



Rumanãa



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/romania-178/>.

Riesgo nacional de obesidad *7/10 This is a composite "obesity risk" score (out of 10, the highest risk) based on obesity prevalence, rate of increase, likelihood of meeting the 2025 target, treatment indicator and childhood stunting levels.

Riesgo de obesidad infantil *7/11 This is a "risk score" for each country's likelihood of having or acquiring a major childhood obesity problem during the 2020s, taking account of current prevalence levels and risk for future obesity (based on stunting among infants, maternal obesity, maternal smoking, and breastfeeding rates).

* Basado en datos estimados. Para obtener más información, consulte Publicaciones.

Prevalencia de obesidad

Niños, 2022-2024

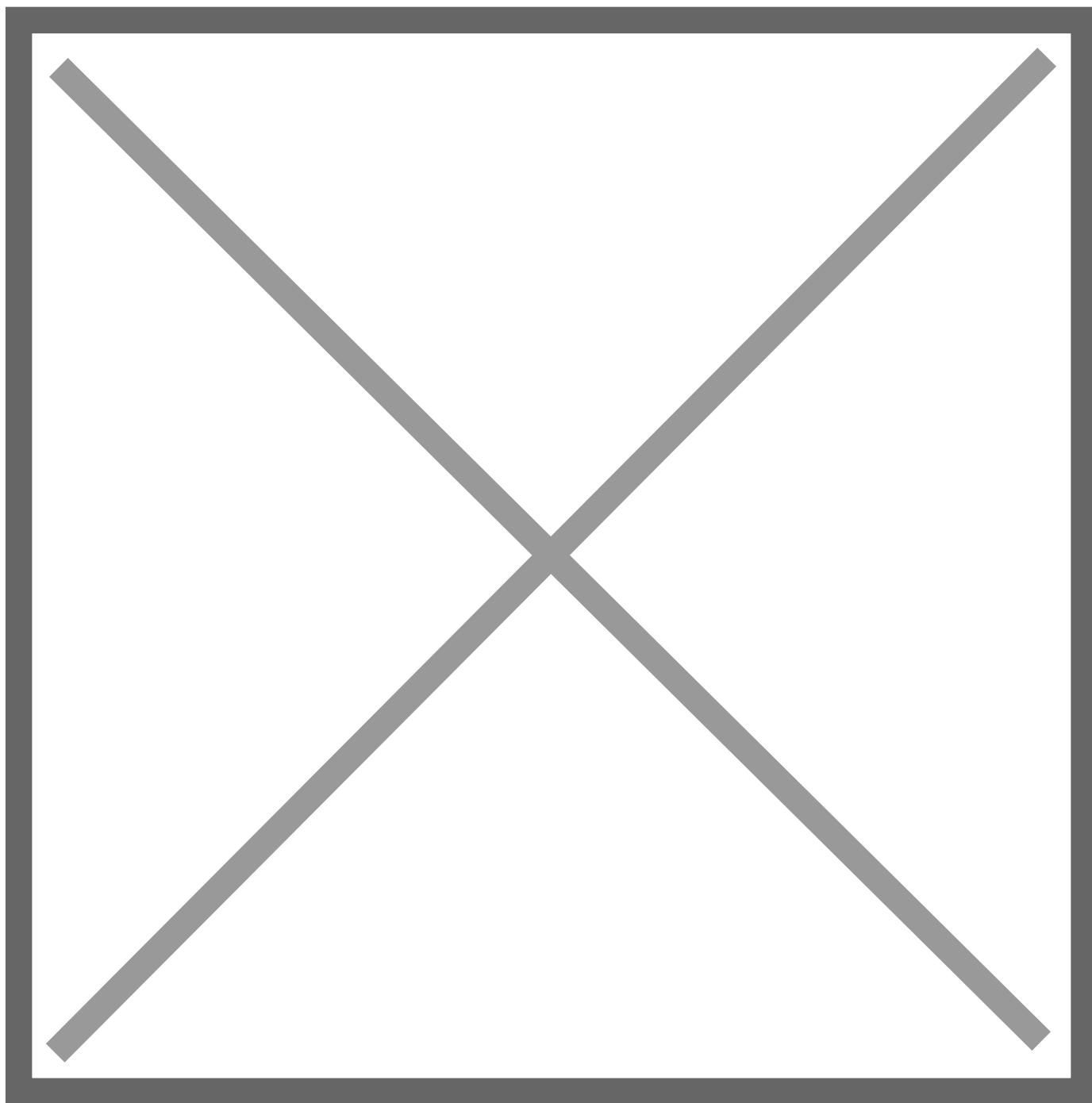


Tipo de encuesta:	Medido
Edad:	7
Zona abarcada:	Nacional

Referencias:	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

Sobrepeso/obesidad según nivel de estudios

Niños, 2019

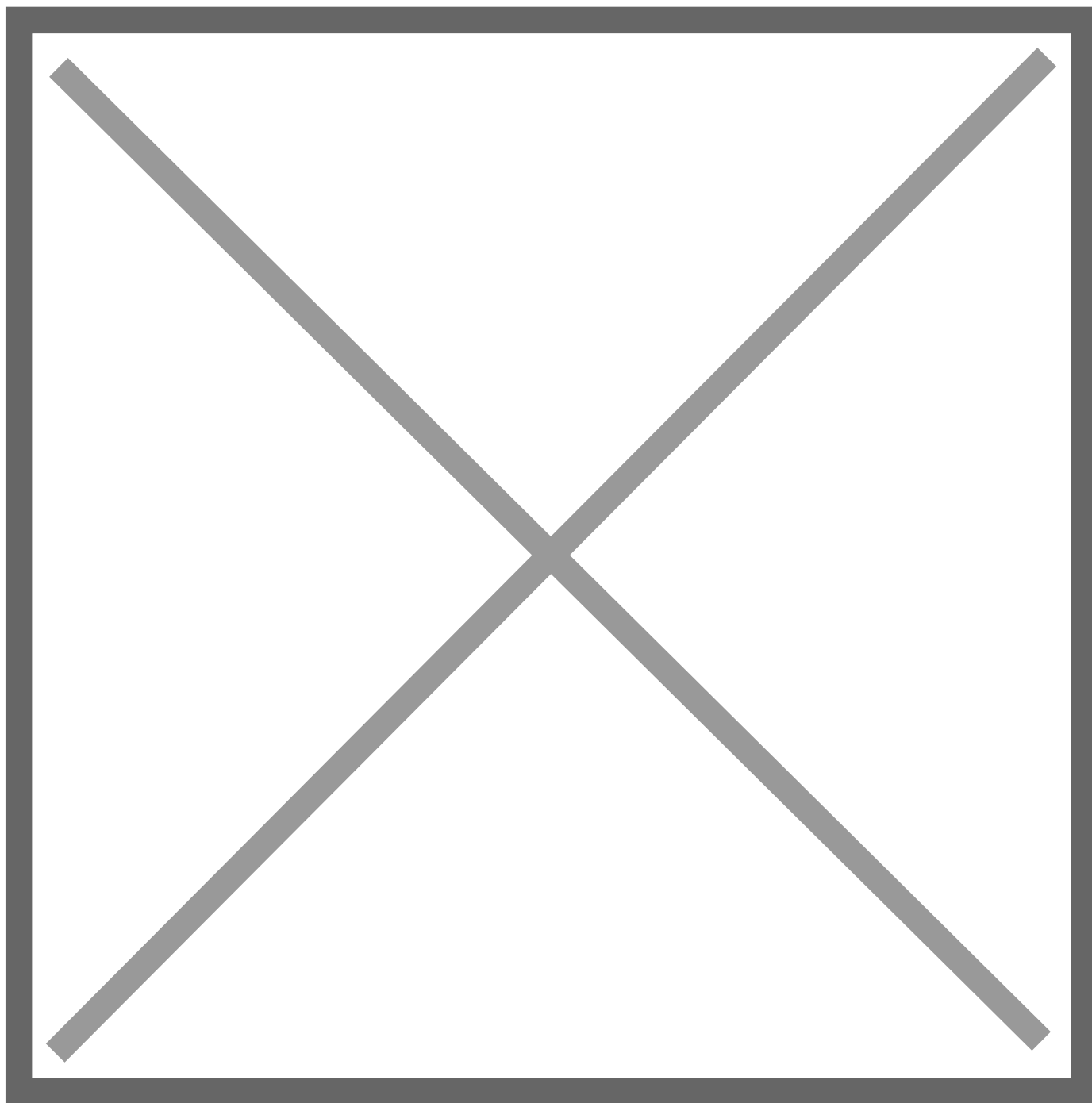


Tipo de encuesta:	Medido
Edad:	7-9
Tamaño de la muestra:	10,393

Zona abarcada:	Nacional
Referencias:	European Childhood Obesity Surveillance Initiative (COSI) - Romania Report. 2020. INSP. https://insp.gov.ro/download/cosi-2019-raport-final-pdf/ [Accessed 15.07.25]
Notas:	Part of COSI Round 5 (2018-20)
Definiciones (solo disponible en inglés):	Level of family education
Cutoffs:	WHO 2007

Sobrepeso/obesidad por edad

Niños, 2022-2023



Tipo de
encuesta:

Medido

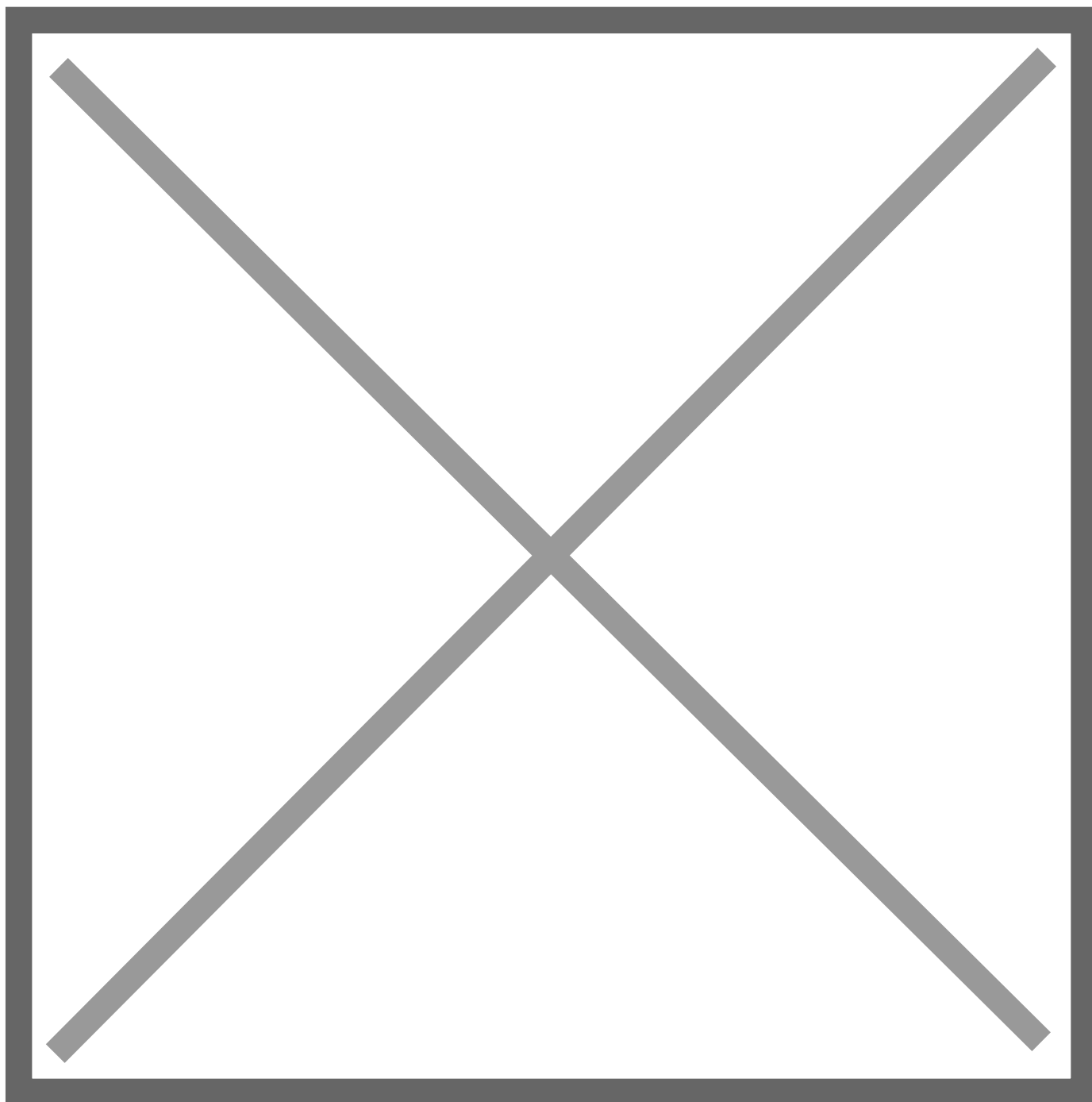
Tamaño de
la muestra:

2173

Zona abarcada:	Nacional
Referencias:	EVALUAREA STĂRII DE SĂNĂTATE COPII - EHES raport (CHILD HEALTH ASSESSMENT - EHES report). - Ministerul Sănătății, Promotorul Proiectului - Institutul Național de Sănătate Publică . https://www.insmc.ro/wp-content/uploads/2021/02/EHES-01-9535-V9.0_Final.pdf [Accessed 15.07.25]
Notas:	Sample size given is for ages 1-19, this data only includes ages 5-19
Cutoffs:	WHO 2007

Sobrepeso/obesidad por región³

Niños, 2022-2023

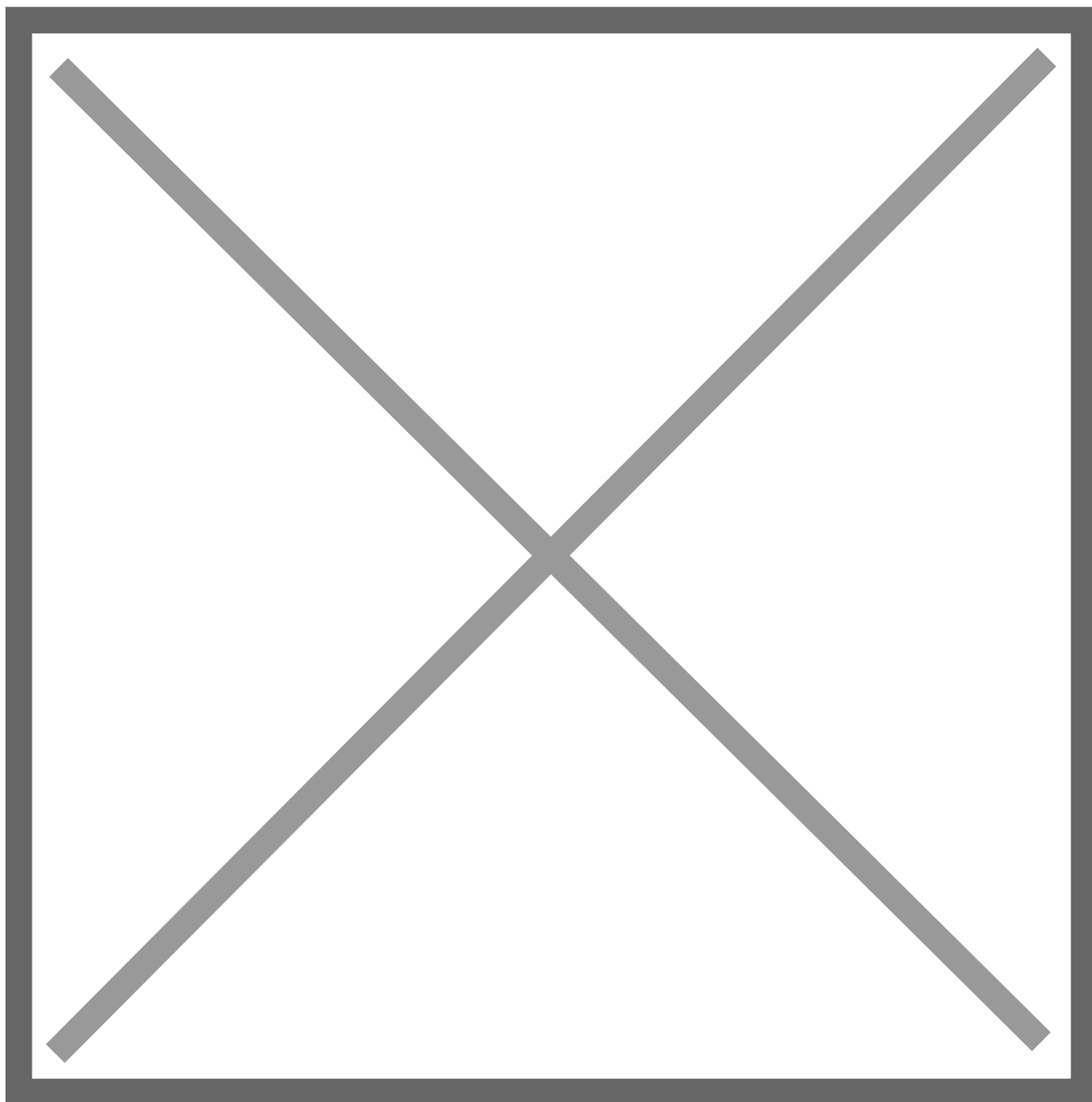


Tipo de encuesta:	Medido
Edad:	5-19
Tamaño de la muestra:	2173

Zona abarcada:	Nacional
Referencias:	EVALUAREA STĂRII DE SĂNĂTATE COPII - EHES raport (CHILD HEALTH ASSESSMENT - EHES report). - Ministerul Sănătății, Promotorul Proiectului - Institutul Național de Sănătate Publică . https://www.insmc.ro/wp-content/uploads/2021/02/EHES-01-9535-V9.0_Final.pdf [Accessed 15.07.25]
Notas:	Sample size given is for ages 1-19, this data only includes ages 5-19
Cutoffs:	WHO 2007

Sobrepeso/obesidad por nivel socioeconómico

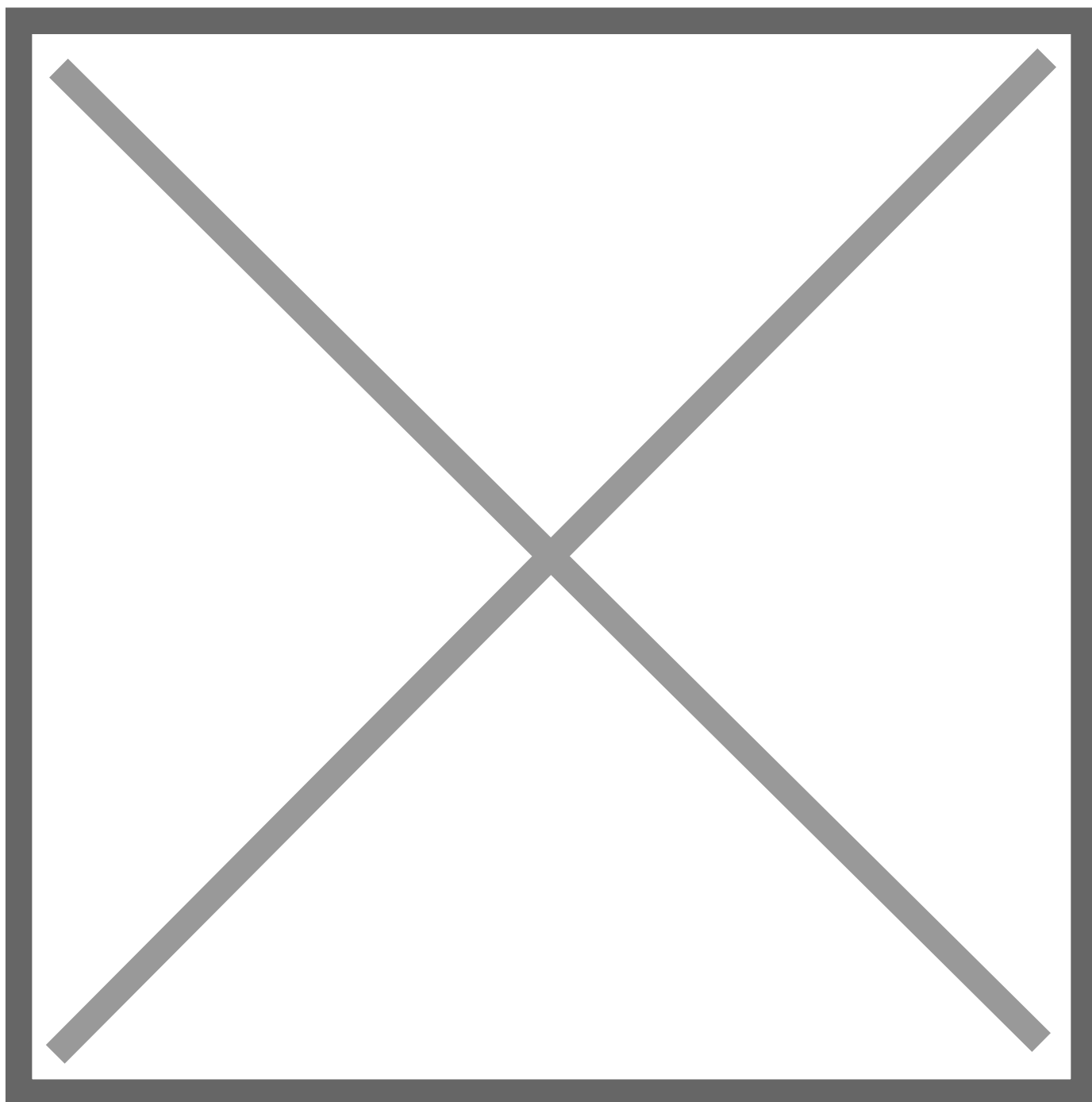
Chicos, 2017-2018



Tipo de encuesta:	Autodeclarado
Edad:	11-15
Tamaño de la muestra:	4520

Zona abarcada:	Nacional
Referencias:	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.
Notas:	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."
Definiciones (solo disponible en inglés):	HBSC Family Affluence Scale (FAS)
Cutoffs:	WHO

Chicas, 2017-2018

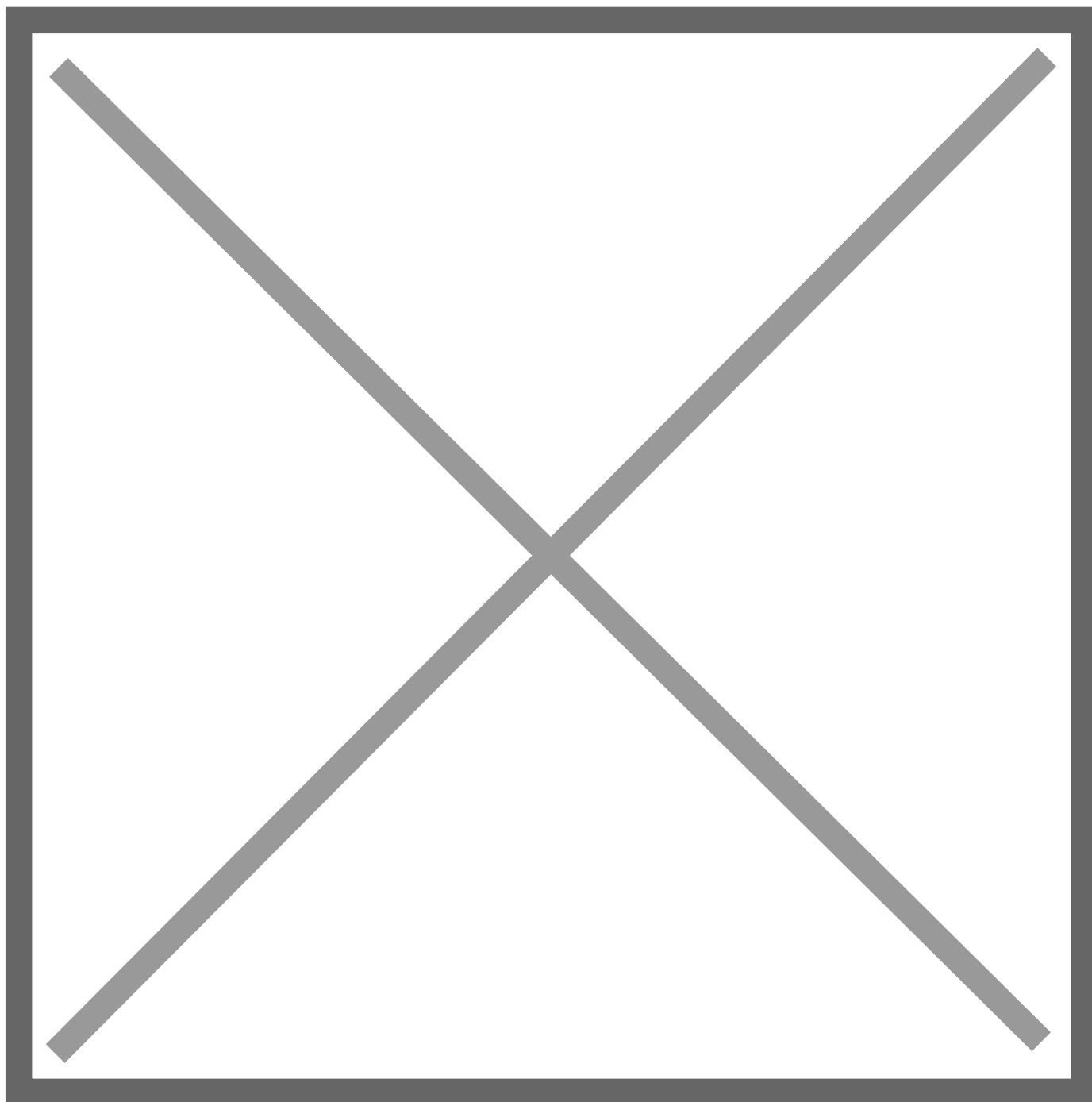


Tipo de encuesta:	Autodeclarado
Edad:	11-15
Tamaño de la muestra:	4520
Zona abarcada:	Nacional

Referencias:	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.
Notas:	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."
Definiciones (solo disponible en inglés):	HBSC Family Affluence Scale (FAS)
Cutoffs:	WHO

Double burden of underweight & overweight

Niños, 2022



Tipo de encuesta:

Medido

Edad:

5-19

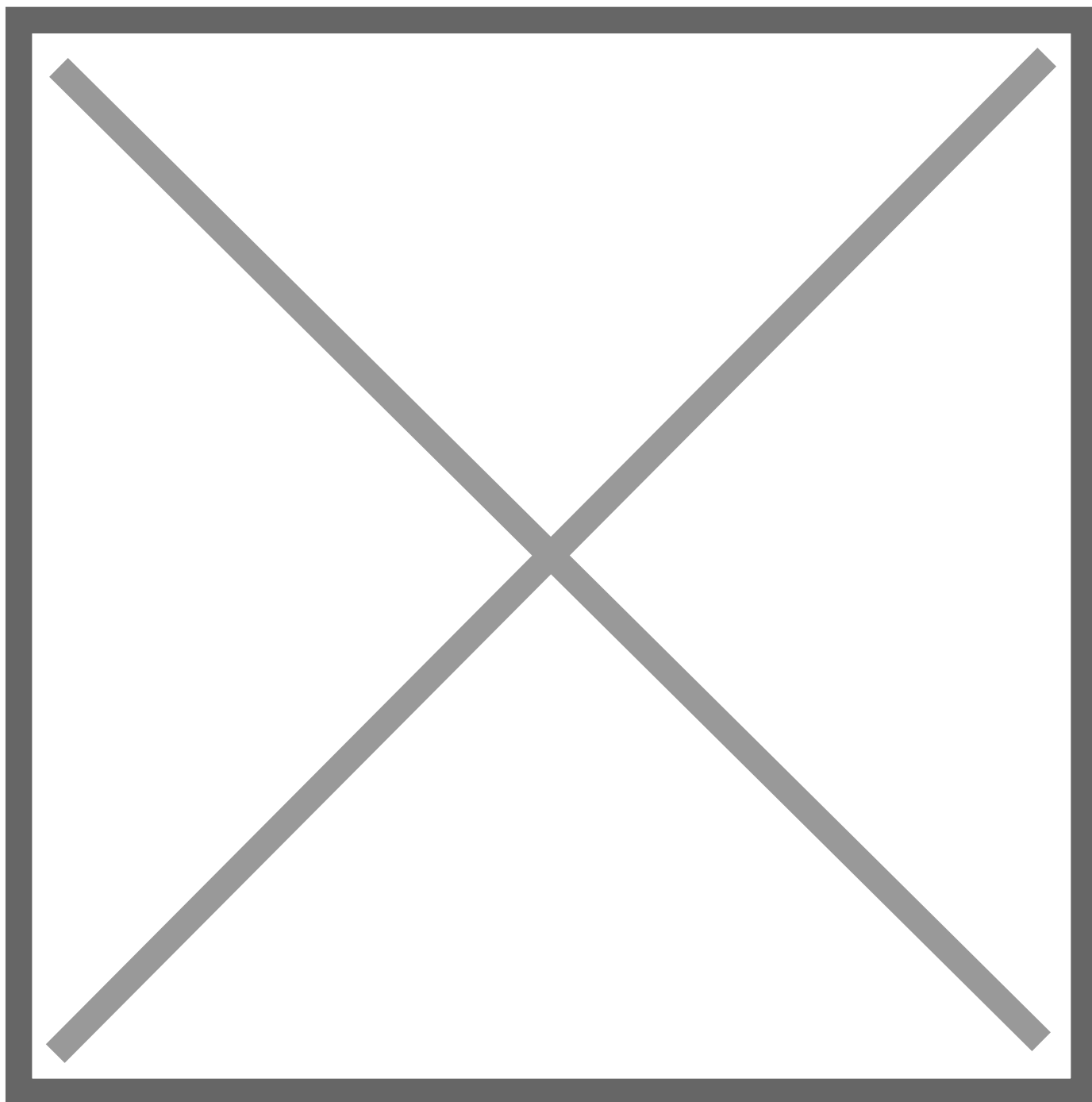
Referencias:

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. [https://doi.org/10.1016/S0140-6736\(23\)02750-2](https://doi.org/10.1016/S0140-6736(23)02750-2).

Notas:	Age standardised estimates
Definiciones (solo disponible en inglés):	Combined prevalence of BMI < -2SD and BMI > 2SD (double burden of thinness and obesity)
Cutoffs:	BMI < -2SD and BMI > 2SD

Actividad física insuficiente

Chicos, 2022

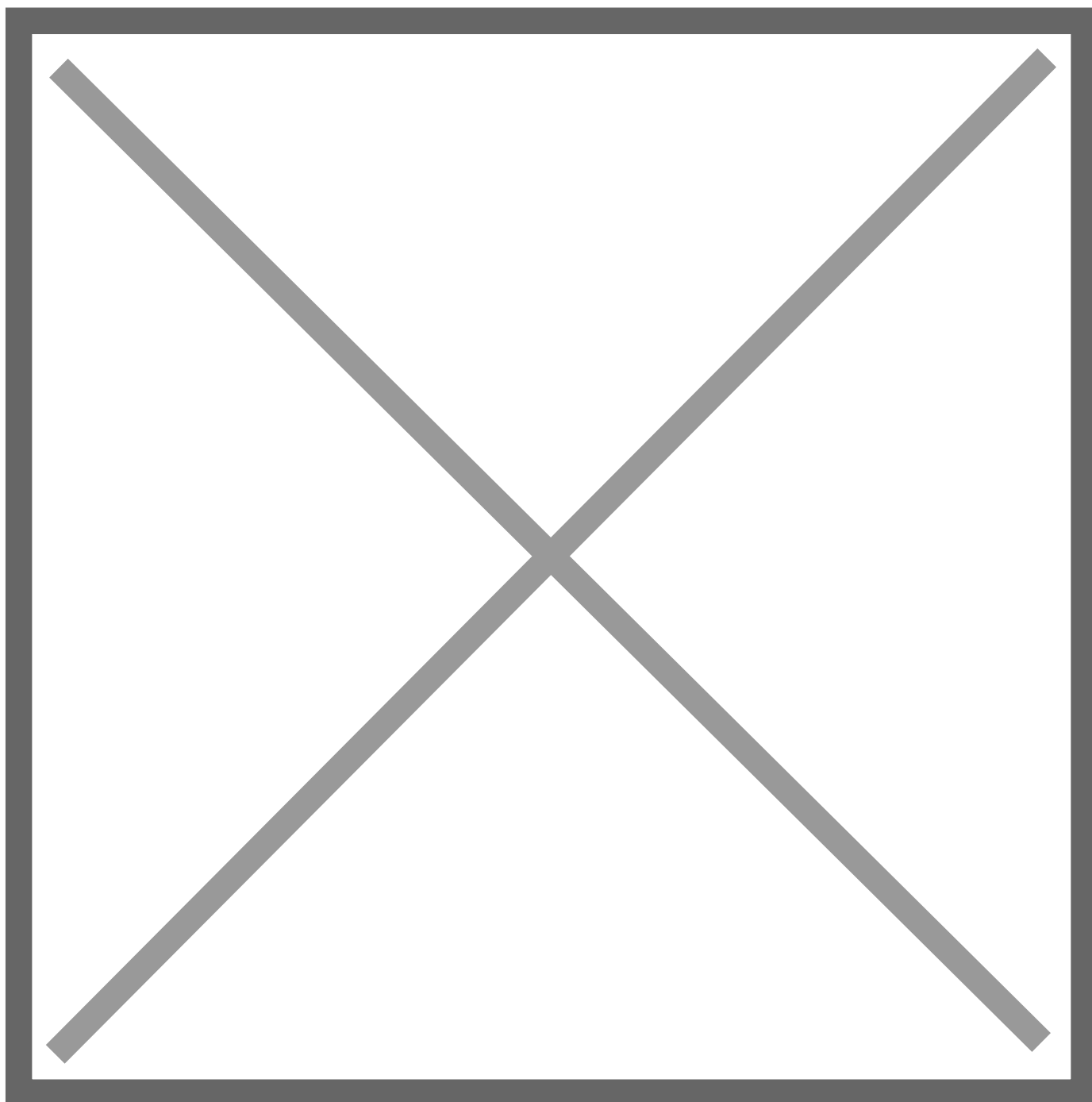


Zona
abarcada:

Nacional

Referencias:	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 .
Notas:	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.
Definiciones (solo disponible en inglés):	% reporting less than 60 minutes of MVPA daily

Chicas, 2022



**Zona
abarcada:**

Nacional

Referencias:

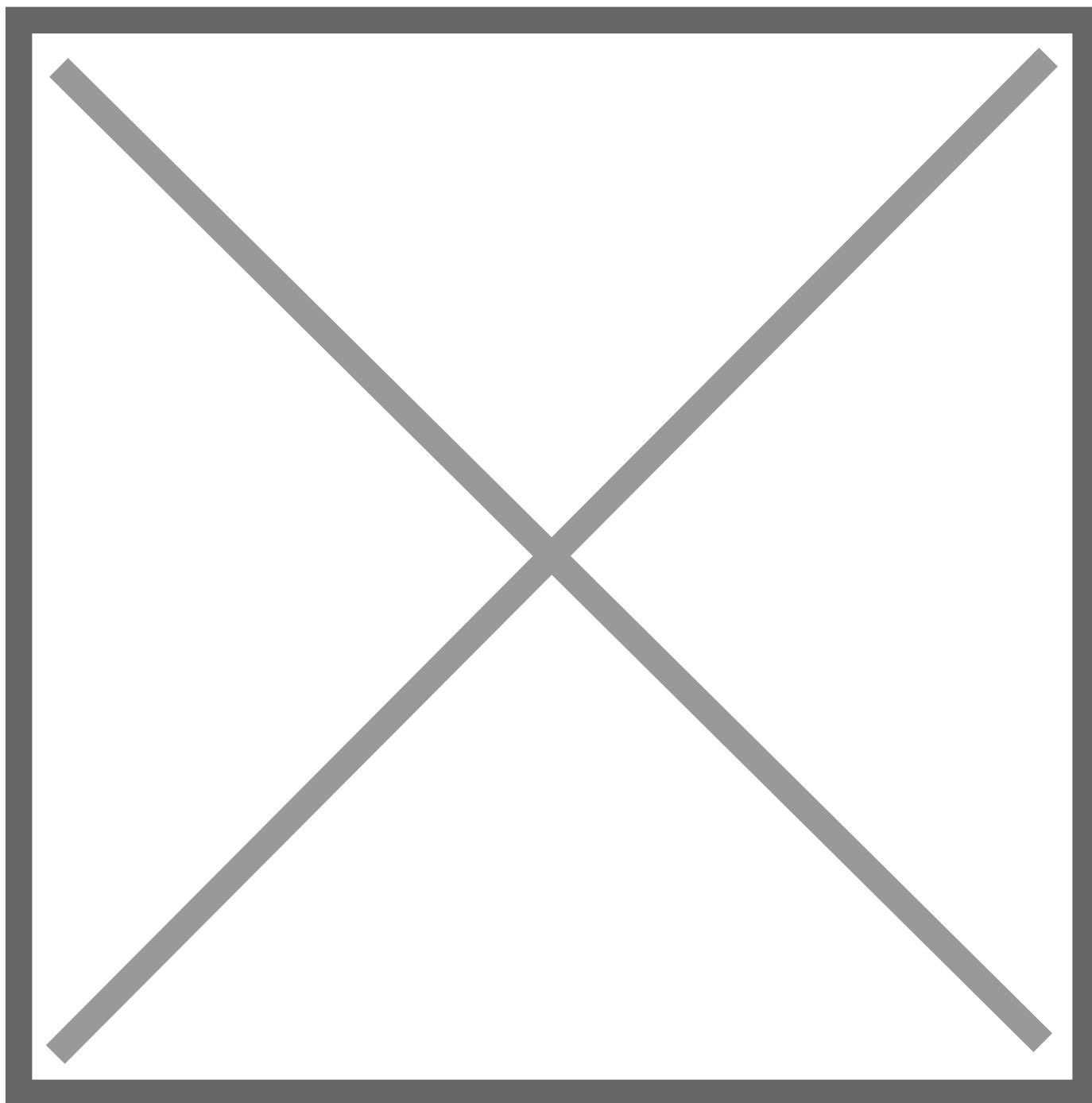
Rakić JG, Hamrik Z, Dzielska A, Felder-Puig R, Oja L, Bakalár P et al. A focus on adolescent physical activity, eating behaviours, weight status and body image in Europe, central Asia and Canada. Health Behaviour in School-aged Children international report from the 2021/2022 survey. Volume 4. Copenhagen: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

Notas: 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.

Definiciones (solo disponible en inglés): % reporting less than 60 minutes of MVPA daily

Prevalencia del consumo diario de refrescos carbonatados

Chicos, 2021-2022



**Zona
abarcada:**

Nacional

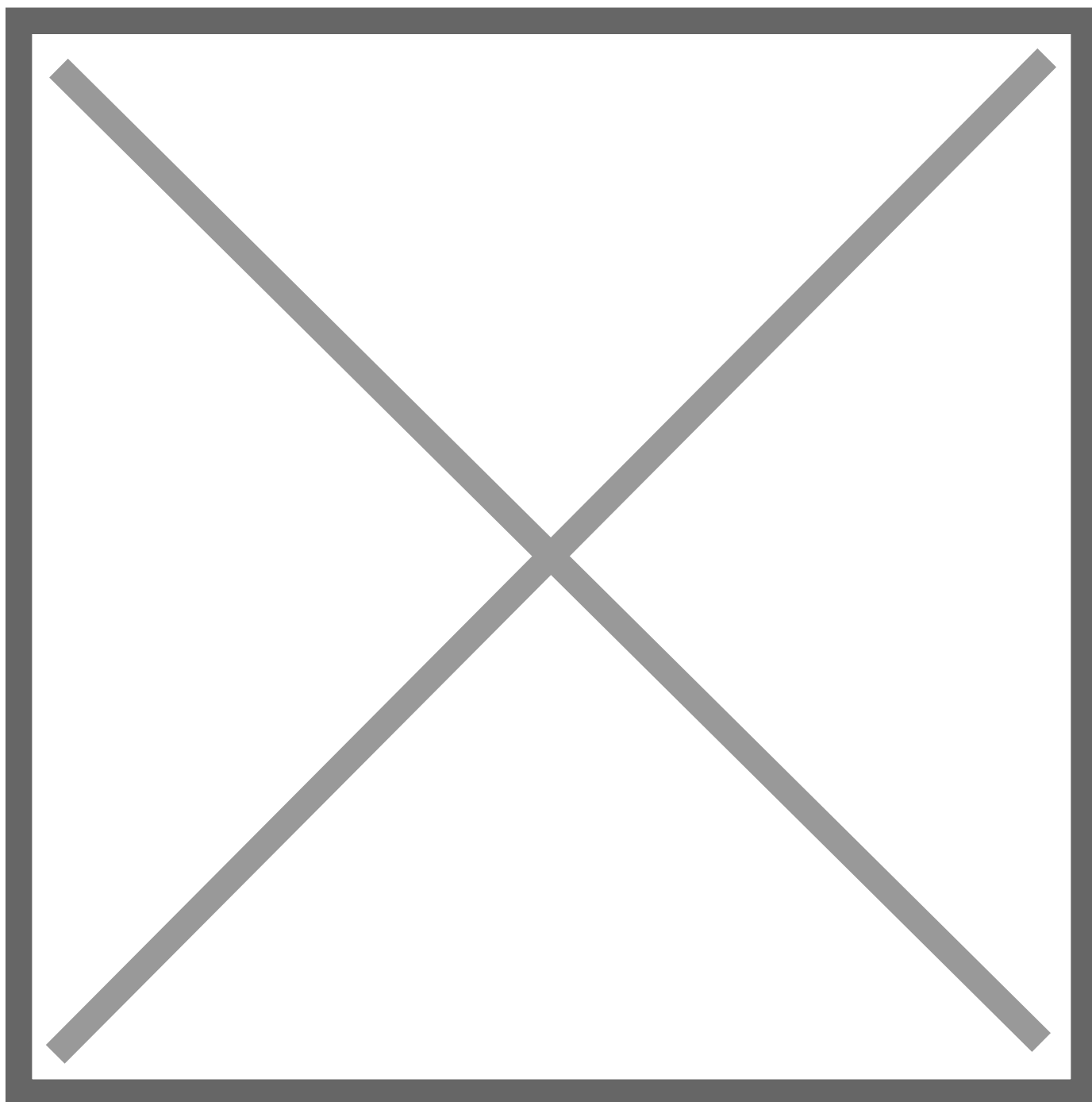
Referencias:

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

Definiciones
(solo
disponible en
ingl  s):

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

Chicas, 2021-2022



**Zona
abarcada:**

Nacional

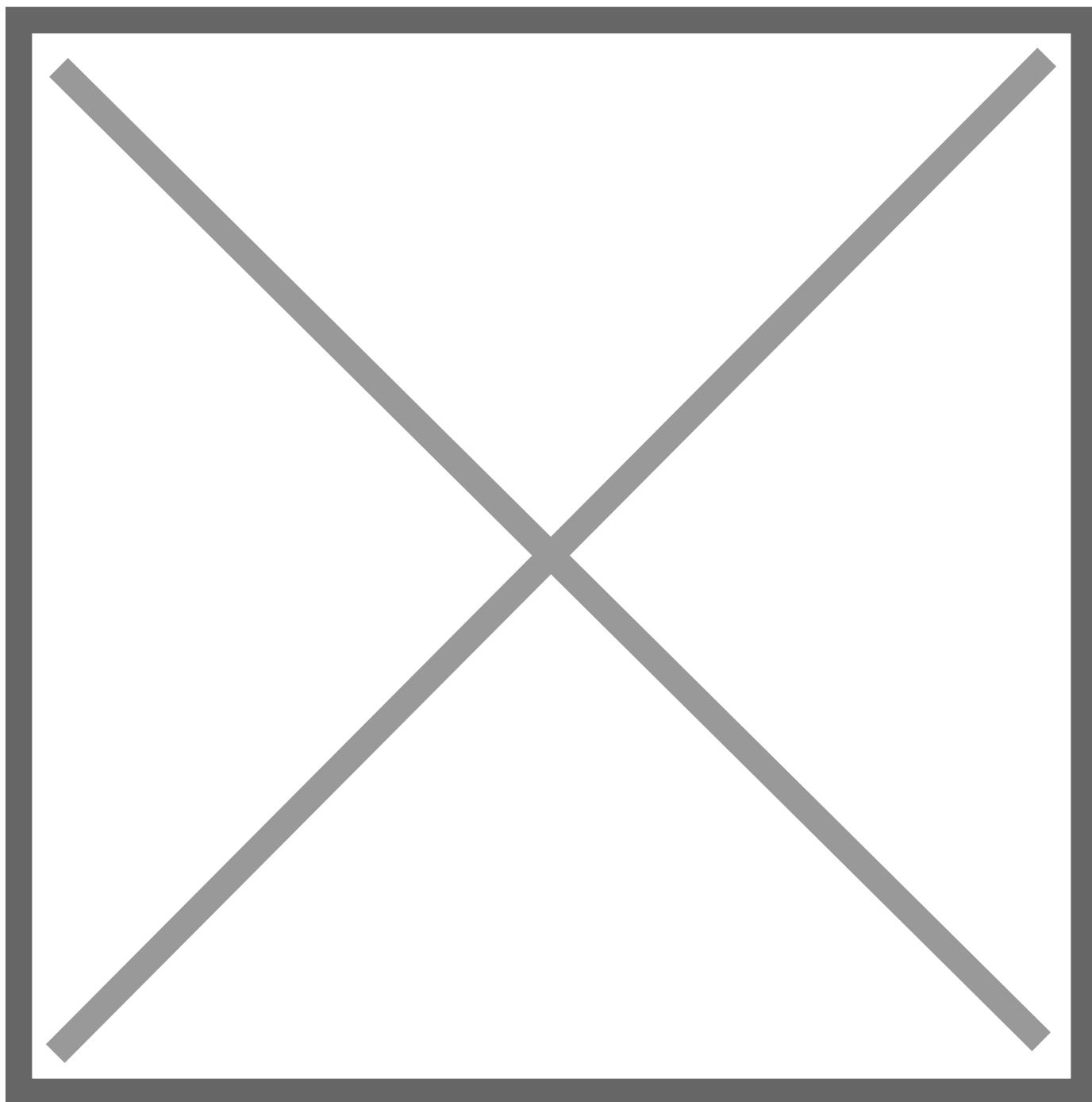
Referencias:

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

**Definiciones
(solo
disponible en
inglés):**

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

Prevalencia del consumo de fruta menos de una vez al día Niños, 2014



Tipo de
encuesta:

Medido

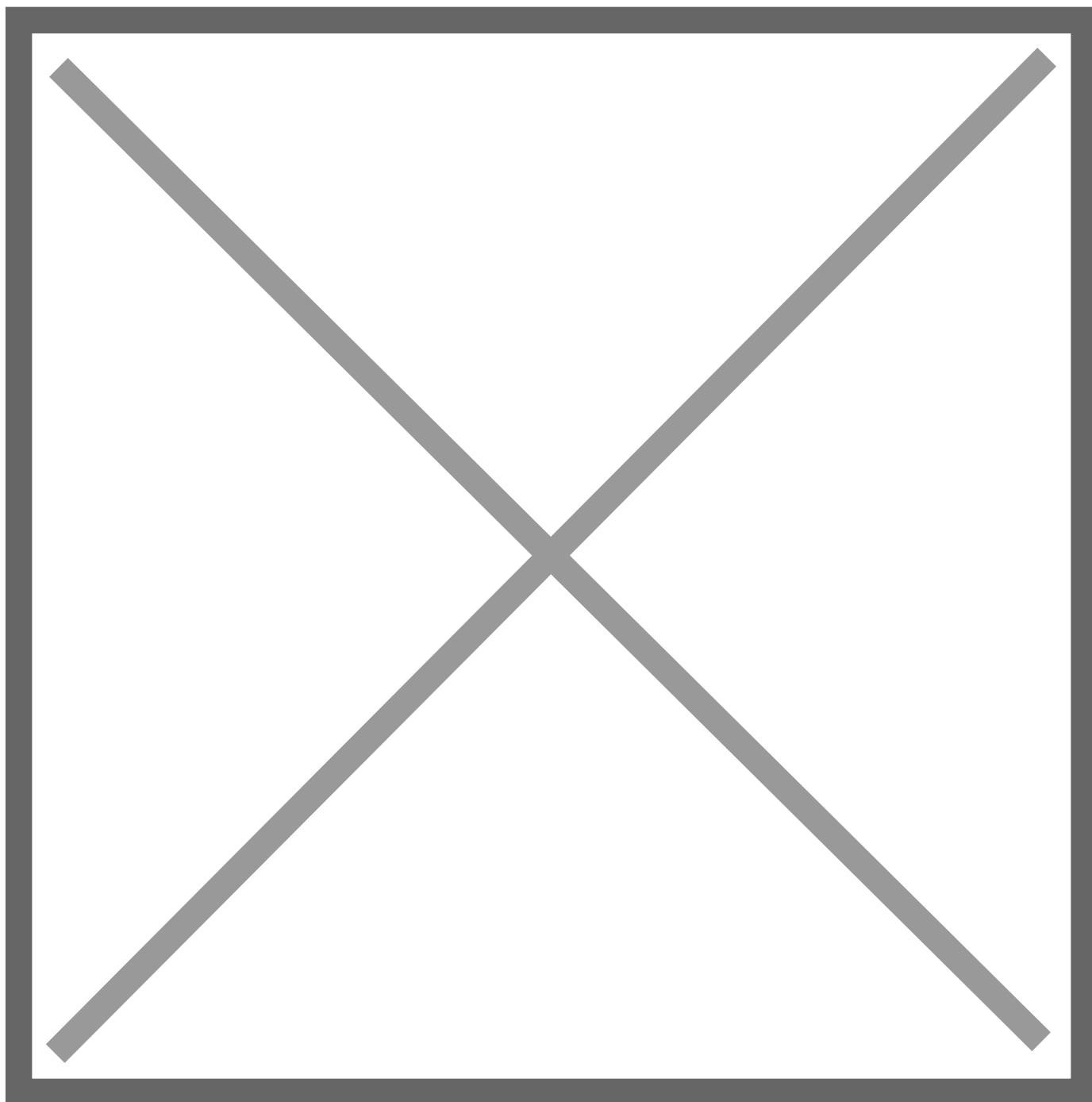
Referencias:

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>

**Definiciones
(solo
disponible en
inglés):**

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

Prevalencia del consumo de verdura menos de una vez al día Niños, 2014



Tipo de encuesta:

Medido

Edad:

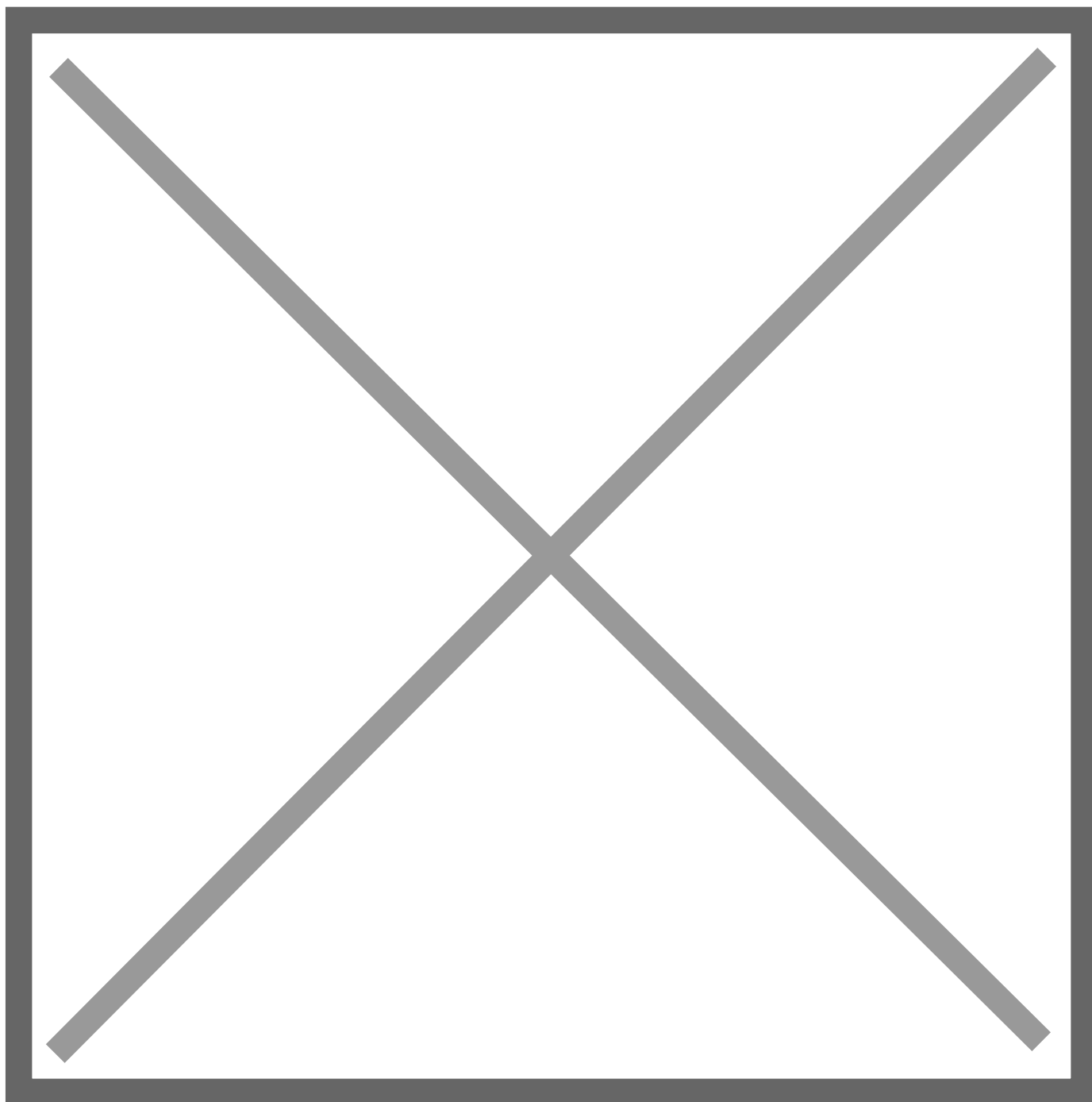
12-17

Referencias: 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>

Definiciones (solo disponible en inglés): Prevalence of less-than-daily vegetable consumption (% less-than-daily vegetable consumption)

Salud mental: trastornos de depresión

Niños, 2021



**Zona
abarcada:**

Nacional

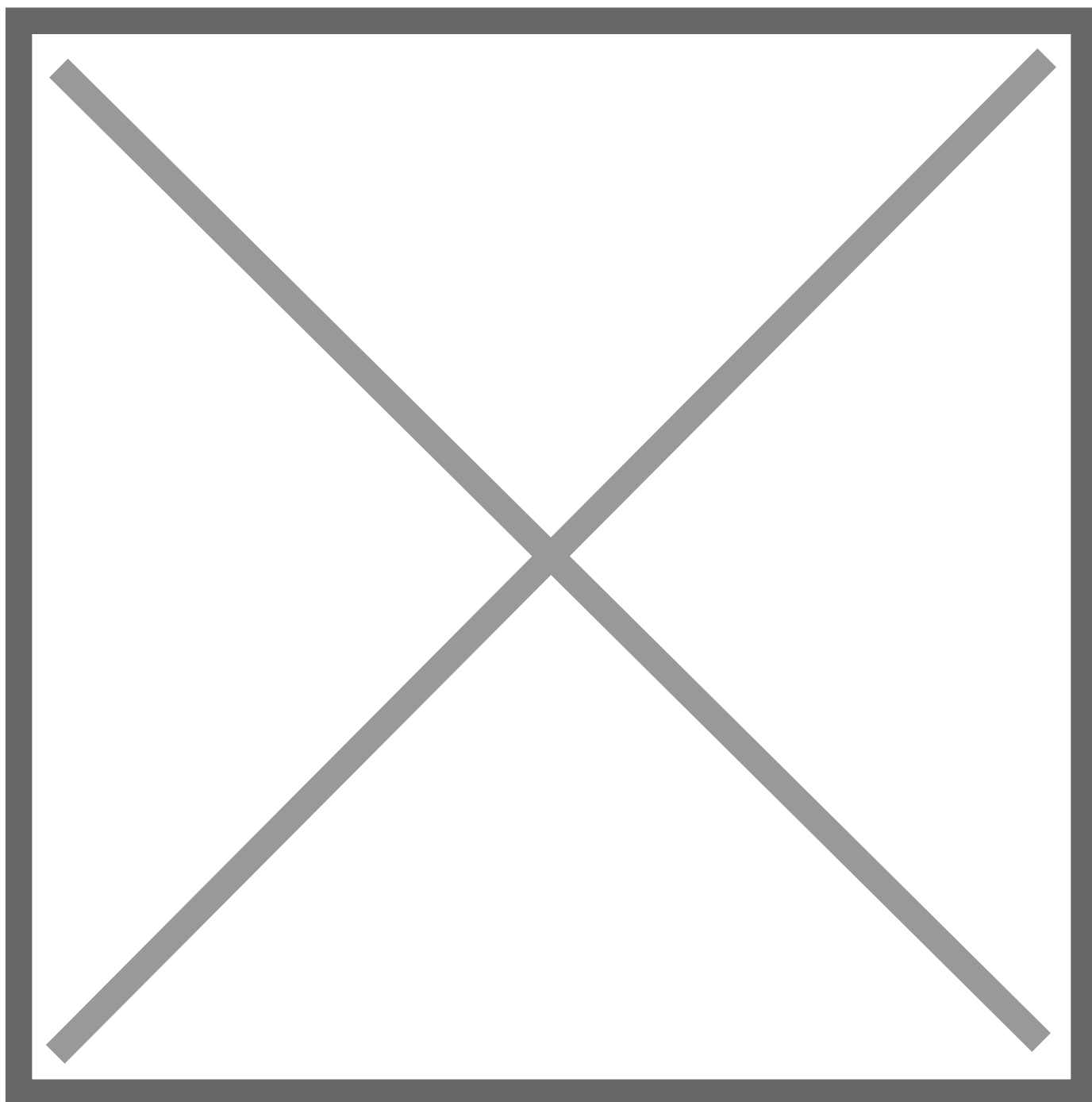
Referencias:

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)

**Definiciones
(solo
disponible en
inglés):**

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

Chicos, 2021



**Zona
abarcada:**

Nacional

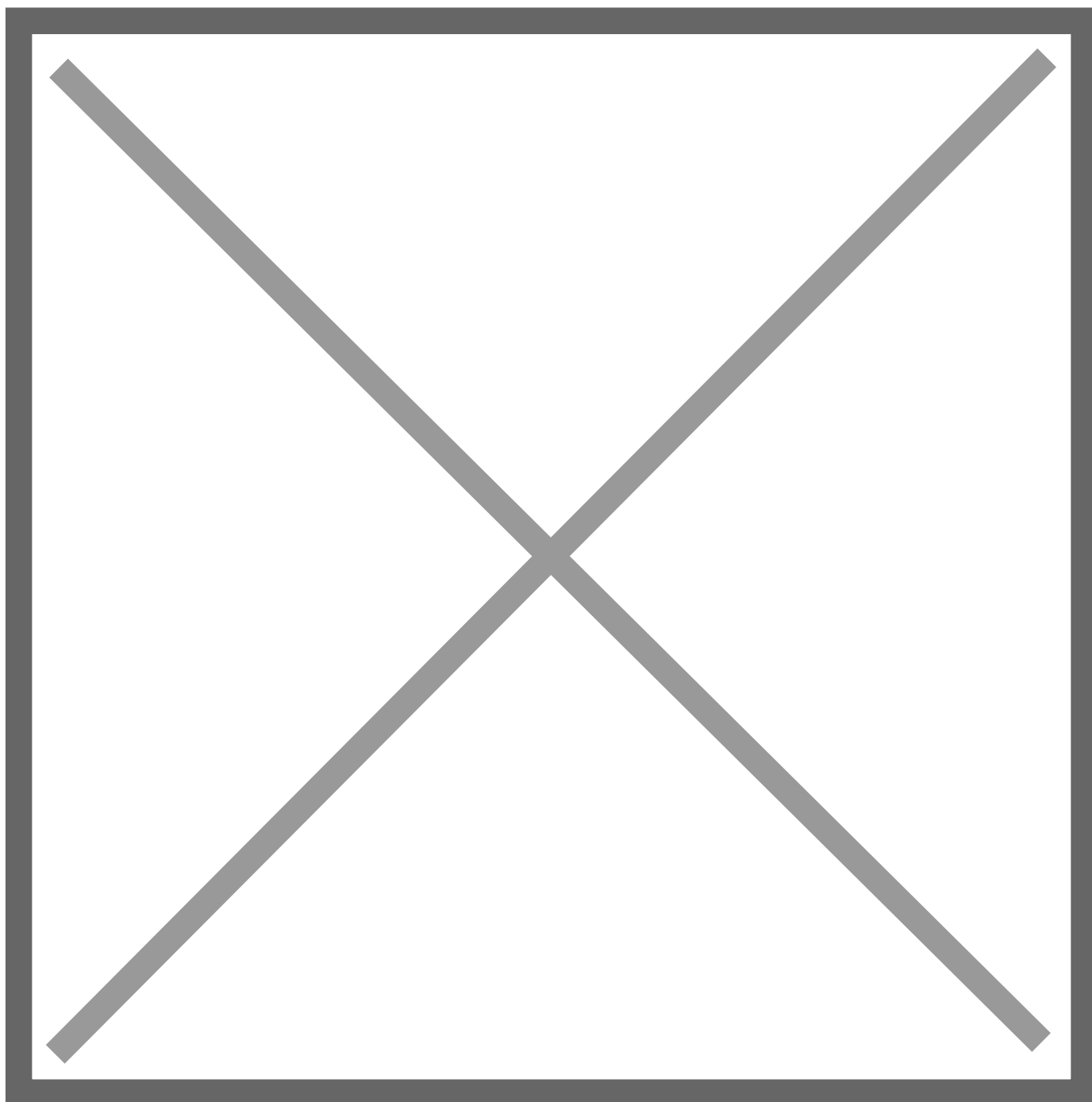
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Chicas, 2021



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abarcada:**

Nacional

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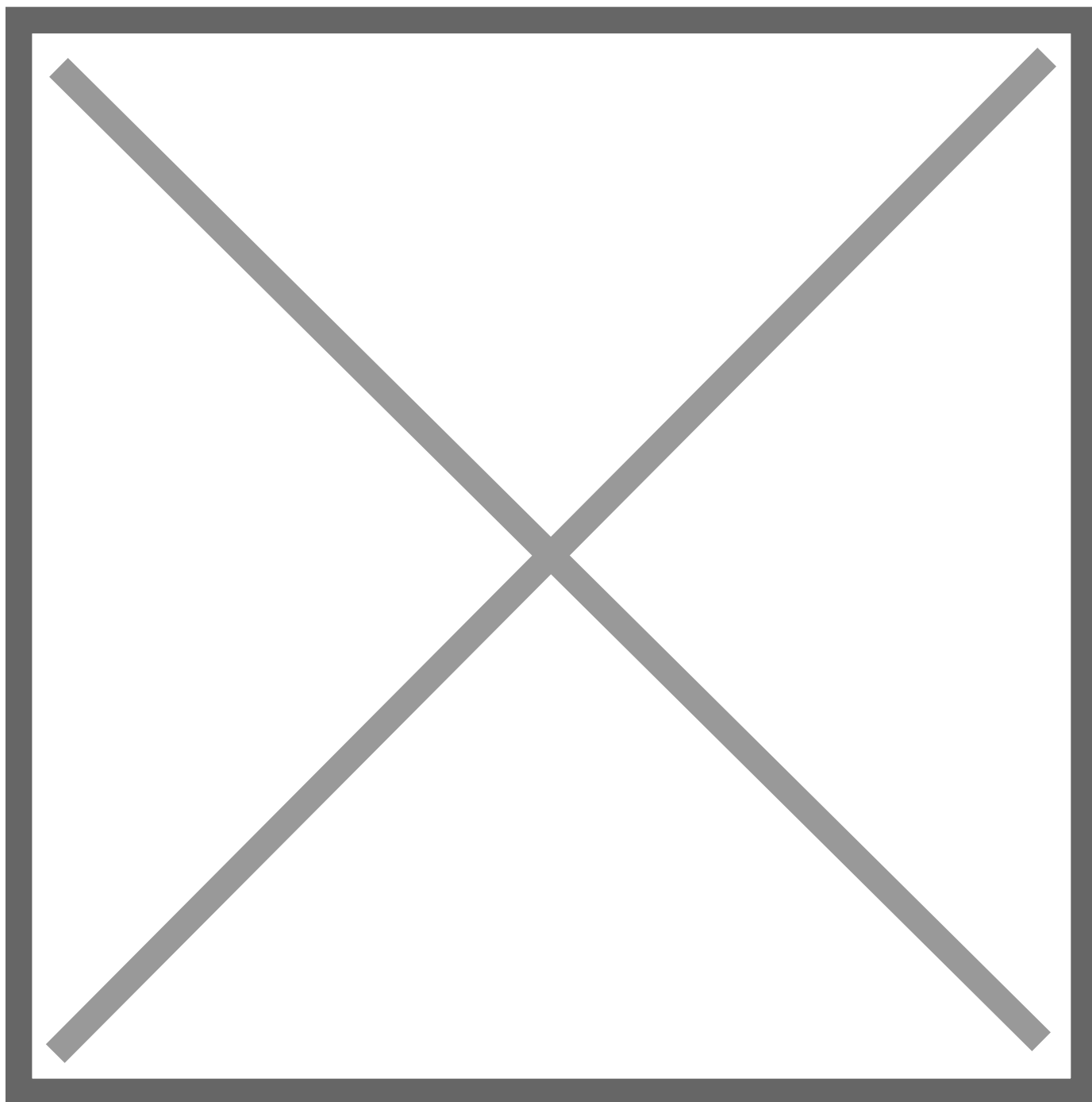
Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

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inglés):**

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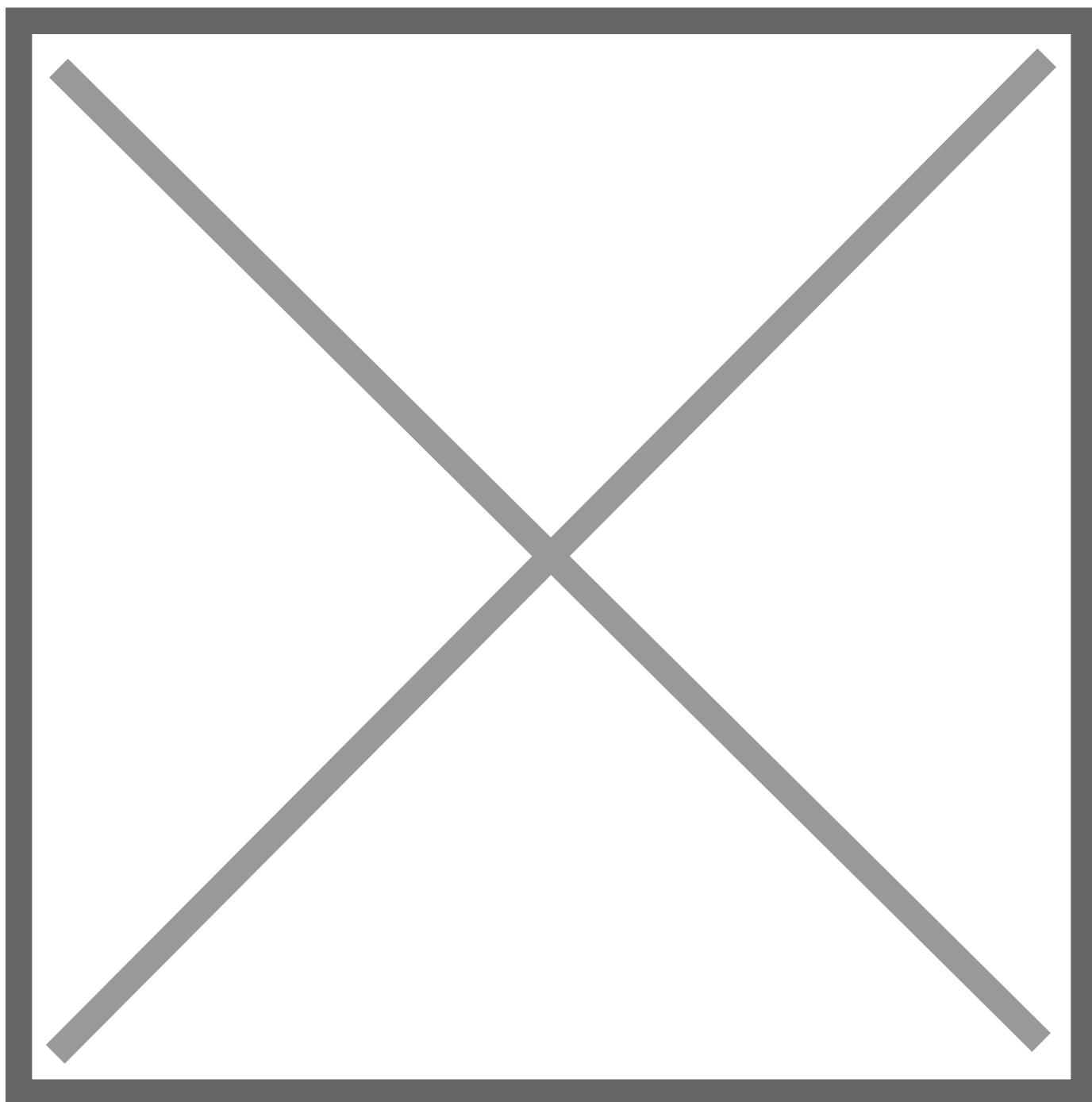
Salud mental: trastornos de ansiedad

Niños, 2021

**Referencias:**

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)

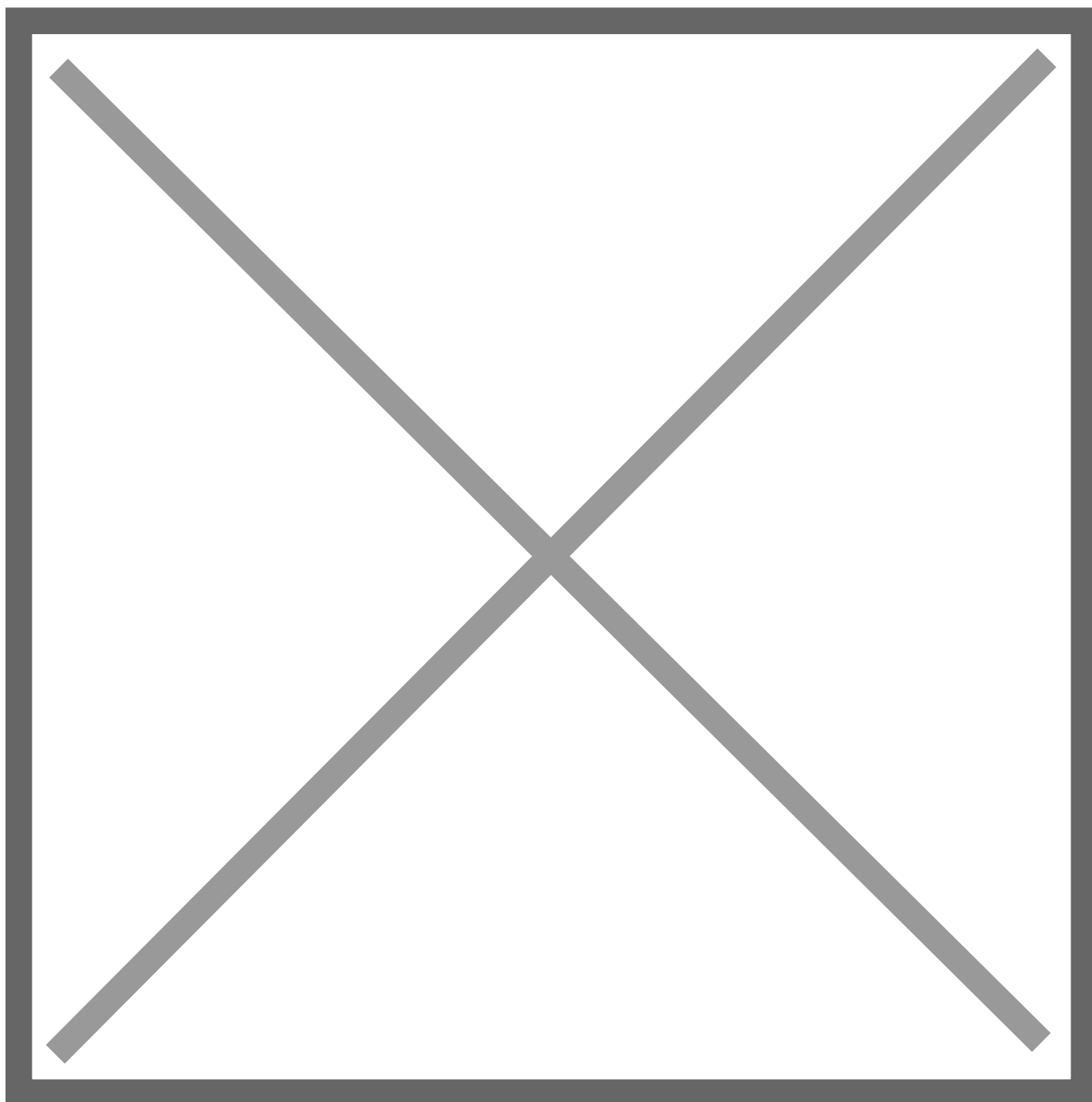
Chicos, 2021



Referencias:

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)

Chicas, 2021



Referencias:

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 July 19, 2025