



WHO Evropa

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/>

Prevalence obesity

Dátum



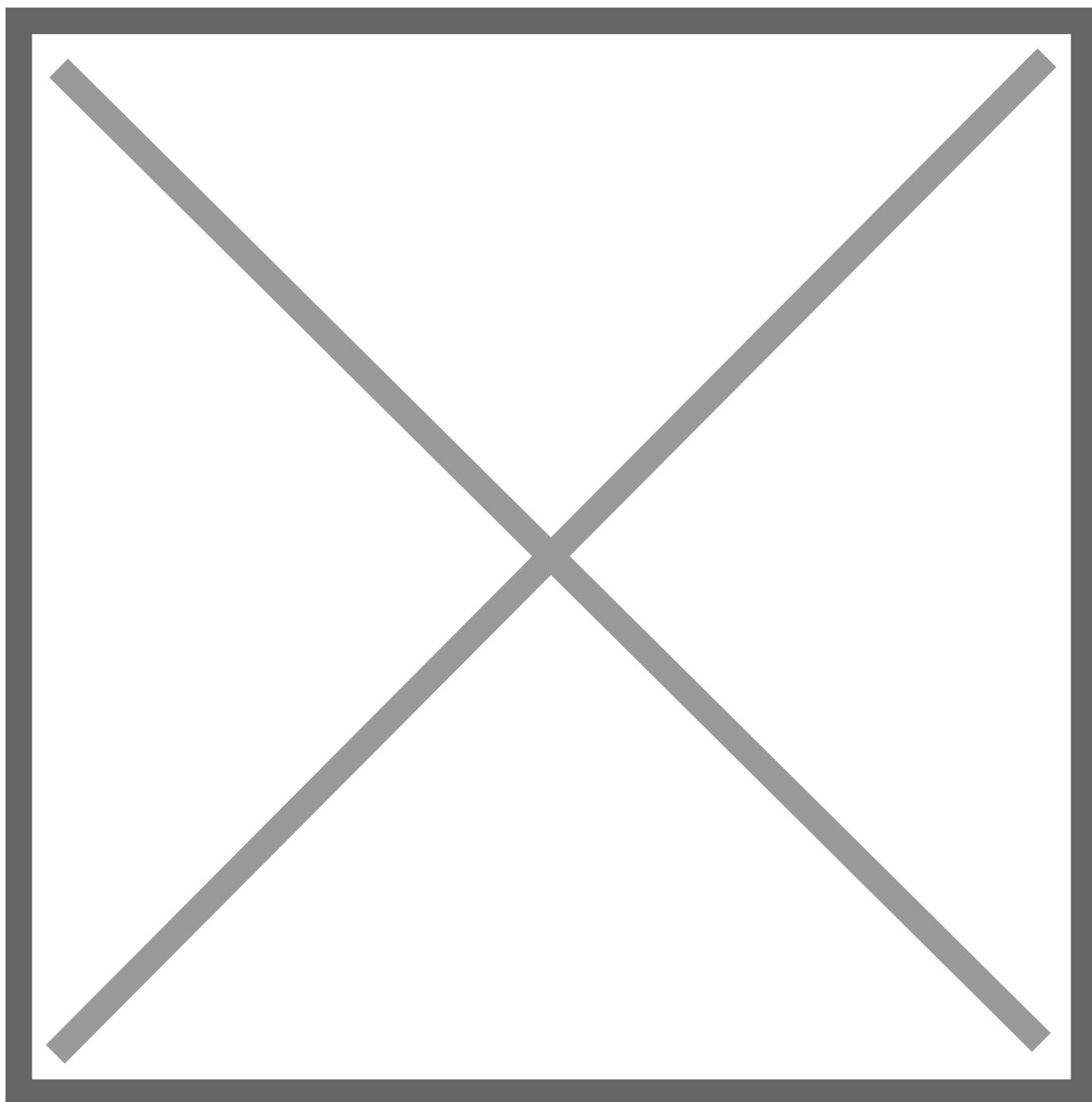
**Typ
průzkumu:**

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.

Chlapci



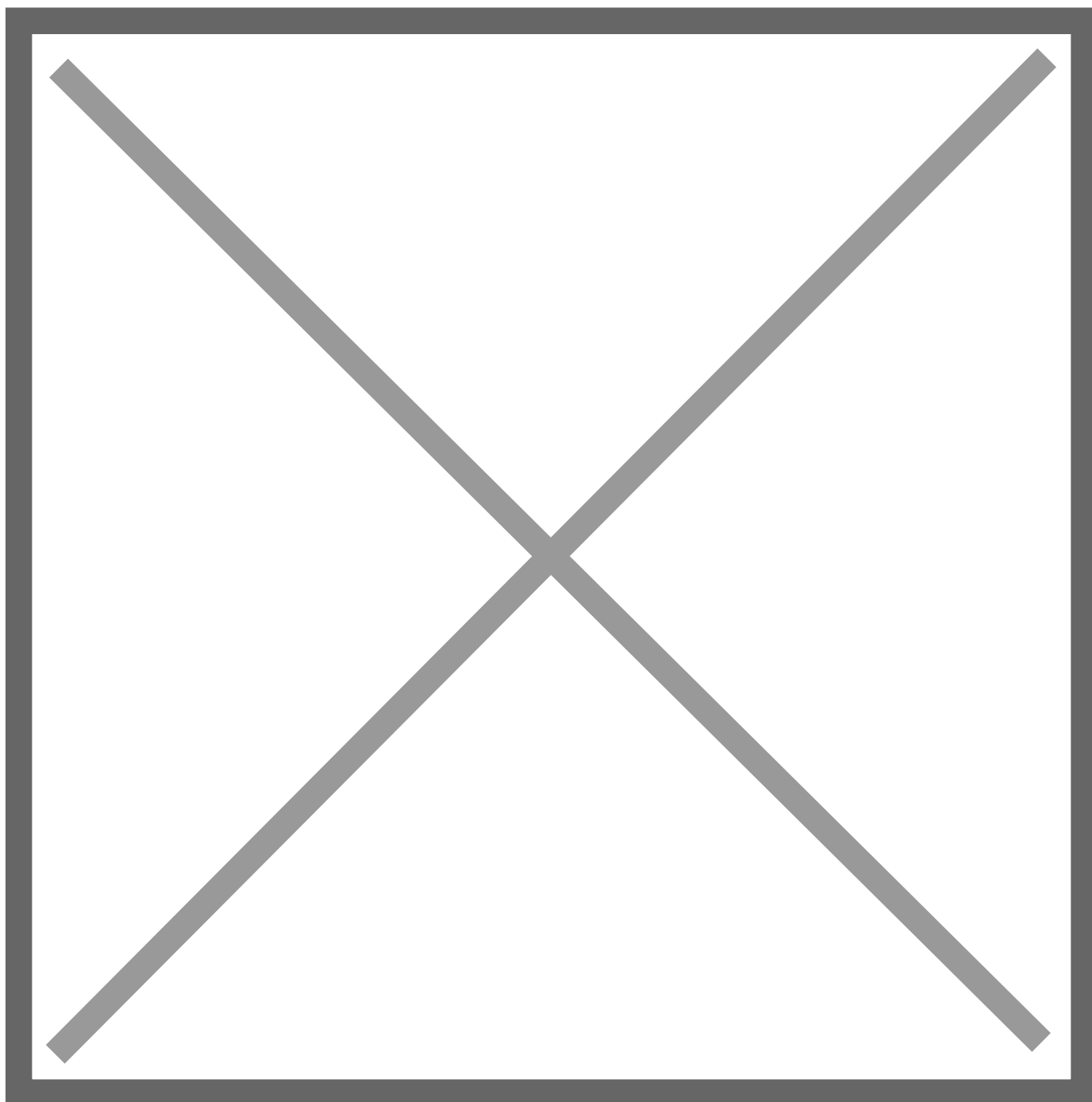
**Typ
průzkumu:**

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.

Děvky



**Typ
průzkumu:**

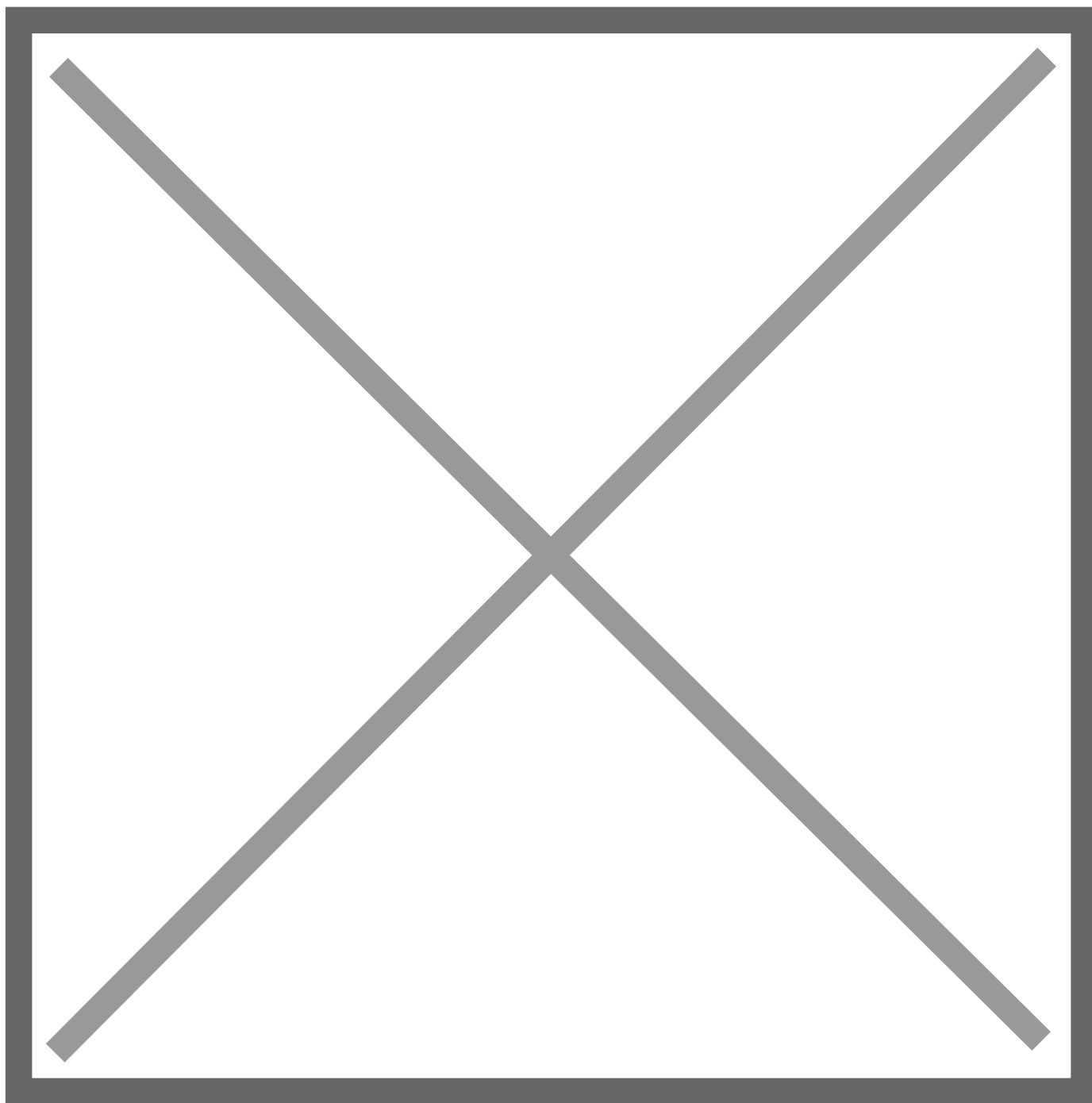
Countries marked with a * are using self-reported data.

Poznámky:

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

Nedostatečnĕj aktivita

Dĕj ti, 2016-2022

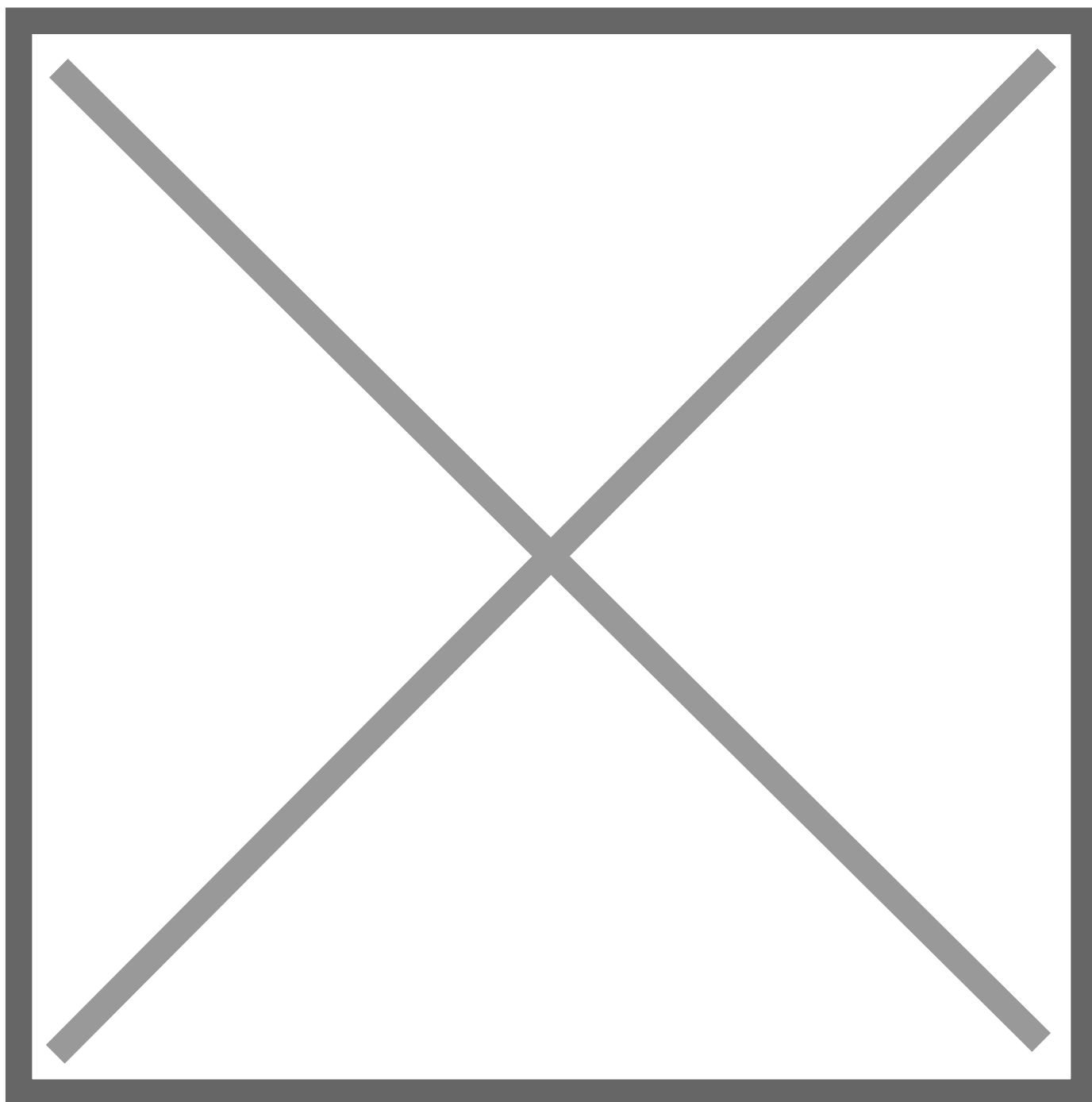


Pokrytĕj
oblast:

Nĕjrodnĕj

Reference:	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 .
Poznámky:	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.
Definice (kÃ½ dispozici pouze vÃ½ angliÃ½ tinÃ½):	% reporting less than 60 minutes of MVPA daily

Chlapci, 2016-2022

**Pokrytí
oblast:**

Národní

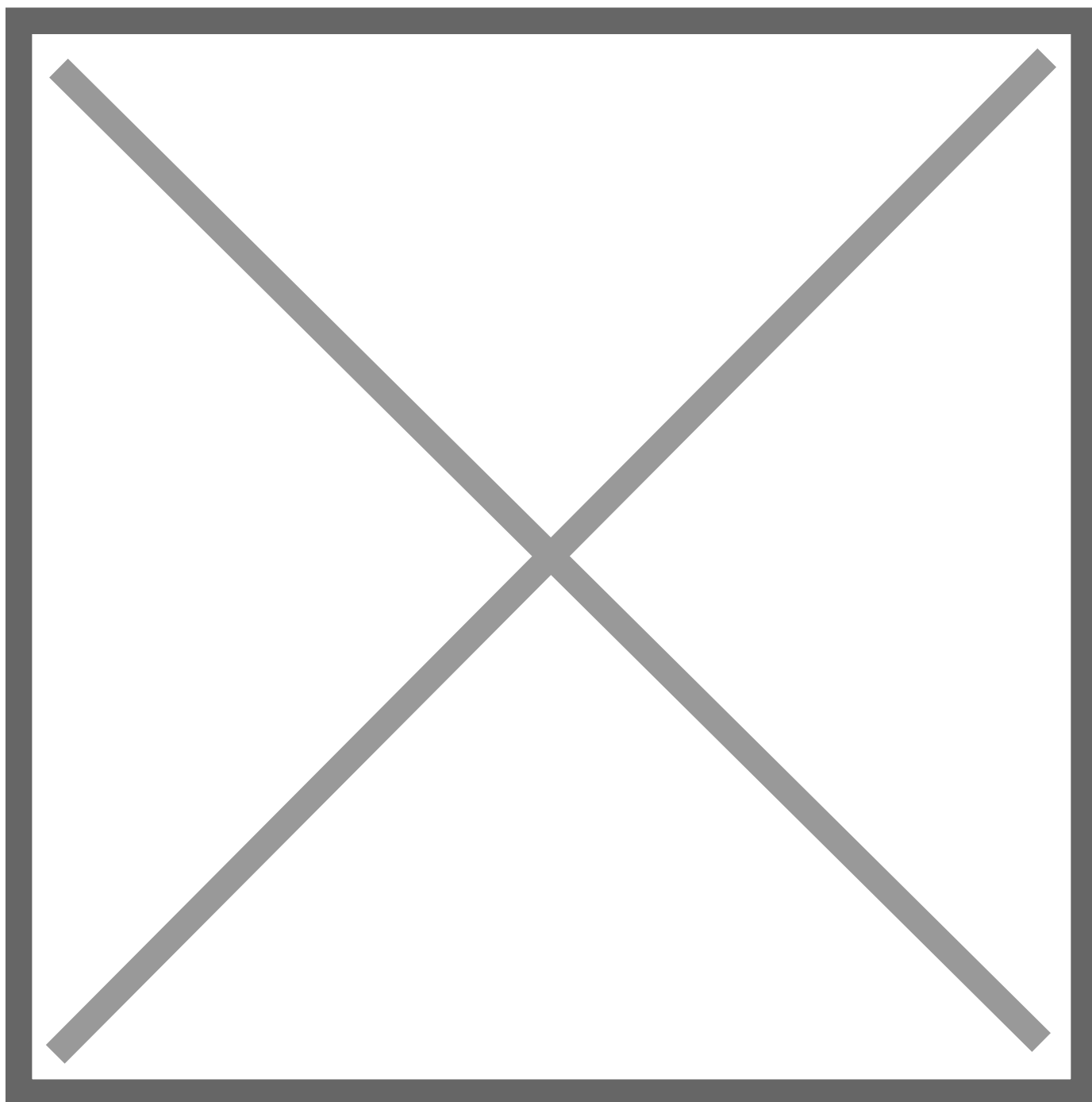
Reference:

Rak 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>.

Poznámky: 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.

Definice
(kÃ dispozi
pouze
vÃ angliÄ
tinÄ): % reporting less than 60 minutes of MVPA daily

Dãvky, 2016-2022



**Pokrytã
oblast:**

Nãrodnã

Reference:

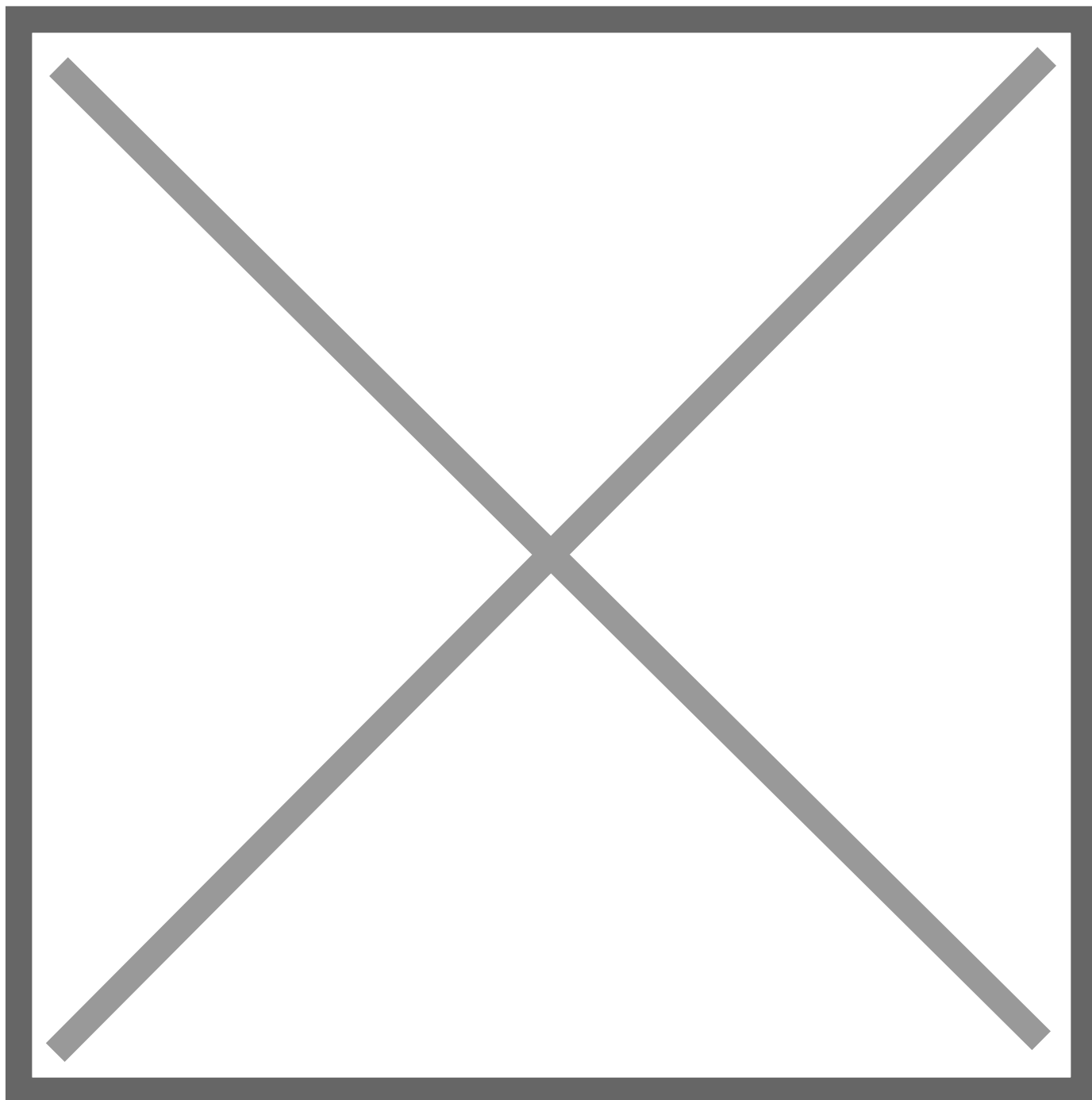
Rakiã JG, Hamrik Z, Dzielska A, Felder-Puig R, Oja L, Bakalár P et al. A focus on adolescent physical activity, eating behaviours, weight status and body image in Europe, central Asia and Canada. Health Behaviour in School-aged Children international report from the 2021/2022 survey. Volume 4. Copenhagen: 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>.

Poznámky: 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.

Definice
(kÃ dispozi
pouze
vÃ angliÄ
tinÄ): % reporting less than 60 minutes of MVPA daily

Prevalence spotů eby alespoň jednoho syceněho nealkoholickěho nãipoje denně

Dě ti, 2010-2022



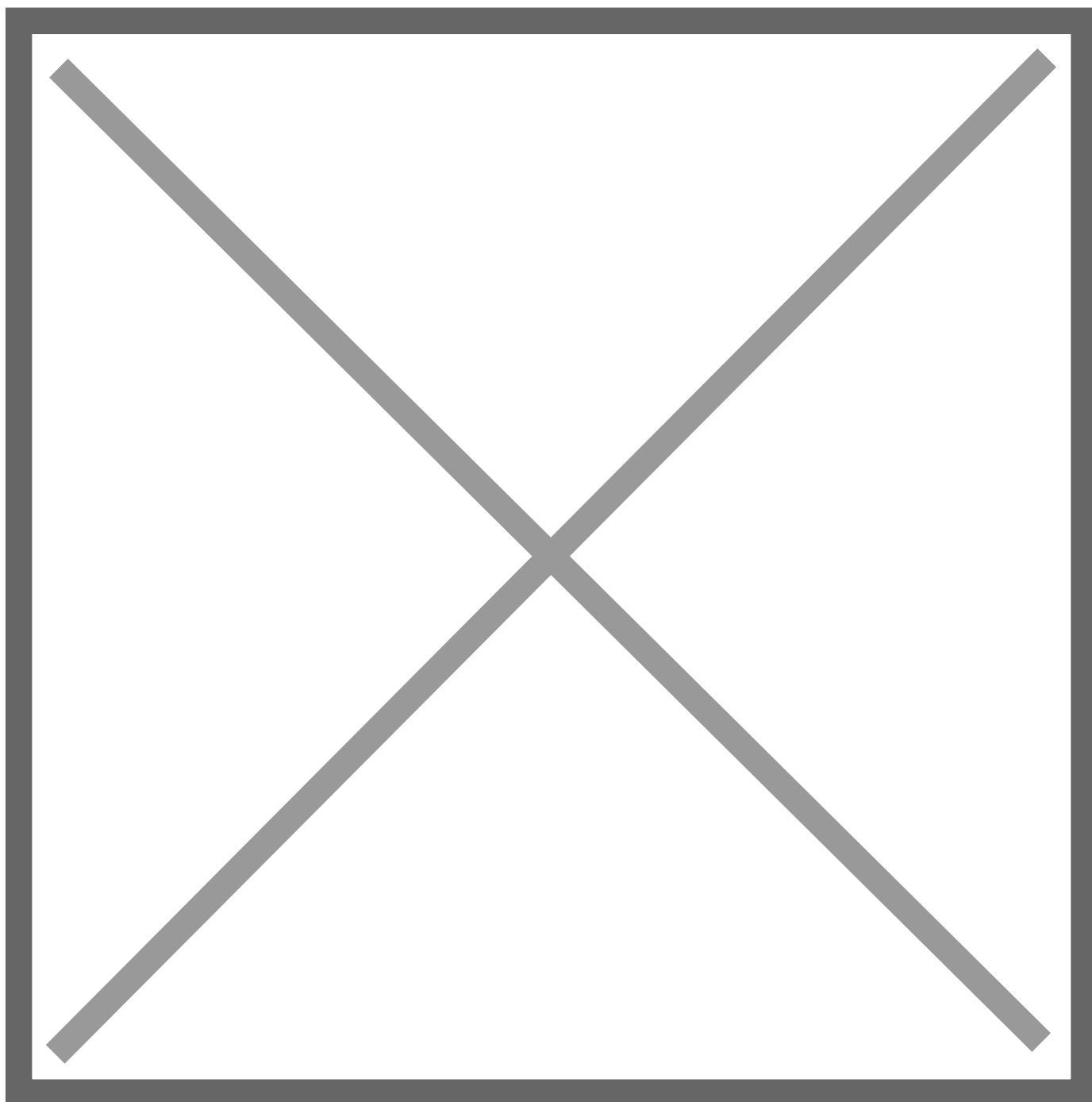
Pokrytí
oblast:

Nãirodně

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

Definice
(kÅ dispozici
pouze
vÅ angliÄ
tinÄ): Proportion who reported drinking sugary soft drinks daily (at least once)

Chlapci, 2010-2022



**Pokrytí
oblast:**

Národní

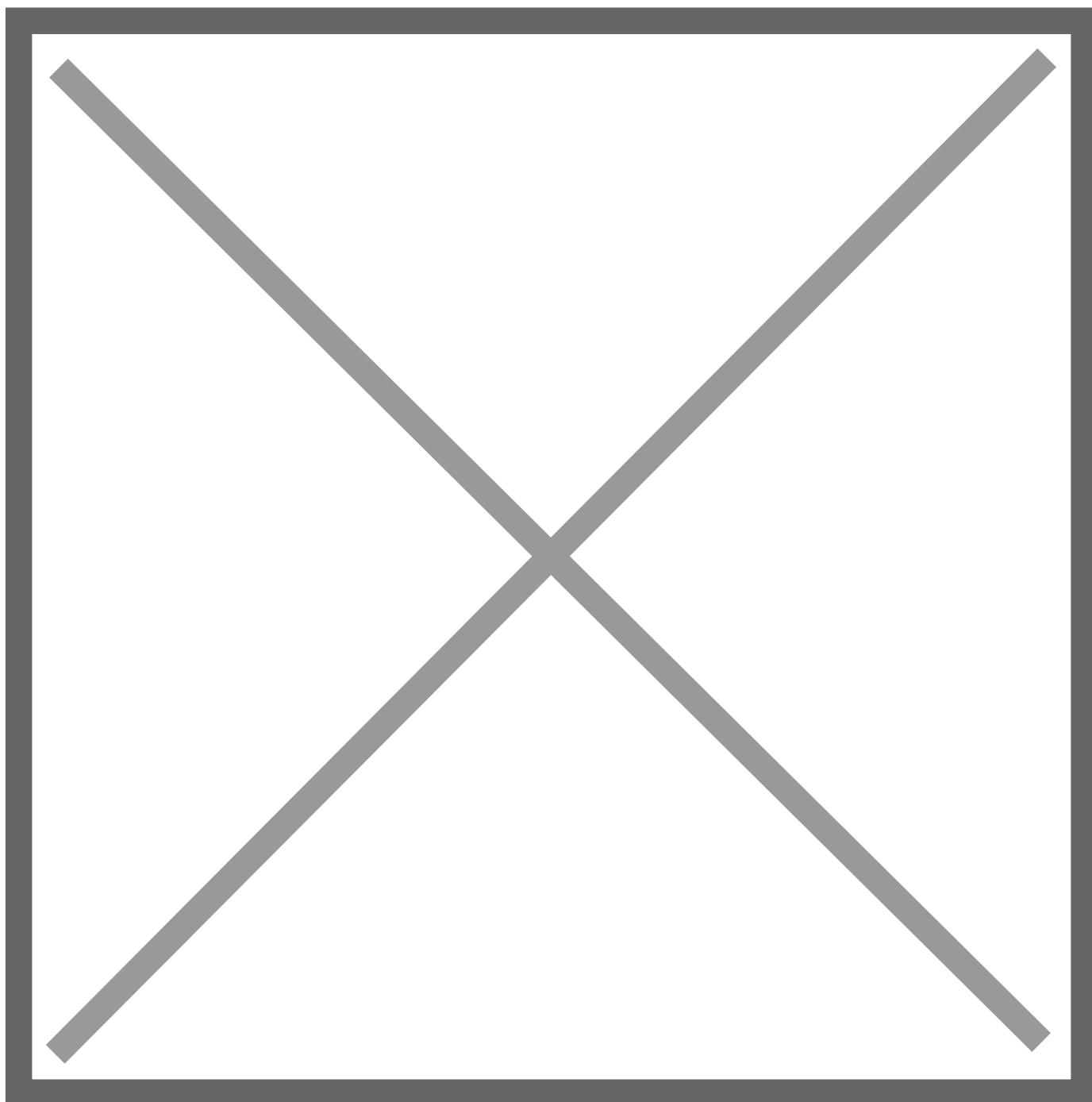
Reference:

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

Definice
(kÅ dispozici
pouze
vÅ angliÄ
tinÄ):

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

Dávky, 2010-2022



**Pokrytí
oblast:**

Národní

Reference:

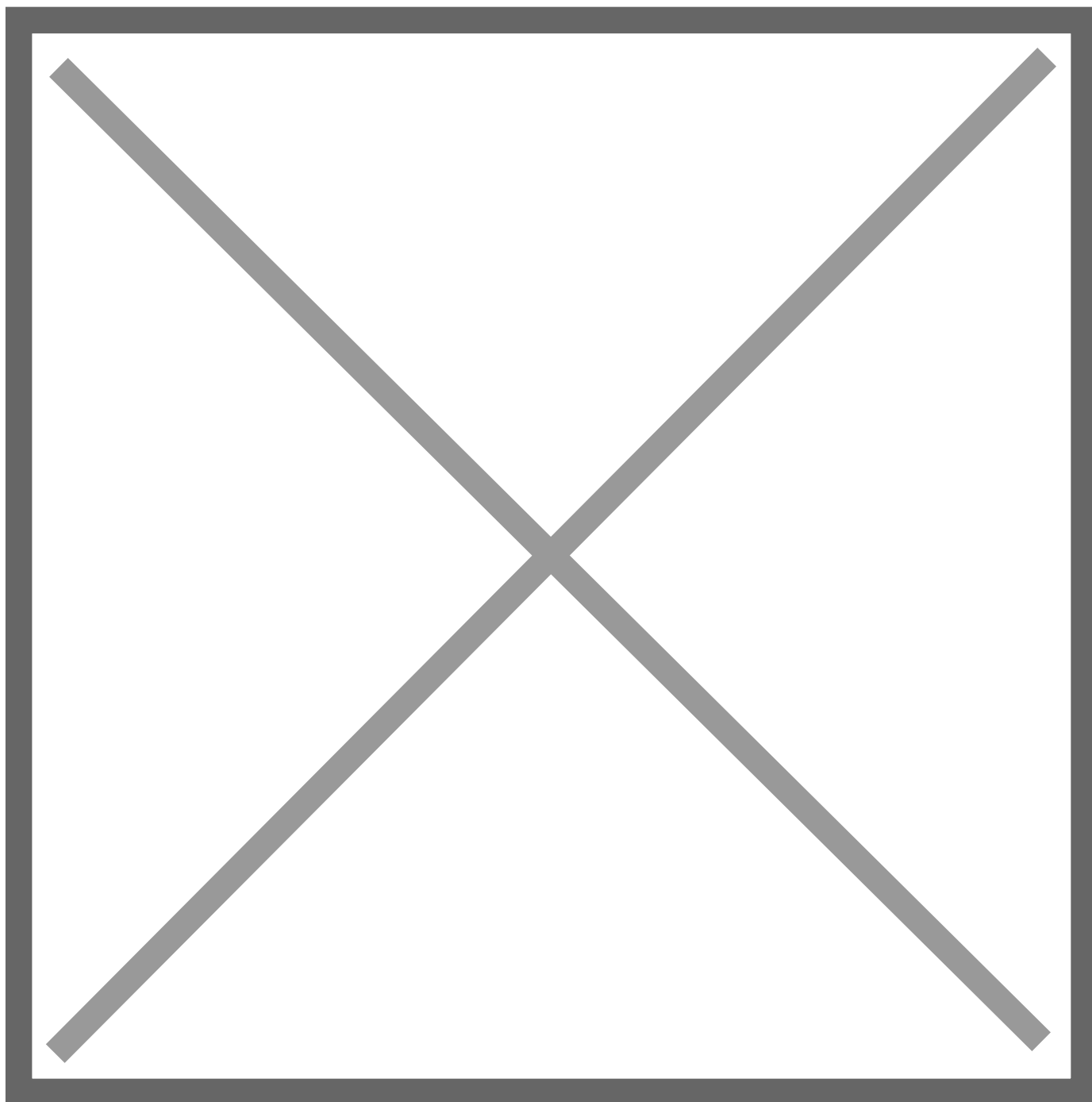
Health Behaviour in School-aged Children study (2023), Data browser (findings from the 2021/22 international HBSC survey): <https://data-browser.hbsc.org..>

Definice
(kÅ dispozici
pouze
vÅ angliÄ
tinÄ):

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

Prevalence of less-than-daily fruit consumption

DÄŕ ti, 2010-2014



Typ
prÄŕzkumu:

NamÄŕ Äŕ enÄŕ©

Reference:

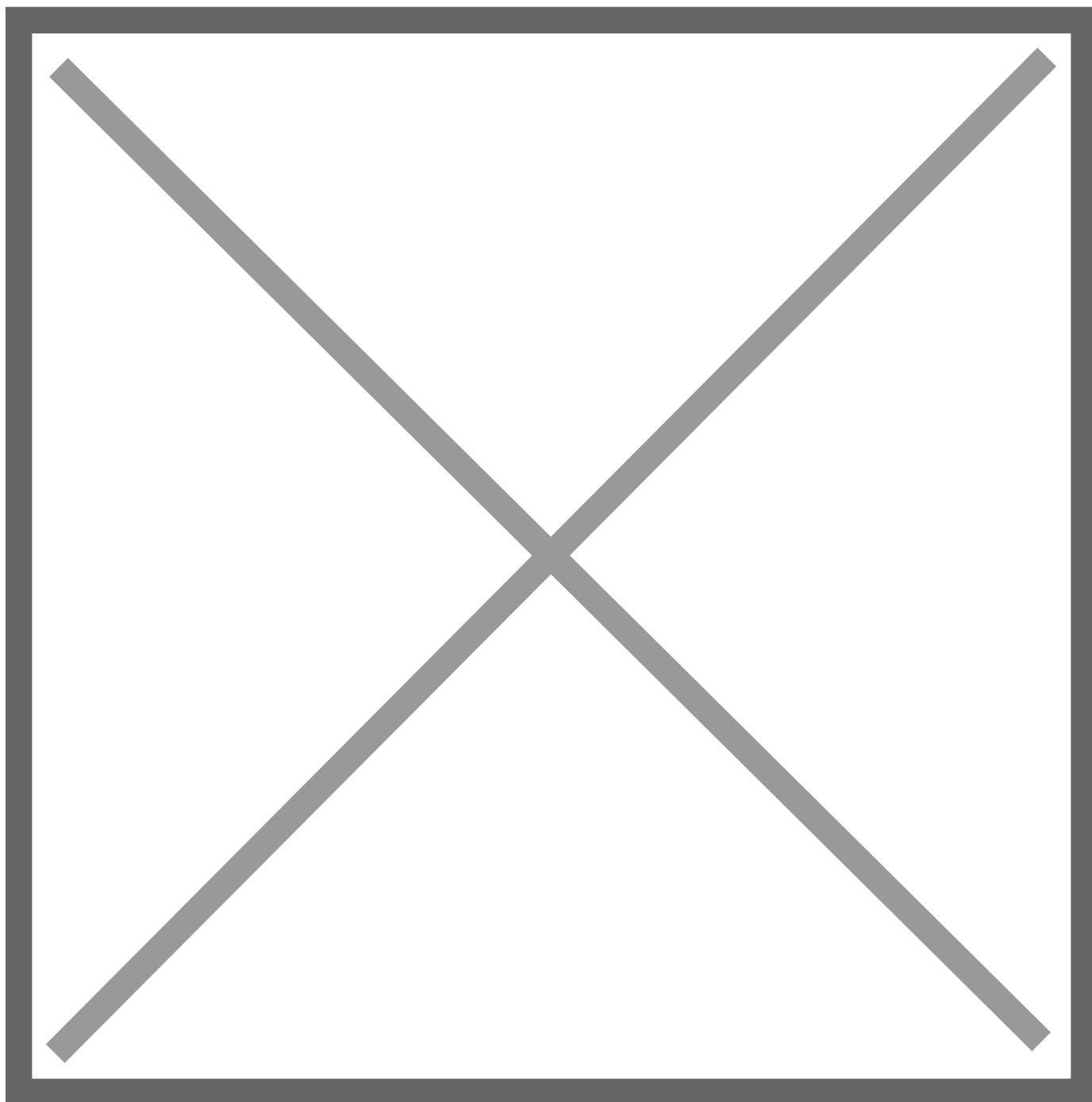
Global School-based Student Health Surveys. Beal et al (2019). Global Patterns of Adolescent Fruit, Vegetable, Carbonated Soft Drink, and Fast-food consumption: A meta-analysis of global school-based student health surveys. Food and Nutrition Bulletin. <https://doi.org/10.1177/0379572119848287>. Sourced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

Definice
(kÅ dispozici
pouze
vÅ angliÄ
tinÄ):

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

Prevalence of less-than-daily vegetable consumption

DÄŕ ti, 2010-2014



Typ
prÄŕzkumu:

NamÄŕ Äŕ enÄŕ©

VÄŕ k:

12-17

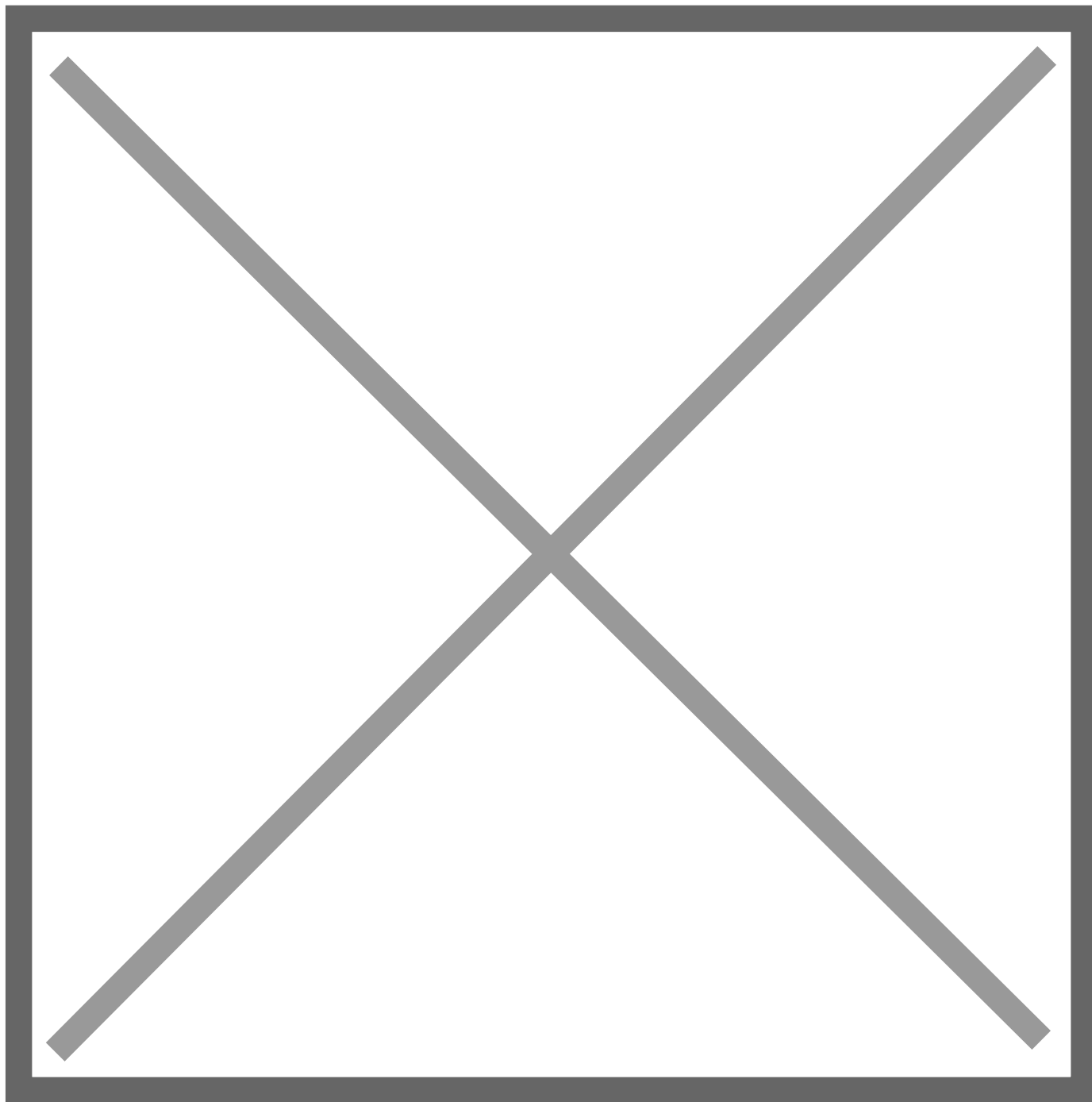
Reference: Beal et al. (2019). Global Patterns of Adolescent Fruit, Vegetable, Carbonated Soft Drink, and Fast-food consumption: A meta-analysis of global school-based student health surveys. Food and Nutrition Bulletin. <https://doi.org/10.1177/0379572119848287> sourced from Food Systems Dashboard 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

Definice
(kÅ dispozici
pouze
vÅ angliÄ
tinÄ):

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

DuÅ¡evnÅ¡ zdravÅ¡ a stavy deprese

DÅ¡ ti, 2021



**PokrytÅ¡
oblast:**

NÅ¡rodnÅ¡

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

Chlapci, 2021

**Pokrytí
oblast:**

Národní

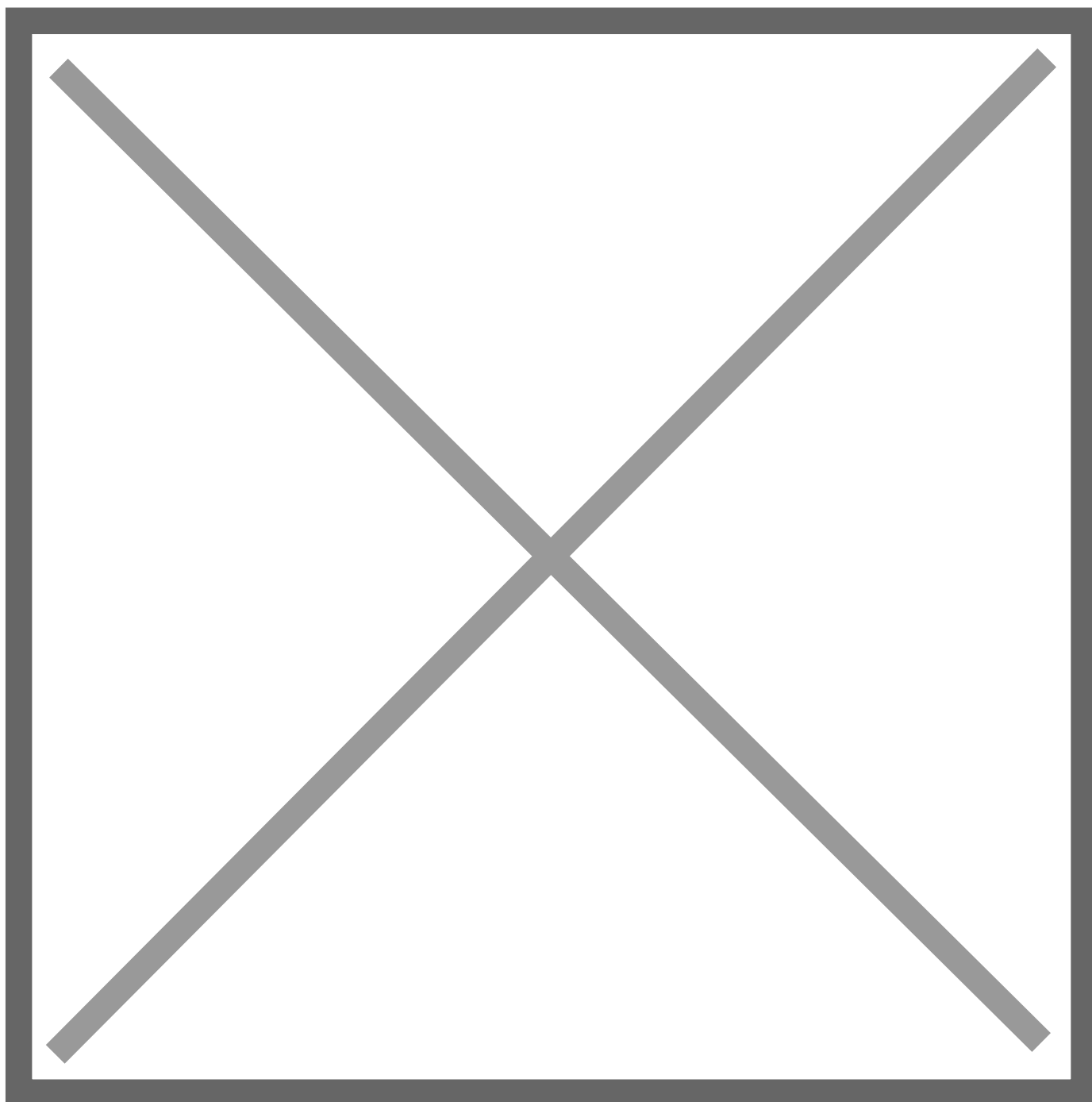
Reference:

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

Dávky, 2021



**Pokrytí
oblast:**

Národní

Reference:

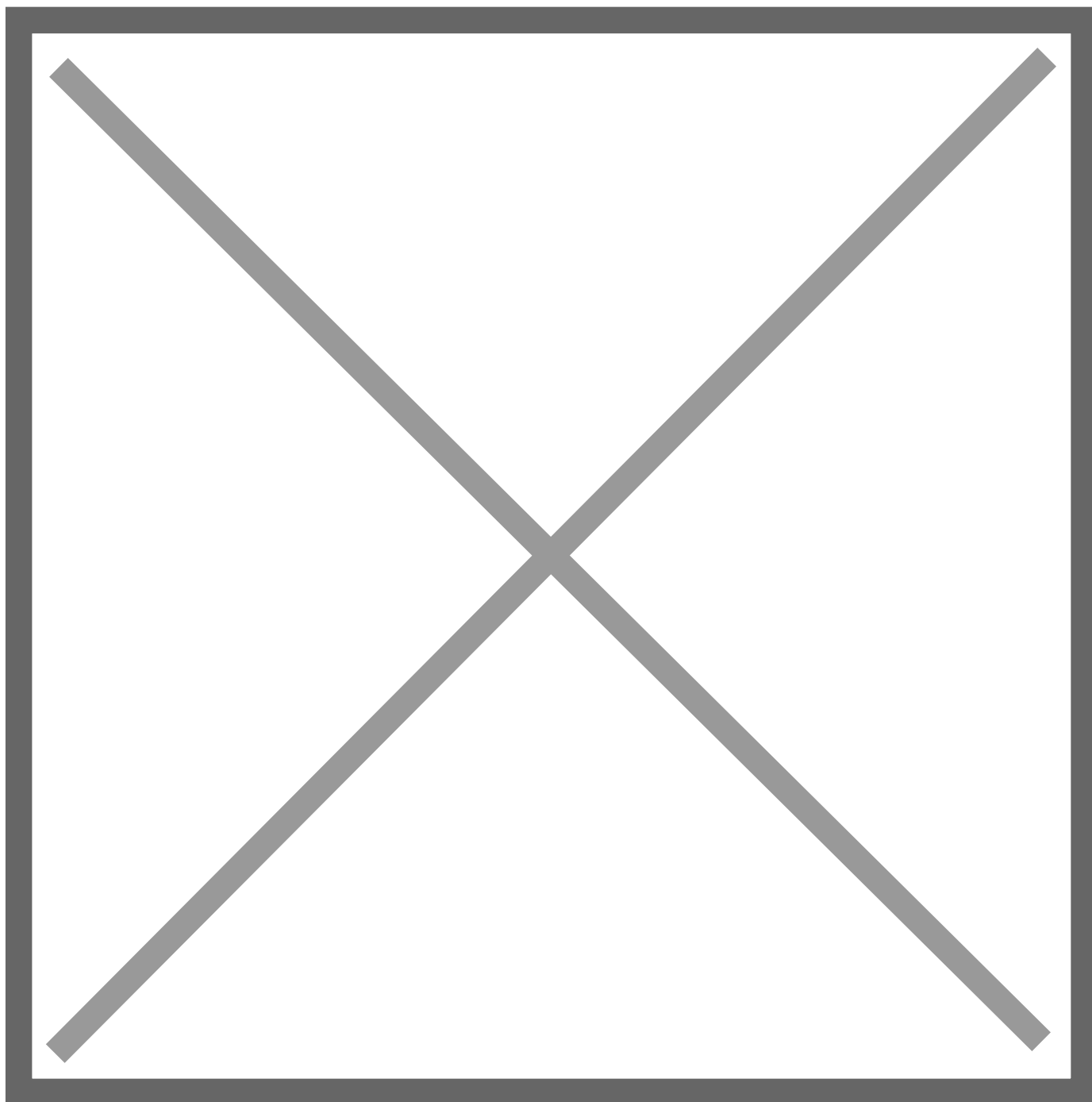
Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

Definice
(kÅ dispozici
pouze
vÅ angliÄ
tinÄ):

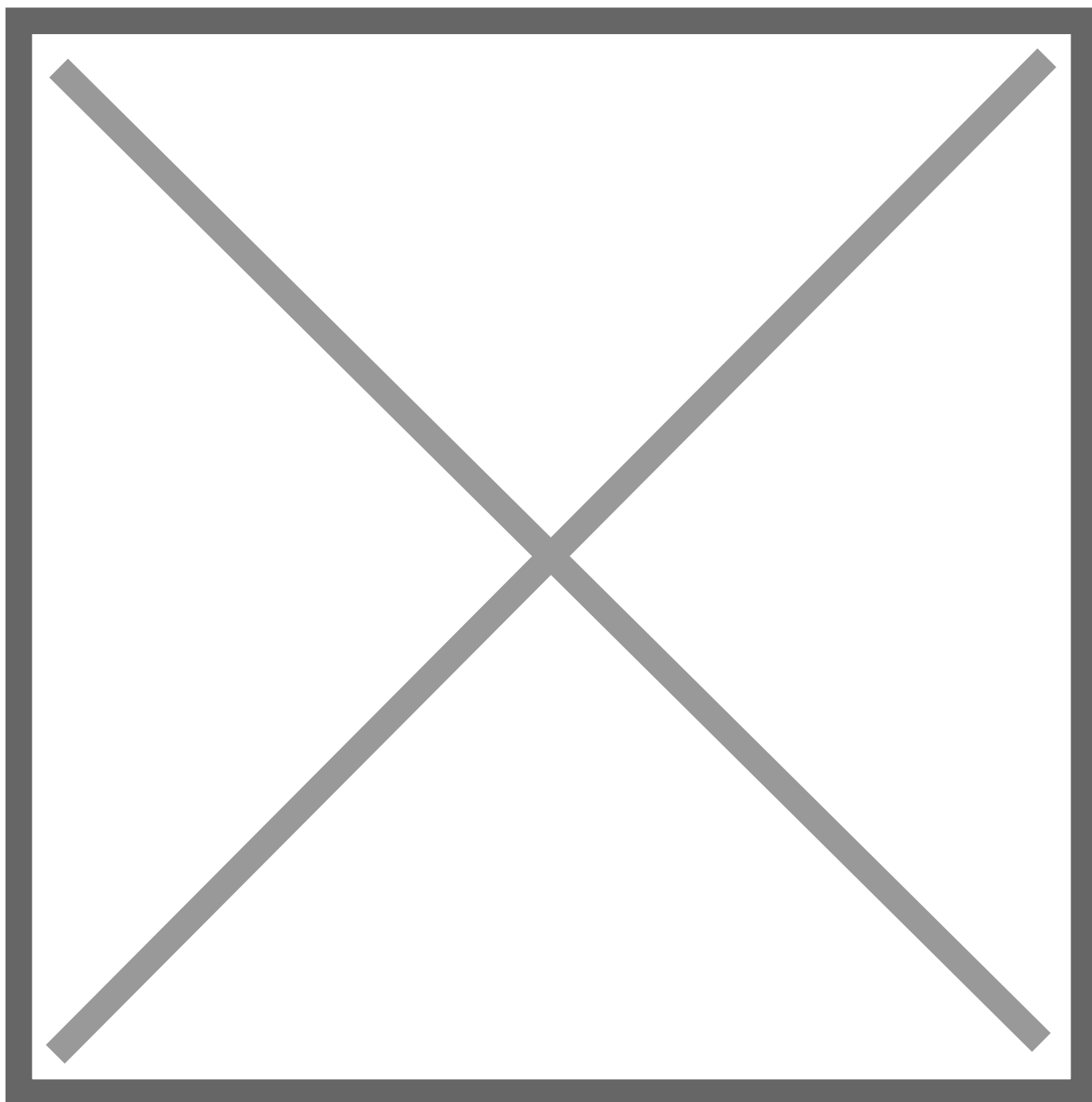
Number living with depressive disorder per 100,000 population (Under 20 years of age)

DuÅ¡evnÅ¡ zdravÅ¡ a stav Å¡zkosti

DÅ¡ ti, 2021

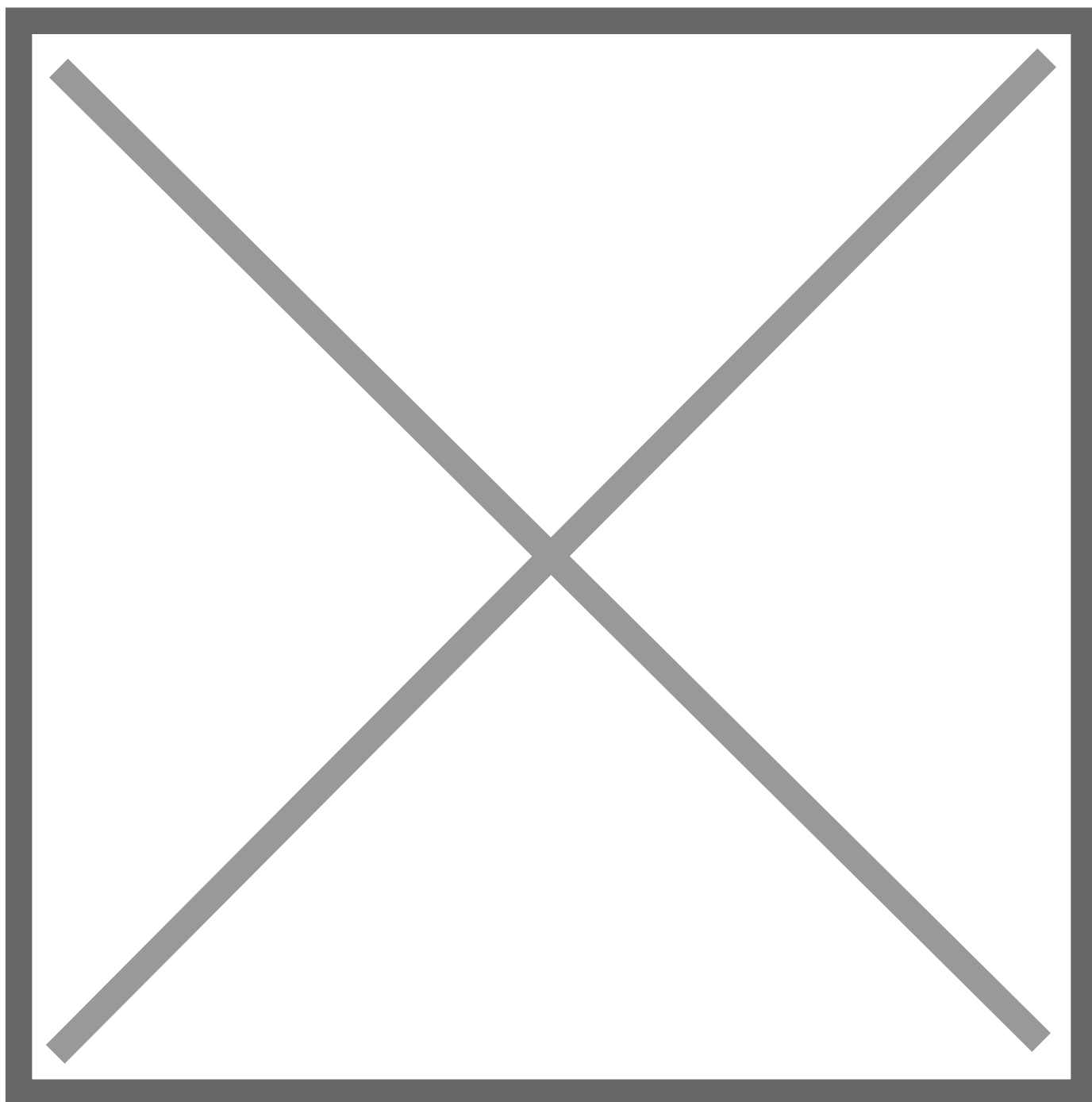
**Reference:**

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)

Chlapci, 2021**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)

Děvky, 2021

**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)

PDF created on July 19, 2025