



Scotland



Country report card

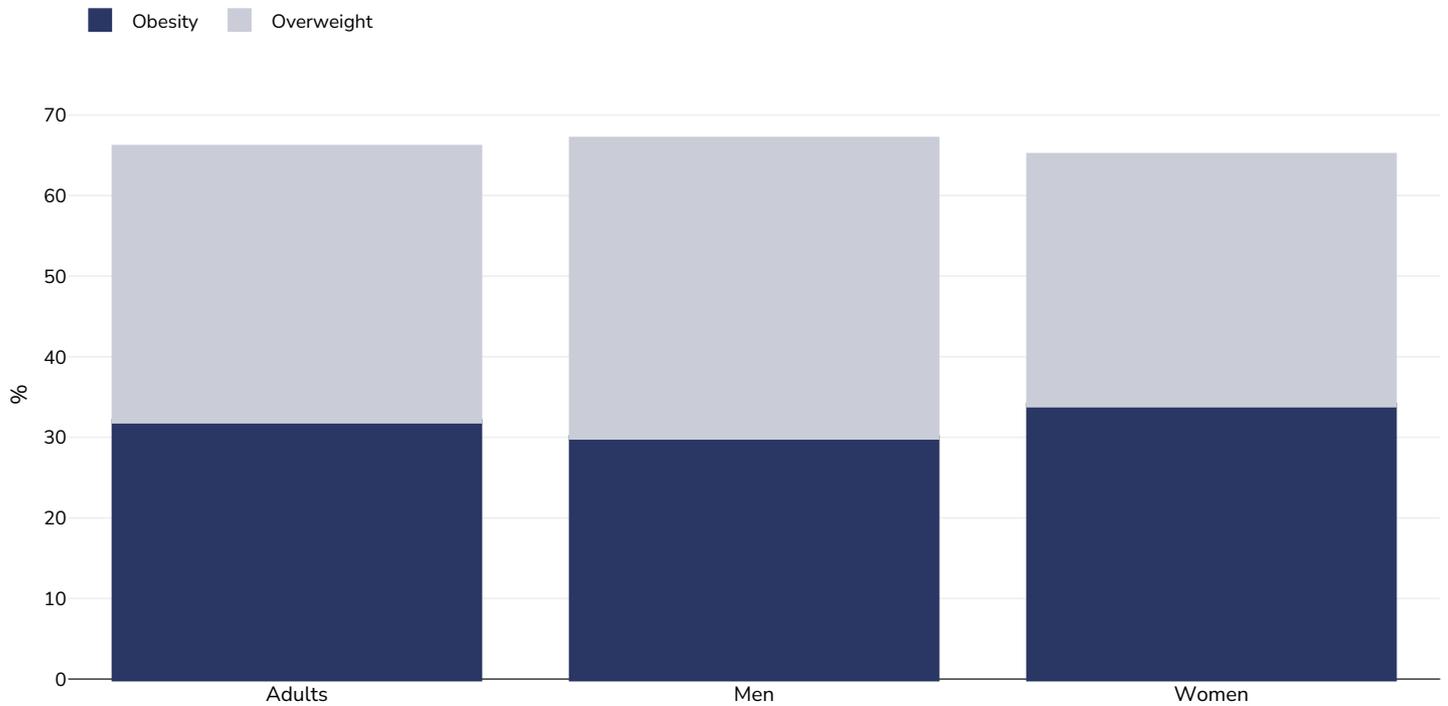
This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity . Where available, data on common and relevant obesity drivers and comorbidities are also presented.

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

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Obesity prevalence

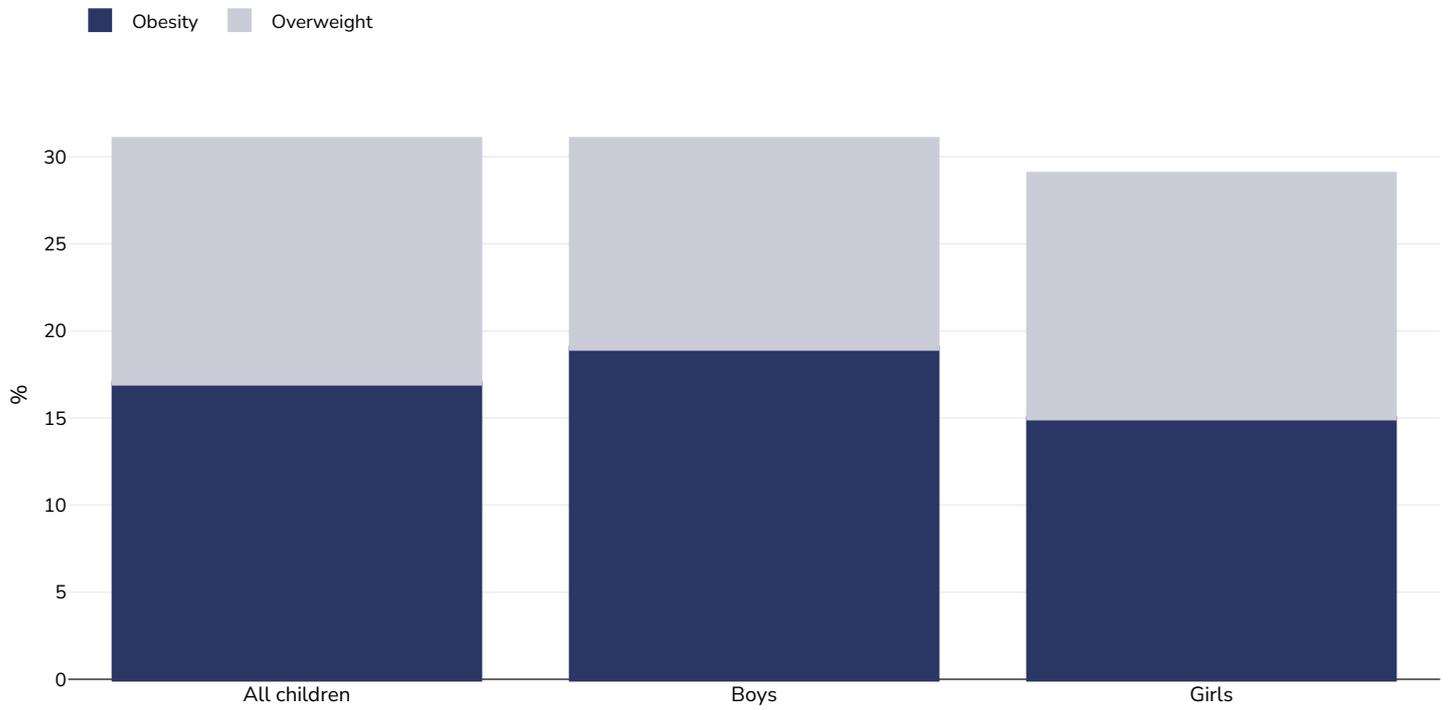
Adults, 2023



Survey type:	Self-reported
Age:	16+
Sample size:	3654
Area covered:	National
References:	Scottish Health Survey 2023. Available at https://www.gov.scot/publications/scottish-health-survey-2023-volume-1-main-report/documents/ (last accessed 18.11.24)
Notes:	Combination of adjusted self report and measured data

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

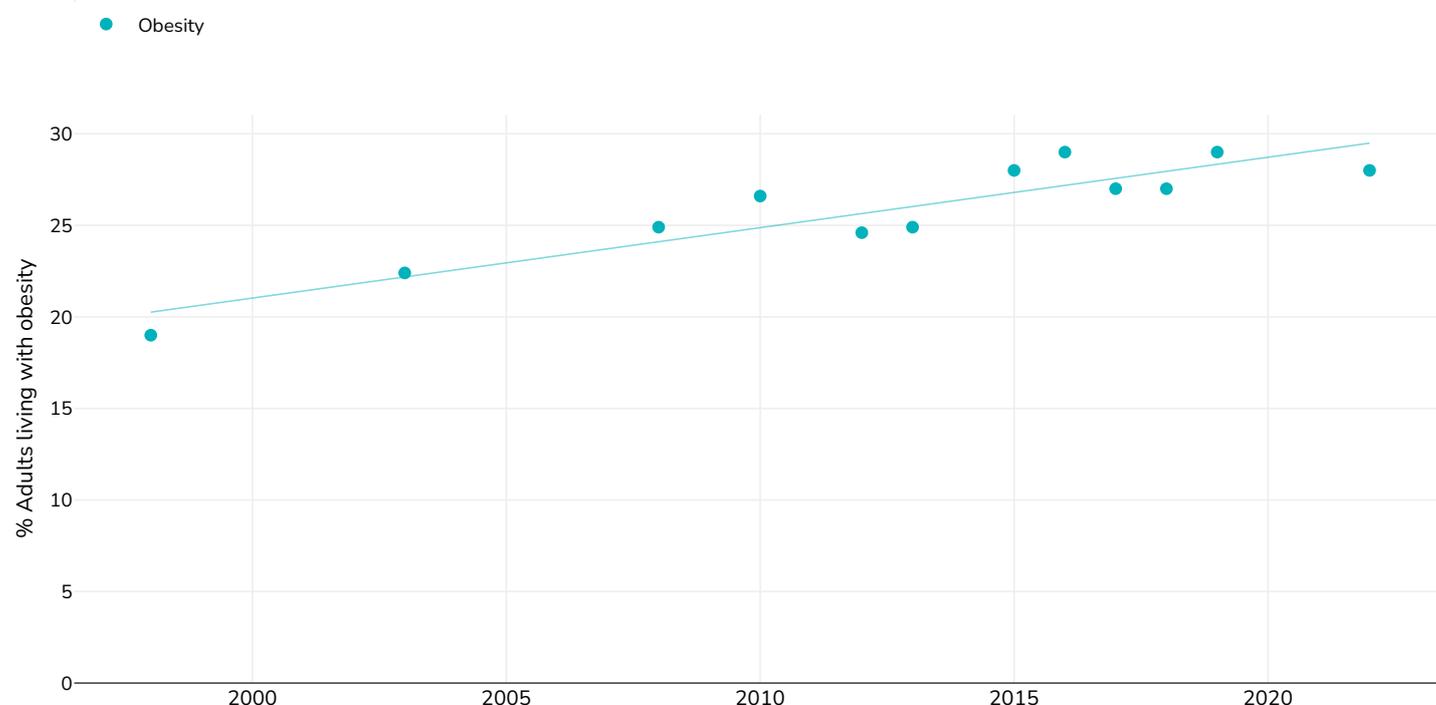
Children, 2023



Survey type:	Measured
Age:	2-15
Sample size:	1365
Area covered:	National
References:	Scottish Health Survey 2023. Available at https://www.gov.scot/publications/scottish-health-survey-2023-volume-1-main-report/documents/ (last accessed 18.11.24)
Cutoffs:	85th/95th Centile

% Adults living with obesity in Scotland 1998-2022

Men



Survey type:

Measured

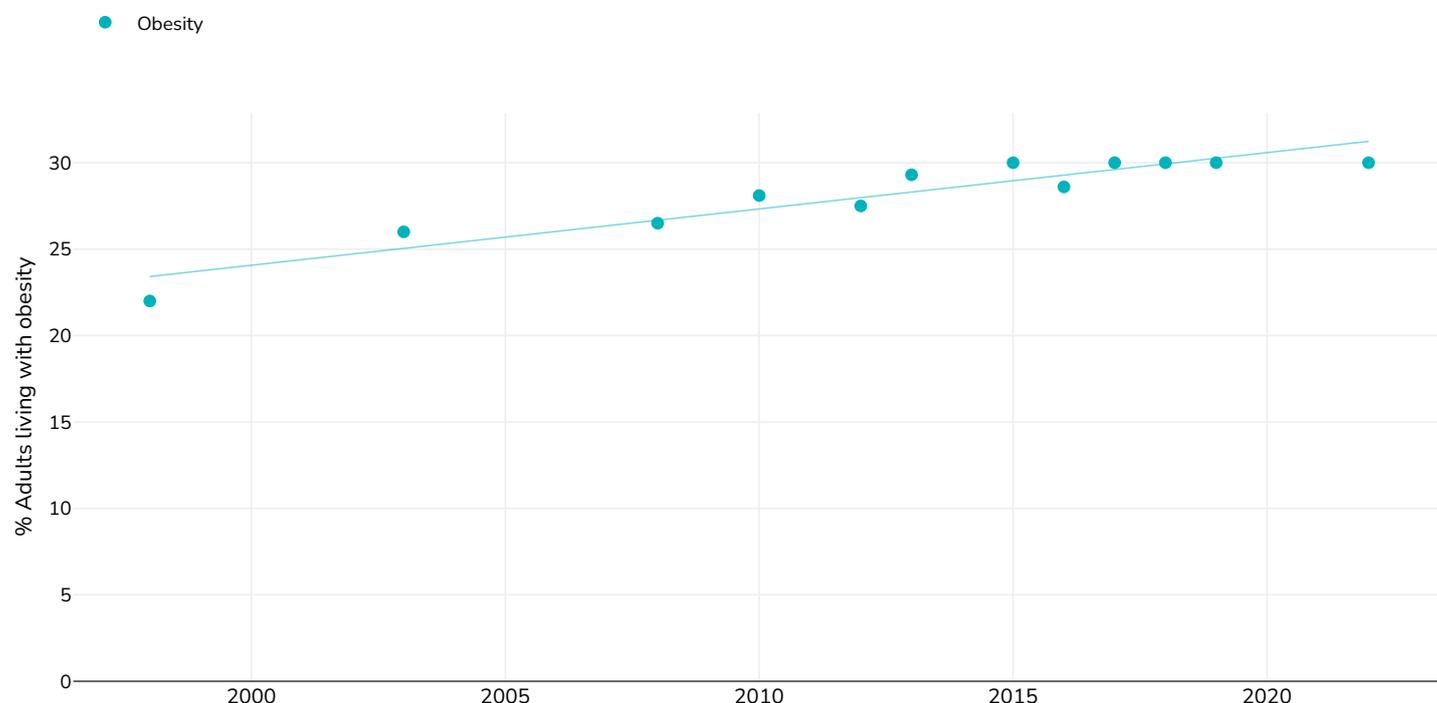
References:

- 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 to Key stats report - <http://www.gov.scot/Resource/0052/00525366.pdf> Link to Main Report - <http://www.gov.scot/Resource/0052/00525472.pdf>
- 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)
- 2019: Scottish Health Survey 2019. <https://www.gov.scot/collections/scottish-health-survey/> (last accessed 30.09.20)
- 2022: 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)

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



Survey type:

Measured

References:

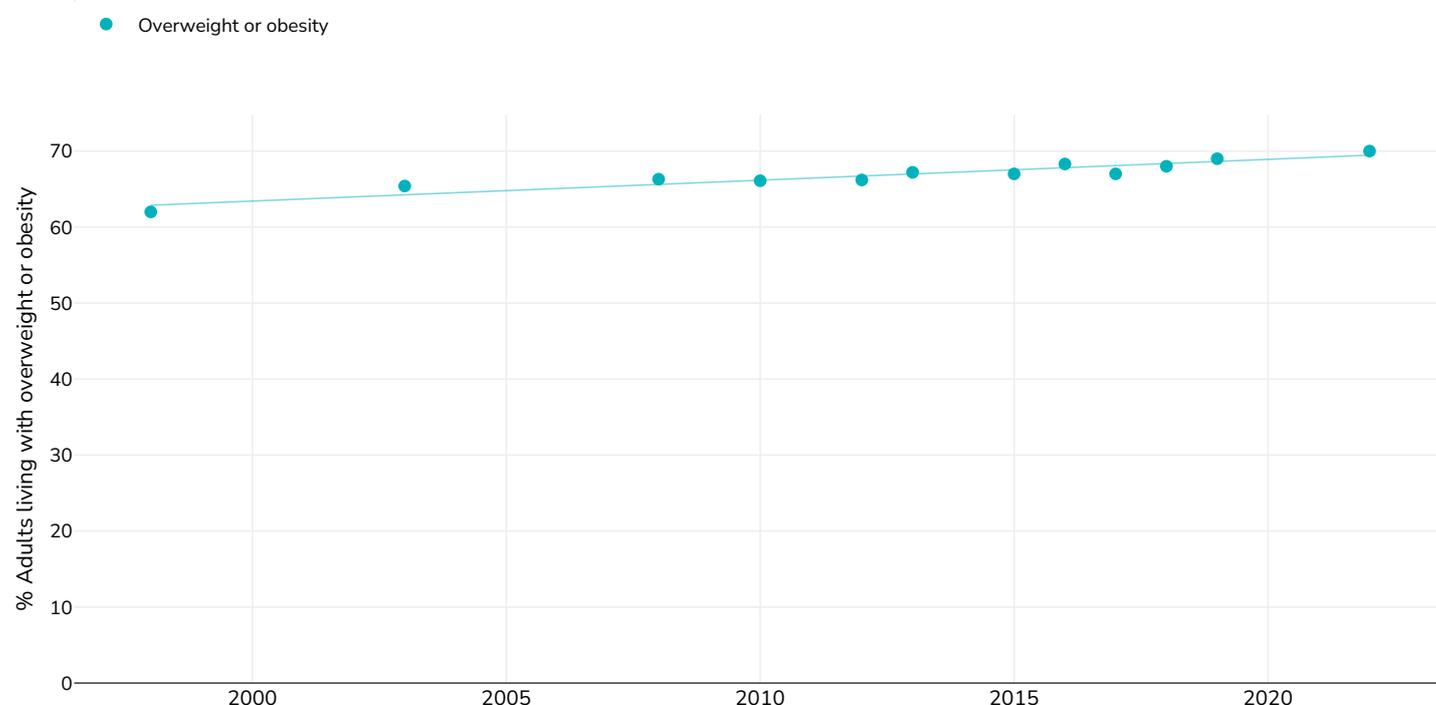
- 1998: Scottish Health Survey 1998
- 2003: <http://www.scotland.gov.uk/Publications/2005/11/25145024/50251>
- 2008: Bromley C, Bradshaw P and Given L. (2009). 2008 Scottish Health Survey, Volume 1. The Scottish Government, Edinburgh.
- 2010: Scottish Health Survey 2010 <http://www.scotland.gov.uk/Publications/2011/09/27084018/0>
- 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 to Key stats report - <http://www.gov.scot/Resource/0052/00525366.pdf> Link to Main Report - <http://www.gov.scot/Resource/0052/00525472.pdf>
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- 2022: 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)

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% Adults living with overweight or obesity in Scotland 1998-2022

Men



Survey type:

Measured

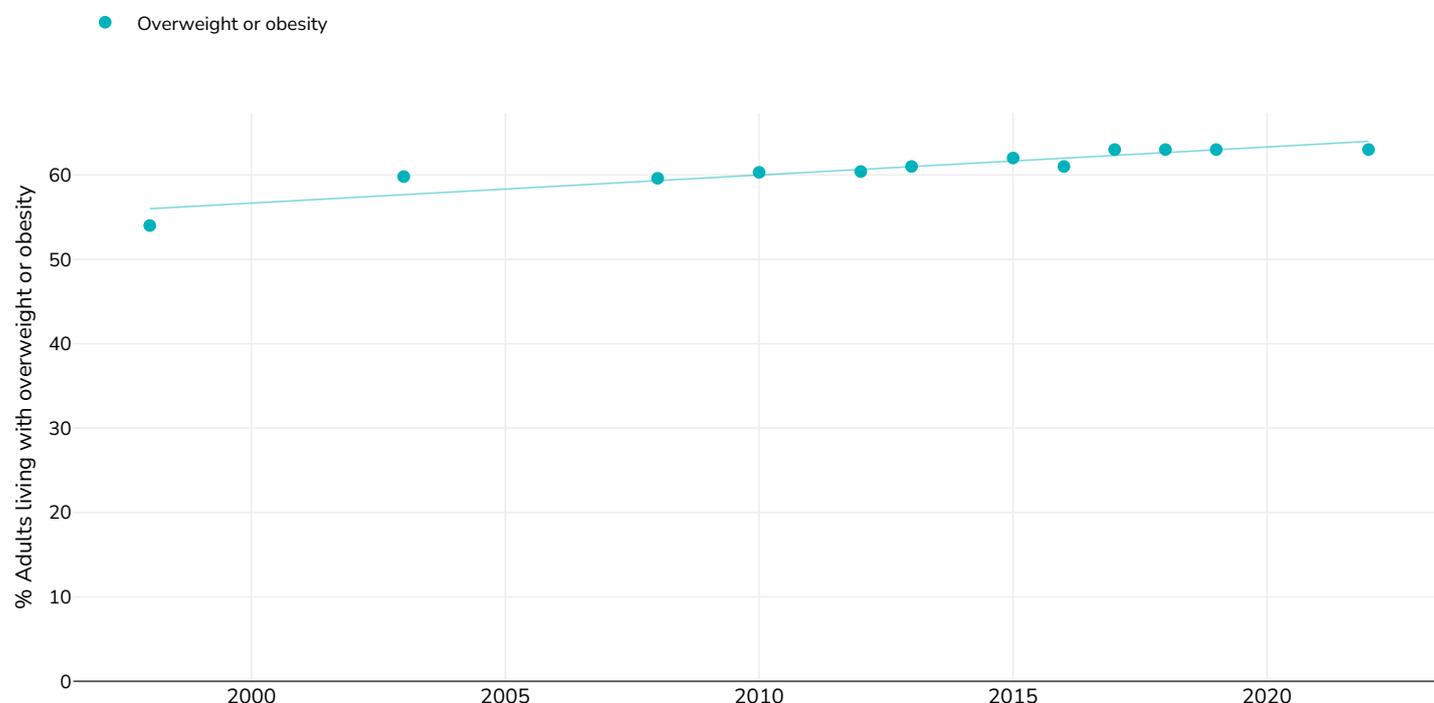
References:

- 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>
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- 2019: Scottish Health Survey 2019. <https://www.gov.scot/collections/scottish-health-survey/> (last accessed 30.09.20)
- 2022: 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)

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Women



Survey type:

Measured

References:

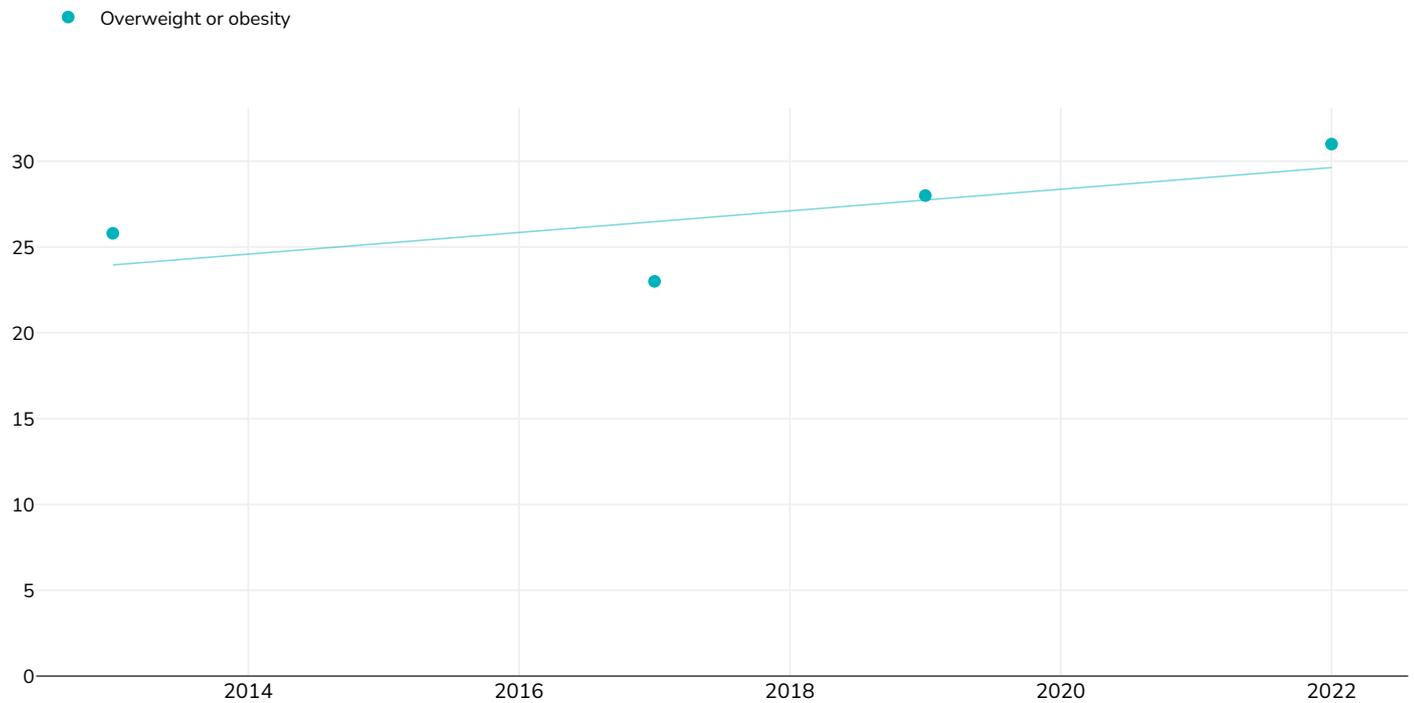
- 1998: Scottish Health Survey 1998
- 2003: <http://www.scotland.gov.uk/Publications/2005/11/25145024/50251>
- 2008: Bromley C, Bradshaw P and Given L. (2009). 2008 Scottish Health Survey, Volume 1. The Scottish Government, Edinburgh.
- 2010: Scottish Health Survey 2010 <http://www.scotland.gov.uk/Publications/2011/09/27084018/0>
- 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)
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- 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)
- 2019: Scottish Health Survey 2019. <https://www.gov.scot/collections/scottish-health-survey/> (last accessed 30.09.20)
- 2022: 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)

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% children living with overweight or obesity by age in Scotland 2013 - 2019

Girls

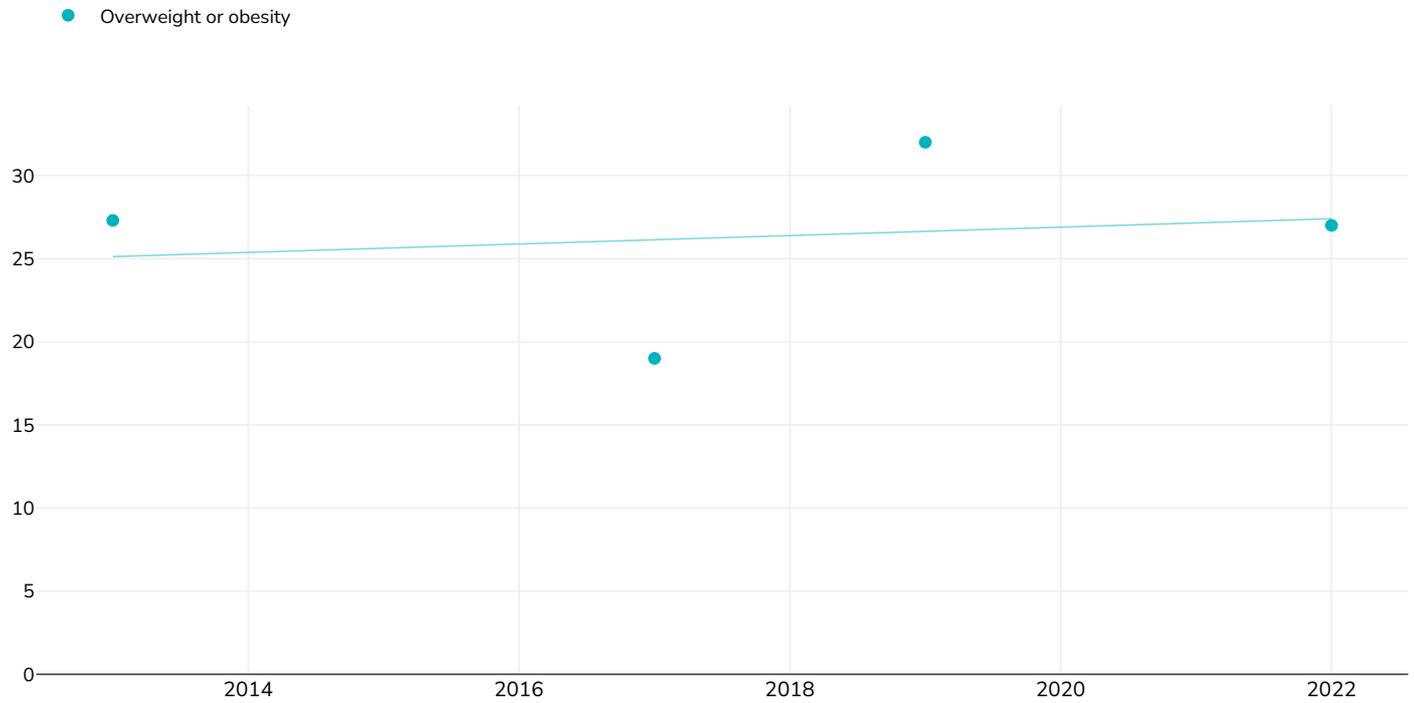


References:

- 2013: Scottish Health Survey 2013
- 2017: Scottish Government. (2017). Scottish Health Survey 2017. Available: <https://www.gov.scot/Resource/0054/00540654.pdf>. Last accessed 3rd Oct 2018.
- 2019: Scottish Health Survey 2019. Scottish Health Survey 2019. <https://www.gov.scot/collections/scottish-health-survey/>. Last accessed: 13.05.21.
- 2022: 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)

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Boys

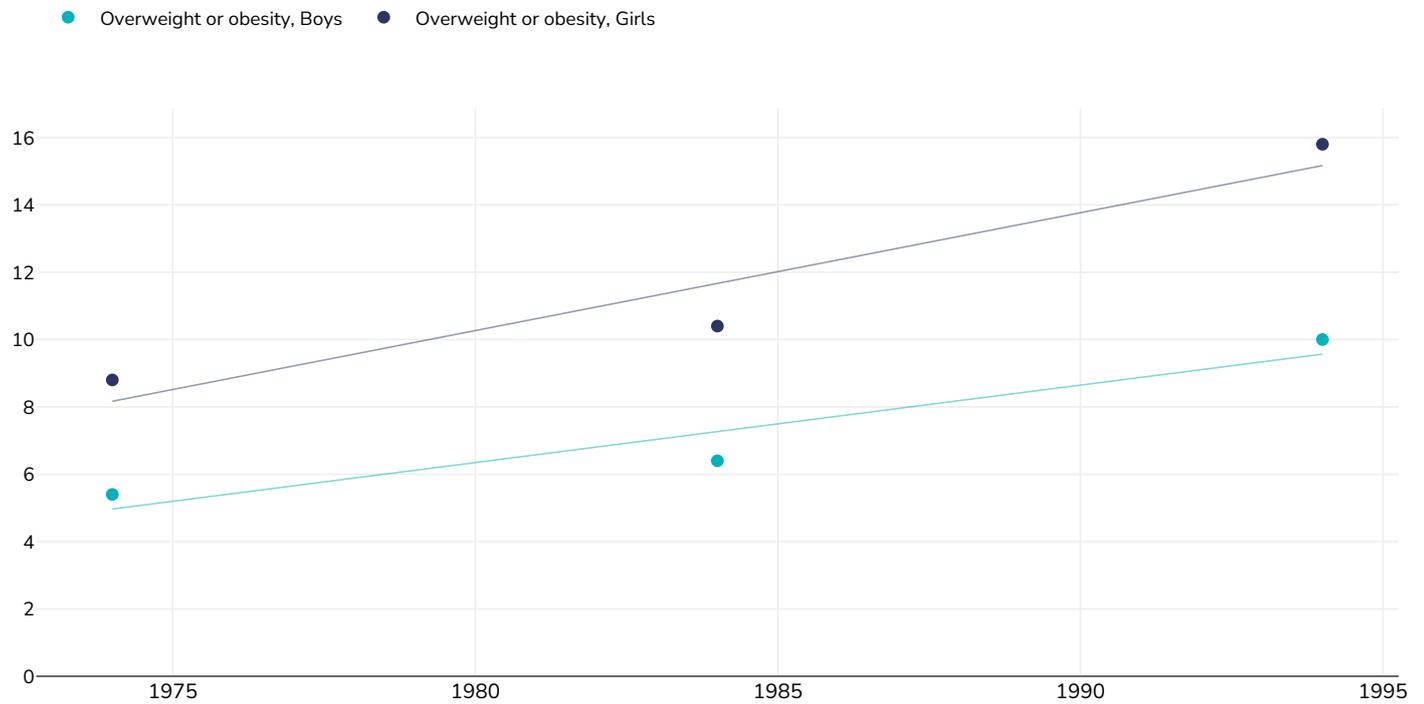


References:

- 2013: Scottish Health Survey 2013
- 2017: Scottish Government. (2017). Scottish Health Survey 2017. Available: <https://www.gov.scot/Resource/0054/00540654.pdf>. Last accessed 3rd Oct 2018.
- 2019: Scottish Health Survey 2019. Scottish Health Survey 2019. <https://www.gov.scot/collections/scottish-health-survey/>. Last accessed: 13.05.21.
- 2022: 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)

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



Survey type:

Measured

References:

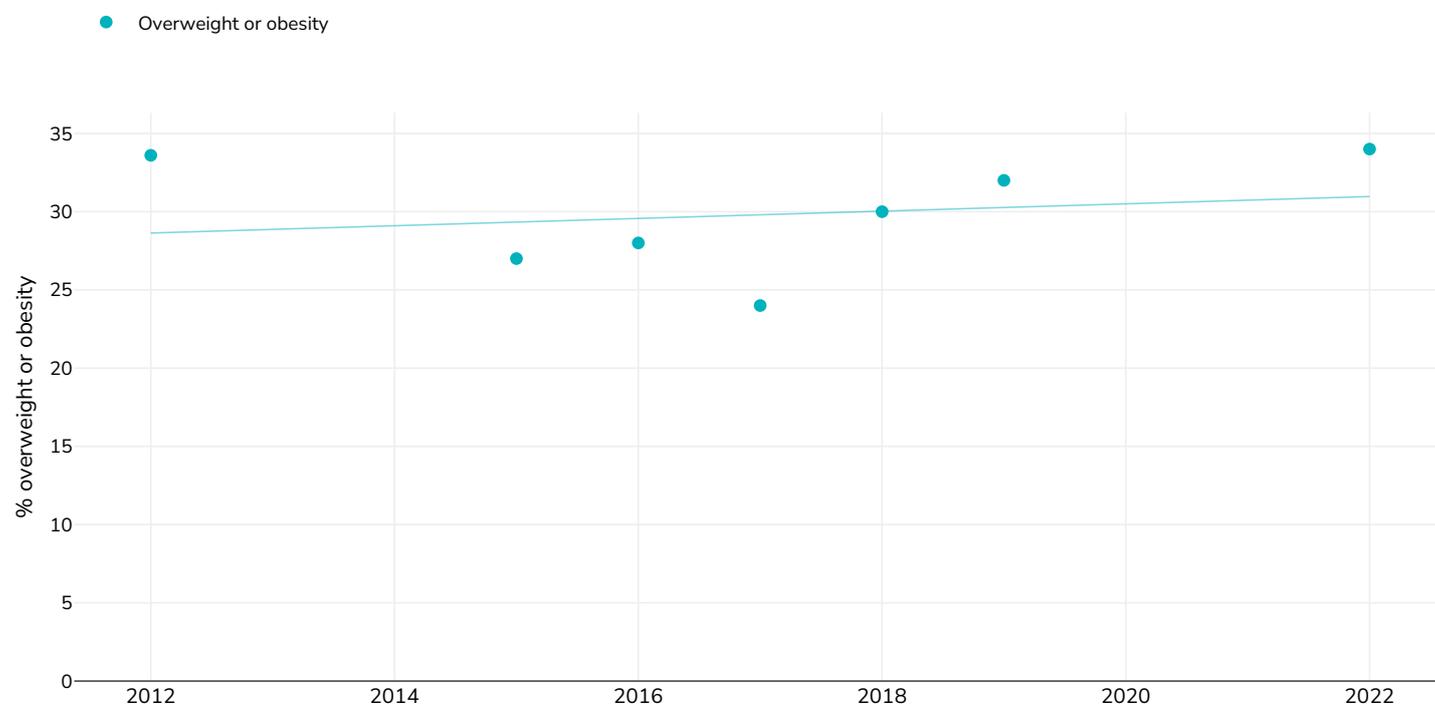
Chinn S, Rona RJ. Prevalence and trends in overweight and obesity in three cross sectional studies of British children, 1974-94. *BMJ* (2001);322:24-26
 Chinn S, Rona RJ. Prevalence and trends in overweight and obesity in three cross sectional studies of British children, 1974-94. *BMJ* (2001);322:24-26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

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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 2012-2022

Boys



Survey type: Measured

References:

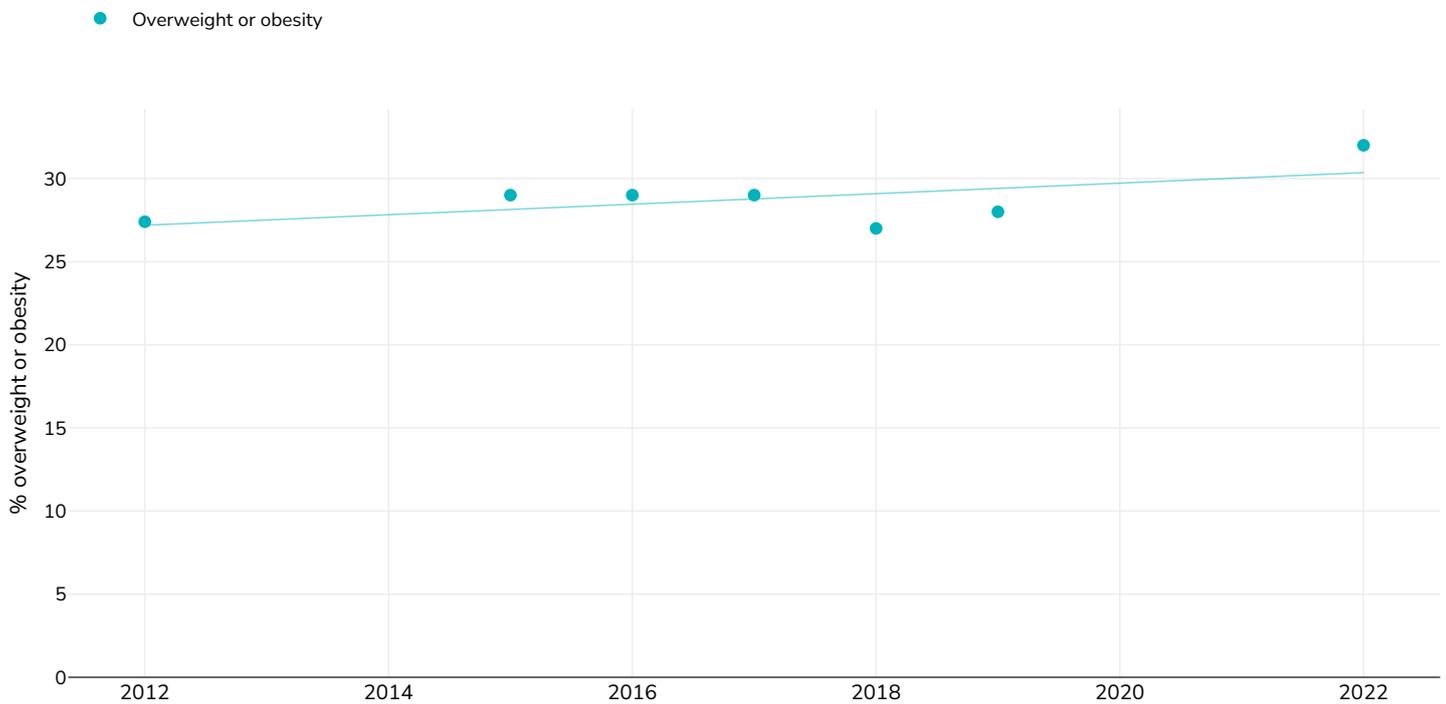
- 2012: Scottish Health Survey 2012 <http://www.scotland.gov.uk/Resource/0043/00434590.pdf>
- 2015: Scottish Health Survey 2015. (<http://www.gov.scot/Topics/Statistics/Browse/Health/scottish-health-survey/Publications/Supplementary2015>)
- 2016: Scottish Health Survey 2016, Statistics available online 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)
- 2019: Scottish Health Survey 2019. <https://www.gov.scot/collections/scottish-health-survey/>. Last accessed: 13.05.21.
- 2022: 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: Aged 2-15.

Definitions: 85th & 95th Percentiles

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)
- 2019: Scottish Health Survey 2019. <https://www.gov.scot/collections/scottish-health-survey/>. Last accessed: 13.05.21.
- 2022: 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)

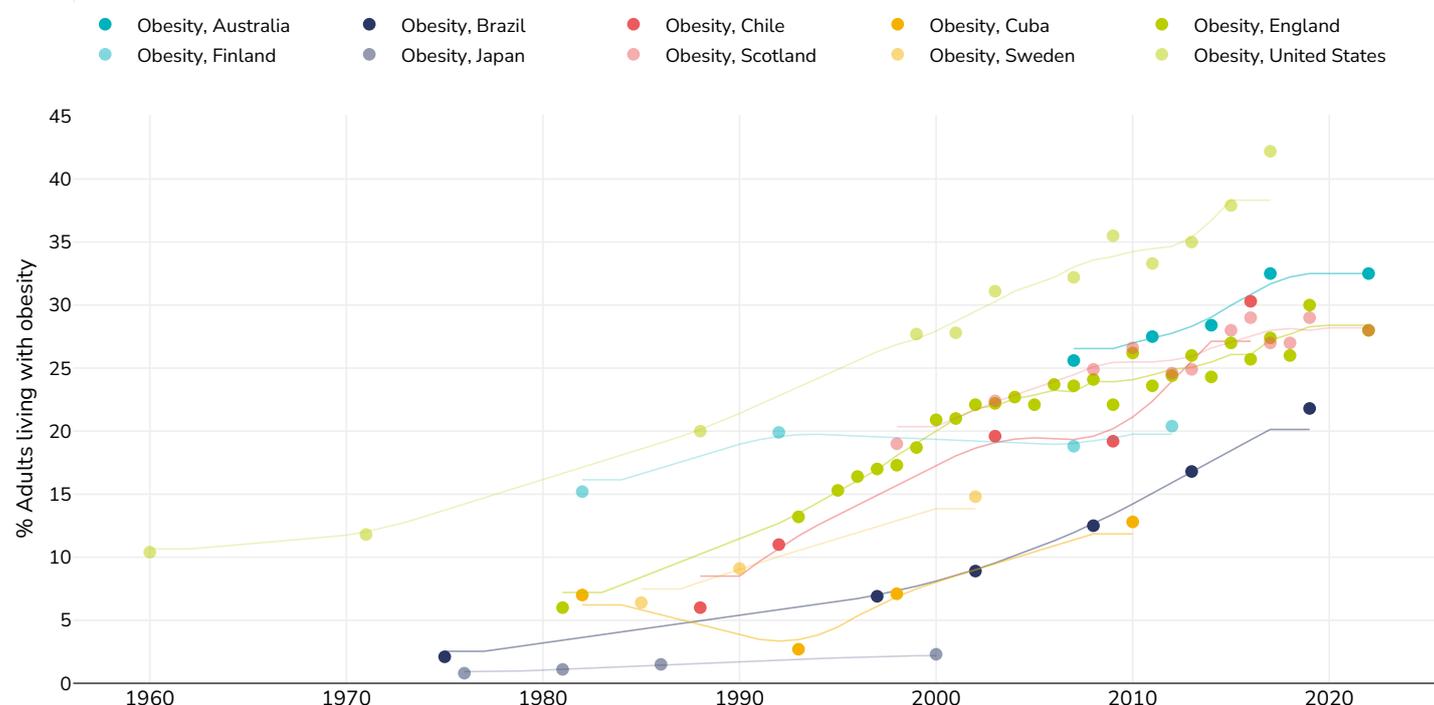
Notes: Aged 2-15.

Definitions: 85th & 95th Percentiles

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, 1988, 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, 1986: Yoshiike N, Seino F, Tajima S, Arai Y, Kawano M, Furuhashi T, Inoue S. Twenty-year changes in the prevalence of overweight in Japanese adults: The National Nutrition Survey 1976-95. *Obesity Reviews* 2002;3:183-190

1982, 1993: 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

1990: 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 online published ahead of print.

1992: Uauy R, Albal C, Kain J. Obesity Trends in Latin America: Transiting from Under-to Overweight. *Journal of Nutrition* 2001;131:S893-S899

1995: Health Survey for England 1995.

1996: Health Survey for England 1996.

1997: Filozof C, Gonzales C, Sereday M, Mazza C, Braguinsky J. Obesity prevalence and trends in Latin American countries. *Obesity Reviews*, 2001;2:99-196

1998: Scottish Health Survey 1998

1999: Health Survey for England 1999.

2000: Ogden CL, Carroll MD, Curtin LR, McDowell MA, Tabak CJ, Flegal KM. Prevalence of Overweight and Obesity in the United States, 1999-2004. *JAMA* 2006;295(13):1549-1555

2001: Health Survey for England 2001.

2002: Monteiro CA, Conde WL and Popkin BA. (2007). Income-specific trends in obesity in Brazil: 1975 - 2003. *American Journal of Public Health*, 97 (10): 1808 - 1812.

2003: 2003 ENS Report. Final results on the National Health Survey. <http://epi.minsal.cl/epi/html/invest/ENS/informeFinalENS.pdf>.

2004: Health Survey for England 2004.

2005: Health Survey for England 2005.

2006: Health Survey for England 2006.

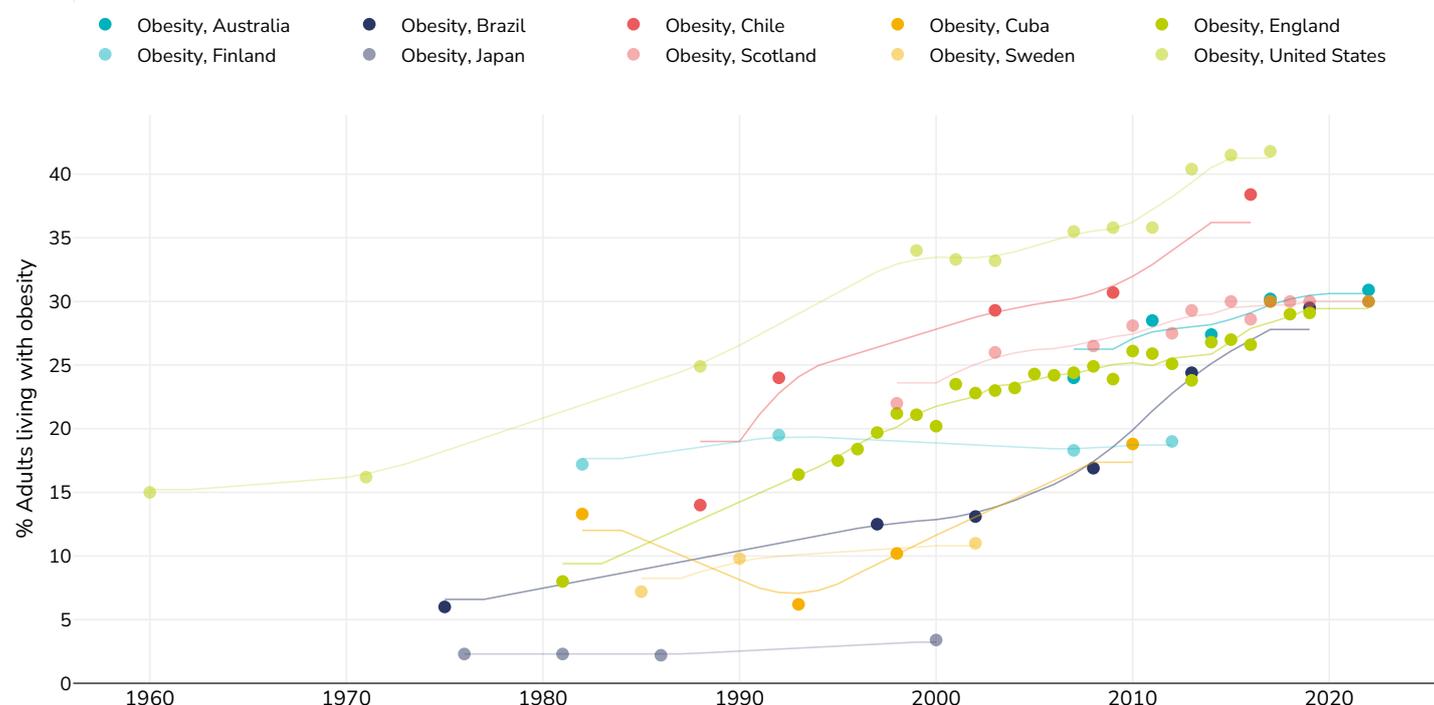
2007: Peltonen M, Harald K, Männistö S, Saarikoski L, Lund L, Sundvall J, Juolevi A, Laatikainen T, Aldén-Nieminen H, Luoto R, Jousilahti P, Salomaa V, Taimi M, Vartiainen E. Kansallinen FINRISKI 2007 –terveyystutkimus, Tutkimuksen toteutus ja tulokset: Taulukkoliite. Kansanterveyslaitos. Yliopistopaino, Helsinki 2008.

2008: Health Survey for England 2008.

2009: NHANES Survey - Published in Flegal KM, Carroll MD, Kit BK, Ogden CL. Prevalence of Obesity and Trends in the Distribution of

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Women



References:

1960, 1971, 1973, 1976, 1988, 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

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1981, 1986: Yoshiike N, Seino F, Tajima S, Arai Y, Kawano M, Furuhashi T, Inoue S. Twenty-year changes in the prevalence of overweight in Japanese adults: The National Nutrition Survey 1976-95. *Obesity Reviews* 2002;3:183-190

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1992: Uauy R, Albal C, Kain J. Obesity Trends in Latin America: Transiting from Under- to Overweight. *Journal of Nutrition* 2001;131:S893-S899

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2007: Peltonen M, Harald K, Männistö S, Saarikoski L, Lund L, Sundvall J, Juolevi A, Laatikainen T, Aldén-Nieminen H, Luoto R, Jousilahti P, Salomaa V, Taimi M, Vartiainen E. *Kansallinen FINRISKI 2007 -terveys tutkimus, Tutkimuksen toteutus ja tulokset: Taulukkolite.* Kansanterveyslaitos. Yliopistopaino, Helsinki 2008.

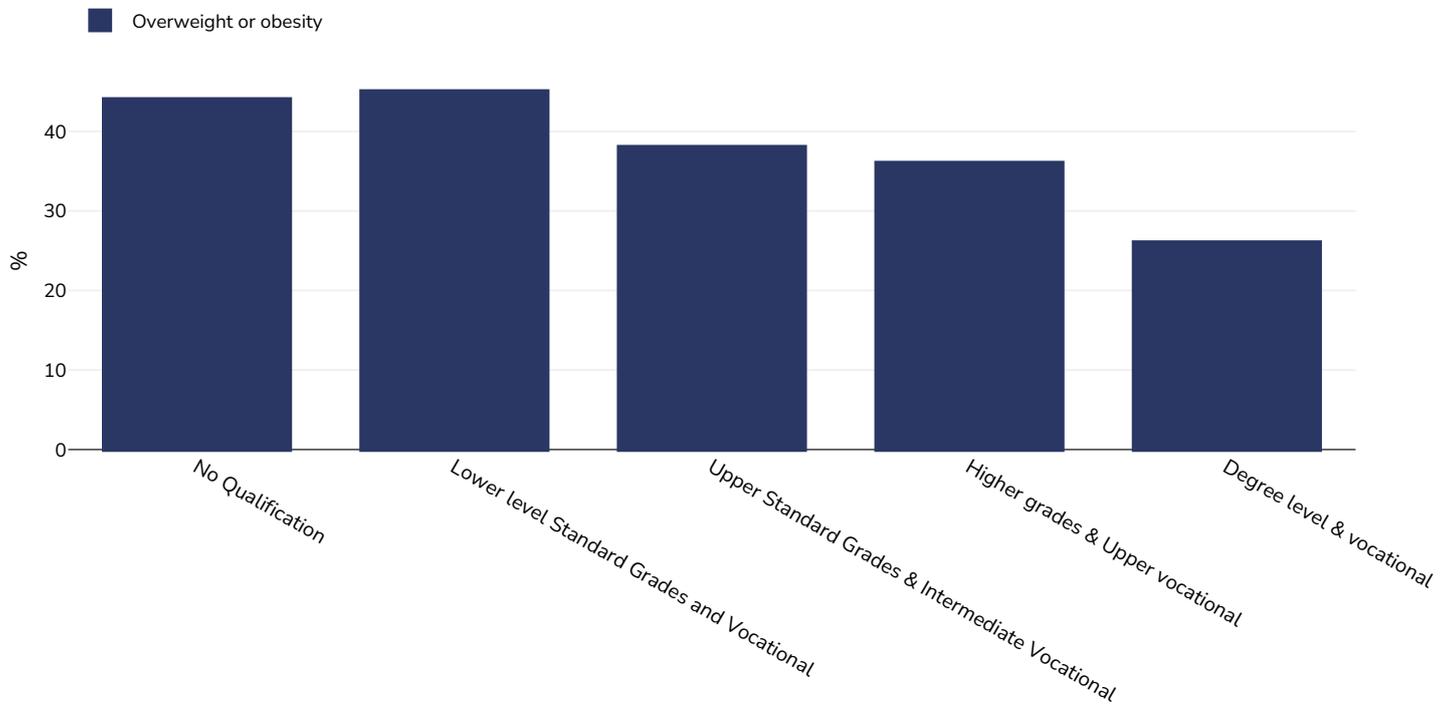
2008: Health Survey for England 2008.

2009: NHANES Survey - Published in Flegal KM, Carroll MD, Kit BK, Ogden CL. Prevalence of Obesity and Trends in the Distribution of

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Overweight/obesity by education

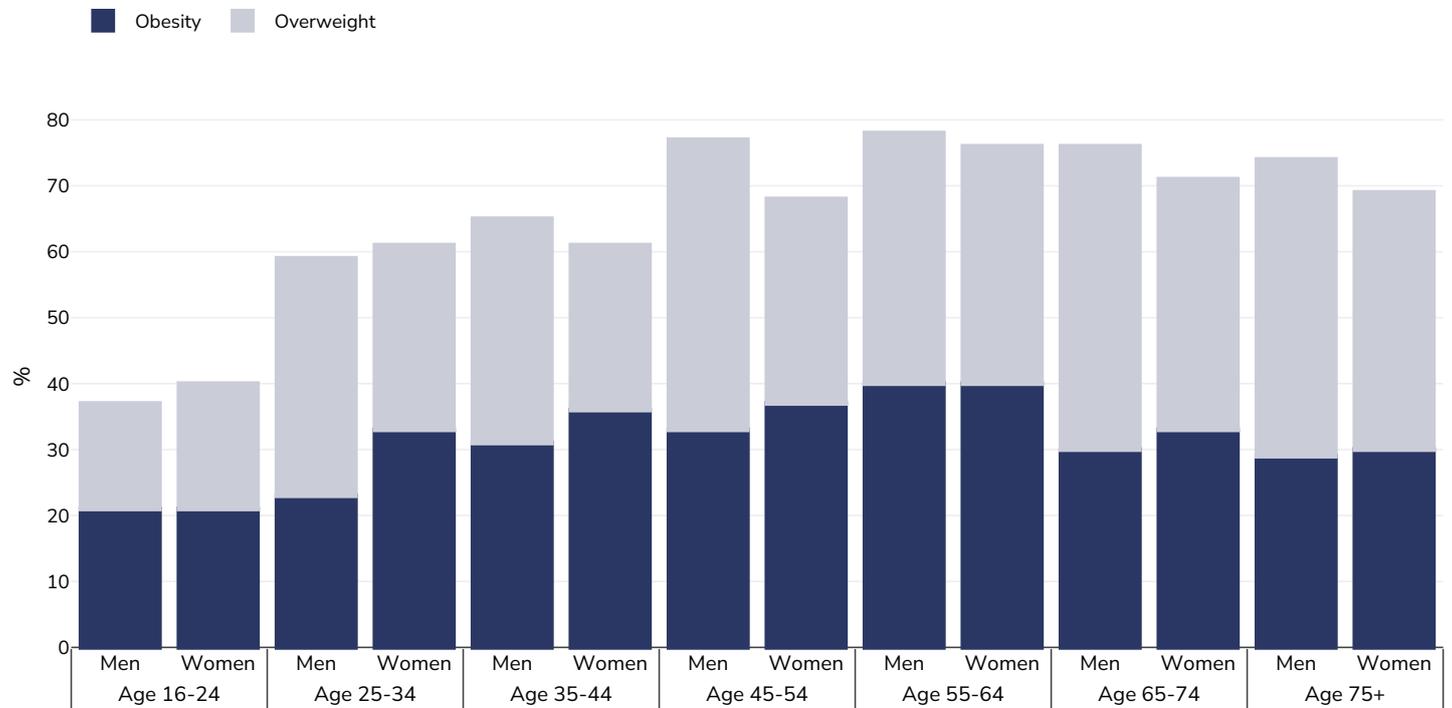
Children, 2014-2015



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, 2023



Survey type: Self-reported

Sample size: 3654

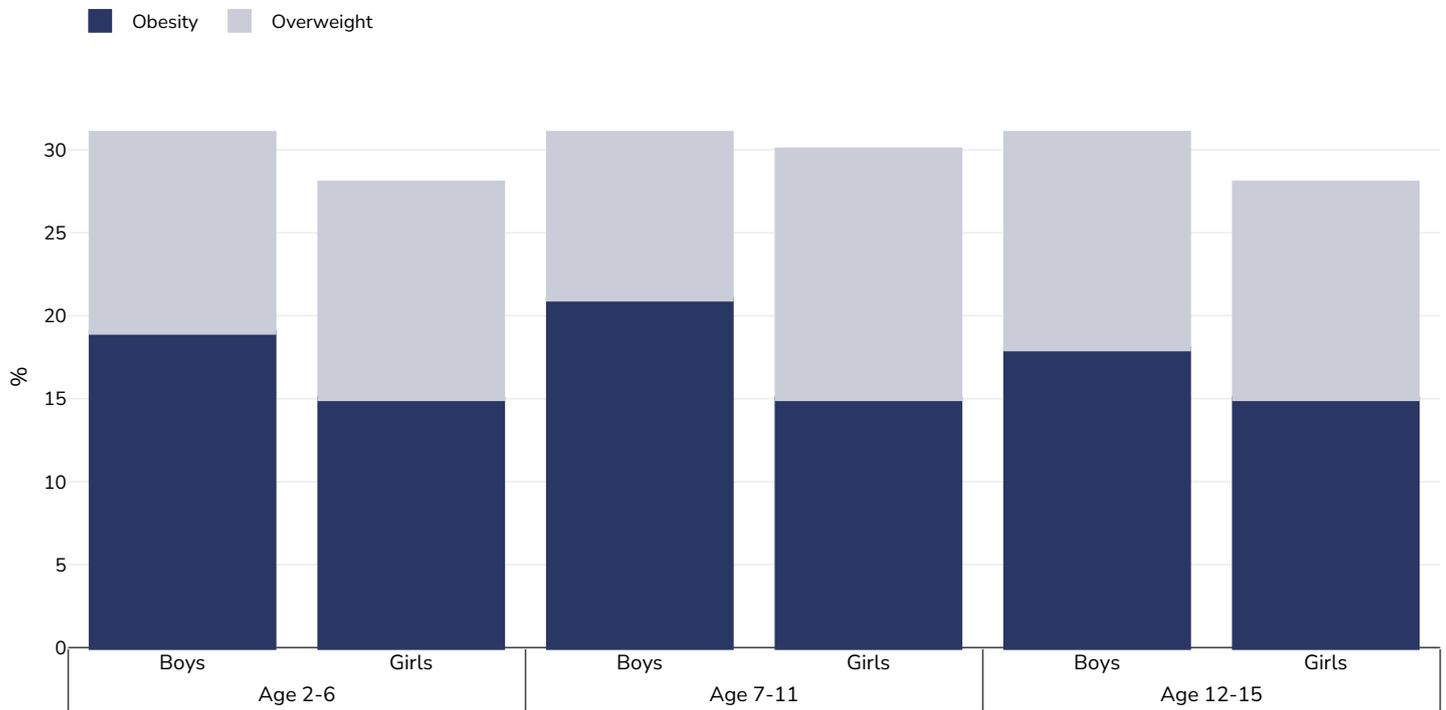
Area covered: National

References: Scottish Health Survey 2023. Available at <https://www.gov.scot/publications/scottish-health-survey-2023-volume-1-main-report/documents/>

Notes: Sample contains mix of adjusted self report and measured

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

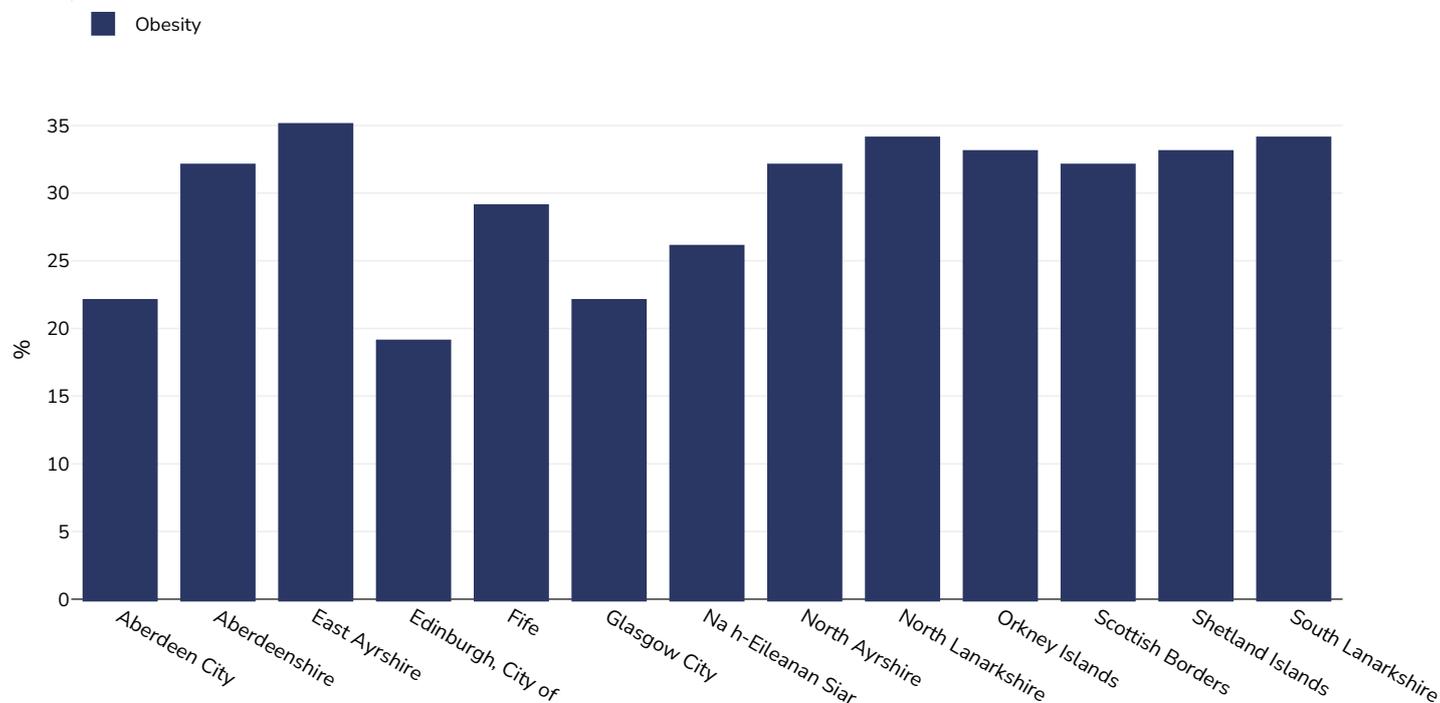
Children, 2023



Survey type:	Measured
Sample size:	1365
Area covered:	National
References:	Scottish Health Survey 2023. Available at https://www.gov.scot/publications/scottish-health-survey-2023-volume-1-main-report/documents/ (last accessed 18.11.24)
Cutoffs:	85th/95th Centile

Overweight/obesity by region

Men, 2016-2019



Survey type: Measured

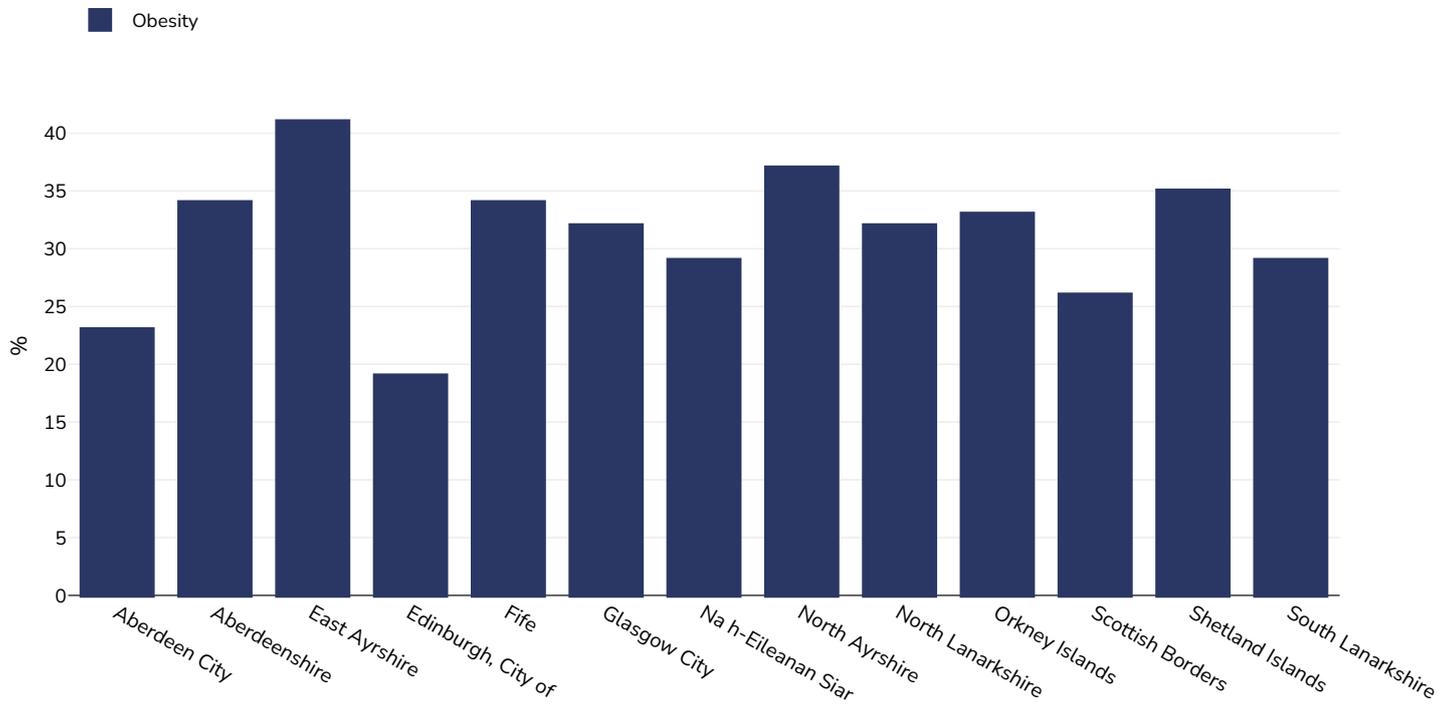
Age: 16+

Area covered: National

References: Scottish Health Survey 2016-2019 <https://scotland.shinyapps.io/sg-scottish-health-survey/> (accessed 16.01.24)

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

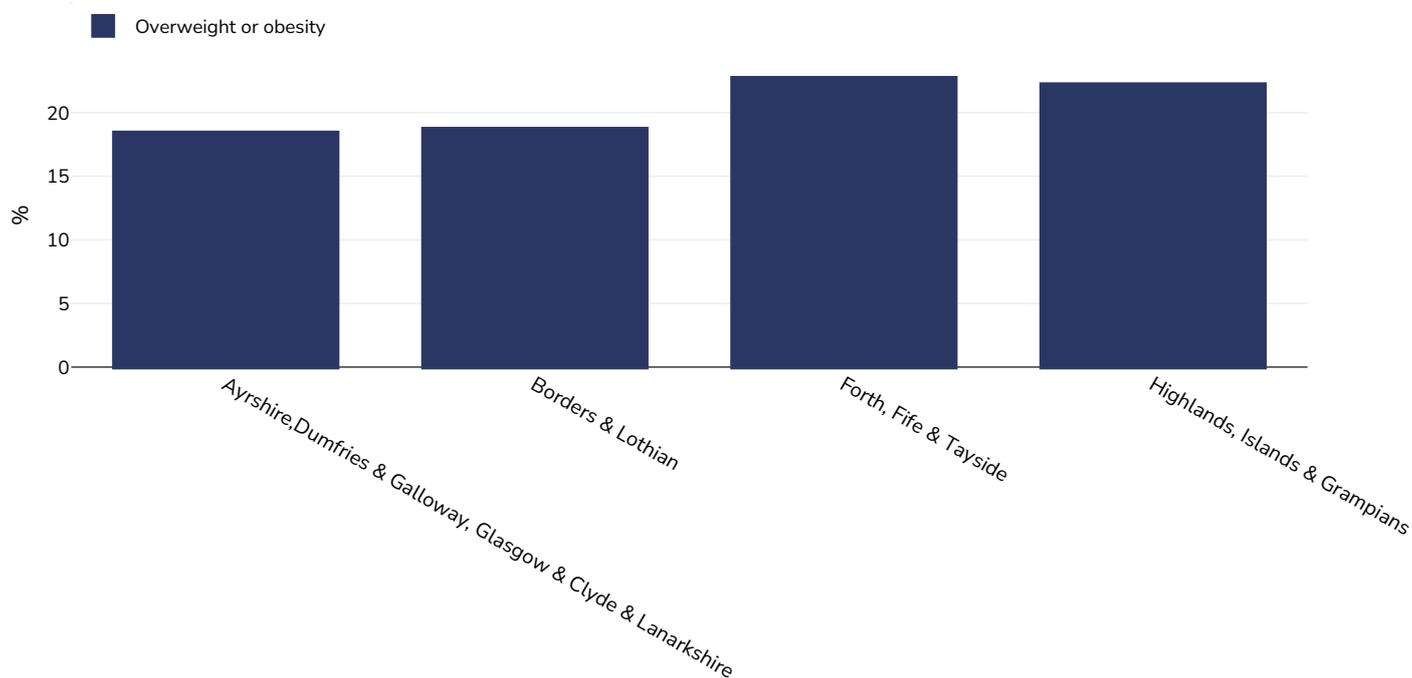
Women, 2016-2019



Survey type:	Measured
Age:	16+
Area covered:	National
References:	Scottish Health Survey 2016-2019 https://scotland.shinyapps.io/sg-scottish-health-survey/ (accessed 16.01.24)

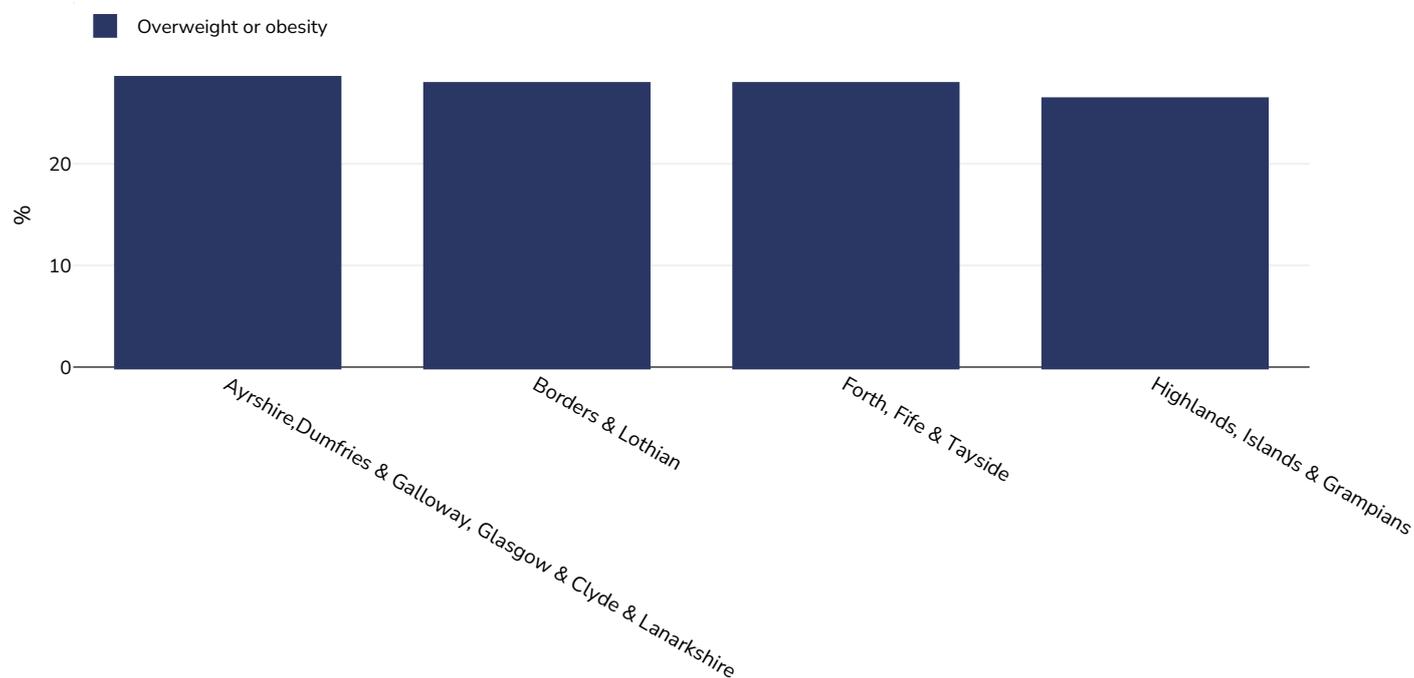
Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².

Boys, 2015



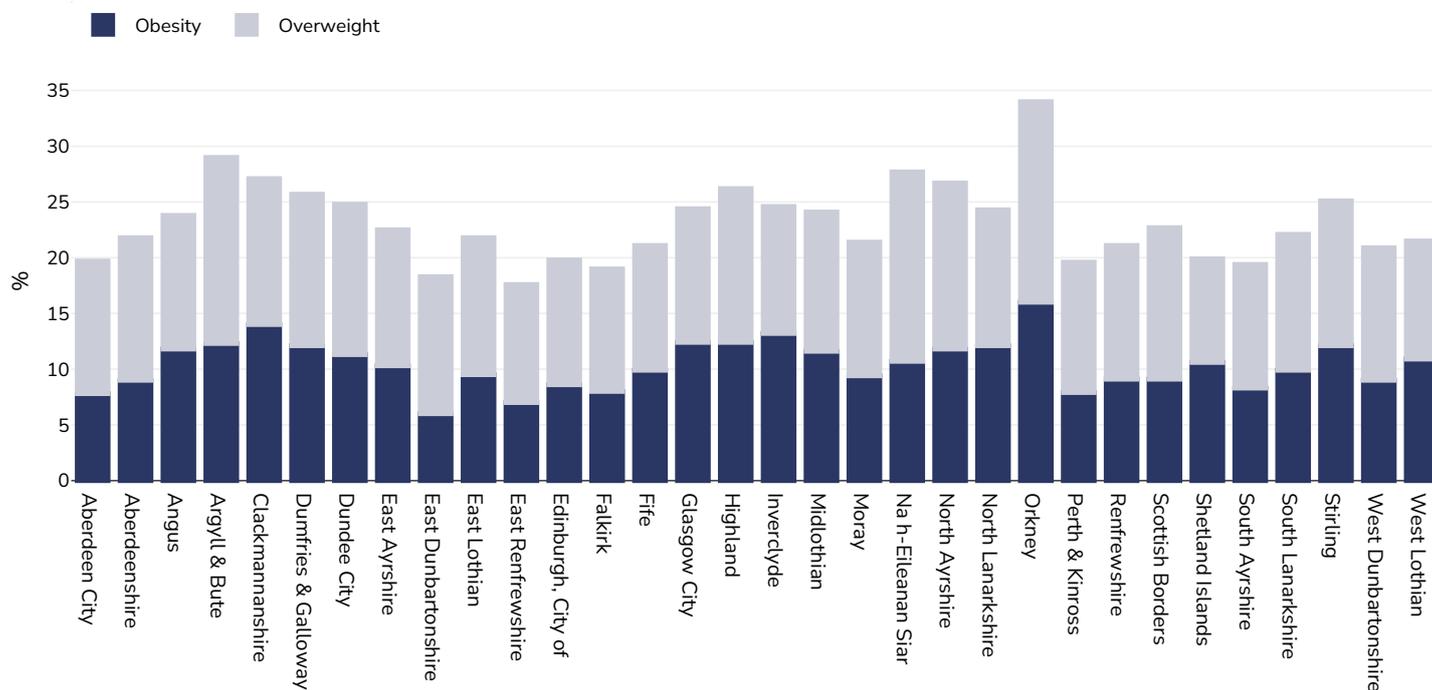
Survey type:	Measured
Age:	2-17
Sample size:	1018
Area covered:	National (but small sample)
References:	Scottish Health Survey 2015, Renanalysis by R Jackson Leach of the World Obesity Federation
Notes:	IOTF International cut off NB SMALL SAMPLE SIZES & COMBINED REGIONS
Cutoffs:	IOTF

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

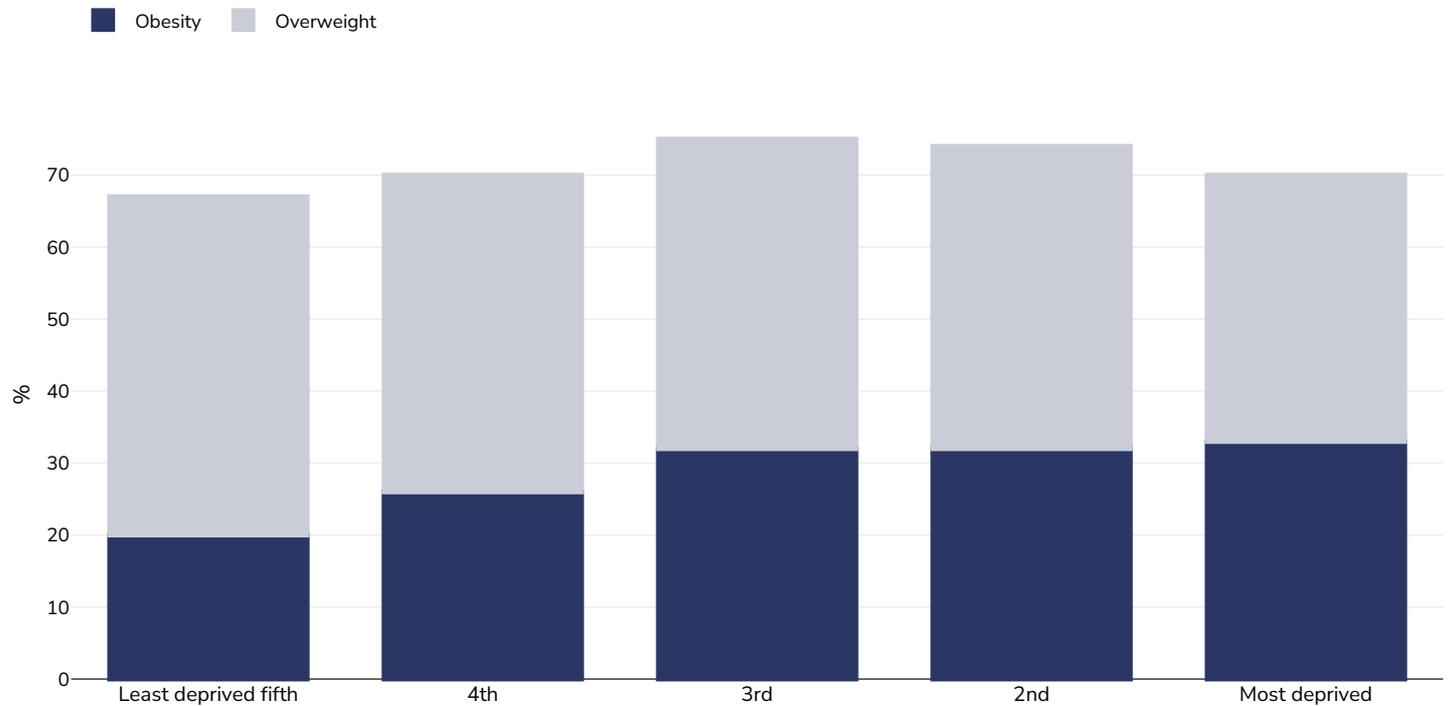
0-5 years, 2018-2019



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

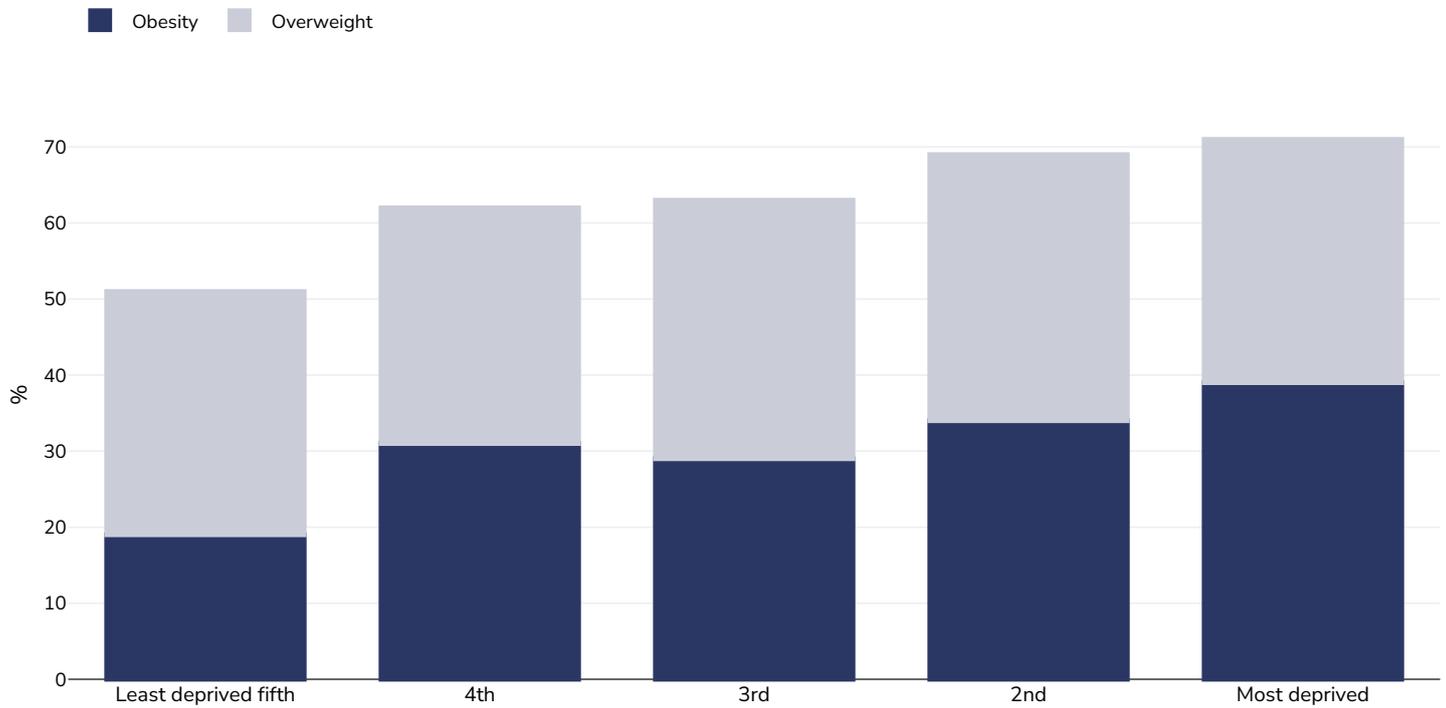
References: Scottish Health Survey 2022. Available at <https://www.gov.scot/publications/scottish-health-survey-2022-volume-1-main-report/pages/12/> (last accessed 05.12.23)

Notes: The first two months of the survey 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

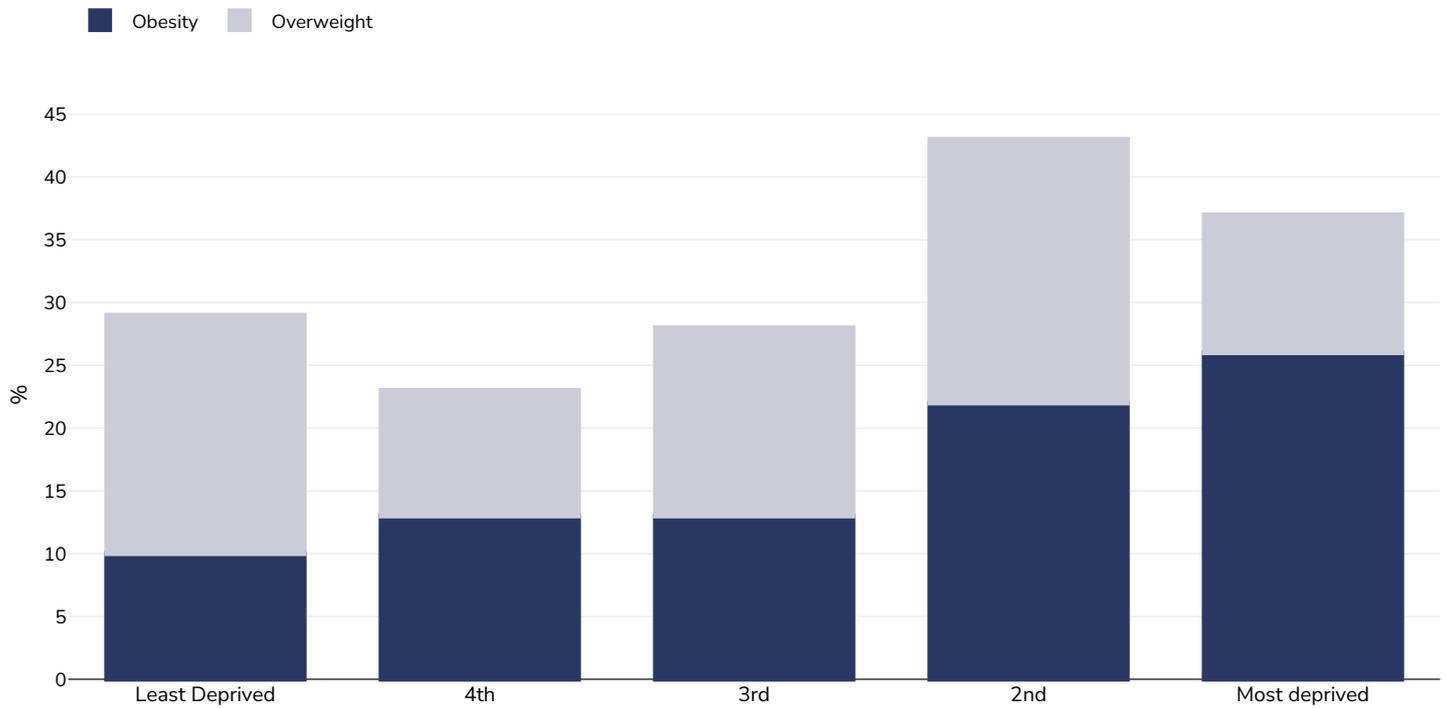
Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².

Women, 2022



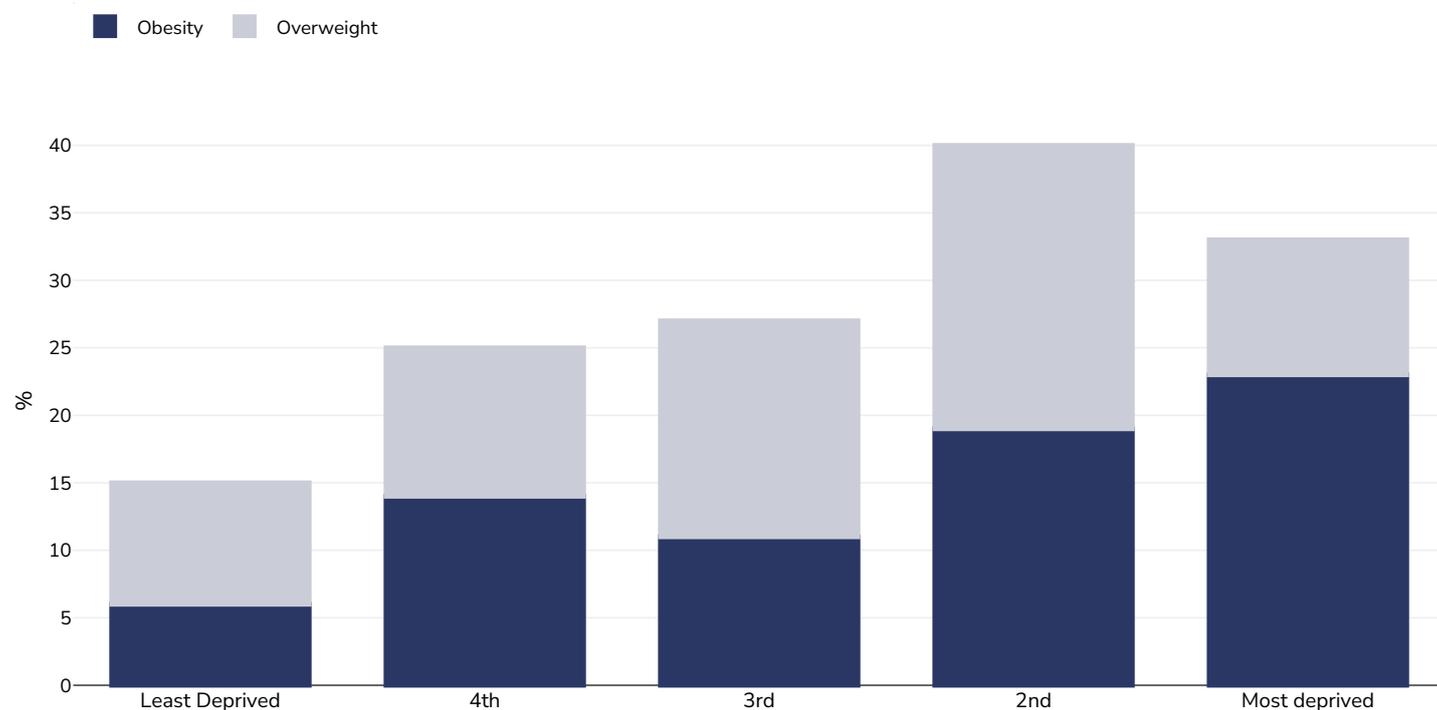
Survey type:	Measured
Age:	16+
Sample size:	3510
Area covered:	National
References:	Scottish Health Survey 2022. Available at https://www.gov.scot/publications/scottish-health-survey-2022-volume-1-main-report/pages/12/ (last accessed 05.12.23)
Notes:	The first two months of the survey results were based 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
<i>Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².</i>	

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

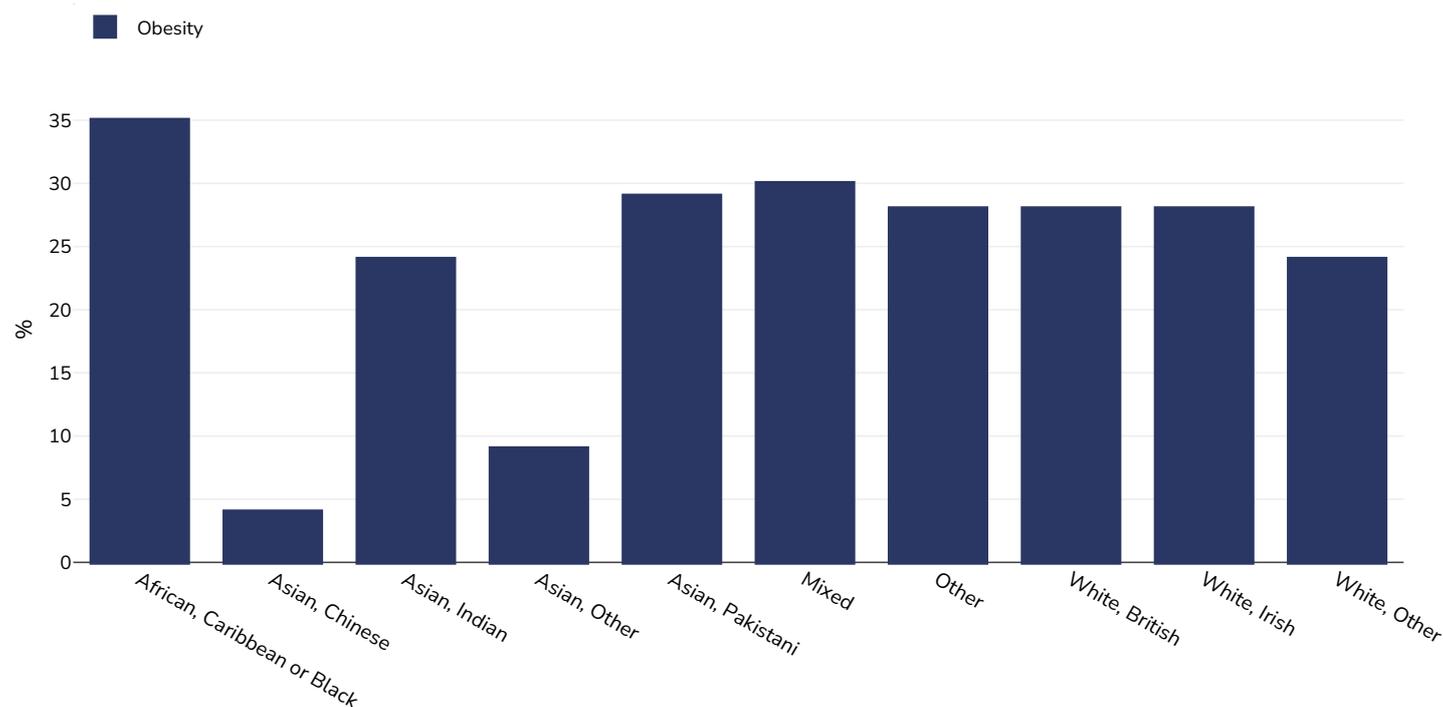


Survey type:	Measured
Age:	2-15
Sample size:	1345
Area covered:	National
References:	Scottish Health Survey 2019. Available at: https://www.gov.scot/publications/scottish-health-survey-2019-volume-1-main-report/ . Data from Scottish Health Survey 2019 supplementary tables. Available at: https://www.gov.scot/publications/scottish-health-survey-2019-supplementary-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.

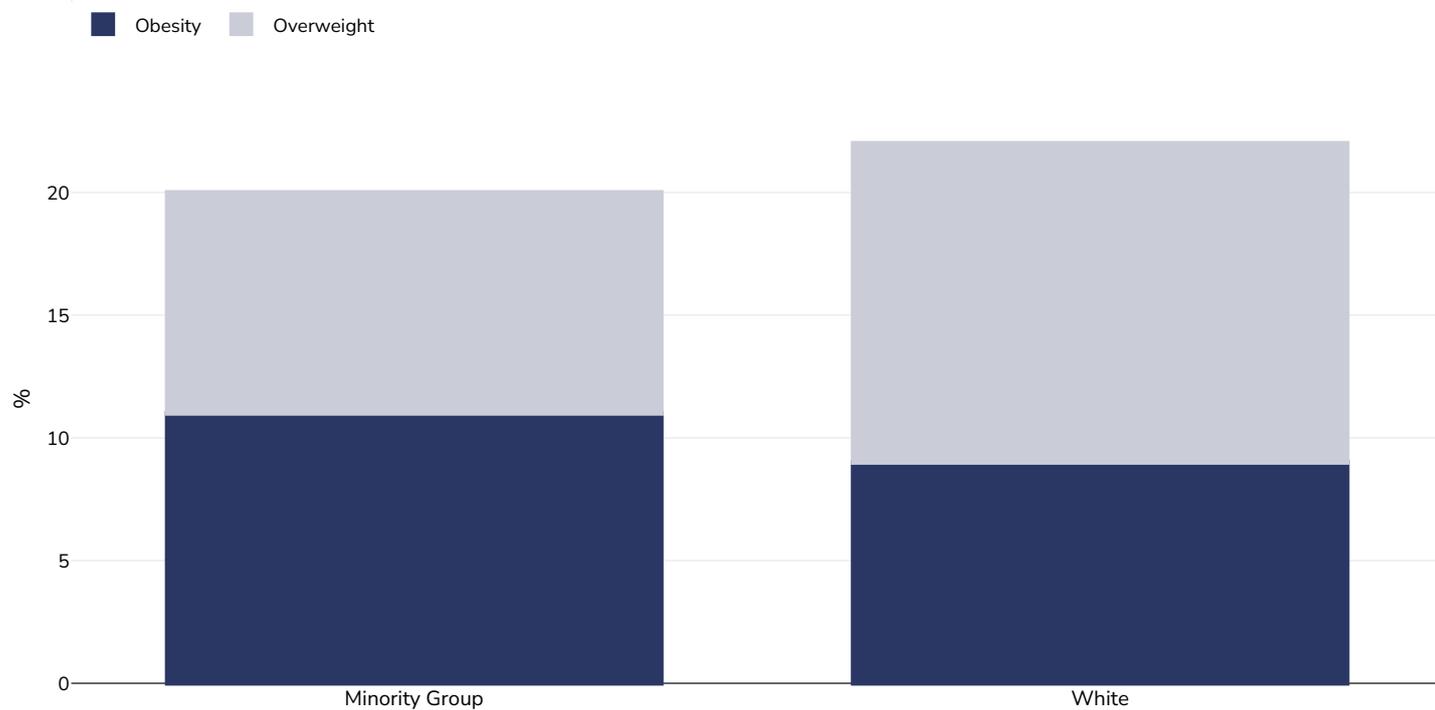
Adults, 2008-2011



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.

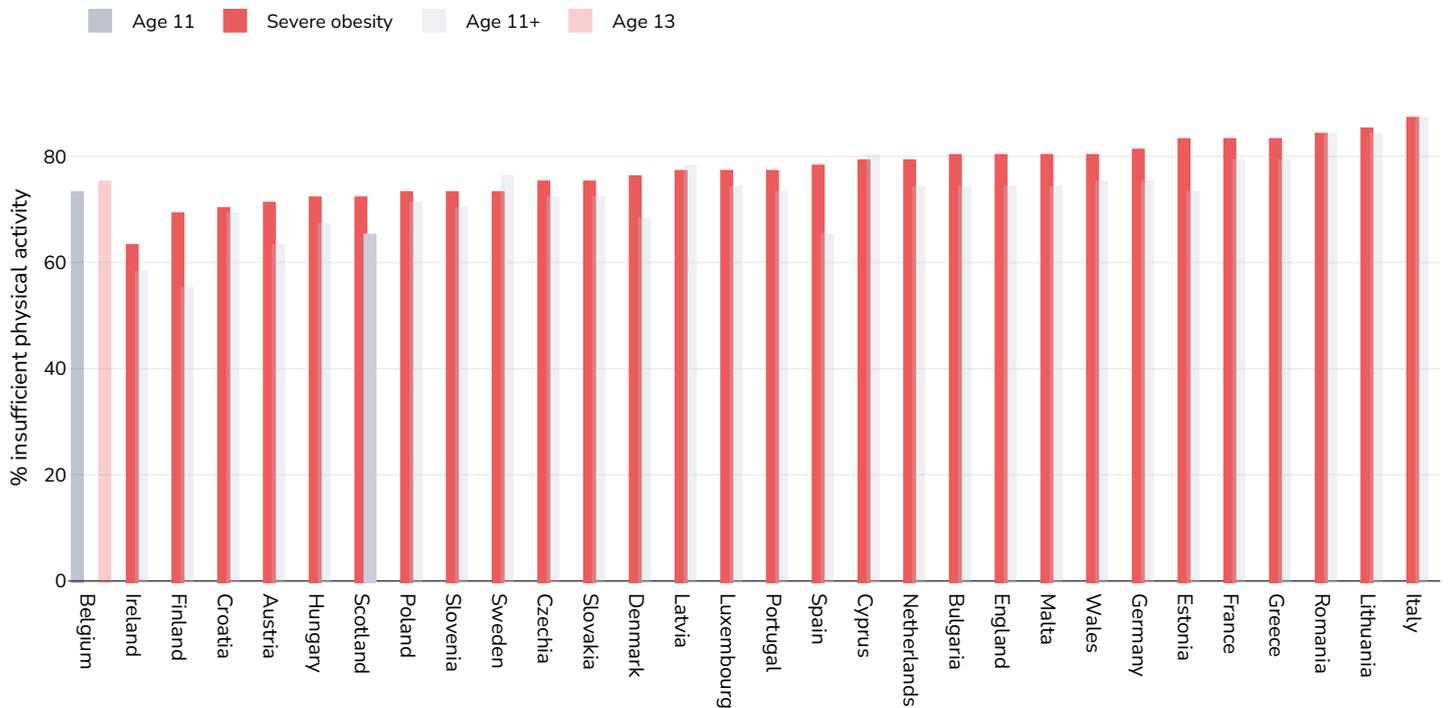
Children, 2010-2011



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

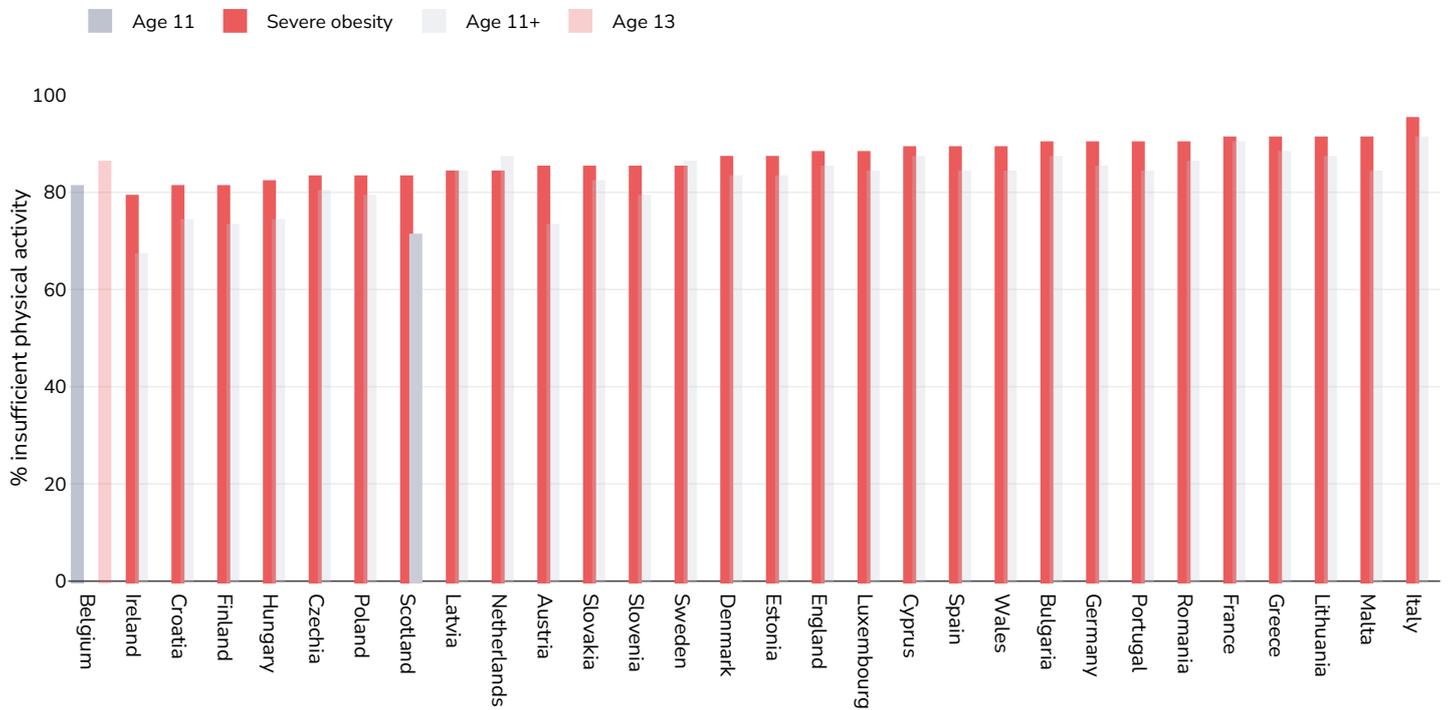
Insufficient physical activity

Boys, 2022



Area covered:	National
References:	RakiÄ? 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.
Definitions:	% reporting less than 60 minutes of MVPA daily

Girls, 2022



Area covered:

National

References:

RakiÄ? 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:

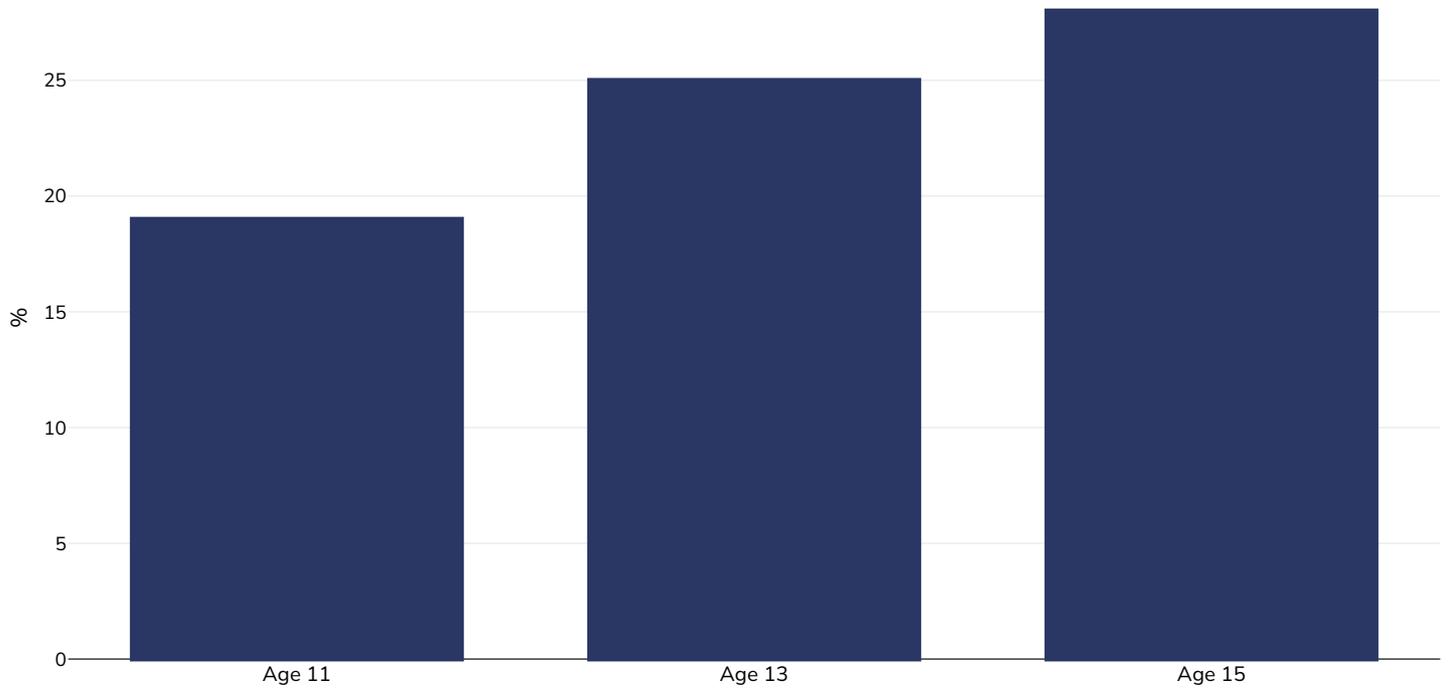
Young people were asked to report the number of days over the past week during which they were physically active for a total of at least 60 minutes. The question was introduced by text defining moderate-to-vigorous physical activity (MVPA) as any activity that increases the heart rate and makes the person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

Definitions:

% reporting less than 60 minutes of MVPA daily

Prevalence of at least daily carbonated soft drink consumption

Boys, 2021-2022

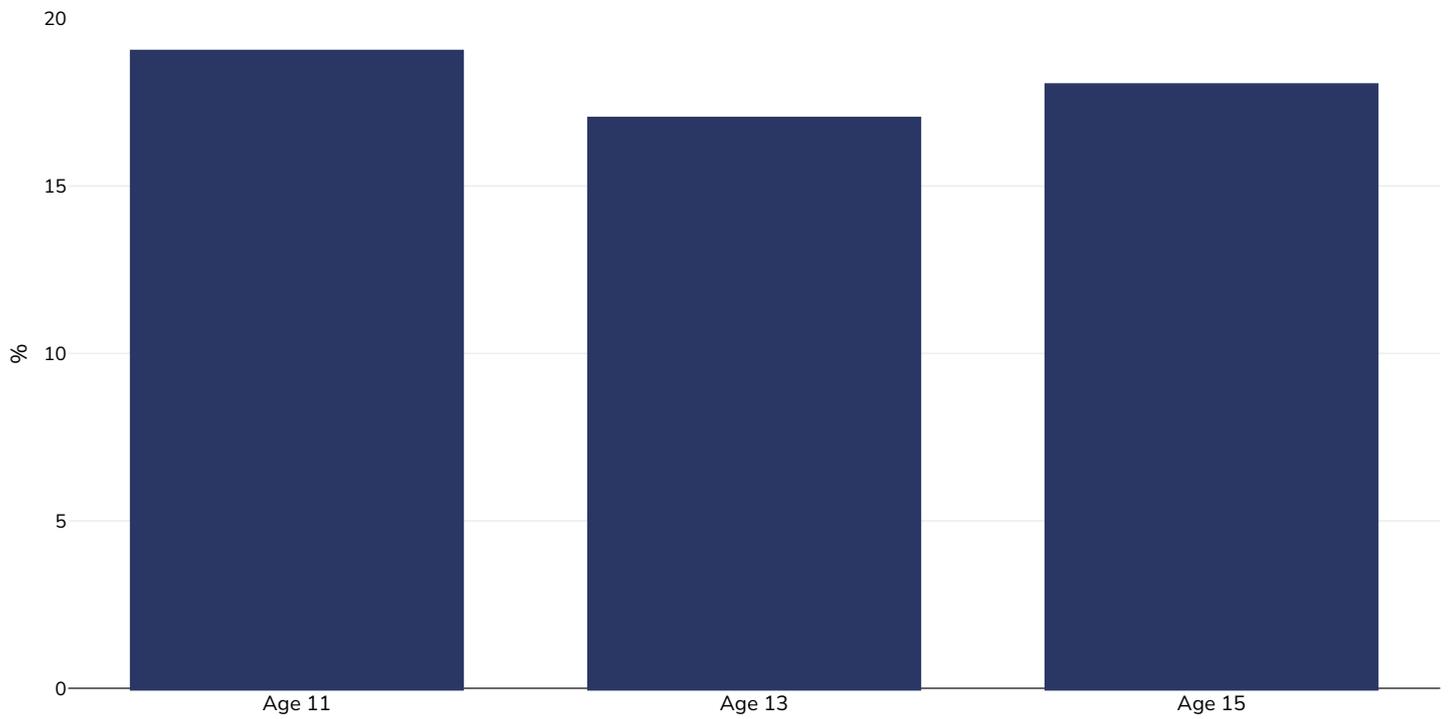


Area covered: National

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)

PDF created on July 7, 2025