



Germany



Country report card - children

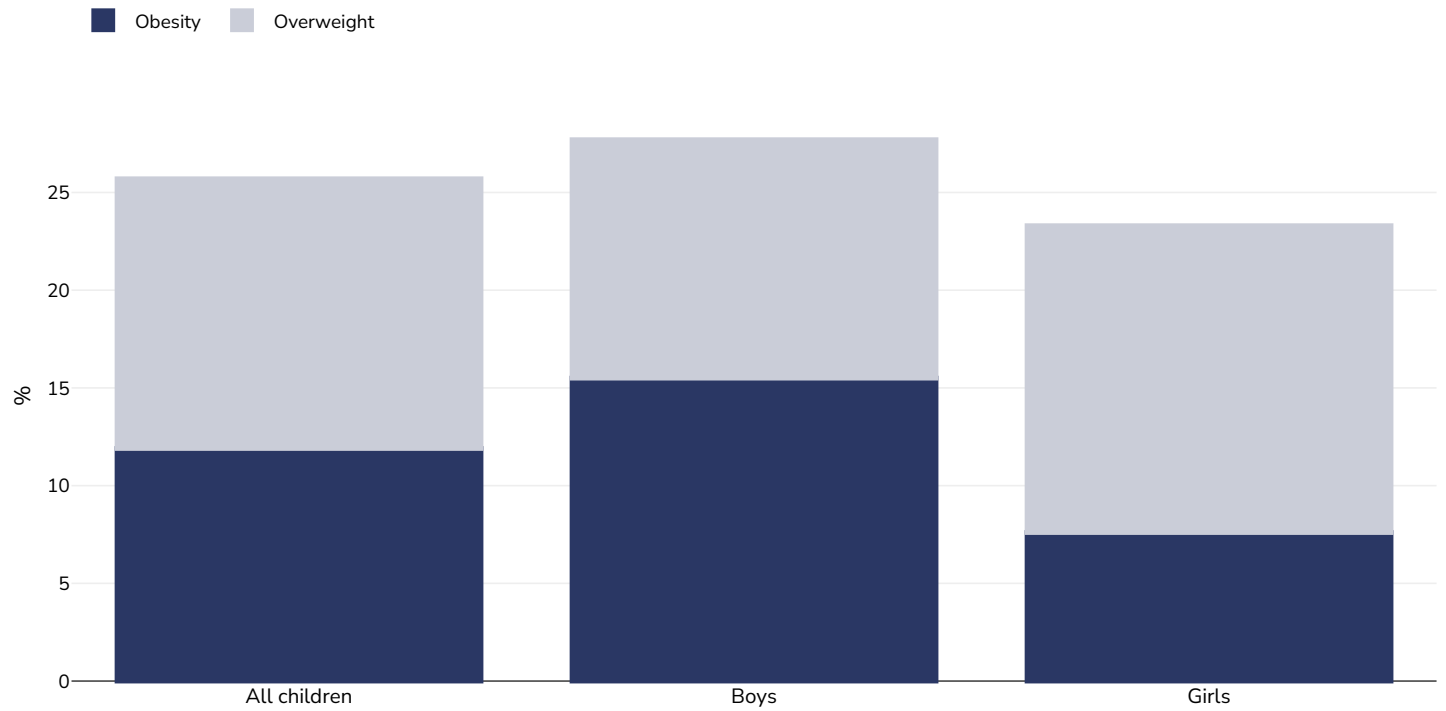
This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity for children, including adolescents (aged 5 to 18 years). Where available, data on common and relevant obesity drivers and comorbidities are also presented.

View the latest version of this report on the Global Obesity Observatory at <https://data.worldobesity.org/country/germany-76/>

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Obesity prevalence

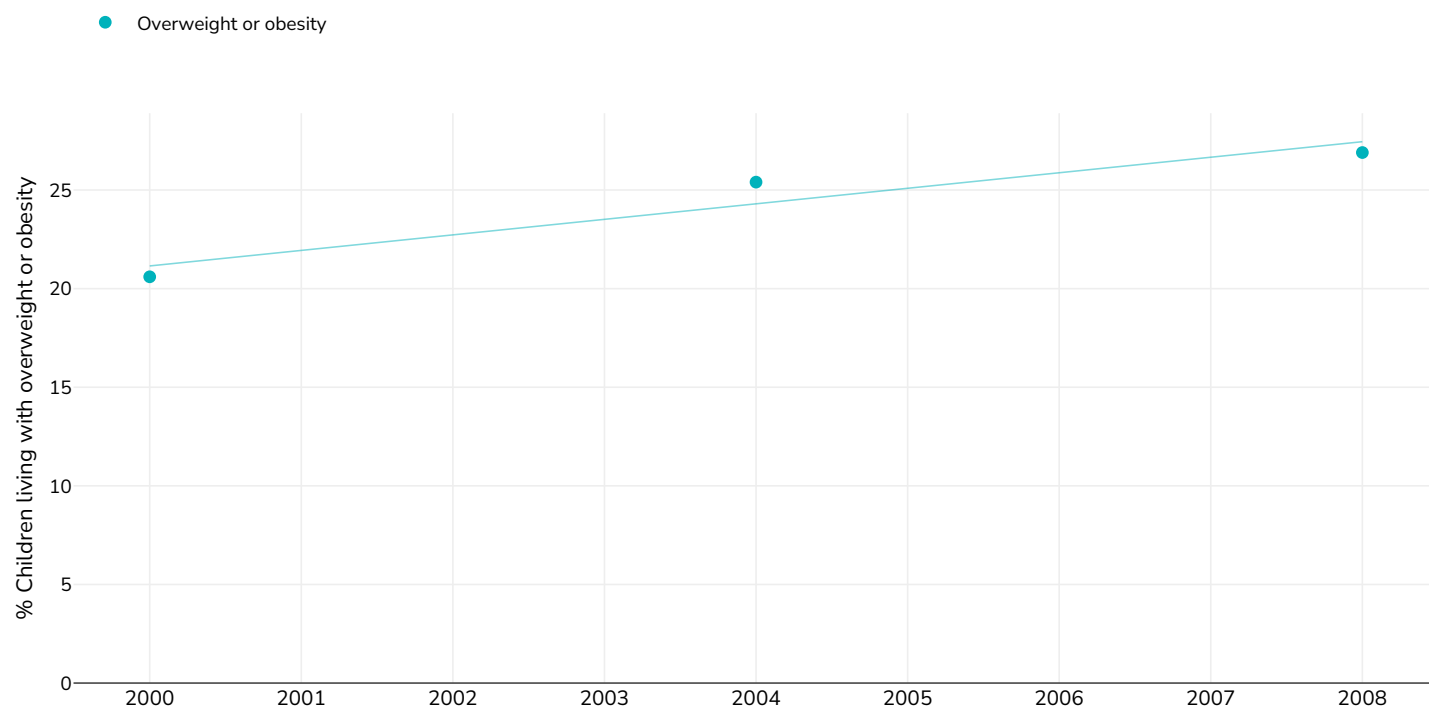
Children, 2022-2024



Survey type:	Measured
Age:	8
Sample size:	610
Area covered:	Subnational - Bremen
References:	WHO European Childhood Obesity Surveillance Initiative (COSI): report on the sixth round of data collection, 2022– 2024. Copenhagen: WHO Regional Office for Europe; 2025. Licence: CC BY-NC-SA 3.0 IGO.
Notes:	Data were collected only in the Bremen federal state
Cutoffs:	WHO 2007

Children living with overweight or obesity in Germany 2000-2008

Boys



Survey type:

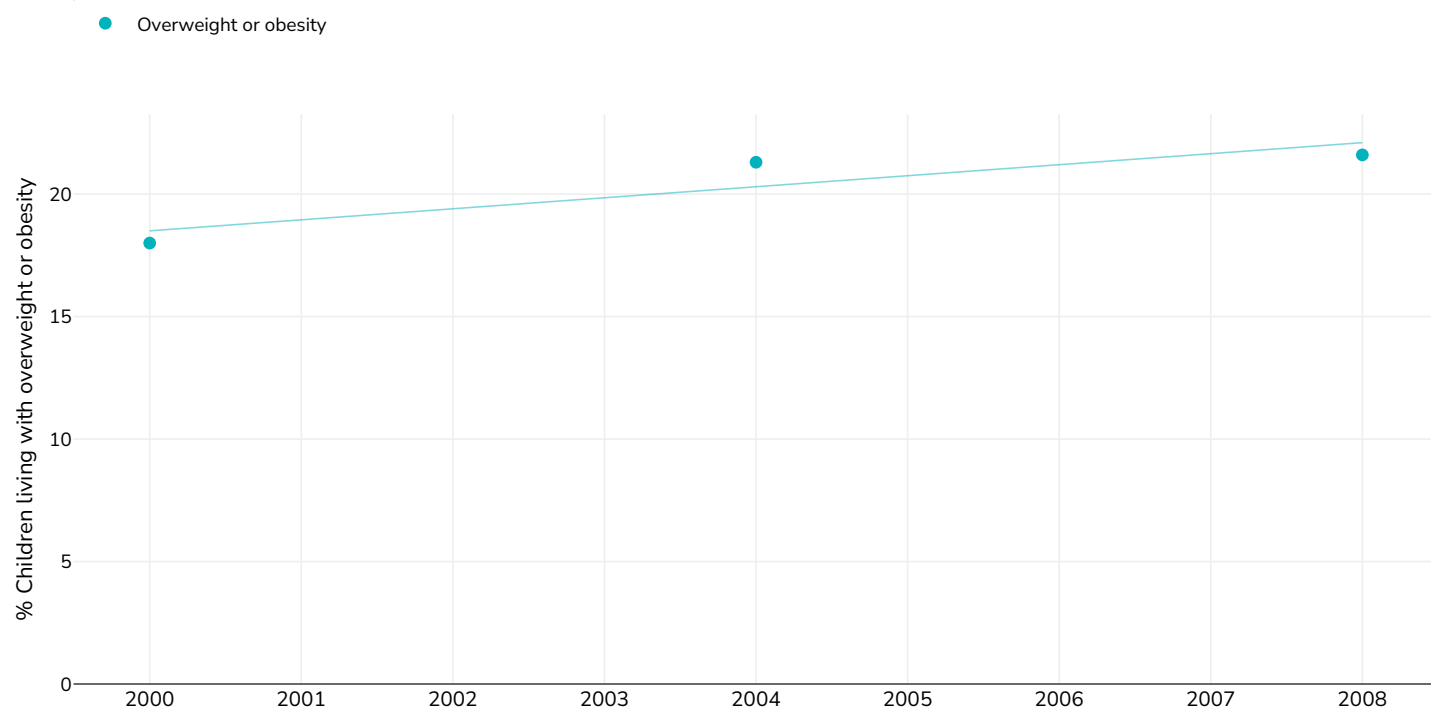
Measured

References:

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
 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

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.

Girls



Survey type:

Measured

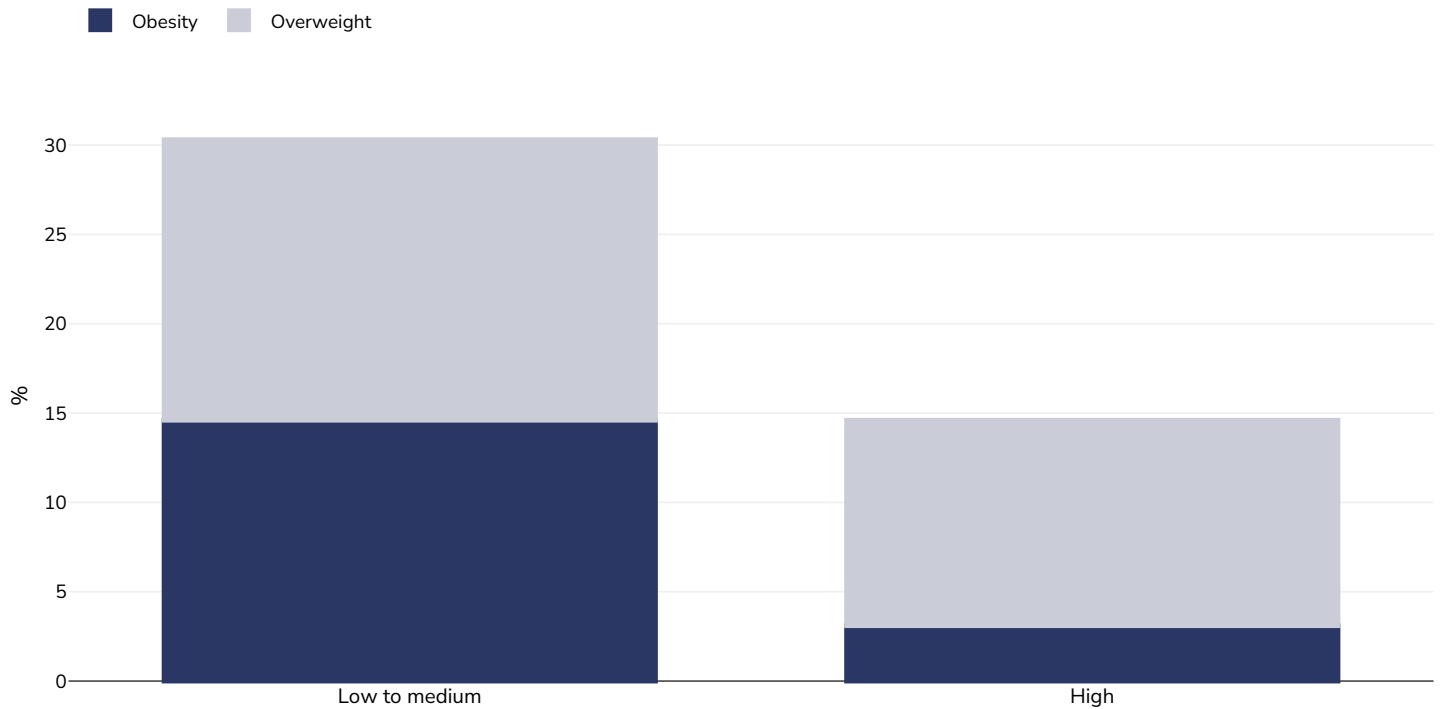
References:

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
 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

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 education

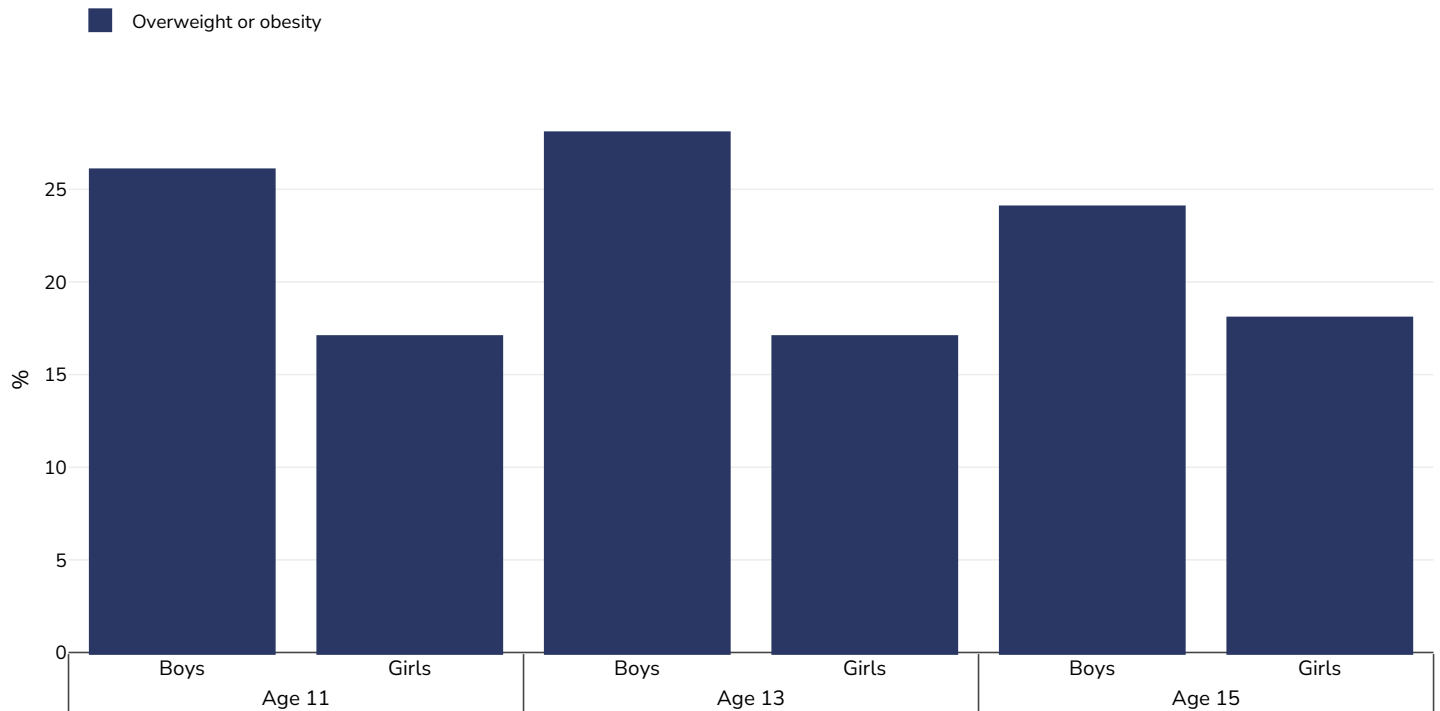
Children, 2022-2024



Survey type:	Measured
Age:	6-9
Sample size:	993
Area covered:	Subnational - Bremen
References:	WHO European Childhood Obesity Surveillance Initiative (COSI): report on the sixth round of data collection, 2022– 2024. Copenhagen: WHO Regional Office for Europe; 2025. Licence: CC BY-NC-SA 3.0 IGO.
Notes:	Data were collected only in the Bremen federal state
Definitions:	Level of parental education: (i) low to medium, where both parents have lower education or one parent has lower education and the other has higher education; and (ii) high, where both parents have higher education. Lower education was defined as “primary school or less”, “lower secondary education”, or “upper secondary and post-secondary non-tertiary education”. Higher education included “short-cycle tertiary education or bachelor’s or equivalent level” and “master’s or doctoral or equivalent level”. In single-parent families, parental education was determined based on the educational attainment of the single parent.
Cutoffs:	WHO 2007

Overweight/obesity by age

Children, 2021-2022



Survey type: Self-reported

Area covered: See Report

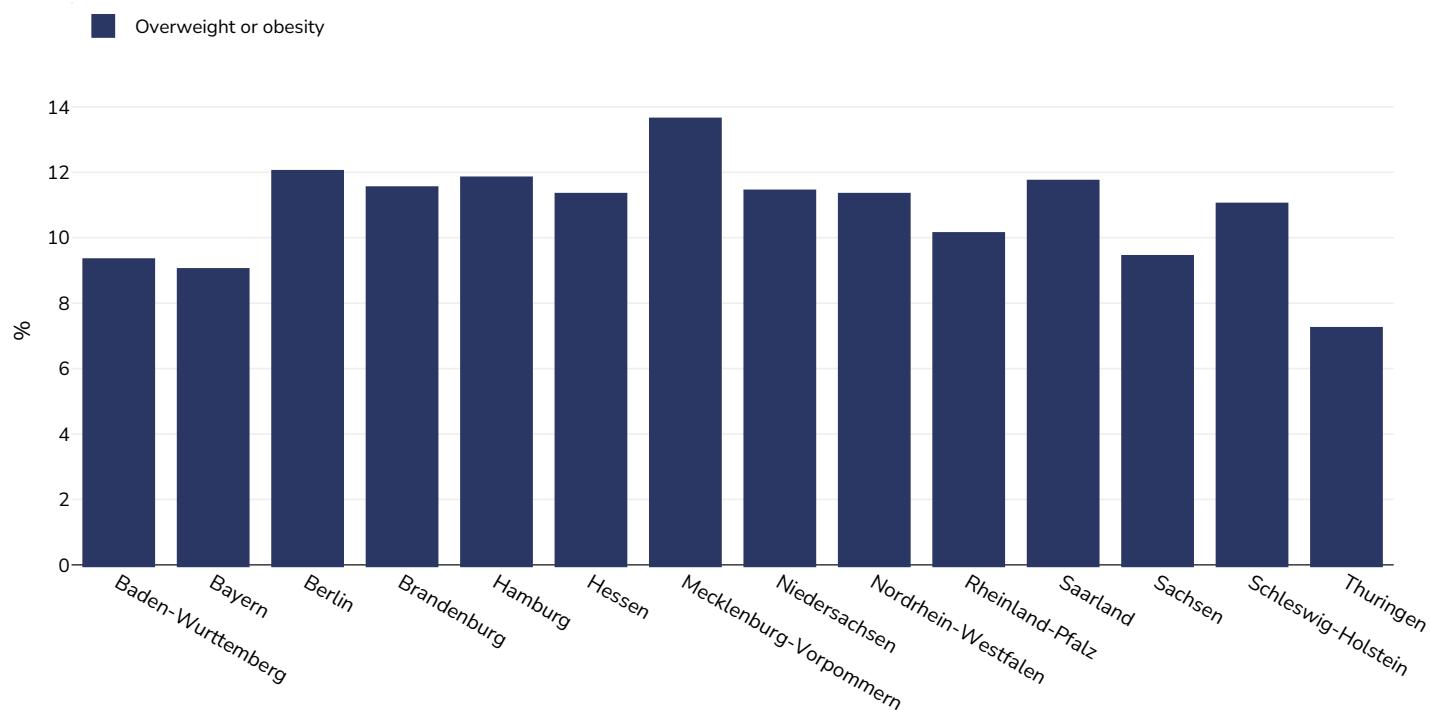
References: Rakić JG, Hamrik Z, Dzielska A, Felder-Puig R, Oja L, Bakalár P et al. A focus on adolescent physical activity, eating behaviours, weight status and body image in Europe, central Asia and Canada. Health Behaviour in School-aged Children (HBSC) international report from the 2021/2022 survey. Volume 4. Copenhagen: WHO Regional Office for Europe; 2024. 'Any translation was not created by the World Health Organization (WHO). WHO is not responsible for the content or accuracy of this translation. The original English edition shall be the binding and authentic edition'

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

Cutoffs: +2SD

Overweight/obesity by region

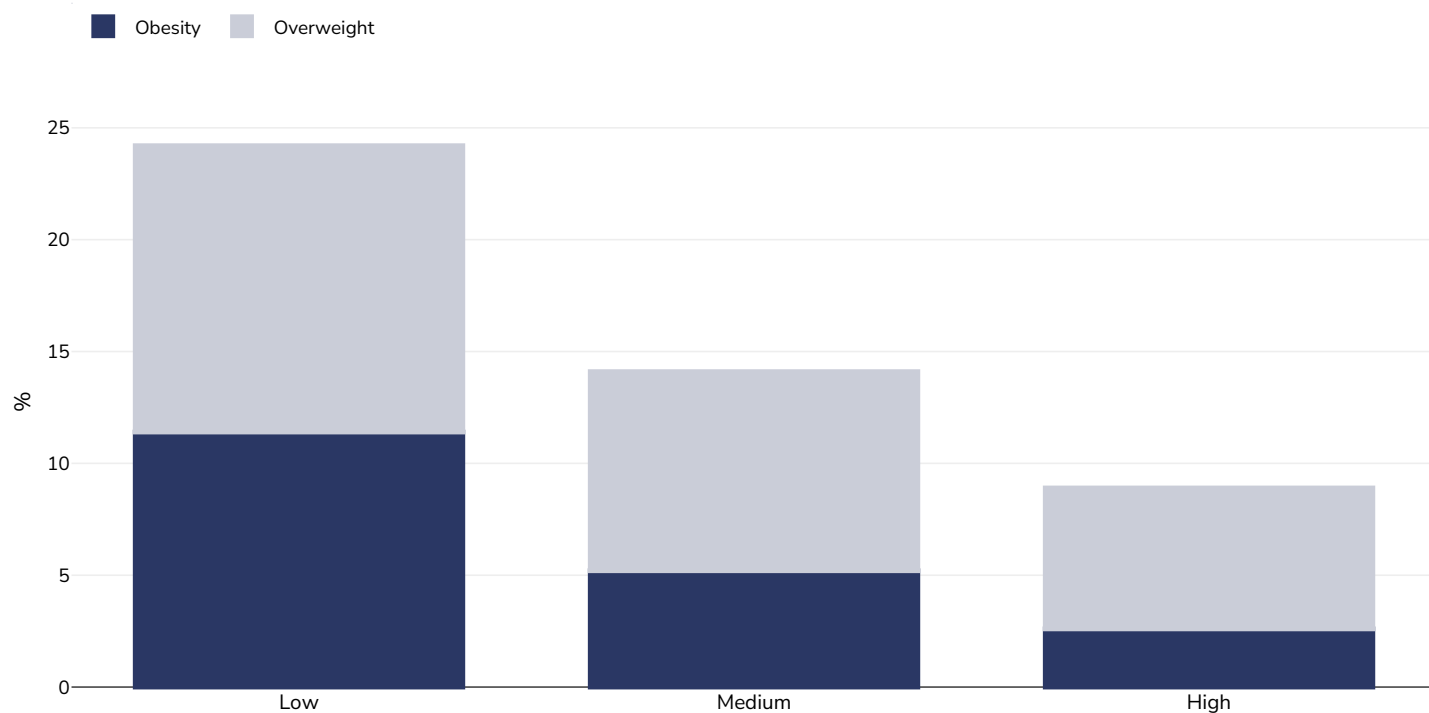
Children, 2003-2006



Survey type:	Measured
Age:	3-17
Sample size:	14747
Area covered:	National
References:	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
Notes:	See paper for cut off
Cutoffs:	Other

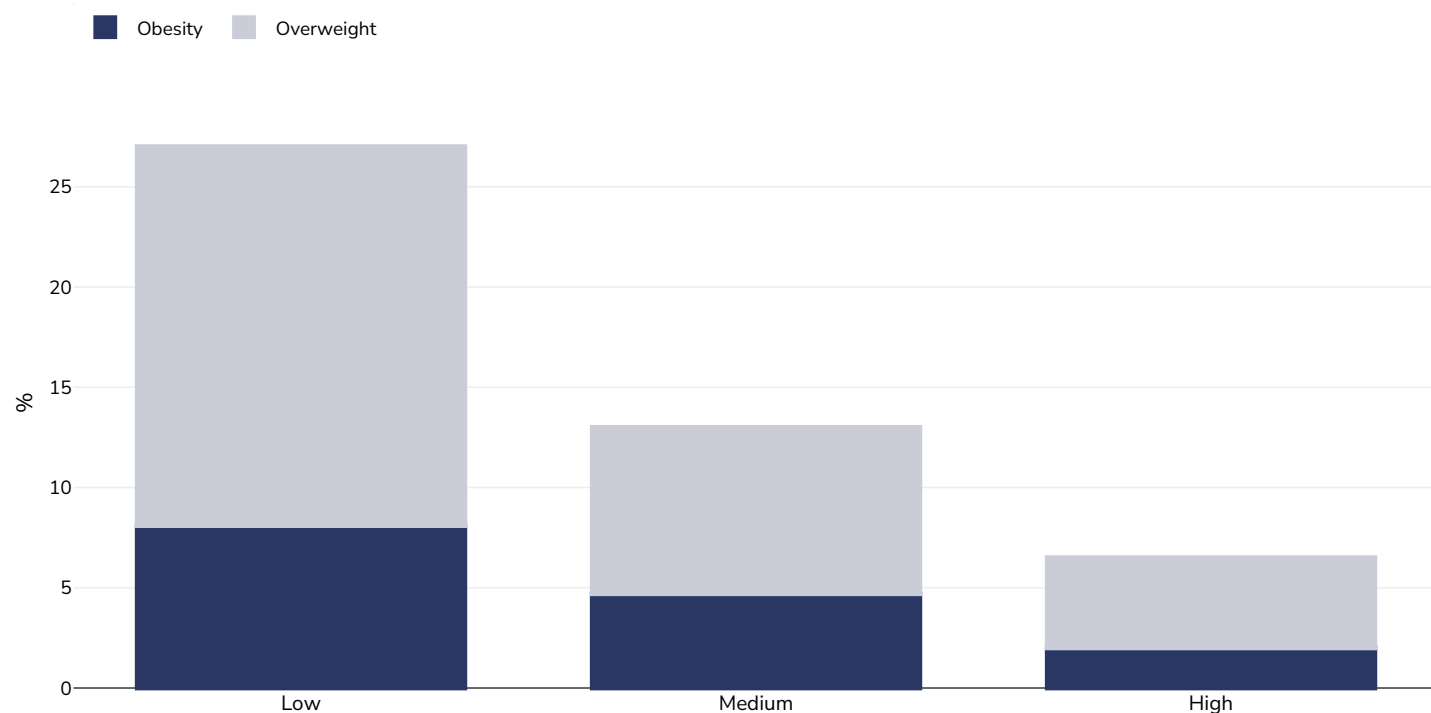
Overweight/obesity by socio-economic group

Boys, 2014-2017



Survey type:	Measured
Age:	3-17
Sample size:	3561
Area covered:	National
References:	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]
Notes:	Girls = 1799, Boys = 1762
Definitions:	National reference percentiles according to Kromeyer-Hauschild
Cutoffs:	Other

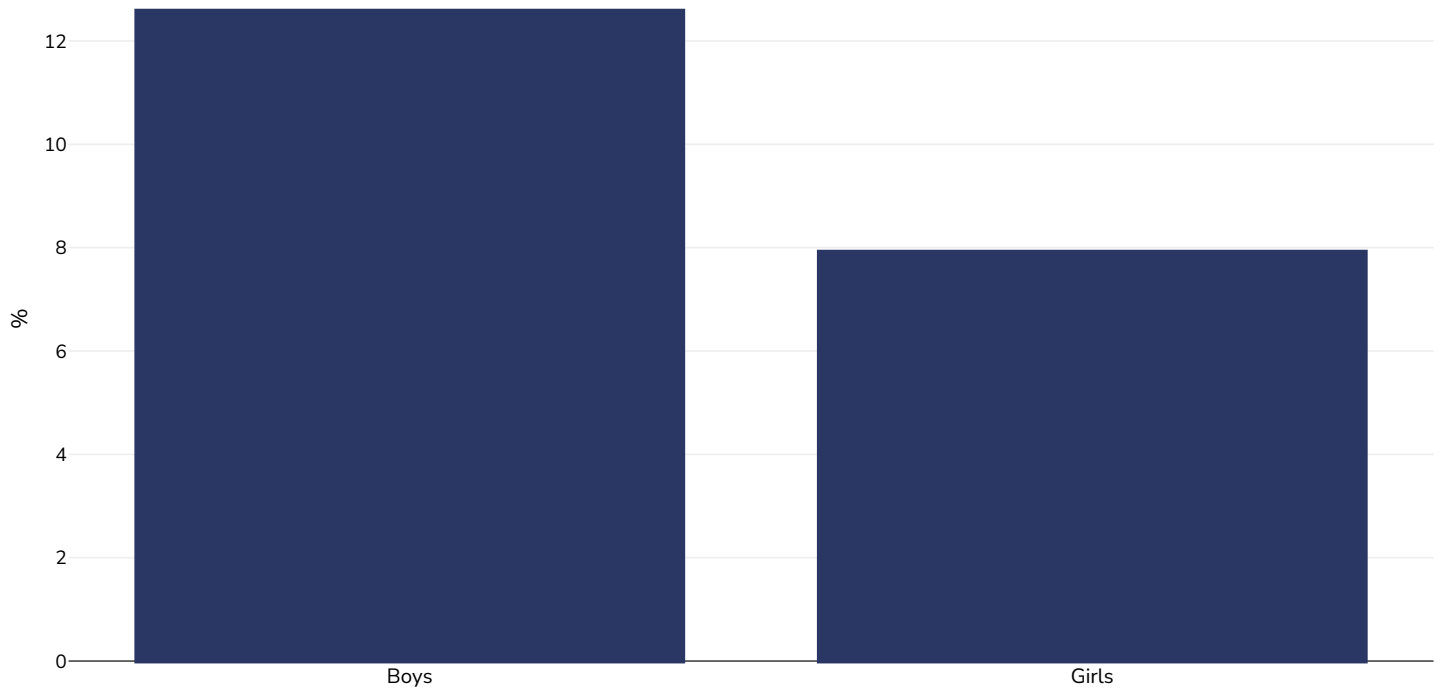
Girls, 2014-2017



Survey type:	Measured
Age:	3-17
Sample size:	3561
Area covered:	National
References:	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]
Notes:	Girls = 1799, Boys = 1762
Definitions:	National reference percentiles according to Kromeyer-Hauschild
Cutoffs:	Other

Double burden of underweight & overweight

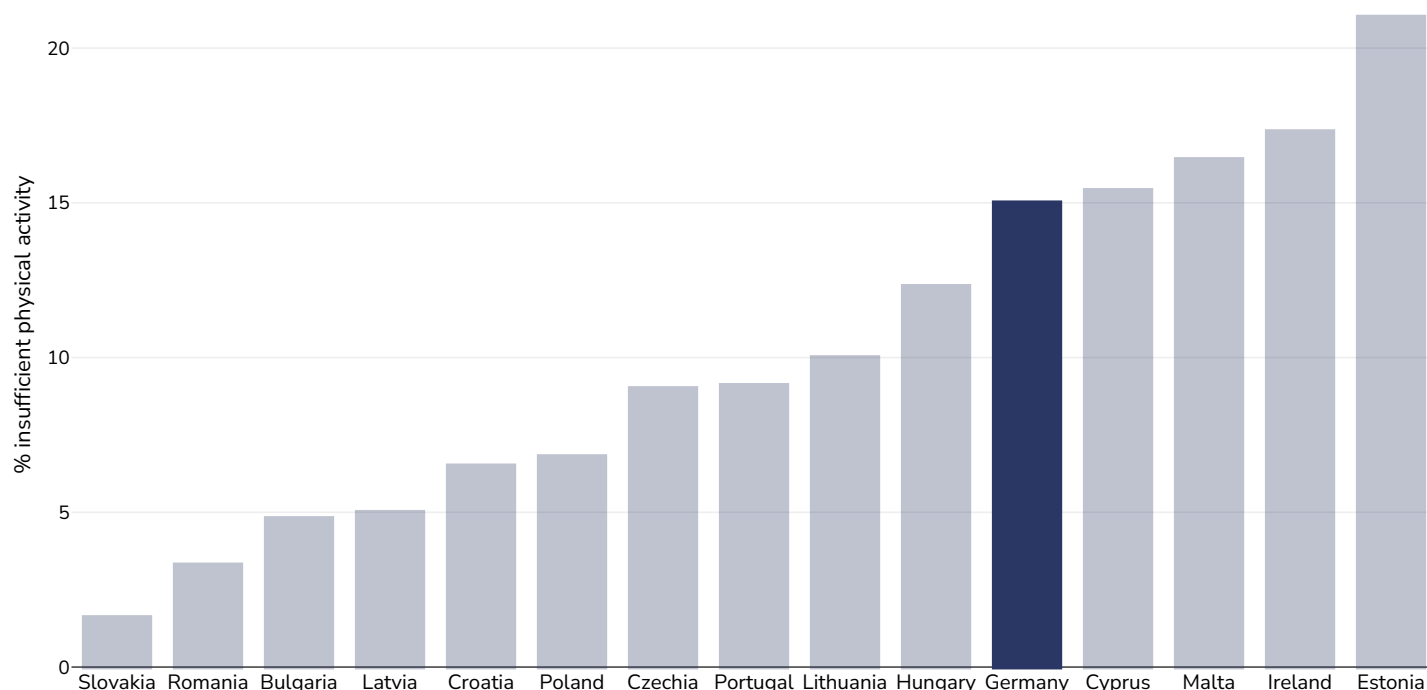
Children, 2022



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

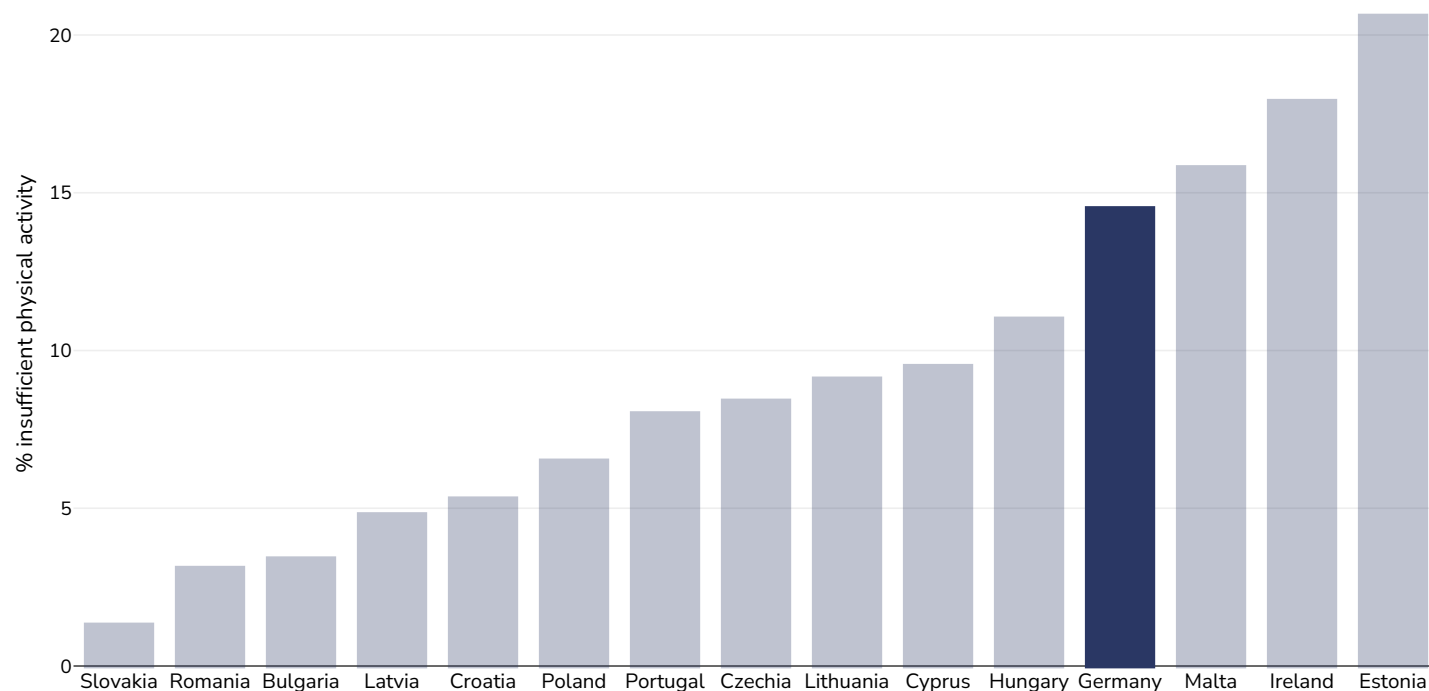
Insufficient physical activity

Children, 2022-2024



Survey type:	Self-reported
Age:	6-9
Sample size:	945
Area covered:	Subnational - Bremen
References:	WHO European Childhood Obesity Surveillance Initiative (COSI): report on the sixth round of data collection, 2022– 2024. Copenhagen: WHO Regional Office for Europe; 2025. Licence: CC BY-NC-SA 3.0 IGO.
Notes:	National data excluding Germany (Bremen only) and Kazakhstan (Almaty only).
Definitions:	Percentage of children not meeting WHO recommendations for physical activity, i.e. not playing actively/vigorously for at least one hour a day on an average day, as reported by their parent

Boys, 2022-2024



Survey type: Self-reported

Age: 6-9

Sample size: 945

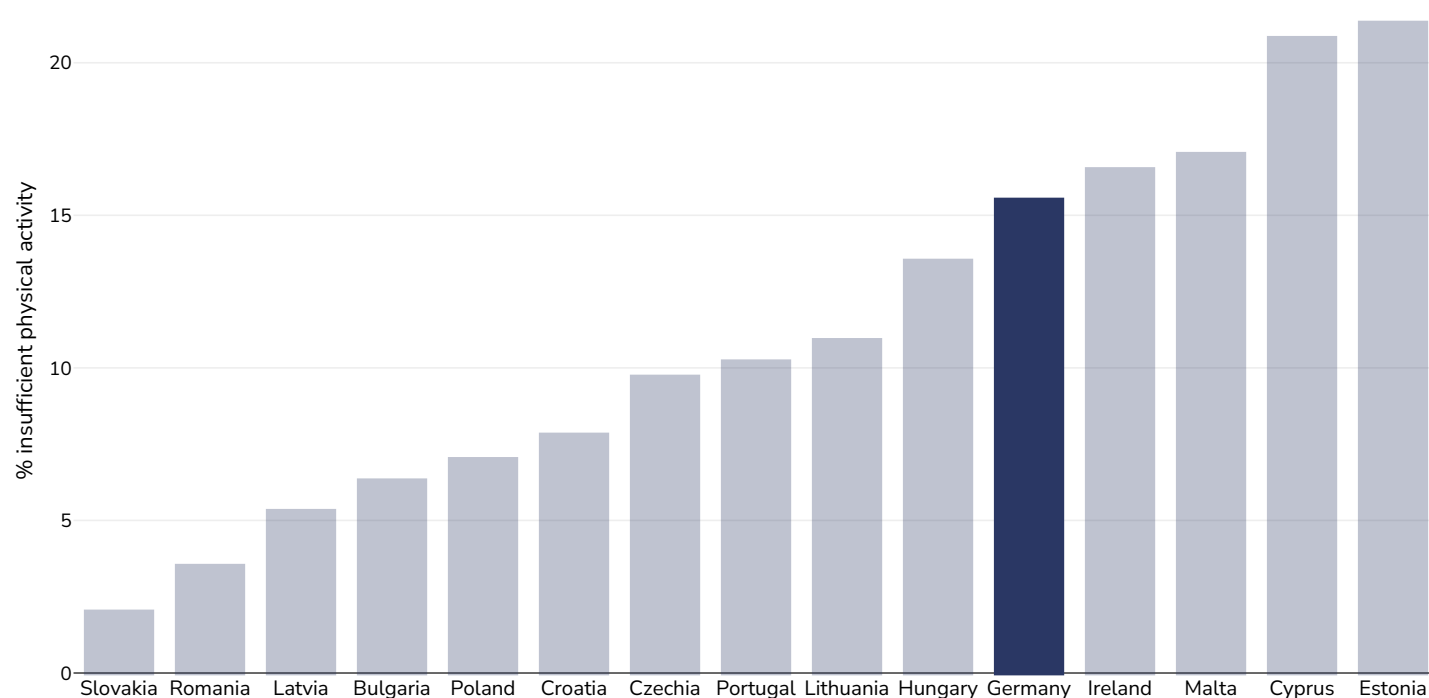
Area covered: Subnational - Bremen

References: WHO European Childhood Obesity Surveillance Initiative (COSI): report on the sixth round of data collection, 2022– 2024. Copenhagen: WHO Regional Office for Europe; 2025. Licence: CC BY-NC-SA 3.0 IGO.

Notes: National data excluding Germany (Bremen only) and Kazakhstan (Almaty only).

Definitions: Percentage of children not meeting WHO recommendations for physical activity, i.e. not playing actively/vigorously for at least one hour a day on an average day, as reported by their parent

Girls, 2022-2024



Survey type: Self-reported

Age: 6-9

Sample size: 945

Area covered: Subnational - Bremen

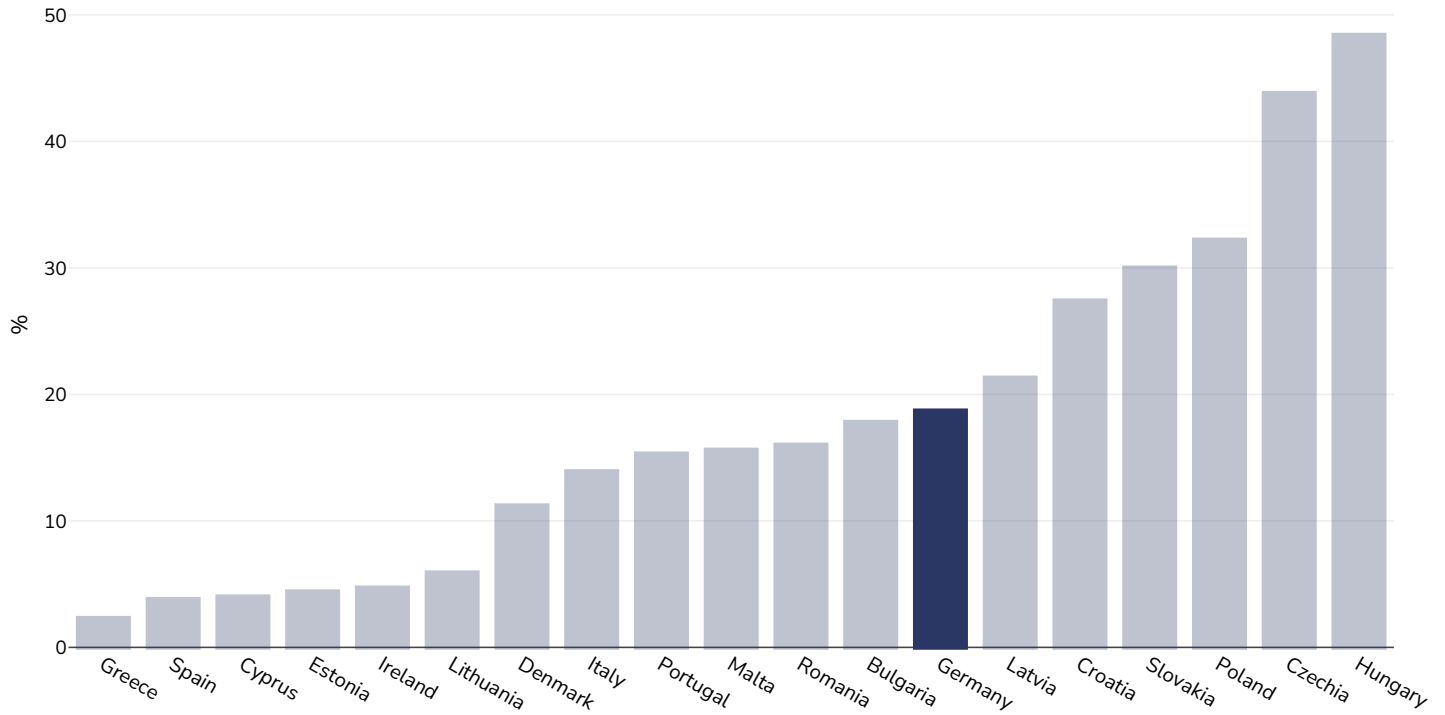
References: WHO European Childhood Obesity Surveillance Initiative (COSI): report on the sixth round of data collection, 2022– 2024. Copenhagen: WHO Regional Office for Europe; 2025. Licence: CC BY-NC-SA 3.0 IGO.

Notes: National data excluding Germany (Bremen only) and Kazakhstan (Almaty only).

Definitions: Percentage of children not meeting WHO recommendations for physical activity, i.e. not playing actively/vigorously for at least one hour a day on an average day, as reported by their parent

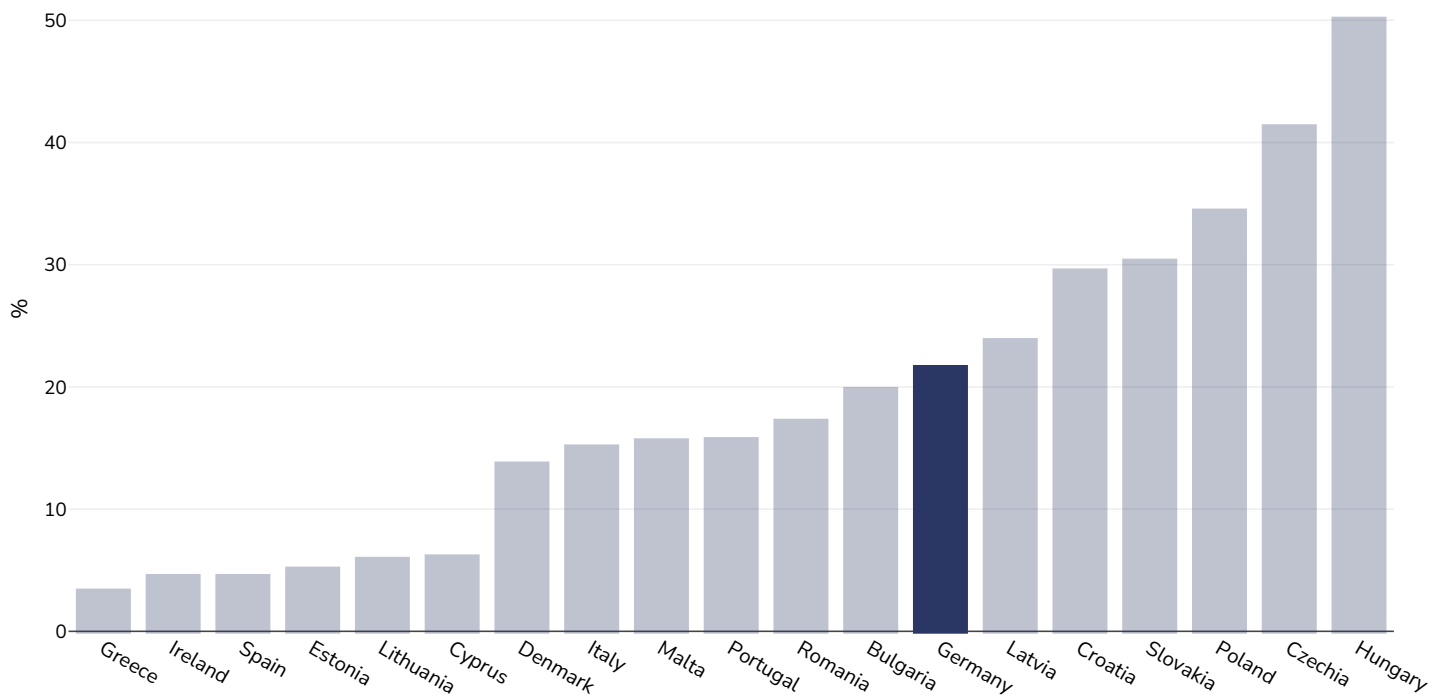
Prevalence of at least daily soft drink consumption

Children, 2022-2024



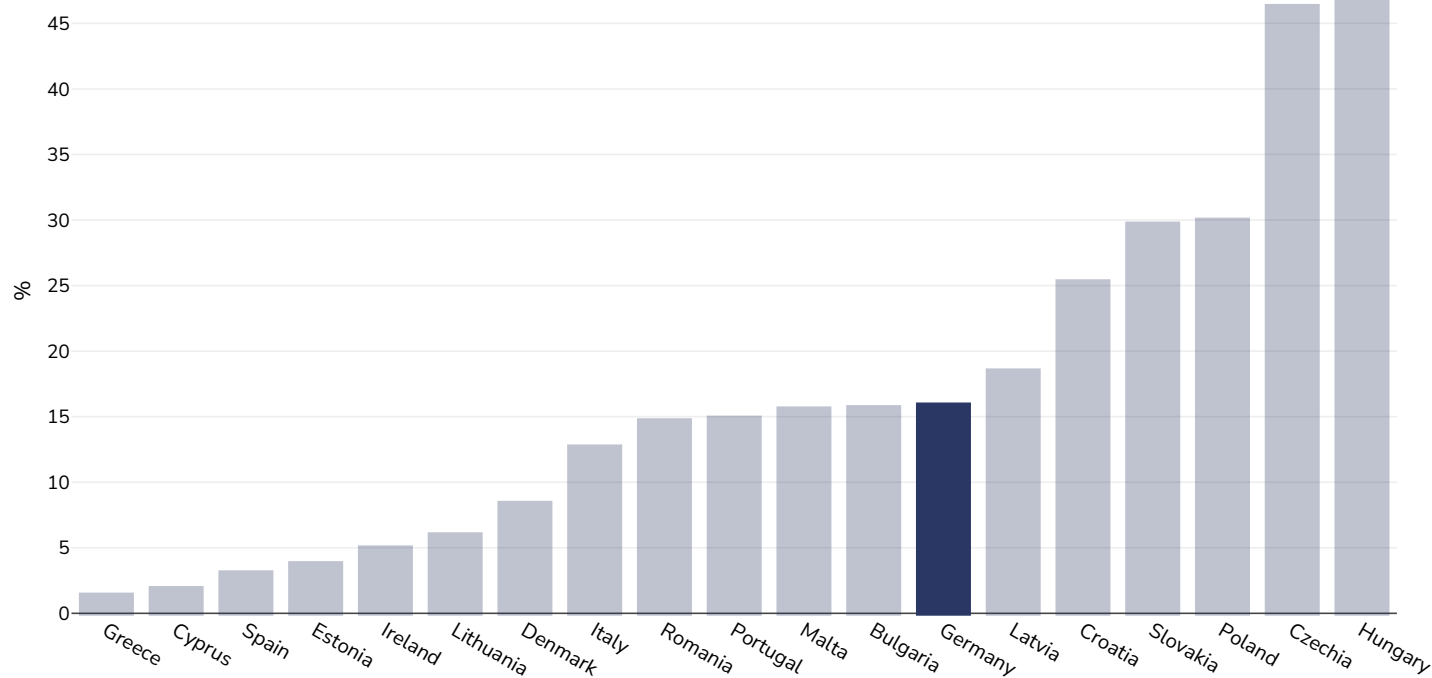
Survey type:	Self-reported
Age:	6-9
Sample size:	1146
Area covered:	Subnational - Bremen
References:	WHO European Childhood Obesity Surveillance Initiative (COSI): report on the sixth round of data collection, 2022– 2024. Copenhagen: WHO Regional Office for Europe; 2025. Licence: CC BY-NC-SA 3.0 IGO.
Notes:	National data excluding Germany (Bremen only) and Kazakhstan (Almaty only)
Definitions:	Prevalence of daily consumption of soft drinks containing sugar, as reported by the child's parent (%)

Boys, 2022-2024



Survey type:	Self-reported
Age:	6-9
Sample size:	1146
Area covered:	Subnational - Bremen
References:	WHO European Childhood Obesity Surveillance Initiative (COSI): report on the sixth round of data collection, 2022– 2024. Copenhagen: WHO Regional Office for Europe; 2025. Licence: CC BY-NC-SA 3.0 IGO.
Notes:	National data excluding Germany (Bremen only) and Kazakhstan (Almaty only)
Definitions:	Prevalence of daily consumption of soft drinks containing sugar, as reported by the child's parent (%)

Girls, 2022-2024



Survey type: Self-reported

Age: 6-9

Sample size: 1146

Area covered: Subnational - Bremen

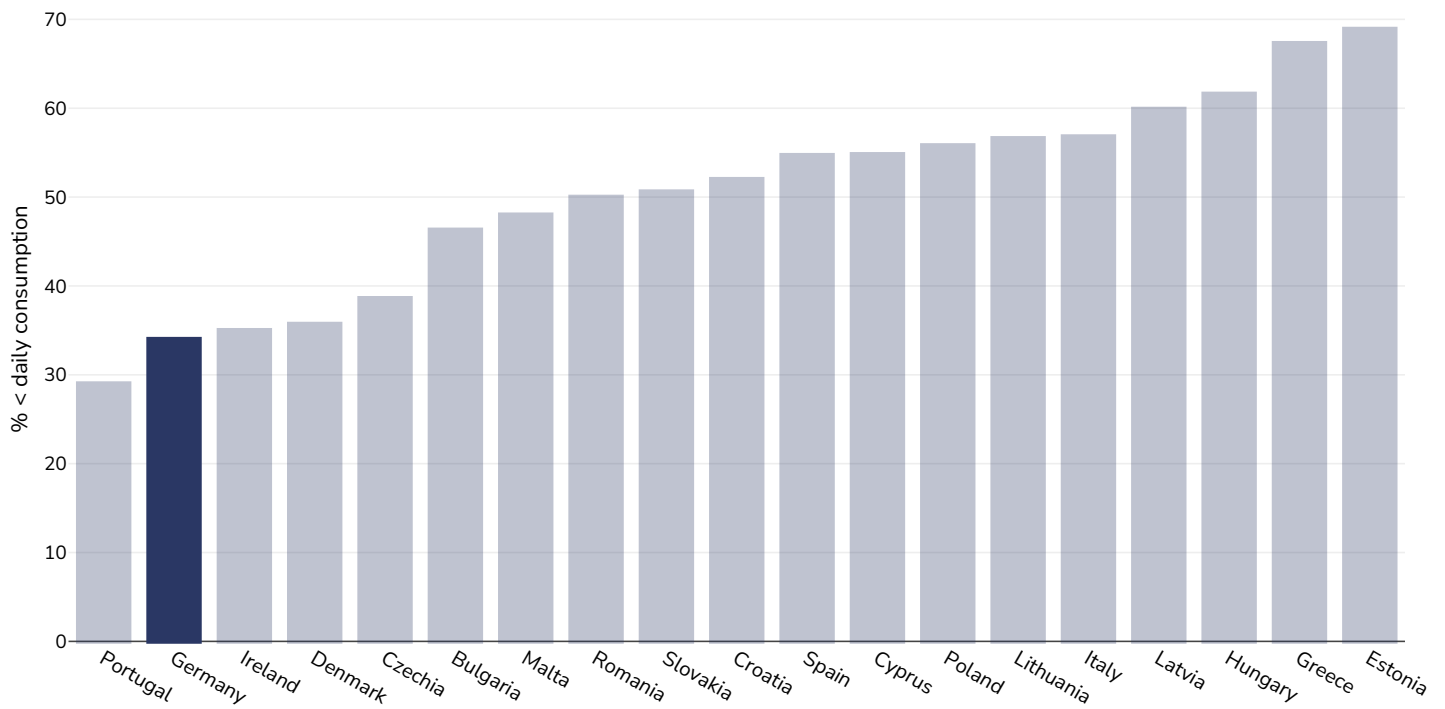
References: WHO European Childhood Obesity Surveillance Initiative (COSI): report on the sixth round of data collection, 2022– 2024. Copenhagen: WHO Regional Office for Europe; 2025. Licence: CC BY-NC-SA 3.0 IGO.

Notes: National data excluding Germany (Bremen only) and Kazakhstan (Almaty only)

Definitions: Prevalence of daily consumption of soft drinks containing sugar, as reported by the child's parent (%)

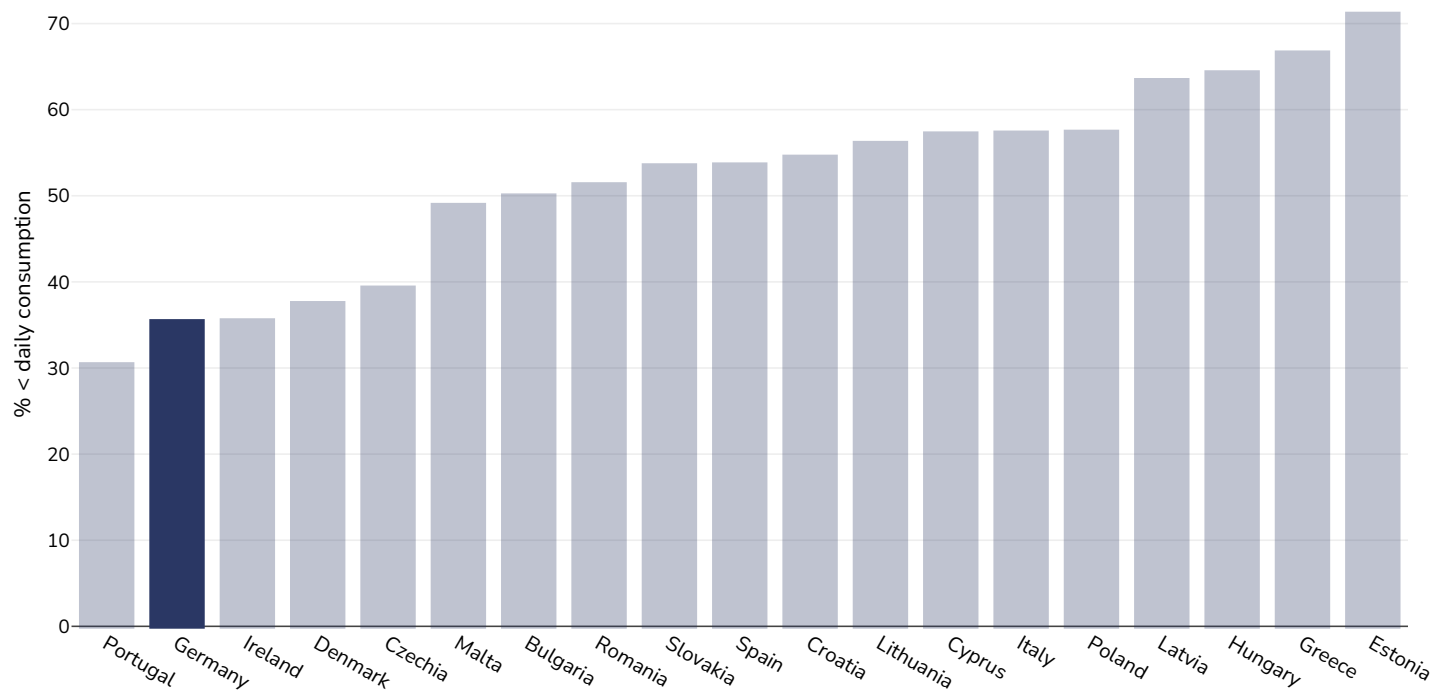
Prevalence of less than daily fruit consumption

Children, 2022-2024



Survey type:	Self-reported
Age:	6-9
Sample size:	1148
Area covered:	Subnational - Bremen
References:	WHO European Childhood Obesity Surveillance Initiative (COSI): report on the sixth round of data collection, 2022– 2024. Copenhagen: WHO Regional Office for Europe; 2025. Licence: CC BY-NC-SA 3.0 IGO.
Notes:	National data excluding Germany (Bremen only) and Kazakhstan (Almaty only).
Definitions:	Proportion of children whose parents reported that their child consumes fruit less than daily

Boys, 2022-2024



Survey type: Self-reported

Age: 6-9

Sample size: 1148

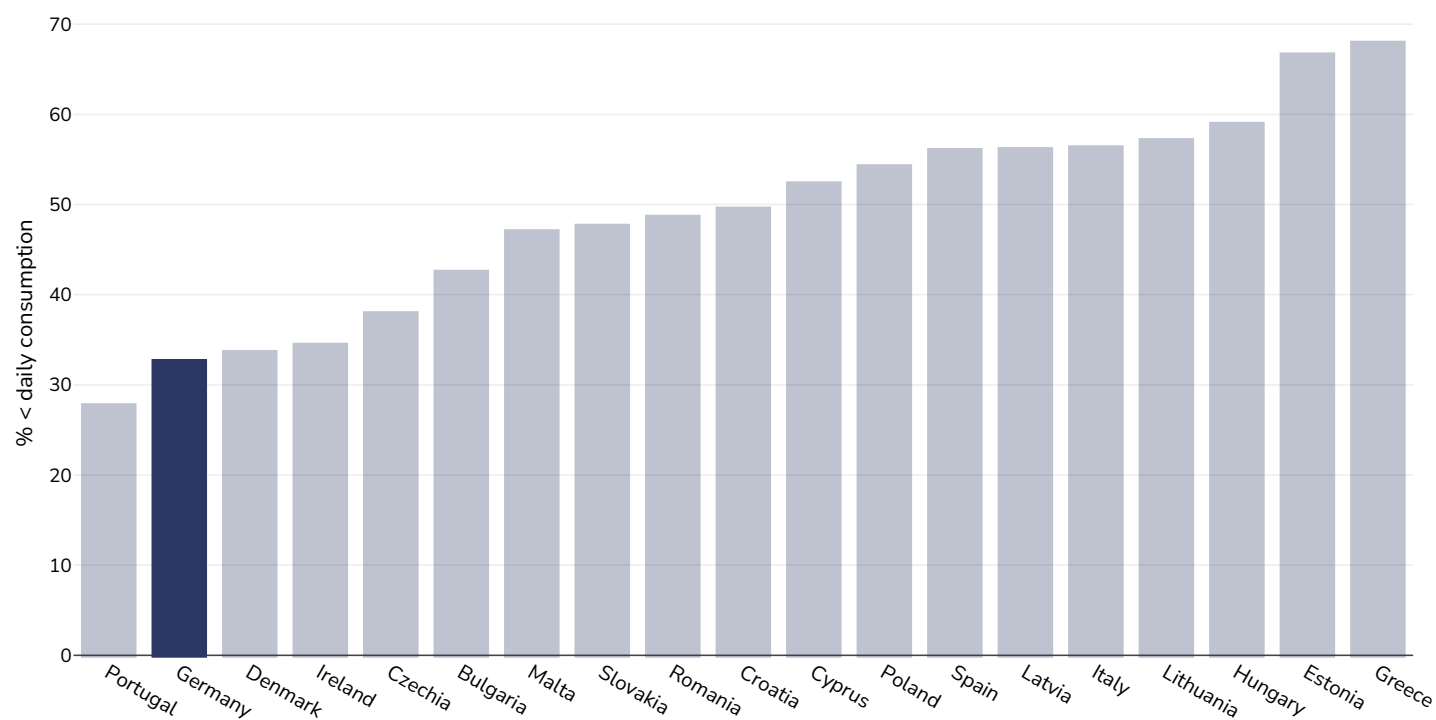
Area covered: Subnational - Bremen

References: WHO European Childhood Obesity Surveillance Initiative (COSI): report on the sixth round of data collection, 2022– 2024. Copenhagen: WHO Regional Office for Europe; 2025. Licence: CC BY-NC-SA 3.0 IGO.

Notes: National data excluding Germany (Bremen only) and Kazakhstan (Almaty only).

Definitions: Proportion of children whose parents reported that their child consumes fruit less than daily

Girls, 2022-2024



Survey type: Self-reported

Age: 6-9

Sample size: 1148

Area covered: Subnational - Bremen

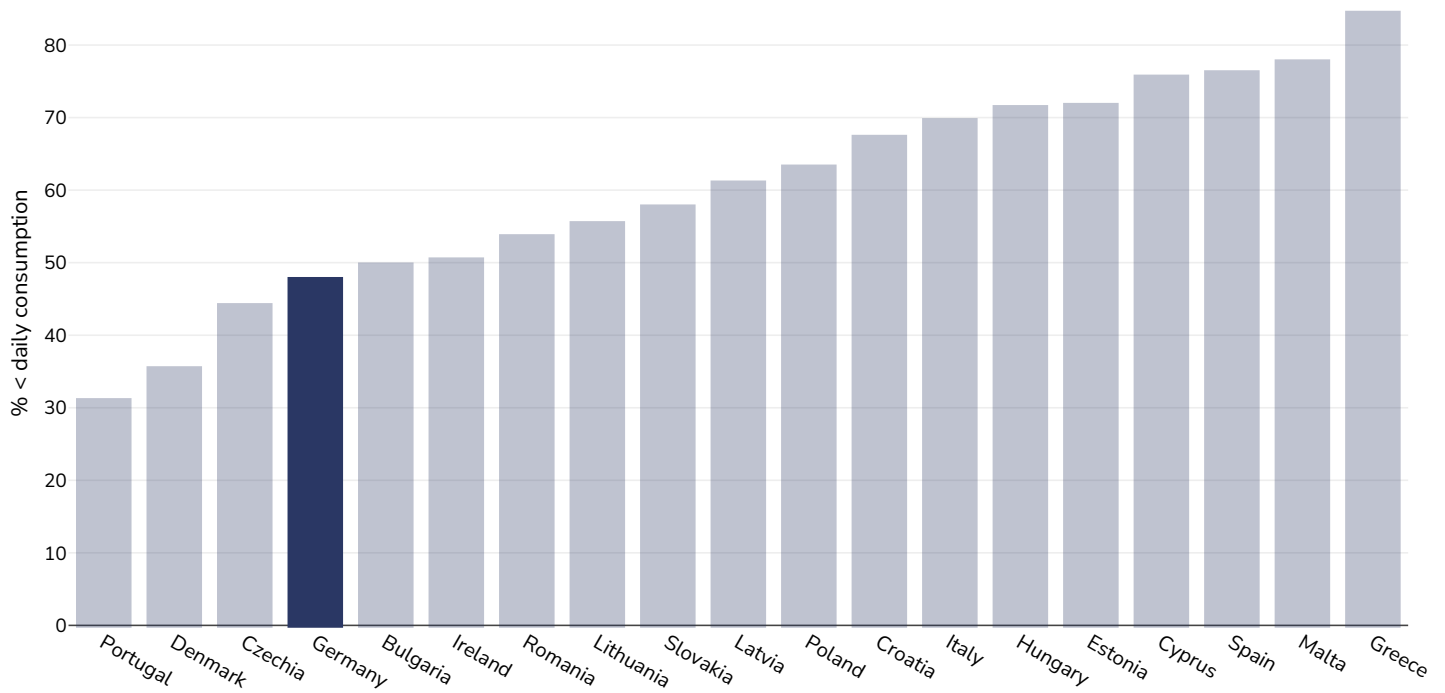
References: WHO European Childhood Obesity Surveillance Initiative (COSI): report on the sixth round of data collection, 2022– 2024. Copenhagen: WHO Regional Office for Europe; 2025. Licence: CC BY-NC-SA 3.0 IGO.

Notes: National data excluding Germany (Bremen only) and Kazakhstan (Almaty only).

Definitions: Proportion of children whose parents reported that their child consumes fruit less than daily

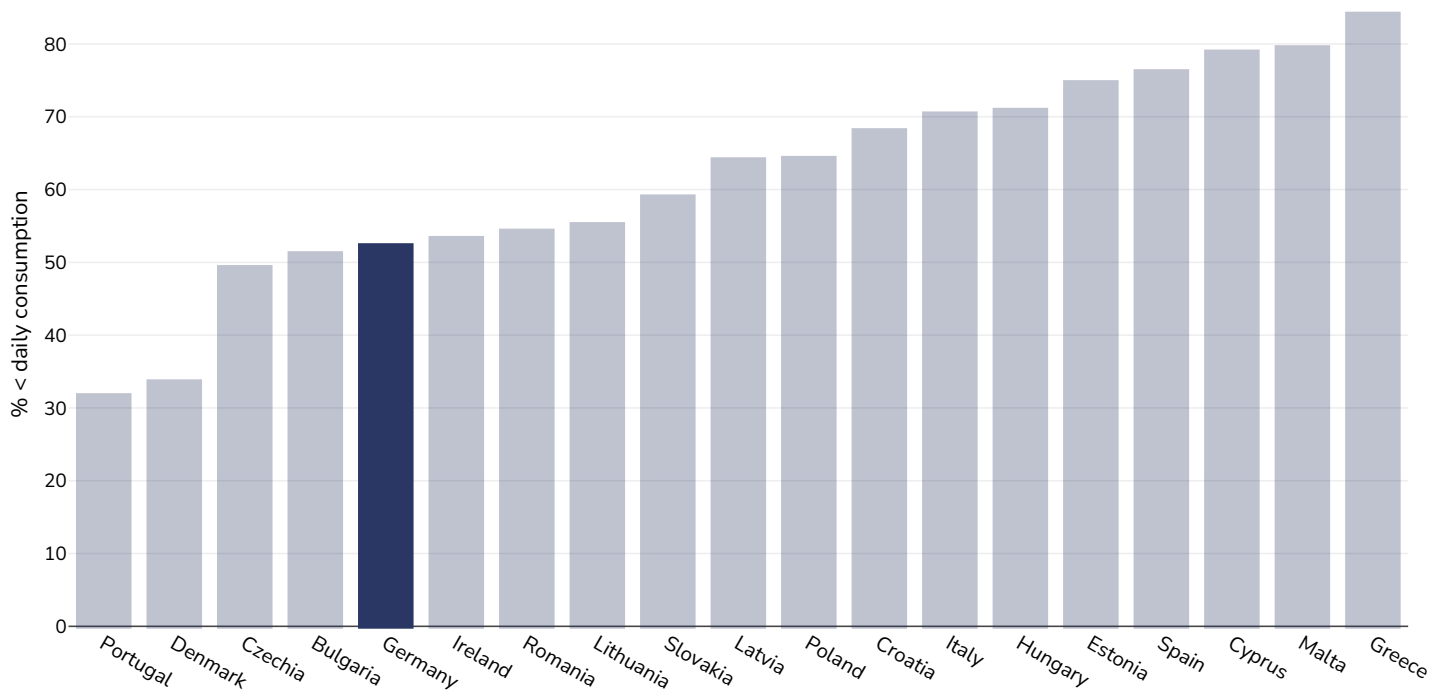
Prevalence of less than daily vegetable consumption

Children, 2022-2024



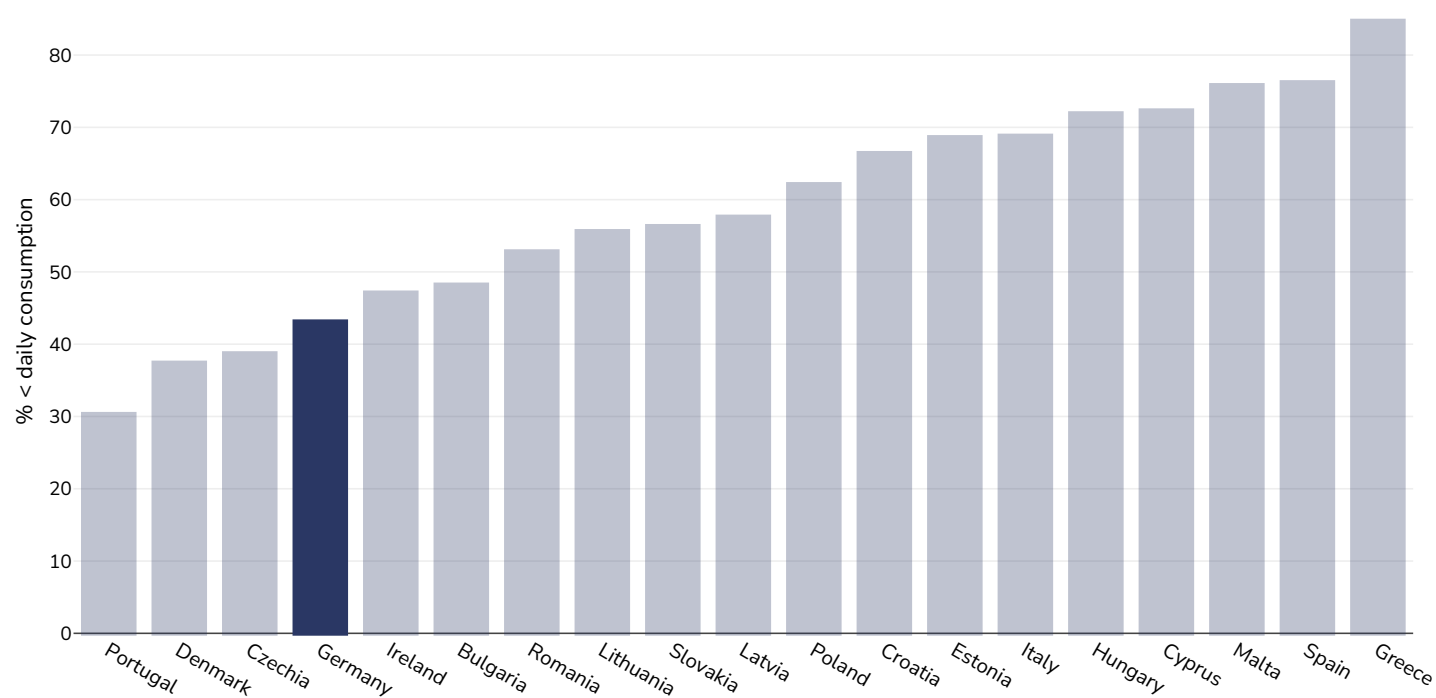
Survey type:	Self-reported
Age:	6-9
Sample size:	1148
Area covered:	Subnational - Bremen
References:	WHO European Childhood Obesity Surveillance Initiative (COSI): report on the sixth round of data collection, 2022– 2024. Copenhagen: WHO Regional Office for Europe; 2025. Licence: CC BY-NC-SA 3.0 IGO.
Notes:	National data excluding Germany (Bremen only) and Kazakhstan (Almaty only)
Definitions:	Proportion of children whose parents reported that their child consumes vegetables less than daily

Boys, 2022-2024



Survey type:	Self-reported
Age:	6-9
Sample size:	1148
Area covered:	Subnational - Bremen
References:	WHO European Childhood Obesity Surveillance Initiative (COSI): report on the sixth round of data collection, 2022– 2024. Copenhagen: WHO Regional Office for Europe; 2025. Licence: CC BY-NC-SA 3.0 IGO.
Notes:	National data excluding Germany (Bremen only) and Kazakhstan (Almaty only)
Definitions:	Proportion of children whose parents reported that their child consumes vegetables less than daily

Girls, 2022-2024



Survey type: Self-reported

Age: 6-9

Sample size: 1148

Area covered: Subnational - Bremen

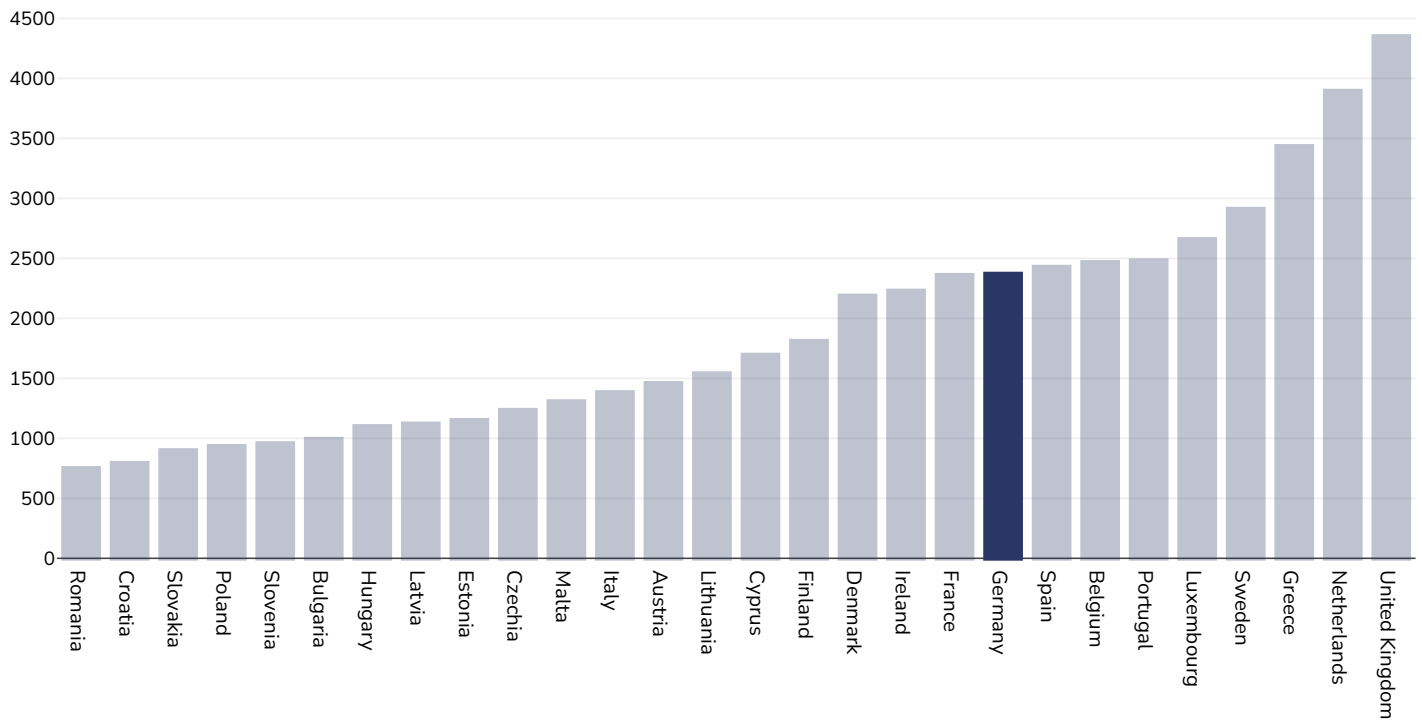
References: WHO European Childhood Obesity Surveillance Initiative (COSI): report on the sixth round of data collection, 2022–2024. Copenhagen: WHO Regional Office for Europe; 2025. Licence: CC BY-NC-SA 3.0 IGO.

Notes: National data excluding Germany (Bremen only) and Kazakhstan (Almaty only)

Definitions: Proportion of children whose parents reported that their child consumes vegetables less than daily

Mental health - depression disorders

Children, 2023

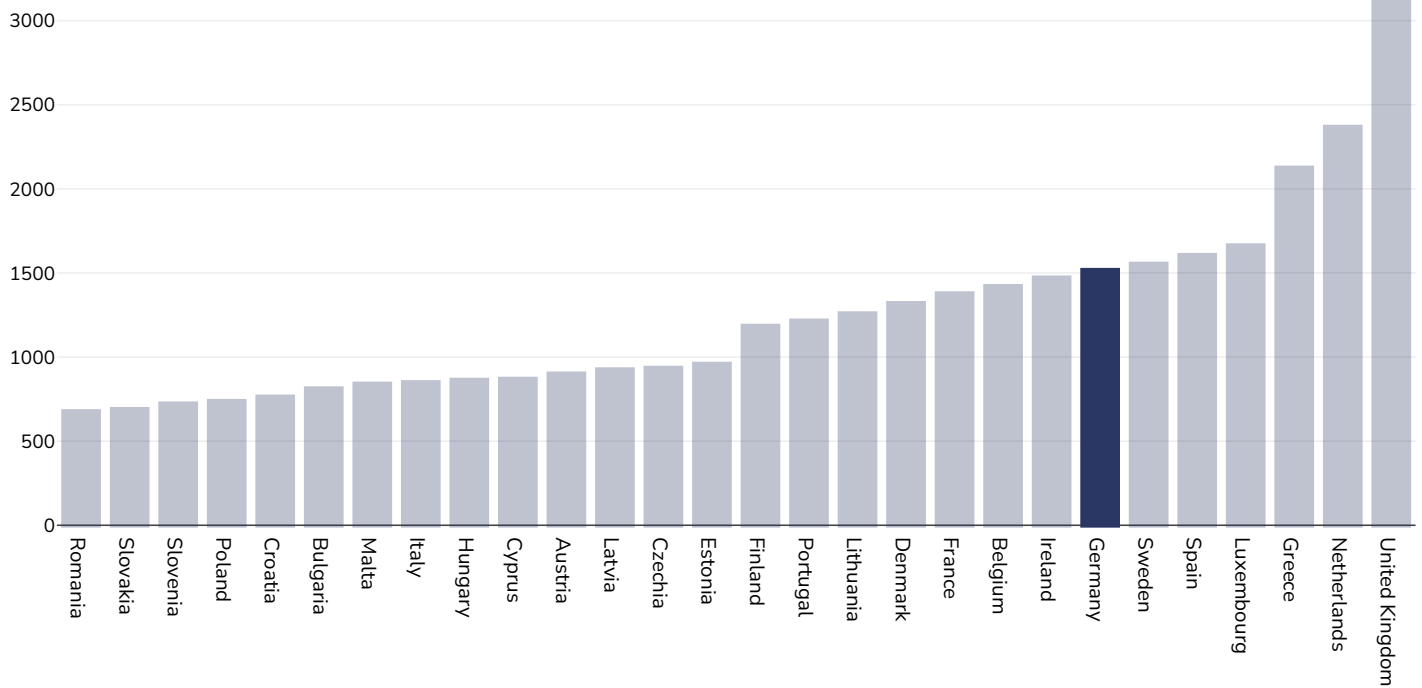


Area covered: National

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

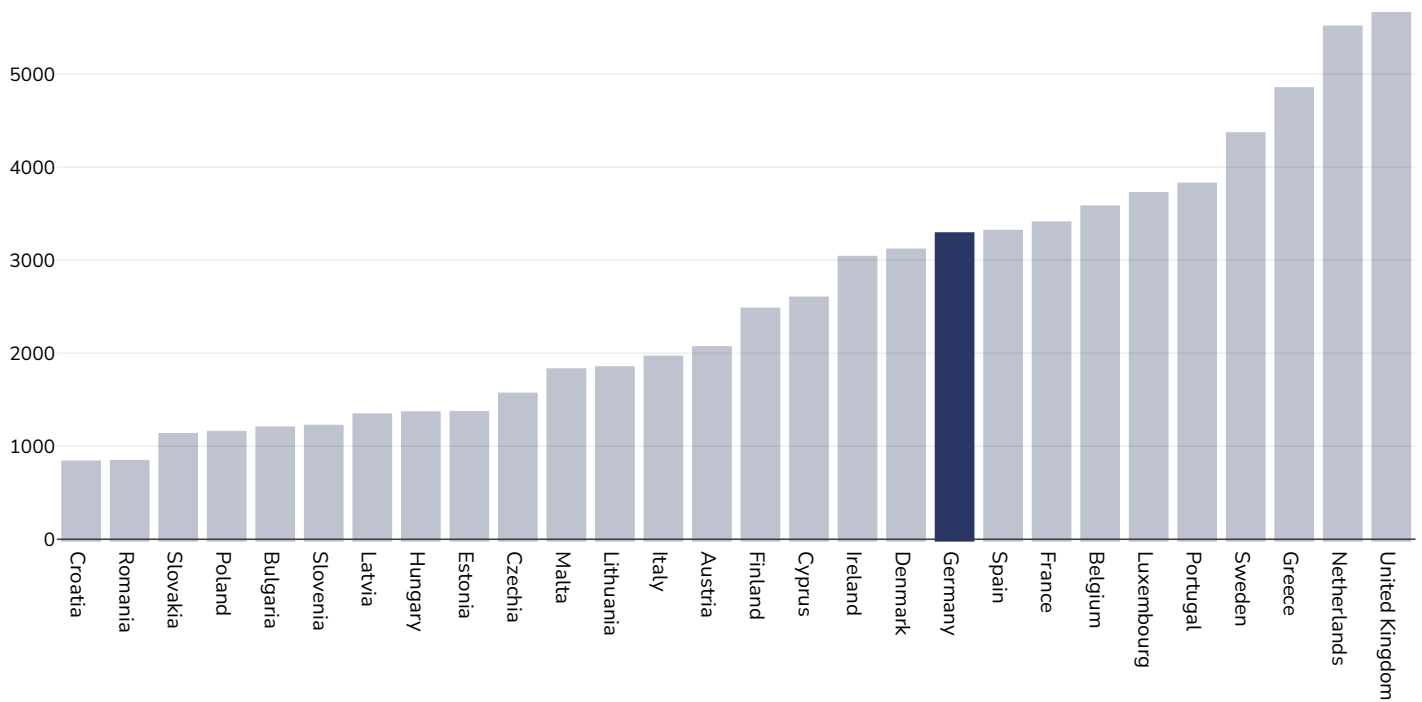
References:

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)

Girls, 2023



Area covered:

National

References:

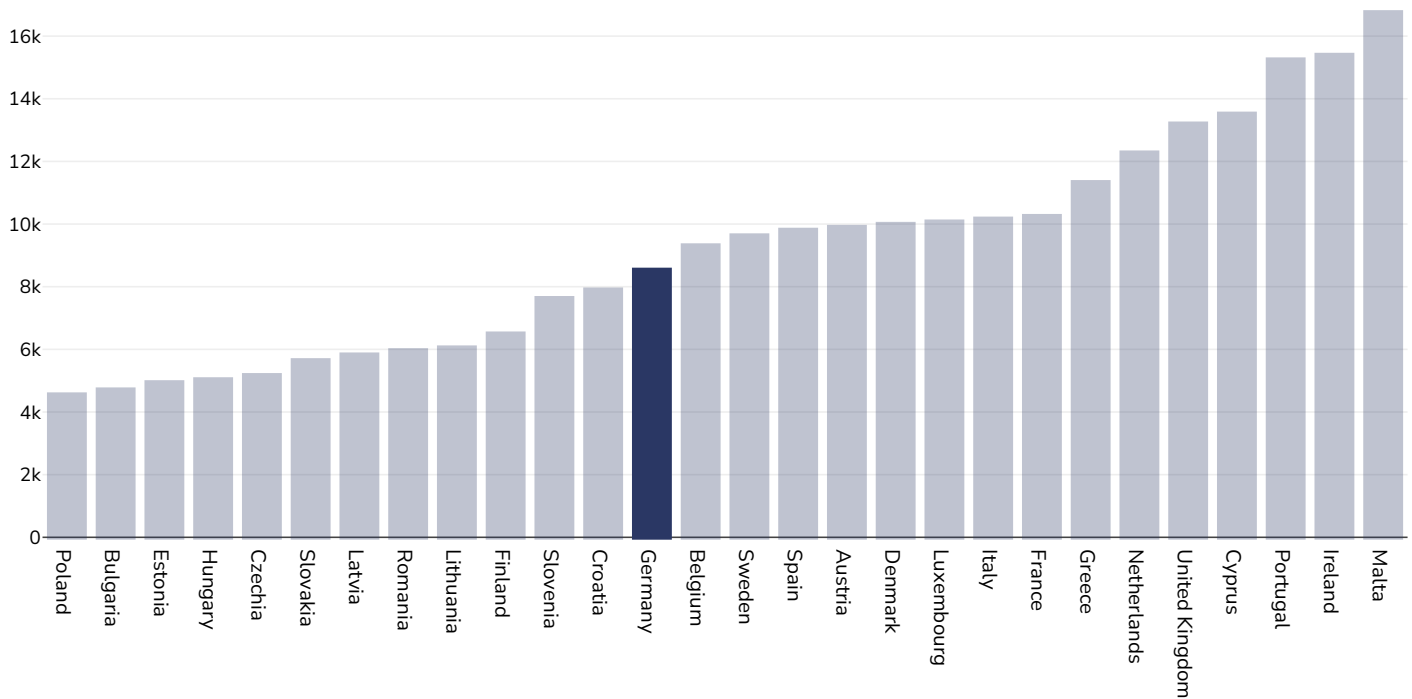
Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from <https://vizhub.healthdata.org/gbd-compare/> [Accessed 17.03.26]

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

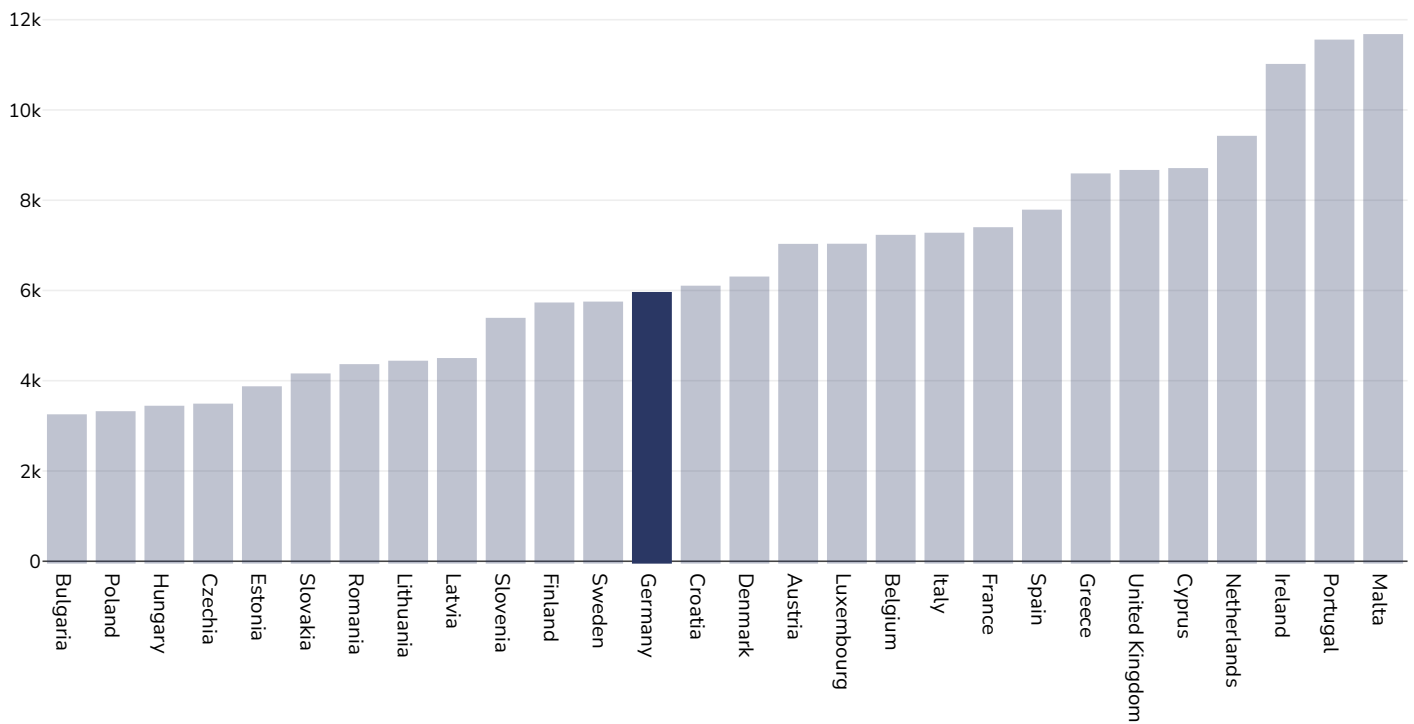
References:

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

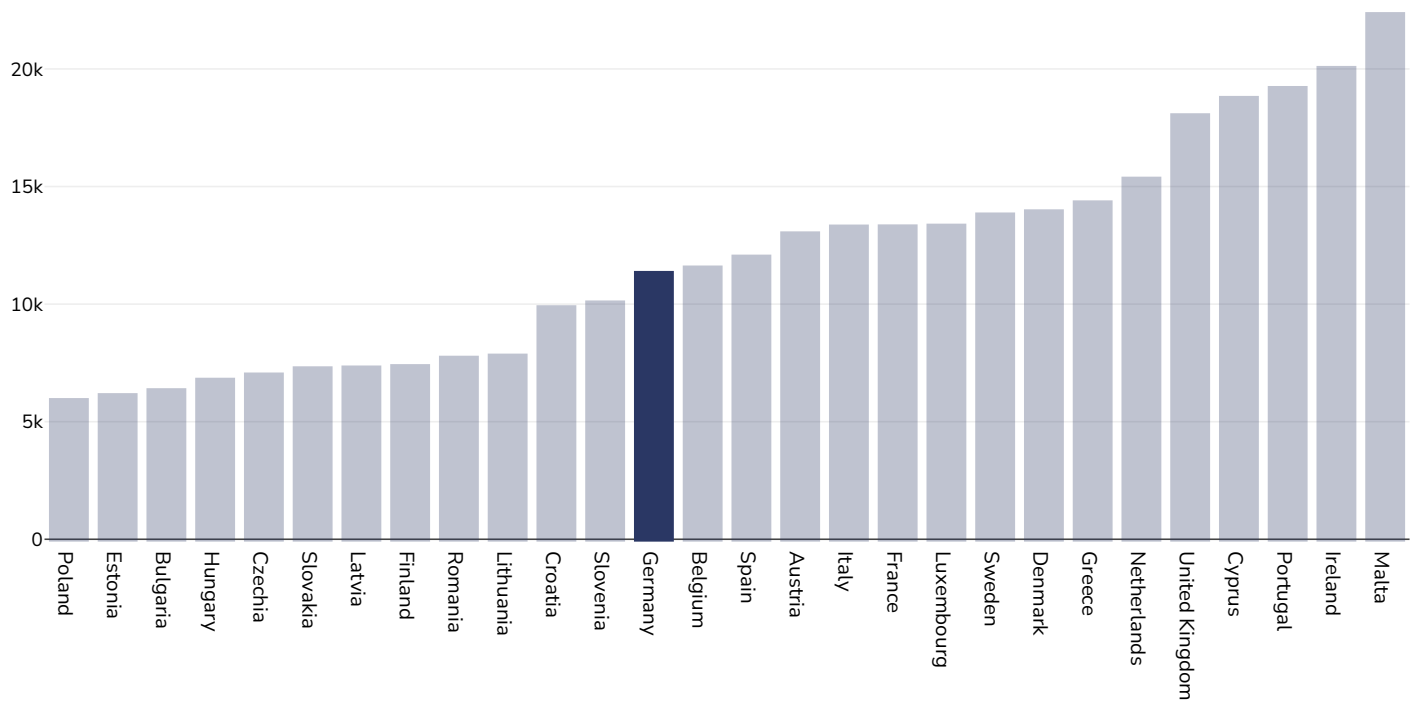
References:

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 May 5, 2026