

# Tiománaithe An Pholainn

High income



## Report cards

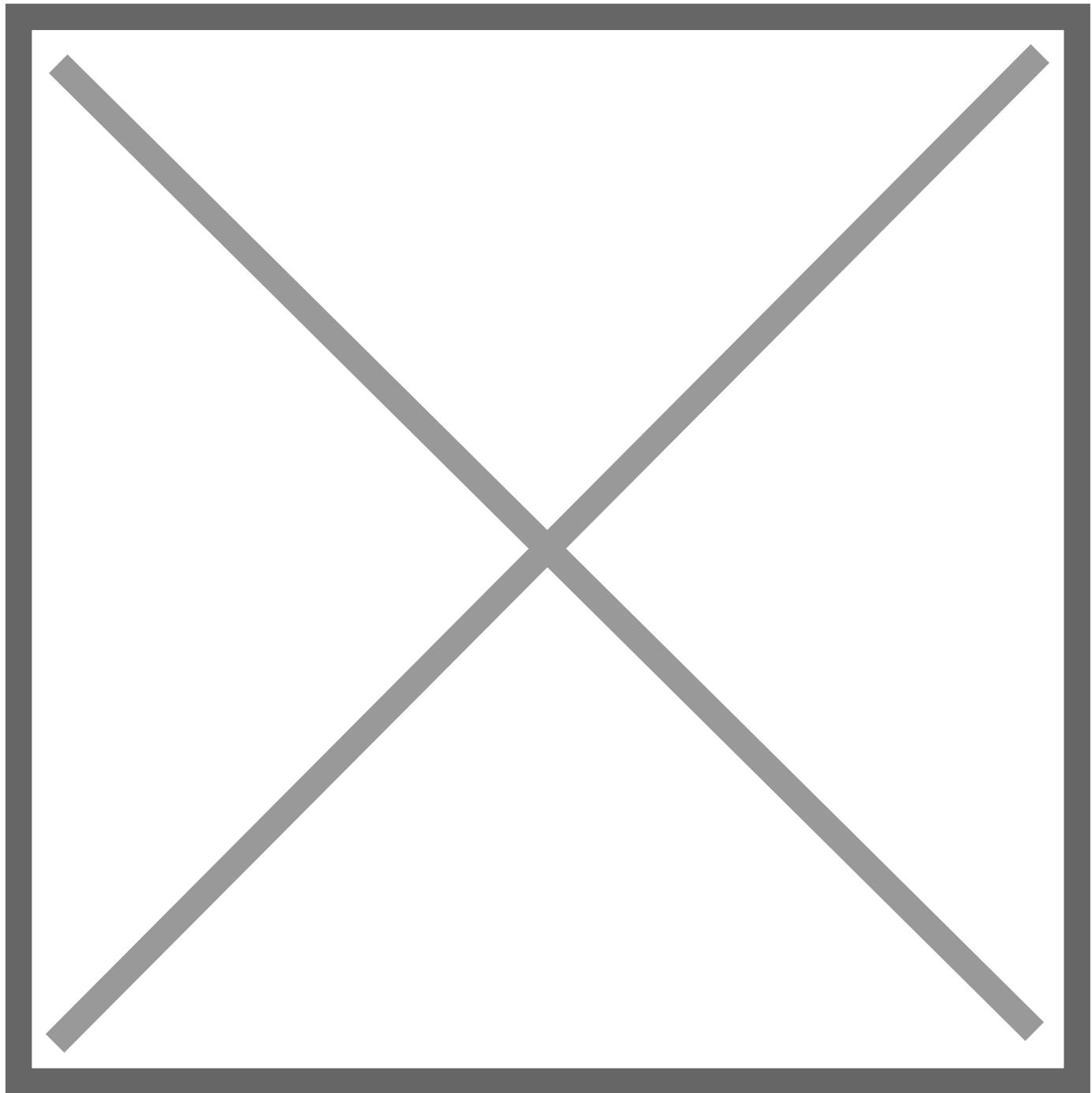
Our report cards collate all the most-recent graphics for this country. If you would like to produce a custom report based on selected graphics, just tap the Add to custom PDF button below the graphics you would like to use.

[\*\*Report card \(adult data\)\*\*](#)

[\*\*Report card \(child data\)\*\*](#)

## Gníomhaíocht choirp neamhimleor

**Daoine Fásta, 2022**



Cineál an  
tsuirbhé:

Aois:

Ceanatar  
Clúdaithe:

Féintuairiscithe

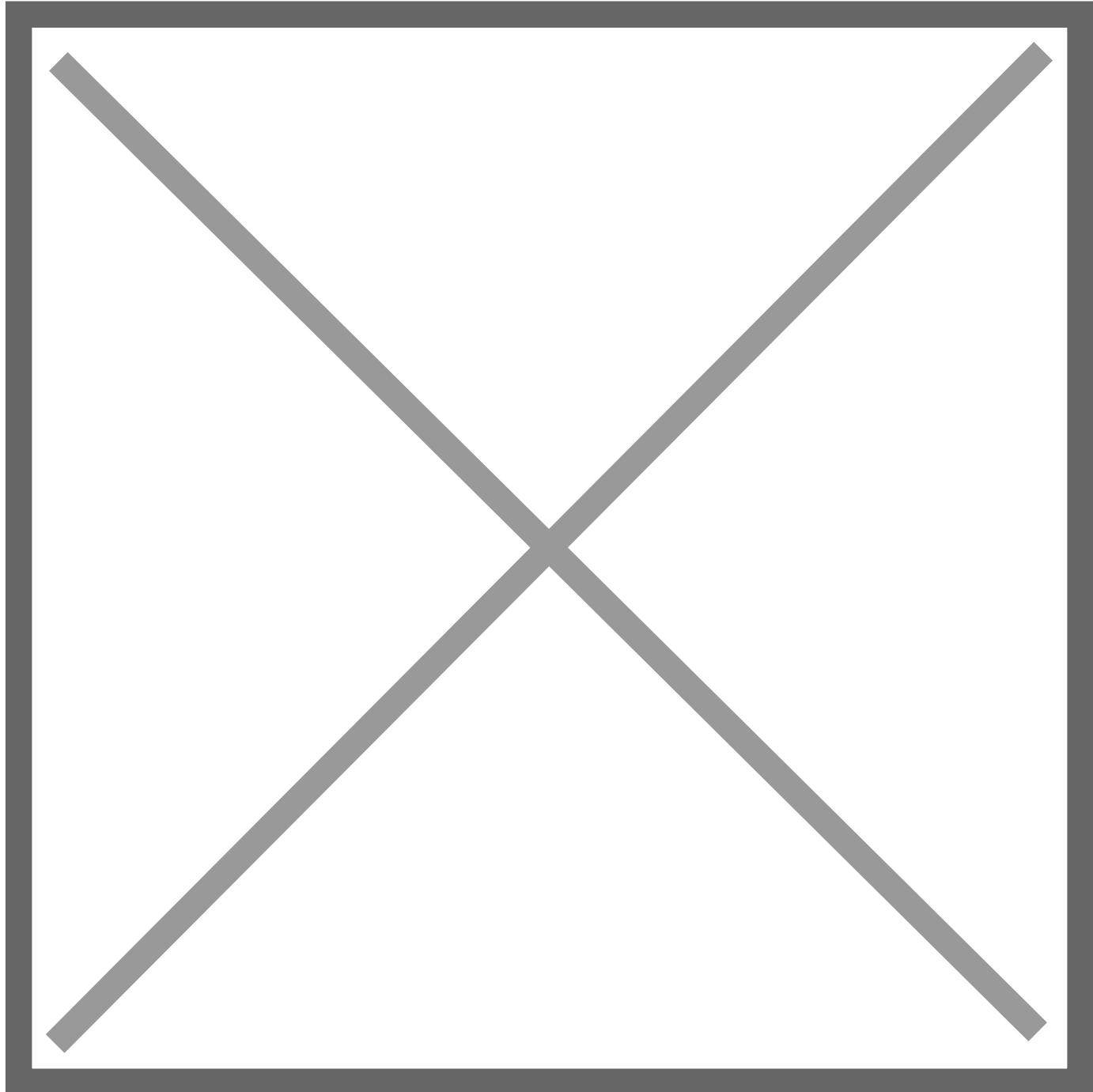
18+

Náisiúnta

**Tagairtí:** 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-physical-activity-among-adults-aged-18-years-\(age-standardized-estimate\)-\(--\)](https://www.who.int/data/gho/data/indicators/indicator-details/GHO/prevalence-of-insufficient-physical-activity-among-adults-aged-18-years-(age-standardized-estimate)-(--))

**Sainmhínithe  
(ar fáil i  
mBéarla  
amháin):** 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.

Fir, 2022



Cineál an  
tsuirbhé:

Aois:

Ceanatar  
Clúdaithe:

Féintuaírisctíthe

18+

Náisiúnta

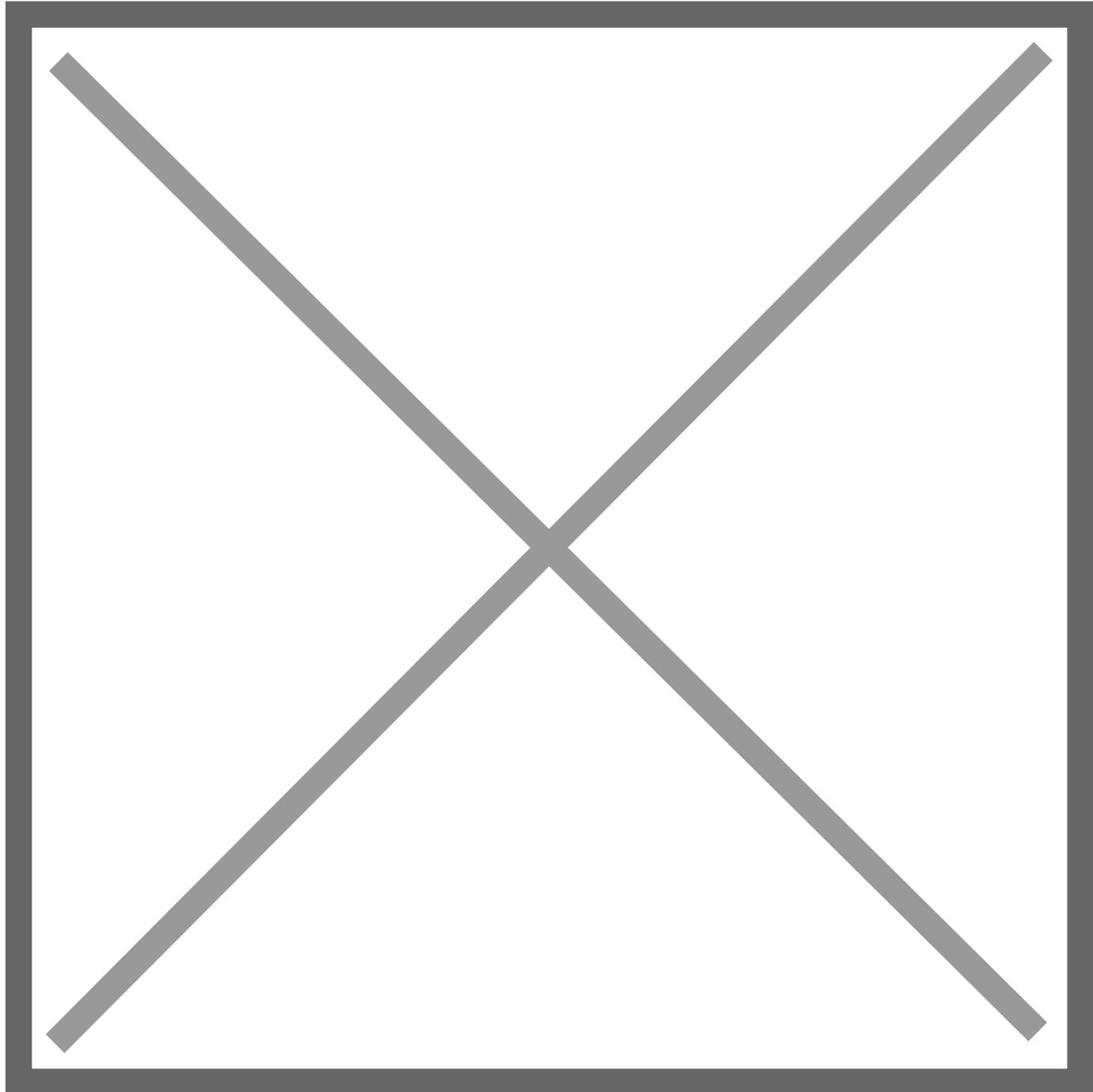
Tagairtí:

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-physical-activity-among-adults-aged-18-years-\(age-standardized-estimate\)-\(--\)](https://www.who.int/data/gho/data/indicators/indicator-details/GHO/prevalence-of-insufficient-physical-activity-among-adults-aged-18-years-(age-standardized-estimate)-(--))

Sainmhínithe  
(ar fáil i  
mBéarla  
amháin):

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.

Mná, 2022



Cineál an  
tsuirbhé:

Féintuaíriscthe

Aois:

18+

Ceanatar  
Clúdaithe:

Náisiúnta

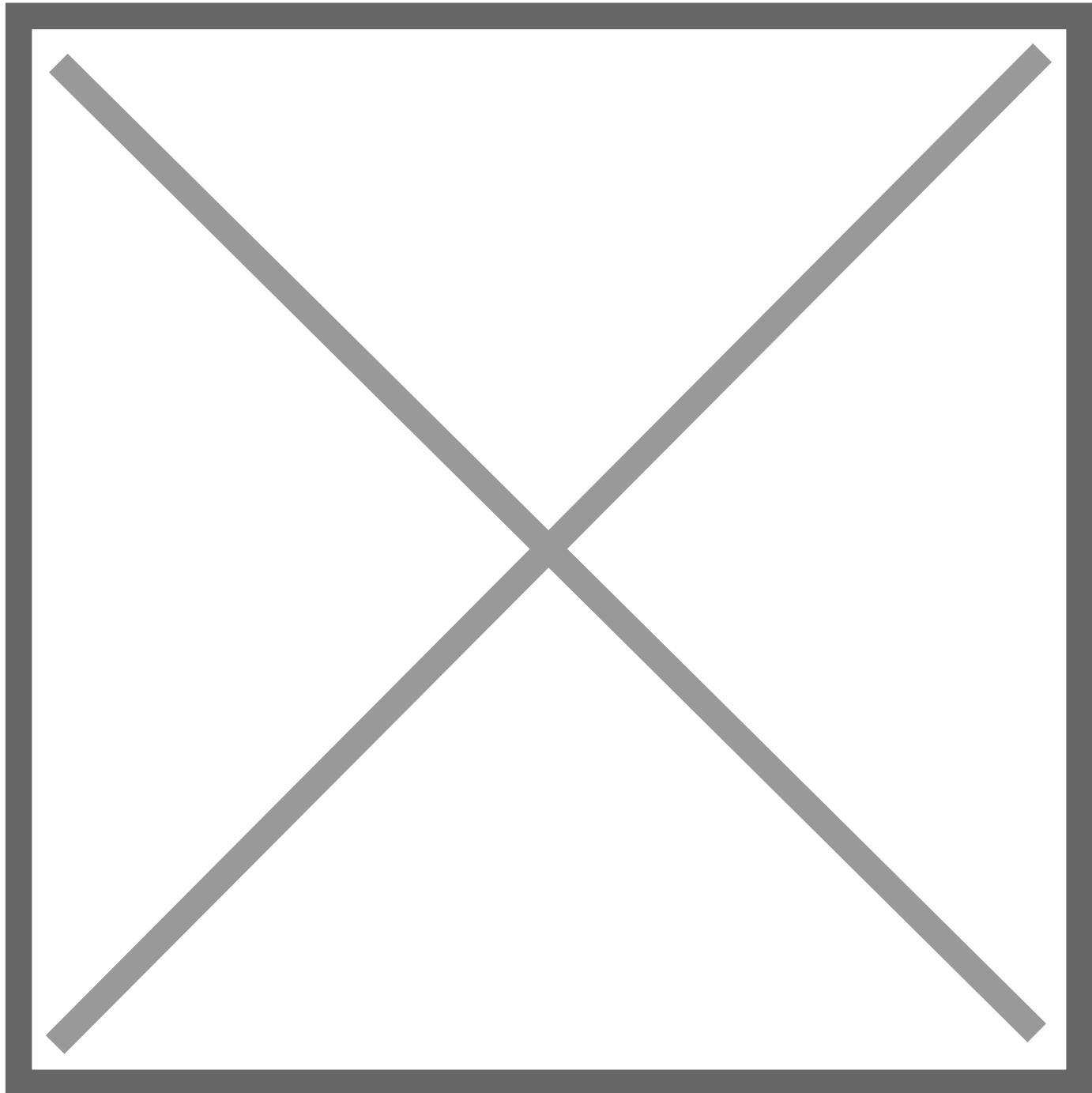
Tagairtí:

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-physical-activity-among-adults-aged-18-years-\(age-standardized-estimate\)-\(--\)](https://www.who.int/data/gho/data/indicators/indicator-details/GHO/prevalence-of-insufficient-physical-activity-among-adults-aged-18-years-(age-standardized-estimate)-(--))

**Sainmhínithe  
(ar fáil i  
mBéarla  
amháin):**

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.

## Buachaillí, 2022



Céantar  
Clúdaithe:

Tagairtí:

Náisiúnta

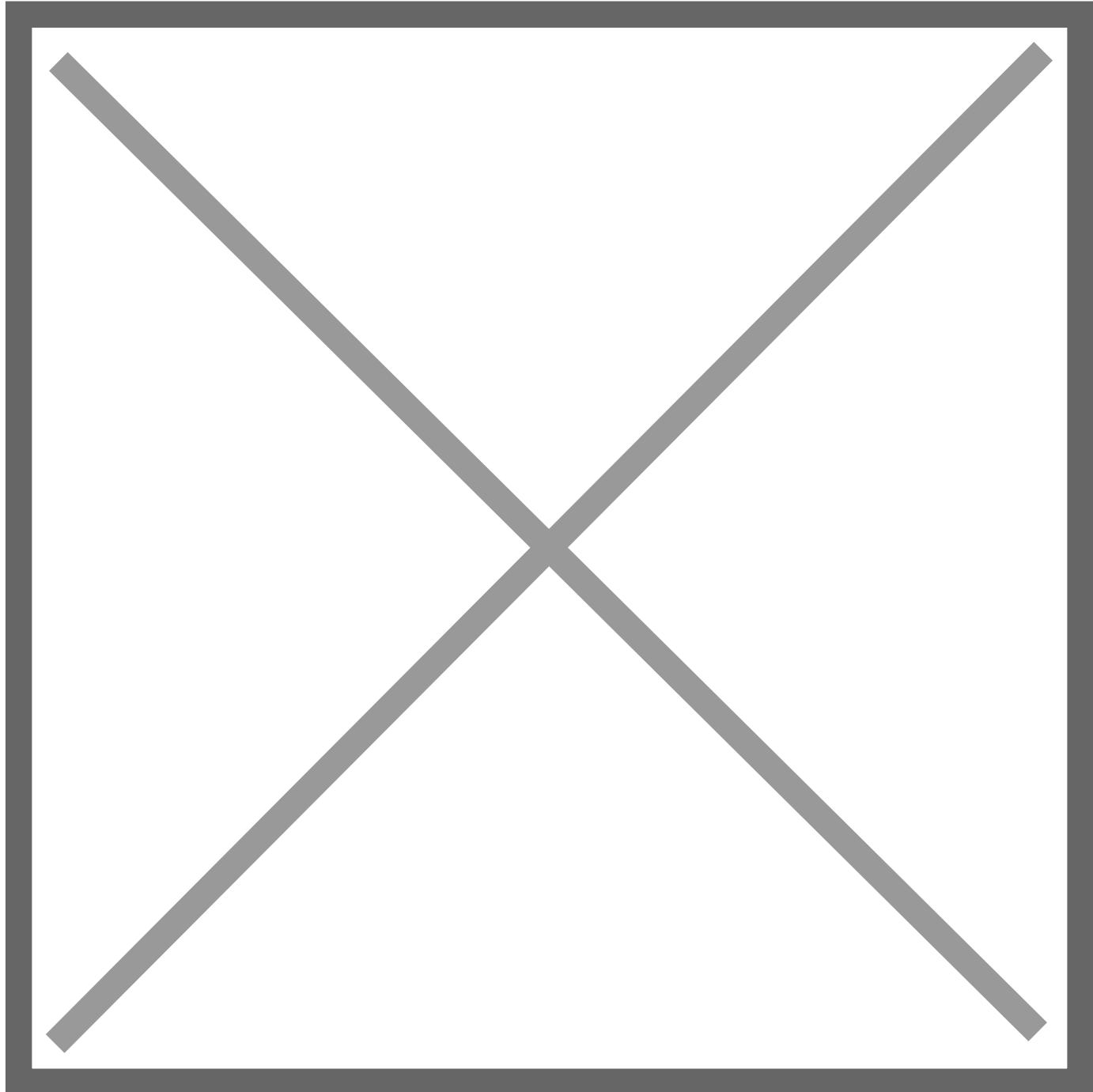
Rakić JG, Hamrik Z, Dzielska A, Felder-Puig R, Oja L, Bakalár P et al. A focus on adolescent physical activity, eating behaviours, weight status and body image in Europe, central Asia and Canada. Health Behaviour in School-aged Children international report from the 2021/2022 survey. Volume 4. Copenhagen: 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>.

**Nótaí:** 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.

**Sainmhínithe  
(ar fáil i  
mBéarla  
amháin):**

% reporting less than 60 minutes of MVPA daily

## Cailíní, 2022



**Céantar  
Clúdaithe:**

**Tagairtí:**

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>.

Náisiúnta

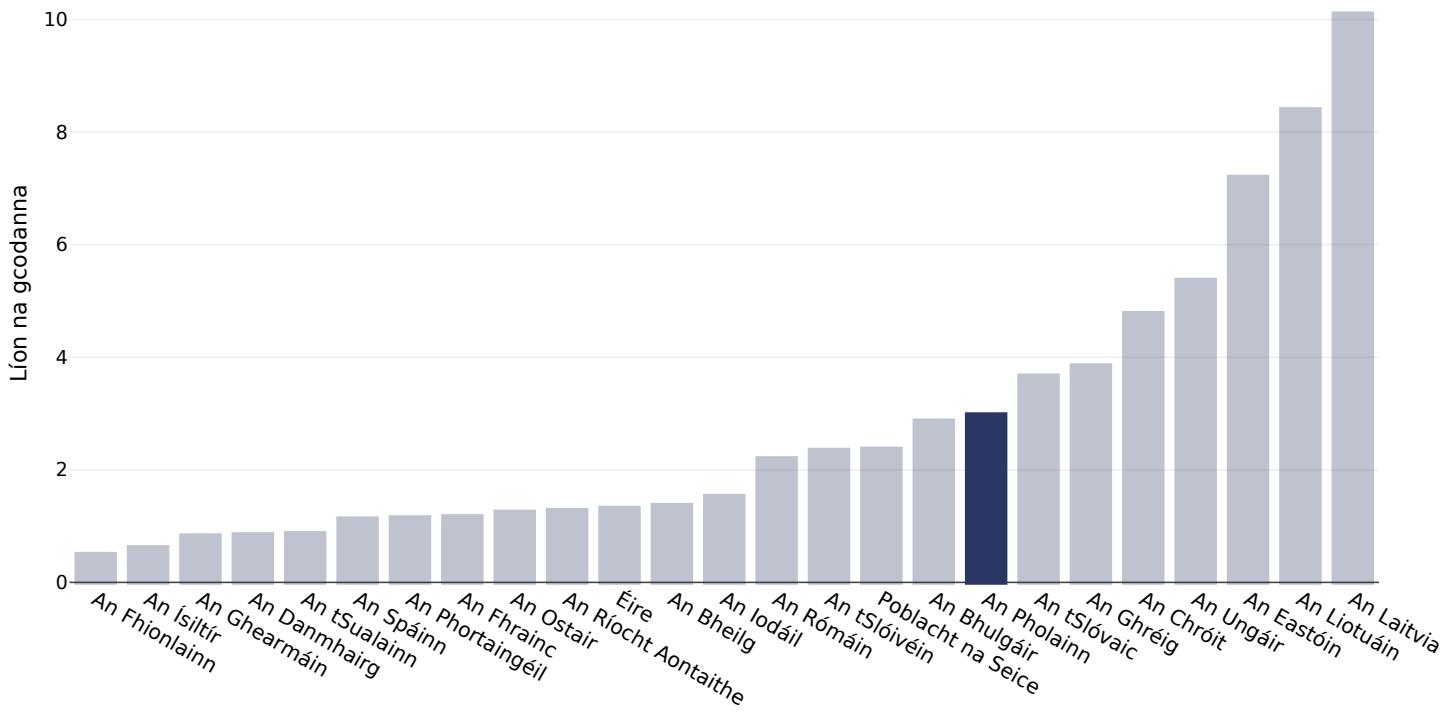
**Nótaí:** Young people were asked to report the number of days over the past week during which they were physically active for a total of at least 60 minutes. The question was introduced by text defining moderate-to-vigorous physical activity (MVPA) as any activity that increases the heart rate and 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.

**Sainmhínithe  
(ar fáil i  
mBéarla  
amháin):**

% reporting less than 60 minutes of MVPA daily

## Itheachán siúcra

### Daoine Fásta, 2016



Tagairtí:

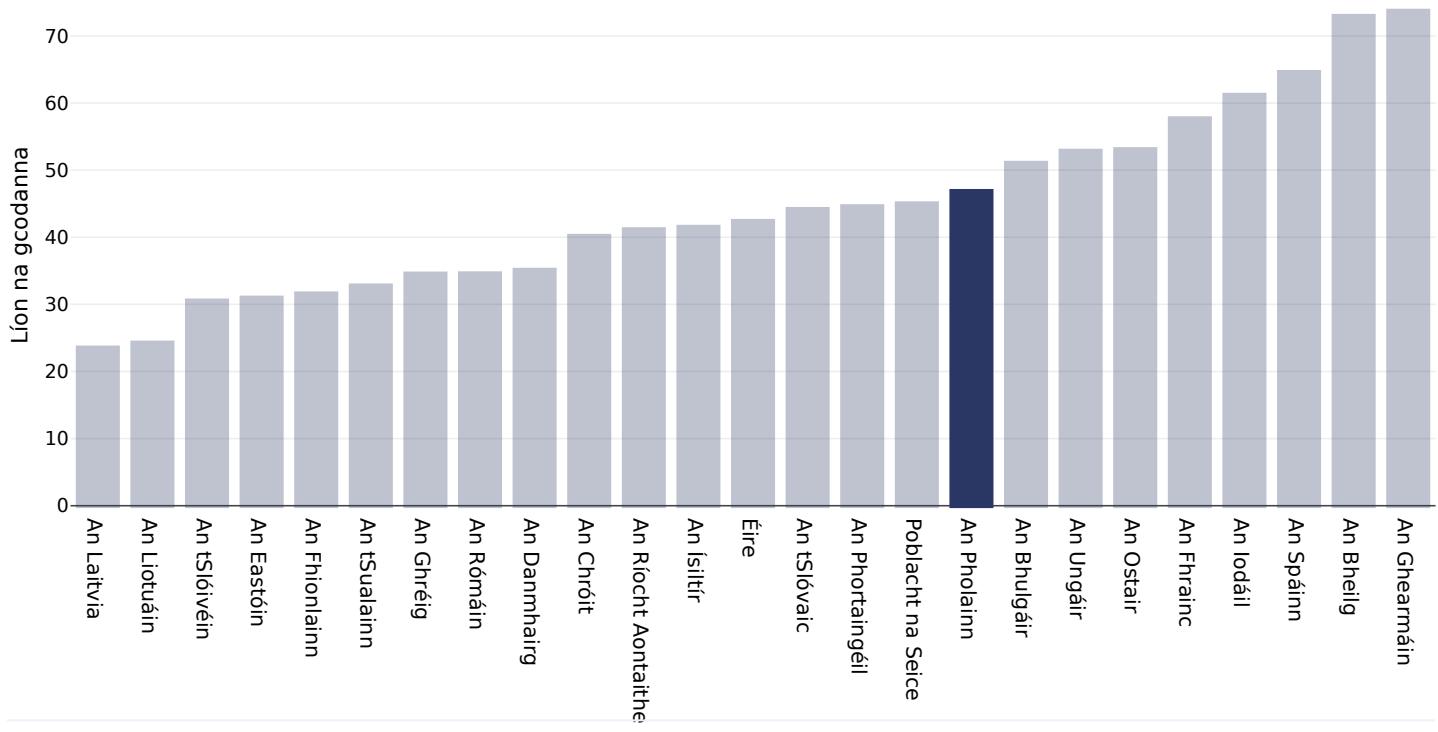
**Sainmhínithe**  
(ar fáil i  
mBéarla  
amháin):

Source: Euromonitor International

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

## Iontógáil mheasta deochanna a mhilsítear trí shiúcra per capita

Daoine Fásta, 2016

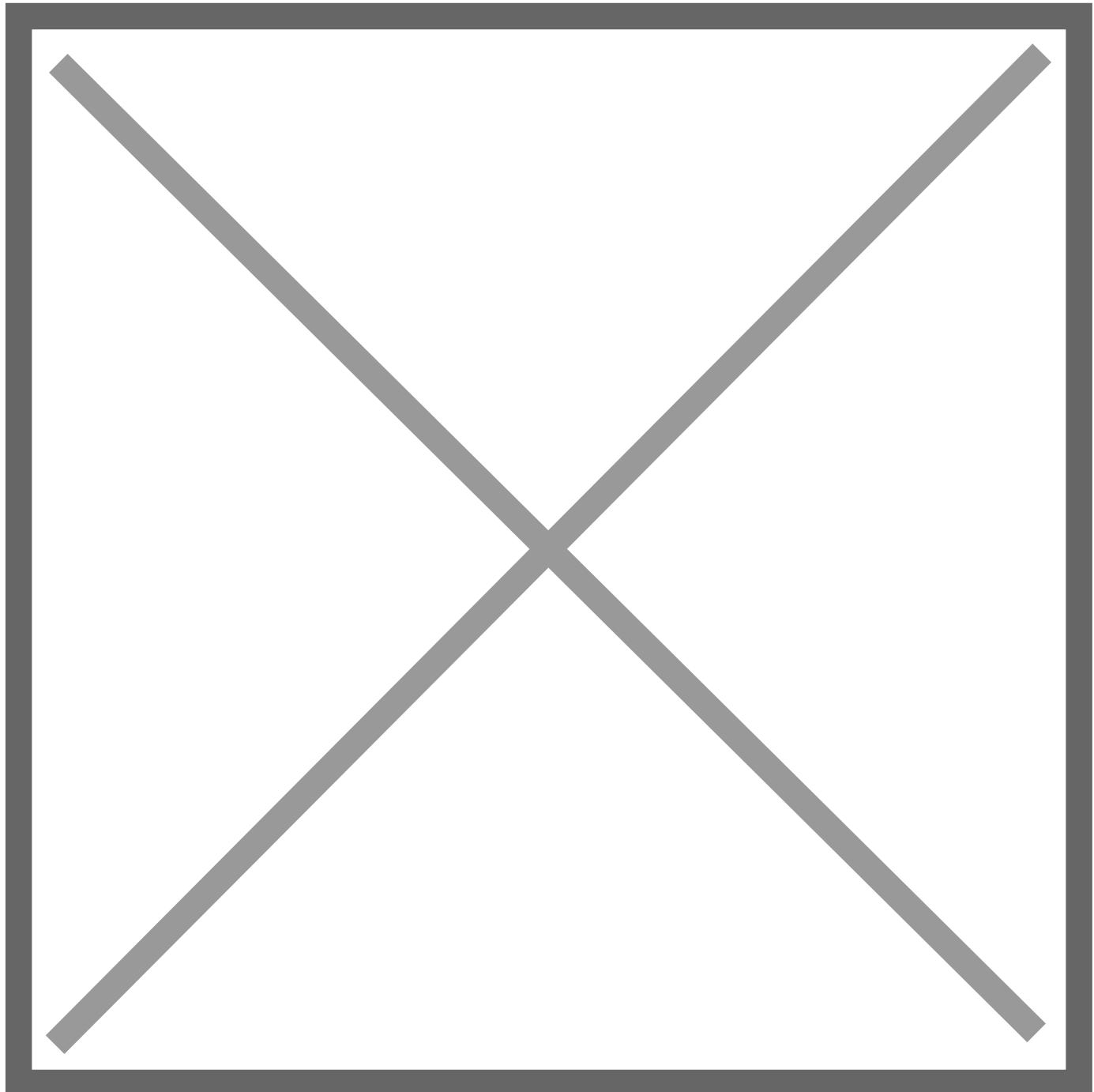


Tagairtí:

Source: Euromonitor International

**Leitheadúlacht óil na ndeochnanna boga carbónáitithe go laethúil ar a laghad**

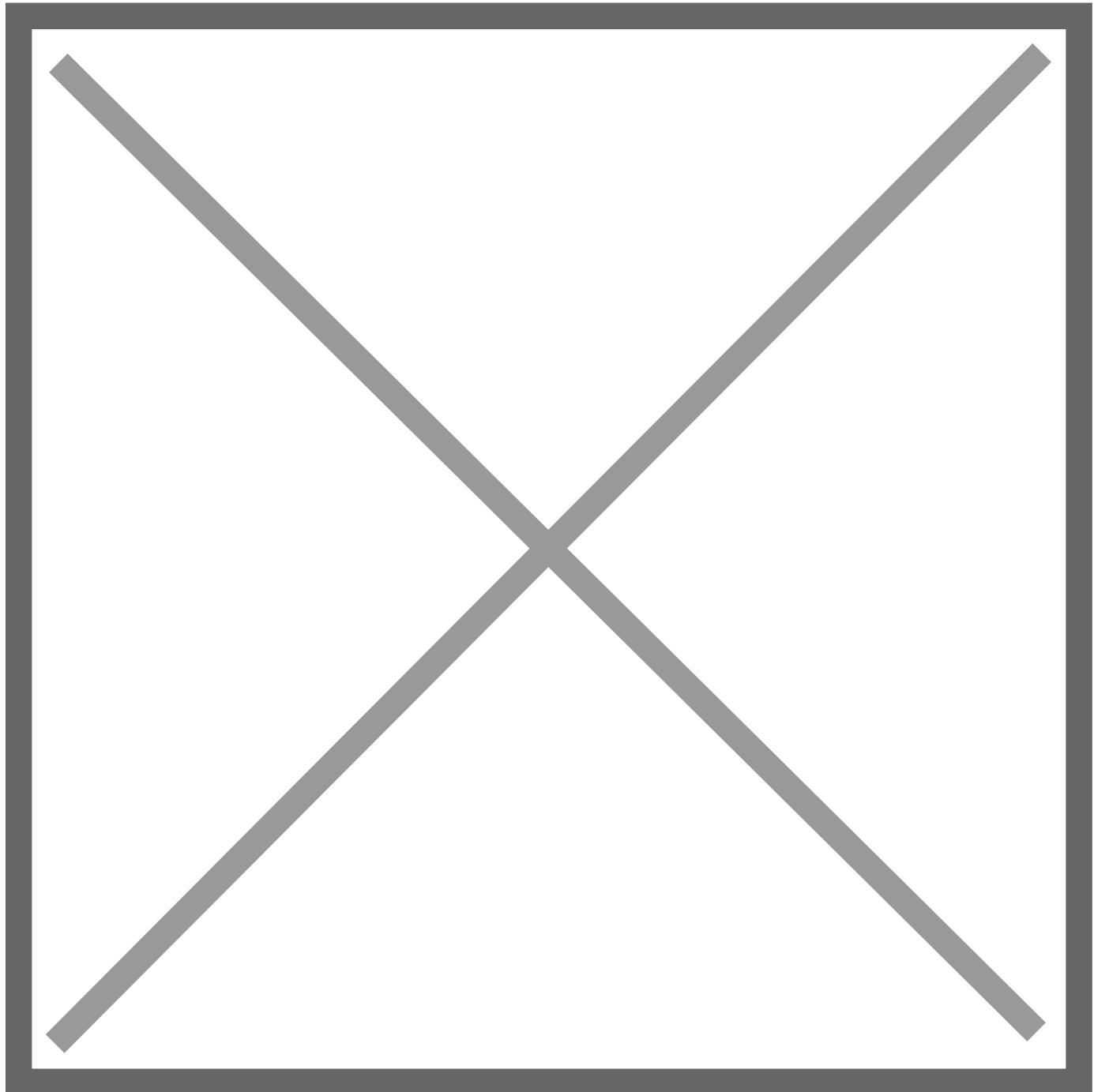
**Buachaillí, 2021-2022**



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

**Sainmhínithe  
(ar fáil i  
mBéarla  
amháin):** Proportion who reported drinking sugary soft drinks daily (at least once)

## Cailíní, 2021-2022



**Ceantar  
Clúdaithe:**

**Tagairtí:**

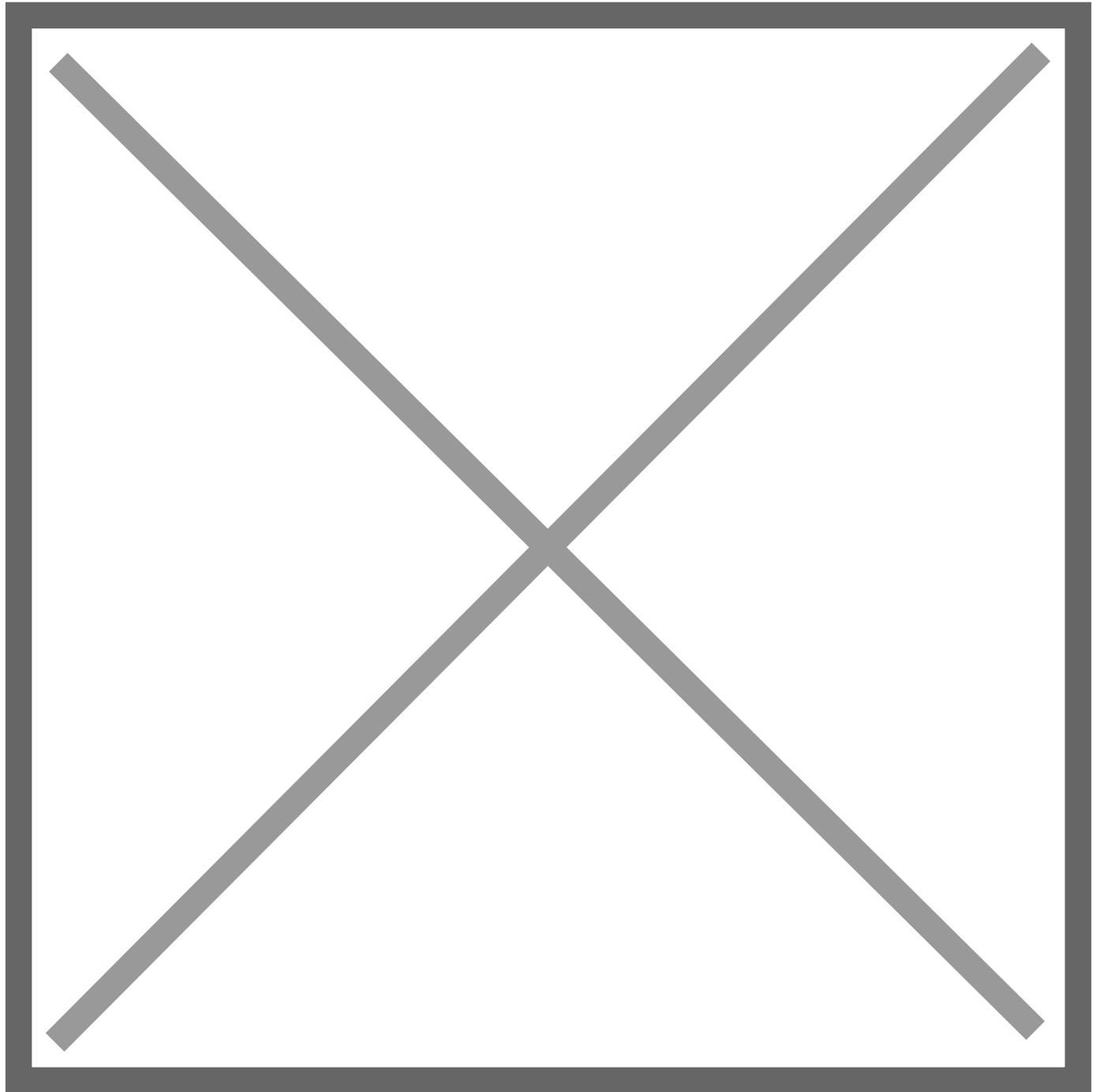
Health Behaviour in School-aged Children study (2023), Data browser (findings from the 2021/22 international HBSC survey): <https://data-browser.hbsc.org>

**Sainmhínithe  
(ar fáil i  
mBéarla  
amháin):**

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

## Leitheadúlacht ithe milseogra

Daoine Fásta, 2016



Tagairtí:

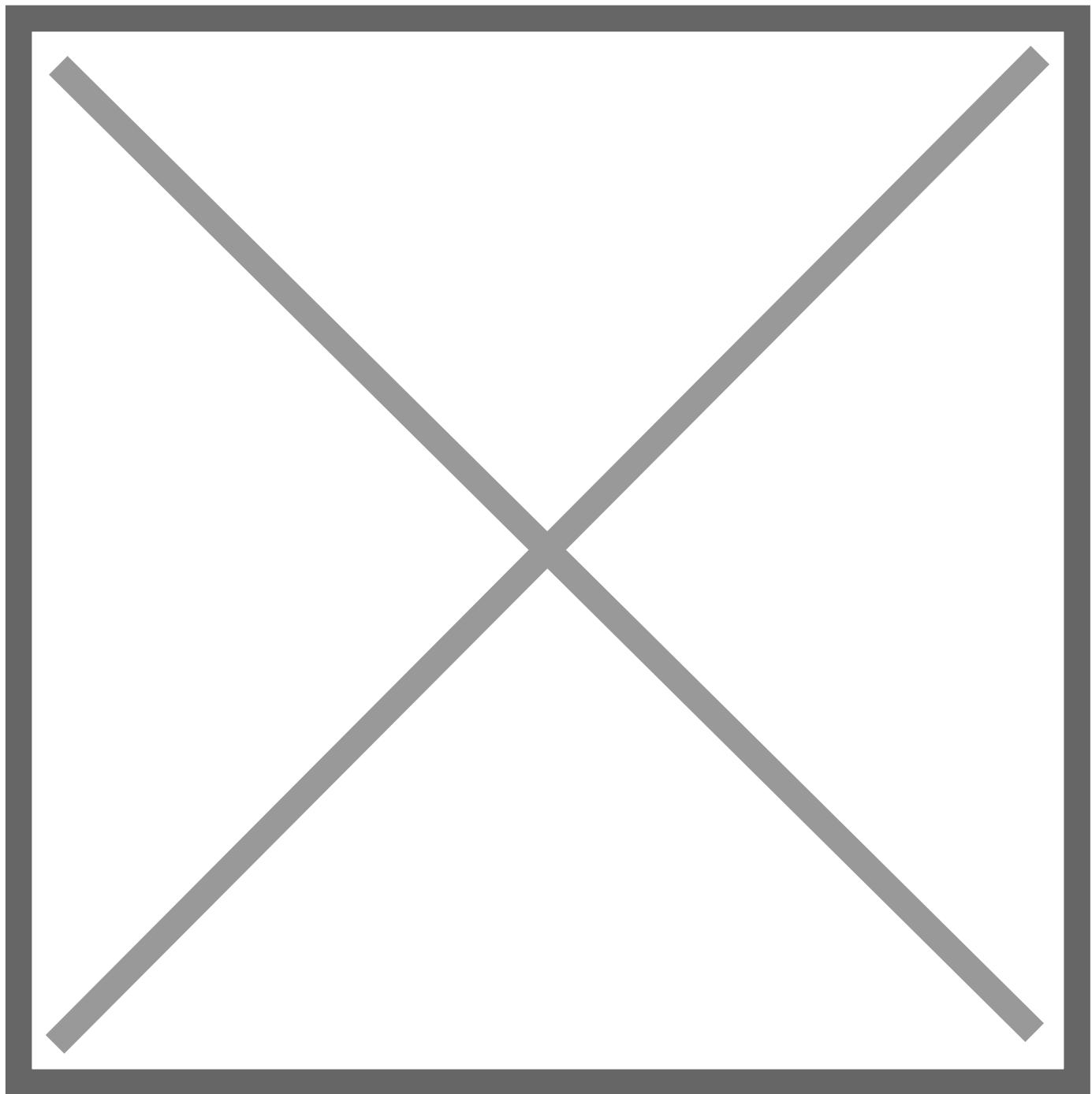
Sainmhínithe  
(ar fáil i  
mBéarla  
amháin):

Source: Euromonitor International

Prevalence of confectionery consumption (Number of 50g confectionery portions/person/month)

## **Leitheadúlacht ithe sneaiceanna milse/saillte**

**Daoine Fásta, 2016**



**Tagairtí:**

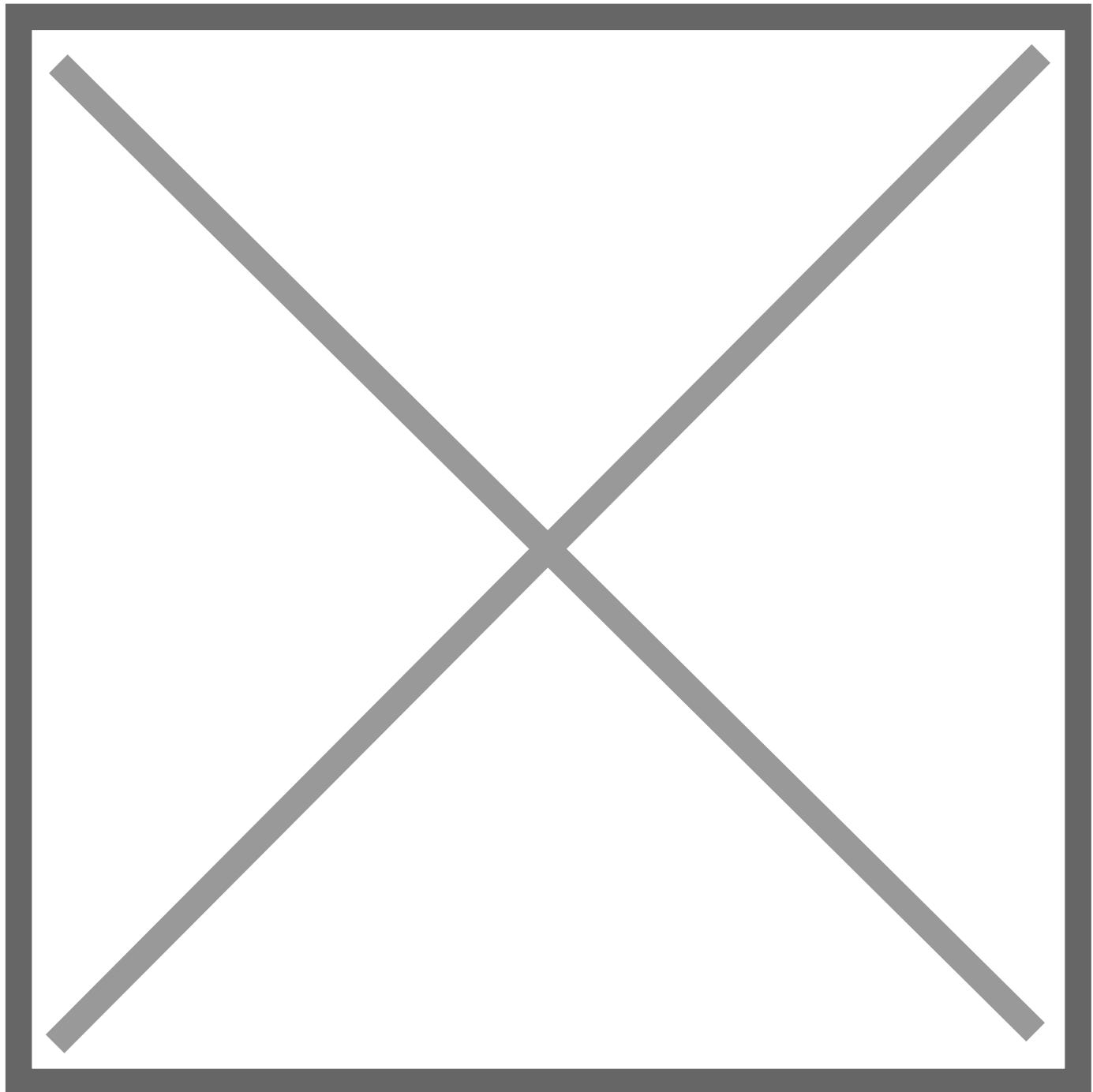
**Sainmhínithe  
(ar fáil i  
mBéarla  
amháin):**

Source: Euromonitor International

Prevalence of sweet/savoury snack consumption (Number of 35g sweet/savoury snack portions/person/month)

## Estimated per capita fruit intake

Daoine Fásta, 2017



Cineál an  
tsuirbhé:

Aois:

Tagairtí:

Tomhaiste

25+

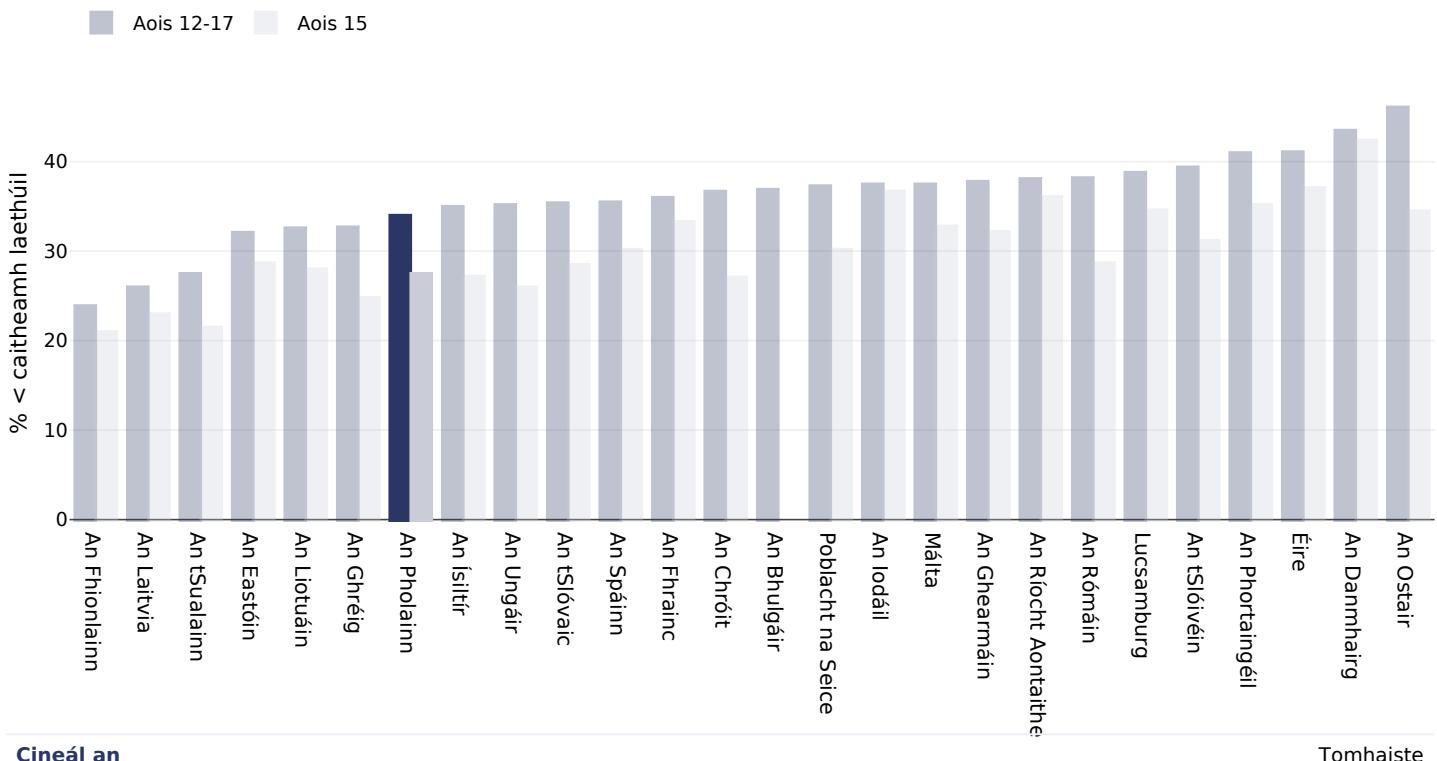
Global Burden of Disease, the Institute for Health Metrics and Evaluation <http://ghdx.healthdata.org/>

Sainmhínlithe  
(ar fáil i  
mBéarla  
amháin):

Estimated per-capita fruit intake (g/day)

## Leitheadúlacht níos lú ná ithe laethúil torthaí

Páistí, 2014



Cineál an tsuirbhé:

Tomhaiste

Tagairtí:

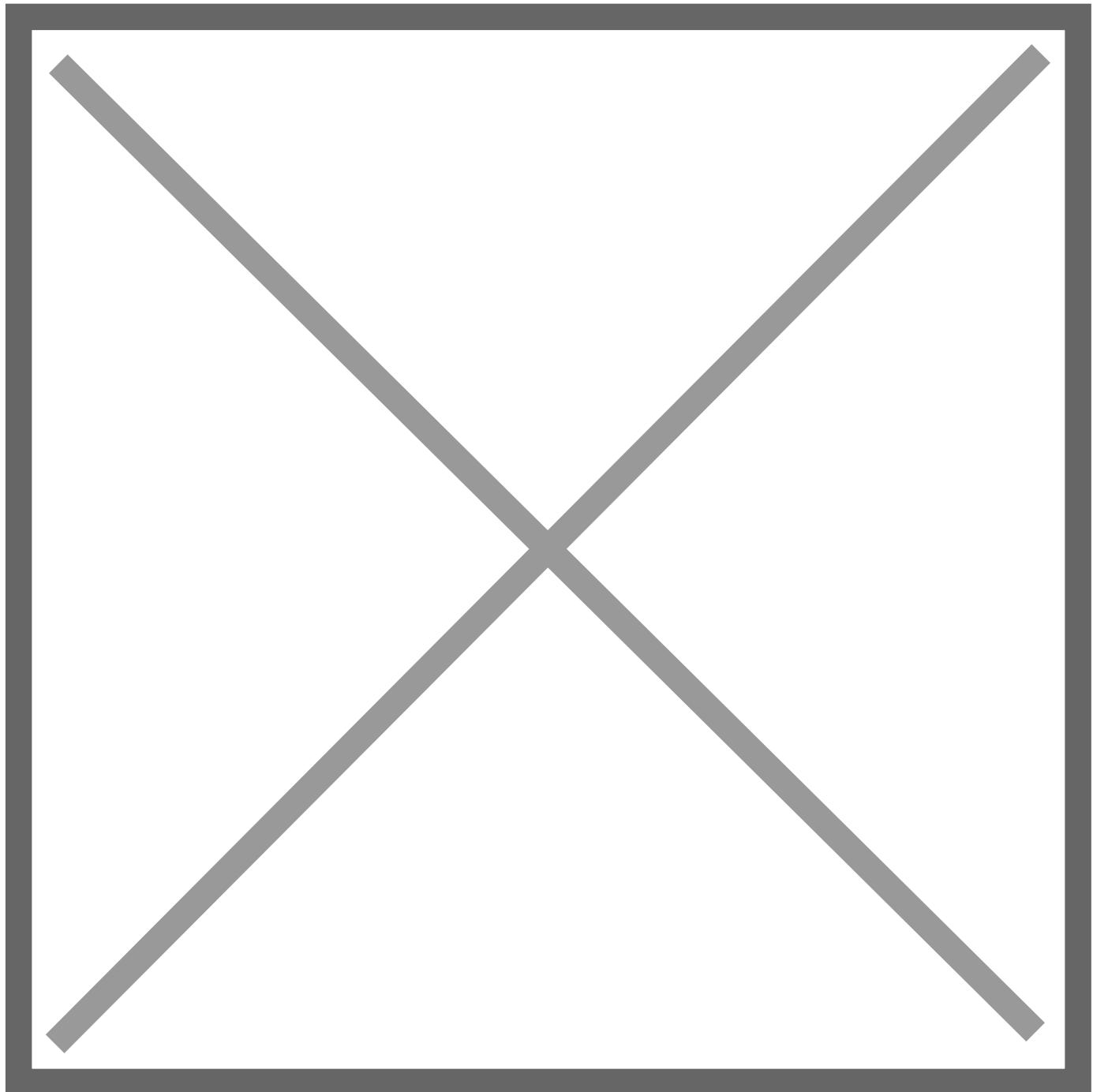
Global School-based Student Health Surveys. Beal et al (2019). Global Patterns of Adolescent Fruit, Vegetable, Carbonated Soft Drink, and Fast-food consumption: A meta-analysis of global school-based student health surveys. Food and Nutrition Bulletin. <https://doi.org/10.1177/0379572119848287>. Sourced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

Sainmhínithe (ar fáil i mbÉarla amháin):

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

## **Leitheadúlacht níos lú ná ithe laethúil glasraí**

**Páistí, 2014**



Cineál an  
tsuirbhé:

Aois:

Tomhaiste

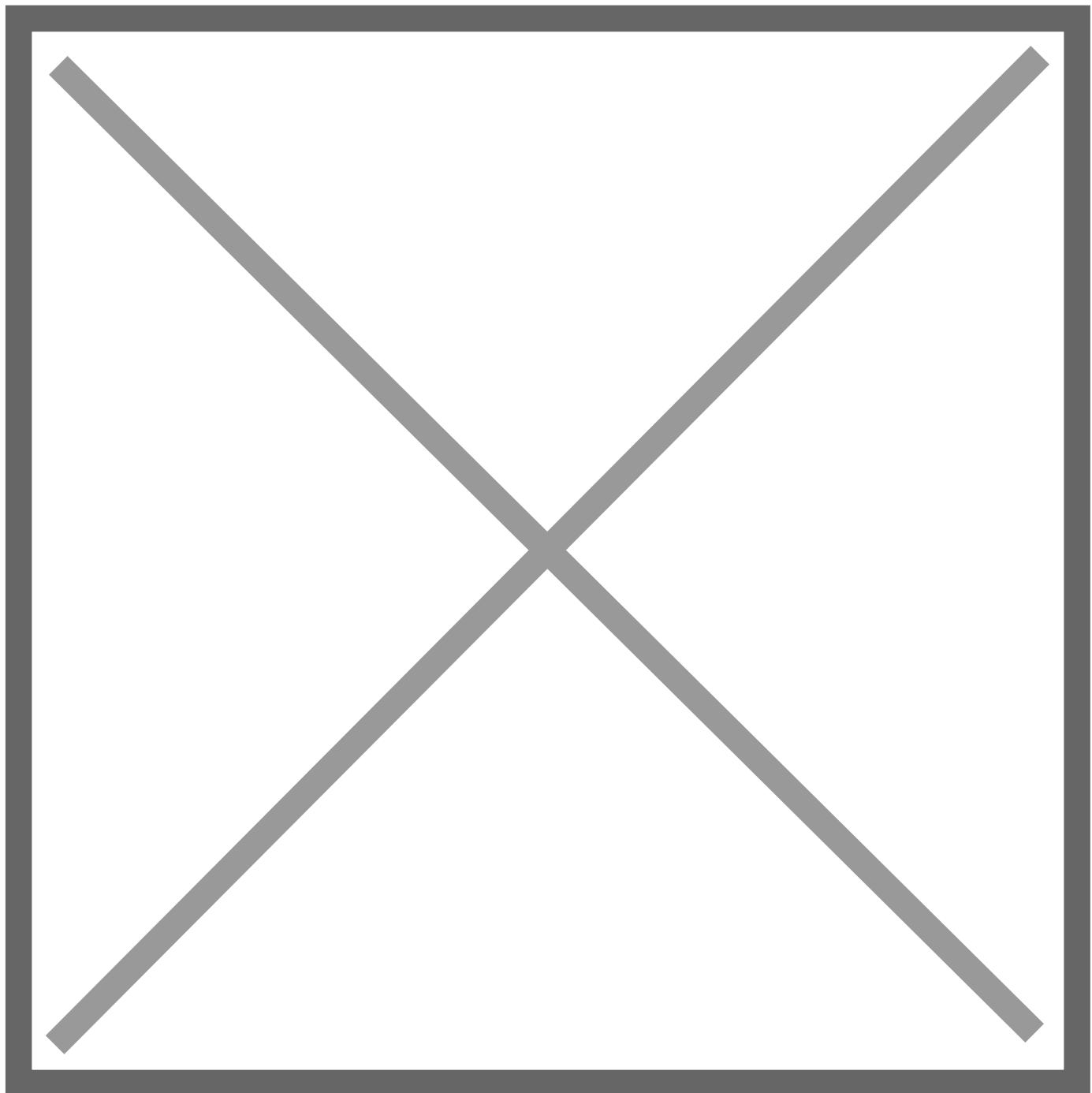
12-17

**Tagairtí:** 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>

**Sainmhínithe  
(ar fáil i  
mBéarla  
amháin):** Prevalence of less-than-daily vegetable consumption (% less-than-daily vegetable consumption)

## Iontógáil mheasta feola próiseáilte per capita

Daoine Fásta, 2017



Cineál an  
tsuirbhé:

Aois:

Tagairtí:

Tomhaiste

25+

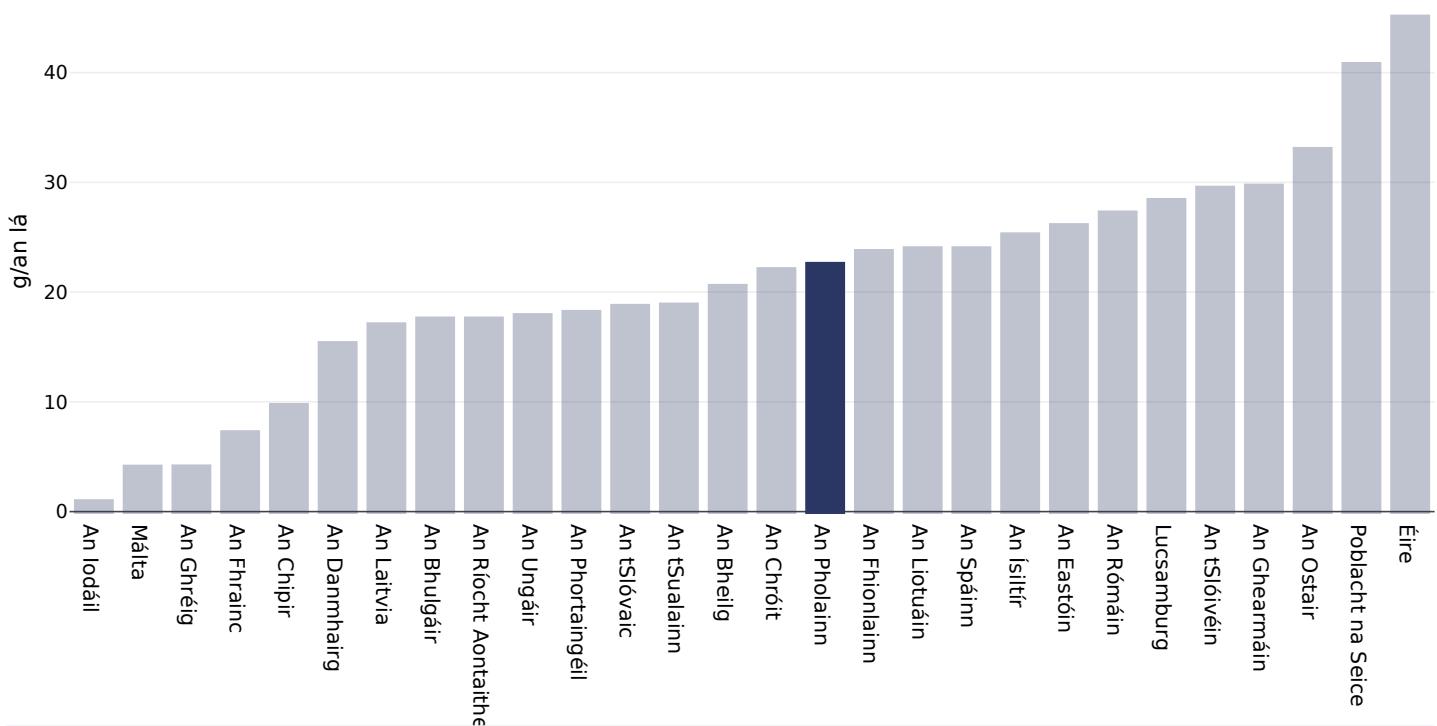
Global Burden of Disease, the Institute for Health Metrics and Evaluation <http://ghdx.healthdata.org/>

Sainmhíinithe  
(ar fáil i  
mBéarla  
amháin):

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

## Estimated per capita whole grains intake

**Daoine Fásta, 2017**



Cineál an tsuirbhé:

Tomhaiste

Aois:

25+

Tagairtí:

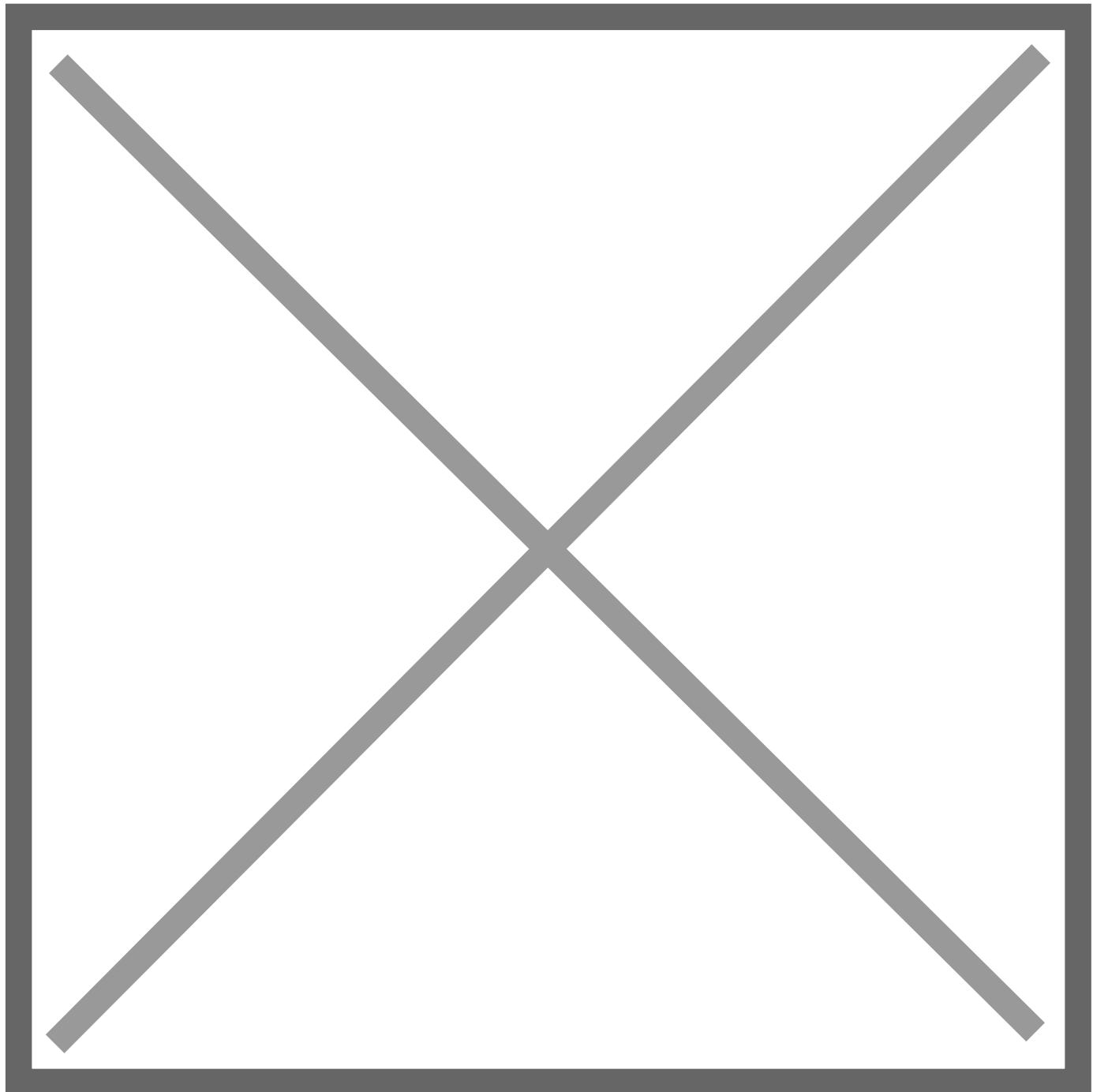
Global Burden of Disease, the Institute for Health Metrics and Evaluation <http://ghdx.healthdata.org/>

Sainmhínithe  
(ar fáil i  
mBéarla  
amháin):

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

## **Meabhairshláinte - neamhoird dúlagar**

**Daoine Fásta, 2021**



**Aois:**

**20+**

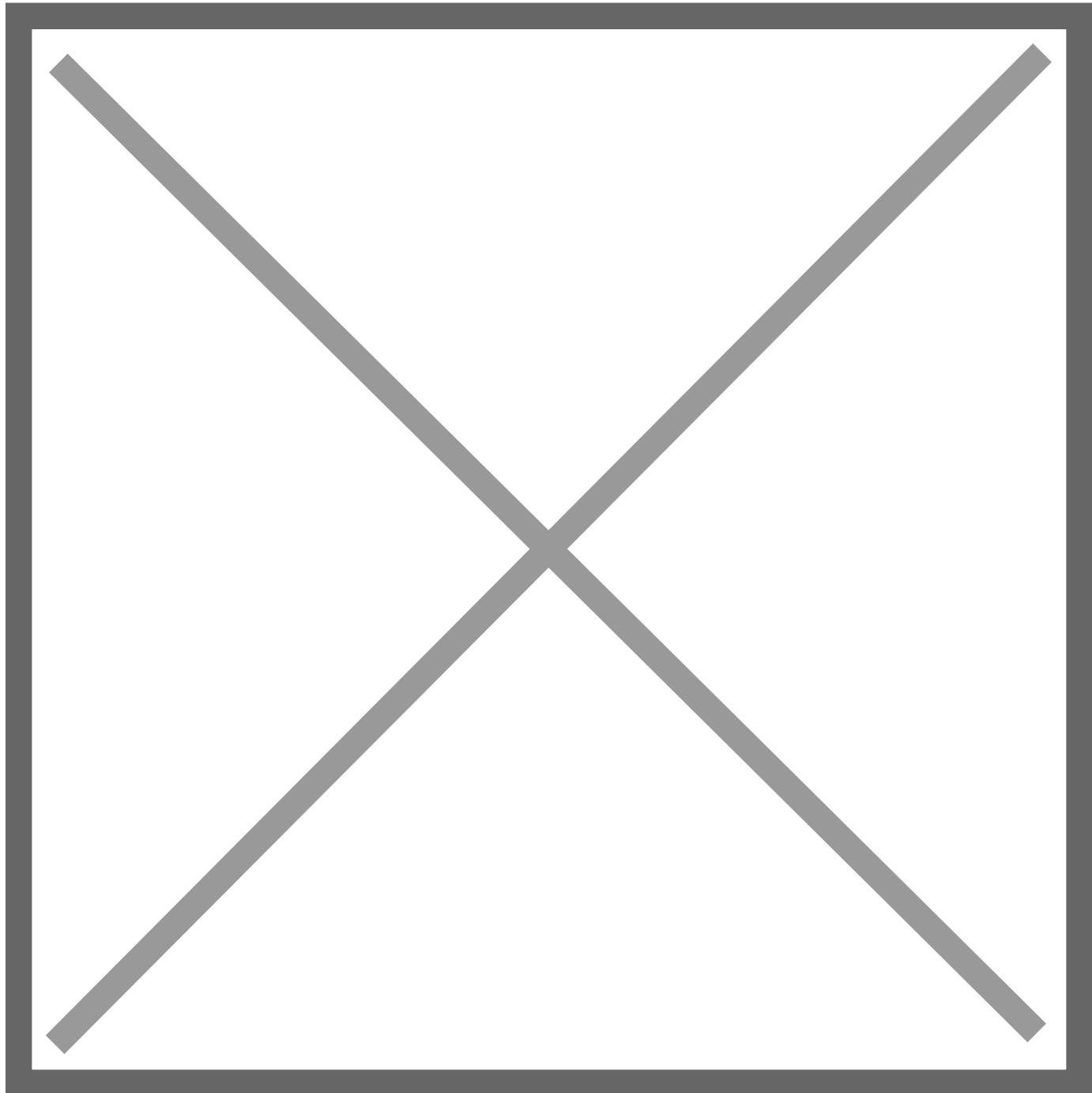
**Ceantar  
Clúdaithe:**

**Náisiúnta**

**Tagairtí:** 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)

**Sainmhínlithe (ar fáil i mBéarla amháin):** Number living with depression per 100,000 population (adults 20+ years)

## Fir, 2021

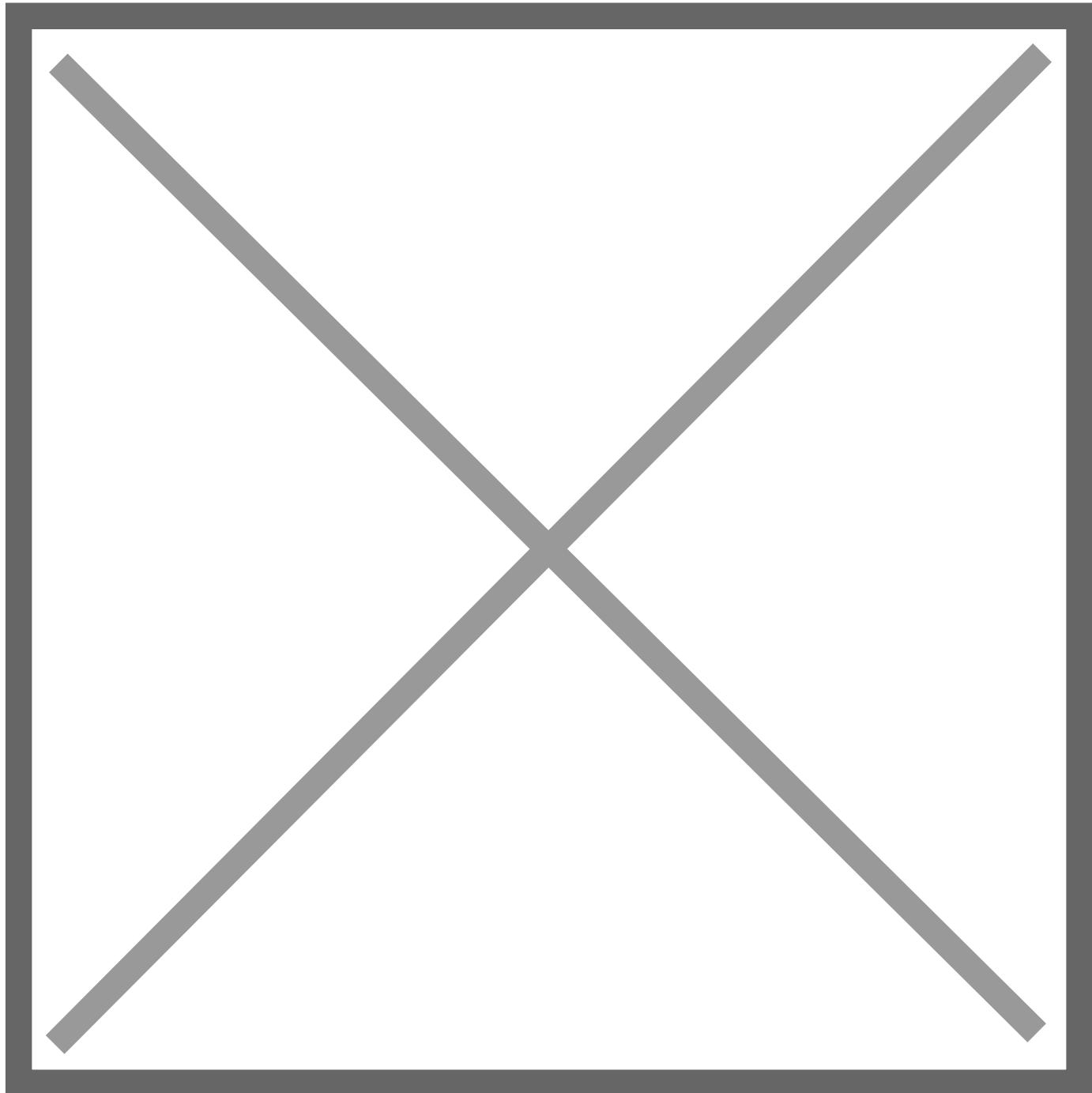


Aois:	20+
Ceantar Clúdaithe:	Náisiúnta
Tagairtí:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <a href="http://vizhub.healthdata.org/gbd-compare">http://vizhub.healthdata.org/gbd-compare</a> . (Last accessed 23.04.25)

Sainmhínlithe  
(ar fáil i  
mBéarla  
amháin):

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

Mná, 2021

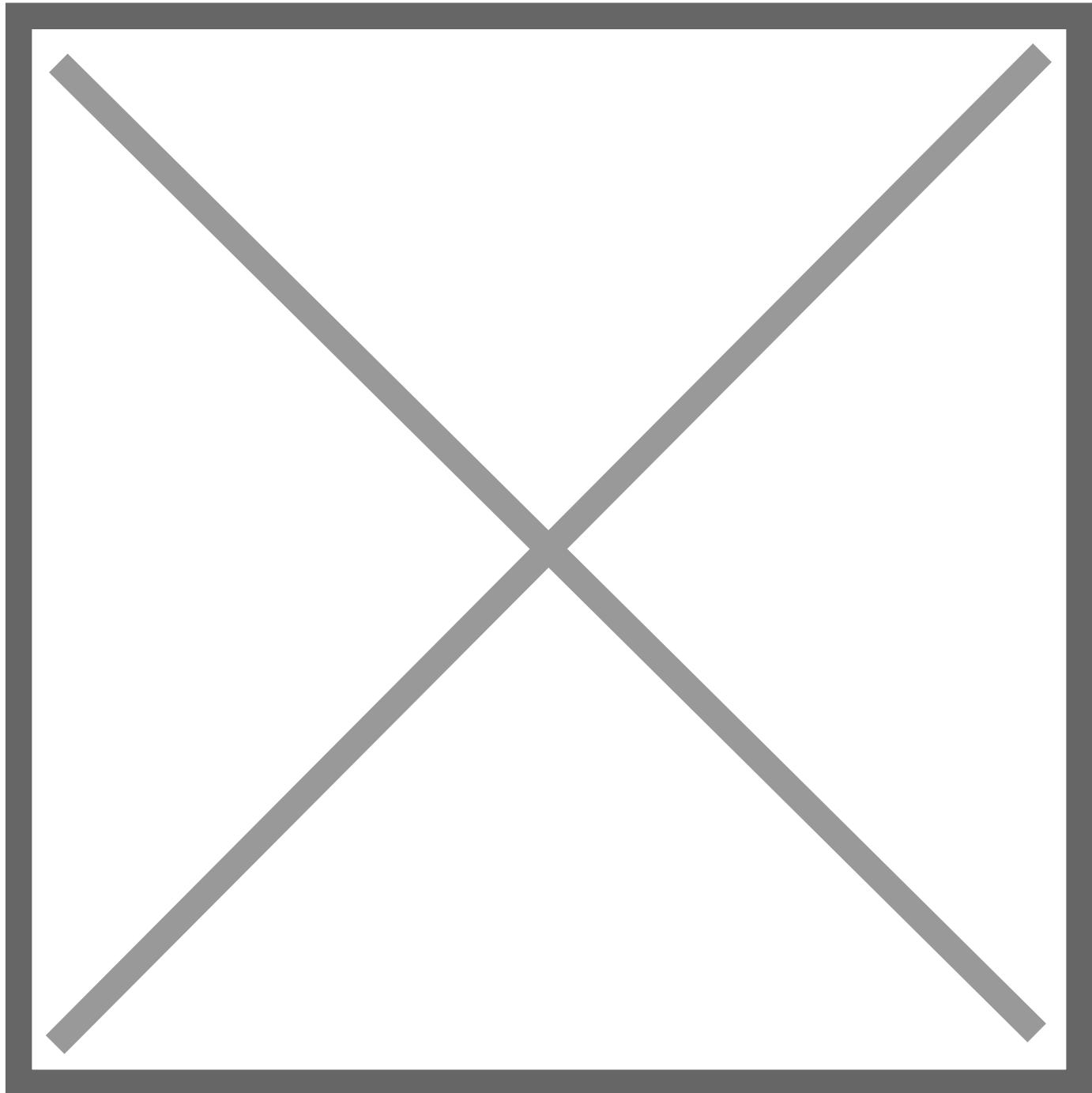


Aois:	20+
Ceanatar Clúdaithe:	Náisiúnta
Tagairtí:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <a href="http://vizhub.healthdata.org/gbd-compare">http://vizhub.healthdata.org/gbd-compare</a> . (Last accessed 23.04.25)

Sainmhínlithe  
(ar fáil i  
mBéarla  
amháin):

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

**Páistí, 2021**



**Ceanatar  
Clúdaithe:**

**Tagairtí:**

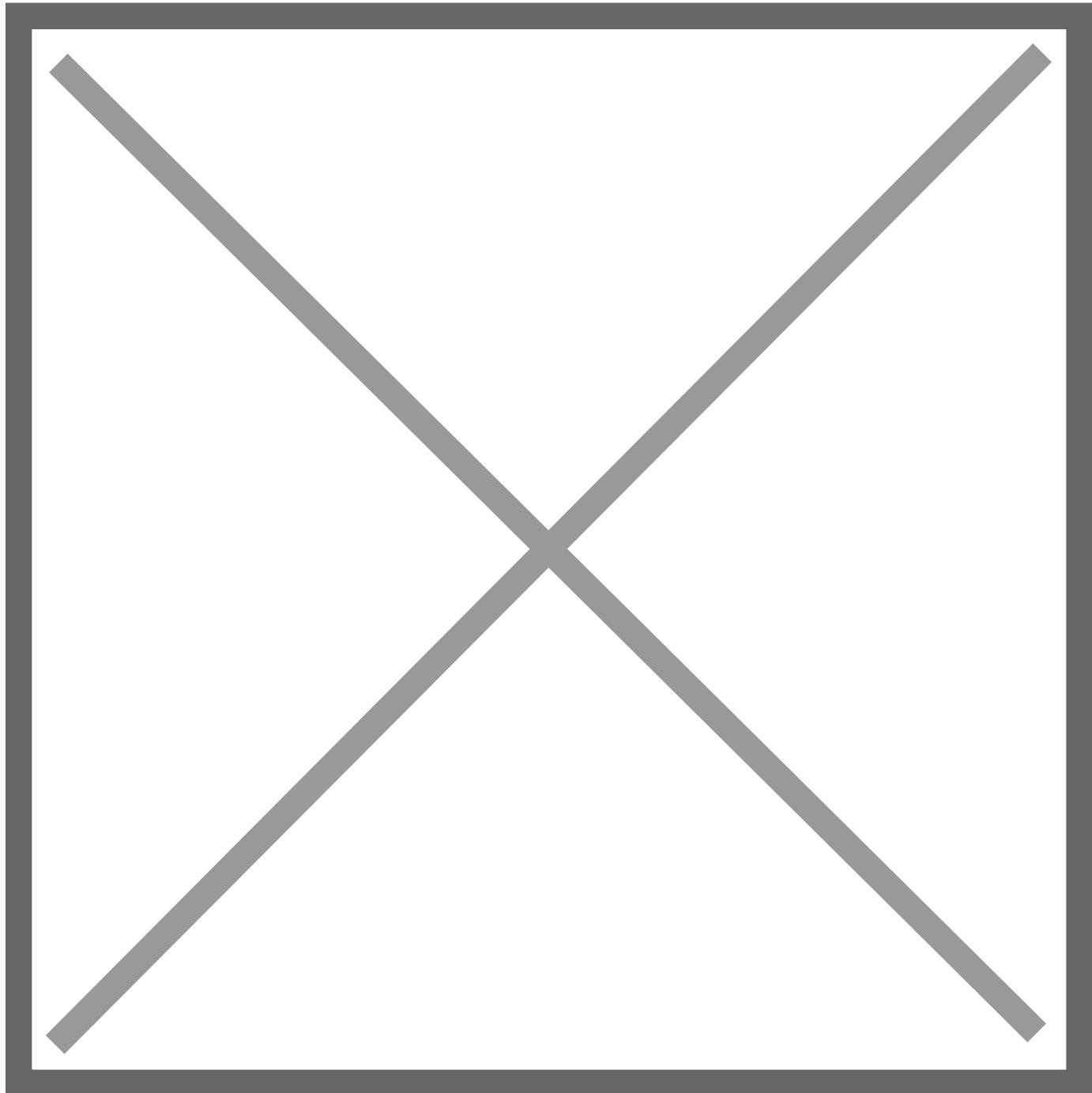
Náisiúnta

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)

Sainmhínlithe  
(ar fáil i  
mBéarla  
amháin):

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

## Buachaillí, 2021



Céantar  
Clúdaithe:

Tagairtí:

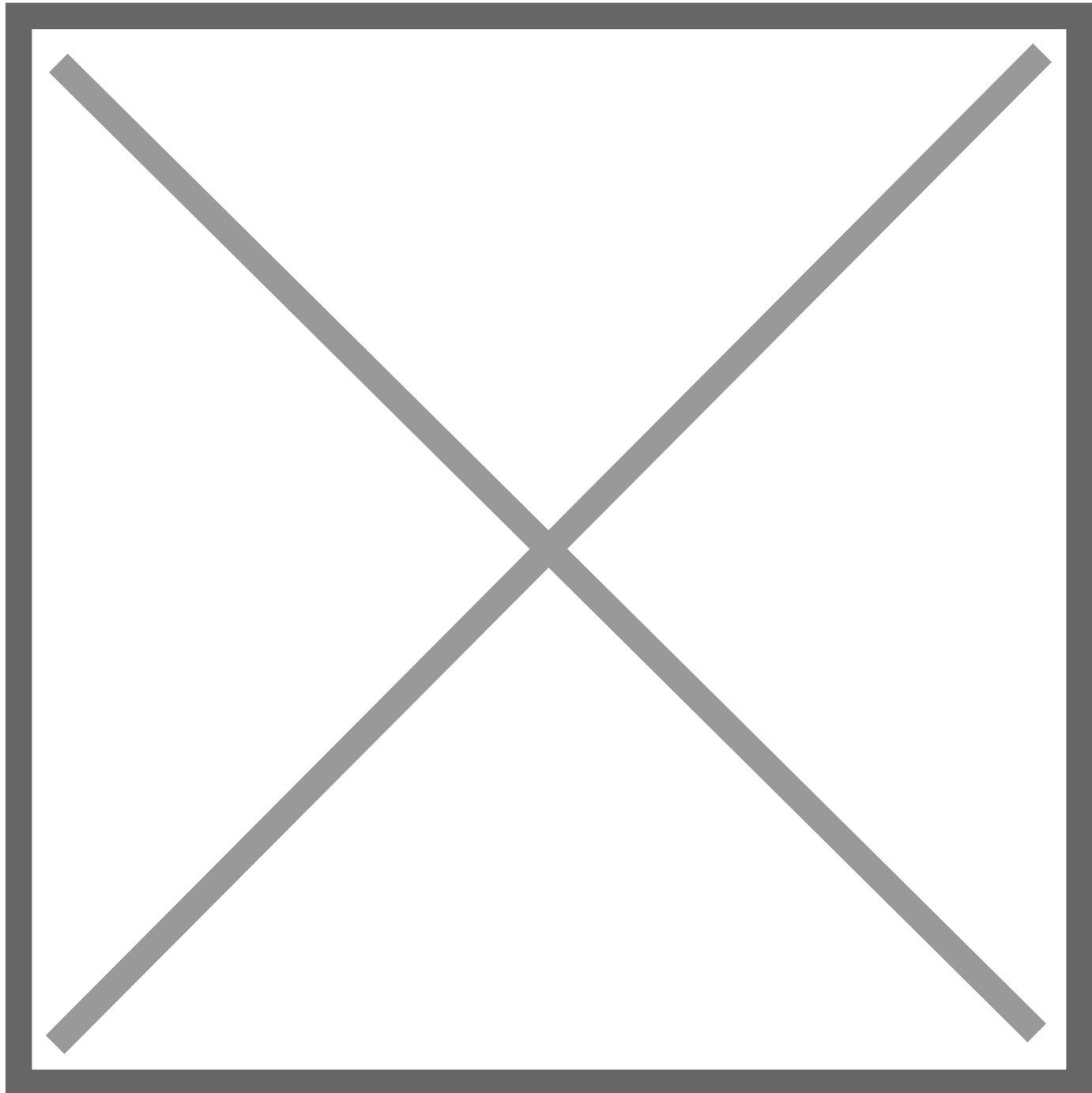
Náisiúnta

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)

Sainmhínlithe  
(ar fáil i  
mBéarla  
amháin):

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

Cailíní, 2021



Céantar  
Clúdaithe:

Tagairtí:

Náisiúnta

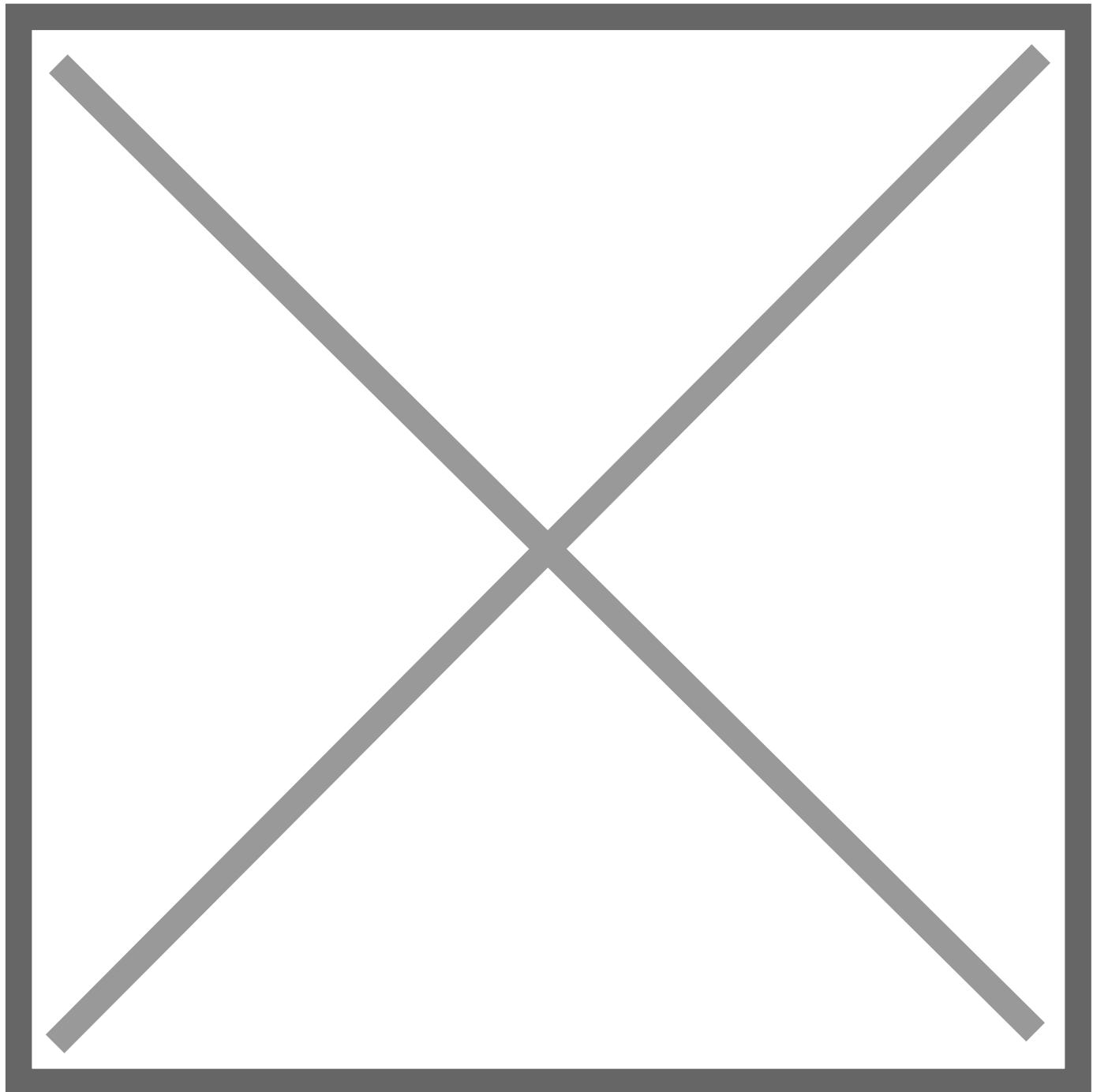
Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

Sainmhínlithe  
(ar fáil i  
mBéarla  
amháin):

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

## Meabhairshláinte - neamhoird imní

Daoine Fásta, 2021



Aois:

20+

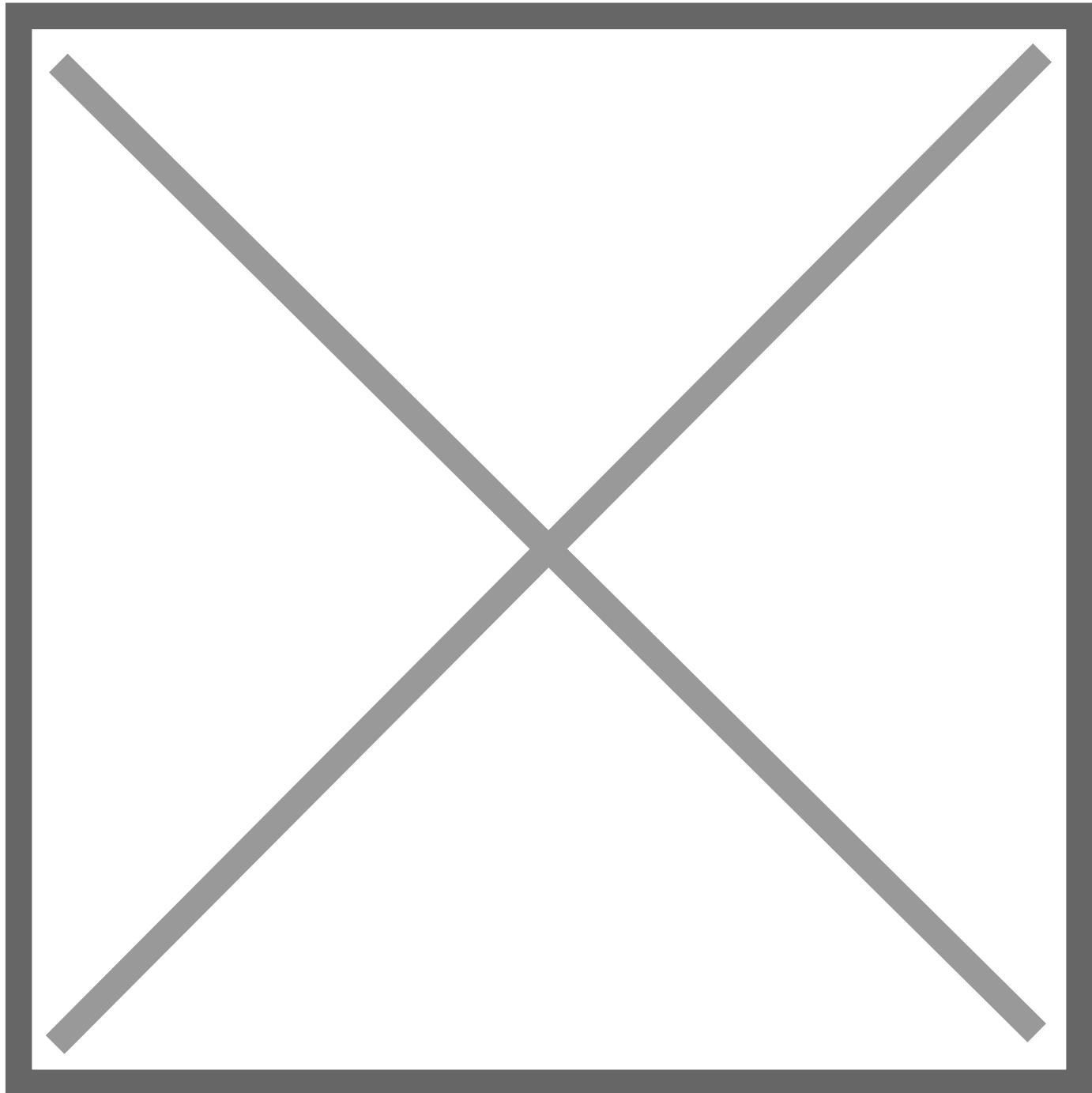
Tagairtí:

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).

Sainmhíinithe  
(ar fáil i  
mBéarla  
amháin):

Number living with anxiety per 100,000 population

Fir, 2021



**Aois:**

20+

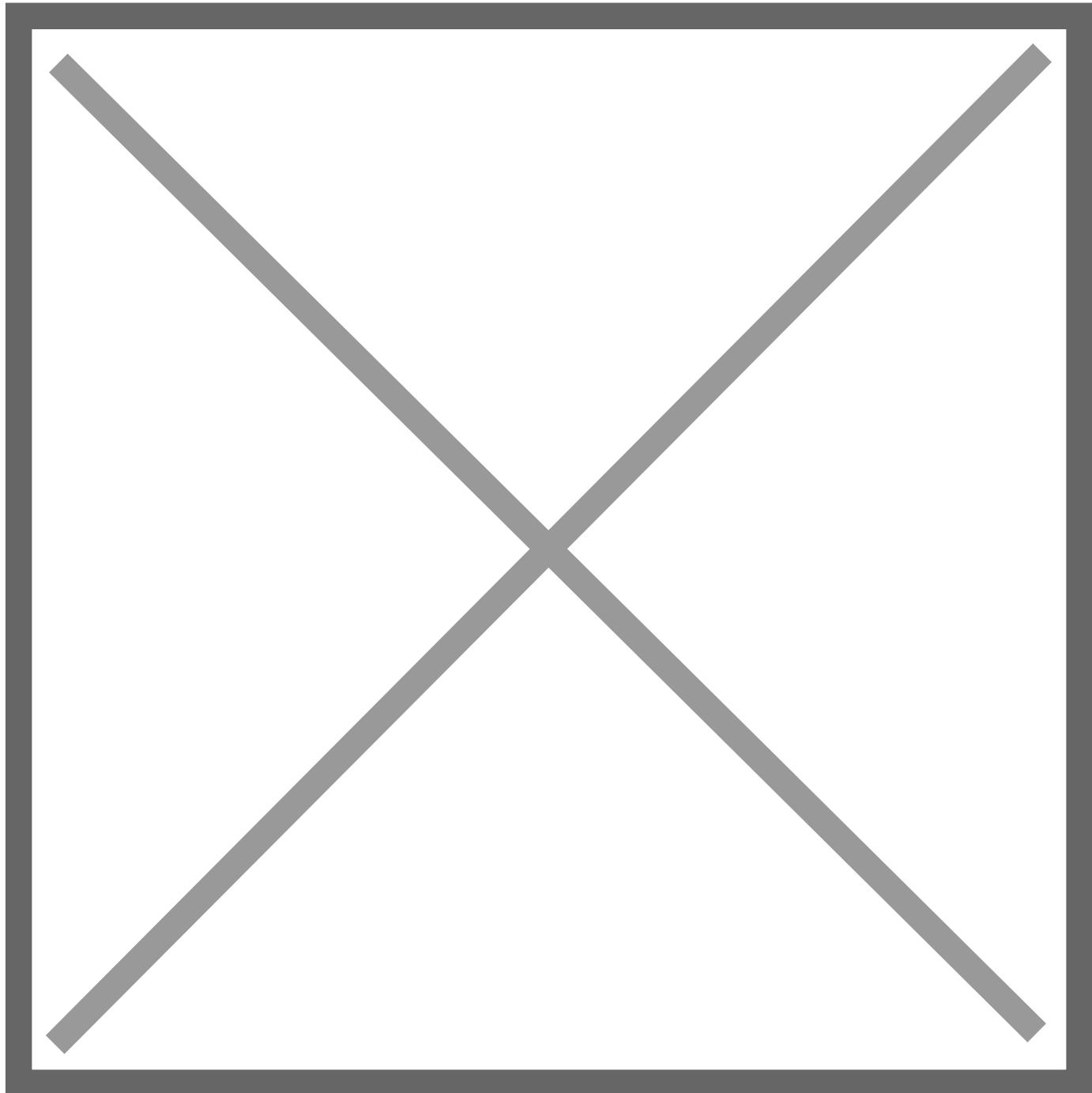
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**Sainmhínithe  
(ar fáil i  
mBéarla  
amháin):**

Number living with anxiety per 100,000 population

Mná, 2021



**Aois:**

20+

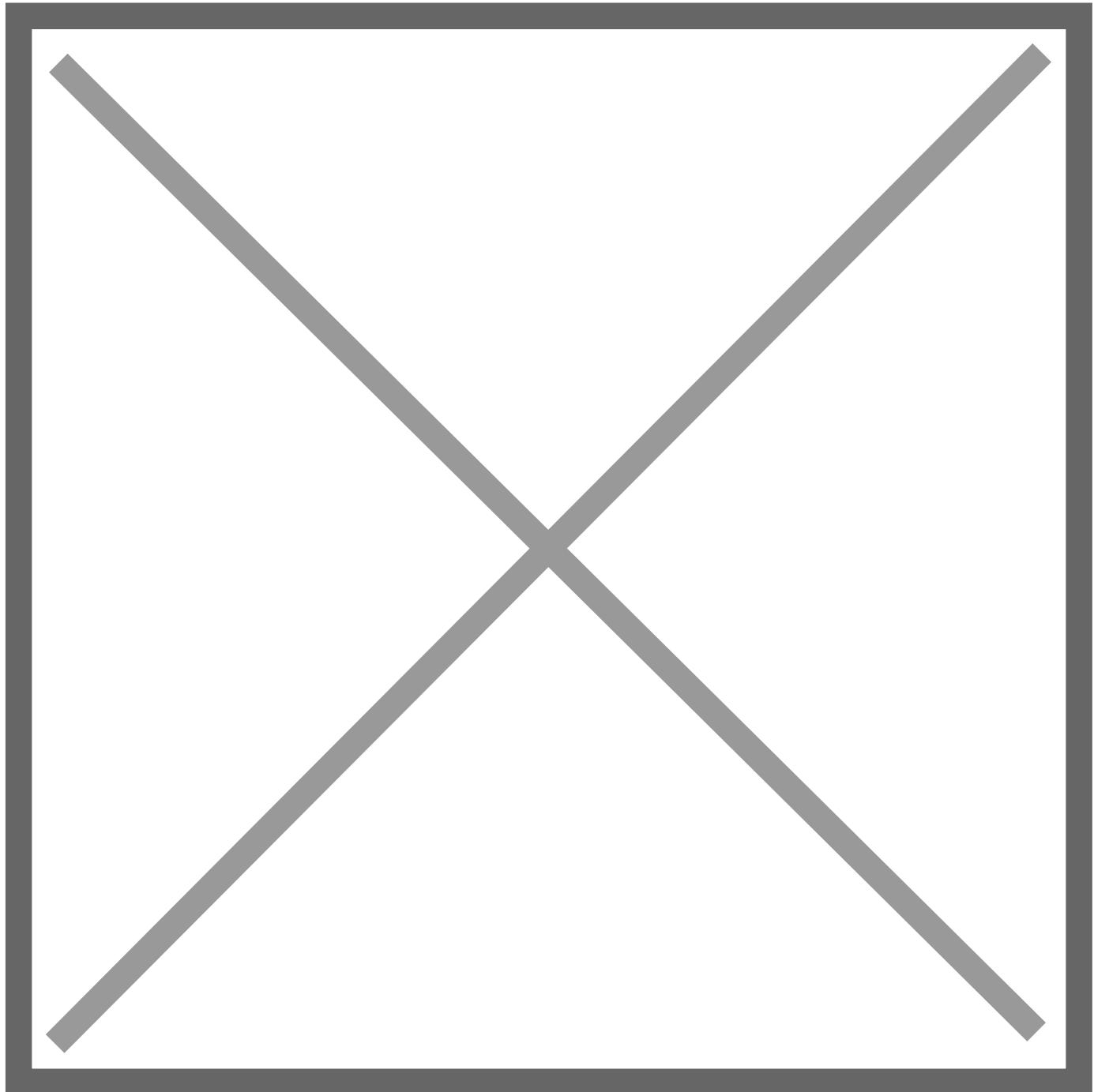
**Tagairtí:**

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).

**Sainmhínithe  
(ar fáil i  
mBéarla  
amháin):**

Number living with anxiety per 100,000 population

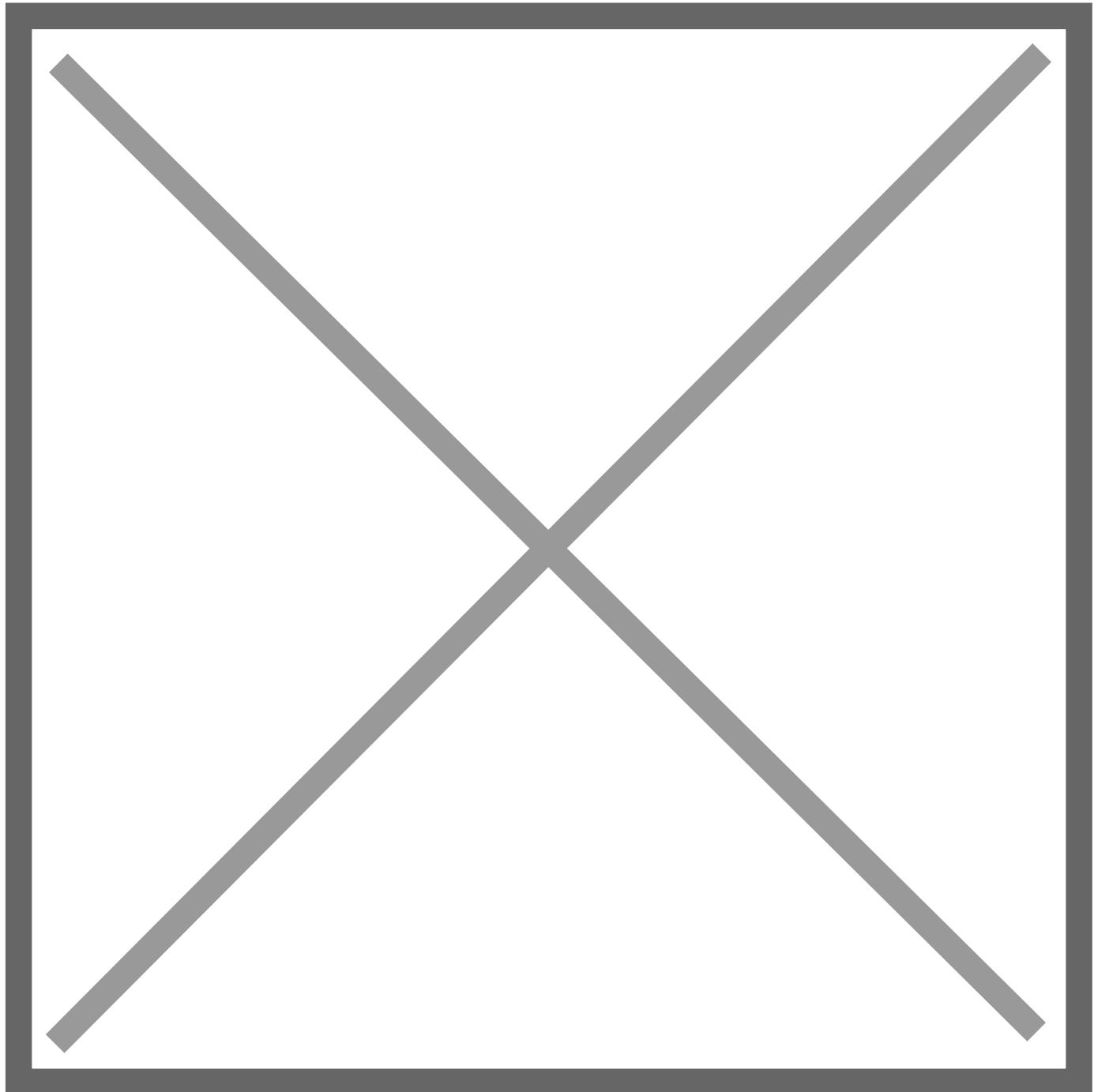
Páistí, 2021



Tagairtí:

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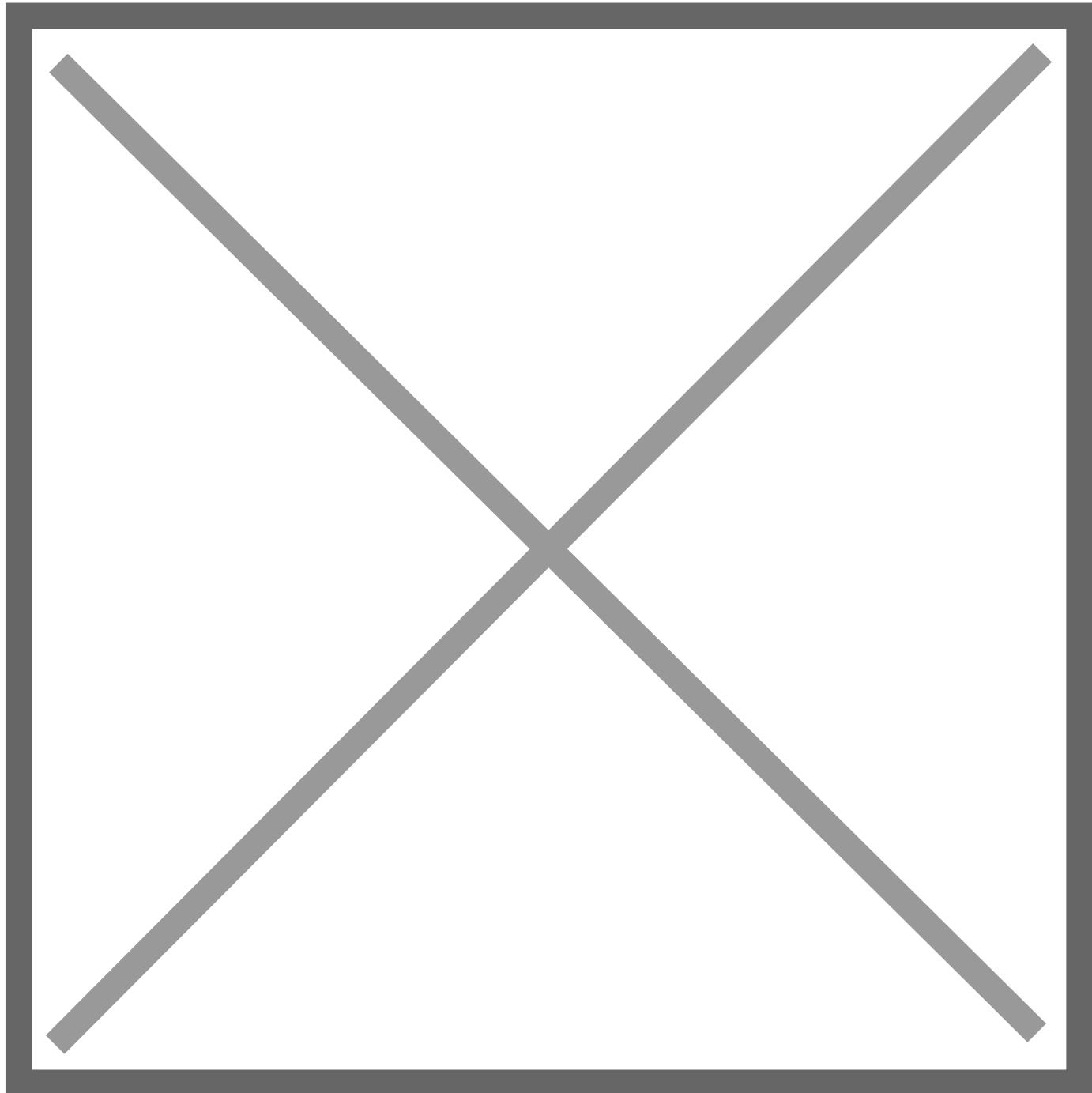
## Buachaillí, 2021



Tagairtí:

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)

Cailíní, 2021

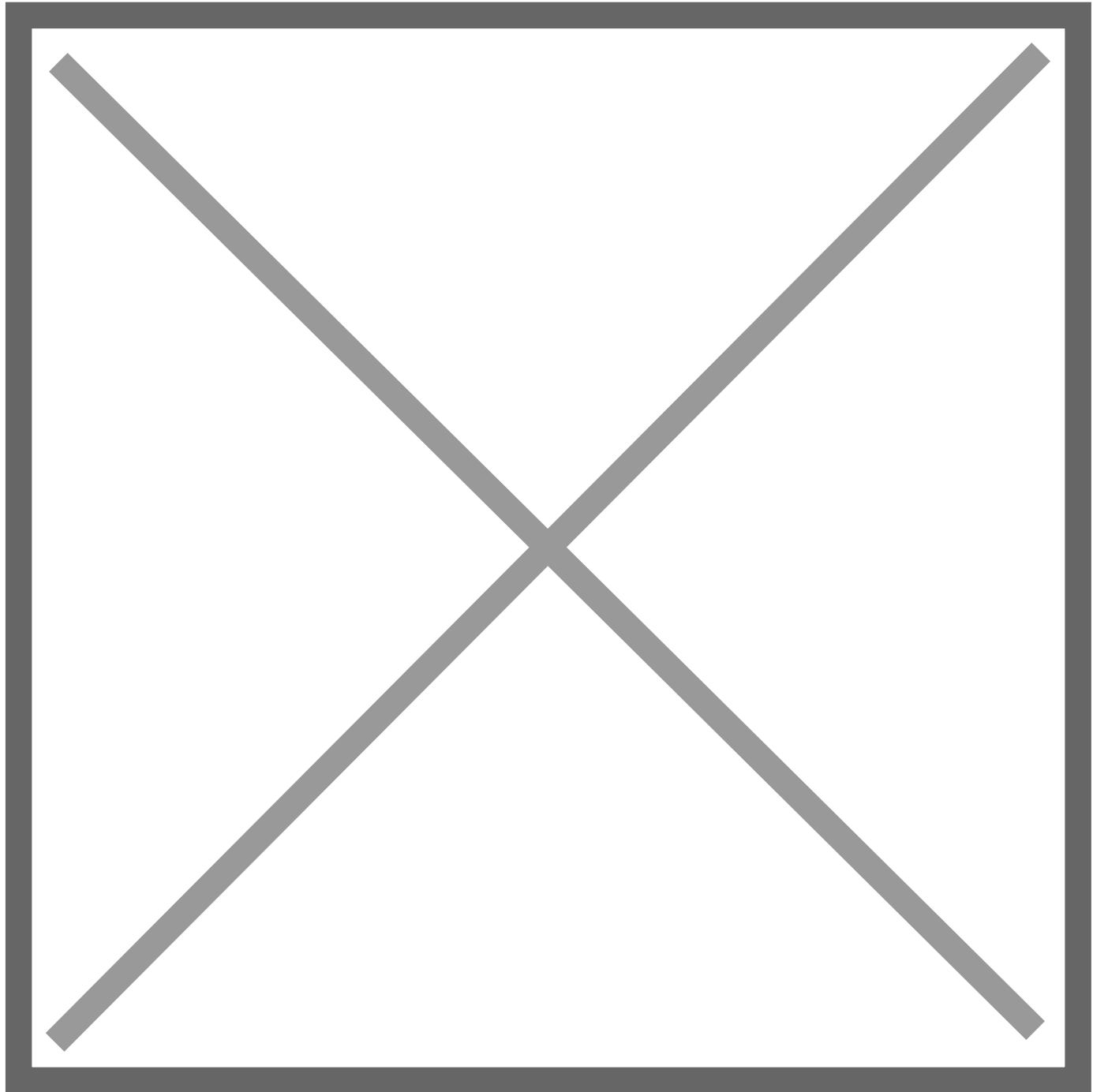


Tagairtí:

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)

## **Percent of population who cannot afford a healthy diet**

**Daoine Fásta, 2022**



**Ceanatar  
Clúdaithe:**

**Tagairtí:**

Náisiúnta

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

PDF created on July 16, 2025