Kosovo



Country report card

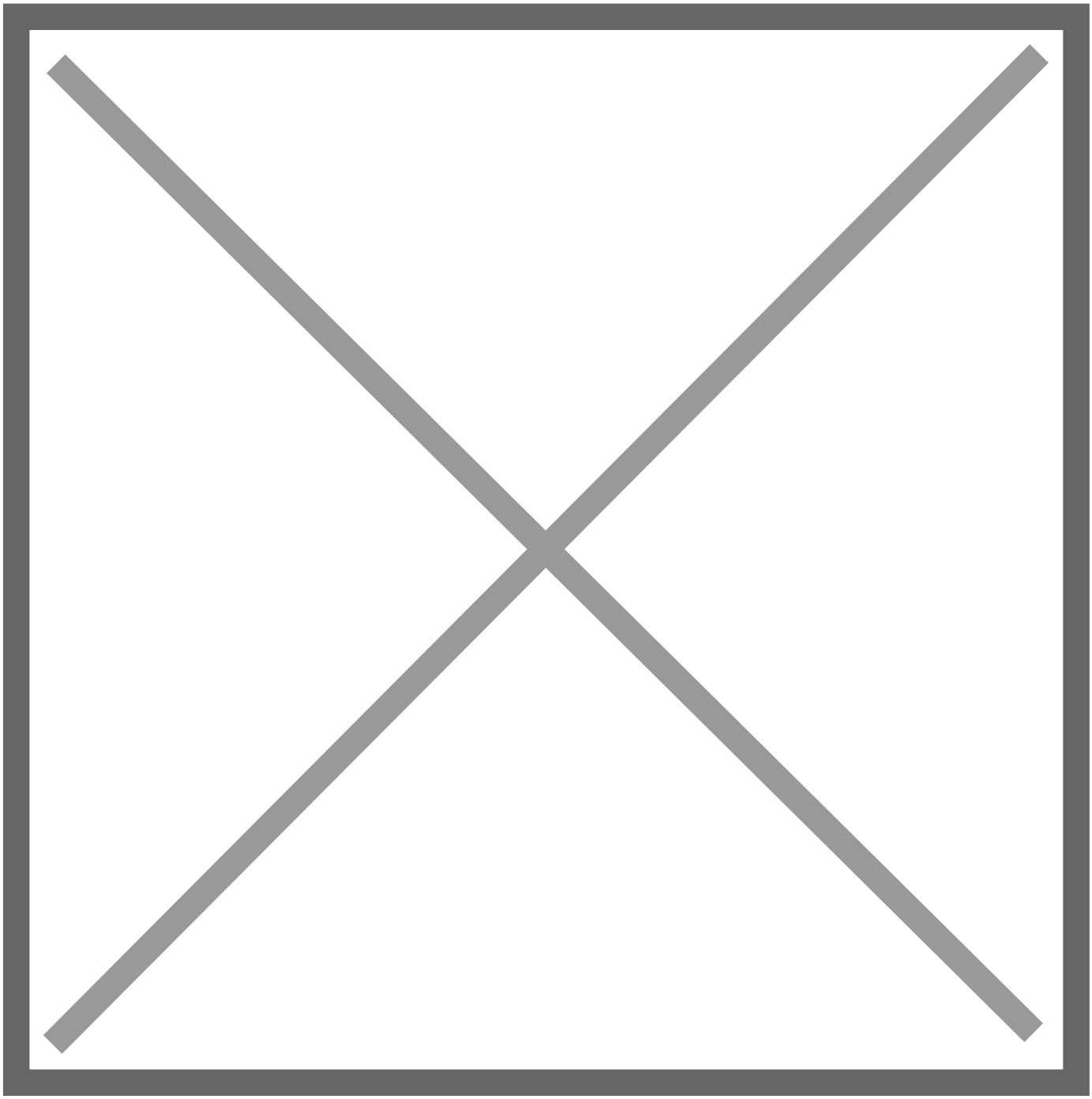
This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity . Where available, data on common and relevant obesity drivers and comorbidities are also presented.

View the latest version of this report on the Global Obesity Observatory at https://data.worldobesity.org/country/kosovo-189/.

Contents	Page
Obesity prevalence	3
Overweight/obesity by education	6
Overweight/obesity by region	9
Overweight/obesity by socio-economic group	12
Average weekly frequency of fast food consumption	15
Diabetes prevalence	22

Obesity prevalence

0-5 years, 2019-2020

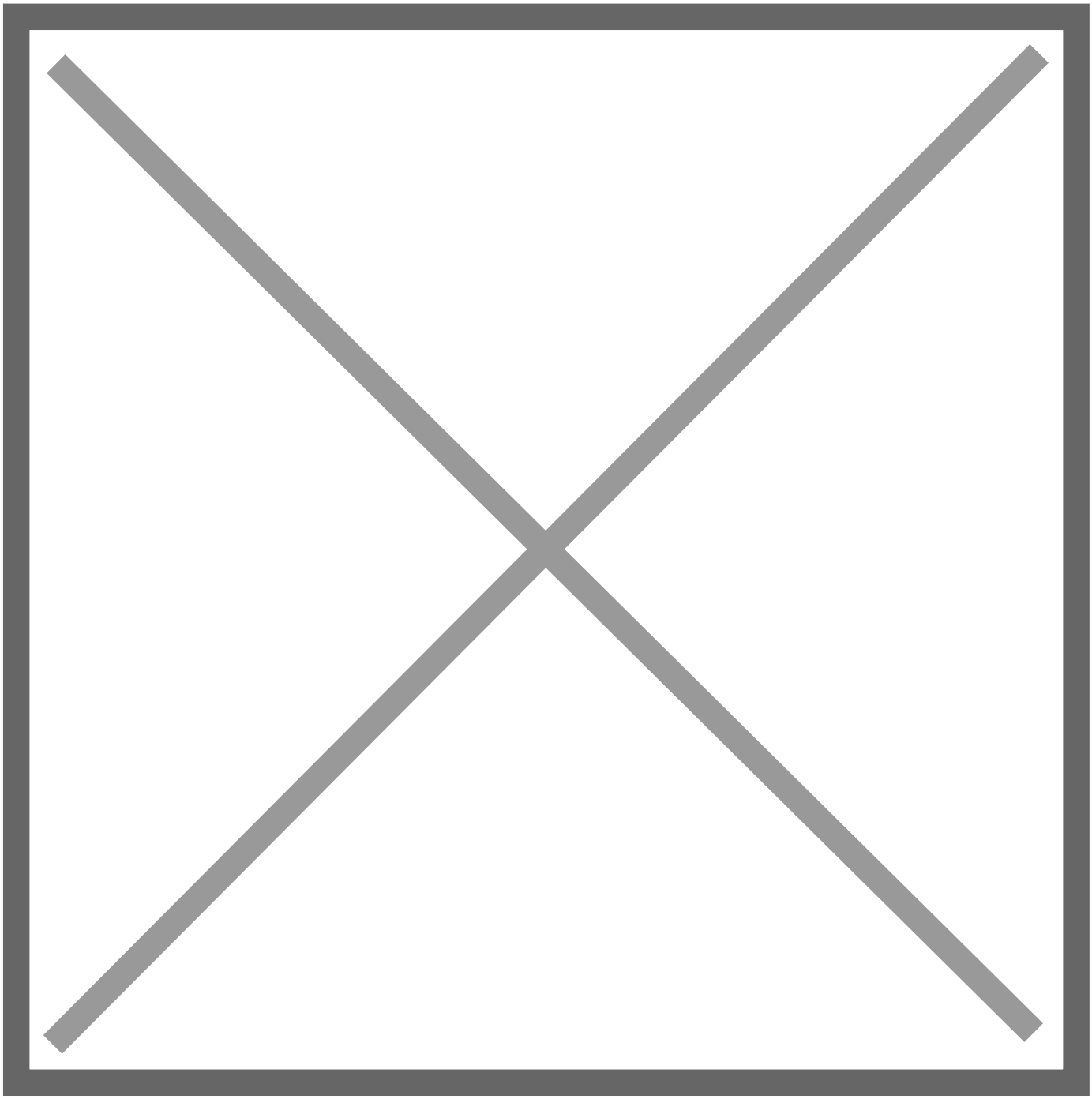


Survey type:	
Age:	
Sample size:	
Area covered:	
References:	Kosovo Agency of Statistics and UNICEF. 2020. 2019–2020 Kosovo Multiple Indicator Cluster Survey and 2019– 2020 Roma, Ashkali and Eg Indicator Cluster Survey, Survey Findings Report. Prishtina, Kosovo: Kosovo Agency of Statistics and UNICEF. Avail prod.s3.amazonaws.com/MICS6/Europe%20and%20Central%20Asia/Kosovo%20under%20UN 2020/Survey%20findings/Kosovo%20%28UNSCR%201244%29%20%28National%20and%20Roma%2C%20Ashkali%20and%20Egyptian%20

Notes:	
Definitions:	Weight fo
Cutoffs:	

Overweight/obesity by education

0-5 years, 2019-2020

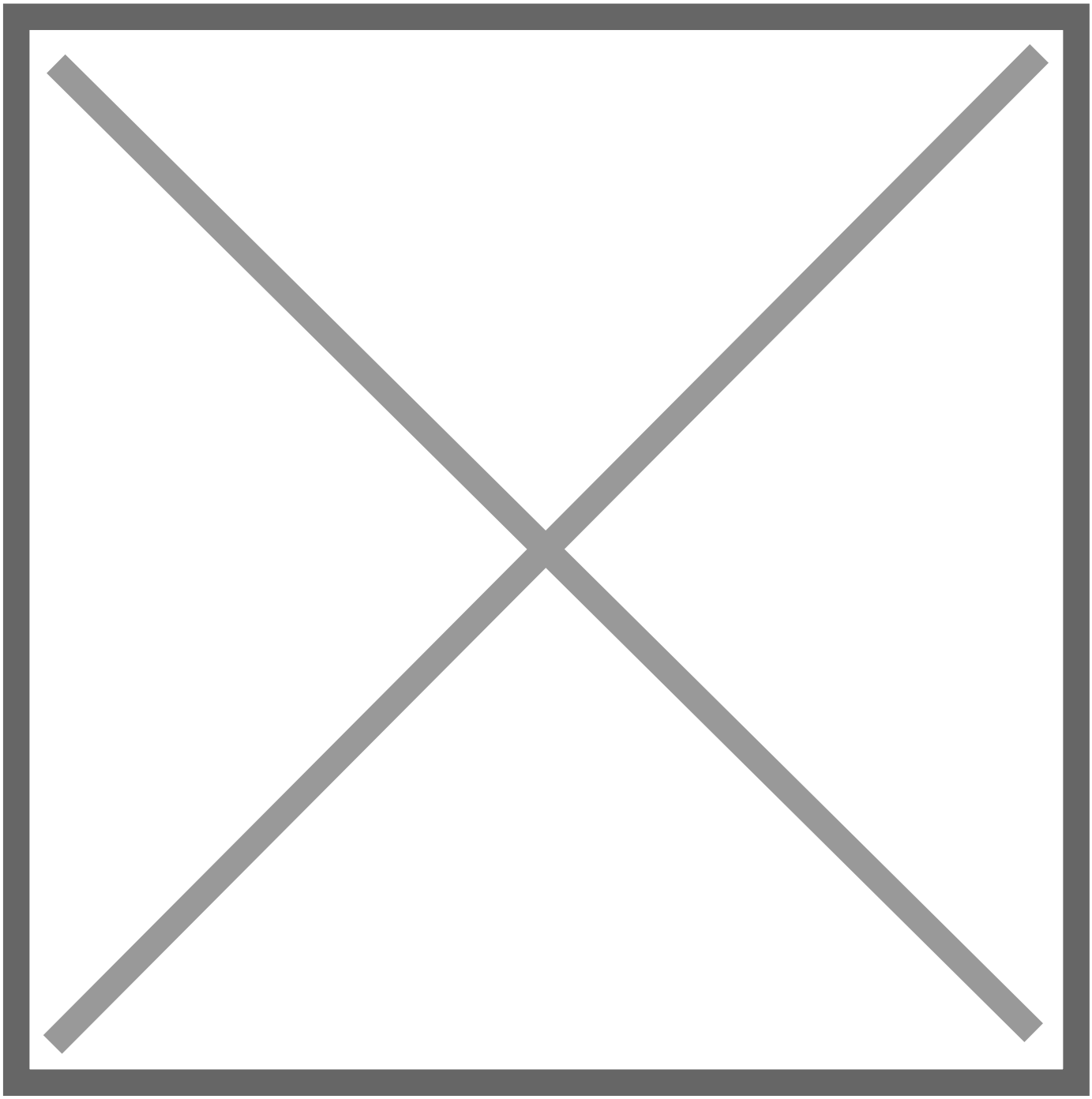


Survey type:	
Sample size:	
Area covered:	
References:	Kosovo Agency of Statistics and UNICEF. 2020. 2019–2020 Kosovo Multiple Indicator Cluster Survey and 2019– 2020 Roma, Ashkali and Eg Indicator Cluster Survey, Survey Findings Report. Prishtina, Kosovo: Kosovo Agency of Statistics and UNICEF. Avail prod.s3.amazonaws.com/MICS6/Europe%20and%20Central%20Asia/Kosovo%20under%20UN 2020/Survey%20findings/Kosovo%20%28UNSCR%201244%29%20%28National%20and%20Roma%2C%20Ashkali%20and%20Egyptian%20 20%20MICS-SFR_English.pd

Notes:	Infants Pre-Primary and Lower Secondary were exclud
Definitions:	Weight fo
Cutoffs:	

Overweight/obesity by region

0-5 years, 2019-2020

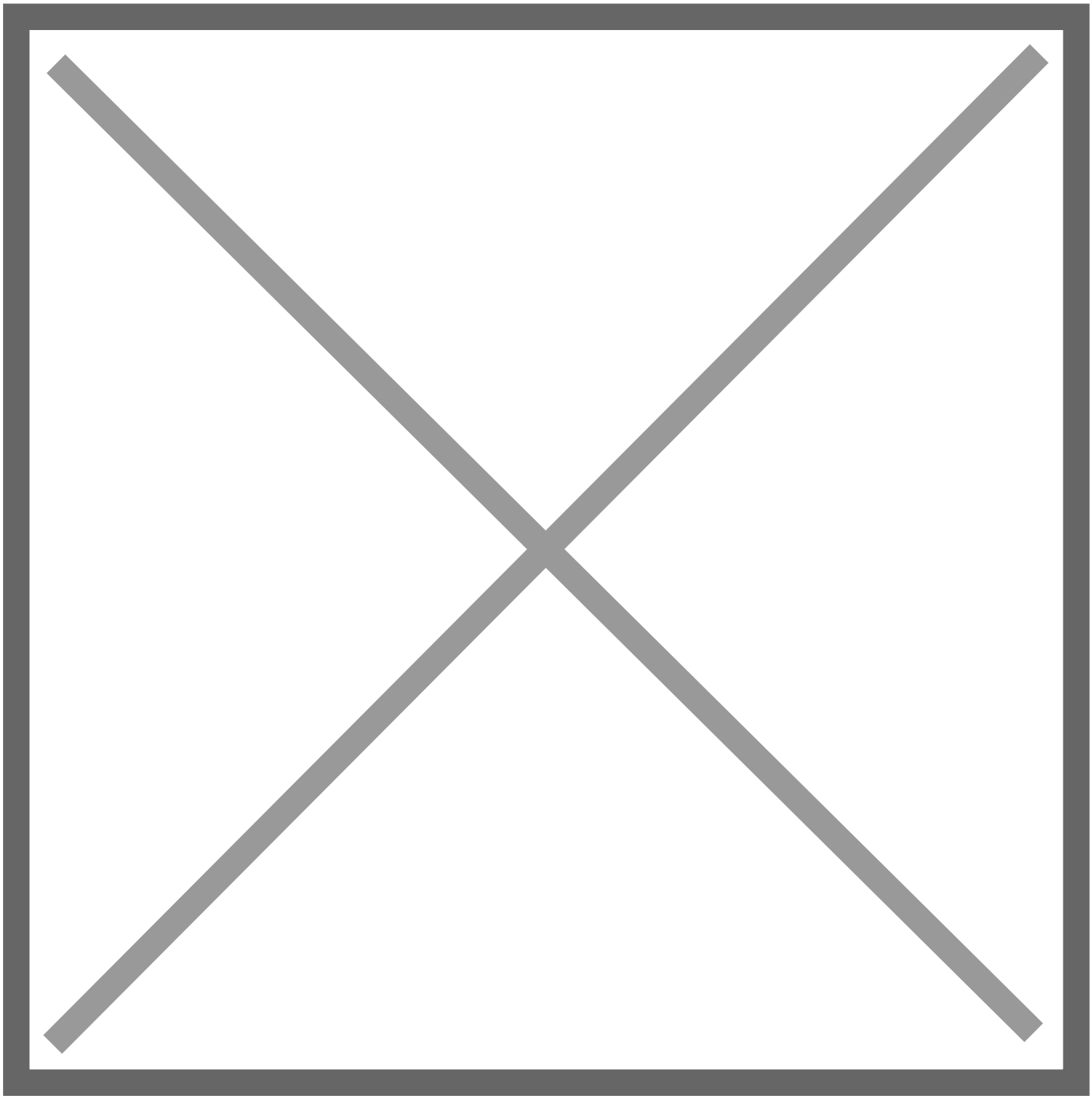


Survey type:	
Sample size:	
Area covered:	
References:	Kosovo Agency of Statistics and UNICEF. 2020. 2019–2020 Kosovo Multiple Indicator Cluster Survey and 2019– 2020 Roma, Ashkali and Eg Indicator Cluster Survey, Survey Findings Report. Prishtina, Kosovo: Kosovo Agency of Statistics and UNICEF. Avail prod.s3.amazonaws.com/MICS6/Europe%20and%20Central%20Asia/Kosovo%20under%20UN 2020/Survey%20findings/Kosovo%20%28UNSCR%201244%29%20%28National%20and%20Roma%2C%20Ashkali%20and%20Egyptian%20 20%20MICS-SFR_English.pd

Notes:	
Definitions:	Weight fo

Overweight/obesity by socio-economic group

0-5 years, 2019-2020

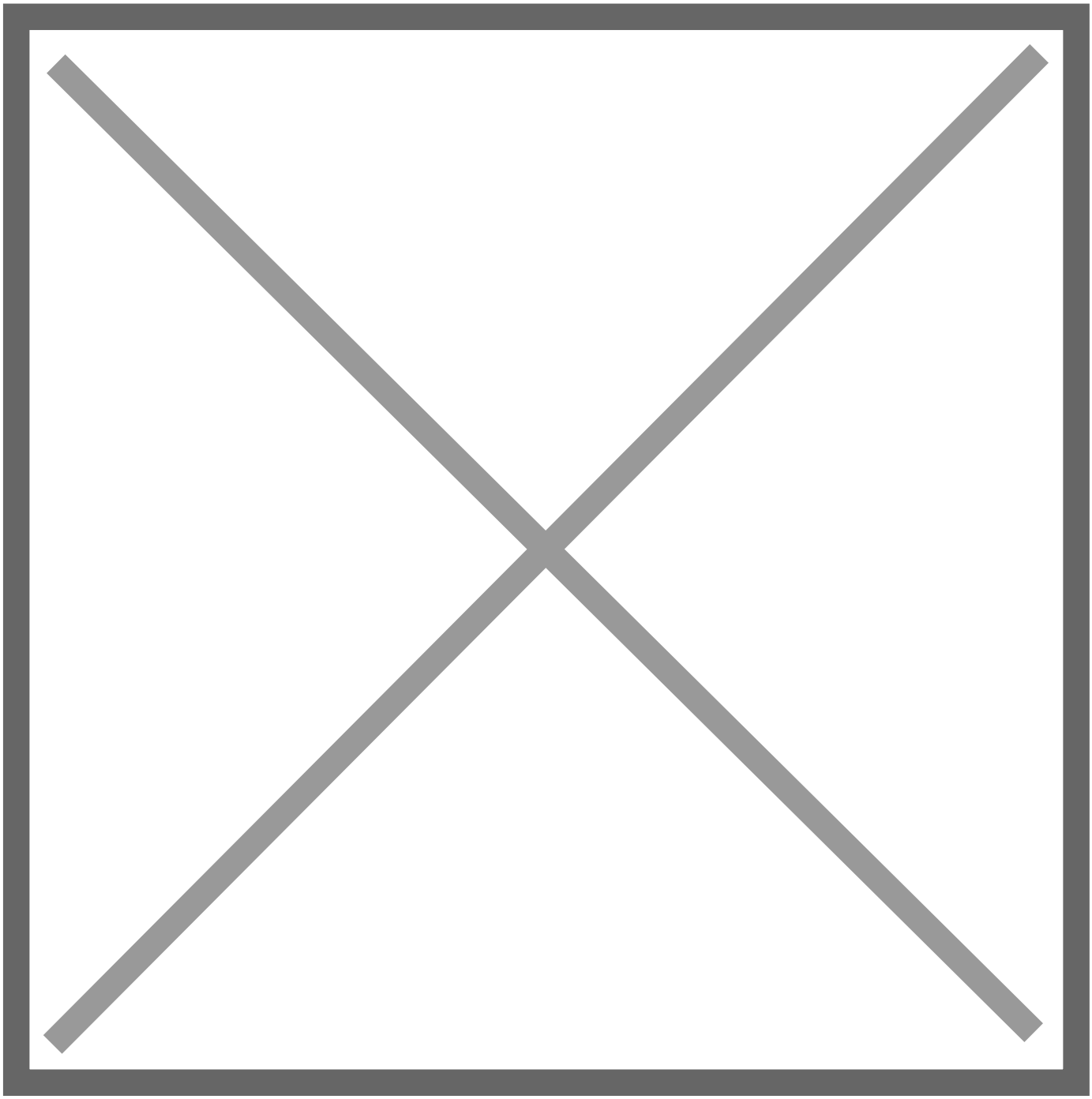


Survey type:	
Sample size:	
Area covered:	
References:	Kosovo Agency of Statistics and UNICEF. 2020. 2019–2020 Kosovo Multiple Indicator Cluster Survey and 2019– 2020 Roma, Ashkali and Eg Indicator Cluster Survey, Survey Findings Report. Prishtina, Kosovo: Kosovo Agency of Statistics and UNICEF. Avail prod.s3.amazonaws.com/MICS6/Europe%20and%20Central%20Asia/Kosovo%20under%20UN 2020/Survey%20findings/Kosovo%20%28UNSCR%201244%29%20%28National%20and%20Roma%2C%20Ashkali%20and%20Egyptian%20 20%20MICS-SFR_English.pd

Notes:	
Definitions:	Weight fo
Cutoffs:	

Average weekly frequency of fast food consumption

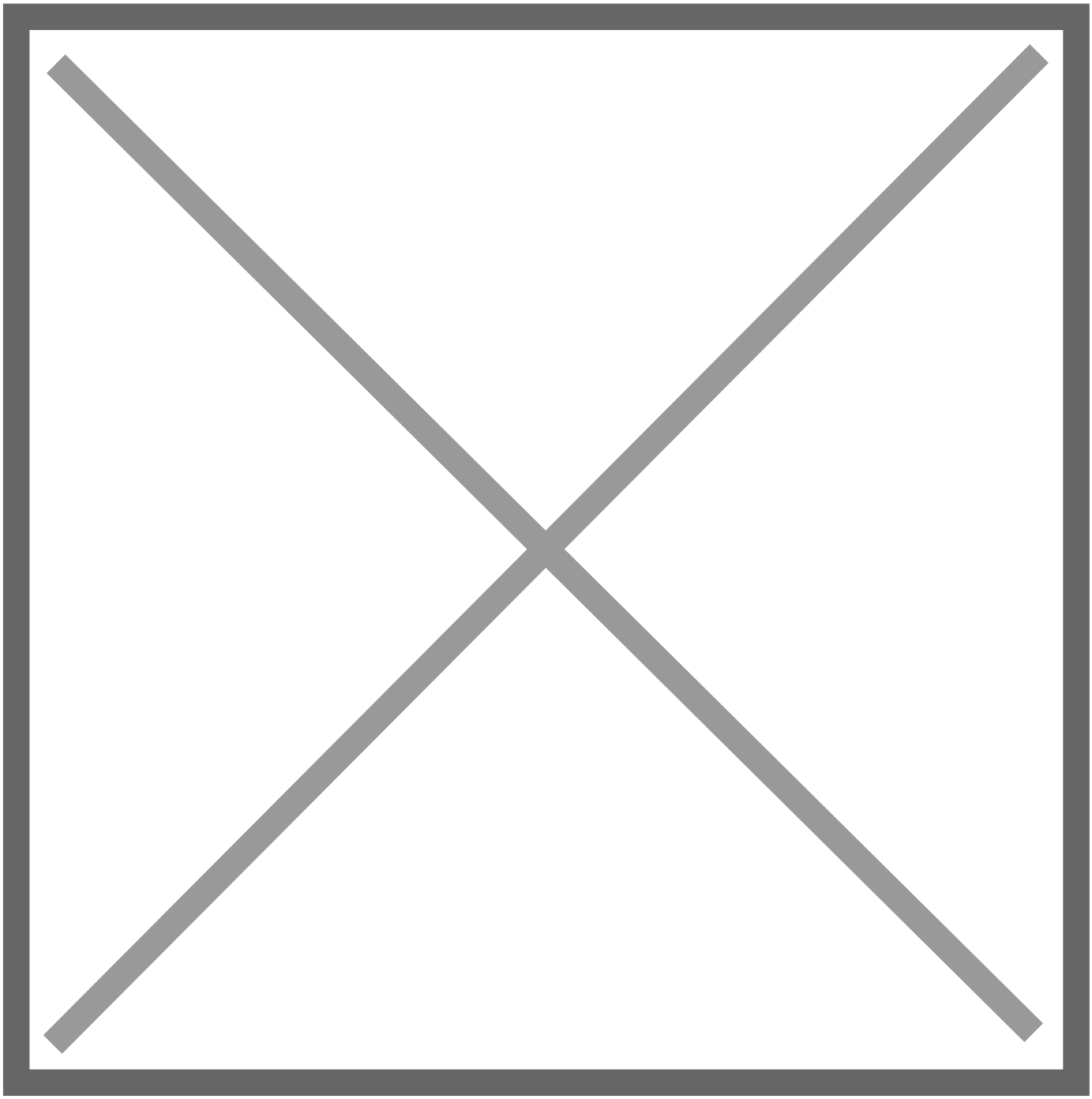
Adults, 2021-2024



Survey type:	Self-reported
Age:	15+
Sample size:	1000
Area covered:	National
References:	Global Diet Quality Project. 2024. "DQQ Results Dataset 2021-2024." Harvard Dataverse. https://doi.org/doi:10.7910/DVN/KY3W8A Licence: CC BY-NC-SA 4.0. Accessed at dietquality.org on October 15, 2025.

Notes:	For more global dietary survey data, visit the Global Diet Quality Project website at https://www.dietquality.org/
Definitions:	Proportion of the population who consumed fast food during the previous day or night (self-reported)

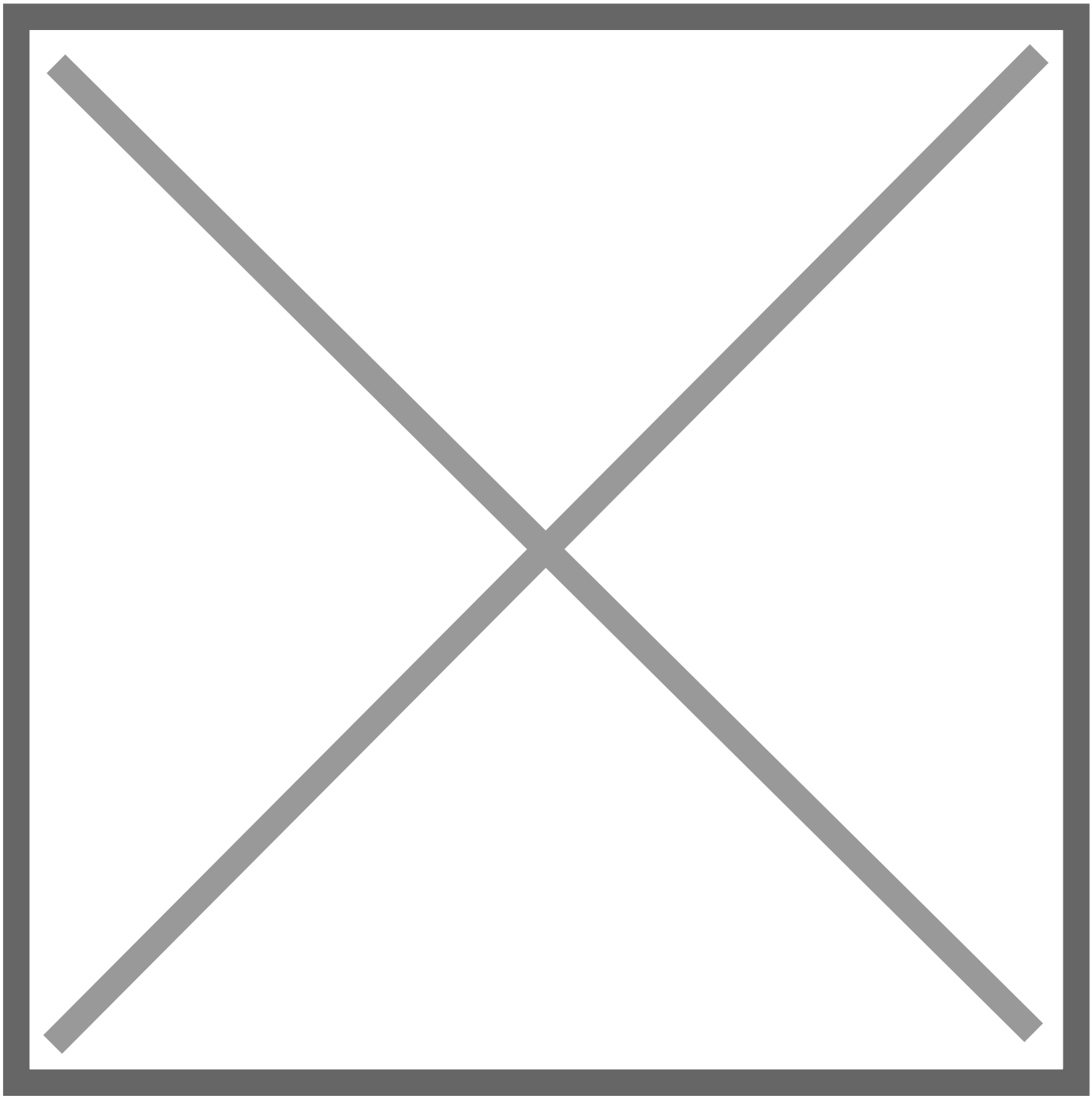
Men, 2021-2024



Survey type:	Self-reported
Age:	15+
Sample size:	1000
Area covered:	National
References:	Global Diet Quality Project. 2024. "DQQ Results Dataset 2021-2024." Harvard Dataverse. https://doi.org/doi:10.7910/DVN/KY3W8A Licence: CC BY-NC-SA 4.0. Accessed at dietquality.org on October 15, 2025.

Notes:	For more global dietary survey data, visit the Global Diet Quality Project website at https://www.dietquality.org/
Definitions:	Proportion of the population who consumed fast food during the previous day or night (self-reported)

Women, 2021-2024

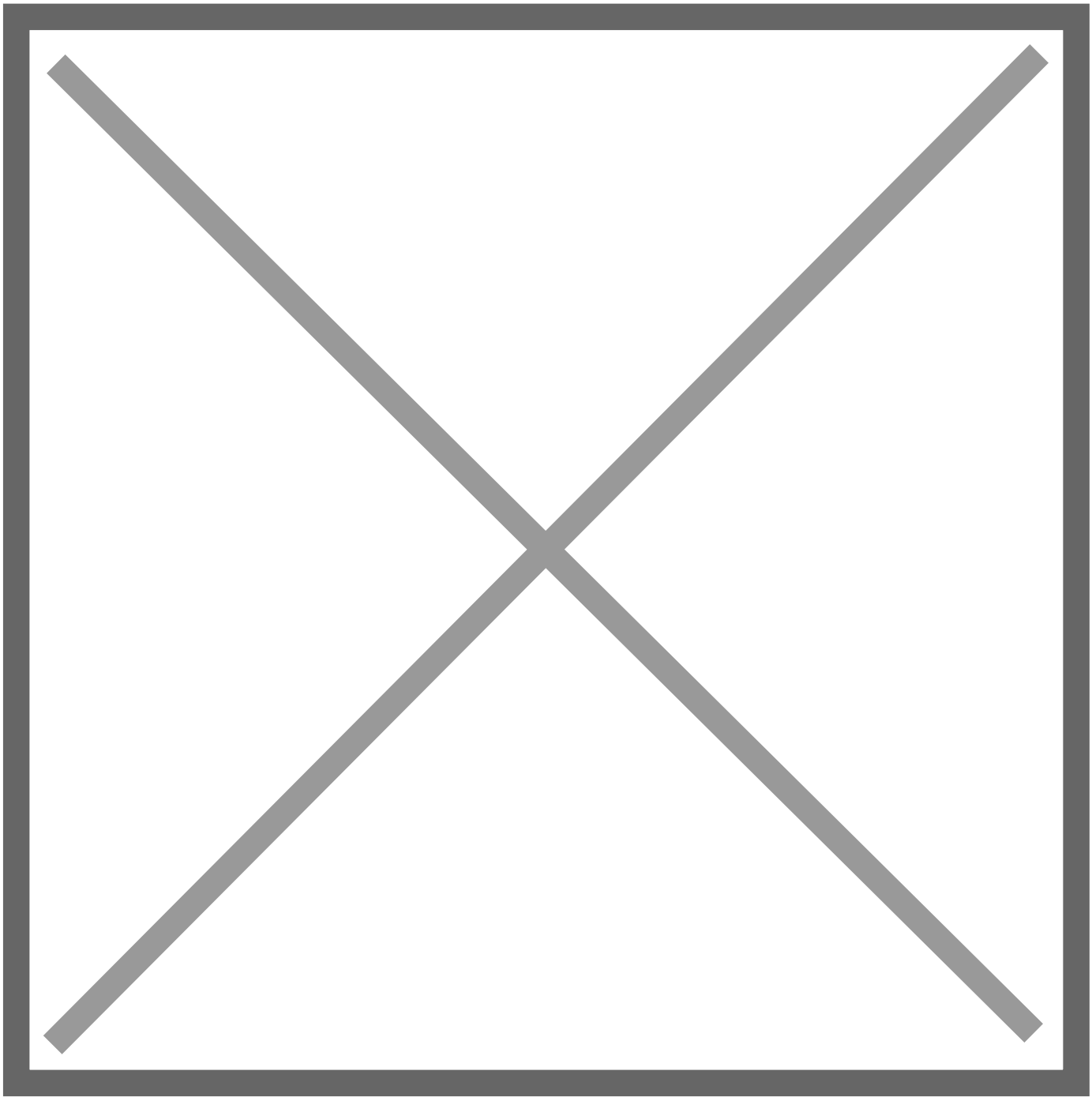


Survey type:	Self-reported
Age:	15+
Sample size:	1000
Area covered:	National
References:	Global Diet Quality Project. 2024. "DQQ Results Dataset 2021-2024." Harvard Dataverse. https://doi.org/doi:10.7910/DVN/KY3W8A Licence: CC BY-NC-SA 4.0. Accessed at dietquality.org on October 15, 2025.

Notes:	For more global dietary survey data, visit the Global Diet Quality Project website at https://www.dietquality.org/
Definitions:	Proportion of the population who consumed fast food during the previous day or night (self-reported)

Diabetes prevalence

Adults, 2024



References: Reproduced with kind permission International Diabetes Federation. IDF Diabetes Atlas, 11th edn. Brussels, Belgium:International Diabetes Federation, 2025. http://www.diabetesatlas.org

PDF created on August 21, 2026