# Report card
# Romania

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# Obesity prevalence

## Adults, 2019

Legend: ■ Obesity  ■ Overweight
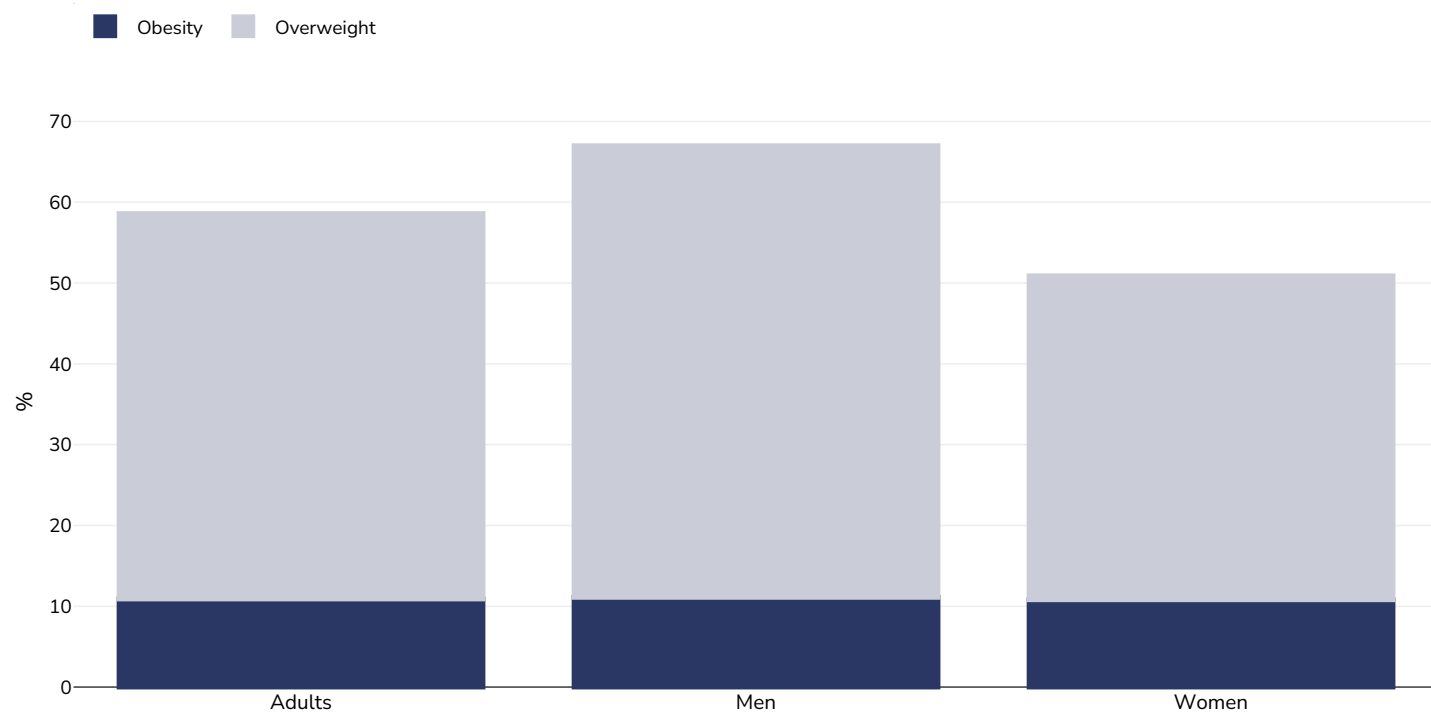


| Survey type: | Self-reported |
|---|---|
| Age: | 18+ |
| Area covered: | National |
| References: | Eurostat 2019. Data available at https://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1i&lang=en (last accessed 09.08.21) |

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

# Children, 2018-2020

Legend: ■ Obesity  ■ Overweight



| | |
|---|---|
| Survey type: | Measured |
| Age: | 8 |
| Sample size: | 4055 |
| Area covered: | National |
| References: | 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. |
| Cutoffs: | WHO 2007 |

# % Adults living with obesity, 2000-2019
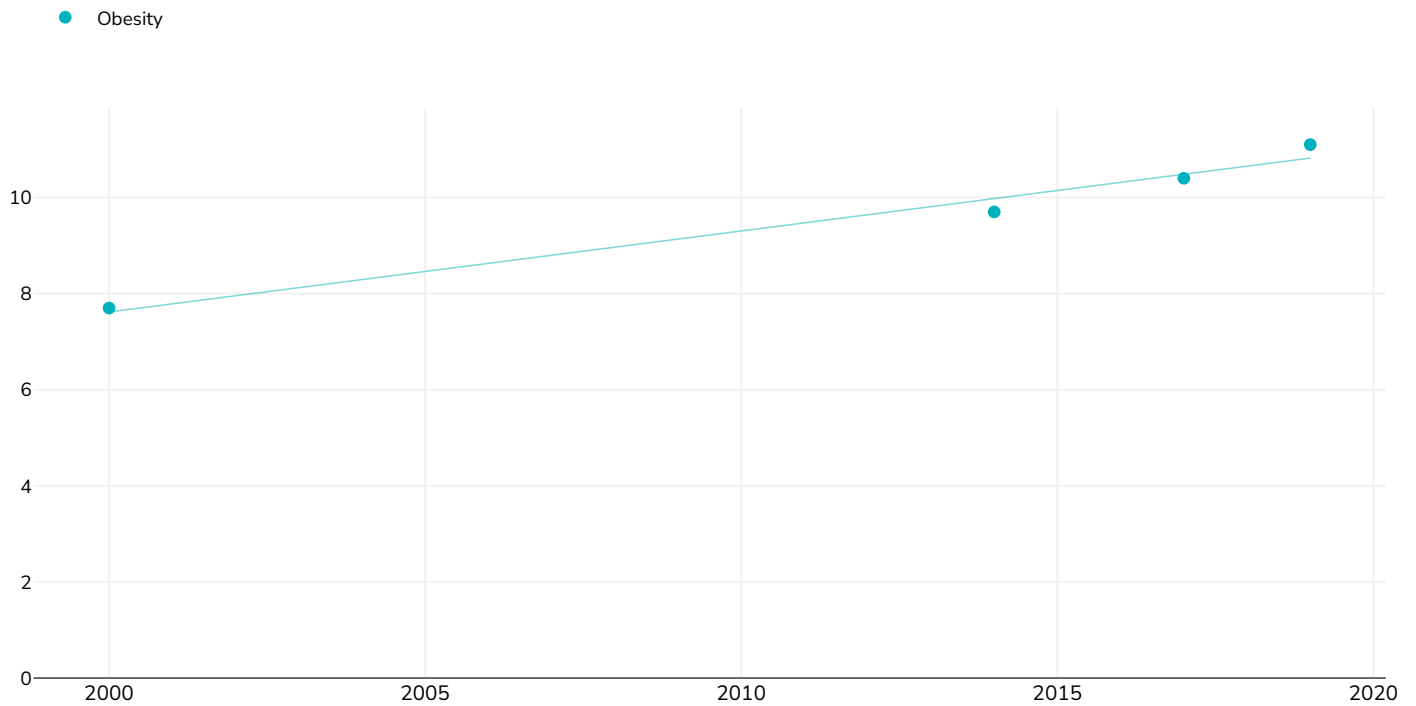
## Men



Obesity

| 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 overweight or obesity, 2000-2019

## 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

● Overweight or obesity



| Survey type: | Self-reported |
|---|---|
| References: | For full details of references visit https://data.worldobesity.org/ |
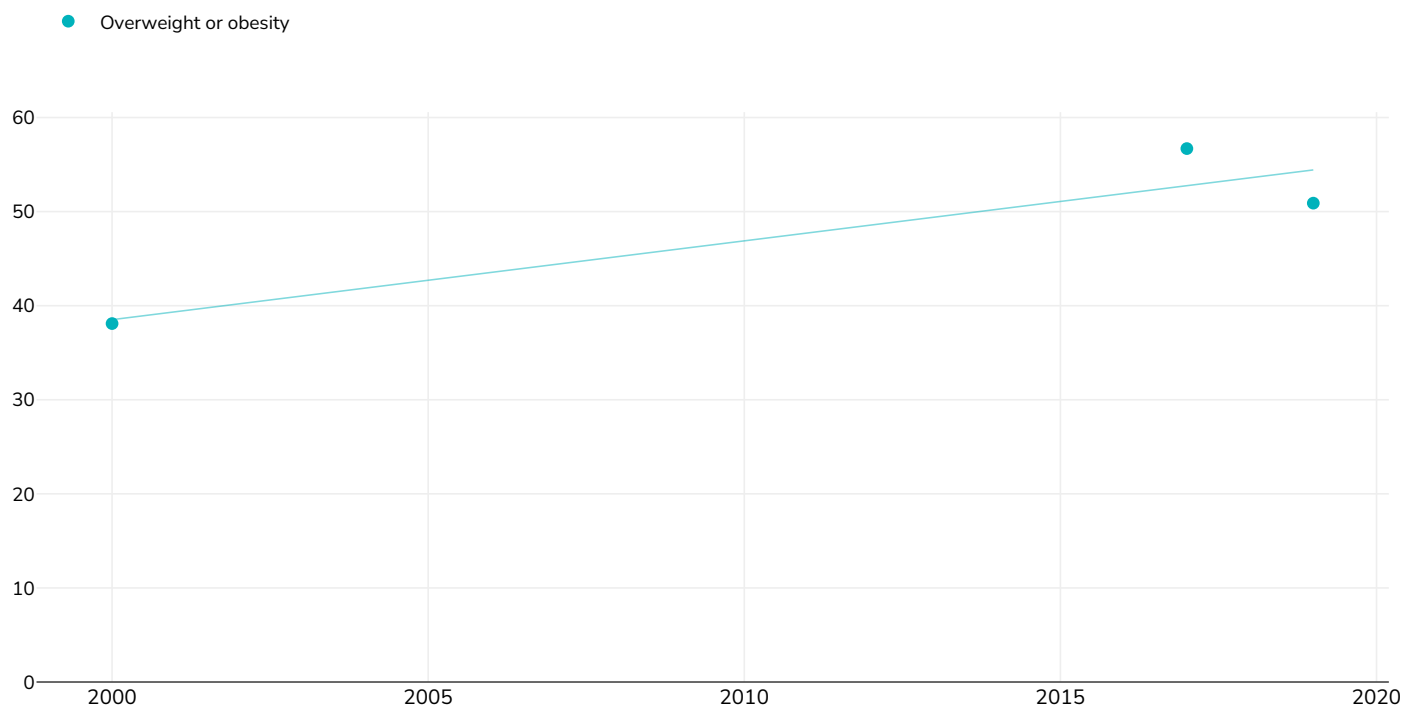
*Different methodologies may have been used to collect this data and so data from different surveys may not be strictly comparable. Please check with original data sources for methodologies used.*
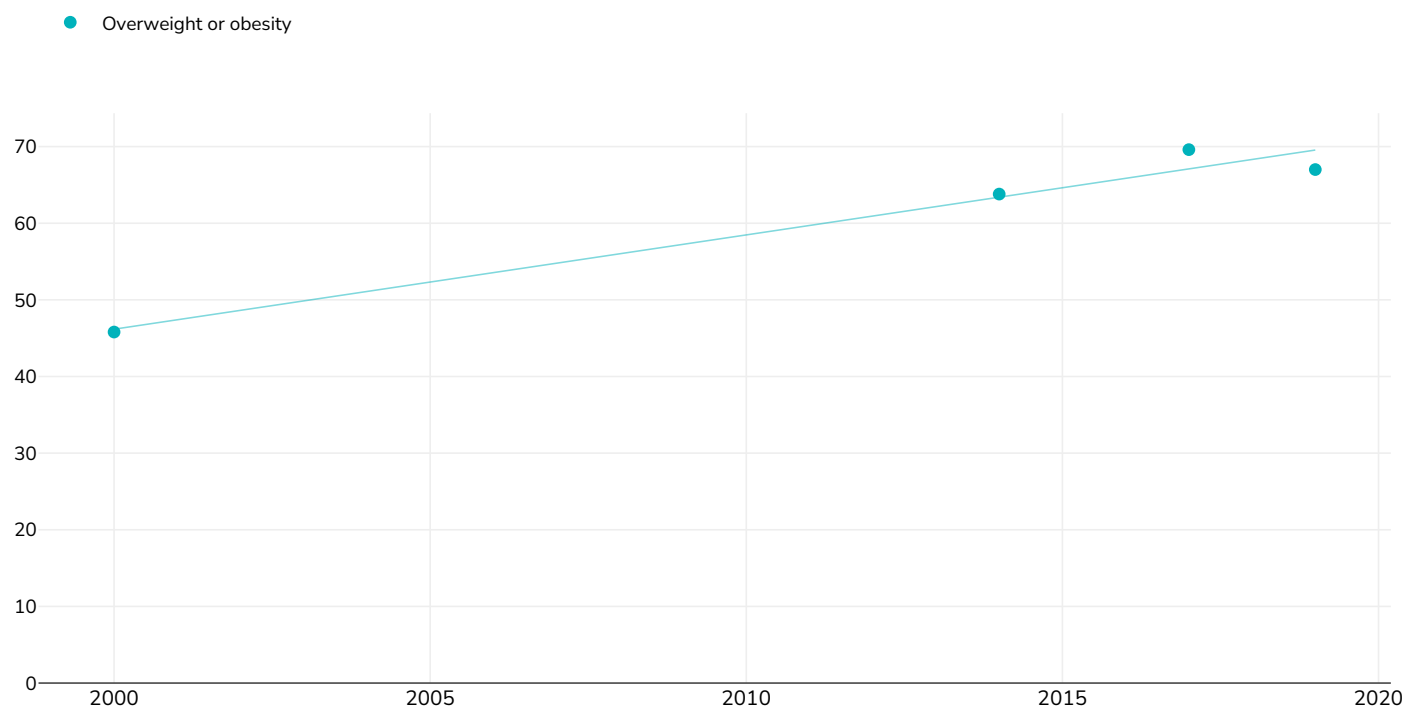
# Overweight/obesity by age and education

## Adults, 2019



| Survey type: | Self-reported |
| --- | --- |
| Area covered: | National |
| References: | Eurostat 2019. Available at https://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1e&lang=en (last accessed 09.08.21). |

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

# Men, 2019

Legend: ■ Obesity  ■ Overweight



| Survey type: | Self-reported |
|---|---|
| Area covered: | National |
| References: | Eurostat 2019. Available at https://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1e&lang=en (last accessed 09.08.21). |

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

# Women, 2019

Legend: ■ Obesity  ■ Overweight



| Survey type: | Self-reported |
|---|---|
| Area covered: | National |
| References: | Eurostat 2019. Available at https://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1e&lang=en (last accessed 09.08.21). |

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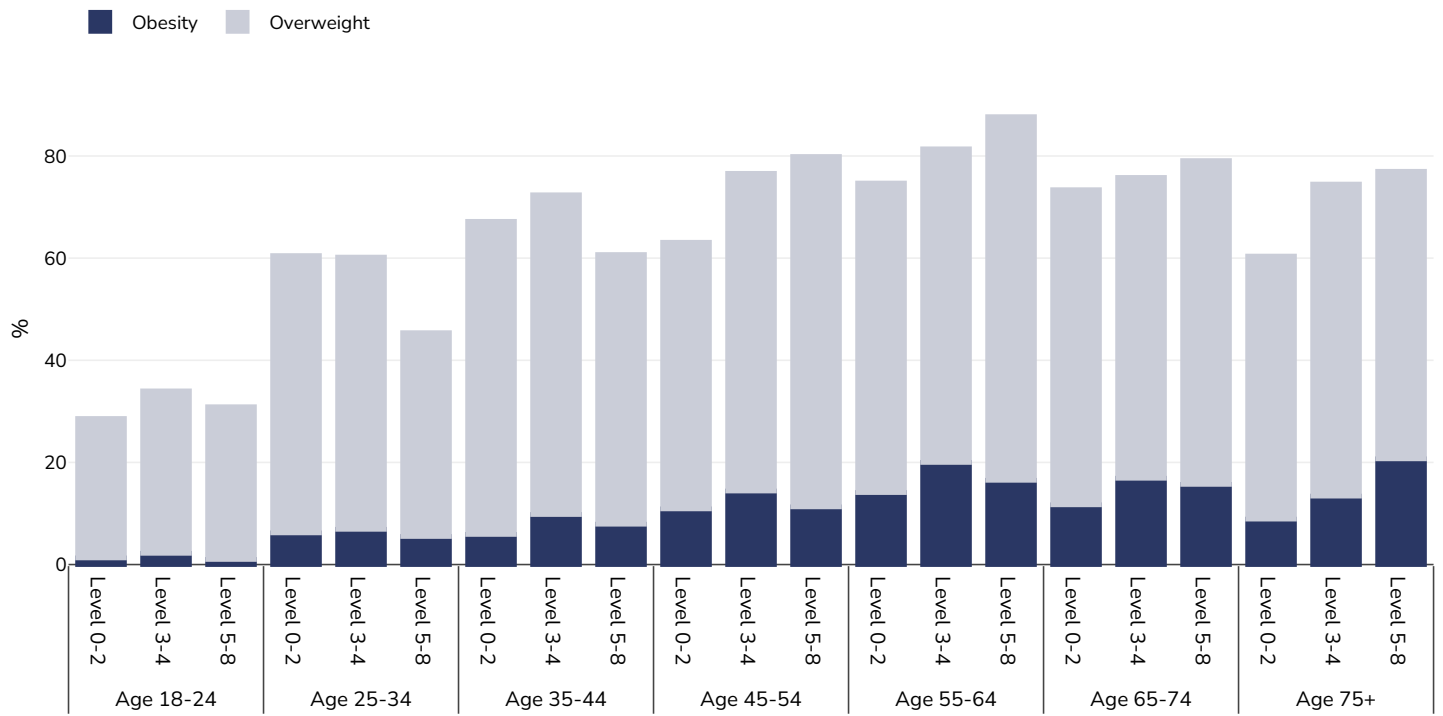
# Overweight/obesity by education

## Men, 2014

**Legend:** ■ Obesity  ■ Overweight



| Survey type: | Self-reported |
|---|---|
| Age: | 18+ |
| Area covered: | National |
| References: | 2014 Eurostat Database:http://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1e&lang=en (last accessed 25.08.20) |
| 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

Legend: ■ Obesity  ■ Overweight



| Survey type: | Self-reported |
|---|---|
| Age: | 18+ |
| Area covered: | National |
| References: | 2014 Eurostat Database:http://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1e&lang=en (last accessed 25.08.20) |
| 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.* |

# Overweight/obesity by age

## Adults, 2019
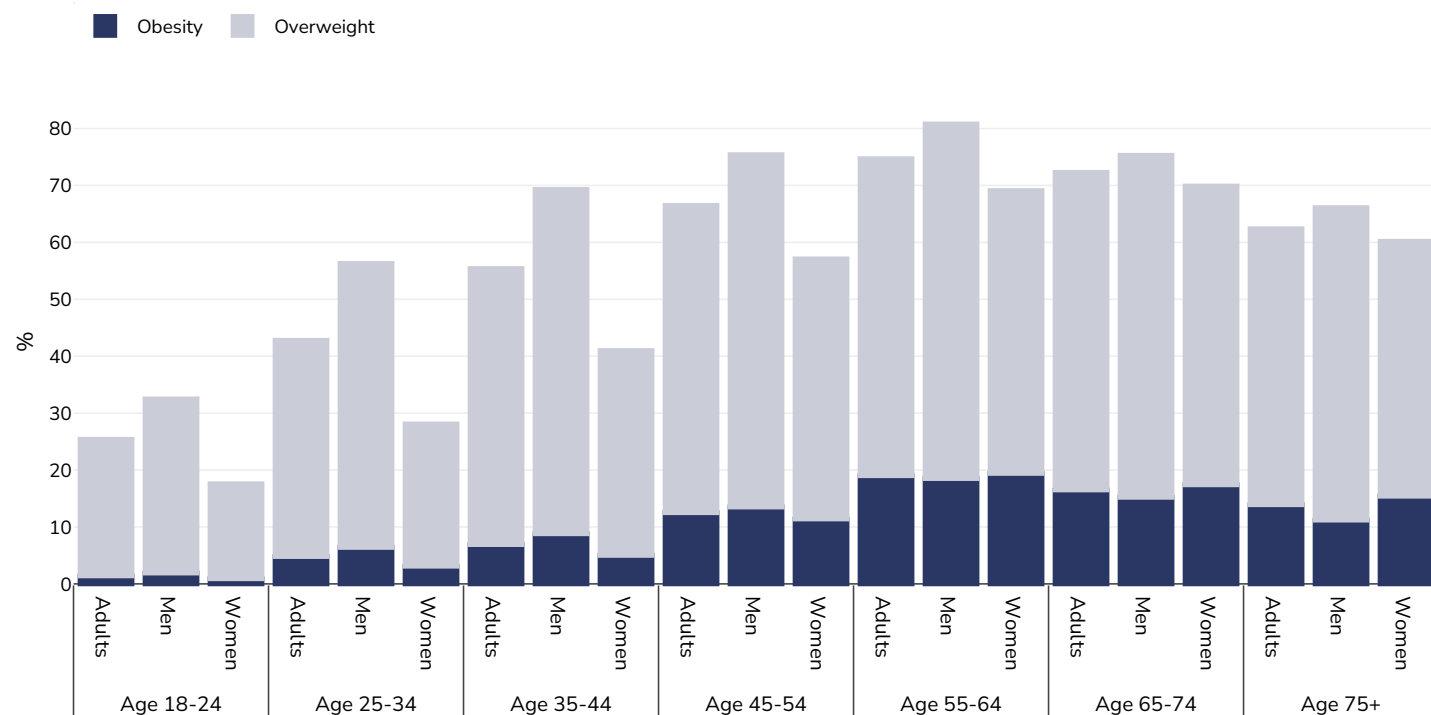
■ Obesity  ■ Overweight



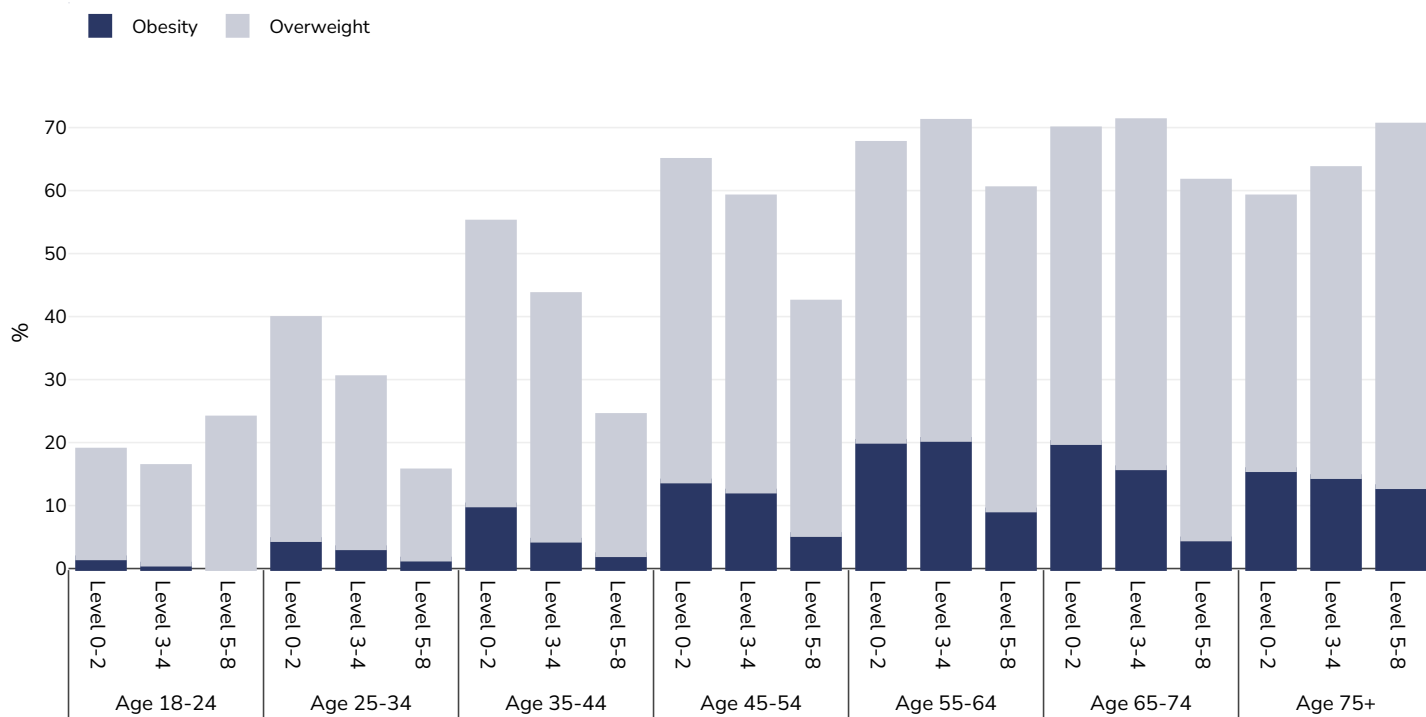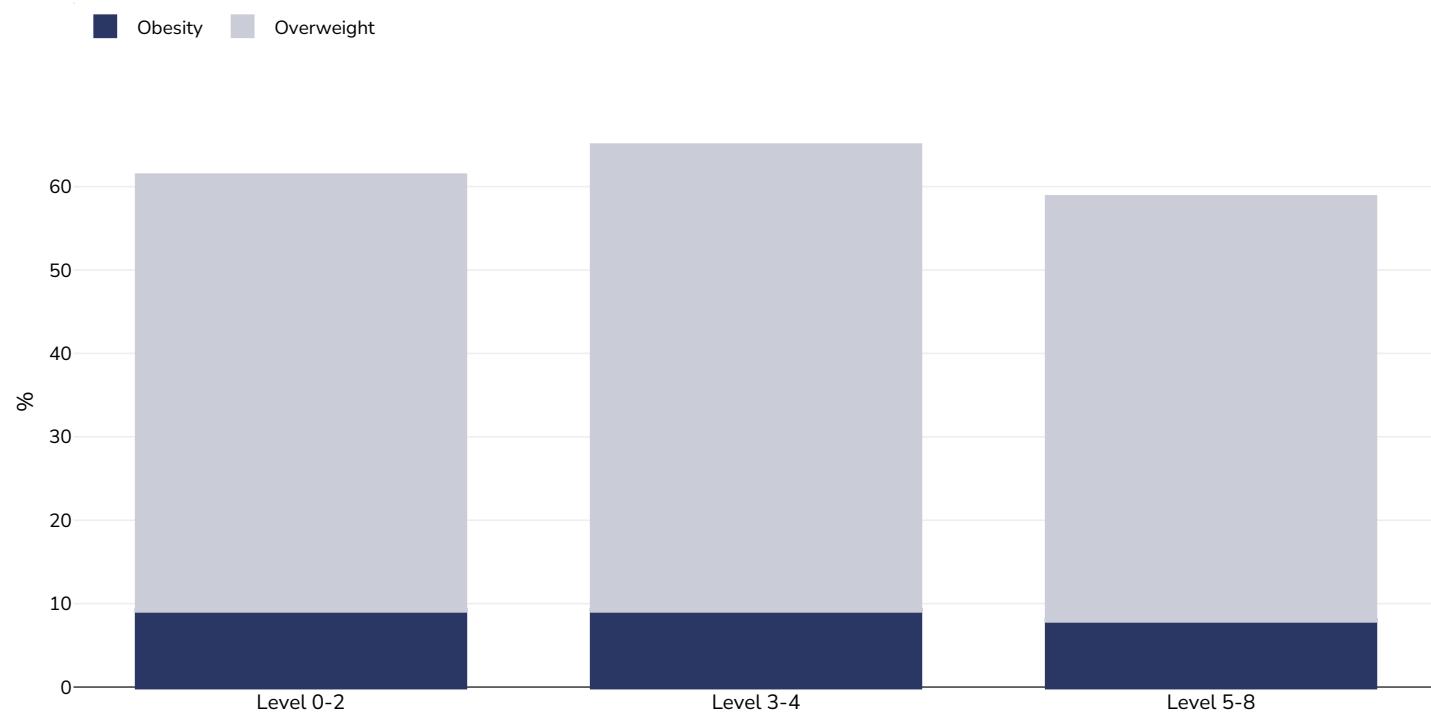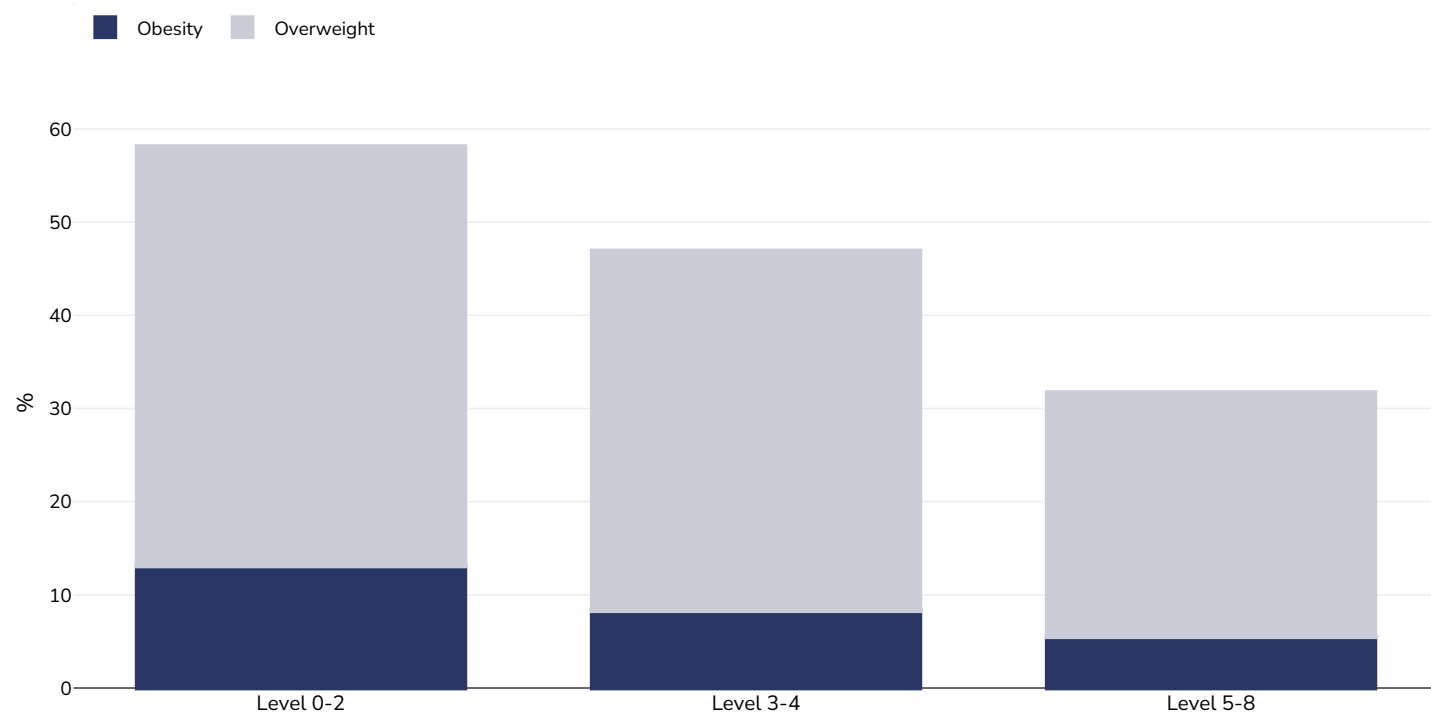| Survey type: | Self-reported |
| --- | --- |
| Area covered: | National |
| References: | Eurostat 2019. Available at https://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1i&lang=en (last accessed 09.08.21). |

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

# Children, 2018-2020

■ Obesity　　■ Overweight
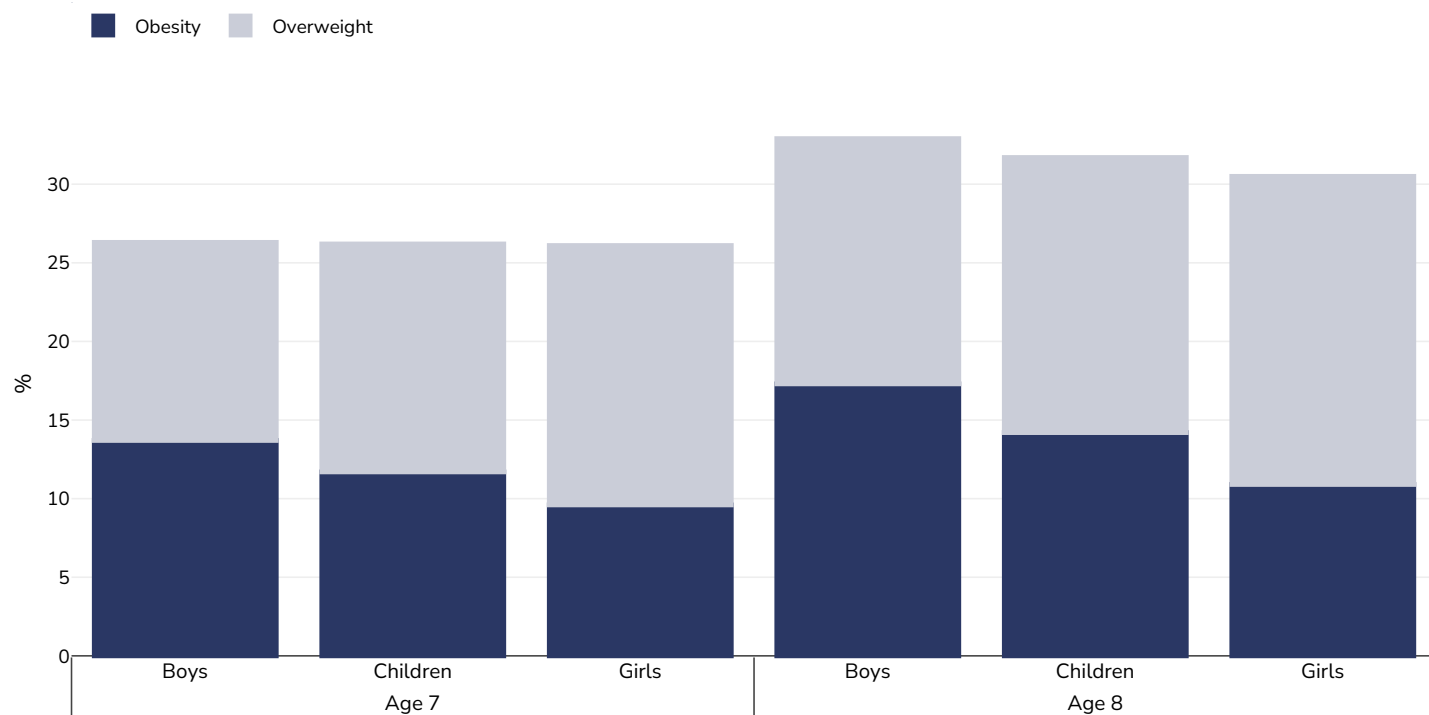


| Survey type: | Measured |
|---|---|
| Sample size: | 8166 |
| Area covered: | National |
| References: | Report on the fifth round of data collection, 2018–2020: WHO European Childhood Obesity Surveillance Initiative (COSI). Copenhagen: WHO Regional Office for Europe; 2022. Licence: CC BY-NC-SA 3.0 IGO. |
| Cutoffs: | WHO 2007 |

# Overweight/obesity by region

## Adults, 2017-2018

■ Mean BMI
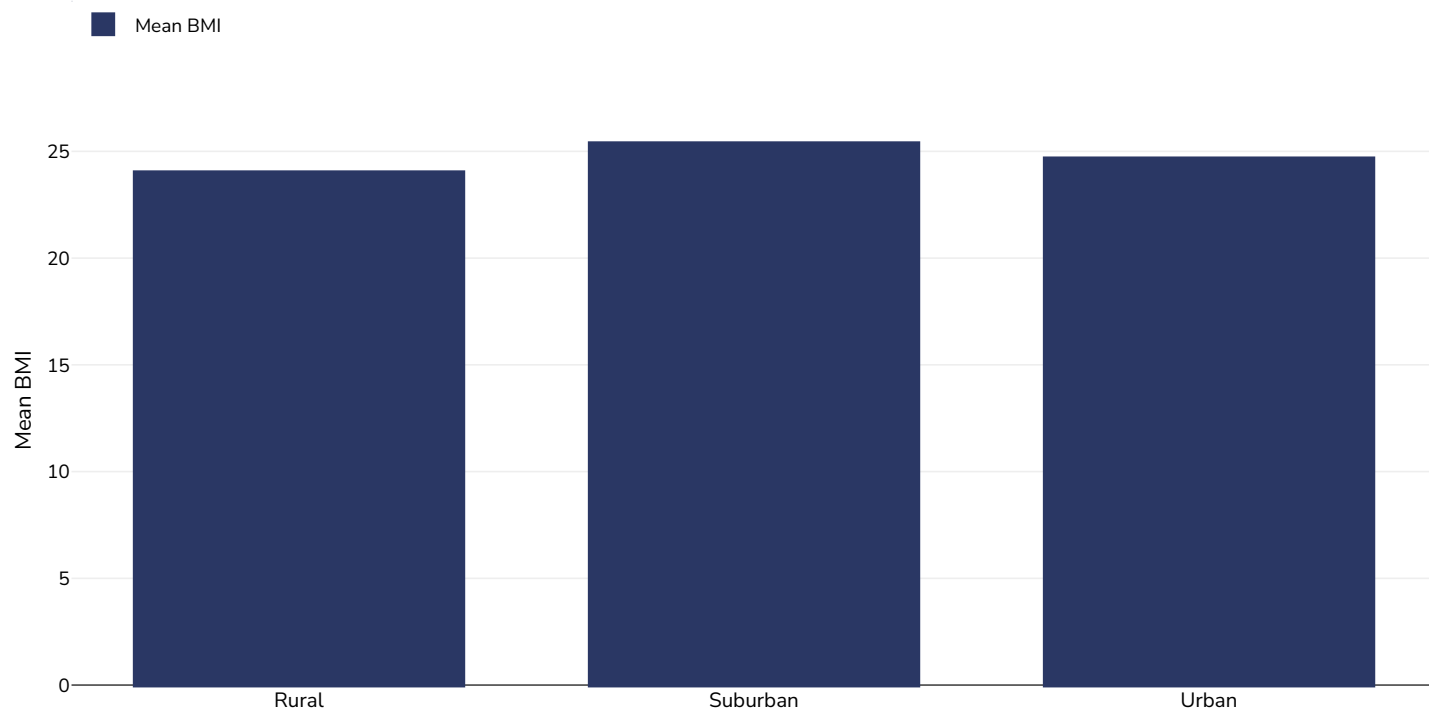


| Survey type: | Self-reported |
|---|---|
| Age: | 18+ |
| Sample size: | 751 |
| Area covered: | National |
| References: | Bacârea, Anca, et al. "Demographic, Anthropometric and Food Behavior Data towards Healthy Eating in Romania." Foods, vol. 10, no. 3, 24 Feb. 2021, p. 487, 10.3390/foods10030487. Accessed 1 June 2021. |

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

# Boys, 2010-2011

Legend: ■ Obesity  ■ Overweight



| Survey type: | Measured |
|---|---|
| Age: | 7-18 |
| Sample size: | 3626 |
| Area covered: | Regional - Western Romania |
| References: | Emandi AC, Puiu M, Gafencu M, and Pienar C. Overweight and Obesity in School Age Children in Western Romania. 2013. Rev. Med. Chir.Soc.Med.Nat, Iasi-2013 - vol.117, no.1 |
| Cutoffs: | IOTF |

# Girls, 2010-2011

■ Obesity　■ Overweight



| Survey type: | Measured |
|---|---|
| Age: | 7-18 |
| Sample size: | 3626 |
| Area covered: | Regional - Western Romania |
| References: | Emandi AC, Puiu M, Gafencu M, and Pienar C. Overweight and Obesity in School Age Children in Western Romania. 2013. Rev. Med. Chir.Soc.Med.Nat, Iasi-2013 - vol.117, no.1 |
| Cutoffs: | IOTF |

# Overweight/obesity by age and region
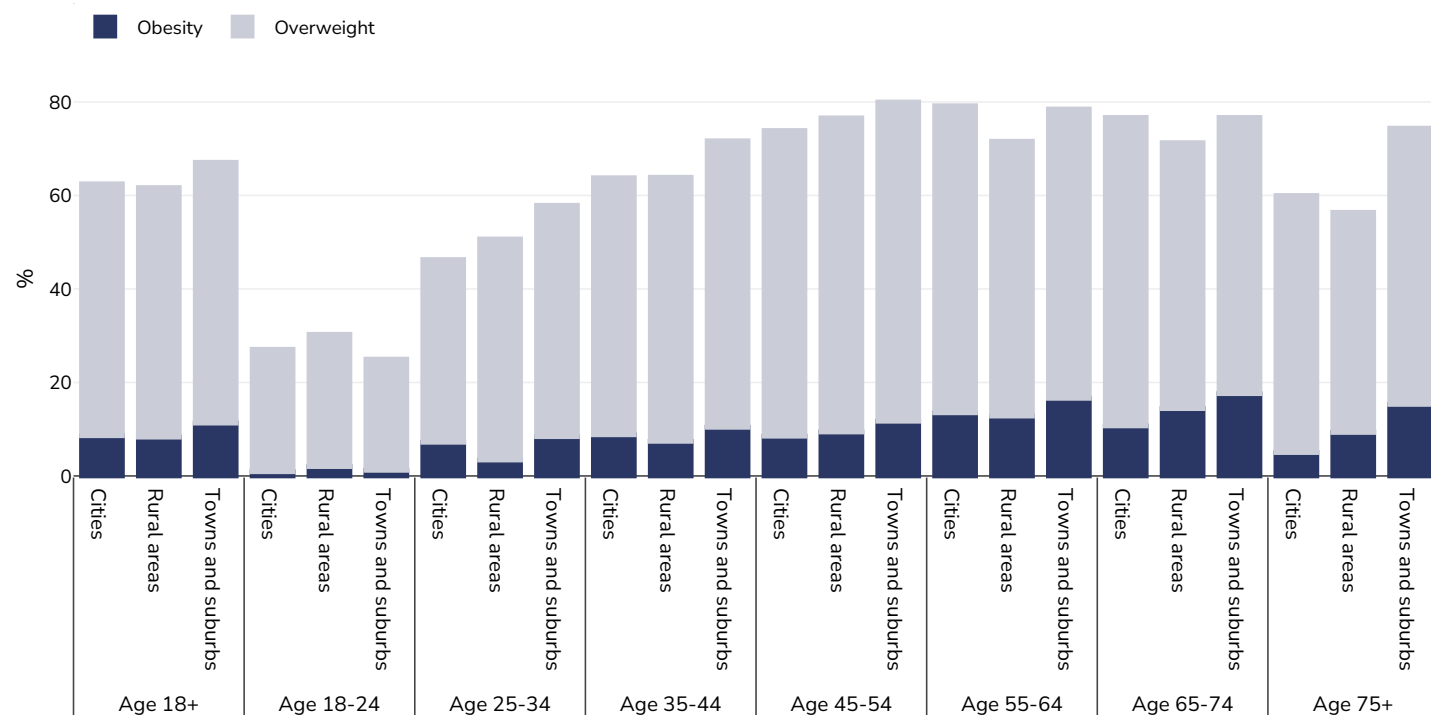
## Men, 2014



| Survey type: | Self-reported |
|---|---|
| Area covered: | National |
| References: | 2014 Eurostat Database:http://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1e&lang=en (last accessed 25.08.20) |

*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

Legend: Obesity, Overweight



| Survey type: | Self-reported |
| --- | --- |
| Area covered: | National |
| References: | 2014 Eurostat Database: http://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1e&lang=en (last accessed 25.08.20) |

*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



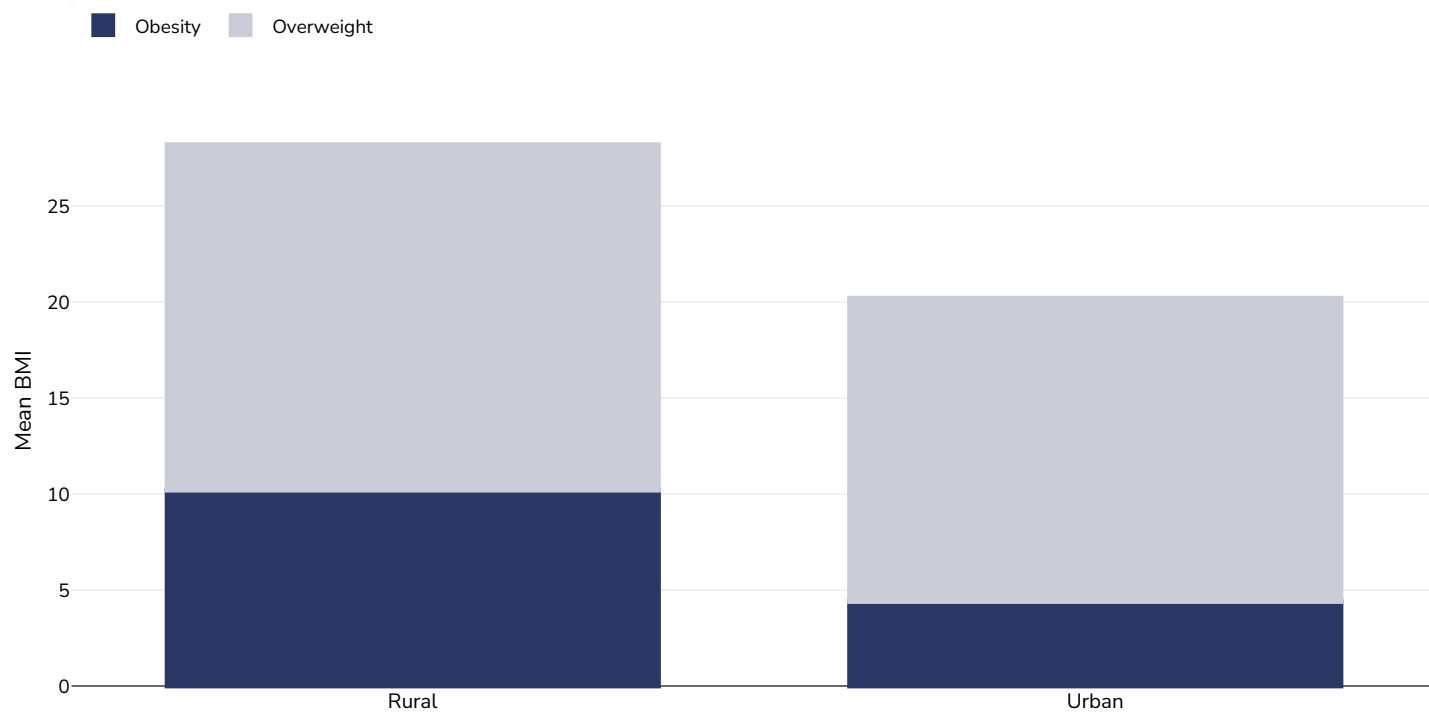| Survey type: | Self-reported |
|---|---|
| Area covered: | National |
| References: | Eurostat 2019. Available at https://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1i&lang=en (last accessed 09.08.21). |

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

## Men, 2019



**Legend:** ■ Obesity  ■ Overweight

| Survey type: | Self-reported |
|---|---|
| Area covered: | National |
| References: | Eurostat 2019. Available at https://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1i&lang=en (last accessed 09.08.21). |

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

# Women, 2019

Legend: ■ Obesity  ■ Overweight



| Survey type: | Self-reported |
|---|---|
| Area covered: | National |
| References: | Eurostat 2019. Available at https://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1i&lang=en (last accessed 09.08.21). |

*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, 2014



Legend: ■ Obesity  ■ Overweight

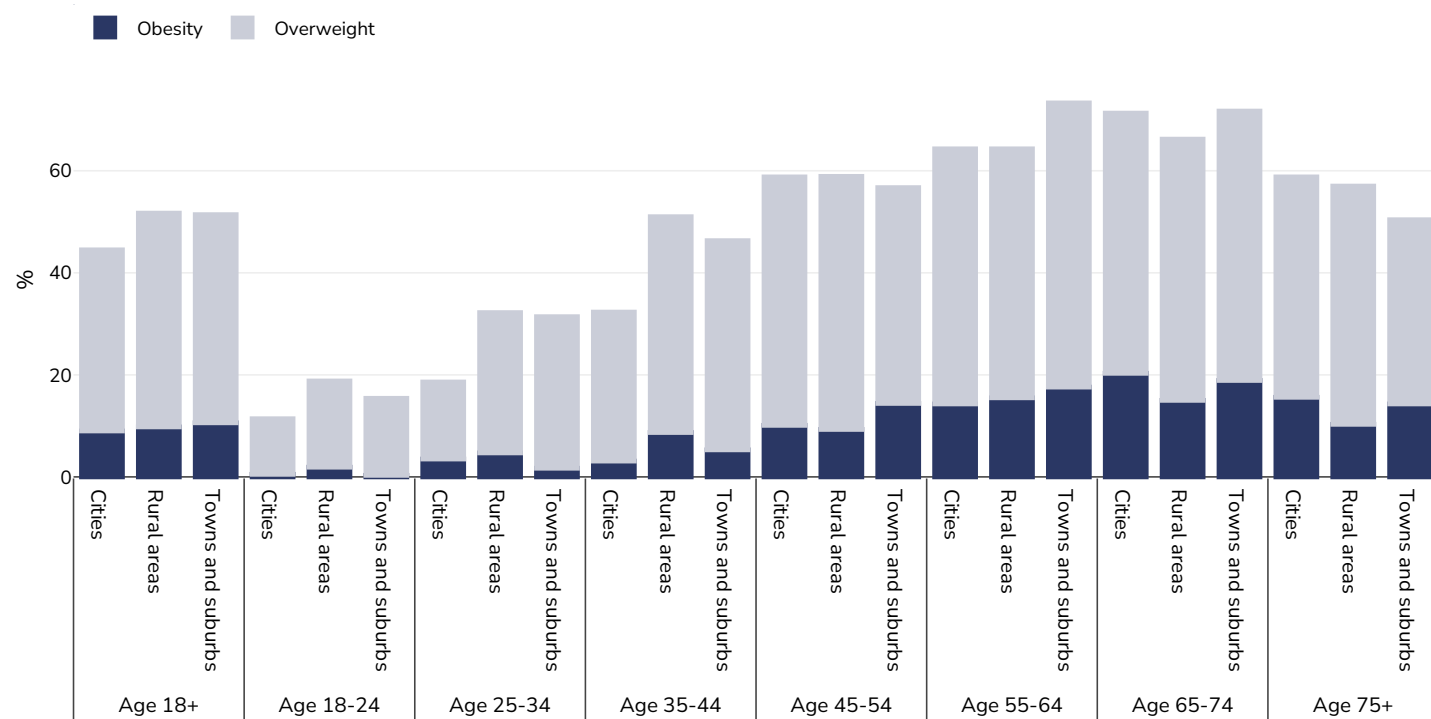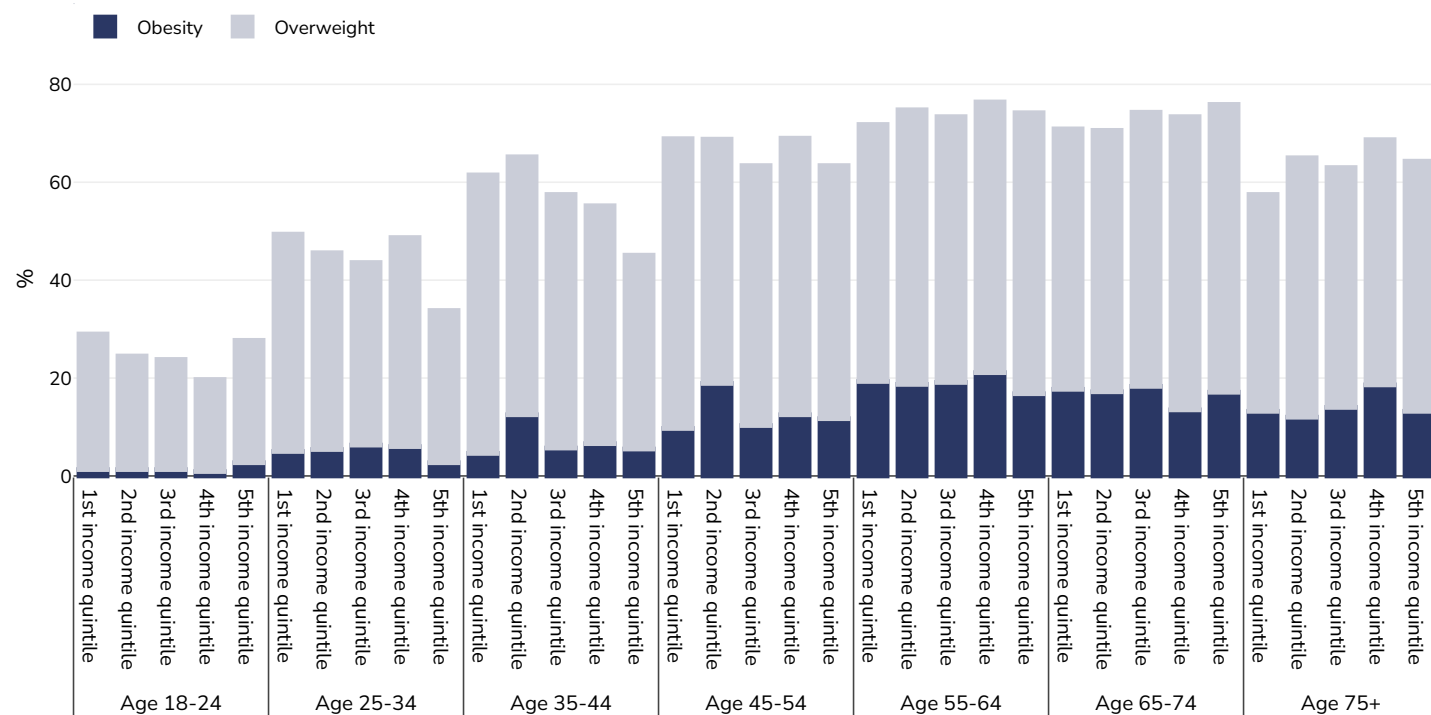| Survey type: | Self-reported |
| --- | --- |
| Age: | 18+ |
| Area covered: | National |
| References: | 2014 Eurostat Database:http://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1e&lang=en (last accessed 25.08.20) |
| Notes: | 1st Quintile (lowest income), 5th Quintile (highest income) Please note where data = zero, there were insufficient data. |
| | *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

Legend: ■ Obesity  ■ Overweight



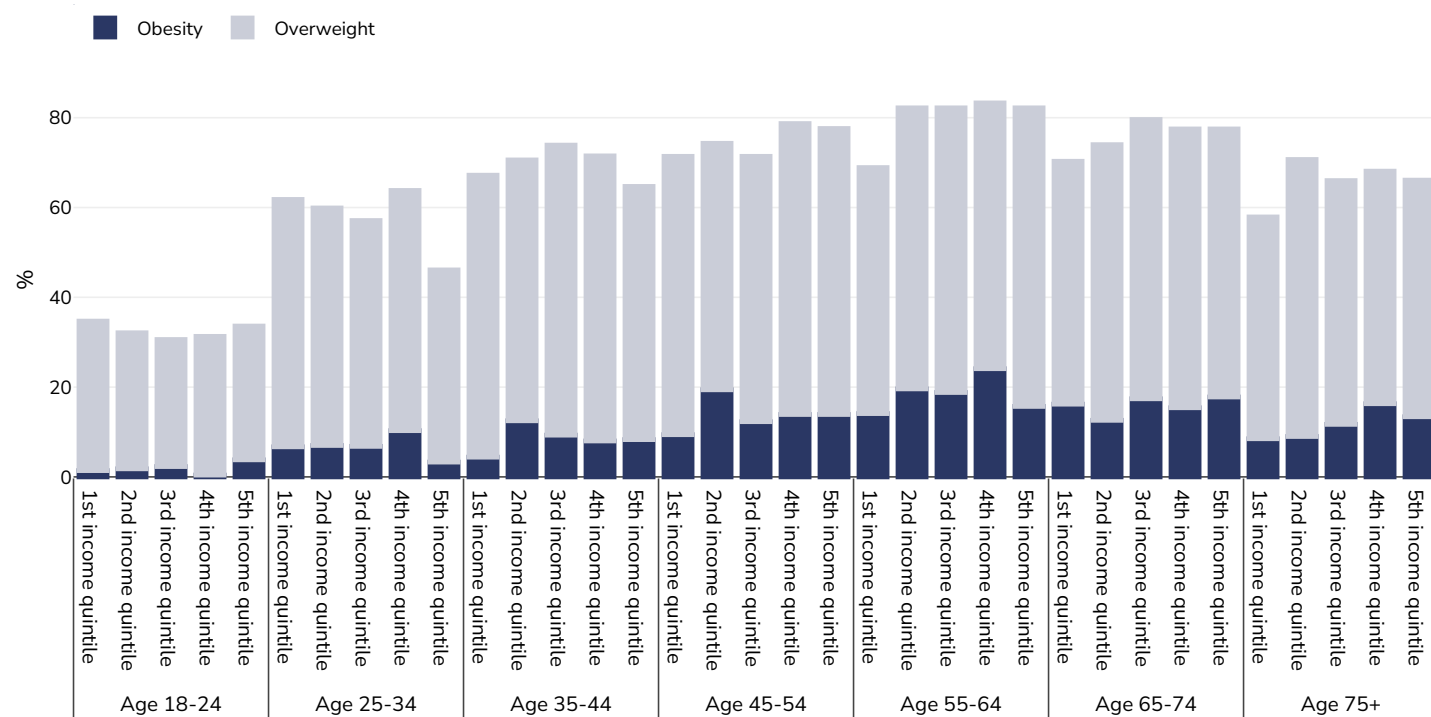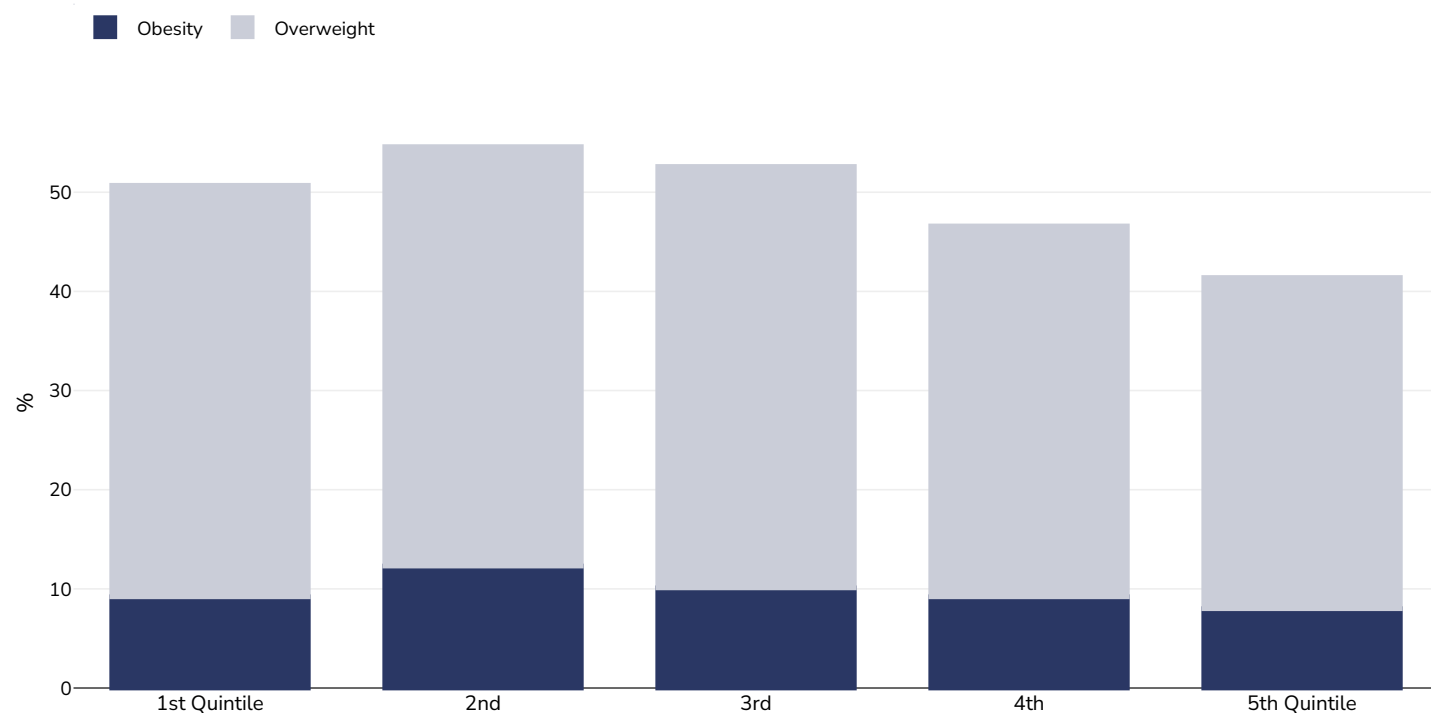| Survey type: | Self-reported |
| --- | --- |
| Age: | 18+ |
| Area covered: | National |
| References: | 2014 Eurostat Database:http://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1e&lang=en (last accessed 25.08.20) |
| Notes: | 1st Quintile (lowest income), 5th Quintile (highest income) Please note where data = zero, there were insufficient data. |
| | *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

■ Overweight or obesity



| Survey type: | Self-reported |
|---|---|
| Age: | 11-15 |
| Sample size: | 4520 |
| Area covered: | National |
| References: | World Health Organization (2020). Spotlight on adolescent health and well-being - Findings from the 2017/2018 Health Behaviour in School-aged Children (HBSC) survey in Europe and Canada. Available at: https://apps.who.int/iris/bitstream/handle/10665/332091/9789289055000-eng.pdf. Last accessed: 25.05.21. |
| 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

■ Overweight or obesity



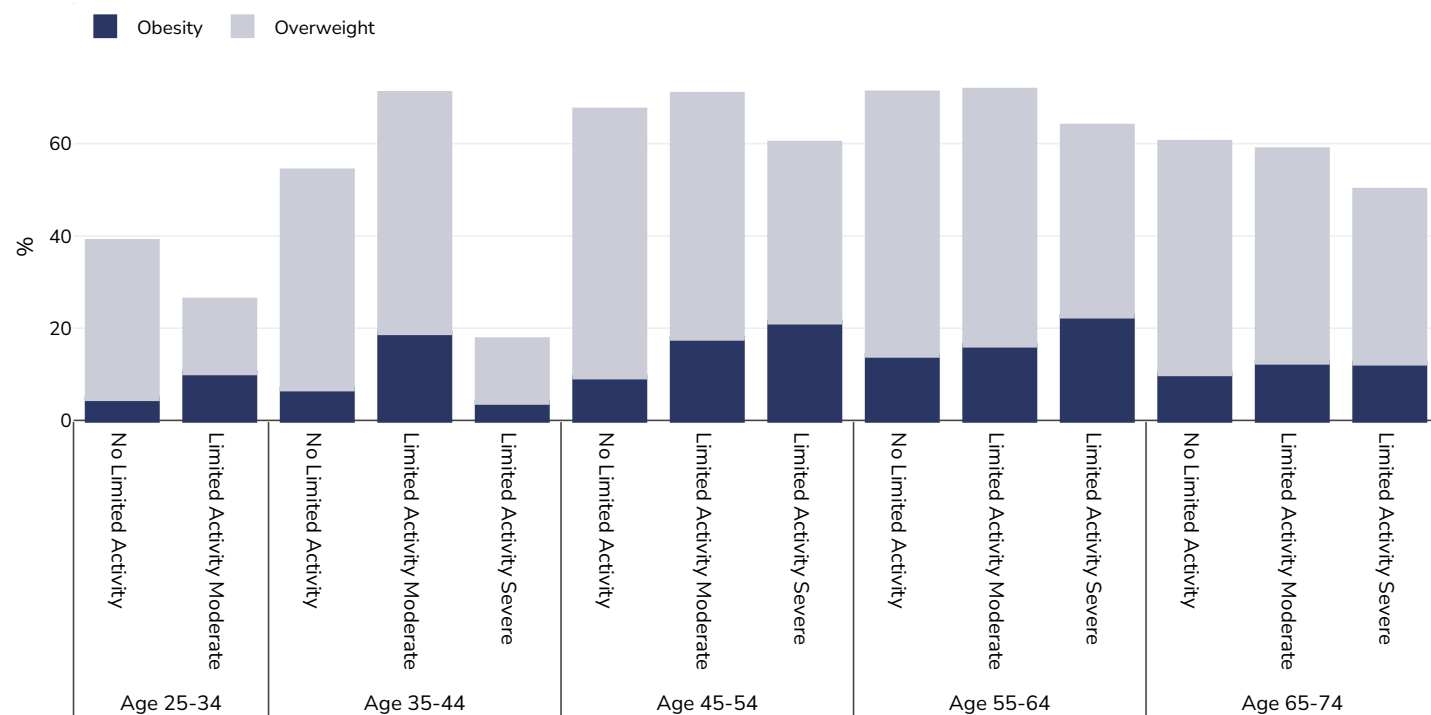| | |
|---|---|
| Survey type: | Self-reported |
| Age: | 11-15 |
| Sample size: | 4520 |
| Area covered: | National |
| References: | World Health Organization (2020). Spotlight on adolescent health and well-being - Findings from the 2017/2018 Health Behaviour in School-aged Children (HBSC) survey in Europe and Canada. Available at: https://apps.who.int/iris/bitstream/handle/10665/332091/9789289055000-eng.pdf. Last accessed: 25.05.21. |
| 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

Legend: ■ Obesity  ■ Overweight

**%** (y-axis: 0, 20, 40, 60)

Chart categories:

**Age 25-34**
- No Limited Activity
- Limited Activity Moderate

**Age 35-44**
- No Limited Activity
- Limited Activity Moderate
- Limited Activity Severe

**Age 45-54**
- No Limited Activity
- Limited Activity Moderate
- Limited Activity Severe

**Age 55-64**
- No Limited Activity
- Limited Activity Moderate
- Limited Activity Severe

**Age 65-74**
- No Limited Activity
- Limited Activity Moderate
- Limited Activity Severe

| 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

Legend: ■ Obesity   ■ Overweight



| 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

Legend: ■ Obesity  □ Overweight



| | | |
|---|---|---|
| **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



References:    Guthold R, Stevens GA, Riley LM, Bull FC. Worldwide trends in insufficient physical activity from 2001 to 2016: a pooled analysis of 358 population-based surveys with 1.9 million participants. Lancet 2018 http://dx.doi.org/10.1016/S2214-109X (18)30357-7

# Men, 2016



% insufficient physical activity

Finland, Sweden, Spain, Lithuania, France, Netherlands, Latvia, Denmark, Croatia, Austria, Luxembourg, Slovenia, Czechia, Ireland, Estonia, Belgium, Slovakia, Poland, United Kingdom, Romania, Hungary, Greece, Bulgaria, Italy, Malta, Portugal, Cyprus, Germany

References: Guthold R, Stevens GA, Riley LM, Bull FC. Worldwide trends in insufficient physical activity from 2001 to 2016: a pooled analysis of 358 population-based surveys with 1.9 million participants. Lancet 2018 http://dx.doi.org/10.1016/S2214-109X (18)30357-7

# Women, 2016



y-axis: % insufficient physical activity

Countries (left to right): Finland, Sweden, Netherlands, Lithuania, Luxembourg, Spain, Denmark, Latvia, Poland, Austria, Czechia, France, Estonia, Croatia, Slovenia, Ireland, Romania, Slovakia, United Kingdom, Belgium, Greece, Bulgaria, Hungary, Germany, Italy, Malta, Portugal, Cyprus
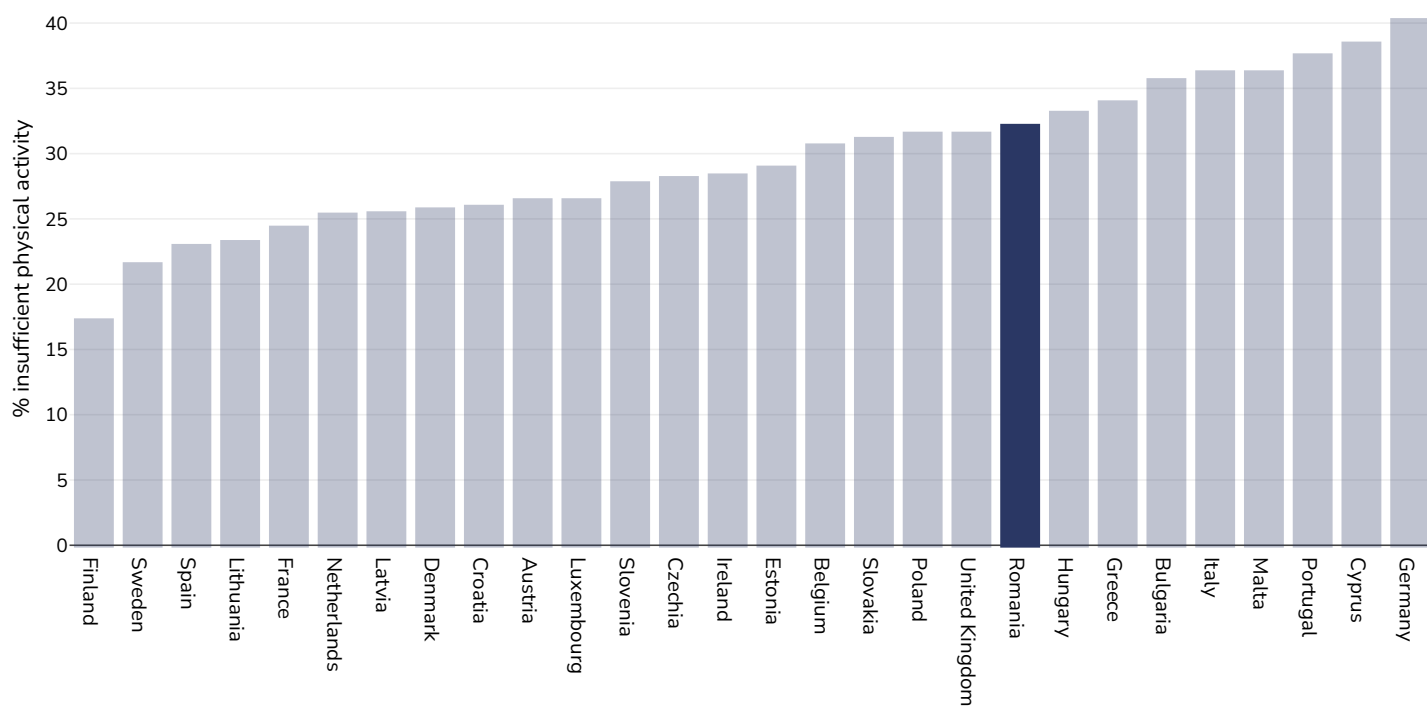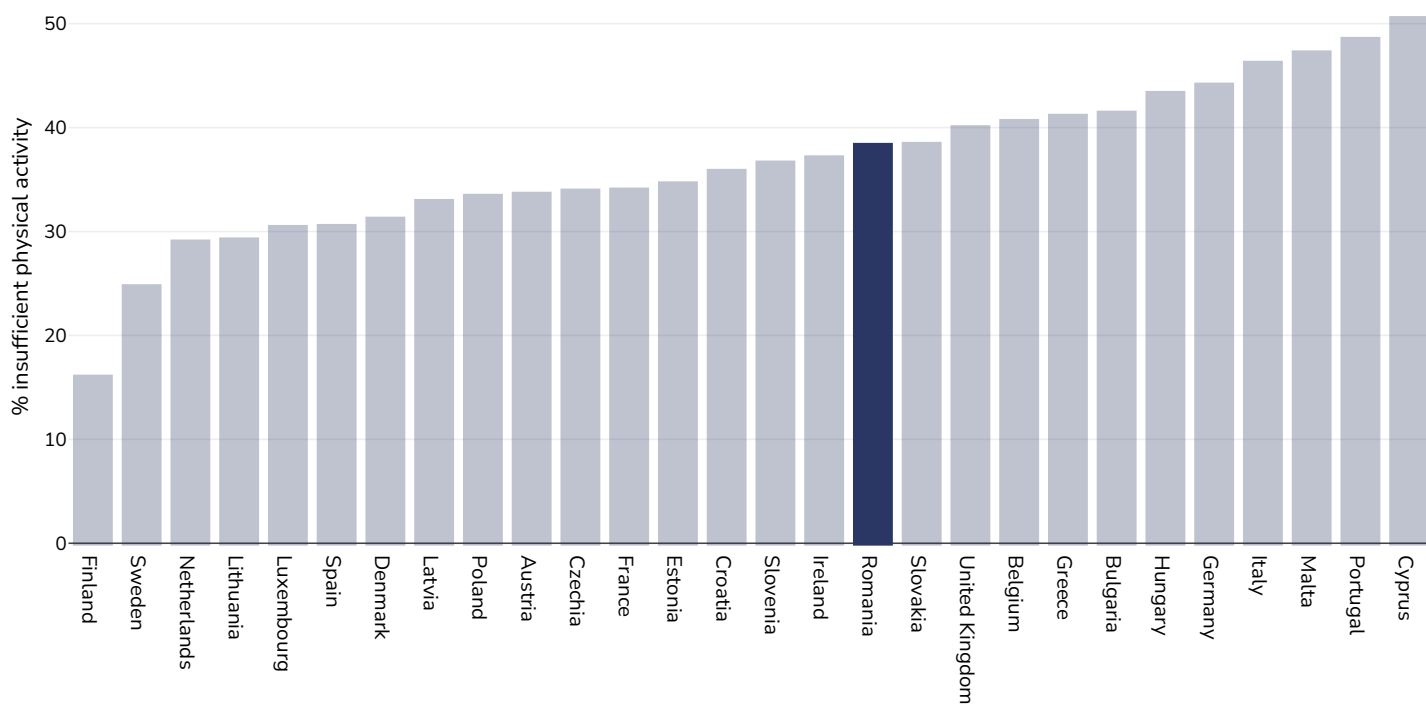
References:       Guthold R, Stevens GA, Riley LM, Bull FC. Worldwide trends in insufficient physical activity from 2001 to 2016: a pooled analysis of 358 population-based surveys with 1.9 million participants. Lancet 2018 http://dx.doi.org/10.1016/S2214-109X (18)30357-7

# Children, 2016



| 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 (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) |

## Boys, 2016



Chart: % insufficient physical activity by country (Boys, 2016)

| Country | % insufficient physical activity |
|---|---|
| Ireland | ~64 |
| Slovakia | ~66 |
| Bulgaria | ~67 |
| Finland | ~69 |
| Spain | ~70 |
| Croatia | ~70 |
| Austria | ~71 |
| Romania | ~73 |
| Czechia | ~73 |
| Luxembourg | ~74 |
| Hungary | ~74 |
| Poland | ~74 |
| United Kingdom | ~75 |
| Slovenia | ~75 |
| Lithuania | ~76 |
| Latvia | ~77 |
| Netherlands | ~77 |
| Malta | ~77 |
| Portugal | ~78 |
| Belgium | ~79 |
| Germany | ~80 |
| Greece | ~80 |
| Estonia | ~81 |
| Denmark | ~82 |
| Sweden | ~82 |
| France | ~83 |
| Italy | ~86 |

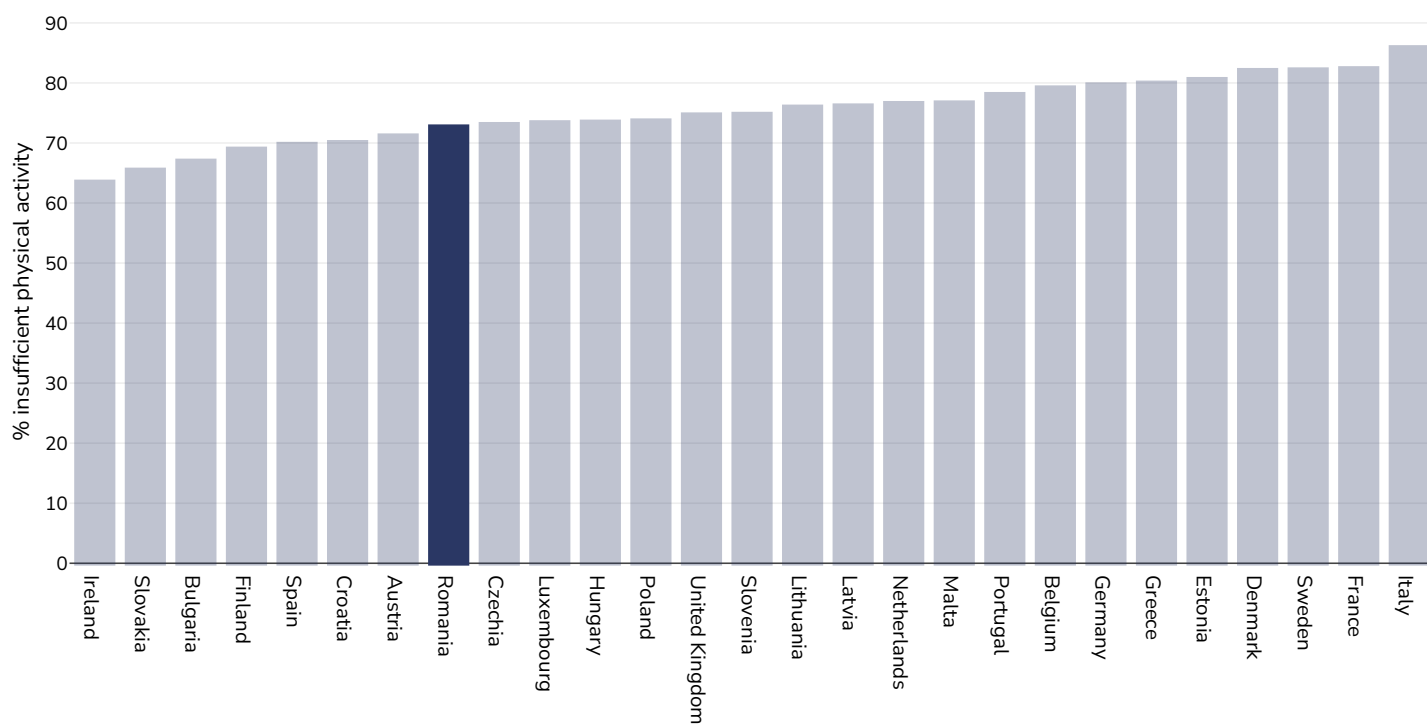| | |
|---|---|
| Survey type: | Self-reported |
| Age: | 11-17 |
| References: | Global Health Observatory data repository, World Health Organisation, https://apps.who.int/gho/data/node.main.A893ADO?lang=en (last accessed 16.03.21) |
| Notes: | % of school going adolescents not meeting WHO recommendations 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) |

## Girls, 2016



Chart: % insufficient physical activity (y-axis, 0–90) by country:

- Slovakia: ~78
- Bulgaria: ~80
- Ireland: ~81
- Czechia: ~82
- Finland: ~82
- Spain: ~84
- Netherlands: ~84
- Croatia: ~84
- Latvia: ~85
- Poland: ~85
- Austria: ~85
- Lithuania: ~85
- Luxembourg: ~86
- United Kingdom: ~86
- Slovenia: ~86
- Hungary: ~86
- Malta: ~86
- Romania: ~87
- Denmark: ~87
- Sweden: ~88
- Estonia: ~88
- Germany: ~88
- Belgium: ~88
- Greece: ~89
- Portugal: ~91
- Italy: ~92
- France: ~92

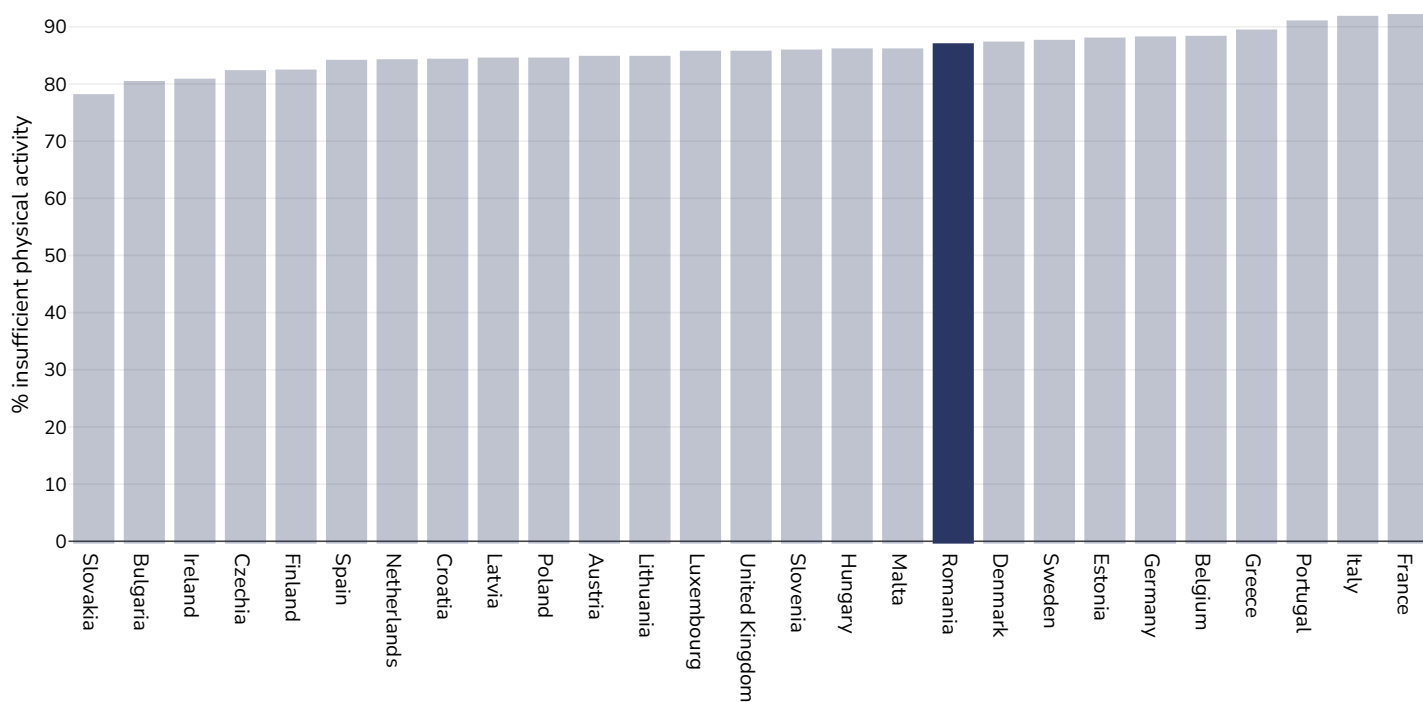| | |
|---|---|
| Survey type: | Self-reported |
| Age: | 11-17 |
| References: | Global Health Observatory data repository, World Health Organisation, https://apps.who.int/gho/data/node.main.A893ADO?lang=en (last accessed 16.03.21) |
| Notes: | % of school going adolescents not meeting WHO recommendations 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



Number of portions

Finland, Netherlands, Germany, Denmark, Sweden, Spain, Portugal, France, Austria, United Kingdom, Ireland, Belgium, Italy, Romania, Slovenia, Czechia, Bulgaria, Poland, Slovakia, Greece, Croatia, Hungary, Estonia, Lithuania, Latvia
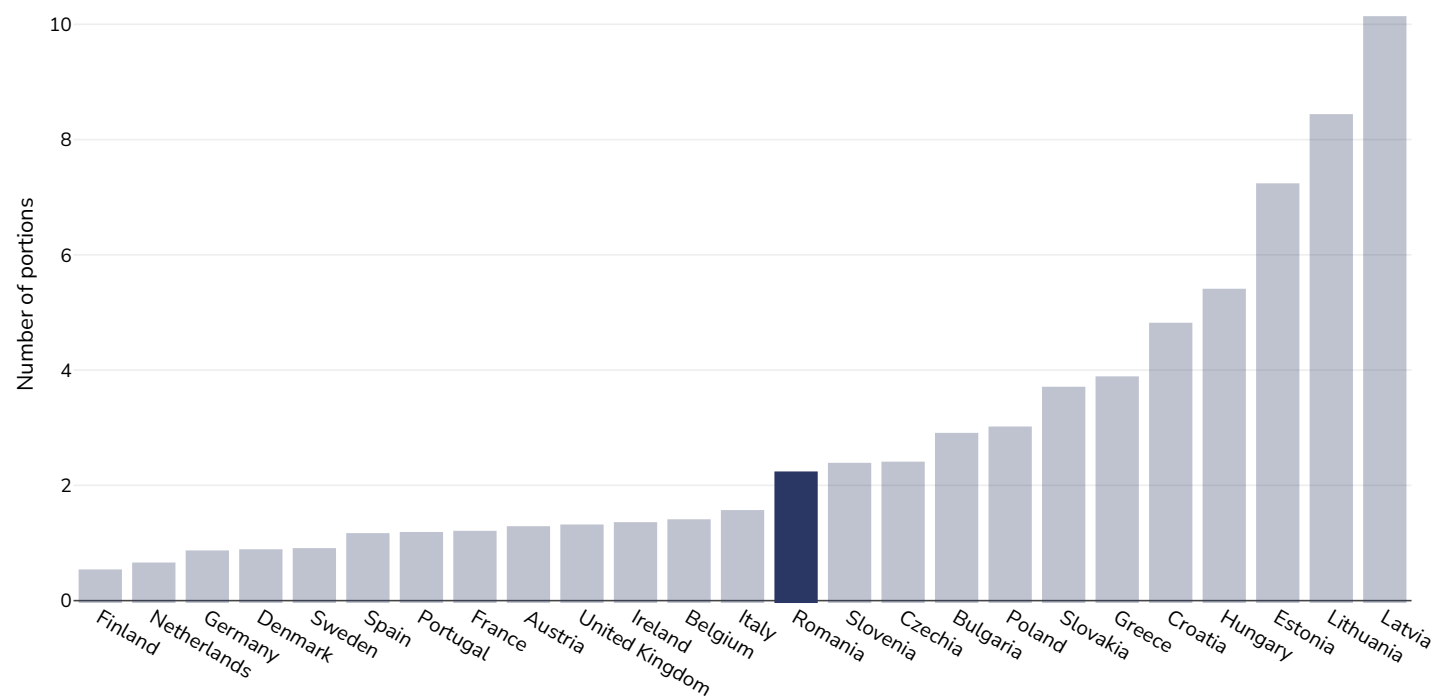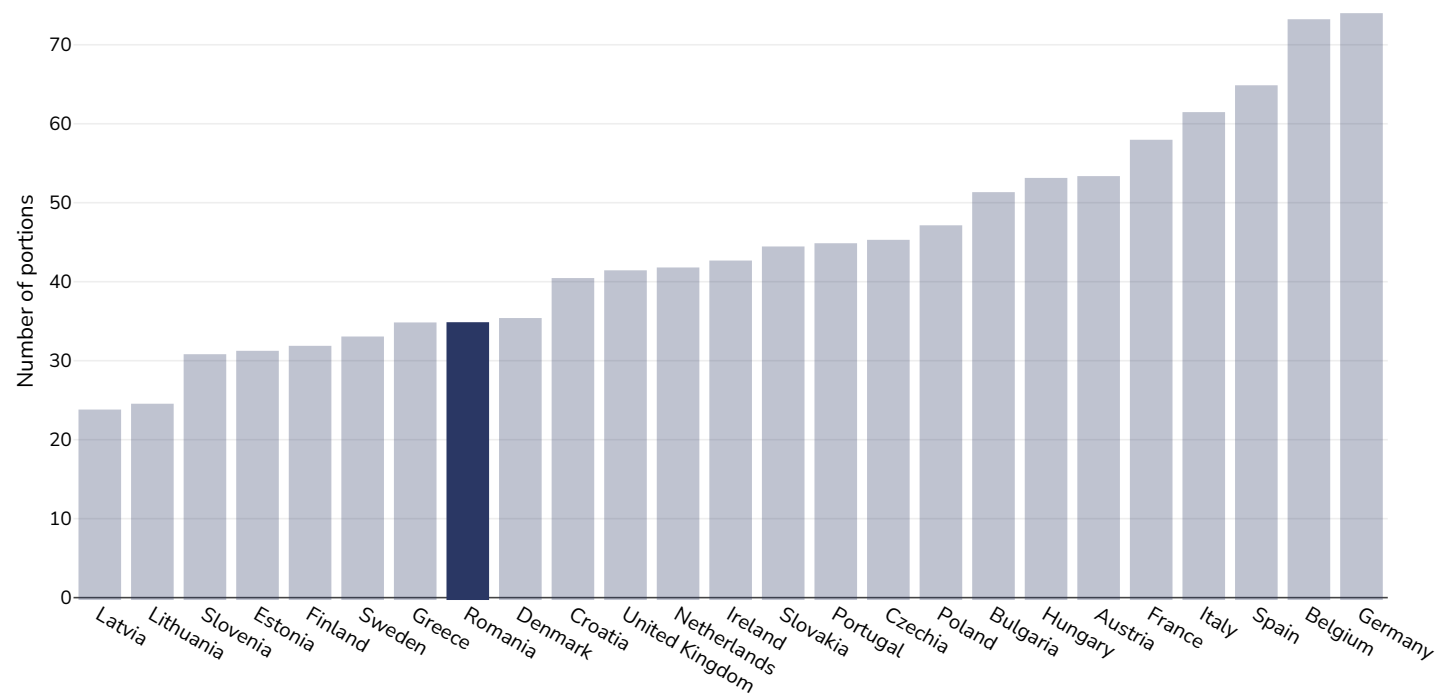
References:

Source: Euromonitor International

Definitions:

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

# Estimated per capita sugar sweetened beverages intake

## Adults, 2016



Number of portions

Latvia, Lithuania, Slovenia, Estonia, Finland, Sweden, Greece, Romania, Denmark, Croatia, United Kingdom, Netherlands, Ireland, Slovakia, Portugal, Czechia, Poland, Bulgaria, Hungary, Austria, France, Italy, Spain, Belgium, Germany

References:

Source: Euromonitor International

# Prevalence of at least daily carbonated soft drink consumption

## Children, 2014
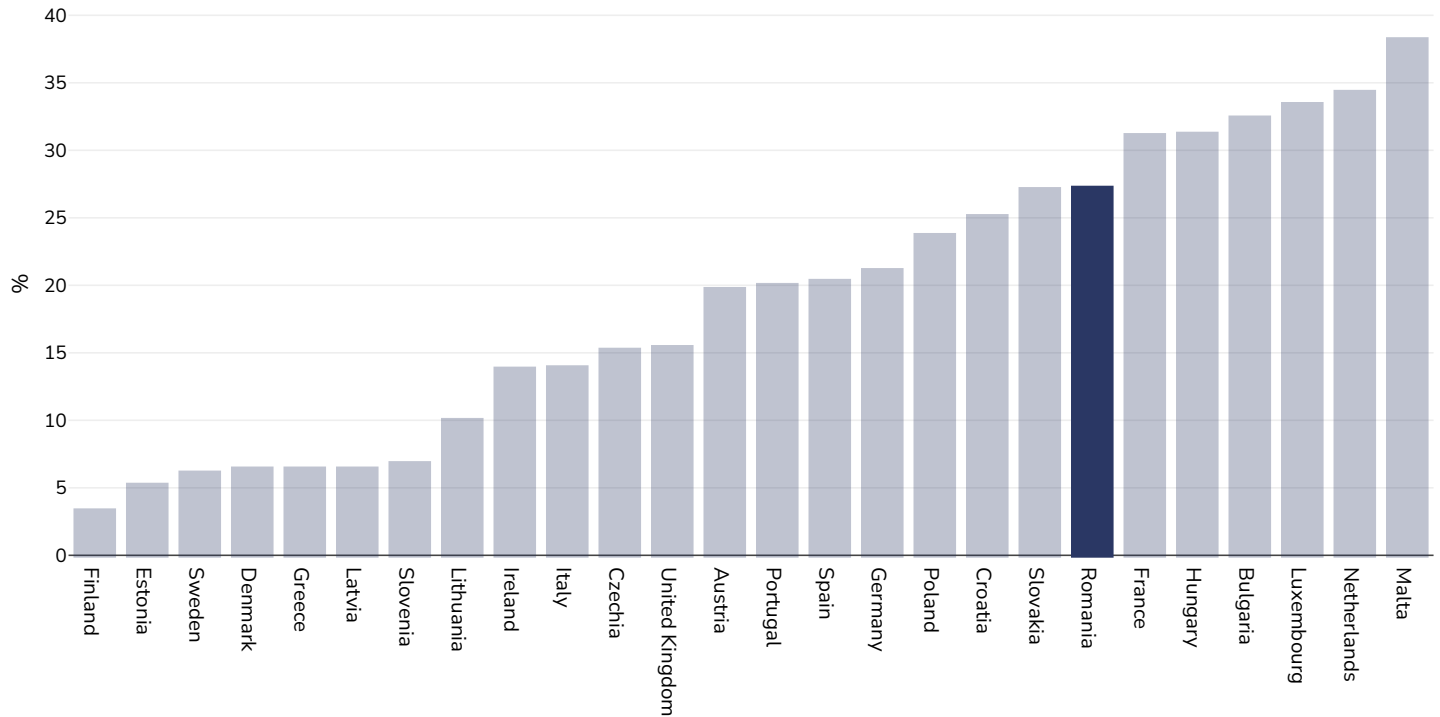


| Survey type: | Measured |
| --- | --- |

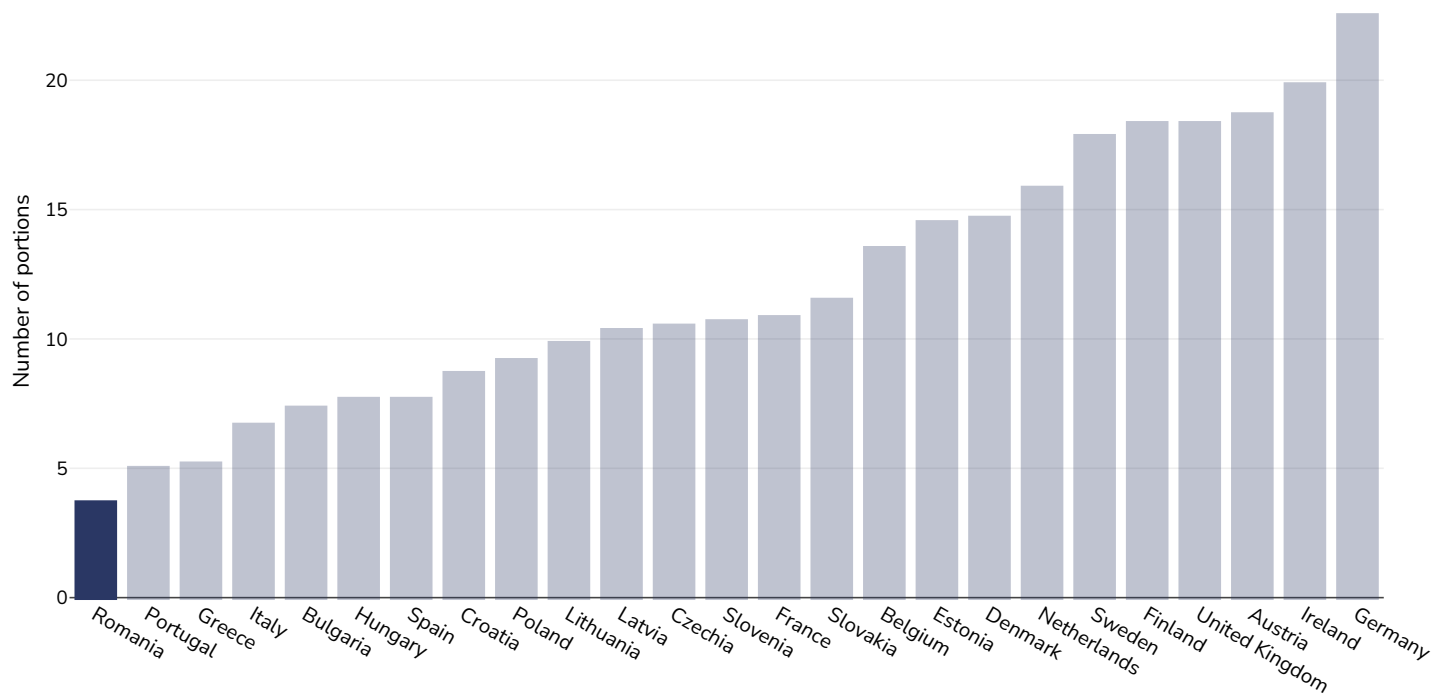| References: | World Health Organization. (2017). Adolescent obesity and related behaviours: Trends and inequalities in the who european region, 2002-2014: observations from the Health Behavior in School-aged Children (HBSC) WHO collaborative cross-national study (J. Inchley, D. Currie, J. Jewel, J. Breda, & V. Barnekow, Eds.). World Health Organization. Sourced from Food Systems Dashboard http://www.foodsystemsdashboard.org |
| --- | --- |

| 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



Number of portions (y-axis)

Countries (x-axis, left to right): Romania, Portugal, Greece, Italy, Bulgaria, Hungary, Spain, Croatia, Poland, Lithuania, Latvia, Czechia, Slovenia, France, Slovakia, Belgium, Estonia, Denmark, Netherlands, Sweden, Finland, United Kingdom, Austria, Ireland, Germany
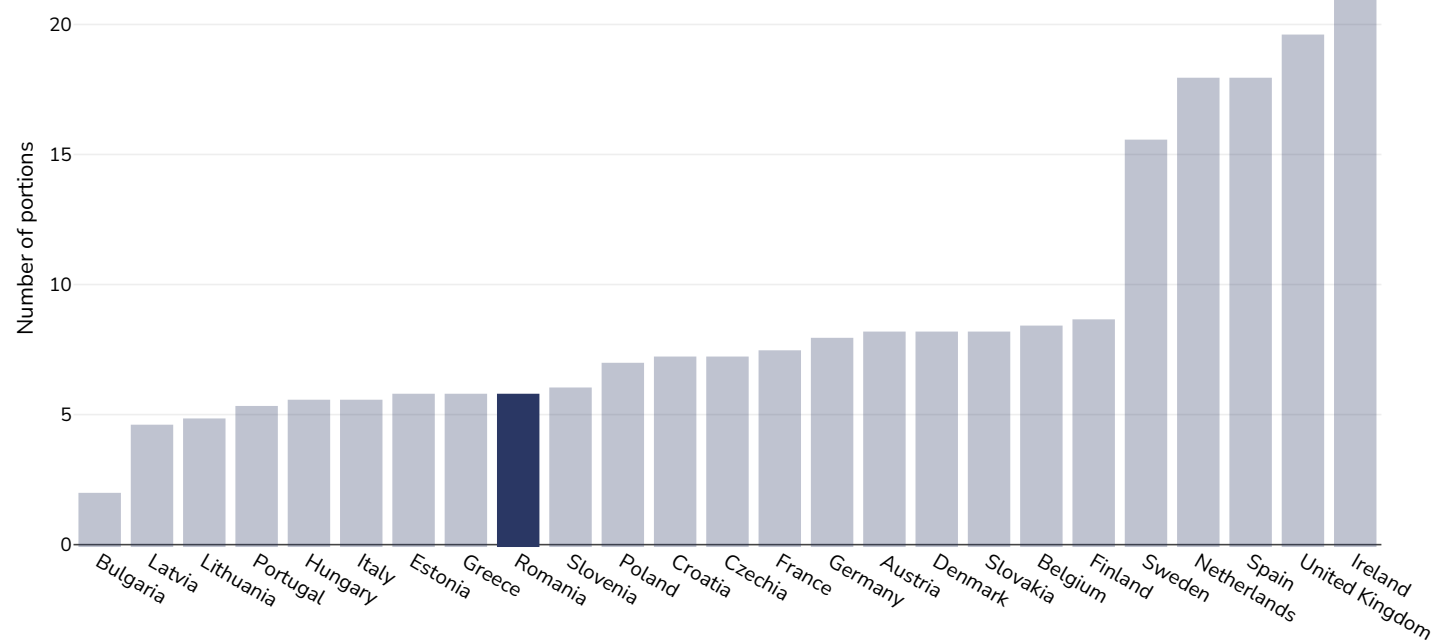
| References: | Source: Euromonitor International |
|---|---|
| Definitions: | Prevalence of confectionery consumption (Number of 50g confectionery portions/person/month) |

# Prevalence of sweet/savoury snack consumption

## Adults, 2016



Number of portions

Bulgaria, Latvia, Lithuania, Portugal, Hungary, Italy, Estonia, Greece, Romania, Slovenia, Poland, Croatia, Czechia, France, Germany, Austria, Denmark, Slovakia, Belgium, Finland, Sweden, Netherlands, Spain, United Kingdom, Ireland

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
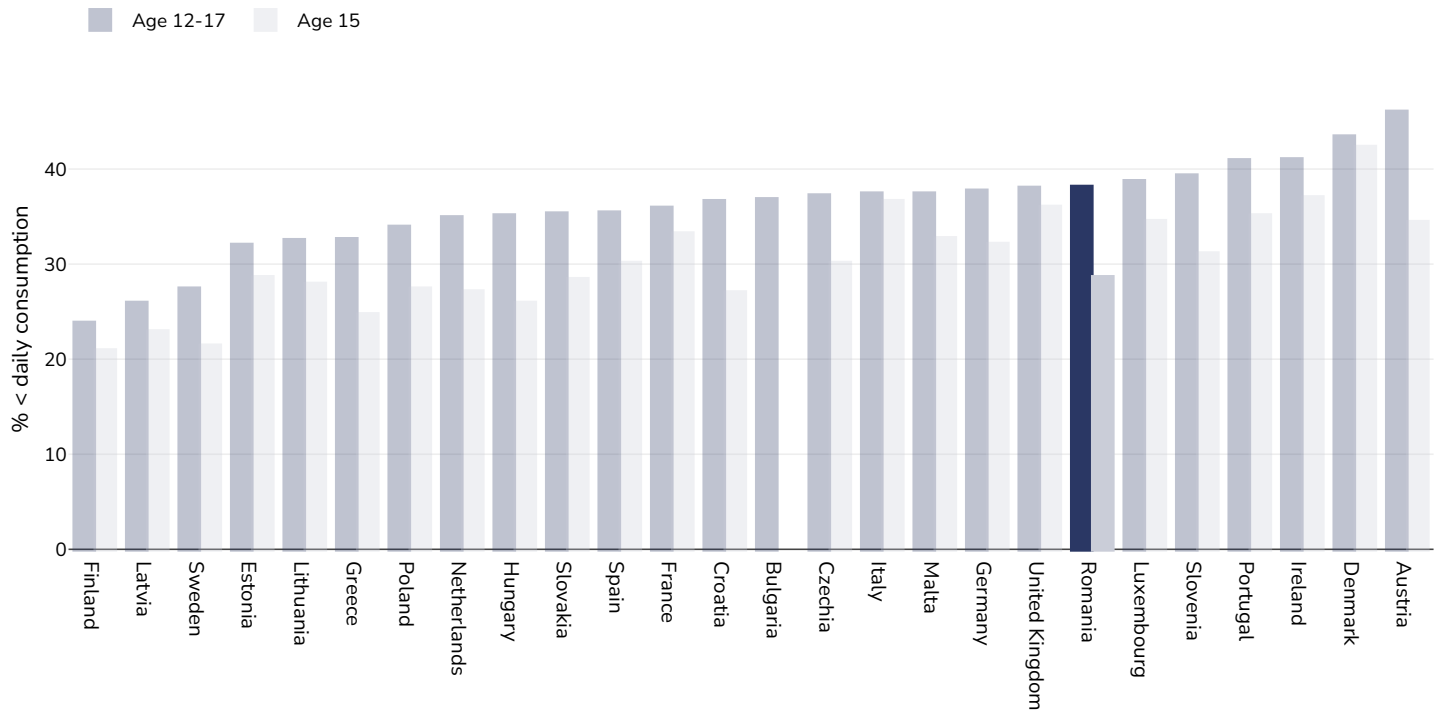
## Adults, 2017
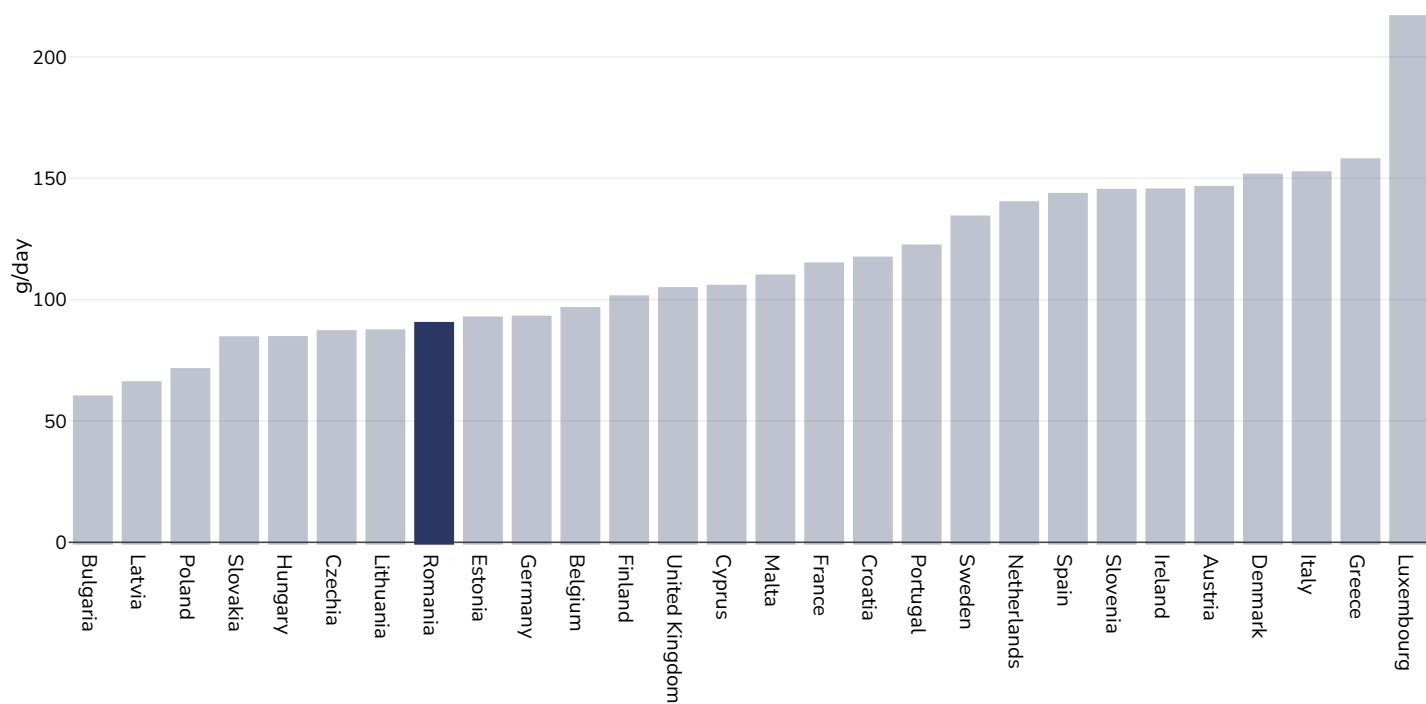


| Survey type: | Measured |
|---|---|
| Age: | 25+ |
| References: | Global Burden of Disease, the Institute for Health Metrics and Evaluation http://ghdx.healthdata.org/ |
| Definitions: | Estimated per-capita fruit intake (g/day) |

# Prevalence of less than daily fruit consumption

## Children, 2014



Legend: Age 12-17, Age 15

Y-axis: % < daily consumption

Countries (x-axis): Finland, Latvia, Sweden, Estonia, Lithuania, Greece, Poland, Netherlands, Hungary, Slovakia, Spain, France, Croatia, Bulgaria, Czechia, Italy, Malta, Germany, United Kingdom, Romania, Luxembourg, Slovenia, Portugal, Ireland, Denmark, Austria

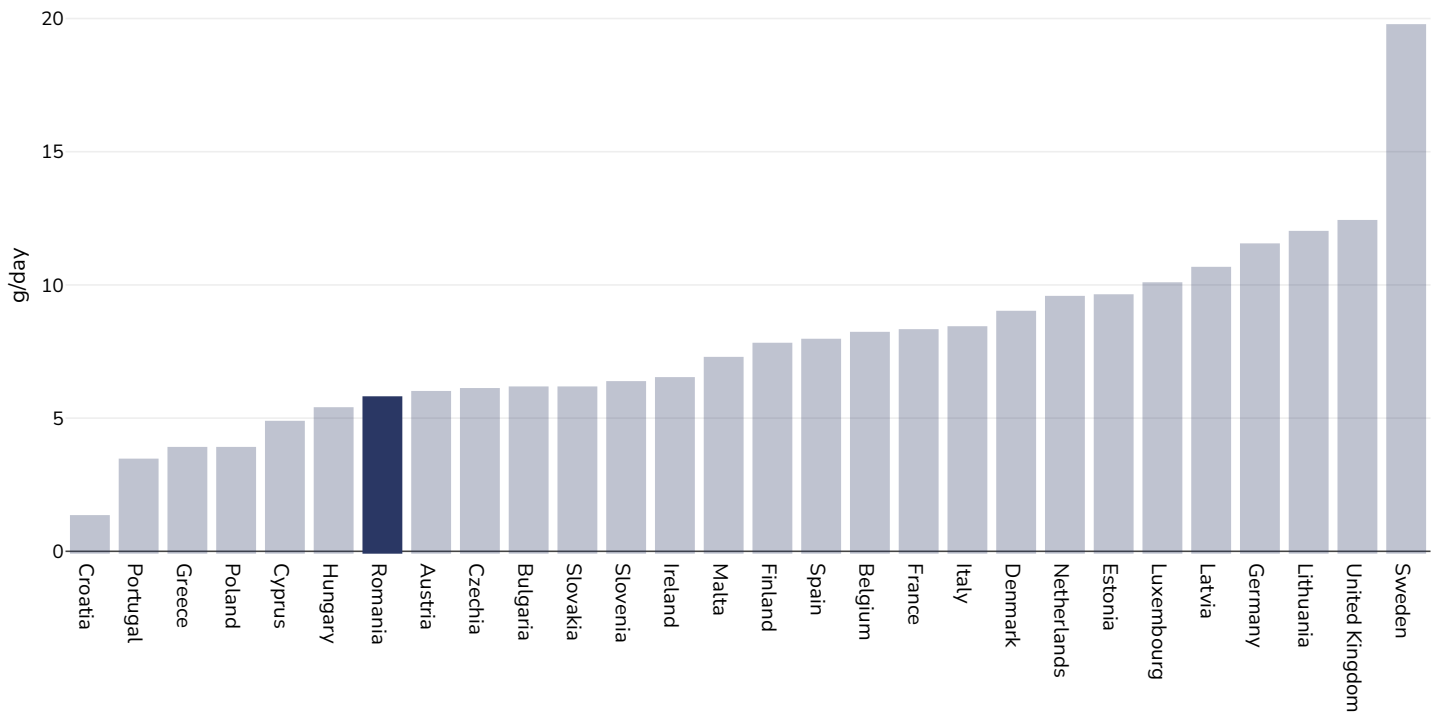| Survey type: | Measured |
| --- | --- |

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
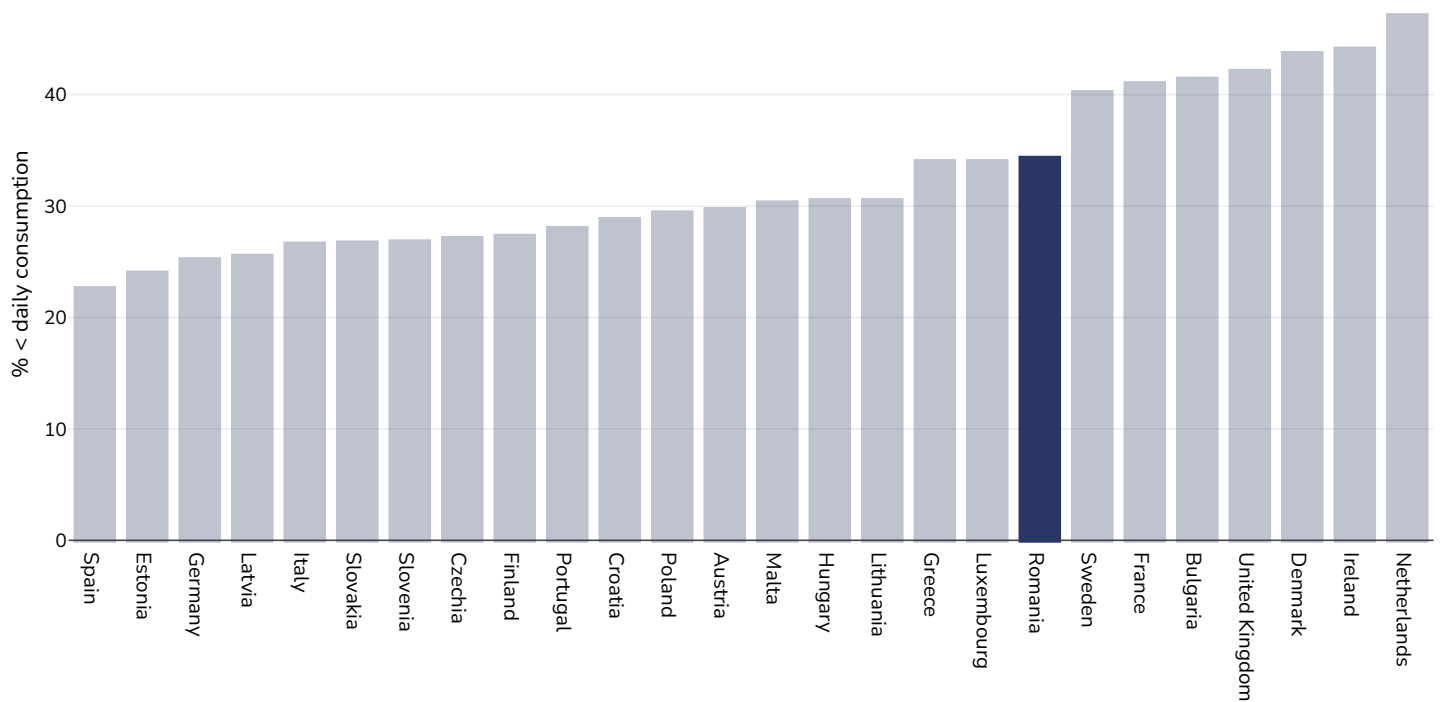


| Survey type: | Measured |
|---|---|
| Age: | 12-17 |
| References: | Beal et al. (2019). Global Patterns of Adolescent Fruit, Vegetable, Carbonated Soft Drink, and Fast-food consumption: A meta-analysis of global school-based student health surveys. Food and Nutrition Bulletin. https://doi.org/10.1177/0379572119848287 sourced from Food Systems Dashboard http://www.foodsystemsdashboard.org/food-system |
| Definitions: | Prevalence of less-than-daily vegetable consumption (% less-than-daily vegetable consumption) |

# Estimated per-capita processed meat intake
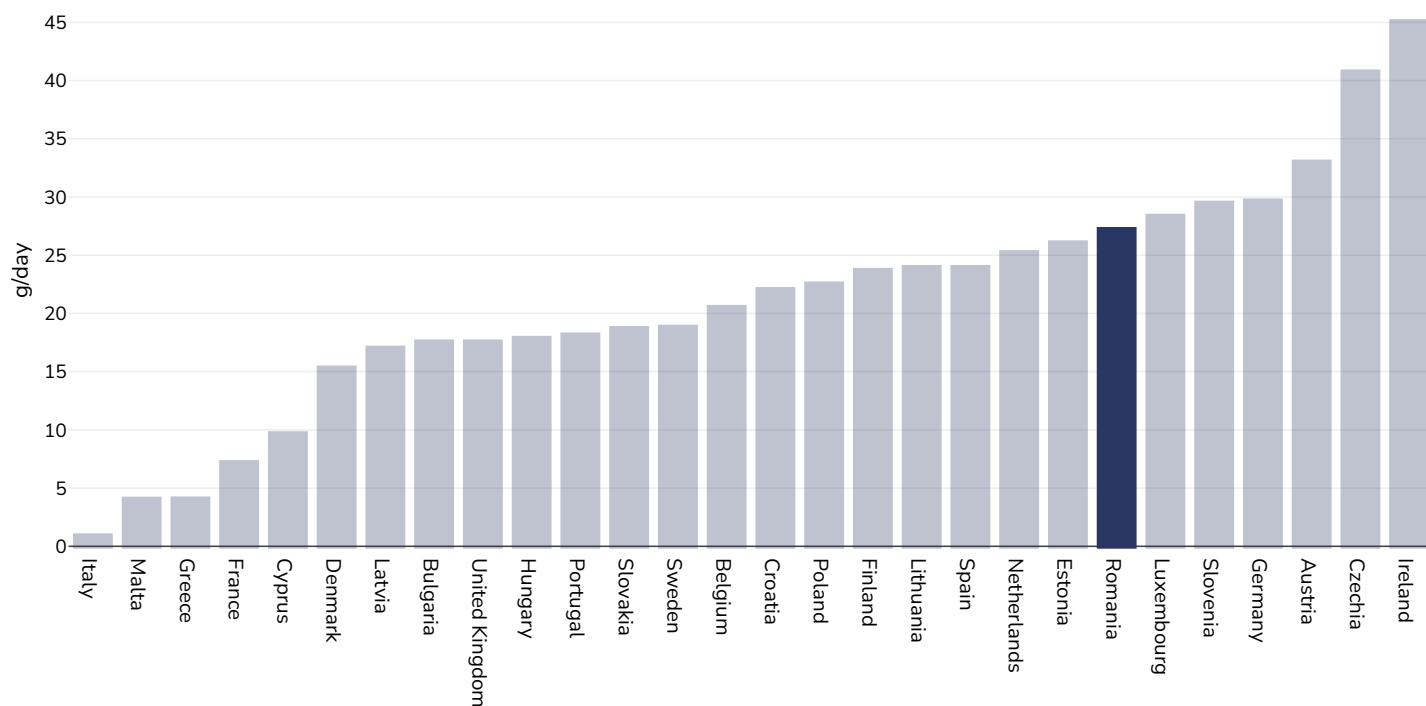
## Adults, 2017



| 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

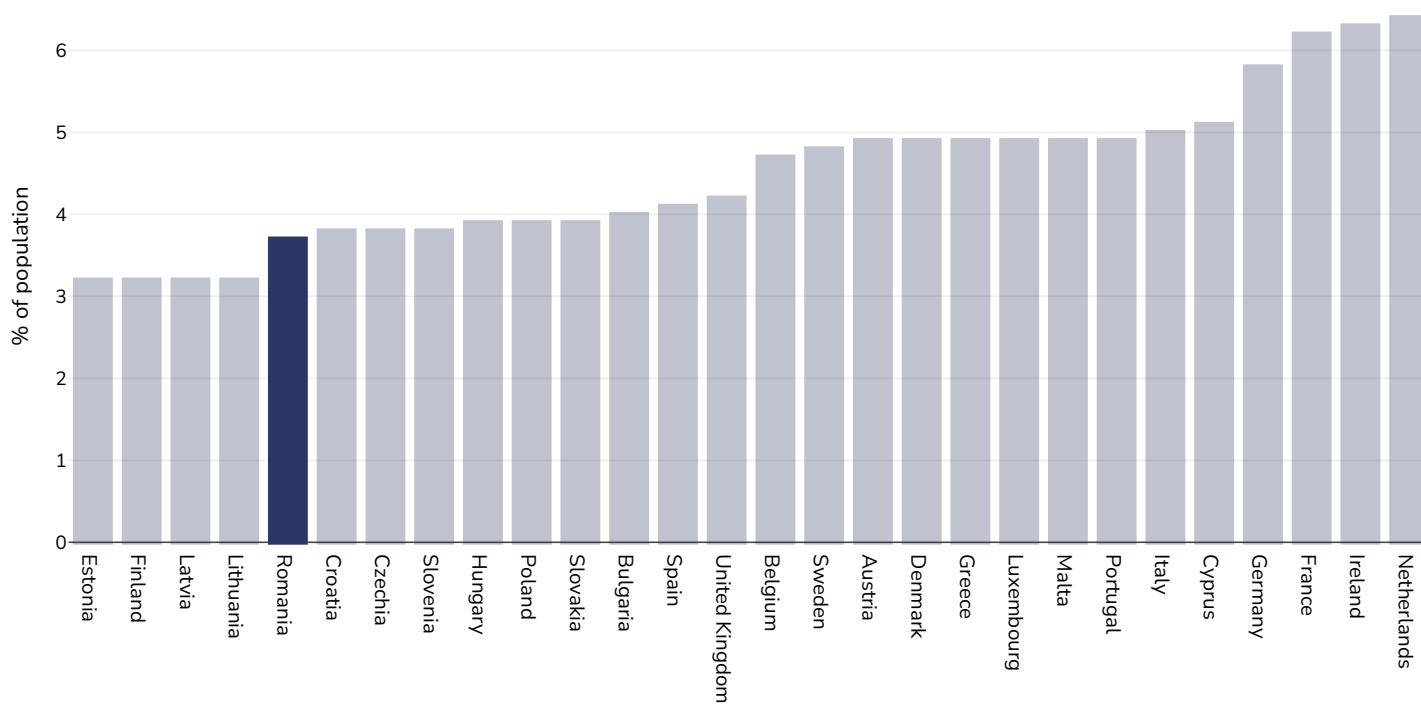Definitions:                                                                                                  % of population with depression disorders

# Mental health - anxiety disorders

## Adults, 2015
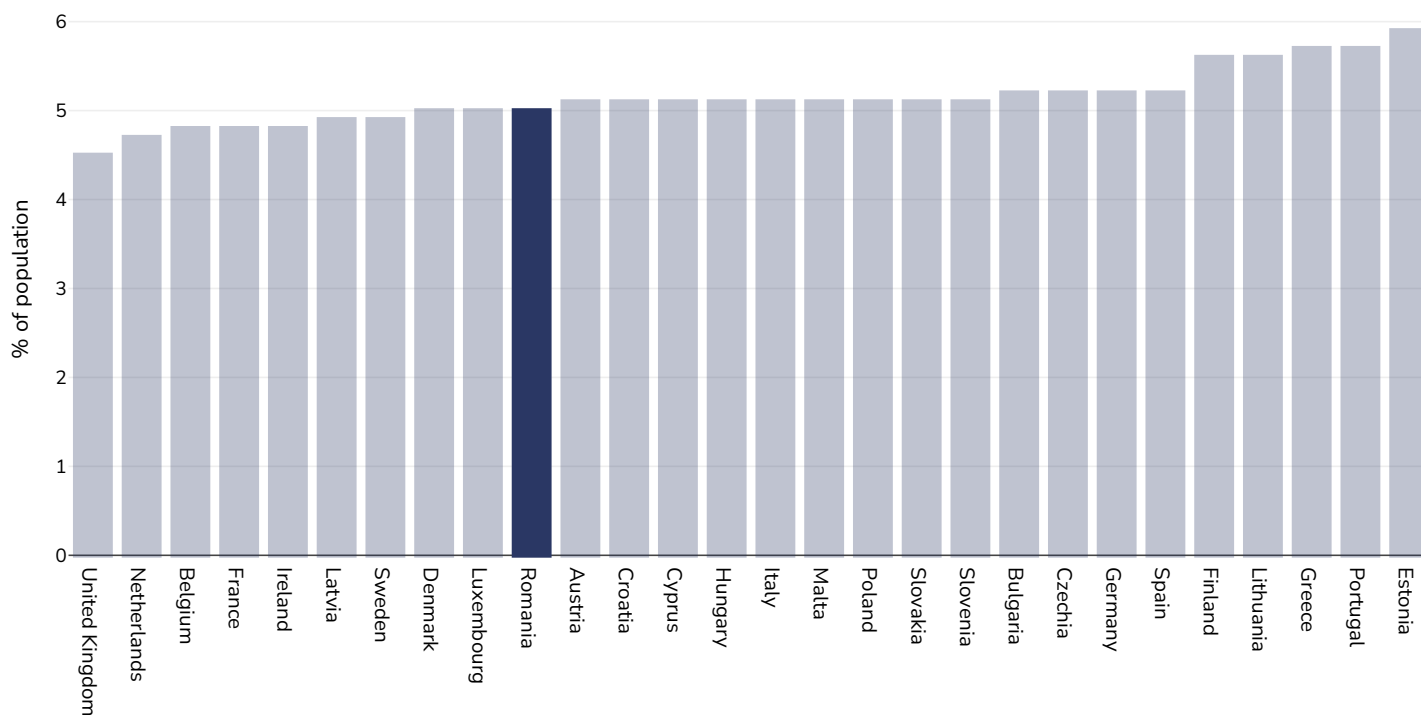
References: Prevalence data from Global Burden of Disease study 2015 (http://ghdx.healthdata.org) published in: Depression and Other Common Mental Disorders: Global Health Estimates. Geneva:World Health Organization; 2017. Licence: CC BY-NC-SA 3.0 IGO.

Definitions: % of population with anxiety disorders

# % Infants exclusively breastfed 0-5 months

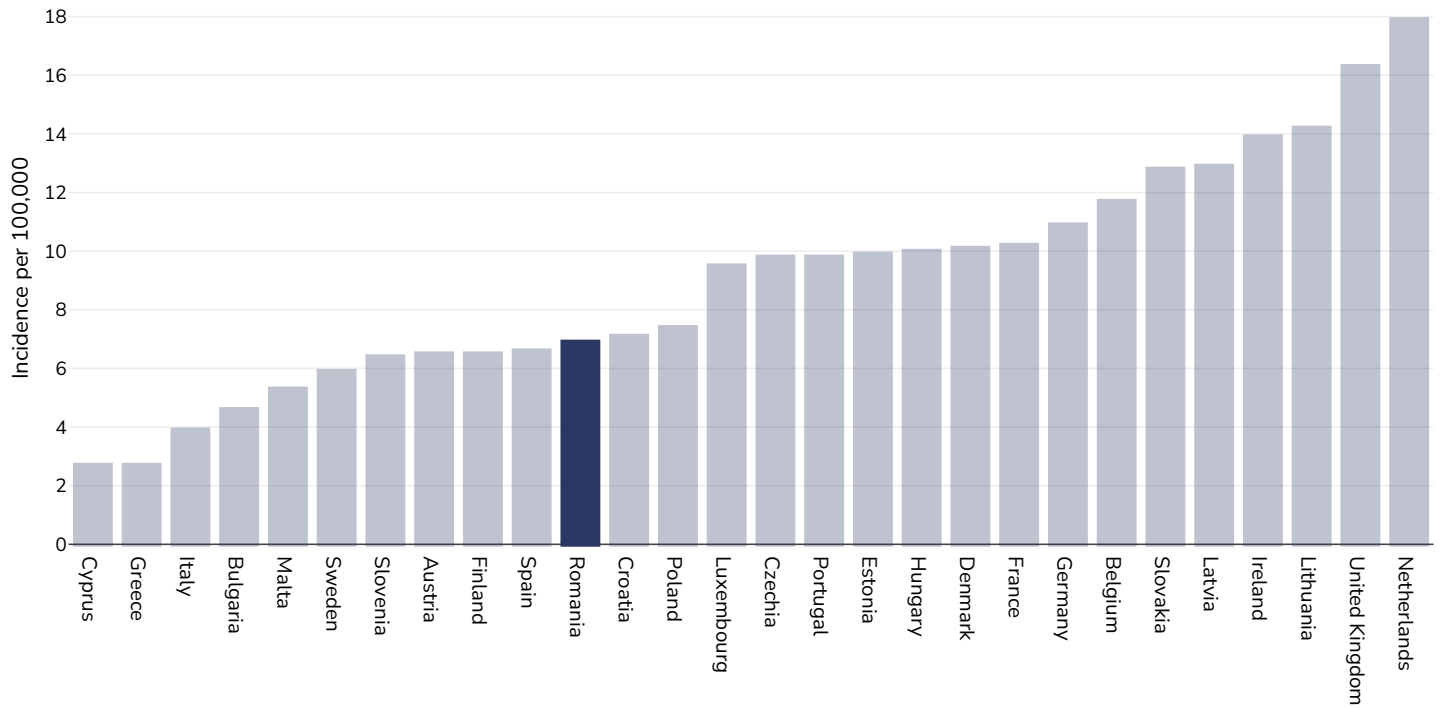## Children, 1996-2004
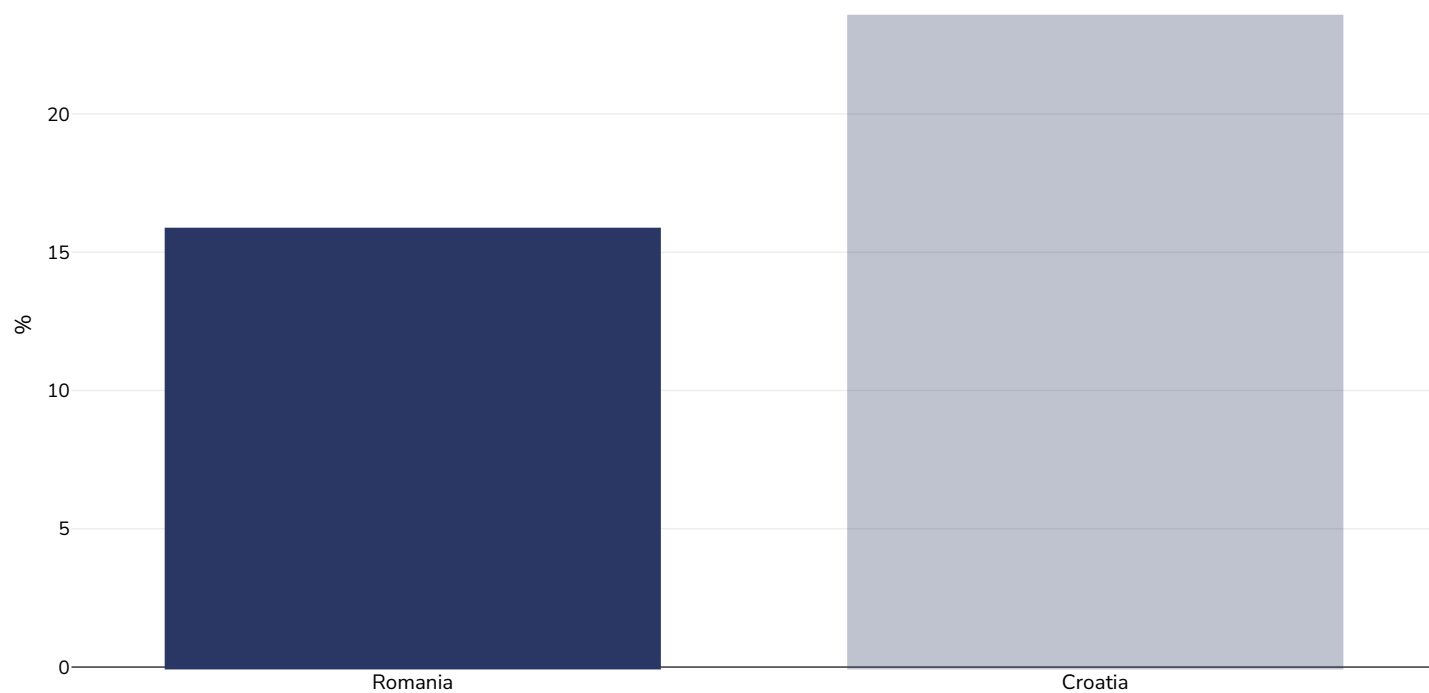


| Area covered: | National |
|---|---|
| References: | Romania Reproductive Health Survey 2004. |
| Notes: | See UNICEF website for further survey information. Available at : https://data.unicef.org/resources/dataset/infant-young-child-feeding/ (last accessed 28.9.21) Citation: United Nations Children's Fund, Division of Data, Analysis, Planning and Monitoring (2021). Global UNICEF Global Databases: Infant and Young Child Feeding: Exclusive breastfeeding, New York, September 2021. |
| Definitions: | % exclusively breastfed 0-5 months |

# Oesophageal cancer
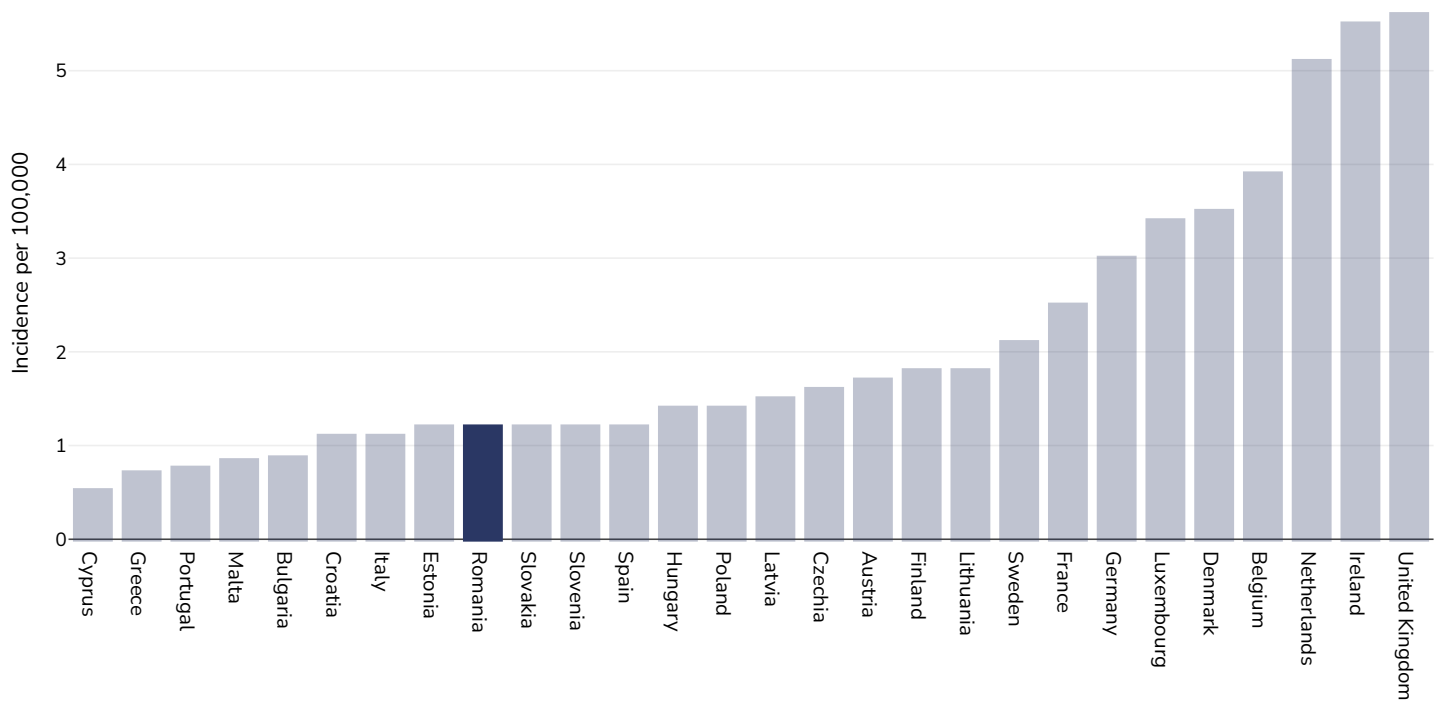
## Men, 2020



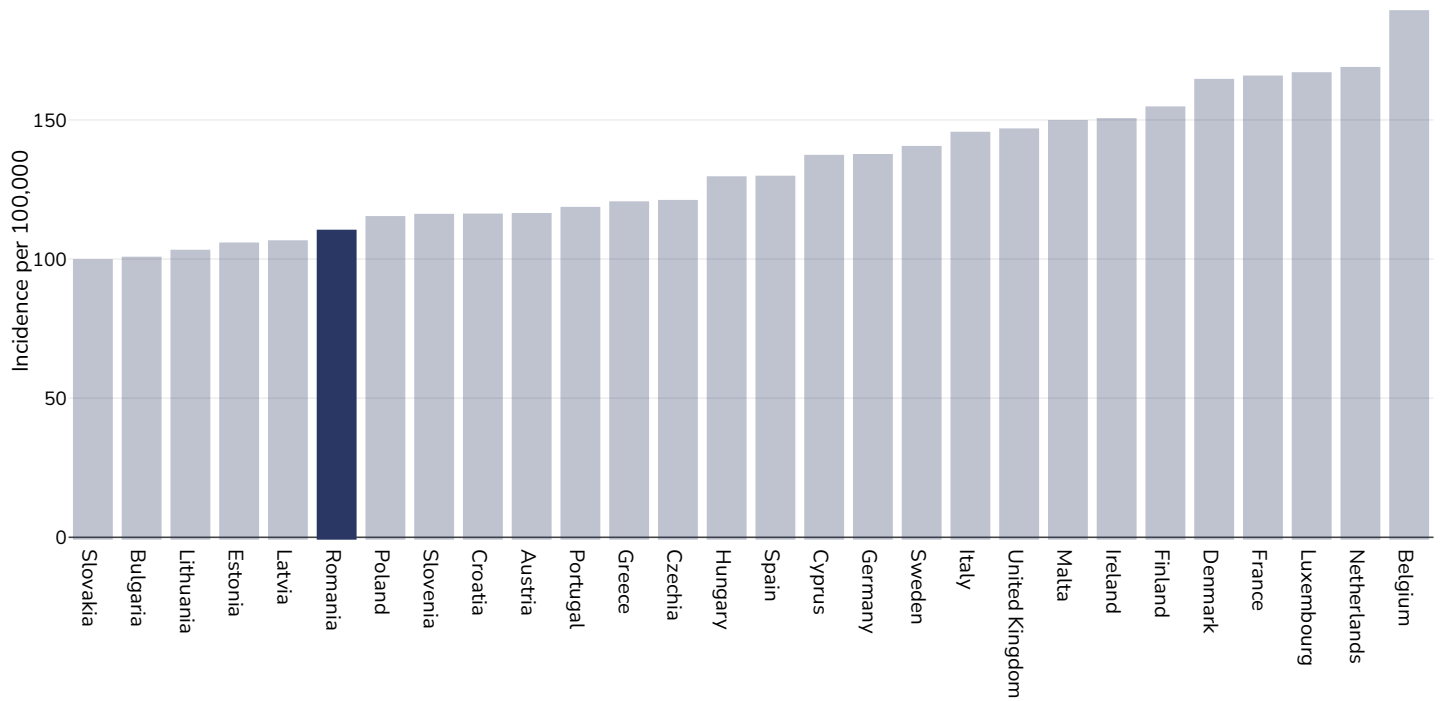| Age: | 20+ |
| --- | --- |
| Area covered: | National |
| References: | Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.fr/today, accessed 10.01.2295 |
| Definitions: | Age-standardized indicence rates per 100 000 |

# Women, 2020



| Age: | 20+ |
|---|---|
| Area covered: | National |
| References: | Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.fr/today, accessed 10.01.2295 |
| Definitions: | Age-standardized indicence rates per 100 000 |

# Breast cancer

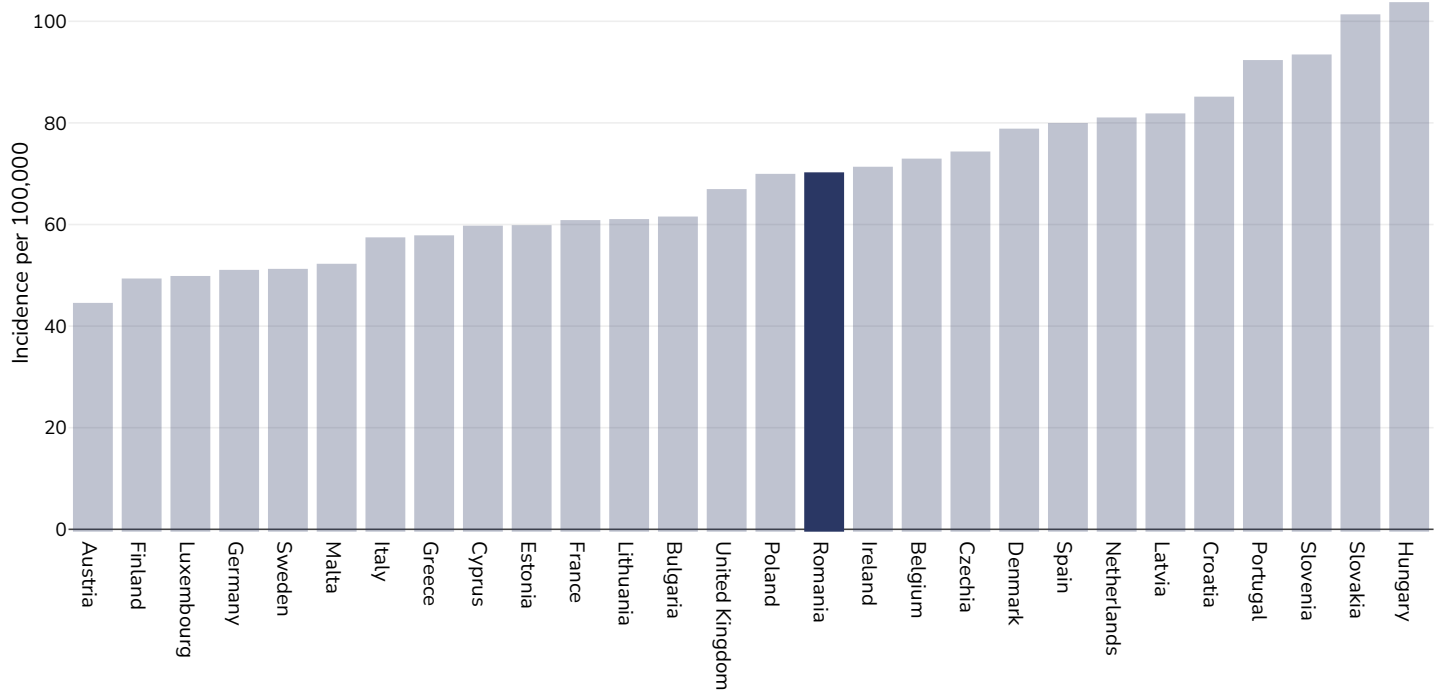## Women, 2020



| Age: | 20+ |
|---|---|
| Area covered: | National |
| References: | Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.fr/today, accessed 10.01.2295 |
| Definitions: | Age-standardized indicence rates per 100 000 |

# Colorectal cancer

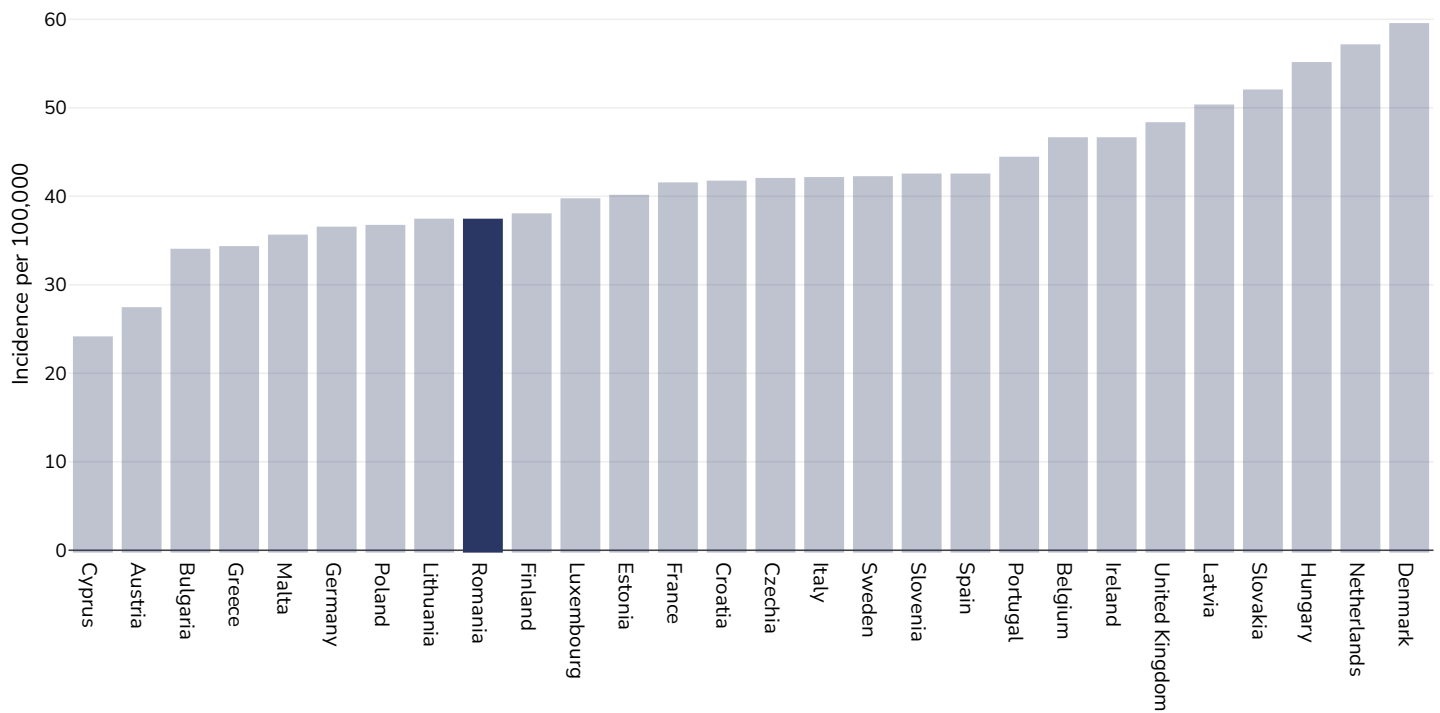## Men, 2020



| Age: | 20+ |
|---|---|
| Area covered: | National |
| References: | Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.fr/today, accessed 10.01.2295 |
| Definitions: | Age-standardized indicence rates per 100 000 |

# Women, 2020



| Age: | 20+ |
| --- | --- |
| Area covered: | National |
| References: | Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.fr/today, accessed 10.01.2295 |
| Definitions: | Age-standardized indicence rates per 100 000 |

# Pancreatic cancer

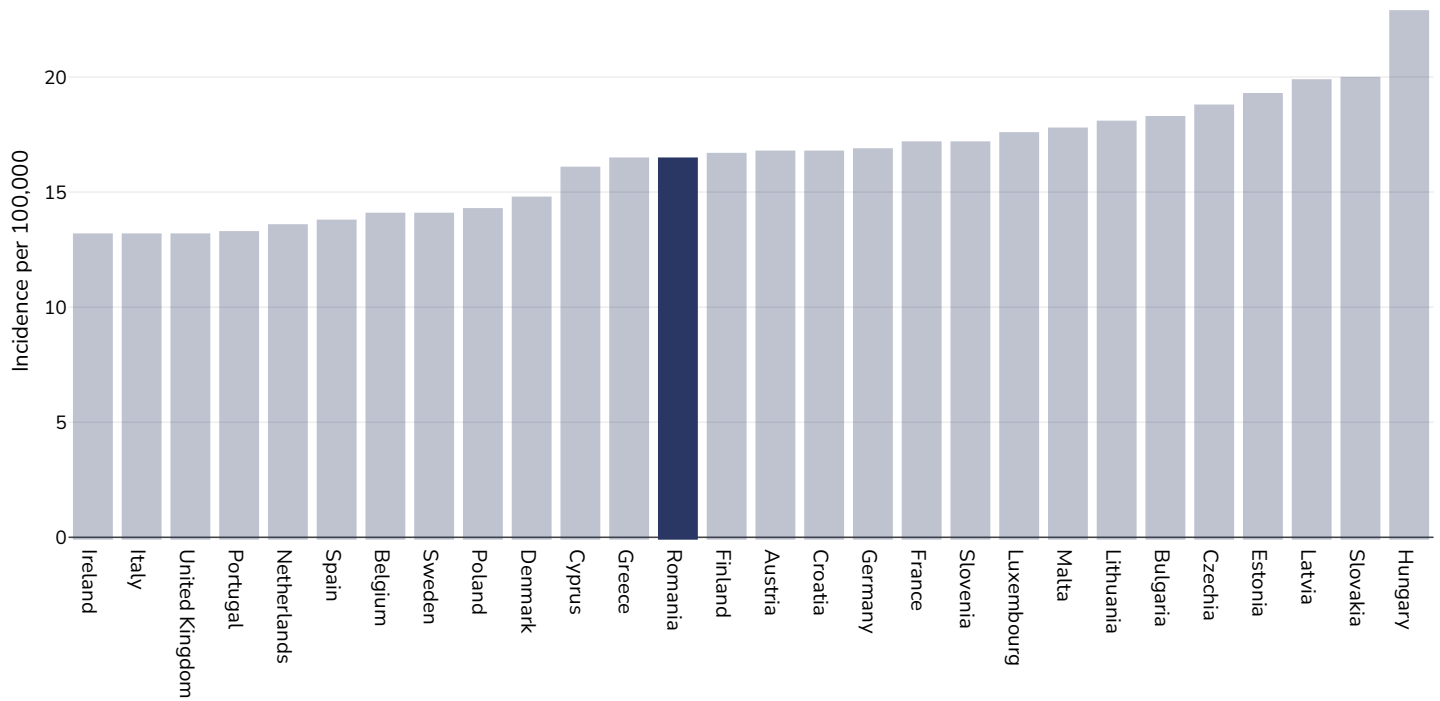## Men, 2020



| Age: | 20+ |
|---|---|
| Area covered: | National |
| References: | Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.fr/today, accessed 10.01.2295 |
| Definitions: | Age-standardized indicence rates per 100 000 |

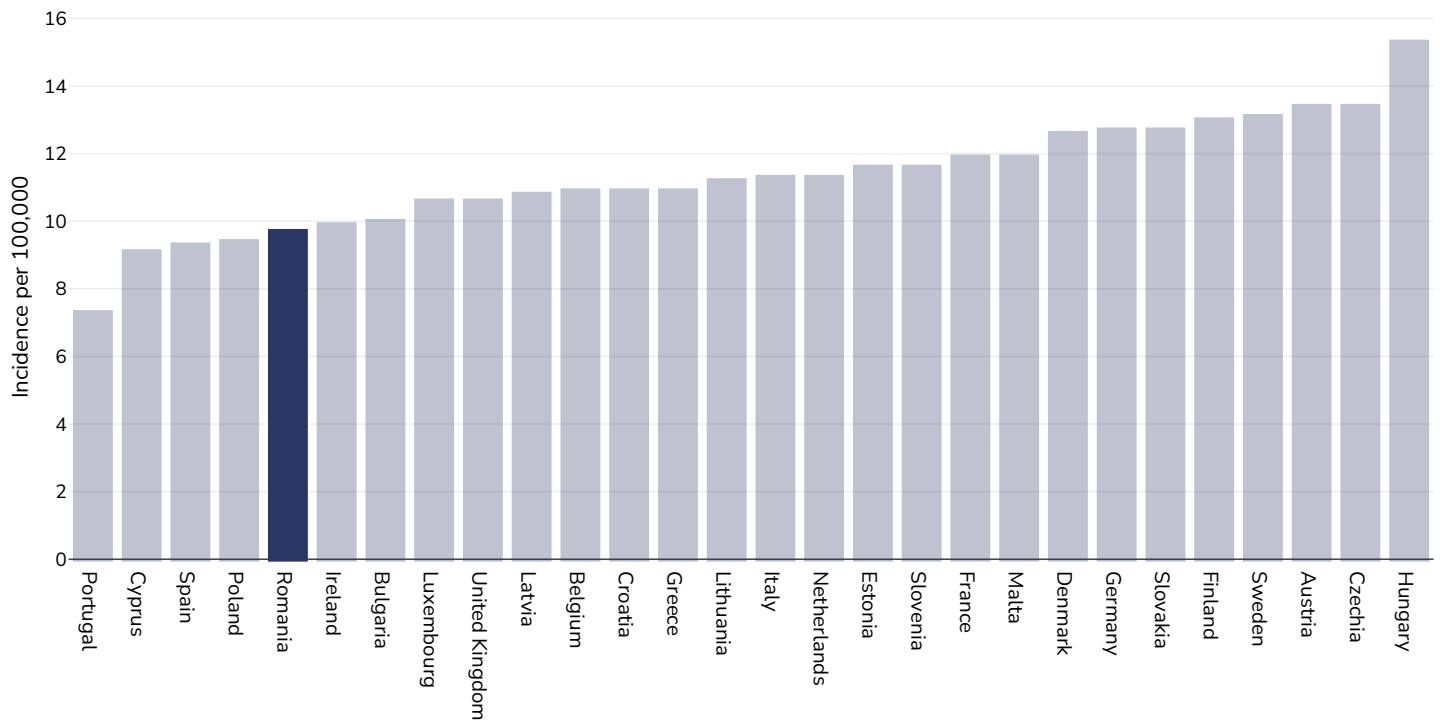## Women, 2020



| Age: | 20+ |
| --- | --- |
| Area covered: | National |
| References: | Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.fr/today, accessed 10.01.2295 |
| Definitions: | Age-standardized indicence rates per 100 000 |

# Gallbladder cancer
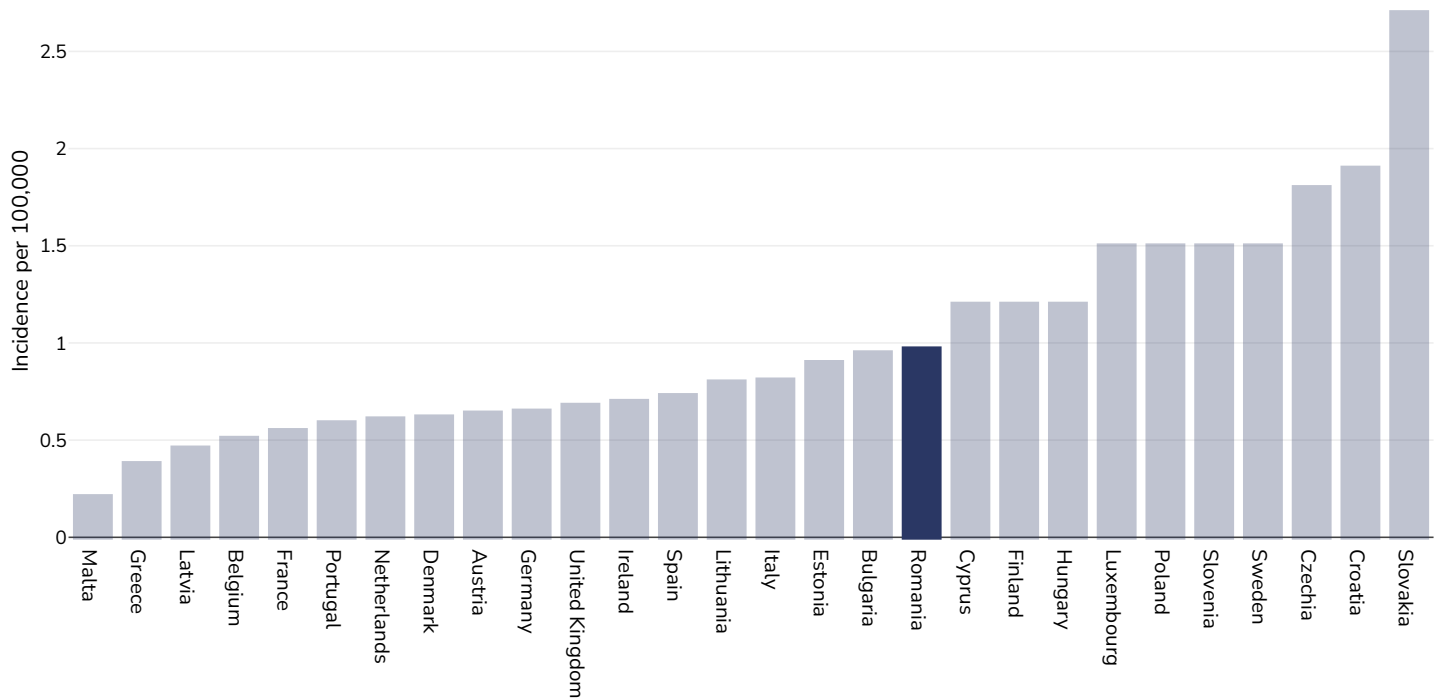
## Men, 2020



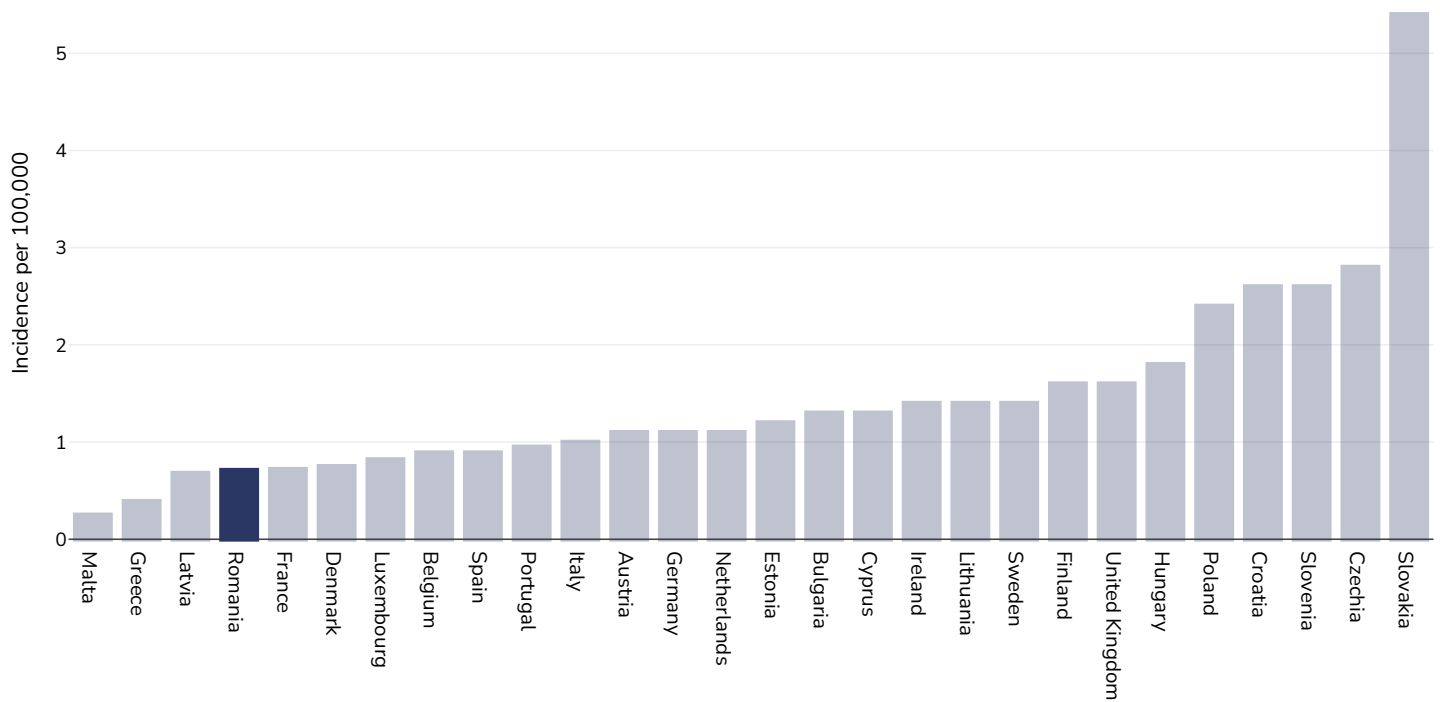| | |
|---|---|
| Age: | 20+ |
| Area covered: | National |
| References: | Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.fr/today, accessed 10.01.2295 |
| Definitions: | Age-standardized indicence rates per 100 000 |

# Women, 2020



| Age: | 20+ |
|---|---|
| Area covered: | National |
| References: | Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.fr/today, accessed 10.01.2295 |
| Definitions: | Age-standardized indicence rates per 100 000 |

# Kidney cancer

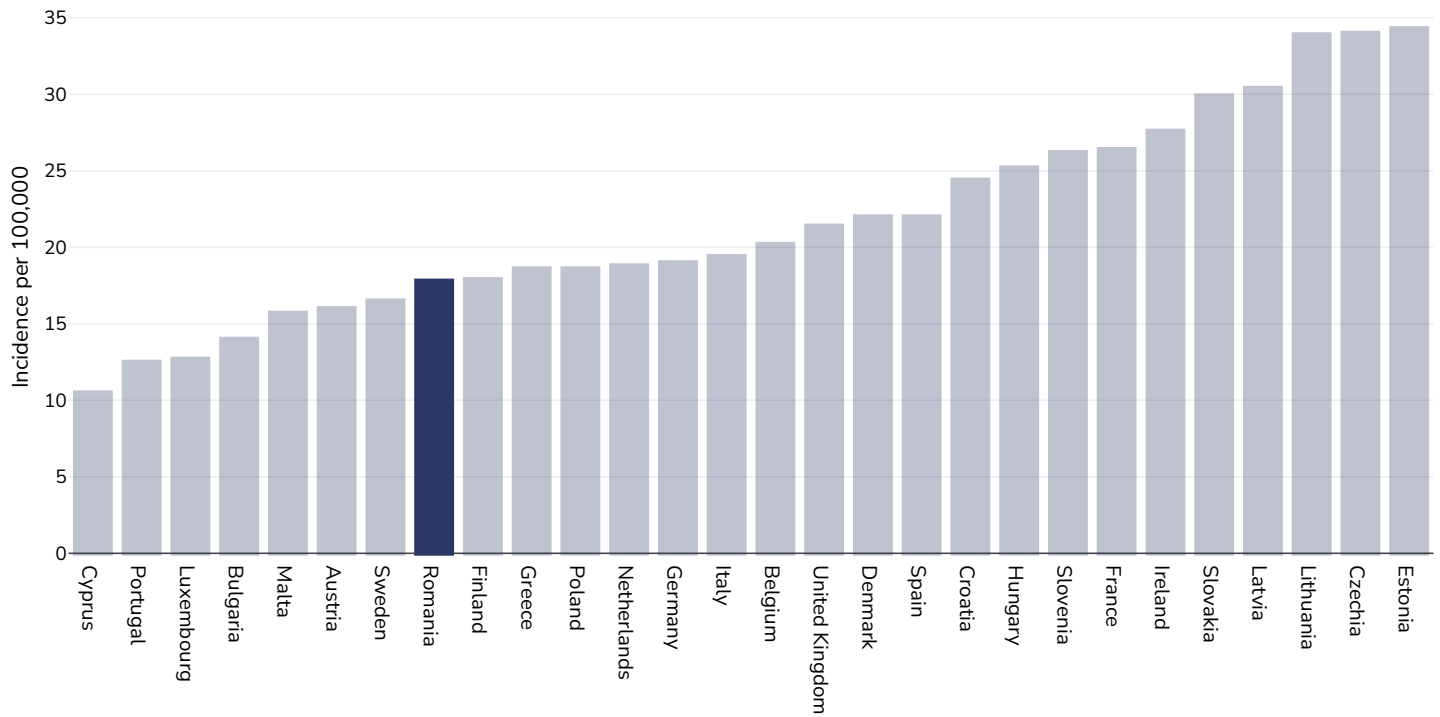## Men, 2020



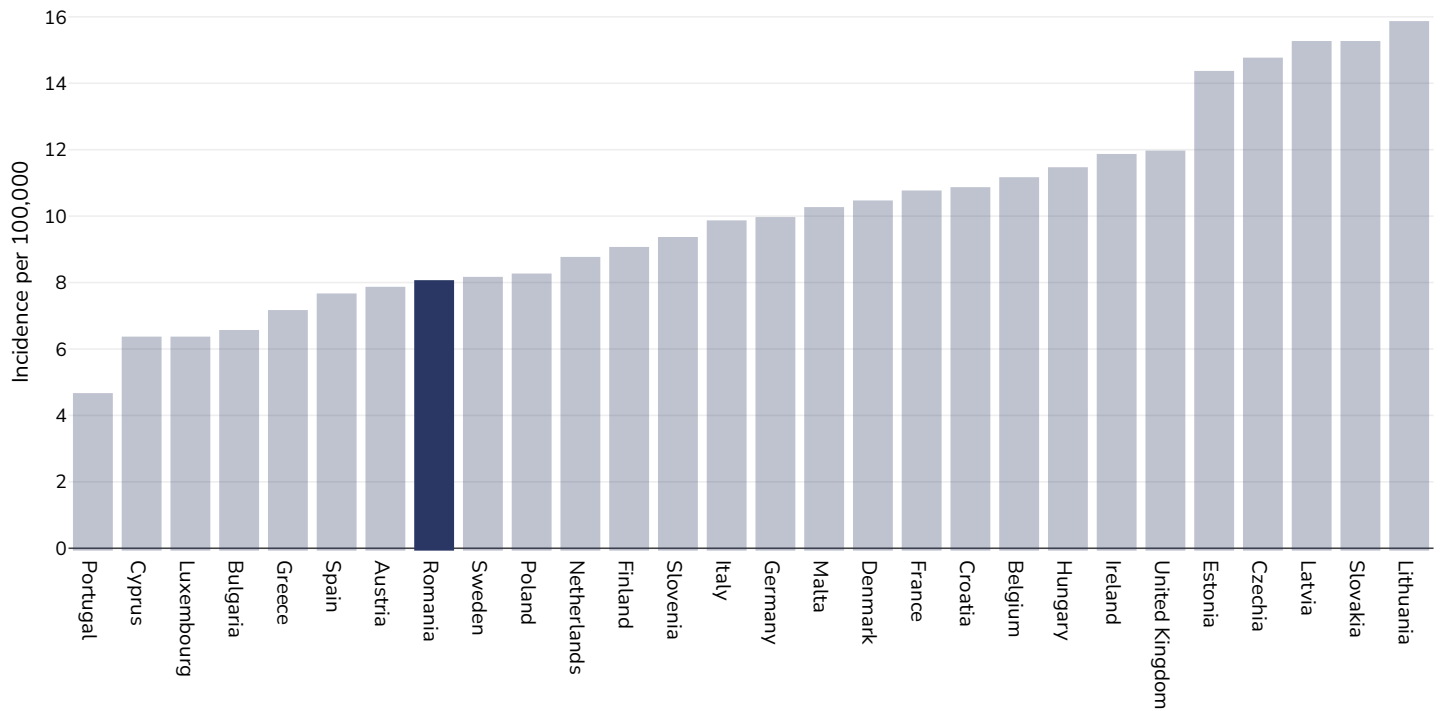| Age: | 20+ |
|---|---|
| Area covered: | National |
| References: | Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.fr/today, accessed 10.01.2295 |
| Definitions: | Age-standardized indicence rates per 100 000 |

# Women, 2020



| Age: | 20+ |
|---|---|
| Area covered: | National |
| References: | Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.fr/today, accessed 10.01.2295 |
| Definitions: | Age-standardized indicence rates per 100 000 |

# Cancer of the uterus
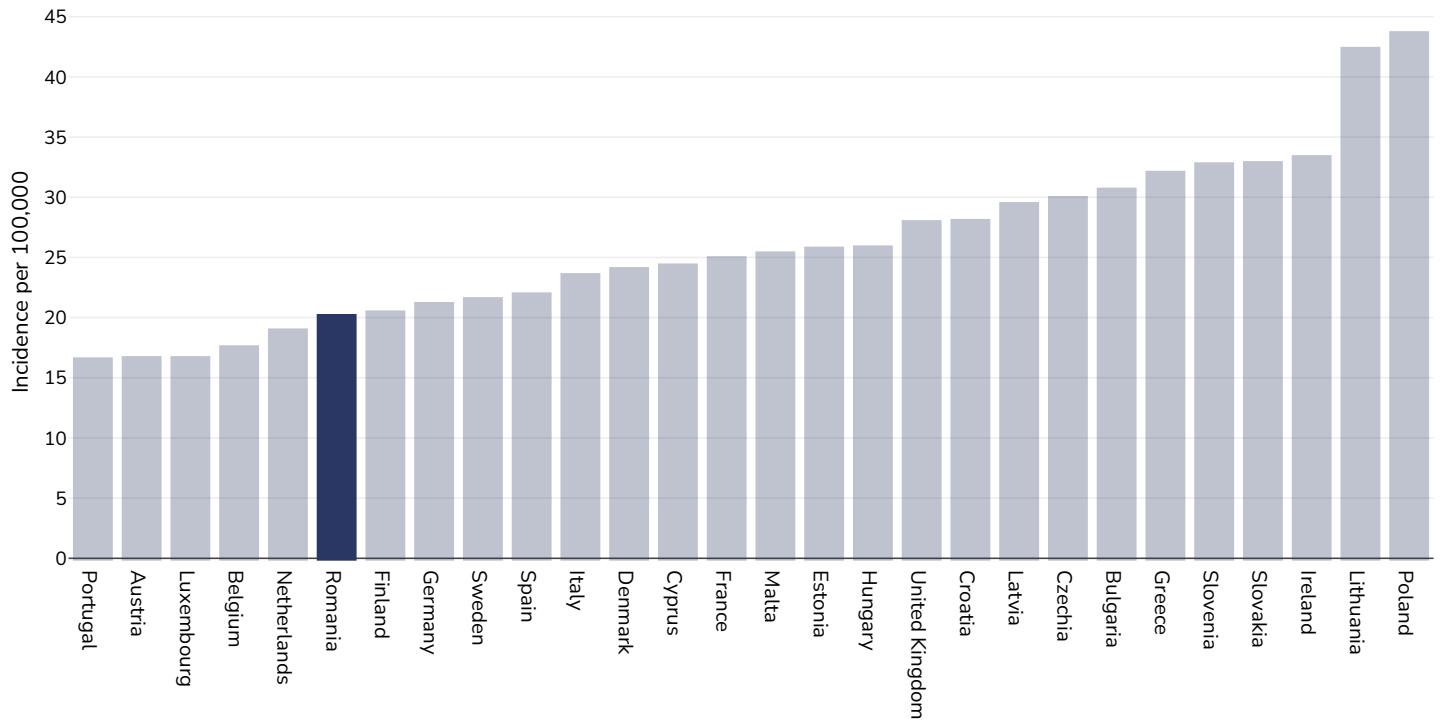
## Women, 2020


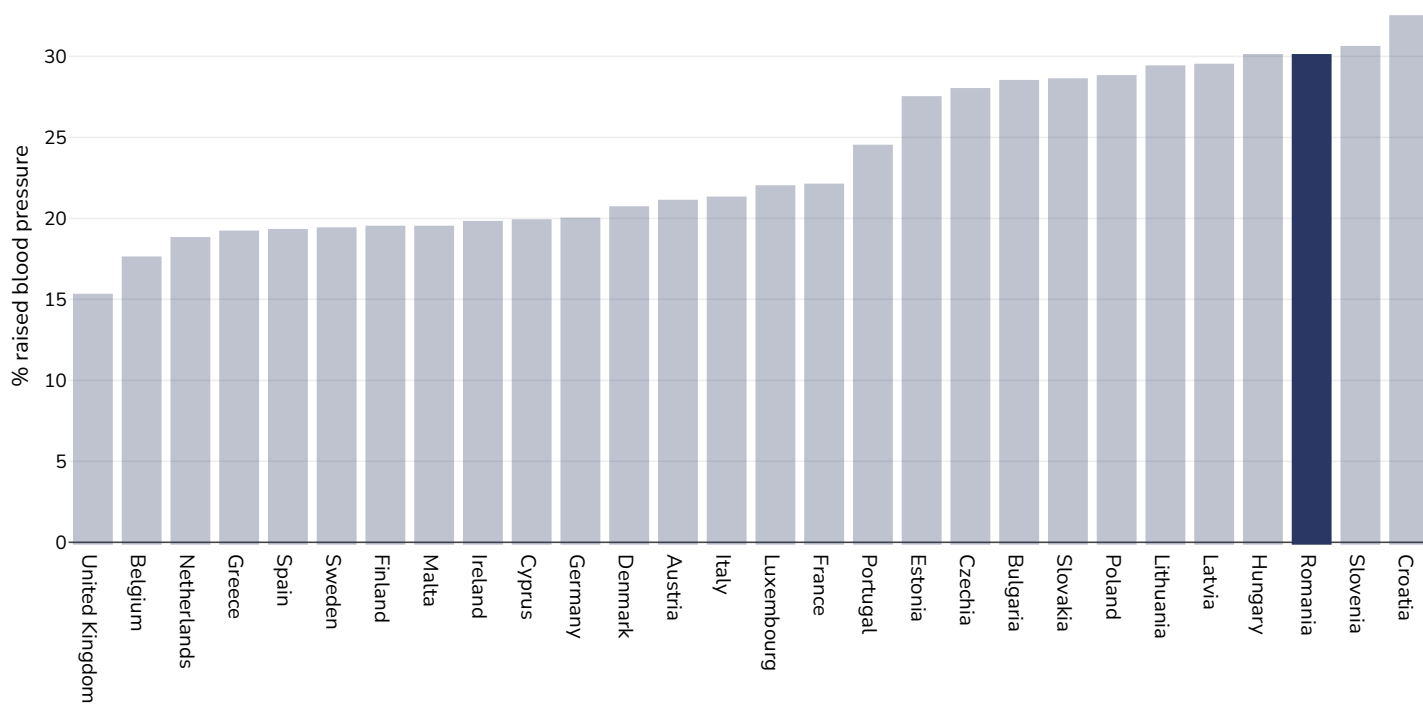
| Age: | 20+ |
|---|---|
| Area covered: | National |
| References: | Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.fr/today, accessed 10.01.2295 |
| Definitions: | Age-standardized indicence 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



Chart: % raised blood pressure (y-axis, 0 to 40) by country:

- United Kingdom: ~18
- Belgium: ~22.5
- Greece: ~23
- Ireland: ~23
- Netherlands: ~23.3
- Spain: ~23.7
- Cyprus: ~24
- Finland: ~24.2
- Sweden: ~24.3
- Germany: ~24.5
- Malta: ~24.5
- Austria: ~25.4
- Italy: ~25.4
- Denmark: ~26.6
- France: ~27.9
- Luxembourg: ~28
- Portugal: ~29.5
- Bulgaria: ~33.8
- Estonia: ~34.5
- Slovakia: ~34.5
- Czechia: ~34.6
- Poland: ~34.8
- Romania: ~34.9
- Slovenia: ~36
- Hungary: ~36.3
- Lithuania: ~36.3
- Latvia: ~36.7
- Croatia: ~38.6

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).

# Women, 2015



**% raised blood pressure** (y-axis)

Countries (x-axis, left to right): United Kingdom, Belgium, Malta, Netherlands, Sweden, Finland, Spain, Denmark, Greece, Cyprus, Germany, Luxembourg, France, Ireland, Austria, Italy, Portugal, Estonia, Czechia, Slovakia, Latvia, Bulgaria, Poland, Lithuania, Hungary, Slovenia, Romania, Croatia

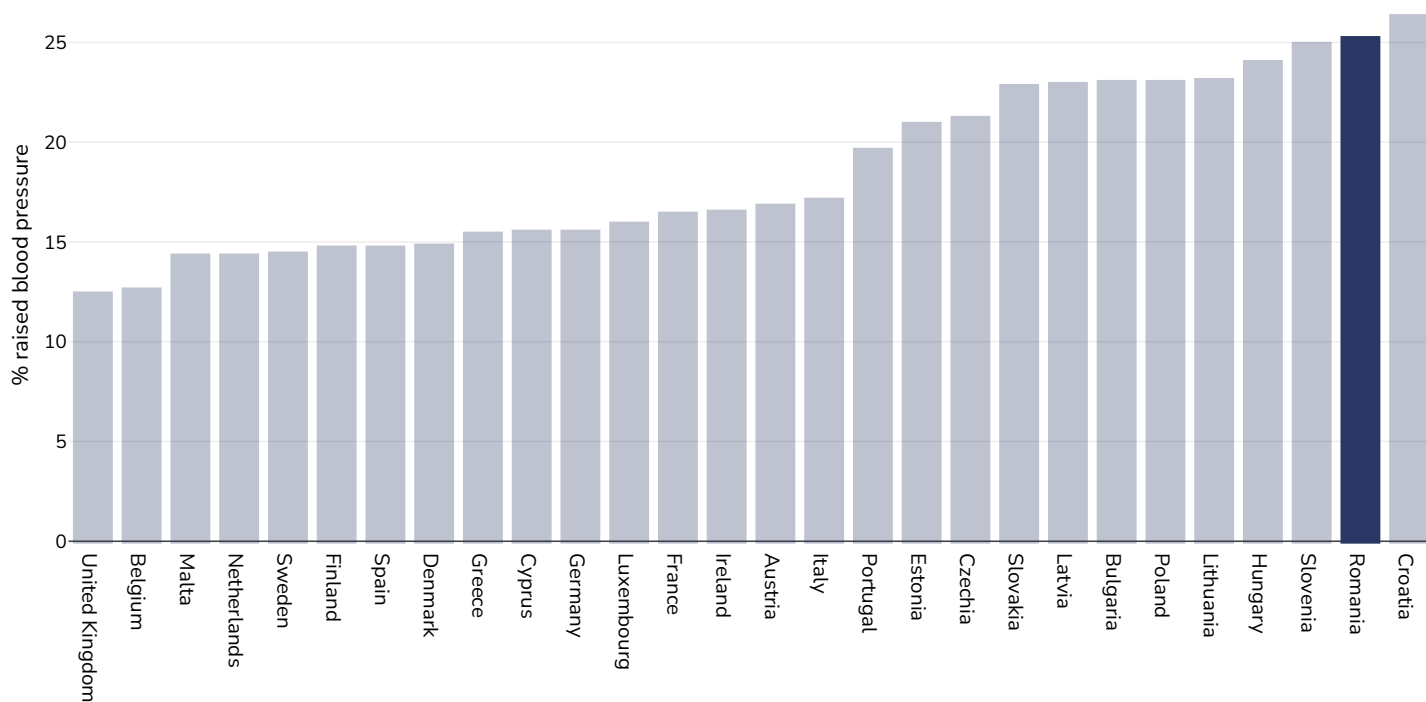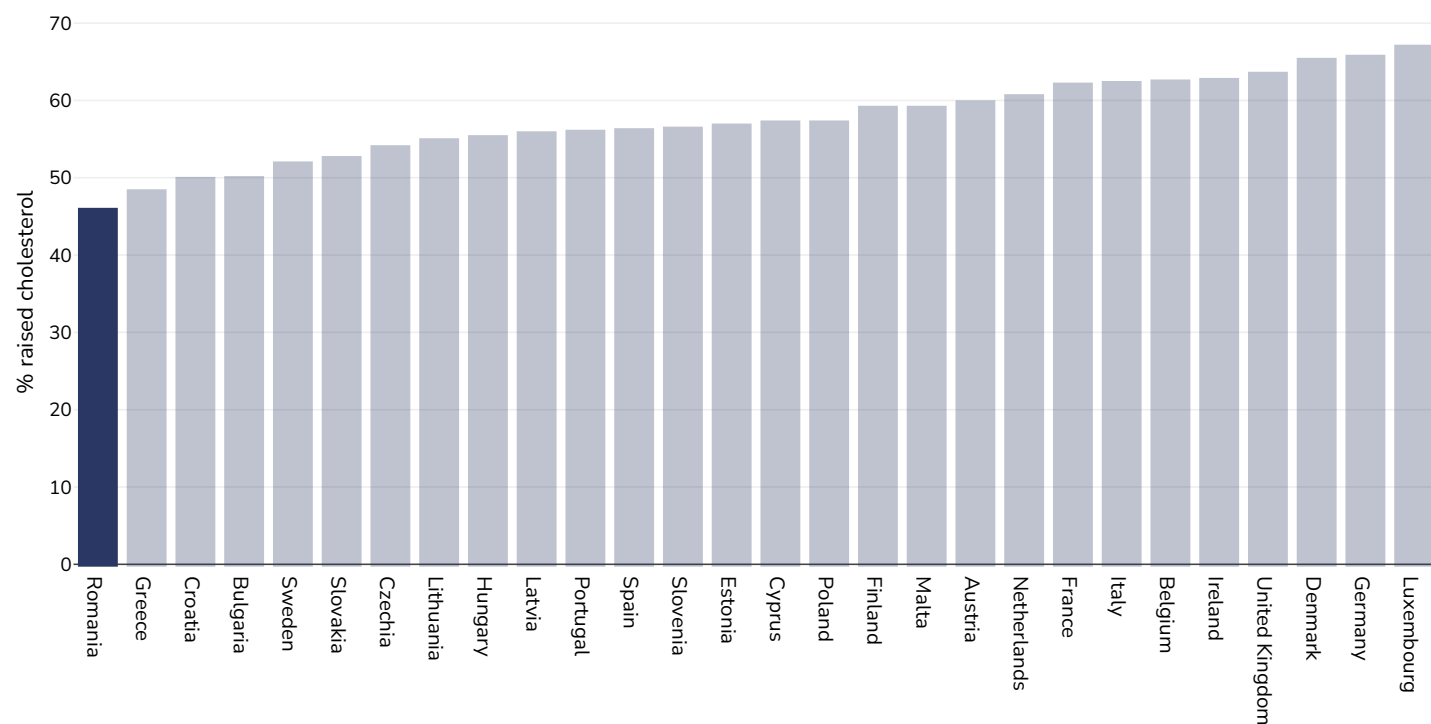References:                                          Global Health Observatory data repository, World Health Organisation,

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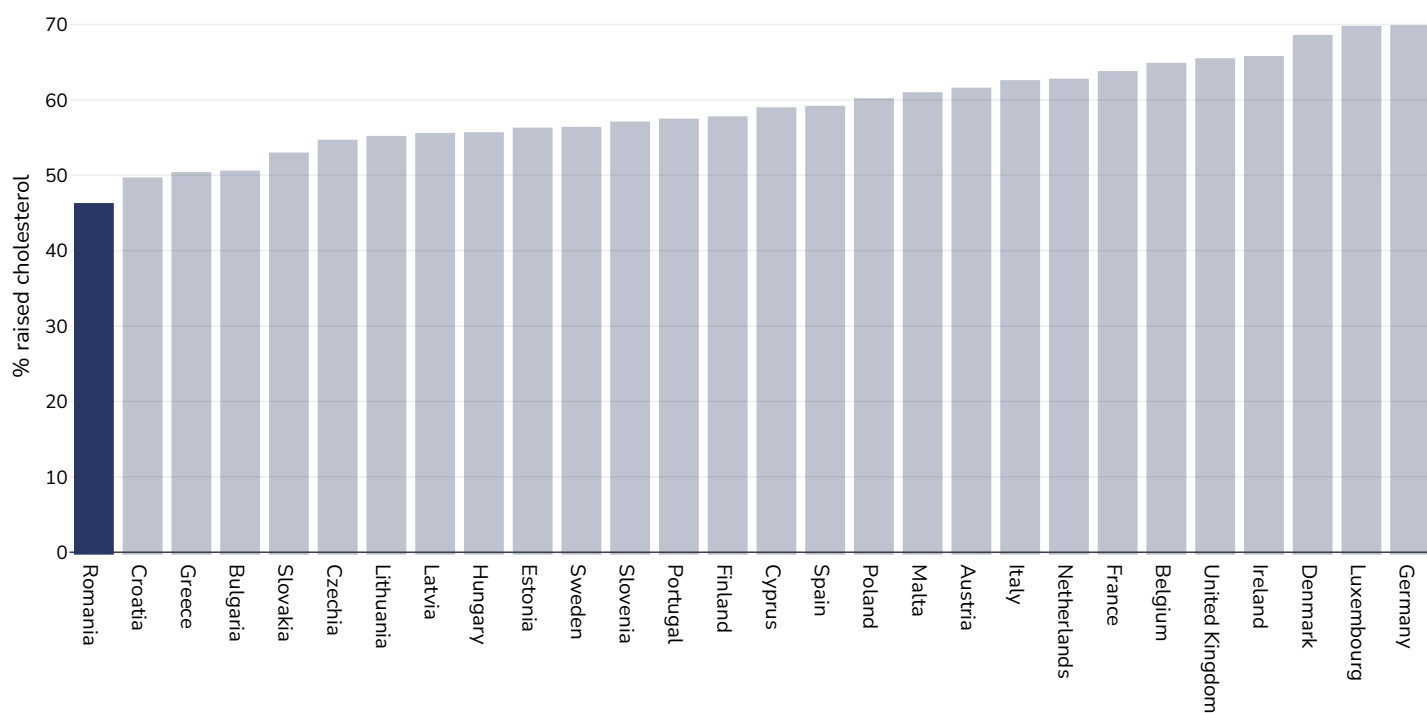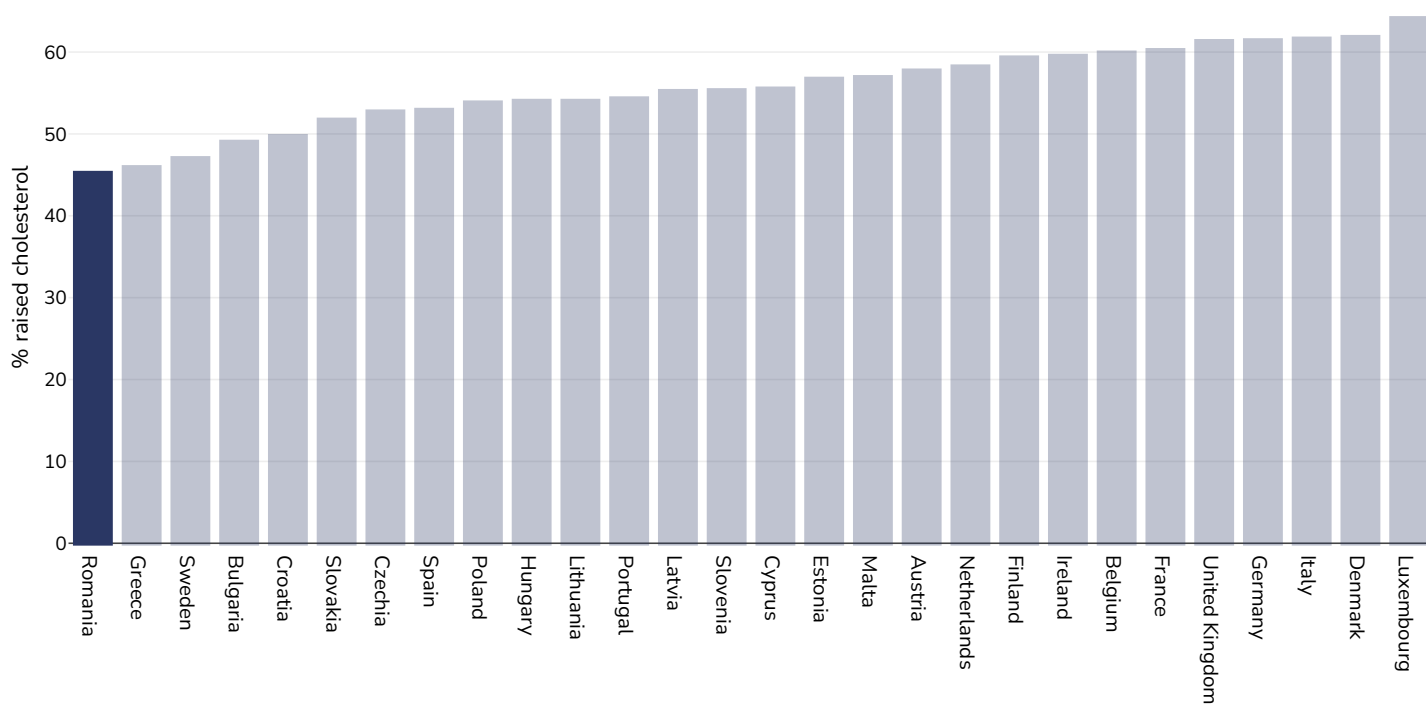
# Raised cholesterol

## Adults, 2008



% raised cholesterol

Romania, Greece, Croatia, Bulgaria, Sweden, Slovakia, Czechia, Lithuania, Hungary, Latvia, Portugal, Spain, Slovenia, Estonia, Cyprus, Poland, Finland, Malta, Austria, Netherlands, France, Italy, Belgium, Ireland, United Kingdom, Denmark, Germany, Luxembourg

| 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



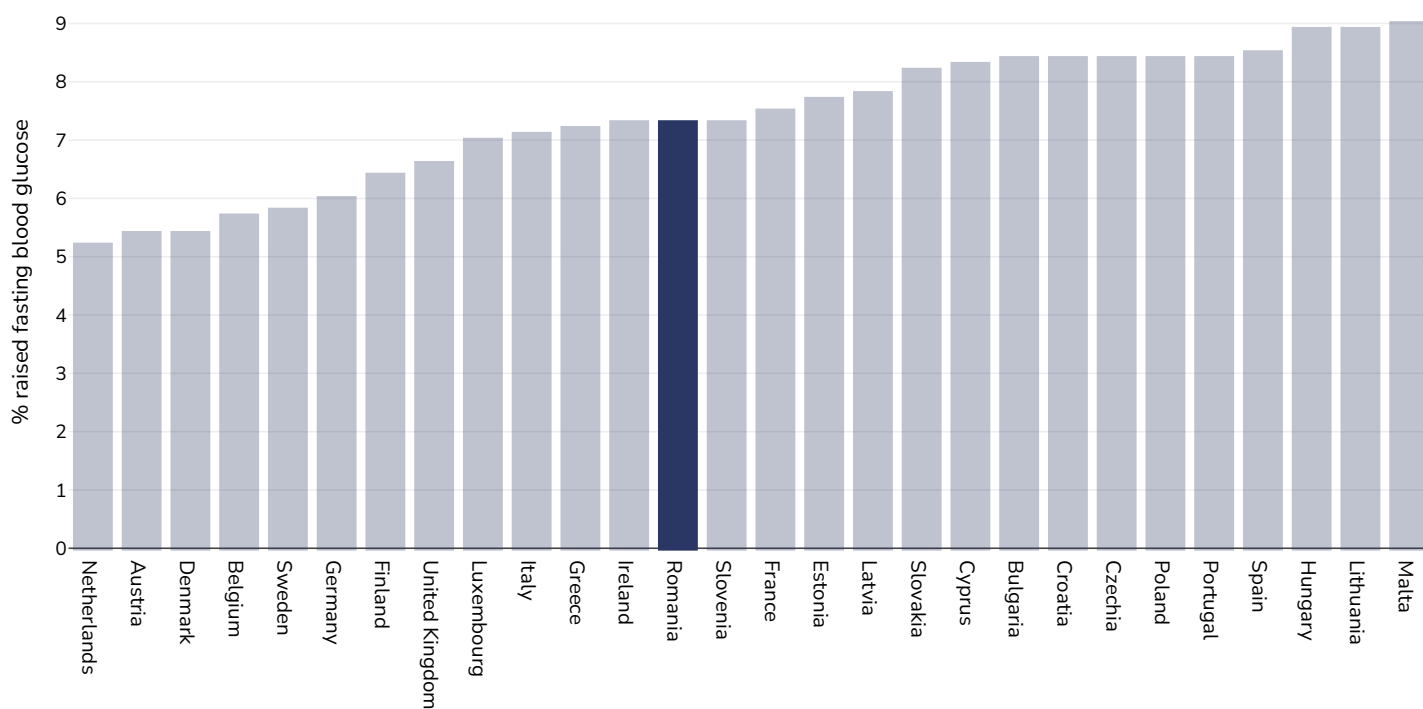| References: | Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A885 |
|---|---|
| Definitions: | % Raised total cholesterol (>= 5.0 mmol/L) (age-standardized estimate). |

# Raised fasting blood glucose

## Men, 2014



References: Global Health Observatory data repository, World Health Organisation,
http://apps.who.int/gho/data/node.main.A869?lang=en

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

# Women, 2014



**% raised fasting blood glucose** (y-axis)

Countries (left to right): Netherlands, Austria, Denmark, Belgium, Sweden, Germany, Finland, United Kingdom, Luxembourg, Italy, Greece, Ireland, Romania, Slovenia, France, Estonia, Latvia, Slovakia, Cyprus, Bulgaria, Croatia, Czechia, Poland, Portugal, Spain, Hungary, Lithuania, Malta

References: Global Health Observatory data repository, World Health Organisation,
http://apps.who.int/gho/data/node.main.A869?lang=en

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

# Diabetes prevalence

## Adults, 2021
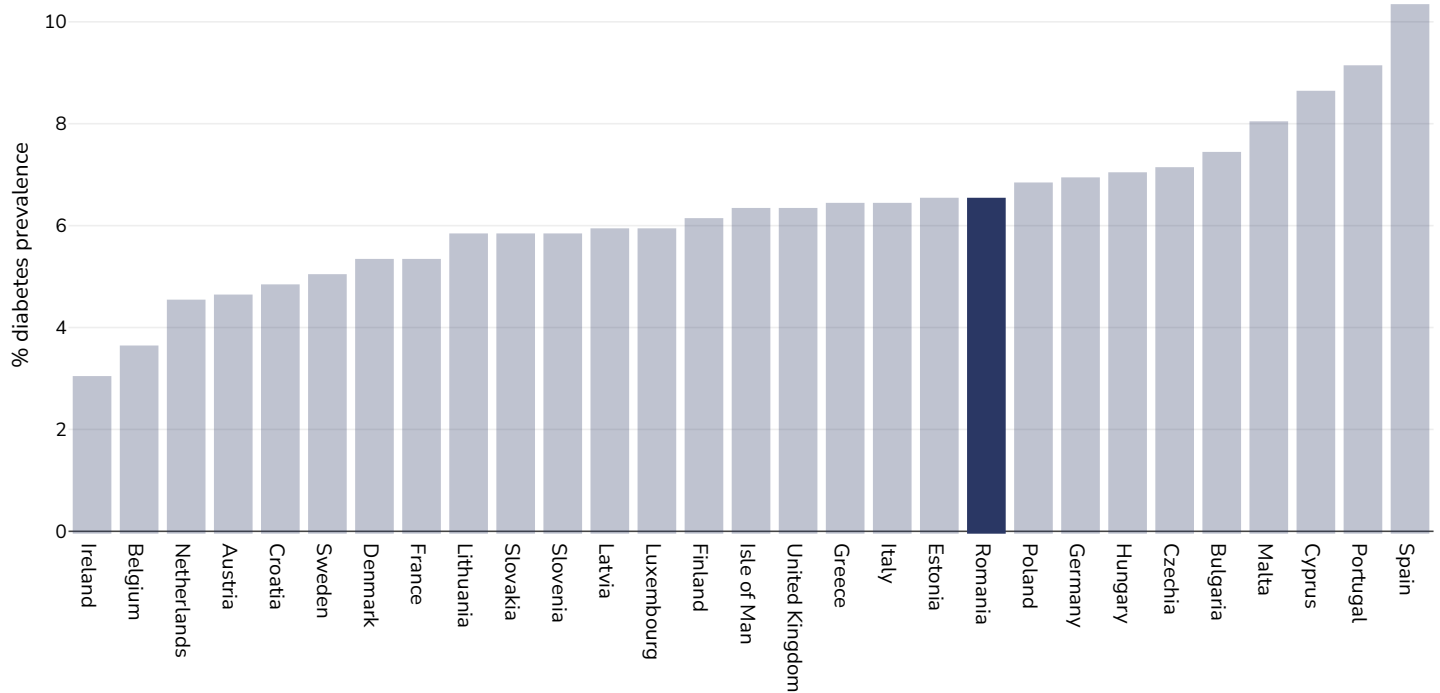


| Age: | 20-79 |
|---|---|
| Area covered: | National |
| References: | Reproduced with kind permission International Diabetes Federation.  IDF Diabetes Atlas, 10th edn. Brussels, Belgium:International Diabetes Federation, 2021. http://www.diabetesatlas.org |
| Definitions: | Age-adjusted comparative 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

| | |
|---|---|
| **Is there mandatory nutrition labelling?** | ✔ |
| Front-of-package labelling? | ✘ |
| Back-of-pack nutrition declaration? | ✔ |
| Color coding? | ✘ |
| Warning label? | ✘ |

# Regulation and marketing

| | |
|---|:---:|
| **Are there fiscal policies on unhealthy products?** | ✖ |
| Tax on unhealthy foods? | ✖ |
| Tax on unhealthy drinks? | ✖ |
| **Are there fiscal policies on healthy products?** | ✖ |
| Subsidy on fruits? | ✖ |
| Subsidy on vegetables? | ✖ |
| Subsidy on other healthy products? | ✖ |
| **Mandatory limit or ban of trans fat (all settings)?** | ✔ |
| Mandatory limit of trans fats in place (all settings)? | ✔ |
| Ban on trans-fats or phos in place (all settings)? | ✖ |
| **Are there any mandatory policies/marketing restrictions on the promotion of unhealthy food/drinks to children?** | ✔ |
| Mandatory restriction on broadcast media? | ✔ |
| Mandatory restriction on non-broadcast media? | ✖ |
| Voluntary policies/marketing restrictions on the promotion of unhealthy food/drinks to children? | ✖ |
| **Are there mandatory standards for food in schools?** | ✔ |
| **Are there any mandatory nutrient limits in any manufactured food products?** | ✖ |
| **Nutrition standards for public sector procurement?** | ✖ |

# Political will and support

| | |
|---|---|
| **National obesity strategy or nutrition and physical activity national strategy?** | ✓ |
| National obesity strategy? | ✓ |
| National childhood obesity strategy? | ✗ |
| Comprehensive nutrition strategy? | ✓ |
| Comprehensive physical activity strategy? | ✓ |
| **Evidence-based dietary guidelines and/or RDAs?** | ✓ |
| **National target(s) on reducing obesity?** | ✗ |
| **Guidelines/policy on obesity treatment?** | ✓ |
| **Promotion of breastfeeding?** | ✓ |

# Monitoring and surveillance

| | |
|---|---|
| **Monitoring of the prevalence and incidence for the main obesity-related NCDs and risk factors?** | ✓ |
| Within 5 years? | ✓ |

# Governance and resource

| | |
|---|---|
| **Multi-sectoral national co-ordination mechanism for obesity or nutrition (including obesity)?** | ✗ |

## Key

✓ Present    ✓v Present (voluntary)    ✓ Incoming    ✗ Absent    ? Unknown

*Last updated September 13, 2022*

*PDF created on May 25, 2024*