# Report card

## Serbia

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Obesity prevalence

Adults, 2019

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, 2019

Survey type: Measured
Age: 7-9
Sample size: 3179
Area covered: National
(Last Accessed 02.06.21)

Notes: COSI data.
Cutoffs: IOTF
% Adults living with obesity, 1985-2019

Women

Survey type: Measured

References: For full details of references visit https://data.worldobesity.org/

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.
Men

Survey type: Measured

References: For full details of references visit https://data.worldobesity.org/

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, 1985-2019

Women

Survey type: Measured

References: For full details of references visit https://data.worldobesity.org/

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.
Men

% Adults living with overweight or obesity

Survey type: Measured

References: For full details of references visit https://data.worldobesity.org/

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.
Overweight/obesity by age and education

Adults, 2019

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, 2019

- Obesity
- Overweight

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, 2019**

<table>
<thead>
<tr>
<th>Age</th>
<th>Level 0-2</th>
<th>Level 3-4</th>
<th>Level 5-8</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age 25-34</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Age 35-44</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Age 45-54</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Age 55-64</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Age 65-74</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Age 75+</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Age 18-24</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

- **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

Adults, 2006

Survey type: Measured
Age: 20+
Sample size: 13796
Area covered: National
References: Grujic, V. et al. (2010) 'Overweight and obesity among adults in Serbia: Results from the National Health Survey', Eat Weight Disord, 15(1-2), pp.34-42
Notes: Prevalence of overweight and obesity by income.

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
Children, 2006

Survey type: Measured
Age: 10-19
Sample size: 2139
Area covered: National
Notes: Prevalence of overweight and obesity by school success. CDC growth charts were used to calculate BMI-for-age and sex for the population of children and adolescents. Those with a BMI value higher or equal to the 85th percentile are overweight (between 85 and 95 have a high risk of obesity, and obese are those whose level is higher than or equal to 95).
Cutoffs: CDC
### Overweight/obesity by age

**Adults, 2019**

<table>
<thead>
<tr>
<th>Age</th>
<th>Adults</th>
<th>Men</th>
<th>Women</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age 18-24</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Age 25-34</td>
<td></td>
<td></td>
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<tr>
<td>Age 35-44</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Age 45-54</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Age 55-64</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Age 65-74</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Age 75+</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

#### Survey type:
- Self-reported

#### Area covered:
- National

#### References:
(last accessed 09.08.21).

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
Children, 2019

Survey type: Measured
Sample size: 3179
Area covered: National
(Last Accessed 02.06.21)
Notes: COSI data.
Cutoffs: IOTF
Overweight/obesity by region

Children, 2019

Survey type: Measured
Age: 5-14
Sample size: 1285
Area covered: National
Definitions: No details published
Cutoffs: Not available
Overweight/obesity by age and socio-economic group

Adults, 2019

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, 2019

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, 2019

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

Adults, 2006

Survey type: Measured
Age: 20+
Sample size: 13796
Area covered: National
References: Grujic, V. et al. (2010) 'Overweight and obesity among adults in Serbia: Results from the National Health Survey', Eat Weight Disord, 15(1-2), pp.34-42
Notes: Prevalence of overweight and obesity by income.

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
## Children, 2006

<table>
<thead>
<tr>
<th>Income Level</th>
<th>Overweight or Obesity (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Poorest</td>
<td>15</td>
</tr>
<tr>
<td>Poorer</td>
<td>18</td>
</tr>
<tr>
<td>Middle class</td>
<td>22</td>
</tr>
<tr>
<td>Richer</td>
<td>25</td>
</tr>
<tr>
<td>Richest</td>
<td>16</td>
</tr>
</tbody>
</table>

**Survey type:** Measured  
**Age:** 10-19  
**Sample size:** 2139  
**Area covered:** National  


**Notes:** CDC growth charts were used to calculate BMI-for-age and sex for the population of children and adolescents. Those with a BMI value higher or equal to the 85th percentile are overweight (between 85 and 95 have a high risk of obesity, and obese are those whose level is higher than or equal to 95).

**Cutoffs:** CDC
Insufficient physical activity

Adults, 2016

References:
Men, 2016

Women, 2016

% insufficient physical activity

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)
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

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 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
% Infants exclusively breastfed 0-5 months

Children, 1996-2019

<table>
<thead>
<tr>
<th>Area covered:</th>
<th>National</th>
</tr>
</thead>
<tbody>
<tr>
<td>Definitions:</td>
<td>% exclusively breastfed 0-5 months</td>
</tr>
</tbody>
</table>
Oesophageal cancer

Men, 2020

Age: 20+

Area covered: National


Definitions: Age-standardized incidence rates per 100 000
Women, 2020

Incidence per 100,000

Age:
20+

Area covered:
National


Definitions:
Age-standardized incidence rates per 100 000
Breast cancer
Women, 2020

Age: 20+
Area covered: National


Definitions: Age-standardized incidence rates per 100 000
Colorectal cancer

Men, 2020

Age: 20+

Area covered: National


Definitions: Age-standardized incidence rates per 100 000
Age: 20+

Area covered: National


Definitions: Age-standardized incidence rates per 100,000
Pancreatic cancer

Men, 2020

Age: 20+

Area covered: National


Definitions: Age-standardized incidence rates per 100 000
Women, 2020

<table>
<thead>
<tr>
<th>Age:</th>
<th>20+</th>
</tr>
</thead>
<tbody>
<tr>
<td>Area covered:</td>
<td>National</td>
</tr>
<tr>
<td>Definitions:</td>
<td>Age-standardized incidence rates per 100,000</td>
</tr>
</tbody>
</table>
**Gallbladder cancer**

**Men, 2020**

Age: 20+

Area covered: National


Definitions: Age-standardized incidence rates per 100,000

Definitions: Age-standardized incidence rates per 100 000
Kidney cancer

Men, 2020

Age: 20+

Area covered: National


Definitions: Age-standardized incidence rates per 100 000
Women, 2020

Age: 20+

Area covered: National


Definitions: Age-standardized incidence rates per 100 000
Cancer of the uterus

Women, 2020

Age: 20+

Area covered: National


Definitions: Age-standardized incidence rates 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:
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).
Women, 2015


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

Adults, 2008

References:

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

Definitions:
% Raised total cholesterol (≥ 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


Definitions: Age Standardised % raised fasting blood glucose (>= 7.0 mmol/L or on medication).
Women, 2014


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

Adults, 2021

Age: 20-79

Area covered: National


Definitions: Age-adjusted comparative prevalence of diabetes, %
Contextual factors

Disclaimer: These contextual factors should be interpreted with care. Results are updated as regularly as possible and use very specific criteria. The criteria used and full definitions are available for download at the bottom of this page.

<table>
<thead>
<tr>
<th>Labelling</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Is there mandatory nutrition labelling?</td>
<td>✅</td>
</tr>
<tr>
<td>Front-of-package labelling?</td>
<td>❌</td>
</tr>
<tr>
<td>Back-of-pack nutrition declaration?</td>
<td>✅</td>
</tr>
<tr>
<td>Color coding?</td>
<td>❌</td>
</tr>
<tr>
<td>Warning label?</td>
<td>❌</td>
</tr>
<tr>
<td>Regulation and marketing</td>
<td></td>
</tr>
<tr>
<td>--------------------------</td>
<td></td>
</tr>
<tr>
<td>Are there fiscal policies on unhealthy products?</td>
<td>✗</td>
</tr>
<tr>
<td>Tax on unhealthy foods?</td>
<td>✗</td>
</tr>
<tr>
<td>Tax on unhealthy drinks?</td>
<td>✗</td>
</tr>
<tr>
<td>Are there fiscal policies on healthy products?</td>
<td>✗</td>
</tr>
<tr>
<td>Subsidy on fruits?</td>
<td>✗</td>
</tr>
<tr>
<td>Subsidy on vegetables?</td>
<td>✗</td>
</tr>
<tr>
<td>Subsidy on other healthy products?</td>
<td>✗</td>
</tr>
<tr>
<td>Mandatory limit or ban of trans fat (all settings)?</td>
<td>✗</td>
</tr>
<tr>
<td>Mandatory limit of trans fats in place (all settings)?</td>
<td>✗</td>
</tr>
<tr>
<td>Ban on trans-fats or phos in place (all settings)?</td>
<td>✗</td>
</tr>
<tr>
<td>Are there any mandatory policies/marketing restrictions on the promotion of unhealthy food/drinks to children?</td>
<td>✓</td>
</tr>
<tr>
<td>Mandatory restriction on broadcast media?</td>
<td>✓</td>
</tr>
<tr>
<td>Mandatory restriction on non-broadcast media?</td>
<td>✗</td>
</tr>
<tr>
<td>Voluntary policies/marketing restrictions on the promotion of unhealthy food/drinks to children?</td>
<td>✗</td>
</tr>
<tr>
<td>Are there mandatory standards for food in schools?</td>
<td>✗</td>
</tr>
<tr>
<td>Are there any mandatory nutrient limits in any manufactured food products?</td>
<td>✗</td>
</tr>
<tr>
<td>Nutrition standards for public sector procurement?</td>
<td>✗</td>
</tr>
</tbody>
</table>
## Political will and support

| National obesity strategy or nutrition and physical activity national strategy? | ✗ |
| National obesity strategy? | ✗ |
| National childhood obesity strategy? | ✗ |
| Comprehensive nutrition strategy? | ✗ |
| Comprehensive physical activity strategy? | ✓ |
| Evidence-based dietary guidelines and/or RDAs? | ✗ |
| National target(s) on reducing obesity? | ✗ |
| Guidelines/policy on obesity treatment? | ✗ |
| Promotion of breastfeeding? | ✓ |

## Monitoring and surveillance

| Monitoring of the prevalence and incidence for the main obesity-related NCDs and risk factors? | ✓ |
| Within 5 years? | ✓ |

## Governance and resource

| Multi-sectoral national co-ordination mechanism for obesity or nutrition (including obesity)? | ✗ |

## Key

- ✓ Present
- ✓ Present (voluntary)
- ✓ Incoming
- ✗ Absent
- ? Unknown

Last updated September 13, 2022