



# WHO Euroopa piirkond

## 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/>*



## Rasvumise levimus

### Lapsed



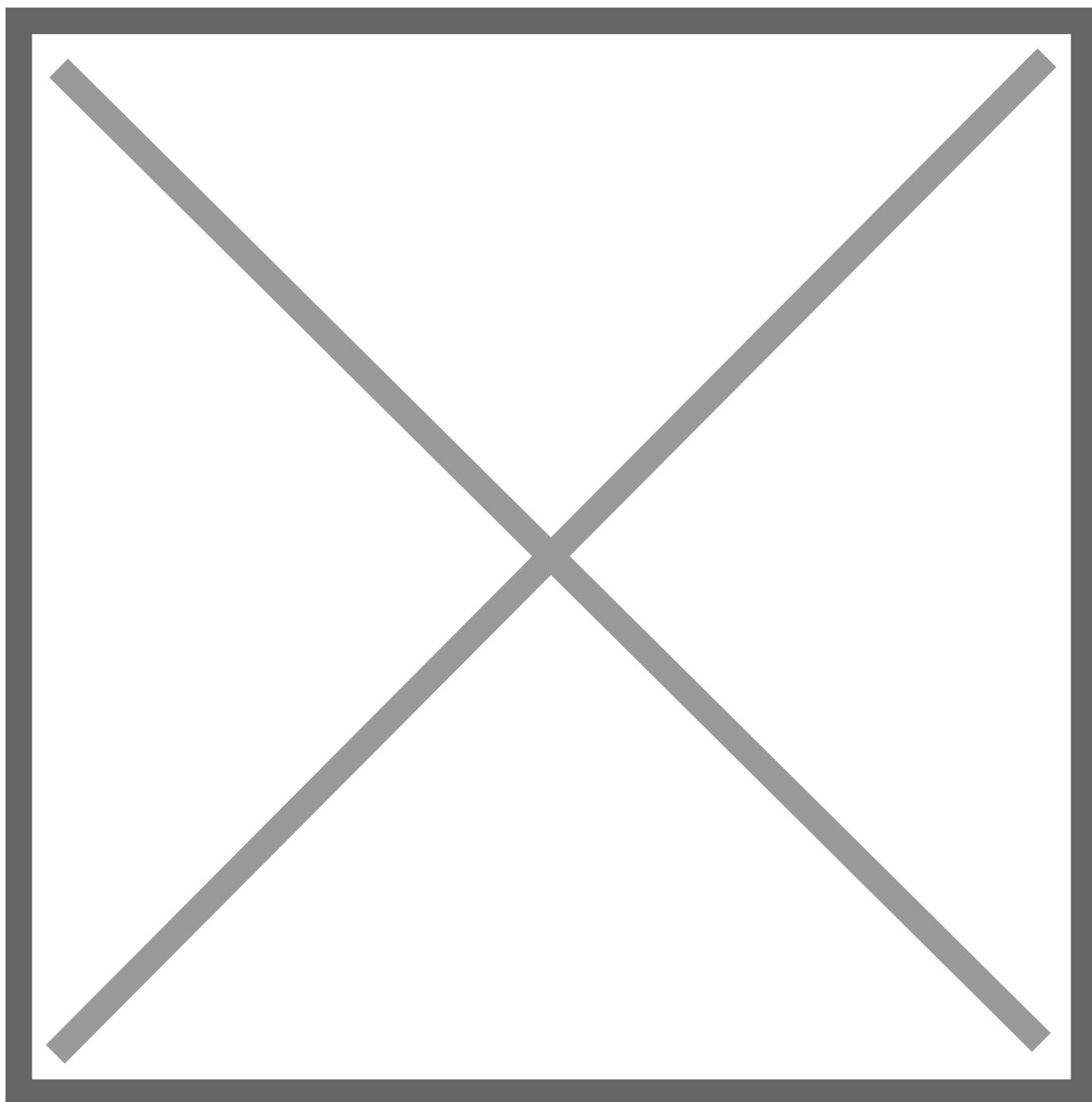
**Uuringu  
tÄÄÄp:**

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

**Märkused:**

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

## Poisid



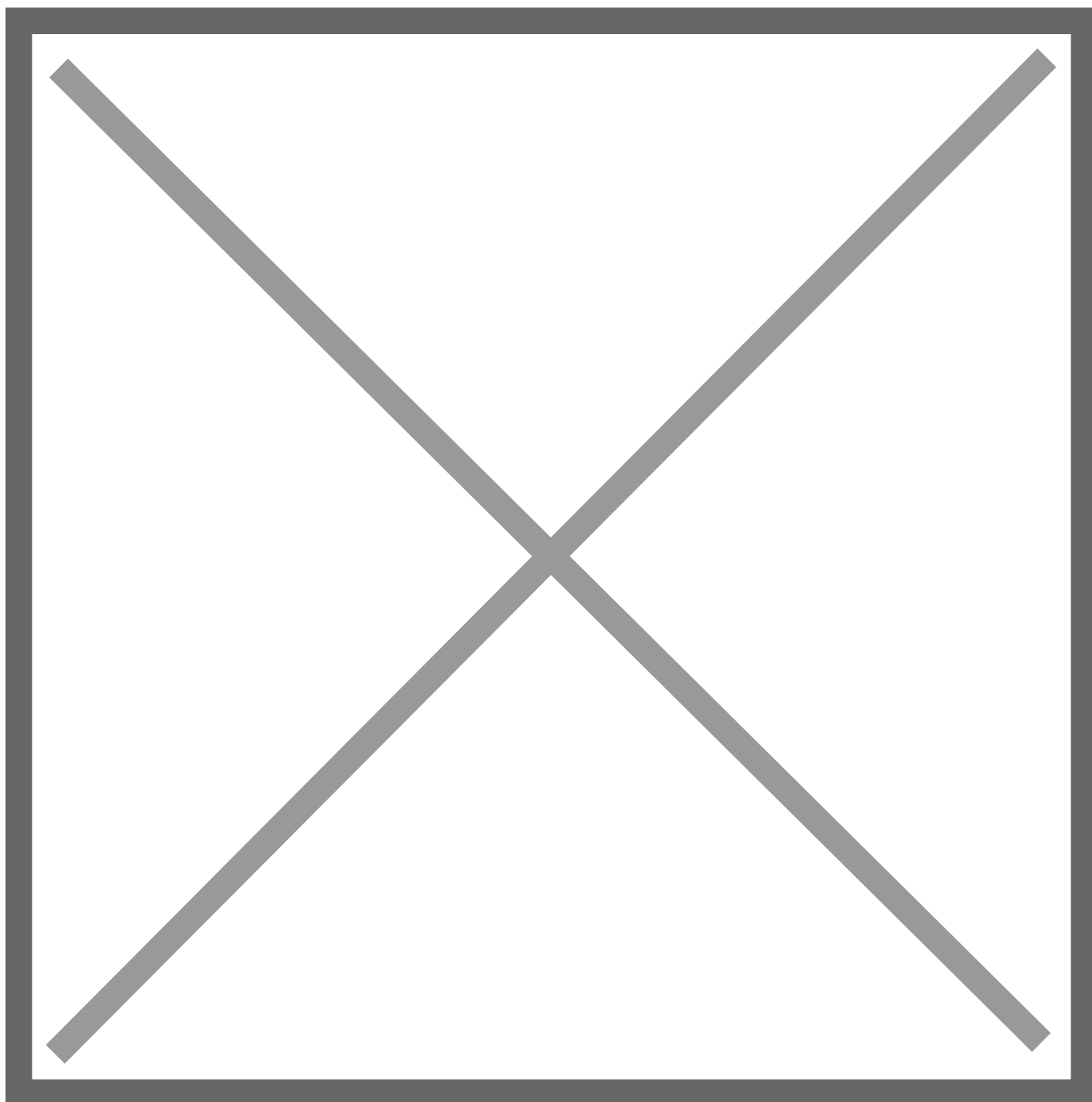
**Uuringu  
tÄ1/4Ä1/4p:**

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

**Märkused:**

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

## Tähtsused



**Uuringu  
tõlgendus:**

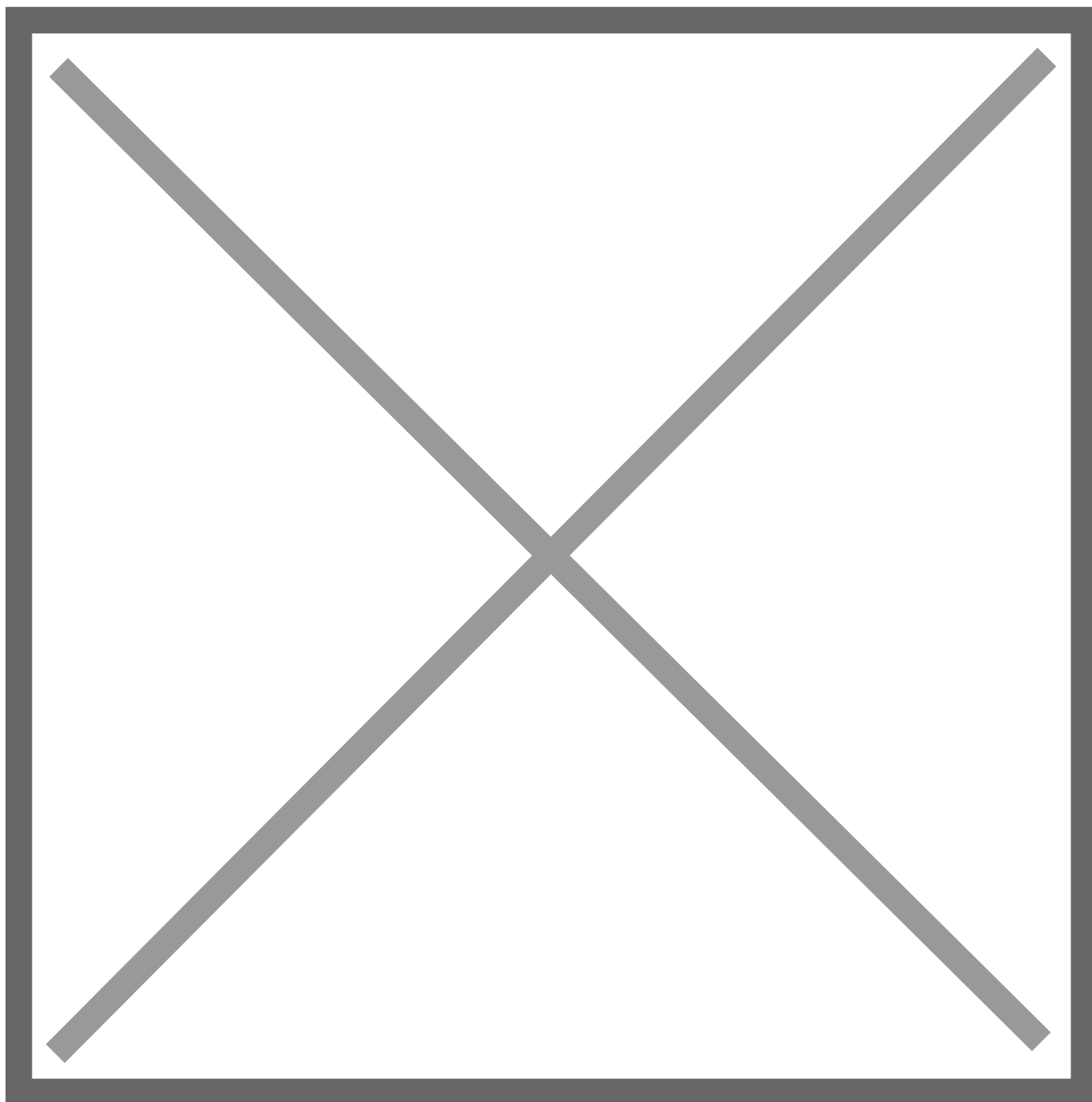
Countries marked with a \* are using self-reported data.

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

## **Ebapiisav aktiivsus**

**Lapsed, 2016-2022**

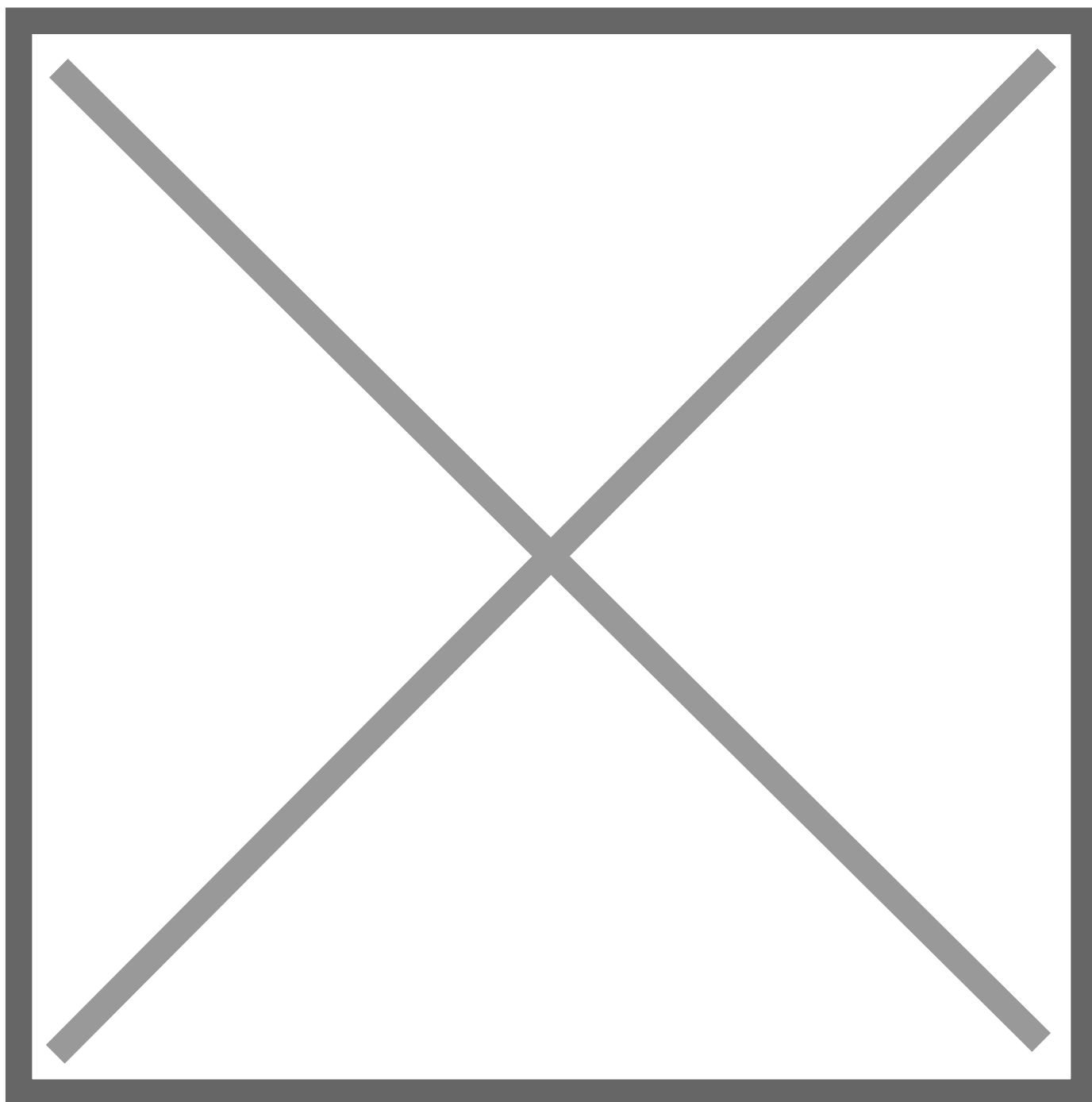


**HÄälmatud  
piirkond:**

**Riiklik**

|                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
|------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Viited:</b>   | 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): <a href="https://data-browser.hbsc.org">https://data-browser.hbsc.org</a> . |
| <b>Märkused:</b> | 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.                                                                                                      |
| <b>Mõisted:</b>  | % reporting less than 60 minutes of MVPA daily                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |

## Poisid, 2016-2022



**HÄlmatud  
piirkond:**

Riiklik

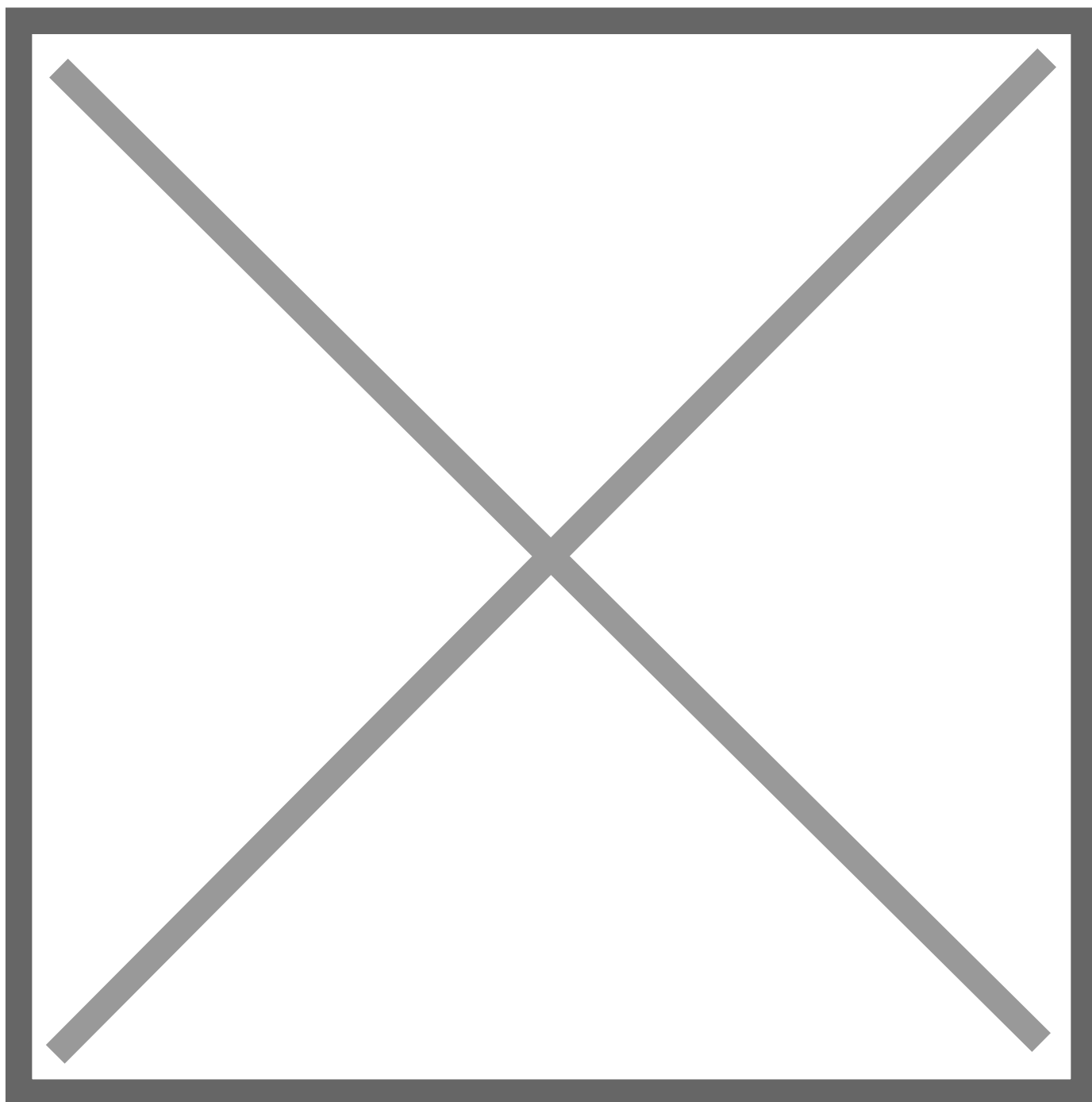
**Viited:**

RakiÄ JG, Hamrik Z, Dzielska A, Felder-Puig R, Oja L, Bakalär 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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**Mõisted:** % reporting less than 60 minutes of MVPA daily

## TÄ¼drukud, 2016-2022

HÄ¼lmatud  
piirkond:

Riiklik

## Viited:

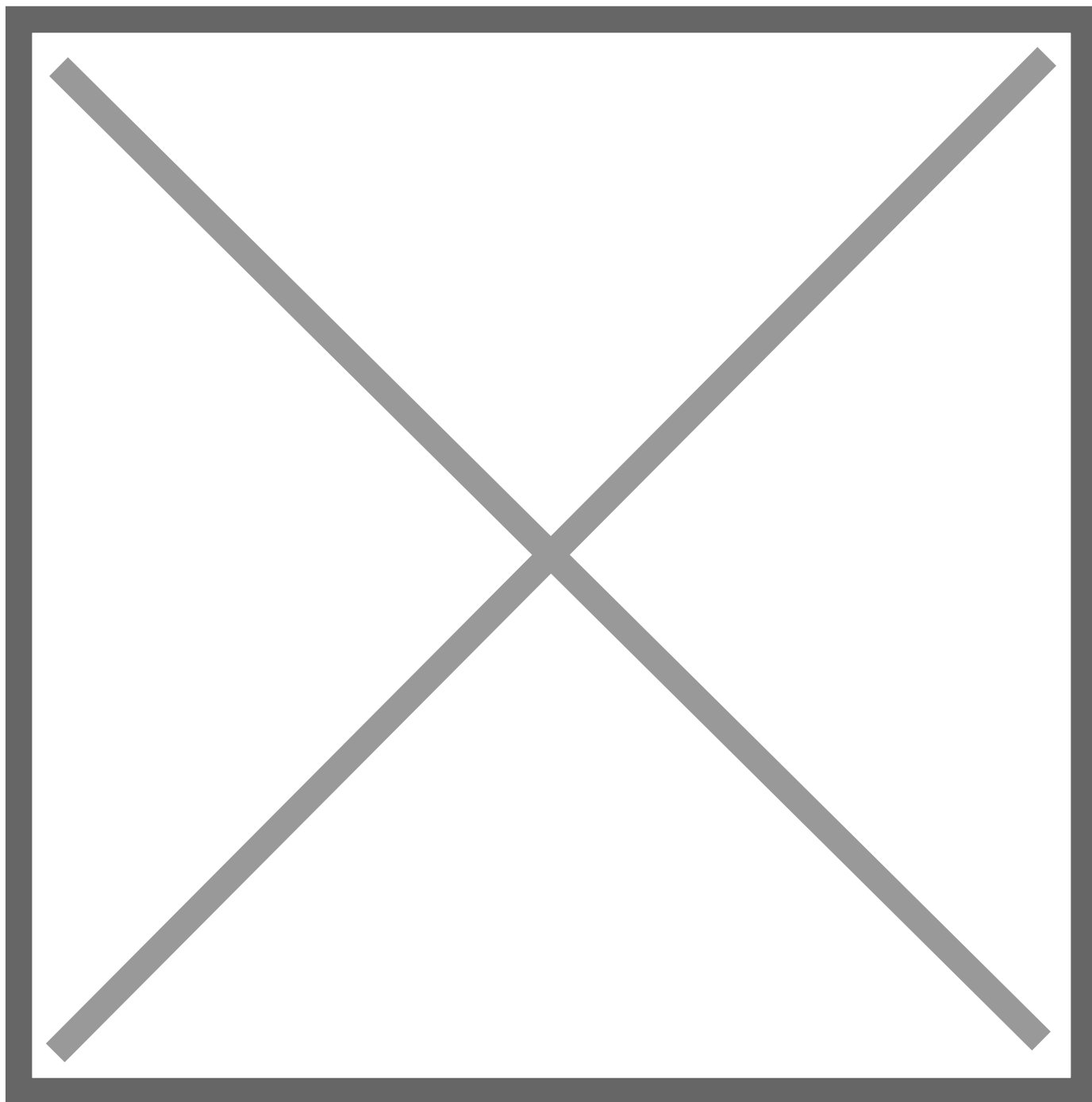
RakiÄ¼ JG, Hamrik Z, Dzielska A, Felder-Puig R, Oja L, Bakalär P et al. A focus on adolescent physical activity, eating behaviours, weight status and body image in Europe, central Asia and Canada. Health Behaviour in School-aged Children international report from the 2021/2022 survey. Volume 4. Copenhagen: 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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**Mõisted:** % reporting less than 60 minutes of MVPA daily

## Gaseeritud karastusjookide vÃ¤hemalt igapÃ¤evase tarbimise levimus

Lapsed, 2010-2022

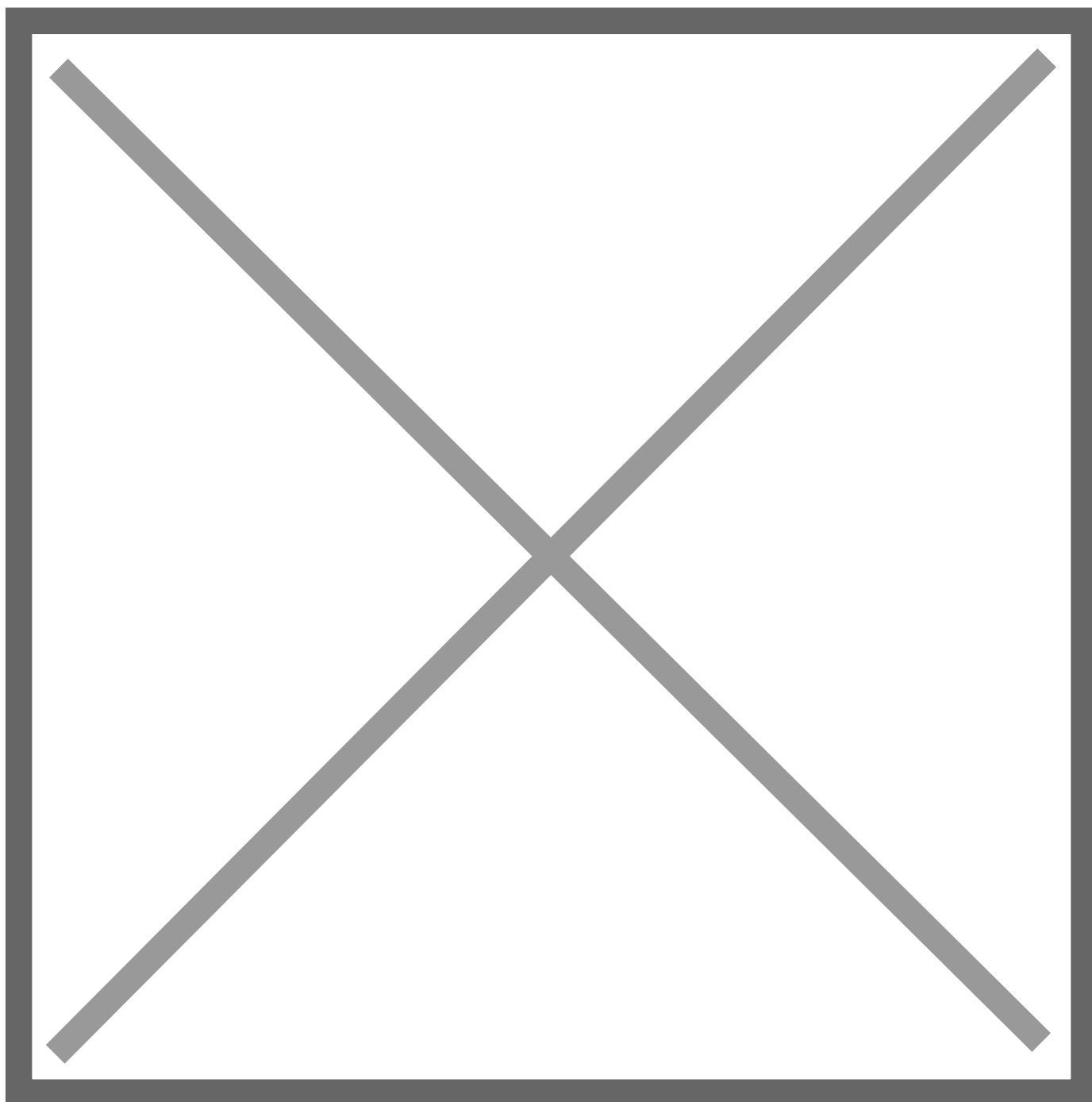


HÃ¼lmatud  
piirkond:

Riiklik

|                 |                                                                                                                                                                                                        |
|-----------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Viited:</b>  | 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> |
| <b>Mõisted:</b> | Proportion who reported drinking sugary soft drinks daily (at least once)                                                                                                                              |

## Poisid, 2010-2022



**HÄälmatud  
piirkond:**

Riiklik

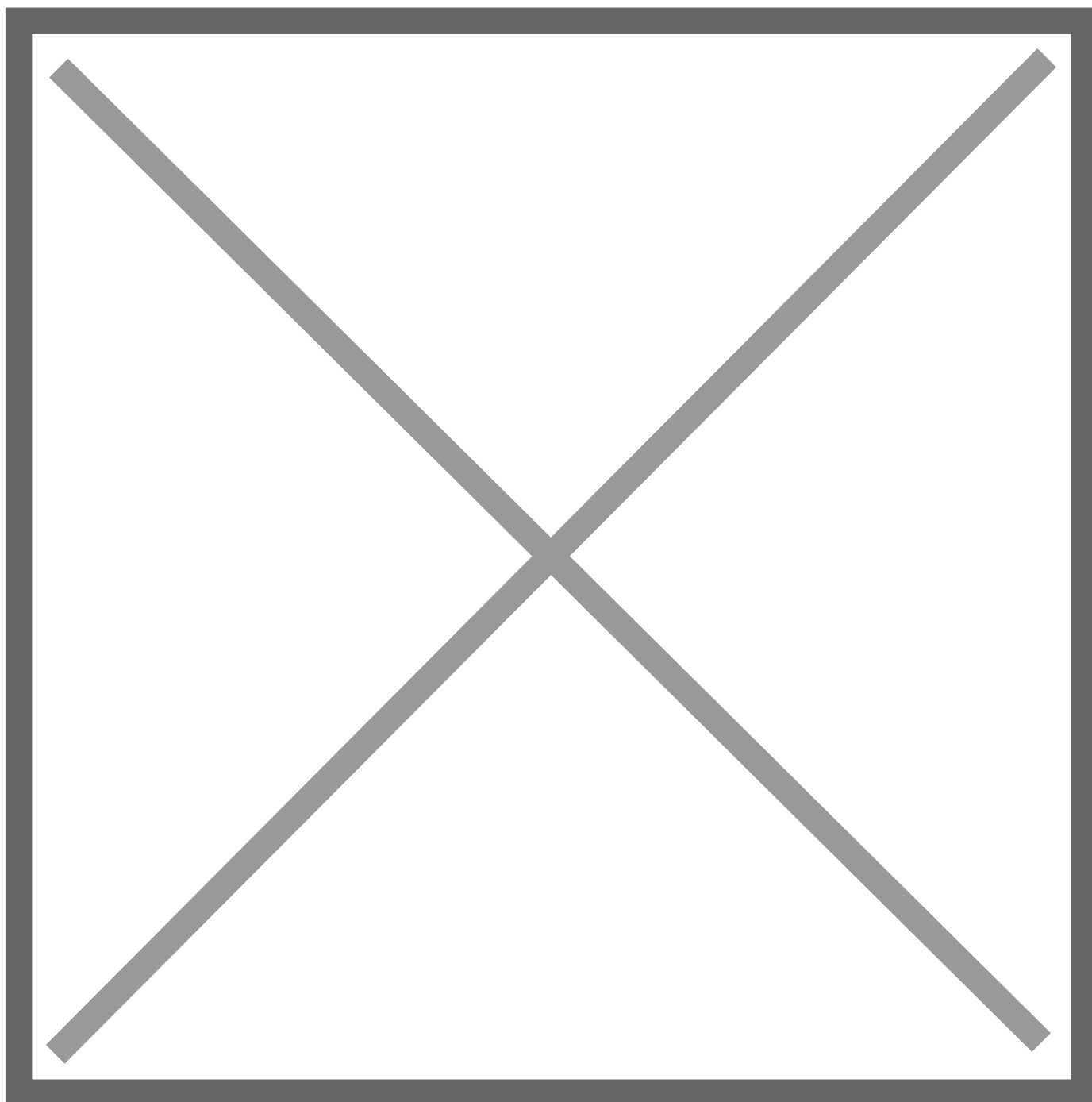
**Viited:**

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

**Mõisted:**

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

## TÄ¼drukud, 2010-2022



**HÄ¼lmatud  
piirkond:**

Riiklik

**Viited:**

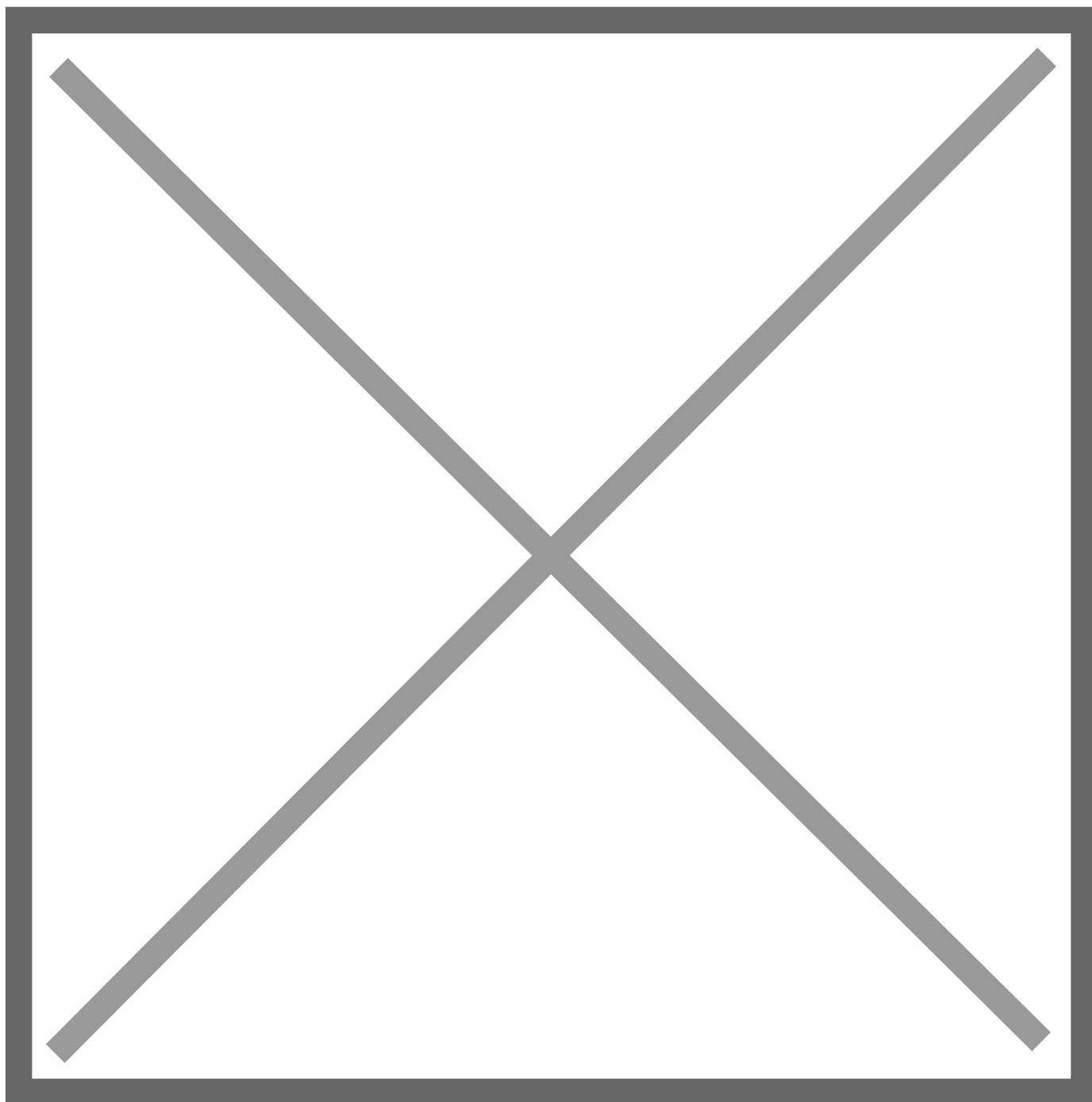
Health Behaviour in School-aged Children study (2023), Data browser (findings from the 2021/22 international HBSC survey): <https://data-browser.hbsc.org..>

**Mõisted:**

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

## Prevalence of less-than-daily fruit consumption

Lapsed, 2010-2014



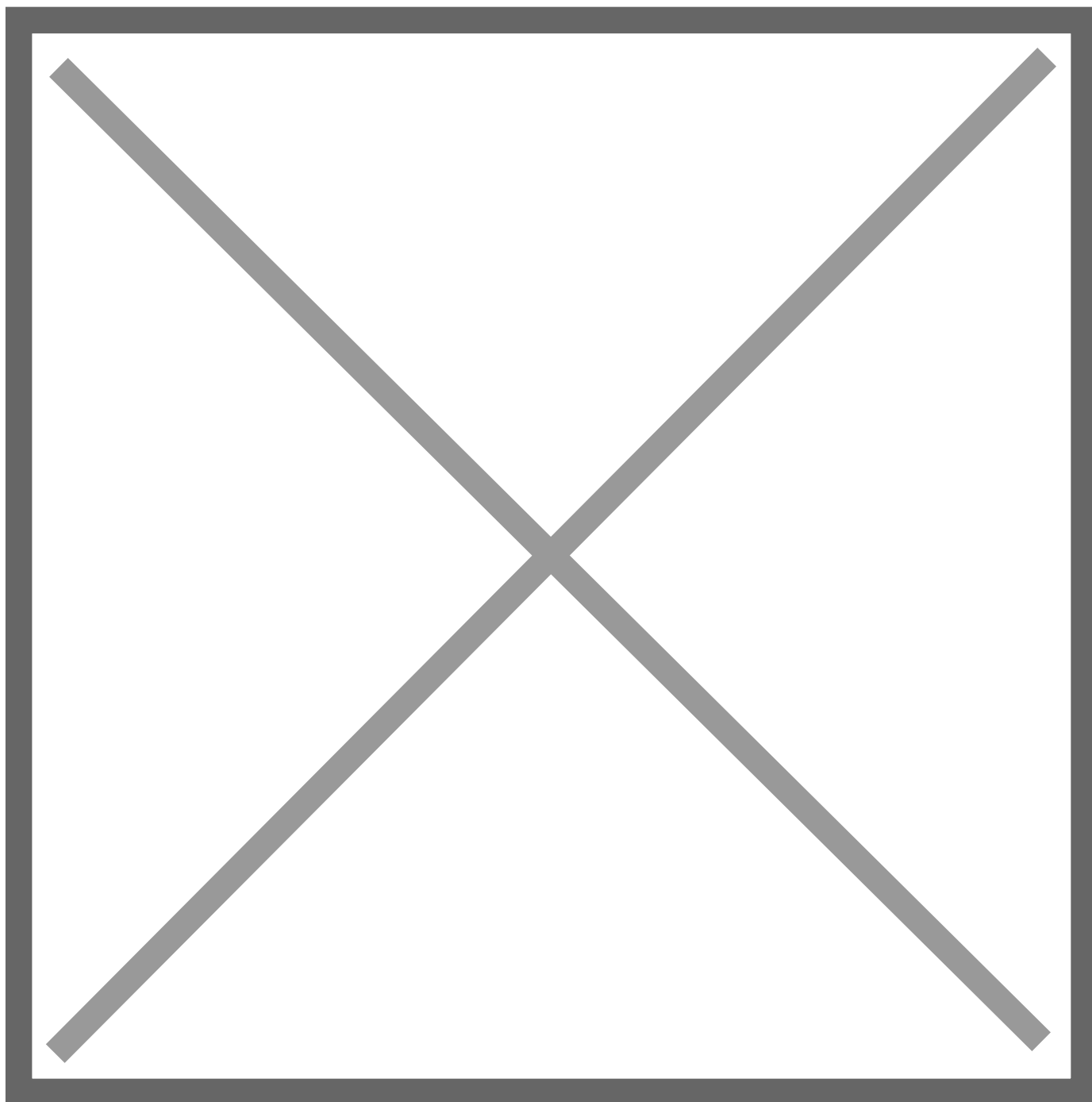
Uuringu  
tase:

Mõõdetud

|                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
|-----------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Viited:</b>  | 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. <a href="https://doi.org/10.1177/0379572119848287">https://doi.org/10.1177/0379572119848287</a> . Sourced from Food Systems Dashboard <a href="http://www.foodsystemsdashboard.org/food-system">http://www.foodsystemsdashboard.org/food-system</a> |
| <b>Mõisted:</b> | Prevalence of less-than-daily fruit consumption (% less-than-daily fruit consumption)                                                                                                                                                                                                                                                                                                                                                                                                                            |

## Prevalence of less-than-daily vegetable consumption

Lapsed, 2010-2014



**Uuringu  
tÄ¼Ä¼p:**

MÄ¼Ä¼detud

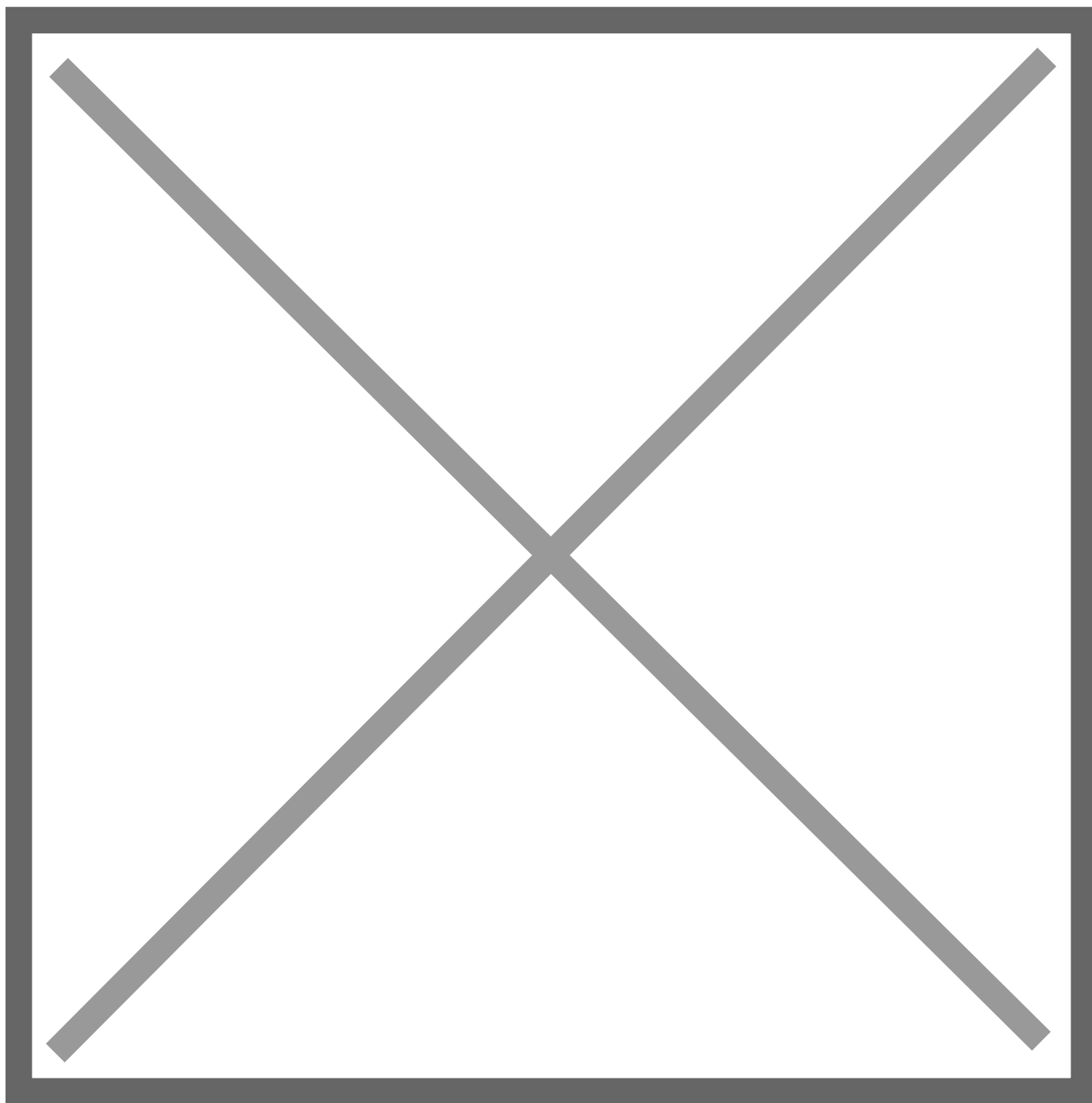
**Vanus:**

12-17

|                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
|-----------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Viited:</b>  | 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="http://www.foodsystemsdashboard.org/food-system">http://www.foodsystemsdashboard.org/food-system</a> |
| <b>Mõisted:</b> | Prevalence of less-than-daily vegetable consumption (% less-than-daily vegetable consumption)                                                                                                                                                                                                                                                                                                                                                                       |

## Vaimne tervis - depressiivsed häired

Lapsed, 2021



**HÄälmatud  
piirkond:**

Riiklik

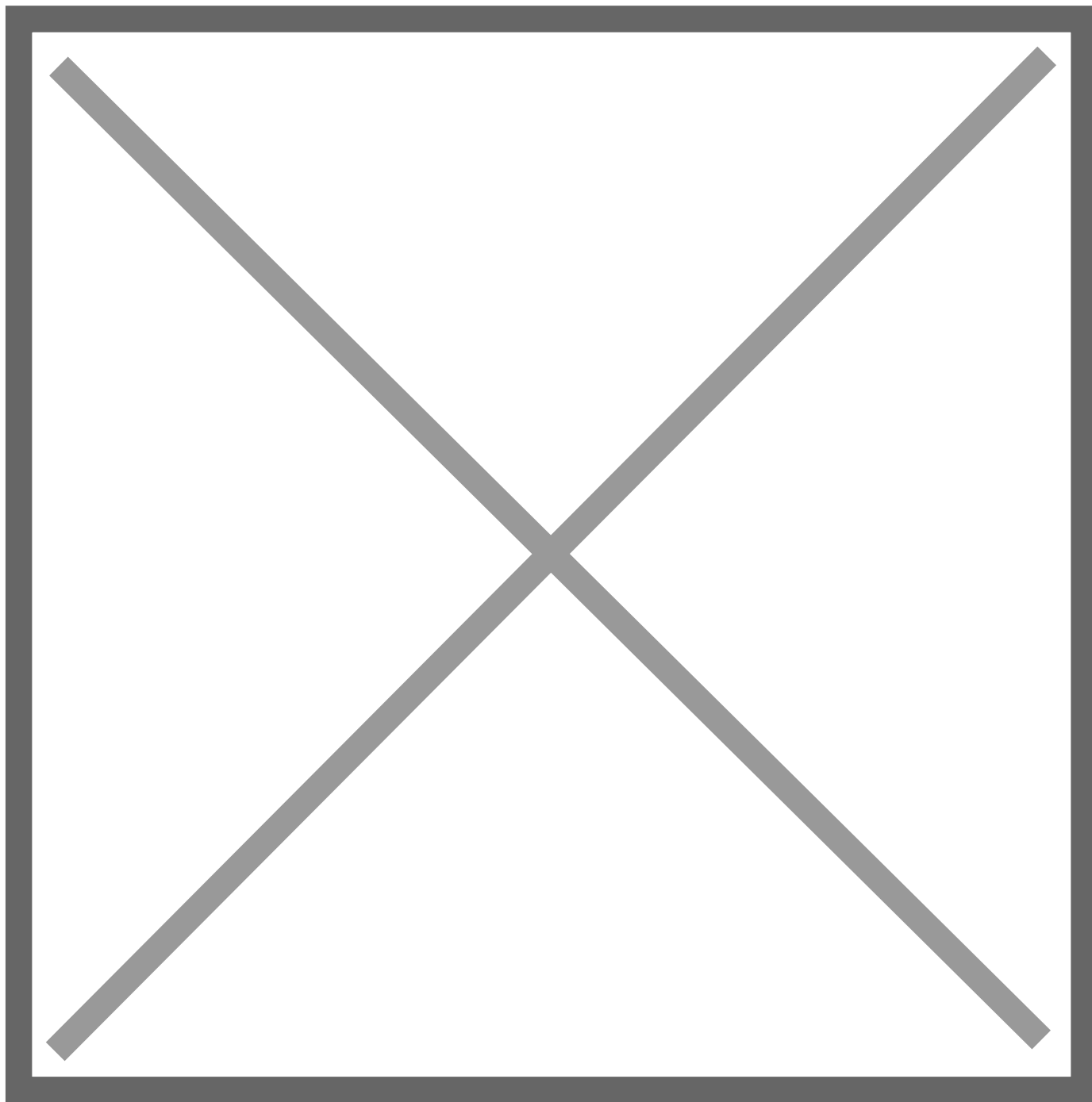
**Viited:**

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)

**Mõisted:**

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

## Poisid, 2021



**Häälmatud  
piirkond:**

Riiklik

**Viited:**

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)

**Mõisted:**

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

## TÄÄdrukud, 2021

**HÄpumatud  
piirkond:**

Riiklik

**Viited:**

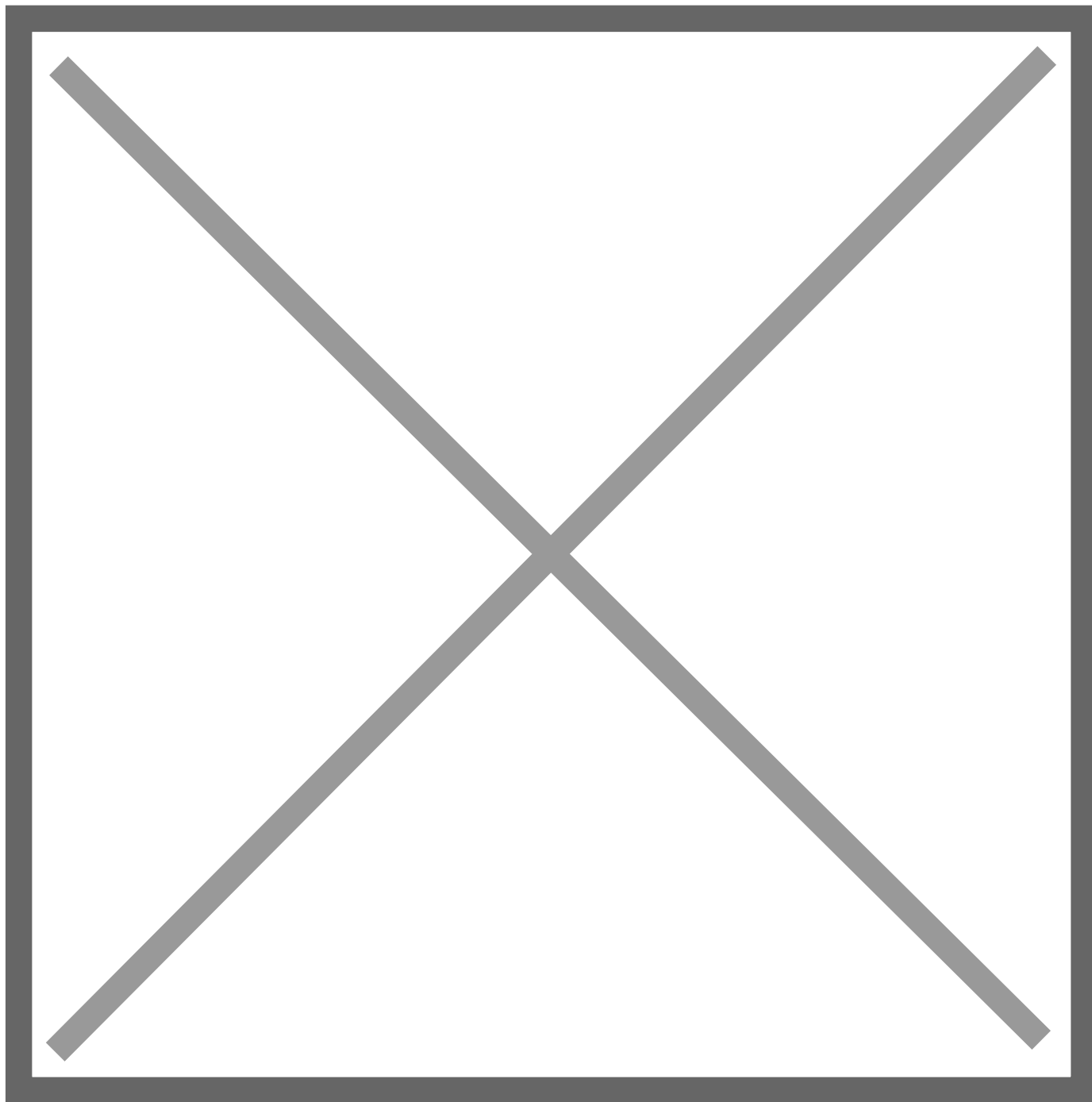
Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

**Mõisted:**

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

## Vaimne tervis - ÆrevushÆired

Lapsed, 2021

**Viited:**

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)

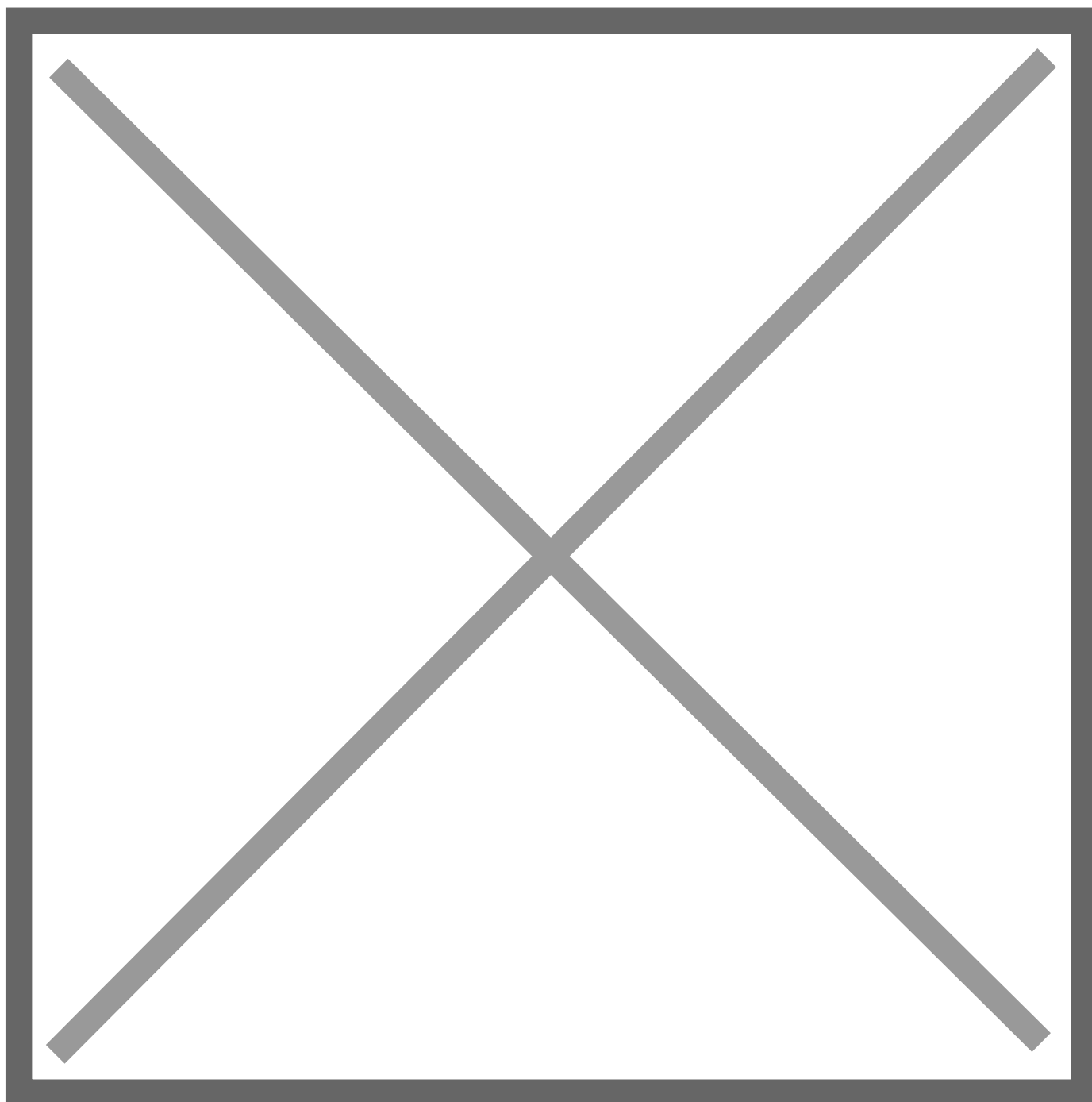
## Poisid, 2021



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## TÄ¼drukud, 2021



### Viited:

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)

PDF created on July 19, 2025