# Report card
## WHO European region

<table>
<thead>
<tr>
<th>Contents</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Obesity prevalence</td>
<td>2</td>
</tr>
<tr>
<td>Insufficient activity</td>
<td>8</td>
</tr>
<tr>
<td>Sugar consumption</td>
<td>14</td>
</tr>
<tr>
<td>Estimated per-capita sugar sweetened beverages intake</td>
<td>15</td>
</tr>
<tr>
<td>Prevalence of at least daily carbonated soft drink consumption</td>
<td>16</td>
</tr>
<tr>
<td>Confectionery consumption</td>
<td>17</td>
</tr>
<tr>
<td>Sweet/savoury snack consumption</td>
<td>18</td>
</tr>
<tr>
<td>Estimated per-capita fruit intake</td>
<td>19</td>
</tr>
<tr>
<td>Prevalence of less-than-daily fruit consumption</td>
<td>20</td>
</tr>
<tr>
<td>Prevalence of less-than-daily vegetable consumption</td>
<td>21</td>
</tr>
<tr>
<td>Estimated per-capita processed meat intake</td>
<td>22</td>
</tr>
<tr>
<td>Estimated per-capita whole grains intake</td>
<td>23</td>
</tr>
<tr>
<td>Mental health - depression disorders</td>
<td>24</td>
</tr>
<tr>
<td>Mental health - anxiety disorders</td>
<td>25</td>
</tr>
<tr>
<td>Oesophageal cancer</td>
<td>26</td>
</tr>
<tr>
<td>Breast cancer</td>
<td>28</td>
</tr>
<tr>
<td>Colorectal cancer</td>
<td>29</td>
</tr>
<tr>
<td>Pancreatic cancer</td>
<td>31</td>
</tr>
<tr>
<td>Gallbladder cancer</td>
<td>33</td>
</tr>
<tr>
<td>Kidney cancer</td>
<td>35</td>
</tr>
<tr>
<td>Cancer of the uterus</td>
<td>37</td>
</tr>
<tr>
<td>Raised blood pressure</td>
<td>38</td>
</tr>
<tr>
<td>Raised cholesterol</td>
<td>41</td>
</tr>
<tr>
<td>Raised fasting blood glucose</td>
<td>44</td>
</tr>
<tr>
<td>Diabetes prevalence</td>
<td>46</td>
</tr>
</tbody>
</table>
Obesity prevalence

Adults

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.

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
Men

Survey type: Countries marked with an * are using self-reported data.

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

Unless otherwise noted, overweight refers to a BMI between 25kg to 29.9kg/m², obesity refers to a BMI greater than 30kg/m².

BMI categories:
- Obesity
- Overweight
- Overweight or obesity
Women

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.

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
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.

Cutoffs: Other
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.

Cutoffs:

Other
Girls

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.

Cutoffs:
Other
Insufficient activity

Adults, 2016

Women, 2016

**Children, 2010**

Age: 11-17


Notes: % of school going adolescents not meeting WHO recommendations on Physical Activity for Health, i.e. doing less than 60 minutes of moderate- to vigorous-intensity physical activity daily.

Definitions: % Adolescents insufficiently active (age standardised estimate)
Boys, 2010

Age: 11-17


Notes: % of school going adolescents not meeting WHO recommendations on Physical Activity for Health, i.e. doing less than 60 minutes of moderate- to vigorous-intensity physical activity daily.

Definitions: % Adolescents insufficiently active (age standardised estimate)
Girls, 2010

Age: 11-17


Notes: % of school going adolescents not meeting WHO recommendations on Physical Activity for Health, i.e. doing less than 60 minutes of moderate- to vigorous-intensity physical activity daily.

Definitions: % Adolescents insufficiently active (age standardised estimate)
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, 2010-2014

Survey type: Measured


Notes: 15-year-old adolescents

Definitions: Prevalence of at least daily carbonated soft drink consumption (% of at least daily carbonated soft drink consumption)
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

Survey type: Measured

Age: 25+

References: Global Burden of Disease, the Institute for Health Metrics and Evaluation [http://ghdx.healthdata.org/]

Definitions: Estimated per-capita fruit intake (g/day)
Prevalence of less-than-daily fruit consumption

Children, 2010-2014

Survey type: Measured


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
Age: 12-17


Definitions: Prevalence of less-than-daily vegetable consumption (% less-than-daily vegetable consumption)
Estimated per-capita processed meat intake

Adults, 2017

Survey type: Measured

Age: 25+

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

Definitions: Estimated per-capita processed meat intake (g per day)
Estimated per-capita whole grains intake

Adults, 2017

Survey type: Measured
Age: 25+
References: Global Burden of Disease, the Institute for Health Metrics and Evaluation [http://ghdx.healthdata.org/]
Definitions: Estimated per-capita whole grains intake (g/day)
Mental health - depression disorders

Adults, 2015


Definitions: % of population with depression disorders
Mental health - anxiety disorders

Adults, 2015


Definitions: % of population with anxiety disorders
Oesophageal cancer

Men, 2018

Age: 20+


Definitions: Estimated age-standardized incidence rates (World) in 2018, oesophagus, adults ages 20+. ASR (World) per 100,000
Age: 20+


Definitions: Estimated age-standardized incidence rates (World) in 2018, oesophagus, adults ages 20+. ASR (World) per 100,000
Breast cancer

Women, 2018


Definitions: Estimated age-standardized incidence rates (World) in 2018, breast, females, ages 20+. ASR (World) per 100,000
**Colorectal cancer**

**Men, 2018**

Age: 20+


Definitions: Estimated age-standardized incidence rates (World) in 2018, colorectum, adults, ages 20+. ASR (World) per 100,000
Women, 2018

Age: 20+


Definitions: Estimated age-standardized incidence rates (World) in 2018, colorectum, adults, ages 20+. ASR (World) per 100,000
Pancreatic cancer

Men, 2018

References: Global Cancer Observatory, Cancer incidence rates [http://gco.iarc.fr/] (last accessed 30th June 2020)

Definitions: Estimated age-standardized incidence rates (World) in 2018, pancreas, adults, ages 20+. ASR (World) per 100,000
Women, 2018


Definitions:  Estimated age-standardized incidence rates (World) in 2018, pancreas, adults, ages 20+. ASR (World) per 100,000
Gallbladder cancer

Men, 2018


Definitions: Estimated age-standardized incidence rates (World) in 2018, gallbladder, adults, ages 20+. ASR (World) per 100,000
Women, 2018

Incidence per 100,000

Age:
- 20+

References:

Definitions:
Estimated age-standardized incidence rates (World) in 2018, gallbladder, adults, ages 20+. ASR (World) per 100,000
Kidney cancer

Men, 2018

Age:

20+


Definitions: Estimated age-standardized incidence rates (World) in 2018, kidney, adults, ages 20+. ASR (World) per 100,000
Women, 2018

Incidence per 100,000

Age: 20+


Definitions: Estimated age-standardized incidence rates (World) in 2018, kidney, adults, ages 20+. ASR (World) per 100,000
Cancer of the uterus

Women, 2018


Definitions: Estimated age-standardized incidence rates (World) in 2018, cervix uteri, females, ages 20+. ASR (World) per 100,000
Raised blood pressure

Adults, 2015


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


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


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

Adults, 2008


Definitions: % Raised total cholesterol (≥ 5.0 mmol/L) (age-standardized estimate).
Men, 2008


Definitions: % Raised total cholesterol (&ge; 5.0 mmol/L) (age-standardized estimate).

Definitions: % Raised total cholesterol (≥ 5.0 mmol/L) (age-standardized estimate).
Raised fasting blood glucose

Men, 2014


Definitions: Age Standardised % raised fasting blood glucose (>= 7.0 mmol/L or on medication).
Women, 2014

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

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