēto bezalkoholisko dzērienu patēriņa, kas ir vismaz reizi dienā, pārsvars

Zēni, 2021-2022



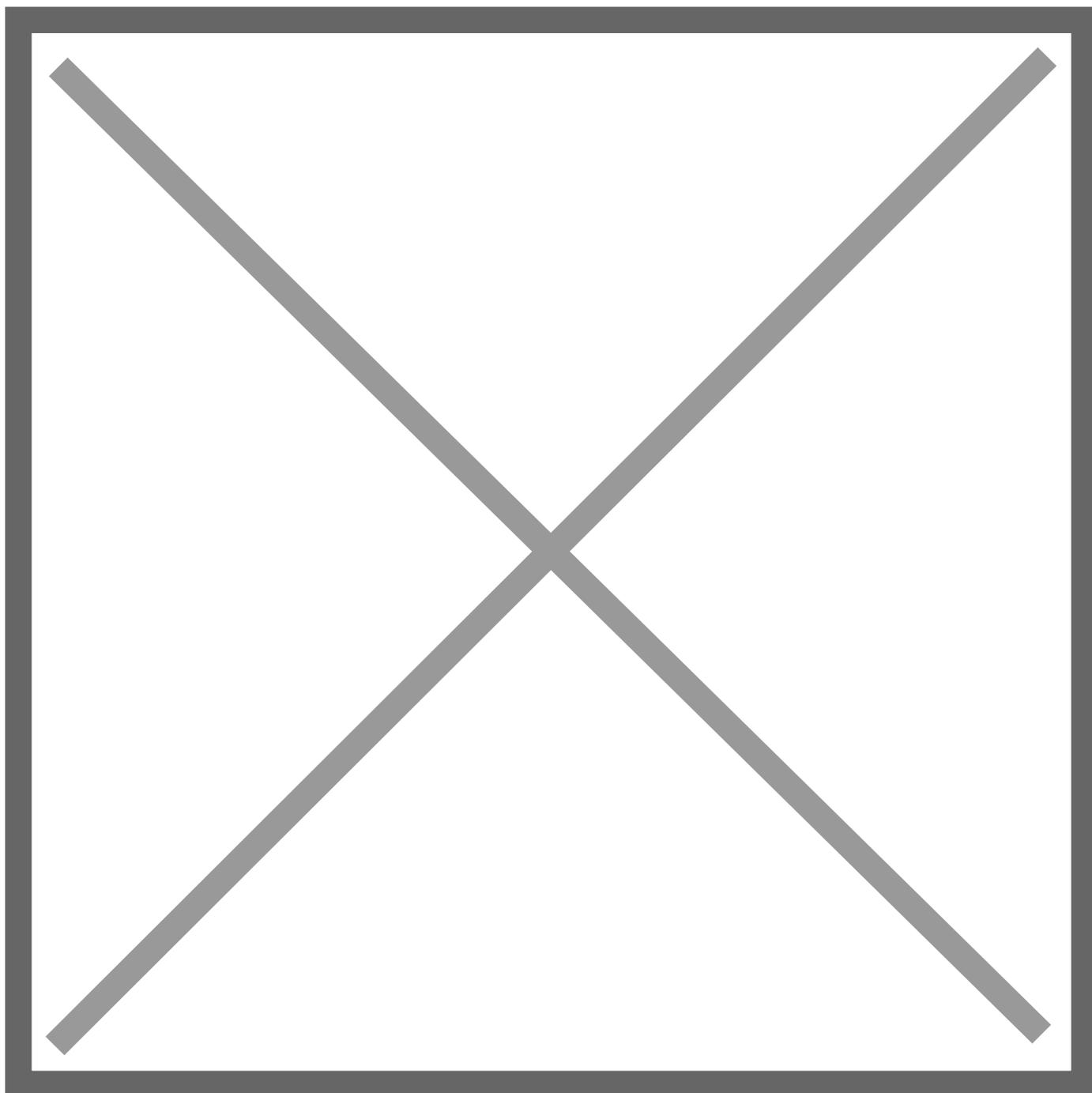
Aptvertā
teritorija:

Valsts

Atsauces: Health Behaviour in School-aged Children study (2023), Data browser (findings from the 2021/22 international HBSC survey): <https://data-browser.hbsc.org..>

**Definīcijas
(pieejamas
tikai angļu
valodā):** Proportion who reported drinking sugary soft drinks daily (at least once)

Meitenes, 2021-2022



Aptvertā teritorija:

Valsts

Atsauces:

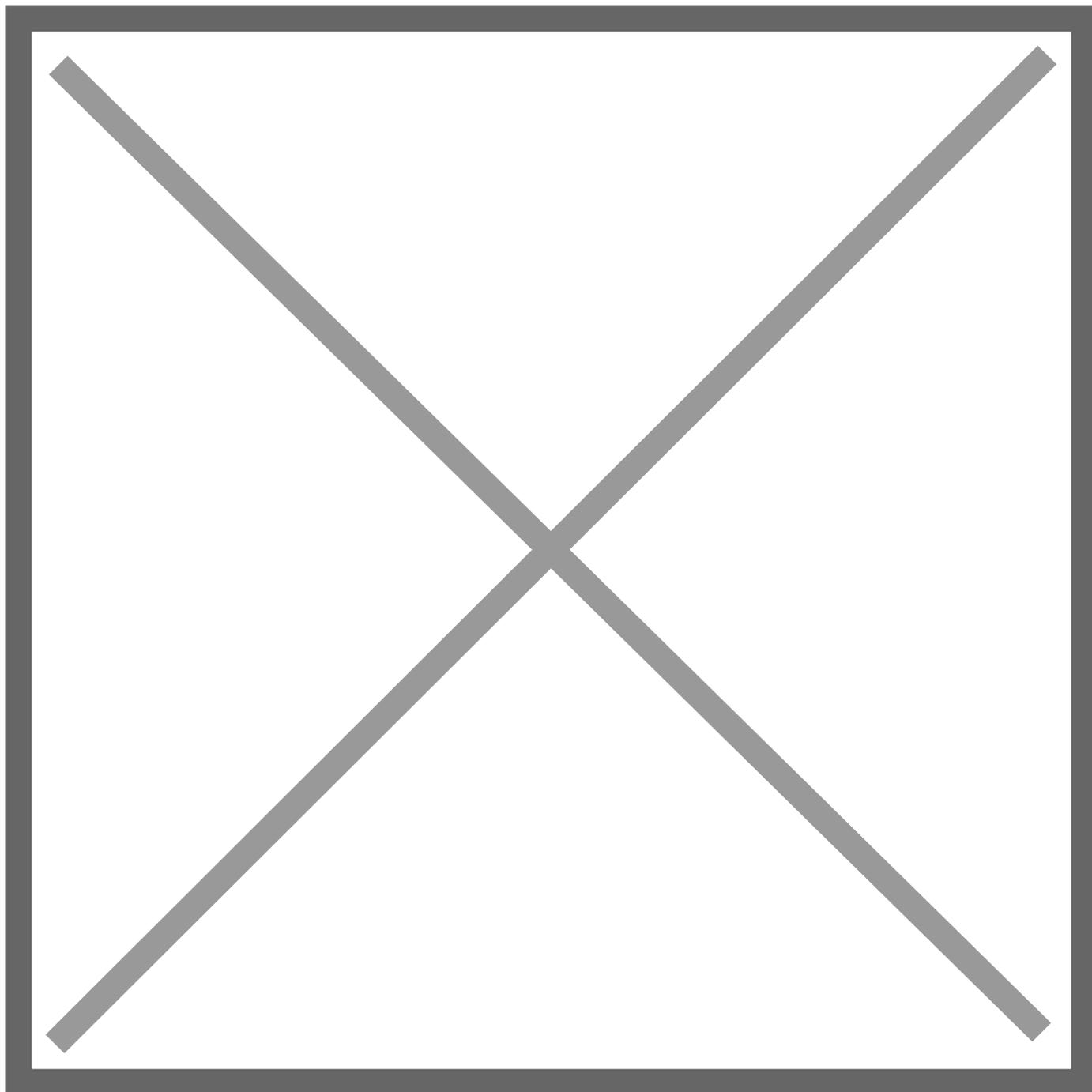
Health Behaviour in School-aged Children study (2023), Data browser (findings from the 2021/22 international HBSC survey): <https://data-browser.hbsc.org..>

Definīcijas (pieejamas tikai angļu valodā):

Proportion who reported drinking sugary soft drinks daily (at least once)

Konditorejas izstrādājumu patēriņa īpatsvars

Pieaugušie, 2016



Atsauces:

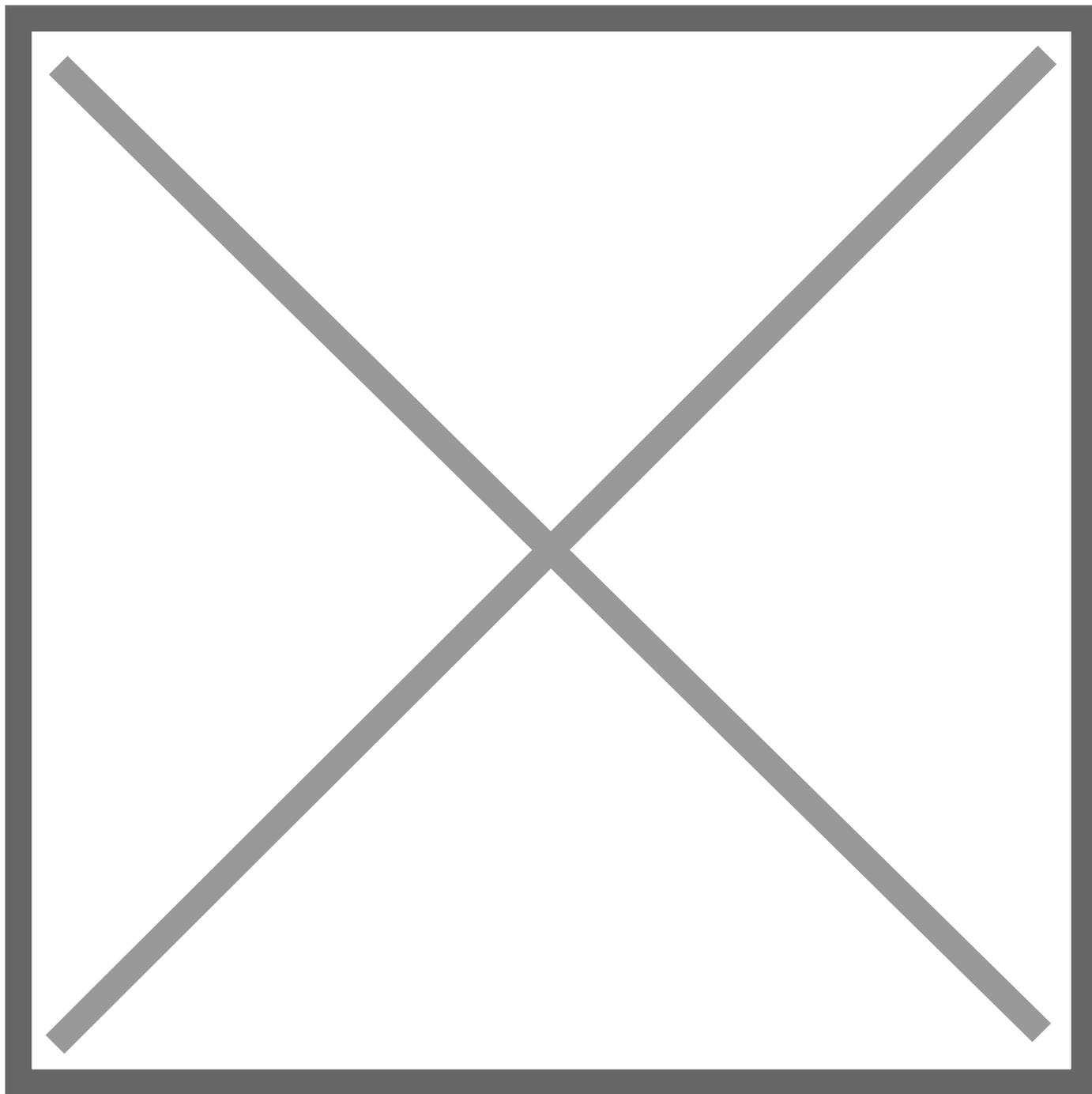
Source: Euromonitor International

**Definīcijas
(pieejamas
tikai angļu
valodā):**

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

Saldu/pikantu uz kodu patēriņa īpatsvars

Pieaugušie, 2016



Atsauces:

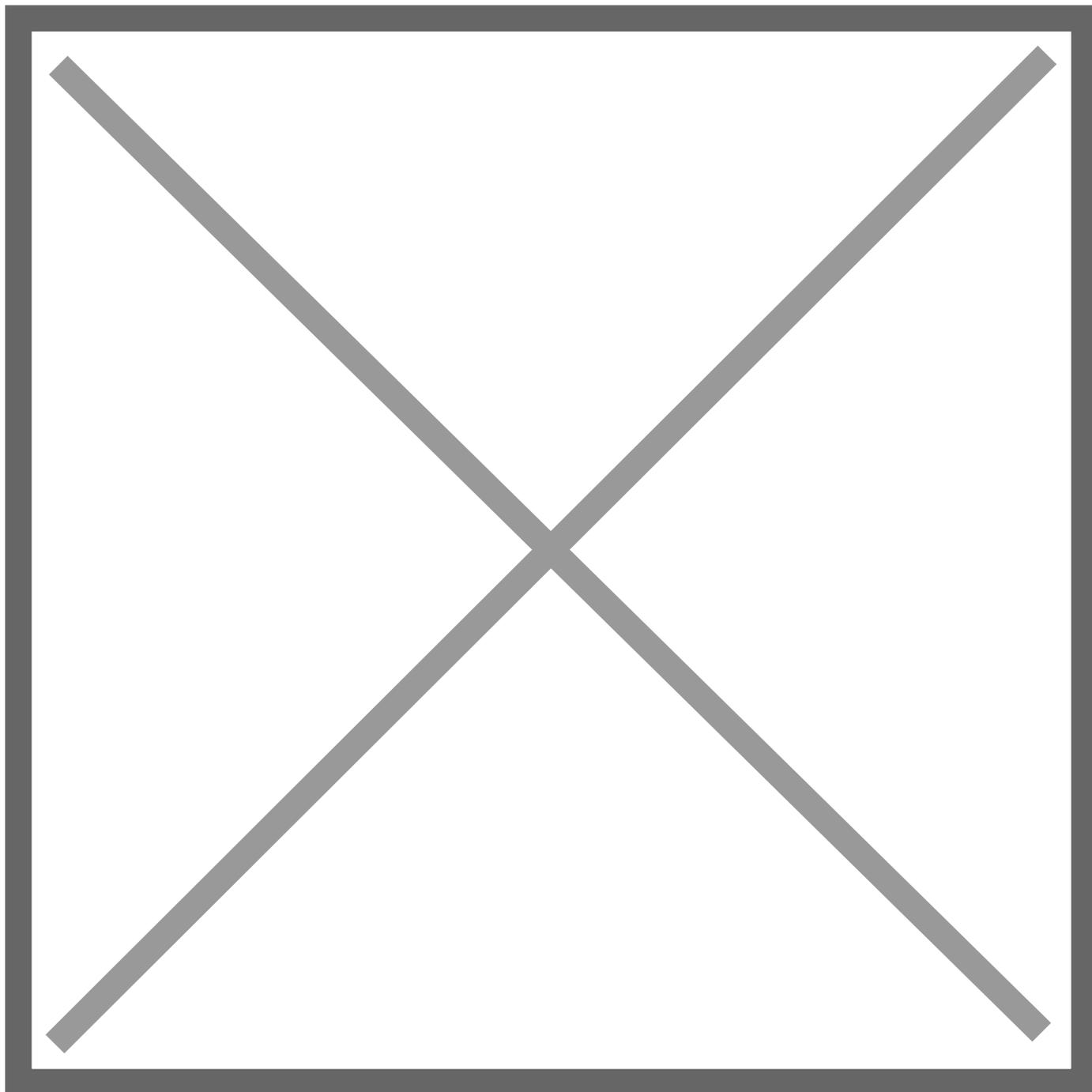
Source: Euromonitor International

**Definīcijas
(pieejamas
tikai angļu
valodā):**

Prevalence of sweet/savoury snack consumption (Number of 35g sweet/savoury snack portions/person/month)

Estimated per capita fruit intake

Pieaugušie, 2017



**Apsekojuma
veids:**

Mēritā vērtība

Vecums:

25+

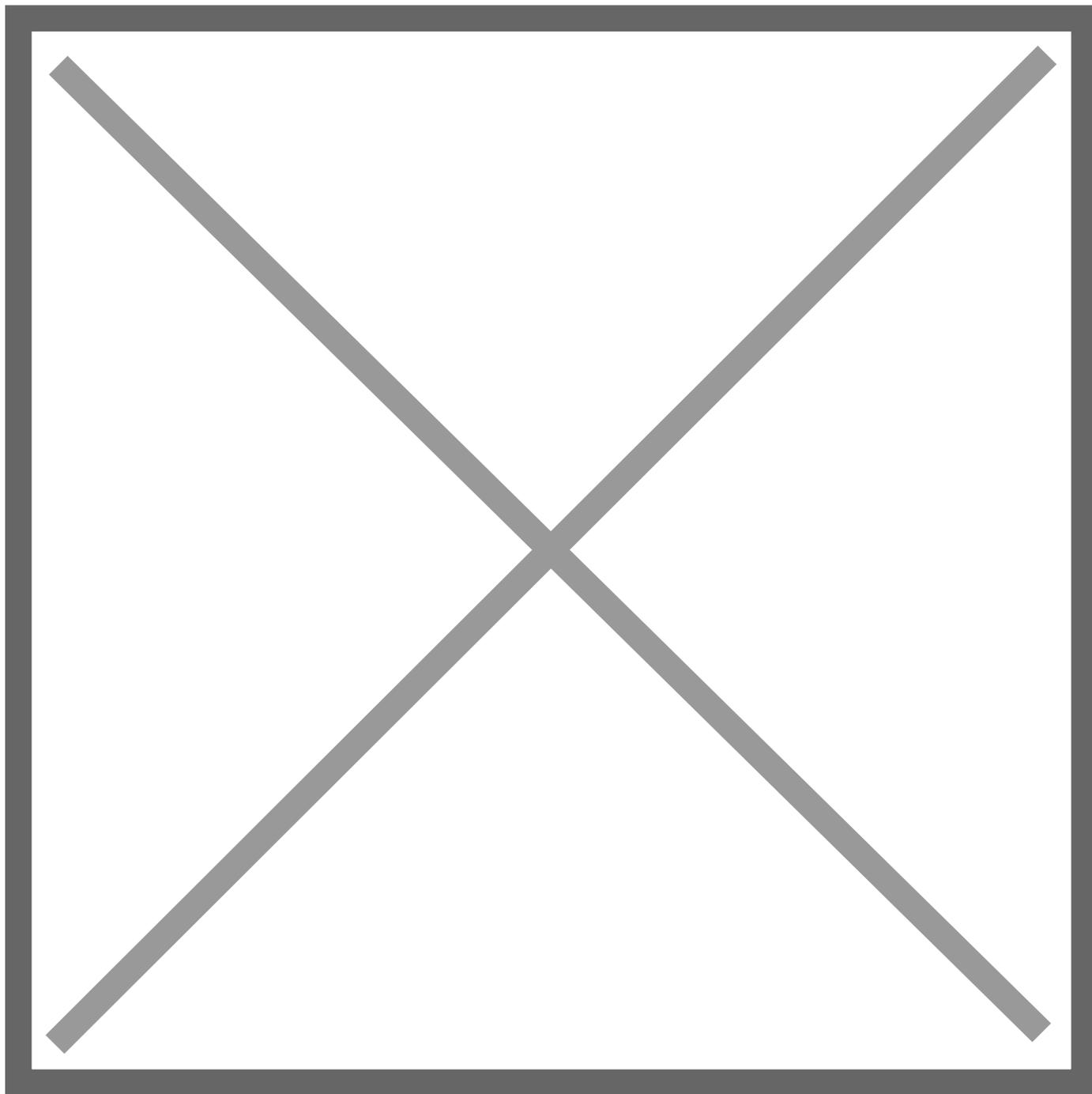
Atsauces:

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

**Definīcijas
(pieejamas
tikai angļu
valodā):**

Estimated per-capita fruit intake (g/day)

Augļu patēriņa, kas ir mazāks par ikdienas patēriņu, īpatsvars Bērni, 2014



**Apsekojuma
veids:**

Mēritā vērtība

Atsauces:

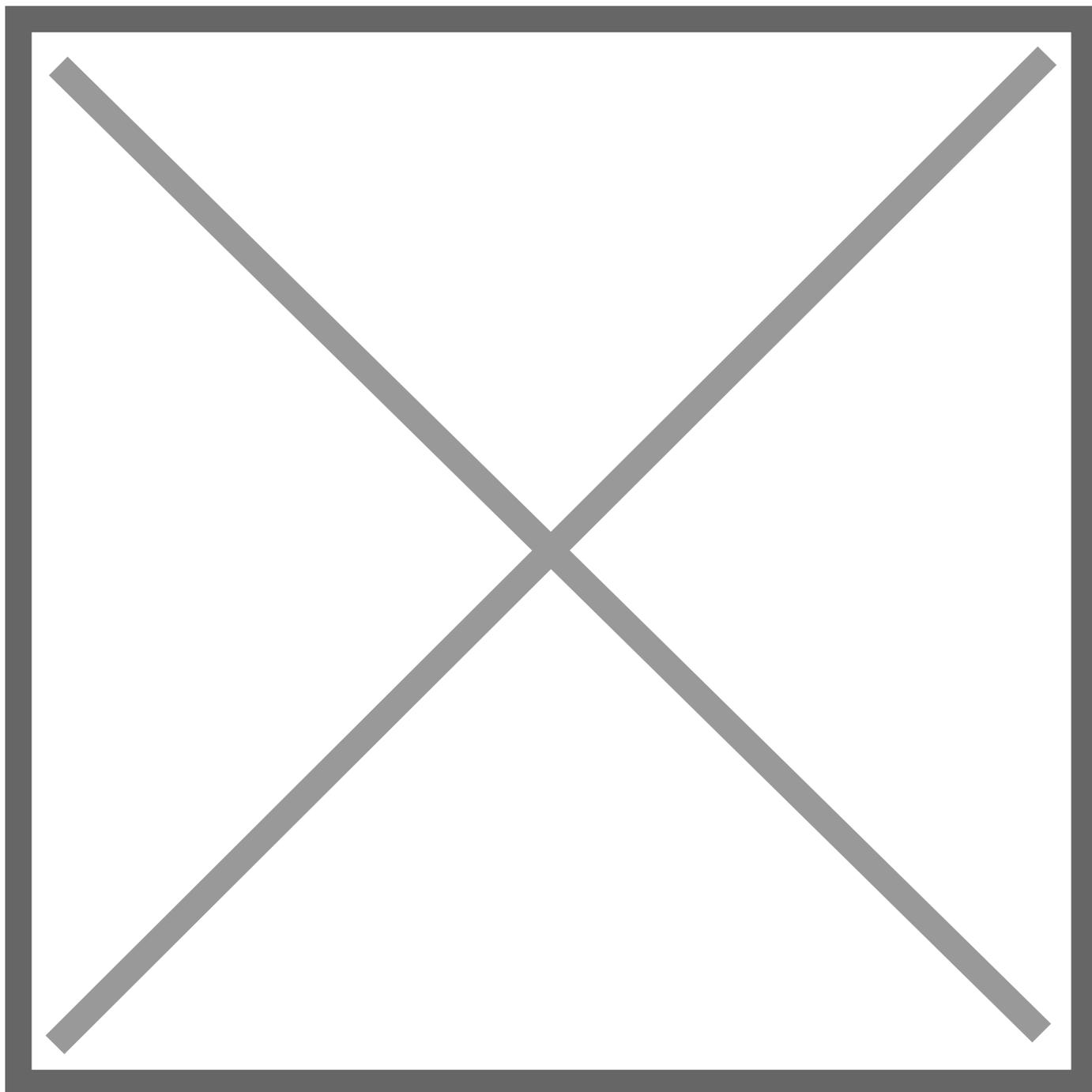
Global School-based Student Health Surveys. Beal et al (2019). Global Patterns of Adolescent Fruit, Vegetable, Carbonated Soft Drink, and Fast-food consumption: A meta-analysis of global school-based student health surveys. Food and Nutrition Bulletin. <https://doi.org/10.1177/0379572119848287>. Sourced from Food Systems Dashboard <http://www.foodsystemsdashboard.org/food-system>

**Definīcijas
(pieejamas
tikai angļu
valodā):**

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

Dārzeņu patēriņa, kas ir mazāks par ikdienas patēriņu, īpatsvars

Bērni, 2014



**Apsekojuma
veids:**

Mēritā vērtība

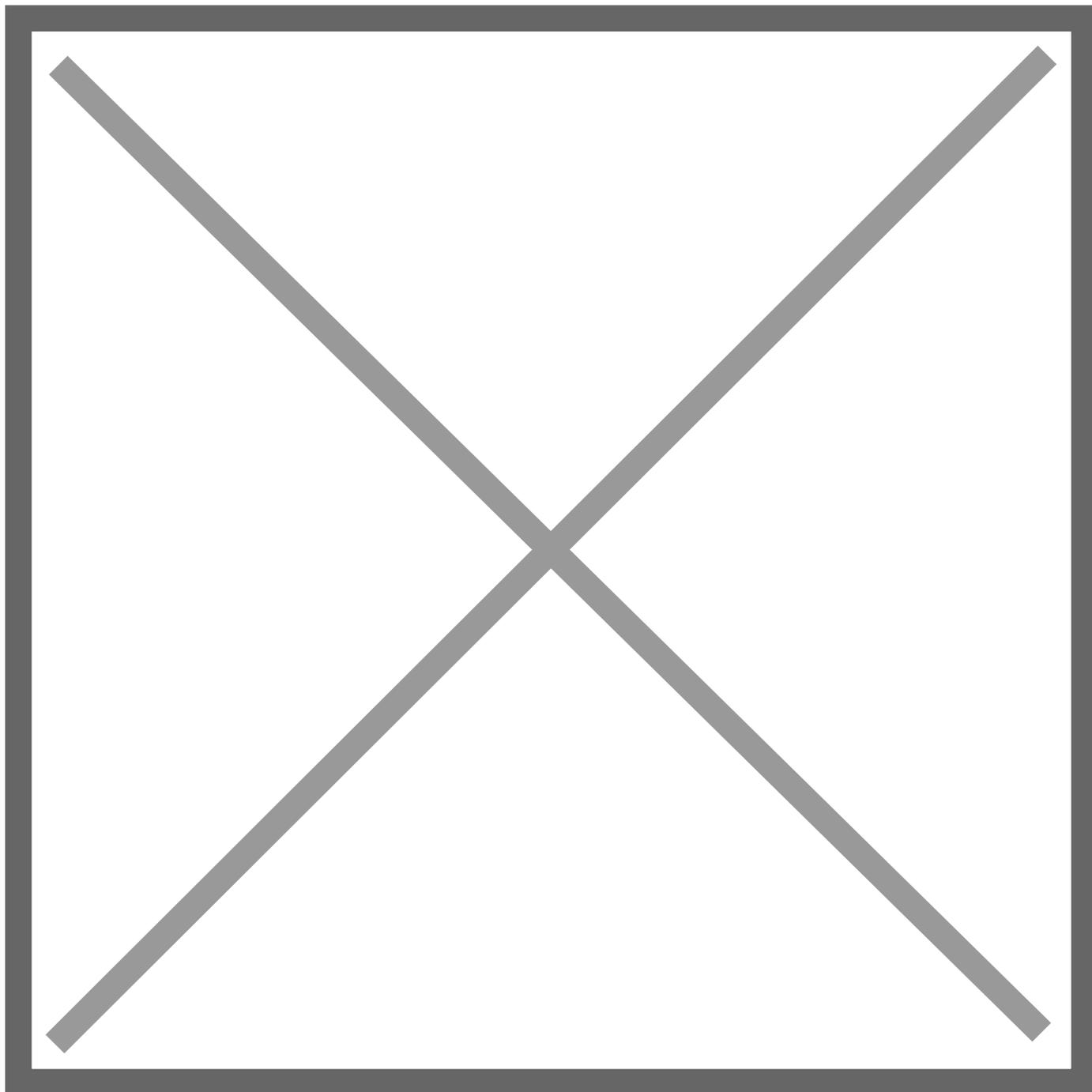
Vecums:

12-17

Atsauces: Beal et al. (2019). Global Patterns of Adolescent Fruit, Vegetable, Carbonated Soft Drink, and Fast-food consumption: A meta-analysis of global school-based student health surveys. Food and Nutrition Bulletin. <https://doi.org/10.1177/0379572119848287> sourced from Food Systems Dashboard <http://www.foodsystemsdashboard.org/food-system>

Definīcijas (pieejamas tikai angļu valodā): Prevalence of less-than-daily vegetable consumption (% less-than-daily vegetable consumption)

Aptuvenais pārstrādātas gaļas patēriņš uz vienu iedzīvotāju Pieaugušie, 2017



**Apsekojuma
veids:**

Mērītā vērtība

Vecums:

25+

Atsauces:

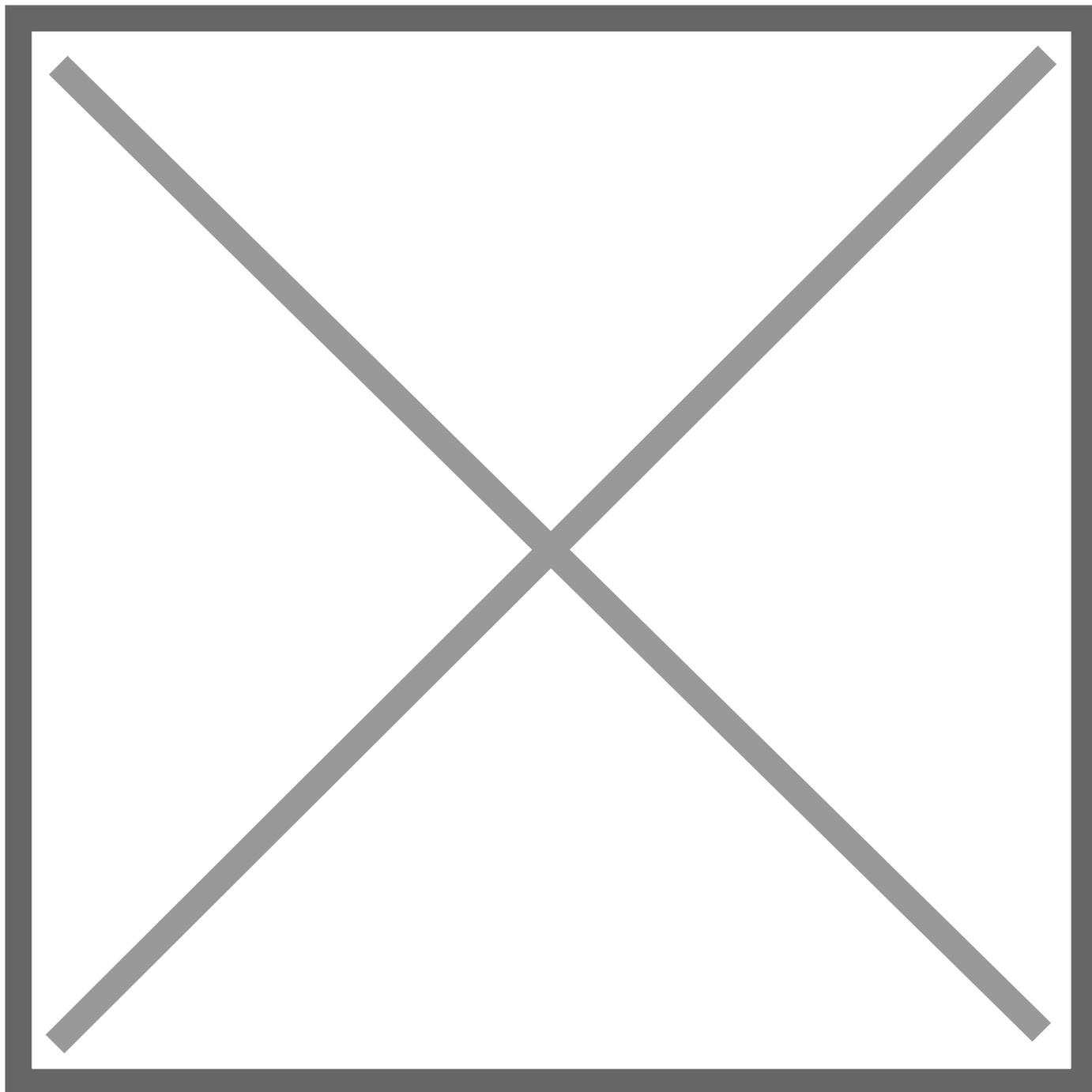
Global Burden of Disease, the Institute for Health Metrics and Evaluation <http://ghdx.healthdata.org/>

**Definīcijas
(pieejamas
tikai angļu
valodā):**

Estimated per-capita processed meat intake (g per day)

Estimated per capita whole grains intake

Pieaugušie, 2017



**Apsekojuma
veids:**

Mēritā vērtība

Vecums:

25+

Atsauces:

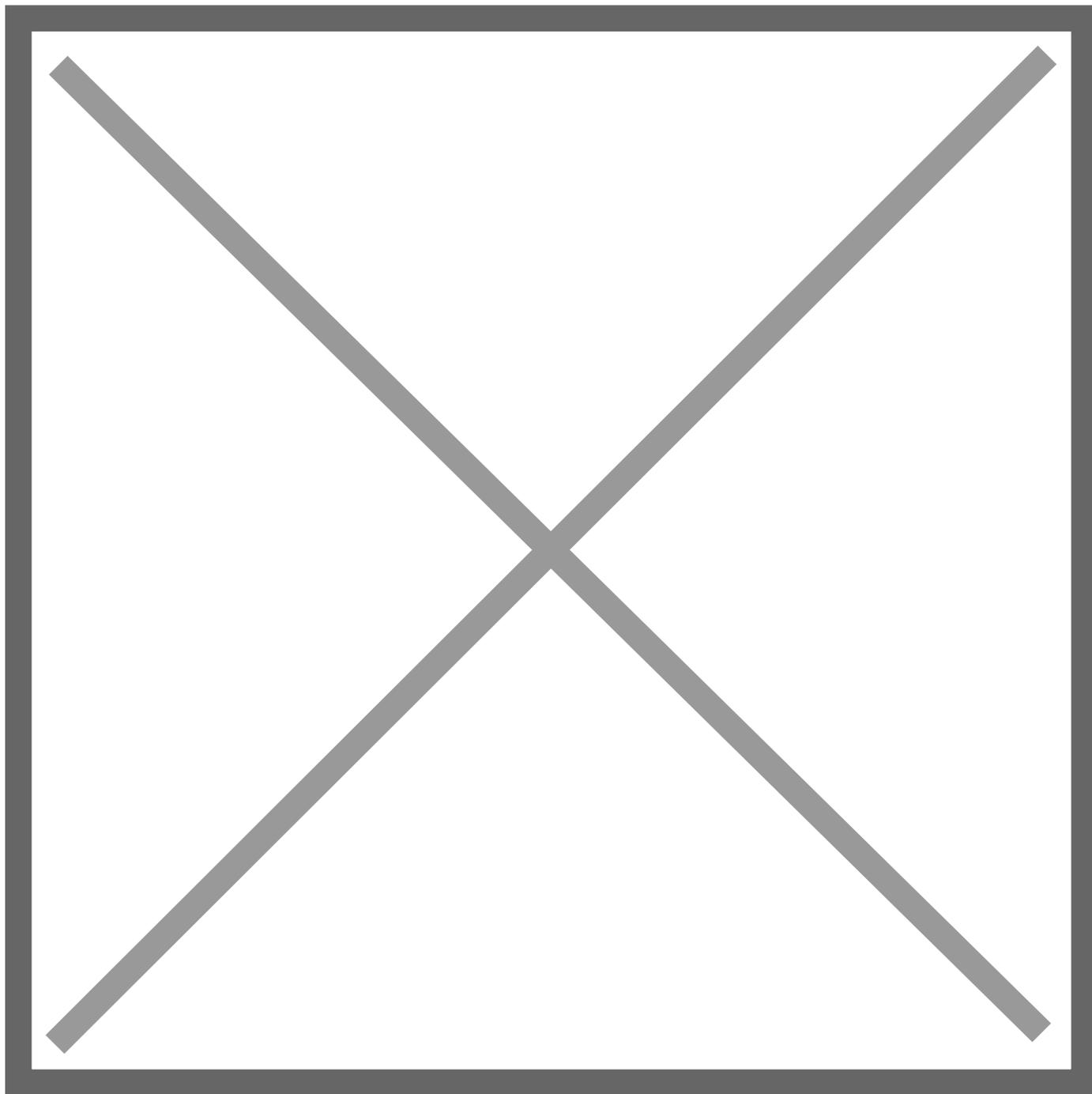
Global Burden of Disease, the Institute for Health Metrics and Evaluation <http://ghdx.healthdata.org/>

**Definīcijas
(pieejamas
tikai angļu
valodā):**

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

Garīgā veselība - depresijas traucējumi

Pieaugušie, 2021



Vecums:

20+

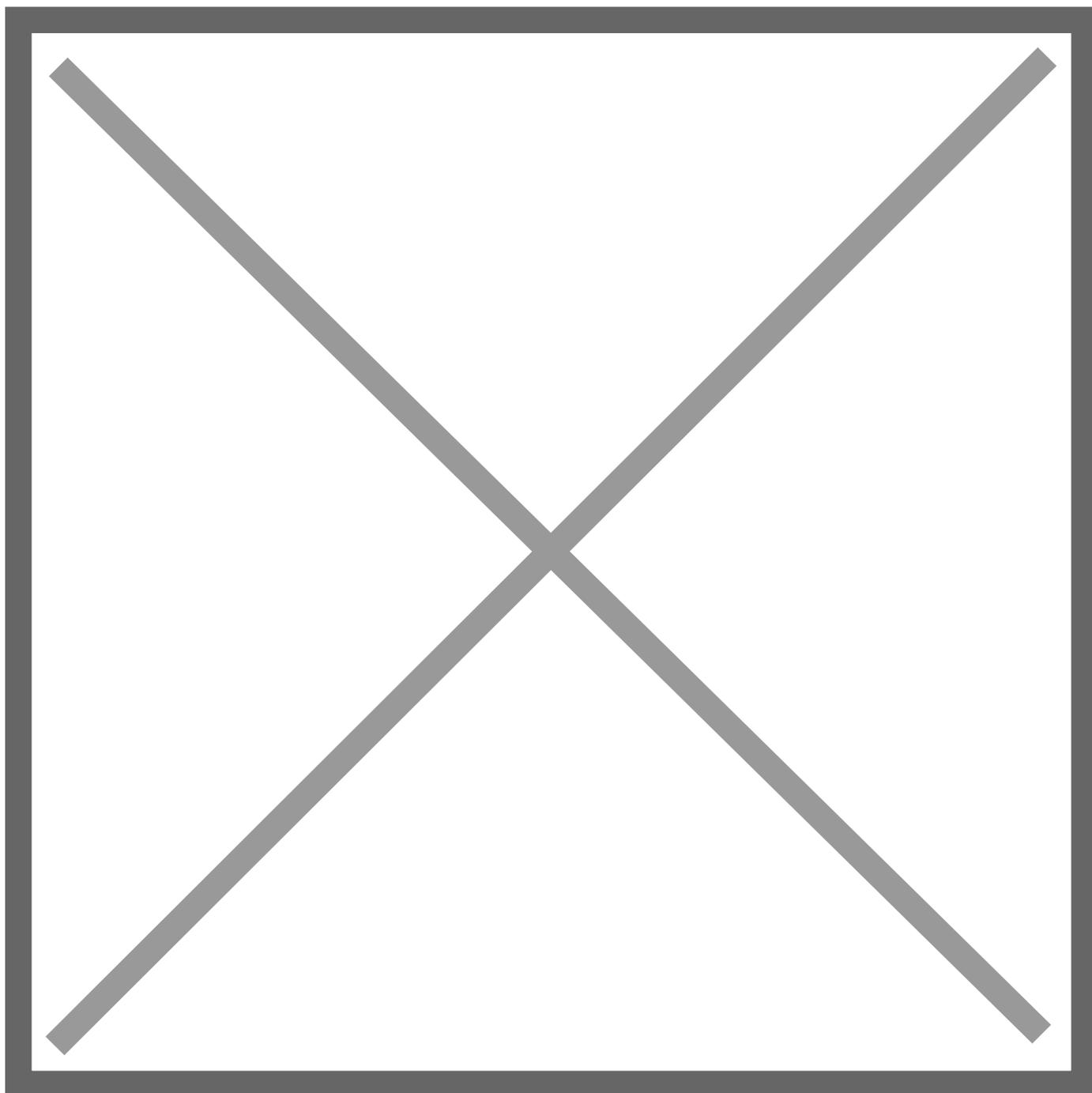
Aptvertā
teritorija:

Valsts

Atsauces: 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)

Definīcijas (pieejamas tikai angļu valodā): Number living with depression per 100,000 population (adults 20+ years)

Vīrieši, 2021



Vecums:

20+

**Aptvertā
teritorija:**

Valsts

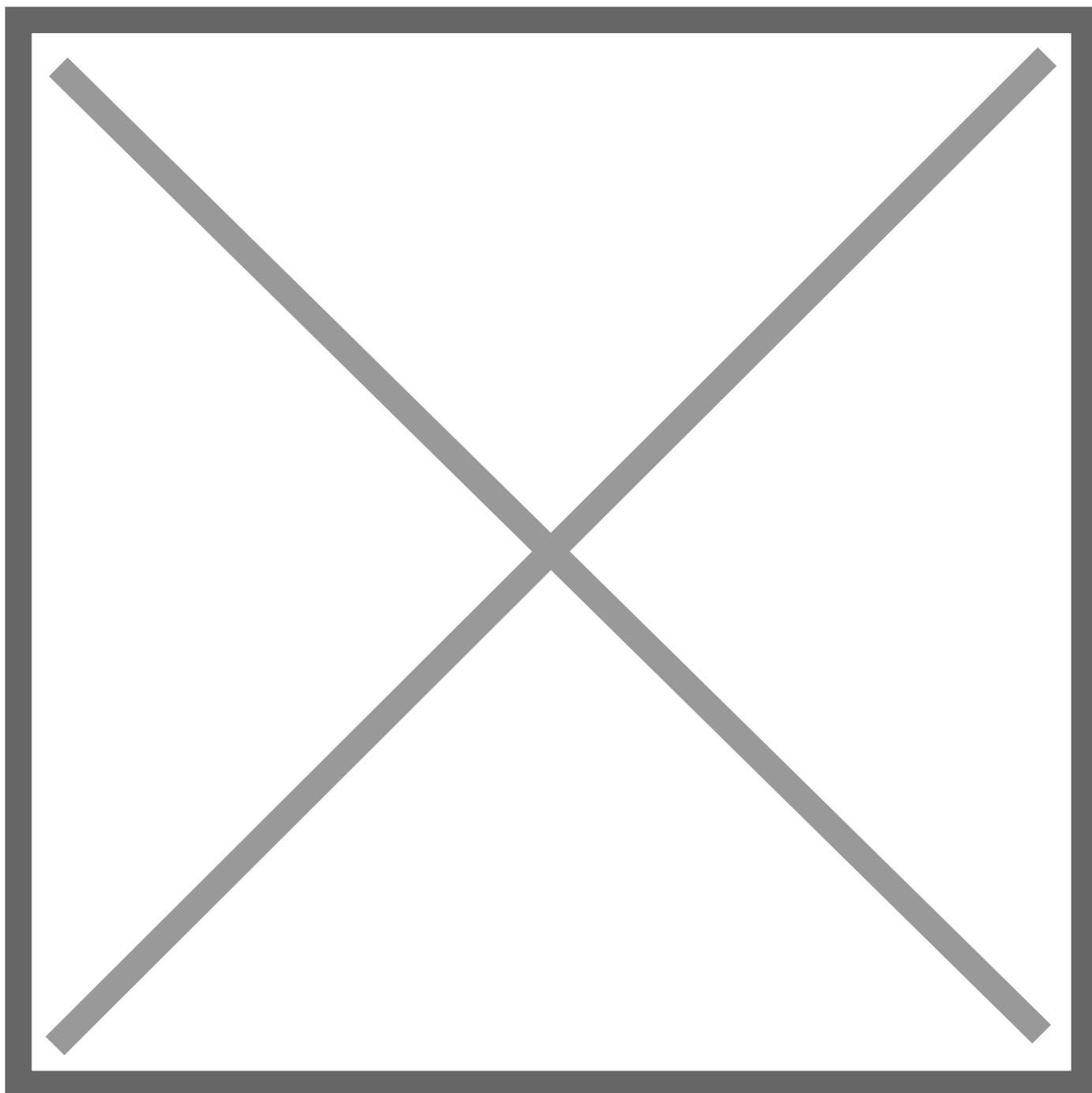
Atsauces:

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)

**Definīcijas
(pieejamas
tikai angļu
valodā):**

Number living with depression per 100,000 population (adults 20+ years)

Sievietes, 2021



Vecums:

20+

**Aptvertā
teritorija:**

Valsts

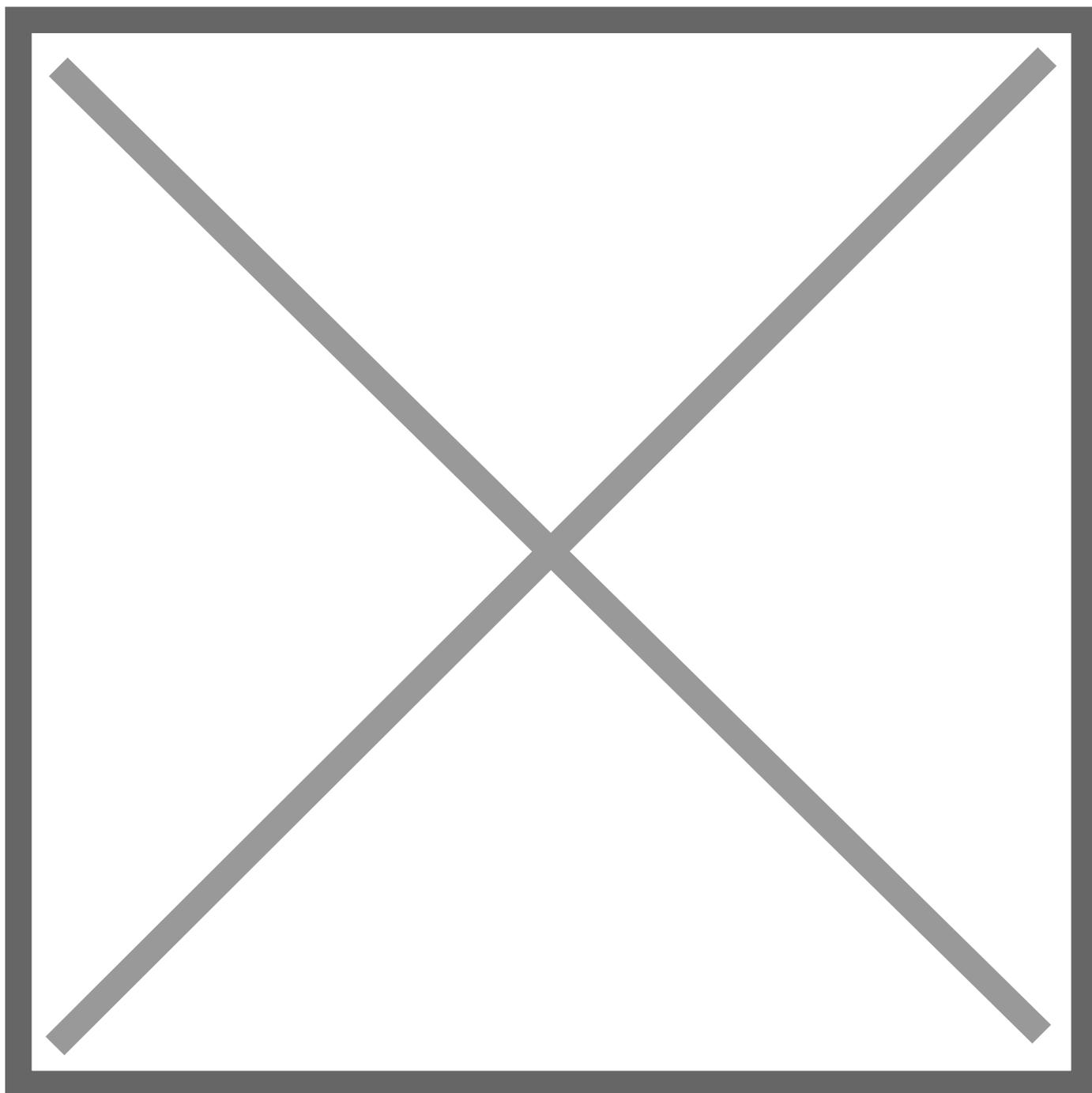
Atsauces:

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)

**Definīcijas
(pieejamas
tikai angļu
valodā):**

Number living with depression per 100,000 population (adults 20+ years)

Bērnī, 2021



**Aptvertā
teritorija:**

Valsts

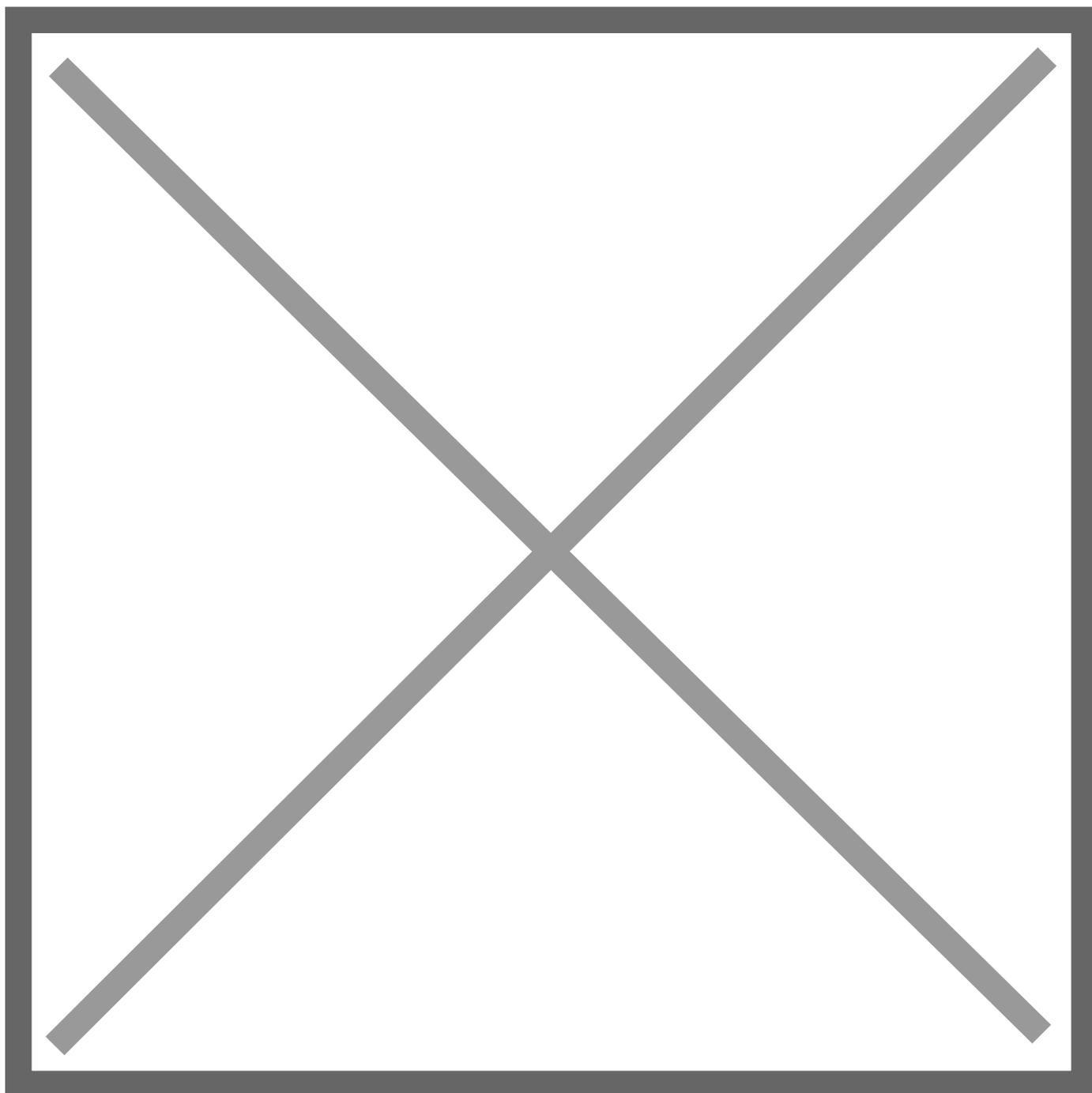
Atsauces:

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)

**Definīcijas
(pieejamas
tikai angļu
valodā):**

Number living with depressive disorder per 100,000 population (Under 20 years of age)

Zēni, 2021



**Aptvertā
teritorija:**

Valsts

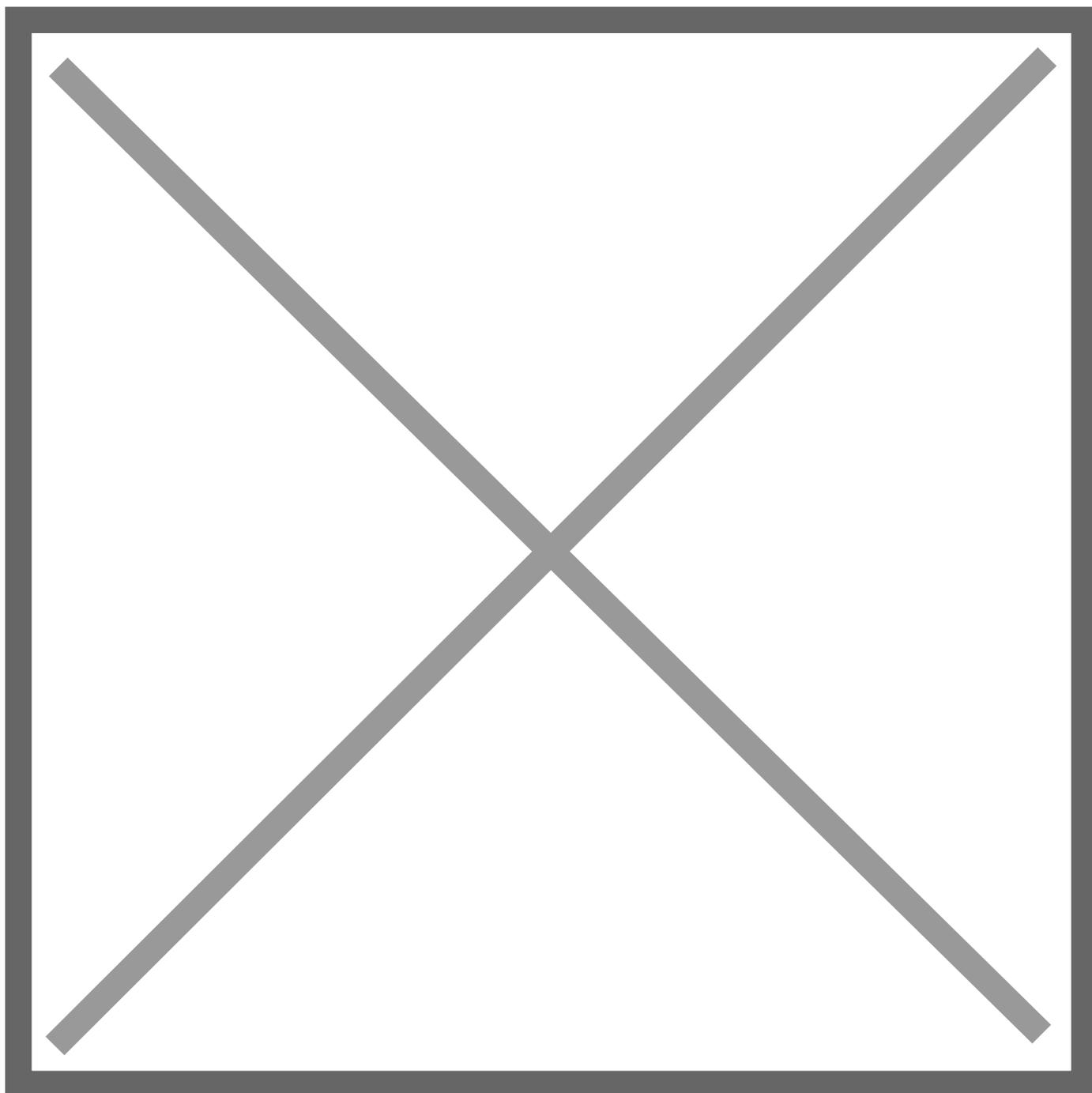
Atsauces:

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)

**Definīcijas
(pieejamas
tikai angļu
valodā):**

Number living with depressive disorder per 100,000 population (Under 20 years of age)

Meitenes, 2021



**Aptvertā
teritorija:**

Valsts

Atsauces:

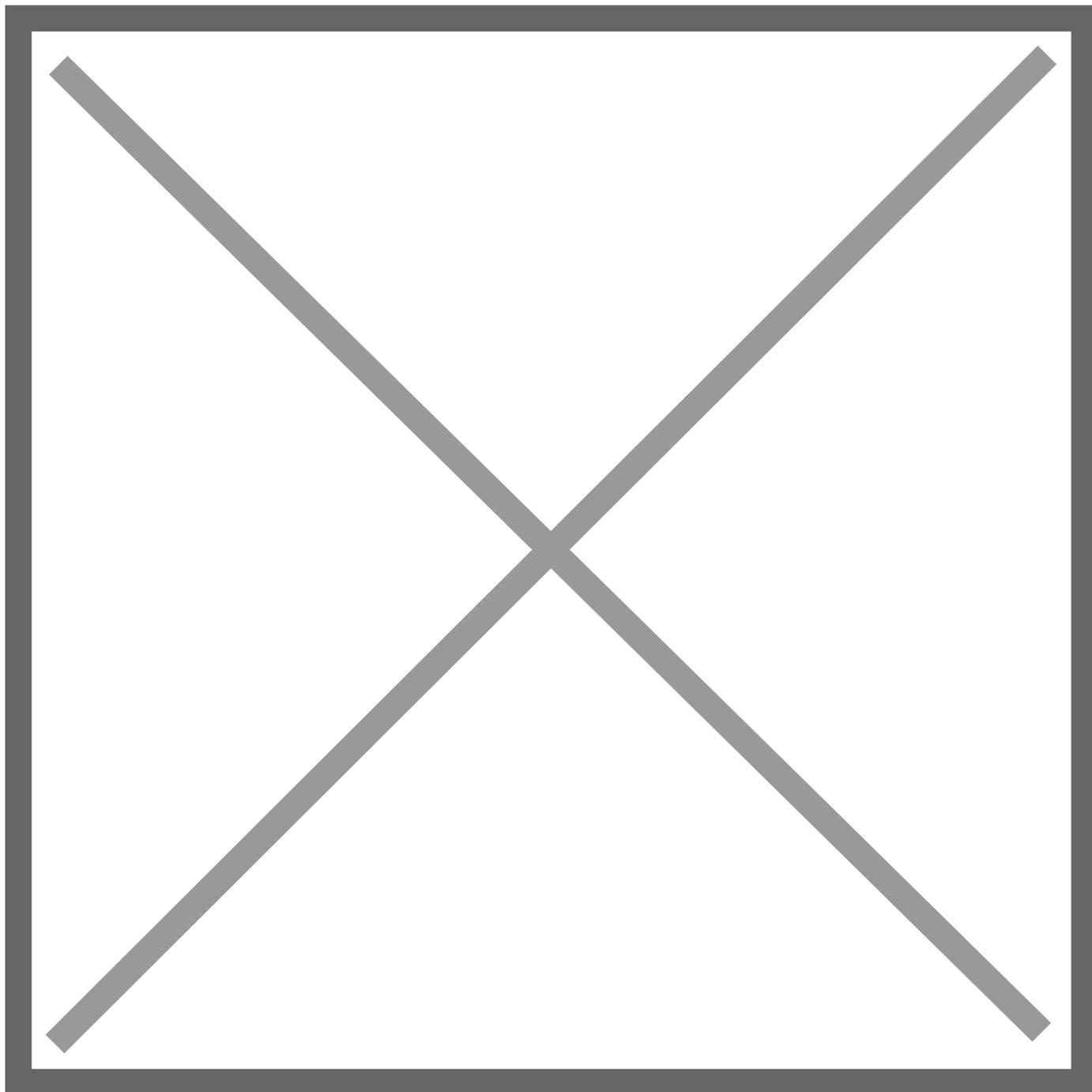
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**Definīcijas
(pieejamas
tikai angļu
valodā):**

Number living with depressive disorder per 100,000 population (Under 20 years of age)

Garīgā veselība - trauksmes problēmas

Pieaugušie, 2021



Vecums:

20+

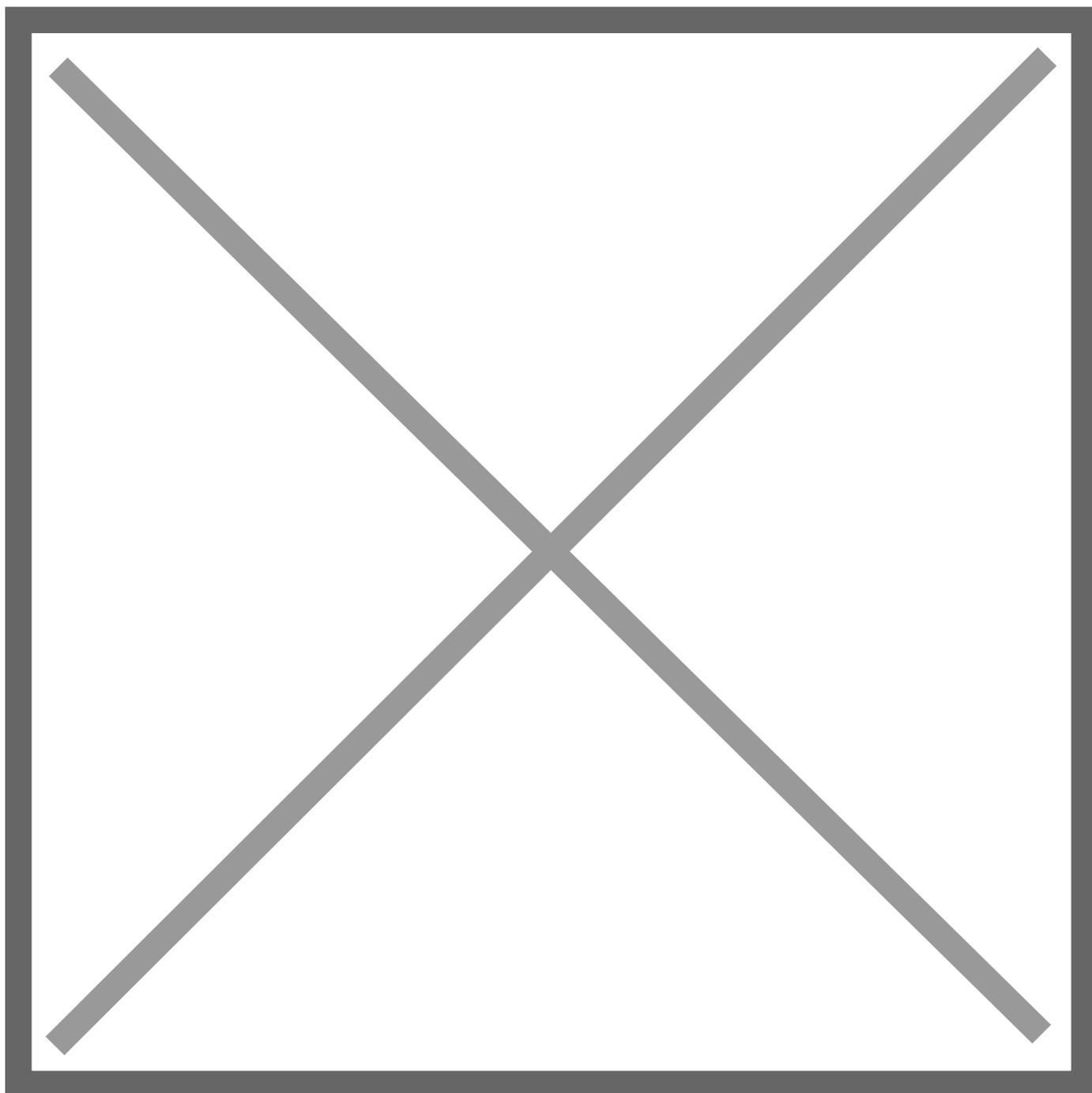
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Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25).

**Definīcijas
(pieejamas
tikai angļu
valodā):**

Number living with anxiety per 100,000 population

Vīrieši, 2021



Vecums:

20+

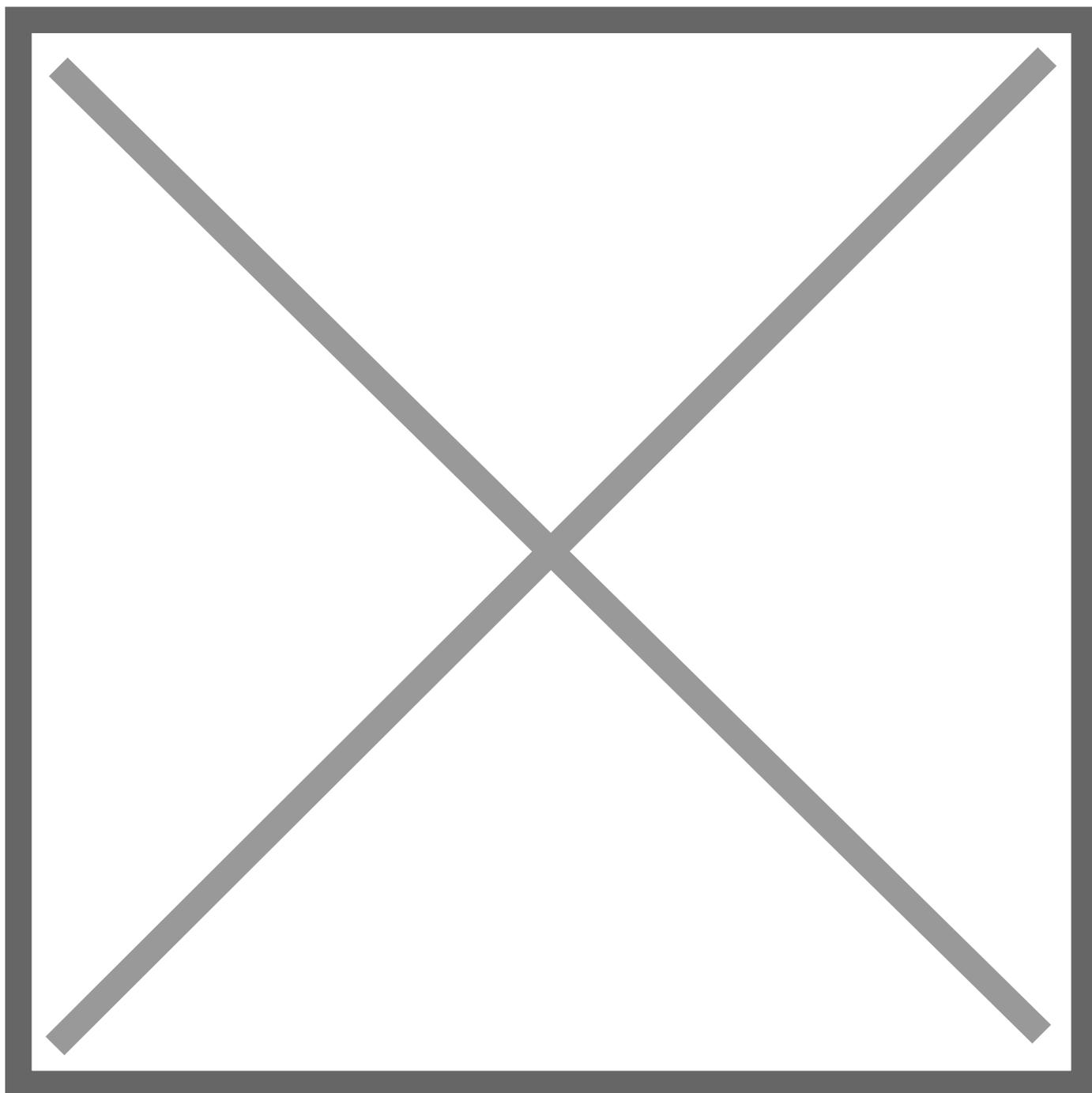
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Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25).

**Definīcijas
(pieejamas
tikai angļu
valodā):**

Number living with anxiety per 100,000 population

Sievietes, 2021



Vecums:

20+

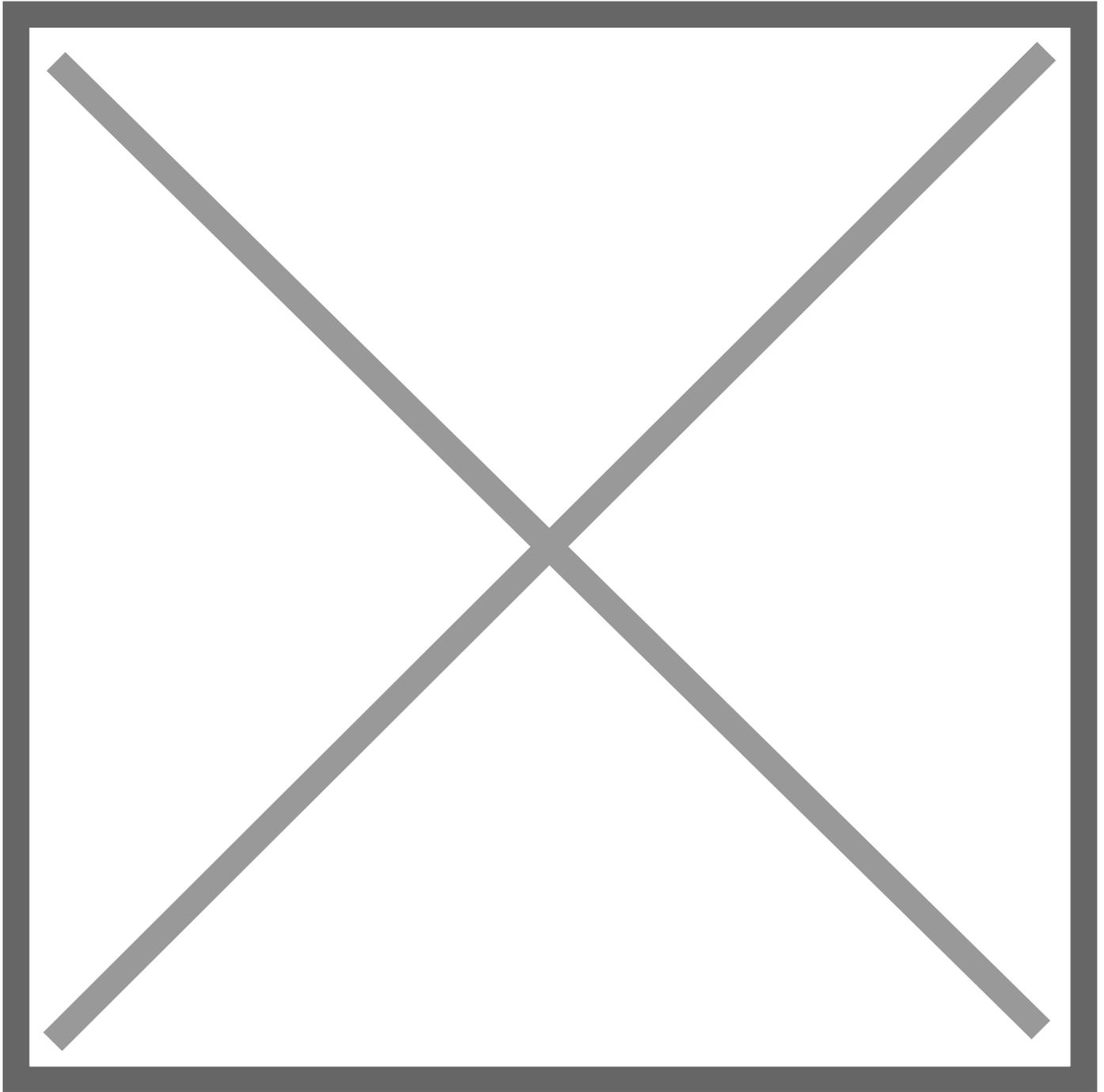
Atsauces:

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).

**Definīcijas
(pieejamas
tikai angļu
valodā):**

Number living with anxiety per 100,000 population

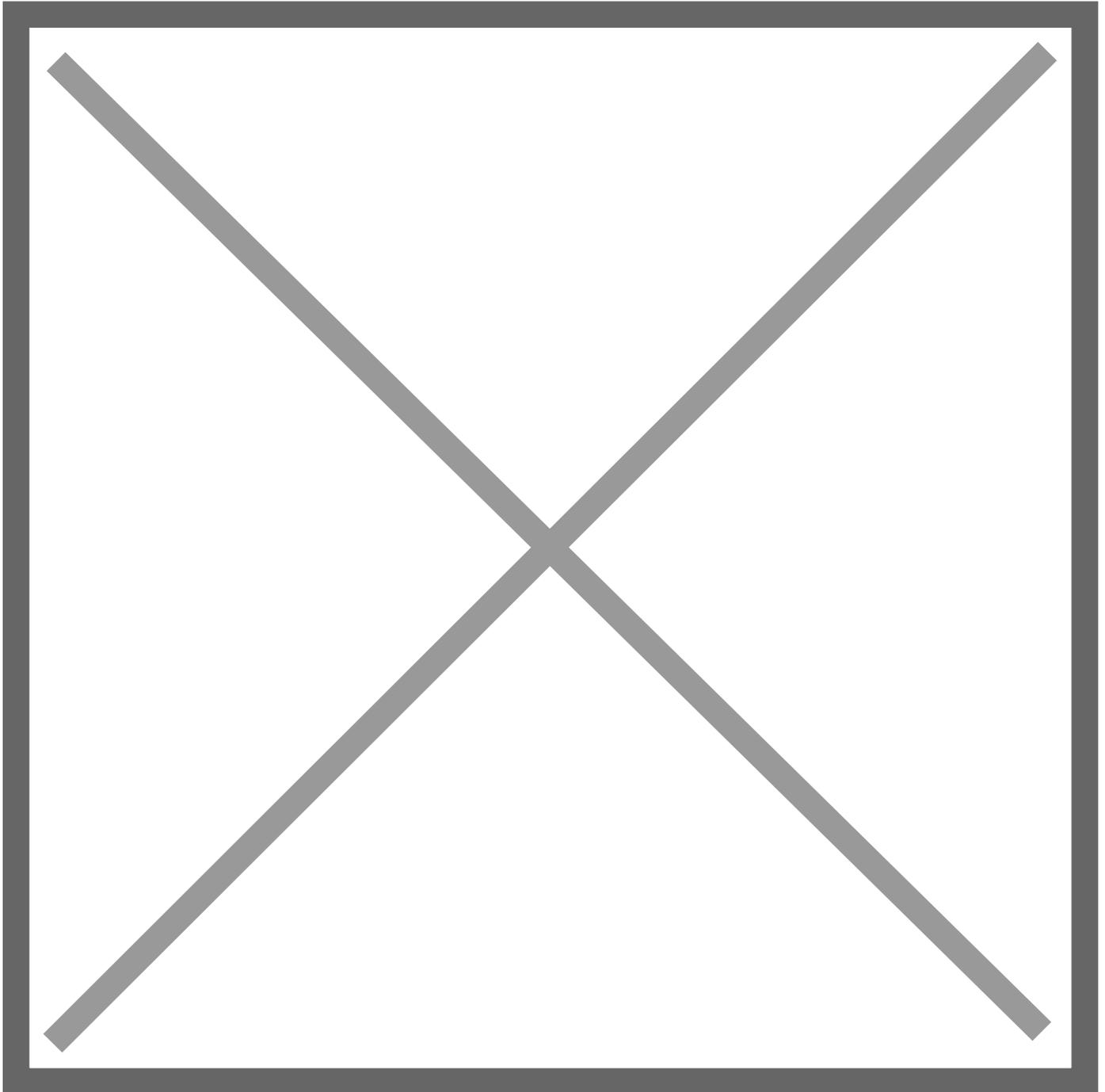
Bèrni, 2021



Atsauces:

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)

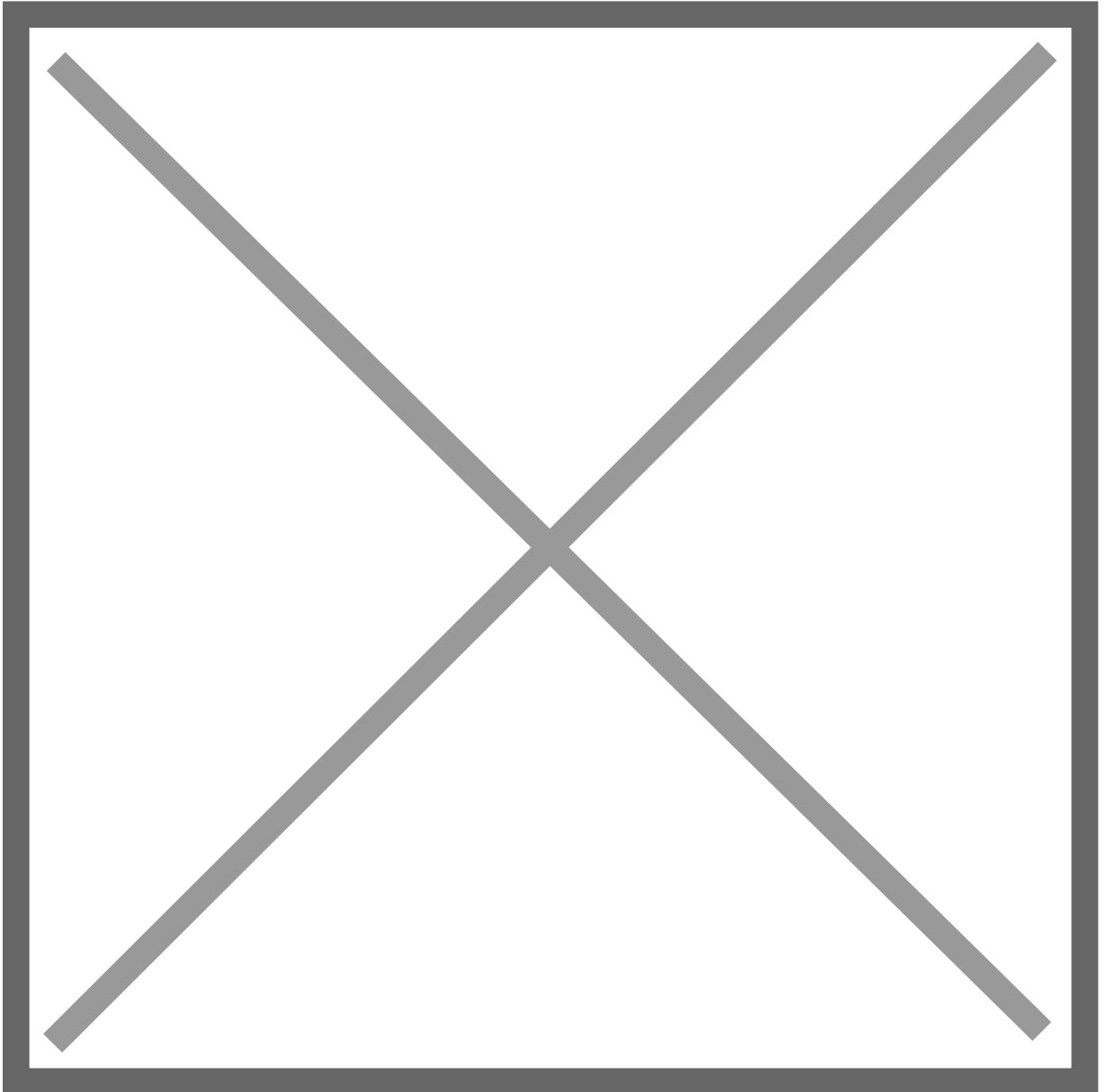
Zēni, 2021



Atsauces:

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)

Meitenes, 2021

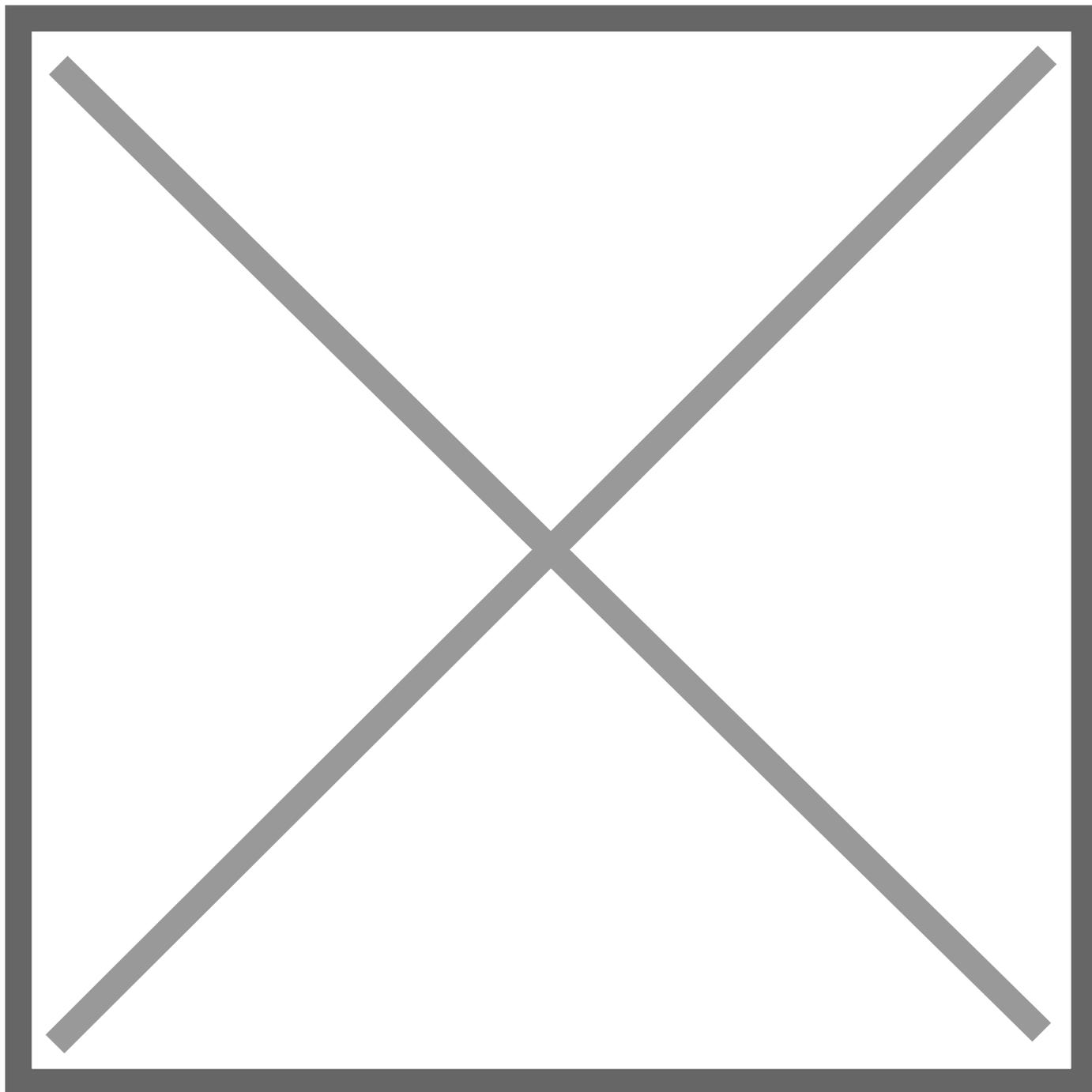


Atsauces:

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)

Percent of population who cannot afford a healthy diet

Pieaugušie, 2022



**Aptvertā
teritorija:**

Valsts

Atsauces:

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://doi.org/10.36072/db>.

