

Switzerland



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/switzerland-208/.



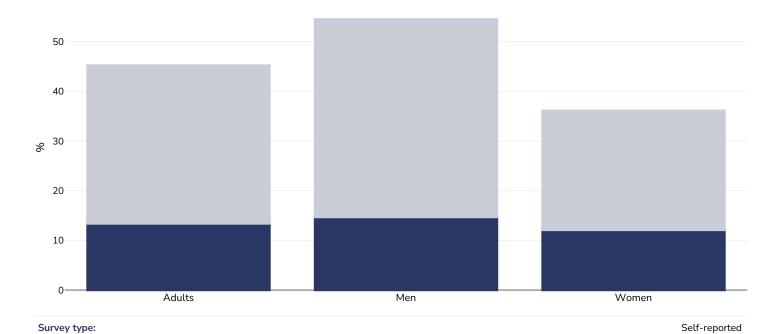
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Obesity prevalence

Adults, 2022





Age:

Area covered:

References:

Eurostat 2022 Data. Available at https://ec.europa.eu/eurostat/databrowser/view/ilc_hch10/default/table?lang=en (last accessed 19.03.25)

Notes:

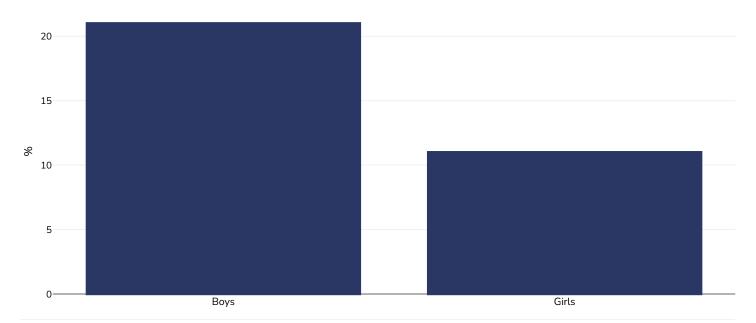
EUROSTAT 2022 data derived from EU statistics on income and living conditions (EU-SILC) survey which includes adults aged 16+ years. This differs from most EUROSTAT data which is derived from the Health Interview Surveys, which includes adults aged 15+ years (though sometimes only data from adults aged 18+ reported)

 $Unless \ otherwise \ noted, \ overweight \ refers \ to \ a \ BMI \ between \ 25kg \ and \ 29.9kg/m^2, \ obesity \ refers \ to \ a \ BMI \ greater \ than \ 30kg/m^2.$



Children, 2021-2022

Overweight or obesity



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)

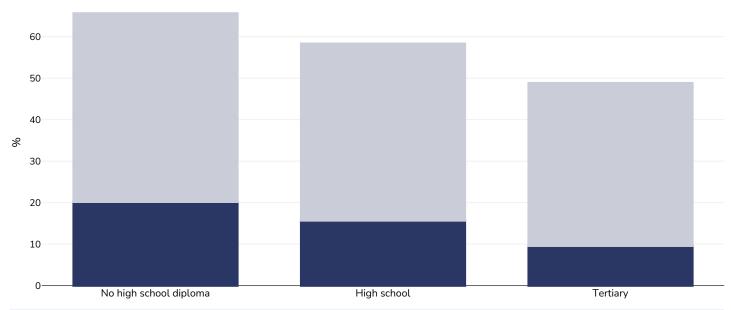
Cutoffs: +2SD



Overweight/obesity by education

Men, 2017



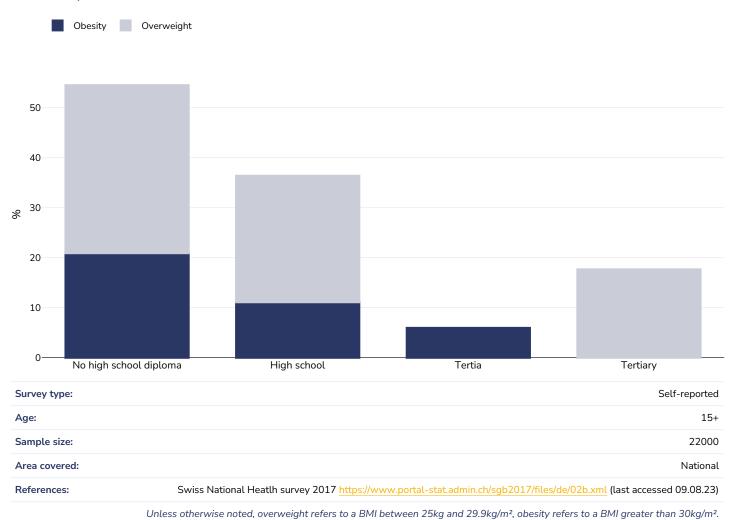


Survey type:	Self-reported
Age:	15+
Sample size:	22000
Area covered:	National
References:	Swiss National Heatlh survey 2017 https://www.portal-stat.admin.ch/sgb2017/files/de/02b.xml (last accessed 09.08.23)

 $Unless \ otherwise \ noted, overweight \ refers \ to \ a \ BMI \ between \ 25kg \ and \ 29.9kg/m^2, obesity \ refers \ to \ a \ BMI \ greater \ than \ 30kg/m^2.$



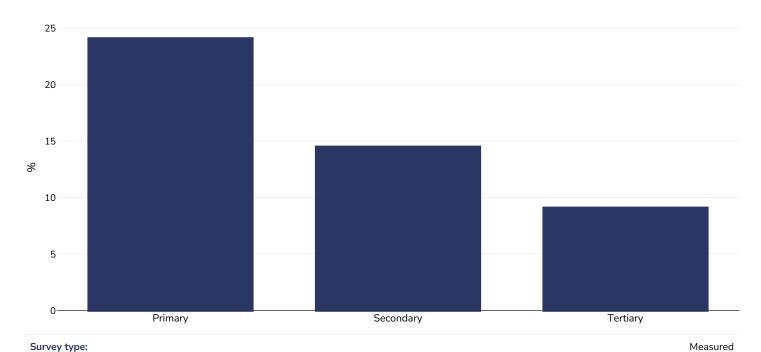
Women, 2017





Children, 2005-2006





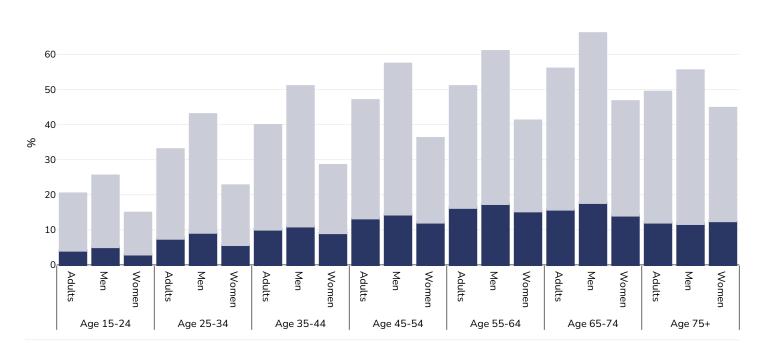
Survey type.	Measureu
Age:	10-14
Sample size:	5207
Area covered:	Canton of Vaud
References:	Lasserre, A. M., Chiolero, A., Cachat, F., Paccaud, F. and Bovet, P. (2007), Overweight in Swiss Children and Associations With Children's and Parents' Characteristics. Obesity, 15: 2912–2919. doi: 10.1038/oby.2007.347
Notes:	Prevalence of overweight (including obesity) by Parents Education. Overweight and obesity were based on the International Obesity Task Force (IOTF) criteria.
Cutoffs:	IOTF



Overweight/obesity by age

Adults, 2017





 Survey type:
 Self-reported

 Sample size:
 22000

 Area covered:
 National

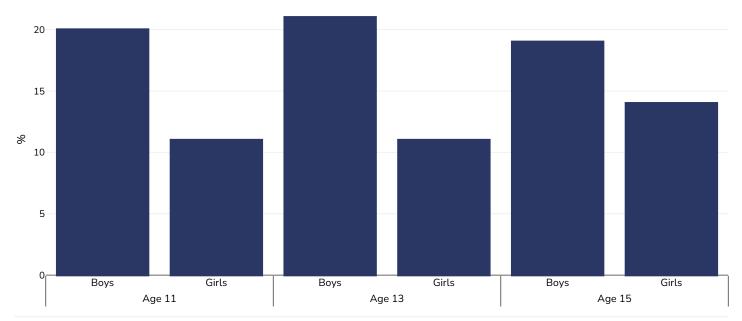
 References:
 Swizz National Health Survey https://www.portal-stat.admin.ch/sgb2017/files/de/02b.xml (last accessed 09.08.23)

 $Unless \ otherwise \ noted, overweight \ refers \ to \ a \ BMI \ between \ 25kg \ and \ 29.9kg/m^2, obesity \ refers \ to \ a \ BMI \ greater \ than \ 30kg/m^2.$



Children, 2021-2022

Overweight or obesity



Survey type: Self-reported

Area covered: See Report

References:

Notes:

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'

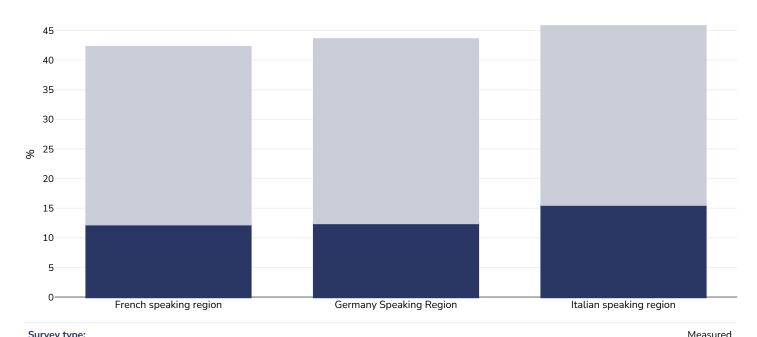
HBSC aims to survey approximately 1500 pupils per age group in each country or region (totaling around 4500) **Cutoffs:** +2SD



Overweight/obesity by region

Adults, 2014-2015



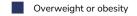


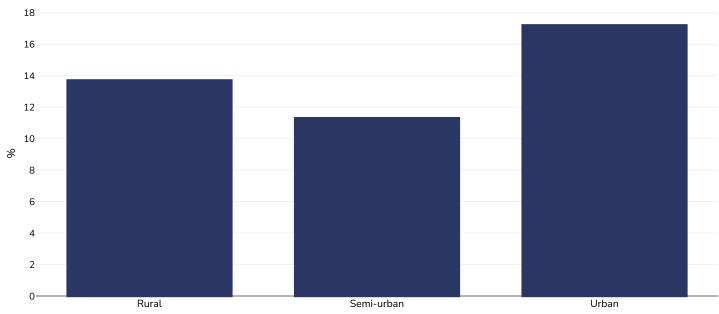
Survey type:	Measurea
Age:	18-75
Sample size:	2085
Area covered:	National
References:	Federal Office of Public Health and the Food Safety and Veterinary Office(2017) Characteristics and indicators of eating and physical activity behaviors in the Swiss adult population Results from menuCH 2014-2015 Available at https://menuch.iumsp.ch/index.php/catalog/4

 $Unless \ otherwise \ noted, overweight \ refers \ to \ a \ BMI \ between \ 25kg \ and \ 29.9kg/m^2, obesity \ refers \ to \ a \ BMI \ greater \ than \ 30kg/m^2.$



Children, 2005-2006





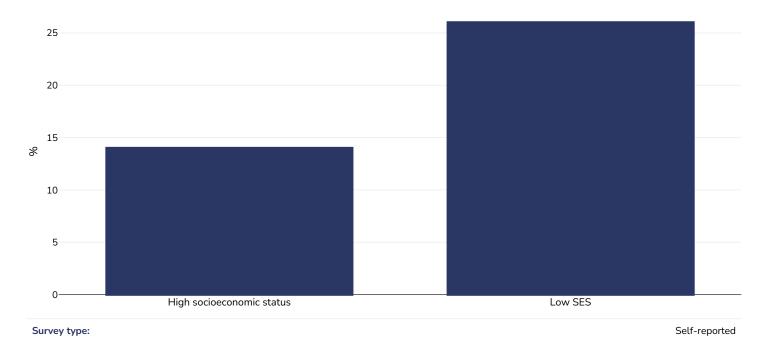
		John di Jan	3.23
Survey type:			Measured
Age:			10-14
Sample size:			5207
Area covered:			Canton of Vaud
References:	: Lasserre, A. M., Chiolero, A., Cachat, F., Paccaud, F. and Bovet, P. (2007), Overweight in Swiss Children and Associations With Children and Parents' Characteristics. Obesity, 15: 2912–2919. doi: 10.1038/oby.2007.34		
Notes:		Overweight and obesity were based on t	he International Obesity Task Force (IOTF) criteria.
Cutoffs:			IOTF



Overweight/obesity by socio-economic group

Boys, 2021-2022

Overweight or obesity



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'

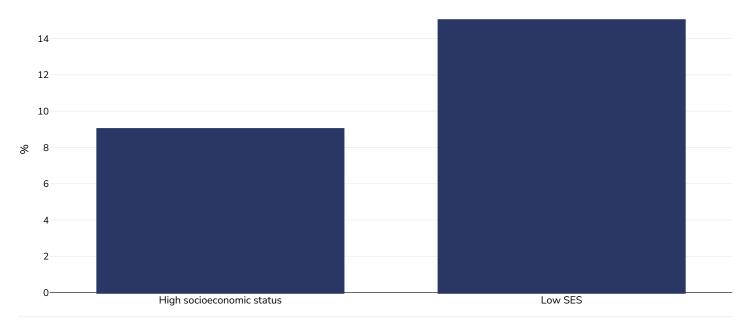
Notes: Family affluence scaleHBSC aims to survey approximately 1500 pupils per age group in each country or region (totaling around 4500)

Cutoffs: +2SD



Girls, 2021-2022

Overweight or obesity



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'

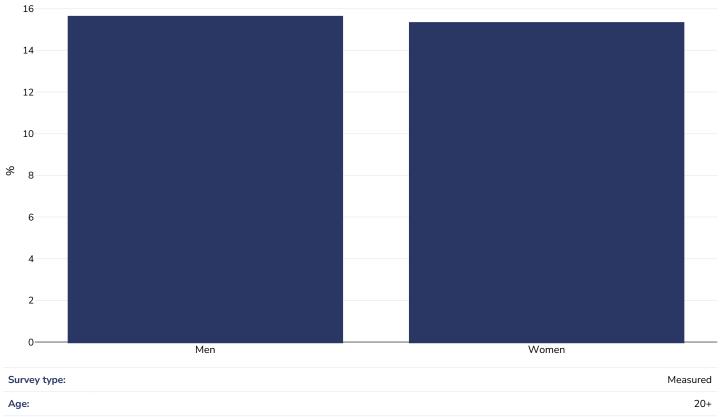
Notes: Family affluence scaleHBSC aims to survey approximately 1500 pupils per age group in each country or region (totaling around 4500)

Cutoffs: +2SD



Double burden of underweight & overweight

Adults, 2022



References: NCD Risk Factor Collaboration (NCD-RisC). Worldwide trends in underweight and obesity from 1990 to 2022: a pooled analysis of 3663 population representative studies with 222 million children, adolescents, and adults. Lancet 2024; published online Feb 29.

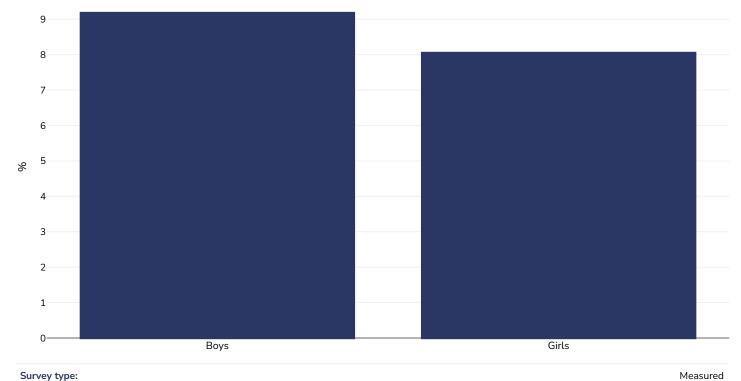
https://doi.org/10.1016/S0140-6736(23)02750-2.

Notes: Age Standardised estimates

Definitions: Combined prevalence of BMI<18.5 kg/m² and BMI>=30 kg/m² (double burden of underweight and obesity)



Children, 2022



_		F 40
Age:		5-19

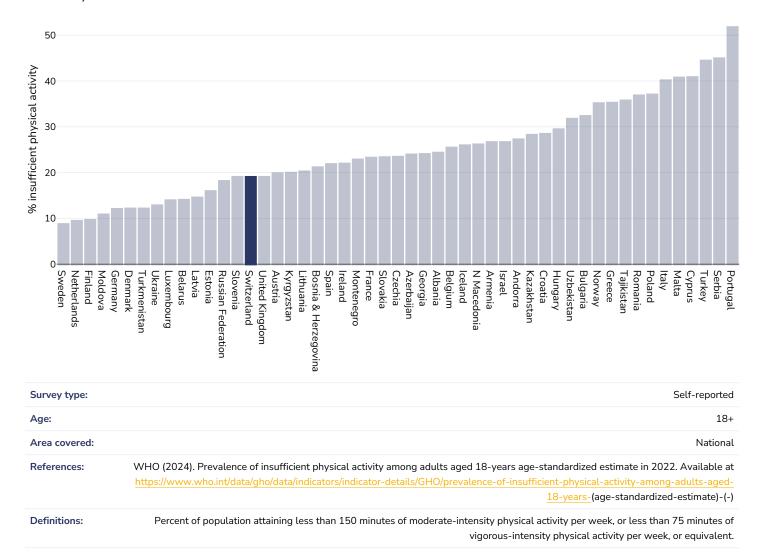
References: NCD Risk Factor Collaboration (NCD-RisC). Worldwide trends in underweight and obesity from 1990 to 2022: a pooled analysis of 3663 population representative studies with 222 million children, adolescents, and adults. Lancet 2024; published online Feb 29. https://doi.org/10.1016/S0140-6736(23)02750-2.

Notes:	Age standardised estimates
Definitions:	Combined prevalence of BMI < -2SD and BMI > 2SD (double burden of thinness and obesity)

Cutoffs: BMI < -2SD and BMI > 2SD

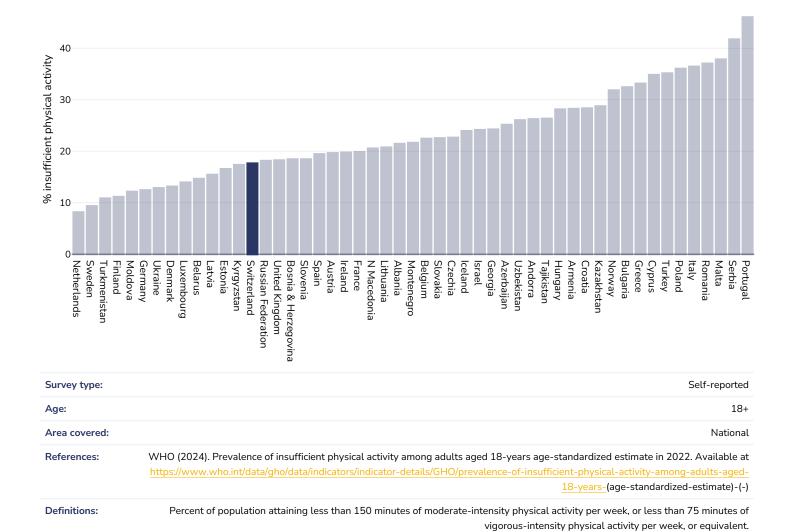


Insufficient physical activity



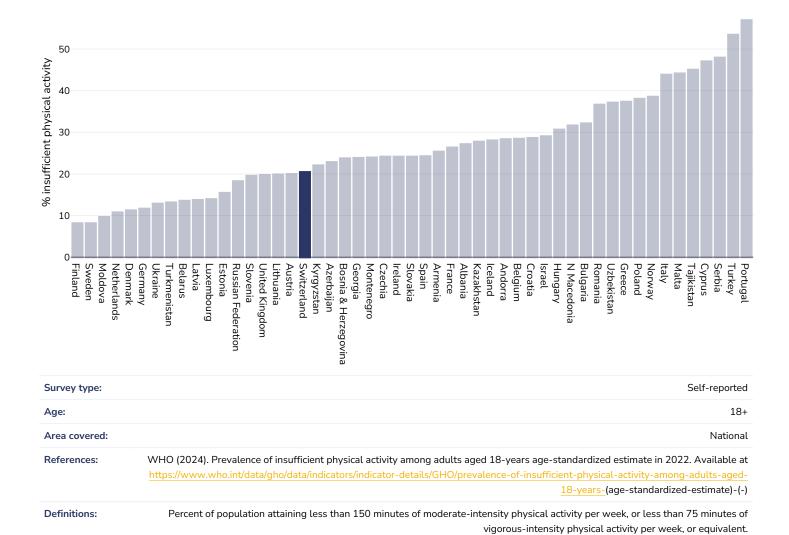


Men, 2022



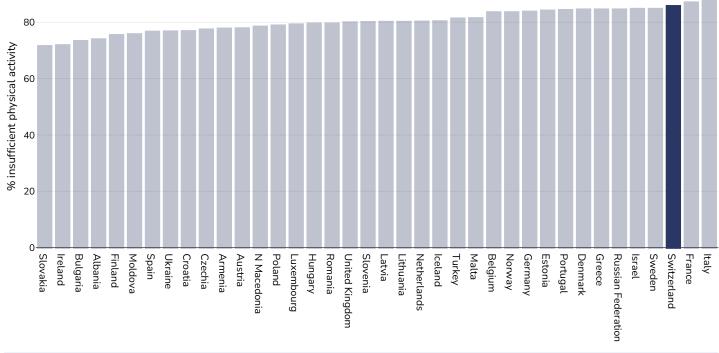


Women, 2022





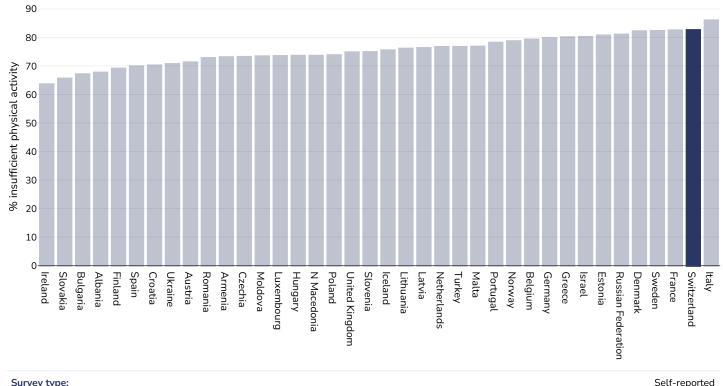
Children, 2016



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)



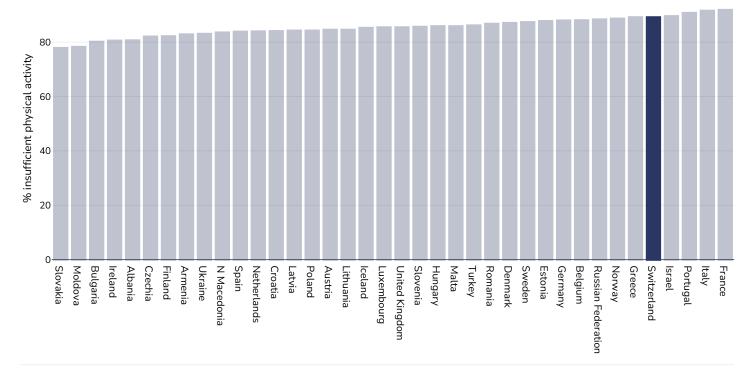
Boys, 2016



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

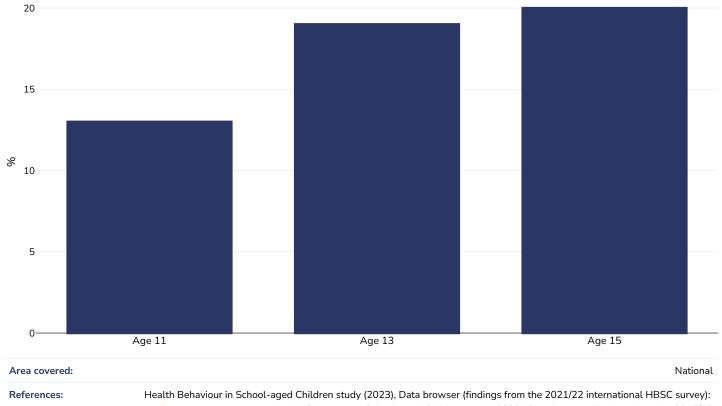


Survey type:	Self-reported
Age:	11-17
References:	Global Health Observatory data repository, World Health Organisation, https://apps.who.int/gho/data/node.main.A893ADO?lang=en (last accessed 16.03.21)
Notes:	% of school going adolescents not meeting WHO recommendations on Physical Activity for Health,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



Prevalence of at least daily carbonated soft drink consumption

Boys, 2021-2022



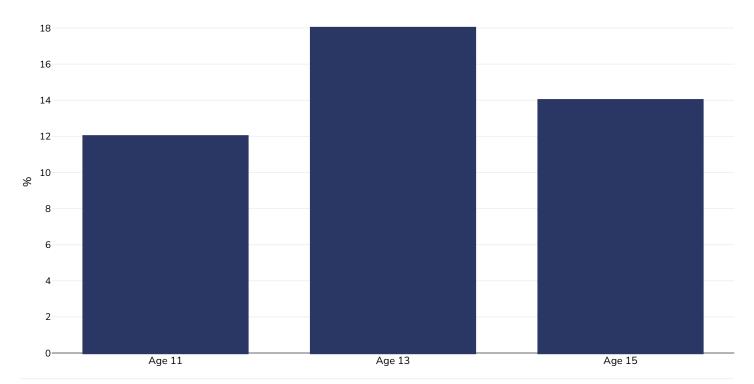
Health Behaviour in School-aged Children study (2023), Data browser (findings from the 2021/22 international HBSC survey): https://data-browser.hbsc.org. Health Behaviour in School-aged Children study (2020), Data browser (findings from the 2017/18 international HBSC survey): https://data-browser.hbsc.org.

Definitions:

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



Girls, 2021-2022



Area covered: National

References:

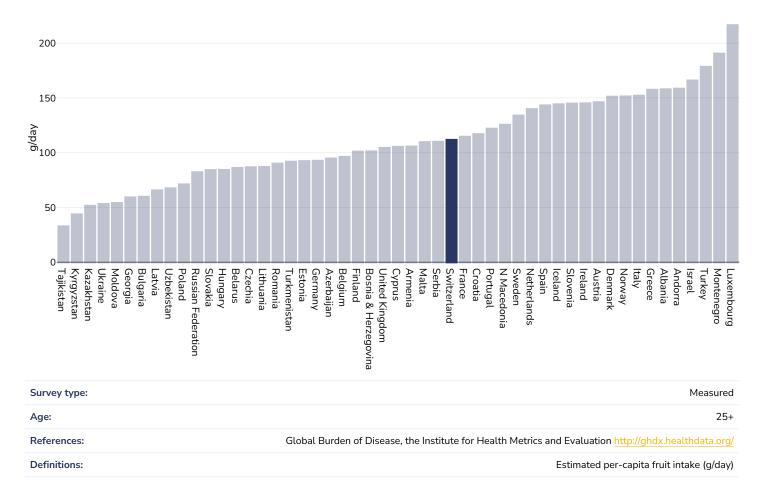
Health Behaviour in School-aged Children study (2023), Data browser (findings from the 2021/22 international HBSC survey): https://data-browser.hbsc.org. Health Behaviour in School-aged Children study (2020), Data browser (findings from the 2017/18 international HBSC survey): https://data-browser.hbsc.org.

Definitions:

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



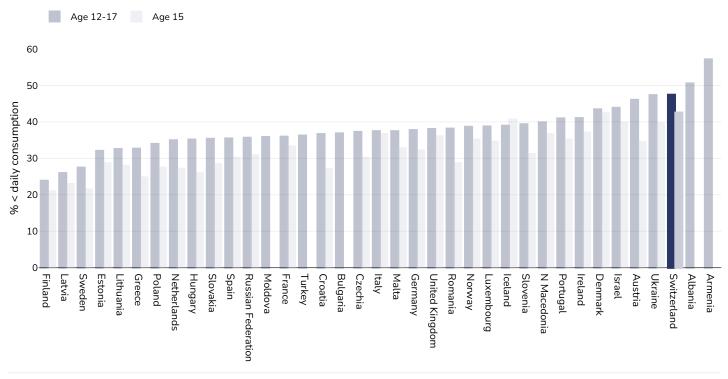
Estimated per capita fruit intake





Prevalence of less than daily fruit consumption

Children, 2010-2014



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-systems

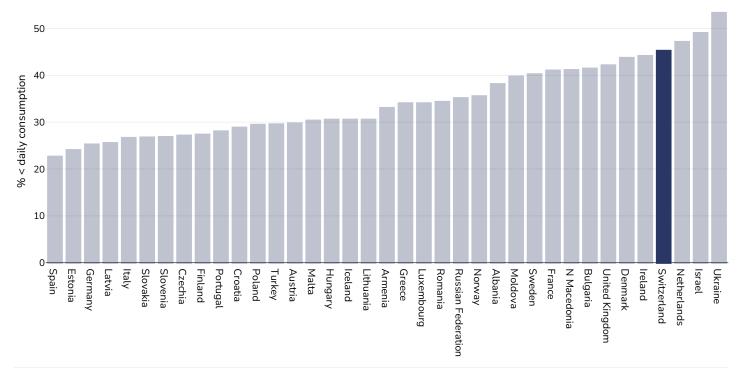
Definitions:

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



Prevalence of less than daily vegetable consumption

Children, 2010-2014



Survey type: Measured

Age: 12-17

References:

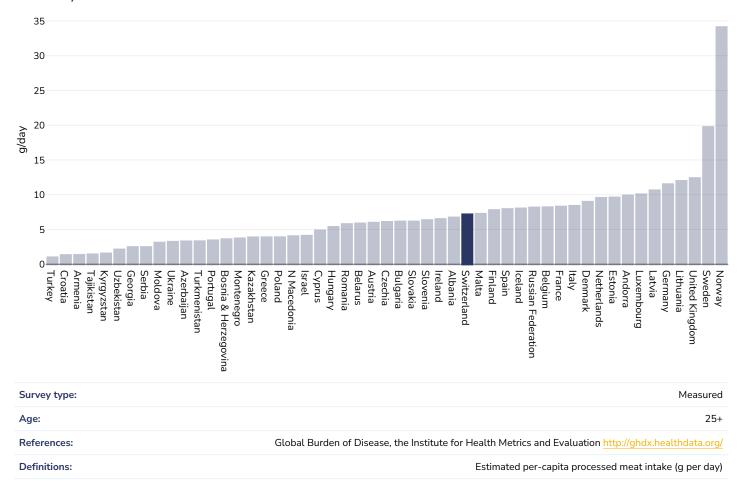
Beal et al. (2019). Global Patterns of Adolescent Fruit, Vegetable, Carbonated Soft Drink, and Fast-food consumption: A meta-analysis of global school-based student health surveys. Food and Nutrition Bulletin. https://doi.org/10.1177/0379572119848287 sourced from Food Systems Dashboard https://www.foodsystemsdashboard.org/food-system

Definitions:

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

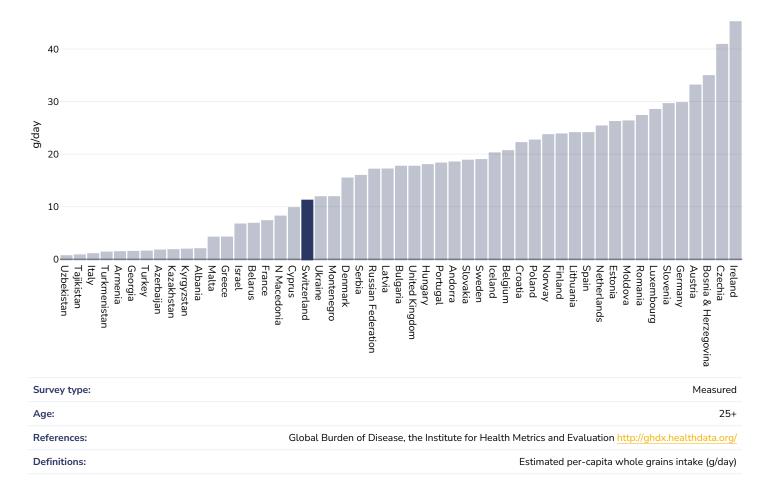


Estimated per-capita processed meat intake



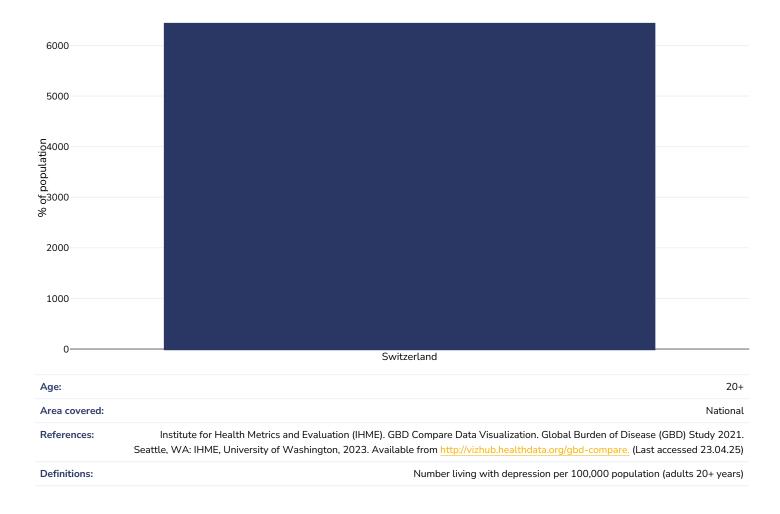


Estimated per capita whole grains intake





Mental health - depression disorders





Men, 2021



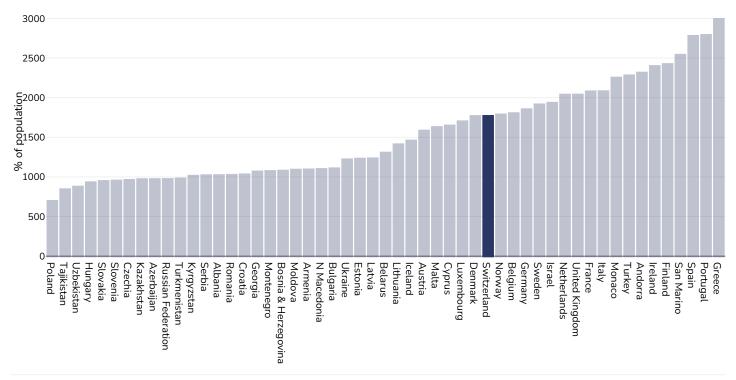


Women, 2021





Children, 2021



Area covered: National

References:

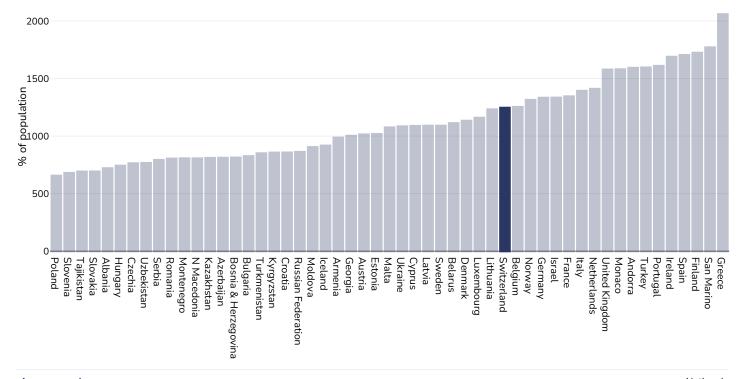
Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from http://vizhub.healthdata.org/gbd-compare. (Last accessed 23.04.25)

Definitions:

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



Boys, 2021



Area covered: National

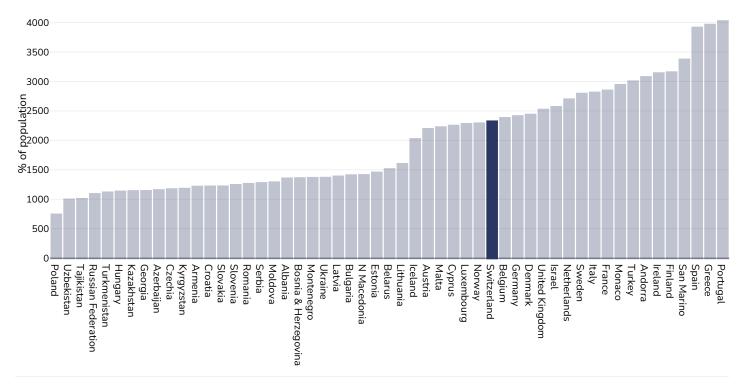
References: Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021.

Seattle, WA: IHME, University of Washington, 2023. Available from http://vizhub.healthdata.org/gbd-compare. (Last accessed 23.04.25)

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



Girls, 2021



Area covered: National

References:

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)

Definitions:

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



Mental health - anxiety disorders





Men, 2021



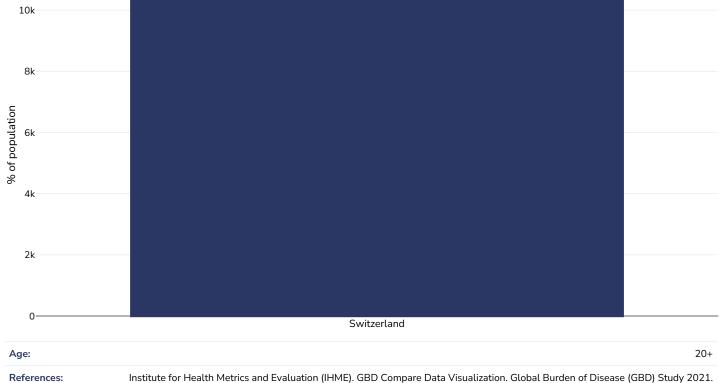
References:

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).

Definitions:

Number living with anxiety per 100,000 population





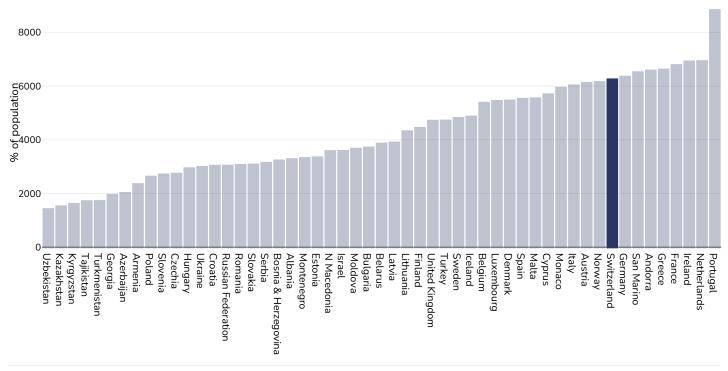
Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from http://vizhub.healthdata.org/gbd-compare. (Last accessed 23.04.25).

Definitions:

Number living with anxiety per 100,000 population



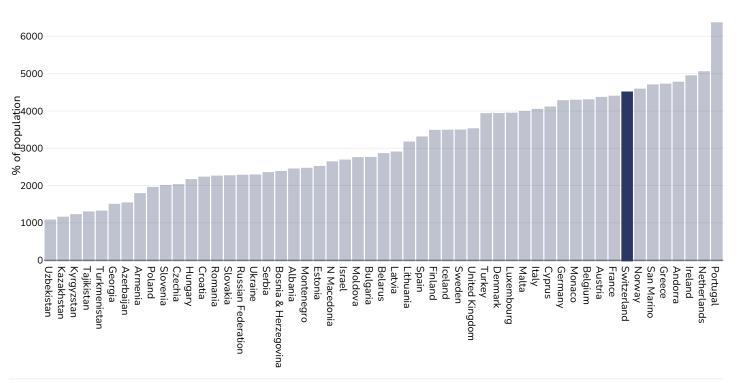
Children, 2021



References:

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)

Boys, 2021

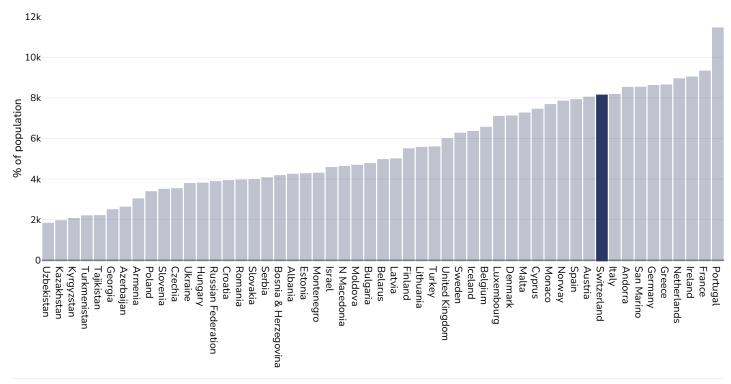


References:

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)



Girls, 2021



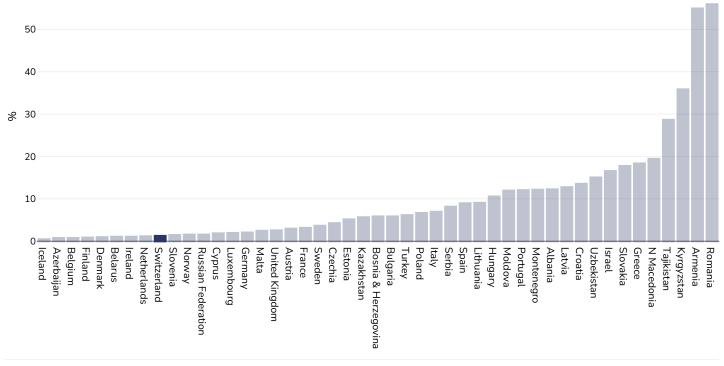
References:

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

Adults, 2022



Area covered: National

References:

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:

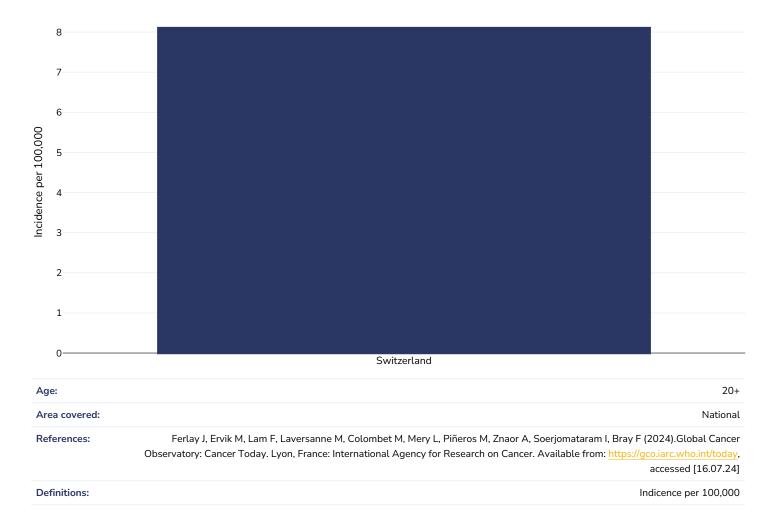
https://www.foodsystemsdashboard.org. DOI:

https://doi.org/10.36072/db.

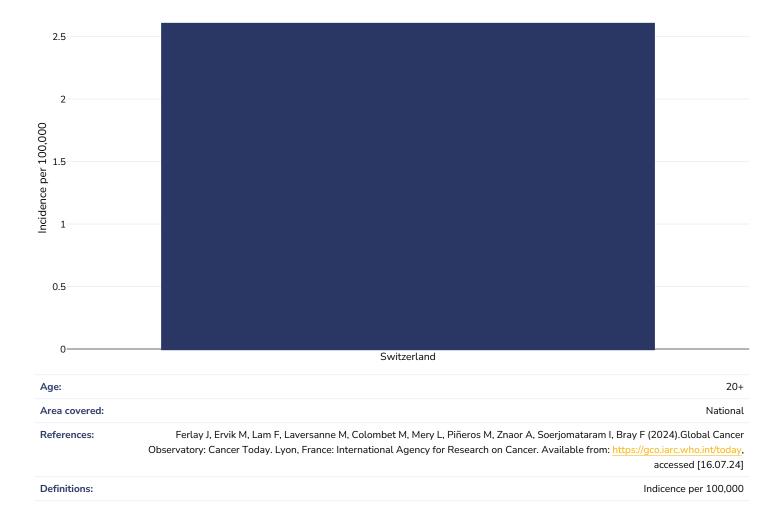


Oesophageal cancer

Men, 2022





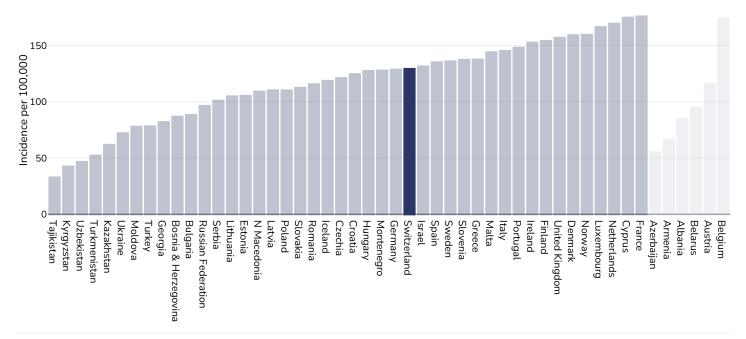




Breast cancer

Women, 2022





Area covered: National

References:

Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]

Definitions: Incidence per 100,000



Colorectal cancer

Men, 2022

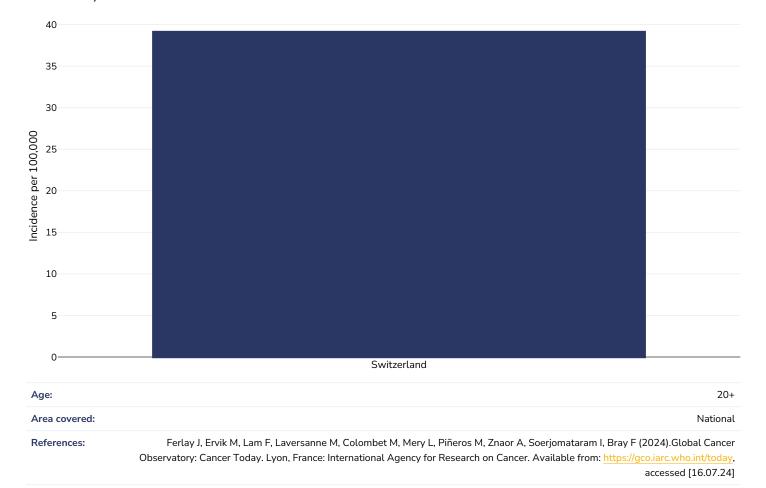


Incidence per 100,000



Women, 2022

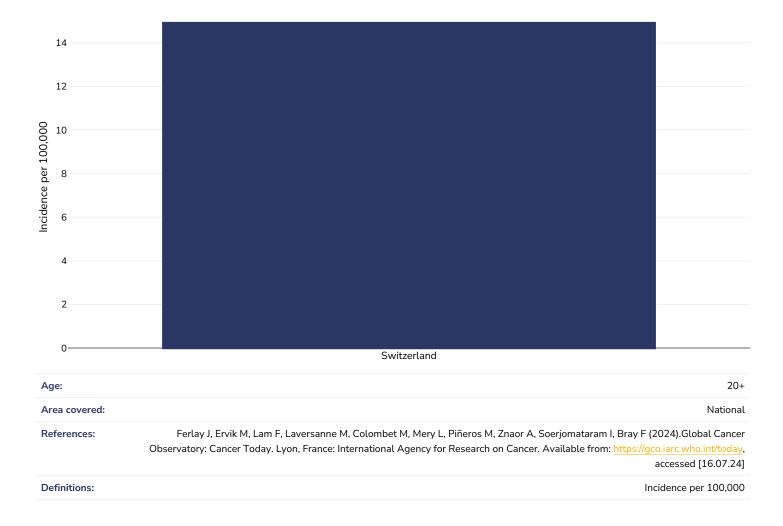
Definitions:





Pancreatic cancer

Men, 2022



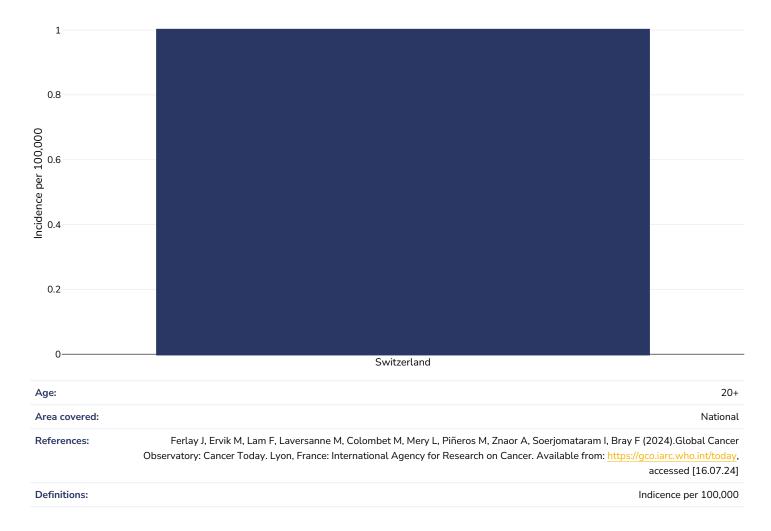




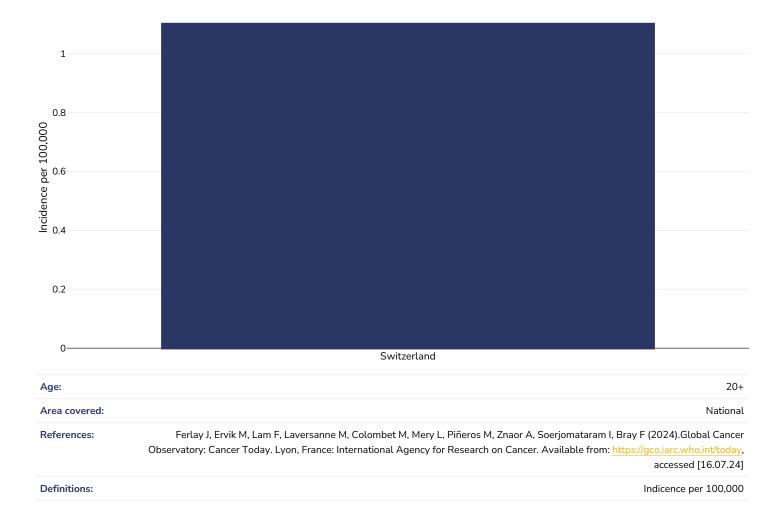


Gallbladder cancer

Men, 2022



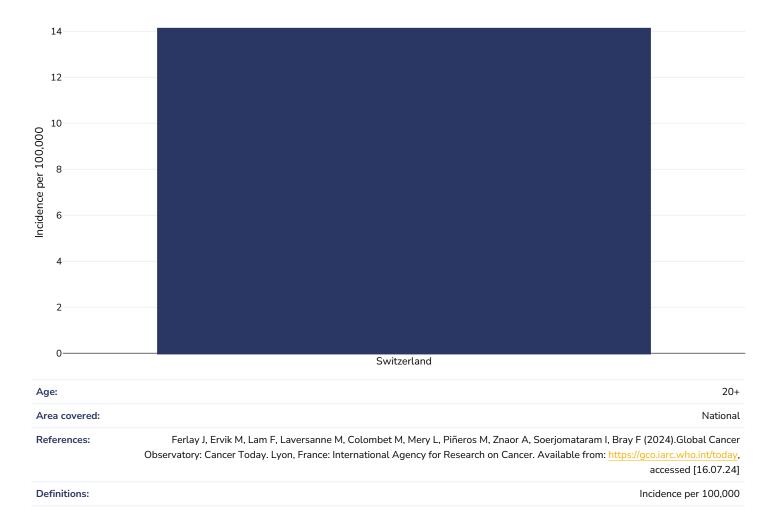






Kidney cancer

Men, 2022









Cancer of the uterus

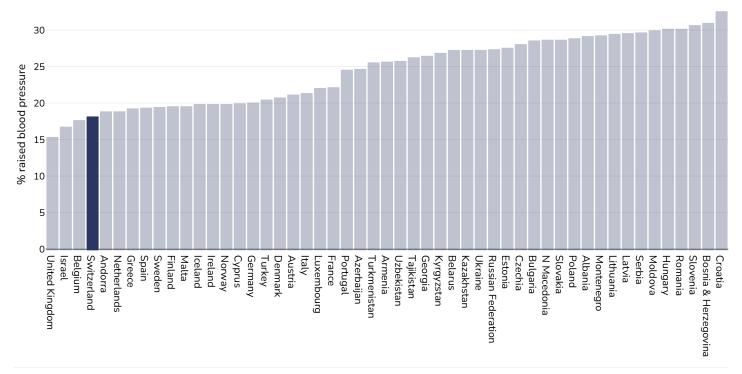
Women, 2022





Raised blood pressure

Adults, 2015



References:

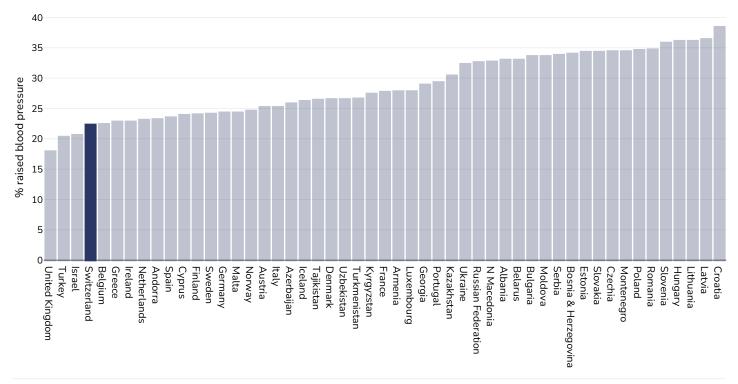
Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A875?lang=en

Definitions:

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



Men, 2015



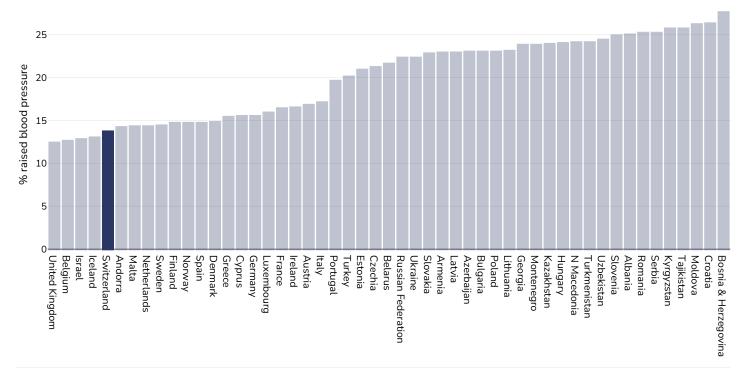
References:

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).





References:

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

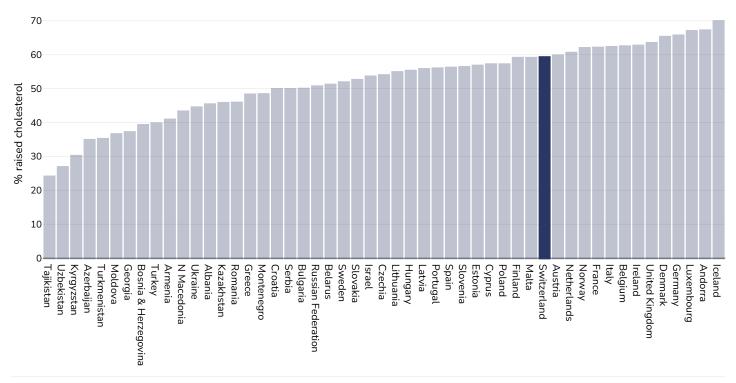
Definitions:

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



Raised cholesterol

Adults, 2008



References:

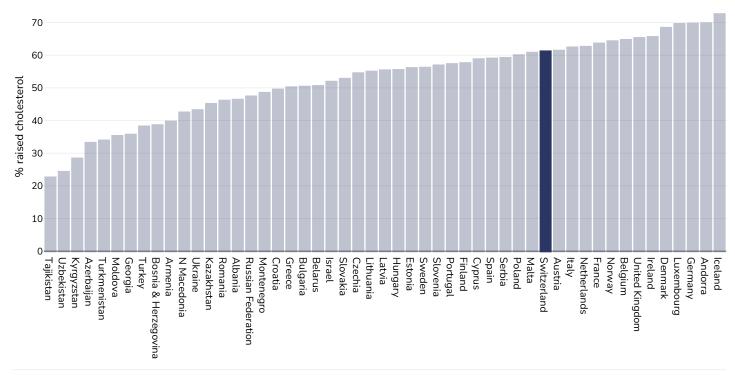
Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A885

Definitions:

% Raised total cholesterol (>= 5.0 mmol/L) (age-standardized estimate).



Men, 2008



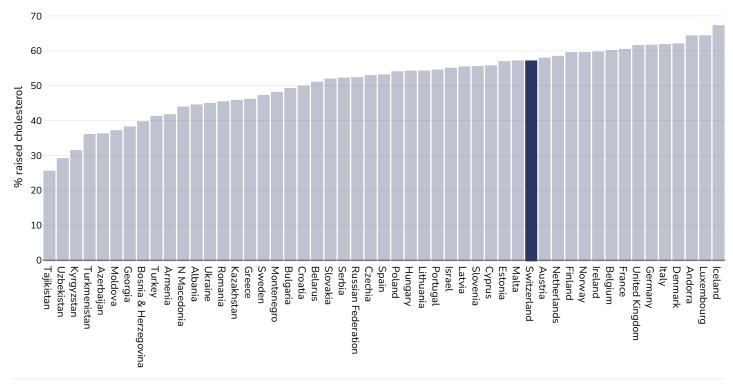
References:

 ${\sf Global\ Health\ Observatory\ data\ repository,\ World\ Health\ Organisation,\ } \underline{{\sf http://apps.who.int/gho/data/node.main.} A885}$

Definitions:

% Raised total cholesterol (>= 5.0 mmol/L) (age-standardized estimate).





References:

Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A885

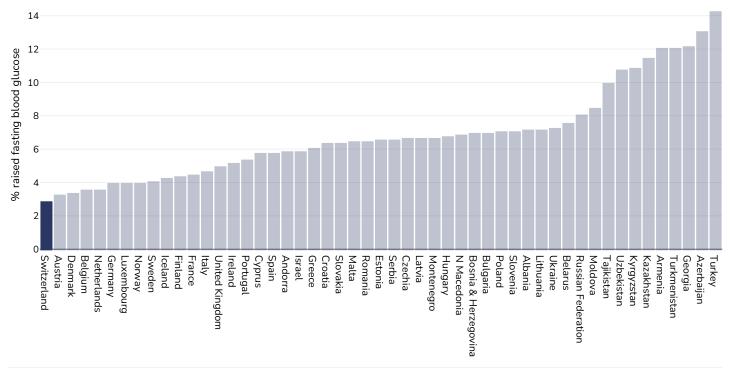
Definitions:

% Raised total cholesterol (>= 5.0 mmol/L) (age-standardized estimate).



Raised fasting blood glucose

Men, 2014



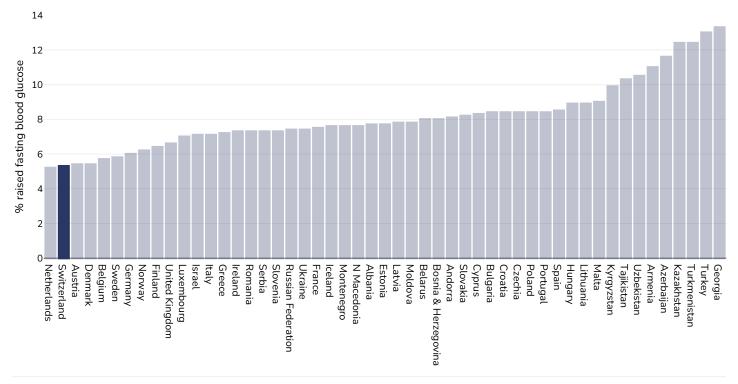
References:

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 mmoVL or on medication).





References:

 ${\tt Global\ Health\ Observatory\ data\ repository,\ World\ Health\ Organisation,}\ \underline{{\tt http://apps.who.int/gho/data/node.main.} {\tt A869?lang=en}}$

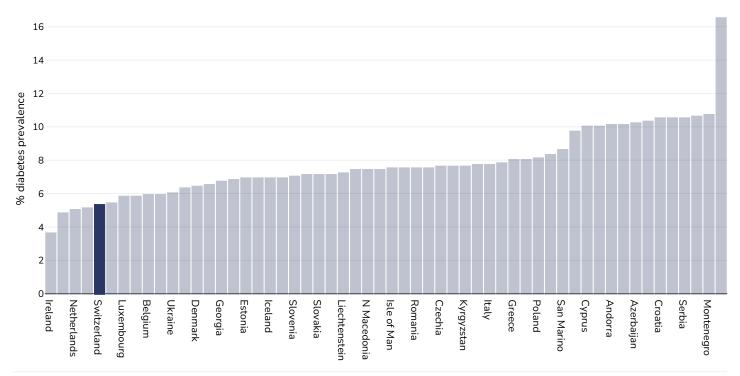
Definitions:

Age Standardised % raised fasting blood glucose (\geq 7.0 mmol/L or on medication).



Diabetes prevalence

Adults, 2024



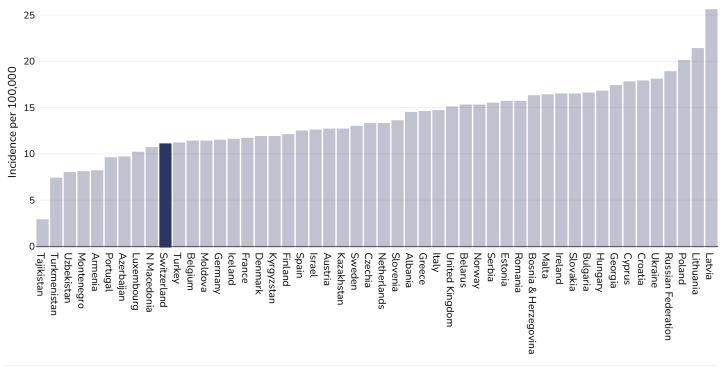
References:

Reproduced with kind permission International Diabetes Federation. IDF Diabetes Atlas, 11th edn. Brussels, Belgium:International Diabetes Federation, 2025. http://www.diabetesatlas.org



Ovarian Cancer

Women, 2022



Age: 20+

References:

Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]

Definitions: Incidence per 100,000



Leukemia

Men, 2022											
4											
3											
2											
1											
0———											
⁻¹ 1	0	1	2	3	4	5	6				
Age:							20+				
Area covered:							National				
References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today , accessed [16.07.24]										
Definitions:						Incidence pe	er 100,000				
	Unless ot	therwise noted, overw	veight refers to a BMI	between 25kg and 29	9.9kg/m², obesity refers	to a BMI greater thar	n 30kg/m².				

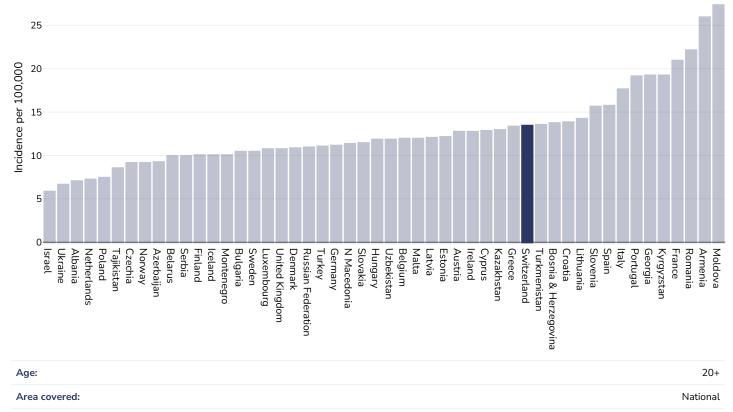


Women, 20	022						
4							
3							
2							
1							
0							
⁻¹ 1	0	1	2	3	4	5	6
Age:							20+
Area covered:							National
References:					'naor A, Soerjomatarar n Cancer. Available fron	m: https://gco.iarc.who	
Definitions:						Incidence pe	er 100,000
	Unless oth	nerwise noted, overw	veight refers to a BMI	between 25kg and 29	0.9kg/m², obesity refers	s to a BMI greater than	1 30kg/m².



Liver and intrahepatic bile duct Cancer

Men, 2022



References:

Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today.
accessed [16.07.24]

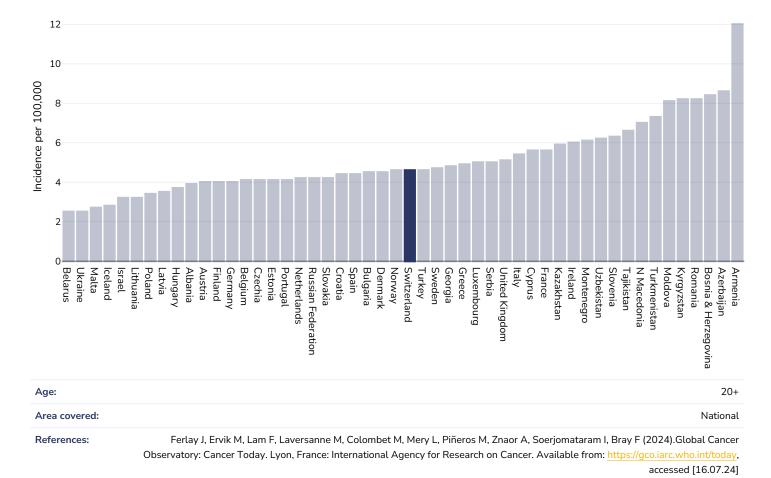
Definitions: Incidence per 100,000

Incidence per 100,000



Women, 2022

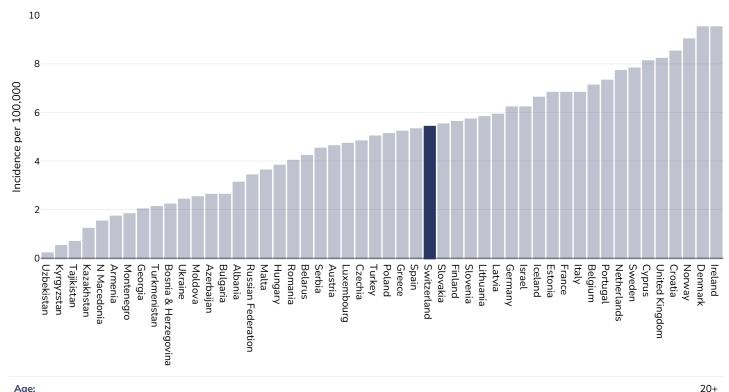
Definitions:





Multiple Myeloma

Men, 2022



Age:

Area covered: National

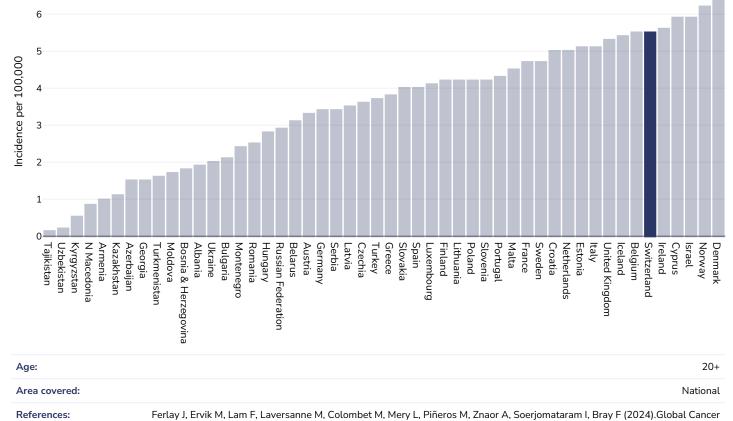
References:

Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]

Definitions: Indicence per 100,000

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





Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today,

accessed [16.07.24]

Definitions:

Indicence per 100,000

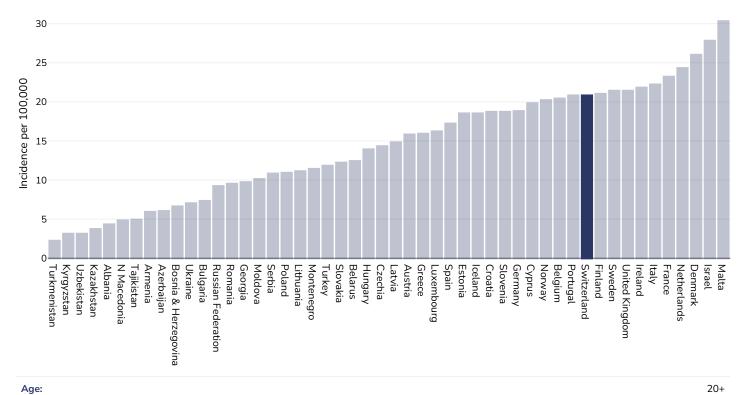
 $Unless \ otherwise \ noted, overweight \ refers \ to \ a \ BMI \ between \ 25kg \ and \ 29.9kg/m^2, \ obesity \ refers \ to \ a \ BMI \ greater \ than \ 30kg/m^2.$

National



Non Hodgkin Lymphoma

Men, 2022



100

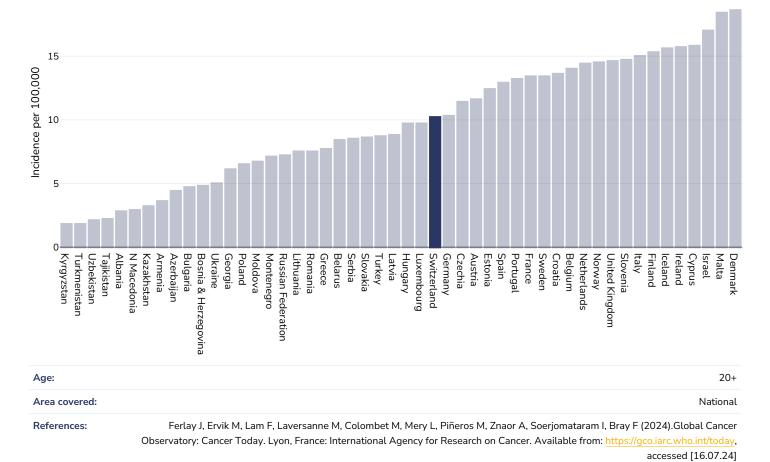
Area covered:

Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]

Definitions: Incidence per 100,000

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





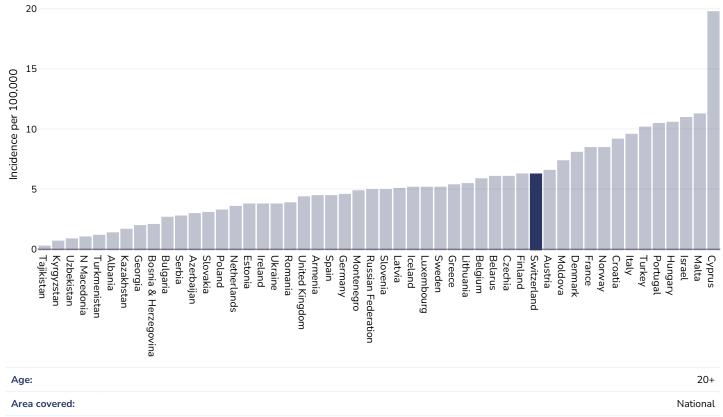
Definitions: Incidence per 100,000

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



Thyroid Cancer

Men, 2022

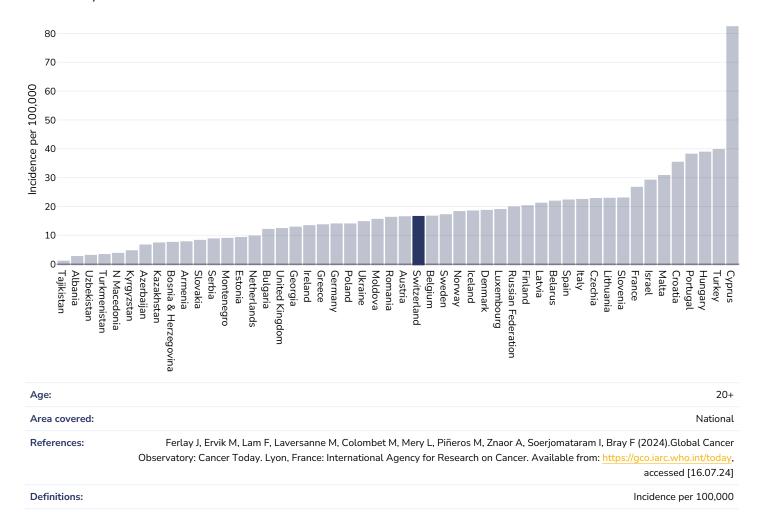


References:

Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]

Definitions: Incidence per 100,000





PDF created on June 17, 2025