# Drivers

## Estonia

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Insufficient physical activity

Adults, 2016

Men, 2016

Women, 2016

Children, 2016

Survey type: Self-reported

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, 2016

Survey type: Self-reported

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, 2016

Survey type: Self-reported
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

![Bar chart showing the prevalence of confectionery consumption in various European countries in 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**

<table>
<thead>
<tr>
<th>Country</th>
<th>Estimated per-capita fruit intake (g/day)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bulgaria</td>
<td>0</td>
</tr>
<tr>
<td>Latvia</td>
<td>50</td>
</tr>
<tr>
<td>Poland</td>
<td>100</td>
</tr>
<tr>
<td>Slovakia</td>
<td>150</td>
</tr>
<tr>
<td>Czechia</td>
<td>200</td>
</tr>
<tr>
<td>Croatia</td>
<td>250</td>
</tr>
<tr>
<td>Lithuania</td>
<td>300</td>
</tr>
<tr>
<td>Romania</td>
<td>350</td>
</tr>
<tr>
<td>Estonia</td>
<td>400</td>
</tr>
<tr>
<td>Germany</td>
<td>450</td>
</tr>
<tr>
<td>Belgium</td>
<td>500</td>
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<tr>
<td>Finland</td>
<td>550</td>
</tr>
<tr>
<td>United Kingdom</td>
<td>600</td>
</tr>
<tr>
<td>Cyprus</td>
<td>650</td>
</tr>
<tr>
<td>Malta</td>
<td>700</td>
</tr>
<tr>
<td>France</td>
<td>750</td>
</tr>
<tr>
<td>Croatia</td>
<td>800</td>
</tr>
<tr>
<td>Portugal</td>
<td>850</td>
</tr>
<tr>
<td>Sweden</td>
<td>900</td>
</tr>
<tr>
<td>Netherlands</td>
<td>950</td>
</tr>
<tr>
<td>Spain</td>
<td>1000</td>
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<tr>
<td>Slovenia</td>
<td>1050</td>
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<tr>
<td>Ireland</td>
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<td>Austria</td>
<td>1160</td>
</tr>
<tr>
<td>Denmark</td>
<td>1200</td>
</tr>
<tr>
<td>Italy</td>
<td>1250</td>
</tr>
<tr>
<td>Greece</td>
<td>1300</td>
</tr>
<tr>
<td>Luxembourg</td>
<td>1400</td>
</tr>
</tbody>
</table>

**Survey type:** Measured

**Age:** 25+

**References:** Global Burden of Disease, the Institute for Health Metrics and Evaluation [http://ghdx.healthdata.org/](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

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

Adults, 2015

% of population

United Kingdom
Netherlands
France
Belgium
Spain
Germany
Finland
Lithuania
Greece
Portugal
Bulgaria
Czechia
Croatia
Cyprus
Italy
Malta
Poland
Slovakia
Slovenia
Bulgaria
Romania
Croatia
Austria
Cyprus
Hungary
Italy
Malta
Portugal
Slovakia
Slovenia
Bulgaria
Czechia
Germany
Spain
Finland
Lithuania
Greece
Portugal


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

Adults, 2015


Definitions: % of population with anxiety disorders

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