Fattori Lituania

High income

Report cards

Our report cards collate all the most-recent graphics for this country. If you would like to produce a custom report based on selected graphics, just tap the Add to custom PDF button below the graphics you would like to use.

Report card (adult data)

Report card (child data)





Attività fisica insufficiente

Adulti, 2022



Tipo di sondaggio:	Auto-riferito
Età:	18+
Area coperta:	Nazionale



Riferimenti:	WHO (2024). Prevalence of insufficient physical activity among adults aged 18-years age-standardized estimate in 2022. Available at <u>https://www.who.int/data/gho/data/indicators/indicator-details/GHO/prevalence-of-insufficient-physical-activity-among-adults-aged-18-years-</u> (age-standardized-estimate)-(-)
Definizioni (disponibile solo in inglese):	Percent of population attaining less than 150 minutes of moderate-intensity physical activity per week, or less than 75 minutes of vigorous-intensity physical activity per week, or equivalent.



Uomini, 2022

Tipo di sondaggio:	Auto-riferito
Età:	18+
Area coperta:	Nazionale
Riferimenti:	WHO (2024). Prevalence of insufficient physical activity among adults aged 18-years age-standardized estimate in 2022.

Available at https://www.who.int/data/gho/data/indicators/indicator-details/GHO/prevalence-of-insufficient-physicalactivity-among-adults-aged-18-years-(age-standardized-estimate)-(-)



Percent of population attaining less than 150 minutes of moderate-intensity physical activity per week, or less than 75 minutes of vigorous-intensity physical activity per week, or equivalent.



Donne, 2022

Tipo di sondaggio:	Auto-riferito
Età:	18+
Area coperta:	Nazionale
Riferimenti:	WHO (2024). Prevalence of insufficient physical activity among adults aged 18-years age-standardized estimate in 2022.

Available at https://www.who.int/data/gho/data/indicators/indicator-details/GHO/prevalence-of-insufficient-physicalactivity-among-adults-aged-18-years-(age-standardized-estimate)-(-)



Percent of population attaining less than 150 minutes of moderate-intensity physical activity per week, or less than 75 minutes of vigorous-intensity physical activity per week, or equivalent.



Ragazzi, 2022

Nazionale

Area coperta:

Riferimenti:

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.



Note (disponibile solo in inglese):

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(disponibile solo in inglese): 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.

% reporting less than 60 minutes of MVPA daily



Ragazze, 2022



Nazionale

Area coperta:

Riferimenti:

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.



Note (disponibile solo in inglese):

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.

Definizioni (disponibile solo in inglese):

% reporting less than 60 minutes of MVPA daily



Consumo di zucchero

Adulti, 2016



Riferimenti:

Definizioni (disponibile solo in inglese): Source: Euromonitor International

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



Assunzione stimata pro capite di bevande zuccherate

Adulti, 2016



Riferimenti:

Source: Euromonitor International



Prevalenza del consumo almeno giornaliero di bibite gassate

Ragazzi, 2021-2022



Nazionale

Area coperta: Riferimenti:

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



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



Ragazze, 2021-2022

Nazionale

Area coperta: Riferimenti:

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

Definizioni (disponibile solo in inglese): Proportion who reported drinking sugary soft drinks daily (at least once)



Prevalenza del consumo di dolciumi

Adulti, 2016



Riferimenti:

Source: Euromonitor International

Definizioni (disponibile solo in inglese): Prevalence of confectionery consumption (Number of 50g confectionery portions/person/month)



Prevalenza del consumo di spuntini dolci/salati

Adulti, 2016



Riferimenti:

Source: Euromonitor International

Definizioni (disponibile solo in inglese): Prevalence of sweet/savoury snack consumption (Number of 35g sweet/savoury snack portions/person/month)



Estimated per capita fruit intake

Adulti, 2017



Tipo di sondaggio:	Misurato
Età:	25+
Riferimenti:	Global Burden of Disease, the Institute for Health Metrics and Evaluation http://ghdx.healthdata.org/



Estimated per-capita fruit intake (g/day)



Prevalenza di un consumo di frutta inferiore a 1 volta al giorno

Bambini, 2014



Tipo di sondaggio: Misurato



Riferimenti:

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. <u>https://doi.org/10.1177/0379572119848287</u>. Sourced from Food Systems Dashboard <u>http://www.foodsystemsdashboard.org/food-system</u>

Definizioni (disponibile solo in inglese): Prevalence of less-than-daily fruit consumption (% less-than-daily fruit consumption)



Prevalenza di un consumo di verdura inferiore a 1 volta al giorno

Bambini, 2014





Riferimenti:	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. <u>https://doi.org/10.1177/0379572119848287</u> sourced from Food Systems Dashboard <u>http://www.foodsystemsdashboard.org/food-system</u>
Definizioni (disponibile solo in inglese):	Prevalence of less-than-daily vegetable consumption (% less-than-daily vegetable consumption)



Assunzione stimata pro capite di carni lavorate

Adulti, 2017



Tipo di sondaggio:	Misurato
Età:	25+
Riferimenti:	Global Burden of Disease, the Institute for Health Metrics and Evaluation http://ghdx.healthdata.org/



Estimated per-capita processed meat intake (g per day)



Estimated per capita whole grains intake

Adulti, 2017



Tipo di sondaggio:	Misurato
Età:	25+
Riferimenti:	Global Burden of Disease, the Institute for Health Metrics and Evaluation http://ghdx.healthdata.org/



Estimated per-capita whole grains intake (g/day)



Salute mentale - disturbi depressivi

Adulti, 2021



Età:	20+
Area coperta:	Nazionale
Riferimenti:	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)



Number living with depression per 100,000 population (adults 20+ years)



Uomini, 2021



20+

Nazionale

Area coperta: Riferimenti:

Età:

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 <u>http://vizhub.healthdata.org/gbd-</u> <u>compare.</u> (Last accessed 23.04.25)



Number living with depression per 100,000 population (adults 20+ years)



Donne, 2021



20+

Nazionale

Area coperta:

Età:

Riferimenti:

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 <u>http://vizhub.healthdata.org/gbd-</u> <u>compare.</u> (Last accessed 23.04.25)



Number living with depression per 100,000 population (adults 20+ years)



Bambini, 2021

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Nazionale

Area coperta:

Riferimenti:

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/gbdcompare. (Last accessed 23.04.25)

Definizioni (disponibile solo in inglese): Number living with depressive disorder per 100,000 population (Under 20 years of age)



Ragazzi, 2021

Nazionale

Area coperta:

Riferimenti:

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/gbdcompare. (Last accessed 23.04.25)

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

Definizioni (disponibile solo in inglese):



Ragazze, 2021

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Nazionale

Area coperta:

Riferimenti:

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/gbdcompare. (Last accessed 23.04.25)

Definizioni (disponibile solo in inglese): Number living with depressive disorder per 100,000 population (Under 20 years of age)



Salute mentale - disturbi d'ansia

Adulti, 2021

Riferimenti:



20+

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).



Number living with anxiety per 100,000 population



Uomini, 2021



20+

Riferimenti:

Età:

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 <u>http://vizhub.healthdata.org/gbd-</u> <u>compare.</u> (Last accessed 23.04.25).

Definizioni (disponibile solo in inglese):

Number living with anxiety per 100,000 population



Donne, 2021



20+

Number living with anxiety per 100,000 population

Riferimenti:

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/gbdcompare. (Last accessed 23.04.25).

Definizioni (disponibile solo in inglese):

41



Bambini, 2021

Riferimenti:

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 <u>http://vizhub.healthdata.org/gbd-</u> compare. (Last accessed 23.04.25)



Ragazzi, 2021

Riferimenti:

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 <u>http://vizhub.healthdata.org/gbd-</u> compare. (Last accessed 23.04.25)



Ragazze, 2021

Riferimenti:

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 <u>http://vizhub.healthdata.org/gbd-</u> compare. (Last accessed 23.04.25)



Percent of population who cannot afford a healthy diet

Adulti, 2022



Nazionale

Area coperta: Riferimenti:

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. <u>https://www.foodsystemsdashboard.org.</u> DOI: <u>https://doi.org/10.36072/db.</u>

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