### Report card

**Poland**

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Obesity prevalence

Adults, 2019

Survey type: Self-reported
Age: 18+
Area covered: National

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
Children, 2018-2019

Survey type: Measured
Age: 5-6
Sample size: 1172
Area covered: Regional
Notes: Sample location = Rzeszów
Definitions: For the purpose of this study, children were classified into two groups: (1) "normal weight" (BMI percentile < 85th percentile) and (2) "excess weight" (overweight/obesity) (≥85th percentile)
Cutoffs: CDC
% Adults living with obesity, 1997-2014

Men

Survey type: Measured

References:
1997: Unpublished, provided by personal communication to World Obesity Federation

Notes:
1997 data from unpublished source provided to World Obesity Federation
Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
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.
Women

Survey type: Measured

References:
- 1997: Unpublished, provided by personal communication to World Obesity Federation.

Notes:
- 1997 data from unpublished source provided to World Obesity Federation
- Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
- 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.
% Adults living with overweight or obesity, 1997-2014

Men

Survey type: Measured

References:
1997: Unpublished, provided by personal communication to World Obesity Federation

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².

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.
Women

Survey type: Measured

References:

1997: Unpublished, provided by personal communication to World Obesity Federation

Kardiologiczna on 97 2008.

2013: Stepaniak, U. et al. (2016) 'Prevalence of general and abdominal obesity and overweight among adults in Poland.
Results of the WOBASZ II study (2013-2014) and comparison with the WOBASZ study (2003-2005)', Pol Arch Med
Wewn, 18; 126(9), pp. 662-671. doi: 10.20452/pamw.3499

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².

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.
% Children living with overweight or obesity, 1971-2009

Survey type: Measured

References:

Definitions: IOTF

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.
% Adults living with obesity, 1996-2019

Men

Survey type: Self-reported

References: For full details of references visit https://data.worldobesity.org/

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.
**Women**

![Graph showing obesity trend over years](image)

**Survey type:** Self-reported

**References:** For full details of references visit https://data.worldobesity.org/

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*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.*
% Adults living with overweight or obesity, 1996-2019

Men

Survey type: Self-reported
References: For full details of references visit https://data.worldobesity.org/

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.
Women

Survey type: Self-reported

References: For full details of references visit https://data.worldobesity.org/

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.
% Adults living with obesity, selected countries, 1976-2019

Men

References: For full details of references visit https://data.worldobesity.org/

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.
References:

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.

For full details of references visit https://data.worldobesity.org/
Overweight/obesity by age and education

Adults, 2019

Survey type: Self-reported
Area covered: National

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
**Men, 2019**

Survey type: Self-reported

Area covered: National


Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
Women, 2019

Survey type: Self-reported
Area covered: National

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
## Overweight/obesity by education

### Men, 2014

<table>
<thead>
<tr>
<th>Level</th>
<th>Obesity (%)</th>
<th>Overweight (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Level 0-2</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Level 3-4</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Level 5-8</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Survey type:** Self-reported  
**Age:** 18+  
**Area covered:** National  
**Notes:** Less than primary, primary and lower secondary education (levels 0-2) Upper secondary and post-secondary non-tertiary education (levels 3 and 4) Tertiary education (levels 5-8)  

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
Women, 2014

Survey type: Self-reported
Age: 18+
Area covered: National


Notes: Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
Children, 2012

Survey type: Measured
Age: 3-6
Sample size: 1430
Area covered: Subnational - Warsaw


Notes: IOTF International cut-offs used. Low Maternal education classed as <14 y of education. Medium/high Maternal education classed as >14 y of education.

Cutoffs: IOTF
Overweight/obesity by age

Adults, 2019

Survey type: Self-reported
Area covered: National

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
Children, 2017-2018

Survey type: Self-reported
Sample size: 5217
Area covered: National


Cutoffs: WHO
Overweight/obesity by region

Men, 2013-2014

Survey type: Measured
Age: 20+
Sample size: 6164
Area covered: National

References:

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
**Survey type:** Measured

**Age:** 20+

**Sample size:** 6164

**Area covered:** National


Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m\(^2\), obesity refers to a BMI greater than 30kg/m\(^2\).
### Boys, 2008-2009

![Bar chart showing obesity and overweight percentages in rural and urban areas.]

#### Survey type: Measured
- Age: 6-13
- Sample size: 1499
- Area covered: Regional

#### References:

#### Cutoffs:
- IOTF
Girls, 2008-2009

Survey type: Measured
Age: 6-13
Sample size: 1499
Area covered: Regional

Cutoffs: IOTF
Overweight/obesity by age and region

Men, 2014

Survey type: Self-reported
Area covered: National

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m². Obesity refers to a BMI greater than 30kg/m².
Women, 2014

Survey type: Self-reported
Area covered: National

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
Overweight/obesity by age and socio-economic group

Adults, 2019

Survey type: Self-reported
Area covered: National

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
Men, 2019

Survey type: Self-reported

Area covered: National


Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
Women, 2019

Survey type: Self-reported

Area covered: National


Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
Overweight/obesity by socio-economic group

Adults, 2017

Survey type: Self-reported
Age: 16+
Sample size: 25,847
Area covered: National


Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m². obesity refers to a BMI greater than 30kg/m².
Boys, 2017-2018

Survey type: Self-reported
Age: 11-15
Sample size: 5217
Area covered: National


Notes: HBSC Family Affluence Scale (FAS) - "HBSC uses an alternative measure, the Family Affluence Scale, which asks young people about material assets such as family cars, number of foreign holidays, computers, bathrooms and dishwashers in the household, holidays and having a bedroom to oneself. The scale, which enables users to add up how many of these assets a young person has in their home compared with other adolescents in their country/region, has been shown to provide a valid indicator of relative affluence."

Definitions: HBSC Family Affluence Scale (FAS)

Cutoffs: WHO
Girls, 2017-2018

Survey type: Self-reported
Age: 11-15
Sample size: 5217
Area covered: National


Notes: HBSC Family Affluence Scale (FAS) - "HBSC uses an alternative measure, the Family Affluence Scale, which asks young people about material assets such as family cars, number of foreign holidays, computers, bathrooms and dishwashers in the household, holidays and having a bedroom to oneself. The scale, which enables users to add up how many of these assets a young person has in their home compared with other adolescents in their country/region, has been shown to provide a valid indicator of relative affluence."

Definitions: HBSC Family Affluence Scale (FAS)
Cutoffs: WHO
Overweight/obesity by age and limited activity

Adults, 2014

Survey type: Self-reported
Area covered: National
References: Eurostat 2014 available at https://appsso.eurostat.ec.europa.eu/nui/submitViewTableAction.do (last accessed 06.10.21)

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
Men, 2014

Survey type: Self-reported
Area covered: National
References: Eurostat 2014 available at https://appsso.eurostat.ec.europa.eu/nui/submitViewTableAction.do (last accessed 06.10.21)

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
Women, 2014

Survey type: Self-reported
Area covered: National
References: Eurostat 2014 available at https://appsso.eurostat.ec.europa.eu/nui/submitViewTableAction.do (last accessed 06.10.21)

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
Insufficient physical activity

Adults, 2016

Men, 2016

Women, 2016

Children, 2016

Survey type: Self-reported

Age: 11-17


Notes: % 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.

Definitions: % Adolescents insufficiently active (age standardised estimate)
Boys, 2016

Survey type: Self-reported
Age: 11-17
Notes: % 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.
Definitions: % Adolescents insufficiently active (age standardised estimate)
### Girls, 2016

<table>
<thead>
<tr>
<th>Country</th>
<th>% insufficient physical activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Slovakia</td>
<td>90</td>
</tr>
<tr>
<td>Bulgaria</td>
<td>80</td>
</tr>
<tr>
<td>Ireland</td>
<td>70</td>
</tr>
<tr>
<td>Czechia</td>
<td>60</td>
</tr>
<tr>
<td>Finland</td>
<td>50</td>
</tr>
<tr>
<td>Spain</td>
<td>40</td>
</tr>
<tr>
<td>Netherlands</td>
<td>30</td>
</tr>
<tr>
<td>Croatia</td>
<td>20</td>
</tr>
<tr>
<td>Latvia</td>
<td>10</td>
</tr>
<tr>
<td>Poland</td>
<td>0</td>
</tr>
<tr>
<td>Austria</td>
<td>0</td>
</tr>
<tr>
<td>Lithuania</td>
<td>0</td>
</tr>
<tr>
<td>Luxembourg</td>
<td>0</td>
</tr>
<tr>
<td>Slovenia</td>
<td>0</td>
</tr>
<tr>
<td>Malta</td>
<td>0</td>
</tr>
<tr>
<td>Romania</td>
<td>0</td>
</tr>
<tr>
<td>Denmark</td>
<td>0</td>
</tr>
<tr>
<td>Sweden</td>
<td>0</td>
</tr>
<tr>
<td>Iceland</td>
<td>0</td>
</tr>
<tr>
<td>Germany</td>
<td>0</td>
</tr>
<tr>
<td>Belgium</td>
<td>0</td>
</tr>
<tr>
<td>Greece</td>
<td>0</td>
</tr>
<tr>
<td>Portugal</td>
<td>0</td>
</tr>
<tr>
<td>Italy</td>
<td>0</td>
</tr>
<tr>
<td>France</td>
<td>0</td>
</tr>
</tbody>
</table>

**Survey type:** Self-reported

**Age:** 11-17

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

**Notes:** % 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.

**Definitions:** % Adolescents insufficiently active (age standardised estimate)
Sugar consumption

Adults, 2016

References:
Source: Euromonitor International

Definitions:
Sugar consumption (Number of 500g sugar portions/person/month)
Estimated per capita sugar sweetened beverages intake

Adults, 2016

References:

Source: Euromonitor International
Prevalence of at least daily carbonated soft drink consumption

Children, 2014

Survey type: Measured


Notes: 15-year-old adolescents

Definitions: Prevalence of at least daily carbonated soft drink consumption (% of at least daily carbonated soft drink consumption)
Prevalence of confectionery consumption

Adults, 2016

References: Source: Euromonitor International
Definitions: Prevalence of confectionery consumption (Number of 50g confectionery portions/person/month)
Prevalence of sweet/savoury snack consumption

Adults, 2016

References:

Source: Euromonitor International

Definitions:

Prevalence of sweet/savoury snack consumption (Number of 35g sweet/savoury snack portions/person/month)
Estimated per capita fruit intake

Adults, 2017

Survey type: Measured
Age: 25+
References: Global Burden of Disease, the Institute for Health Metrics and Evaluation [http://ghdx.healthdata.org/]
Definitions: Estimated per-capita fruit intake (g/day)
Prevalence of less than daily fruit consumption

Children, 2014

Survey type: Measured


Definitions: Prevalence of less-than-daily fruit consumption (% less-than-daily fruit consumption)
### Prevalence of less than daily vegetable consumption

#### Children, 2014

<table>
<thead>
<tr>
<th>Country</th>
<th>% &lt; daily consumption</th>
</tr>
</thead>
<tbody>
<tr>
<td>Spain</td>
<td>51</td>
</tr>
<tr>
<td>Estonia</td>
<td>40</td>
</tr>
<tr>
<td>Germany</td>
<td>39</td>
</tr>
<tr>
<td>Latvia</td>
<td>38</td>
</tr>
<tr>
<td>Italy</td>
<td>37</td>
</tr>
<tr>
<td>Slovakia</td>
<td>36</td>
</tr>
<tr>
<td>Croatia</td>
<td>35</td>
</tr>
<tr>
<td>Greece</td>
<td>34</td>
</tr>
<tr>
<td>Poland</td>
<td>33</td>
</tr>
<tr>
<td>Austria</td>
<td>32</td>
</tr>
<tr>
<td>Malta</td>
<td>31</td>
</tr>
<tr>
<td>Hungary</td>
<td>30</td>
</tr>
<tr>
<td>Lithuania</td>
<td>29</td>
</tr>
<tr>
<td>Luxembourg</td>
<td>28</td>
</tr>
<tr>
<td>Romania</td>
<td>27</td>
</tr>
<tr>
<td>Sweden</td>
<td>26</td>
</tr>
<tr>
<td>France</td>
<td>25</td>
</tr>
<tr>
<td>Bulgaria</td>
<td>24</td>
</tr>
<tr>
<td>United Kingdom</td>
<td>23</td>
</tr>
<tr>
<td>Denmark</td>
<td>22</td>
</tr>
<tr>
<td>Ireland</td>
<td>21</td>
</tr>
<tr>
<td>Netherlands</td>
<td>20</td>
</tr>
</tbody>
</table>

**Survey type:** Measured  

**Age:** 12-17  

**References:**  


[https://doi.org/10.1177/0379572119848287](https://doi.org/10.1177/0379572119848287) sourced from Food Systems Dashboard 

[http://www.foodsystemsdashboard.org/food-system](http://www.foodsystemsdashboard.org/food-system)  

**Definitions:** Prevalence of less-than-daily vegetable consumption (% less-than-daily vegetable consumption)
Estimated per-capita processed meat intake

Adults, 2017

Survey type: Measured
Age: 25+
Definitions: Estimated per-capita processed meat intake (g per day)
Estimated per capita whole grains intake

Adults, 2017

Survey type: Measured
Age: 25+
References: Global Burden of Disease, the Institute for Health Metrics and Evaluation [http://ghdx.healthdata.org/]
Definitions: Estimated per-capita whole grains intake (g/day)
Mental health - depression disorders

Adults, 2015


Definitions: % of population with depression disorders
Mental health - anxiety disorders

Adults, 2015


Definitions: % of population with anxiety disorders
Oesophageal cancer

Men, 2018

Incidence per 100,000

Age: 20+


Definitions: Estimated age-standardized incidence rates (World) in 2018, oesophagus, adults ages 20+. ASR (World) per 100,000
Women, 2018


Definitions: Estimated age-standardized incidence rates (World) in 2018, oesophagus, adults ages 20+. ASR (World) per 100,000
Breast cancer

Women, 2018


Definitions: Estimated age-standardized incidence rates (World) in 2018, breast, females, ages 20+. ASR (World) per 100,000
Colorectal cancer

Men, 2018


Definitions: Estimated age-standardized incidence rates (World) in 2018, colorectum, adults, ages 20+. ASR (World) per 100,000
Women, 2018

Age: 20+


Definitions: Estimated age-standardized incidence rates (World) in 2018, colorectum, adults, ages 20+. ASR (World) per 100,000
Pancreatic cancer

Men, 2018


Definitions: Estimated age-standardized incidence rates (World) in 2018, pancreas, adults, ages 20+. ASR (World) per 100,000
Women, 2018

Age: 20+

References: Global Cancer Observatory, Cancer incidence rates http://gco.iarc.fr/ (last accessed 30th June 2020)

Definitions: Estimated age-standardized incidence rates (World) in 2018, pancreas, adults, ages 20+. ASR (World) per 100,000
Gallbladder cancer

Men, 2018

References: Global Cancer Observatory, Cancer incidence rates [http://gco.iarc.fr/] (last accessed 30th June 2020)

Definitions: Estimated age-standardized incidence rates (World) in 2018, gallbladder, adults, ages 20+. ASR (World) per 100,000
Women, 2018


Definitions: Estimated age-standardized incidence rates (World) in 2018, gallbladder, adults, ages 20+. ASR (World) per 100,000
Kidney cancer

Men, 2018

Age: 20+


Definitions: Estimated age-standardized incidence rates (World) in 2018, kidney, adults, ages 20+. ASR (World) per 100,000
Women, 2018

Age: 20+


Definitions: Estimated age-standardized incidence rates (World) in 2018, kidney, adults, ages 20+. ASR (World) per 100,000
Cancer of the uterus

Women, 2018

Age:


Definitions: Estimated age-standardized incidence rates (World) in 2018, cervix uteri, females, ages 20+. ASR (World) per 100,000
Raised blood pressure

Adults, 2015


Definitions: Age Standardised estimated % Raised blood pressure 2015 (SBP>140 OR DBP>90).
Men, 2015


Definitions: Age Standardised estimated % Raised blood pressure 2015 (SBP>=140 OR DBP>=90).
Women, 2015

% raised blood pressure


Definitions: Age Standardised estimated % Raised blood pressure 2015 (SBP>=140 OR DBP>=90).
Raised cholesterol

Adults, 2008

References:
Global Health Observatory data repository, World Health Organisation,
http://apps.who.int/gho/data/node.main.A885

Definitions:
% Raised total cholesterol (>= 5.0 mmol/L) (age-standardized estimate).
Men, 2008

References:
Global Health Observatory data repository, World Health Organisation,
http://apps.who.int/gho/data/node.main.A885

Definitions:
% Raised total cholesterol (>= 5.0 mmol/L) (age-standardized estimate).
Women, 2008

References:
Global Health Observatory data repository, World Health Organisation,
http://apps.who.int/gho/data/node.main.A885

Definitions:
% Raised total cholesterol (>= 5.0 mmol/L) (age-standardized estimate).
Raised fasting blood glucose

Men, 2014


Definitions: Age Standardised % raised fasting blood glucose (>= 7.0 mmol/L or on medication).
Women, 2014

References:

Definitions:
Age Standardised % raised fasting blood glucose (>= 7.0 mmol/L or on medication).
## Diabetes prevalence

### Adults, 2021

<table>
<thead>
<tr>
<th>Country</th>
<th>Diabetes Prevalence</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ireland</td>
<td>2.0%</td>
</tr>
<tr>
<td>Belgium</td>
<td>2.5%</td>
</tr>
<tr>
<td>Netherlands</td>
<td>2.4%</td>
</tr>
<tr>
<td>Austria</td>
<td>2.3%</td>
</tr>
<tr>
<td>Croatia</td>
<td>2.2%</td>
</tr>
<tr>
<td>Sweden</td>
<td>2.1%</td>
</tr>
<tr>
<td>Denmark</td>
<td>2.1%</td>
</tr>
<tr>
<td>France</td>
<td>2.0%</td>
</tr>
<tr>
<td>Lithuania</td>
<td>2.0%</td>
</tr>
<tr>
<td>Slovenia</td>
<td>2.0%</td>
</tr>
<tr>
<td>Latvia</td>
<td>2.0%</td>
</tr>
<tr>
<td>Luxembourg</td>
<td>2.0%</td>
</tr>
<tr>
<td>Finland</td>
<td>2.0%</td>
</tr>
<tr>
<td>United Kingdom</td>
<td>2.0%</td>
</tr>
<tr>
<td>Greece</td>
<td>2.0%</td>
</tr>
<tr>
<td>Italy</td>
<td>2.0%</td>
</tr>
<tr>
<td>Estonia</td>
<td>2.0%</td>
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<tr>
<td>Romania</td>
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<tr>
<td>Poland</td>
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<tr>
<td>Germany</td>
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<tr>
<td>Hungary</td>
<td>2.0%</td>
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<tr>
<td>Czechia</td>
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<tr>
<td>Bulgaria</td>
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<tr>
<td>Malta</td>
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<tr>
<td>Cyprus</td>
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</tr>
<tr>
<td>Portugal</td>
<td>2.0%</td>
</tr>
<tr>
<td>Spain</td>
<td>2.0%</td>
</tr>
</tbody>
</table>

**Age:** 20-79

**Area covered:** National

**Definitions:** Age-adjusted comparative prevalence of diabetes, %


**PDF created on March 15, 2022**