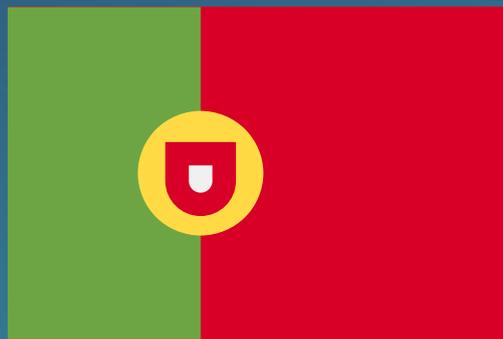




# Portugal



## Country report card - children

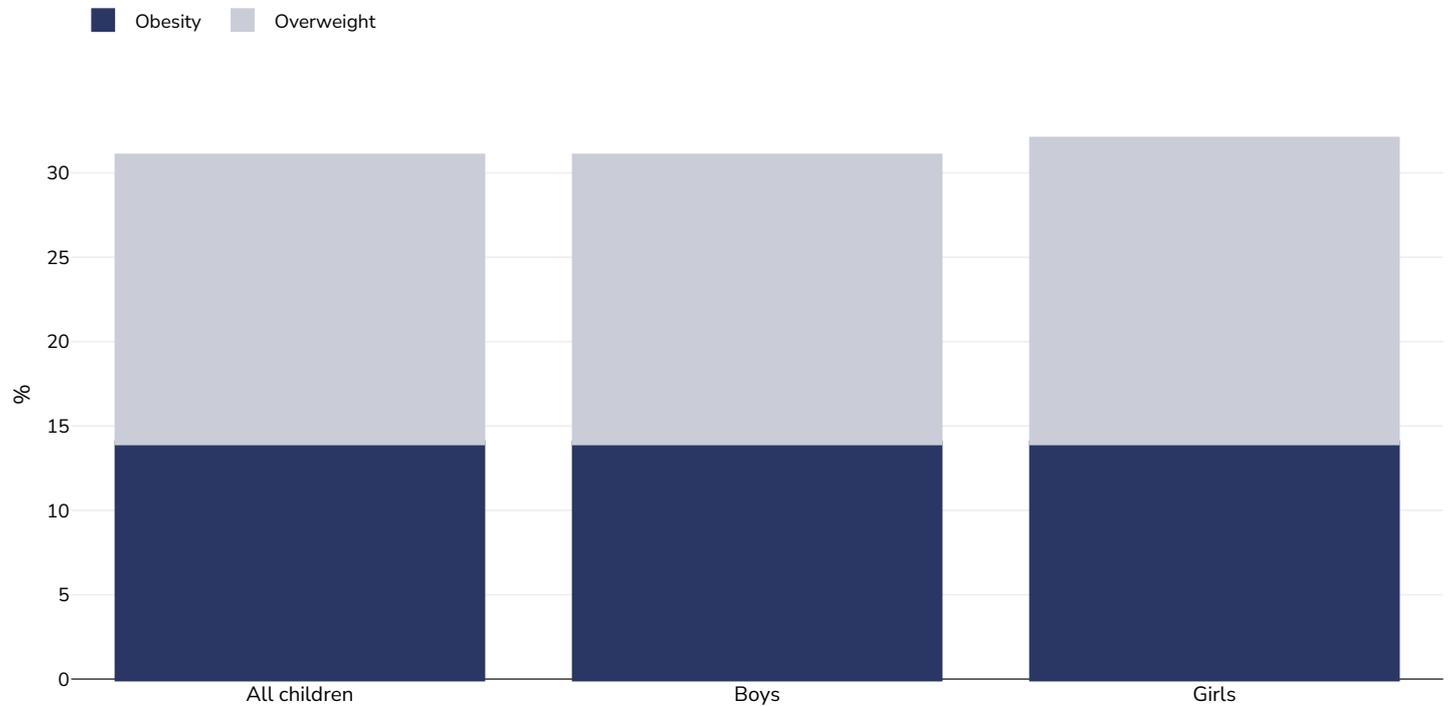
*This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity for children, including adolescents (aged 5 to 18 years). Where available, data on common and relevant obesity drivers and comorbidities are also presented.*

*View the latest version of this report on the Global Obesity Observatory at <https://data.worldobesity.org/country/portugal-174/>.*

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## Obesity prevalence

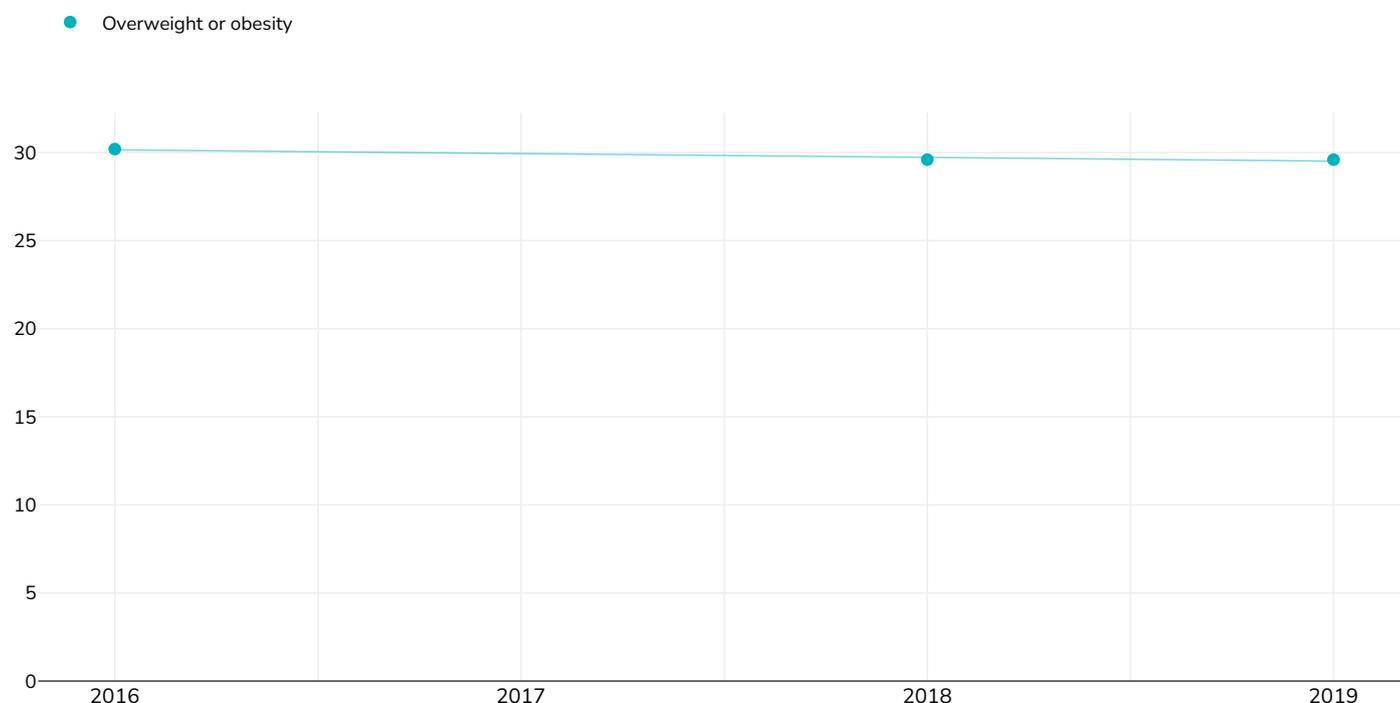
### Children, 2022-2024



Survey type:	Measured
Age:	7
Area covered:	National
References:	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

## % Children living with overweight or obesity, 2016-2020 (WHO)

### Boys



Survey type:

Measured

References:

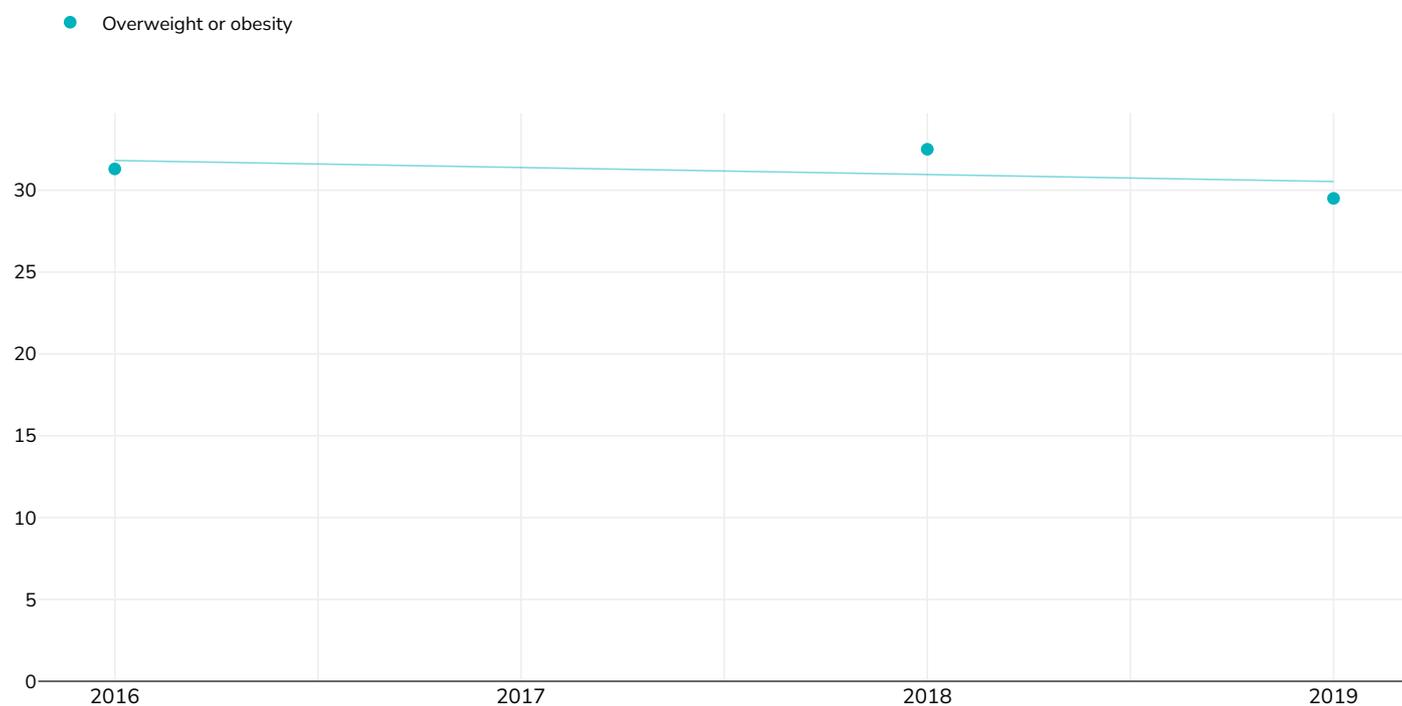
2016: COSI Portugal 2016. Childhood Obesity Surveillance Initiative. Available from: [http://repositorio.insa.pt/bitstream/10400.18/4857/8/COSI%202016\\_V2\\_fev2018.pdf](http://repositorio.insa.pt/bitstream/10400.18/4857/8/COSI%202016_V2_fev2018.pdf) [Accessed 15 April 2019].  
 2018: Report on the 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.  
 2019: COSI Portugal 2019. Available at: [http://www.ceidss.com/wp-content/uploads/2020/03/COSI-2019\\_-FactSheet.pdf](http://www.ceidss.com/wp-content/uploads/2020/03/COSI-2019_-FactSheet.pdf). Last accessed: 18.05.21.

Definitions:

WHO

*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



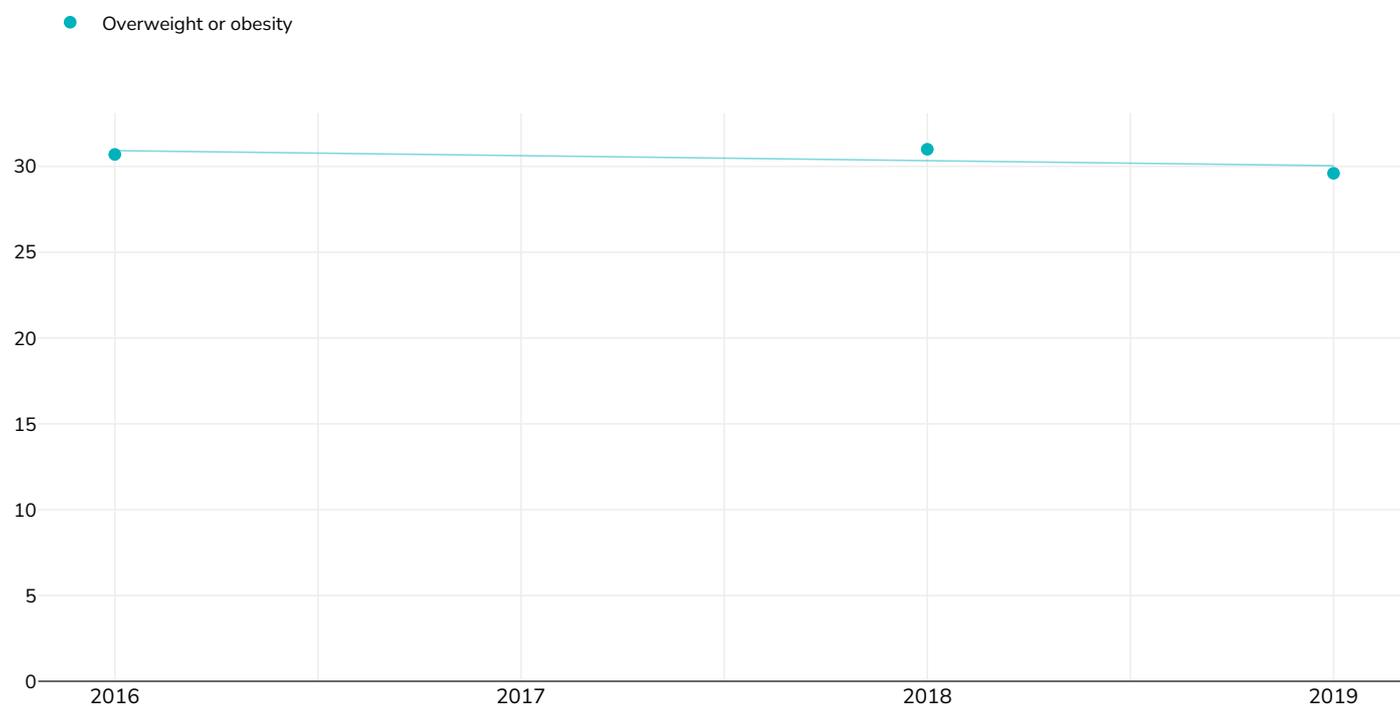
Survey type: Measured

References: 2016: COSI Portugal 2016. Childhood Obesity Surveillance Initiative. Available from: [http://repositorio.insa.pt/bitstream/10400.18/4857/8/COSI%202016\\_V2\\_fev2018.pdf](http://repositorio.insa.pt/bitstream/10400.18/4857/8/COSI%202016_V2_fev2018.pdf) [Accessed 15 April 2019].  
 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.  
 2019: COSI Portugal 2019. Available at: [http://www.ceidss.com/wp-content/uploads/2020/03/COSI-2019\\_-FactSheet.pdf](http://www.ceidss.com/wp-content/uploads/2020/03/COSI-2019_-FactSheet.pdf). Last accessed: 18.05.21.

Definitions: WHO

*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.*

## Boys and girls



Survey type: Measured

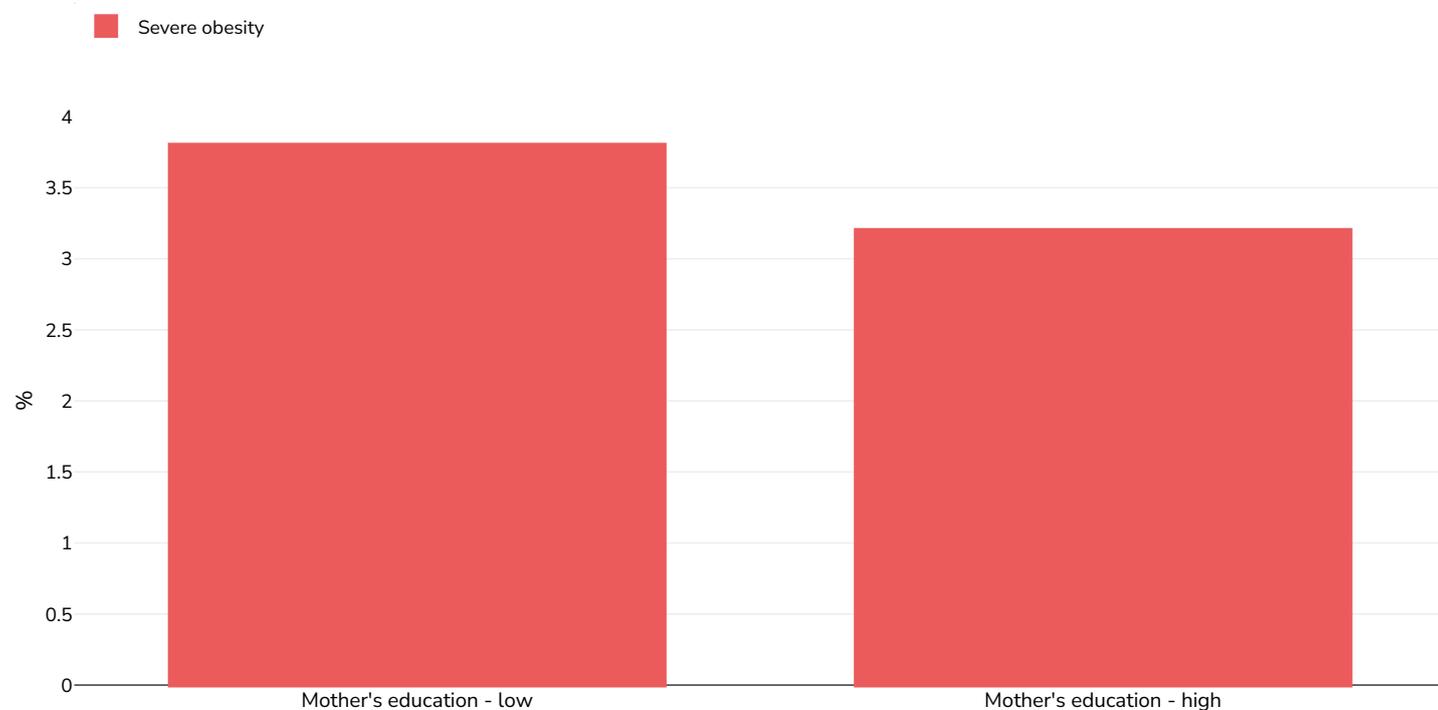
References: 2016: COSI Portugal 2016. Childhood Obesity Surveillance Initiative. Available from: [http://repositorio.insa.pt/bitstream/10400.18/4857/8/COSI%202016\\_V2\\_fev2018.pdf](http://repositorio.insa.pt/bitstream/10400.18/4857/8/COSI%202016_V2_fev2018.pdf) [Accessed 15 April 2019].  
 2018: Report 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.  
 2019: COSI Portugal 2019. Available at: [http://www.ceidss.com/wp-content/uploads/2020/03/COSI-2019\\_-FactSheet.pdf](http://www.ceidss.com/wp-content/uploads/2020/03/COSI-2019_-FactSheet.pdf). Last accessed: 18.05.21.

Definitions: WHO

*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

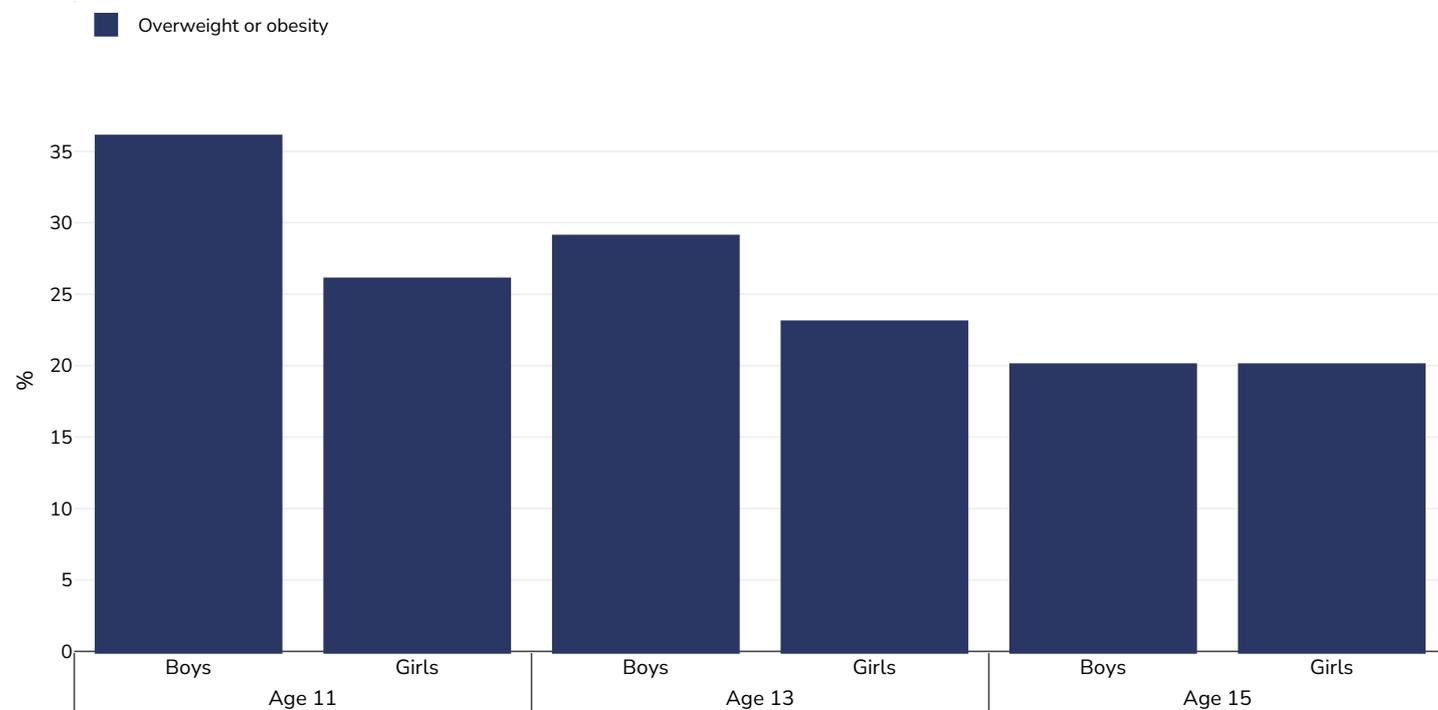
### Children, 2007-2013



Survey type:	Measured
Age:	7
Sample size:	2964
Area covered:	National
References:	Spinelli et al (2019). 'Childhood Severe Obesity in Europe', Obes Facts.12, pp. 244–258. (Data from COSI round 1-3)
Notes:	WHO cut-offs used. Based on Mother's education level.
Cutoffs:	WHO

## Overweight/obesity by age

### Children, 2021-2022



**Survey type:** Self-reported

**Area covered:** See Report

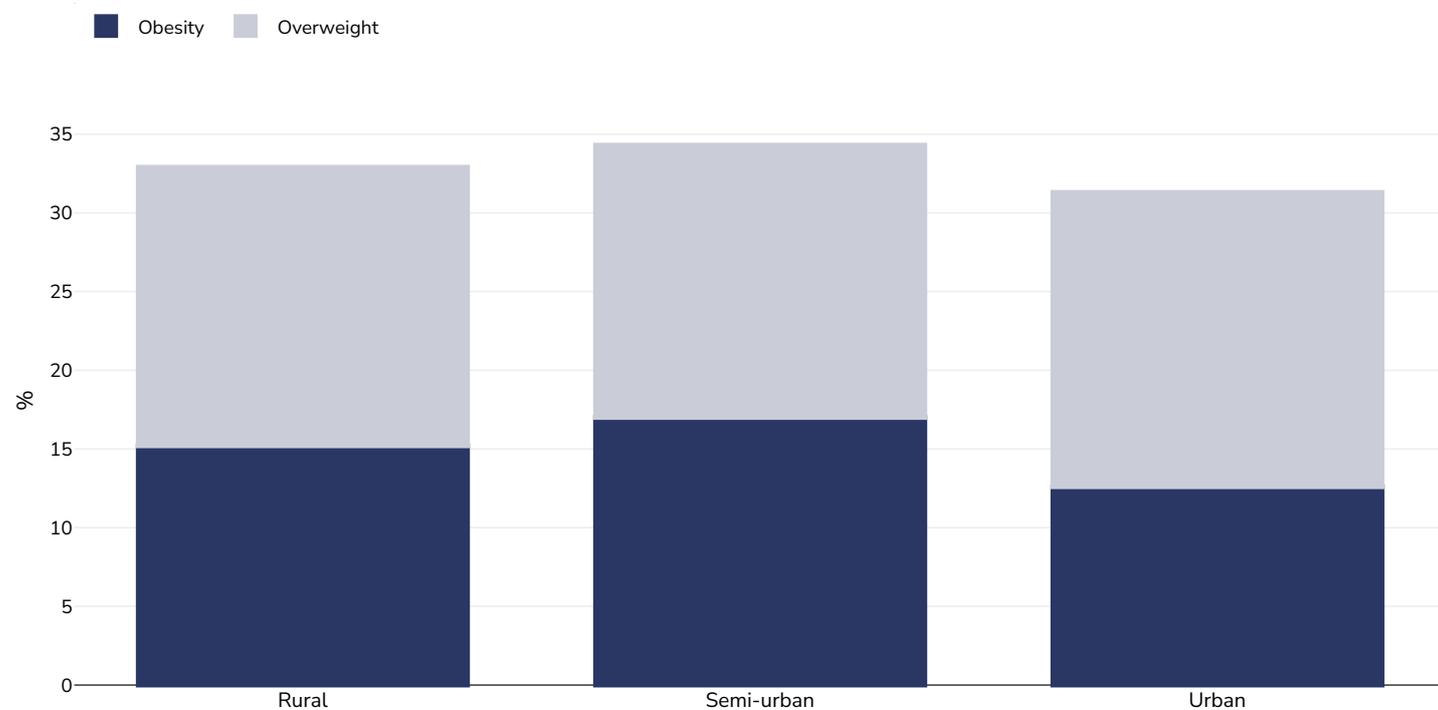
**References:** Rakić JG, Hamrik Z, Dzielska A, Felder-Puig R, Oja L, Bakalár P et al. A focus on adolescent physical activity, eating behaviours, weight status and body image in Europe, central Asia and Canada. Health Behaviour in School-aged Children (HBSC) international report from the 2021/2022 survey.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

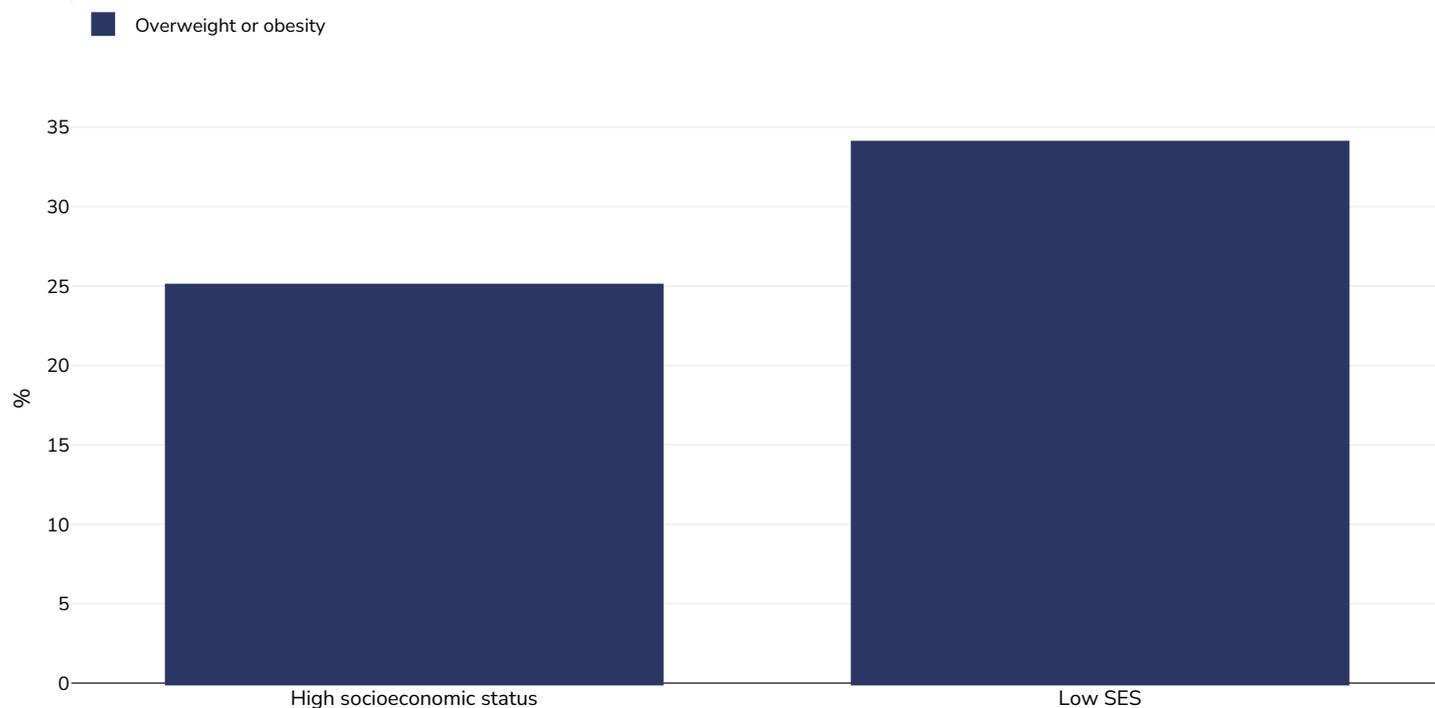
### Children, 2021-2022



Survey type:	Measured
Age:	6-8
Sample size:	6205
Area covered:	National
References:	Rito, A. et al. (2023). Childhood Obesity Surveillance Initiative: COSI Portugal 2022. [online] Insa.pt. Available at: <a href="https://repositorio.insa.pt/entities/publication/5e4ba9aa-d096-4720-b029-2b3c9910e426">https://repositorio.insa.pt/entities/publication/5e4ba9aa-d096-4720-b029-2b3c9910e426</a> [Accessed 30 May 2025].
Cutoffs:	WHO

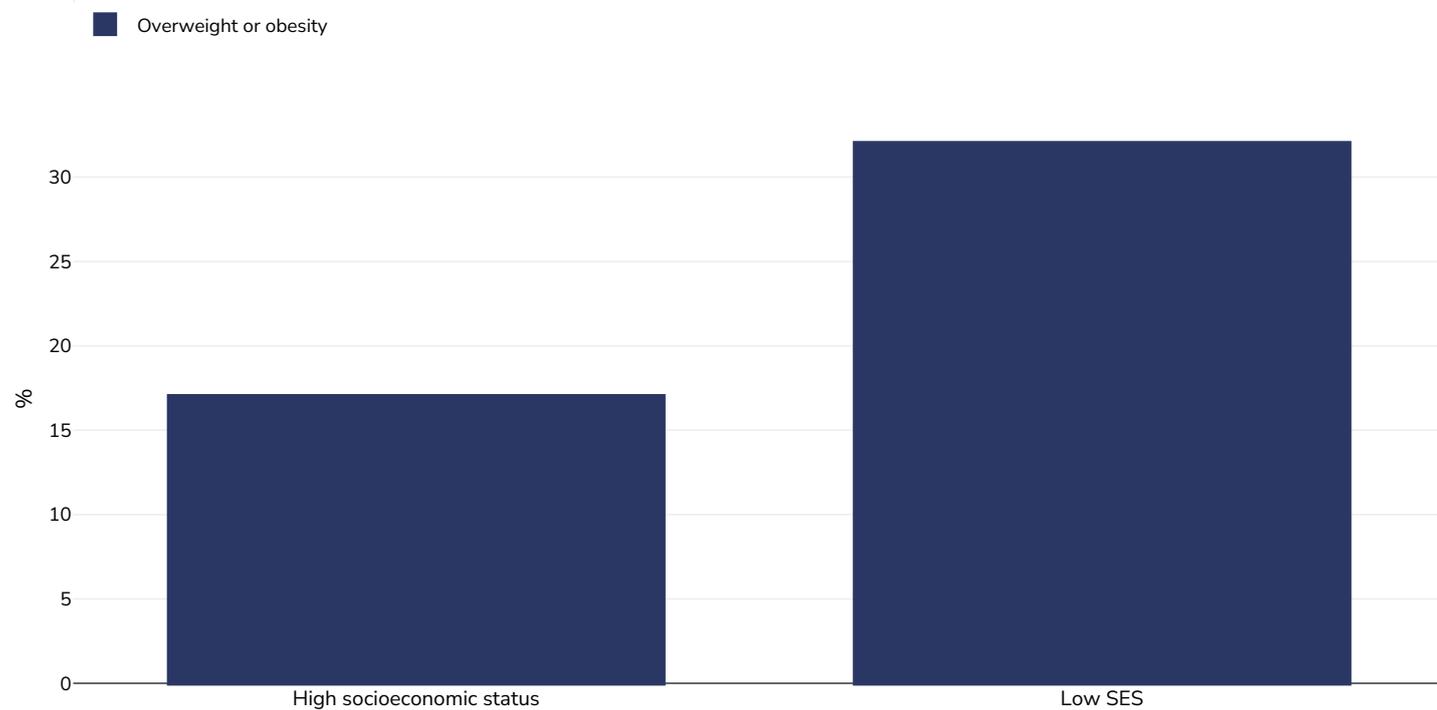
## Overweight/obesity by socio-economic group

### Boys, 2021-2022



<b>Survey type:</b>	Self-reported
<b>Age:</b>	11-15
<b>References:</b>	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'
<b>Notes:</b>	Family affluence scaleHBSC aims to survey approximately 1500 pupils per age group in each country or region (totaling around 4500)
<b>Cutoffs:</b>	+2SD

## Girls, 2021-2022



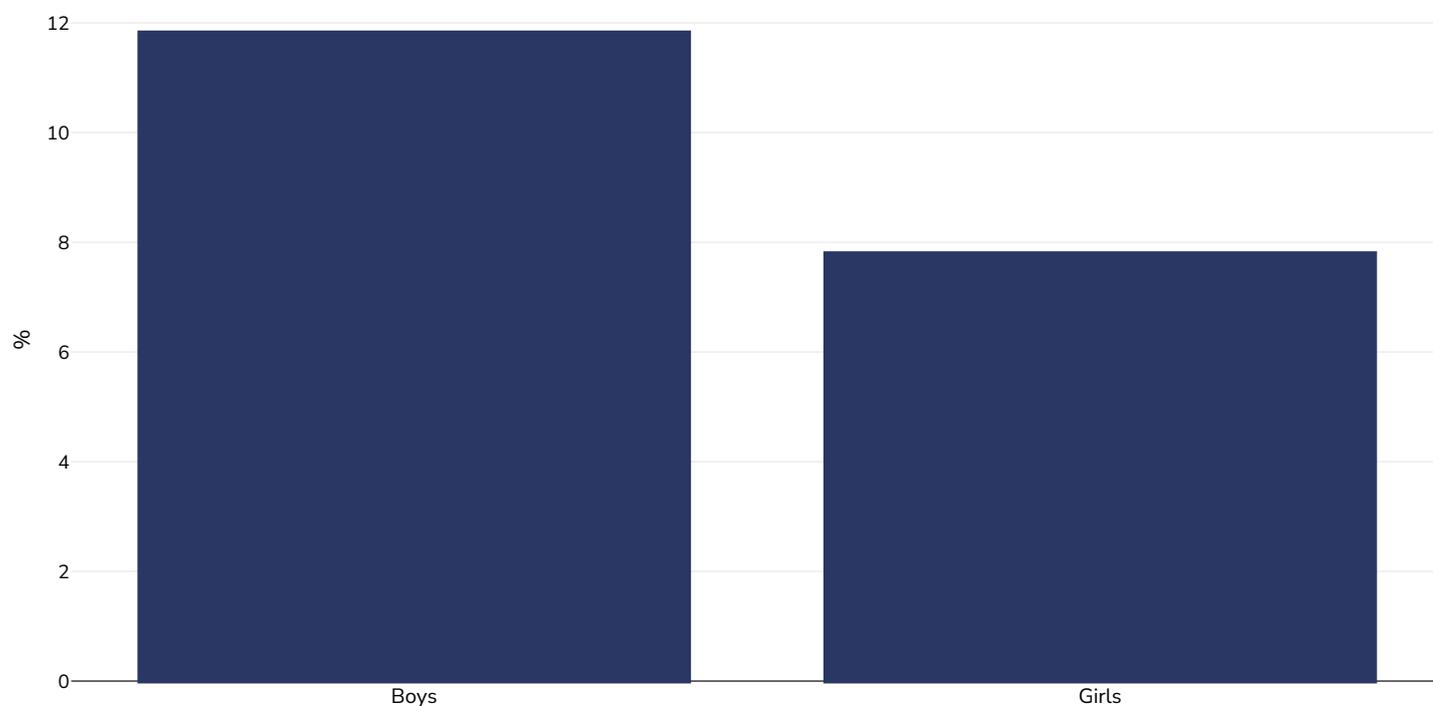
<b>Survey type:</b>	Self-reported
<b>Age:</b>	11-15
<b>References:</b>	Rakić JG, Hamrik Z, Dzielska A, Felder-Puig R, Oja L, Bakalár P et al. A focus on adolescent physical activity, eating behaviours, weight status and body image in Europe, central Asia and Canada. Health Behaviour in School-aged Children (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'
<b>Notes:</b>	Family affluence scale HBSC aims to survey approximately 1500 pupils per age group in each country or region (totaling around 4500)
<b>Cutoffs:</b>	+2SD

## Overweight/obesity by ethnicity

*Ethnic groups are as defined by publication of origin and are not as defined by WOF. In some instances ethnicity is conflated with nationality and/or race.*

## Double burden of underweight & overweight

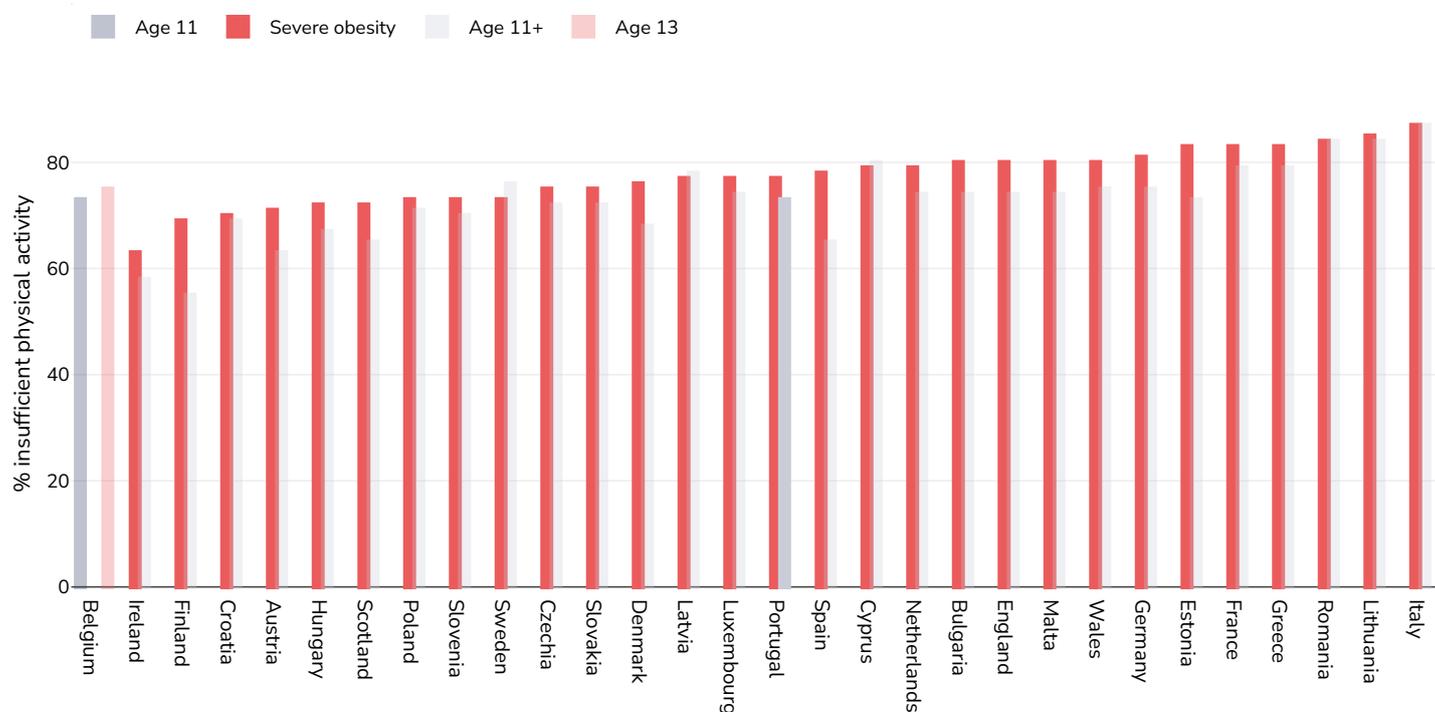
### Children, 2022



<b>Survey type:</b>	Measured
<b>Age:</b>	5-19
<b>References:</b>	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. <a href="https://doi.org/10.1016/S0140-6736(23)02750-2">https://doi.org/10.1016/S0140-6736(23)02750-2</a> .
<b>Notes:</b>	Age standardised estimates
<b>Definitions:</b>	Combined prevalence of BMI < -2SD and BMI > 2SD (double burden of thinness and obesity)
<b>Cutoffs:</b>	BMI < -2SD and BMI > 2SD

## Insufficient physical activity

### Boys, 2022

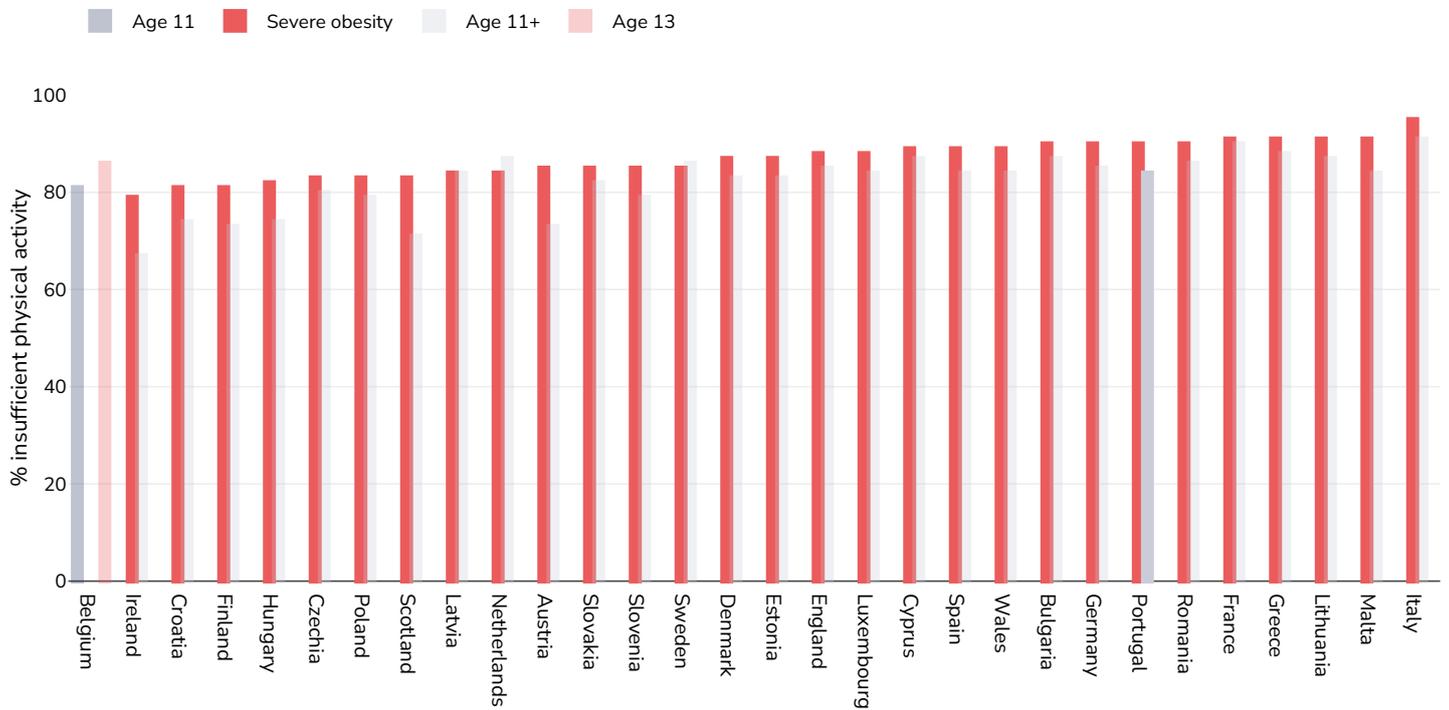


**References:** Rakić JG, Hamrik Z, Dzielska A, Felder-Puig R, Oja L, Bakalár P et al. A focus on adolescent physical activity, eating behaviours, weight status and body image in Europe, central Asia and Canada. Health Behaviour in School-aged Children international report from the 2021/2022 survey.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

**Notes:** 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.

**Definitions:** % reporting less than 60 minutes of MVPA daily

## Girls, 2022



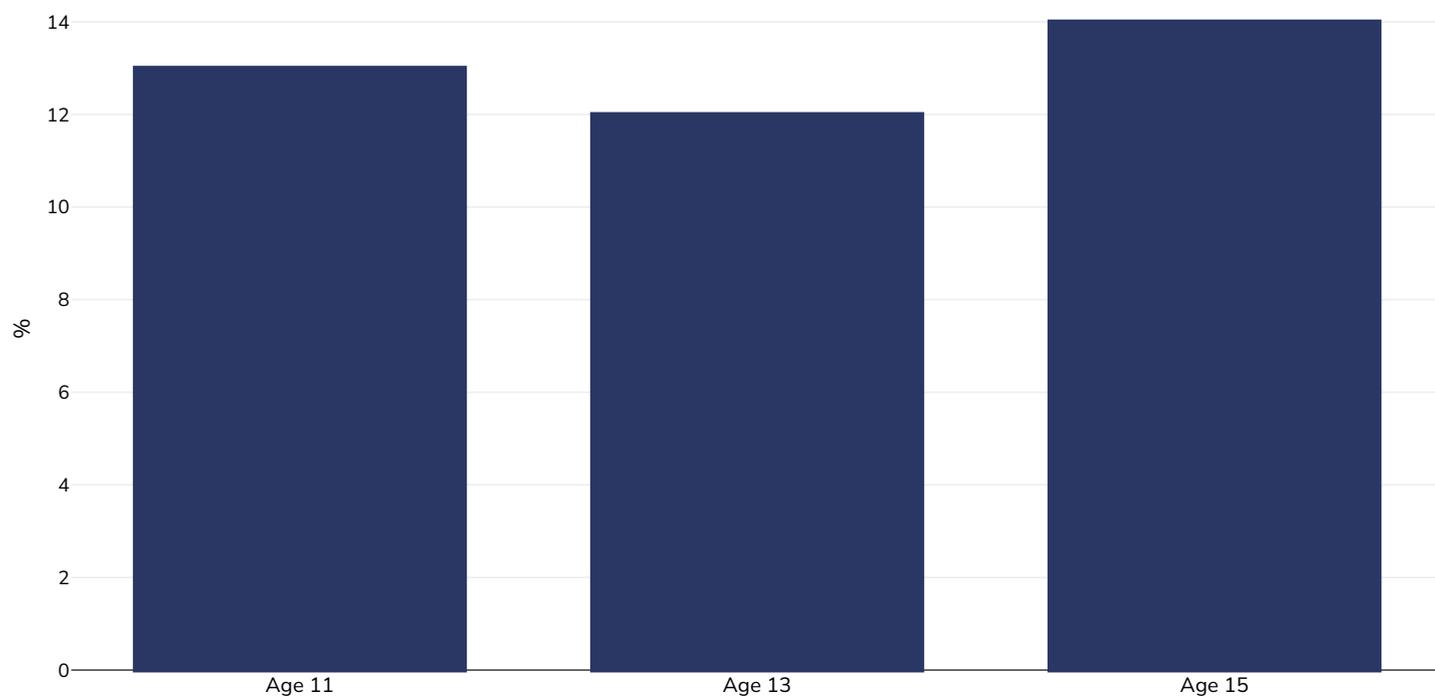
**References:** RakiÄ? JG, Hamrik Z, Dzielska A, Felder-Puig R, Oja L, Bakalár P et al. A focus on adolescent physical activity, eating behaviours, weight status and body image in Europe, central Asia and Canada. Health Behaviour in School-aged Children international report from the 2021/2022 survey.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

**Notes:** 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.

**Definitions:** % reporting less than 60 minutes of MVPA daily

## Prevalence of at least daily carbonated soft drink consumption

### Boys, 2021-2022

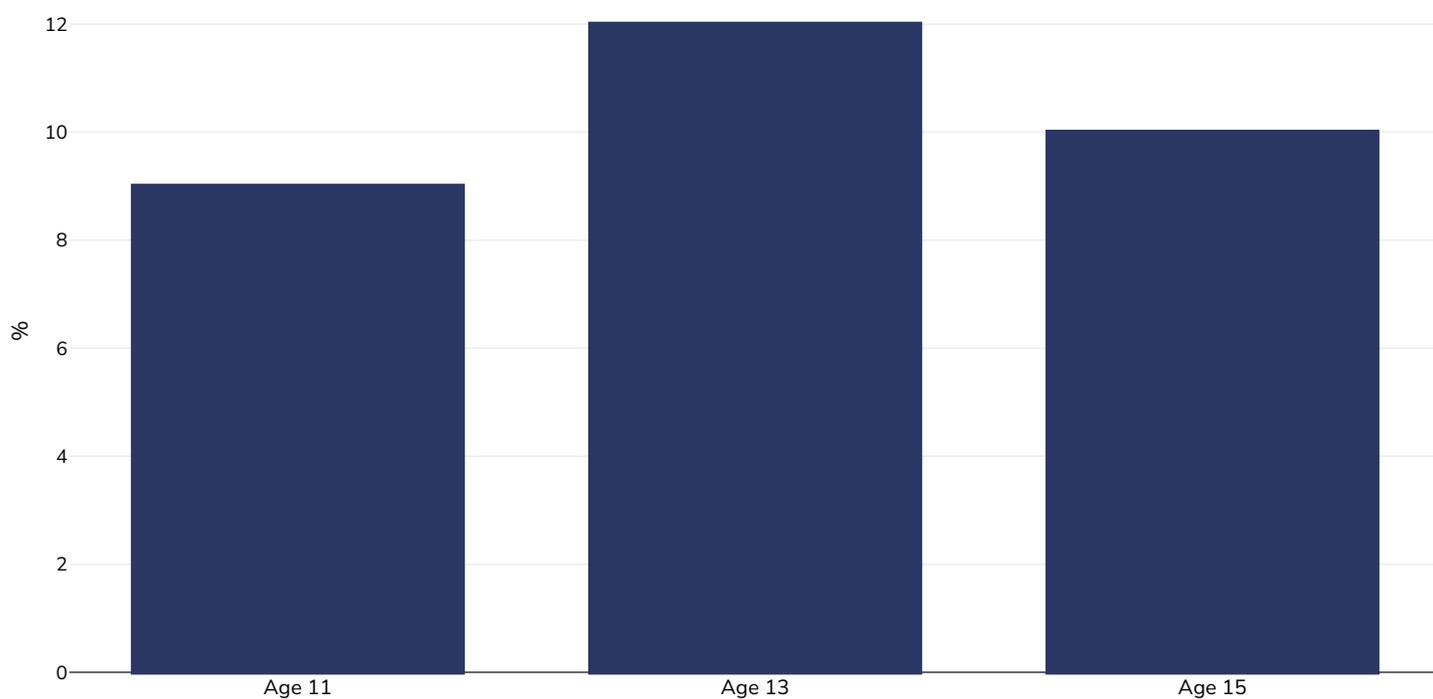


Area covered: National

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

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

## Girls, 2021-2022



Area covered:

National

References:

Health Behaviour in School-aged Children study (2023), Data browser (findings from the 2021/22 international HBSC survey):

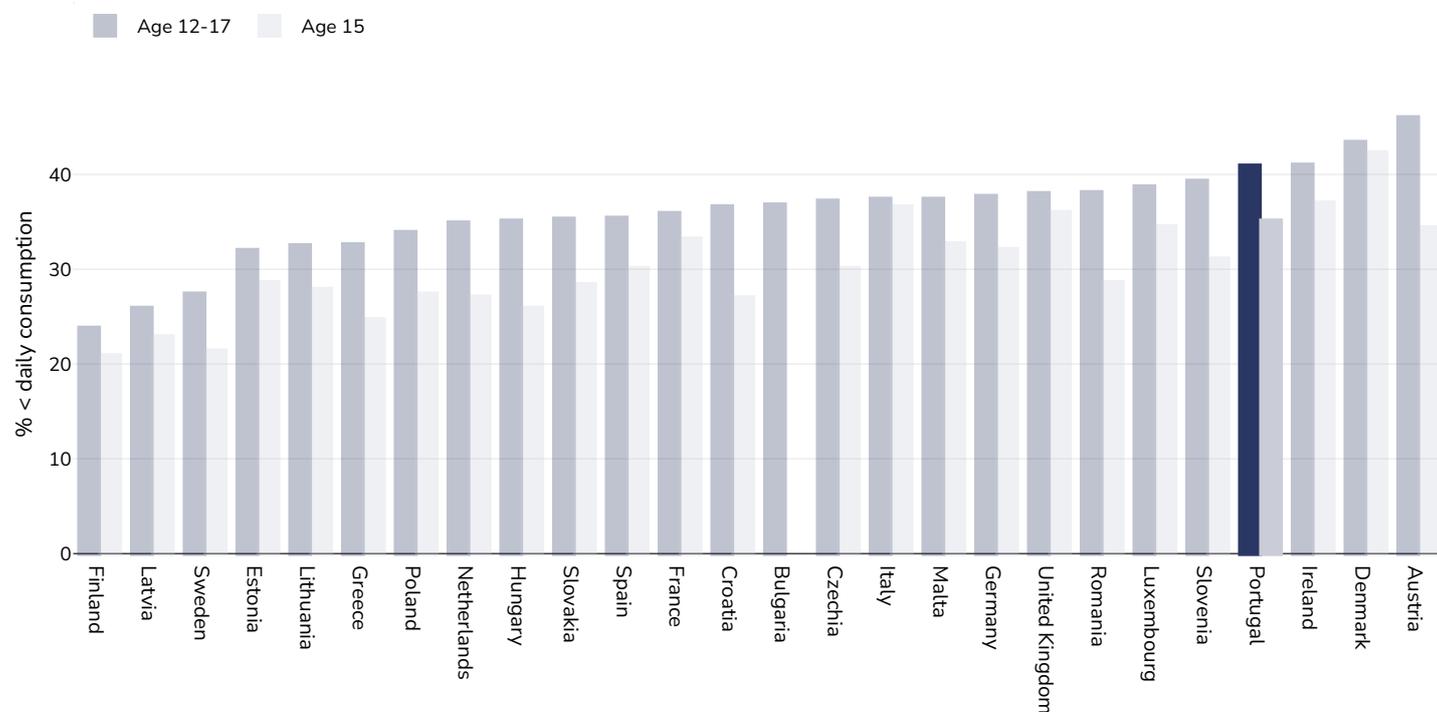
<https://data-browser.hbsc.org>

Definitions:

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

## Prevalence of less than daily fruit consumption

### Children, 2014



Survey type:

Measured

References:

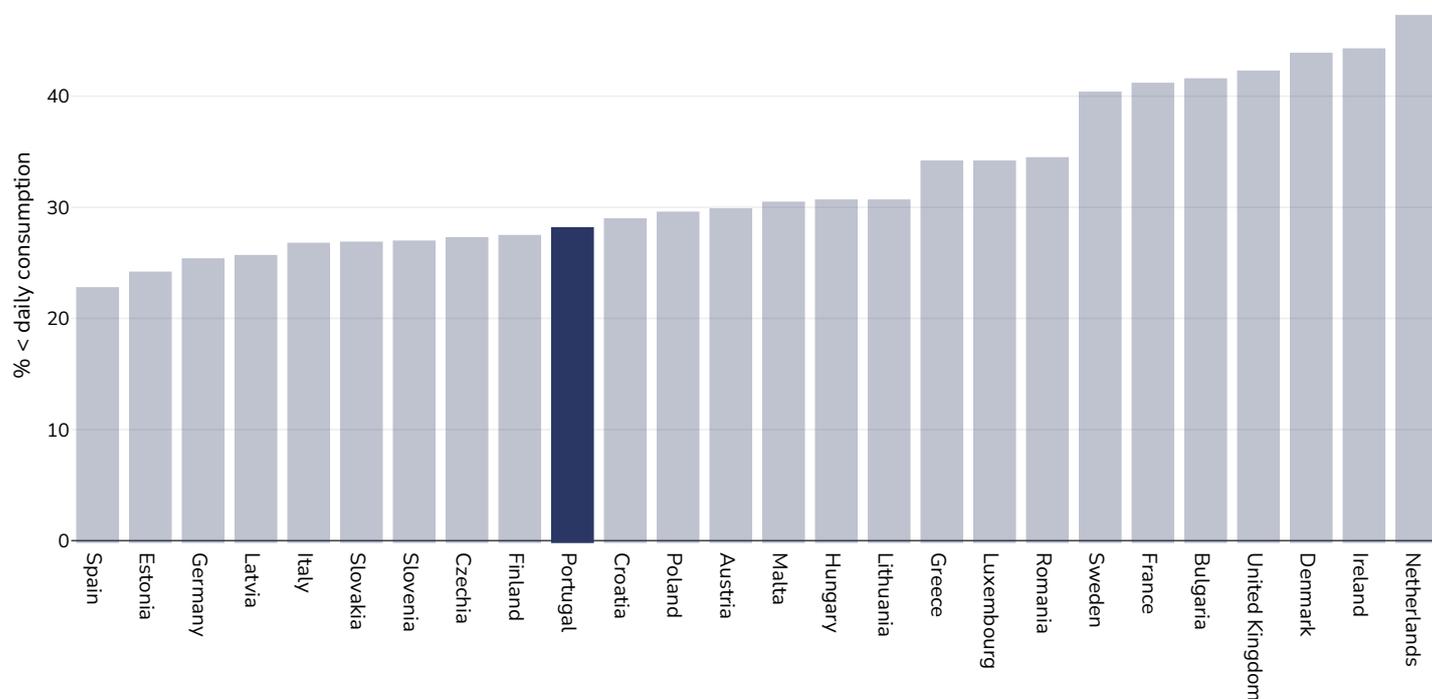
Global School-based Student Health Surveys. Beal et al (2019). Global Patterns of Adolescent Fruit, Vegetable, Carbonated Soft Drink, and Fast-food consumption: A meta-analysis of global school-based student health surveys. Food and Nutrition Bulletin. <https://doi.org/10.1177/0379572119848287>. Sourced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

Definitions:

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

## Prevalence of less than daily vegetable consumption

### Children, 2014



Survey type: Measured

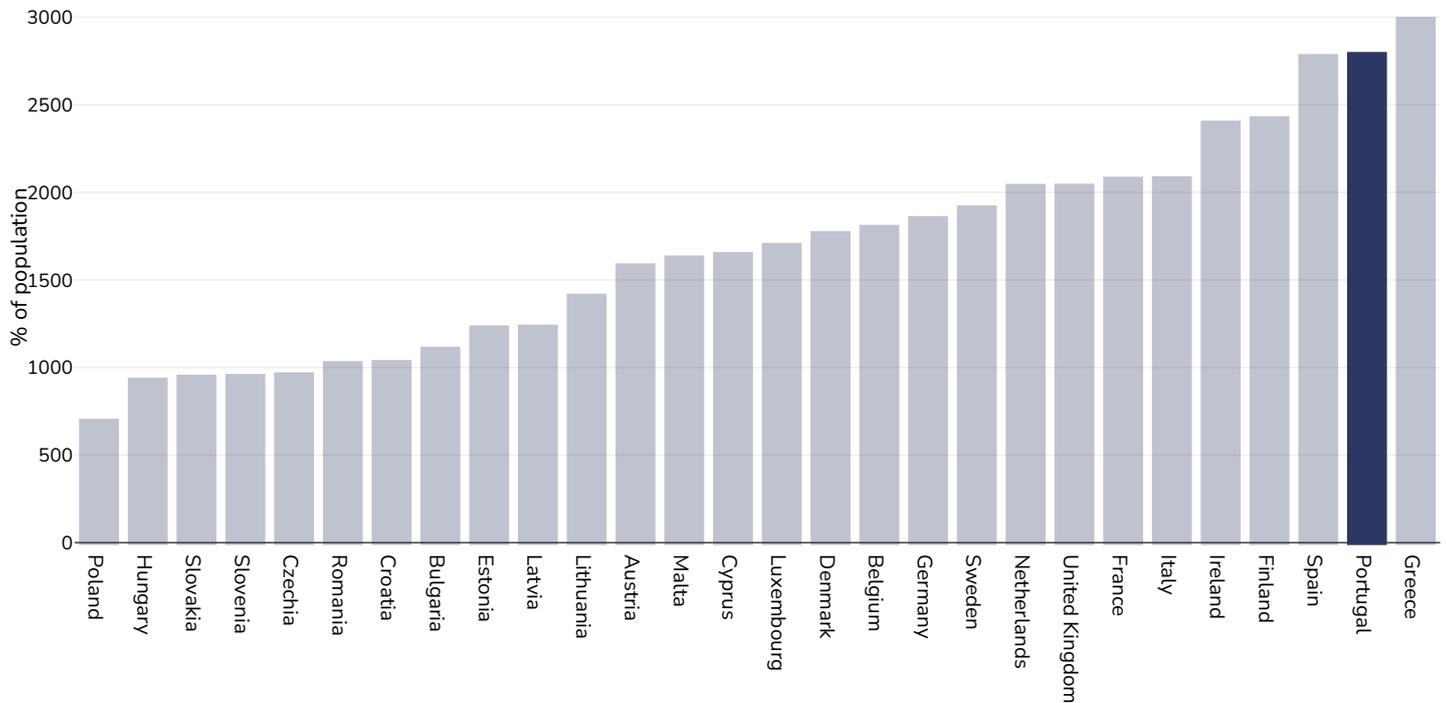
Age: 12-17

References: 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>

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

## Mental health - depression disorders

### Children, 2021

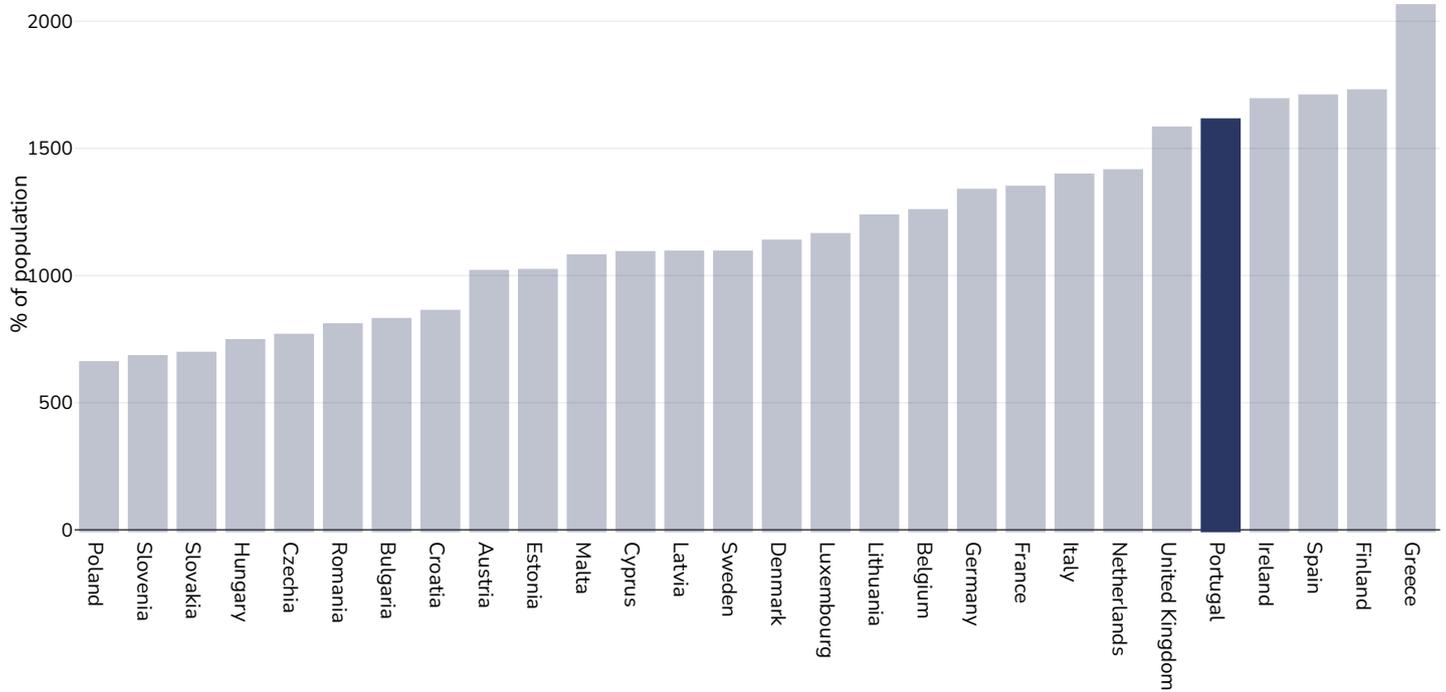


Area covered: National

References: 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)

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

## Boys, 2021



Area covered:

National

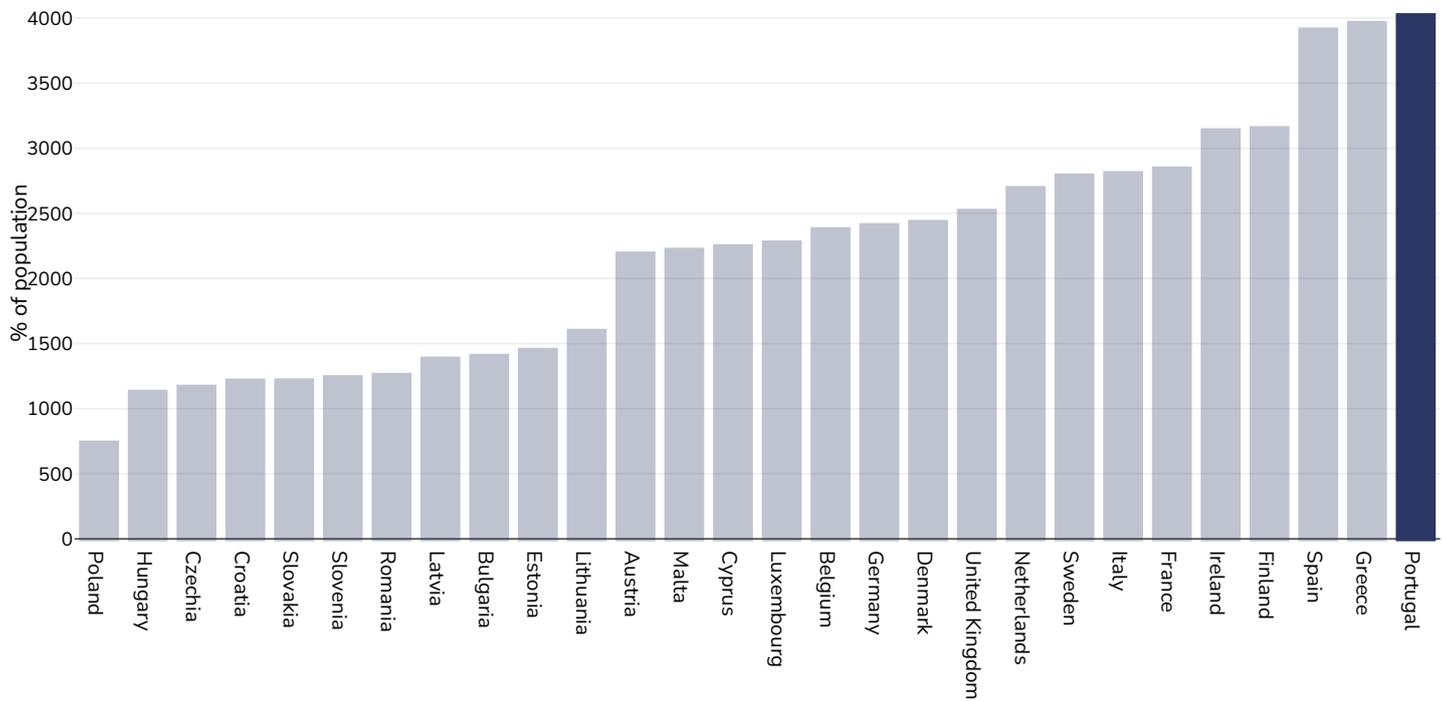
References:

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)

Definitions:

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

## Girls, 2021



Area covered:

National

References:

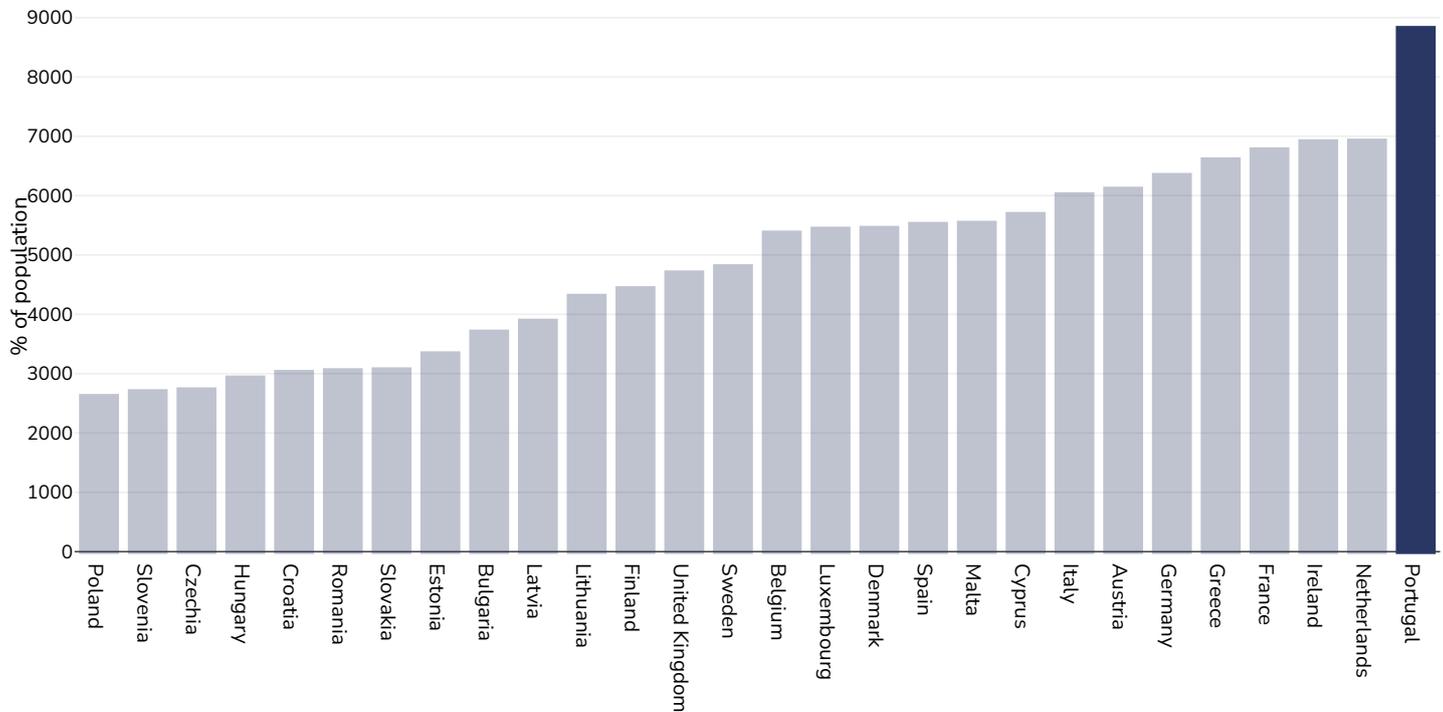
Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

Definitions:

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

## Mental health - anxiety disorders

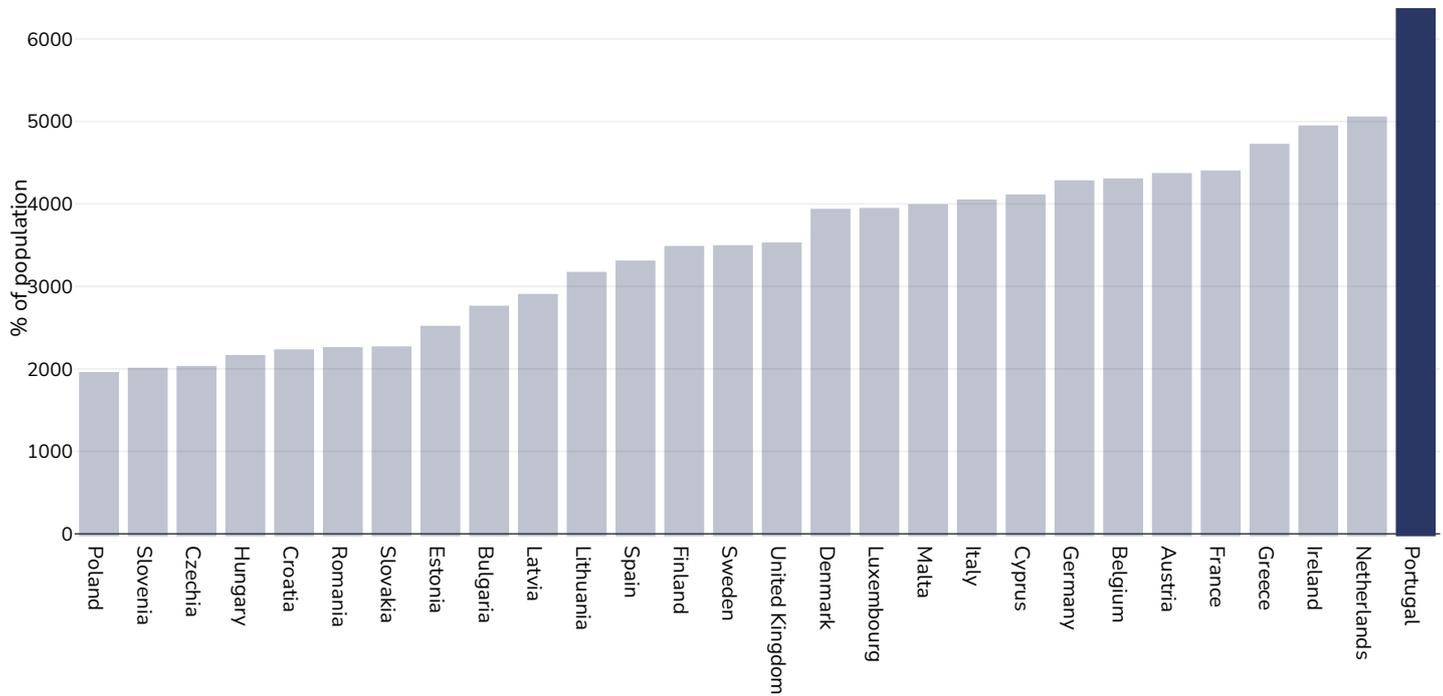
### Children, 2021



**References:**

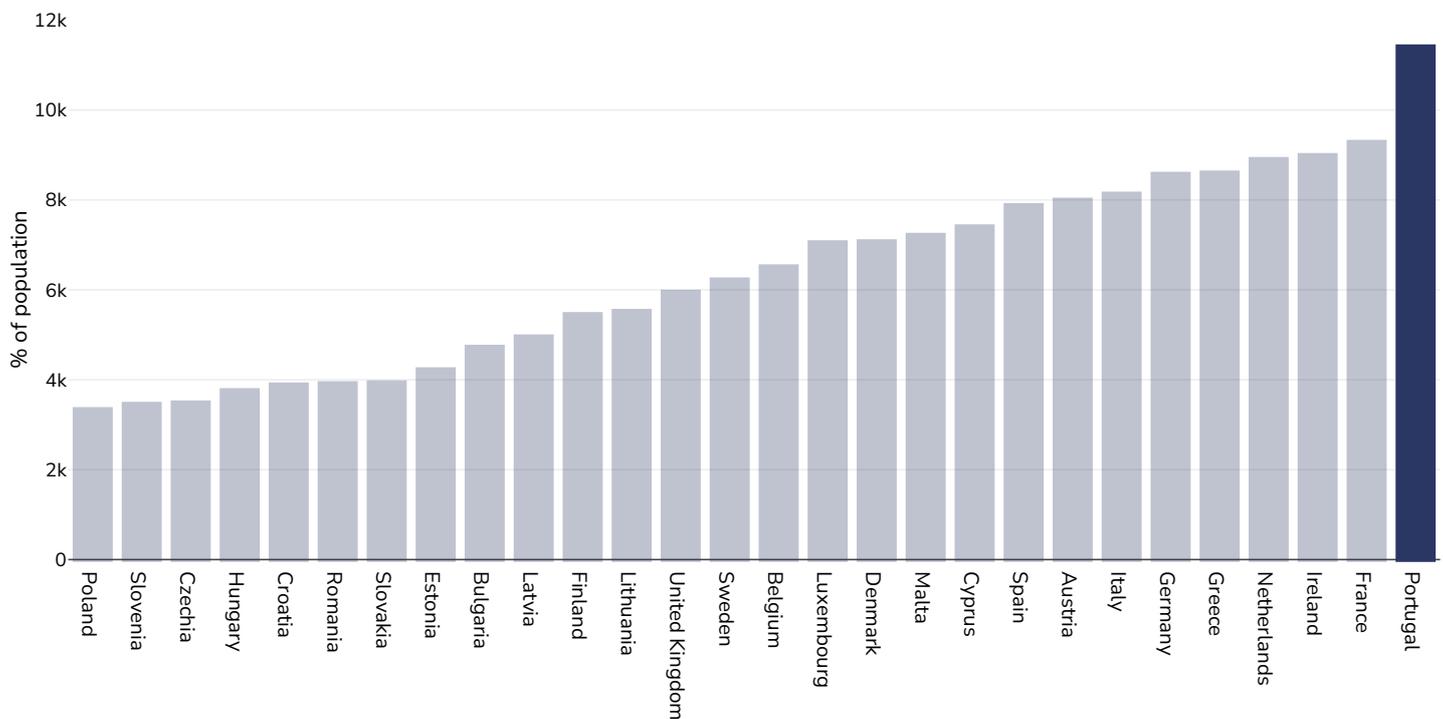
Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

## Boys, 2021



**References:** 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)

## Girls, 2021



**References:** 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 25, 2025*