



Romania



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/>.

Rischio nazionale di obesità *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.

Rischio di obesità infantile *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).

*Sulla base di dati stimati. Per maggiori informazioni consultare le Pubblicazioni

Prevalenza dell'obesità

Bambini, 2022-2024



Tipo di
sondaggio:

Misurato

Età :

7

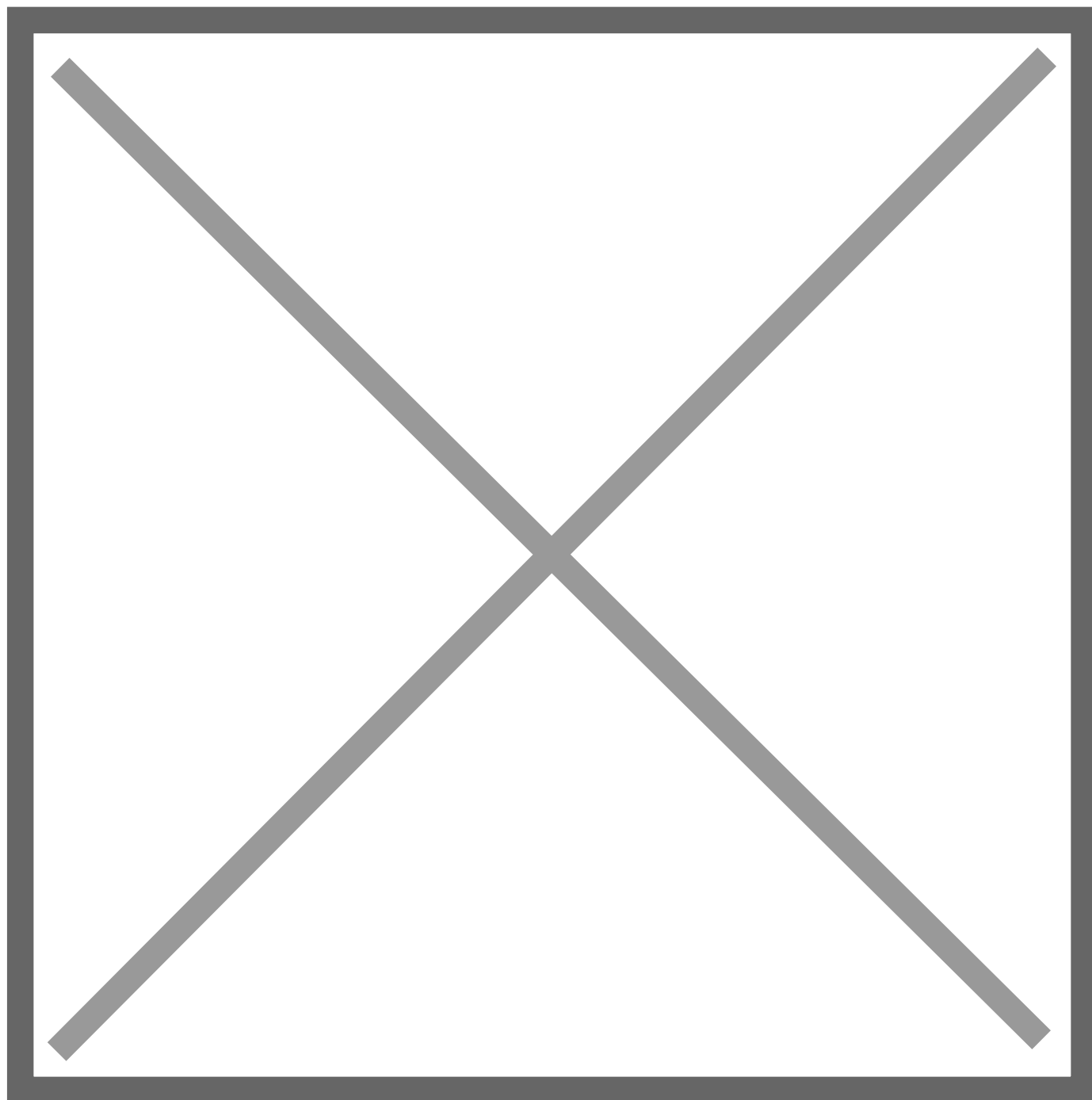
Area coperta:

Nazionale

Riferimenti:	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

Sovrappeso/obesità per istruzione

Bambini, 2019



Tipo di sondaggio:	Misurato
Età :	7-9
Dimensioni del campione:	10,393

Area coperta:	Nazionale
Riferimenti:	European Childhood Obesity Surveillance Initiative (COSI) - Romania Report. 2020. INSP. https://insp.gov.ro/download/cosi-2019-raport-final-pdf/ [Accessed 15.07.25]
Note (disponibile solo in inglese):	Part of COSI Round 5 (2018-20)
Definizioni (disponibile solo in inglese):	Level of family education
Cutoffs:	WHO 2007

Sovrappeso/obesità per età

Bambini, 2022-2023



Tipo di sondaggio:	Misurato
Dimensioni del campione:	2173
Area coperta:	Nazionale

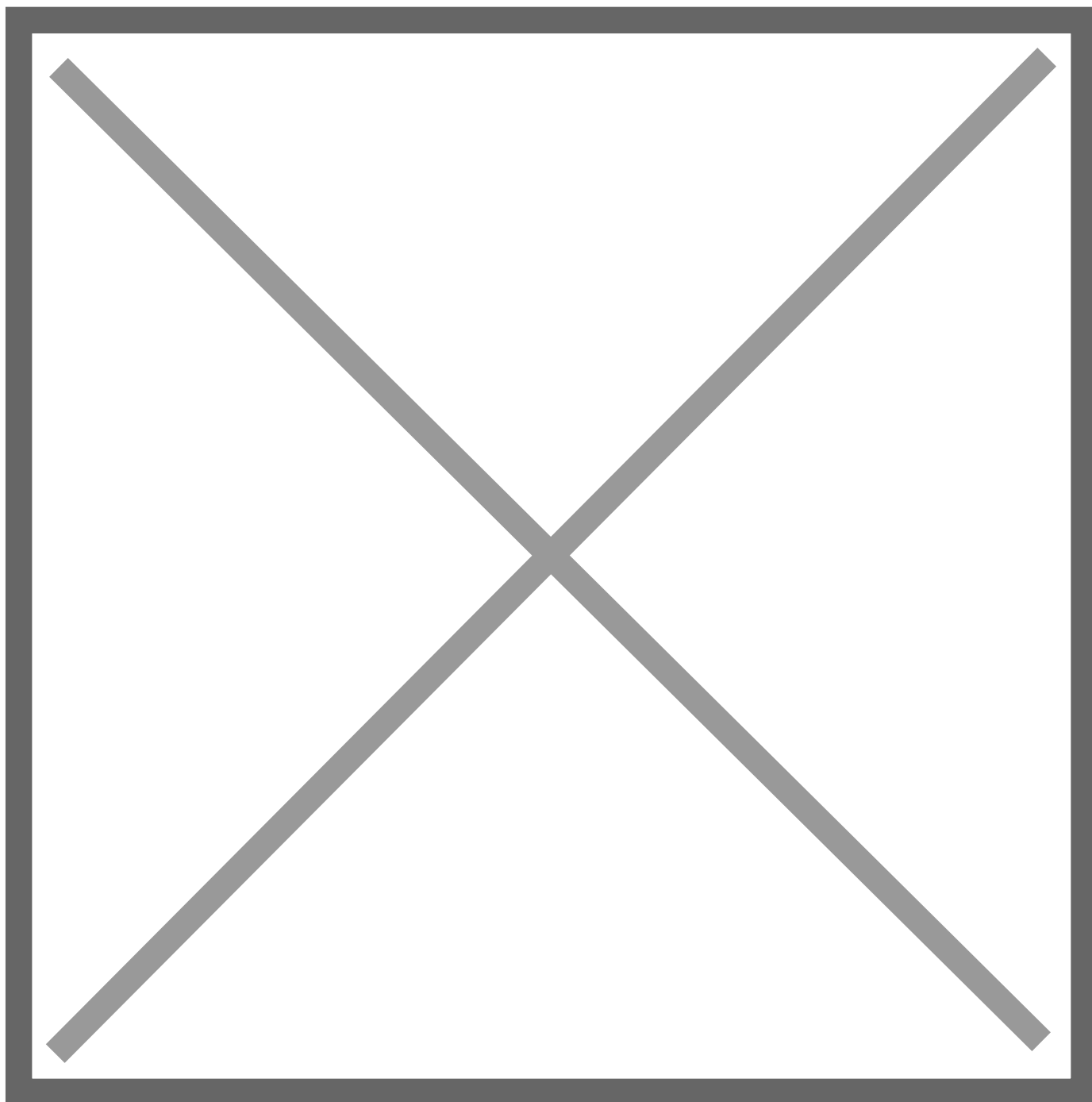
Riferimenti: EVALUAREA STĂRII DE SĂNĂTATE COPII - EHES raport (CHILD HEALTH ASSESSMENT - EHES report). - Ministerul Sănătății, Promotorul Proiectului - Institutul Național de Sănătate Publică . https://www.insmc.ro/wp-content/uploads/2021/02/EHES-01-9535-V9.0_Final.pdf [Accessed 15.07.25]

Note (disponibile solo in inglese): Sample size given is for ages 1-19, this data only includes ages 5-19

Cutoffs: WHO 2007

Sovrappeso/obesità per regione

Bambini, 2022-2023



Tipo di sondaggio:	Misurato
Età :	5-19
Dimensioni del campione:	2173

Area coperta:	Nazionale
Riferimenti:	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]
Note (disponibile solo in inglese):	Sample size given is for ages 1-19, this data only includes ages 5-19
Cutoffs:	WHO 2007

Sovrappeso/obesità per gruppo socio-economico

Ragazzi, 2017-2018



Tipo di sondaggio:

Auto-riferito

Età :

11-15

Dimensioni del campione:

4520

Area coperta:

Nazionale

Riferimenti:

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.

Note (disponibile solo in inglese):

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."

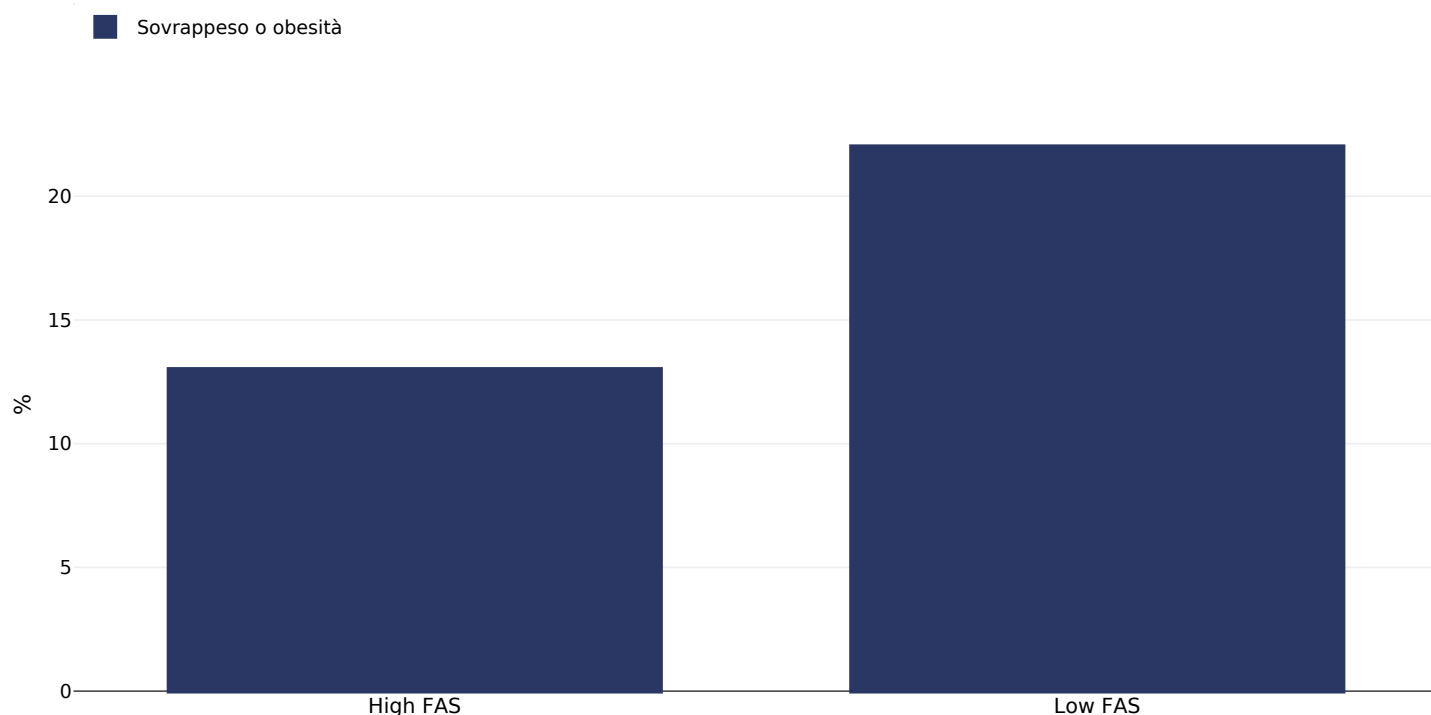
Definizioni (disponibile solo in inglese):

HBSC Family Affluence Scale (FAS)

Cutoffs:

WHO

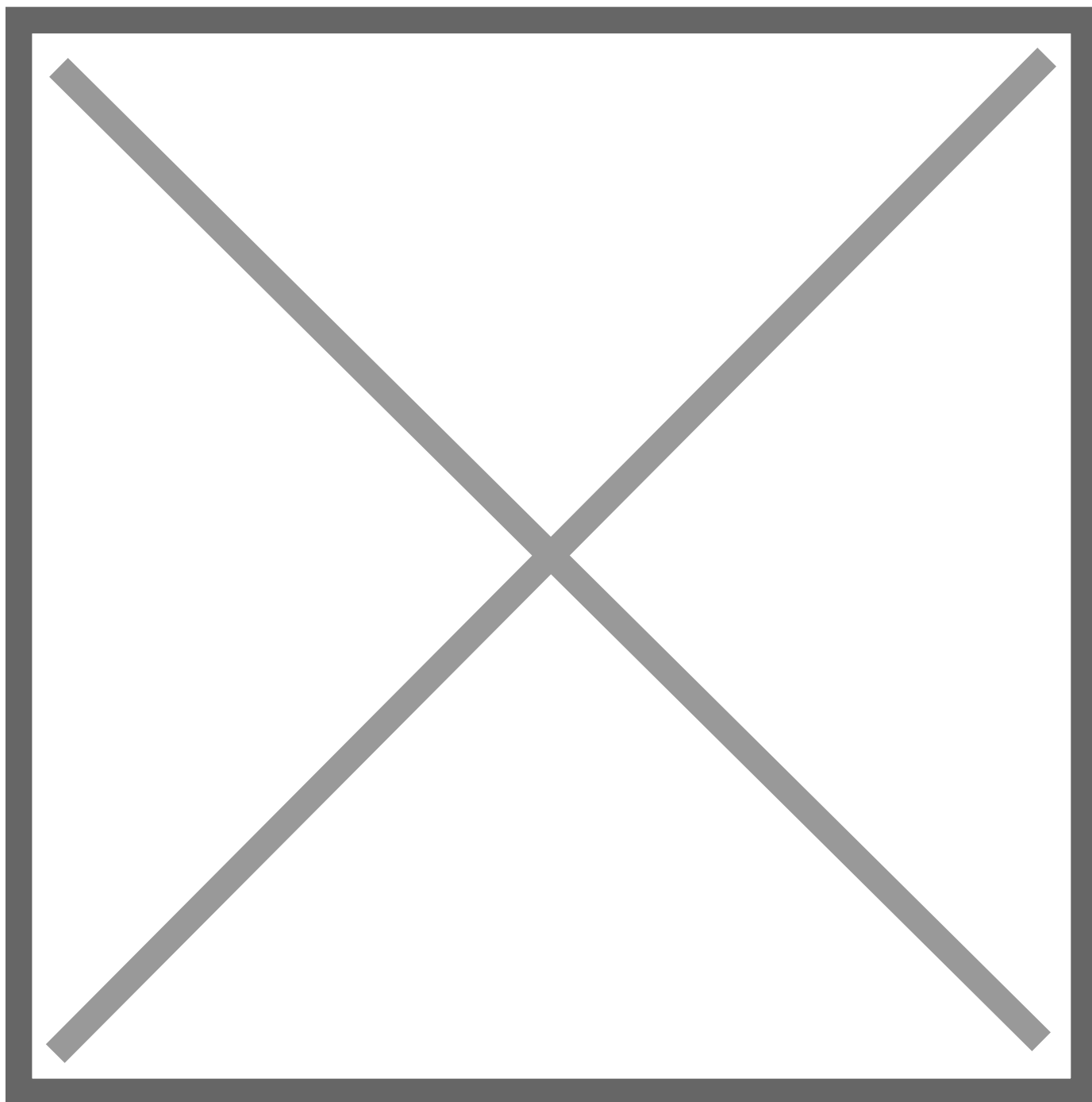
Ragazze, 2017-2018



Tipo di sondaggio:	Auto-riferito
Et� :	11-15
Dimensioni del campione:	4520
Area coperta:	Nazionale
Riferimenti:	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.
Note (disponibile solo in inglese):	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."
Definizioni (disponibile solo in inglese):	HBSC Family Affluence Scale (FAS)
Cutoffs:	WHO

Double burden of underweight & overweight

Bambini, 2022



**Tipo di
sondaggio:**

Misurato

Et  :

5-19

Riferimenti:

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).

Note
(disponibile
solo in
inglese):

Age standardised estimates

Definizioni
(disponibile
solo in
inglese):

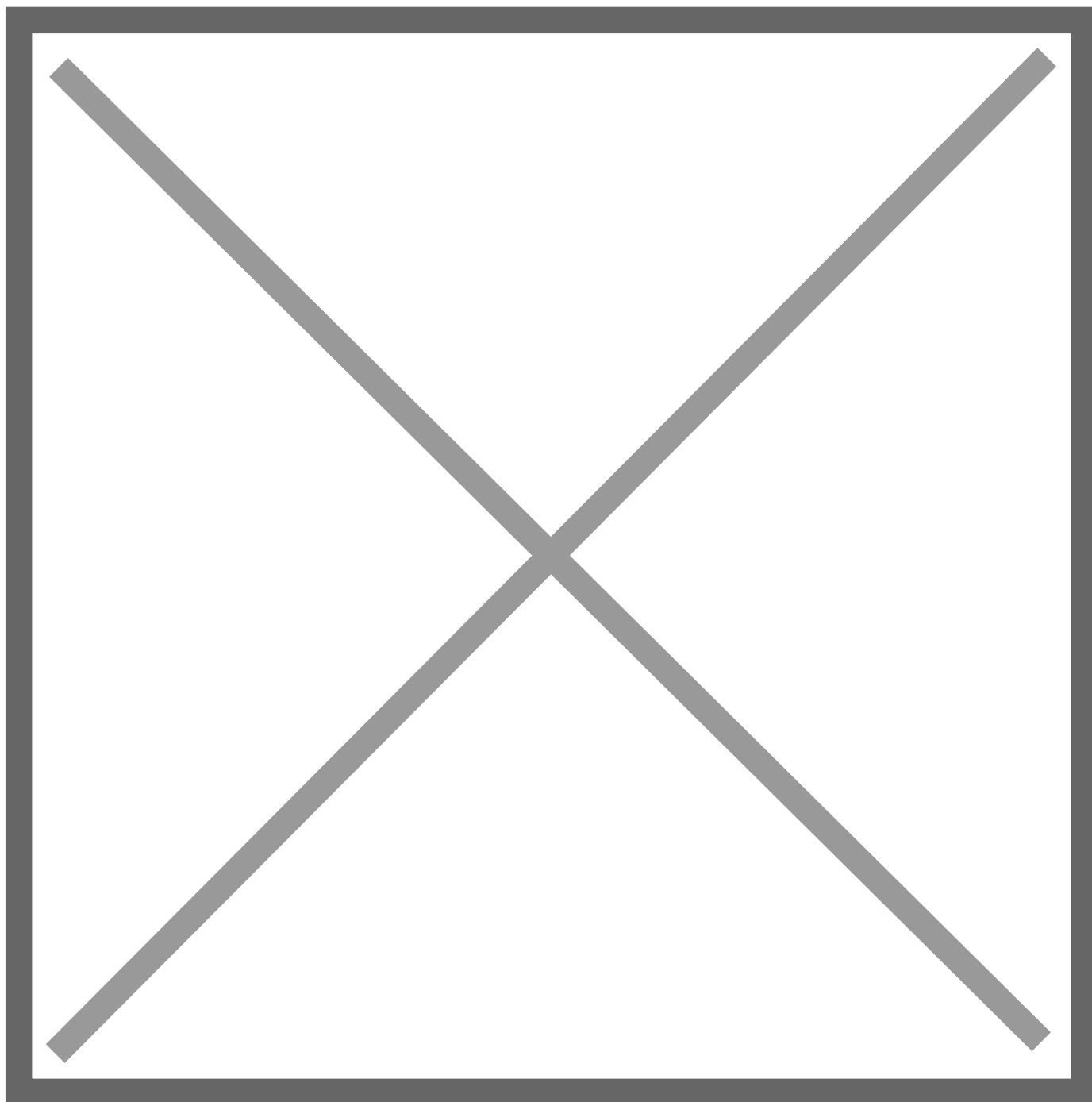
Combined prevalence of BMI < -2SD and BMI > 2SD (double burden of thinness and obesity)

Cutoffs:

BMI < -2SD and BMI > 2SD

Attività fisica insufficiente

Ragazzi, 2022

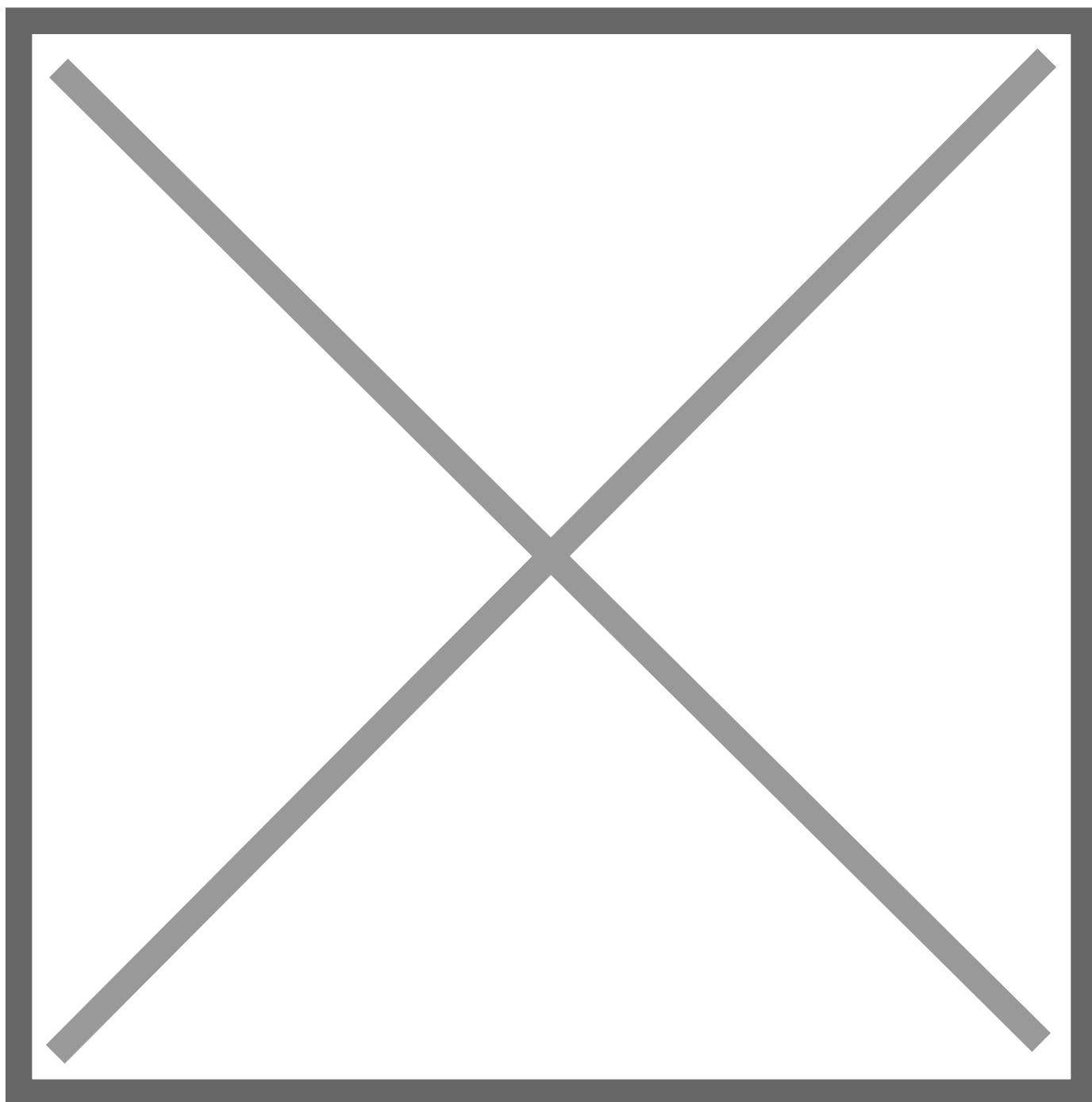


Area coperta:

Nazionale

Riferimenti:	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 .
Note (disponibile solo in inglese):	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.
Definizioni (disponibile solo in inglese):	% reporting less than 60 minutes of MVPA daily

Ragazze, 2022



Area coperta:

Nazionale

Riferimenti:

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>.

**Note
(disponibile
solo in
inglese):**

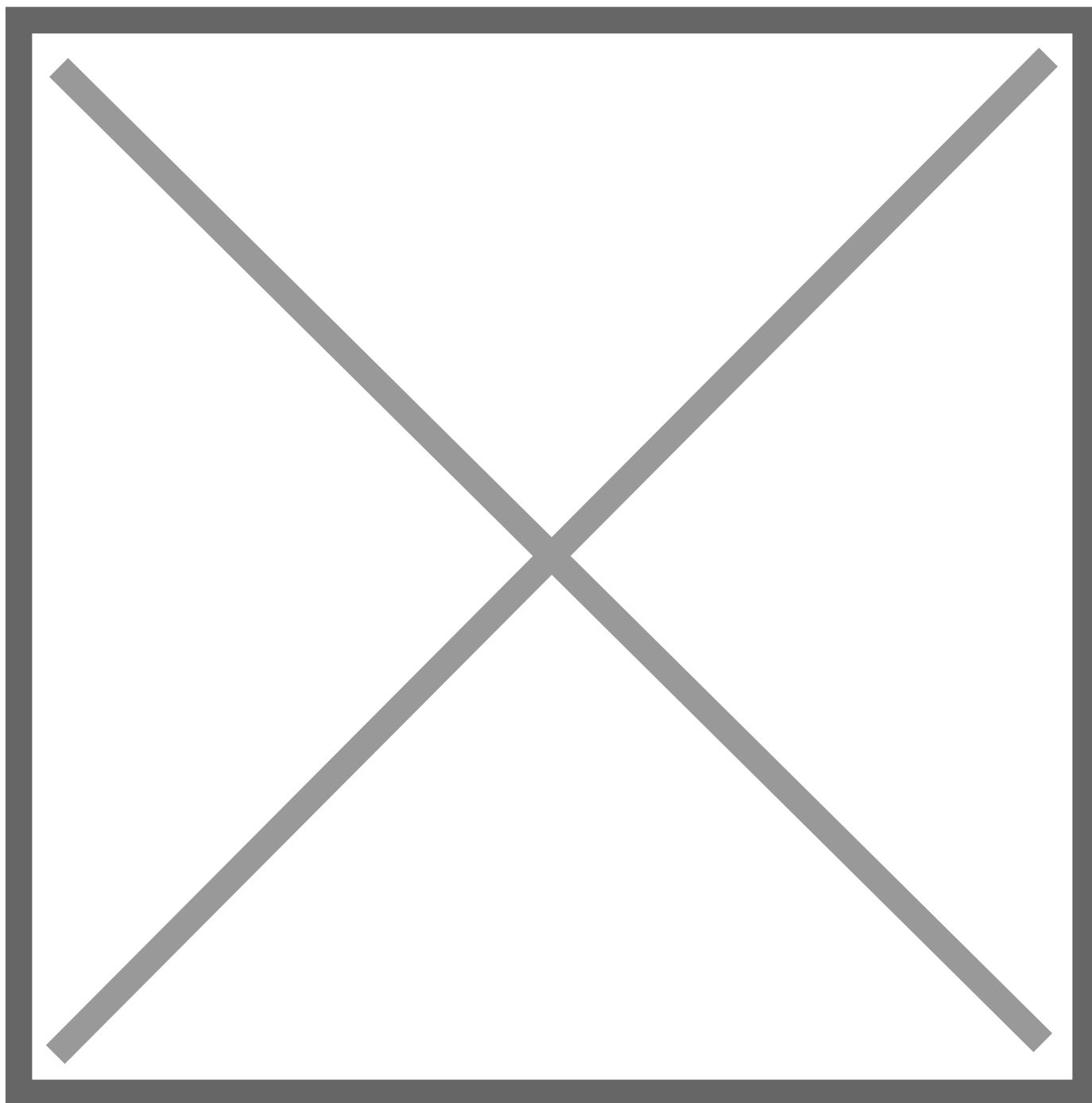
Young people were asked to report the number of days over the past week during which they were physically active for a total of at least 60 minutes. The question was introduced by text defining moderate-to-vigorous physical activity (MVPA) as any activity that increases the heart rate and makes the person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

**Definizioni
(disponibile
solo in
inglese):**

% reporting less than 60 minutes of MVPA daily

Prevalenza del consumo almeno giornaliero di bibite gassate

Ragazzi, 2021-2022



Area coperta:

Nazionale

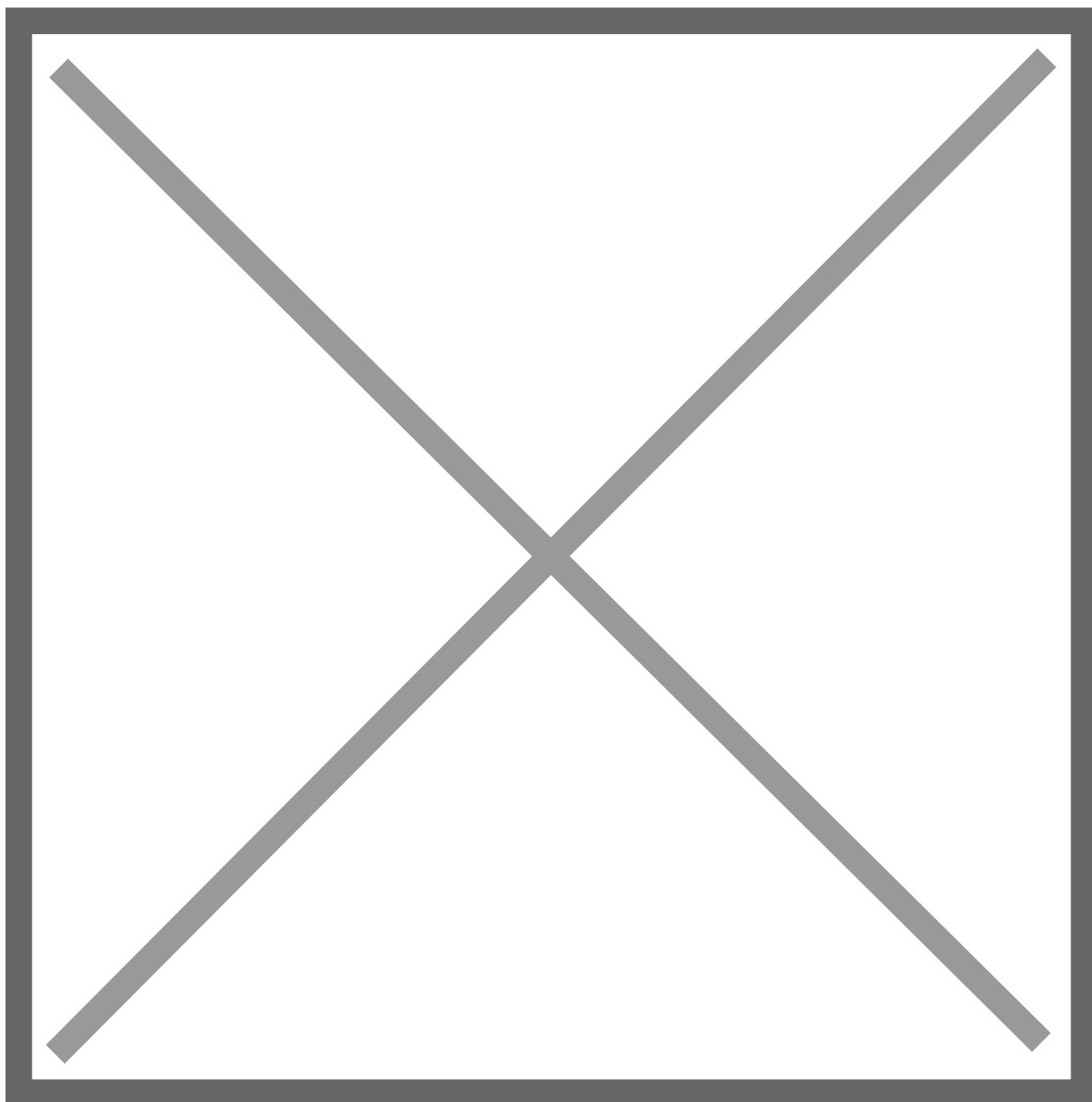
Riferimenti:

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

**Definizioni
(disponibile
solo in
inglese):**

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

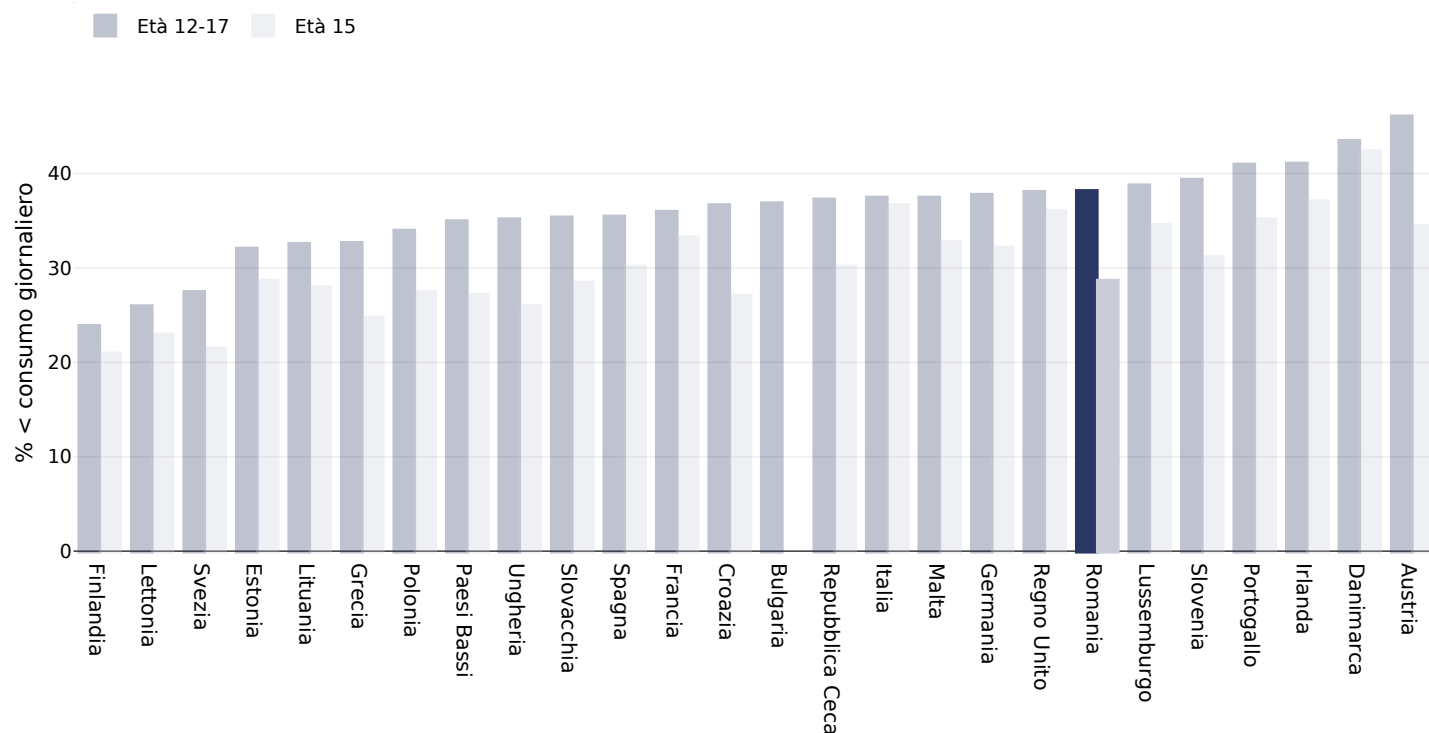
Ragazze, 2021-2022



Area coperta:	Nazionale
Riferimenti:	Health Behaviour in School-aged Children study (2023), Data browser (findings from the 2021/22 international HBSC survey): https://data-browser.hbsc.org
Definizioni (disponibile solo in inglese):	Proportion who reported drinking sugary soft drinks daily (at least once)

Prevalenza di un consumo di frutta inferiore a 1 volta al giorno

Bambini, 2014



Tipo di sondaggio:

Misurato

Riferimenti:

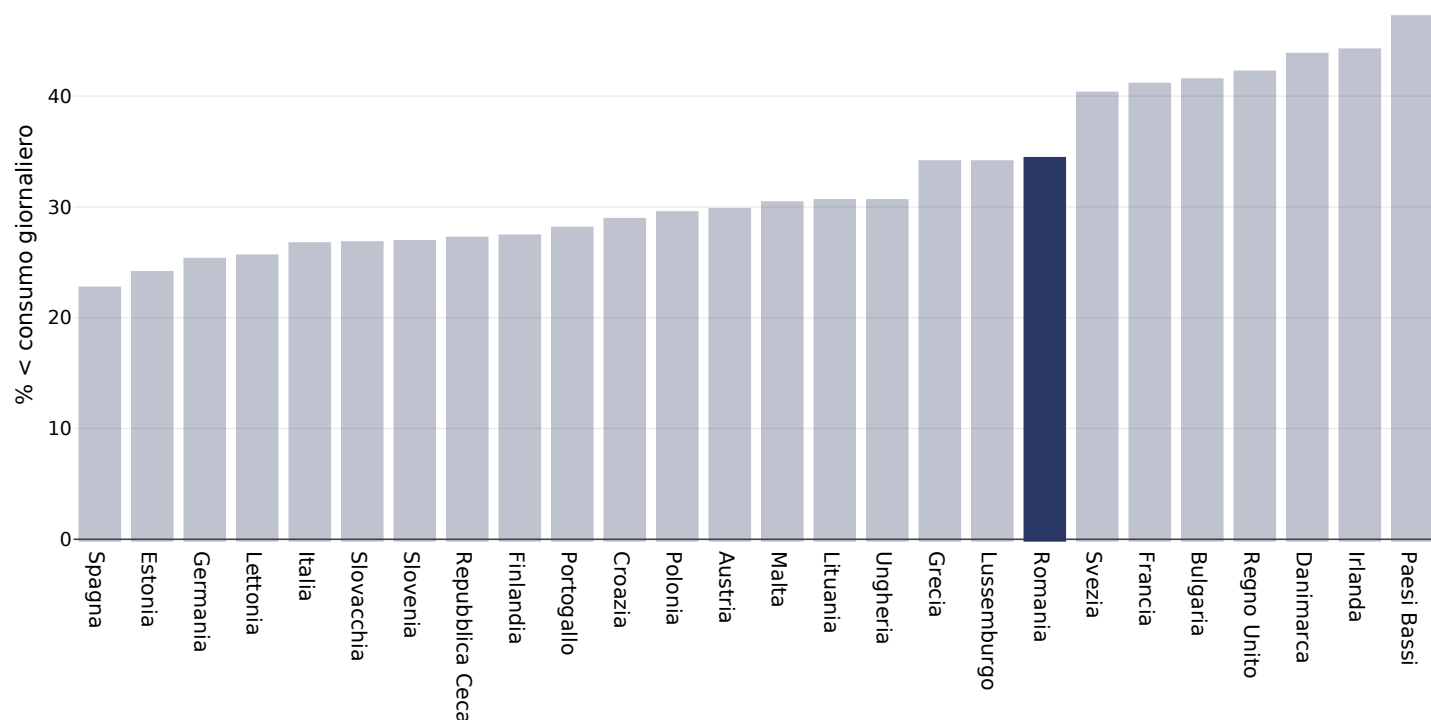
Global School-based Student Health Surveys. Beal et al (2019). Global Patterns of Adolescent Fruit, Vegetable, Carbonated Soft Drink, and Fast-food consumption: A meta-analysis of global school-based student health surveys. Food and Nutrition Bulletin. <https://doi.org/10.1177/0379572119848287>. Sourced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

Definizioni (disponibile solo in inglese):

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

Prevalenza di un consumo di verdura inferiore a 1 volta al giorno

Bambini, 2014



Tipo di sondaggio:

Misurato

Et  :

12-17

Riferimenti:

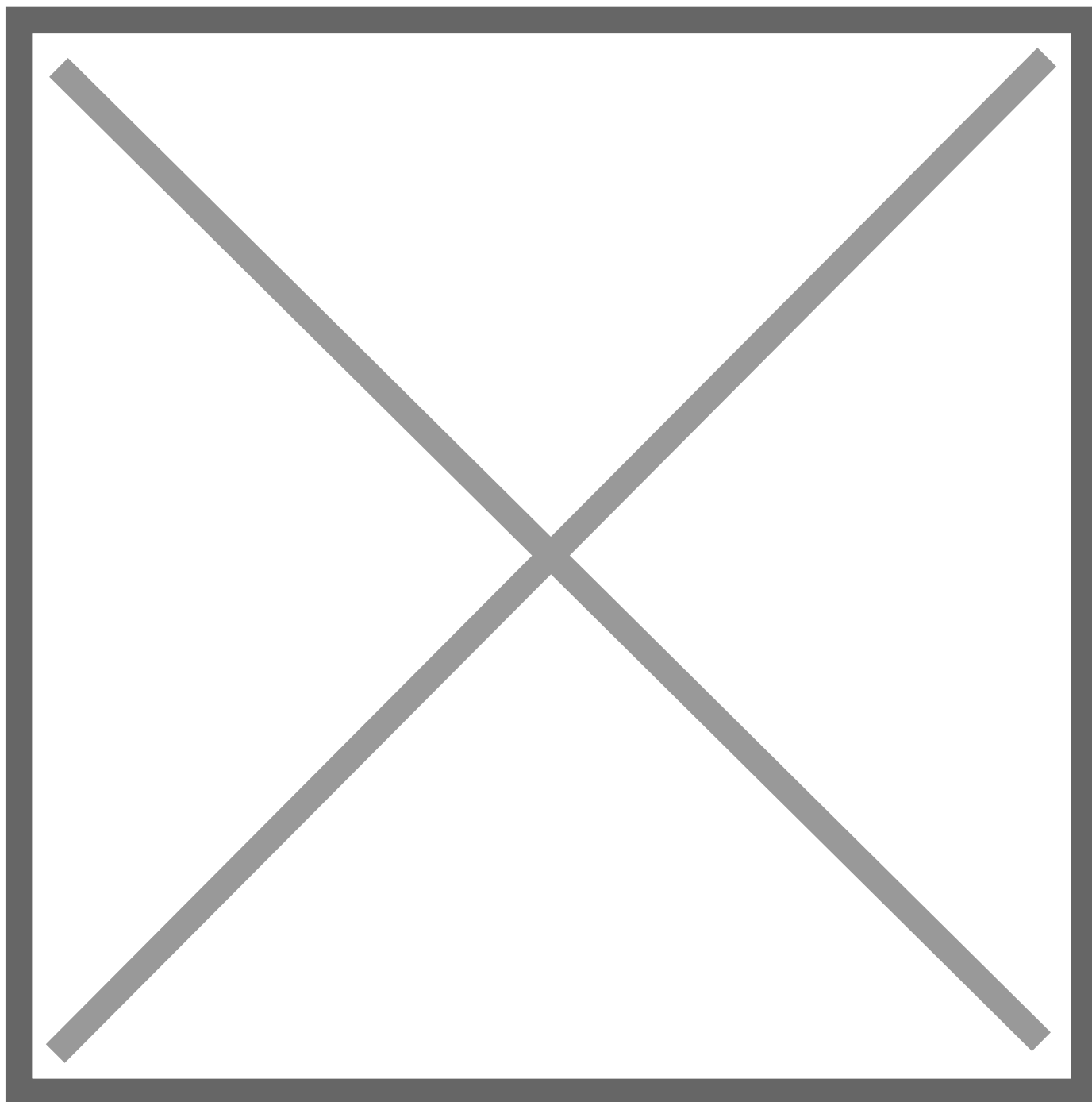
Beal et al. (2019). Global Patterns of Adolescent Fruit, Vegetable, Carbonated Soft Drink, and Fast-food consumption: A meta-analysis of global school-based student health surveys. Food and Nutrition Bulletin. <https://doi.org/10.1177/0379572119848287> sourced from Food Systems Dashboard <http://www.foodsystemsdashboard.org/food-system>

Definizioni (disponibile solo in inglese):

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

Salute mentale - disturbi depressivi

Bambini, 2021



Area coperta:

Nazionale

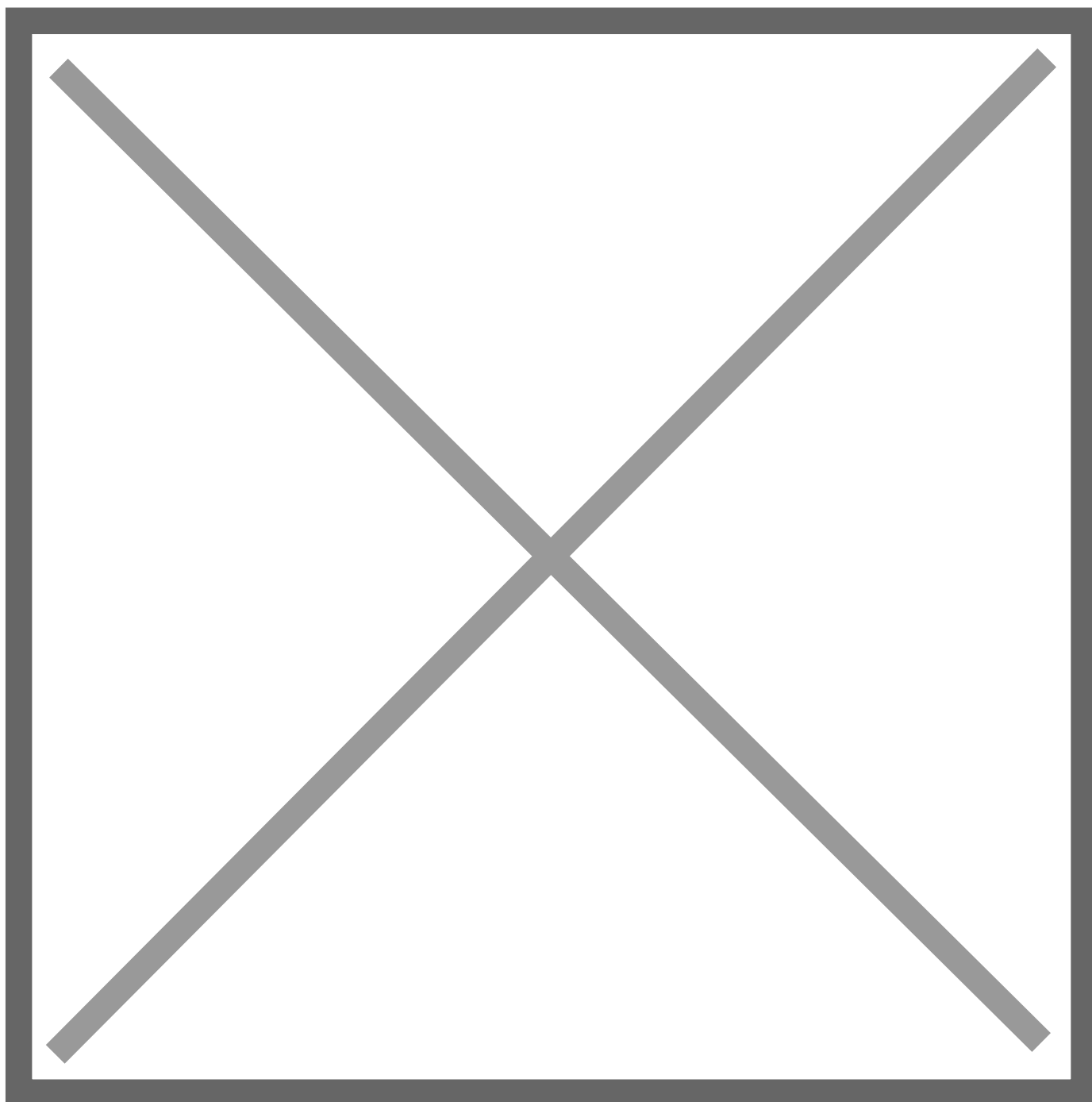
Riferimenti:

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)

**Definizioni
(disponibile
solo in
inglese):**

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

Ragazzi, 2021



Area coperta:

Nazionale

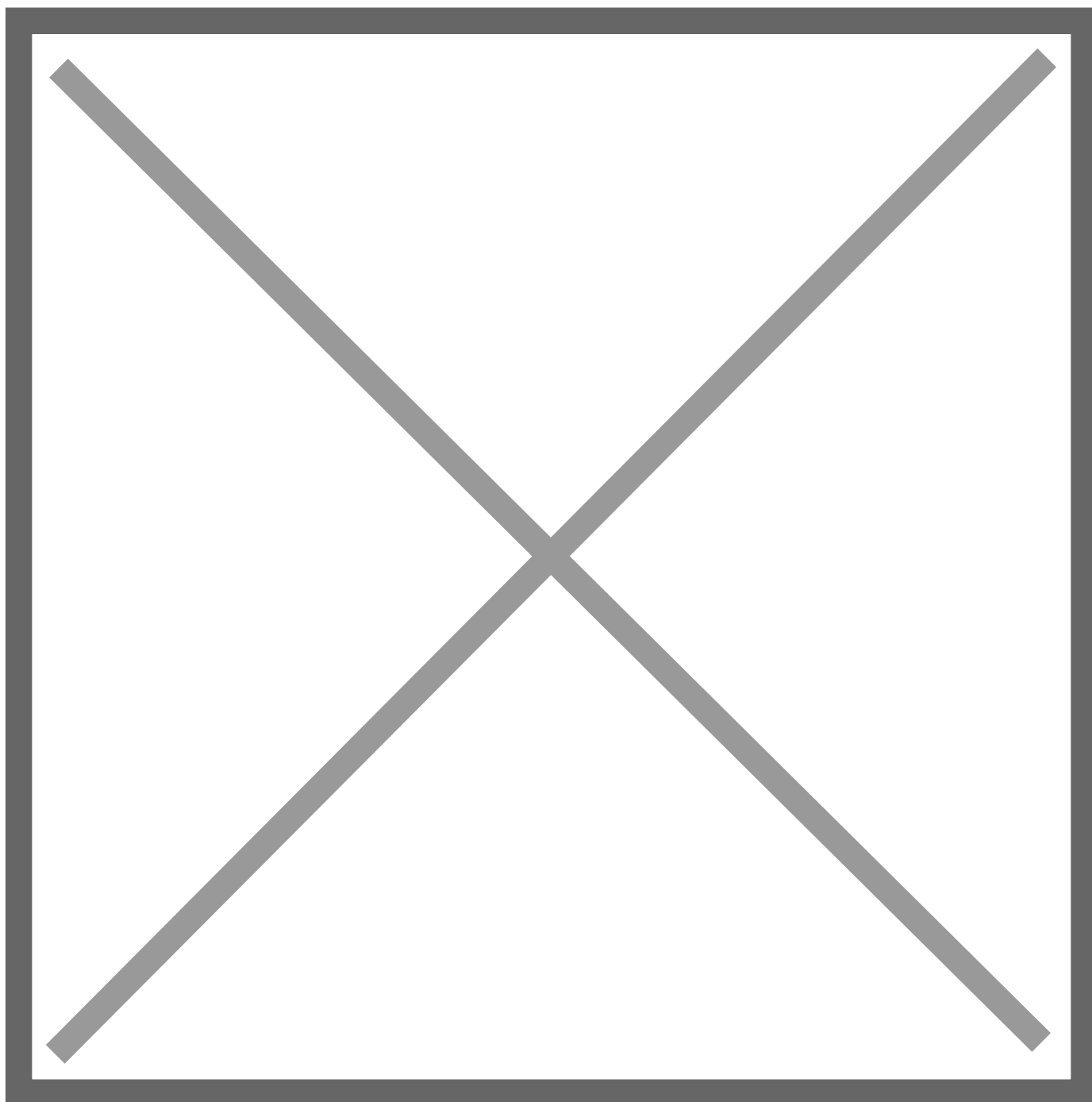
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**Definizioni
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solo in
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Number living with depressive disorder per 100,000 population (Under 20 years of age)

Ragazze, 2021



Area coperta:

Nazionale

Riferimenti:

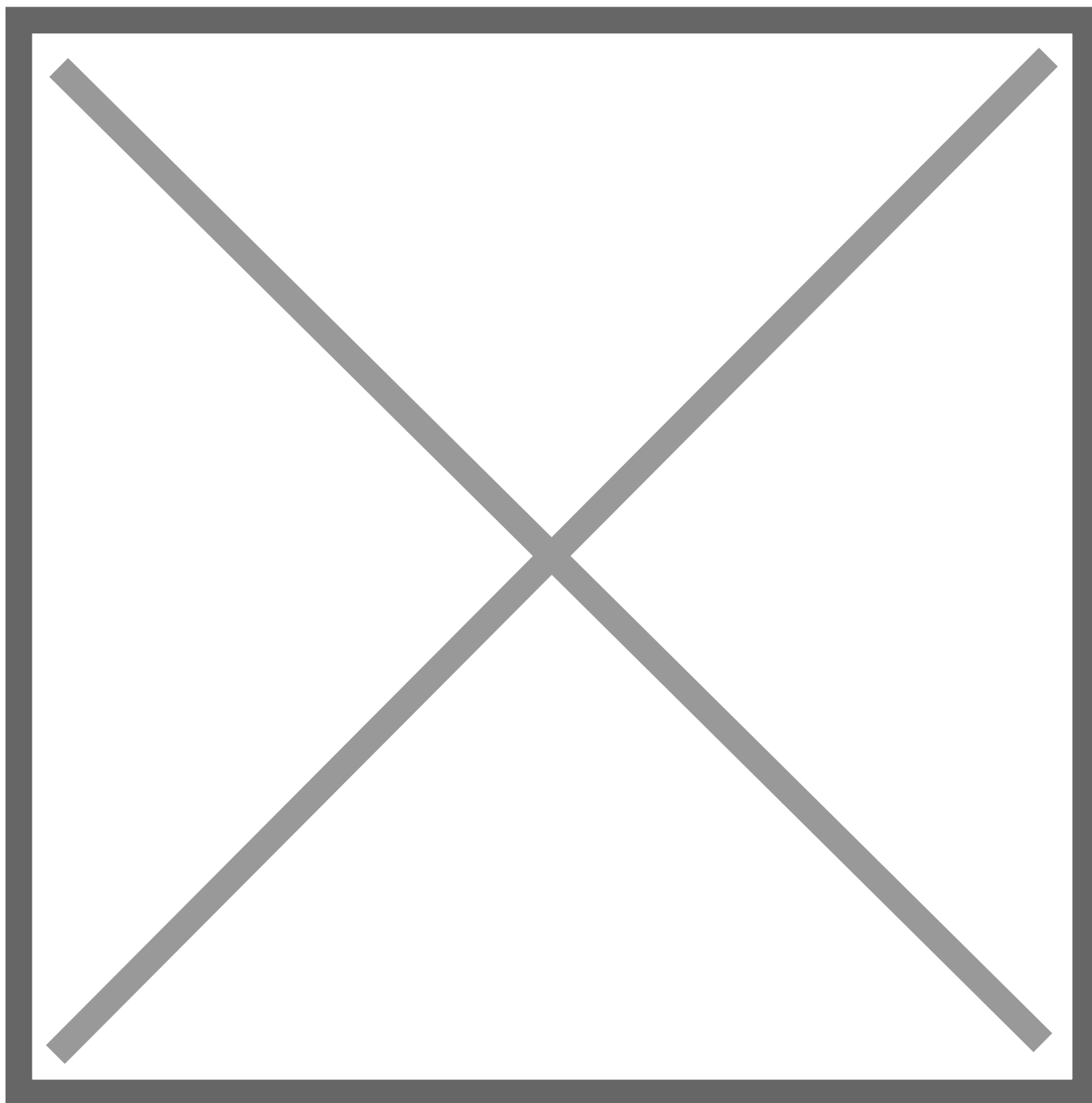
Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

**Definizioni
(disponibile
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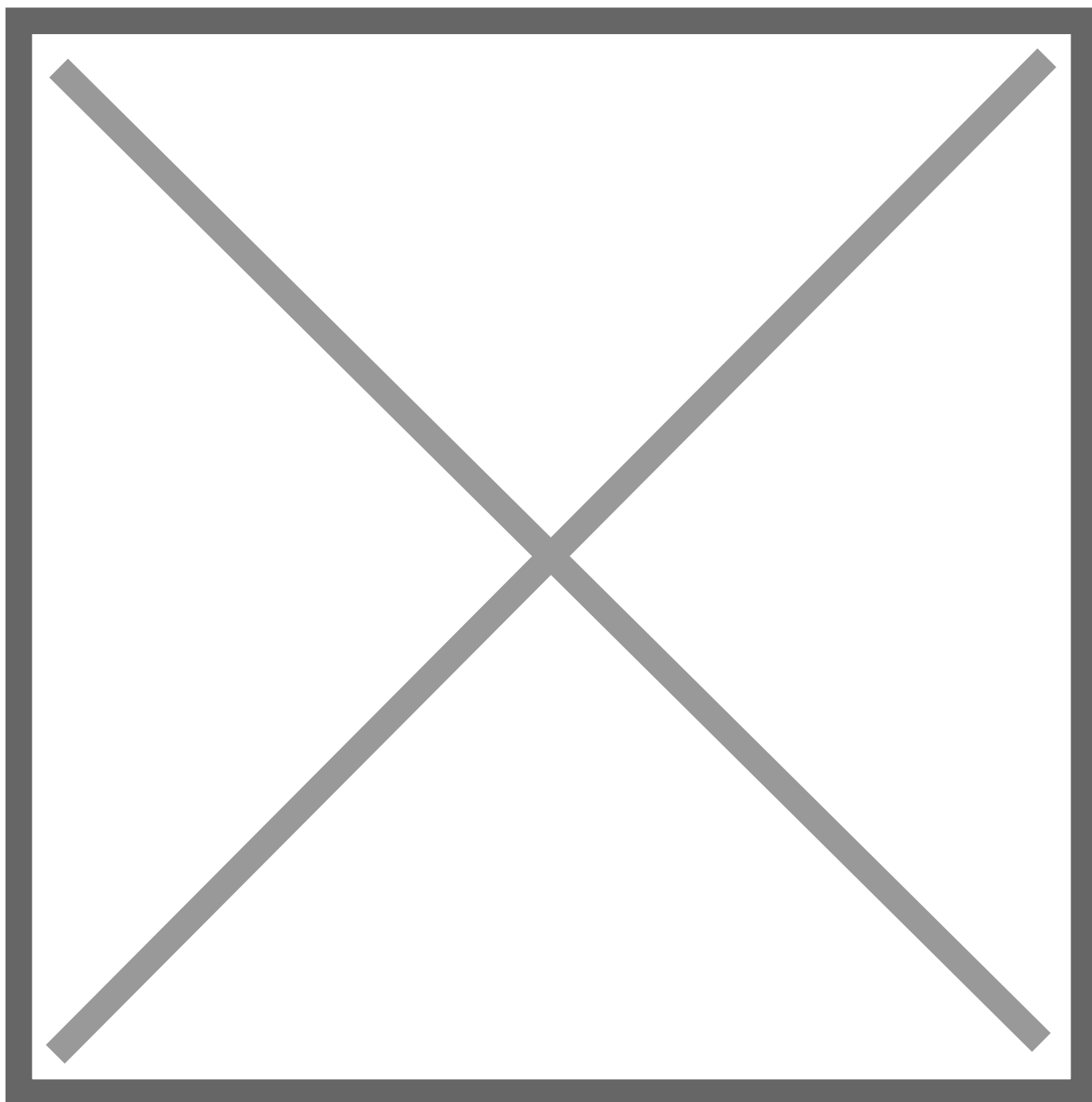
Salute mentale - disturbi d'ansia

Bambini, 2021

**Riferimenti:**

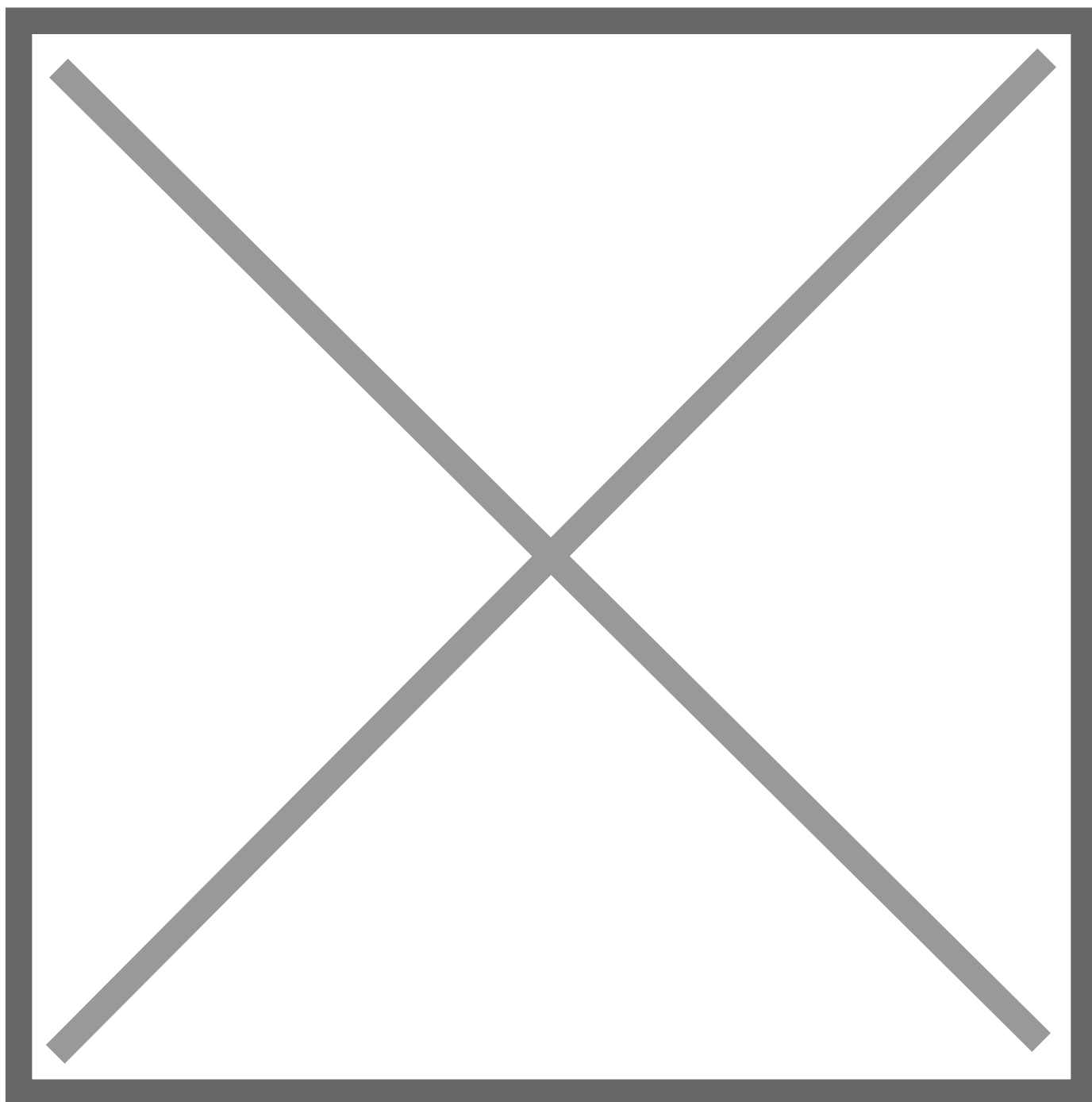
Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

Ragazzi, 2021

**Riferimenti:**

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)

Ragazze, 2021



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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)

PDF created on July 16, 2025