



WHO European region

Regional report card - children

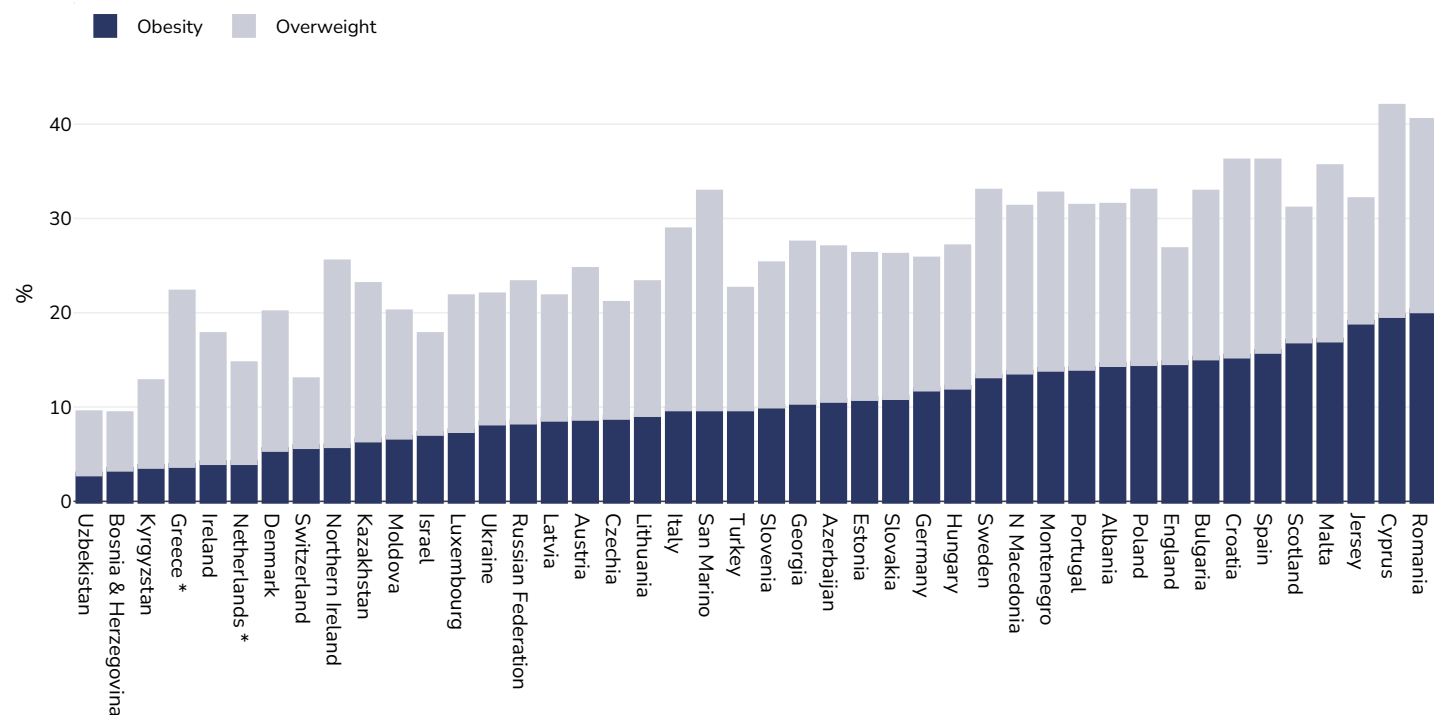
This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity for children, including adolescents (aged 5 to 18 years). Where available, data on common and relevant obesity drivers and comorbidities are also presented.

View the latest version of this report on the Global Obesity Observatory at <https://data.worldobesity.org/region/who-european-region-5/>.

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Obesity prevalence

Children



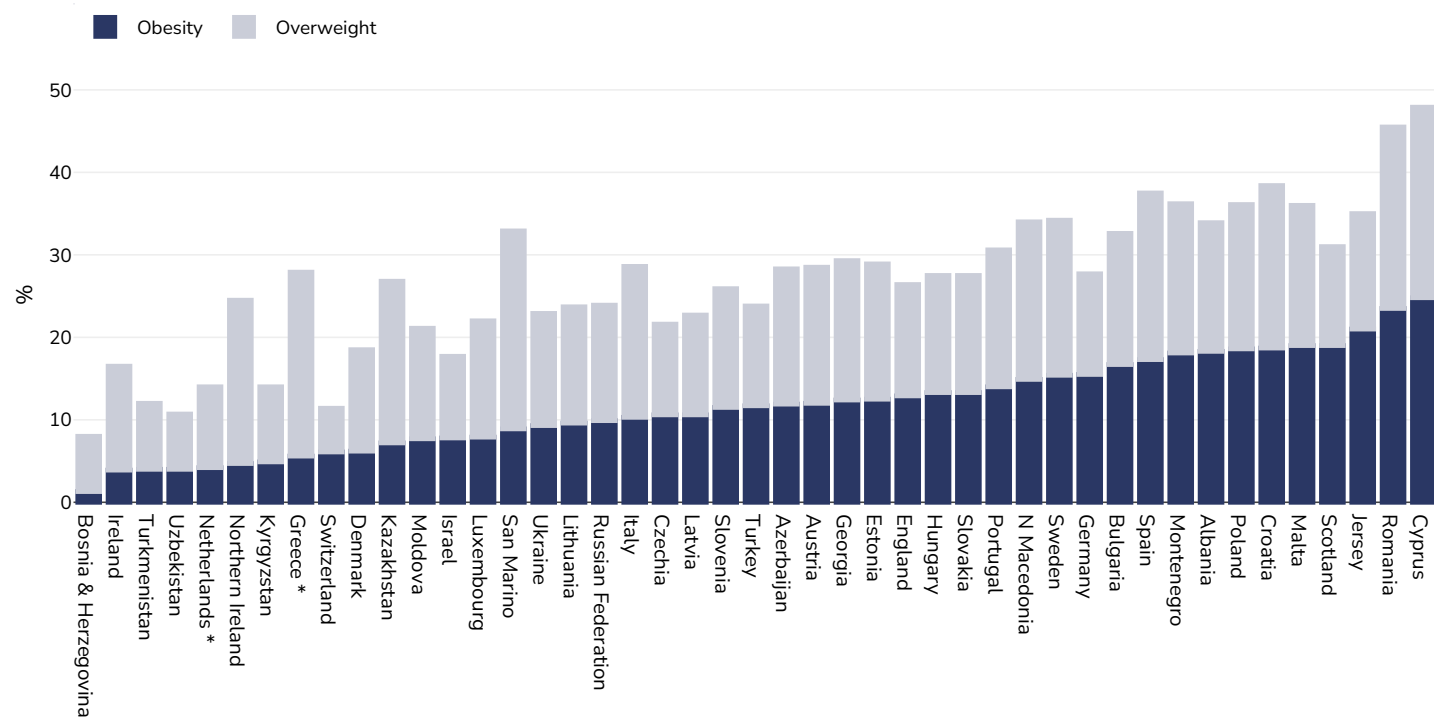
Survey type:

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

Notes:

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

Boys



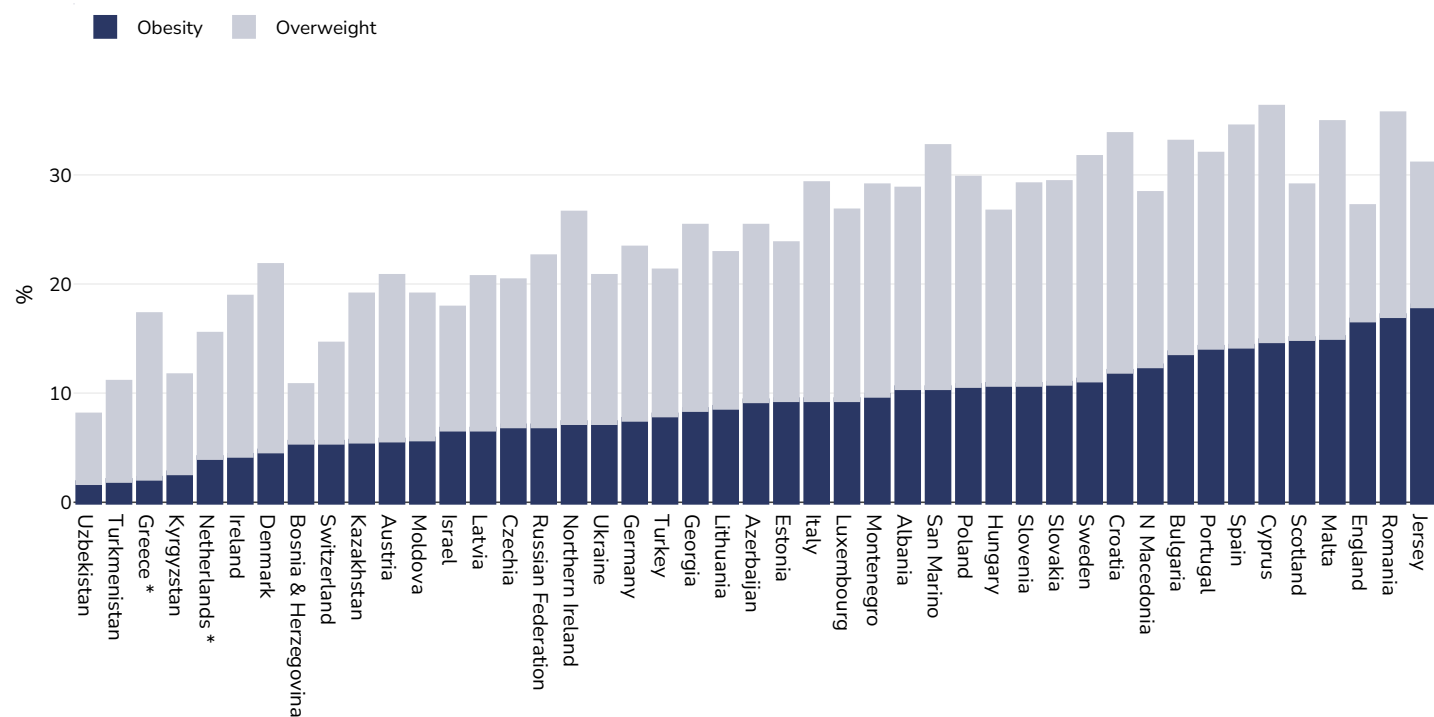
Survey type:

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

Notes:

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

Girls



Survey type:

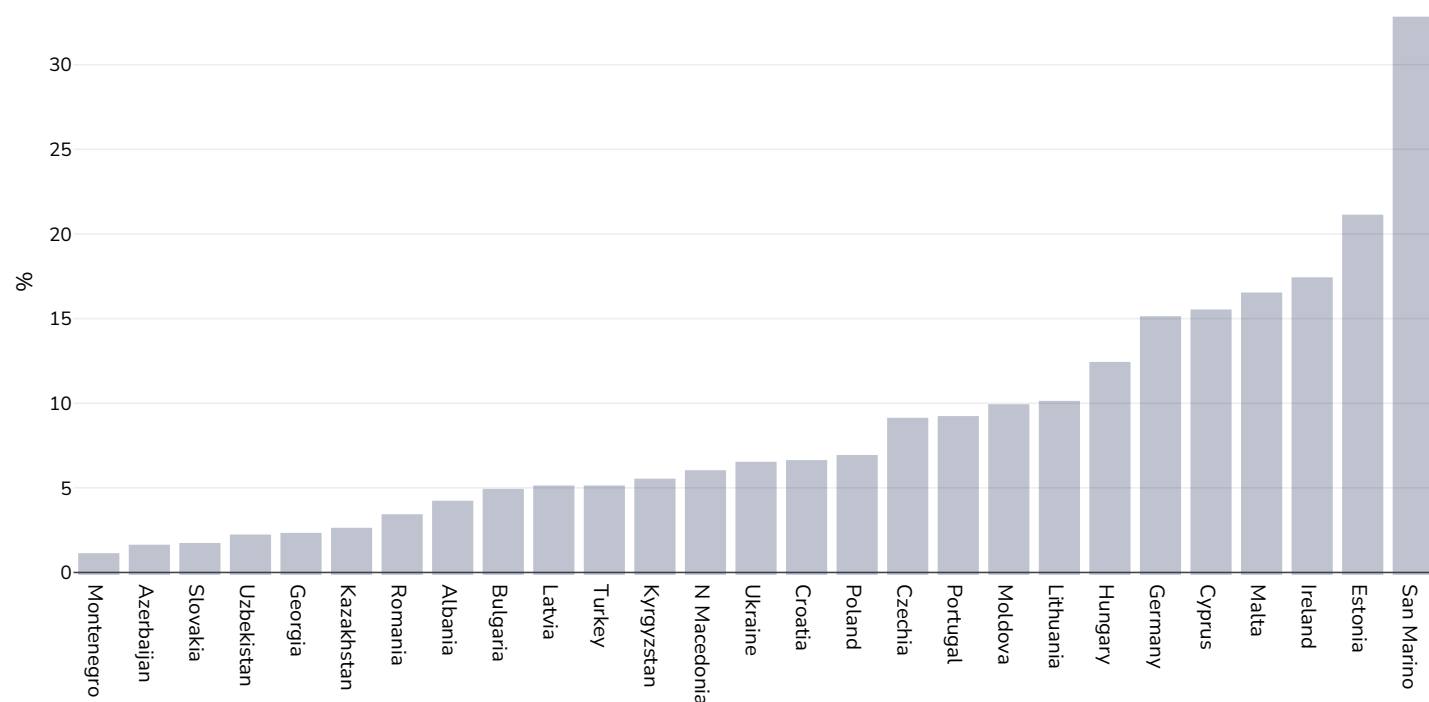
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Notes:

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

Insufficient activity

Children, 2022-2024



Survey type: Self-reported

Age: 6-9

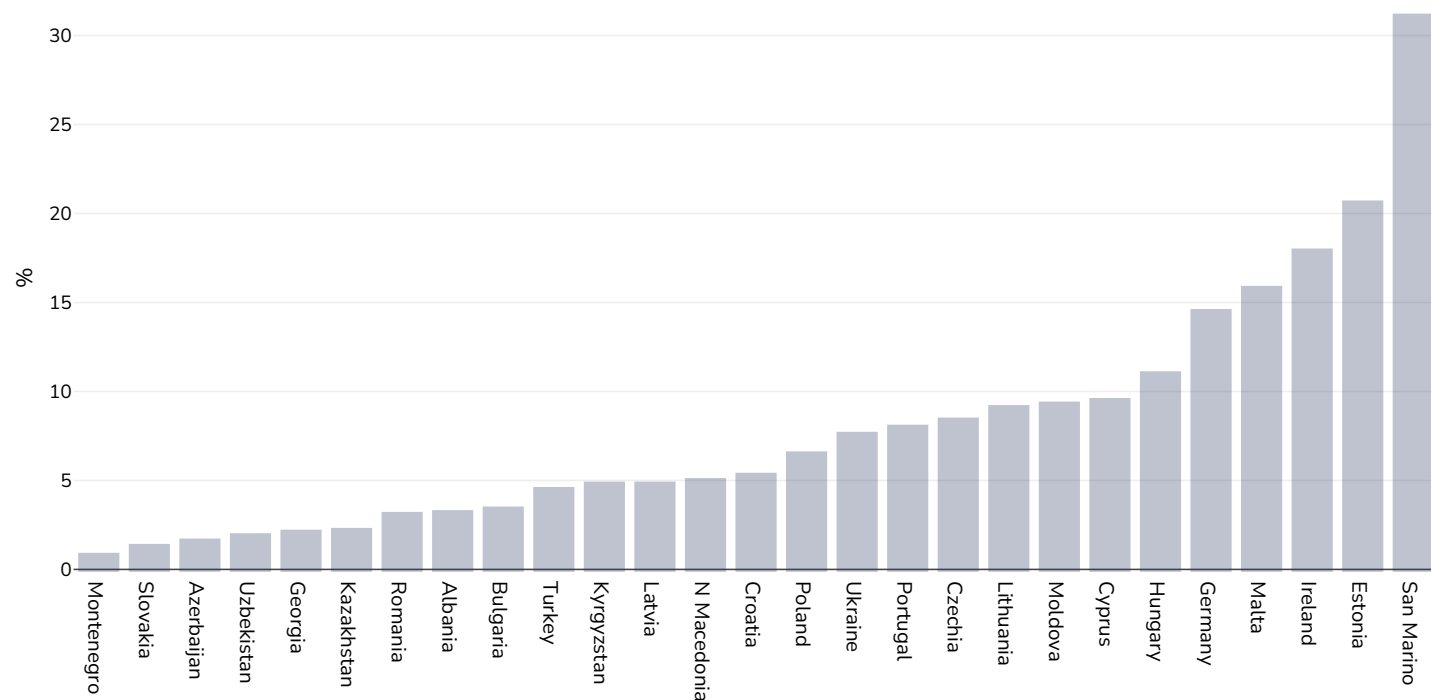
Area covered: National

References: WHO European Childhood Obesity Surveillance Initiative (COSI): report on the sixth round of data collection, 2022– 2024. Copenhagen: WHO Regional Office for Europe; 2025. Licence: CC BY-NC-SA 3.0 IGO.

Notes: National data excluding Germany (Bremen only) and Kazakhstan (Almaty only).

Definitions: Percentage of children not meeting WHO recommendations for physical activity, i.e. not playing actively/vigorously for at least one hour a day on an average day, as reported by their parent

Boys, 2022-2024



Survey type: Self-reported

Age: 6-9

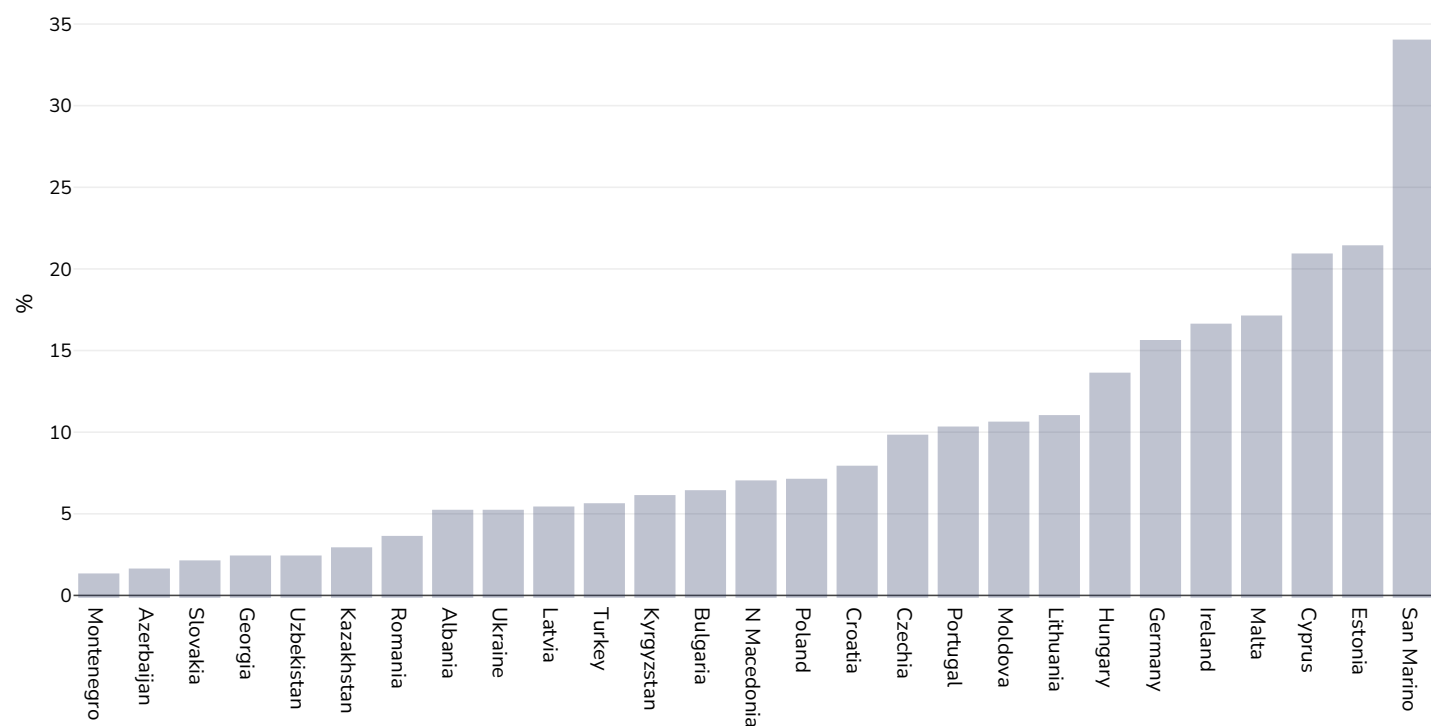
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Notes: National data excluding Germany (Bremen only) and Kazakhstan (Almaty only).

Definitions: Percentage of children not meeting WHO recommendations for physical activity, i.e. not playing actively/vigorously for at least one hour a day on an average day, as reported by their parent

Girls, 2022-2024



Survey type: Self-reported

Age: 6-9

Area covered: National

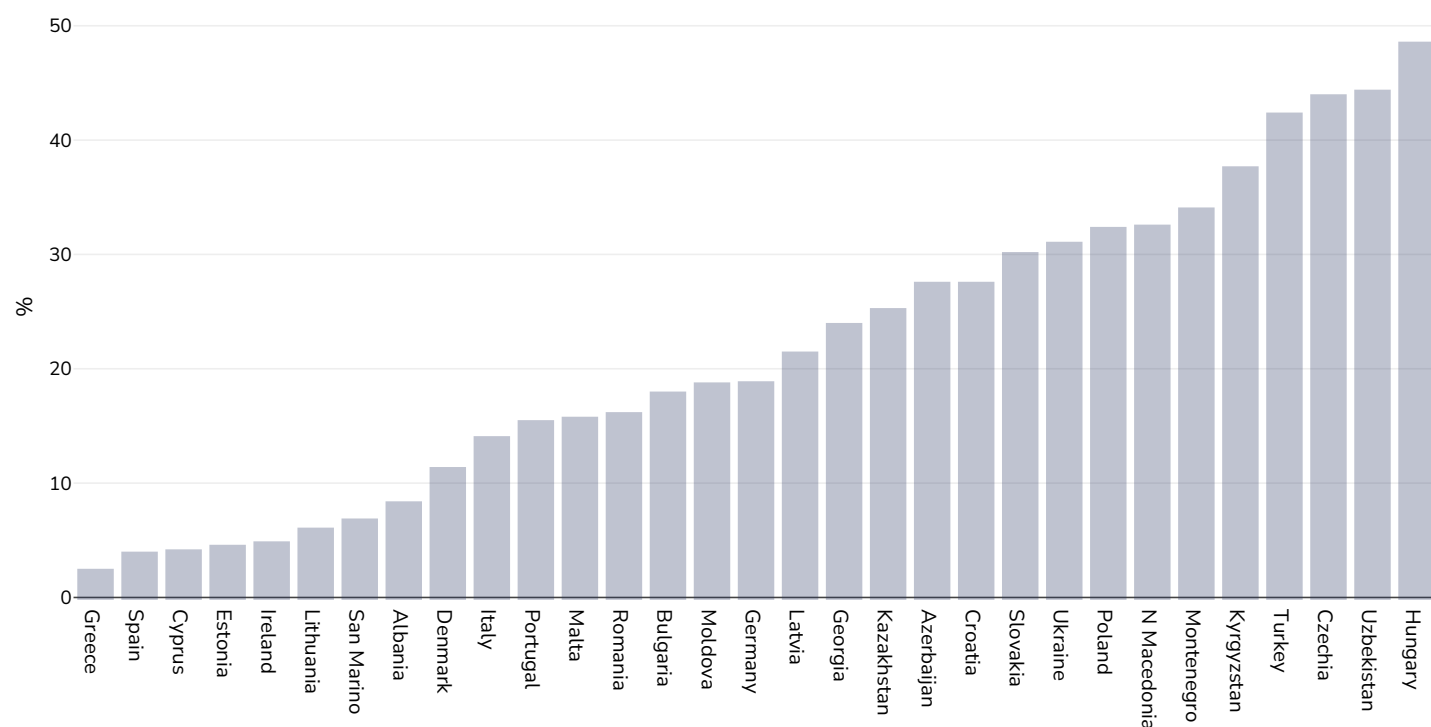
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Notes: National data excluding Germany (Bremen only) and Kazakhstan (Almaty only).

Definitions: Percentage of children not meeting WHO recommendations for physical activity, i.e. not playing actively/vigorously for at least one hour a day on an average day, as reported by their parent

Prevalence of at least daily soft drink consumption

Children, 2022-2024



Survey type: Self-reported

Age: 6-9

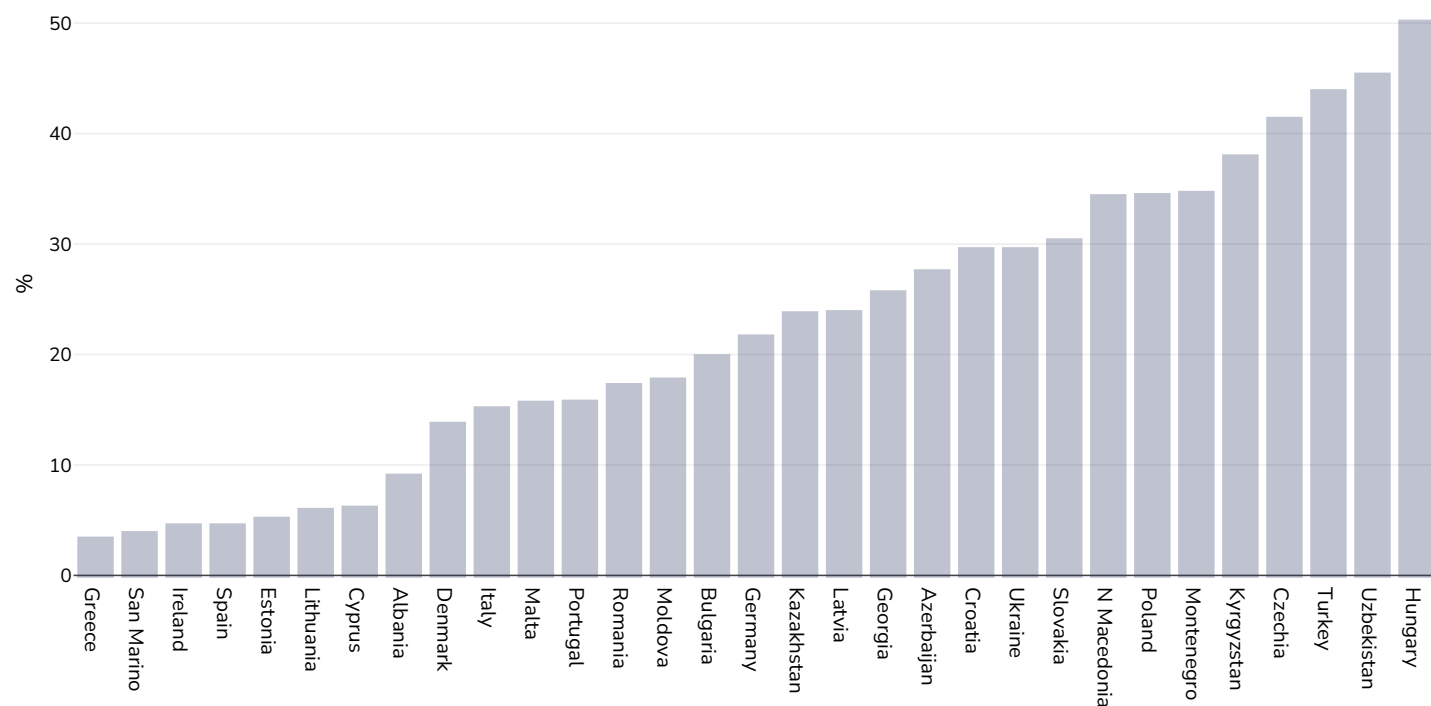
Area covered: National

References: WHO European Childhood Obesity Surveillance Initiative (COSI): report on the sixth round of data collection, 2022– 2024. Copenhagen: WHO Regional Office for Europe; 2025. Licence: CC BY-NC-SA 3.0 IGO.

Notes: National data excluding Germany (Bremen only) and Kazakhstan (Almaty only)

Definitions: Prevalence of daily consumption of soft drinks containing sugar, as reported by the child's parent (%)

Boys, 2022-2024



Survey type: Self-reported

Age: 6-9

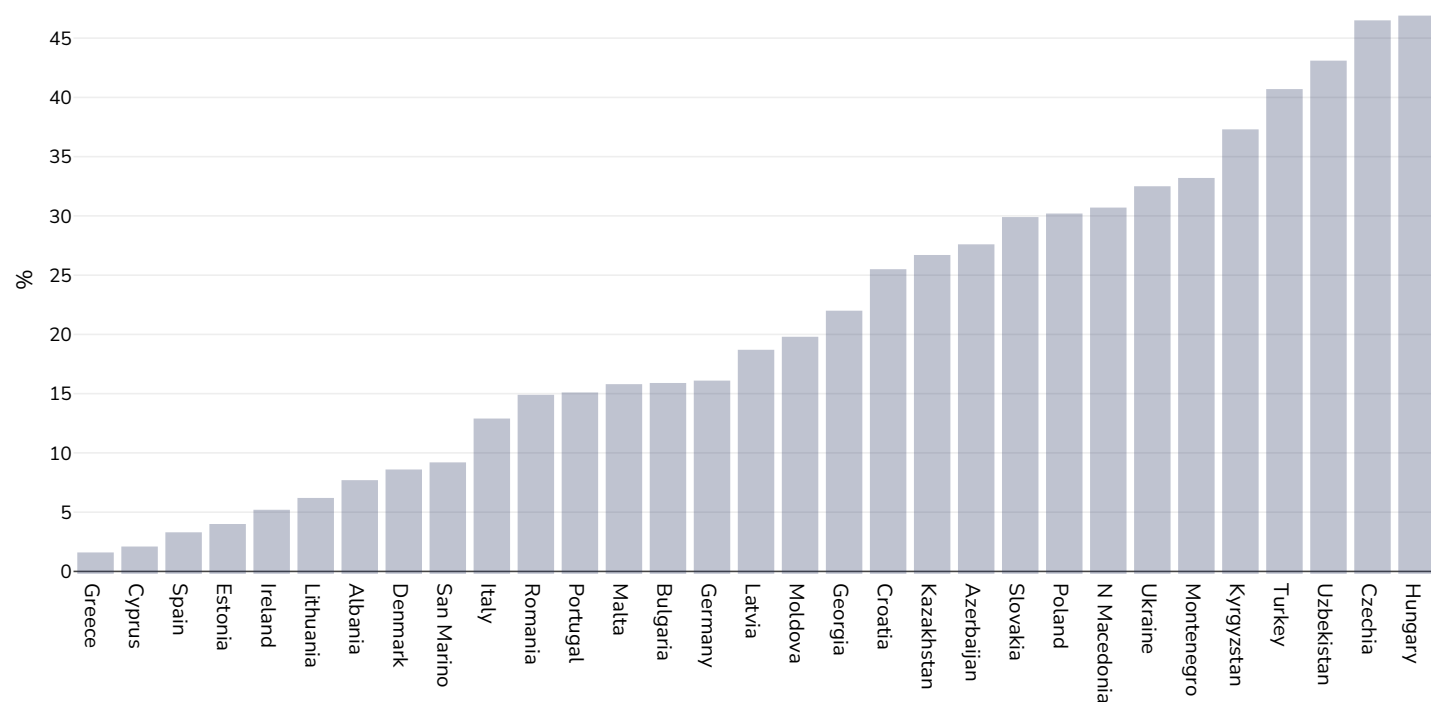
Area covered: National

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Notes: National data excluding Germany (Bremen only) and Kazakhstan (Almaty only)

Definitions: Prevalence of daily consumption of soft drinks containing sugar, as reported by the child's parent (%)

Girls, 2022-2024



Survey type: Self-reported

Age: 6-9

Area covered: National

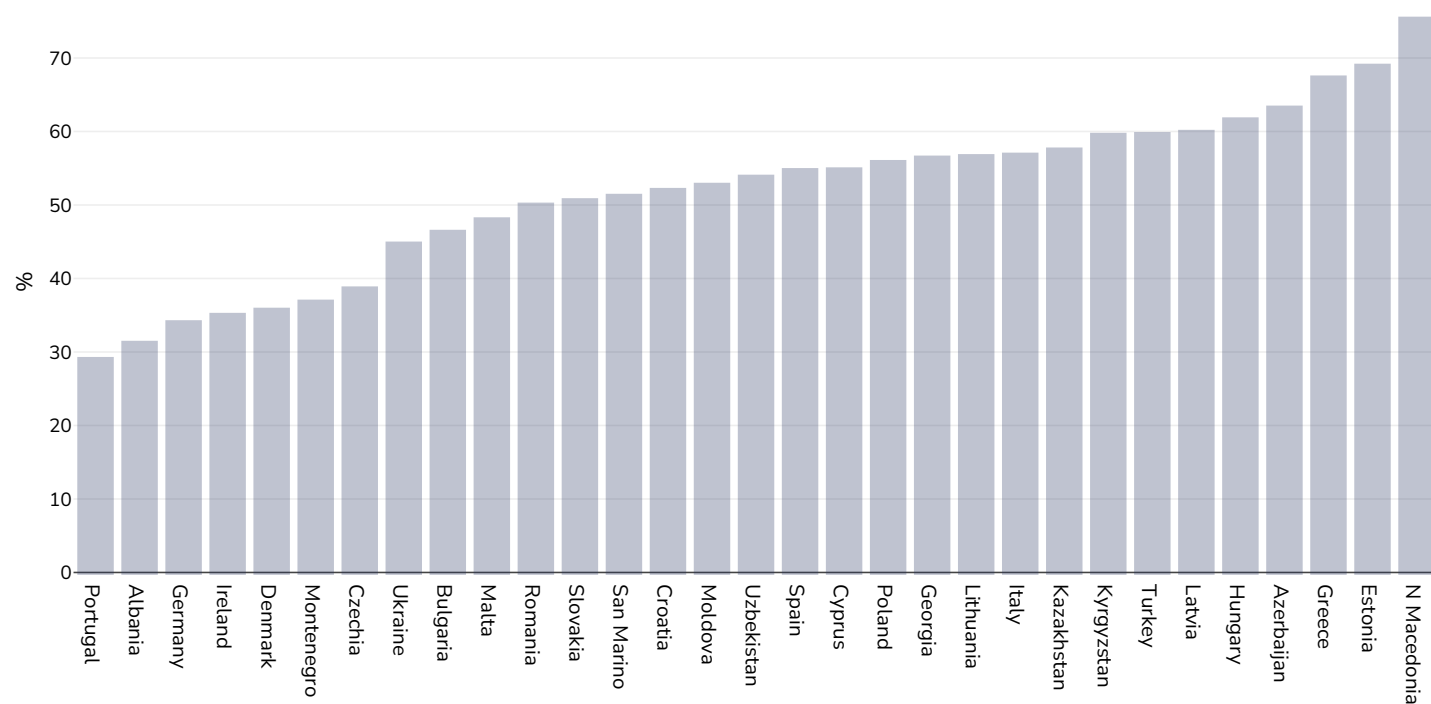
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Notes: National data excluding Germany (Bremen only) and Kazakhstan (Almaty only)

Definitions: Prevalence of daily consumption of soft drinks containing sugar, as reported by the child's parent (%)

Prevalence of less-than-daily fruit consumption

Children, 2022-2024



Survey type: Self-reported

Age: 6-9

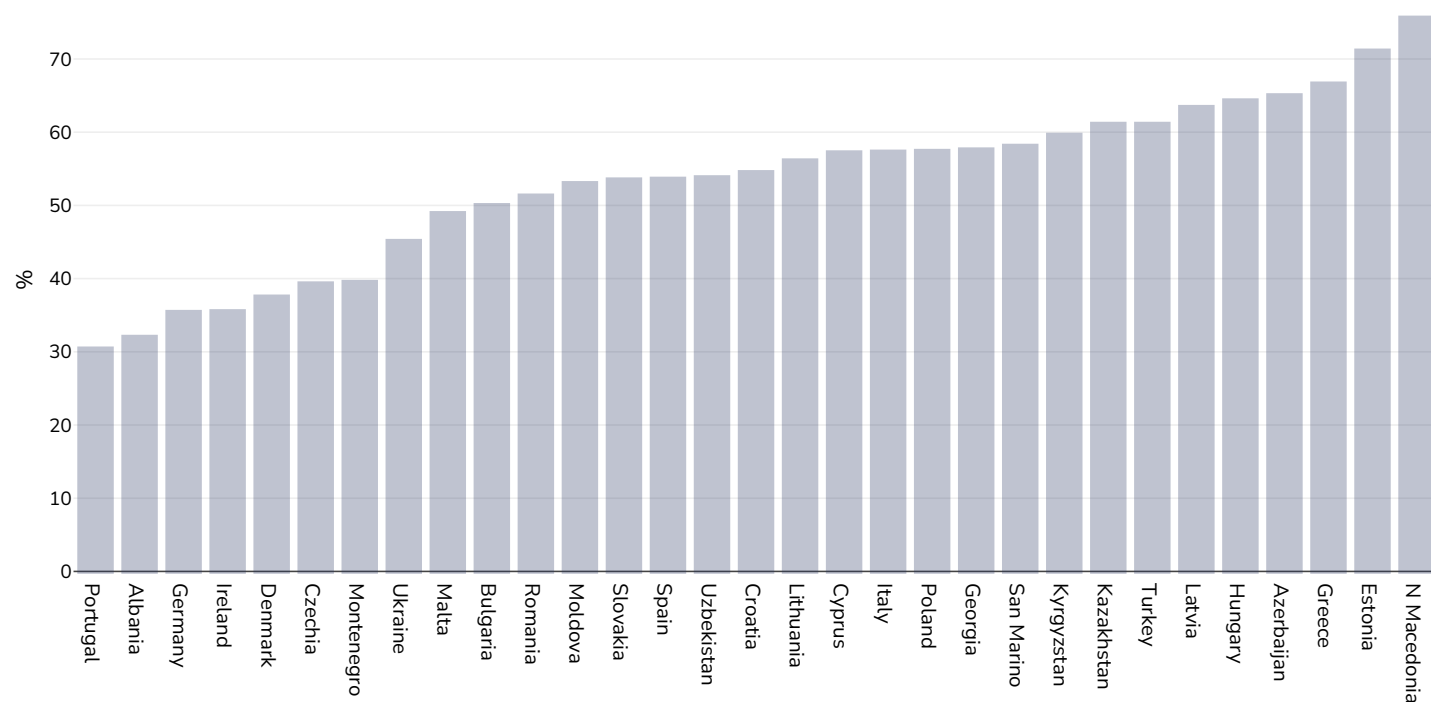
Area covered: National

References: WHO European Childhood Obesity Surveillance Initiative (COSI): report on the sixth round of data collection, 2022– 2024. Copenhagen: WHO Regional Office for Europe; 2025. Licence: CC BY-NC-SA 3.0 IGO.

Notes: National data excluding Germany (Bremen only) and Kazakhstan (Almaty only).

Definitions: Proportion of children whose parents reported that their child consumes fruit less than daily

Boys, 2022-2024



Survey type: Self-reported

Age: 6-9

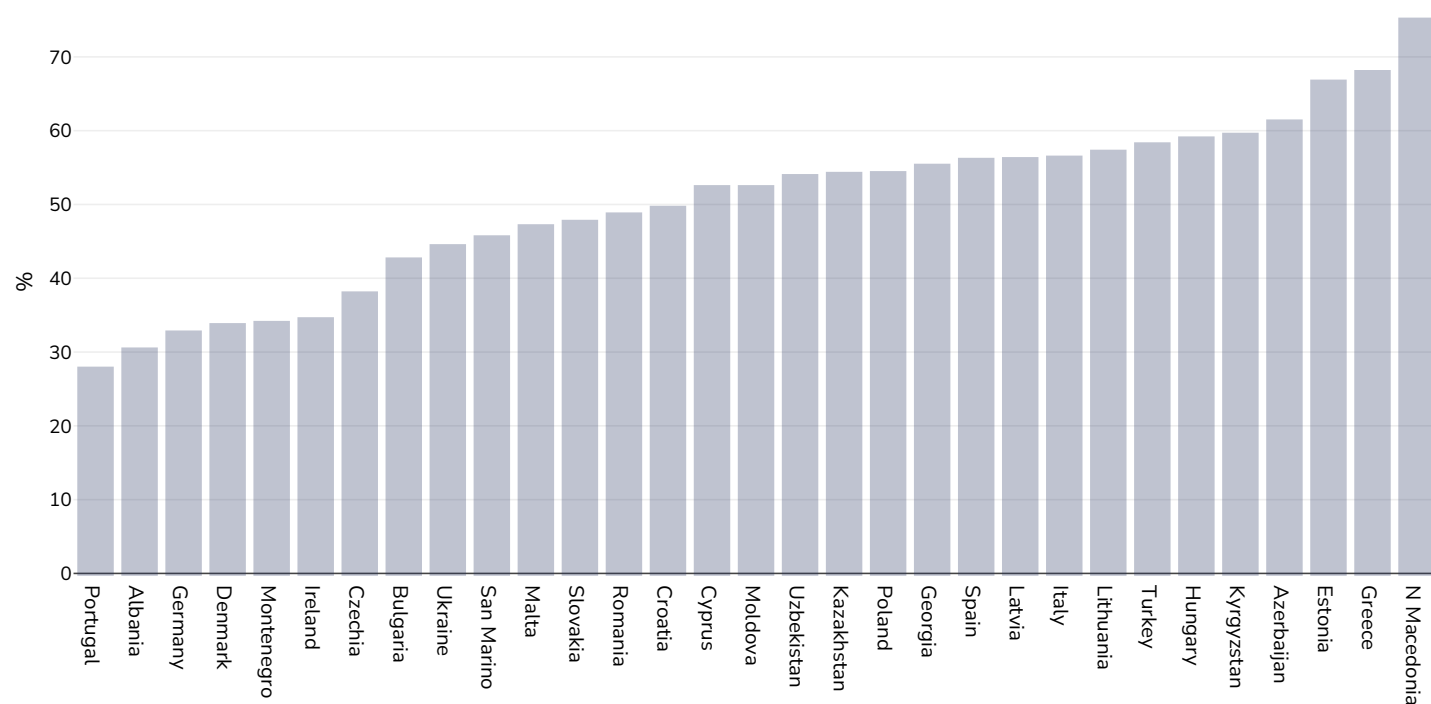
Area covered: National

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Notes: National data excluding Germany (Bremen only) and Kazakhstan (Almaty only).

Definitions: Proportion of children whose parents reported that their child consumes fruit less than daily

Girls, 2022-2024



Survey type: Self-reported

Age: 6-9

Area covered: National

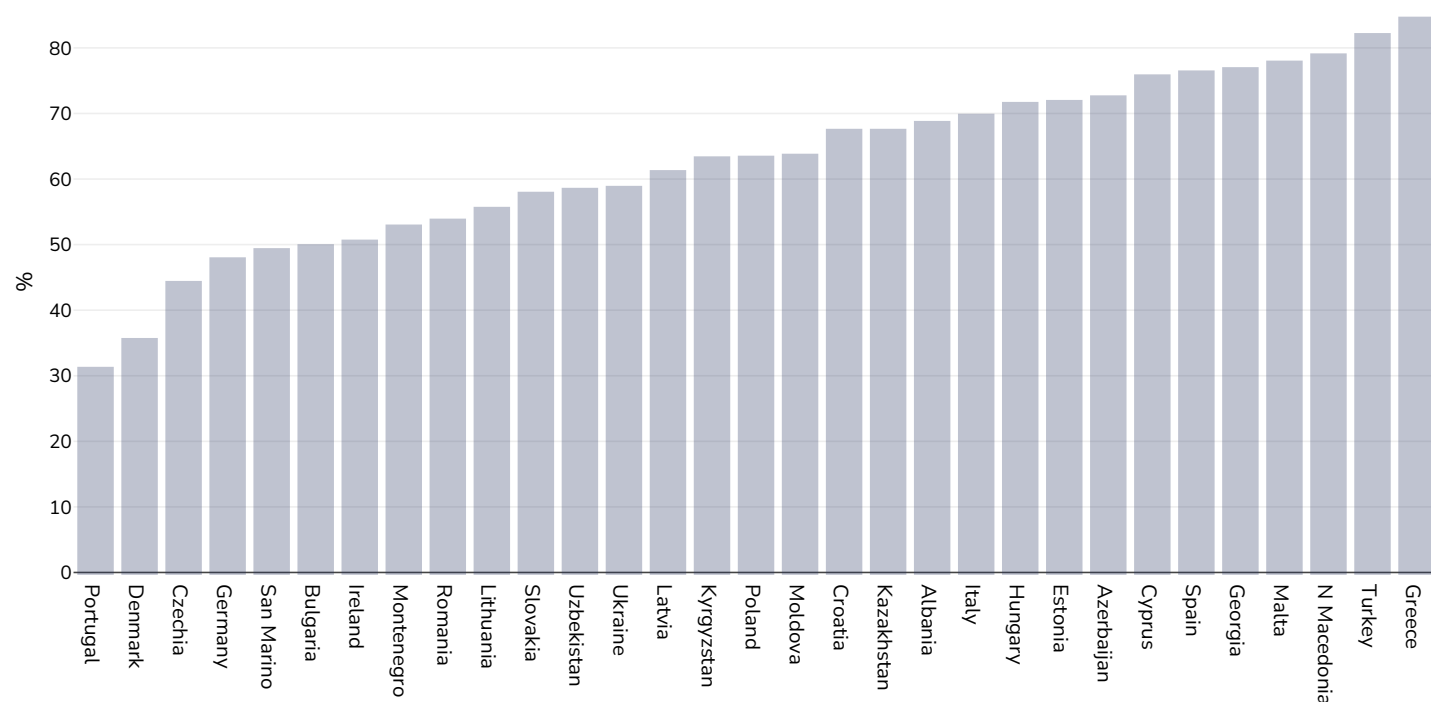
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Notes: National data excluding Germany (Bremen only) and Kazakhstan (Almaty only).

Definitions: Proportion of children whose parents reported that their child consumes fruit less than daily

Prevalence of less-than-daily vegetable consumption

Children, 2022-2024



Survey type: Self-reported

Age: 6-9

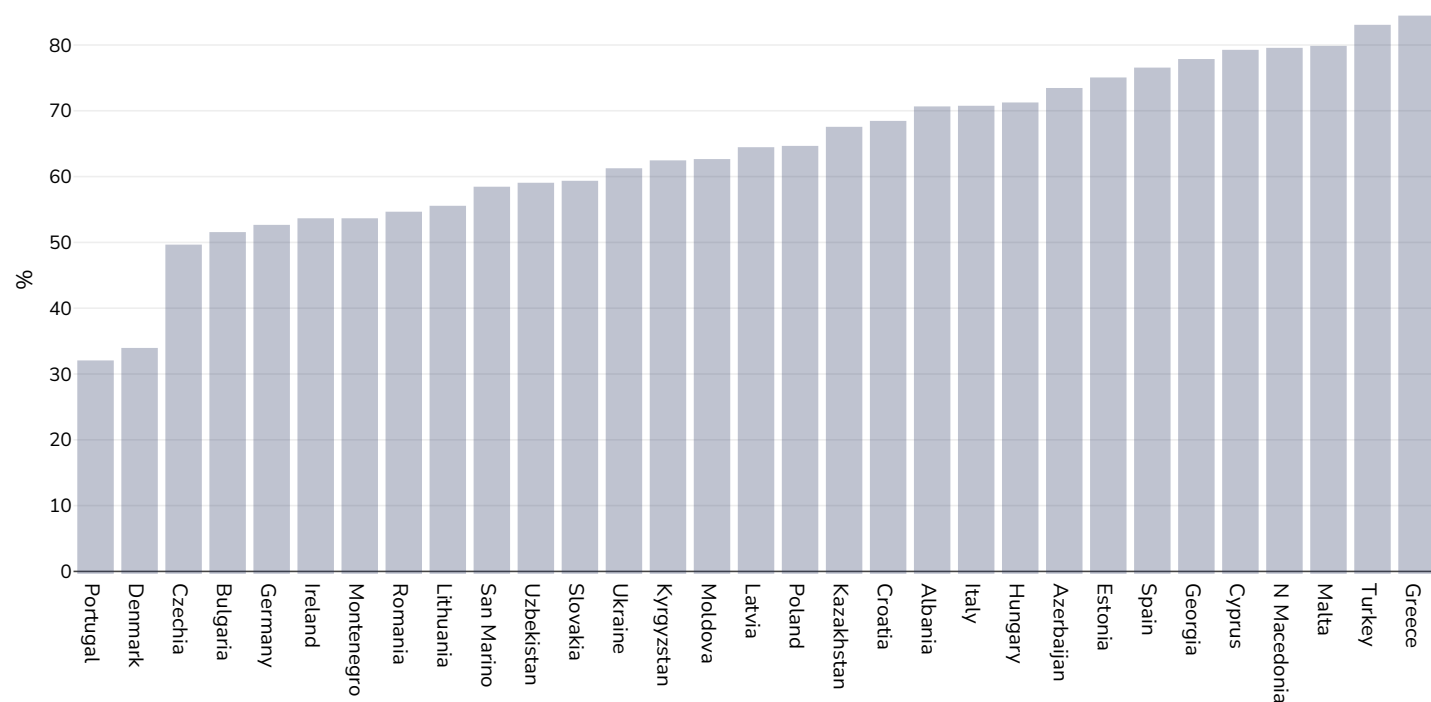
Area covered: National

References: WHO European Childhood Obesity Surveillance Initiative (COSI): report on the sixth round of data collection, 2022– 2024. Copenhagen: WHO Regional Office for Europe; 2025. Licence: CC BY-NC-SA 3.0 IGO.

Notes: National data excluding Germany (Bremen only) and Kazakhstan (Almaty only).

Definitions: Proportion of children whose parents reported that their child consumes vegetables less than daily

Boys, 2022-2024



Survey type: Self-reported

Age: 6-9

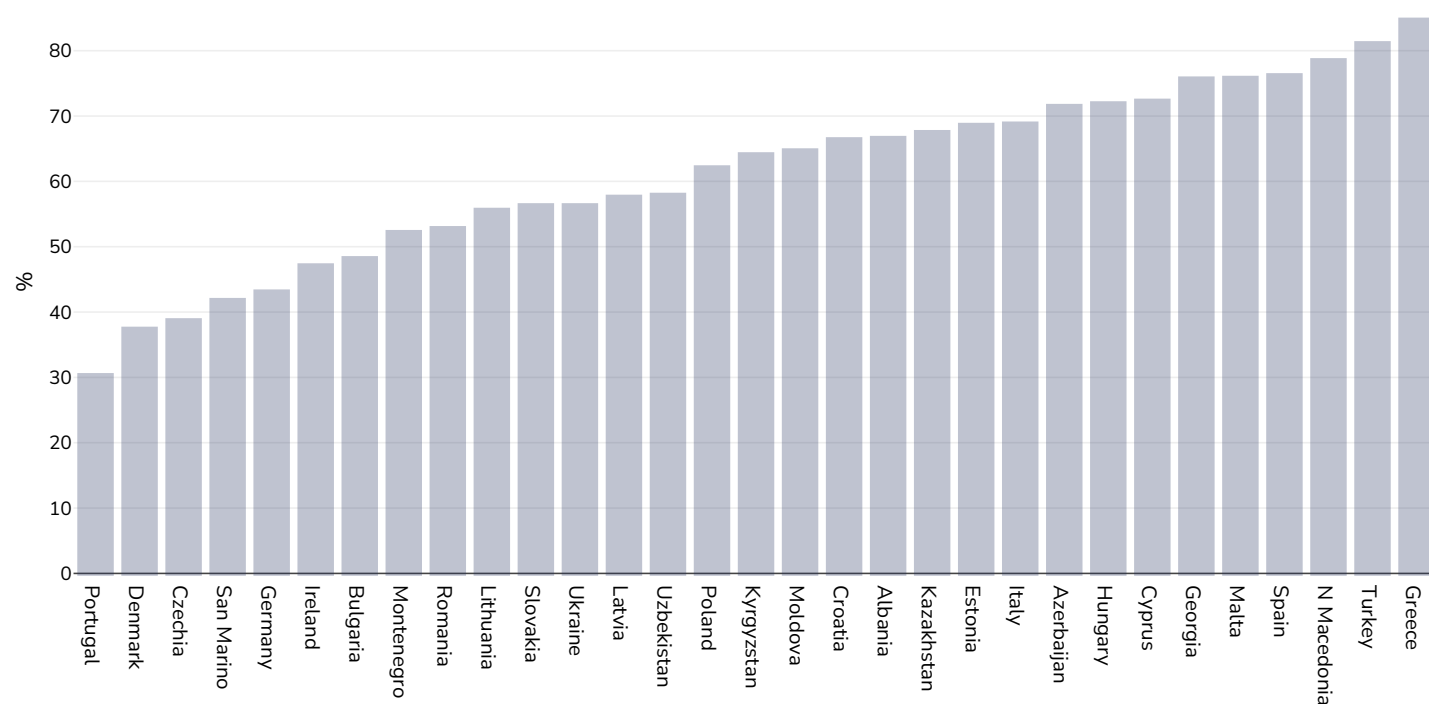
Area covered: National

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Notes: National data excluding Germany (Bremen only) and Kazakhstan (Almaty only).

Definitions: Proportion of children whose parents reported that their child consumes vegetables less than daily

Girls, 2022-2024



Survey type: Self-reported

Age: 6-9

Area covered: National

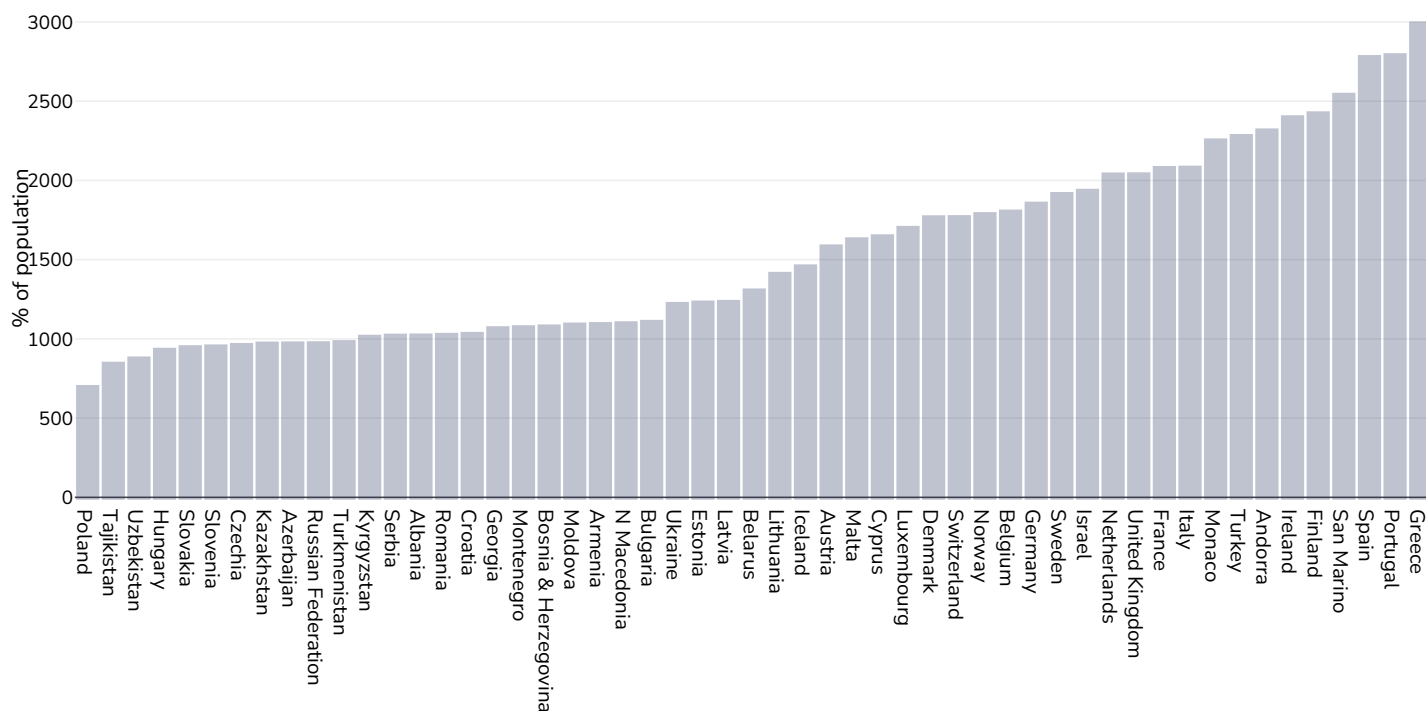
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Notes: National data excluding Germany (Bremen only) and Kazakhstan (Almaty only).

Definitions: Proportion of children whose parents reported that their child consumes vegetables less than daily

Mental health - depression disorders

Children, 2021



Area covered:

National

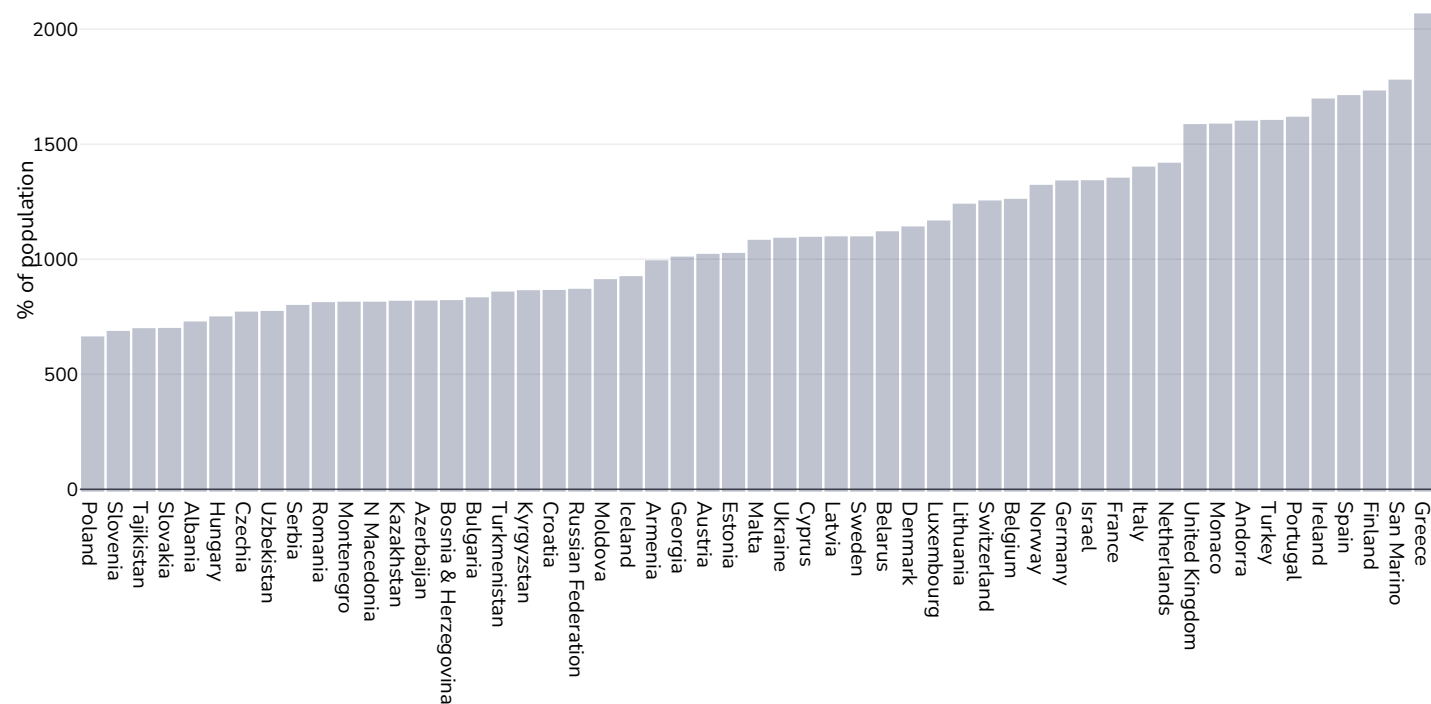
References:

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

Definitions:

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

Boys, 2021



Area covered:

National

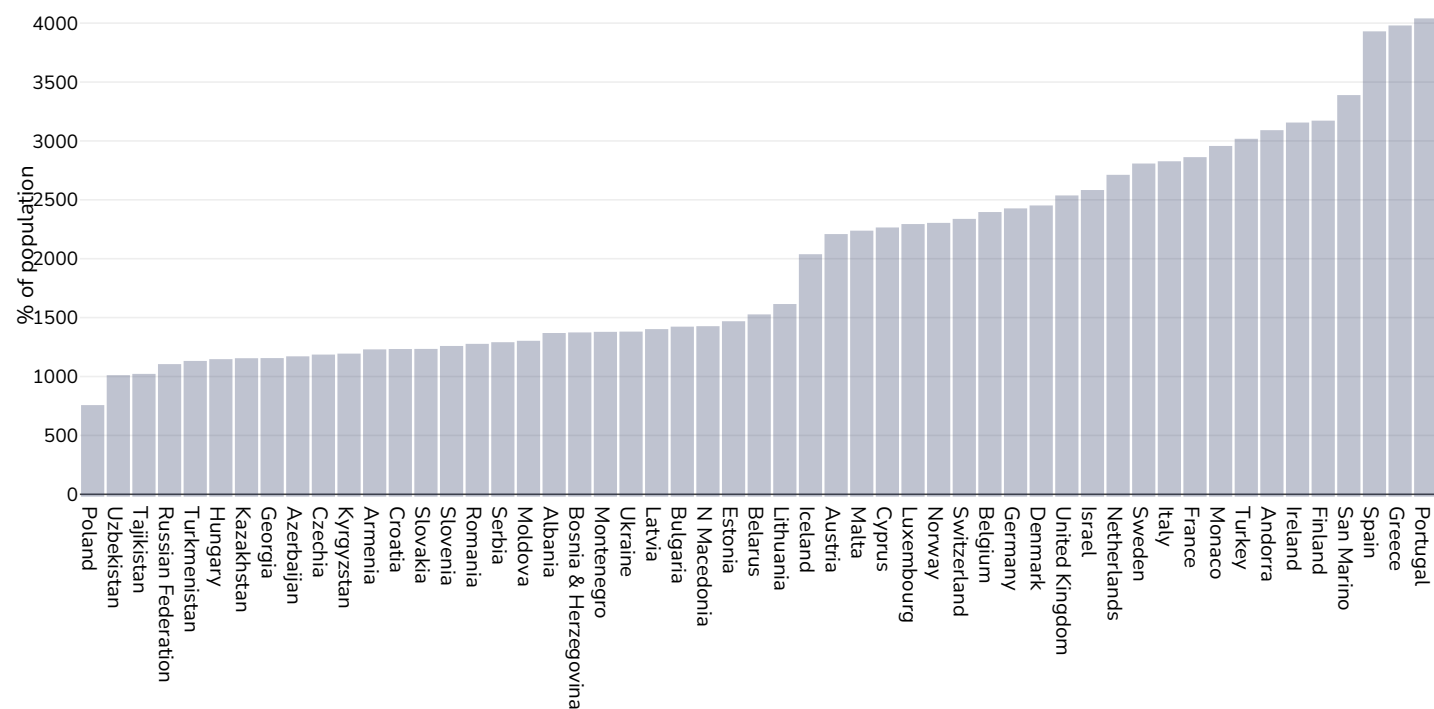
References:

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

Definitions:

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

Girls, 2021



Area covered:

National

References:

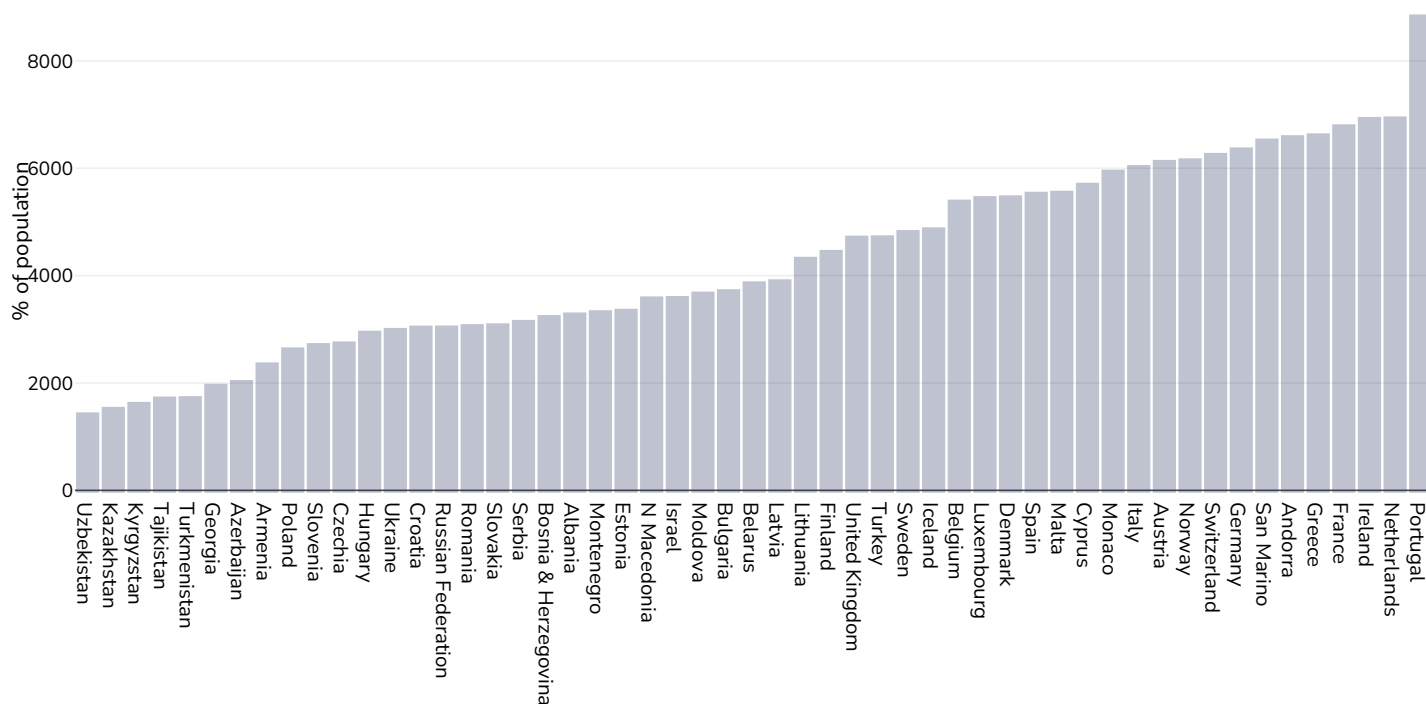
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Definitions:

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

Mental health - anxiety disorders

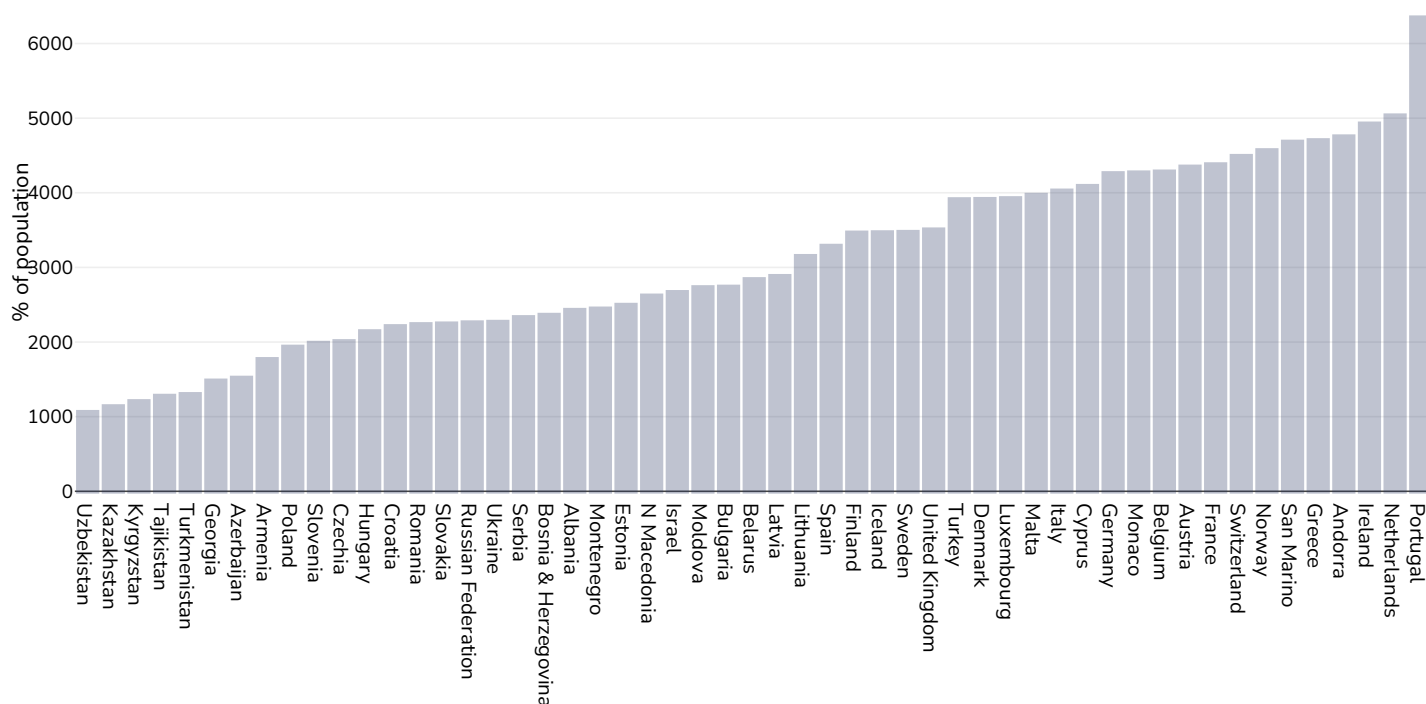
Children, 2021



References:

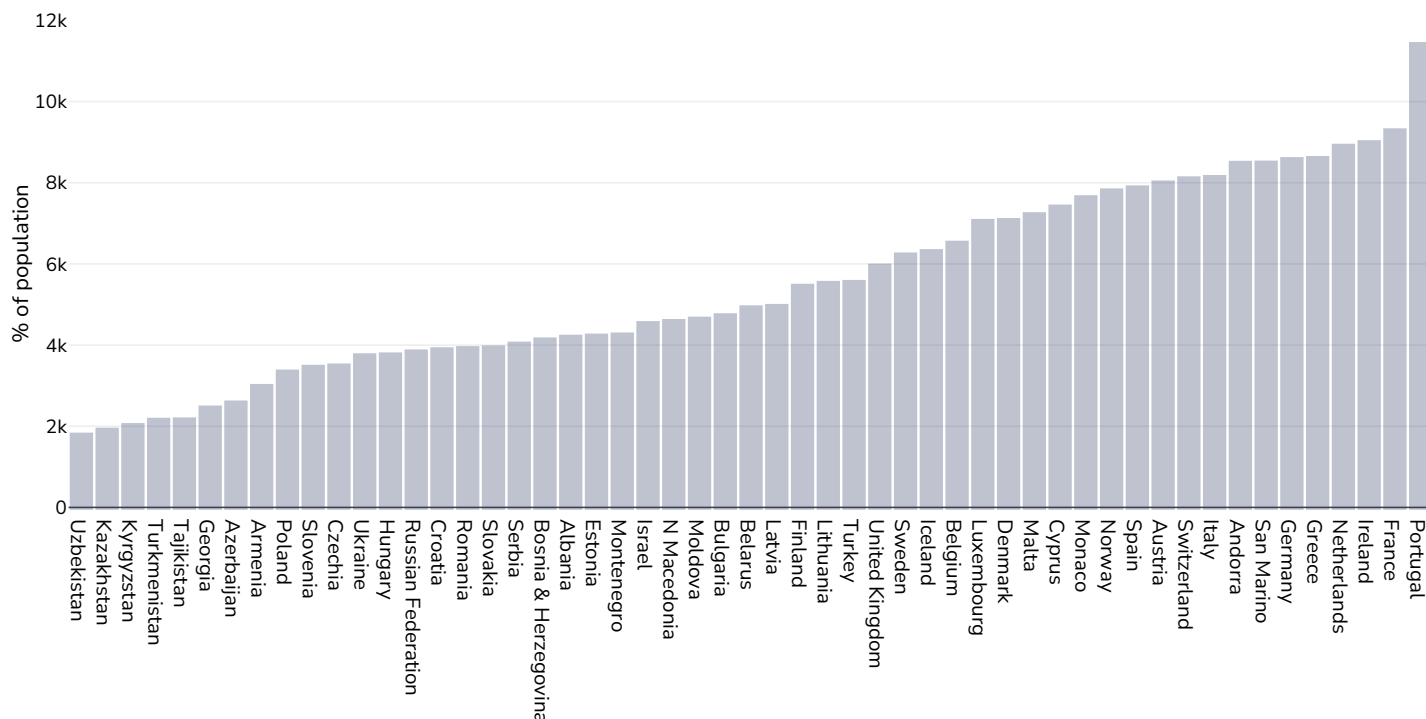
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Boys, 2021



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Girls, 2021



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