



Viro



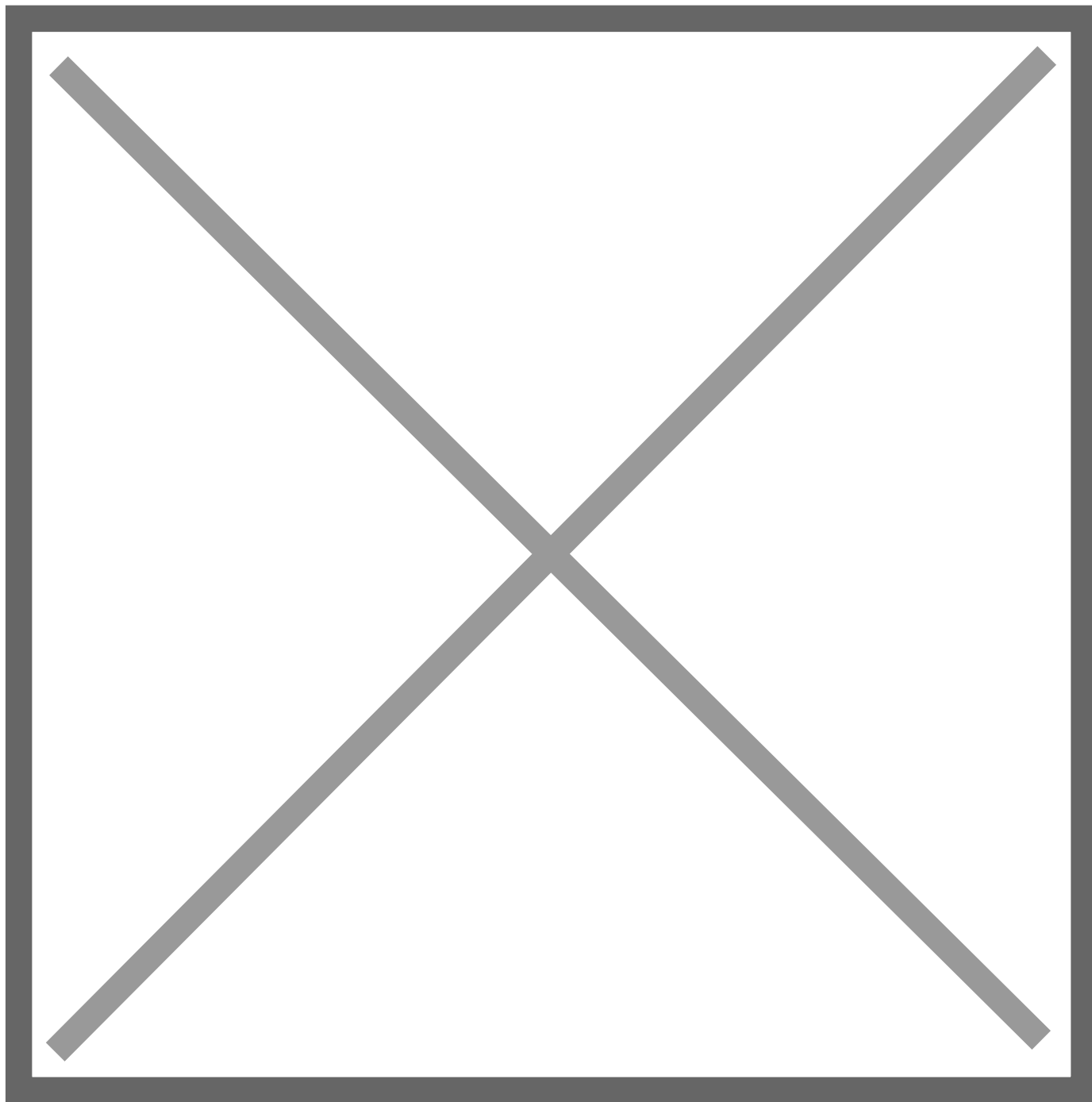
Country report card - children

This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity for children, including adolescents (aged 5 to 18 years). 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/estonia-64/>.

Lihavuuden esiintyvyys

Lapset, 2022-2024



Tutkimustyyppi:

Mitattu

Ikä:

7

Peittoalue:

Kansallinen

Viitteet:

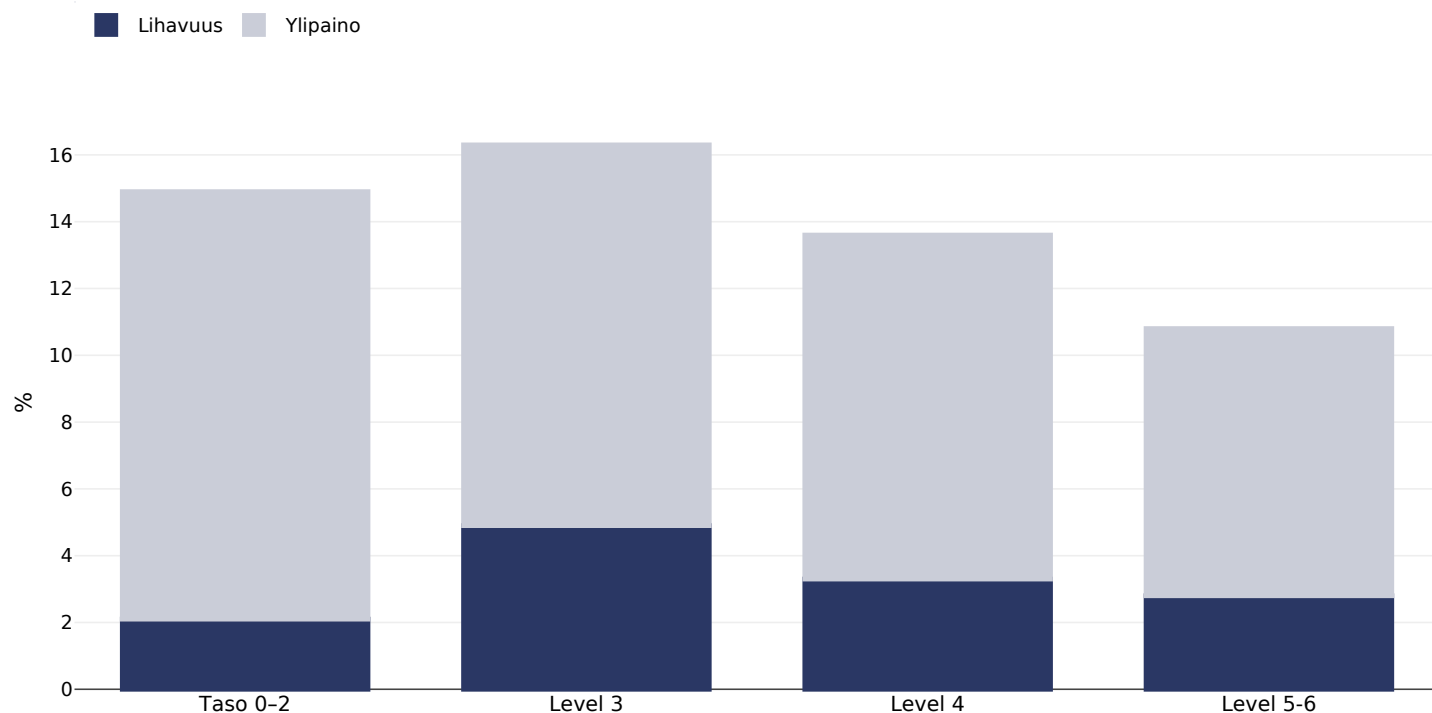
WHO European Childhood Obesity Surveillance Initiative (COSI): A brief review of results from round 6 of COSI (2022-2024). Copenhagen: WHO Regional Office for Europe; 2024. Licence: CC BY-NC-SA 3.0 IGO.

Cutoffs:

WHO 2007

Ylipaino/lihavuus koulutuksen mukaan

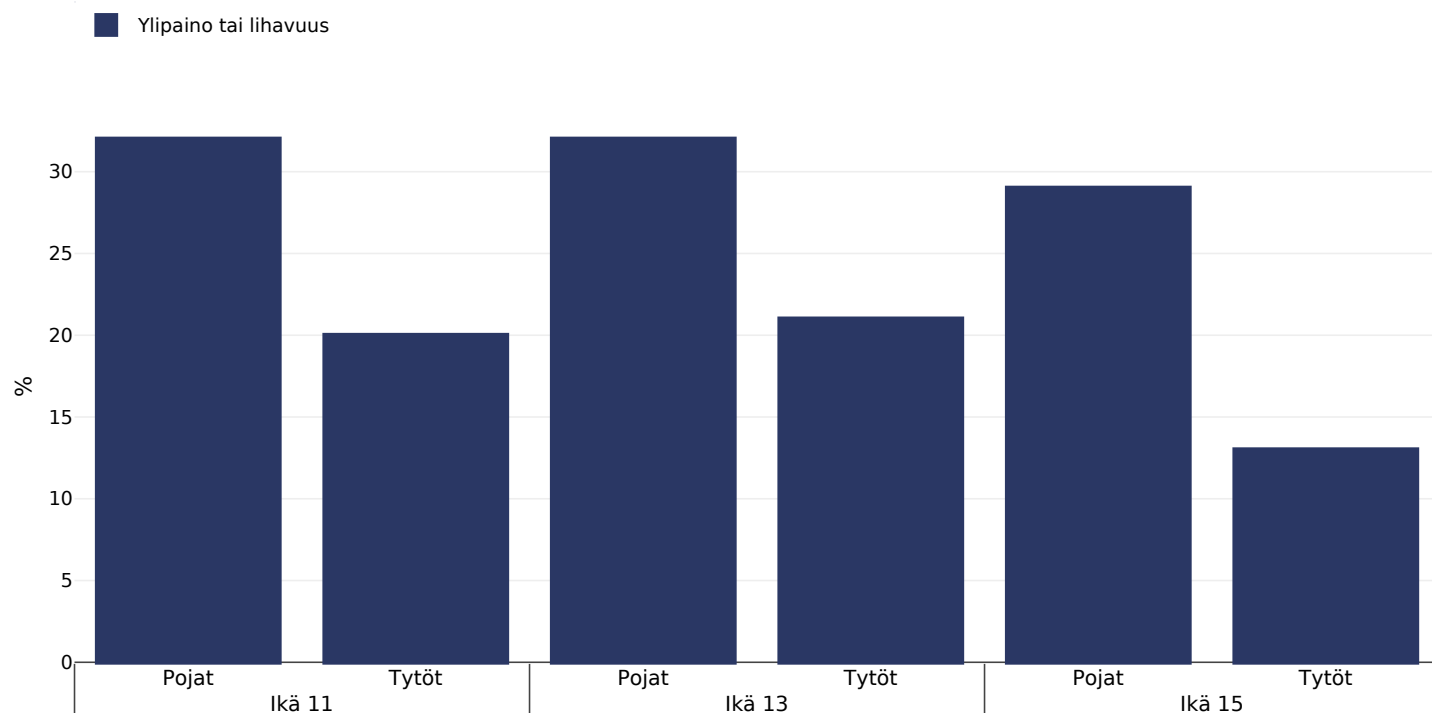
Lapset, 2007-2008



Tutkimustyyppi:	Mitattu
Ikä:	2-9
Otoksen koko:	2067
Peittoalue:	Kansallinen
Viitteet:	Ahrens W, Pigeot I, Pohlmann H et al. Prevalence of overweight and obesity in European children below the age of 10. IJO 2014;38:S99-S107
Cutoffs:	IOTF

Ylipaino/lihavuus iÄän mukaan

Lapset, 2021-2022



Tutkimustyyppi:

Itse ilmoitettu

Peittoalue:

See Report

Viitteet:

RakiÄä ä ; 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 (HBSC) international report from the 2021/2022 survey. Volume 4. Copenhagen: WHO Regional Office for Europe; 2024. 'Any translation was not created by the World Health Organization (WHO). WHO is not responsible for the content or accuracy of this translation. The original English edition shall be the binding and authentic edition'

Huomiot:

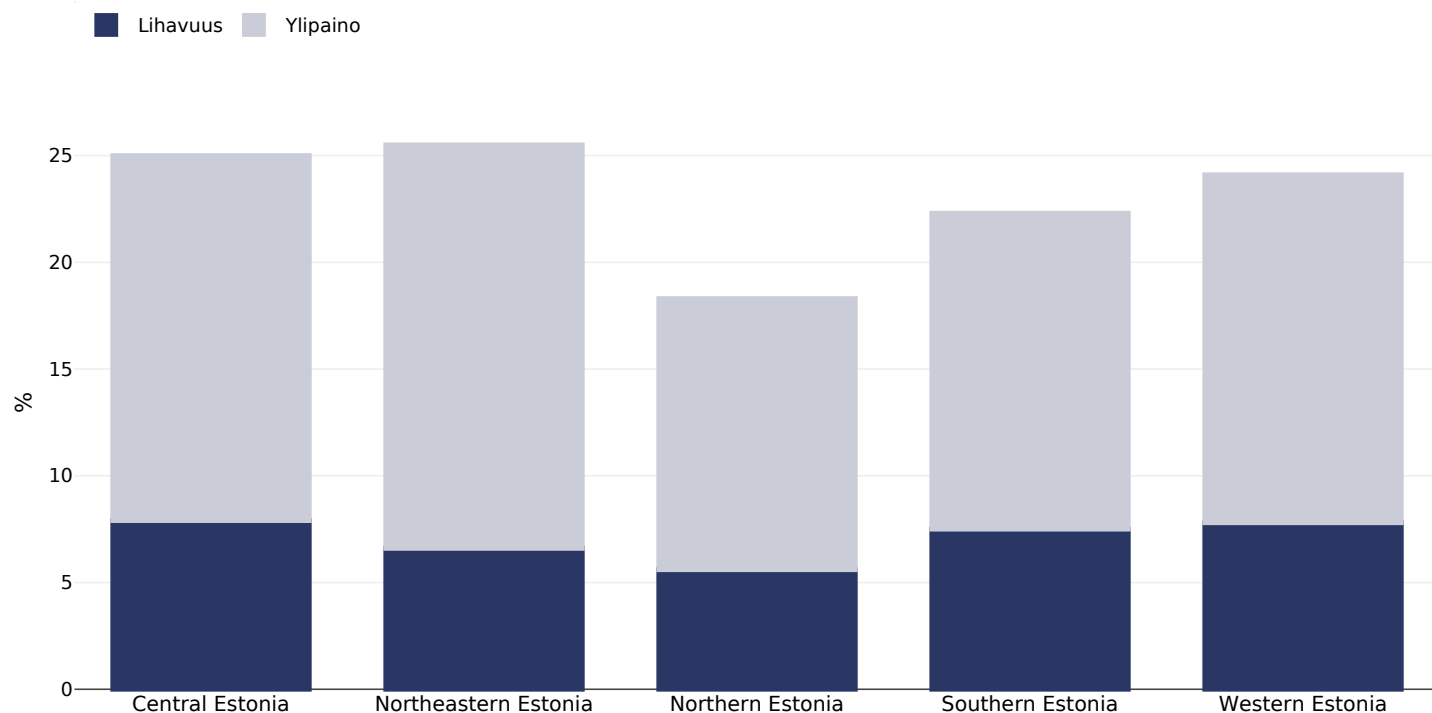
HBSC aims to survey approximately 1500 pupils per age group in each country or region (totaling around 4500)

Cutoffs:

+2SD

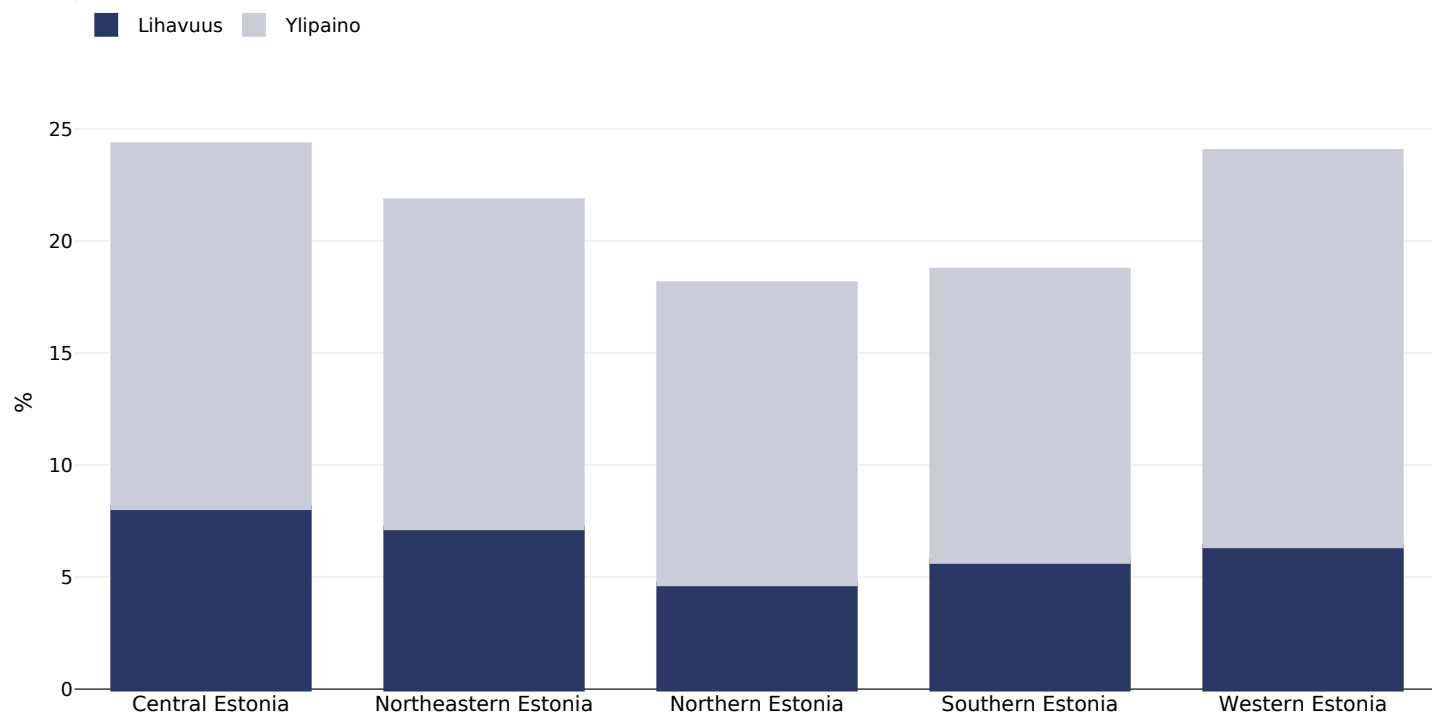
Ylipaino/lihavuus alueen mukaan

Pojat, 2015-2016



Tutkimustyyppi:	Mitattu
Ikä:	7-8
Otoksen koko:	15457
Peittoalue:	Kansallinen
Viitteet:	WHO Childhood Obesity Surveillance Initiative (COSI) Estonian study report for the academic year 2015/2016. Available at: https://www.tai.ee/sites/default/files/2021-03/152586931296_WHO_Childhood_Obesity_Surveillance_Initiative_COSI.pdf . Last accessed: 19.04.21.
Määritelmät:	Data available at: https://statistika.tai.ee/pxweb/en/Andmebaas/Andmebaas_05Uuringud_10COSI/?tablelist=true .
Cutoffs:	IOTF

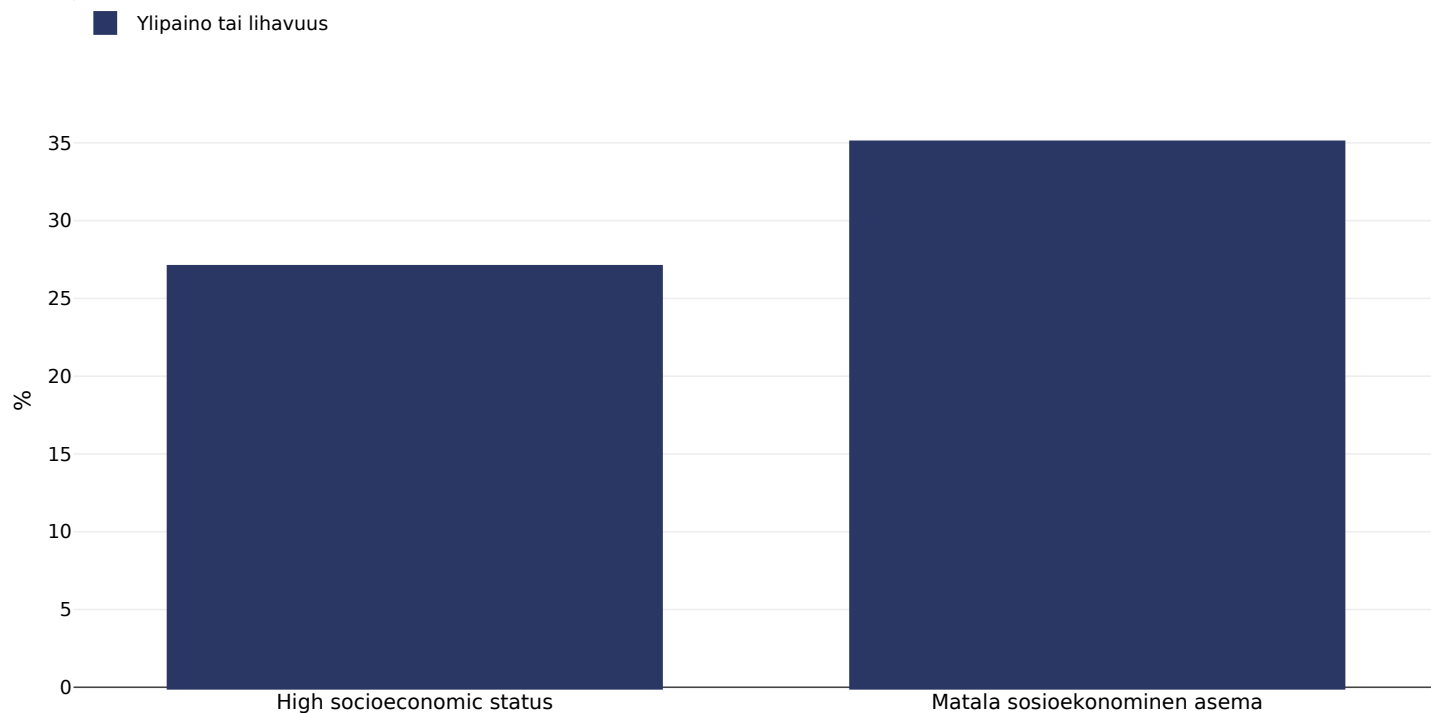
Työnt, 2015-2016



Tutkimustyyppi:	Mitattu
Ikä:	7-8
Otoksen koko:	15457
Peittoalue:	Kansallinen
Viitteet:	WHO Childhood Obesity Surveillance Initiative (COSI) Estonian study report for the academic year 2015/2016. Available at: https://www.tai.ee/sites/default/files/2021-03/152586931296_WHO_Childhood_Obesity_Surveillance_Initiative_COSI.pdf . Last accessed: 19.04.21.
Määritelmät:	Data available at: https://statistika.tai.ee/pxweb/en/Andmebaas/Andmebaas_05Uuringud_10COSI/?tablelist=true .
Cutoffs:	IOTF

Ylipaino/lihavuus sosioekonomisen ryhmän mukaan

Pojat, 2021-2022

**Tutkimustyyppi:**

Itse ilmoitettu

Ikä:

11-15

Viitteet:

Raki 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 (HBSC) international report from the 2021/2022 survey. Volume 4. Copenhagen: WHO Regional Office for Europe; 2024. 'Any translation was not created by the World Health Organization (WHO). WHO is not responsible for the content or accuracy of this translation. The original English edition shall be the binding and authentic edition'

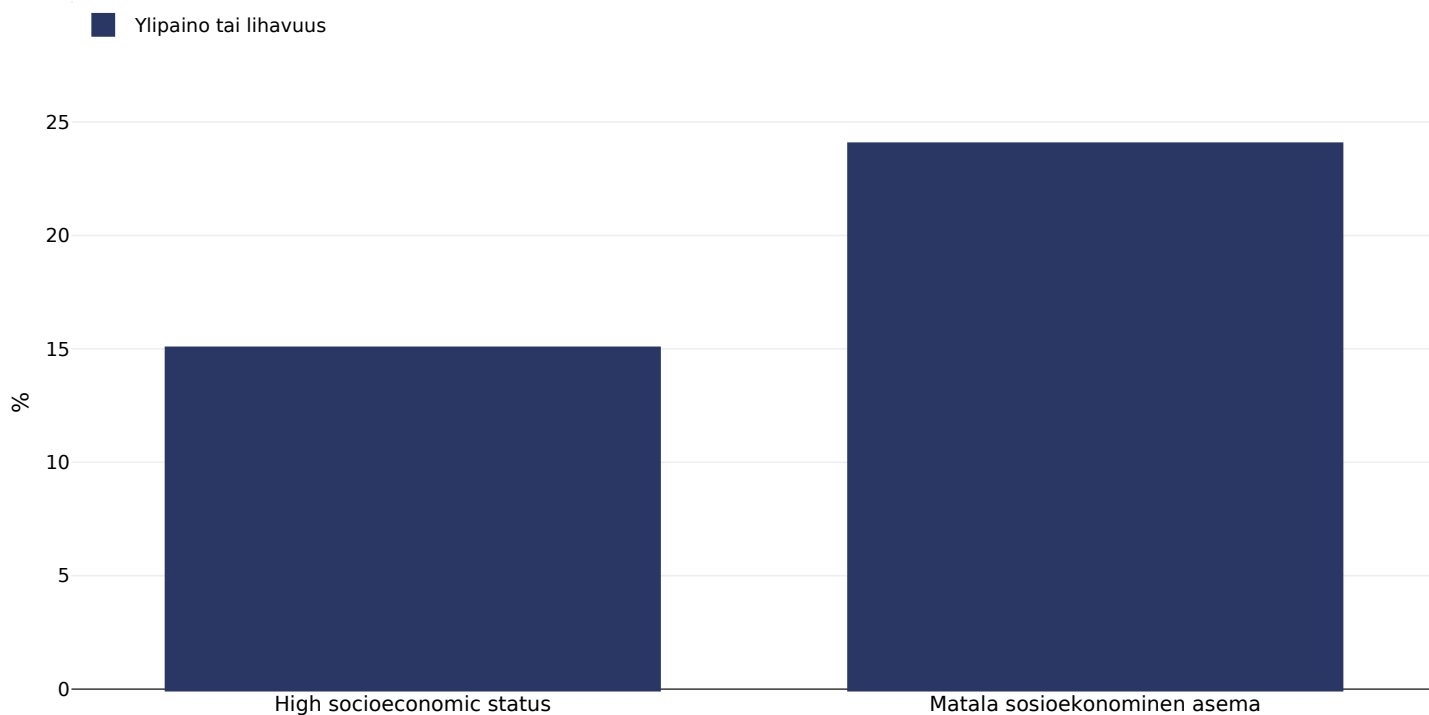
Huomiot:

Family affluence scale HBSC aims to survey approximately 1500 pupils per age group in each country or region (totaling around 4500)

Cutoffs:

+2SD

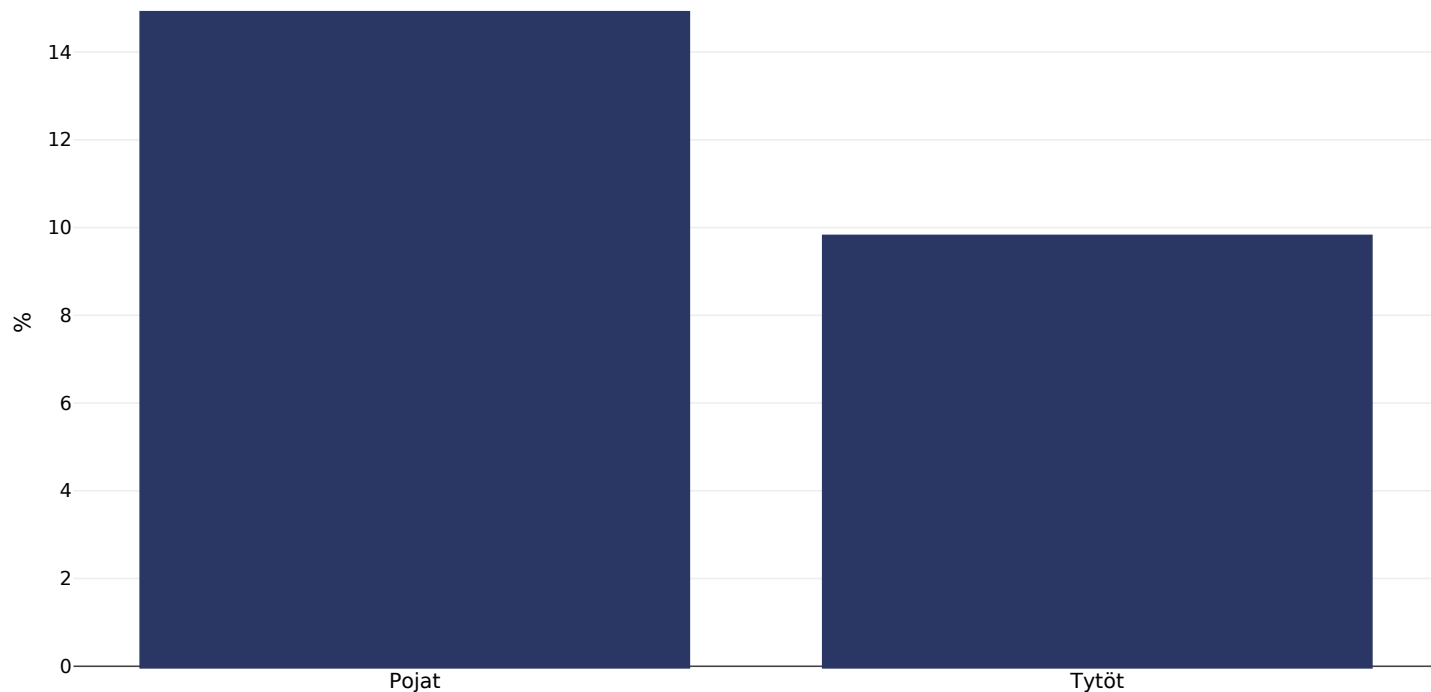
Tytöille, 2021-2022



Tutkimustyyppi:	Itse ilmoitettu
Ikä:	11-15
Viitteet:	Raki 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 (HBSC) international report from the 2021/2022 survey. Volume 4. Copenhagen: WHO Regional Office for Europe; 2024. 'Any translation was not created by the World Health Organization (WHO). WHO is not responsible for the content or accuracy of this translation. The original English edition shall be the binding and authentic edition'
Huomiot:	Family affluence scaleHBSC aims to survey approximately 1500 pupils per age group in each country or region (totaling around 4500)
Cutoffs:	+2SD

Double burden of underweight & overweight

Lapset, 2022



Tutkimustyyppi:

Mitattu

Ikä:

5-19

Viitteet:

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](https://doi.org/10.1016/S0140-6736(23)02750-2).

Huomiot:

Age standardised estimates

Määritelmät:

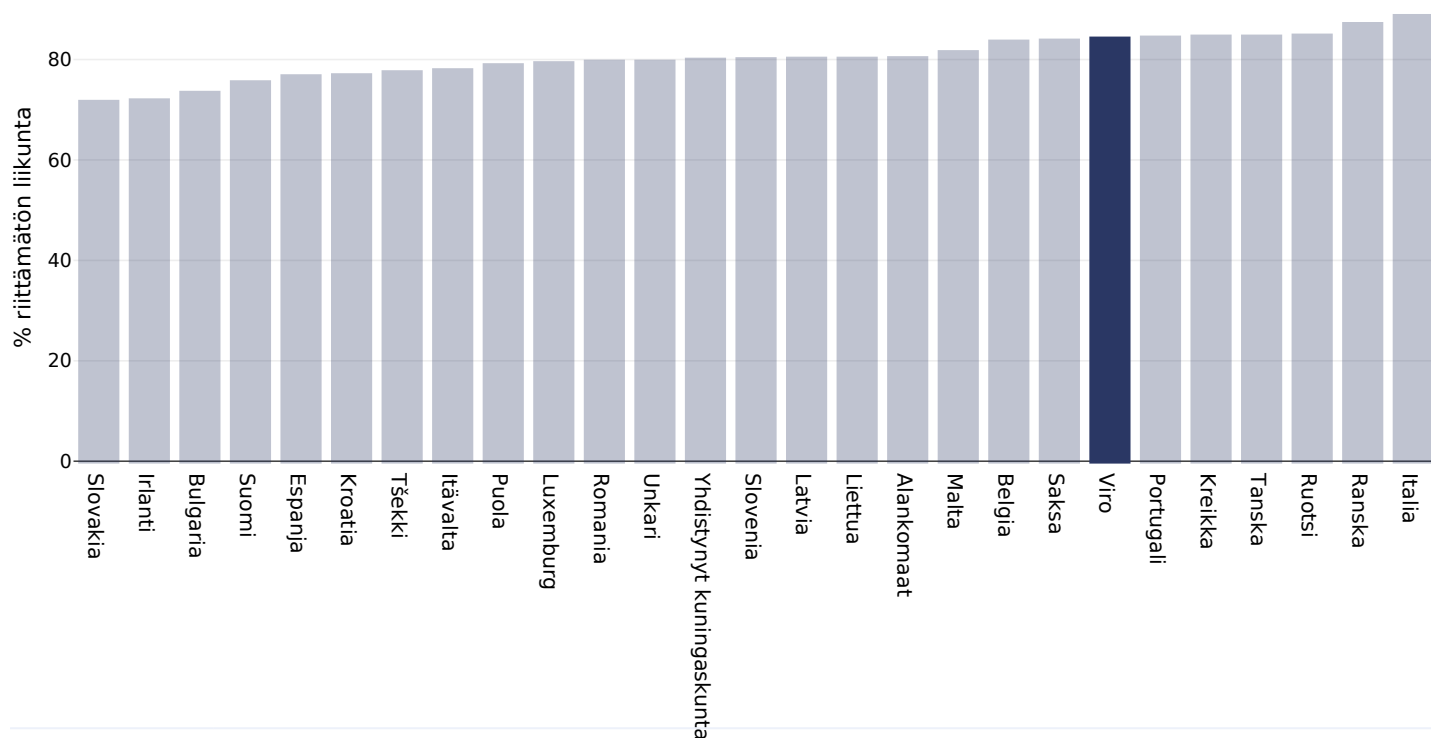
Combined prevalence of BMI < -2SD and BMI > 2SD (double burden of thinness and obesity)

Cutoffs:

BMI < -2SD and BMI > 2SD

Riittämätön liikunta

Lapset, 2016



Tutkimustyyppi:

Itse ilmoitettu

Ikä:

11-17

Viitteet:

Global Health Observatory data repository, World Health Organisation, <https://apps.who.int/gho/data/node.main.A893ADO?lang=en> (last accessed 16.03.21)

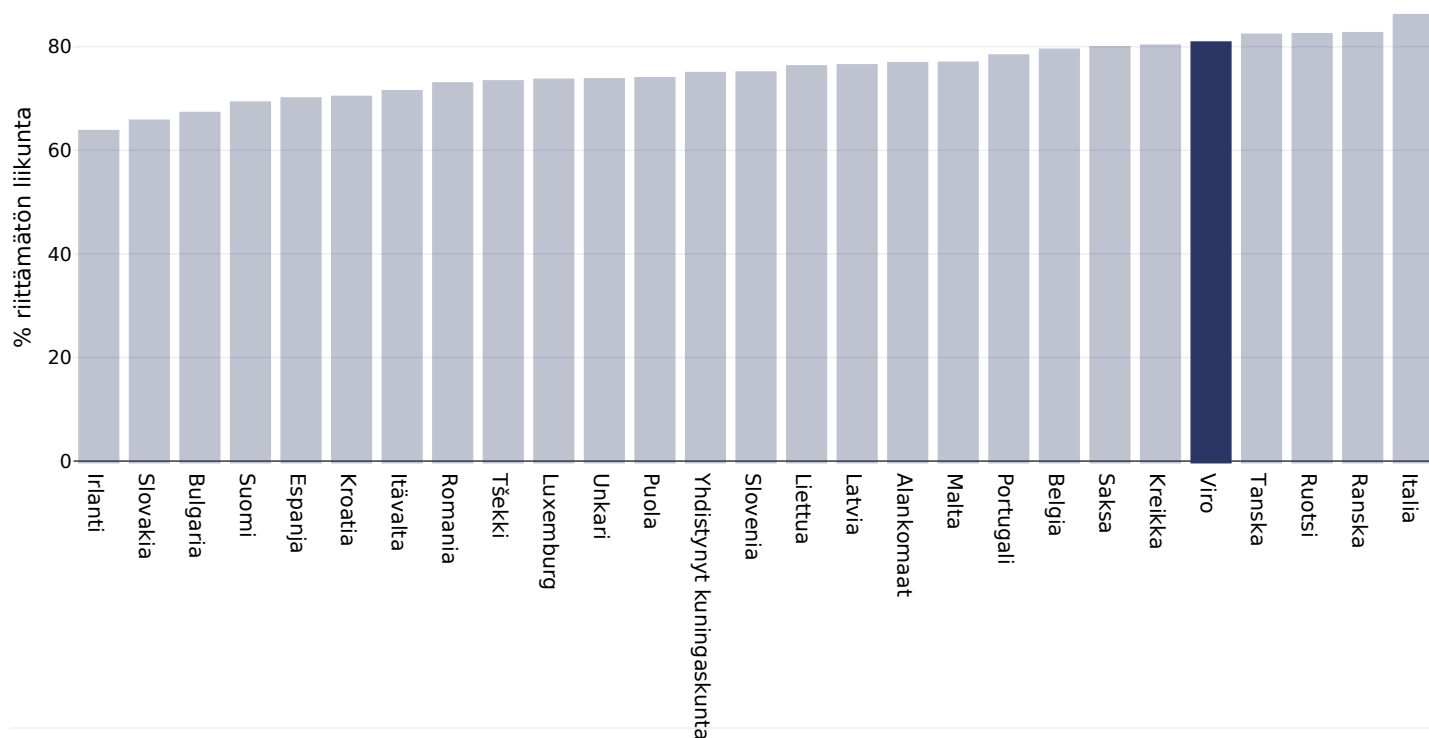
Huomiot:

% 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.

Määritelmät:

% Adolescents insufficiently active (age standardised estimate)

Pojat, 2016



Tutkimustyyppi:

Itse ilmoitettu

Ikä:

11-17

Viitteet:

Global Health Observatory data repository, World Health Organisation, <https://apps.who.int/gho/data/node.main.A893ADO?lang=en> (last accessed 16.03.21)

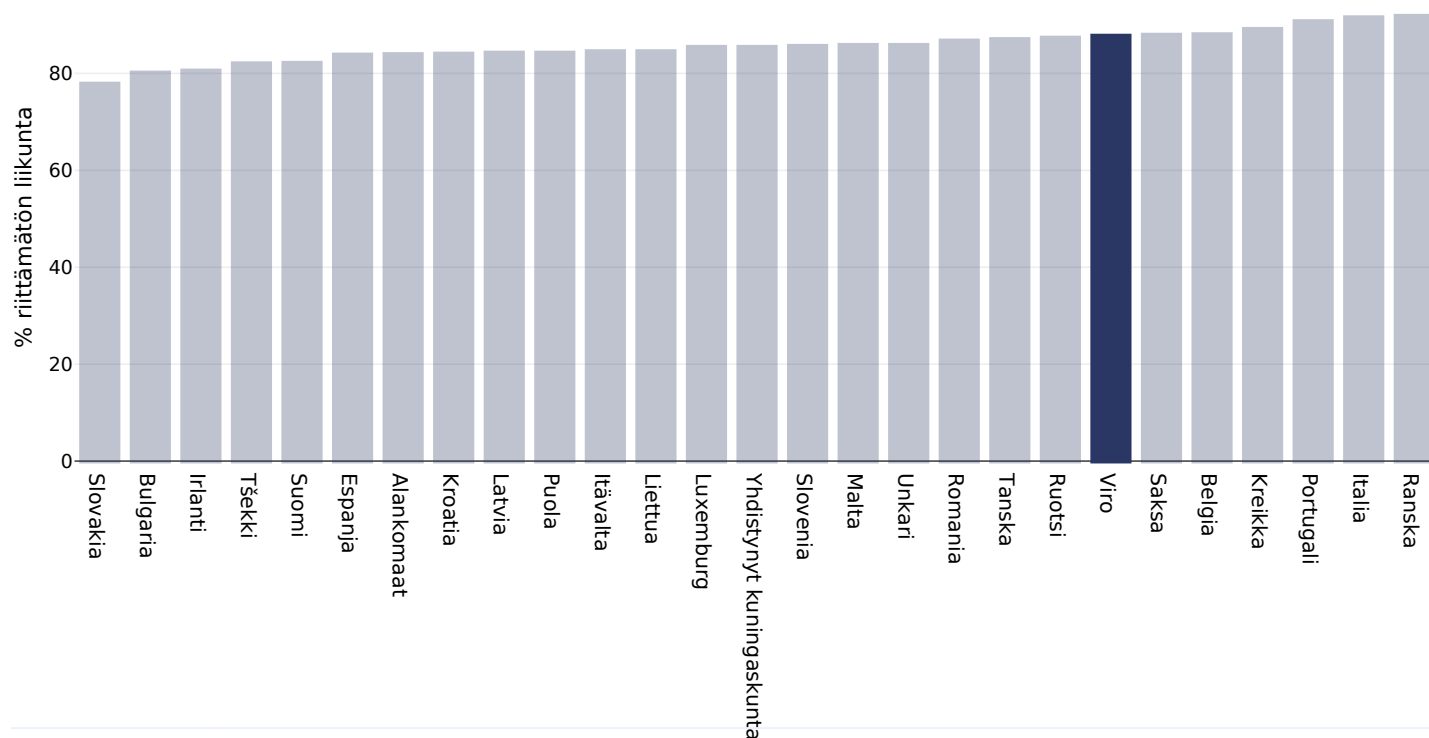
Huomiot:

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Määritelmät:

% Adolescents insufficiently active (age standardised estimate)

Työnt, 2016



Tutkimustyyppi:

Itse ilmoitettu

Ikä:

11-17

Viitteet:

Global Health Observatory data repository, World Health Organisation, <https://apps.who.int/gho/data/node.main.A893ADO?lang=en> (last accessed 16.03.21)

Huomiot:

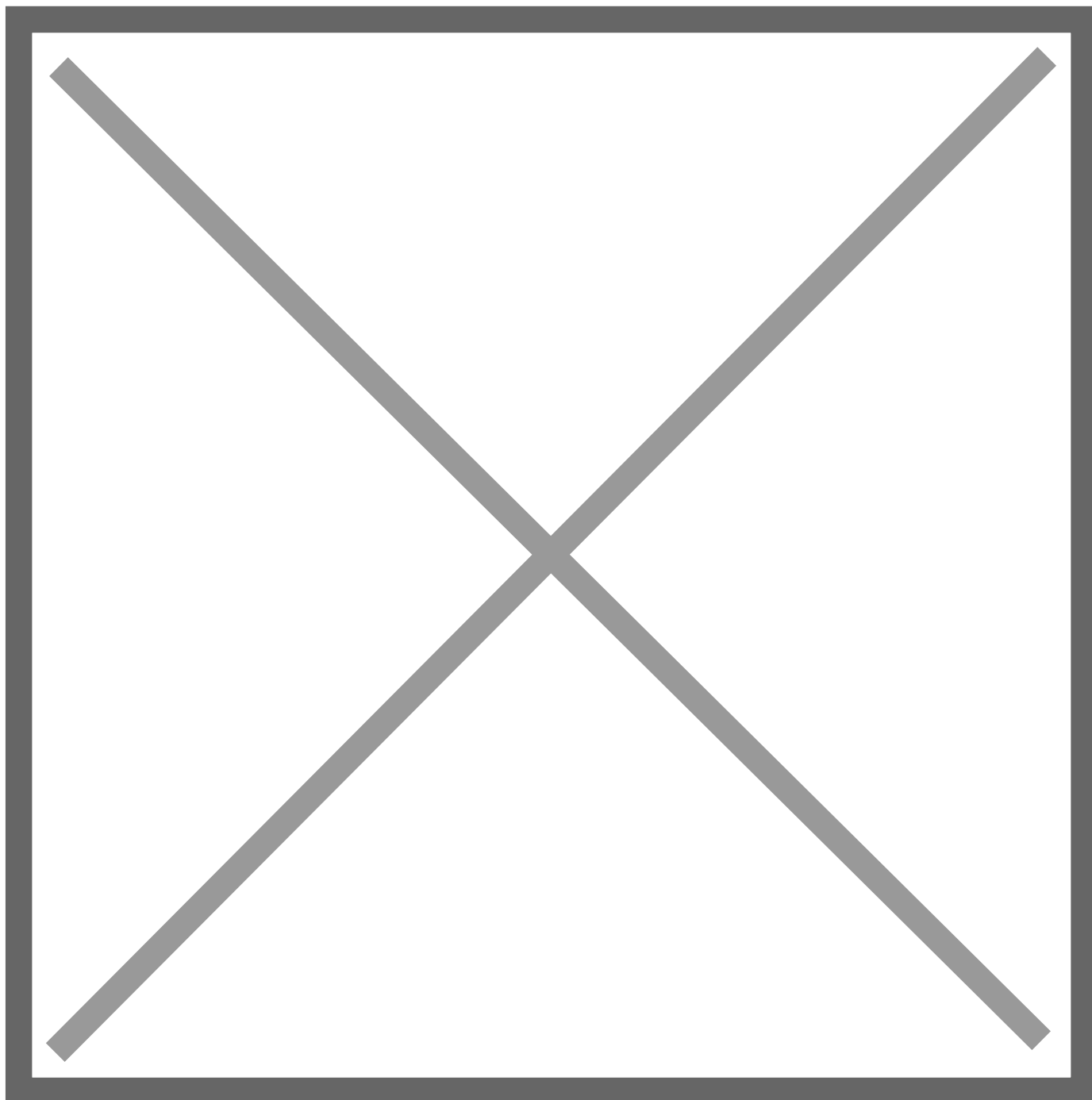
% of school going adolescents not meeting WHO recommendations on Physical Activity for Health, i.e. doing less than 60 minutes of moderate- to vigorous-intensity physical activity daily.

Määritelmät:

% Adolescents insufficiently active (age standardised estimate)

Väestön hintavertailun päivittämisen nautitun hiilihapollisen virvoitusjuoman yleisyys

Pojat, 2021-2022

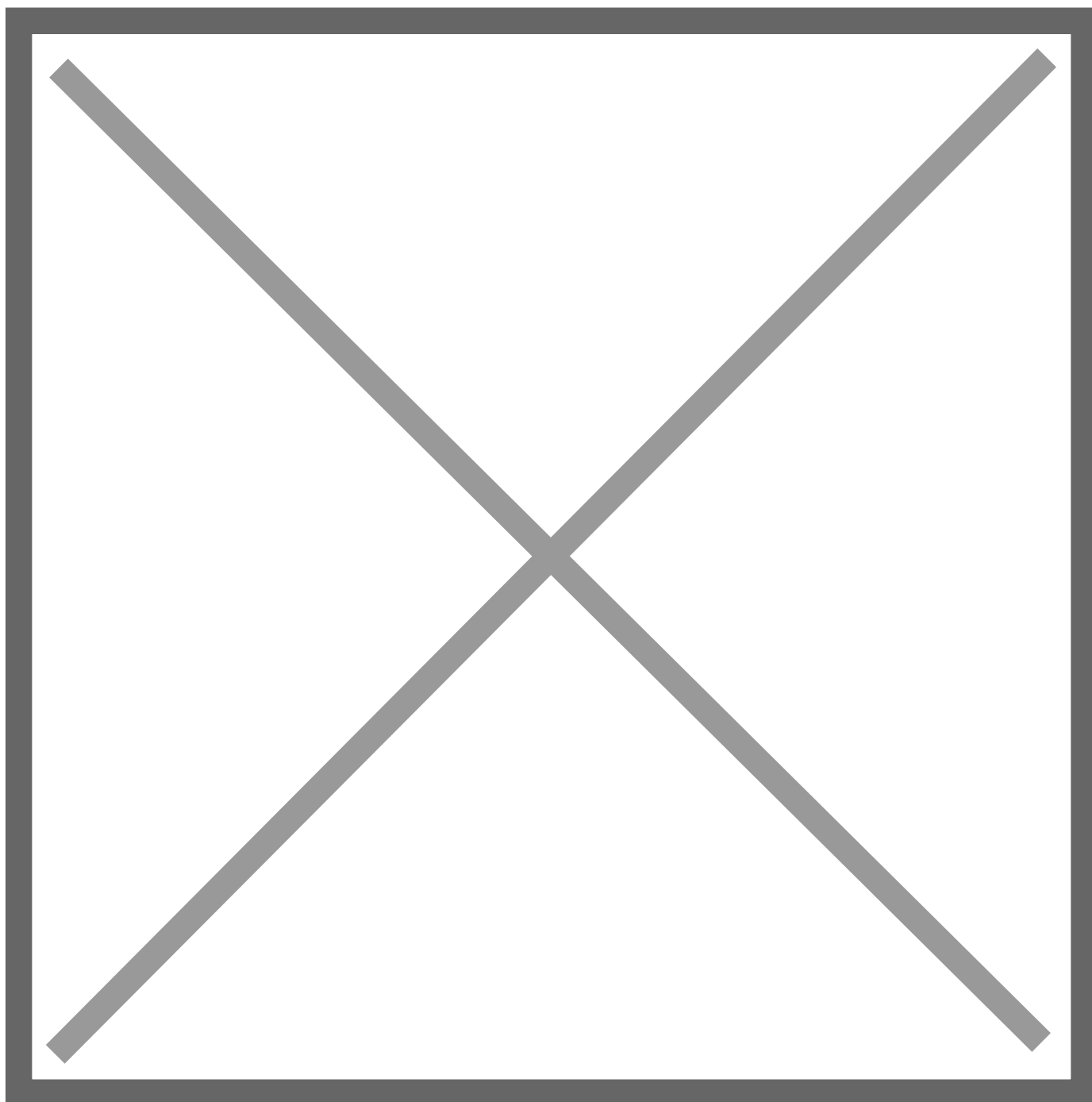


Peittoalue:

Kansallinen

Viitteet:	Health Behaviour in School-aged Children study (2023), Data browser (findings from the 2021/22 international HBSC survey): https://data-browser.hbsc.org.. Health Behaviour in School-aged Children study (2020), Data browser (findings from the 2017/18 international HBSC survey): https://data-browser.hbsc.org.
Määritelmät:	Proportion who reported drinking sugary soft drinks daily (at least once)

Tytöt, 2021-2022

**Peittoalue:**

Kansallinen

Viitteet:

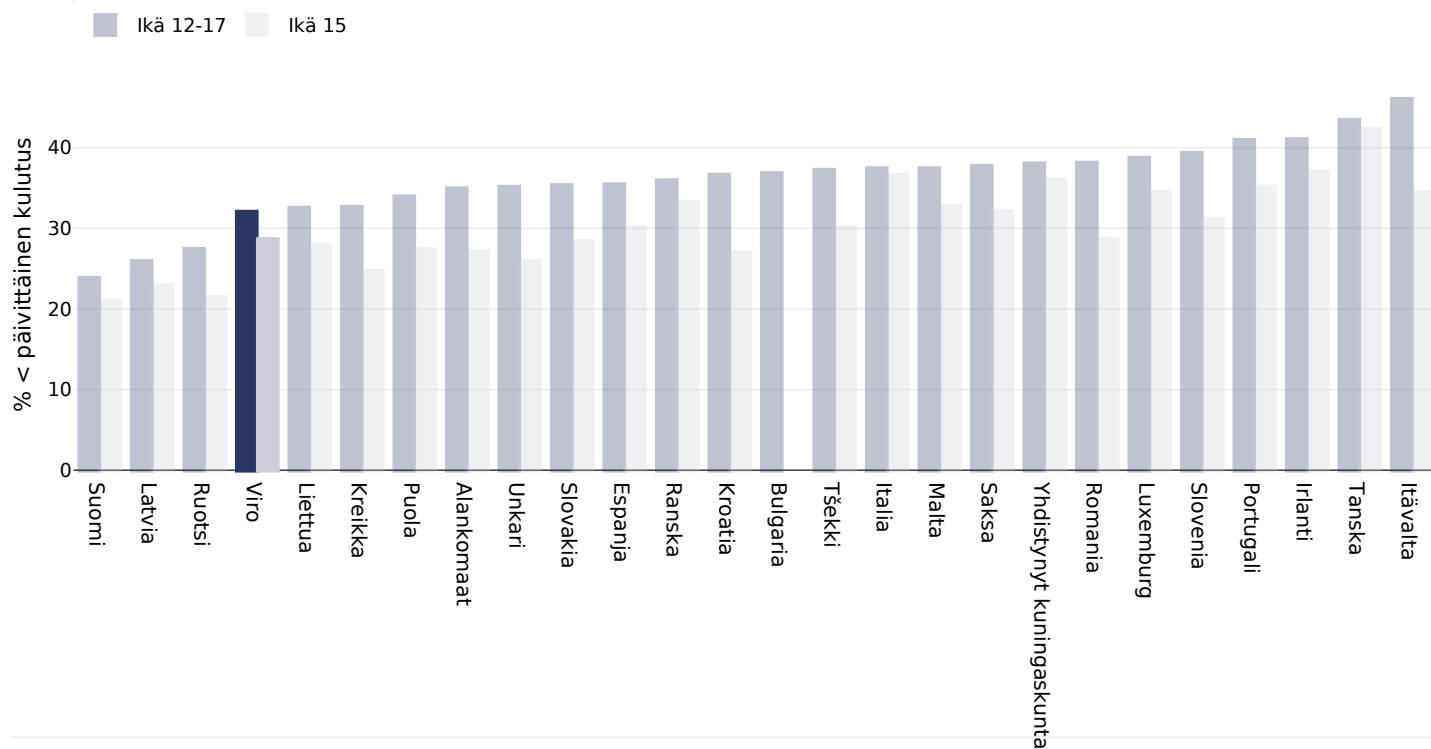
Health Behaviour in School-aged Children study (2023), Data browser (findings from the 2021/22 international HBSC survey): <https://data-browser.hbsc.org..> Health Behaviour in School-aged Children study (2020), Data browser (findings from the 2017/18 international HBSC survey): <https://data-browser.hbsc.org>.

Määritelmät:

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

Harvemmin kuin päivittäin nautittujen hedelmien yleisyys

Lapset, 2014



Tutkimustyyppi:

Mitattu

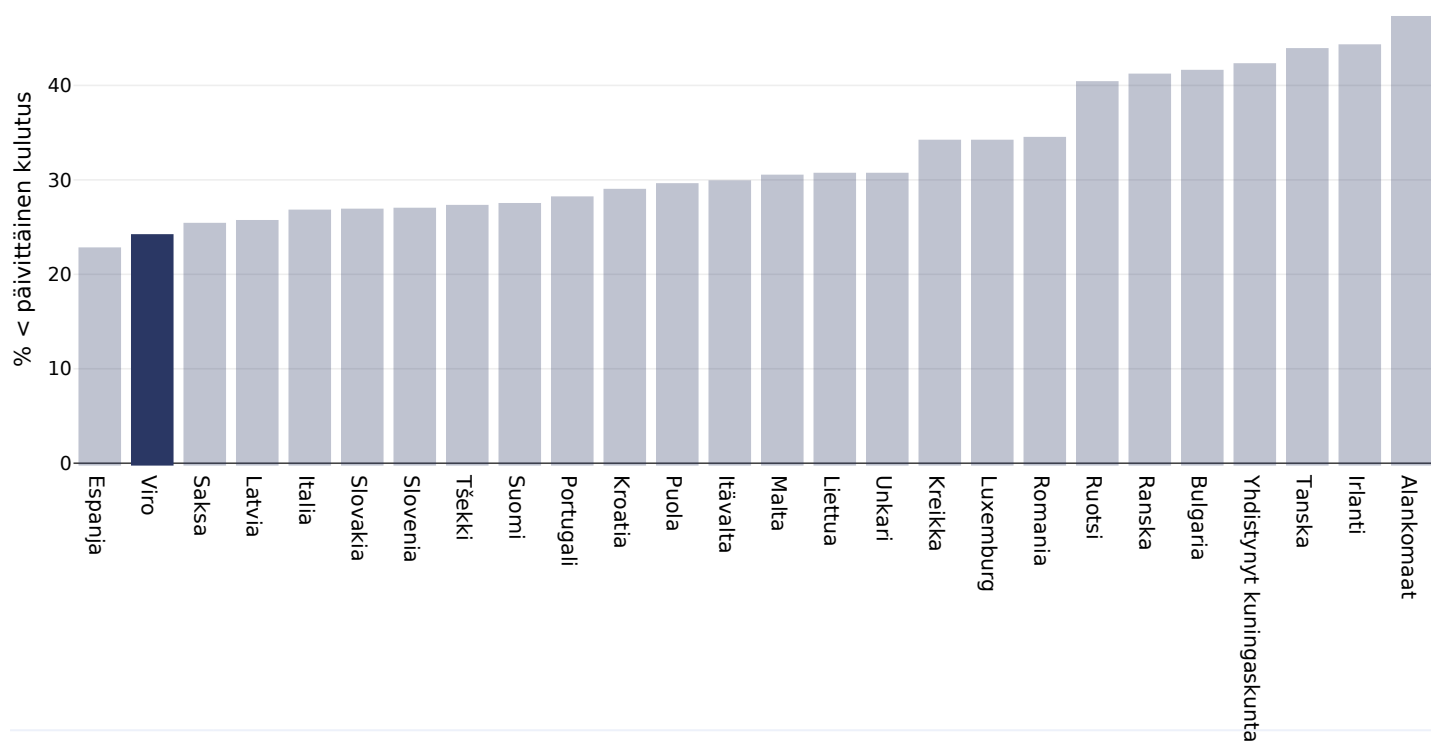
Viitteet:

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>

Määritelmät:

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

Harvemmin kuin päivittäin nautittujen vihannesten yleisyys Lapset, 2014



Tutkimustyyppi:

Mitattu

Ikä:

12-17

Viitteet:

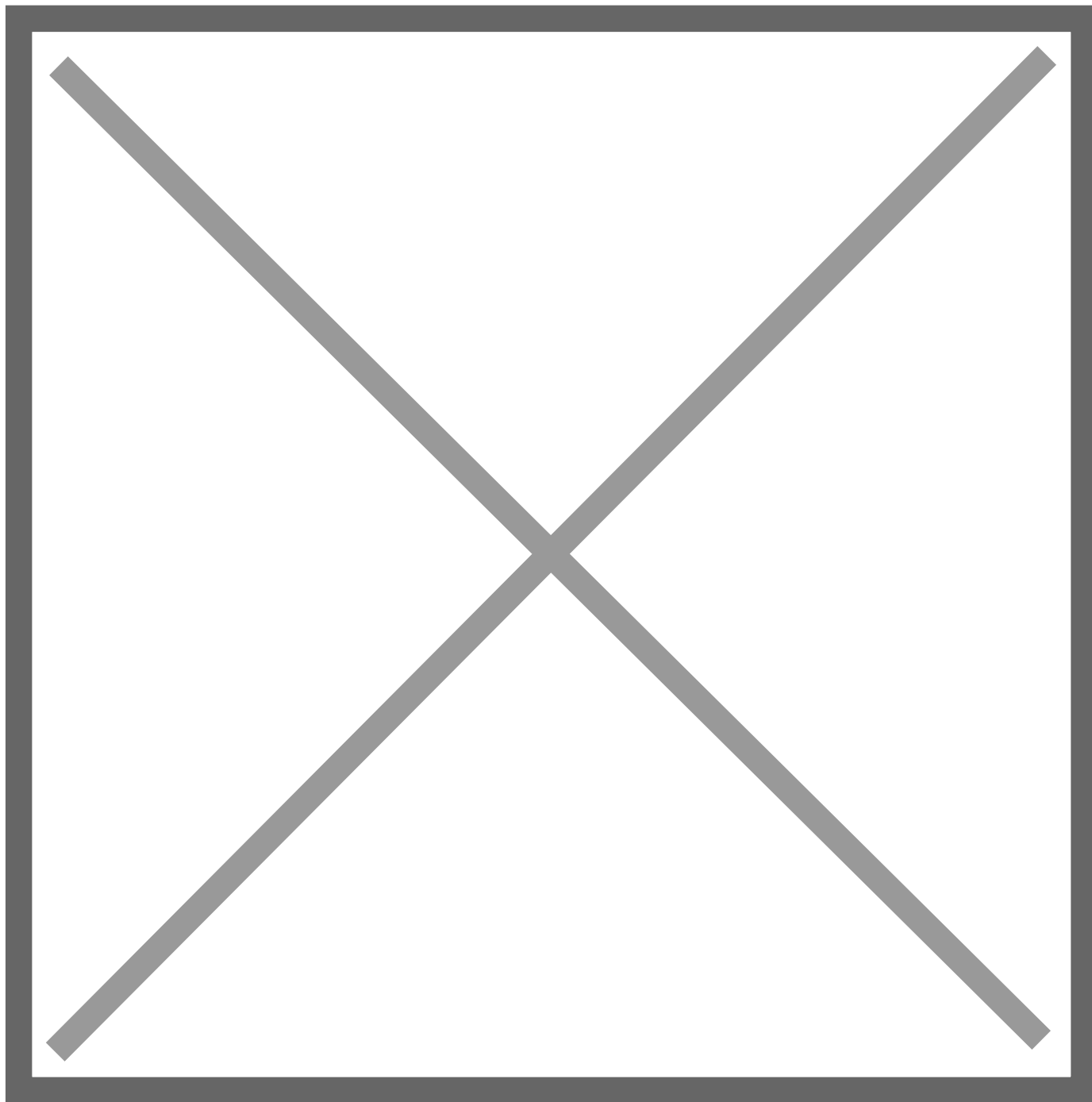
Beal et al. (2019). Global Patterns of Adolescent Fruit, Vegetable, Carbonated Soft Drink, and Fast-food consumption: A meta-analysis of global school-based student health surveys. Food and Nutrition Bulletin. <https://doi.org/10.1177/0379572119848287> sourced from Food Systems Dashboard <http://www.foodsystemsdashboard.org/food-system>

Määritelmät:

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

Mielenterveys- ja masennustilat

Lapset, 2021



Peittoalue:

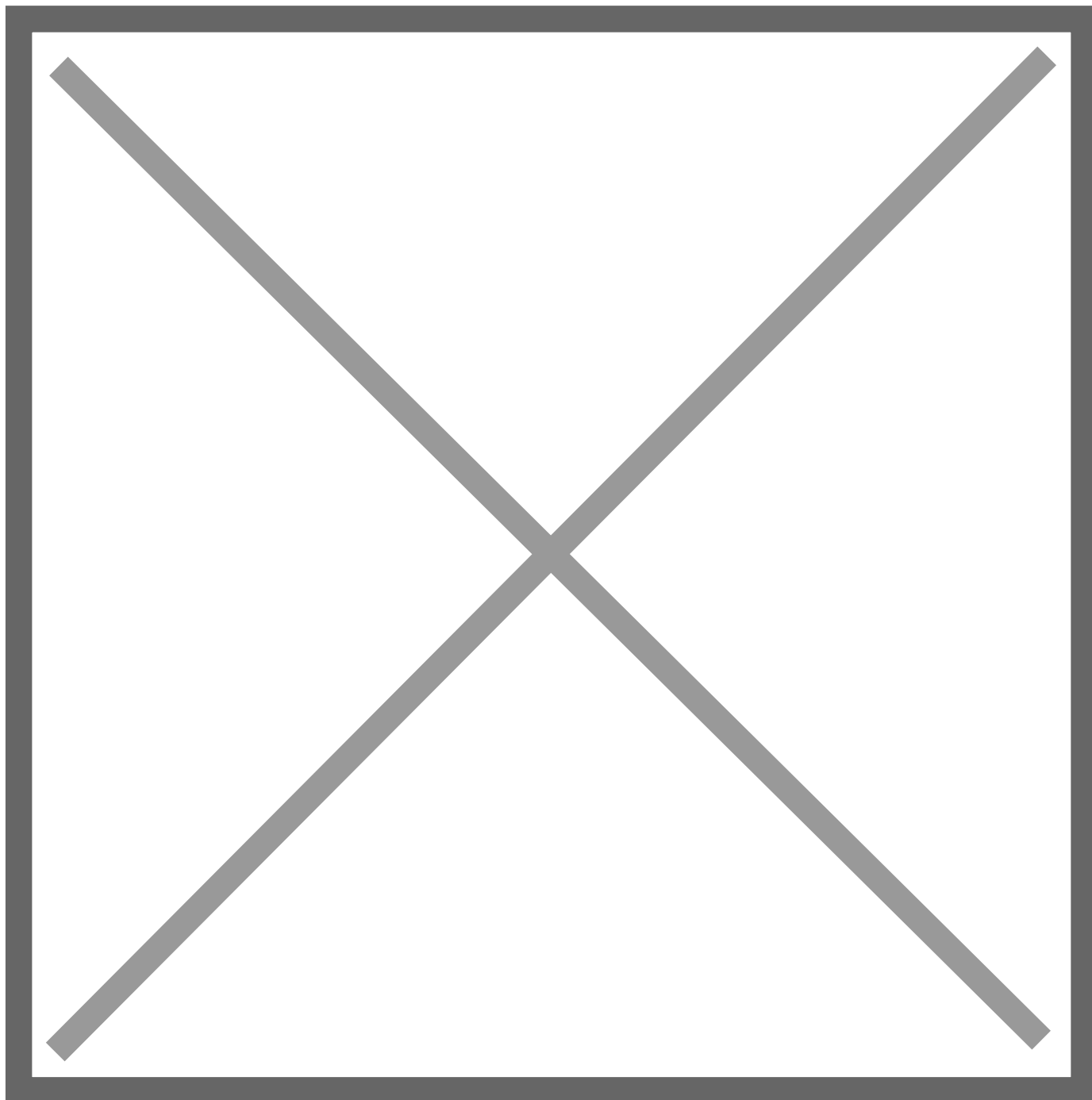
Kansallinen

Viitteet:

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)

Määritelmät:

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

Pojat, 2021**Peittoalue:**

Kansallinen

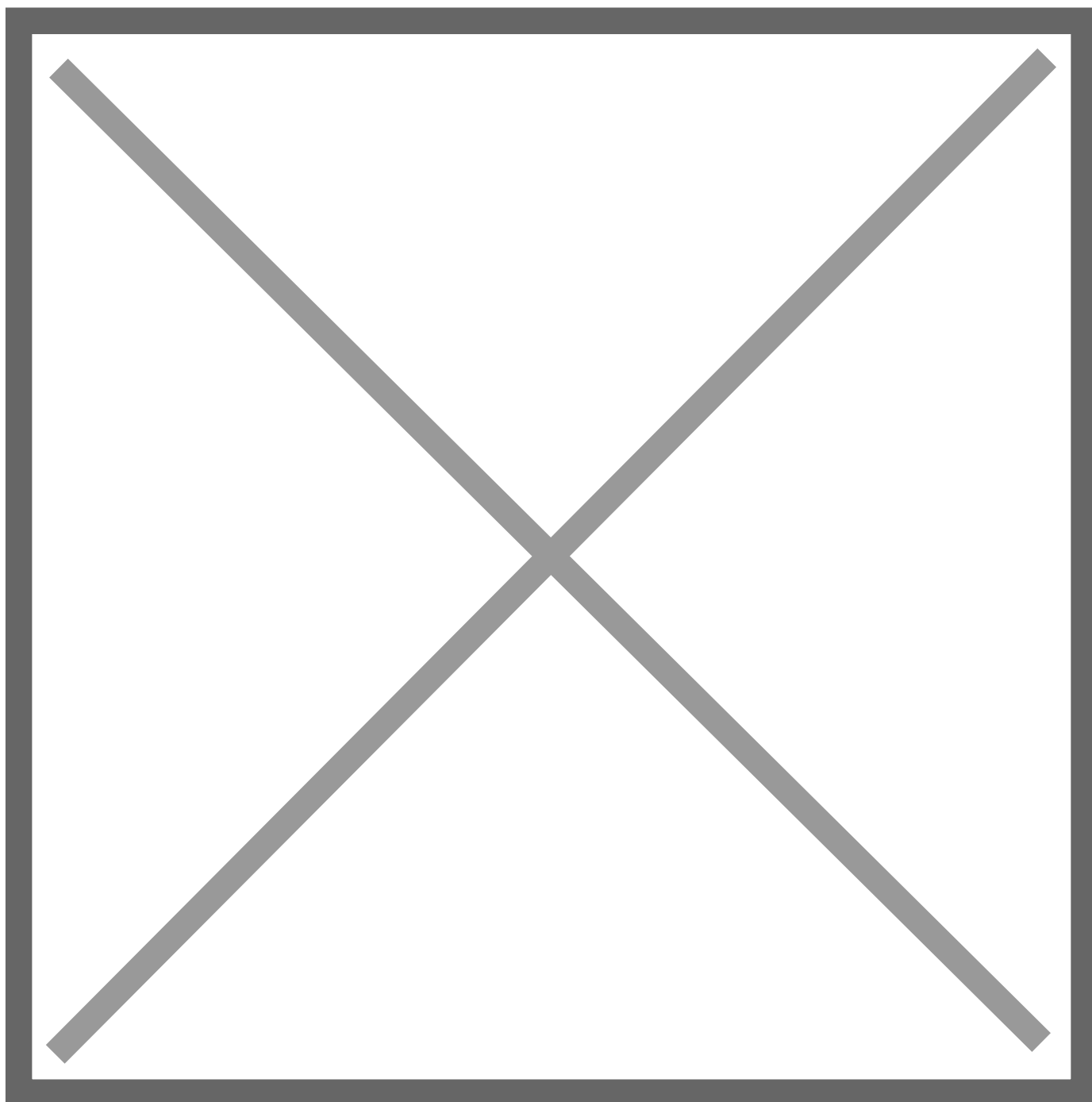
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Määritelmät:

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

Tytöille, 2021



Peittoalue:

Kansallinen

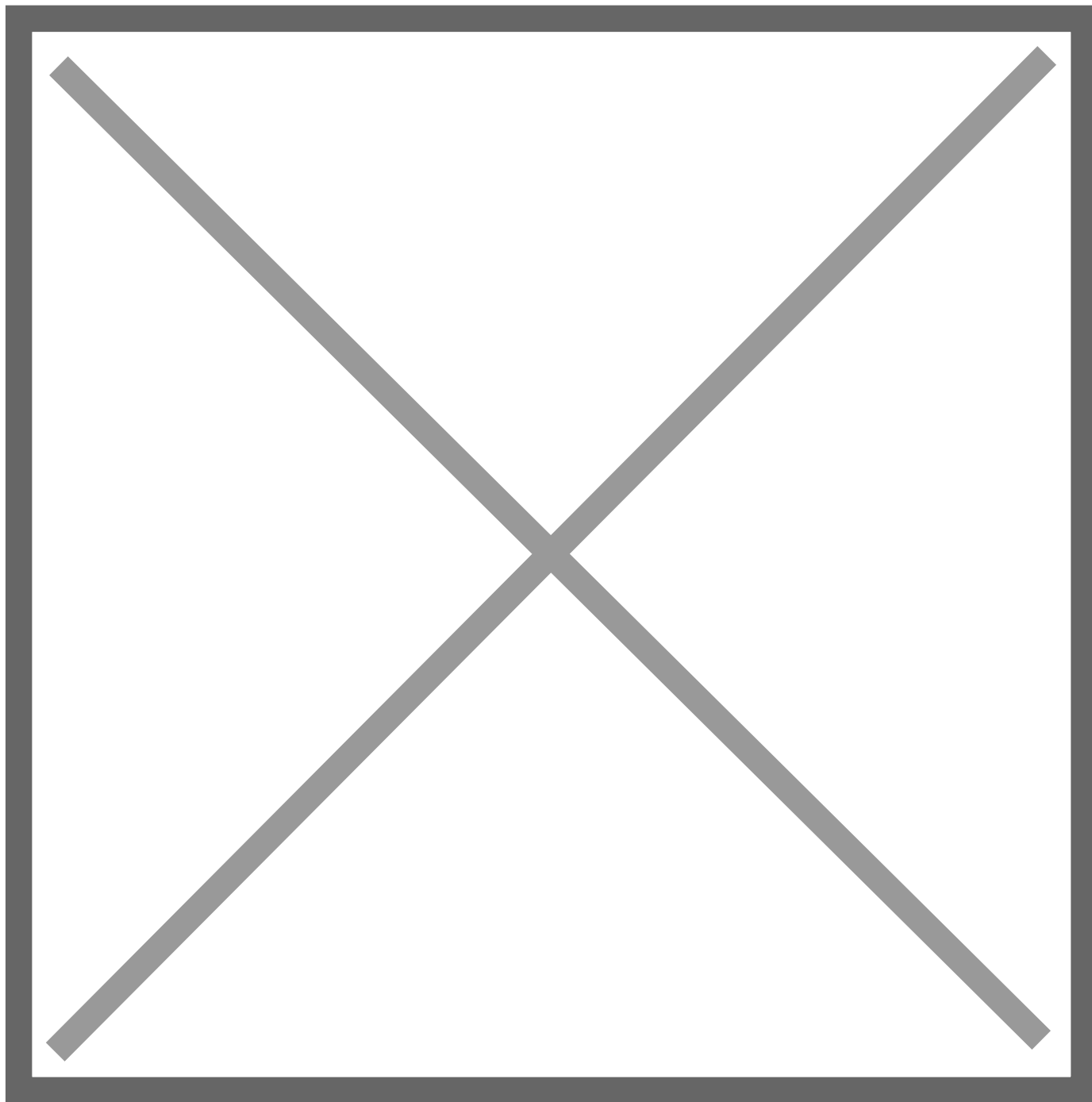
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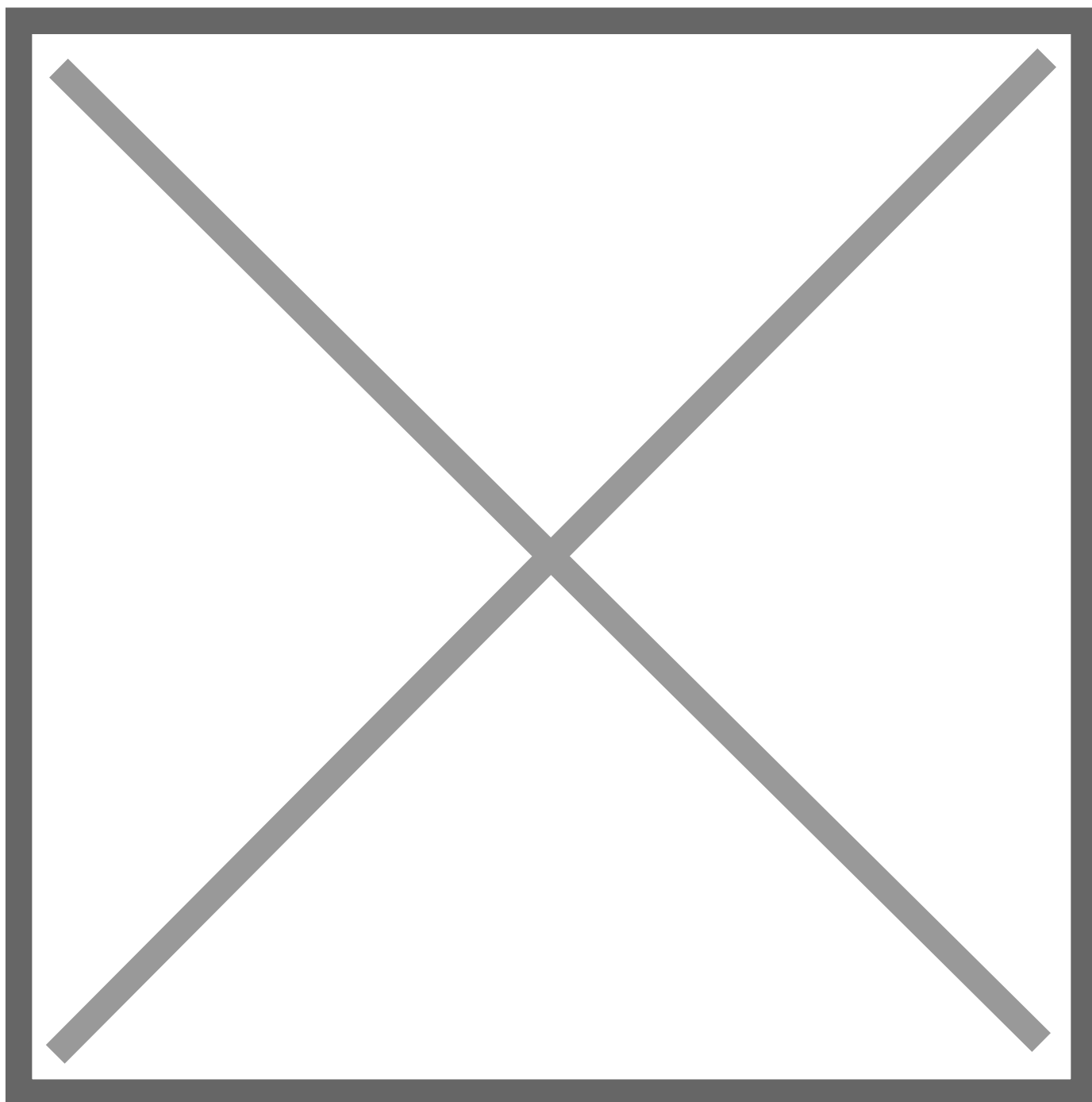
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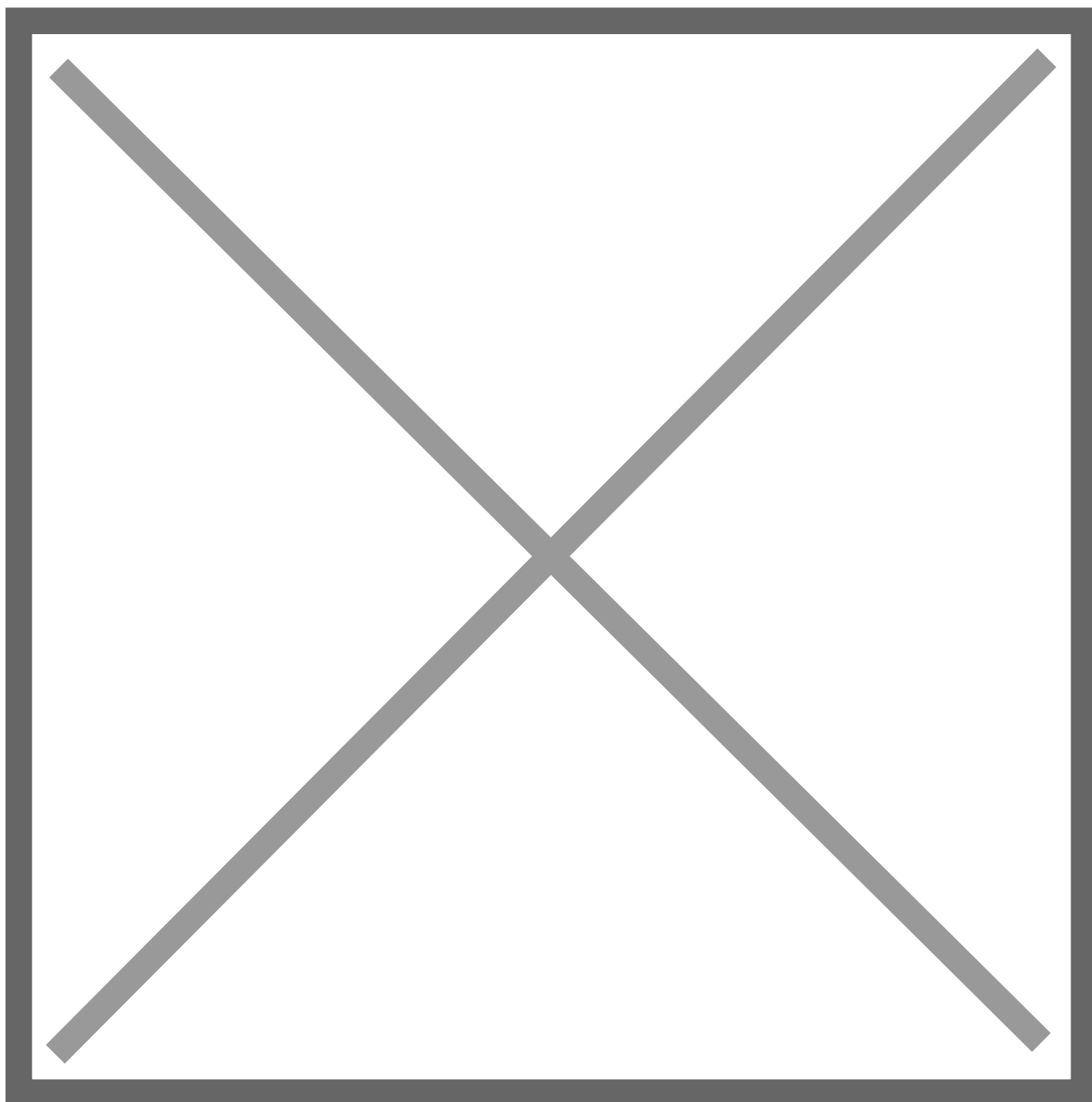
Pojat, 2021



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TytÄt, 2021



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PDF created on June 19, 2025