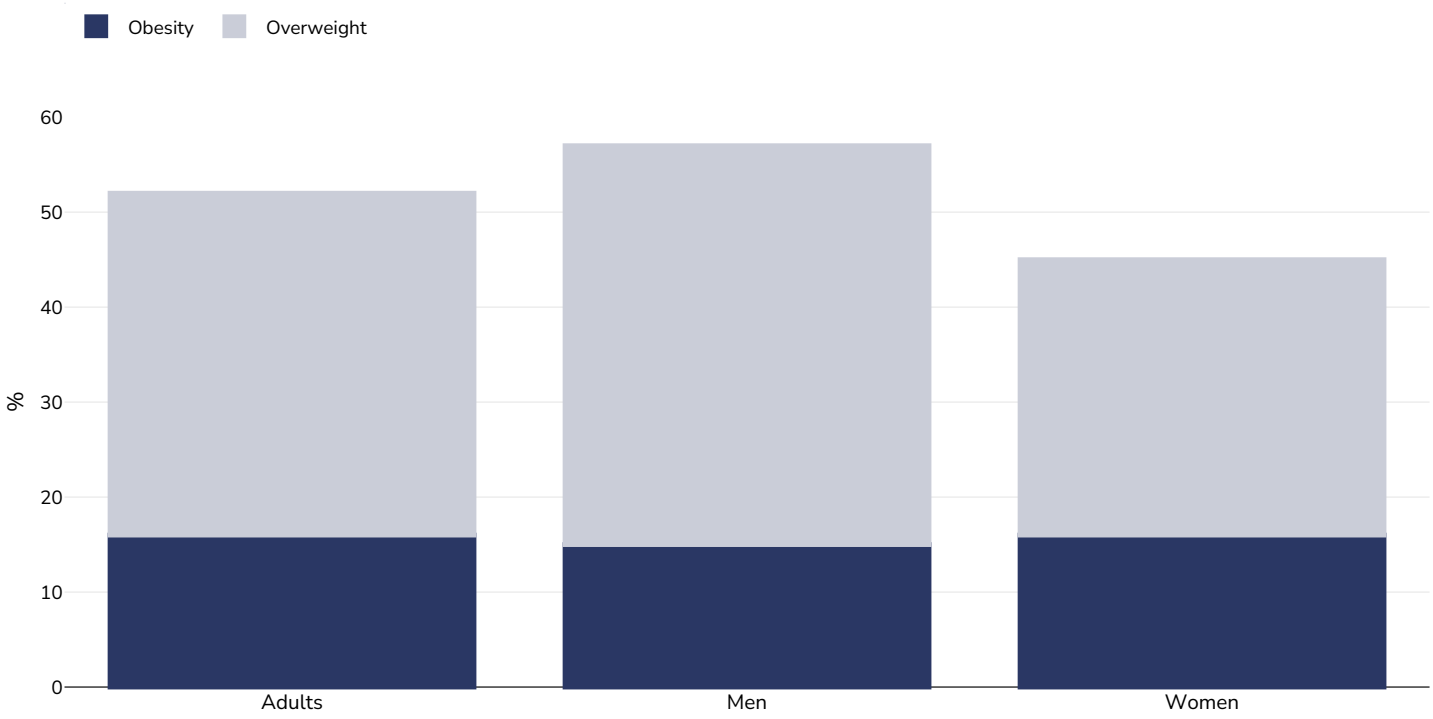
Report card
Sweden

Obesity prevalence

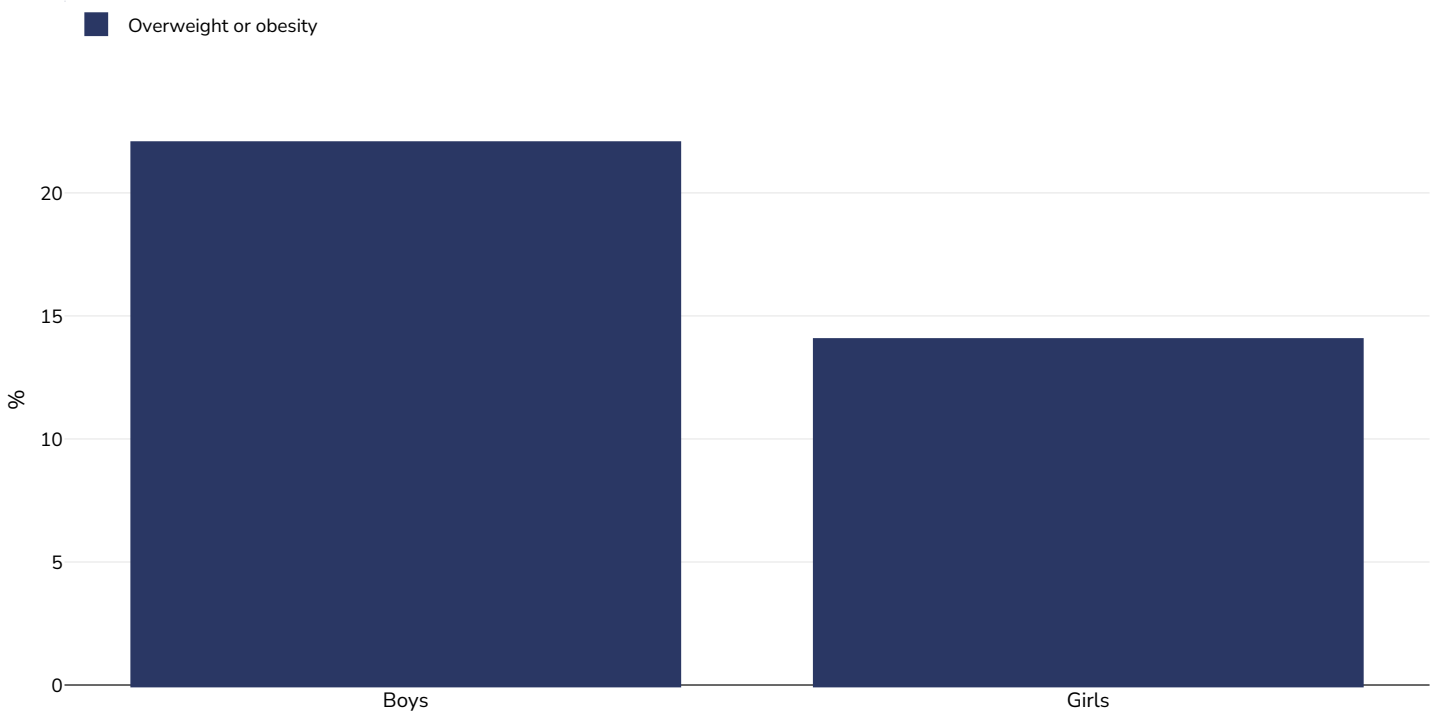
Adults, 2020



Survey type:	Self-reported
Age:	18-84
Sample size:	16571
Area covered:	National
References:	Swedish National Public Health Survey 2020. Available at http://fohm-app.folkhalsomyndigheten.se/Folkhalsodata/pxweb/sv/B_HLV/B_HLV__bFyshals__bbeFyshalsvikt/hlv1bmiaald.px/ (last access 03.03.21)

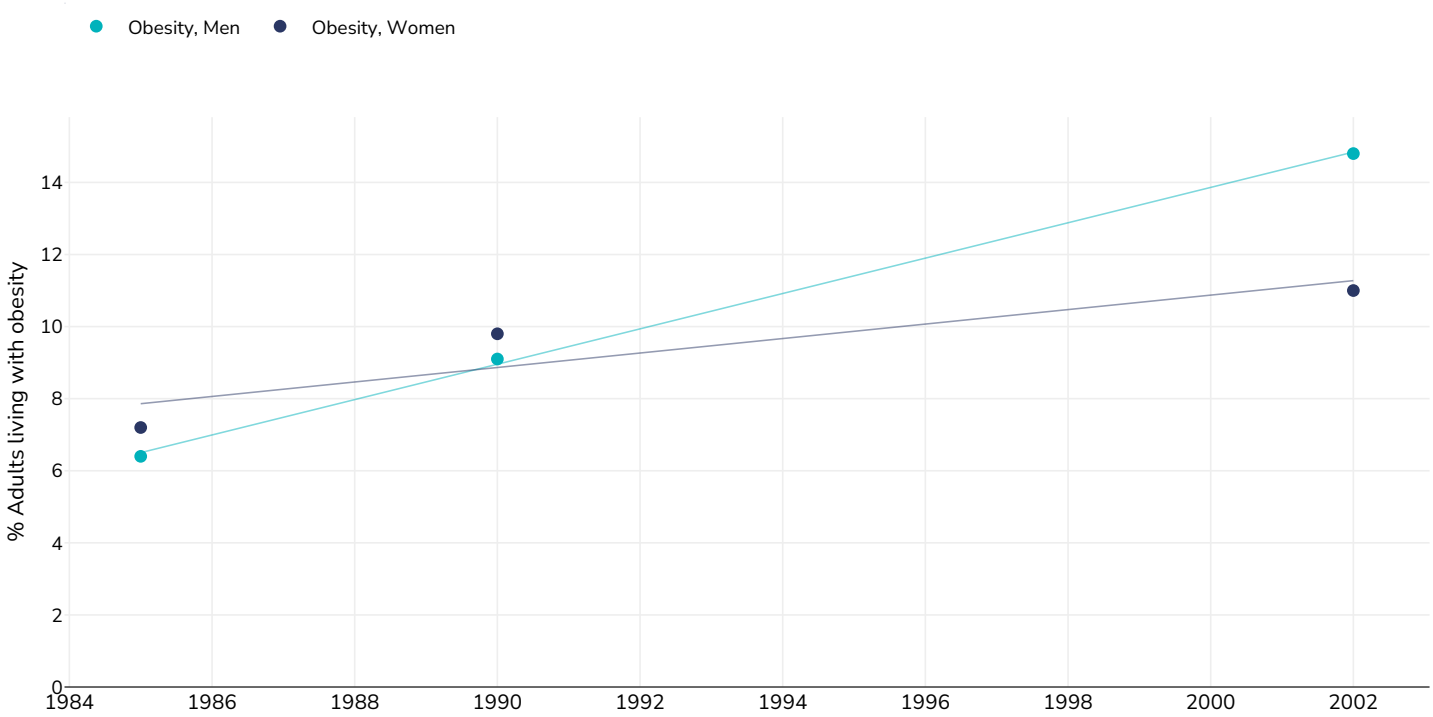
Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².

Children, 2021-2022



Survey type:	Self-reported
Age:	13
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 (HBSC) international report from the 2021/2022 survey. Volume 4. Copenhagen: WHO Regional Office for Europe; 2024. 'Any translation was not created by the World Health Organization (WHO). WHO is not responsible for the content or accuracy of this translation. The original English edition shall be the binding and authentic edition'
Notes:	HBSC aims to survey approximately 1500 pupils per age group in each country or region (totaling around 4500)
Cutoffs:	+2SD

% Adults living with obesity in Sweden 1985-2002

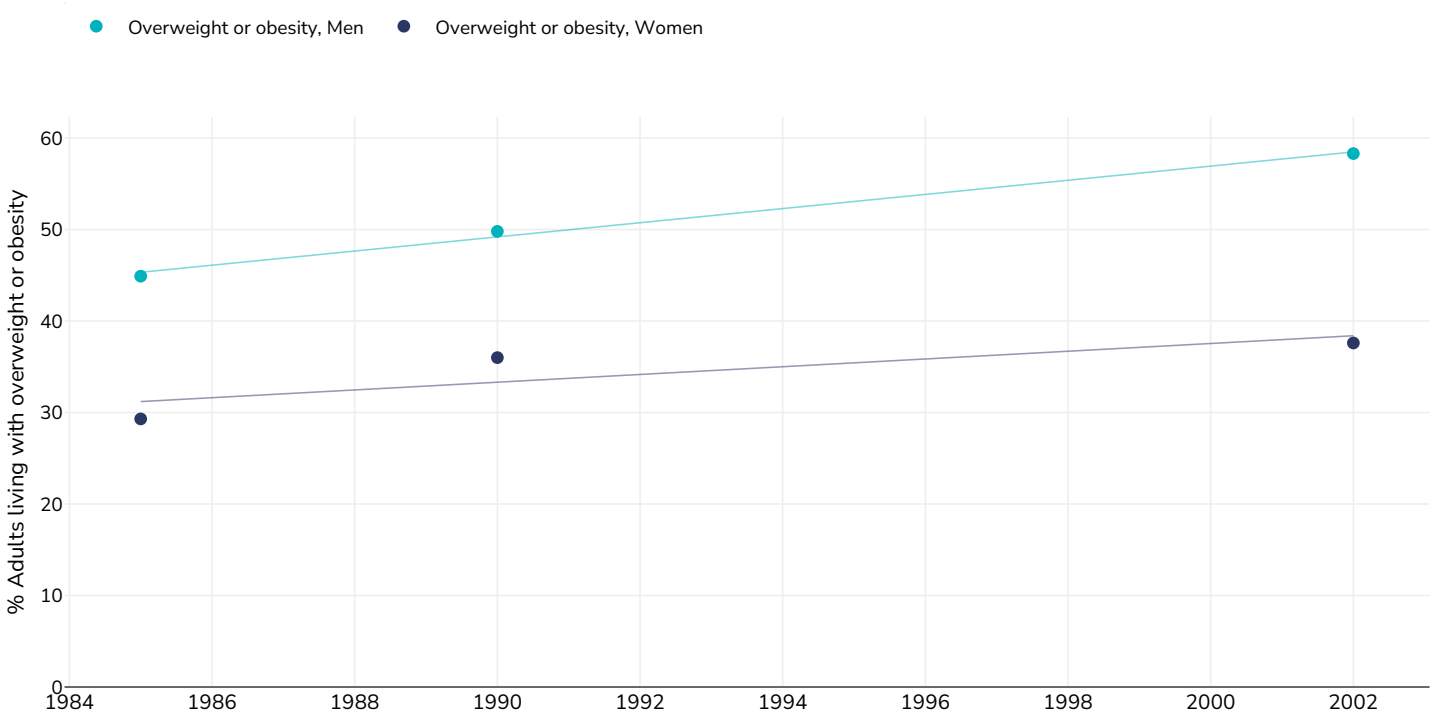


Survey type:	Measured
References:	Berg C, Rosengren A, Aires N, :appas G, Toren K, Thelle D, Lissner L. Trends in overweight and obesity from 1985 to 2002 in Goteborg, West Sweden. IJO 2005 Aug;29(8):916-24

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 Sweden 1985-2002



Survey type:	Measured
References:	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

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

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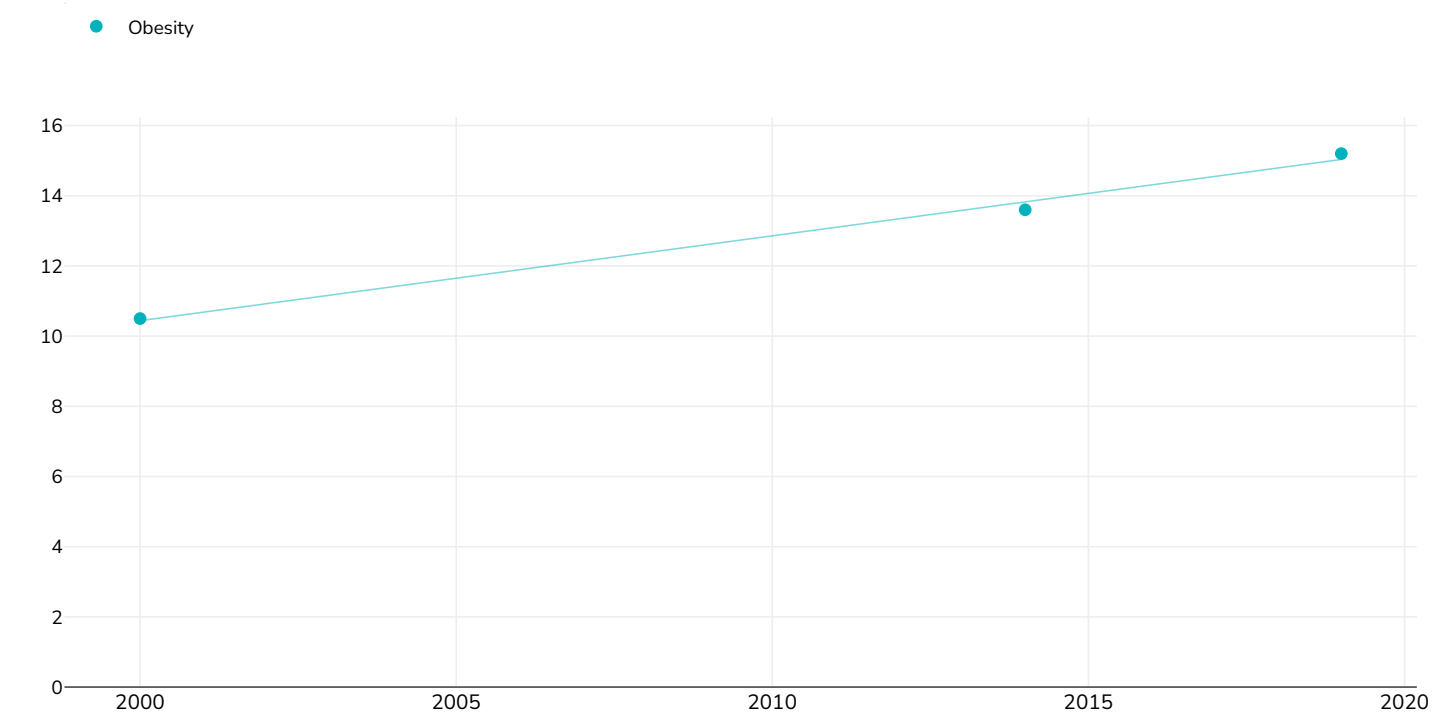
Trend Sweden adult obesity 2000 2019

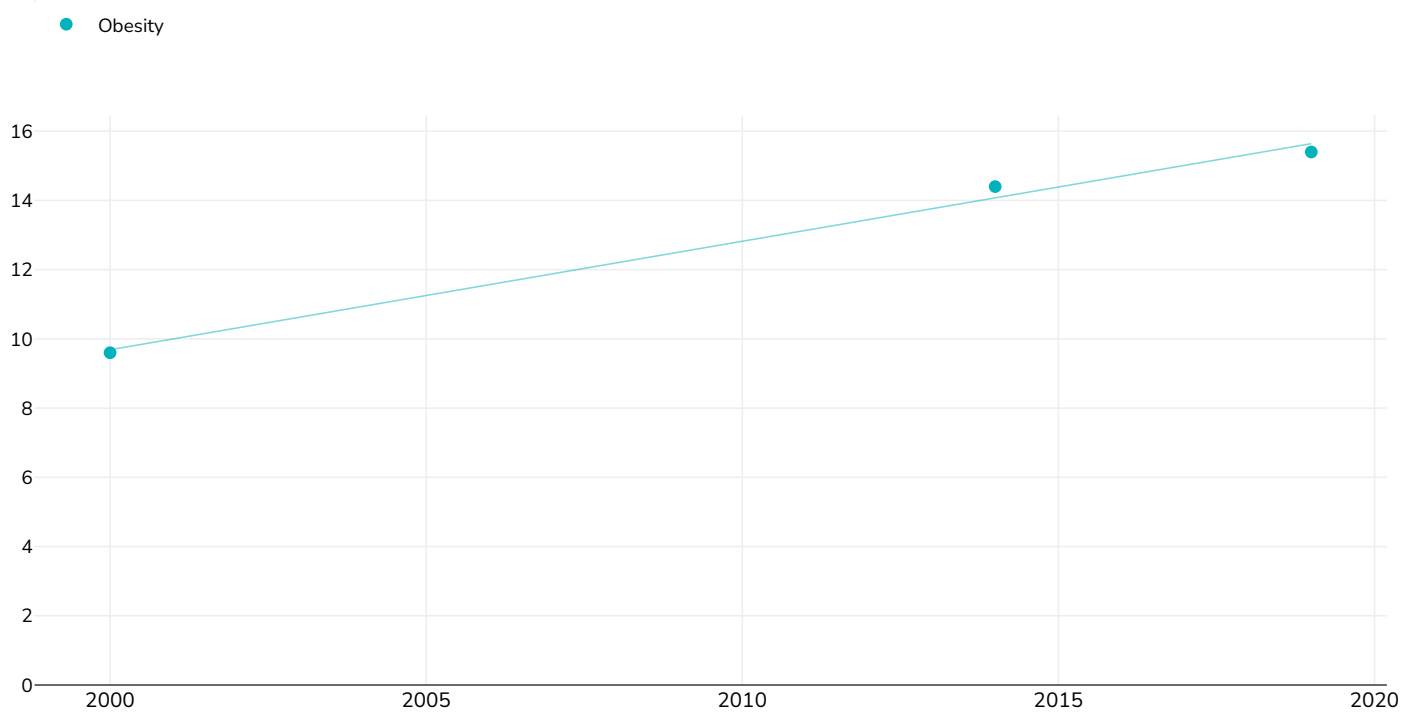
Men



Survey type:	Self-reported
References:	2000: Eurostat Yearbook 2006/07. A goldmine of statistical information. Available at https://ec.europa.eu/eurostat/documents/2995521/5059290/1-20022007-BP-EN.PDF.pdf/edab8c31-b9f3-4c8e-b4db-4137bd045efa?t=1414683510000 (last accessed 04.11.21) 2014: Eurostat Database:http://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1e&lang=en (last accessed 25.08.20) 2019: Eurostat 2019. Data available at https://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1i&lang=en (last accessed 09.08.21)
Notes:	Eurostat

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

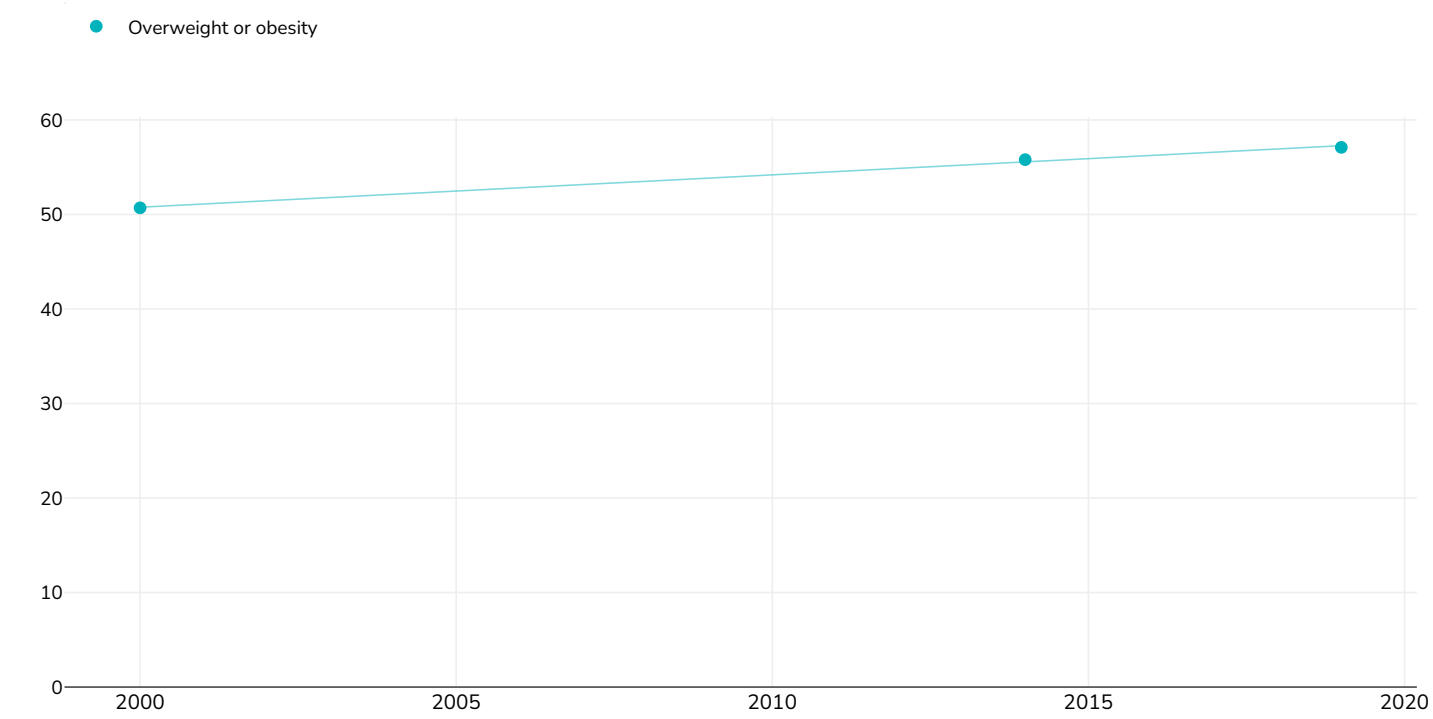


Survey type:	Self-reported
References:	2000: Eurostat Yearbook 2006/07. A goldmine of statistical information. Available at https://ec.europa.eu/eurostat/documents/2995521/5059290/1-20022007-BP-EN.PDF.pdf/edab8c31-b9f3-4c8e-b4db-4137bd045efa?t=1414683510000 (last accessed 04.11.21) 2014: Eurostat Database:http://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1e&lang=en (last accessed 25.08.20) 2019: Eurostat 2019. Data available at https://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1i&lang=en (last accessed 09.08.21)
Notes:	Eurostat

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.

Trends Sweden adult overweight obesity 2000 2019

Men



Survey type:	Self-reported
References:	2000: Eurostat Yearbook 2006/07. A goldmine of statistical information. Available at https://ec.europa.eu/eurostat/documents/2995521/5059290/1-20022007-BP-EN.PDF.pdf/edab8c31-b9f3-4c8e-b4db-4137bd045efa?t=1414683510000 (last accessed 04.11.21) 2014: Eurostat Database:http://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1e&lang=en (last accessed 25.08.20) 2019: Eurostat 2019. Data available at https://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1i&lang=en (last accessed 09.08.21)
Notes:	Eurostat

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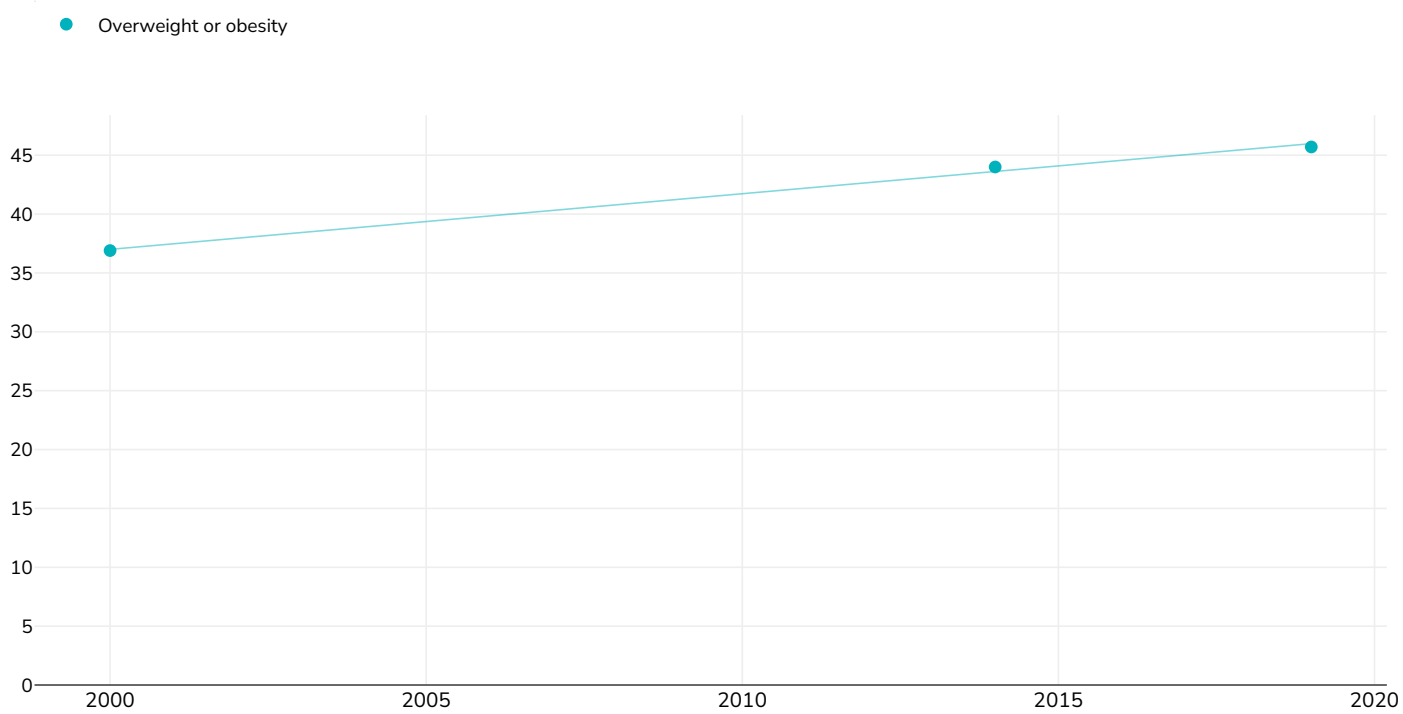
Women

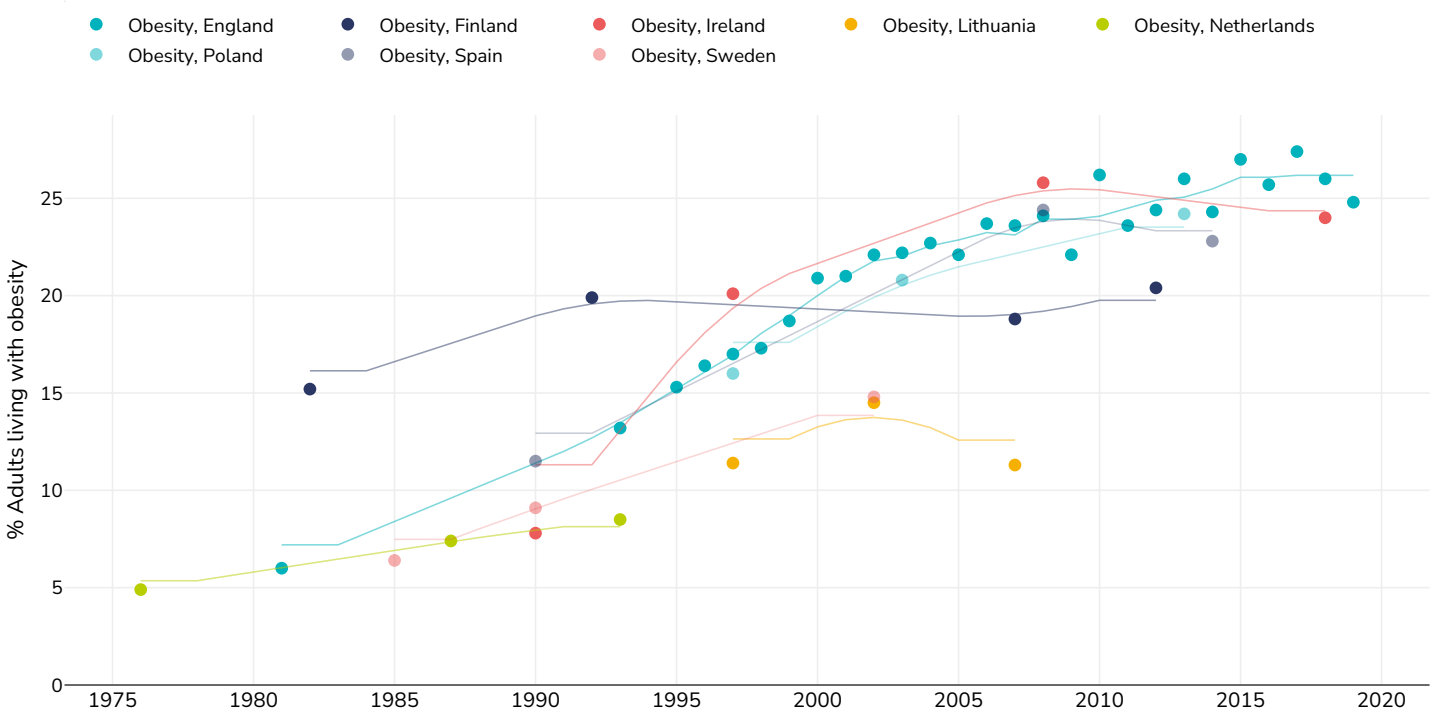


Survey type:	Self-reported
References:	2000: Eurostat Yearbook 2006/07. A goldmine of statistical information. Available at https://ec.europa.eu/eurostat/documents/2995521/5059290/1-20022007-BP-EN.PDF.pdf/edab8c31-b9f3-4c8e-b4db-4137bd045efa?t=1414683510000 (last accessed 04.11.21) 2014: Eurostat Database:http://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1e&lang=en (last accessed 25.08.20) 2019: Eurostat 2019. Data available at https://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1i&lang=en (last accessed 09.08.21)
Notes:	Eurostat

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 Europe 1976-2018, selected countries

Men



References: 1976, 1987, 1993: Visscher TLS, Kromhout D, Seidell J. Long term and recent time trends in the prevalence of obesity among Dutch men and women. IJO 2002;26:1218-24

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: Lahti-Koski M, Vartiainen E, Mannisto S, Pietinen P. Age, education and occupation as determinants of trends in body mass index in Finland from 1982 to 1997. International Journal of Obesity (2000);24:1669-1676

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: Aranceta J, Perex Rodrigo C, Serra Majem LI et al. Prevalence od Obesity in Spain: SEEDO'97 study. Spanish Collaborative Group for the Study of Obesity. Med Clin (Barc). 1998;117:441-5

1992: Lahti-Koski M, Pietinen P, Munnisto S, Vartiainen E. Trends in waist to hip ratio and its determinants in adults in Finland from 1987 to 1997. American Journal of Clinical Nutrition 2000;72:1436-1444

1995: Health Survey for England 1995.

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1997: Pomerleau J, Pudule I, Grinberga D, Kadziauskiene K, Abaravicius A, Bartkeviciute R, Vaask S, Robertson A, McKee M. Patterns of body weight in the Baltic Republics. Public Health Nutrition. 2000;3:3-10

1998: Health Survey for England 1998.

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2000: Health Survey for England 2000.

2001: Health Survey for England 2001.

2002, 2007: Barzda A, Bartkevičiūtė R, Stukas R, Šatkutė R, Abaravičius JA. Lietuvos gyventojų kūno masės indekso pokyčiai 1997-2007 metais. Sveikatos mokslai 2009;3:2406-2410. (no English translation)

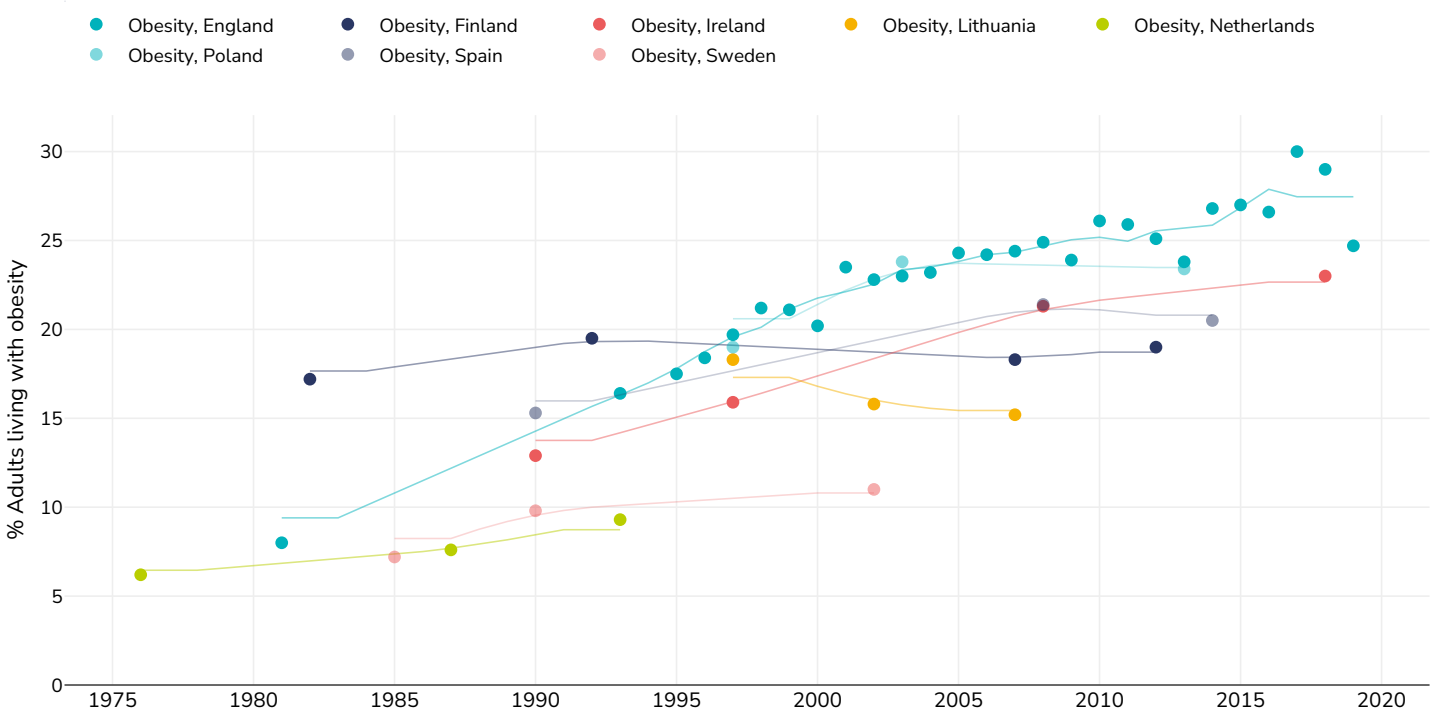
2003: Health Survey for England 2003.

2004: Health Survey for England 2004.

2005: Health Survey for England 2005

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: 1976, 1987, 1993: Visscher TLS, Kromhout D, Seidell J. Long term and recent time trends in the prevalence of obesity among Dutch men and women. IJO 2002;26:1218-24

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2003: Health Survey for England 2003.

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2005: Health Survey for England 2005

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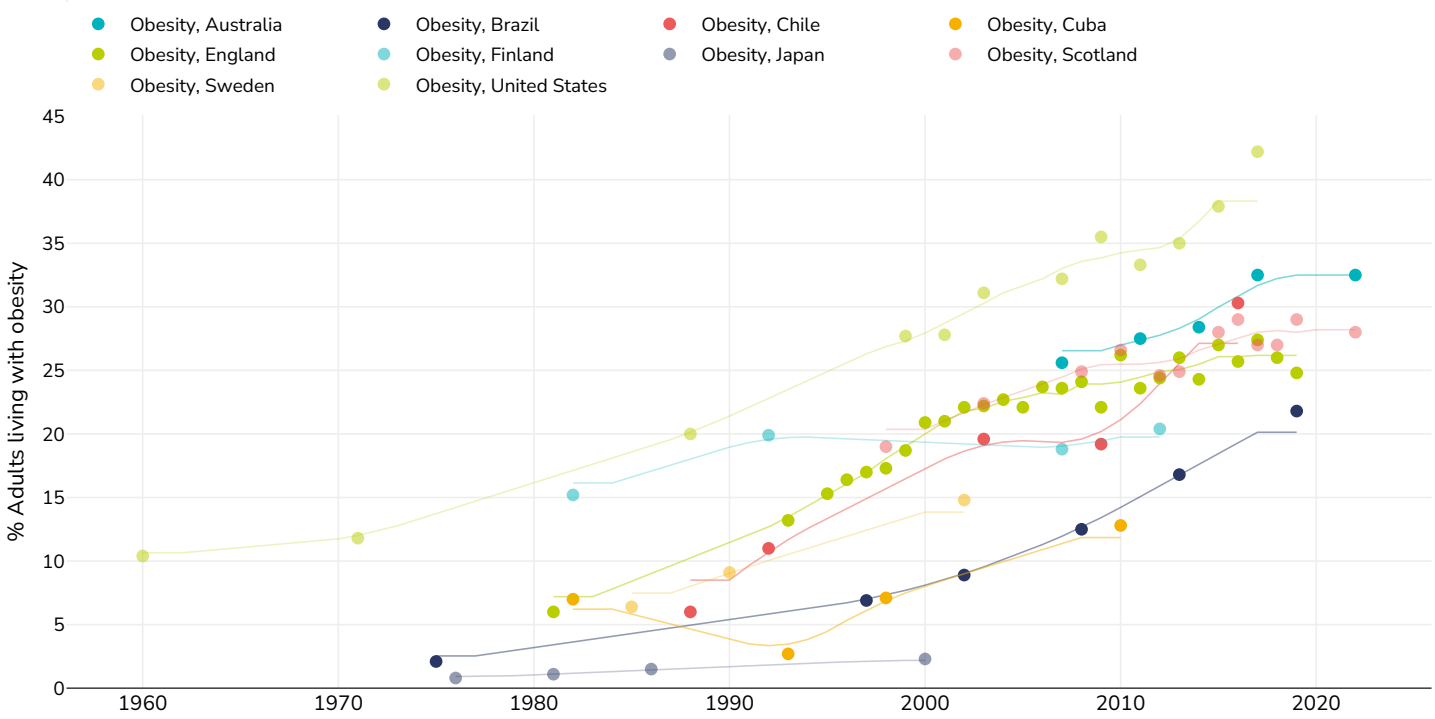
% Adults living with obesity in selected countries worldwide 1976-2018, selected countries

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, Furuhata 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

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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

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

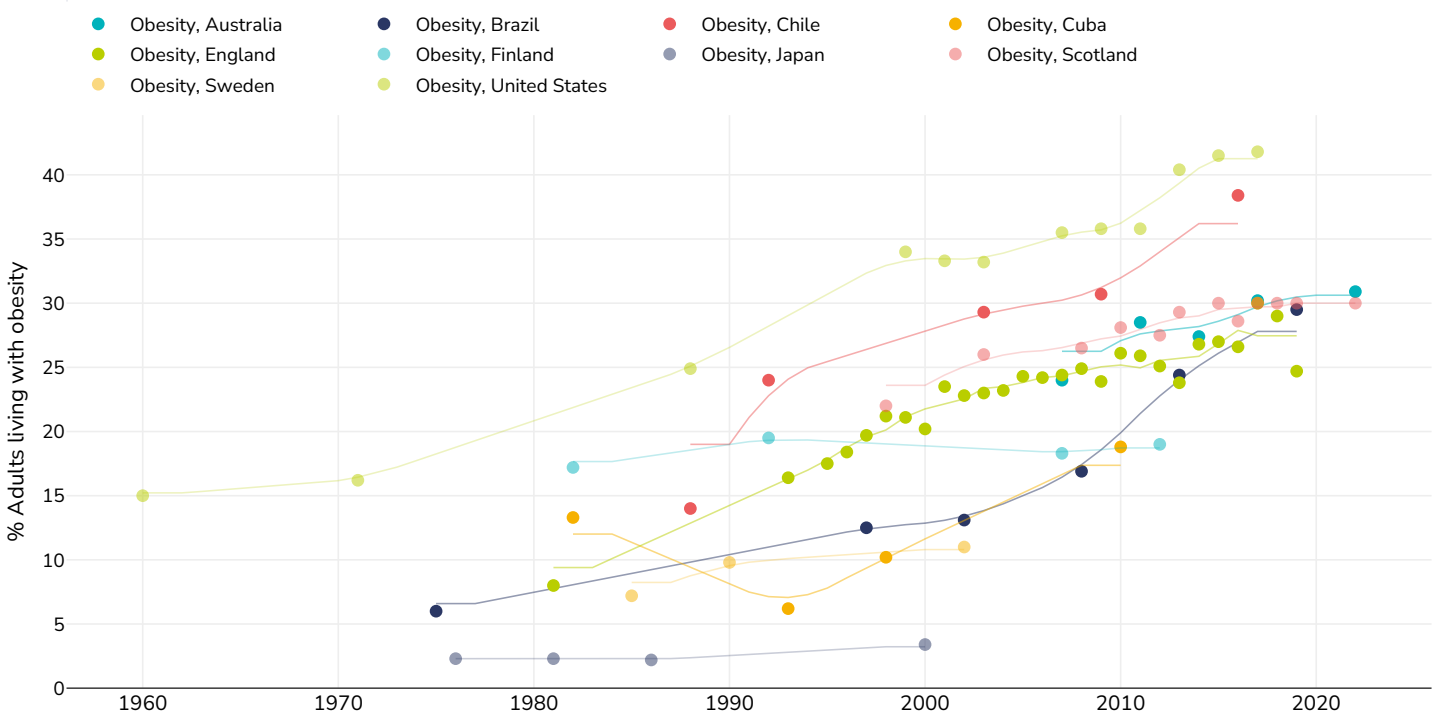
2001: Health Survey for England 2001.

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

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, 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

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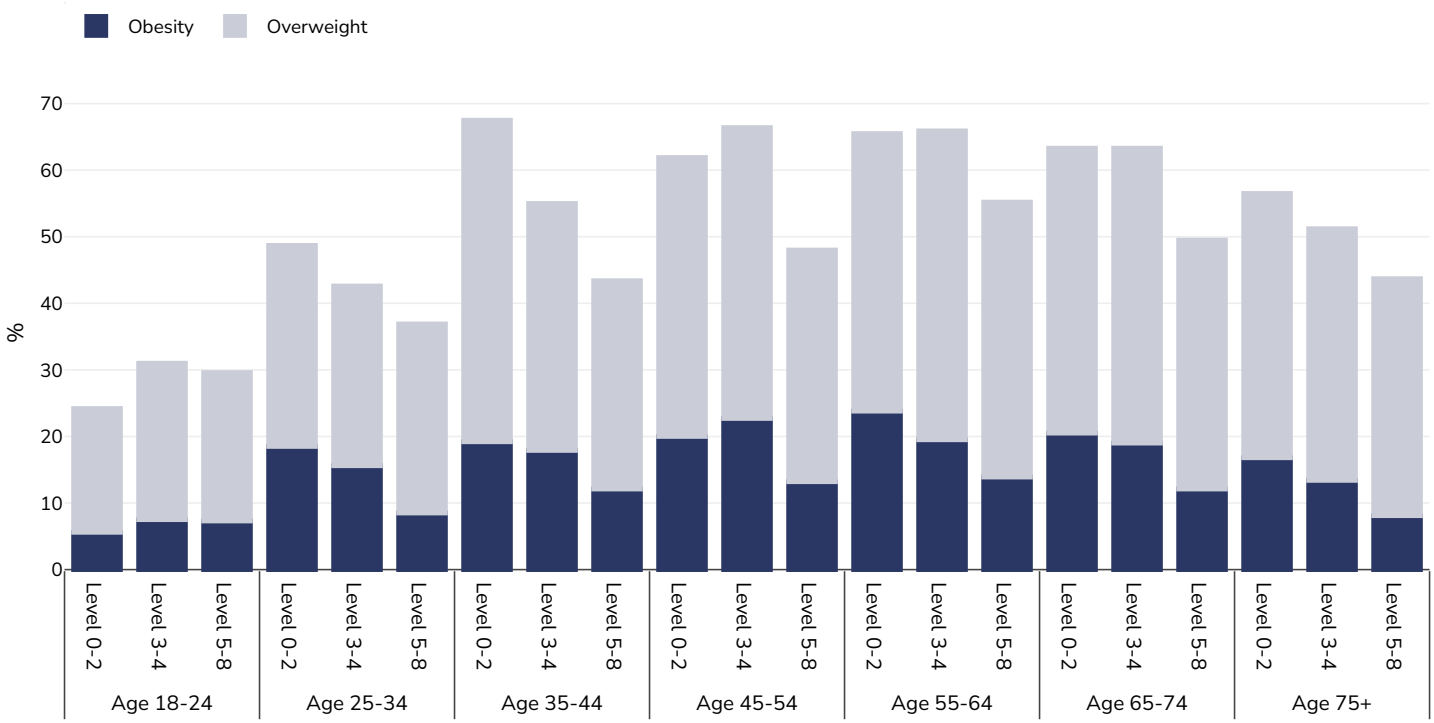
Overweight/obesity by age and education

Adults, 2019



Survey type:	Self-reported
Area covered:	National
References:	Eurostat 2019. Available at https://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1e&lang=en (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.

Men, 2019

Survey type:	Self-reported
Area covered:	National
References:	Ezzati M, Lopez AD, Rodgers A, Vander Hoorn S, Murray CJL. Selected major risk factors and global and regional burden of disease. Lancet (London, England). 2002;360(9343):1347-1360. doi:10.1016/S0140-6736(02)11403-6 accessed 80.80.80

Unless otherwise noted, overweight refers to a BMI between 25kg and 25.9kg/m², obesity refers to a BMI greater than 30kg/m².

Women, 2019

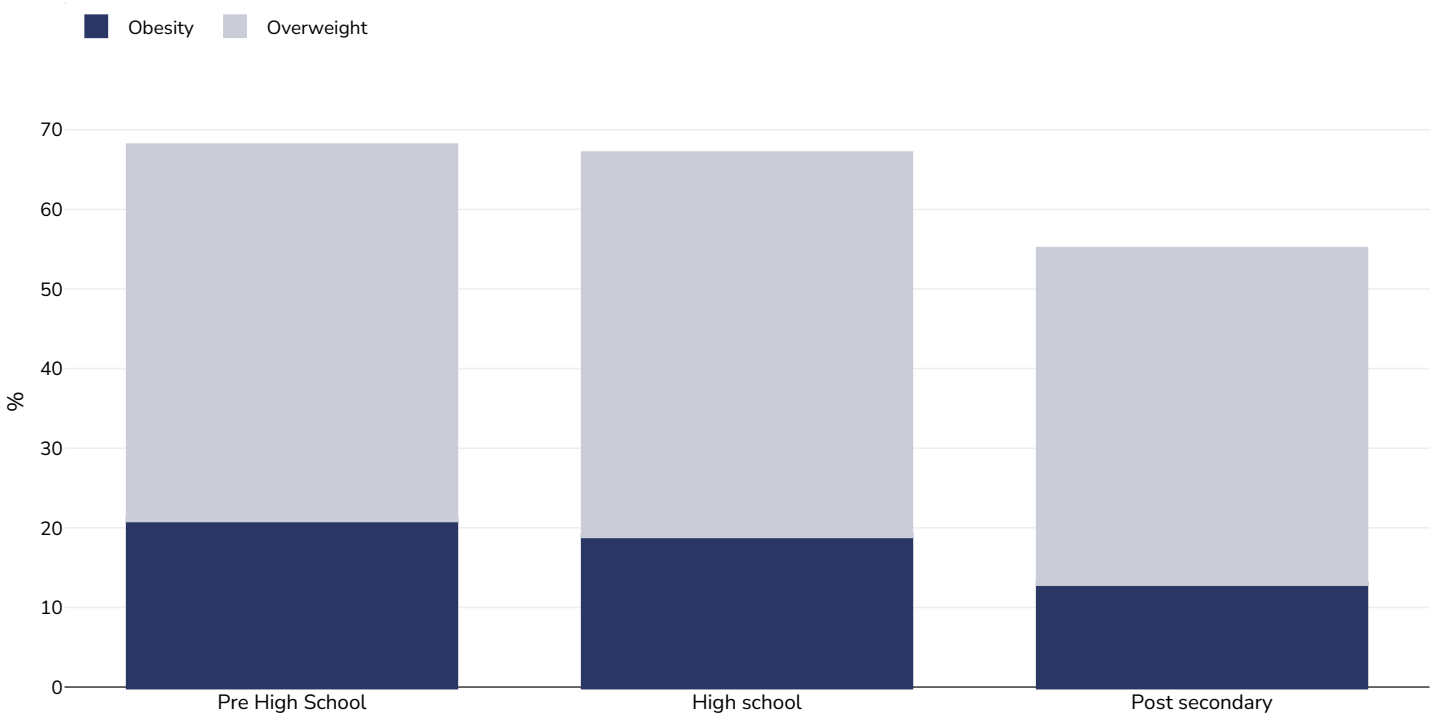
Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².

Survey type:	Self-reported
Area covered:	National

References: Encostat 2016. Available at http://apps.who.int/bmi/index.jsp?introPage=intro_3.html (last accessed 30.08.2019).

Overweight/obesity by education

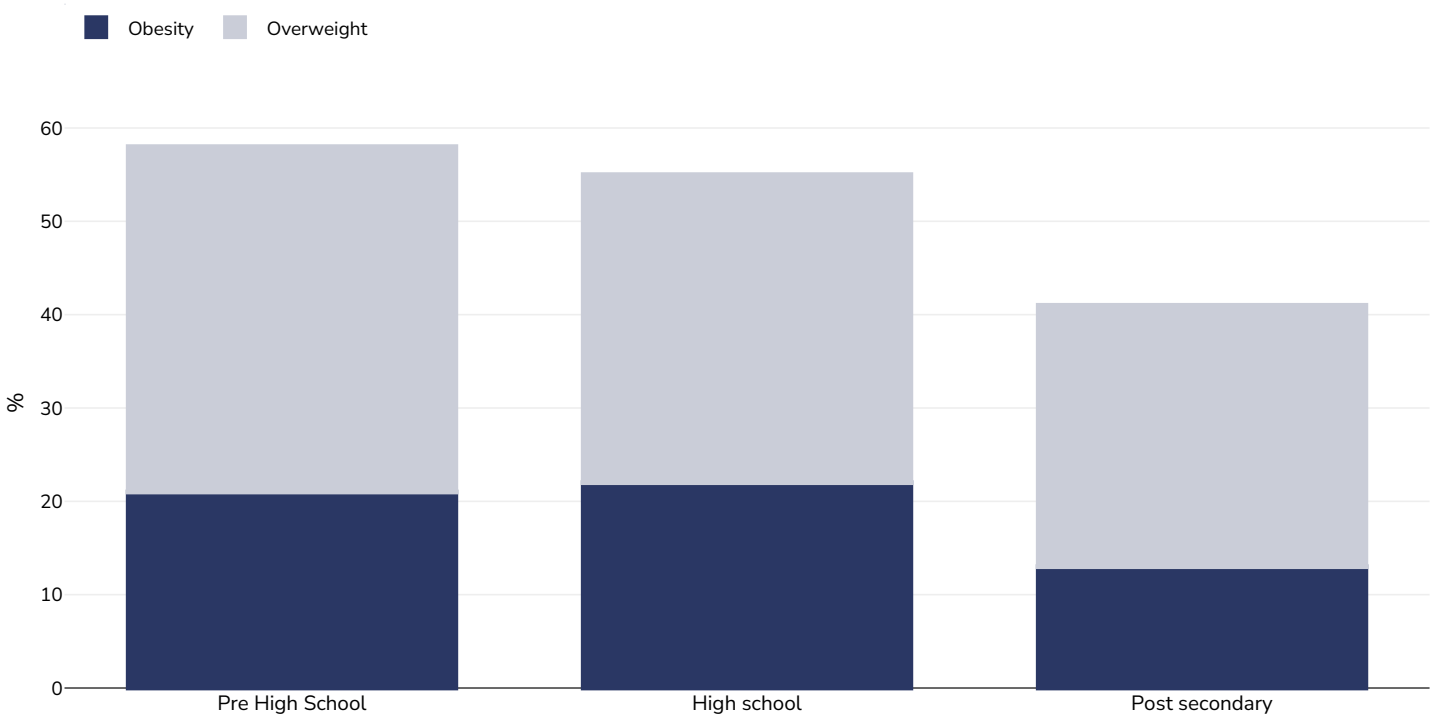
Men, 2020



Survey type:	Self-repo
Age:	16
Sample size:	16
Area covered:	Nati
References:	Swedish National Public Health Survey 2020. Available at http://fo app.folkhalsomyndigheten.se/Folkhalsodata/pxweb/sv/B_HLV/B_HLV__bFyshals__bbeFyshalsvikt/hlv1bmifutb.px/table/tableViewLayo (Last access 03.03

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

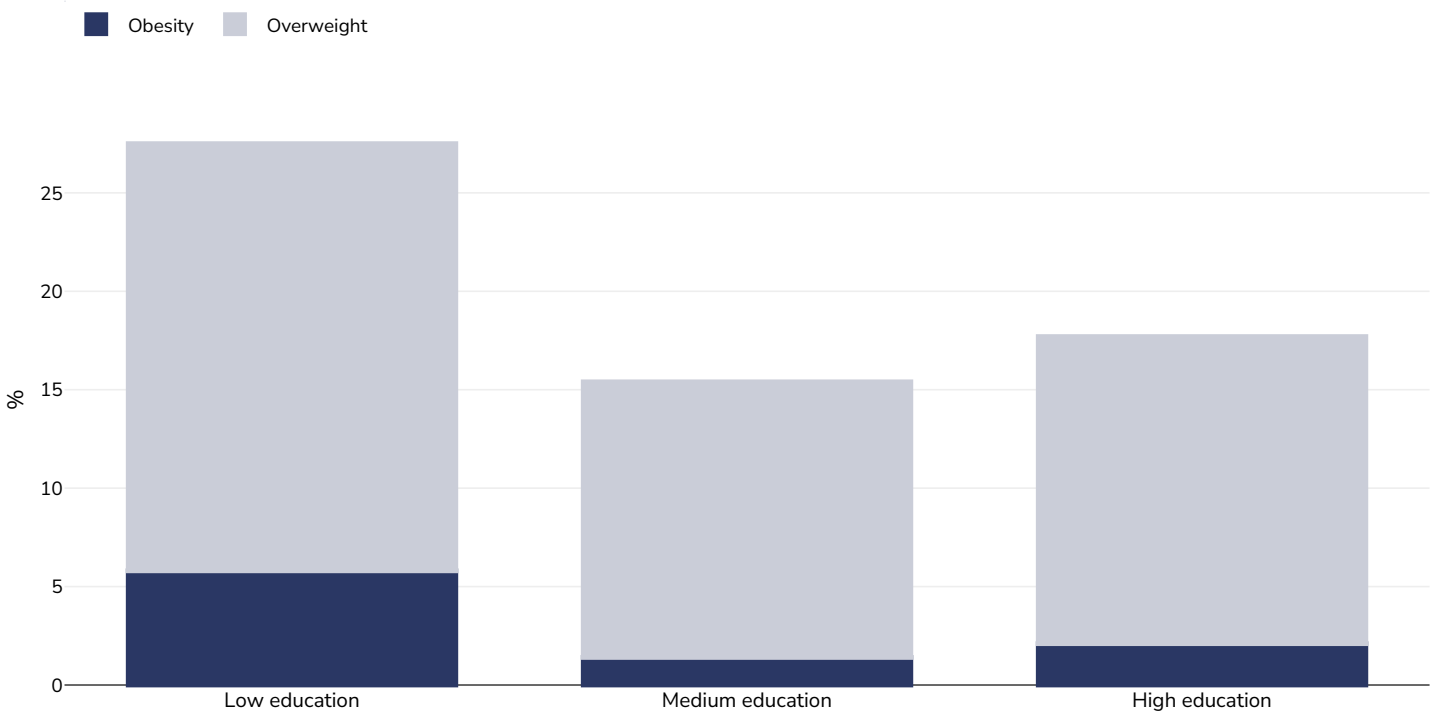
Women, 2020



Survey type:	Self-repo
Age:	16
Sample size:	16
Area covered:	Nati
References:	Swedish National Public Health Survey 2020. Available at http://fo app.folkhalsomyndigheten.se/Folkhalsodata/pxweb/sv/B_HLV/B_HLV__bFyshals__bbeFyshalsvikt/hlv1bmifutb.px/table/tableViewLayo (Last access 03.03

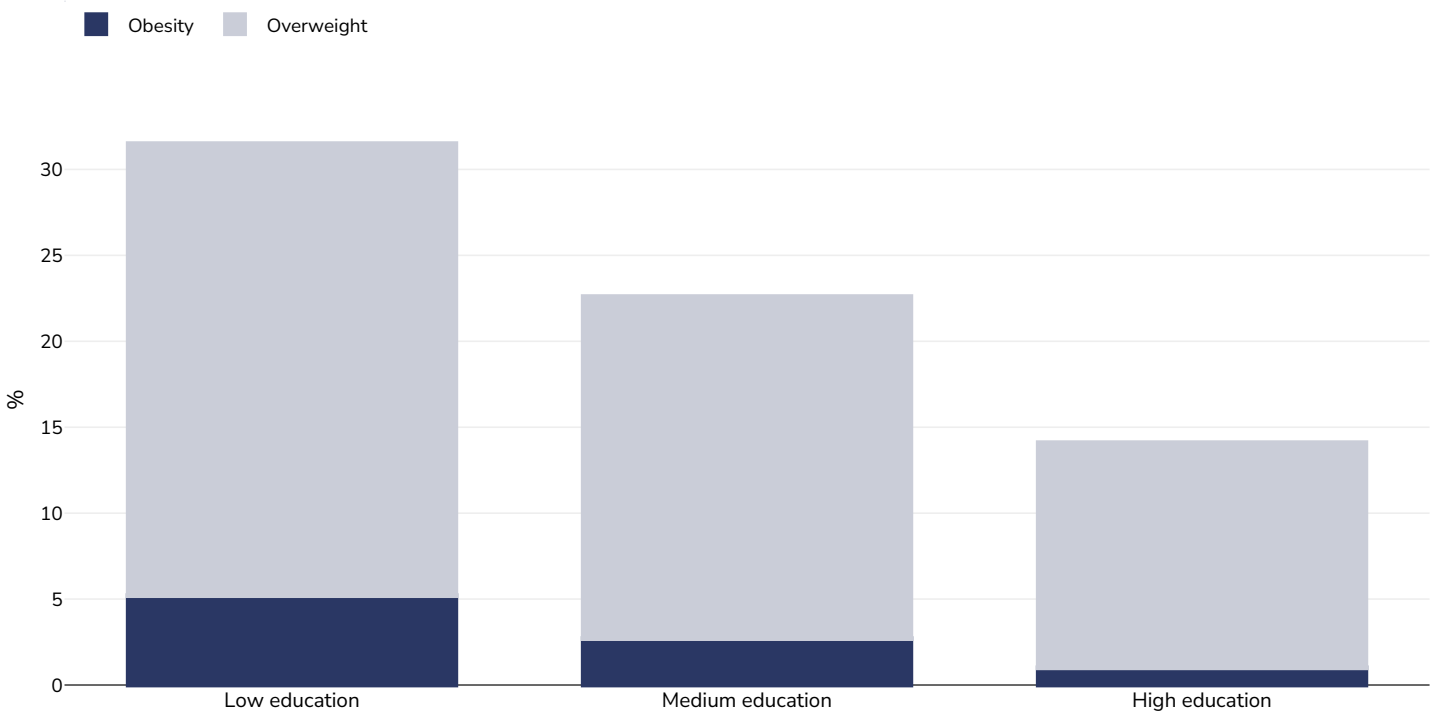
Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg

Boys, 2010



Survey type:	Measured
Age:	7-9
Sample size:	1062
Area covered:	Regional - West Sweden
References:	Moraeus, L.et al (2014) 'Stable prevalence of obesity in Swedish schoolchildren from 2008 to 2013 but widening socio-economic gap in girls', ACTA Paediatrica, 103, pp. 1277–1284
Notes:	Prevalence of overweight and obesity according to area education level (proxy for socioeconomic position) in 2008, 2010 and 2013. IOTF Cut-offs used
Cutoffs:	IOTF

Girls, 2010



Survey type:	Measured
Age:	7-9
Sample size:	1062
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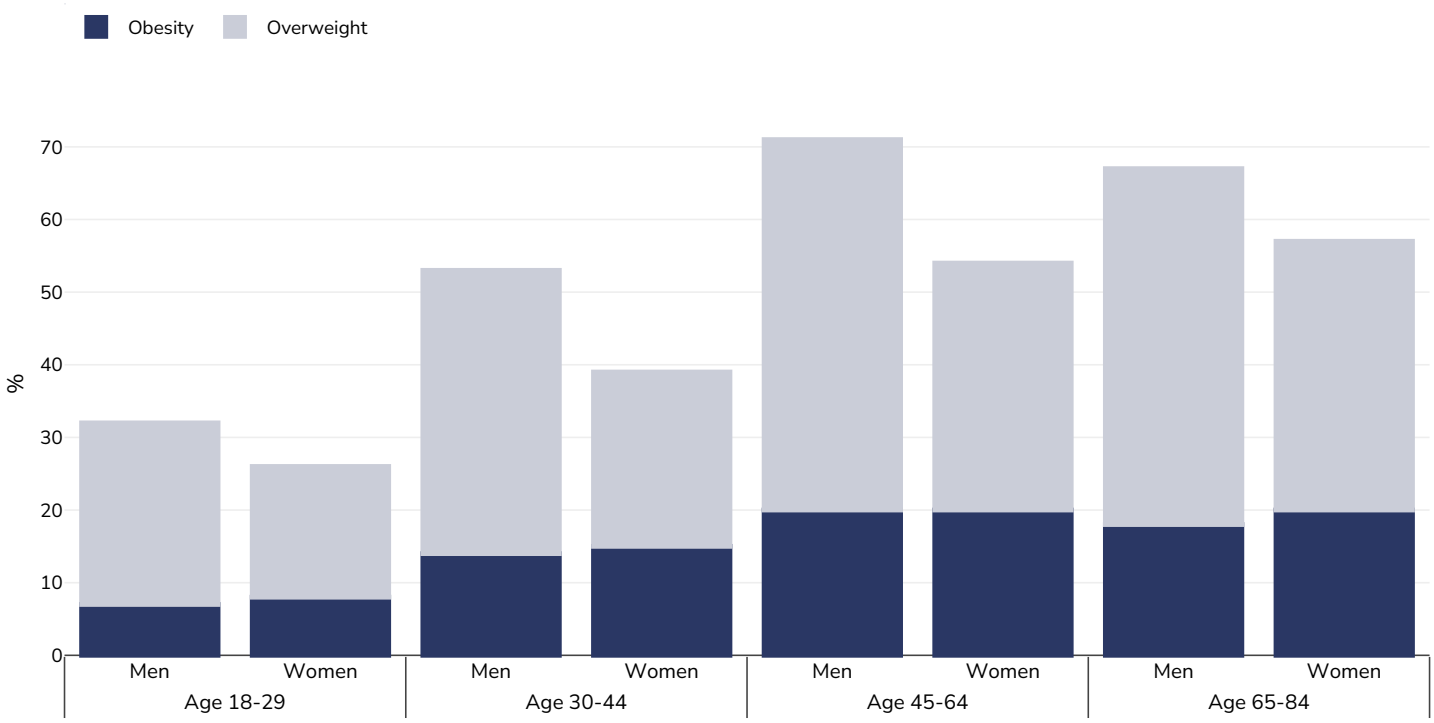
Notes:	Prevalence of overweight and obesity according to area education level (proxy for socioeconomic position) in 2008, 2010 and 2013. IOTF Cut-offs used
Cutoffs:	IOTF

Overweight/obesity by age

Adults, 2020



Survey type:	Self-reported
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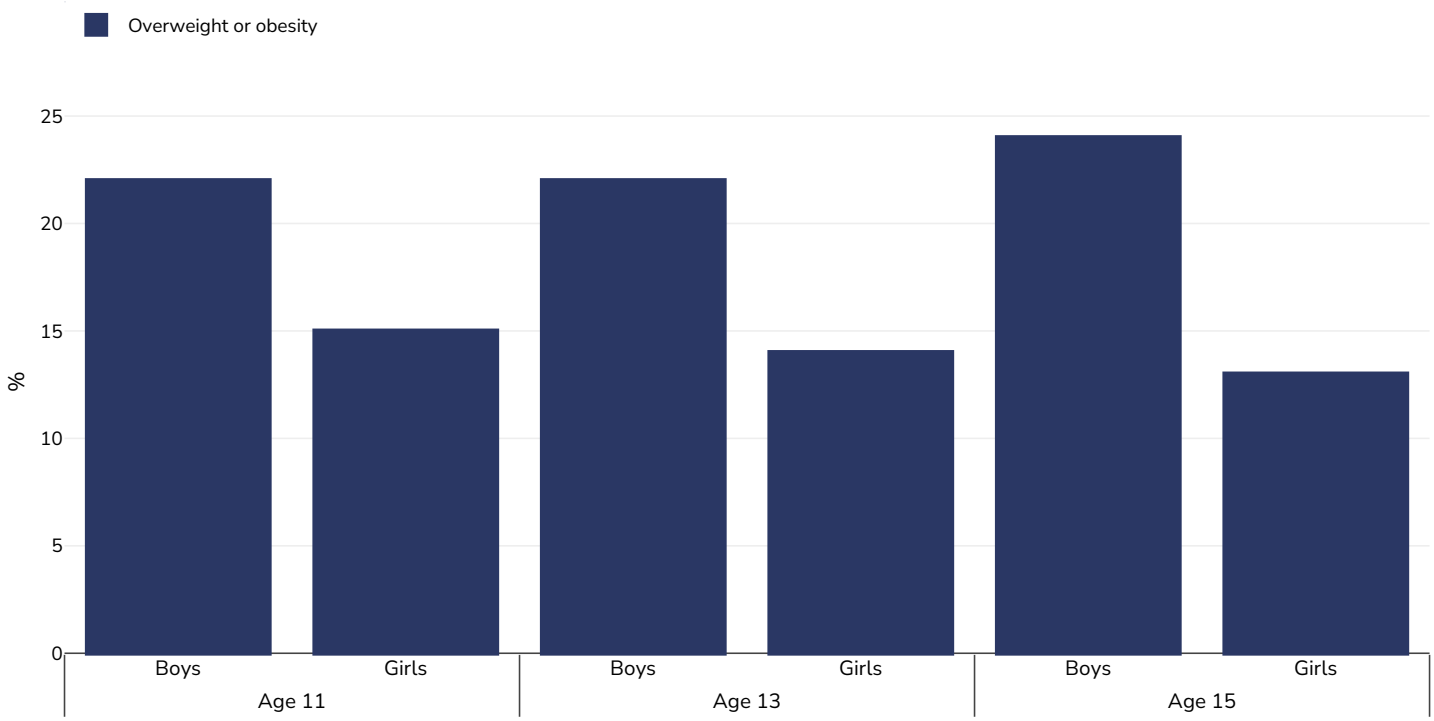
Area covered:	National
References:	Swedish National Public Health Survey 2020. Available at http://fohm-app.folkhalsomyndigheten.se/Folkhalsodata/pxweb/sv/B_HLV/B_HLV__bFyshals__bbeFyshalsvikt/hlv1bmiaald.px/ (last access 03.03.21)

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

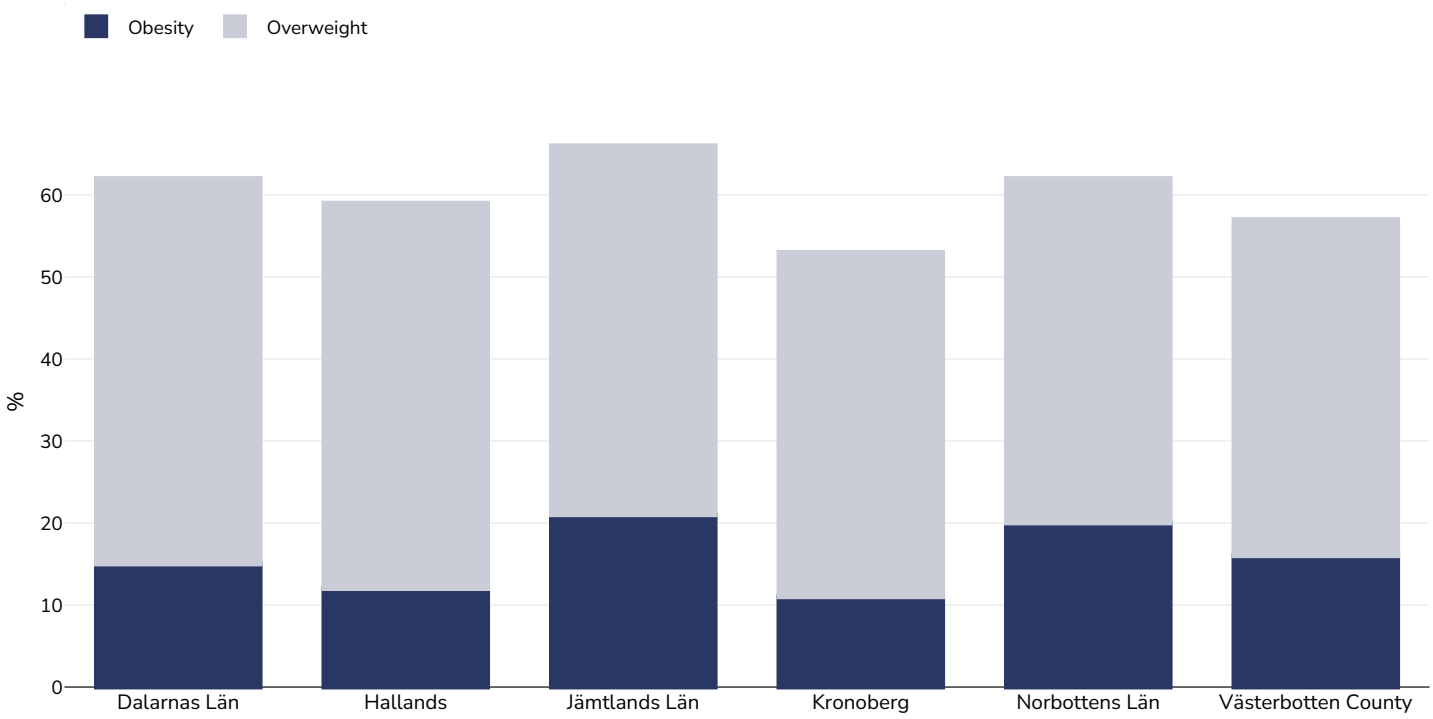
Children, 2021-2022



Survey type:	Self-reported
Area covered:	See Report
References:	RakiÃ?â?¡ 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 (HBSC) international report from the 2021/2022 survey. Volume 4. Copenhagen: WHO Regional Office for Europe; 2024. 'Any translation was not created by the World Health Organization (WHO). WHO is not responsible for the content or accuracy of this translation. The original English edition shall be the binding and authentic edition'
Notes:	HBSC aims to survey approximately 1500 pupils per age group in each country or region (totaling around 4500)
Cutoffs:	+2SD

Overweight/obesity by region

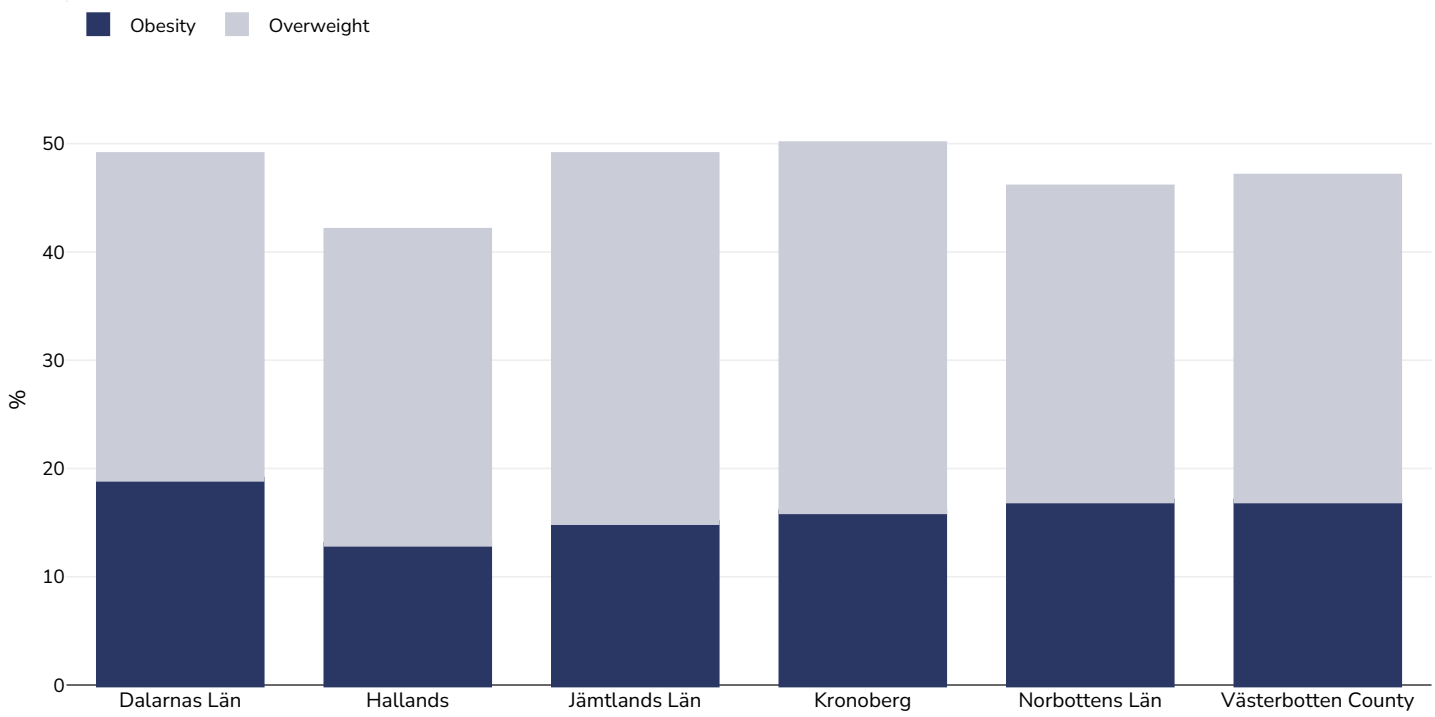
Men, 2018



Survey type:	Self-reported
Age:	16-84
Sample size:	40,000
Area covered:	National
References:	Folkhälsomyndigheten. (2018) Municipality Fact Sheet. Available from: https://www.folkhalsomyndigheten.se/kommunfakta/ (Accessed 6 March 2019).

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

Women, 2018

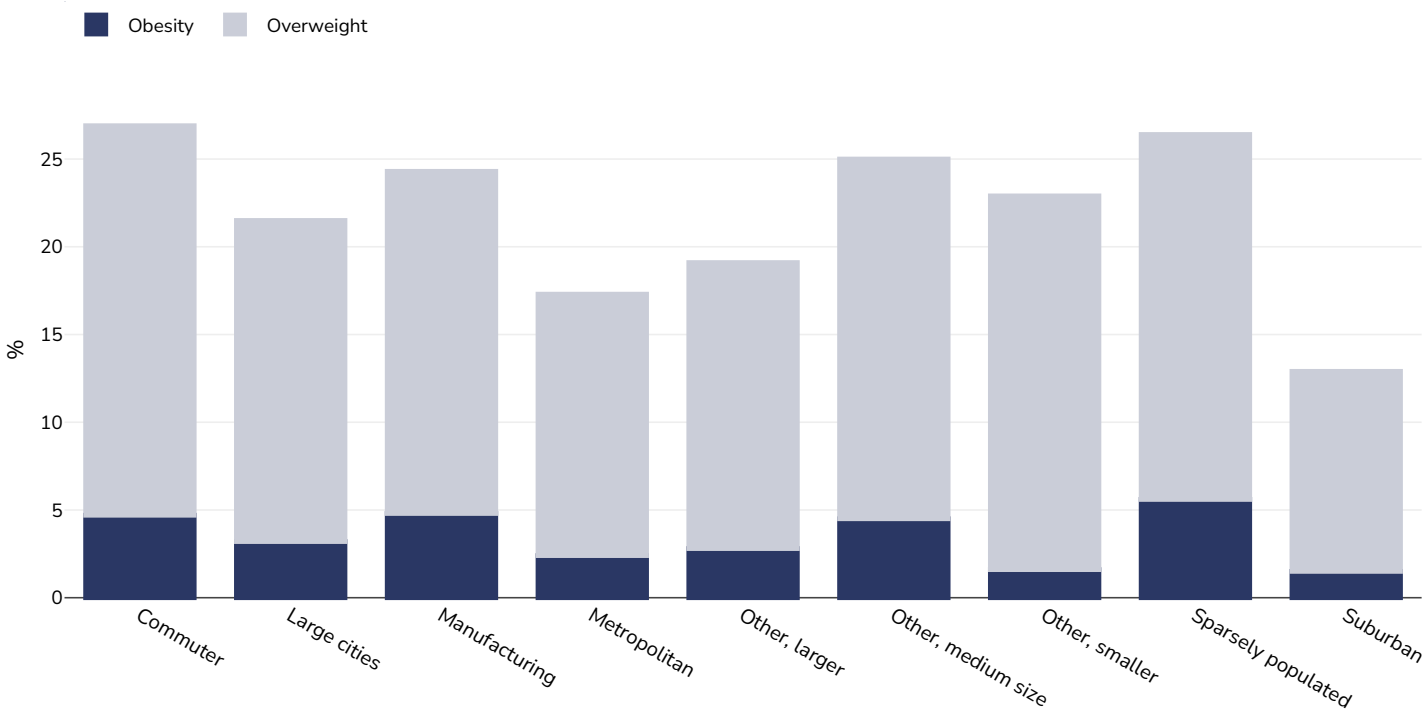


Survey type:	Self-reported
Age:	16-84
Sample size:	40,000
Area covered:	National

References: Folkhälsomyndigheten. (2018) Municipality Fact Sheet. Available from: https://www.folkhalsomyndigheten.se/kommunfakta/ (Accessed 6 March 2019).

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

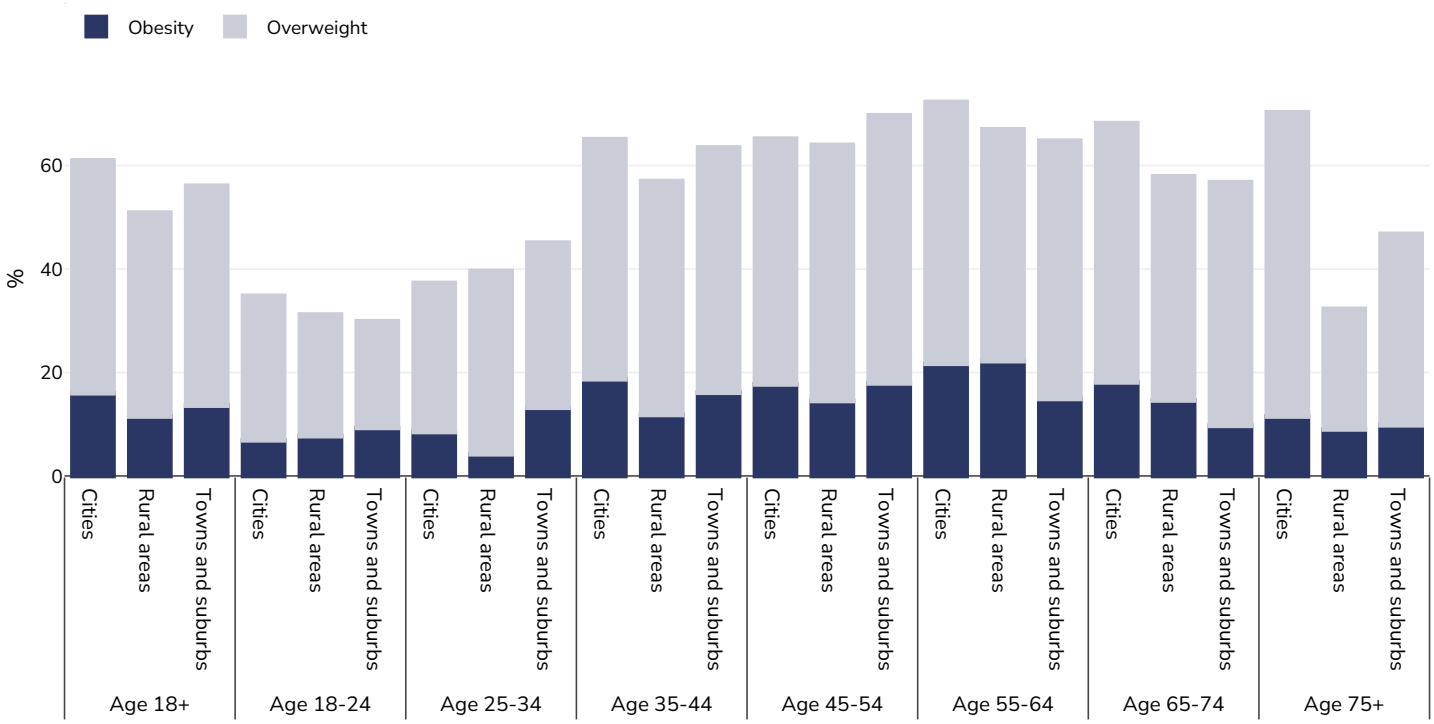
Children, 2008



Survey type:	Measured
Age:	7-9
Sample size:	4538
Area covered:	National
References:	Sjöberg, A., Moraeus, L., Yngve, A., Poortvliet, E., Al-Ansari, U. and Lissner, L. (2011), Overweight and obesity in a representative sample of schoolchildren – exploring the urban–rural gradient in Sweden. Obesity Reviews, 12: 305–314. doi: 10.1111/j.1467-789X.2010.00838.x
Cutoffs:	IOTF

Overweight/obesity by age and region

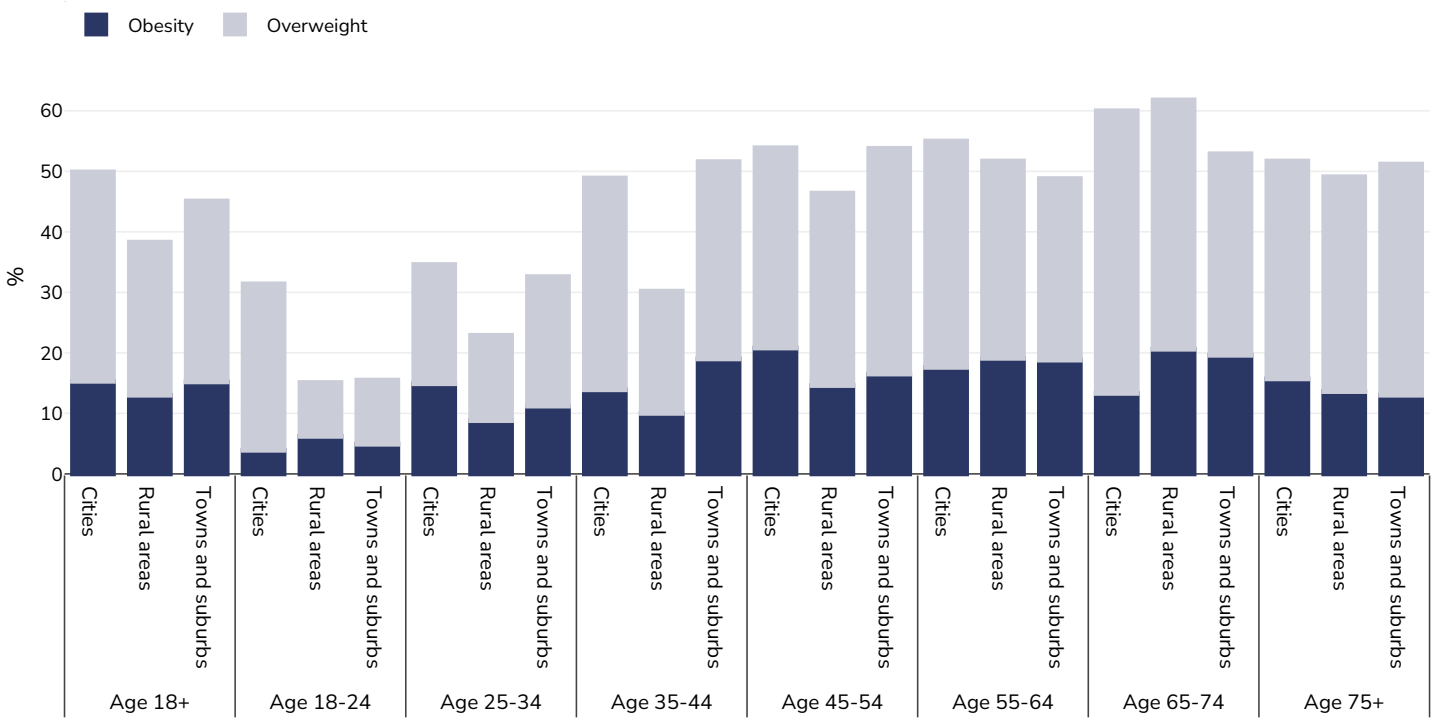
Men, 2014



Survey type:	Self-reported
Area covered:	National
References:	2014 Urbanisation - http://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1u&lang=en (last accessed 25.08.20)

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

Women, 2014

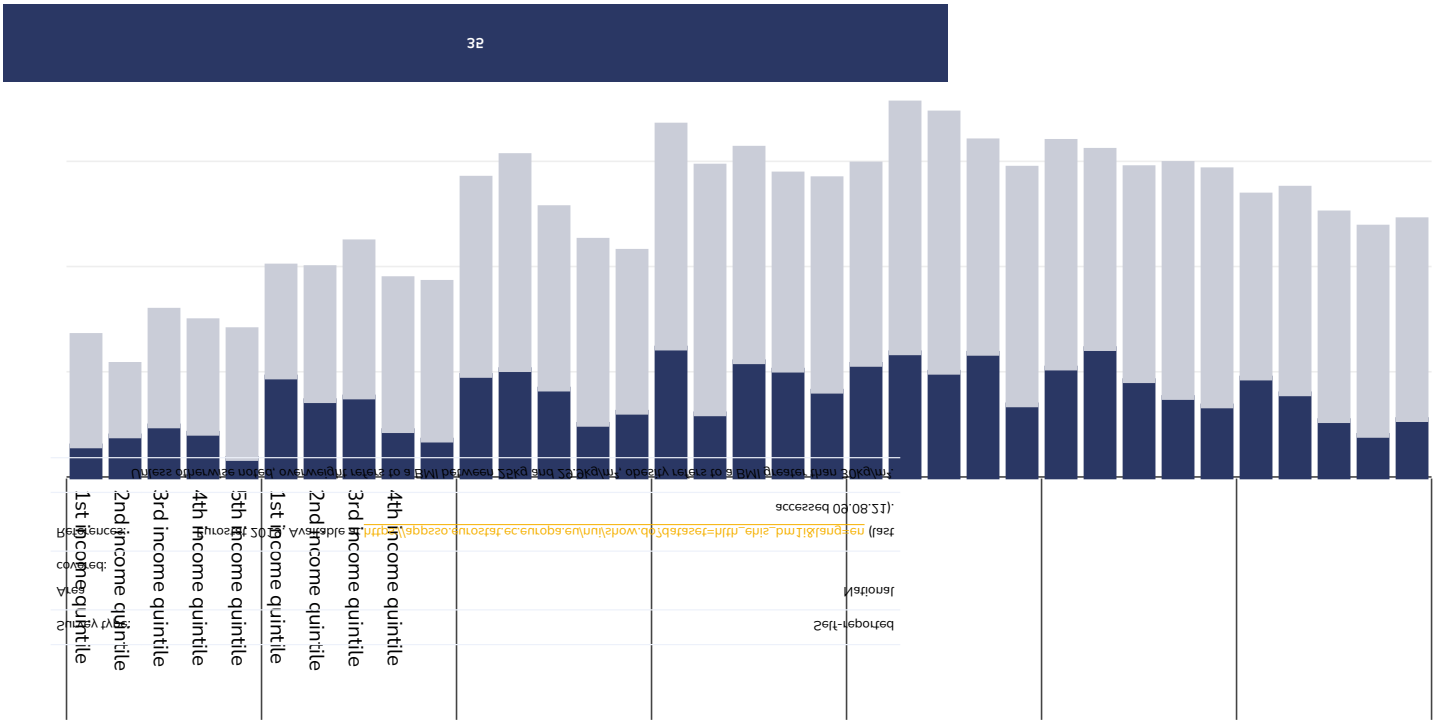


Survey type:	Self-reported
Area covered:	National
References:	2014 Urbanisation - http://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1u&lang=en (last accessed 25.08.20)

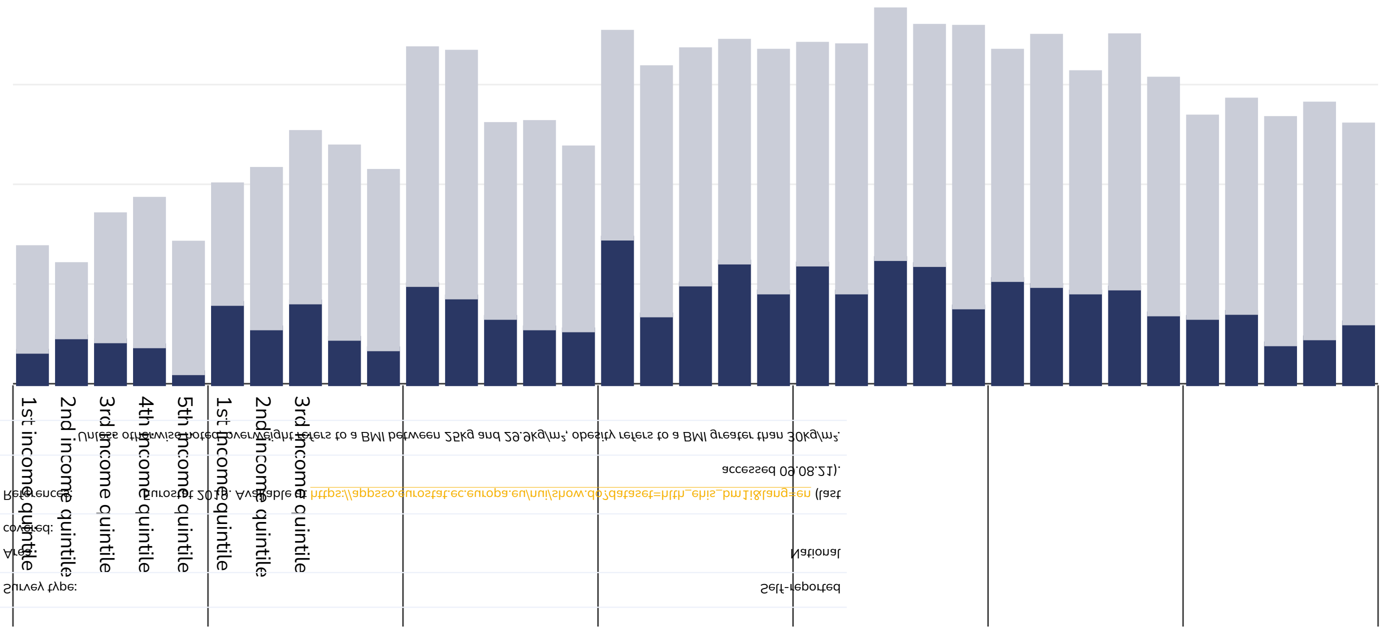
Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².

Overweight/obesity by age and socio-economic group

Adults, 2019



Men, 2019



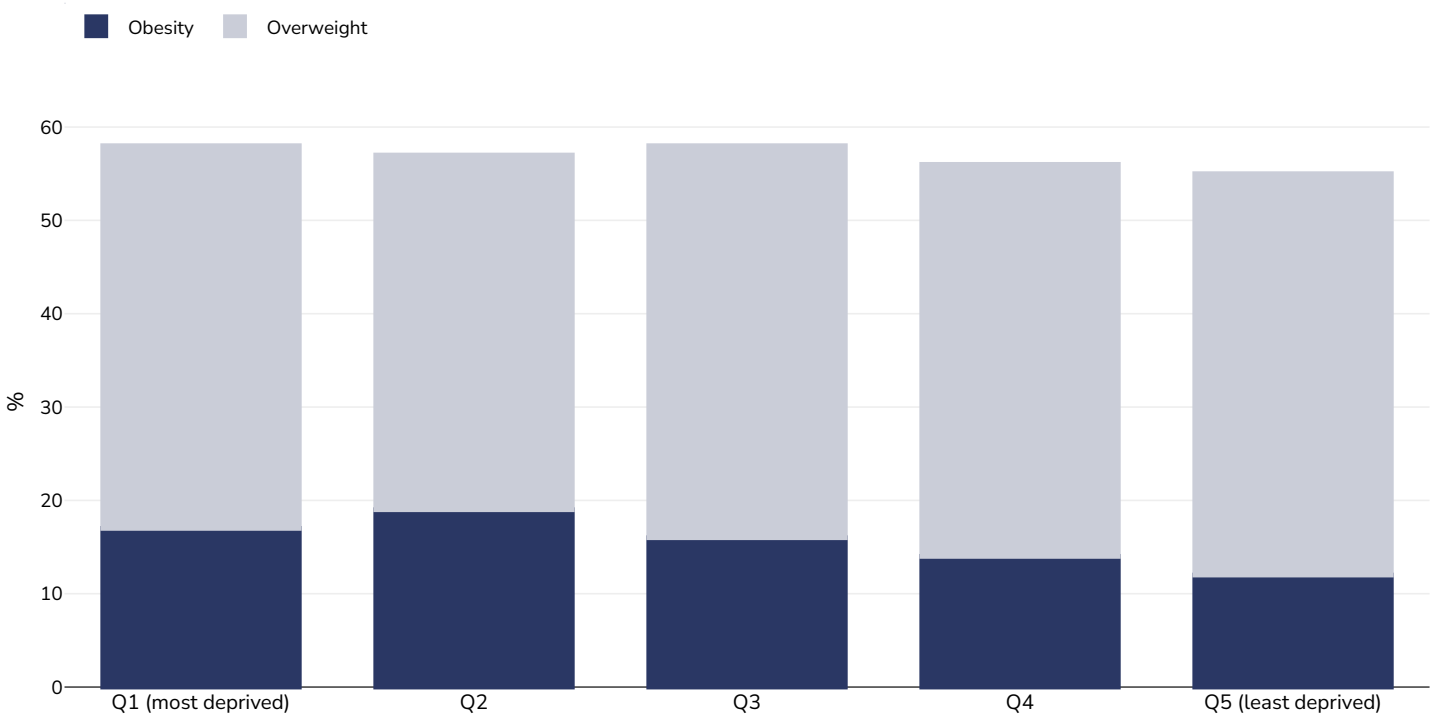
Survey type:	Self-reported
Area covered:	National
References:	Eurostat 2019. Available at https://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1i&lang=en (last accessed 09.08.21).
	Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².

Women, 2019

1st income quintile
2nd income quintile
3rd income quintile
4th income quintile
5th income quintile
1st income quintile
2nd income quintile
3rd income quintile

Overweight/obesity by socio-economic group

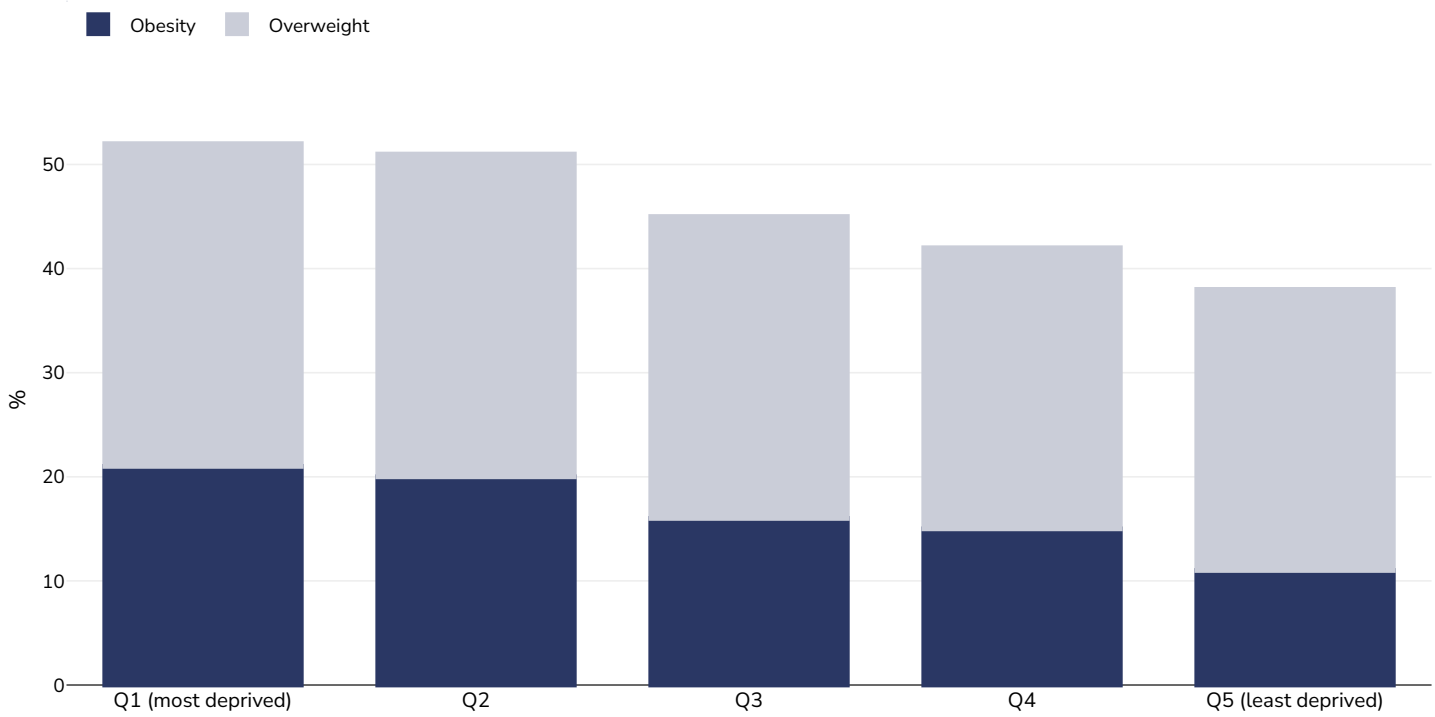
Men, 2020



Survey type:	Self-repo
Age:	1
Sample size:	16
Area covered:	Nat
References:	Swedish National Public Health Survey 2020. Available at http://fo app.folkhalsomyndigheten.se/Folkhalsodata/pxweb/sv/B_HLV/B_HLV__bFyshals__bbeFyshalsvikt/hlv1bmibeko.px/table/tableViewLayo (last accessed 03.03

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

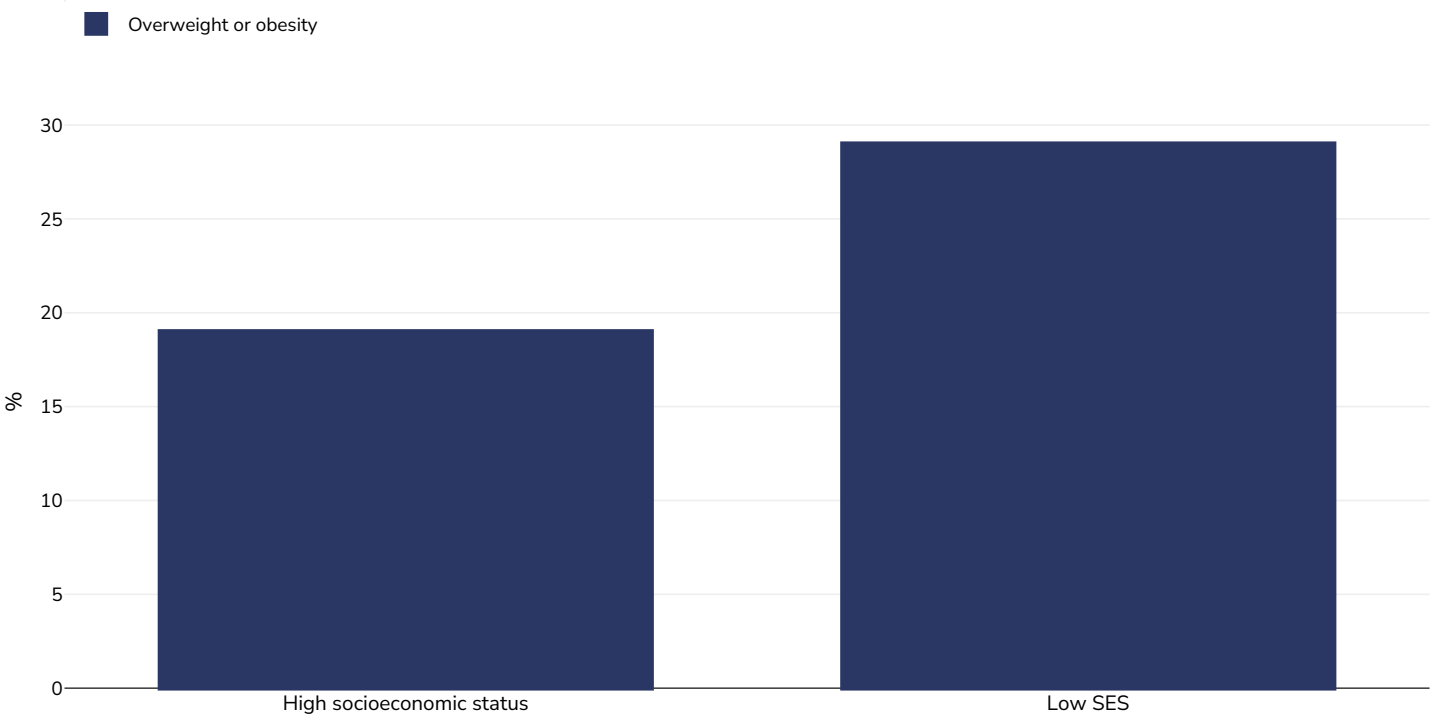
Women, 2020



Survey type:	Self-repo
Age:	1(
Sample size:	16
Area covered:	Nati
References:	Swedish National Public Health Survey 2020. Available at http://fo app.folkhalsomyndigheten.se/Folkhalsodata/pxweb/sv/B_HLV/B_HLV__bFyshals__bbeFyshalsvikt/hlv1bmibeko.px/table/tableViewLayo (last accessed 03.03

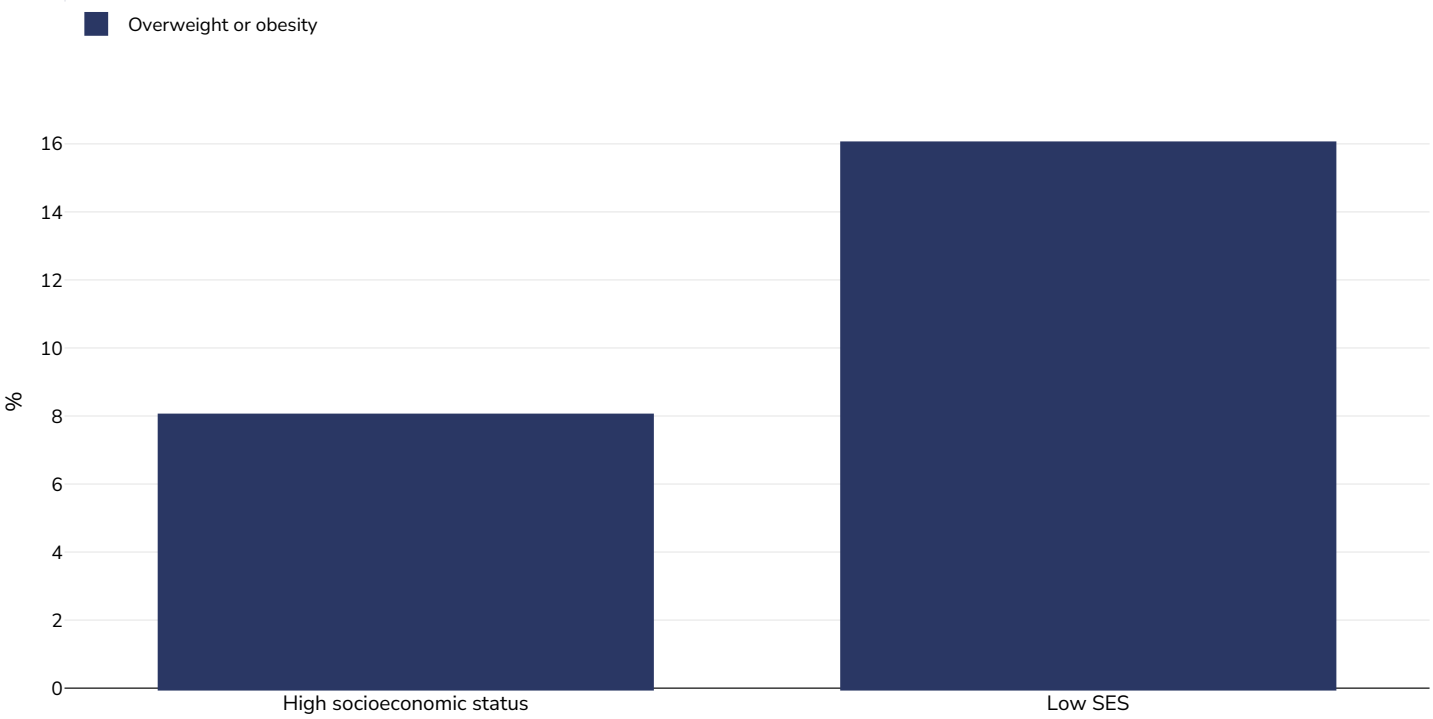
Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg

Boys, 2021-2022



Survey type:	Self-reported
Age:	11-15
References:	Raki? 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 (HBSC) international report from the 2021/2022 survey. Volume 4. Copenhagen: WHO Regional Office for Europe; 2024. 'Any translation was not created by the World Health Organization (WHO). WHO is not responsible for the content or accuracy of this translation. The original English edition shall be the binding and authentic edition'
Notes:	Family affluence scaleHBSC aims to survey approximately 1500 pupils per age group in each country or region (totaling around 4500)
Cutoffs:	+2SD

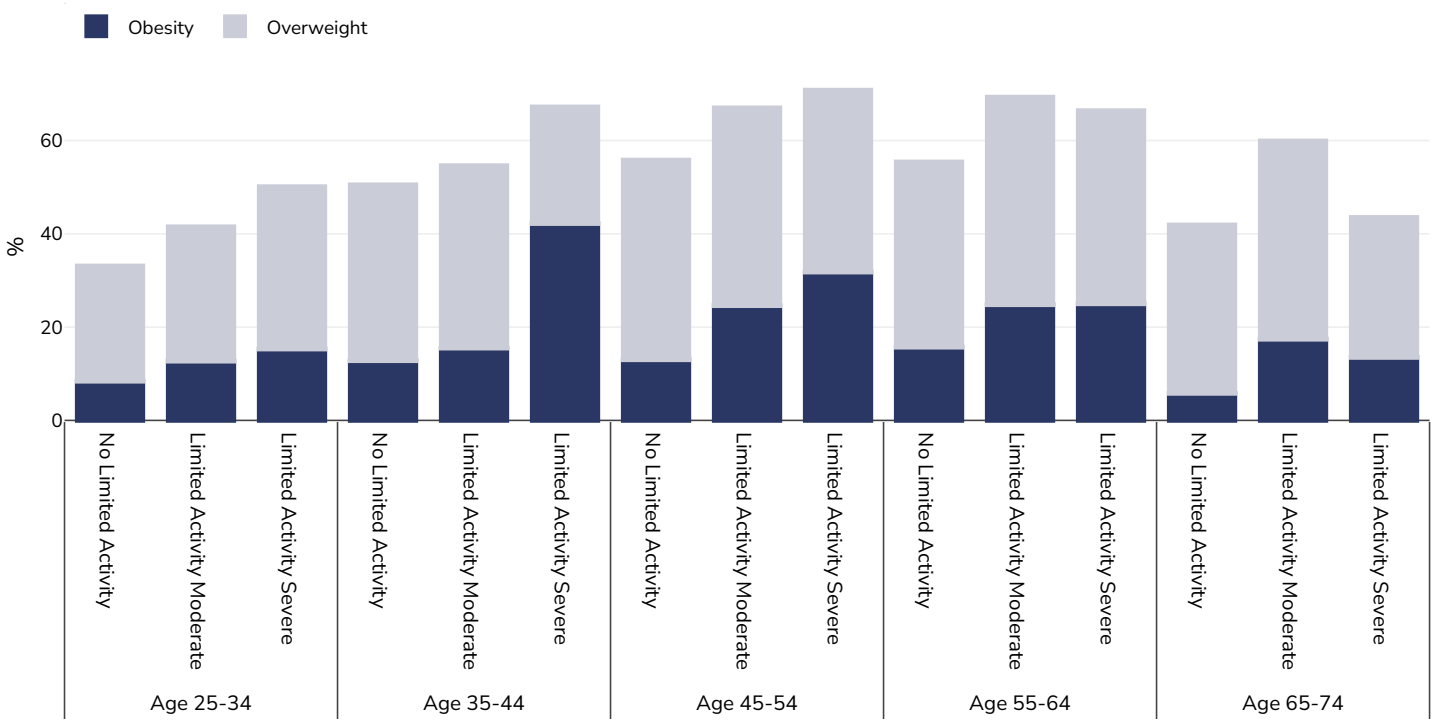
Girls, 2021-2022



Survey type:	Self-reported
Age:	11-15
References:	Raki? 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 (HBSC) international report from the 2021/2022 survey. Volume 4. Copenhagen: WHO Regional Office for Europe; 2024. 'Any translation was not created by the World Health Organization (WHO). WHO is not responsible for the content or accuracy of this translation. The original English edition shall be the binding and authentic edition'
Notes:	Family affluence scaleHBSC aims to survey approximately 1500 pupils per age group in each country or region (totaling around 4500)
Cutoffs:	+2SD

Overweight/obesity by age and limited activity

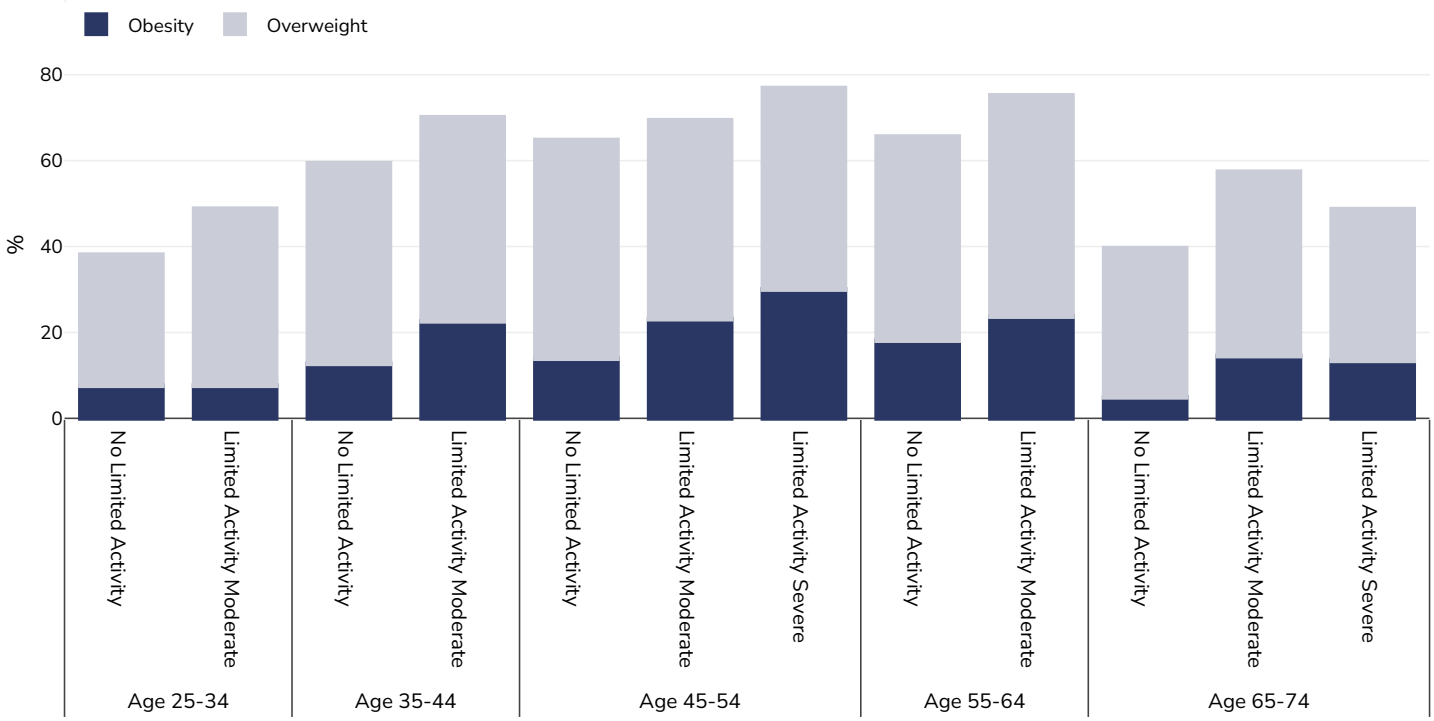
Adults, 2014



Survey type:	Self-reported
Area covered:	National
References:	Eurostat 2014 available at https://appsso.eurostat.ec.europa.eu/nui/submitViewTableAction.do (last accessed 06.10.21)

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

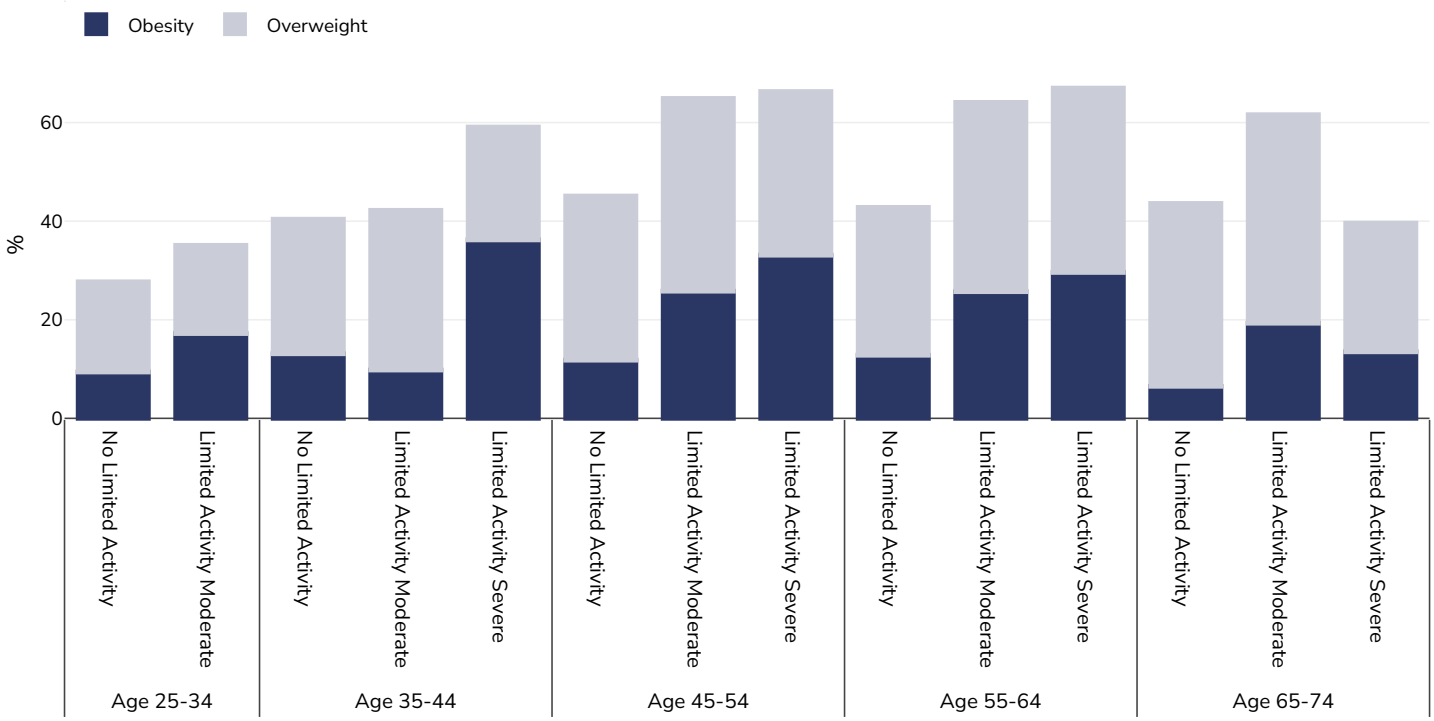
Men, 2014



Survey type:	Self-reported
Area covered:	National
References:	Eurostat 2014 available at https://appsso.eurostat.ec.europa.eu/nui/submitViewTableAction.do (last accessed 06.10.21)

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

Women, 2014

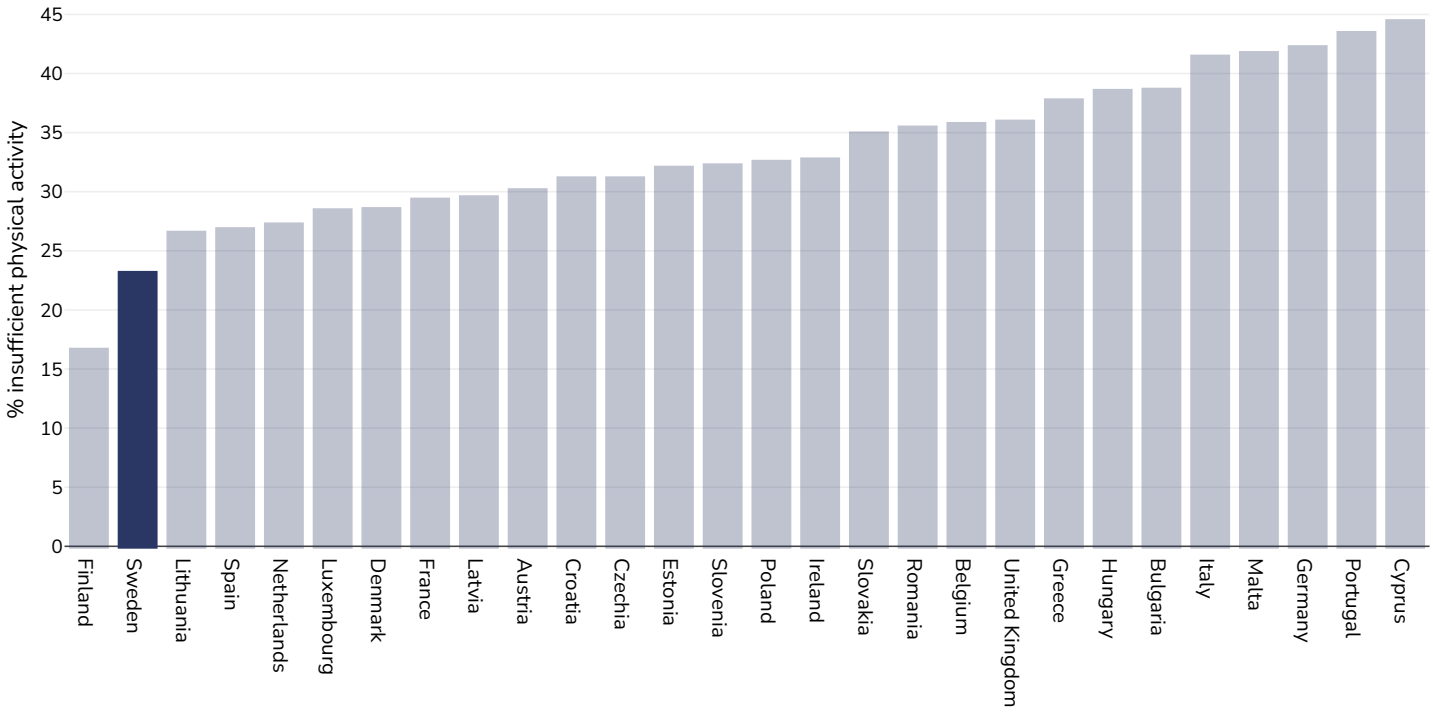


Survey type:	Self-reported
Area covered:	National
References:	Eurostat 2014 available at https://appsso.eurostat.ec.europa.eu/nui/submitViewTableAction.do (last accessed 06.10.21)

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

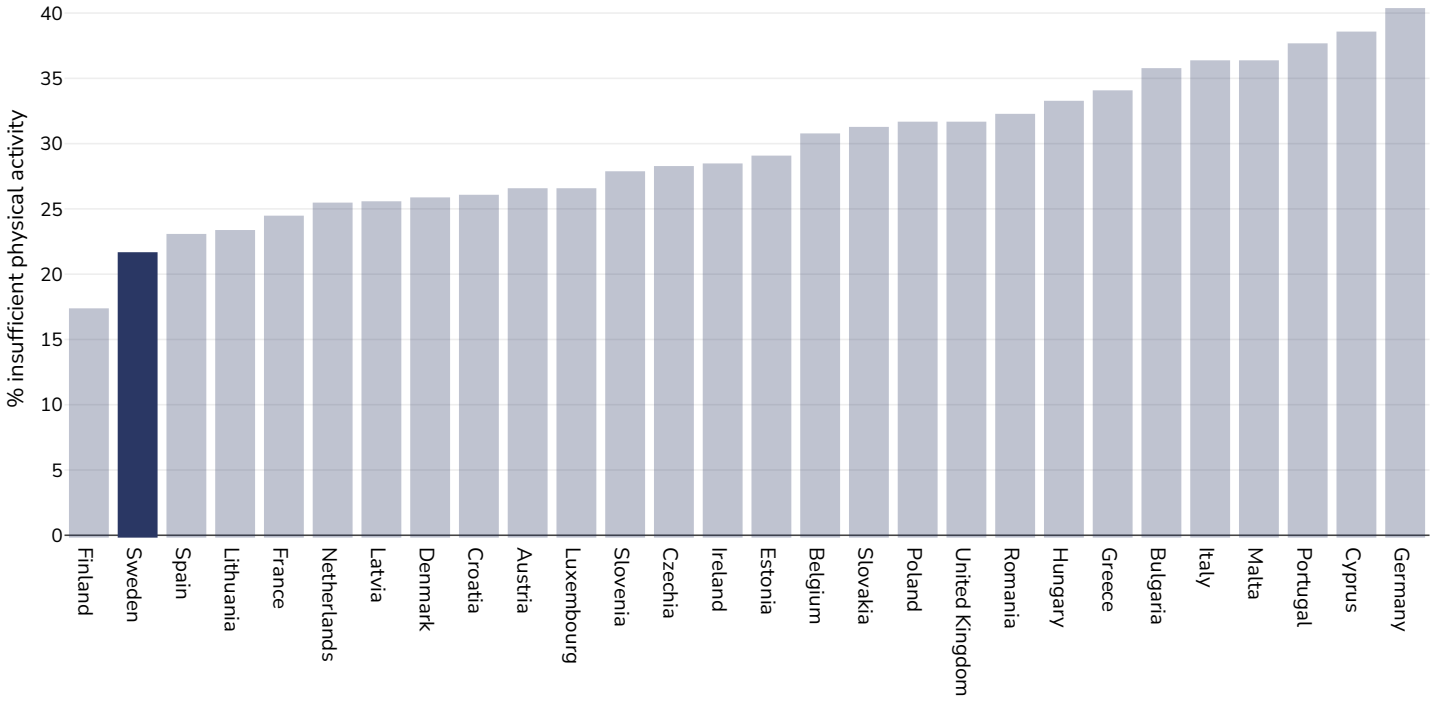
Insufficient physical activity

Adults, 2016



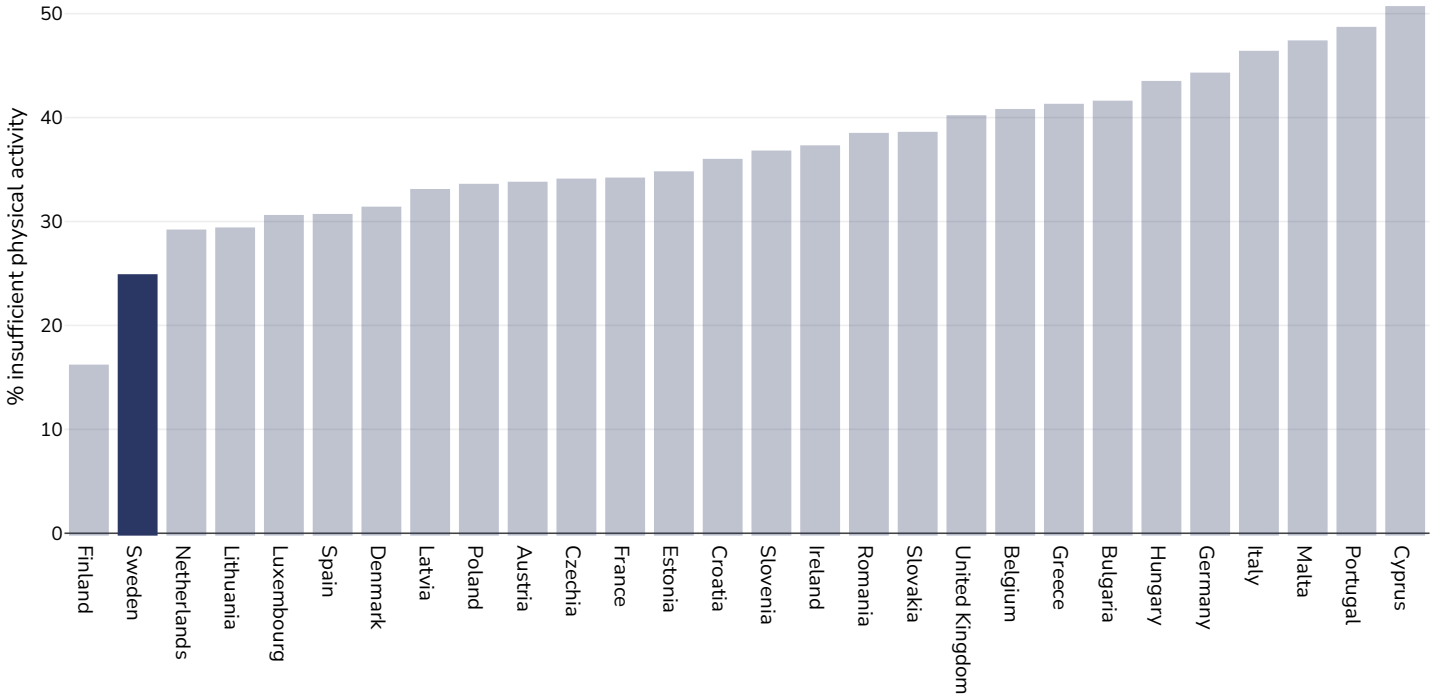
References: Guthold R, Stevens GA, Riley LM, Bull FC. Worldwide trends in insufficient physical activity from 2001 to 2016: a pooled analysis of 358 population-based surveys with 1.9 million participants. Lancet 2018 http://dx.doi.org/10.1016/S2214-109X(18)30357-7

Men, 2016



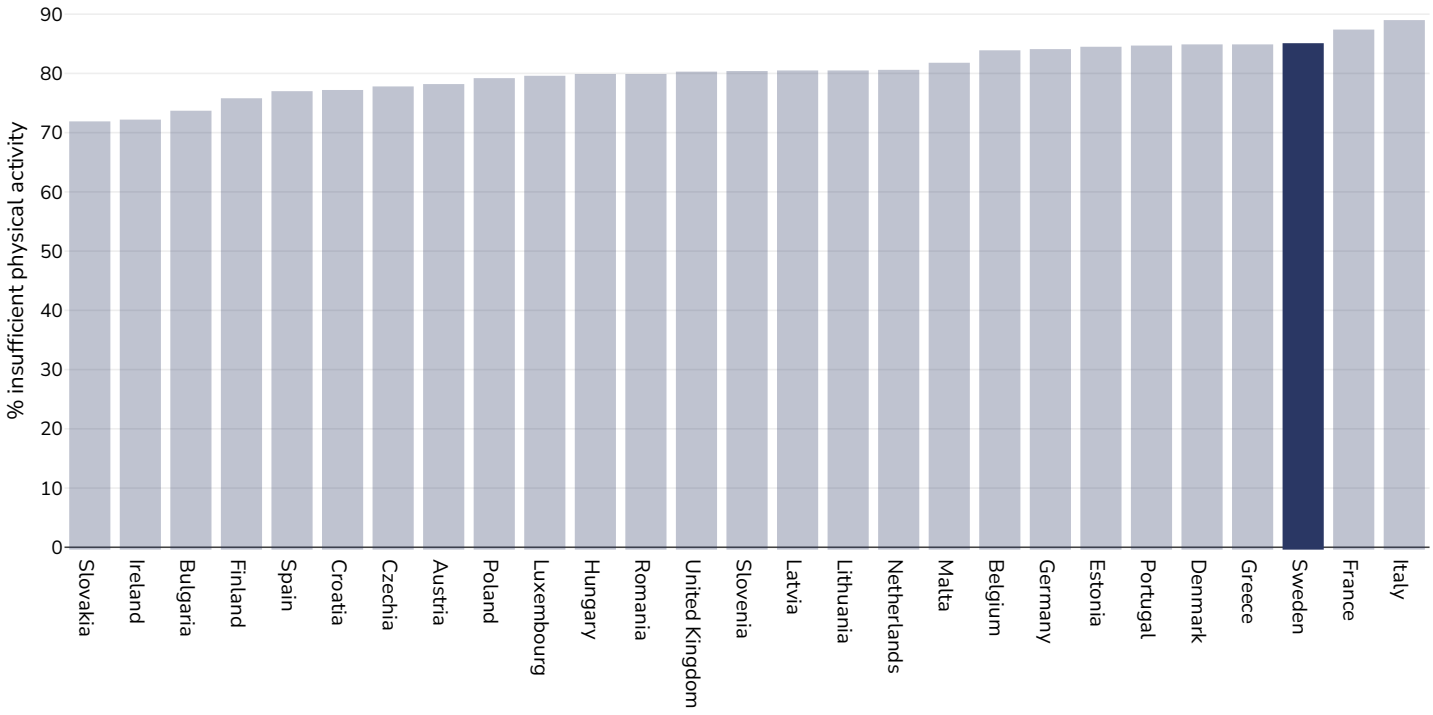
References: Guthold R, Stevens GA, Riley LM, Bull FC. Worldwide trends in insufficient physical activity from 2001 to 2016: a pooled analysis of 358 population-based surveys with 1.9 million participants. Lancet 2018 http://dx.doi.org/10.1016/S2214-109X(18)30357-7

Women, 2016



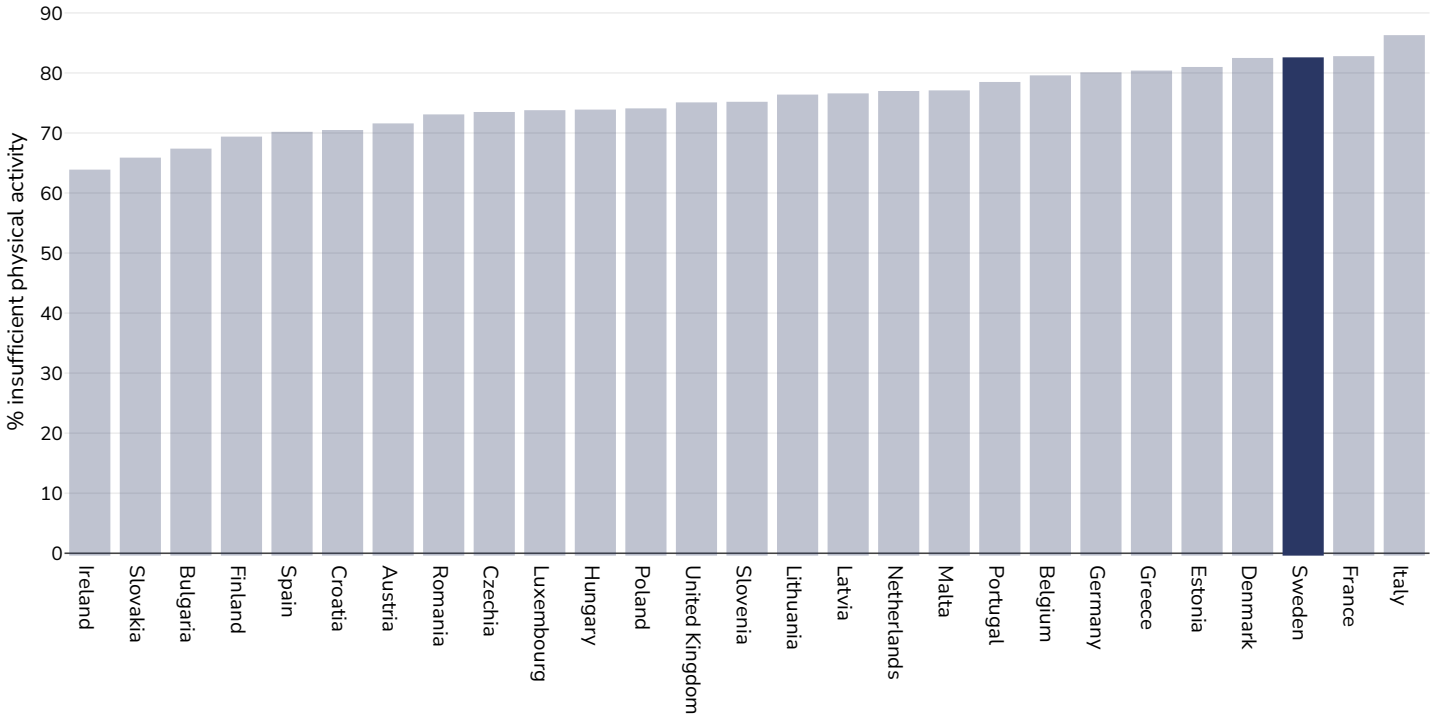
References: Guthold R, Stevens GA, Riley LM, Bull FC. Worldwide trends in insufficient physical activity from 2001 to 2016: a pooled analysis of 358 population-based surveys with 1.9 million participants. Lancet 2018 http://dx.doi.org/10.1016/S2214-109X(18)30357-7

Children, 2016



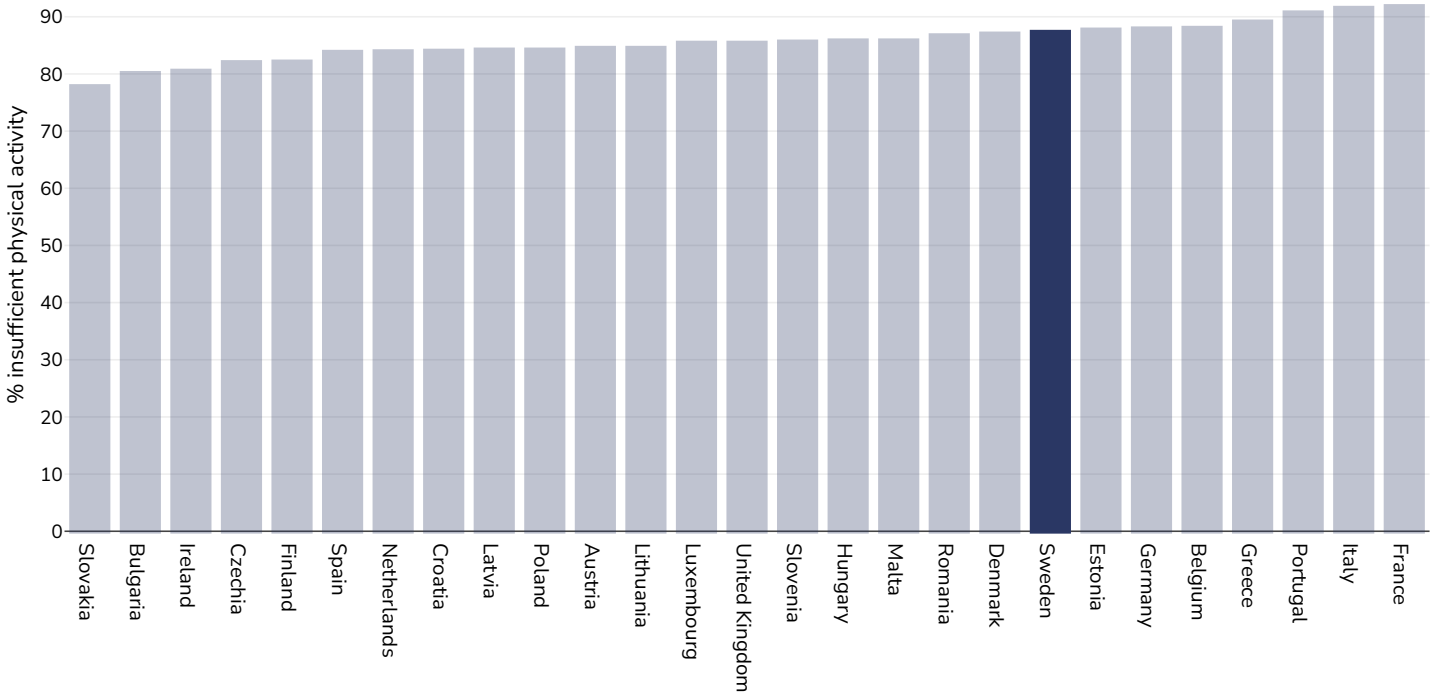
Survey type:	Self-reported
Age:	11-17
References:	Global Health Observatory data repository, World Health Organisation, https://apps.who.int/gho/data/node.main.A893ADO?lang=en (last accessed 16.03.21)
Notes:	% of school going adolescents not meeting WHO recommendations on Physical Activity for Health, i.e. doing less than 60 minutes of moderate- to vigorous-intensity physical activity daily.
Definitions:	% Adolescents insufficiently active (age standardised estimate)

Boys, 2016



Survey type:	Self-reported
Age:	11-17
References:	Global Health Observatory data repository, World Health Organisation, https://apps.who.int/gho/data/node.main.A893ADO?lang=en (last accessed 16.03.21)
Notes:	% of school going adolescents not meeting WHO recommendations on Physical Activity for Health, i.e. doing less than 60 minutes of moderate- to vigorous-intensity physical activity daily.
Definitions:	% Adolescents insufficiently active (age standardised estimate)

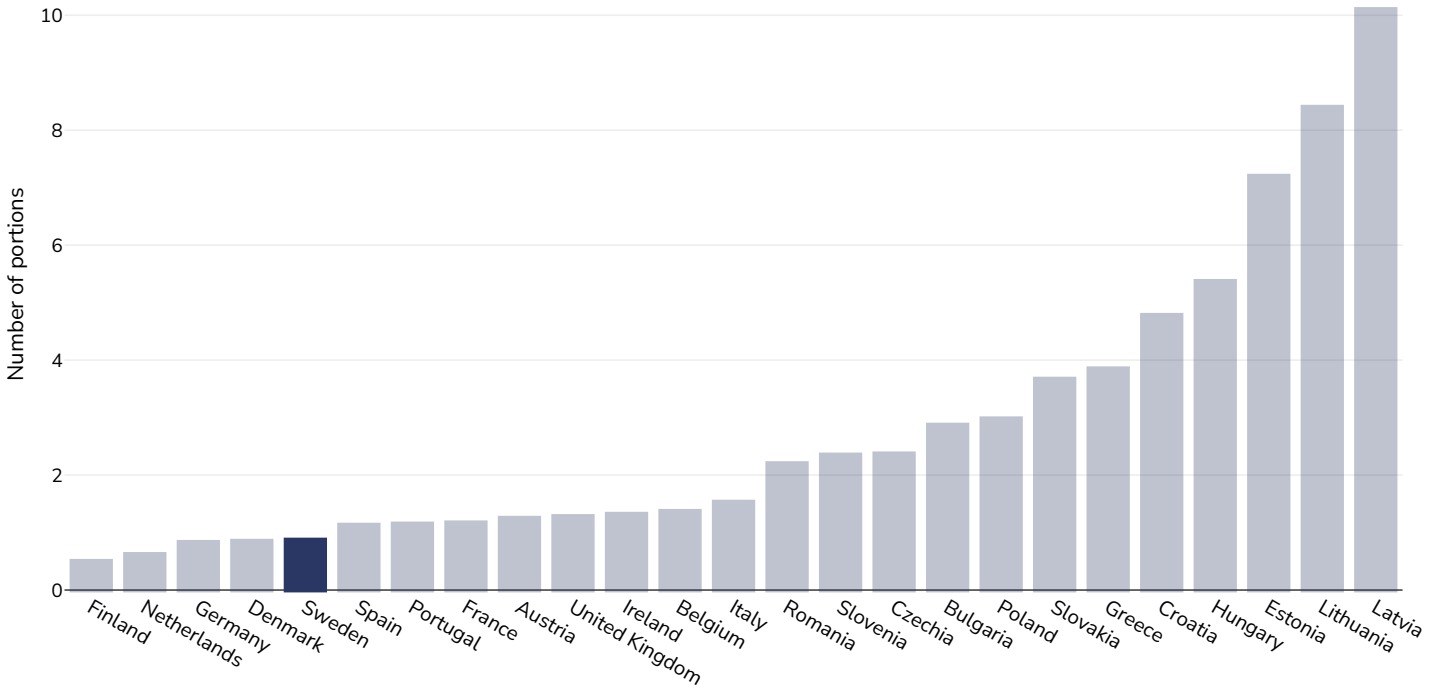
Girls, 2016



Survey type:	Self-reported
Age:	11-17
References:	Global Health Observatory data repository, World Health Organisation, https://apps.who.int/gho/data/node.main.A893ADO?lang=en (last accessed 16.03.21)
Notes:	% of school going adolescents not meeting WHO recommendations on Physical Activity for Health, i.e. doing less than 60 minutes of moderate- to vigorous-intensity physical activity daily.
Definitions:	% Adolescents insufficiently active (age standardised estimate)

Sugar consumption

Adults, 2016

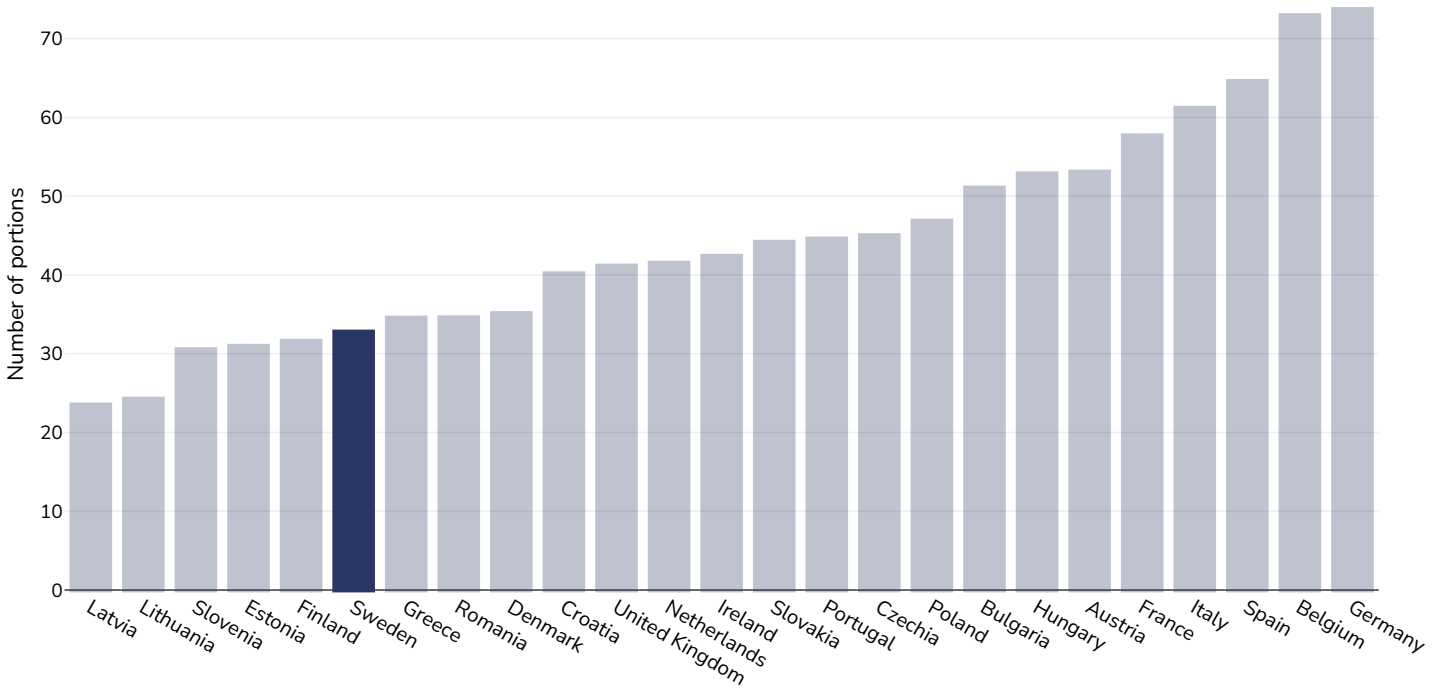


References: Source: Euromonitor International

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

Estimated per capita sugar sweetened beverages intake

Adults, 2016

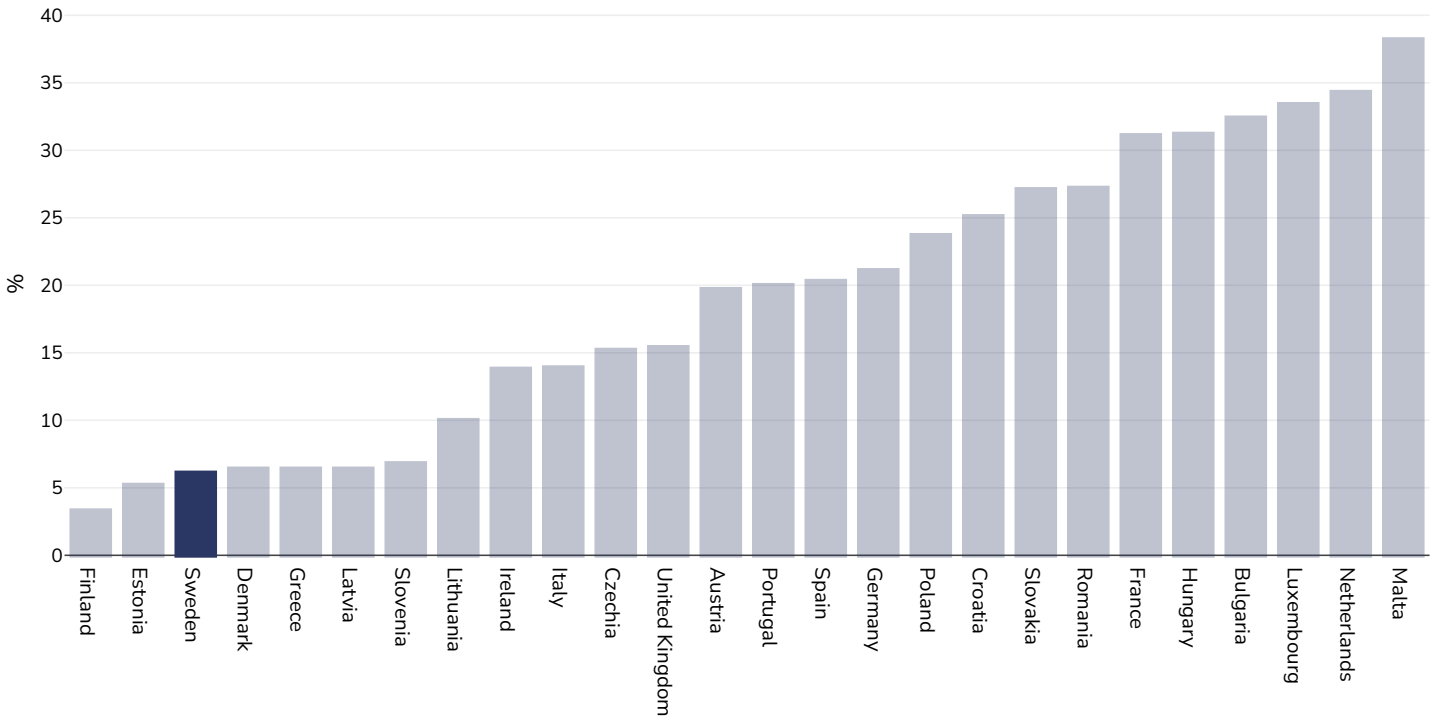


References:

Source: Euromonitor International

Prevalence of at least daily carbonated soft drink consumption

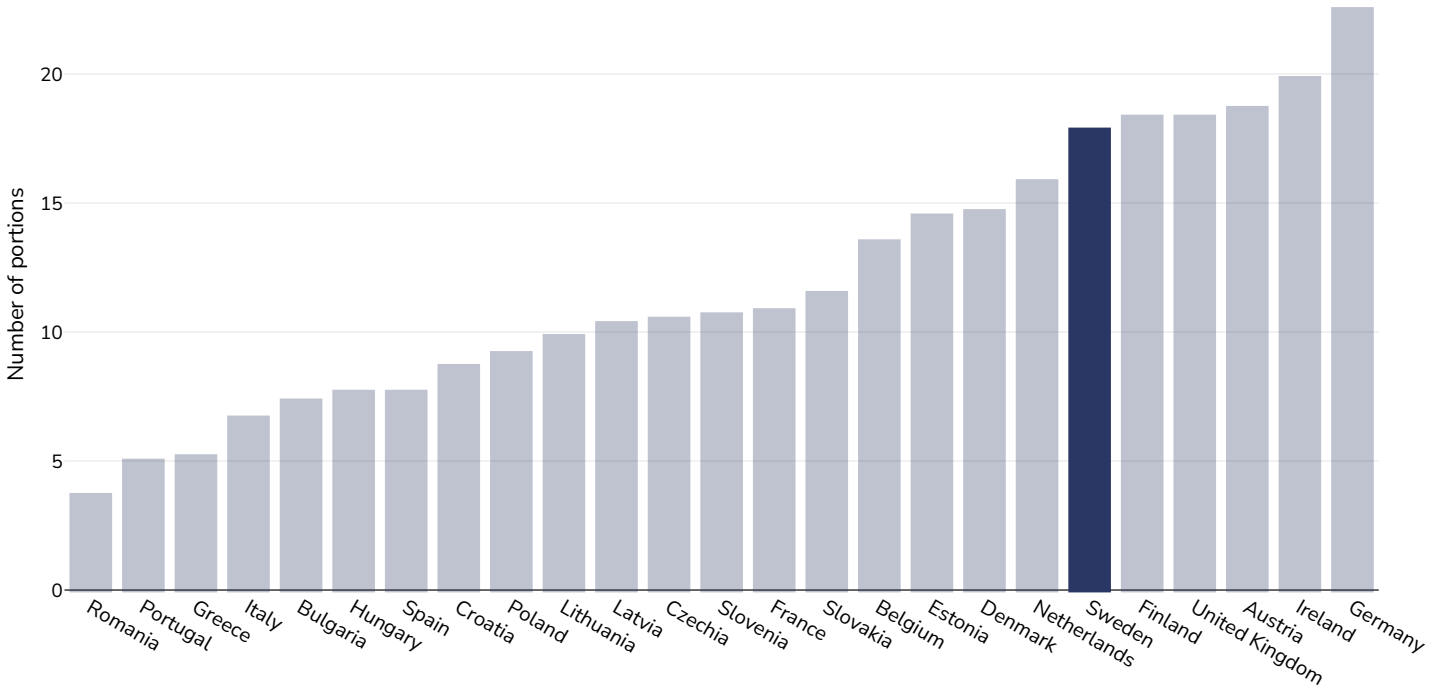
Children, 2014



Survey type:	Measured
References:	World Health Organization. (2017). Adolescent obesity and related behaviours: Trends and inequalities in the who european region, 2002-2014: observations from the Health Behavior in School-aged Children (HBSC) WHO collaborative cross-national study (J. Inchley, D. Currie, J. Jewel, J. Breda, & V. Barnekow, Eds.). World Health Organization. Sourced from Food Systems Dashboard http://www.foodsystemsdashboard.org
Notes:	15-year-old adolescents
Definitions:	Prevalence of at least daily carbonated soft drink consumption (% of at least daily carbonated soft drink consumption)

Prevalence of confectionery consumption

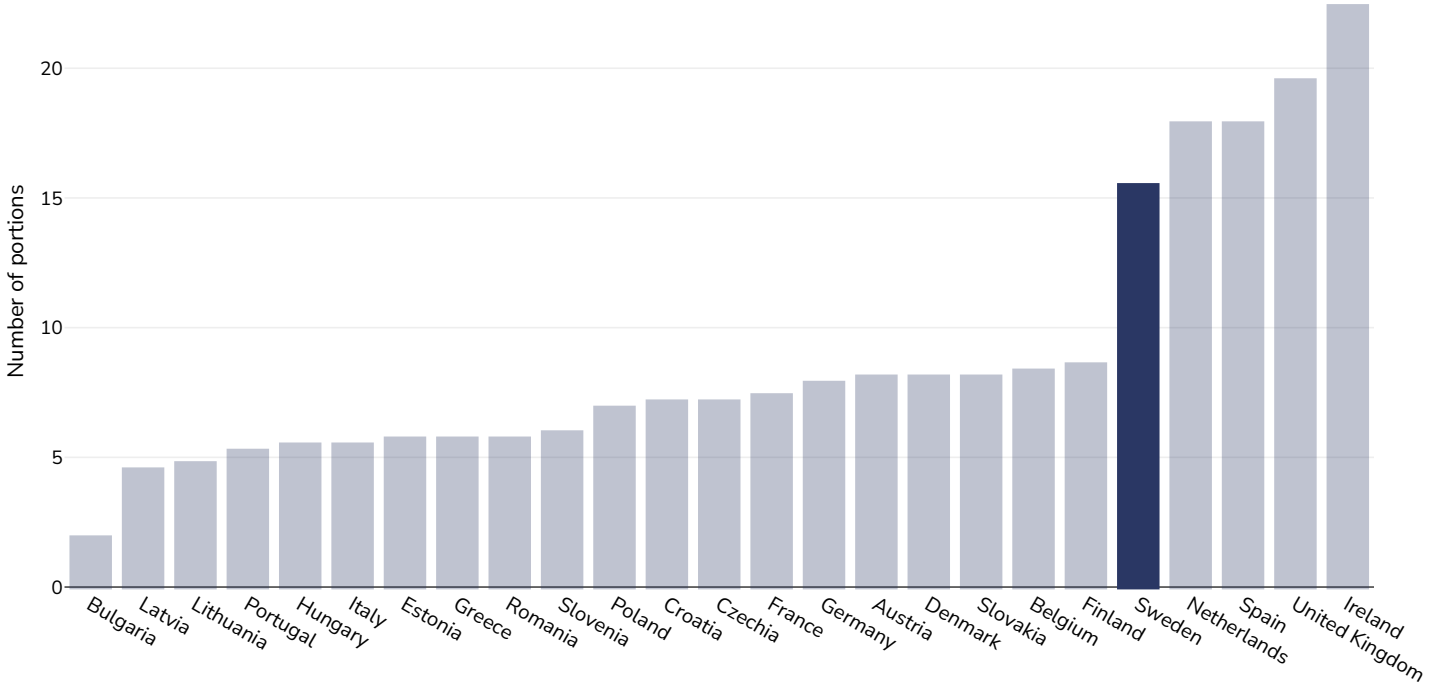
Adults, 2016



References:	Source: Euromonitor International
Definitions:	Prevalence of confectionery consumption (Number of 50g confectionery portions/person/month)

Prevalence of sweet/savoury snack consumption

Adults, 2016

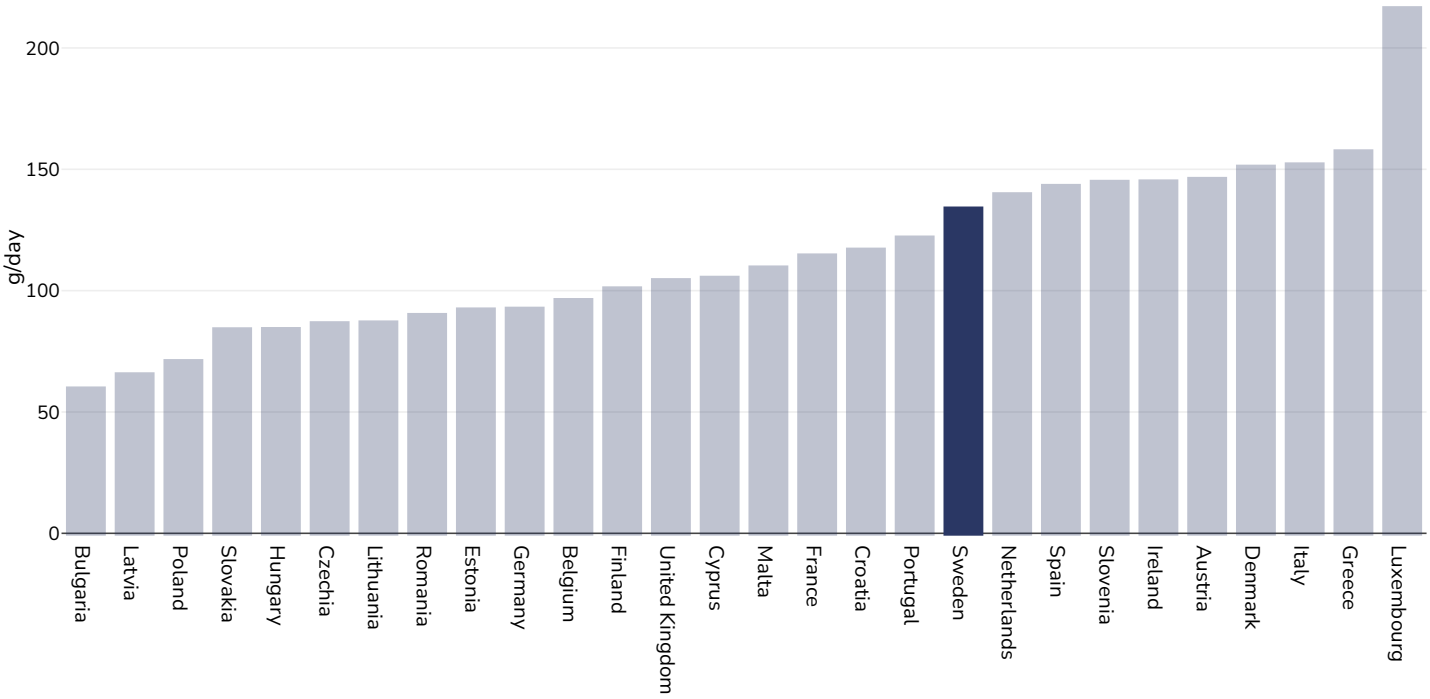


References: Source: Euromonitor International

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

Estimated per capita fruit intake

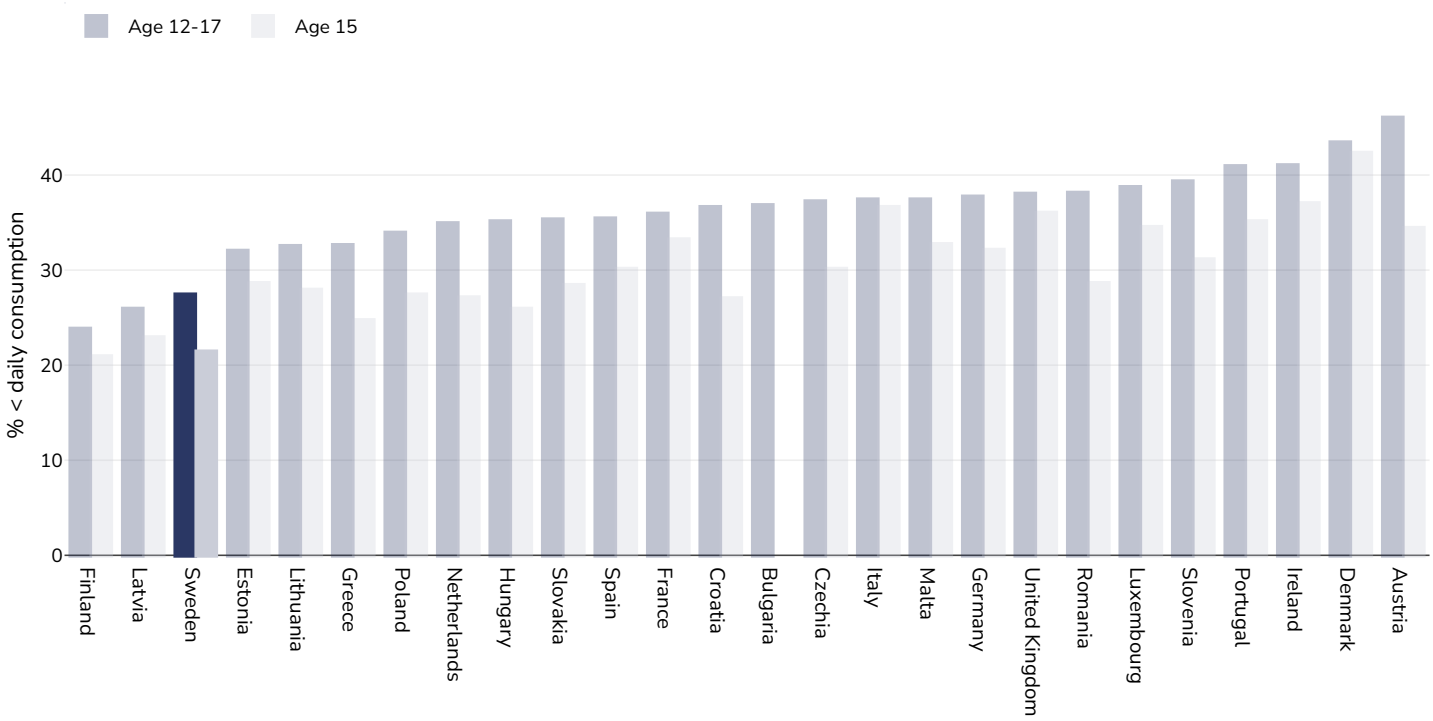
Adults, 2017



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

Prevalence of less than daily fruit consumption

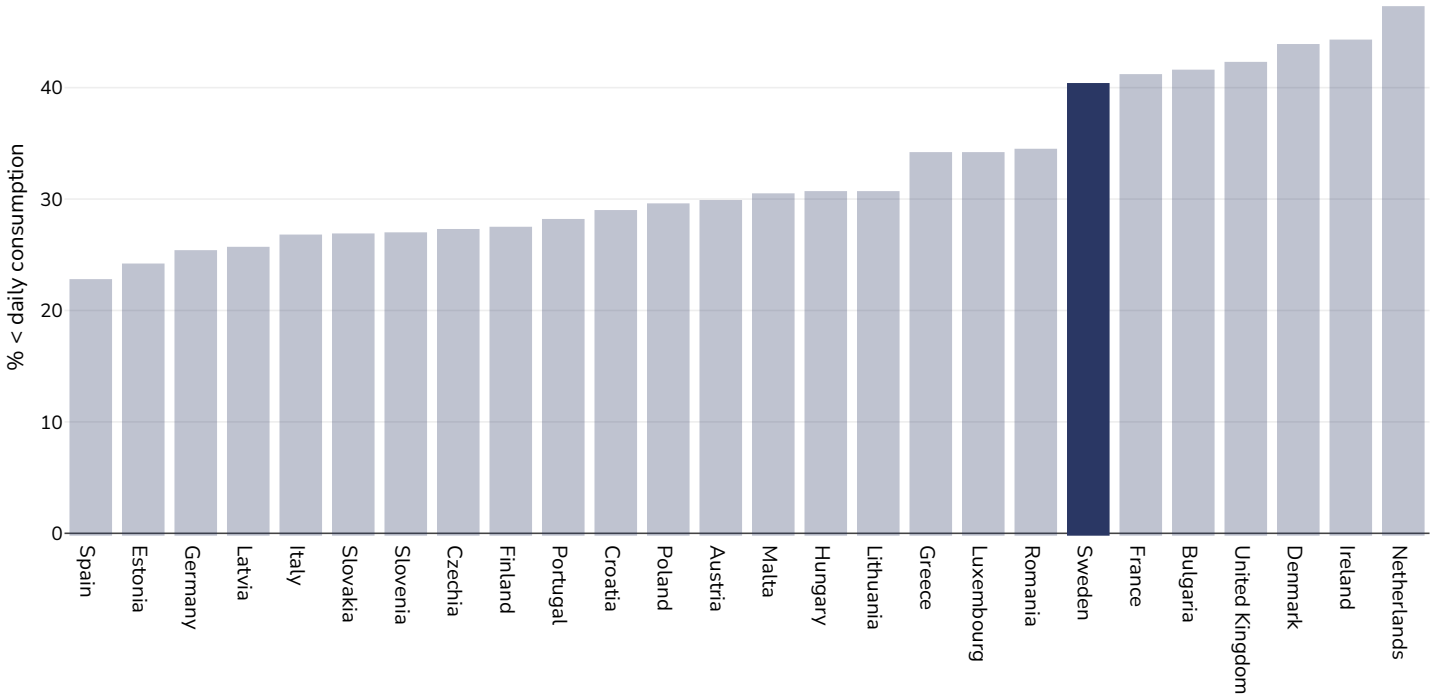
Children, 2014



Survey type:	Measured
References:	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
Definitions:	Prevalence of less-than-daily fruit consumption (% less-than-daily fruit consumption)

Prevalence of less than daily vegetable consumption

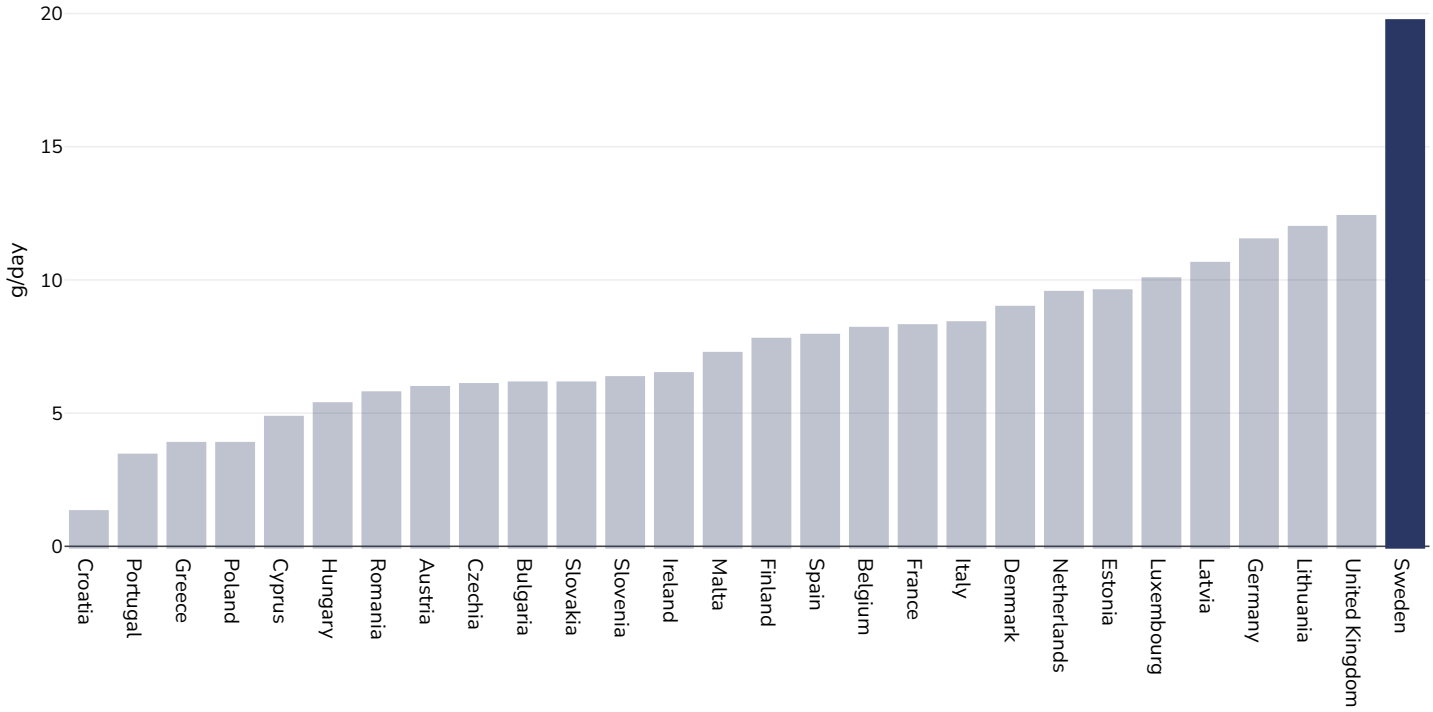
Children, 2014



Survey type:	Measured
Age:	12-17
References:	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
Definitions:	Prevalence of less-than-daily vegetable consumption (% less-than-daily vegetable consumption)

Estimated per-capita processed meat intake

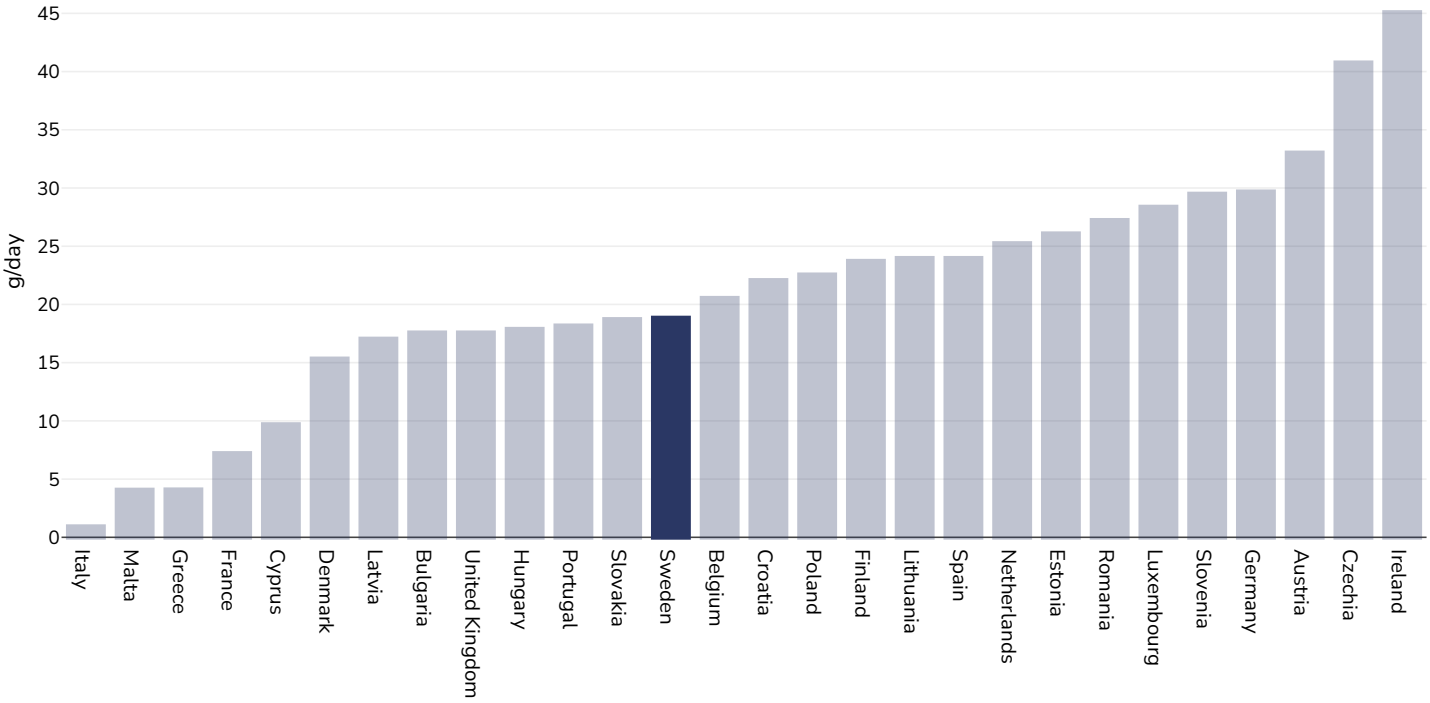
Adults, 2017



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

Estimated per capita whole grains intake

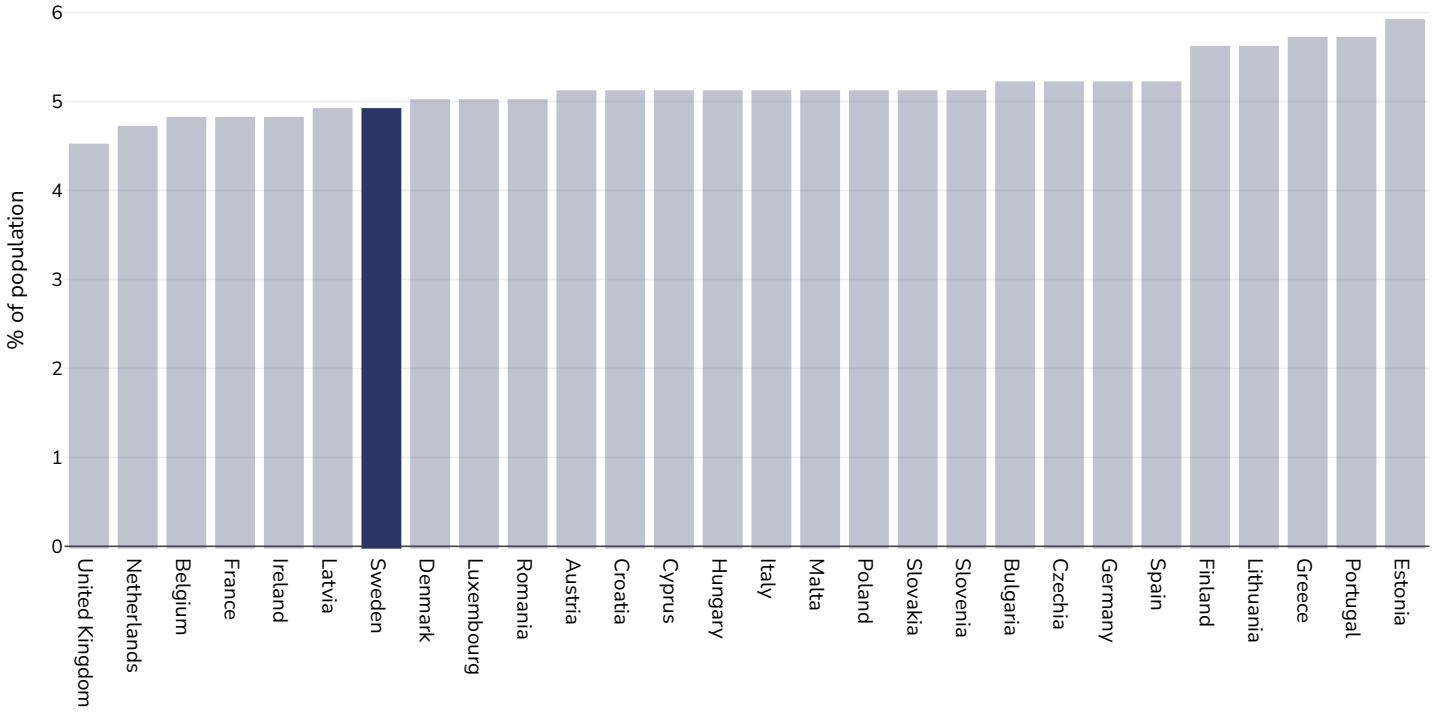
Adults, 2017



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

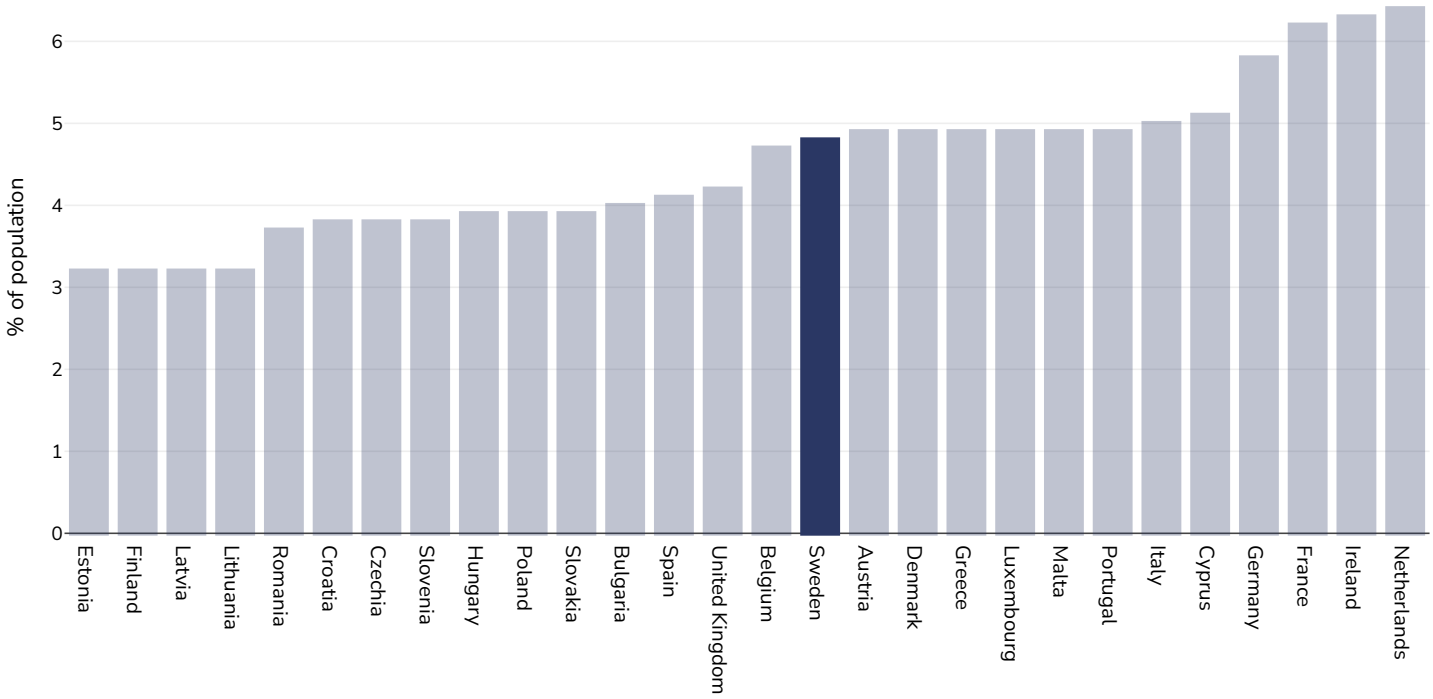


References: Prevalence data from Global Burden of Disease study 2015 (http://ghdx.healthdata.org) published in: Depression and Other Common Mental Disorders: Global Health Estimates. Geneva:World Health Organization; 2017. Licence: CC BY-NC-SA 3.0 IGO.

Definitions: % of population with depression disorders

Mental health - anxiety disorders

Adults, 2015

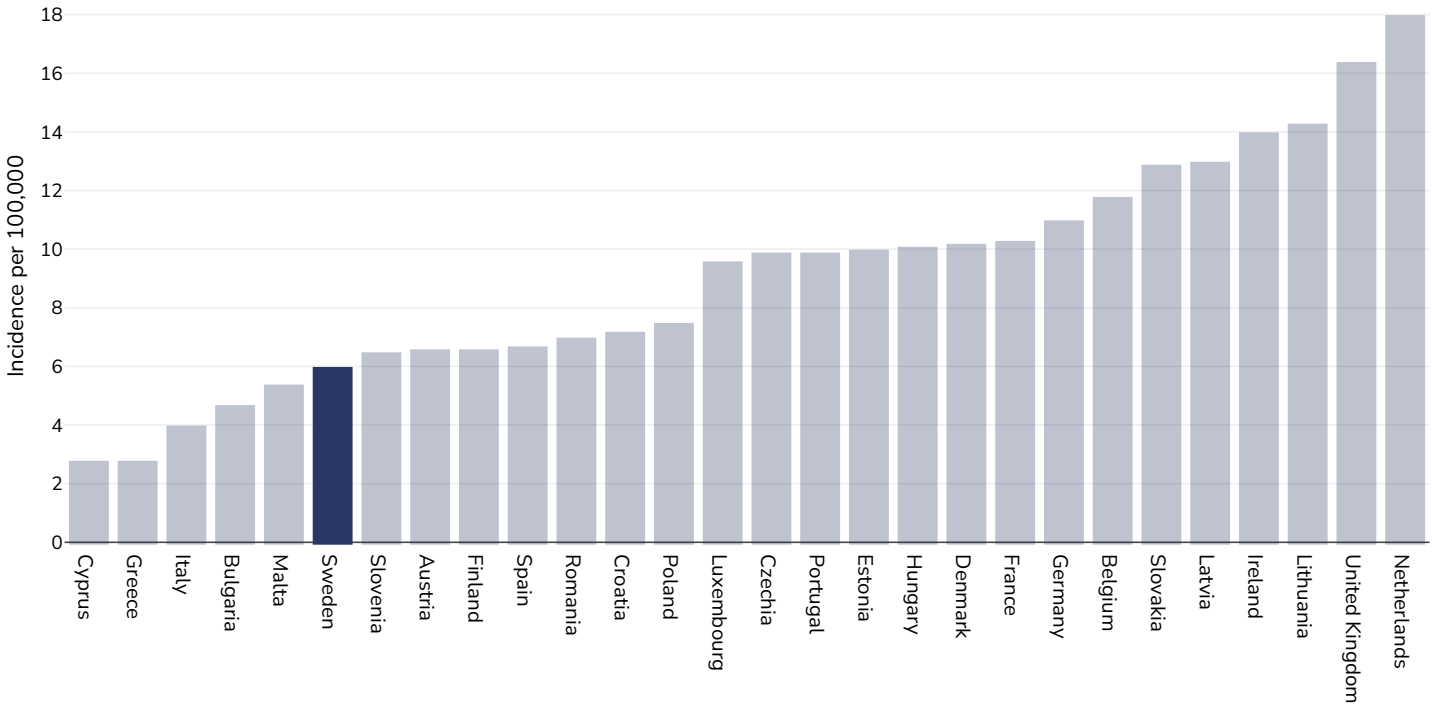


References: Prevalence data from Global Burden of Disease study 2015 (http://ghdx.healthdata.org) published in: Depression and Other Common Mental Disorders: Global Health Estimates. Geneva:World Health Organization; 2017. Licence: CC BY-NC-SA 3.0 IGO.

Definitions: % of population with anxiety disorders

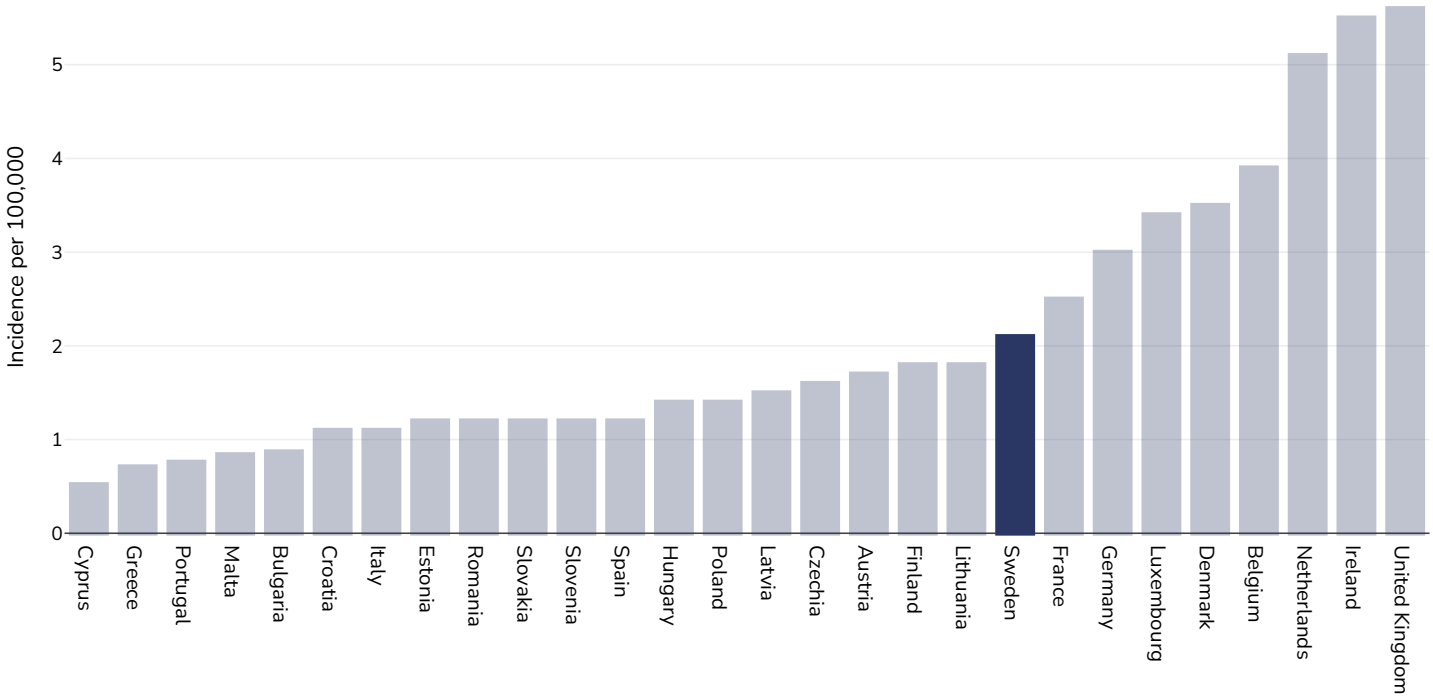
Oesophageal cancer

Men, 2020



Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.fr/today, accessed 10.01.2337
Definitions:	Age-standardized indicence rates per 100 000

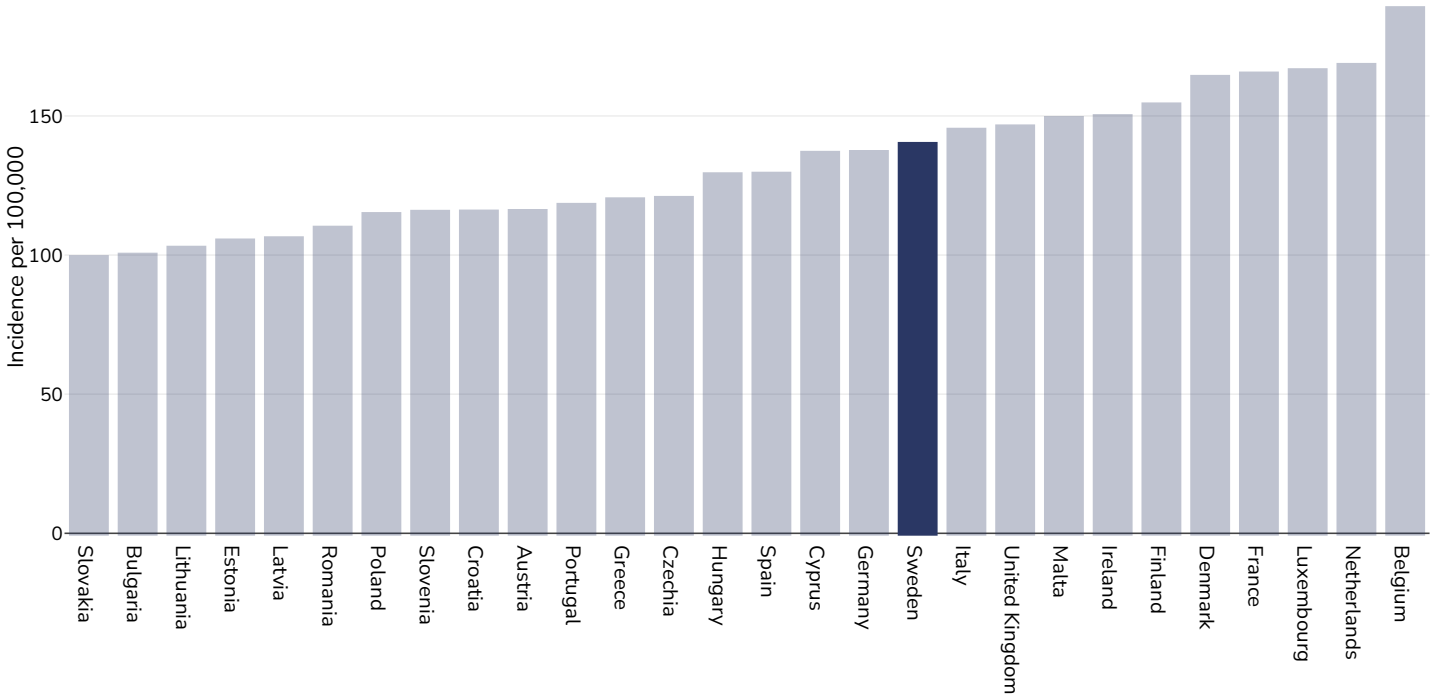
Women, 2020



Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.fr/today, accessed 10.01.2337
Definitions:	Age-standardized indicence rates per 100 000

Breast cancer

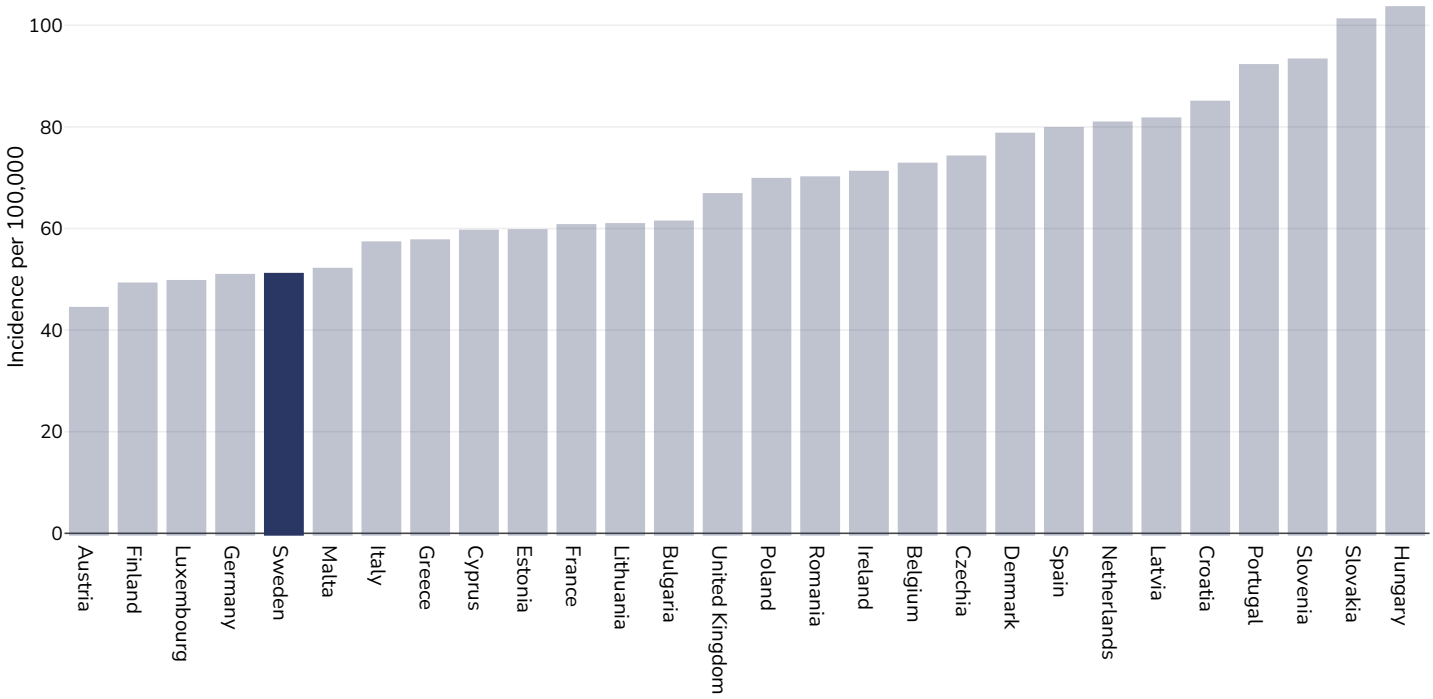
Women, 2020



Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.fr/today, accessed 10.01.2337
Definitions:	Age-standardized indicence rates per 100 000

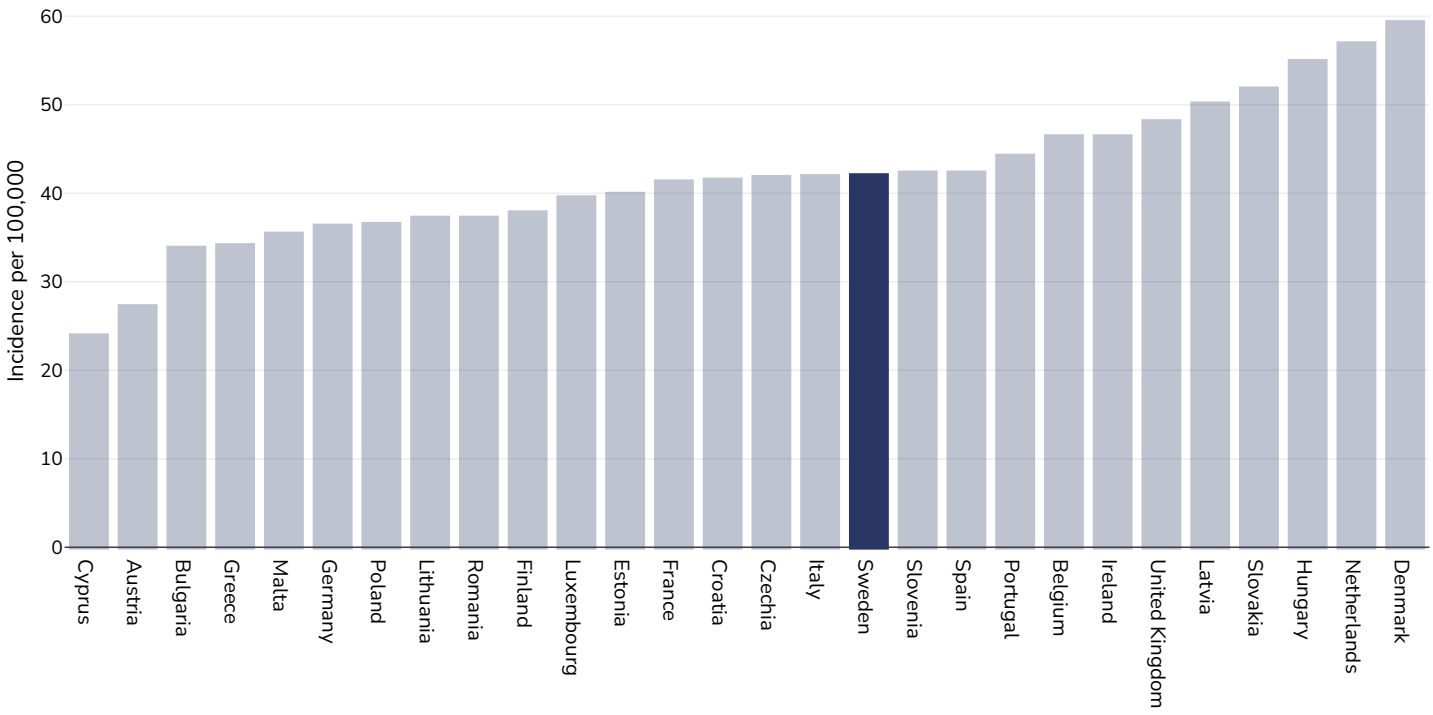
Colorectal cancer

Men, 2020



Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.fr/today, accessed 10.01.2337
Definitions:	Age-standardized indicence rates per 100 000

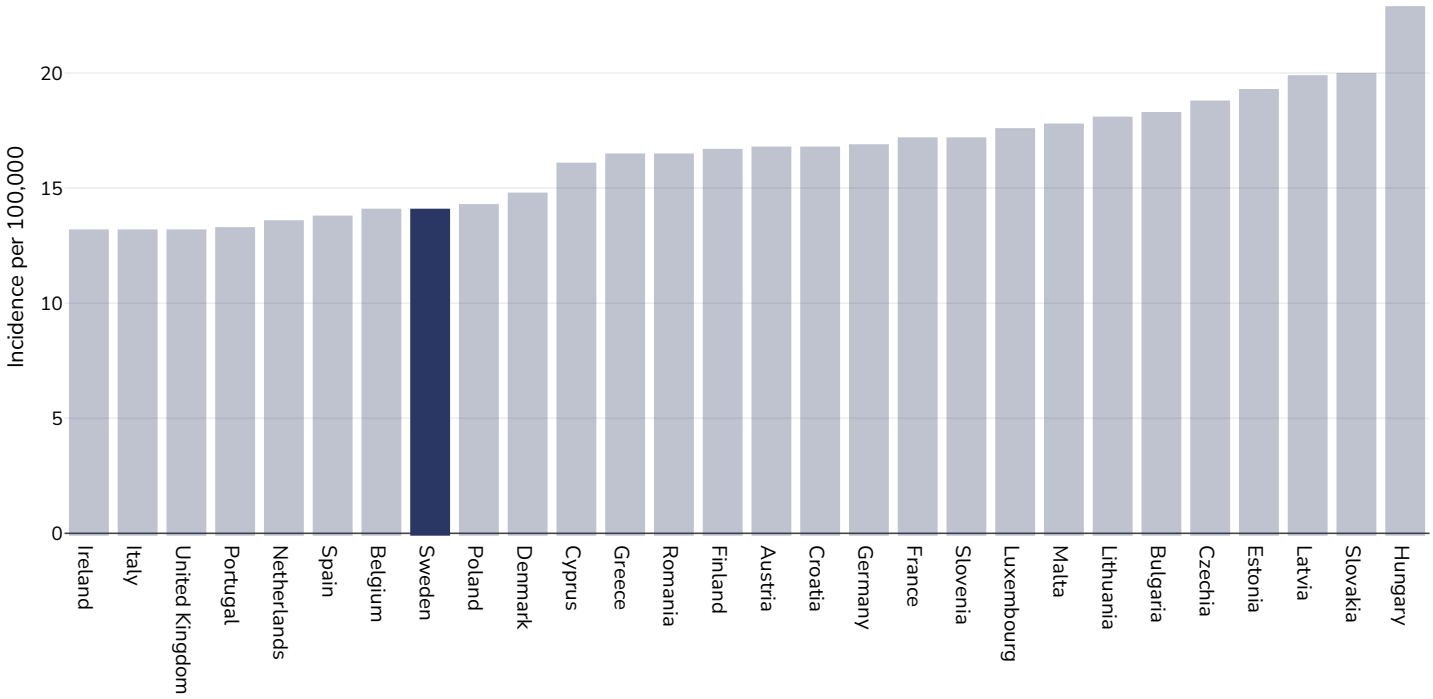
Women, 2020



Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.fr/today, accessed 10.01.2337
Definitions:	Age-standardized indicence rates per 100 000

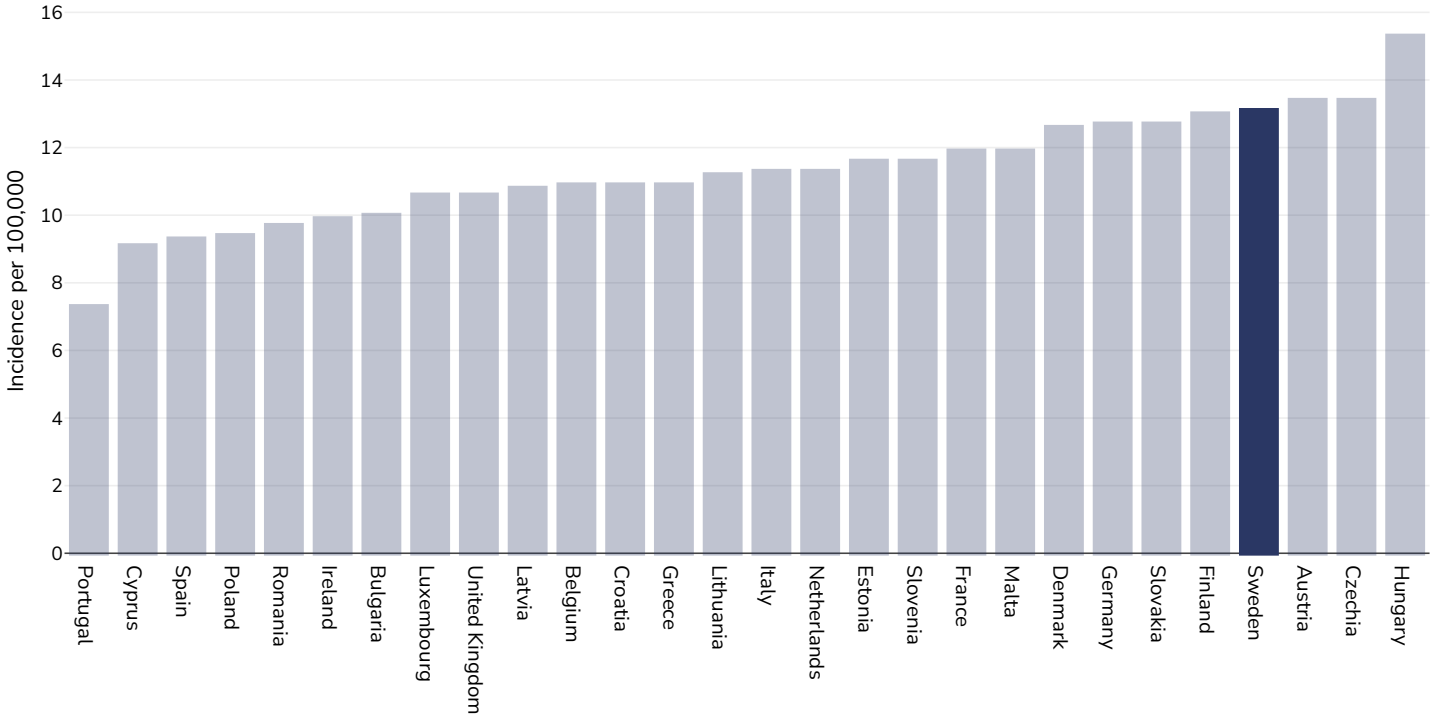
Pancreatic cancer

Men, 2020



Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.fr/today, accessed 10.01.2337
Definitions:	Age-standardized indicence rates per 100 000

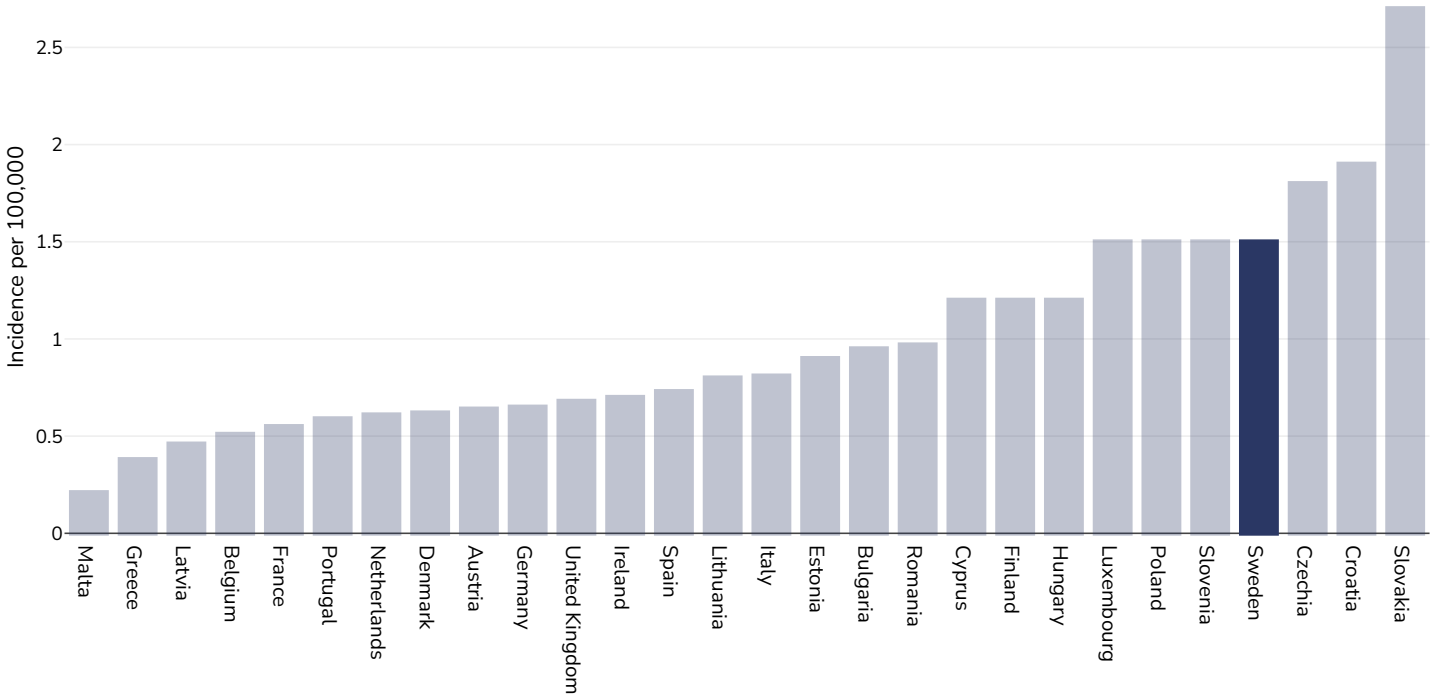
Women, 2020



Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.fr/today, accessed 10.01.2337
Definitions:	Age-standardized indicence rates per 100 000

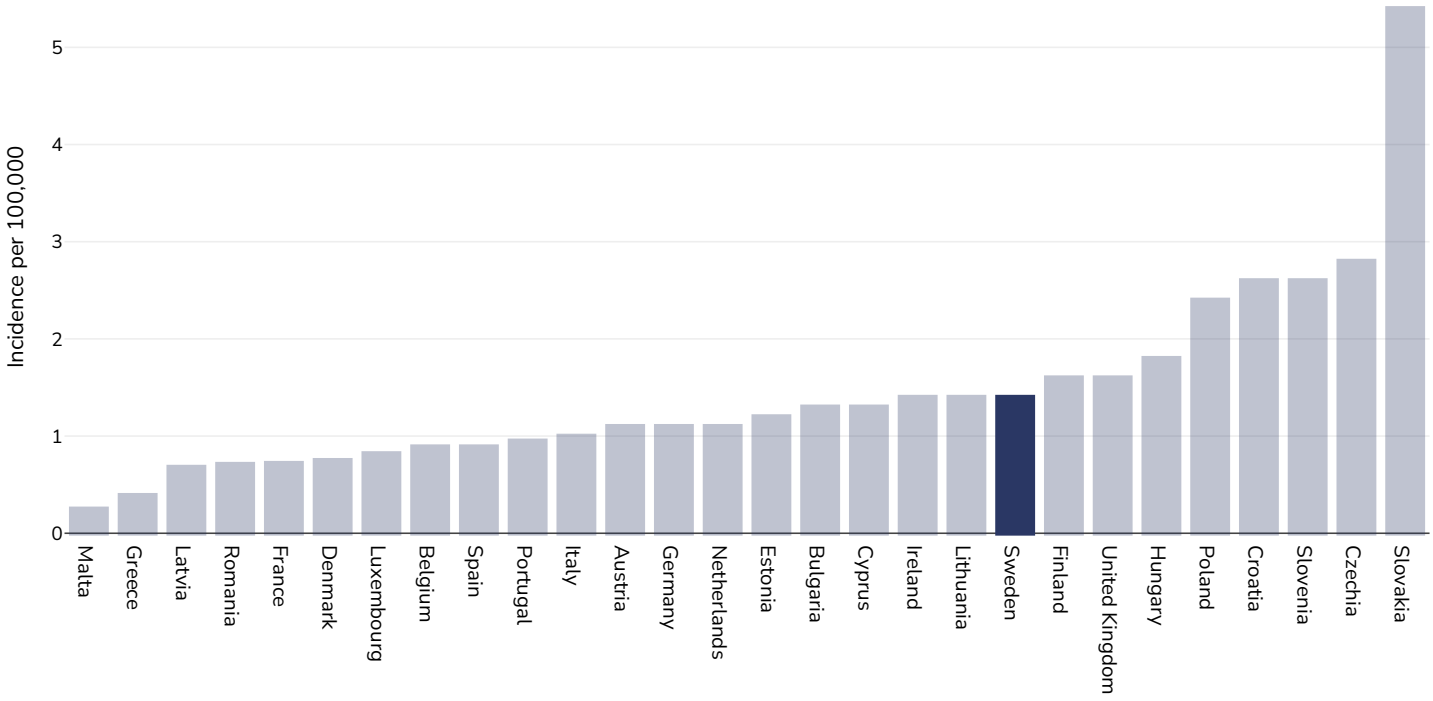
Gallbladder cancer

Men, 2020



Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.fr/today, accessed 10.01.2337
Definitions:	Age-standardized indicence rates per 100 000

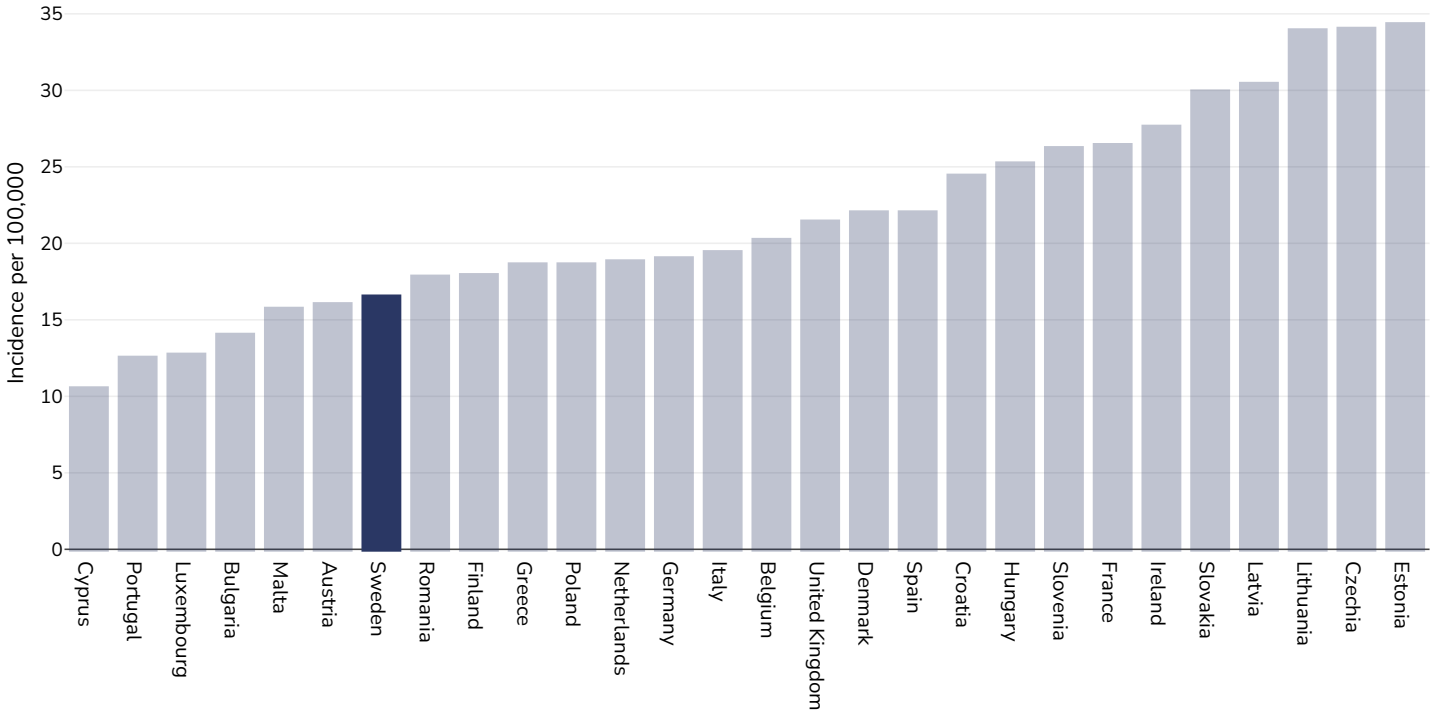
Women, 2020



Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.fr/today, accessed 10.01.2337
Definitions:	Age-standardized indicence rates per 100 000

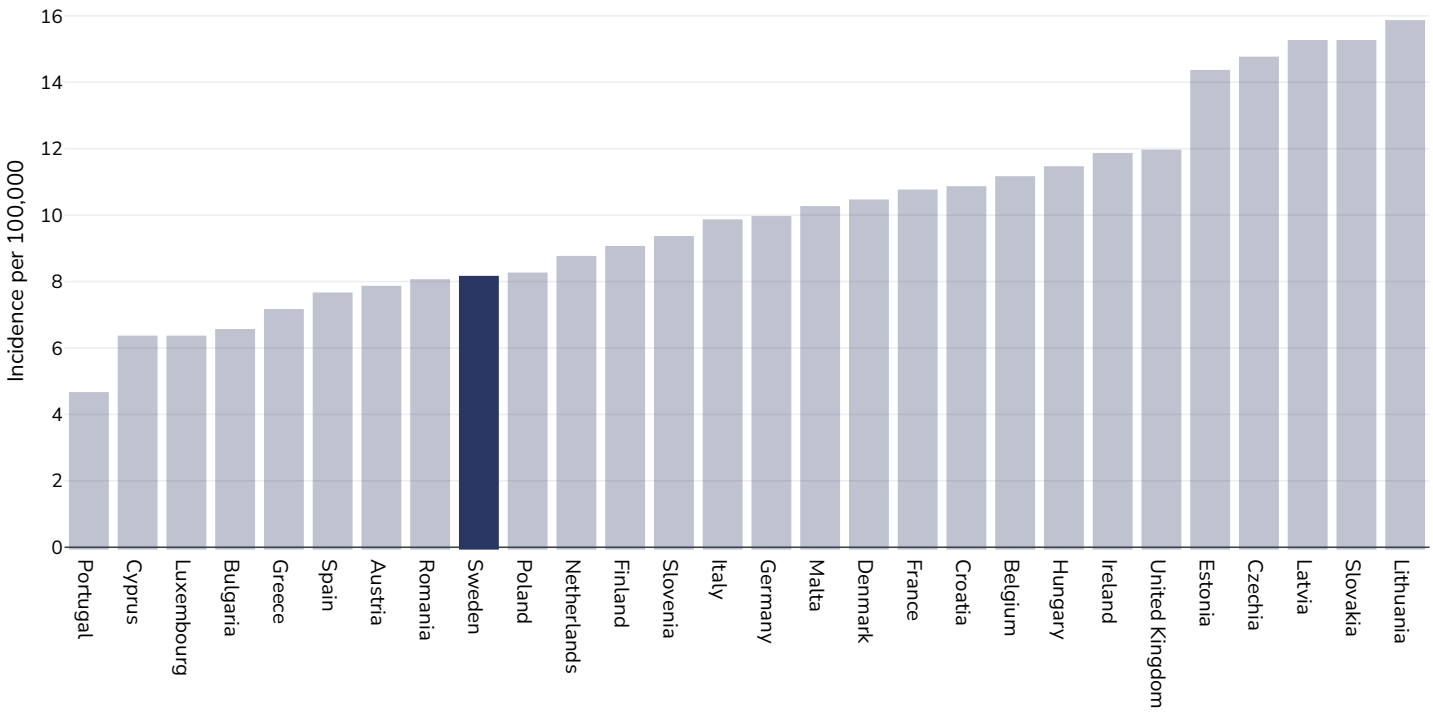
Kidney cancer

Men, 2020



Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.fr/today, accessed 10.01.2337
Definitions:	Age-standardized indicence rates per 100 000

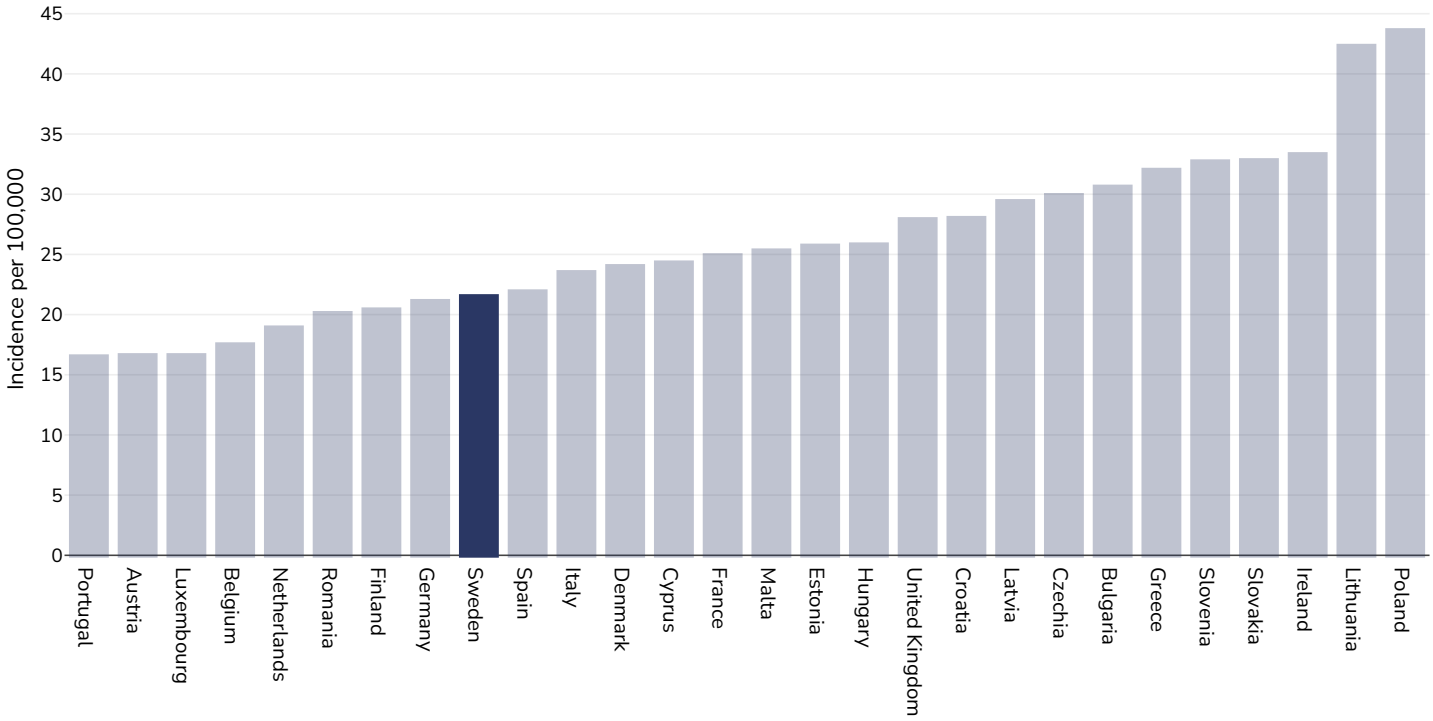
Women, 2020



Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.fr/today, accessed 10.01.2337
Definitions:	Age-standardized indicence rates per 100 000

Cancer of the uterus

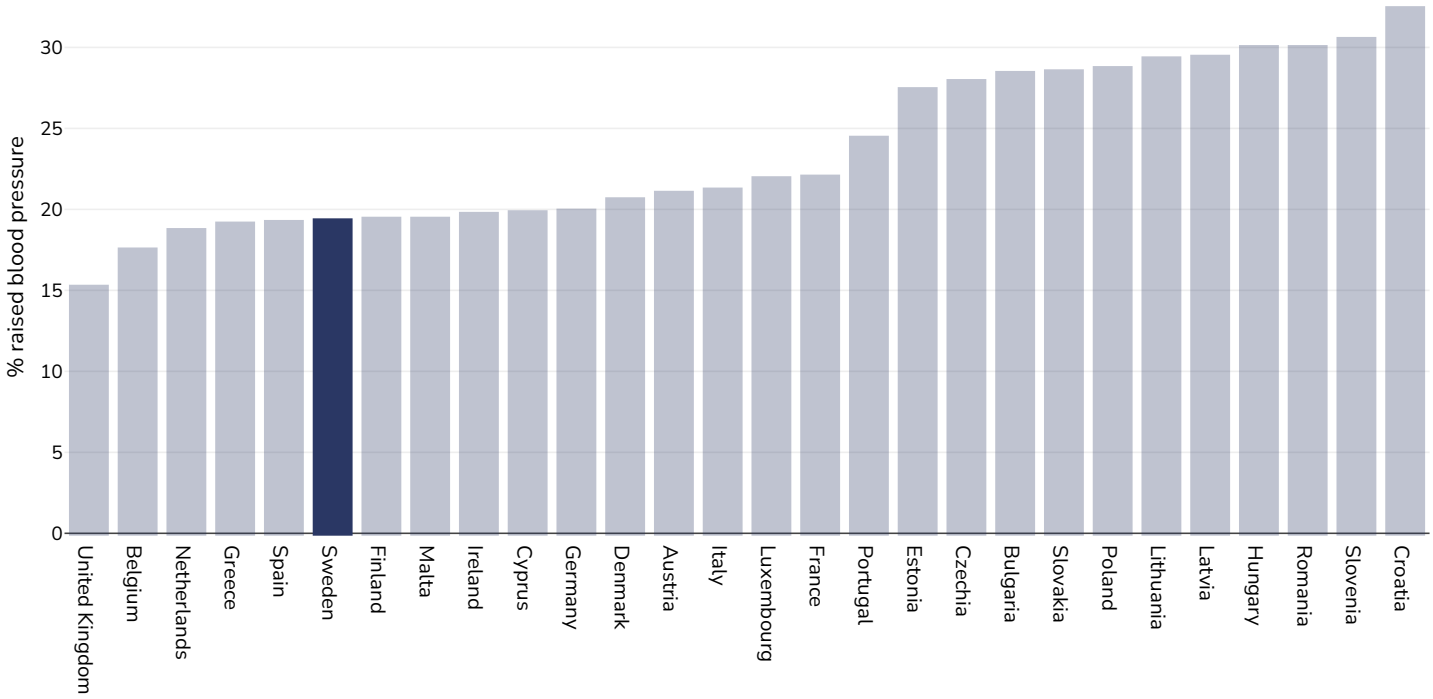
Women, 2020



Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.fr/today, accessed 10.01.2337
Definitions:	Age-standardized indicence rates per 100 000

Raised blood pressure

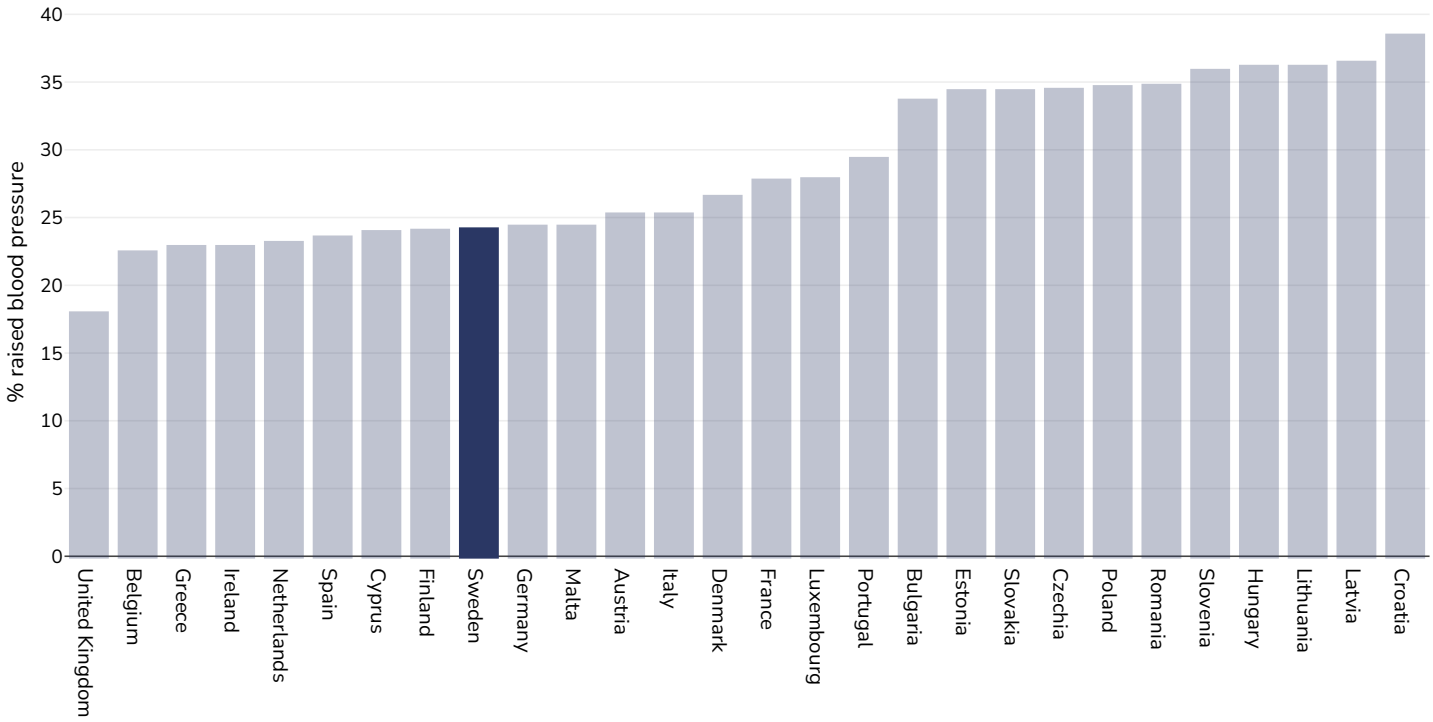
Adults, 2015



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).

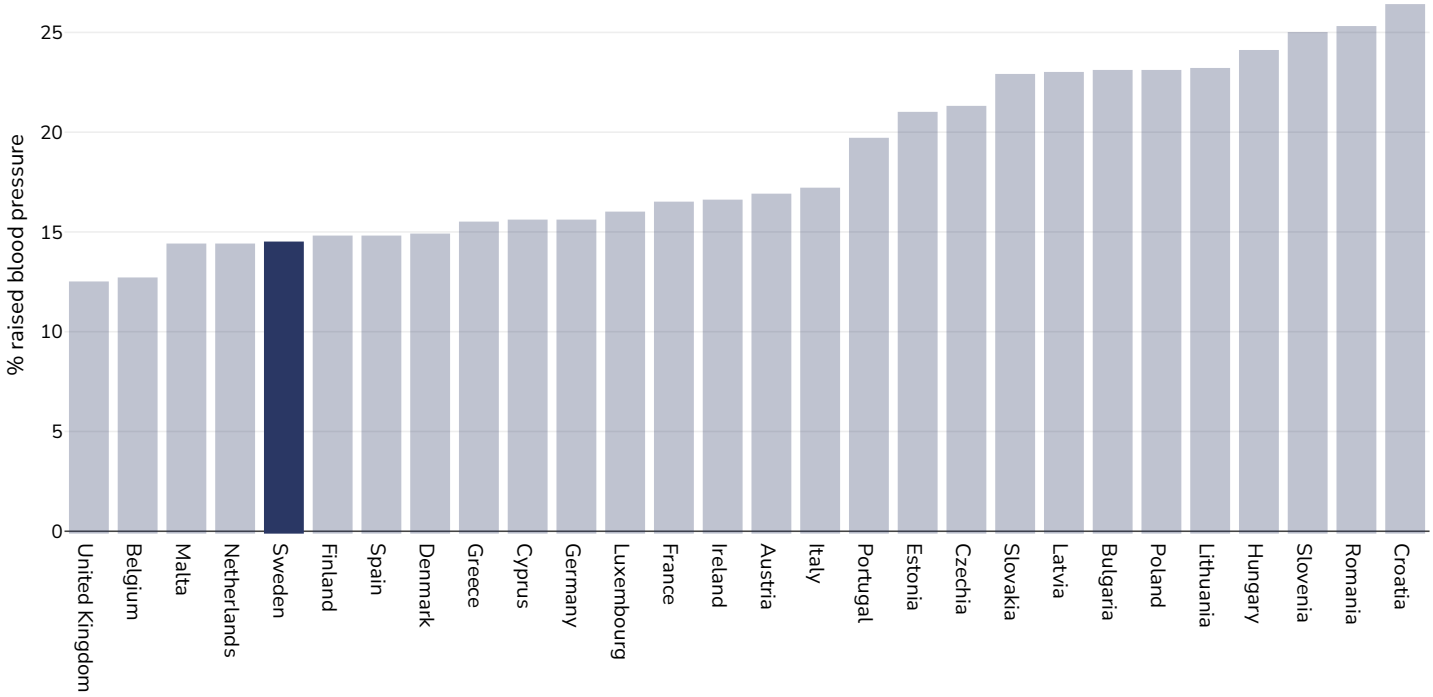
Men, 2015



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

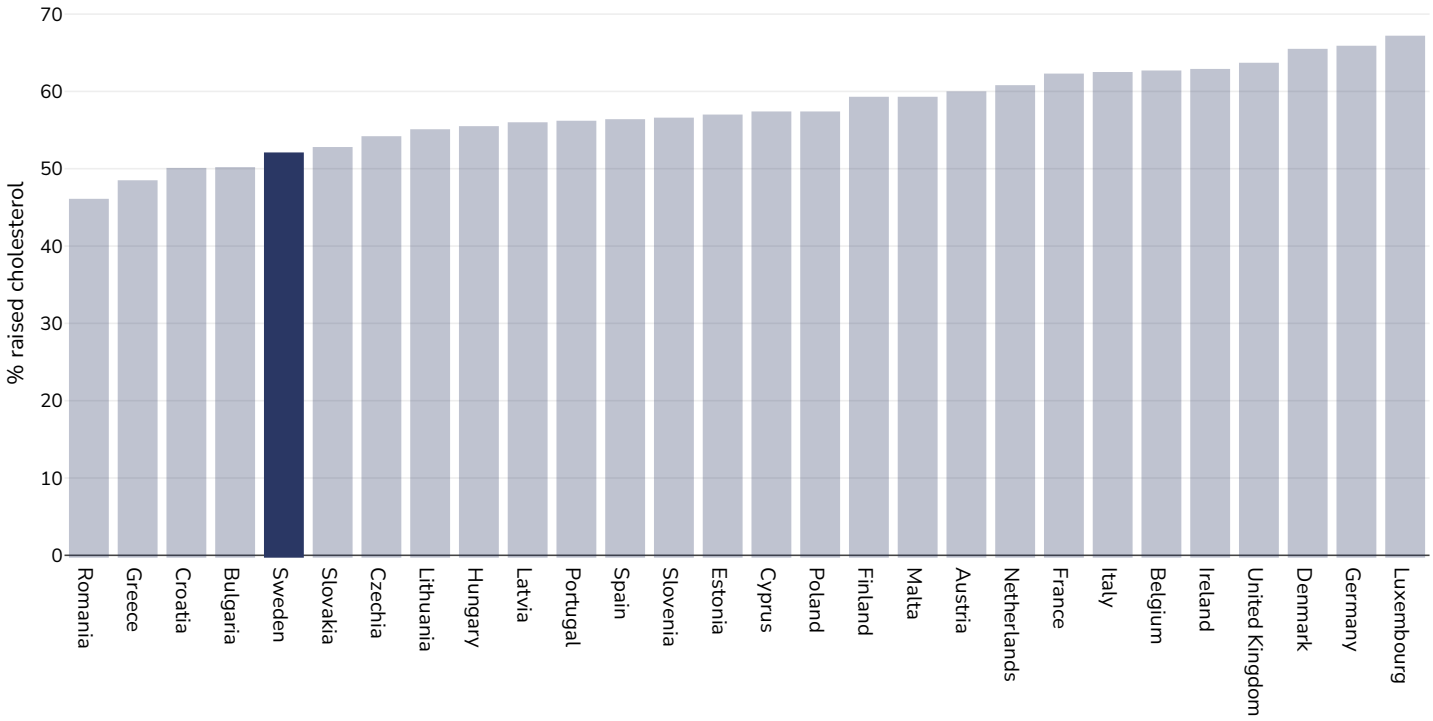


References: Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A875?lang=en

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

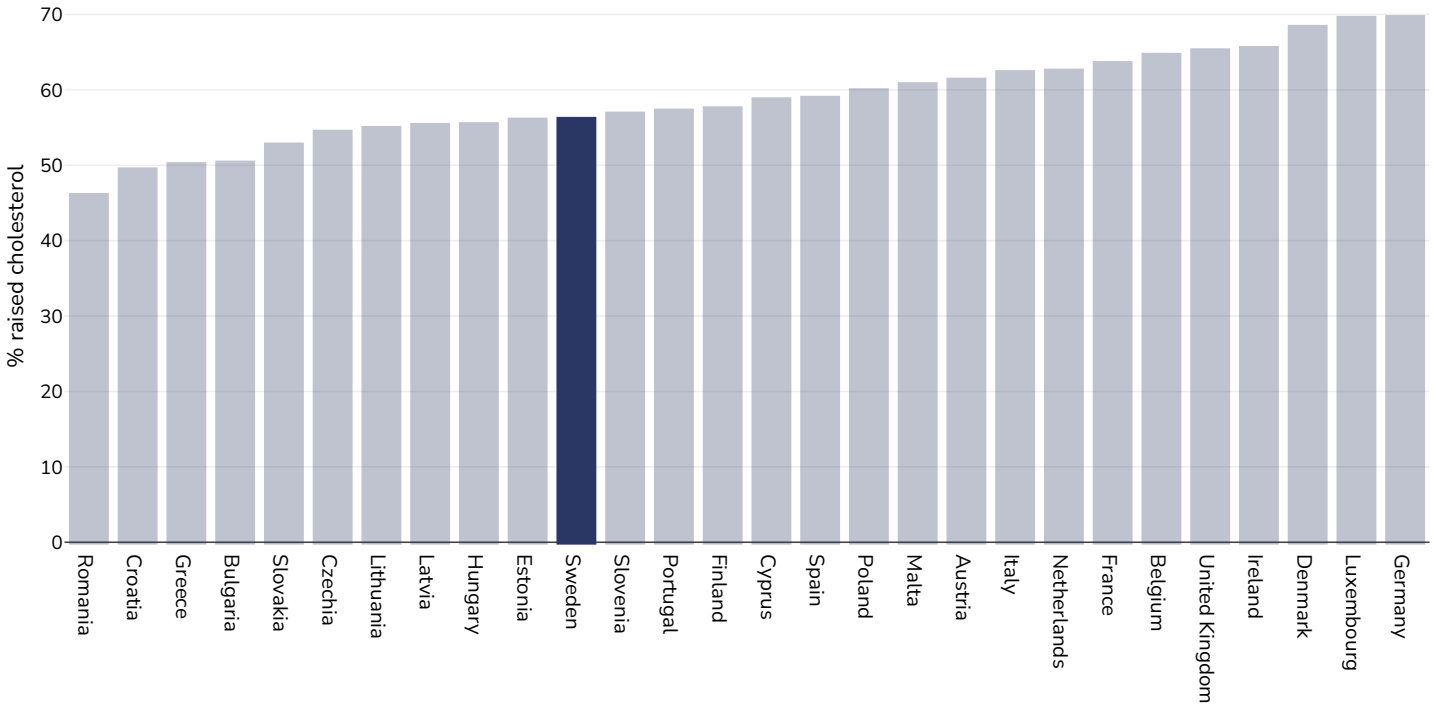
Raised cholesterol

Adults, 2008



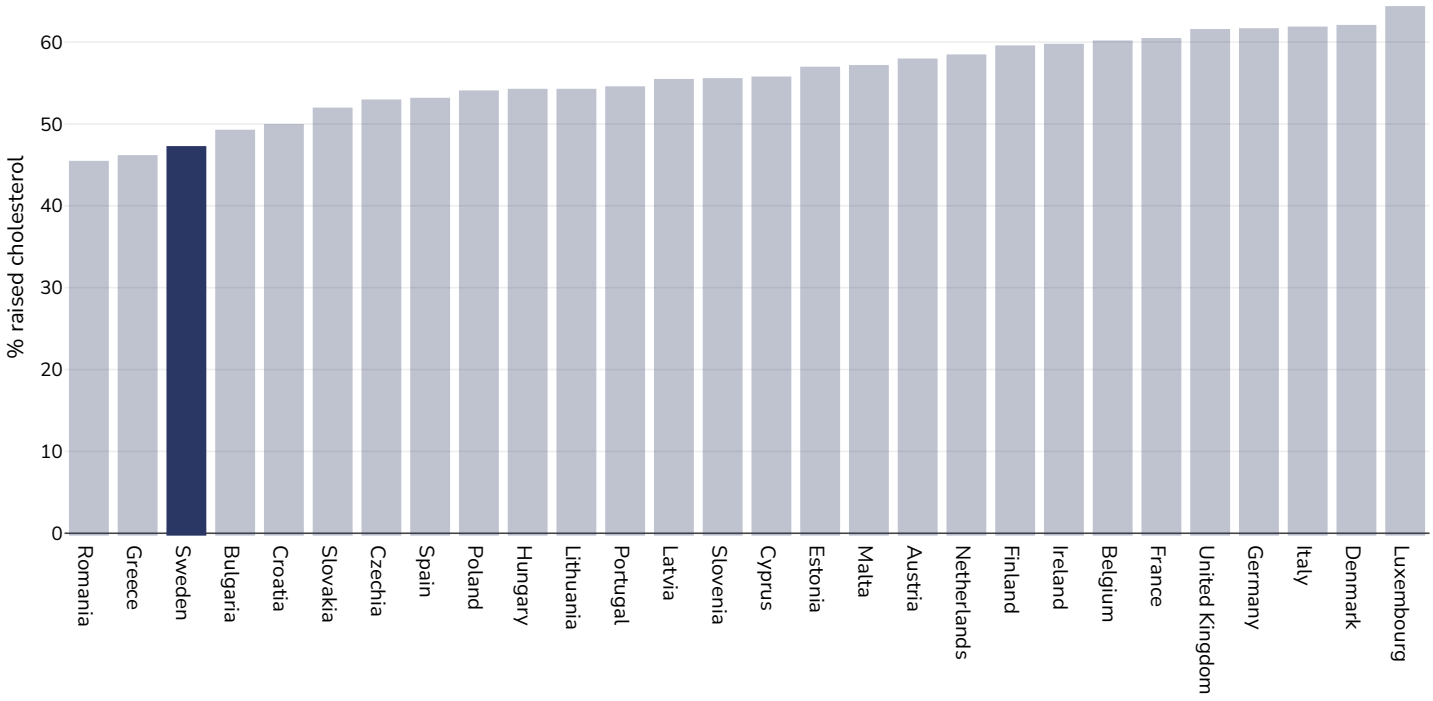
References:	Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A885
Definitions:	% Raised total cholesterol (>= 5.0 mmol/L) (age-standardized estimate).

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).

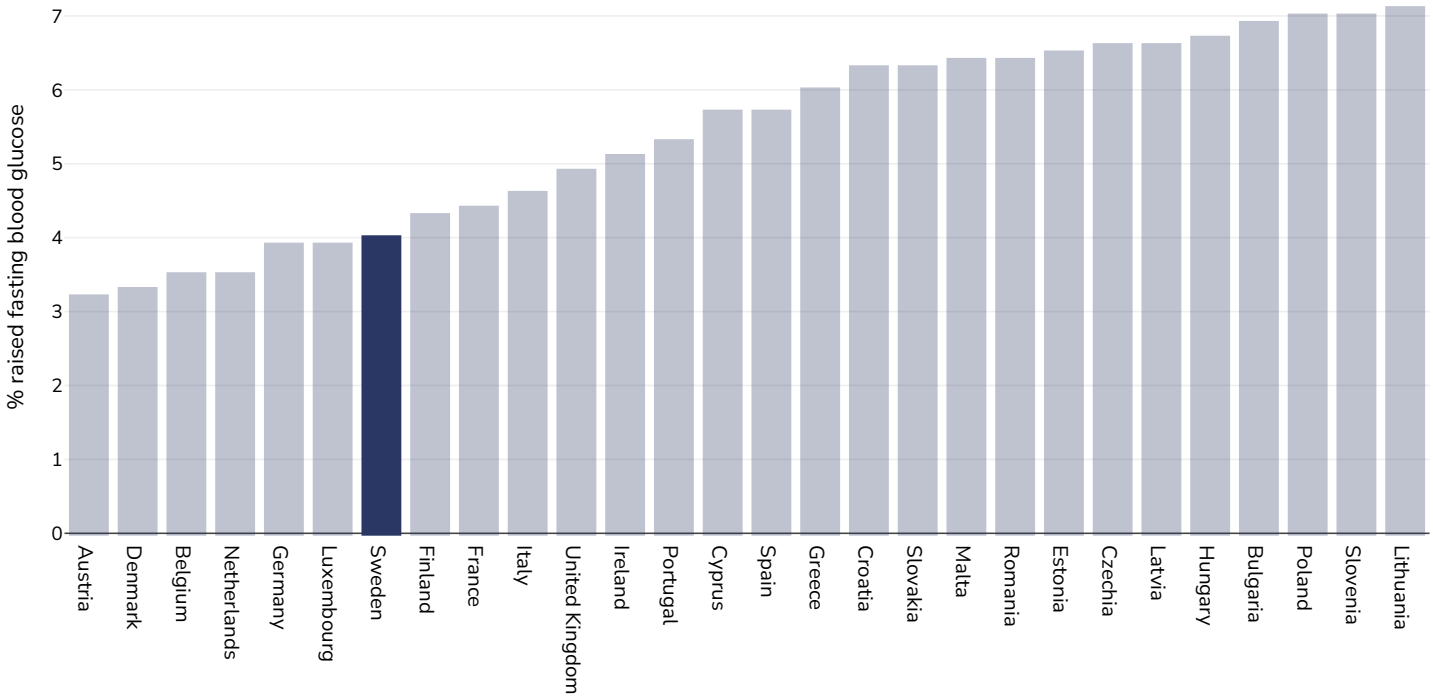
Women, 2008



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).

Raised fasting blood glucose

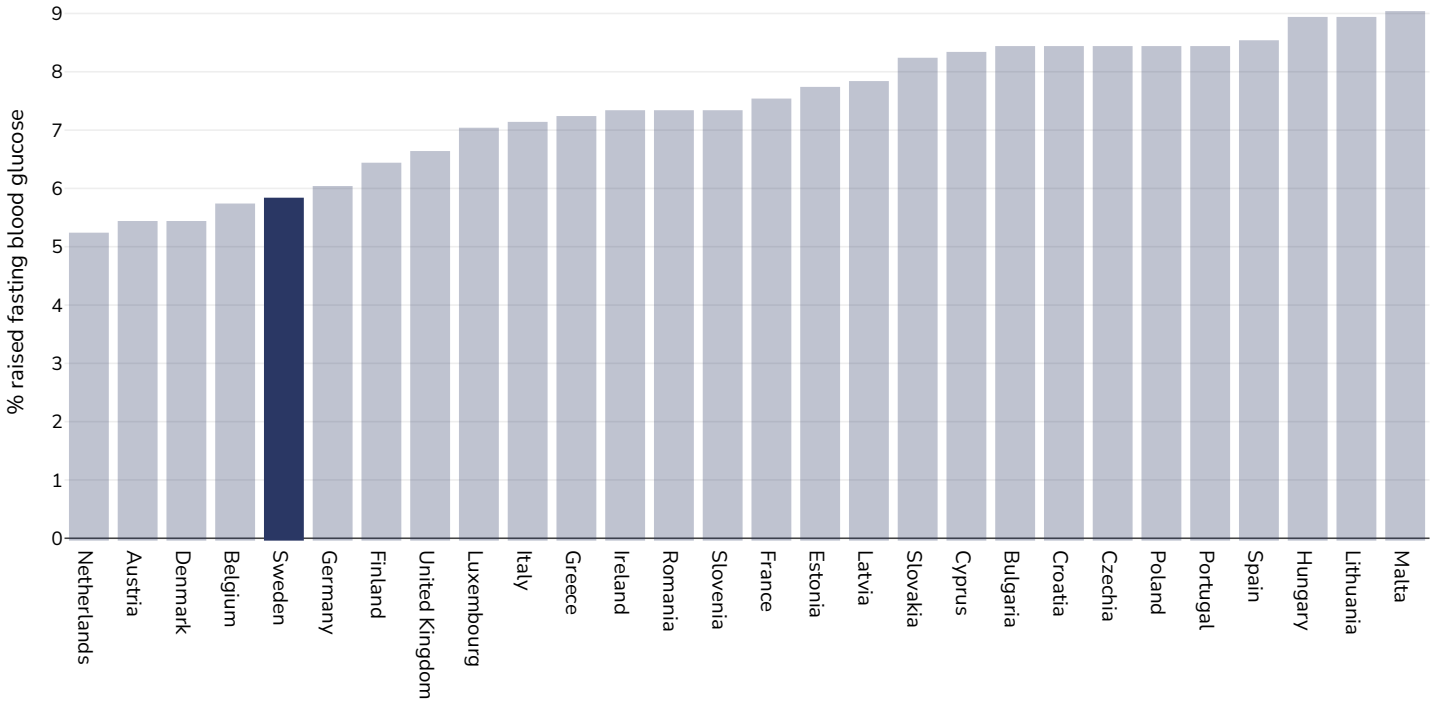
Men, 2014



References: Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A869?lang=en

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

Women, 2014

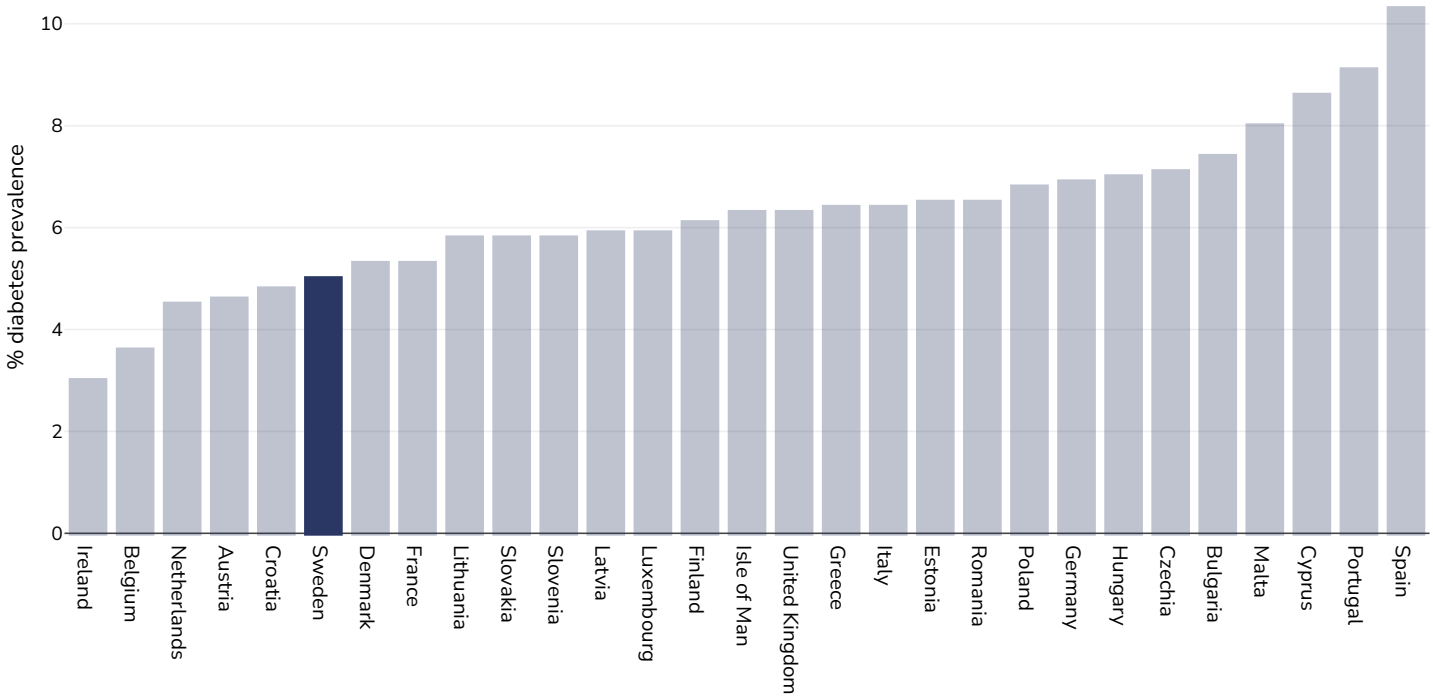


References: Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A869?lang=en

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

Diabetes prevalence

Adults, 2021



Age:	20-79
Area covered:	National
References:	Reproduced with kind permission International Diabetes Federation. IDF Diabetes Atlas, 10th edn. Brussels, Belgium:International Diabetes Federation, 2021. http://www.diabetesatlas.org
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.

Labelling

Is there mandatory nutrition labelling?	✓
Front-of-package labelling?	✓
Back-of-pack nutrition declaration?	✓
Color coding?	✗
Warning label?	✗

Regulation and marketing

Are there fiscal policies on unhealthy products?	✗
Tax on unhealthy foods?	✗
Tax on unhealthy drinks?	✗
Are there fiscal policies on healthy products?	✗
Subsidy on fruits?	✗
Subsidy on vegetables?	✗
Subsidy on other healthy products?	✗
Mandatory limit or ban of trans fat (all settings)?	✓
Mandatory limit of trans fats in place (all settings)?	✓
Ban on trans-fats or phos in place (all settings)?	✗
Are there any mandatory policies/marketing restrictions on the promotion of unhealthy food/drinks to children?	✓
Mandatory restriction on broadcast media?	✓
Mandatory restriction on non-broadcast media?	✗
Voluntary policies/marketing restrictions on the promotion of unhealthy food/drinks to children?	✗
Are there mandatory standards for food in schools?	✓
Are there any mandatory nutrient limits in any manufactured food products?	✗
Nutrition standards for public sector procurement?	✗

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

✓v Present (voluntary)

✓ Incoming

✗ Absent

? Unknown

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