



WHO Evropa

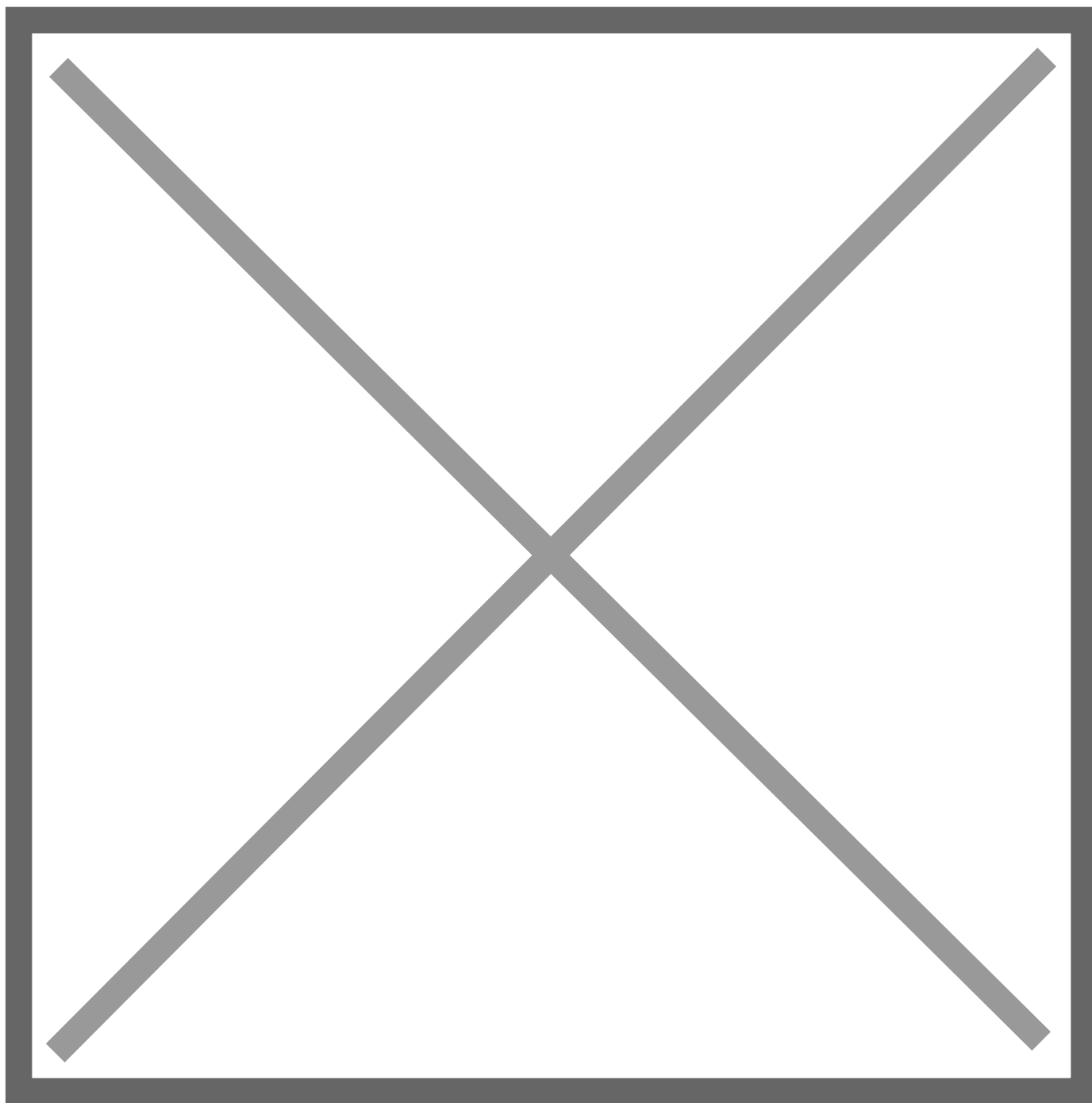
Regional report card - adults

This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity for adults. 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/who-european-region-5/>.

Prevalence obesity

Dospělí I



Typ
průzkumu:

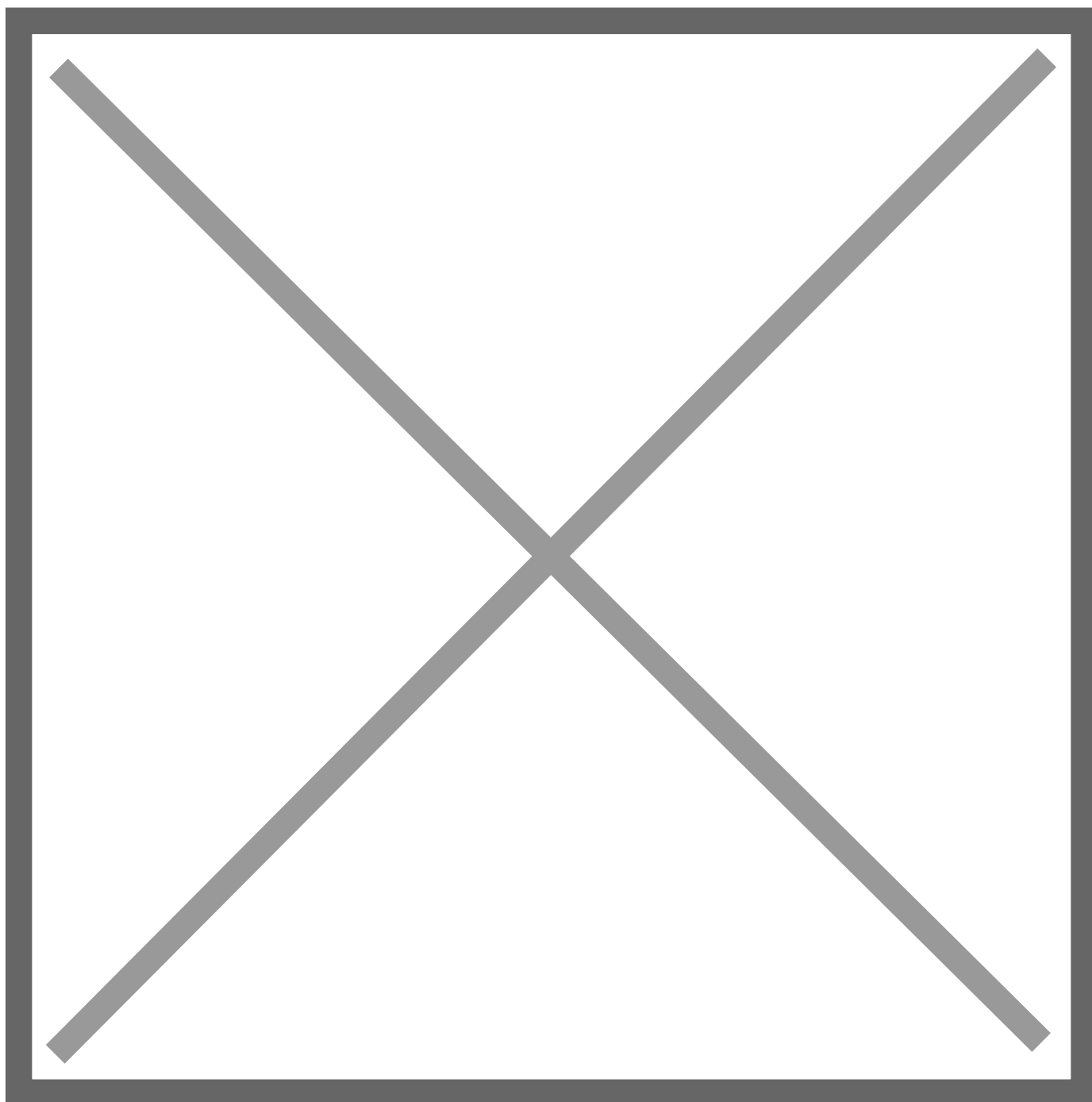
Countries marked with a * are using self-reported data.

Poznámky:

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

Pokud není uvedeno jinak, nadměrná znamená BMI mezi 25 a 29,9 kg/m², obezita znamená BMI vyšší než 30 kg/m².

Muži



Typ
průzkumu:

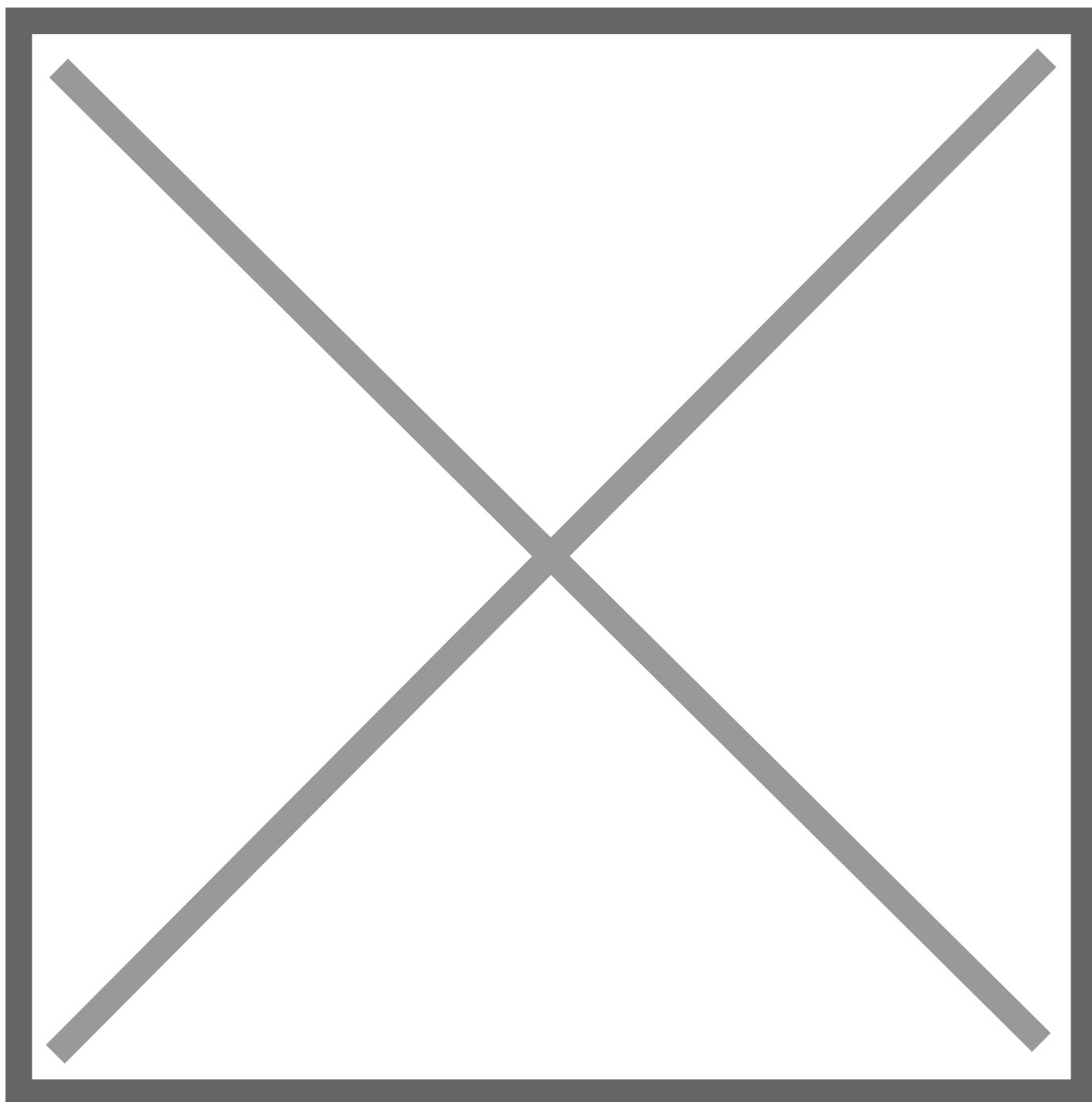
Countries marked with a * are using self-reported data.

Poznámky:

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

Pokud není uvedeno jinak, nadvíha znamená BMI mezi 25 a 29,9 kg/m², obezita znamená BMI vyšší než 30 kg/m².

Príloha



**Typ
průzkumu:**

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

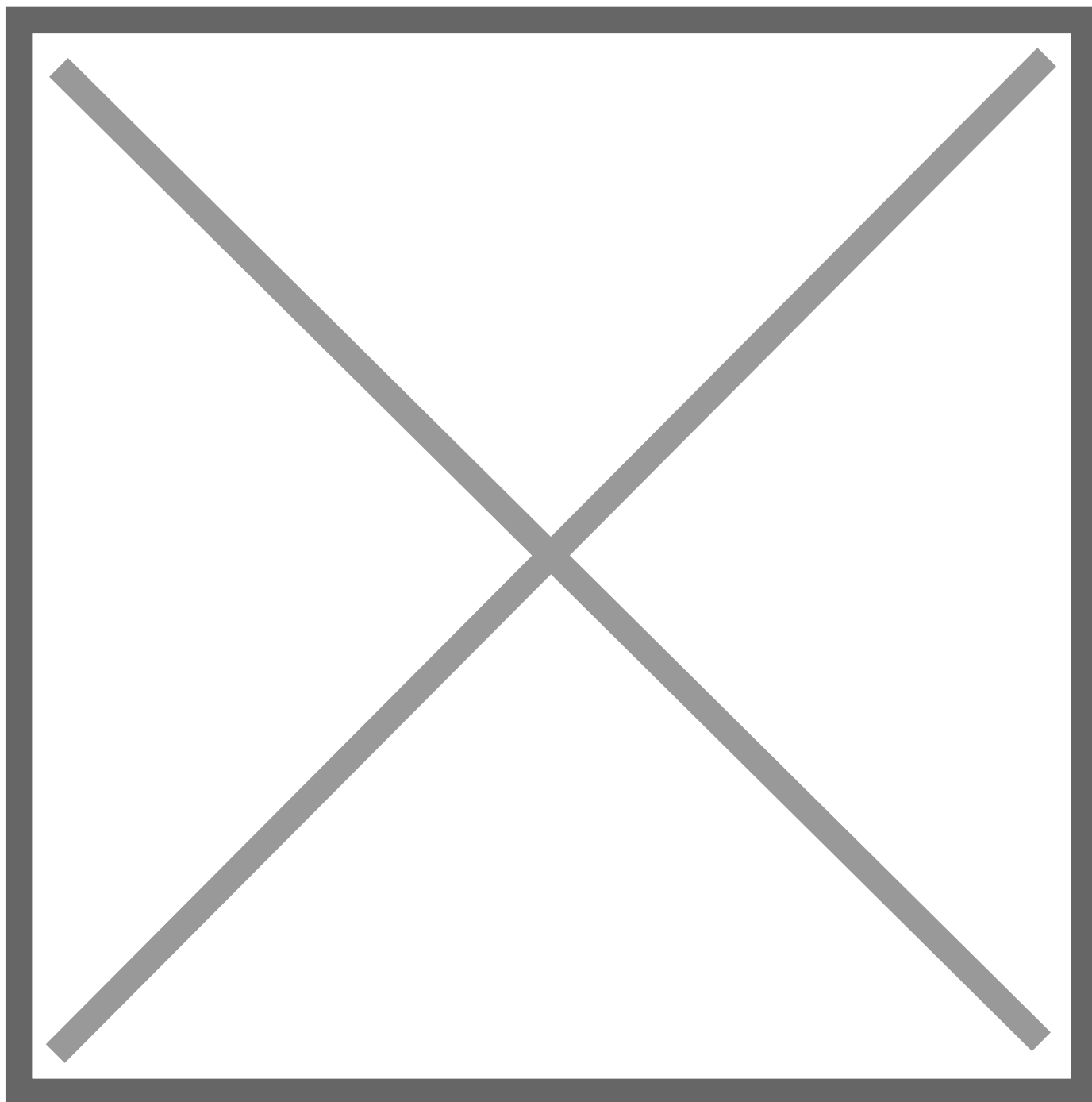
Poznámky:

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

Pokud není uvedeno jinak, nadměrná znamená BMI mezi 25 a 29,9 kg/m², obezita znamená BMI vyšší než 30 kg/m².

Nedostatek nĚj aktivita

DospĚlĚ, 2022



Typ
prĚzkumu:

SamohlĚnĚnĚ½

VĚk:

18+

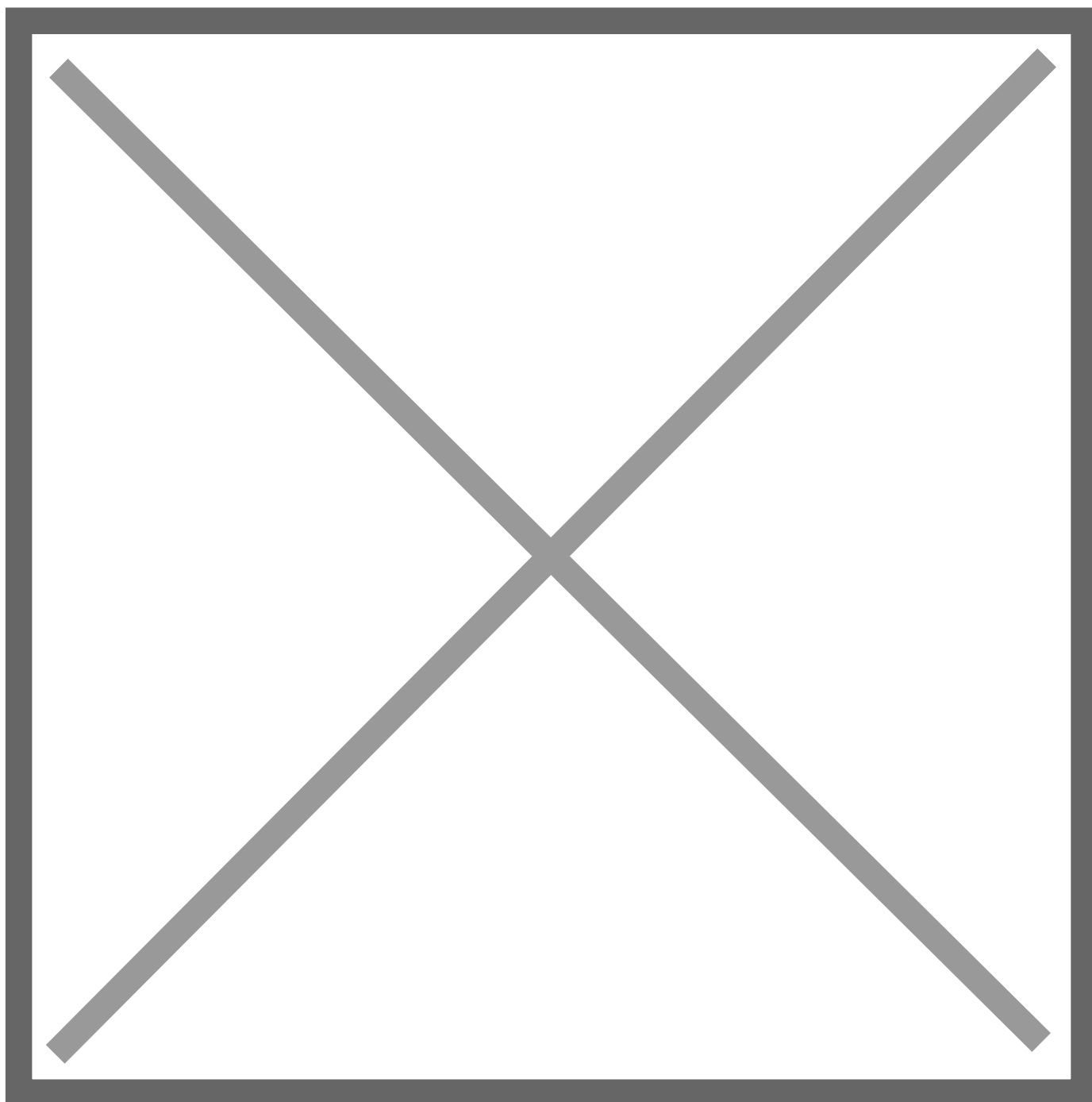
PokrytĚ
oblast:

NĚrodnĚ

Reference: 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-\(age-standardized-estimate\)-\(-\)](https://www.who.int/data/gho/data/indicators/indicator-details/GHO/prevalence-of-insufficient-physical-activity-among-adults-aged-18-years-(age-standardized-estimate)-(-))

Definice (kÅ dispozici pouze vÅ angliÄ tinÄ): 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.

MuÅ¾i, 2022



Typ
prÅ³zkumu:

SamohlÅ¾enÅ½

VÅ½k:

18+

PokrytÅ½
oblast:

NÅ½rodnÅ½

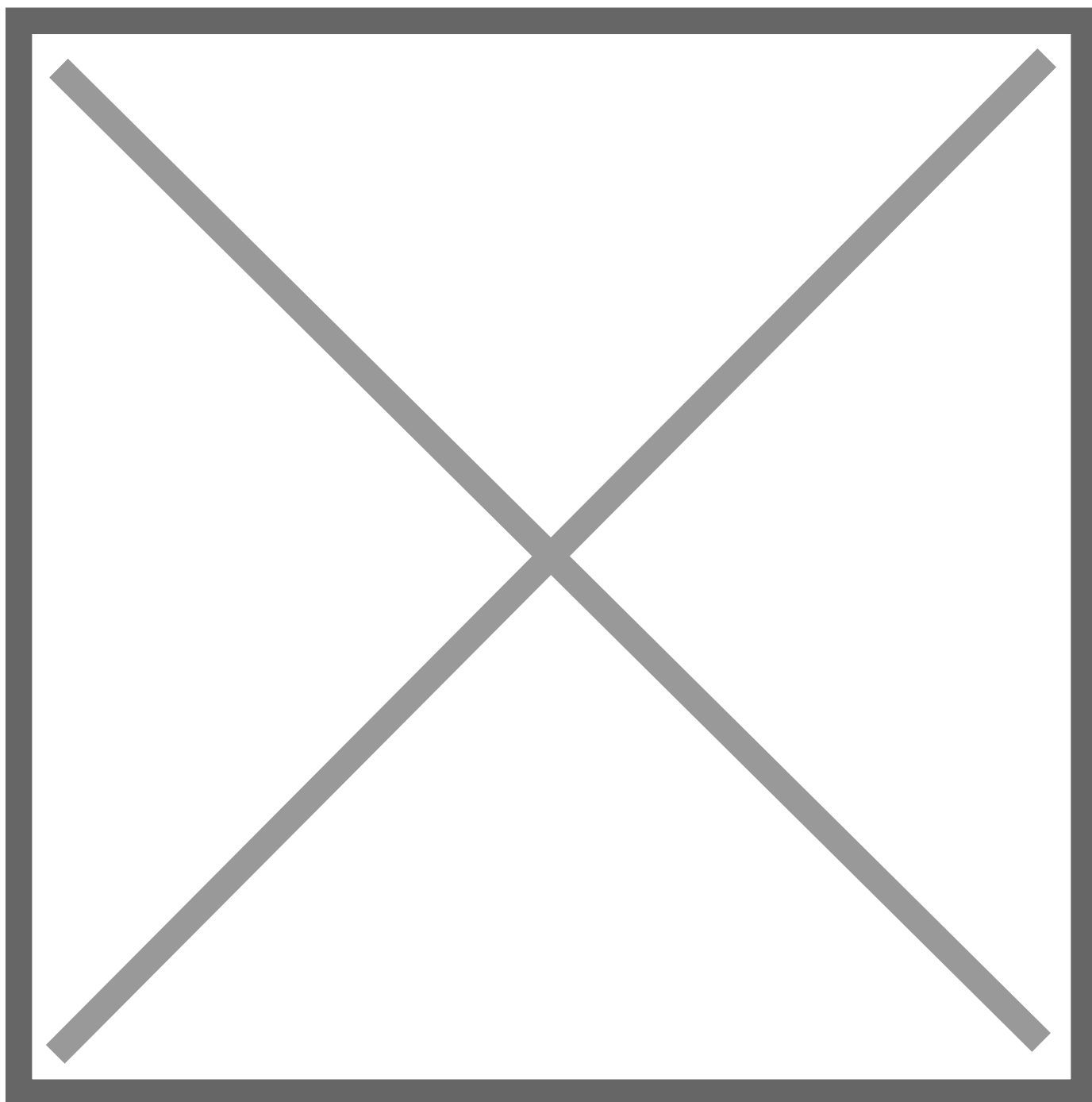
Reference:

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-\(age-standardized-estimate\)-\(-\)](https://www.who.int/data/gho/data/indicators/indicator-details/GHO/prevalence-of-insufficient-physical-activity-among-adults-aged-18-years-(age-standardized-estimate)-(-))

**Definice
(kÅ dispozici
pouze
vÅ angliÄ
tinÄ):**

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.

Á½eny, 2022



Typ
prÁzkumu:

SamonahÁjenÁ½

VÁk:

18+

PokrytÁ
oblast:

NÁrodnÁ

Reference:

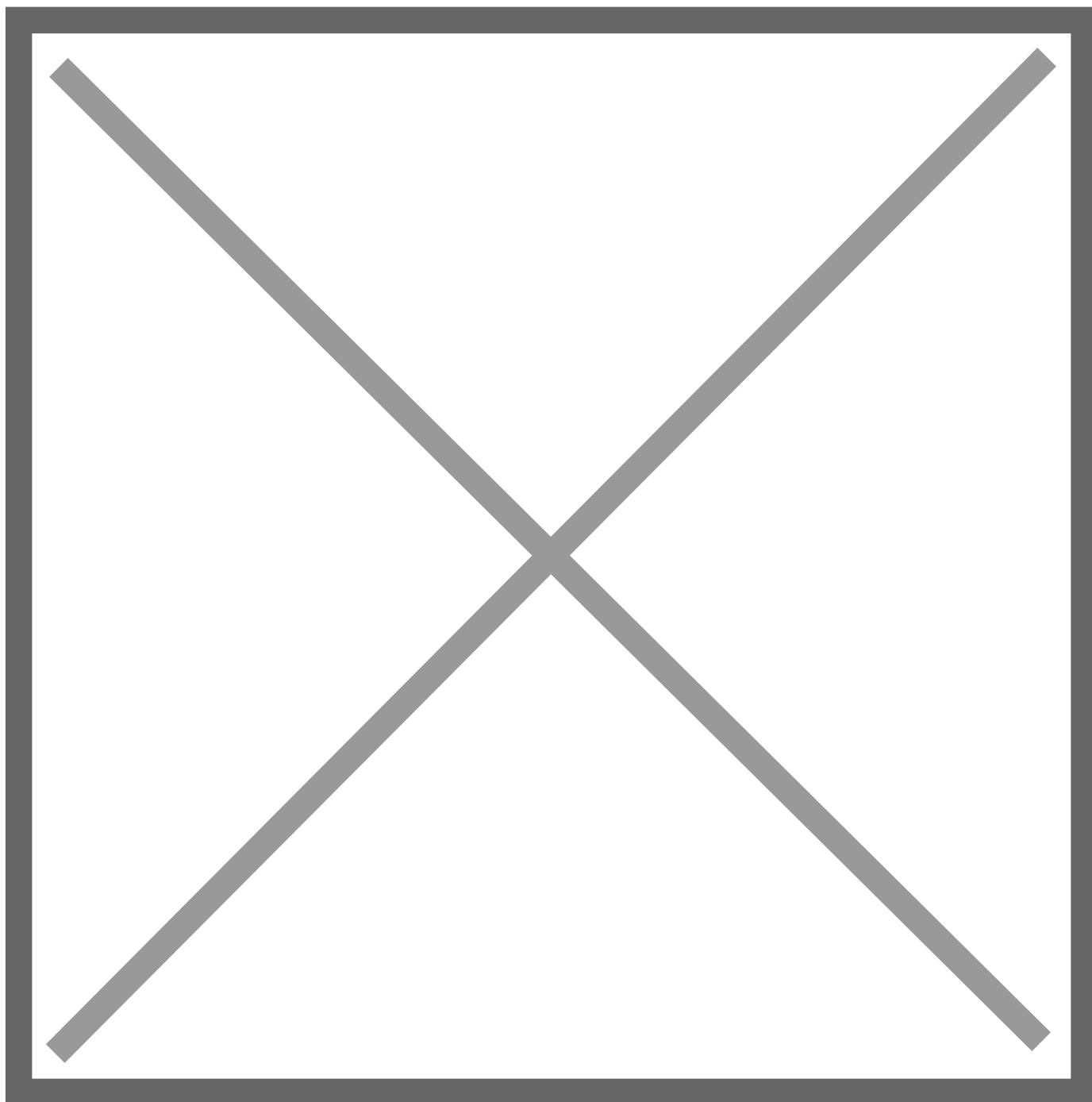
WHO (2024). Prevalence of insufficient physical activity among adults aged 18-years age-standardized estimate in 2022.
Available at [https://www.who.int/data/gho/data/indicators/indicator-details/GHO/prevalence-of-insufficient-physical-activity-among-adults-aged-18-years-\(age-standardized-estimate\)-\(-\)](https://www.who.int/data/gho/data/indicators/indicator-details/GHO/prevalence-of-insufficient-physical-activity-among-adults-aged-18-years-(age-standardized-estimate)-(-))

**Definice
(kÅ dispozici
pouze
vÅ angliÄ
tinÄ):**

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.

Spotřeba cukru

Dospělí, 2016



Reference:

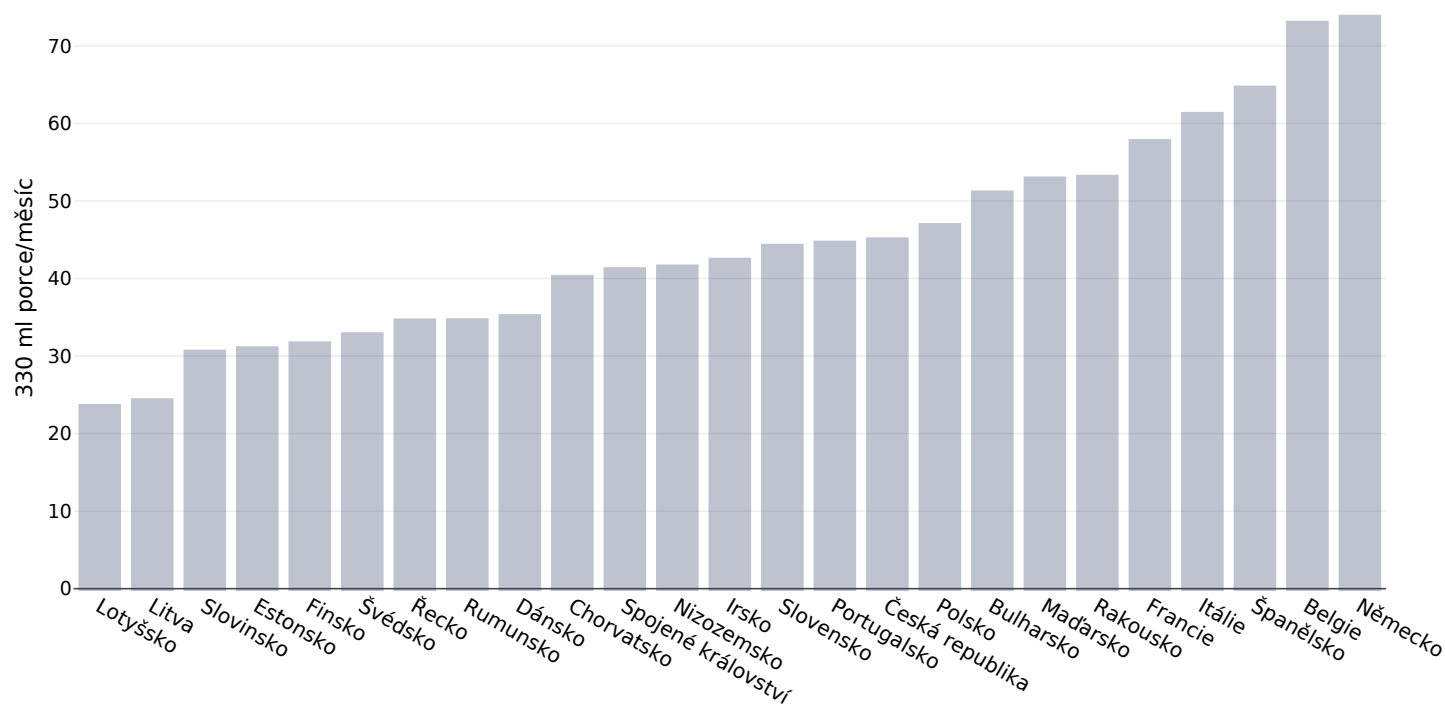
Source: Euromonitor International

Definice
(k dispozici
pouze
v angličtině):

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

Odhadovan½ pÅ½ Å½jem slazen½ch nealkoholick½ch n½ipoj½ na osobu

Dosp½½ I½, 2016

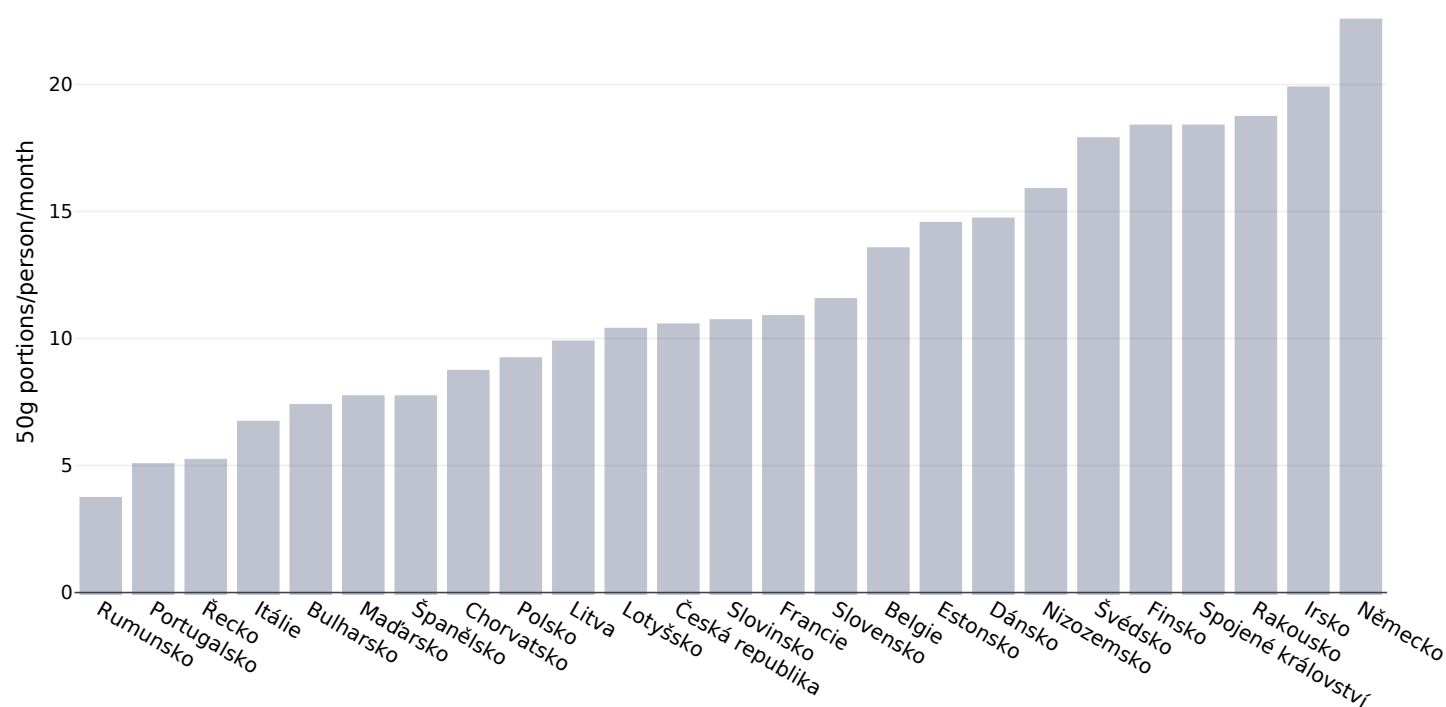


Reference:

Source: Euromonitor International

Spotřeba cukru a cukrovinek

Dostupné údaje, 2016



Reference:

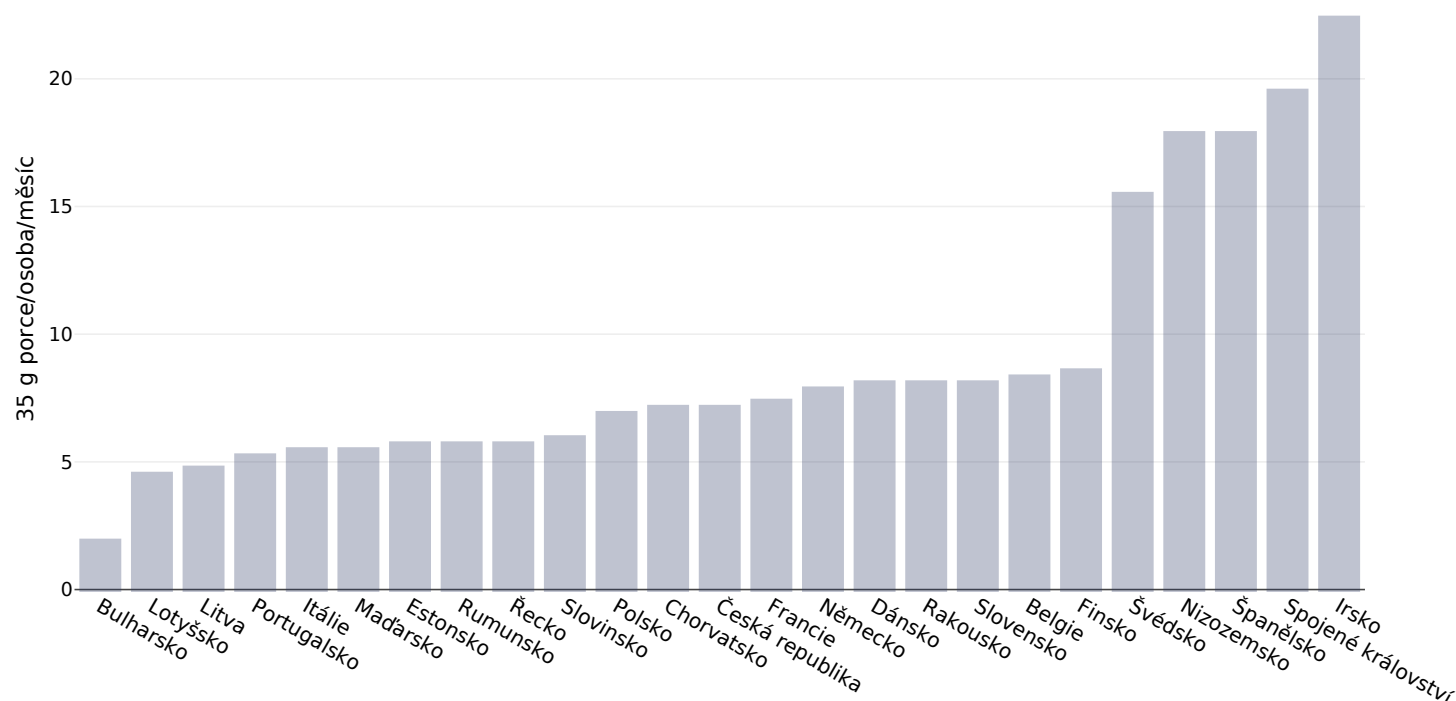
Source: Euromonitor International

Definice
(k dispozici
pouze
v angličtině):

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

Spotřeba sladkého/slaného občerstvení

Dospělí, 2016



Reference:

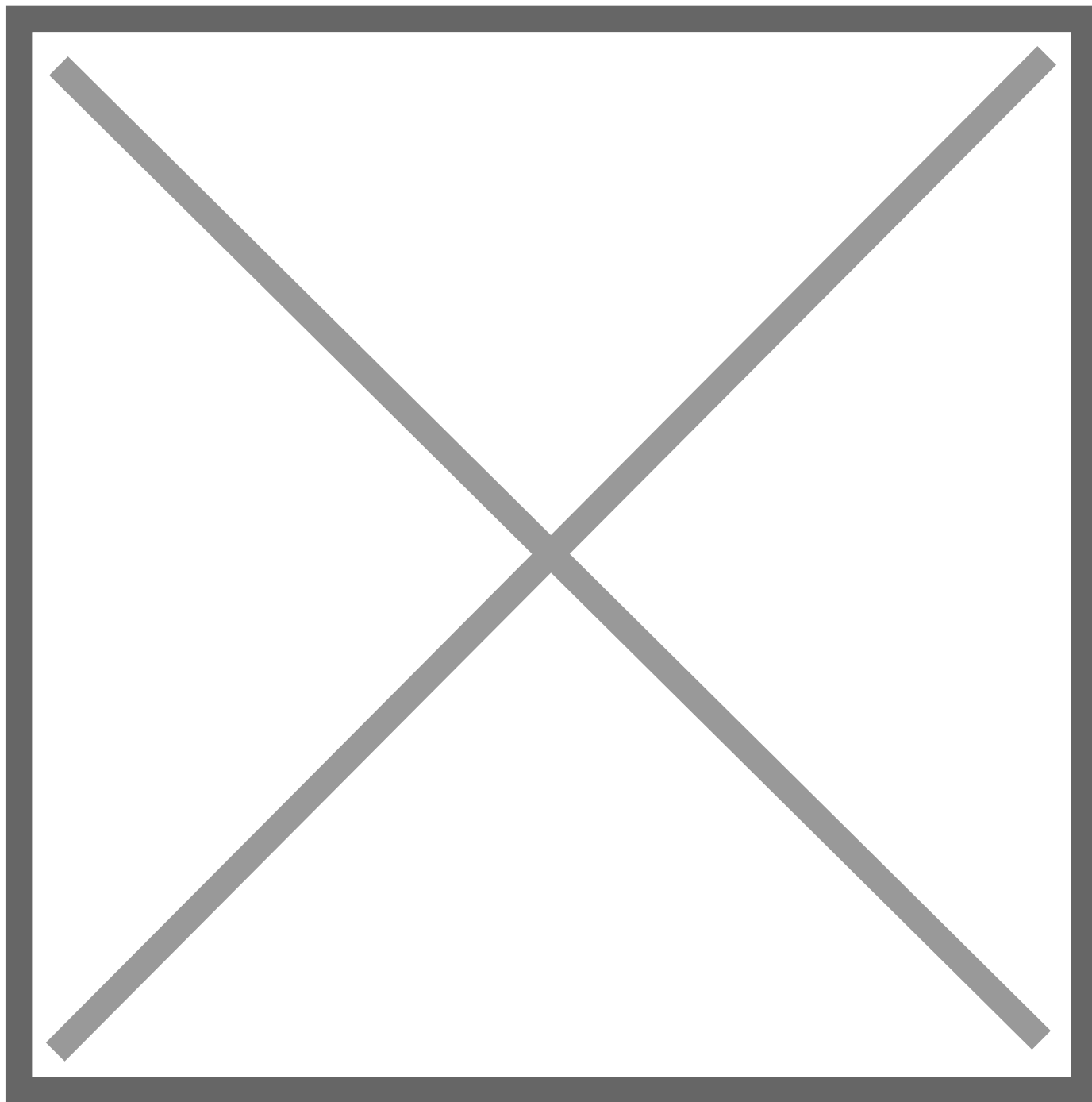
Source: Euromonitor International

Definice
(k dispozici
pouze
v angličtině):

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

Odhadovaná polovina průměrné konzumace ovoce na osobu

Dospělí, 2017



Typ
průzkumu:

Naměřeno v letech

Věk k:

25+

Reference:

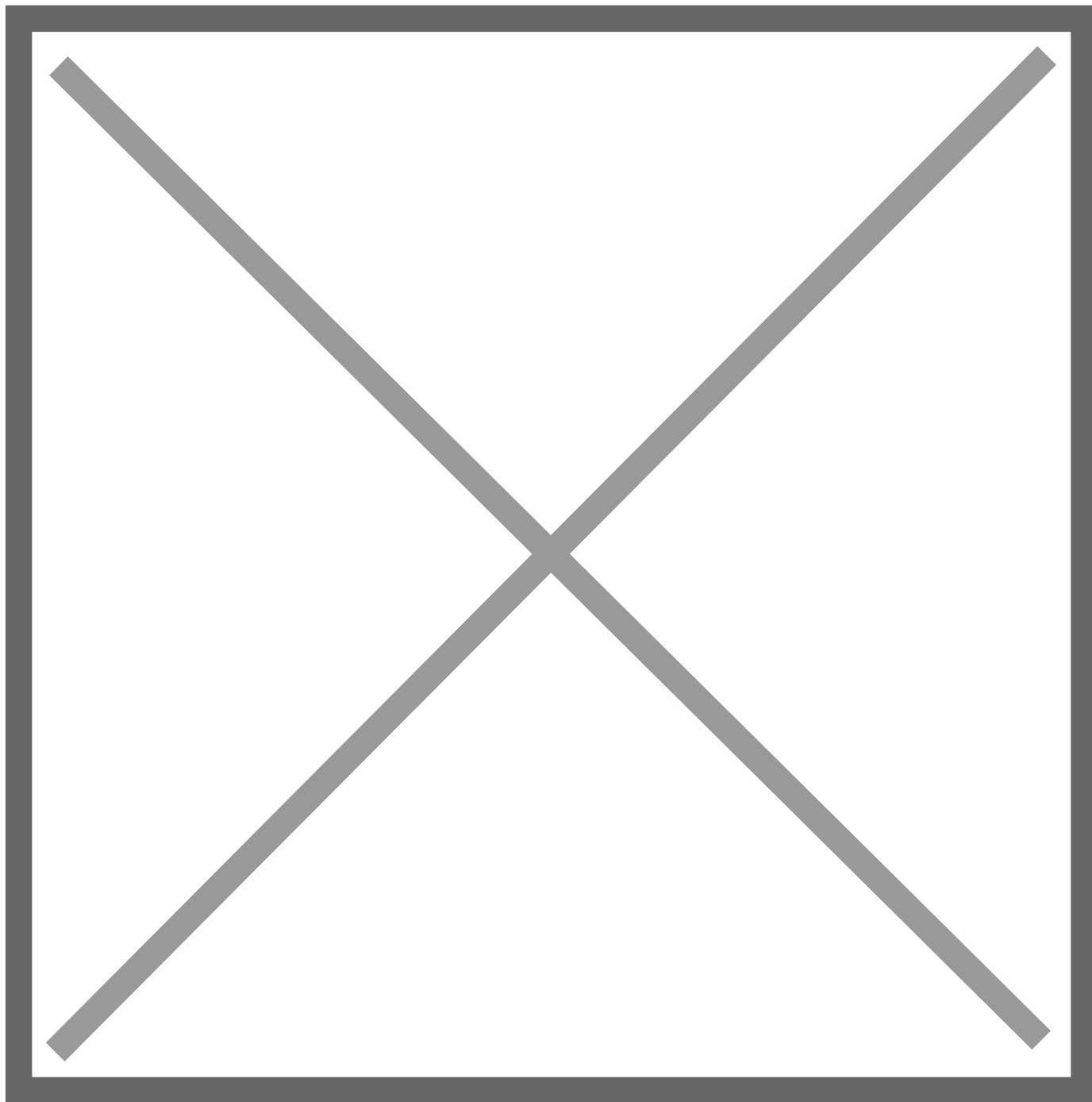
Global Burden of Disease, the Institute for Health Metrics and Evaluation <http://ghdx.healthdata.org/>

Definice
(kÅ dispozici
pouze
vÅ angliÄ
tinÄ)::

Estimated per-capita fruit intake (g/day)

Odhadovaná polovina průměrné zpracované tělesné hmotnosti na osobu

Dospělí, 2017



Typ
průzkumu:

Naměřeno v letech

Věk:

25+

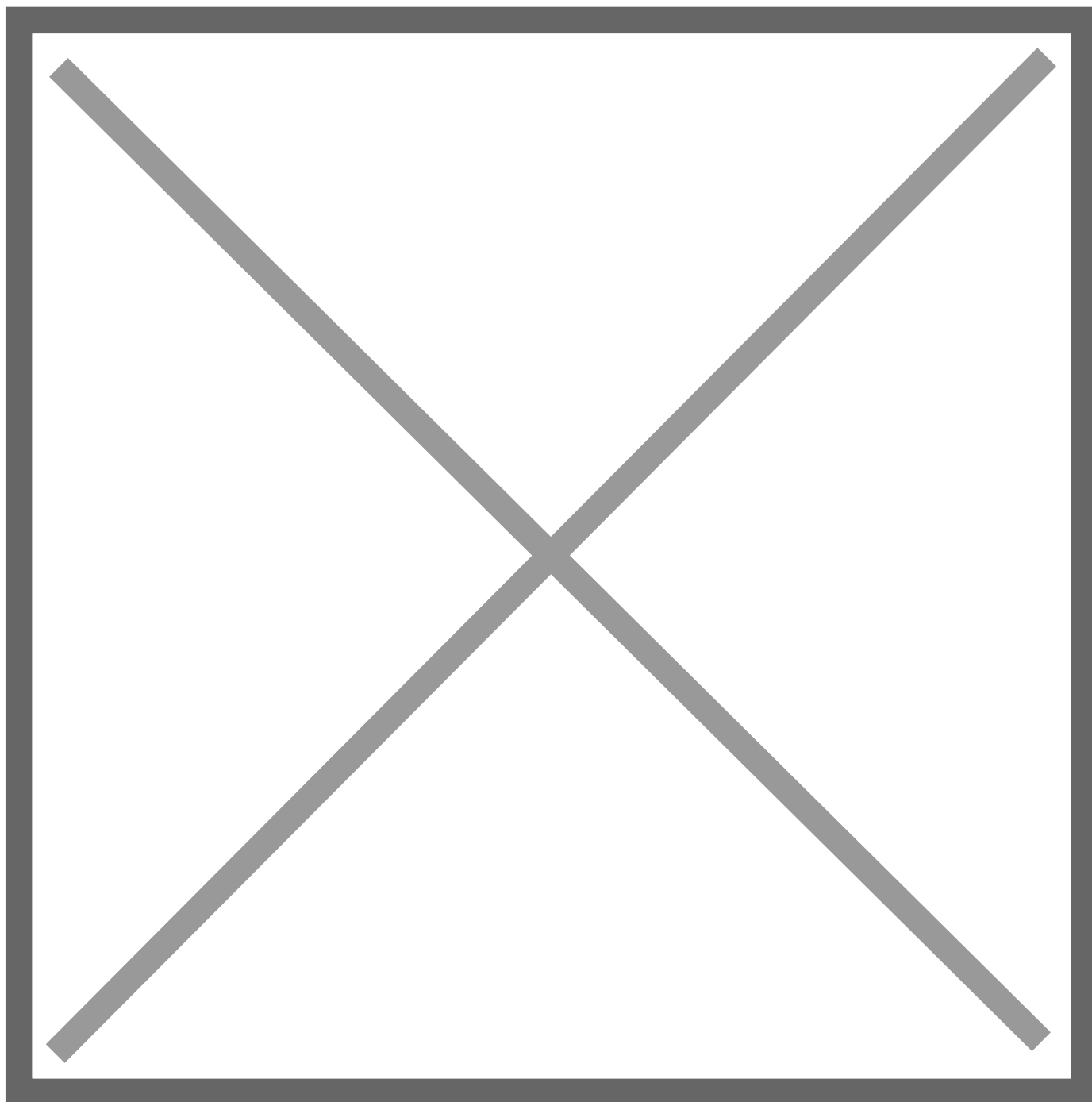
Reference:

Global Burden of Disease, the Institute for Health Metrics and Evaluation <http://ghdx.healthdata.org/>

Definice
(kÅ dispozici
pouze
vÅ angliÄ
tinÄ):

Estimated per-capita processed meat intake (g per day)

Odhadovaná polovina průměrné celozrnné potravin na osobu Dospělí, 2017



Typ
průzkumu:

Naměřeno v letech

Věk k:

25+

Reference:

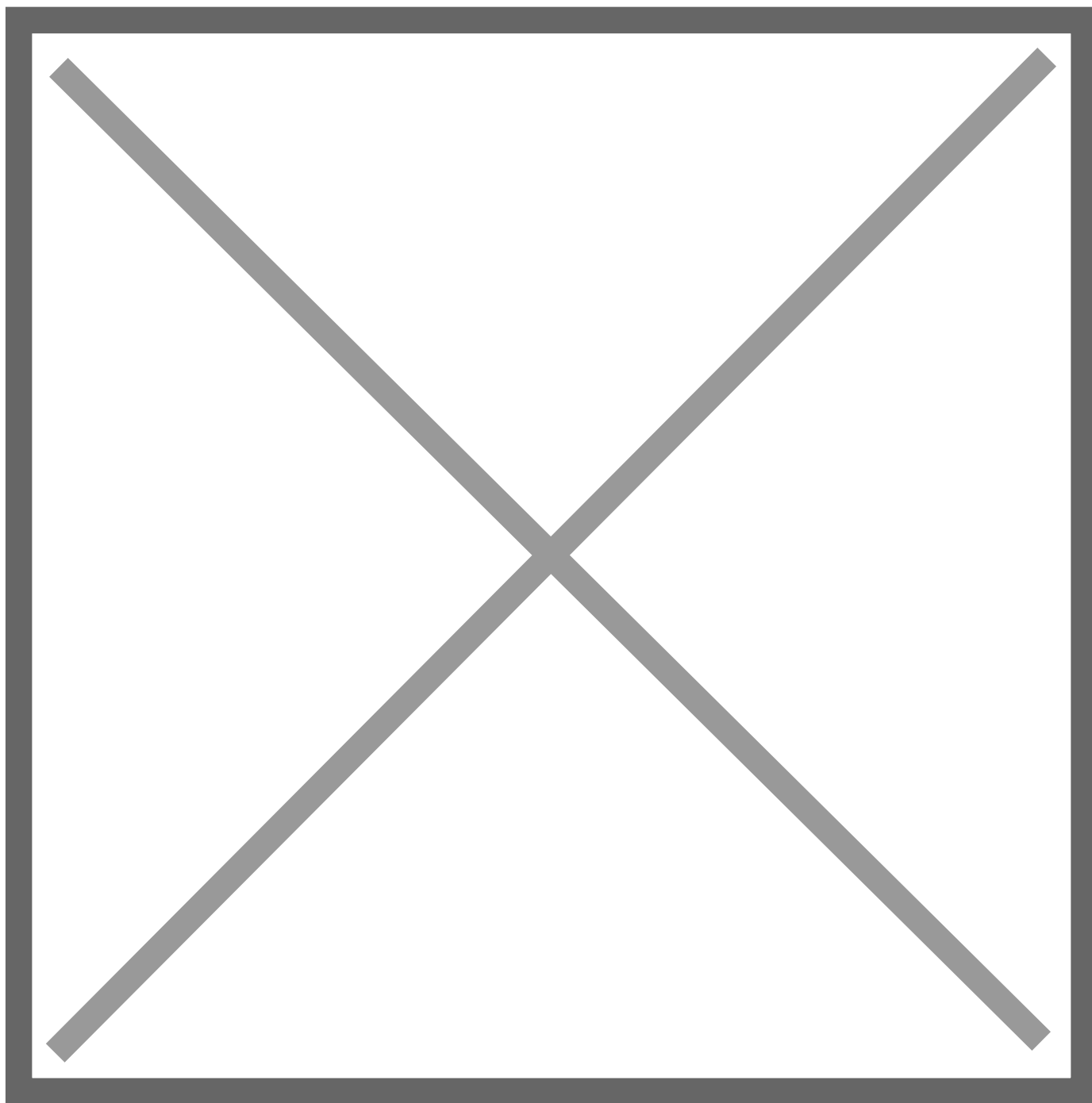
Global Burden of Disease, the Institute for Health Metrics and Evaluation <http://ghdx.healthdata.org/>

Definice
(kÅ dispozici
pouze
vÅ angliÄ
tinÄ)::

Estimated per-capita whole grains intake (g/day)

DuÅ¡evnÄ zdravÄ â stavy deprese

DospÄ lÄ, 2021



VÄ k:

20+

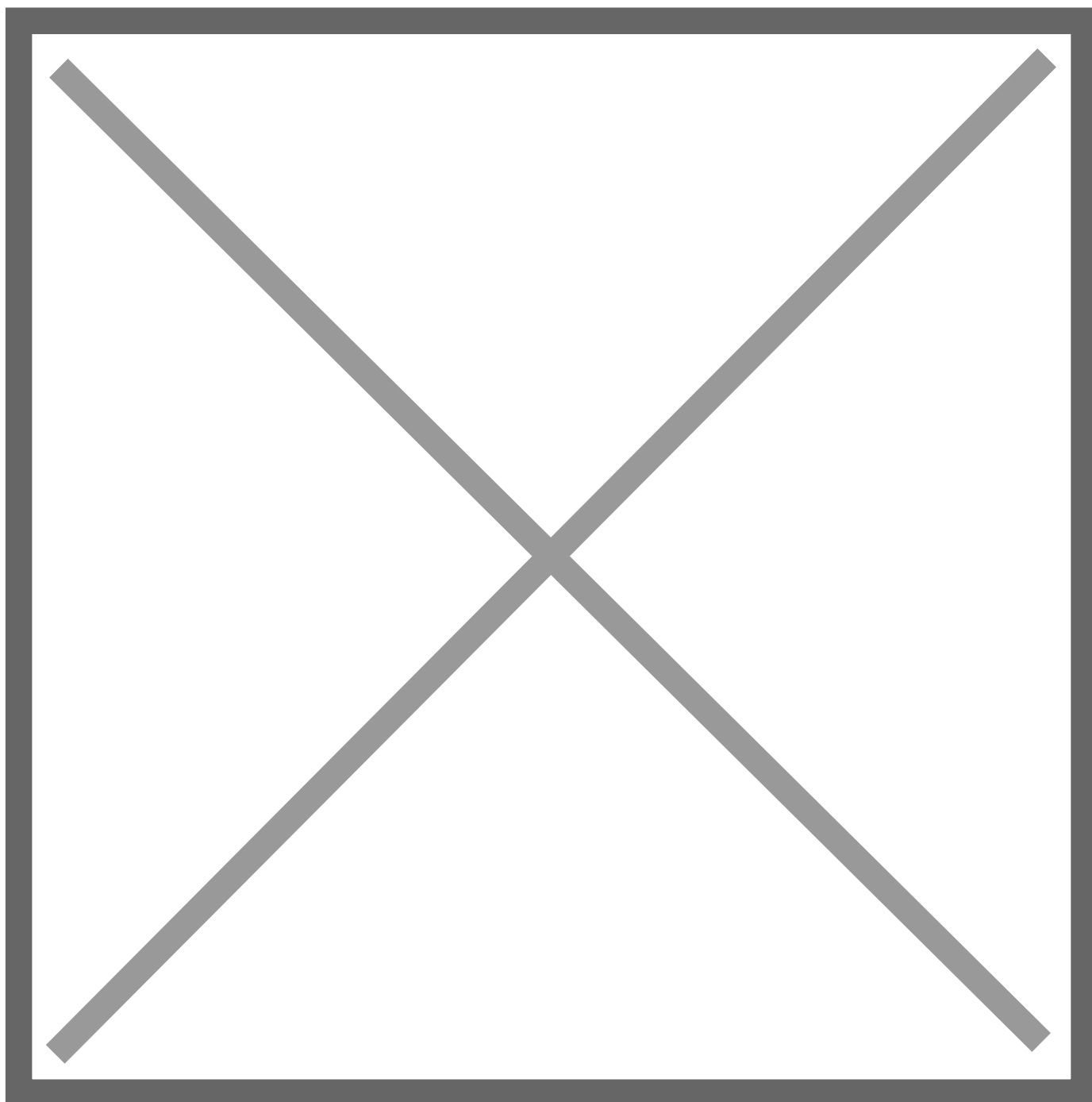
PokrytÄ
oblast:

NÄrodnÄ

Reference: 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)

Definice
(kÅ dispozici
pouze
vÅ angliÄ
tinÄ): Number living with depression per 100,000 population (adults 20+ years)

MuÅ¾i, 2021



VÅ½ k:

20+

PokrytÅ½
oblast:

NÅ½rodnÅ½

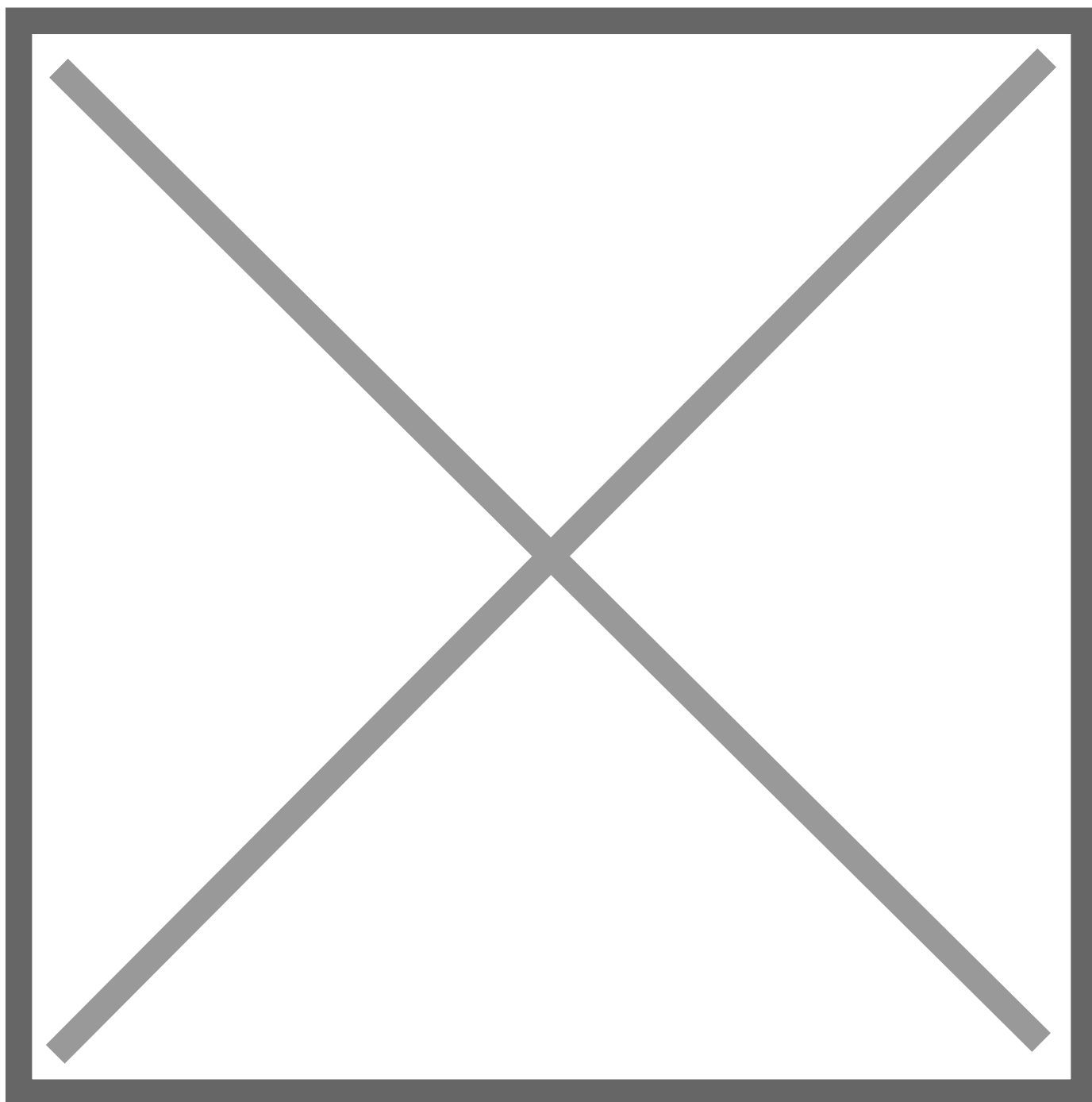
Reference:

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)

Definice
(kÅ dispozici
pouze
vÅ angliÄ
tinÄ)::

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

Ā½eny, 2021



VÄ k:

20+

PokrytĀ
oblast:

NĀrodnĀ

Reference:

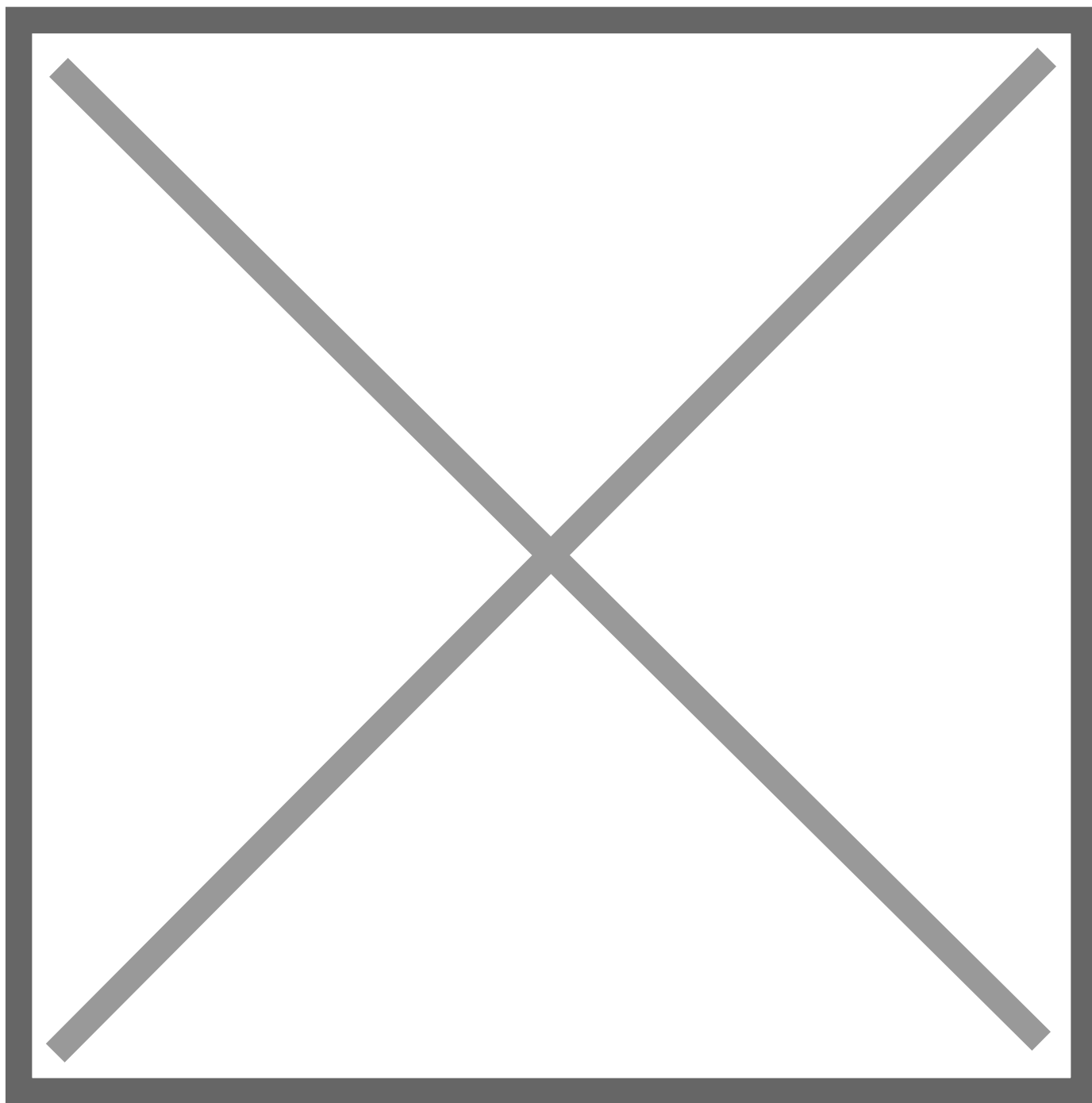
Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

Definice
(kÅ dispozici
pouze
vÅ angliÄ
tinÄ)::

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

Duševná zdravě stavě žzkosti

Dospě lě, 2021



Vě k:

20+

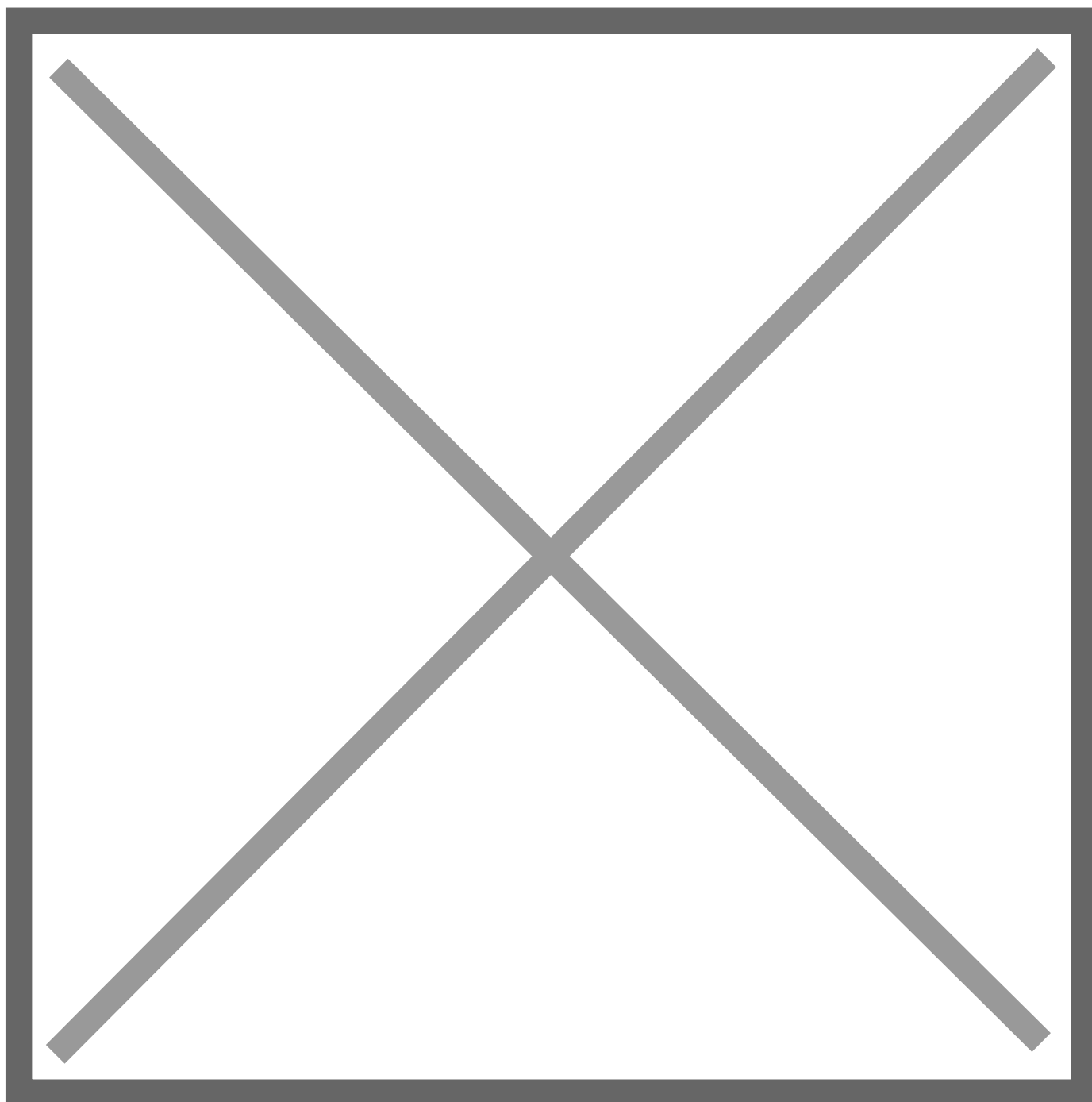
Reference:

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).

Definice
(kÅ dispozici
pouze
vÅ angliÄ
tinÄ)::

Number living with anxiety per 100,000 population

MuÅ¾i, 2021



VÅ½ k:

20+

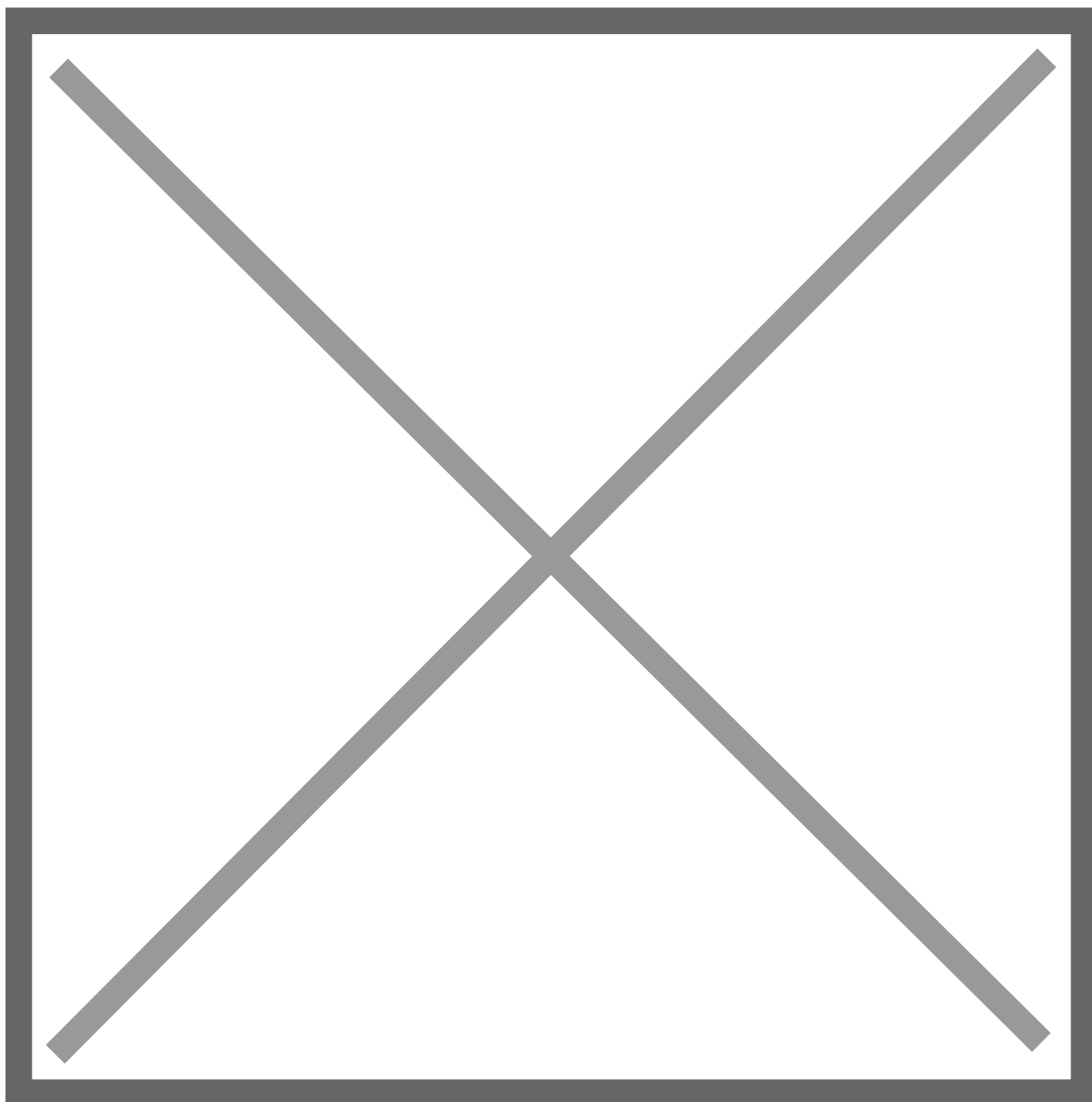
Reference:

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).

Definice
(kÅ½ dispozici
pouze
vÅ½ angliÅ½
tinÅ½):

Number living with anxiety per 100,000 population

Ā1/2eny, 2021



VĀ k:

20+

Reference:

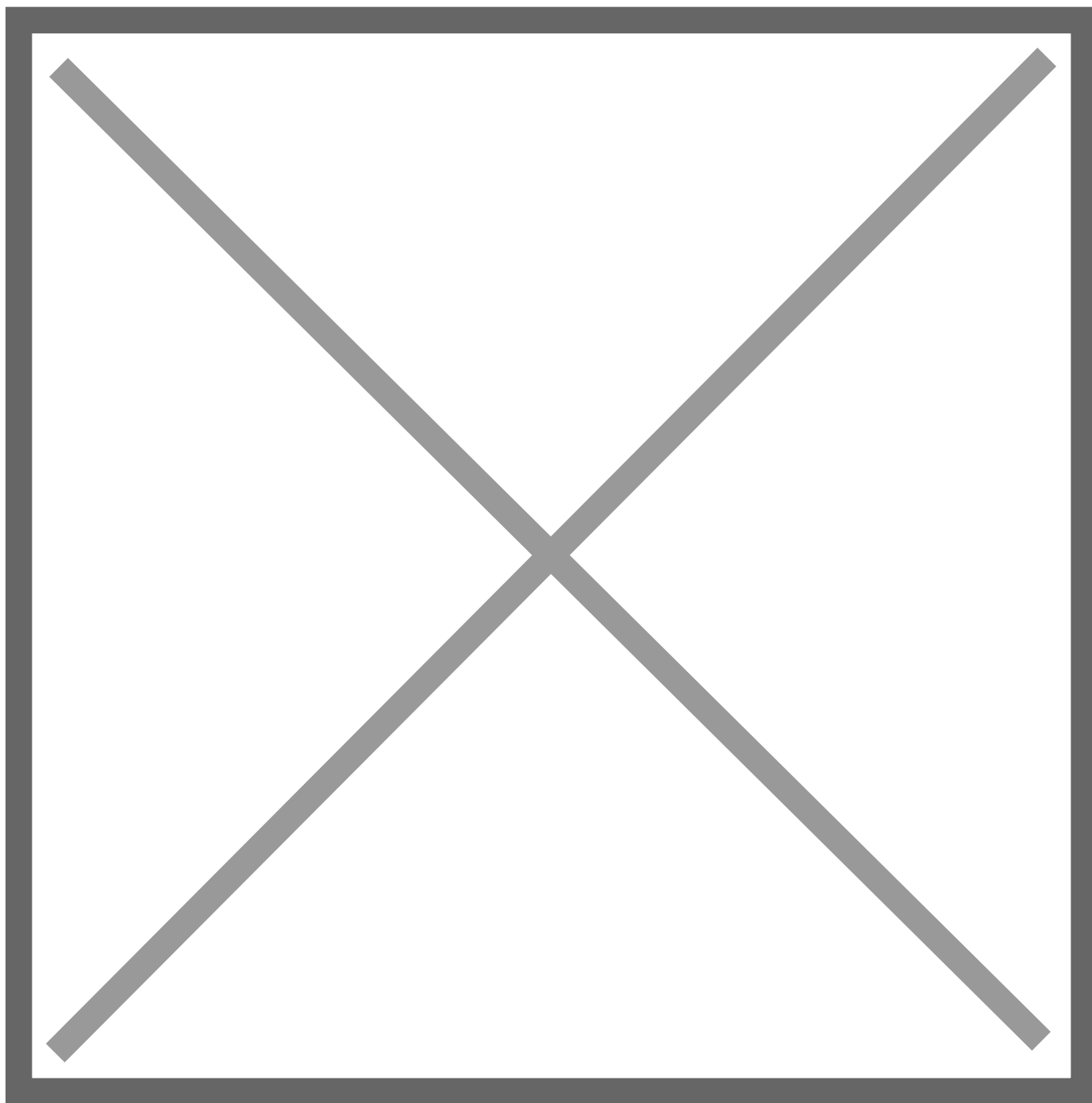
Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25).

Definice
(kā dispozici
pouze
vā angliā
tinā):

Number living with anxiety per 100,000 population

Rakovina j cnu

Mu  i, 2022



V   k:

20+

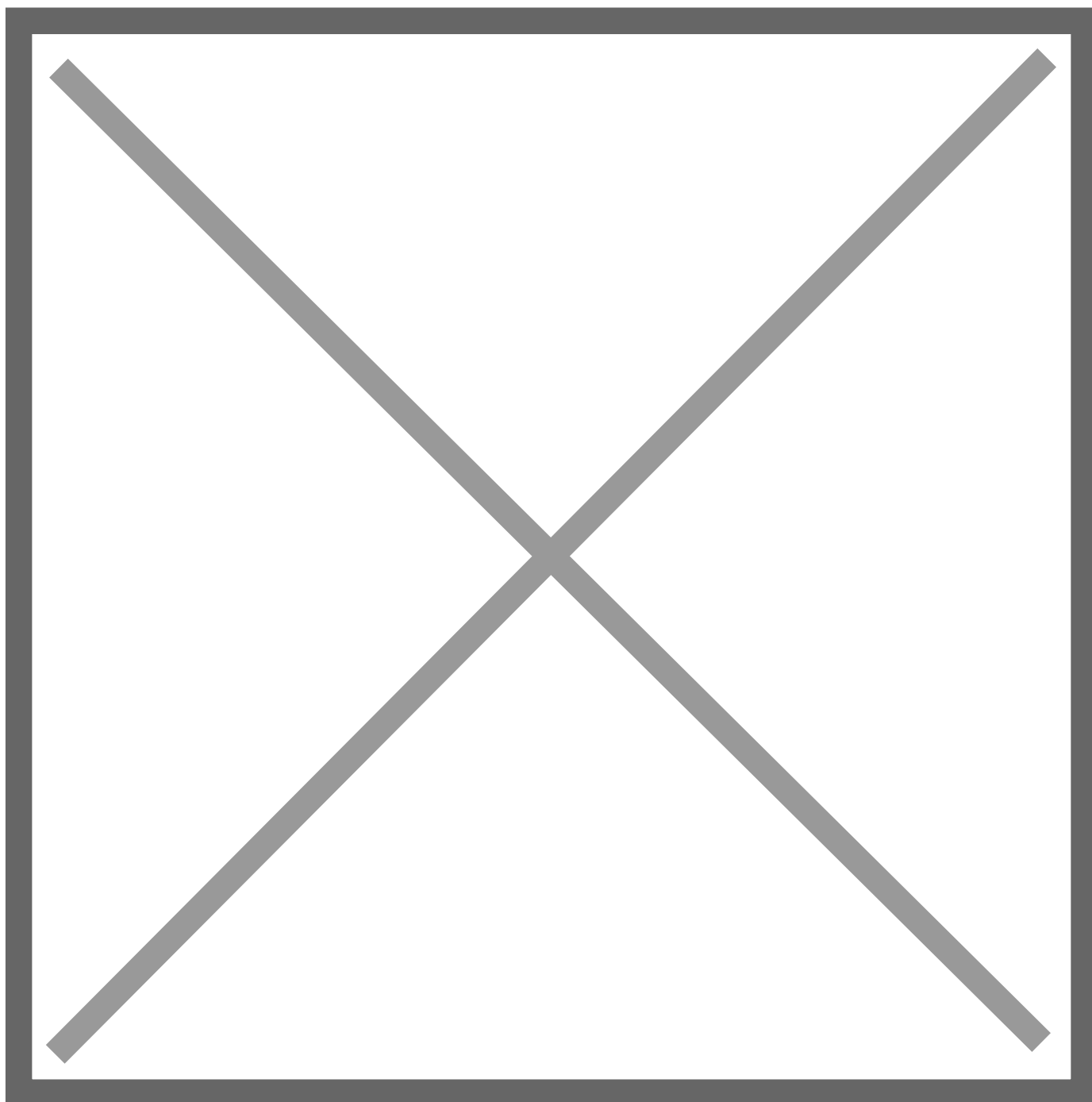
Pokryt  
oblast:

N  rodn  

Reference: 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]

Definice
(kÅ dispozici
pouze
vÅ angliÄ
tinÄ): Indicence per 100,000

1/2eny, 2022



VÄ k:

20+

Pokrytí
oblast:

Národná

Reference:

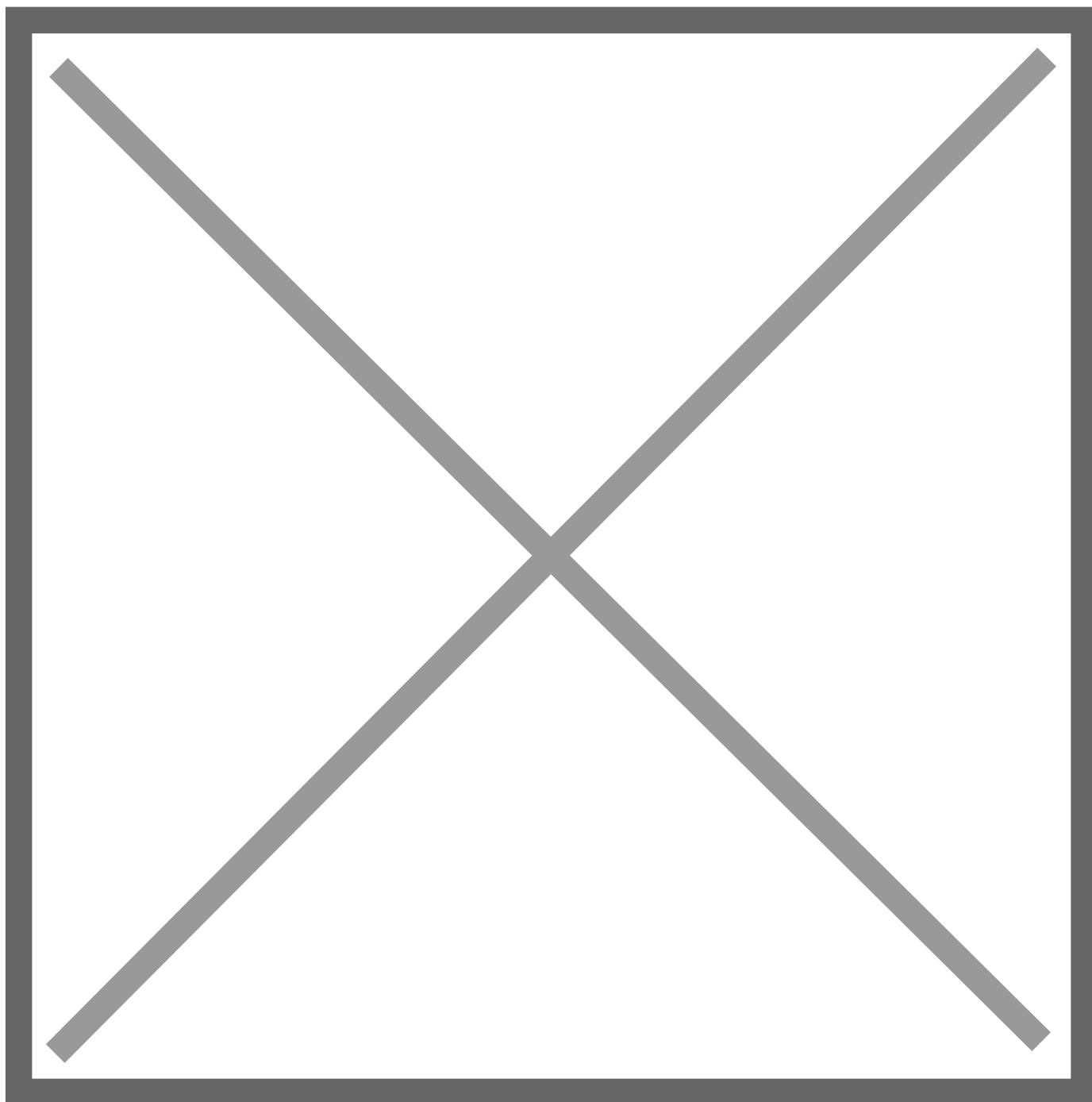
Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.who.int/today>, accessed [16.07.24]

Definice
(kÅ dispozici
pouze
vÅ angliÄ
tinÄ):

Indicence per 100,000

Rakovina prsu

Ā½eny, 2022



**PokrytĀ;
oblast:**

NĀ;rodnĀ

Reference:

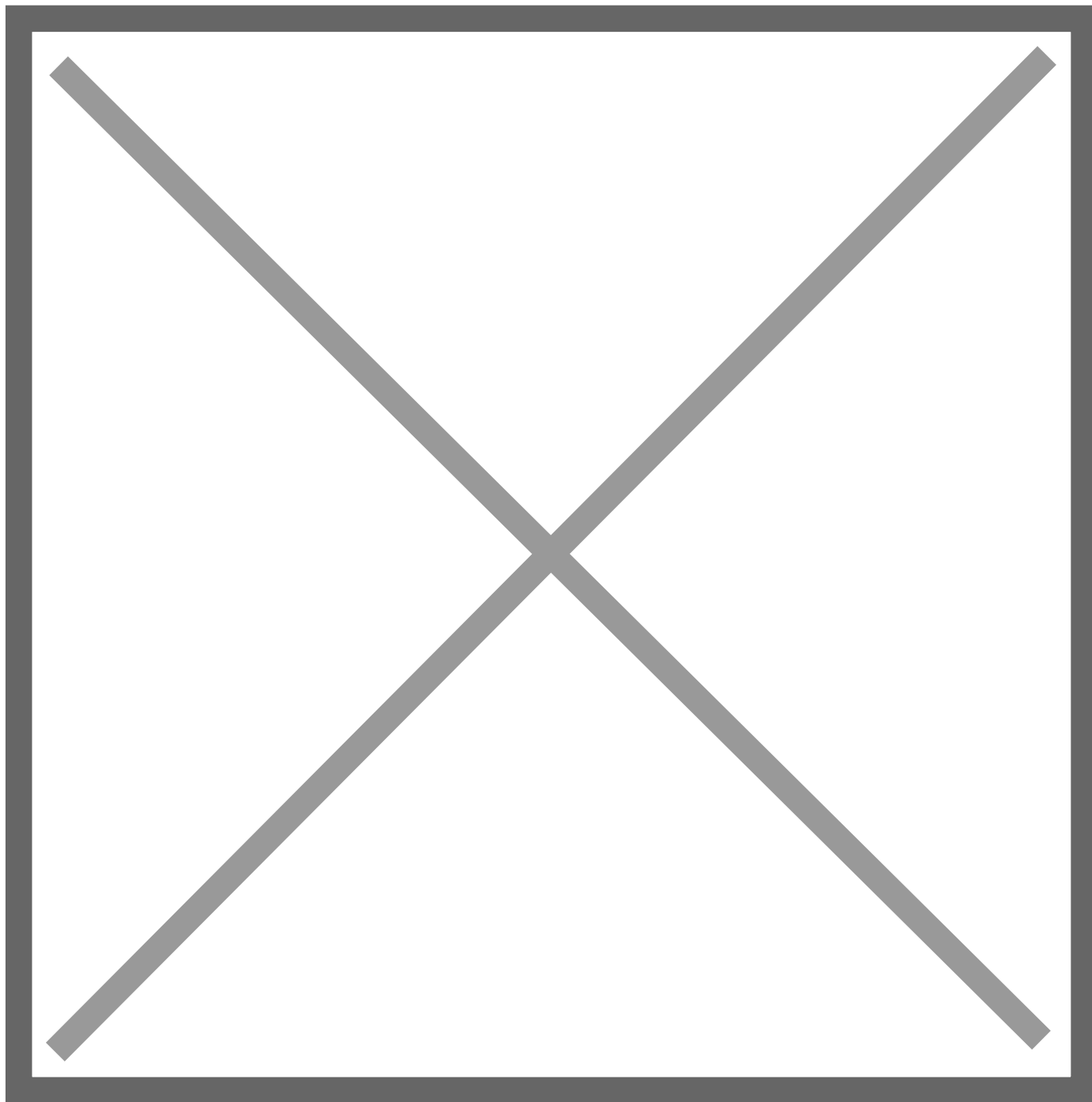
Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.who.int/today>, accessed [16.07.24]

Definice
(kÅ dispozici
pouze
vÅ angliÄ
tinÄ):

Incidence per 100,000

Rakovina tlustého stáří a konečného

Muži, 2022



**Pokrytí
oblast:**

Národní

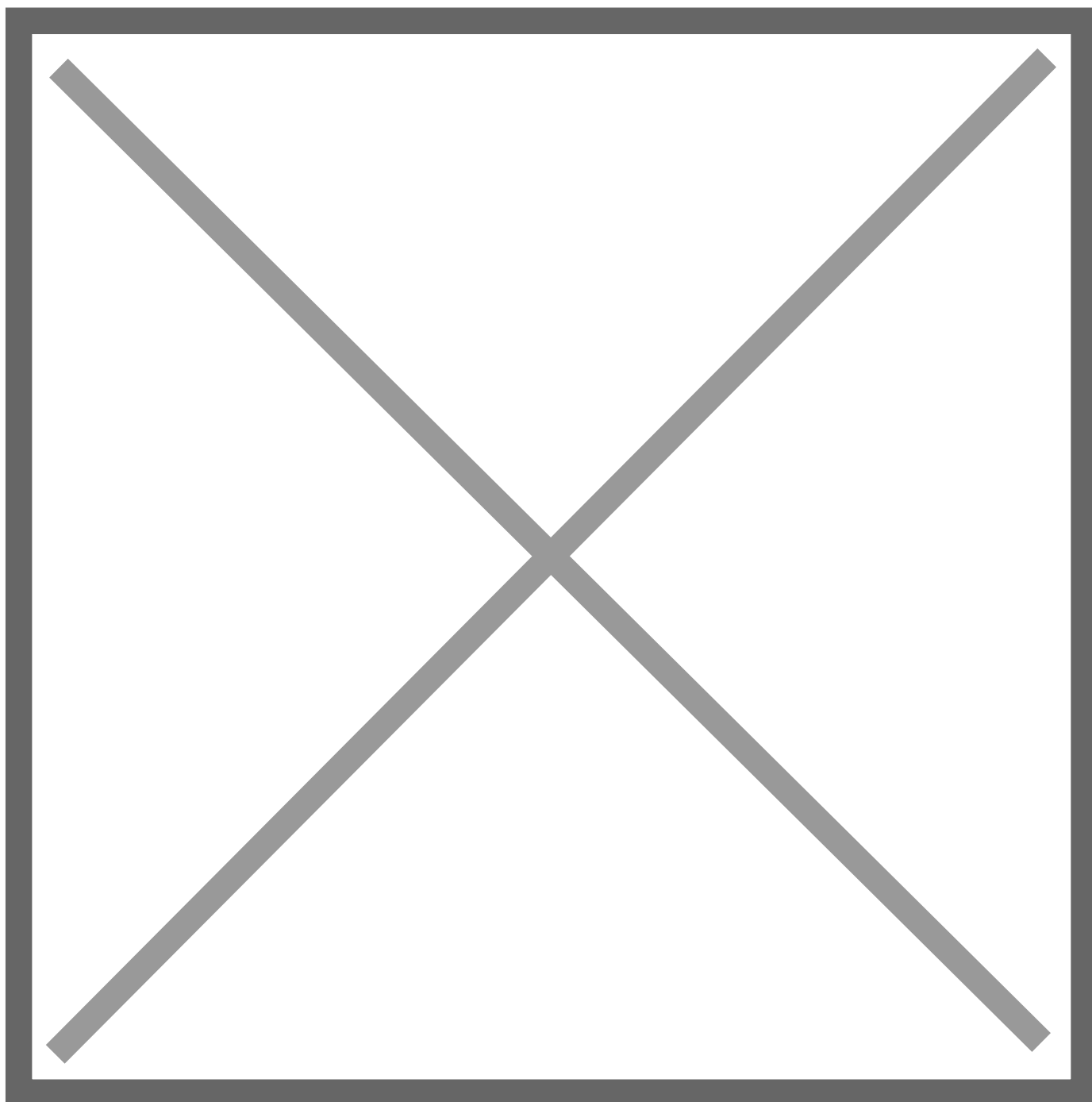
Reference:

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]

Definice
(kÅ dispozici
pouze
vÅ angliÄ
tinÄ)::

Incidence per 100,000

1/2eny, 2022



Pokrytí
oblast:

Národní

Reference:

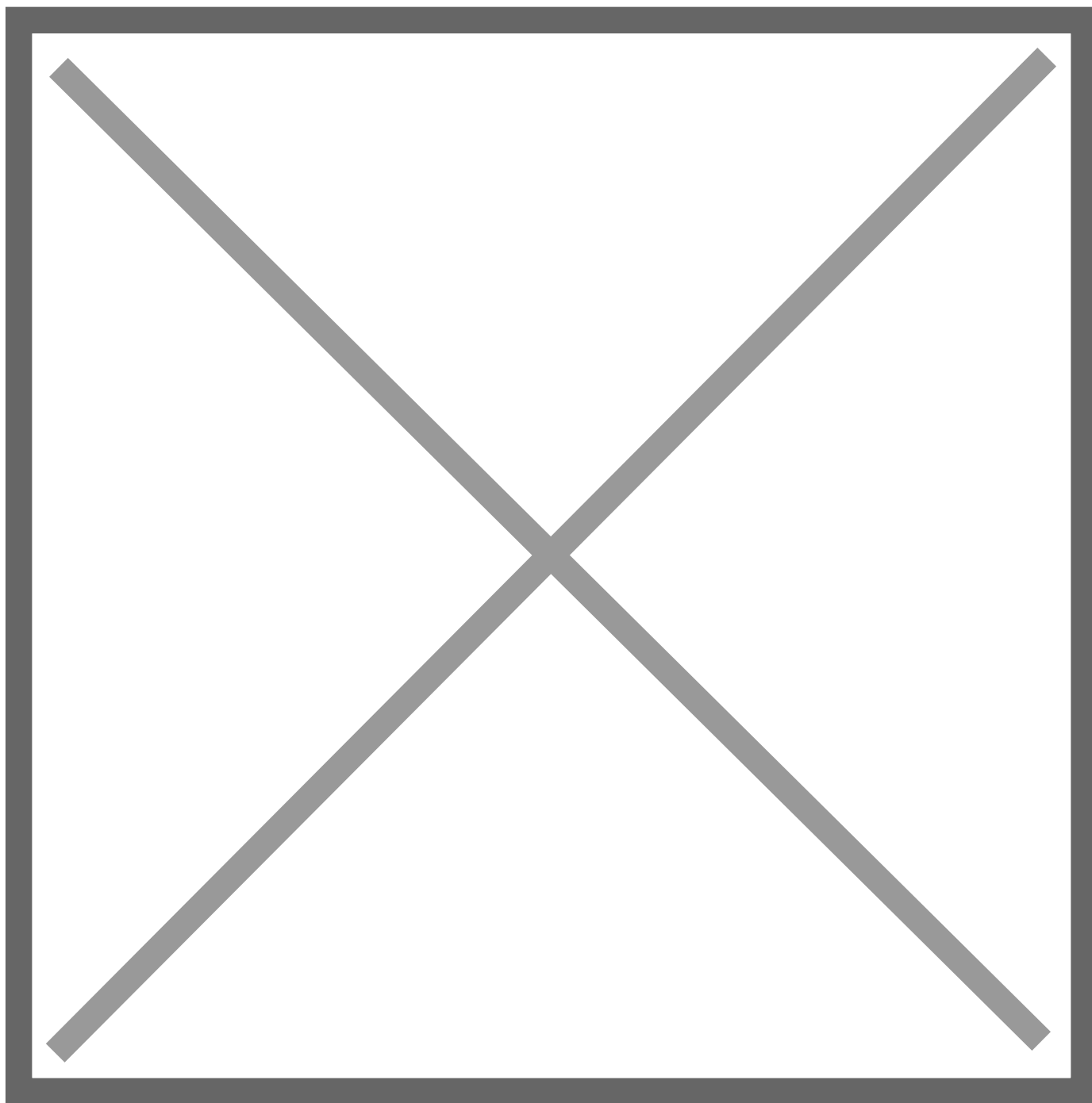
Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.who.int/today>, accessed [16.07.24]

Definice
(kÅ dispozici
pouze
vÅ angliÄ
tinÄ):

Incidence per 100,000

Rakovina slinivky bÄŕ iÄŕnÄŕ

MuÄŕ¾i, 2022



VÄŕ k:

20+

PokrytÄŕ
oblast:

NÄŕrodnÄŕ

Reference: 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]

Definice
(kÅ dispozici
pouze
vÅ angliÄ
tinÄ): Incidence per 100,000

20+

Nã;rodnã

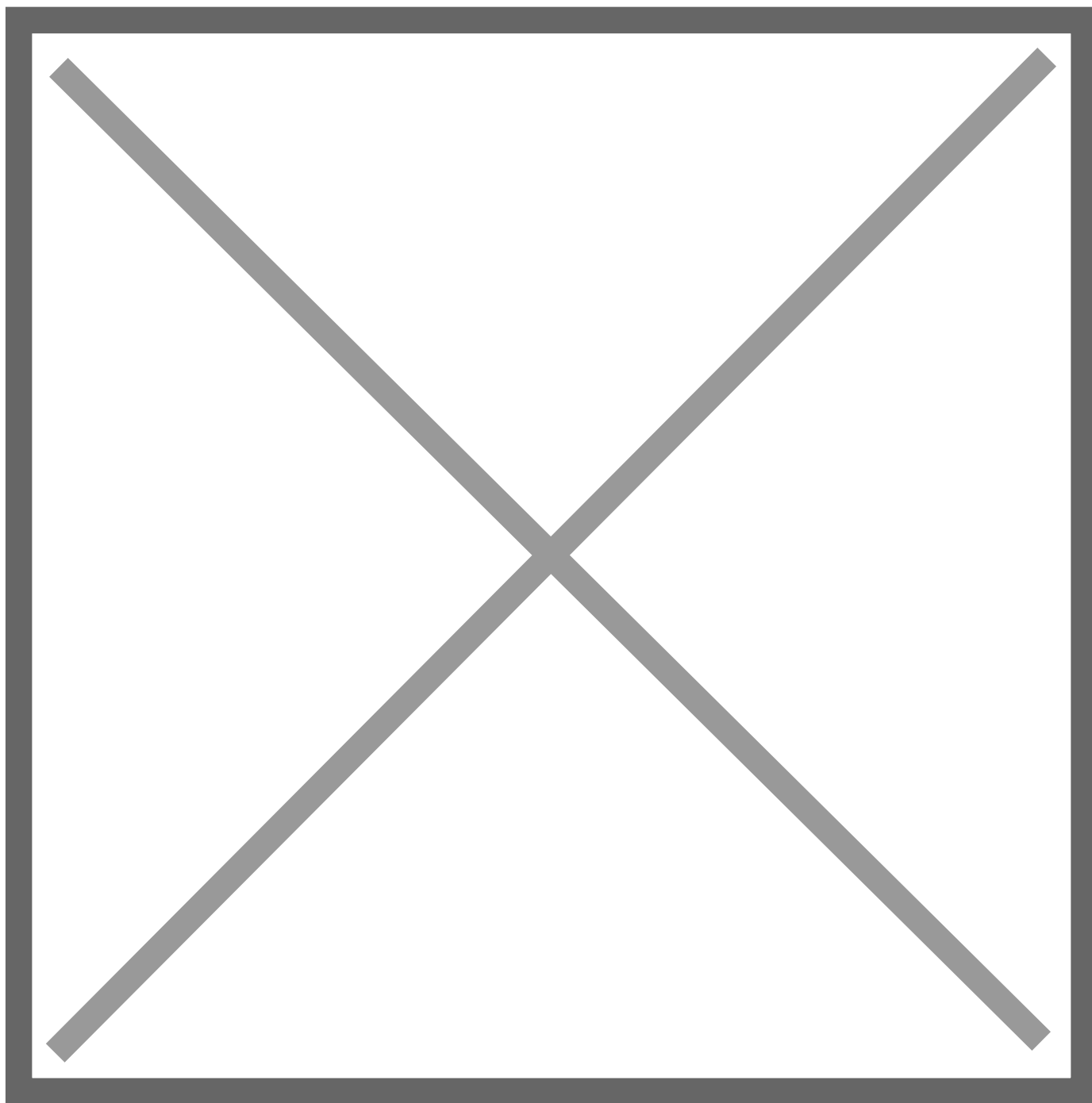
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Definice
(kÅ dispozici
pouze
vÅ angliÄ
tinÄ):

Incidence per 100,000

Rakovina $\frac{3}{4}$ luÄ nÄku

MuÄ $\frac{3}{4}$ i, 2022



VÄ k:

20+

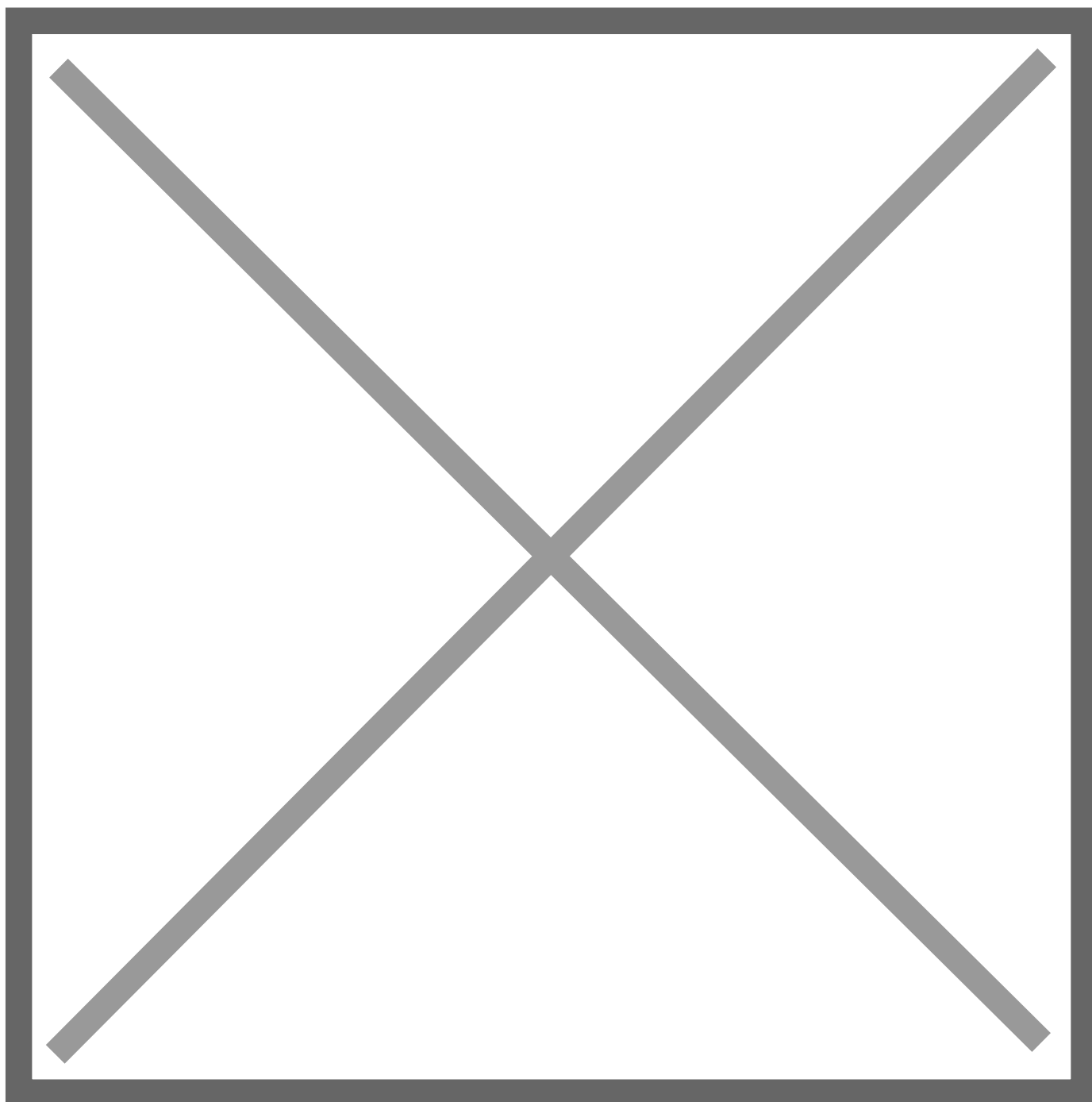
PokrytÄj
oblast:

NÄjrodnÄ

Reference: 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]

Definice
(kÅ dispozici
pouze
vÅ angliÄ
tinÄ): Indicence per 100,000

Ā½eny, 2022



VĀ k:

20+

PokrytĀ;
oblast:

NĀ;rodnĀ

Reference:

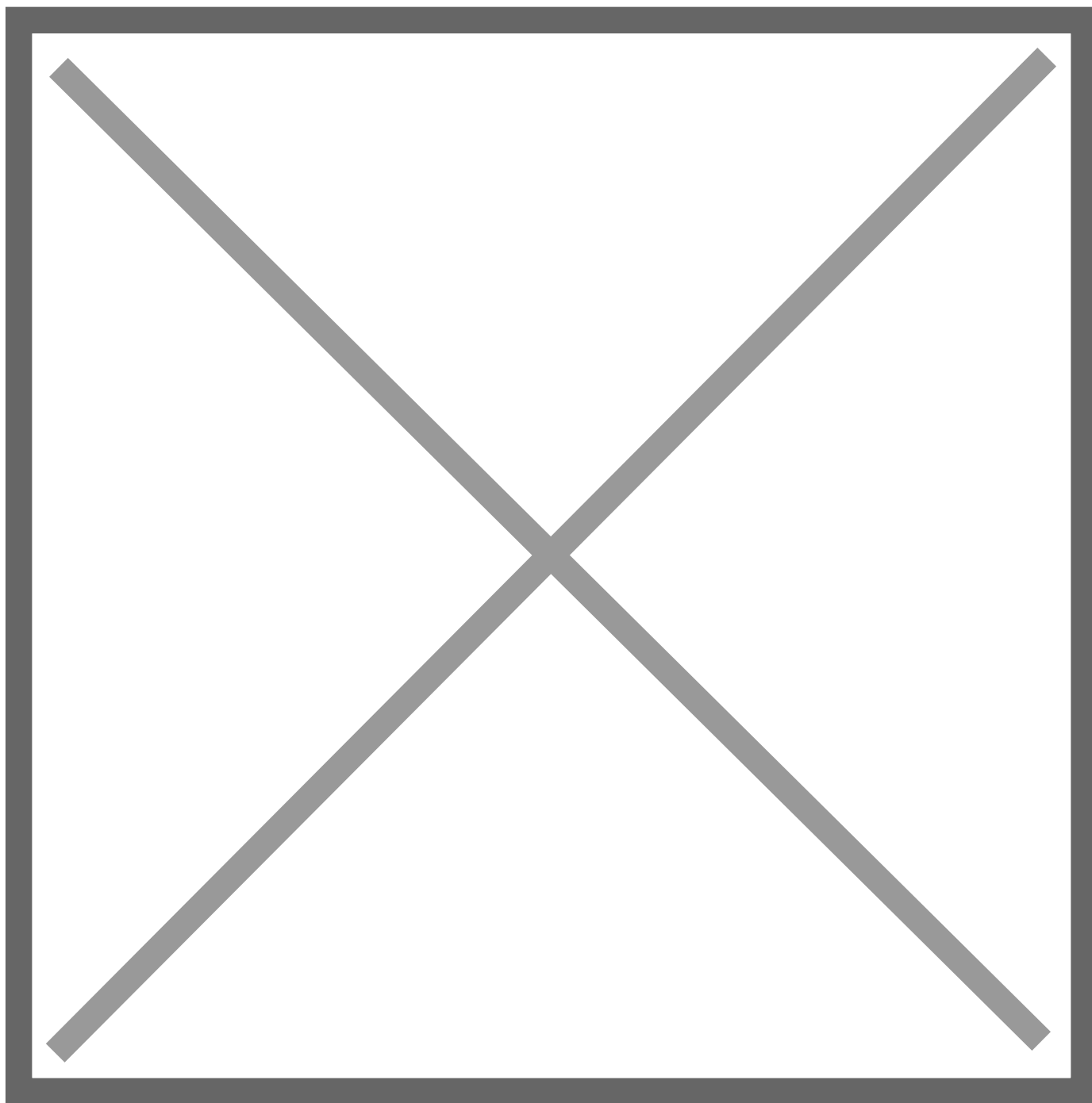
Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.who.int/today>, accessed [16.07.24]

Definice
(kÅ dispozici
pouze
vÅ angliÄ
tinÄ):

Indicence per 100,000

Rakovina ledvin

Muži, 2022



Věk k:

20+

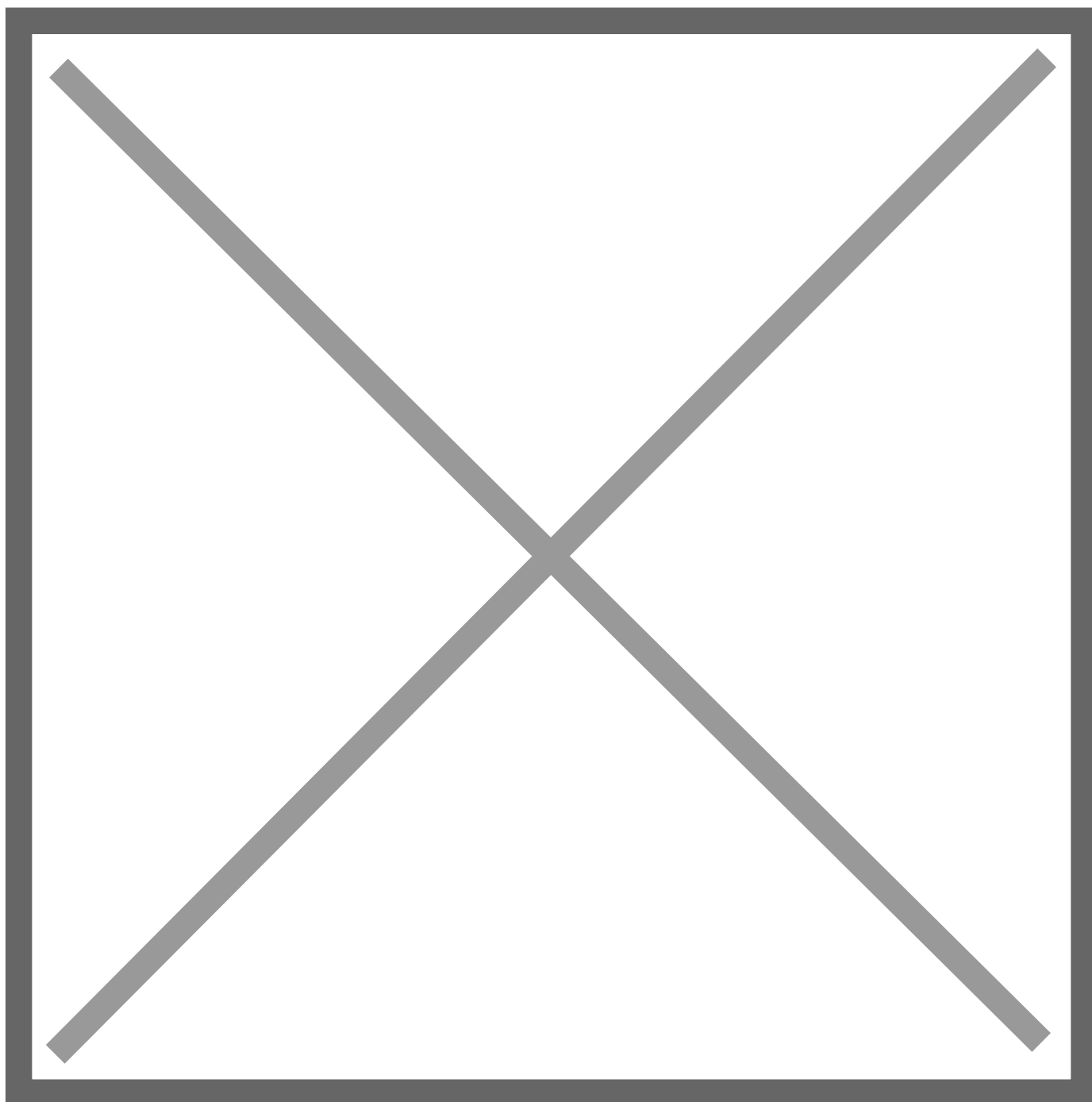
Pokrytá
oblast:

Národní

Reference: 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]

Definice
(kÅ dispozici
pouze
vÅ angliÄ
tinÄ): Incidence per 100,000

1/2eny, 2022



VÄ k:

20+

Pokrytí
oblast:

Národná

Reference:

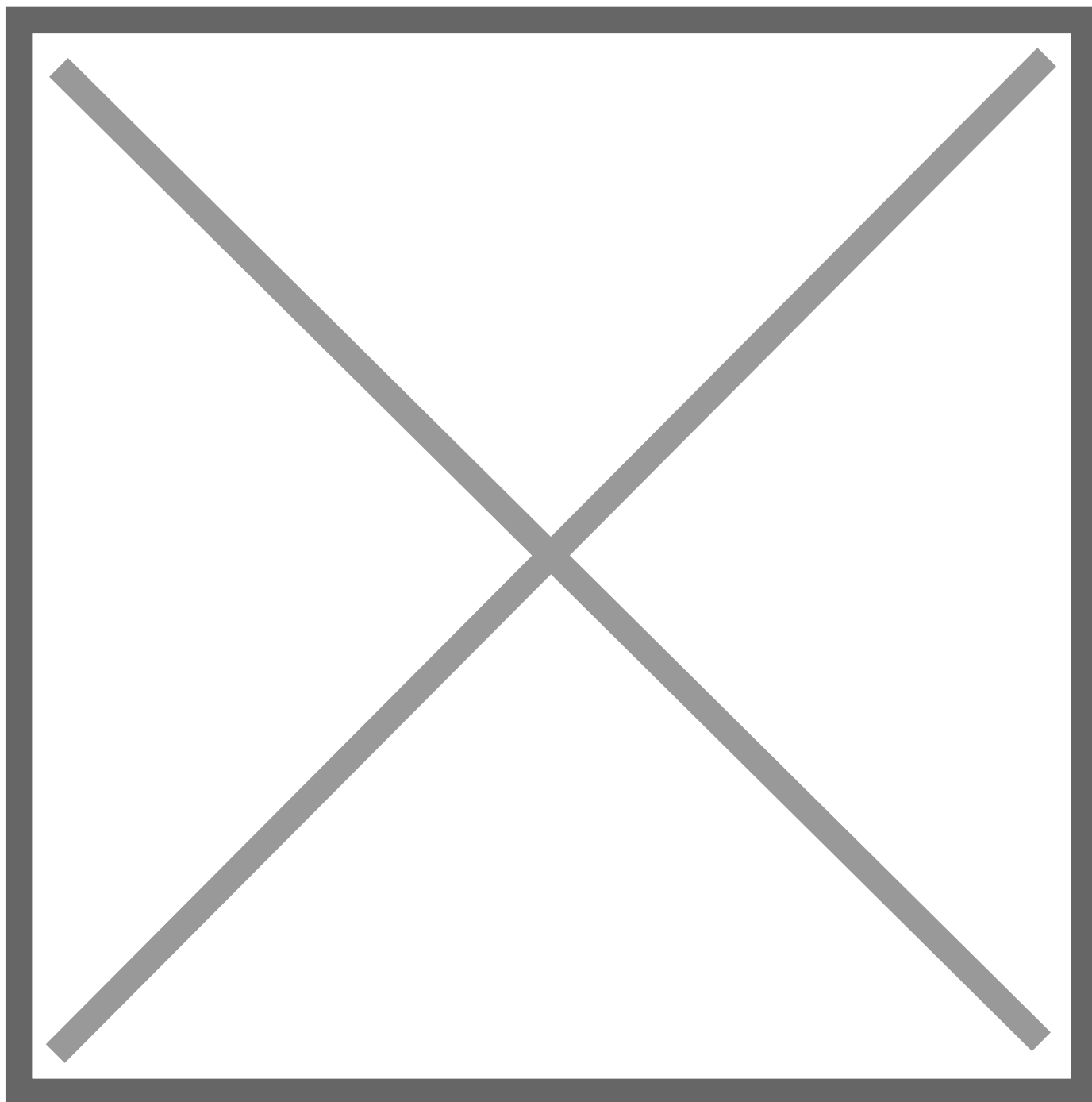
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Definice
(kÅ dispozici
pouze
vÅ angliÄ
tinÄ)::

Incidence per 100,000

Rakovina dĚĽ lohy

Ā½eny, 2022



VĀĽ k:

20+

Reference:

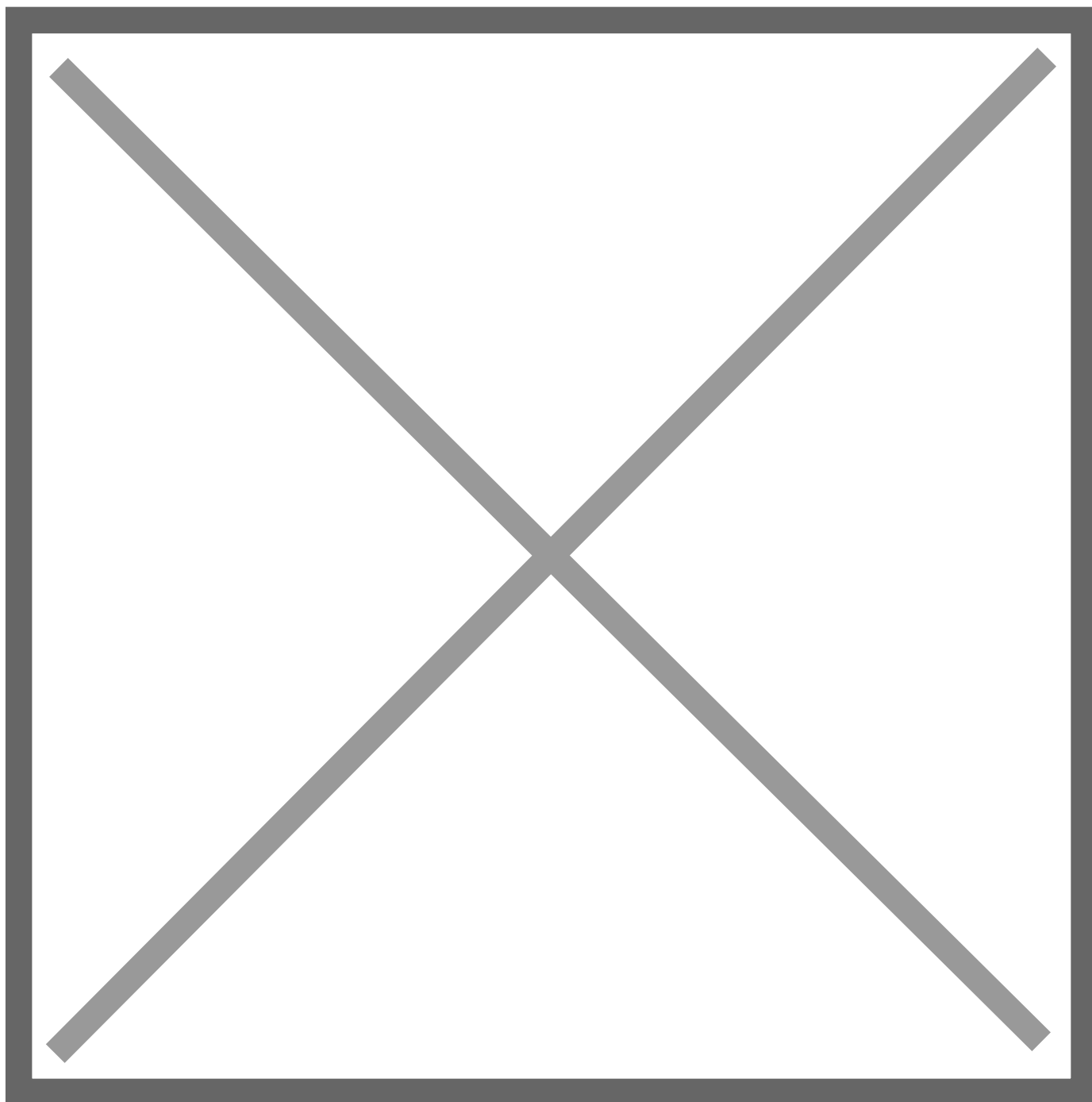
Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.who.int/today>, accessed [16.07.24]

Definice
(kÅ dispozici
pouze
vÅ angliÄ
tinÄ)::

Incidence per 100,000

Zvýšená krevní tlak

Dospělí, 2015



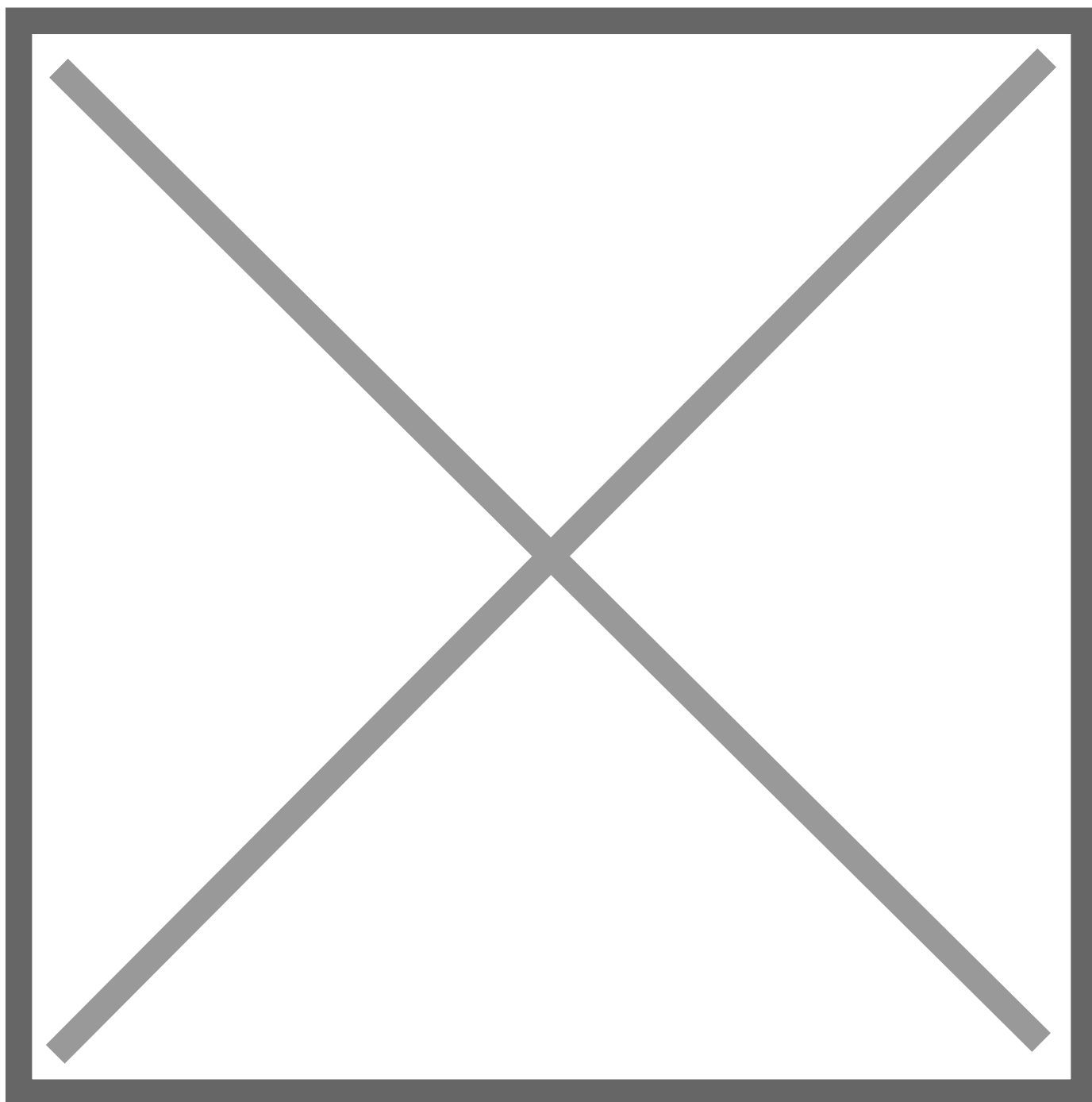
Reference:

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

Definice
(kÅ dispozici
pouze
vÅ angliÄ
tinÄ):

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

MuÅ¾i, 2015



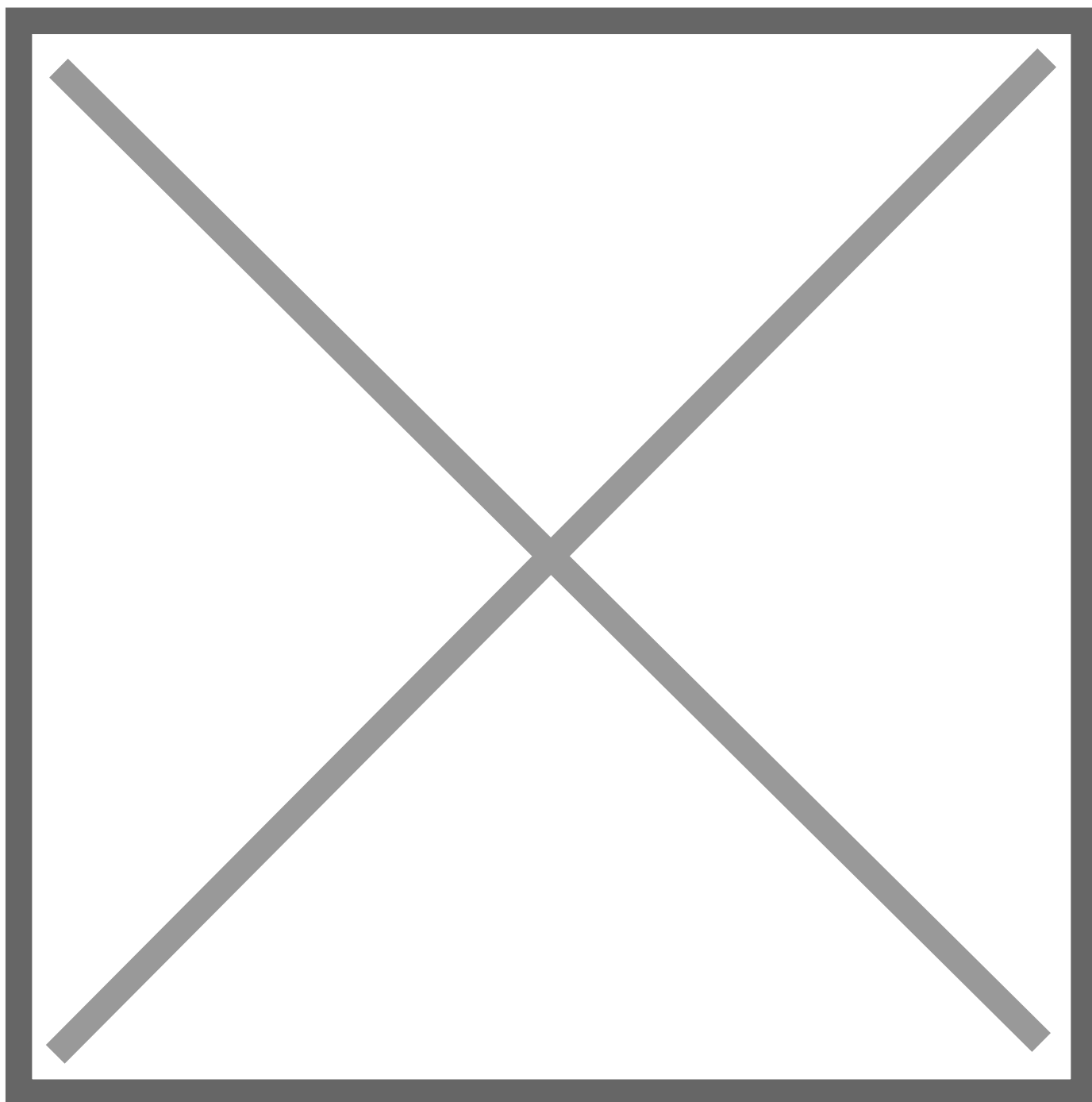
Reference:

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

Definice (kÅ dispozici pouze vÅ angliÅ tinÅ):

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

Age-standardised, 2015



Reference:

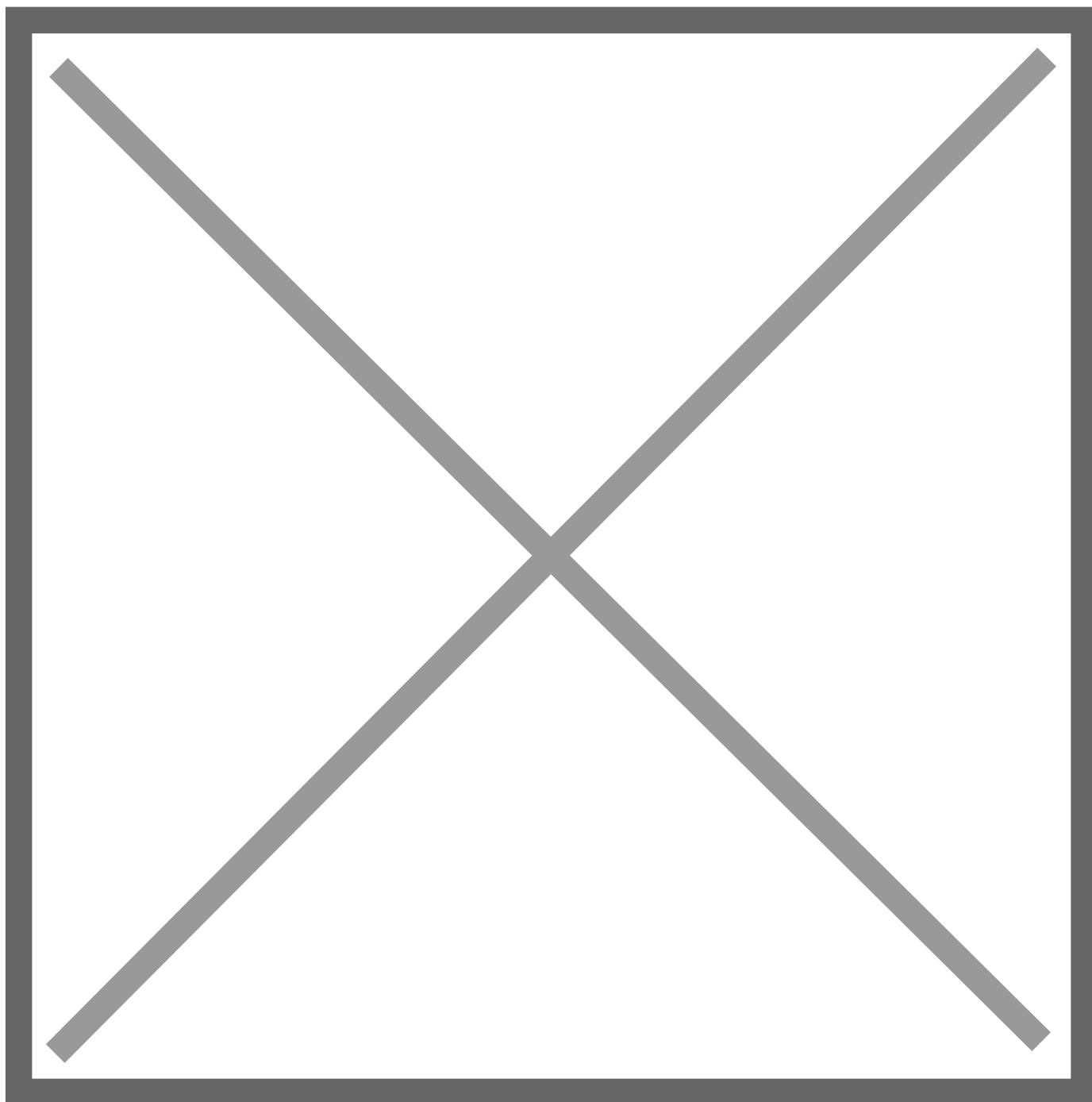
Global Health Observatory data repository, World Health Organisation,
<http://apps.who.int/gho/data/node.main.A875?lang=en>

Definice
(kÅ dispozici
pouze
vÅ angliÄ
tinÄ):

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

Zvýšený cholesterol

Doporučení, 2008

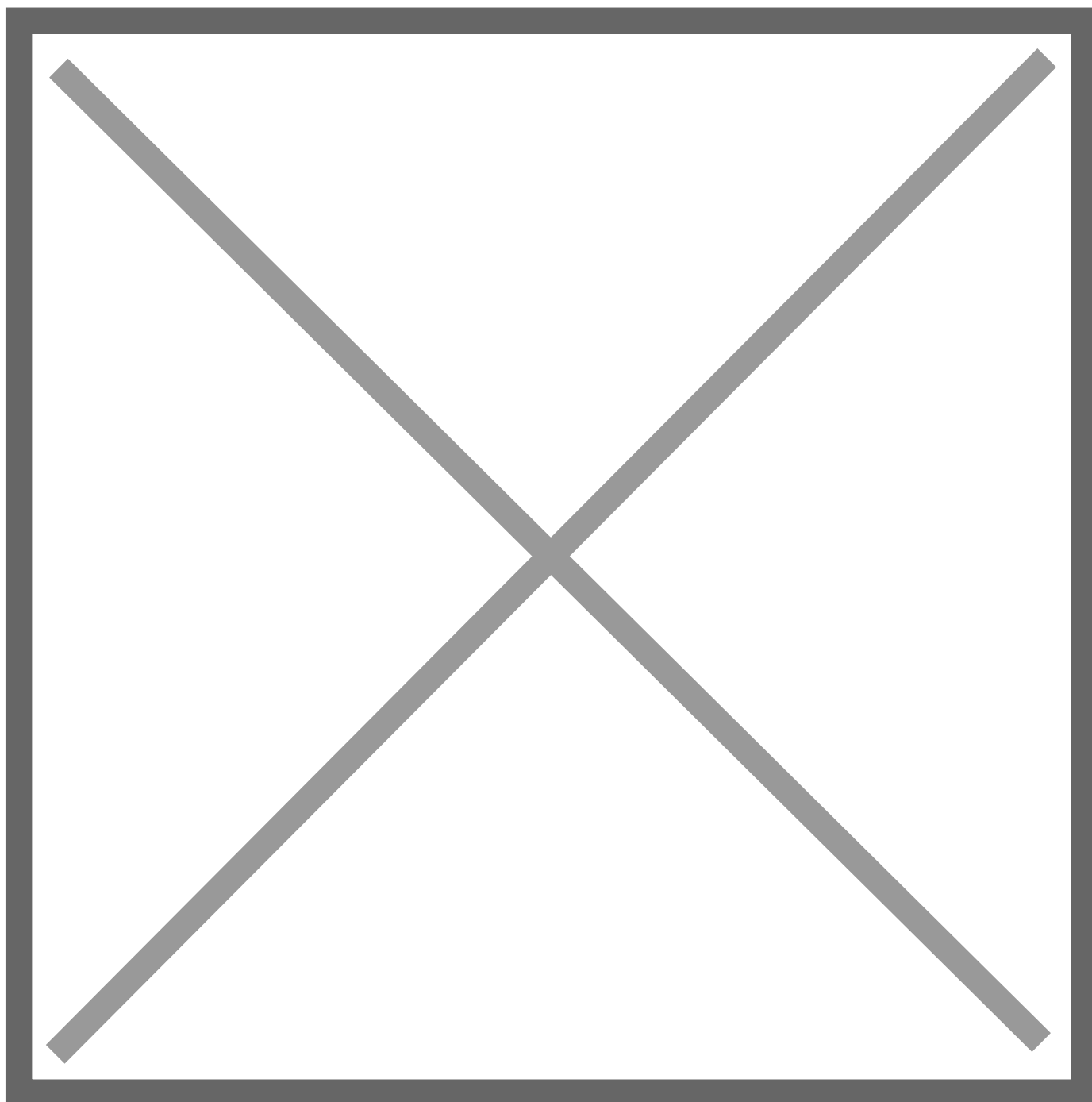


Reference: Global Health Observatory data repository, World Health Organisation, <http://apps.who.int/gho/data/node.main.A885>

Definice
(kÅ dispozici
pouze
vÅ angliÄ
tinÄ):

% Raised total cholesterol (≥ 5.0 mmol/L) (age-standardized estimate).

MuÅ¾i, 2008

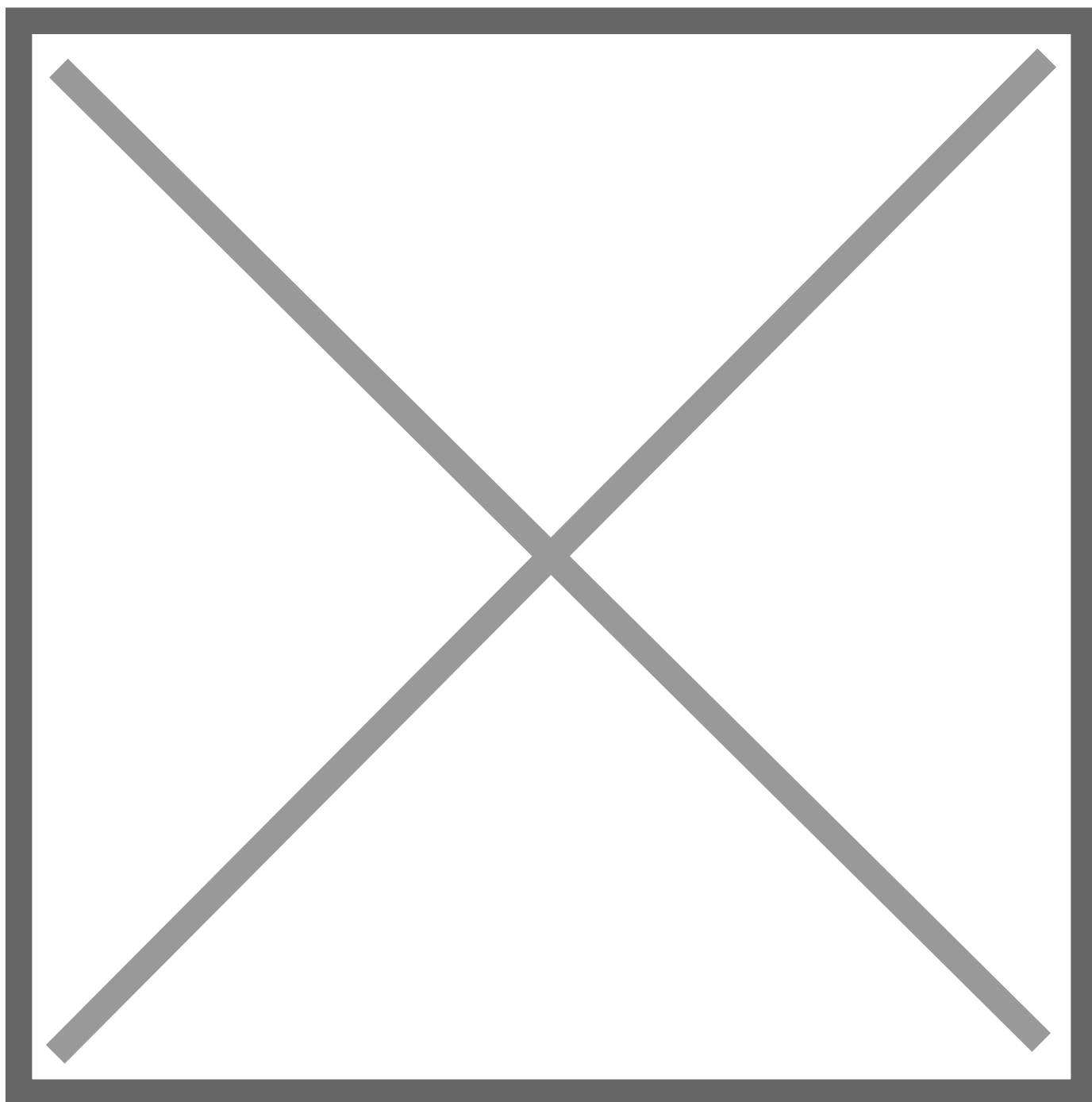


Reference: Global Health Observatory data repository, World Health Organisation, <http://apps.who.int/gho/data/node.main.A885>

Definice
(kÅ½ dispozici
pouze
vÅ½ angliÅ½
tinÅ½):

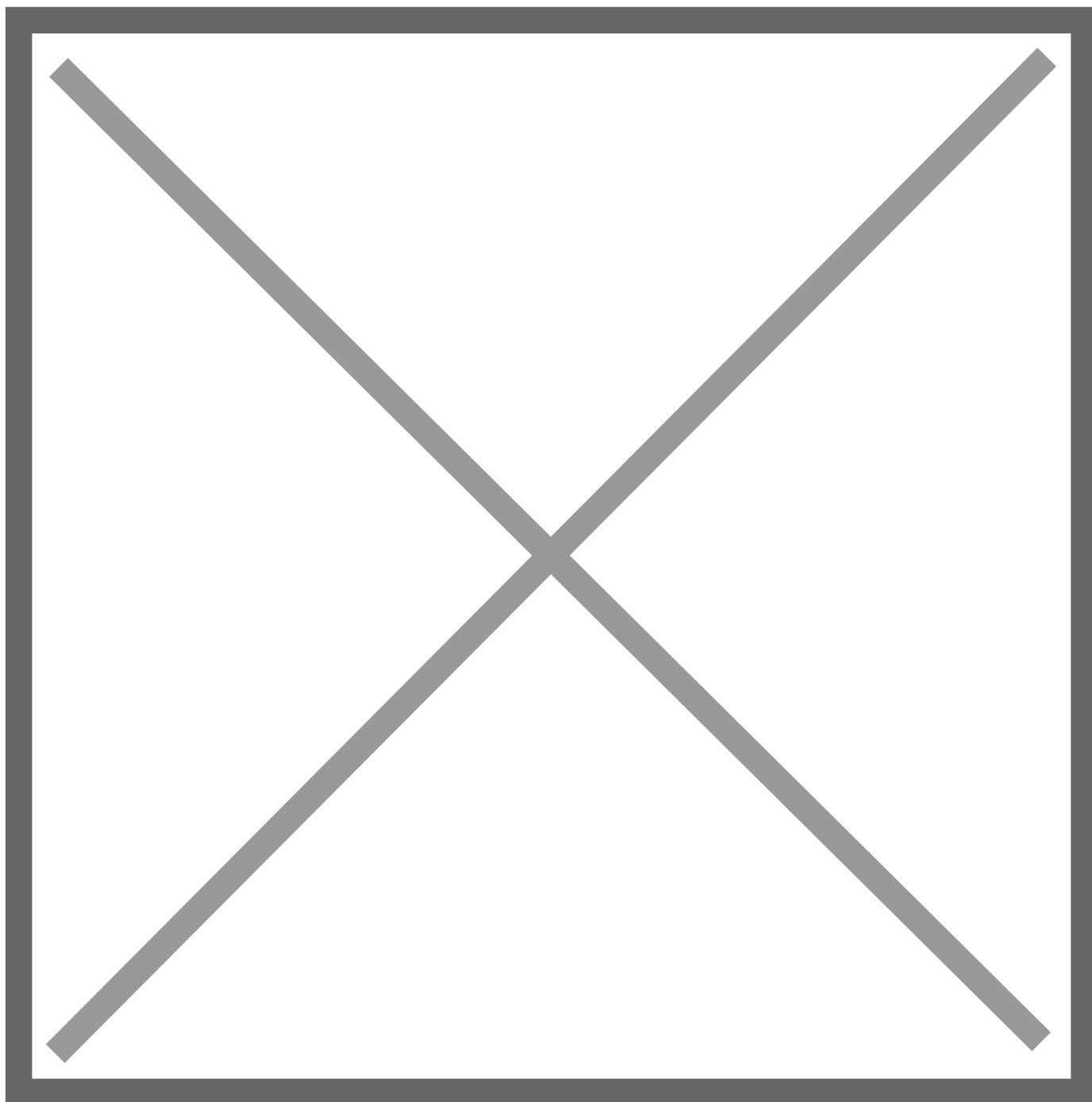
% Raised total cholesterol (≥ 5.0 mmol/L) (age-standardized estimate).

Ā½eny, 2008



Reference:	Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A885
Definice (kÅ dispozici pouze vÅ angliÅ tinÅ):	% Raised total cholesterol (≥ 5.0 mmol/L) (age-standardized estimate).

Zvýšená hladina glukózy v krvi nalačno Muži, 2014



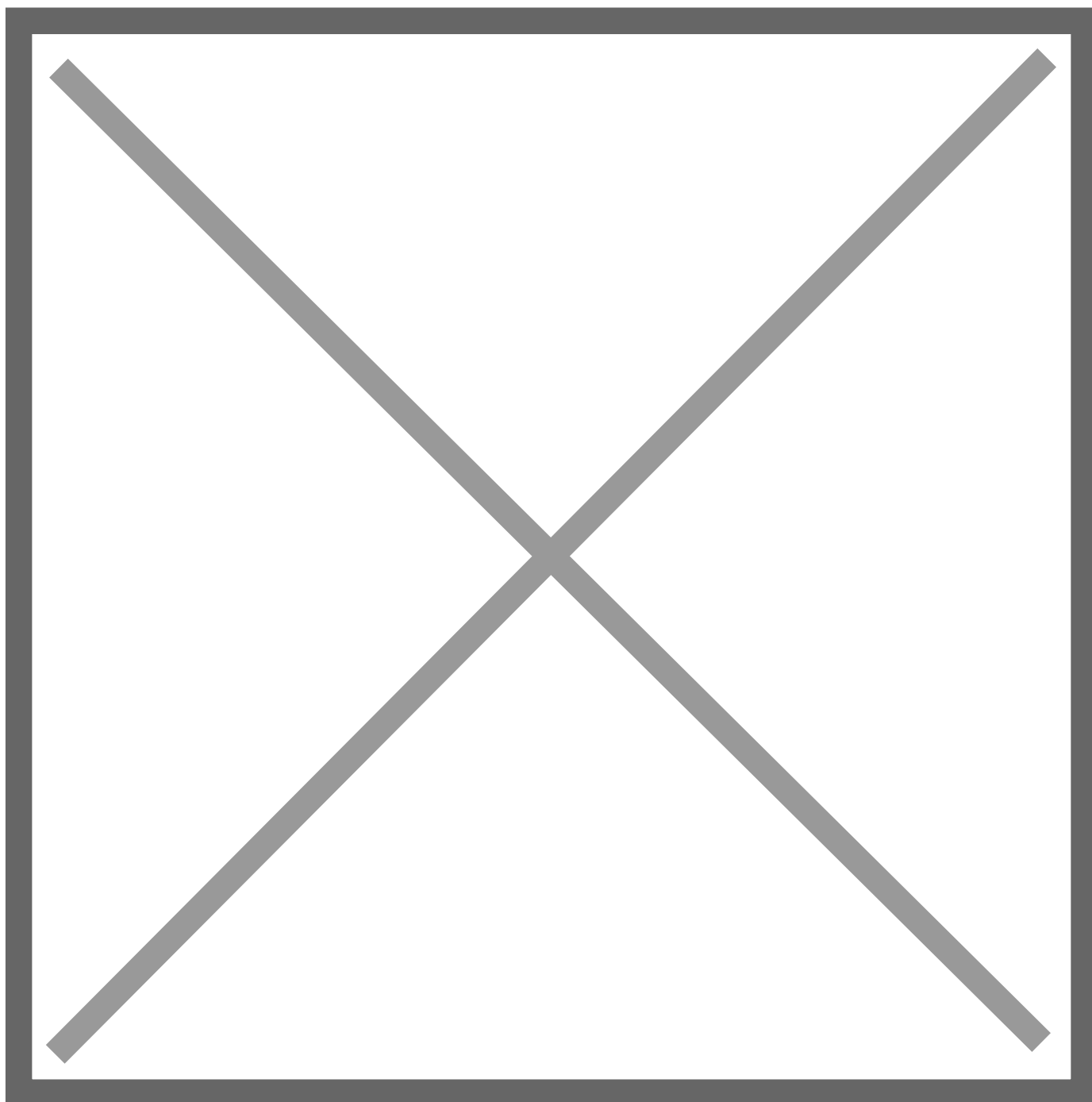
Reference:

Global Health Observatory data repository, World Health Organisation,
<http://apps.who.int/gho/data/node.main.A869?lang=en>

Definice
(kÅ dispozici
pouze
vÅ angliÄ
tinÄ):

Age Standardised % raised fasting blood glucose (≥ 7.0 mmol/L or on medication).

Ā1½eny, 2014



Reference:

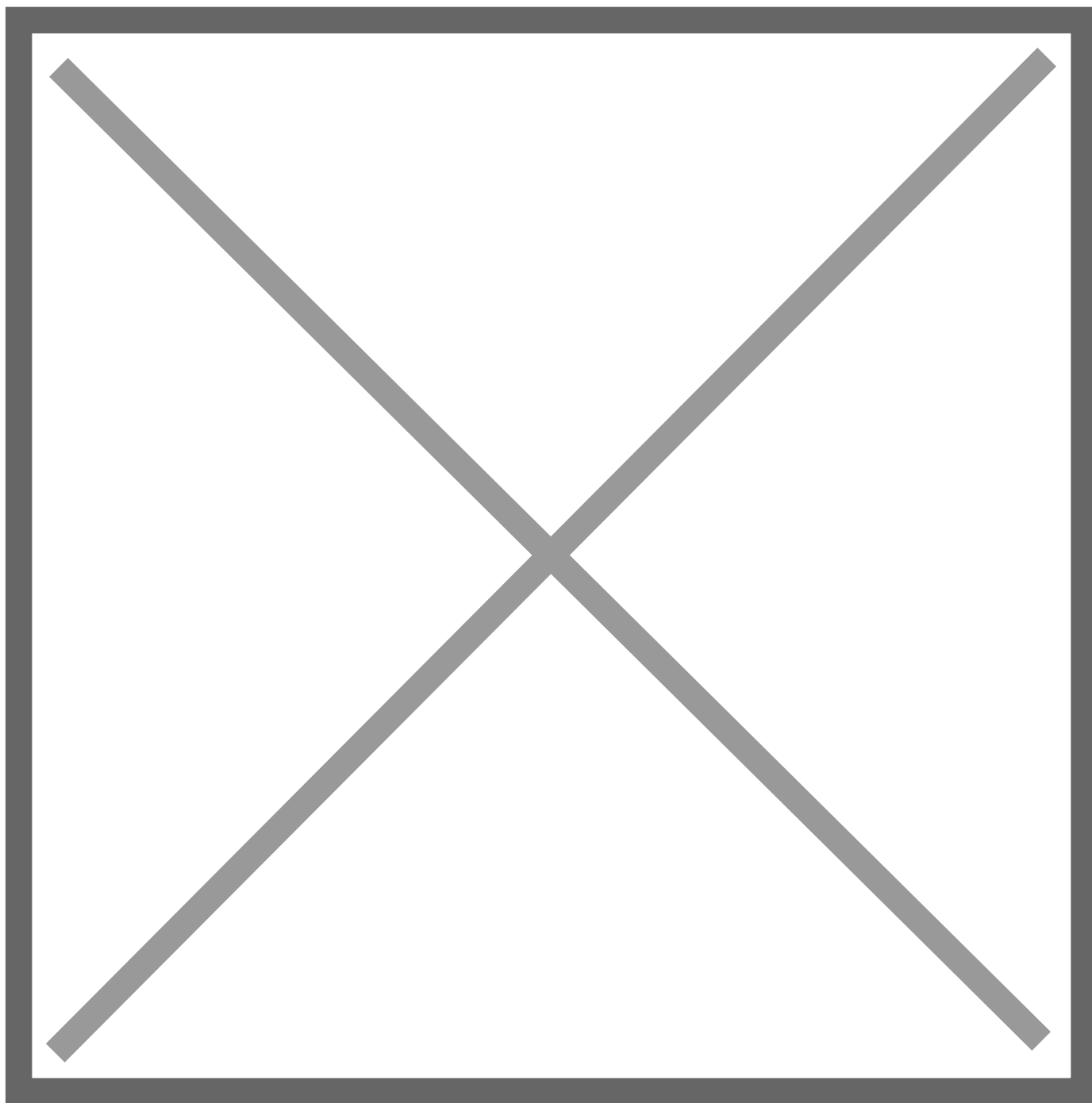
Global Health Observatory data repository, World Health Organisation,
<http://apps.who.int/gho/data/node.main.A869?lang=en>

Definice
(kā dispozici
pouze
vĀ angliĀ
tinĀ):

Age Standardised % raised fasting blood glucose (≥ 7.0 mmol/L or on medication).

Prevalence diabetu

DospÄĚ IÄĚ, 2024

**Reference:**

Reproduced with kind permission International Diabetes Federation. IDF Diabetes Atlas, 11th edn. Brussels, Belgium:International Diabetes Federation, 2025. <http://www.diabetesatlas.org>

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