# Report card

## Romania

<table>
<thead>
<tr>
<th>Contents</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Obesity prevalence</td>
<td>2</td>
</tr>
<tr>
<td>Overweight/obesity by age and education</td>
<td>4</td>
</tr>
<tr>
<td>Overweight/obesity by education</td>
<td>6</td>
</tr>
<tr>
<td>Overweight/obesity by age</td>
<td>8</td>
</tr>
<tr>
<td>Overweight/obesity by region</td>
<td>10</td>
</tr>
<tr>
<td>Overweight/obesity by age and region</td>
<td>12</td>
</tr>
<tr>
<td>Overweight/obesity by age and socio-economic group</td>
<td>14</td>
</tr>
<tr>
<td>Overweight/obesity by socio-economic group</td>
<td>17</td>
</tr>
<tr>
<td>Insufficient physical activity</td>
<td>20</td>
</tr>
<tr>
<td>Sugar consumption</td>
<td>26</td>
</tr>
<tr>
<td>Estimated per-capita sugar sweetened beverages intake</td>
<td>27</td>
</tr>
<tr>
<td>Prevalence of at least daily carbonated soft drink consumption</td>
<td>28</td>
</tr>
<tr>
<td>Prevalence of confectionery consumption</td>
<td>29</td>
</tr>
<tr>
<td>Prevalence of sweet/savoury snack consumption</td>
<td>30</td>
</tr>
<tr>
<td>Estimated per-capita fruit intake</td>
<td>31</td>
</tr>
<tr>
<td>Prevalence of less-than-daily fruit consumption</td>
<td>32</td>
</tr>
<tr>
<td>Prevalence of less-than-daily vegetable consumption</td>
<td>33</td>
</tr>
<tr>
<td>Estimated per-capita processed meat intake</td>
<td>34</td>
</tr>
<tr>
<td>Estimated per-capita whole grains intake</td>
<td>35</td>
</tr>
<tr>
<td>Mental health - depression disorders</td>
<td>36</td>
</tr>
<tr>
<td>Mental health - anxiety disorders</td>
<td>37</td>
</tr>
<tr>
<td>Oesophageal cancer</td>
<td>38</td>
</tr>
<tr>
<td>Breast cancer</td>
<td>40</td>
</tr>
<tr>
<td>Colorectal cancer</td>
<td>41</td>
</tr>
<tr>
<td>Pancreatic cancer</td>
<td>43</td>
</tr>
<tr>
<td>Gallbladder cancer</td>
<td>45</td>
</tr>
<tr>
<td>Kidney cancer</td>
<td>47</td>
</tr>
<tr>
<td>Cancer of the uterus</td>
<td>49</td>
</tr>
<tr>
<td>Raised blood pressure</td>
<td>50</td>
</tr>
<tr>
<td>Raised cholesterol</td>
<td>53</td>
</tr>
<tr>
<td>Raised fasting blood glucose</td>
<td>56</td>
</tr>
<tr>
<td>Diabetes prevalence</td>
<td>58</td>
</tr>
</tbody>
</table>
Obesity prevalence

Adults, 2017

Survey type: Self-reported
Age: 18+
Area covered: National

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
### Children, 2012-2013

#### Severe obesity

<table>
<thead>
<tr>
<th></th>
<th>Boys</th>
<th>Girls</th>
</tr>
</thead>
<tbody>
<tr>
<td>%</td>
<td>1.6</td>
<td>0.4</td>
</tr>
</tbody>
</table>

**Survey type:** Measured  
**Age:** 8  
**Sample size:** 4274  
**Area covered:** National  
**References:** Spinelli et al (2019). 'Childhood Severe Obesity in Europe', Obes Facts.12, pp. 244–258. (Data from COSI round 1-3)  
**Notes:** NOTE - this data is from COSI round III (2012/2013) IOTF cut-offs used.  
**Cutoffs:** IOTF
Overweight/obesity by age and education

Men, 2017

Survey type: Self-reported
Area covered: National

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
Women, 2017

Survey type: Self-reported
Area covered: National

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

Men, 2014

Survey type: Self-reported
Age: 18+
Area covered: National
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

Survey type: Self-reported
Age: 18+
Area covered: National

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, 2017

Survey type: Self-reported
Area covered: National
References: 2017 - Education EUROSTAT Database

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
Children, 2008-2012

- **Survey type:** Measured
- **Sample size:** 3444
- **Area covered:** Regional: North-eastern Romania
- **Notes:** Regional
- **Cutoffs:** IOTF
Overweight/obesity by region

Boys, 2010-2011

Survey type: Measured
Age: 7-18
Sample size: 3626
Area covered: Regional - Western Romania
Cutoffs: IOTF
### Girls, 2010-2011

<table>
<thead>
<tr>
<th>Survey type:</th>
<th>Measured</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age:</td>
<td>7-18</td>
</tr>
<tr>
<td>Sample size:</td>
<td>3626</td>
</tr>
<tr>
<td>Area covered:</td>
<td>Regional - Western Romania</td>
</tr>
<tr>
<td>Cutoffs:</td>
<td>IOTF</td>
</tr>
</tbody>
</table>
Overweight/obesity by age and region

Men, 2014

Survey type: Self-reported
Area covered: National

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
### Women, 2014

#### Survey type:
- Self-reported

#### Area covered:
- National

#### References:

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

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Cities</th>
<th>Rural areas</th>
<th>Towns and suburbs</th>
</tr>
</thead>
<tbody>
<tr>
<td>18+</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>18-24</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>25-34</td>
<td></td>
<td></td>
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<tr>
<td>35-44</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>45-54</td>
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<td></td>
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<tr>
<td>45-64</td>
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<td></td>
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<tr>
<td>55-64</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>65-74</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>75+</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

#### Chart Notes:
- Obesity is indicated by dark blue bars.
- Overweight is indicated by light grey bars.

- Bar heights represent the percentage of the population with obesity or overweight for each age group and area type.
- The chart visually compares obesity and overweight across different age groups and regions.
Overweight/obesity by age and socio-economic group

Adults, 2014

Survey type: Self-reported
Area covered: National

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m². Obesity refers to a BMI greater than 30kg/m².
Men, 2014

Survey type: Self-reported
Area covered: National

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
Women, 2014

Survey type: Self-reported
Area covered: National

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
Overweight/obesity by socio-economic group

Men, 2014

Survey type: Self-reported
Age: 18+
Area covered: National
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

Survey type: Self-reported
Age: 18+
Area covered: National
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.
Children, 2008-2012

Survey type: Measured
Age: 6-10
Sample size: 1015
Area covered: Regional: North-eastern Romania
Cutoffs: IOTF
Insufficient physical activity

Adults, 2016

References:
Men, 2016

Women, 2016

Children, 2010

Age: 11-17


Notes: % of school going adolescents not meeting WHO recommendations on Physical Activity for Health, i.e. doing less than 60 minutes of moderate- to vigorous-intensity physical activity daily.

Definitions: % Adolescents insufficiently active (age standardised estimate)
Boys, 2010

Age: 11-17


Notes: % of school going adolescents not meeting WHO recommendations on Physical Activity for Health, i.e. doing less than 60 minutes of moderate- to vigorous-intensity physical activity daily.

Definitions: % Adolescents insufficiently active (age standardised estimate)
Girls, 2010

Age: 11-17


Notes: % of school going adolescents not meeting WHO recommendations on Physical Activity for Health, i.e. doing less than 60 minutes of moderate- to vigorous-intensity physical activity daily.

Definitions: % Adolescents insufficiently active (age standardised estimate)
Sugar consumption

Adults, 2016

References:
Source: Euromonitor International

Definitions:
Sugar consumption (Number of 500g sugar portions/person/month)
Estimated per-capita sugar sweetened beverages intake

Adults, 2016

References: Source: Euromonitor International
Prevalence of at least daily carbonated soft drink consumption

Children, 2014

Survey type: Measured


Notes: 15-year-old adolescents

Definitions: Prevalence of at least daily carbonated soft drink consumption (% of at least daily carbonated soft drink consumption)
Prevalence of confectionery consumption

Adults, 2016

References:
Source: Euromonitor International

Definitions:
Prevalence of confectionery consumption (Number of 50g confectionery portions/person/month)
Prevalence of sweet/savoury snack consumption

Adults, 2016

References:
Source: Euromonitor International

Definitions:
Prevalence of sweet/savoury snack consumption (Number of 35g sweet/savoury snack portions/person/month)
Estimated per-capita fruit intake

Adults, 2017

Survey type: Measured
Age: 25+
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

Survey type: Measured


Definitions: Prevalence of less-than-daily fruit consumption (% less-than-daily fruit consumption)
Prevalence of less-than-daily vegetable consumption

Children, 2014

Survey type: Measured
Age: 12-17


Definitions: Prevalence of less-than-daily vegetable consumption (% less-than-daily vegetable consumption)
Estimated per-capita processed meat intake

Adults, 2017

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

### Adults, 2017

<table>
<thead>
<tr>
<th>Sector</th>
<th>Estimated Intake (g/day)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Italy</td>
<td>40</td>
</tr>
<tr>
<td>Malta</td>
<td>39</td>
</tr>
<tr>
<td>Greece</td>
<td>35</td>
</tr>
<tr>
<td>France</td>
<td>33</td>
</tr>
<tr>
<td>Cyprus</td>
<td>30</td>
</tr>
<tr>
<td>Denmark</td>
<td>28</td>
</tr>
<tr>
<td>Latvia</td>
<td>28</td>
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<td>United Kingdom</td>
<td>27</td>
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<tr>
<td>Hungary</td>
<td>26</td>
</tr>
<tr>
<td>Portugal</td>
<td>26</td>
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<tr>
<td>Slovakia</td>
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<td>Sweden</td>
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<td>Belgium</td>
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<tr>
<td>Croatia</td>
<td>22</td>
</tr>
<tr>
<td>Poland</td>
<td>21</td>
</tr>
<tr>
<td>Finland</td>
<td>20</td>
</tr>
<tr>
<td>Lithuania</td>
<td>19</td>
</tr>
<tr>
<td>Spain</td>
<td>19</td>
</tr>
<tr>
<td>Netherlands</td>
<td>18</td>
</tr>
<tr>
<td>Estonia</td>
<td>17</td>
</tr>
<tr>
<td>Romania</td>
<td>16</td>
</tr>
<tr>
<td>Luxembourg</td>
<td>15</td>
</tr>
<tr>
<td>Slovenia</td>
<td>14</td>
</tr>
<tr>
<td>Germany</td>
<td>13</td>
</tr>
<tr>
<td>Austria</td>
<td>12</td>
</tr>
<tr>
<td>Czech Republic</td>
<td>11</td>
</tr>
<tr>
<td>Ireland</td>
<td>10</td>
</tr>
</tbody>
</table>

**Survey type:** Measured  
**Age:** 25+  
**References:** Global Burden of Disease, the Institute for Health Metrics and Evaluation [http://ghdx.healthdata.org/](http://ghdx.healthdata.org/)  
**Definitions:** Estimated per-capita whole grains intake (g/day)
Mental health - depression disorders

Adults, 2015


Definitions: % of population with depression disorders
Mental health - anxiety disorders

Adults, 2015


Definitions: % of population with anxiety disorders
Oesophageal cancer

Men, 2018

References:

Definitions:
Estimated age-standardized incidence rates (World) in 2018, oesophagus, adults ages 20+. ASR (World) per 100,000
Women, 2018

Incidence per 100,000

Age: 20+


Definitions: Estimated age-standardized incidence rates (World) in 2018, oesophagus, adults ages 20+. ASR (World) per 100,000
Breast cancer

Women, 2018

Age: 20+


Definitions: Estimated age-standardized incidence rates (World) in 2018, breast, females, ages 20+. ASR (World) per 100,000
Colorectal cancer

Men, 2018

Age:


Definitions: Estimated age-standardized incidence rates (World) in 2018, colorectum, adults, ages 20+. ASR (World) per 100,000
Women, 2018

<table>
<thead>
<tr>
<th>Country</th>
<th>Incidence per 100,000</th>
</tr>
</thead>
<tbody>
<tr>
<td>Austria</td>
<td>60</td>
</tr>
<tr>
<td>Romania</td>
<td>50</td>
</tr>
<tr>
<td>Greece</td>
<td>40</td>
</tr>
<tr>
<td>Finland</td>
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<td>Germany</td>
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<tr>
<td>Lithuania</td>
<td>15</td>
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<tr>
<td>Malta</td>
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<tr>
<td>Spain</td>
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<td>Sweden</td>
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<td>Italy</td>
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<td>Czech Republic</td>
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<td>Croatia</td>
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<td>Luxembourg</td>
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<tr>
<td>Slovenia</td>
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<tr>
<td>Estonia</td>
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<td>Ireland</td>
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<tr>
<td>United Kingdom</td>
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<td>Denmark</td>
<td>10</td>
</tr>
<tr>
<td>Hungary</td>
<td>10</td>
</tr>
</tbody>
</table>

Age: 20+


Definitions: Estimated age-standardized incidence rates (World) in 2018, colorectum, adults, ages 20+. ASR (World) per 100,000
Pancreatic cancer

Men, 2018

Age: 20+


Definitions: Estimated age-standardized incidence rates (World) in 2018, pancreas, adults, ages 20+. ASR (World) per 100,000
Women, 2018

Age: 20+


Definitions: Estimated age-standardized incidence rates (World) in 2018, pancreas, adults, ages 20+. ASR (World) per 100,000
Gallbladder cancer

Men, 2018

Age: 20+


Definitions: Estimated age-standardized incidence rates (World) in 2018, gallbladder, adults, ages 20+. ASR (World) per 100,000
**Women, 2018**


Definitions: Estimated age-standardized incidence rates (World) in 2018, gallbladder, adults, ages 20+. ASR (World) per 100,000
Kidney cancer

Men, 2018

Age: 20+


Definitions: Estimated age-standardized incidence rates (World) in 2018, kidney, adults, ages 20+. ASR (World) per 100,000
Women, 2018

Incidence per 100,000

Cyprus
Portugal
Romania
Greece
Spain
Sweden
Netherlands
Austria
Germany
Luxembourg
Slovenia
Denmark
Italy
France
Poland
Malta
Belgium
Ireland
Croatia
United Kingdom
Italy
Finland
Poland
Malta
Belgium
Ireland
Croatia
United Kingdom

Age: 20+


Definitions: Estimated age-standardized incidence rates (World) in 2018, kidney, adults, ages 20+. ASR (World) per 100,000
Cancer of the uterus

Women, 2018

References: Global Cancer Observatory, Cancer incidence rates [http://gco.iarc.fr/] (last accessed 30th June 2020)

Definitions: Estimated age-standardized incidence rates (World) in 2018, cervix uteri, females, ages 20+. ASR (World) per 100,000
Raised blood pressure

Adults, 2015

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

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

References:

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

References:

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

Adults, 2008


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](http://apps.who.int/gho/data/node.main.A885)

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


Definitions: % Raised total cholesterol (>= 5.0 mmol/L) (age-standardized estimate).
Raised fasting blood glucose

Men, 2014

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).

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

Adults, 2017


Definitions: Diabetes age-adjusted comparative prevalence (%).

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