

France



Country report card

This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity. Where available, data on common and relevant obesity drivers and comorbidities are also presented.



	Page
Obesity prevalence	4
Trend: % Adults living with obesity in France 1994-2015	6
Trend: Adult obesity in France, 2000-2022 (Eurostat)	8
Trend: Adults living with overweight or obesity in France, 2000-2022	11
Overweight/obesity by age and education	14
Overweight/obesity by education	17
Overweight/obesity by age	22
Overweight/obesity by region	24
Overweight/obesity by age and region	28
Overweight/obesity by age and socio-economic group	30
Overweight/obesity by socio-economic group	33
Overweight/obesity by age and limited activity	36
Double burden of underweight & overweight	39
Insufficient physical activity	41
Sugar consumption	46
Estimated per capita sugar sweetened beverages intake	47
Prevalence of at least daily carbonated soft drink consumption	48
Prevalence of confectionery consumption	50
Prevalence of sweet/savoury snack consumption	51
Estimated per capita fruit intake	52
Prevalence of less than daily fruit consumption	53
Prevalence of less than daily vegetable consumption	54
Estimated per-capita processed meat intake	55
Estimated per capita whole grains intake	56
Mental health - depression disorders	57
Mental health - anxiety disorders	63
Percent of population who cannot afford a healthy diet	68
Oesophageal cancer	69
Breast cancer	71
Colorectal cancer	72
Pancreatic cancer	74
Gallbladder cancer	76
Kidney cancer	78
Cancer of the uterus	80
Raised blood pressure	81
Raised cholesterol	84
Raised fasting blood glucose	87
Diabetes prevalence	89
Ovarian Cancer	90
Leukemia	91
Leukemia	93
Liver and intrahepatic bile duct Cancer	95
Multiple Myeloma	97

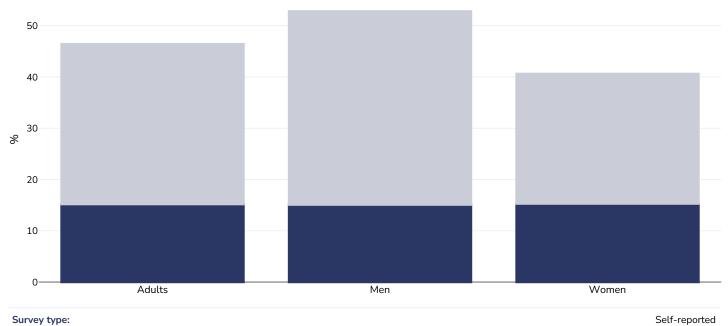
Contents	Page
Non Hodgkin Lymphoma	%%
Thyroid Cancer	%%



Obesity prevalence

Adults, 2022





Survey type:

Age:

Area covered:

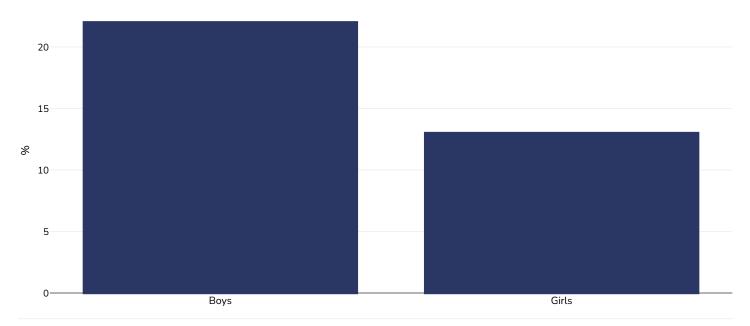
References:

Eurostat 2022 Data. Available at https://ec.europa.eu/eurostat/databrowser/view/ilc_hch10/default/table?lang=en (last accessed 24.07.25)



Children, 2021-2022

Overweight or obesity



Survey type: Self-reported

Age: 13

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 (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)

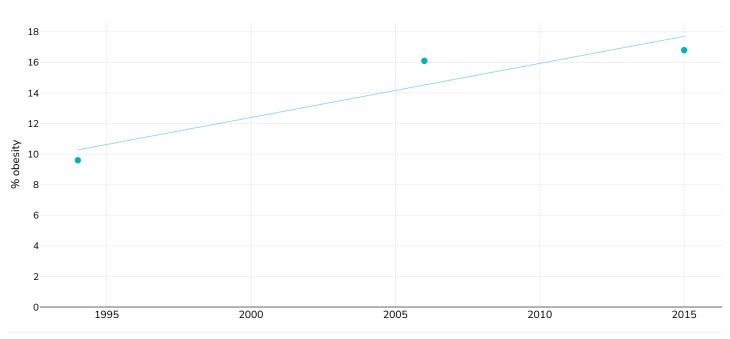
Cutoffs: +2SD



% Adults living with obesity in France 1994-2015

Men

Obesity



Survey type: Measured

References:

1994: AFERO, ALFEDIAM, SNDLF. Recommandations pour le diagnostic, la prevention et le traitement de l'obesite. Societe de Nutrition et de Dietetique de Langue Française 1008;33:S1-48 2006: National Study Nutrition Health, ENNS, 2006.

2015: http://invs.santepubliquefrance.fr/beh/2017/13/pdf/2017_13_1.pdf

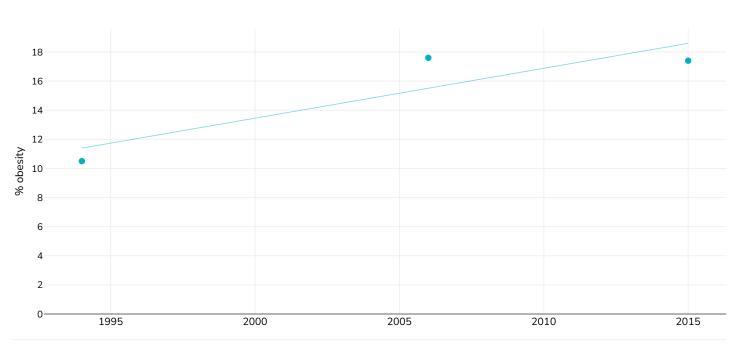
 $Unless \ otherwise \ noted, overweight \ refers \ to \ a \ BMI \ between \ 25kg \ and \ 29.9kg/m^2, obesity \ refers \ to \ a \ BMI \ greater \ than \ 30kg/m^2.$

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

Obesity



Survey type: Measured

References:

1994: AFERO, ALFEDIAM, SNDLF. Recommandations pour le diagnostic, la prevention et le traitement de l'obesite. Societe de Nutrition et de Dietetique de Langue Française 1008;33:S1-48 2006: National Study Nutrition Health, ENNS, 2006.

2015: http://invs.santepubliquefrance.fr/beh/2017/13/pdf/2017_13_1.pdf

 $Unless \ otherwise \ noted, \ overweight \ refers \ to \ a \ BMI \ between \ 25kg \ and \ 29.9kg/m^2, \ obesity \ refers \ to \ a \ BMI \ greater \ than \ 30kg/m^2.$

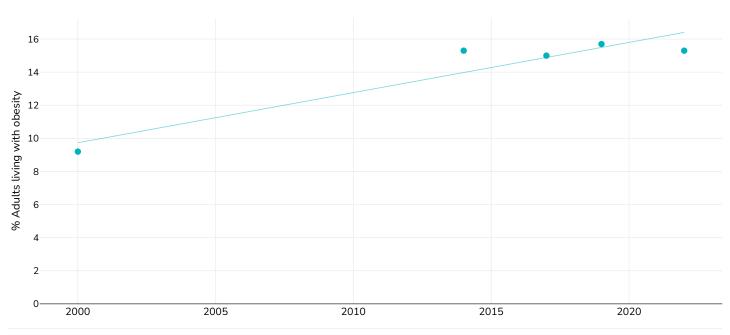
Different methodologies may have been used to collect this data and so data from different surveys may not be strictly comparable. Please check with original data sources for methodologies used.



Adult obesity in France, 2000-2022 (Eurostat)

Women

Obesity



Self-reported Survey type:

References:

2000: Eurostat Yearbook 2006/07. A goldmine of statistical information. Available at

4137bd045efa?t=1414683510000 (last accessed 04.11.21)

2014: Eurostat Database:http://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1e&lang=en (last accessed 25.08.20) 2017: EUROSTAT Database http://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=ilc_hch10&lang=en (last accessed 25.08.20) 2019: Eurostat 2019. Data available at https://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1i&lang=en (last

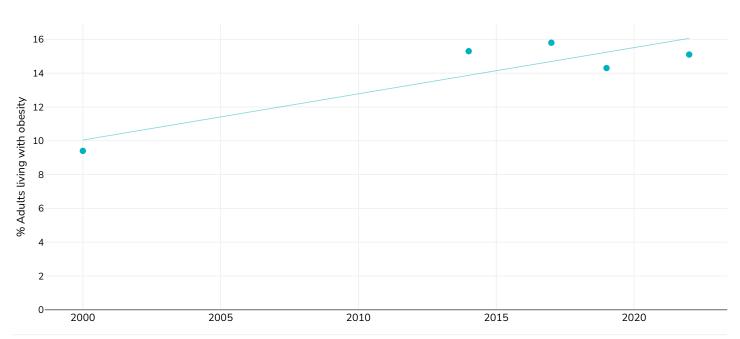
2022: Eurostat 2022 Data. Available at https://ec.europa.eu/eurostat/databrowser/view/ilc_hch10/default/table?lang=en (last accessed 24.07.25)

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.



Men

Obesity



Survey type: Self-reported

References:

2000: Eurostat Yearbook 2006/07. A goldmine of statistical information. Available at

4137bd045efa?t=1414683510000 (last accessed 04.11.21)

2014: Eurostat Database: http://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1e&lang=en (last accessed 25.08.20) 2017: EUROSTAT Database https://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1i&lang=en (last accessed 25.08.20) 2019: Eurostat 2019. Data available at https://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1i&lang=en (last accessed 25.08.20)

accessed 09.08.21)

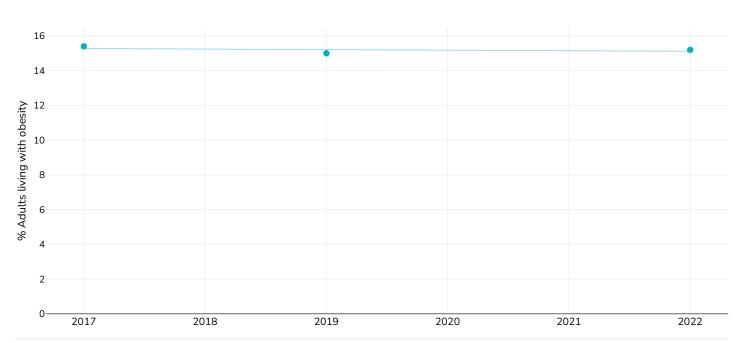
2022: Eurostat 2022 Data. Available at https://ec.europa.eu/eurostat/databrowser/view/ilc_hch10/default/table?lang=en (last accessed 24.07.25)

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.



Men and women





Survey type: Self-reported

References:

2000: Eurostat Yearbook 2006/07. A goldmine of statistical information. Available at

4137bd045efa?t=1414683510000 (last accessed 04.11.21)

2014: Eurostat Database: http://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1e&lang=en (last accessed 25.08.20) (last accessed 25.08.20)

2019: Eurostat 2019. Data available at https://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1i&lang=en (last

accessed 09.08.21)

2022: Eurostat 2022 Data. Available at https://ec.europa.eu/eurostat/databrowser/view/ilc_hch10/default/table?lang=en (last accessed 24.07.25)

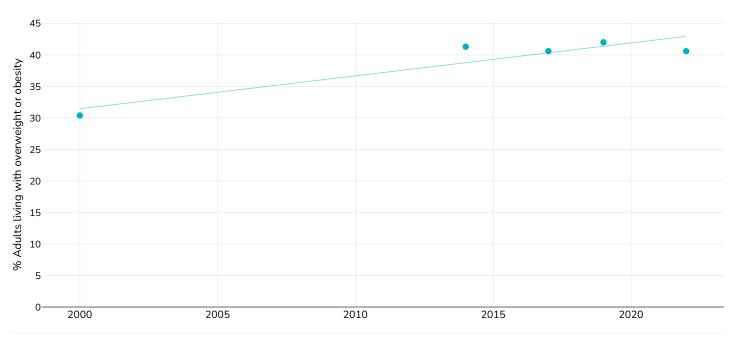
Different methodologies may have been used to collect this data and so data from different surveys may not be strictly comparable. Please check with original data sources for methodologies used.



Adults living with overweight or obesity in France, 2000-2022

Women

Overweight or obesity



Self-reported Survey type:

References:

2000: Eurostat Yearbook 2006/07. A goldmine of statistical information. Available at

4137bd045efa?t=1414683510000 (last accessed 04.11.21)

2014: Eurostat Database:http://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1e&lang=en (last accessed 25.08.20) 2017: EUROSTAT Database http://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=ilc_hch10&lang=en (last accessed 25.08.20) 2019: Eurostat 2019. Data available at https://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1i&lang=en (last

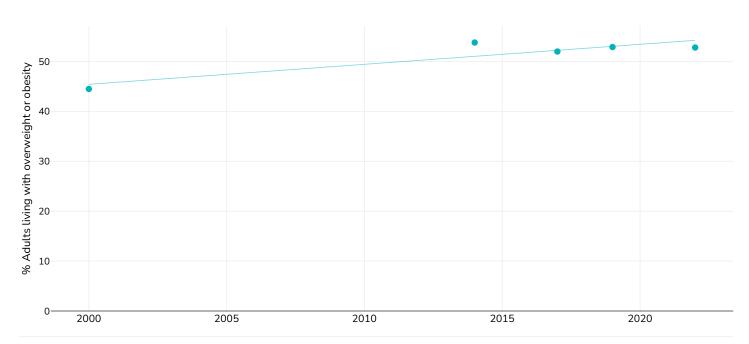
2022: Eurostat 2022 Data. Available at https://ec.europa.eu/eurostat/databrowser/view/ilc_hch10/default/table?lang=en (last accessed 24.07.25)

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.



Men

Overweight or obesity



Survey type: Self-reported

References:

2000: Eurostat Yearbook 2006/07. A goldmine of statistical information. Available at

4137bd045efa?t=1414683510000 (last accessed 04.11.21)

2014: Eurostat Database: http://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1e&lang=en (last accessed 25.08.20) 2017: EUROSTAT Database http://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=ilc_hch10&lang=en (last accessed 25.08.20) 2019: Eurostat 2019. Data available at https://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1i&lang=en (last accessed 25.08.20)

accessed 09.08.21)

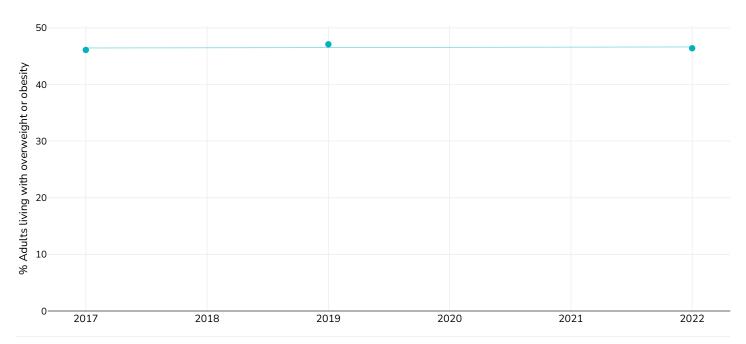
2022: Eurostat 2022 Data. Available at https://ec.europa.eu/eurostat/databrowser/view/ilc_hch10/default/table?lang=en (last accessed 24.07.25)

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.



Men and women

Overweight or obesity



Survey type: Self-reported

References:

2000: Eurostat Yearbook 2006/07. A goldmine of statistical information. Available at

 $\underline{4137bd045efa?t=1414683510000} \text{ (last accessed 04.11.21)}$

2014: Eurostat Database: http://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1e&lang=en (last accessed 25.08.20) 2017: EUROSTAT Database http://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=ilc_hch10&lang=en (last accessed 25.08.20) 2019: Eurostat 2019. Data available at https://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1i&lang=en (last accessed 25.08.20)

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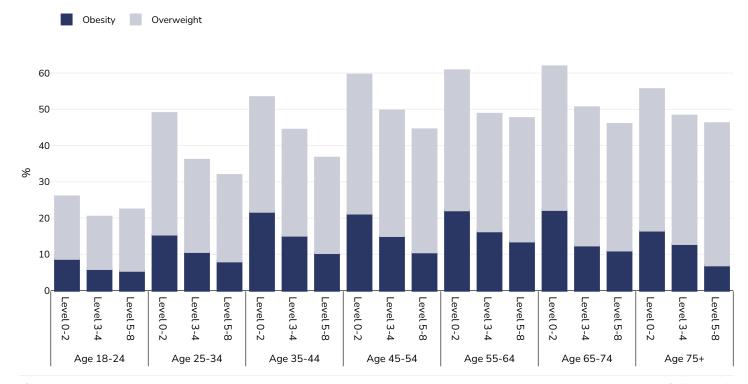
2022: Eurostat 2022 Data. Available at https://ec.europa.eu/eurostat/databrowser/view/ilc_hch10/default/table?lang=en (last accessed 24.07.25)

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:

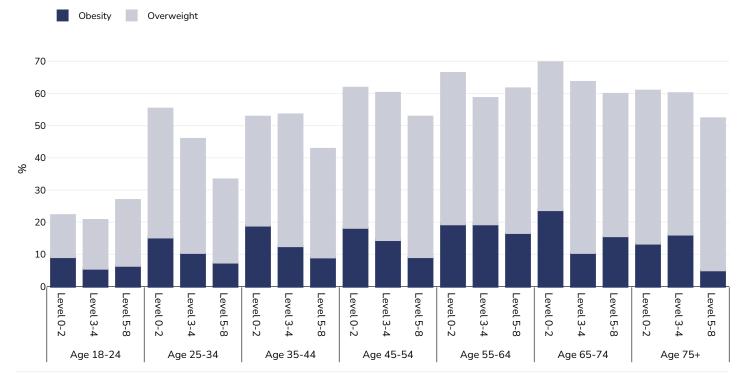
Area covered:

References:

Eurostat 2019. Available at https://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1e&lang=en (last accessed 09.08.21).



Men, 2019



Survey type: Self-reported

Area covered: National

References:

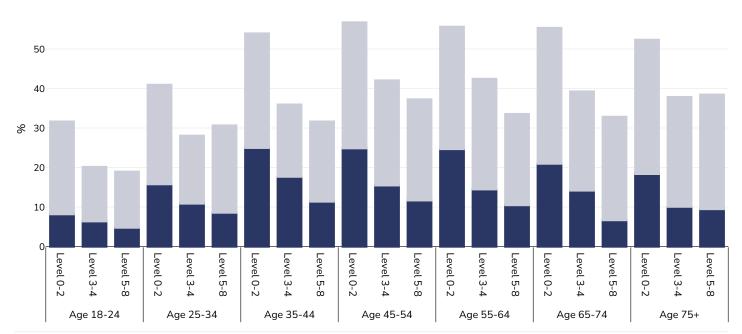
Eurostat 2019. Available at https://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1e&lang=en (last accessed 09.08.21).

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



Women, 2019





Survey type: Self-reported

Area covered: National

References:

Eurostat 2019. Available at https://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1e&lang=en (last accessed 09.08.21).

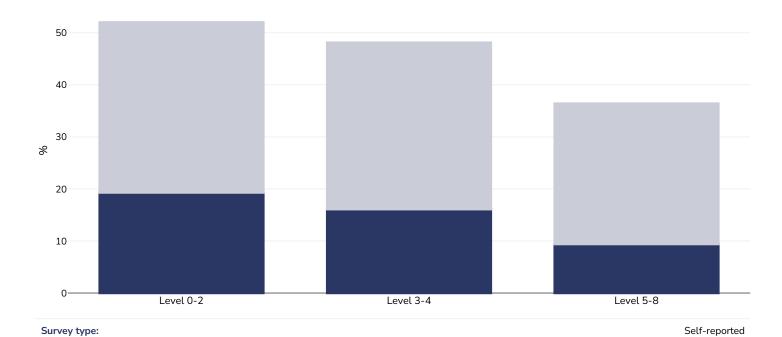
Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².



Overweight/obesity by education

Adults, 2022





Age:

Area covered:

References:

Eurostat 2022 Data. Available at https://ec.europa.eu/eurostat/databrowser/view/ilc_hch10/default/table?lang=en (last accessed 19.03.25)

Notes:

EUROSTAT 2022 data derived from EU statistics on income and living conditions (EU-SILC) survey which includes adults aged 16+ years. This differs from most EUROSTAT data which is derived from the Health Interview Surveys, which includes adults aged 15+ years (though sometimes only data from adults aged 18+ reported)

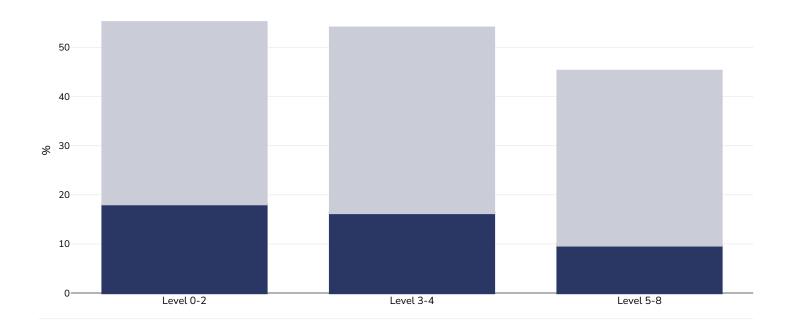
Self-reported



Men, 2022

Survey type:



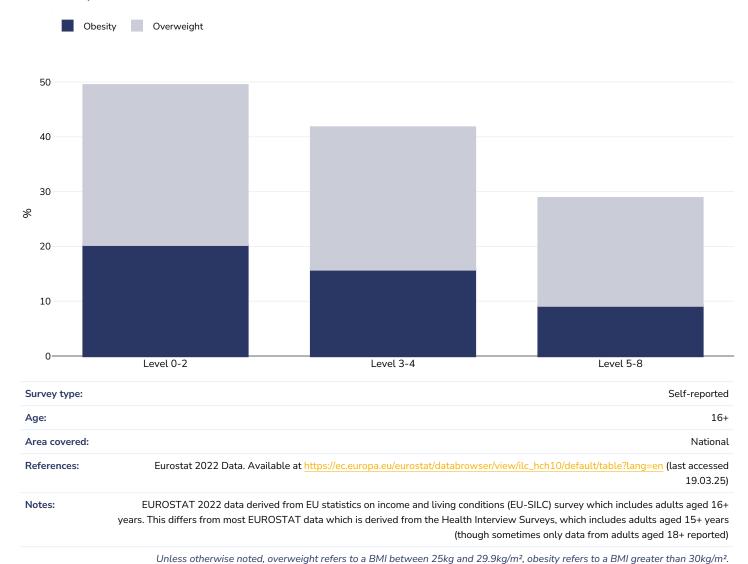


Age:
Area covered:
National
References:
Eurostat 2022 Data. Available at https://ec.europa.eu/eurostat/databrowser/view/ilc_hch10/default/table?lang=en (last accessed 19.03.25)

Notes: EUROSTAT 2022 data derived from EU statistics on income and living conditions (EU-SILC) survey which includes adults aged 16+ years. This differs from most EUROSTAT data which is derived from the Health Interview Surveys, which includes adults aged 15+ years (though sometimes only data from adults aged 18+ reported)

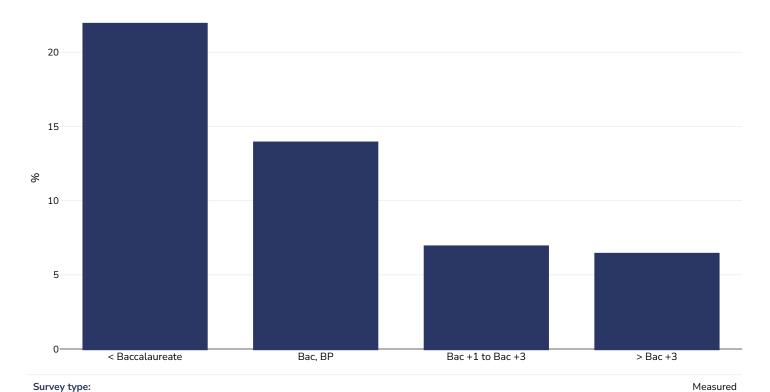


Women, 2022





Boys, 2015



Age:	6-17
Sample size:	1,104
Area covered:	National
References:	SANTÉ PUBLIQUE FRANCE / Étude de santé sur l'environnement, la biosurveillance, l'activité physique et la nutrition (Esteban) 2014-2016. Volet Nutrition. Chapitre Corpulence.

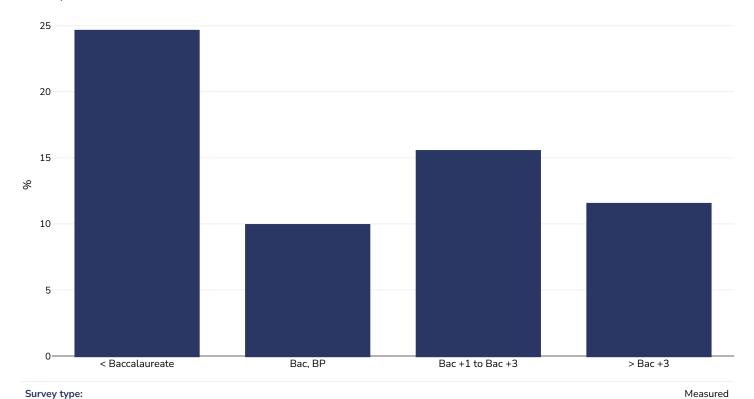
Notes:

< Baccalaureate = no diploma or certificate of primary studies, Bac, BP = general, technological or vocational baccalaureate, professional or technician, BEA, BEC, EIB, BEH, legal capacity, Bac +1 to Bac +3 = 1st cycle university diploma, bac +3, bachelor's degree, BTS, DUT, DEUG, diploma in social or health professions, diploma in nursing, > Bac +3 = 2nd or 3rd cycle diploma university [including medicine, pharmacy, dental], master,doctorate, engineering degree, diploma of a large school.

Definitions:	Parental education.
Cutoffs:	IOTF



Girls, 2015



Sample size: 1,10
Area covered: Nation
References: SANTÉ PUBLIQUE FRANCE / Étude de santé sur l'environnement, la biosurveillance, l'activité physique et la nutrition (Esteban) 201 2016. Volet Nutrition. Chapitre Corpulence. https://www.santepubliquefrance.fr/determinants-de-sante/nutrition-et-activite physique/documents/rapport-synthese/etude-de-sante-sur-l-environnement-la-biosurveillance-l-activite-physique-et-la-nutrition esteban-2014-2016volet-nutritionchapitre-corpulence [Accessed 24.07.3]

Notes: < Baccalaureate = no diploma or certificate of primary studies, Bac, BP = general, technological or vocational baccalaureate, professional or technician, BEA, BEC, EIB, BEH, legal capacity, Bac +1 to Bac +3 = 1st cycle university diploma, bac +3, bachelor's degree, BTS, DUT, DEUG, diploma in social or health professions, diploma in nursing, > Bac +3 = 2nd or 3rd cycle diploma university [including medicine, pharmacy, dental], master,doctorate, engineering degree, diploma of a large school.

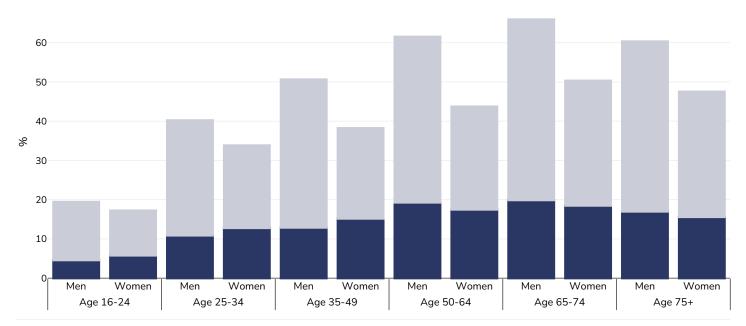
Definitions:	Parental education.
Cutoffs:	IOTF



Overweight/obesity by age

Adults, 2022





Survey type: Self-reported

Area covered: National

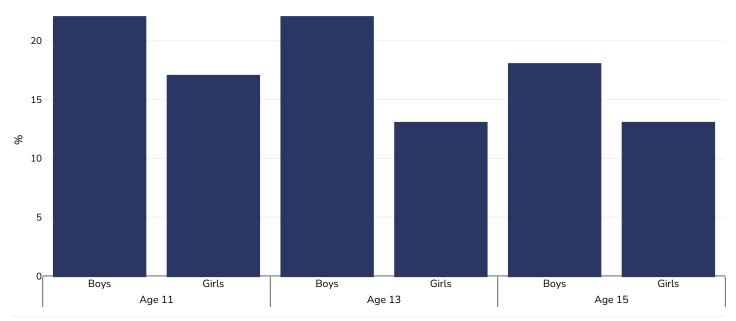
References:

Eurostat 2022. https://doi.org/10.2908/ILC_HCH10 [Accessed 18.07.25]



Children, 2021-2022

Overweight or obesity



Survey type: Self-reported

Area covered: See Report

References:

Notes:

RakiÃ?â?¡ 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'

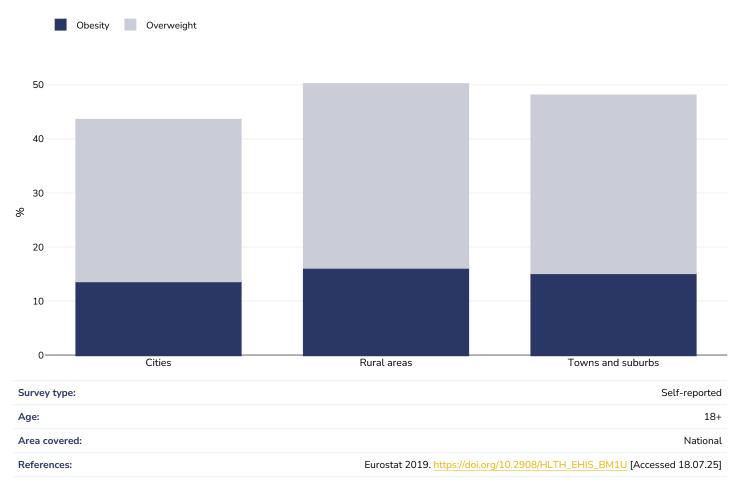
HBSC aims to survey approximately 1500 pupils per age group in each country or region (totaling around 4500)

Cutoffs: +2SD



Overweight/obesity by region

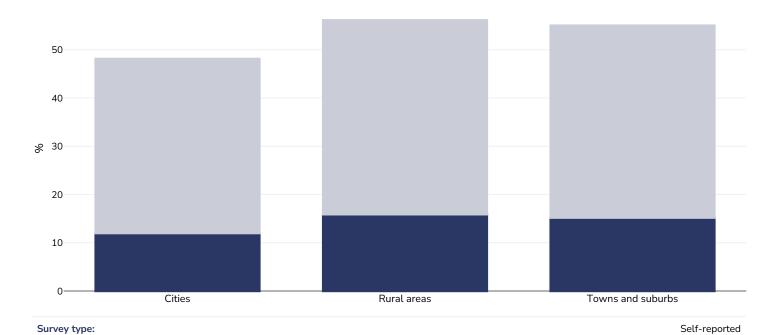
Adults, 2019





Men, 2019



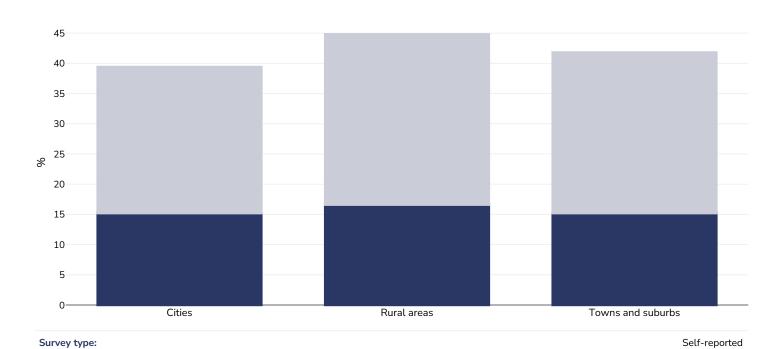


Age:
Area covered:
National
References:
Eurostat 2019. https://doi.org/10.2908/HLTH_EHIS_BM1U [Accessed 18.07.25]



Women, 2019



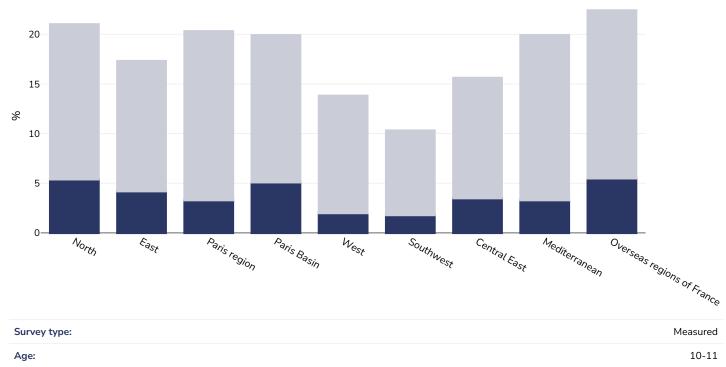


Age:
Area covered:
National
References:
Eurostat 2019. https://doi.org/10.2908/HLTH_EHIS_BM1U [Accessed 18.07.25]



Children, 2014-2015



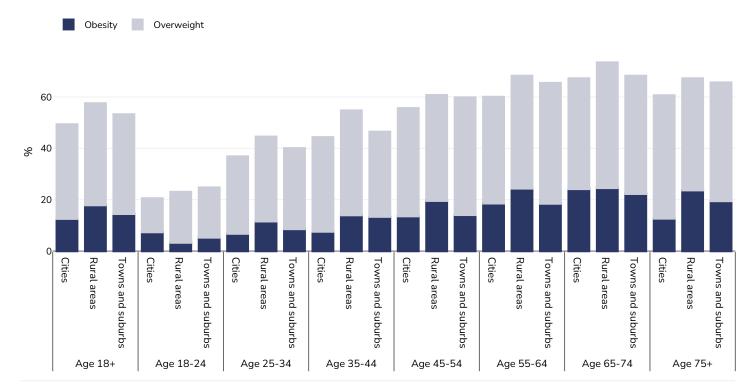


Survey type:	Measured
Age:	10-11
Sample size:	8124
Area covered:	National
References:	L'état de santé de la population en France RAPPORT 2017. Available at: https://drees.solidarites-sante.gouv.fr/sites/default/files/2021-01/Rapport-ESPF-2017.pdf . Last accessed: 04.05.21.
Cutoffs:	IOTF



Overweight/obesity by age and region

Men, 2014



Survey type: Self-reported

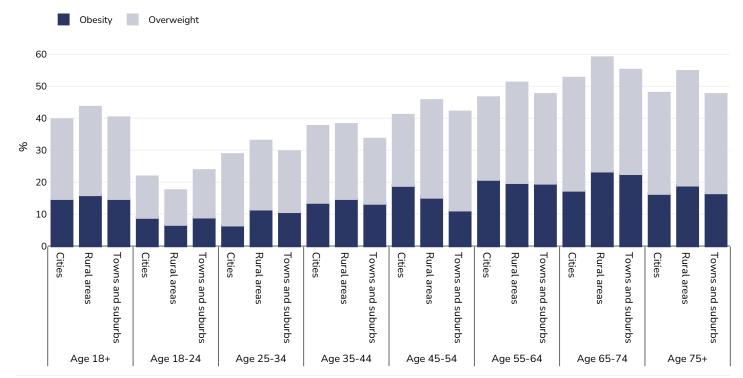
Area covered: National

References: Eurostat http://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1u&lang=en (last accessed 25.08.20)

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

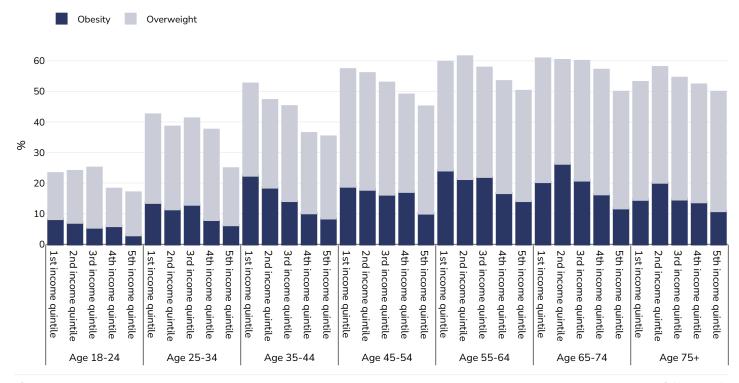
 Area covered:
 National

 References:
 Eurostat http://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1u&lang=en (last accessed 25.08.20)



Overweight/obesity by age and socio-economic group

Adults, 2019



Survey type:

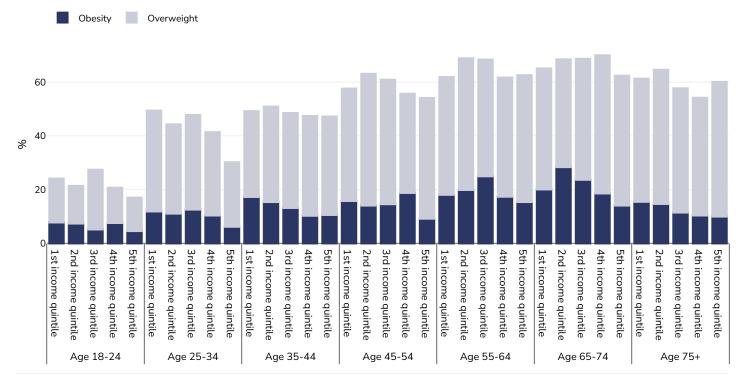
Area covered:

References:

Eurostat 2019. Available at https://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1i&lang=en (last accessed 09.08.21).



Men, 2019



Survey type: Self-reported

Area covered: National

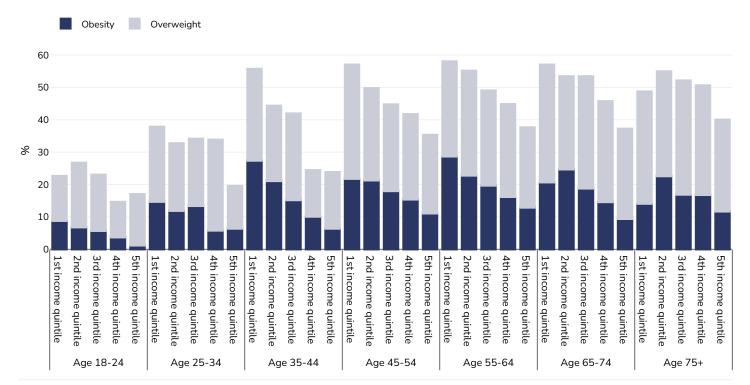
References:

Eurostat 2019. Available at https://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1i&lang=en (last accessed 09.08.21).

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



Women, 2019



Survey type: Self-reported

Area covered: National

References:

Eurostat 2019. Available at https://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1i&lang=en (last accessed 09.08.21).

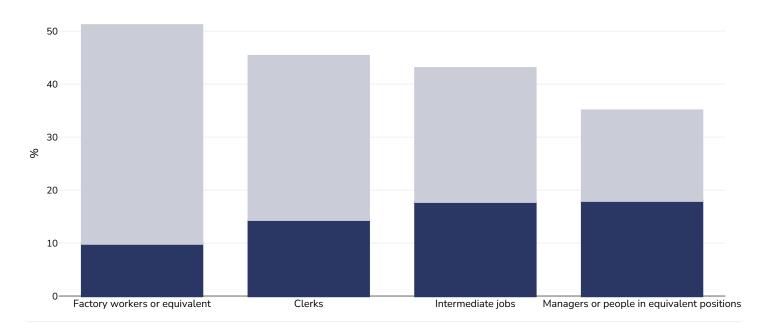
Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².



Overweight/obesity by socio-economic group

Adults, 2020



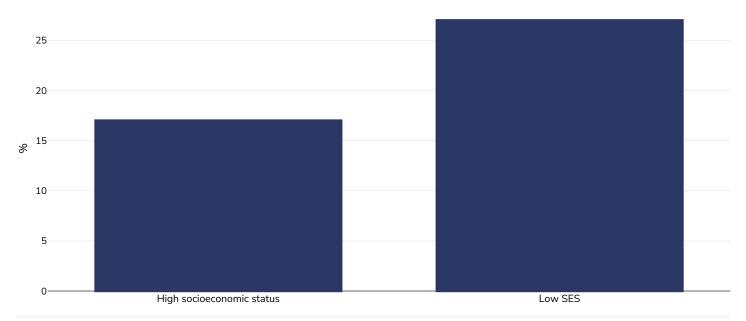


Survey type:	Self-reported
Age:	18+
Sample size:	9598
Area covered:	National
References:	Fontbonne A, Currie A, Tounian P, Picot MC, Foulatier O, Nedelcu M, Nocca D. Prevalence of Overweight and Obesity in France: The 2020 Obepi-Roche Study by the "Ligue Contre l'Obésité". J Clin Med. 2023 Jan 25;12(3):925. doi: 10.3390/jcm12030925. PMID: 36769573; PMCID: PMC9918095.



Boys, 2021-2022

Overweight or obesity



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'

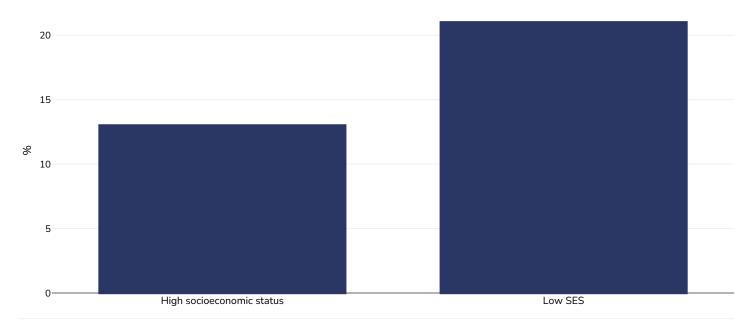
Notes: Family affluence scaleHBSC aims to survey approximately 1500 pupils per age group in each country or region (totaling around 4500)

Cutoffs: +2SD



Girls, 2021-2022

Overweight or obesity



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'

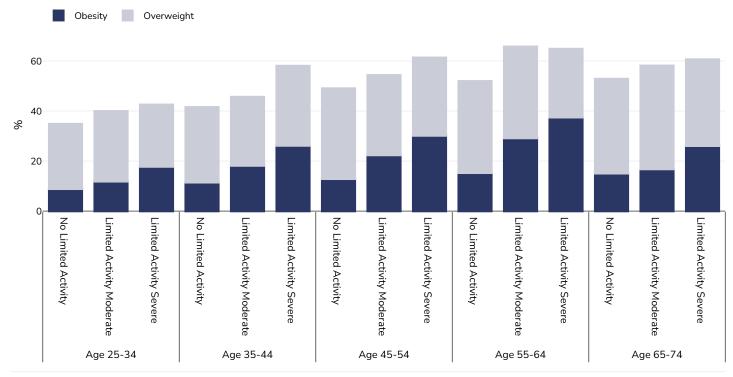
Notes: Family affluence scaleHBSC aims to survey approximately 1500 pupils per age group in each country or region (totaling around 4500)

Cutoffs: +2SD



Overweight/obesity by age and limited activity

Adults, 2014



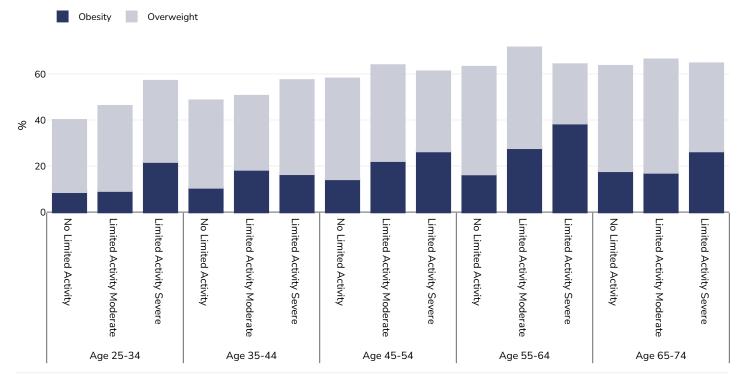
Survey type: Self-reported

Area covered: National

References: Eurostat 2014 available at https://appsso.eurostat.ec.europa.eu/nui/submitViewTableAction.do (last accessed 06.10.21)



Men, 2014



Survey type:

Area covered:

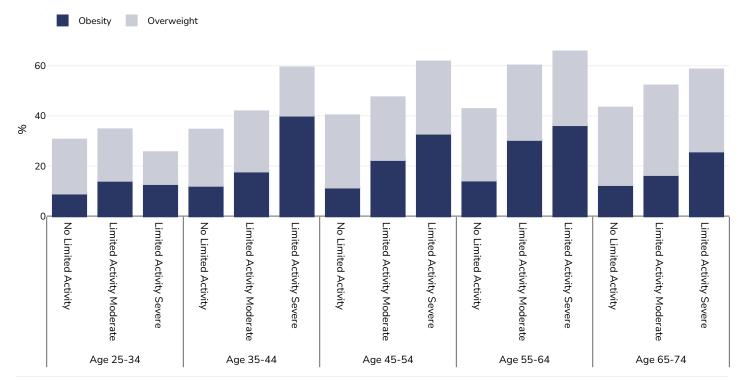
References:

Eurostat 2014 available at https://appsso.eurostat.ec.europa.eu/nui/submitViewTableAction.do (last accessed 06.10.21)

 $Unless \ otherwise \ noted, overweight \ refers \ to \ a \ BMI \ between \ 25kg \ and \ 29.9kg/m^2, obesity \ refers \ to \ a \ BMI \ greater \ than \ 30kg/m^2.$



Women, 2014



Survey type:

Area covered:

References:

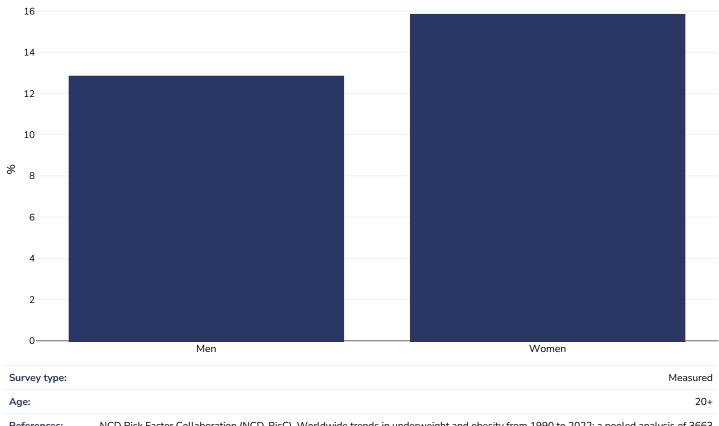
Eurostat 2014 available at https://appsso.eurostat.ec.europa.eu/nui/submitViewTableAction.do (last accessed 06.10.21)

 $Unless \ otherwise \ noted, overweight \ refers \ to \ a \ BMI \ between \ 25kg \ and \ 29.9kg/m^2, obesity \ refers \ to \ a \ BMI \ greater \ than \ 30kg/m^2.$



Double burden of underweight & overweight

Adults, 2022



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.

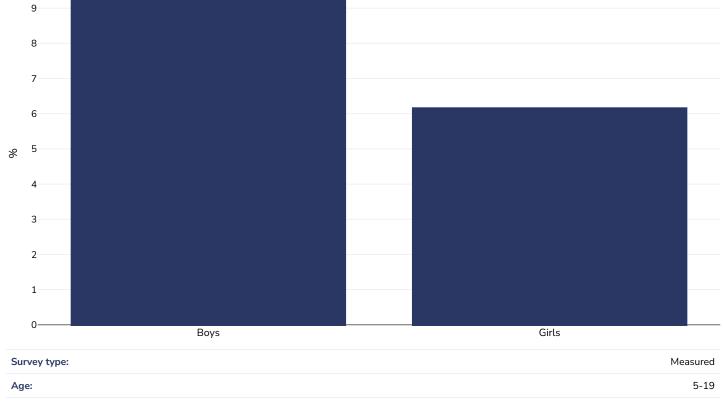
https://doi.org/10.1016/S0140-6736(23)02750-2.

Notes: Age Standardised estimates

Definitions: Combined prevalence of BMI<18.5 kg/m² and BMI>=30 kg/m² (double burden of underweight and obesity)



Children, 2022



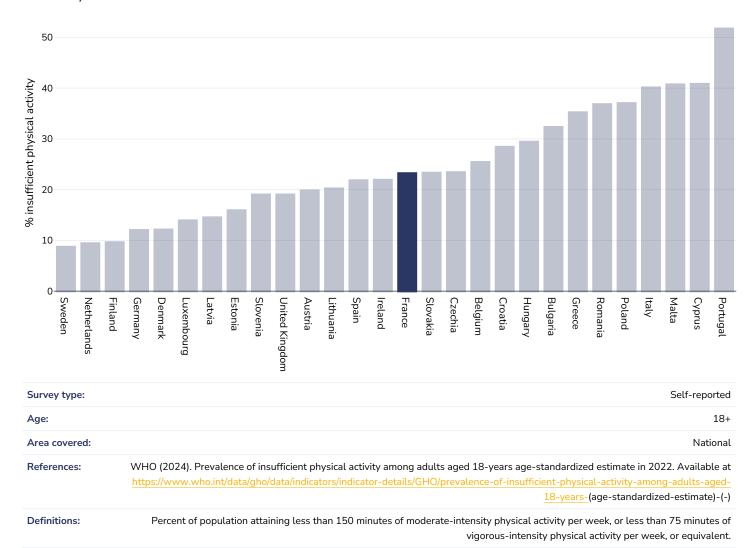
References: NCD Risk Factor Collaboration (NCD-RisC). Worldwide trends in underweight and obesity from 1990 to 2022: a pooled analysis of 3663 population representative studies with 222 million children, adolescents, and adults. Lancet 2024; published online Feb 29. https://doi.org/10.1016/S0140-6736(23)02750-2.

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



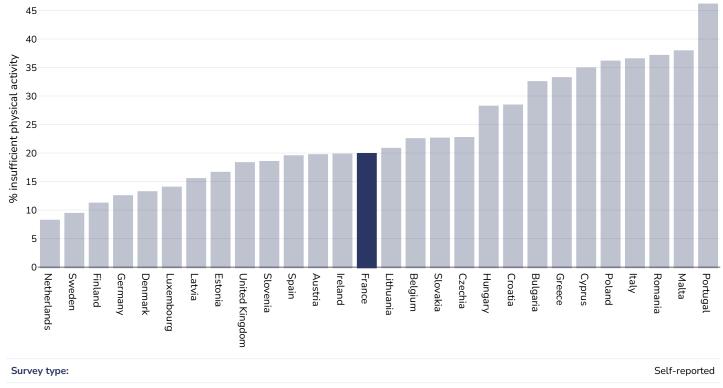
Insufficient physical activity

Adults, 2022





Men, 2022



Age: 18+
Area covered: National

Area covered.

References: WHO (2024). Prevalence of insufficient physical activity among adults aged 18-years age-standardized estimate in 2022. Available at <a href="https://www.who.int/data/gho/data/indicators/indicator-details/GHO/prevalence-of-insufficient-physical-activity-among-adults-aged-type-details/GHO/prevalence-of-insufficient-physical-activity-among-adults-aged-type-details/GHO/prevalence-of-insufficient-physical-activity-among-adults-aged-type-details/GHO/prevalence-of-insufficient-physical-activity-among-adults-aged-type-details/GHO/prevalence-of-insufficient-physical-activity-among-adults-aged-type-details/GHO/prevalence-of-insufficient-physical-activity-among-adults-aged-type-details/GHO/prevalence-of-insufficient-physical-activity-among-adults-aged-type-details/GHO/prevalence-of-insufficient-physical-activity-among-adults-aged-type-details/GHO/prevalence-of-insufficient-physical-activity-among-adults-aged-type-details/GHO/prevalence-of-insufficient-physical-activity-among-adults-aged-type-details/GHO/prevalence-of-insufficient-physical-activity-among-adults-aged-type-details/GHO/prevalence-of-insufficient-physical-activity-among-adults-aged-type-details/GHO/prevalence-of-insufficient-physical-activity-among-adults-aged-type-details/GHO/prevalence-of-insufficient-physical-activity-among-adults-aged-type-details/GHO/prevalence-of-insufficient-physical-activity-among-adults-aged-type-details/GHO/prevalence-of-insufficient-physical-activity-among-adults-aged-type-details/GHO/prevalence-of-insufficient-physical-activity-among-adults-aged-type-details/GHO/prevalence-of-insufficient-physical-activity-among-adults-aged-type-details/GHO/prevalence-of-insufficient-physical-activity-among-adults-aged-type-details/GHO/prevalence-of-insufficient-physical-activity-among-adults-aged-type-details/gHO/prevalence-of-insufficient-physical-activity-among-adults-aged-type-details/gHO/prevalence-of-insufficient-physical-activity-among-adults-aged-type-details/gHO/prevalence-of-insufficient-physical-activity-among-adults-aged-typ

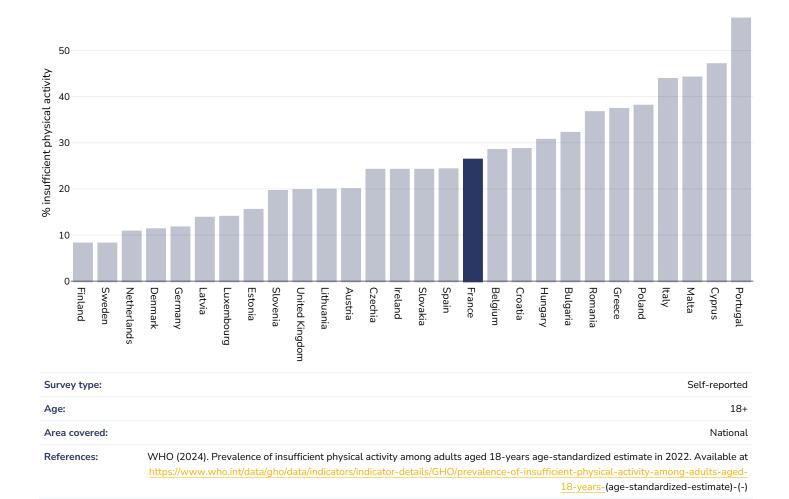
18-years-(age-standardized-estimate)-(-)

Definitions: 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.



Women, 2022

Definitions:

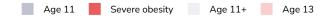


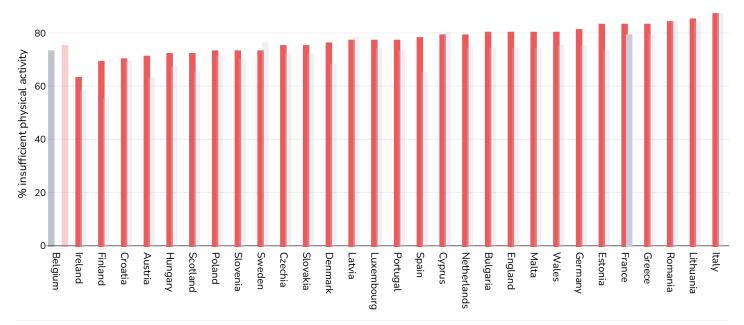
Percent of population attaining less than 150 minutes of moderate-intensity physical activity per week, or less than 75 minutes of

vigorous-intensity physical activity per week, or equivalent.



Boys, 2022





References:

RakiÄ? 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:

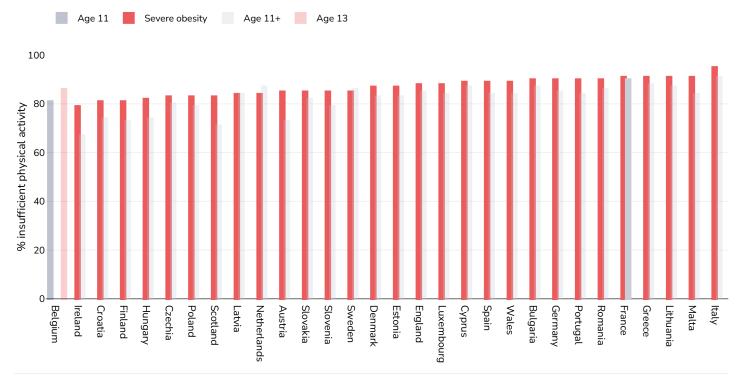
Young people were asked to report the number of days over the past week during which they were physically active for a total of at least 60 minutes. The question was introduced by text defining moderate-to-vigorous physical activity (MVPA) as any activity that increases the heart rate and makes the person 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.

Definitions:

% reporting less than 60 minutes of MVPA daily



Girls, 2022



References:

RakiÄ? 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.

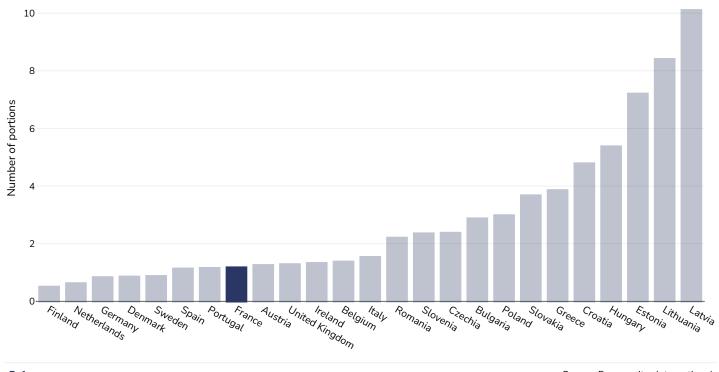
Definitions:

% reporting less than 60 minutes of MVPA daily



Sugar consumption

Adults, 2016



References: Source: Euromonitor International

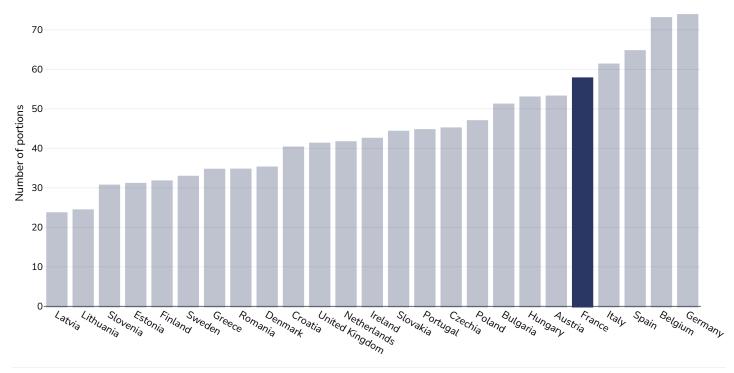
Definitions:

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



Estimated per capita sugar sweetened beverages intake

Adults, 2016

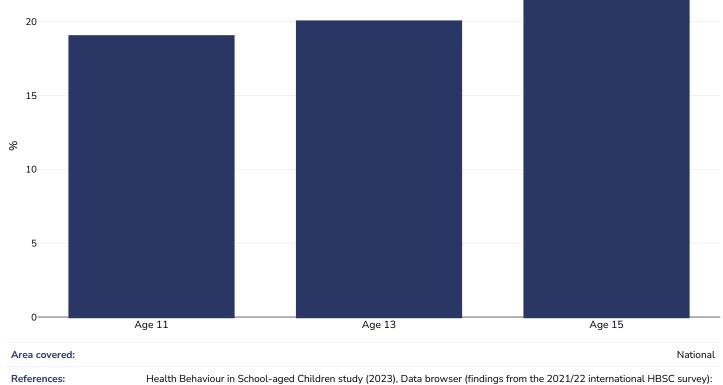


References: Source: Euromonitor International



Prevalence of at least daily carbonated soft drink consumption

Boys, 2021-2022



https://data-browser.hbsc.org

Definitions:

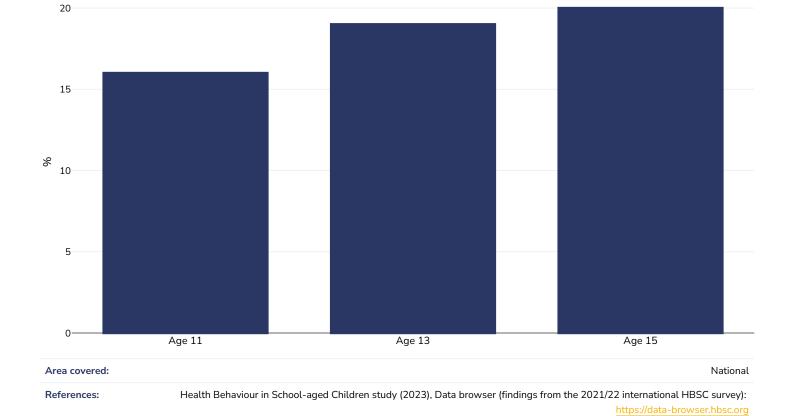
Proportion who reported drinking sugary soft drinks daily (at least once)

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



Girls, 2021-2022

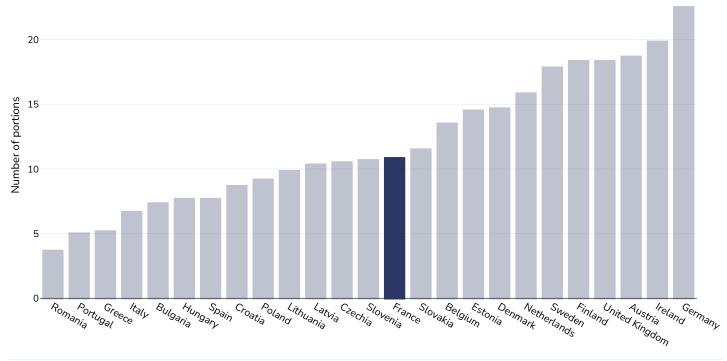
Definitions:





Prevalence of confectionery consumption

Adults, 2016



References:

Source: Euromonitor International

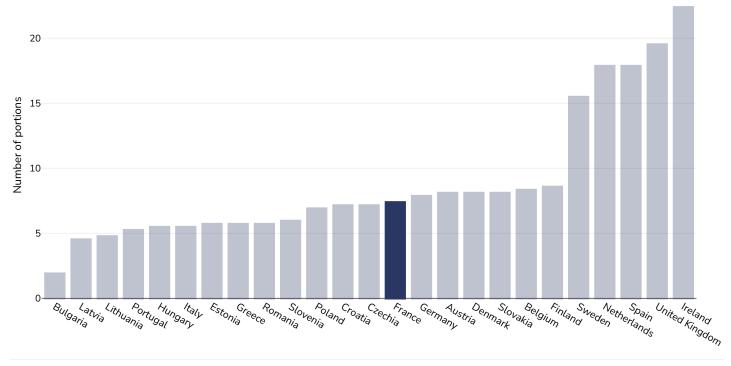
Definitions:

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



Prevalence of sweet/savoury snack consumption

Adults, 2016



References: Source: Euromonitor International

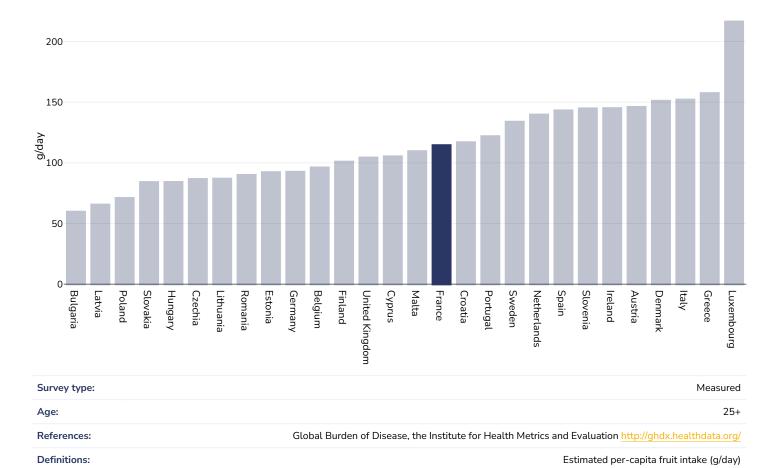
Definitions:

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



Estimated per capita fruit intake

Adults, 2017

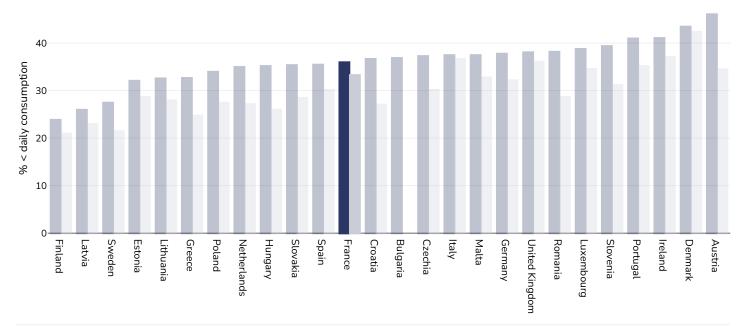




Prevalence of less than daily fruit consumption

Children, 2014





Measured Survey type:

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.

https://doi.org/10.1177/0379572119848287. Sourced from Food Systems Dashboard http://www.foodsystemsdashboard.org/food-

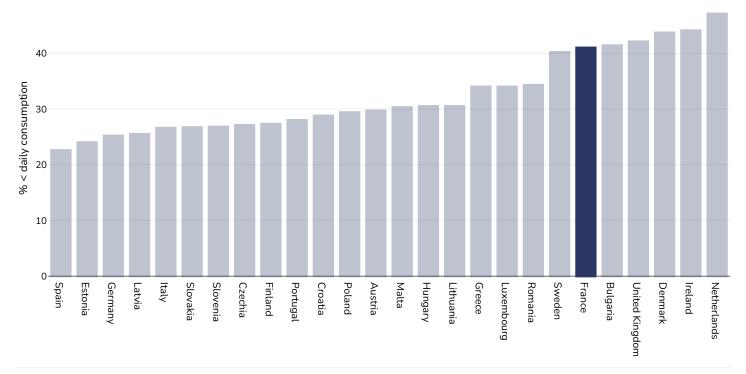
Definitions:

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 https://www.foodsystemsdashboard.org/food-system

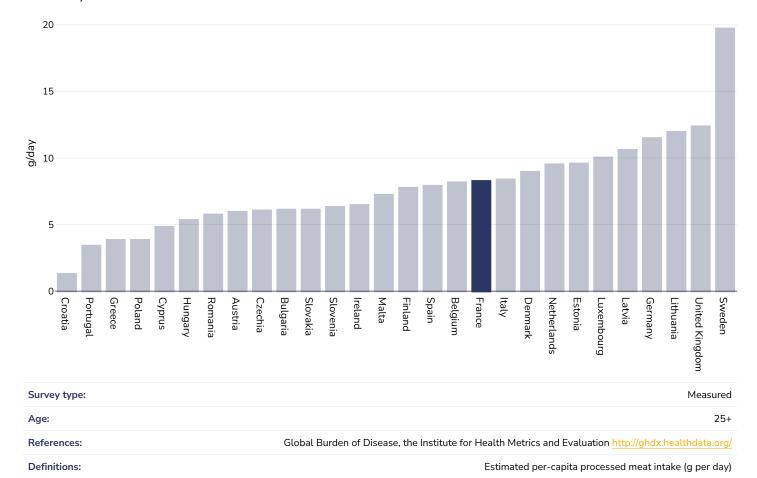
Definitions:

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



Estimated per-capita processed meat intake

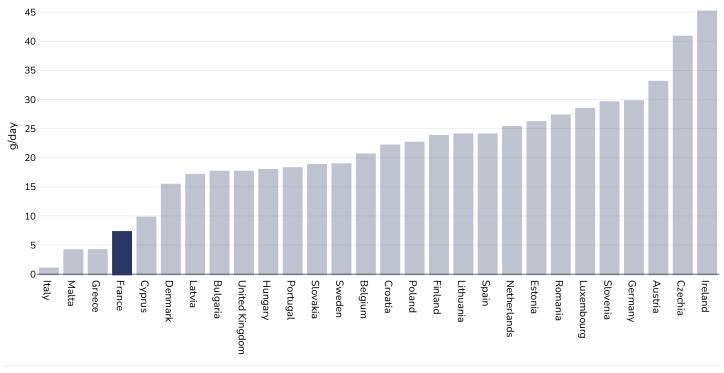
Adults, 2017





Estimated per capita whole grains intake

Adults, 2017



Survey type: Measured

Age: 25+

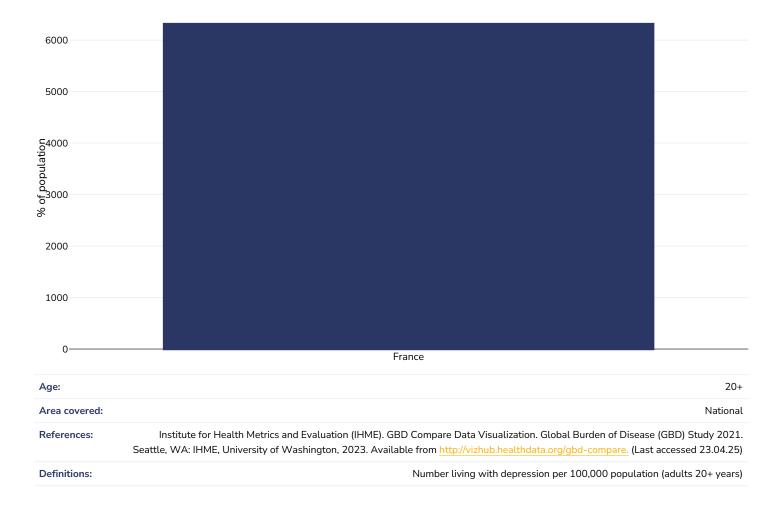
References: Global Burden of Disease, the Institute for Health Metrics and Evaluation http://ghdx.healthdata.org/

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



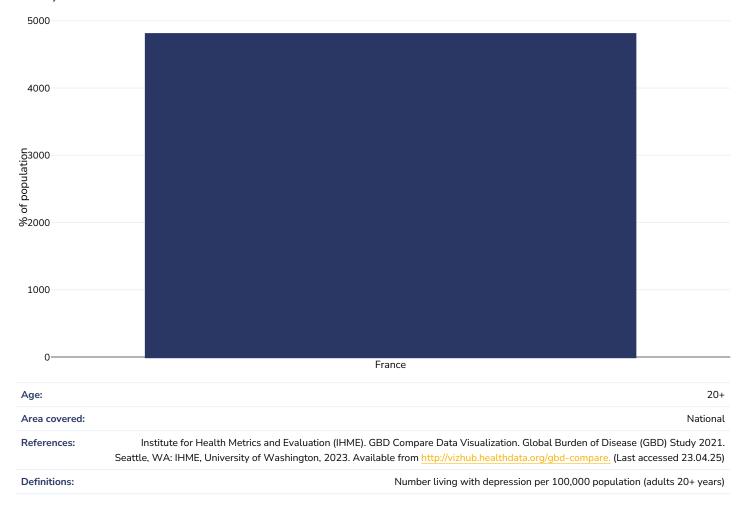
Mental health - depression disorders

Adults, 2021



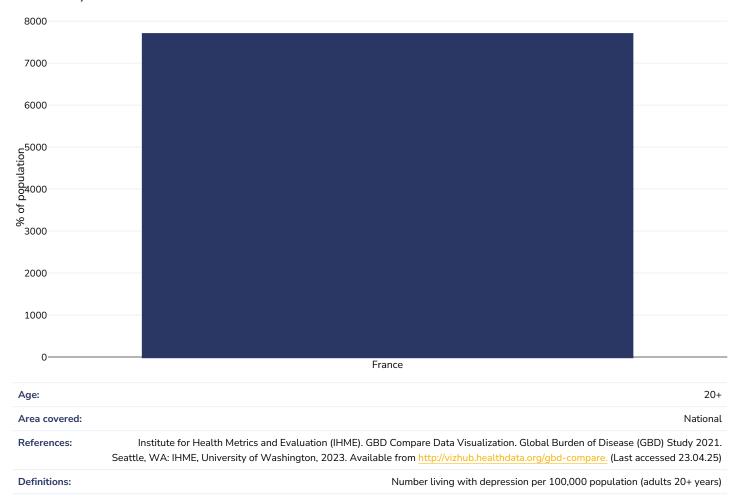


Men, 2021



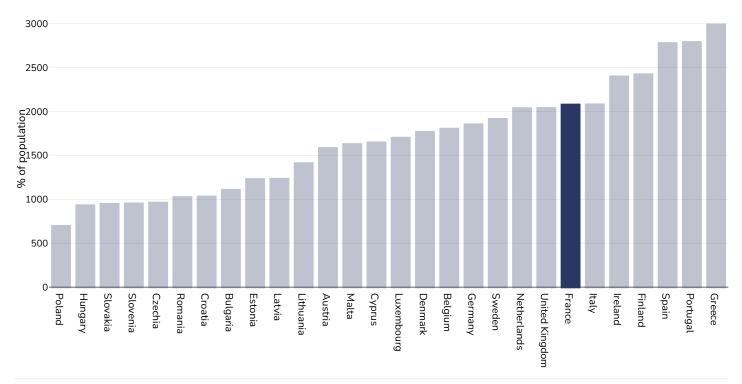


Women, 2021





Children, 2021



Area covered: National

References:

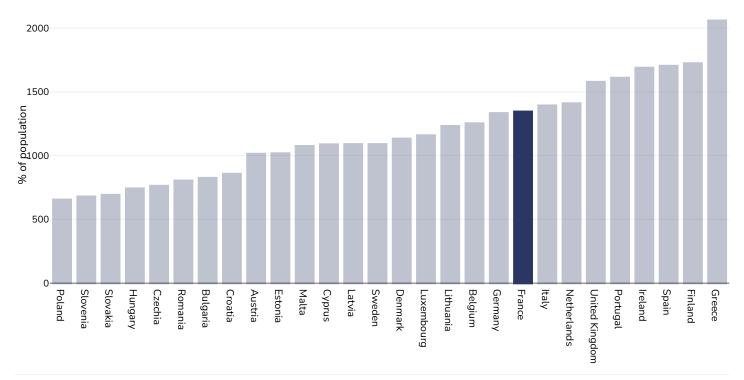
Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from http://vizhub.healthdata.org/gbd-compare. (Last accessed 23.04.25)

Definitions:

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



Boys, 2021



Area covered: National

References:

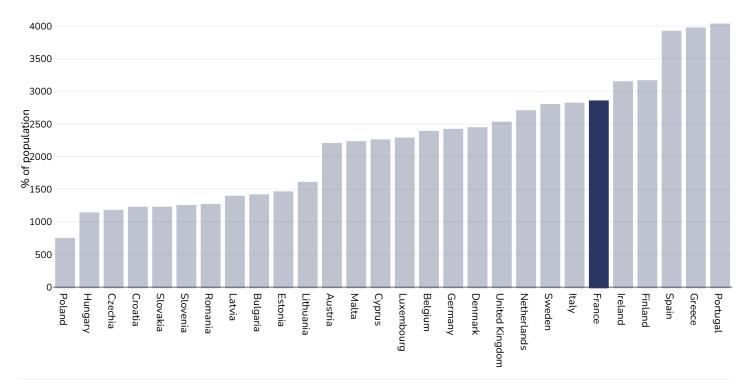
Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from http://vizhub.healthdata.org/gbd-compare. (Last accessed 23.04.25)

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 http://vizhub.healthdata.org/gbd-compare. (Last accessed 23.04.25)

Definitions:

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



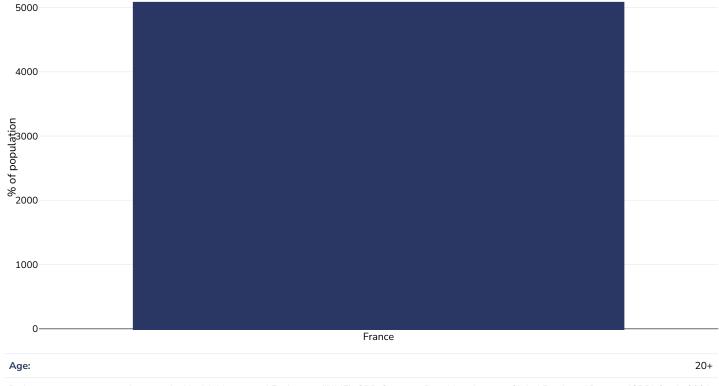
Mental health - anxiety disorders

Adults, 2021





Men, 2021



References:

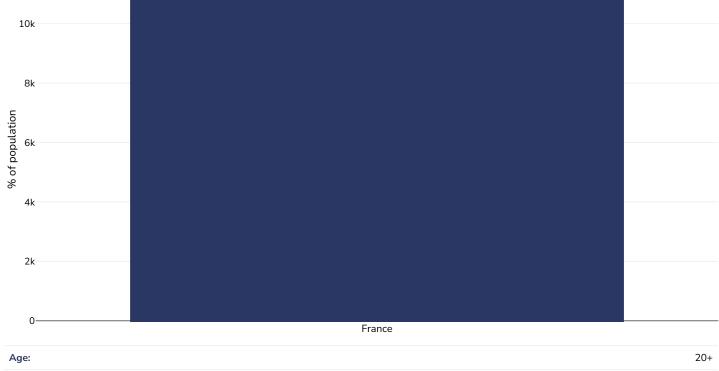
Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from http://vizhub.healthdata.org/gbd-compare. (Last accessed 23.04.25).

Definitions:

Number living with anxiety per 100,000 population



Women, 2021

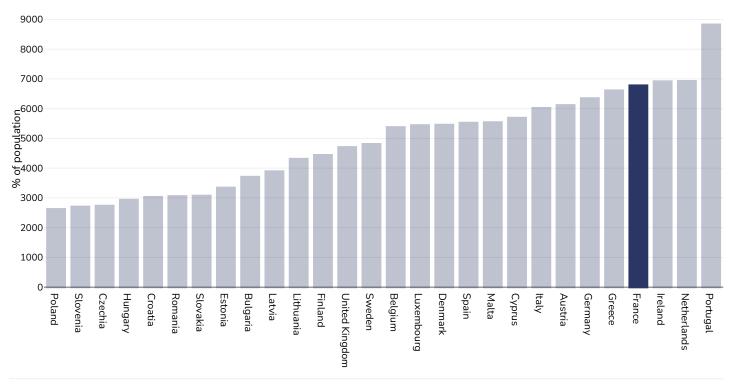


Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. References: Seattle, WA: IHME, University of Washington, 2023. Available from http://vizhub.healthdata.org/gbd-compare. (Last accessed 23.04.25).

Number living with anxiety per 100,000 population Definitions:



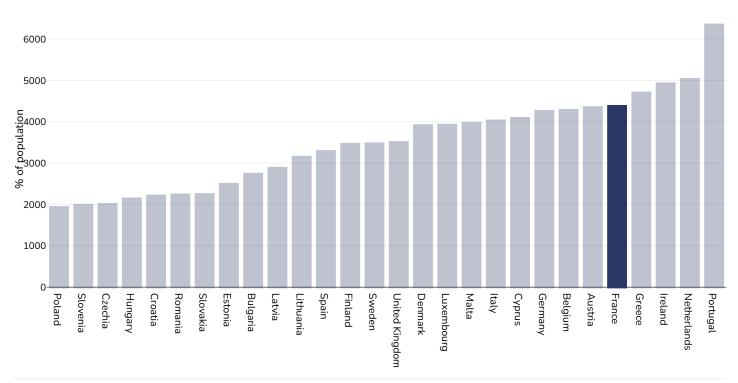
Children, 2021



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

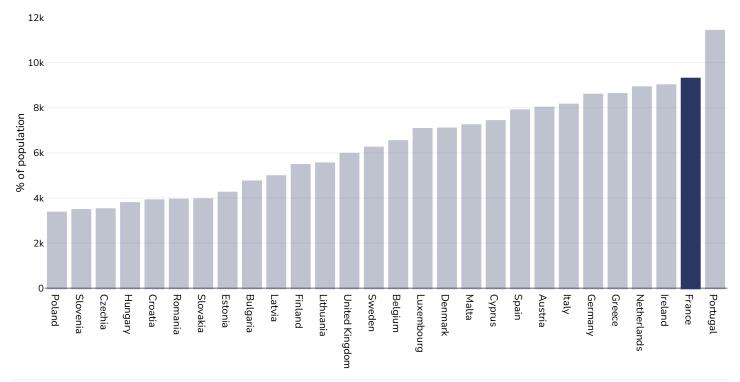


References:

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



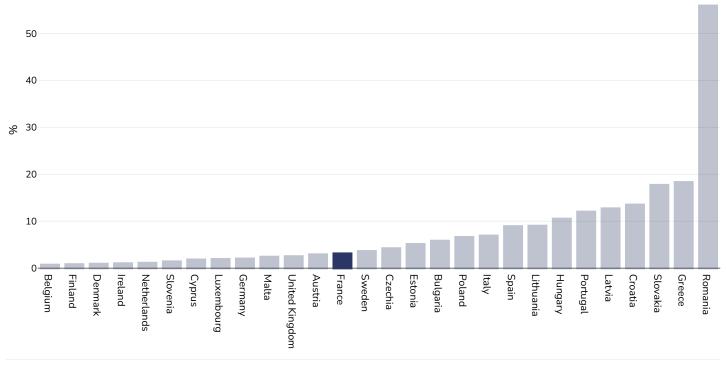
References: Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021.

Seattle, WA: IHME, University of Washington, 2023. Available from http://vizhub.healthdata.org/gbd-compare. (Last accessed 23.04.25)



Percent of population who cannot afford a healthy diet

Adults, 2022



Area covered: National

References:

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:

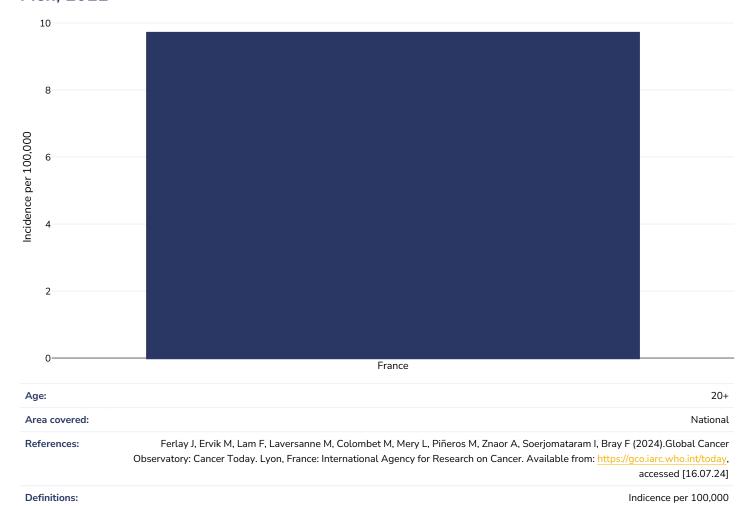
https://www.foodsystemsdashboard.org. DOI:

https://doi.org/10.36072/db.



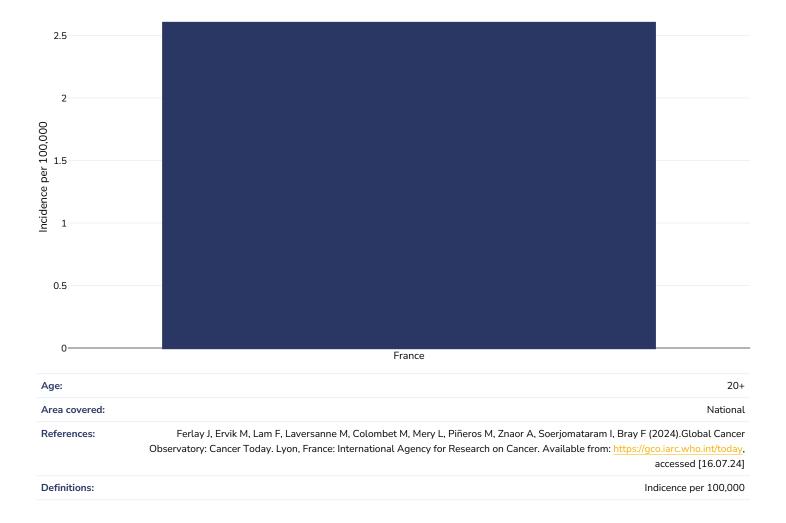
Oesophageal cancer

Men, 2022





Women, 2022

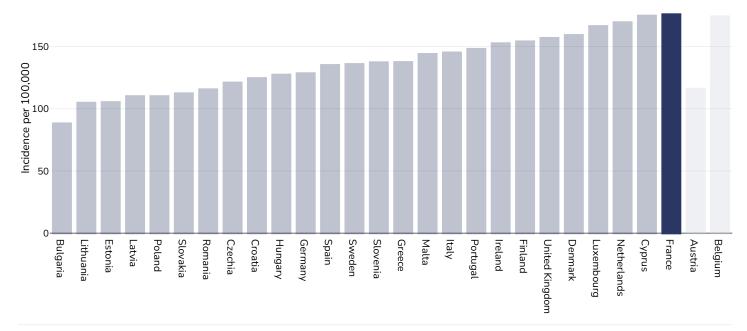




Breast cancer

Women, 2022





Area covered: National

References:

Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]

accessed [10.07.24]

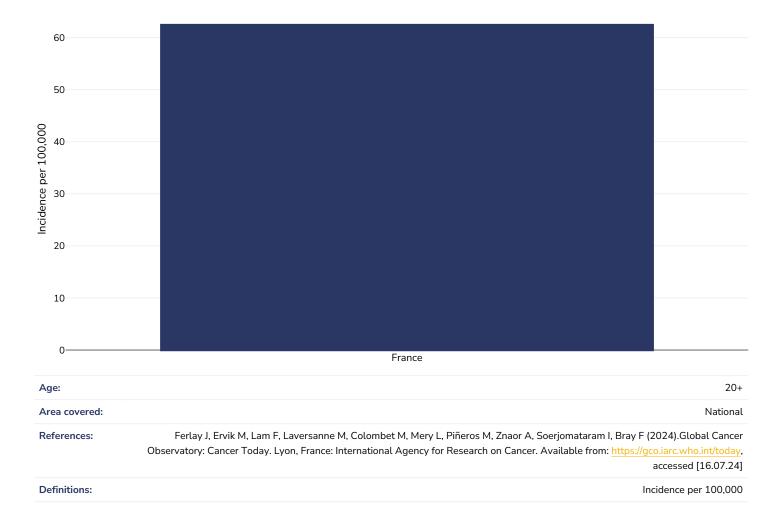
Notes: Age 20+

Definitions: Incidence per 100,000

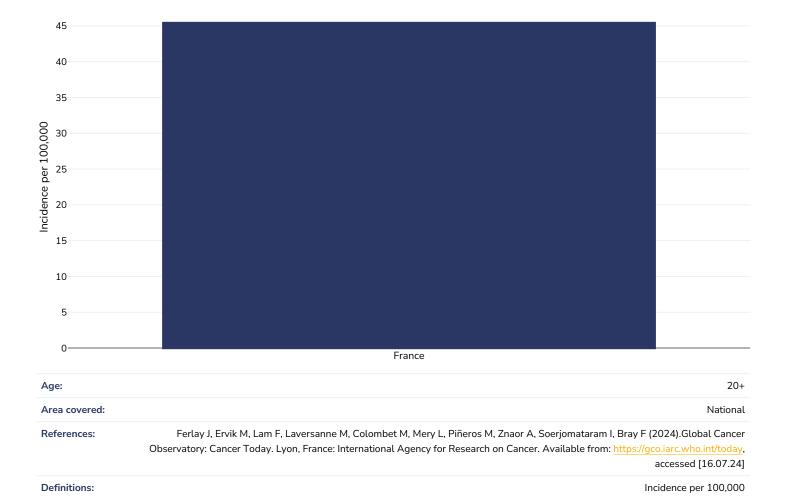


Colorectal cancer

Men, 2022



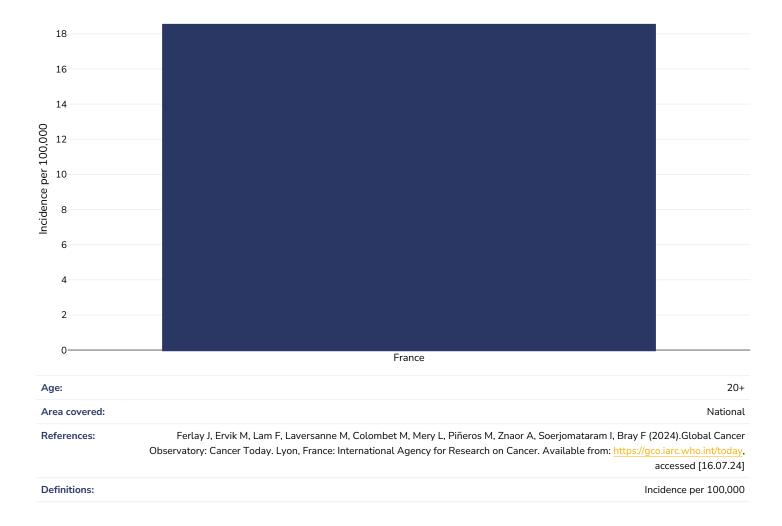




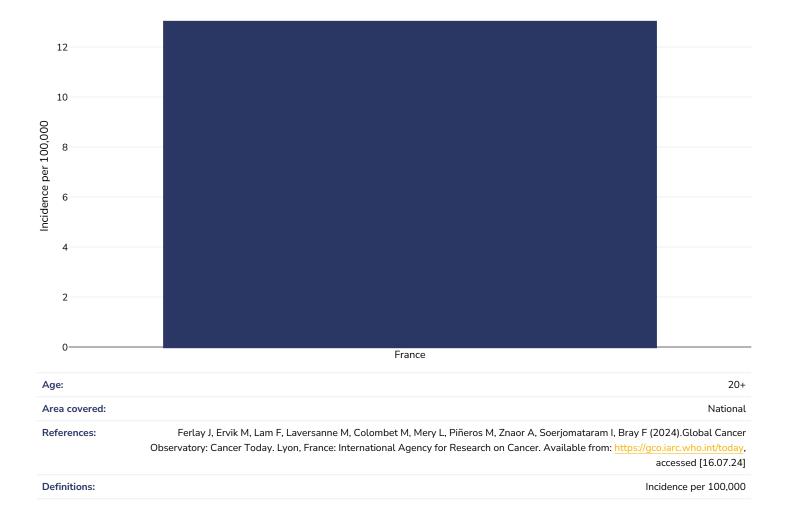


Pancreatic cancer

Men, 2022



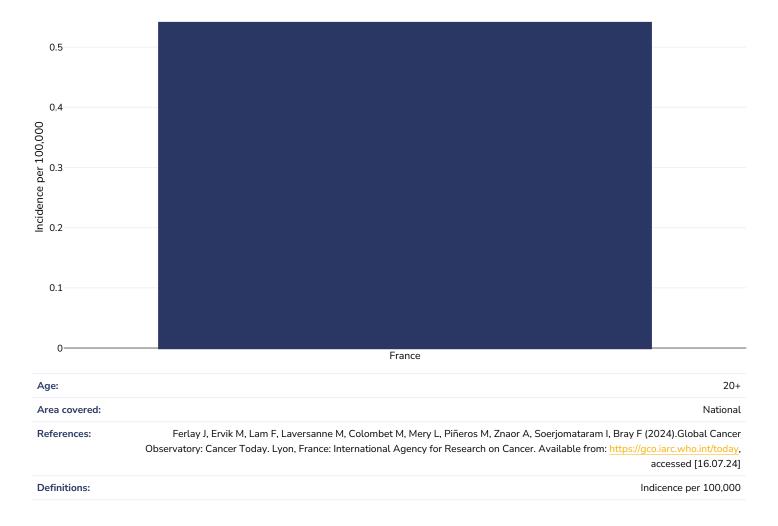




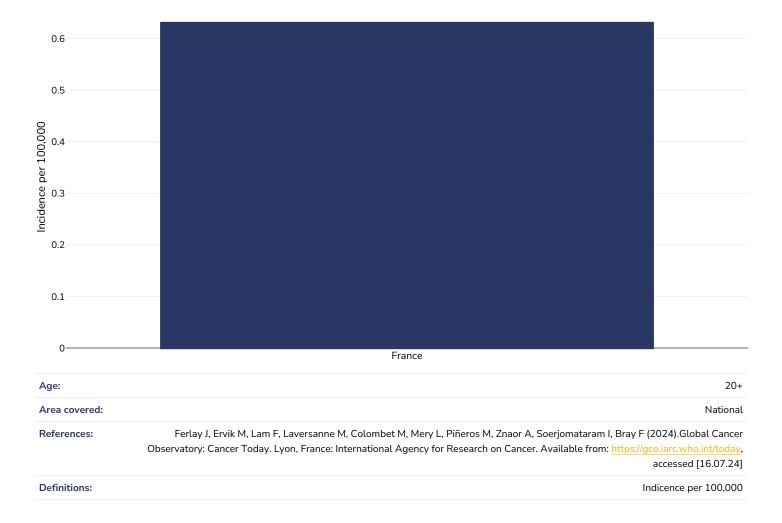


Gallbladder cancer

Men, 2022



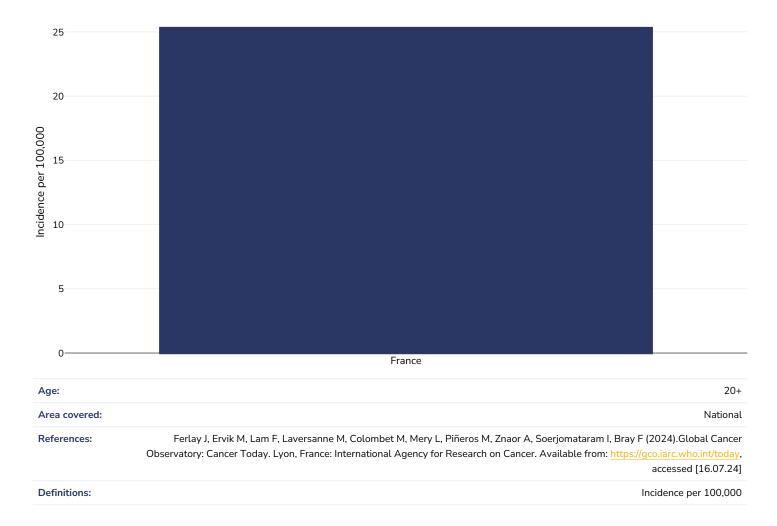




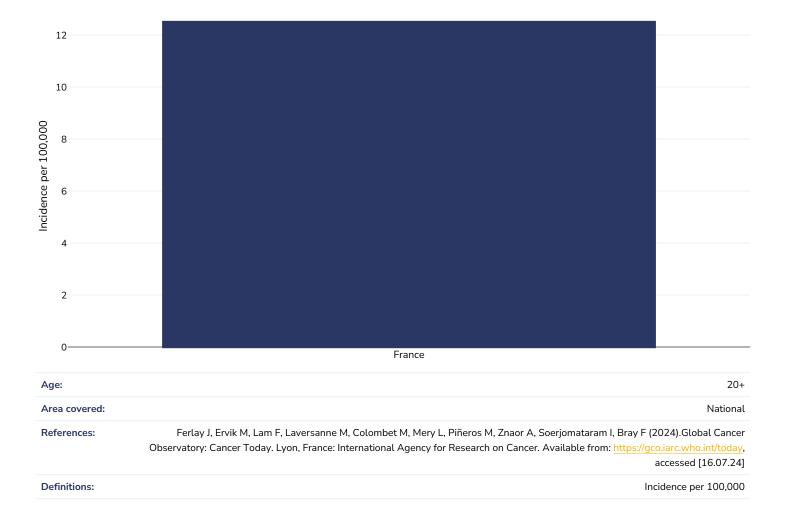


Kidney cancer

Men, 2022



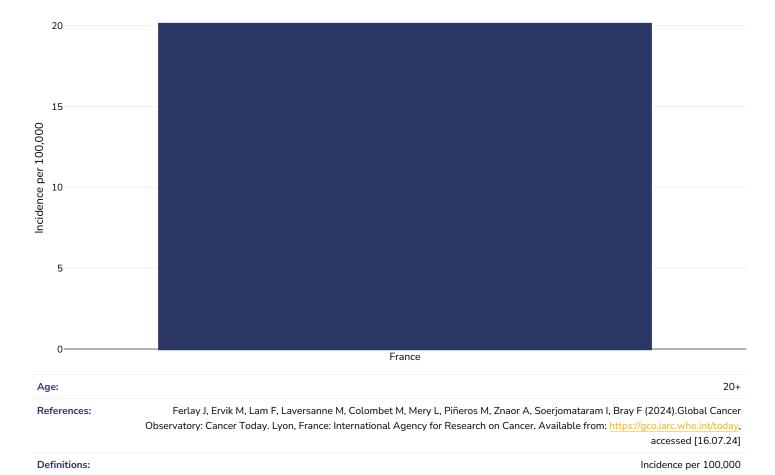






Cancer of the uterus

Women, 2022

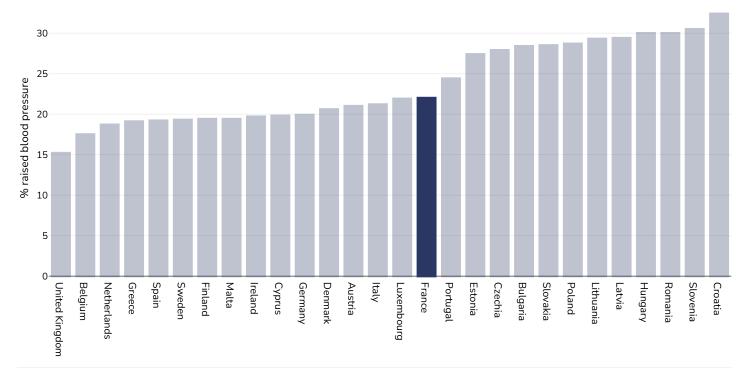


80



Raised blood pressure

Adults, 2015



References:

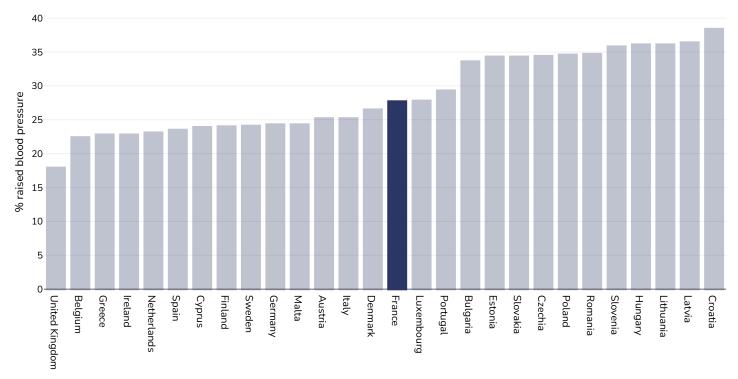
Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A875?lang=en

Definitions:

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



Men, 2015



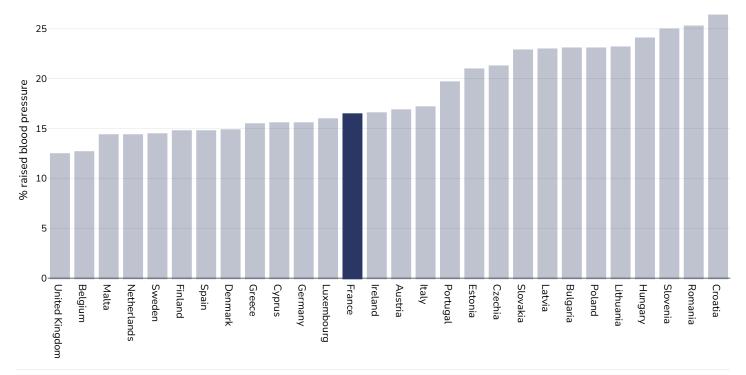
References:

 ${\bf Global\ Health\ Observatory\ data\ repository,\ World\ Health\ Organisation,\ \underline{{\bf http://apps.who.int/gho/data/node.main.} A875?lang=en}}$

Definitions:

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





References:

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

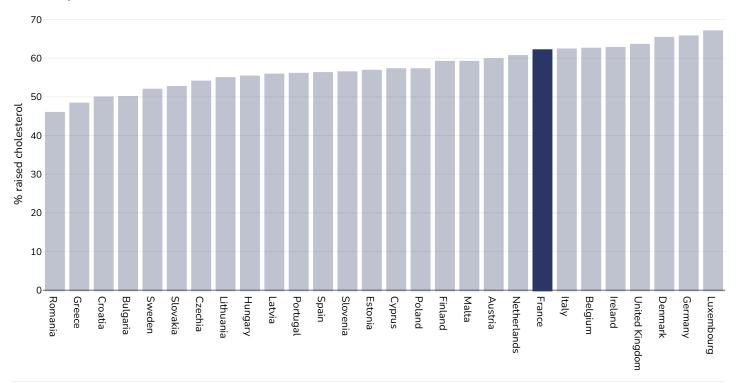
Definitions:

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



Raised cholesterol

Adults, 2008



References:

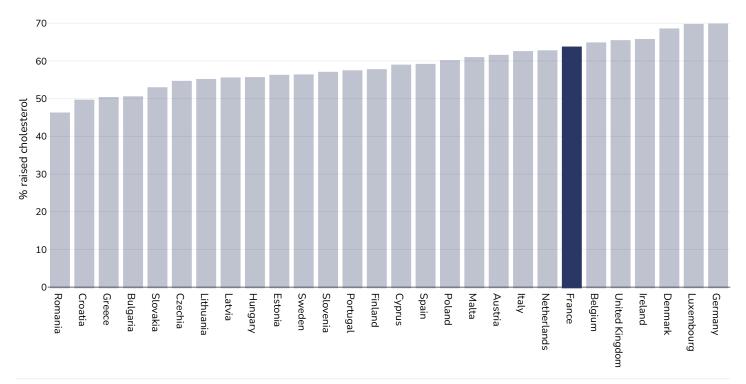
Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A885

Definitions:

% Raised total cholesterol (>= 5.0 mmol/L) (age-standardized estimate).



Men, 2008



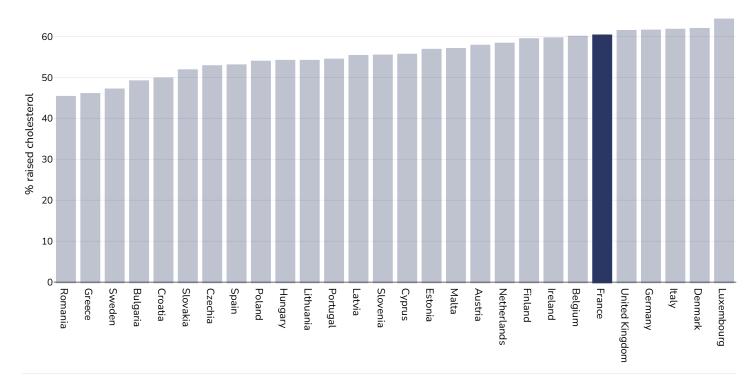
References:

Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A885

Definitions:

% Raised total cholesterol (>= 5.0 mmol/L) (age-standardized estimate).





References:

Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A885

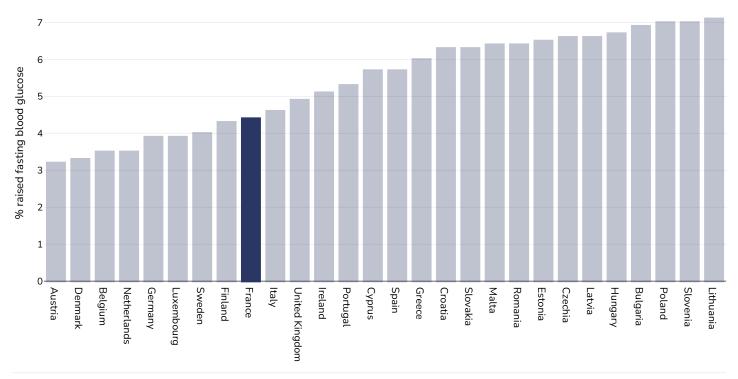
Definitions:

% Raised total cholesterol (>= 5.0 mmol/L) (age-standardized estimate).



Raised fasting blood glucose

Men, 2014



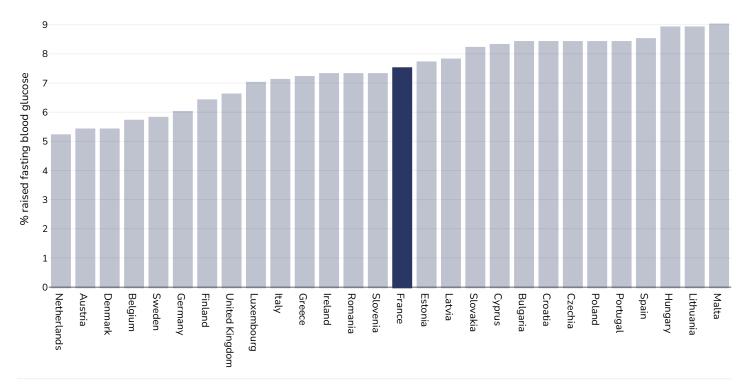
References:

Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A869?lang=en

Definitions:

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





References:

Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A869?lang=en

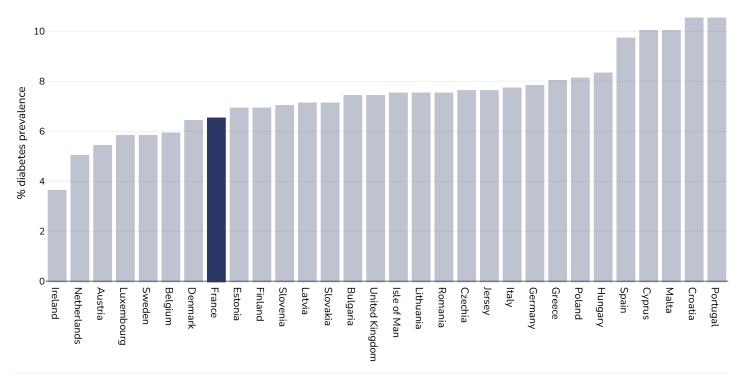
Definitions:

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



Diabetes prevalence

Adults, 2024



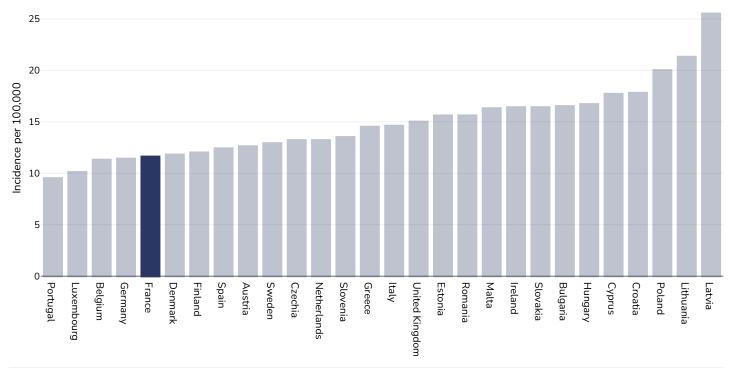
References:

Reproduced with kind permission International Diabetes Federation. IDF Diabetes Atlas, 11th edn. Brussels, Belgium:International Diabetes Federation, 2025. http://www.diabetesatlas.org



Ovarian Cancer

Women, 2022



Age: 20+

References:

Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]

Definitions: Incidence per 100,000



Leukemia

Men, 2022							
4							
3							
2							
1							
0							
⁻¹ _1	0	1	2	3	4	5	6
Age:							20+
Area covered:	Fauland Fau	:I. M. I I. I	M C-l	M D:2 M 7	A Cit	- I. D E (2024) Cl-I	National
References:					naor A, Soerjomataram Cancer. Available fron	n: https://gco.iarc.who	
Definitions:						Incidence pe	er 100,000
	Unless other	wise noted, overw	eight refers to a BMI k	petween 25kg and 29	.9kg/m², obesity refers	to a BMI greater than	1 30kg/m².

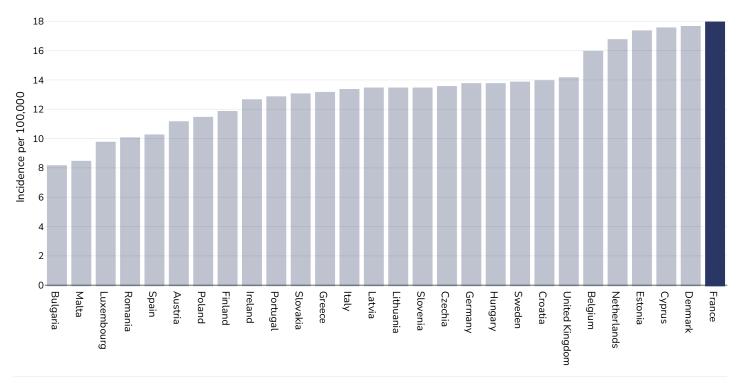


Women, 20	22						
4							
3							
2							
1							
0———							
⁻¹ 1	0	1	2	3	4	5	6
Age:							20+
Area covered:							National
References:					'naor A, Soerjomataram 1 Cancer. Available fron	n: https://gco.iarc.who	
Definitions:						Incidence pe	er 100,000
	Unless othe	rwise noted, overwe	eight refers to a BMI b	petween 25kg and 29	0.9kg/m², obesity refers	to a BMI greater tha	n 30kg/m².



Leukemia

Men, 2022



Age: 20+

Area covered: National

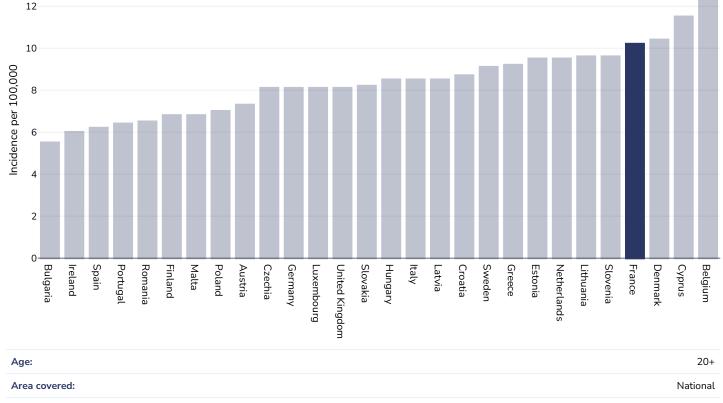
References:

Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]

Definitions: Incidence per 100,000

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





References:

Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]

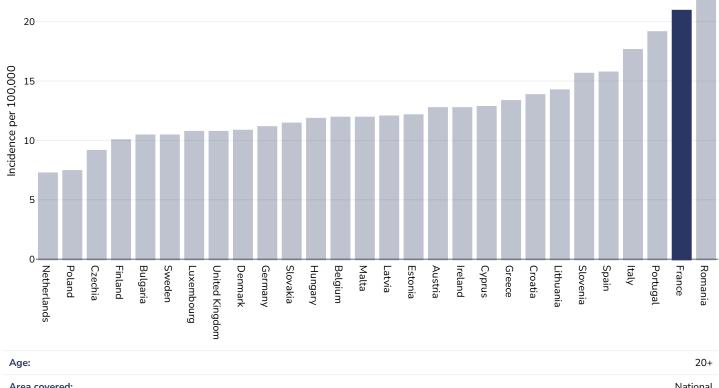
Definitions: Incidence per 100,000

 $Unless \ otherwise \ noted, overweight \ refers \ to \ a \ BMI \ between \ 25kg \ and \ 29.9kg/m^2, obesity \ refers \ to \ a \ BMI \ greater \ than \ 30kg/m^2.$



Liver and intrahepatic bile duct Cancer

Men, 2022



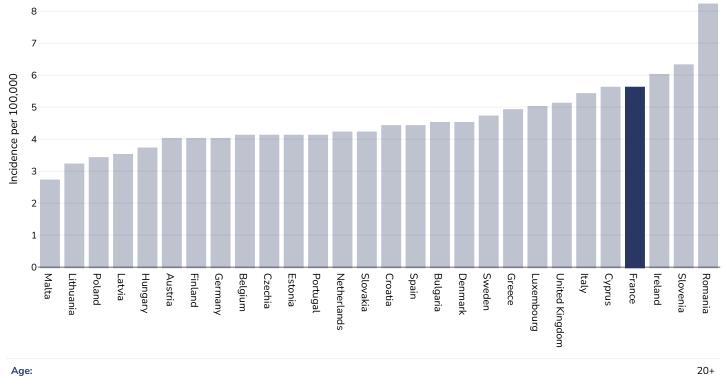
Area covered: National

References:

Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]

Definitions: Incidence per 100,000





Area covered: References:

Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer

Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today,

accessed [16.07.24]

National

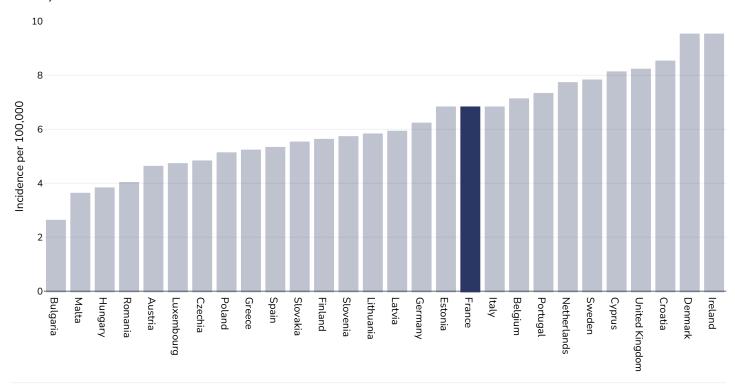
Definitions: Incidence per 100,000

20+



Multiple Myeloma

Men, 2022



Area covered: National

References:

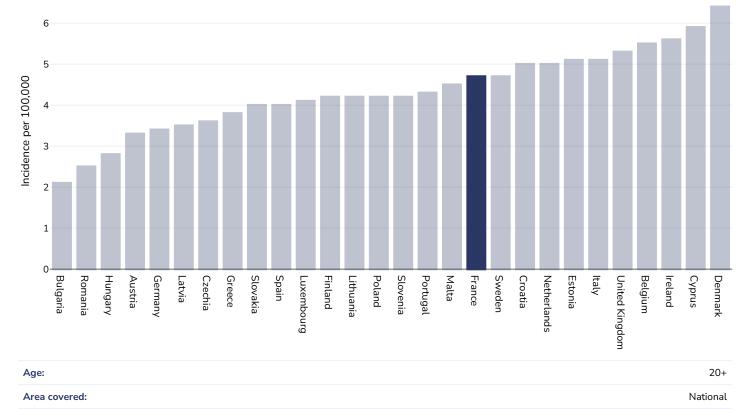
Age:

Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]

Definitions: Indicence per 100,000

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





References:

Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]

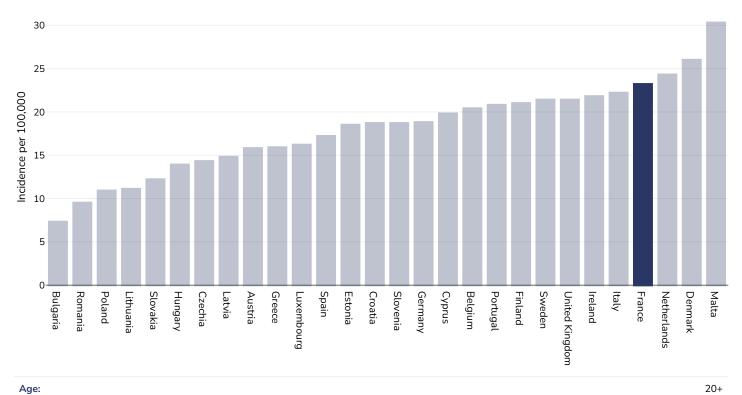
Definitions: Indicence per 100,000

 $Unless \ otherwise \ noted, overweight \ refers \ to \ a \ BMI \ between \ 25kg \ and \ 29.9kg/m^2, obesity \ refers \ to \ a \ BMI \ greater \ than \ 30kg/m^2.$



Non Hodgkin Lymphoma

Men, 2022



Area covered: References:

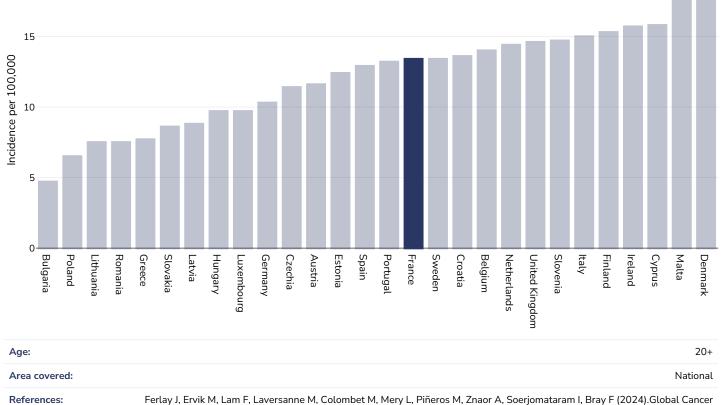
Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]

National

Definitions: Incidence per 100,000

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





Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]

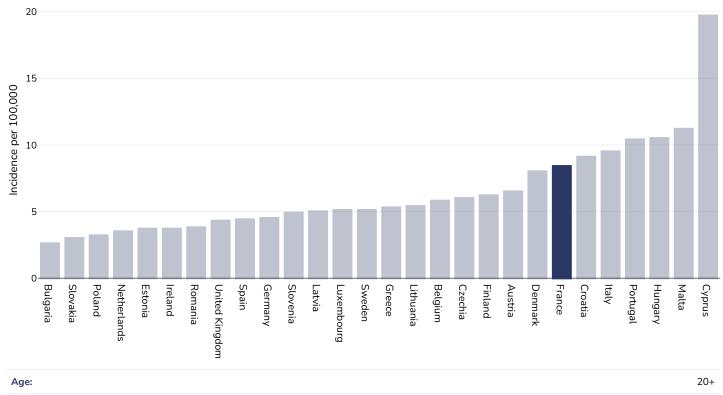
Definitions: Incidence per 100,000

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



Thyroid Cancer

Men, 2022



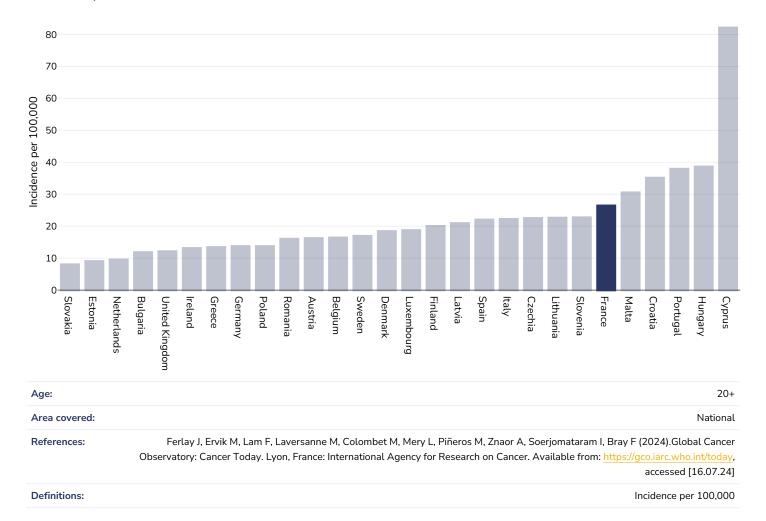
Area covered: National

References:

Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]

Definitions: Incidence per 100,000





PDF created on August 6, 2025