Report card
United Kingdom

Contents	Page

Obesity prevalence

Adults, 2014

Legend: ■ Obesity   ■ Overweight
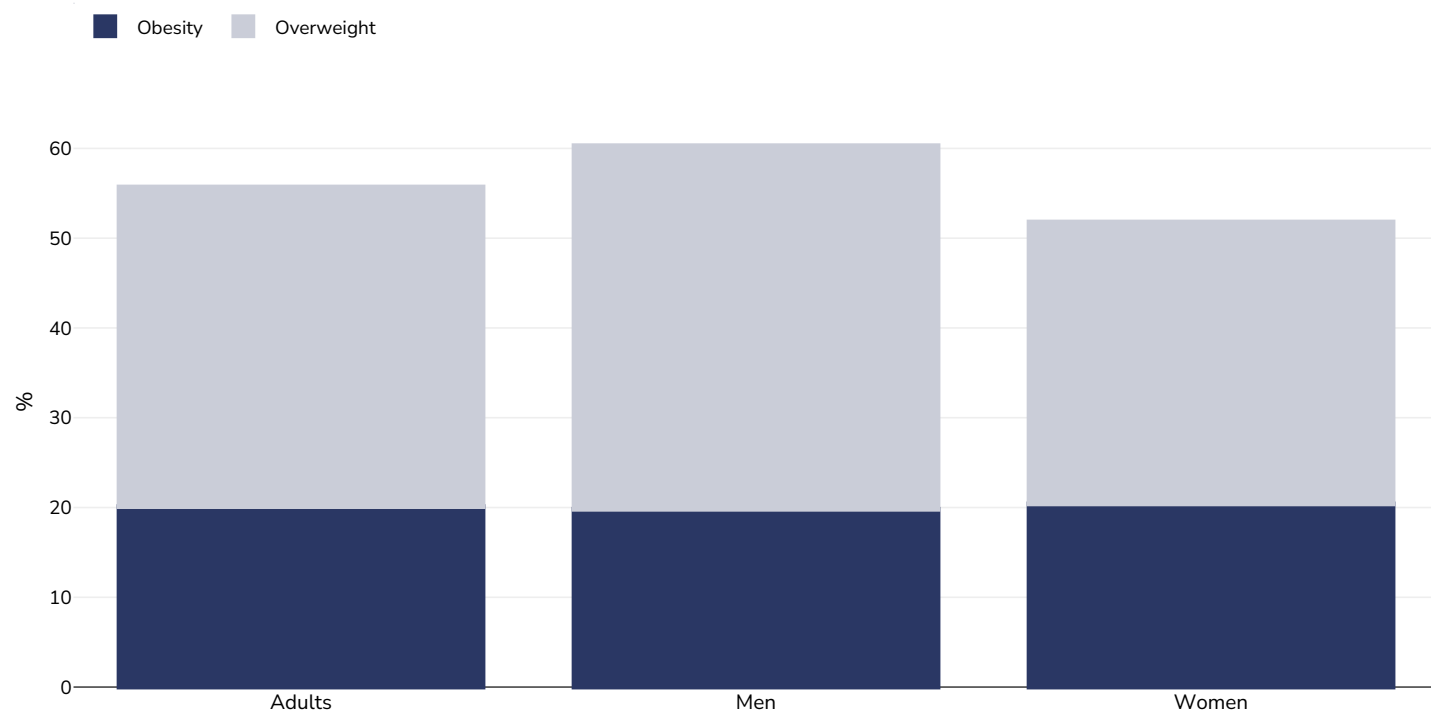
Survey type:	Self-reported
Age:	18+
Area covered:	National
References:	Eurostat Database:http://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1e&lang=en (last accessed 25.08.20)

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

Infants, 2016-2019

■ Overweight or obesity
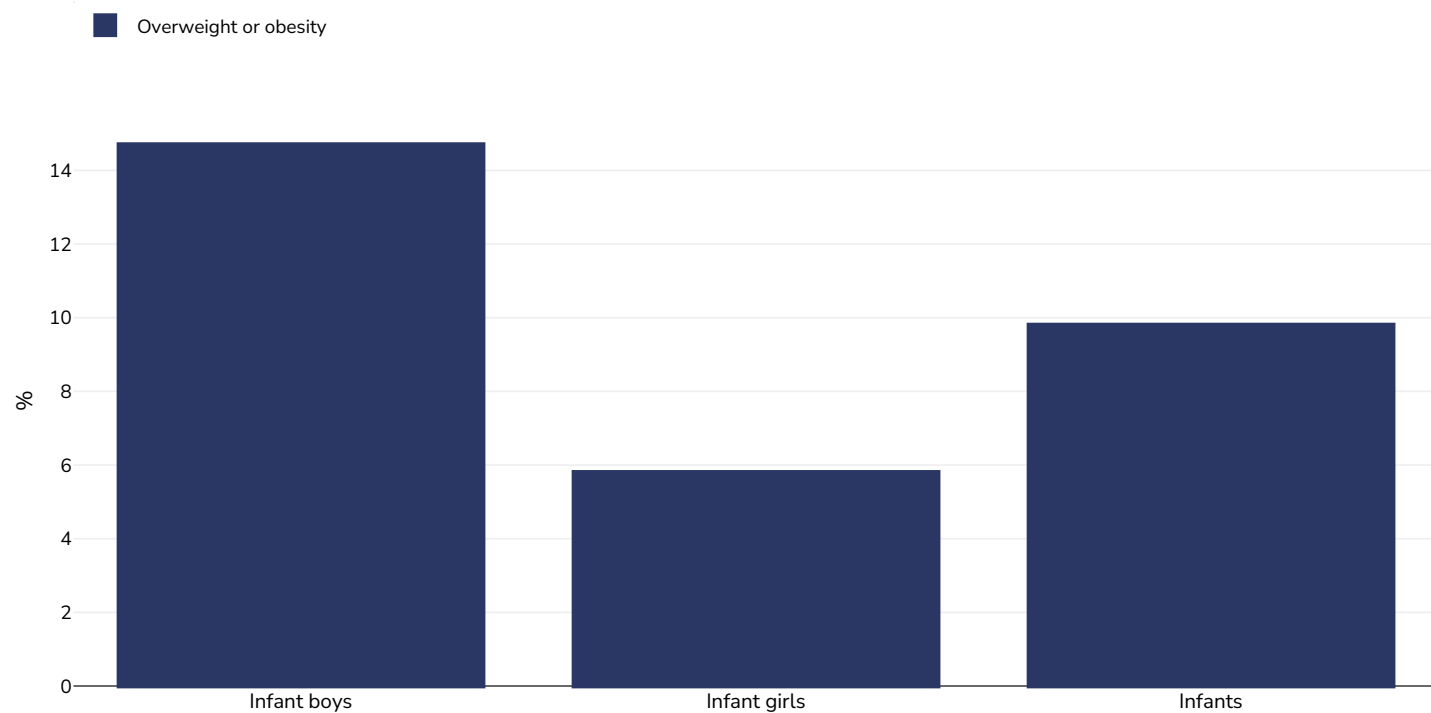
Age:	0-5
Sample size:	111
References:	NNS: United Kingdom National Diet and Nutrition Survey Years 9-11, 2016/17-2018/19
Notes:	UNICEF/WHO/World Bank Joint Child Malnutrition Estimates Expanded Database: Overweight (Survey Estimates), May 2023, New York. For more information about the methodology, please consult https://data.unicef.org/resources/jme-2023-country-consultations/ Percentage of children under 5 years of age falling above 2 standard deviations (moderate and severe) from the median weight-for-height of the reference population.
Definitions:	=>+2SD

Overweight/obesity by age and education

Men, 2017

Legend: ■ Obesity ■ Overweight

Survey type:	Self-reported
Area covered:	National
References:	EUROSTAT Database http://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=ilc_hch10&lang=en (last accessed 25.08.20)
Notes:	Some UK data considered to have low reliability, see EUROSTAT database for details

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

Women, 2017

Legend: ■ Obesity ▫ Overweight

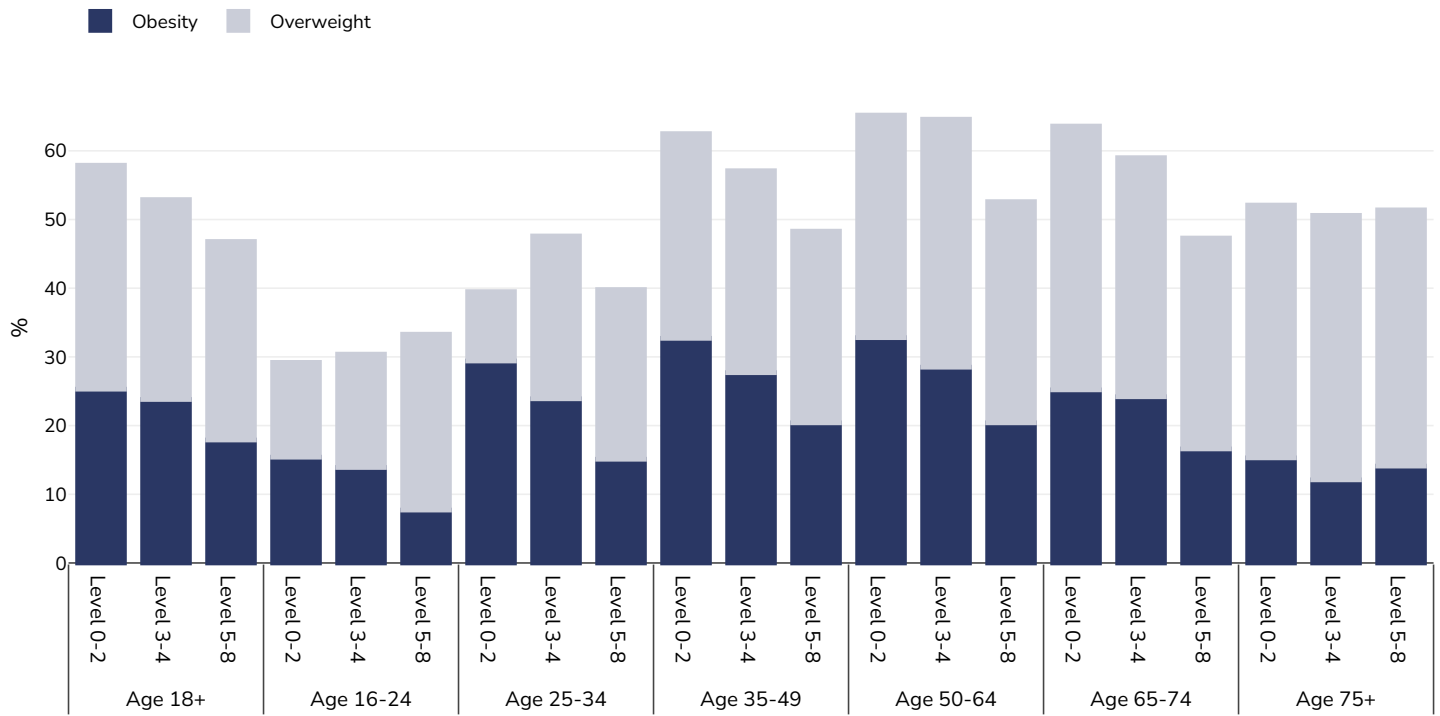| Survey type:	Self-reported
Area covered:	National
References:	EUROSTAT Database http://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=ilc_hch10&lang=en (last accessed 25.08.20)
Notes:	Some UK data considered to have low reliability, see EUROSTAT database for details

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

Adults, 2017

■ Obesity ■ Overweight
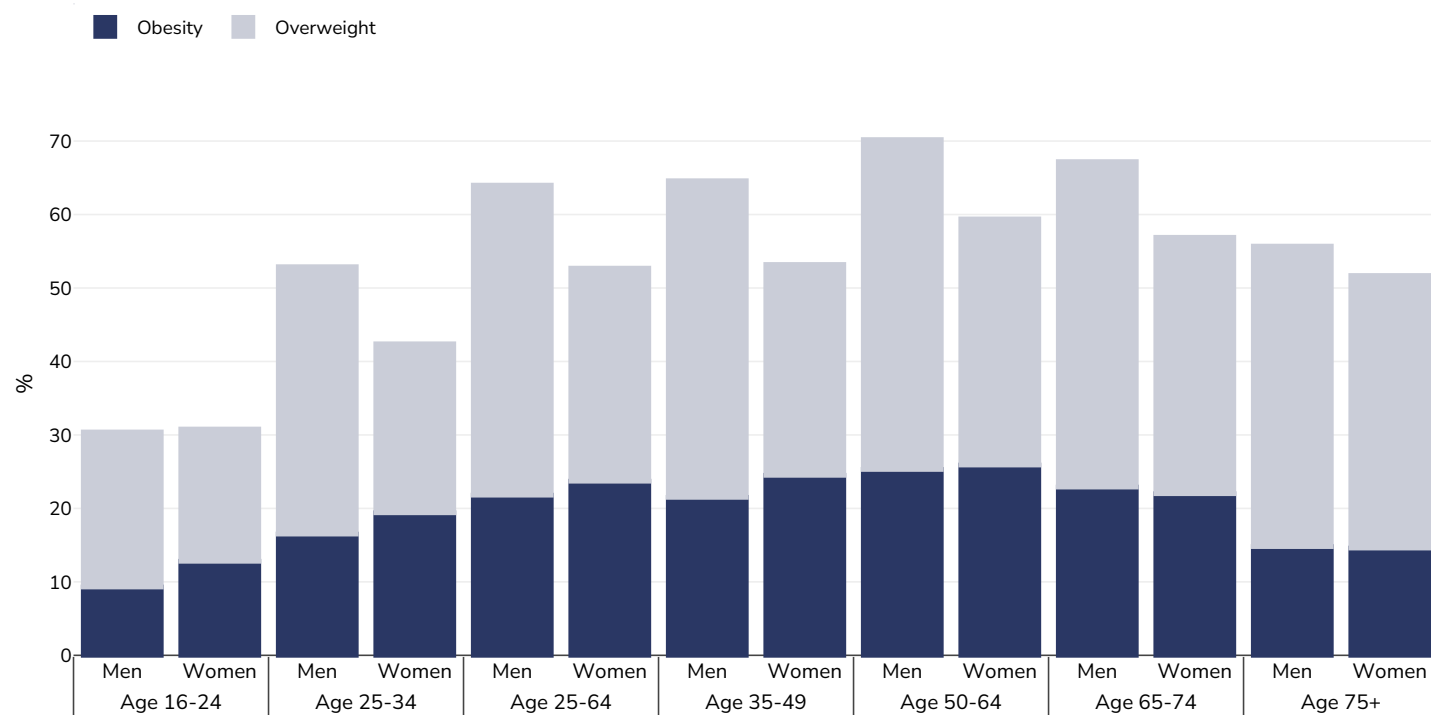
Survey type:	Self-reported
Area covered:	National
References:	2017 - EUROSTAT Database http://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=ilc_hch10&lang=en (last accessed 25.08.20)

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 region

Men, 2014

Legend: ■ Obesity ■ Overweight

Survey type:	Self-reported
Area covered:	National
References:	2014 Eurostat - 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

Legend: Obesity (dark blue), Overweight (light grey)

Y-axis: % (0 to 60)

Age groups: Age 18+, Age 18-24, Age 25-34, Age 35-44, Age 45-54, Age 55-64, Age 65-74, Age 75+

Each group has: Cities, Rural areas, Towns and suburbs

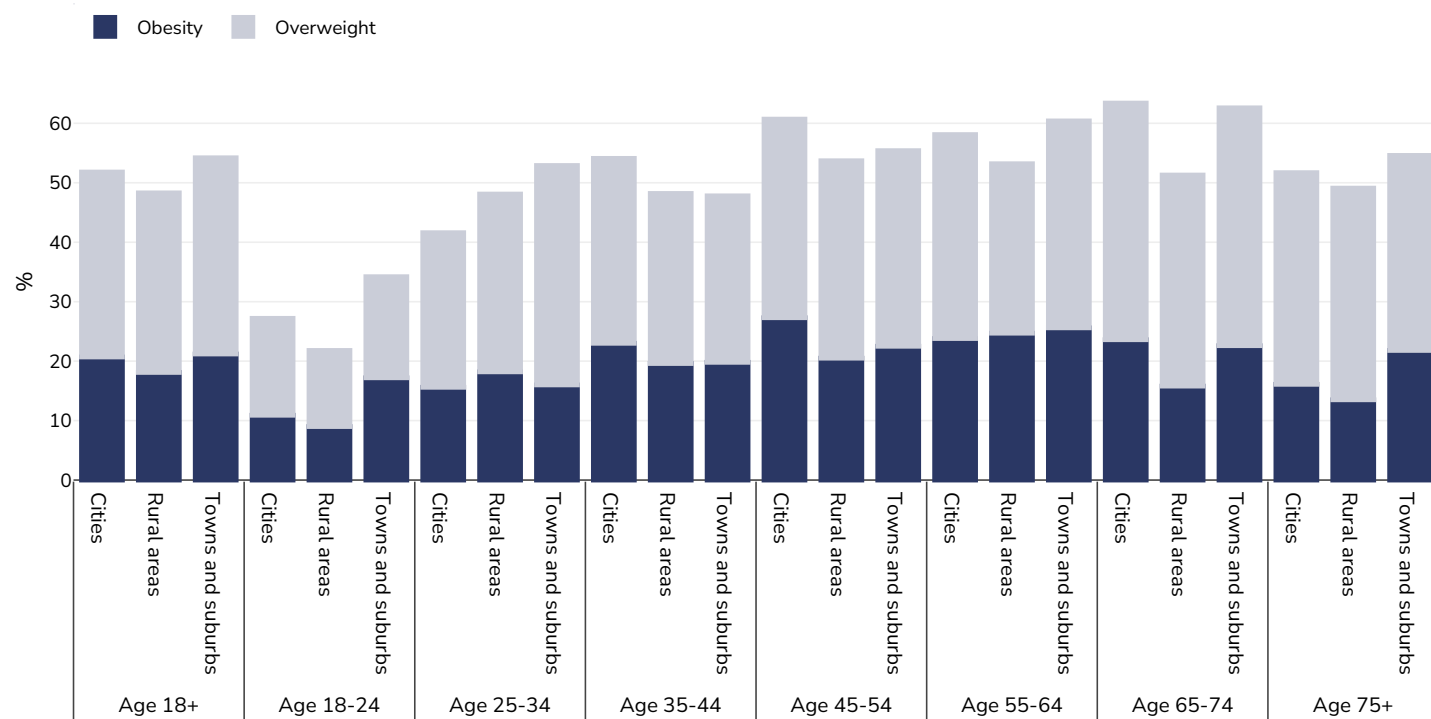| Survey type:	Self-reported
Area covered:	National
References:	2014 Eurostat - Urbanisation - http://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1u&lang=en (last accessed 25.08.20)

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, 2014

Legend: ■ Obesity ▨ Overweight

Y-axis: % (0 to 70)

Age groups along x-axis: Age 18+, Age 18-24, Age 25-34, Age 35-44, Age 45-54, Age 55-64, Age 65-74, Age 75+, each divided into 1st Quintile, 2nd quintile, 3rd quintile, 4th quintile, 5th Quintile.

Survey type:	Self-reported
Area covered:	National
References:	2014 Eurostat - Socio economic - http://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1i&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.

Men, 2014

Legend: ■ Obesity ■ Overweight

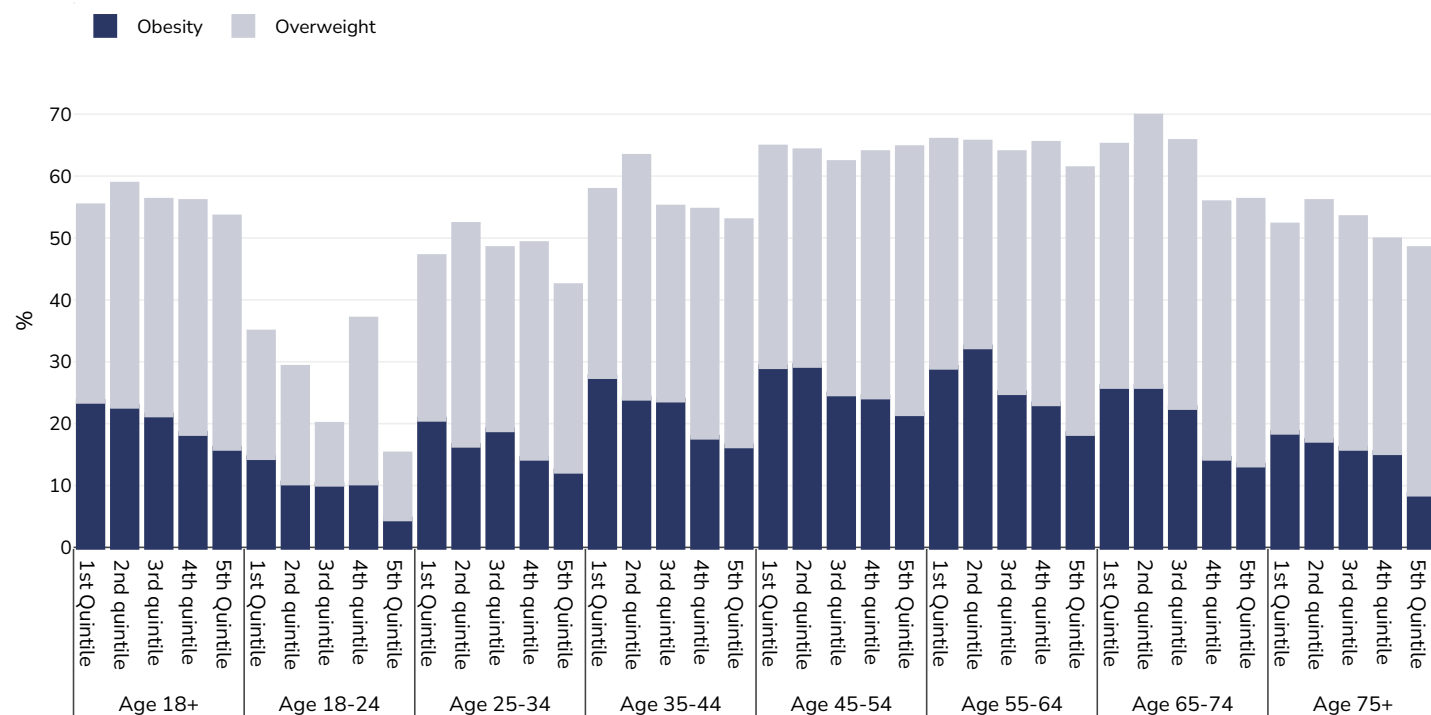| Survey type:	Self-reported
Area covered:	National
References:	2014 Eurostat - Socio economic - http://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1i&lang=en (last accessed 25.08.20)

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

Legend: Obesity, Overweight

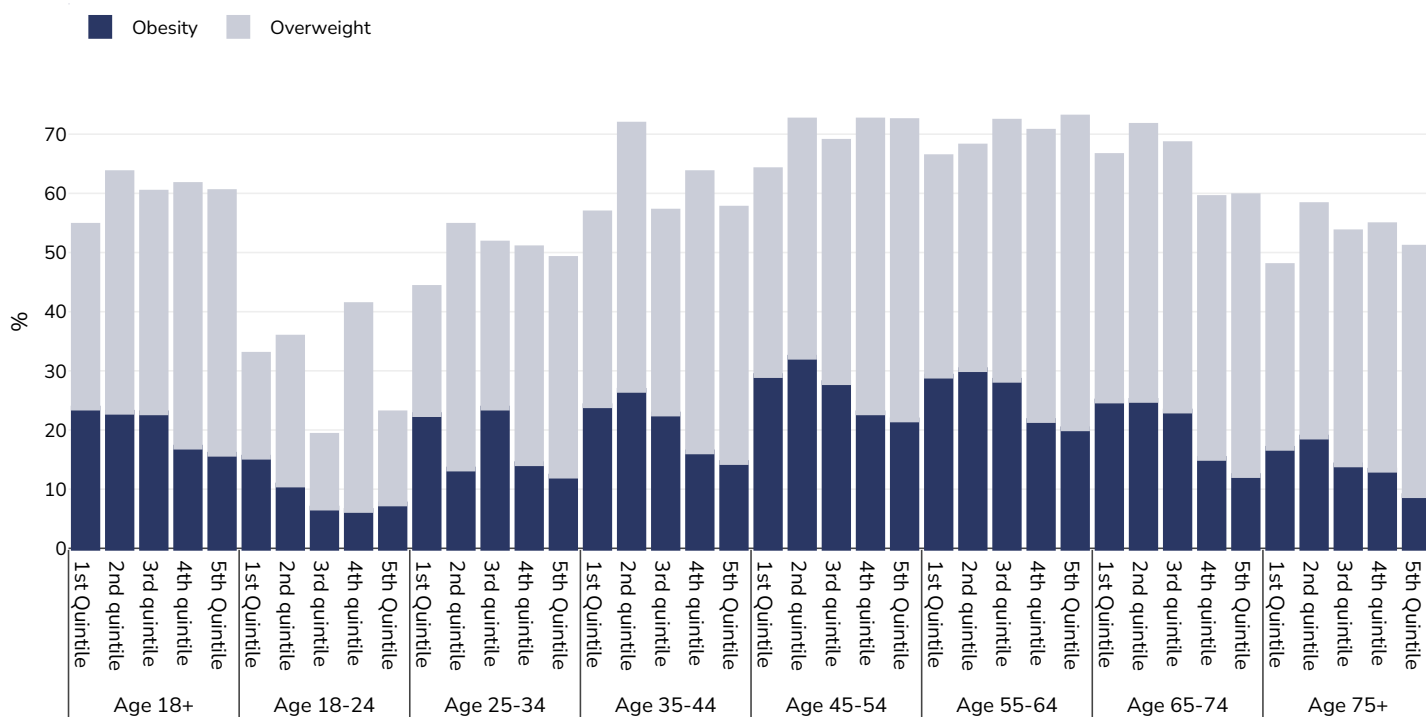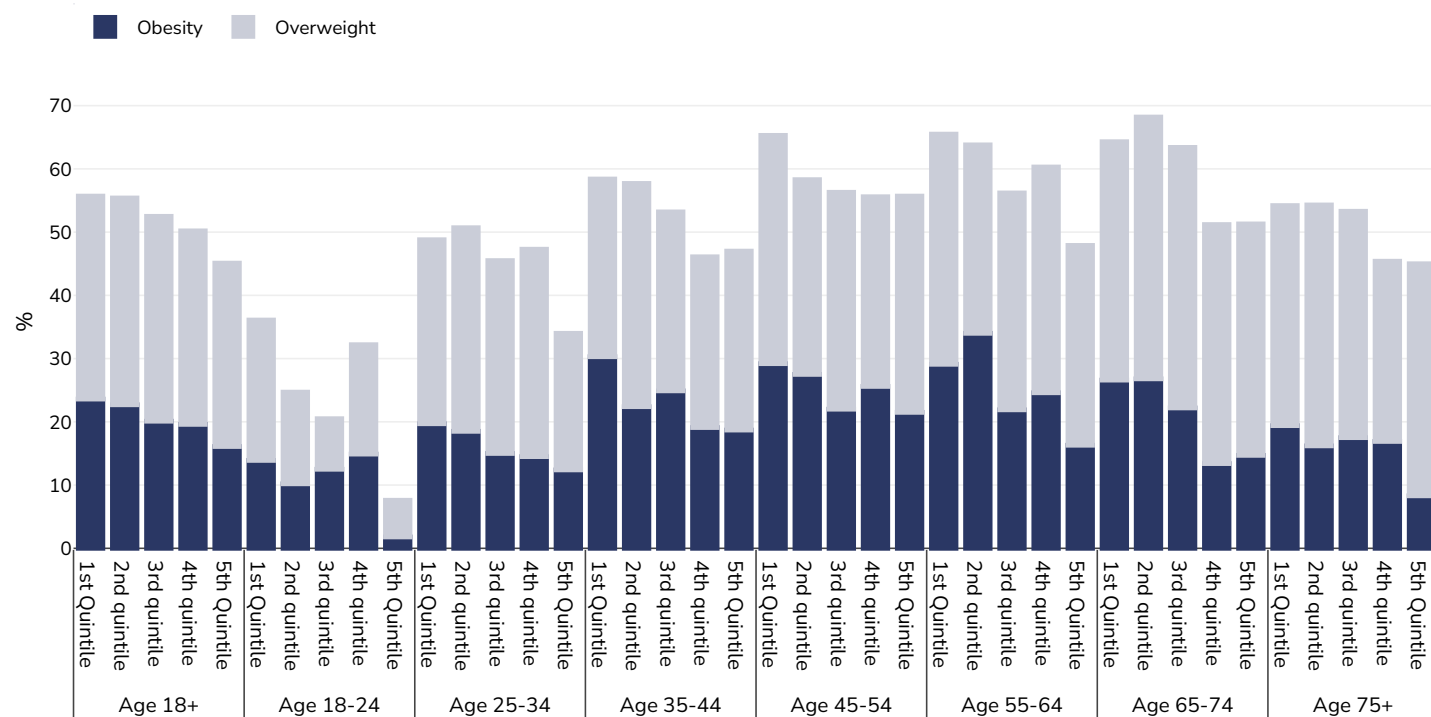| Survey type:	Self-reported
Area covered:	National
References:	2014 Eurostat - Socio economic - http://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1i&lang=en (last accessed 25.08.20)

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 limited activity

Adults, 2014

Legend: ■ Obesity ■ Overweight

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

Legend: Obesity (dark navy), Overweight (light grey)

Chart — stacked bar chart showing % Obesity and Overweight by activity limitation across age groups.

Y-axis: % (0 to 80)

Age 25-34: No Limited Activity, Limited Activity Moderate
Age 35-44: No Limited Activity, Limited Activity Moderate, Limited Activity Severe
Age 45-54: No Limited Activity, Limited Activity Moderate, Limited Activity Severe
Age 55-64: No Limited Activity, Limited Activity Moderate, Limited Activity Severe
Age 65-74: No Limited Activity, Limited Activity Moderate, Limited Activity Severe

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.
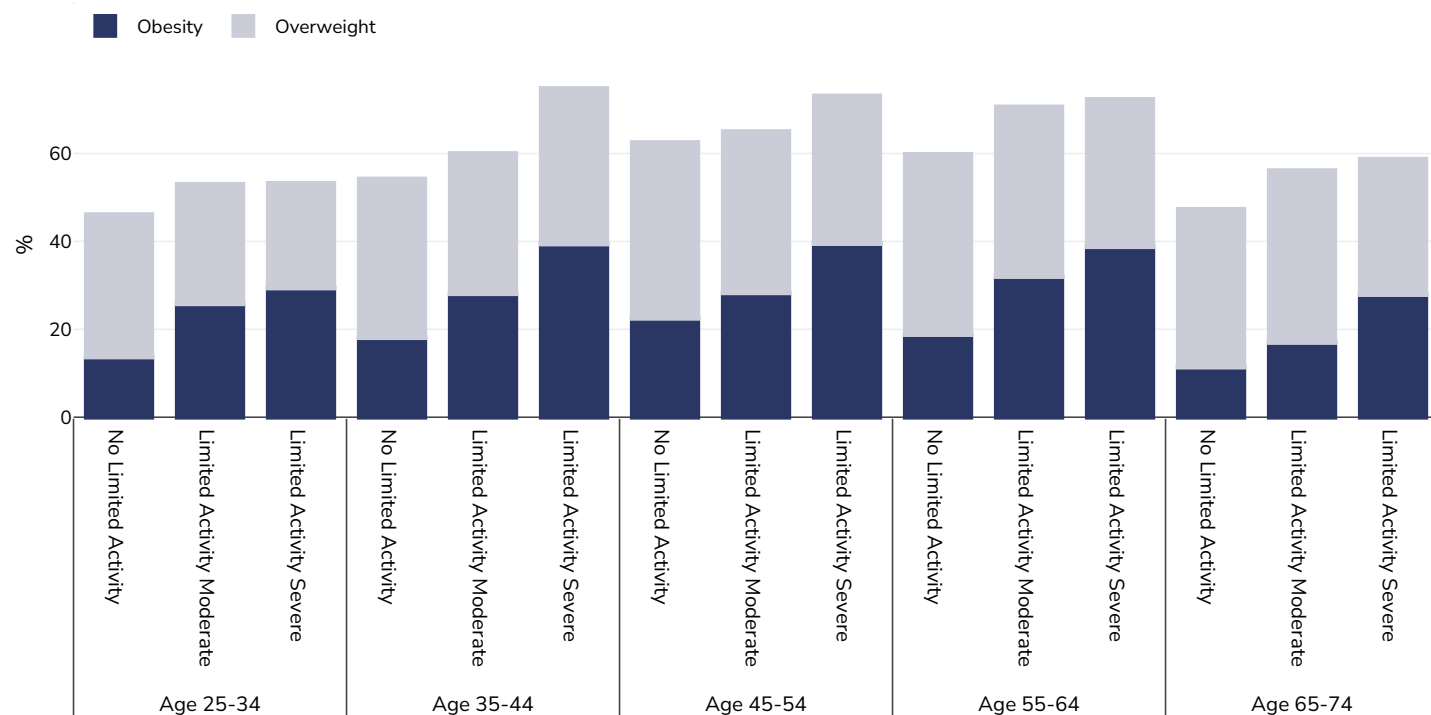
Women, 2014

Legend: ■ Obesity ▨ Overweight

%

Age 25-34
- No Limited Activity
- Limited Activity Moderate
- Limited Activity Severe

Age 35-44
- No Limited Activity
- Limited Activity Moderate
- Limited Activity Severe

Age 45-54
- No Limited Activity
- Limited Activity Moderate
- Limited Activity Severe

Age 55-64
- No Limited Activity
- Limited Activity Moderate
- Limited Activity Severe

Age 65-74
- No Limited Activity
- Limited Activity Moderate
- Limited Activity Severe

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.
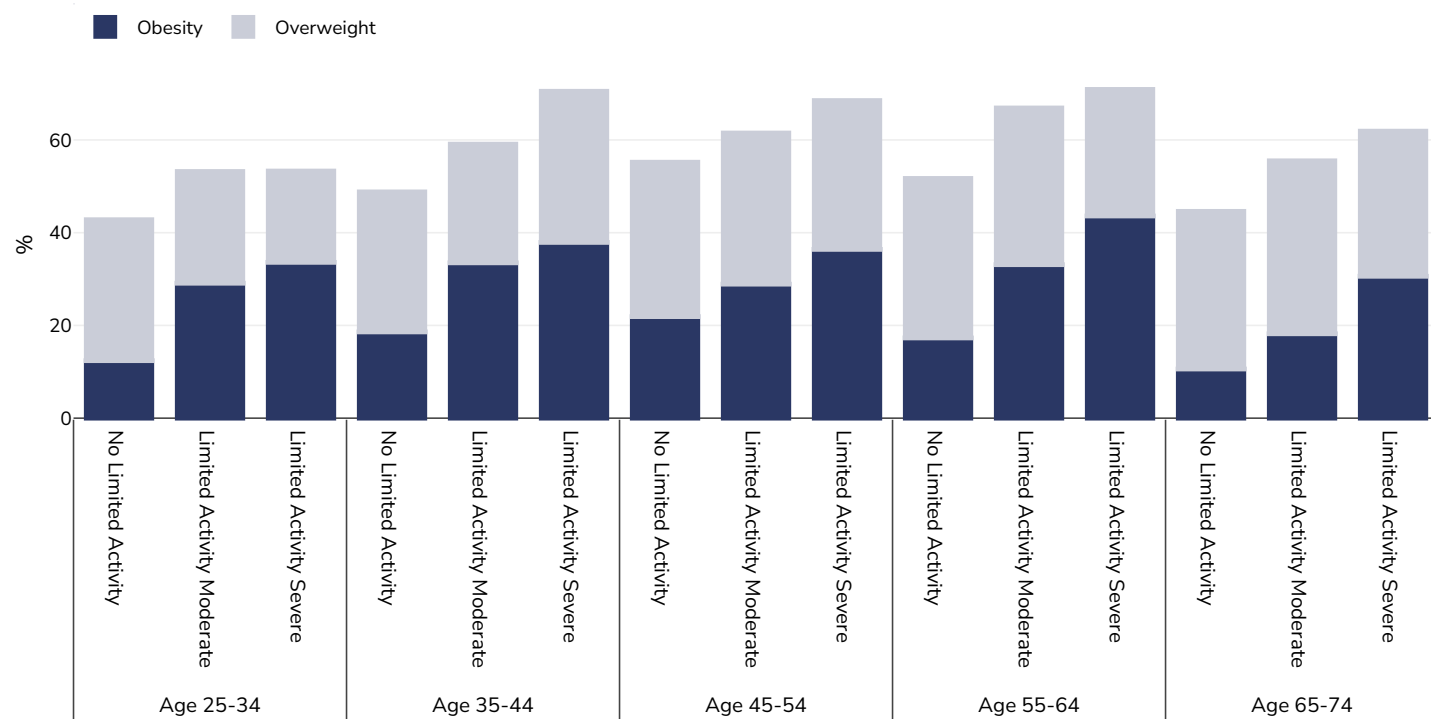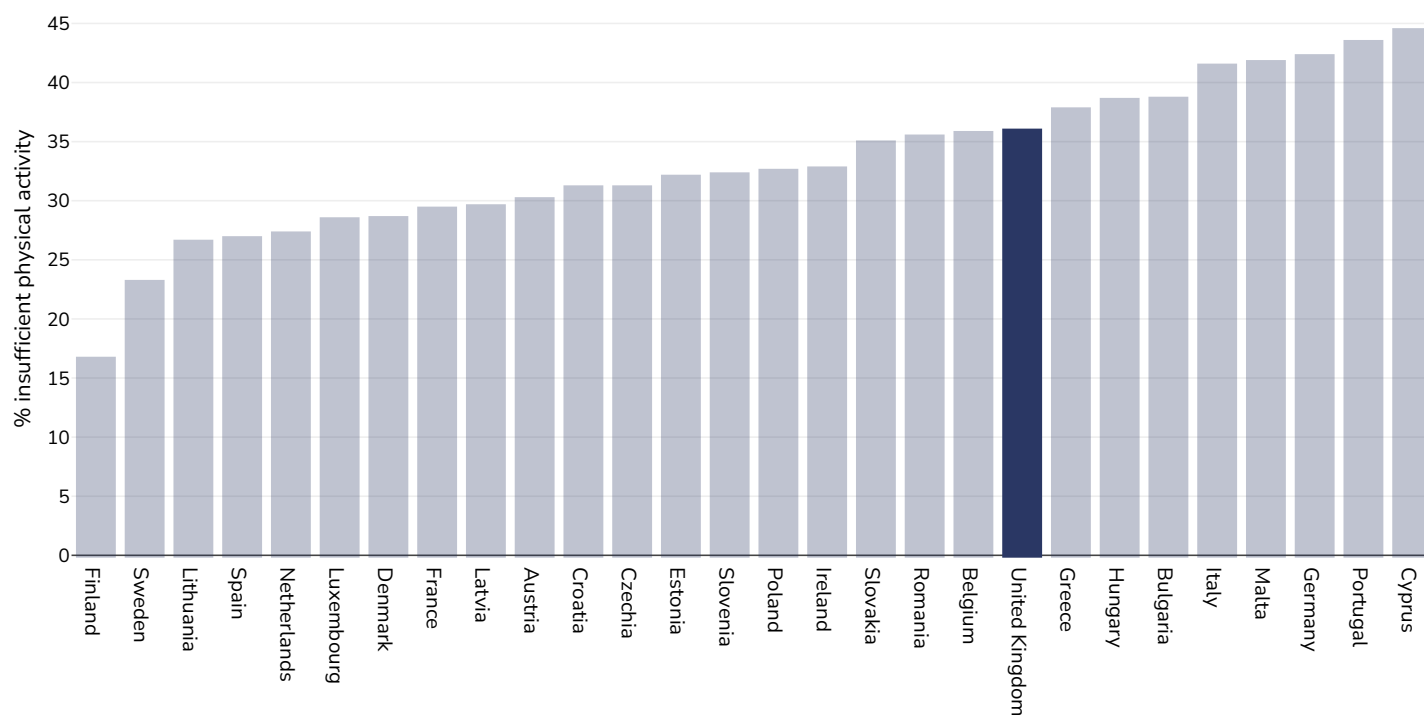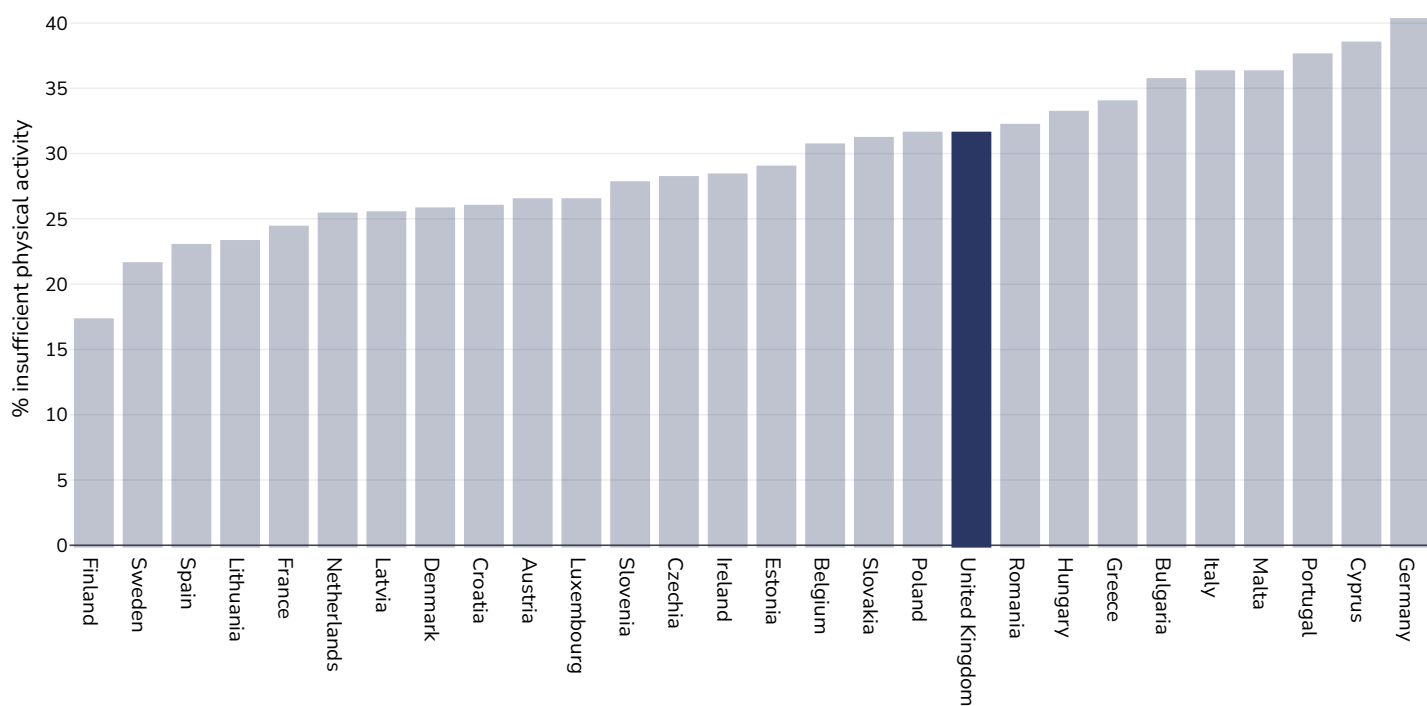
Insufficient physical activity

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

% insufficient physical activity (y-axis, 0–50)

Countries (left to right): Finland, Sweden, Netherlands, Lithuania, Luxembourg, Spain, Denmark, Latvia, Poland, Austria, Czechia, France, Estonia, Croatia, Slovenia, Ireland, Romania, Slovakia, United Kingdom, Belgium, Greece, Bulgaria, Hungary, Germany, Italy, Malta, Portugal, Cyprus
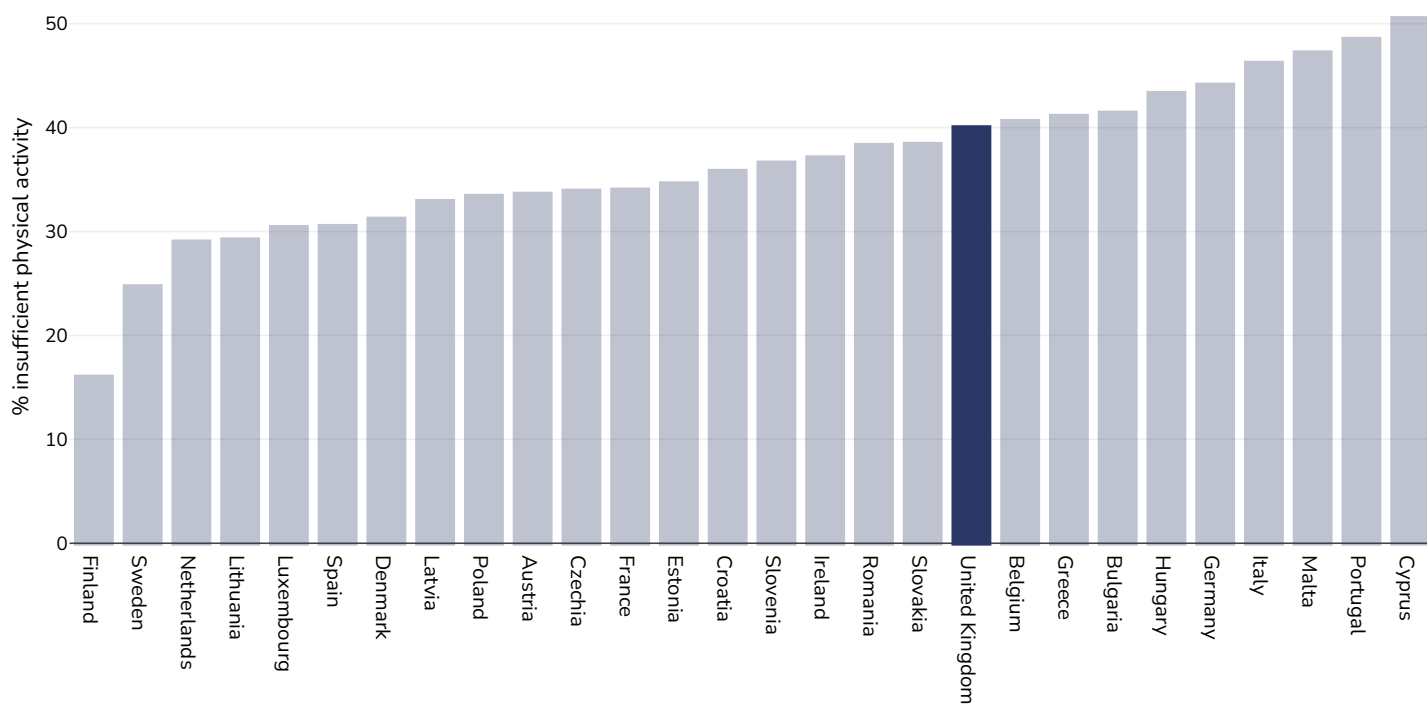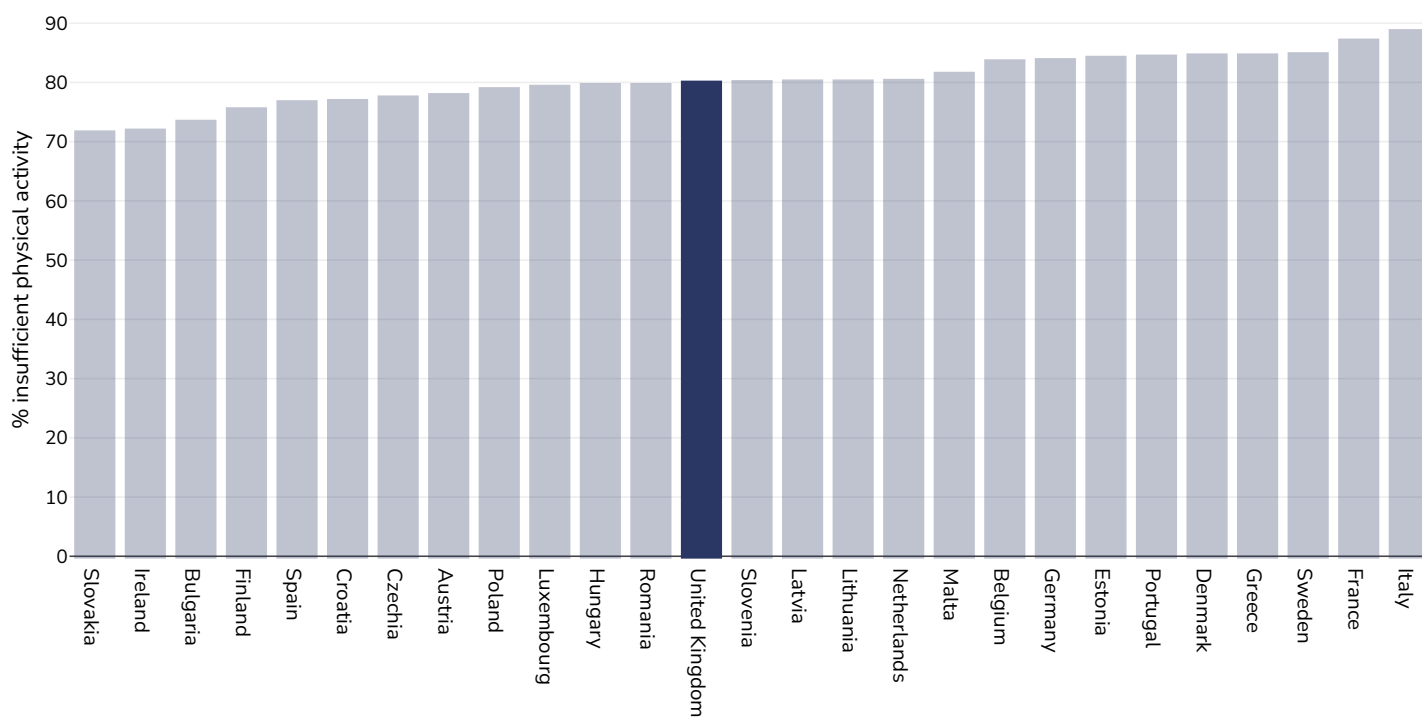
References: Guthold R, Stevens GA, Riley LM, Bull FC. Worldwide trends in insufficient physical activity from 2001 to 2016: a pooled analysis of 358 population-based surveys with 1.9 million participants. Lancet 2018 http://dx.doi.org/10.1016/S2214-109X (18)30357-7

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

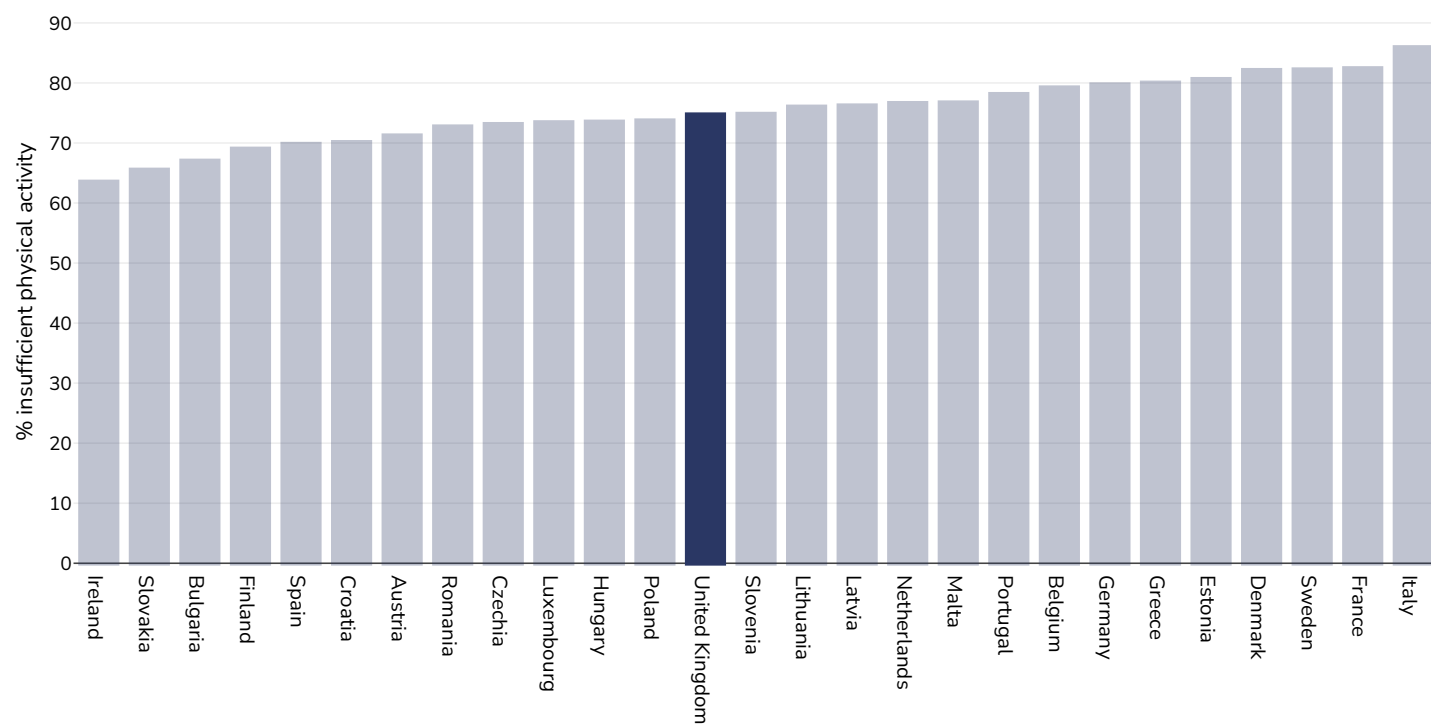| Survey type:	Self-reported
Age:	11-17
References:	Global Health Observatory data repository, World Health Organisation, https://apps.who.int/gho/data/node.main.A893ADO?lang=en (last accessed 16.03.21)
Notes:	% of school going adolescents not meeting WHO recommendations on Physical Activity for Health,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

Girls, 2016

% insufficient physical activity

Slovakia, Bulgaria, Ireland, Czechia, Finland, Spain, Netherlands, Croatia, Latvia, Poland, Austria, Lithuania, Luxembourg, United Kingdom, Slovenia, Hungary, Malta, Romania, Denmark, Sweden, Estonia, Germany, Belgium, Greece, Portugal, Italy, France

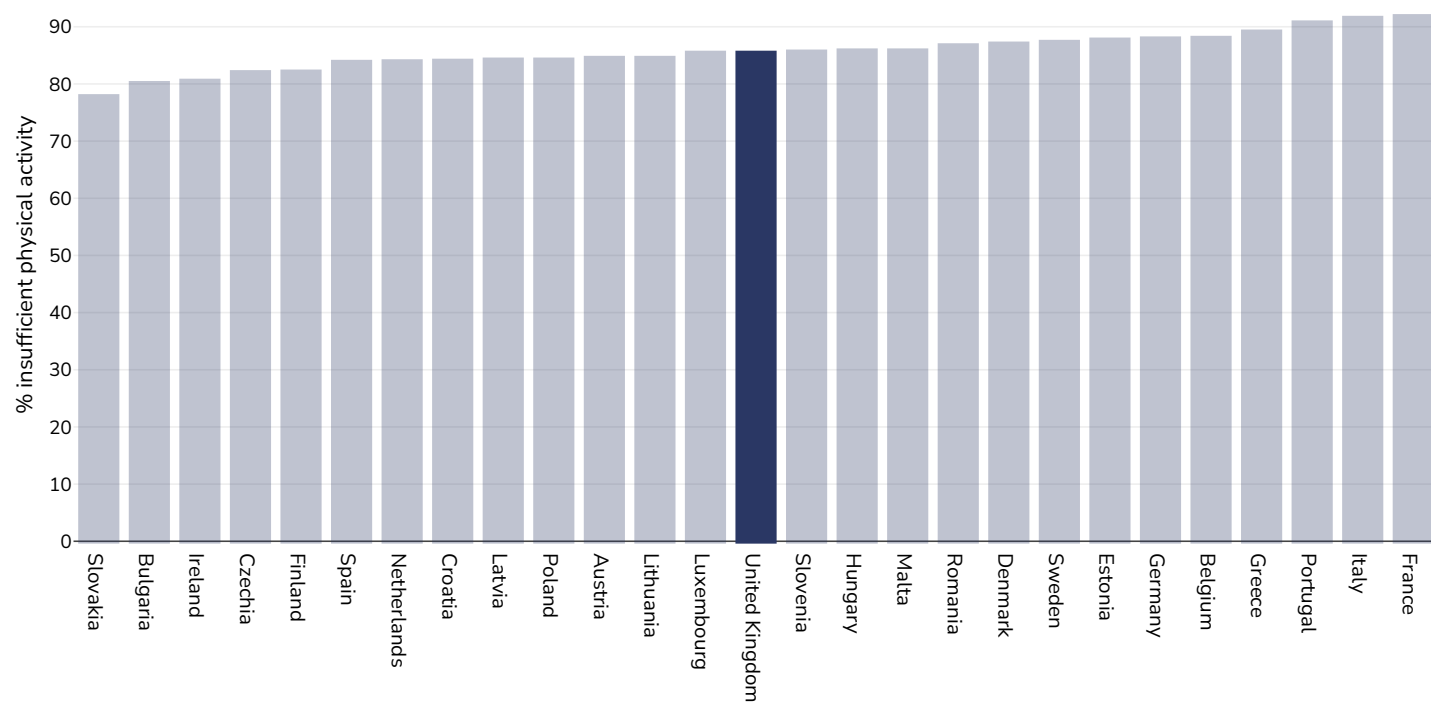|	
Survey type:	Self-reported
Age:	11-17
References:	Global Health Observatory data repository, World Health Organisation, https://apps.who.int/gho/data/node.main.A893ADO?lang=en (last accessed 16.03.21)
Notes:	% of school going adolescents not meeting WHO recommendations on Physical Activity for Health, 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 (y-axis, 0 to 10)

Countries (x-axis, left to right): 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
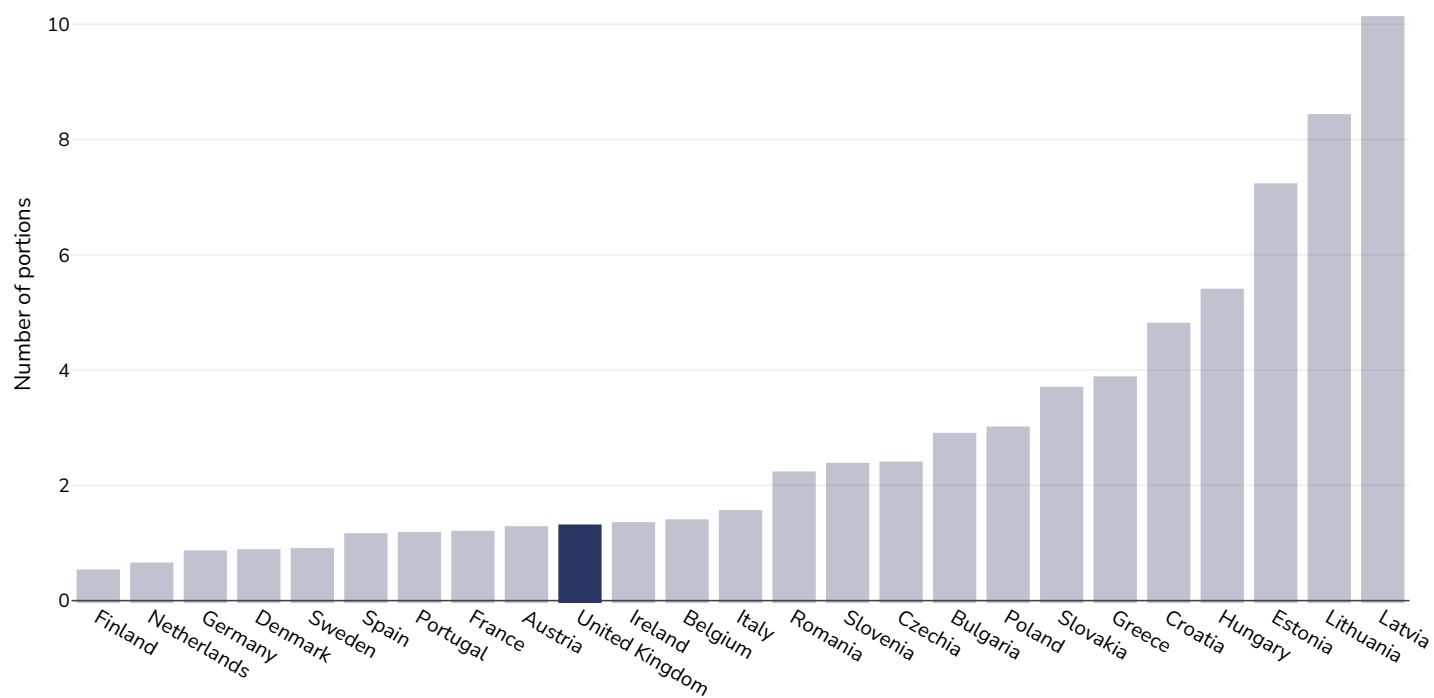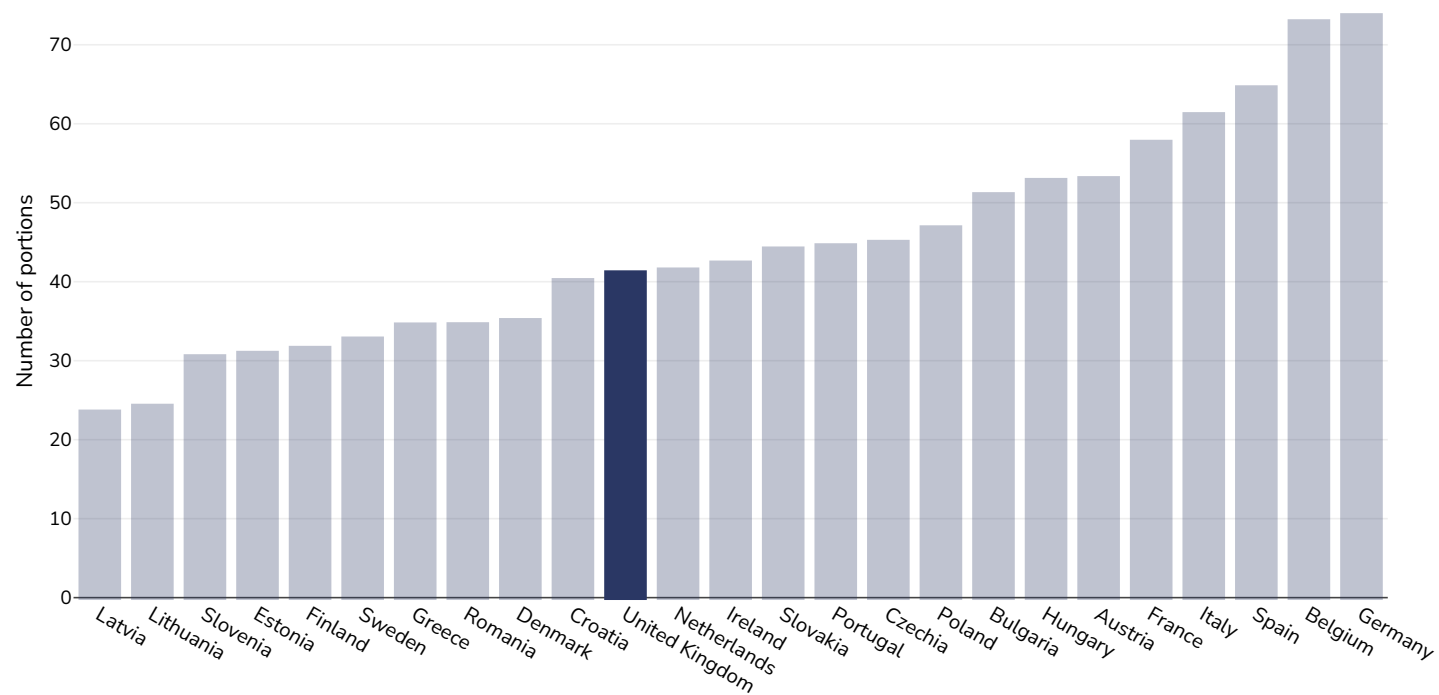
References:	Source: Euromonitor International
Definitions:	Sugar consumption (Number of 500g sugar portions/person/month)

Estimated per capita sugar sweetened beverages intake

Adults, 2016

Number of portions (y-axis)

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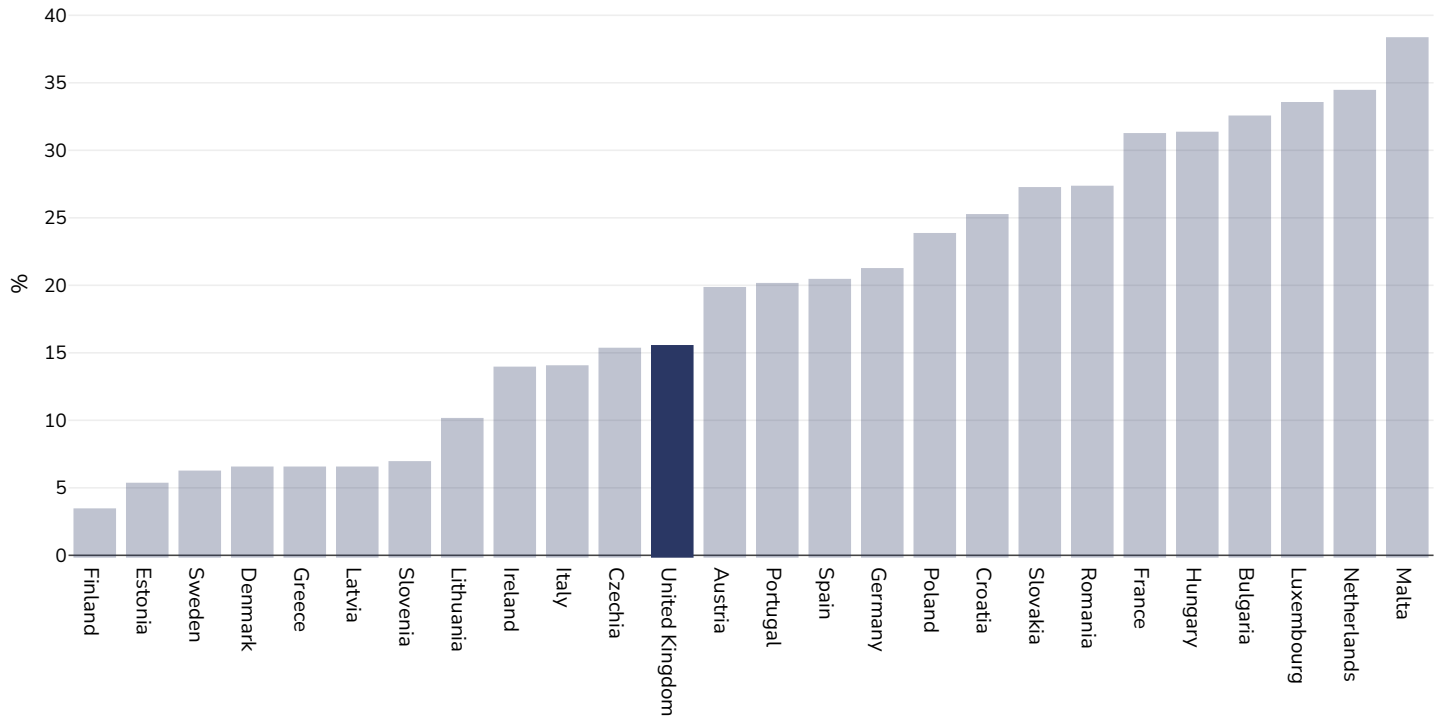
References:

Source: Euromonitor International

Prevalence of at least daily carbonated soft drink consumption

Children, 2014

Survey type:	Measured

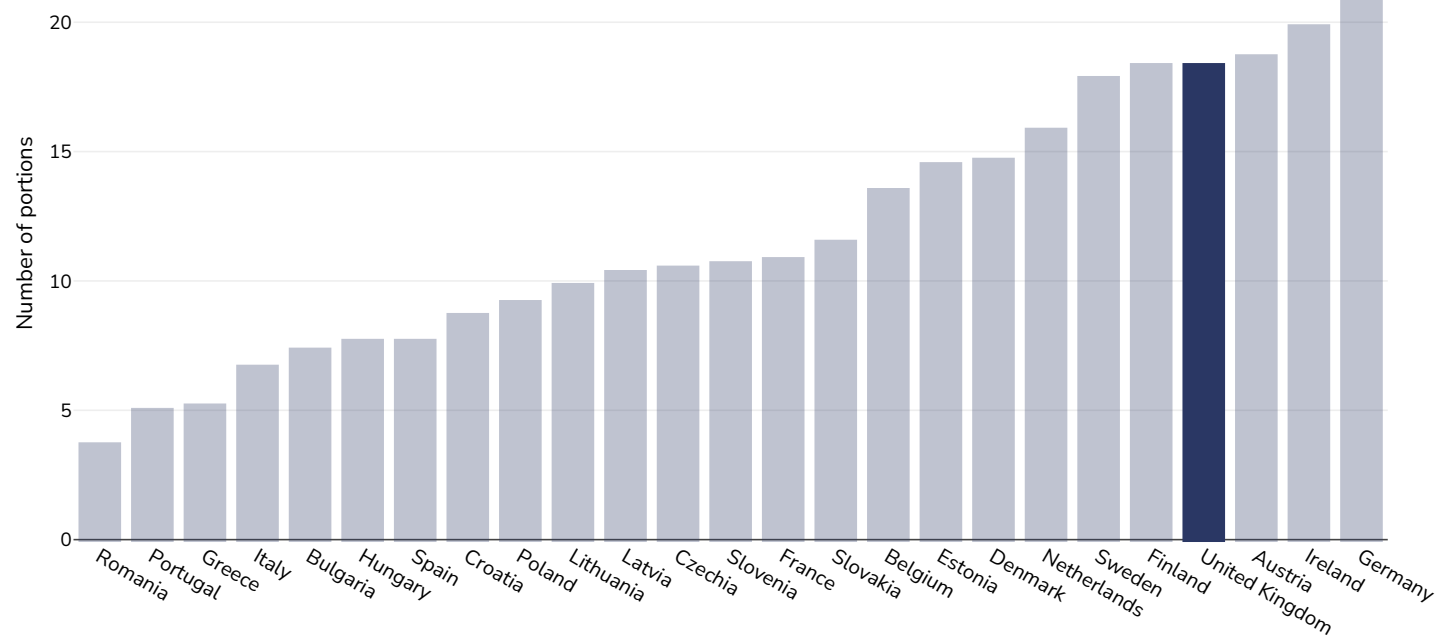| References:	World Health Organization. (2017). Adolescent obesity and related behaviours: Trends and inequalities in the who european region, 2002-2014: observations from the Health Behavior in School-aged Children (HBSC) WHO collaborative cross-national study (J. Inchley, D. Currie, J. Jewel, J. Breda,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

Number of portions (y-axis)

Countries (x-axis, left to right): 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
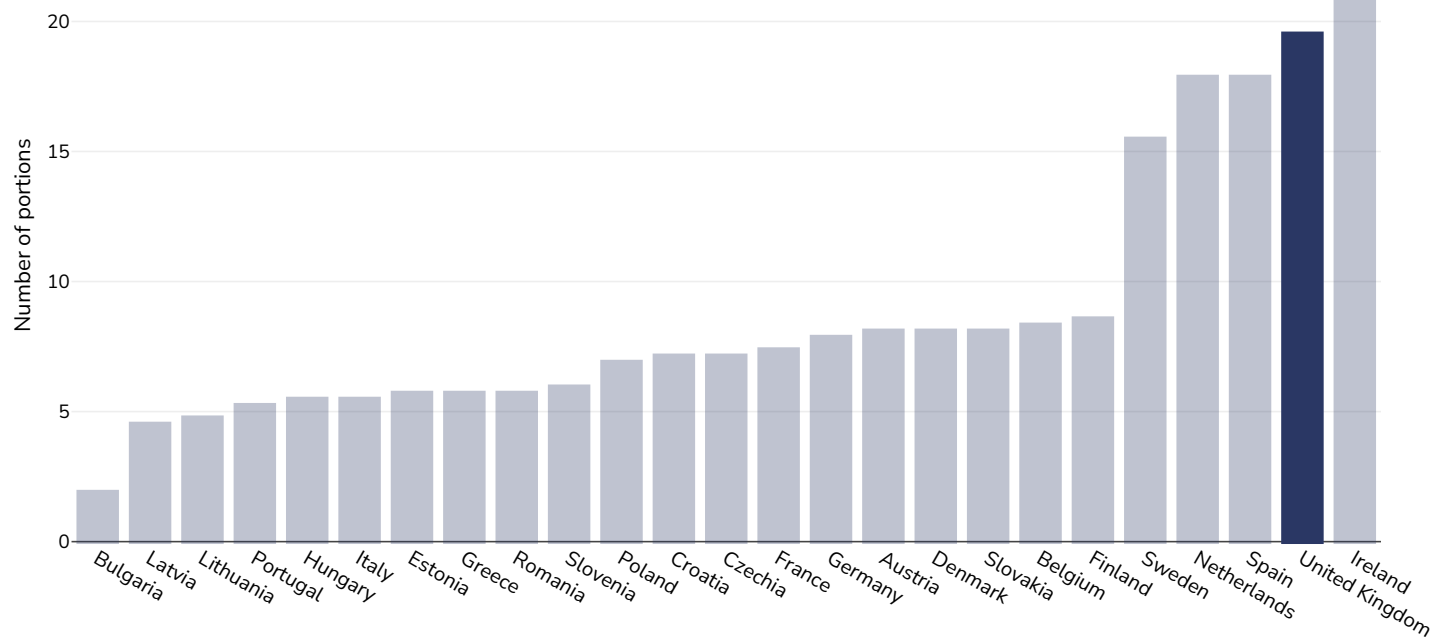
References:	Source: Euromonitor International
Definitions:	Prevalence of confectionery consumption (Number of 50g confectionery portions/person/month)

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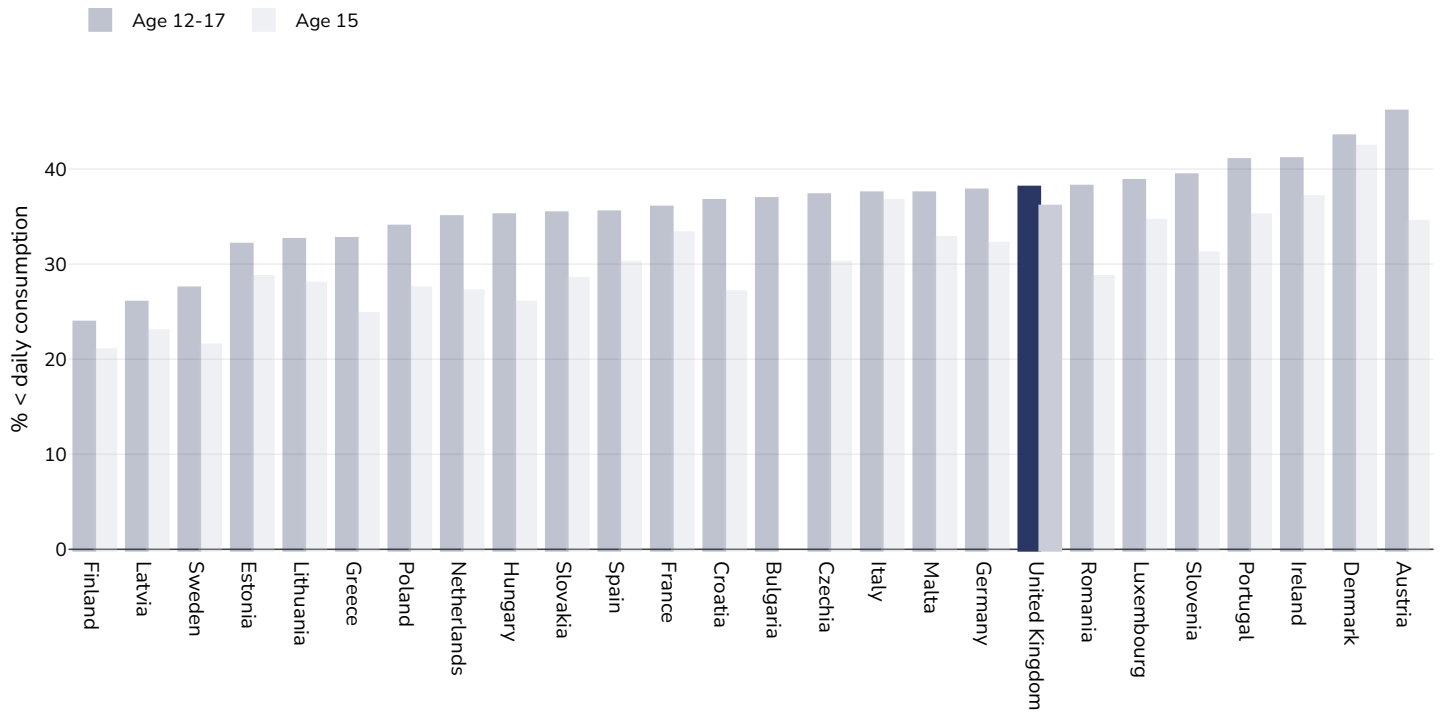
Adults, 2017
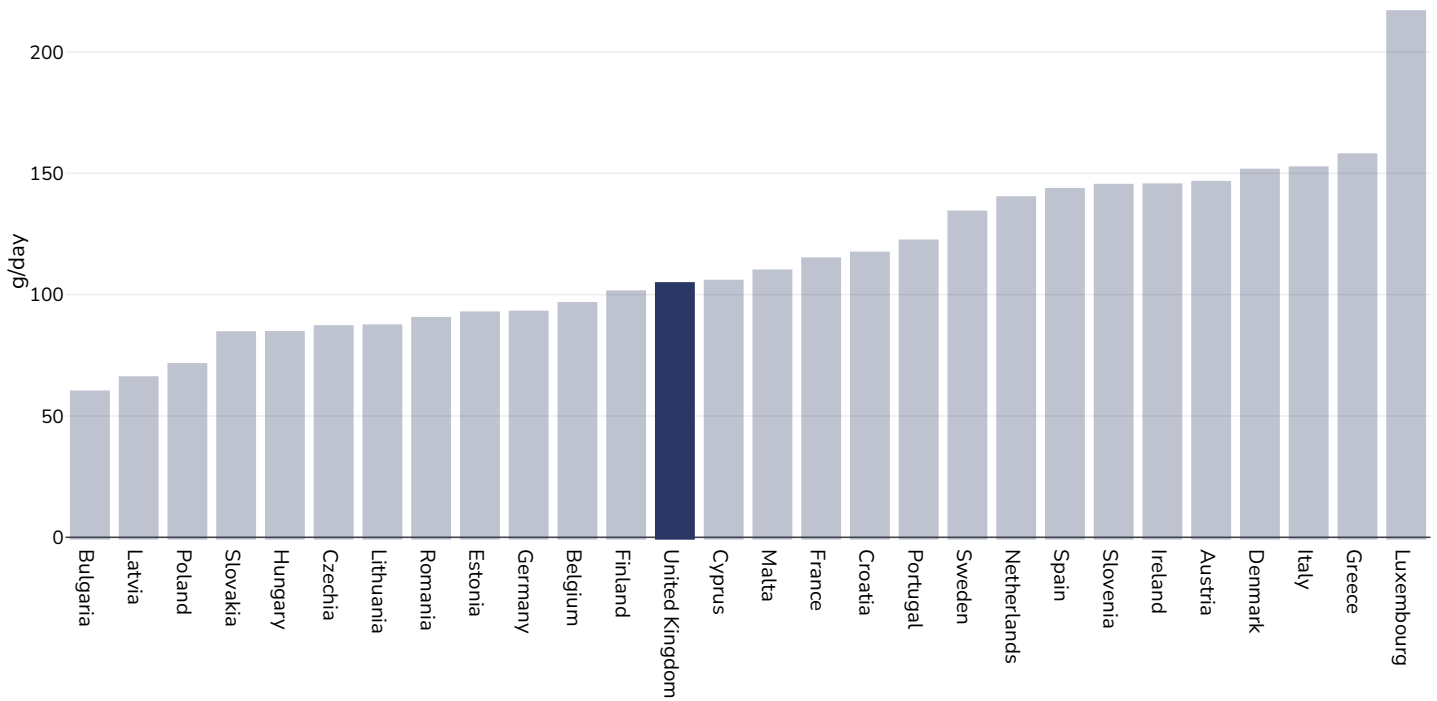
Survey type:	Measured
Age:	25+
References:	Global Burden of Disease, the Institute for Health Metrics and Evaluation http://ghdx.healthdata.org/
Definitions:	Estimated per-capita fruit intake (g/day)

Prevalence of less than daily fruit consumption

Children, 2014

Age 12-17   Age 15
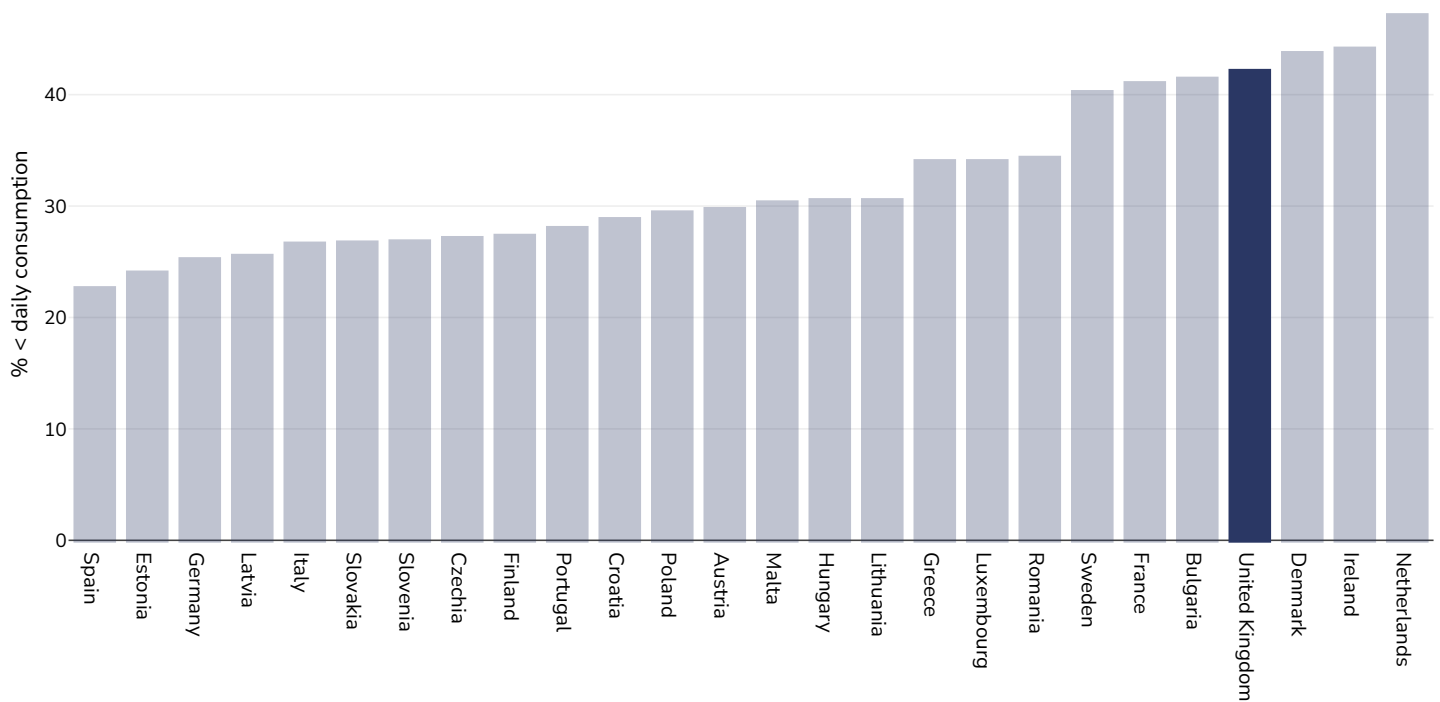

| Survey type: | Measured |

| 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

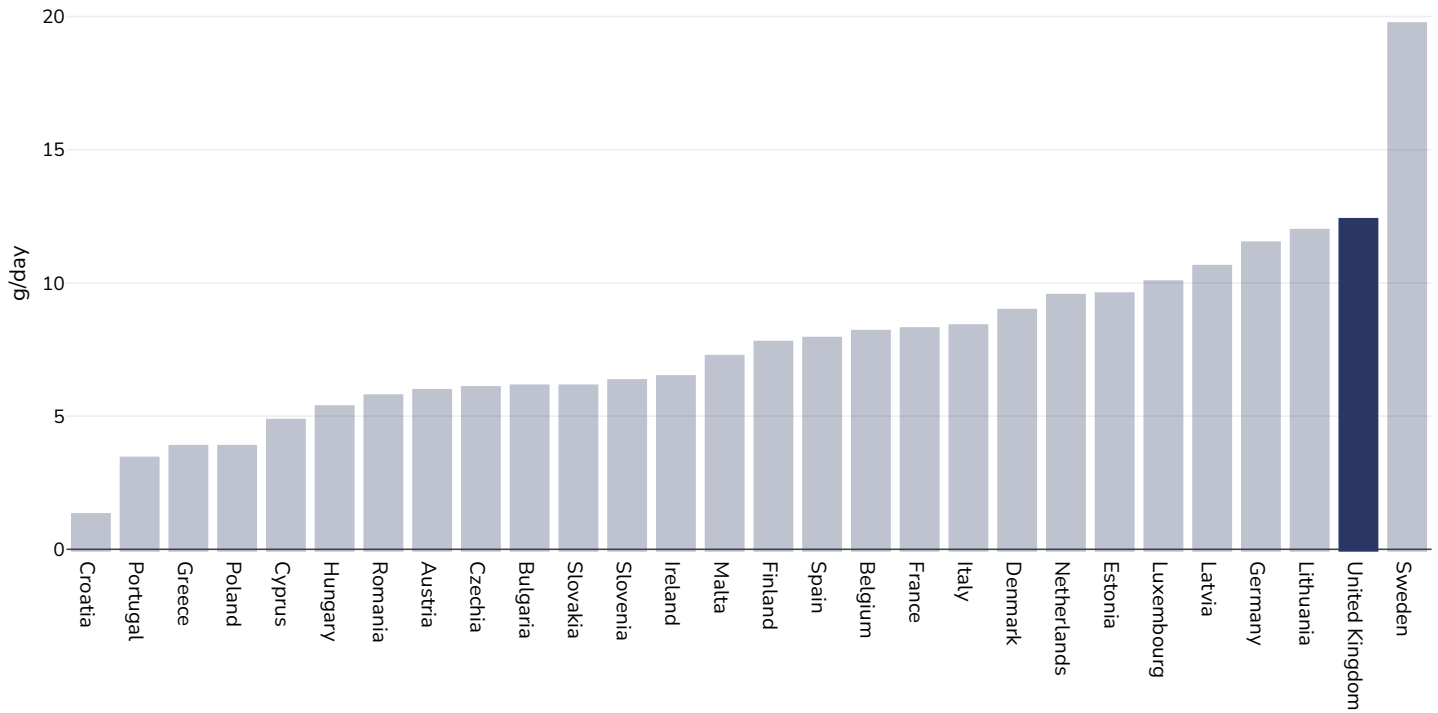| Survey type:	Measured
Age:	12-17
References:	Beal et al. (2019). Global Patterns of Adolescent Fruit, Vegetable, Carbonated Soft Drink, and Fast-food consumption: A meta-analysis of global school-based student health surveys. Food and Nutrition Bulletin. https://doi.org/10.1177/0379572119848287 sourced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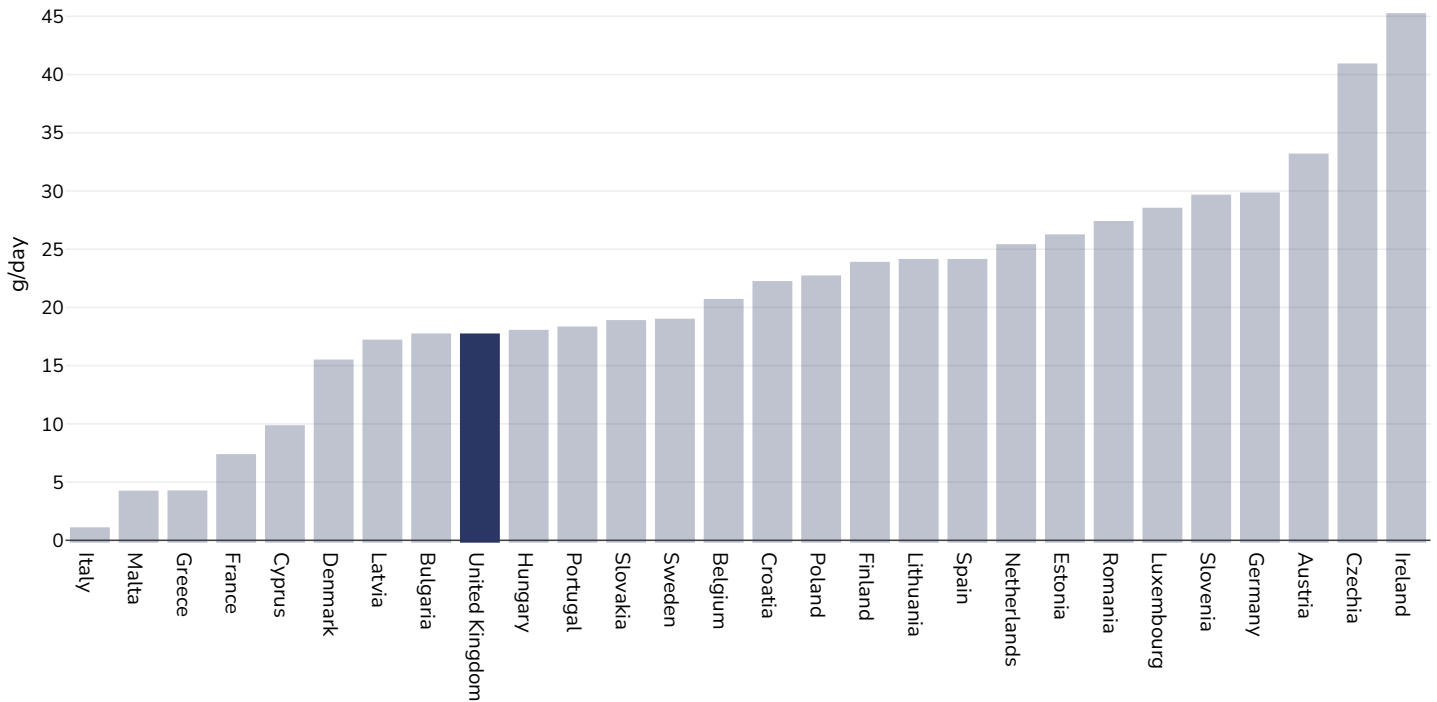
Adults, 2017

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

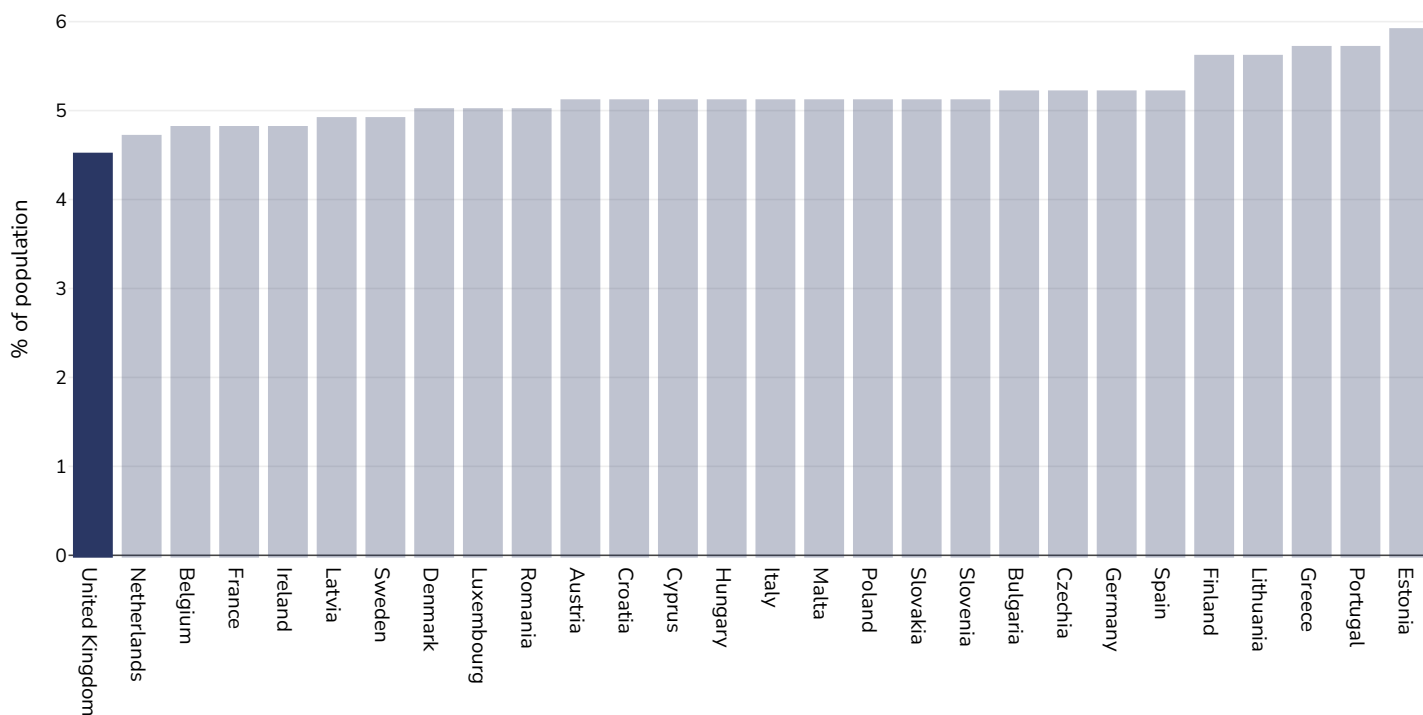| Survey type:	Measured
Age:	25+
References:	Global Burden of Disease, the Institute for Health Metrics and Evaluation http://ghdx.healthdata.org/
Definitions:	Estimated per-capita whole grains intake (g/day)

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

y-axis: % of population (0 to 6)

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

Definitions: % of population with anxiety disorders

Oesophageal cancer

Men, 2022

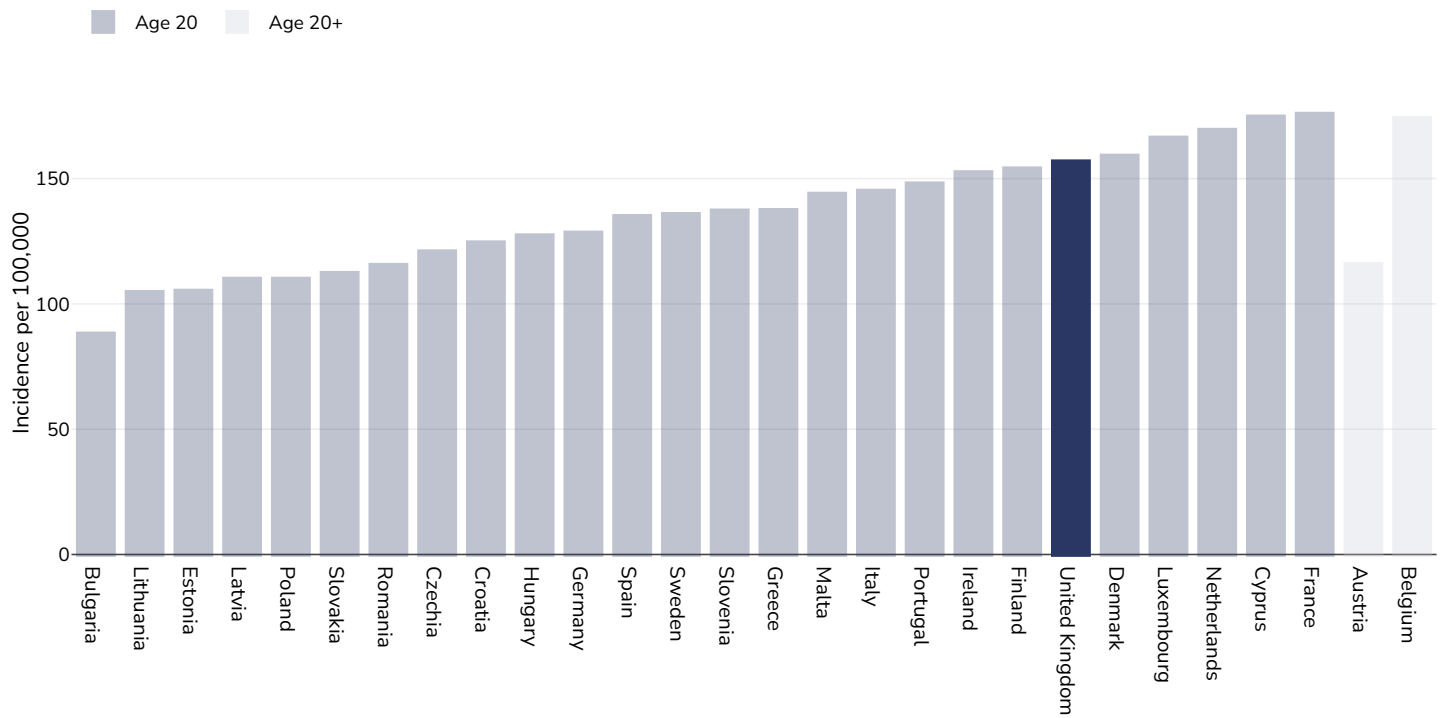|	
Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]
Definitions:	Indicence per 100,000

Women, 2022

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:	Indicence per 100,000

Breast cancer

Women, 2022

Age 20 ▪ 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 per 100,000

Colorectal cancer

Men, 2022

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 per 100,000

Women, 2022
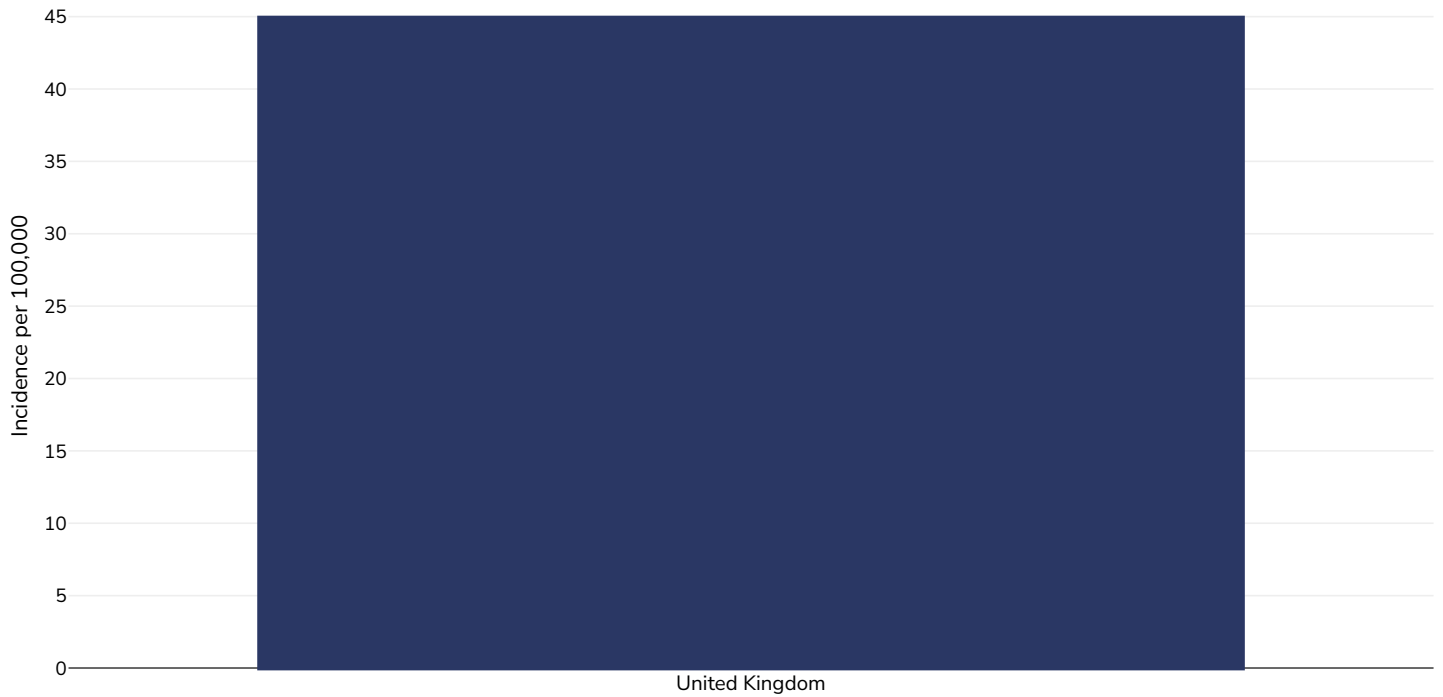

Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]
Definitions:	Incidence per 100,000

Pancreatic cancer
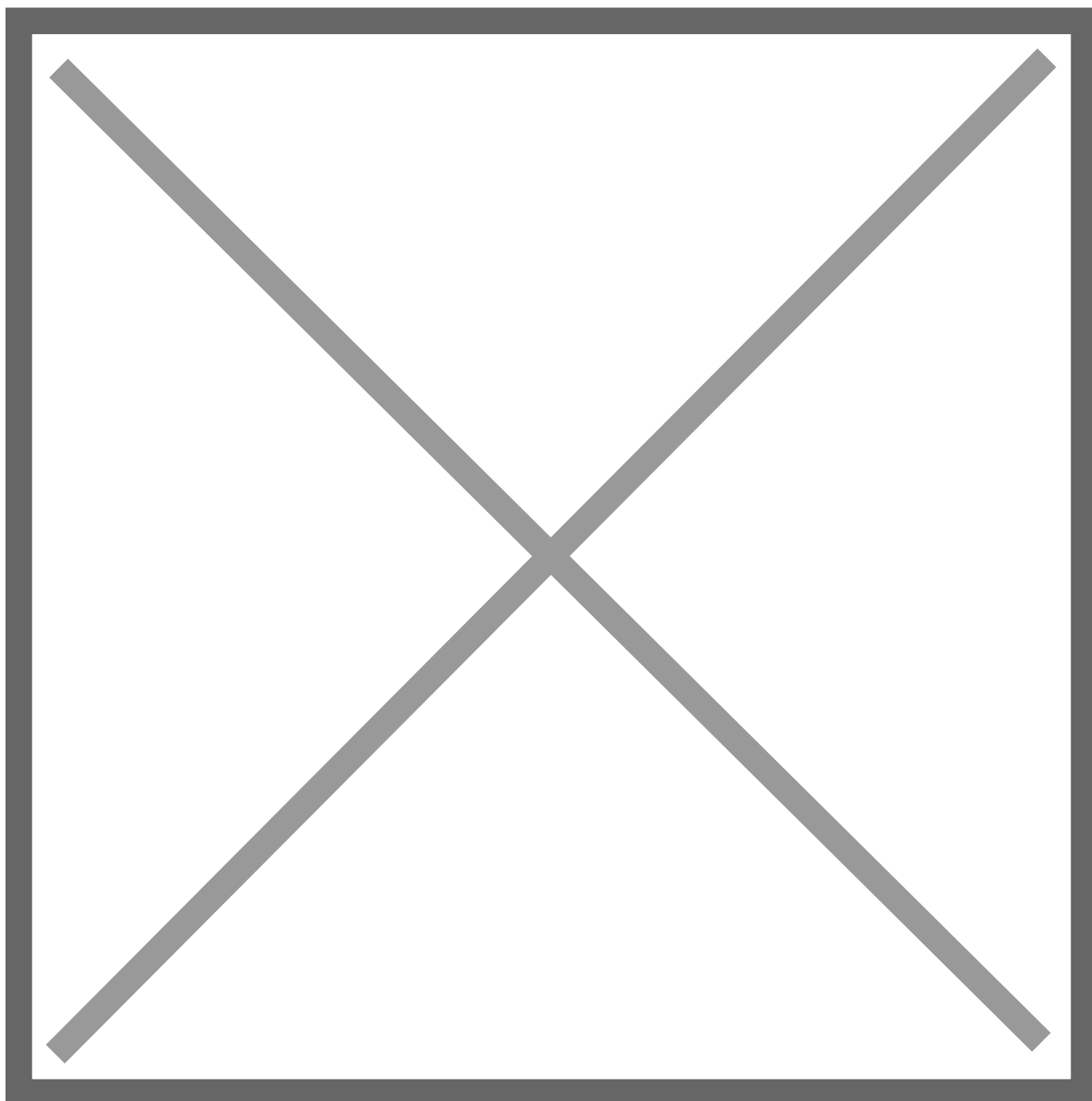
Men, 2022

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]

Women, 2022

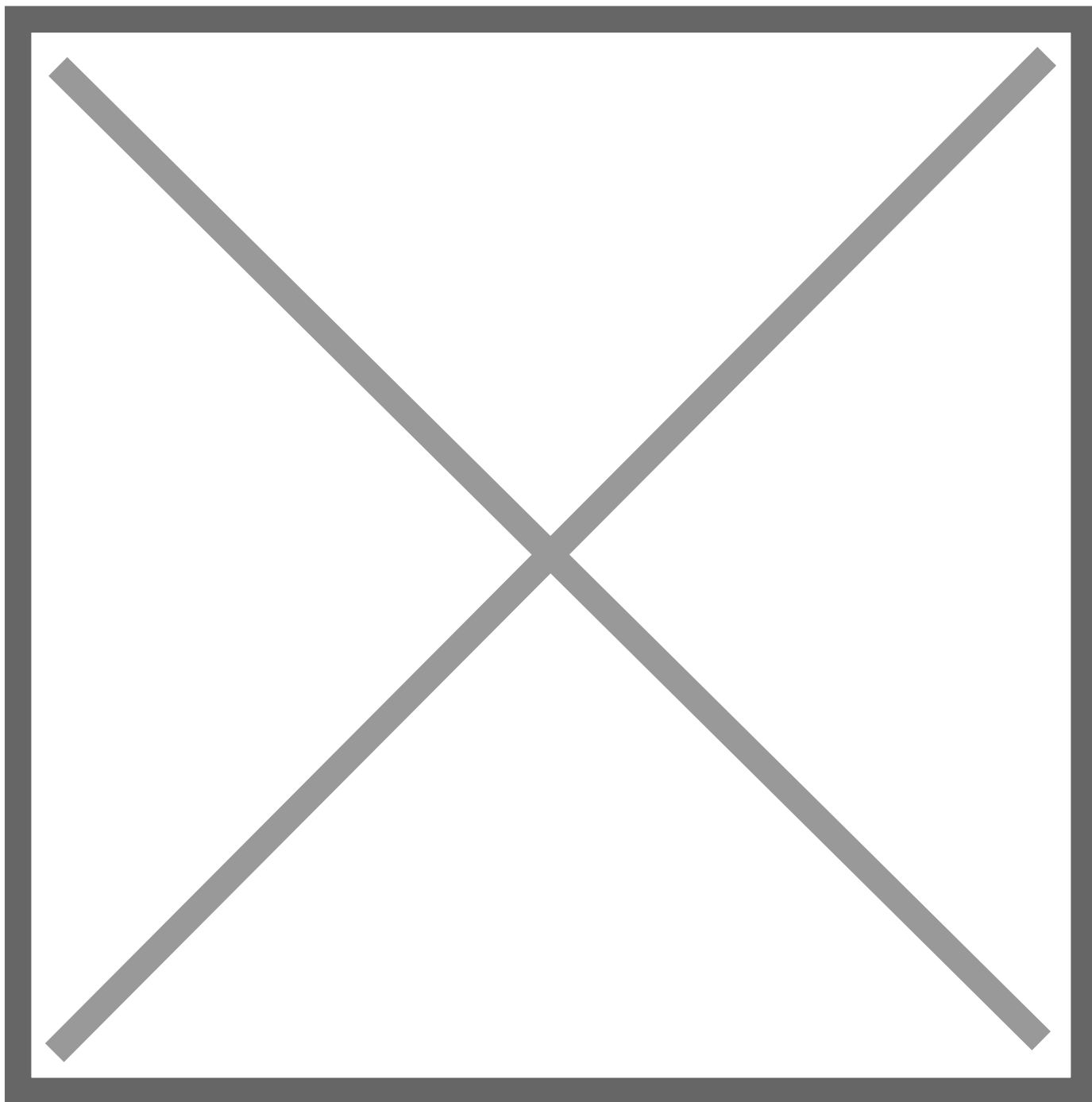| Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]

Gallbladder cancer

Men, 2022

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: Indicence per 100,000

Women, 2022

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:	Indicence per 100,000

Kidney cancer

Men, 2022

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 per 100,000

Women, 2022

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 per 100,000

Cancer of the uterus

Women, 2022

Incidence per 100,000

25

20

15

10

5

0

United Kingdom

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

Raised blood pressure

Adults, 2015
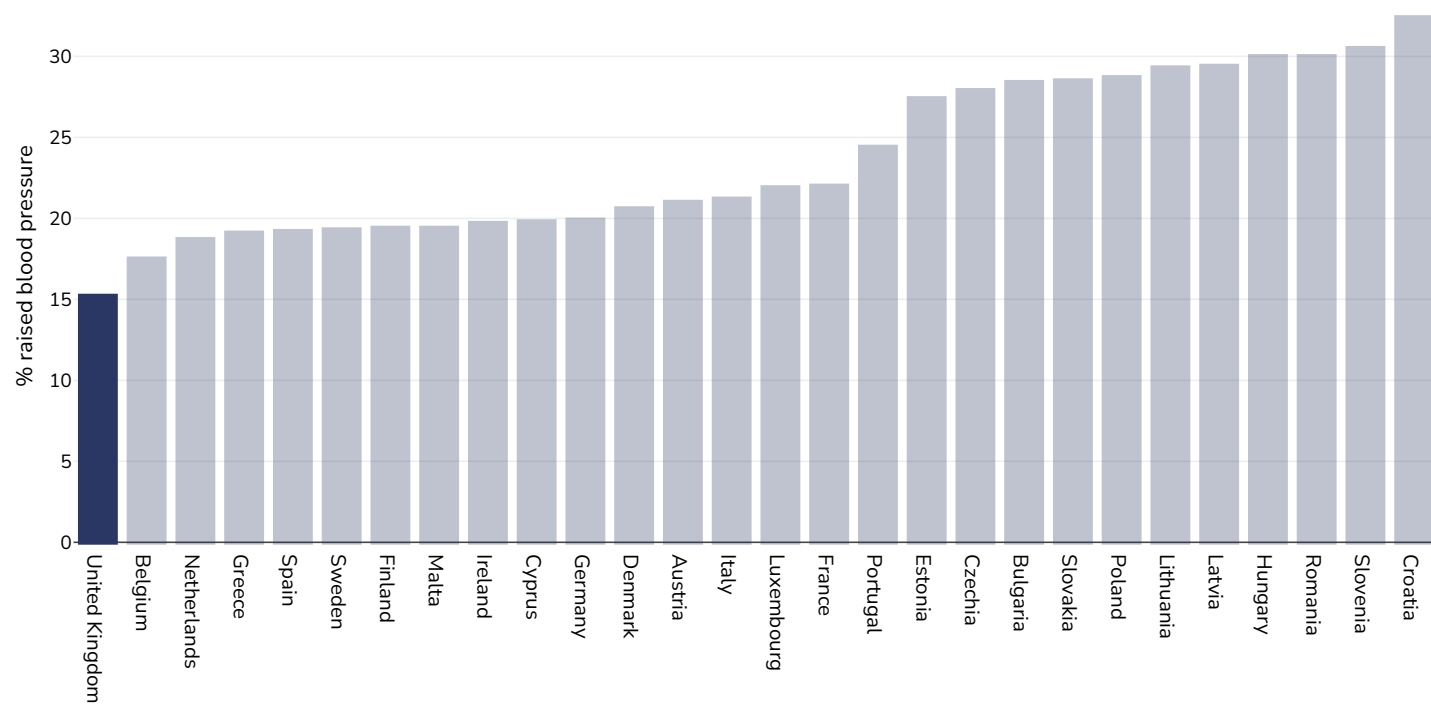
References: Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A875?lang=en

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

Men, 2015
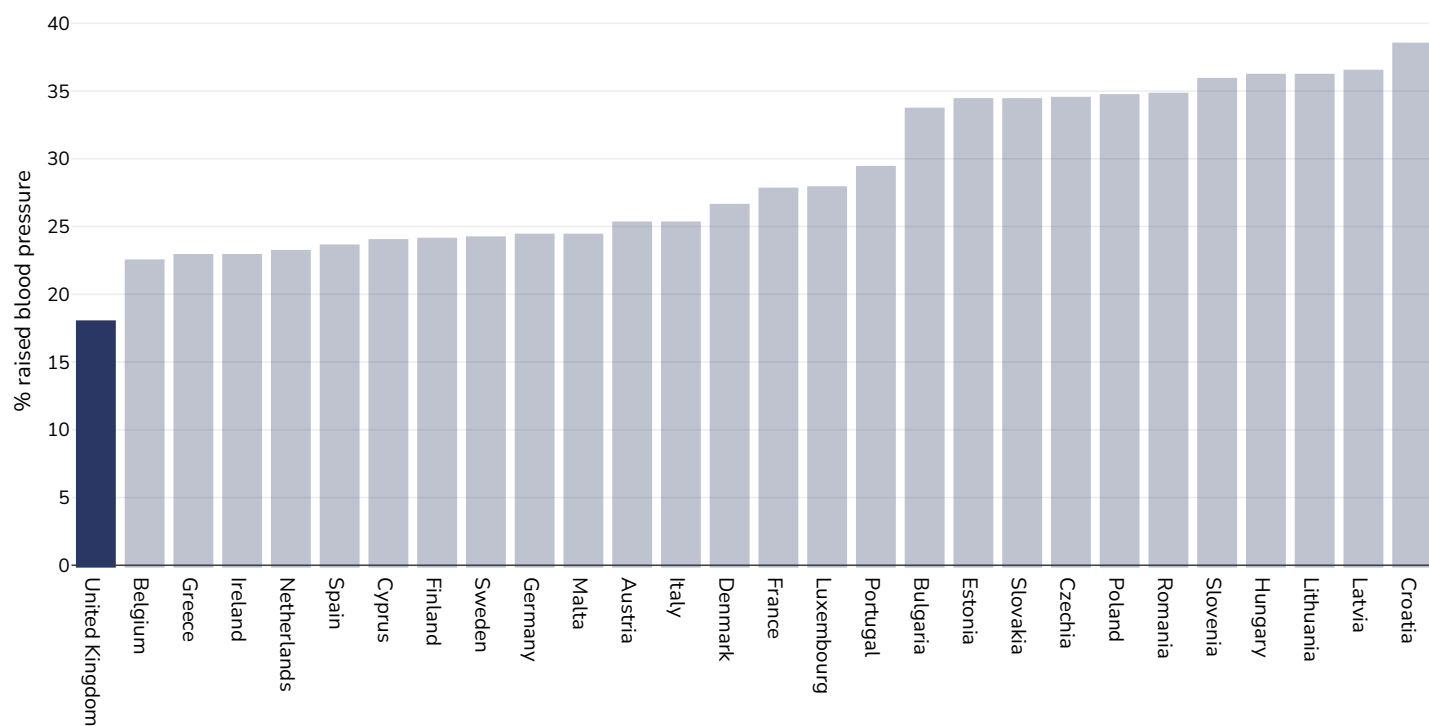
% raised blood pressure

United Kingdom, Belgium, Greece, Ireland, Netherlands, Spain, Cyprus, Finland, Sweden, Germany, Malta, Austria, Italy, Denmark, France, Luxembourg, Portugal, Bulgaria, Estonia, Slovakia, Czechia, Poland, Romania, Slovenia, Hungary, Lithuania, Latvia, Croatia

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
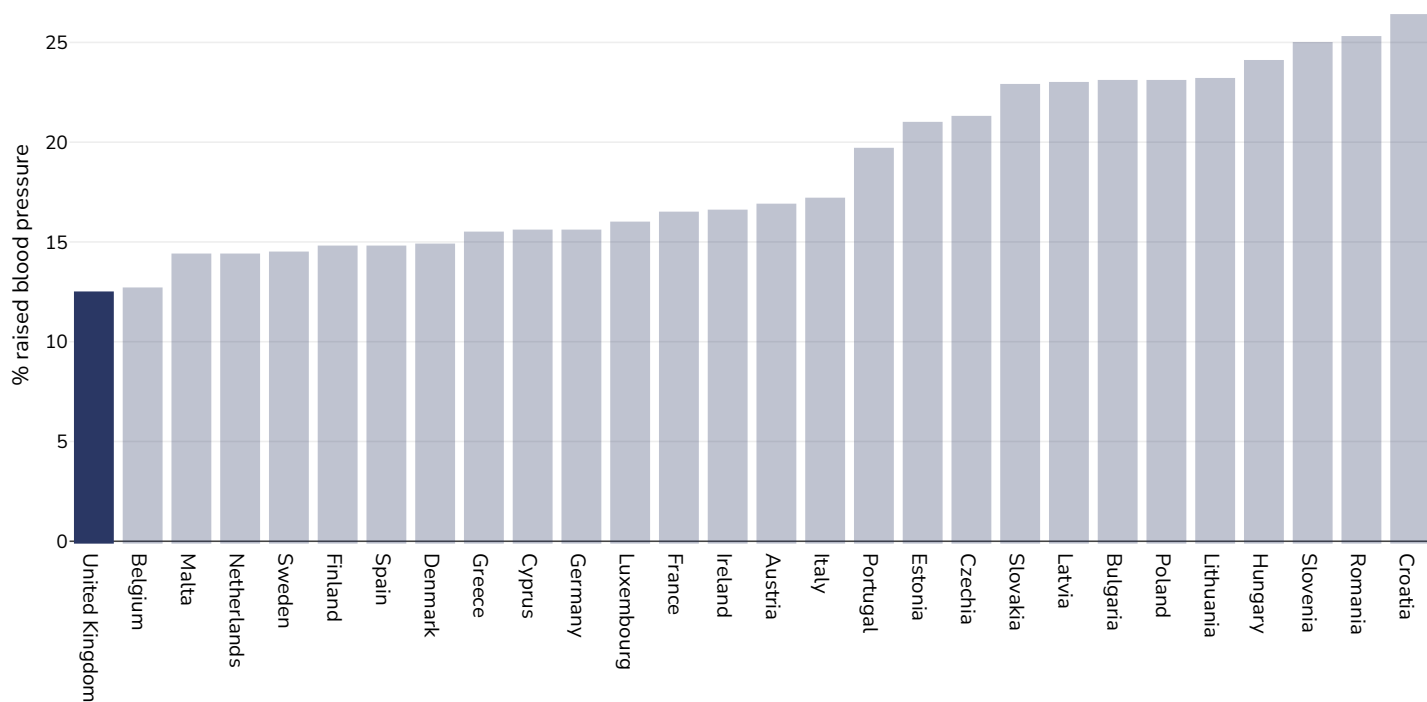
% raised blood pressure

United Kingdom, Belgium, Malta, Netherlands, Sweden, Finland, Spain, Denmark, Greece, Cyprus, Germany, Luxembourg, France, Ireland, Austria, Italy, Portugal, Estonia, Czechia, Slovakia, Latvia, Bulgaria, Poland, Lithuania, Hungary, Slovenia, Romania, Croatia

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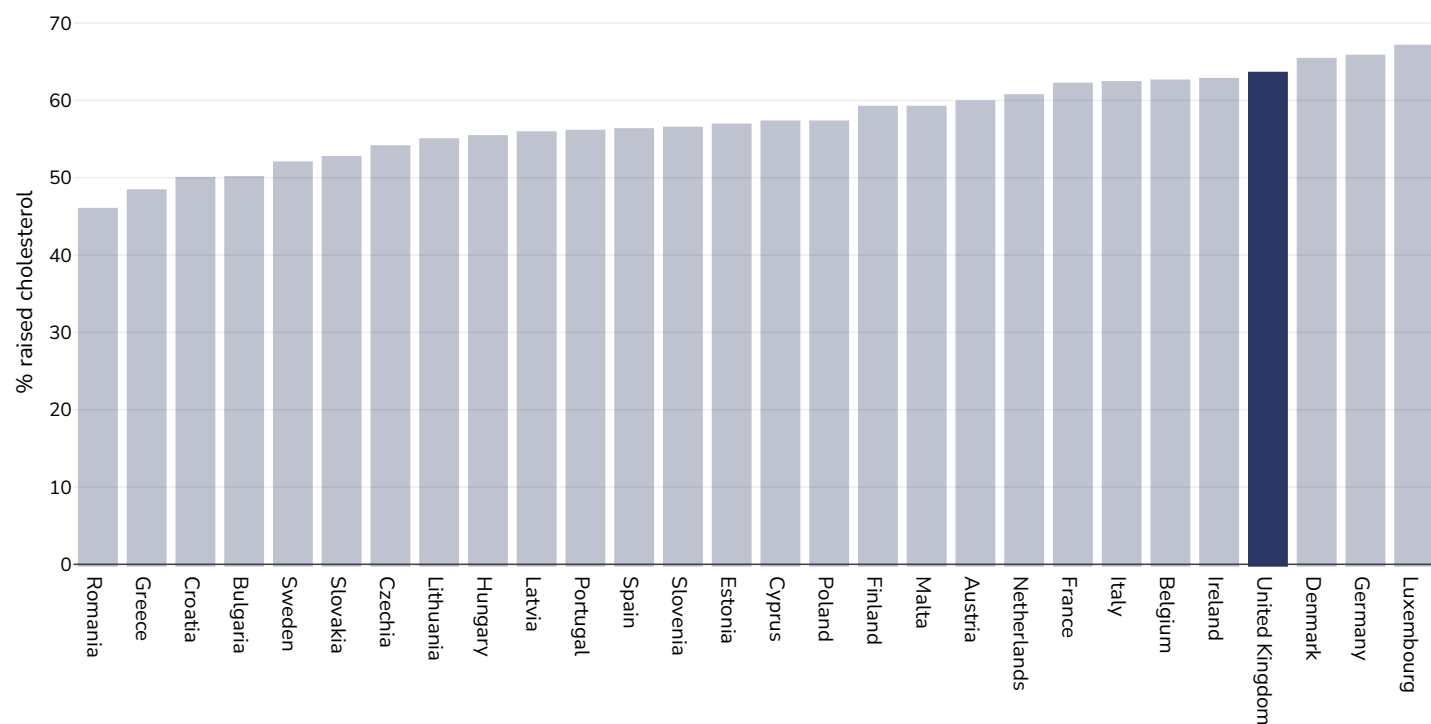
References:	Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A885
Definitions:	% Raised total cholesterol (>= 5.0 mmol/L) (age-standardized estimate).

Men, 2008
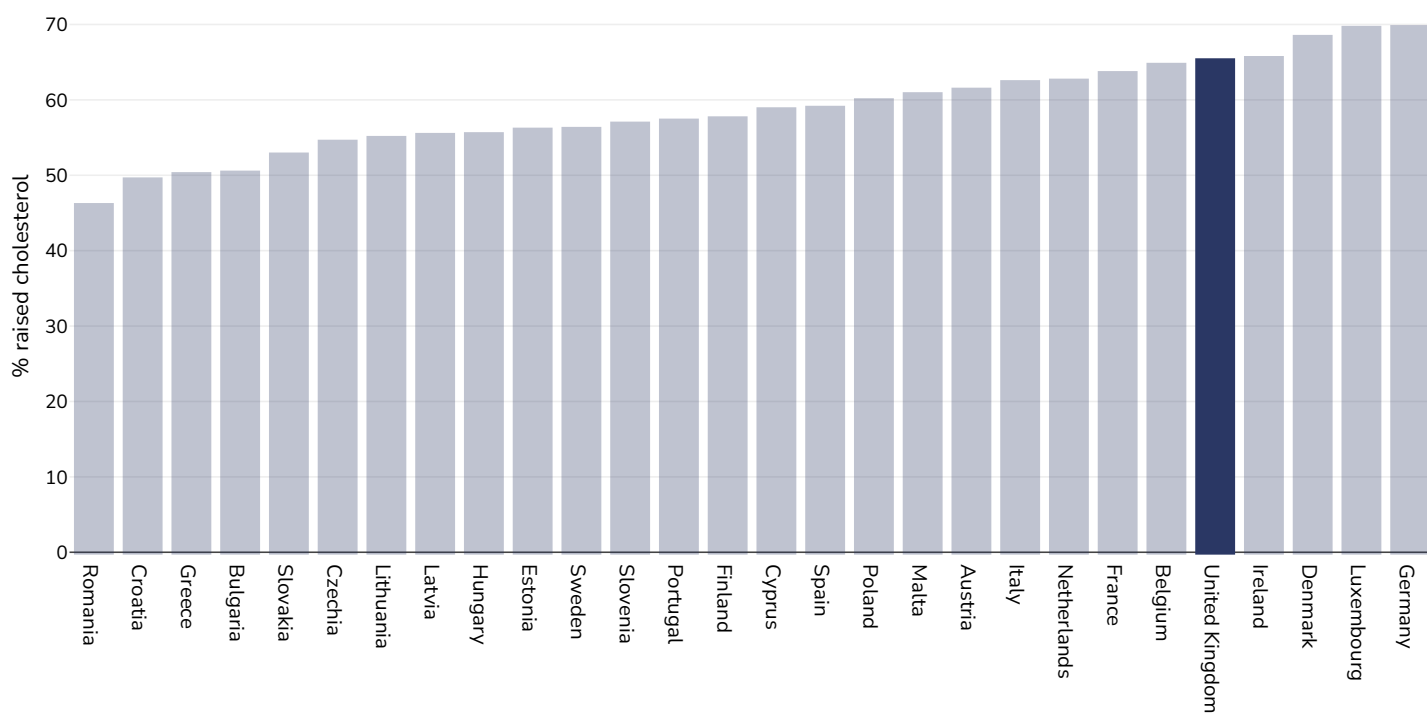
% raised cholesterol

Romania, Croatia, Greece, Bulgaria, Slovakia, Czechia, Lithuania, Latvia, Hungary, Estonia, Sweden, Slovenia, Portugal, Finland, Cyprus, Spain, Poland, Malta, Austria, Italy, Netherlands, France, Belgium, United Kingdom, Ireland, Denmark, Luxembourg, Germany

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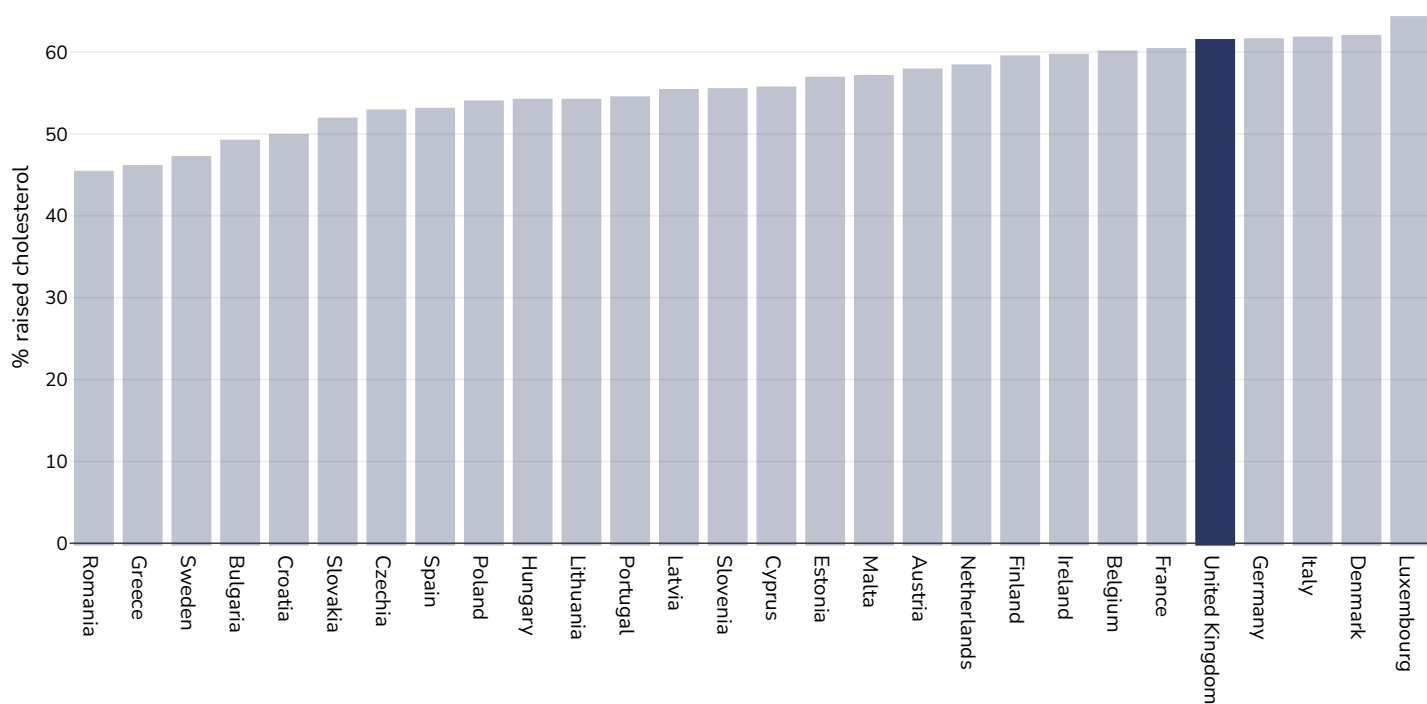
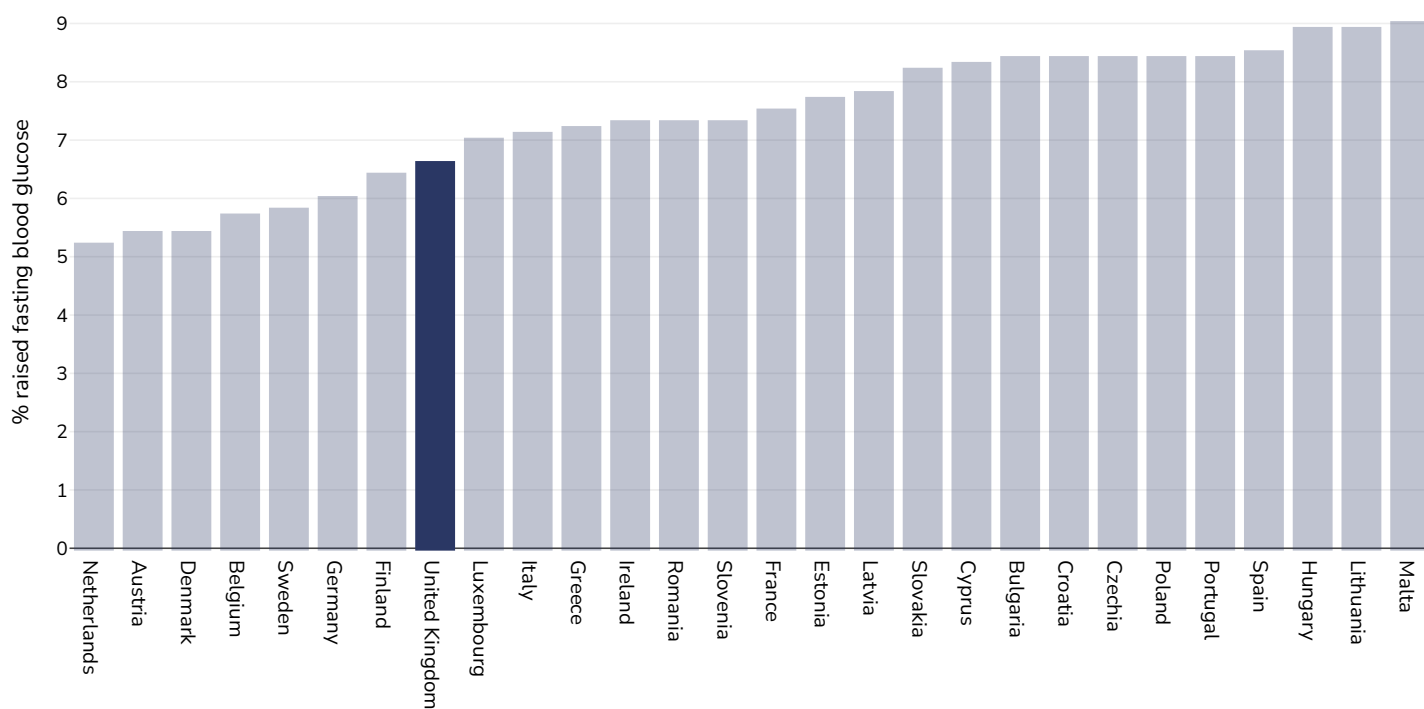| References:	Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A885
Definitions:	% Raised total cholesterol (>= 5.0 mmol/L) (age-standardized estimate).

Raised fasting blood glucose

Men, 2014
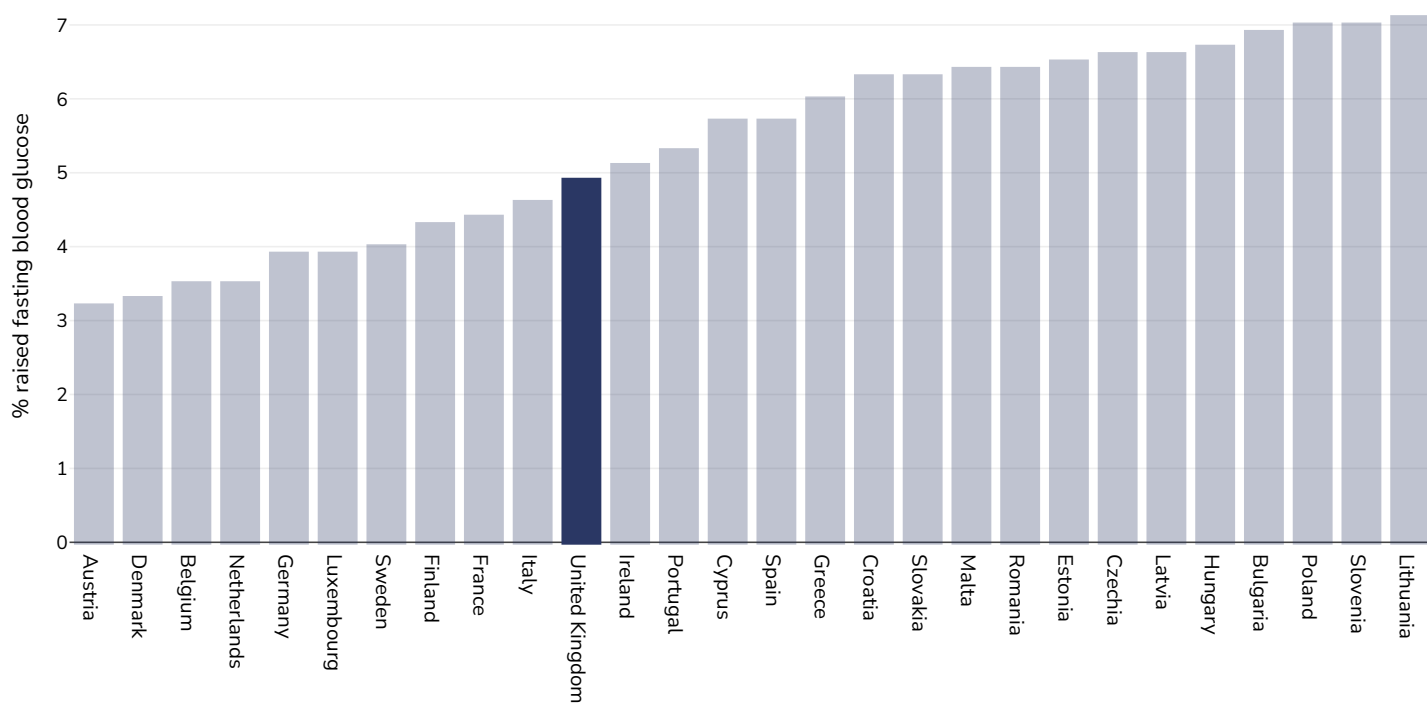
Chart: % raised fasting blood glucose by country. Y-axis "% raised fasting blood glucose" from 0 to 7. Countries (left to right): Austria, Denmark, Belgium, Netherlands, Germany, Luxembourg, Sweden, Finland, France, Italy, United Kingdom, Ireland, Portugal, Cyprus, Spain, Greece, Croatia, Slovakia, Malta, Romania, Estonia, Czechia, Latvia, Hungary, Bulgaria, Poland, Slovenia, Lithuania.

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

% raised fasting blood glucose (y-axis)

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

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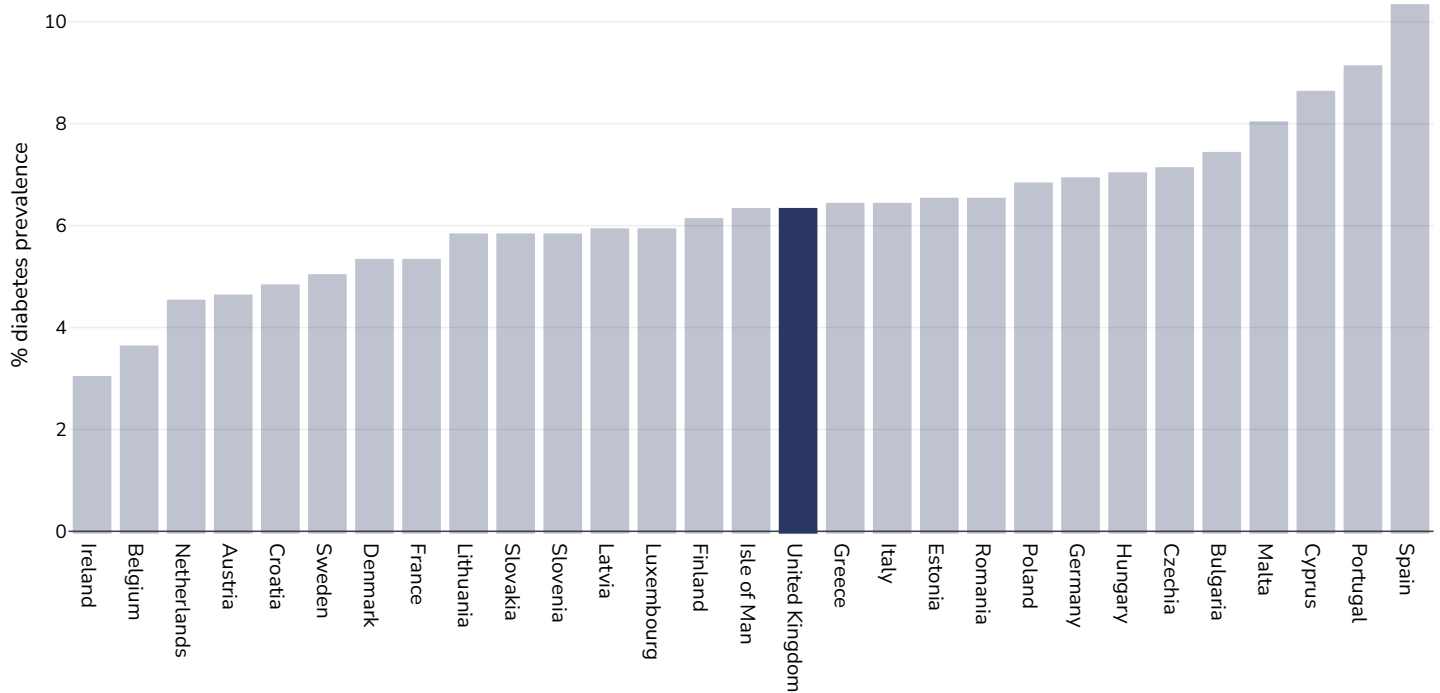
Age:	20-79
Area covered:	National
References:	Reproduced with kind permission International Diabetes Federation. IDF Diabetes Atlas, 10th edn. Brussels, Belgium:International Diabetes Federation, 2021. http://www.diabetesatlas.org
Definitions:	Age-adjusted comparative prevalence of diabetes, %

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?	✔ᵛ
Back-of-pack nutrition declaration?	✔
Color coding?	✔ᵛ
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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