# Report card

## Portugal

<table>
<thead>
<tr>
<th>Contents</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Obesity prevalence</td>
<td>2</td>
</tr>
<tr>
<td>Trend: % Adults living with obesity, 1995-2015</td>
<td>4</td>
</tr>
<tr>
<td>Trend: % Adults living with overweight or obesity, 1995-2015</td>
<td>5</td>
</tr>
<tr>
<td>Trend: % Children living with overweight or obesity, 2016-2020</td>
<td>6</td>
</tr>
<tr>
<td>Trend: % Adults living with overweight or obesity, 1999-2019</td>
<td>9</td>
</tr>
<tr>
<td>Trend: % Adults living with obesity, 1999-2019</td>
<td>11</td>
</tr>
<tr>
<td>Overweight/obesity by age and education</td>
<td>13</td>
</tr>
<tr>
<td>Overweight/obesity by education</td>
<td>16</td>
</tr>
<tr>
<td>Overweight/obesity by age</td>
<td>19</td>
</tr>
<tr>
<td>Overweight/obesity by region</td>
<td>21</td>
</tr>
<tr>
<td>Overweight/obesity by age and region</td>
<td>24</td>
</tr>
<tr>
<td>Overweight/obesity by age and socio-economic group</td>
<td>26</td>
</tr>
<tr>
<td>Overweight/obesity by socio-economic group</td>
<td>29</td>
</tr>
<tr>
<td>Overweight/obesity by age and limited activity</td>
<td>33</td>
</tr>
<tr>
<td>Insufficient physical activity</td>
<td>36</td>
</tr>
<tr>
<td>Sugar consumption</td>
<td>42</td>
</tr>
<tr>
<td>Estimated per capita sugar sweetened beverages intake</td>
<td>43</td>
</tr>
<tr>
<td>Prevalence of at least daily carbonated soft drink consumption</td>
<td>44</td>
</tr>
<tr>
<td>Prevalence of confectionery consumption</td>
<td>45</td>
</tr>
<tr>
<td>Prevalence of sweet/savoury snack consumption</td>
<td>46</td>
</tr>
<tr>
<td>Estimated per capita fruit intake</td>
<td>47</td>
</tr>
<tr>
<td>Prevalence of less than daily fruit consumption</td>
<td>48</td>
</tr>
<tr>
<td>Prevalence of less than daily vegetable consumption</td>
<td>49</td>
</tr>
<tr>
<td>Estimated per-capita processed meat intake</td>
<td>50</td>
</tr>
<tr>
<td>Estimated per capita whole grains intake</td>
<td>51</td>
</tr>
<tr>
<td>Mental health - depression disorders</td>
<td>52</td>
</tr>
<tr>
<td>Mental health - anxiety disorders</td>
<td>53</td>
</tr>
<tr>
<td>Oesophageal cancer</td>
<td>54</td>
</tr>
<tr>
<td>Breast cancer</td>
<td>56</td>
</tr>
<tr>
<td>Colorectal cancer</td>
<td>57</td>
</tr>
<tr>
<td>Pancreatic cancer</td>
<td>59</td>
</tr>
<tr>
<td>Gallbladder cancer</td>
<td>61</td>
</tr>
<tr>
<td>Kidney cancer</td>
<td>63</td>
</tr>
<tr>
<td>Cancer of the uterus</td>
<td>65</td>
</tr>
<tr>
<td>Raised blood pressure</td>
<td>66</td>
</tr>
<tr>
<td>Raised cholesterol</td>
<td>69</td>
</tr>
<tr>
<td>Raised fasting blood glucose</td>
<td>72</td>
</tr>
<tr>
<td>Diabetes prevalence</td>
<td>74</td>
</tr>
<tr>
<td>Contextual factors</td>
<td>75</td>
</tr>
</tbody>
</table>
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, 2019

#### Survey Details:
- **Survey type:** Measured
- **Age:** 6-8
- **Sample size:** 7,210
- **Area covered:** National

#### References:

#### Cutoffs:
WHO
% Adults living with obesity, 1995-2015

**Survey type:** Measured

**References:**


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, 1995-2015

Survey type: Measured

References:


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, 2016-2020

Boys

Survey type: Measured

References:

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:

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

Overweight or obesity

Survey type: Measured

References:

Definitions:
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, 1999-2019

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.
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.
% Adults living with obesity, 1999-2019

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.
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.
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, 2015

Survey type: Measured
Age: 25-74
Sample size: Female = 2580 Male = 2235
Area covered: National
Notes: Translated images for obesity prevalence by educational status are also available from: 1995-96, 1988-99 and 2003-05.

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
Women, 2015

Survey type: Measured
Age: 25-74
Sample size: Female = 2580 Male = 2235
Area covered: National
Notes: Translated images for obesity prevalence by educational status are also available from: 1995-96, 1988-99 and 2003-05. Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
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

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, 2019

Survey type: Measured
Sample size: 7,210
Area covered: National
Overweight/obesity by region

Men, 2015

Survey type: Measured
Age: 25-74
Sample size: 4819
Area covered: National


Notes: Female = 2583, Male = 2236

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
Women, 2015

Survey type: Measured
Age: 25-74
Sample size: 4819
Area covered: National


Notes: Female = 2583, Male = 2236

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

Survey type: Measured
Age: 6-8
Sample size: 7,210
Area covered: National
Cutoffs: WHO
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**

<table>
<thead>
<tr>
<th>Income Quintile</th>
<th>Age Group</th>
<th>Obesity (%)</th>
<th>Overweight (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1st</td>
<td>Age 18-24</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2nd</td>
<td>Age 25-34</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3rd</td>
<td>Age 35-44</td>
<td></td>
<td></td>
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<tr>
<td>4th</td>
<td>Age 45-54</td>
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<td>5th</td>
<td>Age 55-64</td>
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<td>1st</td>
<td>Age 65-74</td>
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</tr>
<tr>
<td>2nd</td>
<td>Age 75+</td>
<td></td>
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</tbody>
</table>

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

Men, 2015

Survey type: Measured
Age: 25-74
Sample size: 4667
Area covered: National

References:

Notes:
Female = 2510 Male = 2157 Socioeconomic status based on the following occupational activities: A = Armed Forces, Managers and Professionals B = Technicians & Associate Professionals, Clerical Support Workers, Services & Sales Workers C = Skilled Agricultural Workers, Craft & Related Trades Workers, Plant & Machine Operators, Elementary occupations, Housewives, Students

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
Women, 2015

Survey type: Measured
Age: 25-74
Sample size: 4667
Area covered: National


Notes: Female = 2510 Male = 2157 Socioeconomic status based on the following occupational activities: A = Armed Forces, Managers and Professionals B = Technicians & Associate Professionals, Clerical Support Workers, Services & Sales Workers C = Skilled Agricultural Workers, Craft & Related Trades Workers, Plant & Machine Operators, Elementary occupations, Housewives, Students

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: 5839
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**

![Chart showing weight percentage by FAS levels](chart)

<table>
<thead>
<tr>
<th>Survey type:</th>
<th>Self-reported</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age:</td>
<td>11-15</td>
</tr>
<tr>
<td>Sample size:</td>
<td>5839</td>
</tr>
<tr>
<td>Area covered:</td>
<td>National</td>
</tr>
</tbody>
</table>

**References:**

**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](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

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)
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+
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

Survey type: Measured

Age: 12-17


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+

References: Global Burden of Disease, the Institute for Health Metrics and Evaluation [http://ghdx.healthdata.org/]

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, 2020

<table>
<thead>
<tr>
<th>Country</th>
<th>Incidence per 100,000</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cyprus</td>
<td>0.5</td>
</tr>
<tr>
<td>Greece</td>
<td>1.2</td>
</tr>
<tr>
<td>Italy</td>
<td>2.1</td>
</tr>
<tr>
<td>Bulgaria</td>
<td>3.4</td>
</tr>
<tr>
<td>Sweden</td>
<td>4.2</td>
</tr>
<tr>
<td>Slovenia</td>
<td>5.1</td>
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<td>Austria</td>
<td>5.7</td>
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<tr>
<td>Finland</td>
<td>6.9</td>
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<td>Spain</td>
<td>7.7</td>
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<td>Romania</td>
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</tr>
<tr>
<td>Costa</td>
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</tr>
<tr>
<td>Poland</td>
<td>9.8</td>
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<tr>
<td>Luxembourg</td>
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<td>Czechia</td>
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<td>Denmark</td>
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<td>France</td>
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<td>United Kingdom</td>
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<tr>
<td>Netherlands</td>
<td>17.1</td>
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</tbody>
</table>

### Age:

20+

### Area covered:

National

### References:


### Definitions:

Age-standardized incidence rates per 100,000
Women, 2020

Incidence per 100,000

Age: 20+

Area covered: National


Definitions: Age-standardized incidence rates per 100,000
Breast cancer

Women, 2020

Age: 20+

Area covered: National


Definitions: Age-standardized incidence rates per 100 000
Colorectal cancer

Men, 2020

Age: 20+

Area covered: National


Definitions: Age-standardized incidence rates per 100 000
Women, 2020

Age: 20+

Area covered: National


Definitions: Age-standardized incidence rates per 100,000
Pancreatic cancer

Men, 2020

<table>
<thead>
<tr>
<th>Country</th>
<th>Incidence per 100,000</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ireland</td>
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<td>Italy</td>
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<tr>
<td>Portugal</td>
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<td>Netherlands</td>
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<td>Spain</td>
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<td>Denmark</td>
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<td>Slovakia</td>
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<td>Hungary</td>
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</tbody>
</table>

Age: 20+

Area covered: National


Definitions: Age-standardized incidence rates per 100,000
Women, 2020

Incidence per 100,000

Age: 20+

Area covered: National


Definitions: Age-standardized incidence rates per 100 000
Gallbladder cancer

Men, 2020

Age: 20+

Area covered: National


Definitions: Age-standardized incidence rates per 100,000
Women, 2020

Age: 20+

Area covered: National


Definitions: Age-standardized incidence rates per 100,000
Kidney cancer

Men, 2020

<table>
<thead>
<tr>
<th>Country</th>
<th>Incidence per 100,000</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cyprus</td>
<td>33</td>
</tr>
<tr>
<td>Portugal</td>
<td>30</td>
</tr>
<tr>
<td>Luxembourg</td>
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<td>25</td>
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<td>Austria</td>
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<td>Netherlands</td>
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<td>Germany</td>
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<td>Italy</td>
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<tr>
<td>United Kingdom</td>
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<tr>
<td>Denmark</td>
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</tr>
<tr>
<td>Spain</td>
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<td>Croatia</td>
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<td>Slovenia</td>
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<td>France</td>
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<td>Ireland</td>
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<td>Italy</td>
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<tr>
<td>Lithuania</td>
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<td>Czechia</td>
<td>13</td>
</tr>
<tr>
<td>Estonia</td>
<td>13</td>
</tr>
</tbody>
</table>

Age: 20+

Area covered: National


Definitions: Age-standardized incidence rates per 100 000
Women, 2020

Age: 20+

Area covered: National


Definitions: Age-standardized incidence rates per 100,000
Cancer of the uterus

Women, 2020

Age: 20+

Area covered: National


Definitions: Age-standardized incidence rates per 100,000
Raised blood pressure

Adults, 2015

References:
Global Health Observatory data repository, World Health Organisation, 
http://apps.who.int/gho/data/node.main.A875?lang=en

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

References:
Global Health Observatory data repository, World Health Organisation,
http://apps.who.int/gho/data/node.main.A875?lang=en

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

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


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


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


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

Adults, 2021

Age: 20-79

Area covered: National


Definitions: Age-adjusted comparative prevalence of diabetes, %
## Contextual factors

**Disclaimer:** These contextual factors should be interpreted with care. Results are updated as regularly as possible and use very specific criteria. The criteria used and full definitions are available for download at the bottom of this page.

### Labelling

<table>
<thead>
<tr>
<th>Question</th>
<th>Status</th>
</tr>
</thead>
<tbody>
<tr>
<td>Is there mandatory nutrition labelling?</td>
<td>✔️</td>
</tr>
<tr>
<td>Front-of-package labelling?</td>
<td>✔️</td>
</tr>
<tr>
<td>Back-of-pack nutrition declaration?</td>
<td>✔️</td>
</tr>
<tr>
<td>Color coding?</td>
<td>✔️</td>
</tr>
<tr>
<td>Warning label?</td>
<td>❌</td>
</tr>
</tbody>
</table>
## Regulation and marketing

<table>
<thead>
<tr>
<th>Question</th>
<th>Yes/No</th>
</tr>
</thead>
<tbody>
<tr>
<td>Are there fiscal policies on unhealthy products?</td>
<td>✔</td>
</tr>
<tr>
<td>Tax on unhealthy foods?</td>
<td>✗</td>
</tr>
<tr>
<td>Tax on unhealthy drinks?</td>
<td>✔</td>
</tr>
<tr>
<td>Are there fiscal policies on healthy products?</td>
<td>✗</td>
</tr>
<tr>
<td>Subsidy on fruits?</td>
<td>✗</td>
</tr>
<tr>
<td>Subsidy on vegetables?</td>
<td>✗</td>
</tr>
<tr>
<td>Subsidy on other healthy products?</td>
<td>✗</td>
</tr>
<tr>
<td>Mandatory limit or ban of trans fat (all settings)?</td>
<td>✔</td>
</tr>
<tr>
<td>Mandatory limit of trans fats in place (all settings)?</td>
<td>✔</td>
</tr>
<tr>
<td>Ban on trans-fats or phos in place (all settings)?</td>
<td>✗</td>
</tr>
<tr>
<td>Are there any mandatory policies/marketing restrictions on the promotion of unhealthy food/drinks to children?</td>
<td>✔</td>
</tr>
<tr>
<td>Mandatory restriction on broadcast media?</td>
<td>✔</td>
</tr>
<tr>
<td>Mandatory restriction on non-broadcast media?</td>
<td>✔</td>
</tr>
<tr>
<td>Voluntary policies/marketing restrictions on the promotion of unhealthy food/drinks to children?</td>
<td>✗</td>
</tr>
<tr>
<td>Are there mandatory standards for food in schools?</td>
<td>✗</td>
</tr>
<tr>
<td>Are there any mandatory nutrient limits in any manufactured food products?</td>
<td>✔</td>
</tr>
<tr>
<td>Nutrition standards for public sector procurement?</td>
<td>✔</td>
</tr>
</tbody>
</table>
### Political will and support

<table>
<thead>
<tr>
<th>Requirement</th>
<th>Status</th>
</tr>
</thead>
<tbody>
<tr>
<td>National obesity strategy or nutrition and physical activity national strategy?</td>
<td>✔️</td>
</tr>
<tr>
<td>National obesity strategy?</td>
<td>✗️</td>
</tr>
<tr>
<td>National childhood obesity strategy?</td>
<td>✗️</td>
</tr>
<tr>
<td>Comprehensive nutrition strategy?</td>
<td>✔️</td>
</tr>
<tr>
<td>Comprehensive physical activity strategy?</td>
<td>✔️</td>
</tr>
<tr>
<td>Evidence-based dietary guidelines and/or RDAs?</td>
<td>✔️</td>
</tr>
<tr>
<td>National target(s) on reducing obesity?</td>
<td>✔️</td>
</tr>
<tr>
<td>Guidelines/policy on obesity treatment?</td>
<td>✔️</td>
</tr>
<tr>
<td>Promotion of breastfeeding?</td>
<td>✔️</td>
</tr>
</tbody>
</table>

### Monitoring and surveillance

<table>
<thead>
<tr>
<th>Requirement</th>
<th>Status</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monitoring of the prevalence and incidence for the main obesity-related NCDs and risk factors?</td>
<td>✔️</td>
</tr>
<tr>
<td>Within 5 years?</td>
<td>✔️</td>
</tr>
</tbody>
</table>

### Governance and resource

<table>
<thead>
<tr>
<th>Requirement</th>
<th>Status</th>
</tr>
</thead>
<tbody>
<tr>
<td>Multi-sectoral national co-ordination mechanism for obesity or nutrition (including obesity)</td>
<td>✗️</td>
</tr>
</tbody>
</table>

### Key

- ✔️ Present
- ✔️ Present (voluntary)
- ✔️ Incoming
- ✗️ Absent
- ? Unknown

Last updated June 23, 2023