

# Israel



Country report card

This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity. Where available, data on common and relevant obesity drivers and comorbidities are also presented.



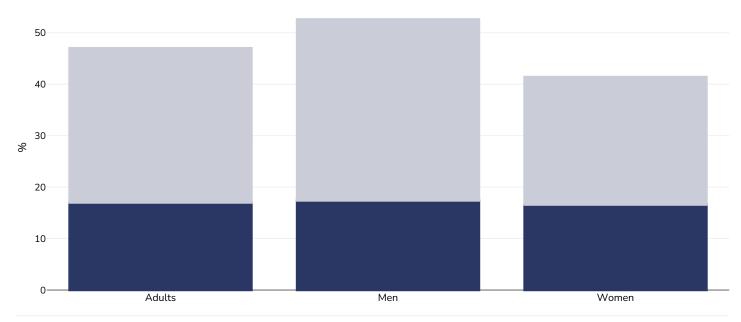
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# **Obesity prevalence**

#### Adults, 2014-2016





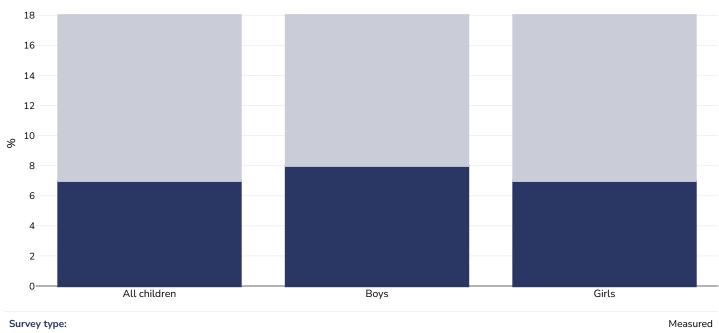
Survey type:	Measured
Age:	18-64
Sample size:	3011
Area covered:	National
References:	Rav Mabat Adult Second National Health and Nutrition Survey, Ages 18-64, 2014-2016. Israel Center for Disease Control (ICDC) 2019
Notes:	NB. Combined adult data estimated. These estimates were calculated by weighting male and female survey results. Weighting based on World Bank Population % total female 2019 ( <a href="https://data.worldbank.org/indicator/SP.POP.TOTL.FE.ZS">https://data.worldbank.org/indicator/SP.POP.TOTL.FE.ZS</a> - accessed 08.10.20)'

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



## Children, 2022-2024





Survey type:

Age:

Area covered:

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:

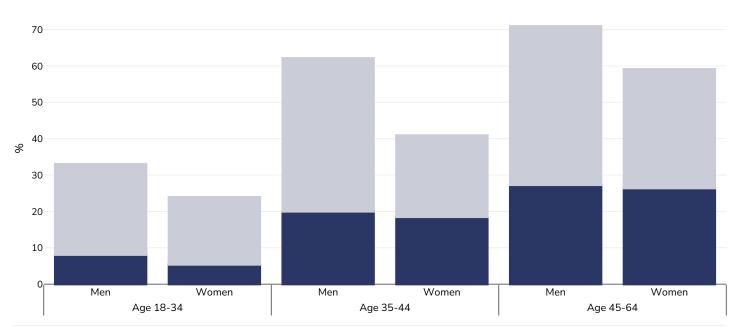
WHO 2007



# Overweight/obesity by age

#### Adults, 2014-2016





 Survey type:
 Measured

 Sample size:
 3011

 Area covered:
 National

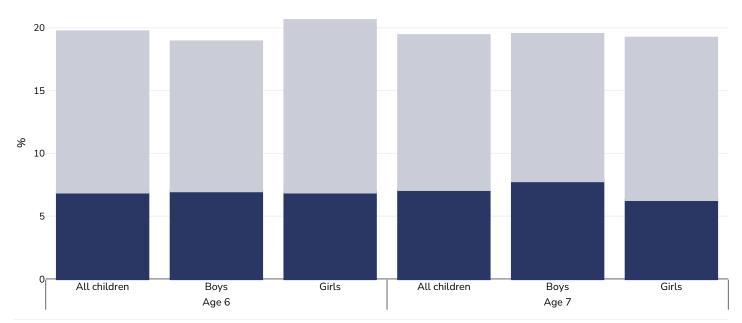
 References:
 Rav Mabat Adult Second National Health and Nutrition Survey, Ages 18-64, 2014-2016. Israel Center for Disease Control (ICDC) 2019

 $Unless \ otherwise \ noted, overweight \ refers \ to \ a \ BMI \ between \ 25kg \ and \ 29.9kg/m^2, obesity \ refers \ to \ a \ BMI \ greater \ than \ 30kg/m^2.$ 



# Children, 2018-2020





Survey type:	Measured
Sample size:	147285
Area covered:	National
References:	Report on the fifth round of data collection, 2018–2020: WHO European Childhood Obesity Surveillance Initiative (COSI). Copenhagen: WHO Regional Office for Europe; 2022. Licence: CC BY-NC-SA 3.0 IGO.
Cutoffs:	WHO 2007



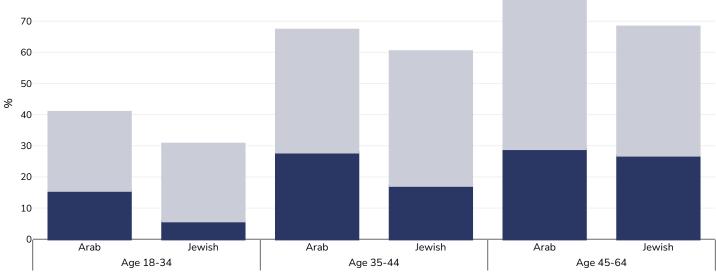
# Overweight/obesity by ethnicity

Ethnic groups are as defined by publication of origin and are not as defined by WOF. In some instances ethnicity is conflated with nationality and/or race.

#### Men, 2014-2016

Obesity Overweight



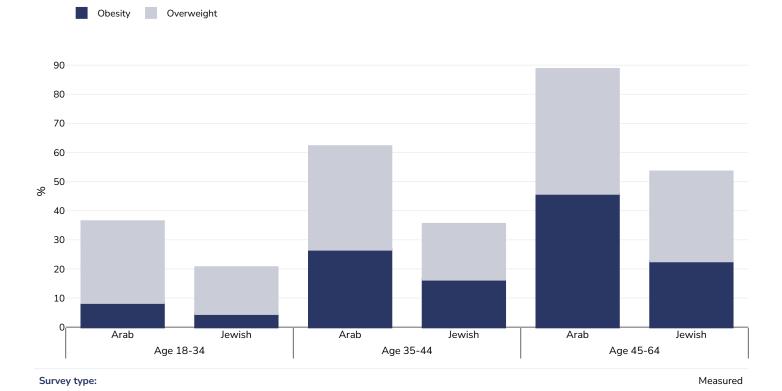


Survey type:	Measured
Sample size:	3011
Area covered:	National
References:	Rav Mabat Adult Second National Health and Nutrition Survey, Ages 18-64, 2014-2016. Israel Center for Disease Control (ICDC) 2019

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



## Women, 2014-2016

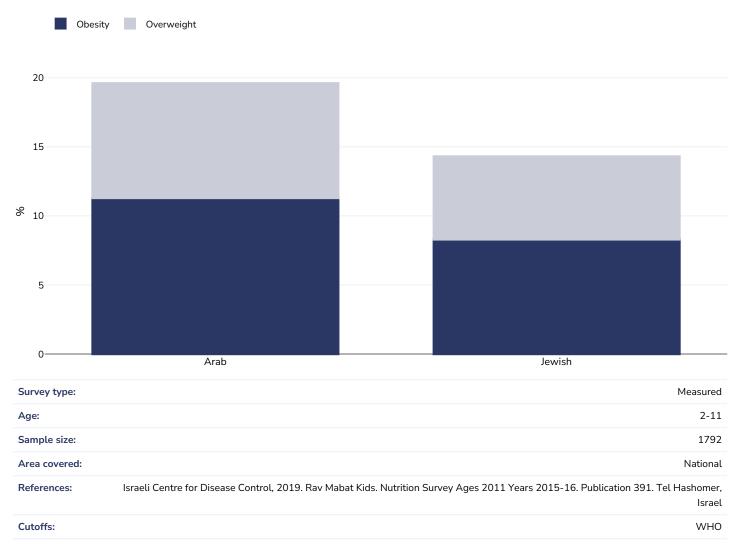


Sample size: 3011
Area covered: National
References: Rav Mabat Adult Second National Health and Nutrition Survey, Ages 18-64, 2014-2016. Israel Center for Disease Control (ICDC) 2019

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

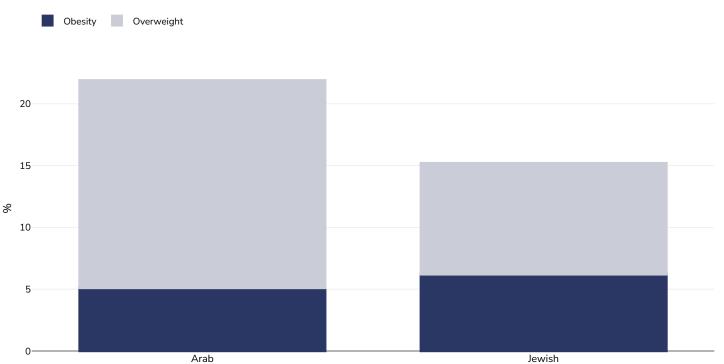


# Boys, 2015-2016





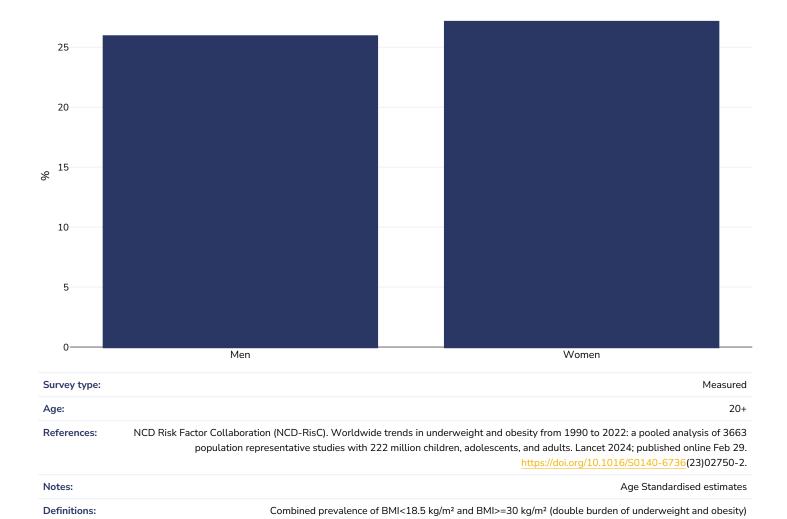
# Girls, 2015-2016



Survey type:	Measured
Age:	2-11
Sample size:	1792
Area covered:	National
References:	Israeli Centre for Disease Control, 2019. Rav Mabat Kids. Nutrition Survey Ages 2011 Years 2015-16. Publication 391. Tel Hashomer, Israel
Cutoffs:	WHO

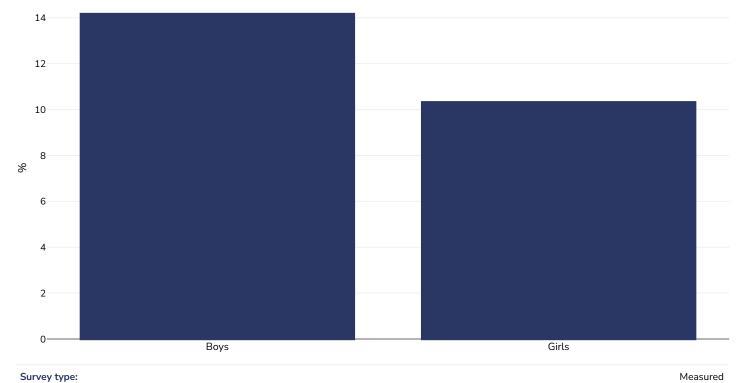


# Double burden of underweight & overweight





#### Children, 2022



			F 40
Age:			5-19

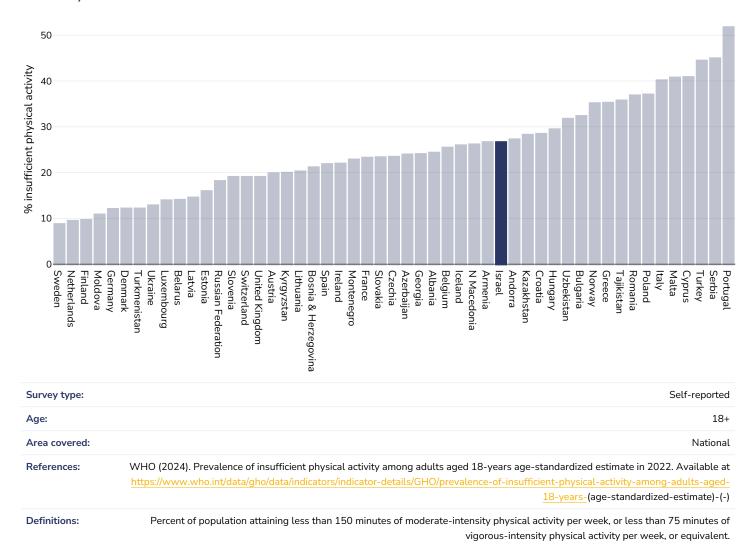
References: NCD Risk Factor Collaboration (NCD-RisC). Worldwide trends in underweight and obesity from 1990 to 2022: a pooled analysis of 3663 population representative studies with 222 million children, adolescents, and adults. Lancet 2024; published online Feb 29. https://doi.org/10.1016/S0140-6736(23)02750-2.

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

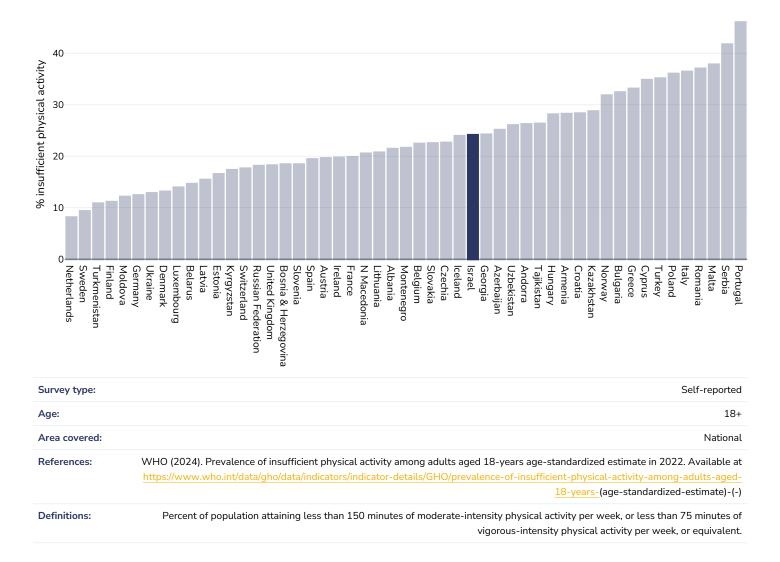


## Insufficient physical activity



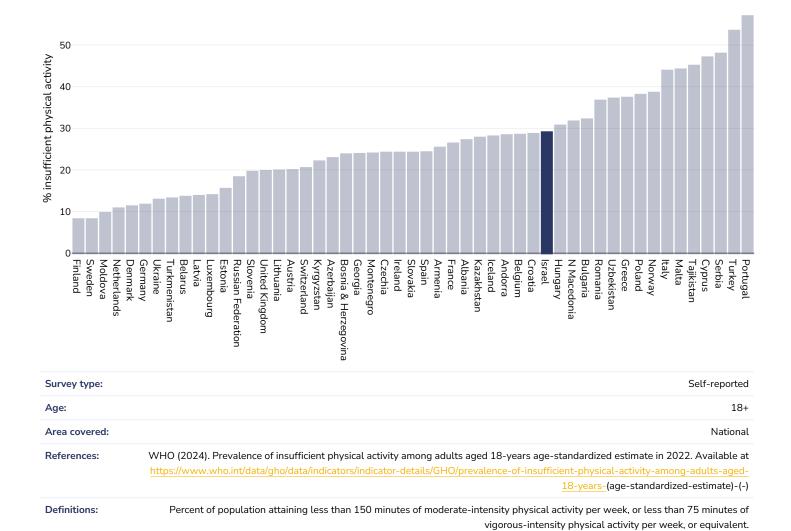


#### Men, 2022





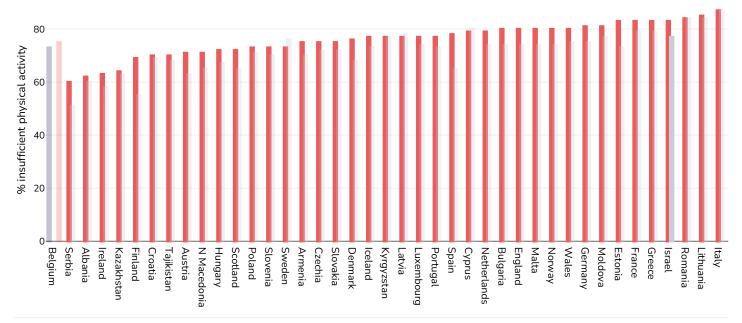
#### Women, 2022





#### Boys, 2022





References:

RakiÄ? 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:

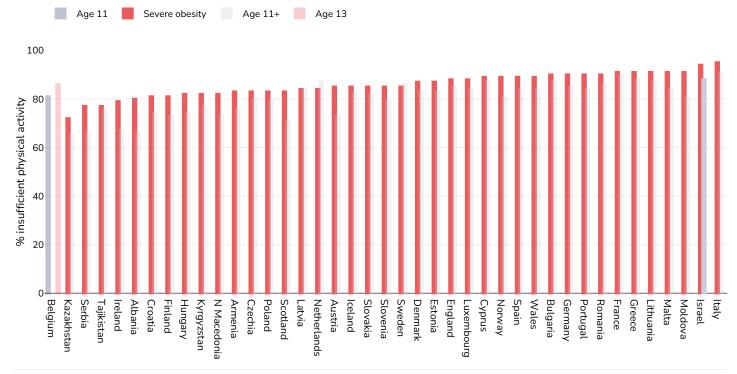
Young people were asked to report the number of days over the past week during which they were physically active for a total of at least 60 minutes. The question was introduced by text defining moderate-to-vigorous physical activity (MVPA) as any activity that increases the heart rate and makes the person 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:

RakiÄ? 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.

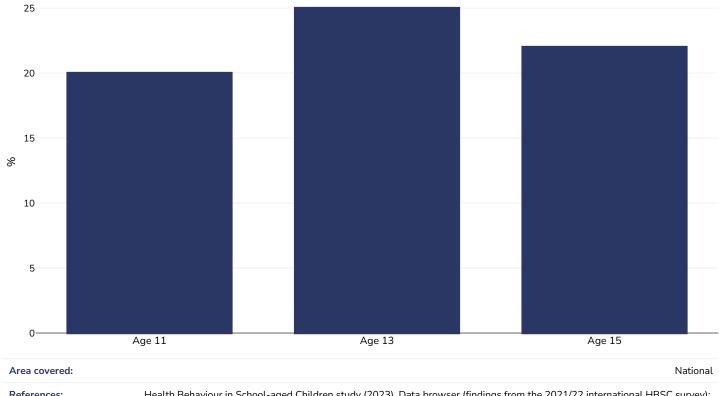
**Definitions:** 

% reporting less than 60 minutes of MVPA daily



# Prevalence of at least daily carbonated soft drink consumption

#### Boys, 2021-2022



References:

Health Behaviour in School-aged Children study (2023), Data browser (findings from the 2021/22 international HBSC survey):

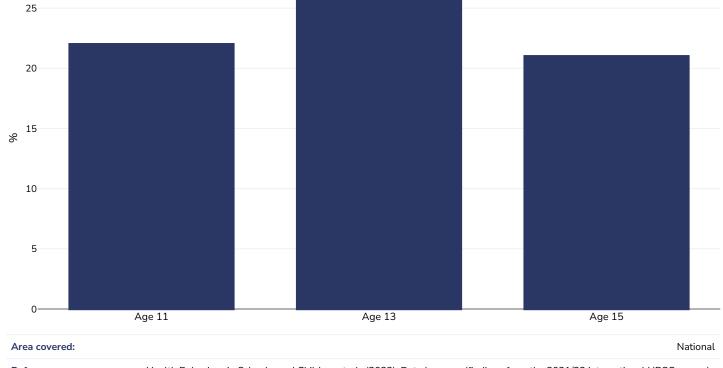
https://data-browser.hbsc.org

**Definitions:** 

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



#### Girls, 2021-2022



References:

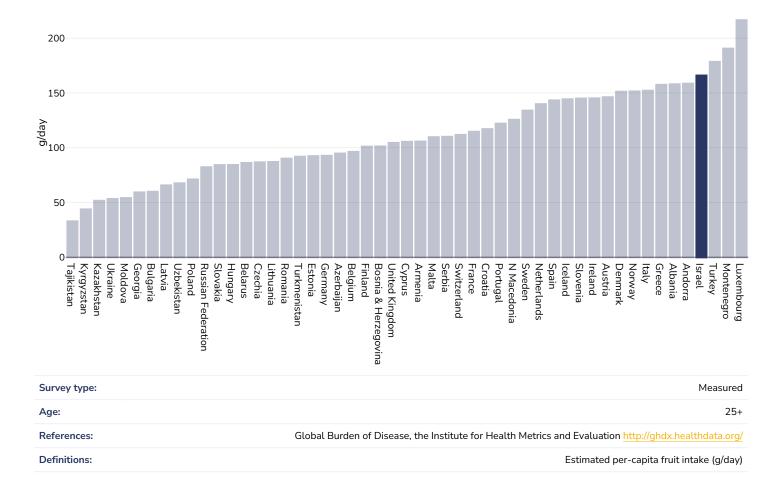
Health Behaviour in School-aged Children study (2023), Data browser (findings from the 2021/22 international HBSC survey): https://data-browser.hbsc.org

Definitions:

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



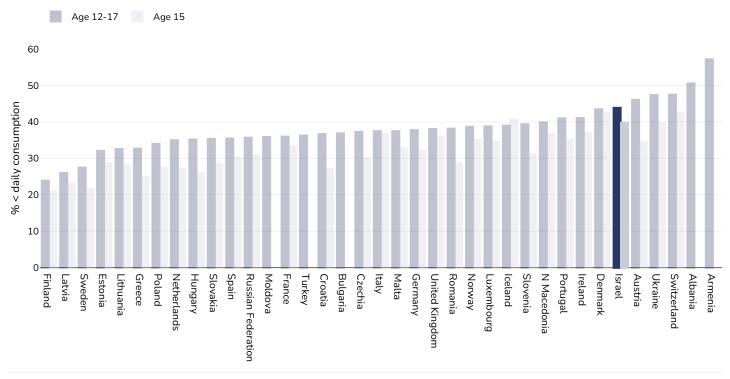
# Estimated per capita fruit intake





## Prevalence of less than daily fruit consumption

#### Children, 2010-2014



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

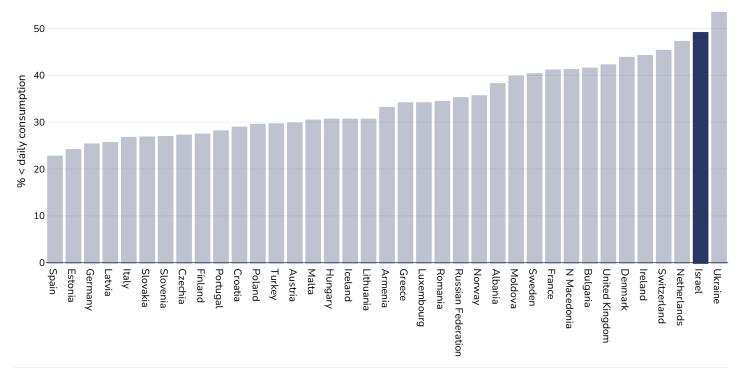
**Definitions:** 

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



## Prevalence of less than daily vegetable consumption

#### Children, 2010-2014



Survey type: Measured

Age: 12-17

References:

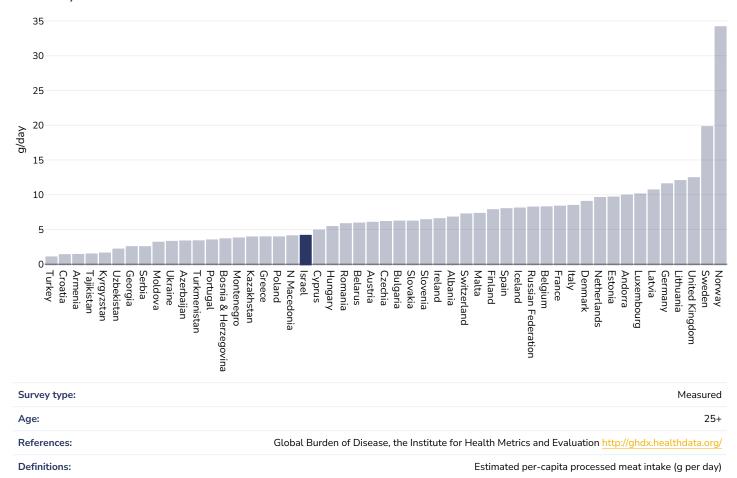
Beal et al. (2019). Global Patterns of Adolescent Fruit, Vegetable, Carbonated Soft Drink, and Fast-food consumption: A meta-analysis of global school-based student health surveys. Food and Nutrition Bulletin. <a href="https://doi.org/10.1177/0379572119848287">https://doi.org/10.1177/0379572119848287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

Definitions:

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

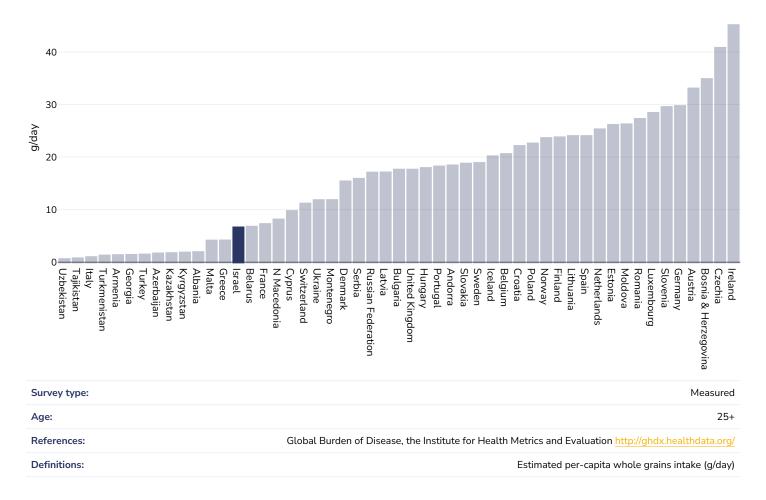


# Estimated per-capita processed meat intake



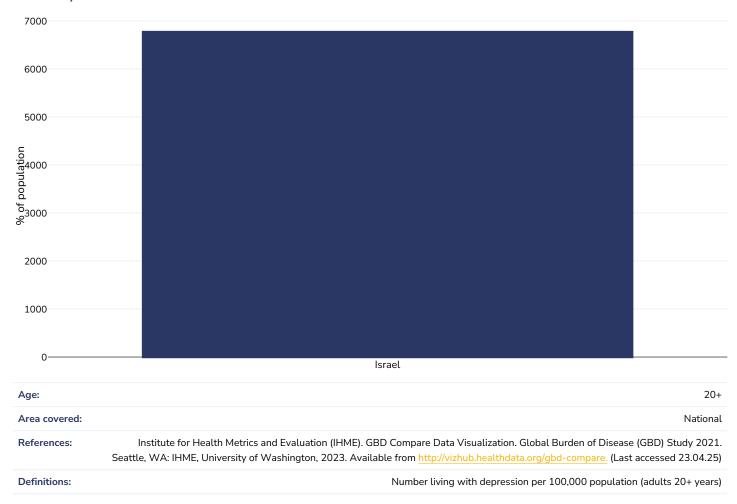


# Estimated per capita whole grains intake



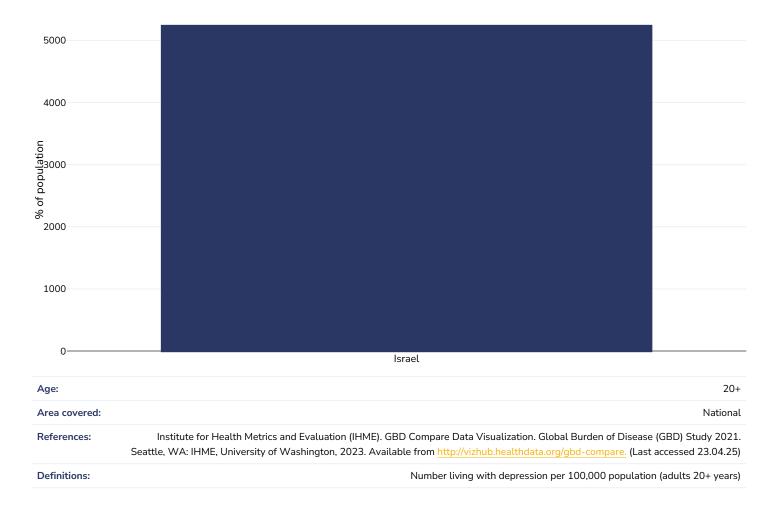


# Mental health - depression disorders



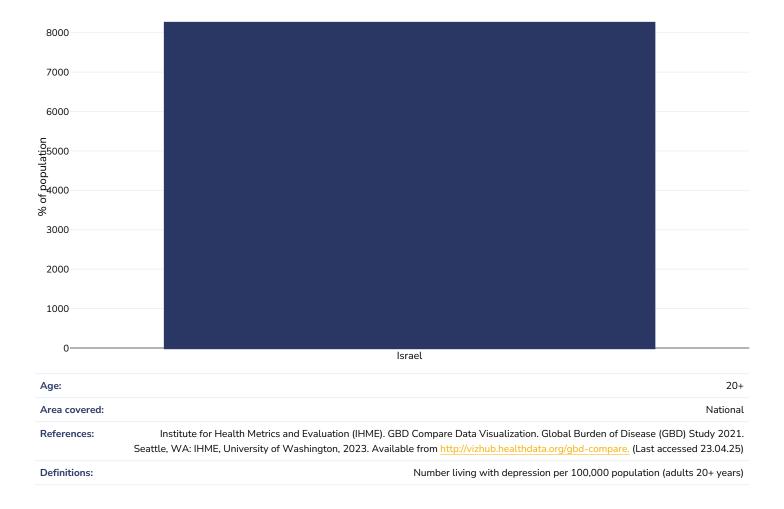


## Men, 2021



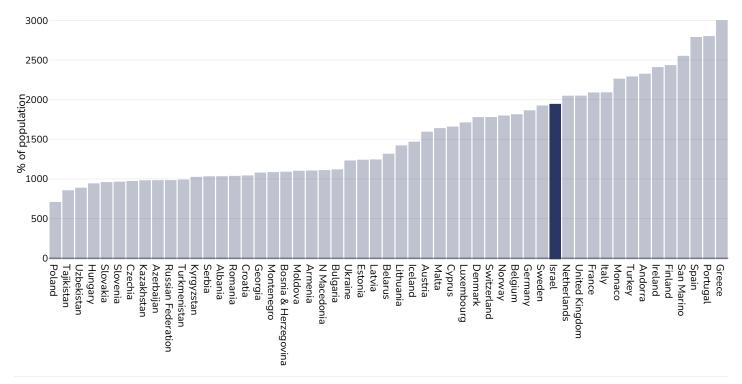


## Women, 2021





#### Children, 2021



Area covered: National

References:

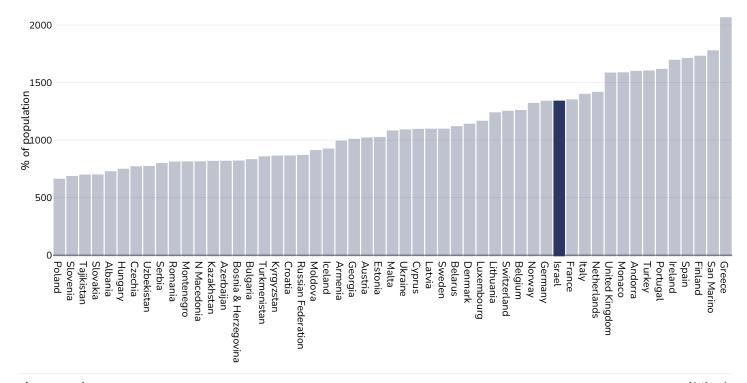
Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <a href="http://vizhub.healthdata.org/gbd-compare">http://vizhub.healthdata.org/gbd-compare</a>. (Last accessed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

Definitions:

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



#### Boys, 2021



Area covered: National

References:

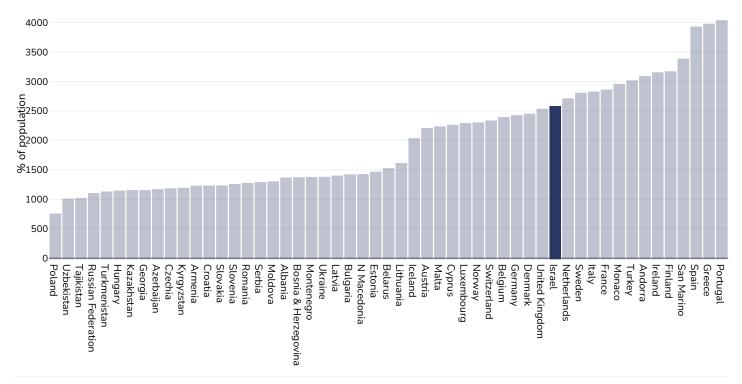
Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <a href="http://vizhub.healthdata.org/gbd-compare">http://vizhub.healthdata.org/gbd-compare</a>. (Last accessed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

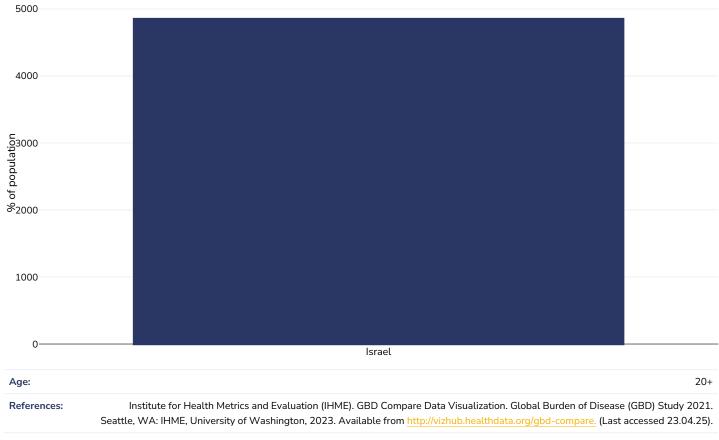
Definitions:

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



# Mental health - anxiety disorders

# Adults, 2021

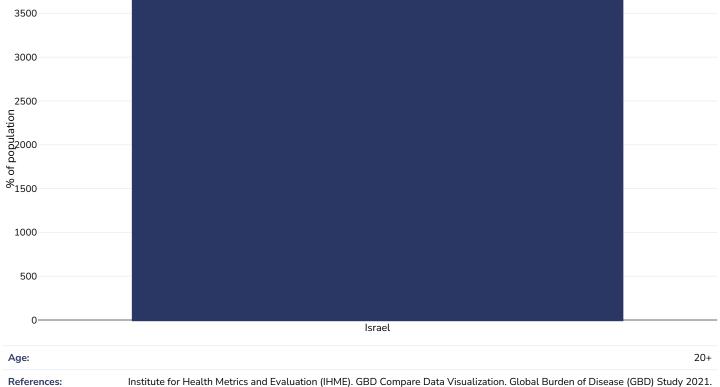


**Definitions:** 

Number living with anxiety per 100,000 population



## Men, 2021



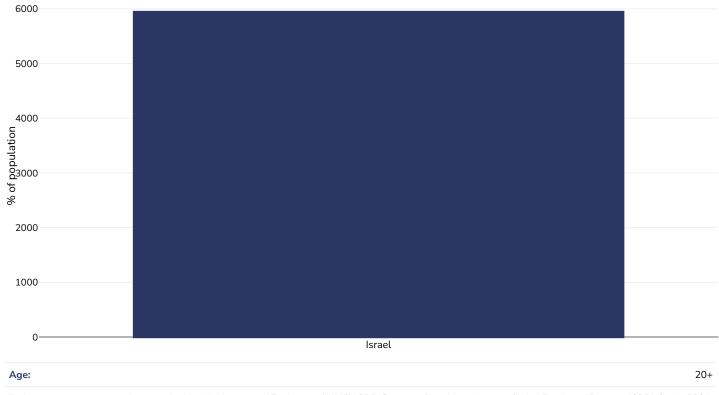
Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <a href="http://vizhub.healthdata.org/gbd-compare">http://vizhub.healthdata.org/gbd-compare</a>. (Last accessed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

Definitions:

Number living with anxiety per 100,000 population



## Women, 2021



References:

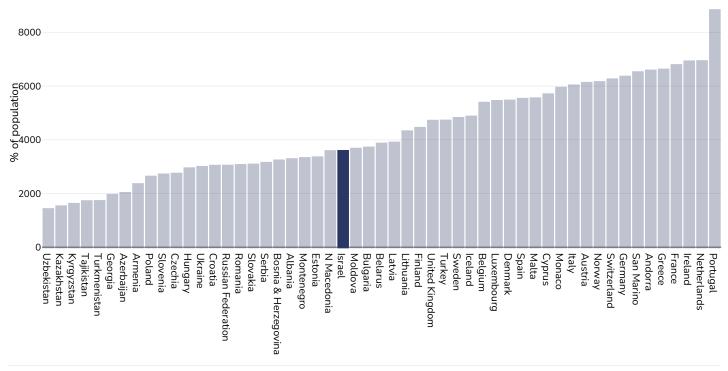
Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <a href="http://vizhub.healthdata.org/gbd-compare">http://vizhub.healthdata.org/gbd-compare</a>. (Last accessed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

Definitions:

Number living with anxiety per 100,000 population



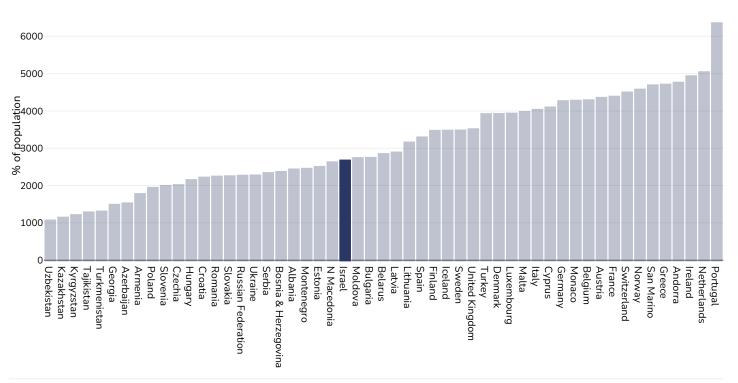
#### Children, 2021



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 <a href="http://vizhub.healthdata.org/gbd-compare">http://vizhub.healthdata.org/gbd-compare</a>. (Last accessed 23.04.25)

#### Boys, 2021

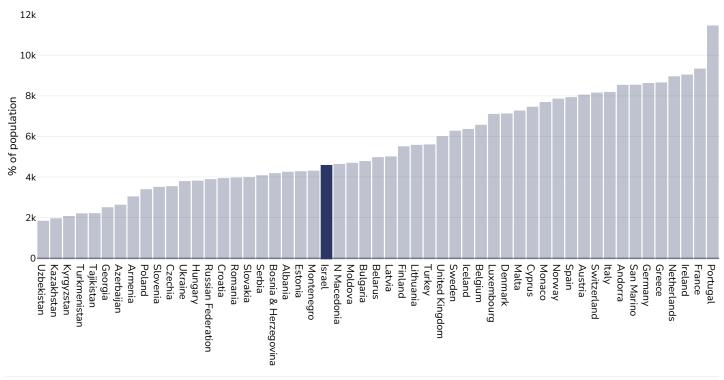


References:

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 <a href="http://vizhub.healthdata.org/gbd-compare">http://vizhub.healthdata.org/gbd-compare</a>. (Last accessed 23.04.25)



#### Girls, 2021



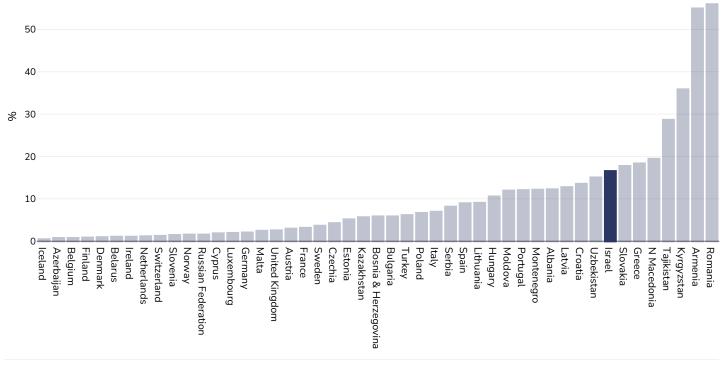
References: Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021.

Seattle, WA: IHME, University of Washington, 2023. Available from <a href="http://vizhub.healthdata.org/gbd-compare">http://vizhub.healthdata.org/gbd-compare</a>. (Last accessed 23.04.25)



## Percent of population who cannot afford a healthy diet

#### Adults, 2022



Area covered: National

References:

The Food Systems Dashboard. The Global Alliance for Improved Nutrition (GAIN), The Columbia Climate School, and Cornell University

College of Agriculture and Life Sciences. 2024. Geneva, Switzerland. <a href="https://www.foodsystemsdashboard.org">https://www.foodsystemsdashboard.org</a>. DOI:

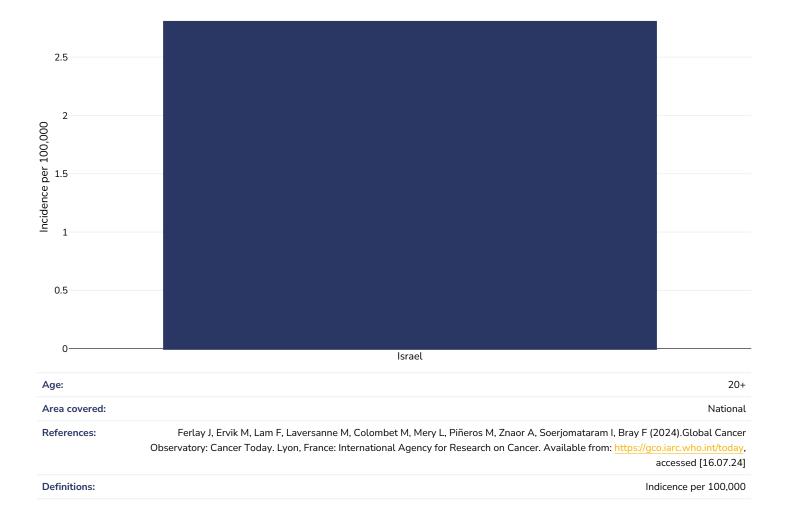
<a href="https://www.foodsystemsdashboard.org">https://www.foodsystemsdashboard.org</a>. DOI:

<a href="https://doi.org/10.36072/db">https://doi.org/10.36072/db</a>.

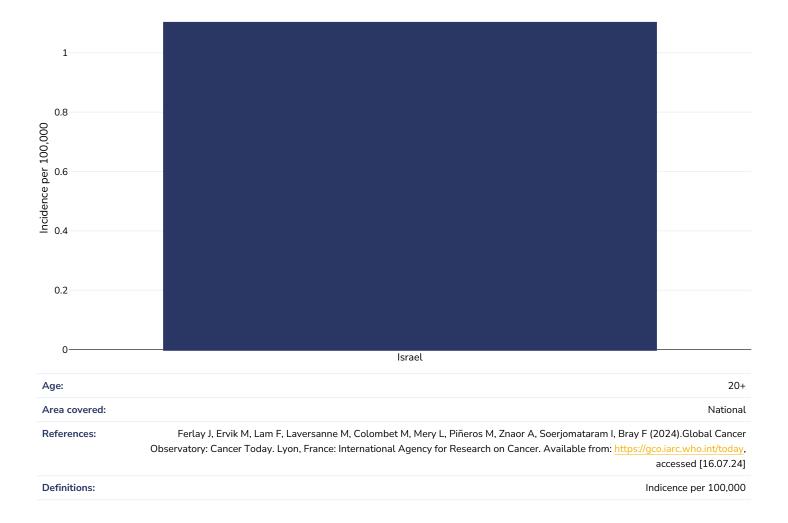


# Oesophageal cancer

## Men, 2022





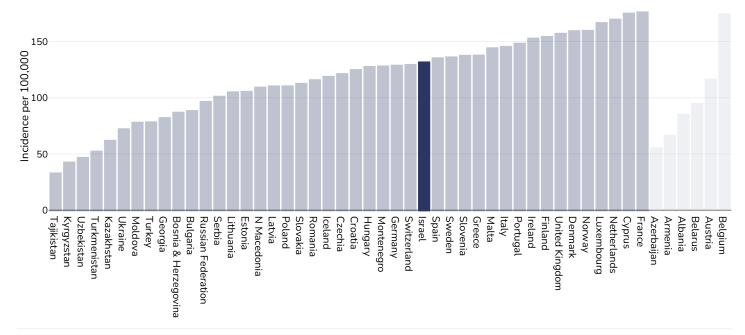




#### **Breast cancer**

#### Women, 2022





Area covered: National

References:

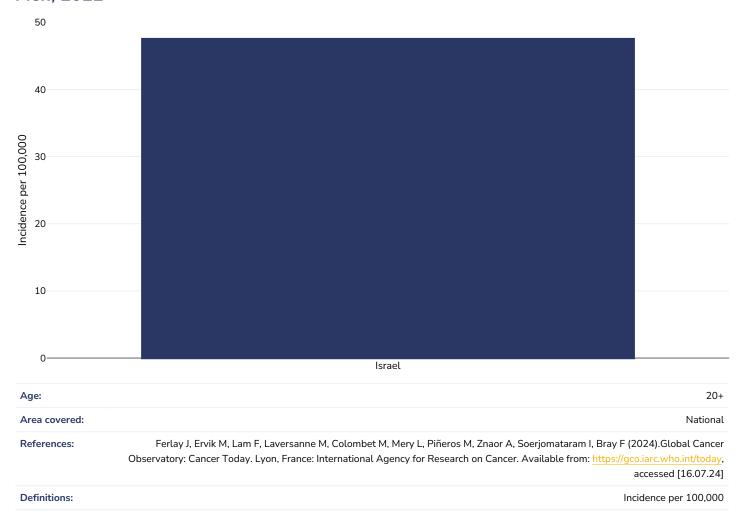
Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <a href="https://gco.iarc.who.int/today">https://gco.iarc.who.int/today</a>, accessed [16.07.24]

Definitions: Incidence per 100,000

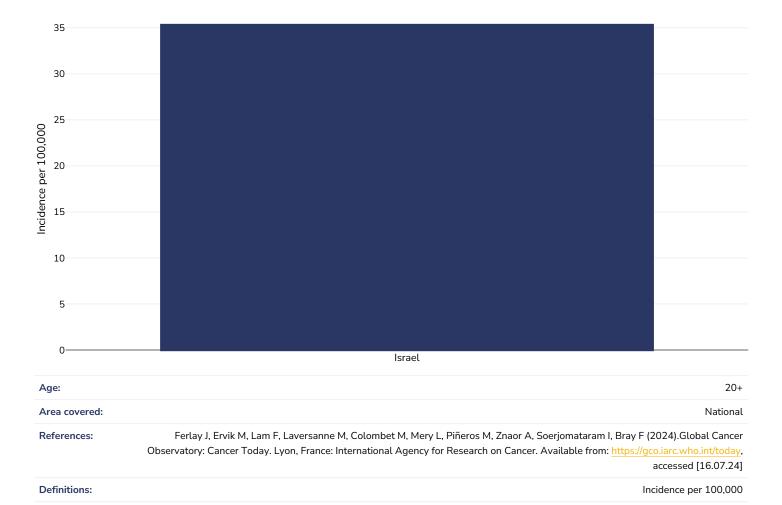


## **Colorectal cancer**

## Men, 2022



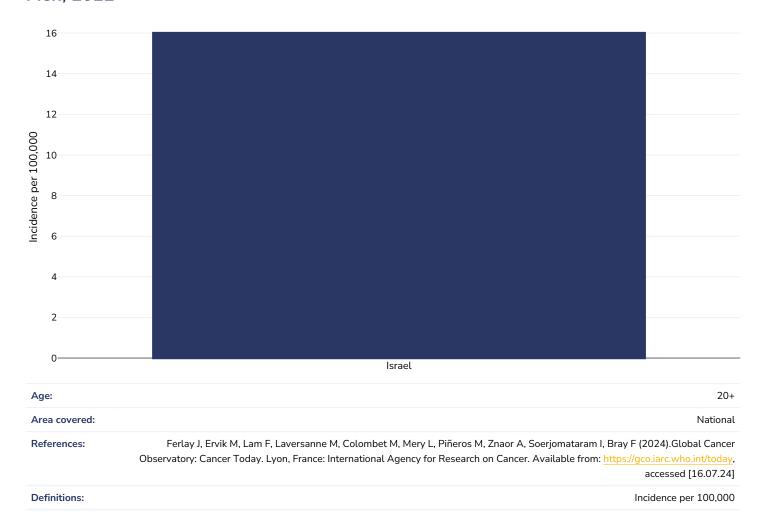




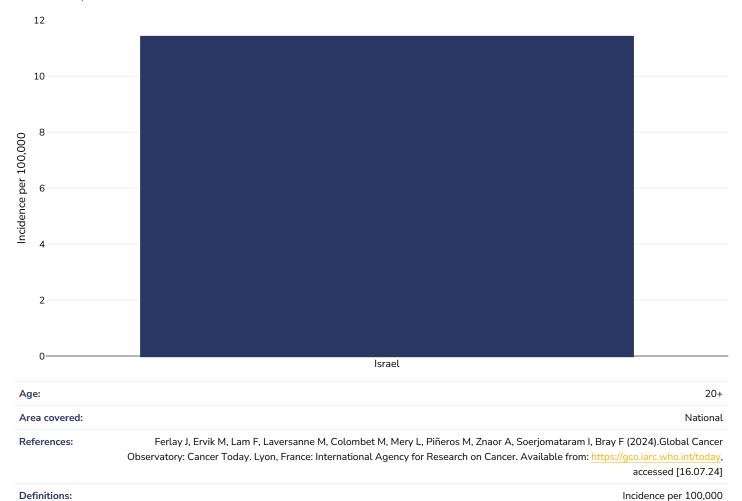


# Pancreatic cancer

## Men, 2022



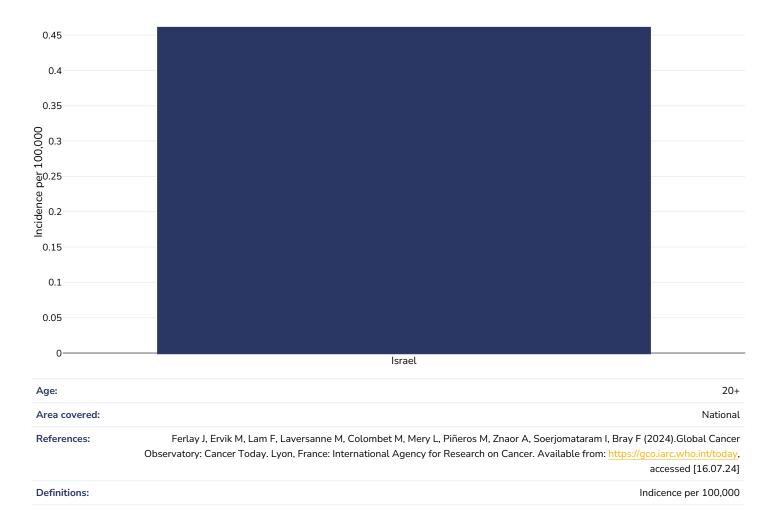






## Gallbladder cancer

## Men, 2022



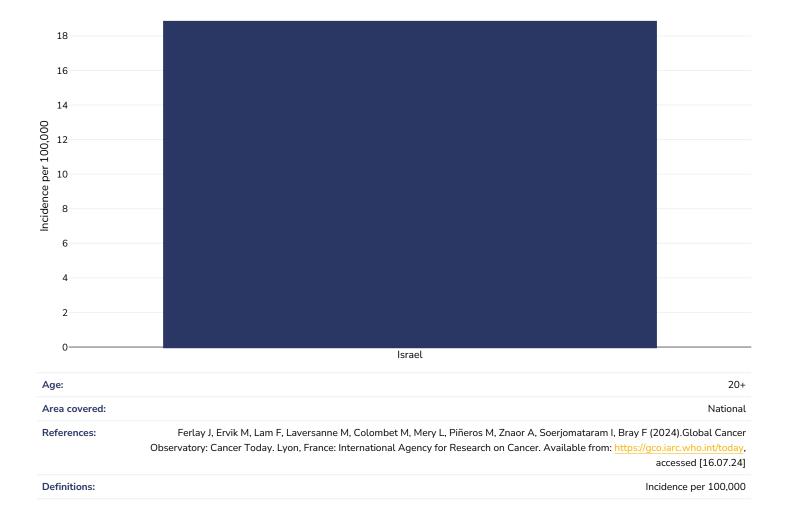




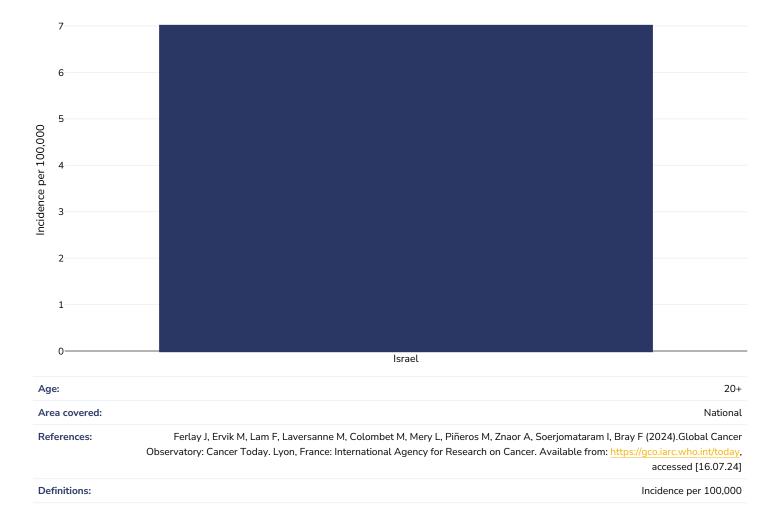


# Kidney cancer

## Men, 2022



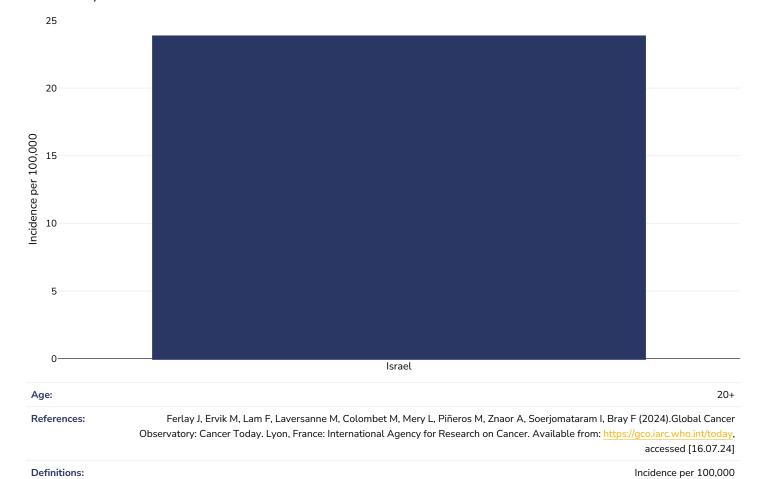






## Cancer of the uterus

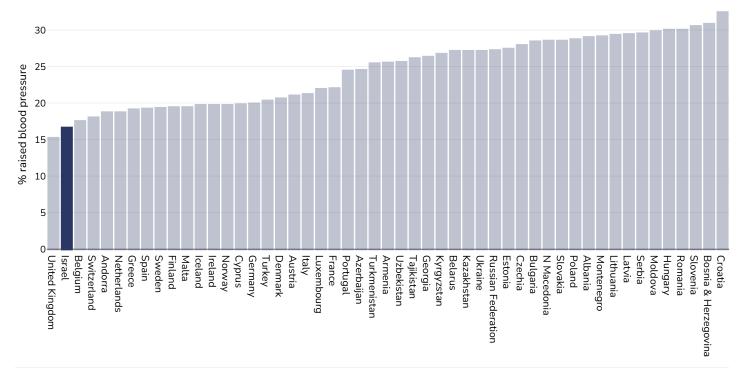
## Women, 2022





# Raised blood pressure

## Adults, 2015



References:

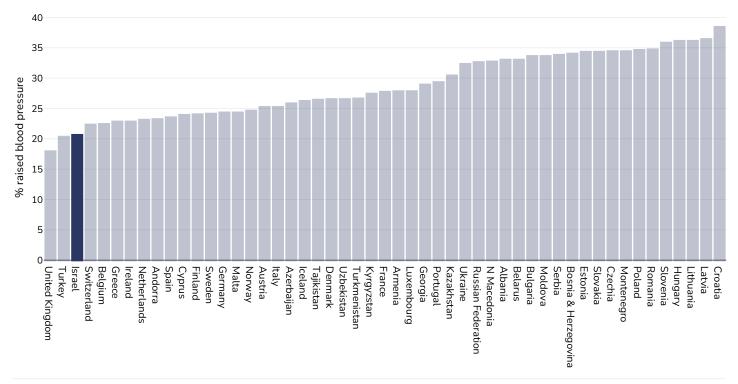
Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A875?lang=en

Definitions:

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



#### Men, 2015



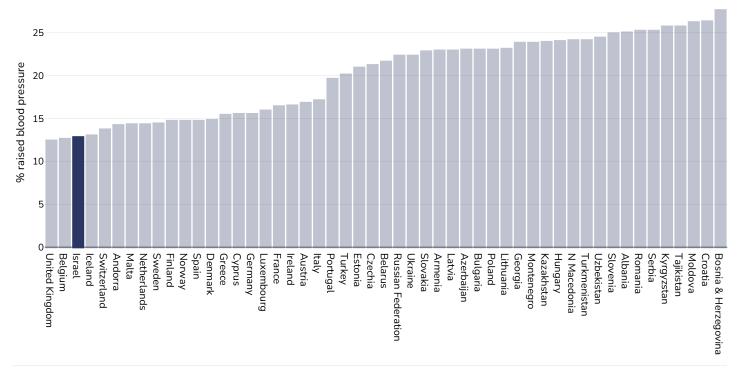
References:

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).





References:

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

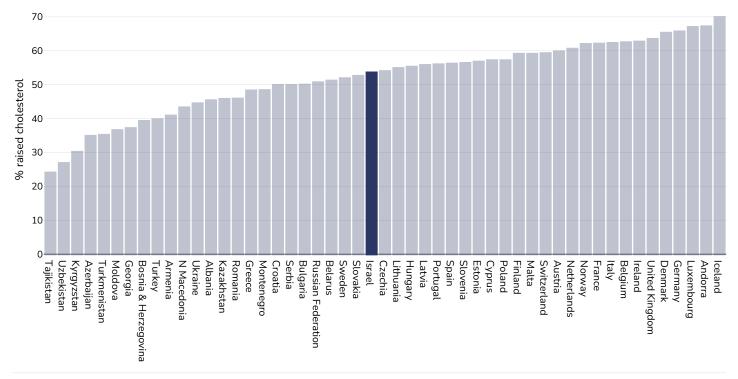
Definitions:

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



## Raised cholesterol

#### Adults, 2008



References:

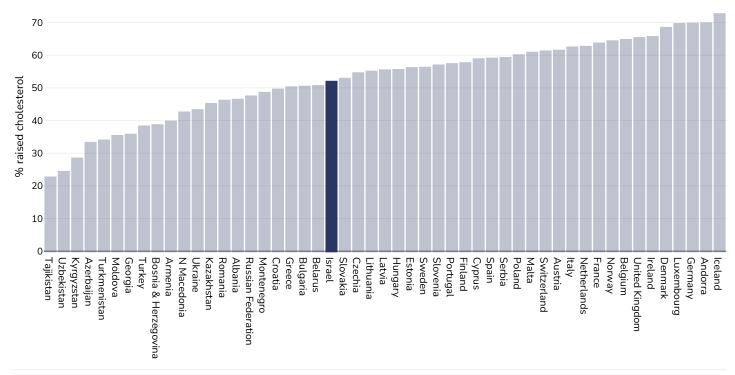
Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A885

Definitions:

% Raised total cholesterol (>= 5.0 mmol/L) (age-standardized estimate).



#### Men, 2008



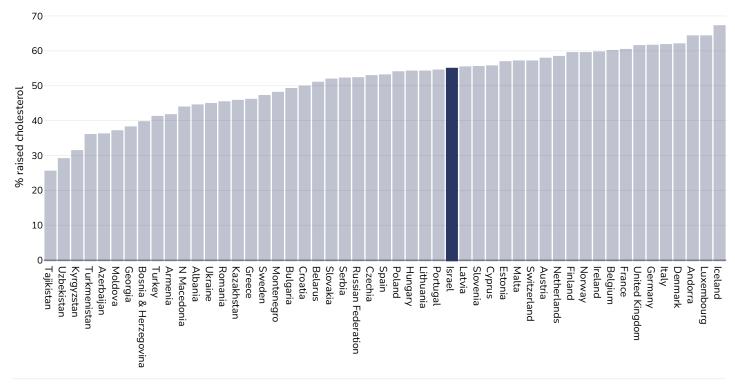
References:

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).





References:

Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A885

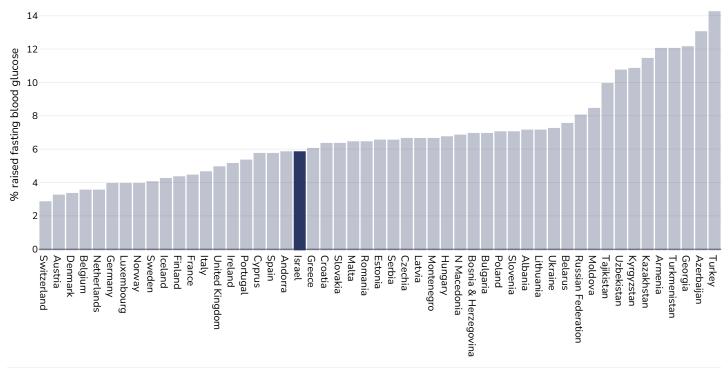
Definitions:

% Raised total cholesterol (>= 5.0 mmol/L) (age-standardized estimate).



# Raised fasting blood glucose

## Men, 2014



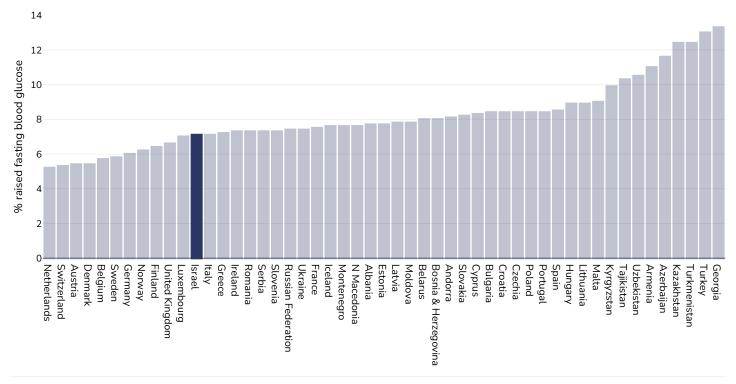
References:

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 mmoVL or on medication).





References:

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

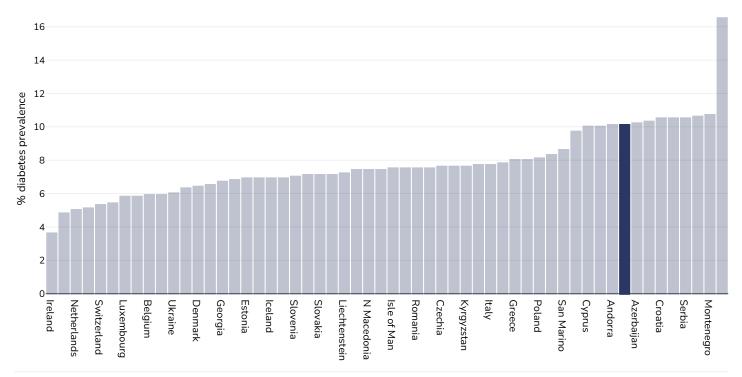
Definitions:

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



# Diabetes prevalence

## Adults, 2024



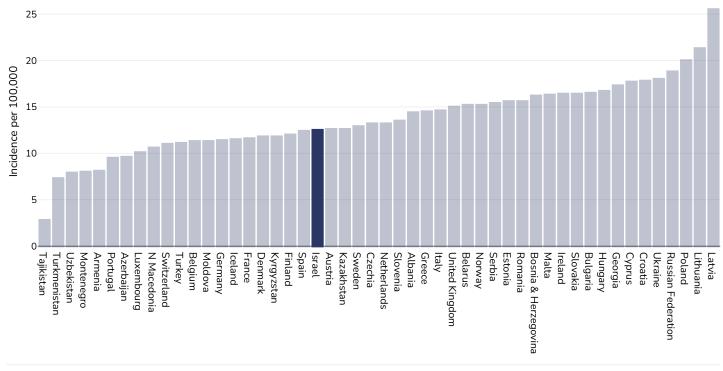
References:

Reproduced with kind permission International Diabetes Federation. IDF Diabetes Atlas, 11th edn. Brussels, Belgium:International Diabetes Federation, 2025. <a href="http://www.diabetesatlas.org">http://www.diabetesatlas.org</a>



# **Ovarian Cancer**

#### Women, 2022



Age: 20+

References:

Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <a href="https://gco.iarc.who.int/today">https://gco.iarc.who.int/today</a>, accessed [16.07.24]

Definitions: Incidence per 100,000



# Leukemia

Men, 2022											
4											
3											
2											
1											
0											
<sup>-1</sup> 1	0	1	2	3	4	5	6				
Age:							20+				
Area covered:							National				
References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <a href="https://gco.iarc.who.int/today">https://gco.iarc.who.int/today</a> , accessed [16.07.24]										
Definitions:						Incidence pe	r 100,000				
	Unless ot	herwise noted, overv	veight refers to a BMI	between 25kg and 29	9.9kg/m², obesity refers	s to a BMI greater than	30kg/m².				

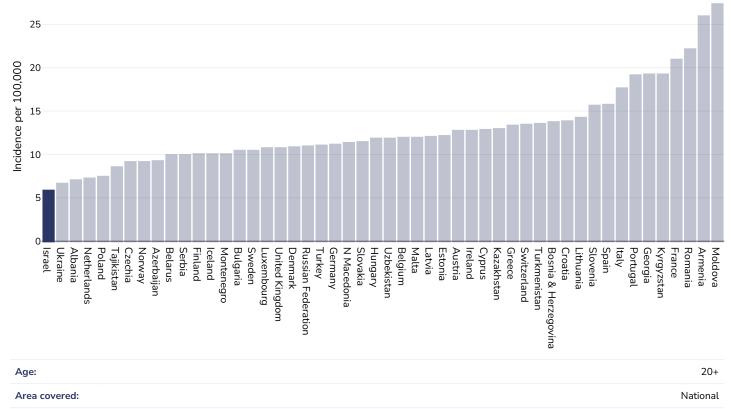


Women, 20	022						
4							
3							
2							
1							
0							
<sup>-1</sup> 1	0	1	2	3	4	5	6
Age:							20+
Area covered:							National
References:					'naor A, Soerjomatarar n Cancer. Available fron	m: https://gco.iarc.who	
Definitions:						Incidence pe	er 100,000
	Unless oth	nerwise noted, overw	veight refers to a BMI	between 25kg and 29	0.9kg/m², obesity refers	s to a BMI greater than	1 30kg/m².



# Liver and intrahepatic bile duct Cancer

#### Men, 2022

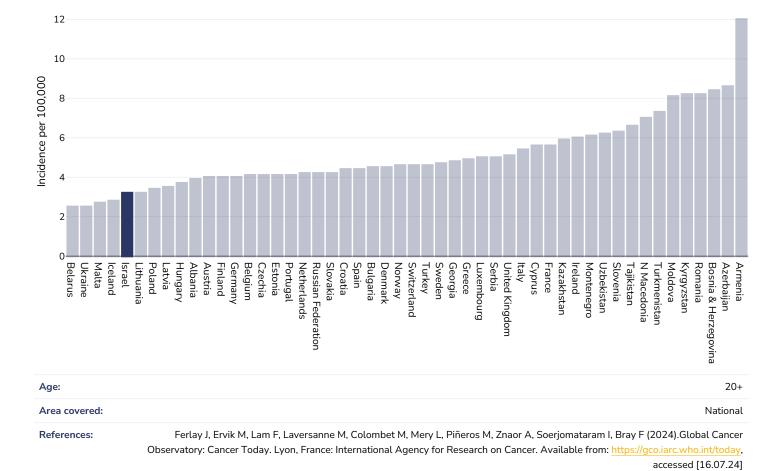


References:

Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <a href="https://gco.iarc.who.int/today">https://gco.iarc.who.int/today</a>, accessed [16.07.24]

Definitions: Incidence per 100,000



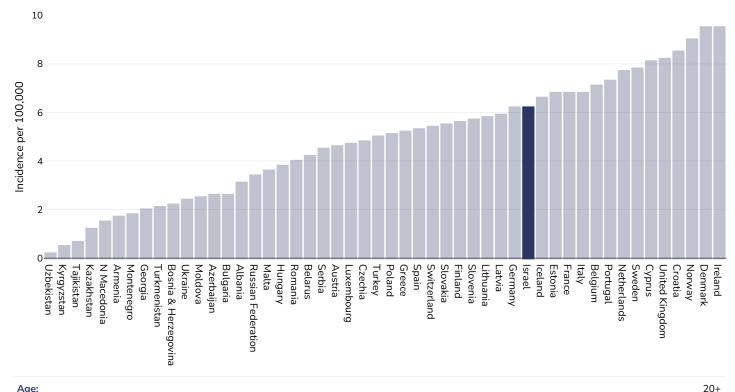


Definitions: Incidence per 100,000



# Multiple Myeloma

#### Men, 2022



Age:

Area covered: National

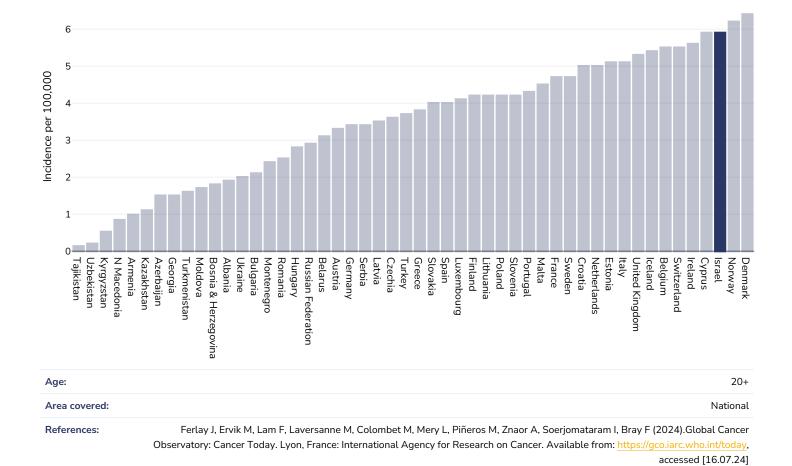
References: Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today,

accessed [16.07.24]

Definitions: Indicence per 100,000

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





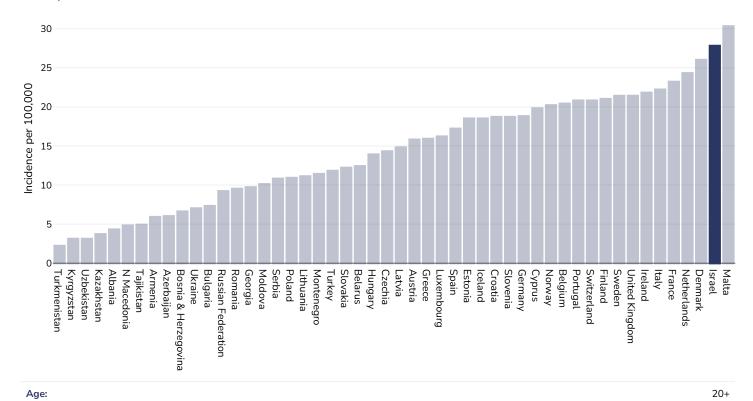
Definitions: Indicence per 100,000

 $Unless \ otherwise \ noted, overweight \ refers \ to \ a \ BMI \ between \ 25kg \ and \ 29.9kg/m^2, \ obesity \ refers \ to \ a \ BMI \ greater \ than \ 30kg/m^2.$ 



# Non Hodgkin Lymphoma

## Men, 2022



Area covered: National

References:

Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]

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

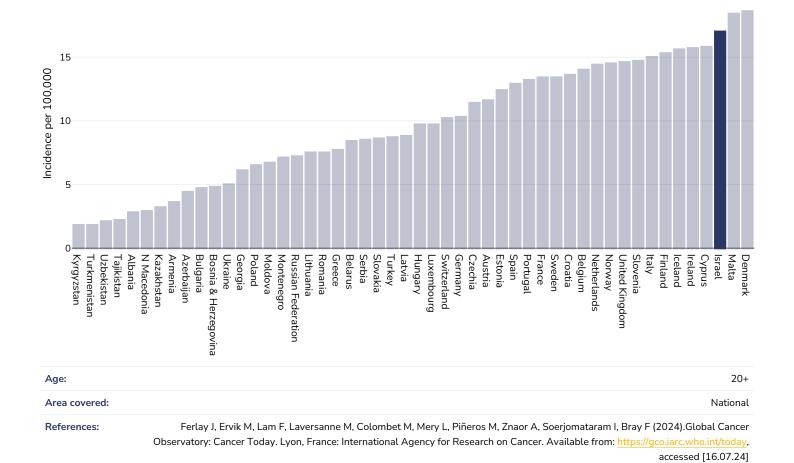
**Definitions:** Incidence per 100,000

Incidence per 100,000



#### Women, 2022

**Definitions:** 

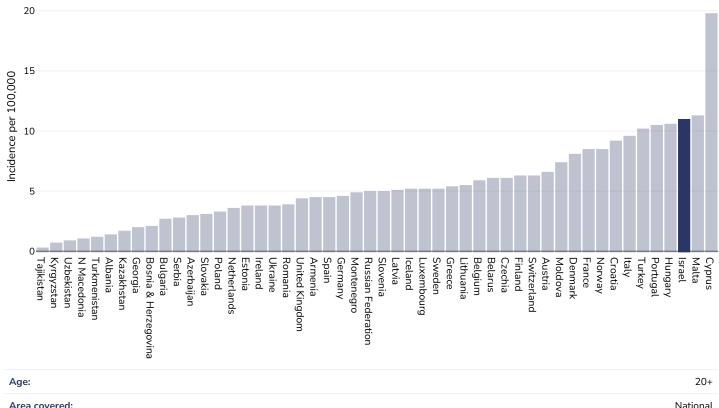


 $Unless \ otherwise \ noted, overweight \ refers \ to \ a \ BMI \ between \ 25kg \ and \ 29.9kg/m^2, \ obesity \ refers \ to \ a \ BMI \ greater \ than \ 30kg/m^2.$ 



# **Thyroid Cancer**

#### Men, 2022



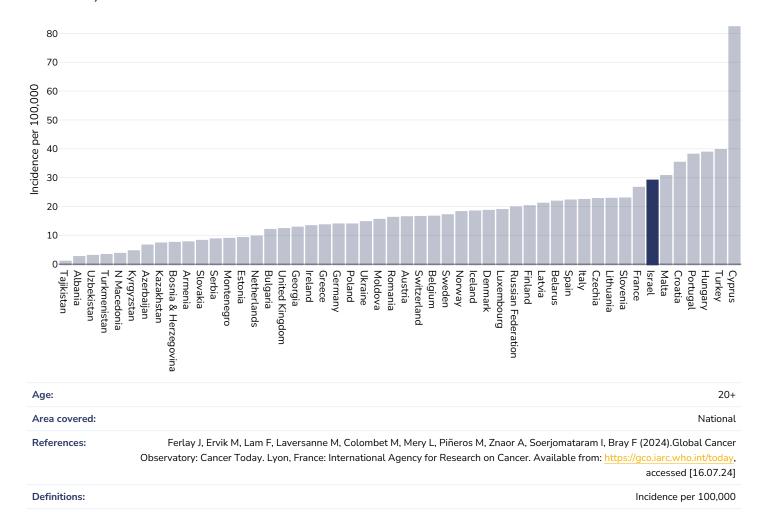
Area covered: National

References:

Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]

**Definitions:** Incidence per 100,000





PDF created on July 28, 2025