



Rumunsko



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/>.

Nã;rodnã© riziko obezity ***7/10** This is a composite â[] obesity riskâ[] 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. Riziko detskeje obezity ***7/11** This is a â[] risk scoreâ[] for each countryâ[] 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).

* Na zã;klade odhadovanã½ch ãºdajov. ã[] alã;je informã;cie sa nachã;dzaãº v publikã;ciã;ch

Prevalencia obezity

Deti, 2022-2024



**Typ
prieskumu:**

Nameraný; hodnota

Vek:

7

**Dotknutý
oblasť:**

Národný

Odkazy:	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

Nadväzha/obezita pod¾¾a vzdelania

Deti, 2019



**Typ
prieskumu:**

Nameranä; hodnota

Vek:

7-9

**Ve¾¾kosä
vzorky:**

10,393

Dotknutý oblasť:	Národná
Odkazy:	European Childhood Obesity Surveillance Initiative (COSI) - Romania Report. 2020. INSP. https://insp.gov.ro/download/cosi-2019-raport-final-pdf/ [Accessed 15.07.25]
Poznámky (k dispozícii iba v angličtine):	Part of COSI Round 5 (2018-20)
Definície (k dispozícii iba v angličtine):	Level of family education
Cutoffs:	WHO 2007

Nadväjsa/obezita pod 3/4a veku

Deti, 2022-2023



Typ
prieskumu:

Nameranä; hodnota

Ve 3/4kos 2
vzorky:

2173

**Dotknutá
oblasť:**

Národná

Odkazy:

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]

**Poznámky (k
dispozicií
v angličtině):**

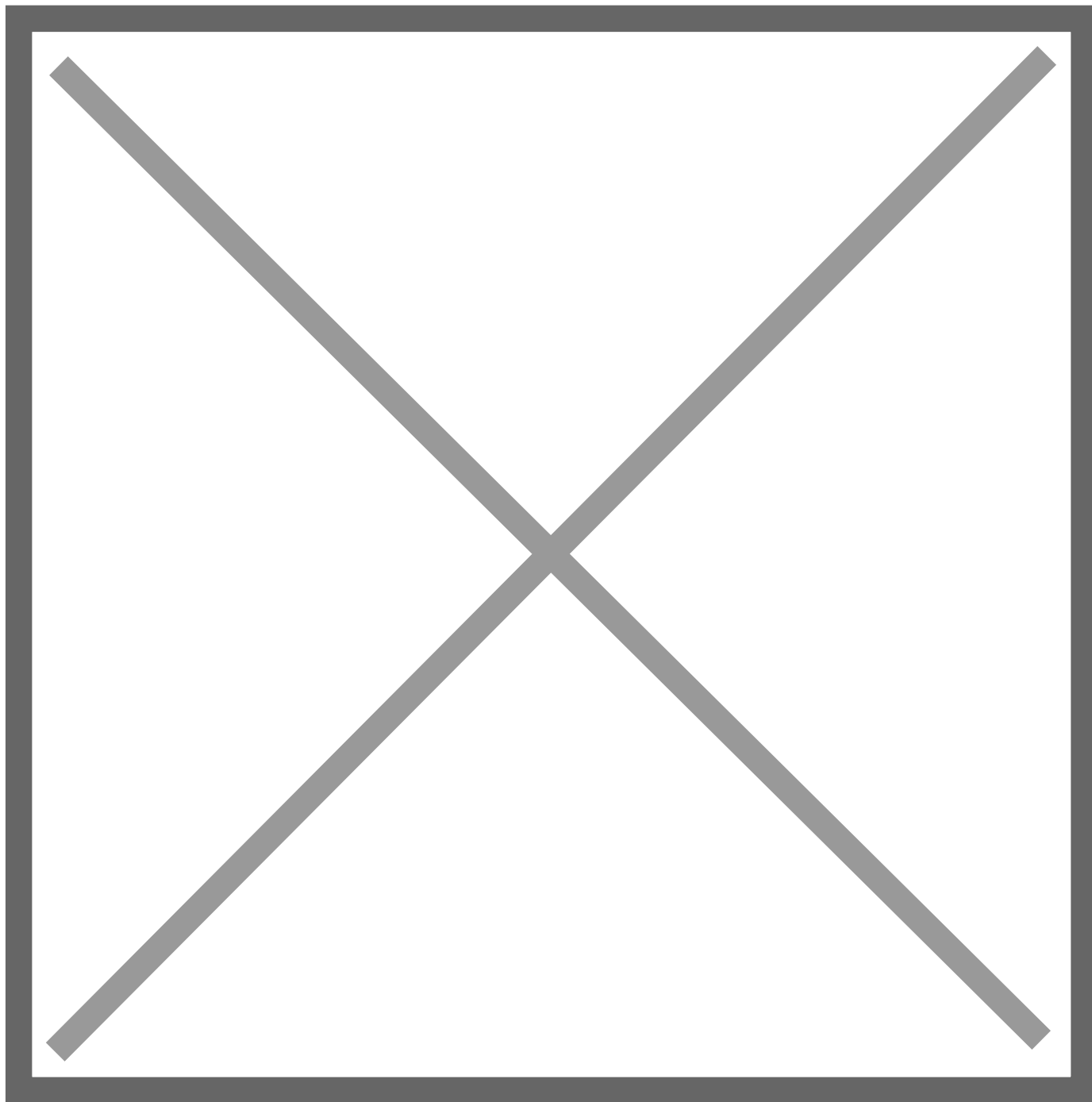
Sample size given is for ages 1-19, this data only includes ages 5-19

Cutoffs:

WHO 2007

Nadväjsa/obezita pod 3/4a regiänu

Deti, 2022-2023



Typ
prieskumu:

Nameranä; hodnota

Vek:

5-19

Veäkosä
vzorky:

2173

Dotknutá
oblasť:

Národná

Odkazy:

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]

Poznámky (k
dispozicií
v angličtině):

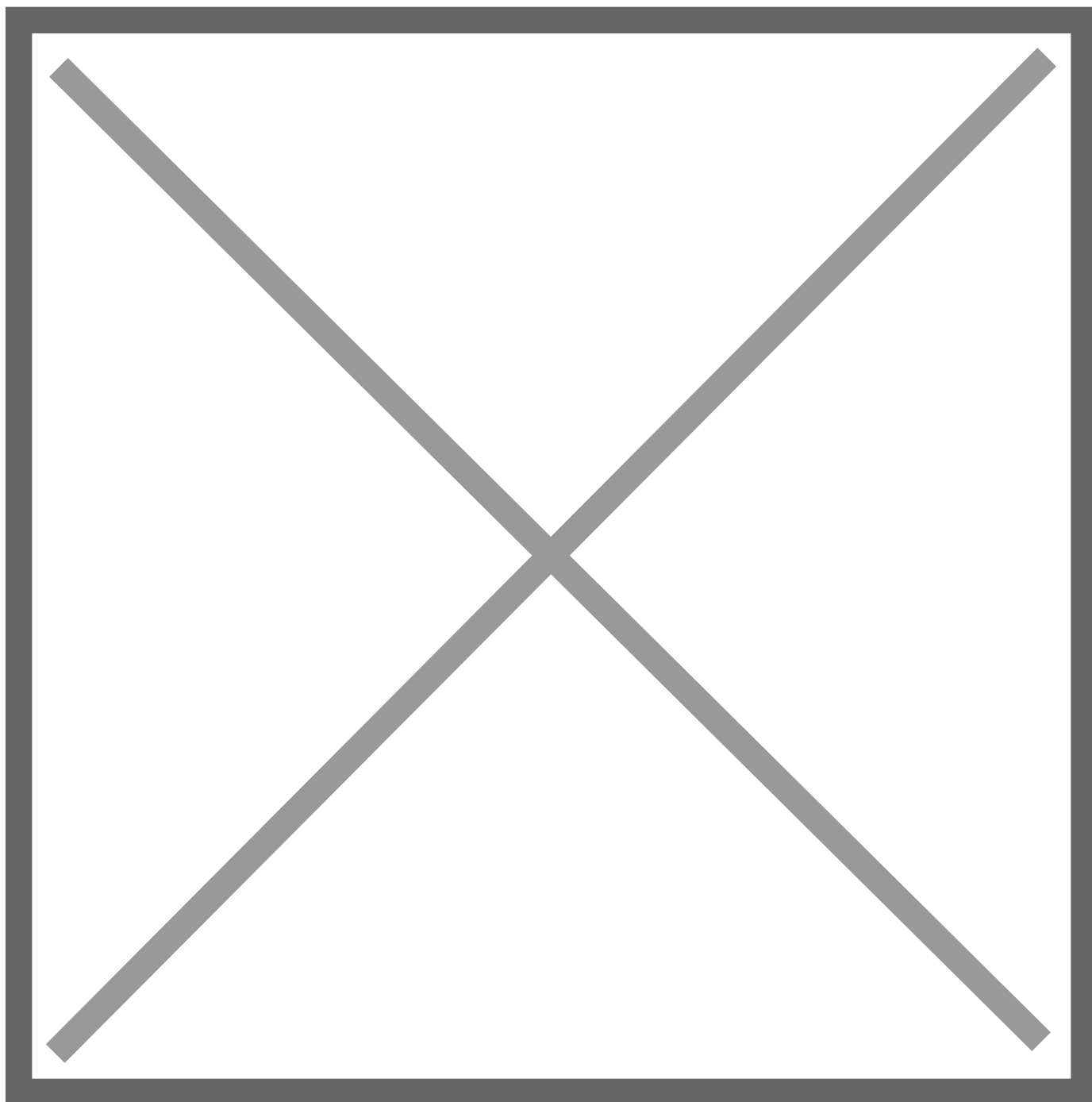
Sample size given is for ages 1-19, this data only includes ages 5-19

Cutoffs:

WHO 2007

Nadvä́ha/obezita podÄ¾a sociÄ¾no-ekonomickej skupiny

Chlapci, 2017-2018



**Typ
prieskumu:**

Vlastná© hlásenie

Vek:

11-15

**Veľkosť
vzorky:**

4520

Dotknutá
oblasť:

Národná

Odkazy:

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.

Poznámky (k
dispozícii iba
v angličtine):

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."

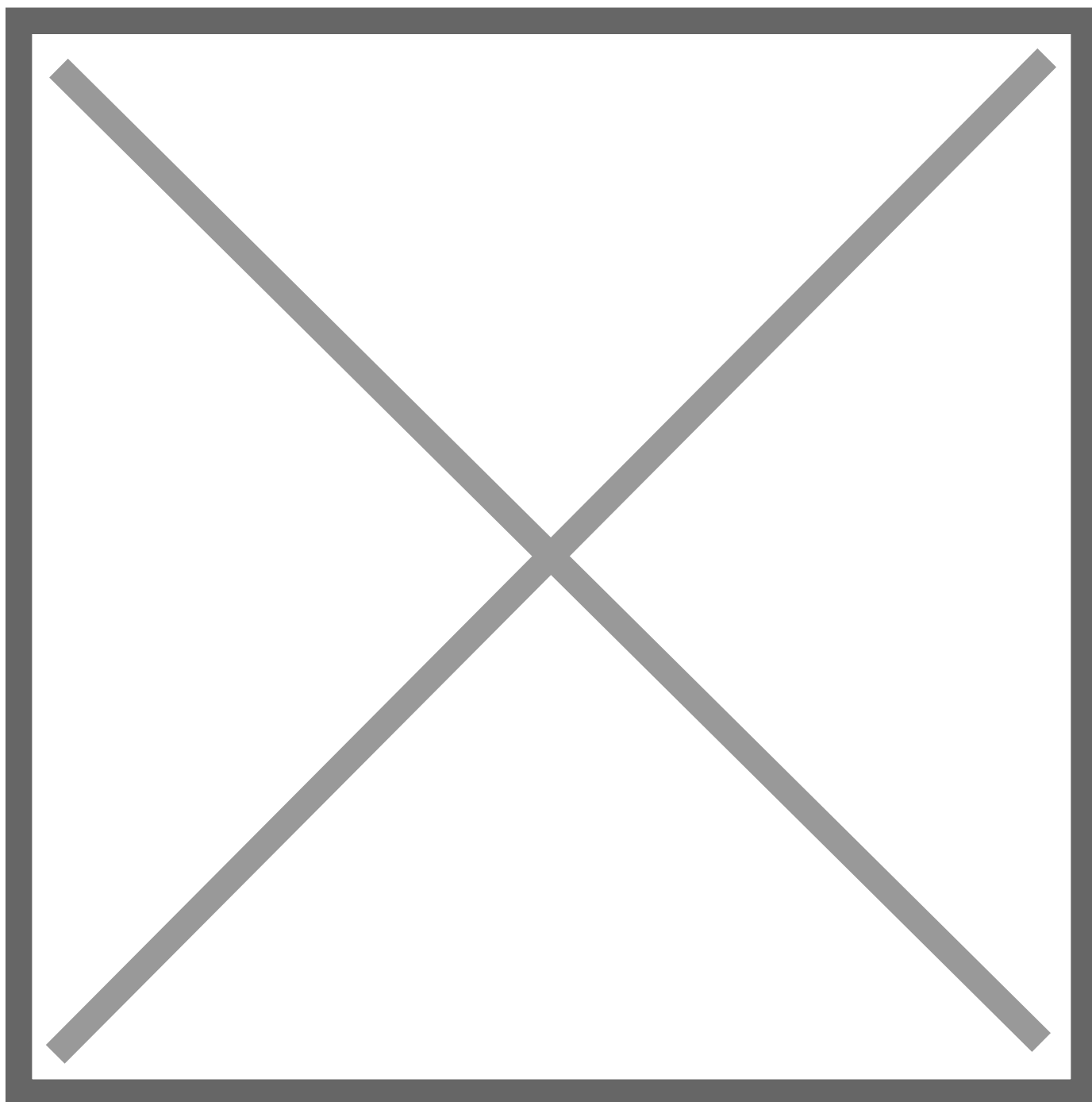
Definície (k
dispozícii iba
v angličtine):

HBSC Family Affluence Scale (FAS)

Cutoffs:

WHO

DievÄŕ atÄŕ, 2017-2018

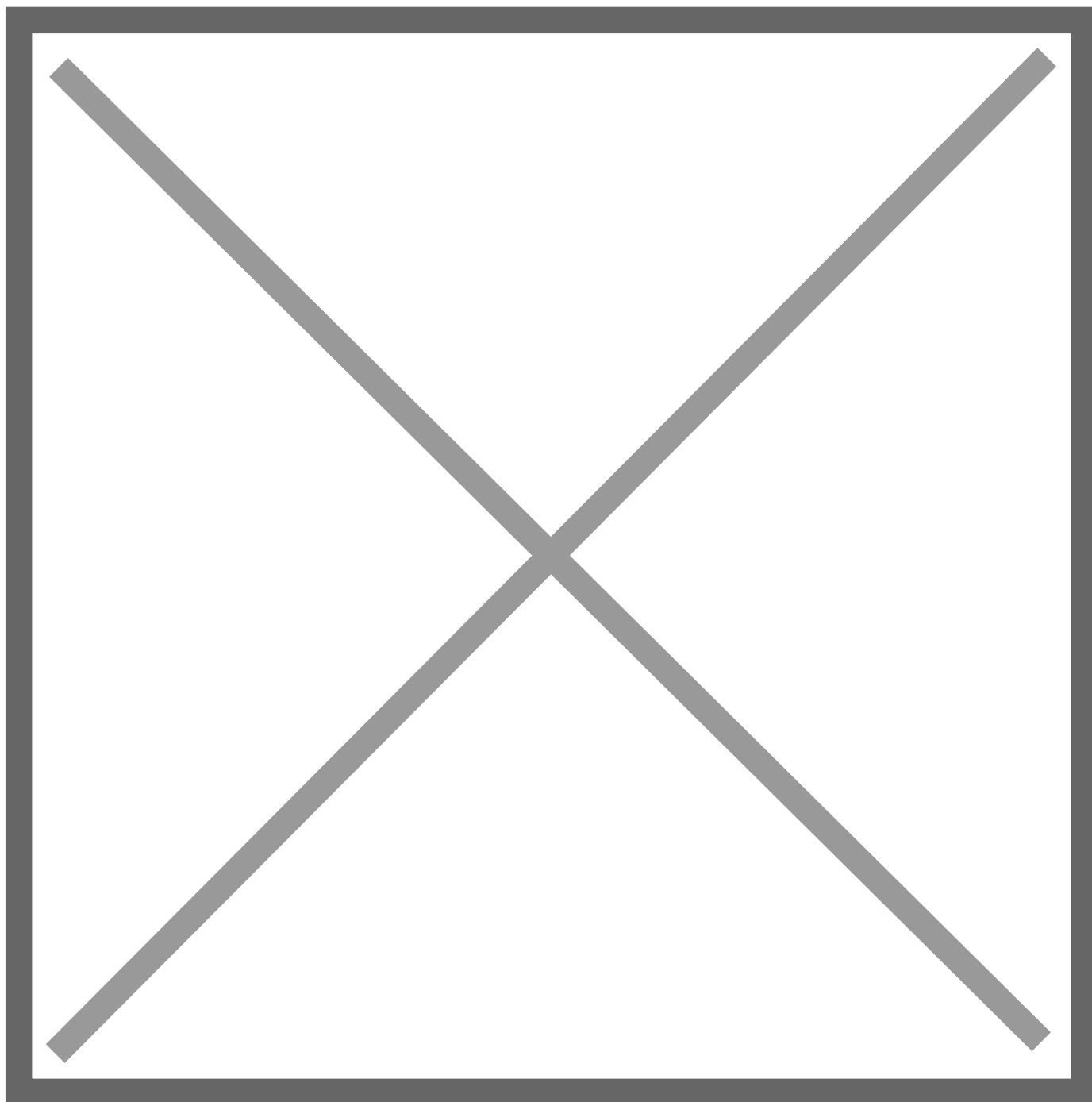


Typ prieskumu:	VlastnÄŕ hliÄŕsenie
Vek:	11-15
VeÄŕÄŕkosÄŕ vzorky:	4520
DotknutÄŕ oblasÄŕ:	NÄŕrodnÄŕ½

Odkazy:	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.
Poznámky (k dispozici i v angličtině):	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."
Definície (k dispozici i v angličtině):	HBSC Family Affluence Scale (FAS)
Cutoffs:	WHO

Double burden of underweight & overweight

Deti, 2022



Typ
prieskumu:

NameranÃ¡ hodnota

Vek:

5-19

Odkazy:

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).

**Poznámky (k
dispozicii íba
v angliĀ
tine):**

Age standardised estimates

**Definície (k
dispozicii íba
v angliĀ
tine):**

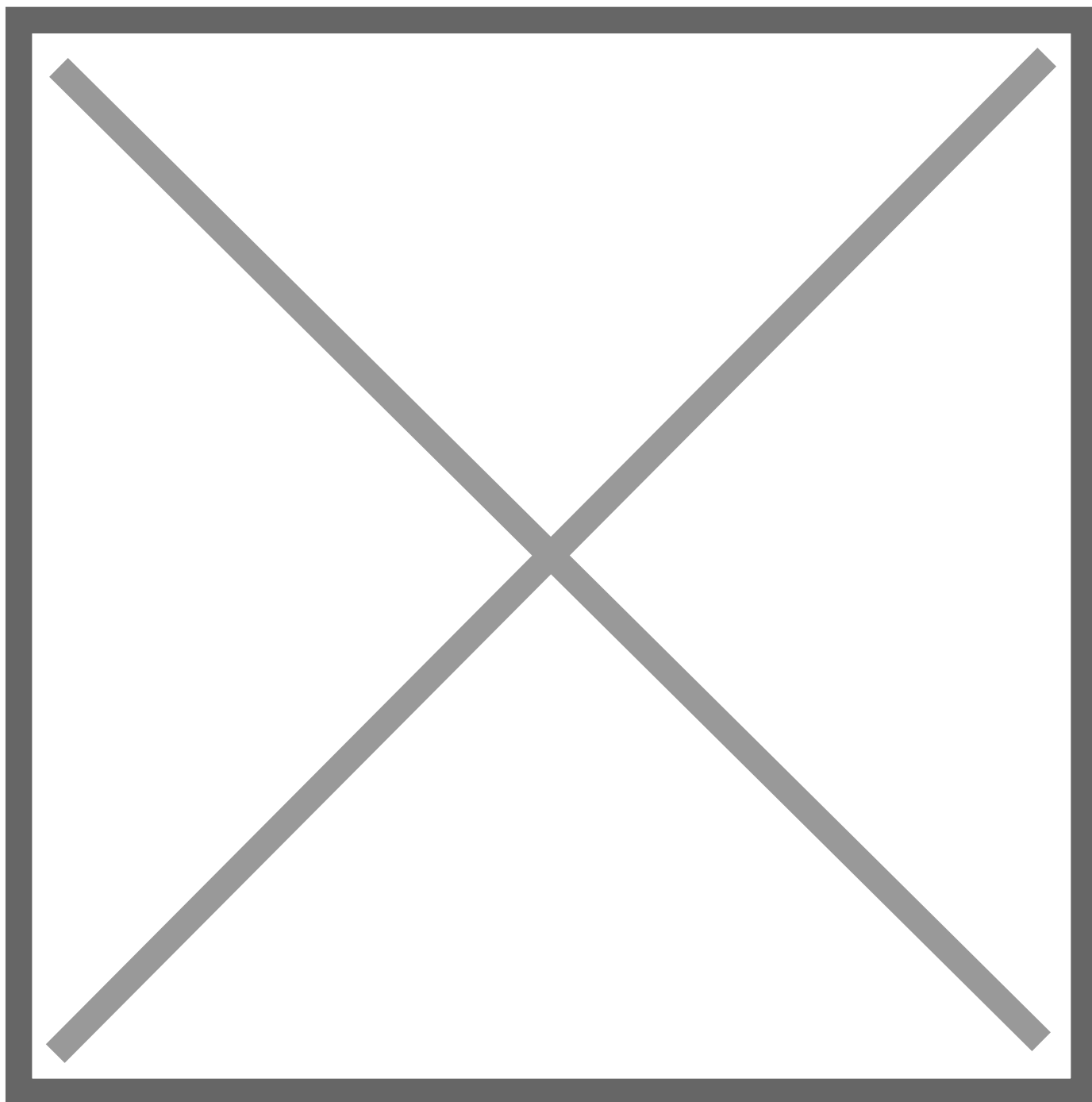
Combined prevalence of BMI < -2SD and BMI > 2SD (double burden of thinness and obesity)

Cutoffs:

BMI < -2SD and BMI > 2SD

Nedostatoč nĚ fyzickĚ aktivita

Chlapci, 2022

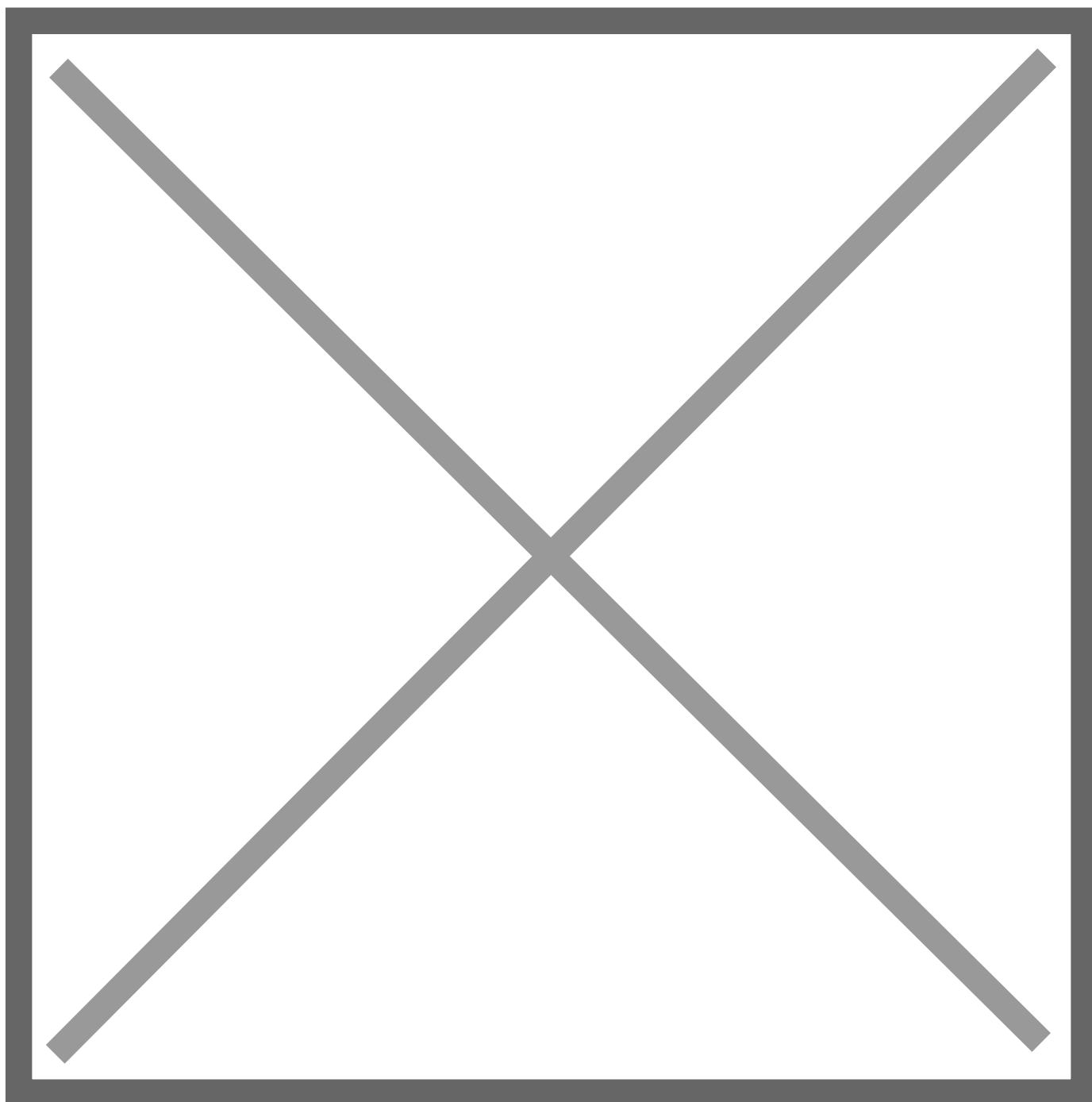


DotknutĚ
oblasť:

NĚrodnĚ½

Odkazy:	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 .
Poznámky (k dispozícii iba v angličtine):	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.
Definície (k dispozícii iba v angličtine):	% reporting less than 60 minutes of MVPA daily

DievÄŕ atÄŕ, 2022

**DotknutÄŕ
oblasÄŕ:**

NÄŕrodnÄŕ½

Odkazy:

RakiÄŕ JG, Hamrik Z, Dzielska A, Felder-Puig R, Oja L, BakalÄŕ 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>.

**Poznámky (k
dispozícii iba
v angličtine):**

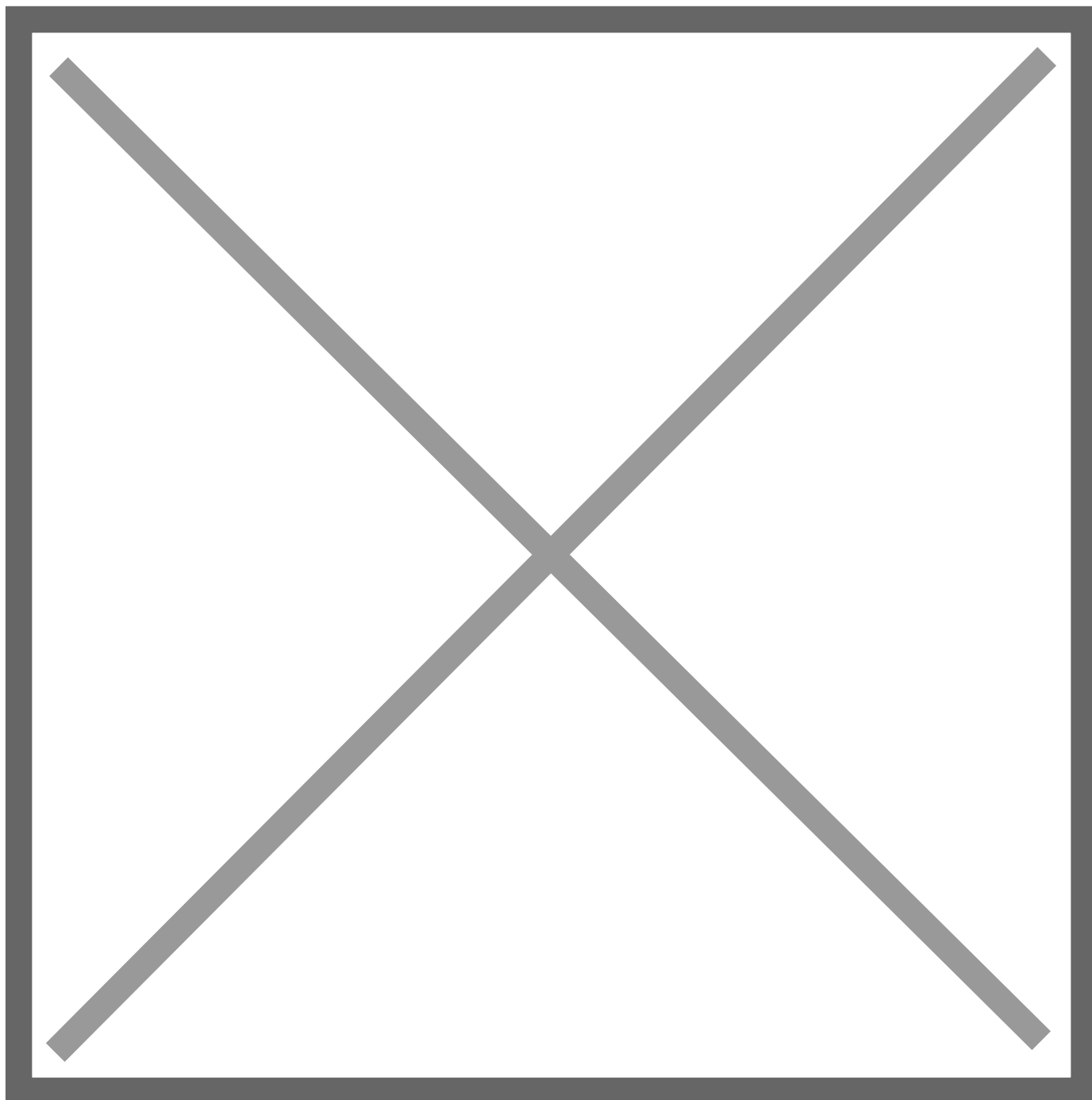
Young people were asked to report the number of days over the past week during which they were physically active for a total of at least 60 minutes. The question was introduced by text defining moderate-to-vigorous physical activity (MVPA) as any activity that increases the heart rate and makes the person 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.

**Definície (k
dispozícii iba
v angličtine):**

% reporting less than 60 minutes of MVPA daily

Prevalencia konzumácie minimálne jedného sýteného nealkoholického nápoja denne

Chlapci, 2021-2022



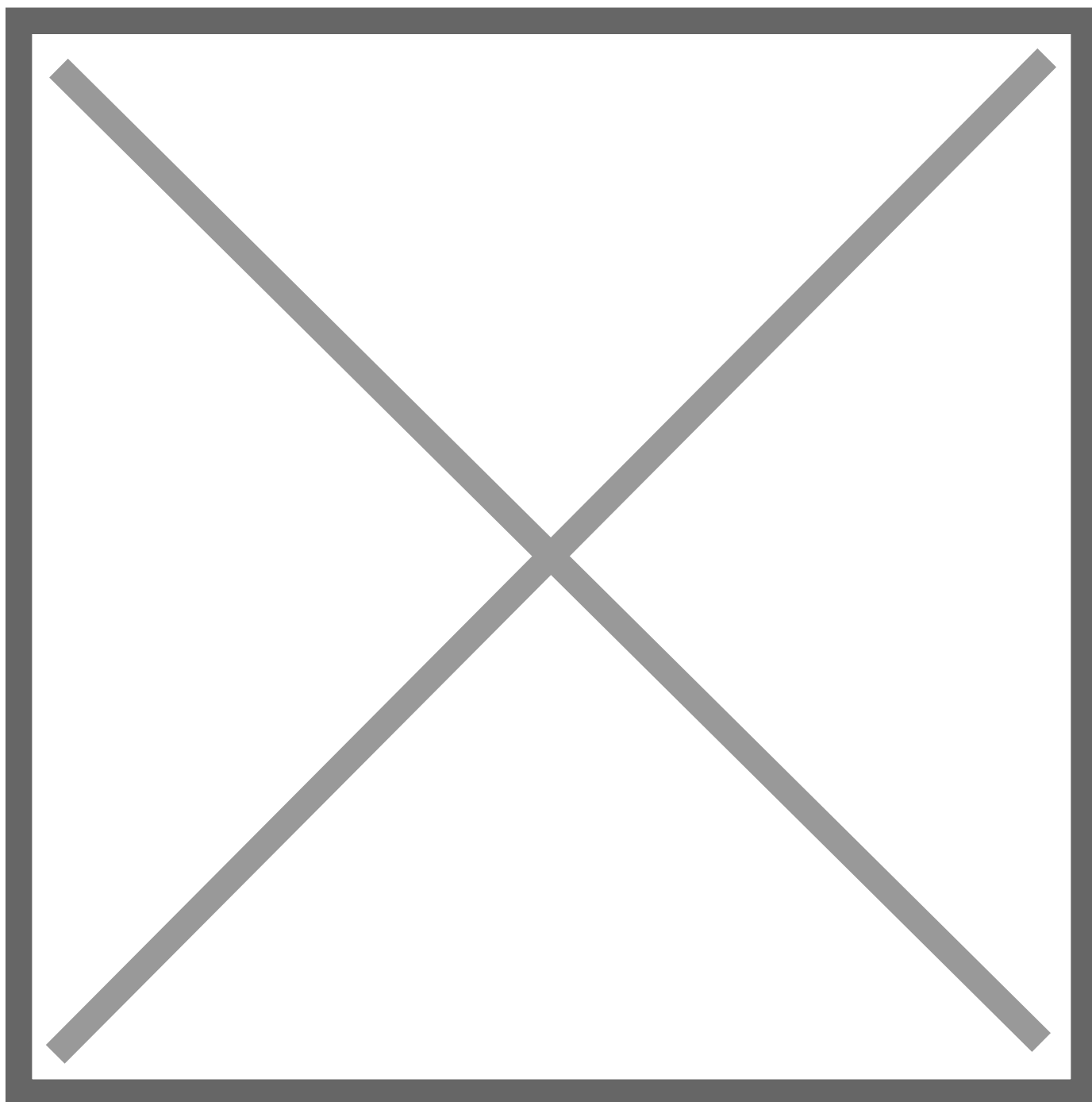
Dotknutá
oblasť:

Národná

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

Definície (k dispozícii iba v angličtine): Proportion who reported drinking sugary soft drinks daily (at least once)

DievĀ atĀ, 2021-2022



**DotknutĀ
oblasĀ:**

NĀrodnĀ

Odkazy:

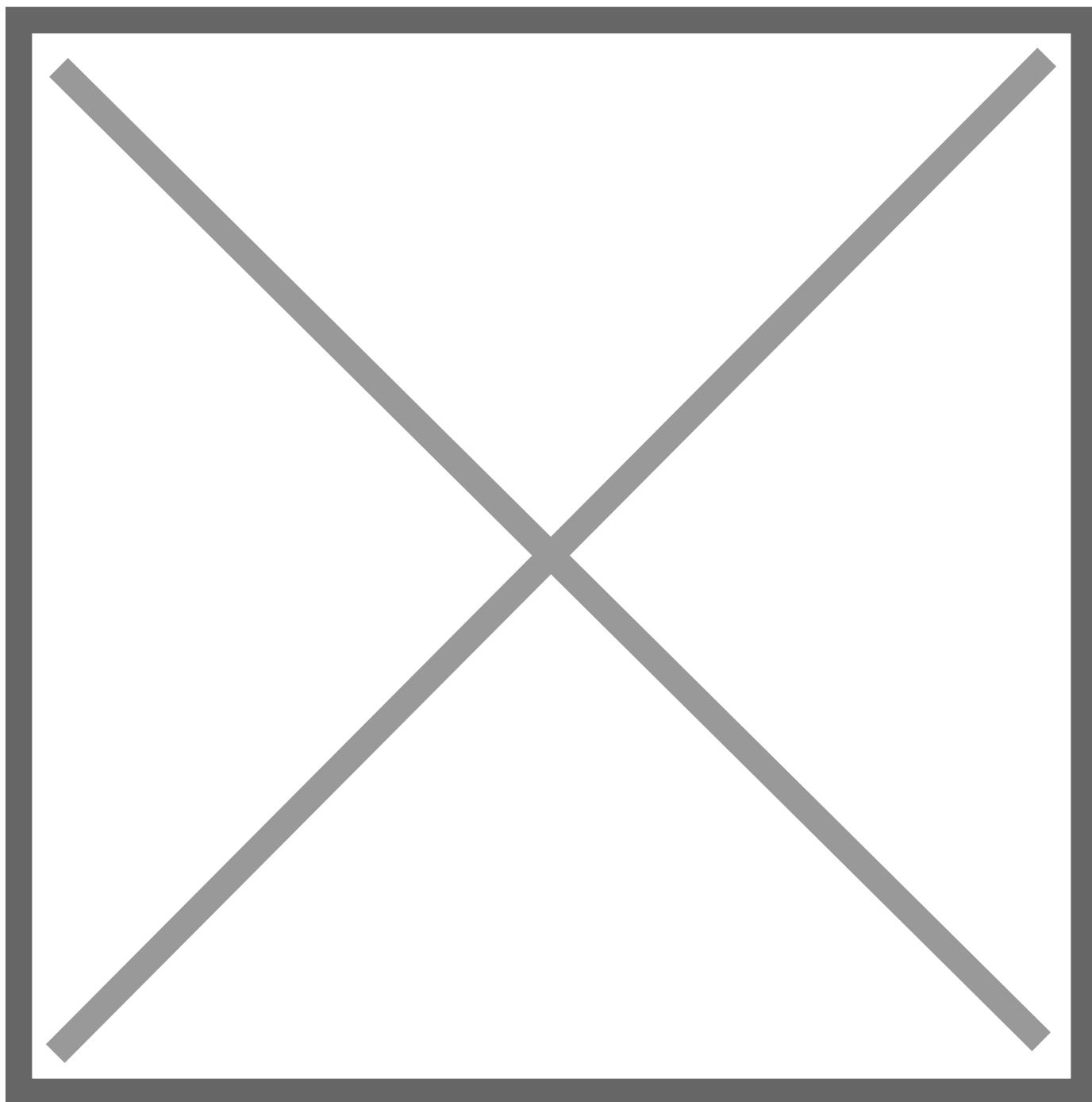
Health Behaviour in School-aged Children study (2023), Data browser (findings from the 2021/22 international HBSC survey): <https://data-browser.hbsc.org>

**DefinĀcie (k
dispozĀcii iba
v angliĀ
tine):**

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

Prevalencia konzumácie menej ako jedného kusu ovocia denne

Deti, 2014



Typ
prieskumu:

Nameraná hodnota

Odkazy:

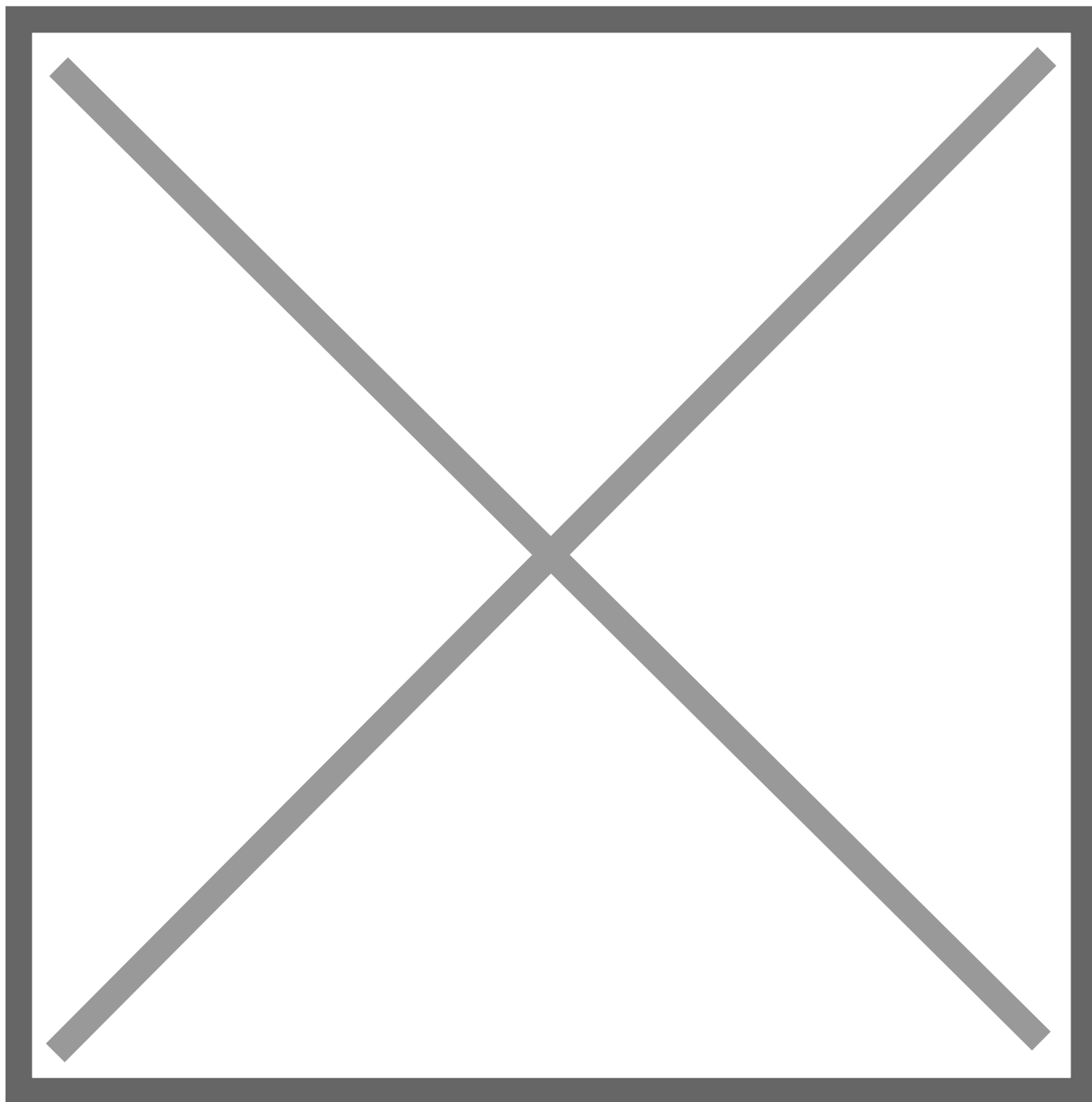
Global School-based Student Health Surveys. Beal et al (2019). Global Patterns of Adolescent Fruit, Vegetable, Carbonated Soft Drink, and Fast-food consumption: A meta-analysis of global school-based student health surveys. Food and Nutrition Bulletin. <https://doi.org/10.1177/0379572119848287>. Sourced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

**Definície (k
dispozícii iba
v angličtine):**

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

Prevalencia konzumácie menej ako jedného kusu zeleniny denne

Deti, 2014



Typ
prieskumu:

Nameraná hodnota

Vek:

12-17

Odkazy:

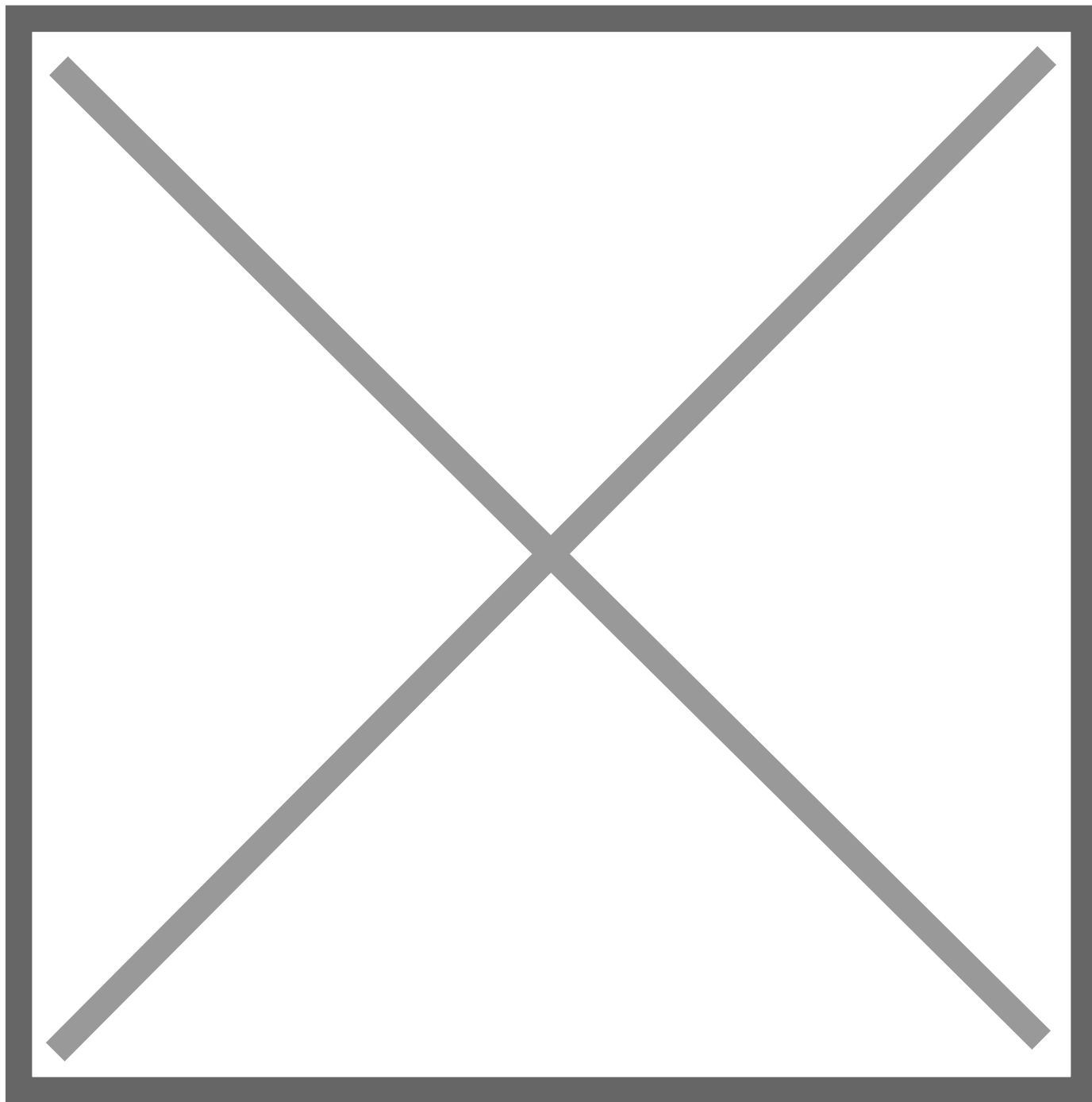
Beal et al. (2019). Global Patterns of Adolescent Fruit, Vegetable, Carbonated Soft Drink, and Fast-food consumption: A meta-analysis of global school-based student health surveys. Food and Nutrition Bulletin. <https://doi.org/10.1177/0379572119848287> sourced from Food Systems Dashboard <http://www.foodsystemsdashboard.org/food-system>

**Definície (k
dispozícii iba
v angličtine):**

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

DuÅ¡evnÃ© zdravie - poruchy depresie

Deti, 2021



DotknutÃ½
oblasÅ¥:

NÃ¡rodnÃ½

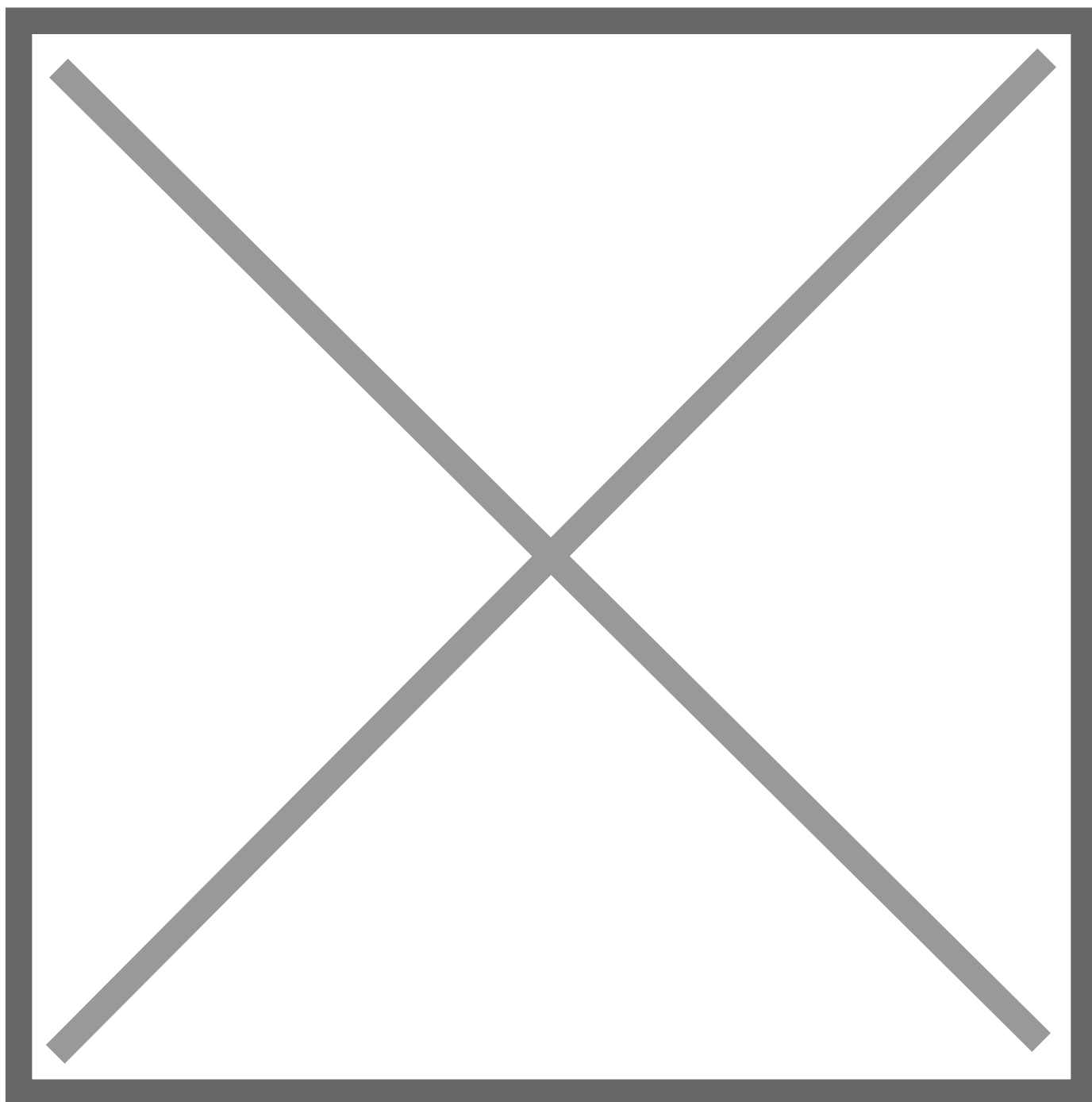
Odkazy:

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)

**Definície (k
dispozícii iba
v angličtine):**

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

Chlapci, 2021

**Dotknutí
oblastí:**

Národní

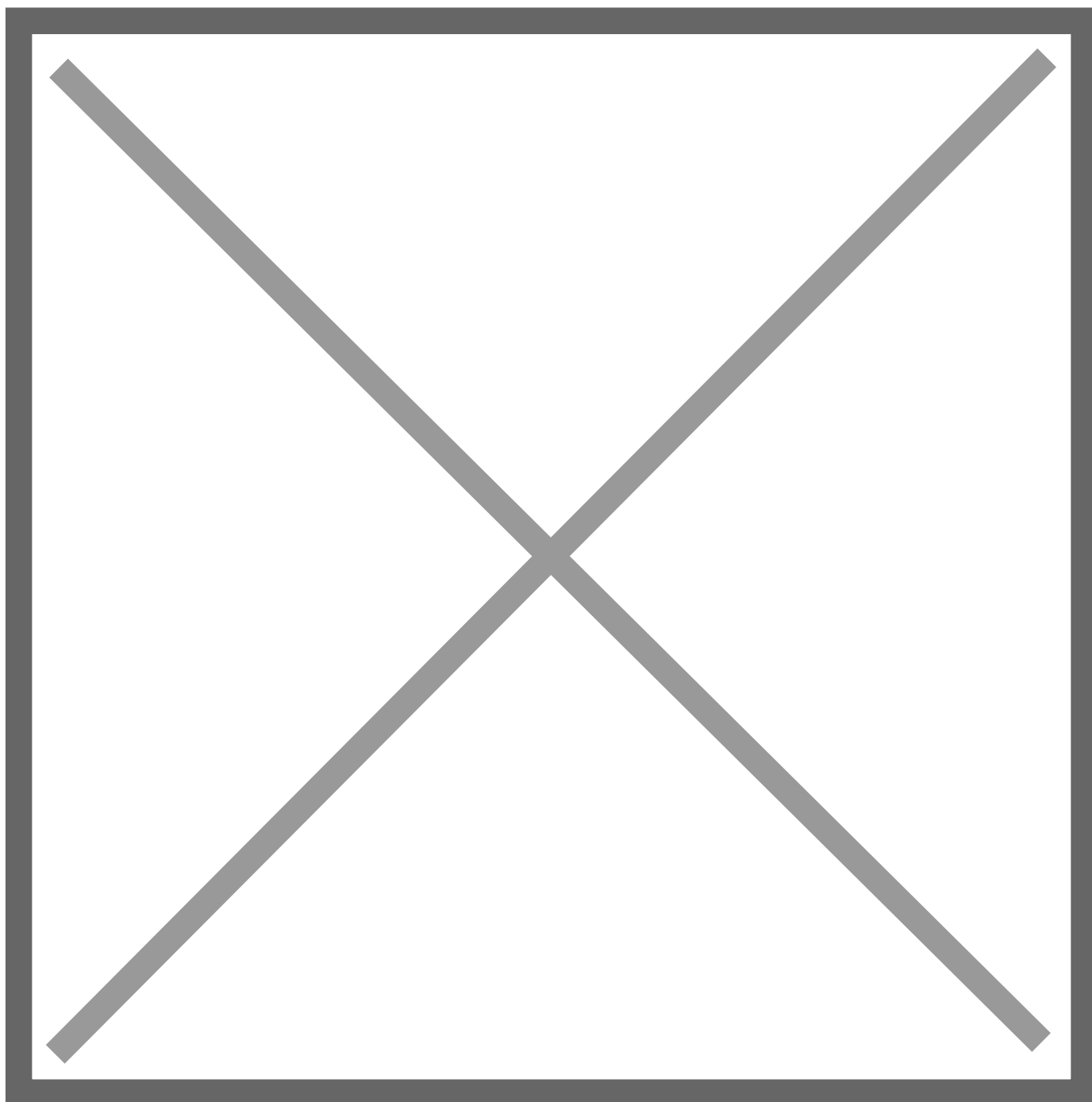
Odkazy:

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)

**Definície (k
dispozícii iba
v angličtine):**

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

DievÄŕ atÄŕ, 2021



**DotknutÄŕ
oblasÄŕ:**

NÄŕrodnÄŕ½

Odkazy:

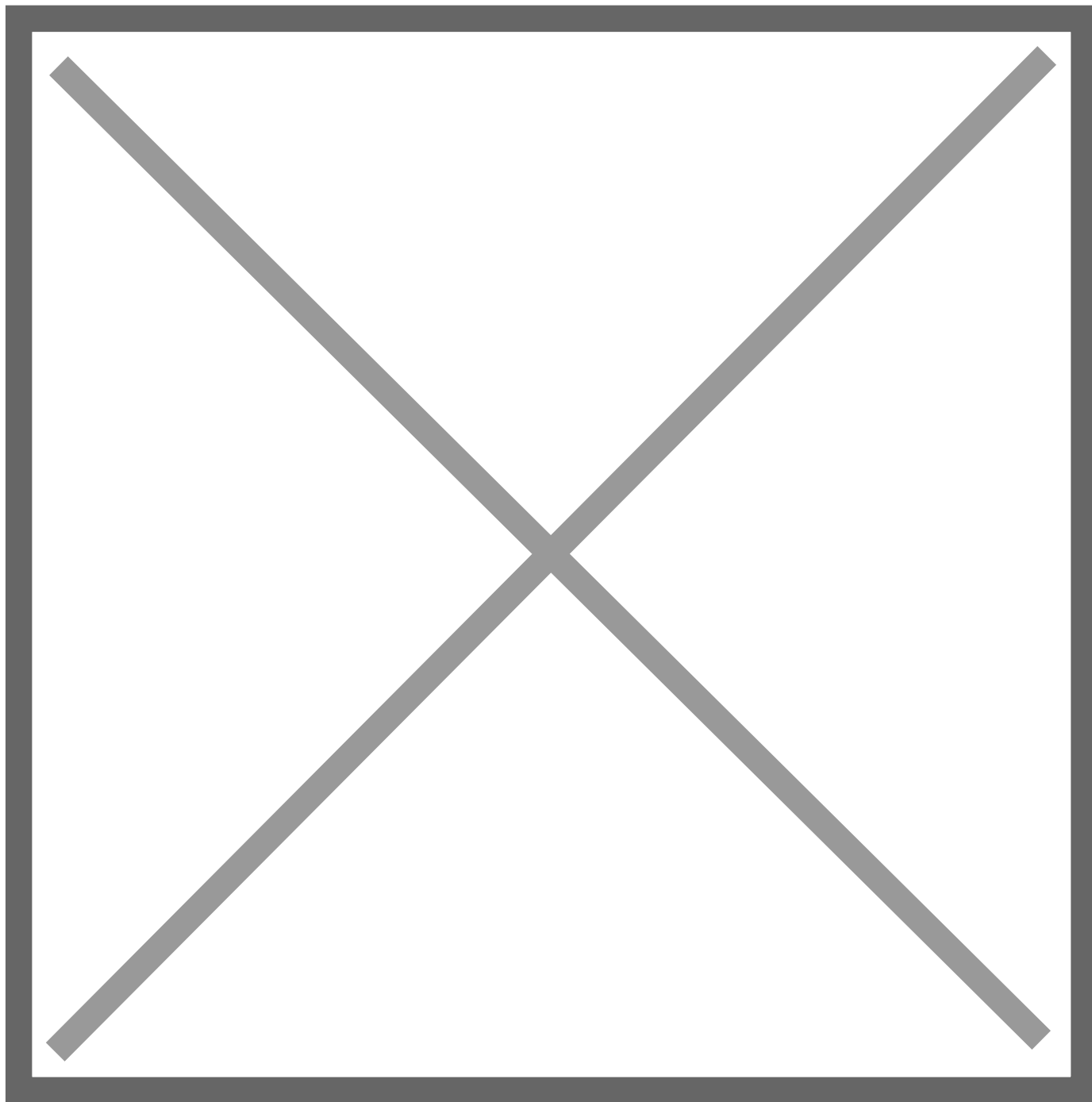
Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

**Definície (k
dispozícii iba
v angličtine):**

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

DuÅ¡evnÃ© zdravie - Å½zkostnÃ© poruchy

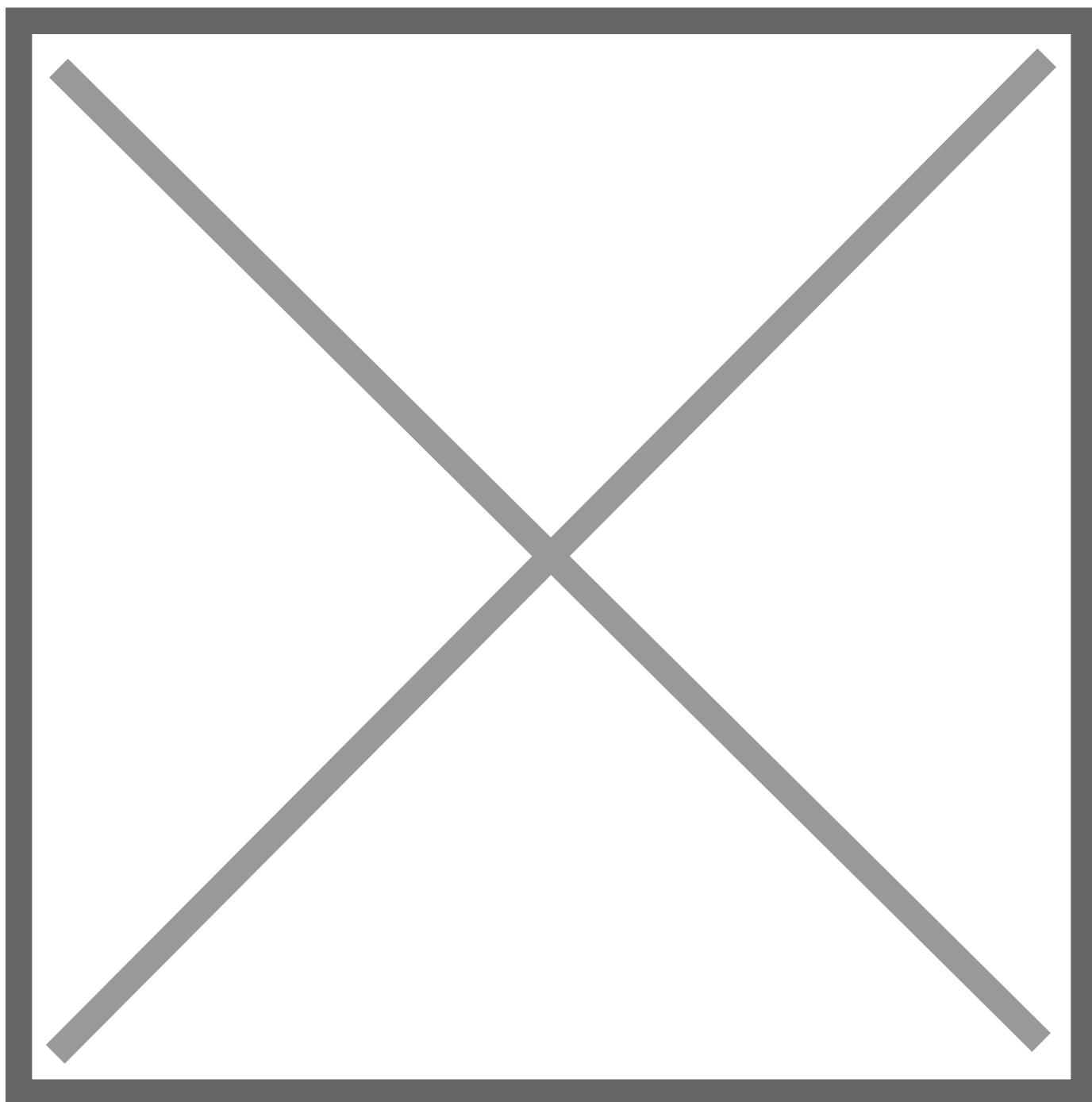
Deti, 2021



Odkazy:

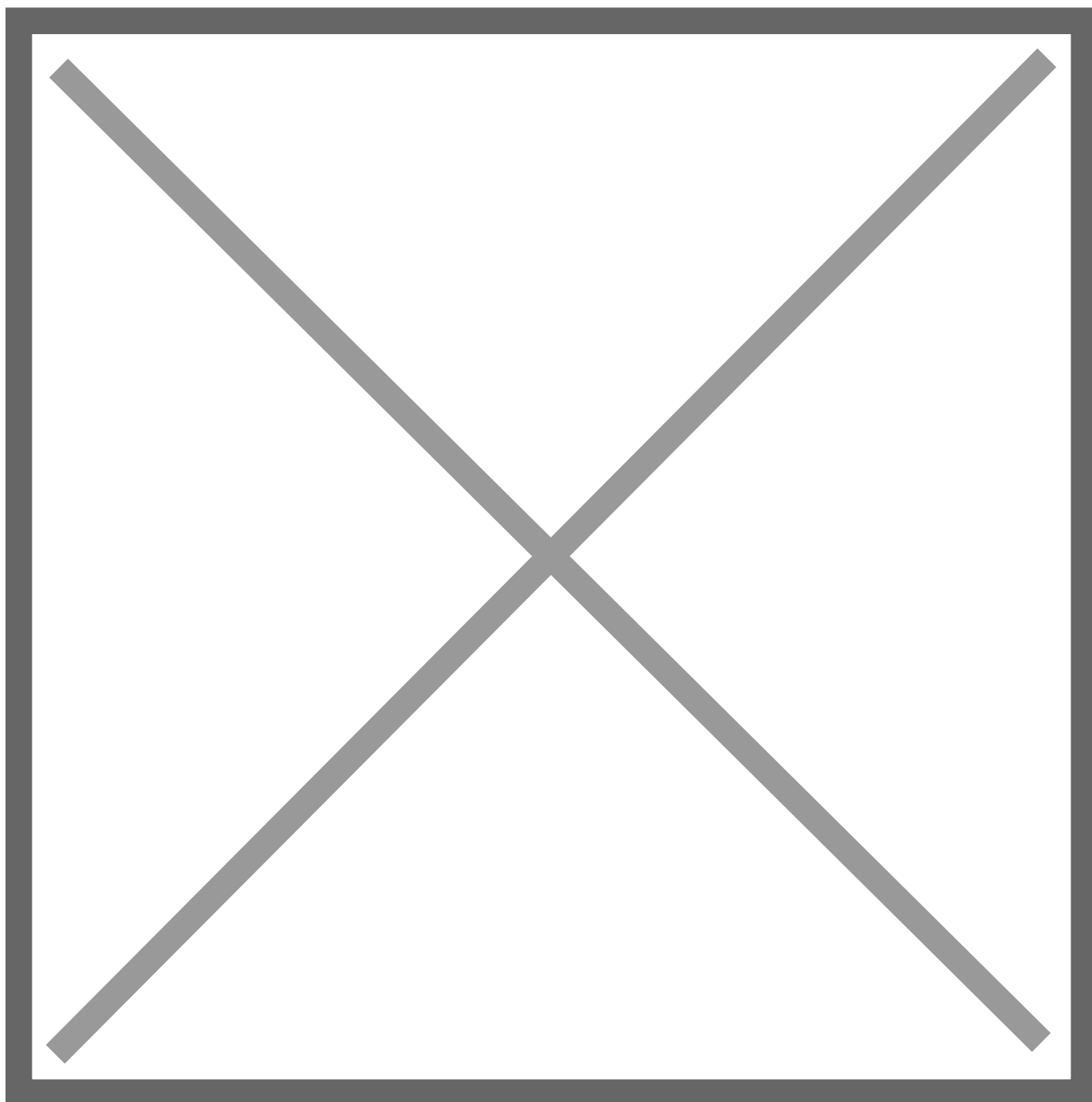
Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

Chlapci, 2021

**Odkazy:**

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)

DievÄ atÄ, 2021



Odkazy:

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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