Report card
Greece

Contents	Page

Obesity prevalence

Adults, 2019

■ Obesity ▢ Overweight
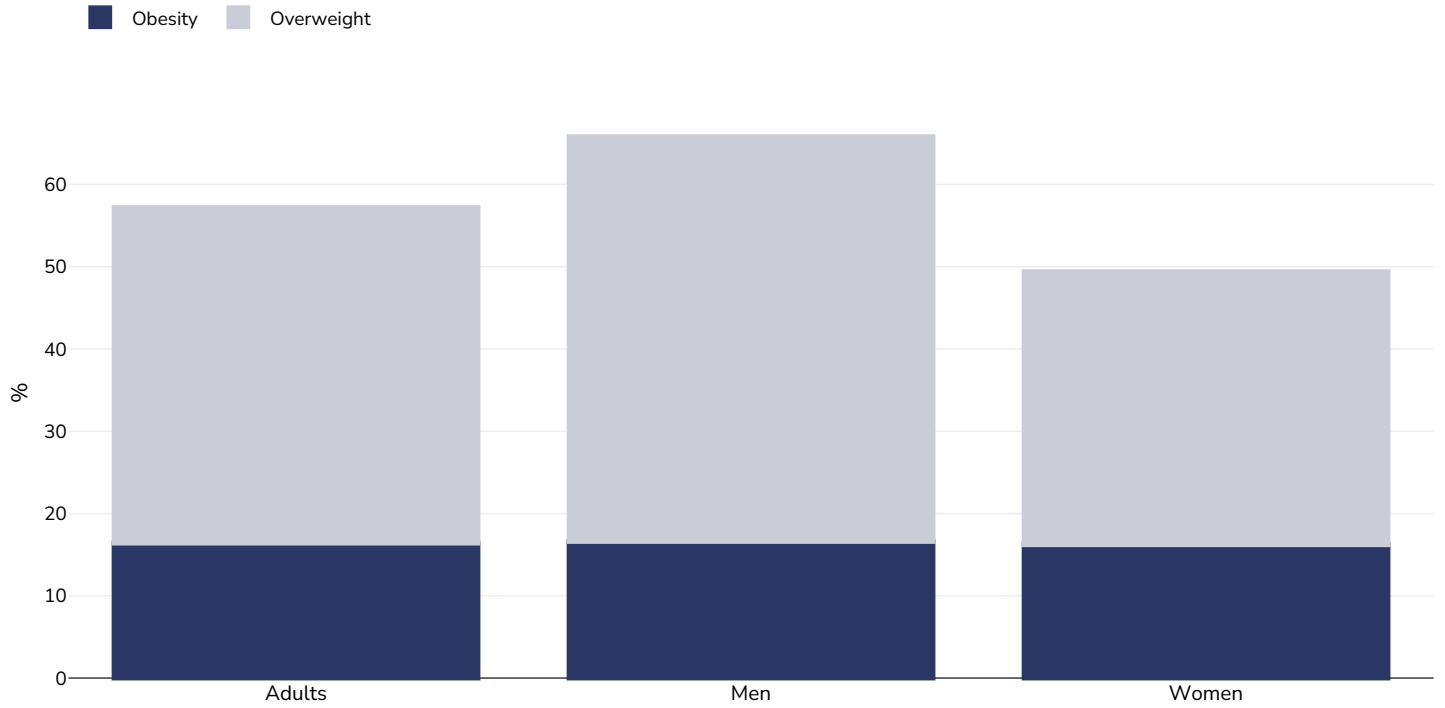
Survey type:	
Age:	
Sample size:	
Area covered:	
References:	Hellenic Statistical Authority. Health Intervi
	2&p_p_col_count=4&p_p_col_pos=1&_documents_WAR_publicationsportlet_INSTANCE_qDQ8fBKKo4lN_javax.faces.resource=docum

Children, 2021-2022

■ Overweight or obesity
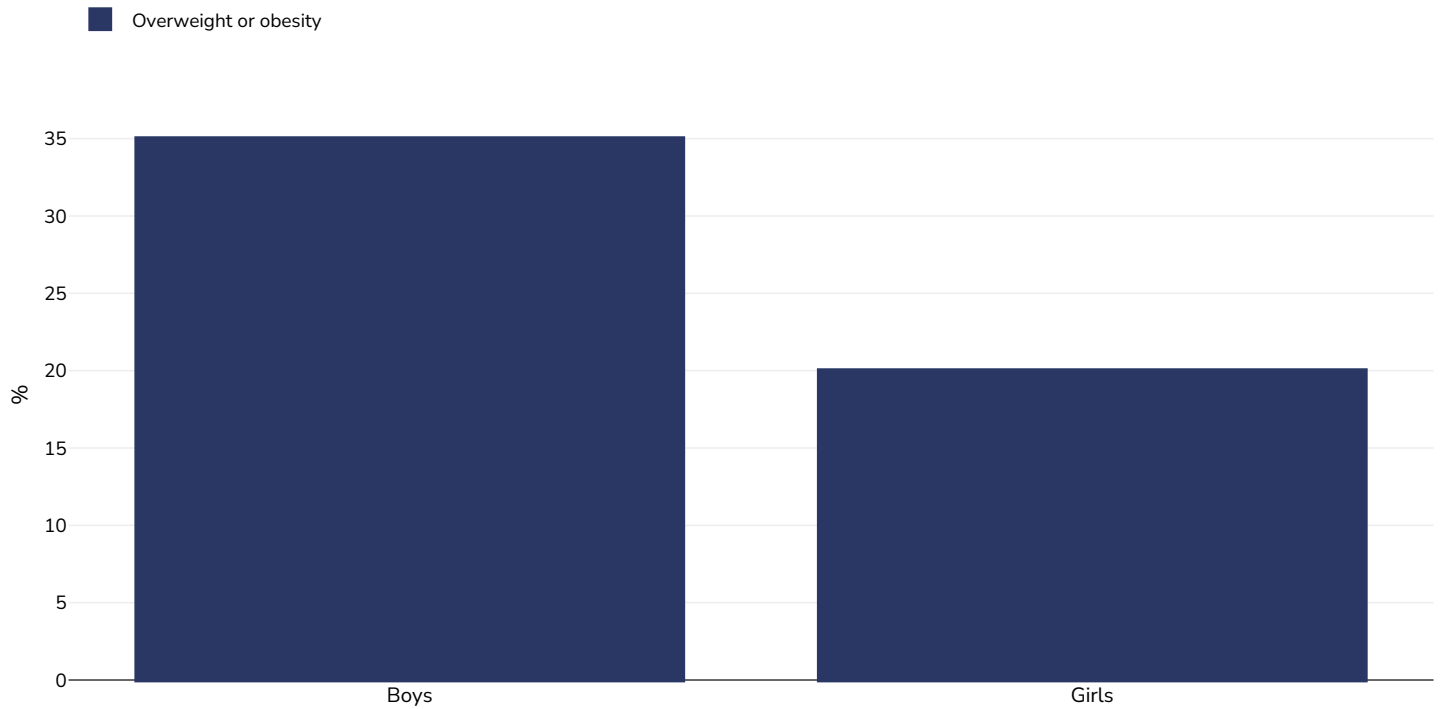
Survey type:	Self-reported
Age:	13
References:	Rakic JG, Hamrik Z, Dzielska A, Felder-Puig R, Oja L, Bakalár P et al. A focus on adolescent physical activity, eating behaviours, weight status and body image in Europe, central Asia and Canada. Health Behaviour in School-aged Children (HBSC) international 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

Infants, 2003-2004

■ Overweight or obesity
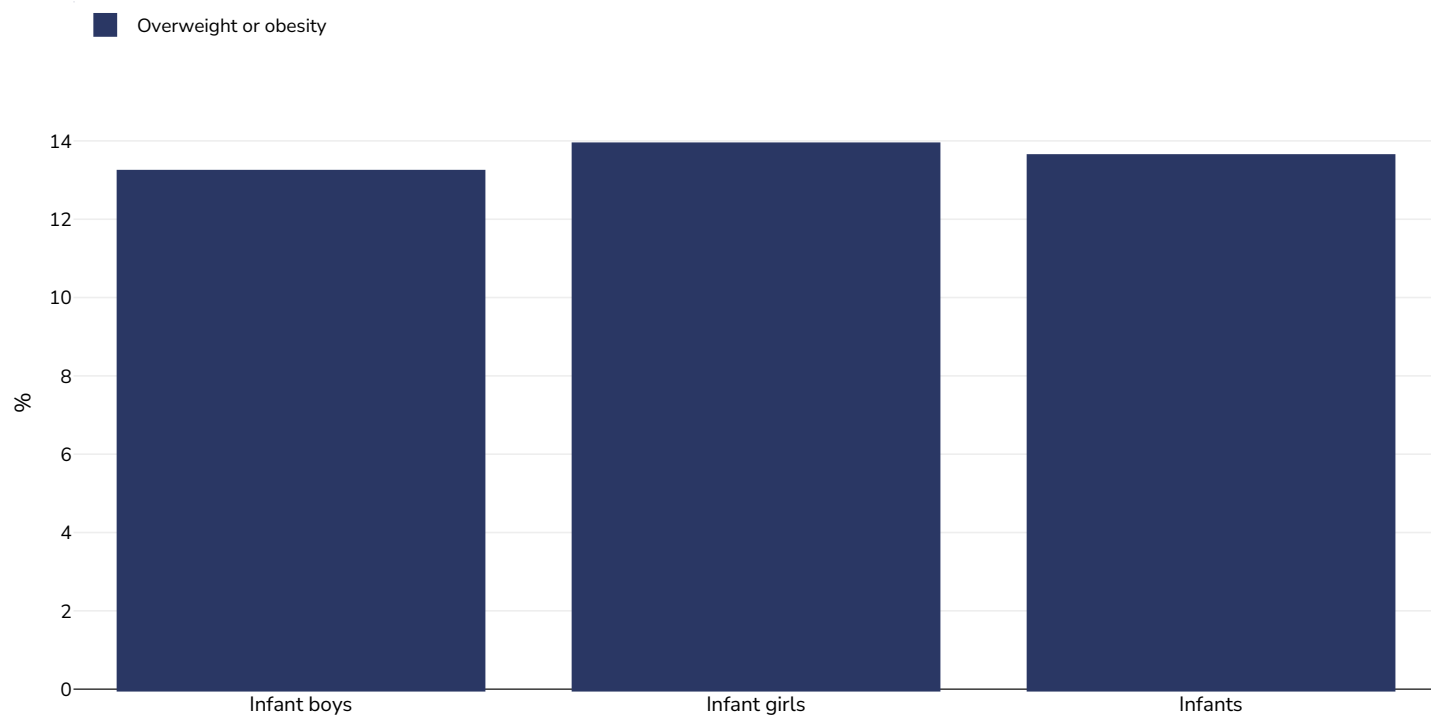
Age:	0-5
Sample size:	2239
References:	NNS: Greece 2003-2004 Growth, Exercise and Nutrition Epidemiological Study In preSchoolers (The GENESIS) Study
Notes:	UNICEF/WHO/World Bank Joint Child Malnutrition Estimates Expanded Database: Overweight (Survey Estimates), May 2023, New York. For more information about the methodology, please consult https://data.unicef.org/resources/jme-2023-country-consultations/ Percentage of children under 5 years of age falling above 2 standard deviations (moderate and severe) from the median weight-for-height of the reference population.
Definitions:	=>+2SD

% Adults living with obesity, 2000-2019

Men

Survey type: Self-reported

References:	2000: Eurostat Yearbook 2006/07. A goldmine of statistical information. Available at https://ec.europa.eu/eurostat/documents/2995521/5059290/1-20022007-BP-EN.PDF.pdf/edab8c31-b9f3-4c8e-b4db-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)
	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)

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:	Self-reported

References:	2000: Eurostat Yearbook 2006/07. A goldmine of statistical information. Available at https://ec.europa.eu/eurostat/documents/2995521/5059290/1-20022007-BP-EN.PDF.pdf/edab8c31-b9f3-4c8e-b4db-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)
	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)

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, 2000-2019

Men

Survey type:	Self-reported

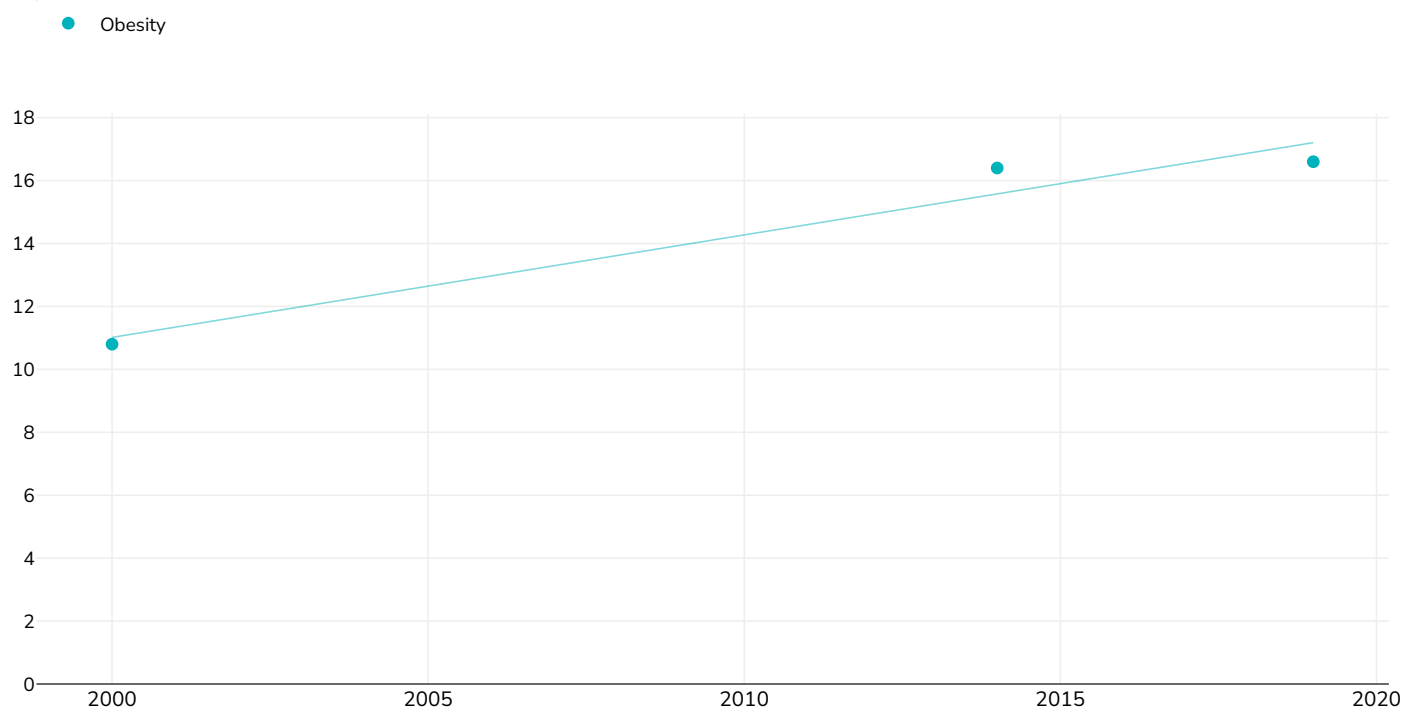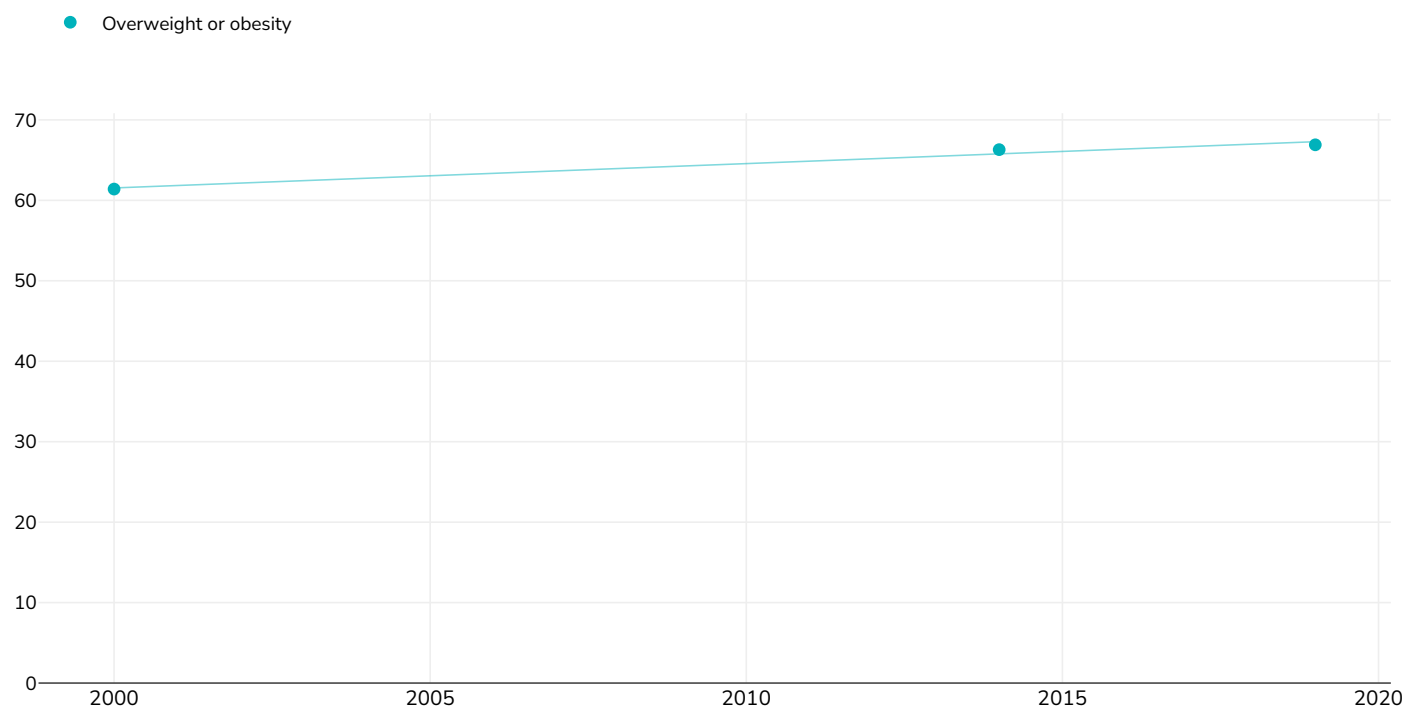|	
References:	2000: Eurostat Yearbook 2006/07. A goldmine of statistical information. Available at https://ec.europa.eu/eurostat/documents/2995521/5059290/1-20022007-BP-EN.PDF.pdf/edab8c31-b9f3-4c8e-b4db-4137bd045efa?t=1414683510000 (last accessed 04.11.21)
	2014: Eurostat Database:http://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1e&lang=en (last accessed 25.08.20)
	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)

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

Women

● Overweight or obesity

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

■ Obesity ■ Overweight

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).
Notes:	NB. Some age ranges missing due to insufficient data to display by age & educational status
	Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².

Men, 2019

Legend: ■ Obesity ■ Overweight

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

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

Women, 2019

Legend: ■ Obesity ■ Overweight

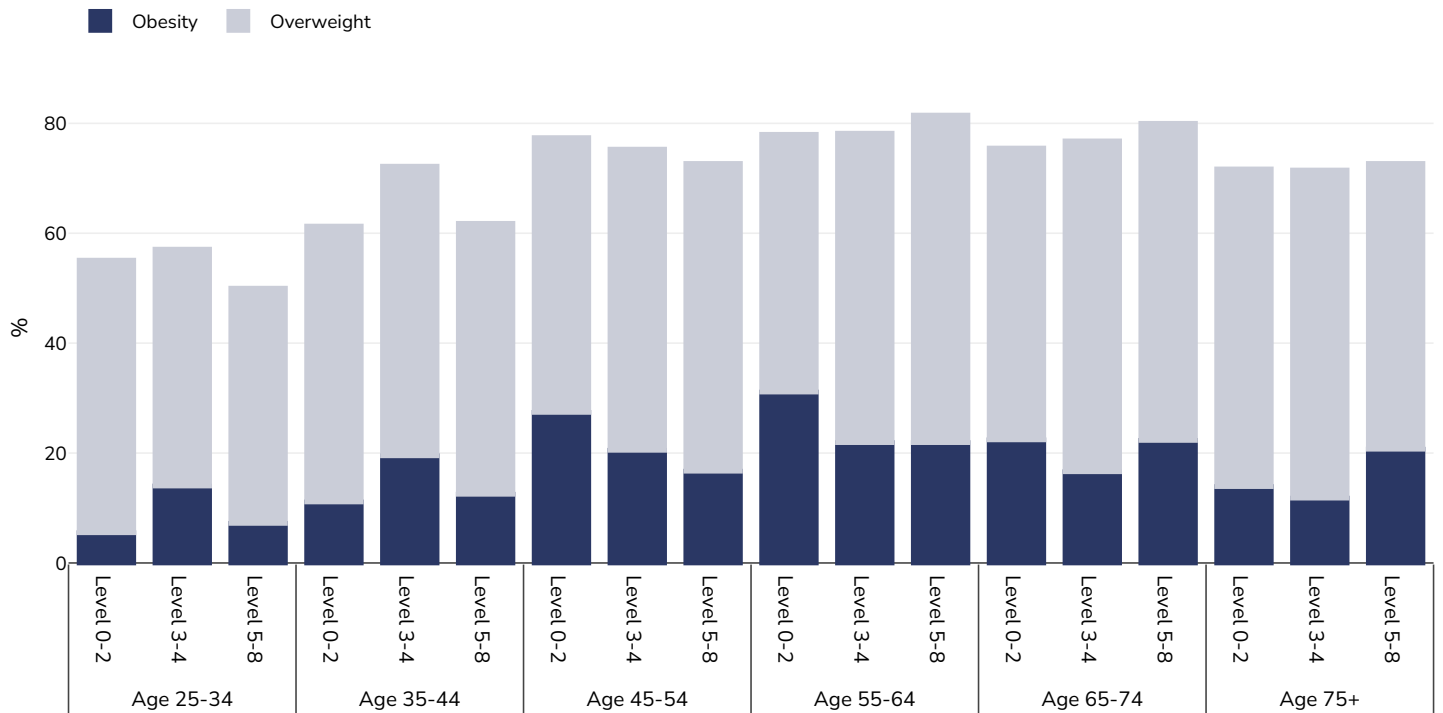| Survey type:	Self-reported
Area covered:	National
References:	Eurostat 2019. Available at https://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1e&lang=en (last accessed 09.08.21).
Notes:	NB. Some age ranges missing due to insufficient data to display by age & educational status

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

Overweight/obesity by education

Men, 2014

Legend: ■ Obesity ■ Overweight

Survey type:	Self-reported
Age:	18+
Sample size:	Total sample size in EU = 35100 (Age 18+)
Area covered:	National
References:	Eurostat Database:http://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1e&lang=en (last accessed 9 November 2016)
Notes:	Less than primary, primary and lower secondary education (levels 0-2) Upper secondary and post-secondary non-tertiary education (levels 3 and 4) Tertiary education (levels 5-8)
	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

■ Obesity　　■ Overweight

Survey type:	Self-reported
Age:	18+
Sample size:	Total sample size in EU = 35100 (Age 18+)
Area covered:	National
References:	Eurostat Database:http://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1e&lang=en (last accessed 9 November 2016)
Notes:	Less than primary, primary and lower secondary education (levels 0-2) Upper secondary and post-secondary non-tertiary education (levels 3 and 4) Tertiary education (levels 5-8)
	Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².

Children, 2012

Legend: ■ Obesity ■ Overweight

Survey type:	Measured
Age:	3-6
Sample size:	1229
Area covered:	Subnational- Athens
References:	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, pp.1-7.
Notes:	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

Infants, 2003-2004

■ Overweight or obesity
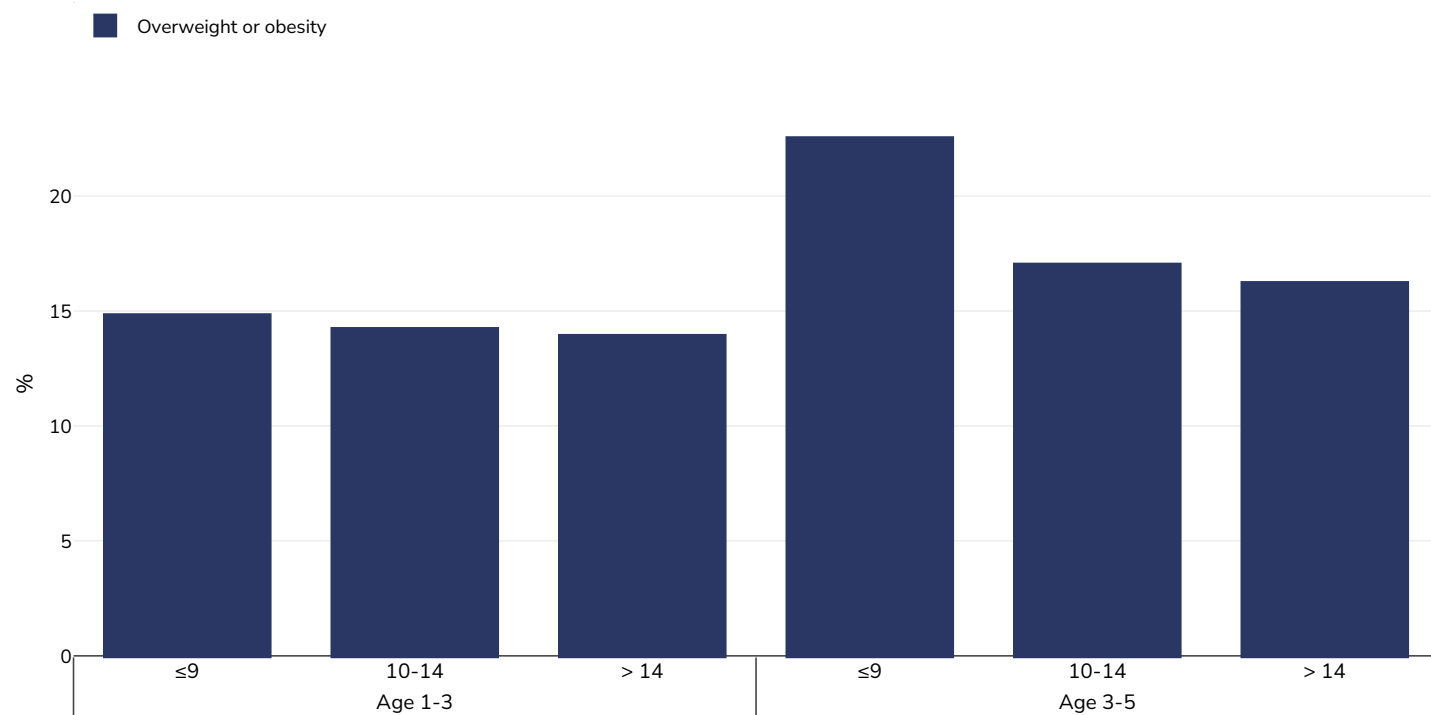
Survey type:	Measured
Sample size:	2374
Area covered:	National
References:	Manios et al. (2007) 'Prevalence of obesity in preschool Greek children, in relation to parental characteristics and region of residence', BMC Public Health, 7;178
Notes:	Prevalence of overweight by educational level of the mother (years) IOTF BMI cut-offs used
Cutoffs:	IOTF

Overweight/obesity by age

Adults, 2019
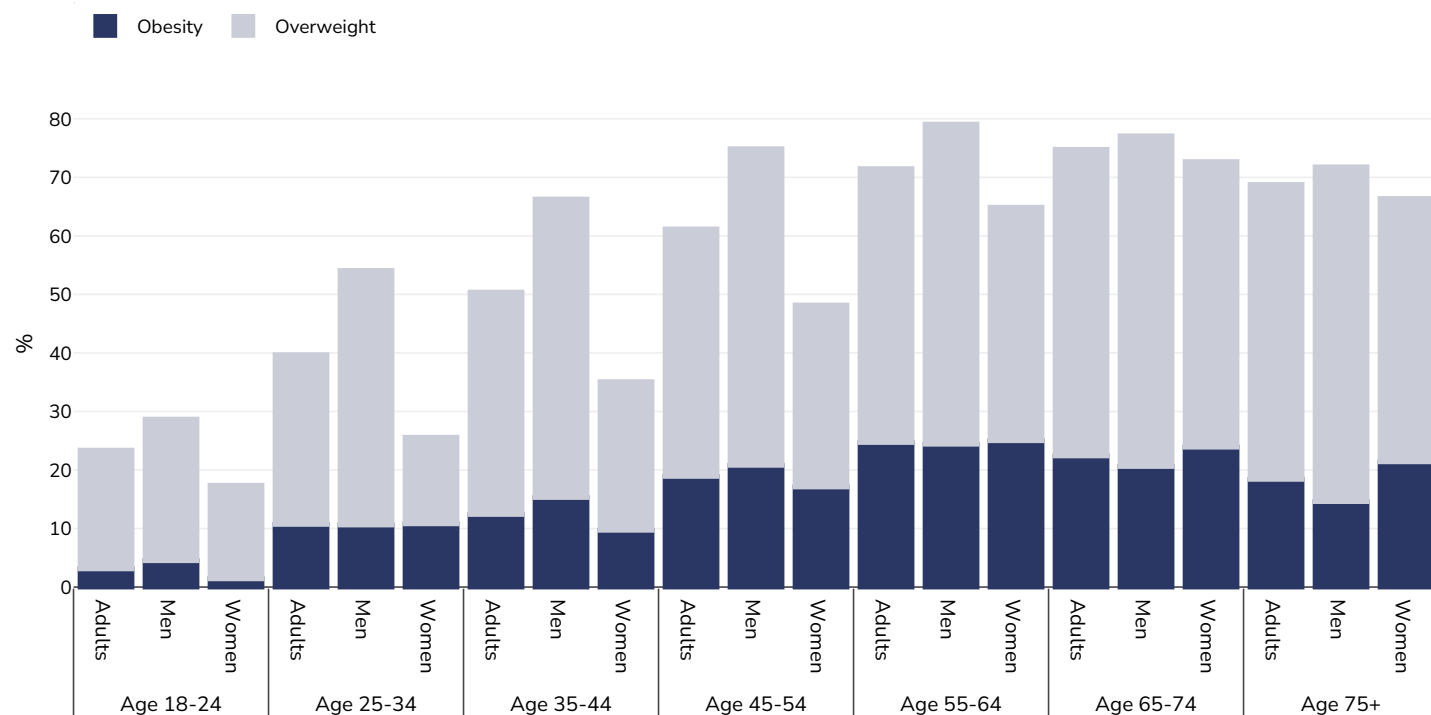
Legend: ■ Obesity ■ Overweight

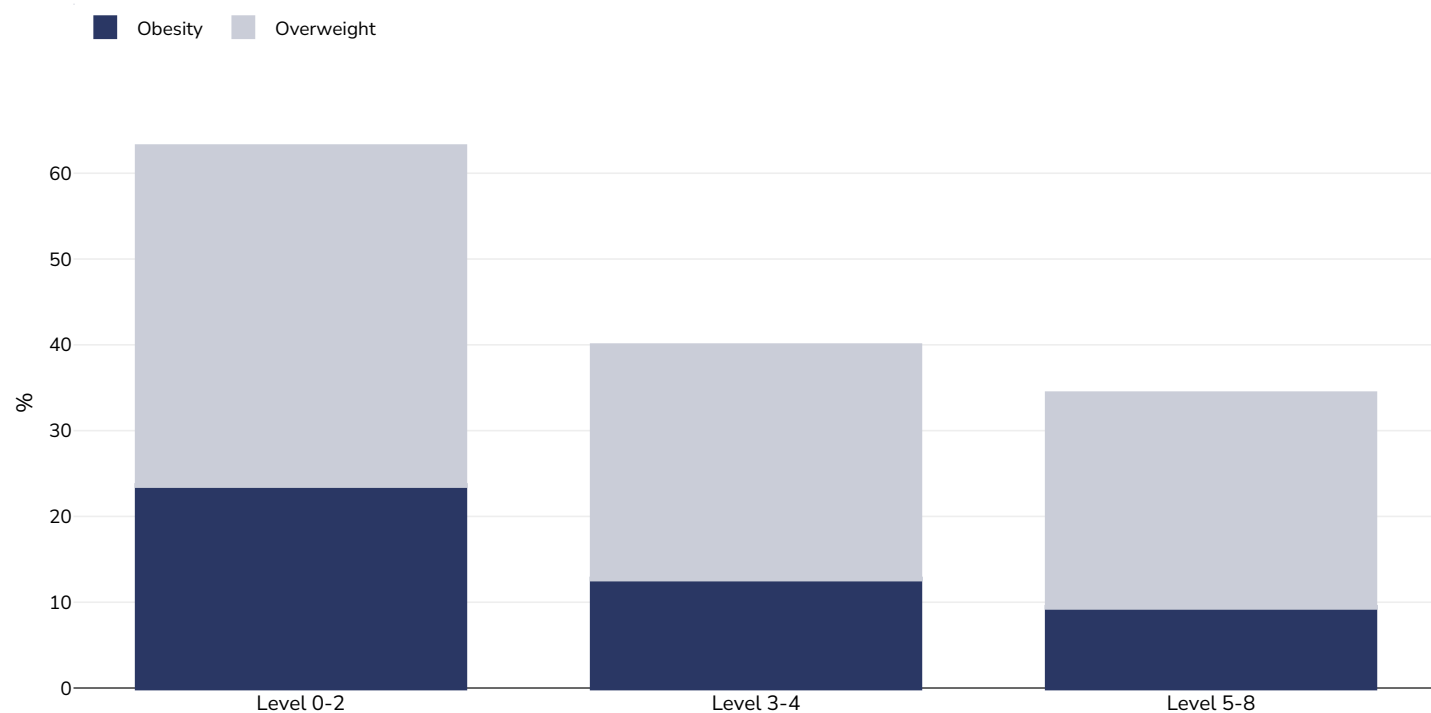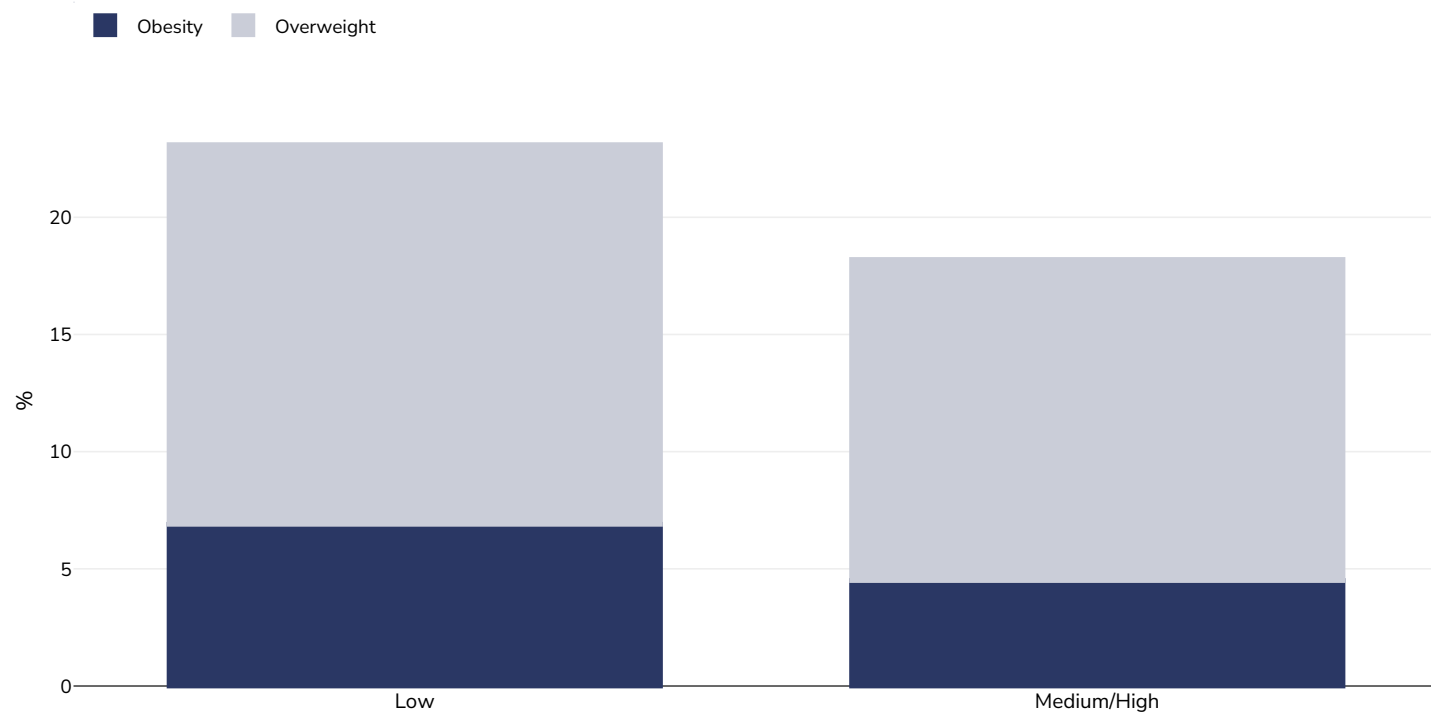| Survey type:	Self-reported
Area covered:	National
References:	Eurostat 2019. Available at https://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1i&lang=en (last accessed 09.08.21).

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

Children, 2021-2022

■ Overweight or obesity

	Boys	Girls	Boys	Girls	Boys	Girls
	Age 11		Age 13		Age 15	
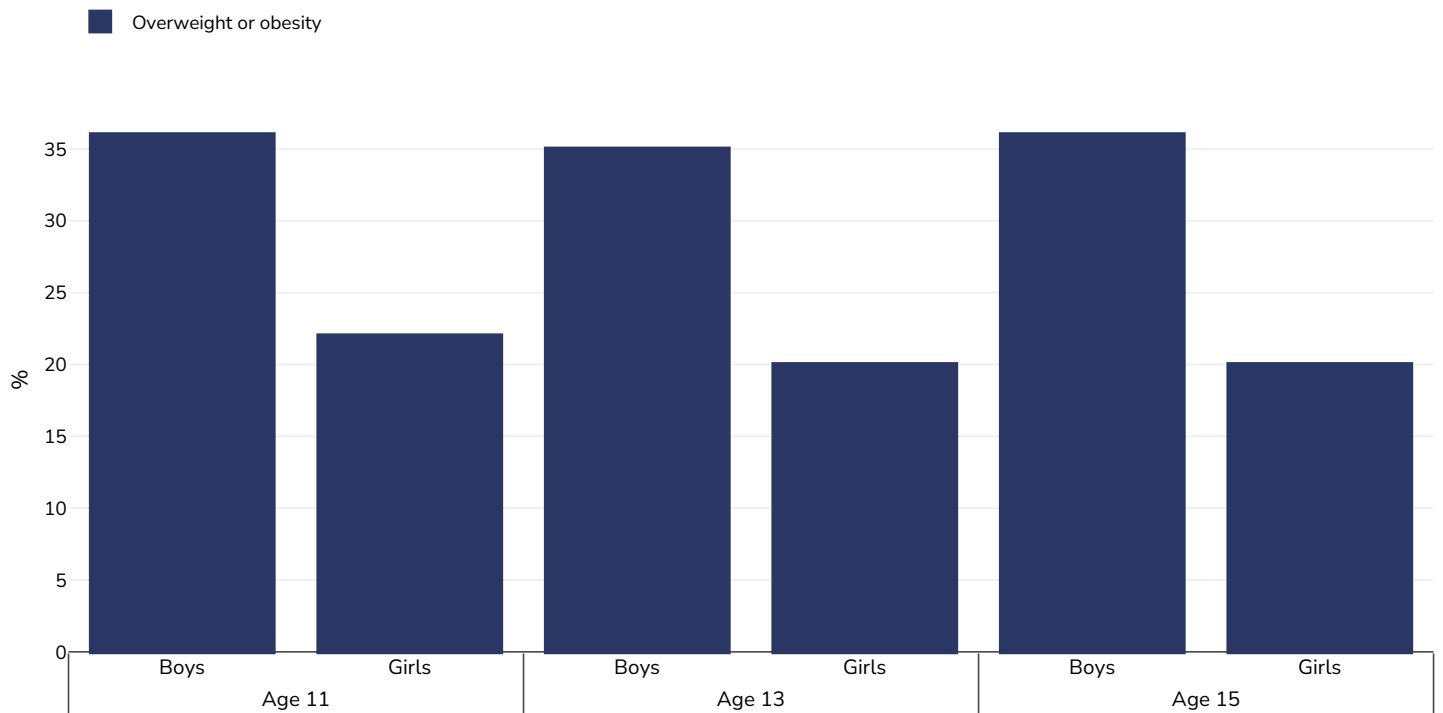
Survey type:	Self-reported
Area covered:	See Report
References:	RakiÃ?â?¡ JG, Hamrik Z, Dzielska A, Felder-Puig R, Oja L, Bakalár P et al. A focus on adolescent physical activity, eating behaviours, weight status and body image in Europe, central Asia and Canada. Health Behaviour in School-aged Children (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

Men, 2001-2003
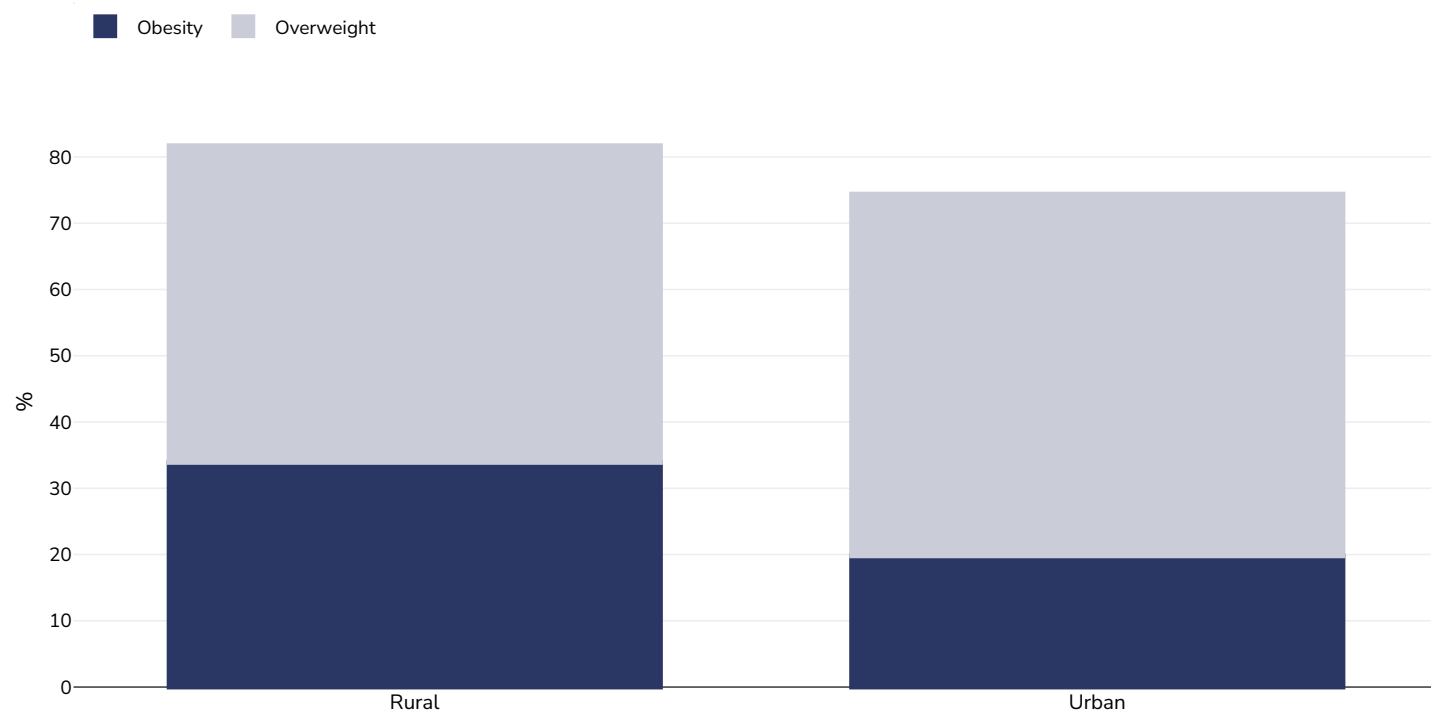
■ Obesity ■ Overweight

Survey type:	Measured
Age:	18-70
Sample size:	852
Area covered:	4 Provinces of Central Greece
References:	Koukoulis GN, Sakka C, Katsaros F et al. High rates of obesity prevalence in adults living in Central Greece: Data from the ARGOS Study. Hormones 2010;9(3):253-262
Notes:	Please note small sample size - less than 1000

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

Women, 2001-2003
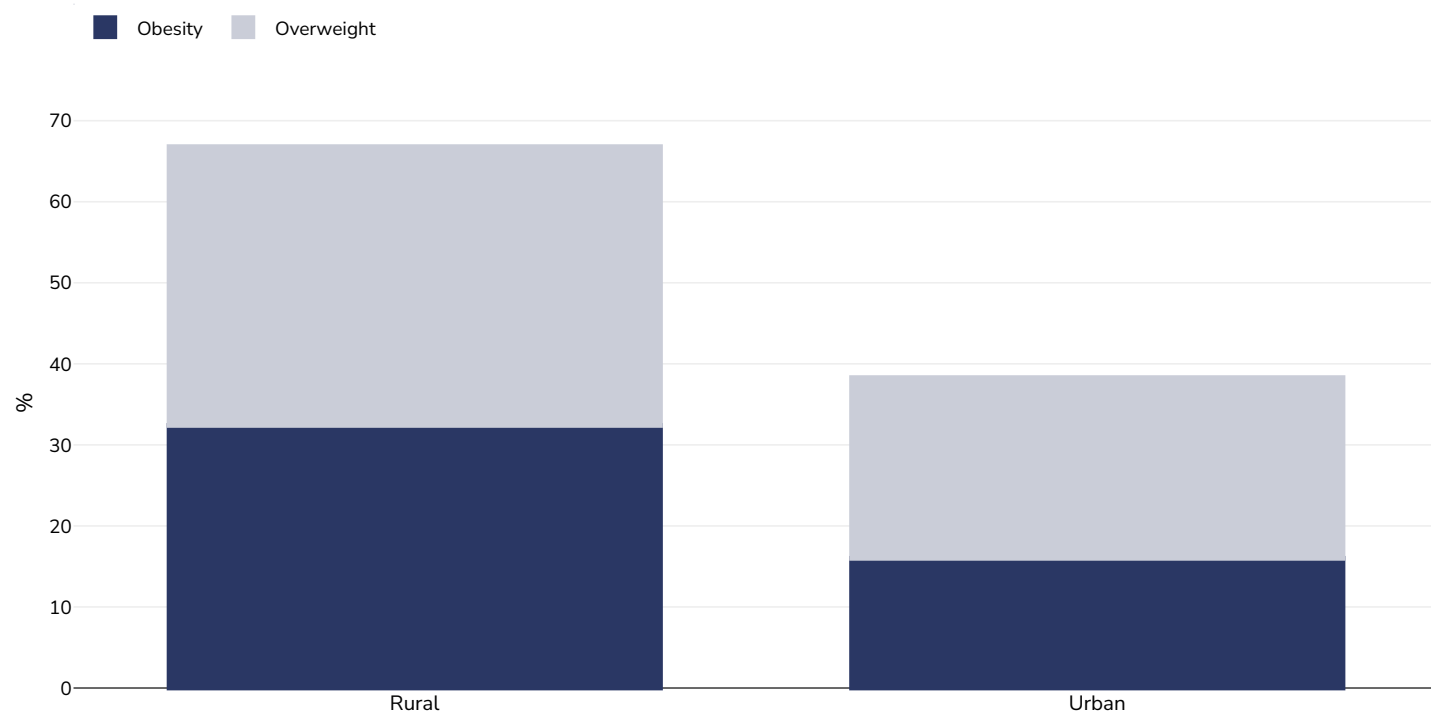
Legend: ■ Obesity ■ Overweight

Survey type:	Measured
Age:	18-70
Sample size:	852
Area covered:	4 Provinces of Central Greece
References:	Koukoulis GN, Sakka C, Katsaros F et al. High rates of obesity prevalence in adults living in Central Greece: Data from the ARGOS Study. Hormones 2010;9(3):253-262
Notes:	Please note small sample size - less than 1000

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

Boys, 2010-2012
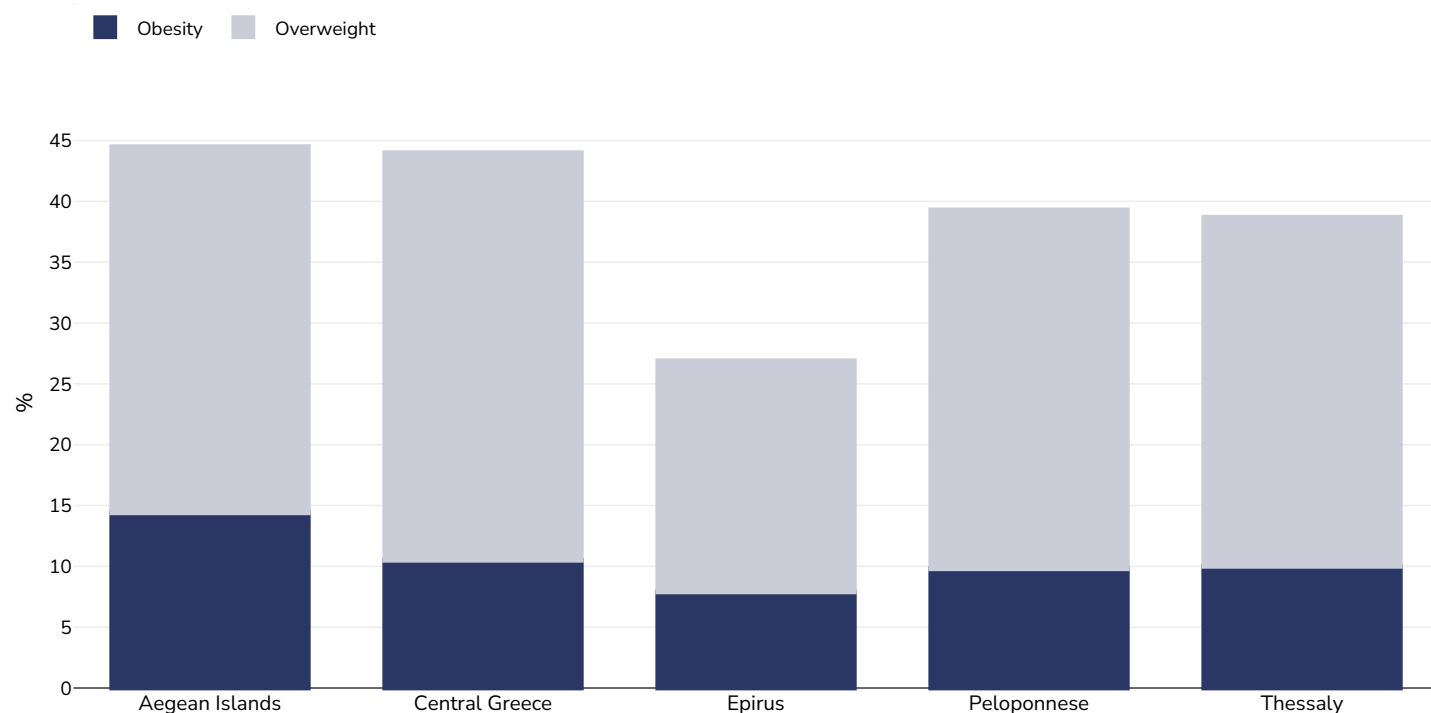
Legend: ■ Obesity ■ Overweight

Survey type:	Measured
Age:	13
Sample size:	4833
Area covered:	National
References:	Poulimeneas D, Grammatikopoulou MG, Dimitrakopoulos L, Kotsias E, Gerothanasi D, Kiranas ER, Tsigga M (2016) Regional differences in the prevalence of underweight, overweight and obesity among 13-year-old adolescents in Greece. Int J Pediatr Adolesc Med. 2016 Dec;3(4):153-161. doi: 10.1016/j.ijpam.2016.06.002. Epub 2016 Sep 6
Notes:	International IOTF Cut off points
Cutoffs:	IOTF

Girls, 2010-2012
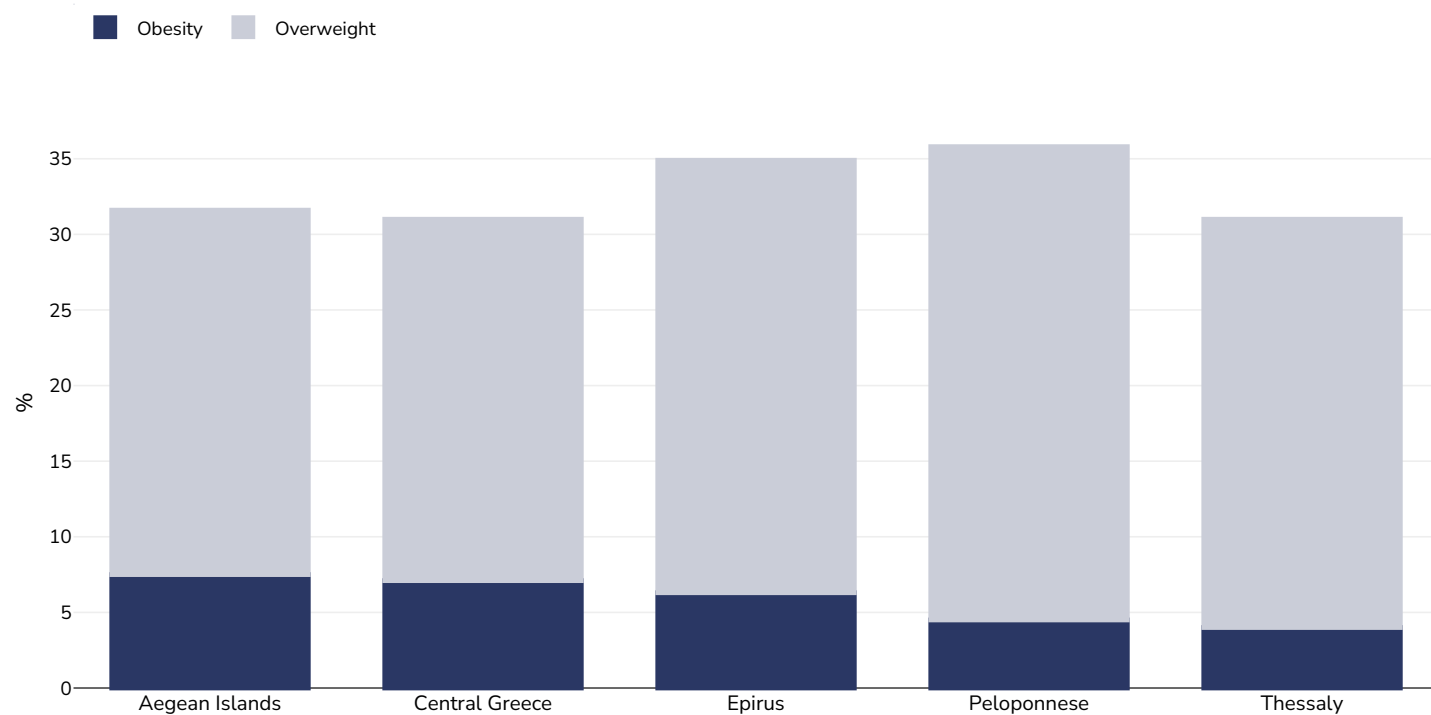
Legend: ■ Obesity ■ Overweight

Survey type:		Measured
Age:		13
Sample size:		4833
Area covered:		National
References:	Poulimeneas D, Grammatikopoulou MG, Dimitrakopoulos L, Kotsias E, Gerothanasi D, Kiranas ER, Tsigga M (2016) Regional differences in the prevalence of underweight, overweight and obesity among 13-year-old adolescents in Greece. Int J Pediatr Adolesc Med. 2016 Dec;3(4):153-161. doi: 10.1016/j.ijpam.2016.06.002. Epub 2016 Sep 6	
Notes:		International IOTF Cut off points
Cutoffs:		IOTF

Overweight/obesity by age and region
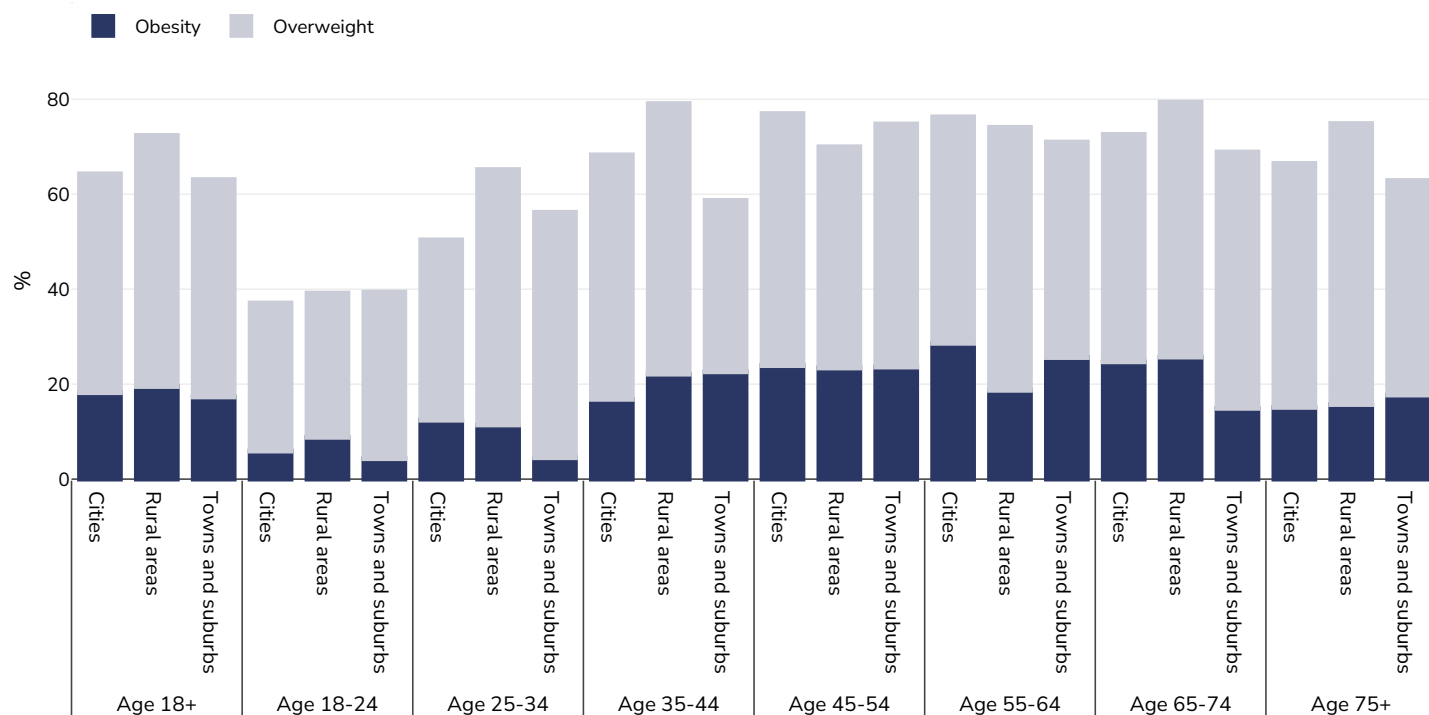
Men, 2014

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

Legend: ■ Obesity ■ Overweight
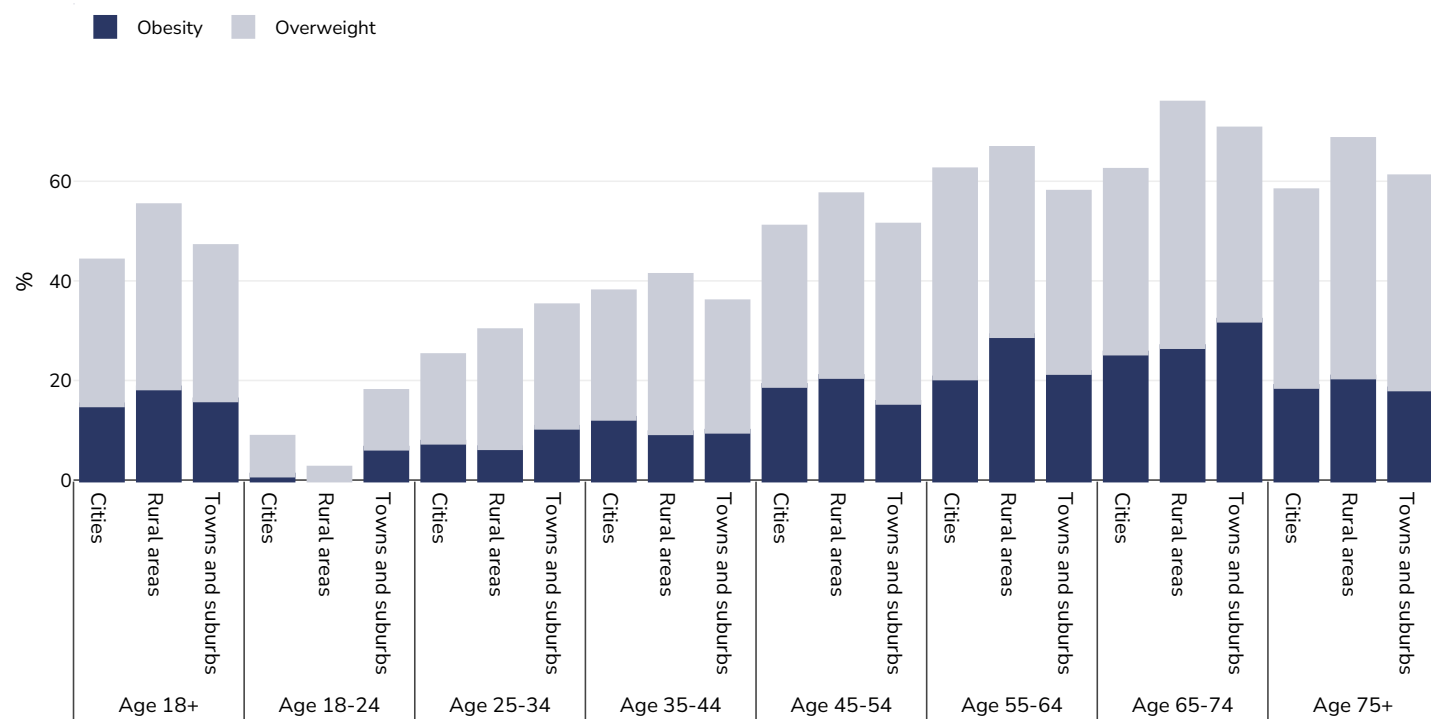
Survey type:	Self-reported
Area covered:	National
References:	Eurostat http://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1u&lang=en (last accessed 25.08.20)

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

Overweight/obesity by age and socio-economic group

Adults, 2019

Legend: ■ Obesity ■ Overweight

%

Age 18-24 | Age 25-34 | Age 35-44 | Age 45-54 | Age 55-64 | Age 65-74 | Age 75+

(categories: 1st income quintile, 2nd income quintile, 3rd income quintile, 4th income quintile, 5th income quintile)

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

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

Men, 2019

Legend: Obesity, Overweight

Y-axis: % (0, 20, 40, 60, 80)

X-axis categories (income quintiles repeated): 1st income quintile, 2nd income quintile, 3rd income quintile, 4th income quintile, 5th income quintile

Age groups: Age 25-34, Age 35-44, Age 45-54, Age 55-64, Age 65-74, Age 75+

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

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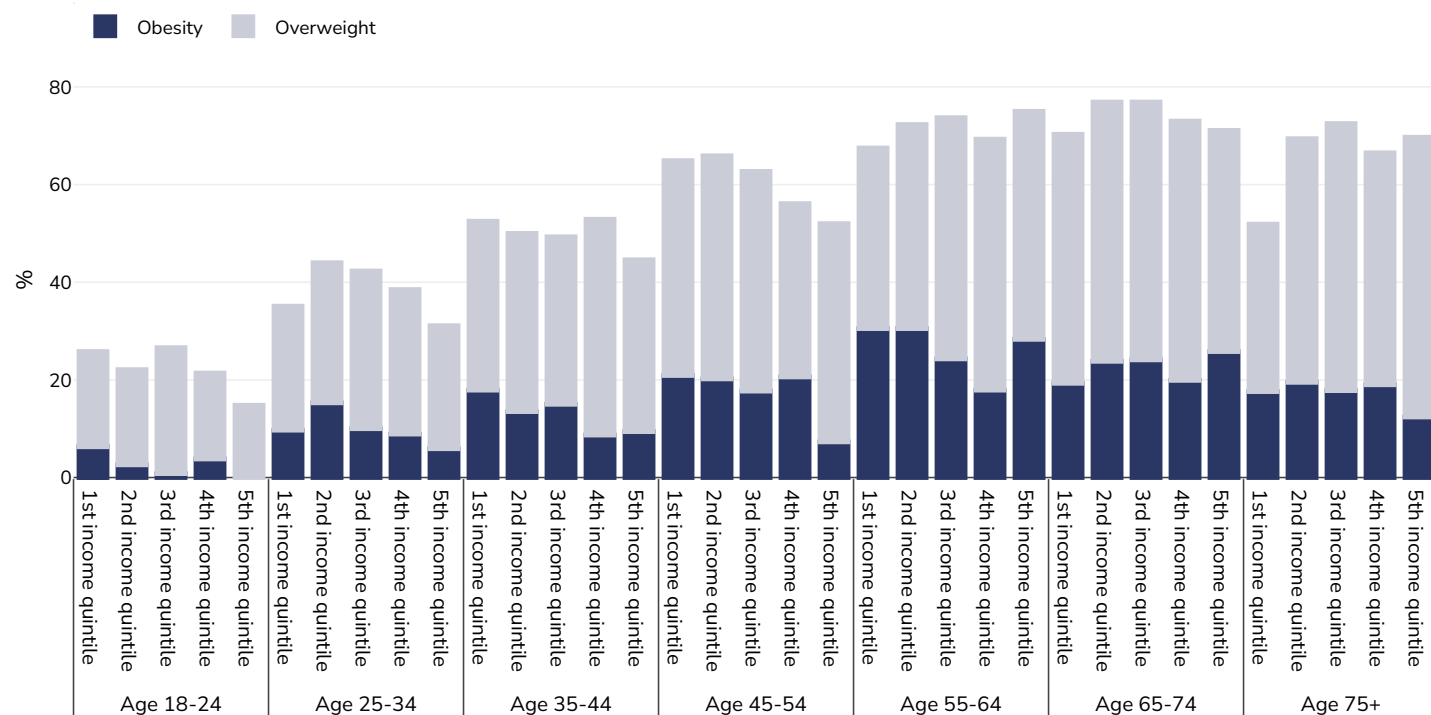
Women, 2019

Legend: Obesity, Overweight

Chart showing % (y-axis from 0 to 80) by income quintile (1st to 5th) across age groups:
- Age 35-44
- Age 45-54
- Age 55-64
- Age 65-74
- Age 75+

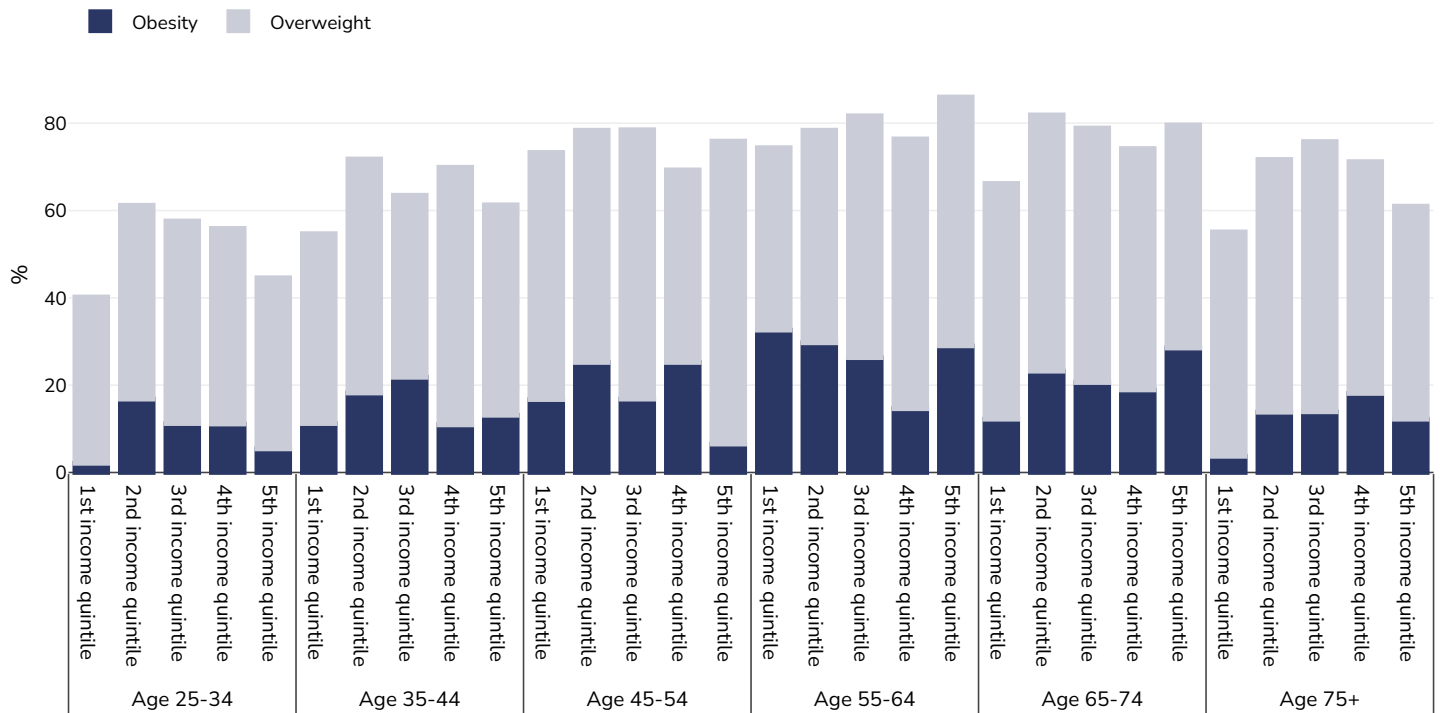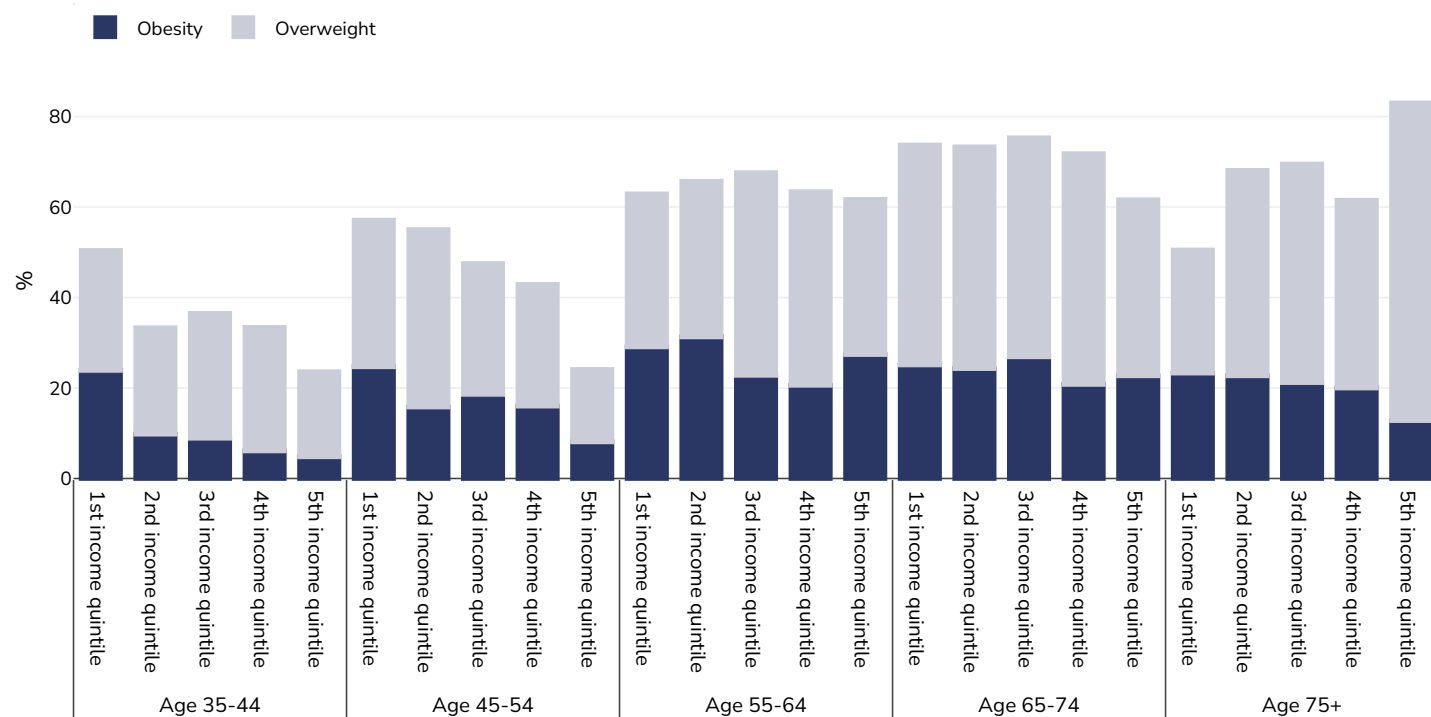| Survey type:	Self-reported
Area covered:	National
References:	Eurostat 2019. Available at https://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1i&lang=en (last accessed 09.08.21).
Notes:	NB. Some age ranges missing due to insufficient data to display by age & income quintile

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

Overweight/obesity by socio-economic group

Men, 2014

■ Obesity ■ Overweight

Survey type:	Self-reported
Age:	18+
Sample size:	Total sample number in EU: 35100 (Age 18+)
Area covered:	National
References:	EUROSTAT Database: http://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1i&lang=en (last accessed 9 November 2016)
Notes:	1st Quintile (lowest income), 5th Quintile (highest income) Please note where data = zero, there were insufficient data.
	Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².

Women, 2014

Legend: ■ Obesity ■ Overweight

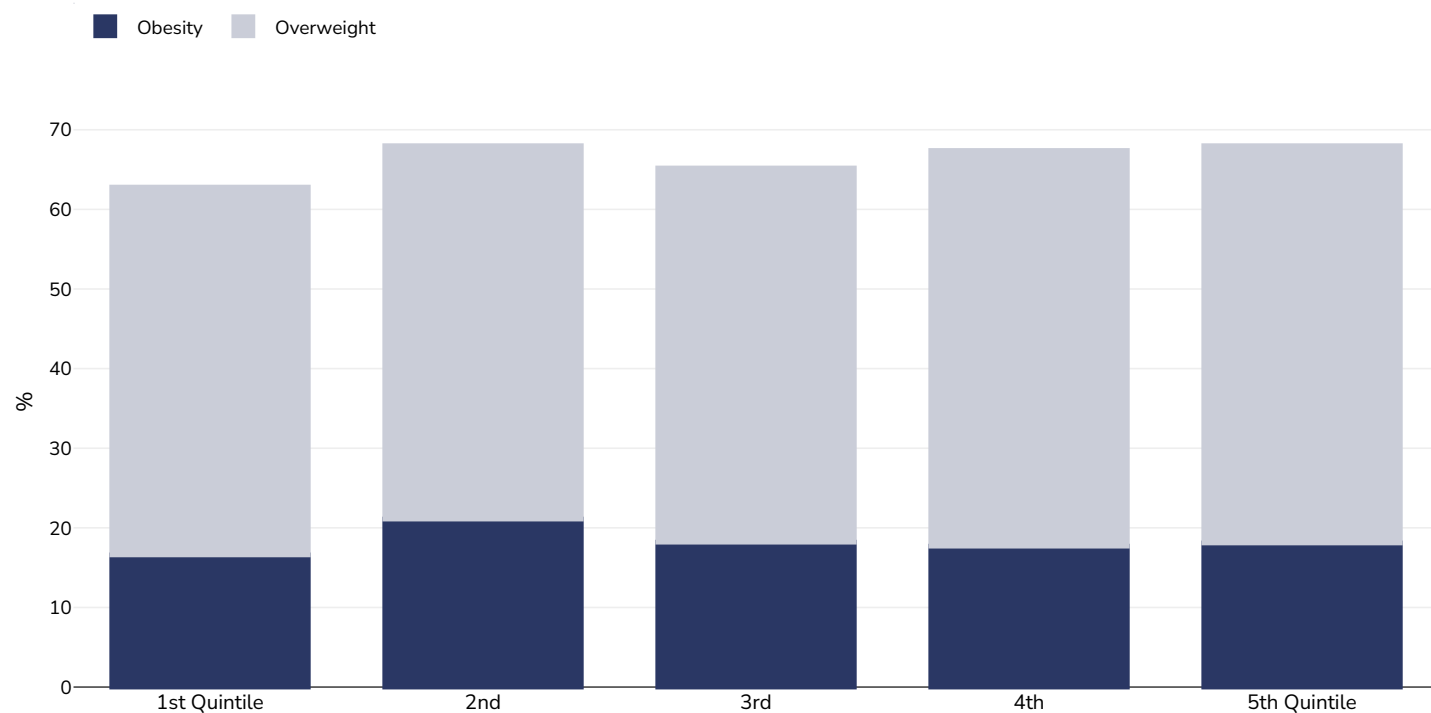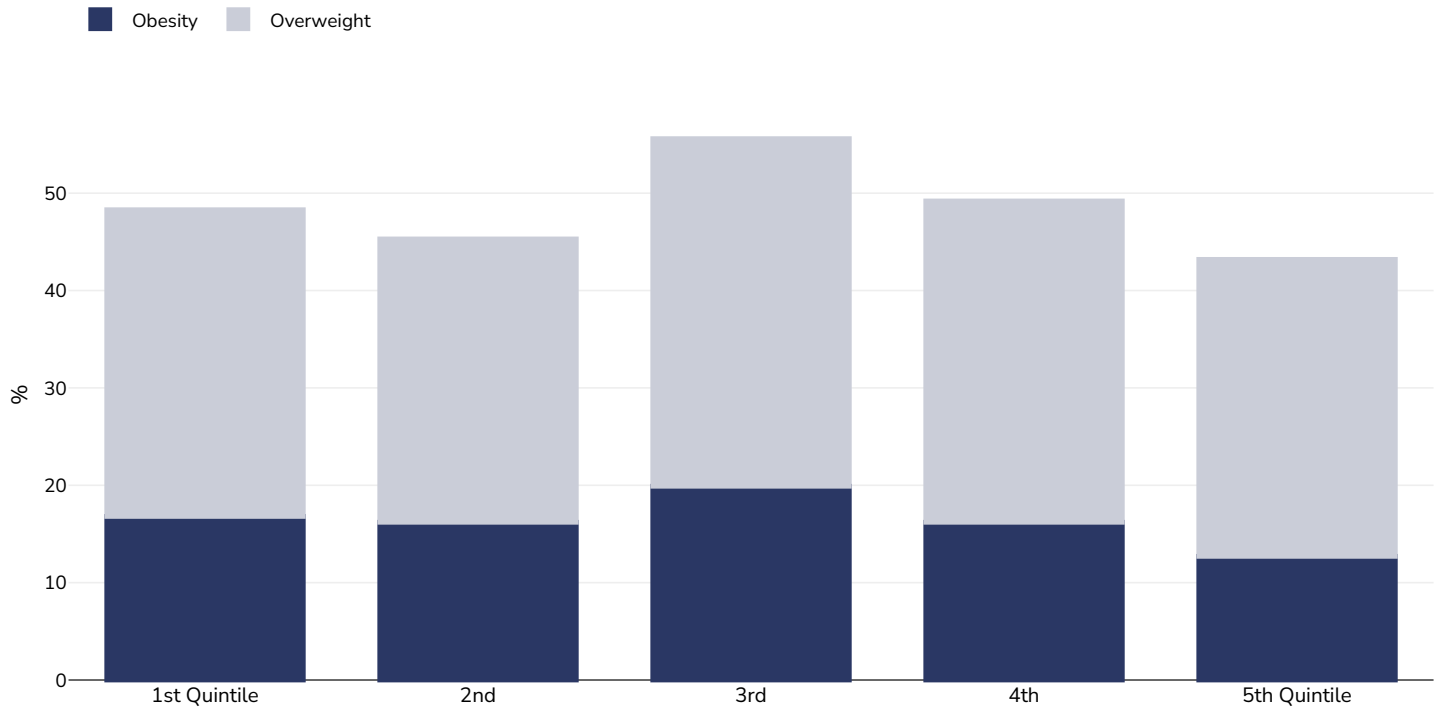| Survey type:	Self-reported
Age:	18+
Sample size:	Total sample number in EU: 35100 (Age 18+)
Area covered:	National
References:	EUROSTAT Database: http://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1i&lang=en (last accessed 9 November 2016)
Notes:	1st Quintile (lowest income), 5th Quintile (highest income) Please note where data = zero, there were insufficient data.
	Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².

Boys, 2021-2022

■ 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

Legend: Obesity, Overweight
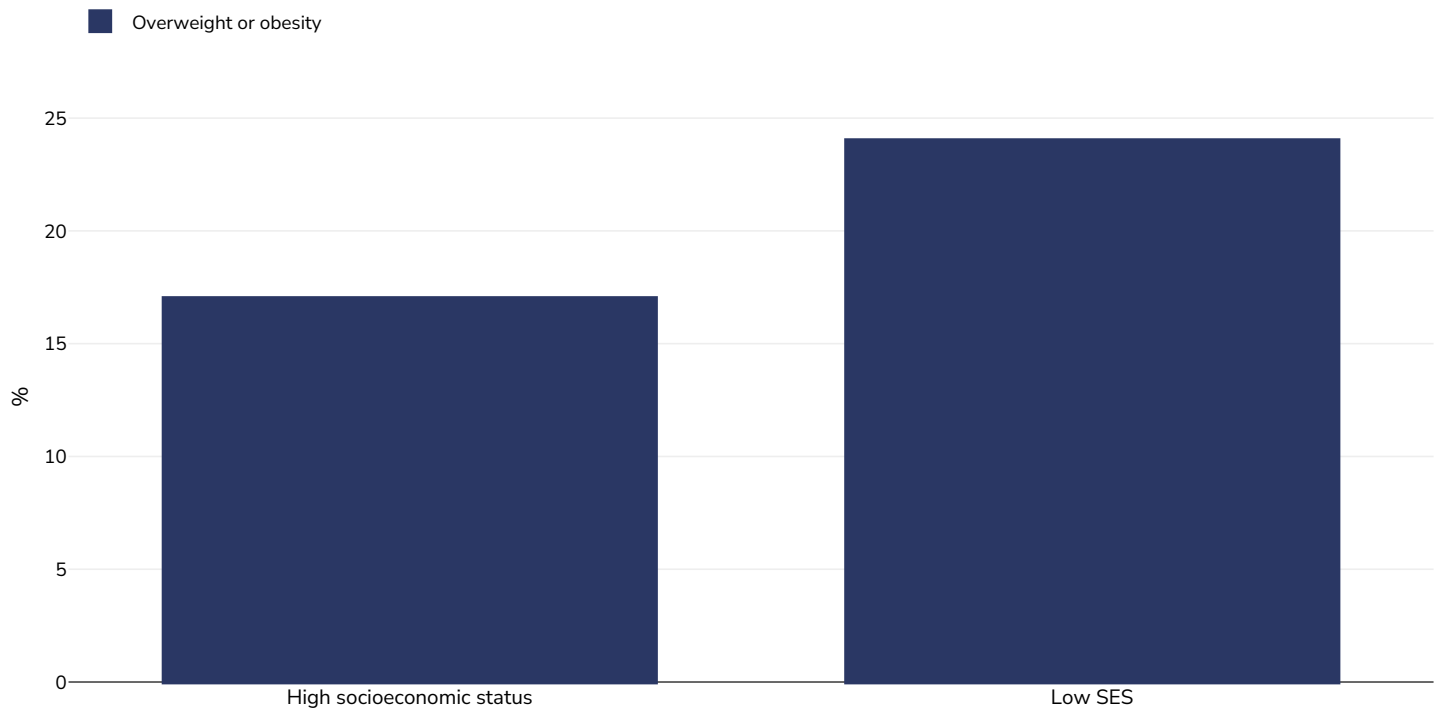

Survey type:	Self-reported
Area covered:	National
References:	Eurostat 2014 available at https://appsso.eurostat.ec.europa.eu/nui/submitViewTableAction.do (last accessed 06.10.21)

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

Men, 2014

Legend: ■ Obesity ■ Overweight

Y-axis: % (0, 20, 40, 60, 80)

Age 25-34:
- No Limited Activity
- Limited Activity Moderate

Age 35-44:
- No Limited Activity
- Limited Activity Moderate

Age 45-54:
- No Limited Activity
- Limited Activity Moderate
- Limited Activity Severe

Age 55-64:
- No Limited Activity
- Limited Activity Moderate
- Limited Activity Severe

Age 65-74:
- No Limited Activity
- Limited Activity Moderate
- Limited Activity Severe

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

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

Women, 2014

Legend: ■ Obesity   ■ Overweight

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

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

Insufficient physical activity

Adults, 2016
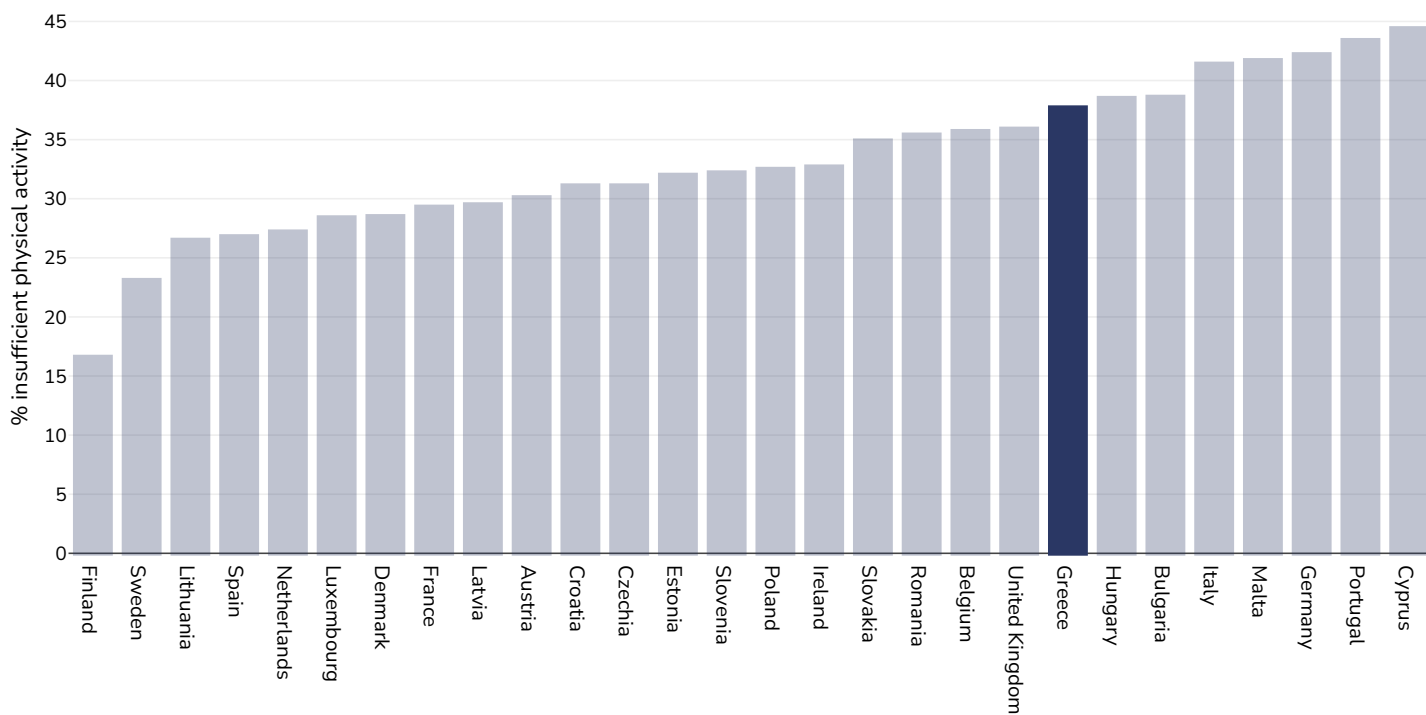
y-axis: % insufficient physical activity

Countries (left to right): Finland, Sweden, Lithuania, Spain, Netherlands, Luxembourg, Denmark, France, Latvia, Austria, Croatia, Czechia, Estonia, Slovenia, Poland, Ireland, Slovakia, Romania, Belgium, United Kingdom, Greece, Hungary, Bulgaria, Italy, Malta, Germany, Portugal, Cyprus

References: Guthold R, Stevens GA, Riley LM, Bull FC. Worldwide trends in insufficient physical activity from 2001 to 2016: a pooled analysis of 358 population-based surveys with 1.9 million participants. Lancet 2018 http://dx.doi.org/10.1016/S2214-109X (18)30357-7

Men, 2016

References: Guthold R, Stevens GA, Riley LM, Bull FC. Worldwide trends in insufficient physical activity from 2001 to 2016: a pooled analysis of 358 population-based surveys with 1.9 million participants. Lancet 2018 http://dx.doi.org/10.1016/S2214-109X (18)30357-7

Women, 2016

% insufficient physical activity

Finland, Sweden, Netherlands, Lithuania, Luxembourg, Spain, Denmark, Latvia, Poland, Austria, Czechia, France, Estonia, Croatia, Slovenia, Ireland, Romania, Slovakia, United Kingdom, Belgium, Greece, Bulgaria, Hungary, Germany, Italy, Malta, Portugal, Cyprus
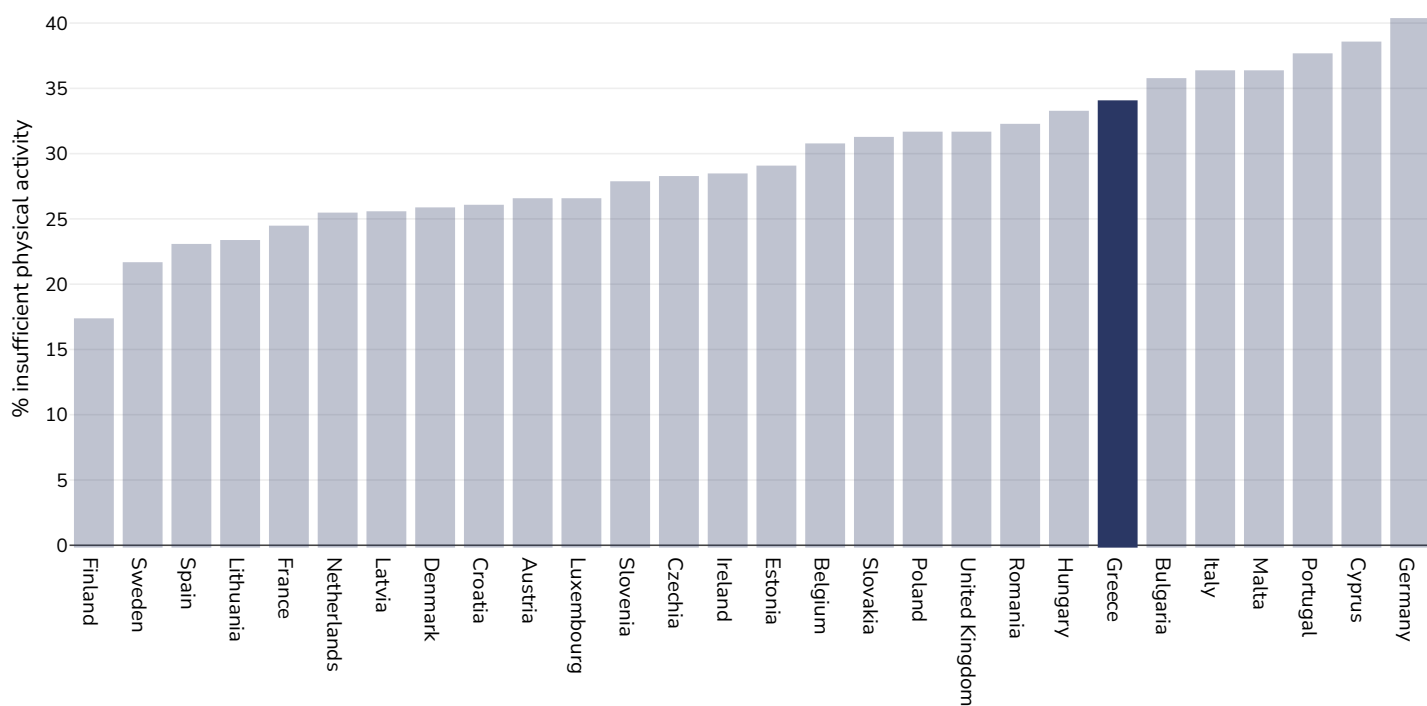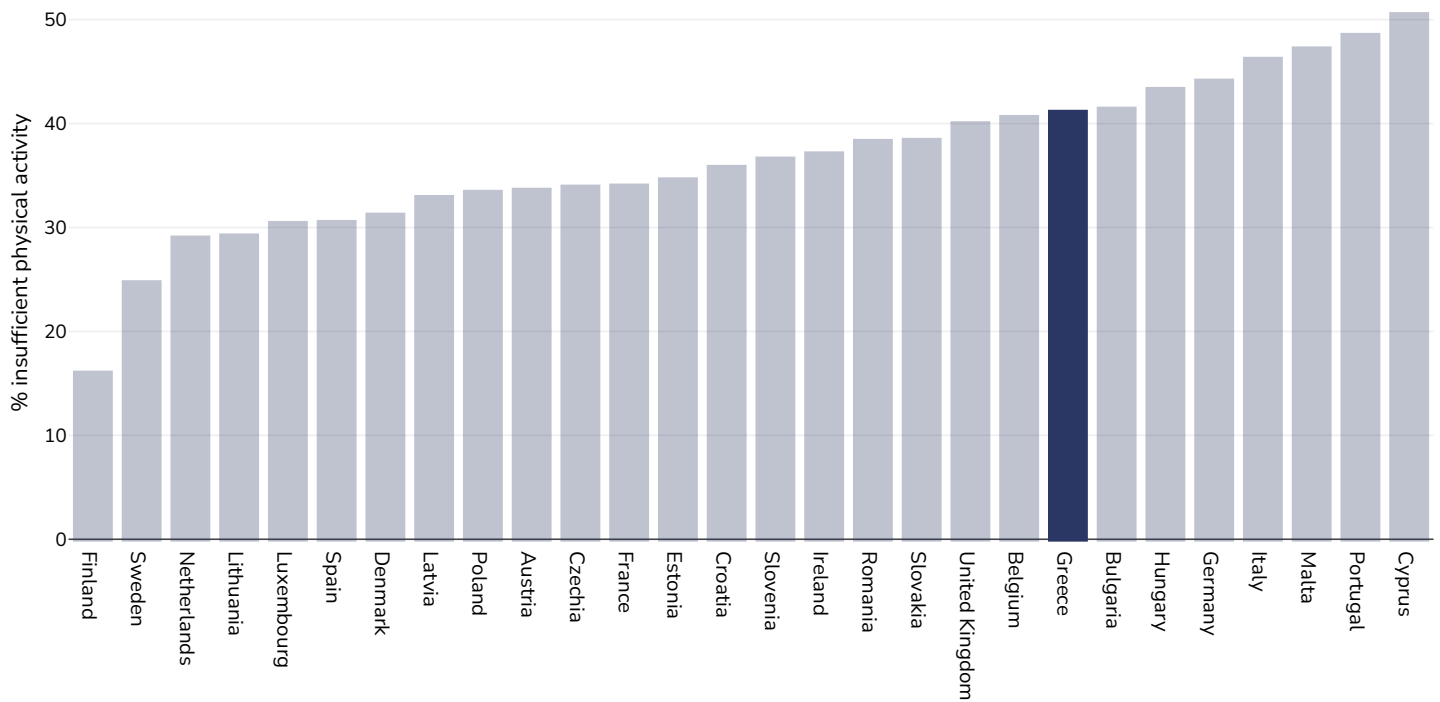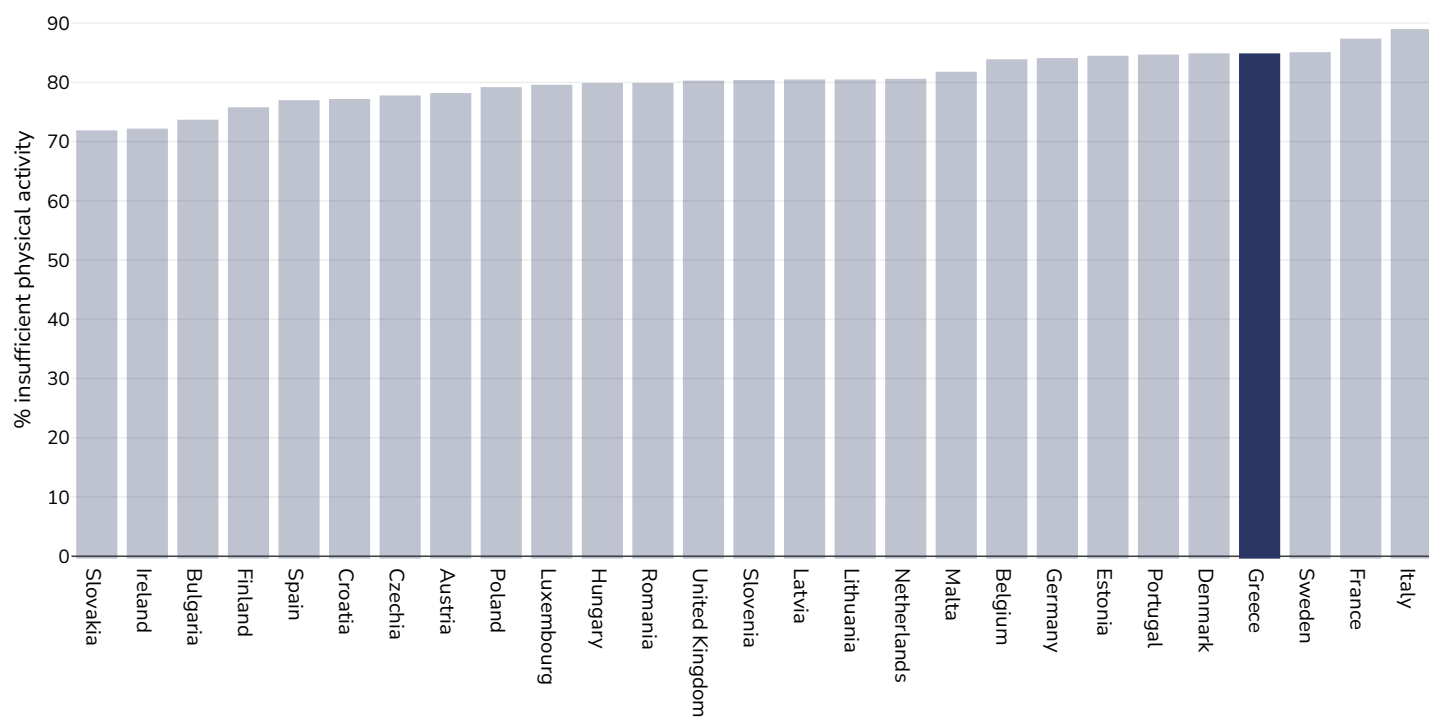
References: Guthold R, Stevens GA, Riley LM, Bull FC. Worldwide trends in insufficient physical activity from 2001 to 2016: a pooled analysis of 358 population-based surveys with 1.9 million participants. Lancet 2018 http://dx.doi.org/10.1016/S2214-109X (18)30357-7

Children, 2016

% insufficient physical activity

Slovakia, Ireland, Bulgaria, Finland, Spain, Croatia, Czechia, Austria, Poland, Luxembourg, Hungary, Romania, United Kingdom, Slovenia, Latvia, Lithuania, Netherlands, Malta, Belgium, Germany, Estonia, Portugal, Denmark, Greece, Sweden, France, Italy

Survey type:	Self-reported
Age:	11-17
References:	Global Health Observatory data repository, World Health Organisation, https://apps.who.int/gho/data/node.main.A893ADO?lang=en (last accessed 16.03.21)
Notes:	% of school going adolescents not meeting WHO recommendations on Physical Activity for Health, i.e. doing less than 60 minutes of moderate- to vigorous-intensity physical activity daily.
Definitions:	% Adolescents insufficiently active (age standardised estimate)

Boys, 2016

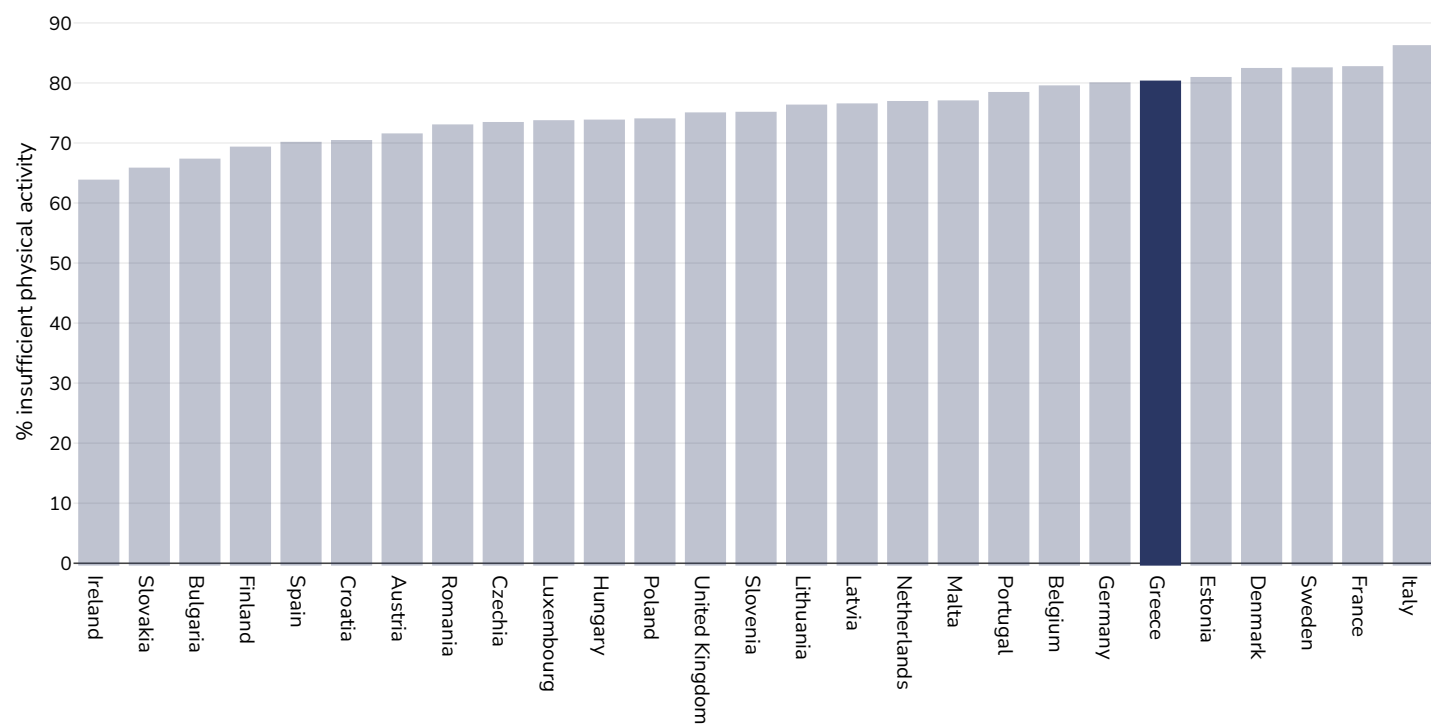| Survey type:	Self-reported
Age:	11-17
References:	Global Health Observatory data repository, World Health Organisation, https://apps.who.int/gho/data/node.main.A893ADO?lang=en (last accessed 16.03.21)
Notes:	% of school going adolescents not meeting WHO recommendations on Physical Activity for Health, i.e. doing less than 60 minutes of moderate- to vigorous-intensity physical activity daily.
Definitions:	% Adolescents insufficiently active (age standardised estimate)

Girls, 2016

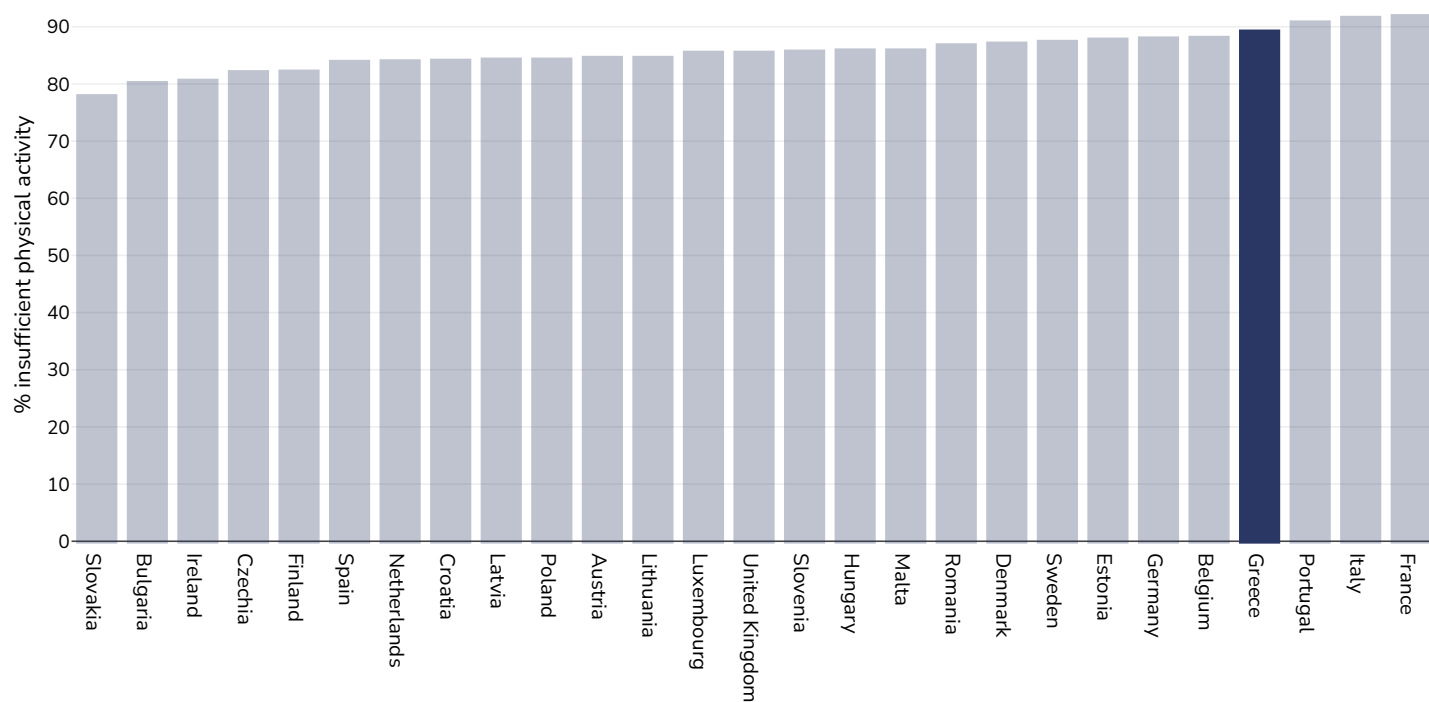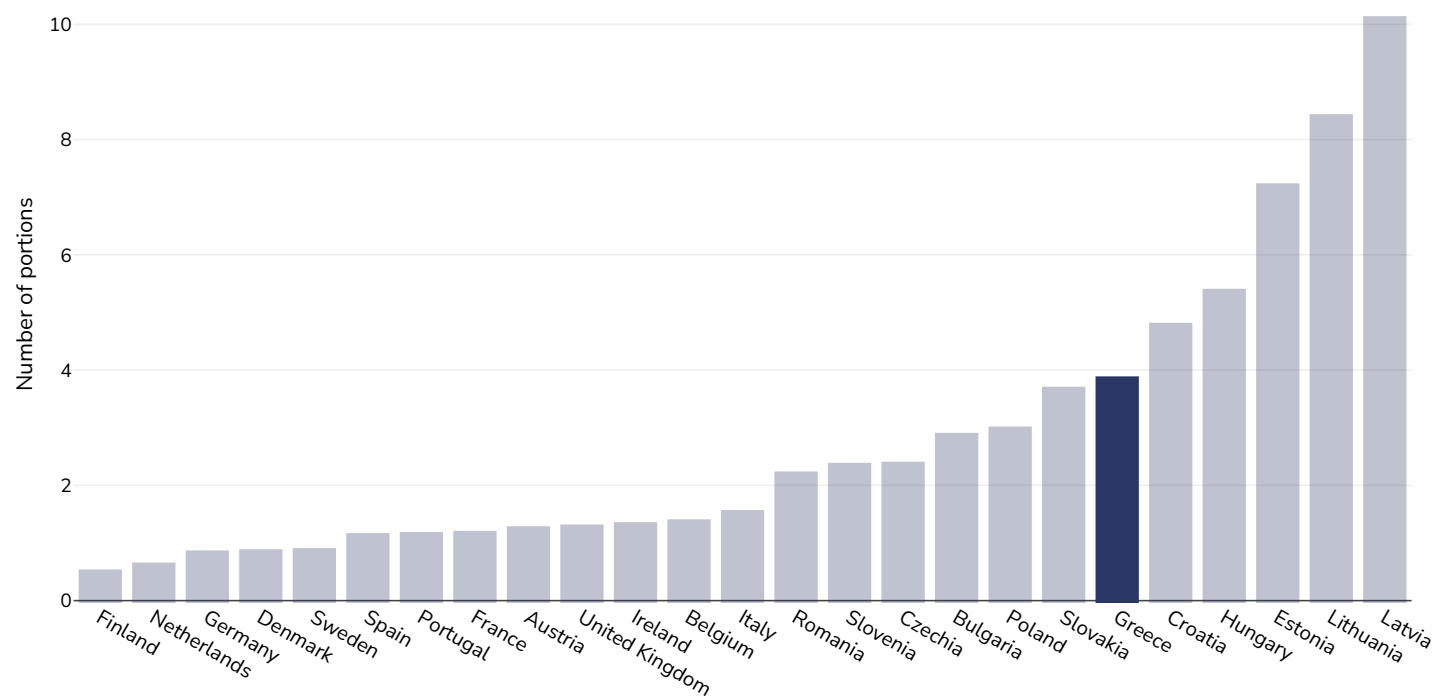| Survey type:	Self-reported
Age:	11-17
References:	Global Health Observatory data repository, World Health Organisation, https://apps.who.int/gho/data/node.main.A893ADO?lang=en (last accessed 16.03.21)
Notes:	% of school going adolescents not meeting WHO recommendations on Physical Activity for Health, i.e. doing less than 60 minutes of moderate- to vigorous-intensity physical activity daily.
Definitions:	% Adolescents insufficiently active (age standardised estimate)

Sugar consumption

Adults, 2016

Number of portions (y-axis): 0, 2, 4, 6, 8, 10

Countries (x-axis): Finland, Netherlands, Germany, Denmark, Sweden, Spain, Portugal, France, Austria, United Kingdom, Ireland, Belgium, Italy, Romania, Slovenia, Czechia, Bulgaria, Poland, Slovakia, Greece, Croatia, Hungary, Estonia, Lithuania, Latvia
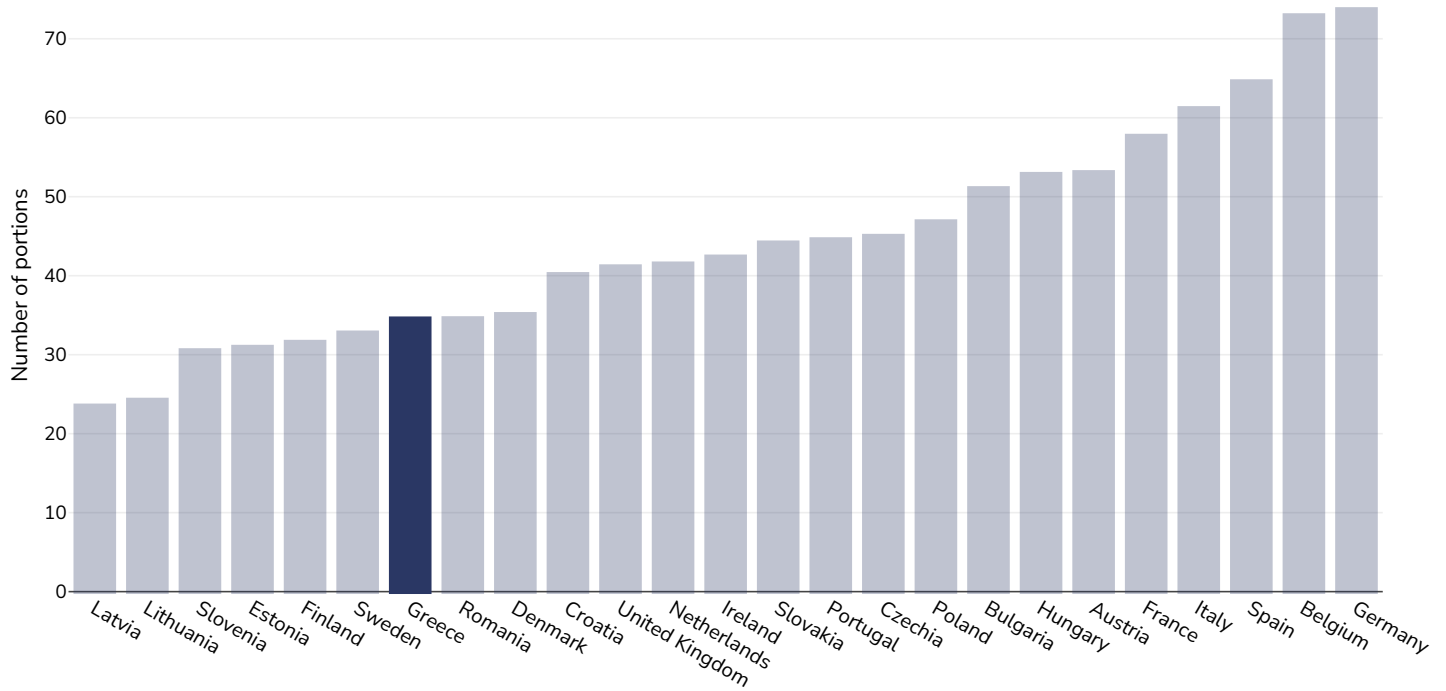
References:

Source: Euromonitor International

Definitions:

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

Estimated per capita sugar sweetened beverages intake

Adults, 2016

Number of portions (y-axis)

Countries (x-axis): Latvia, Lithuania, Slovenia, Estonia, Finland, Sweden, Greece, Romania, Denmark, Croatia, United Kingdom, Netherlands, Ireland, Slovakia, Portugal, Czechia, Poland, Bulgaria, Hungary, Austria, France, Italy, Spain, Belgium, Germany
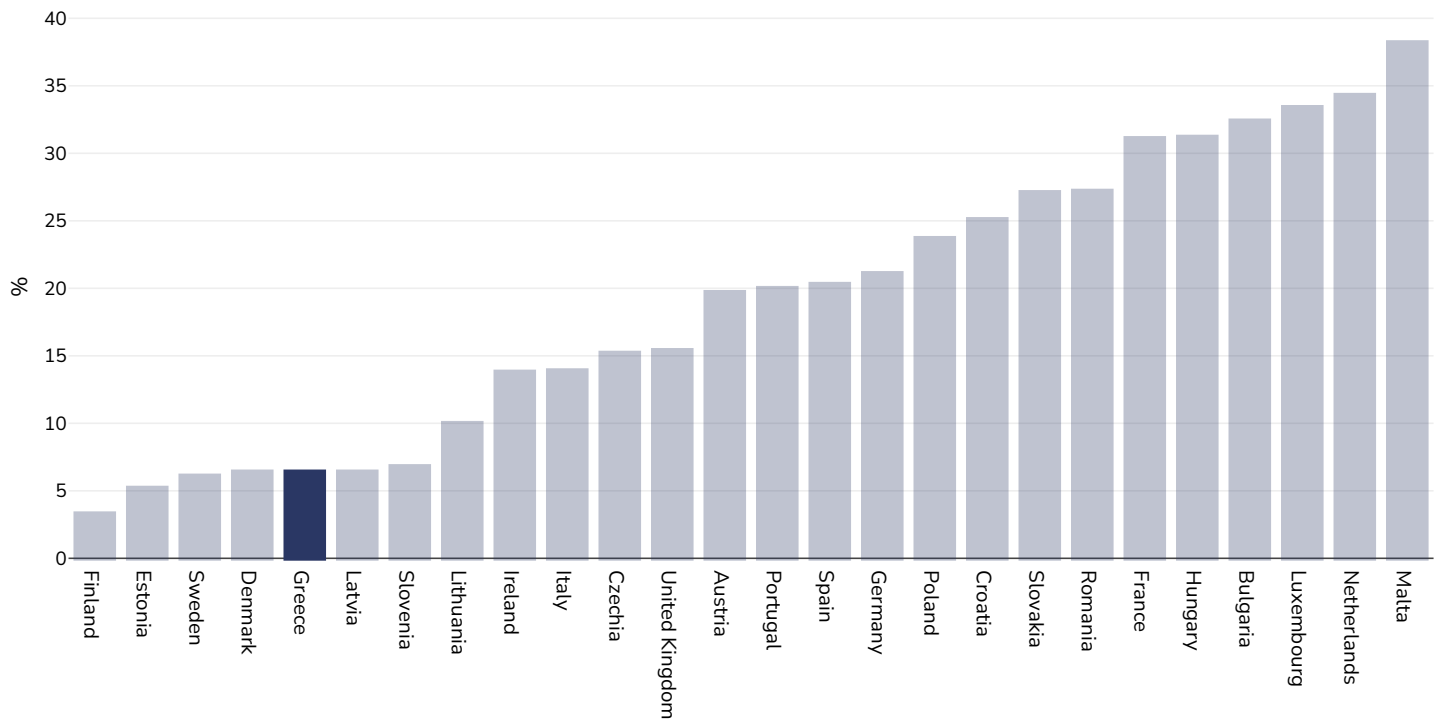
References:

Source: Euromonitor International

Prevalence of at least daily carbonated soft drink consumption

Children, 2014

Survey type:	Measured

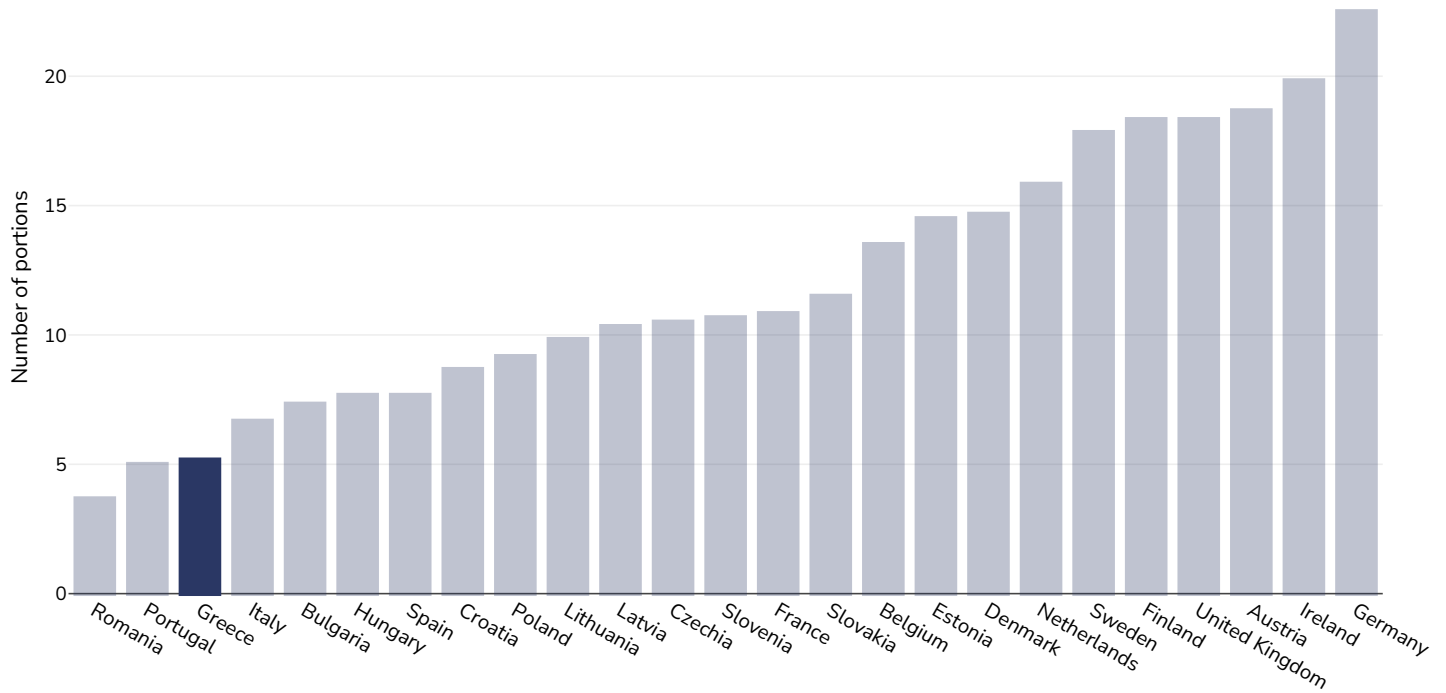| References:	World Health Organization. (2017). Adolescent obesity and related behaviours: Trends and inequalities in the who european region, 2002-2014: observations from the Health Behavior in School-aged Children (HBSC) WHO collaborative cross-national study (J. Inchley, D. Currie, J. Jewel, J. Breda, & V. Barnekow, Eds.). World Health Organization. Sourced from Food Systems Dashboard http://www.foodsystemsdashboard.org

Notes:	15-year-old adolescents

Definitions:	Prevalence of at least daily carbonated soft drink consumption (% of at least daily carbonated soft drink consumption)

Prevalence of confectionery consumption

Adults, 2016

Number of portions

Romania, Portugal, Greece, Italy, Bulgaria, Hungary, Spain, Croatia, Poland, Lithuania, Latvia, Czechia, Slovenia, France, Slovakia, Belgium, Estonia, Denmark, Netherlands, Sweden, Finland, United Kingdom, Austria, Ireland, Germany
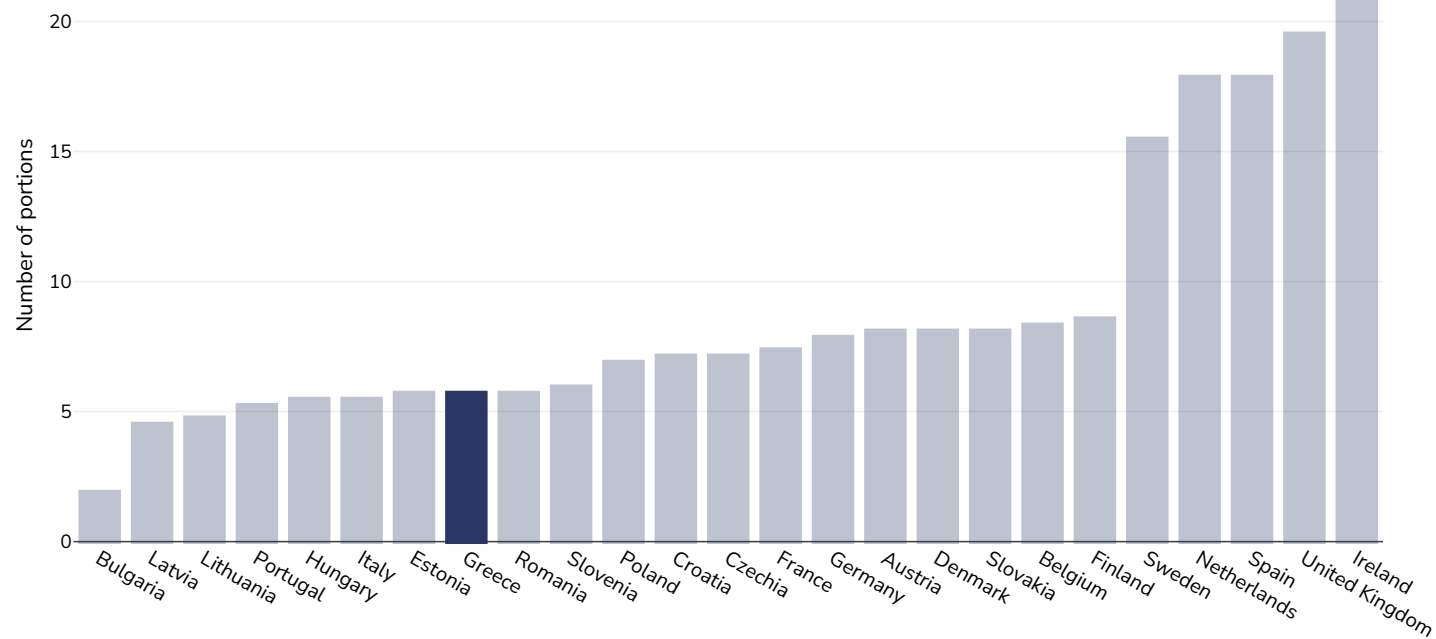
References:	Source: Euromonitor International
Definitions:	Prevalence of confectionery consumption (Number of 50g confectionery portions/person/month)

Prevalence of sweet/savoury snack consumption

Adults, 2016

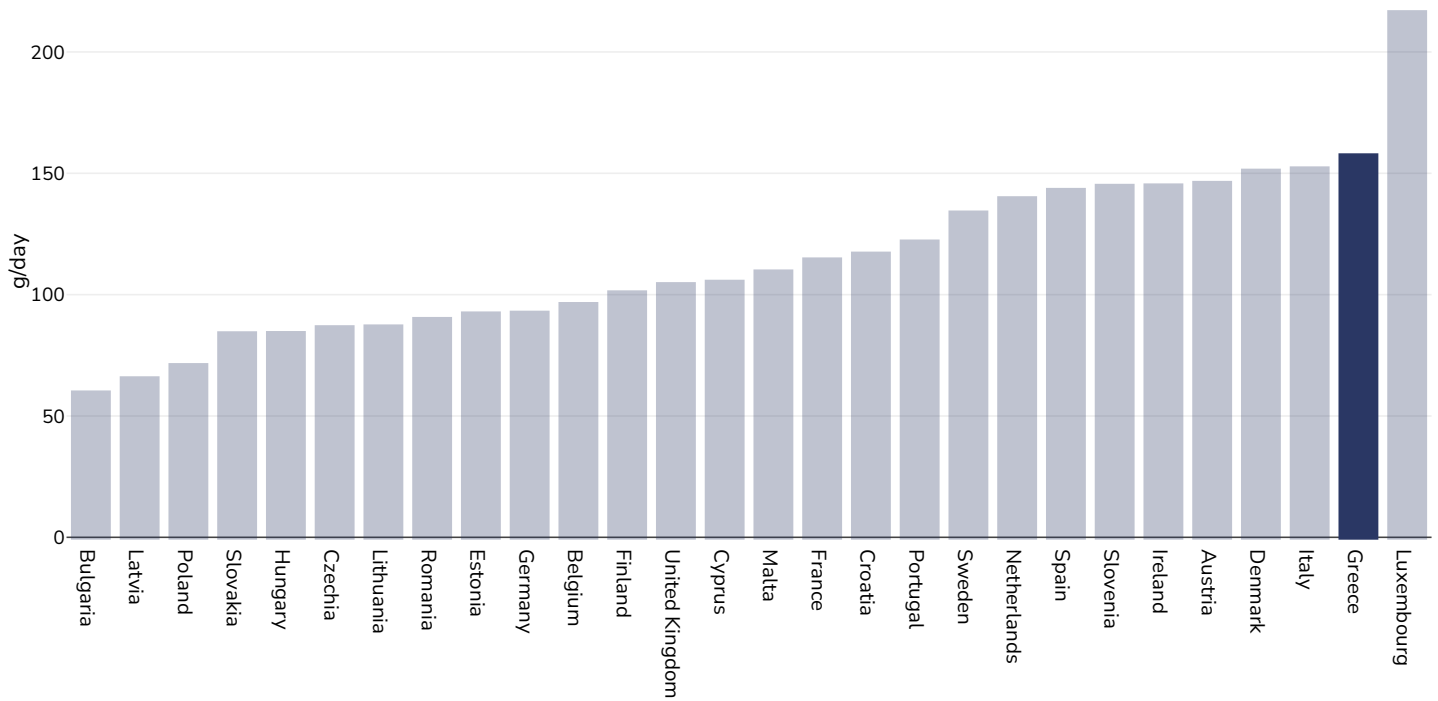References: Source: Euromonitor International

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

Estimated per capita fruit intake
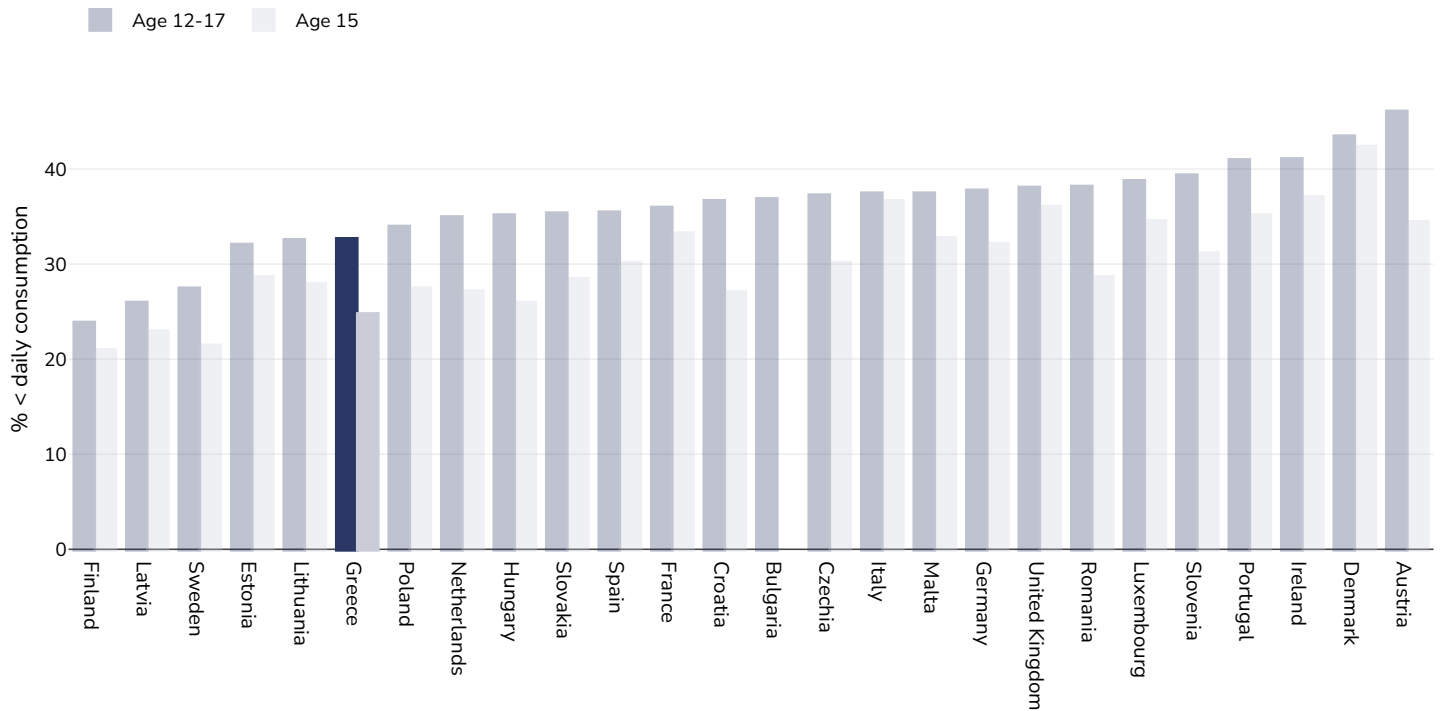
Adults, 2017

Survey type:	Measured
Age:	25+
References:	Global Burden of Disease, the Institute for Health Metrics and Evaluation http://ghdx.healthdata.org/
Definitions:	Estimated per-capita fruit intake (g/day)

Prevalence of less than daily fruit consumption

Children, 2014

Legend: Age 12-17, Age 15

% < daily consumption (y-axis, 0 to 40)

Countries (x-axis): Finland, Latvia, Sweden, Estonia, Lithuania, Greece, Poland, Netherlands, Hungary, Slovakia, Spain, France, Croatia, Bulgaria, Czechia, Italy, Malta, Germany, United Kingdom, Romania, Luxembourg, Slovenia, Portugal, Ireland, Denmark, Austria

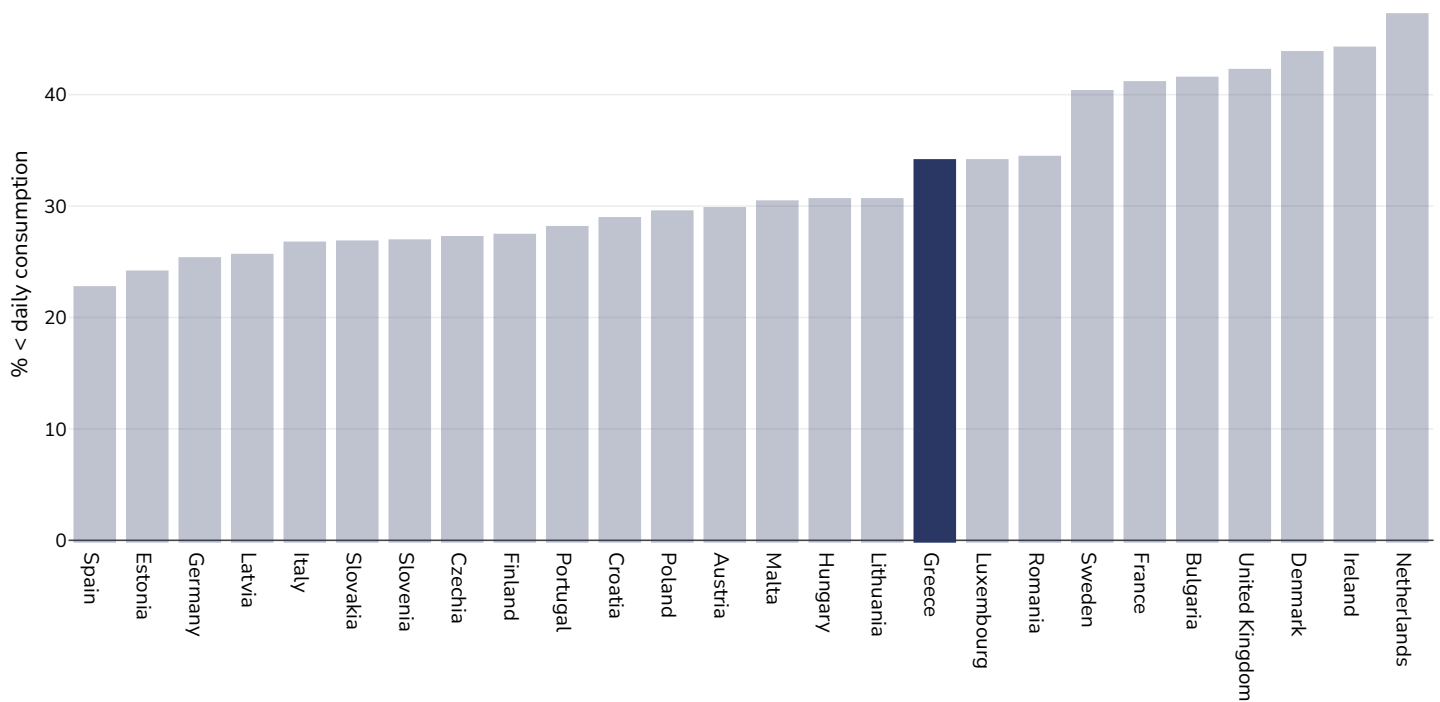|	
Survey type:	Measured
References:	Global School-based Student Health Surveys. Beal et al (2019). Global Patterns of Adolescent Fruit, Vegetable, Carbonated Soft Drink, and Fast-food consumption: A meta-analysis of global school-based student health surveys. Food and Nutrition Bulletin. https://doi.org/10.1177/0379572119848287. Sourced from Food Systems Dashboard http://www.foodsystemsdashboard.org/food-system
Definitions:	Prevalence of less-than-daily fruit consumption (% less-than-daily fruit consumption)

Prevalence of less than daily vegetable consumption

Children, 2014

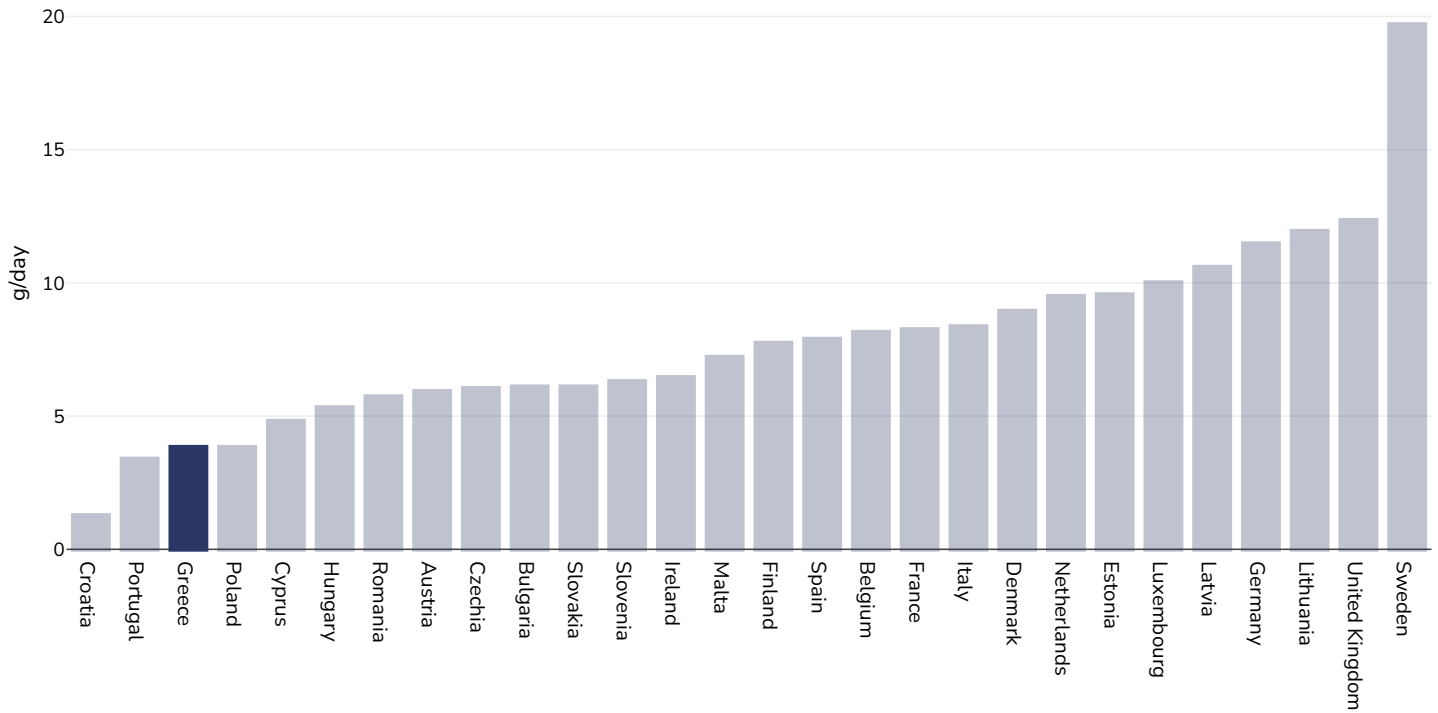| Survey type:	Measured
Age:	12-17
References:	Beal et al. (2019). Global Patterns of Adolescent Fruit, Vegetable, Carbonated Soft Drink, and Fast-food consumption: A meta-analysis of global school-based student health surveys. Food and Nutrition Bulletin. https://doi.org/10.1177/0379572119848287 sourced from Food Systems Dashboard http://www.foodsystemsdashboard.org/food-system
Definitions:	Prevalence of less-than-daily vegetable consumption (% less-than-daily vegetable consumption)

Estimated per-capita processed meat intake
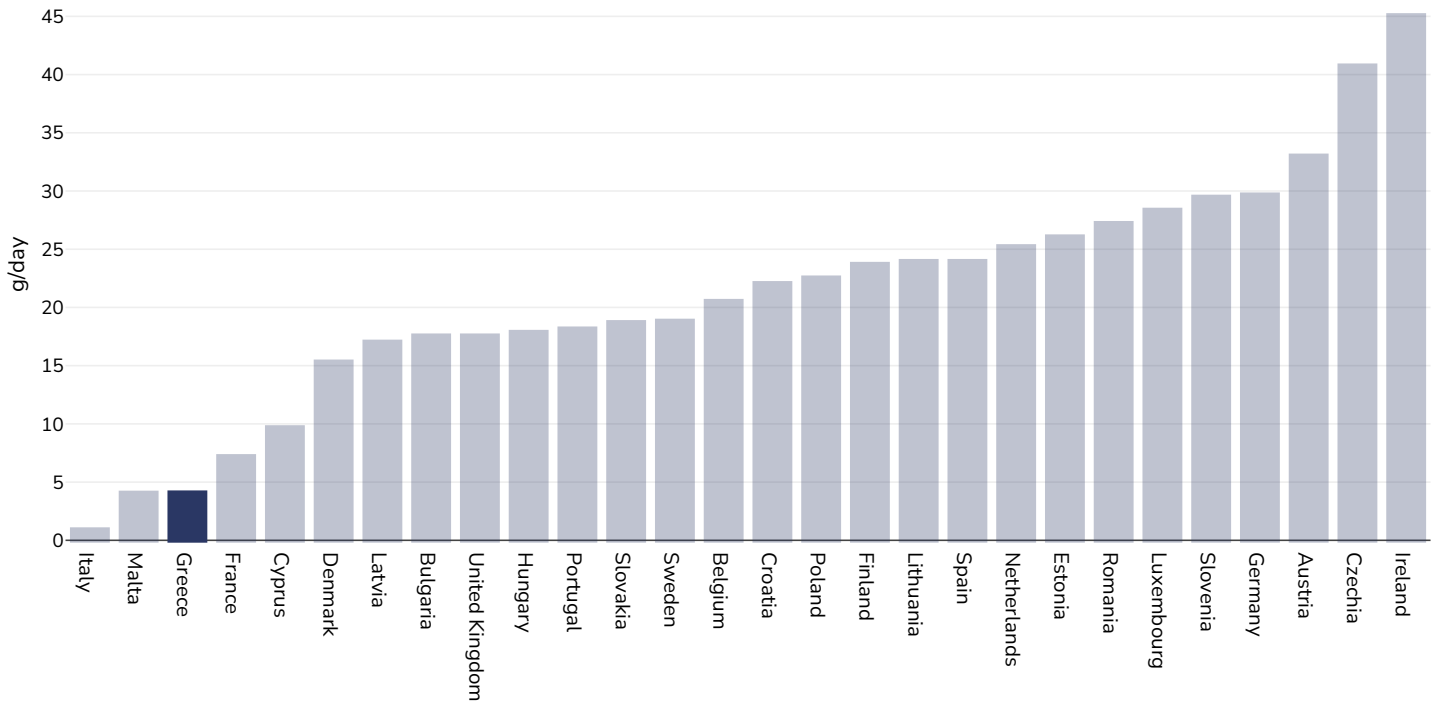
Adults, 2017

Survey type:	Measured
Age:	25+
References:	Global Burden of Disease, the Institute for Health Metrics and Evaluation http://ghdx.healthdata.org/
Definitions:	Estimated per-capita processed meat intake (g per day)

Estimated per capita whole grains intake

Adults, 2017

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, 2015

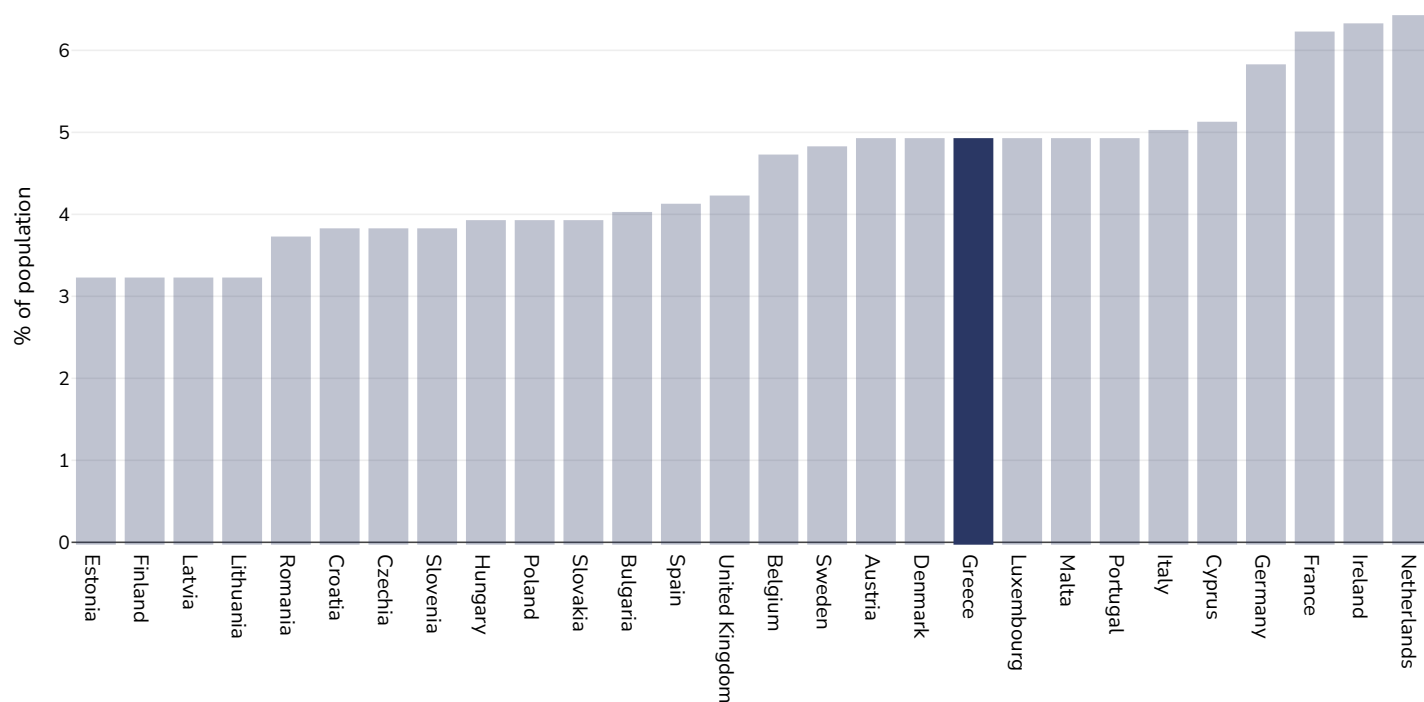Definitions: % of population with depression disorders

Mental health - anxiety disorders

Adults, 2015
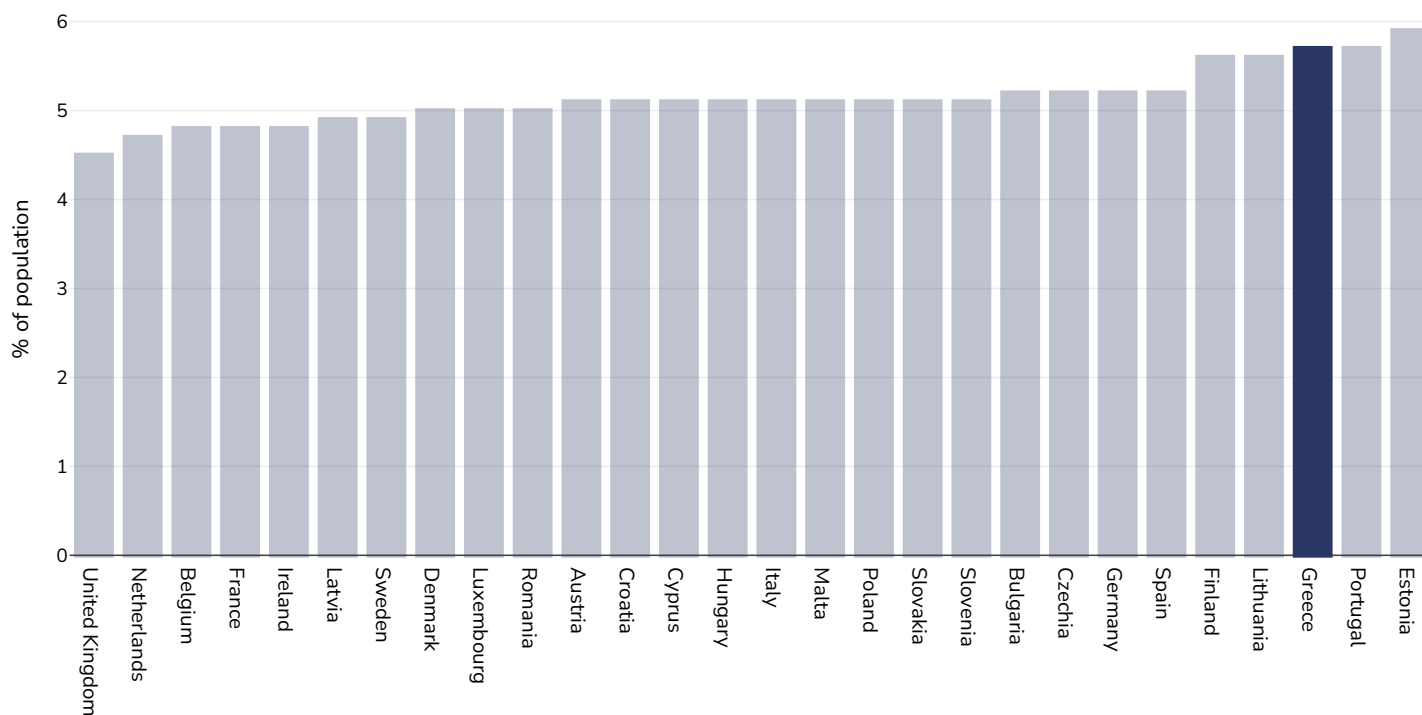
References: Prevalence data from Global Burden of Disease study 2015 (http://ghdx.healthdata.org) published in: Depression and Other Common Mental Disorders: Global Health Estimates. Geneva:World Health Organization; 2017. Licence: CC BY-NC-SA 3.0 IGO.

Definitions: % of population with anxiety disorders

Oesophageal cancer

Men, 2020

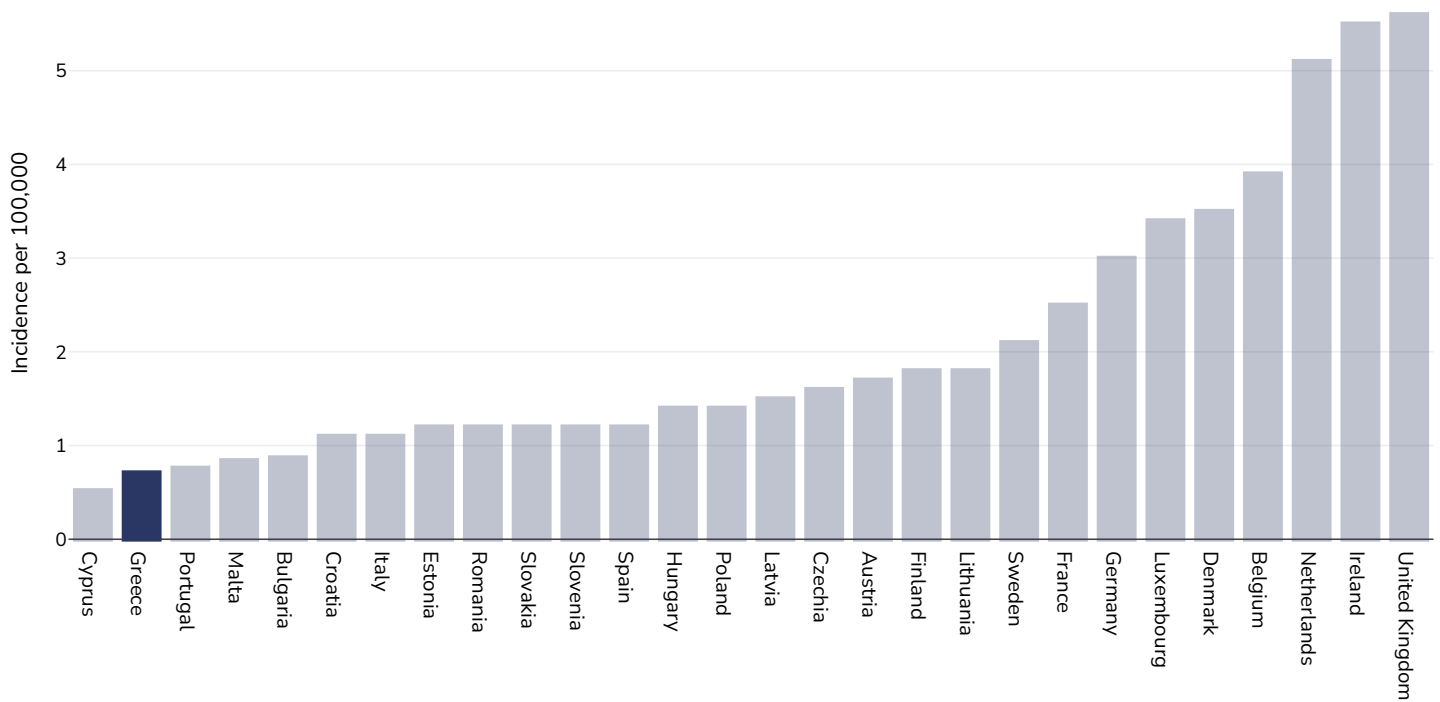| Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.fr/today, accessed 10.01.2159
Definitions:	Age-standardized indicence rates per 100 000

Women, 2020

Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.fr/today, accessed 10.01.2159
Definitions:	Age-standardized indicence rates per 100 000

Breast cancer

Women, 2020

Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.fr/today, accessed 10.01.2159
Definitions:	Age-standardized indicence rates per 100 000

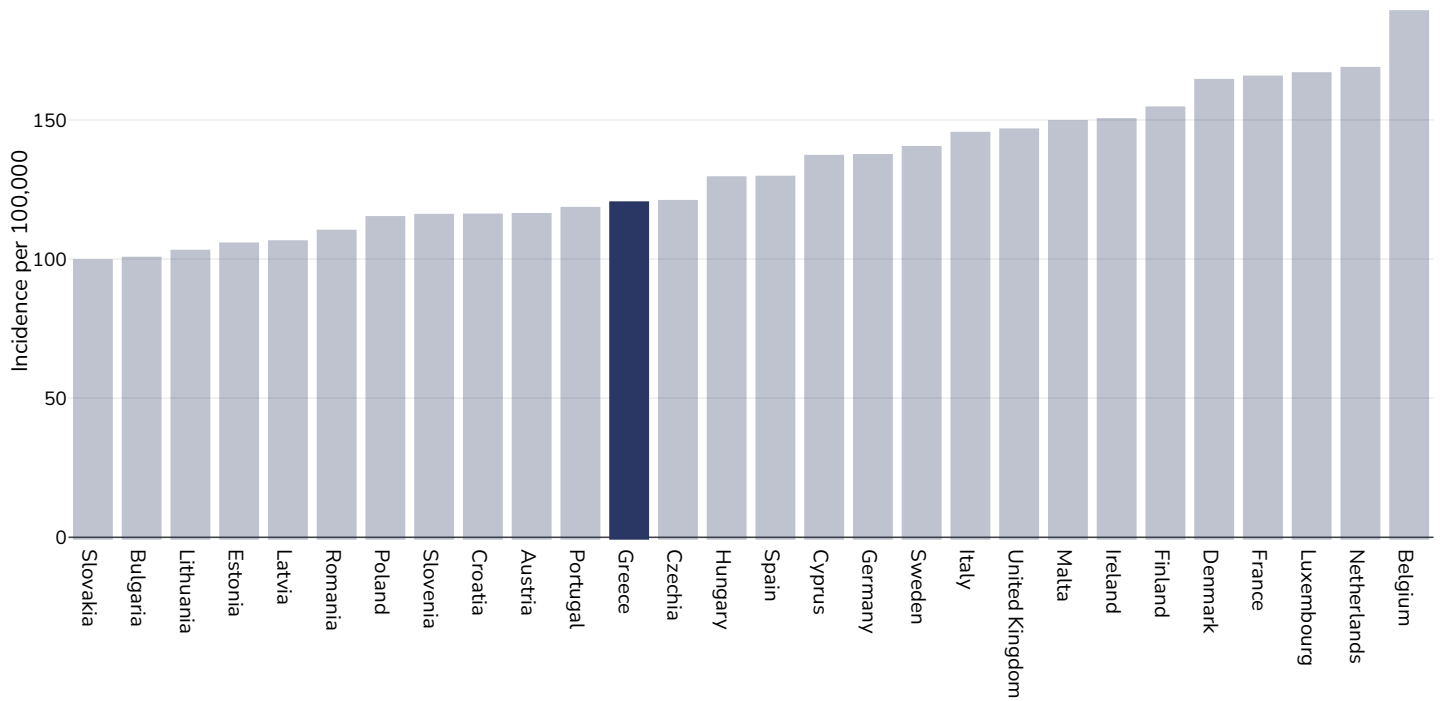# Colorectal cancer

Men, 2020

Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.fr/today, accessed 10.01.2159
Definitions:	Age-standardized indicence rates per 100 000

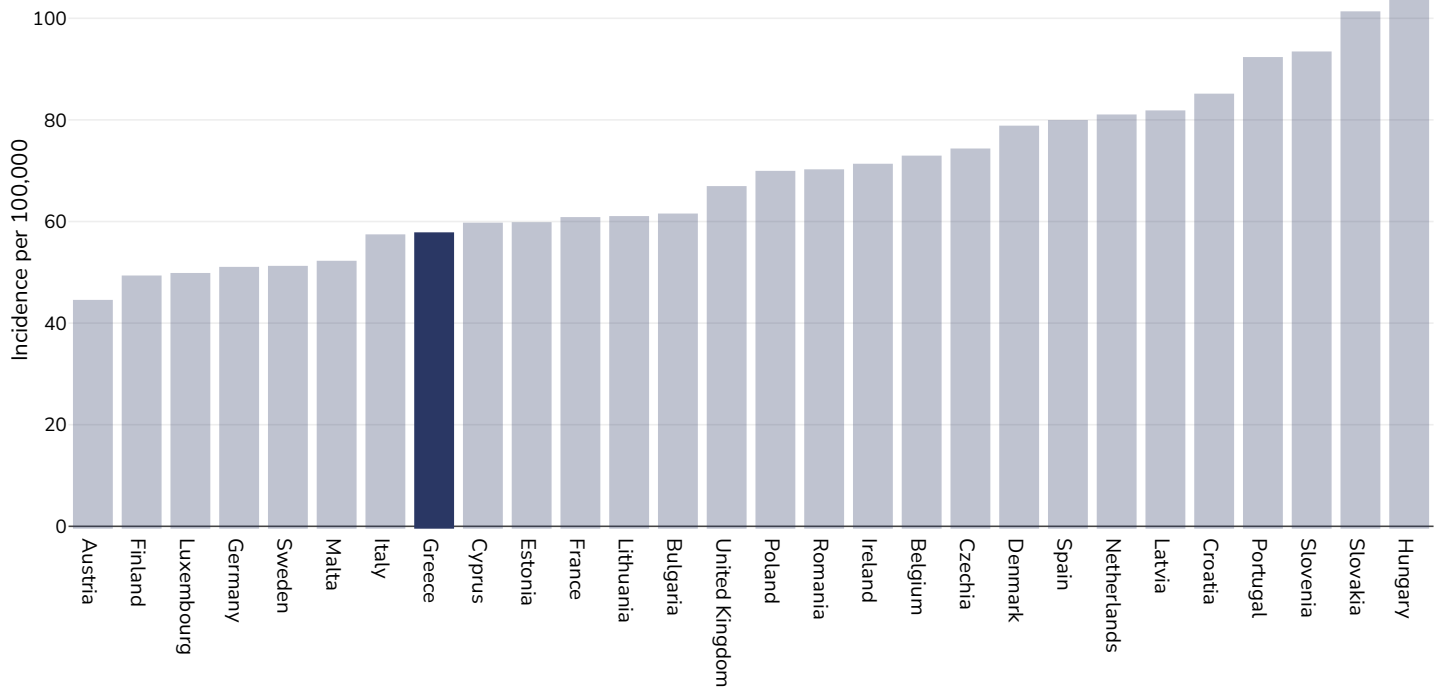# Women, 2020

Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.fr/today, accessed 10.01.2159
Definitions:	Age-standardized indicence rates per 100 000

Pancreatic cancer

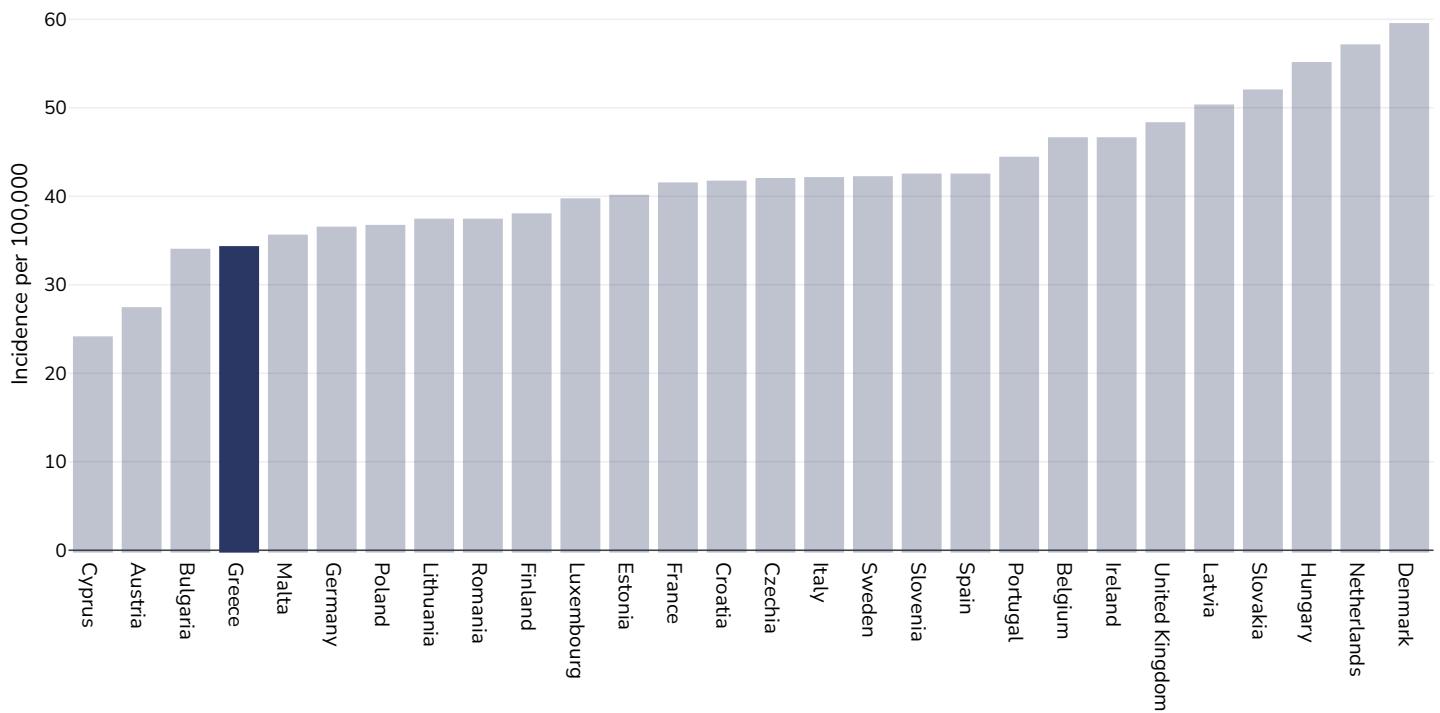## Men, 2020

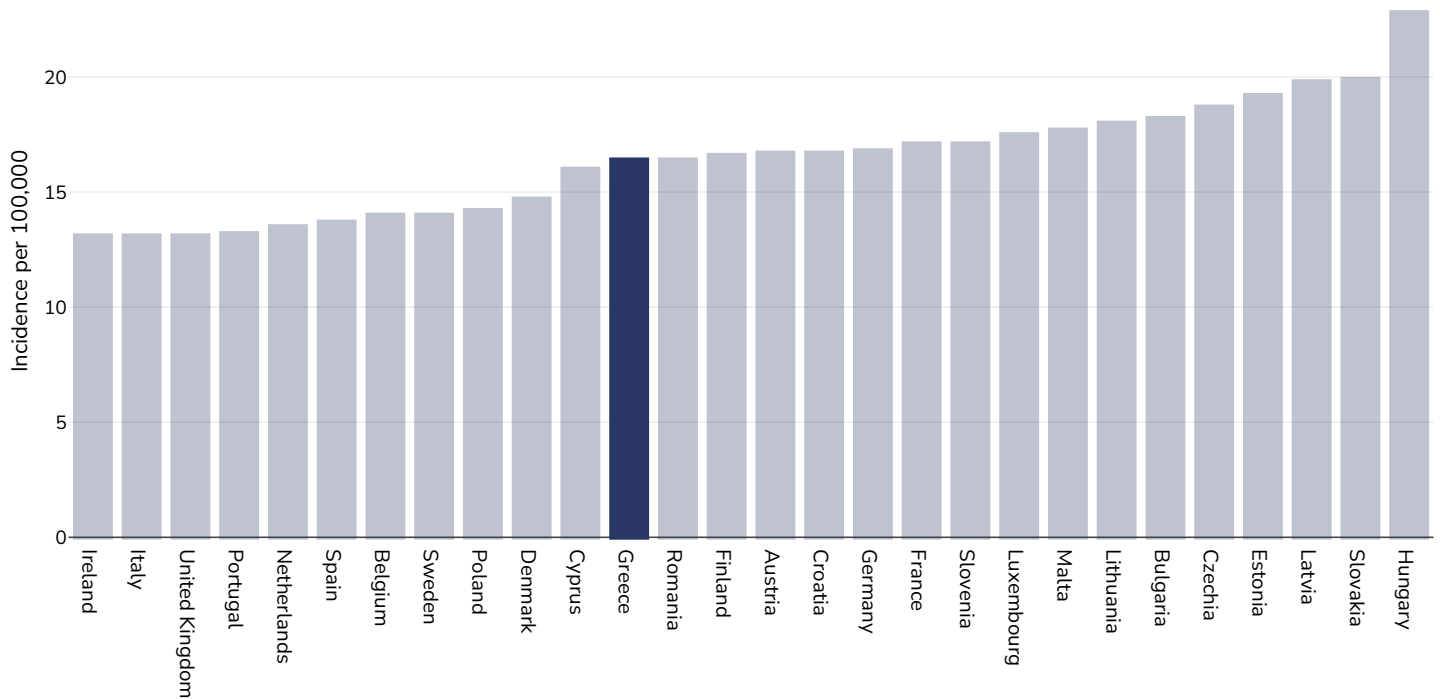| Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.fr/today, accessed 10.01.2159
Definitions:	Age-standardized indicence rates per 100 000

Women, 2020

Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.fr/today, accessed 10.01.2159
Definitions:	Age-standardized indicence rates per 100 000

Gallbladder cancer
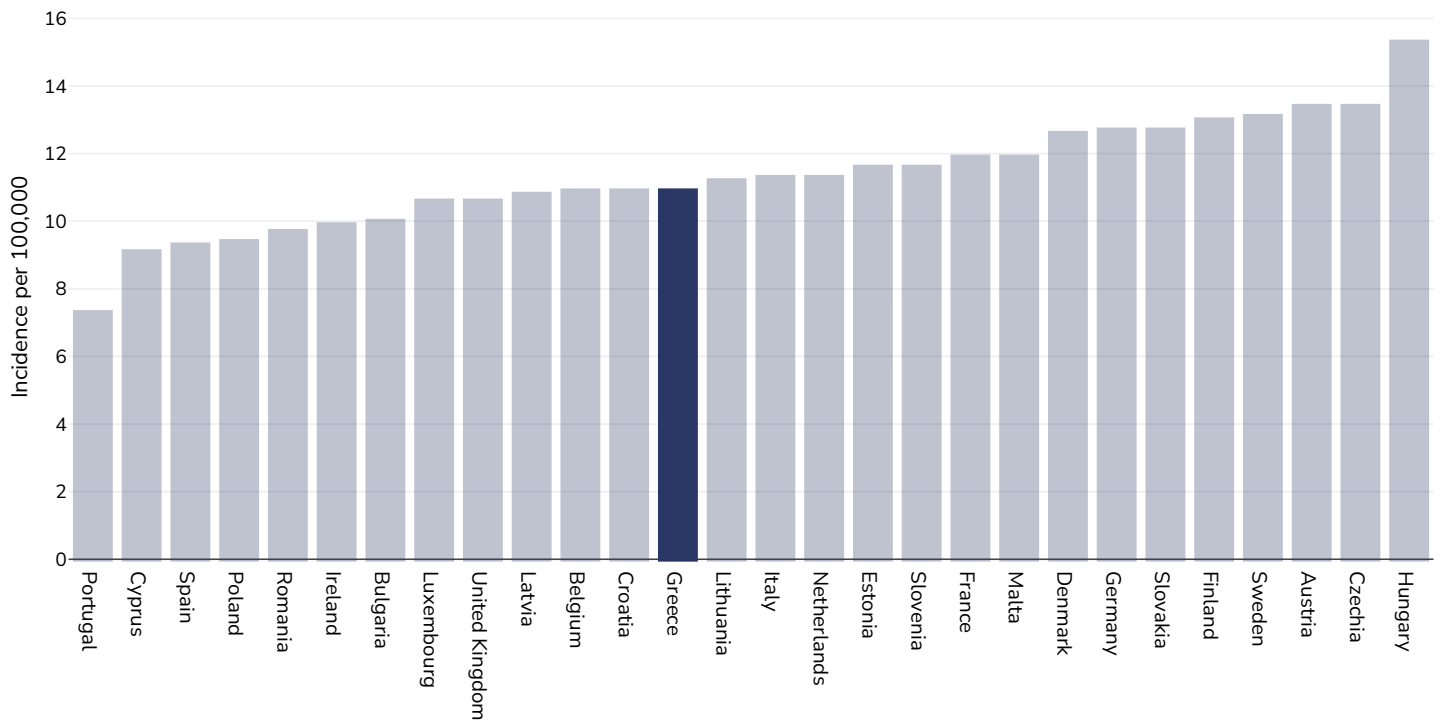
Men, 2020

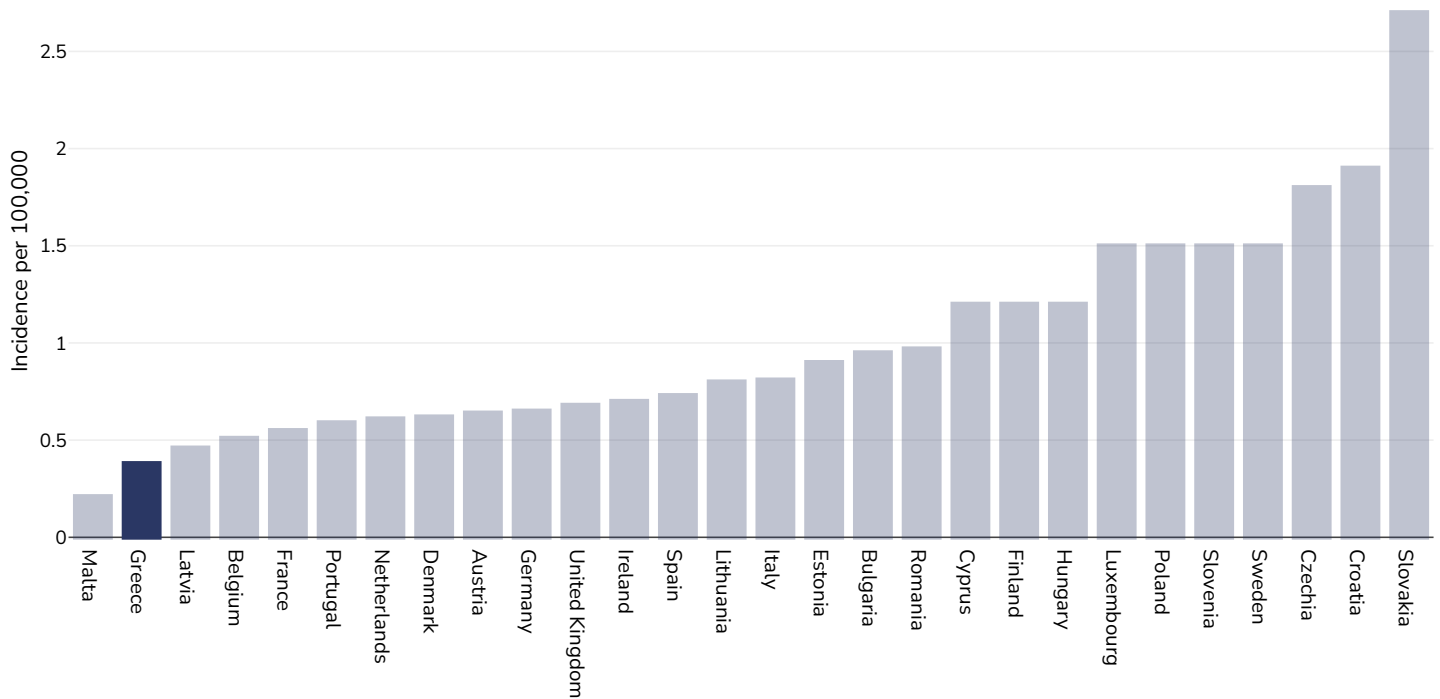| Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.fr/today, accessed 10.01.2159
Definitions:	Age-standardized indicence rates per 100 000

Women, 2020

Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.fr/today, accessed 10.01.2159
Definitions:	Age-standardized indicence rates per 100 000

Kidney cancer

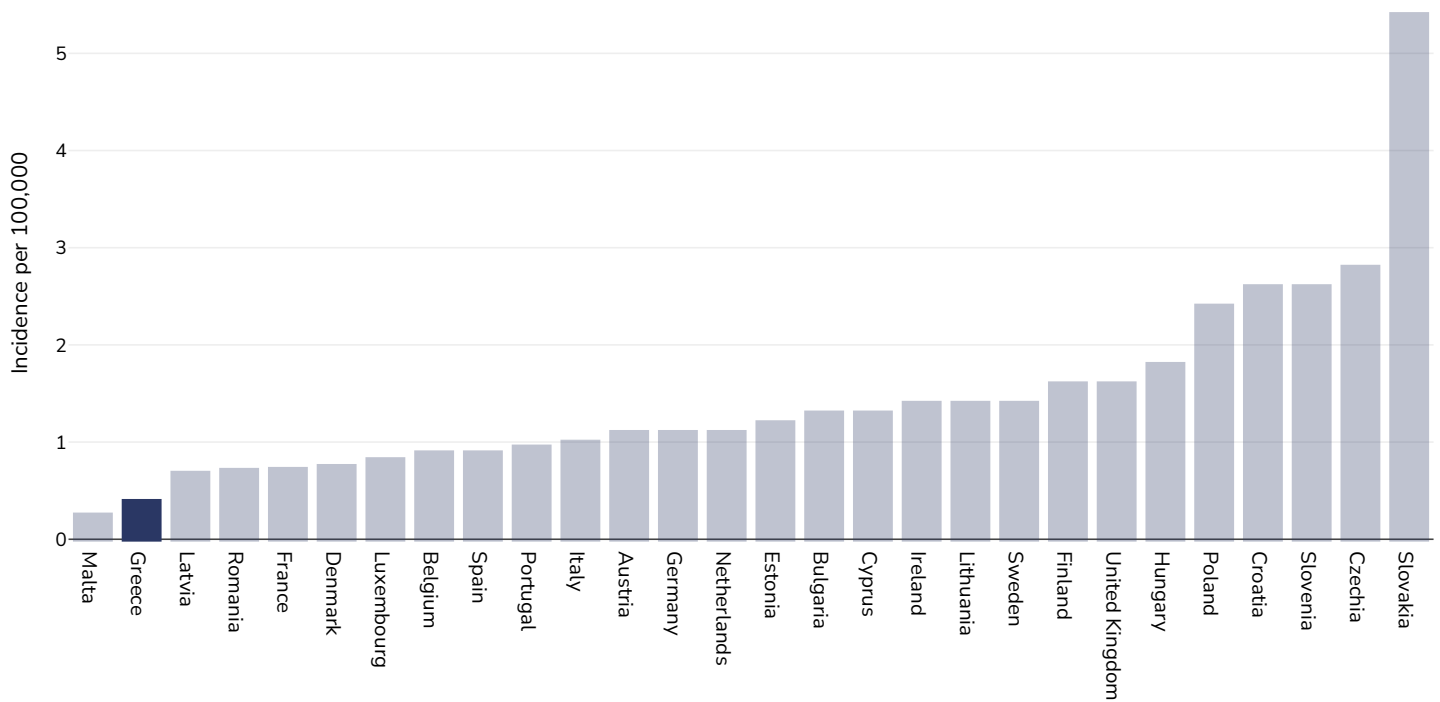## Men, 2020

Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.fr/today, accessed 10.01.2159
Definitions:	Age-standardized indicence rates per 100 000

Women, 2020

Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.fr/today, accessed 10.01.2159
Definitions:	Age-standardized indicence rates per 100 000

Cancer of the uterus

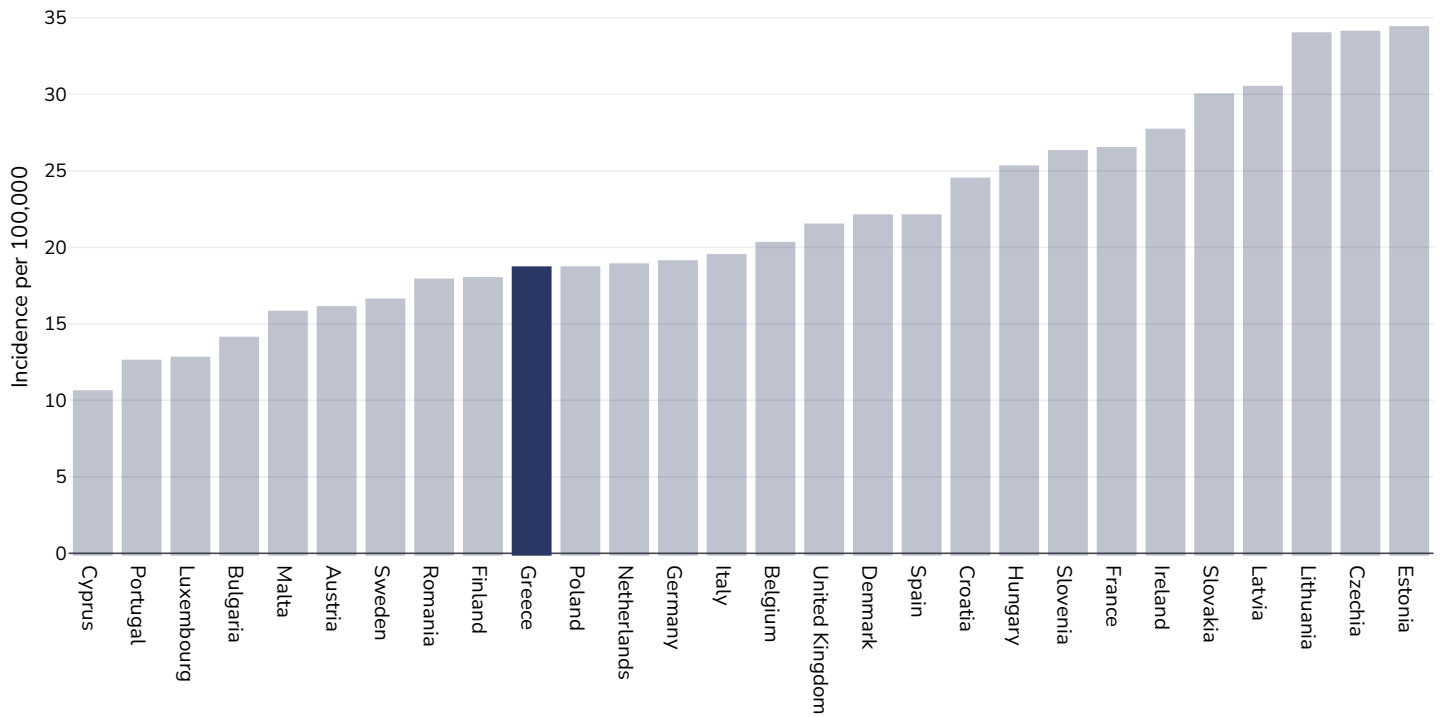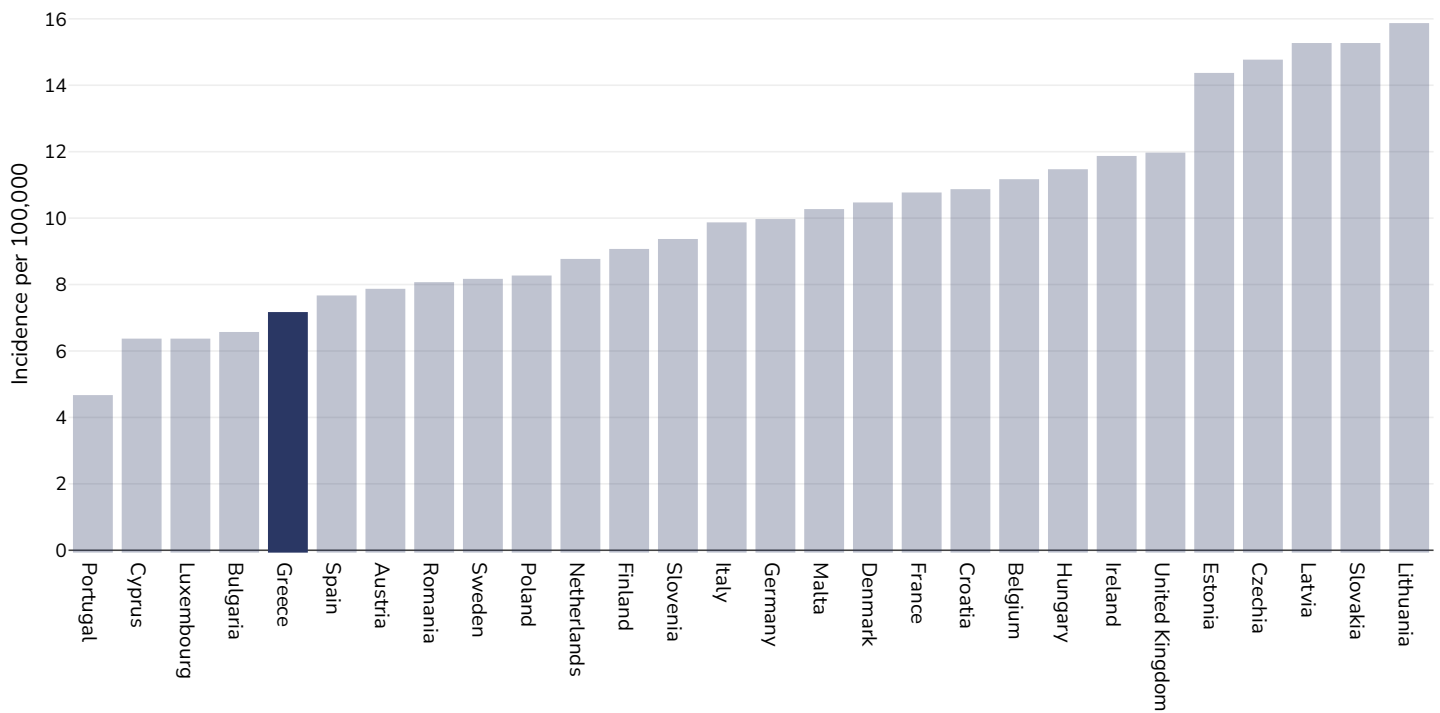## Women, 2020
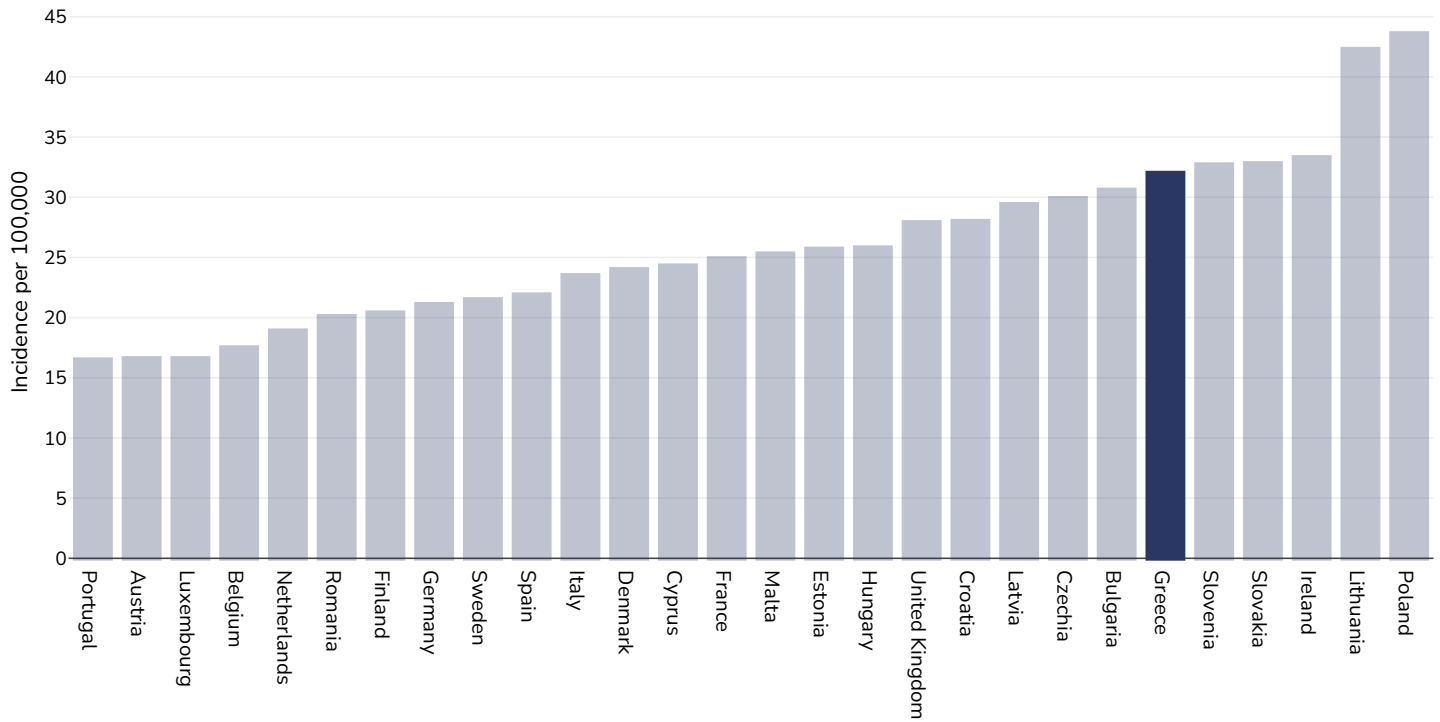
Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.fr/today, accessed 10.01.2159
Definitions:	Age-standardized indicence rates per 100 000

Raised blood pressure

Adults, 2015
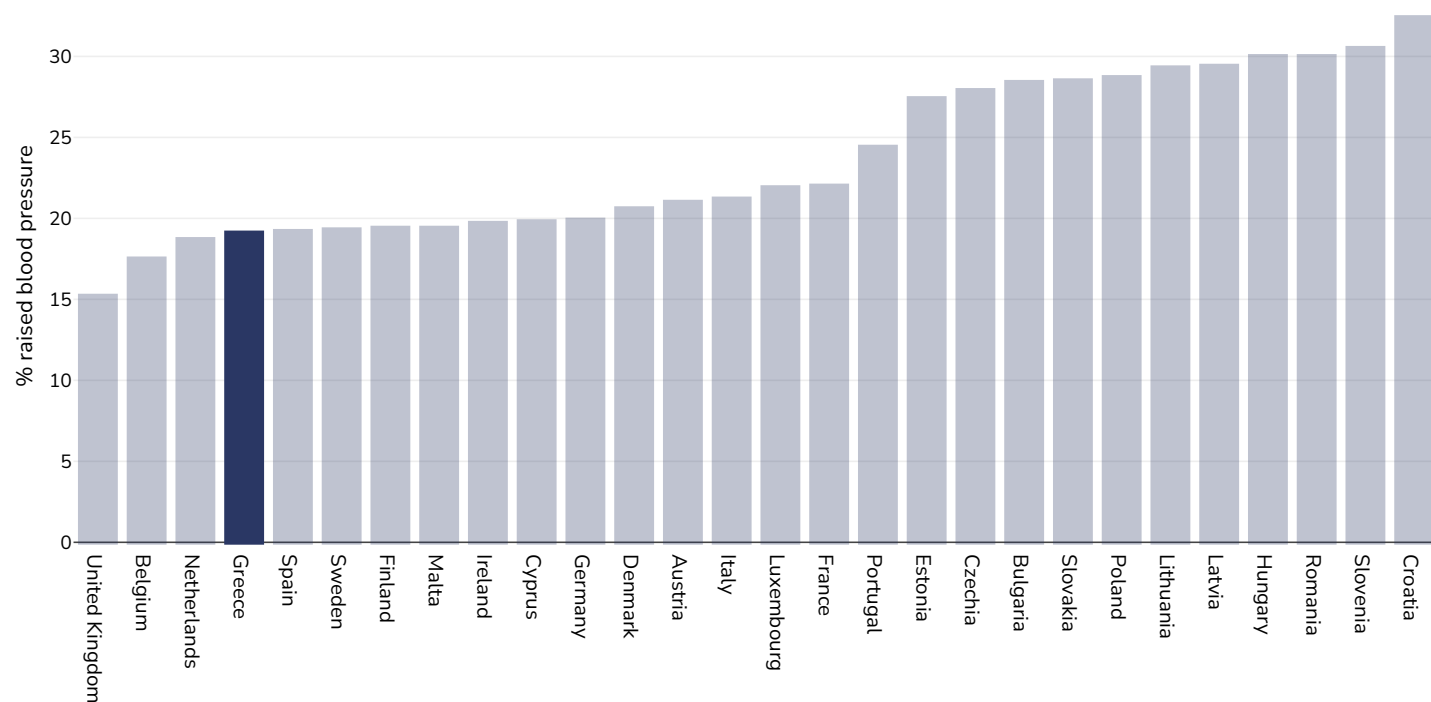
References: Global Health Observatory data repository, World Health Organisation,
http://apps.who.int/gho/data/node.main.A875?lang=en

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

Men, 2015
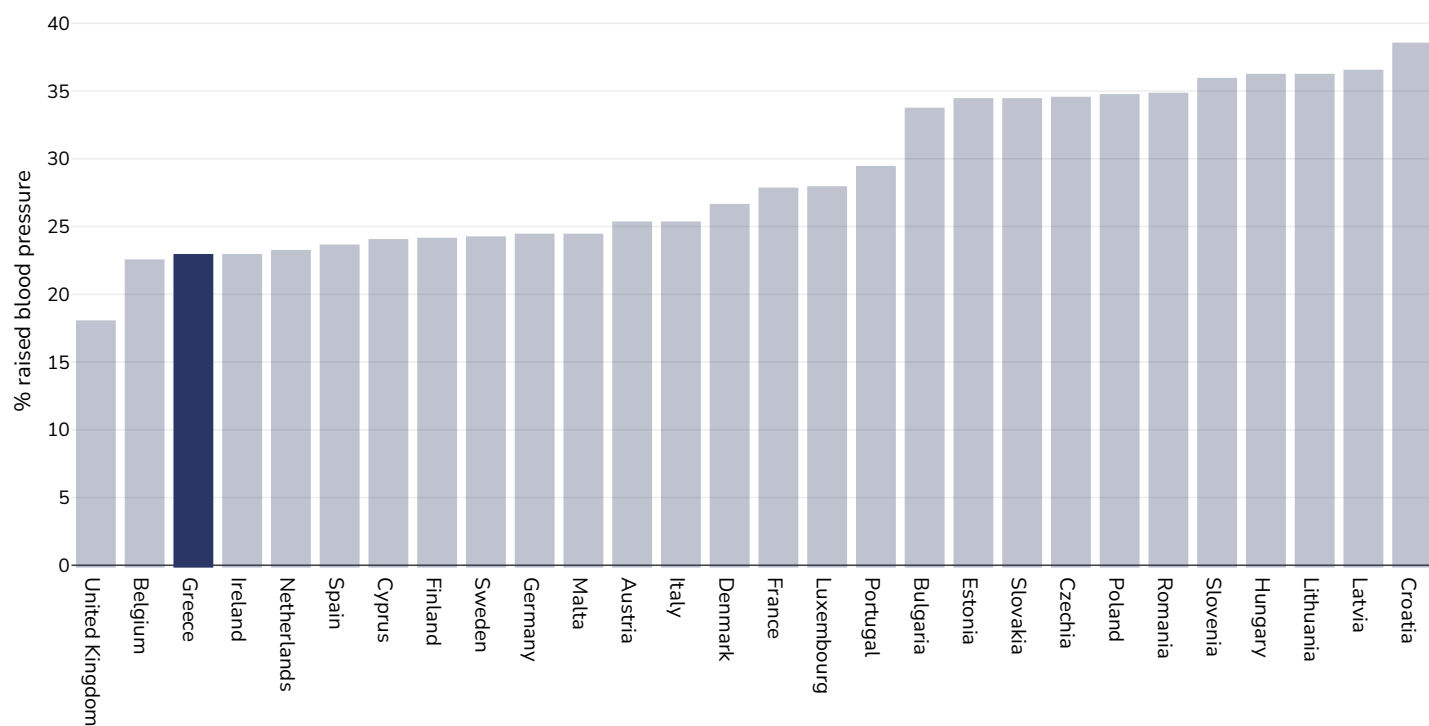
% raised blood pressure

Country	Value
United Kingdom	18
Belgium	22.5
Greece	23
Ireland	23
Netherlands	23.2
Spain	23.6
Cyprus	24
Finland	24.1
Sweden	24.2
Germany	24.4
Malta	24.4
Austria	25.3
Italy	25.3
Denmark	26.5
France	27.8
Luxembourg	28
Portugal	29.5
Bulgaria	33.8
Estonia	34.4
Slovakia	34.4
Czechia	34.5
Poland	34.7
Romania	34.8
Slovenia	36
Hungary	36.3
Lithuania	36.3
Latvia	36.6
Croatia	38.6

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).

Women, 2015
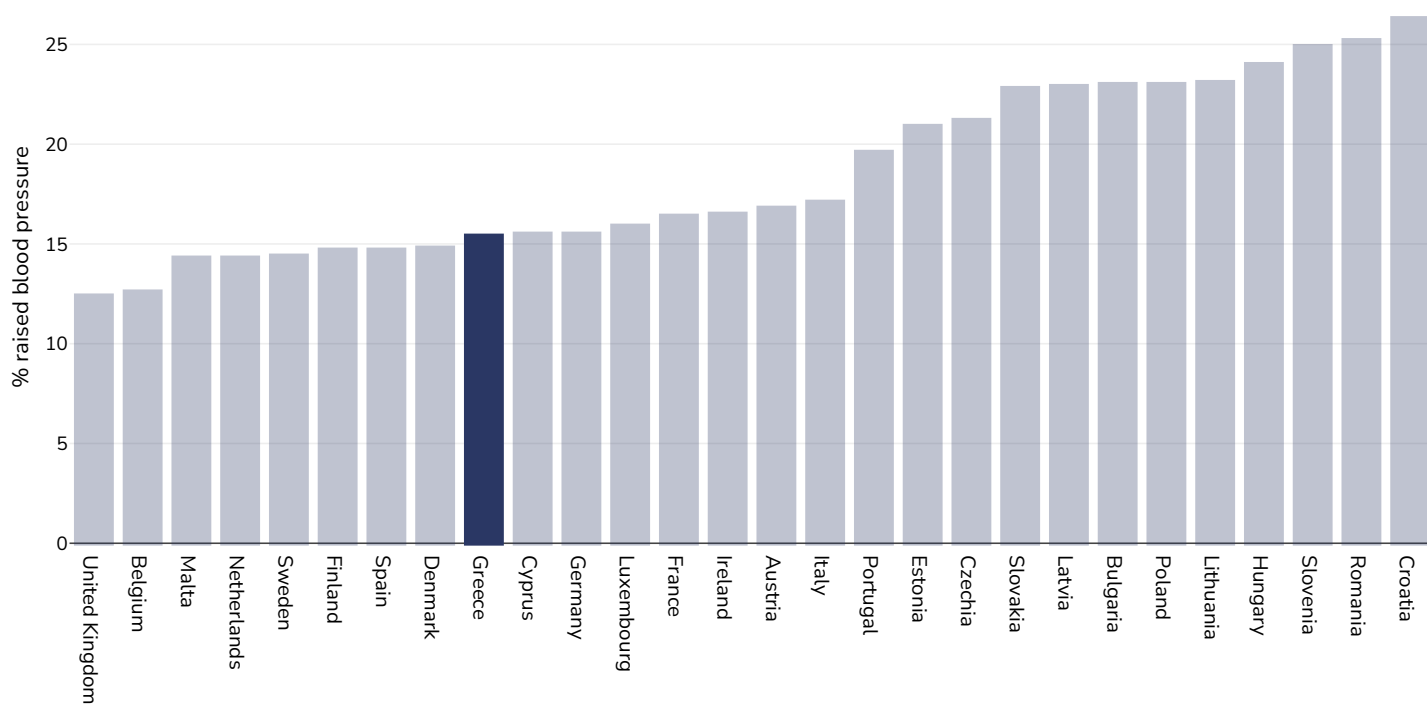
% raised blood pressure

Country	Value
United Kingdom	12.5
Belgium	12.7
Malta	14.4
Netherlands	14.4
Sweden	14.5
Finland	14.8
Spain	14.8
Denmark	14.9
Greece	15.5
Cyprus	15.6
Germany	15.6
Luxembourg	16.0
France	16.5
Ireland	16.6
Austria	16.9
Italy	17.2
Portugal	19.7
Estonia	21.0
Czechia	21.3
Slovakia	23.0
Latvia	23.1
Bulgaria	23.2
Poland	23.2
Lithuania	23.3
Hungary	24.2
Slovenia	25.0
Romania	25.3
Croatia	26.4

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
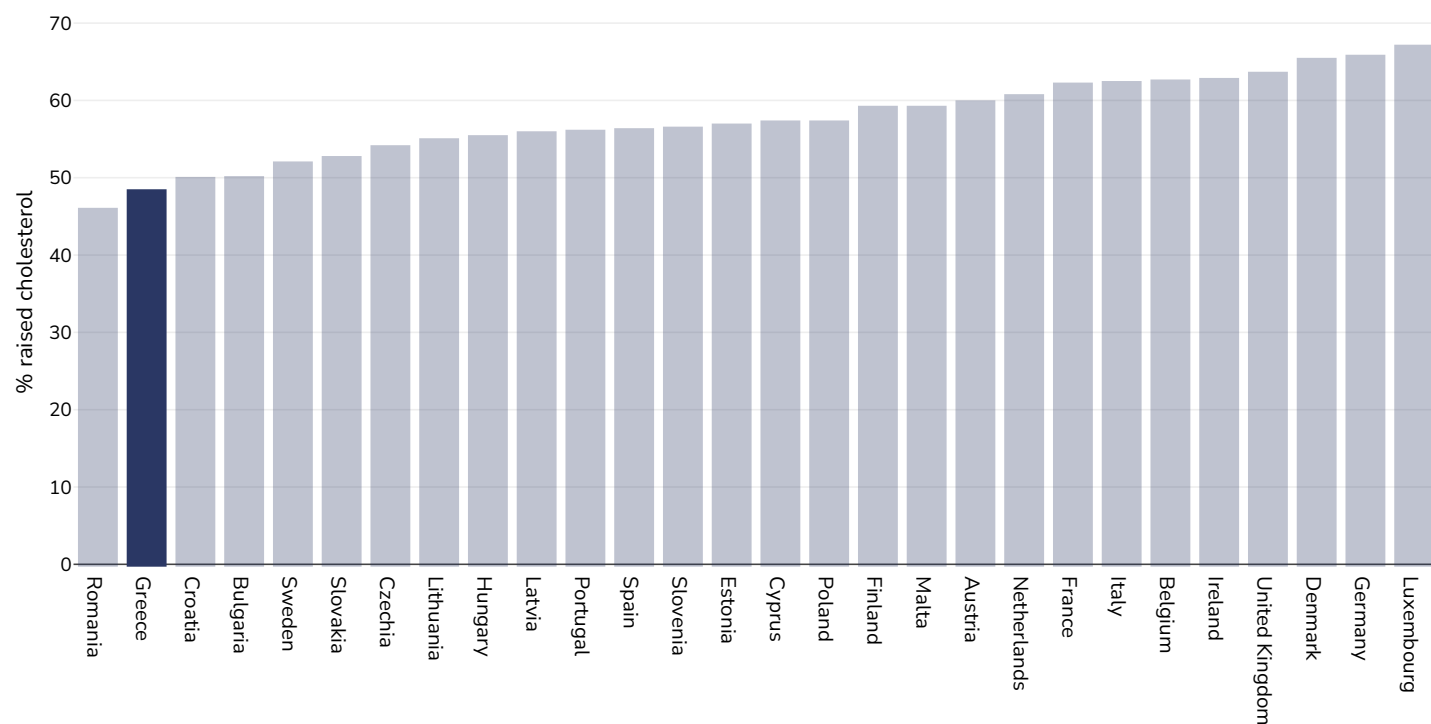
References:	Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A885
Definitions:	% Raised total cholesterol (>= 5.0 mmol/L) (age-standardized estimate).

Men, 2008
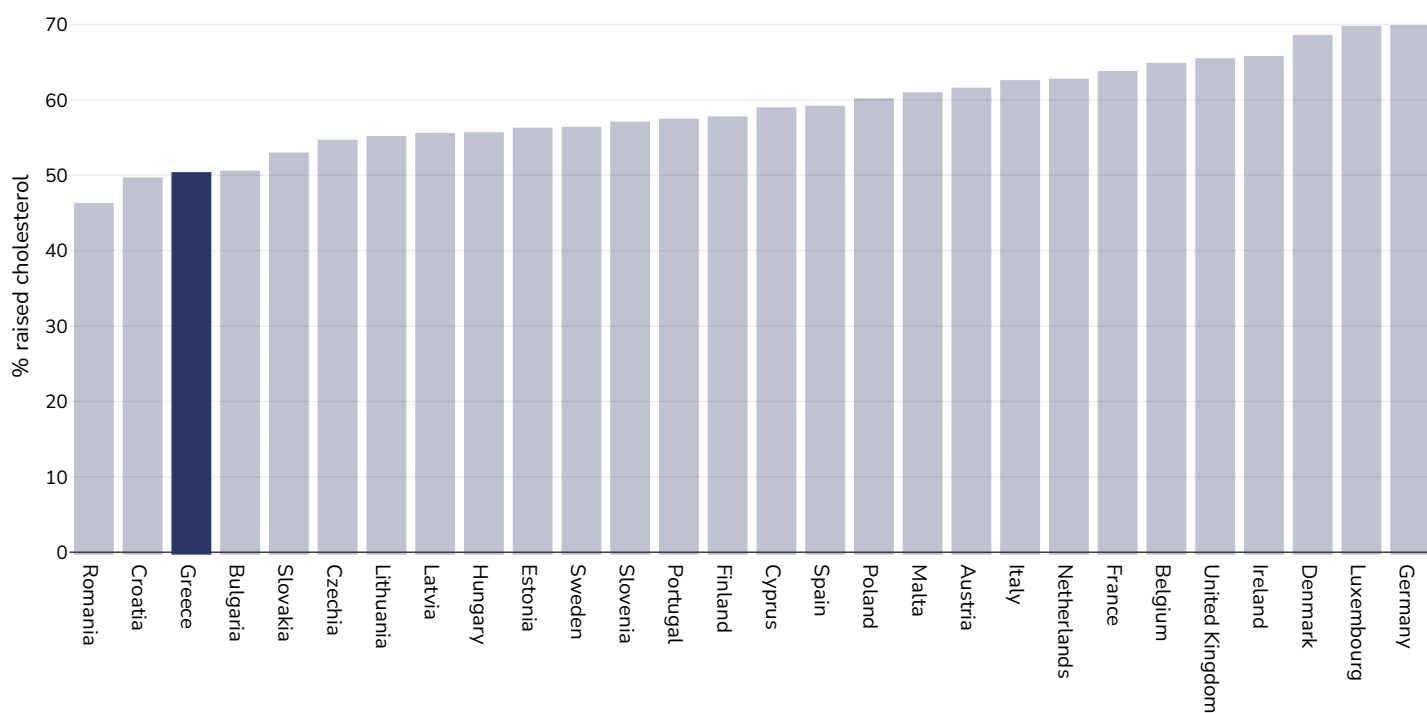
% raised cholesterol

Romania, Croatia, Greece, Bulgaria, Slovakia, Czechia, Lithuania, Latvia, Hungary, Estonia, Sweden, Slovenia, Portugal, Finland, Cyprus, Spain, Poland, Malta, Austria, Italy, Netherlands, France, Belgium, United Kingdom, Ireland, Denmark, Luxembourg, Germany

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).

Women, 2008
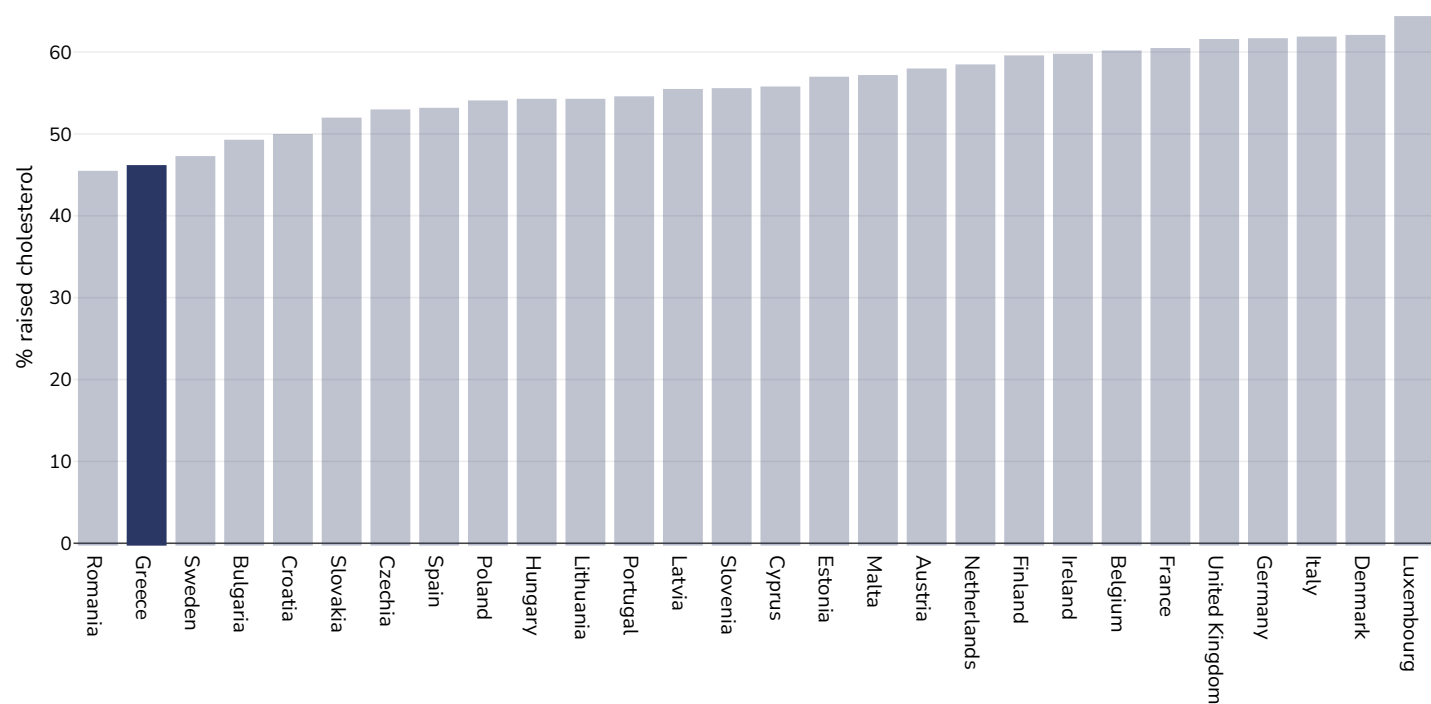
References:	Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A885
Definitions:	% Raised total cholesterol (>= 5.0 mmol/L) (age-standardized estimate).

Raised fasting blood glucose

Men, 2014
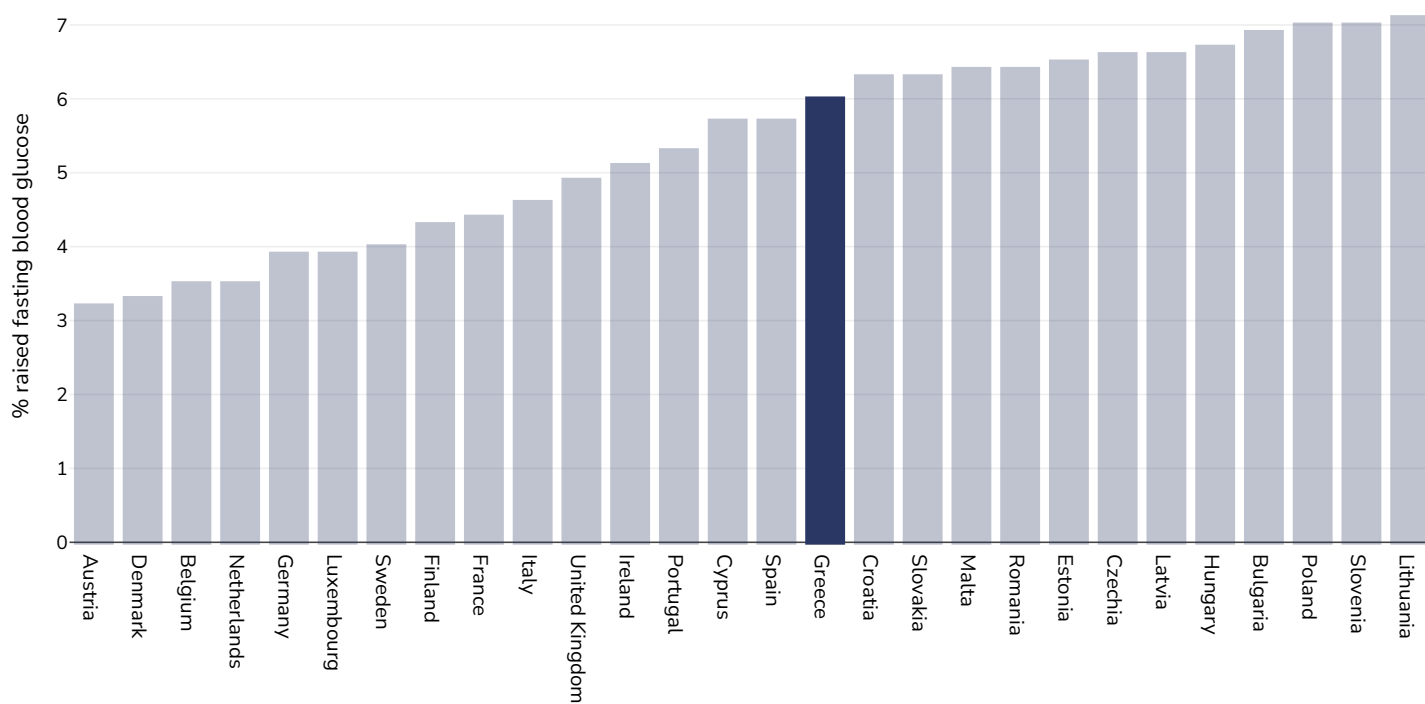
References: Global Health Observatory data repository, World Health Organisation,

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).

Women, 2014
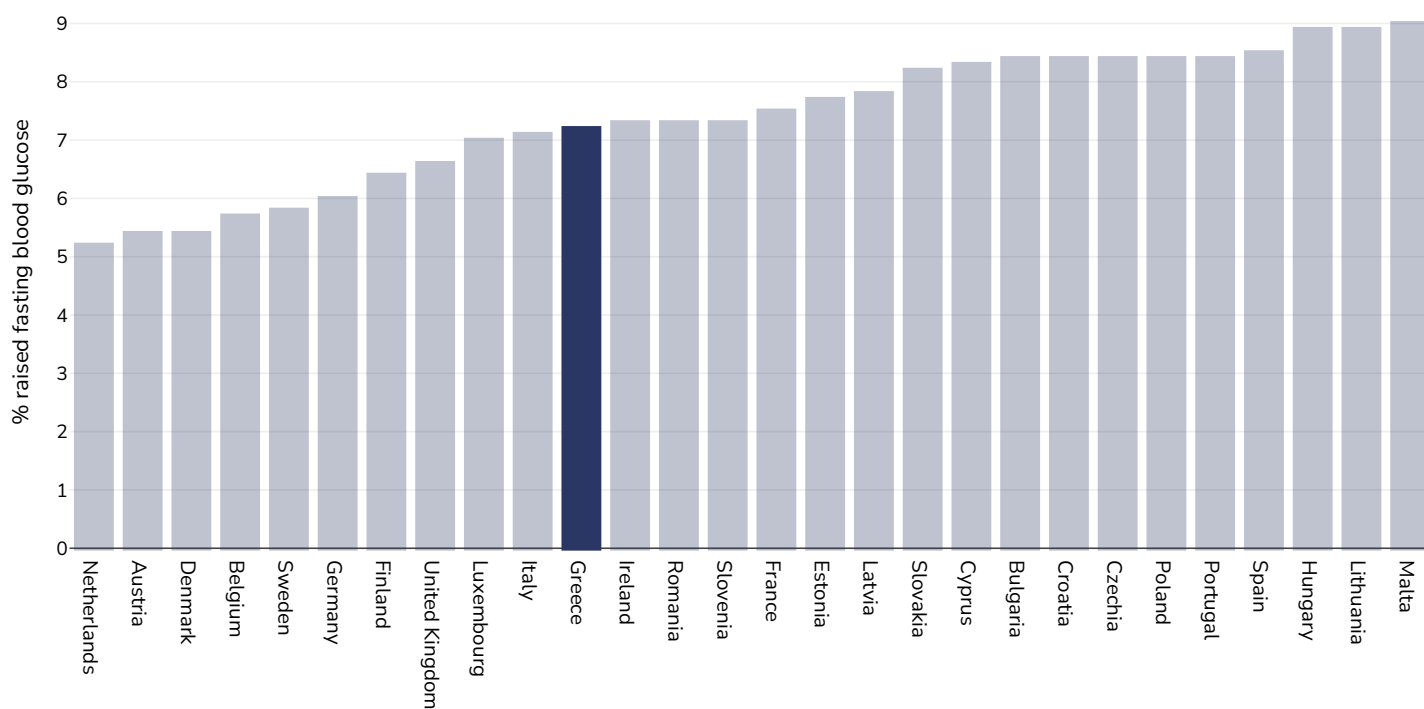
References: Global Health Observatory data repository, World Health Organisation,
http://apps.who.int/gho/data/node.main.A869?lang=en

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

Diabetes prevalence

Adults, 2021
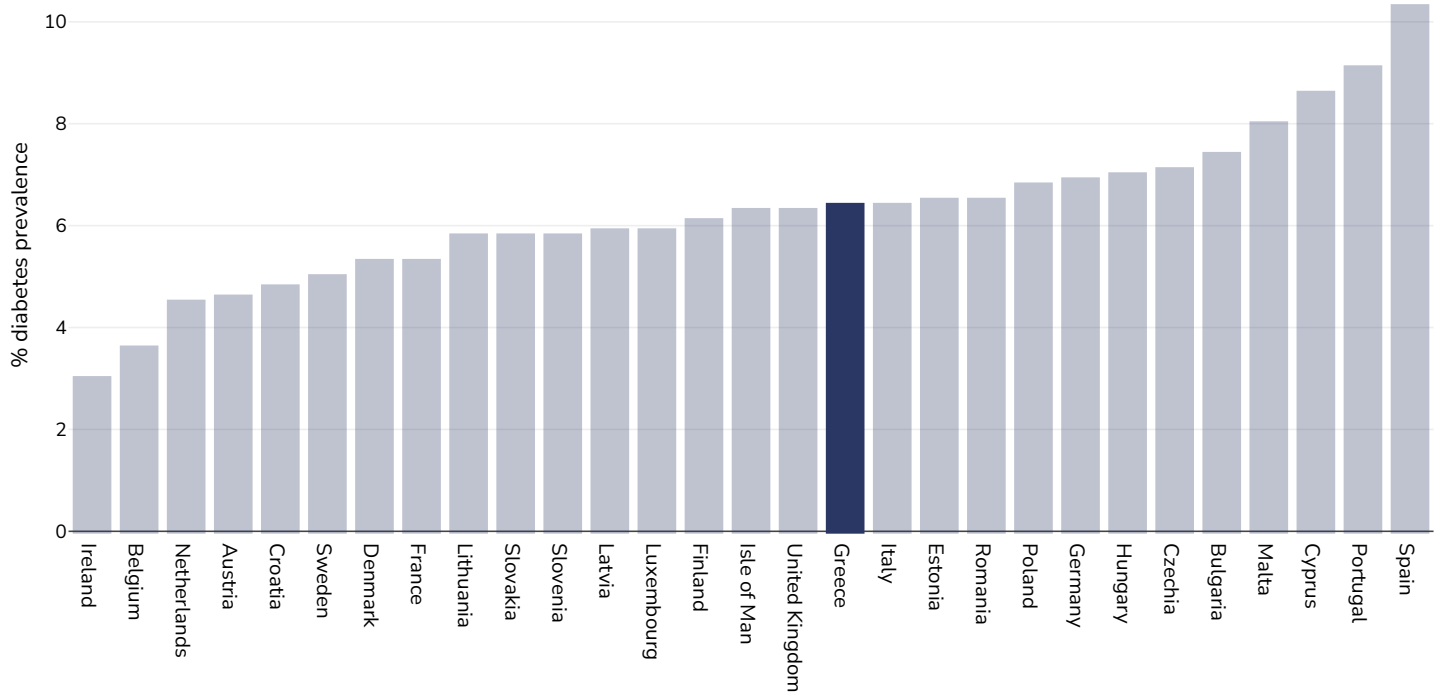
Age:	20-79
Area covered:	National
References:	Reproduced with kind permission International Diabetes Federation. IDF Diabetes Atlas, 10th edn. Brussels, Belgium:International Diabetes Federation, 2021. http://www.diabetesatlas.org
Definitions:	Age-adjusted comparative prevalence of diabetes, %

Contextual factors

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

Labelling

Is there mandatory nutrition labelling?	✔️
Front-of-package labelling?	❌
Back-of-pack nutrition declaration?	✔️
Color coding?	❌
Warning label?	❌

Regulation and marketing

Are there fiscal policies on unhealthy products?	✖
Tax on unhealthy foods?	✖
Tax on unhealthy drinks?	✖
Are there fiscal policies on healthy products?	✖
Subsidy on fruits?	✖
Subsidy on vegetables?	✖
Subsidy on other healthy products?	✖
Mandatory limit or ban of trans fat (all settings)?	✔
Mandatory limit of trans fats in place (all settings)?	✔
Ban on trans-fats or phos in place (all settings)?	✖
Are there any mandatory policies/marketing restrictions on the promotion of unhealthy food/drinks to children?	✖
Mandatory restriction on broadcast media?	✖
Mandatory restriction on non-broadcast media?	✖
Voluntary policies/marketing restrictions on the promotion of unhealthy food/drinks to children?	✔v
Are there mandatory standards for food in schools?	✔
Are there any mandatory nutrient limits in any manufactured food products?	✔
Nutrition standards for public sector procurement?	✖

Political will and support

National obesity strategy or nutrition and physical activity national strategy?	✅
National obesity strategy?	❌
National childhood obesity strategy?	❌
Comprehensive nutrition strategy?	✅
Comprehensive physical activity strategy?	✅
Evidence-based dietary guidelines and/or RDAs?	✅
National target(s) on reducing obesity?	❌
Guidelines/policy on obesity treatment?	❌
Promotion of breastfeeding?	✅

Monitoring and surveillance

Monitoring of the prevalence and incidence for the main obesity-related NCDs and risk factors?	✅
Within 5 years?	✅

Governance and resource

Multi-sectoral national co-ordination mechanism for obesity or nutrition (including obesity)?	✅

Key

✅ Present   ✅ᵥ Present (voluntary)   ✅ Incoming   ❌ Absent   ❓ Unknown

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