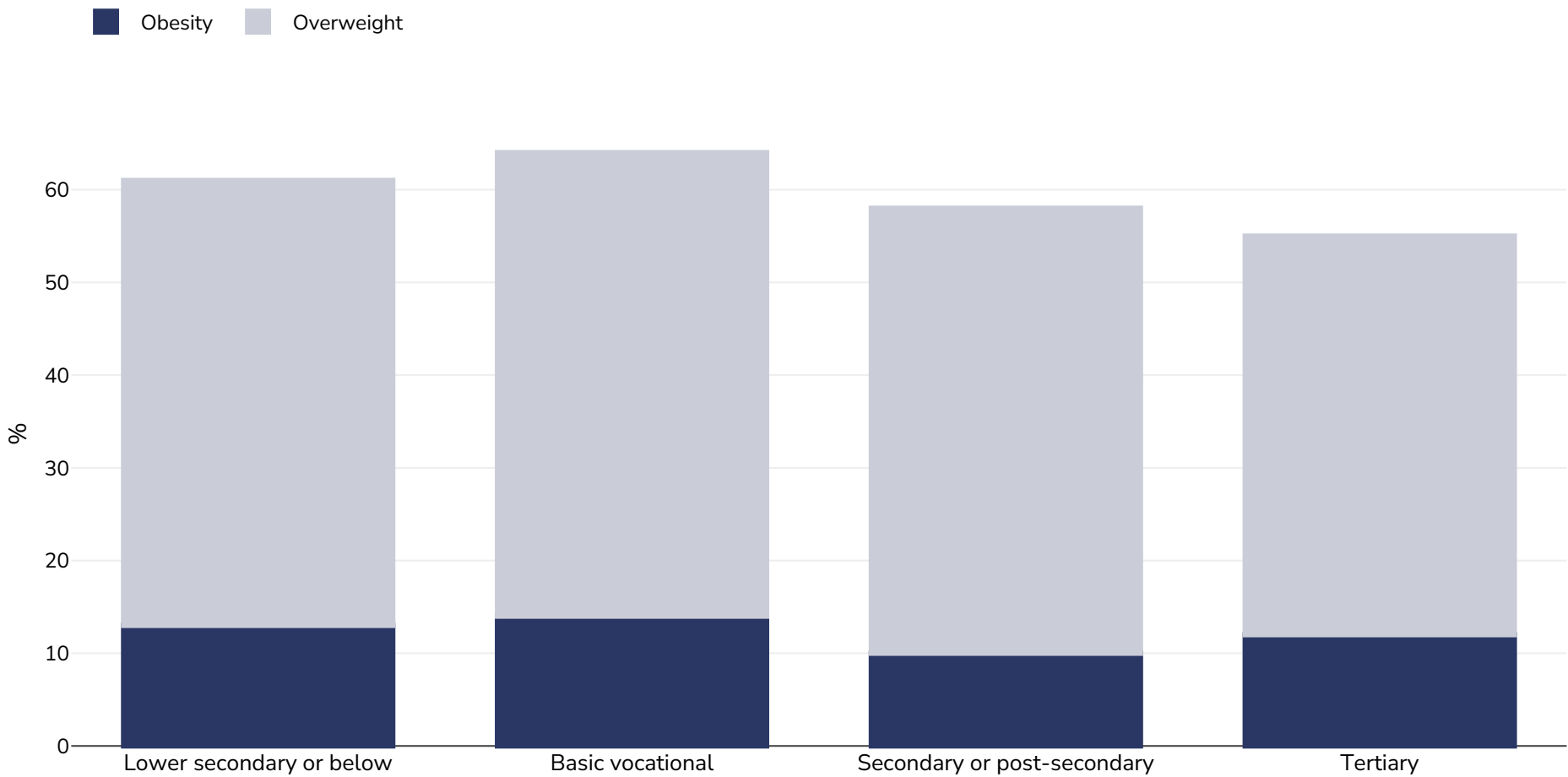


# Poland: Overweight/obesity by education



Men, 2018



|               |                                                                                                                                                                                                                                                                                                                                                                                                                        |
|---------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Survey type:  | Self-reported                                                                                                                                                                                                                                                                                                                                                                                                          |
| Age:          | 20+                                                                                                                                                                                                                                                                                                                                                                                                                    |
| Sample size:  | 3000                                                                                                                                                                                                                                                                                                                                                                                                                   |
| Area covered: | National                                                                                                                                                                                                                                                                                                                                                                                                               |
| References:   | Wojtyniak, B. and Goryński, P. (eds.). 2022. Health Status of Polish Population and Its Determinants 2022. Warsaw: National Institute of Public Health NIH - National Research Institute. Available at: <a href="https://www.pzh.gov.pl/raport-sytuacja-zdrowotna-ludnosci-polski-i-jej-uwarunkowania/">https://www.pzh.gov.pl/raport-sytuacja-zdrowotna-ludnosci-polski-i-jej-uwarunkowania/</a> [Accessed 30.05.25]. |
| Notes:        | 2018 data from 2022 report. Not age-standardised, values rounded off to 1%.                                                                                                                                                                                                                                                                                                                                            |

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