Scotland



Country report card

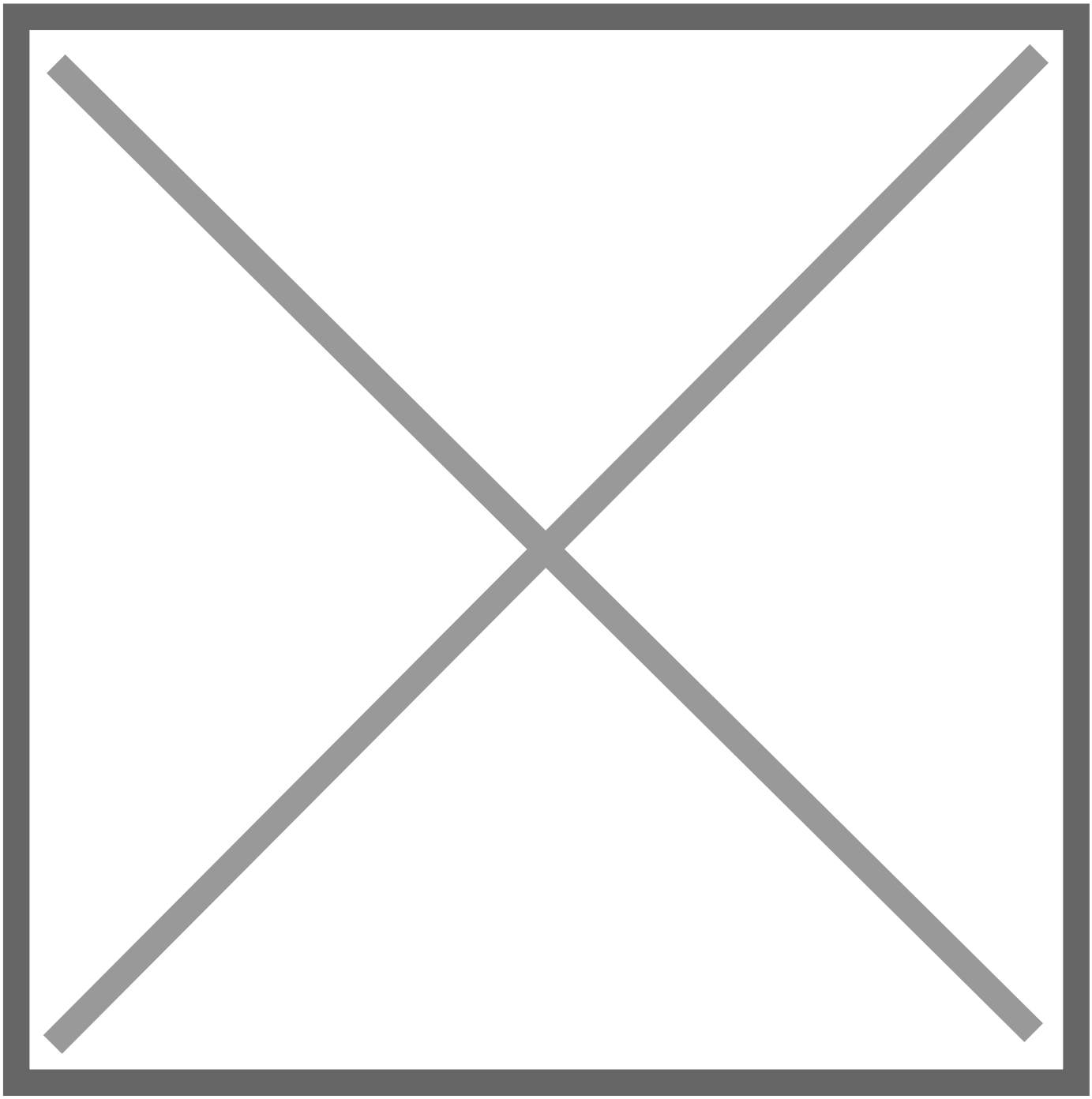
This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity . Where available, data on common and relevant obesity drivers and comorbidities are also presented.

View the latest version of this report on the Global Obesity Observatory at https://data.worldobesity.org/country/scotland-239/.

Contents	Page
Obesity prevalence	3
Trend: % Adults living with obesity in Scotland 1998-2022	8
Trend: % Adults living with overweight or obesity in Scotland 1998-2022	13
Trend: % Children living with overweight or obesity in Scotland 1974-1994	18
Trend: % Children living with overweight or obesity in Scotland 2012-2024	23
Trend: % Adults living with obesity in selected countries worldwide 1976-2018, selected countries	30
Overweight/obesity by education	35
Overweight/obesity by age	38
Overweight/obesity by region	41
Overweight/obesity by socio-economic group	49
Overweight/obesity by ethnicity	58
Insufficient physical activity	63
Prevalence of at least daily soft drink consumption	68
Prevalence of less than daily fruit consumption	71
Prevalence of less than daily vegetable consumption	74

Obesity prevalence

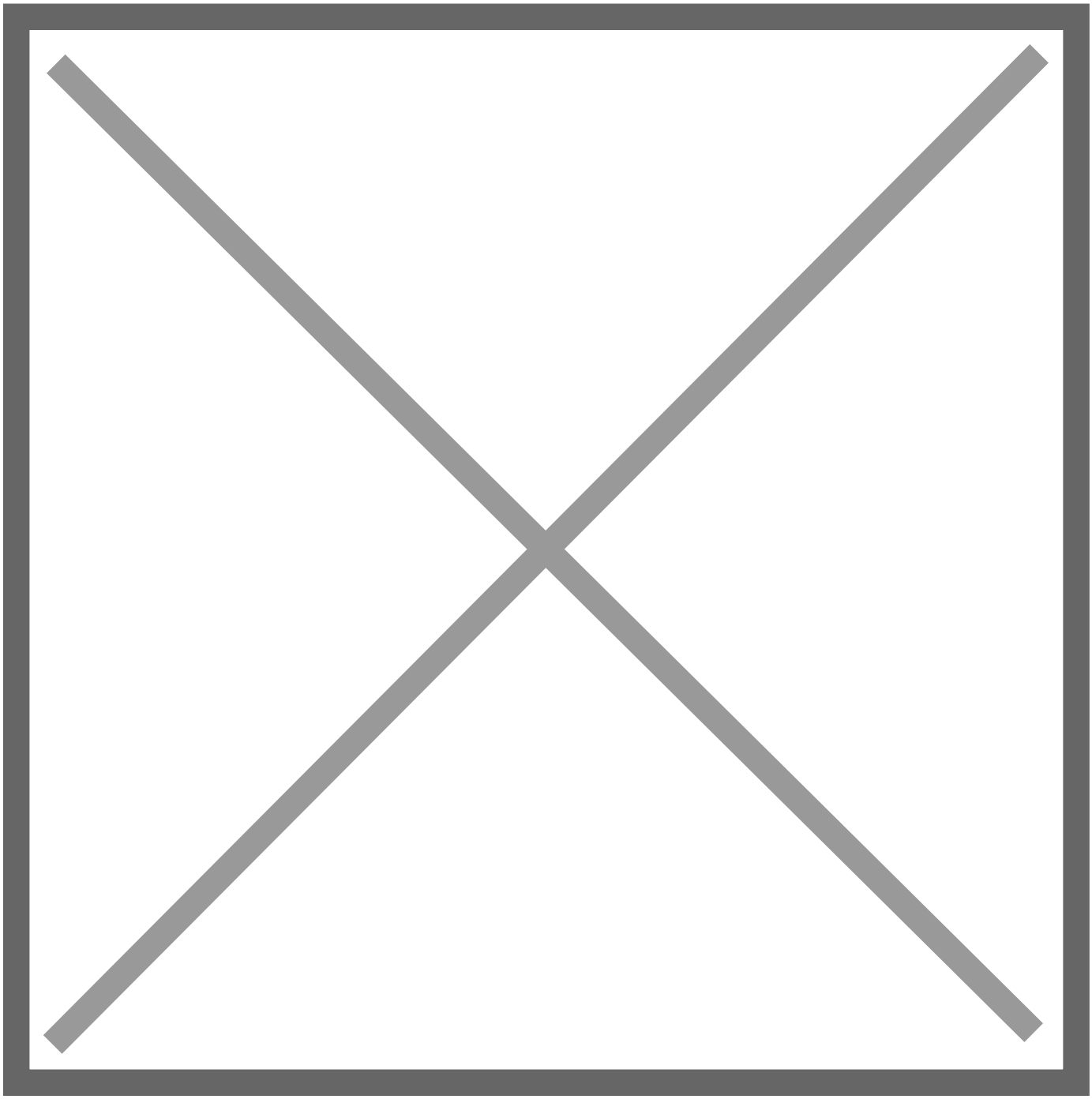
Adults, 2024



Survey type:	Self-reported
Age:	16+
Sample size:	3627
Area covered:	National
References:	Scottish Health Survey 2024. https://www.gov.scot/publications/scottish-health-survey-2024-volume-1-main-report/documents/ [Accessed 03.02.26]

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

Children, 2024

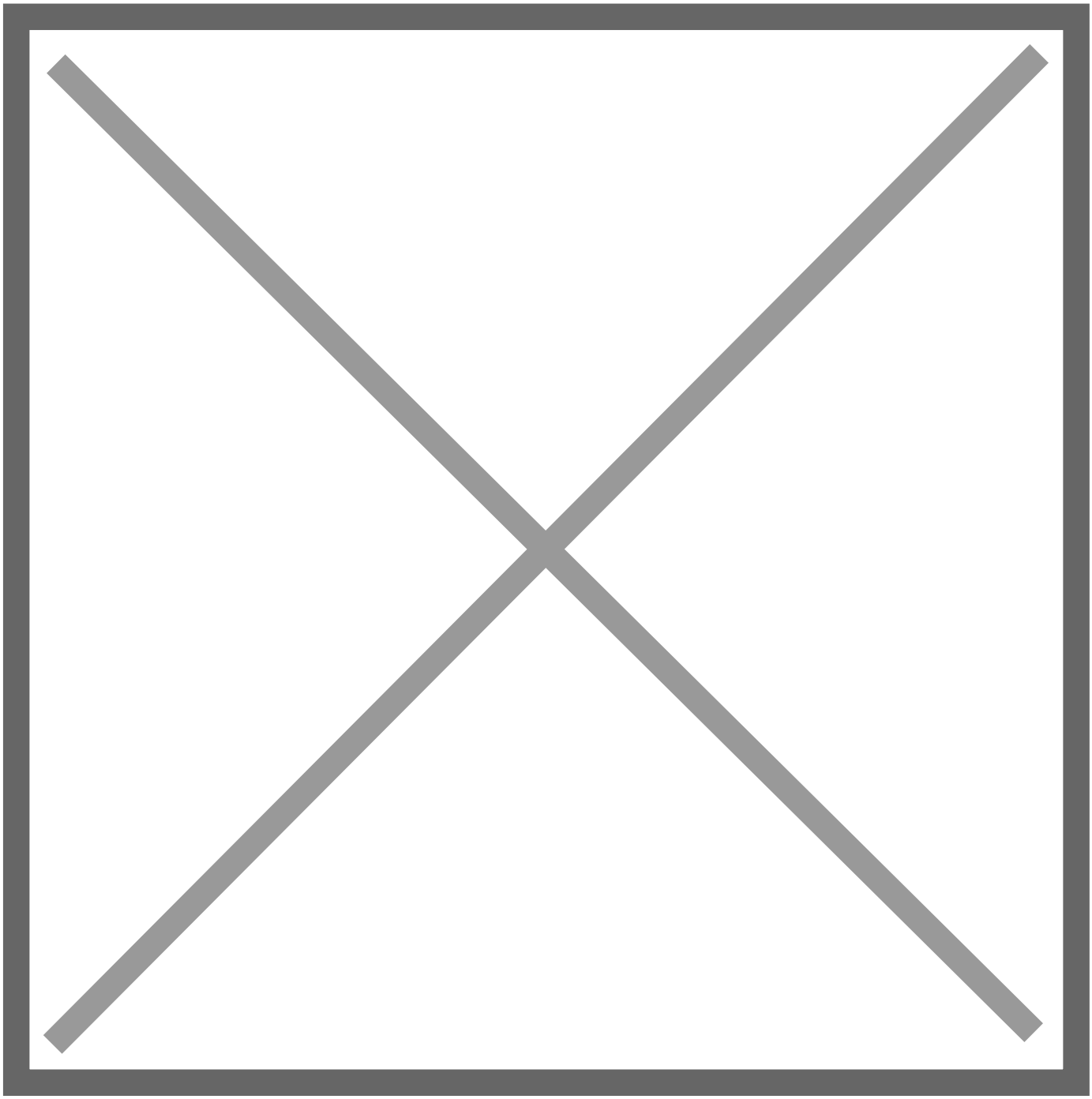


Survey type:	Measured
Age:	2-15
Sample size:	1239
Area covered:	National
References:	Scottish Health Survey 2024. https://www.gov.scot/publications/scottish-health-survey-2024-volume-1-main-report/documents/ [Accessed 03.02.26]

Cutoffs:	85th/95th

% Adults living with obesity in Scotland 1998-2022

Men

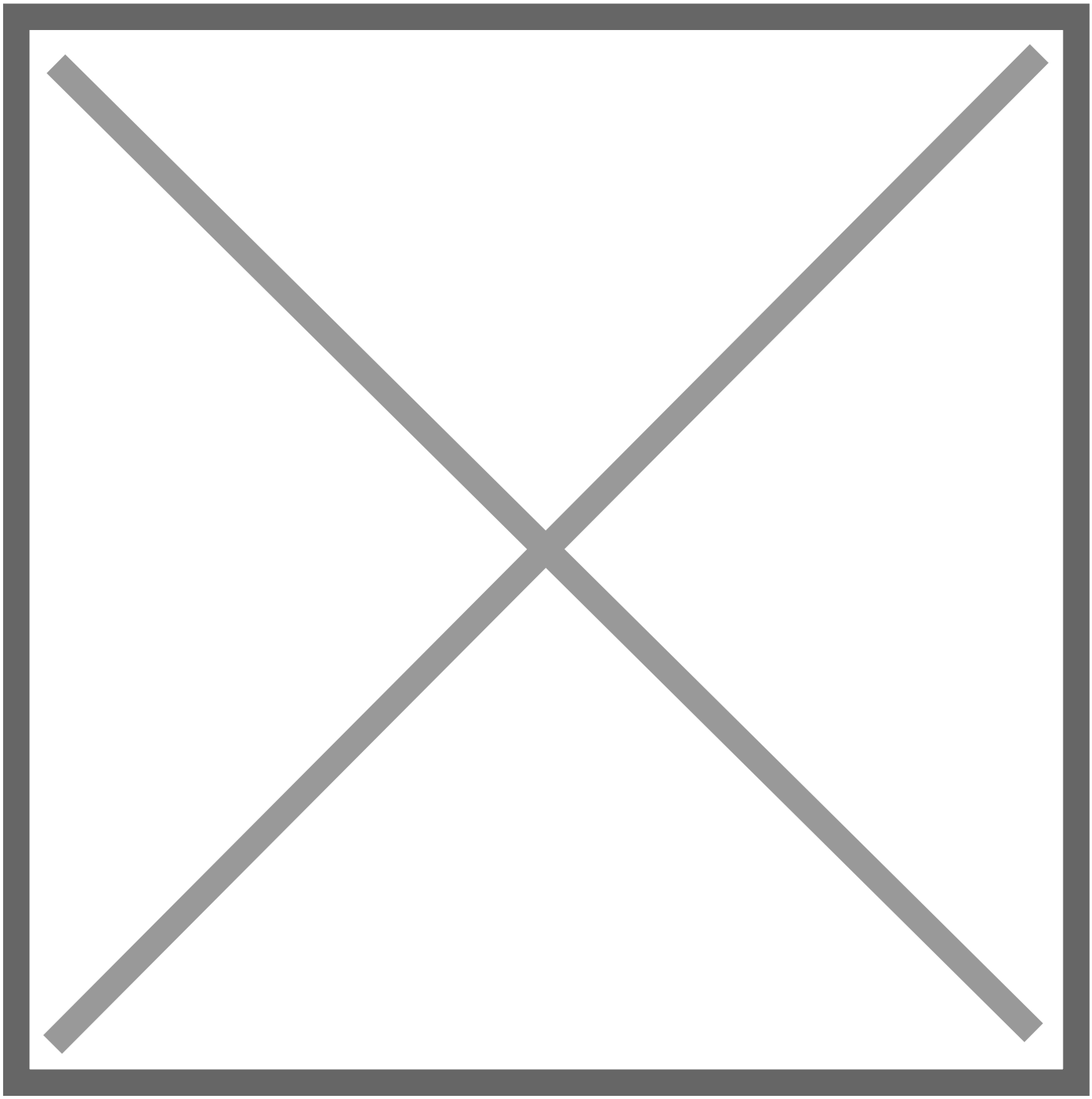


Survey type:	Measured
References:	1998: Scottish Health Survey 1998 2003: http://www.scotland.gov.uk/Publications/2005/11/25145024/50251 2008: Bromley C, Bradshaw P and Given L. (2009). 2008 Scottish Health Survey, Volume 1. The Scottish Government, Edinburgh. 2010: Scottish Health Survey 2010 http://www.scotland.gov.uk/Publications/2011/09/27084018/0 2012: Scottish Health Survey http://www.scotland.gov.uk/Resource/0043/00434590.pdf 2013: Scottish Health Survey http://www.scotland.gov.uk/Publications/2014/12/9982/downloads (last accessed 9th December 2013) 2015: Scottish Health Survey 2015 (https://view.officeapps.live.com/op/view.aspx?src=http://www.gov.scot/Resource/0050/00505713.xls last accessed 8th Jan 2017) 2016: Scottish Health Survey 2016 (http://www.gov.scot/Publications/2017/10/2970/downloads last accessed 3rd October 2017) Link

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

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



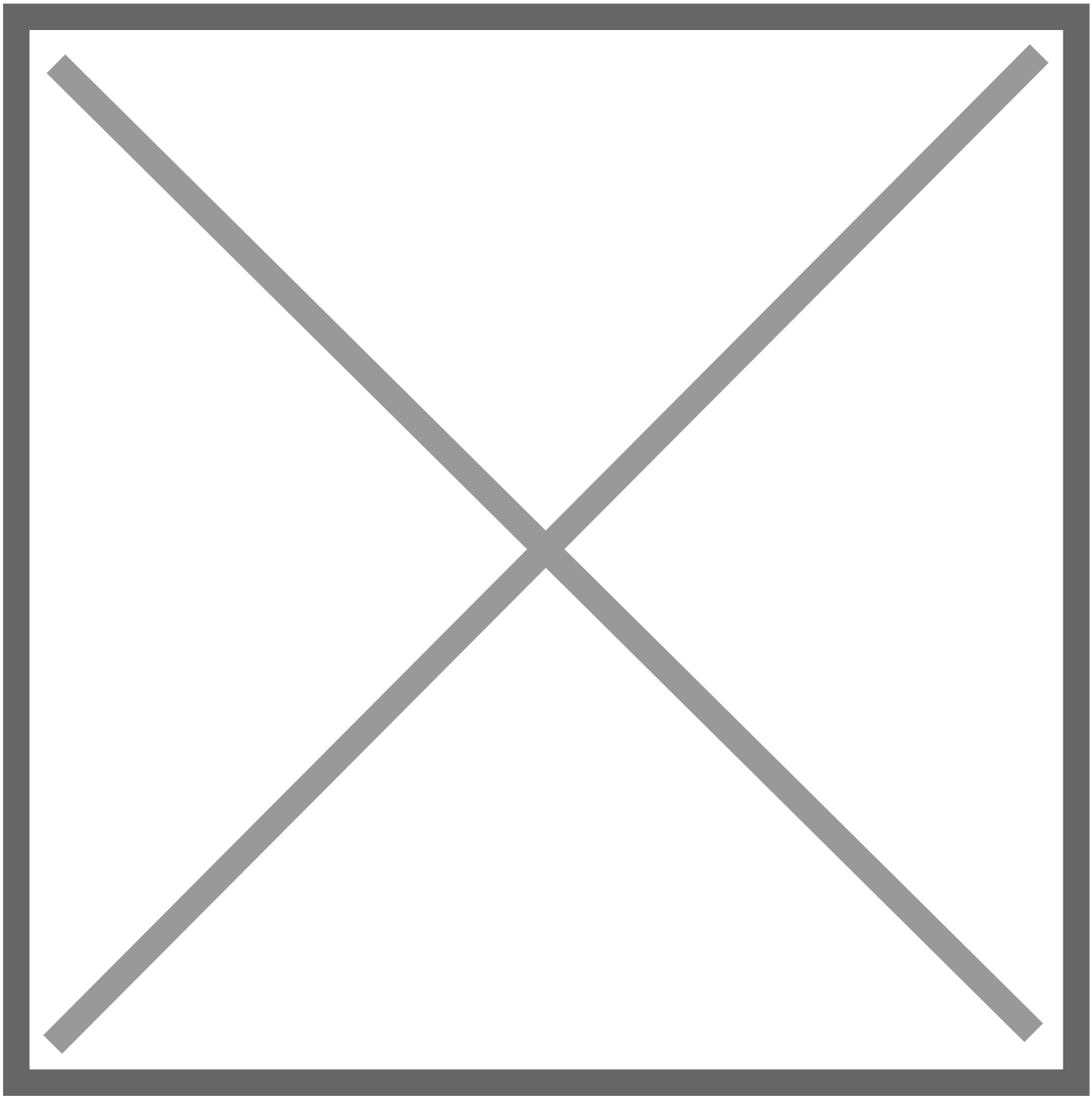
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Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².

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 in Scotland 1998-2022

Men

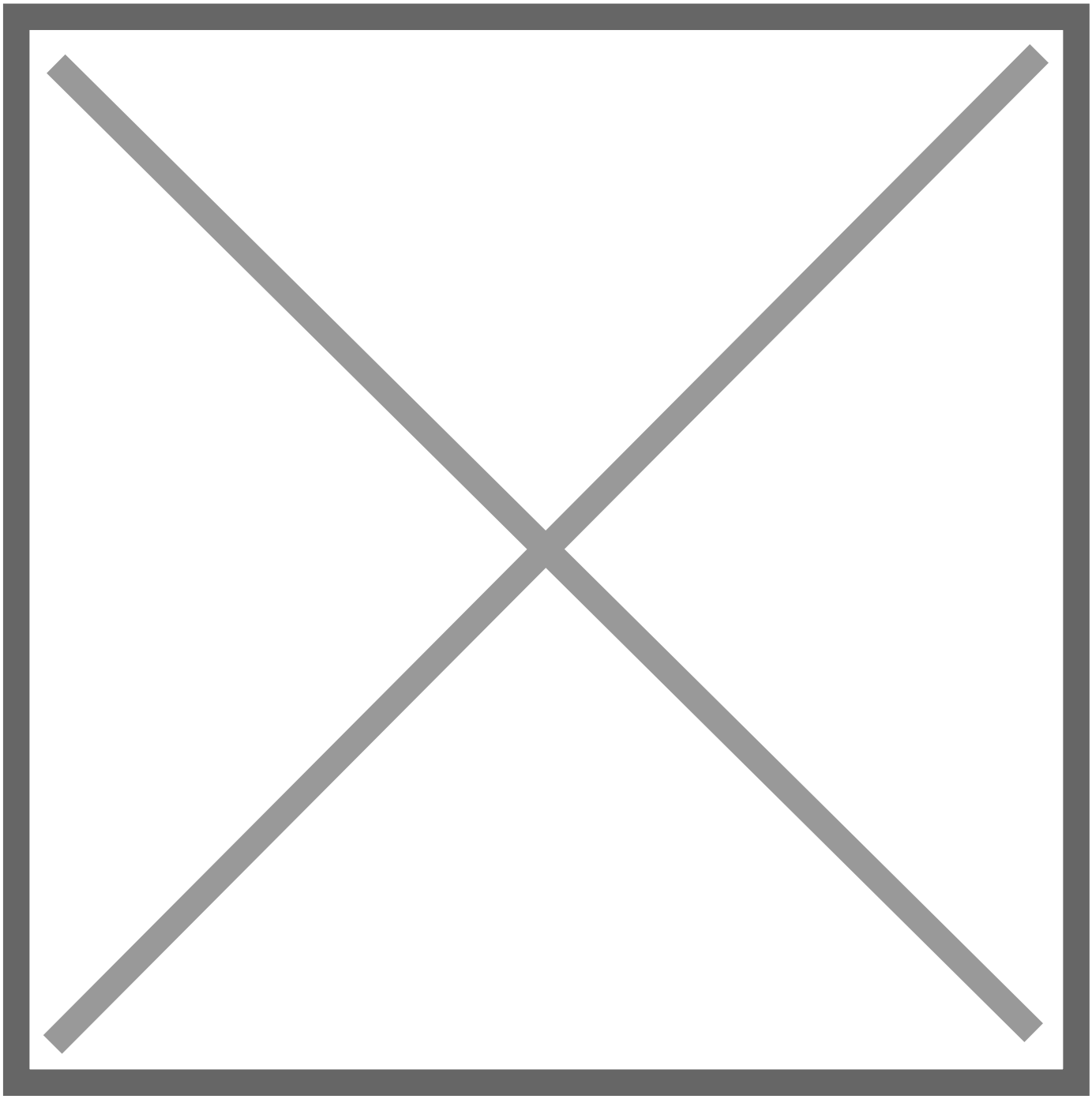


Survey type:	Measured
References:	1998: Scottish Health Survey 1998 2003: http://www.scotland.gov.uk/Publications/2005/11/25145024/50251 2008: Bromley C, Bradshaw P and Given L. (2009). 2008 Scottish Health Survey, Volume 1. The Scottish Government, Edinburgh. 2010: Scottish Health Survey 2010 http://www.scotland.gov.uk/Publications/2011/09/27084018/0 2012: Scottish Health Survey http://www.scotland.gov.uk/Resource/0043/00434590.pdf 2013: Scottish Health Survey http://www.scotland.gov.uk/Publications/2014/12/9982/downloads (last accessed 9th December 2013) 2015: Scottish Health Survey 2015 (https://view.officeapps.live.com/op/view.aspx?src=http://www.gov.scot/Resource/0050/00505713.xls last accessed 8th Jan 2017) 2016: Scottish Health Survey 2016 (http://www.gov.scot/Publications/2017/10/2970/downloads last accessed 3rd October 2017) Link

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

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



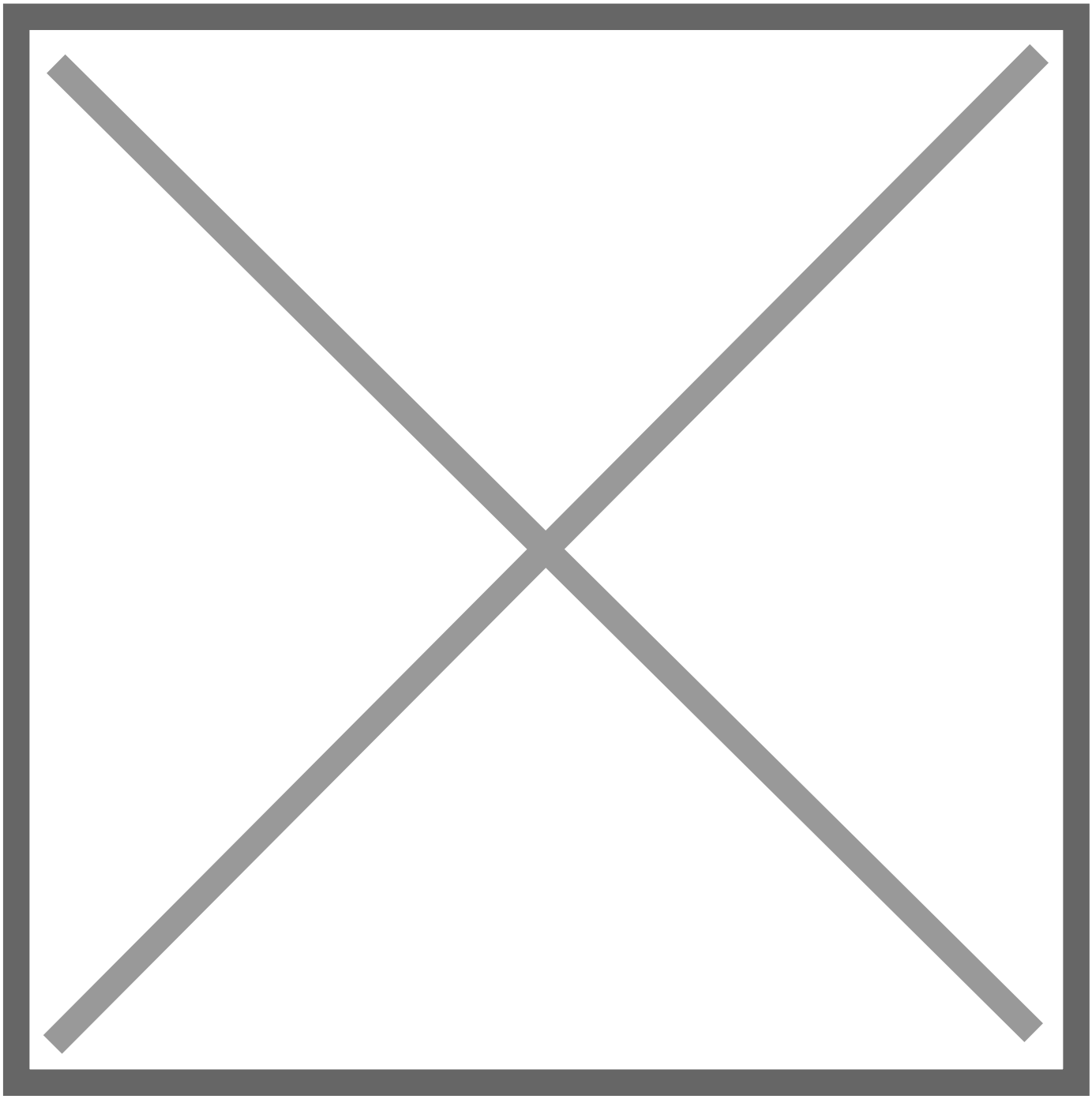
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Different methodologies may have been used to collect this data and so data from different surveys may not be strictly comparable. Please check with original data sources for methodologies used.

% Children living with overweight or obesity in Scotland 1974-1994

Boys

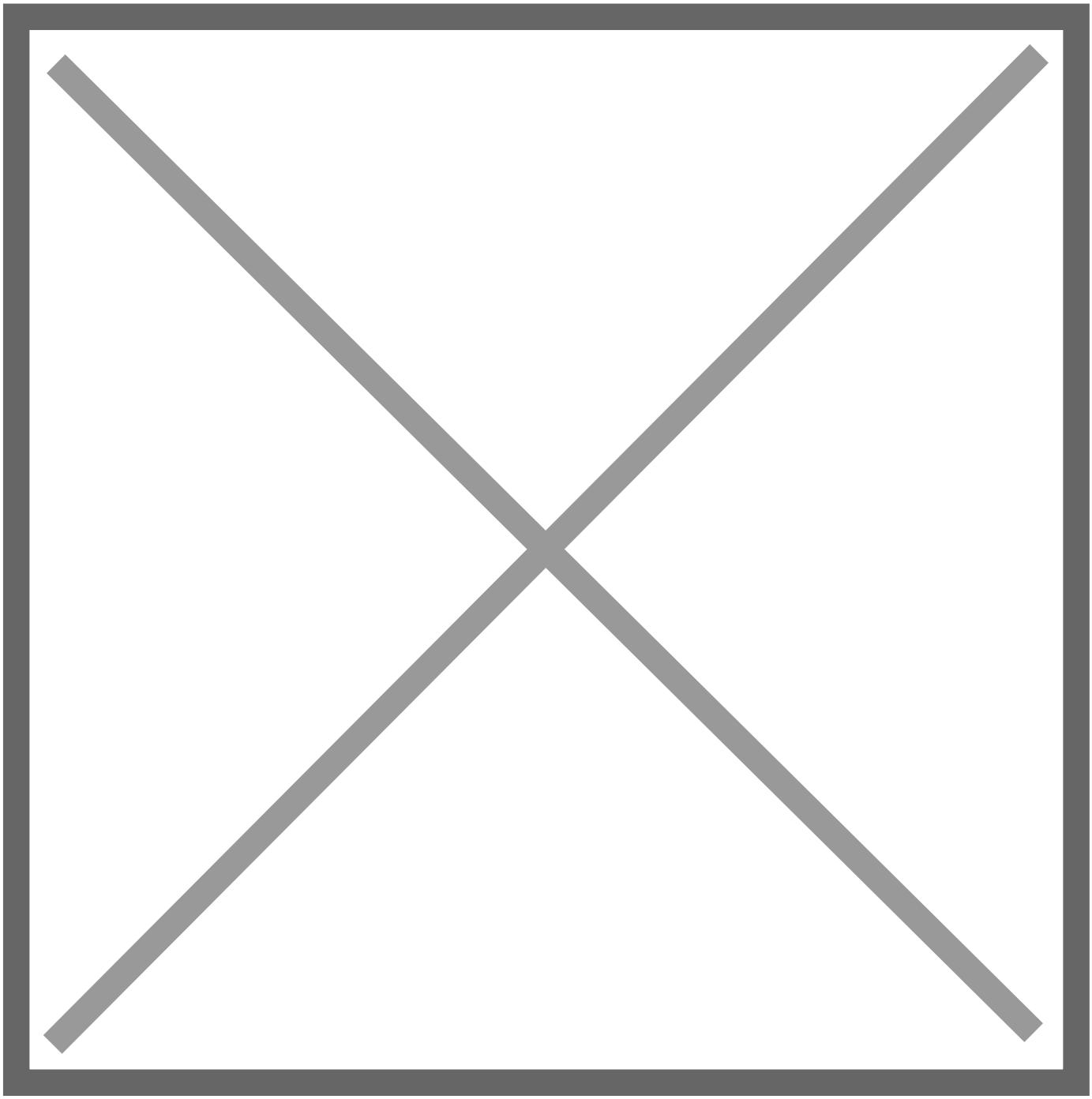


Survey type:	Measured
References:	Chinn S, Rona RJ. Prevalence and trends inoverweight and obesity in three cross sectional studies of British children, 1974-94. BMJ (2001);322:24-26Chinn S, Rona RJ. Prevalence and trends inoverweight and obesity in three cross sectional studies of British children, 1974-94. BMJ (2001);322:24-26Chinn S, Rona RJ. Prevalence and trends inoverweight and obesity in three cross sectional studies of British children, 1974-94. BMJ (2001);322:24-26

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

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.

Girls



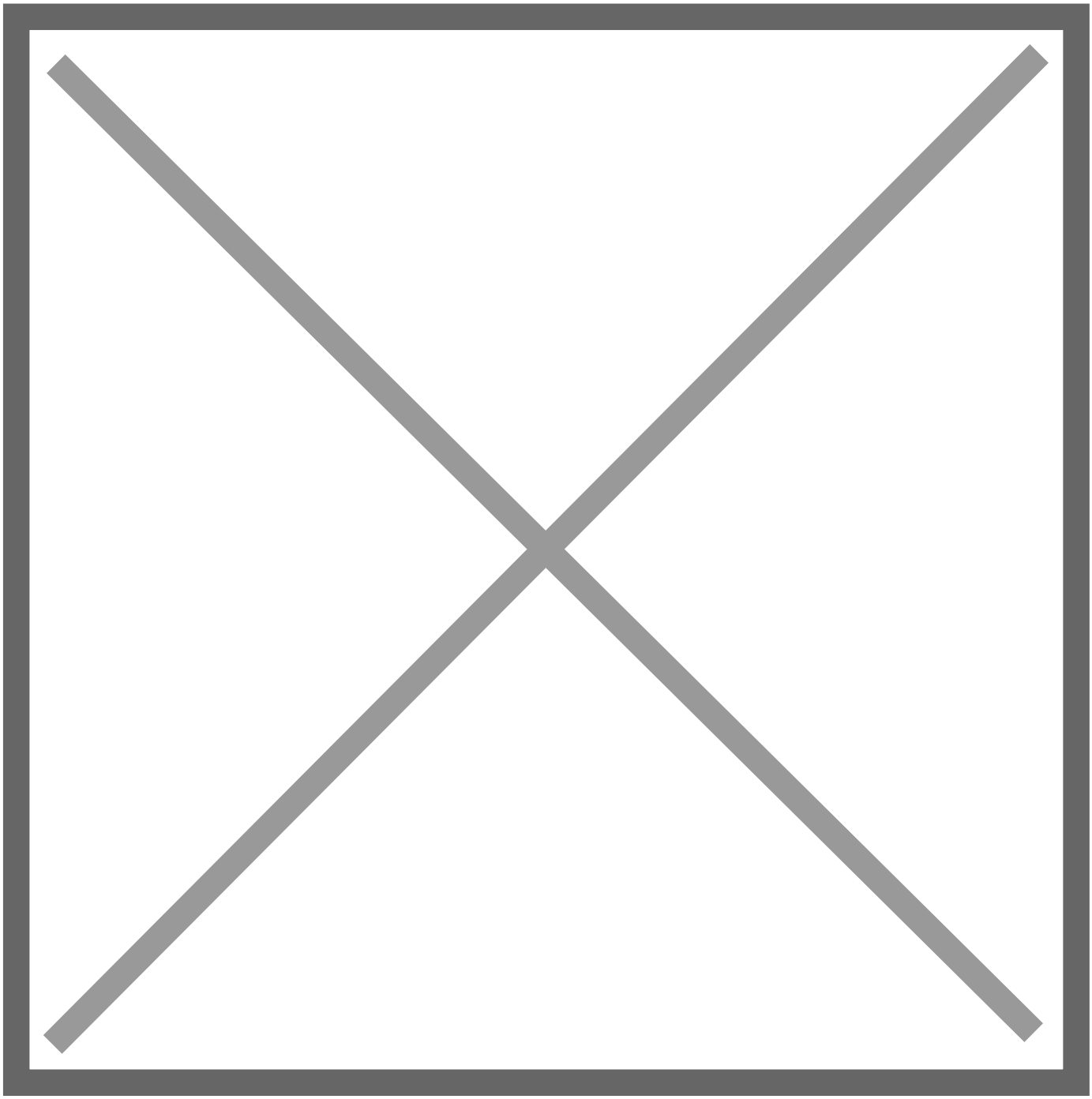
Survey type:	Measured
References:	Chinn S, Rona RJ. Prevalence and trends inoverweight and obesity in three cross sectional studies of British children, 1974-94. BMJ (2001);322:24-26Chinn S, Rona RJ. Prevalence and trends inoverweight and obesity in three cross sectional studies of British children, 1974-94. BMJ (2001);322:24-26Chinn S, Rona RJ. Prevalence and trends inoverweight and obesity in three cross sectional studies of British children, 1974-94. BMJ (2001);322:24-26

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

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.

% Children living with overweight or obesity in Scotland 2012-2024

Boys

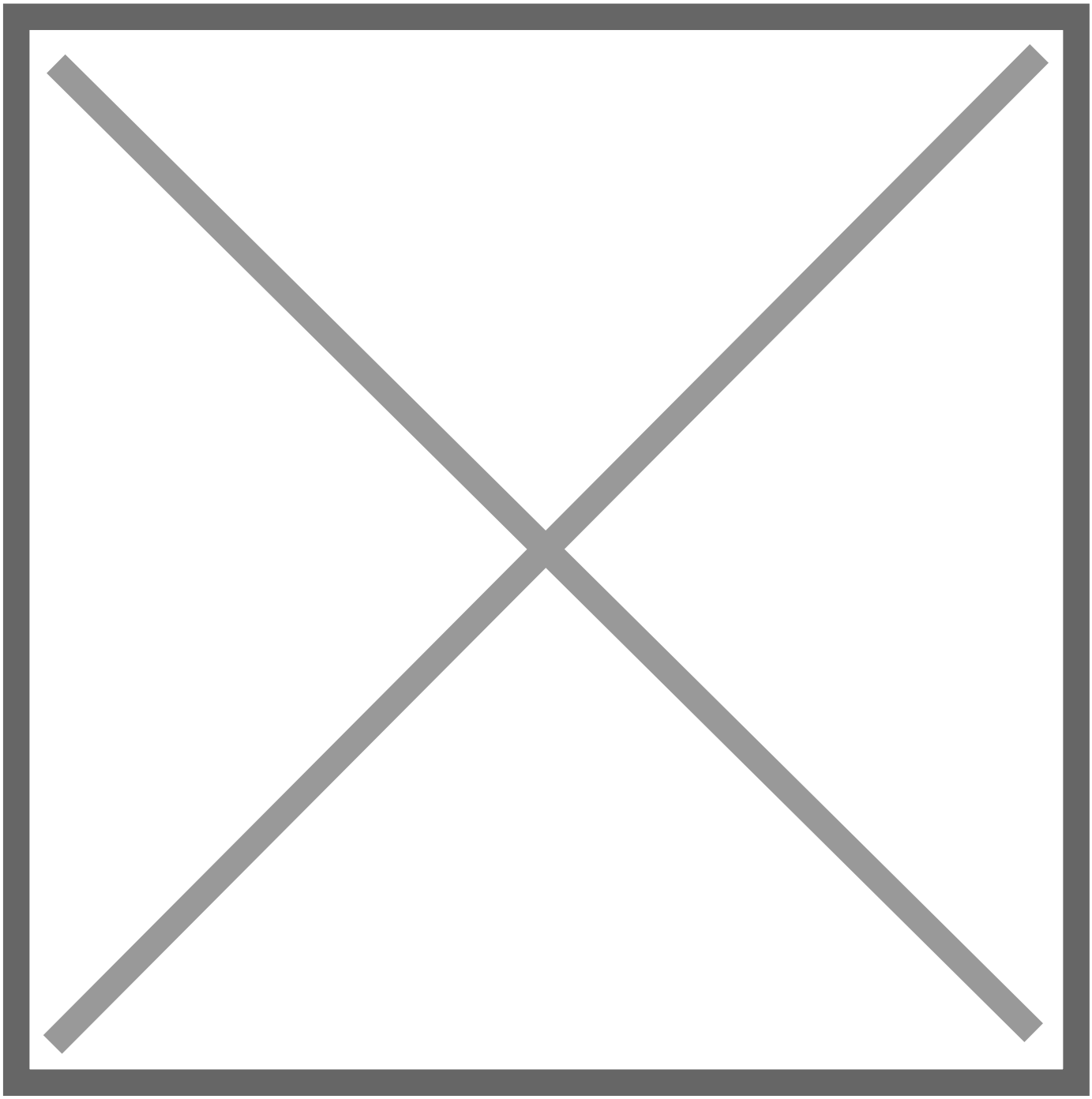


Survey type:	Measured
References:	2012: Scottish Health Survey 2012 http://www.scotland.gov.uk/Resource/0043/00434590.pdf 2015: Scottish Health Survey 2015. (http://www.gov.scot/Topics/Statistics/Browse/Health/scottish-health-survey/Publications/Supplementary2015) 2016: Scottish Health Survey 2016, Statistics available online at http://www.gov.scot/Topics/Statistics/Browse/Health/scottish-health-survey/Publications/Supplementary2015/Supplementary2016 (last accessed 2nd November 2017) 2017: Scottish Government. (2017). Scottish Health Survey 2017. Available: https://www.gov.scot/Resource/0054/00540654.pdf. Last accessed 3rd Oct 2018. 2018: Scottish Government. (2018). Scottish Health Survey 2018. Available: https://www.gov.scot/publications/scottish-health-survey-2018-volume-1-main-report/ (Last accessed 24.09.19)

Notes:	Aged 2-15.
Definitions:	Overweight refers to BMI at or above 85th percentile, below 95th percentile. Obesity refers to BMI at or above 95th percentile.

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.

Girls

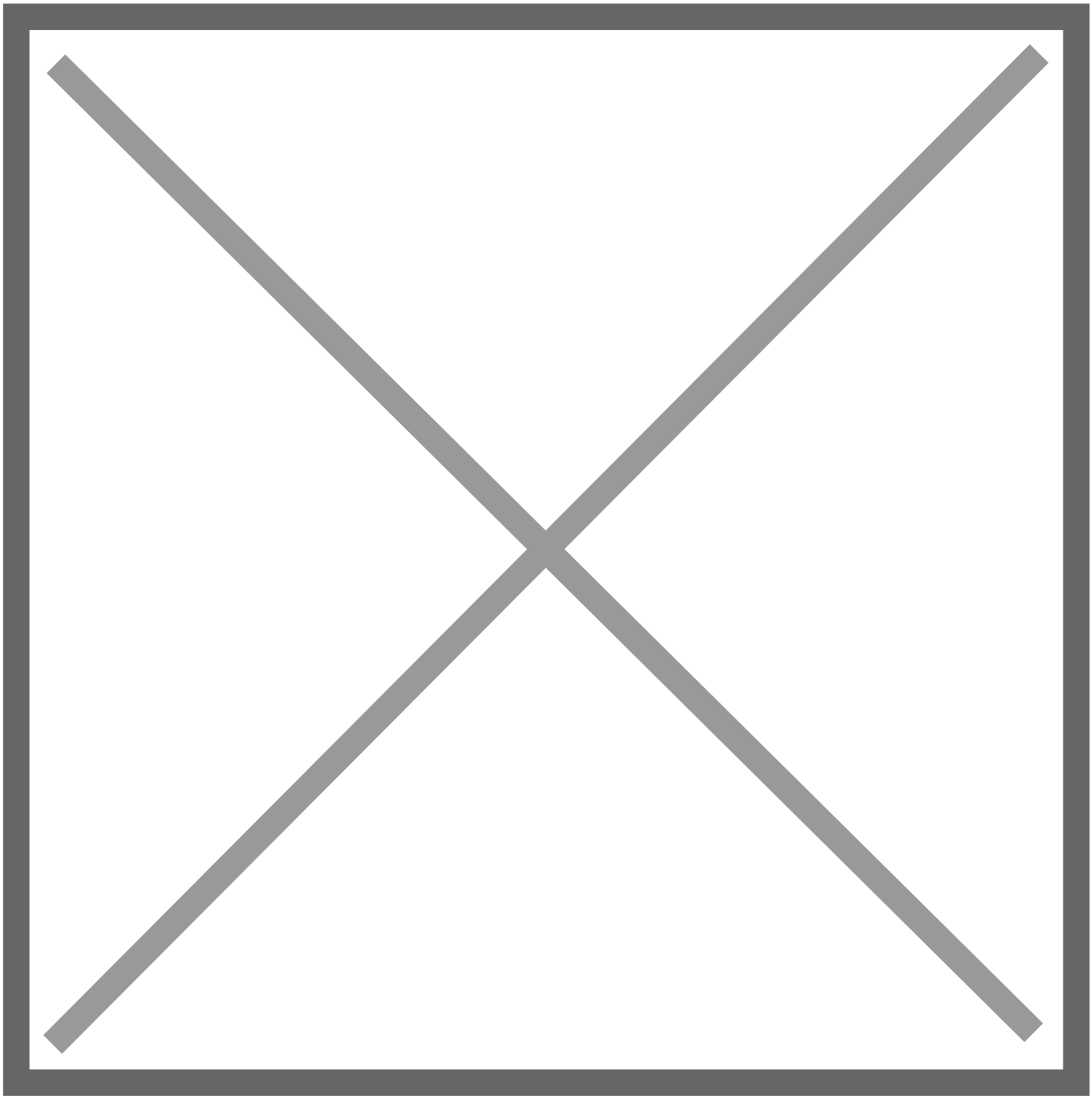


Survey type:	Measured
References:	2012: Scottish Health Survey 2012 http://www.scotland.gov.uk/Resource/0043/00434590.pdf 2015: Scottish Health Survey 2015. (http://www.gov.scot/Topics/Statistics/Browse/Health/scottish-health-survey/Publications/Supplementary2015) 2016: Scottish Health Survey 2016, Statistics available online at http://www.gov.scot/Topics/Statistics/Browse/Health/scottish-health-survey/Publications/Supplementary2015/Supplementary2016 (last accessed 2nd November 2017) 2017: Scottish Government. (2017). Scottish Health Survey 2017. Available: https://www.gov.scot/Resource/0054/00540654.pdf. Last accessed 3rd Oct 2018. 2018: Scottish Government. (2018). Scottish Health Survey 2018. Available: https://www.gov.scot/publications/scottish-health-survey-2018-volume-1-main-report/ (Last accessed 24.09.19)

Notes:	Aged 2-15.
Definitions:	Overweight refers to BMI at or above 85th percentile, below 95th percentile. Obesity refers to BMI at or above 95th percentile.

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.

Boys and girls



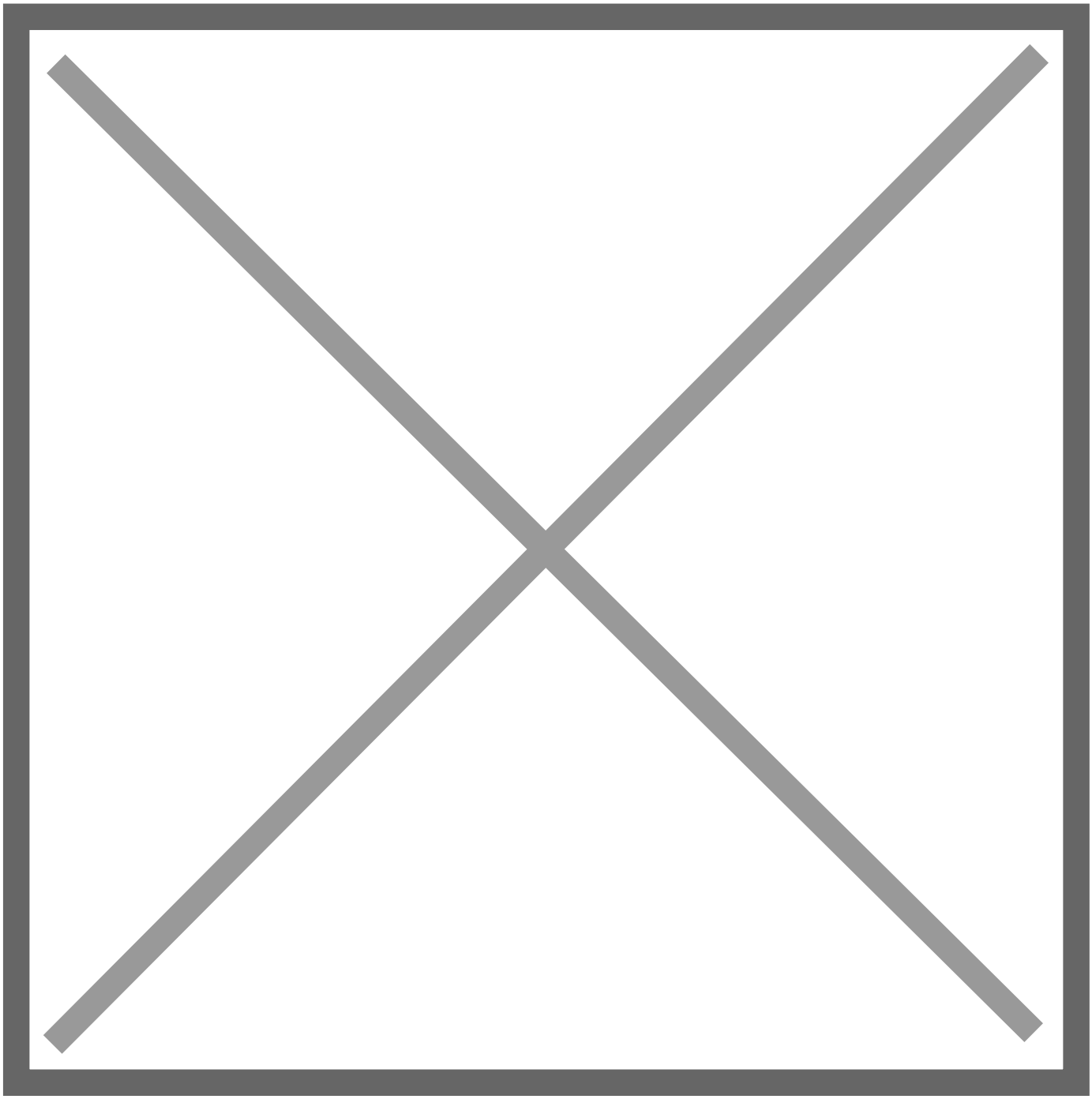
Survey type:	Measured
References:	2012: Scottish Health Survey 2012 http://www.scotland.gov.uk/Resource/0043/00434590.pdf 2015: Scottish Health Survey 2015. (http://www.gov.scot/Topics/Statistics/Browse/Health/scottish-health-survey/Publications/Supplementary2015) 2016: Scottish Health Survey 2016, Statistics available online at http://www.gov.scot/Topics/Statistics/Browse/Health/scottish-health-survey/Publications/Supplementary2015/Supplementary2016 (last accessed 2nd November 2017) 2017: Scottish Government. (2017). Scottish Health Survey 2017. Available: https://www.gov.scot/Resource/0054/00540654.pdf. Last accessed 3rd Oct 2018. 2018: Scottish Government. (2018). Scottish Health Survey 2018. Available: https://www.gov.scot/publications/scottish-health-survey-2018-volume-1-main-report/ (Last accessed 24.09.19)

Notes:	Aged 2-15.
Definitions:	Overweight refers to BMI at or above 85th percentile, below 95th percentile. Obesity refers to BMI at or above 95th percentile.

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 obesity in selected countries worldwide 1976-2018, selected countries

Men



References:

1960, 1971, 1973, 1976, 1991: Flegal KM, Carroll MD, Kuczmarski RJ, Johnson CL. Overweight and obesity in the United States: prevalence and trends, 1960-1994. International Journal of Obesity (1998);22:39-47

1975: Monteiro CA, Conde WL, Popking BM. Is obesity replacing or adding to undernutrition? Evidence from different social classes in Brazil. 2002. Public Health Nutrition:51(1A), 105-112

1981: Royal College of Physicians (1983). Obesity. Reprinted from the Journal of the Royal College of Physicians of London Vol 17 (No 1) January 1983

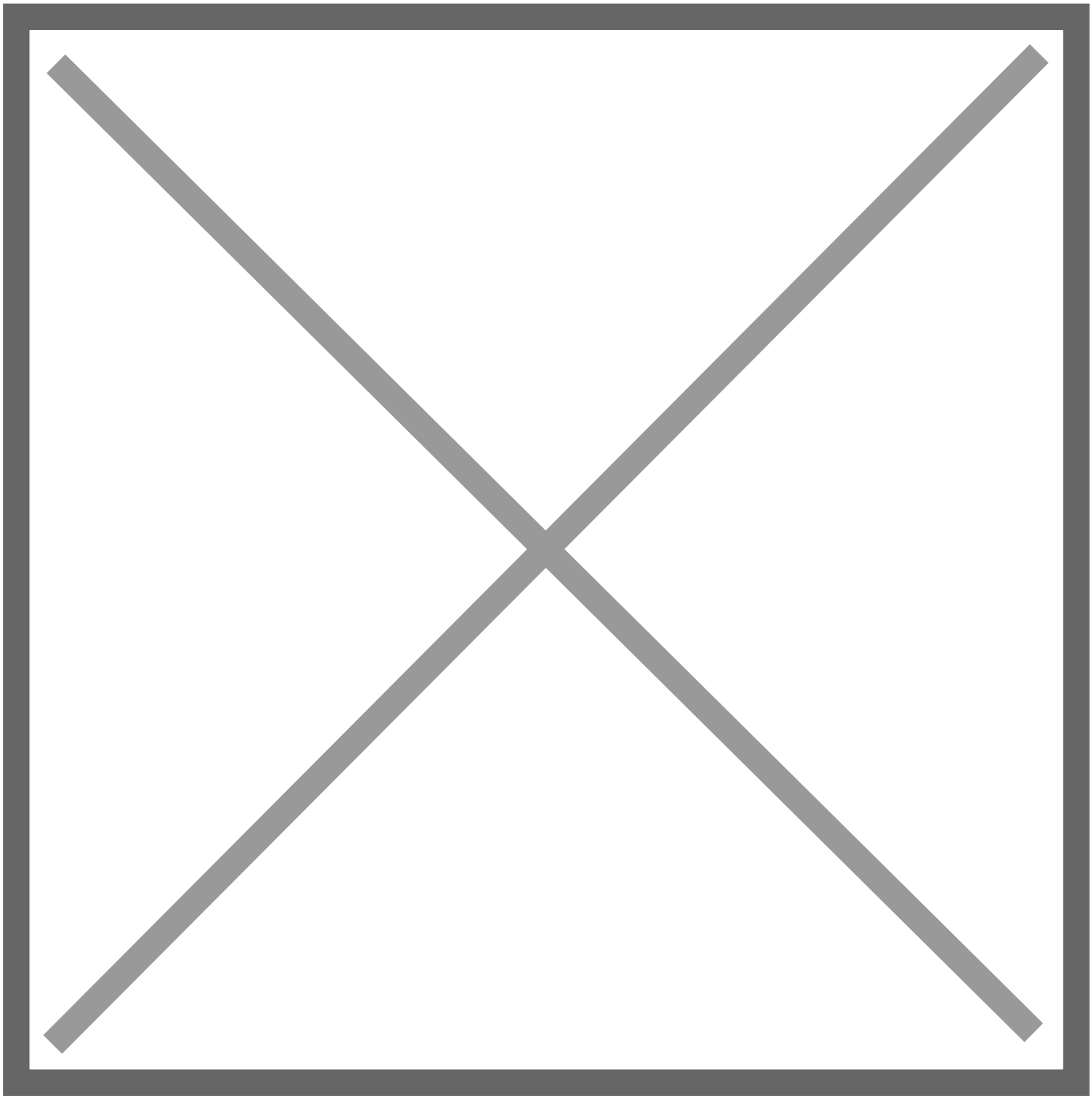
1982: Rodriguez-Ojea A, Jimenez S, Berdasco A, Esquivel M. The nutrition transition in Cuba in the nineties:an overview. Public health Nutrition 2002:5(1A), 129-133

1985: Berg C, Rosengren A, Aires N, :appas G, Toren K, Thelle D, Lissner L. Trends in overweight and obesity from 1985 to 2002 in Goteborg, West Sweden. IJO 2005 Aug;29(8):916-24

1986: Yoshiike N, Seino F, Tajima S, Arai Y, Kawano M, Furuhata T, Inoue S. Twenty-year changes in the prevalence of overweight in

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



References:

1960, 1971, 1973, 1976, 1991: Flegal KM, Carroll MD, Kuczmarski RJ, Johnson CL. Overweight and obesity in the United States: prevalence and trends, 1960-1994. International Journal of Obesity (1998);22:39-47

1975: Monteiro CA, Conde WL, Popking BM. Is obesity replacing or adding to undernutrition? Evidence from different social classes in Brazil. 2002. Public Health Nutrition:51(1A), 105-112

1981: Royal College of Physicians (1983). Obesity. Reprinted from the Journal of the Royal College of Physicians of London Vol 17 (No 1) January 1983

1982: Rodriguez-Ojea A, Jimenez S, Berdasco A, Esquivel M. The nutrition transition in Cuba in the nineties:an overview. Public health Nutrition 2002:5(1A), 129-133

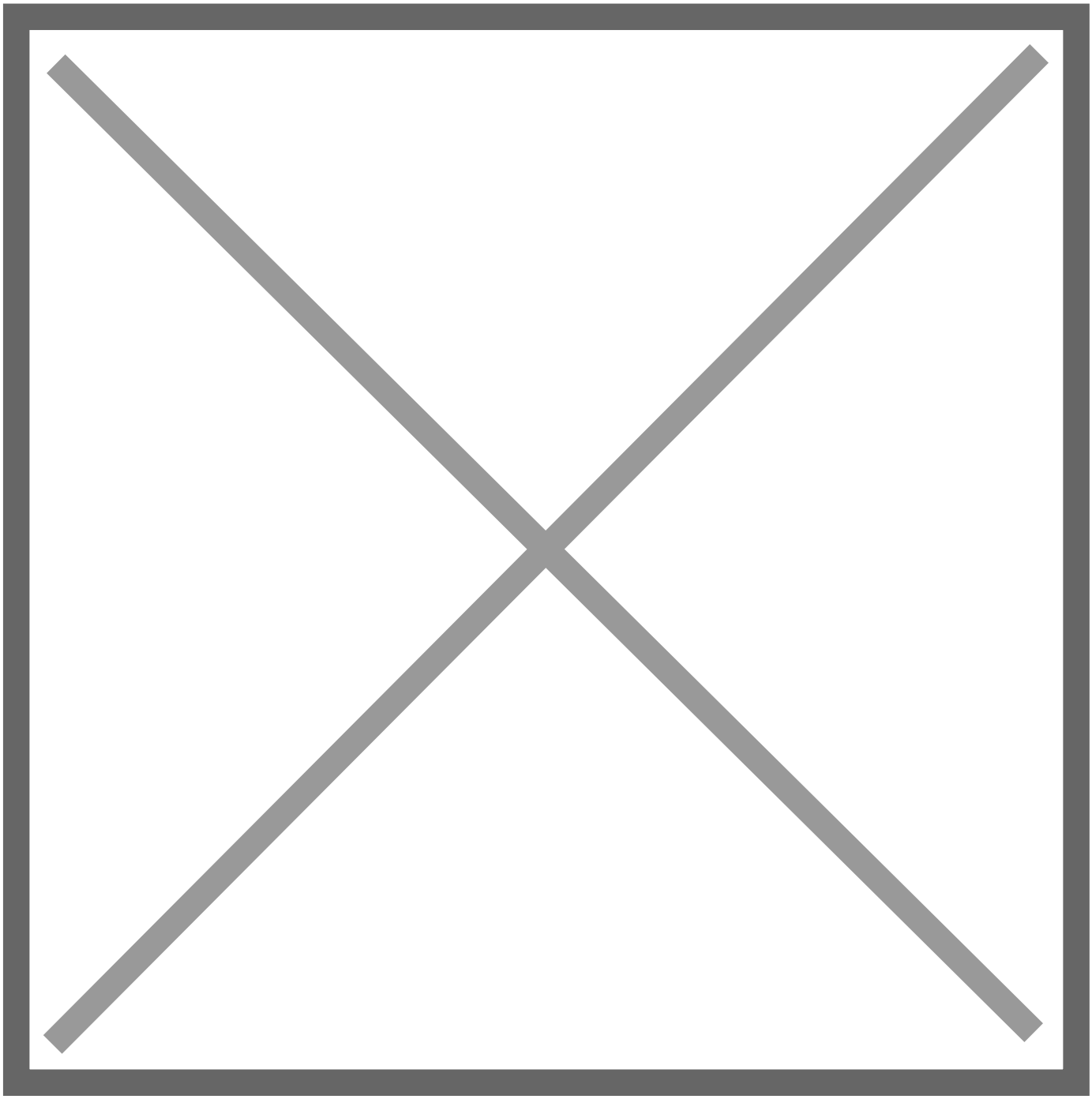
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1986: Yoshiike N, Seino F, Tajima S, Arai Y, Kawano M, Furuhata T, Inoue S. Twenty-year changes in the prevalence of overweight in

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Overweight/obesity by education

Children, 2014-2015

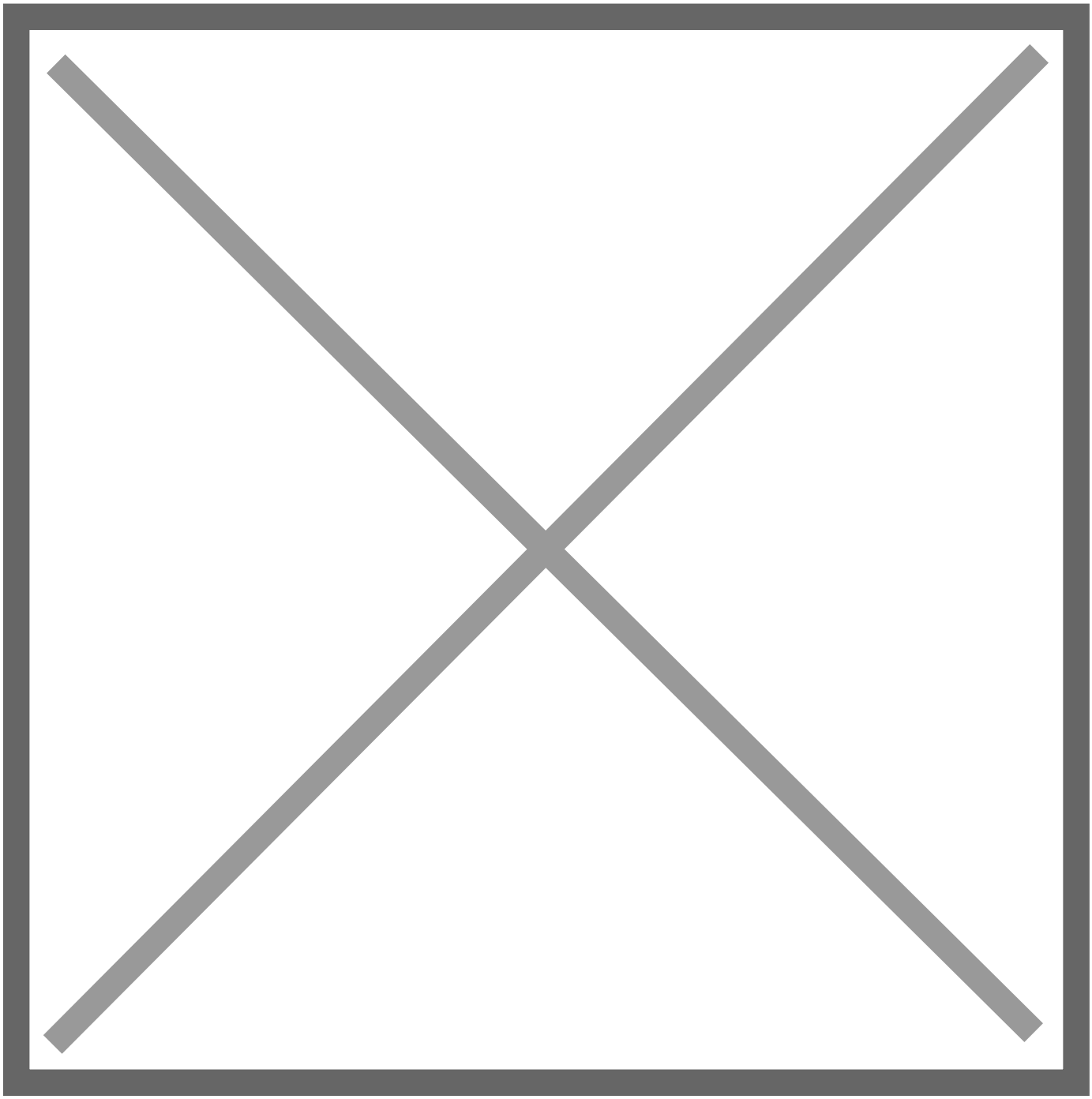


Survey type:	Measured
Age:	10
Sample size:	2750
Area covered:	National
References:	Growing up in Scotland: overweight and obesity at age 10 (2018). Available at: https://www.gov.scot/publications/growing-up-scotland-overweight-obesity-age-10/. Last accessed: 14.04.21.

Notes:	At or above 85th percentile and below 95th percentile: overweight At or above 95th percentile: obesity

Overweight/obesity by age

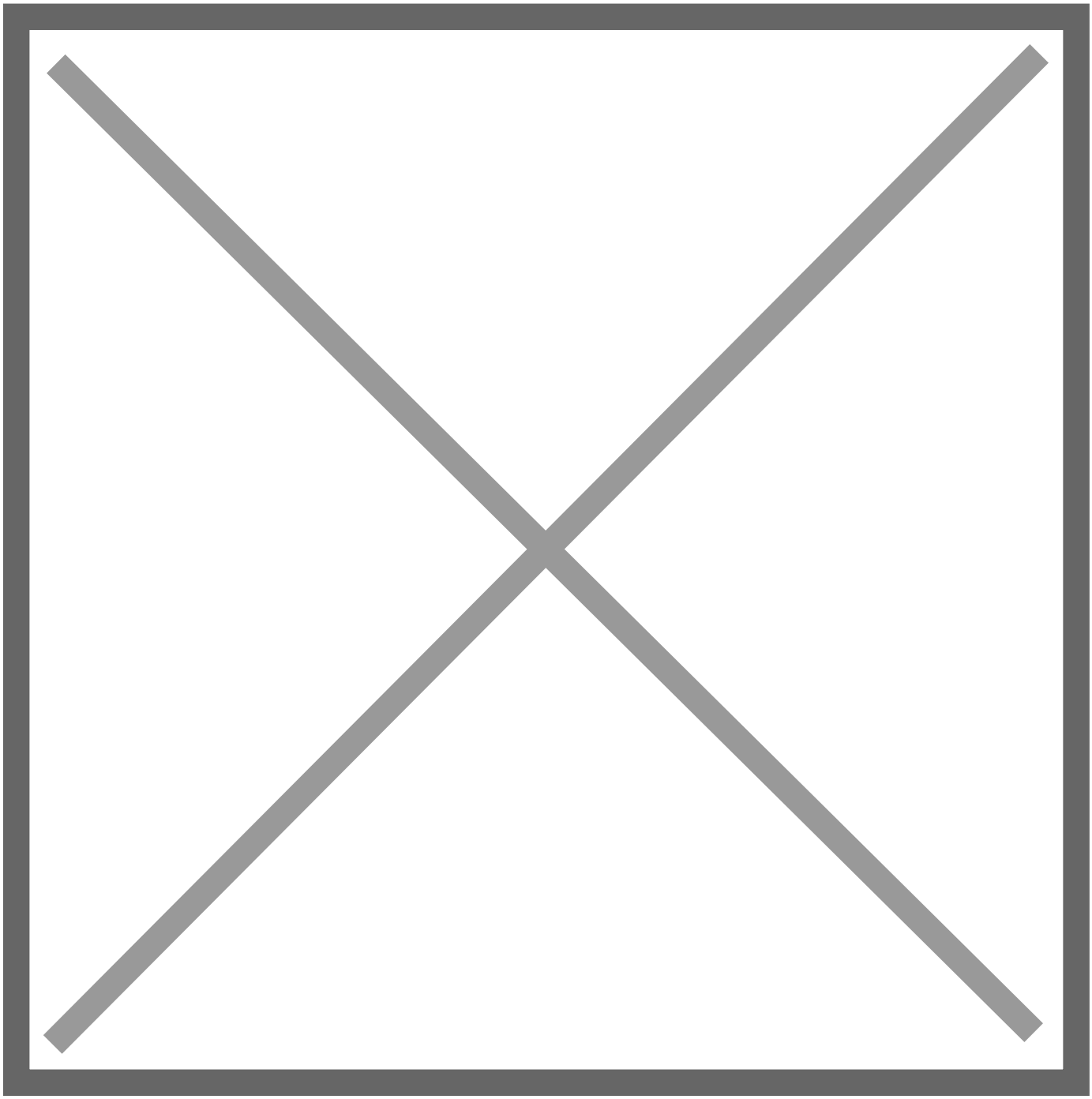
Adults, 2024



Survey type:	Self-reported
Sample size:	3627
Area covered:	National
References:	Scottish Health Survey 2024. https://www.gov.scot/publications/scottish-health-survey-2024-volume-1-main-report/documents/ [Accessed 03.02.26]

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

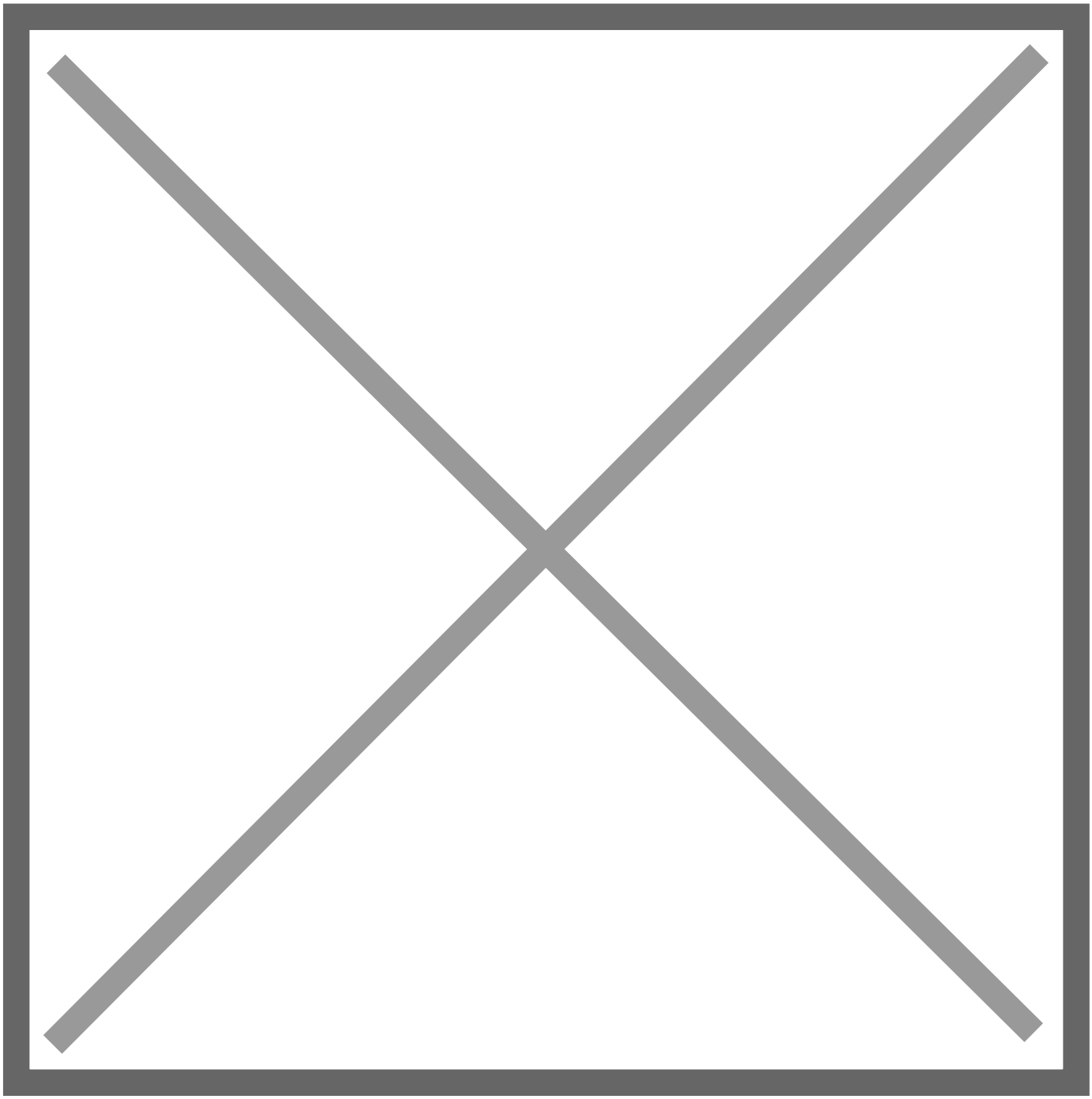
Children, 2024



Survey type:	Measured
Sample size:	1239
Area covered:	National
References:	Scottish Health Survey 2024. https://www.gov.scot/publications/scottish-health-survey-2024-volume-1-main-report/documents/ [Accessed 03.02.26]
Cutoffs:	85th/95th

Overweight/obesity by region

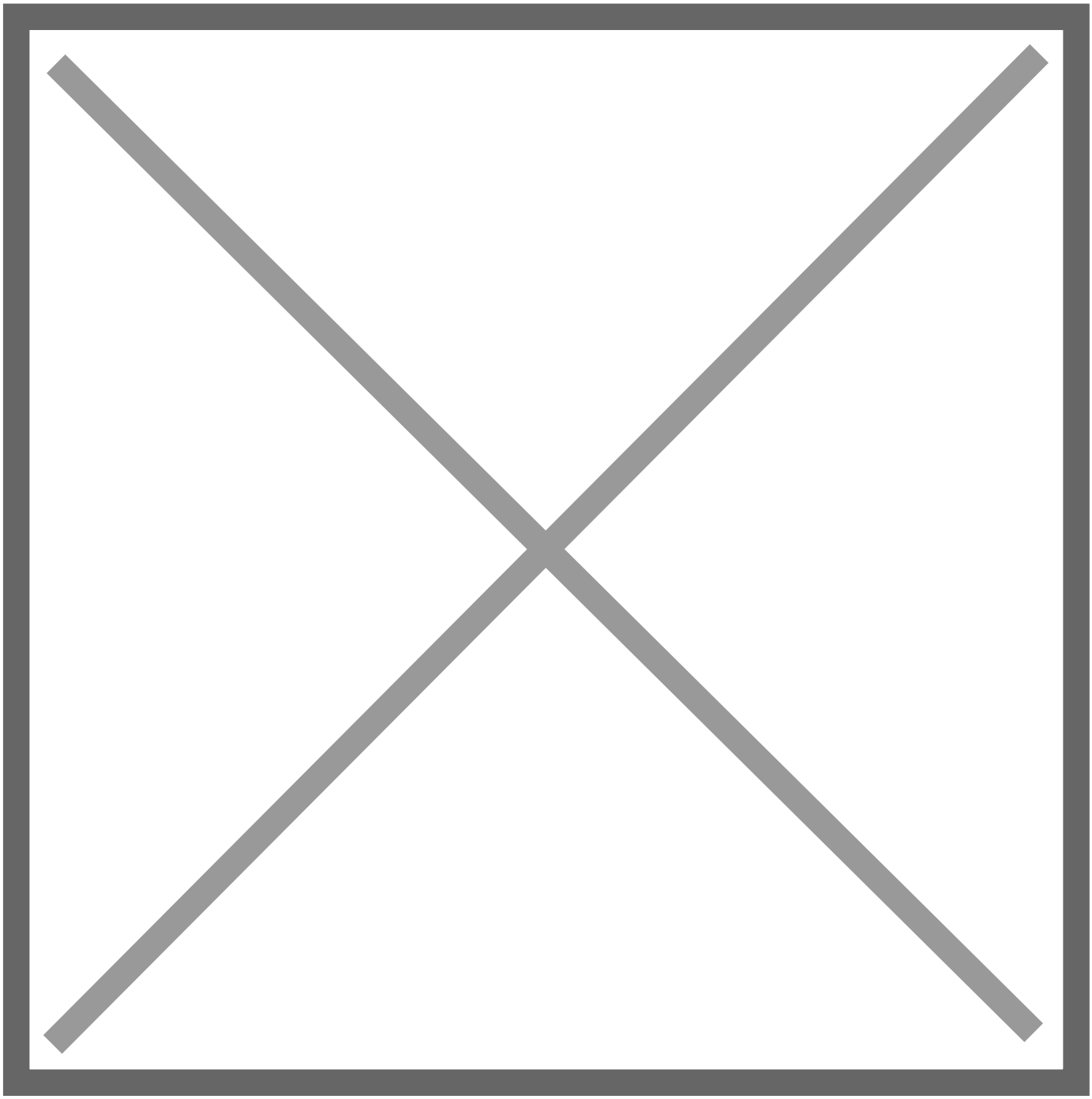
Adults, 2024



Survey type:	Self-reported
Age:	16+
Sample size:	3617
Area covered:	National
References:	Scottish Health Survey 2024. Data. https://scotland.shinyapps.io/sg-scottish-health-survey/ [Accessed 03.02.26]

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

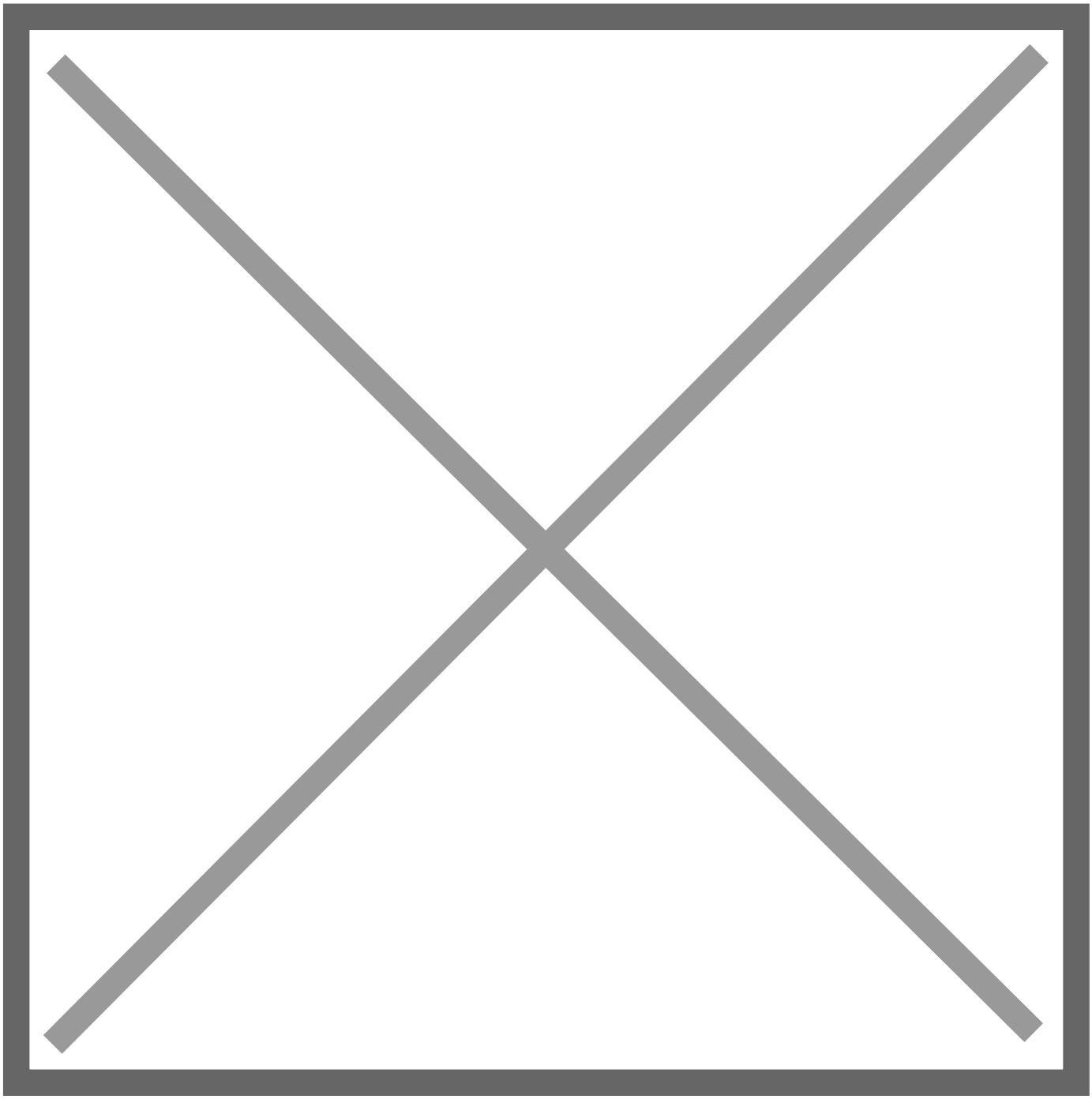
Boys, 2015



Survey type:	Measured
Age:	2-17
Sample size:	1018
Area covered:	National (but small sample)
References:	Scottish Health Survey 2015, Renanalysis by R Jackson Leach of the World Obesity Federation
Notes:	IOTF International cut off NB SMALL SAMPLE SIZES & COMBINED REGIONS

Cutoffs:	IOTF

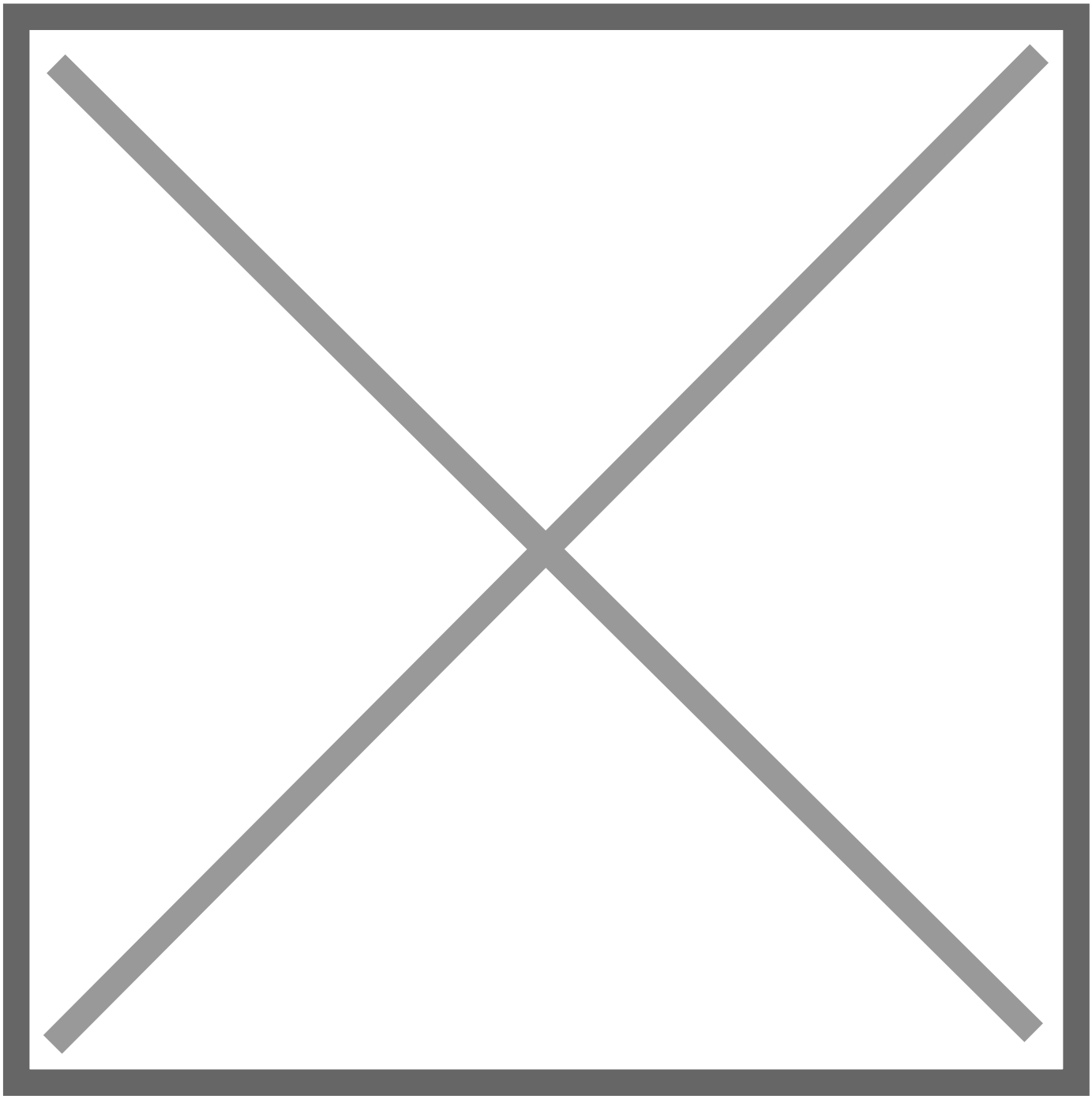
Girls, 2015



Survey type:	Measured
Age:	2-17
Sample size:	1018
Area covered:	National (but small sample)
References:	Scottish Health Survey 2015, Renanalysis by R Jackson Leach of the World Obesity Federation
Notes:	IOTF International cut off NB SMALL SAMPLE SIZES & COMBINED REGIONS

Cutoffs:	IOTF

0-5 years, 2018-2019

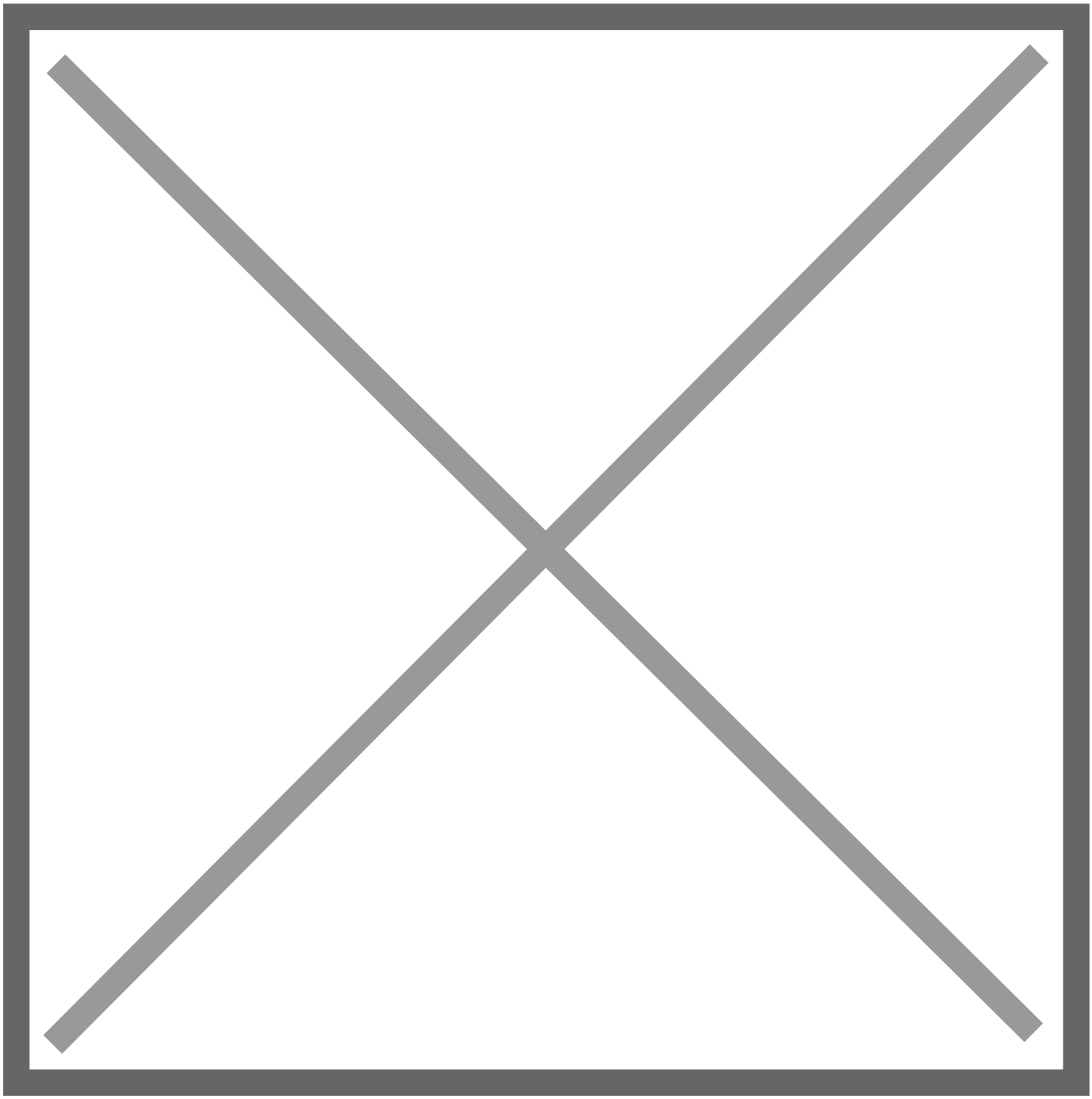


Survey type:	Measured
Age:	4-5
Sample size:	44789
Area covered:	National
References:	NHS Scotland. Body Mass Index of Primary 1 Children in Scotland School Year 2018/19, (2019). Available at: https://www.isdscotland.org/Health-Topics/Child-Health/Publications/2019-12-10/2019-12-10-P1-BMI-Statistics-Publication-Report.pdf?. (Data extracted from supplementary table). Last accessed: 15.04.21.

Definitions:	At risk of overweight (BMI>=85th and <95th centile) At risk of obesity (BMI>=95th)

Overweight/obesity by socio-economic group

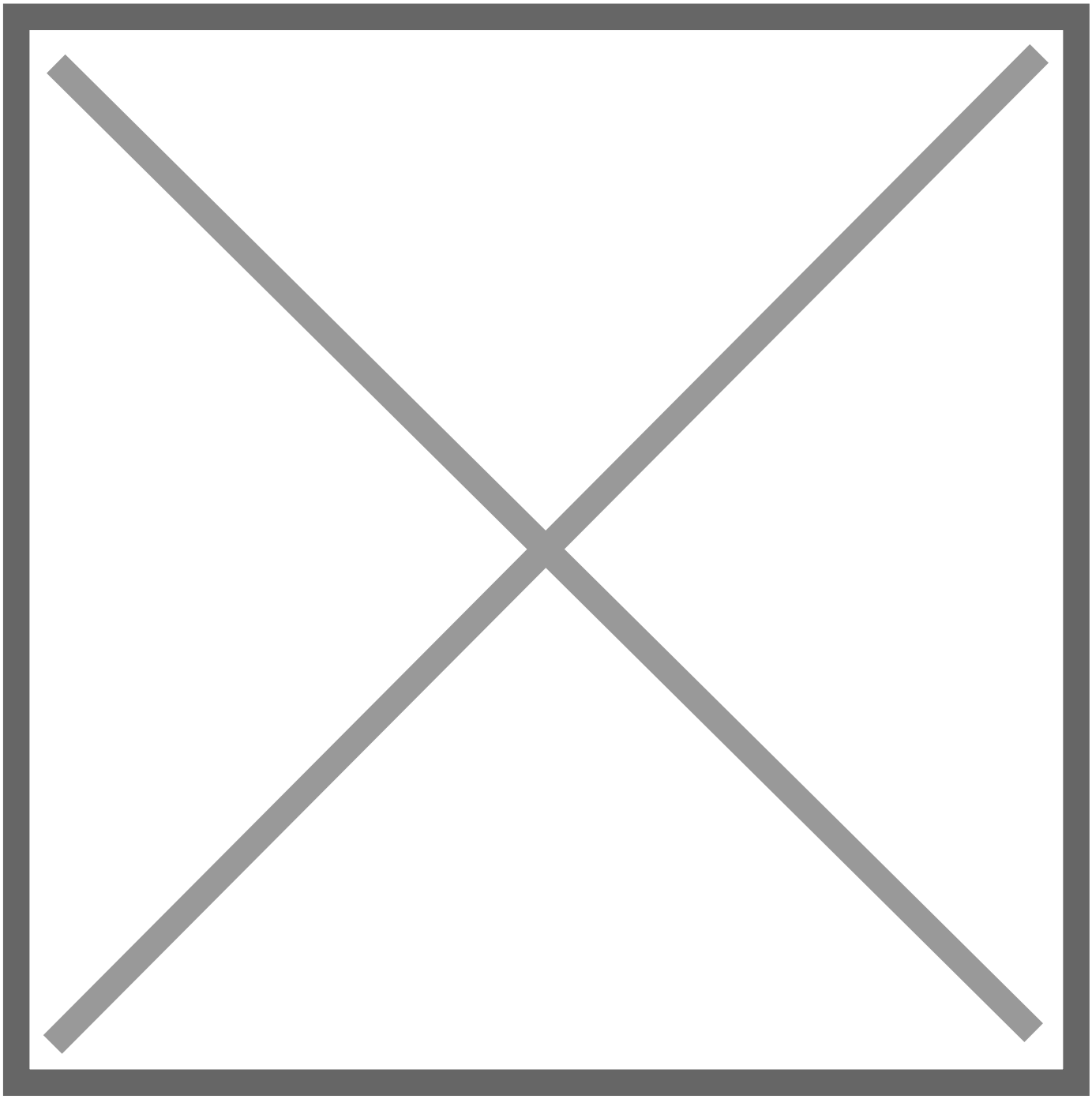
Men, 2022



Survey type:	Measured
Age:	16+
Sample size:	3510
Area covered:	National
References:	Scottish Health Survey 2022. Available at https://www.gov.scot/publications/scottish-health-survey-2022-volume-1-main-report/pages/12/ (last accessed 05.12.23)

Notes:	The first two months of the suvey results were based on interview, the remaining period was measured. A correction formula was put in place to adjust for the self report response.
Definitions:	Scottish Index of Deprivation 5th Least deprived, 1st Most deprived
	Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².

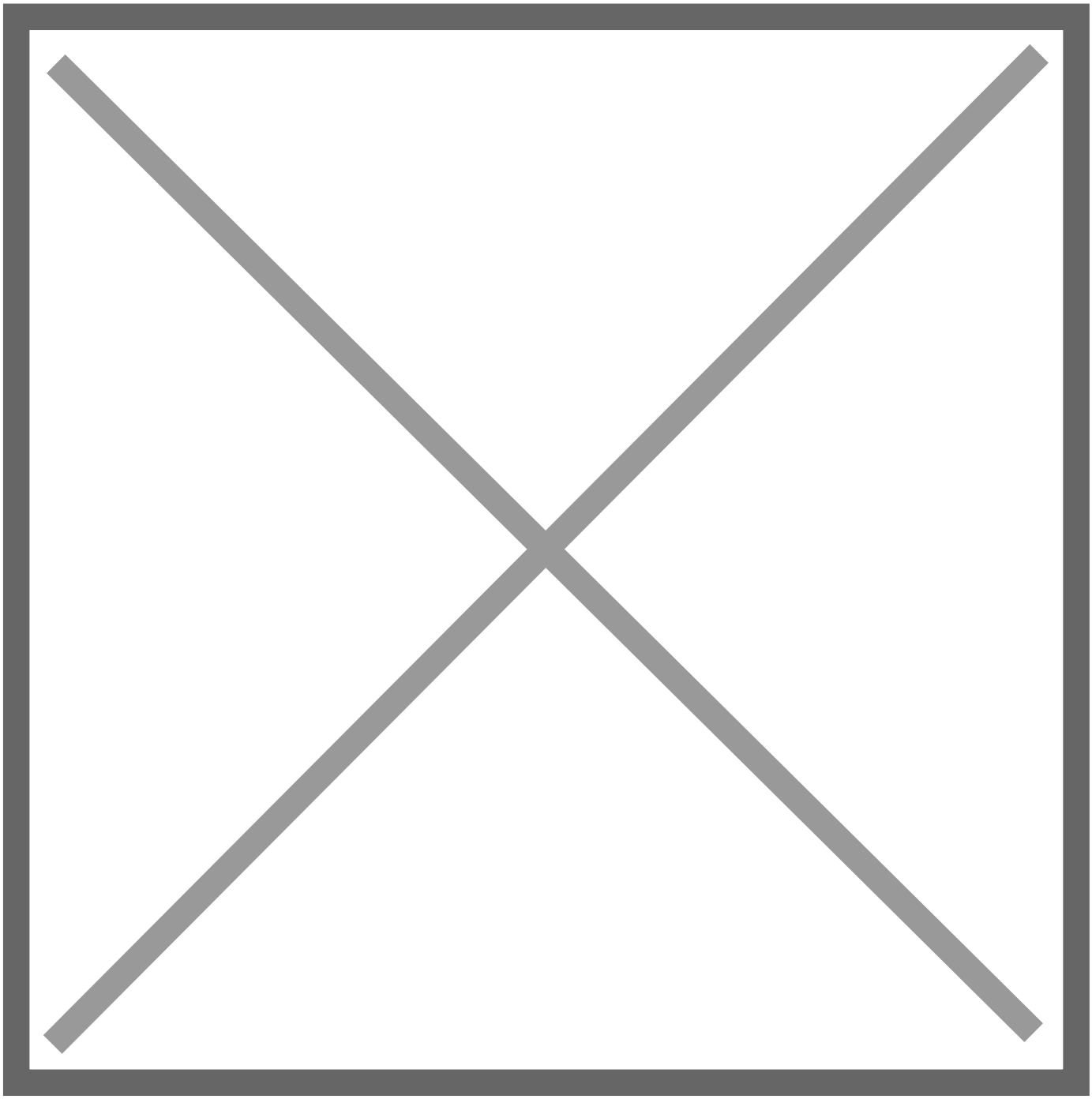
Women, 2022



Survey type:	Measured
Age:	16+
Sample size:	3510
Area covered:	National
References:	Scottish Health Survey 2022. Available at https://www.gov.scot/publications/scottish-health-survey-2022-volume-1-main-report/pages/12/ (last accessed 05.12.23)

Notes:	The first two months of the suvey results were based on interview, the remaining period was measured. A correction formula was put in place to adjust for the self report response.
Definitions:	Scottish Index of Deprivation 5th Least deprived, 1st Most deprived
	Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².

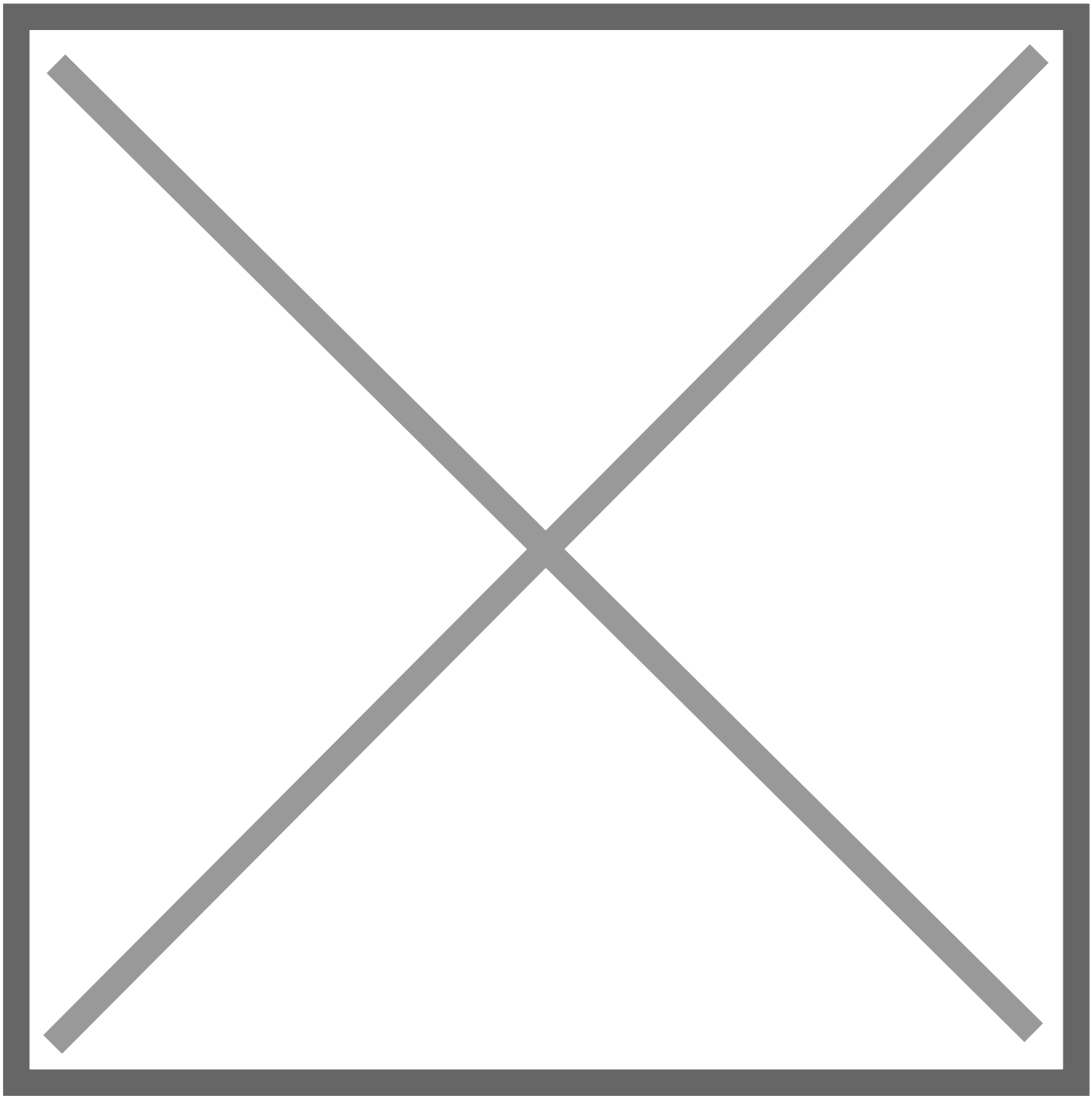
Boys, 2019



Survey type:	Measured
Age:	2-15
Sample size:	1345
Area covered:	National

References:	Scottish Health Survey 2019. Available at: https://www.gov.scot/publications/scottish-health-survey-2019-volume-1-main-report/. Data from Scottish Health Survey 2019 supplementary tables. Available at: https://www.gov.scot/publications/scottish-health-survey-2019-supplementary-tables/. Last accessed 14.04.21.
Notes:	SIMD (Scottish Index of Multiple Deprivation) Quintiles 5 Least Deprived - 1 Most Deprived
Cutoffs:	UK90

Girls, 2019



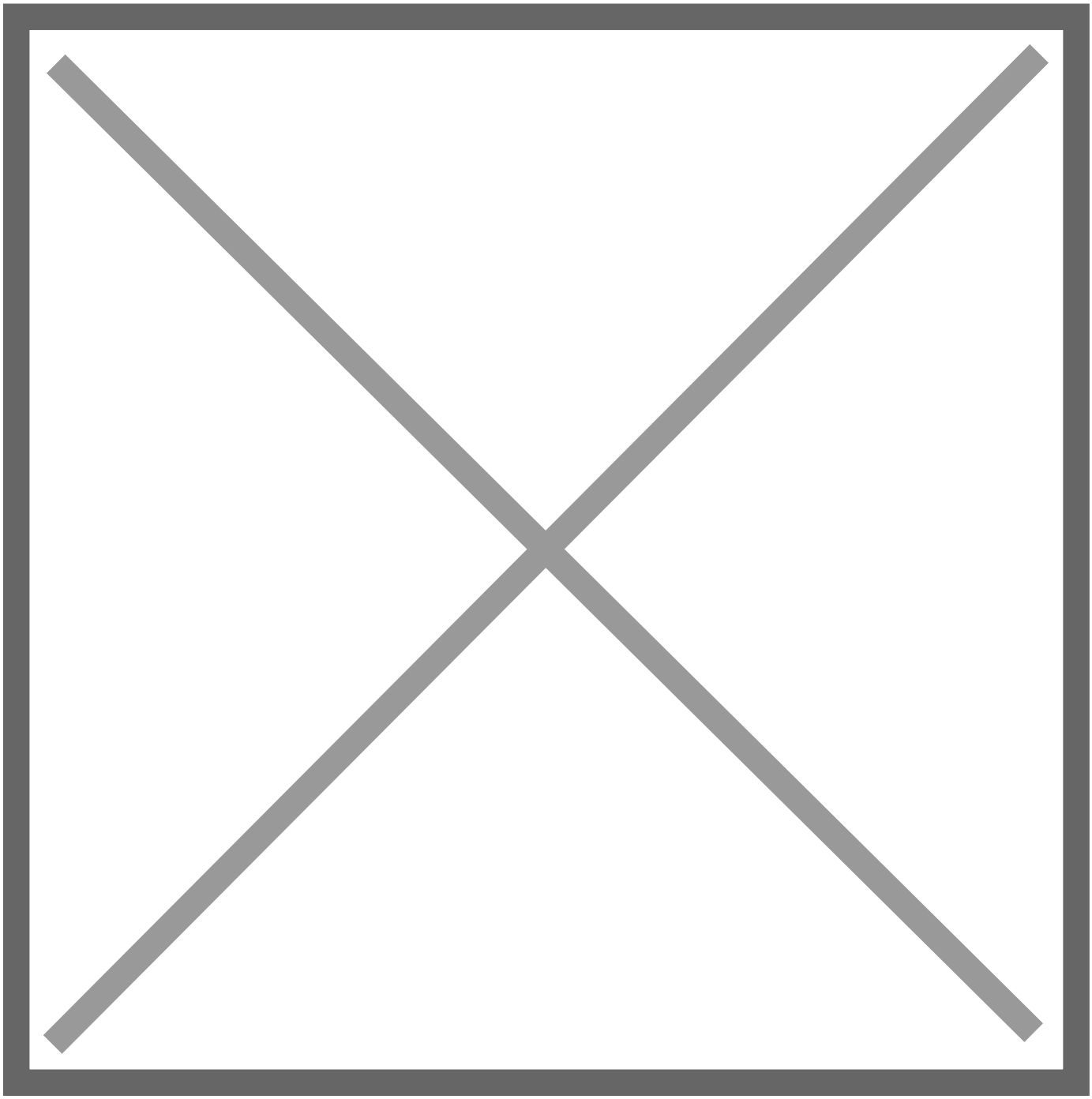
Survey type:	Measured
Age:	2-15
Sample size:	1345
Area covered:	National

References:	Scottish Health Survey 2019. Available at: https://www.gov.scot/publications/scottish-health-survey-2019-volume-1-main-report/. Data from Scottish Health Survey 2019 supplementary tables. Available at: https://www.gov.scot/publications/scottish-health-survey-2019-supplementary-tables/. Last accessed 14.04.21.
Notes:	SIMD (Scottish Index of Multiple Deprivation) Quintiles 5 Least Deprived - 1 Most Deprived
Cutoffs:	UK90

Overweight/obesity by ethnicity

Ethnic groups are as defined by publication of origin and are not as defined by WOF. In some instances ethnicity is conflated with nationality and/or race.

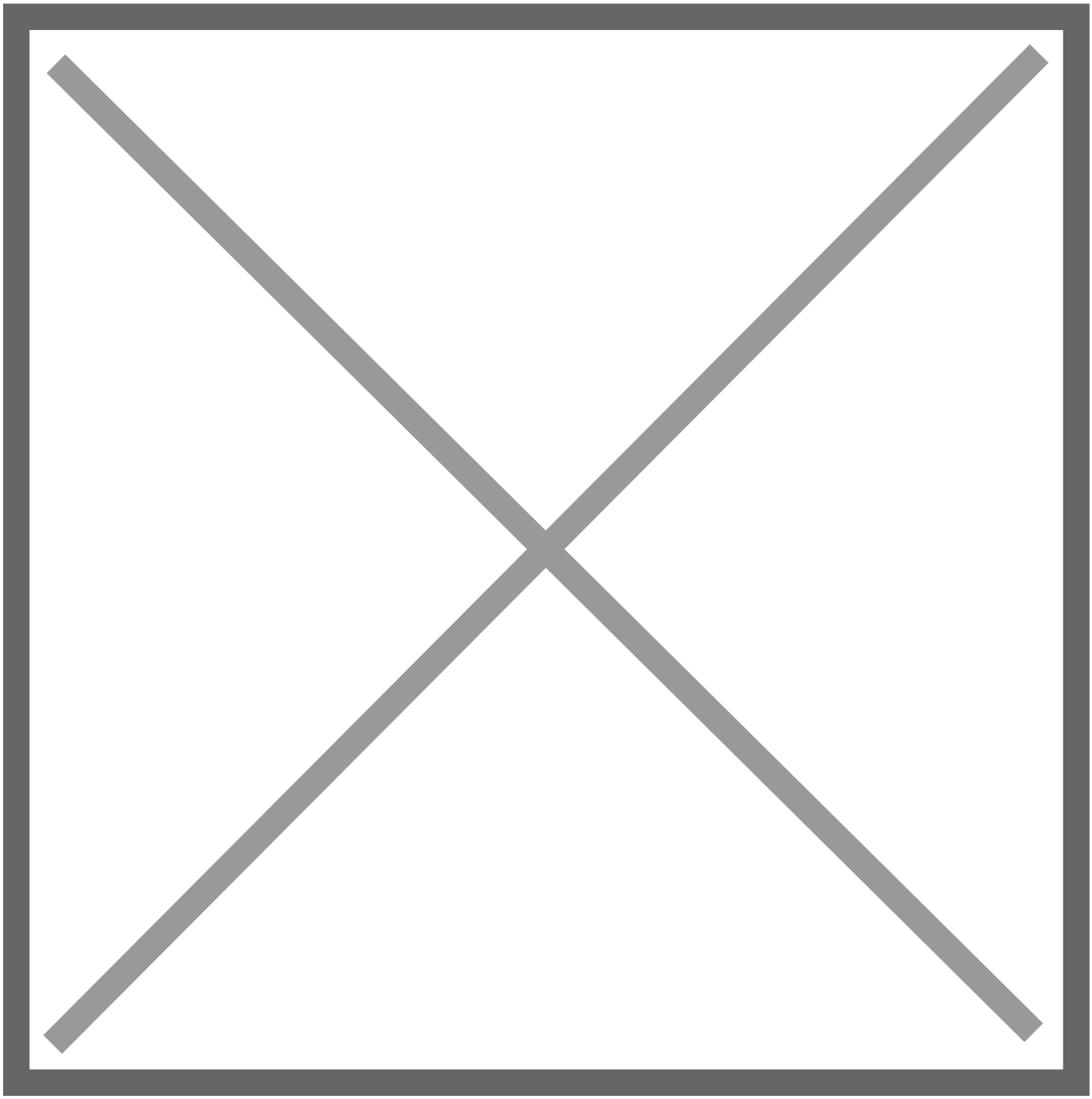
Adults, 2008-2011



Survey type:	Measured
Age:	16+
Sample size:	23994
Area covered:	National
References:	Scottish Health Survey - topic report: equality groups (2012). Available at: https://www.gov.scot/publications/scottish-health-survey-topic-report-equality-groups/pages/34/. Last Accessed: 14.04.21.

Notes:	Ethnic groups as defined by the survey of origin.
	Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².

Children, 2010-2011

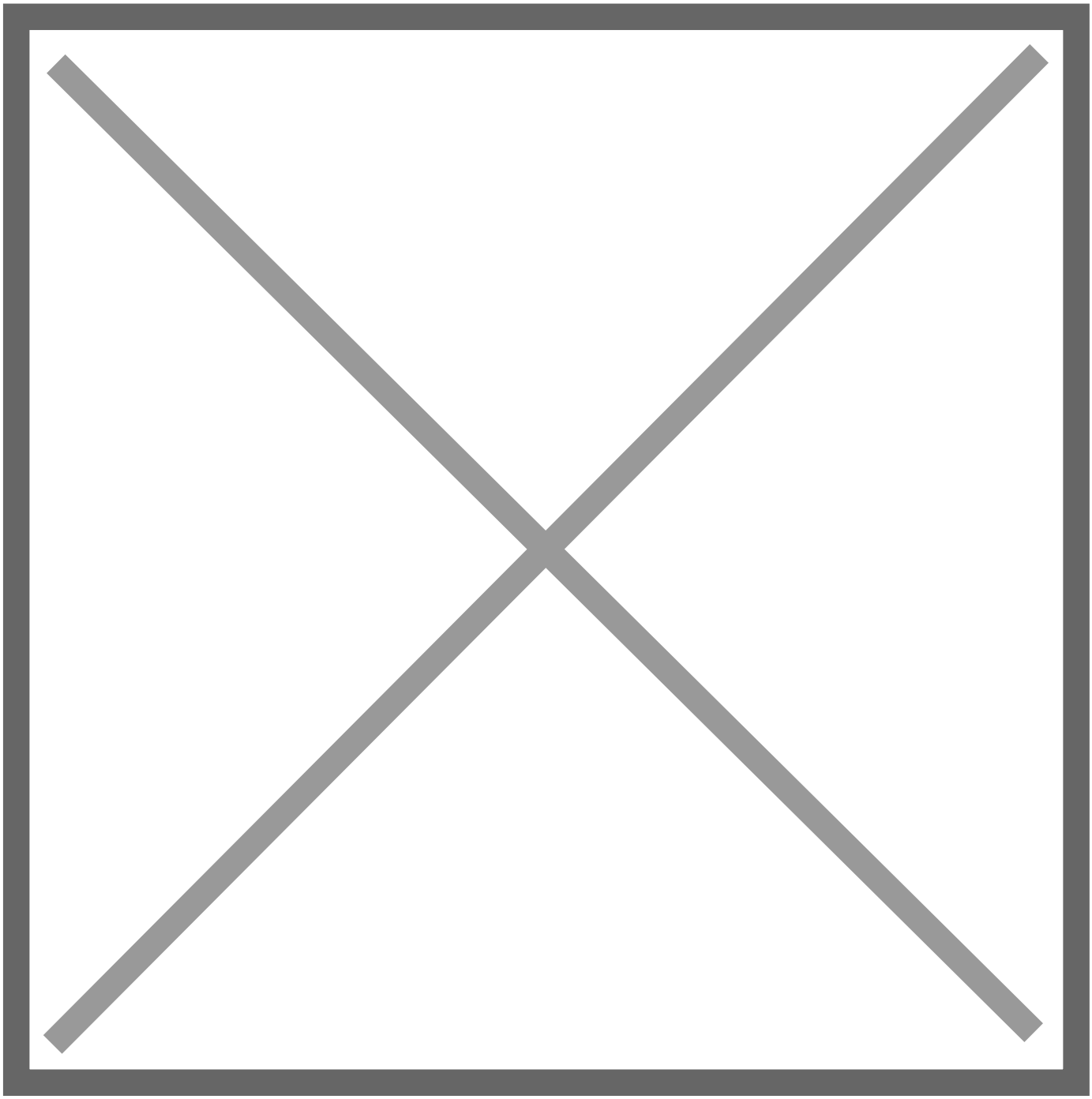


Survey type:	Measured
Age:	5-6
Sample size:	2931
Area covered:	National
References:	Growing up in Scotland: overweight obesity and activity (2012). Available at: https://www.gov.scot/publications/growing-up-scotland-report-overweight-obesity-activity/pages/8/. Last accessed: 26.04.21.

Notes:	Ethnic groups as defined by survey of origin.
Cutoffs:	UK90

Insufficient physical activity

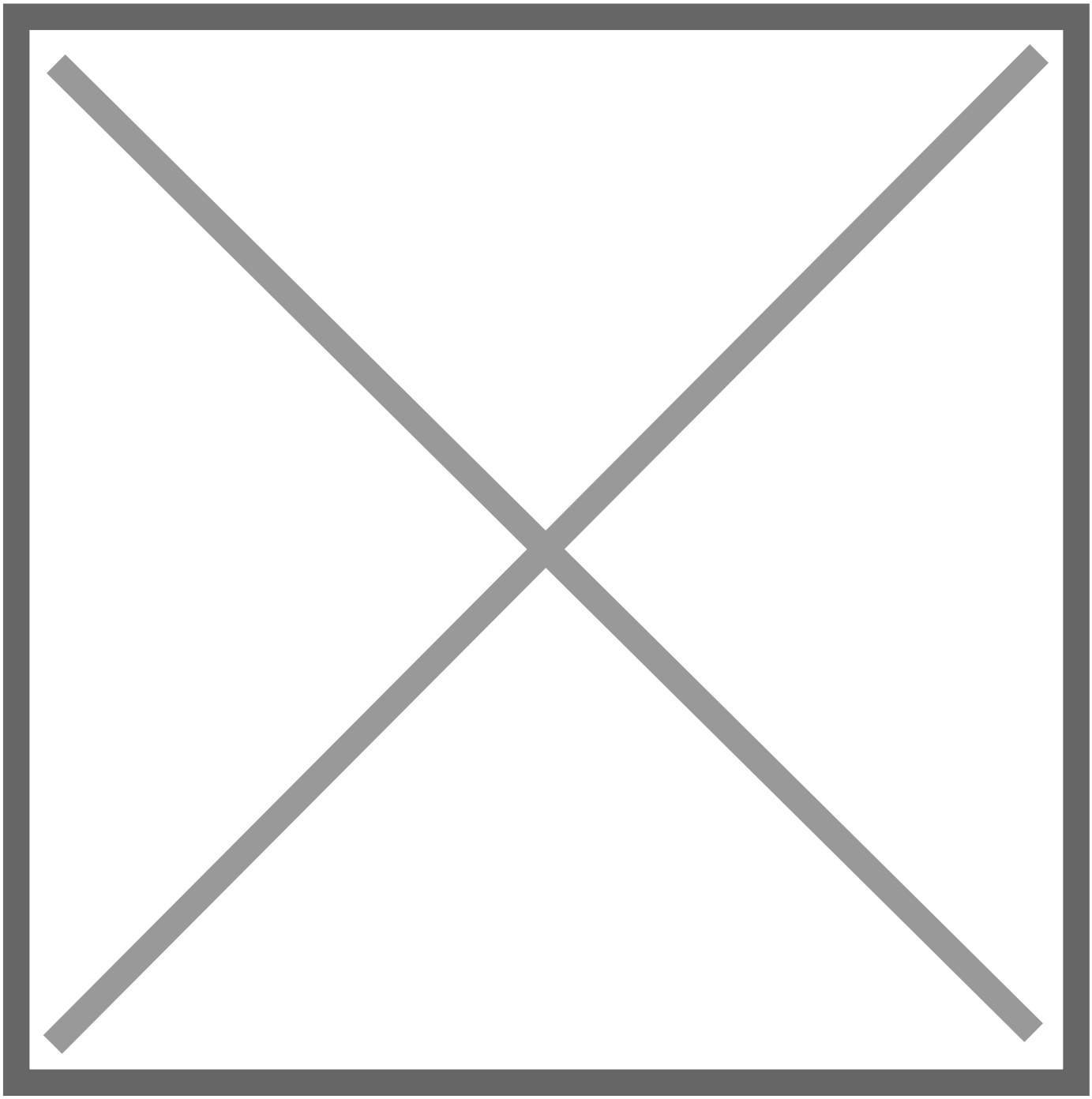
Boys, 2021-2022



Survey type:	Self-reported
Area covered:	National
References:	Rakic 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.

Notes:	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. NB. National except Belgium (Flemish speaking region only)
Definitions:	% reporting less than 60 minutes of MVPA daily

Girls, 2021-2022

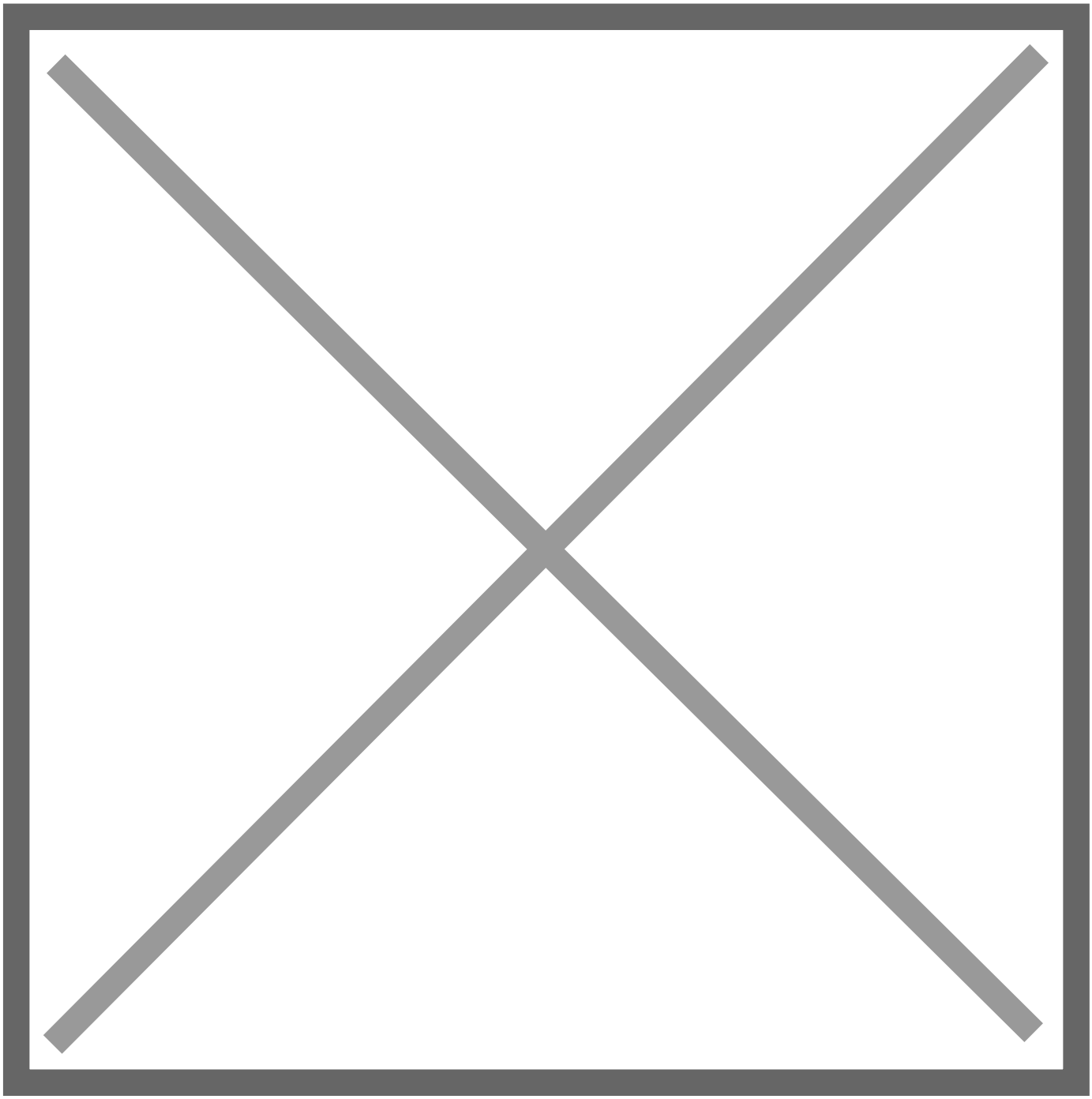


Survey type:	Self-reported
Area covered:	National
References:	Rakic JG, Hamrik Z, Dzielska A, Felder-Puig R, Oja L, Bakalár P et al. A focus on adolescent physical activity, eating behaviours, weight status and body image in Europe, central Asia and Canada. Health Behaviour in School-aged Children international 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.

Notes:	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. NB. National except Belgium (Flemish speaking region only)
Definitions:	% reporting less than 60 minutes of MVPA daily

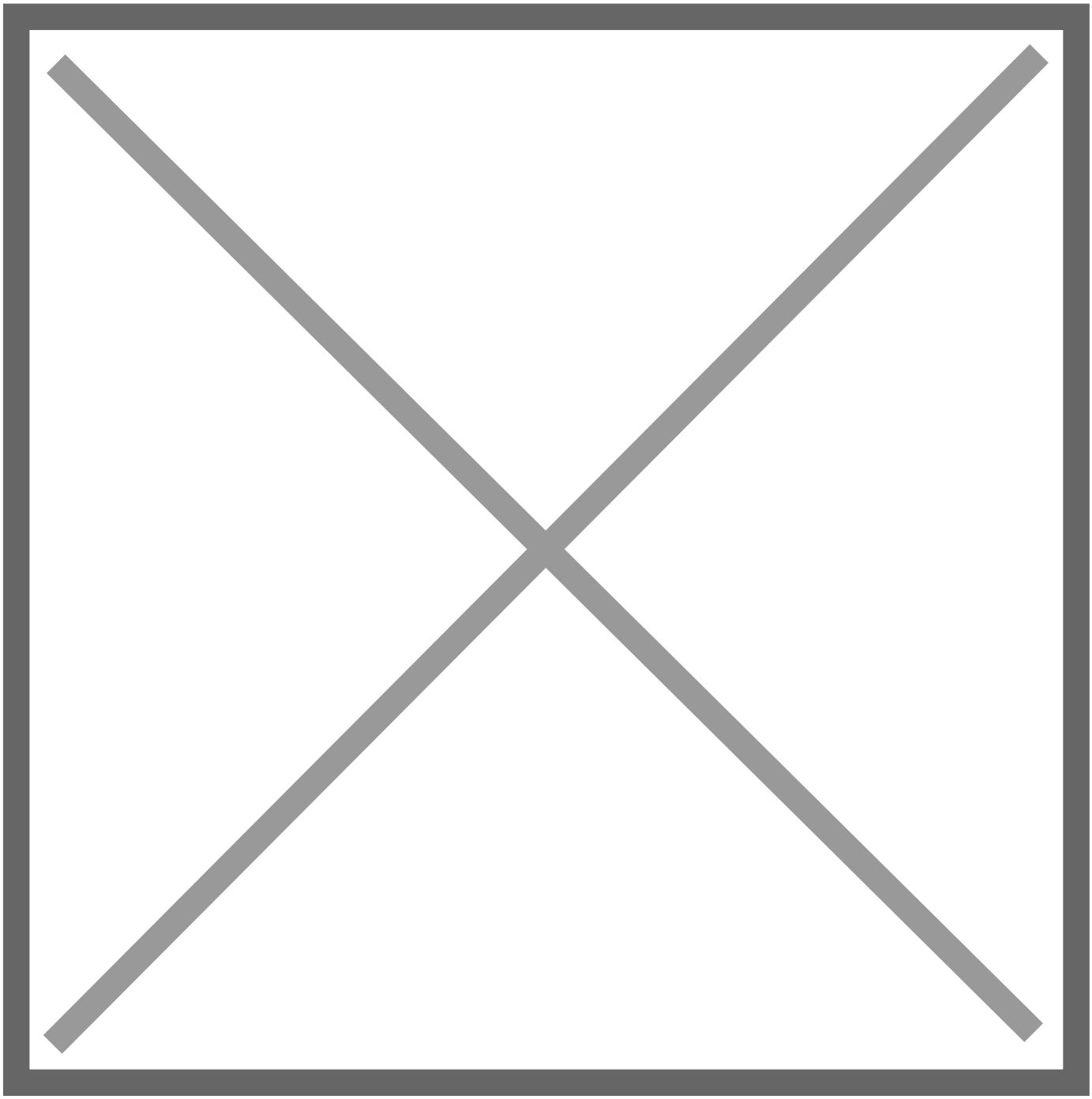
Prevalence of at least daily soft drink consumption

Boys, 2021-2022



Area covered:	National
References:	Health Behaviour in School-aged Children study (2023), Data browser (findings from the 2021/22 international HBSC survey): https://data-browser.hbsc.org
Definitions:	Proportion who reported drinking sugary soft drinks daily (at least once)

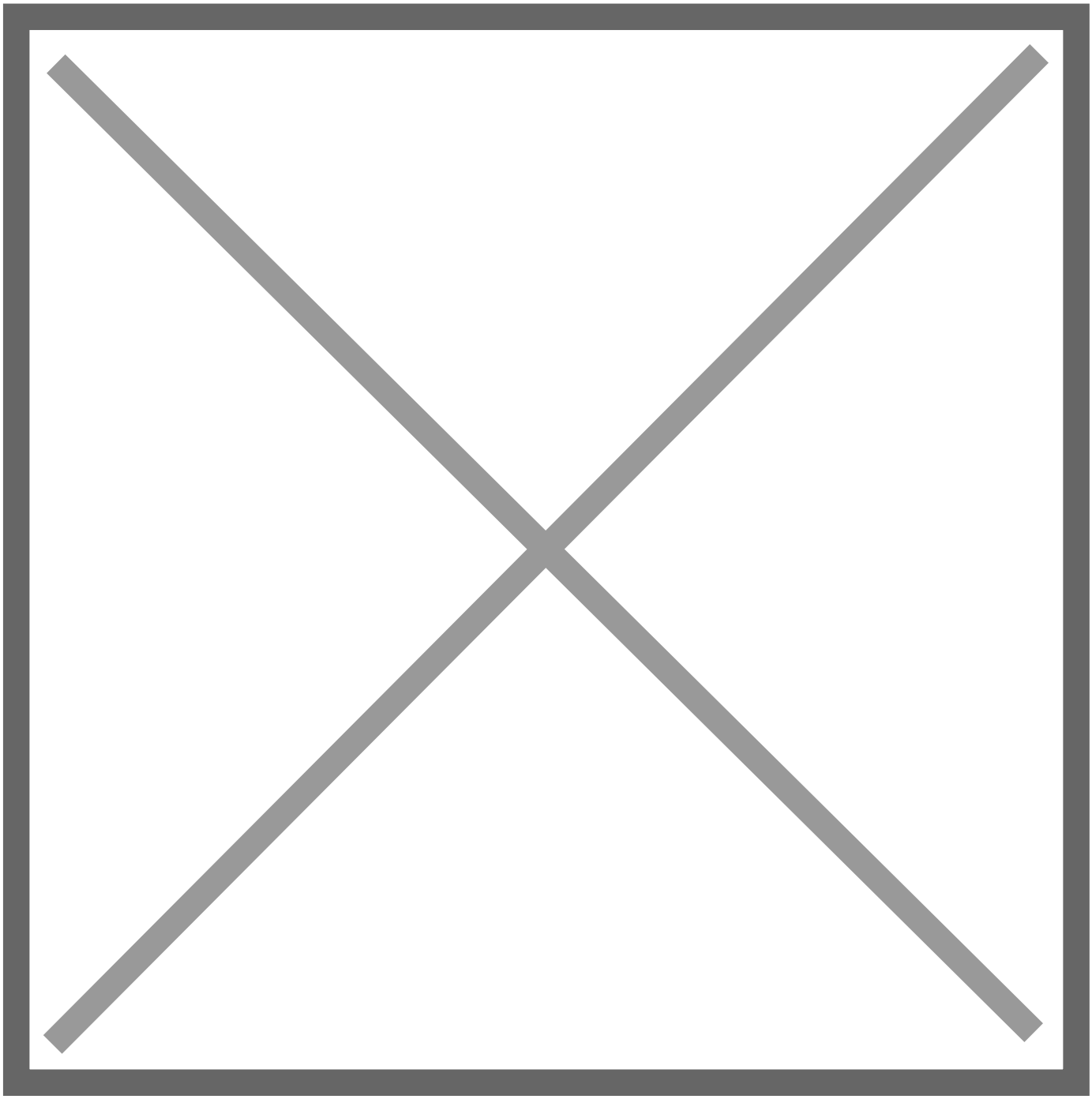
Girls, 2021-2022



Area covered:	National
References:	Health Behaviour in School-aged Children study (2023), Data browser (findings from the 2021/22 international HBSC survey): https://data-browser.hbsc.org
Definitions:	Proportion who reported drinking sugary soft drinks daily (at least once)

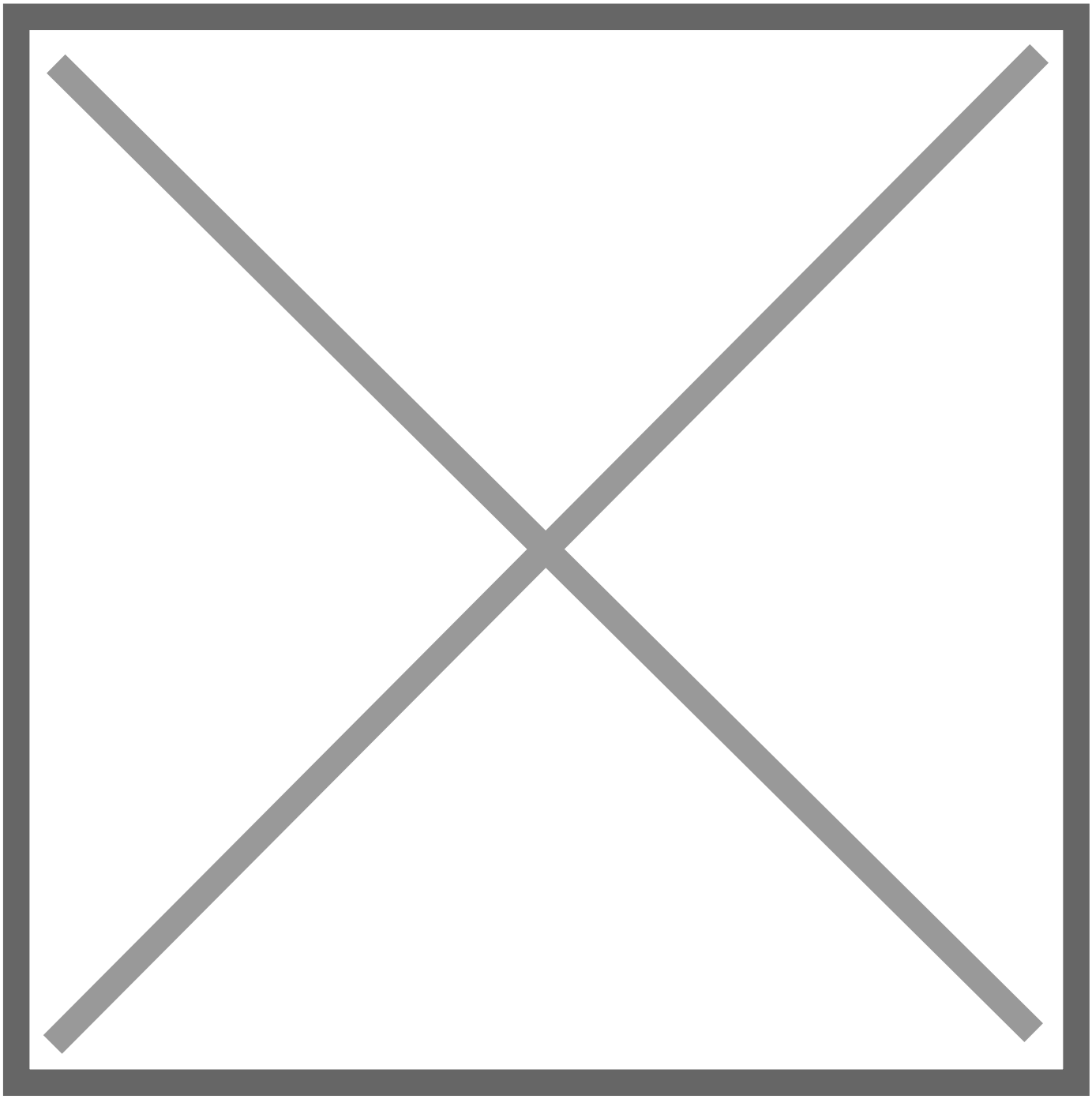
Prevalence of less than daily fruit consumption

Boys, 2021-2022



Survey type:	Self-reported
Area covered:	National
References:	Rakic 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
Definitions:	Proportion who reported eating fruit less than daily

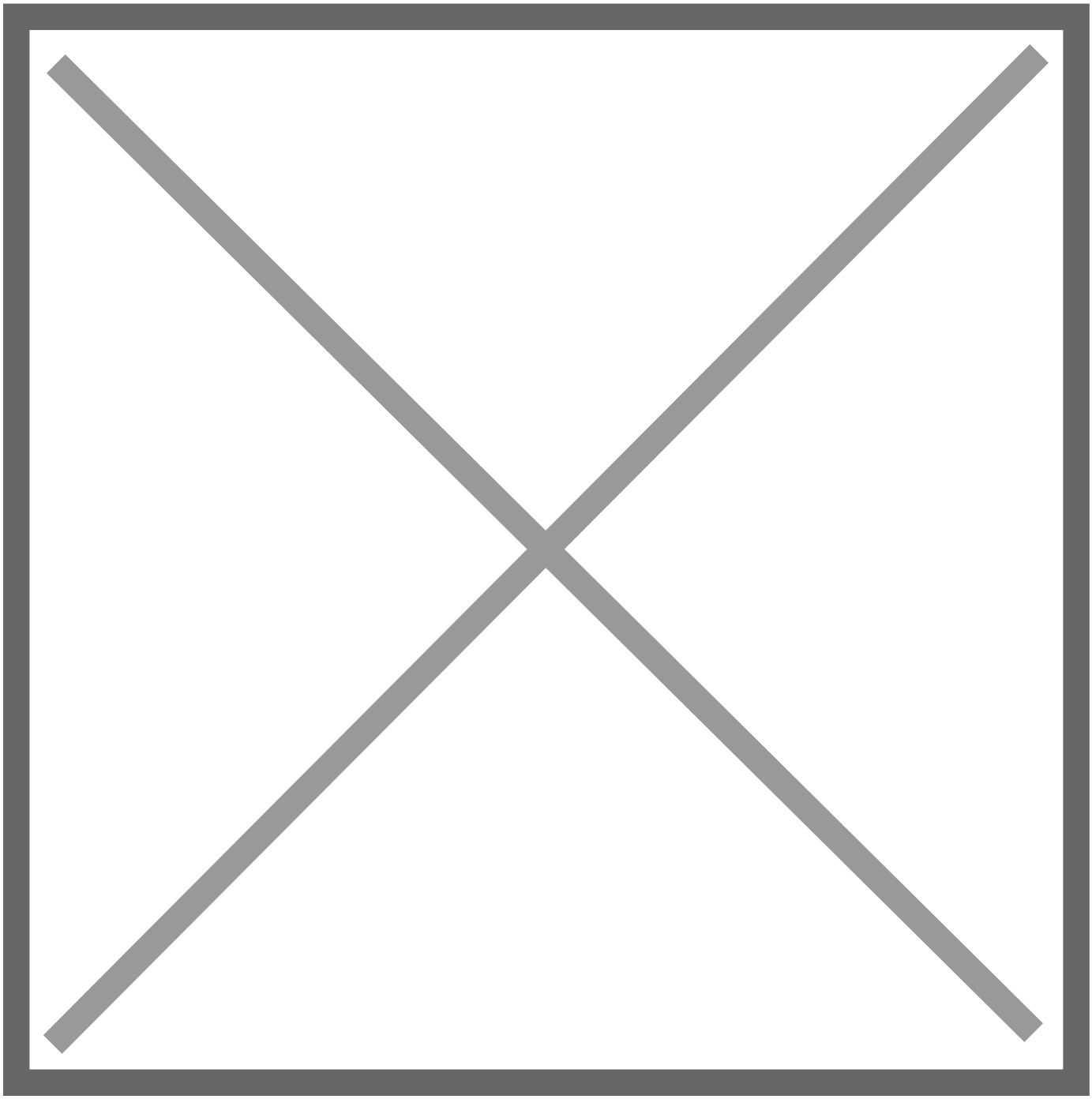
Girls, 2021-2022



Survey type:	Self-reported
Area covered:	National
References:	Rakic 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
Definitions:	Proportion who reported eating fruit less than daily

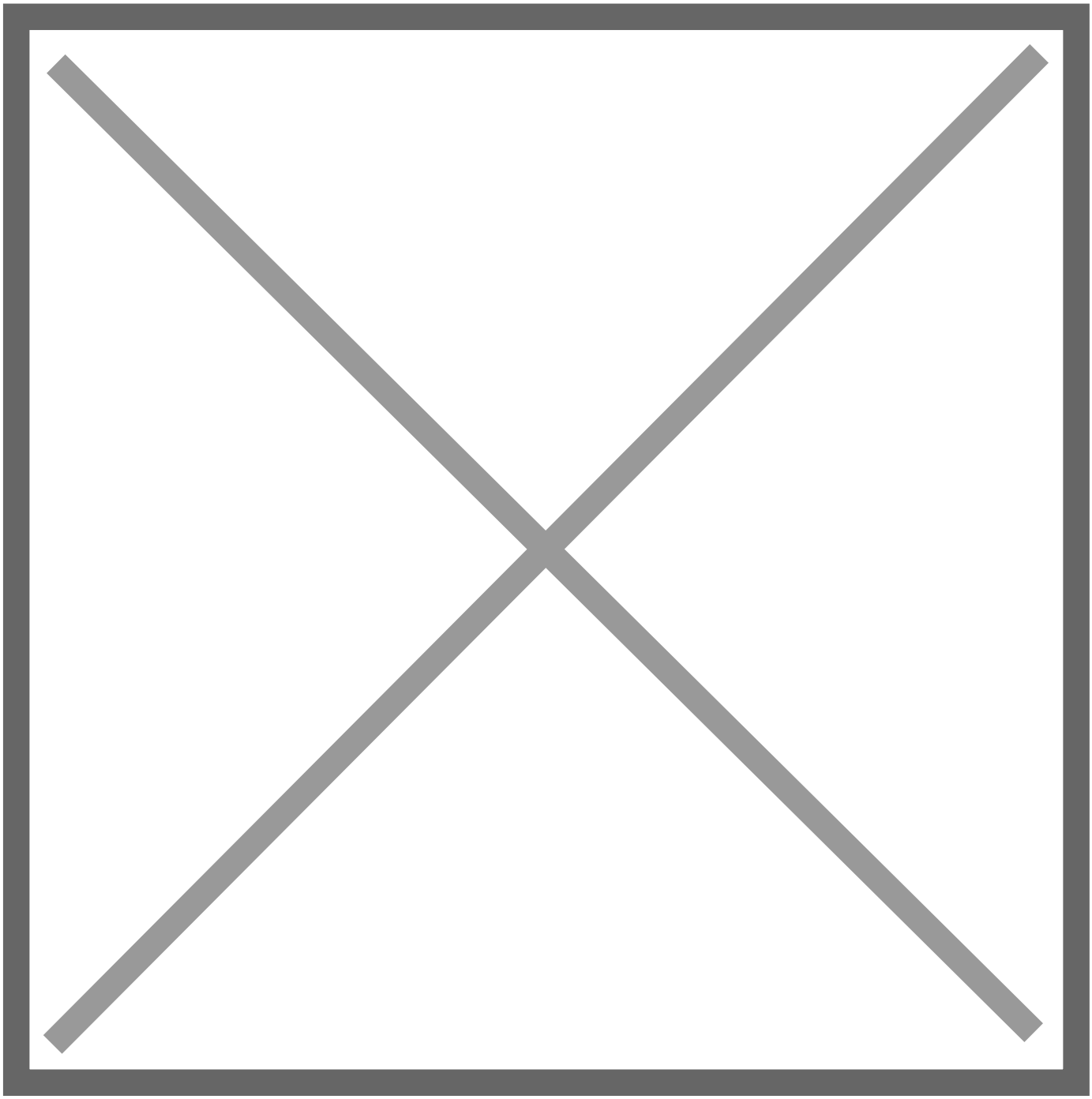
Prevalence of less than daily vegetable consumption

Boys, 2021-2022



Survey type:	Self-reported
Area covered:	National
References:	Rakic 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
Definitions:	Prevalence of less-than-daily vegetable consumption (% less-than-daily vegetable consumption)

Girls, 2021-2022



Survey type:	Self-reported
Area covered:	National
References:	Rakic 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
Definitions:	Prevalence of less-than-daily vegetable consumption (% less-than-daily vegetable consumption)

PDF created on November 5, 2026