# **Drivers**WHO European region

Contents	Page
Insufficient activity	2
Sugar consumption	10
Estimated per-capita sugar sweetened beverages intake	11
Prevalence of at least daily carbonated soft drink consumption	12
Confectionery consumption	15
Sweet/savoury snack consumption	16
Estimated per-capita fruit intake	17
Prevalence of less-than-daily fruit consumption	18
Prevalence of less-than-daily vegetable consumption	19
Estimated per-capita processed meat intake	20
Estimated per-capita whole grains intake	21
Mental health - depression disorders	22
Mental health - anxiety disorders	28

# Report cards

Our report cards collate all the most-recent graphics for this region. 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.

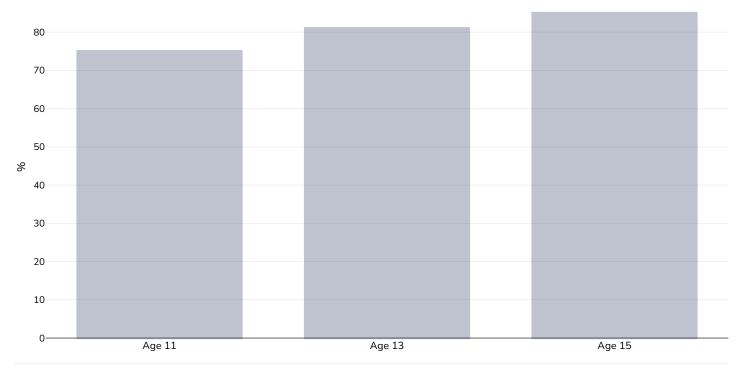
Report card (adult data)

Report card (child data)



## Insufficient activity

#### Boys, 1986-2023



Area covered: French speaking

References:

RakiÄ? 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): <a href="https://data-browser.hbsc.org">https://data-browser.hbsc.org</a>.

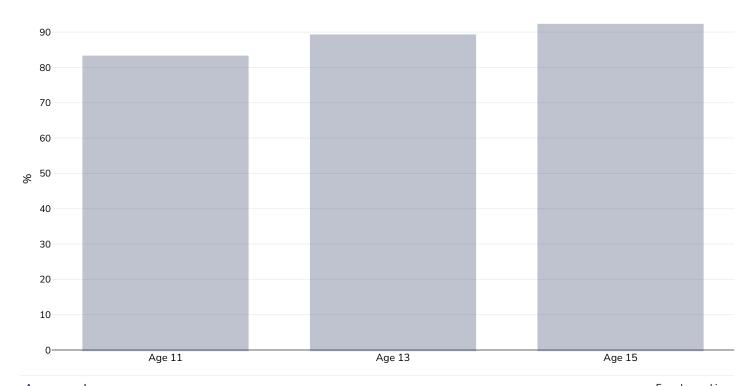
Notes:

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.

**Definitions:** % reporting less than 60 minutes of MVPA daily



#### Girls, 1986-2023

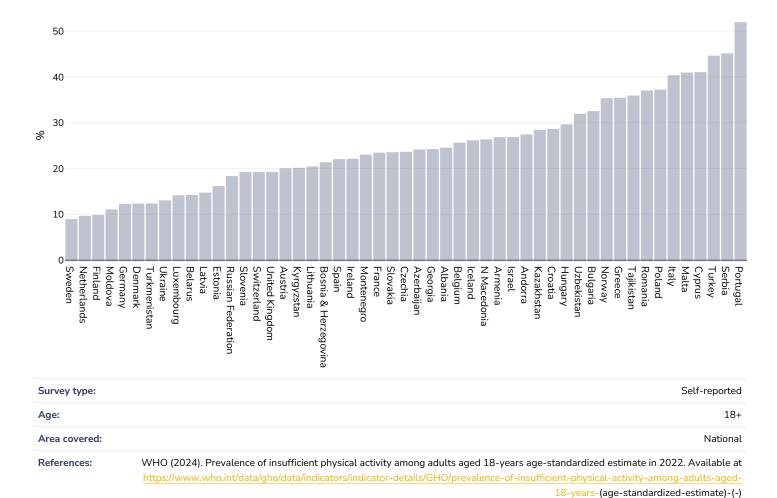


Area covered: French speaking References: RakiÄ? JG, Hamrik Z, Dzielska A, Felder-Puig R, Oja L, Bakalár P et al. A focus on adolescent physical activity, eating behaviours, weight status and body image in Europe, central Asia and Canada. Health Behaviour in School-aged Children international report 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. 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 Notes: 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. **Definitions:** 



## Adults, 2022

**Definitions:** 

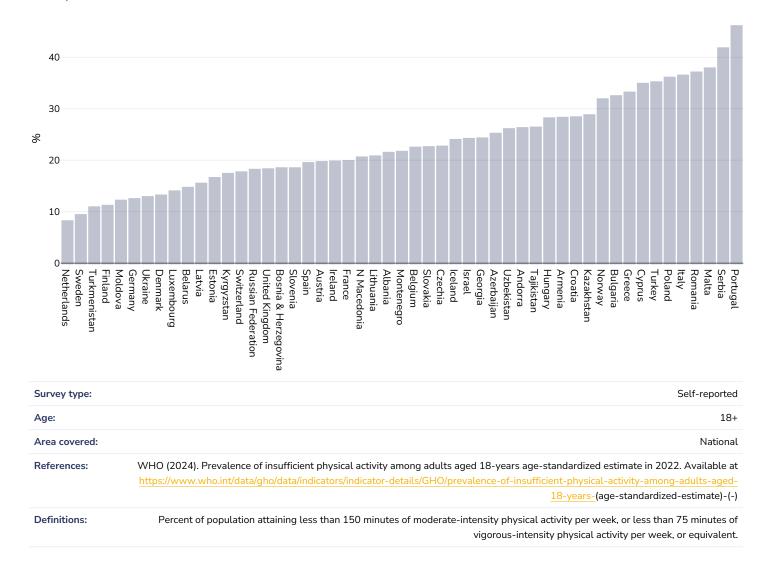


Percent of population attaining less than 150 minutes of moderate-intensity physical activity per week, or less than 75 minutes of

vigorous-intensity physical activity per week, or equivalent.

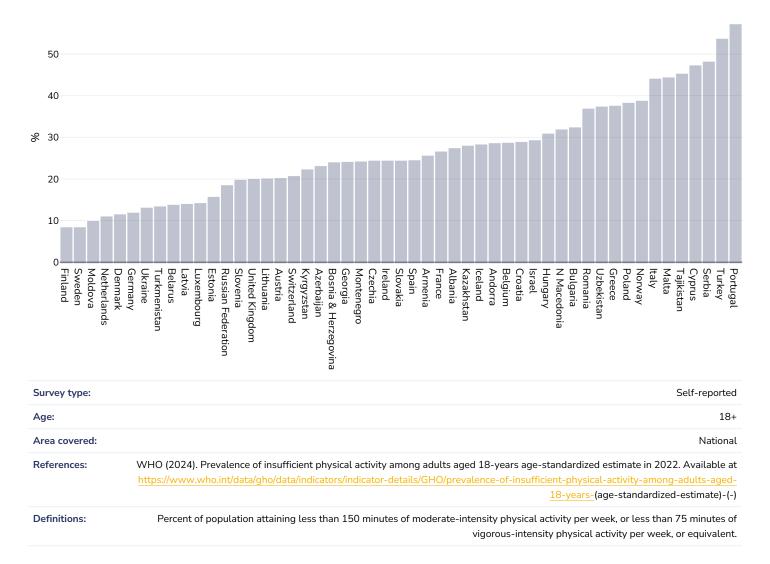


## Men, 2022



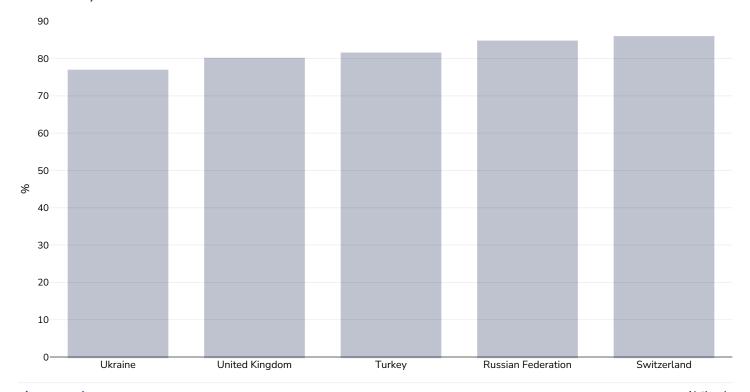


## Women, 2022





## Children, 2016-2022



Area covered:

References:

RakiÄ? 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): <a href="https://data-browser.hbsc.org">https://data-browser.hbsc.org</a>.

Notes:

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

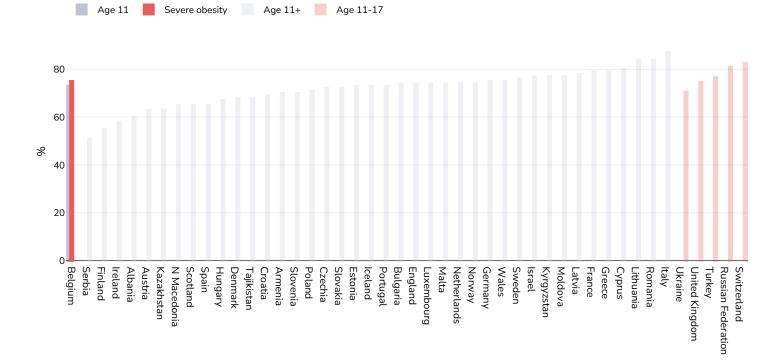
**Definitions:** 

% reporting less than 60 minutes of MVPA daily

show the proportions who report less than 60 minutes of MVPA daily.



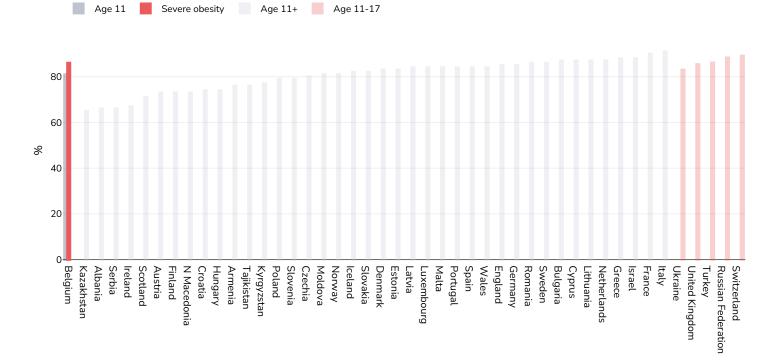
## Boys, 2016-2022



Area covered:	National
References:	RakiÄ? 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): <a href="https://data-browser.hbsc.org">https://data-browser.hbsc.org</a> .
Notes:	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.
Definitions:	% reporting less than 60 minutes of MVPA daily



## Girls, 2016-2022

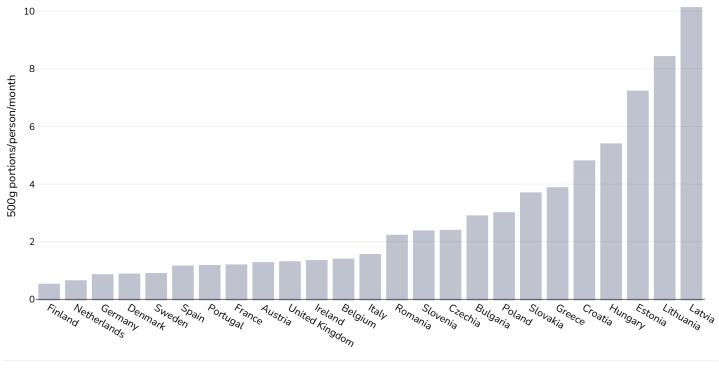


Area covered:	National
References:	RakiÄ? JG, Hamrik Z, Dzielska A, Felder-Puig R, Oja L, Bakalár P et al. A focus on adolescent physical activity, eating behaviours, weight status and body image in Europe, central Asia and Canada. Health Behaviour in School-aged Children international report from the 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): <a href="https://data-browser.hbsc.org">https://data-browser.hbsc.org</a> .
Notes:	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.
Definitions:	% reporting less than 60 minutes of MVPA daily



# Sugar consumption

## Adults, 2016



References: Source: Euromonitor International

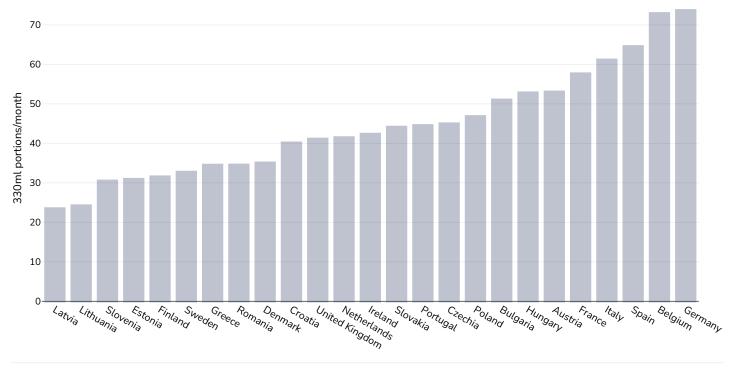
Definitions:

Sugar consumption (Number of 500g sugar portions/person/month)



# Estimated per-capita sugar sweetened beverages intake

## Adults, 2016

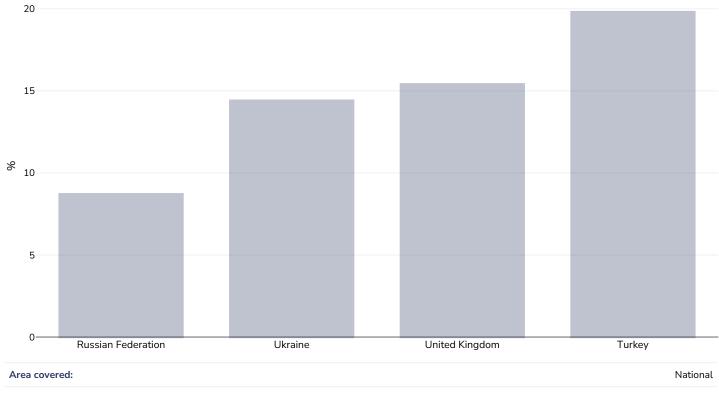


References: Source: Euromonitor International



# Prevalence of at least daily carbonated soft drink consumption

## Children, 2010-2022



References:

 $Health\ Behaviour\ in\ School-aged\ Children\ study\ (2023),\ Data\ browser\ (findings\ from\ the\ 2021/22\ international\ HBSC\ survey):$ 

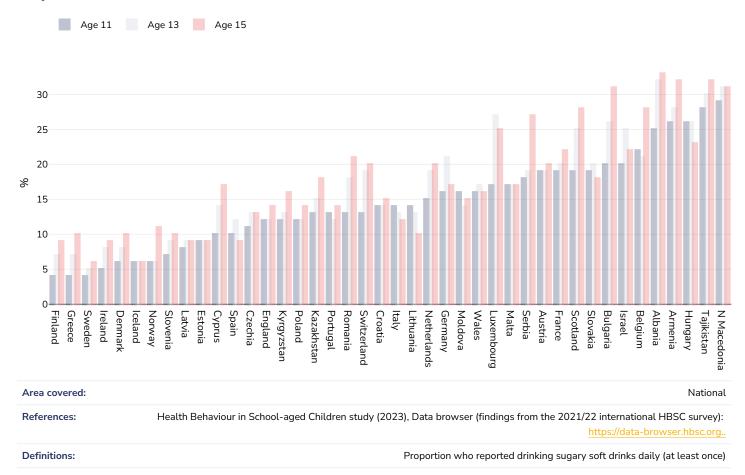
https://data-browser.hbsc.org..

**Definitions:** 

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

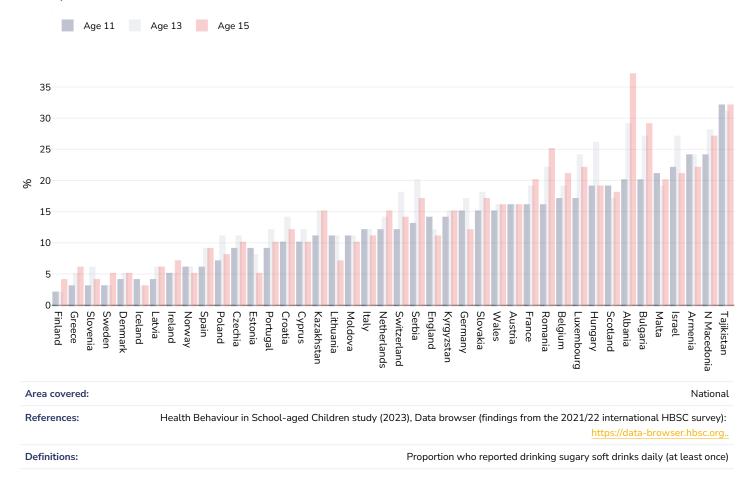


## Boys, 2010-2022





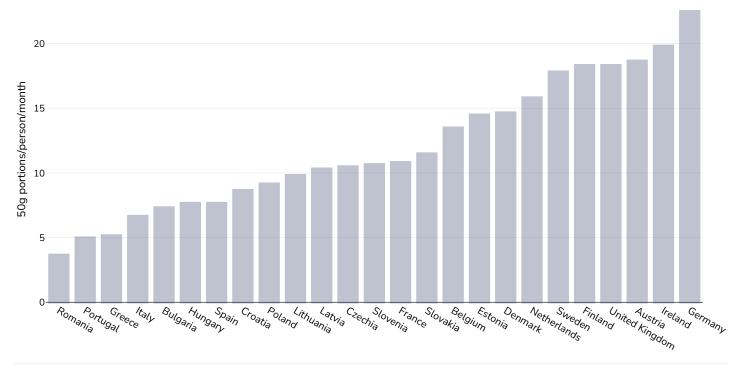
## Girls, 2010-2022





# **Confectionery consumption**

## Adults, 2016



References: Source: Euromonitor International

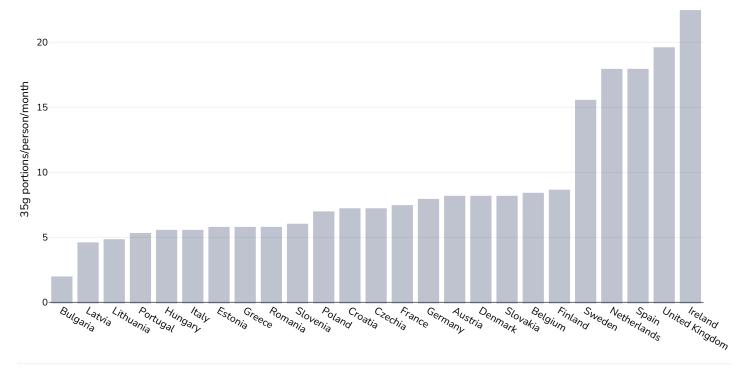
Definitions:

 $Prevalence\ of\ confectionery\ consumption\ (Number\ of\ 50g\ confectionery\ portions/person/month)$ 



# Sweet/savoury snack consumption

## Adults, 2016



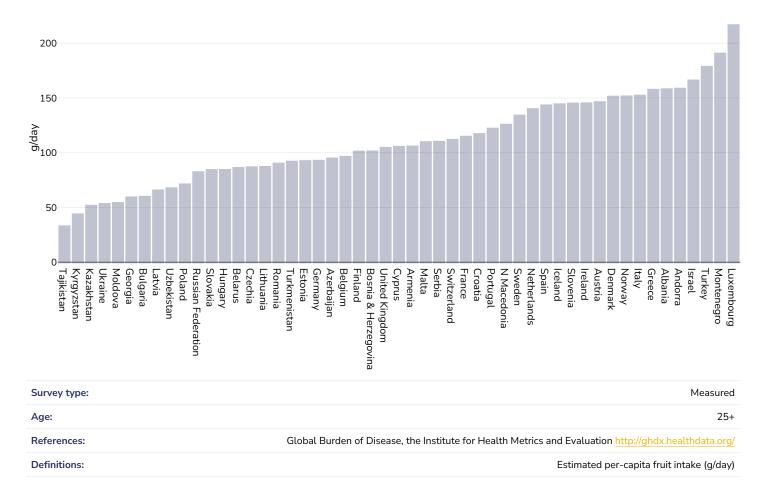
References: Source: Euromonitor International

**Definitions:** Prevalence of sweet/savoury snack consumption (Number of 35g sweet/savoury snack portions/person/month)



# Estimated per-capita fruit intake

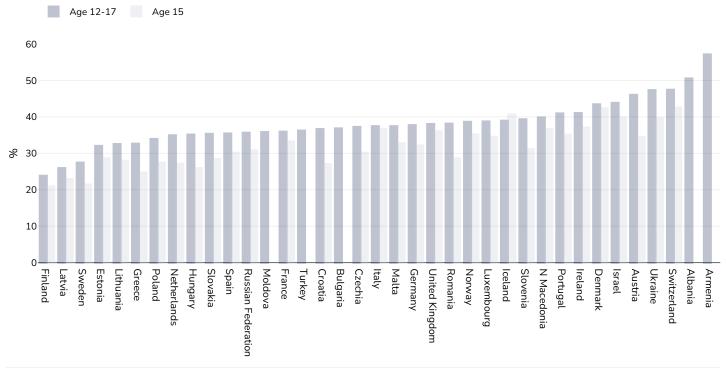
## Adults, 2017





# Prevalence of less-than-daily fruit consumption

## Children, 2010-2014



Measured Survey type:

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-

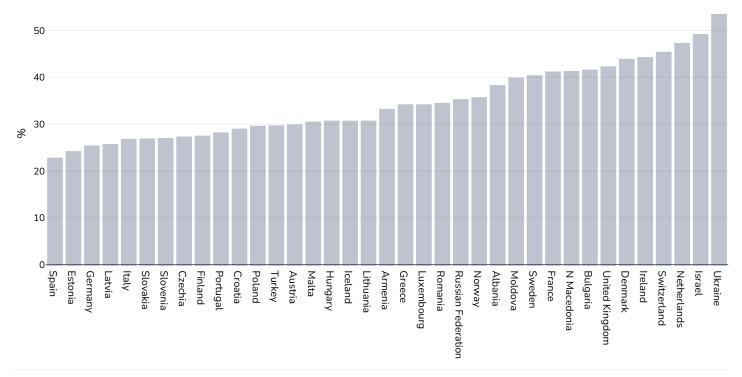
**Definitions:** 

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

References:

Age:

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. <a href="https://doi.org/10.1177/0379572119848287">https://doi.org/10.1177/0379572119848287</a> sourced from Food Systems Dashboard <a href="https://www.foodsystemsdashboard.org/food-systems">https://www.foodsystemsdashboard.org/food-systemsdashboard

**Definitions:** 

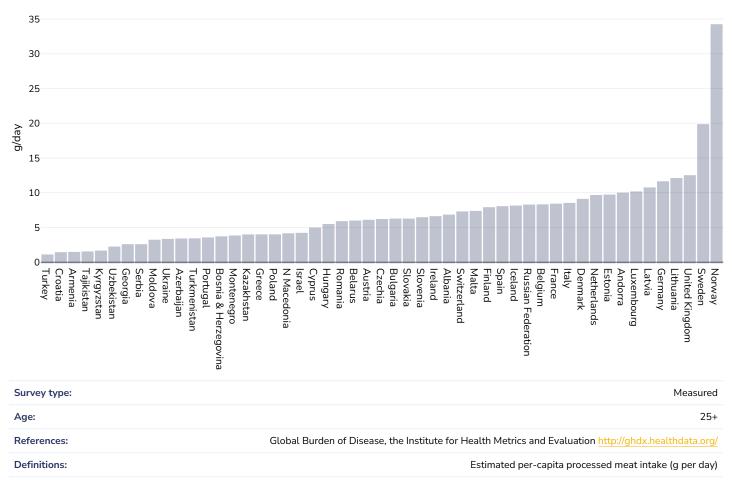
Prevalence of less-than-daily vegetable consumption (% less-than-daily vegetable consumption)

12-17



# Estimated per-capita processed meat intake

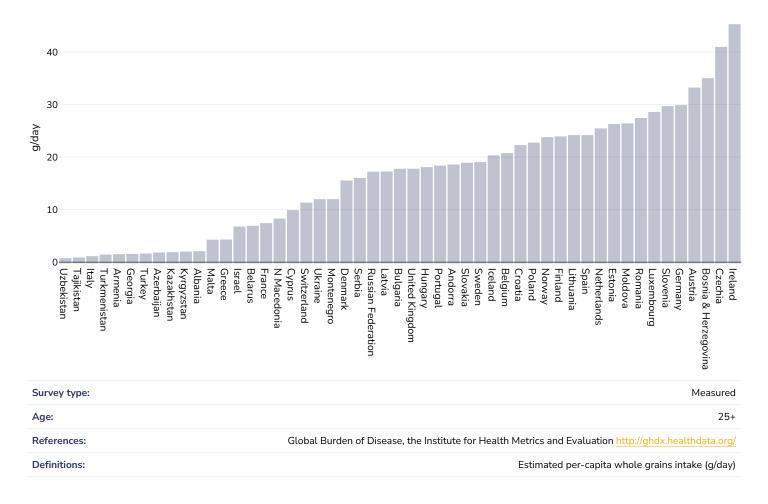
## Adults, 2017





# Estimated per-capita whole grains intake

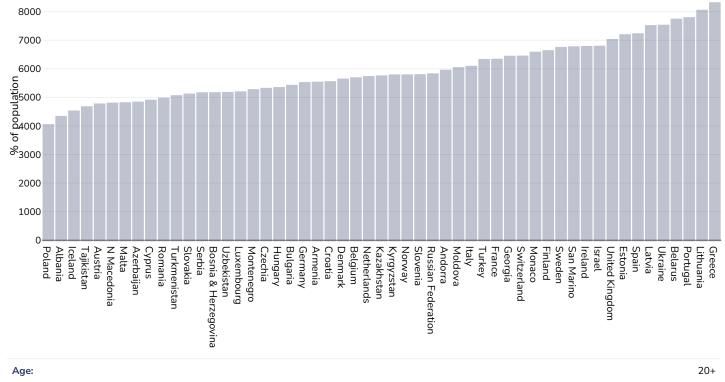
## Adults, 2017





## Mental health - depression disorders

## Adults, 2021



Area covered: National

References:

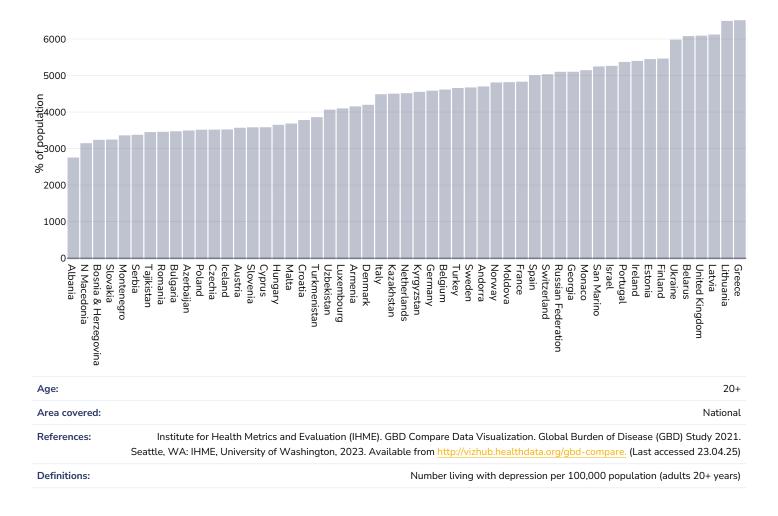
Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <a href="http://vizhub.healthdata.org/gbd-compare">http://vizhub.healthdata.org/gbd-compare</a>. (Last accessed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

**Definitions:** 

Number living with depression per 100,000 population (adults 20+ years)

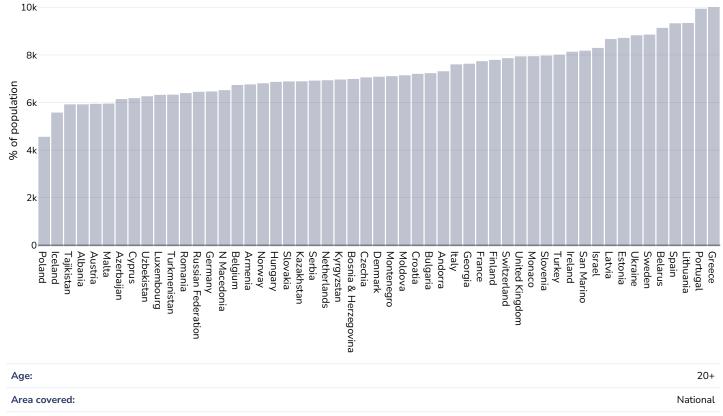


## Men, 2021





## Women, 2021



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

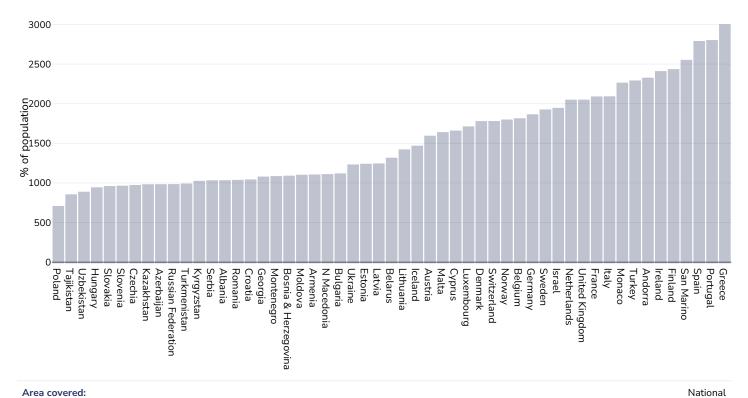
Seattle, WA: IHME, University of Washington, 2023. Available from <a href="http://vizhub.healthdata.org/gbd-compare">http://vizhub.healthdata.org/gbd-compare</a>. (Last accessed 23.04.25)

Definitions:

Number living with depression per 100,000 population (adults 20+ years)  $\,$ 



## Children, 2021



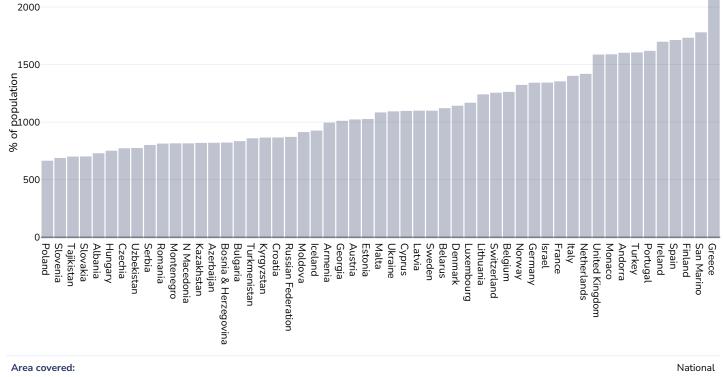
Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. References:

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

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



## Boys, 2021



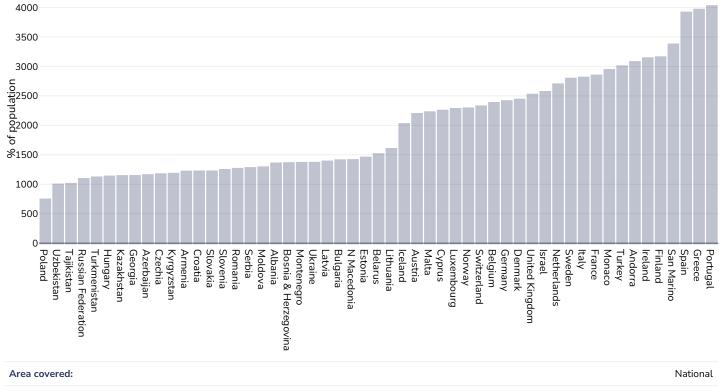
References: Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <a href="http://vizhub.healthdata.org/gbd-compare">http://vizhub.healthdata.org/gbd-compare</a>.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

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



## Girls, 2021

Definitions:



Area covered:

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

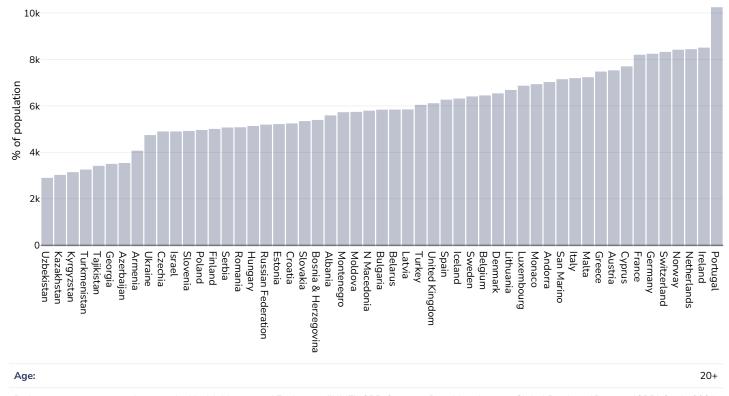
Seattle, WA: IHME, University of Washington, 2023. Available from <a href="http://vizhub.healthdata.org/gbd-compare">http://vizhub.healthdata.org/gbd-compare</a>. (Last accessed 23.04.25)

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



## Mental health - anxiety disorders

## Adults, 2021



References:

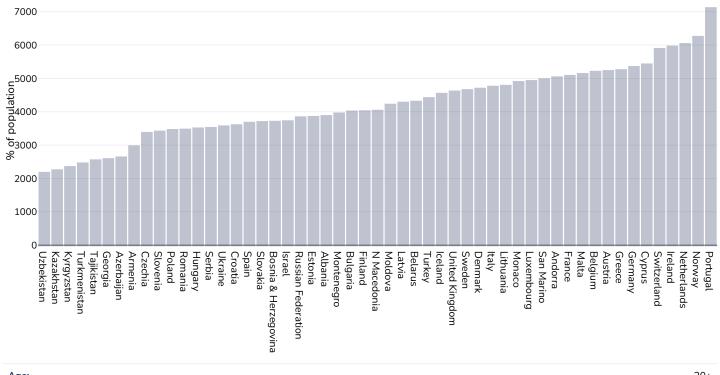
Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <a href="http://vizhub.healthdata.org/gbd-compare">http://vizhub.healthdata.org/gbd-compare</a>. (Last accessed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

**Definitions:** 

Number living with anxiety per 100,000 population



## Men, 2021



Age: 20+

References:

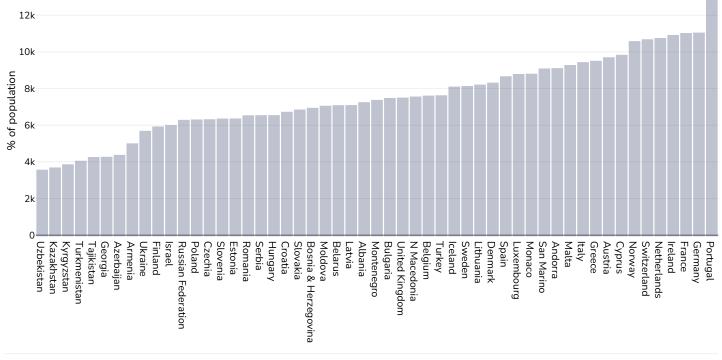
Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from http://vizhub.healthdata.org/gbd-compare. (Last accessed 23.04.25).

Definitions:

Number living with anxiety per 100,000 population



## Women, 2021



Age: 20+

References:

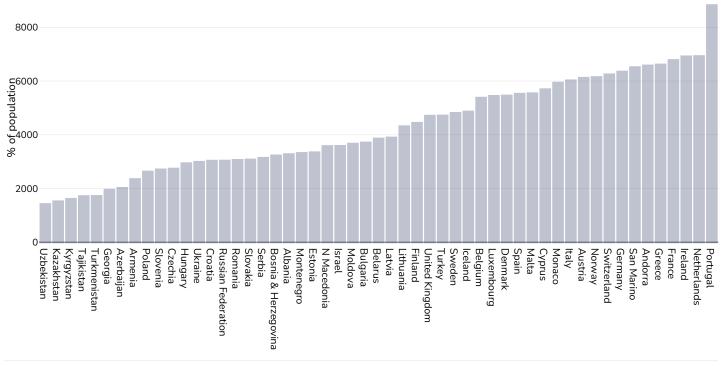
Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <a href="http://vizhub.healthdata.org/gbd-compare">http://vizhub.healthdata.org/gbd-compare</a>. (Last accessed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

Definitions:

Number living with anxiety per 100,000 population



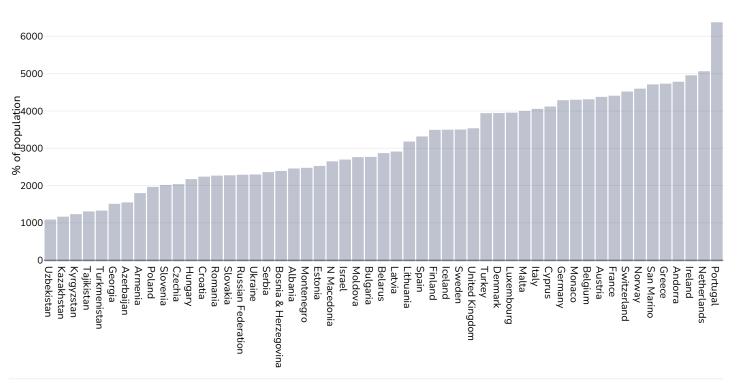
#### Children, 2021



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 <a href="http://vizhub.healthdata.org/gbd-compare">http://vizhub.healthdata.org/gbd-compare</a>. (Last accessed 23.04.25)

## Boys, 2021

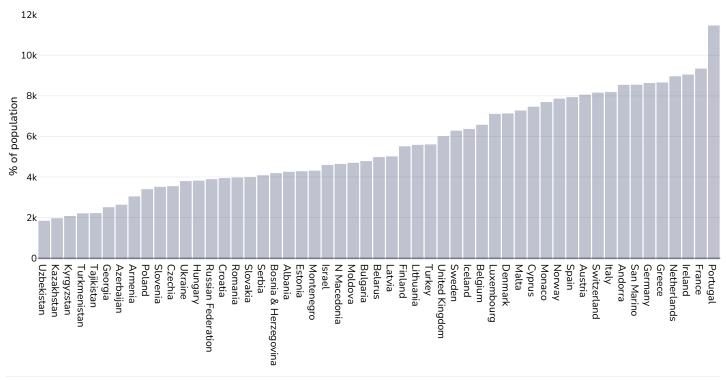


References:

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 <a href="http://vizhub.healthdata.org/gbd-compare">http://vizhub.healthdata.org/gbd-compare</a>. (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 <a href="http://vizhub.healthdata.org/gbd-compare">http://vizhub.healthdata.org/gbd-compare</a>. (Last accessed 23.04.25)

PDF created on July 16, 2025