# Report card

**Estonia**

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Obesity prevalence

Adults, 2019

Survey type: Self-reported
Age: 18+
Area covered: National

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
Children, 2021-2022

Overweight or obesity

Survey type: Self-reported

Age: 13


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

Cutoffs: +2SD
Infants, 2013-2015

<table>
<thead>
<tr>
<th>Overweight or obesity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Infant boys</td>
</tr>
<tr>
<td>Infant girls</td>
</tr>
<tr>
<td>Infants</td>
</tr>
</tbody>
</table>

Age: 0-5

Sample size: 75177


Notes: UNICEF/WHO/World Bank Joint Child Malnutrition Estimates Expanded Database: Overweight (Survey Estimates), May 2023, New York. For more information about the methodology, please consult https://data.unicef.org/resources/jme-2023-country-consultations/ Percentage of children under 5 years of age falling above 2 standard deviations (moderate and severe) from the median weight-for-height of the reference population.

Definitions: =>+2SD
Trend adult obesity 1996 2019

Men

Survey type: Self-reported

References:


2014: EUROSTAT Database http://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1u&lang=en (last accessed 06.10.20)


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

Survey type: Self-reported

References:

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.
Trend adult overweight obesity 1996 2019

Men

Survey type: Self-reported

References:


2014: EUROSTAT Database http://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1u&lang=en (last accessed 06.10.20)


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

Overweight or obesity

Survey type: Self-reported

References:
2014: EUROSTAT Database http://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1u&lang=en (last accessed 06.10.20)

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, 2019

Survey type: Self-reported
Area covered: National

Notes:

NB. Some age ranges missing due to insufficient data to display by age & educational status

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m²; obesity refers to a BMI greater than 30kg/m².
### Men, 2019

<table>
<thead>
<tr>
<th>Age Range</th>
<th>Level 0-2</th>
<th>Level 3-4</th>
<th>Level 5-8</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age 25-34</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Age 35-44</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Age 45-54</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Age 65-74</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Age 75+</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

#### Survey type:
Self-reported

#### Area covered:
National

#### References:

#### Notes:
NB. Some age ranges missing due to insufficient data to display by age & educational status.

*Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².*
Women, 2019

Survey type: Self-reported
Area covered: National


Notes: NB. Some age ranges missing due to insufficient data to display by age & educational status

*Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².*
Overweight/obesity by education

Men, 2018

Survey type: Self-reported
Age: 16-64
Sample size: 5000
Area covered: National


Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
### Women, 2018

<table>
<thead>
<tr>
<th>Education Level</th>
<th>Obesity (%)</th>
<th>Overweight (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Primary</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Secondary</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Secondary - vocational</td>
<td></td>
<td></td>
</tr>
<tr>
<td>University</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

#### Survey Details

- **Survey type:** Self-reported
- **Age:** 16-64
- **Sample size:** 5000
- **Area covered:** National

#### References:


*Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².*
Children, 2007-2008

Survey type: Measured
Age: 2-9
Sample size: 2067
Area covered: National
Cutoffs: IOTF
Overweight/obesity by age

Adults, 2019

Survey type: Self-reported
Area covered: National


Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
Children, 2021-2022

<table>
<thead>
<tr>
<th>Age 11</th>
<th>Age 13</th>
<th>Age 15</th>
</tr>
</thead>
<tbody>
<tr>
<td>Boys</td>
<td>Girls</td>
<td>Boys</td>
</tr>
</tbody>
</table>

Survey type: Self-reported
Area covered: See Report


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

Men, 2018

Survey type: Self-reported
Age: 16-64
Sample size: 5000
Area covered: National


Notes: Data available at: https://statistika.tai.ee/pxweb/en/Andmebaas/Andmebaas__05Uuringud__02TKU__04Liikumine/?tablelist=true.

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
Women, 2018

Survey type: Self-reported
Age: 16-64
Sample size: 5000
Area covered: National


Notes: Data available at: https://statistika.tai.ee/pxweb/en/Andmebaas/Andmebaas__05Uuringud__02TKU__04Liikumine/?tablelist=true.

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m². obesity refers to a BMI greater than 30kg/m².
Boys, 2015-2016

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


Definitions: Data available at: https://statistika.tai.ee/pxweb/en/Andmebaas/Andmebaas__05Uuringud__10COSI/?tablelist=true.

Cutoffs: IOTF
Girls, 2015-2016

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


Definitions: Data available at: https://statistika.tai.ee/pxweb/en/Andmebaas/Andmebaas__05Uuringud__10COSI/?tablelist=true.

Cutoffs: IOTF
Infants, 2013-2015

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**Sample size:** 75177


**Notes:** UNICEF/WHO/World Bank Joint Child Malnutrition Estimates Expanded Database: Overweight (Survey Estimates), May 2023, New York. For more information about the methodology, please consult https://data.unicef.org/resources/jme-2023-country-consultations/ Percentage of children under 5 years of age falling above 2 standard deviations (moderate and severe) from the median weight-for-height of the reference population.

**Definitions:** =>+2SD
Overweight/obesity by age and region

Men, 2014

Survey type: Self-reported
Area covered: National

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
Women, 2014

Survey type: Self-reported
Area covered: National

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
Overweight/obesity by age and socio-economic group

Adults, 2019

Survey type: Self-reported
Area covered: National


Notes: NB. Some age ranges missing due to insufficient data to display by age & income quintile

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
Men, 2019

Survey type: Self-reported

Area covered: National


Notes: NB. Some age ranges missing due to insufficient data to display by age & income quintile

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
Women, 2019

Survey type: Self-reported
Area covered: National
Notes: NB. Some age ranges missing due to insufficient data to display by age & income quintile

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
Overweight/obesity by socio-economic group

Men, 2014

Survey type: Self-reported
Age: 18+
Sample size: Total sample number in EU: 35100 (Age 18+)
Area covered: National

Notes: 1st Quintile (lowest income), 5th Quintile (highest income) Please note where data = zero, there were insufficient data.

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
Women, 2014

Survey type: Self-reported
Age: 18+
Sample size: Total sample number in EU: 35100 (Age 18+)
Area covered: National
Notes: 1st Quintile (lowest income), 5th Quintile (highest income) Please note where data = zero, there were insufficient data.

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m². obesity refers to a BMI greater than 30kg/m².
Boys, 2021-2022

Survey type: Self-reported
Age: 11-15


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

Cutoffs: +2SD
Survey type: Self-reported

Age: 11-15


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

Cutoffs: +2SD
Infants, 2013-2015

<table>
<thead>
<tr>
<th>Quintile</th>
<th>Overweight or obesity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lowest Wealth Quintile</td>
<td>10%</td>
</tr>
<tr>
<td>Second quintile</td>
<td>8%</td>
</tr>
<tr>
<td>Third quintile</td>
<td>6%</td>
</tr>
<tr>
<td>Fourth quintile</td>
<td>4%</td>
</tr>
<tr>
<td>Highest Wealth Quintile</td>
<td>3%</td>
</tr>
</tbody>
</table>

Sample size: 75177


Notes: UNICEF/WHO/World Bank Joint Child Malnutrition Estimates Expanded Database: Overweight (Survey Estimates), May 2023, New York. For more information about the methodology, please consult [https://data.unicef.org/resources/jme-2023-country-consultations/](https://data.unicef.org/resources/jme-2023-country-consultations/) Percentage of children under 5 years of age falling above 2 standard deviations (moderate and severe) from the median weight-for-height of the reference population.

Definitions: $=>+2SD$
Overweight/obesity by age and limited activity

Adults, 2014

Survey type: Self-reported
Area covered: National
References: Eurostat 2014 available at [https://appsso.eurostat.ec.europa.eu/nui/submitViewTableAction.do](https://appsso.eurostat.ec.europa.eu/nui/submitViewTableAction.do) (last accessed 06.10.21)

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m². Obesity refers to a BMI greater than 30kg/m².
## Men, 2014

Men, 2014

<table>
<thead>
<tr>
<th>Activity Level</th>
<th>Age 25-34</th>
<th>Age 35-44</th>
<th>Age 45-54</th>
<th>Age 55-64</th>
<th>Age 65-74</th>
</tr>
</thead>
<tbody>
<tr>
<td>No Limited Activity</td>
<td>30%</td>
<td>32%</td>
<td>32%</td>
<td>32%</td>
<td>32%</td>
</tr>
<tr>
<td>Limited Activity</td>
<td>10%</td>
<td>10%</td>
<td>10%</td>
<td>10%</td>
<td>10%</td>
</tr>
<tr>
<td>Moderate</td>
<td>60%</td>
<td>60%</td>
<td>60%</td>
<td>60%</td>
<td>60%</td>
</tr>
<tr>
<td>Limited Activity</td>
<td>10%</td>
<td>10%</td>
<td>10%</td>
<td>10%</td>
<td>10%</td>
</tr>
<tr>
<td>Severe</td>
<td>3%</td>
<td>3%</td>
<td>3%</td>
<td>3%</td>
<td>3%</td>
</tr>
</tbody>
</table>

**Survey type:** Self-reported  
**Area covered:** National  
**References:** Eurostat 2014 available at [https://appsso.eurostat.ec.europa.eu/nui/submitViewTableAction.do](https://appsso.eurostat.ec.europa.eu/nui/submitViewTableAction.do) (last accessed 06.10.21)

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
Women, 2014

Survey type: Self-reported
Area covered: National
References: Eurostat 2014 available at https://appsso.eurostat.ec.europa.eu/nui/submitViewTableAction.do (last accessed 06.10.21)

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m²; obesity refers to a BMI greater than 30kg/m².
Insufficient physical activity

Adults, 2016

Men, 2016

Women, 2016

Children, 2016

Survey type: Self-reported
Age: 11-17

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

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

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

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 fruit intake (g/day)
Prevalence of less than daily fruit consumption

Children, 2014

Survey type:


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

<table>
<thead>
<tr>
<th>Country</th>
<th>g/day</th>
</tr>
</thead>
<tbody>
<tr>
<td>Italy</td>
<td>45</td>
</tr>
<tr>
<td>Malta</td>
<td>40</td>
</tr>
<tr>
<td>Greece</td>
<td>35</td>
</tr>
<tr>
<td>France</td>
<td>30</td>
</tr>
<tr>
<td>Cyprus</td>
<td>25</td>
</tr>
<tr>
<td>Denmark</td>
<td>20</td>
</tr>
<tr>
<td>Latvia</td>
<td>15</td>
</tr>
<tr>
<td>Bulgaria</td>
<td>10</td>
</tr>
<tr>
<td>United Kingdom</td>
<td>7.5</td>
</tr>
<tr>
<td>Hungary</td>
<td>5</td>
</tr>
<tr>
<td>Portugal</td>
<td>2.5</td>
</tr>
<tr>
<td>Slovenia</td>
<td>1.5</td>
</tr>
<tr>
<td>Sweden</td>
<td>1</td>
</tr>
<tr>
<td>Belgium</td>
<td>0.5</td>
</tr>
<tr>
<td>Croatia</td>
<td>0</td>
</tr>
<tr>
<td>Italy</td>
<td>45</td>
</tr>
<tr>
<td>Latvia</td>
<td>40</td>
</tr>
<tr>
<td>Malta</td>
<td>35</td>
</tr>
<tr>
<td>Greece</td>
<td>30</td>
</tr>
<tr>
<td>France</td>
<td>25</td>
</tr>
<tr>
<td>Cyprus</td>
<td>20</td>
</tr>
<tr>
<td>Denmark</td>
<td>15</td>
</tr>
<tr>
<td>Latvia</td>
<td>10</td>
</tr>
<tr>
<td>Bulgaria</td>
<td>7.5</td>
</tr>
<tr>
<td>United Kingdom</td>
<td>5</td>
</tr>
<tr>
<td>Hungary</td>
<td>2.5</td>
</tr>
<tr>
<td>Portugal</td>
<td>1.5</td>
</tr>
<tr>
<td>Slovenia</td>
<td>1</td>
</tr>
<tr>
<td>Sweden</td>
<td>0.5</td>
</tr>
<tr>
<td>Belgium</td>
<td>0</td>
</tr>
<tr>
<td>Croatia</td>
<td>0</td>
</tr>
</tbody>
</table>

### Survey type:
- Measured

### Age:
- 25+

### References:

### Definitions:
- Estimated per-capita whole grains intake (g/day)
Mental health - depression disorders

Adults, 2015

% of population


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

Adults, 2015


Definitions: % of population with anxiety disorders
Oesophageal cancer

Men, 2020

Age: 20+

Area covered: National


Definitions: Age-standardized incidence rates per 100,000
Women, 2020

Age: 20+

Area covered: National


Definitions: Age-standardized incidence rates per 100,000
Breast cancer

Women, 2020

Incidence per 100,000

Age: 20+

Area covered: National


Definitions: Age-standardized incidence rates per 100 000
Colorectal cancer

Men, 2020

Age: 20+

Area covered: National


Definitions: Age-standardized incidence rates per 100 000
Age: 20+

Area covered: National


Definitions: Age-standardized incidence rates per 100 000
Pancreatic cancer

Men, 2020

Age: 20+

Area covered: National


Definitions: Age-standardized incidence rates per 100 000
Women, 2020

Age: 20+

Area covered: National


Definitions: Age-standardized incidence rates per 100 000
Gallbladder cancer

Men, 2020


Definitions: Age-standardized incidence rates per 100,000
Women, 2020

Age: 20+

Area covered: National


Definitions: Age-standardized incidence rates per 100,000
Kidney cancer

Men, 2020

Age: 20+
Area covered: National


Definitions: Age-standardized incidence rates per 100 000
Women, 2020

<table>
<thead>
<tr>
<th>Country</th>
<th>Incidence per 100,000</th>
</tr>
</thead>
<tbody>
<tr>
<td>Portugal</td>
<td>4</td>
</tr>
<tr>
<td>Cyprus</td>
<td>6</td>
</tr>
<tr>
<td>Luxembourg</td>
<td>8</td>
</tr>
<tr>
<td>Bulgaria</td>
<td>2</td>
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<td>Lithuania</td>
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</table>

Age: 20+

Area covered: National

References:

Definitions:
Age-standardized incidence rates per 100,000
Cancer of the uterus

Women, 2020

References:

Definitions:
Age-standardized indication rates per 100 000
Raised blood pressure

Adults, 2015

References:
Global Health Observatory data repository, World Health Organisation,
http://apps.who.int/gho/data/node.main.A875?lang=en

Definitions:
Age Standardised estimated % Raised blood pressure 2015 (SBP>=140 OR DBP>=90).
Men, 2015

Percentage of Raised Blood Pressure

References:

Definitions:
Age Standardised estimated % Raised blood pressure 2015 (SBP>=140 OR DBP>=90).
Women, 2015

<table>
<thead>
<tr>
<th>Country</th>
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<td>United Kingdom</td>
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<td>Austria</td>
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<td>Costa</td>
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</table>


Definitions: Age Standardised estimated % Raised blood pressure 2015 (SBP>=140 OR DBP>=90).
Raised cholesterol

Adults, 2008

References: Global Health Observatory data repository, World Health Organisation, [http://apps.who.int/gho/data/node.main.A885](http://apps.who.int/gho/data/node.main.A885)

Definitions: % Raised total cholesterol (>= 5.0 mmol/L) (age-standardized estimate).
Men, 2008

References: Global Health Observatory data repository, World Health Organisation, [http://apps.who.int/gho/data/node.main.A885](http://apps.who.int/gho/data/node.main.A885)

Definitions: % Raised total cholesterol (>= 5.0 mmol/L) (age-standardized estimate).
Women, 2008

References: Global Health Observatory data repository, World Health Organisation, [http://apps.who.int/gho/data/node.main.A885](http://apps.who.int/gho/data/node.main.A885)

Definitions: % Raised total cholesterol (\(\geq 5.0\) mmol/L) (age-standardized estimate).
Raised fasting blood glucose

Men, 2014


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

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

Adults, 2021

Age: 20-79

Area covered: National


Definitions: Age-adjusted comparative prevalence of diabetes, %
Contextual factors

**Disclaimer:** These contextual factors should be interpreted with care. Results are updated as regularly as possible and use very specific criteria. The criteria used and full definitions are available for download at the bottom of this page.

<table>
<thead>
<tr>
<th>Labelling</th>
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</thead>
<tbody>
<tr>
<td>Is there mandatory nutrition labelling?</td>
<td>✓</td>
</tr>
<tr>
<td>Front-of-package labelling?</td>
<td>✗</td>
</tr>
<tr>
<td>Back-of-pack nutrition declaration?</td>
<td>✓</td>
</tr>
<tr>
<td>Color coding?</td>
<td>✗</td>
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<tr>
<td>Warning label?</td>
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## Regulation and marketing

<table>
<thead>
<tr>
<th>Question</th>
<th>Answer</th>
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<tr>
<td>Are there fiscal policies on unhealthy products?</td>
<td>✔️</td>
</tr>
<tr>
<td>Tax on unhealthy foods?</td>
<td>✗</td>
</tr>
<tr>
<td>Tax on unhealthy drinks?</td>
<td>✔️</td>
</tr>
<tr>
<td>Are there fiscal policies on healthy products?</td>
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<tr>
<td>Subsidy on fruits?</td>
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<tr>
<td>Subsidy on vegetables?</td>
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<tr>
<td>Subsidy on other healthy products?</td>
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<tr>
<td>Mandatory limit or ban of trans fat (all settings)?</td>
<td>✔️</td>
</tr>
<tr>
<td>Mandatory limit of trans fats in place (all settings)?</td>
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<tr>
<td>Ban on trans-fats or phos in place (all settings)?</td>
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<tr>
<td>Are there any mandatory policies/marketing restrictions on the promotion of unhealthy food/drinks to children?</td>
<td>✔️</td>
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<tr>
<td>Mandatory restriction on broadcast media?</td>
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<tr>
<td>Mandatory restriction on non-broadcast media?</td>
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<tr>
<td>Voluntary policies/marketing restrictions on the promotion of unhealthy food/drinks to children?</td>
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<tr>
<td>Are there mandatory standards for food in schools?</td>
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<tr>
<td>Are there any mandatory nutrient limits in any manufactured food products?</td>
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<td>Nutrition standards for public sector procurement?</td>
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## Political will and support

<table>
<thead>
<tr>
<th>Question</th>
<th>Status</th>
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</thead>
<tbody>
<tr>
<td>National obesity strategy or nutrition and physical activity national strategy?</td>
<td>✔</td>
</tr>
<tr>
<td>National obesity strategy?</td>
<td>✗</td>
</tr>
<tr>
<td>National childhood obesity strategy?</td>
<td>✗</td>
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<tr>
<td>Comprehensive nutrition strategy?</td>
<td>✔</td>
</tr>
<tr>
<td>Comprehensive physical activity strategy?</td>
<td>✔</td>
</tr>
<tr>
<td>Evidence-based dietary guidelines and/or RDAs?</td>
<td>✔</td>
</tr>
<tr>
<td>National target(s) on reducing obesity?</td>
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<tr>
<td>Guidelines/policy on obesity treatment?</td>
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<tr>
<td>Promotion of breastfeeding?</td>
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## Monitoring and surveillance

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<td>Monitoring of the prevalence and incidence for the main obesity-related NCDs and risk factors?</td>
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<td>Within 5 years?</td>
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## Governance and resource

<table>
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<th>Question</th>
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<tr>
<td>Multi-sectoral national co-ordination mechanism for obesity or nutrition (including obesity)?</td>
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### Key

- ✔ Present
- ✔️ Present (voluntary)
- ✔️ Incoming
- ✗ Absent
- ✗ Unknown

*Last updated September 13, 2022*