



# Estonia



## Country report card - children

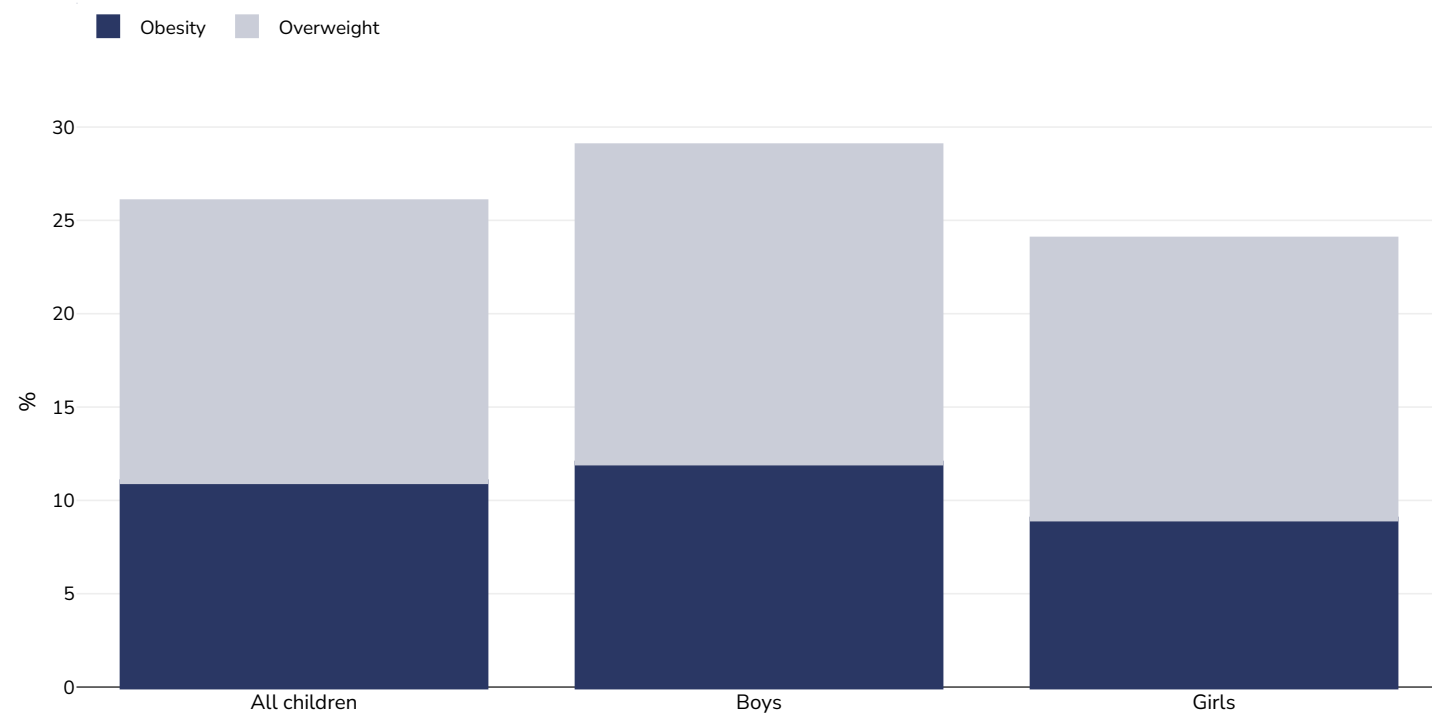
*This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity for children, including adolescents (aged 5 to 18 years). Where available, data on common and relevant obesity drivers and comorbidities are also presented.*

*View the latest version of this report on the Global Obesity Observatory at <https://data.worldobesity.org/country/estonia-64/>*

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## Obesity prevalence

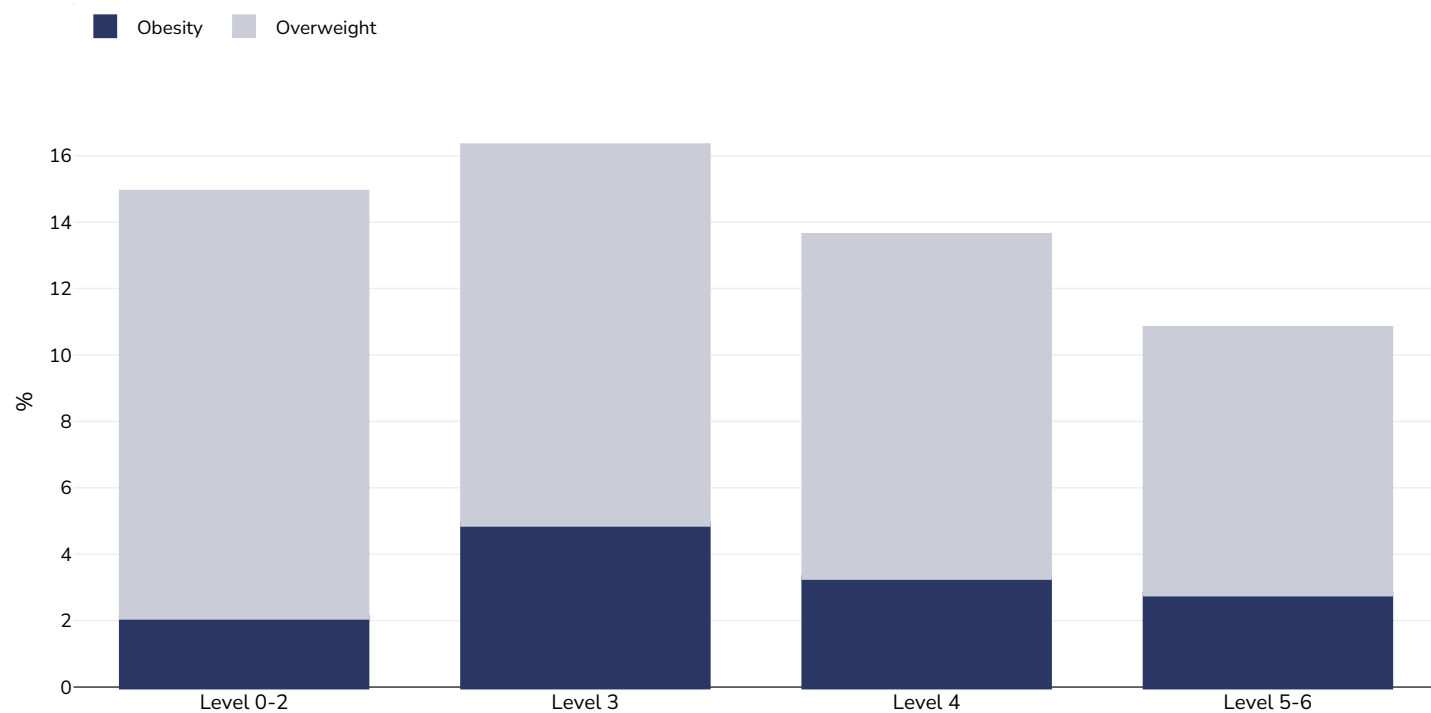
### Children, 2022-2024



|               |   |
|---------------|---|
| Survey type:  | Measured  |
| Age:          | 7   |
| Area covered: | National  |
| References:   | WHO European Childhood Obesity Surveillance Initiative (COSI): A brief review of results from round 6 of COSI (2022-2024).<br>Copenhagen: WHO Regional Office for Europe; 2024. Licence: CC BY-NC-SA 3.0 IGO. |
| Cutoffs:      | WHO 2007  |

## Overweight/obesity by education

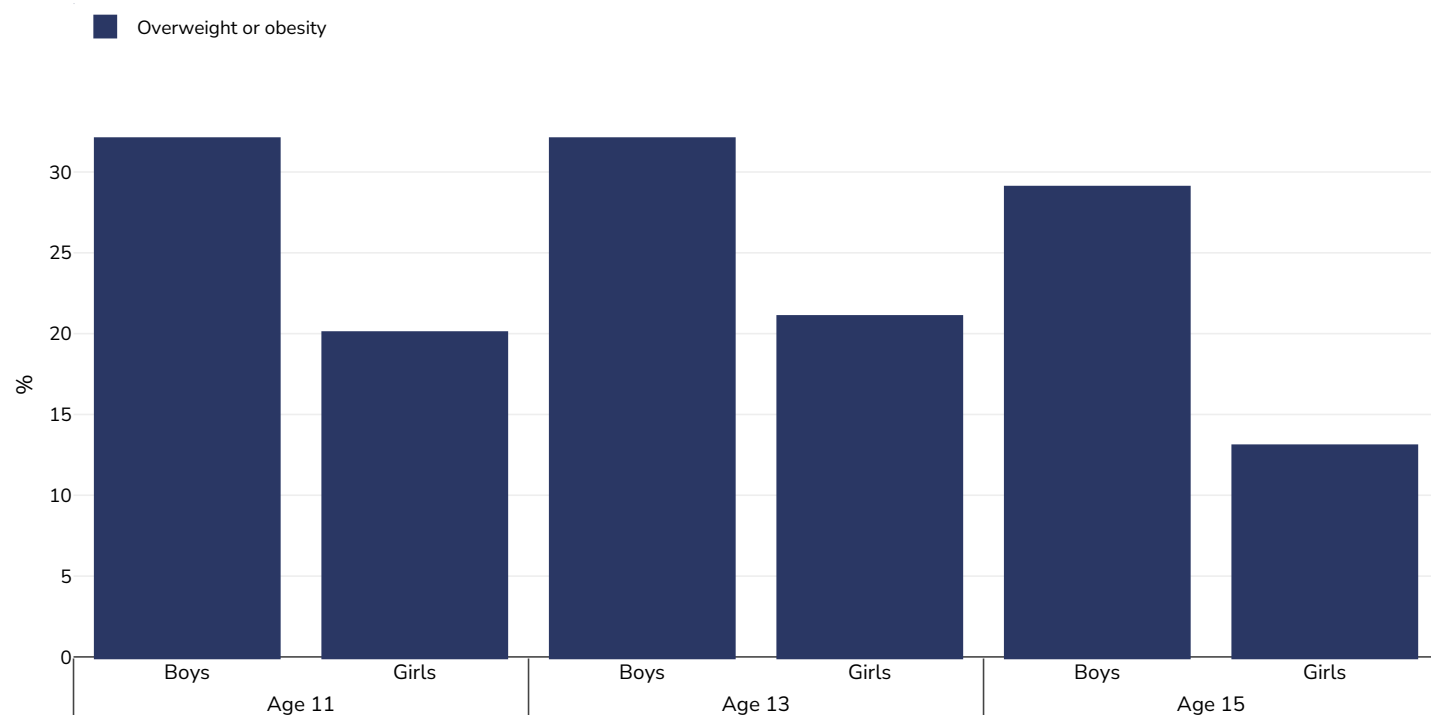
### Children, 2007-2008



|               |  |
|---------------|--|
| Survey type:  | Measured   |
| Age:          | 2-9  |
| Sample size:  | 2067   |
| Area covered: | National   |
| References:   | Ahrens W, Pigeot I, Pohlabeln H et al. Prevalence of overweight and obesity in European children below the age of 10. IJO 2014;38:S99-S107 |
| Cutoffs:      | IOTF   |

## Overweight/obesity by age

### Children, 2021-2022



**Survey type:** Self-reported

**Area covered:** See Report

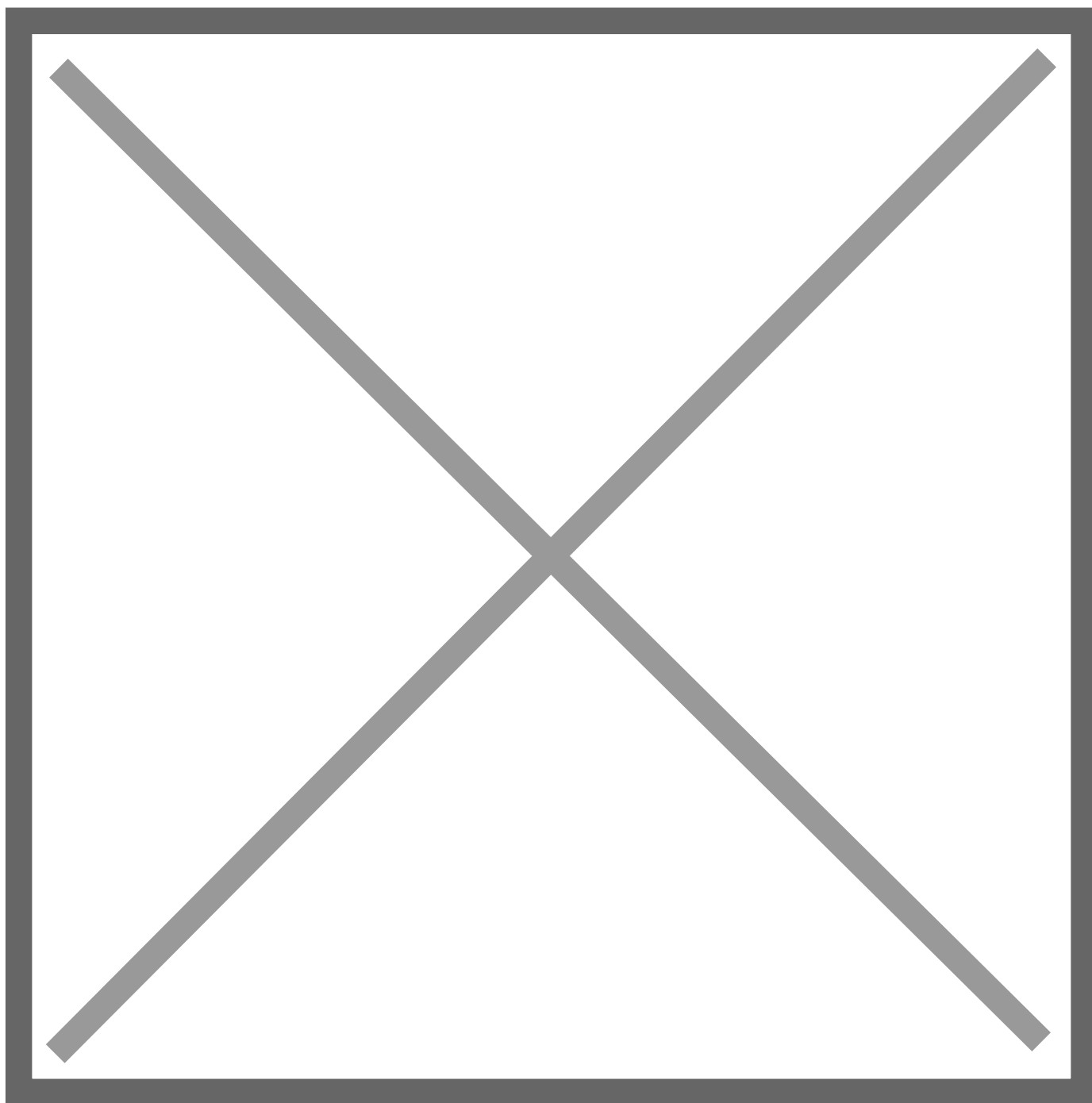
**References:** Rakić JG, Hamrik Z, Dzielska A, Felder-Puig R, Oja L, Bakalár P et al. A focus on adolescent physical activity, eating behaviours, weight status and body image in Europe, central Asia and Canada. Health Behaviour in School-aged Children (HBSC) international report from the 2021/2022 survey. 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'

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

**Cutoffs:** +2SD

## Overweight/obesity by region

## Boys, 2015-2016

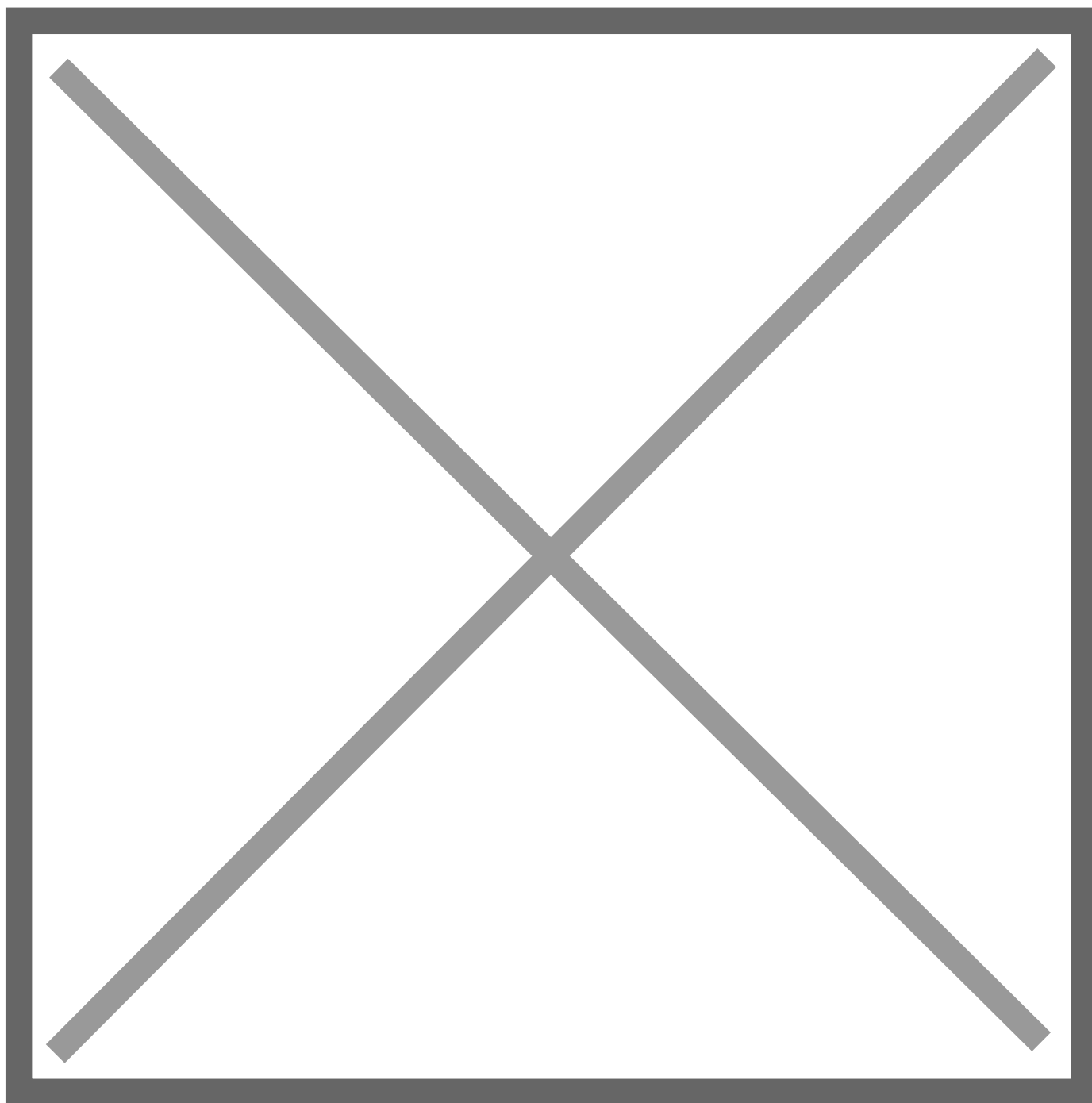


|               |          |
|---------------|----------|
| Survey type:  | Measured |
| Age:          | 7-8      |
| Sample size:  | 15457    |
| Area covered: | National |

|              |  |
|--------------|--|
| References:  | WHO Childhood Obesity Surveillance Initiative (COSI) Estonian study report for the academic year 2015/2016. Available at: <a href="https://www.tai.ee/sites/default/files/2021-03/152586931296_WHO_Childhood_Obesity_Surveillance_Initiative_COSI.pdf">https://www.tai.ee/sites/default/files/2021-03/152586931296_WHO_Childhood_Obesity_Surveillance_Initiative_COSI.pdf</a> . Last accessed: 19.04.21. |
| Definitions: | Data available at: <a href="https://statistika.tai.ee/pxweb/en/Andmebaas/Andmebaas__05Uuringud__10COSI/?tablelist=true">https://statistika.tai.ee/pxweb/en/Andmebaas/Andmebaas__05Uuringud__10COSI/?tablelist=true</a> .   |
| Cutoffs:     | IOTF   |



## Girls, 2015-2016

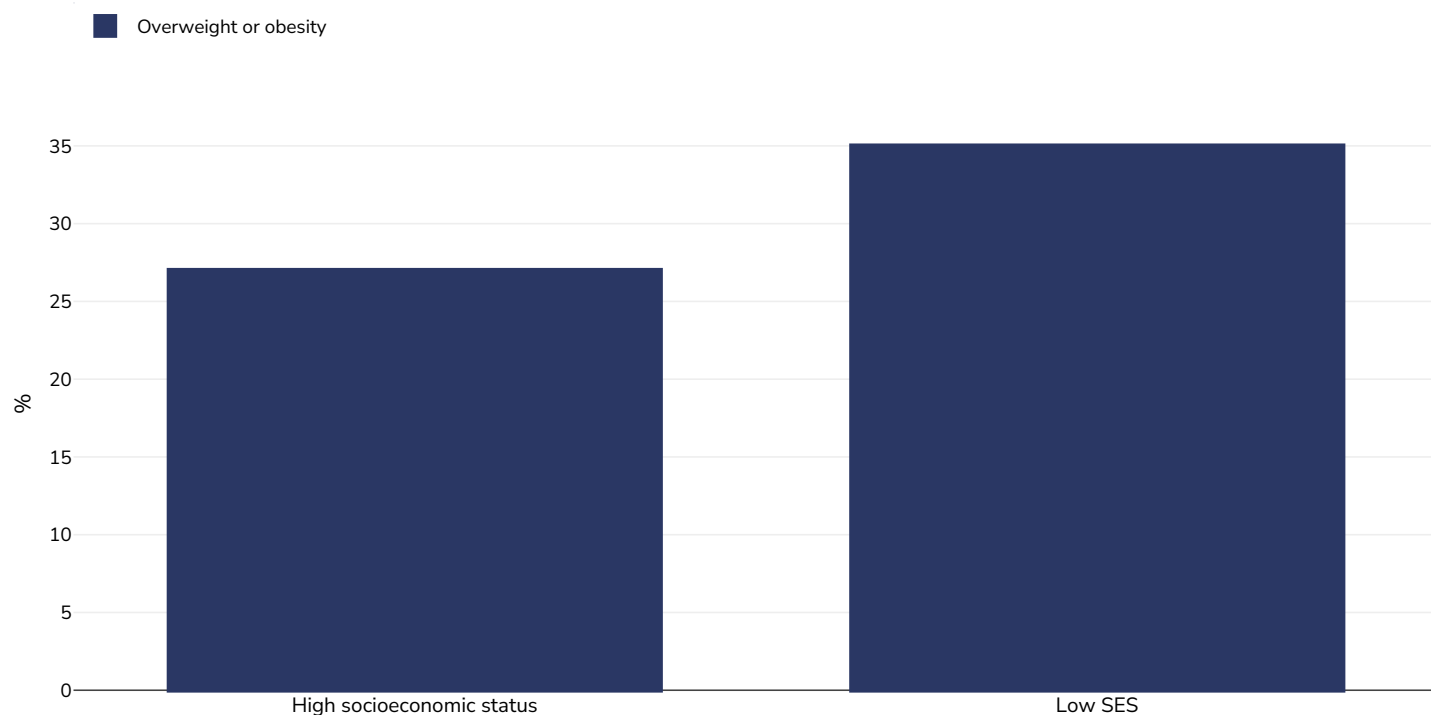


|               |          |
|---------------|----------|
| Survey type:  | Measured |
| Age:          | 7-8      |
| Sample size:  | 15457    |
| Area covered: | National |

|              |  |
|--------------|--|
| References:  | WHO Childhood Obesity Surveillance Initiative (COSI) Estonian study report for the academic year 2015/2016. Available at: <a href="https://www.tai.ee/sites/default/files/2021-03/152586931296_WHO_Childhood_Obesity_Surveillance_Initiative_COSI.pdf">https://www.tai.ee/sites/default/files/2021-03/152586931296_WHO_Childhood_Obesity_Surveillance_Initiative_COSI.pdf</a> . Last accessed: 19.04.21. |
| Definitions: | Data available at: <a href="https://statistika.tai.ee/pxweb/en/Andmebaas/Andmebaas__05Uuringud__10COSI/?tablelist=true">https://statistika.tai.ee/pxweb/en/Andmebaas/Andmebaas__05Uuringud__10COSI/?tablelist=true</a> .   |
| Cutoffs:     | IOTF   |

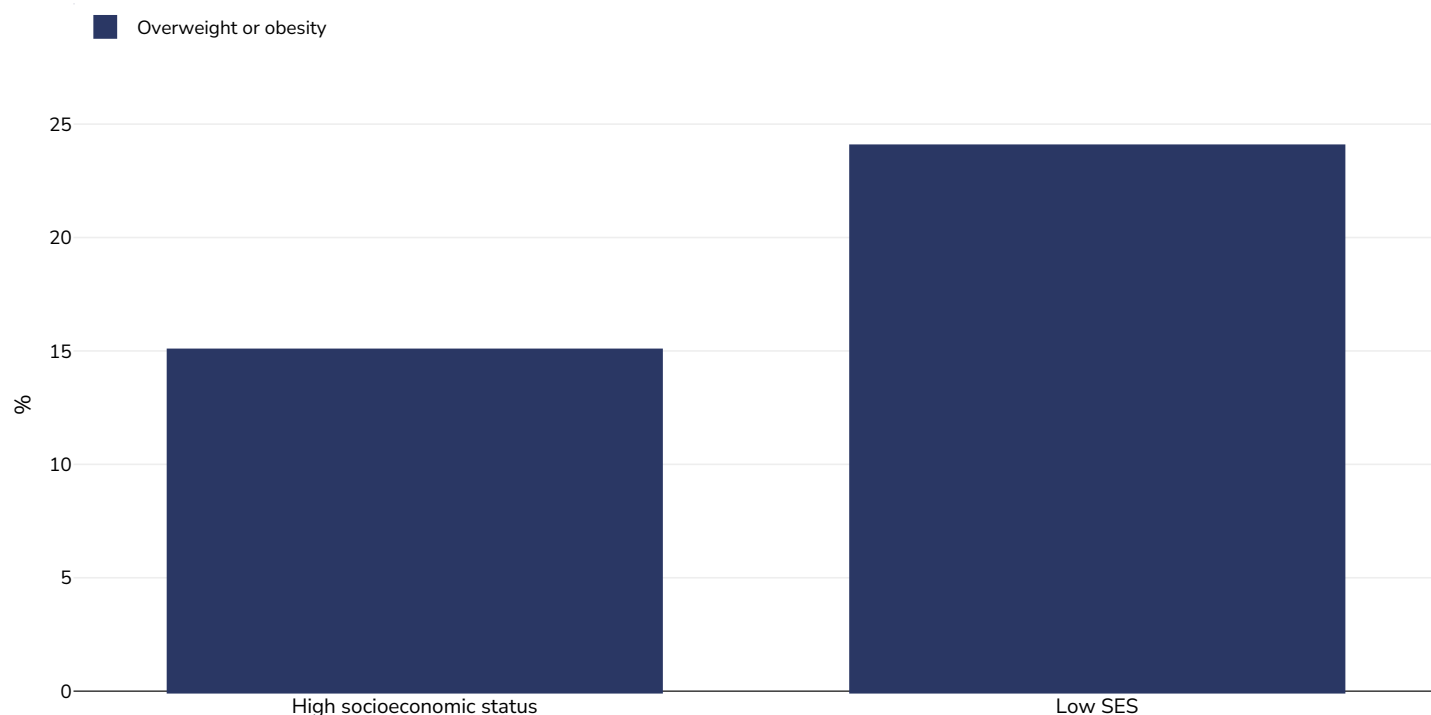
## Overweight/obesity by socio-economic group

### Boys, 2021-2022



|              |   |
|--------------|---|
| Survey type: | Self-reported   |
| Age:         | 11-15   |
| References:  | 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' |
| Notes:       | Family affluence scaleHBSC aims to survey approximately 1500 pupils per age group in each country or region (totaling around 4500)  |
| Cutoffs:     | +2SD  |

## Girls, 2021-2022



Survey type: Self-reported

Age: 11-15

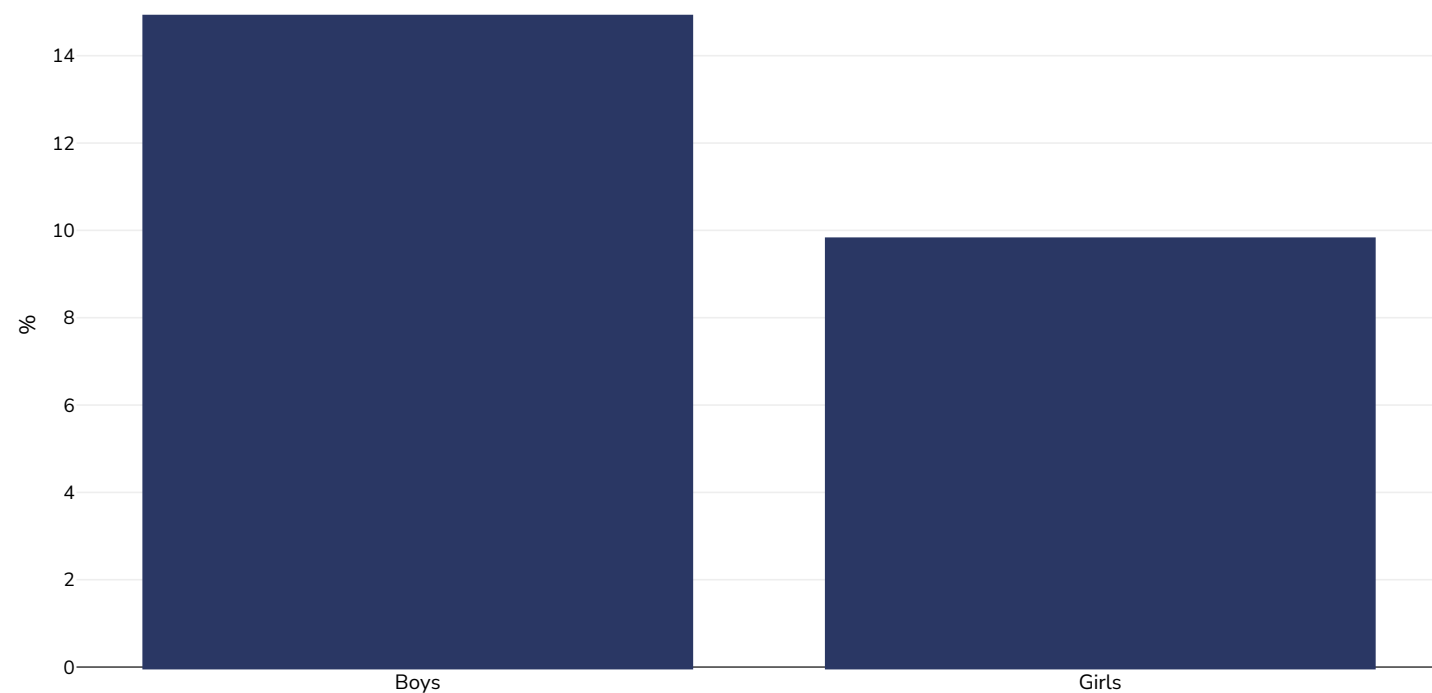
References: Raki? JG, Hamrik Z, Dzielska A, Felder-Puig R, Oja L, Bakalár P et al. A focus on adolescent physical activity, eating behaviours, weight status and body image in Europe, central Asia and Canada. Health Behaviour in School-aged Children (HBSC) international report from the 2021/2022 survey. 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'

Notes: 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

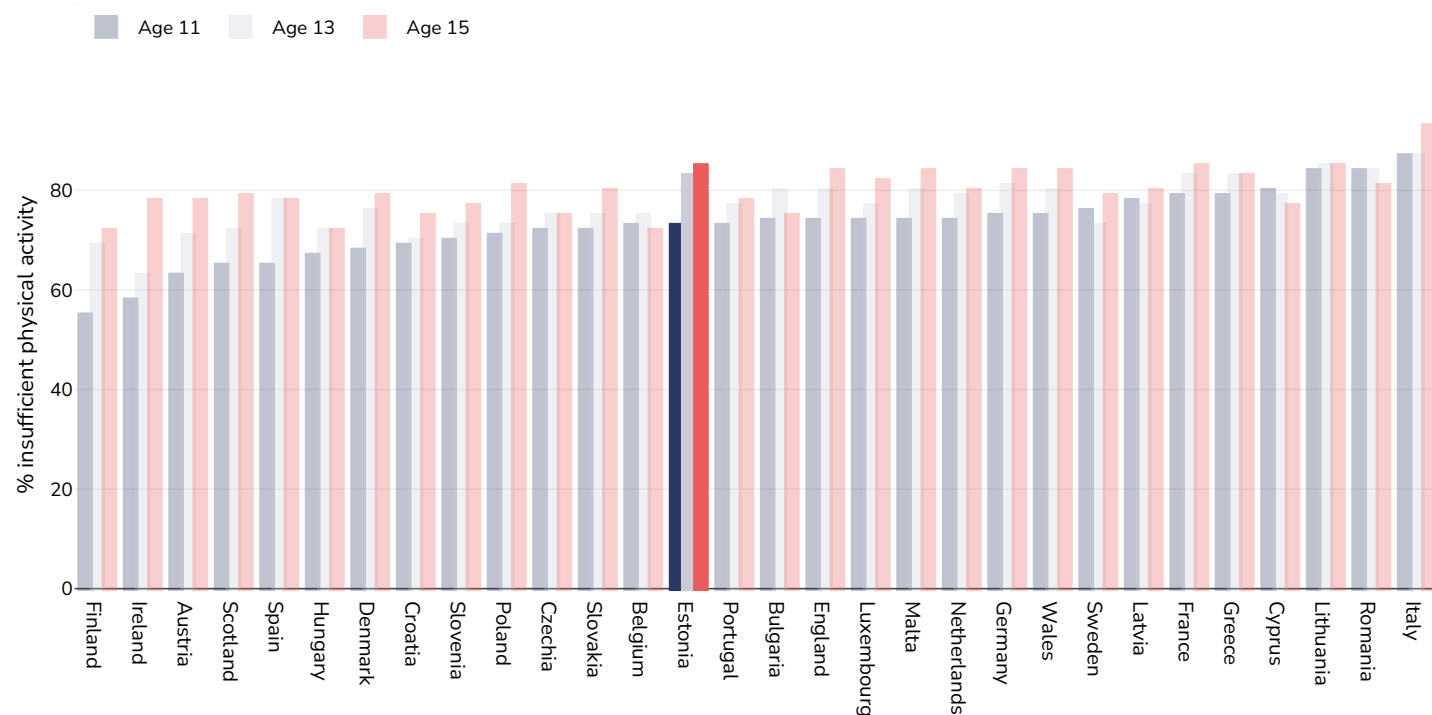
Children, 2022



|              |  |
|--------------|--|
| Survey type: | Measured   |
| Age:         | 5-19   |
| References:  | 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. <a href="https://doi.org/10.1016/S0140-6736(23)02750-2">https://doi.org/10.1016/S0140-6736(23)02750-2</a> . |
| Notes:       | Age standardised estimates   |
| Definitions: | Combined prevalence of BMI < -2SD and BMI > 2SD (double burden of thinness and obesity)  |
| Cutoffs:     | BMI < -2SD and BMI > 2SD   |

## Insufficient physical activity

### Boys, 2022



**Survey type:** Self-reported

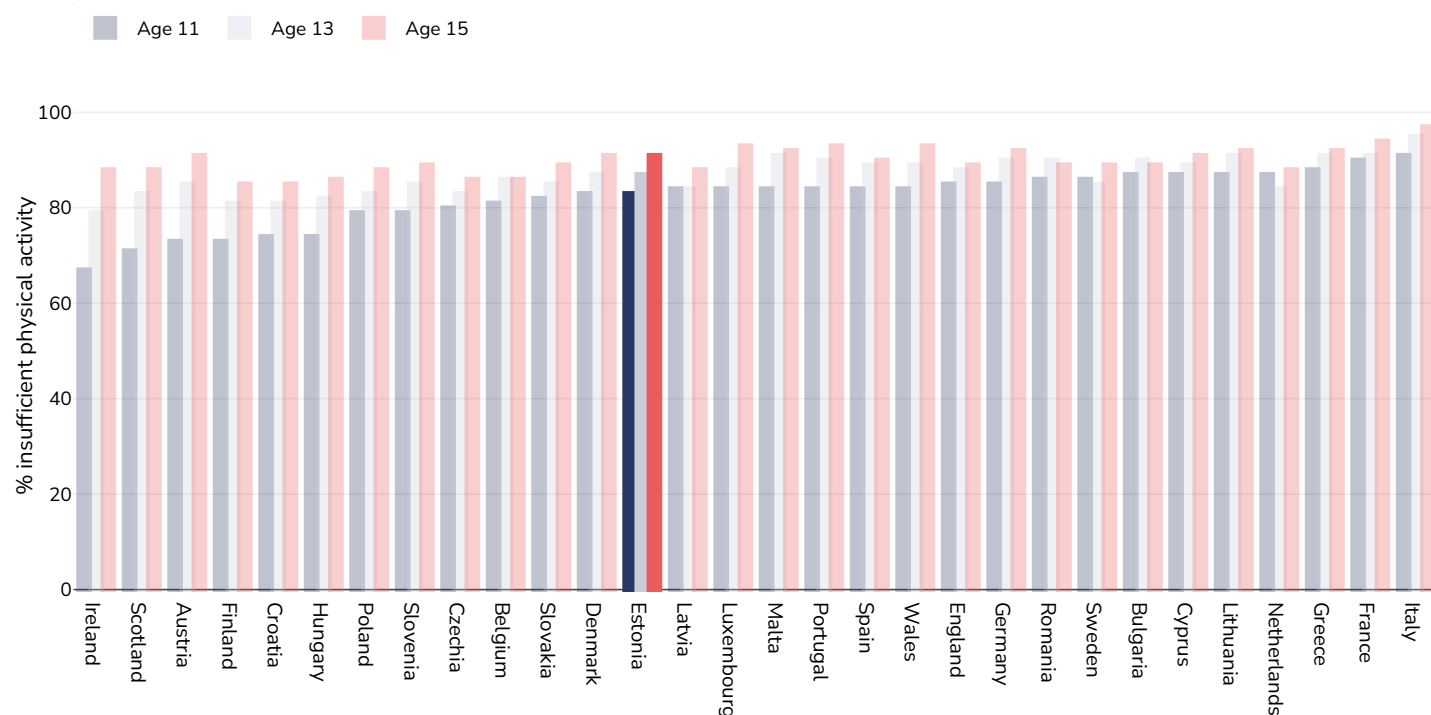
**Area covered:** National

**References:** Rakic 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>.

**Notes:** 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. NB. National except Belgium (Flemish speaking region only)

**Definitions:** % reporting less than 60 minutes of MVPA daily

## Girls, 2022



Survey type: Self-reported

Area covered: National

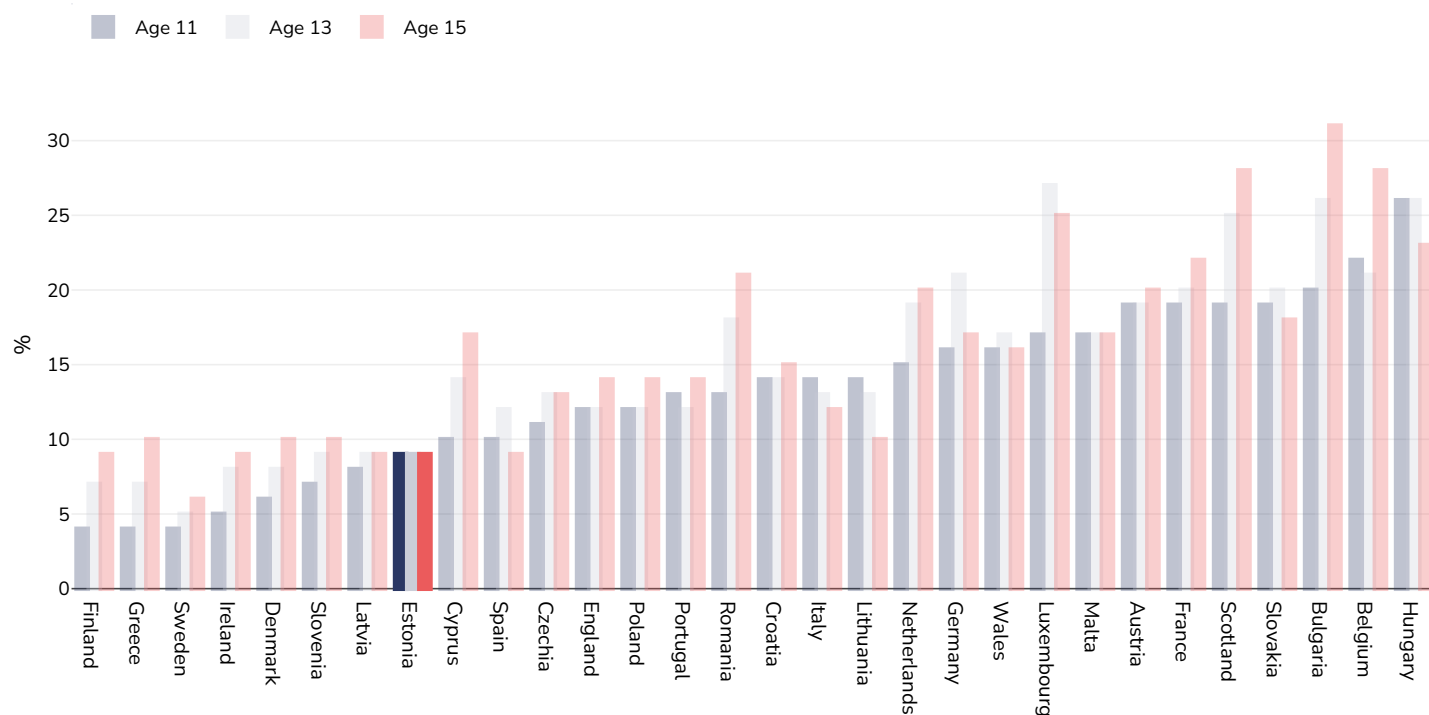
References: Rakic JG, Hamrik Z, Dzielska A, Felder-Puig R, Oja L, Bakalár P et al. A focus on adolescent physical activity, eating behaviours, weight status and body image in Europe, central Asia and Canada. Health Behaviour in School-aged Children international report from the 2021/2022 survey. Volume 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>.

Notes: 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. NB. National except Belgium (Flemish speaking region only)

Definitions: % reporting less than 60 minutes of MVPA daily

## Prevalence of at least daily carbonated soft drink consumption

### Boys, 2021-2022



Area covered:

National

References:

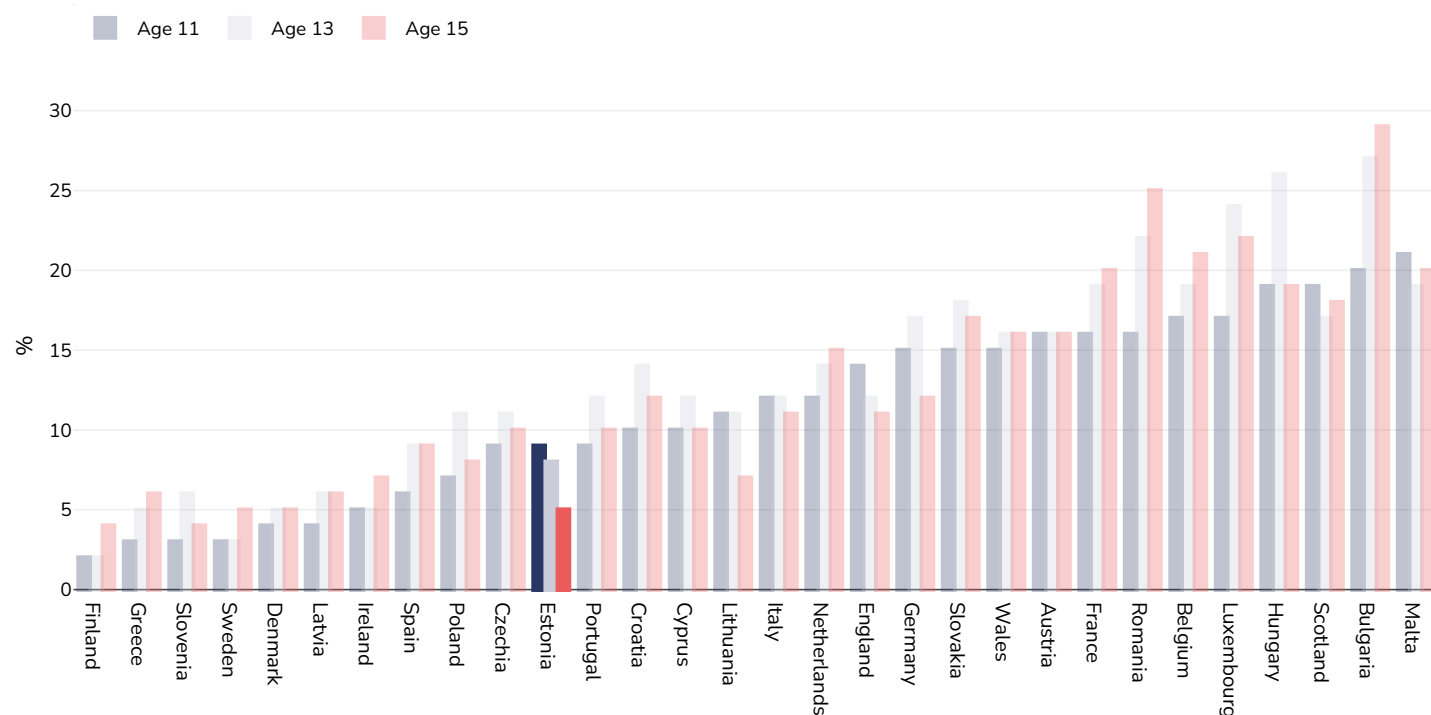
Health Behaviour in School-aged Children study (2023), Data browser (findings from the 2021/22 international HBSC survey):  
<https://data-browser.hbsc.org..>

Definitions:

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



## Girls, 2021-2022



Area covered:

National

References:

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

Definitions:

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

## Prevalence of less than daily fruit consumption

## Children, 2014



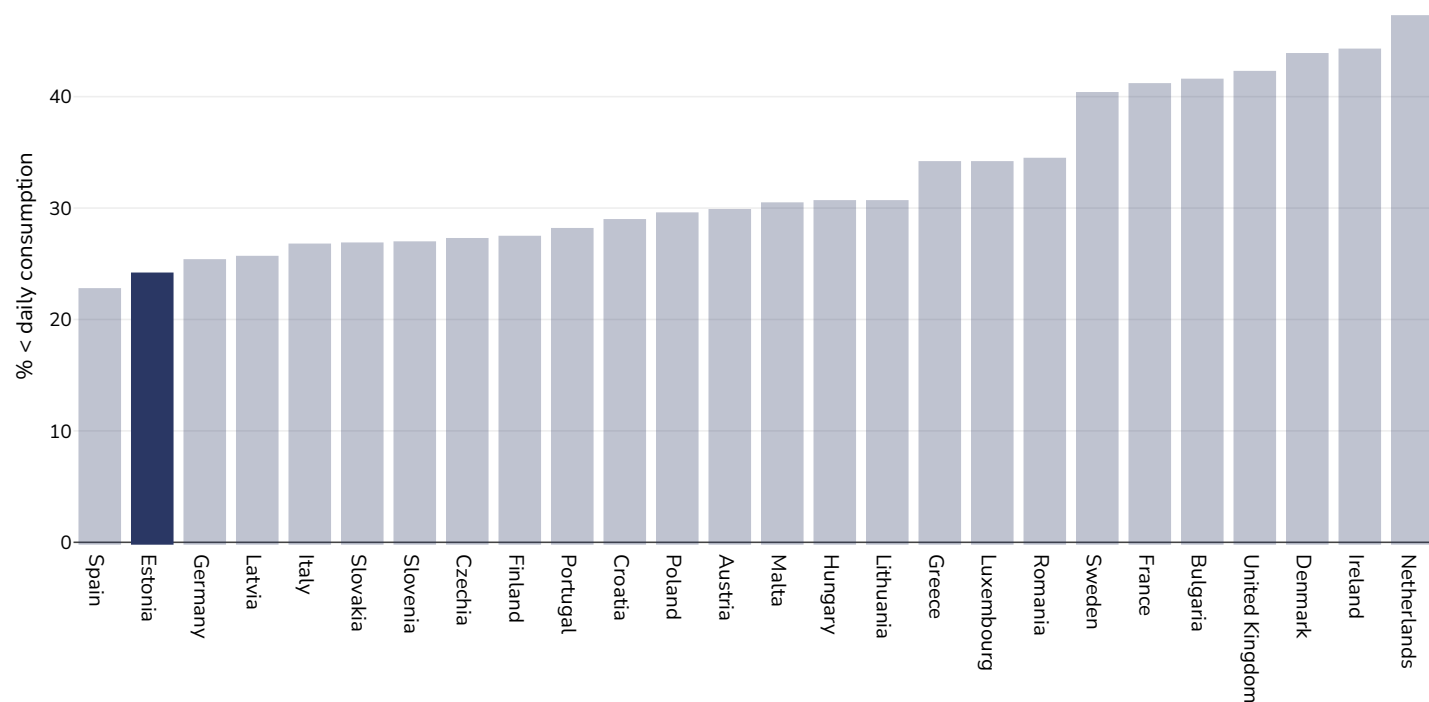
|              |  |
|--------------|--|
| Survey type: | Measured   |
| Age:         | 12-17  |
| References:  | Global School-based Student Health Surveys. Beal et al (2019). Global Patterns of Adolescent Fruit, Vegetable, Carbonated Soft Drink, and Fast-food consumption: A meta-analysis of global school-based student health surveys. Food and Nutrition Bulletin. <a href="https://doi.org/10.1177/0379572119848287">https://doi.org/10.1177/0379572119848287</a> . Sourced from Food Systems Dashboard <a href="http://www.foodsystemsdashboard.org/food-system">http://www.foodsystemsdashboard.org/food-system</a> |

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

References: 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>

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

## Mental health - depression disorders

## Children, 2021



|               |   |
|---------------|---|
| 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 <a href="http://vizhub.healthdata.org/gbd-compare">http://vizhub.healthdata.org/gbd-compare</a> . (Last accessed 23.04.25) |
| Definitions:  | Number living with depressive disorder per 100,000 population (Under 20 years of age)   |

## Boys, 2021



|               |   |
|---------------|---|
| 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 <a href="http://vizhub.healthdata.org/gbd-compare">http://vizhub.healthdata.org/gbd-compare</a> . (Last accessed 23.04.25) |
| Definitions:  | Number living with depressive disorder per 100,000 population (Under 20 years of age)   |



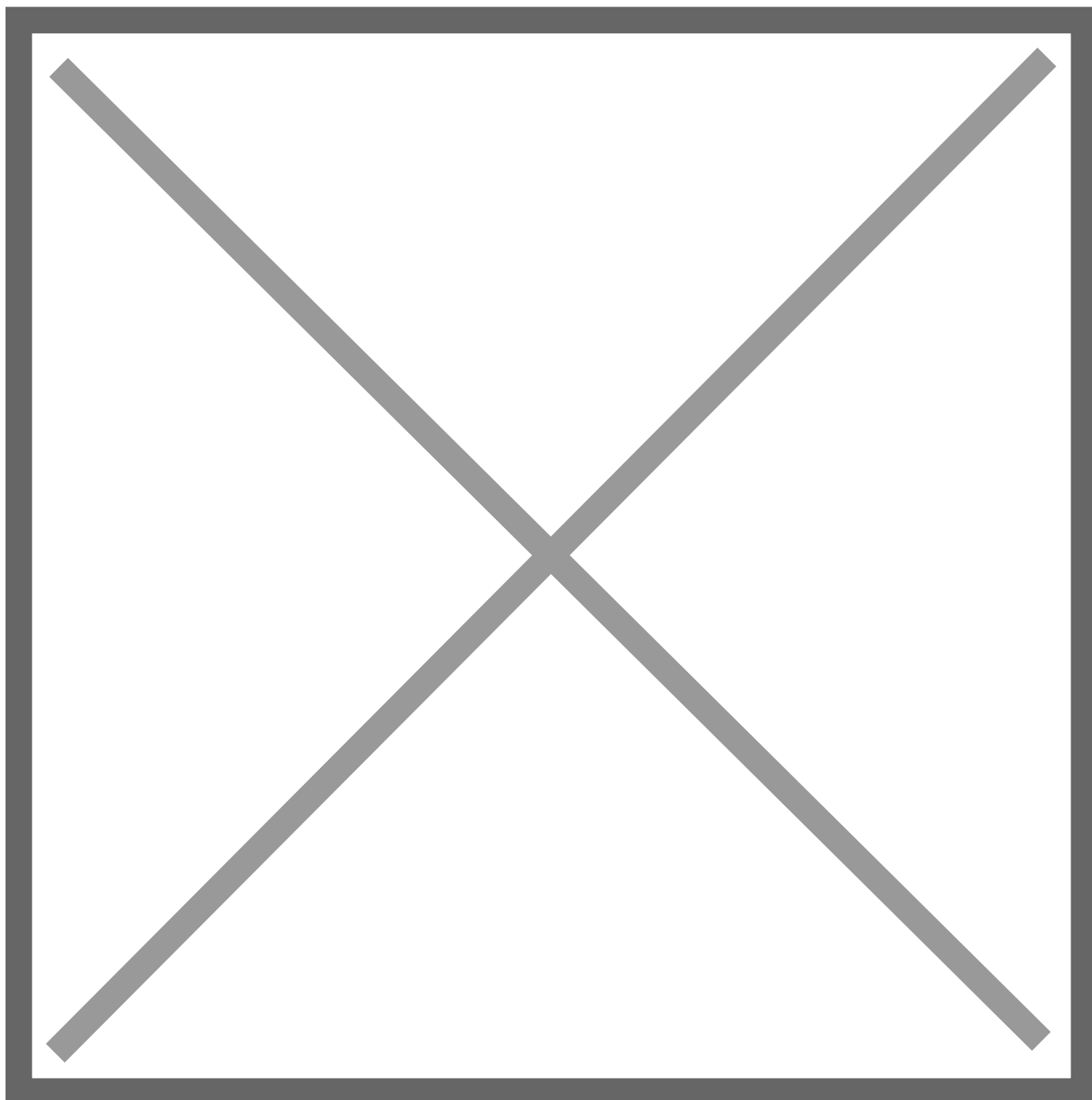
## Girls, 2021



|               |   |
|---------------|---|
| 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 <a href="http://vizhub.healthdata.org/gbd-compare">http://vizhub.healthdata.org/gbd-compare</a> . (Last accessed 23.04.25) |
| Definitions:  | Number living with depressive disorder per 100,000 population (Under 20 years of age)   |

## Mental health - anxiety disorders

Children, 2021



### 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)

## Boys, 2021



### 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



### 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)

PDF created on August 21, 2025