



Europeiska unionen + Storbritannien



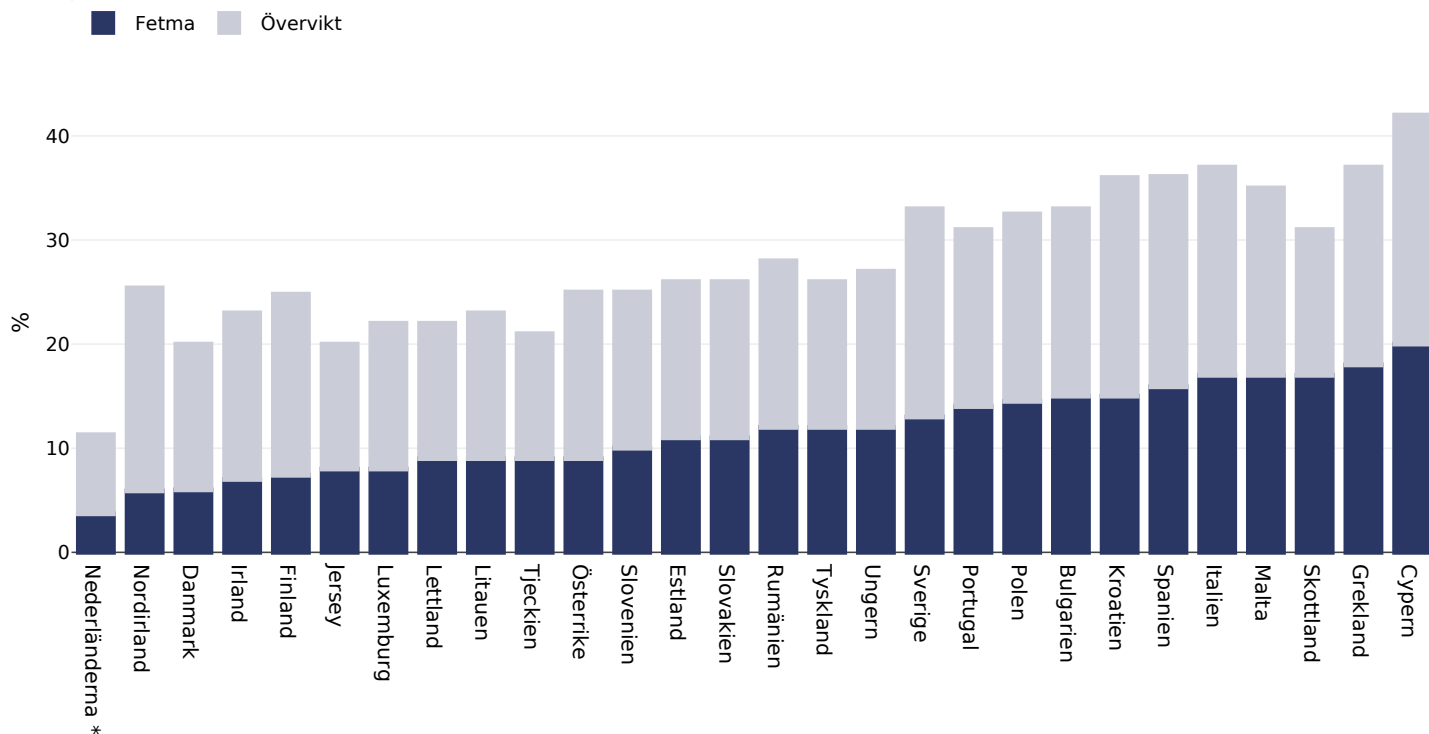
Regional report card - children

This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity for children, including adolescents (aged 5 to 18 years). 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/region/european-union-uk-1/>.

FÄrdigheter av fetma

Barn



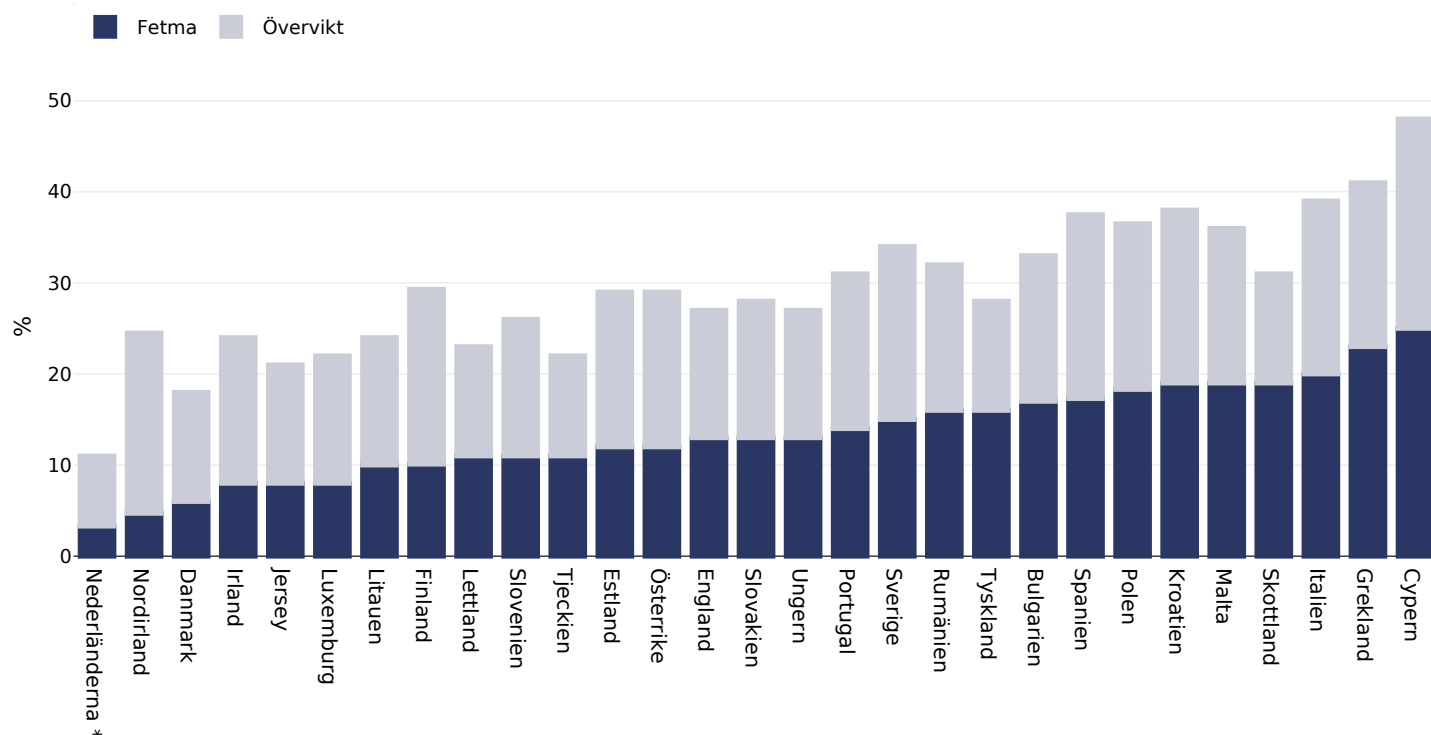
Undersökningstyp:

Countries marked with a * are using self-reported data.

Anteckningar:

Different methodologies have been used to collect this data and so it is not strictly comparable.

Pojkar



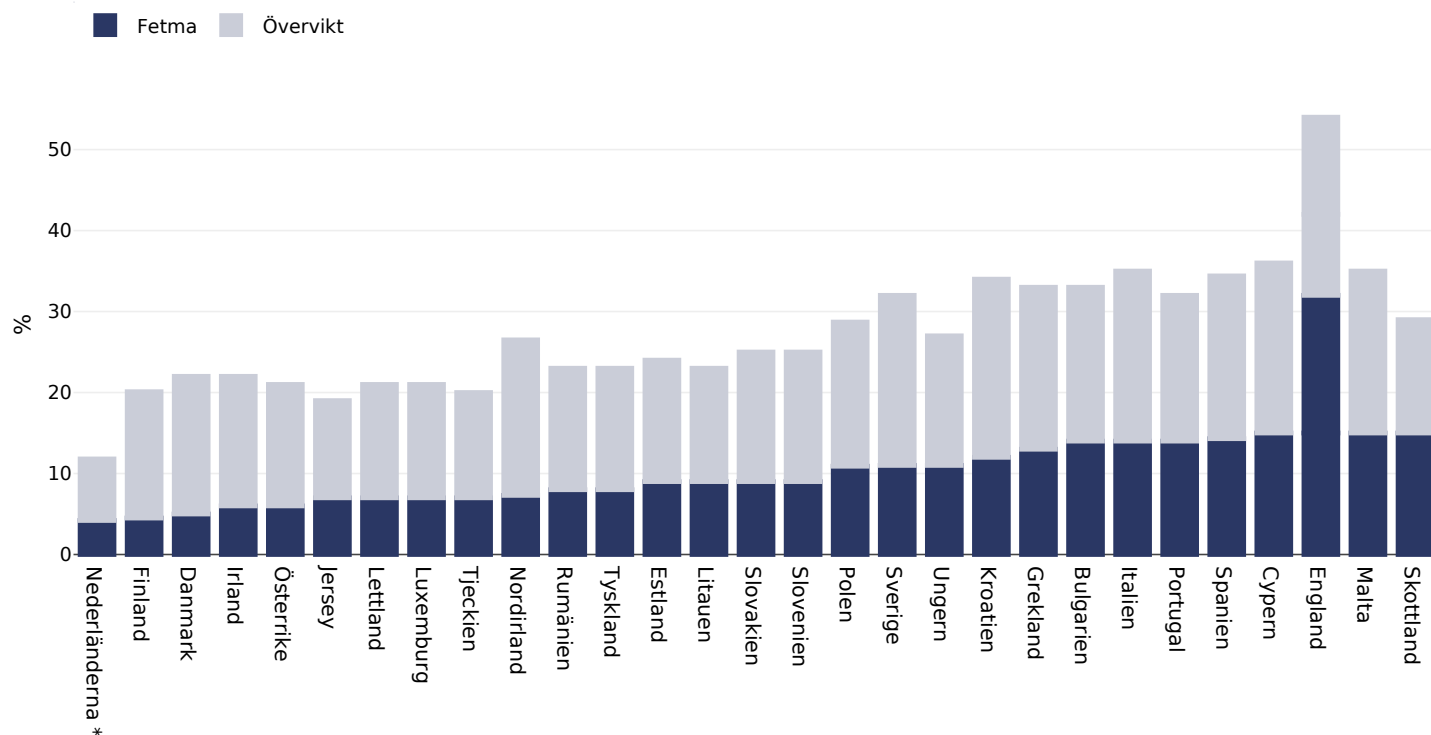
Undersökningsstyp:

Countries marked with a * are using self-reported data.

Anteckningar:

Different methodologies have been used to collect this data and so it is not strictly comparable.

Flickor



Undersökningsstyp:

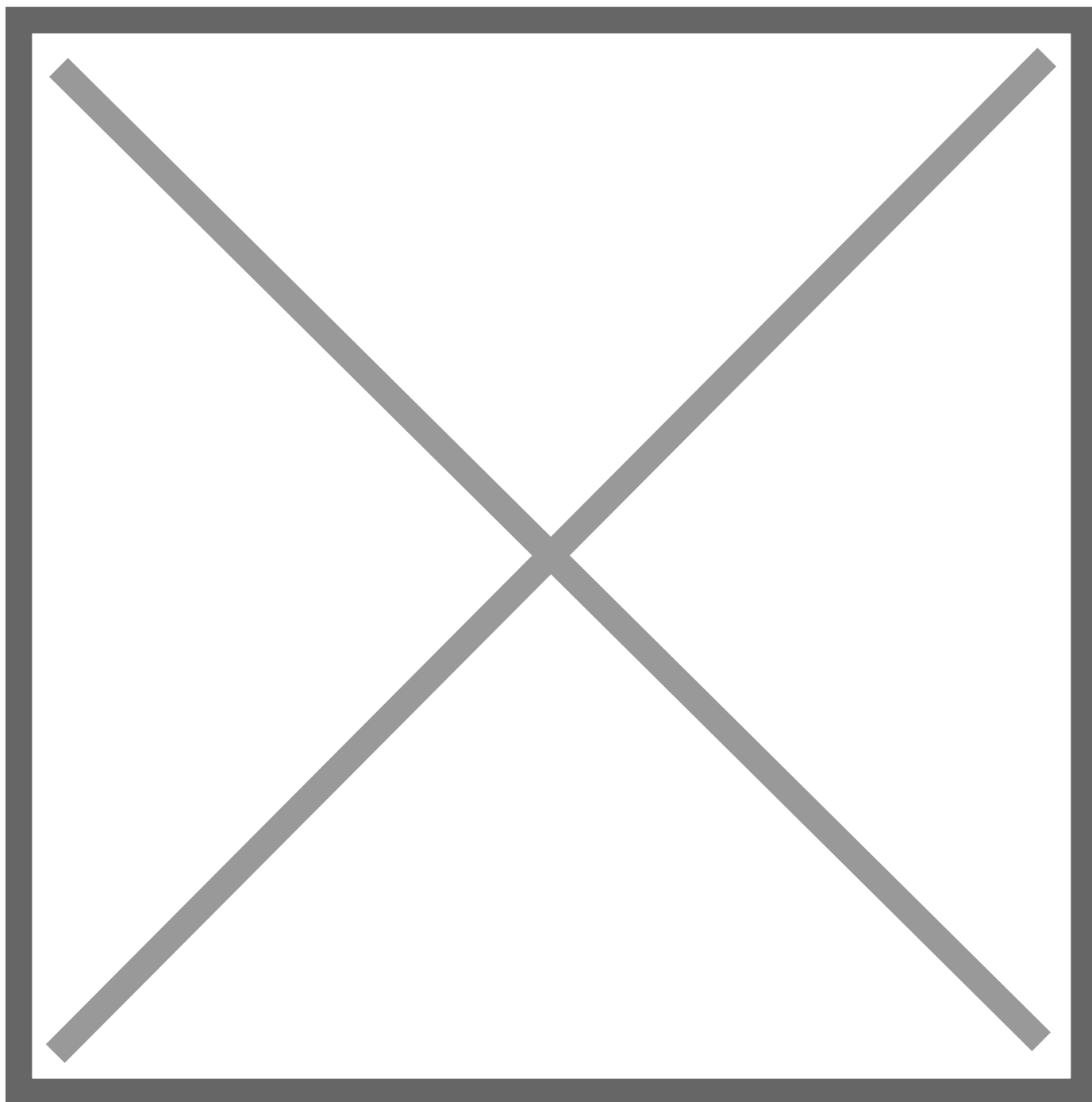
Countries marked with a * are using self-reported data.

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Otillräcklig aktivitet

Barn, 2016-2022



Område som
omfattas:

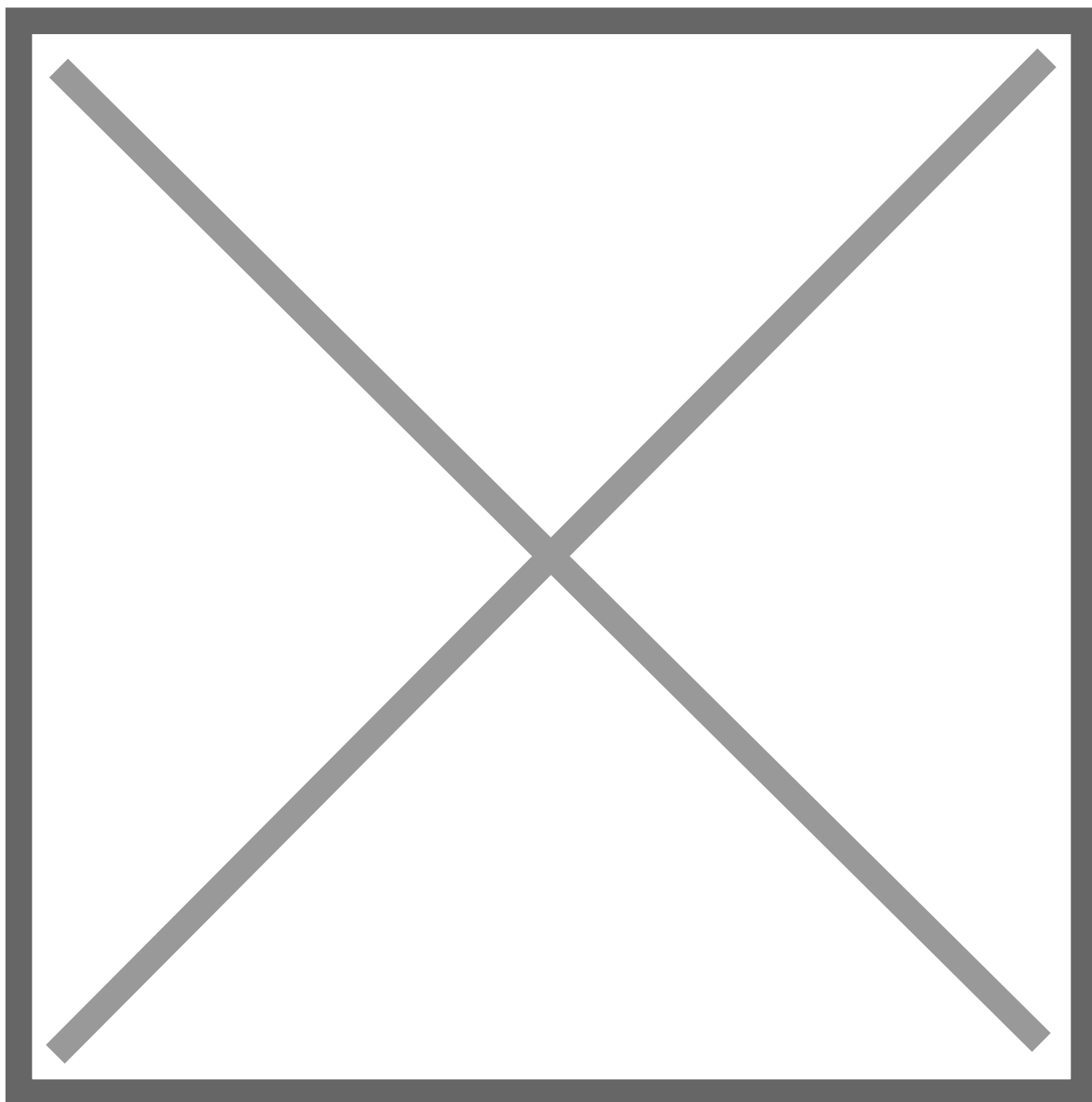
Nationell

Referenser: Rakić 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 international report from the 2021/2022 survey. Volume 4. Copenhagen: WHO Regional Office for Europe; 2024. Licence: CC BY-NC-SA 3.0 IGO. Health Behaviour in School-aged Children study (2023), Data browser (findings from the 2021/22 international HBSC survey): <https://data-browser.hbsc.org>.

Anteckningar: Young people were asked to report the number of days over the past week during which they were physically active for a total of at least 60 minutes. The question was introduced by text defining moderate-to-vigorous physical activity (MVPA) as any activity that increases the heart rate and makes the person get out of breath some of the time, with examples provided. Findings presented on the Observatory show the proportions who report less than 60 minutes of MVPA daily.

Definitioner (endast tillgängliga på engelska): % reporting less than 60 minutes of MVPA daily

Pojkar, 2016-2022



**Område som
omfattas:**

Nationell

Referenser:

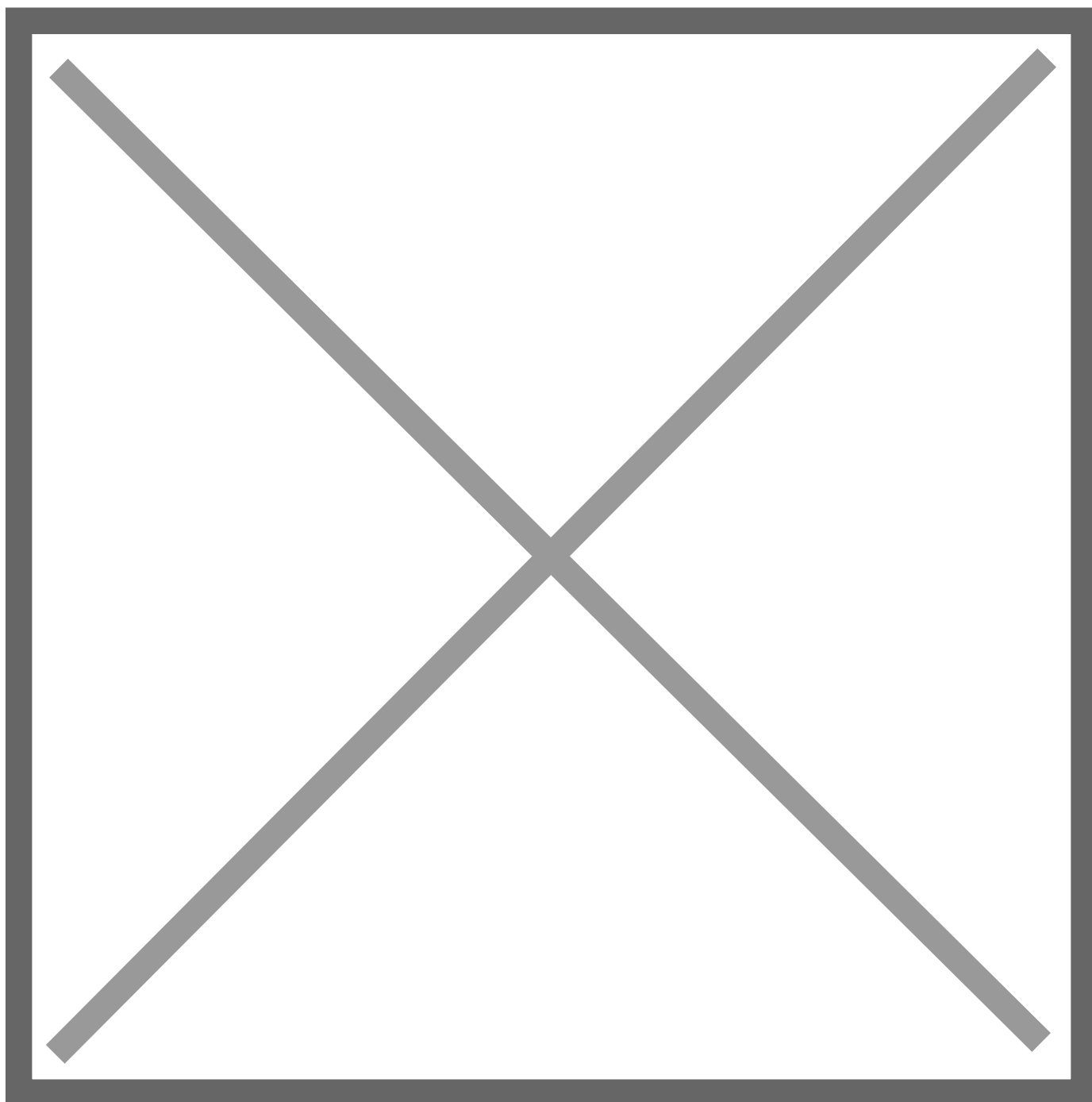
Rakic JG, Hamrik Z, Dzielska A, Felder-Puig R, Oja L, Bakalár P et al. A focus on adolescent physical activity, eating behaviours, weight status and body image in Europe, central Asia and Canada. Health Behaviour in School-aged Children international report from the 2021/2022 survey. Volume 4. Copenhagen: WHO Regional Office for Europe; 2024. Licence: CC BY-NC-SA 3.0 IGO. Health Behaviour in School-aged Children study (2023), Data browser (findings from the 2021/22 international HBSC survey): <https://data-browser.hbsc.org>.

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**Definitioner
(endast
tillgängliga
på
engelska):**

% reporting less than 60 minutes of MVPA daily

Flickor, 2016-2022



**Område som
omfattas:**

Nationell

Referenser:

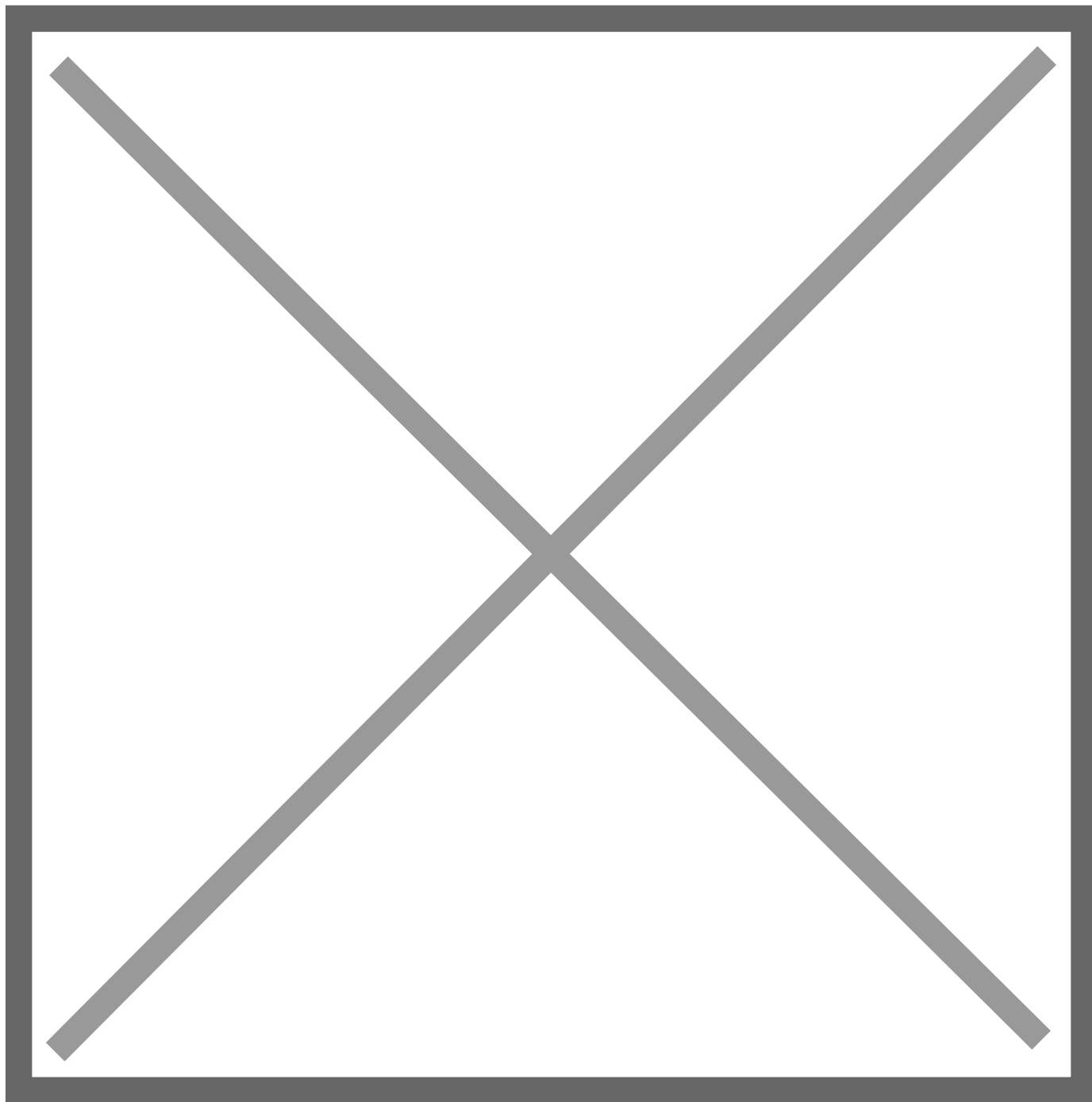
Rakić JG, Hamrik Z, Dzielska A, Felder-Puig R, Oja L, Bakalár P et al. A focus on adolescent physical activity, eating behaviours, weight status and body image in Europe, central Asia and Canada. Health Behaviour in School-aged Children international report from the 2021/2022 survey. Volume 4. Copenhagen: WHO Regional Office for Europe; 2024. Licence: CC BY-NC-SA 3.0 IGO. Health Behaviour in School-aged Children study (2023), Data browser (findings from the 2021/22 international HBSC survey): <https://data-browser.hbsc.org>.

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**Definitioner
(endast
tillgängliga
på
engelska):**

% reporting less than 60 minutes of MVPA daily

Får rekommendation av åtminstone en daglig kolsyrad läskedryck Barn, 2014-2022



Område som
omfattas:

Nationell

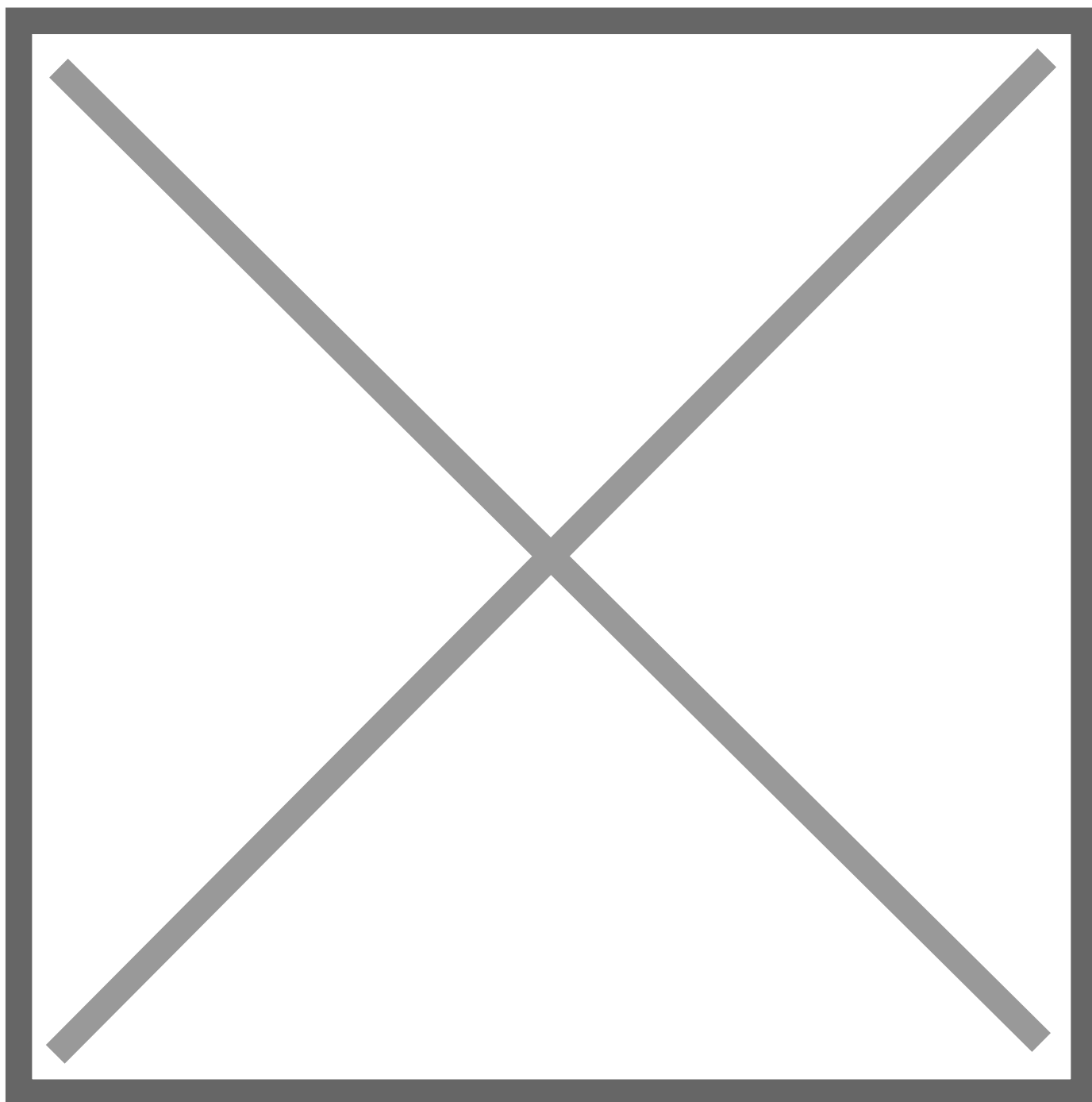
Referenser:

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

Definitioner
(endast
tillgängliga
på
engelska):

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

Pojkar, 2014-2022



Område som omfattas:

Nationell

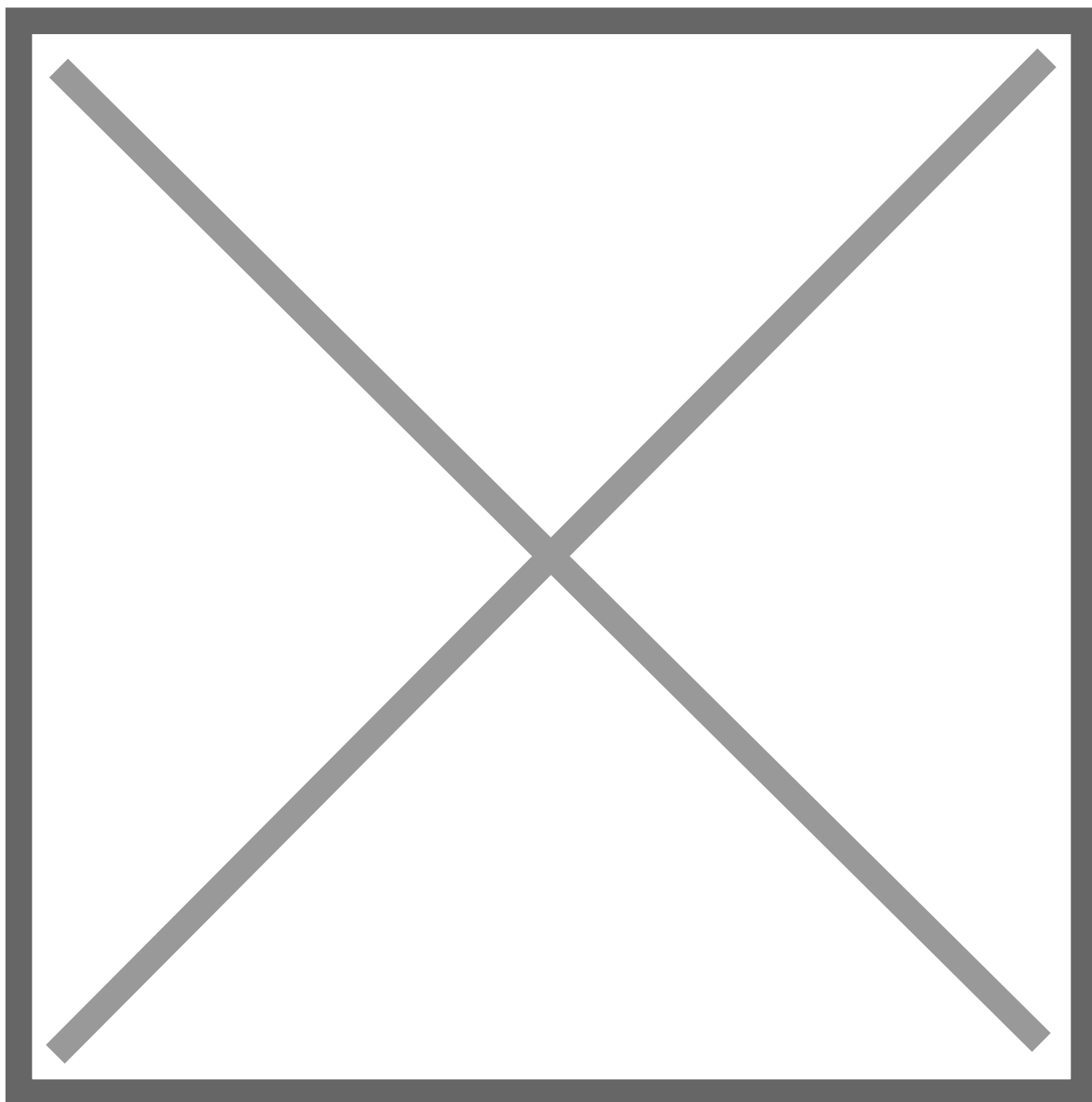
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på
engelska):

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Flickor, 2014-2022



Område som omfattas:

Nationell

Referenser:

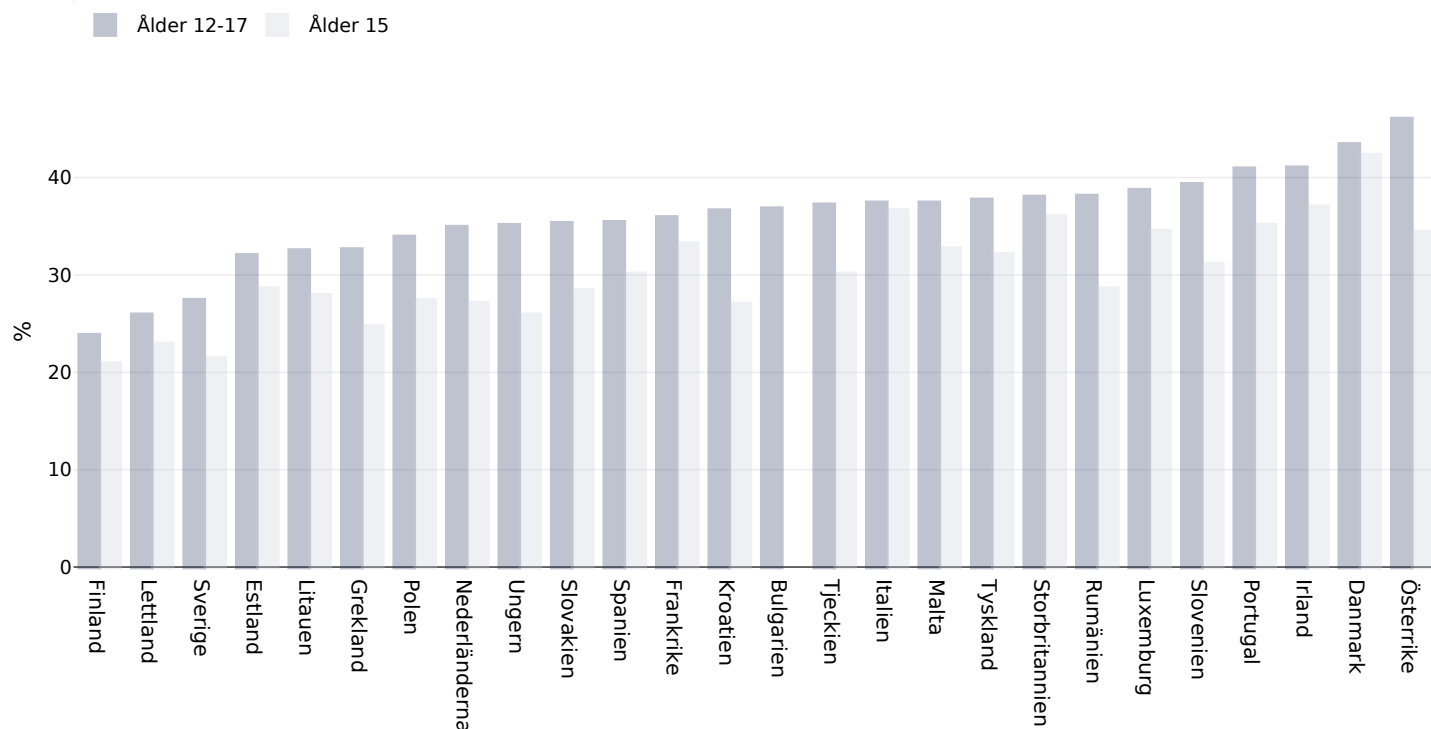
Health Behaviour in School-aged Children study (2023), Data browser (findings from the 2021/22 international HBSC survey): <https://data-browser.hbsc.org>.

Definitioner
(endast
tillgängliga
på
engelska):

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

Prevalence of less-than-daily fruit consumption

Barn, 2014



Undersökningstyp:

Uppmätt

Referenser:

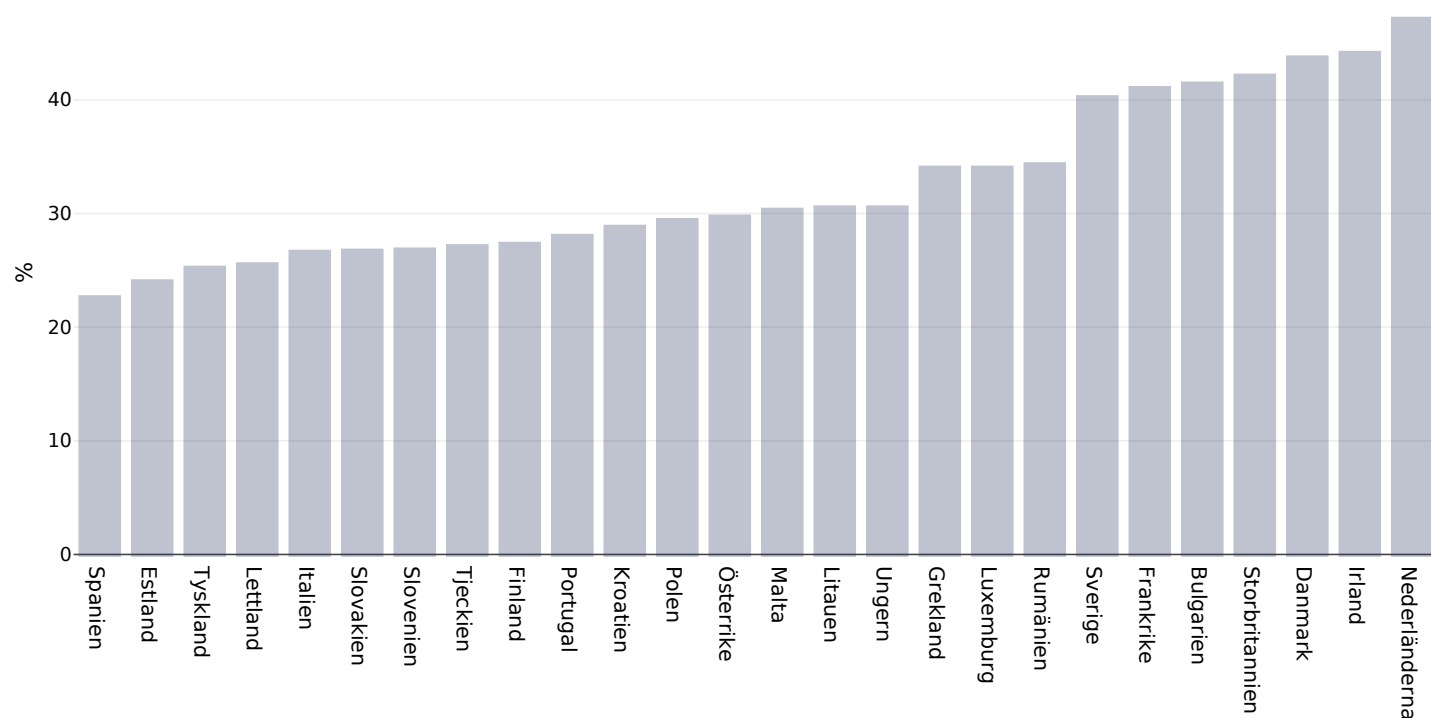
Global School-based Student Health Surveys. Beal et al (2019). Global Patterns of Adolescent Fruit, Vegetable, Carbonated Soft Drink, and Fast-food consumption: A meta-analysis of global school-based student health surveys. Food and Nutrition Bulletin. <https://doi.org/10.1177/0379572119848287>. Sourced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

Definitioner (endast tillgängliga på engelska):

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

Prevalence of less-than-daily vegetable consumption

Barn, 2014



Undersökningstyp:

Uppmätt

Ålder:

12-17

Referenser:

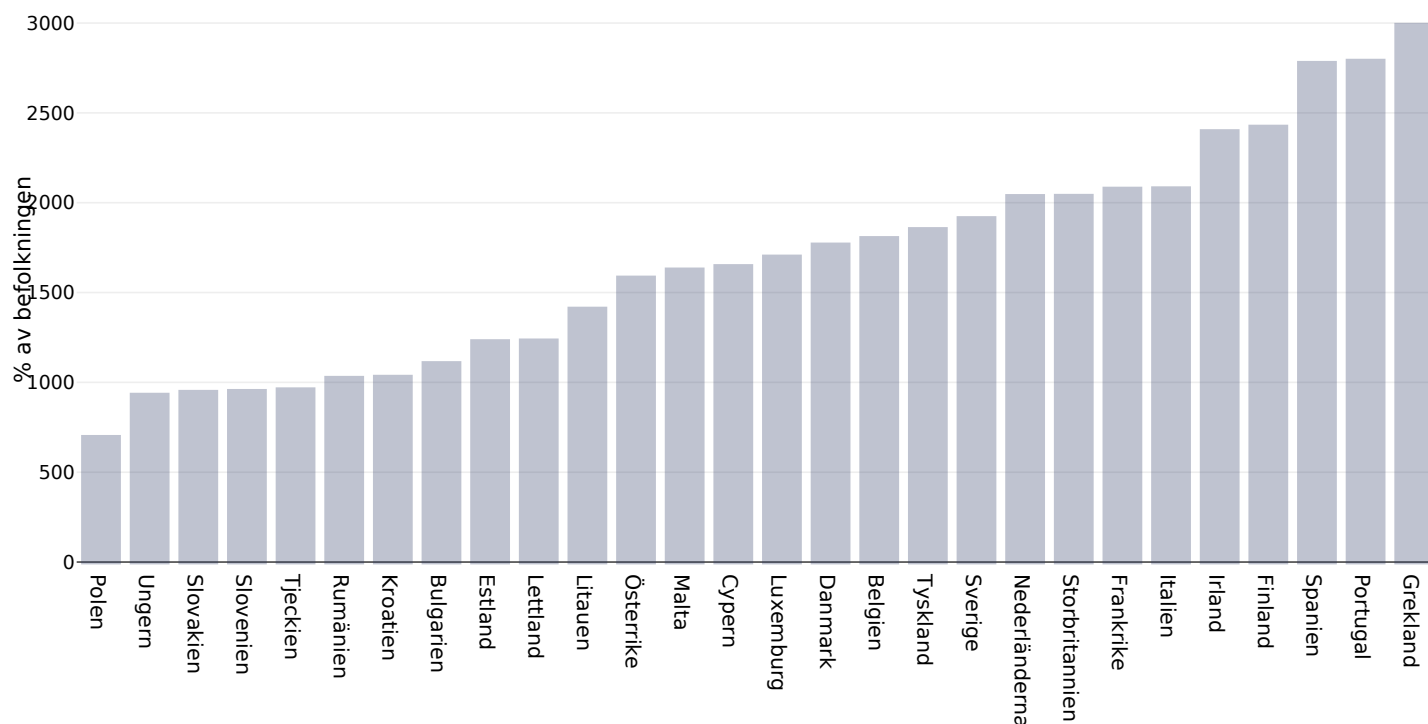
Beal et al. (2019). Global Patterns of Adolescent Fruit, Vegetable, Carbonated Soft Drink, and Fast-food consumption: A meta-analysis of global school-based student health surveys. Food and Nutrition Bulletin. <https://doi.org/10.1177/0379572119848287> sourced from Food Systems Dashboard <http://www.foodsystemsdashboard.org/food-system>

Definitioner (endast tillgängliga på engelska):

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

Psyisk hälsa - depression

Barn, 2021



Område som omfattas:

Nationell

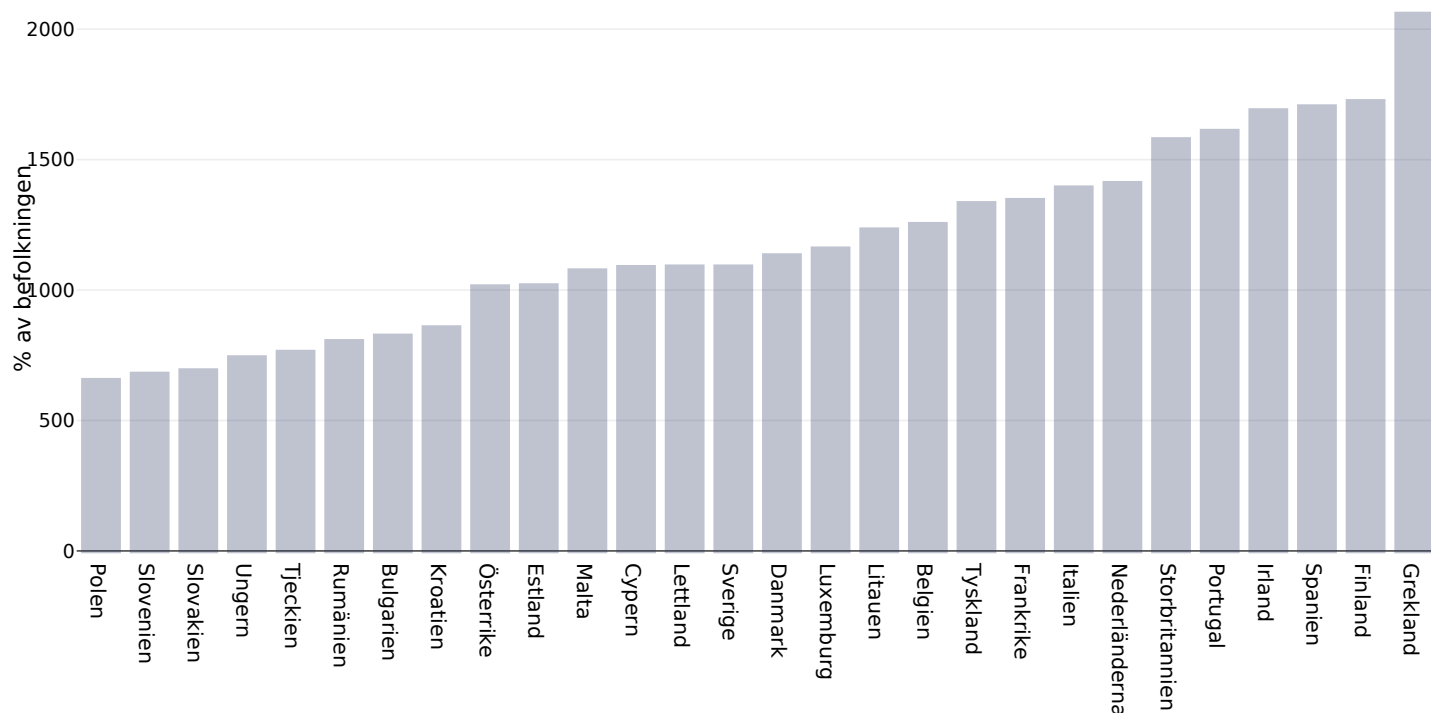
Referenser:

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)

Definitioner (endast tillgängliga på engelska):

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

Pojkar, 2021



Område som omfattas:

Nationell

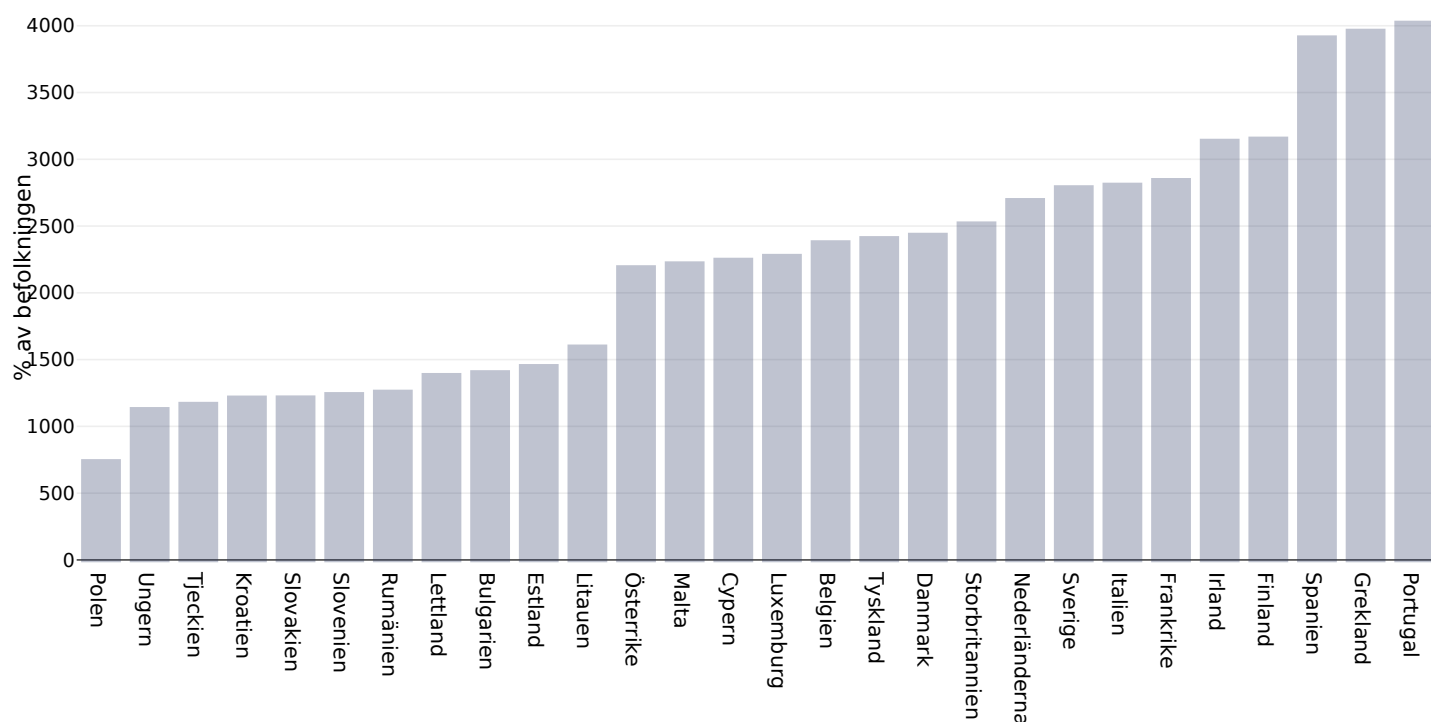
Referenser:

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engelska):

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Flickor, 2021



Område som omfattas:

Nationell

Referenser:

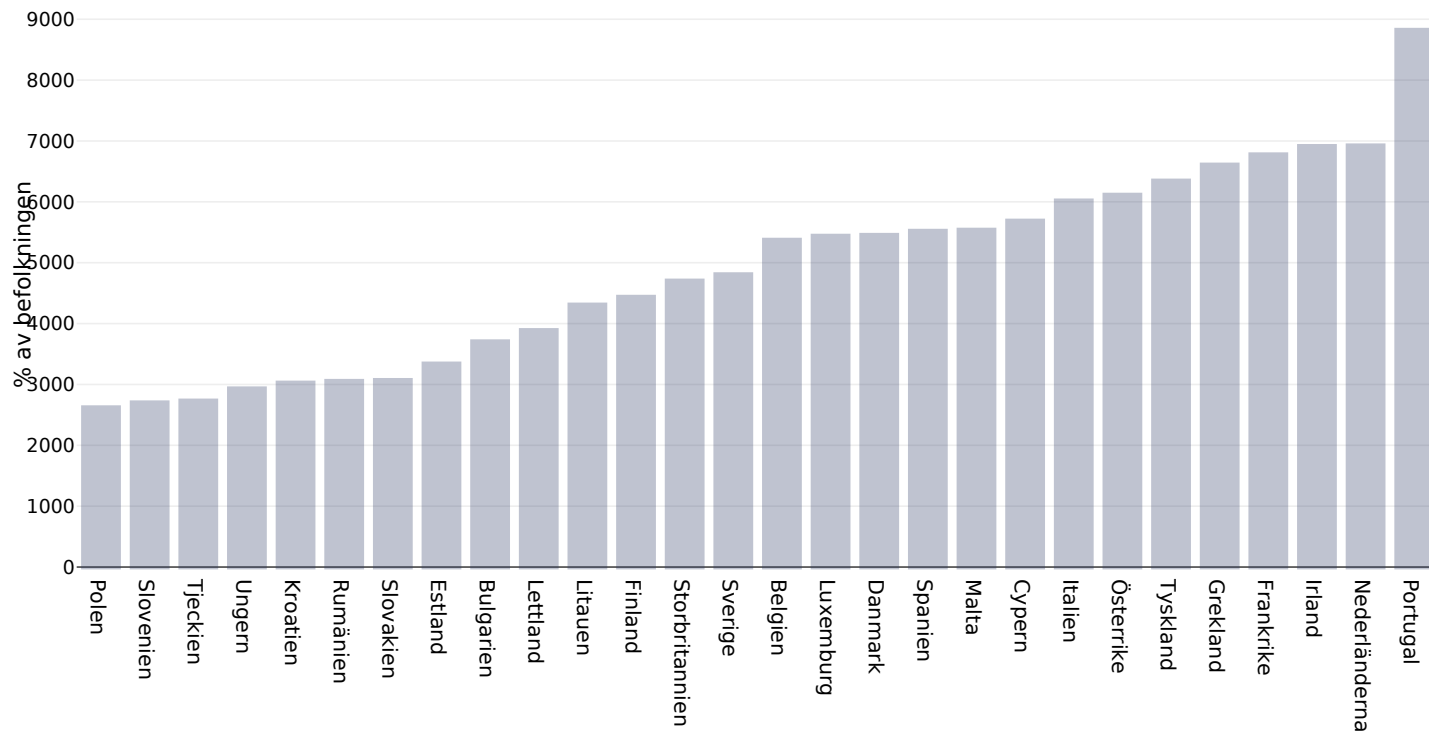
Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

Definitioner
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engelska):

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

Psyisk hälsa - Ängeststörningar

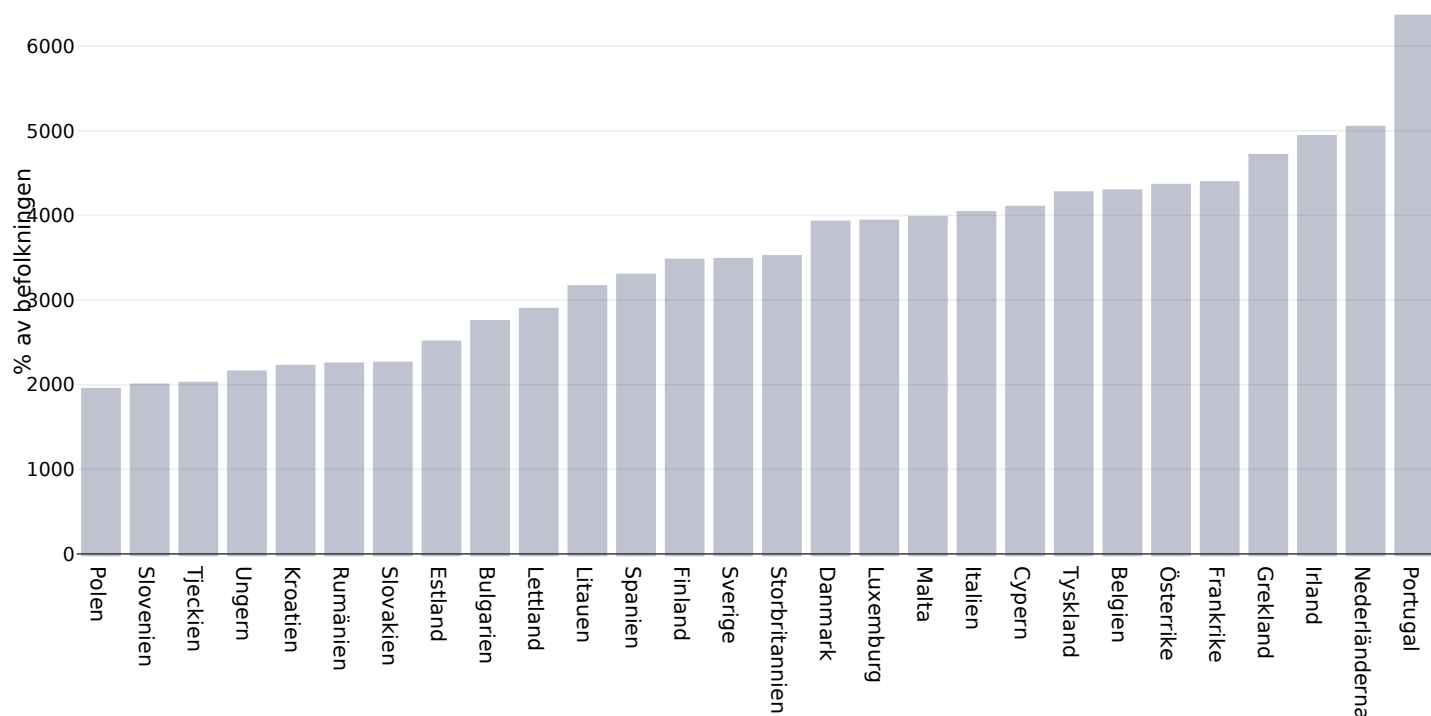
Barn, 2021



Referenser:

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)

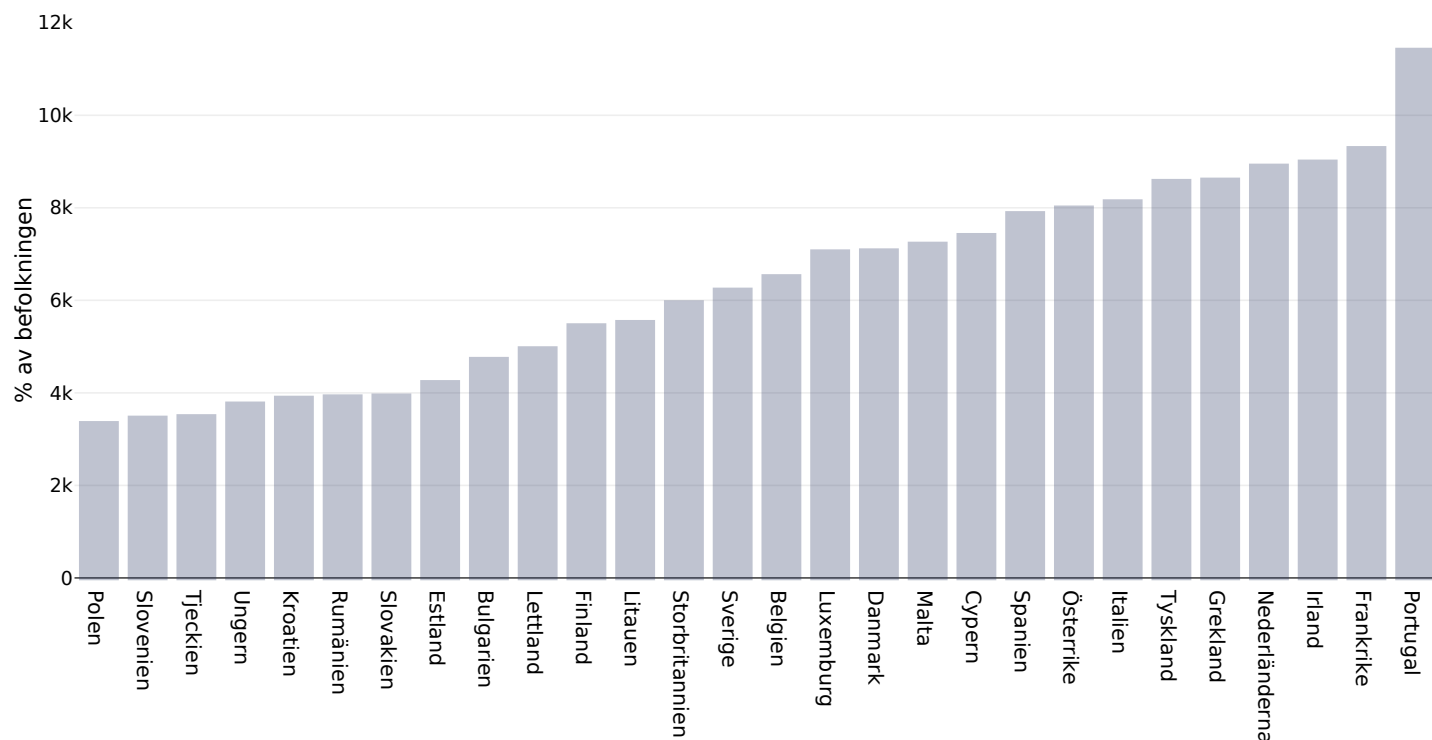
Pojkar, 2021



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