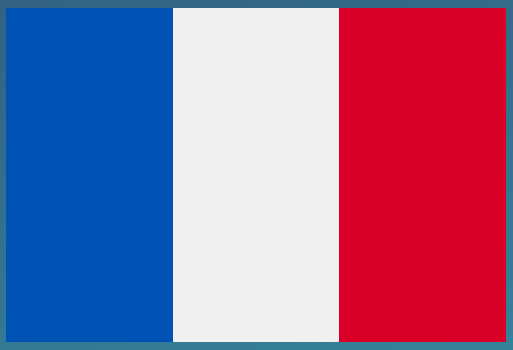
France



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/france-71/.

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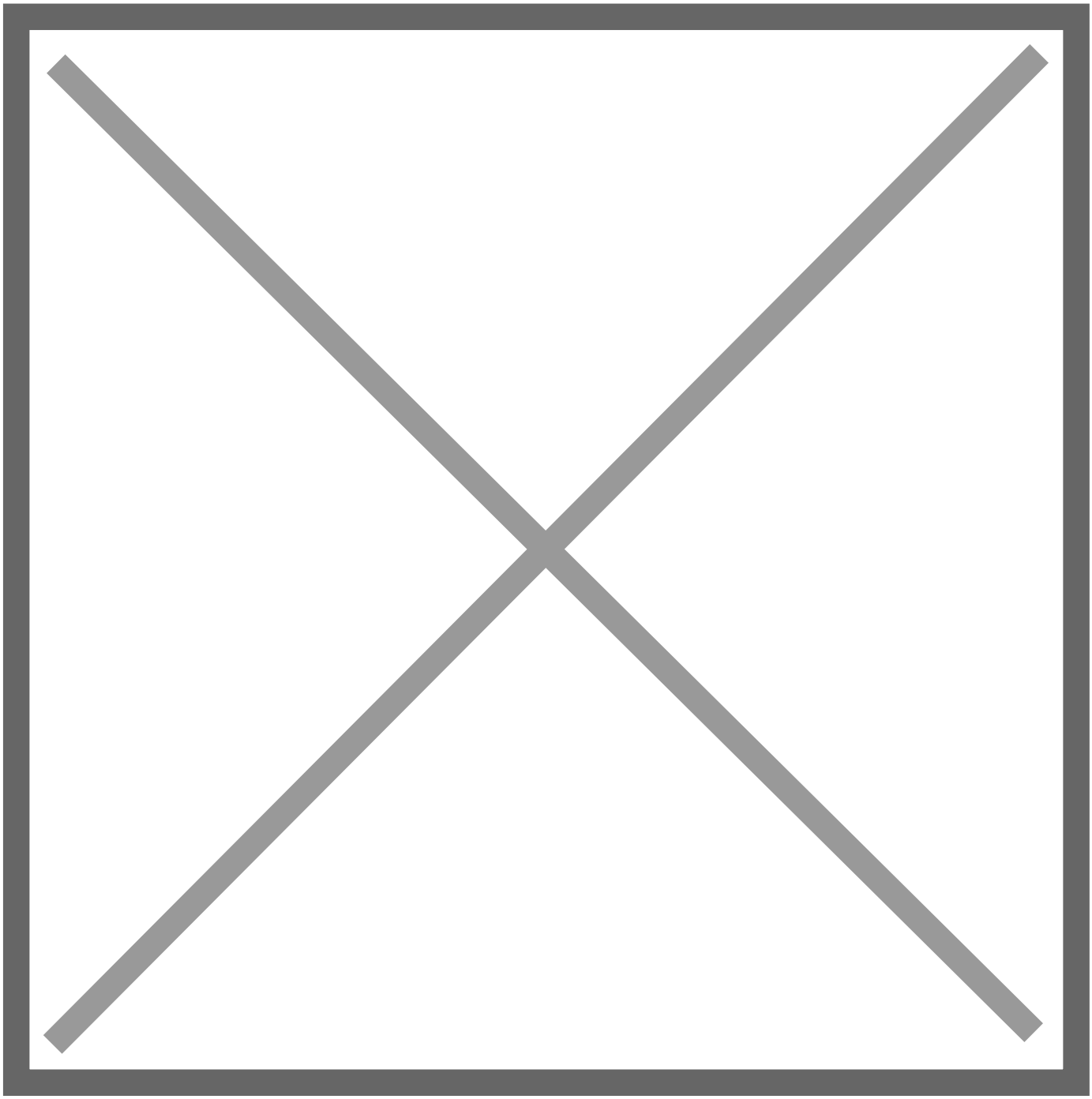
Obesity prevalence

Children, 2021-2022

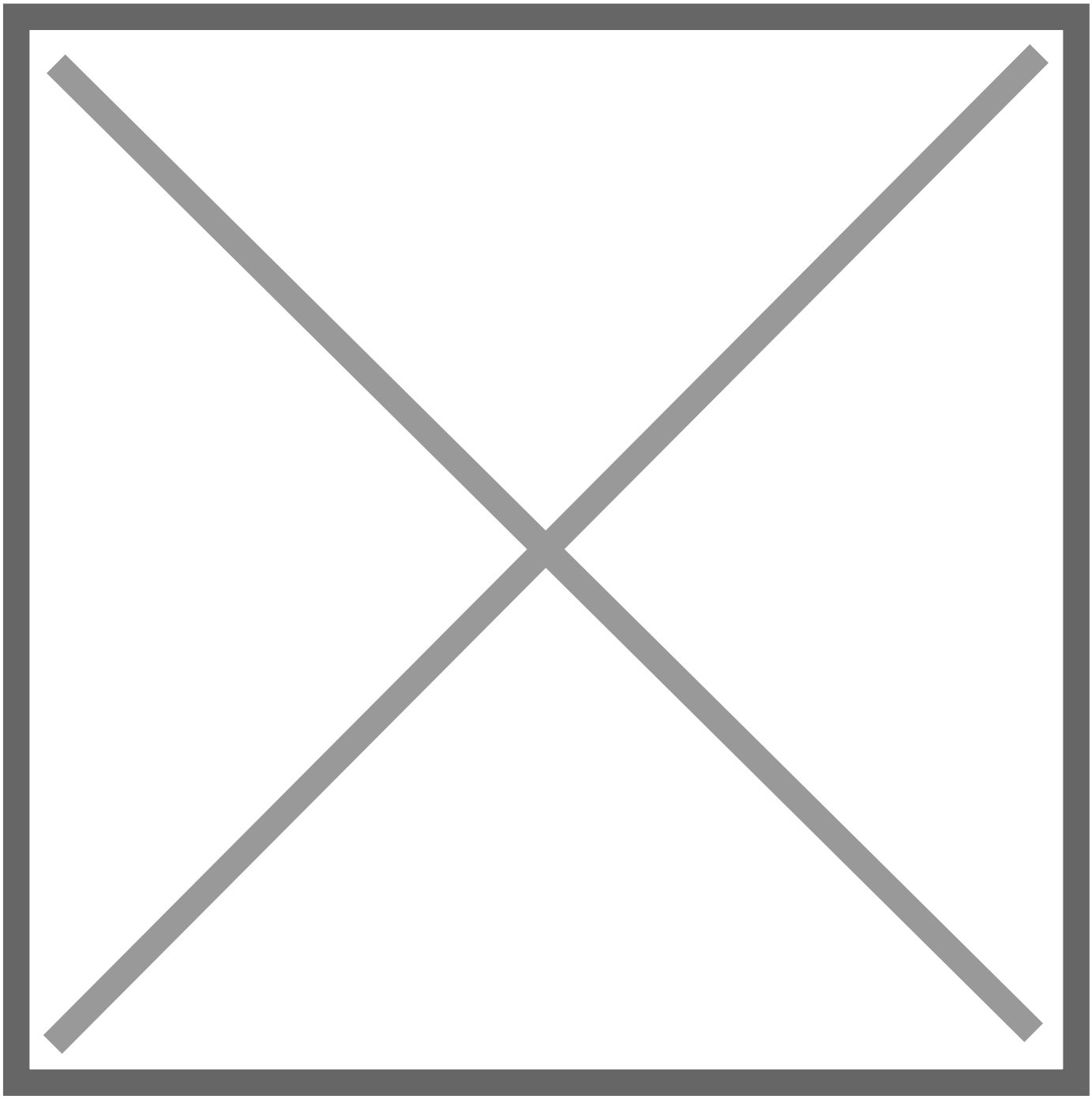


Survey type:	Self-reported
Age:	13
Area covered:	National
References:	Rakic JG, Hamrik Z, Dzielska A, Felder-Puig R, Oja L, Bakalár P et al. A focus on adolescent physical activity, eating behaviours, weight status and body image in Europe, central Asia and Canada. Health Behaviour in School-aged Children (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)
Definitions:	+2SD
Cutoffs:	WHO 2007

Overweight/obesity by education

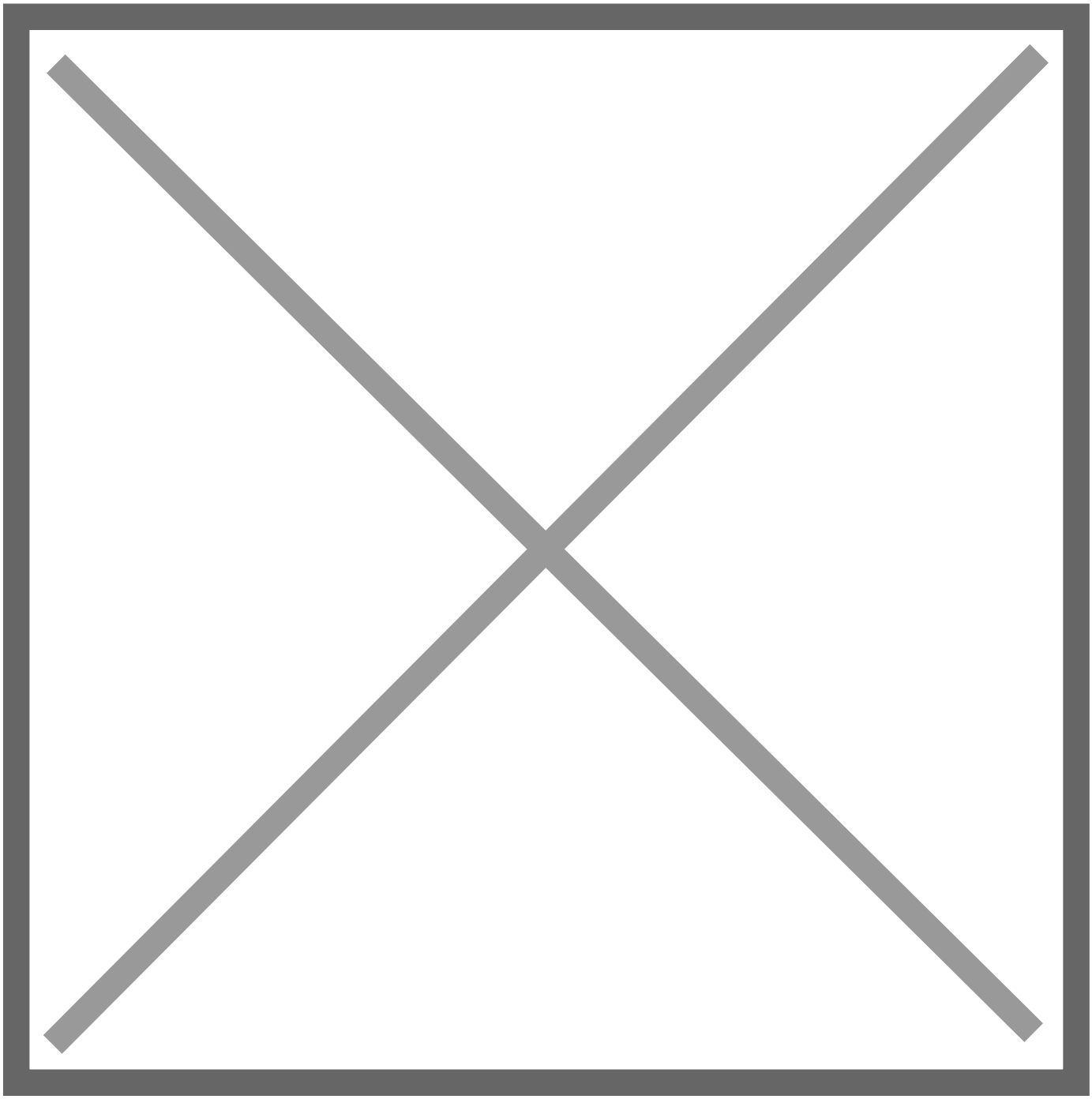
Boys, 2015



Survey type:	Measured
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. 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-2014-2016.-volet-nutrition.-chapitre-corpulence [Accessed 24.07.35]
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

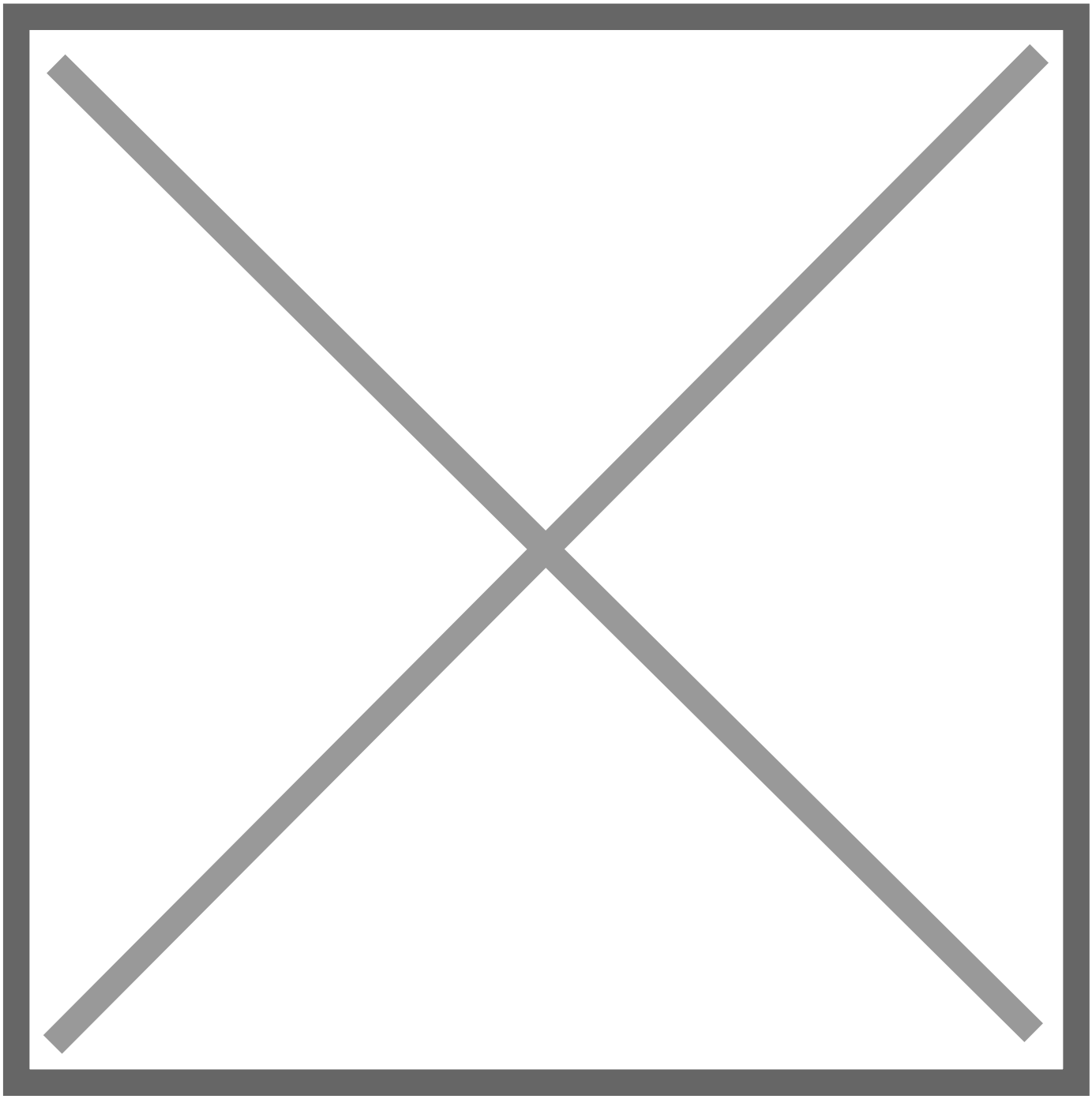


Survey type:	Measured
Age:	6-17
Sample size:	1,104
Area covered:	National

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. 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-2014-2016.-volet-nutrition.-chapitre-corpulence [Accessed 24.07.35]
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

Children, 2021-2022

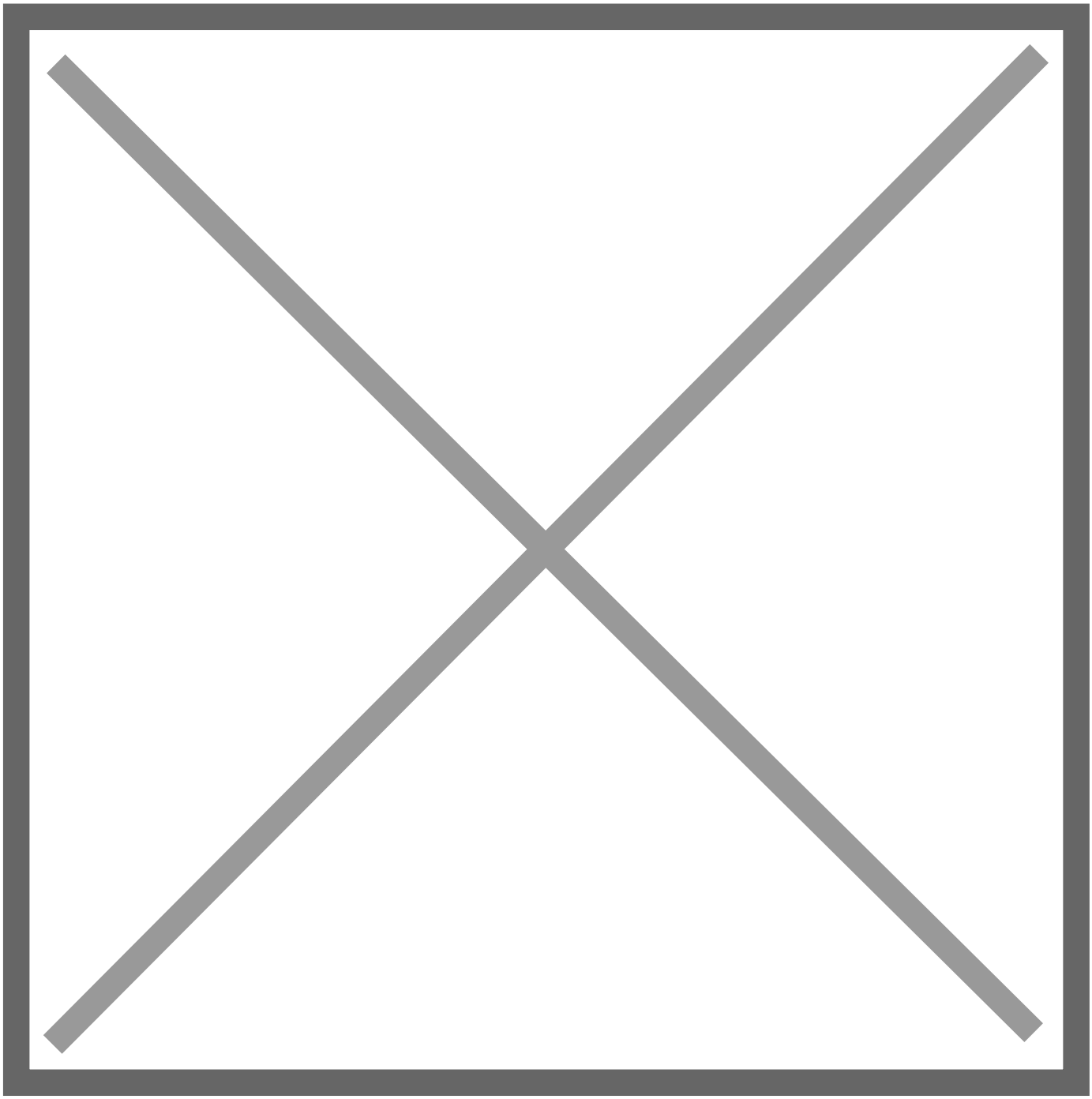


Survey type:	Self-reported
Area covered:	See Report
References:	RakiÃ?â?¡ JG, Hamrik Z, Dzielska A, Felder-Puig R, Oja L, Bakalár P et al. A focus on adolescent physical activity, eating behaviours, weight status and body image in Europe, central Asia and Canada. Health Behaviour in School-aged Children (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'

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

Children, 2014-2015

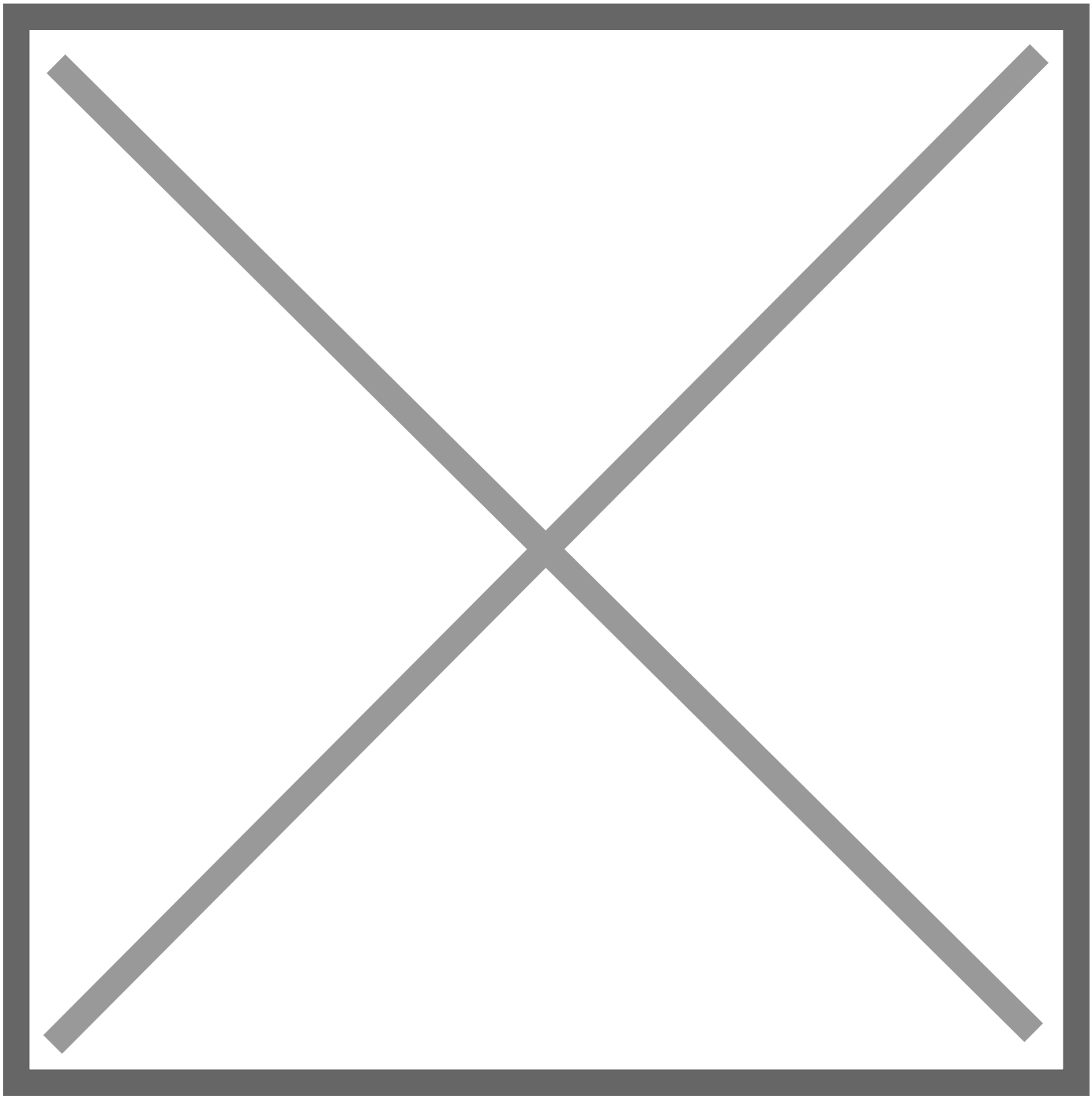


Survey type:	Measured
Age:	10-11
Sample size:	8124
Area covered:	National
References:	L'état de santé de la population en France RAPPORT 2017. Available at: https://drees.solidarites-sante.gouv.fr/sites/default/files/2021-01/Rapport-ESPF-2017.pdf. Last accessed: 04.05.21.

Cutoffs:	IOTF

Overweight/obesity by socio-economic group

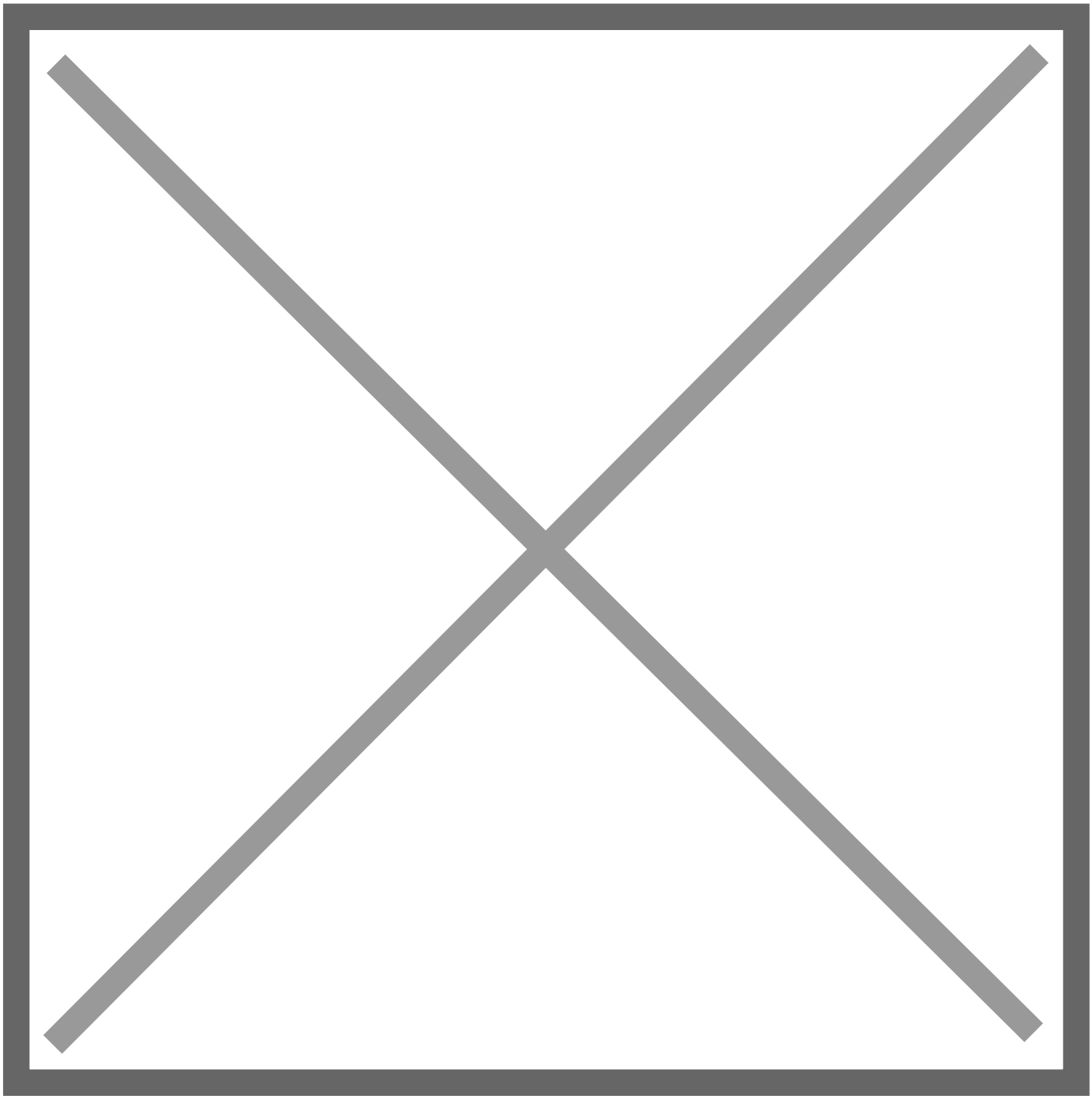
Boys, 2021-2022



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

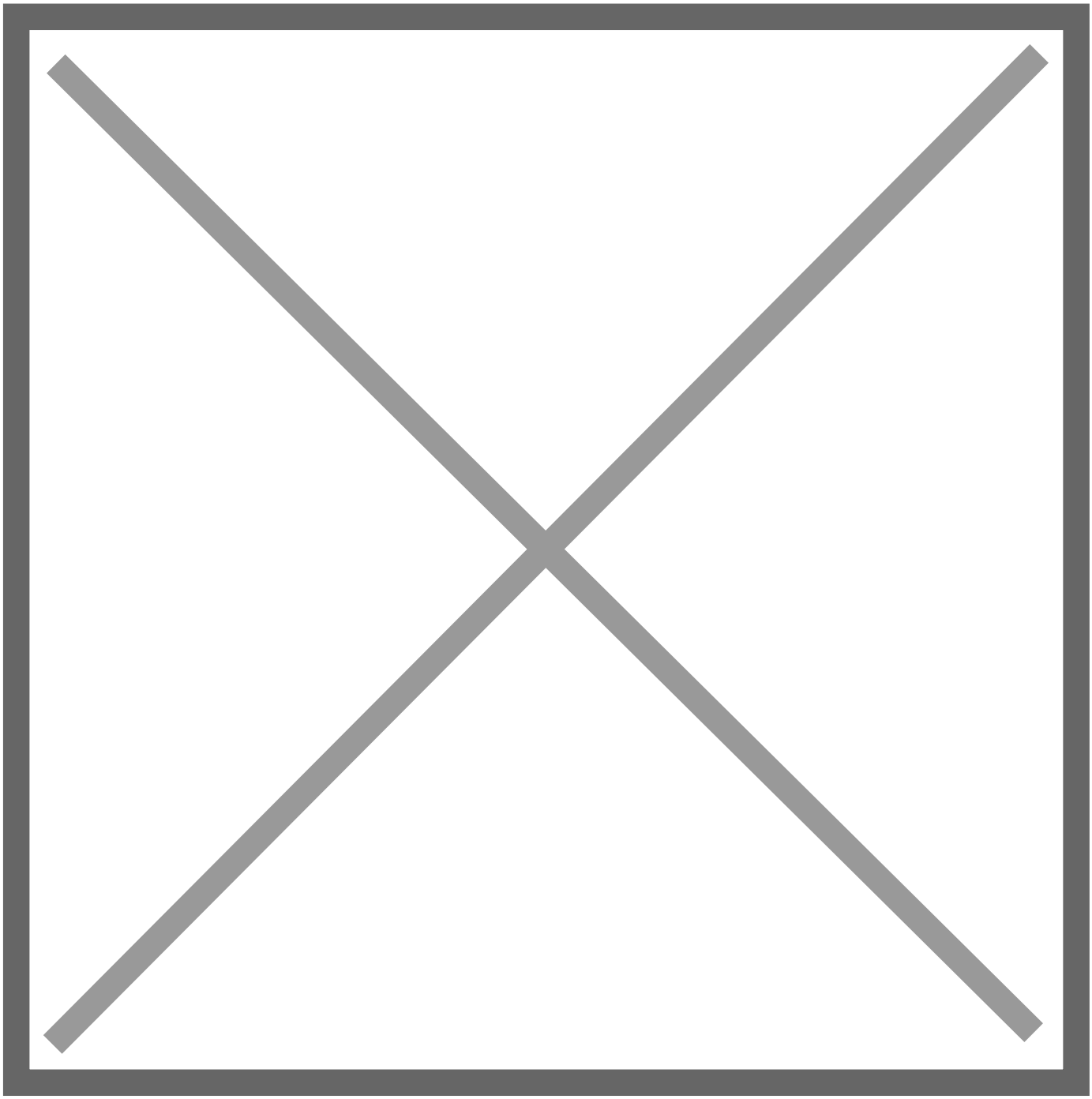


Survey type:	Self-reported
Age:	11-15
References:	Raki? JG, Hamrik Z, Dzielska A, Felder-Puig R, Oja L, Bakalár P et al. A focus on adolescent physical activity, eating behaviours, weight status and body image in Europe, central Asia and Canada. Health Behaviour in School-aged Children (HBSC) international 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 & obesity

Children, 2022

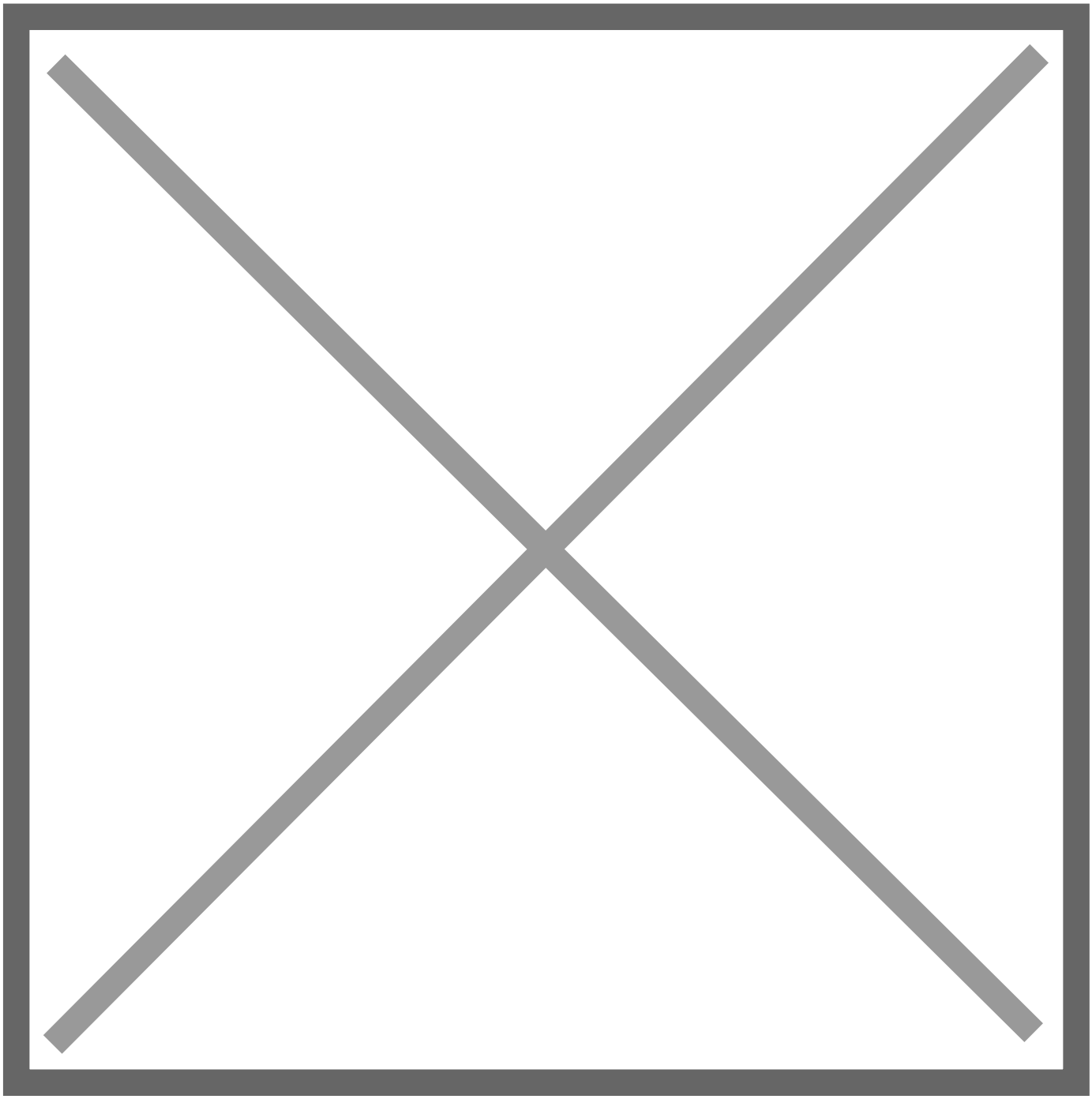


Survey type:	Measured
Age:	5-19
References:	NCD Risk Factor Collaboration (NCD-RisC). Worldwide trends in underweight and obesity from 1990 to 2022: a pooled analysis of 3663 population representative studies with 222 million children, adolescents, and adults. Lancet 2024; published online Feb 29. https://doi.org/10.1016/S0140-6736(23)02750-2.
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

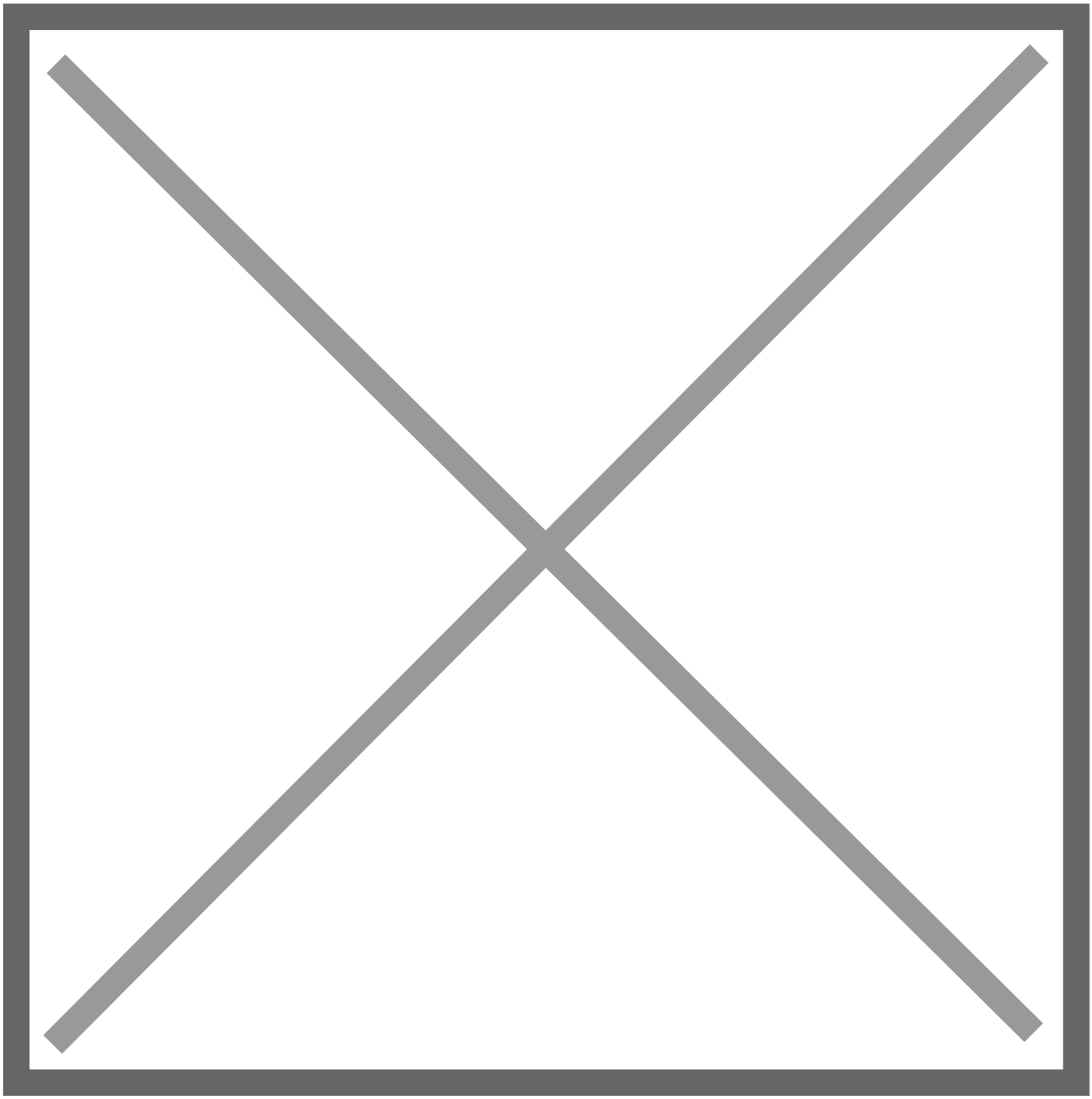
Children, 2025



Survey type:	Self-reported
Age:	11-17
Area covered:	National
References:	World Health Organization. (2026). Physical activity among adolescents, no active days in the past week, prevalence (%). Global Health Observatory. Available at: https://www.who.int/data/gho/data/indicators/indicator-details/GHO/gho-physical-activity-among-adolescents-no-active-days-in-the-past-week-prevalence [Accessed 06.11.26]

Notes:	An active day is a day on which an adolescent reports at least 60 minutes of moderate-to-vigorous physical activity (MVPA).
Definitions:	Percentage of adolescents aged 11–17 years who reported no active day in the past 7 days (0 active days per week).

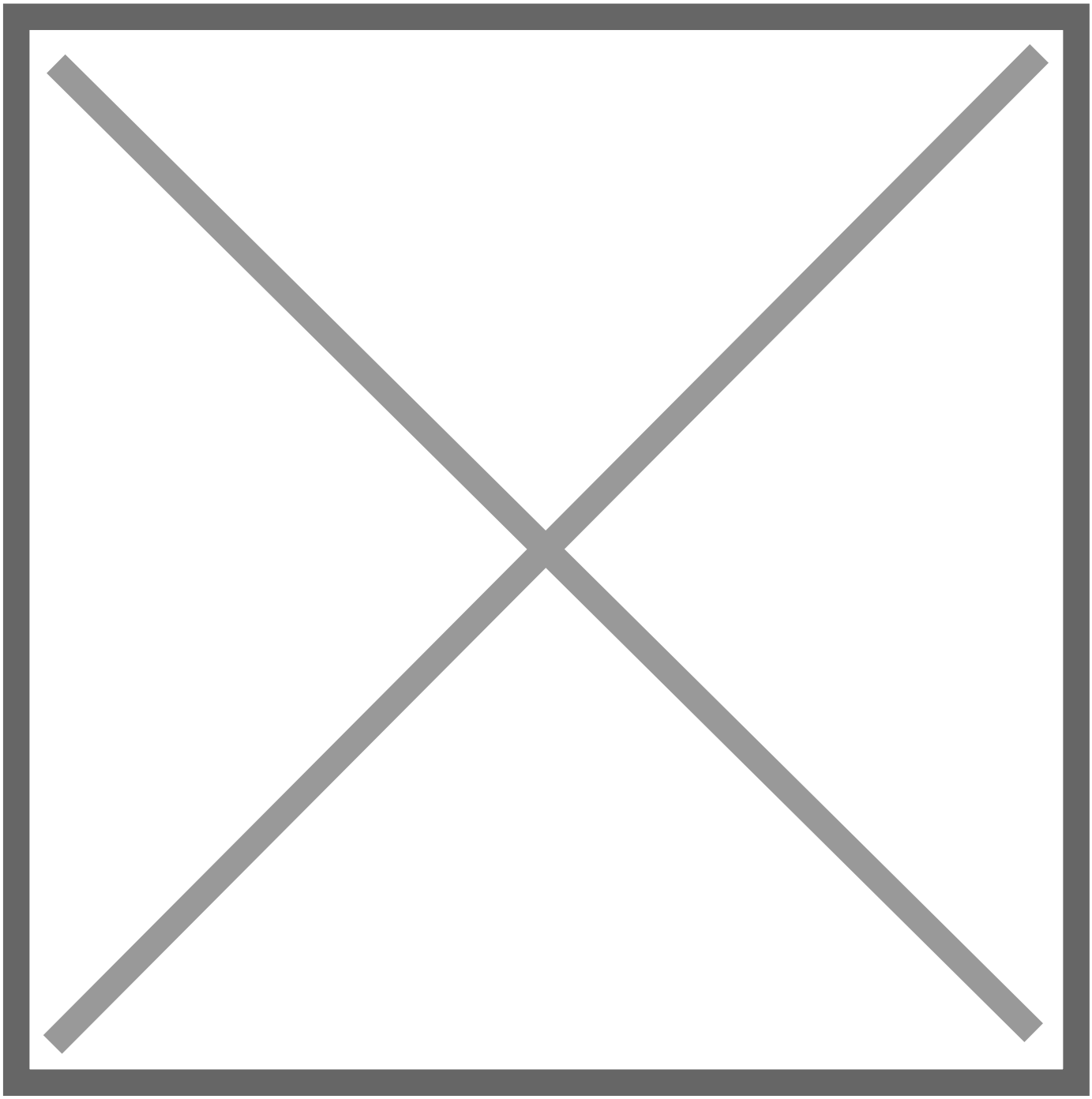
Boys, 2025



Survey type:	Self-reported
Age:	11-17
Area covered:	National
References:	World Health Organization. (2026). Physical activity among adolescents, no active days in the past week, prevalence (%). Global Health Observatory. Available at: https://www.who.int/data/gho/data/indicators/indicator-details/GHO/gho-physical-activity-among-adolescents-no-active-days-in-the-past-week-prevalence [Accessed 06.11.26]

Notes:	An active day is a day on which an adolescent reports at least 60 minutes of moderate-to-vigorous physical activity (MVPA).
Definitions:	Percentage of adolescents aged 11–17 years who reported no active day in the past 7 days (0 active days per week).

Girls, 2025

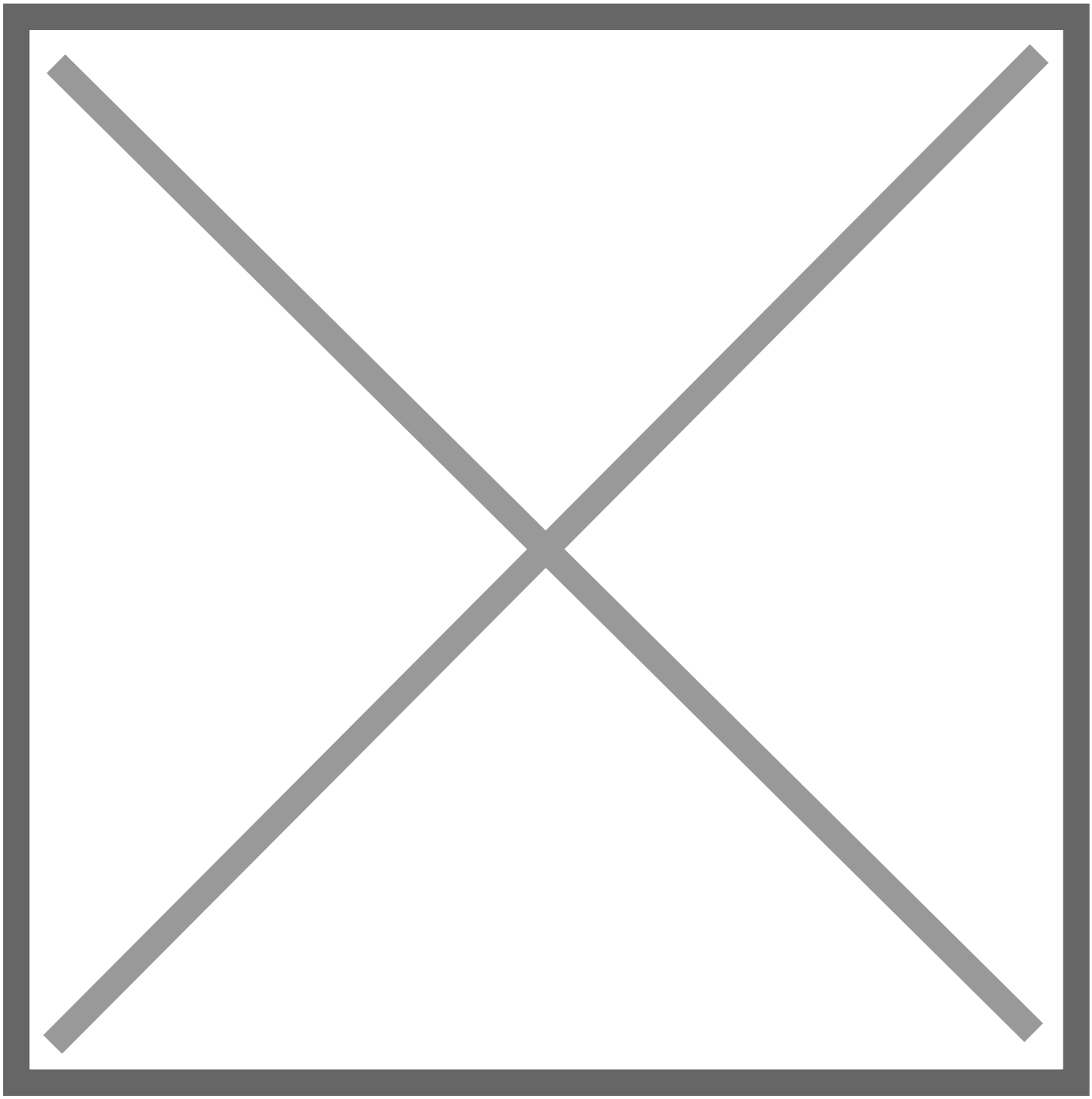


Survey type:	Self-reported
Age:	11-17
Area covered:	National
References:	World Health Organization. (2026). Physical activity among adolescents, no active days in the past week, prevalence (%). Global Health Observatory. Available at: https://www.who.int/data/gho/data/indicators/indicator-details/GHO/gho-physical-activity-among-adolescents-no-active-days-in-the-past-week-prevalence [Accessed 06.11.26]

Notes:	An active day is a day on which an adolescent reports at least 60 minutes of moderate-to-vigorous physical activity (MVPA).
Definitions:	Percentage of adolescents aged 11–17 years who reported no active day in the past 7 days (0 active days per week).

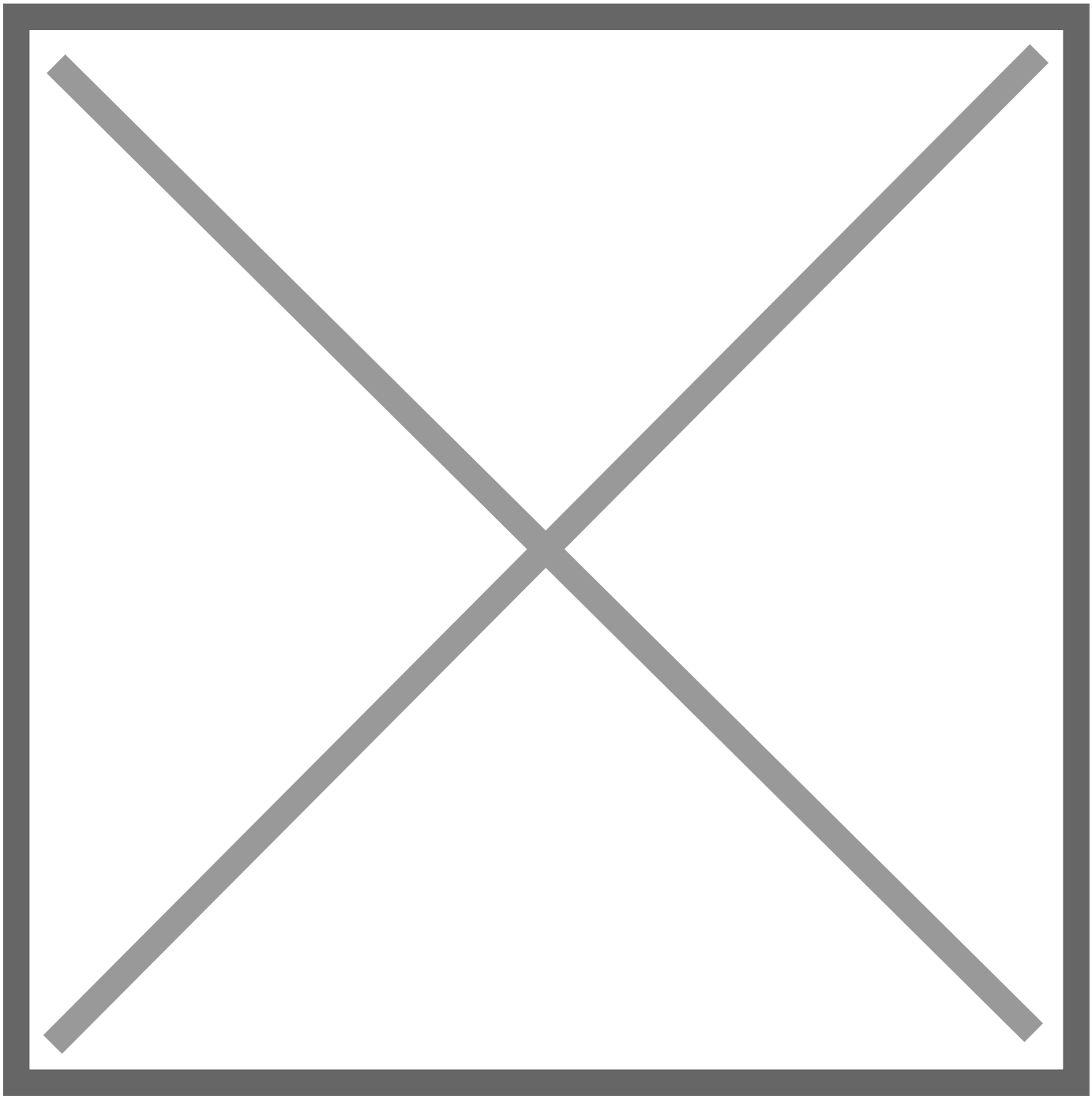
Prevalence of at least daily soft drink consumption

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)

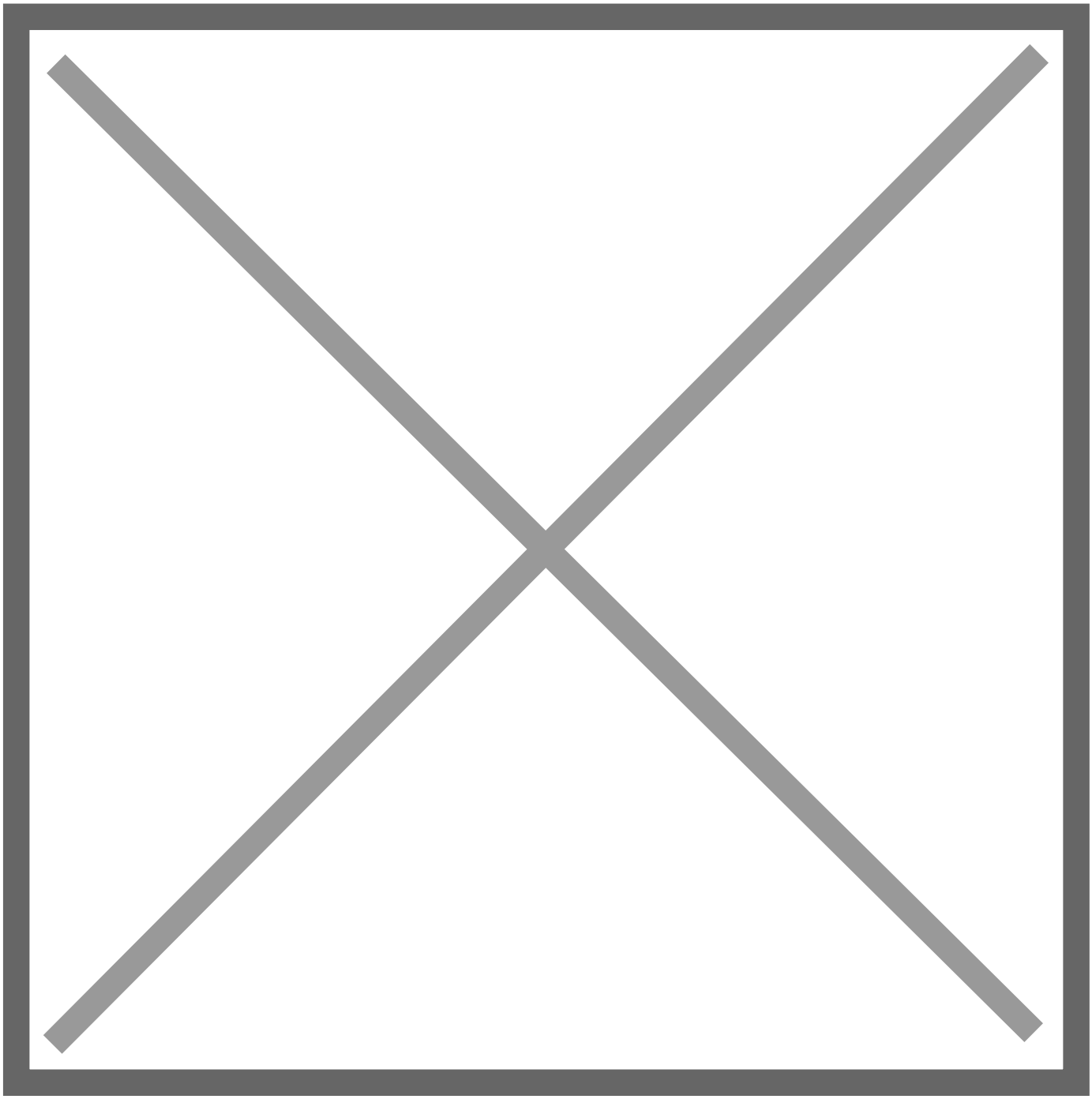
Girls, 2021-2022



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)

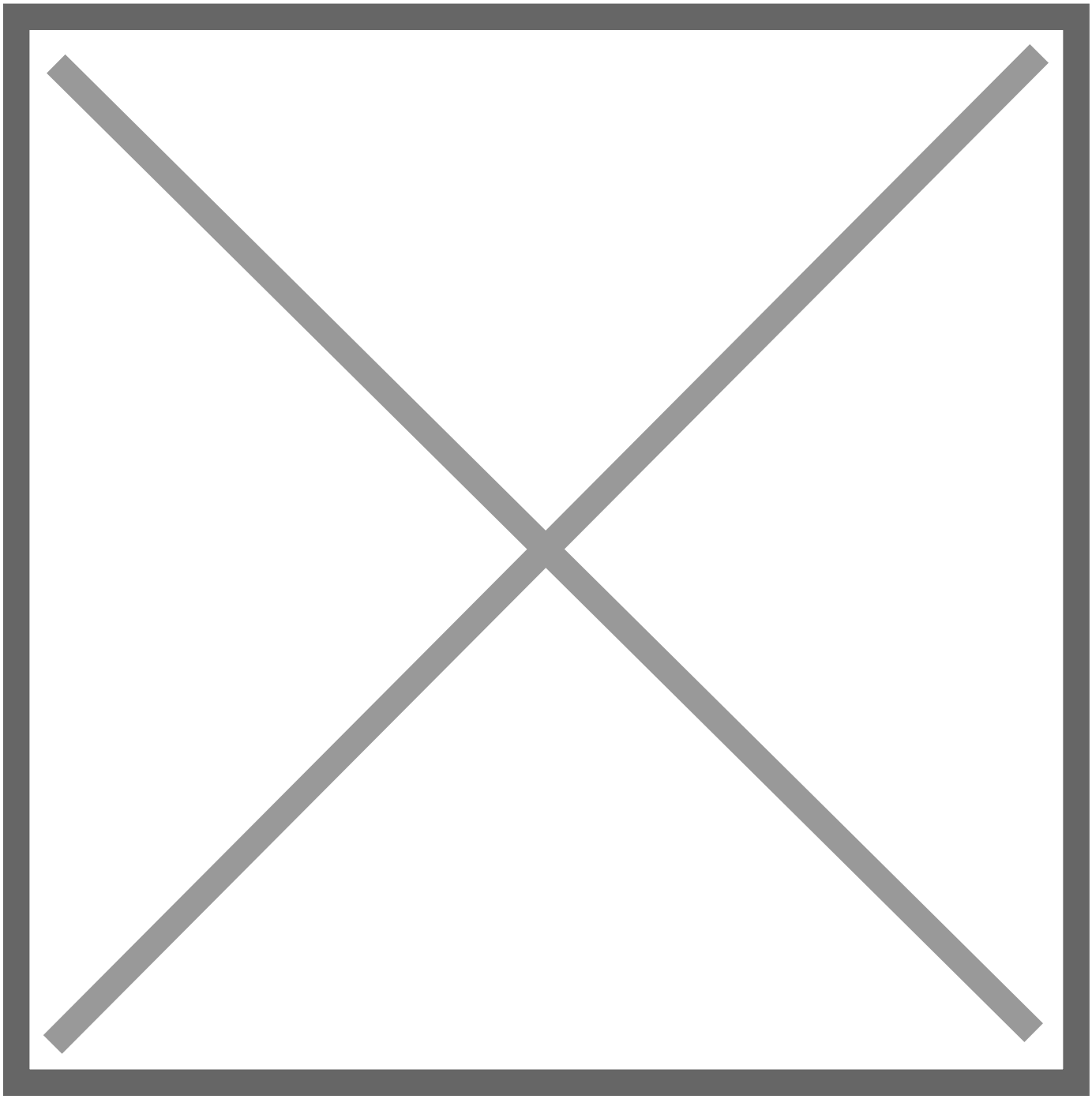
Prevalence of less than daily fruit consumption

Boys, 2021-2022



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
Definitions:	Proportion who reported eating fruit less than daily

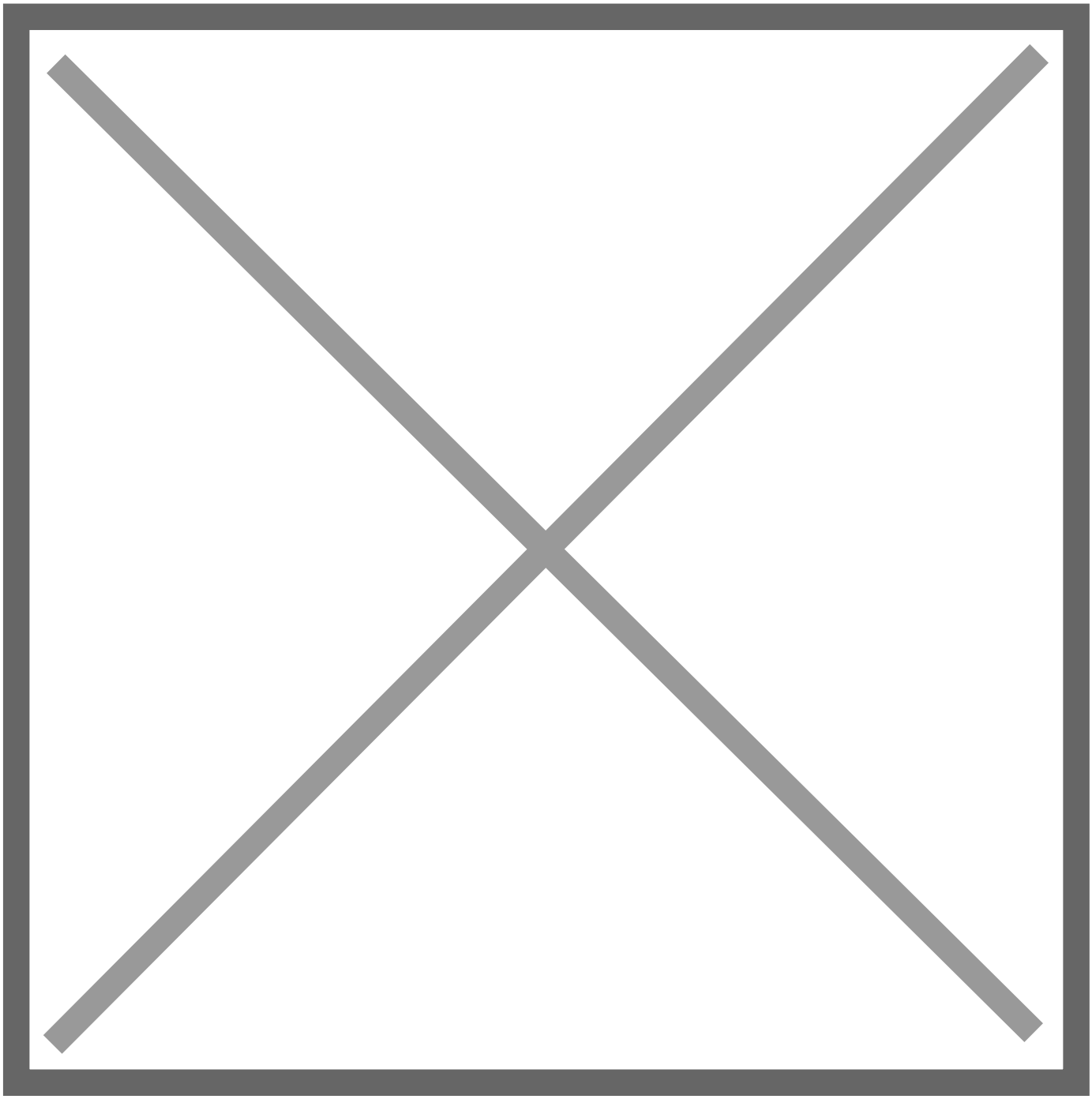
Girls, 2021-2022



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
Definitions:	Proportion who reported eating fruit less than daily

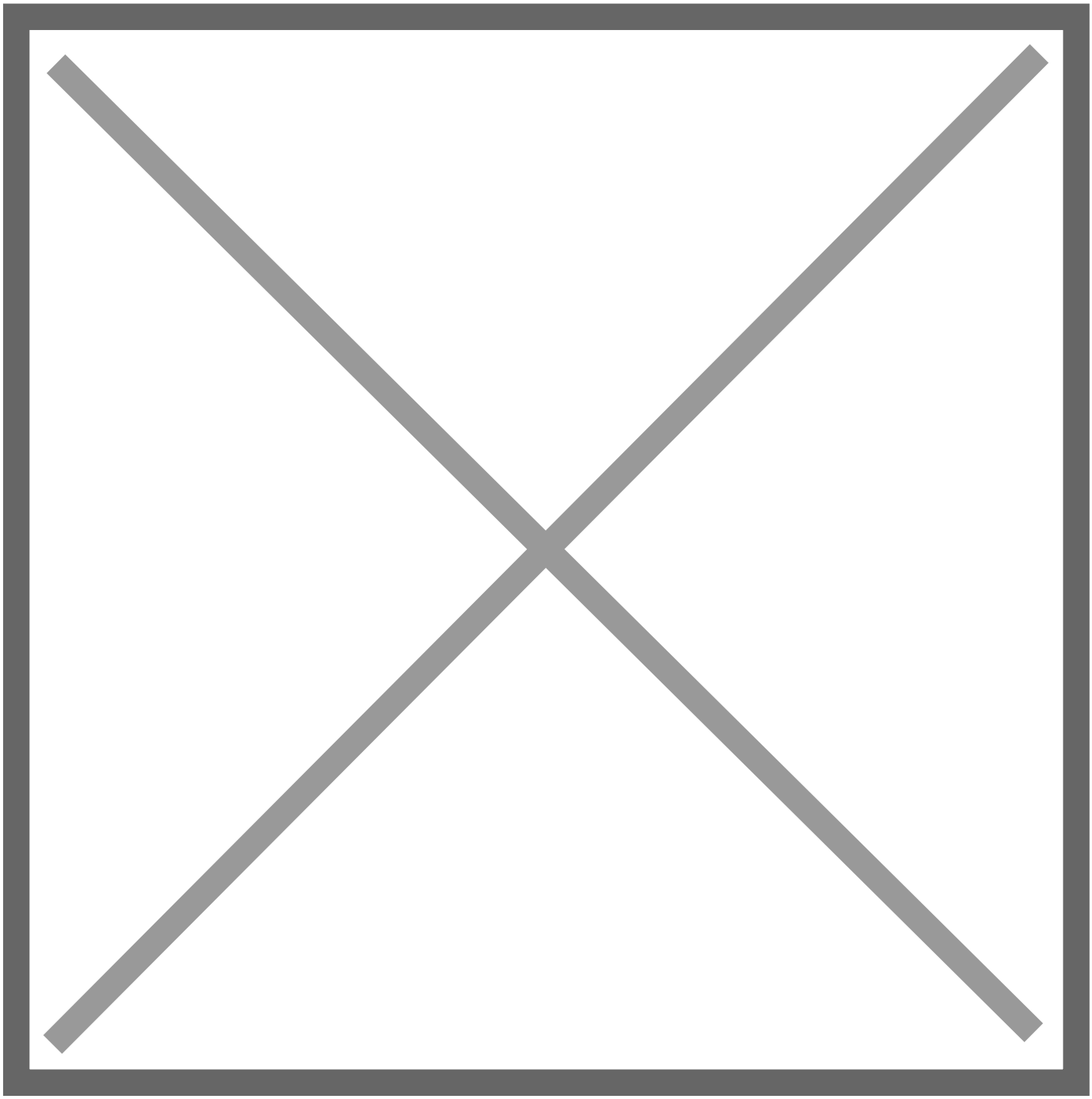
Prevalence of less than daily vegetable consumption

Boys, 2021-2022



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

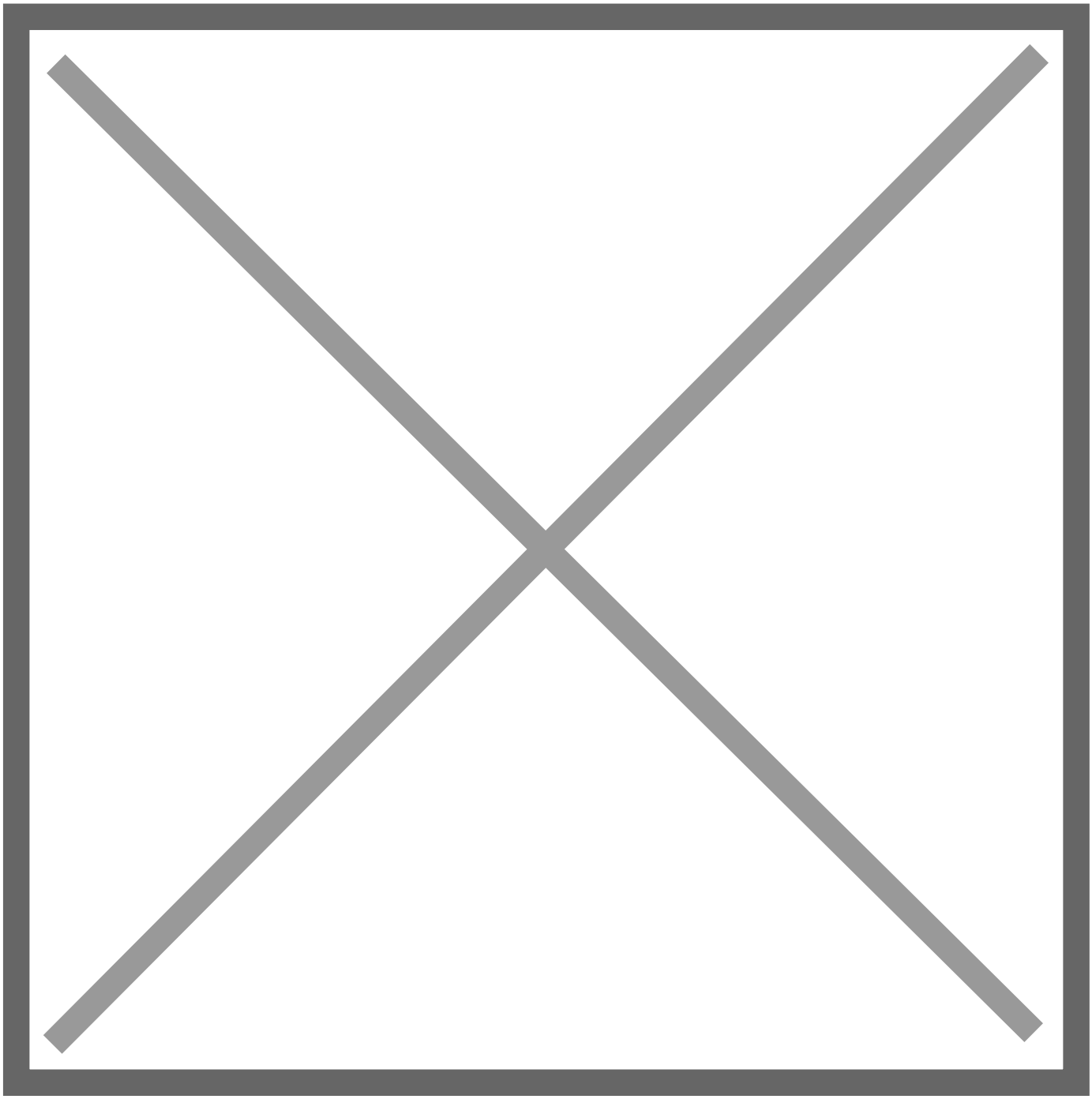
Girls, 2021-2022



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

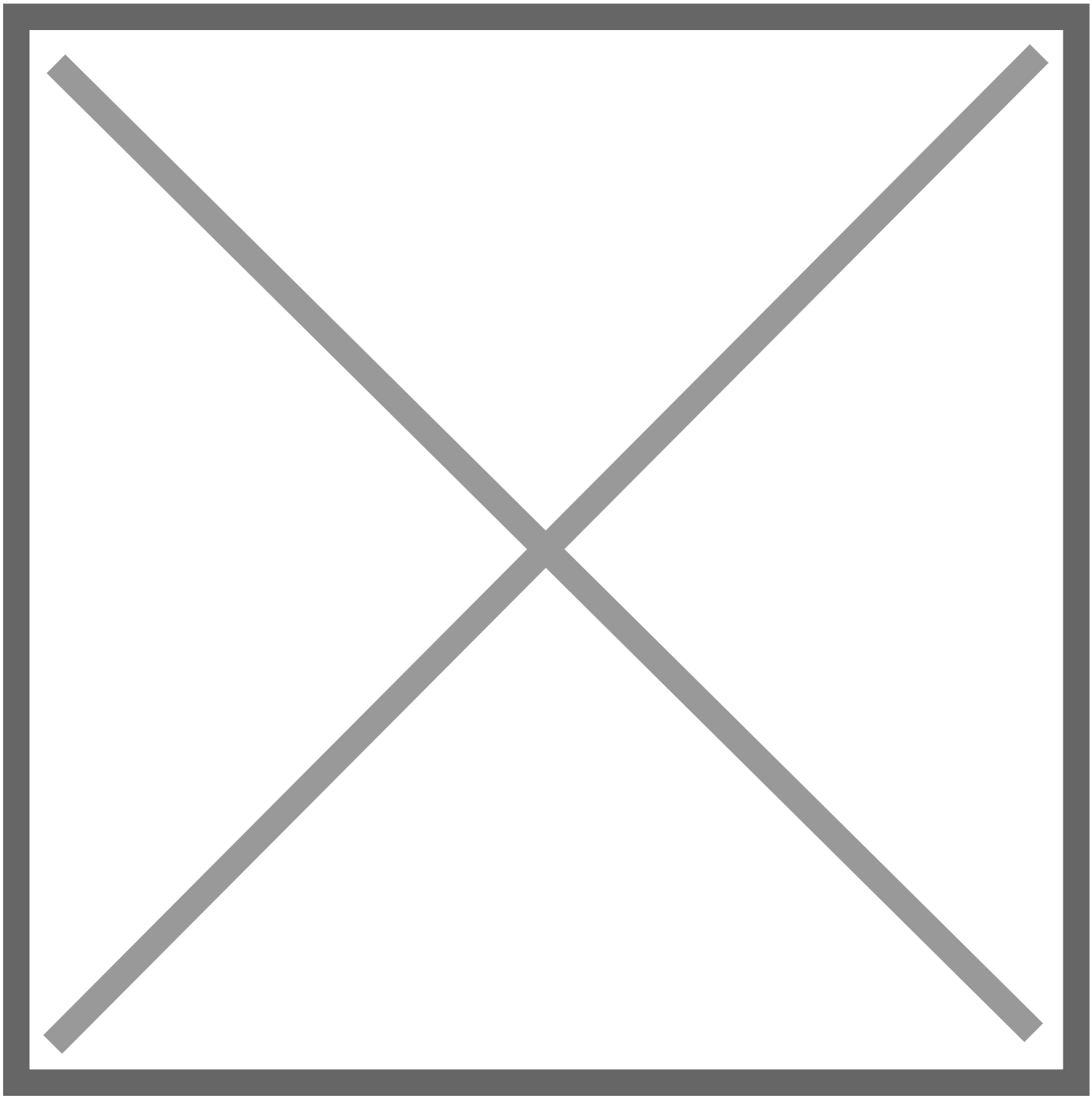
Mental health - depression disorders

Children, 2023



Area covered:	National
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from https://vizhub.healthdata.org/gbd-compare/ [Accessed 17.03.26]
Definitions:	Estimated number living with depressive disorders per 100,000 population (under 20 years of age)

Boys, 2023



Area covered:	National
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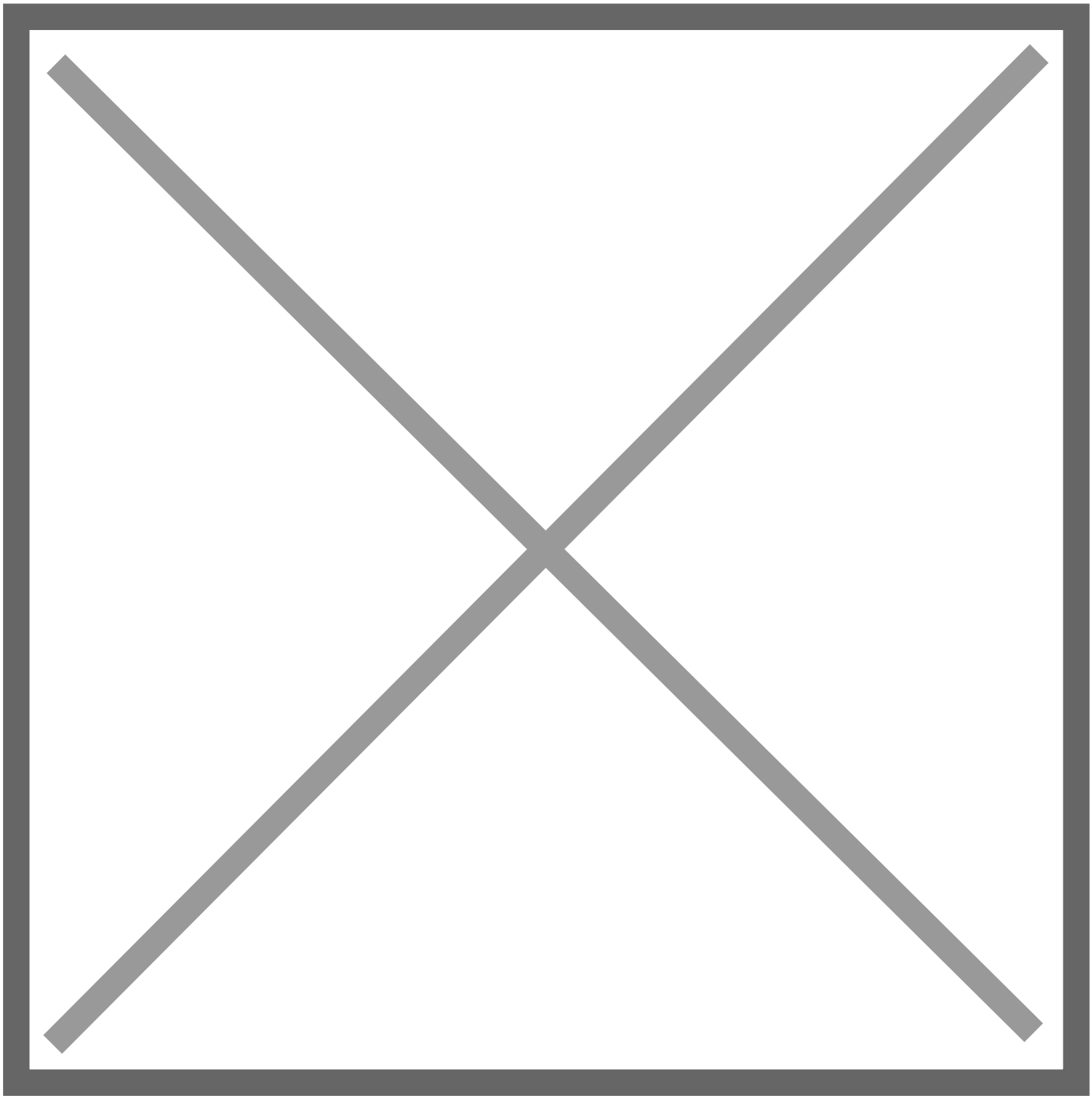
Definitions:	Estimated number living with depressive disorders per 100,000 population (under 20 years of age)

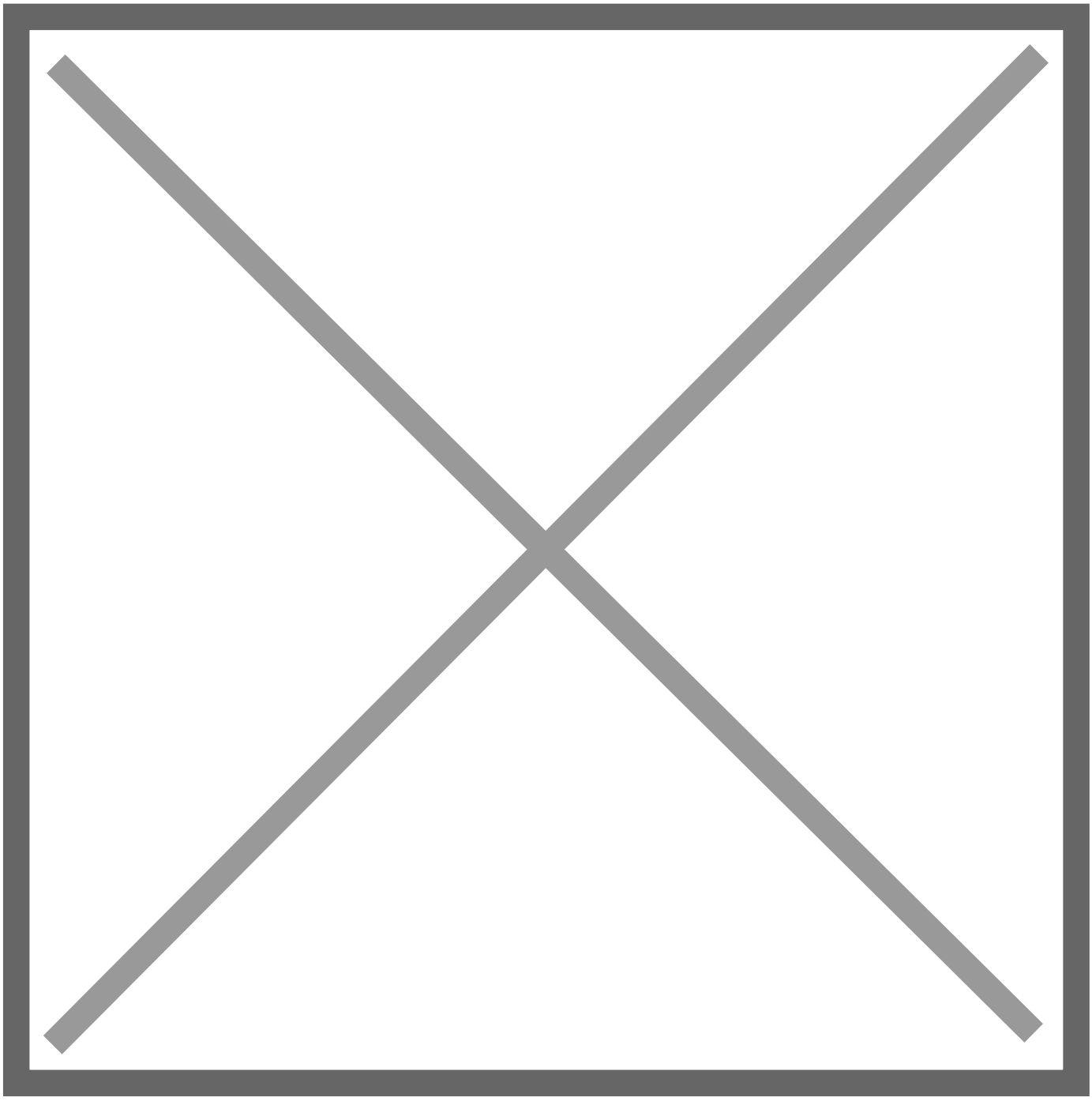
Girls, 2023



Area covered:	National
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from https://vizhub.healthdata.org/gbd-compare/ [Accessed 17.03.26]
Definitions:	Estimated number living with depressive disorders per 100,000 population (under 20 years of age)

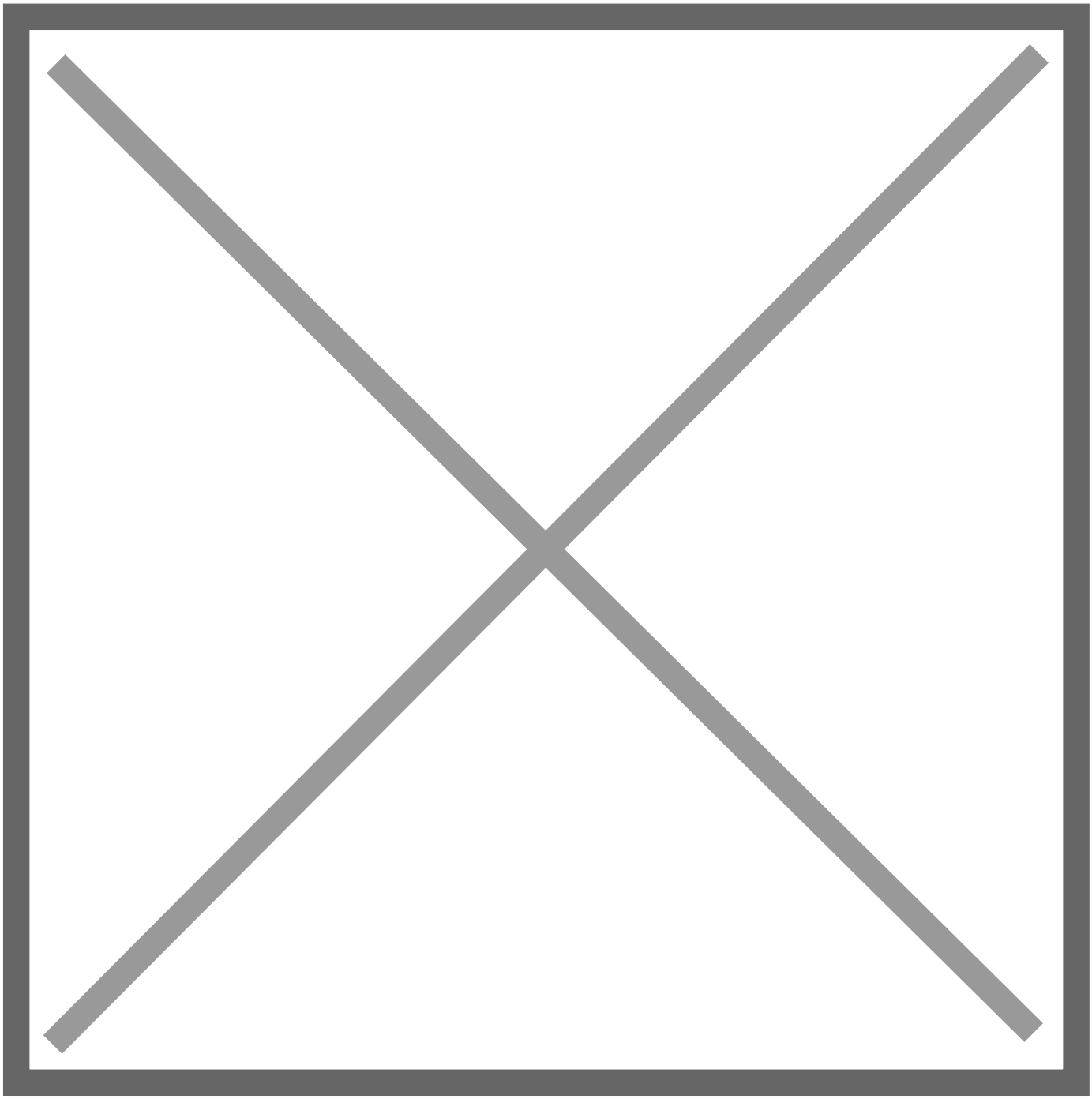
Mental health - anxiety disorders

Children, 2023



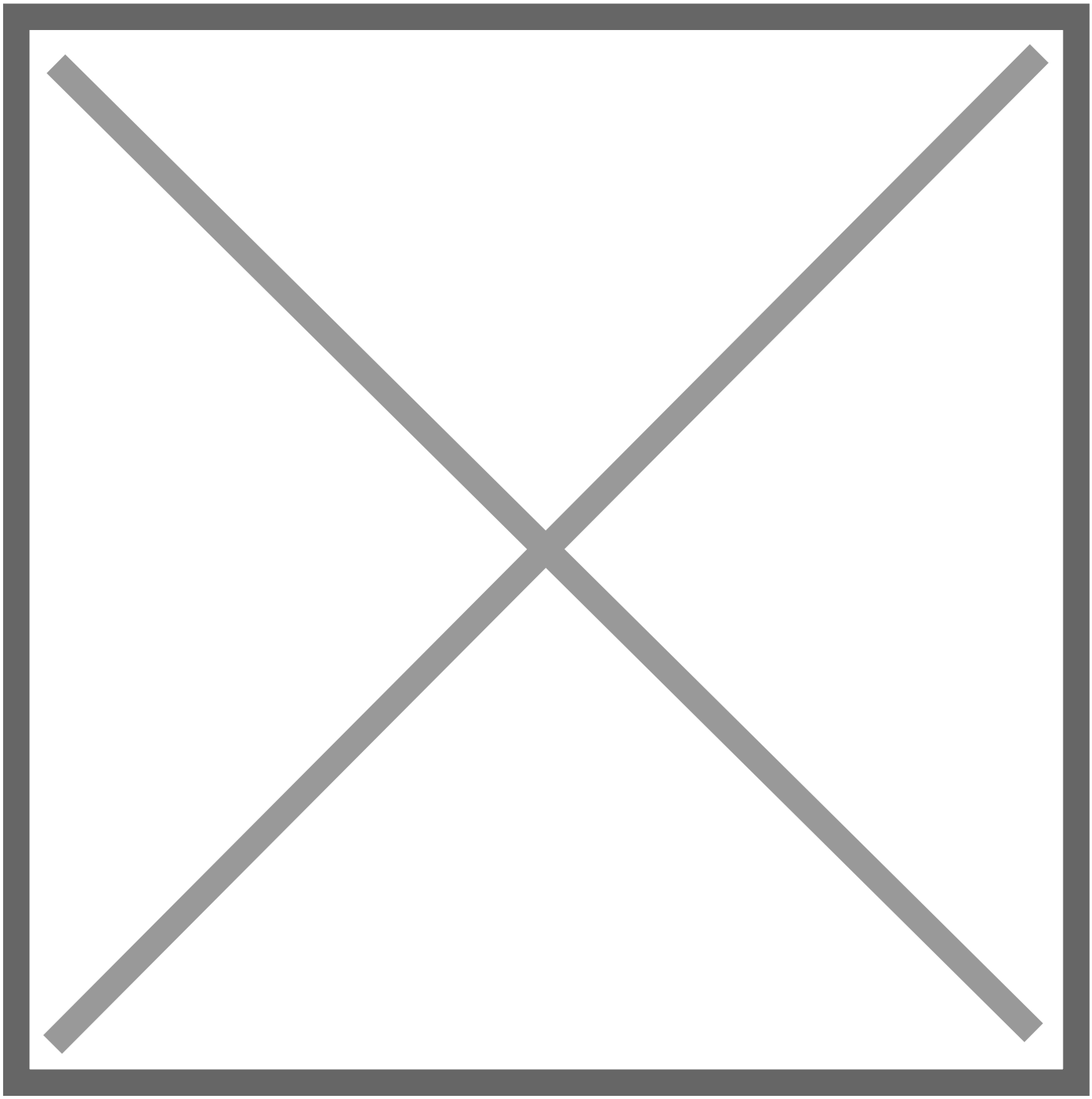
Area covered:	National
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from https://vizhub.healthdata.org/gbd-compare/ [Accessed 17.03.26]
Definitions:	Estimated number living with anxiety disorders per 100,000 population (under 20 years of age)

Boys, 2023



Area covered:	National
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from https://vizhub.healthdata.org/gbd-compare/ [Accessed 17.03.26]
Definitions:	Estimated number living with anxiety disorders per 100,000 population (under 20 years of age)

Girls, 2023



Area covered:	National
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from https://vizhub.healthdata.org/gbd-compare/ [Accessed 17.03.26]
Definitions:	Estimated number living with anxiety disorders per 100,000 population (under 20 years of age)

PDF created on November 12, 2026