



Ireland



Country report card - children

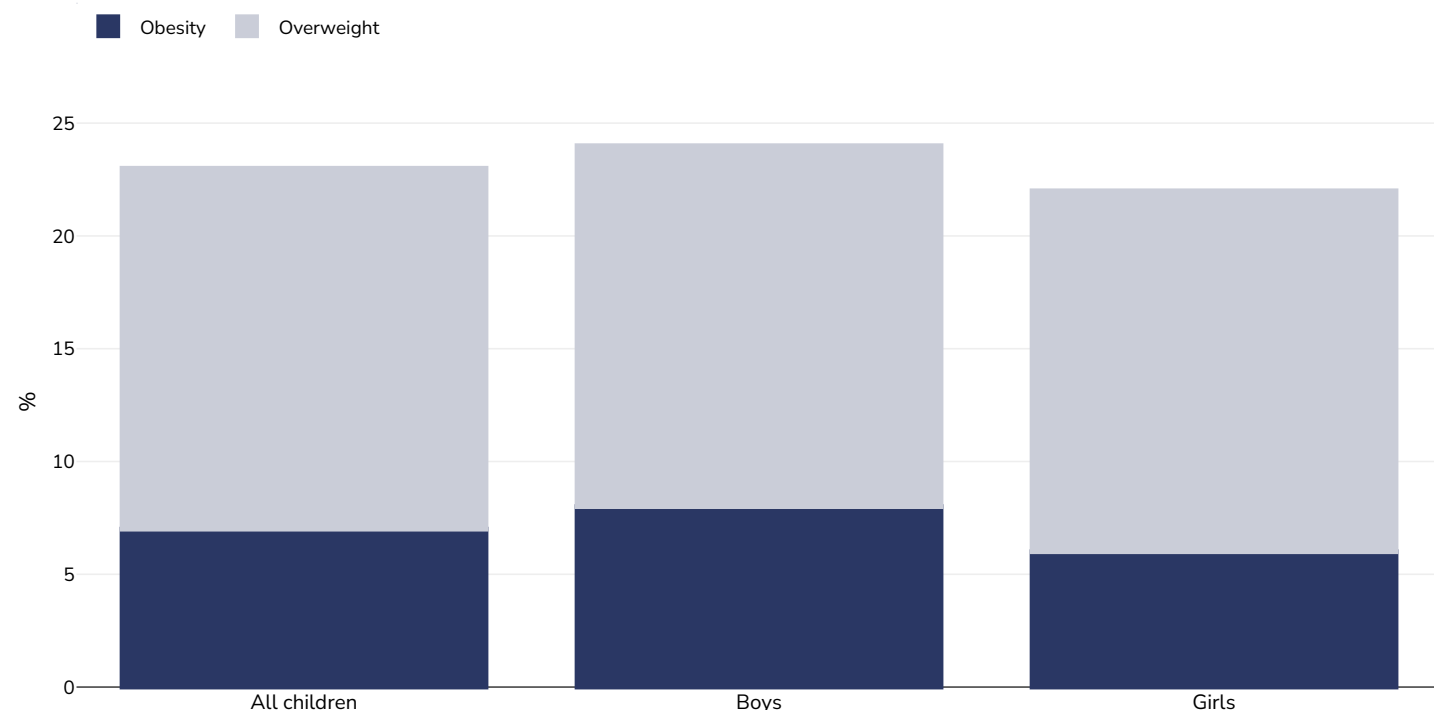
This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity for children, including adolescents (aged 5 to 18 years). Where available, data on common and relevant obesity drivers and comorbidities are also presented.

View the latest version of this report on the Global Obesity Observatory at <https://data.worldobesity.org/country/ireland-99/>.

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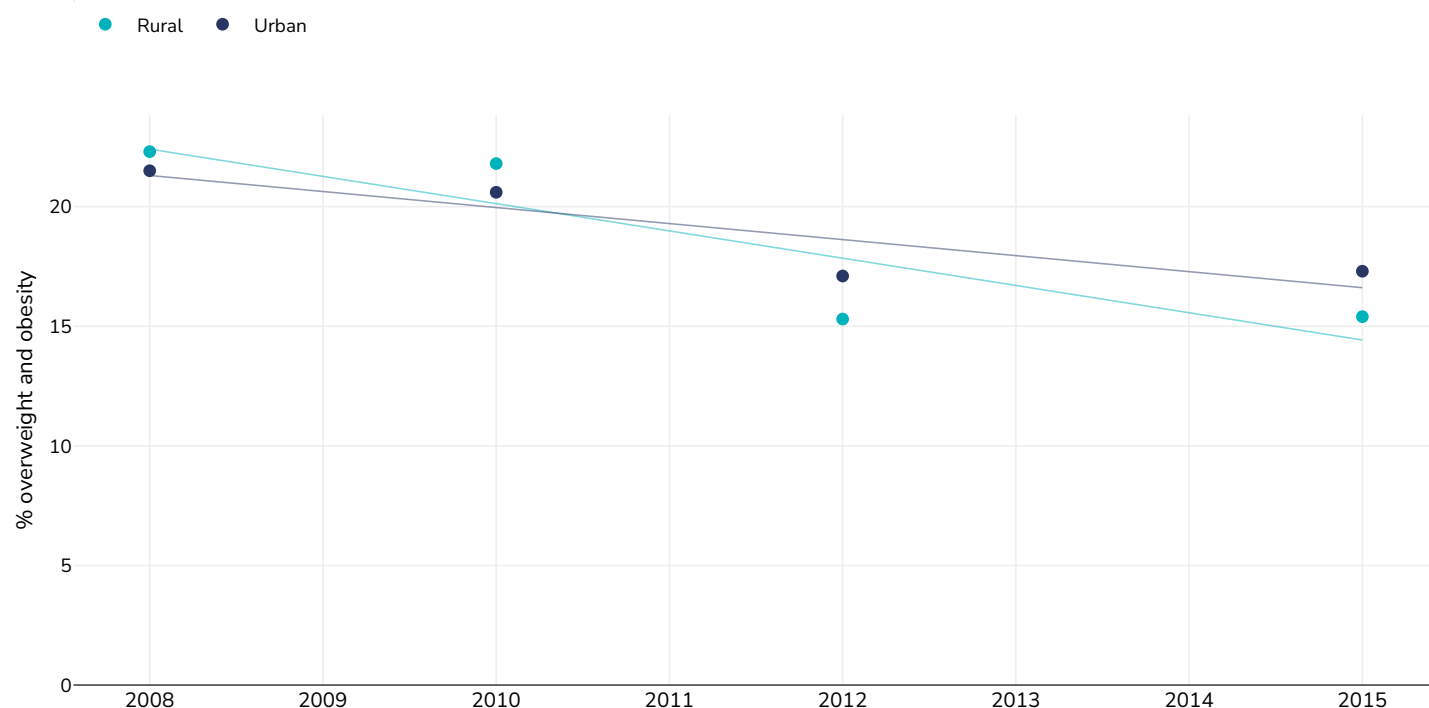
Obesity prevalence

Children, 2022-2024



Survey type:	Measured
Age:	7
Area covered:	National
References:	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.
Cutoffs:	WHO 2007

% Children living with overweight or obesity by urbanisation in Ireland 2008-2015



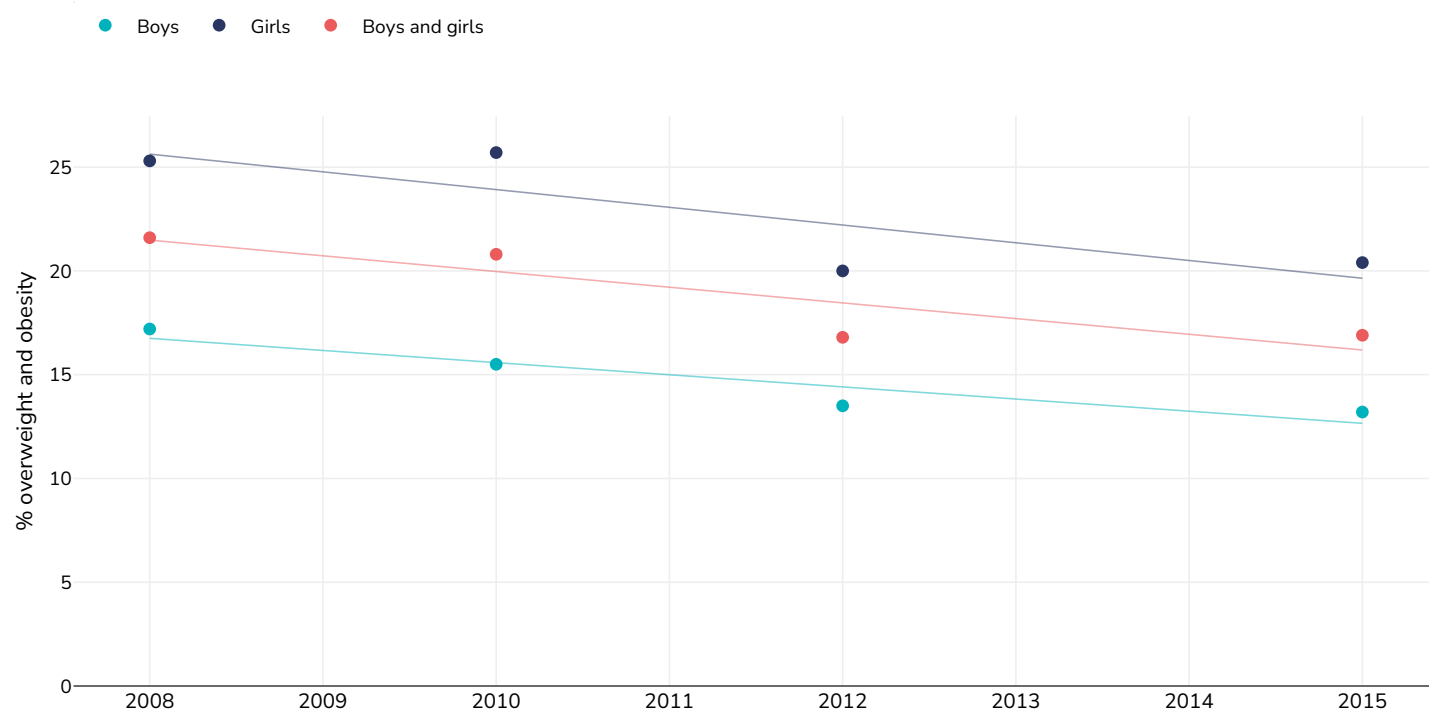
Survey type: Measured

References: Bel-Serrat S, Heinen MM, Murrin CM, Daly L, Mehegan J, Concannon M, Flood C, Farrell D, O'Brien S, Eldin N, Kelleher CC [2017]. The Childhood Obesity Surveillance Initiative (COSI) in the Republic of Ireland: Findings from 2008, 2010, 2012 and 2015. Dublin: Health Service Executive.

Notes: Aged 6-7. IOTF International Cut off point

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.

% Children living with overweight or obesity in Ireland 2008-2015



Survey type: Measured

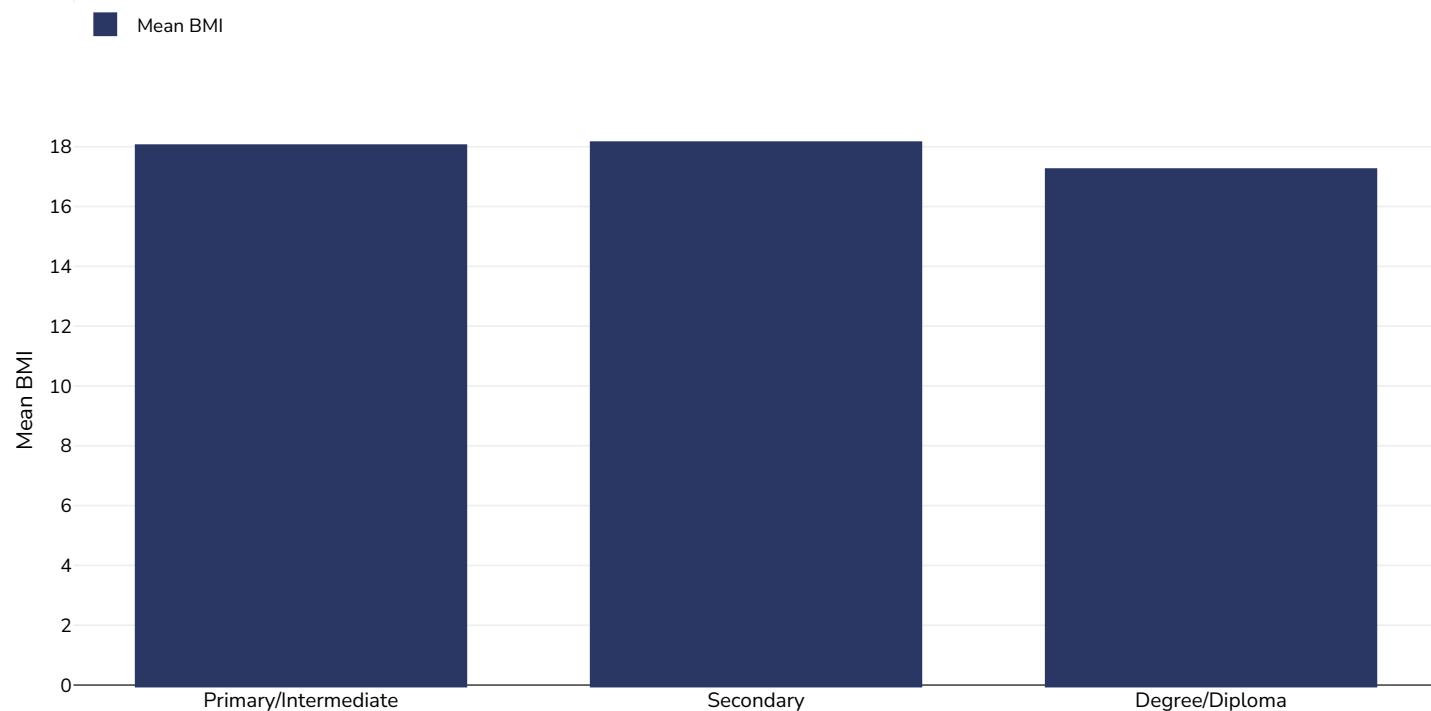
References: Bel-Serrat S, Heinen MM, Murrin CM, Daly L, Mehegan J, Concannon M, Flood C, Farrell D, O'Brien S, Eldin N, Kelleher CC [2017]. The Childhood Obesity Surveillance Initiative (COSI) in the Republic of Ireland: Findings from 2008, 2010, 2012 and 2015. Dublin: Health Service Executive.

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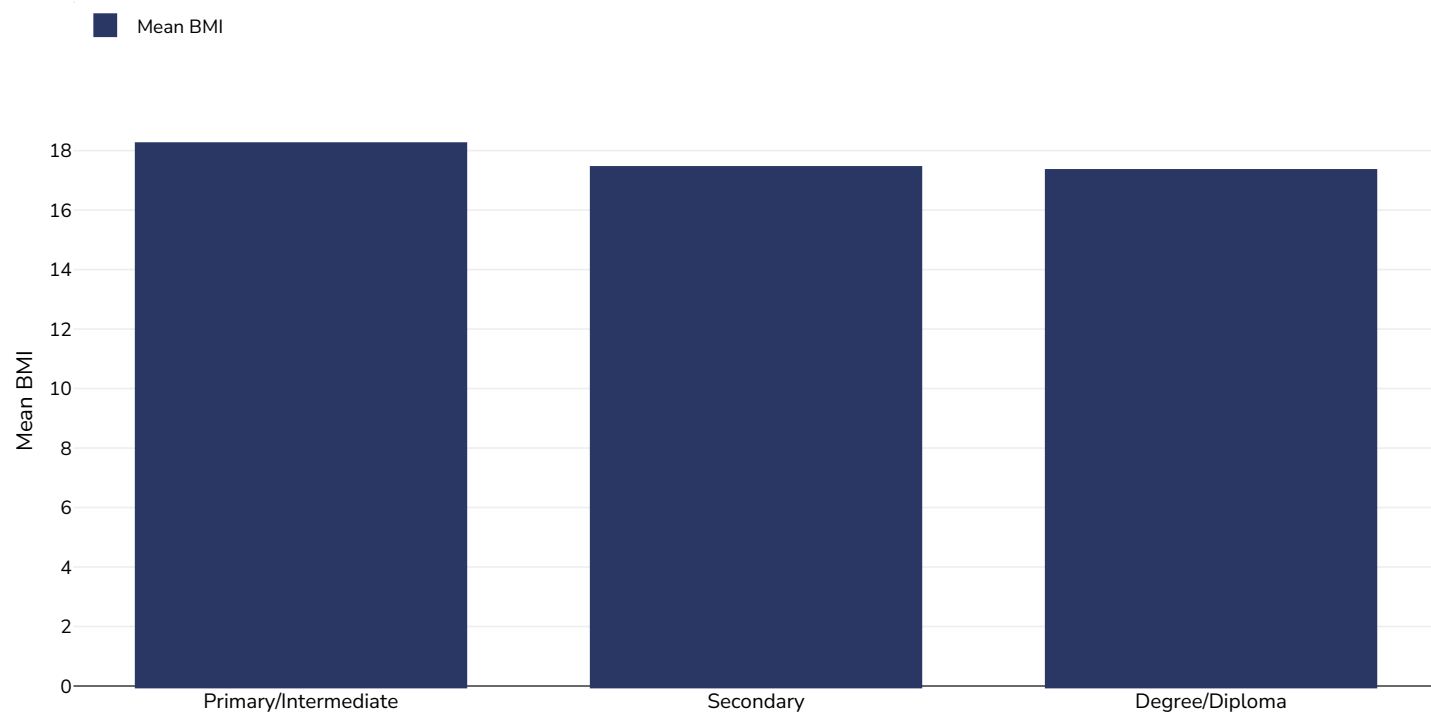
Overweight/obesity by education

Children, 2017-2018



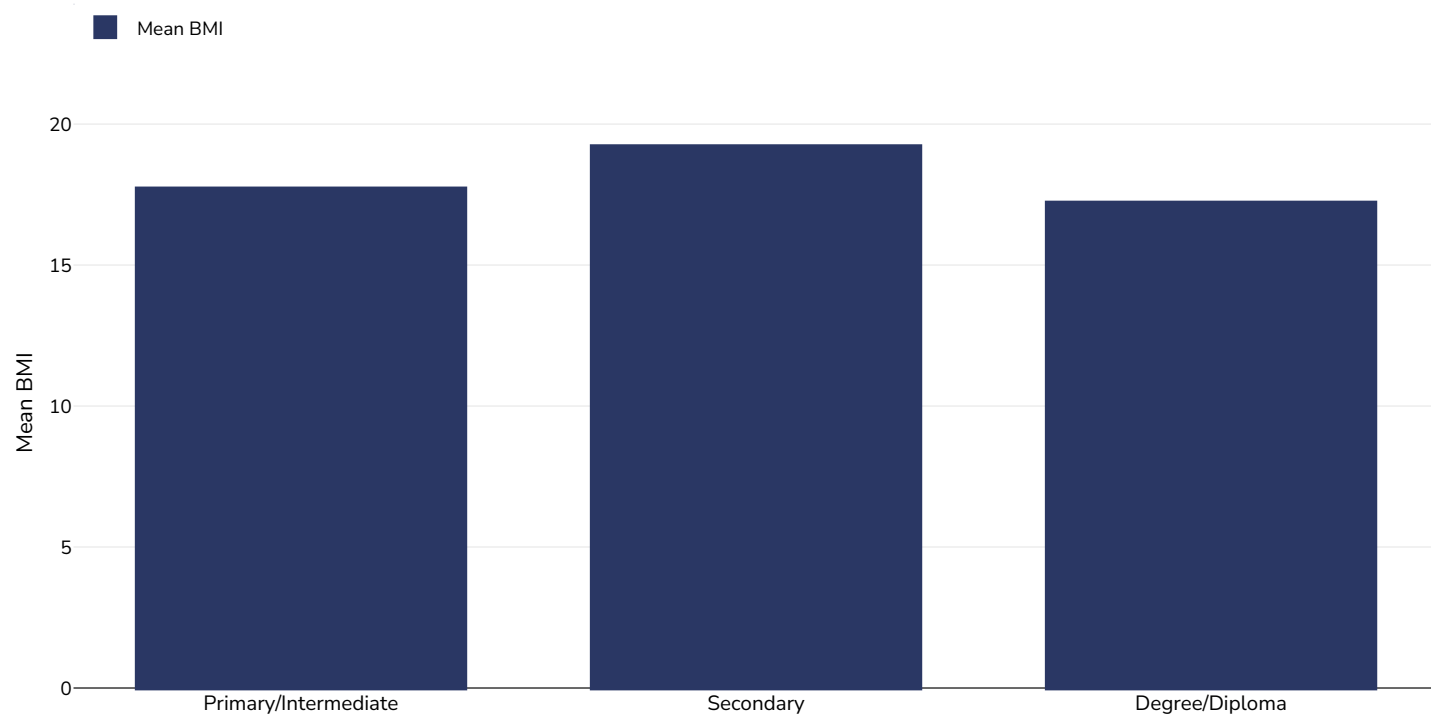
Survey type:	Measured
Age:	5-12
Sample size:	596
Area covered:	National
References:	Irish Universities Nutrition Alliance (IUNA) (2019) National Children's Food Survey II: Summary Report. Available online at www.iuna.net . Last accessed: 12.05.21
Notes:	Education & SC level relates to that of the parents/guardians of participants
Cutoffs:	IOTF

Boys, 2017-2018



Survey type:	Measured
Age:	5-12
Sample size:	596
Area covered:	National
References:	Irish Universities Nutrition Alliance (IUNA) (2019) National Children's Food Survey II: Summary Report. Available online at www.iuna.net . Last accessed: 12.05.21
Notes:	Education & SC level relates to that of the parents/guardians of participants
Cutoffs:	IOTF

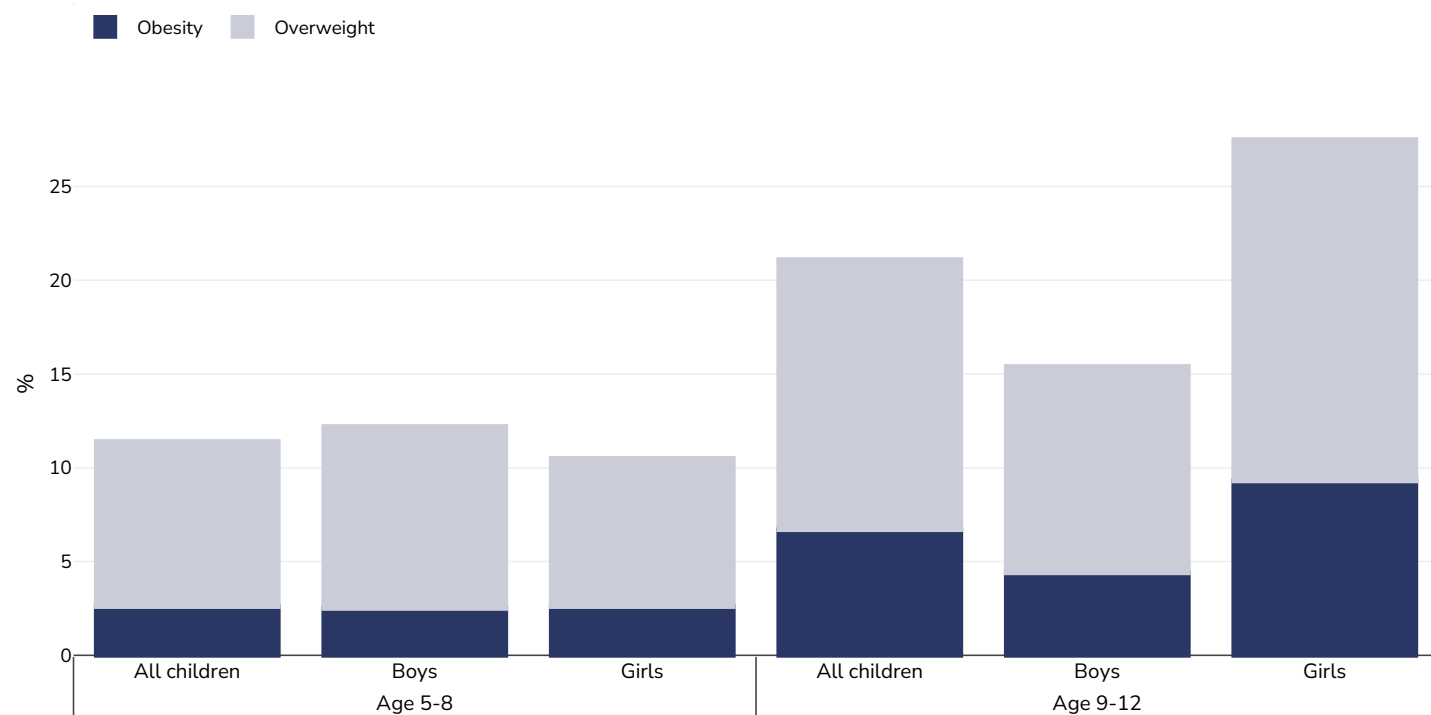
Girls, 2017-2018



Survey type:	Measured
Age:	5-12
Sample size:	596
Area covered:	National
References:	Irish Universities Nutrition Alliance (IUNA) (2019) National Children's Food Survey II: Summary Report. Available online at www.iuna.net . Last accessed: 12.05.21
Notes:	Education & SC level relates to that of the parents/guardians of participants
Cutoffs:	IOTF

Overweight/obesity by age

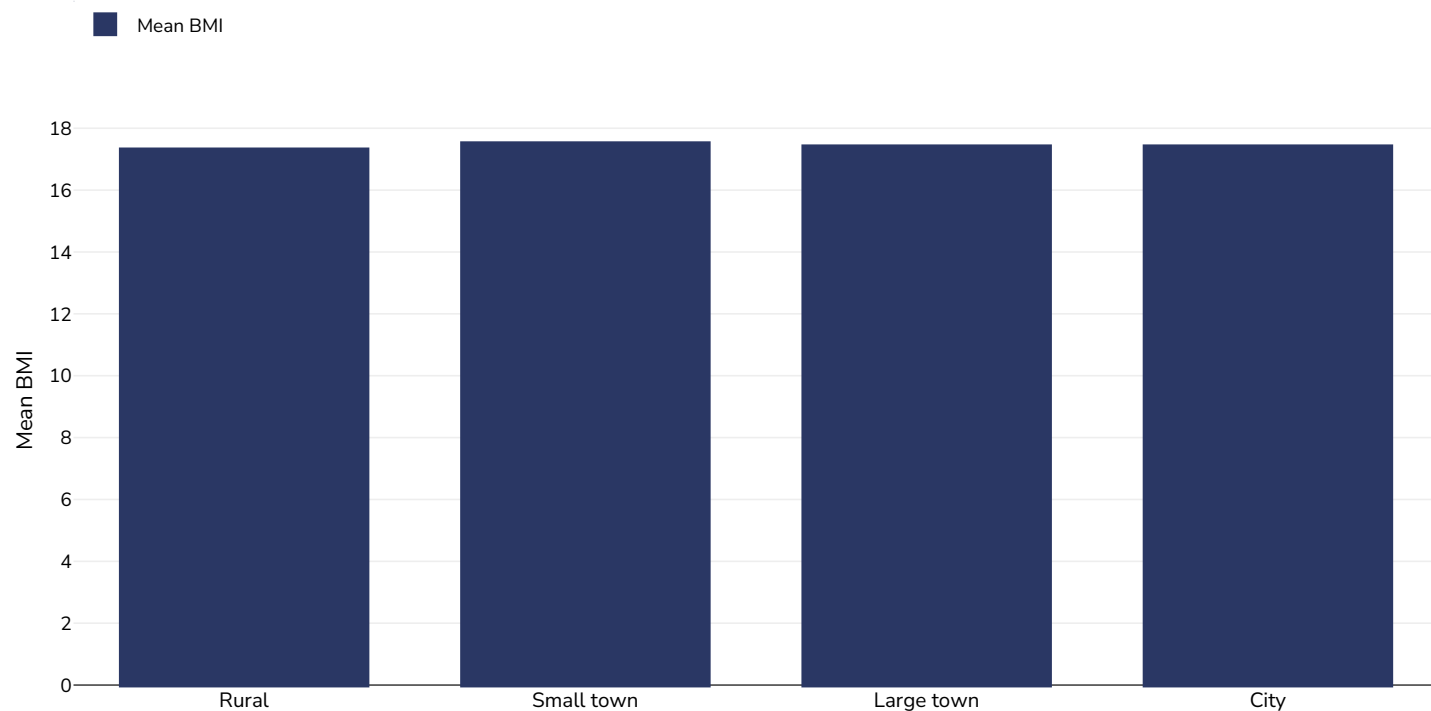
Children, 2017-2018



Survey type:	Measured
Sample size:	596
Area covered:	National
References:	Irish Universities Nutrition Alliance (IUNA) (2019) National Children's Food Survey II: Summary Report. Available online at www.iuna.net . Last accessed: 12.05.21.
Cutoffs:	IOTF

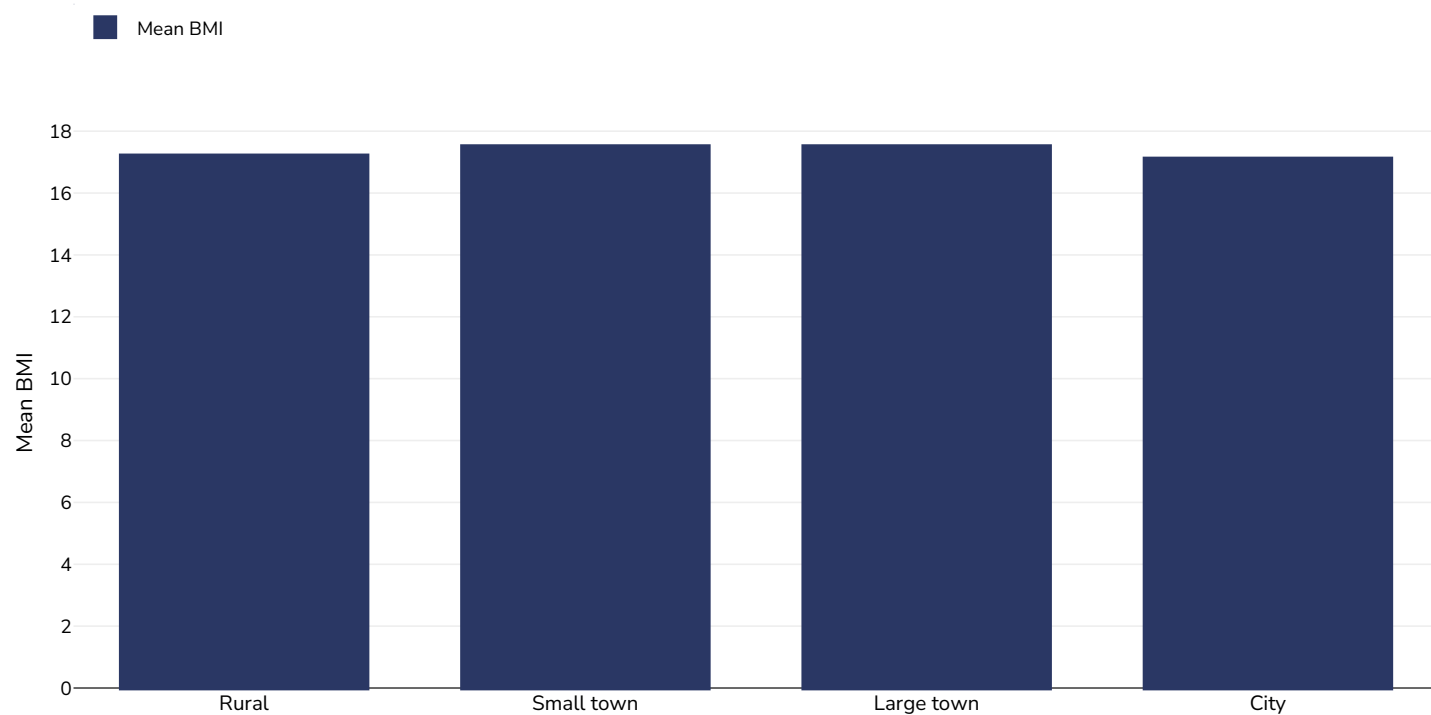
Overweight/obesity by region

Children, 2017-2018



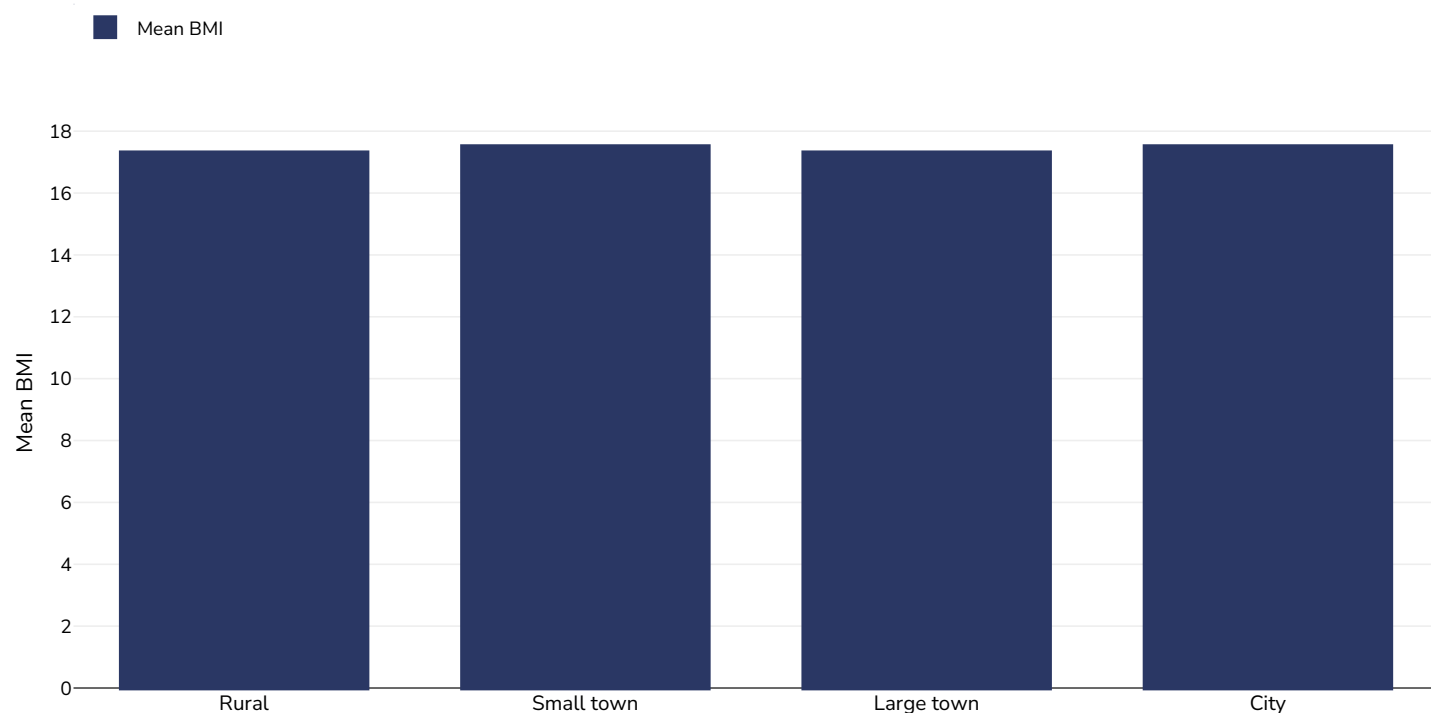
Survey type:	Measured
Age:	5-12
Sample size:	596
Area covered:	National
References:	Irish Universities Nutrition Alliance (IUNA) (2019) National Children's Food Survey II: Summary Report. Available online at www.iuna.net . Last accessed: 12.05.21.
Cutoffs:	IOTF

Boys, 2017-2018



Survey type:	Measured
Age:	5-12
Sample size:	596
Area covered:	National
References:	Irish Universities Nutrition Alliance (IUNA) (2019) National Children's Food Survey II: Summary Report. Available online at www.iuna.net . Last accessed: 12.05.21.
Cutoffs:	IOTF

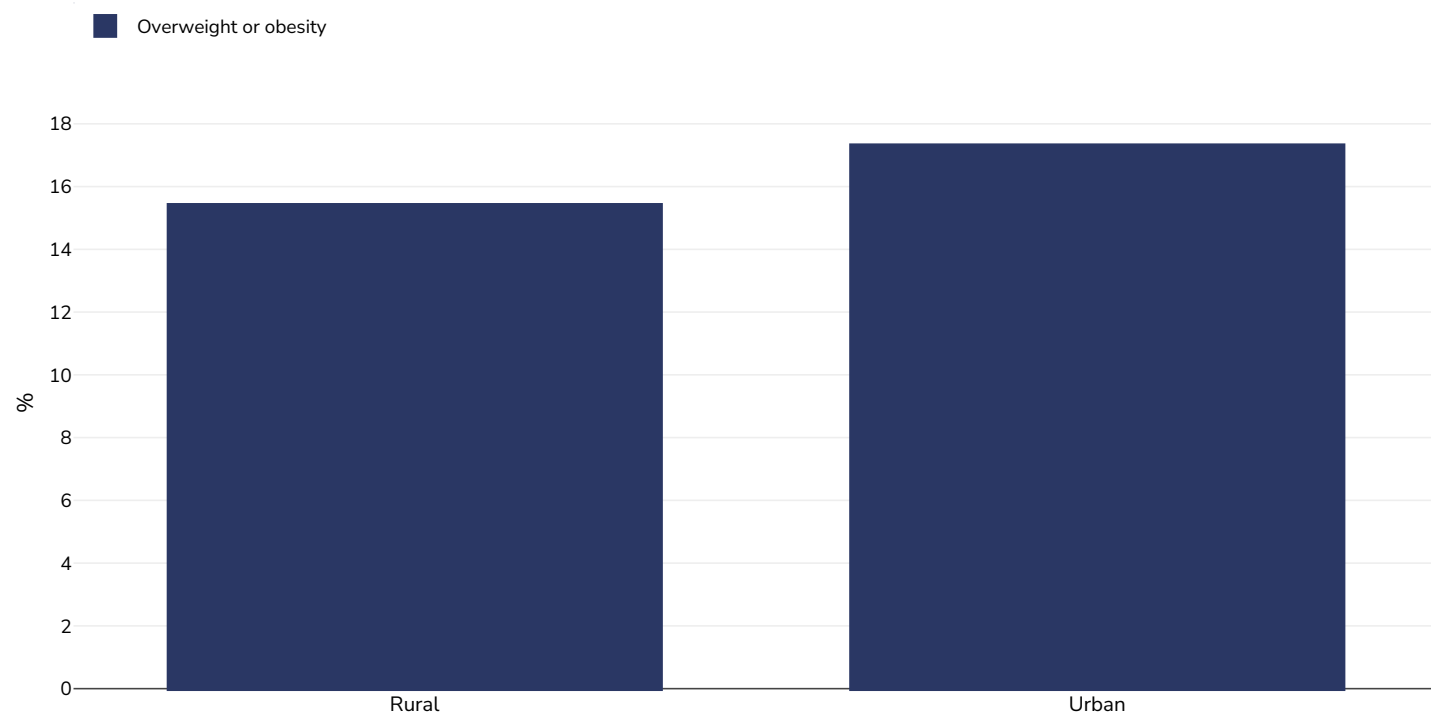
Girls, 2017-2018



Survey type:	Measured
Age:	5-12
Sample size:	596
Area covered:	National
References:	Irish Universities Nutrition Alliance (IUNA) (2019) National Children's Food Survey II: Summary Report. Available online at www.iuna.net . Last accessed: 12.05.21.
Cutoffs:	IOTF

Overweight/obesity by age and region

Children, 2015



Survey type: Measured

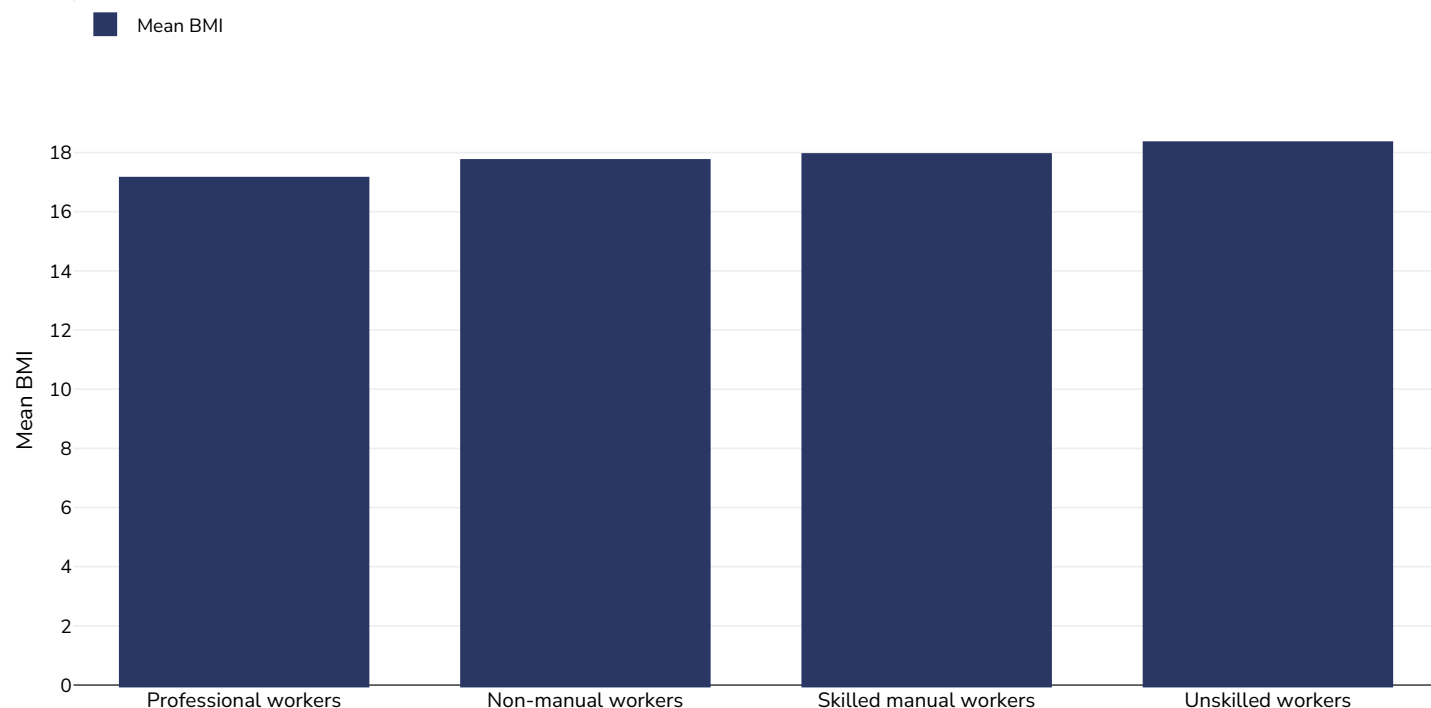
Age: 6-7

References: Bel-Serrat S, Heinen MM, Murrin CM, Daly L, Mehegan J, Concannon M, Flood C, Farrell D, O'Brien S, Eldin N, Kelleher CC [2017]. The Childhood Obesity Surveillance Initiative (COSI) in the Republic of Ireland: Findings from 2008, 2010, 2012 and 2015. Dublin: Health Service Executive.

Notes: IOTF International Cut off point

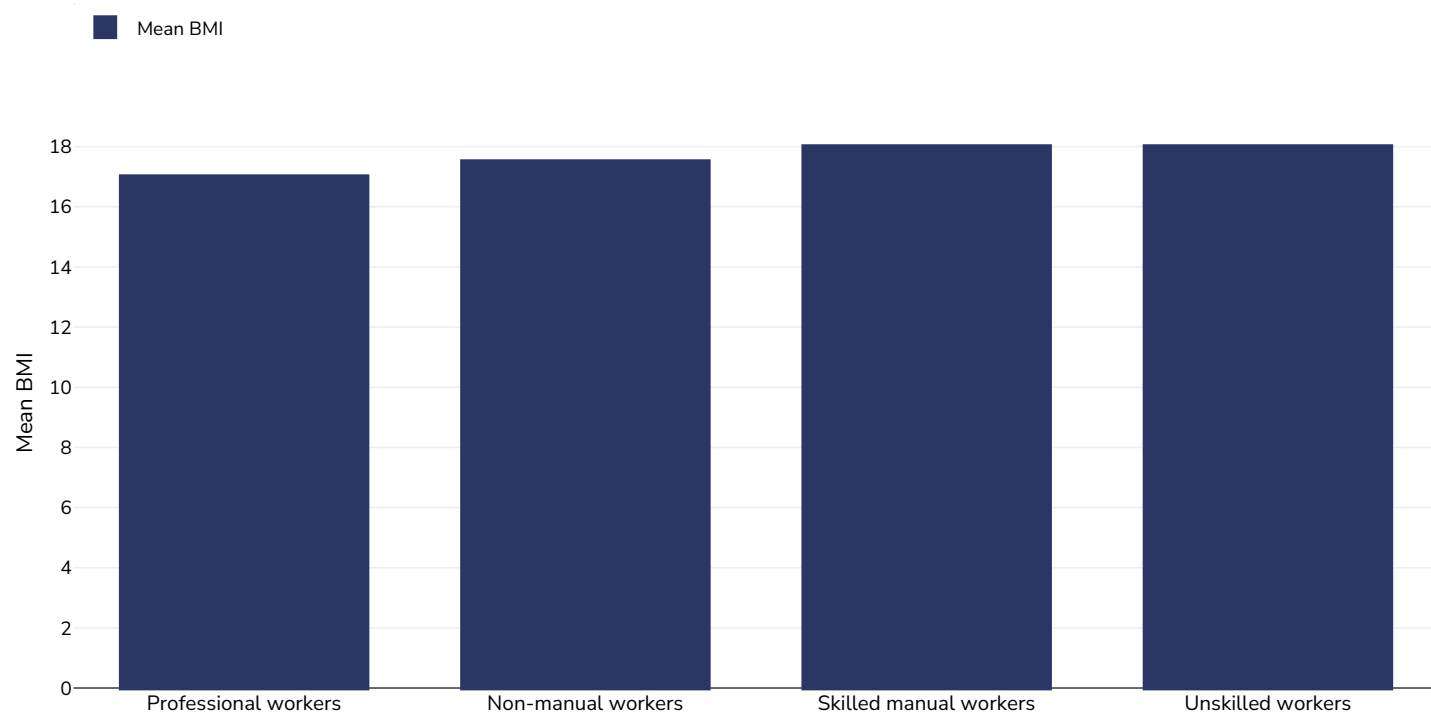
Overweight/obesity by socio-economic group

Children, 2017-2018



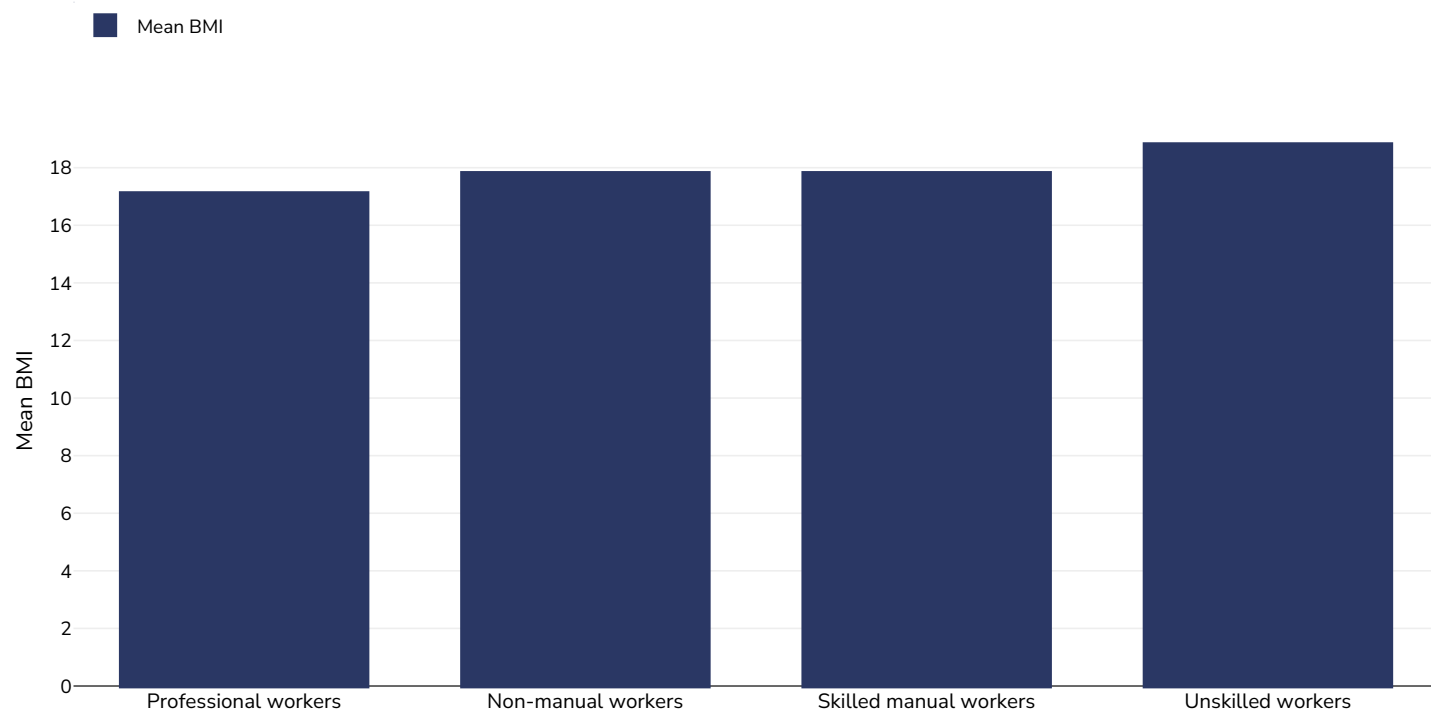
Survey type:	Measured
Age:	5-12
Sample size:	596
Area covered:	National
References:	Irish Universities Nutrition Alliance (IUNA) (2019) National Children's Food Survey II: Summary Report. Available online at www.iuna.net . Last accessed: 12.05.21.
Notes:	Groupings as defined by publication of origin.
Cutoffs:	IOTF

Boys, 2017-2018



Survey type:	Measured
Age:	5-12
Sample size:	596
Area covered:	National
References:	Irish Universities Nutrition Alliance (IUNA) (2019) National Children's Food Survey II: Summary Report. Available online at www.iuna.net . Last accessed: 12.05.21.
Notes:	Groupings as defined by publication of origin.
Cutoffs:	IOTF

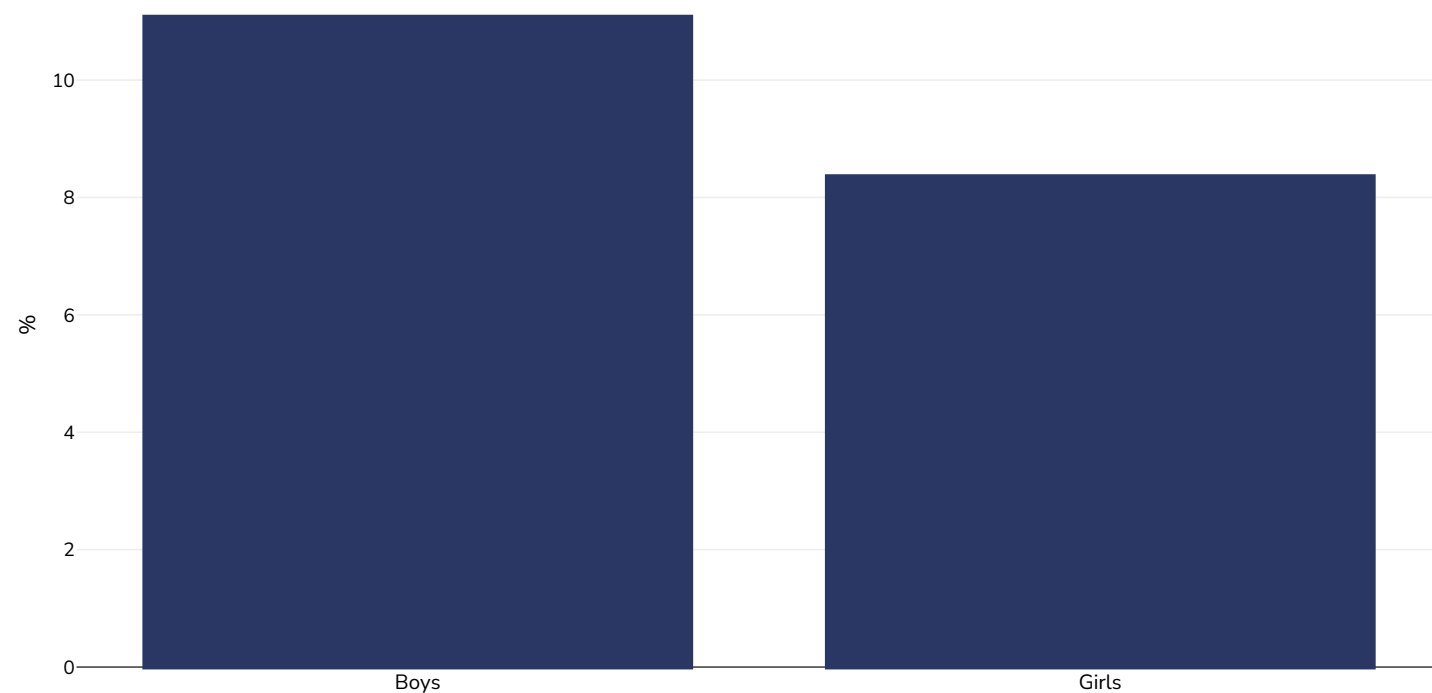
Girls, 2017-2018



Survey type:	Measured
Age:	5-12
Sample size:	596
Area covered:	National
References:	Irish Universities Nutrition Alliance (IUNA) (2019) National Children's Food Survey II: Summary Report. Available online at www.iuna.net . Last accessed: 12.05.21.
Notes:	Groupings as defined by publication of origin.
Cutoffs:	IOTF

Double burden of underweight & overweight

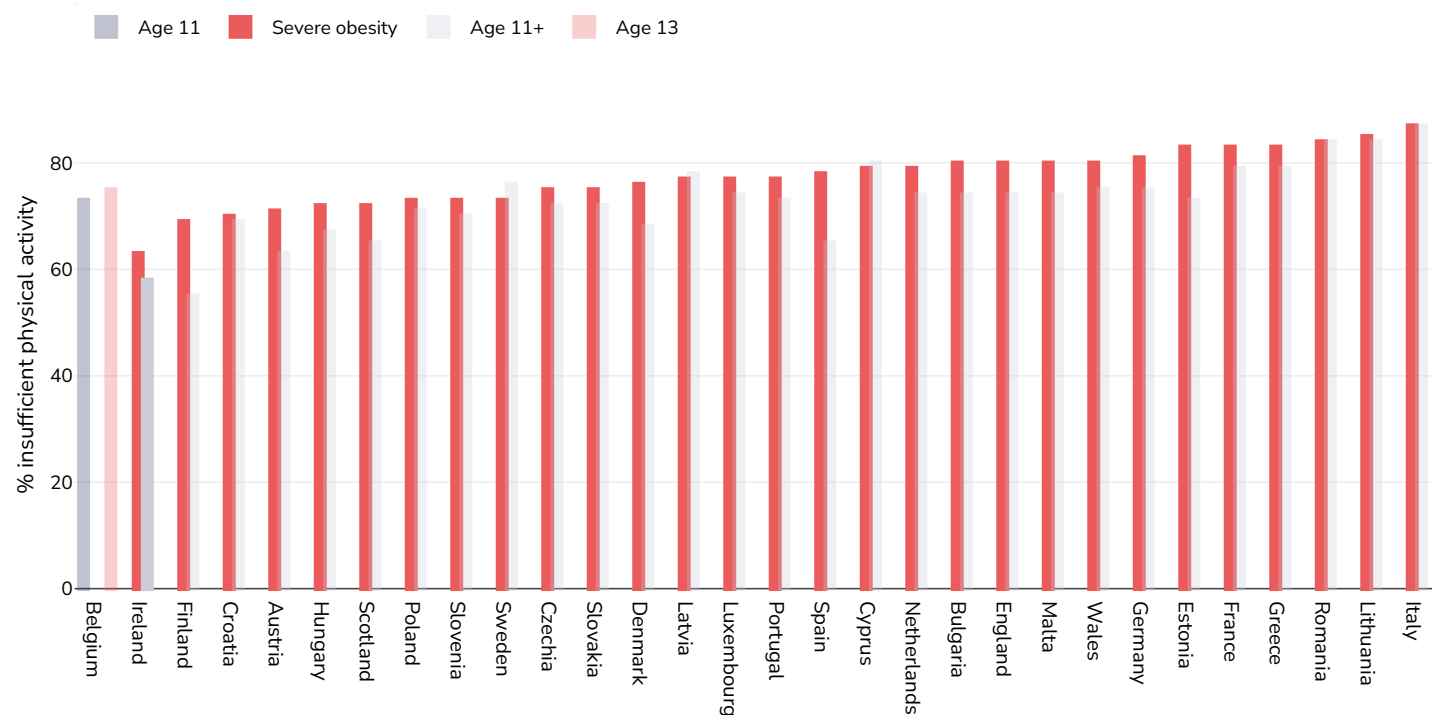
Children, 2022



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

Boys, 2022

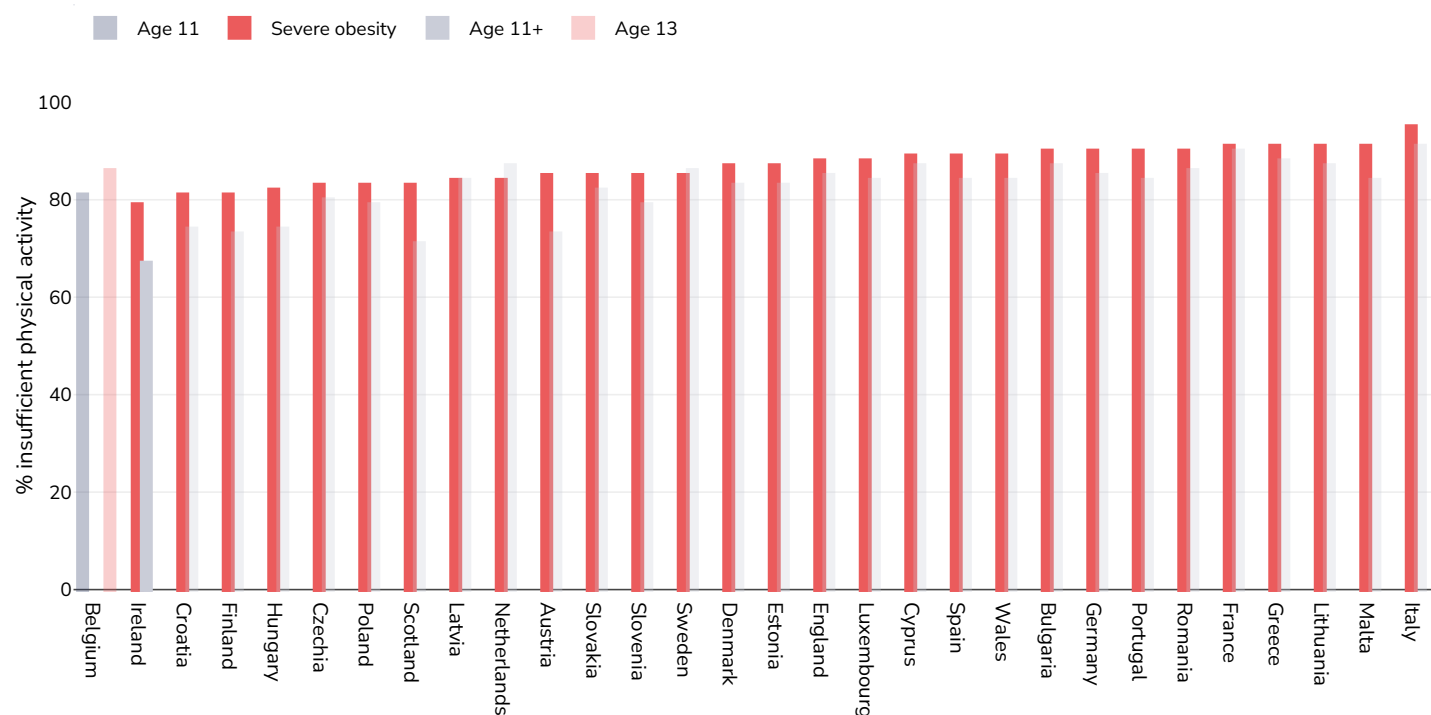


References: Rakić JG, Hamrik Z, Dzielska A, Felder-Puig R, Oja L, Bakalár P et al. A focus on adolescent physical activity, eating behaviours, weight status and body image in Europe, central Asia and Canada. Health Behaviour in School-aged Children international report from the 2021/2022 survey. Volume 4. Copenhagen: WHO Regional Office for Europe; 2024. Licence: CC BY-NC-SA 3.0 IGO. Health Behaviour in School-aged Children study (2023), Data browser (findings from the 2021/22 international HBSC survey): <https://data-browser.hbsc.org>.

Notes: Young people were asked to report the number of days over the past week during which they were physically active for a total of at least 60 minutes. The question was introduced by text defining moderate-to-vigorous physical activity (MVPA) as any activity that increases the heart rate and makes the person get out of breath some of the time, with examples provided. Findings presented on the Observatory show the proportions who report less than 60 minutes of MVPA daily.

Definitions: % reporting less than 60 minutes of MVPA daily

Girls, 2022



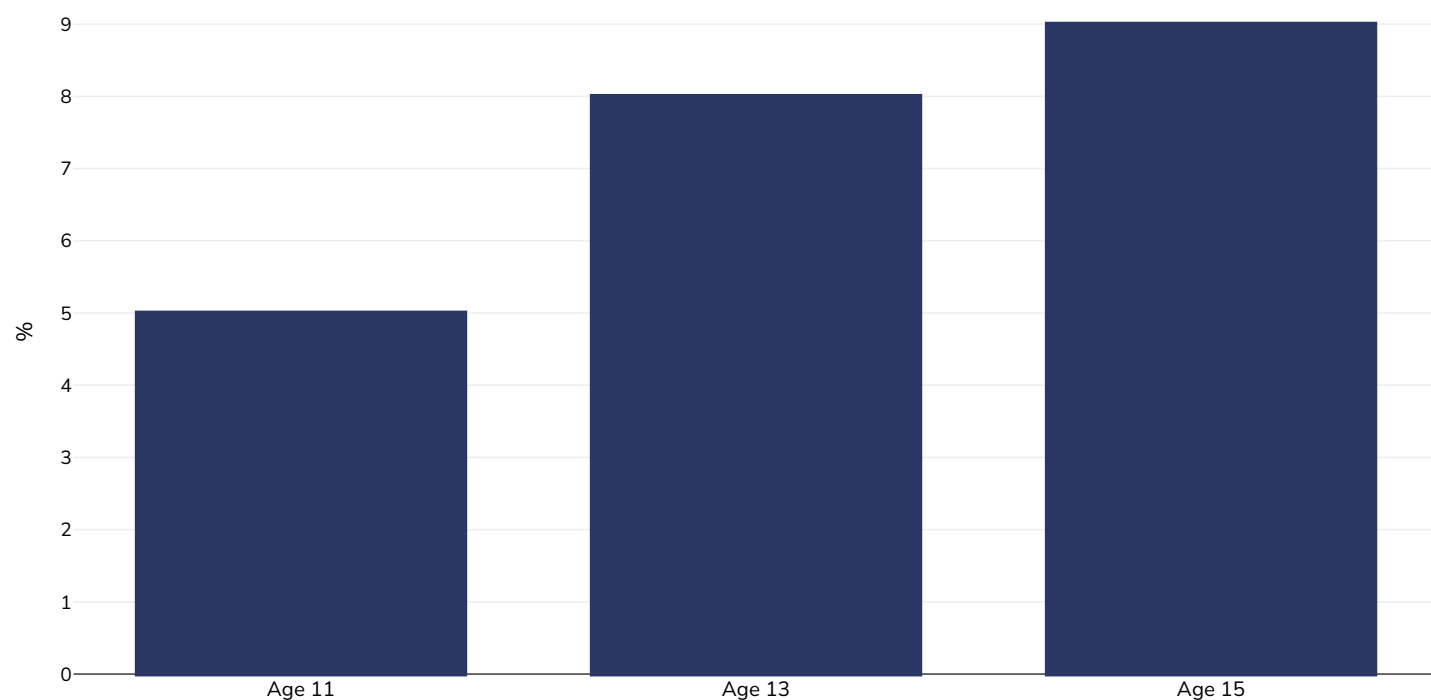
References: Rakić JG, Hamrik Z, Dzielska A, Felder-Puig R, Oja L, Bakalár P et al. A focus on adolescent physical activity, eating behaviours, weight status and body image in Europe, central Asia and Canada. Health Behaviour in School-aged Children international report from the 2021/2022 survey. Volume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

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Definitions: % reporting less than 60 minutes of MVPA daily

Prevalence of at least daily carbonated soft drink consumption

Boys, 2021-2022

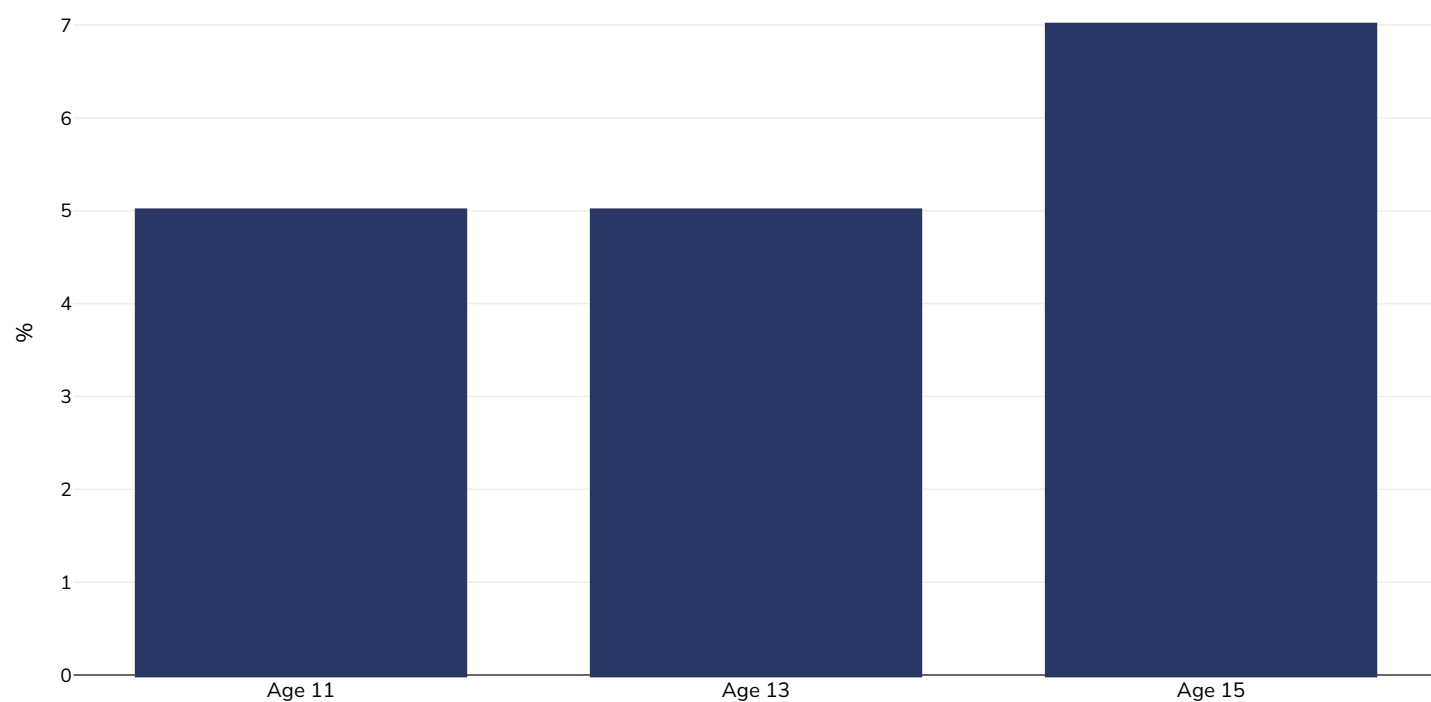


Area covered: National

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



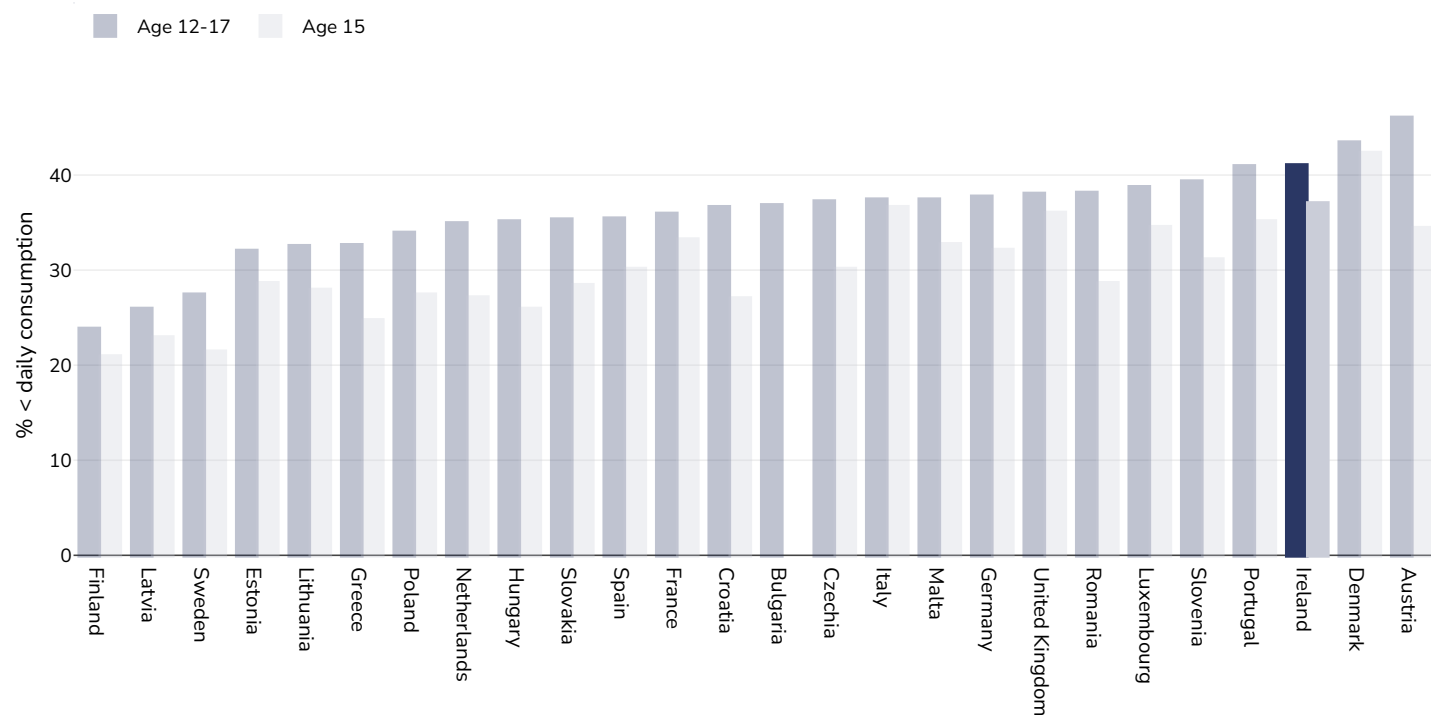
Area covered: National

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

Children, 2014



Survey type:

Measured

References:

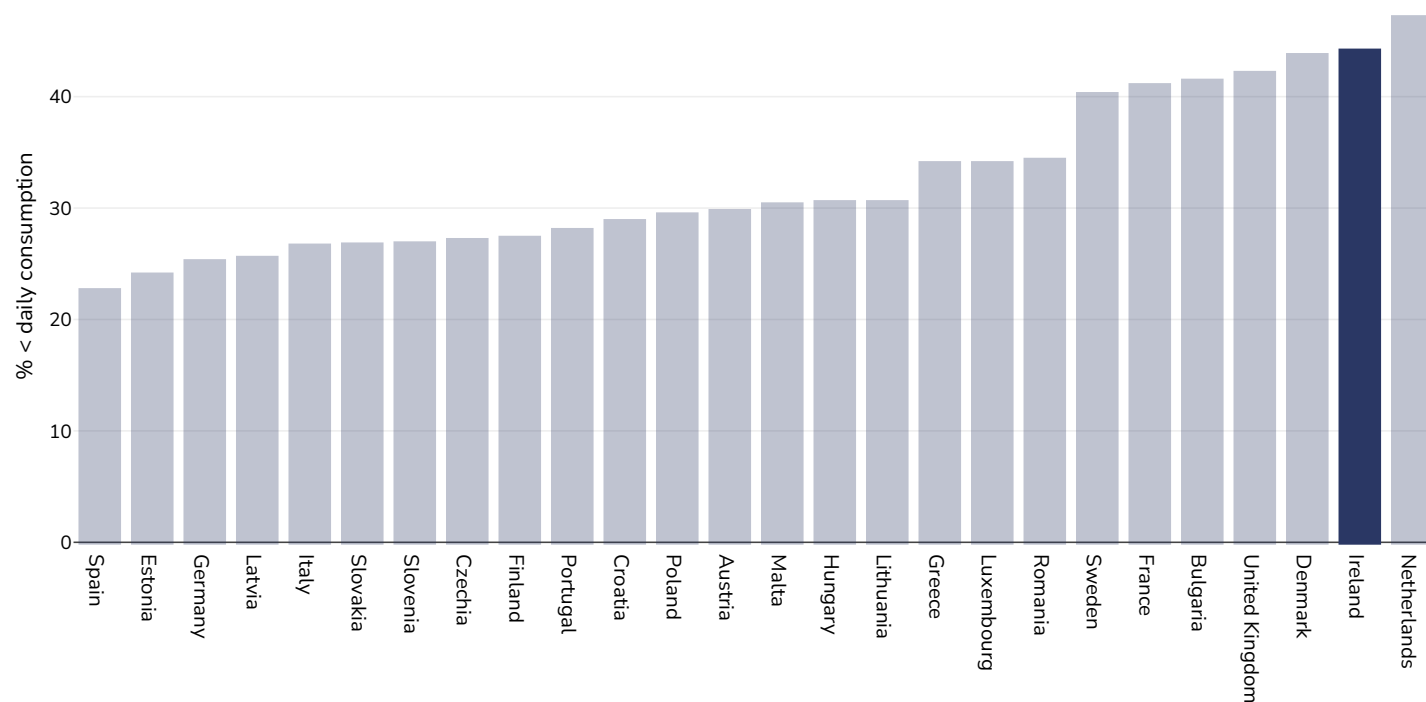
Global School-based Student Health Surveys. Beal et al (2019). Global Patterns of Adolescent Fruit, Vegetable, Carbonated Soft Drink, and Fast-food consumption: A meta-analysis of global school-based student health surveys. Food and Nutrition Bulletin. <https://doi.org/10.1177/0379572119848287>. Sourced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

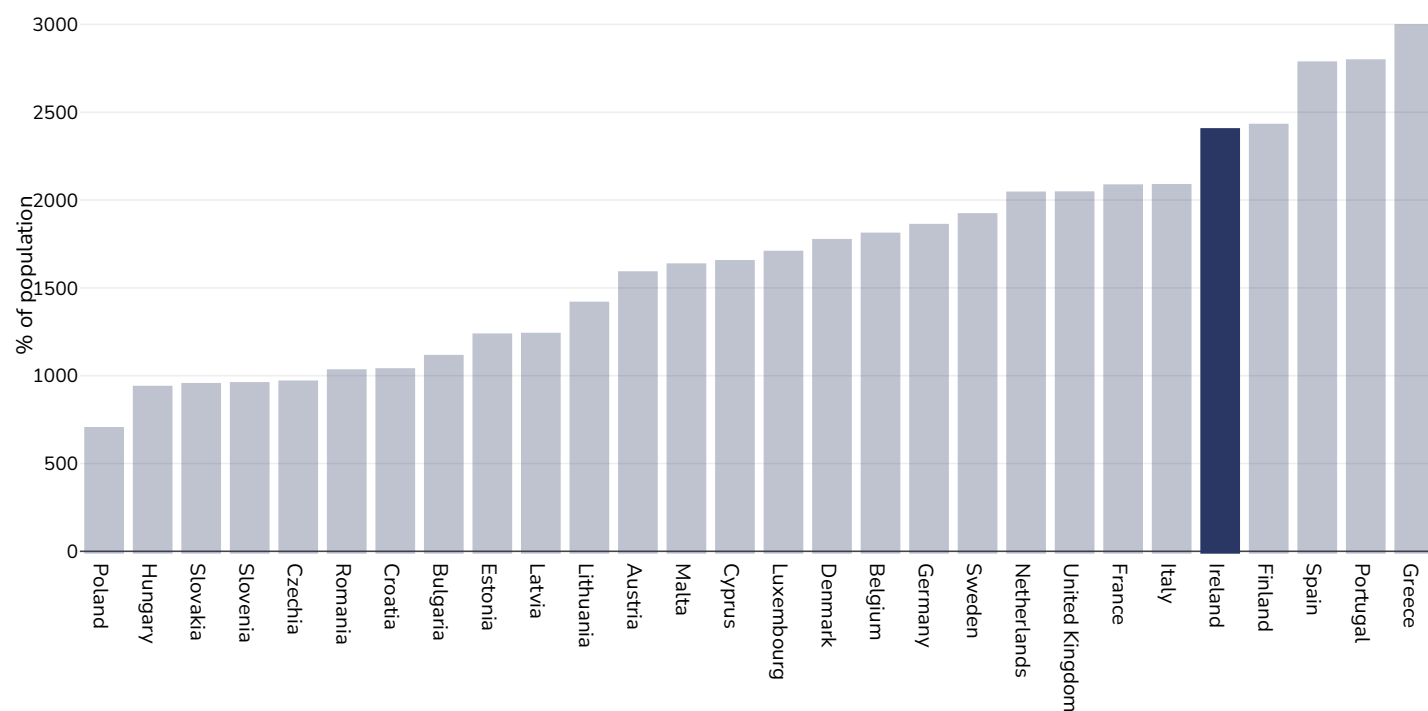
Age: 12-17

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)

Mental health - depression disorders

Children, 2021



Area covered:

National

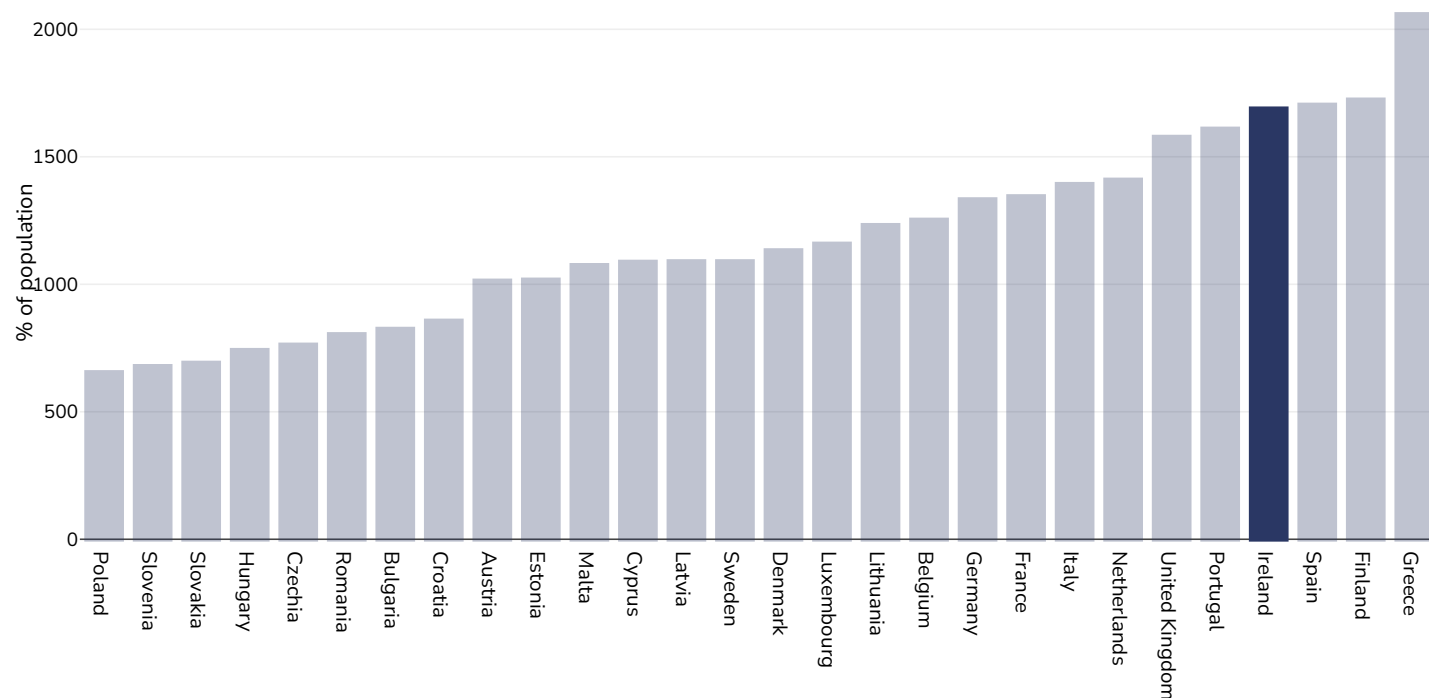
References:

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

Definitions:

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

Boys, 2021



Area covered:

National

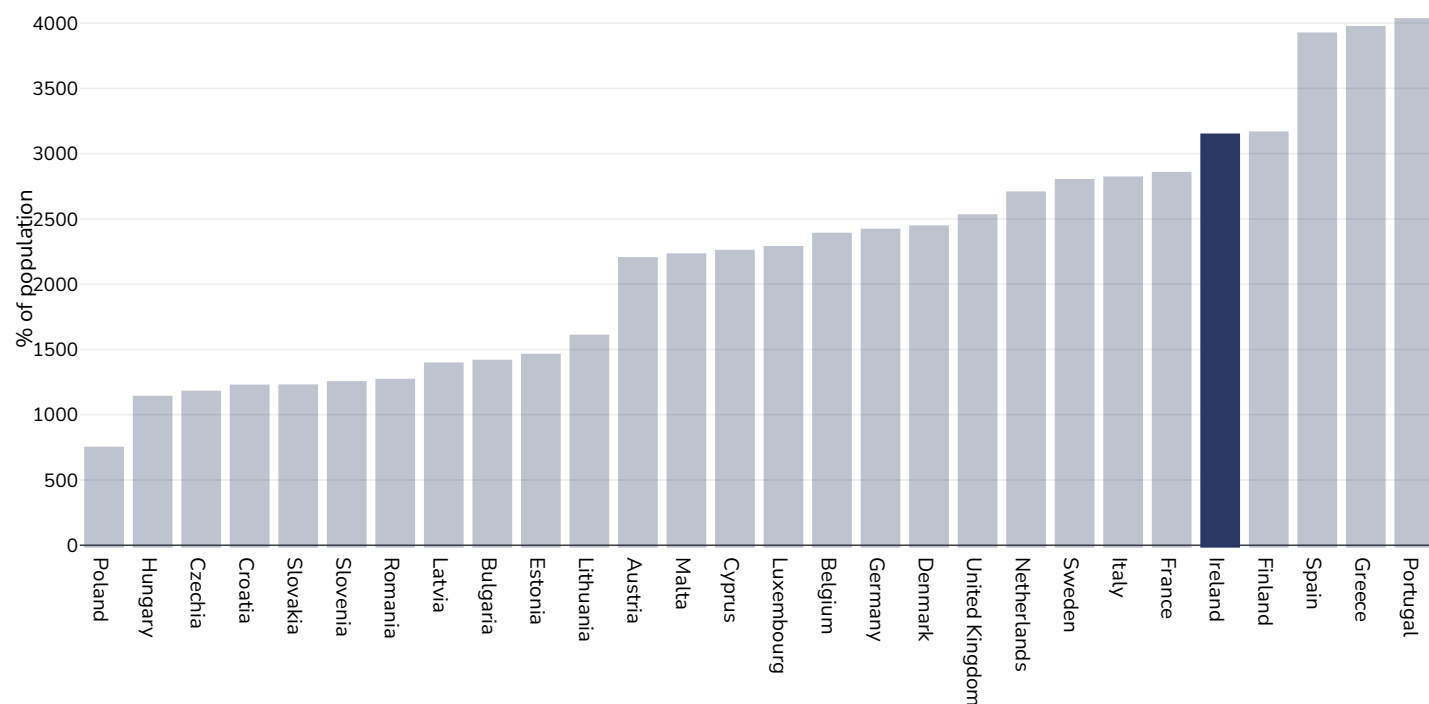
References:

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

Definitions:

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

Girls, 2021



Area covered:

National

References:

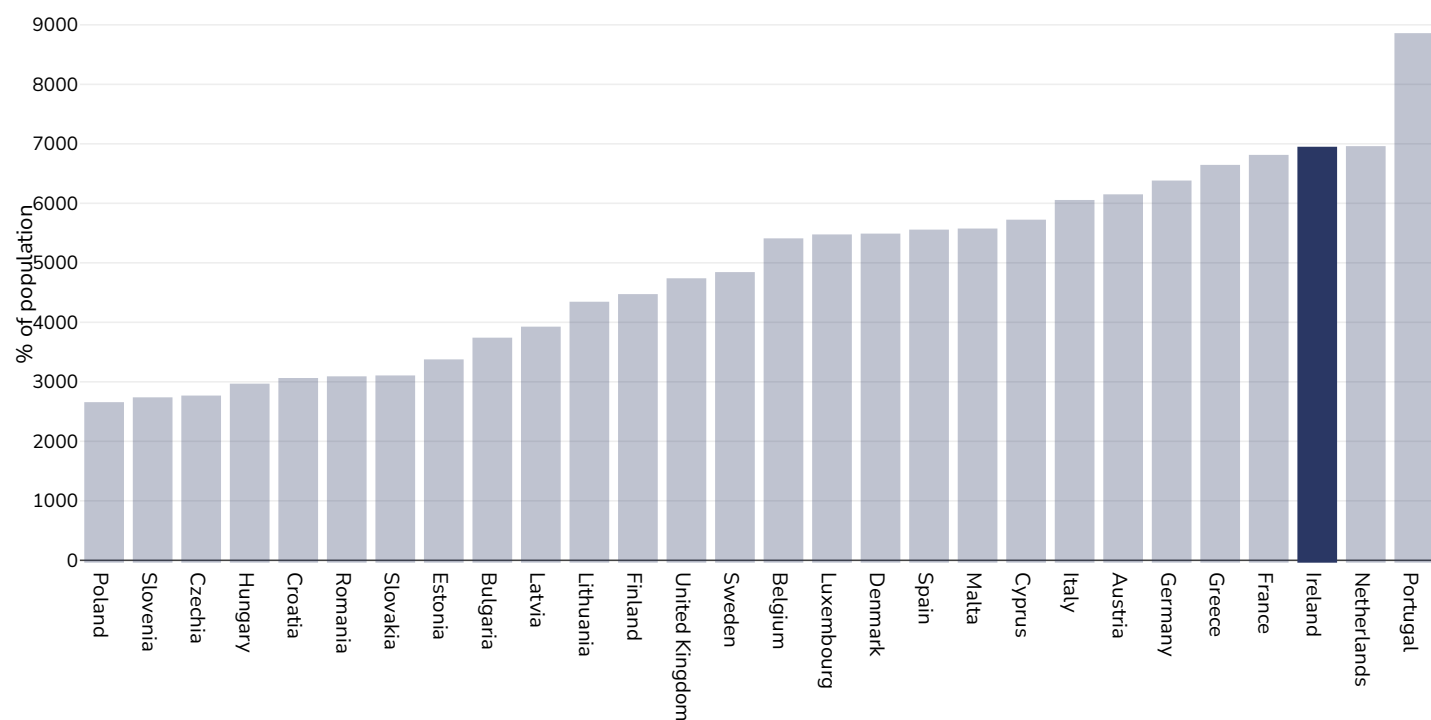
Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

Definitions:

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

Mental health - anxiety disorders

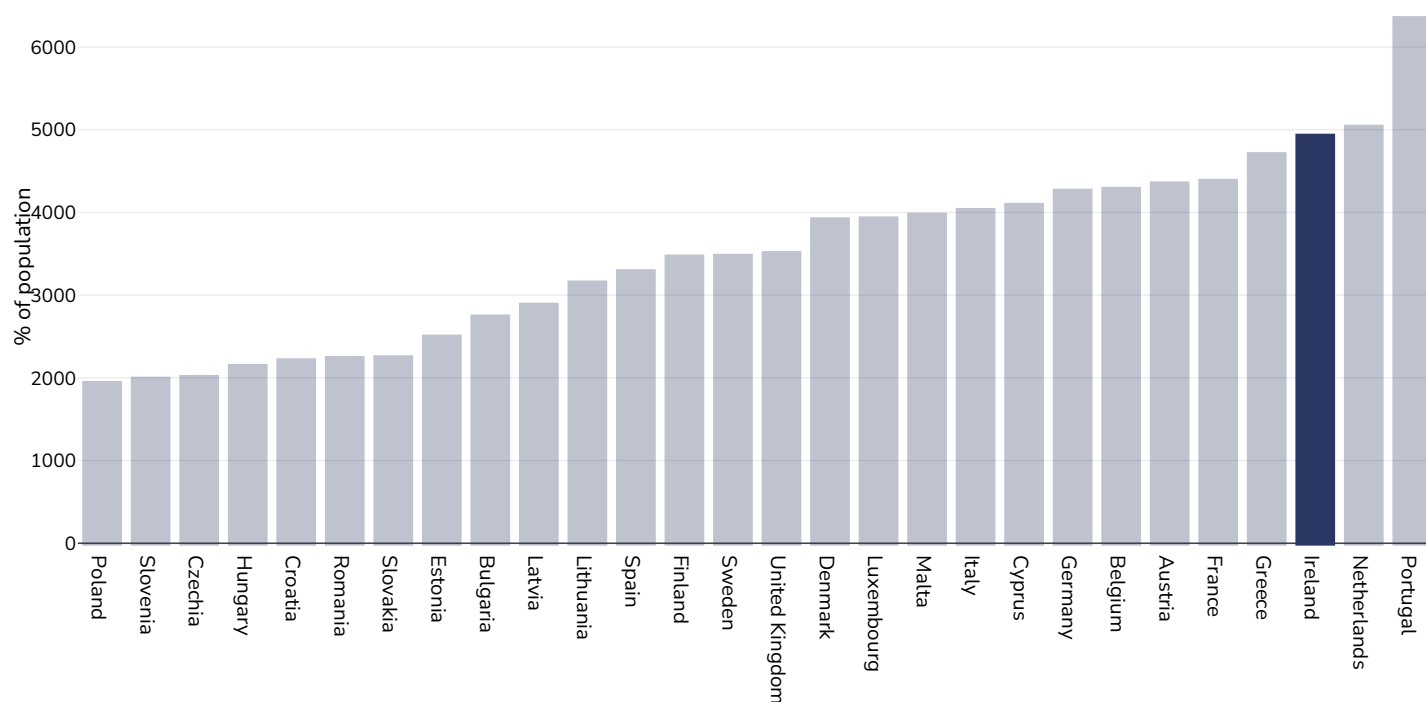
Children, 2021



References:

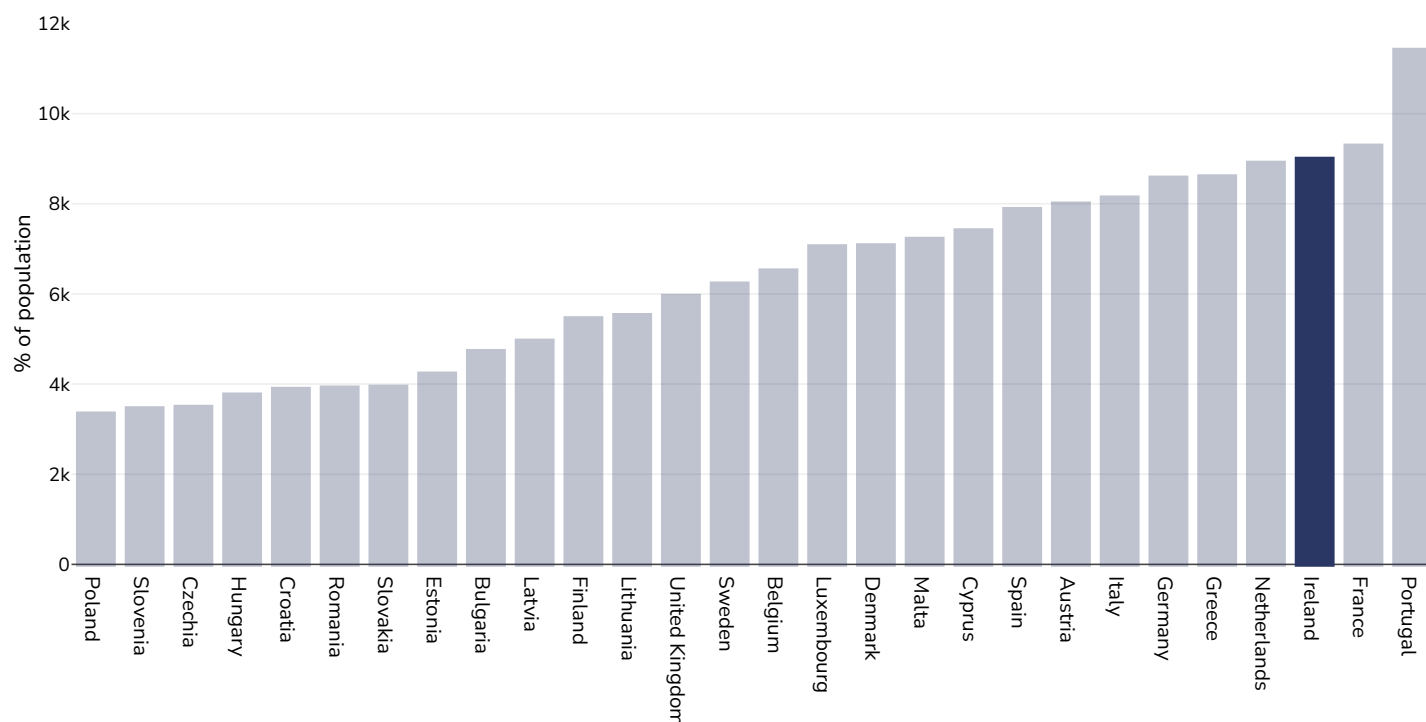
Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

Boys, 2021



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

Girls, 2021



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

PDF created on June 25, 2025