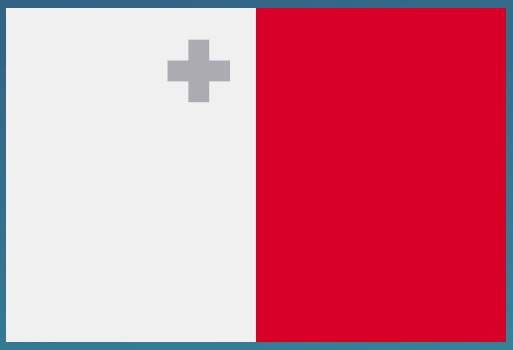
Malta



Country report card - children

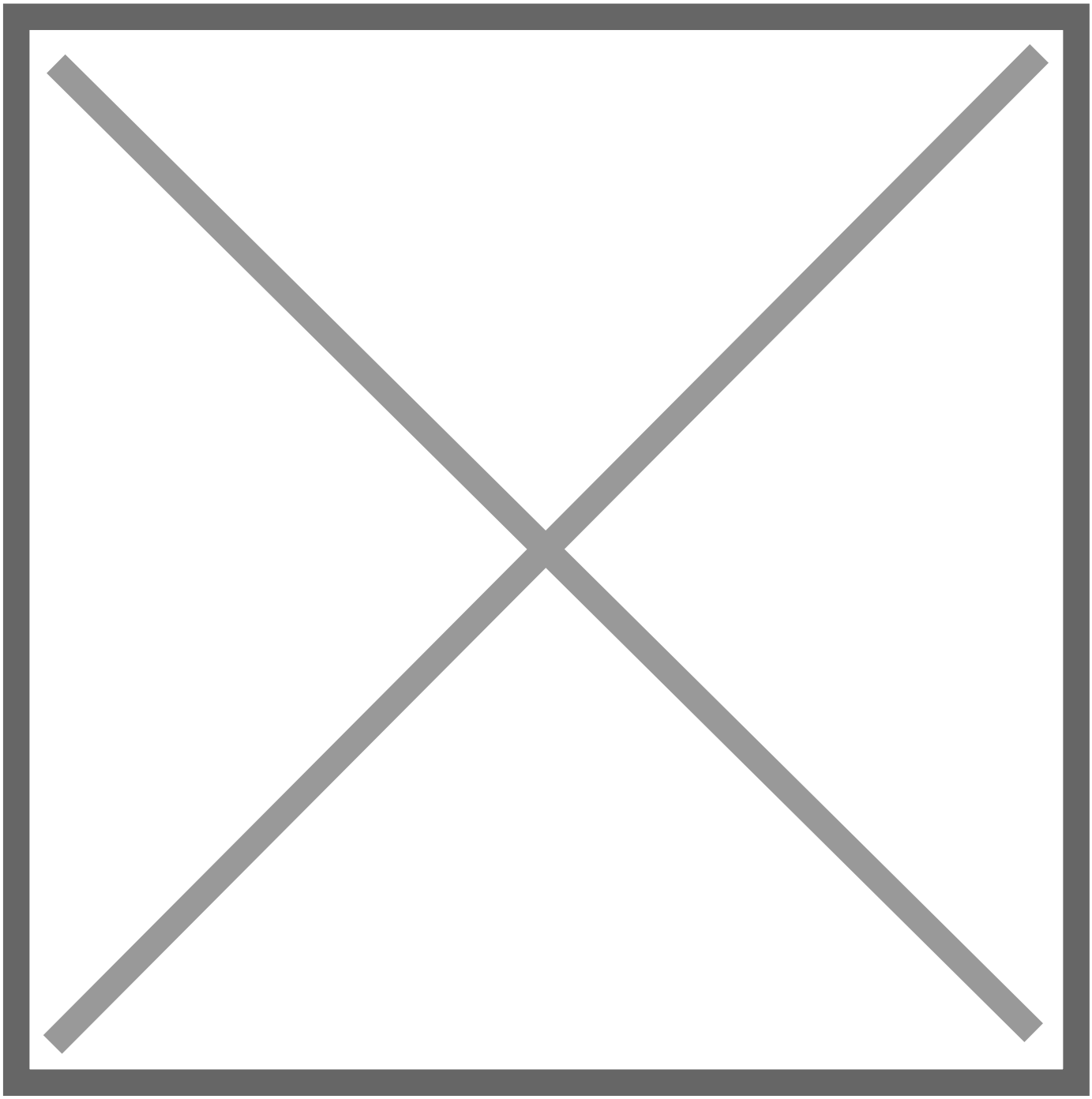
This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity for children, including adolescents (aged 5 to 18 years). Where available, data on common and relevant obesity drivers and comorbidities are also presented.

View the latest version of this report on the Global Obesity Observatory at https://data.worldobesity.org/country/malta-133/.

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Obesity prevalence

Children, 2022-2024

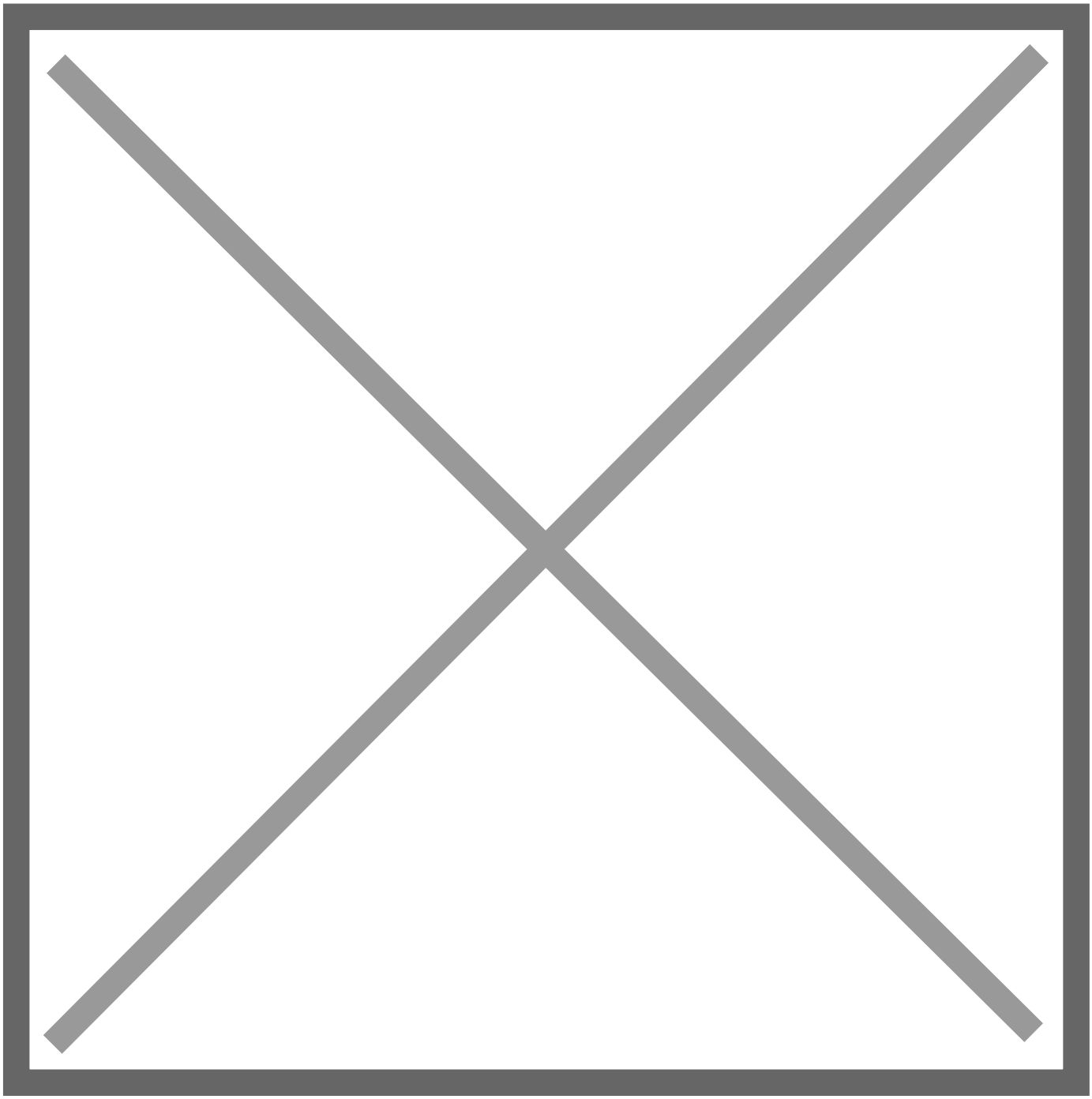


Survey type:	Measured
Age:	7
Sample size:	2452
Area covered:	National
References:	WHO European Childhood Obesity Surveillance Initiative (COSI): report on the sixth round of data collection, 2022– 2024. Copenhagen: WHO Regional Office for Europe; 2025. Licence: CC BY-NC-SA 3.0 IGO.

Cutoffs:	WHO 2007

% Children (aged 7) living with overweight or obesity in Malta, 2012-2022 (COSI)

Boys

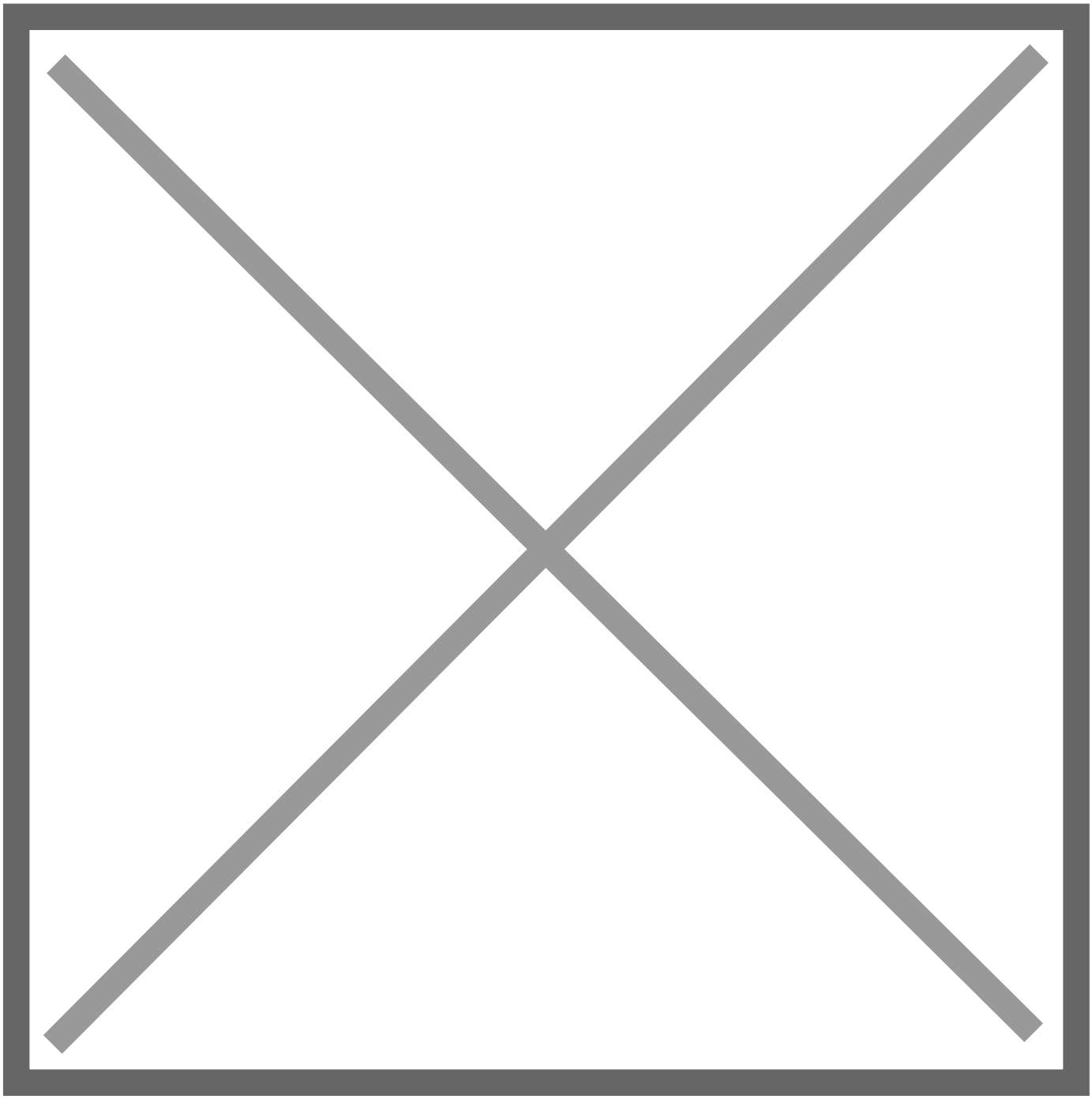


Survey type:	Measured
References:	2012: World Health Organization. Regional Office for Europe. 2018. WHO European Childhood Obesity Surveillance Initiative: overweight and obesity among 6-9-year-old children: report of the third round of data collection 2012-2013.World Health Organization. Regional Office for Europe. https://apps.who.int/iris/handle/10665/346108 2016: Report on the fourth round of data collection, 2015–2017: WHO European Childhood Obesity Surveillance Initiative (COSI). 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.
Notes:	COSI

Definitions:	WHO 2007 cutoffs

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

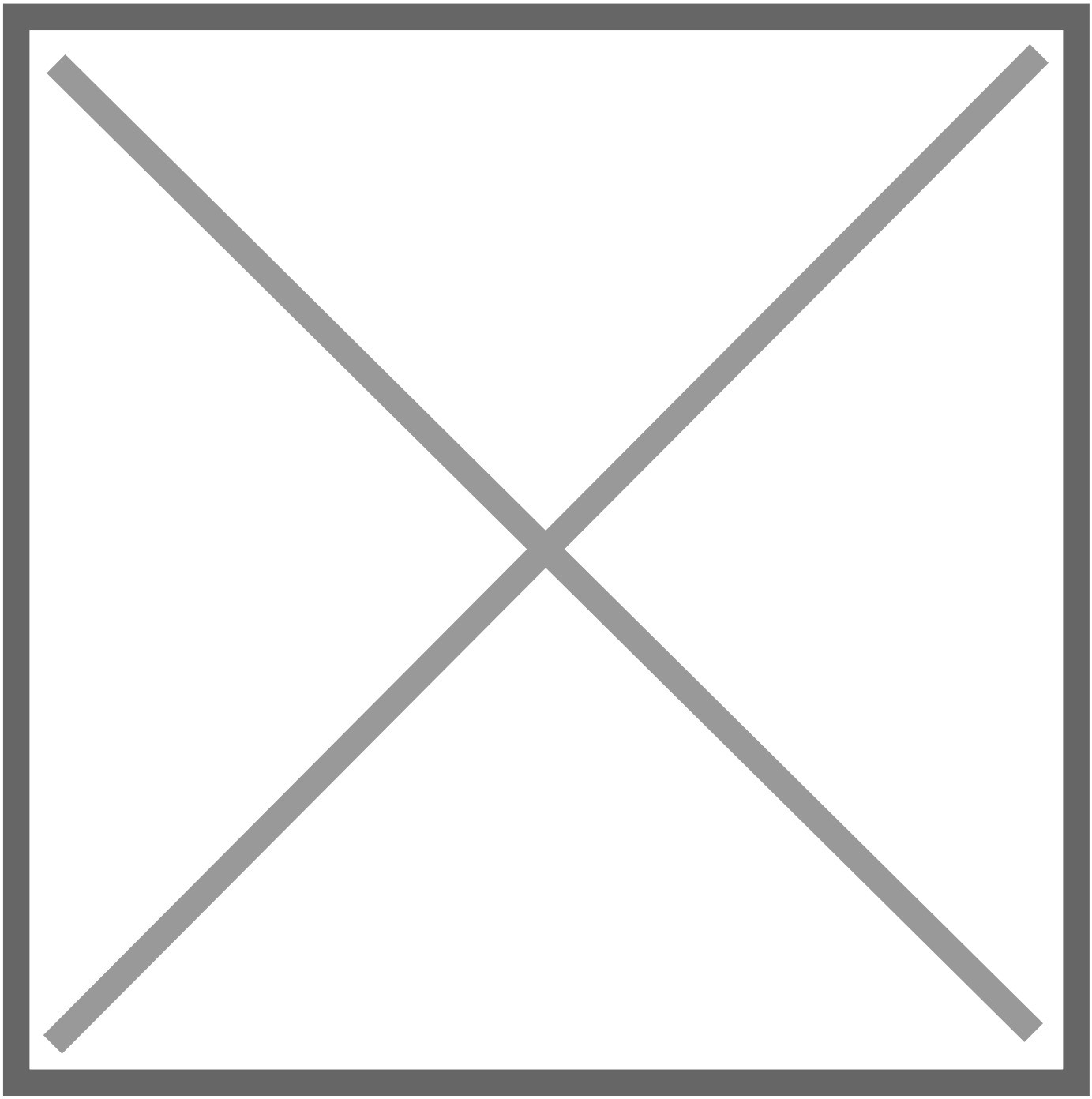


Survey type:	Measured
References:	2012: World Health Organization. Regional Office for Europe. 2018. WHO European Childhood Obesity Surveillance Initiative: overweight and obesity among 6-9-year-old children: report of the third round of data collection 2012-2013.World Health Organization. Regional Office for Europe. https://apps.who.int/iris/handle/10665/346108 2016: Report on the fourth round of data collection, 2015–2017: WHO European Childhood Obesity Surveillance Initiative (COSI). 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.
Notes:	COSI

Definitions:	WHO 2007 cutoffs
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, 2022-2024

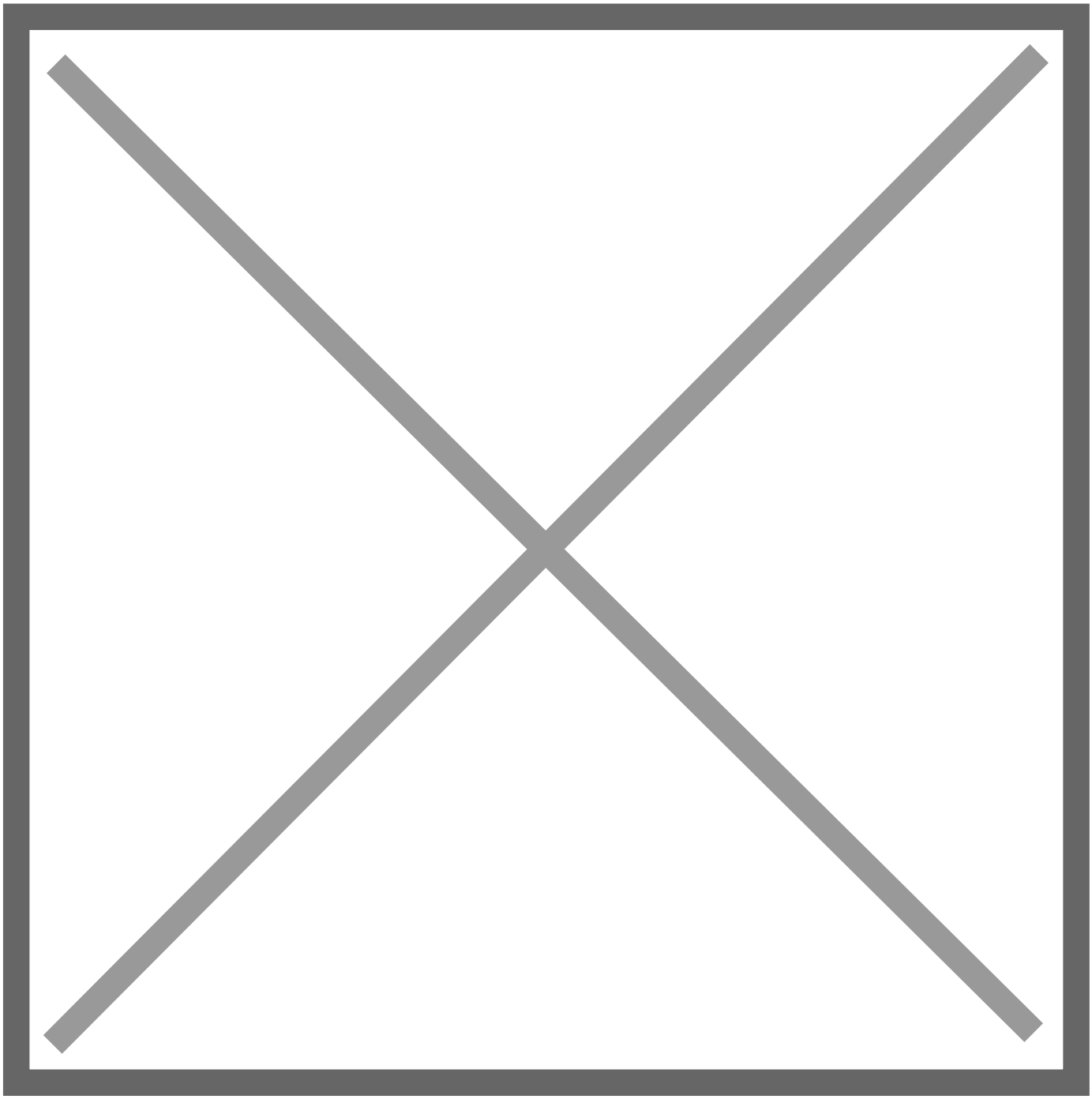


Survey type:	Measured
Age:	6-9
Sample size:	2777
Area covered:	National
References:	WHO European Childhood Obesity Surveillance Initiative (COSI): report on the sixth round of data collection, 2022– 2024. Copenhagen: WHO Regional Office for Europe; 2025. Licence: CC BY-NC-SA 3.0 IGO.

Definitions:	Level of parental education: (i) low to medium, where both parents have lower education or one parent has lower education and the other has higher education; and (ii) high, where both parents have higher education. Lower education was defined as “primary school or less”, “lower secondary education”, or “upper secondary and post-secondary non-tertiary education”. Higher education included “short-cycle tertiary education or bachelor’s or equivalent level” and “master’s or doctoral or equivalent level”. In single-parent families, parental education was determined based on the educational attainment of the single parent.
Cutoffs:	WHO 2007

Overweight/obesity by age

Children, 2021-2022

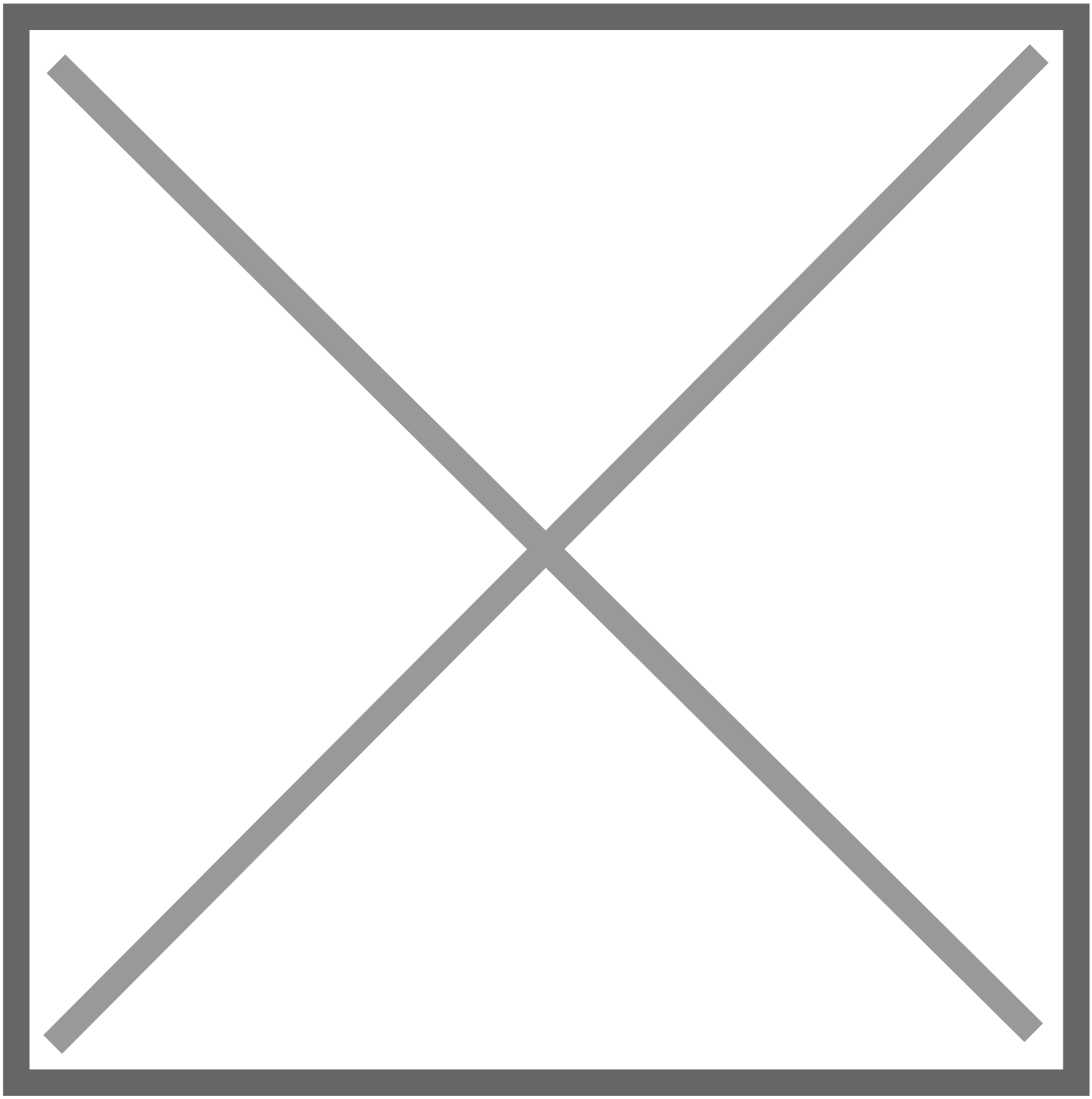


Survey type:	Self-reported
Area covered:	See Report
References:	RakiÃ?â?¡ JG, Hamrik Z, Dzielska A, Felder-Puig R, Oja L, Bakalár P et al. A focus on adolescent physical activity, eating behaviours, weight status and body image in Europe, central Asia and Canada. Health Behaviour in School-aged Children (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

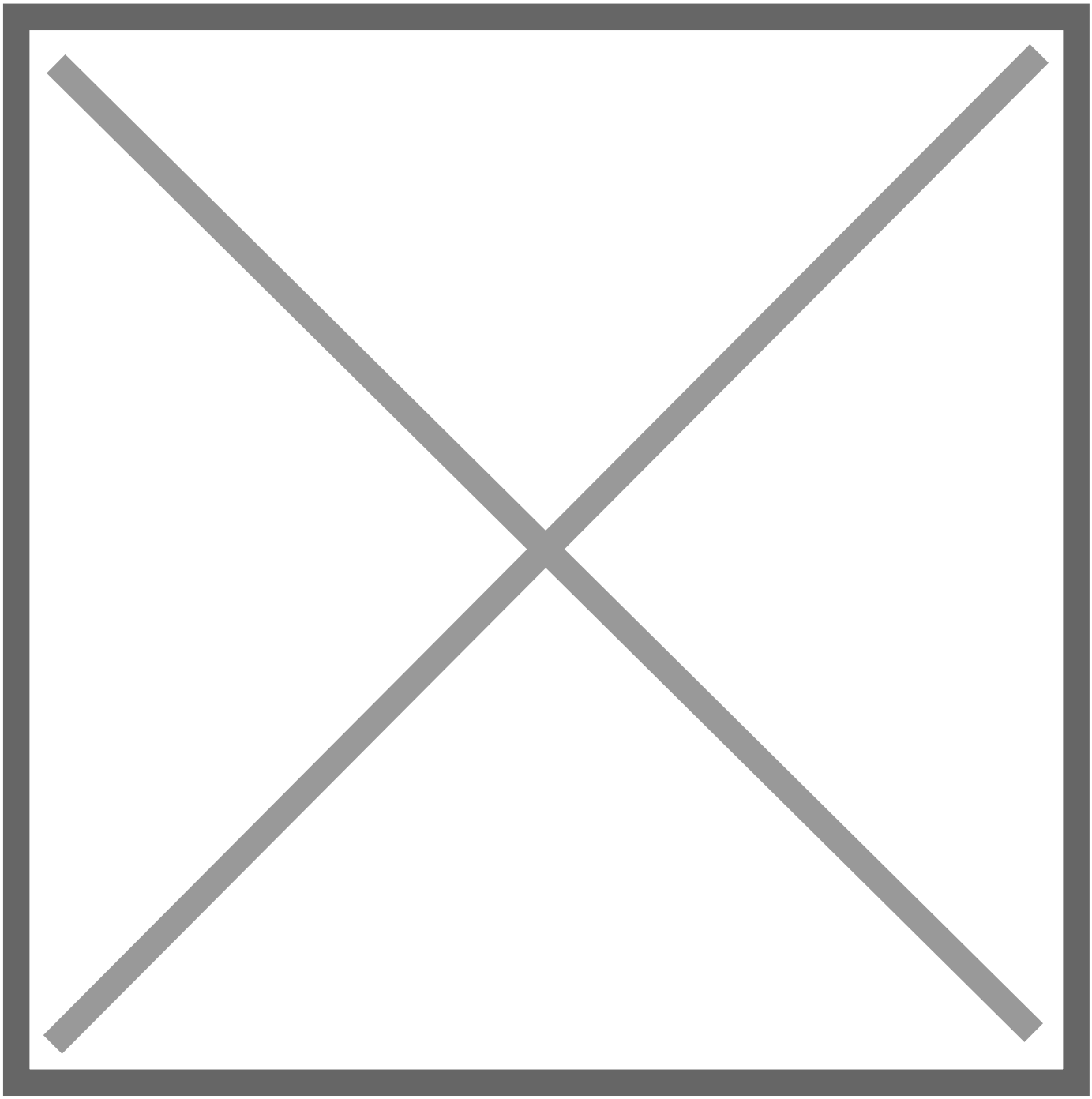
Boys, 2015-2016



Survey type:	Measured
Age:	5-10
Sample size:	41,343
Area covered:	National
References:	Aquilina, Samuel, et al. “Regional Differences in Childhood BMI Data - the Malta Childhood National Body Mass Index Study.” Malta Medical Journal, vol. 31, no. 3, 6 Dec. 2019, pp. 24–29, www.mmsjournals.org/index.php/mmj/article/view/196. Accessed 19 May 2021.

Cutoffs:	WHO

Girls, 2015-2016

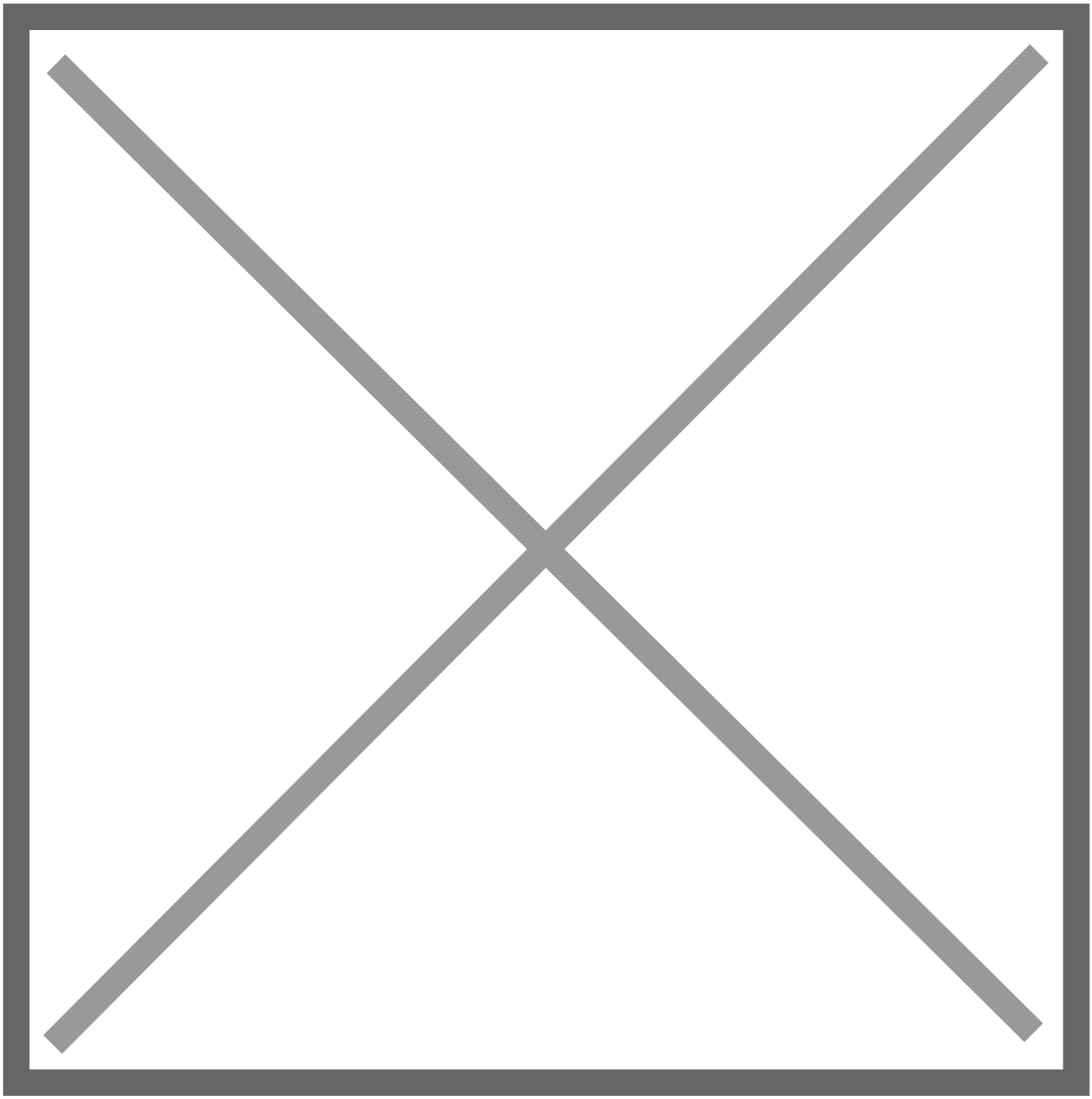


Survey type:	Measured
Age:	5-10
Sample size:	41,343
Area covered:	National
References:	Aquilina, Samuel, et al. “Regional Differences in Childhood BMI Data - the Malta Childhood National Body Mass Index Study.” Malta Medical Journal, vol. 31, no. 3, 6 Dec. 2019, pp. 24–29, www.mmsjournals.org/index.php/mmj/article/view/196. Accessed 19 May 2021.

Cutoffs:	WHO

Overweight/obesity by socio-economic group

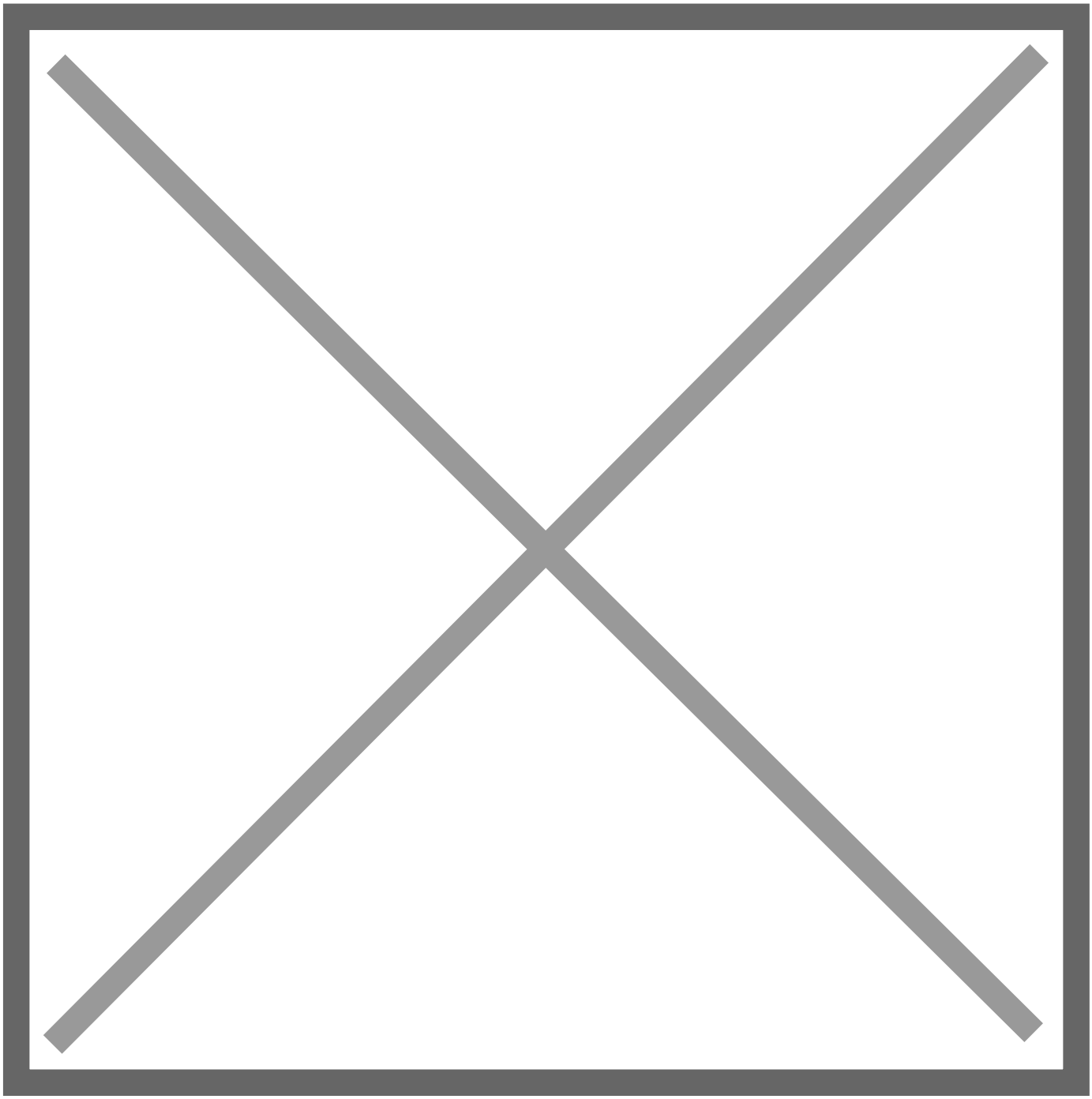
Boys, 2021-2022



Survey type:	Self-reported
Age:	11-15
References:	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'

Notes:	Family affluence scaleHBSC aims to survey approximately 1500 pupils per age group in each country or region (totaling around 4500)
Cutoffs:	+2SD

Girls, 2021-2022

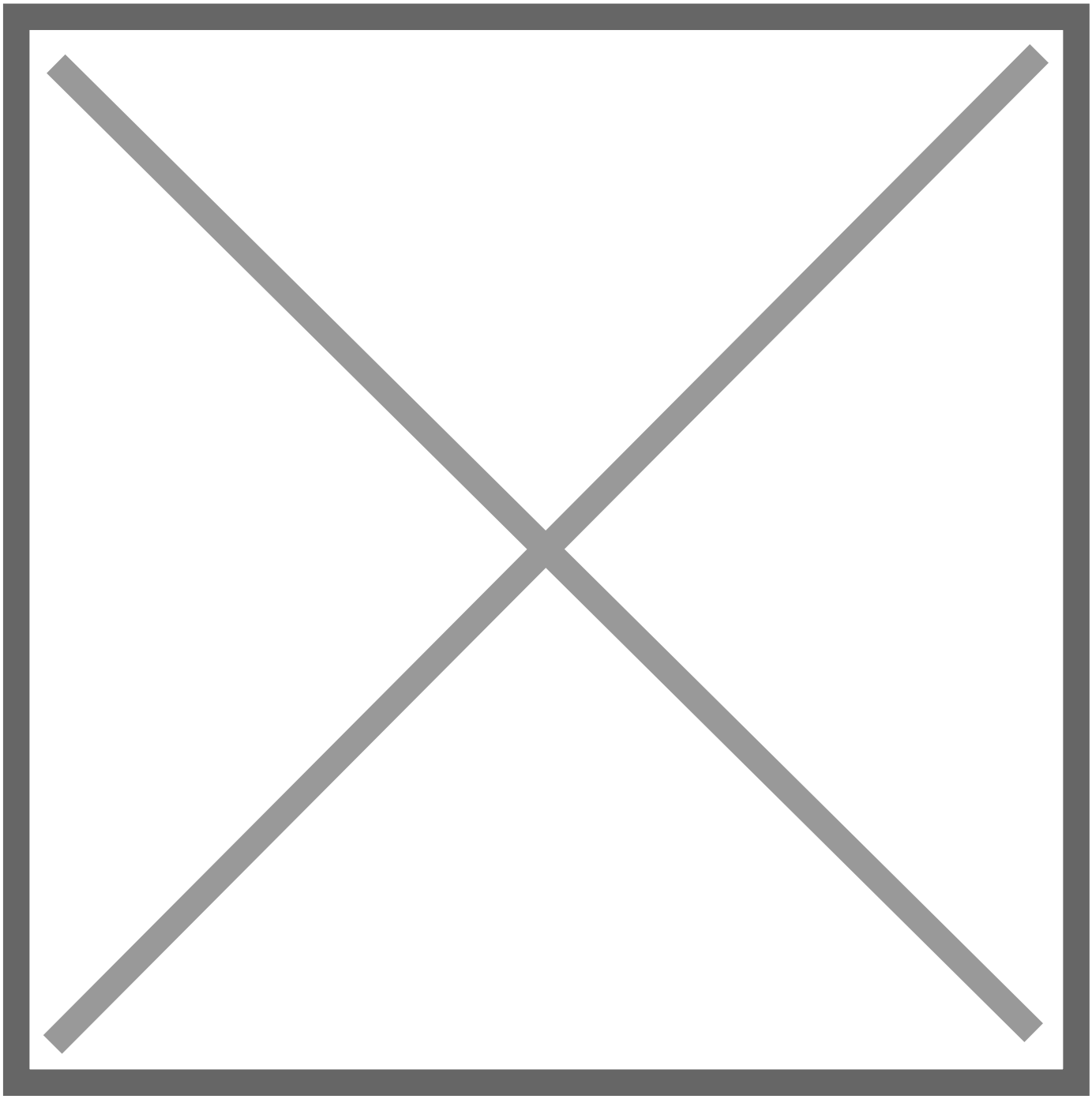


Survey type:	Self-reported
Age:	11-15
References:	Raki? JG, Hamrik Z, Dzielska A, Felder-Puig R, Oja L, Bakalár P et al. A focus on adolescent physical activity, eating behaviours, weight status and body image in Europe, central Asia and Canada. Health Behaviour in School-aged Children (HBSC) international 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'

Notes:	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 & obesity

Children, 2022

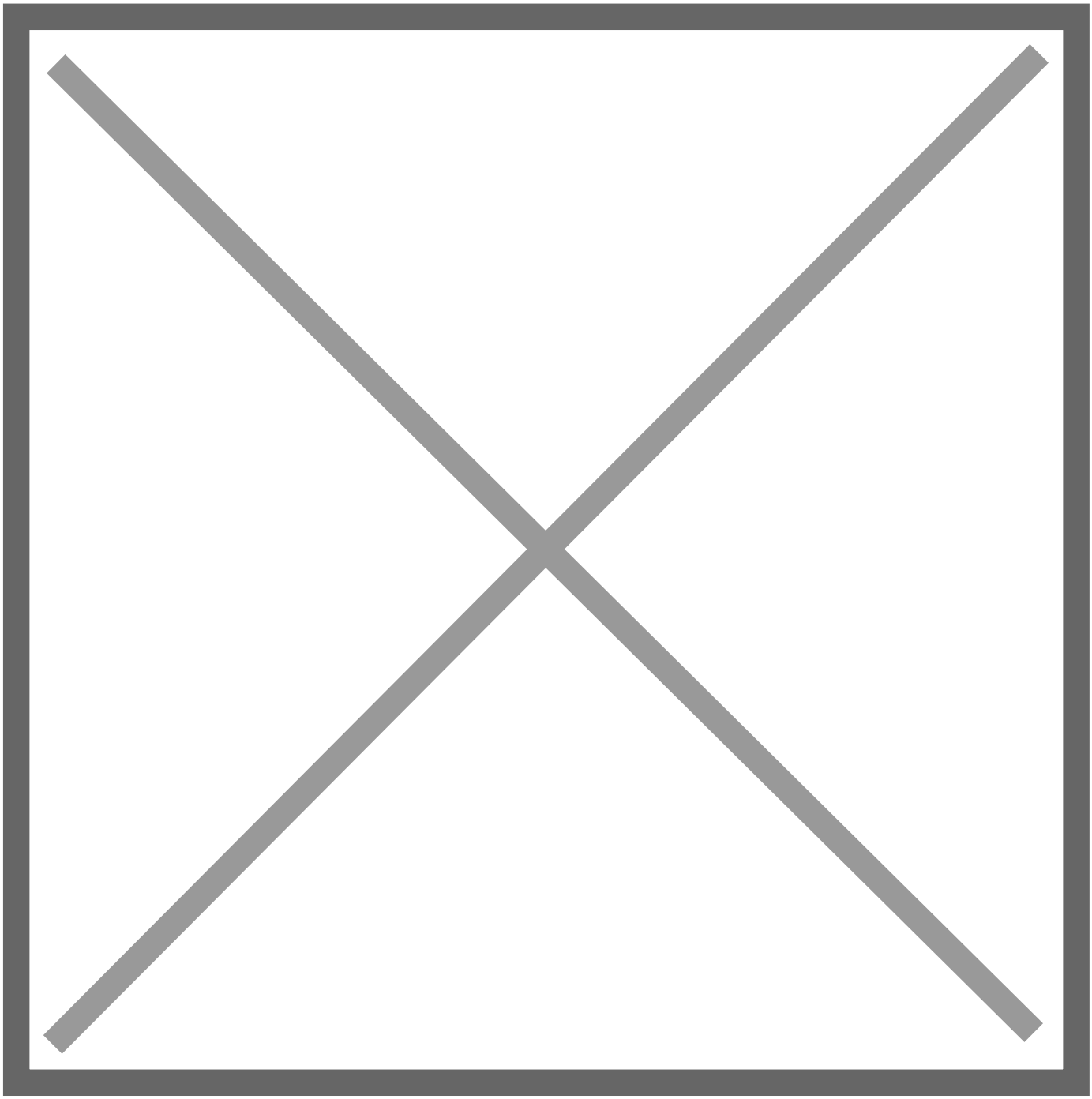


Survey type:	Measured
Age:	5-19
References:	NCD Risk Factor Collaboration (NCD-RisC). Worldwide trends in underweight and obesity from 1990 to 2022: a pooled analysis of 3663 population representative studies with 222 million children, adolescents, and adults. Lancet 2024; published online Feb 29. https://doi.org/10.1016/S0140-6736(23)02750-2.
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

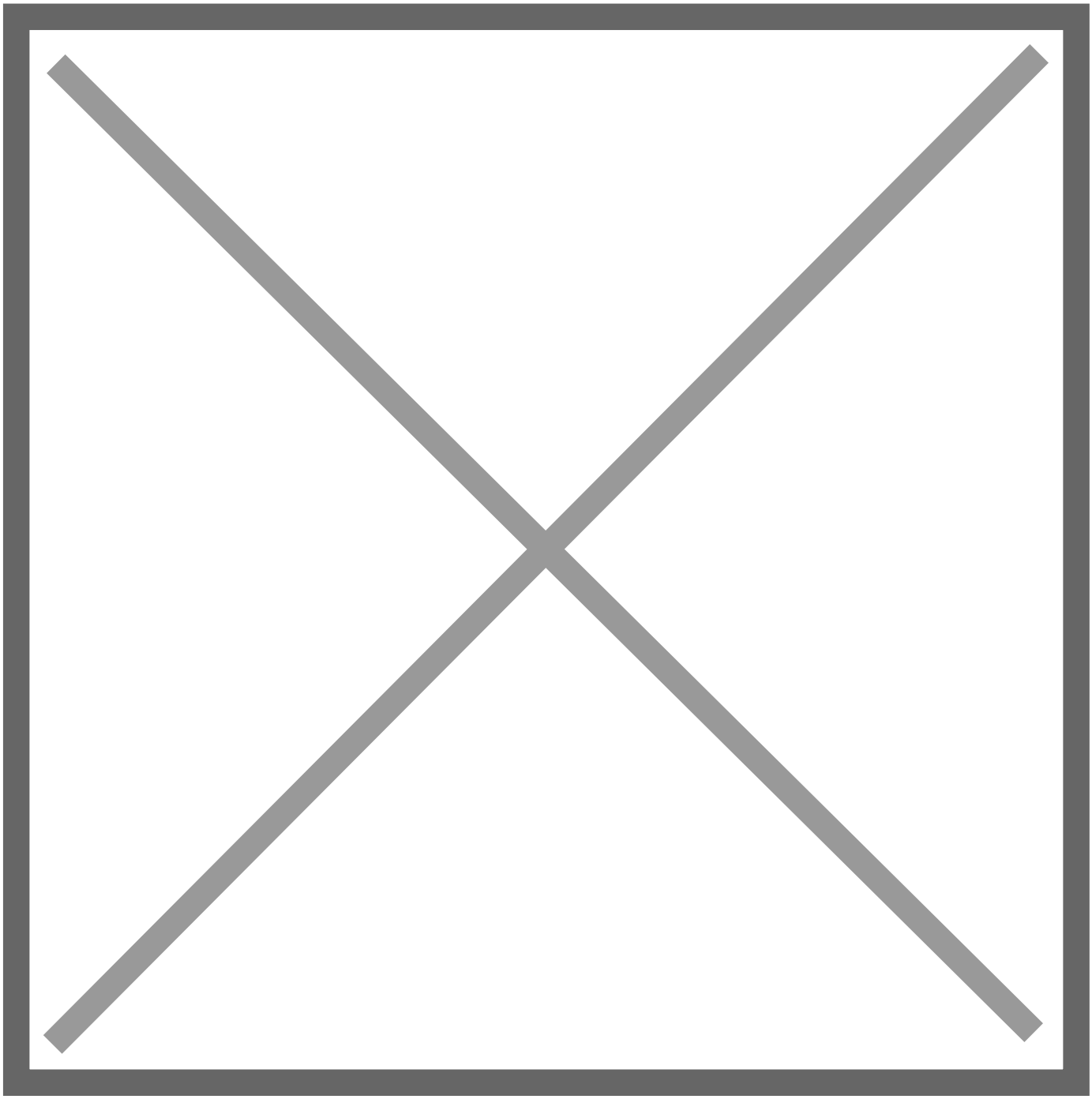
Children, 2022-2024



Survey type:	Self-reported
Age:	6-9
Sample size:	2250
Area covered:	National

References:	WHO European Childhood Obesity Surveillance Initiative (COSI): report on the sixth round of data collection, 2022– 2024. Copenhagen: WHO Regional Office for Europe; 2025. Licence: CC BY-NC-SA 3.0 IGO.
Notes:	National data excluding Germany (Bremen only) and Kazakhstan (Almaty only).
Definitions:	Percentage of children not meeting WHO recommendations for physical activity, i.e. not playing actively/vigorously for at least one hour a day on an average day, as reported by their parent

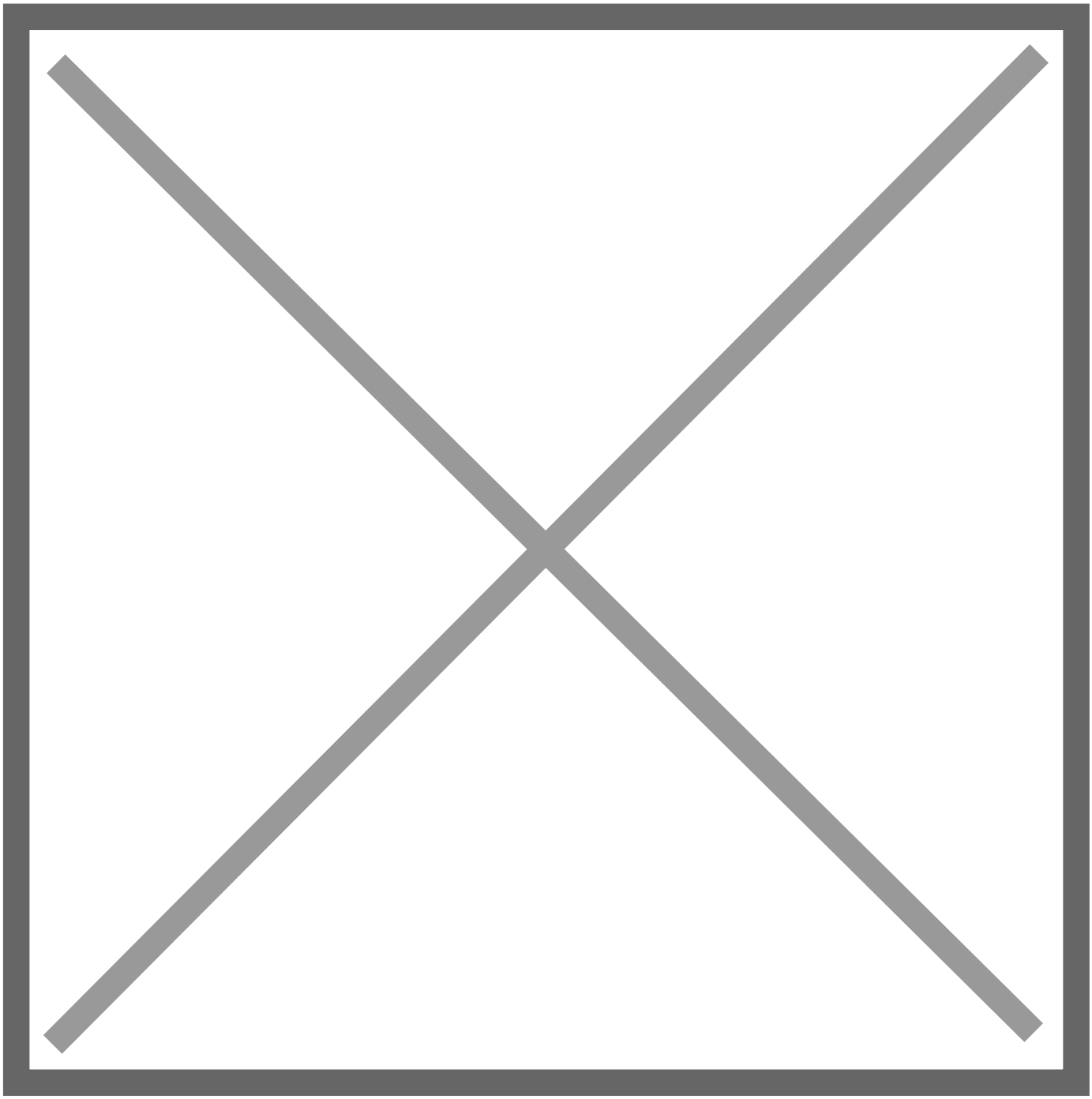
Boys, 2022-2024



Survey type:	Self-reported
Age:	6-9
Sample size:	2250
Area covered:	National

References:	WHO European Childhood Obesity Surveillance Initiative (COSI): report on the sixth round of data collection, 2022– 2024. Copenhagen: WHO Regional Office for Europe; 2025. Licence: CC BY-NC-SA 3.0 IGO.
Notes:	National data excluding Germany (Bremen only) and Kazakhstan (Almaty only).
Definitions:	Percentage of children not meeting WHO recommendations for physical activity, i.e. not playing actively/vigorously for at least one hour a day on an average day, as reported by their parent

Girls, 2022-2024

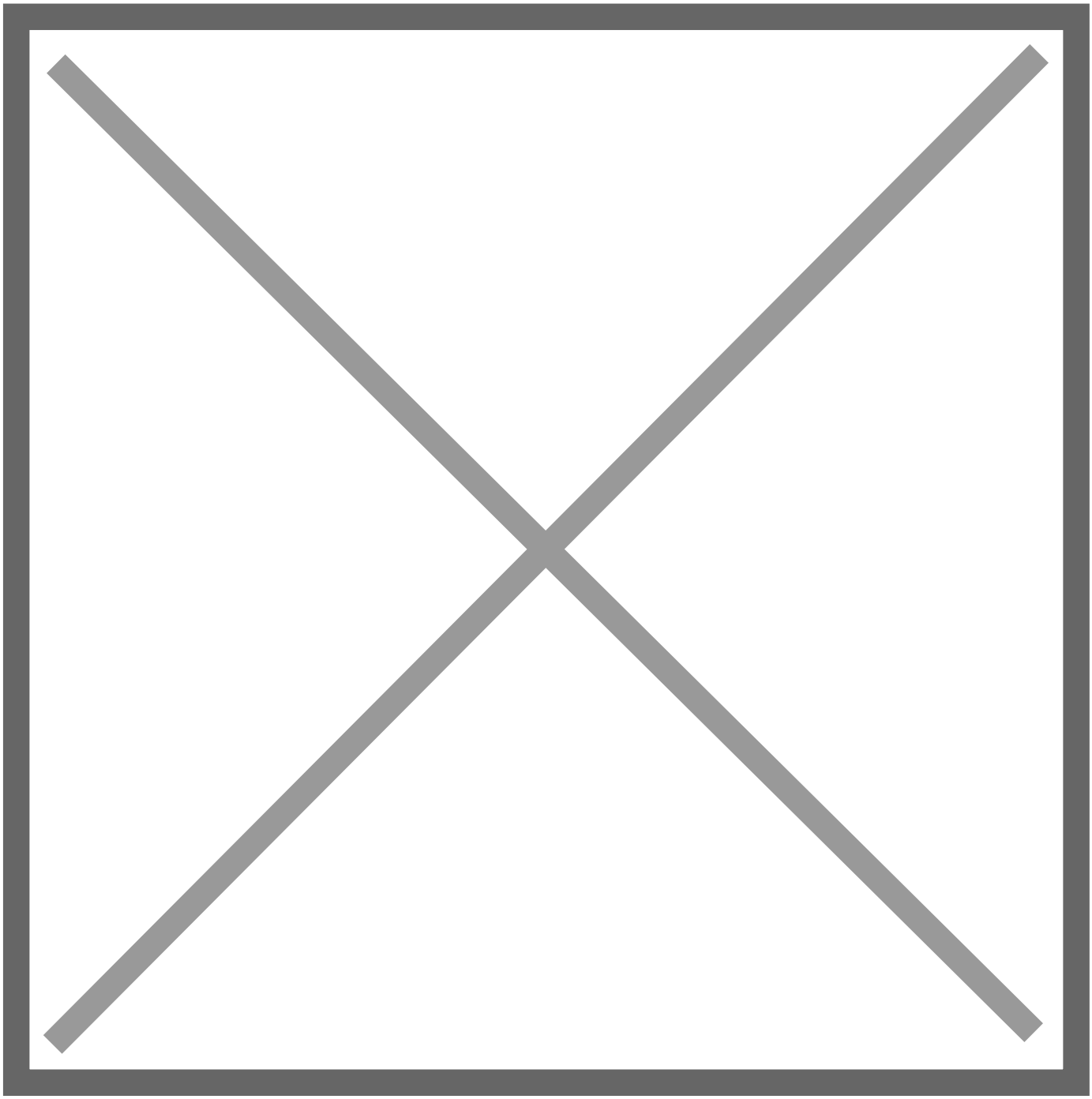


Survey type:	Self-reported
Age:	6-9
Sample size:	2250
Area covered:	National

References:	WHO European Childhood Obesity Surveillance Initiative (COSI): report on the sixth round of data collection, 2022– 2024. Copenhagen: WHO Regional Office for Europe; 2025. Licence: CC BY-NC-SA 3.0 IGO.
Notes:	National data excluding Germany (Bremen only) and Kazakhstan (Almaty only).
Definitions:	Percentage of children not meeting WHO recommendations for physical activity, i.e. not playing actively/vigorously for at least one hour a day on an average day, as reported by their parent

Prevalence of at least daily soft drink consumption

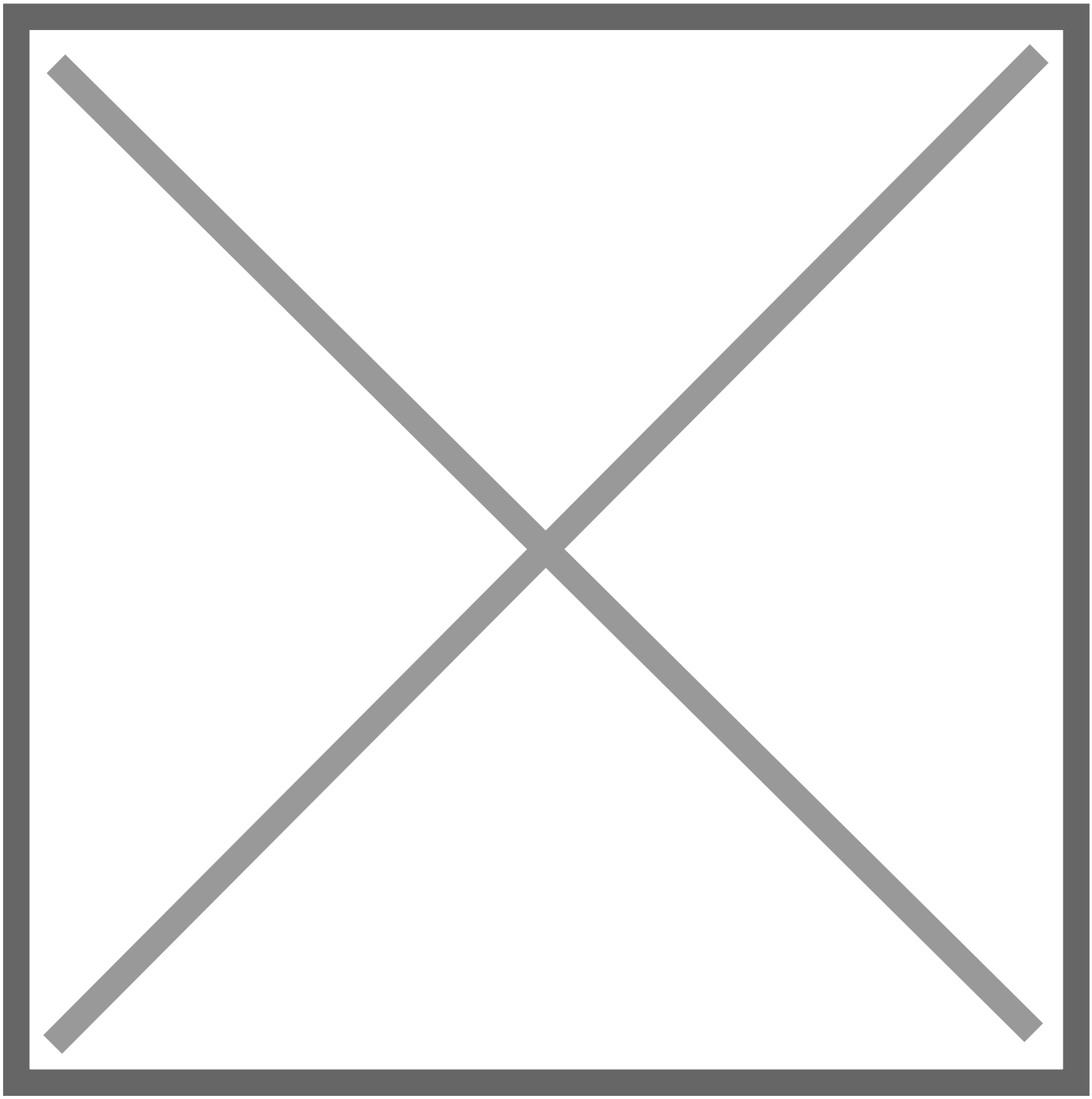
Children, 2022-2024



Survey type:	Self-reported
Age:	6-9
Sample size:	2876
Area covered:	National

References:	WHO European Childhood Obesity Surveillance Initiative (COSI): report on the sixth round of data collection, 2022– 2024. Copenhagen: WHO Regional Office for Europe; 2025. Licence: CC BY-NC-SA 3.0 IGO.
Notes:	National data excluding Germany (Bremen only) and Kazakhstan (Almaty only)
Definitions:	Prevalence of daily consumption of soft drinks containing sugar, as reported by the child's parent (%)

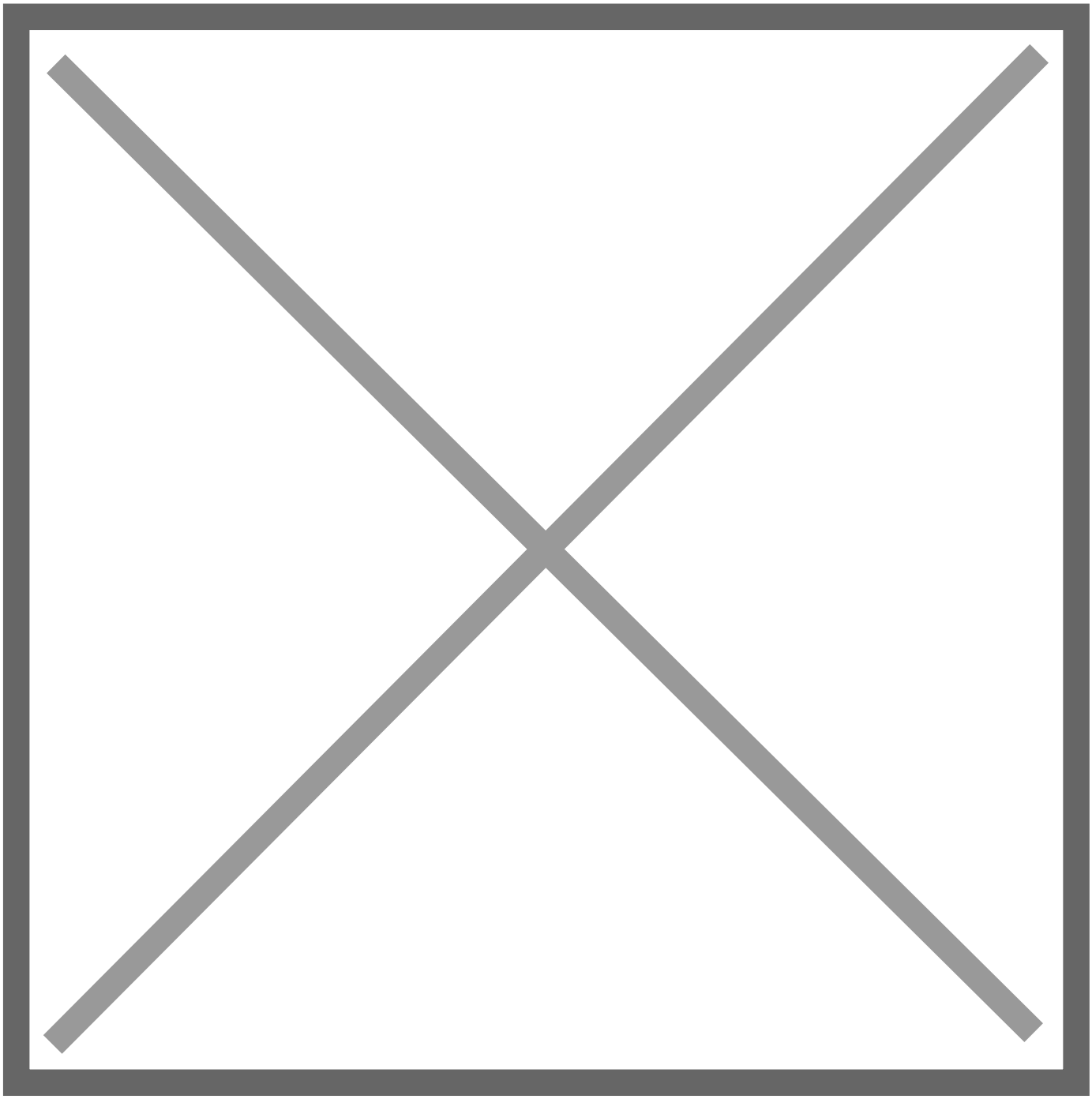
Boys, 2022-2024



Survey type:	Self-reported
Age:	6-9
Sample size:	2876
Area covered:	National

References:	WHO European Childhood Obesity Surveillance Initiative (COSI): report on the sixth round of data collection, 2022– 2024. Copenhagen: WHO Regional Office for Europe; 2025. Licence: CC BY-NC-SA 3.0 IGO.
Notes:	National data excluding Germany (Bremen only) and Kazakhstan (Almaty only)
Definitions:	Prevalence of daily consumption of soft drinks containing sugar, as reported by the child's parent (%)

Girls, 2022-2024

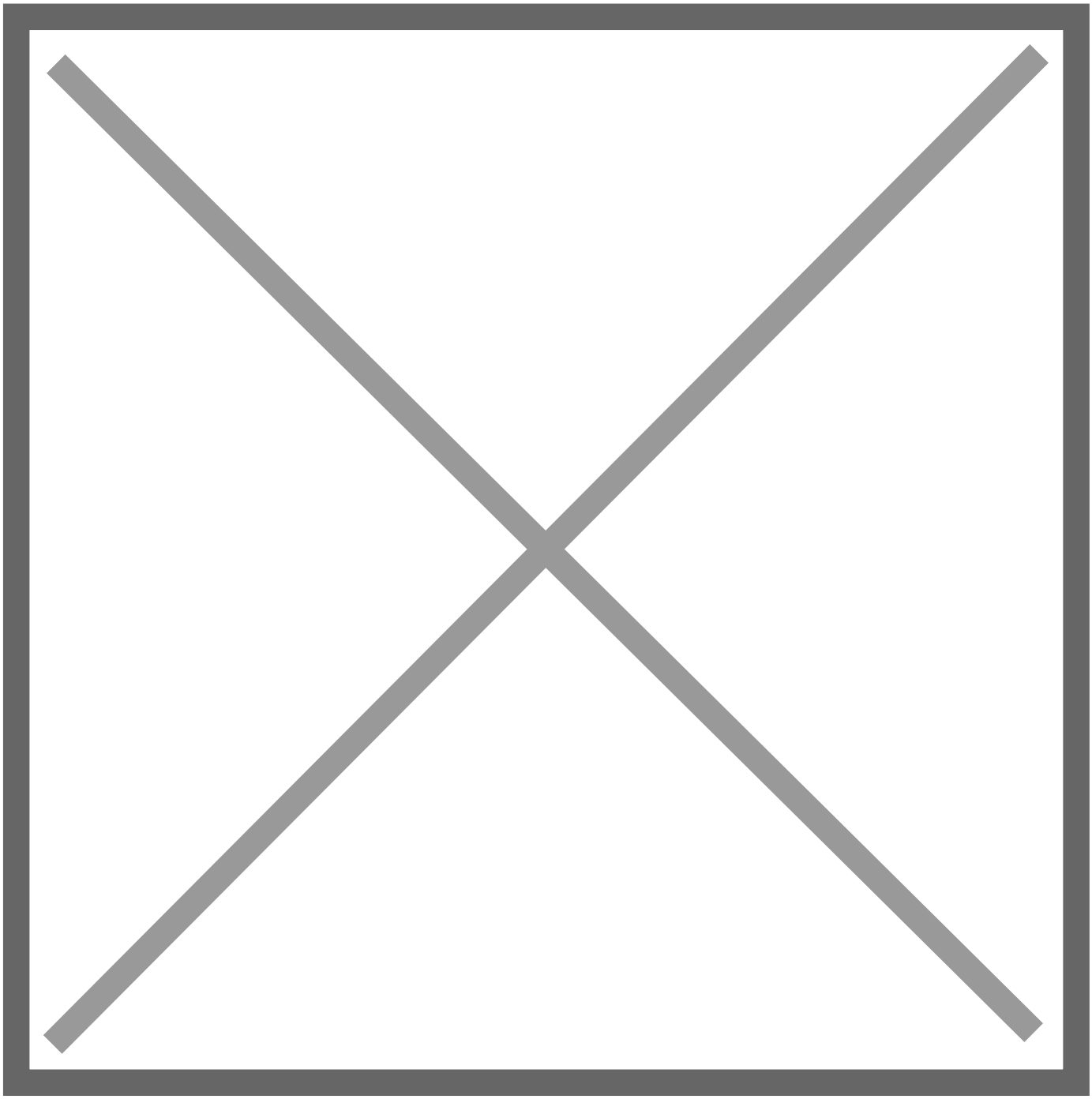


Survey type:	Self-reported
Age:	6-9
Sample size:	2876
Area covered:	National

References:	WHO European Childhood Obesity Surveillance Initiative (COSI): report on the sixth round of data collection, 2022– 2024. Copenhagen: WHO Regional Office for Europe; 2025. Licence: CC BY-NC-SA 3.0 IGO.
Notes:	National data excluding Germany (Bremen only) and Kazakhstan (Almaty only)
Definitions:	Prevalence of daily consumption of soft drinks containing sugar, as reported by the child's parent (%)

Prevalence of less than daily fruit consumption

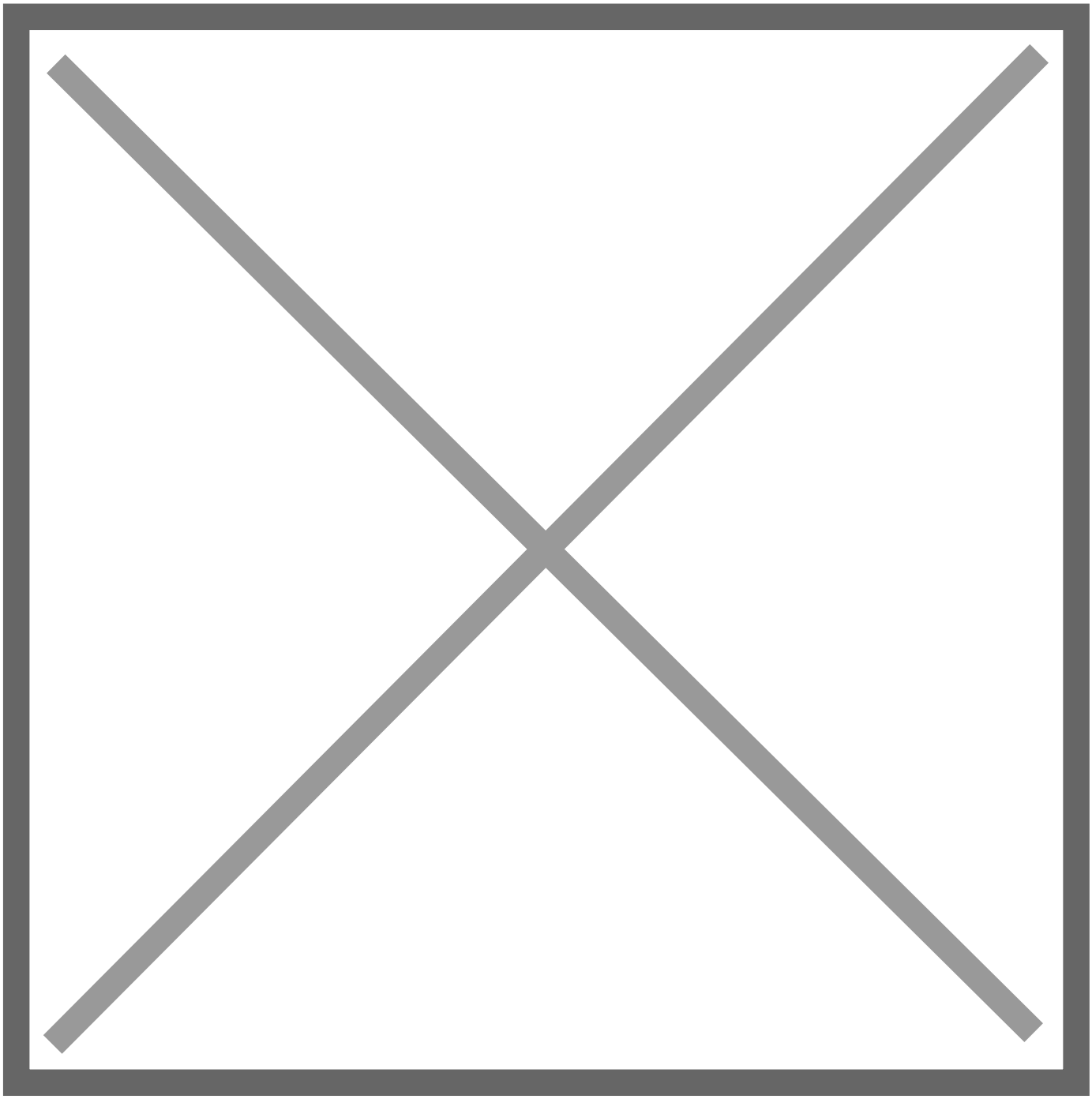
Children, 2022-2024



Survey type:	Self-reported
Age:	6-9
Sample size:	2875
Area covered:	National

References:	WHO European Childhood Obesity Surveillance Initiative (COSI): report on the sixth round of data collection, 2022– 2024. Copenhagen: WHO Regional Office for Europe; 2025. Licence: CC BY-NC-SA 3.0 IGO.
Notes:	National data excluding Germany (Bremen only) and Kazakhstan (Almaty only).
Definitions:	Proportion of children whose parents reported that their child consumes fruit less than daily

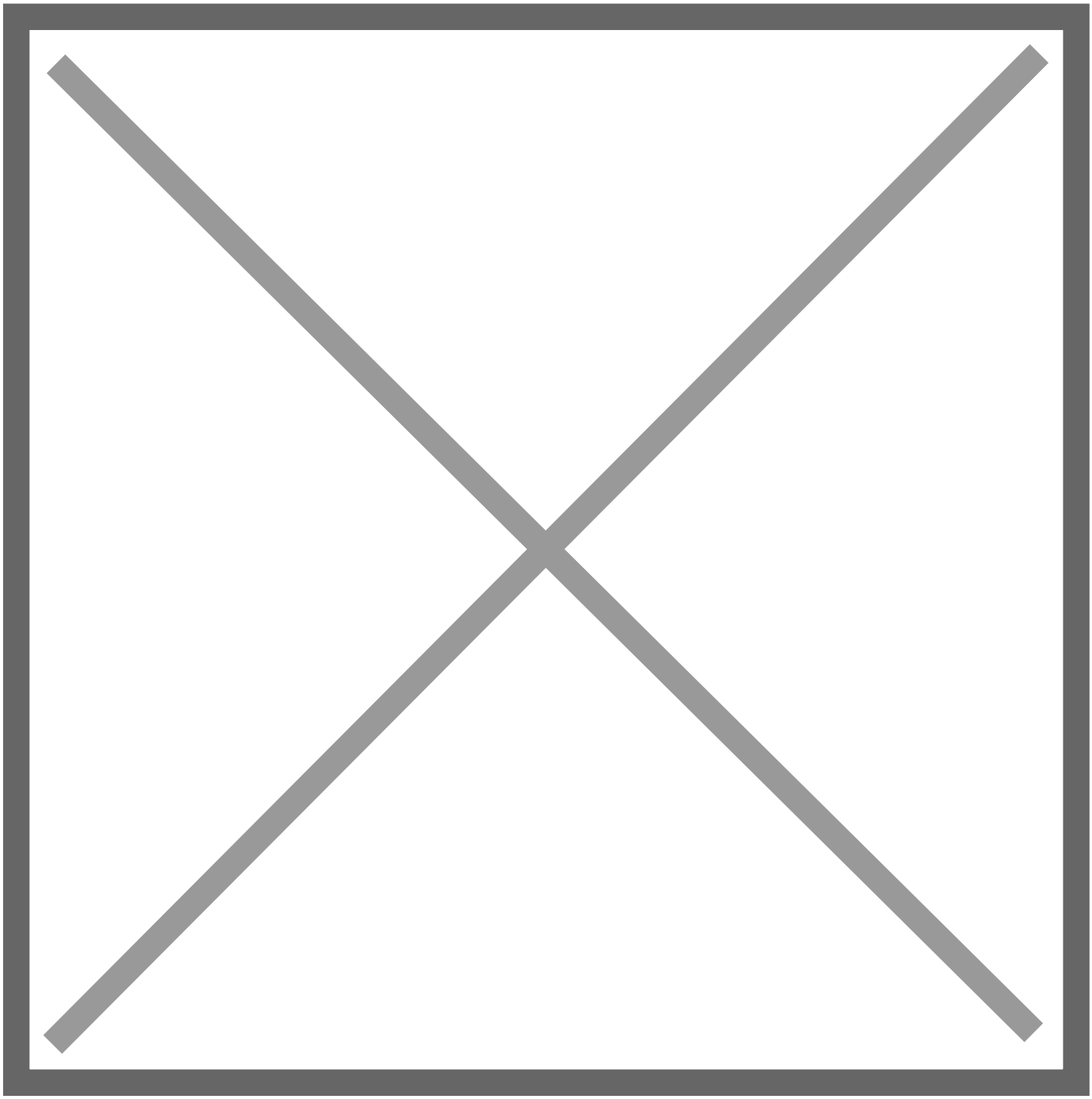
Boys, 2022-2024



Survey type:	Self-reported
Age:	6-9
Sample size:	2875
Area covered:	National

References:	WHO European Childhood Obesity Surveillance Initiative (COSI): report on the sixth round of data collection, 2022– 2024. Copenhagen: WHO Regional Office for Europe; 2025. Licence: CC BY-NC-SA 3.0 IGO.
Notes:	National data excluding Germany (Bremen only) and Kazakhstan (Almaty only).
Definitions:	Proportion of children whose parents reported that their child consumes fruit less than daily

Girls, 2022-2024

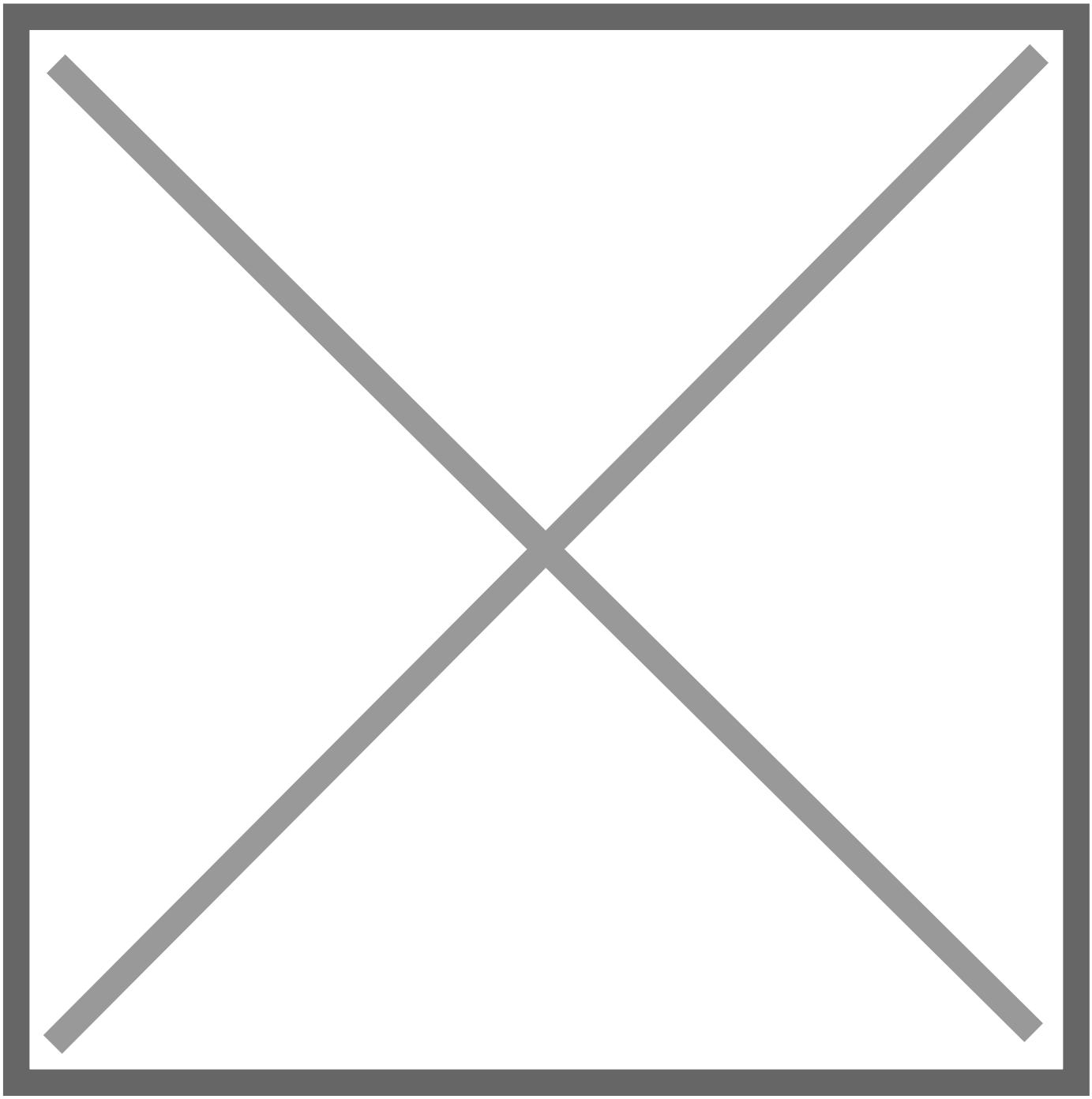


Survey type:	Self-reported
Age:	6-9
Sample size:	2875
Area covered:	National

References:	WHO European Childhood Obesity Surveillance Initiative (COSI): report on the sixth round of data collection, 2022– 2024. Copenhagen: WHO Regional Office for Europe; 2025. Licence: CC BY-NC-SA 3.0 IGO.
Notes:	National data excluding Germany (Bremen only) and Kazakhstan (Almaty only).
Definitions:	Proportion of children whose parents reported that their child consumes fruit less than daily

Prevalence of less than daily vegetable consumption

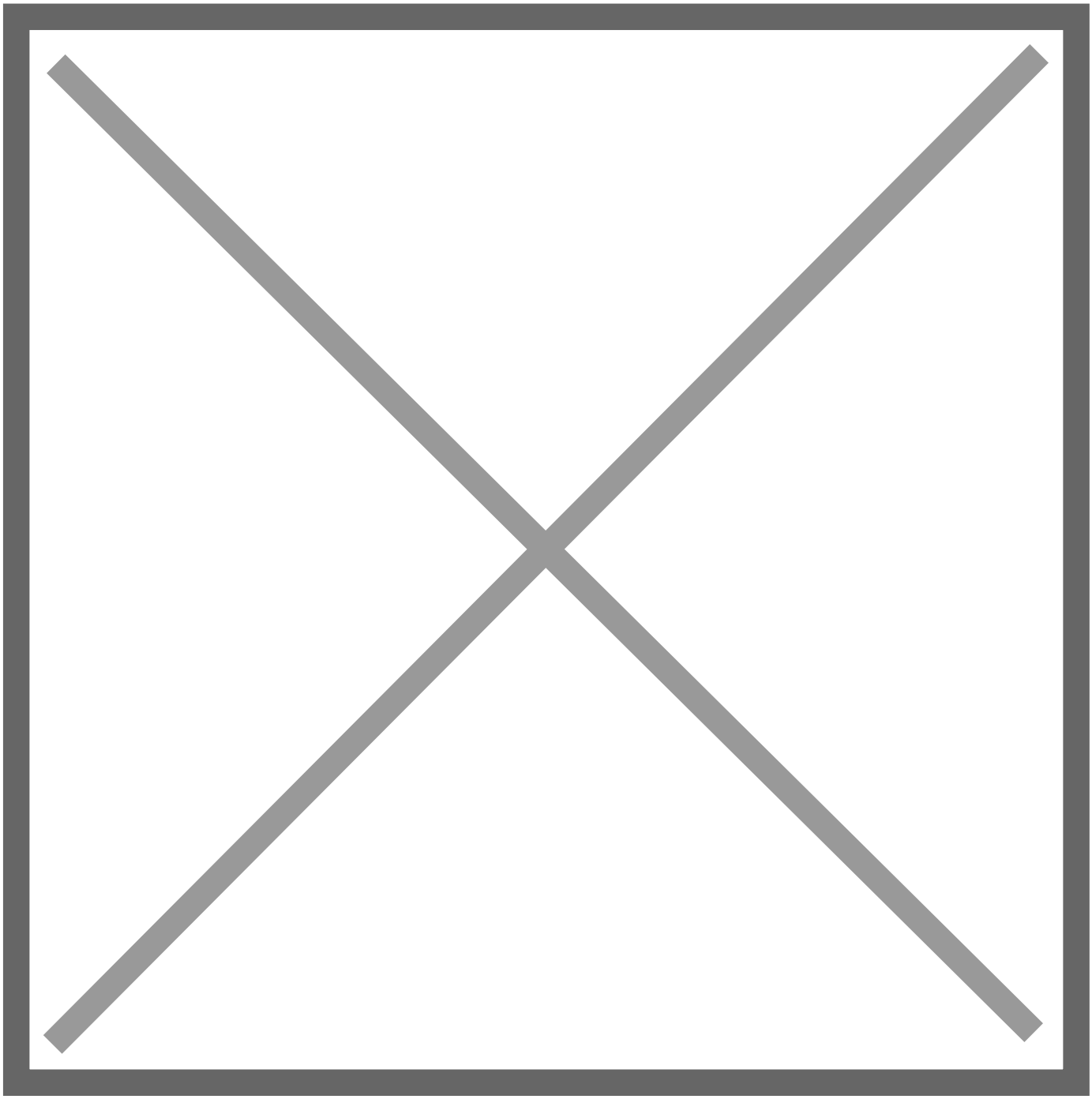
Children, 2022-2024



Survey type:	Self-reported
Age:	6-9
Sample size:	2864
Area covered:	National

References:	WHO European Childhood Obesity Surveillance Initiative (COSI): report on the sixth round of data collection, 2022– 2024. Copenhagen: WHO Regional Office for Europe; 2025. Licence: CC BY-NC-SA 3.0 IGO.
Notes:	National data excluding Germany (Bremen only) and Kazakhstan (Almaty only).
Definitions:	Proportion of children whose parents reported that their child consumes vegetables less than daily

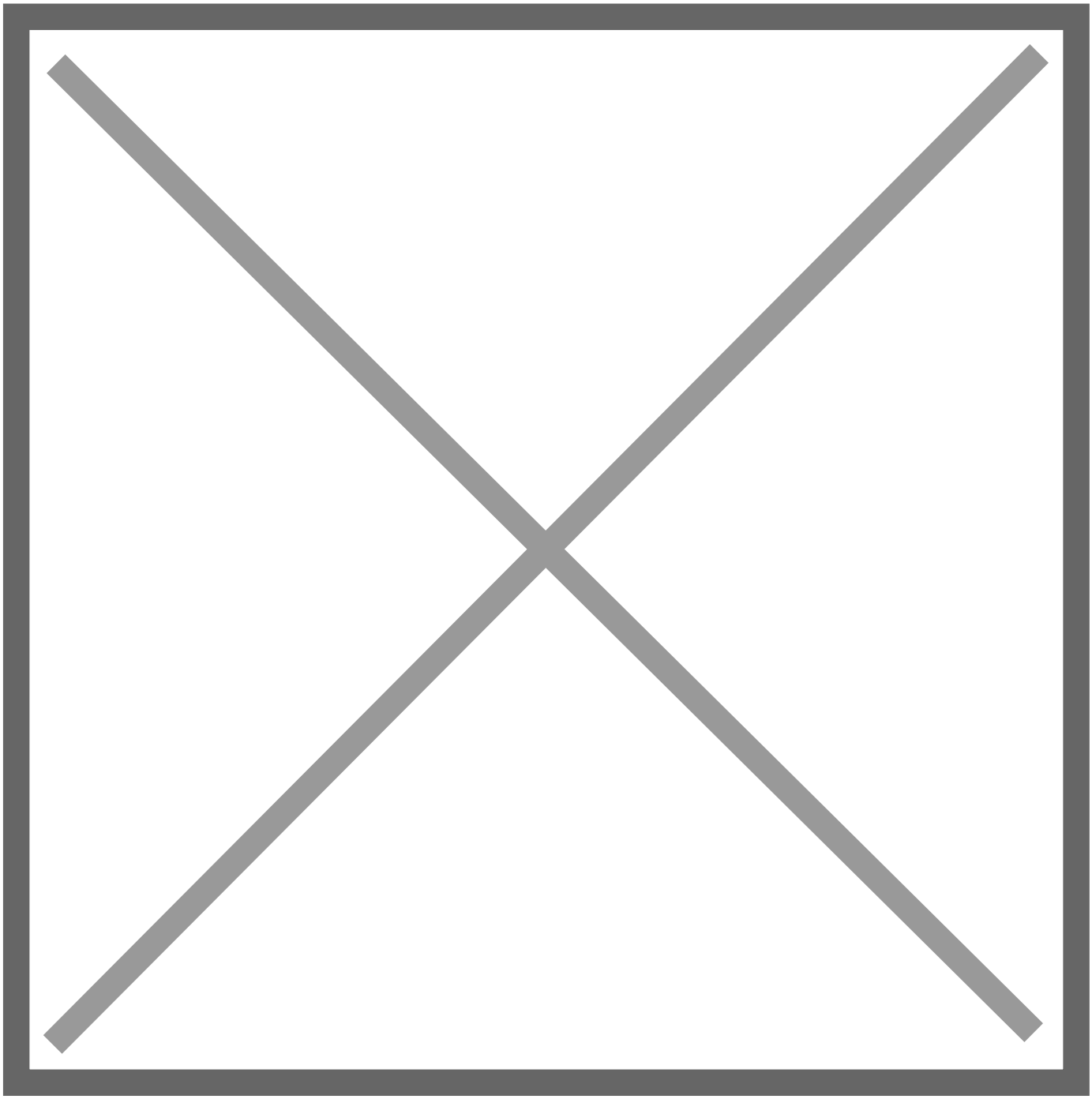
Boys, 2022-2024



Survey type:	Self-reported
Age:	6-9
Sample size:	2864
Area covered:	National

References:	WHO European Childhood Obesity Surveillance Initiative (COSI): report on the sixth round of data collection, 2022– 2024. Copenhagen: WHO Regional Office for Europe; 2025. Licence: CC BY-NC-SA 3.0 IGO.
Notes:	National data excluding Germany (Bremen only) and Kazakhstan (Almaty only).
Definitions:	Proportion of children whose parents reported that their child consumes vegetables less than daily

Girls, 2022-2024

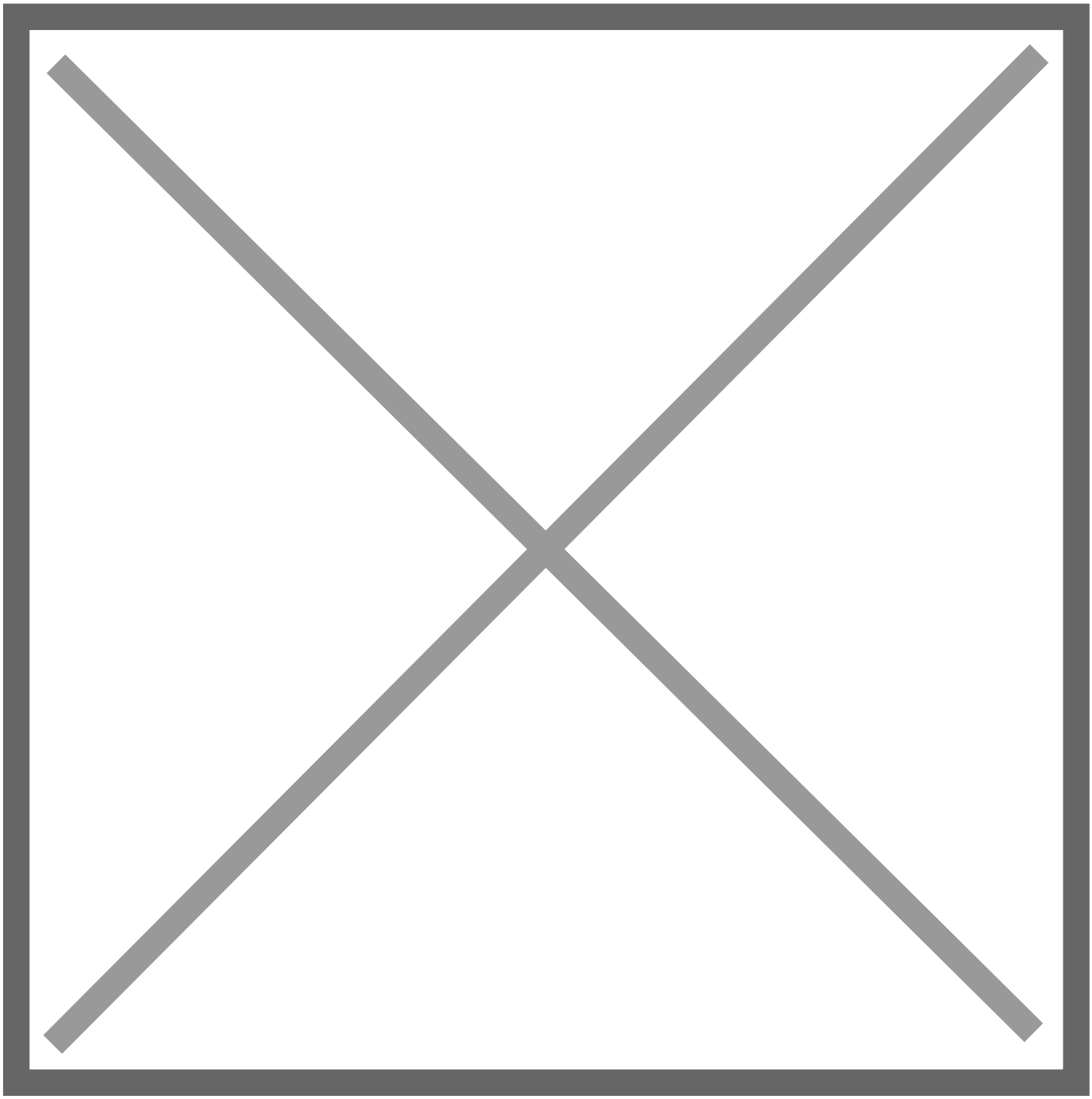


Survey type:	Self-reported
Age:	6-9
Sample size:	2864
Area covered:	National

References:	WHO European Childhood Obesity Surveillance Initiative (COSI): report on the sixth round of data collection, 2022– 2024. Copenhagen: WHO Regional Office for Europe; 2025. Licence: CC BY-NC-SA 3.0 IGO.
Notes:	National data excluding Germany (Bremen only) and Kazakhstan (Almaty only).
Definitions:	Proportion of children whose parents reported that their child consumes vegetables less than daily

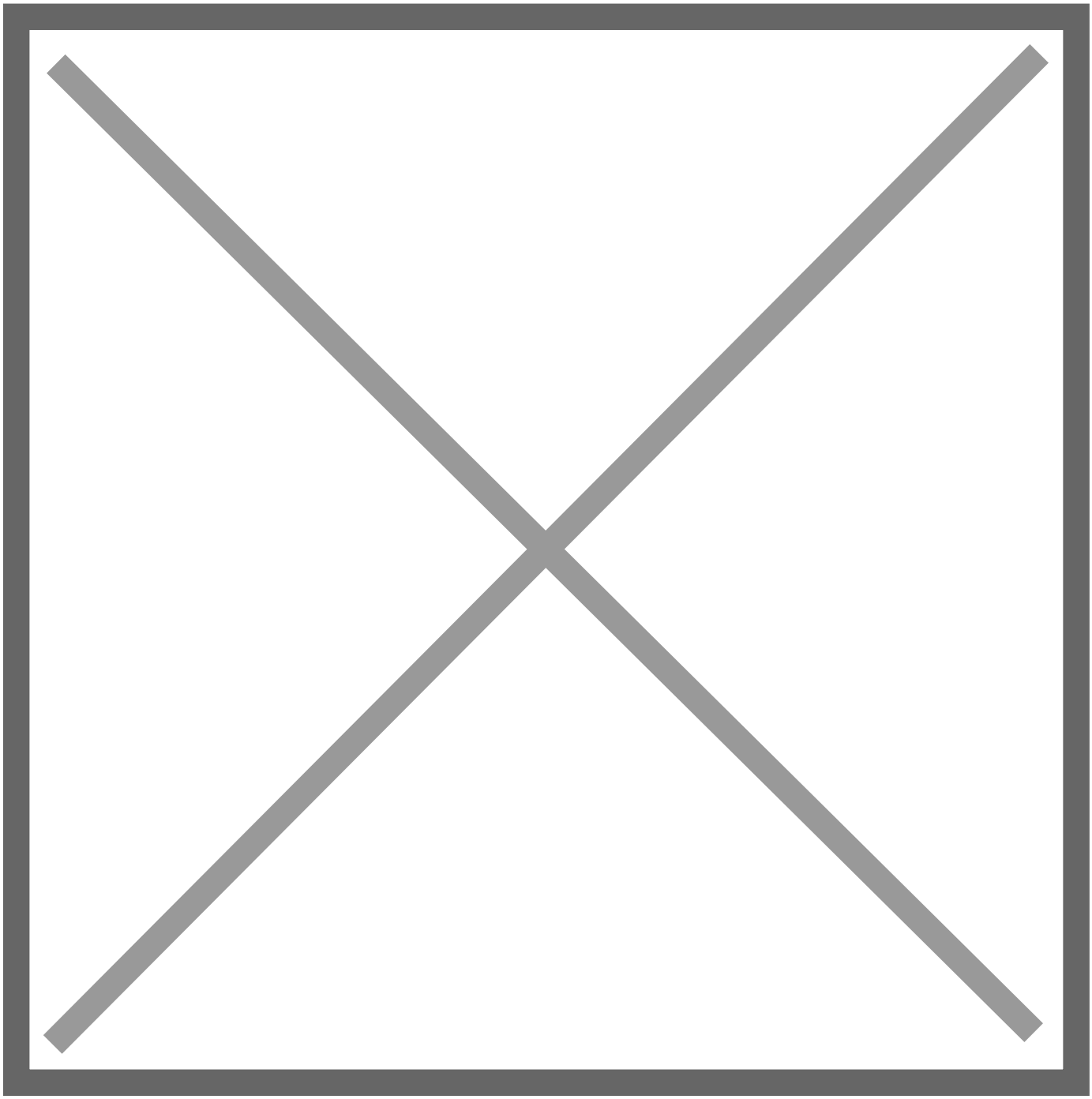
Mental health - depression disorders

Children, 2023



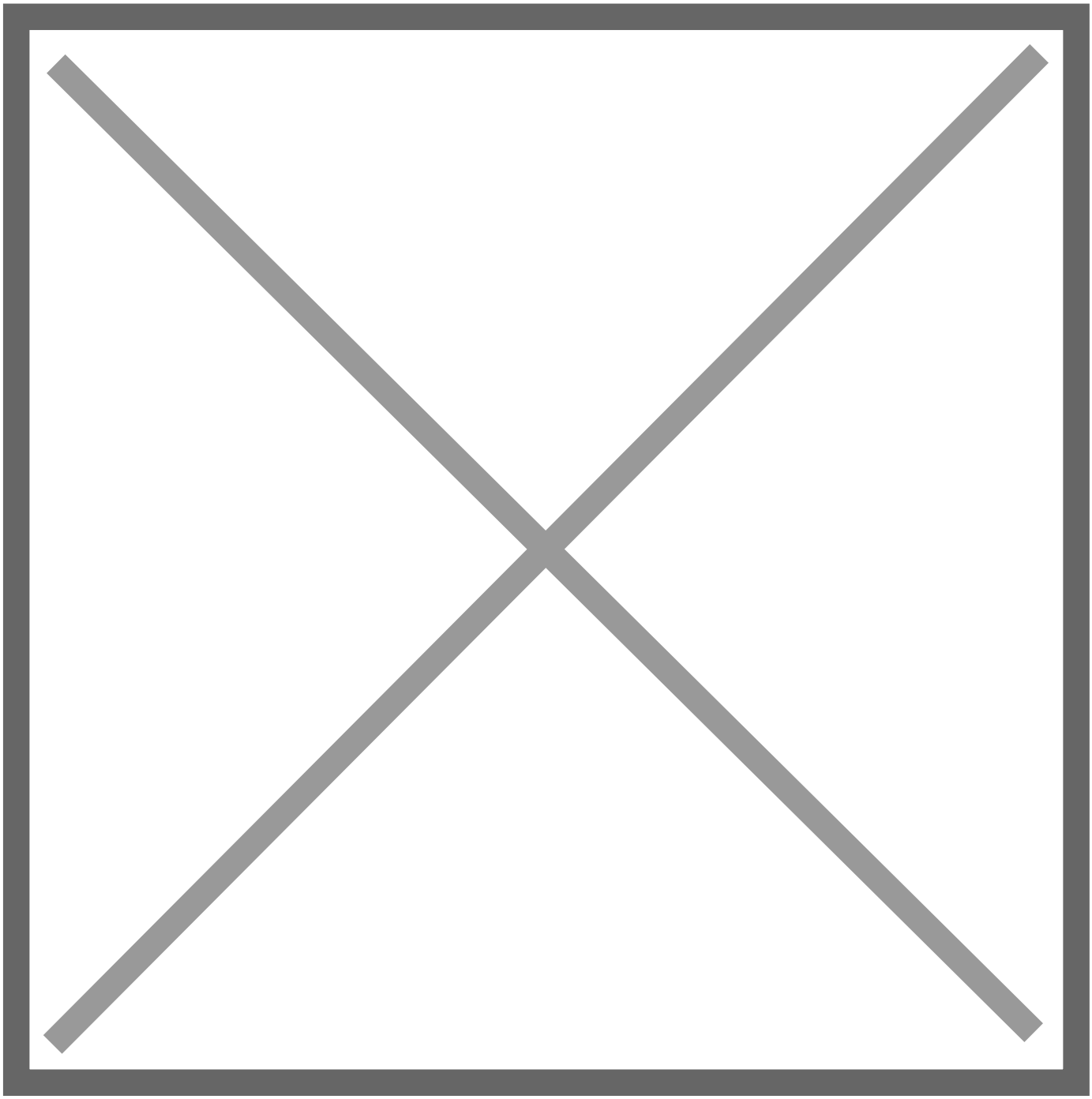
Area covered:	National
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from https://vizhub.healthdata.org/gbd-compare/ [Accessed 17.03.26]
Definitions:	Estimated number living with depressive disorders per 100,000 population (under 20 years of age)

Boys, 2023



Area covered:	National
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from https://vizhub.healthdata.org/gbd-compare/ [Accessed 17.03.26]
Definitions:	Estimated number living with depressive disorders per 100,000 population (under 20 years of age)

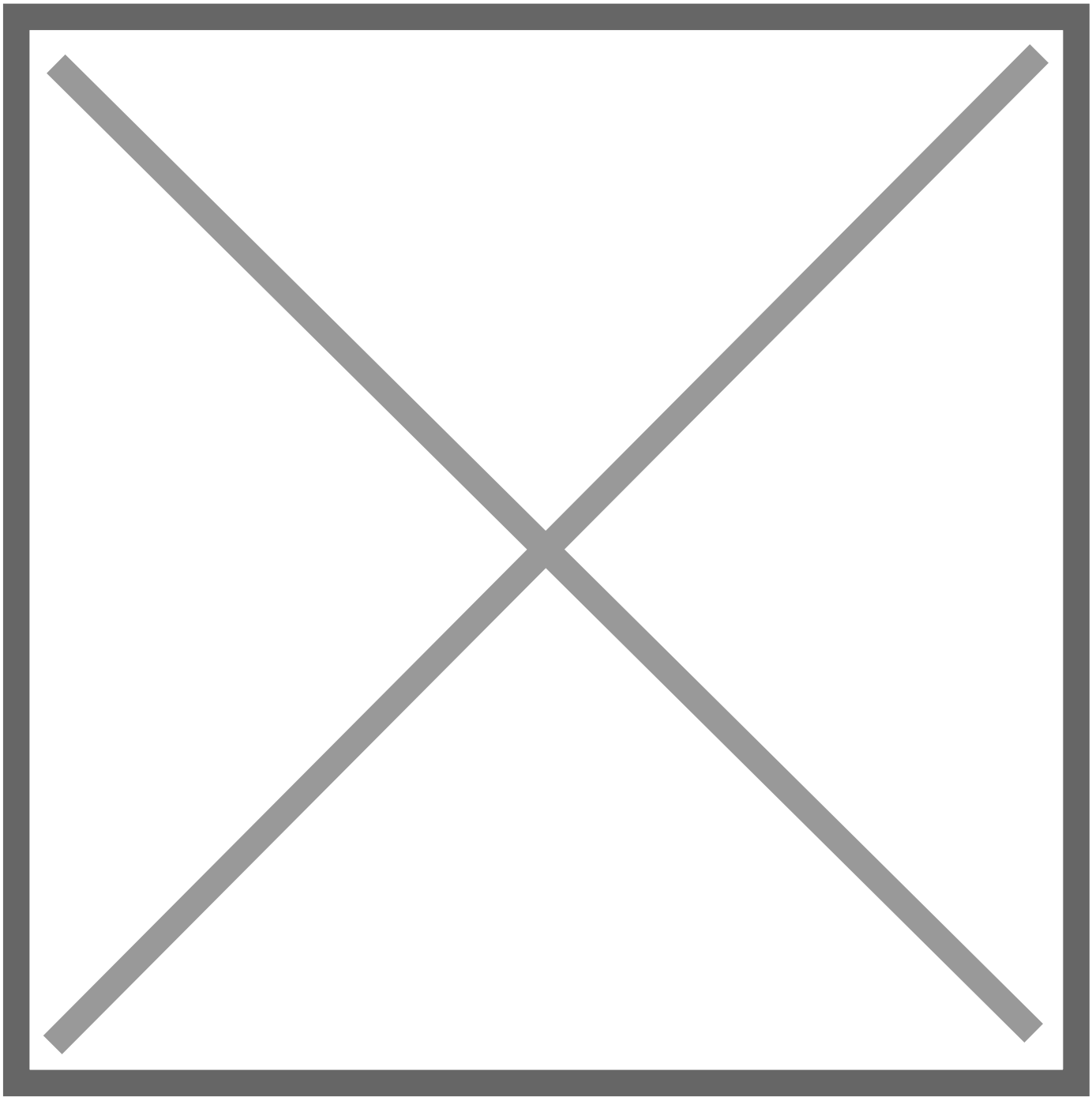
Girls, 2023



Area covered:	National
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from https://vizhub.healthdata.org/gbd-compare/ [Accessed 17.03.26]
Definitions:	Estimated number living with depressive disorders per 100,000 population (under 20 years of age)

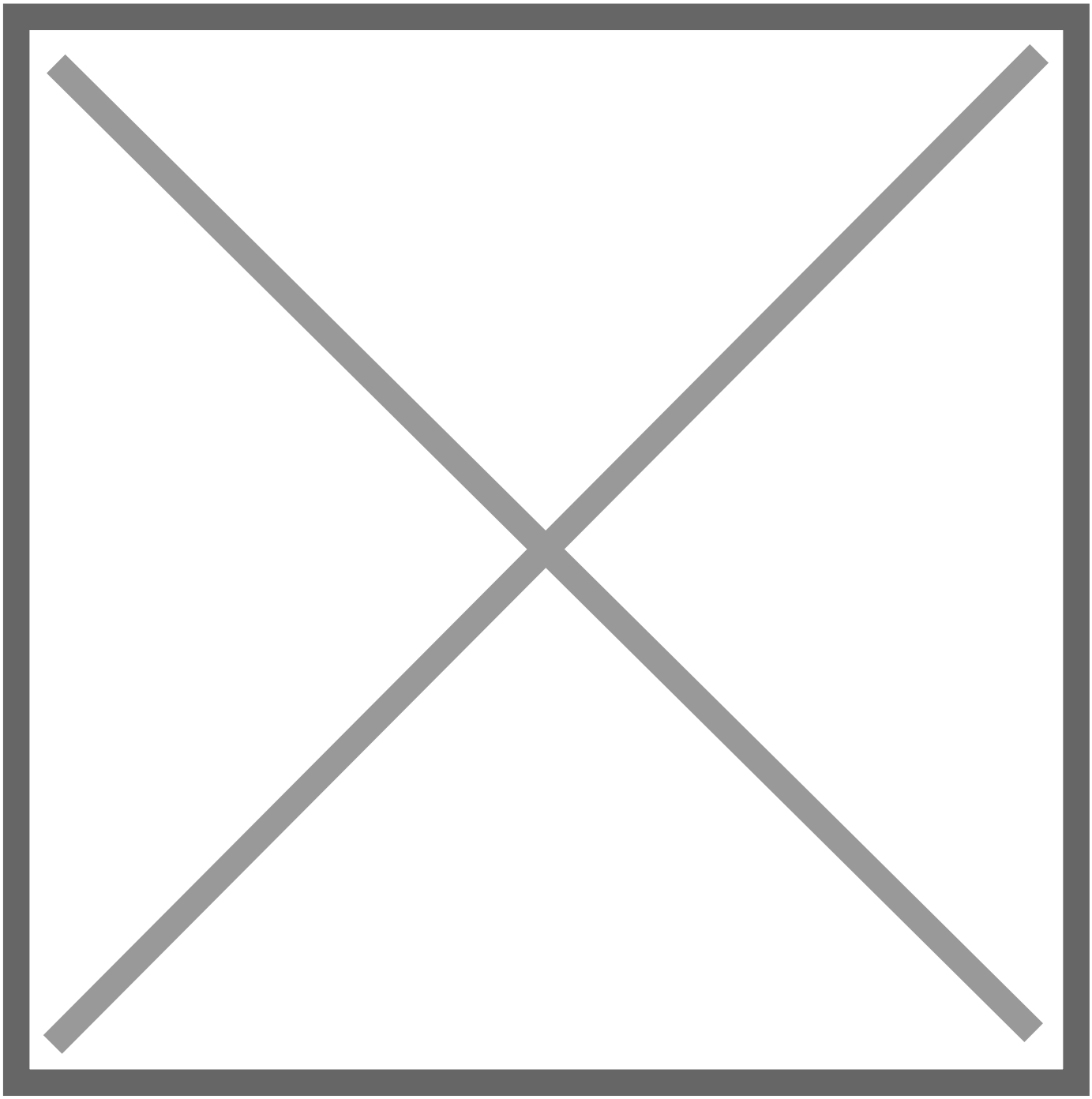
Mental health - anxiety disorders

Children, 2023



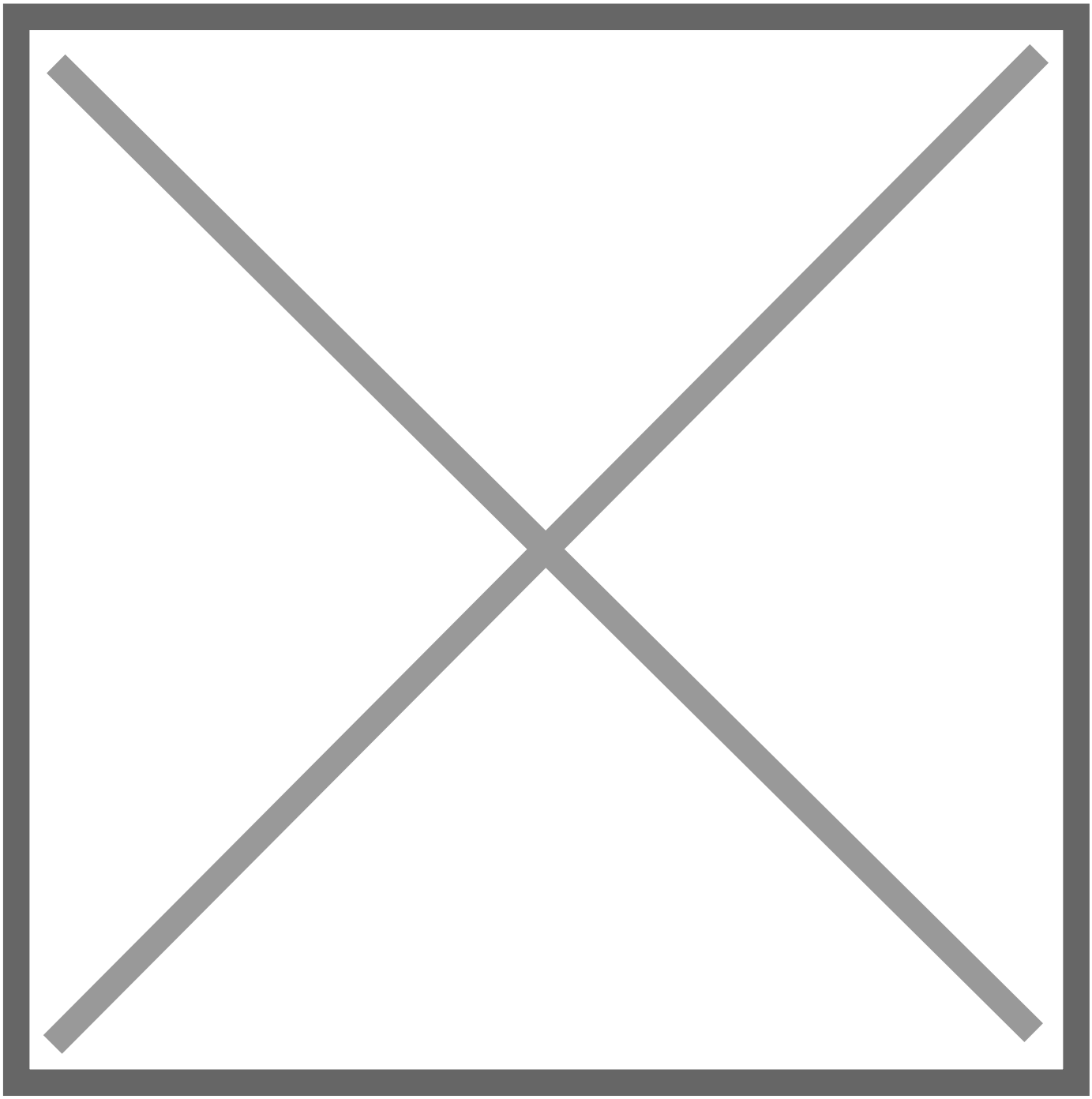
Area covered:	National
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from https://vizhub.healthdata.org/gbd-compare/ [Accessed 17.03.26]
Definitions:	Estimated number living with anxiety disorders per 100,000 population (under 20 years of age)

Boys, 2023



Area covered:	National
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from https://vizhub.healthdata.org/gbd-compare/ [Accessed 17.03.26]
Definitions:	Estimated number living with anxiety disorders per 100,000 population (under 20 years of age)

Girls, 2023



Area covered:	National
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from https://vizhub.healthdata.org/gbd-compare/ [Accessed 17.03.26]
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