

Czynniki sprzyjające otyłości

Szwecja



High income

Report cards

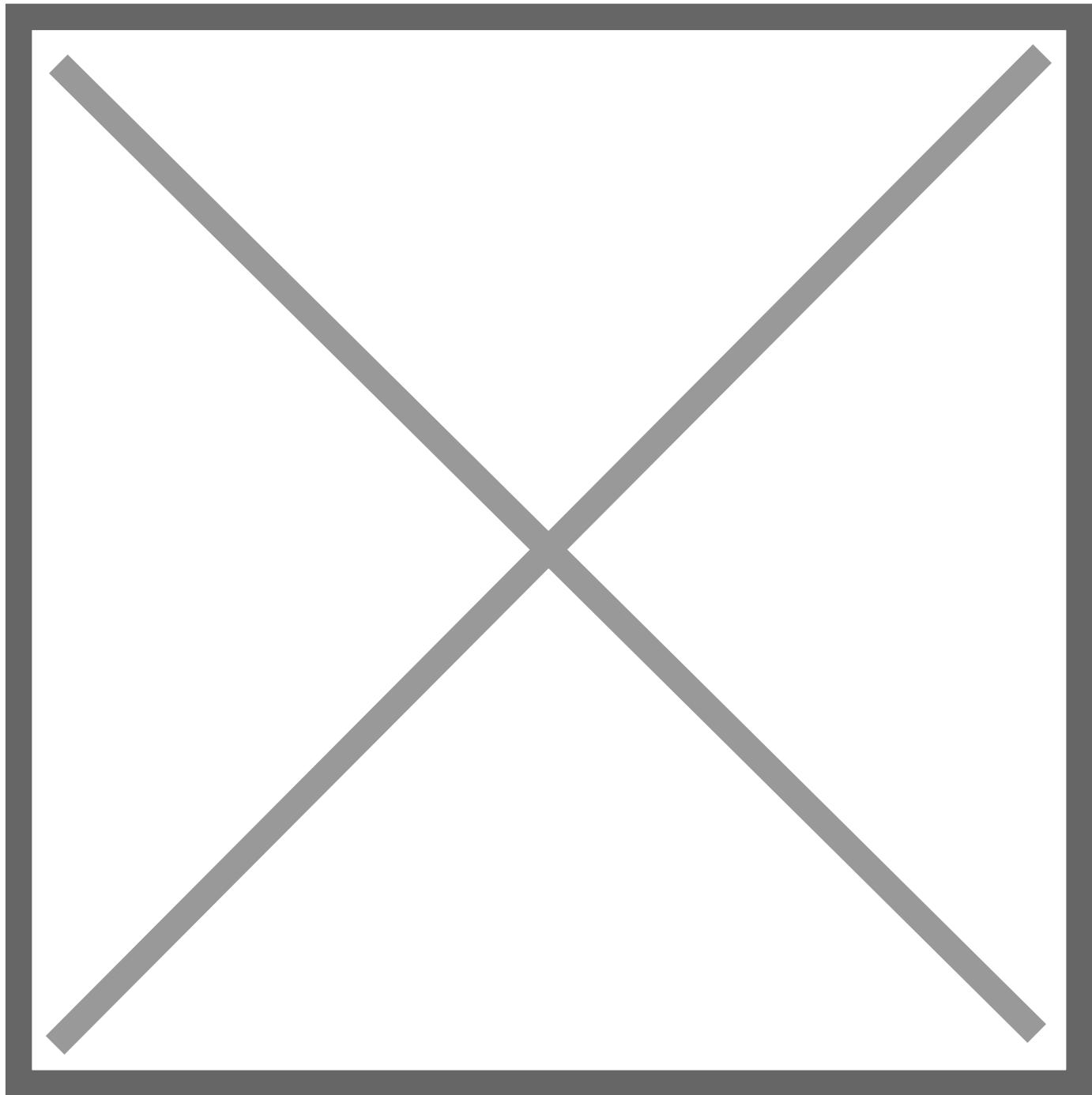
Our report cards collate all the most-recent graphics for this country. If you would like to produce a custom report based on selected graphics, just tap the Add to custom PDF button below the graphics you would like to use.

[Report card \(adult data\)](#)

[Report card \(child data\)](#)

Niewystarczająca aktywność fizyczna

Dorośli, 2022



Typ ankiety:

Dane deklarowane

Wiek:

18+

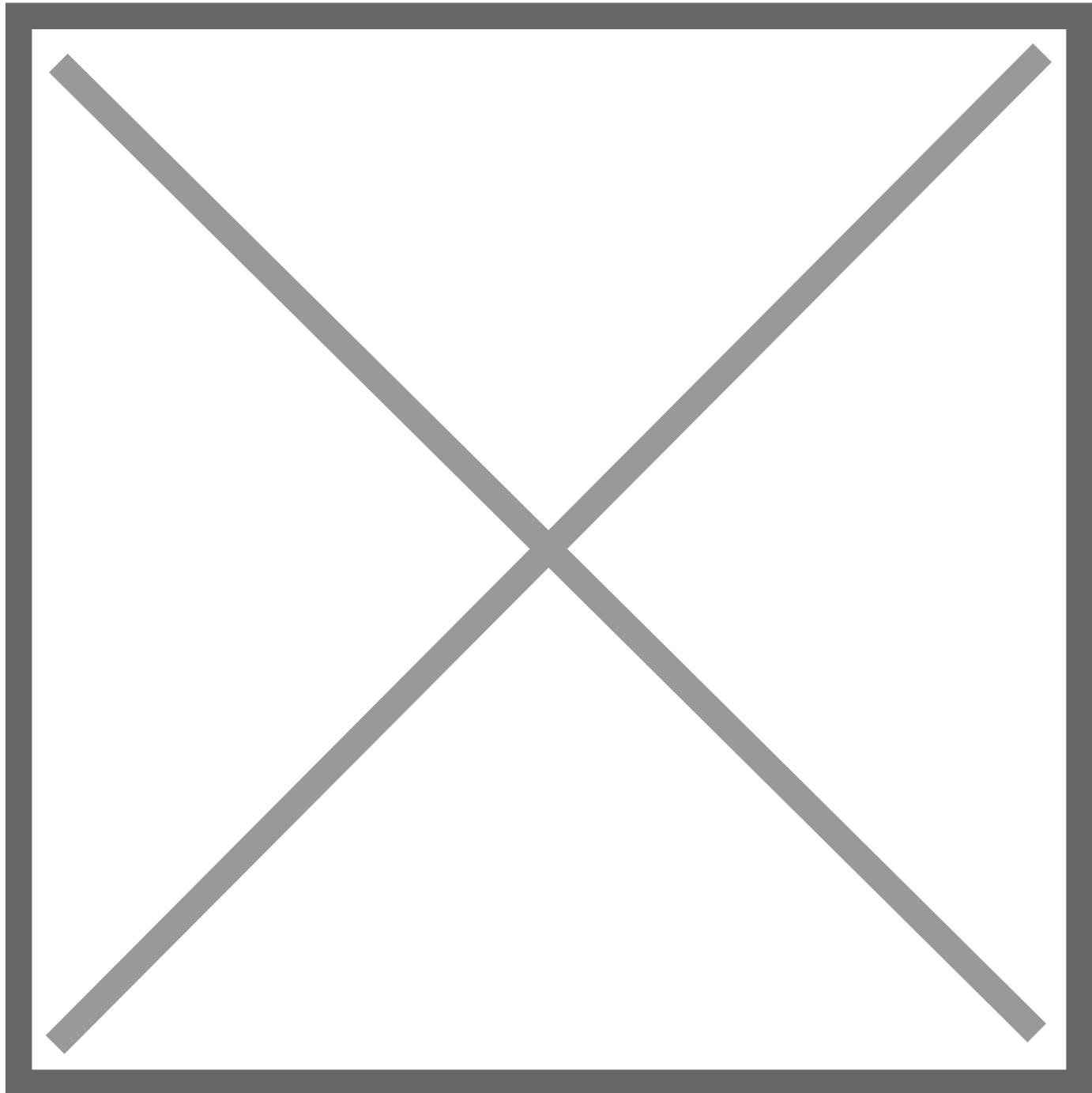
Objęty obszar:

Krajowe

Bibliografia: WHO (2024). Prevalence of insufficient physical activity among adults aged 18-years age-standardized estimate in 2022. Available at [https://www.who.int/data/gho/data/indicators/indicator-details/GHO/prevalence-of-insufficient-physical-activity-among-adults-aged-18-years-\(age-standardized-estimate\)-\(--\)](https://www.who.int/data/gho/data/indicators/indicator-details/GHO/prevalence-of-insufficient-physical-activity-among-adults-aged-18-years-(age-standardized-estimate)-(--))

Definicje (dostępne tylko w języku angielskim): Percent of population attaining less than 150 minutes of moderate-intensity physical activity per week, or less than 75 minutes of vigorous-intensity physical activity per week, or equivalent.

Mężczyźni, 2022



Typ ankiety:

Dane deklarowane

Wiek:

18+

Objęty obszar:

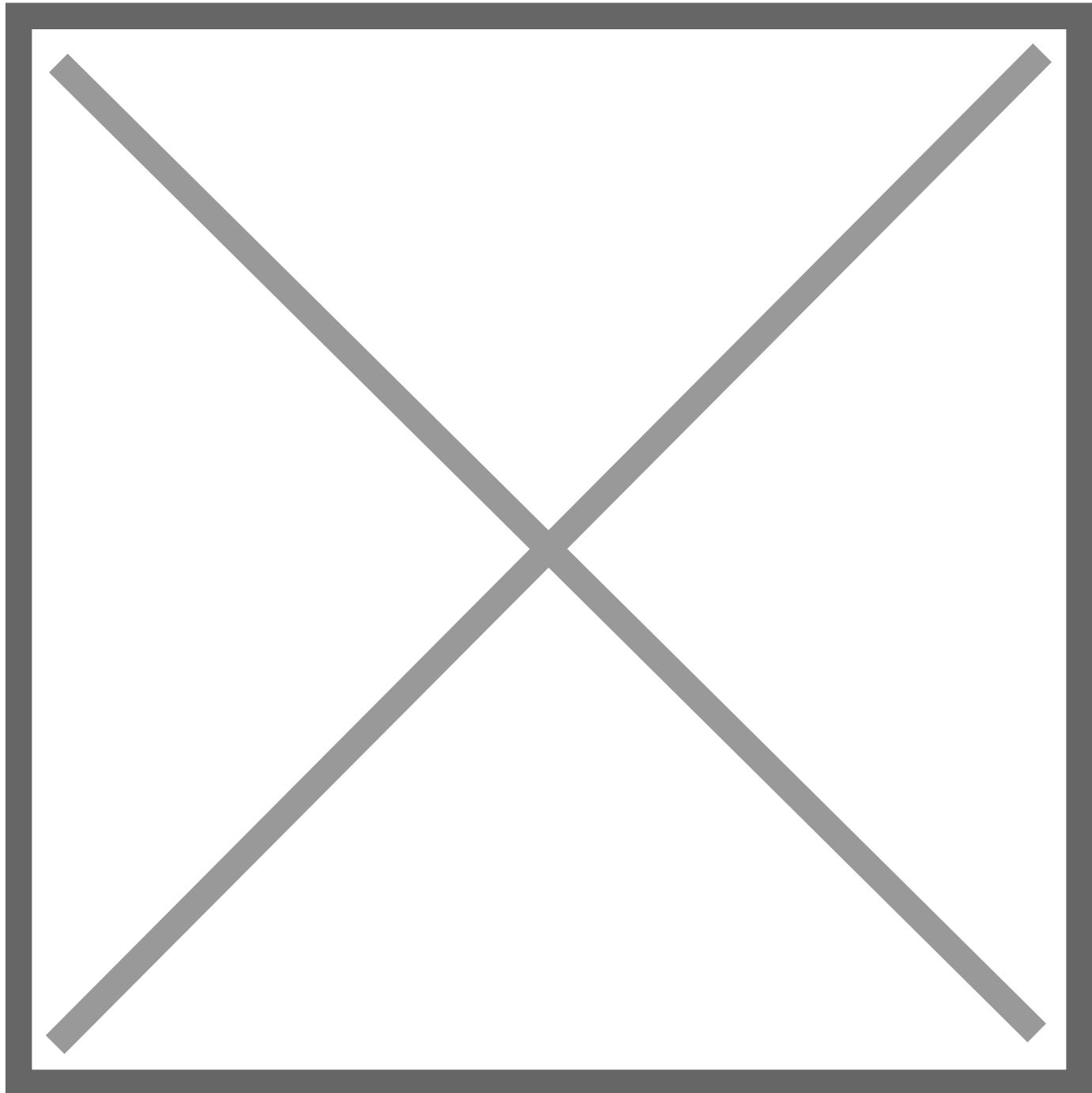
Krajowe

Bibliografia: WHO (2024). Prevalence of insufficient physical activity among adults aged 18-years age-standardized estimate in 2022. Available at [https://www.who.int/data/gho/data/indicators/indicator-details/GHO/prevalence-of-insufficient-physical-activity-among-adults-aged-18-years-\(age-standardized-estimate\)-\(-\)](https://www.who.int/data/gho/data/indicators/indicator-details/GHO/prevalence-of-insufficient-physical-activity-among-adults-aged-18-years-(age-standardized-estimate)-(-))

**Definicje
(dostępne
tylko w
języku
angielskim):**

Percent of population attaining less than 150 minutes of moderate-intensity physical activity per week, or less than 75 minutes of vigorous-intensity physical activity per week, or equivalent.

Kobiety, 2022



Typ ankiety:

Dane deklarowane

Wiek:

18+

Objęty obszar:

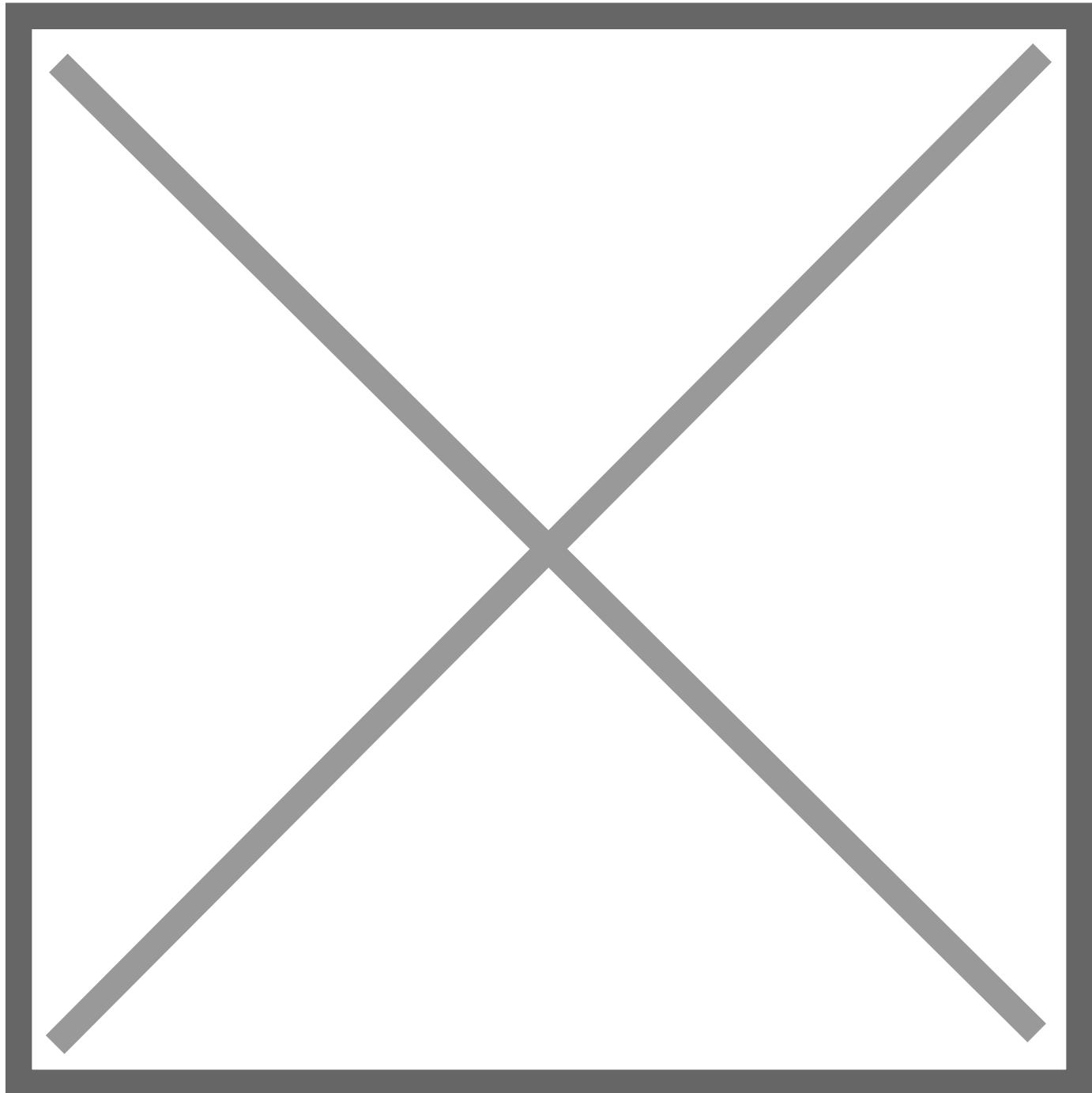
Krajowe

Bibliografia: WHO (2024). Prevalence of insufficient physical activity among adults aged 18-years age-standardized estimate in 2022. Available at [https://www.who.int/data/gho/data/indicators/indicator-details/GHO/prevalence-of-insufficient-physical-activity-among-adults-aged-18-years-\(age-standardized-estimate\)-\(-\)](https://www.who.int/data/gho/data/indicators/indicator-details/GHO/prevalence-of-insufficient-physical-activity-among-adults-aged-18-years-(age-standardized-estimate)-(-))

**Definicje
(dostępne
tylko w
języku
angielskim):**

Percent of population attaining less than 150 minutes of moderate-intensity physical activity per week, or less than 75 minutes of vigorous-intensity physical activity per week, or equivalent.

Chłopcy, 2022



Objęty
obszar:

Krajowe

Bibliografia:

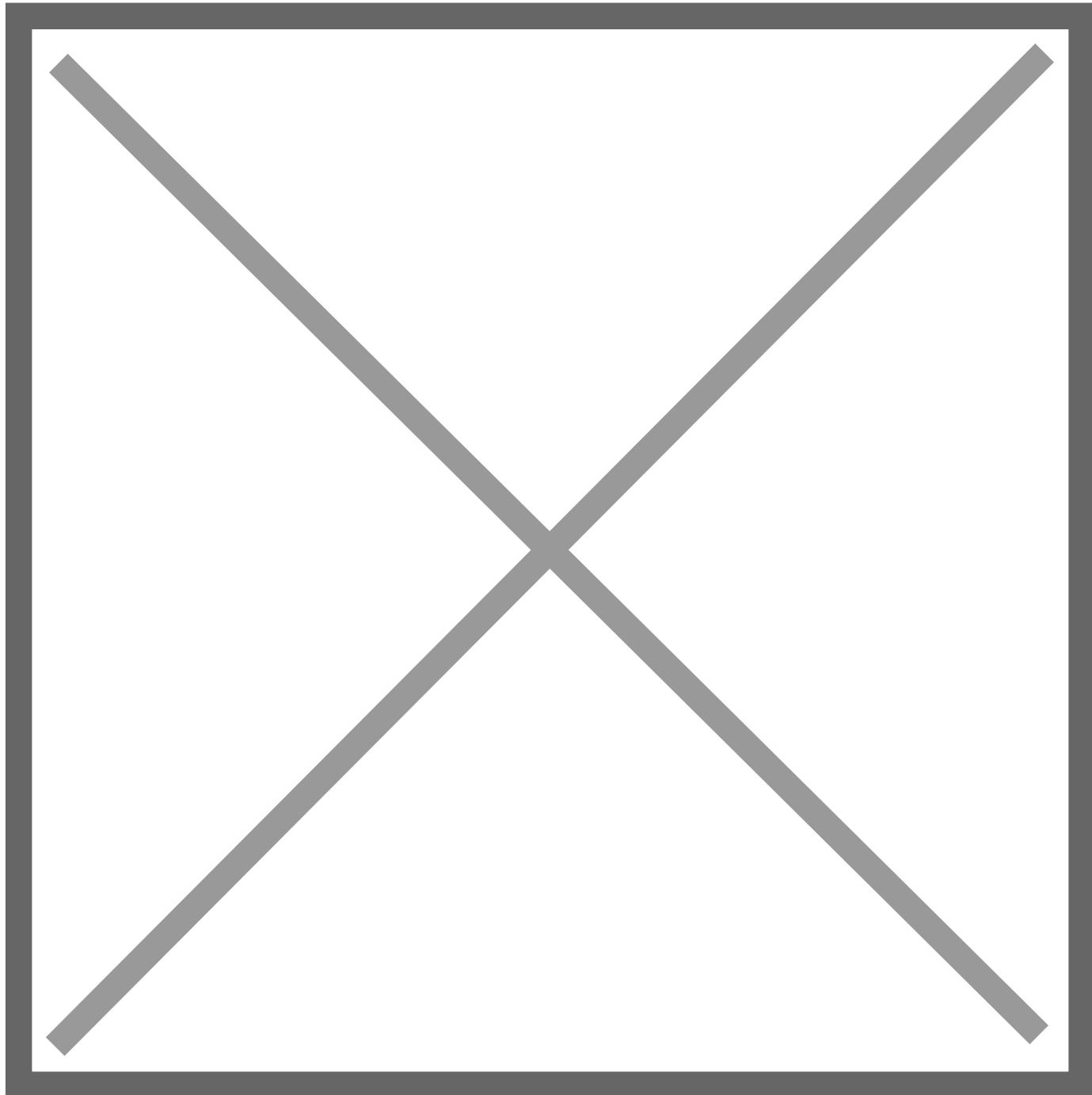
Rakić JG, Hamrik Z, Dzielska A, Felder-Puig R, Oja L, Bakalár P et al. A focus on adolescent physical activity, eating behaviours, weight status and body image in Europe, central Asia and Canada. Health Behaviour in School-aged Children international report from the 2021/2022 survey. Volume 4. Copenhagen: WHO Regional Office for Europe; 2024. Licence: CC BY-NC-SA 3.0 IGO. Health Behaviour in School-aged Children study (2023), Data browser (findings from the 2021/22 international HBSC survey): <https://data-browser.hbsc.org>.

Uwagi: 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.

**Definicje
(dostępne
tylko w
języku
angielskim):**

% reporting less than 60 minutes of MVPA daily

Dziewczęta, 2022



Objęty
obszar:

Krajowe

Bibliografia:

Rakić JG, Hamrik Z, Dzielska A, Felder-Puig R, Oja L, Bakalár P et al. A focus on adolescent physical activity, eating behaviours, weight status and body image in Europe, central Asia and Canada. Health Behaviour in School-aged Children international report from the 2021/2022 survey. Volume 4. Copenhagen: WHO Regional Office for Europe; 2024. Licence: CC BY-NC-SA 3.0 IGO. Health Behaviour in School-aged Children study (2023), Data browser (findings from the 2021/22 international HBSC survey): <https://data-browser.hbsc.org>.

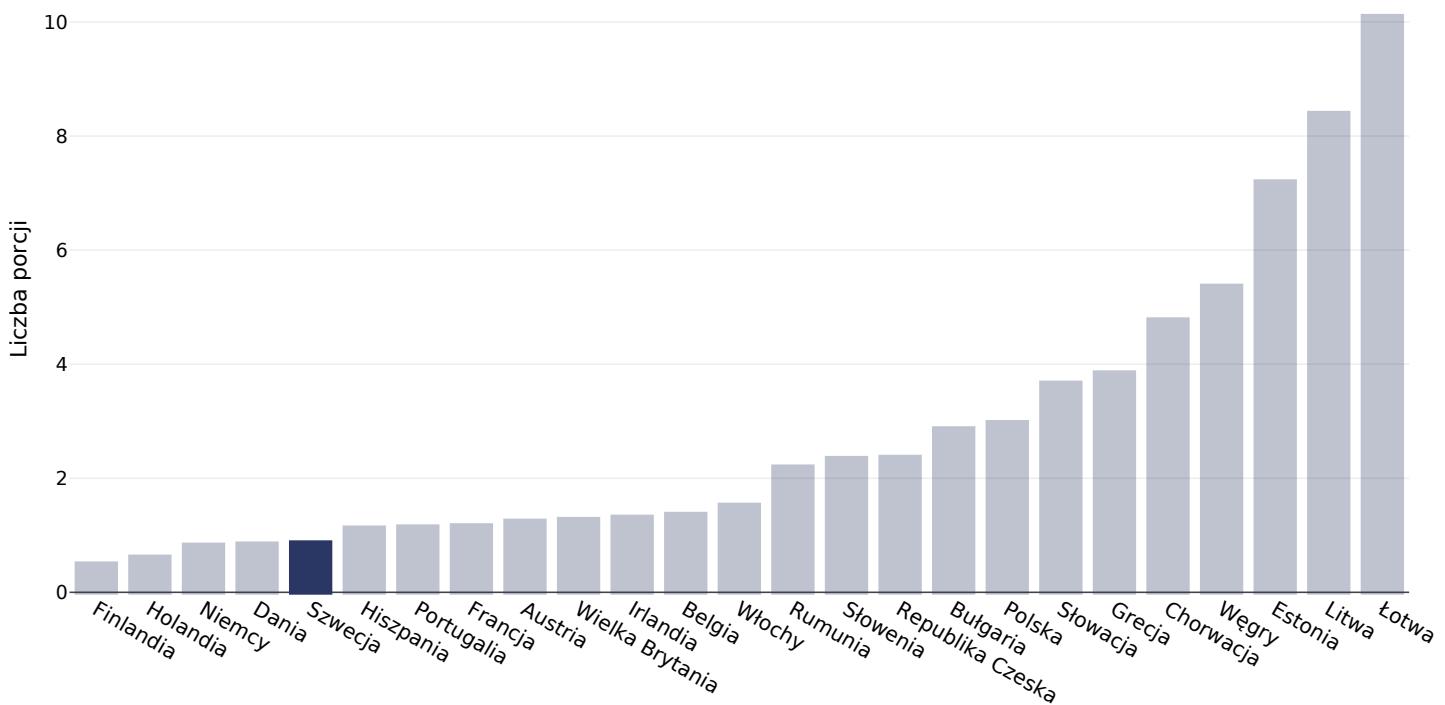
Uwagi: Young people were asked to report the number of days over the past week during which they were physically active for a total of at least 60 minutes. The question was introduced by text defining moderate-to-vigorous physical activity (MVPA) as any activity that increases the heart rate and makes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

**Definicje
(dostępne
tylko w
języku
angielskim):**

% reporting less than 60 minutes of MVPA daily

Spożycie cukru

Dorośli, 2016



Bibliografia:

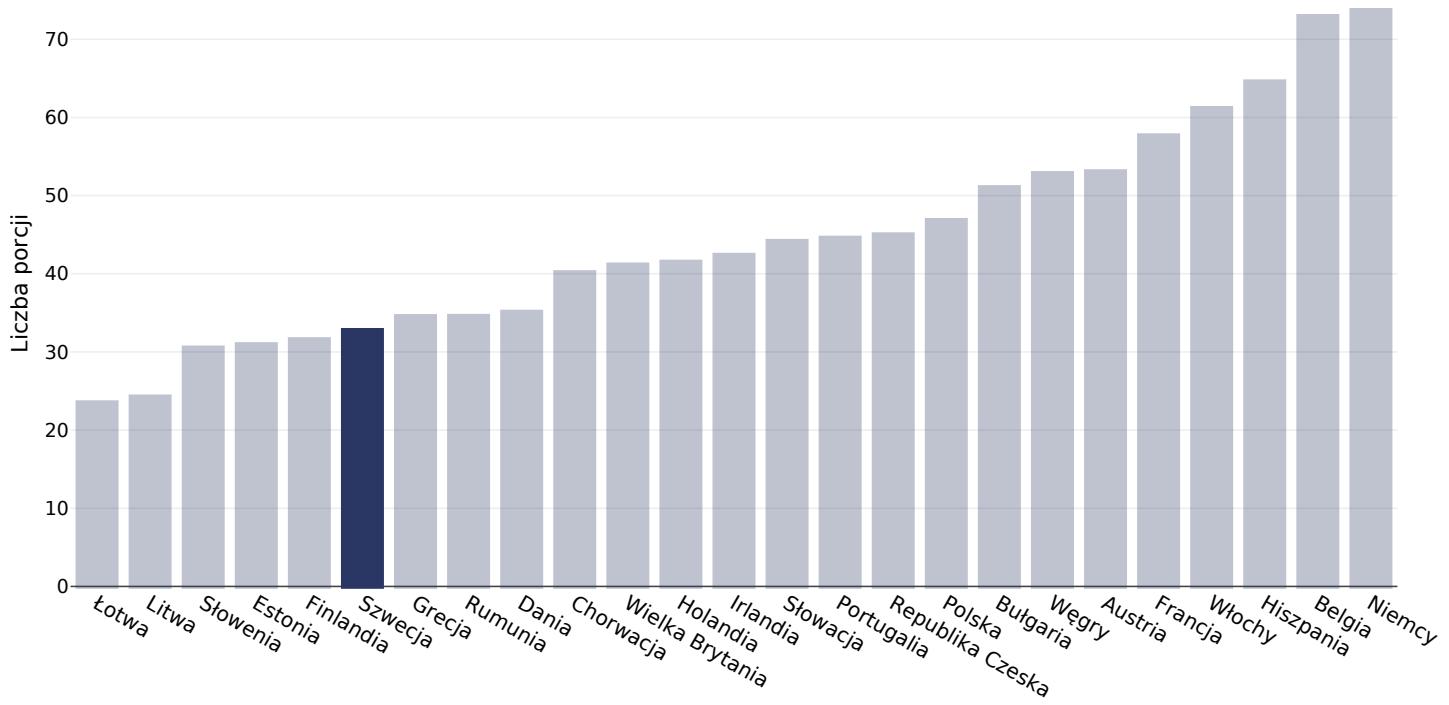
**Definicje
(dostępne
tylko w
języku
angielskim):**

Source: Euromonitor International

Sugar consumption (Number of 500g sugar portions/person/month)

Szacunkowe spożycie napojów słodzonych cukrem na mieszkańca

Dorośli, 2016

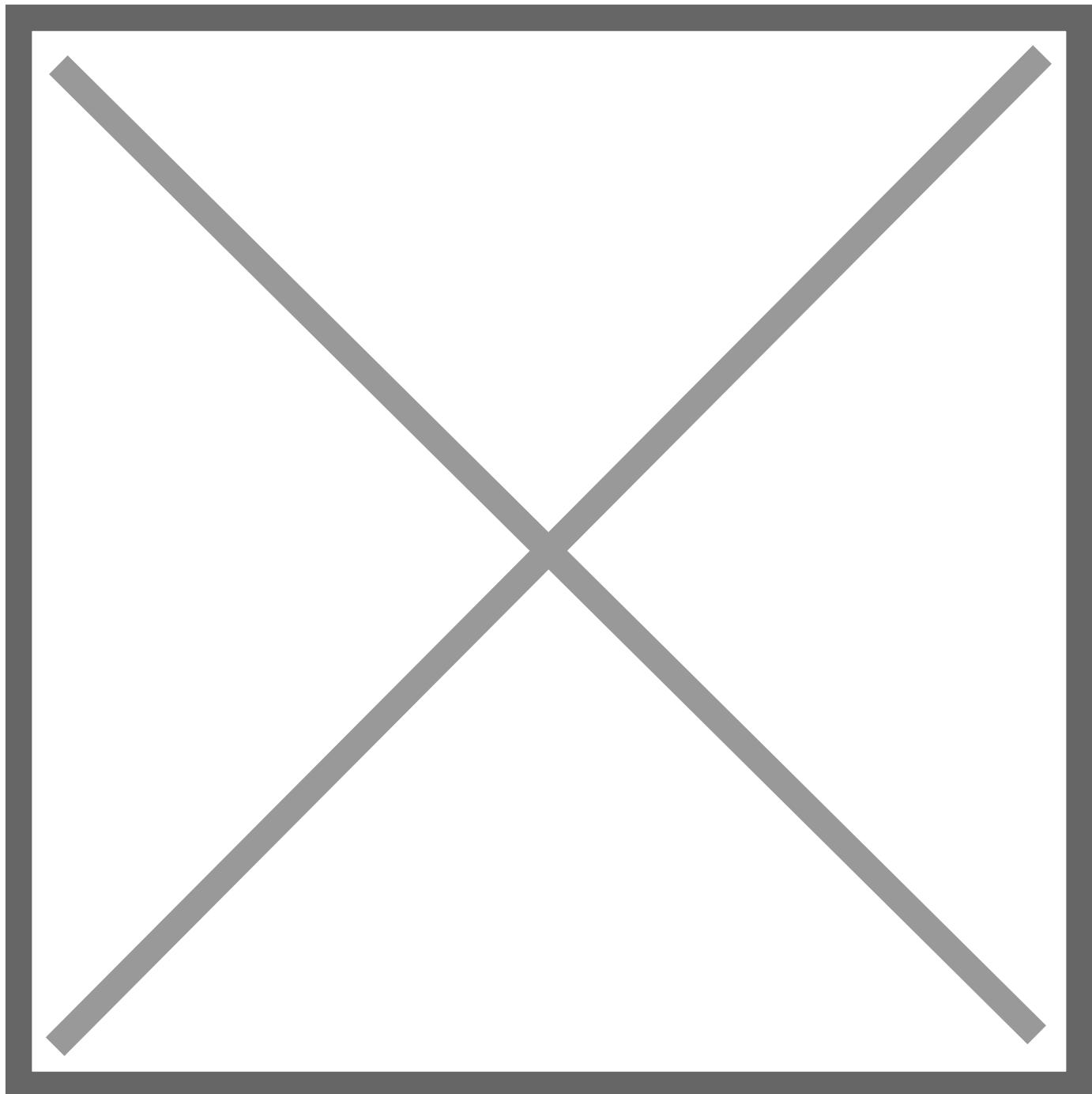


Bibliografia:

Source: Euromonitor International

Liczba osób spożywających gazowane napoje bezalkoholowe co najmniej raz dziennie

Chłopcy, 2021-2022



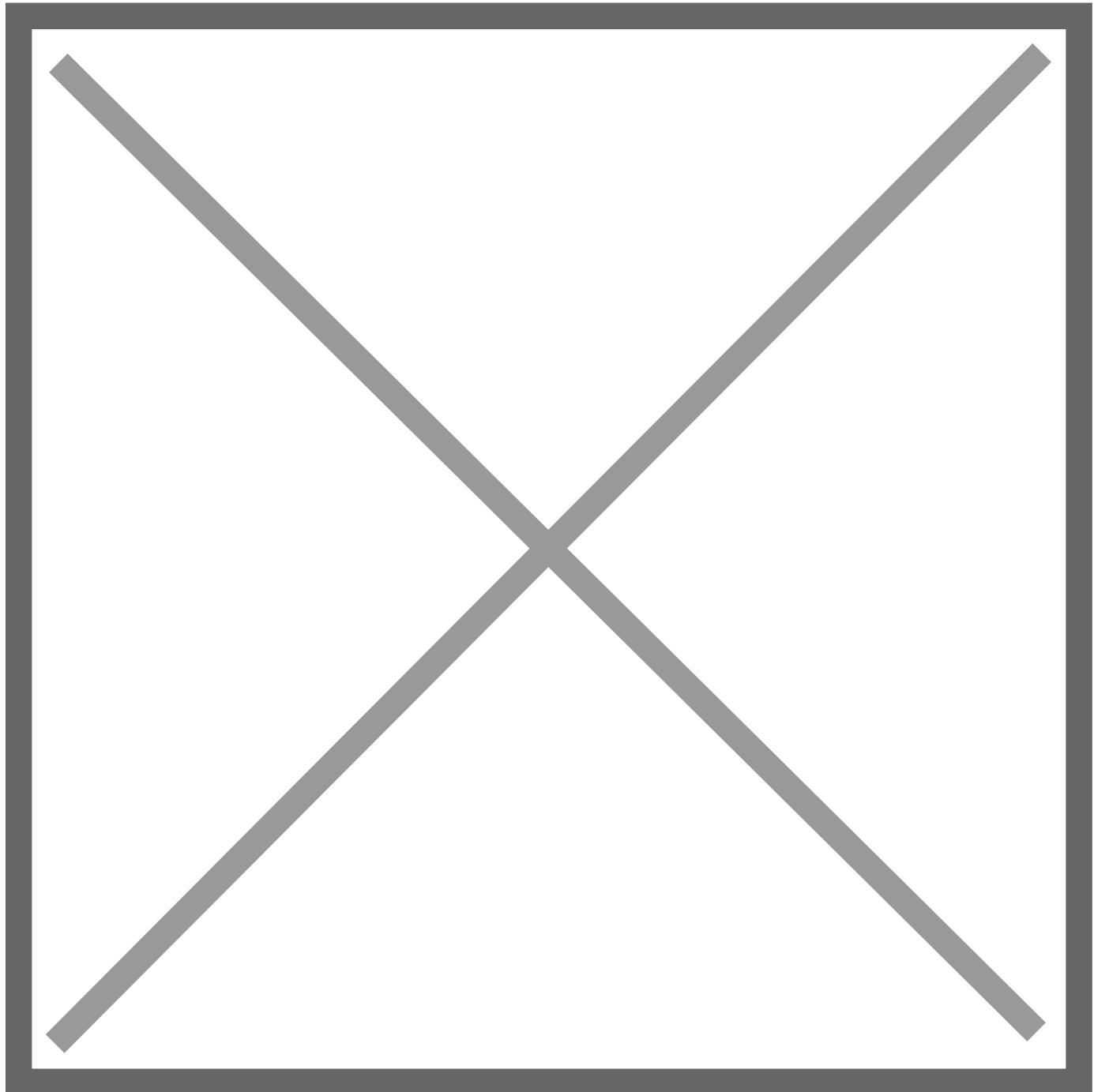
Objęty
obszar:

Krajowe

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

Definicje (dostępne tylko w języku angielskim): Proportion who reported drinking sugary soft drinks daily (at least once)

Dziewczęta, 2021-2022



Objęty
obszar:

Krajowe

Bibliografia:

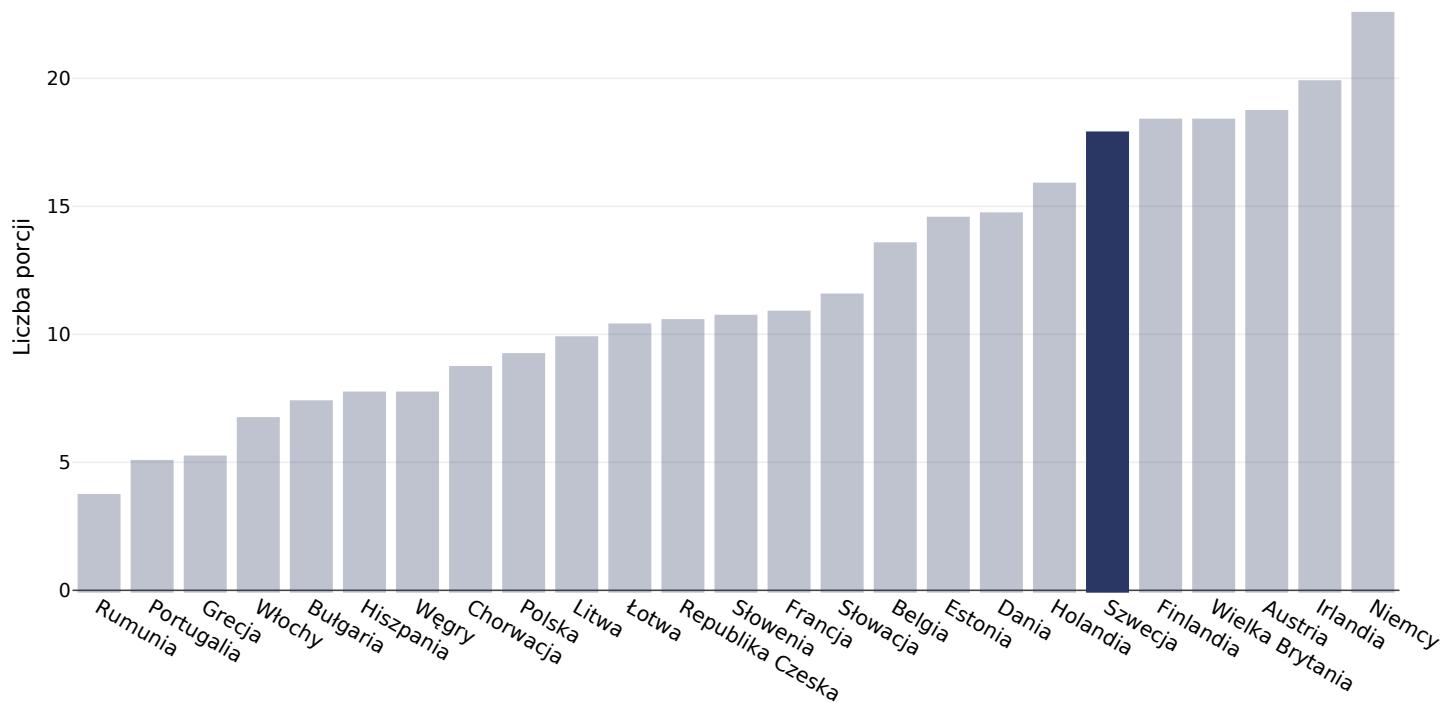
Health Behaviour in School-aged Children study (2023), Data browser (findings from the 2021/22 international HBSC survey): <https://data-browser.hbsc.org>

Definicje
(dostępne
tylko w
języku
angielskim):

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

Wysokość spożycia słodyczy

Dorośli, 2016



Bibliografia:

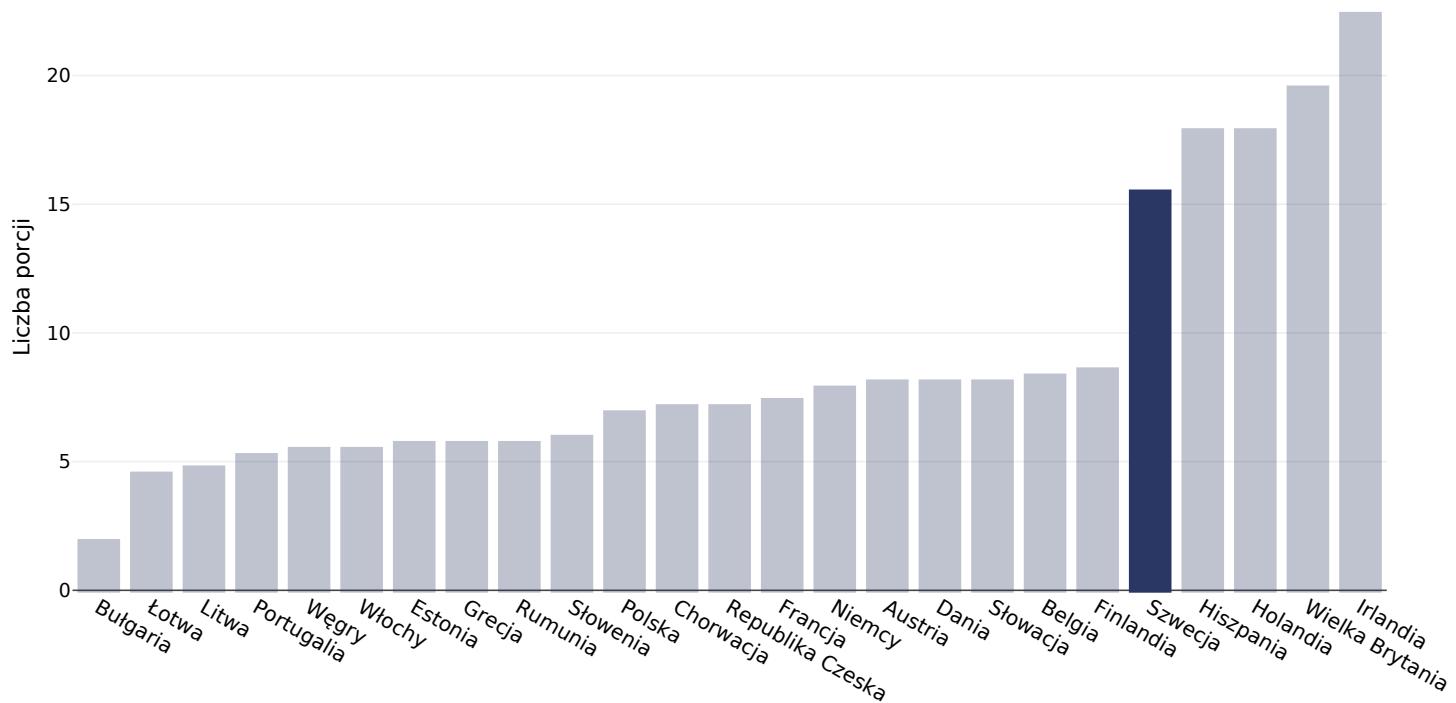
Source: Euromonitor International

**Definicje
(dostępne
tylko w
języku
angielskim):**

Prevalence of confectionery consumption (Number of 50g confectionery portions/person/month)

Wysokość spożycia słodkich/słonych przekąsek

Dorośli, 2016



Bibliografia:

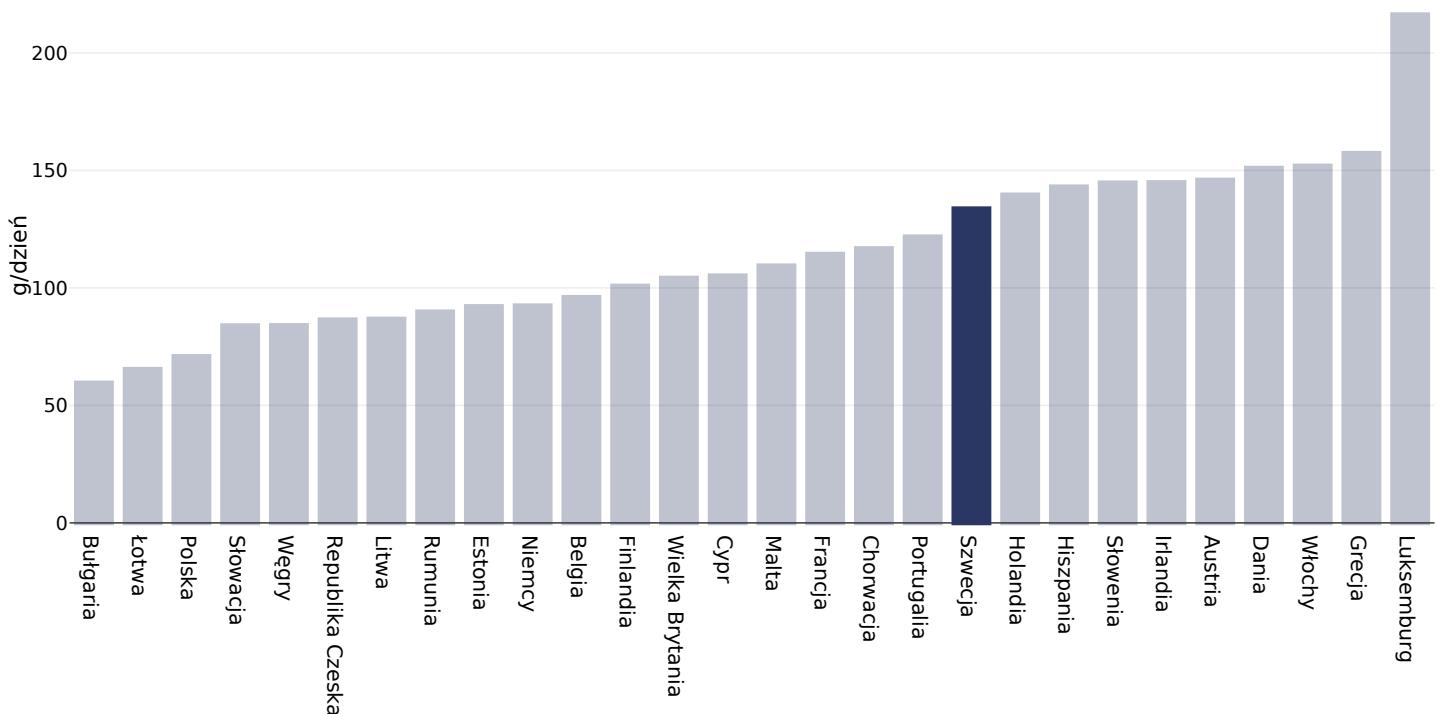
Source: Euromonitor International

**Definicje
(dostępne
tylko w
języku
angielskim):**

Prevalence of sweet/savoury snack consumption (Number of 35g sweet/savoury snack portions/person/month)

Estimated per capita fruit intake

Dorośli, 2017



Typ ankiety:

Dane obserwowane

Wiek:

25+

Bibliografia:

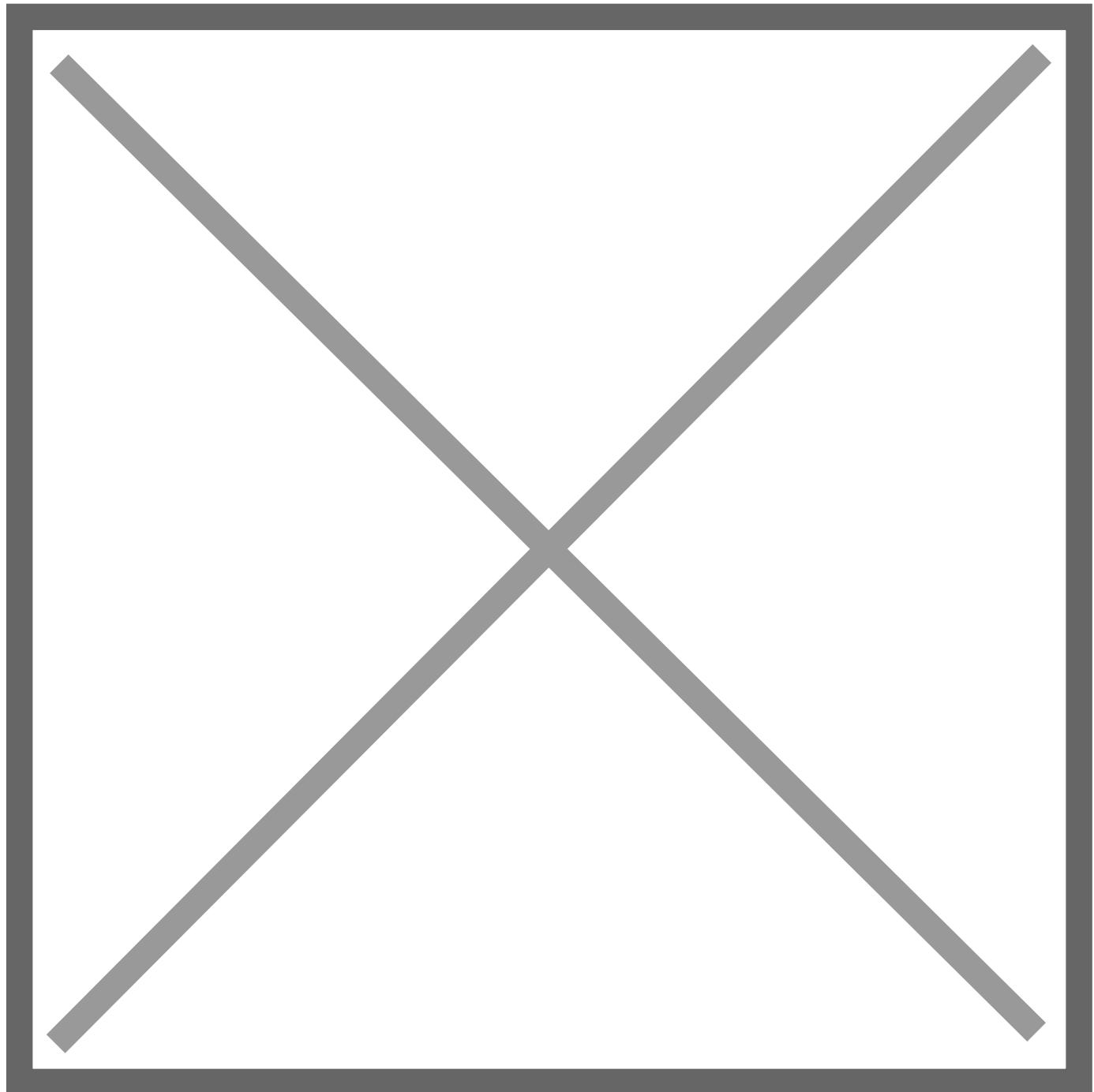
Global Burden of Disease, the Institute for Health Metrics and Evaluation <http://ghdx.healthdata.org/>

Definicje (dostępne tylko w języku angielskim):

Estimated per-capita fruit intake (g/day)

Liczba osób spożywających owoce rzadziej niż raz dziennie

Dzieci, 2014



Typ ankiety:

Dane obserwowane

Bibliografia:

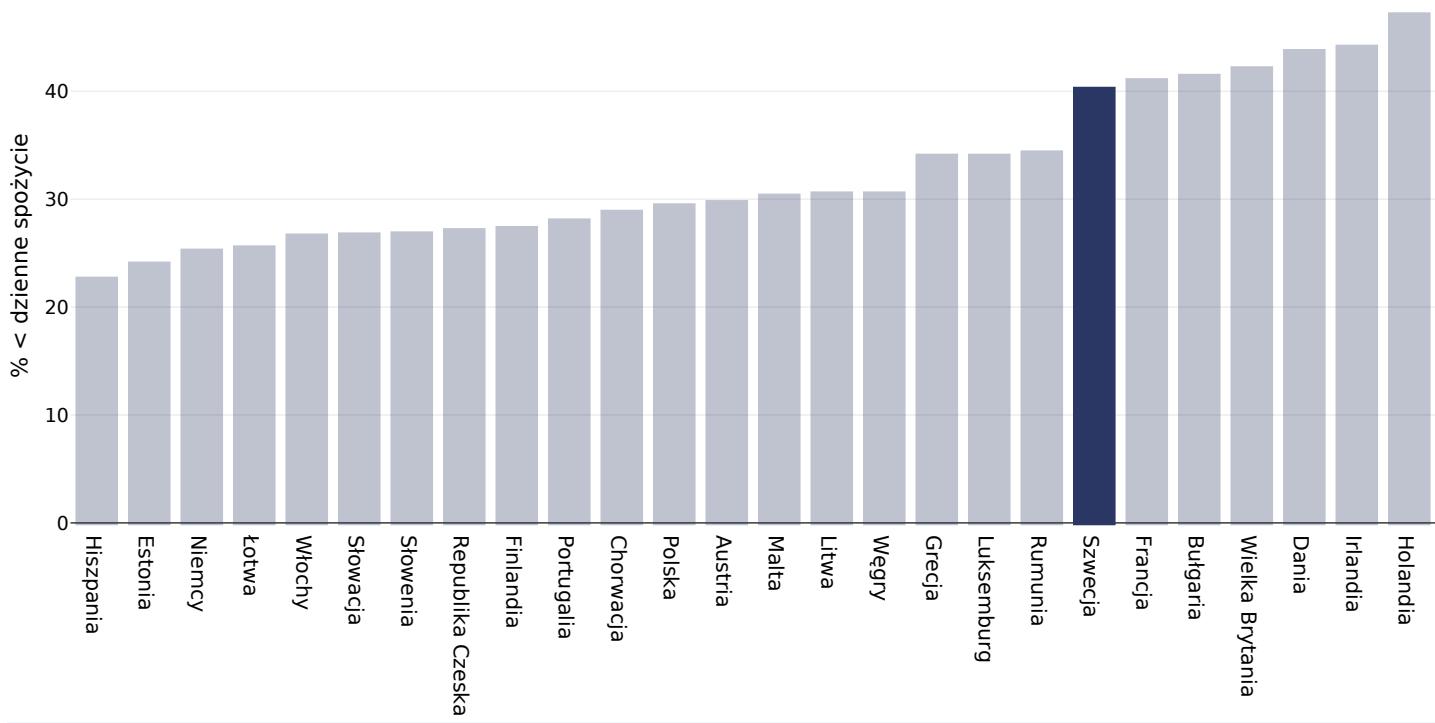
Global School-based Student Health Surveys. Beal et al (2019). Global Patterns of Adolescent Fruit, Vegetable, Carbonated Soft Drink, and Fast-food consumption: A meta-analysis of global school-based student health surveys. Food and Nutrition Bulletin. <https://doi.org/10.1177/0379572119848287>. Sourced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

Definicje
(dostępne
tylko w
języku
angielskim):

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

Liczba osób spożywiących warzywa rzadziej niż raz dziennie

Dzieci, 2014



Typ ankiety:

Dane obserwowane

Wiek:

12-17

Bibliografia:

Beal et al. (2019). Global Patterns of Adolescent Fruit, Vegetable, Carbonated Soft Drink, and Fast-food consumption: A meta-analysis of global school-based student health surveys. Food and Nutrition Bulletin.

<https://doi.org/10.1177/0379572119848287> sourced from Food Systems Dashboard

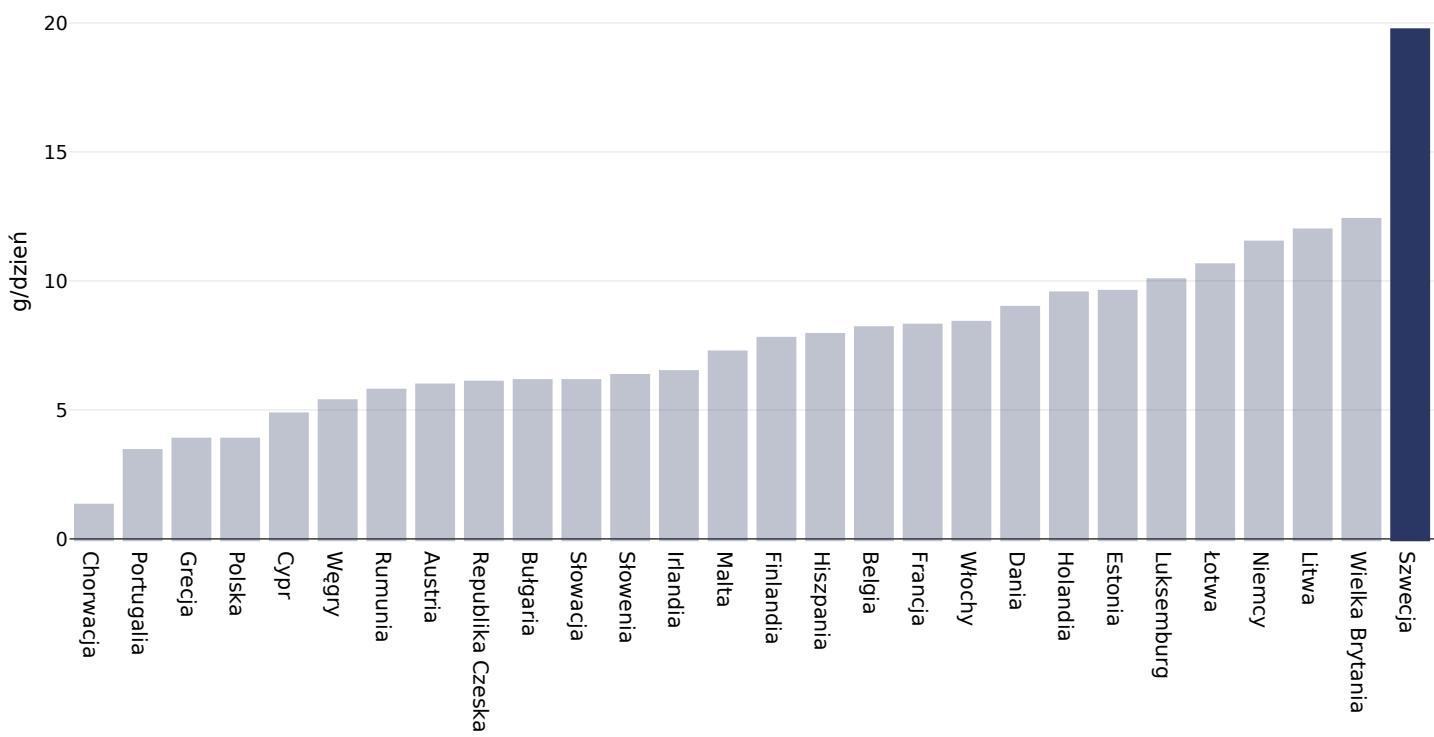
<http://www.foodsystemsdashboard.org/food-system>

Definicje (dostępne tylko w języku angielskim):

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

Szacunkowe spożycie przetworzonego mięsa na mieszkańca

Dorośli, 2017



Typ ankiety:

Dane obserwowane

Wiek:

25+

Bibliografia:

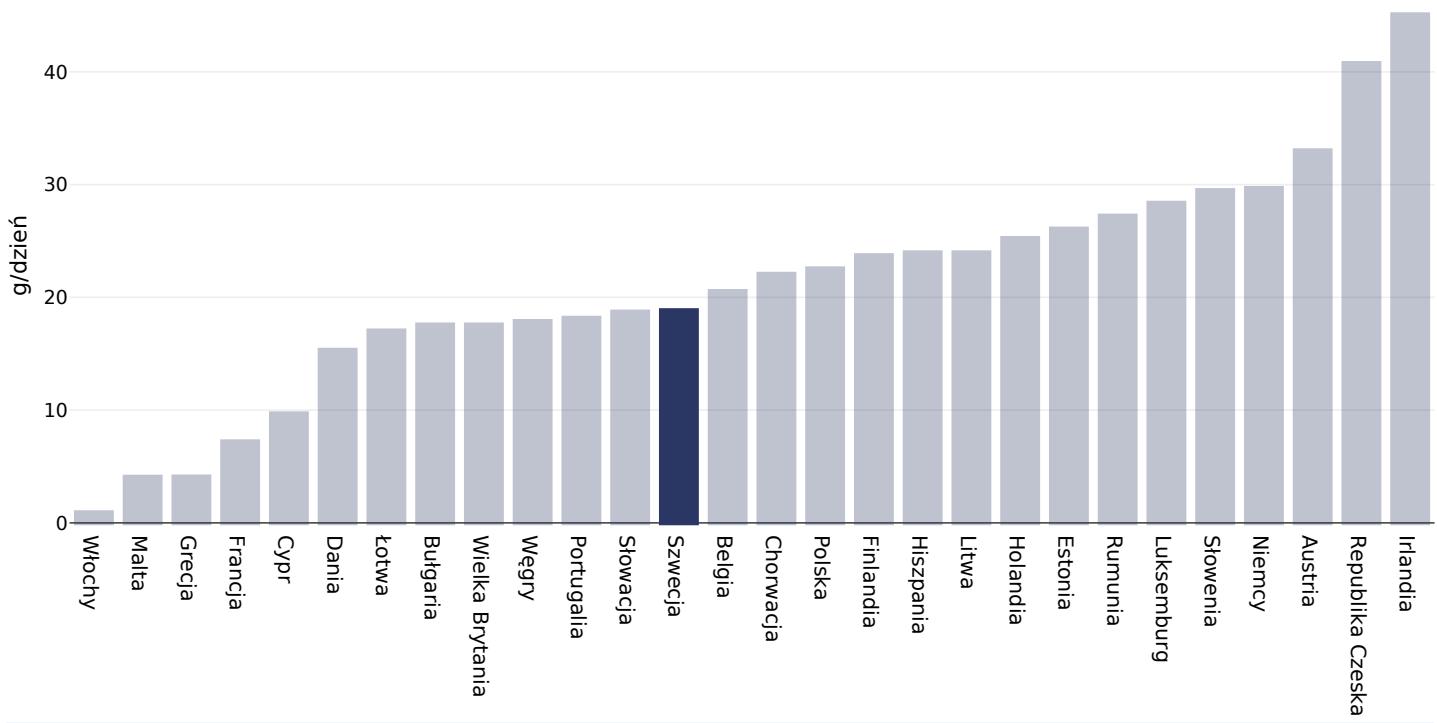
Global Burden of Disease, the Institute for Health Metrics and Evaluation <http://ghdx.healthdata.org/>

Definicje (dostępne tylko w języku angielskim):

Estimated per-capita processed meat intake (g per day)

Estimated per capita whole grains intake

Dorośli, 2017



Typ ankiety:

Dane obserwowane

Wiek:

25+

Bibliografia:

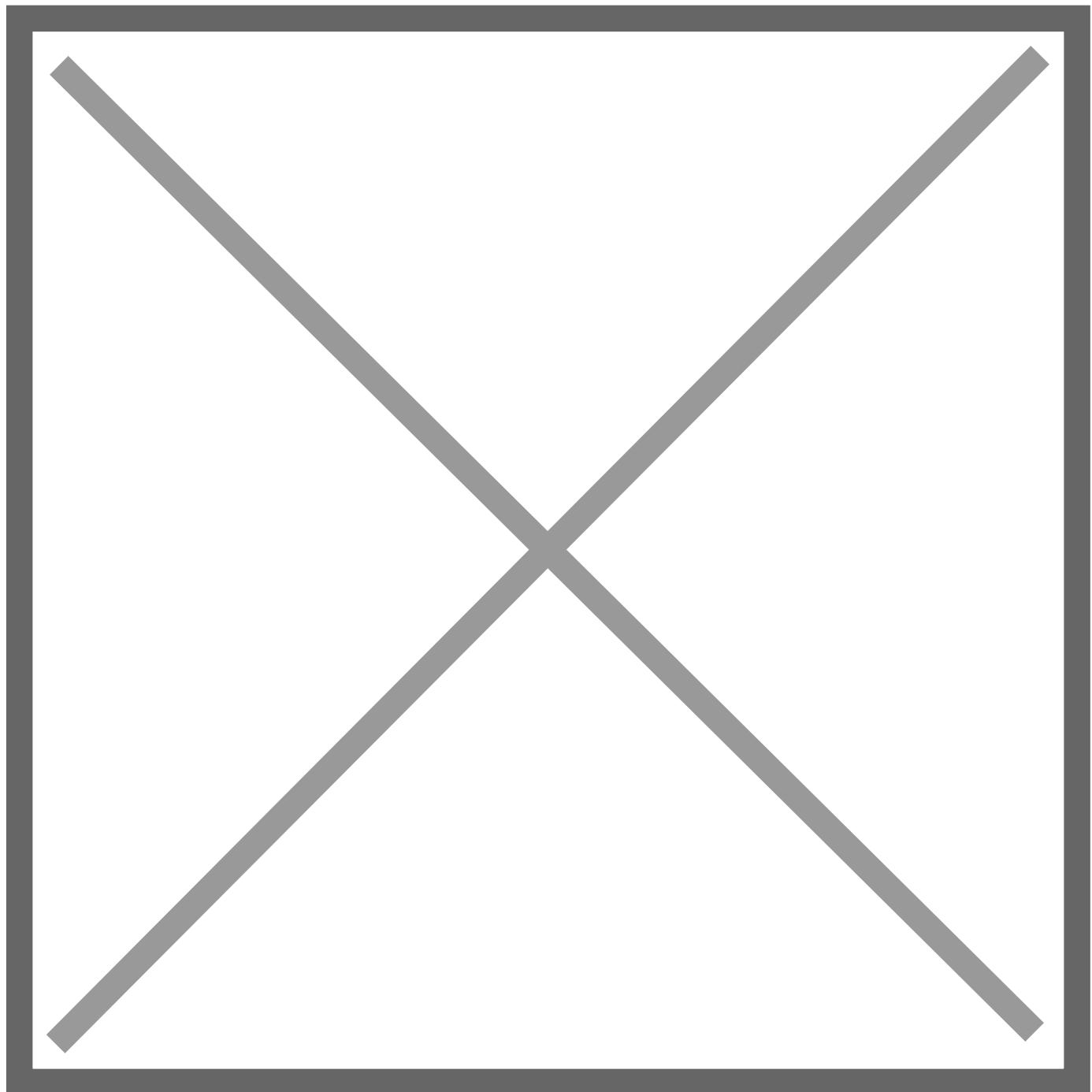
Global Burden of Disease, the Institute for Health Metrics and Evaluation <http://ghdx.healthdata.org/>

Definicje (dostępne tylko w języku angielskim):

Estimated per-capita whole grains intake (g/day)

Zdrowie psychiczne - zaburzenia depresyjne

Dorośli, 2021



Wiek:

20+

Objęty
obszar:

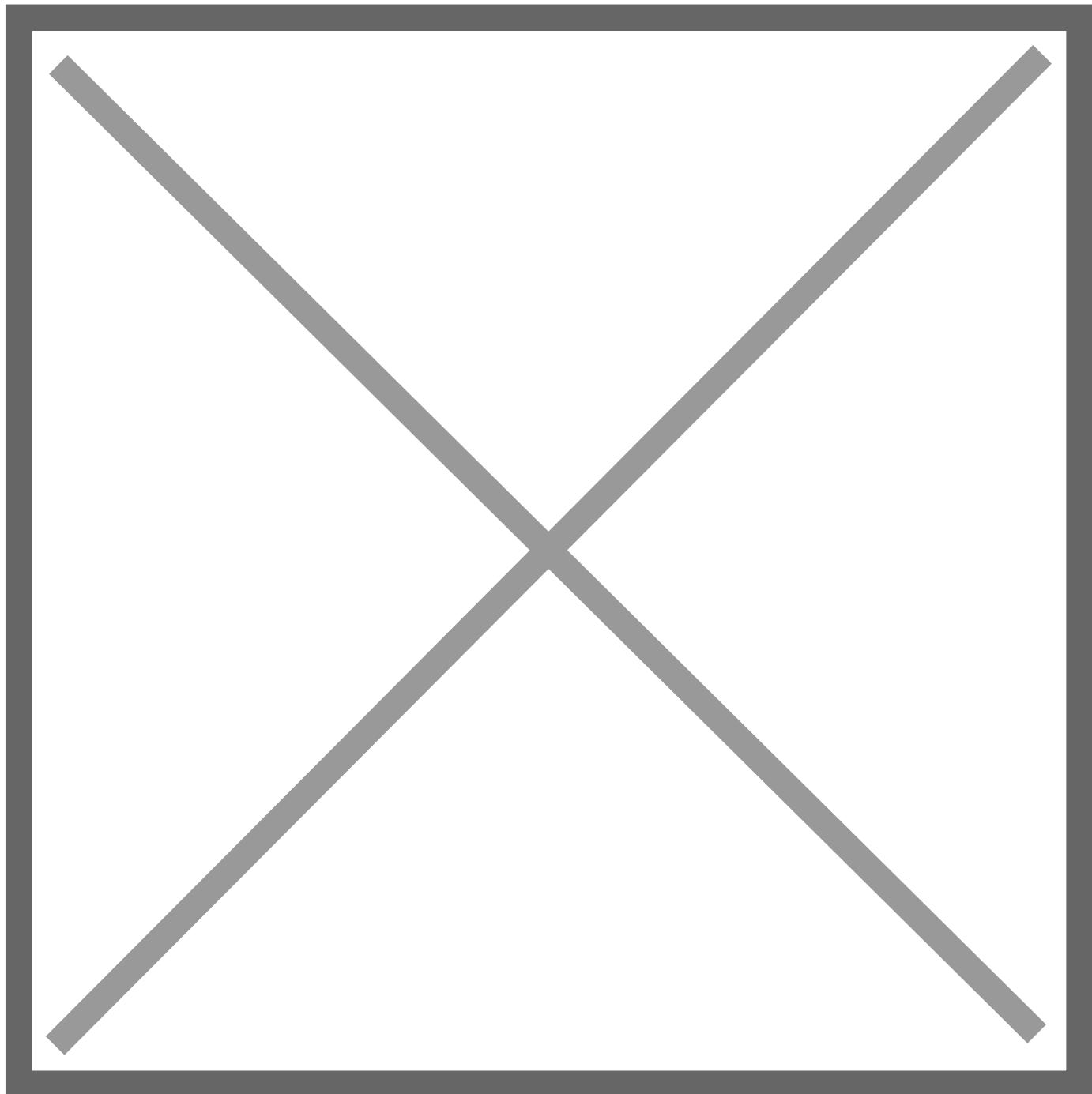
Krajowe

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

**Definicje
(dostępne
tylko w
języku
angielskim):**

Number living with depression per 100,000 population (adults 20+ years)

Mężczyźni, 2021



Wiek:

20+

Objęty
obszarem:

Krajowe

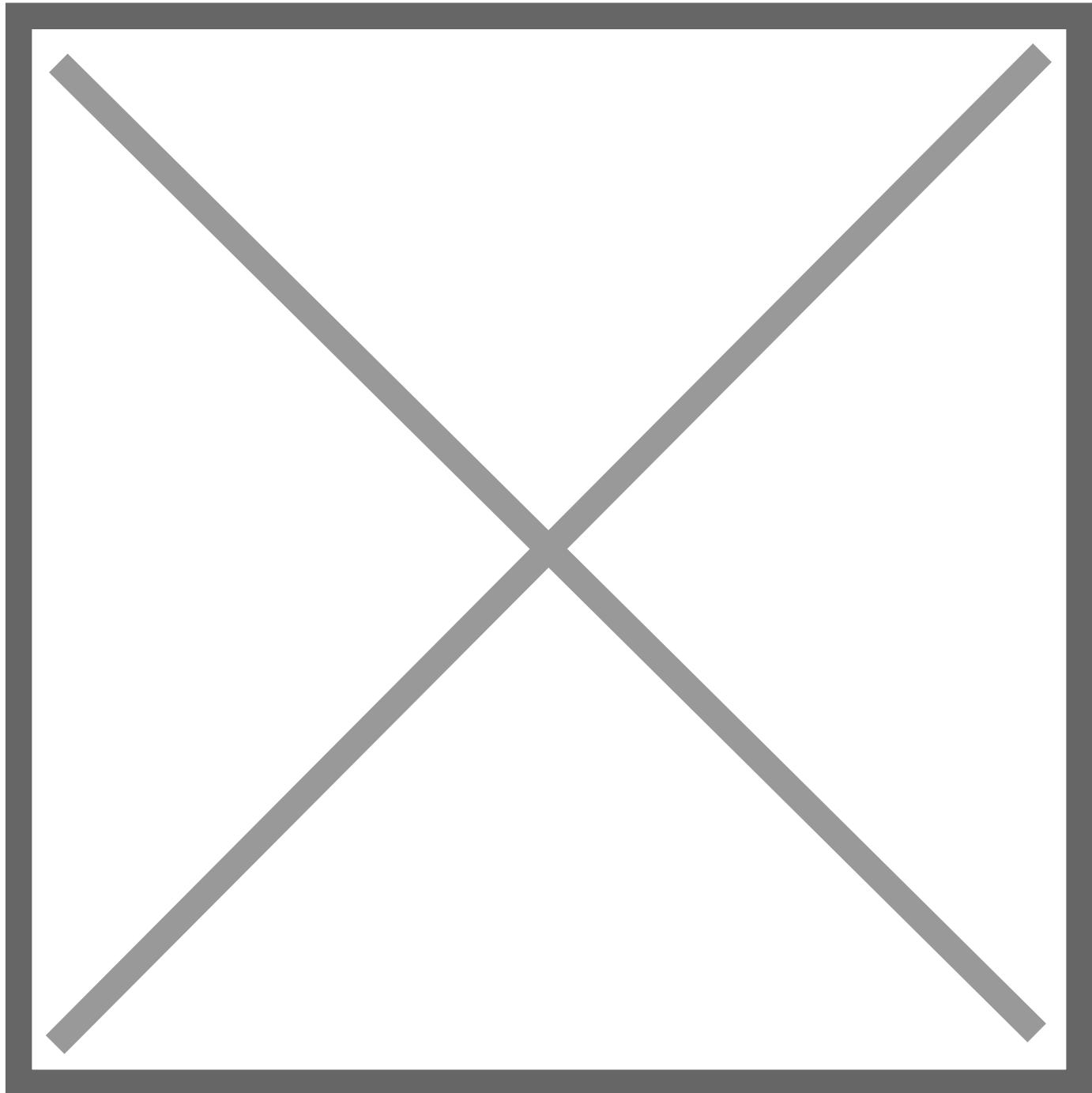
Bibliografia:

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

Definicje
(dostępne
tylko w
języku
angielskim):

Number living with depression per 100,000 population (adults 20+ years)

Kobiety, 2021



Wiek:

20+

Objęty obszar:

Krajowe

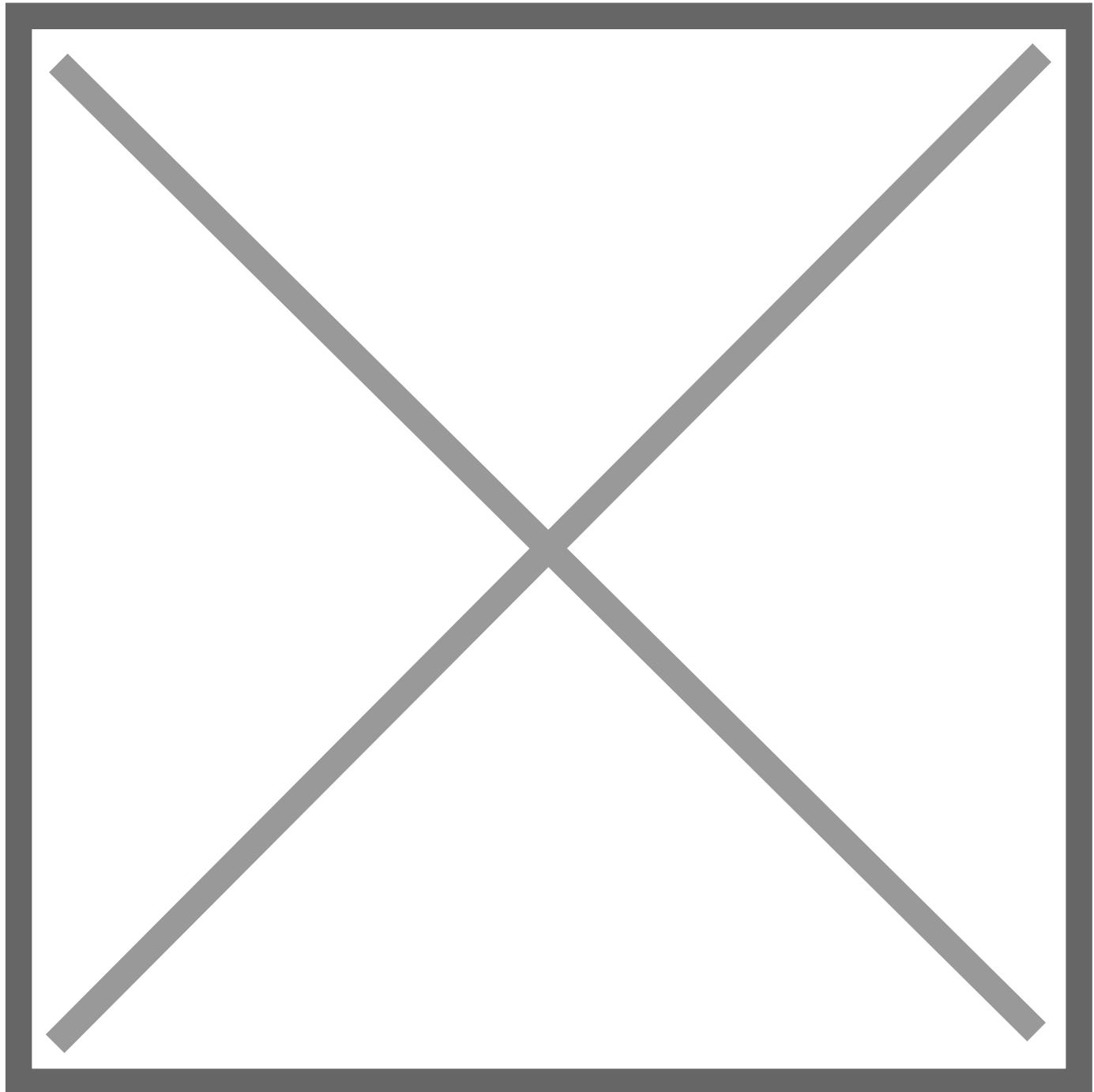
Bibliografia:

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

Definicje
(dostępne
tylko w
języku
angielskim):

Number living with depression per 100,000 population (adults 20+ years)

Dzieci, 2021



Obiekty
obszar:

Krajowe

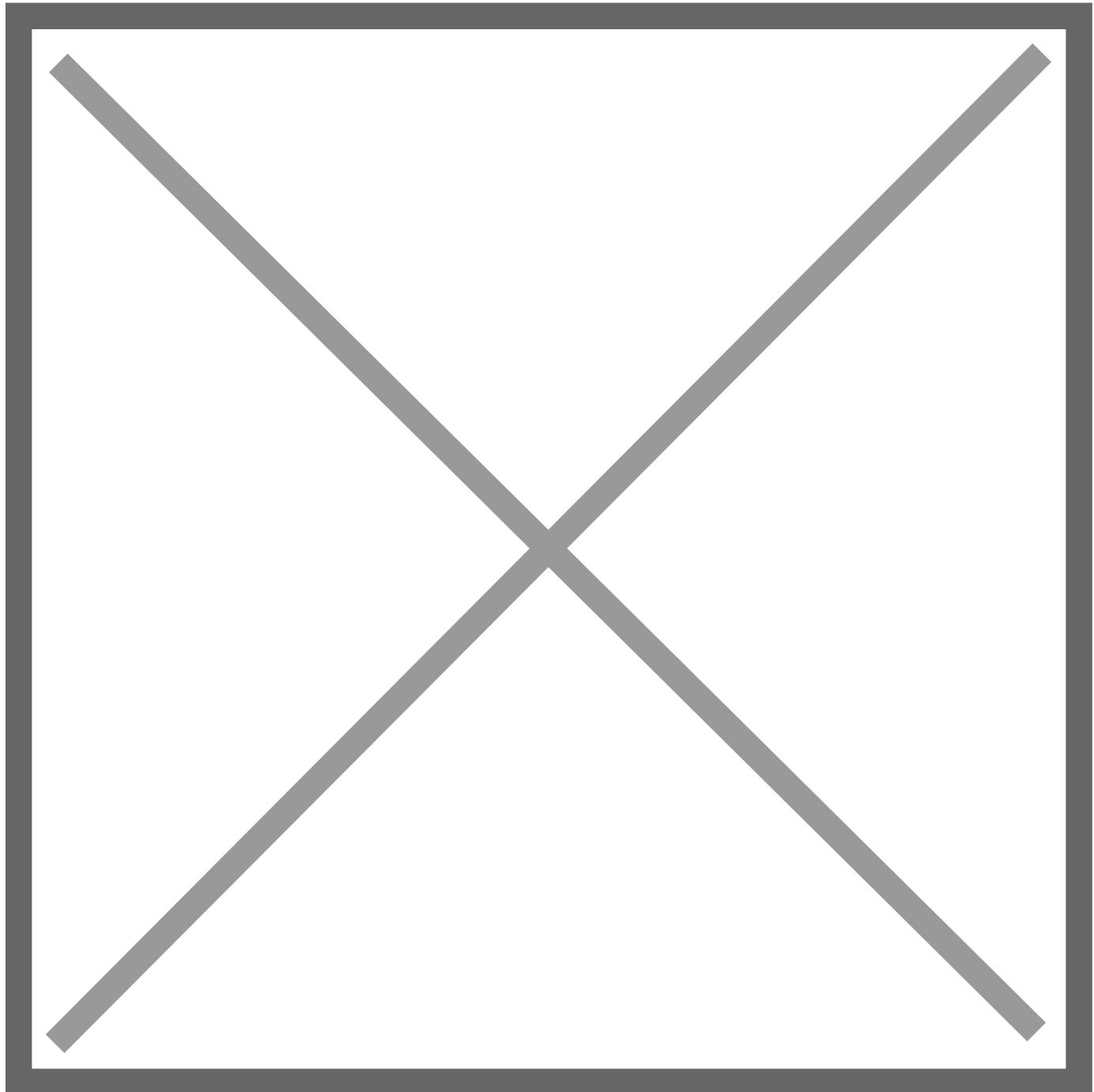
Bibliografia:

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

**Definicje
(dostępne
tylko w
języku
angielskim):**

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

Chłopcy, 2021



Obiekty
obszar:

Krajowe

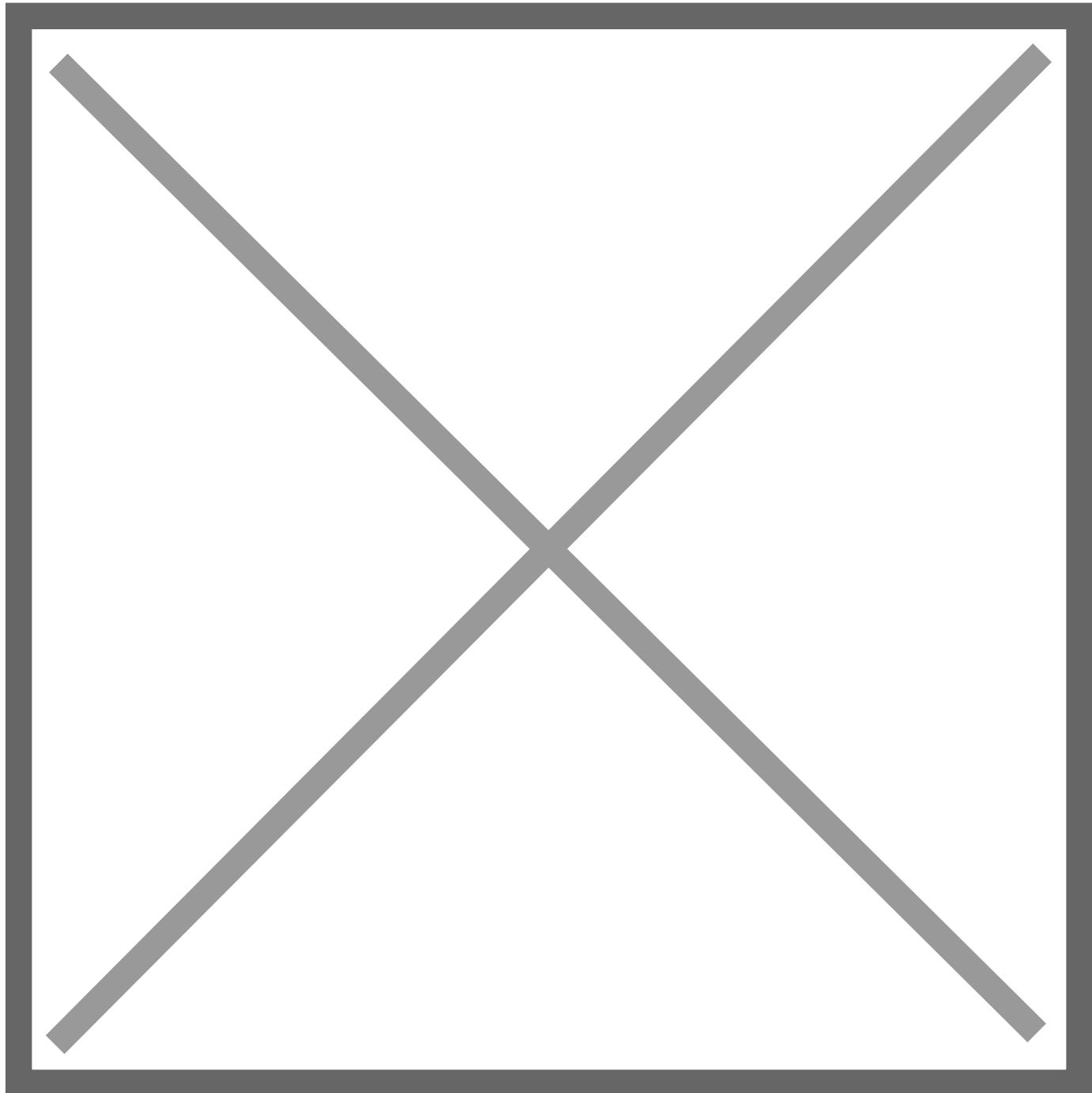
Bibliografia:

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

**Definicje
(dostępne
tylko w
języku
angielskim):**

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

Dziewczęta, 2021



Objęty
obszar:

Krajowe

Bibliografia:

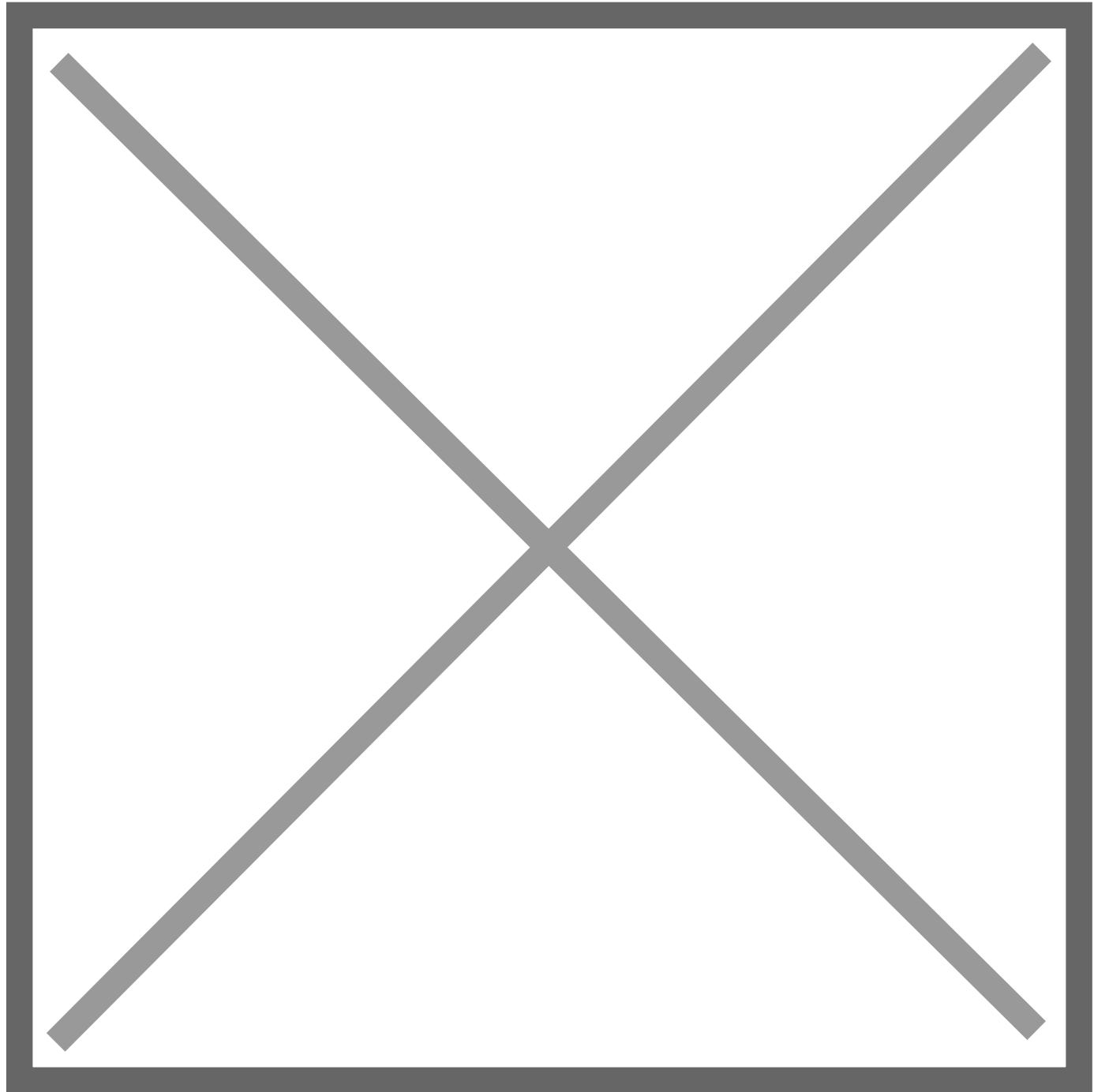
Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

**Definicje
(dostępne
tylko w
języku
angielskim):**

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

Zdrowie psychiczne - zaburzenia lękowe

Dorośli, 2021



Wiek:

20+

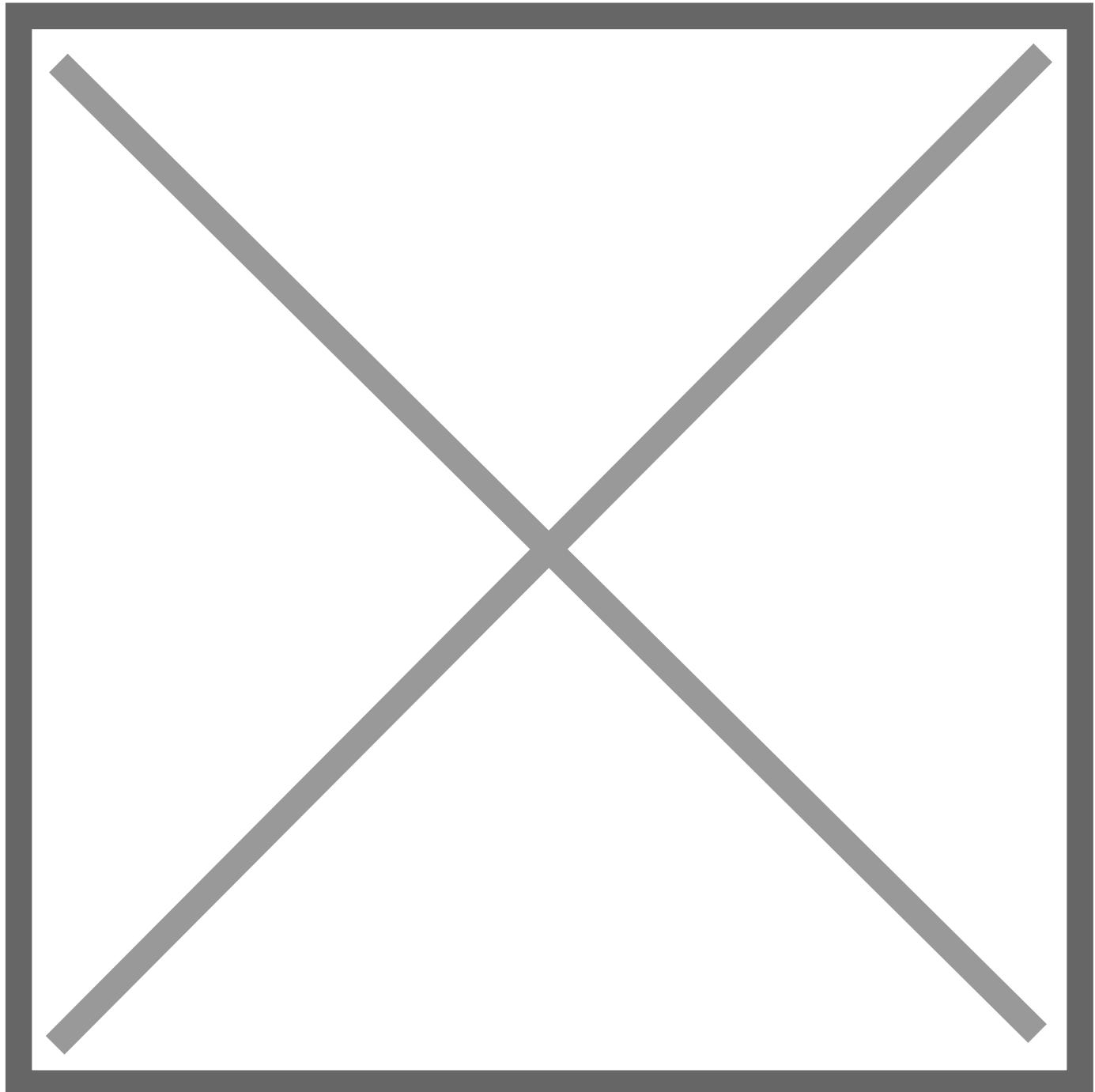
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Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed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

Definicje
(dostępne
tylko w
języku
angielskim):

Number living with anxiety per 100,000 population

Mężczyźni, 2021



Wiek:

20+

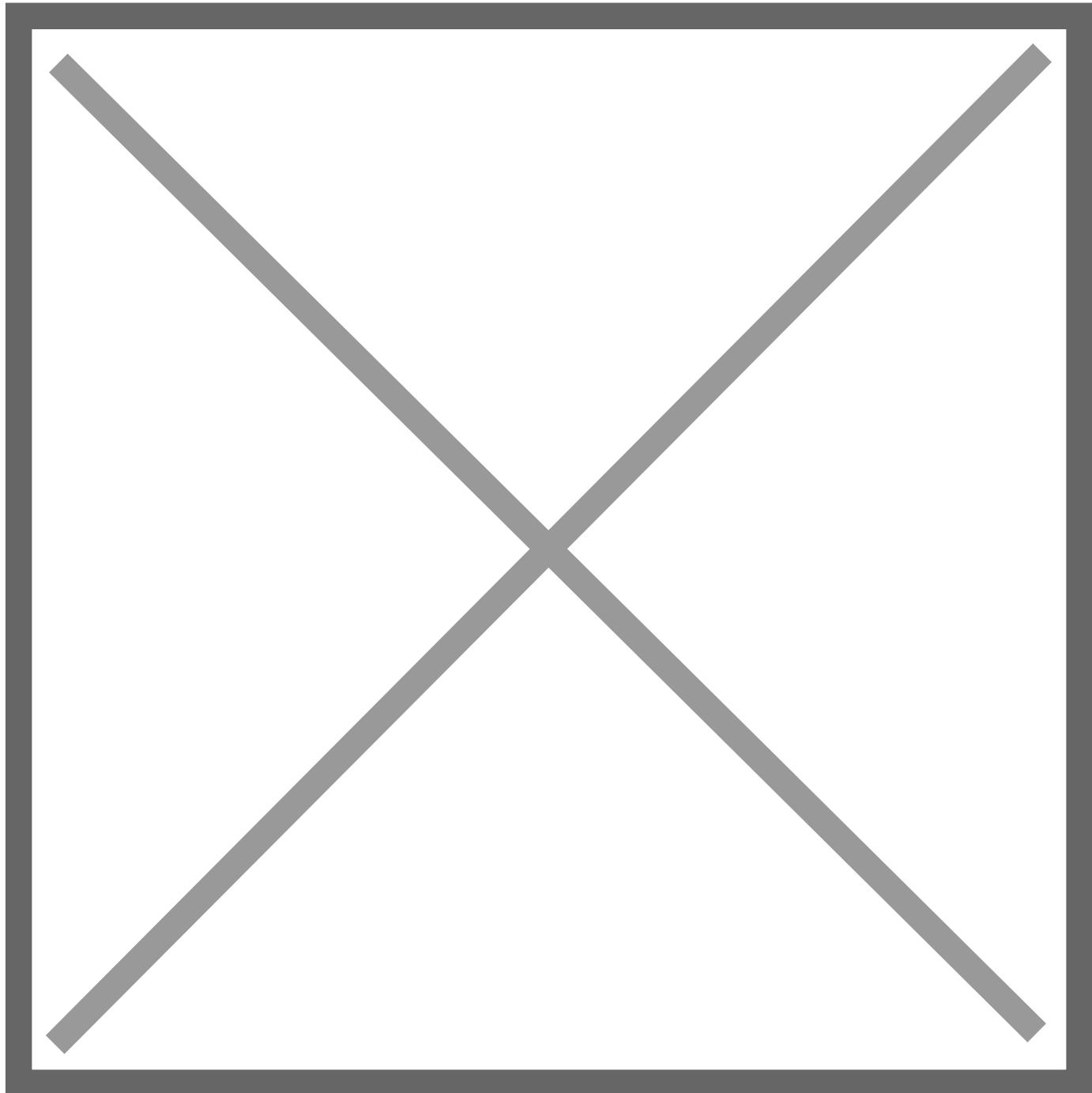
Bibliografia:

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

Definicje
(dostępne
tylko w
języku
angielskim):

Number living with anxiety per 100,000 population

Kobiety, 2021



Wiek:

20+

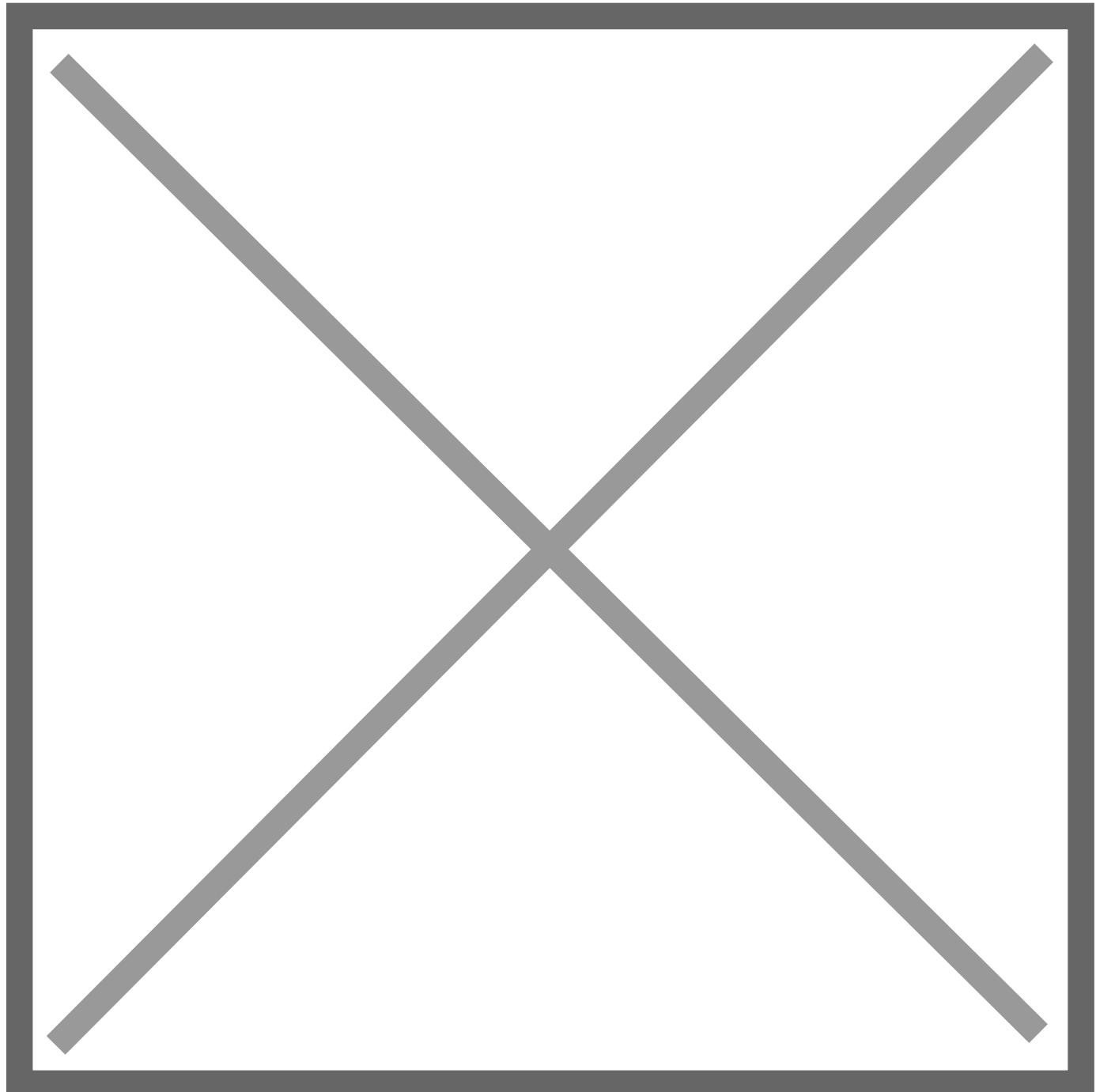
Bibliografia:

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

Definice
(dostępne
tylko w
języku
angielskim):

Number living with anxiety per 100,000 population

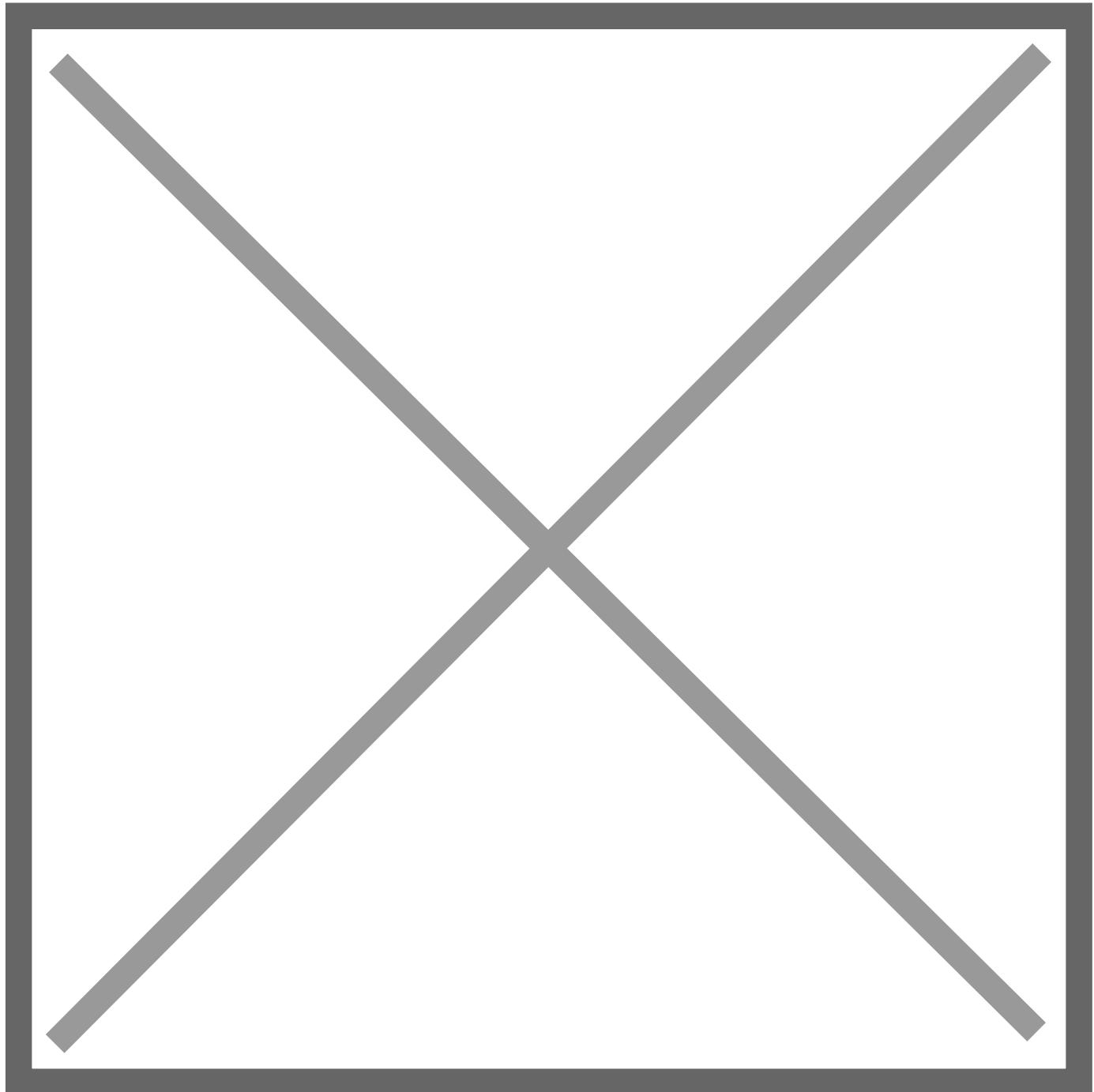
Dzieci, 2021



Bibliografia:

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

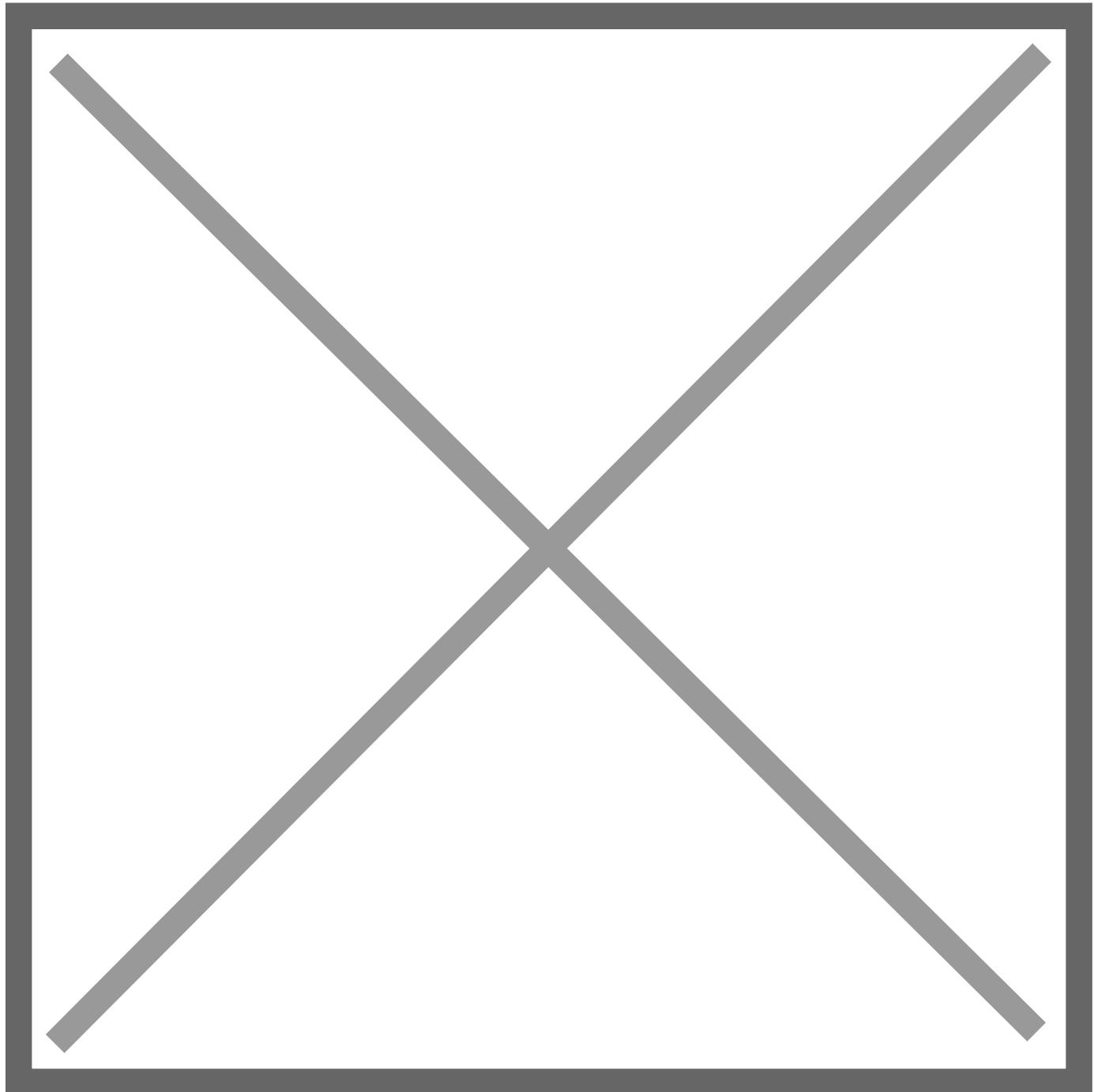
Chłopcy, 2021



Bibliografia:

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

Dziewczęta, 2021

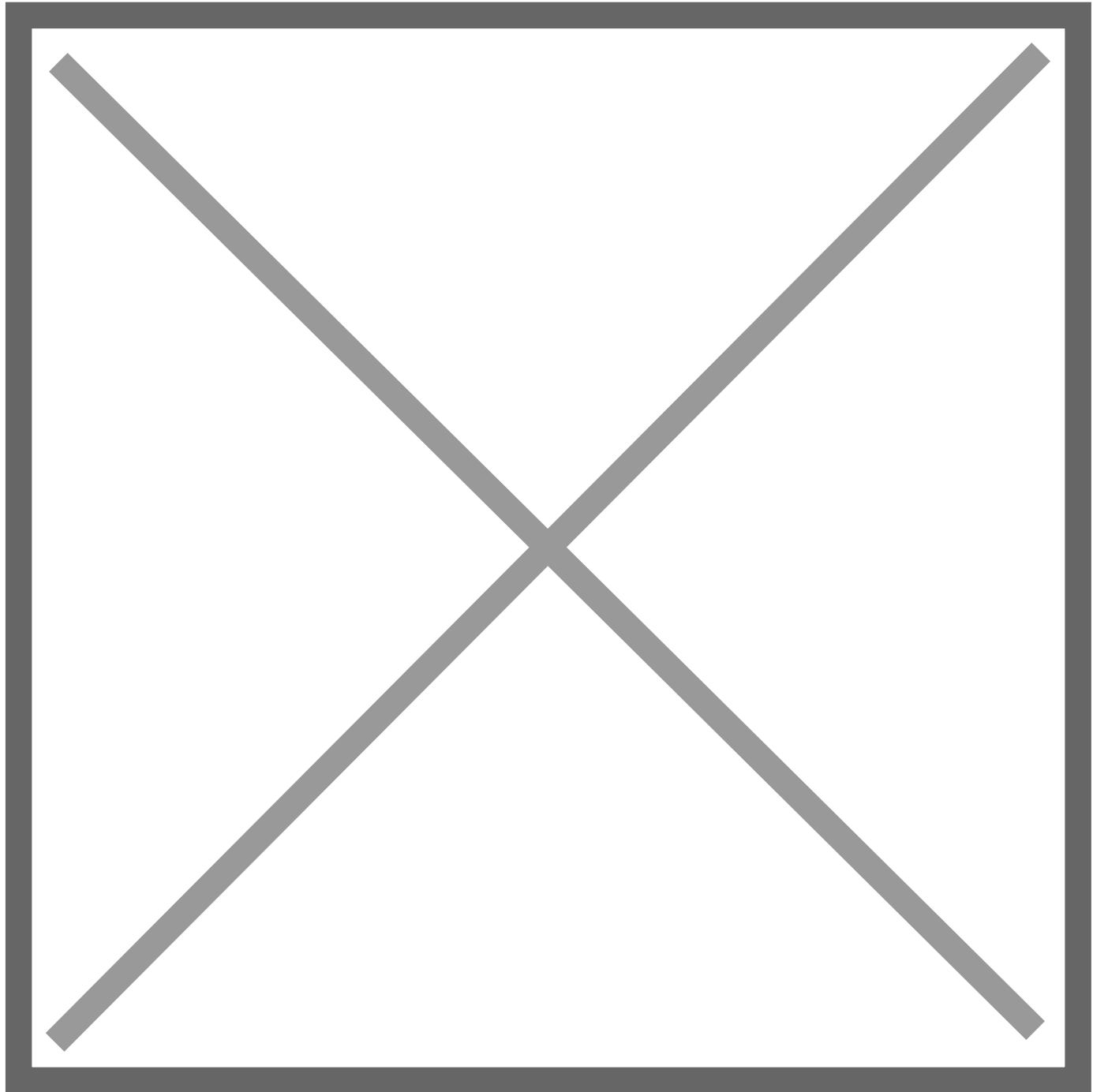


Bibliografia:

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

Percent of population who cannot afford a healthy diet

Dorośli, 2022



**Objęty
obszar:**

Krajowe

Bibliografia:

The Food Systems Dashboard. The Global Alliance for Improved Nutrition (GAIN), The Columbia Climate School, and Cornell University College of Agriculture and Life Sciences. 2024. Geneva, Switzerland.
<https://www.foodsystemsdashboard.org>. DOI: <https://doi.org/10.36072/db>.

PDF created on July 16, 2025