



Lietuva



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/lithuania-124/>.

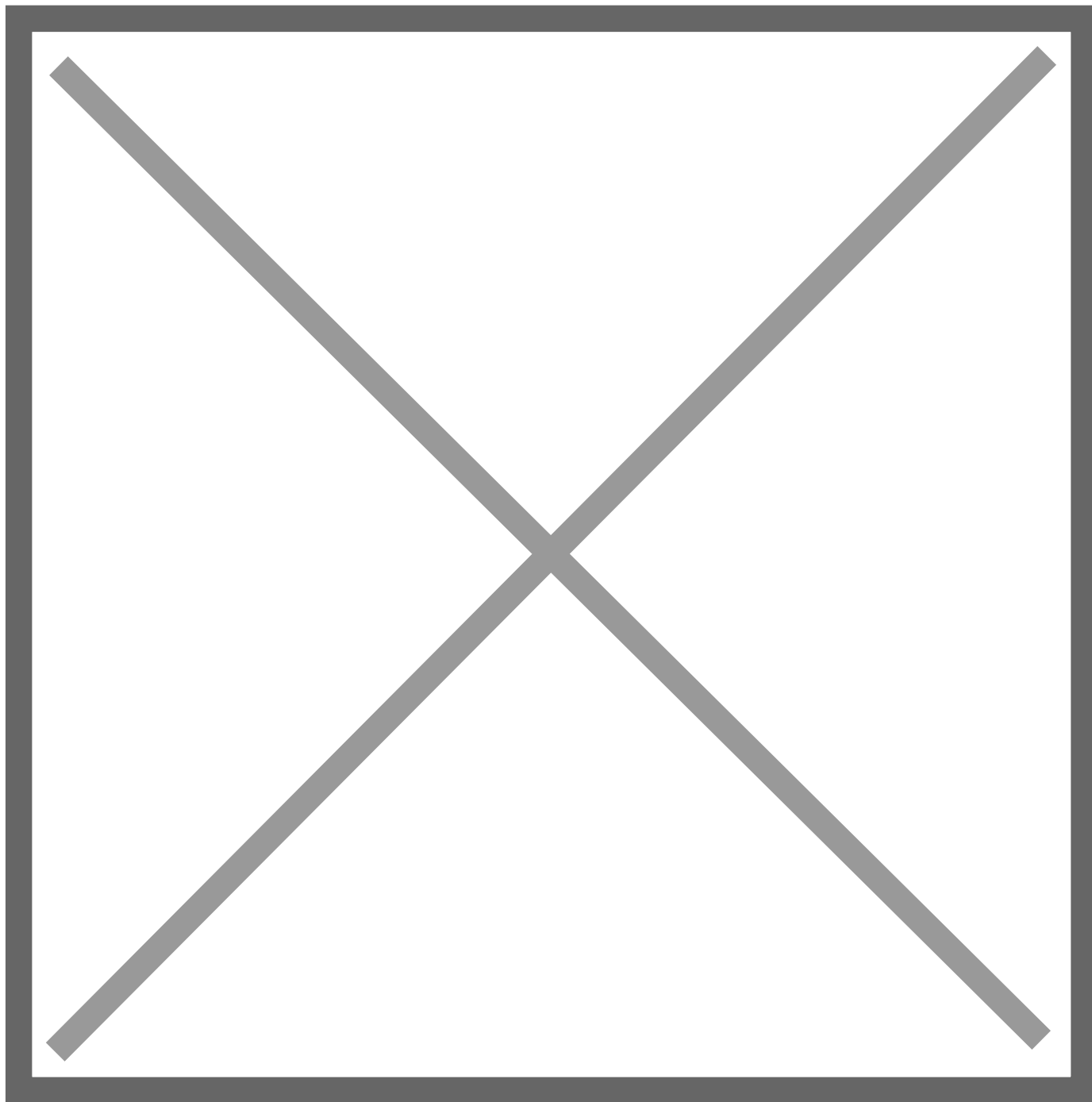
Nacionalinė nutukimo rizika *7,5/10 This is a composite obesity risk score (out of 10, the highest risk) based on obesity prevalence, rate of increase, likelihood of meeting the 2025 target, treatment indicator and childhood stunting levels.

Nutukimo vaikystėje rizika *7/11 This is a risk score for each country's likelihood of having or acquiring a major childhood obesity problem during the 2020s, taking account of current prevalence levels and risk for future obesity (based on stunting among infants, maternal obesity, maternal smoking, and breastfeeding rates).

* Remiantis apskaičiuotais duomenimis. Daugiau informacijos rasite publikaciją³ skiltyje

Nutukimo paplitimas

Vaikai, 2022-2024



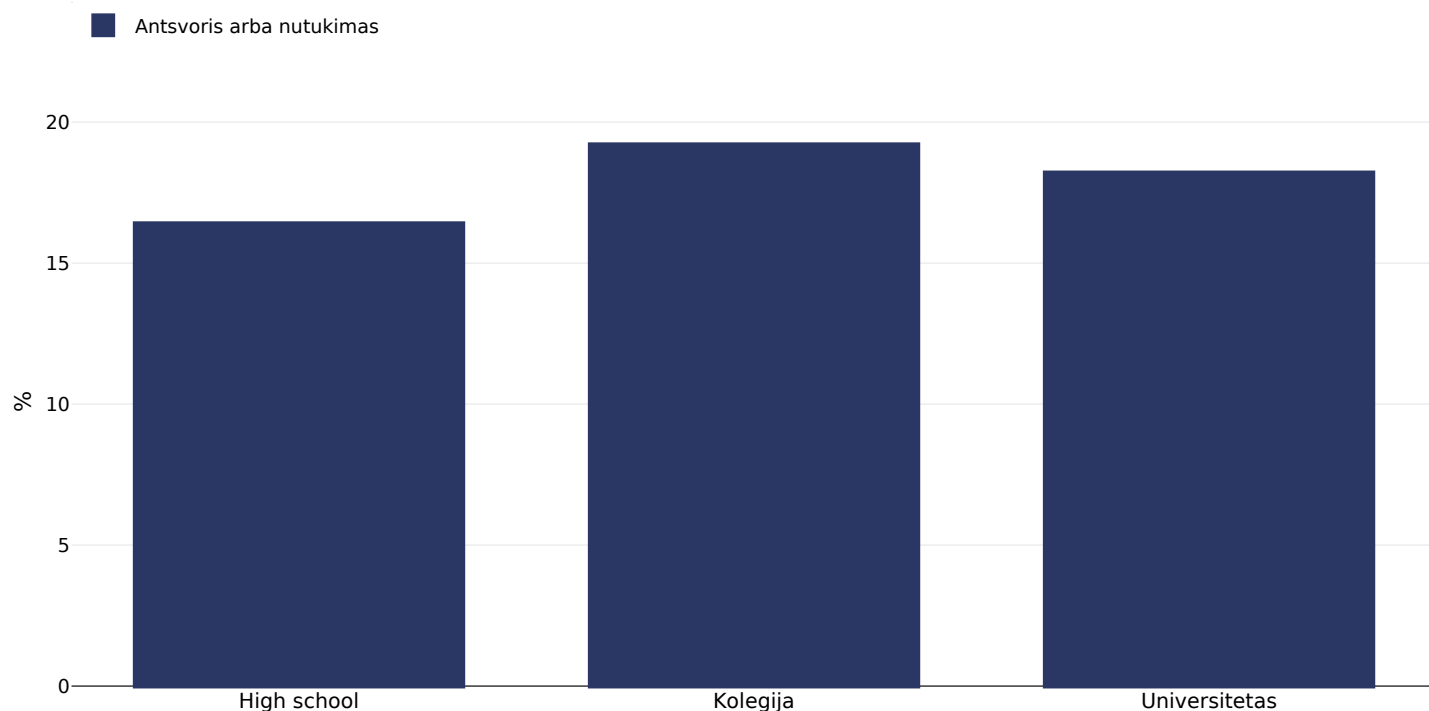
Tyrimo tipas:	Išmatuotas
Amžius:	7
Teritorija:	Nacionalinis
Nuorodos:	WHO European Childhood Obesity Surveillance Initiative (COSI): A brief review of results from round 6 of COSI (2022-2024). Copenhagen: WHO Regional Office for Europe; 2024. Licence: CC BY-NC-SA 3.0 IGO.

Cutoffs:

WHO 2007

Antsvoris / nutukimas pagal išsilavinimą

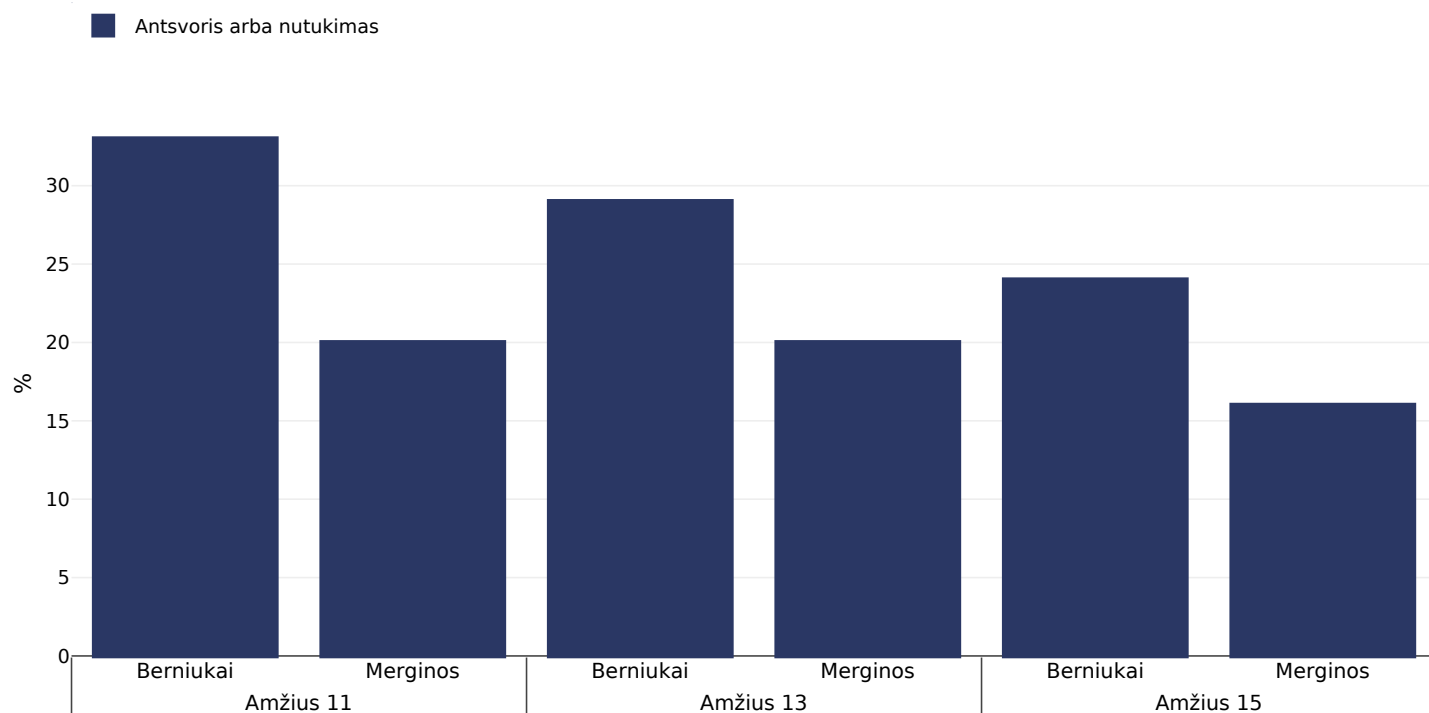
Vaikai, 2010



Tyrimo tipas:	Išmatuotas
Amžius:	9-10
Imties dydis:	4810
Nuorodos:	Visuomenės S (2013) LIETUVOS JAUNESNIOJO MOKYKLINIO AMŽIAUS VAIKŲ; ANTROPOMETRINIAI RODIKLIAI IR JŲ; SĄJOS SU SOCIALINIAIS IR GYVENSENOS VEIKSNIAIS http://vddb.laba.lt/fedora/get/LT-eLABa-0001:E.02~2013~D_20130919_143656-85087/DS.005.0.02.ETD (last accessed 9th June 2015)
Pastabos (tik anglų k.):	Prevalence based on Mothers education level.
Cutoffs:	Other

Antsvoris / nutukimas pagal amžių

Vaikai, 2021-2022



Tyrimo tipas:

Deklaravo patys

Teritorija:

See Report

Nuorodos:

Rakić Ć, 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'

Pastabos (tik anglų k.):

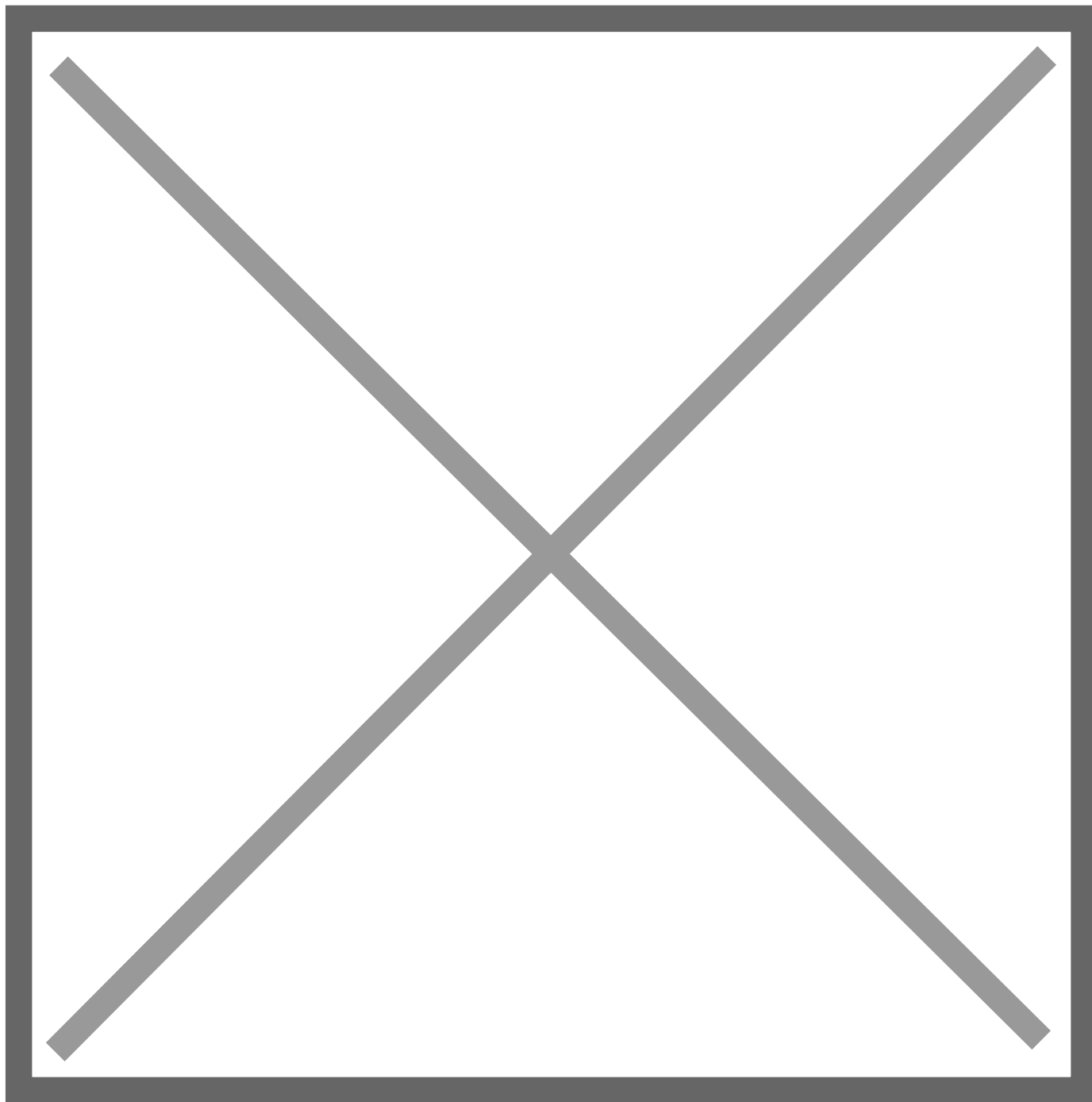
HBSC aims to survey approximately 1500 pupils per age group in each country or region (totaling around 4500)

Cutoffs:

+2SD

Antsvoris / nutukimas pagal regioną

Vaikai, 2019-2020



Tyrimo tipas:	Išmatuotas
Amžius:	7-17
Imties dydis:	295,086
Teritorija:	Nacionalinis

Nuorodos:

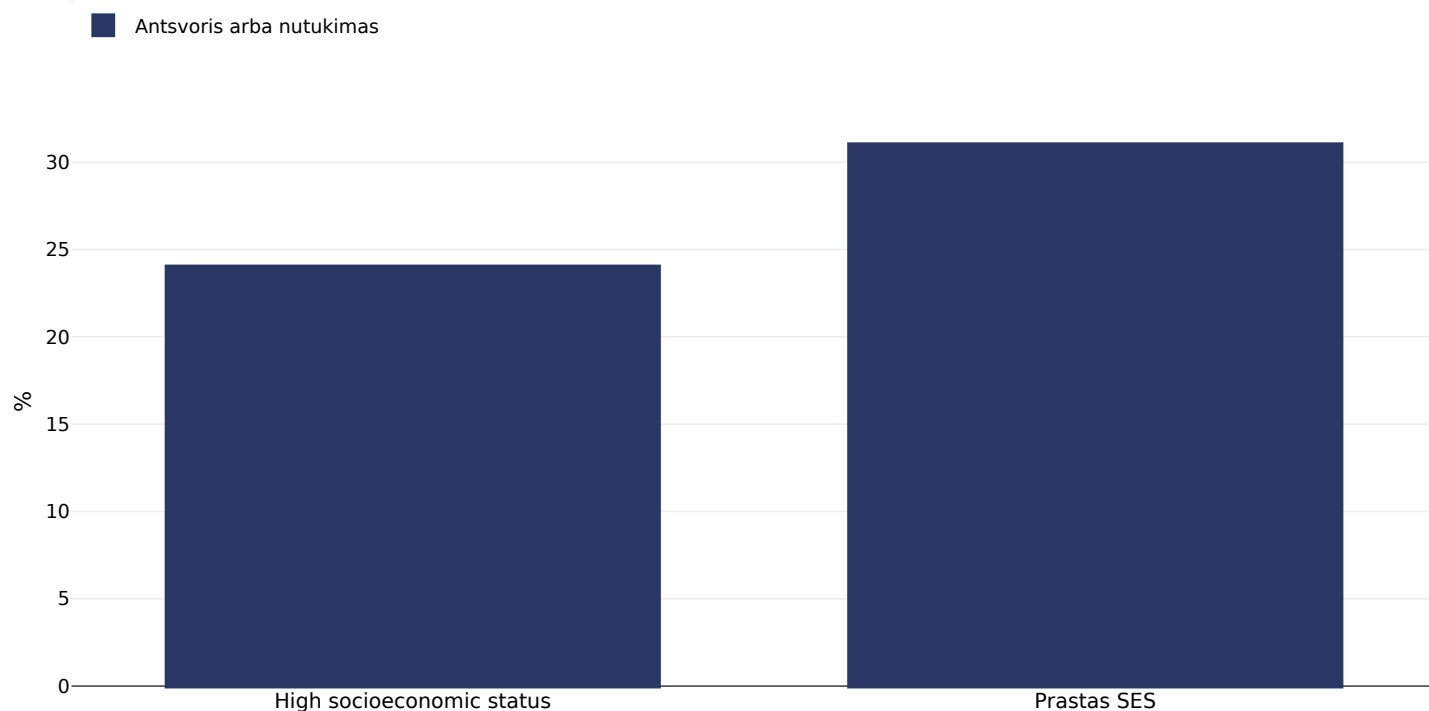
LR sveikatos apsaugos ministro (2020). VAIku SVEIKATA 2019. Available at:
https://hi.lt/uploads/pdf/leidiniai/Statistikos/Vaiku_sveikata/Vaik%C5%B3%20sveikata%202019.pdf. Last accessed
18.05.21.

Cutoffs:

Other

Antsvoris / nutukimas pagal socialinį -ekonominį būklę

Berniukai, 2021-2022



Tyrimo tipas:

Deklaravo patys

Amžius:

11-15

Nuorodos:

Raki? 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'

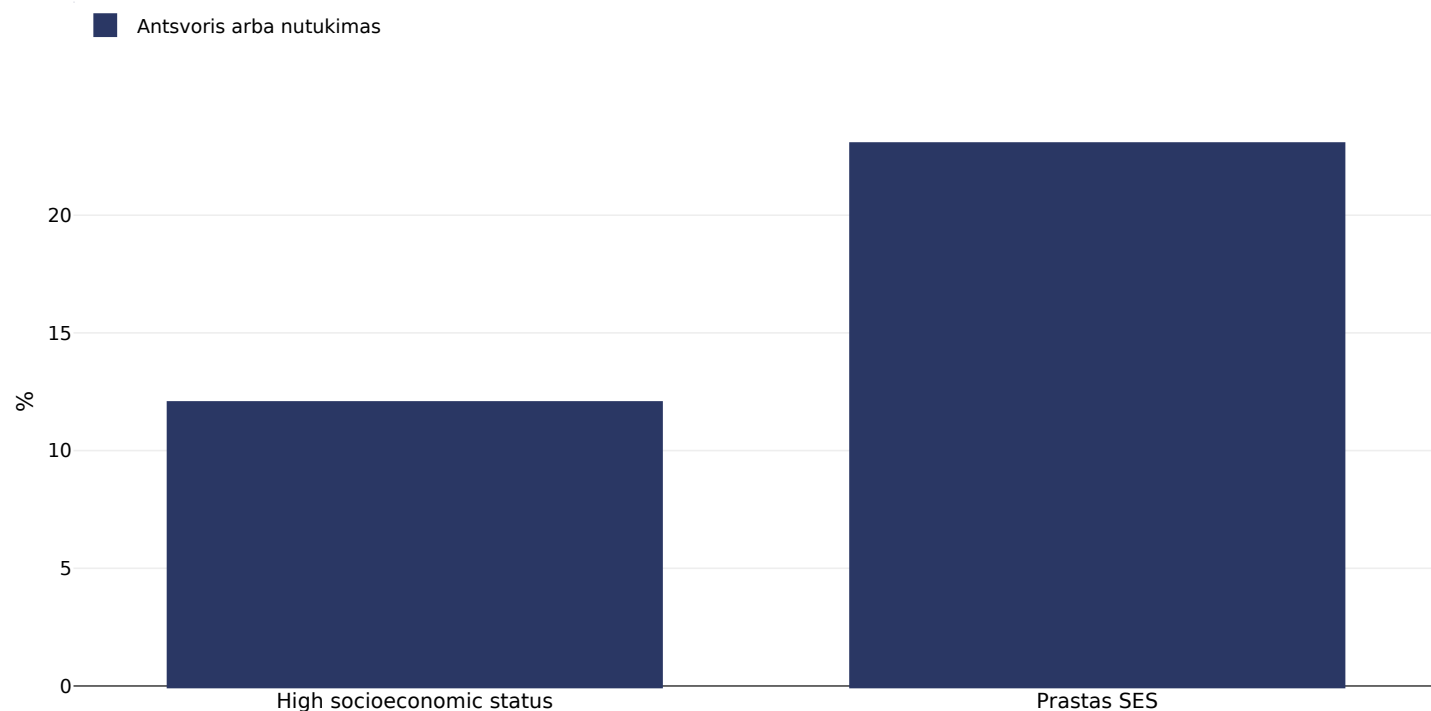
Pastabos (tik anglų k.):

Family affluence scaleHBSC aims to survey approximately 1500 pupils per age group in each country or region (totaling around 4500)

Cutoffs:

+2SD

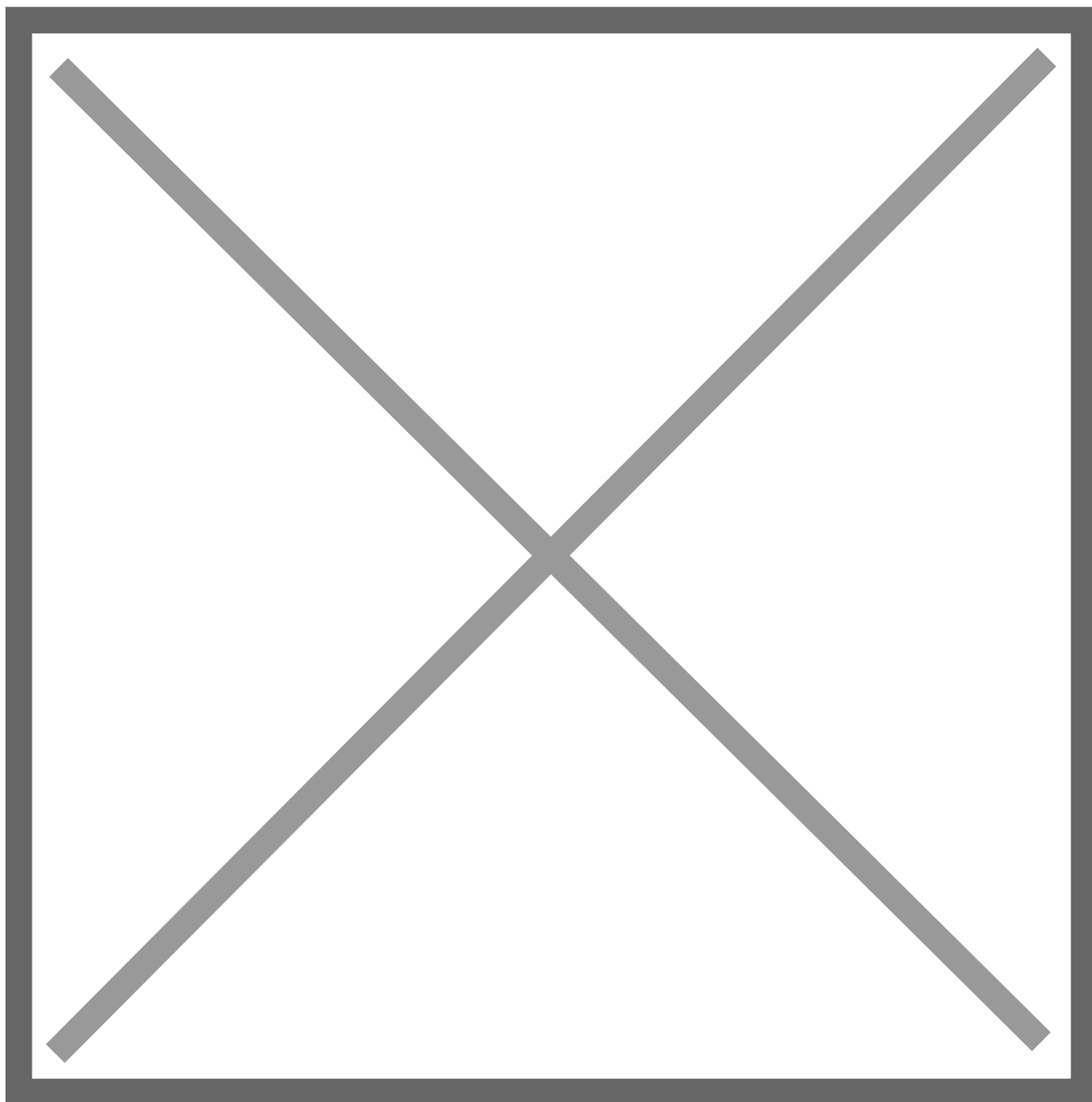
Merginos, 2021-2022



Tyrimo tipas:	Deklaravo patys
Amžius:	11-15
Nuorodos:	Raki? 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'
Pastabos (tik anglų k.):	Family affluence scaleHBSC aims to survey approximately 1500 pupils per age group in each country or region (totaling around 4500)
Cutoffs:	+2SD

Double burden of underweight & overweight

Vaikai, 2022



Tyrimo tipas:

Išmatuotas

Amžius:

5-19

Nuorodos:

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](https://doi.org/10.1016/S0140-6736(23)02750-2).

Pastabos (tiksliai k.):

Age standardised estimates

Apibrėžimai (angl. k.):

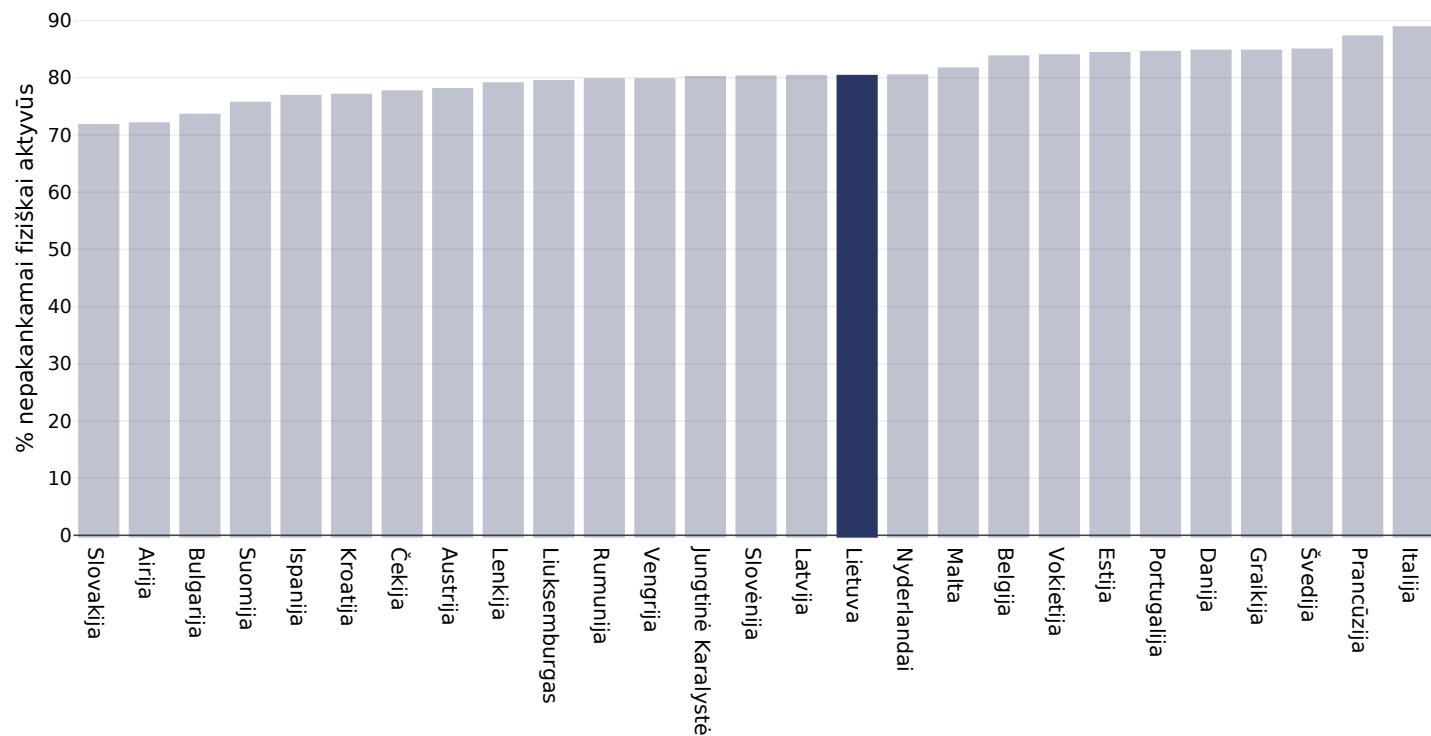
Combined prevalence of BMI < -2SD and BMI > 2SD (double burden of thinness and obesity)

Cutoffs:

BMI < -2SD and BMI > 2SD

Nepakankamas fizinis aktyvumas

Vaikai, 2016



Tyrimo tipas:

Deklaravo patys

Amžius:

11-17

Nuorodos:

Global Health Observatory data repository, World Health Organisation, <https://apps.who.int/gho/data/node.main.A893ADO?lang=en> (last accessed 16.03.21)

Pastabos (tik anglų k.):

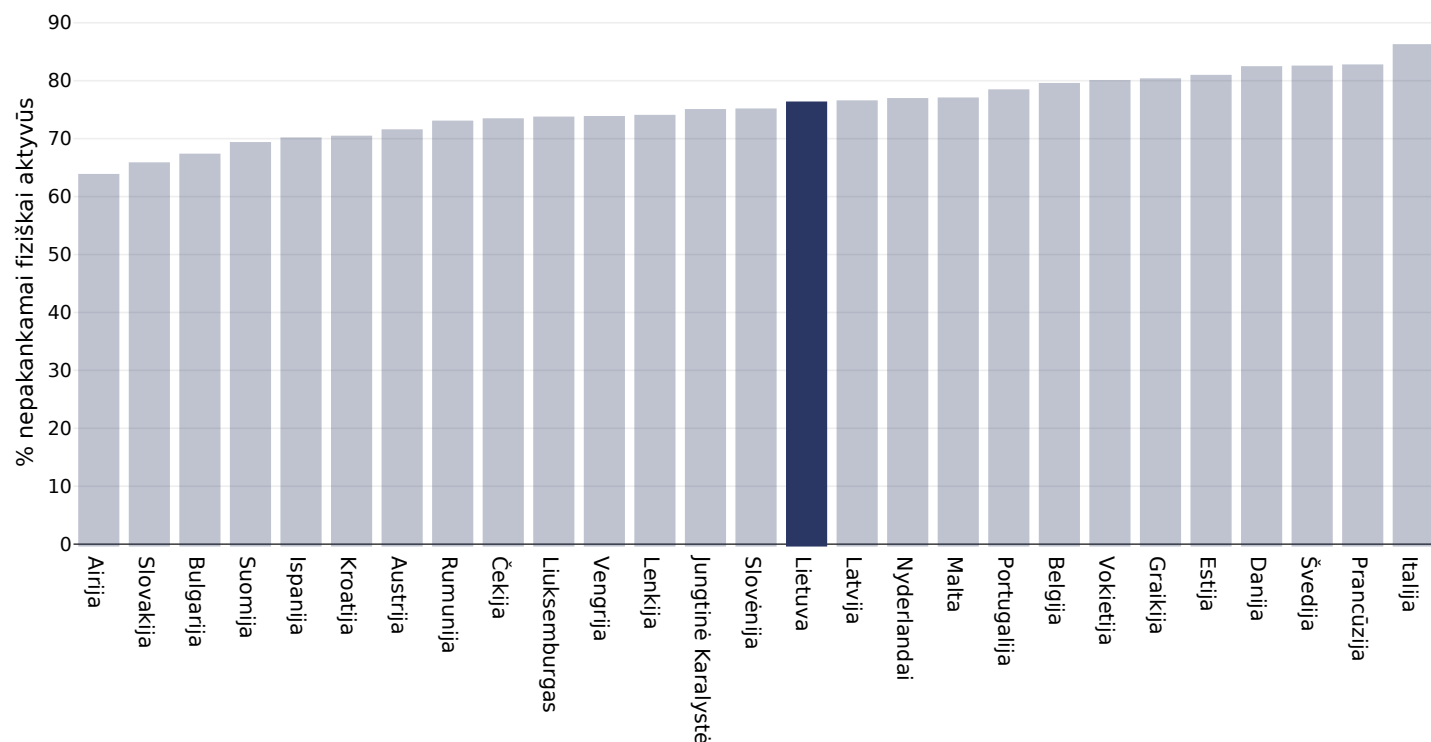
% of school going adolescents not meeting WHO recommendations on Physical Activity for Health, i.e. doing less than 60 minutes of moderate- to vigorous-intensity physical activity daily.

Apibrėžimai

(anglų k.):

% Adolescents insufficiently active (age standardised estimate)

Berniukai, 2016



Tyrimo tipas:

Deklaravo patys

Amžiaus:

11-17

Nuorodos:

Global Health Observatory data repository, World Health Organisation,
<https://apps.who.int/gho/data/node.main.A893ADO?lang=en> (last accessed 16.03.21)

Pastabos (tik anglų k.):

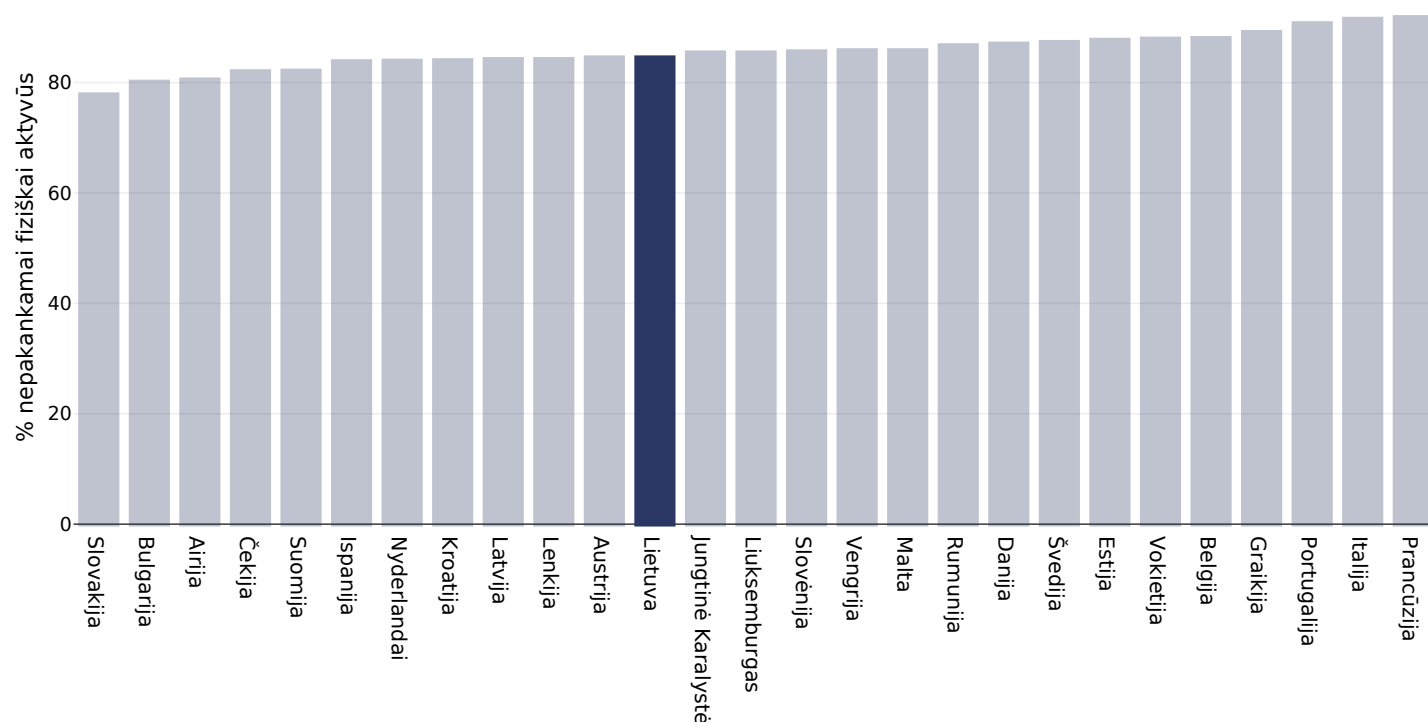
% of school going adolescents not meeting WHO recommendations on Physical Activity for Health, i.e. doing less than 60 minutes of moderate- to vigorous-intensity physical activity daily.

Apibrėžimai

% Adolescents insufficiently active (age standardised estimate)

(anglų k.):

Merginos, 2016



Tyrimo tipas:

Deklaravo patys

Amžius:

11-17

Nuorodos:

Global Health Observatory data repository, World Health Organisation,
<https://apps.who.int/gho/data/node.main.A893ADO?lang=en> (last accessed 16.03.21)

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% of school going adolescents not meeting WHO recommendations on Physical Activity for Health, i.e. doing less than 60 minutes of moderate- to vigorous-intensity physical activity daily.

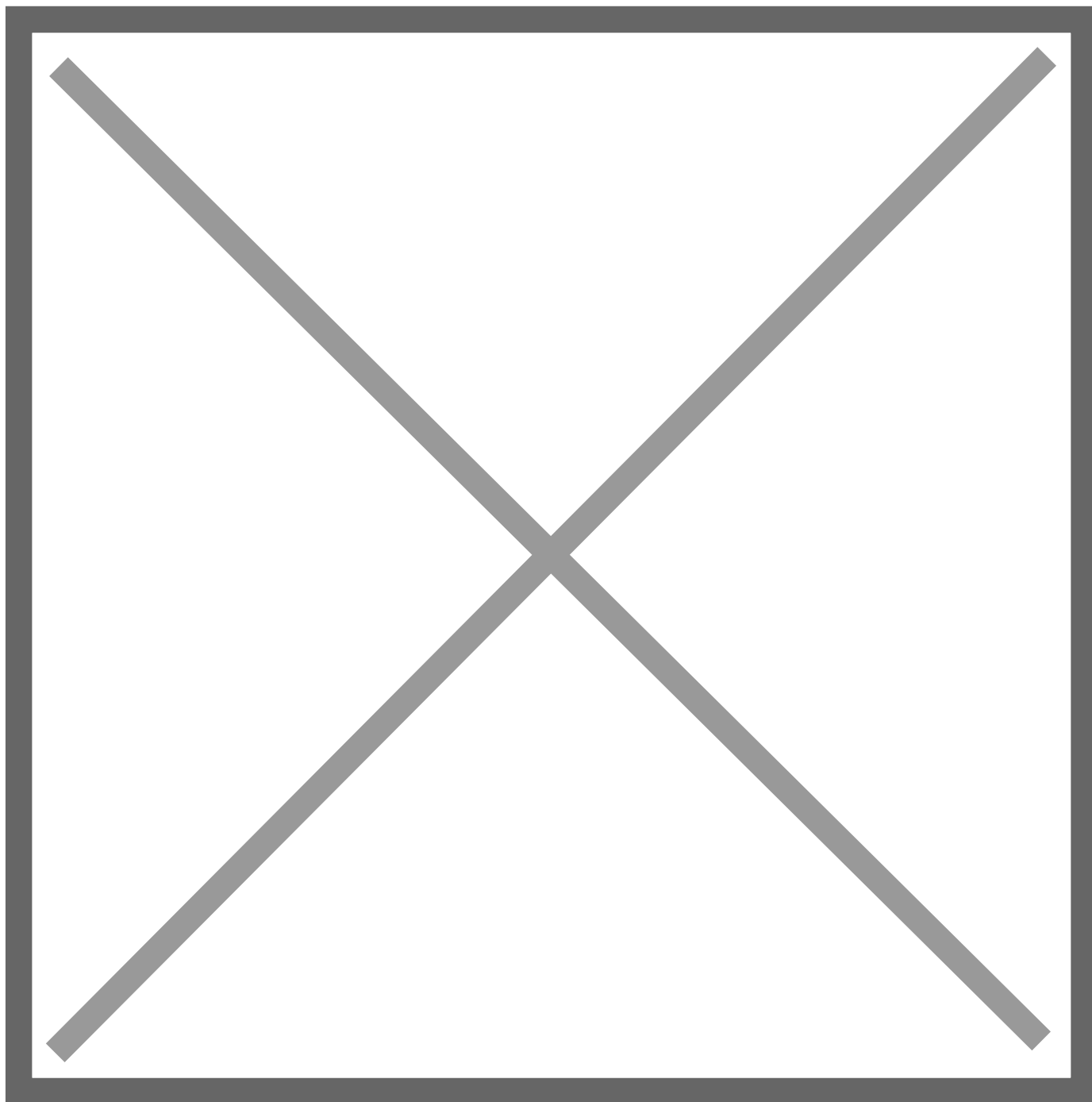
Apibrėžimai

% Adolescents insufficiently active (age standardised estimate)

(anglų k.):

Gazuotų gaiviųjų gėrimų vartojimo bent kartą per dieną paplitimas

Berniukai, 2021-2022



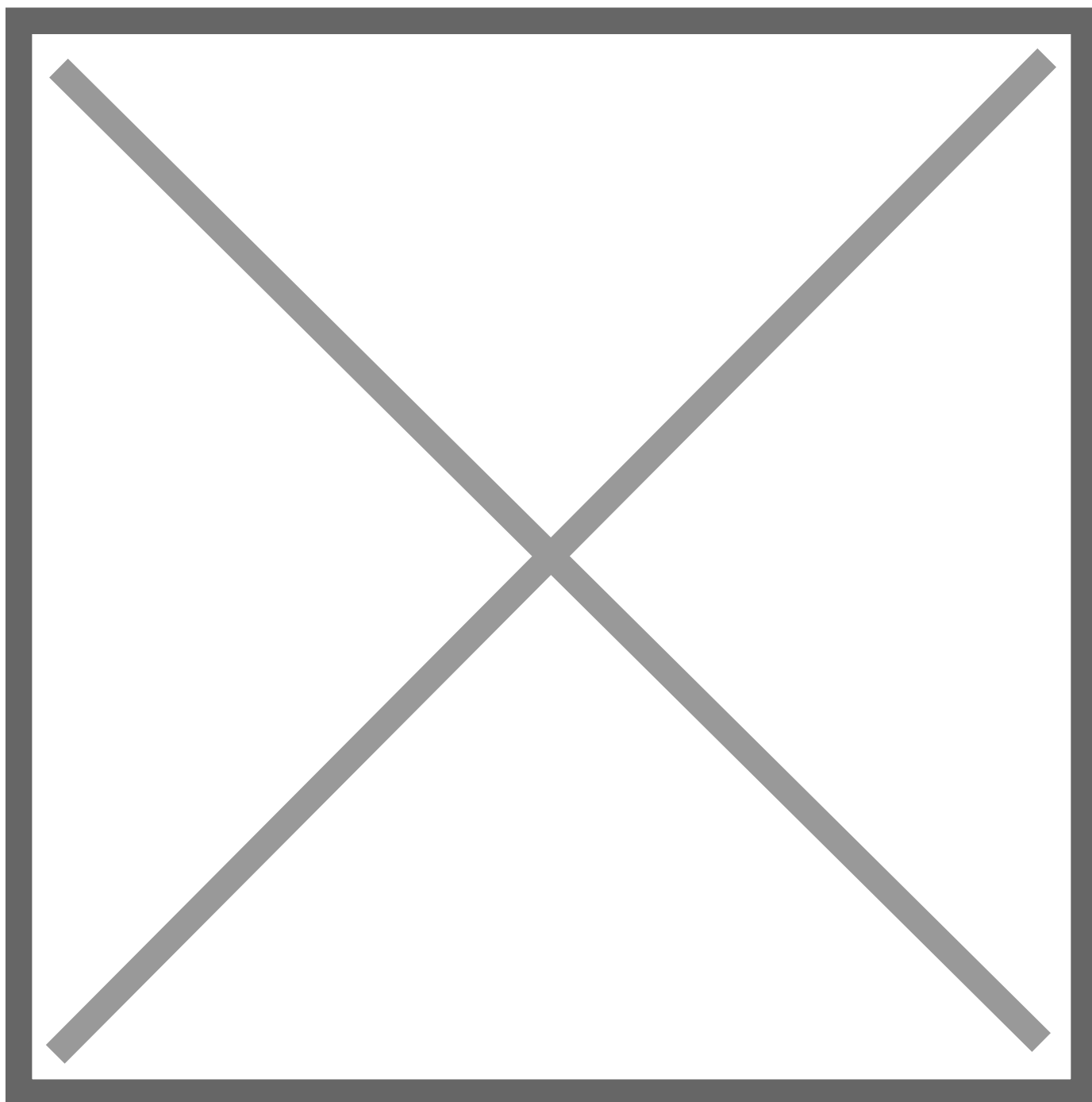
Teritorija:

Nacionalinis

Nuorodos: Health Behaviour in School-aged Children study (2023), Data browser (findings from the 2021/22 international HBSC survey): <https://data-browser.hbsc.org..> Health Behaviour in School-aged Children study (2020), Data browser (findings from the 2017/18 international HBSC survey): <https://data-browser.hbsc.org.>

Apibrąžimai (anglų k.): Proportion who reported drinking sugary soft drinks daily (at least once)

Merginos, 2021-2022



Teritorija:

Nacionalinis

Nuorodos:

Health Behaviour in School-aged Children study (2023), Data browser (findings from the 2021/22 international HBSC survey): <https://data-browser.hbsc.org..> Health Behaviour in School-aged Children study (2020), Data browser (findings from the 2017/18 international HBSC survey): <https://data-browser.hbsc.org.>

Apibrą

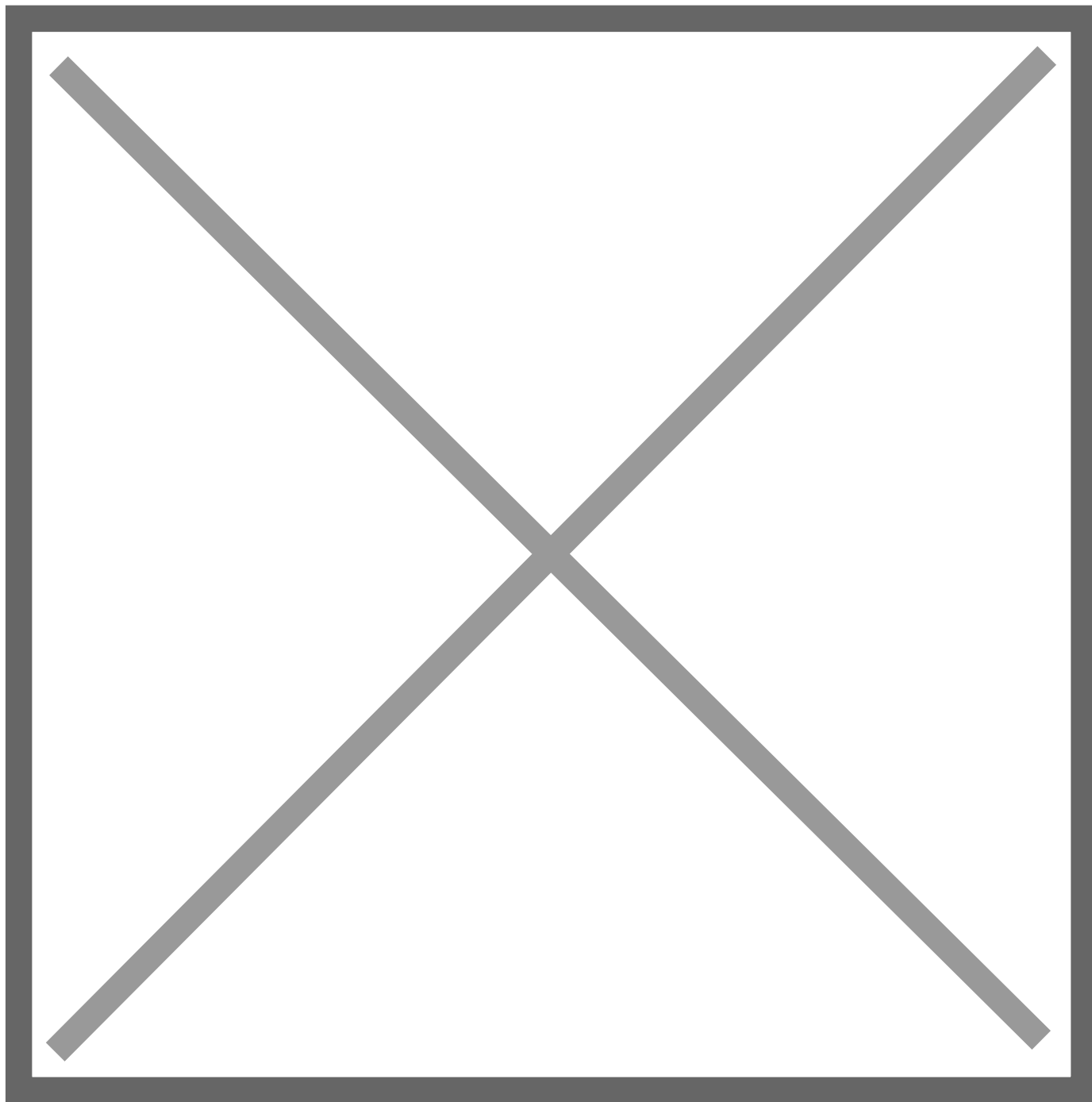
Ąšimai

(anglų k.):

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

VaisiÅ³ vartojimo reÄiau nei kartÄ per dienÄ paplitimas

Vaikai, 2014



Tyrimo tipas:

IÅmatuotas

Nuorodos:

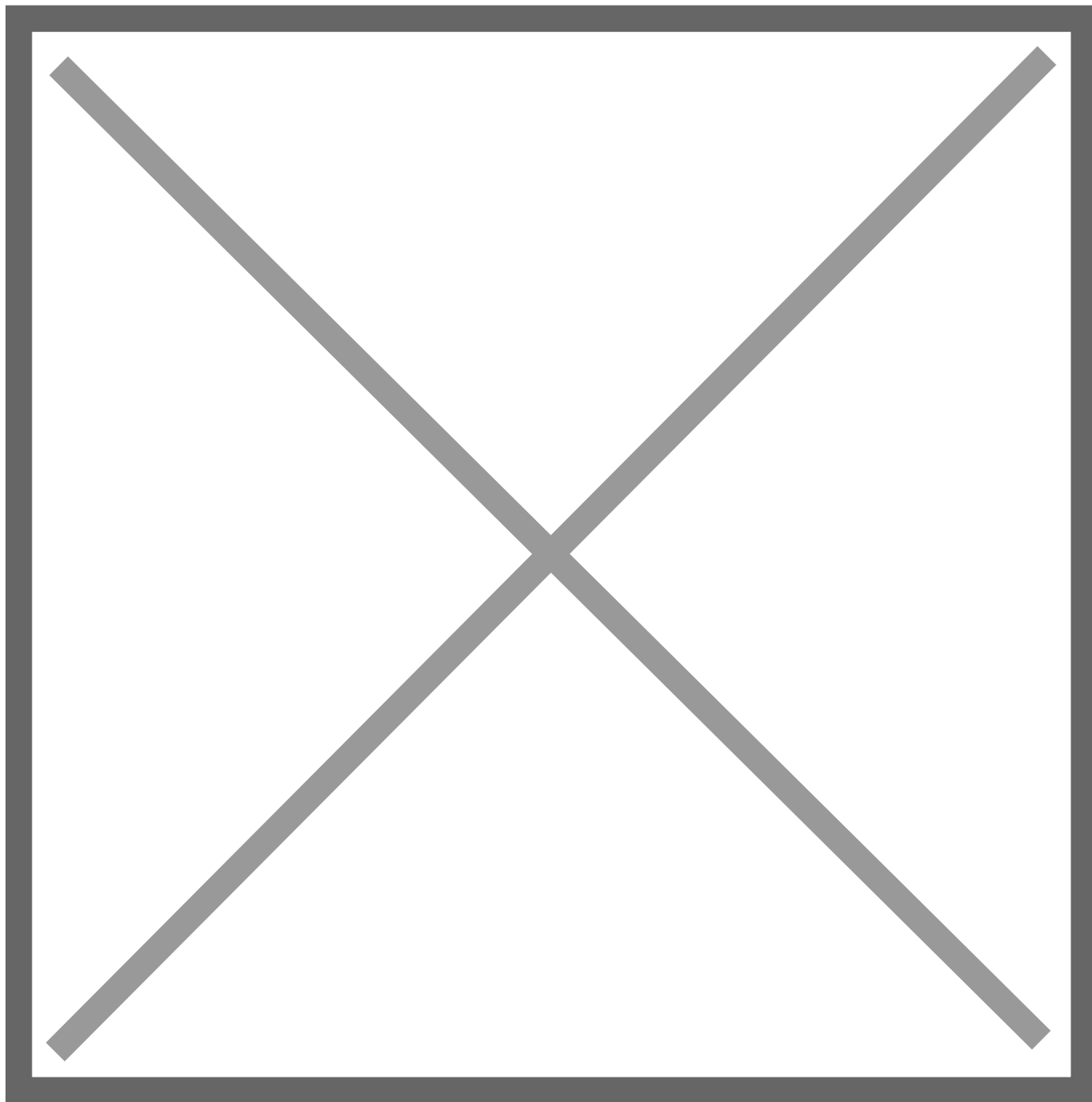
Global School-based Student Health Surveys. Beal et al (2019). Global Patterns of Adolescent Fruit, Vegetable, Carbonated Soft Drink, and Fast-food consumption: A meta-analysis of global school-based student health surveys. Food and Nutrition Bulletin. <https://doi.org/10.1177/0379572119848287>. Sourced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

**Apibrāzmas
Lietuvai
(anglų kalba):**

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

Dar³/₄ovi³ vartojimo reÄiau nei kartÄ per dienÄ paplitimas

Vaikai, 2014



Tyrimo tipas:

IÄmatuotas

AmÄius:

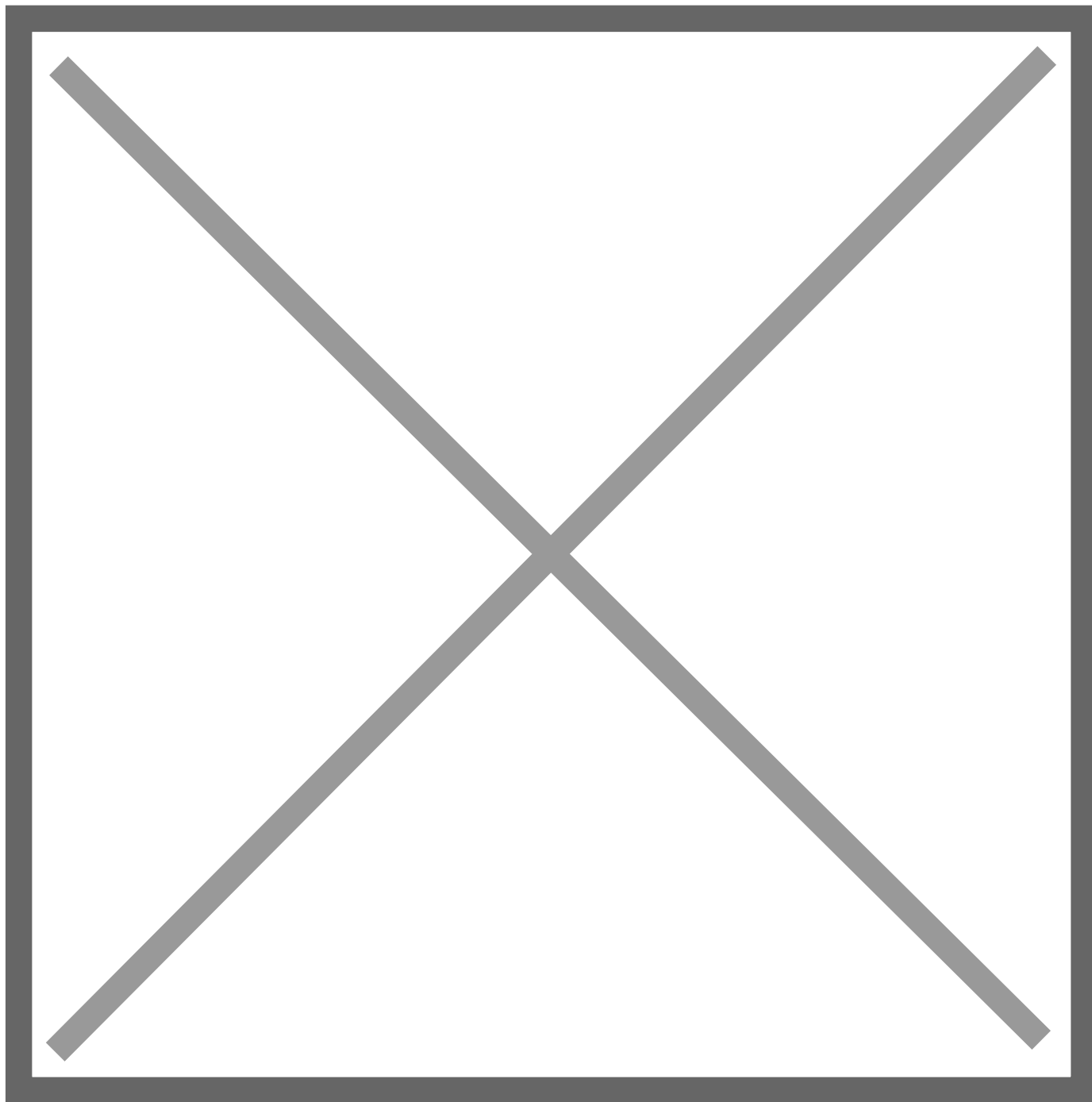
12-17

Nuorodos: 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>

**Apibrāzimas
šimais
(anglų k.):** Prevalence of less-than-daily vegetable consumption (% less-than-daily vegetable consumption)

Psichinė sveikata ir depresijos sutrikimai

Vaikai, 2021



Teritorija:

Nacionalinis

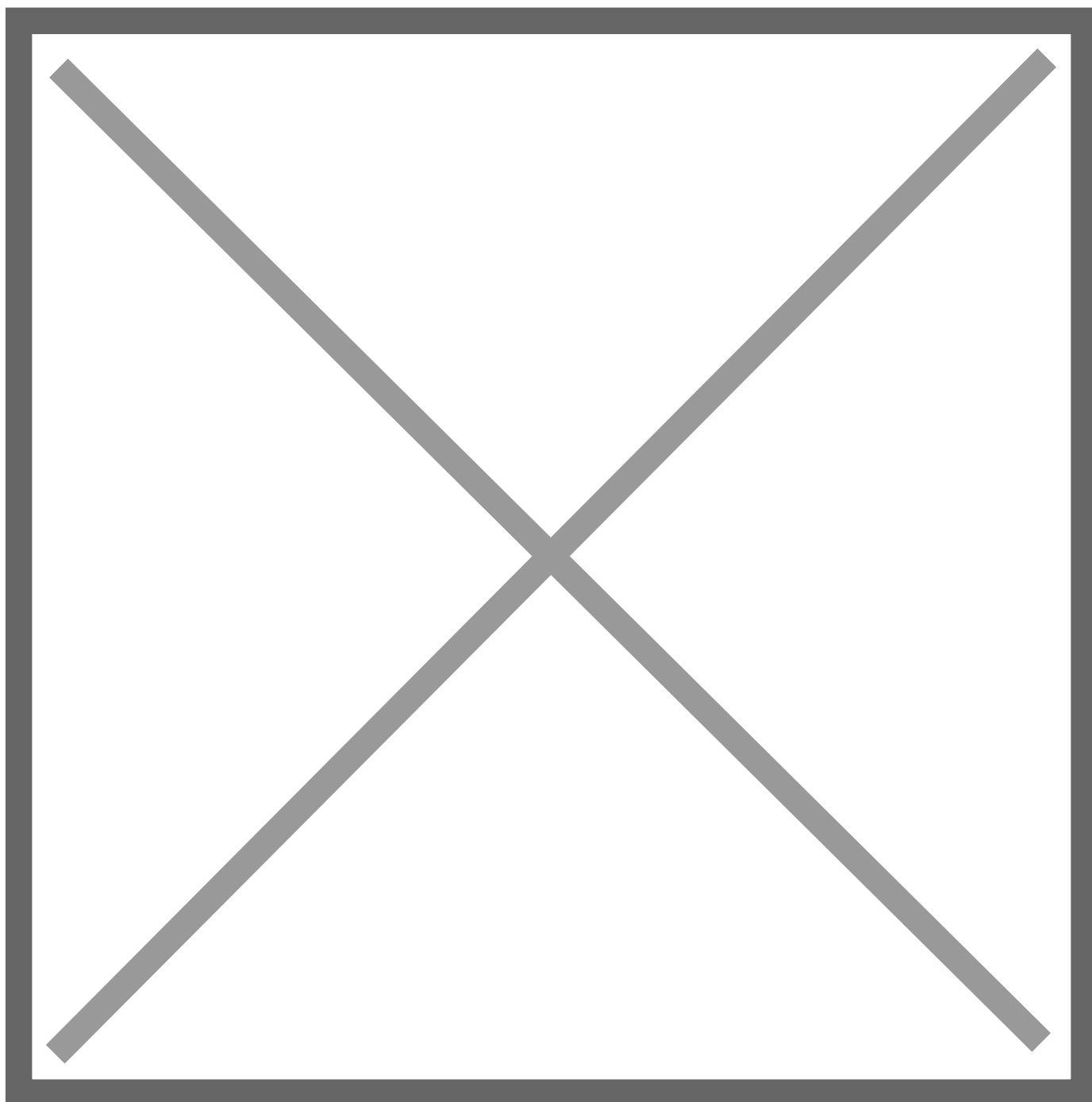
Nuorodos:

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)

**Apibrāzmas
Lietuvai
(angliski):**

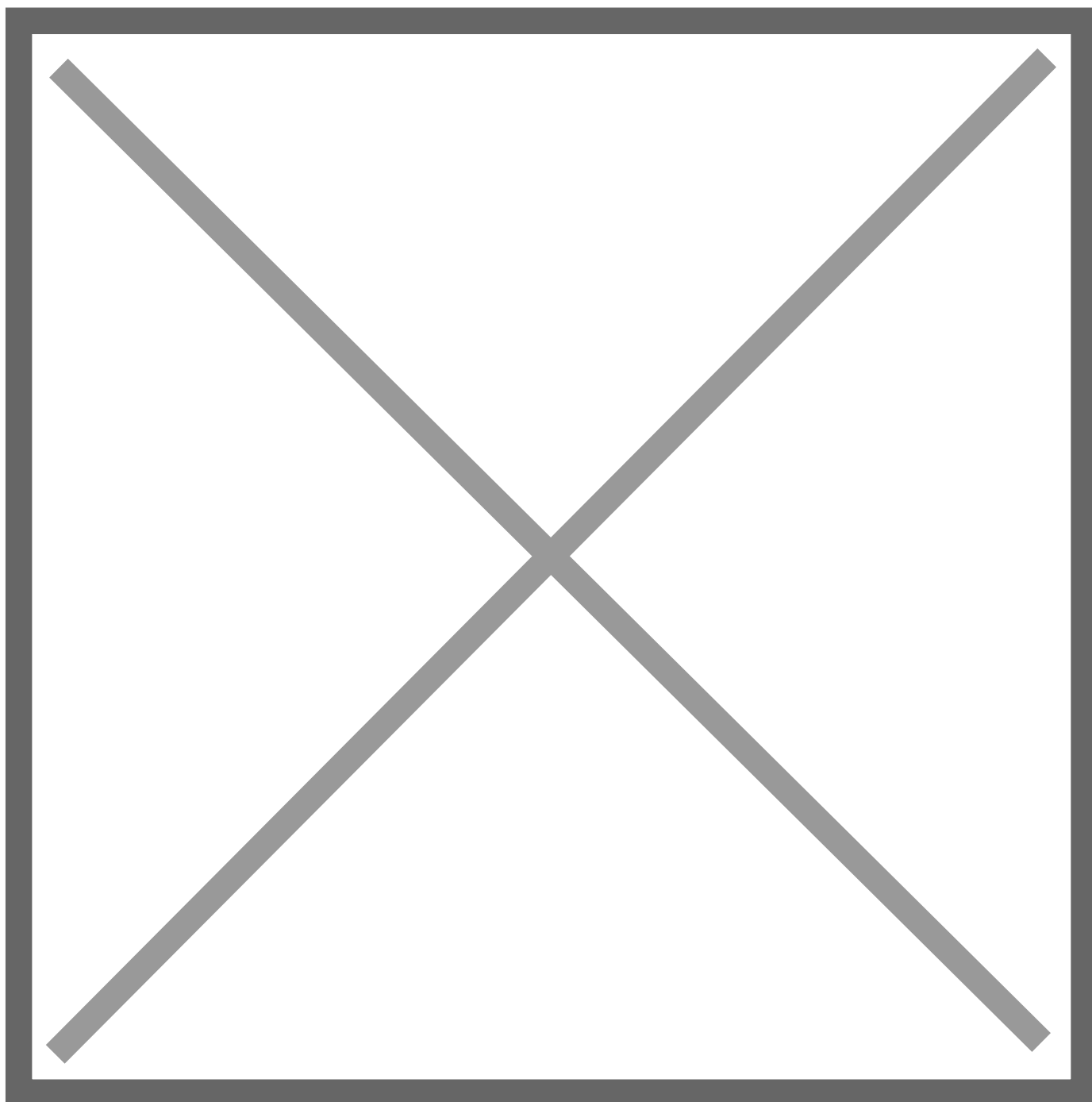
Number living with depressive disorder per 100,000 population (Under 20 years of age)

Berniukai, 2021



Teritorija:	Nacionalinis
Nuorodos:	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)
Apibrąžėjimai (anglų k.):	Number living with depressive disorder per 100,000 population (Under 20 years of age)

Merginos, 2021



Teritorija:

Nacionalinis

Nuorodos:

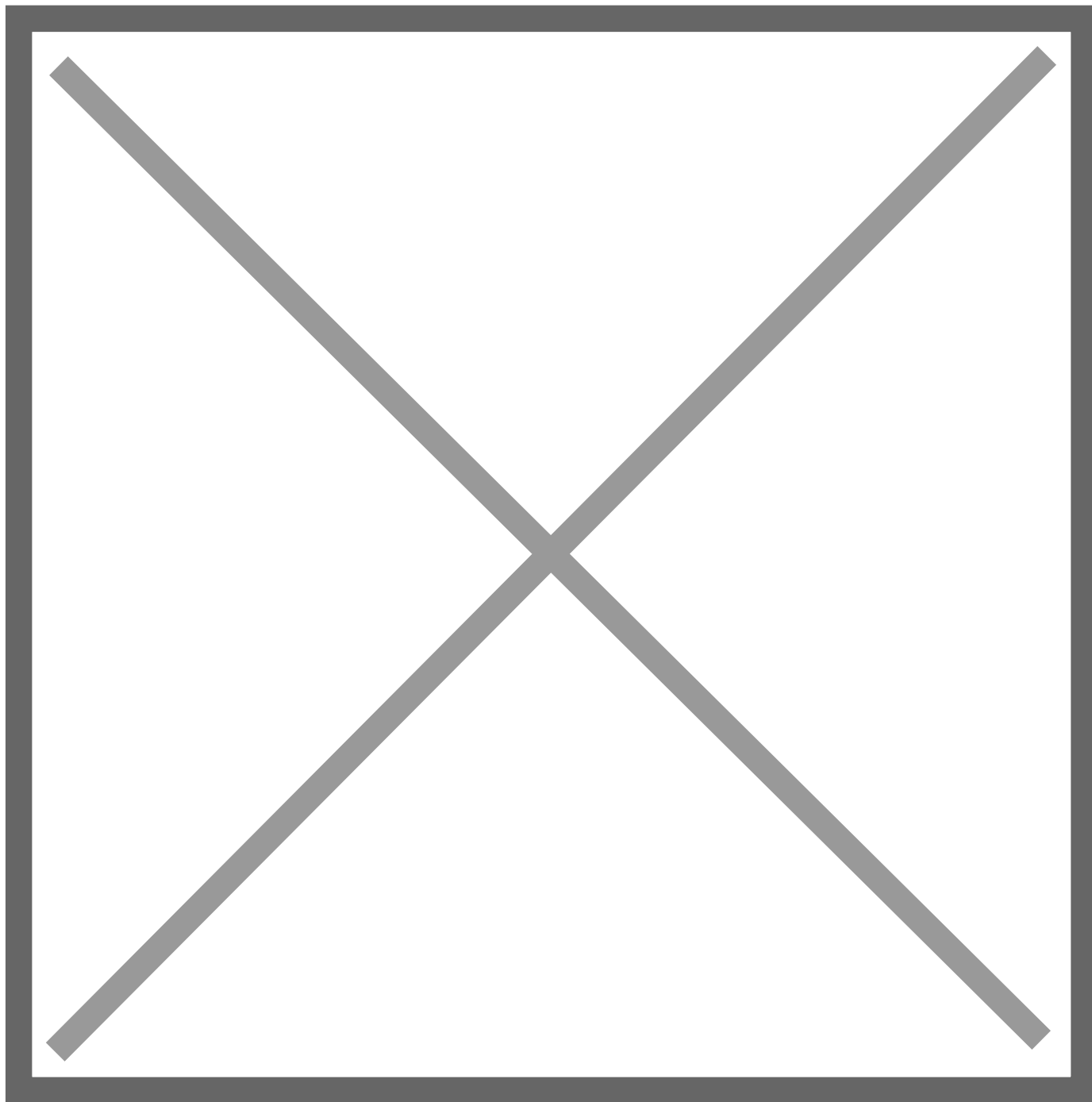
Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

Apibrėžimas
(anglų k.):

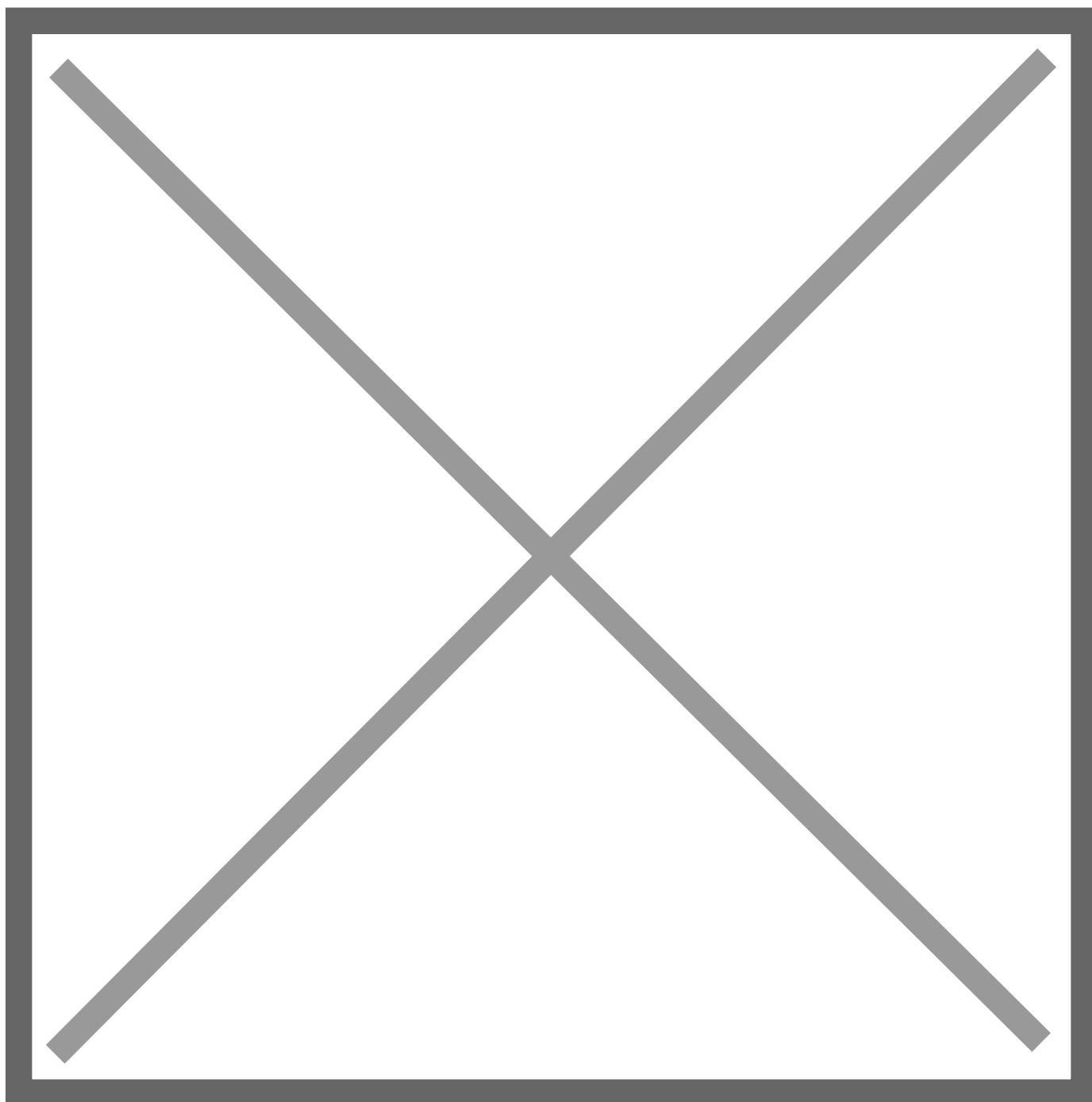
Number living with depressive disorder per 100,000 population (Under 20 years of age)

Psichinė sveikata ir nerimo sutrikimai

Vaikai, 2021

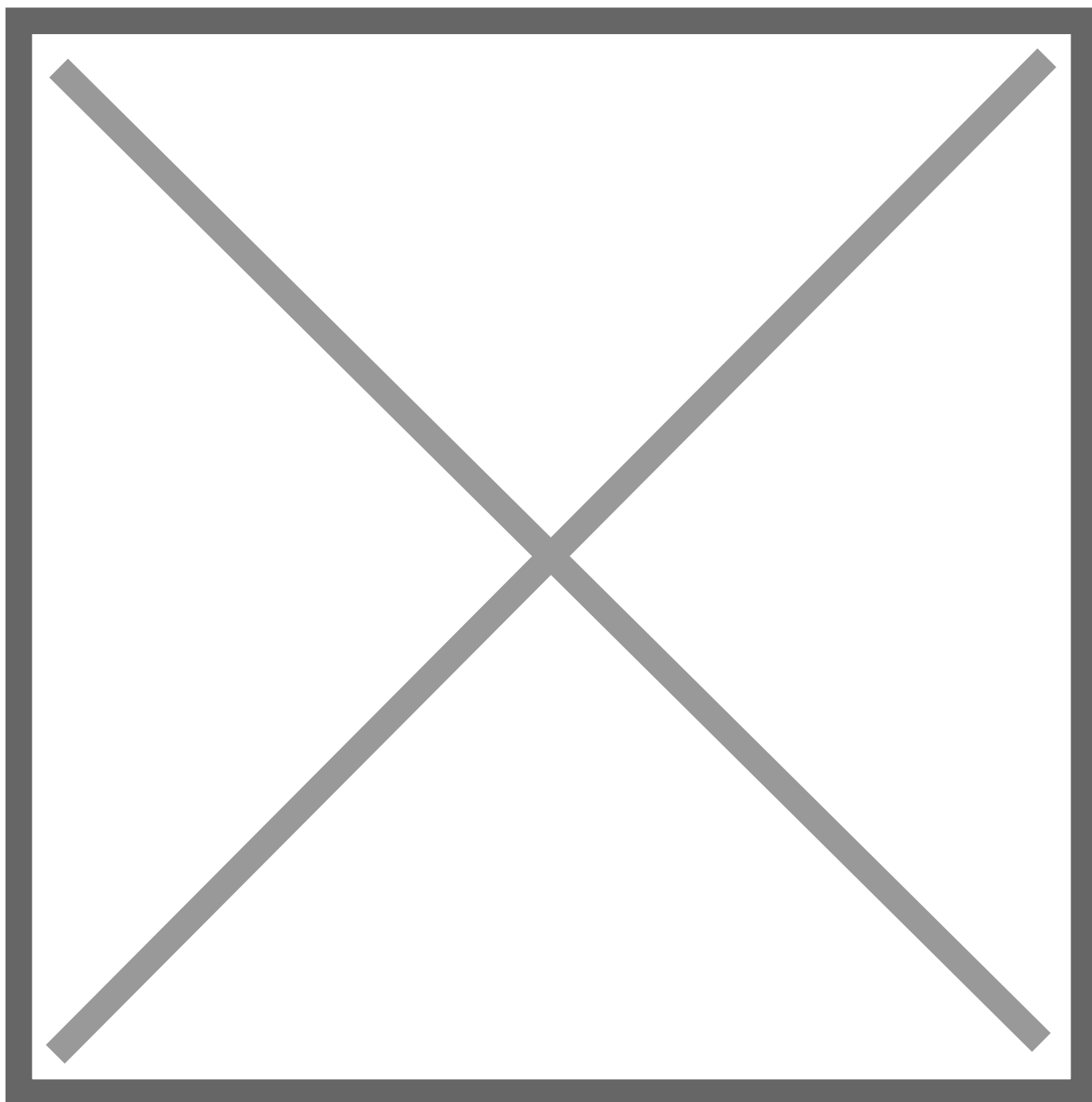
**Nuorodos:**

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Berniukai, 2021**Nuorodos:**

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)

Merginos, 2021

**Nuorodos:**

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 19, 2025