



Italy



Country report card - children

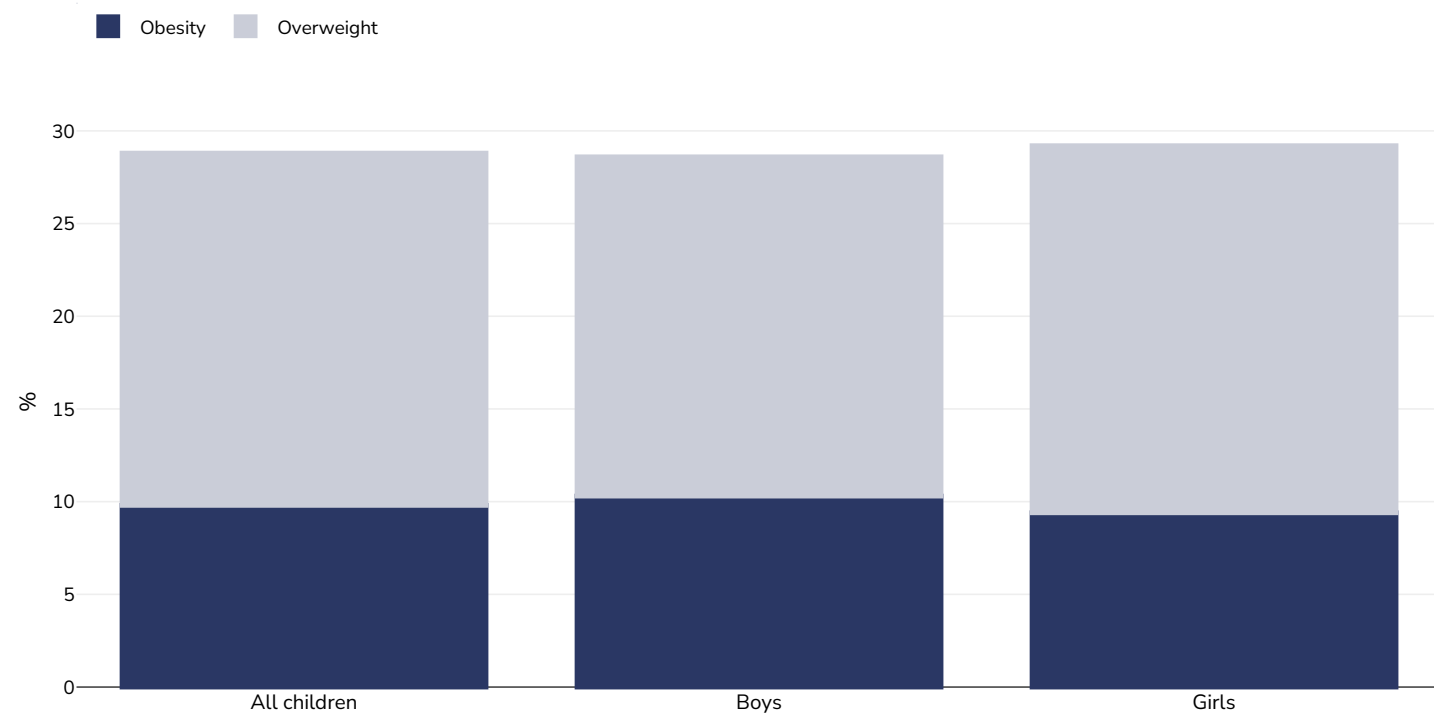
This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity for children, including adolescents (aged 5 to 18 years). Where available, data on common and relevant obesity drivers and comorbidities are also presented.

View the latest version of this report on the Global Obesity Observatory at <https://data.worldobesity.org/country/italy-102/>

Contents	Page
Obesity prevalence	3
Trend: % Children living with obesity, 2007-2022 (WHO 2007)	4
Trend: % Children living with overweight or obesity in Italy 2008-2023 (IOTF)	6
Overweight/obesity by education	9
Overweight/obesity by age	10
Overweight/obesity by region	11
Overweight/obesity by socio-economic group	12
Overweight/obesity by ethnicity	13
Double burden of underweight & overweight	15
Insufficient physical activity	16
Prevalence of at least daily carbonated soft drink consumption	18
Prevalence of less than daily fruit consumption	20
Prevalence of less than daily vegetable consumption	23
Mental health - depression disorders	24
Mental health - anxiety disorders	28

Obesity prevalence

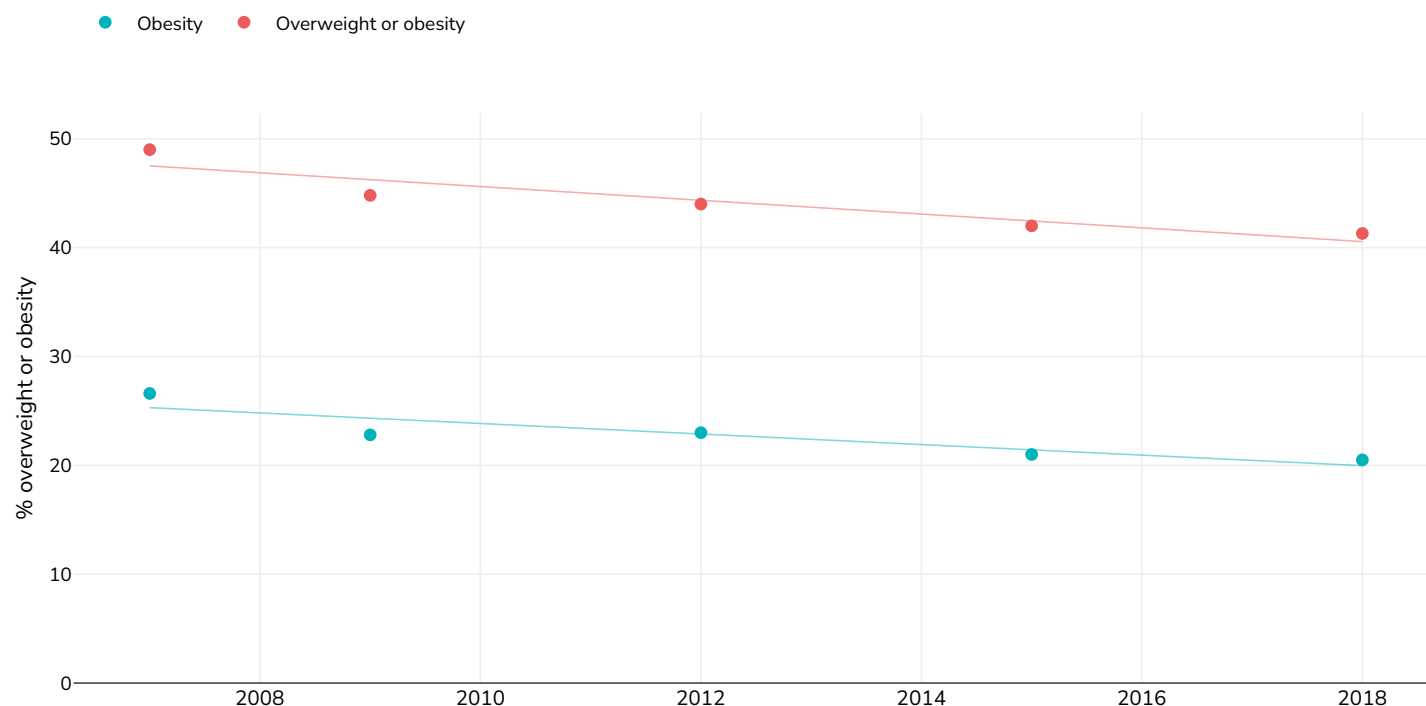
Children, 2023



Survey type:	Measured
Age:	8-9
Sample size:	46,559
Area covered:	National
References:	OKkio alla SALUTE 2023. https://www.epicentro.iss.it/okkioallasalute/indagine-2023-dati [Accessed 16.07.25]
Cutoffs:	IOTF

% Children living with obesity, 2007-2022 (WHO 2007)

Boys



Survey type:

Measured

References:

- 2007: Wijnhoven, T.M.A., van Raaij, J.M.A., Spinelli, A., Rito, A.I., Hovengen, R., Kunesova, M., Starc, G., Rutter, H., Sjöberg, A., Petrauskiene, A., O'Dwyer, U., Petrova, S., Farrugia Sant'Angelo, V., Wauters, M., Yngve, A., Rubana, I.-M. and Breda, J. (2013), WHO-COSI 2008: weight, height and BMI. *Pediatric Obesity*, 8: 79-97. <https://doi.org/10.1111/j.2047-6310.2012.00090.x>
- 2009: Wijnhoven, T.M., van Raaij, J.M., Spinelli, A. et al. WHO European Childhood Obesity Surveillance Initiative: body mass index and level of overweight among 6–9-year-old children from school year 2007/2008 to school year 2009/2010. *BMC Public Health* 14, 806 (2014). <https://doi.org/10.1186/1471-2458-14-821>
- 2012: World Health Organization. Regional Office for Europe. ([2018]) WHO European Childhood Obesity Surveillance Initiative: overweight and obesity among 6–9-year-old children: report of the third round of data collection 2012–2013. World Health Organization. Regional Office for Europe. <https://apps.who.int/iris/handle/10665/346110>
- 2015: WHO European Childhood Obesity Surveillance Initiative (COSI): report on the fourth round of data collection, 2015–2017. Copenhagen: WHO Regional Office for Europe; 2021. Licence: CC BY-NC-SA 3.0 IGO.
- 2018: 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.
- 2022: 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.

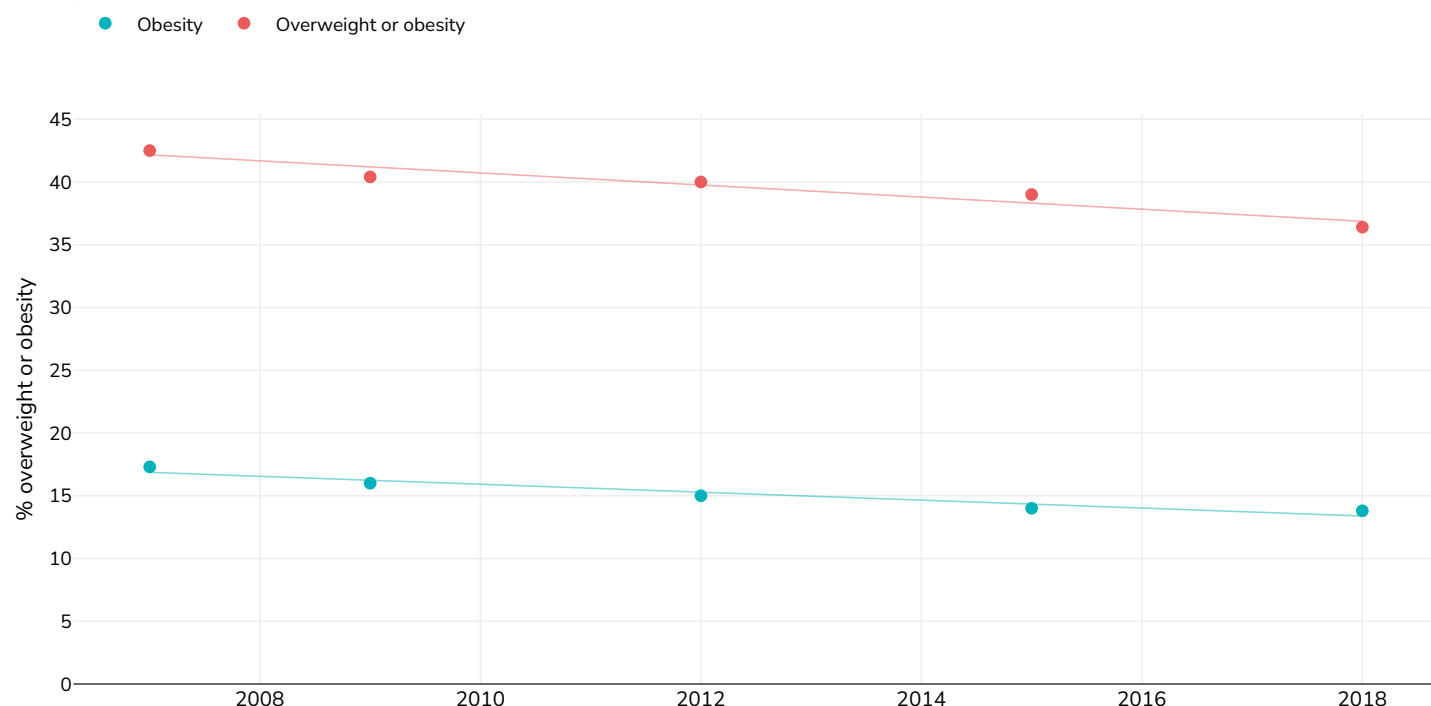
Definitions:

WHO 2007

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

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

Girls



Survey type:

Measured

References:

- 2007: Wijnhoven, T.M.A., van Raaij, J.M.A., Spinelli, A., Rito, A.I., Hovengen, R., Kunesova, M., Starc, G., Rutter, H., Sjöberg, A., Petruskiene, A., O'Dwyer, U., Petrova, S., Farrugia Sant'Angelo, V., Wauters, M., Yngve, A., Rubana, I.-M. and Breda, J. (2013), WHO-COSI 2008: weight, height and BMI. *Pediatric Obesity*, 8: 79-97. <https://doi.org/10.1111/j.2047-6310.2012.00090.x>
- 2009: Wijnhoven, T.M., van Raaij, J.M., Spinelli, A. et al. WHO European Childhood Obesity Surveillance Initiative: body mass index and level of overweight among 6–9-year-old children from school year 2007/2008 to school year 2009/2010. *BMC Public Health* 14, 806 (2014). <https://doi.org/10.1186/1471-2458-14-821>
- 2012: World Health Organization. Regional Office for Europe. ([2018]) WHO European Childhood Obesity Surveillance Initiative: overweight and obesity among 6–9-year-old children: report of the third round of data collection 2012–2013. World Health Organization. Regional Office for Europe. <https://apps.who.int/iris/handle/10665/346110>
- 2015: WHO European Childhood Obesity Surveillance Initiative (COSI): report on the fourth round of data collection, 2015–2017. Copenhagen: WHO Regional Office for Europe; 2021. Licence: CC BY-NC-SA 3.0 IGO.
- 2018: 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.
- 2022: 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.

Definitions:

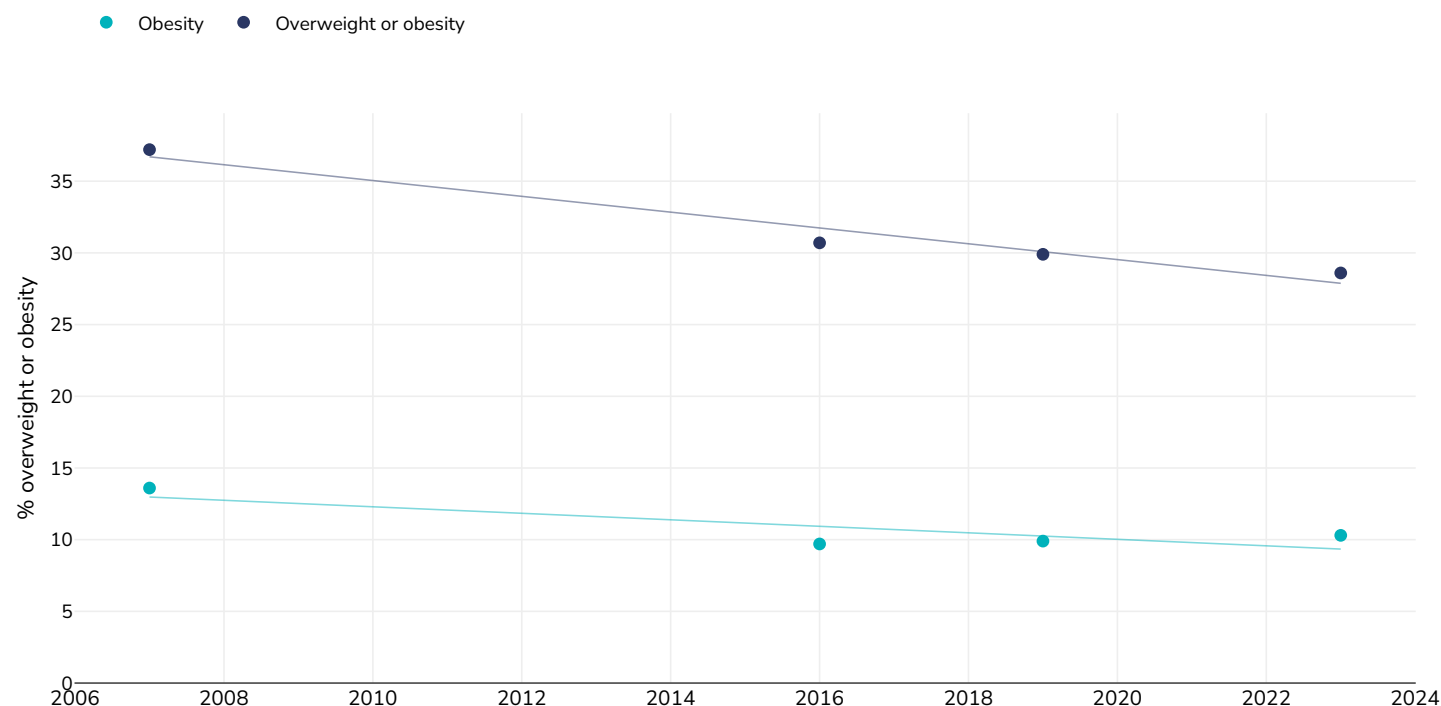
WHO 2007

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

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 Italy 2008-2023 (IOTF)

Boys



Survey type:

Measured

References:

- 2007: Wijnhoven, T. M. A., van Raaij, J. M. A., Spinelli, A., Rito, A. I., Hovengen, R., Kunesova, M., Starc, G., Rutter, H., Sjöberg, A., Petrauskienė, A., O'Dwyer, U., Petrova, S., Farrugia Sant'Angelo, V., Wauters, M., Yngve, A., Rubana, I.-M. and Breda, J. (2012), WHO European Childhood Obesity Surveillance Initiative 2008: weight, height and body mass index in 6–9-year-old children. *Pediatric Obesity*. doi: 10.1111/j.2047-6310.2012.00090.x
- 2012: COSI 2012. <https://www.epicentro.iss.it/okkioallasalute/IndagineNazionale2012> (Last accessed 10.12.2020)
- 2016: OKkio alla SALUTE 2016. <https://www.epicentro.iss.it/okkioallasalute/dati2016> [Accessed 16.07.25]
- 2019: OKkio alla SALUTE 2019. <https://www.epicentro.iss.it/okkioallasalute/indagine-2019-dati> (Last accessed 10.12.2020)
- 2023: OKkio alla SALUTE 2023. <https://www.epicentro.iss.it/okkioallasalute/indagine-2023-dati> [Accessed 16.07.25]

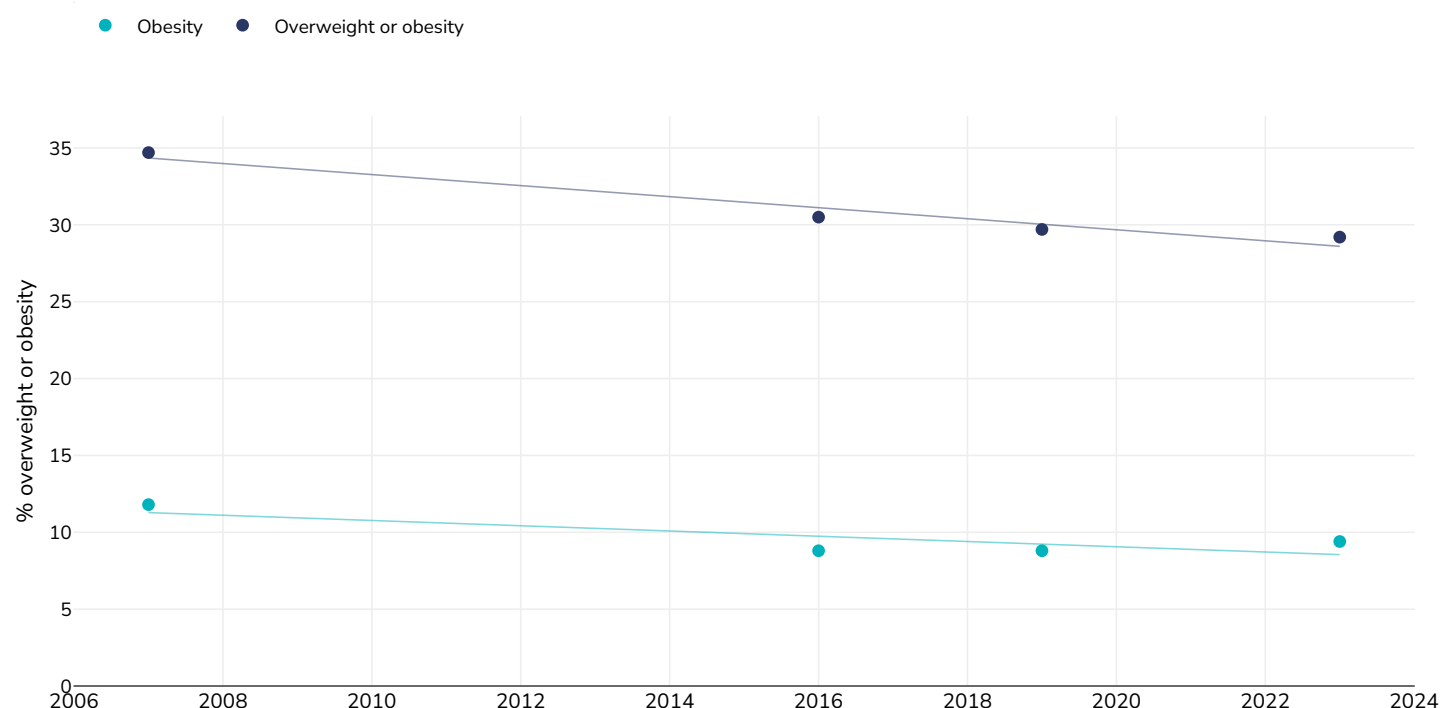
Definitions:

IOTF

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

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

Girls



Survey type:

Measured

References:

2007: Wijnhoven, T. M. A., van Raaij, J. M. A., Spinelli, A., Rito, A. I., Hovengen, R., Kunesova, M., Starc, G., Rutter, H., Sjöberg, A., Petrauskiene, A., O'Dwyer, U., Petrova, S., Farrugia Sant'Angelo, V., Wauters, M., Yngve, A., Rubana, I.-M. and Breda, J. (2012), WHO European Childhood Obesity Surveillance Initiative 2008: weight, height and body mass index in 6–9-year-old children. *Pediatric Obesity*. doi: 10.1111/j.2047-6310.2012.00090.x

2012: COSI 2012. <https://www.epicentro.iss.it/okkioallasalute/IndagineNazionale2012> (Last accessed 10.12.2020)

2016: OKkio alla SALUTE 2016. <https://www.epicentro.iss.it/okkioallasalute/dati2016> [Accessed 16.07.25]

2019: OKkio alla SALUTE 2019. <https://www.epicentro.iss.it/okkioallasalute/indagine-2019-dati> (Last accessed 10.12.2020)

2023: OKkio alla SALUTE 2023. <https://www.epicentro.iss.it/okkioallasalute/indagine-2023-dati> [Accessed 16.07.25]

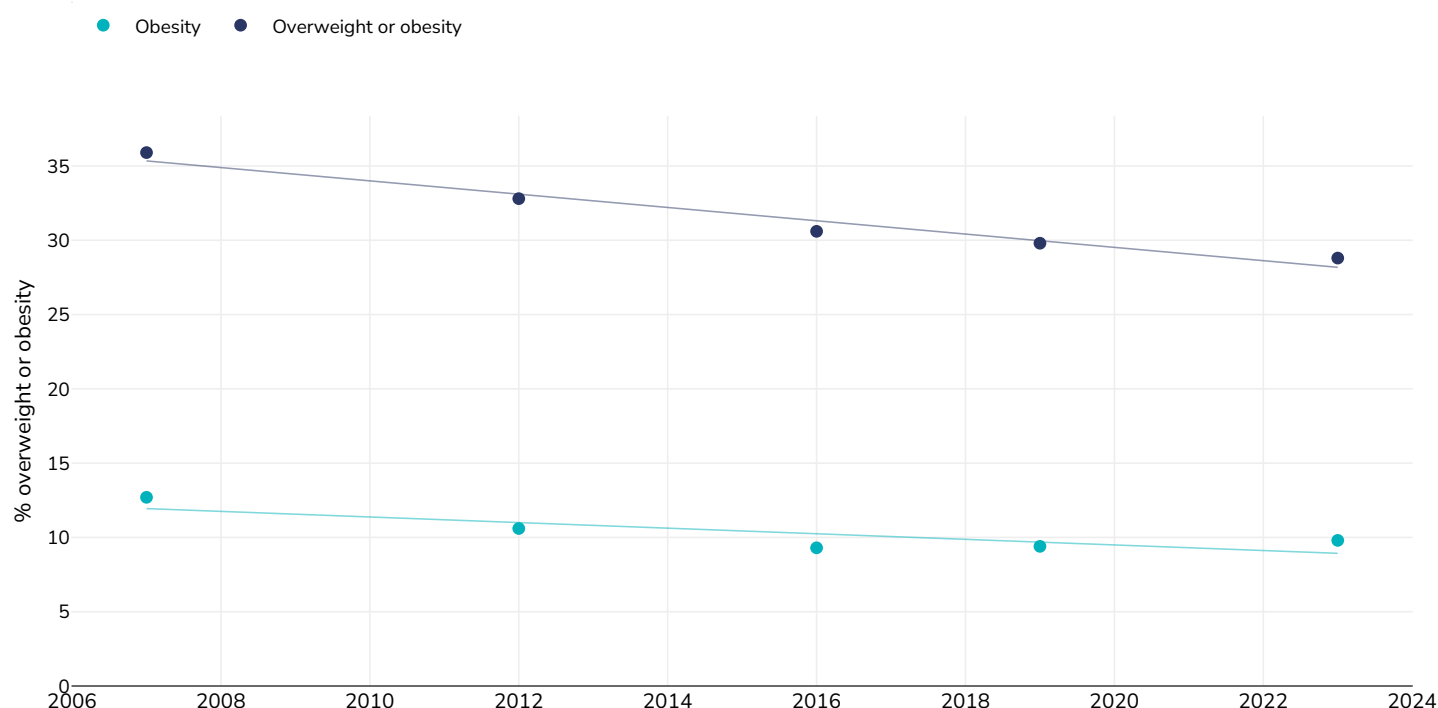
Definitions:

IOTF

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

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.

Boys and girls



Survey type:

Measured

References:

2007: Wijnhoven, T. M. A., van Raaij, J. M. A., Spinelli, A., Rito, A. I., Hovengen, R., Kunesova, M., Starc, G., Rutter, H., Sjöberg, A., Petruskiene, A., O'Dwyer, U., Petrova, S., Farrugia Sant'Angelo, V., Wauters, M., Yngve, A., Rubana, I.-M. and Breda, J. (2012), WHO European Childhood Obesity Surveillance Initiative 2008: weight, height and body mass index in 6–9-year-old children. *Pediatric Obesity*. doi: 10.1111/j.2047-6310.2012.00090.x

2012: COSI 2012. <https://www.epicentro.iss.it/okkioallasalute/IndagineNazionale2012> (Last accessed 10.12.2020)

2016: OKkio alla SALUTE 2016. <https://www.epicentro.iss.it/okkioallasalute/dati2016> [Accessed 16.07.25]

2019: OKkio alla SALUTE 2019. <https://www.epicentro.iss.it/okkioallasalute/indagine-2019-dati> (Last accessed 10.12.2020)

2023: OKkio alla SALUTE 2023. <https://www.epicentro.iss.it/okkioallasalute/indagine-2023-dati> [Accessed 16.07.25]

Definitions:

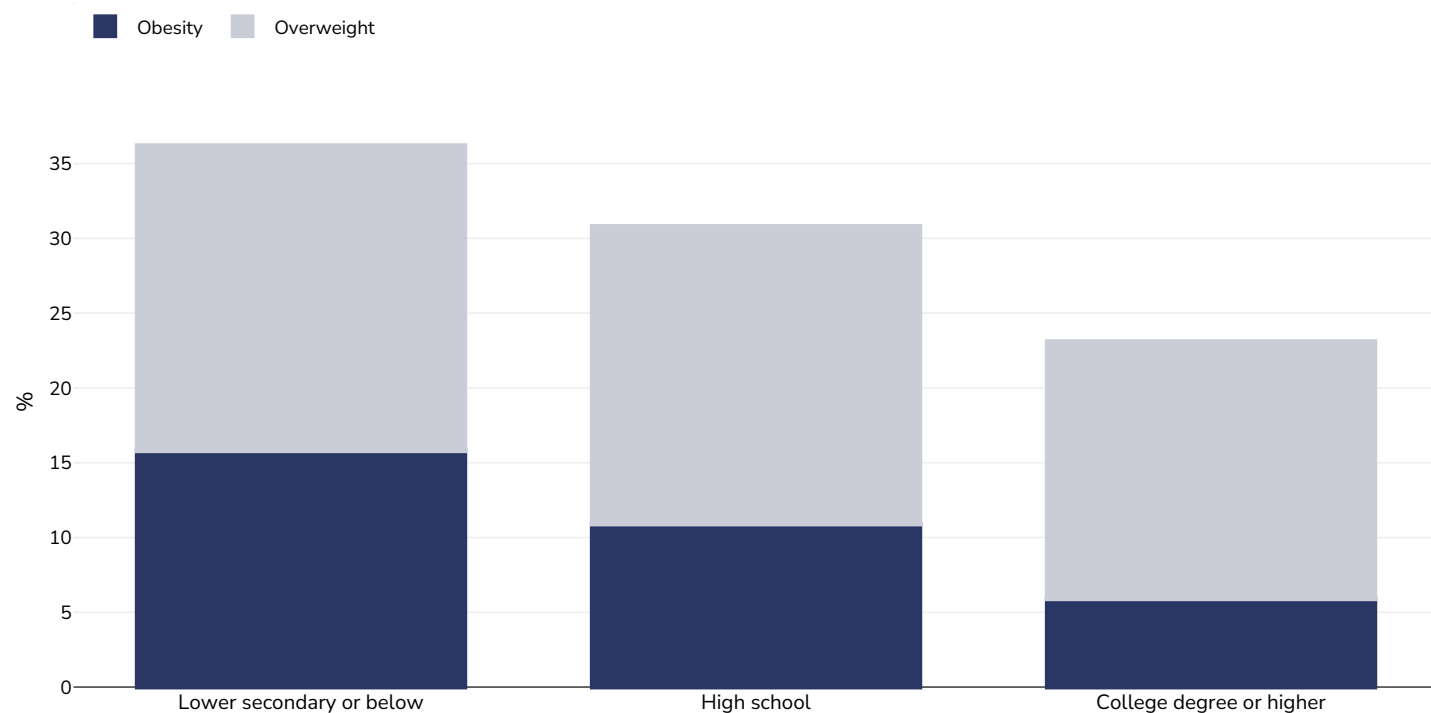
IOTF

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

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

Overweight/obesity by education

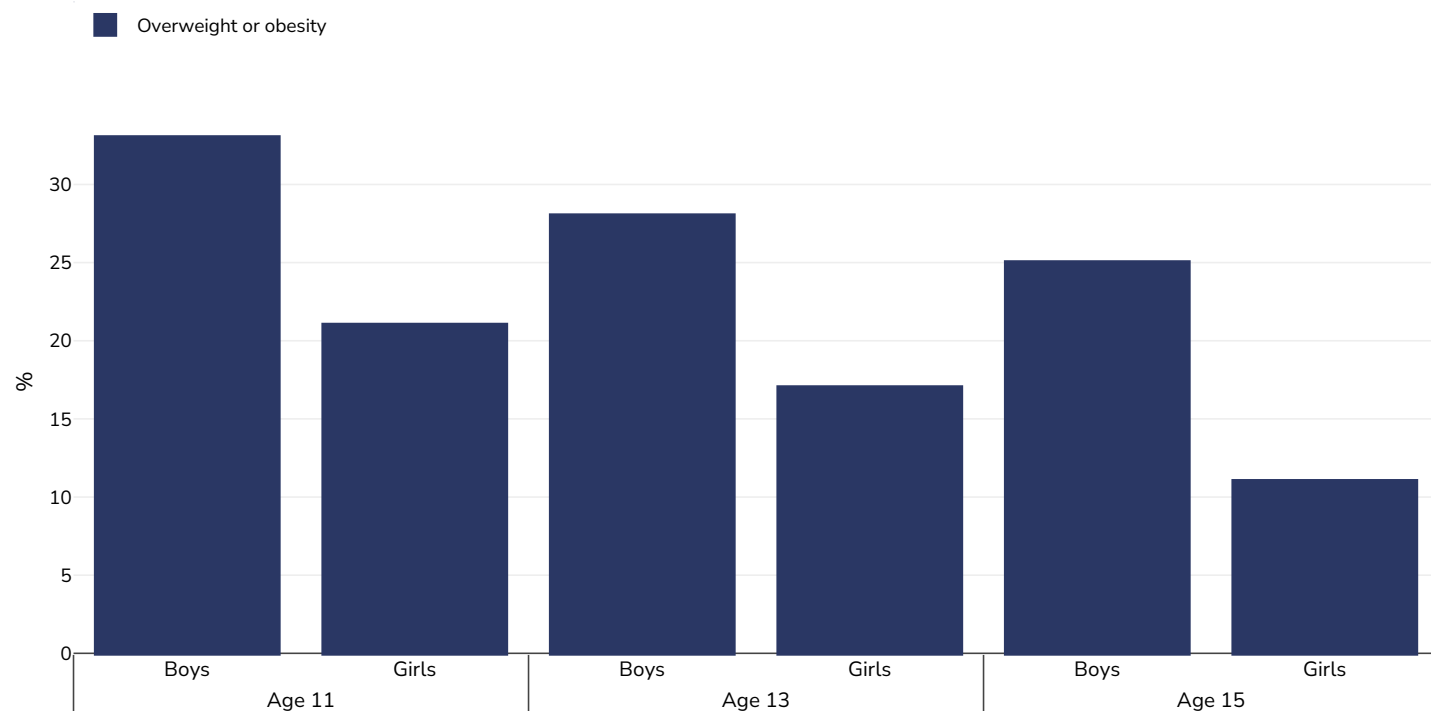
Children, 2023



Survey type:	Measured
Age:	8-9
Sample size:	42,046
Area covered:	National
References:	Nardone P, Ciardullo S, Spinelli A, Mandolini D, Salvatore MA, Andreozzi S (Ed.). Stato ponderale e stili di vita di bambine e bambini: i risultati di OKkio alla SALUTE 2023. Roma: Istituto Superiore di Sanità; 2025. (Rapporti ISTISAN 25/3). https://www.epicentro.iss.it/okkioallasalute/pdf2025/25-3%20web.pdf [Accessed 16.07.25]
Definitions:	Highest level of parents' educational qualifications between mother and father
Cutoffs:	IOTF

Overweight/obesity by age

Children, 2021-2022



Survey type: Self-reported

Area covered: See Report

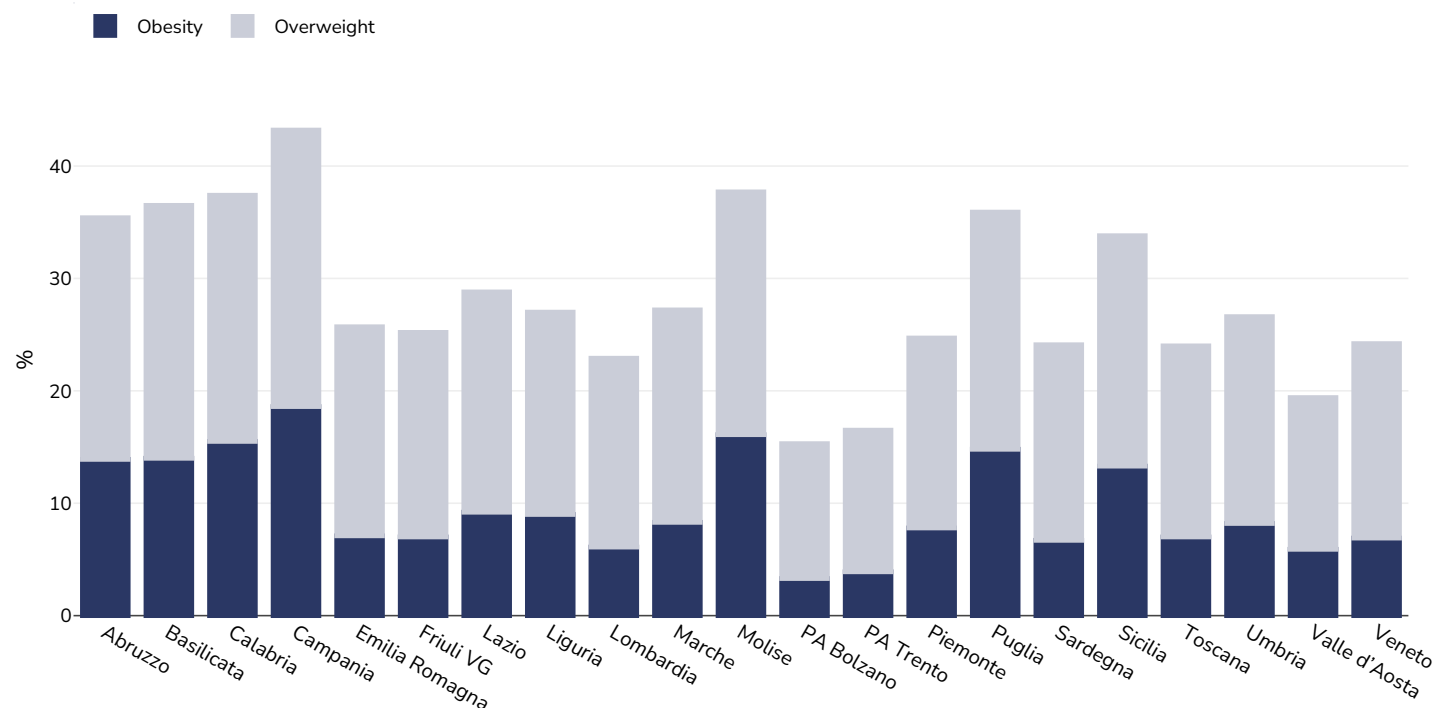
References: Rakić JG, Hamrik Z, Dzielska A, Felder-Puig R, Oja L, Bakalár P et al. A focus on adolescent physical activity, eating behaviours, weight status and body image in Europe, central Asia and Canada. Health Behaviour in School-aged Children (HBSC) international report from the 2021/2022 survey.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

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

Cutoffs: +2SD

Overweight/obesity by region

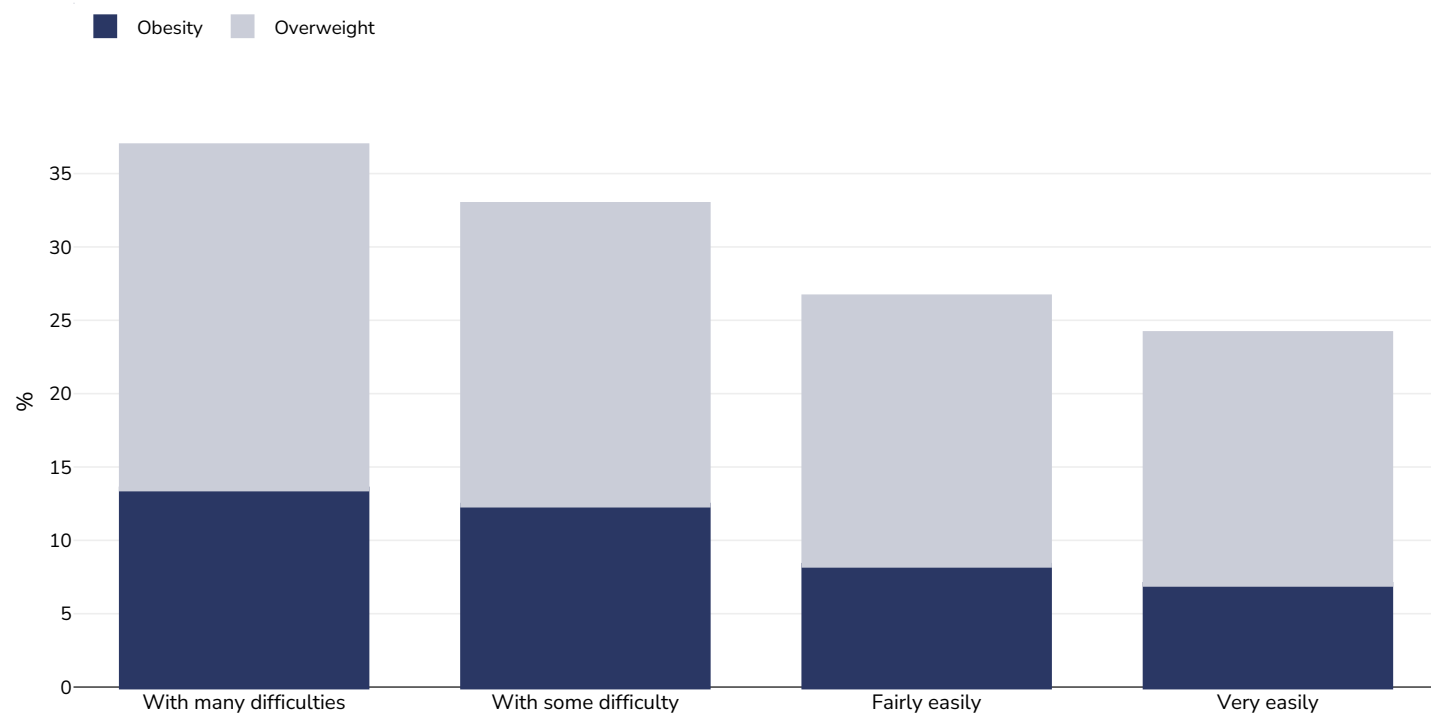
Children, 2023



Survey type:	Measured
Age:	8-9
Sample size:	46,559
Area covered:	National
References:	OKkio alla SALUTE 2023. https://www.epicentro.iss.it/okkioallasalute/indagine-2023-dati [Accessed 16.07.25]
Cutoffs:	IOTF

Overweight/obesity by socio-economic group

Children, 2023

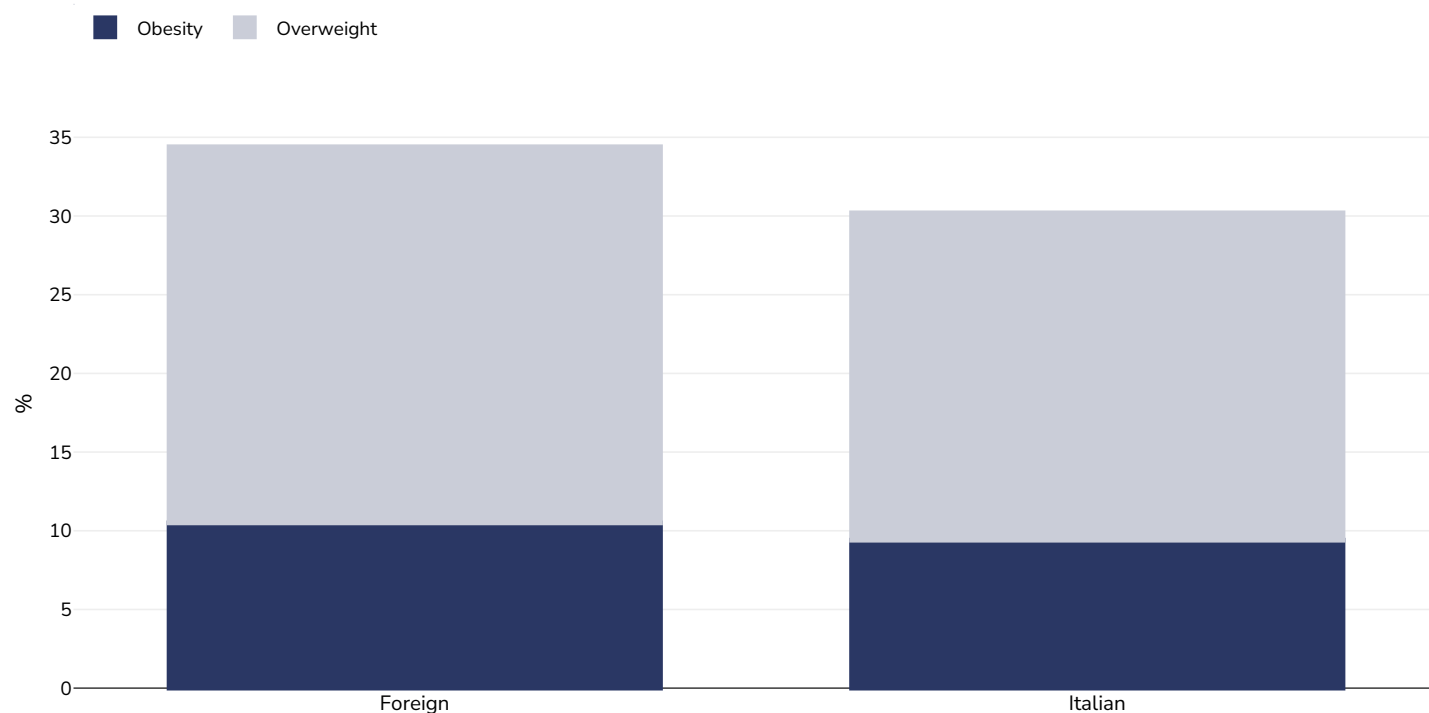


Survey type:	Measured
Age:	8-9
Sample size:	45,610
Area covered:	National
References:	Nardone P, Ciardullo S, Spinelli A, Mandolini D, Salvatore MA, Andreozzi S (Ed.). Stato ponderale e stili di vita di bambine e bambini: i risultati di OKkio alla SALUTE 2023. Roma: Istituto Superiore di Sanità; 2025. (Rapporti ISTISAN 25/3). https://www.epicentro.iss.it/okkioallasalute/pdf2025/25-3%20web.pdf [Accessed 16.07.25]
Definitions:	Family economic situation = difficulty making ends meet with disposable income
Cutoffs:	IOTF

Overweight/obesity by ethnicity

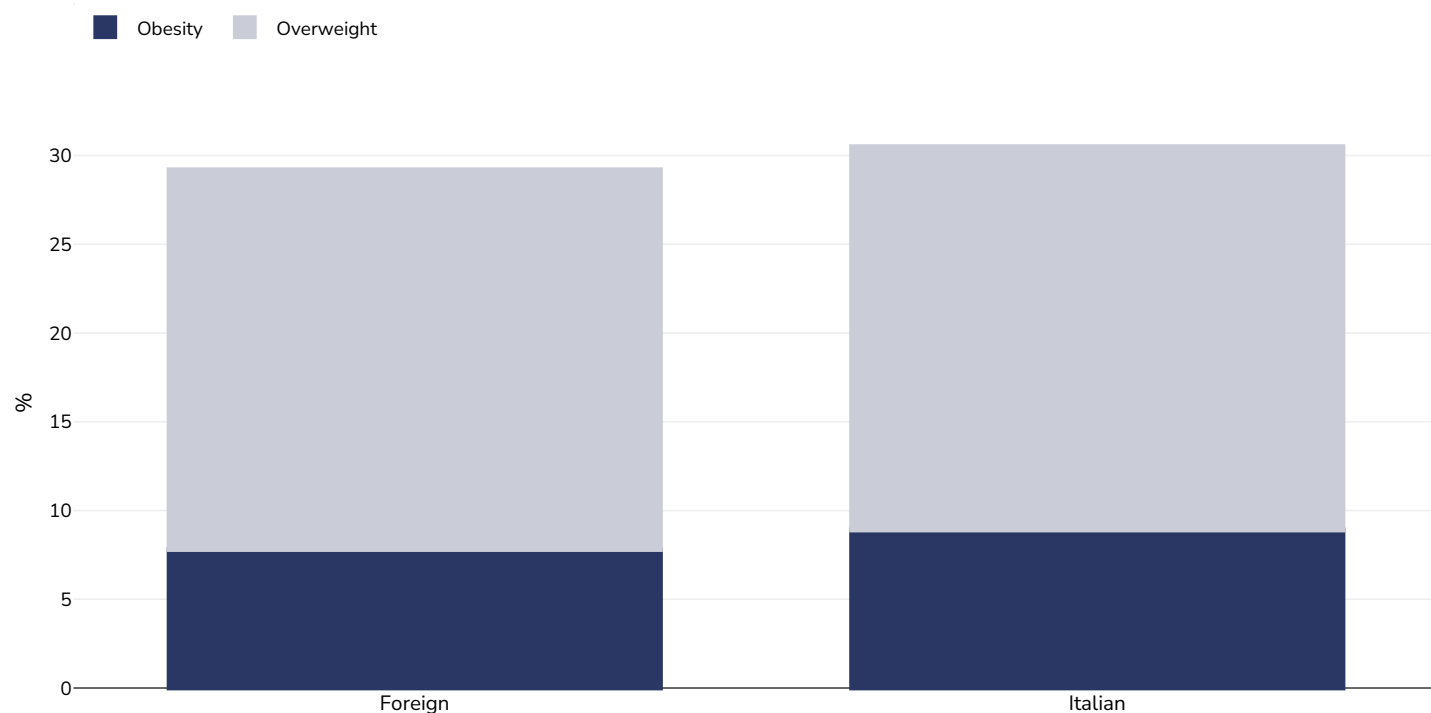
Ethnic groups are as defined by publication of origin and are not as defined by WOF. In some instances ethnicity is conflated with nationality and/or race.

Boys, 2016



Survey type:	Measured
Age:	8-9
Sample size:	48,900
Area covered:	National
References:	Lauria, Laura, et al. "Decline of Childhood Overweight and Obesity in Italy from 2008 to 2016: Results from 5 Rounds of the Population-Based Surveillance System." BMC Public Health, vol. 19, no. 1, 21 May 2019, 10.1186/s12889-019-6946-3. Available at: https://link.springer.com/article/10.1186/s12889-019-6946-3 . Accessed 13 May 2021.
Notes:	OKkio alla SALUTE 2016 data.
Definitions:	Based on Mother's citizenship.
Cutoffs:	WOF-IOTF

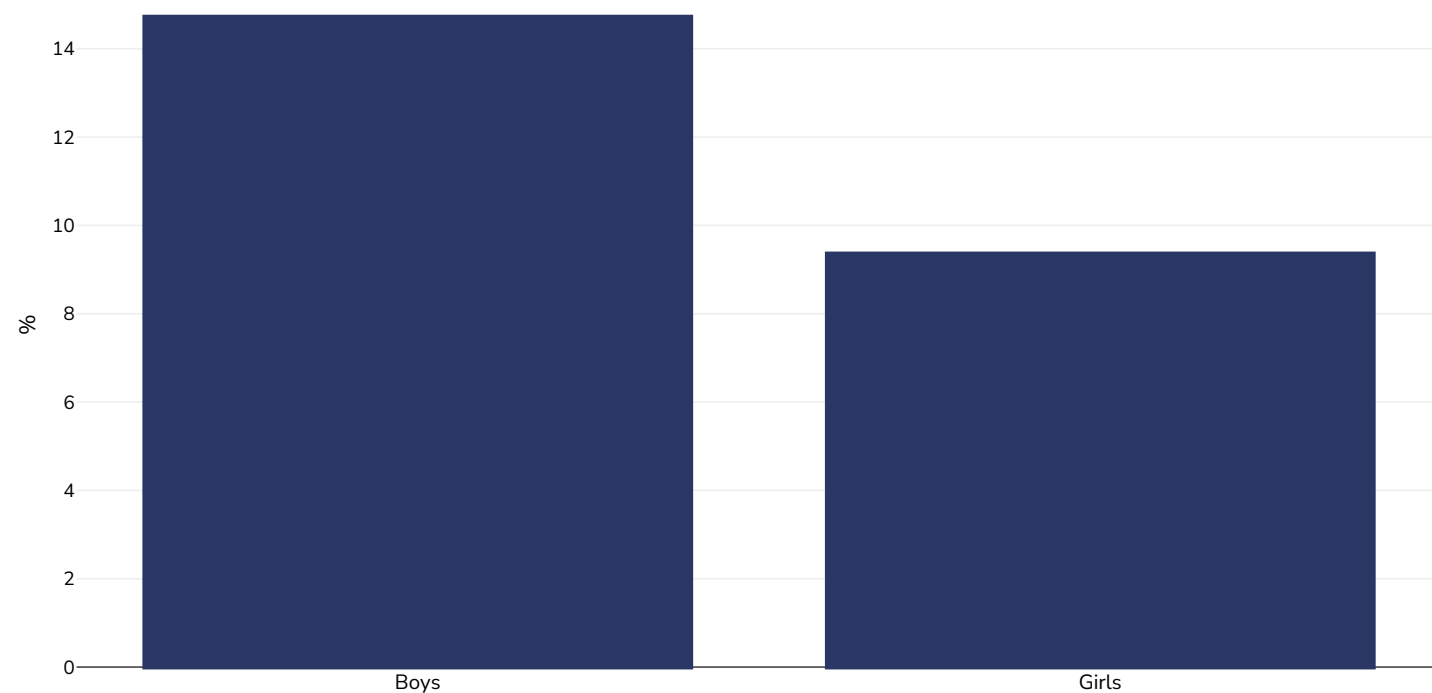
Girls, 2016



Survey type:	Measured
Age:	8-9
Sample size:	48,900
Area covered:	National
References:	Lauria, Laura, et al. "Decline of Childhood Overweight and Obesity in Italy from 2008 to 2016: Results from 5 Rounds of the Population-Based Surveillance System." BMC Public Health, vol. 19, no. 1, 21 May 2019, 10.1186/s12889-019-6946-3. Available at: https://link.springer.com/article/10.1186/s12889-019-6946-3 . Accessed 13 May 2021.
Notes:	OKkio alla SALUTE 2016 data.
Definitions:	Based on Mother's citizenship.
Cutoffs:	WOF-IOTF

Double burden of underweight & overweight

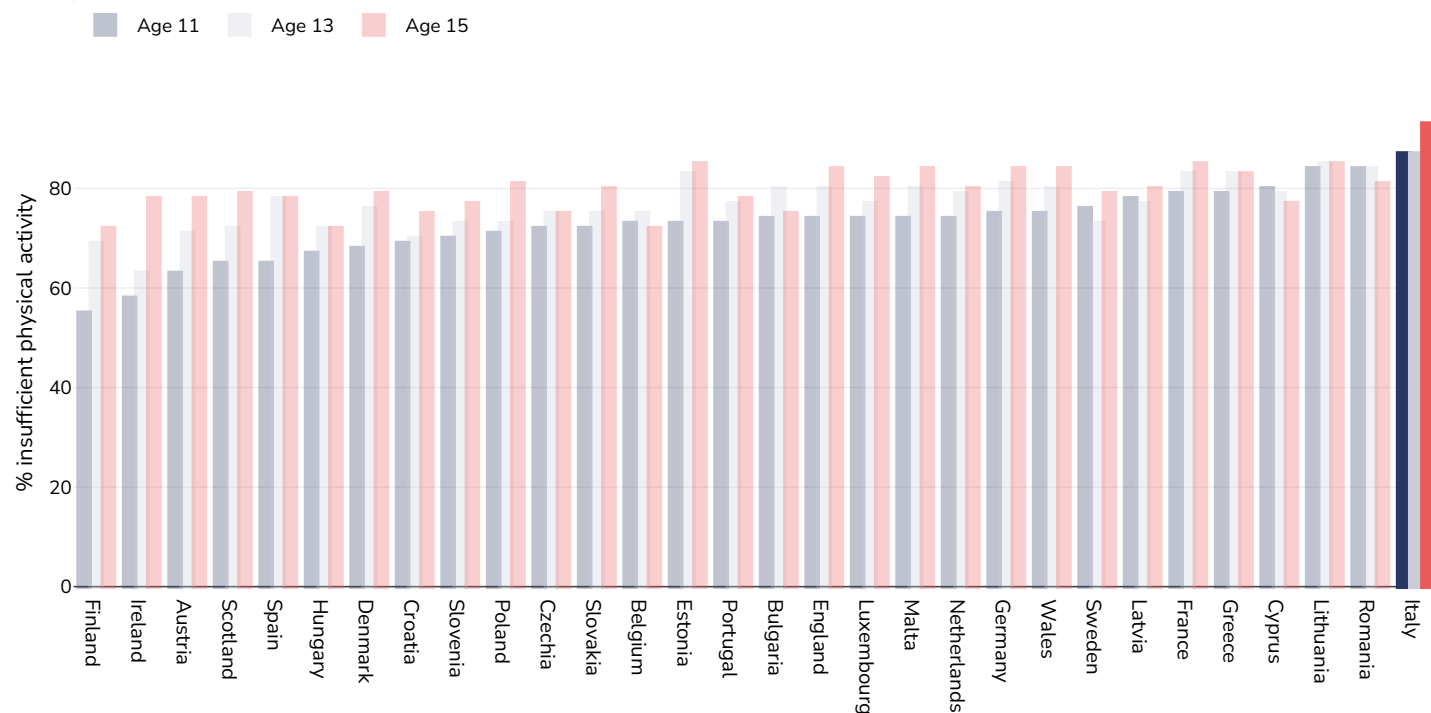
Children, 2022



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



Survey type: Self-reported

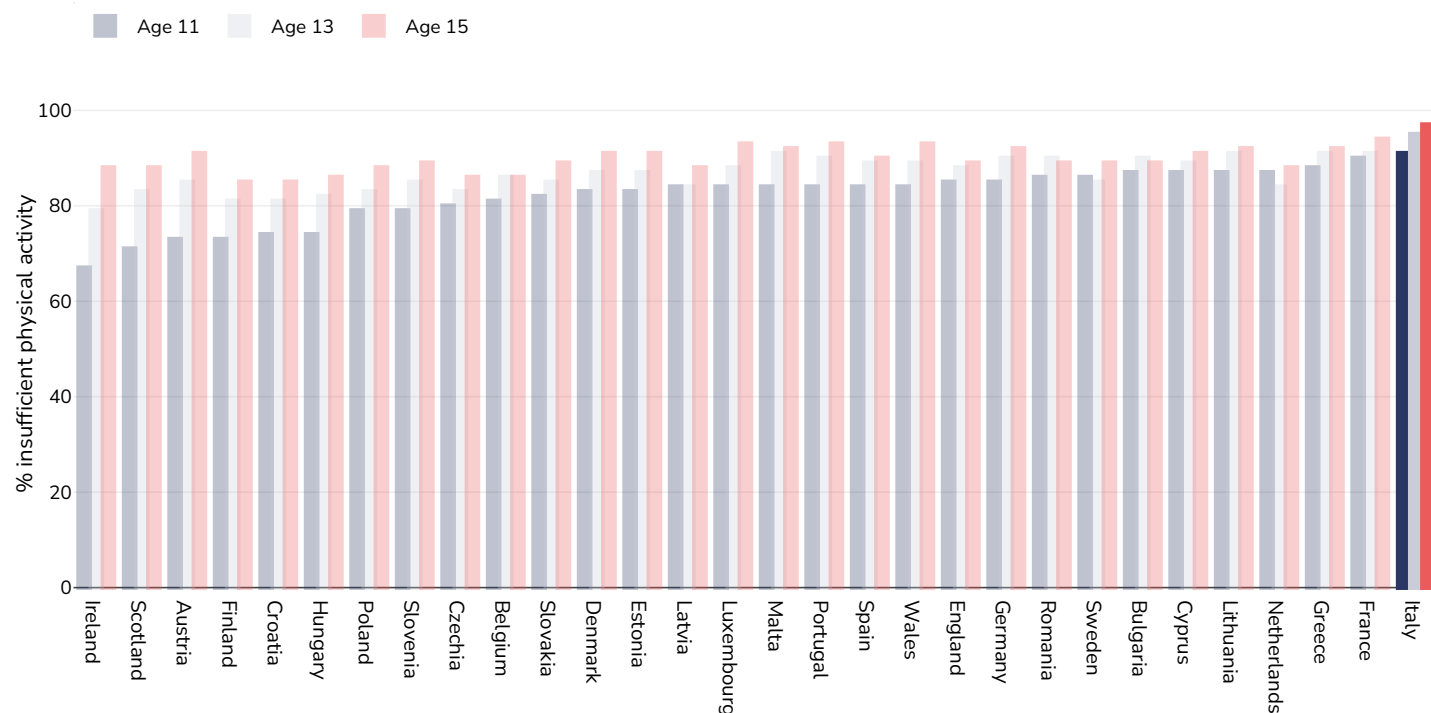
Area covered: National

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 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. NB. National except Belgium (Flemish speaking region only)

Definitions: % reporting less than 60 minutes of MVPA daily

Girls, 2022



Survey type: Self-reported

Area covered: National

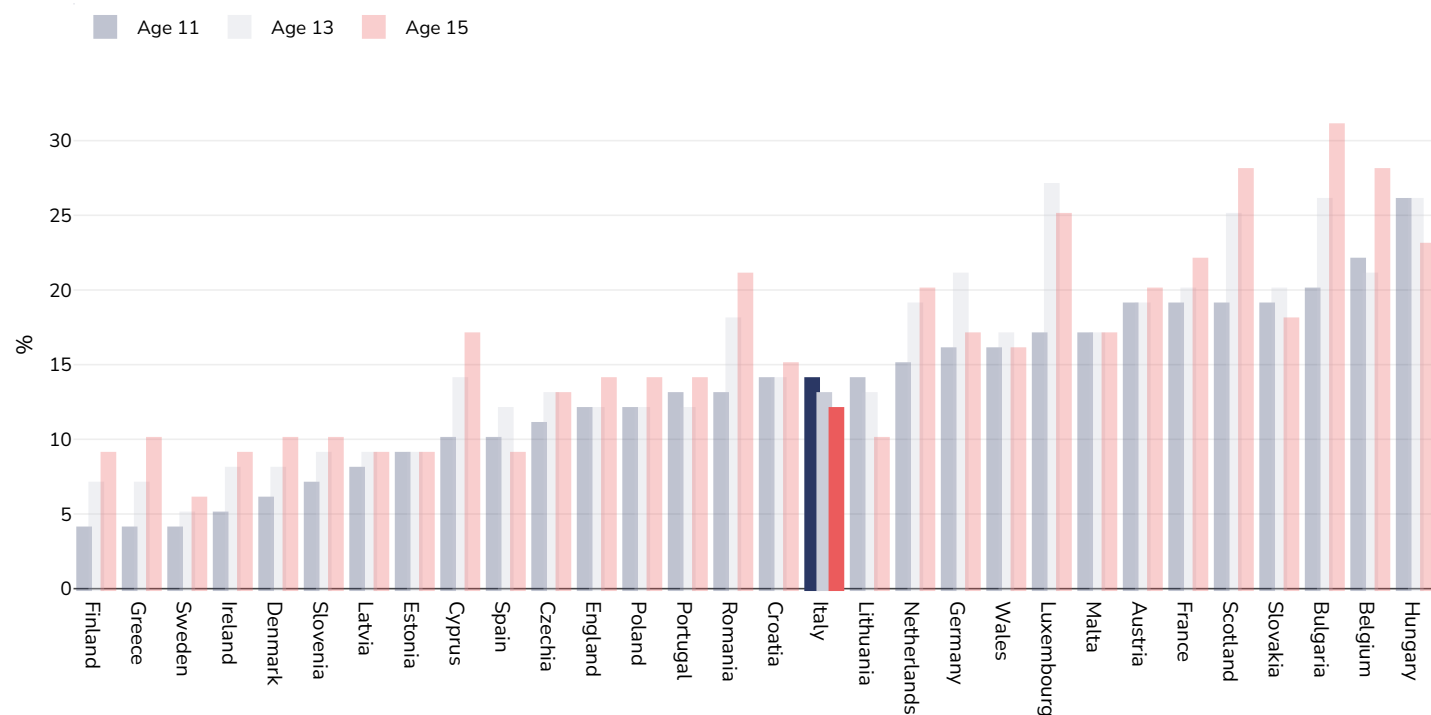
References: Rakic JG, Hamrik Z, Dzielska A, Felder-Puig R, Oja L, Bakalár P et al. A focus on adolescent physical activity, eating behaviours, weight status and body image in Europe, central Asia and Canada. Health Behaviour in School-aged Children international report from the 2021/2022 survey. Volume 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. NB. National except Belgium (Flemish speaking region only)

Definitions: % reporting less than 60 minutes of MVPA daily

Prevalence of at least daily carbonated soft drink consumption

Boys, 2021-2022



Area covered:

National

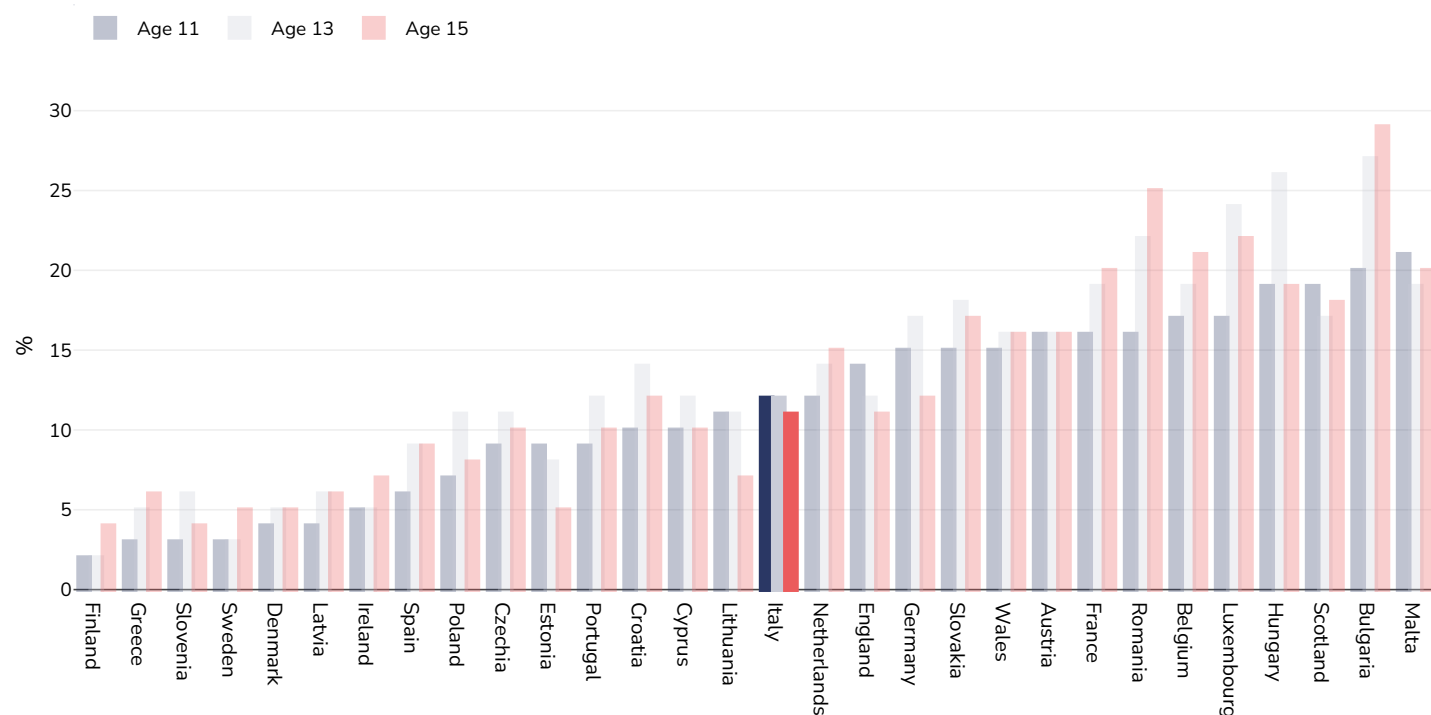
References:

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



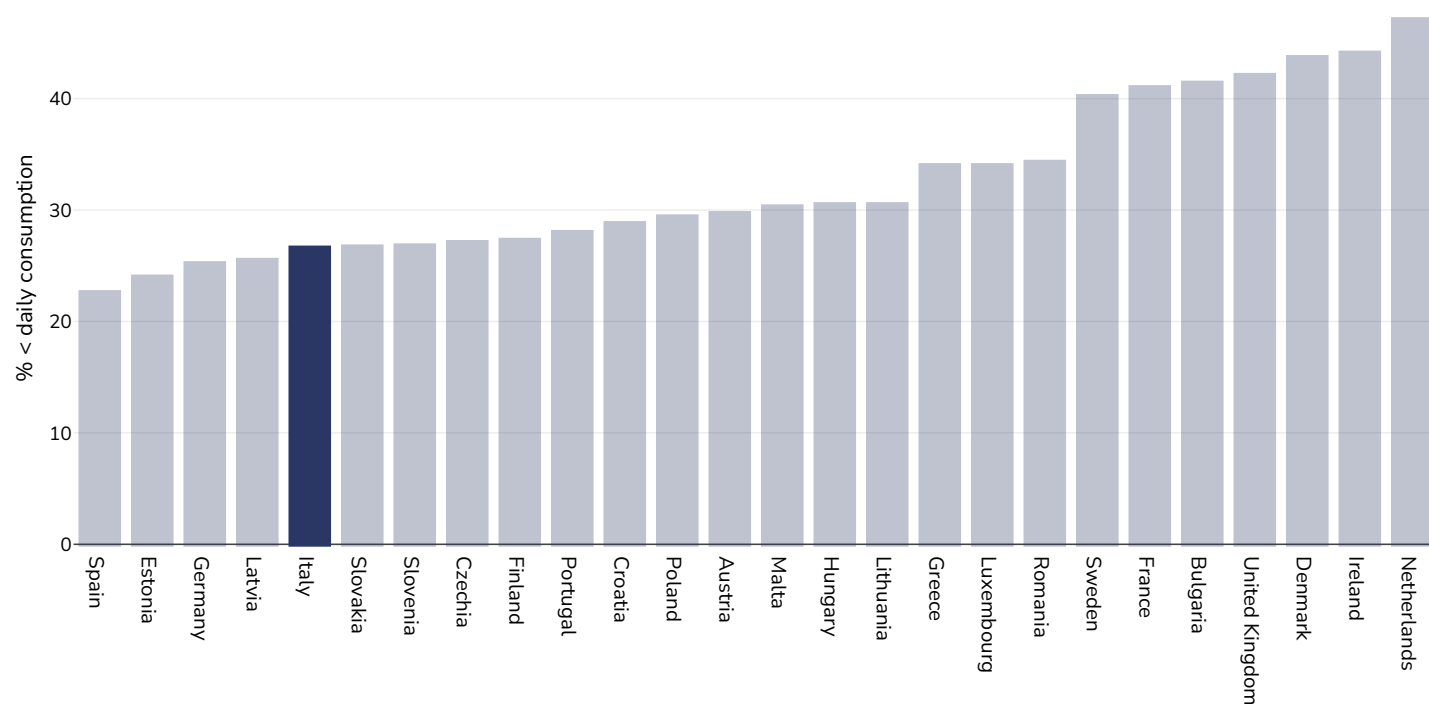
Survey type:	Measured
Age:	12-17
References:	Global School-based Student Health Surveys. Beal et al (2019). Global Patterns of Adolescent Fruit, Vegetable, Carbonated Soft Drink, and Fast-food consumption: A meta-analysis of global school-based student health surveys. Food and Nutrition Bulletin. https://doi.org/10.1177/0379572119848287 . 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)

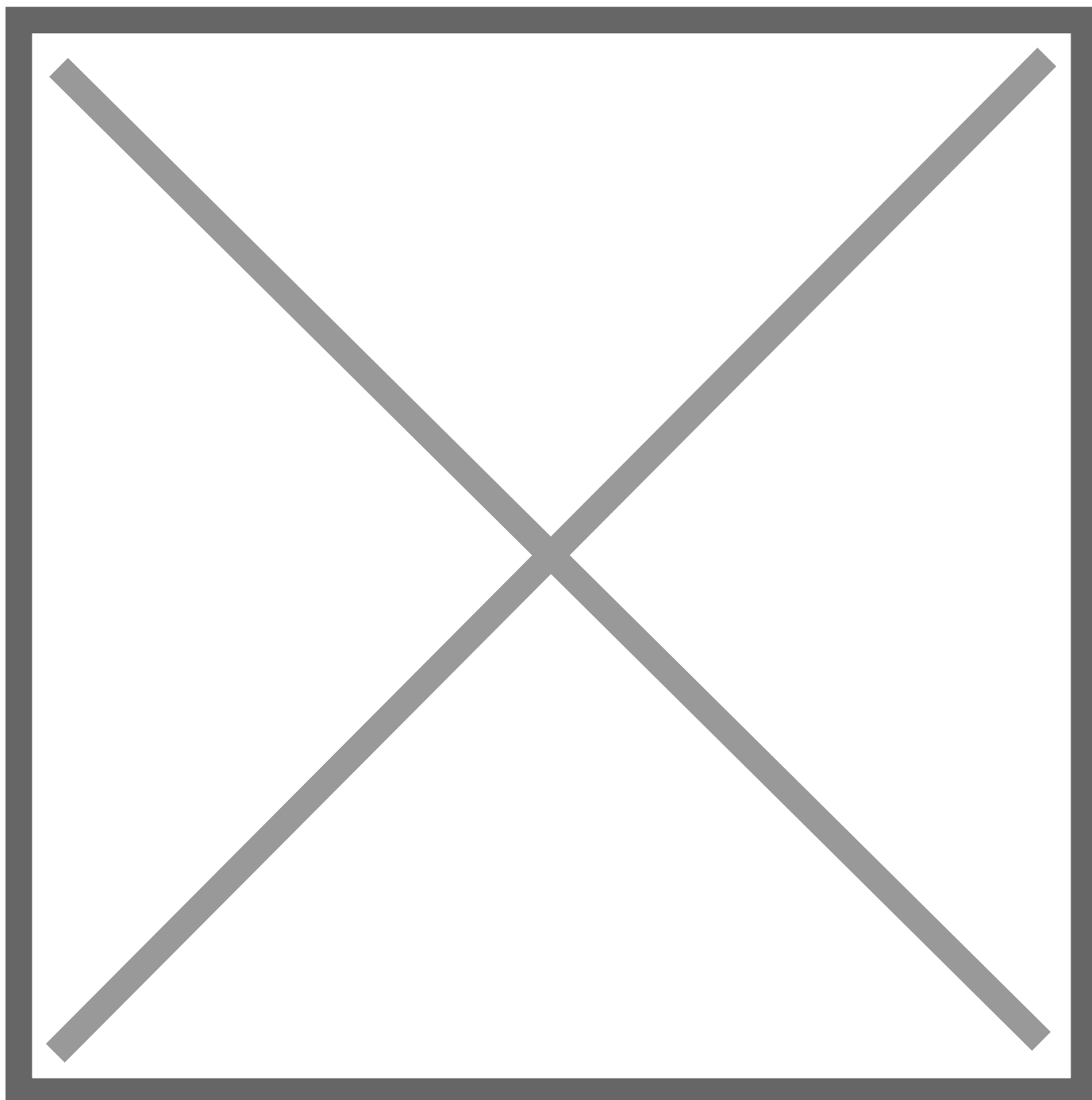
Girls, 2021



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)

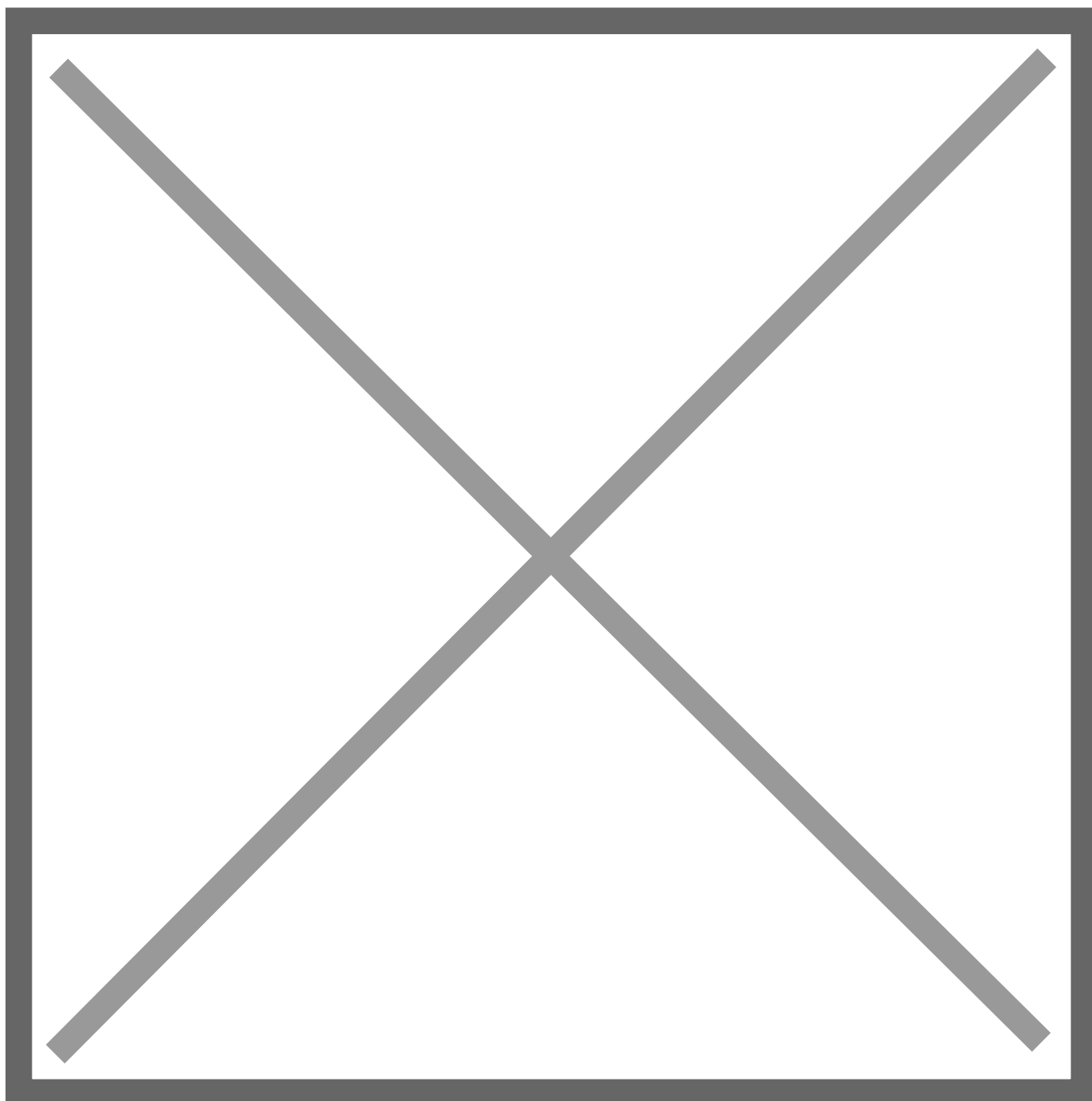
Mental health - anxiety disorders

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)

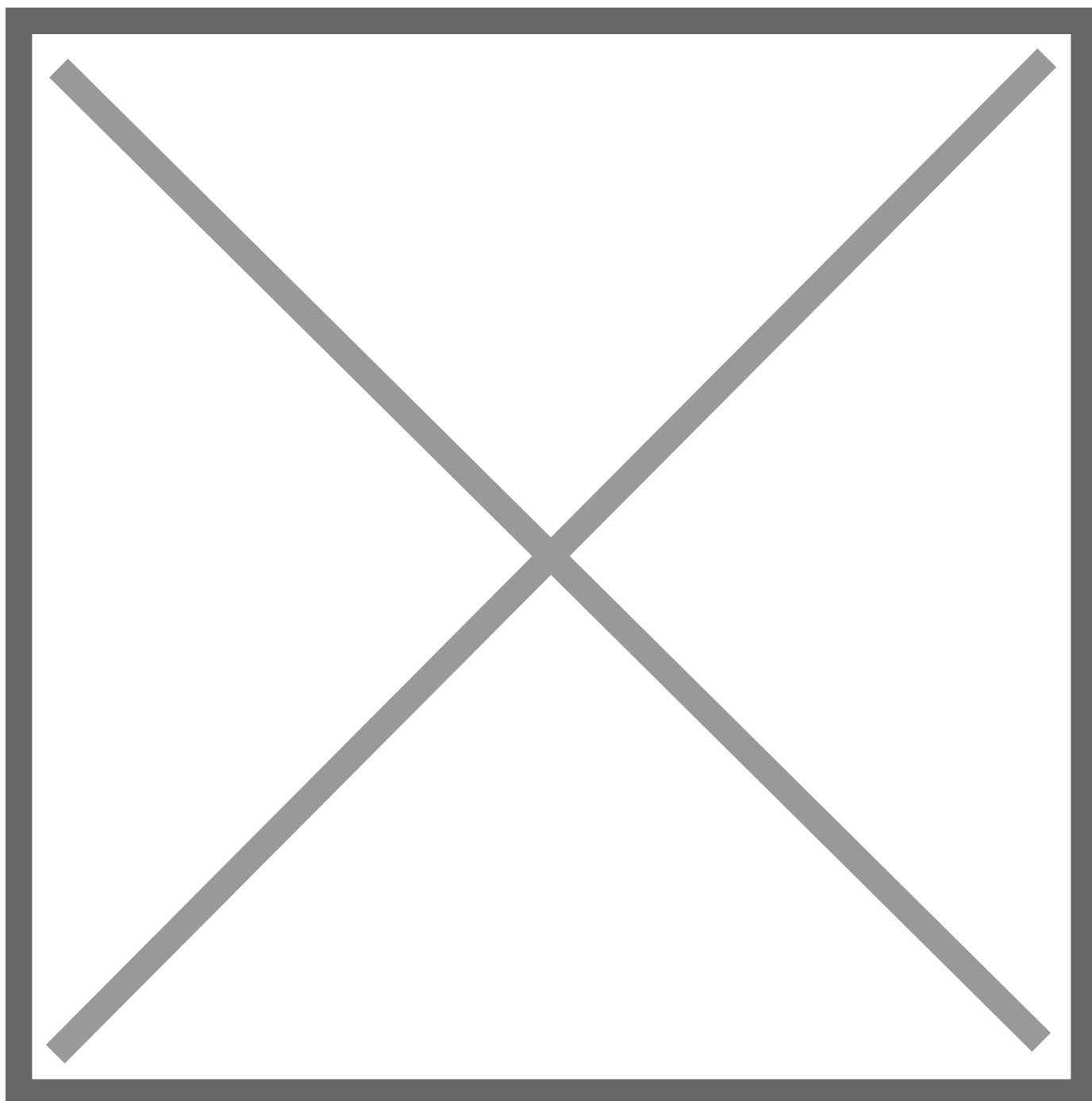
Boys, 2021



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 September 11, 2025