Drivers
United Kingdom

High income

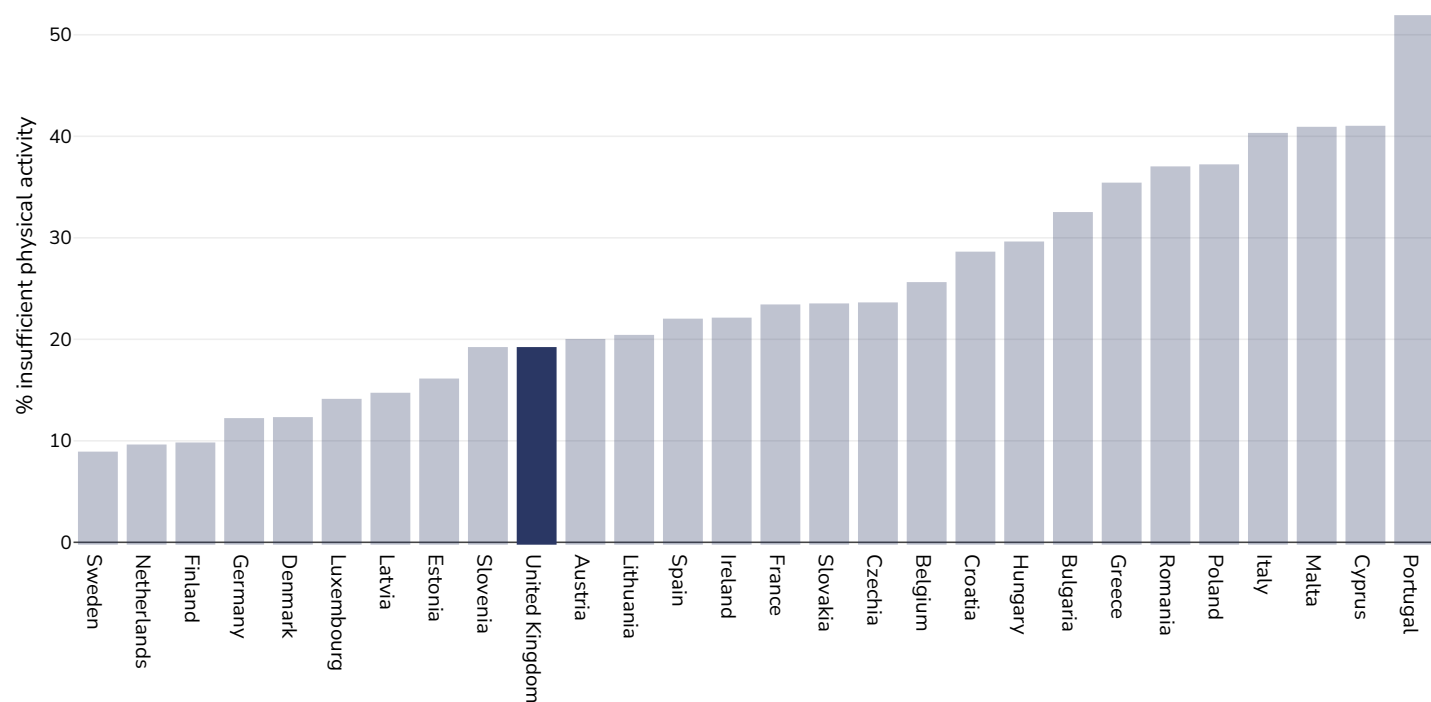| Contents	Page
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Estimated per capita sugar sweetened beverages intake	9
Prevalence of at least daily carbonated soft drink consumption	10
Prevalence of confectionery consumption	11
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Report cards

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)

Insufficient physical activity

Adults, 2022

Survey type:	Self-reported
Age:	18+
Area covered:	National
References:	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)-(-)
Definitions:	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.

Men, 2022

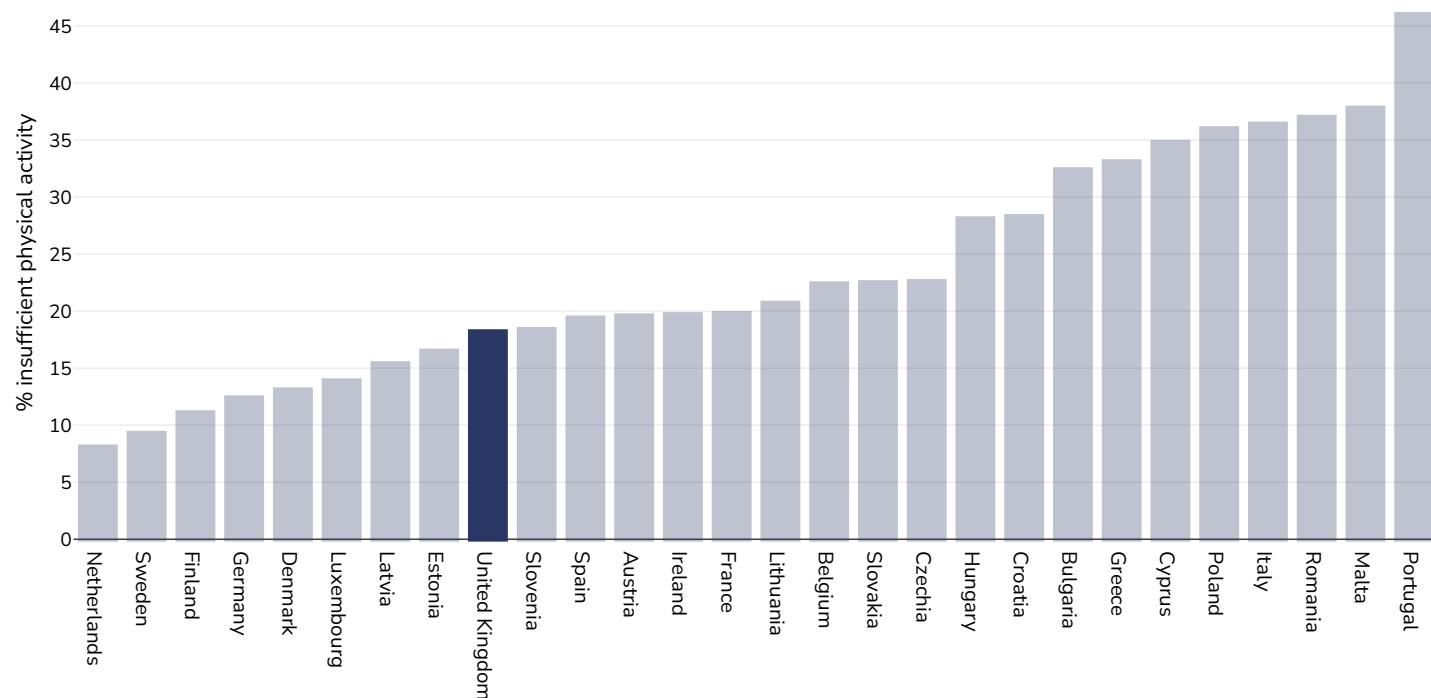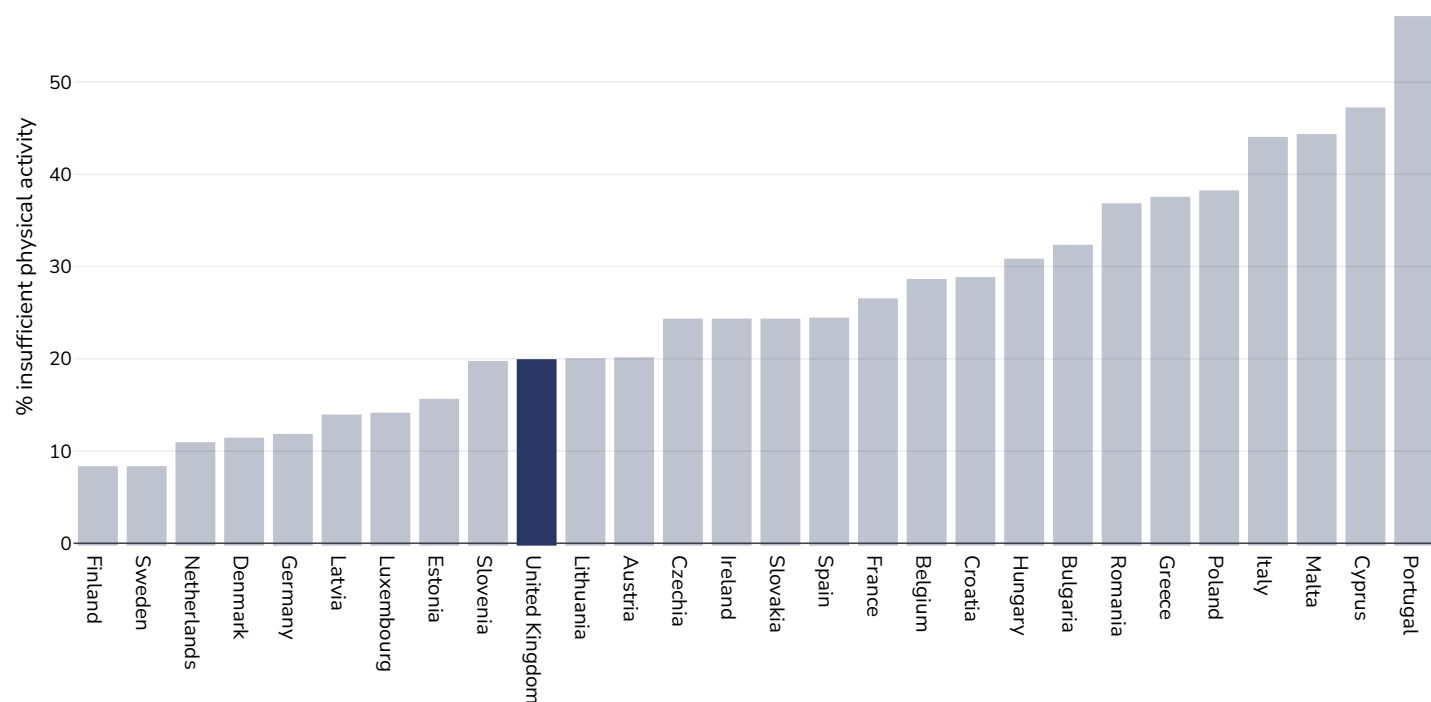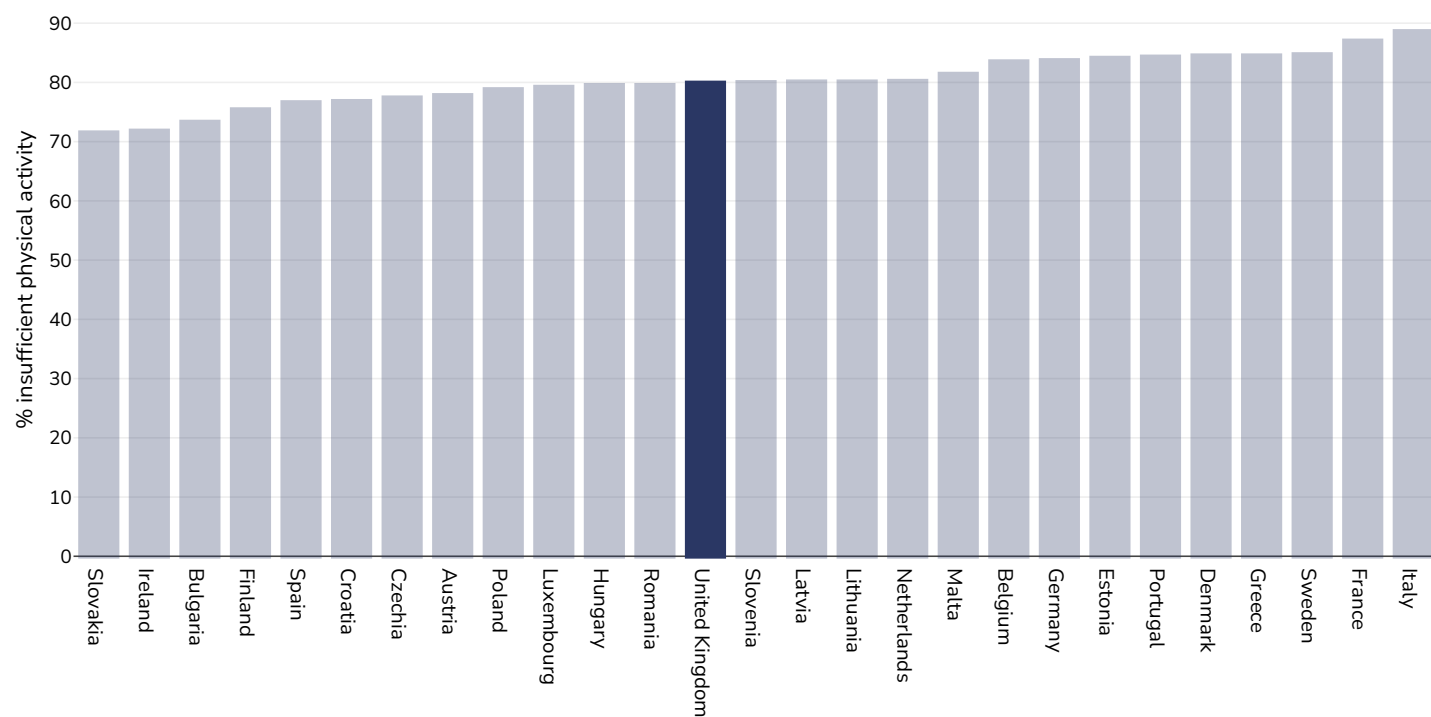| Survey type:	Self-reported
Age:	18+
Area covered:	National
References:	WHO (2024). Prevalence of insufficient physical activity among adults aged 18-years age-standardized estimate in 2022. Available at https://www.who.int/data/gho/data/indicators/indicator-details/GHO/prevalence-of-insufficient-physical-activity-among-adults-aged-18-years-(age-standardized-estimate)-(-)
Definitions:	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.

Women, 2022

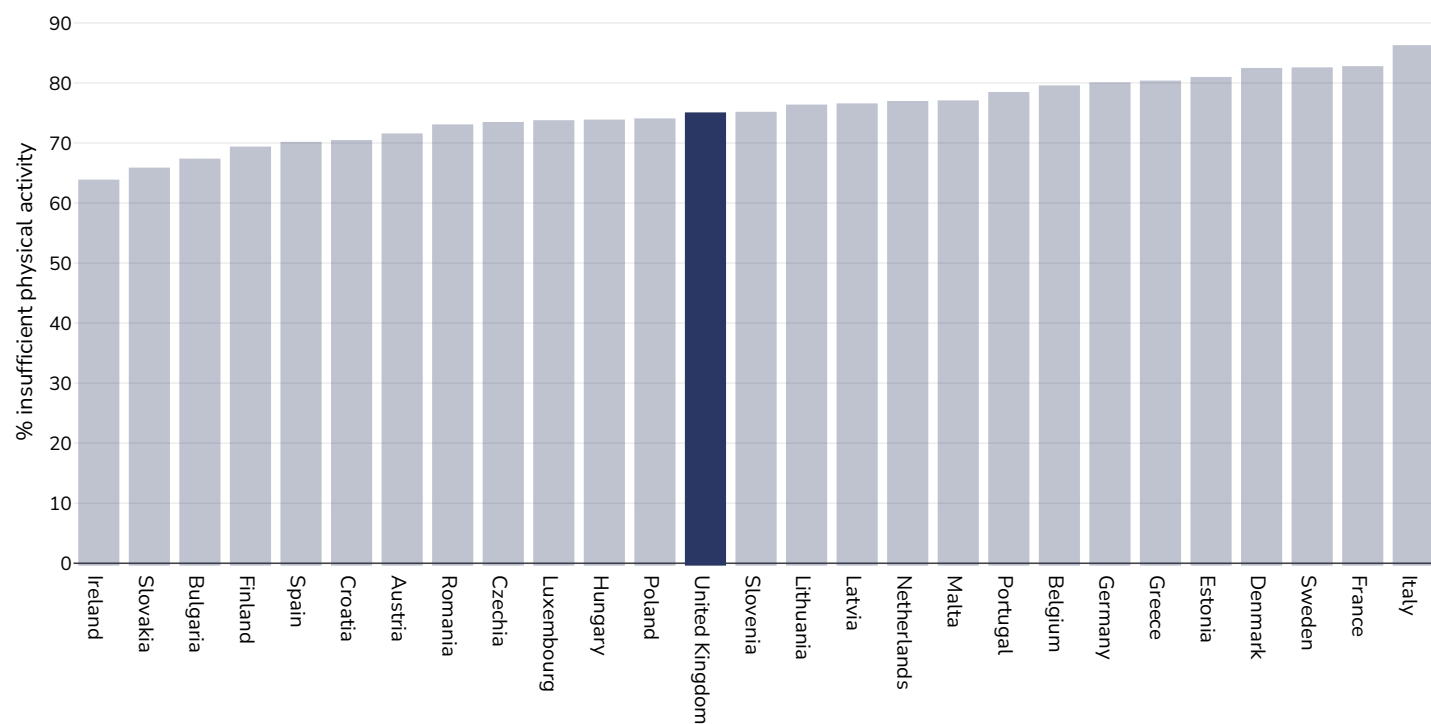| Survey type:	Self-reported
Age:	18+
Area covered:	National
References:	WHO (2024). Prevalence of insufficient physical activity among adults aged 18-years age-standardized estimate in 2022. Available at https://www.who.int/data/gho/data/indicators/indicator-details/GHO/prevalence-of-insufficient-physical-activity-among-adults-aged-18-years-(age-standardized-estimate)-(-)
Definitions:	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.

Children, 2016

Chart: % insufficient physical activity by country. Countries (left to right): Slovakia, Ireland, Bulgaria, Finland, Spain, Croatia, Czechia, Austria, Poland, Luxembourg, Hungary, Romania, United Kingdom, Slovenia, Latvia, Lithuania, Netherlands, Malta, Belgium, Germany, Estonia, Portugal, Denmark, Greece, Sweden, France, Italy.

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

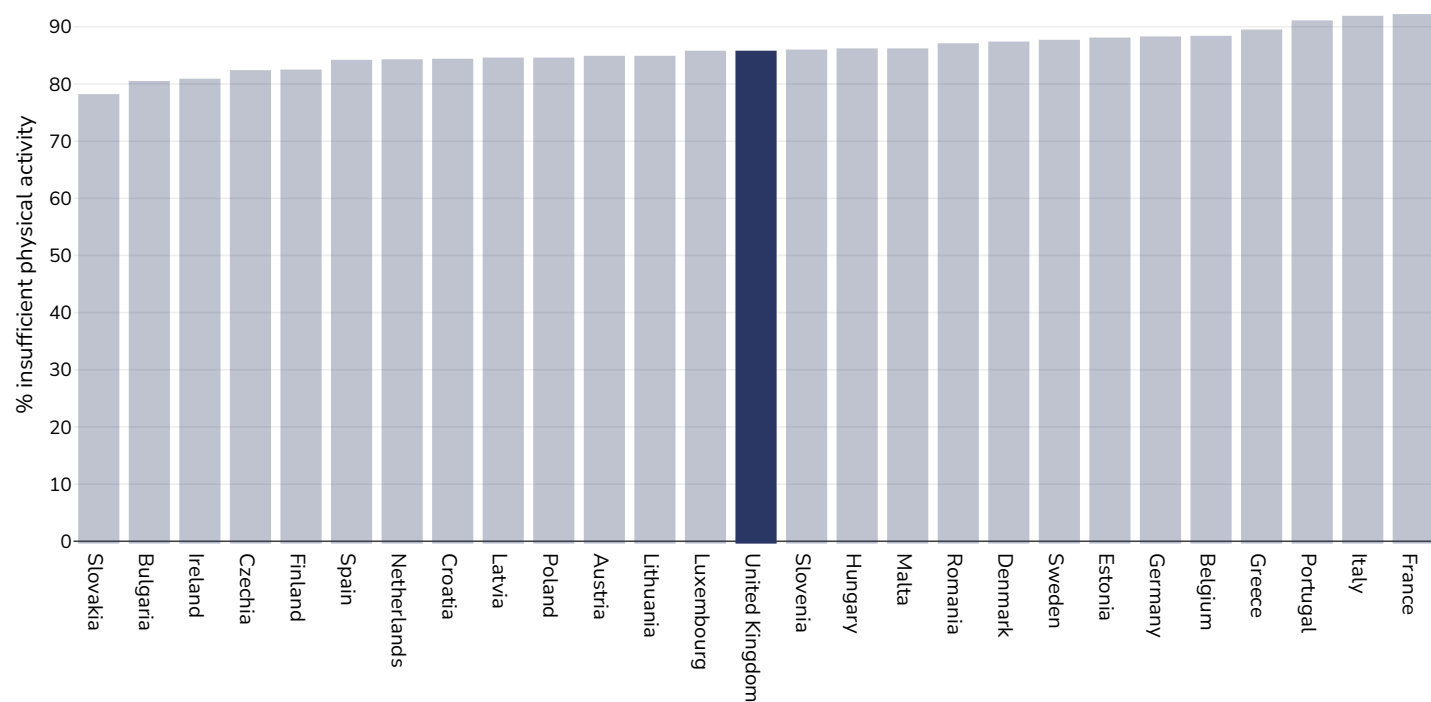| Survey type:	Self-reported
Age:	11-17
References:	Global Health Observatory data repository, World Health Organisation, https://apps.who.int/gho/data/node.main.A893ADO?lang=en (last accessed 16.03.21)
Notes:	% of school going adolescents not meeting WHO recommendations on Physical Activity for Health,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

Girls, 2016

Chart: % insufficient physical activity by country (self-reported, ages 11-17)

Country	% insufficient physical activity
Slovakia	78
Bulgaria	80
Ireland	81
Czechia	82
Finland	82
Spain	84
Netherlands	84
Croatia	84
Latvia	84
Poland	84
Austria	85
Lithuania	85
Luxembourg	86
United Kingdom	86
Slovenia	86
Hungary	86
Malta	86
Romania	87
Denmark	87
Sweden	88
Estonia	88
Germany	88
Belgium	88
Greece	89
Portugal	91
Italy	92
France	92

|	
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

Number of portions — bar chart by country:

Finland, Netherlands, Germany, Denmark, Sweden, Spain, Portugal, France, Austria, United Kingdom, Ireland, Belgium, Italy, Romania, Slovenia, Czechia, Bulgaria, Poland, Slovakia, Greece, Croatia, Hungary, Estonia, Lithuania, Latvia
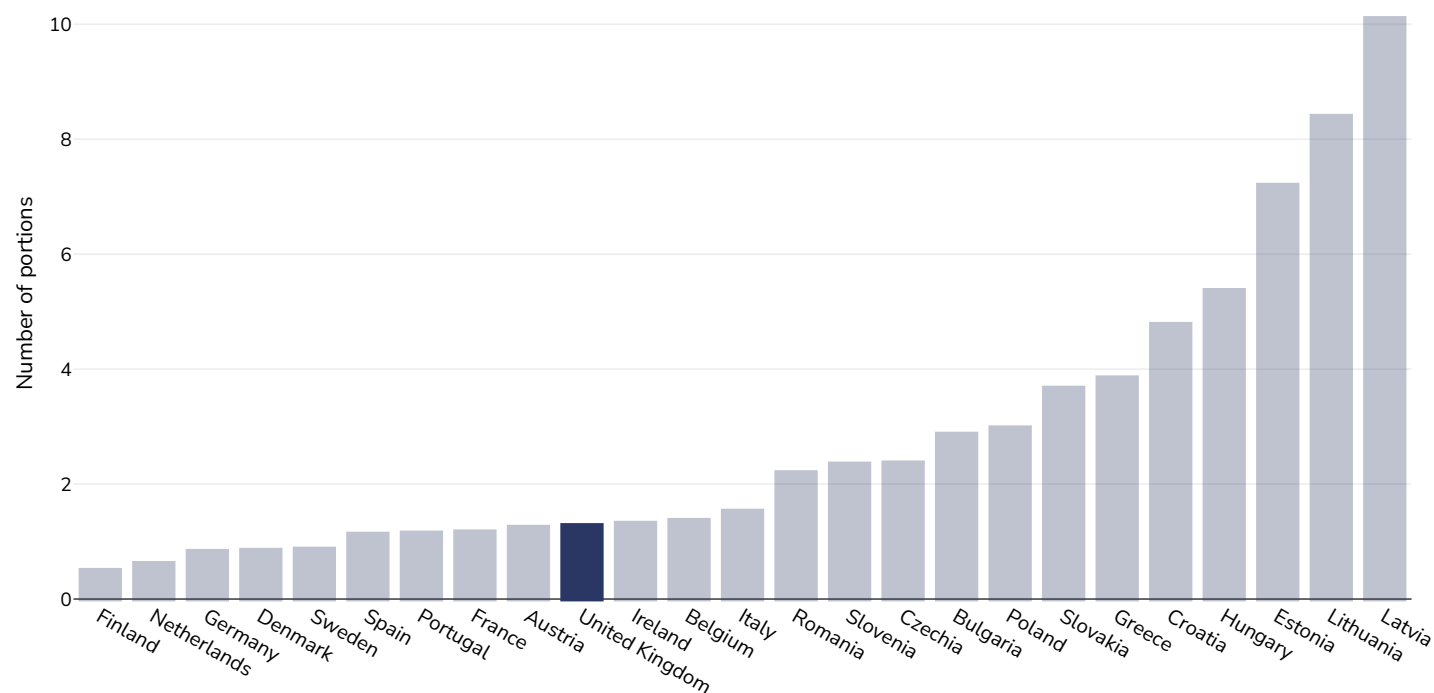
References:	Source: Euromonitor International
Definitions:	Sugar consumption (Number of 500g sugar portions/person/month)

Estimated per capita sugar sweetened beverages intake

Adults, 2016
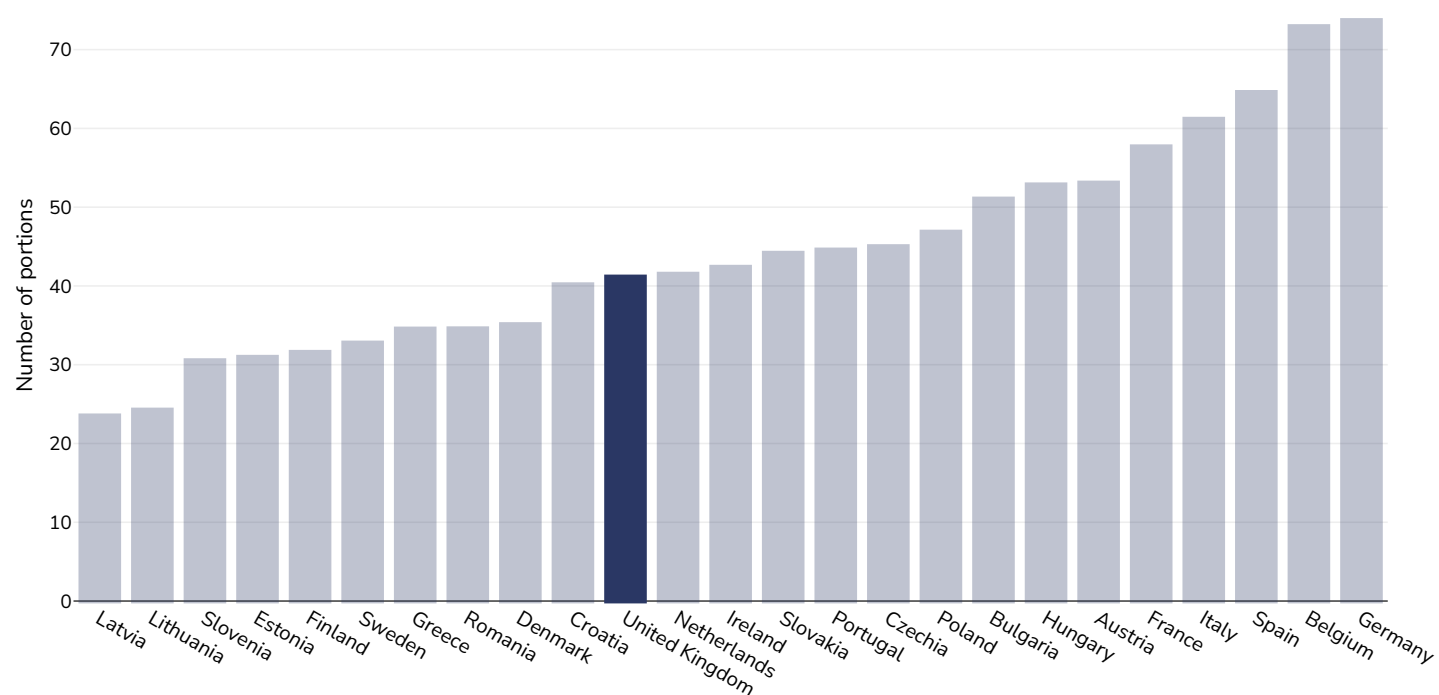
References:

Source: Euromonitor International

Prevalence of at least daily carbonated soft drink consumption

Children, 2014
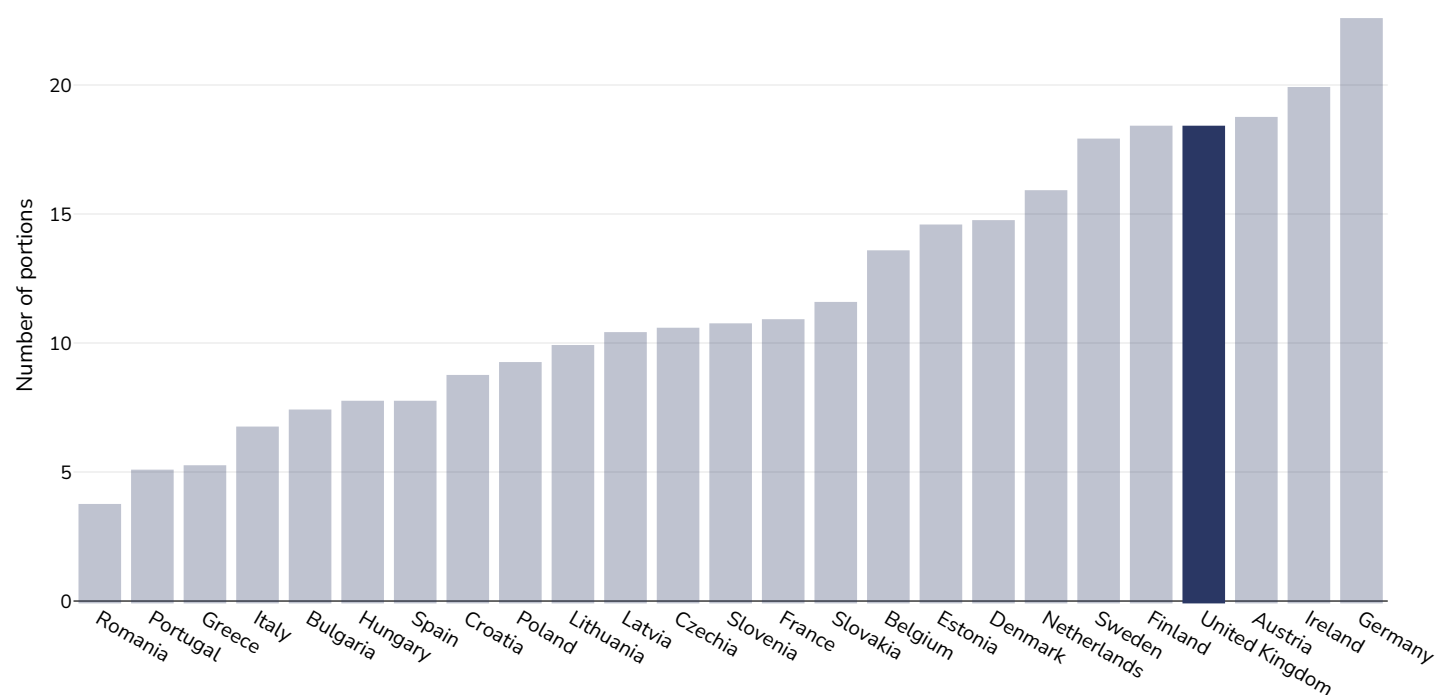

Survey type:	Measured
References:	World Health Organization. (2017). Adolescent obesity and related behaviours: Trends and inequalities in the who european region, 2002-2014: observations from the Health Behavior in School-aged Children (HBSC) WHO collaborative cross-national study (J. Inchley, D. Currie, 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)

WORLD OBESITY

Prevalence of confectionery consumption

Adults, 2016

Chart: Number of portions by country. Countries from lowest to highest: Romania, Portugal, Greece, Italy, Bulgaria, Hungary, Spain, Croatia, Poland, Lithuania, Latvia, Czechia, Slovenia, France, Slovakia, Belgium, Estonia, Denmark, Netherlands, Sweden, Finland, United Kingdom, Austria, Ireland, Germany.
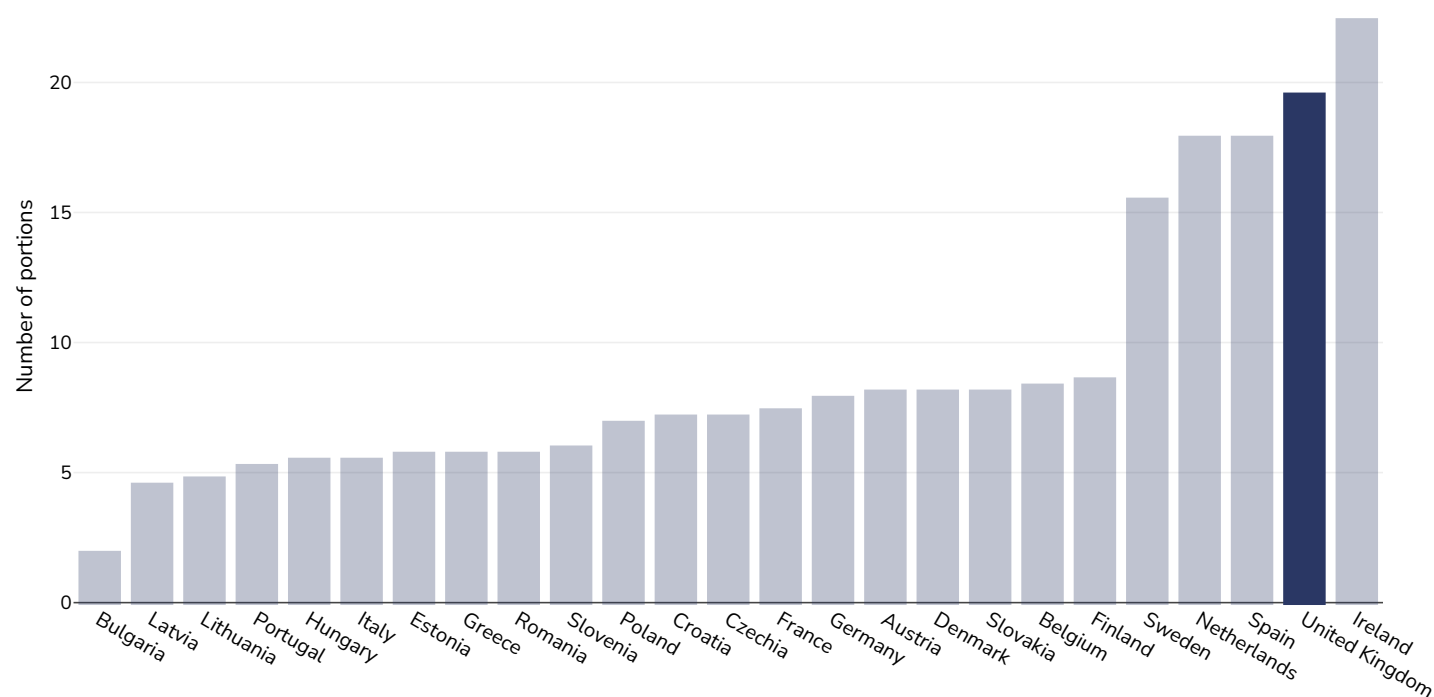
References:	Source: Euromonitor International
Definitions:	Prevalence of confectionery consumption (Number of 50g confectionery portions/person/month)

# Prevalence of sweet/savoury snack consumption

Adults, 2016

Number of portions (y-axis)

Countries (x-axis): Bulgaria, Latvia, Lithuania, Portugal, Hungary, Italy, Estonia, Greece, Romania, Slovenia, Poland, Croatia, Czechia, France, Germany, Austria, Denmark, Slovakia, Belgium, Finland, Sweden, Netherlands, Spain, United Kingdom, Ireland

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
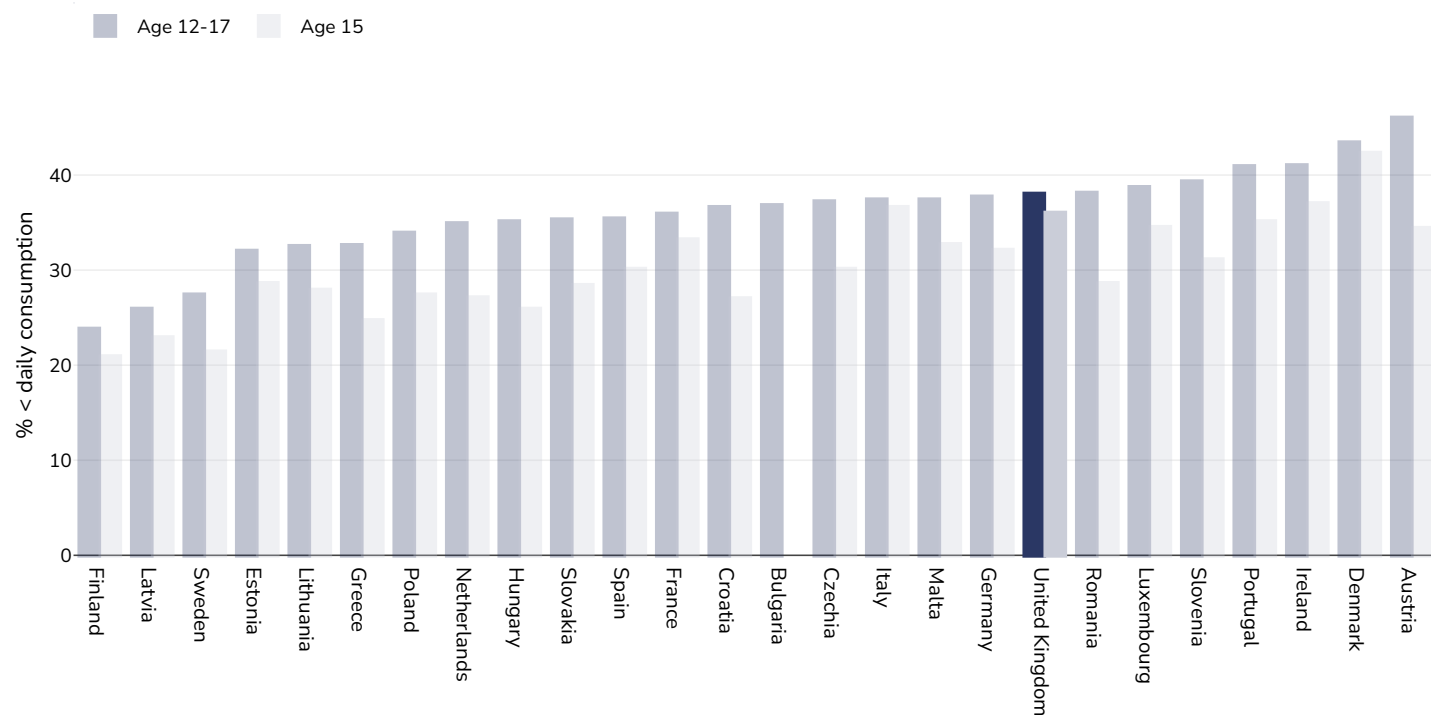
Adults, 2017
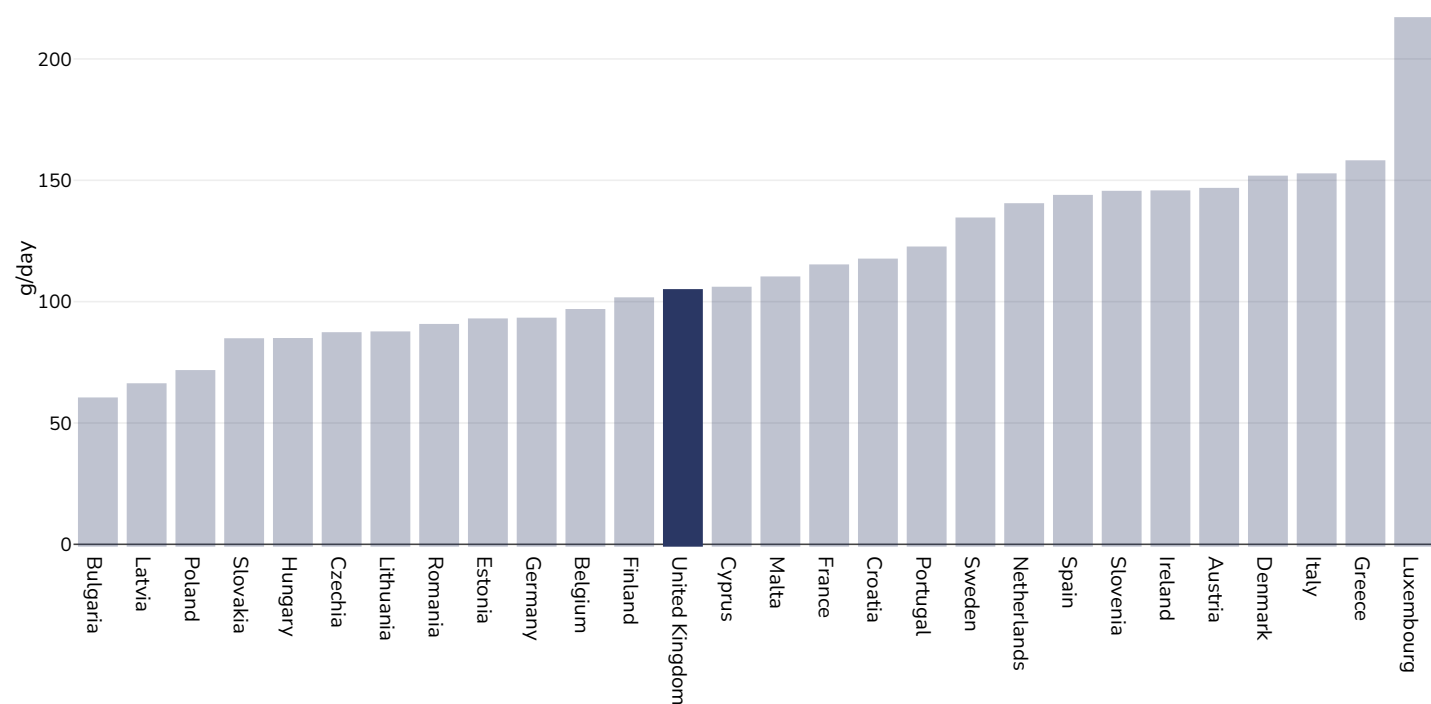
Survey type:	Measured
Age:	25+
References:	Global Burden of Disease, the Institute for Health Metrics and Evaluation http://ghdx.healthdata.org/
Definitions:	Estimated per-capita fruit intake (g/day)

Prevalence of less than daily fruit consumption

Children, 2014

Legend: Age 12-17 ■ Age 15 ▢


Y-axis: % < daily consumption (0, 10, 20, 30, 40)

Countries (x-axis): Finland, Latvia, Sweden, Estonia, Lithuania, Greece, Poland, Netherlands, Hungary, Slovakia, Spain, France, Croatia, Bulgaria, Czechia, Italy, Malta, Germany, United Kingdom, Romania, Luxembourg, Slovenia, Portugal, Ireland, Denmark, Austria

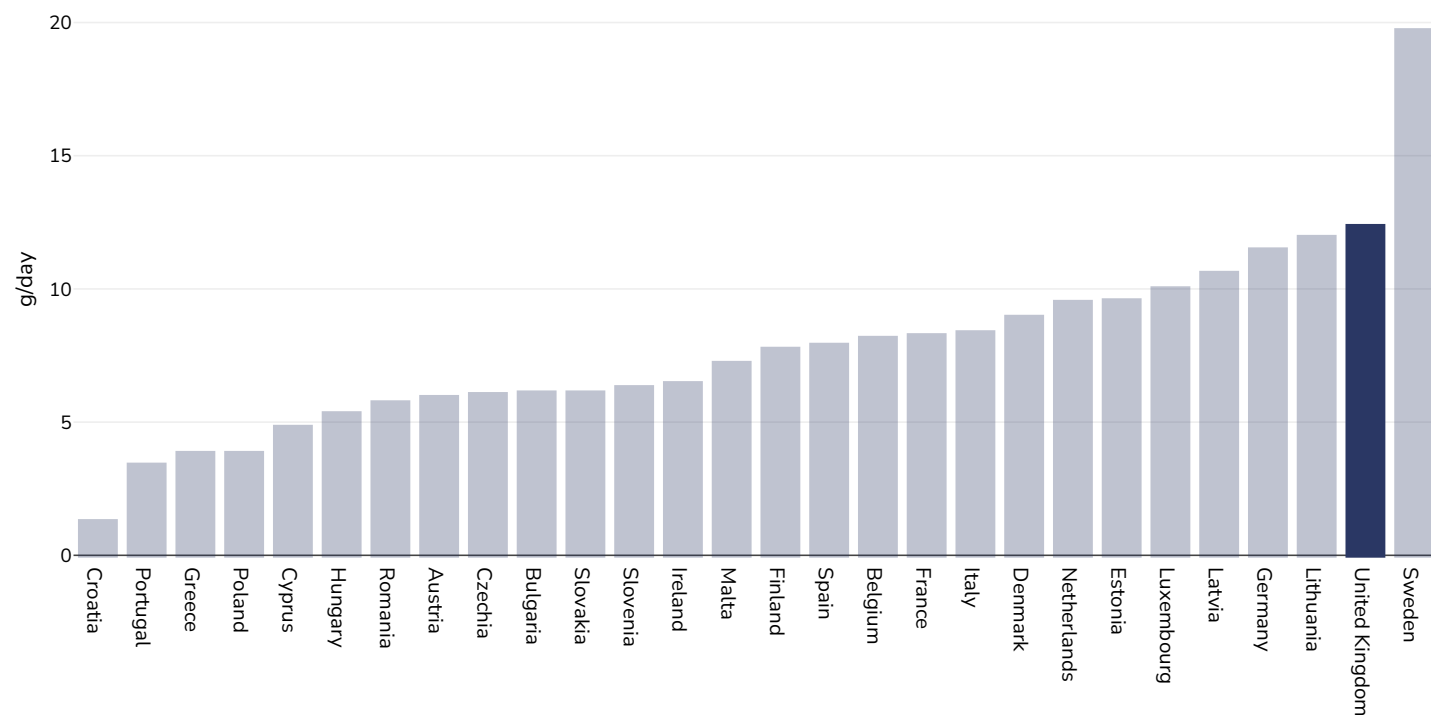| Survey type:	Measured
References:	Global School-based Student Health Surveys. Beal et al (2019). Global Patterns of Adolescent Fruit, Vegetable, Carbonated Soft Drink, and Fast-food consumption: A meta-analysis of global school-based student health surveys. Food and Nutrition Bulletin. https://doi.org/10.1177/0379572119848287. 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
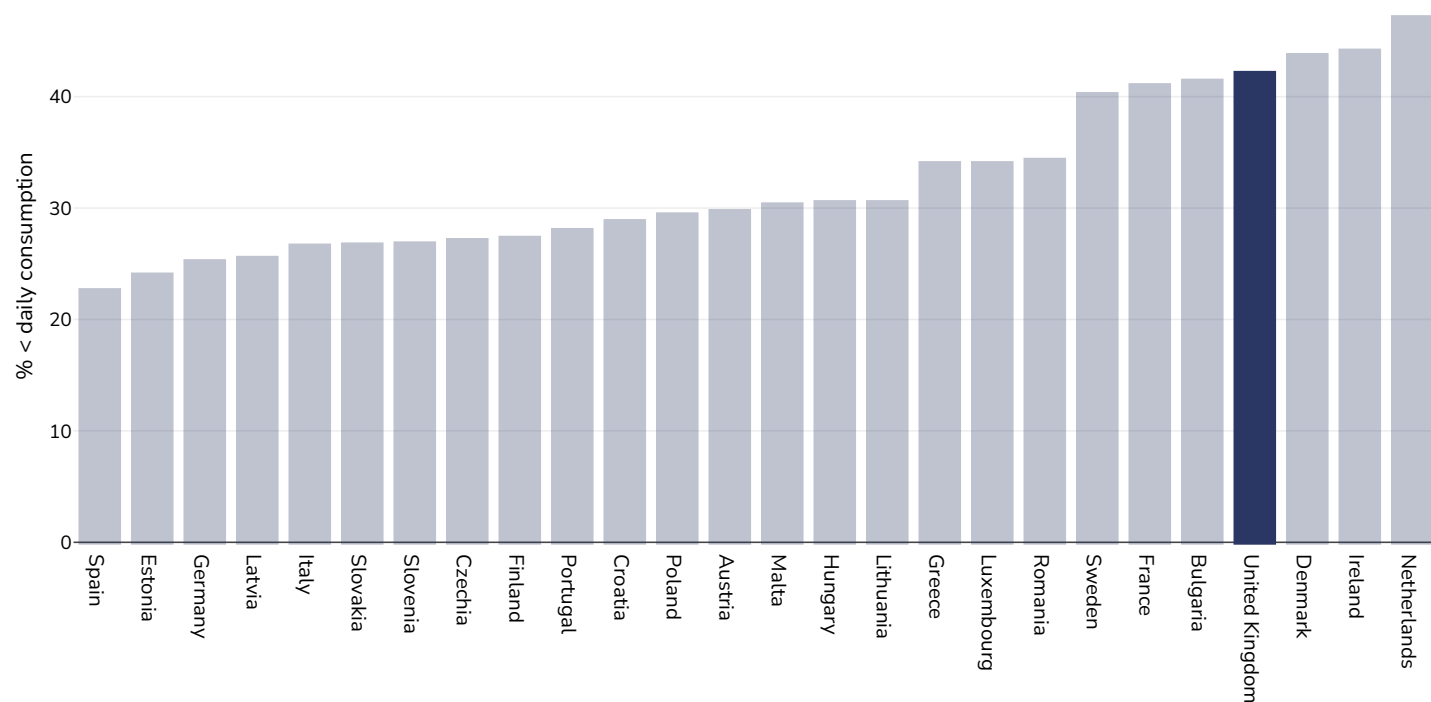
Survey type:	Measured
Age:	12-17
References:	Beal et al. (2019). Global Patterns of Adolescent Fruit, Vegetable, Carbonated Soft Drink, and Fast-food consumption: A meta-analysis of global school-based student health surveys. Food and Nutrition Bulletin. https://doi.org/10.1177/0379572119848287 sourced 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
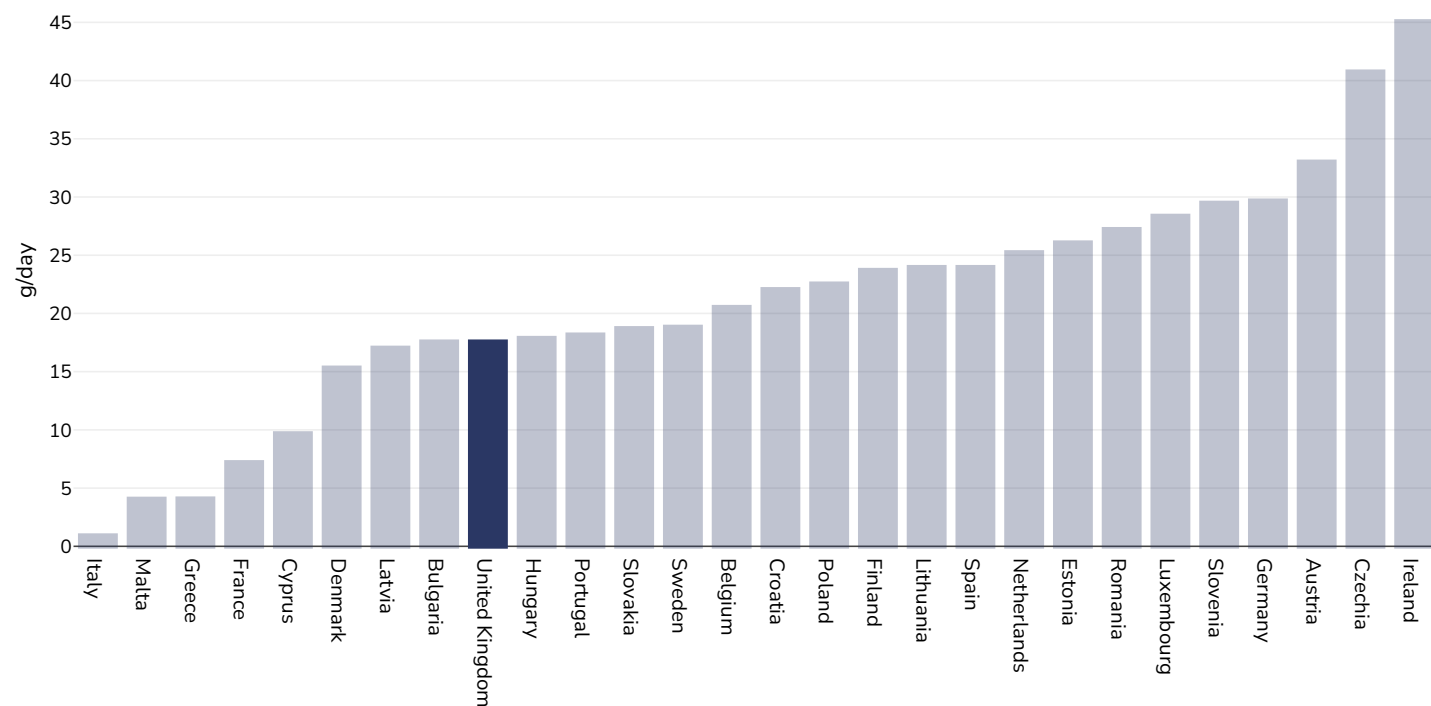
Adults, 2017

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

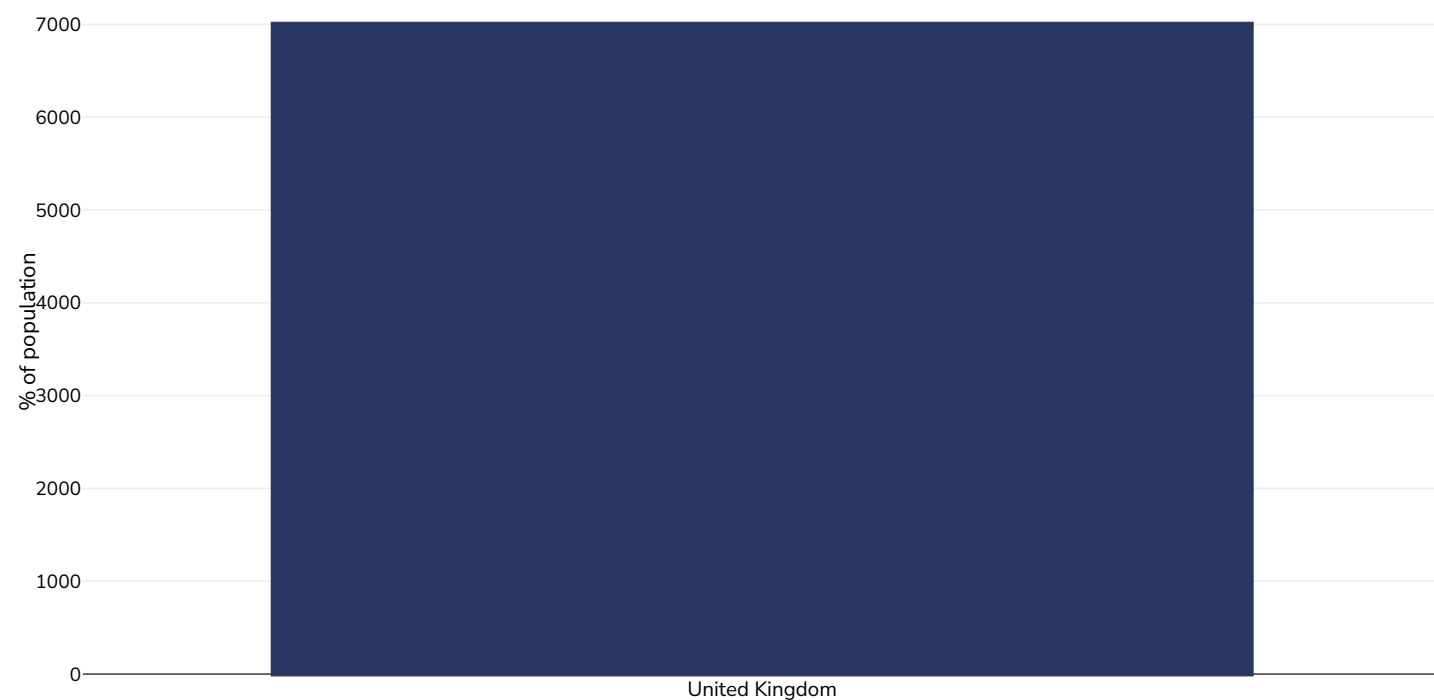| Survey type:	Measured
Age:	25+
References:	Global Burden of Disease, the Institute for Health Metrics and Evaluation http://ghdx.healthdata.org/
Definitions:	Estimated per-capita whole grains intake (g/day)

Mental health - depression disorders

Adults, 2021

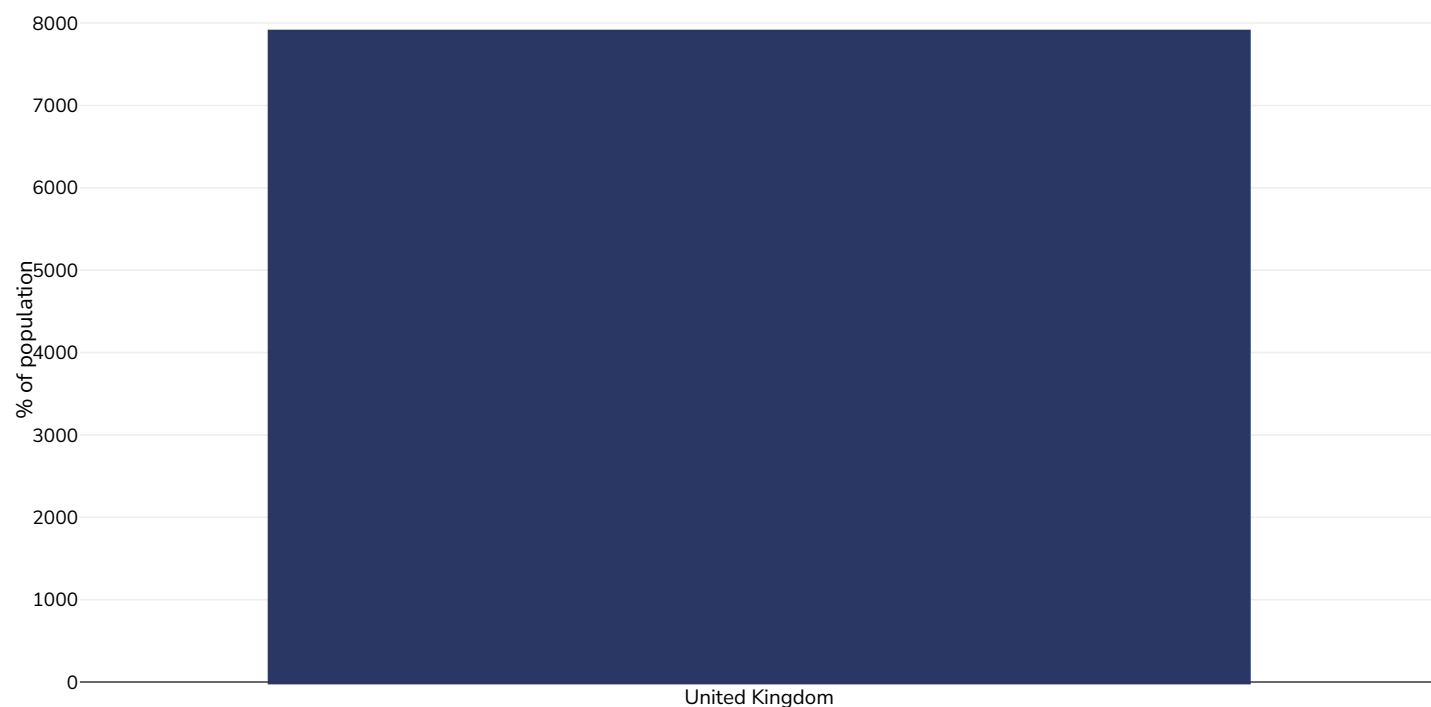|	
Age:	20+
Area covered:	National
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from http://vizhub.healthdata.org/gbd-compare. (Last accessed 23.04.25)
Definitions:	Number living with depression per 100,000 population (adults 20+ years)

Men, 2021
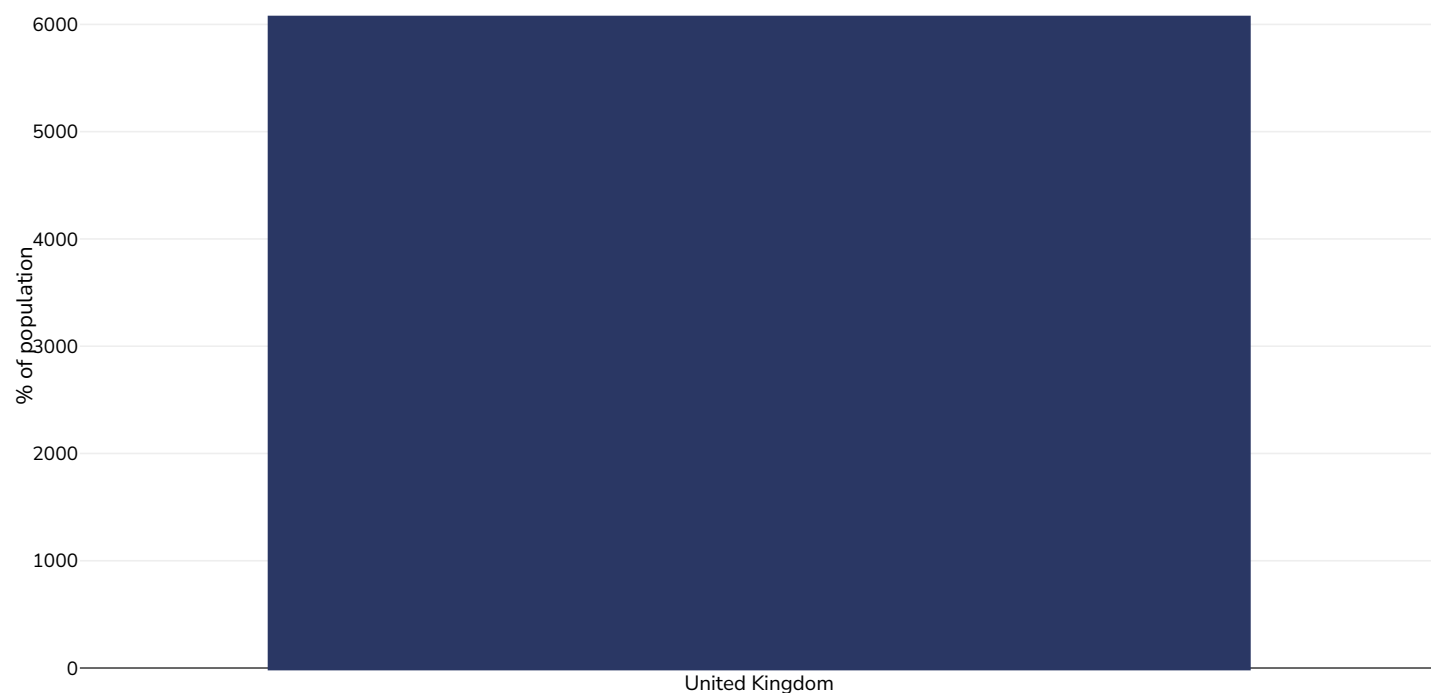
Age:	20+
Area covered:	National
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from http://vizhub.healthdata.org/gbd-compare. (Last accessed 23.04.25)
Definitions:	Number living with depression per 100,000 population (adults 20+ years)

Women, 2021

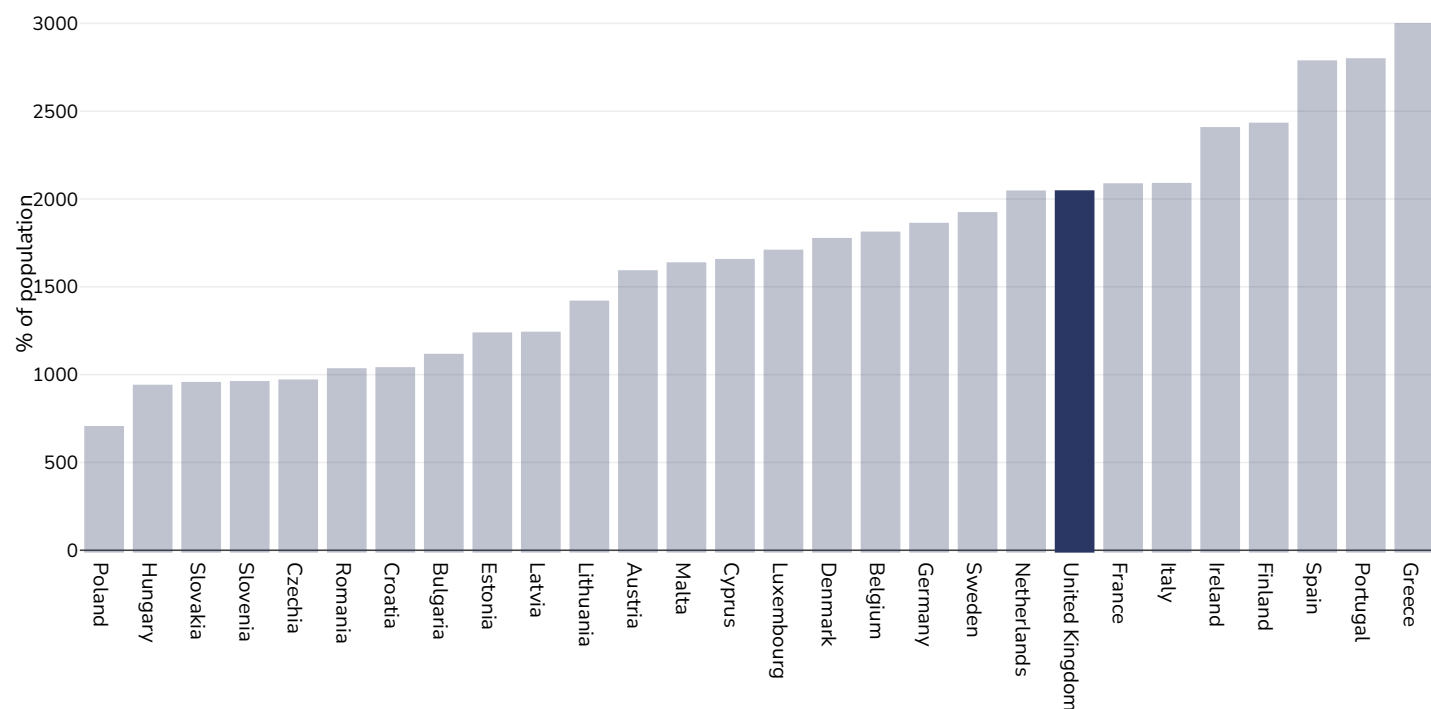|	
Age:	20+
Area covered:	National
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from http://vizhub.healthdata.org/gbd-compare. (Last accessed 23.04.25)
Definitions:	Number living with depression per 100,000 population (adults 20+ years)

Children, 2021

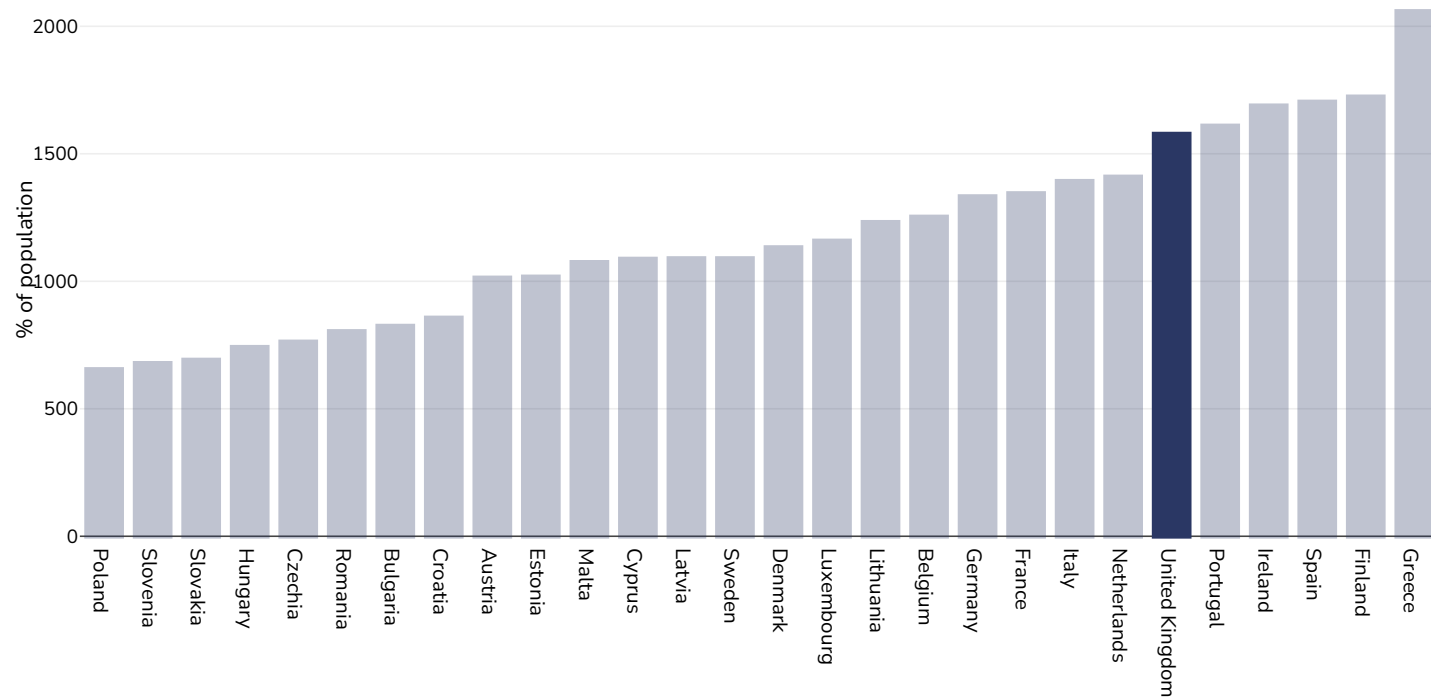| Area covered:	National
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from http://vizhub.healthdata.org/gbd-compare. (Last accessed 23.04.25)
Definitions: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

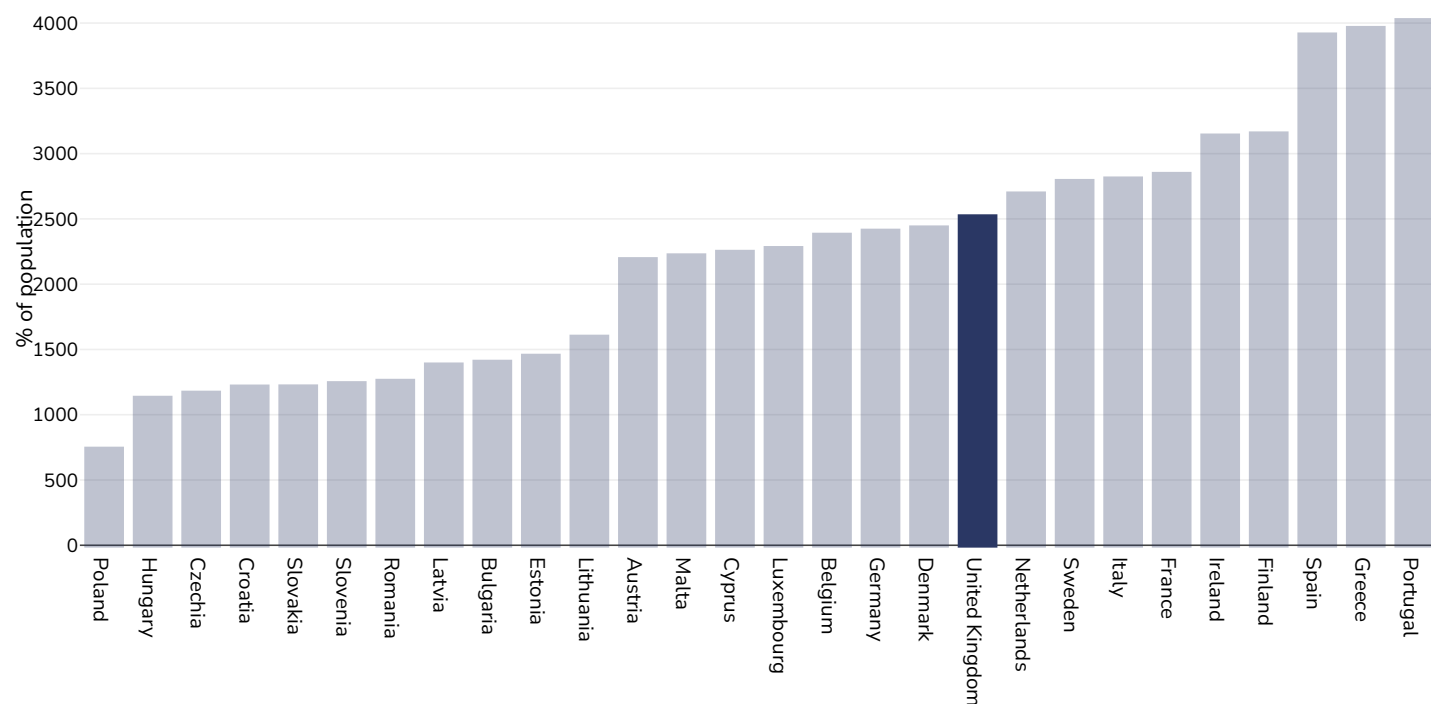## Girls, 2021

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

Adults, 2021

Chart showing "% of population" (y-axis, 0 to 6000) for United Kingdom. A single dark blue bar for United Kingdom reaches approximately 6000.

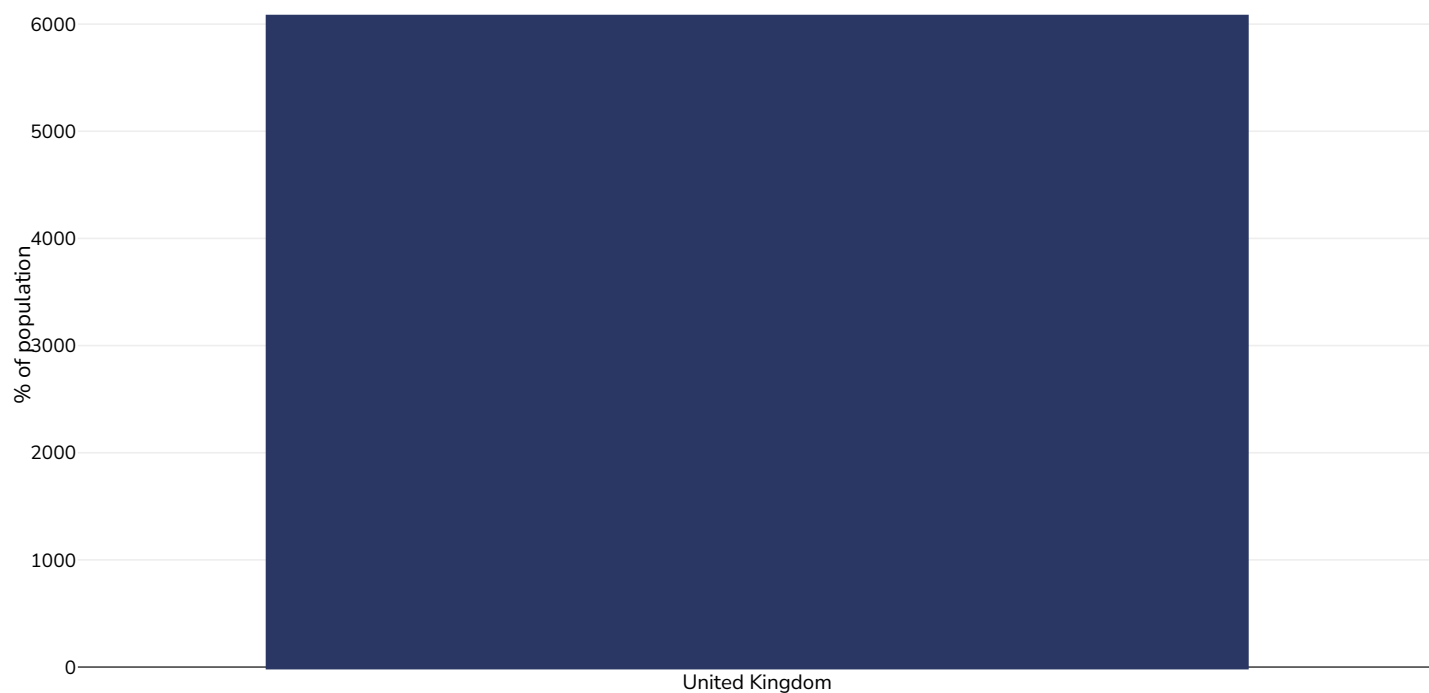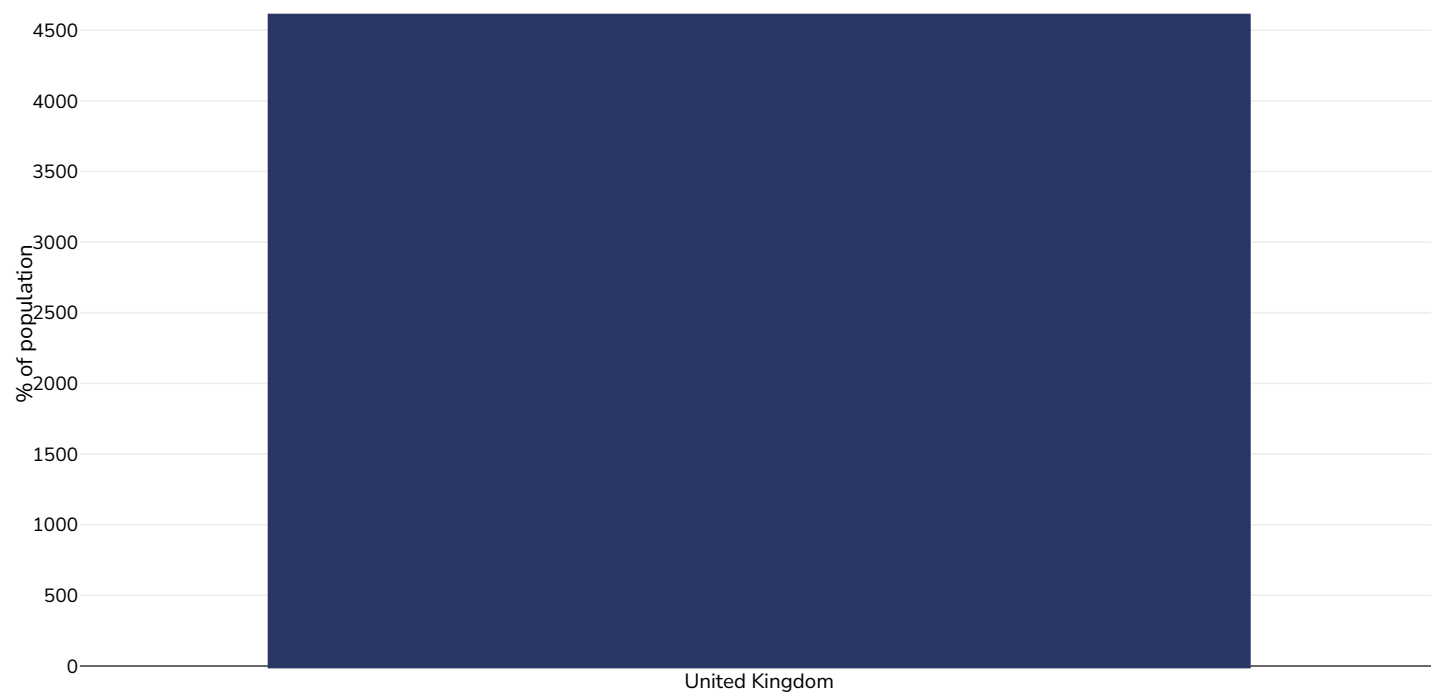| Age:	20+
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from http://vizhub.healthdata.org/gbd-compare. (Last accessed 23.04.25).
Definitions:	Number living with anxiety per 100,000 population

Men, 2021

Age:	20+
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

Women, 2021

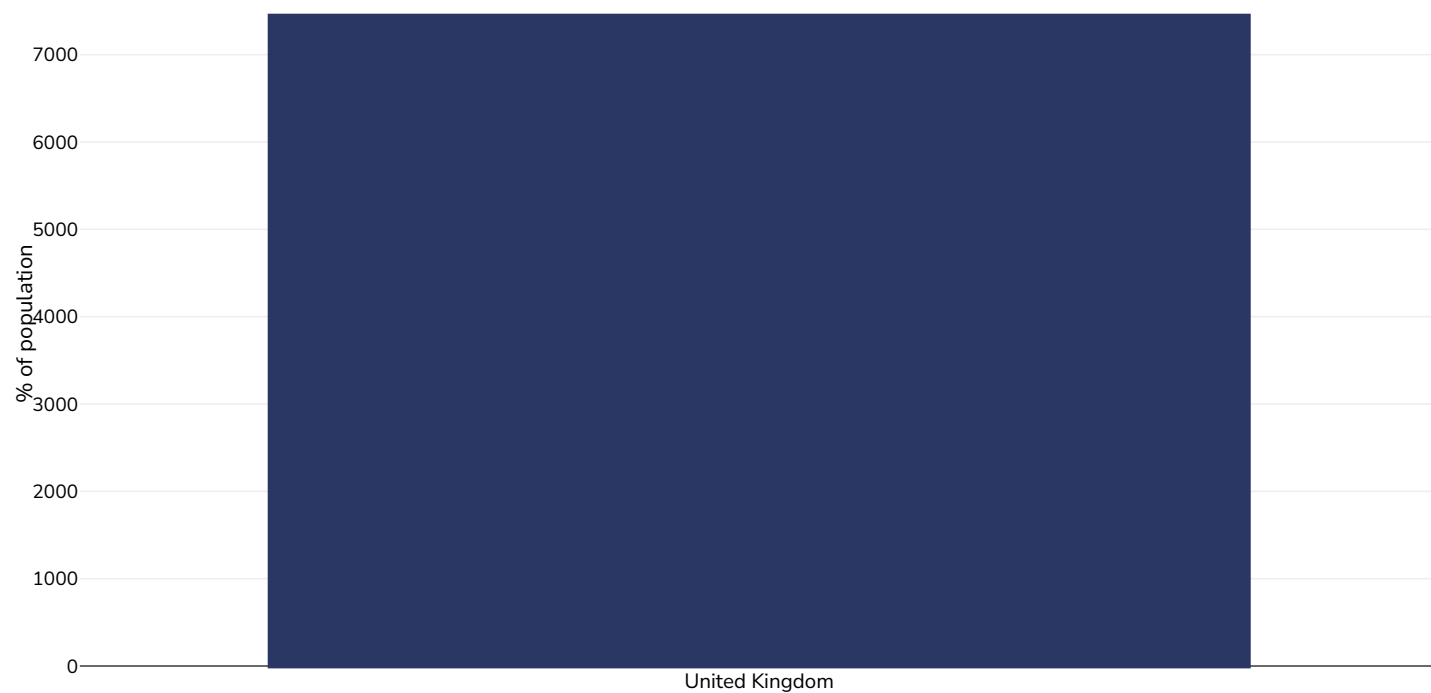| % of population	United Kingdom
7000	
6000	
5000	
4000	
3000	
2000	
1000	
0	

Age:	20+
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

Children, 2021

% of population (y-axis)

Countries (x-axis, left to right): Poland, Slovenia, Czechia, Hungary, Croatia, Romania, Slovakia, Estonia, Bulgaria, Latvia, Lithuania, Finland, United Kingdom, Sweden, Belgium, Luxembourg, Denmark, Spain, Malta, Cyprus, Italy, Austria, Germany, Greece, France, Ireland, Netherlands, Portugal
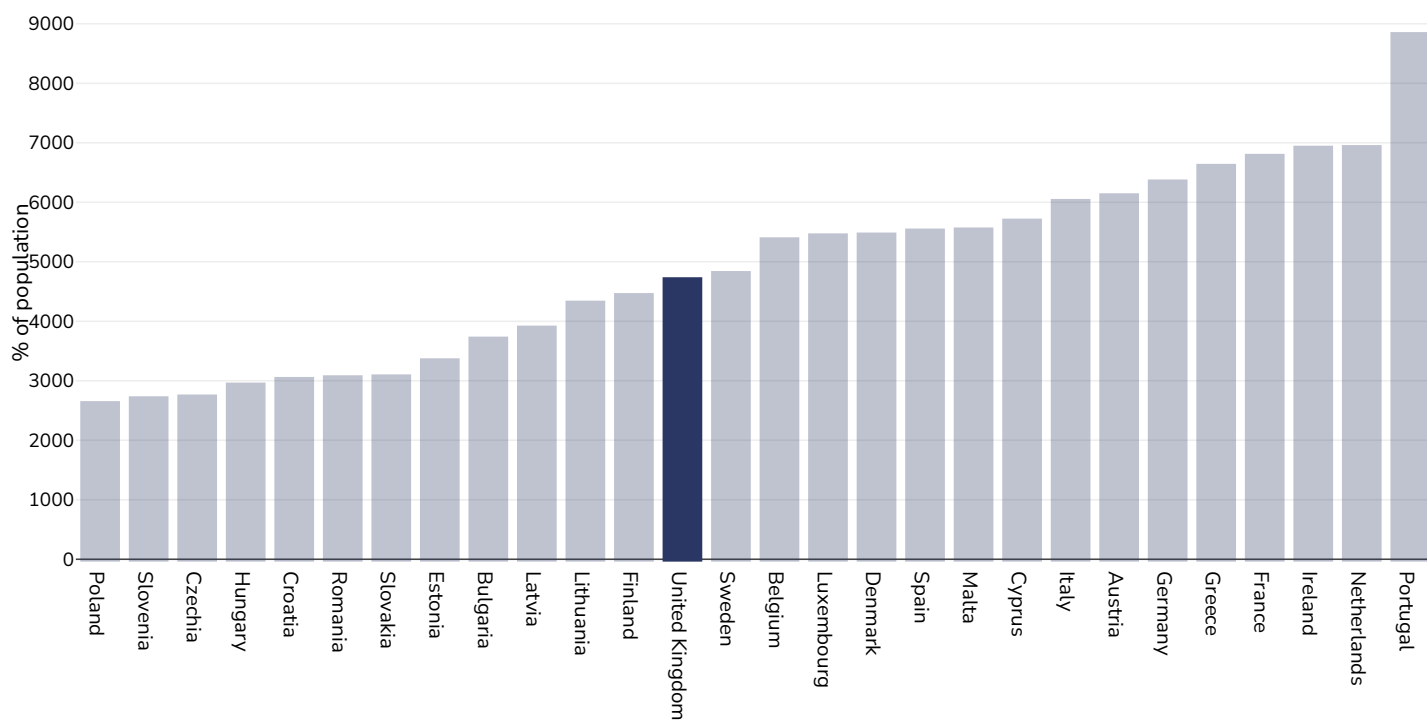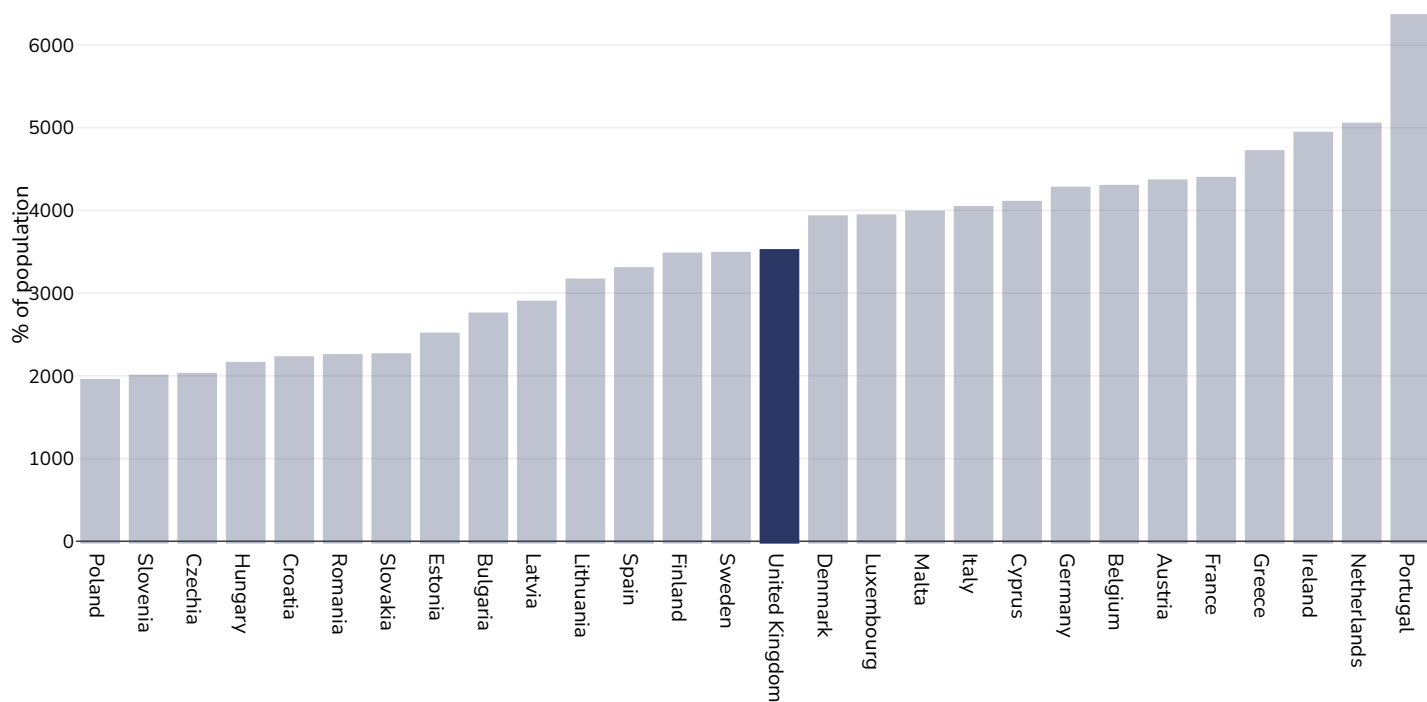
References: Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from http://vizhub.healthdata.org/gbd-compare. (Last accessed 23.04.25)

Boys, 2021

y-axis: % of population (0 to 6000)

Countries (left to right): Poland, Slovenia, Czechia, Hungary, Croatia, Romania, Slovakia, Estonia, Bulgaria, Latvia, Lithuania, Spain, Finland, Sweden, United Kingdom, Denmark, Luxembourg, Malta, Italy, Cyprus, Germany, Belgium, Austria, France, Greece, Ireland, Netherlands, Portugal
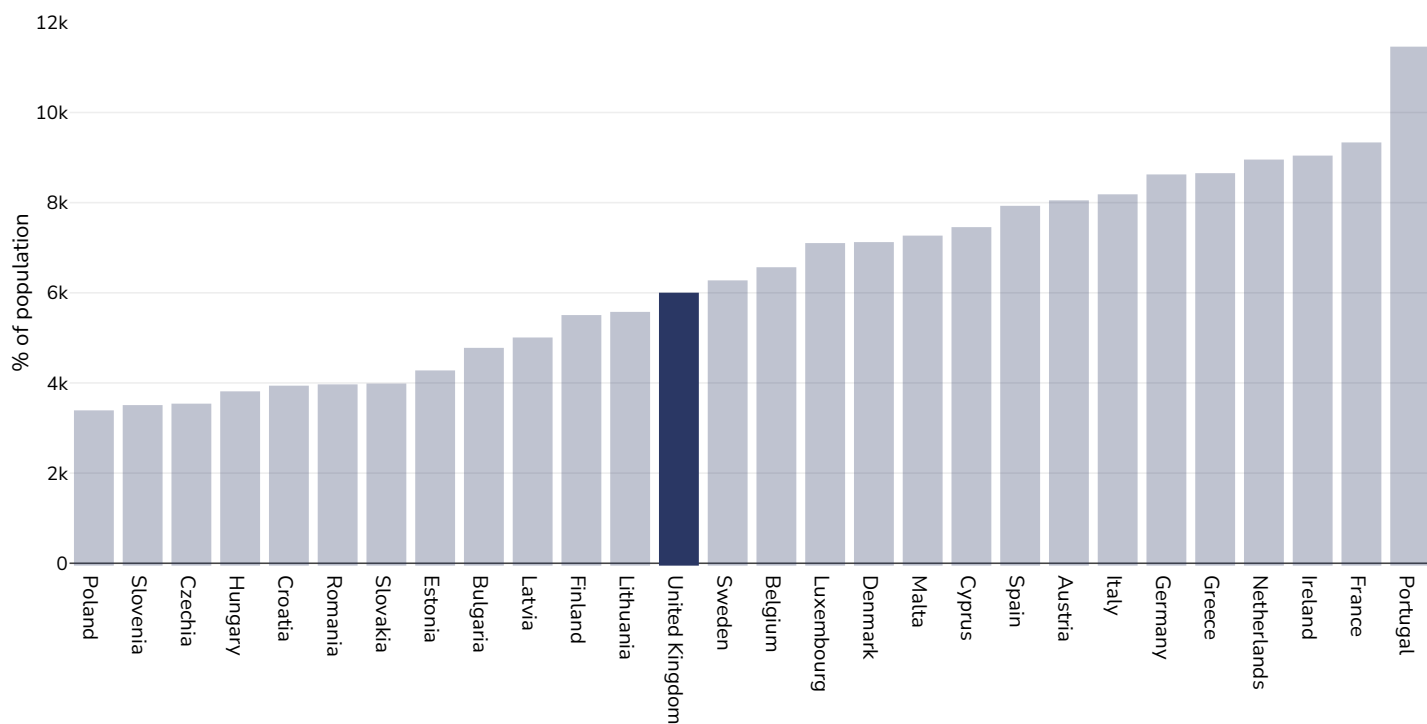
References: Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from http://vizhub.healthdata.org/gbd-compare. (Last accessed 23.04.25)

Girls, 2021

% of population

Poland, Slovenia, Czechia, Hungary, Croatia, Romania, Slovakia, Estonia, Bulgaria, Latvia, Finland, Lithuania, United Kingdom, Sweden, Belgium, Luxembourg, Denmark, Malta, Cyprus, Spain, Austria, Italy, Germany, Greece, Netherlands, Ireland, France, Portugal
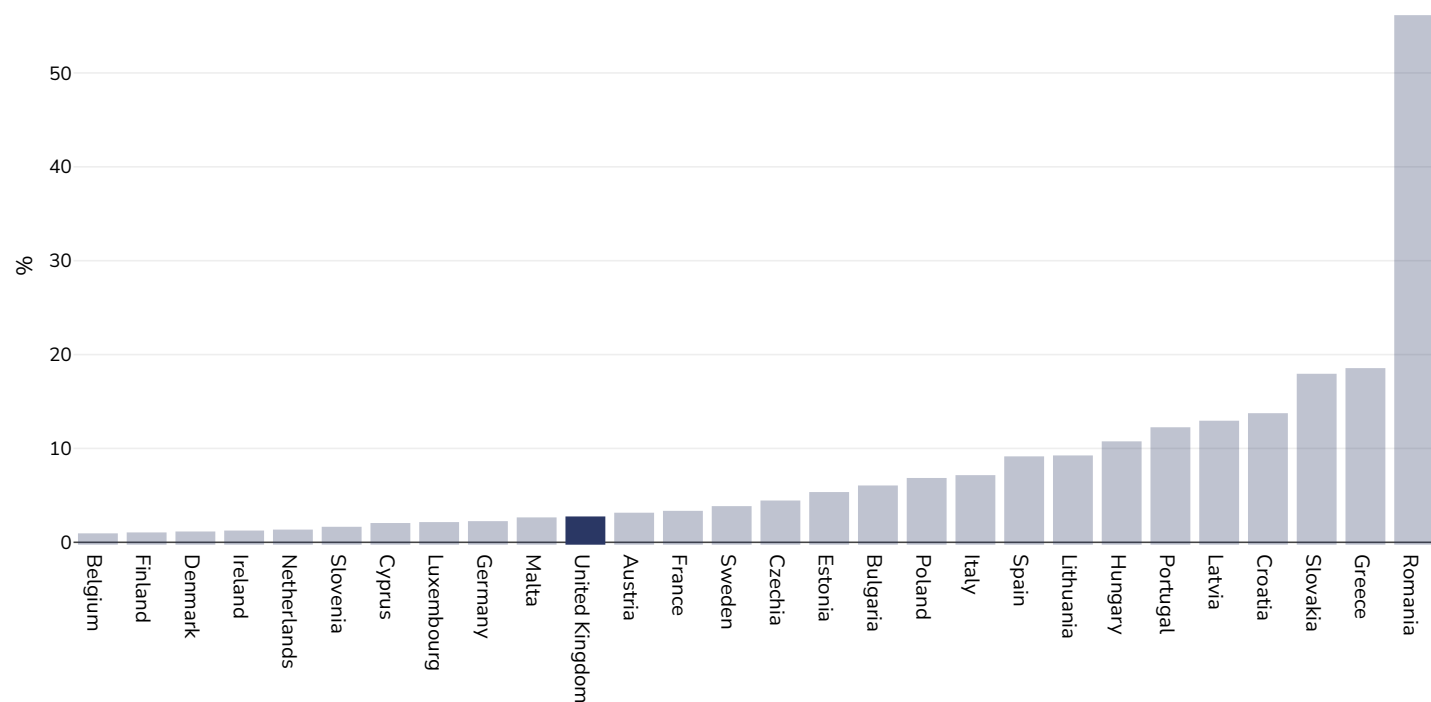
References: Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from http://vizhub.healthdata.org/gbd-compare. (Last accessed 23.04.25)

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://doi.org/10.36072/db.

PDF created on June 25, 2025