



Alemania



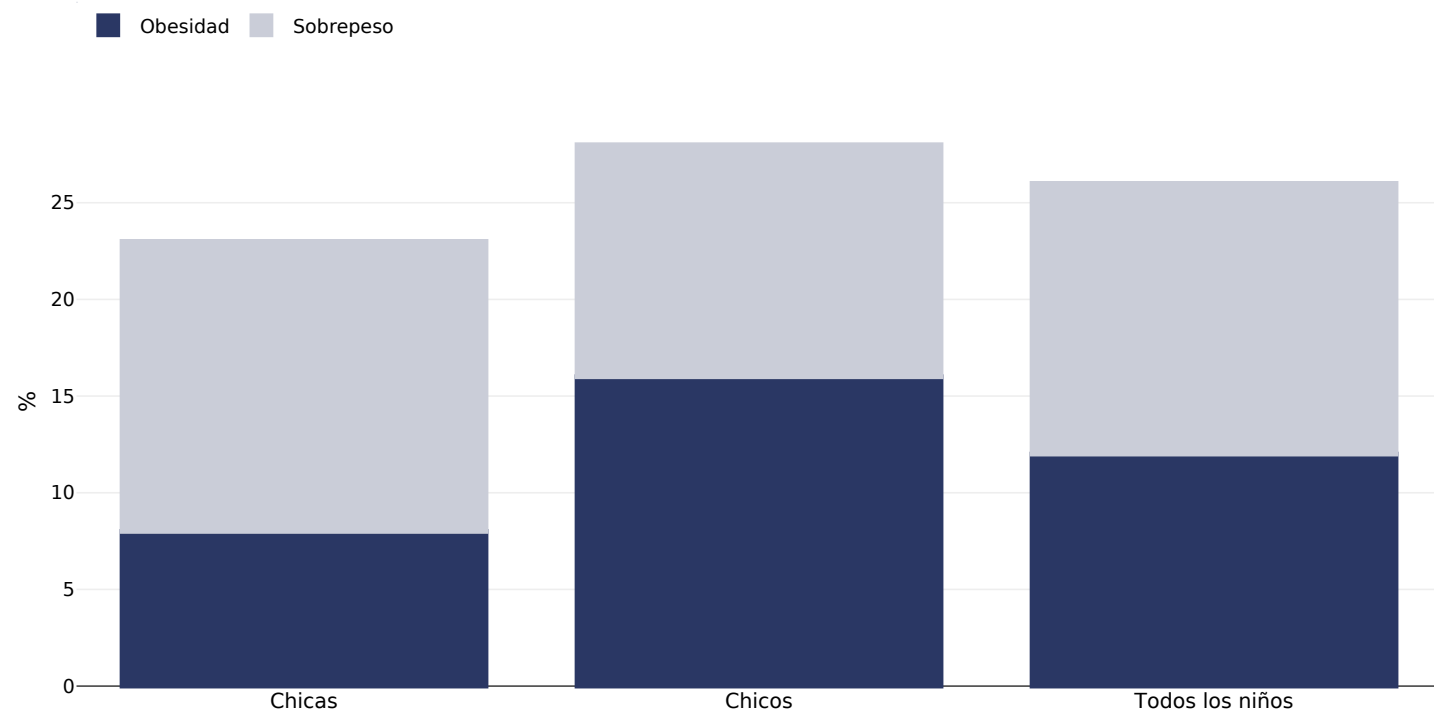
Country report card - children

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/germany-76/>.

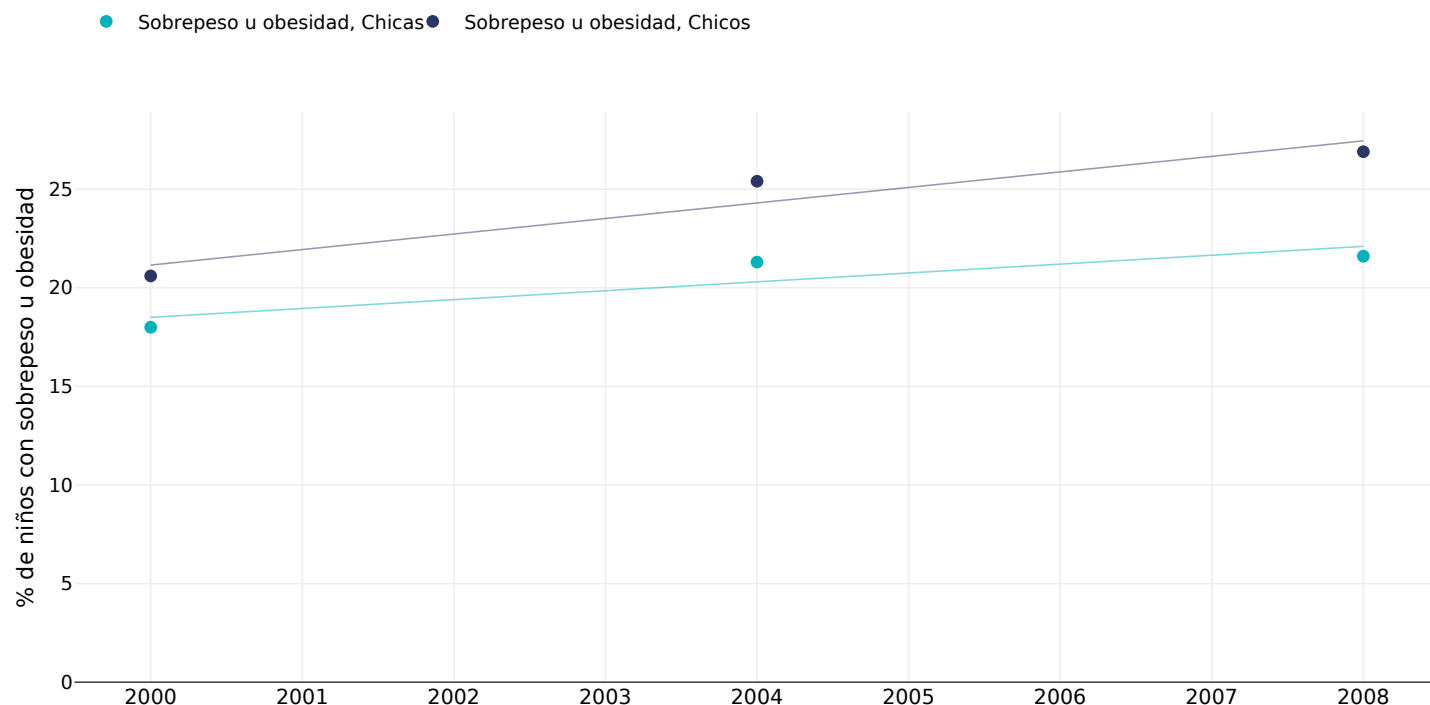
Prevalencia de obesidad

Niños, 2022-2024



Tipo de encuesta:	Medido
Edad:	8
Zona abarcada:	Subnational - Bremen
Referencias:	WHO European Childhood Obesity Surveillance Initiative (COSI): A brief review of results from round 6 of COSI (2022-2024). Copenhagen: WHO Regional Office for Europe; 2024. Licence: CC BY-NC-SA 3.0 IGO.
Notas:	Germany data is only for Bremen.
Cutoffs:	WHO 2007

Children living with overweight or obesity in Germany 2000-2008



Tipo de encuesta:

Medido

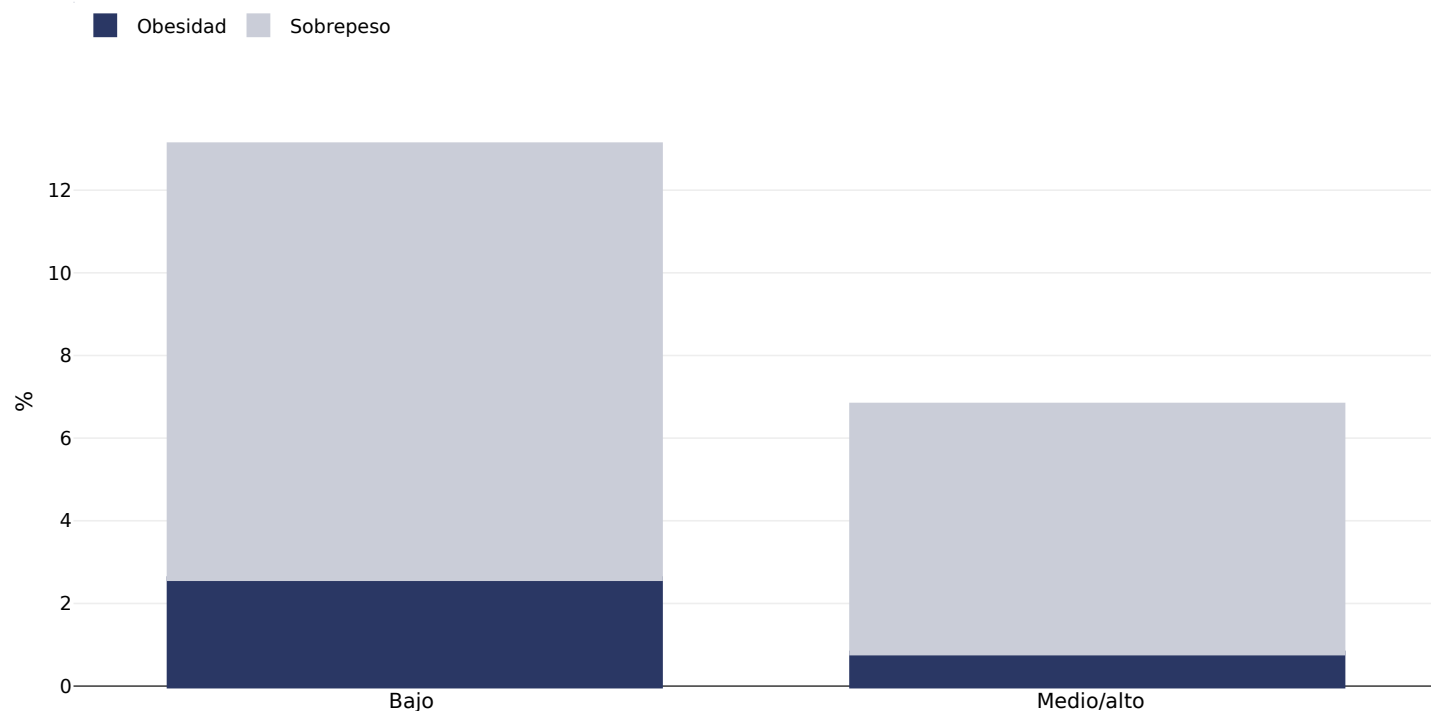
Referencias:

Blüher S, Meigen C, Gausche R, et al. Age-specific stabilization in obesity prevalence in German children: a cross-sectional study from 1999 to 2008. *Int J Pediatr Obes.* 2011;6(2-2):e199-e206. doi:10.3109/17477166.2010.526305
 Blüher S, Meigen C, Gausche R, et al. Age-specific stabilization in obesity prevalence in German children: a cross-sectional study from 1999 to 2008. *Int J Pediatr Obes.* 2011;6(2-2):e199-e206. doi:10.3109/17477166.2010.526305
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Es posible que se hayan utilizado diferentes metodologías para recopilar estos datos y, por lo tanto, los resultados de las diferentes encuestas no siempre son estrictamente comparables. Consulte las fuentes de datos originales para informarse sobre las metodologías utilizadas.

Sobrepeso/obesidad según nivel de estudios

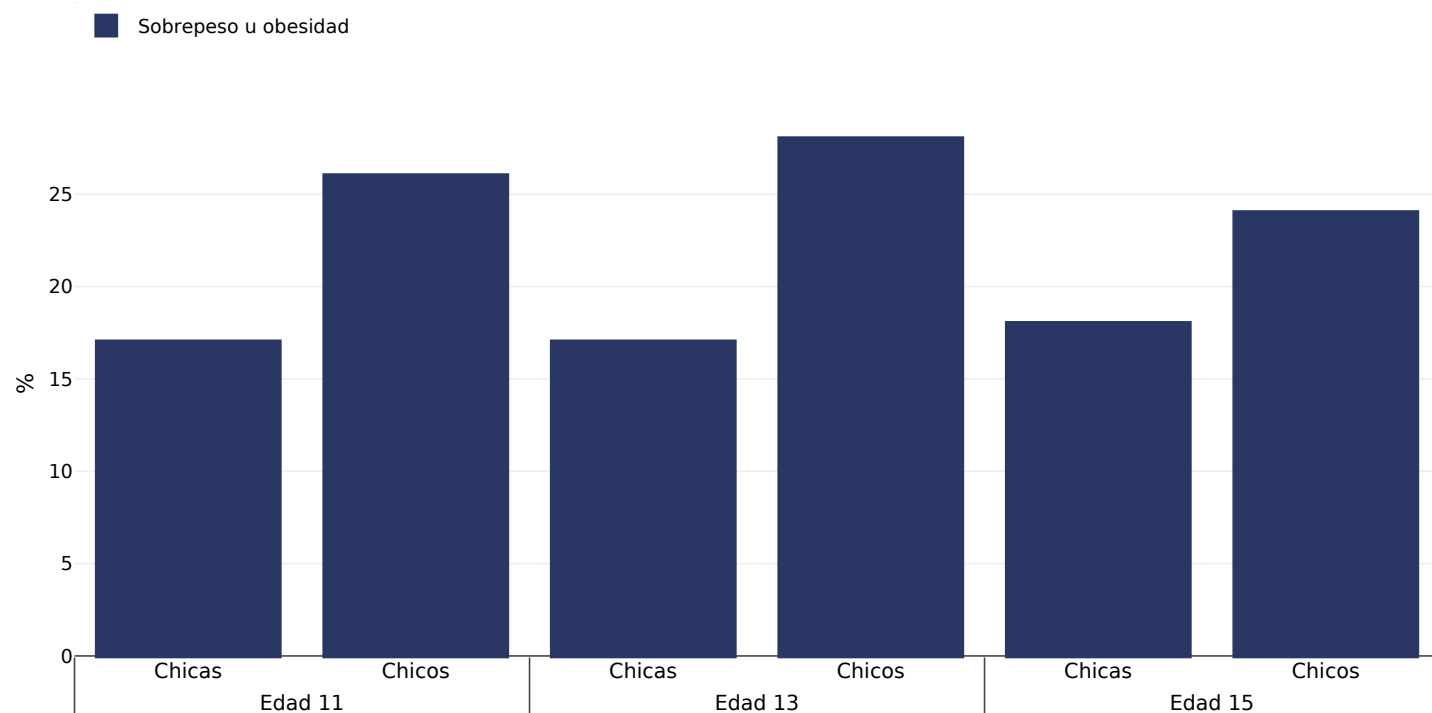
Niños, 2012



Tipo de encuesta:	Medido
Edad:	3-6
Tamaño de la muestra:	1217
Zona abarcada:	Subnational - Munich
Referencias:	Manios, Y. et al. (2018). Prevalence and sociodemographic correlates of overweight and obesity in a large Pan-European cohort of preschool children and their families: The ToyBox-study. Nutrition. 55-56 (p), pp.1-7.
Notas:	IOTF International cut-offs used. Low Maternal education classed as <14 y of education. Medium/high Maternal education classed as >14 y of education.
Cutoffs:	IOTF

Sobrepeso/obesidad por edad

Niños, 2021-2022



Tipo de encuesta:

Autodeclarado

Zona abarcada:

See Report

Referencias:

Rakić Ć ; 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'

Notas:

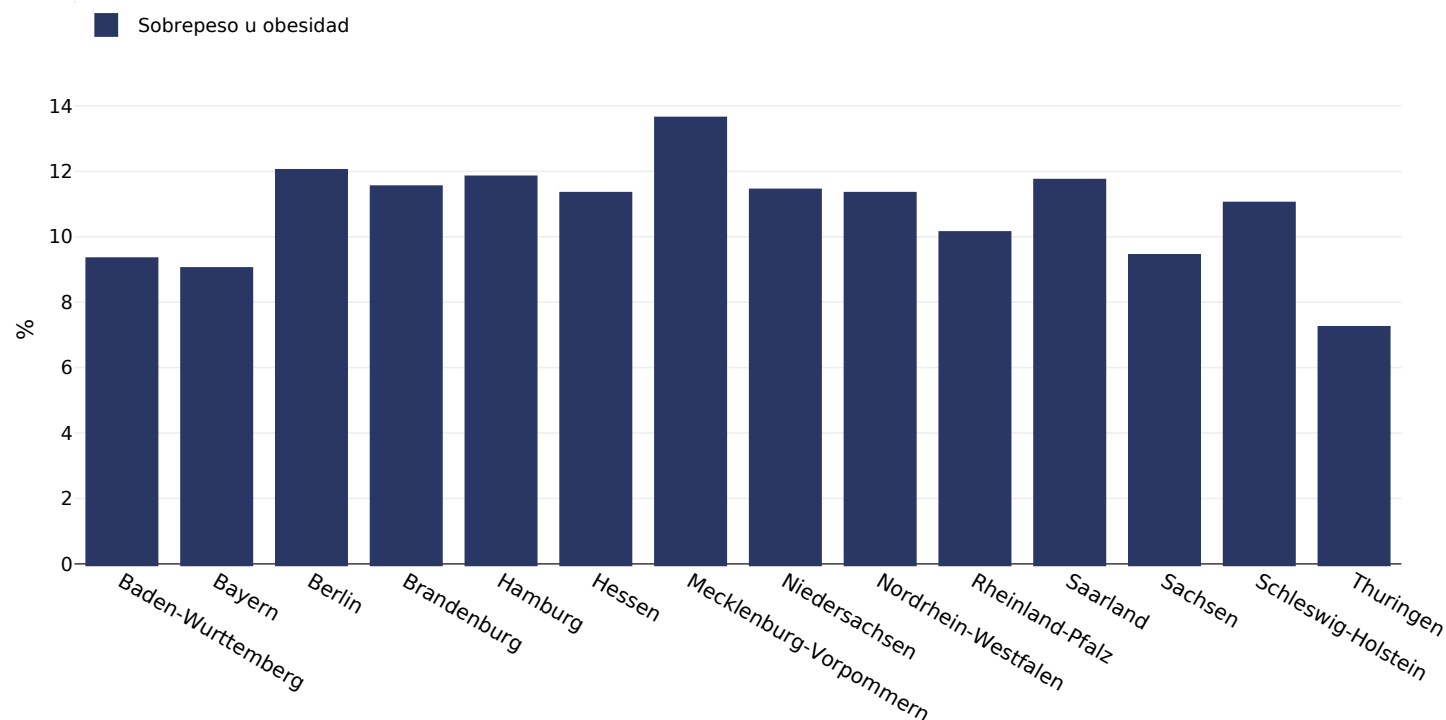
HBSC aims to survey approximately 1500 pupils per age group in each country or region (totaling around 4500)

Cutoffs:

+2SD

Sobrepeso/obesidad por región

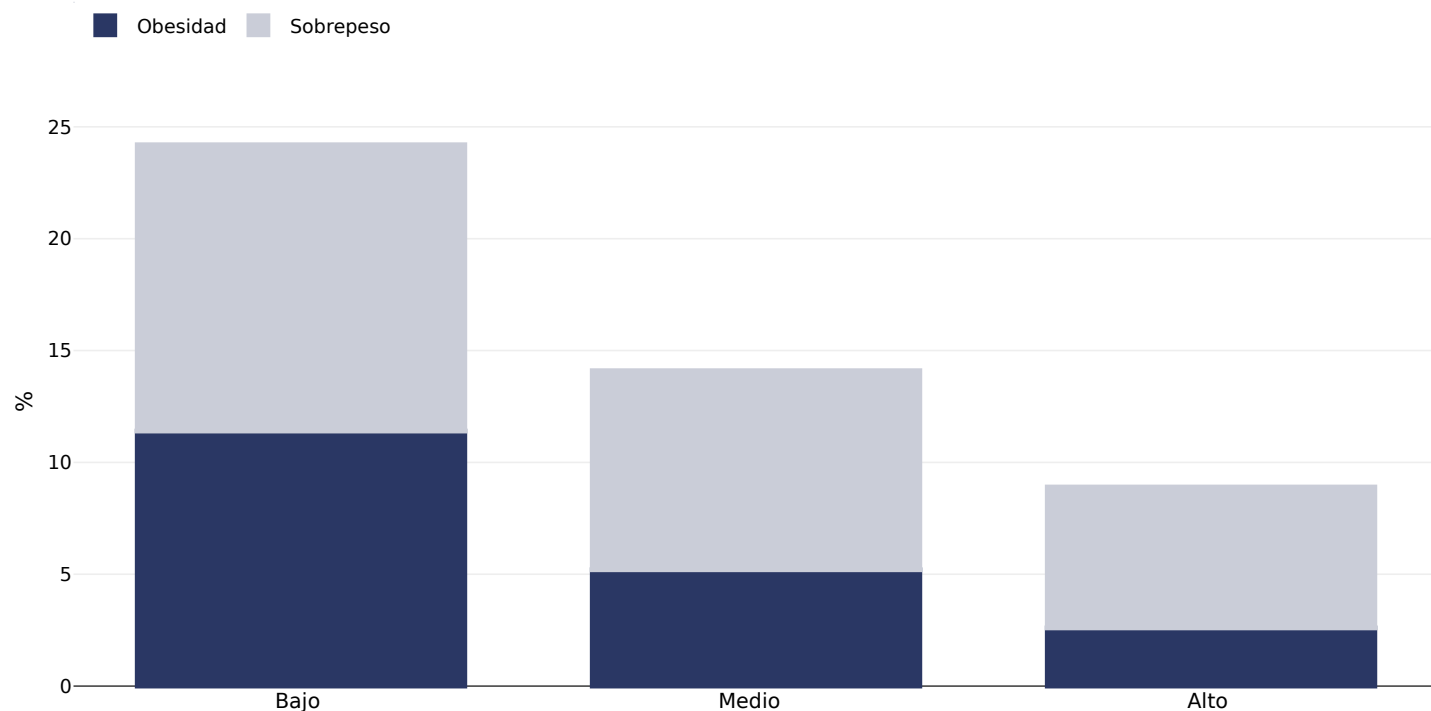
Niños, 2003-2006



Tipo de encuesta:	Medido
Edad:	3-17
Tamaño de la muestra:	14747
Zona abarcada:	Nacional
Referencias:	Reinehr T, Holl RW, Wabitsch M. The German Working Group of Obesity in Childhood and Adolescence (AGA): Improving the Quality of Care for Overweight and Obese Children in Germany. Obesity Facts 2008 DOI:10.1159/000113405
Notas:	See paper for cut off
Cutoffs:	Other

Sobrepeso/obesidad por nivel socioeconómico

Chicos, 2014-2017



Tipo de encuesta: Medido

Edad: 3-17

Tamaño de la muestra: 3561

Zona abarcada: Nacional

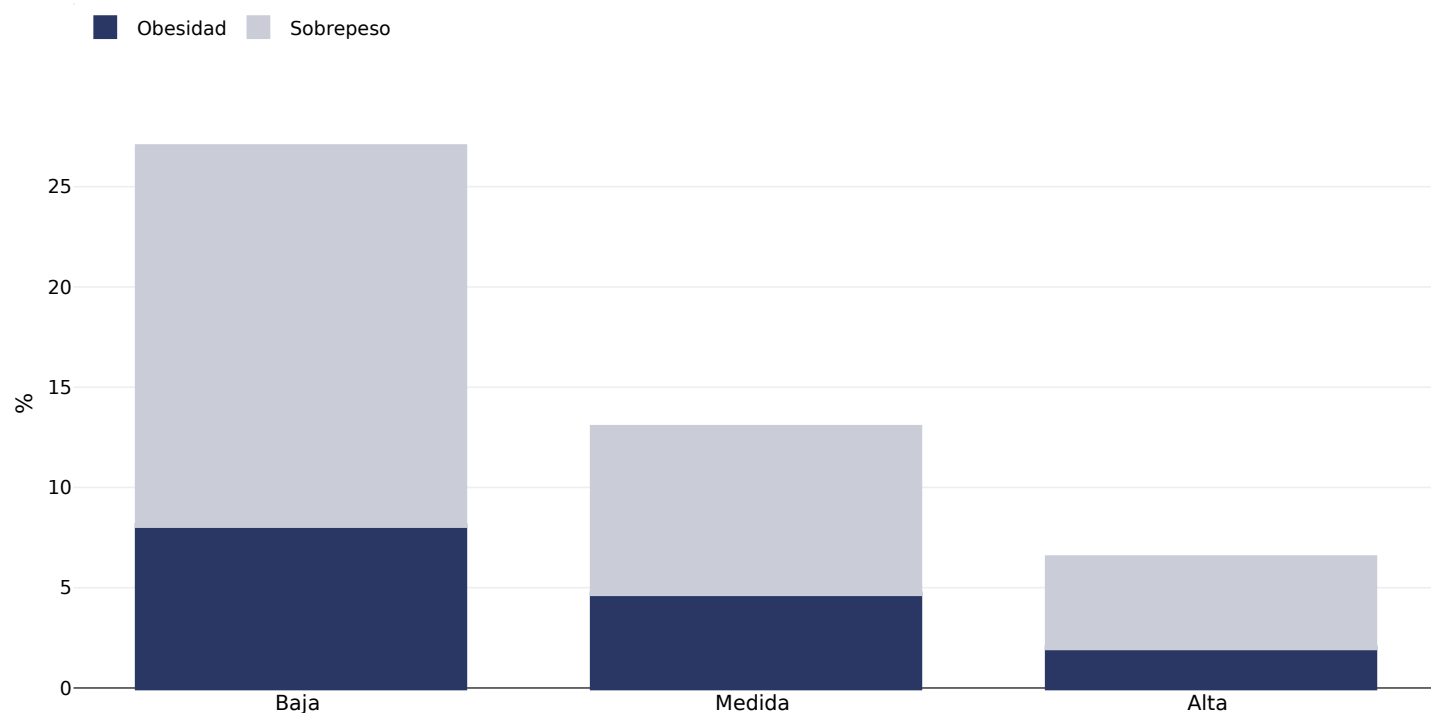
Referencias: Schienkiewitz, A., Brettschneider, A.-K., Damerow, S. and Rosario, A.S. (2018). Übergewicht und Adipositas im Kindes- und Jugendalter in Deutschland – Querschnittergebnisse aus KiGGS Welle 2 und Trends (Overweight and Obesity in Children and Adolescents in Germany - Cross-sectional Results from KiGGS Wave 2 and Trends). Edoc.rki.de. [online] doi: <https://doi.org/10.17886/RKI-GBE-2018-005.2> [Accessed 20.06.25]

Notas: Girls = 1799, Boys = 1762

Definiciones (solo disponible en inglés): National reference percentiles according to Kromeyer-Hauschild

Cutoffs: Other

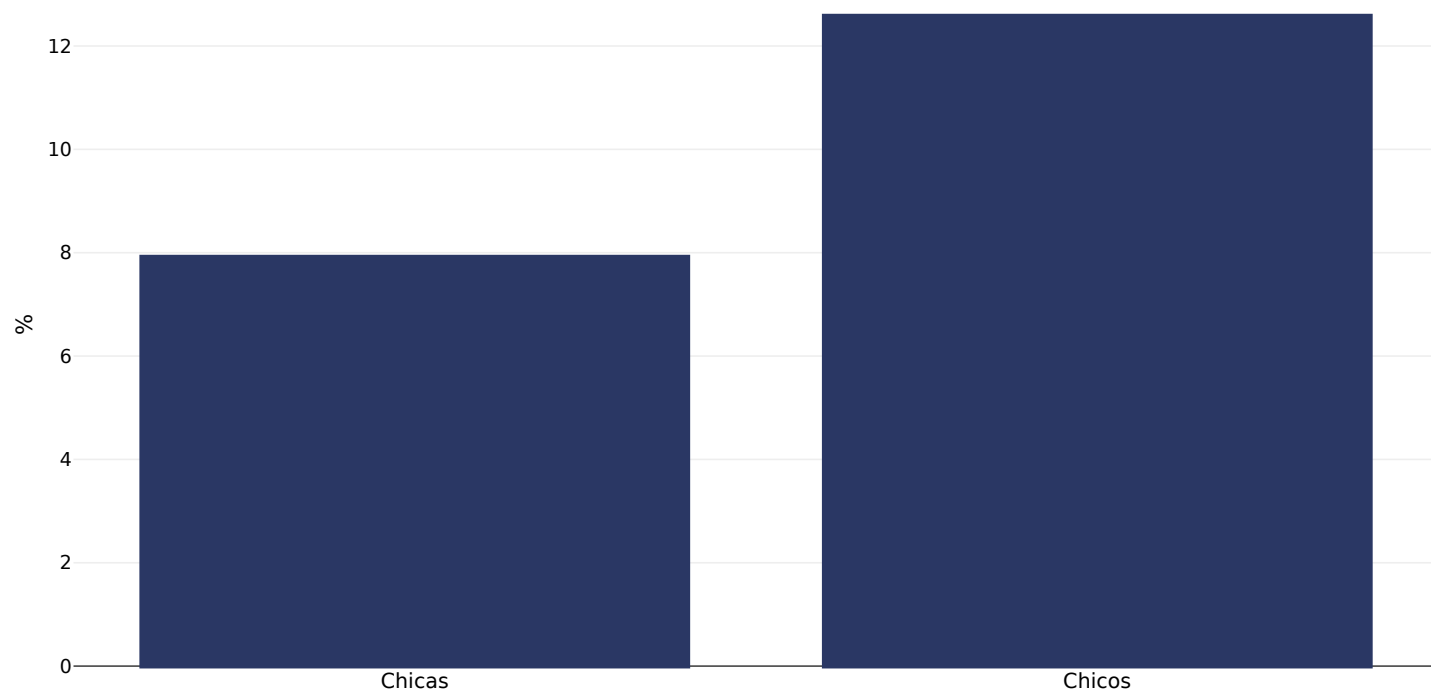
Chicas, 2014-2017



Tipo de encuesta:	Medido
Edad:	3-17
Tamaño de la muestra:	3561
Zona abarcada:	Nacional
Referencias:	Schienkiewitz, A., Brettschneider, A.-K., Damerow, S. and Rosario, A.S. (2018). Übergewicht und Adipositas im Kindes- und Jugendalter in Deutschland - Querschnittergebnisse aus KiGGS Welle 2 und Trends (Overweight and Obesity in Children and Adolescents in Germany - Cross-sectional Results from KiGGS Wave 2 and Trends). Edoc.rki.de. [online] doi: https://doi.org/10.17886/RKI-GBE-2018-005.2 [Accessed 20.06.25]
Notas:	Girls = 1799, Boys = 1762
Definiciones (solo disponible en inglés):	National reference percentiles according to Kromeyer-Hauschild
Cutoffs:	Other

Double burden of underweight & overweight

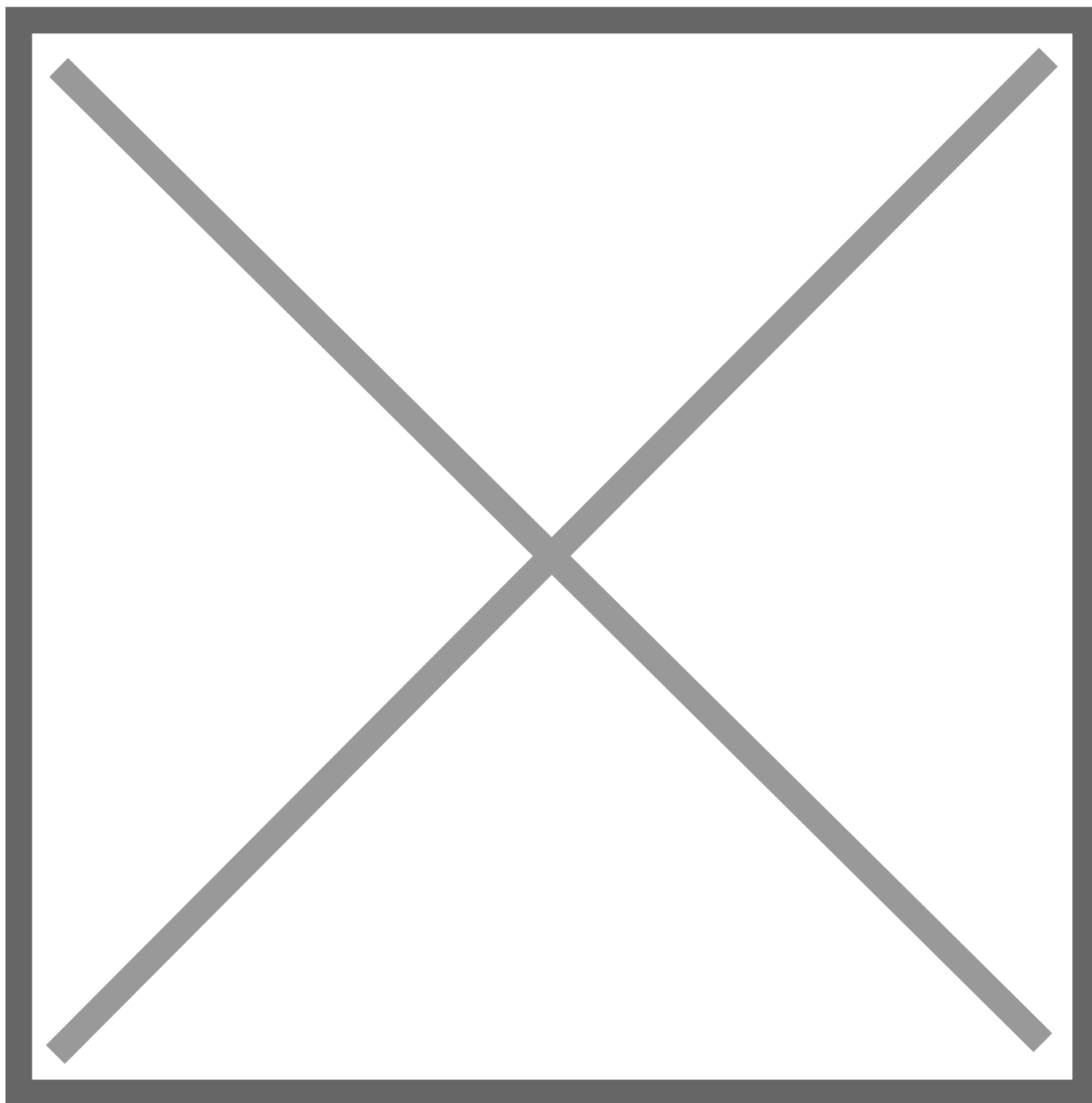
Niños, 2022



Tipo de encuesta:	Medido
Edad:	5-19
Referencias:	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 .
Notas:	Age standardised estimates
Definiciones (solo disponible en inglés):	Combined prevalence of BMI < -2SD and BMI > 2SD (double burden of thinness and obesity)
Cutoffs:	BMI < -2SD and BMI > 2SD

Actividad f sica insuficiente

Chicos, 2022



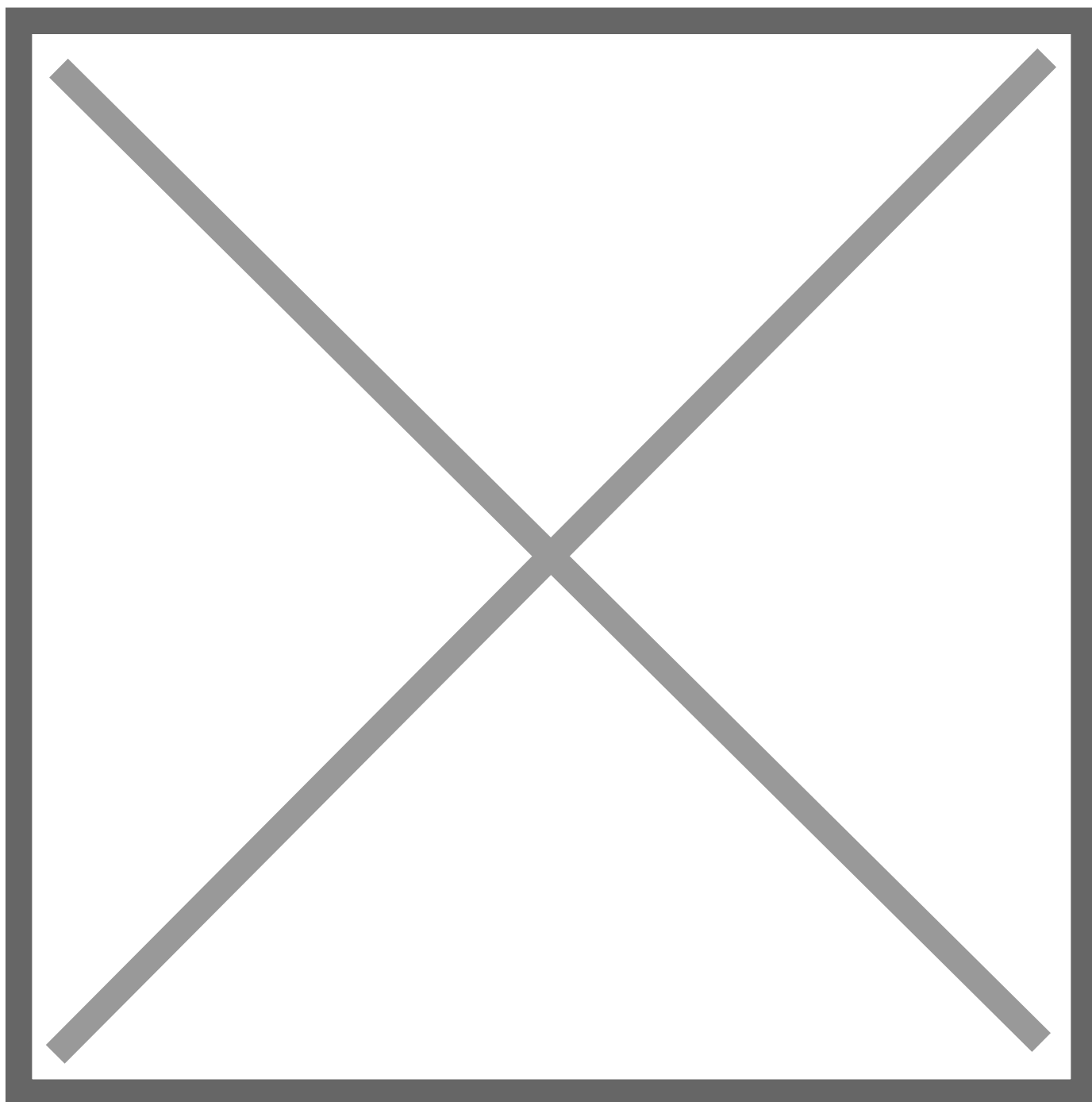
Referencias:

Raki  JG, Hamrik Z, Dzielska A, Felder-Puig R, Oja L, Bakal r 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>.

Notas: 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.

Definiciones (solo disponible en inglés): % reporting less than 60 minutes of MVPA daily

Chicas, 2022



Referencias:

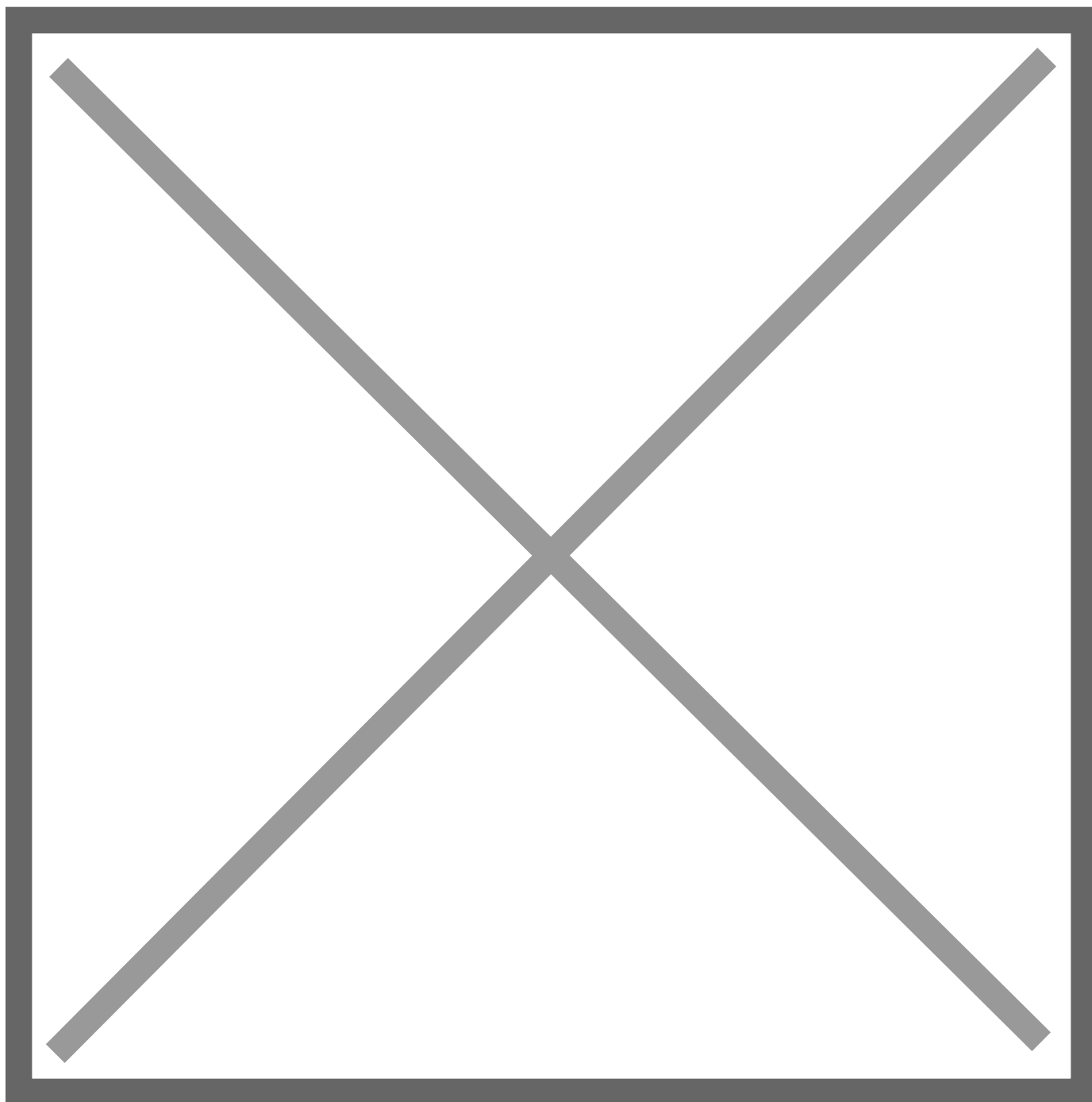
Rakić JG, Hamrik Z, Dzielska A, Felder-Puig R, Oja L, Bakalár P et al. A focus on adolescent physical activity, eating behaviours, weight status and body image in Europe, central Asia and Canada. Health Behaviour in School-aged Children international report from the 2021/2022 survey. Volume 4. Copenhagen: 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>.

Notas: 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.

Definiciones (solo disponible en inglés): % reporting less than 60 minutes of MVPA daily

Prevalencia del consumo diario de refrescos carbonatados

Chicos, 2021-2022



**Zona
abarcada:**

Nacional

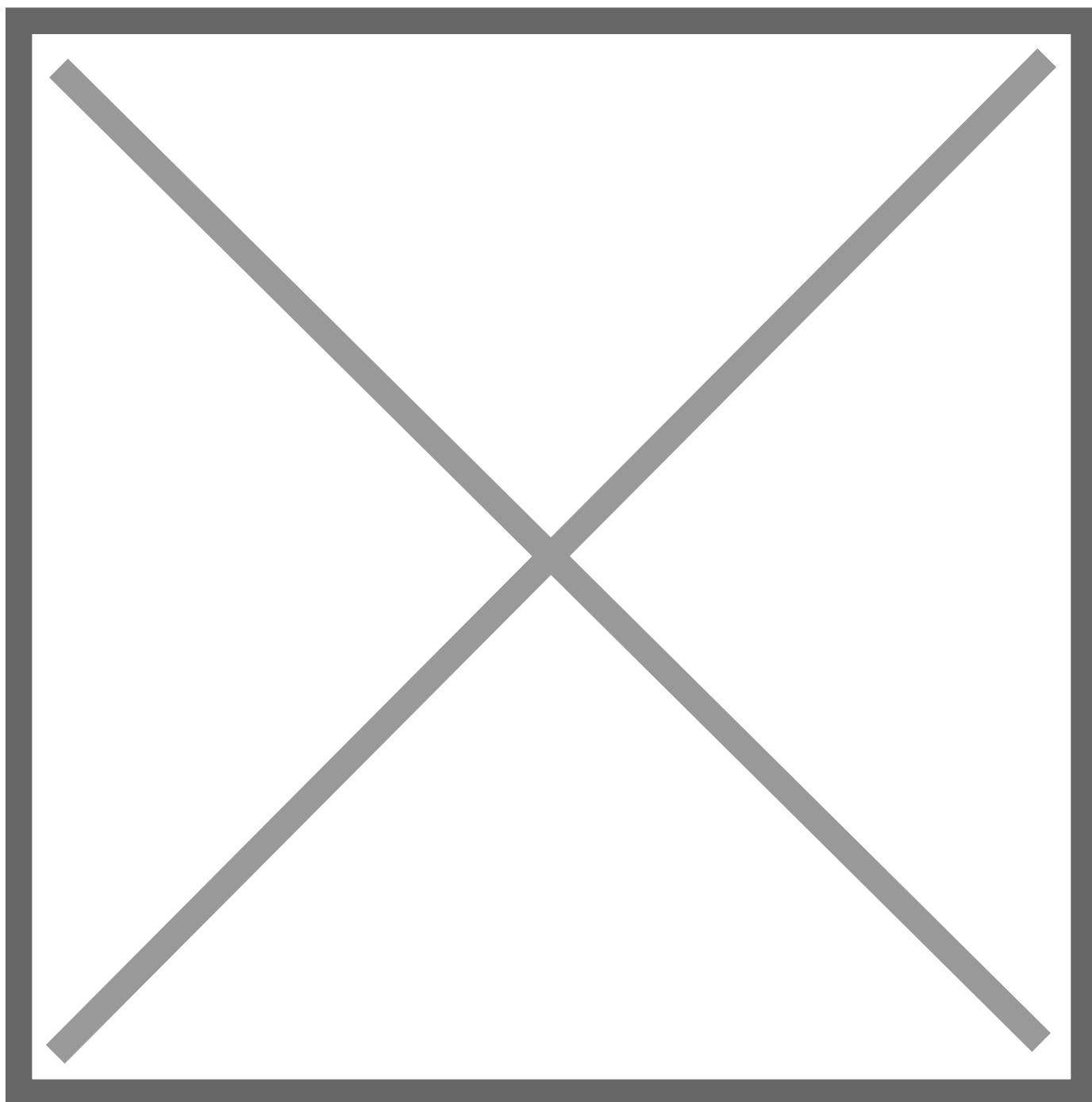
Referencias:

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

**Definiciones
(solo
disponible en
ingl  s):**

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

Chicas, 2021-2022



**Zona
abarcada:**

Nacional

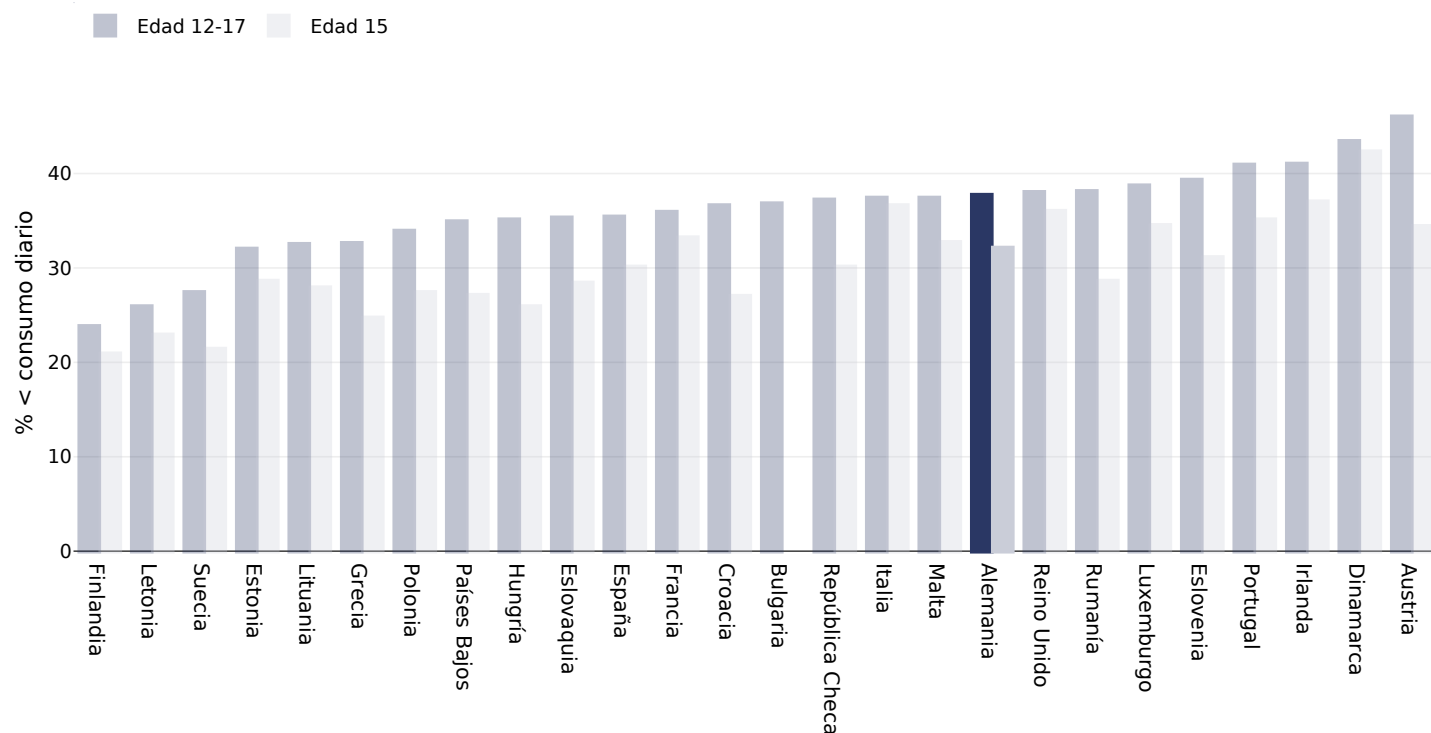
Referencias:

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

**Definiciones
(solo
disponible en
ingl  s):**

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

Prevalencia del consumo de fruta menos de una vez al día Niños, 2014



Tipo de encuesta:

Medido

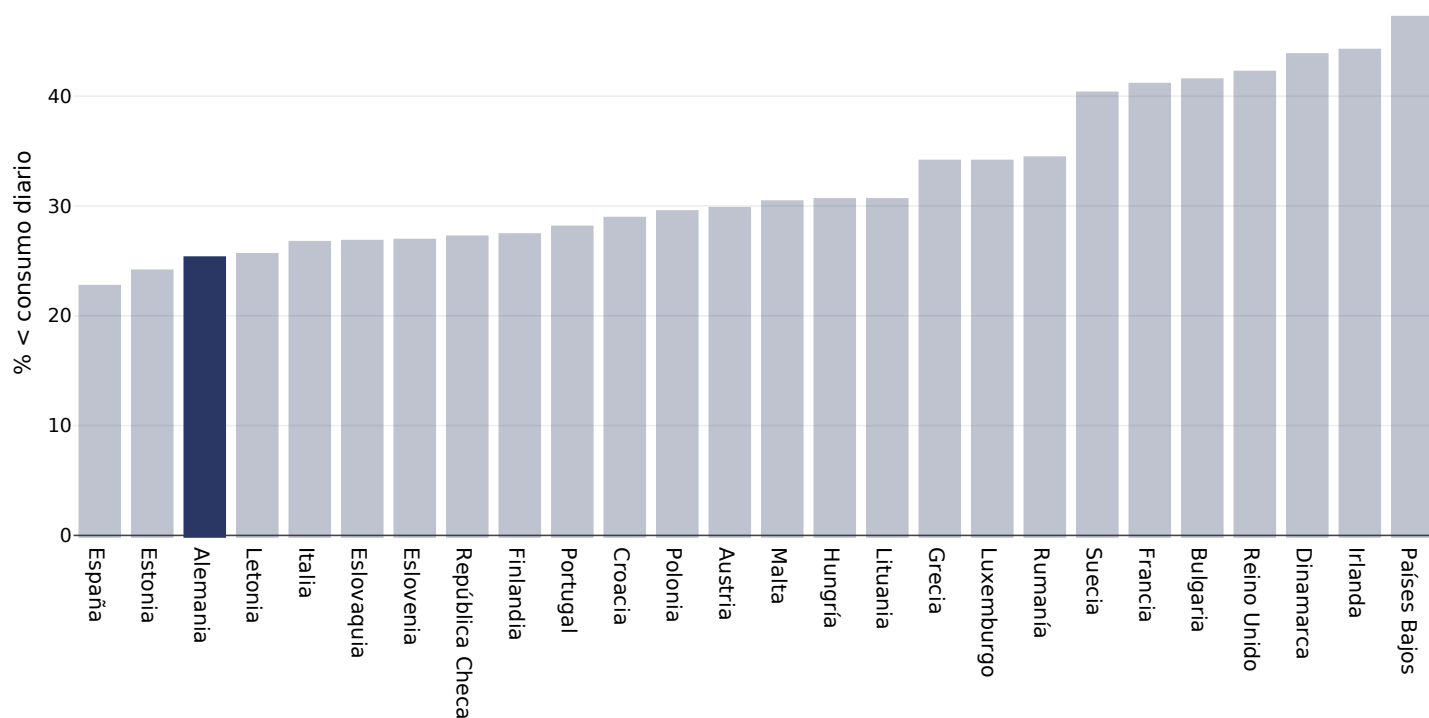
Referencias:

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

Definiciones (solo disponible en inglés):

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

Prevalencia del consumo de verdura menos de una vez al día Niños, 2014



Tipo de encuesta:

Medido

Edad:

12-17

Referencias:

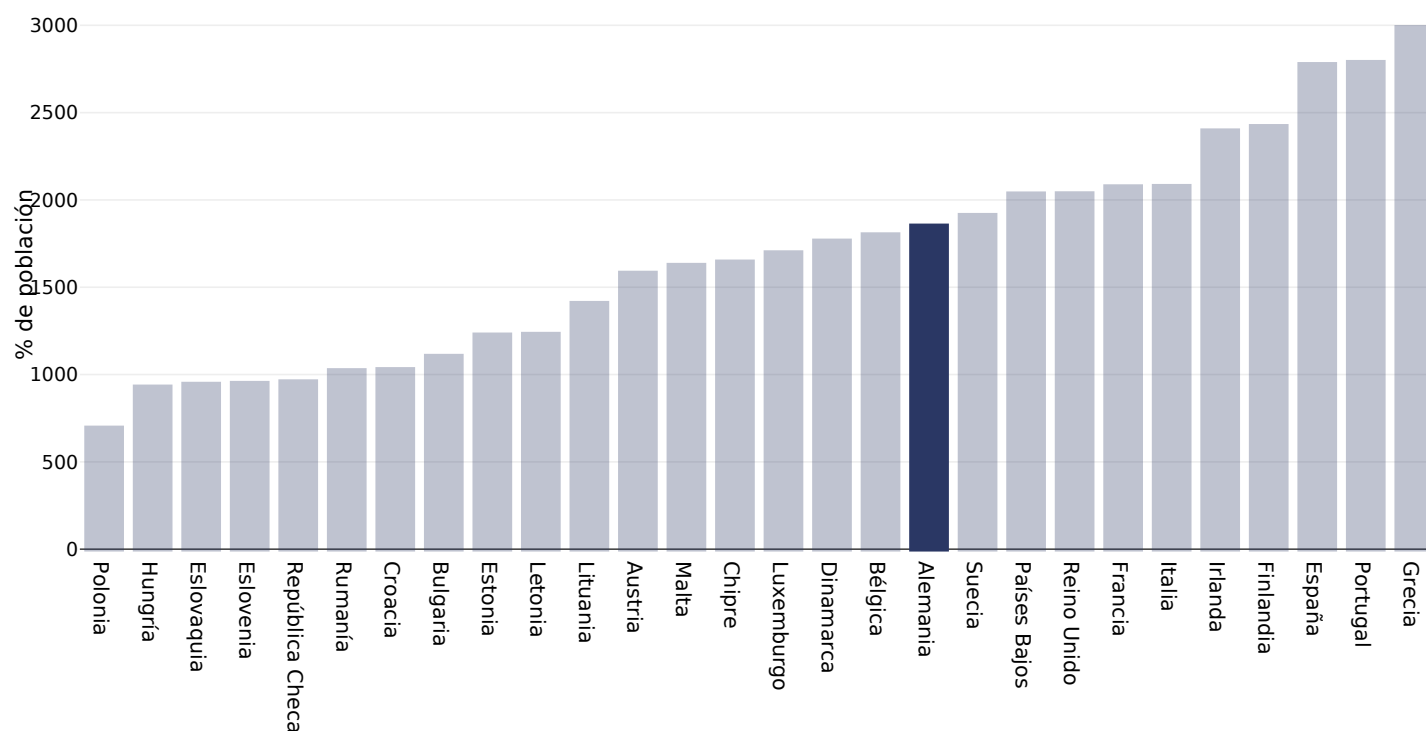
Beal et al. (2019). Global Patterns of Adolescent Fruit, Vegetable, Carbonated Soft Drink, and Fast-food consumption: A meta-analysis of global school-based student health surveys. Food and Nutrition Bulletin. <https://doi.org/10.1177/0379572119848287> sourced from Food Systems Dashboard <http://www.foodsystemsdashboard.org/food-system>

Definiciones (solo disponible en inglés):

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

Salud mental: trastornos de depresión

Niños, 2021



Zona
abarcada:

Nacional

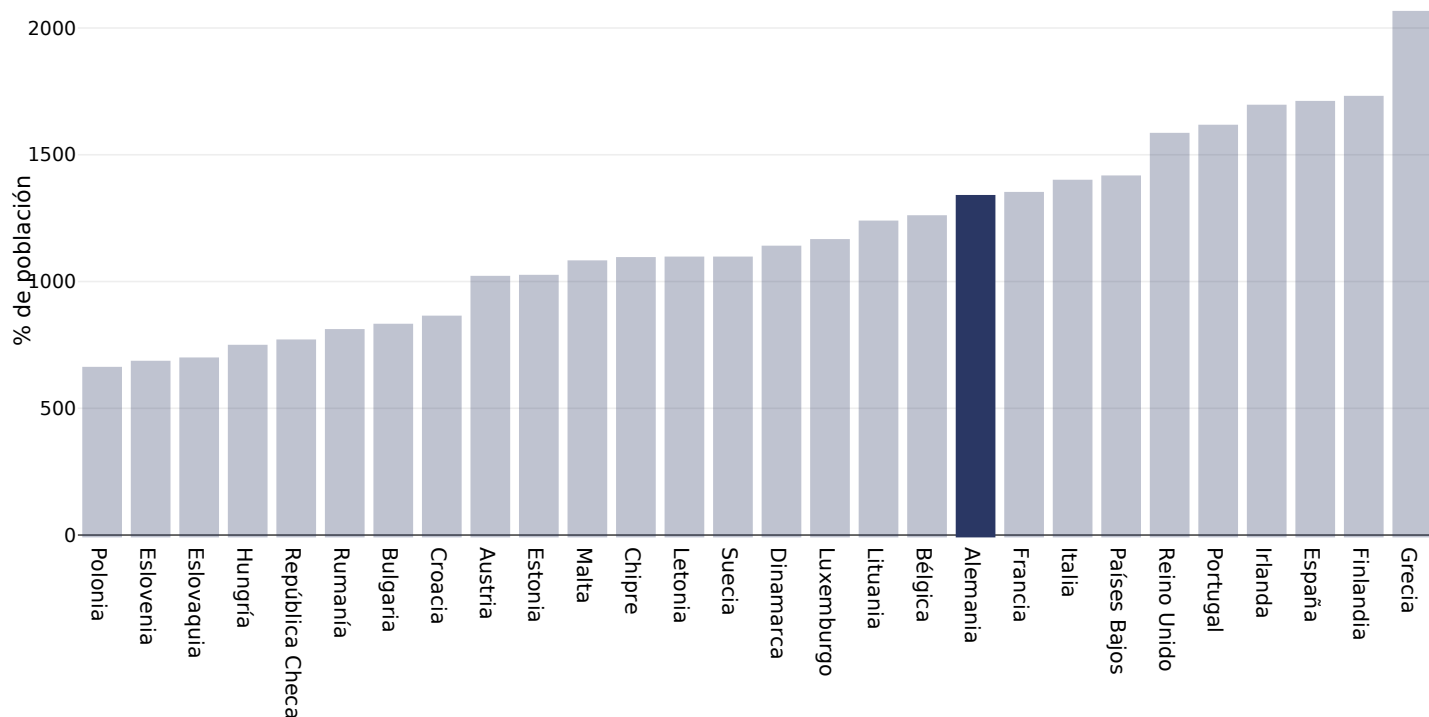
Referencias:

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)

Definiciones
(solo
disponible en
inglés):

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

Chicos, 2021



**Zona
abarcada:**

Nacional

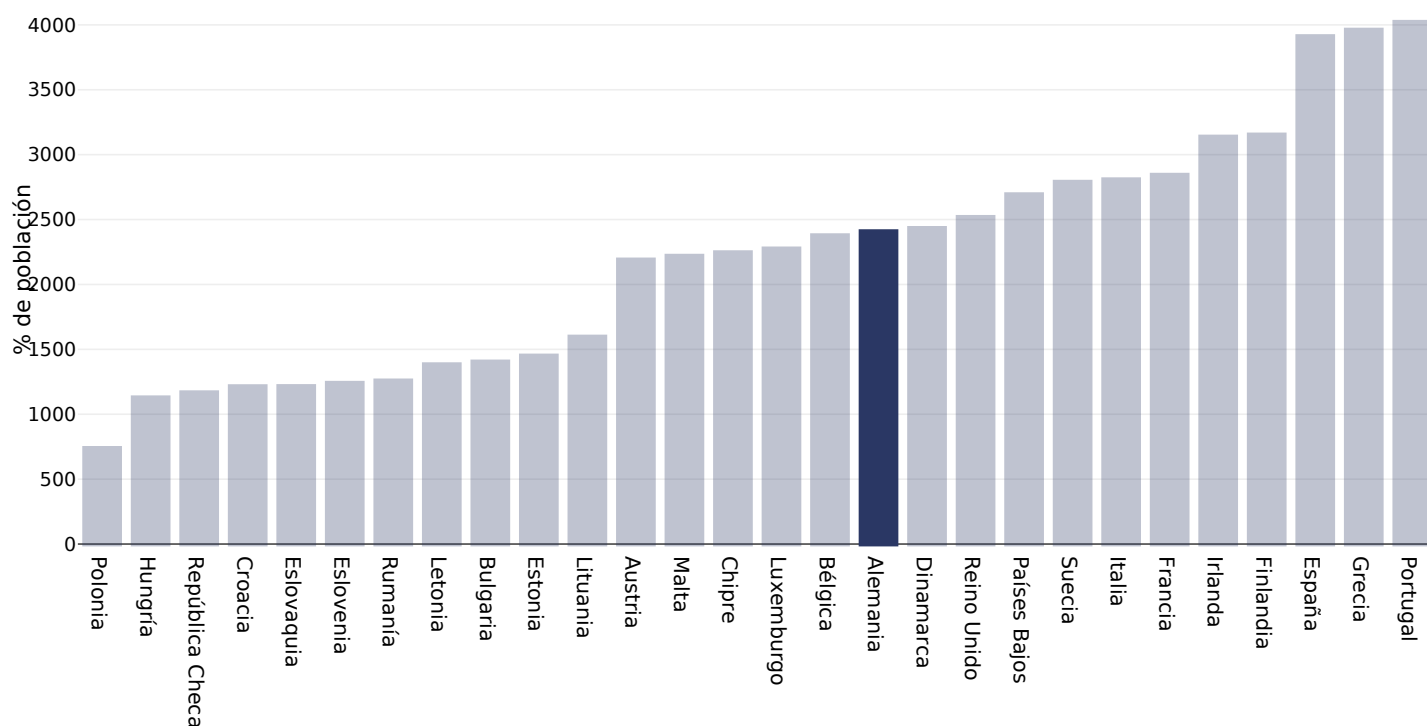
Referencias:

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)

**Definiciones
(solo
disponible en
ingl  s):**

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

Chicas, 2021



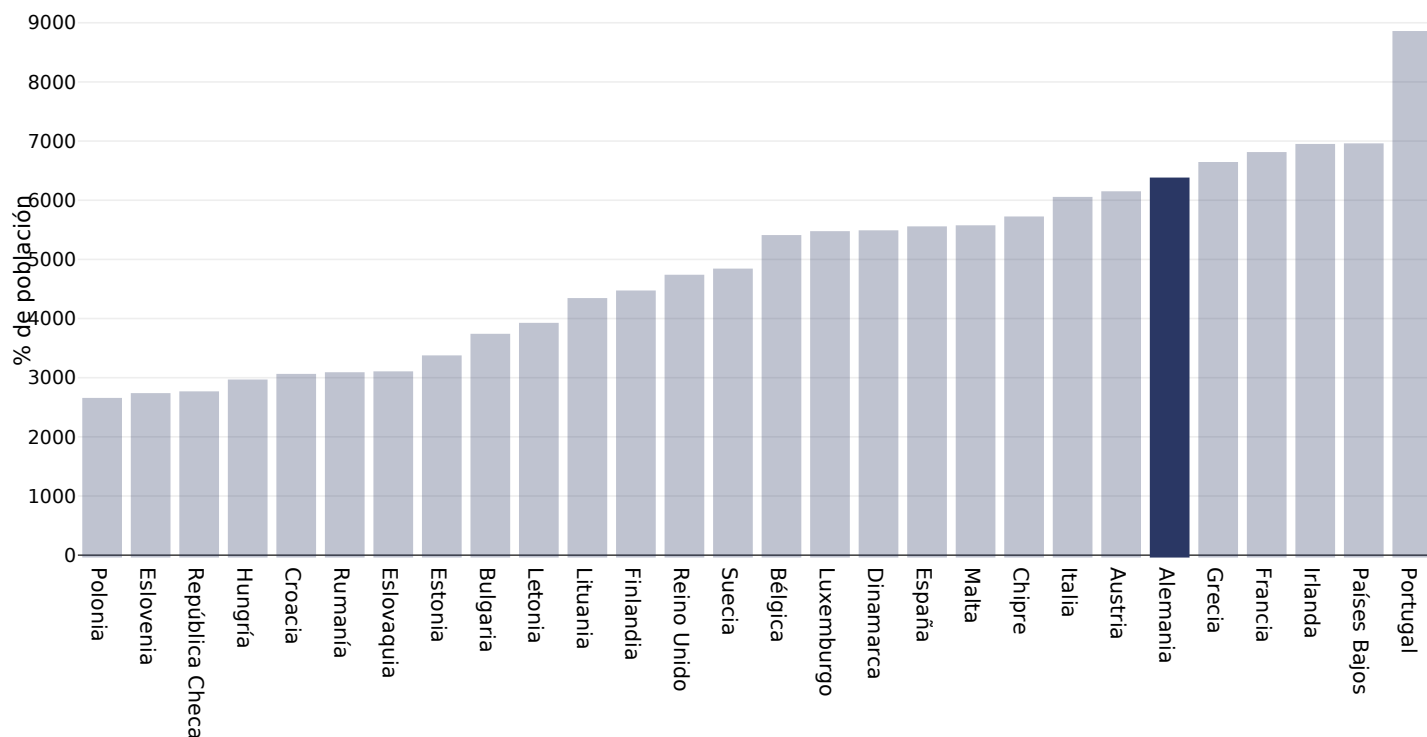
Zona abarcada: Nacional

Referencias: 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)

Definiciones (solo disponible en inglés): Number living with depressive disorder per 100,000 population (Under 20 years of age)

Salud mental: trastornos de ansiedad

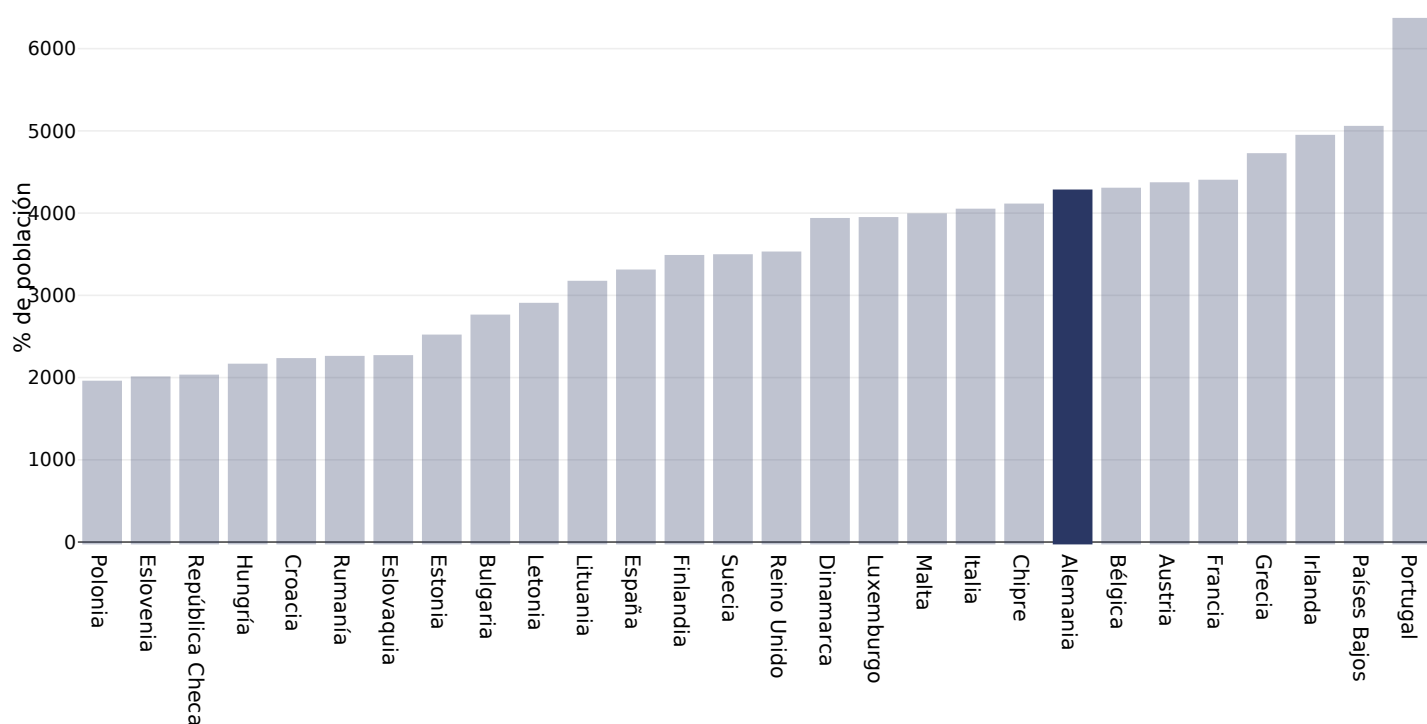
Niños, 2021



Referencias:

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)

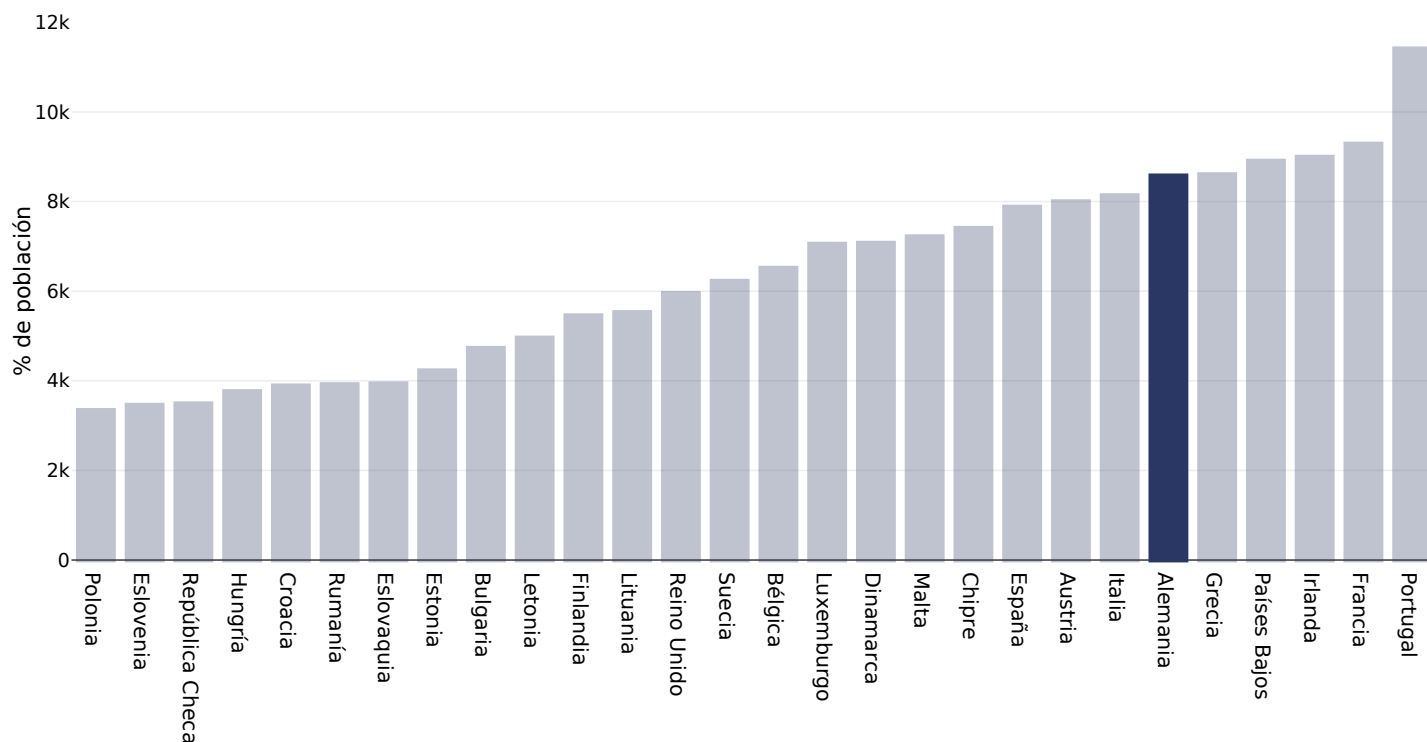
Chicos, 2021



Referencias:

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)

Chicas, 2021



Referencias:

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)

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