



SZO – evropska regija

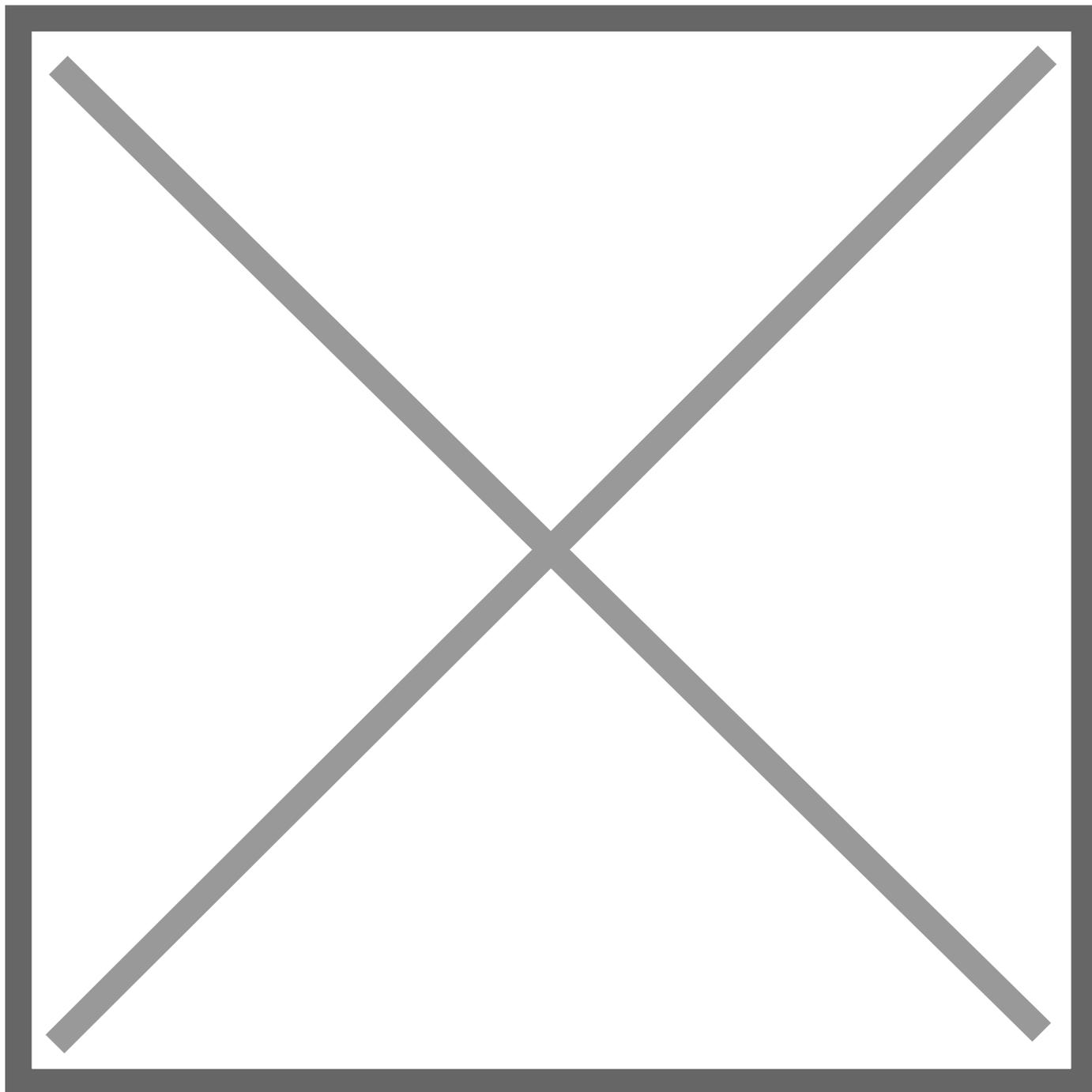
Regional report card

This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity . 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/>.

Razširjenost debelosti

Odrasli



Vrsta ankete:

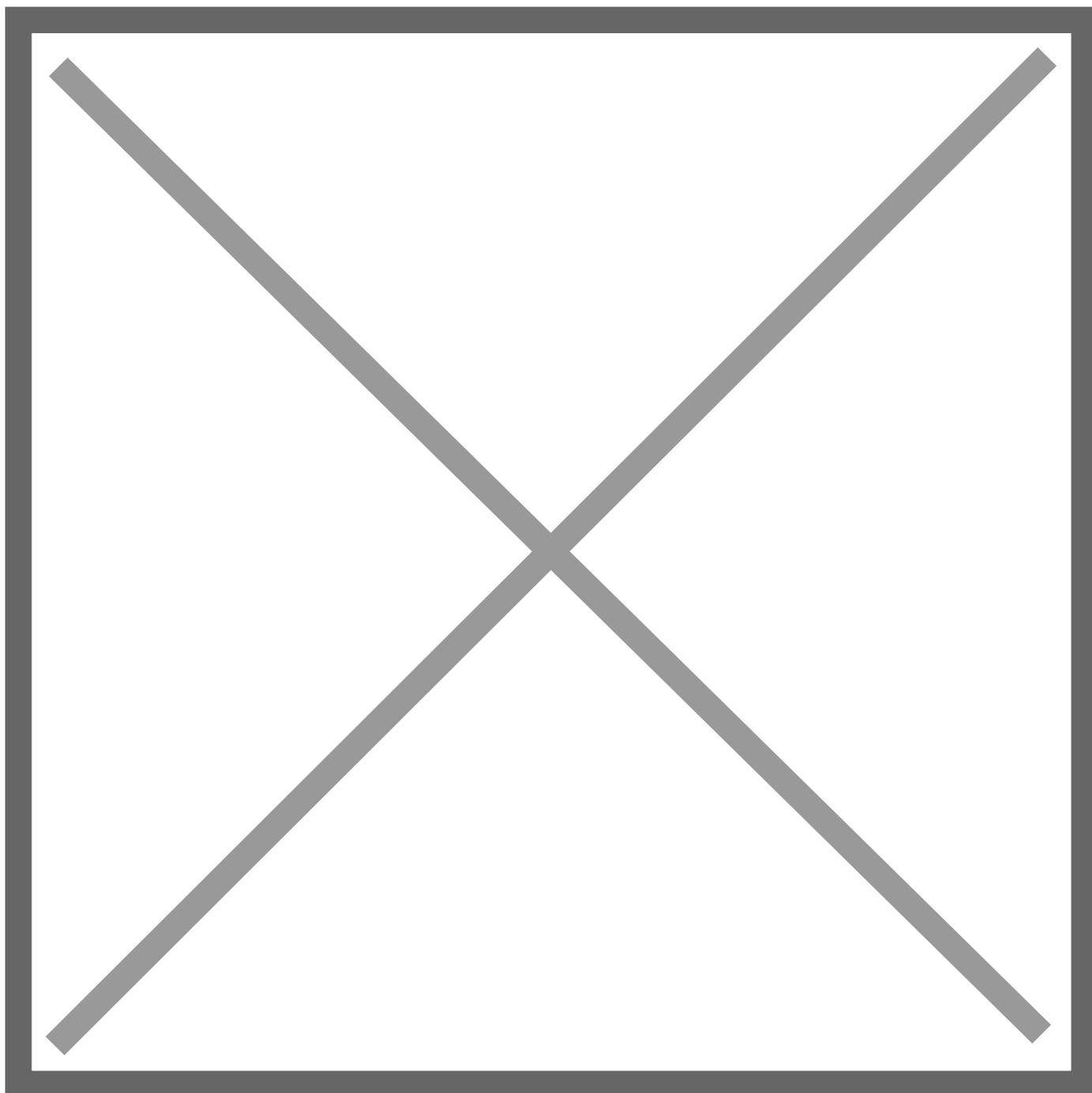
Countries marked with a * are using self-reported data.

Opombe (na voljo samo v angleščini):

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

Če ni navedeno drugače, se prekomerna teža nanaša na ITM med 25 kg in 29,9 kg/m², debelost pa na ITM, višji od 30 kg/m².

Moški



Vrsta ankete:

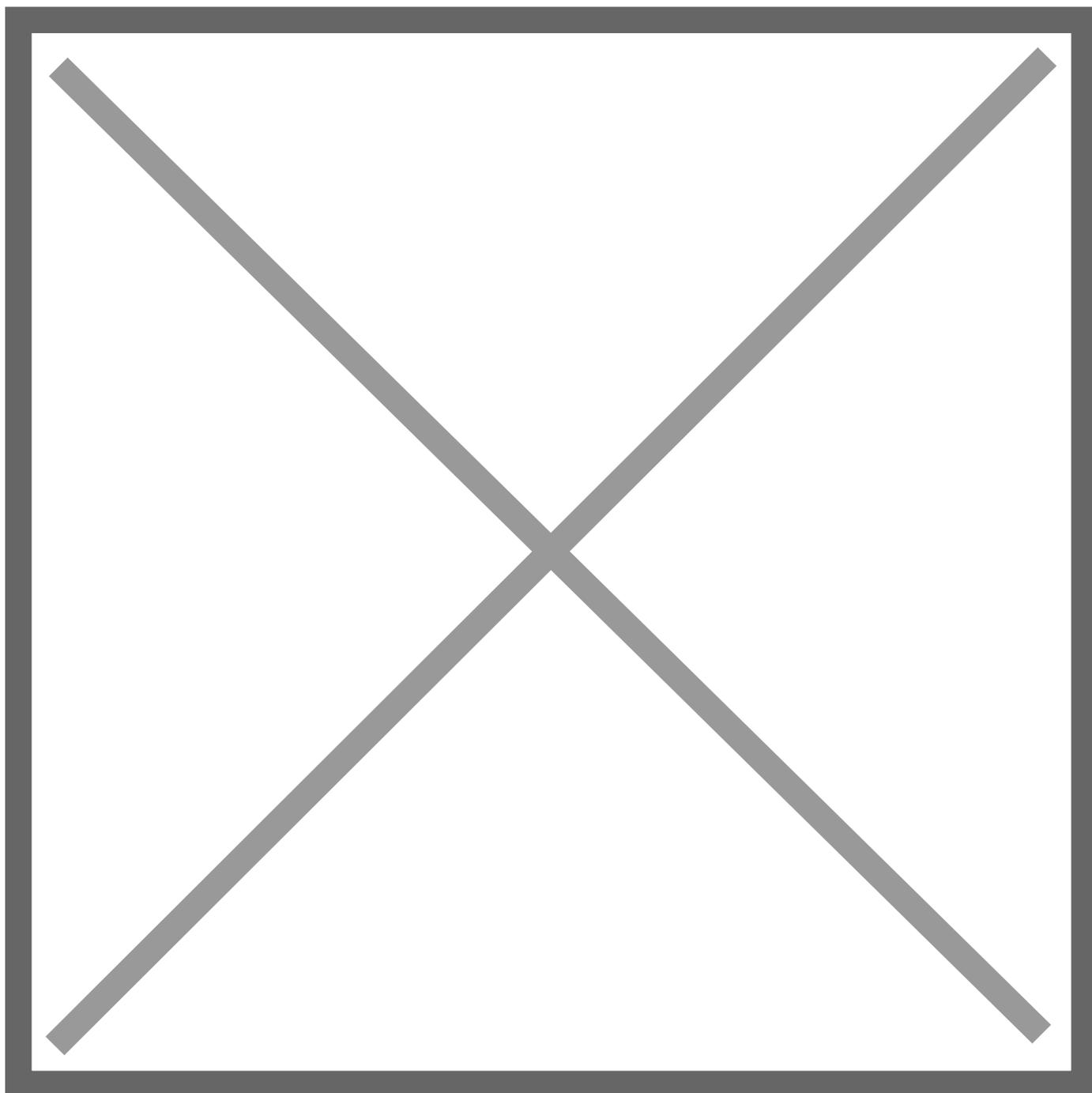
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Ženske



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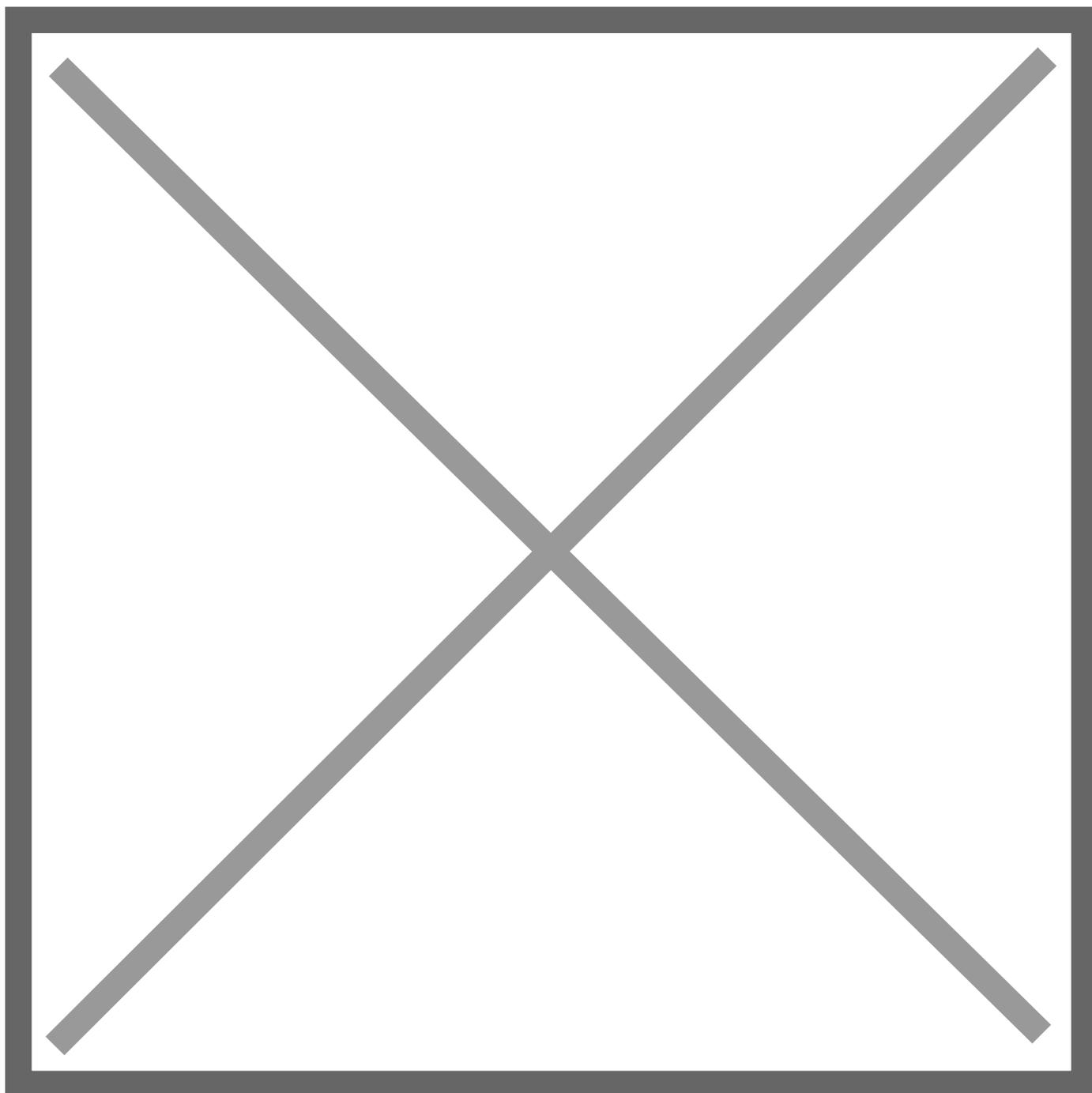
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Otroci



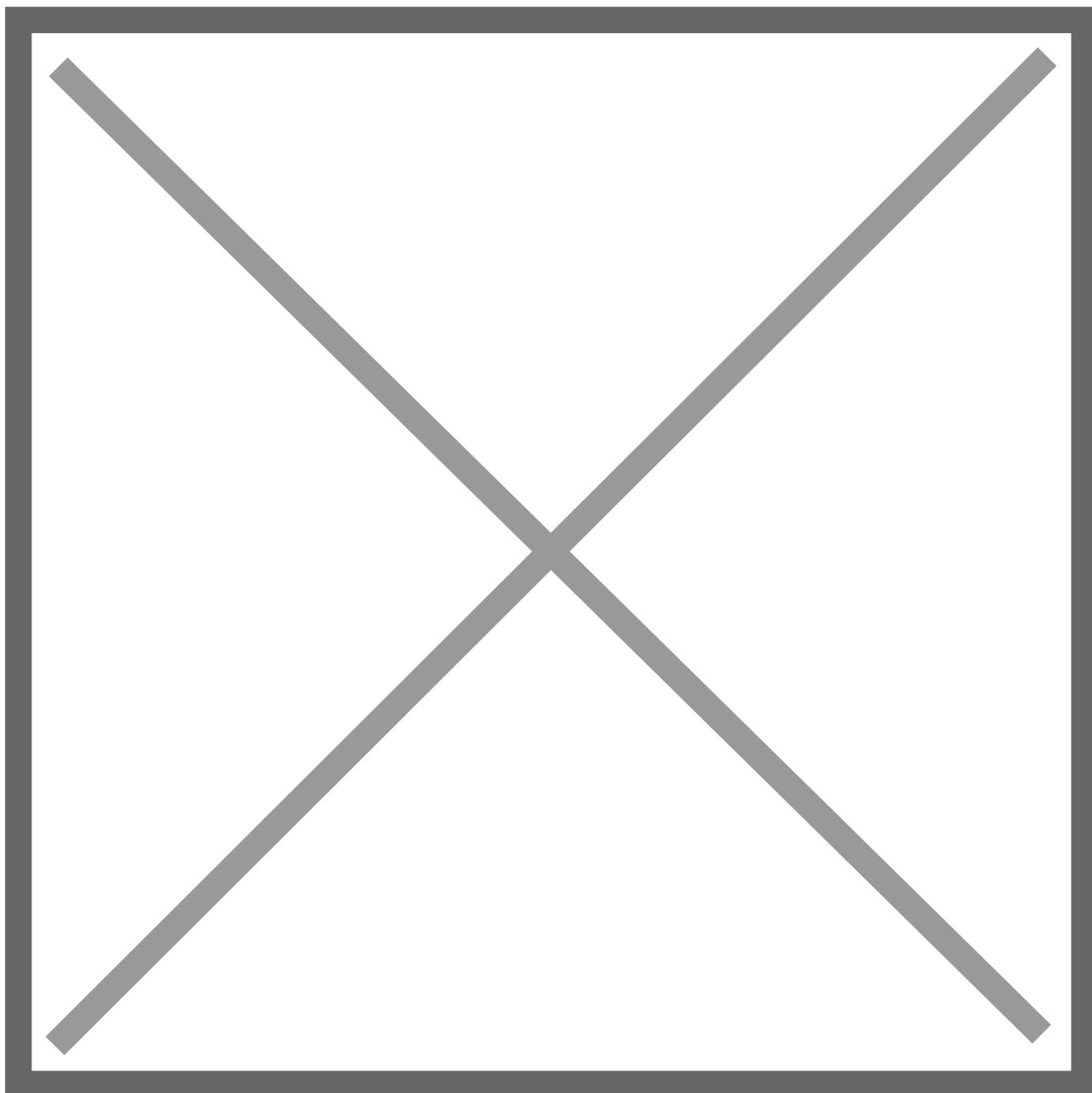
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Dečki



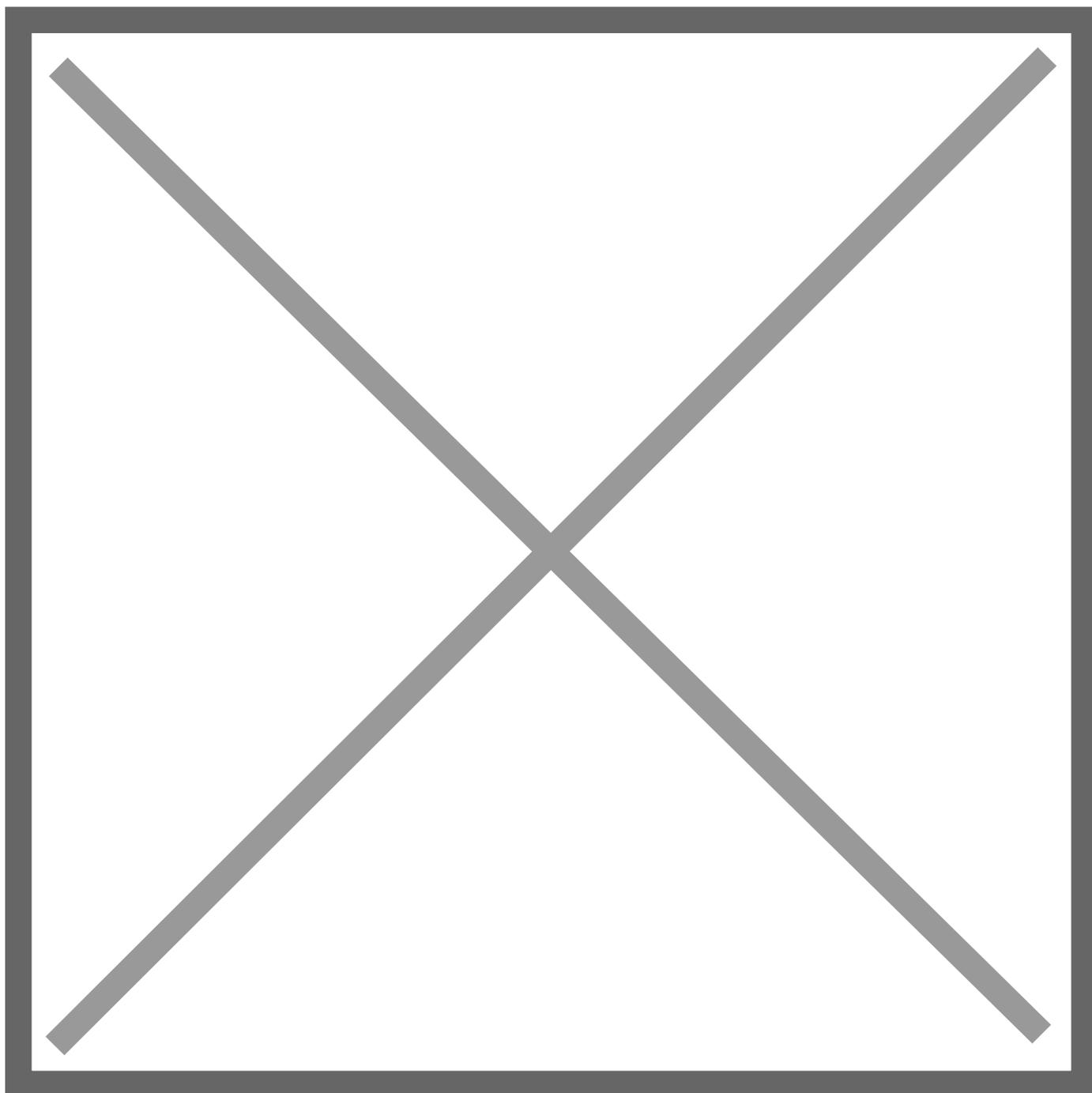
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Deklice



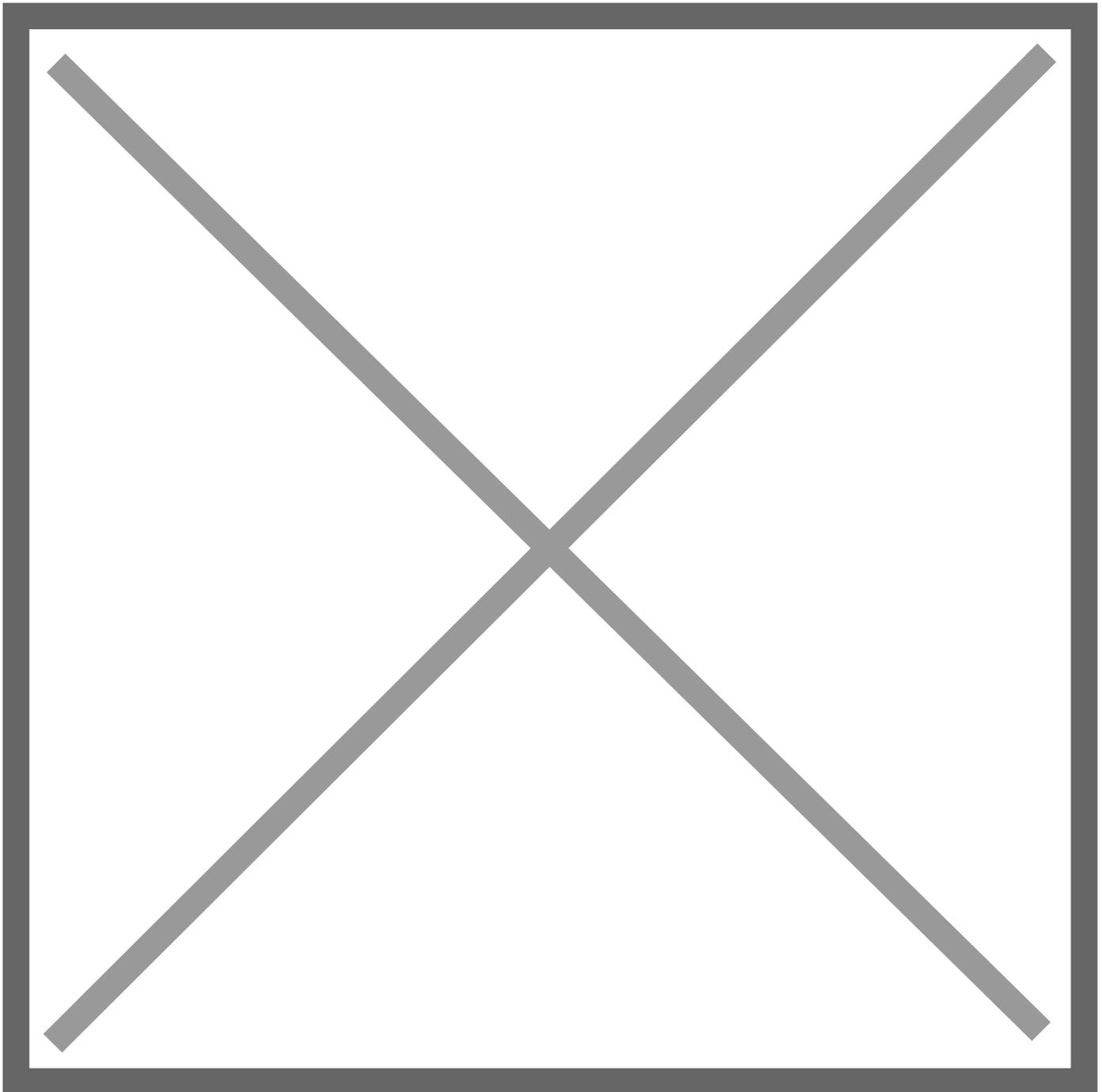
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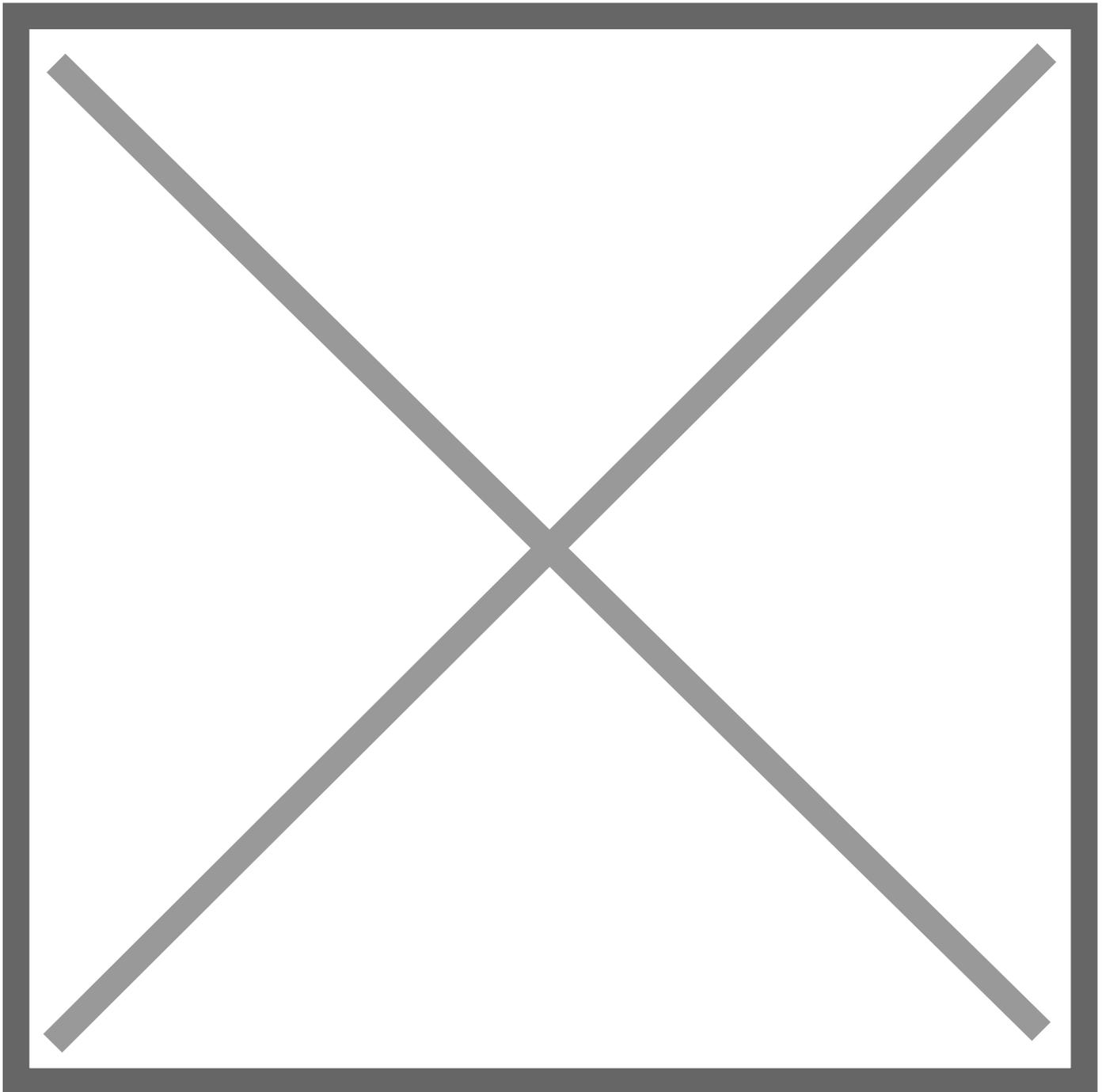
0-5 years



Opombe (na voljo samo v angleščini):

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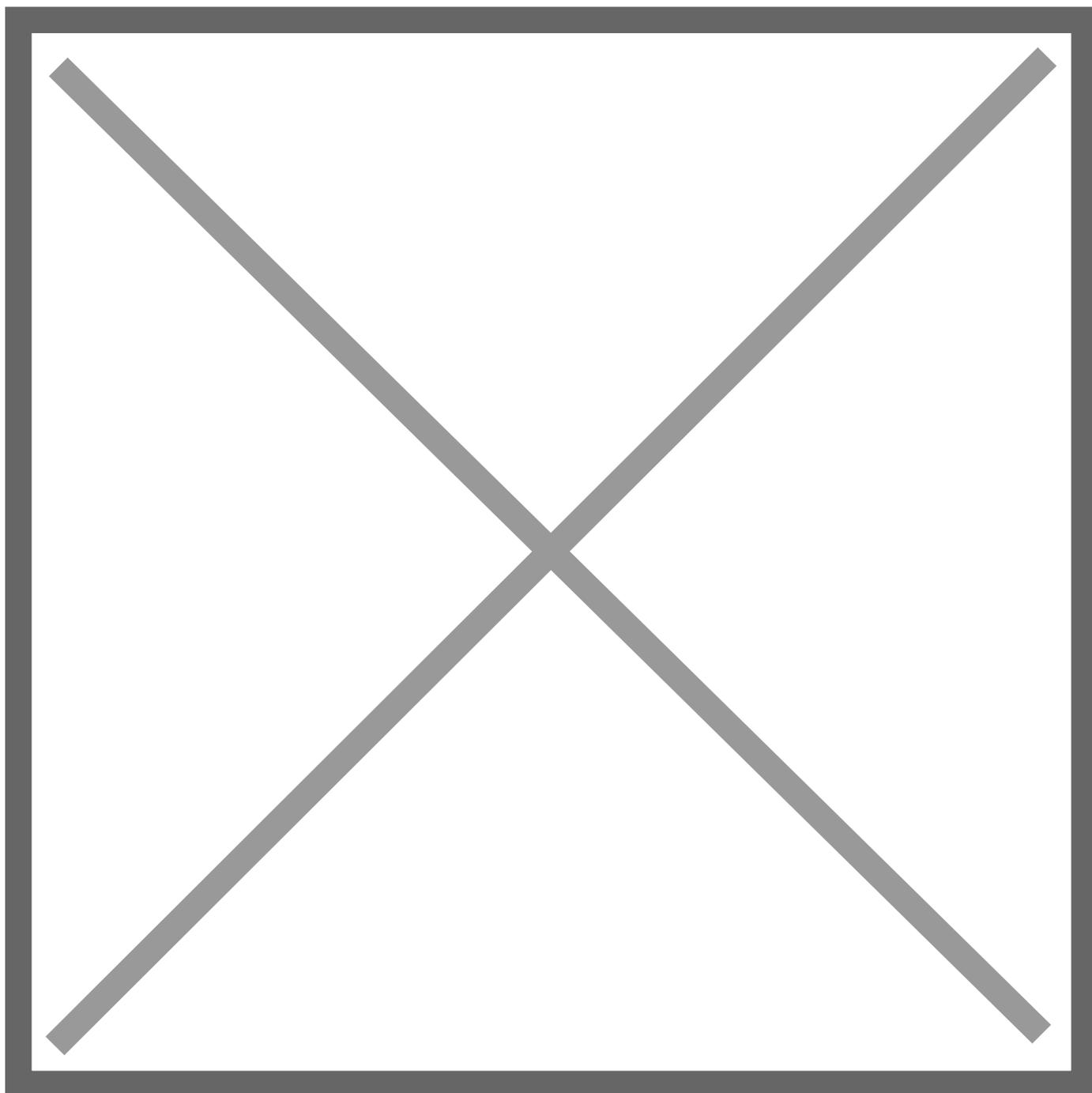
0-5 years boys



Opombe (na voljo samo v angleščini):

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

0-5 years girls

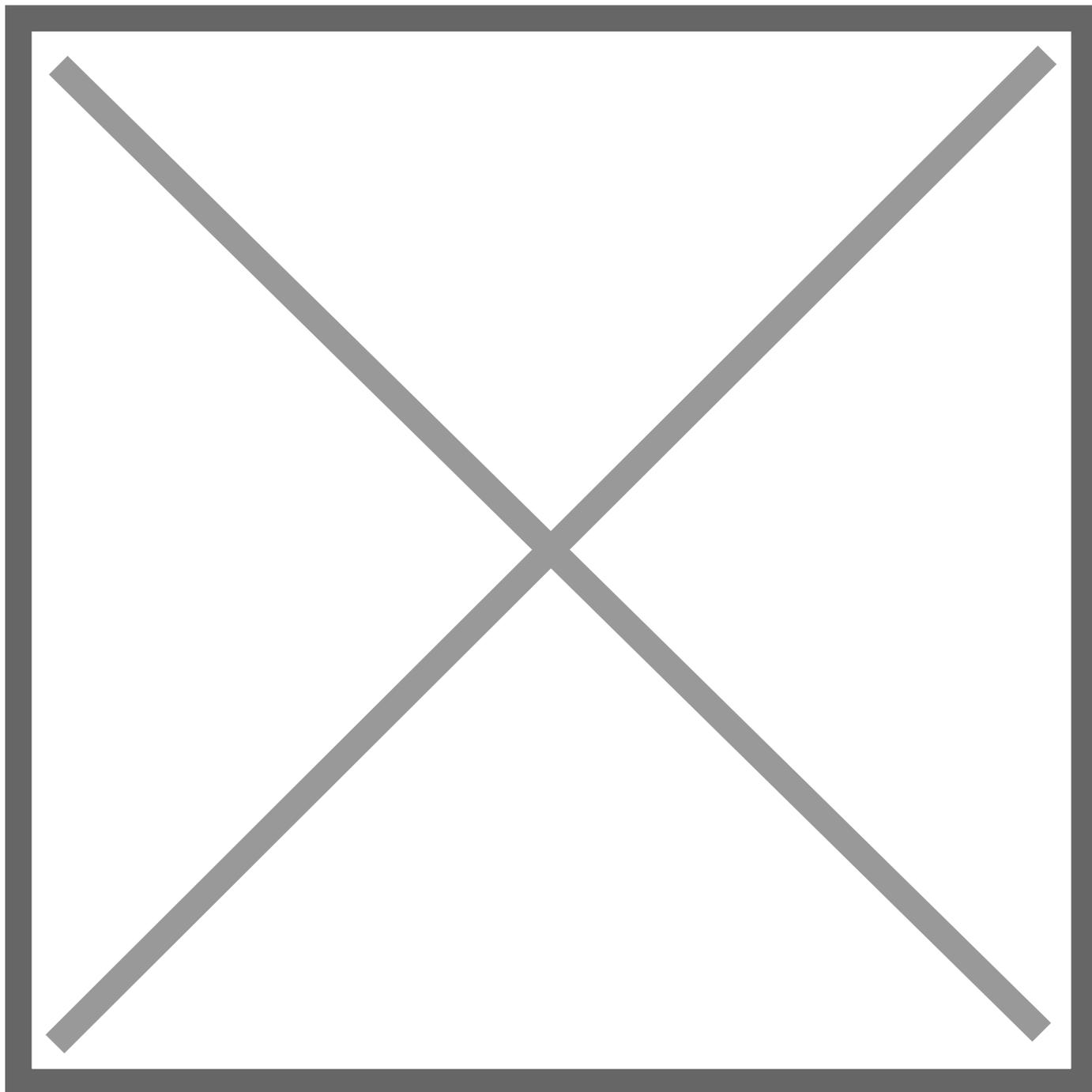


Opombe (na voljo samo v angleščini):

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

Nezadostna aktivnost

Dečki, 1986-2023



**Zajeto
območje:**

French speaking

Literatura:

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>.

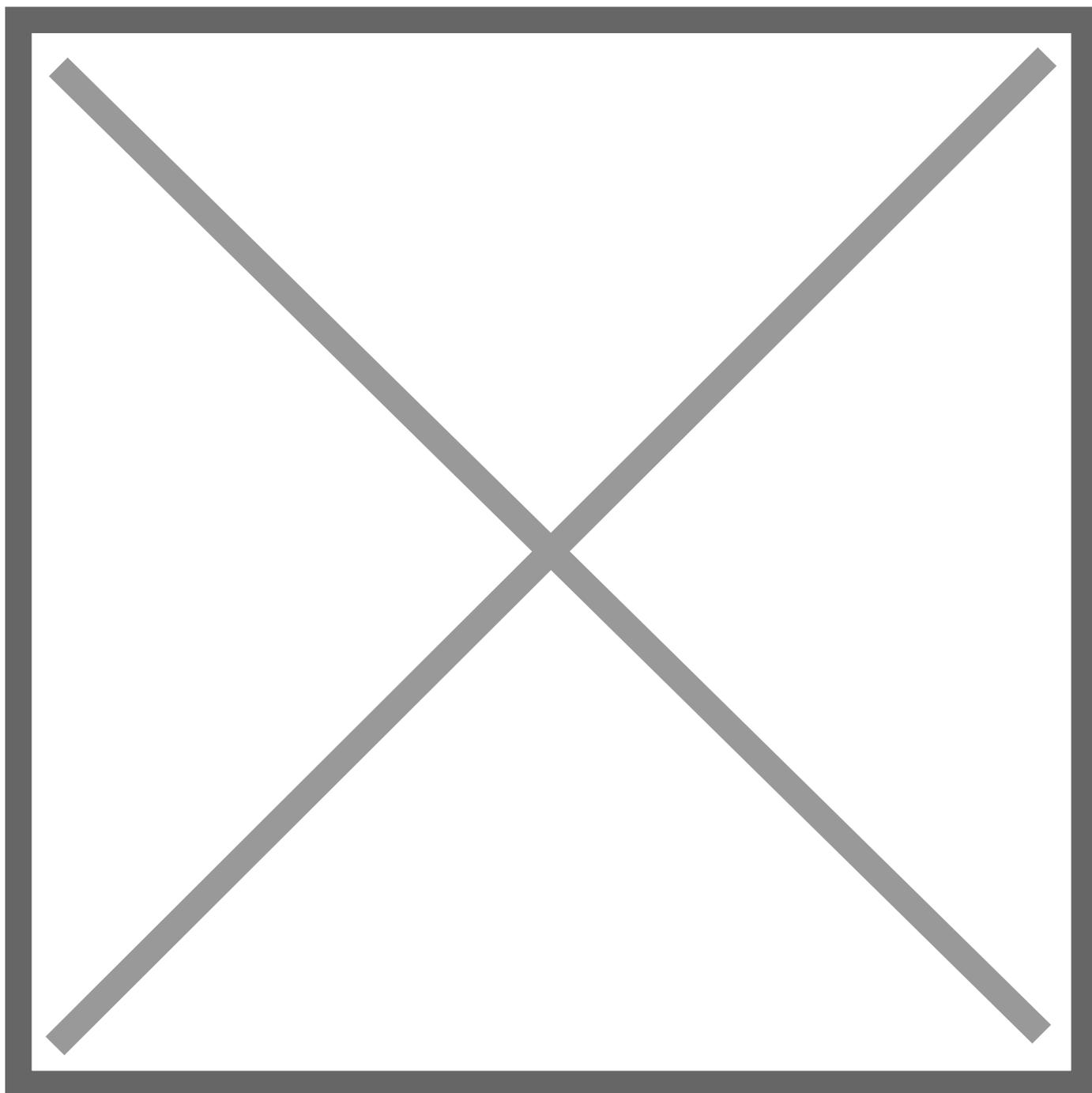
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Definicije (na voljo samo v angleščini):

% reporting less than 60 minutes of MVPA daily

Deklice, 1986-2023



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French speaking

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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>.

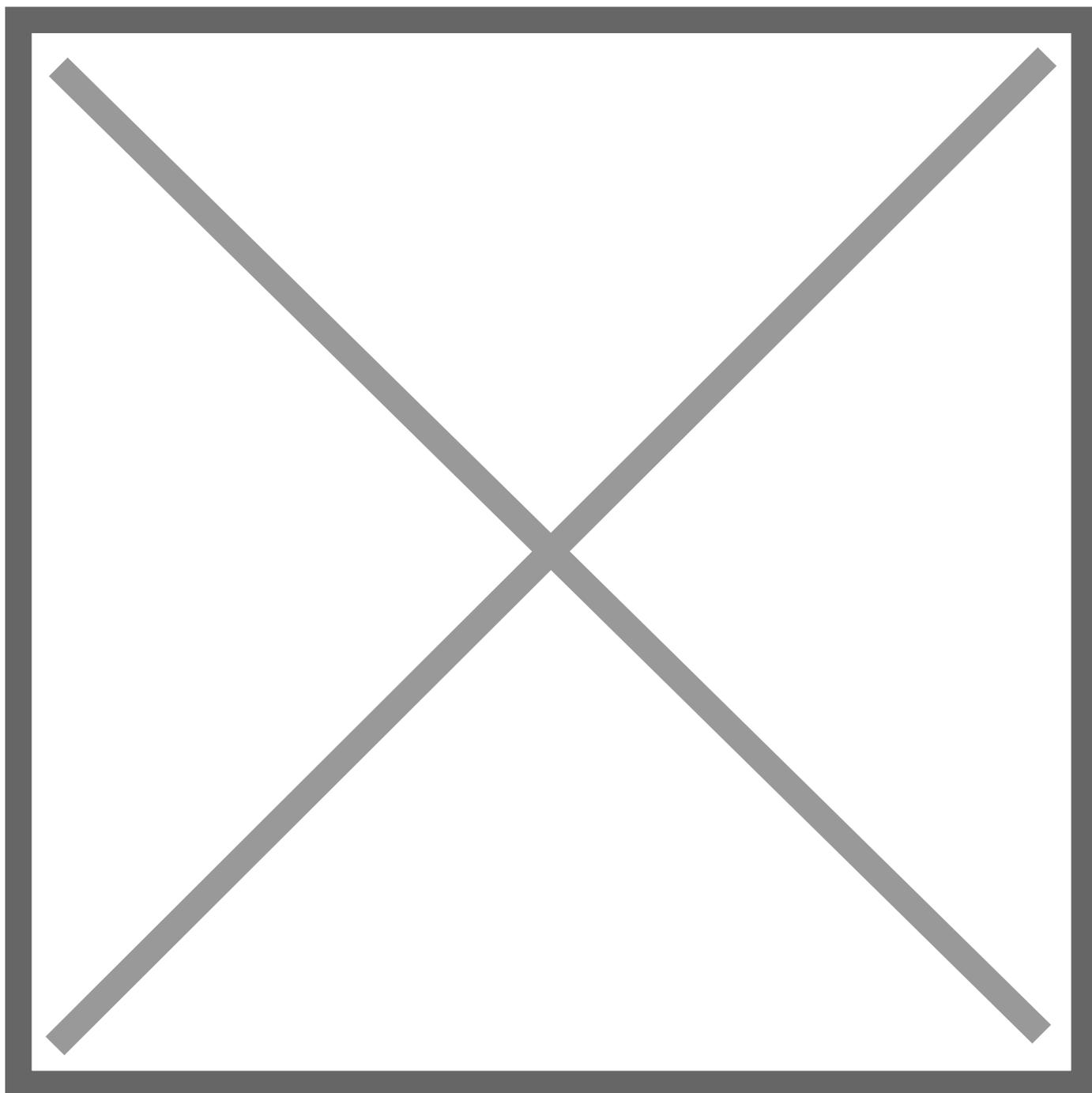
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Definicije (na voljo samo v angleščini):

% reporting less than 60 minutes of MVPA daily

Odrasli, 2022



Vrsta ankete: Samoprijavljeni

Starost: 18+

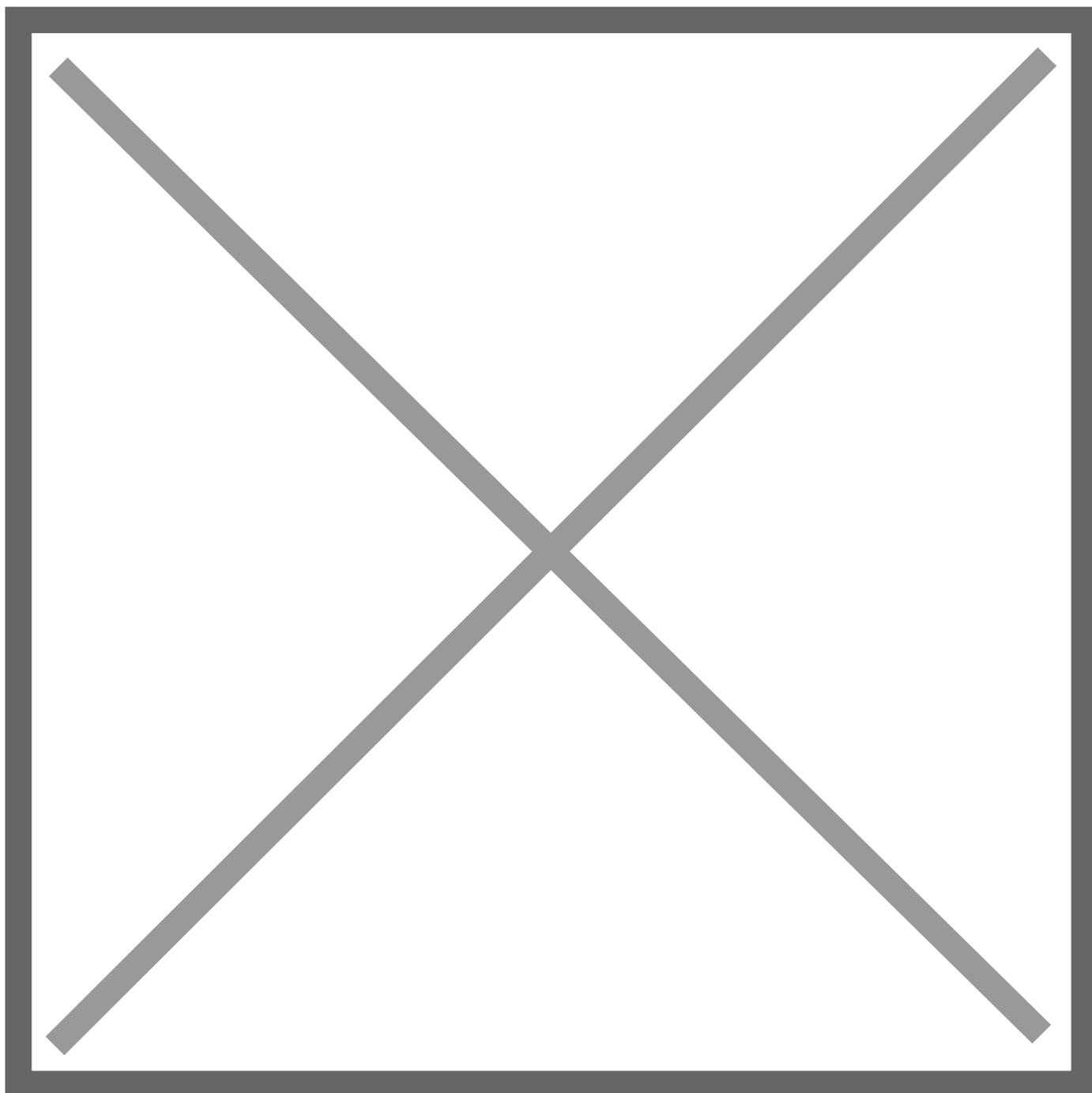
Zajeto območje: Na državni ravni

Literatura: 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)-(-))

**Definicije (na
voljo samo v
angleščini):**

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.

Moški, 2022



Vrsta ankete: Samoprijavljeni

Starost: 18+

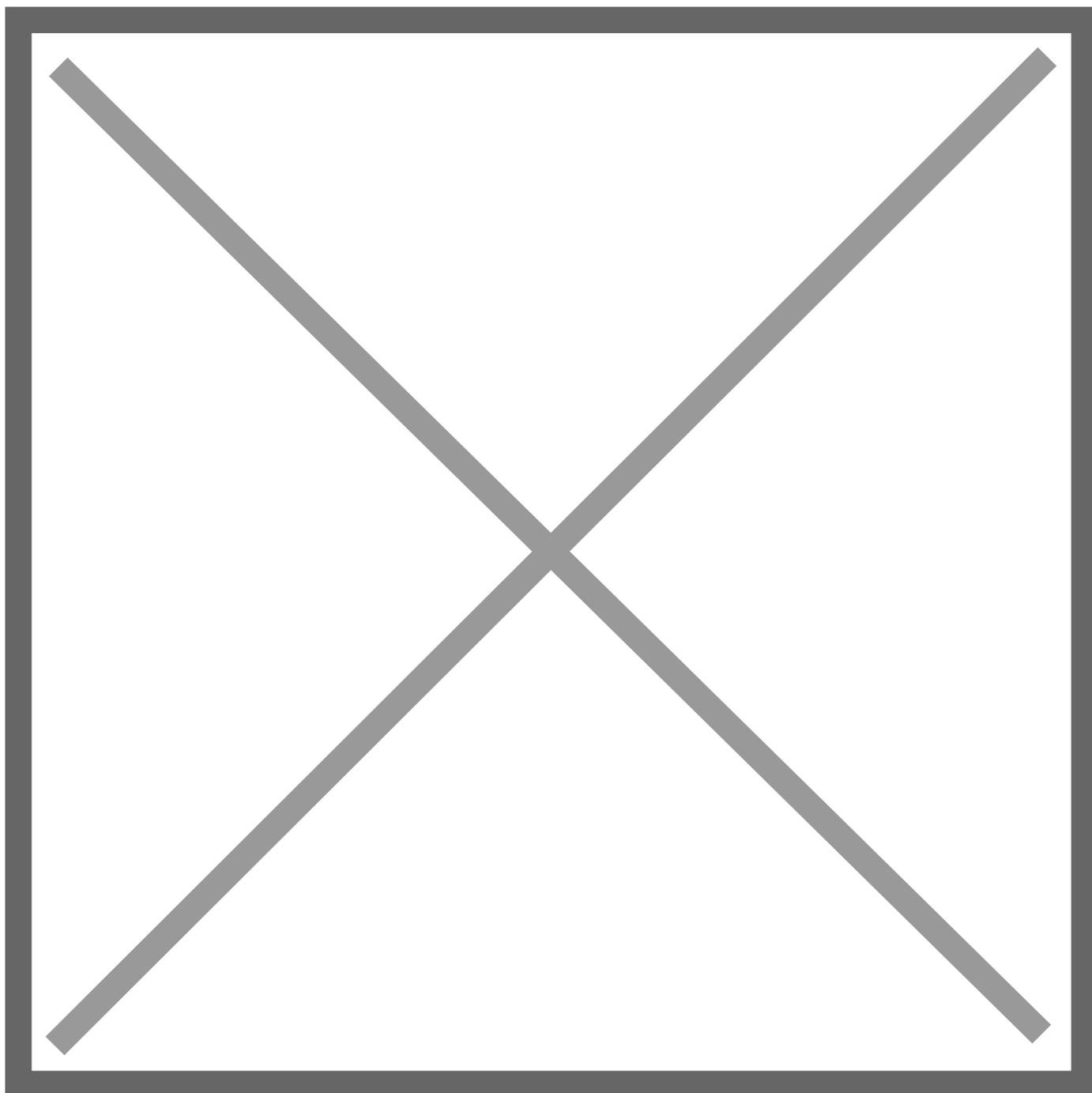
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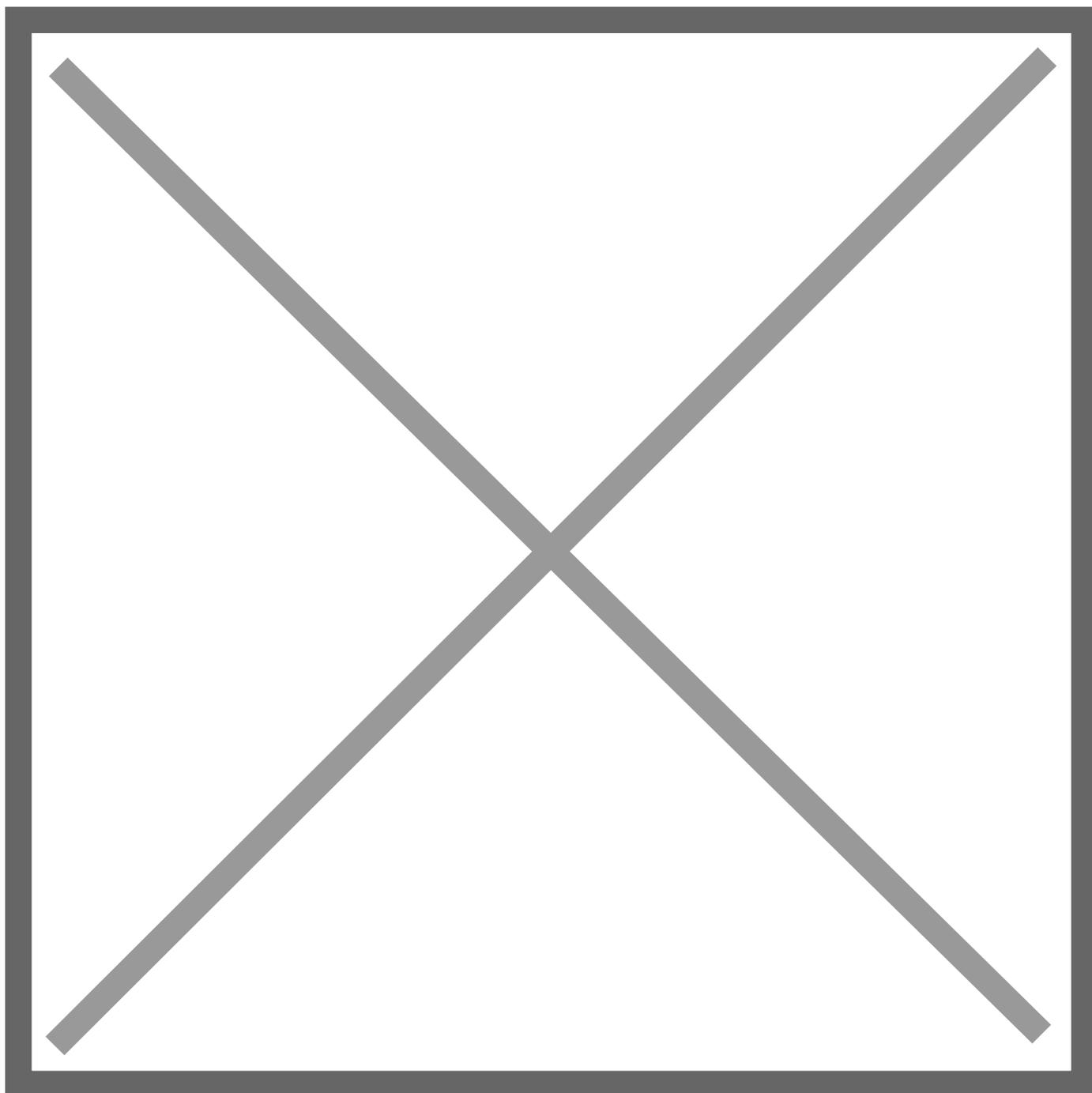
Zajeto območje: Na državni ravni

Literatura: 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)-(-))

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Otroci, 2016-2022



**Zajeto
območje:**

Na državni ravni

Literatura:

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>.

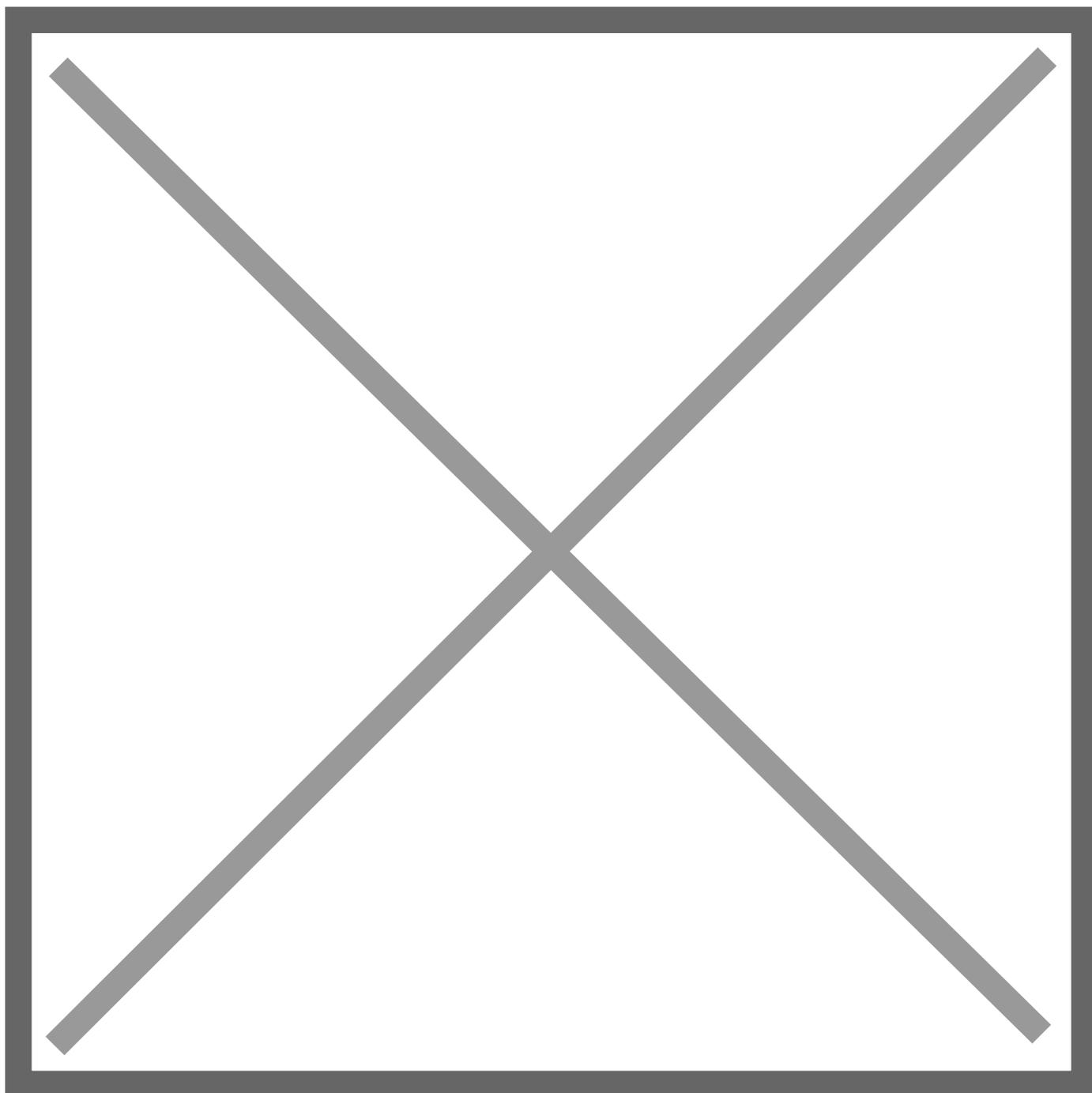
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Definicije (na voljo samo v angleščini):

% reporting less than 60 minutes of MVPA daily

Dečki, 2016-2022



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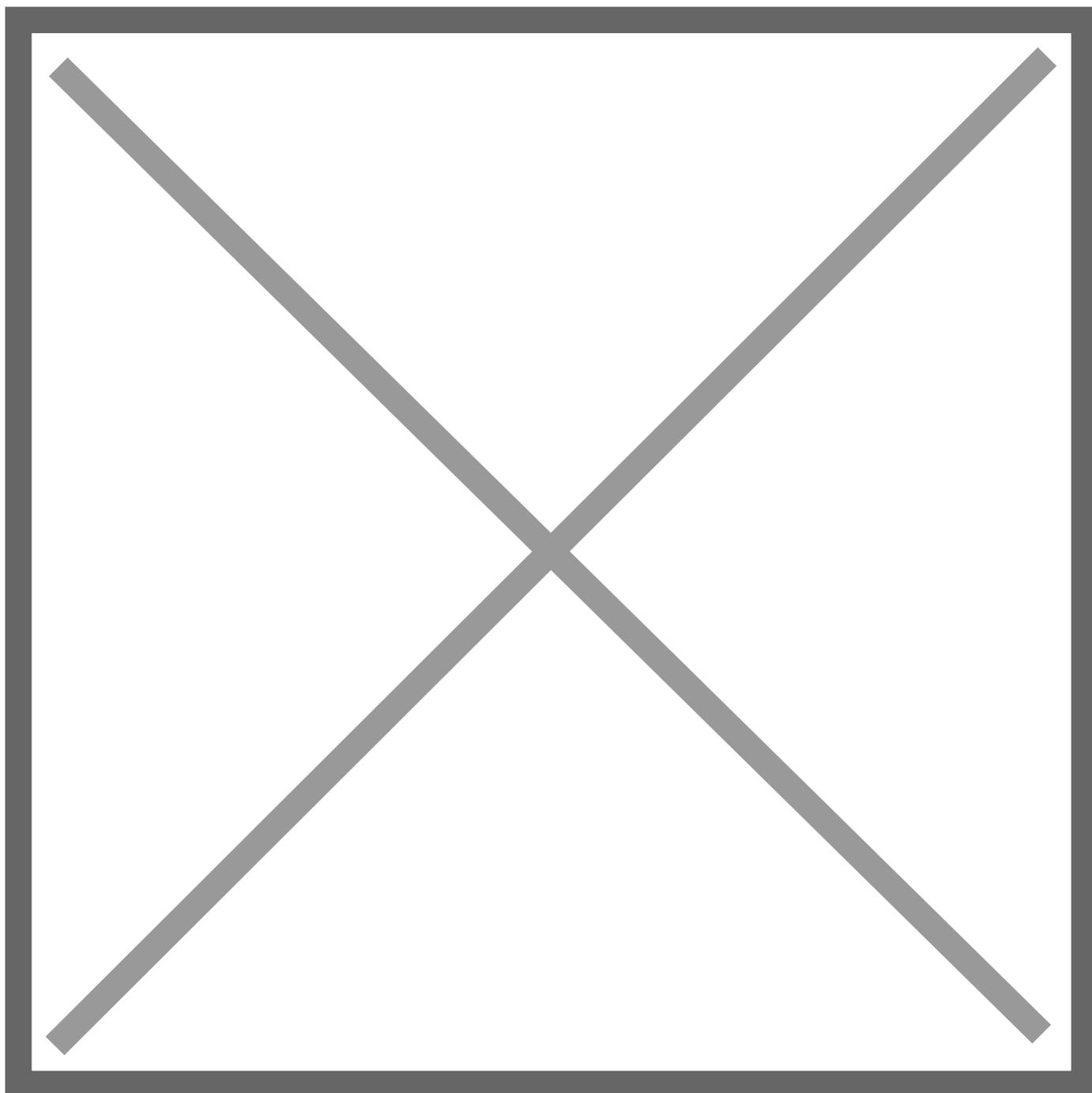
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Definicije (na voljo samo v angleščini):

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Deklice, 2016-2022



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Na državni ravni

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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>.

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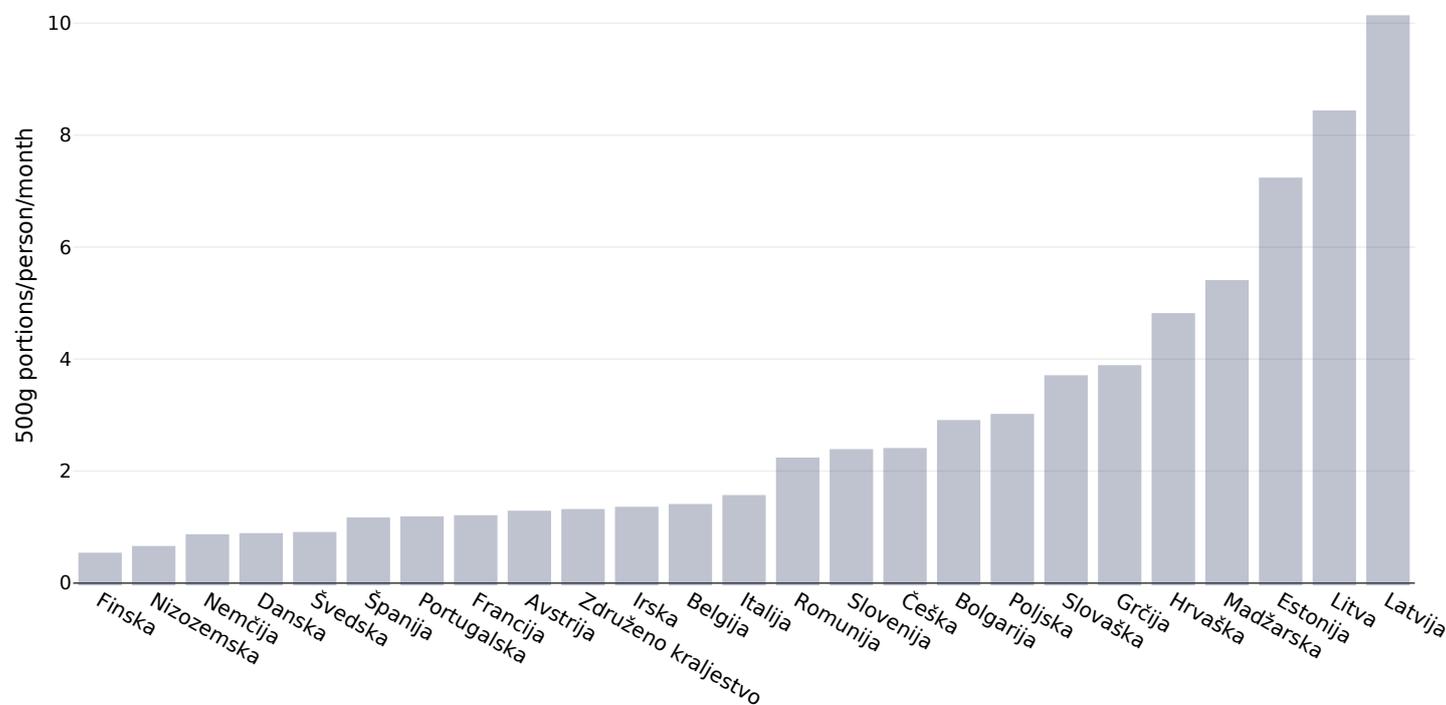
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Definicije (na voljo samo v angleščini):

% reporting less than 60 minutes of MVPA daily

Uživanje sladkorja

Odrasli, 2016



Literatura:

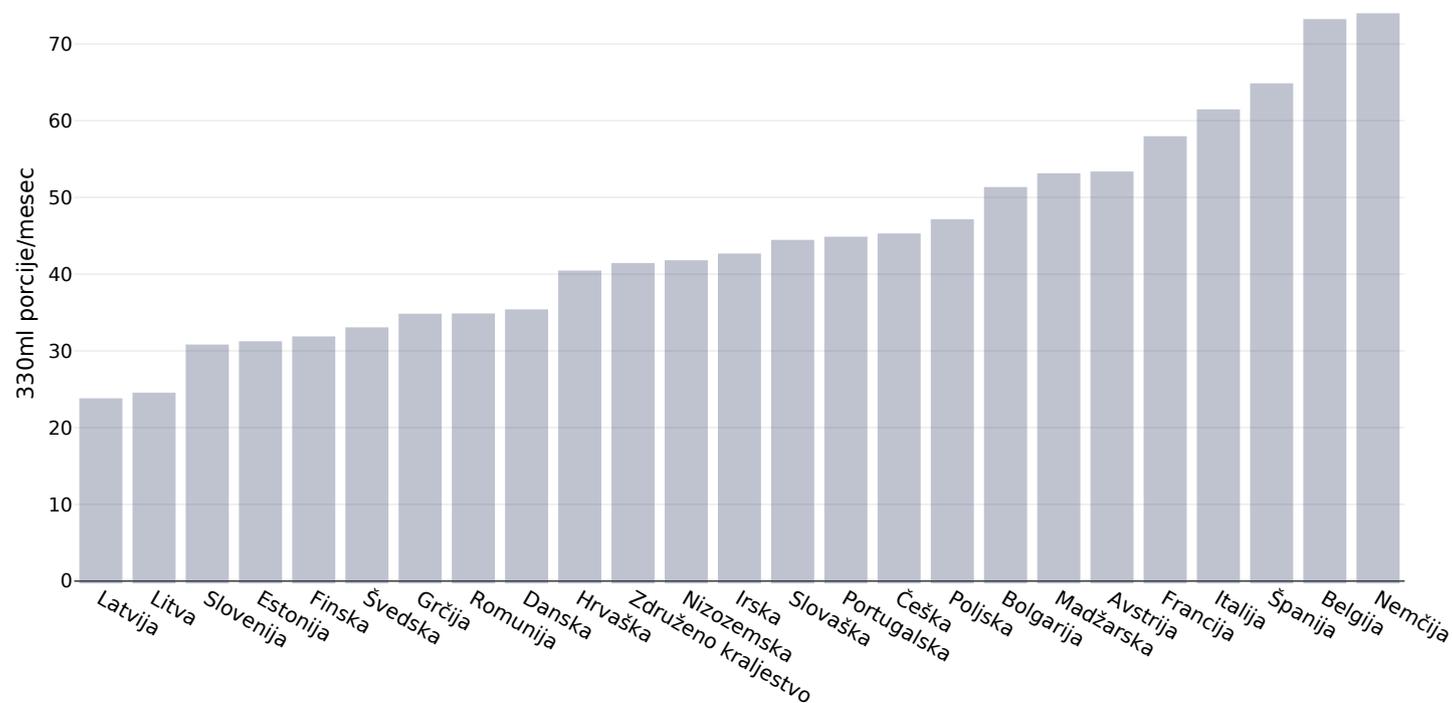
Source: Euromonitor International

Definicije (na voljo samo v angleščini):

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

Ocenjeni vnos sladkanih pijač na prebivalca

Odrasli, 2016

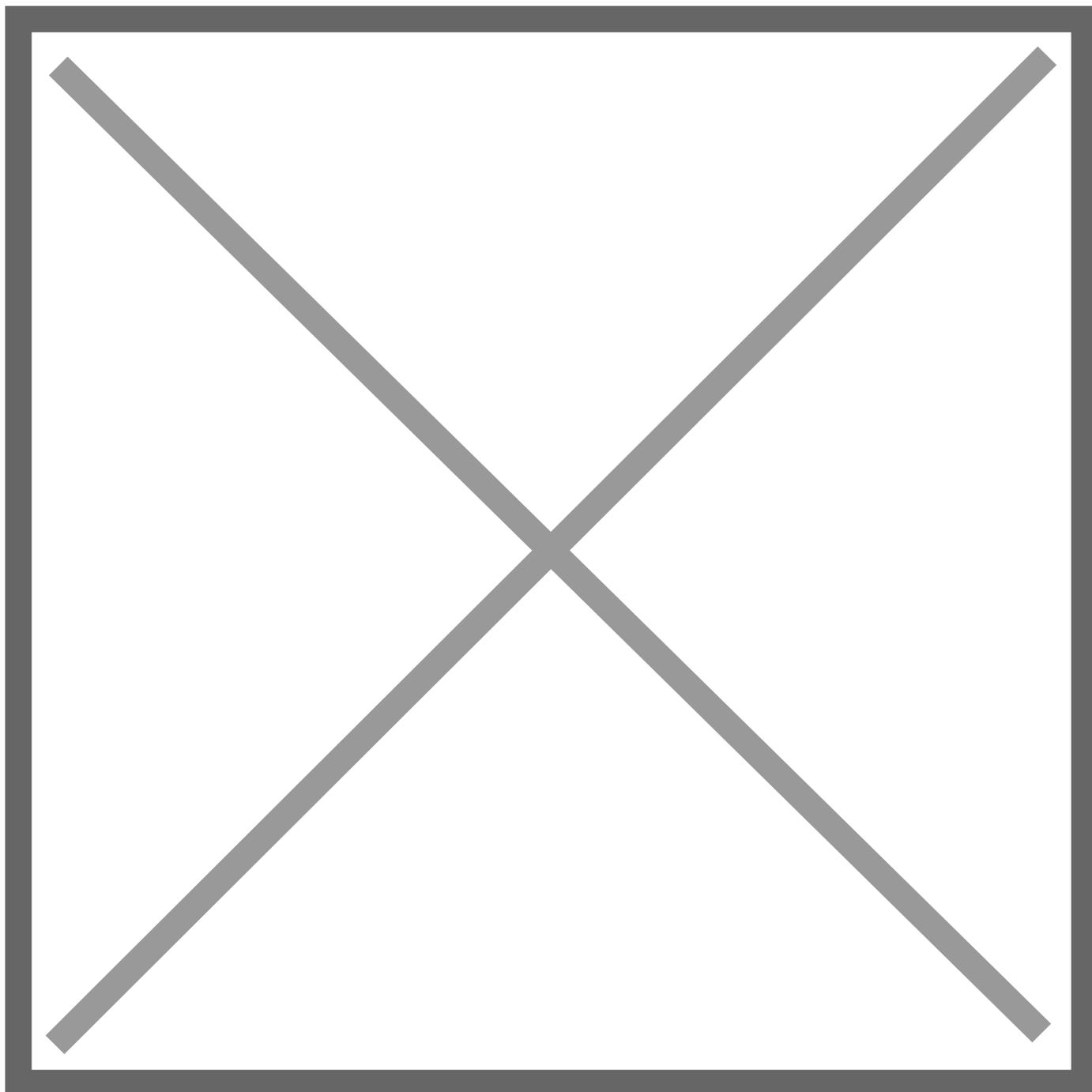


Literatura:

Source: Euromonitor International

Razširjenost najmanj dnevnega uživanja gaziranih brezalkoholnih pijač

Otroci, 2010-2022



Zajeto območje:

Na državni ravni

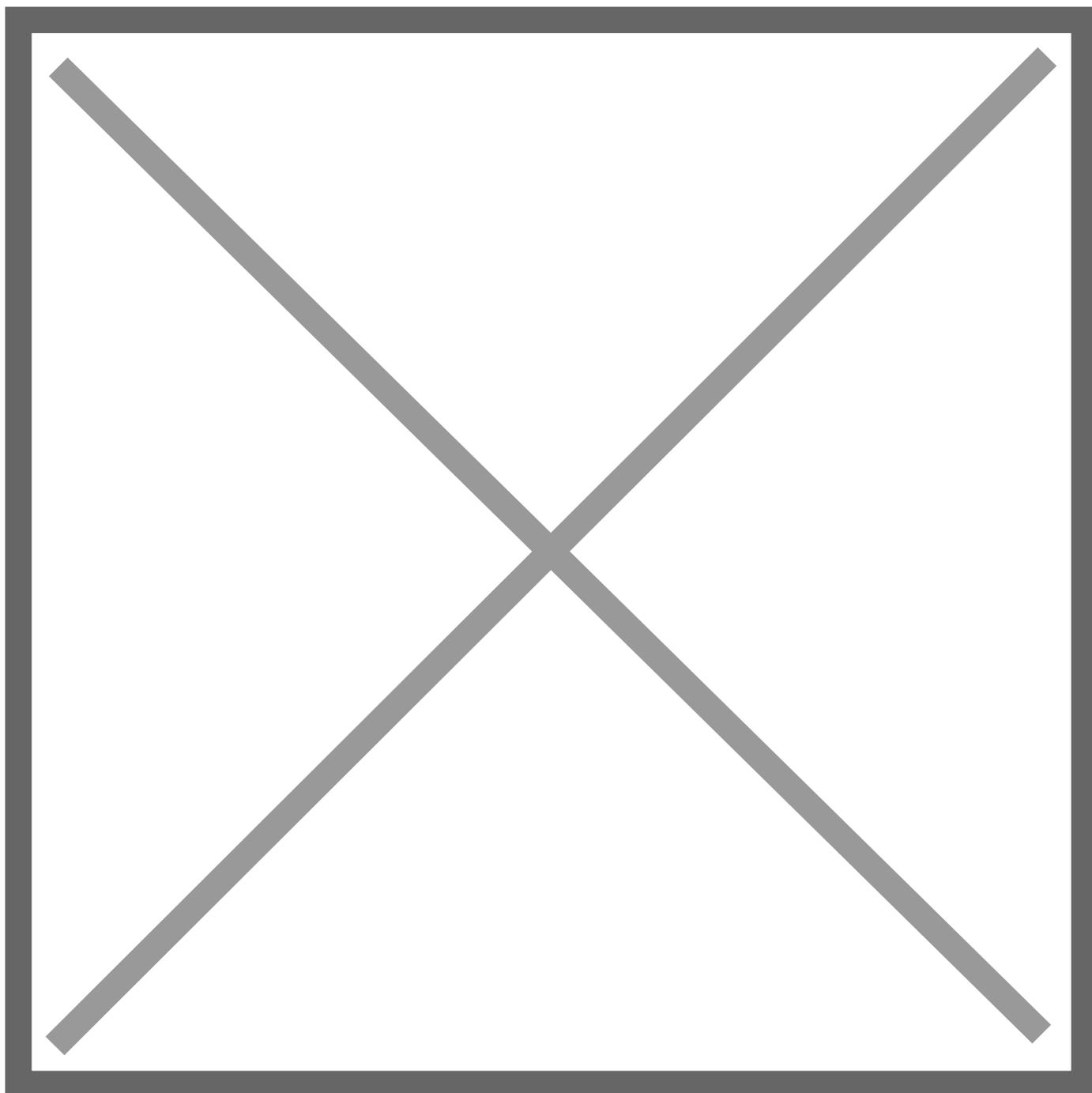
Literatura:

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

**Definicije (na
voljo samo v
angleščini):**

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

Dečki, 2010-2022



**Zajeto
območje:**

Na državni ravni

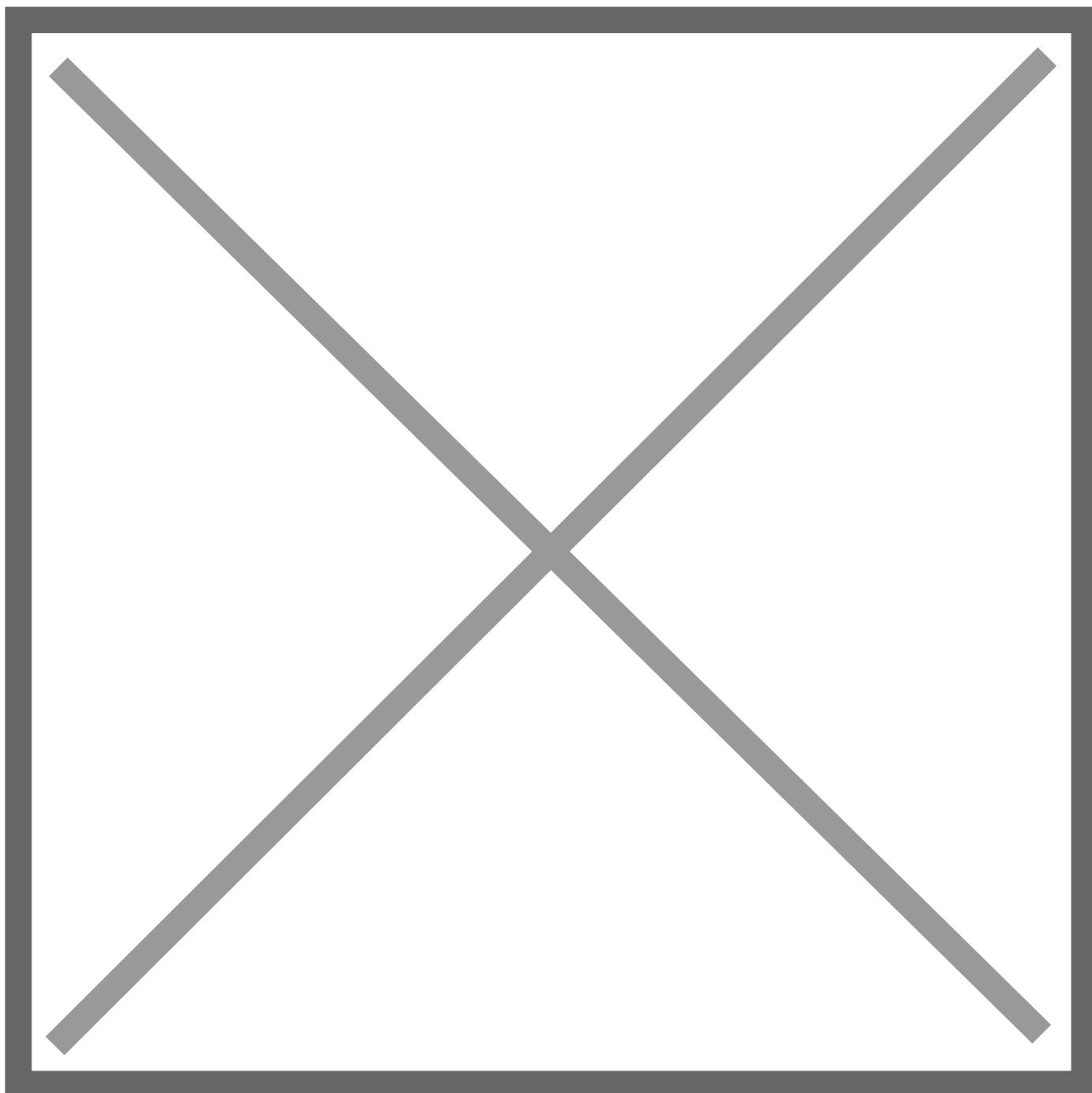
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Deklice, 2010-2022



**Zajeto
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Na državni ravni

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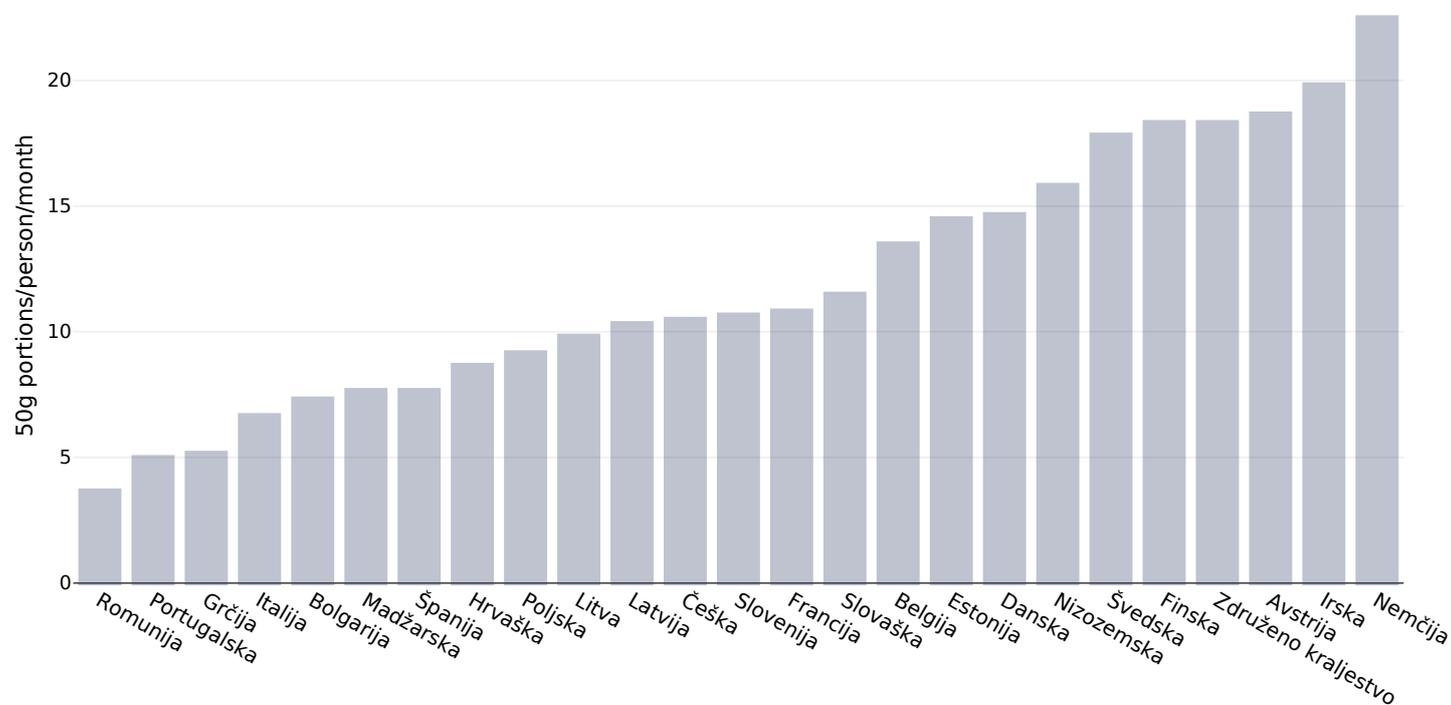
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Uživanje slaščic

Odrasli, 2016



Literatura:

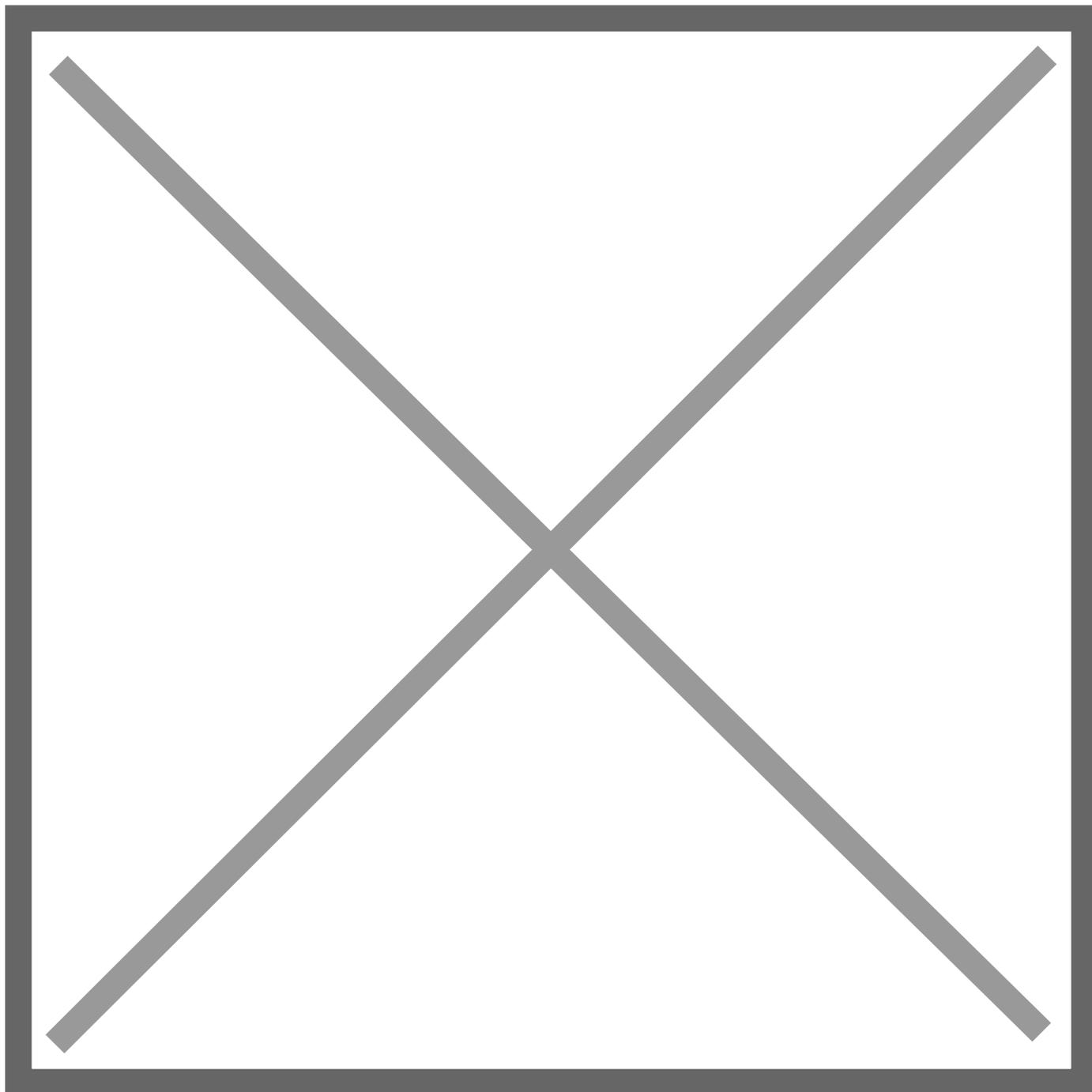
Source: Euromonitor International

Definicije (na voljo samo v angleščini):

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

Uživanje sladkih/slanih prigrizkov

Odrasli, 2016



Literatura:

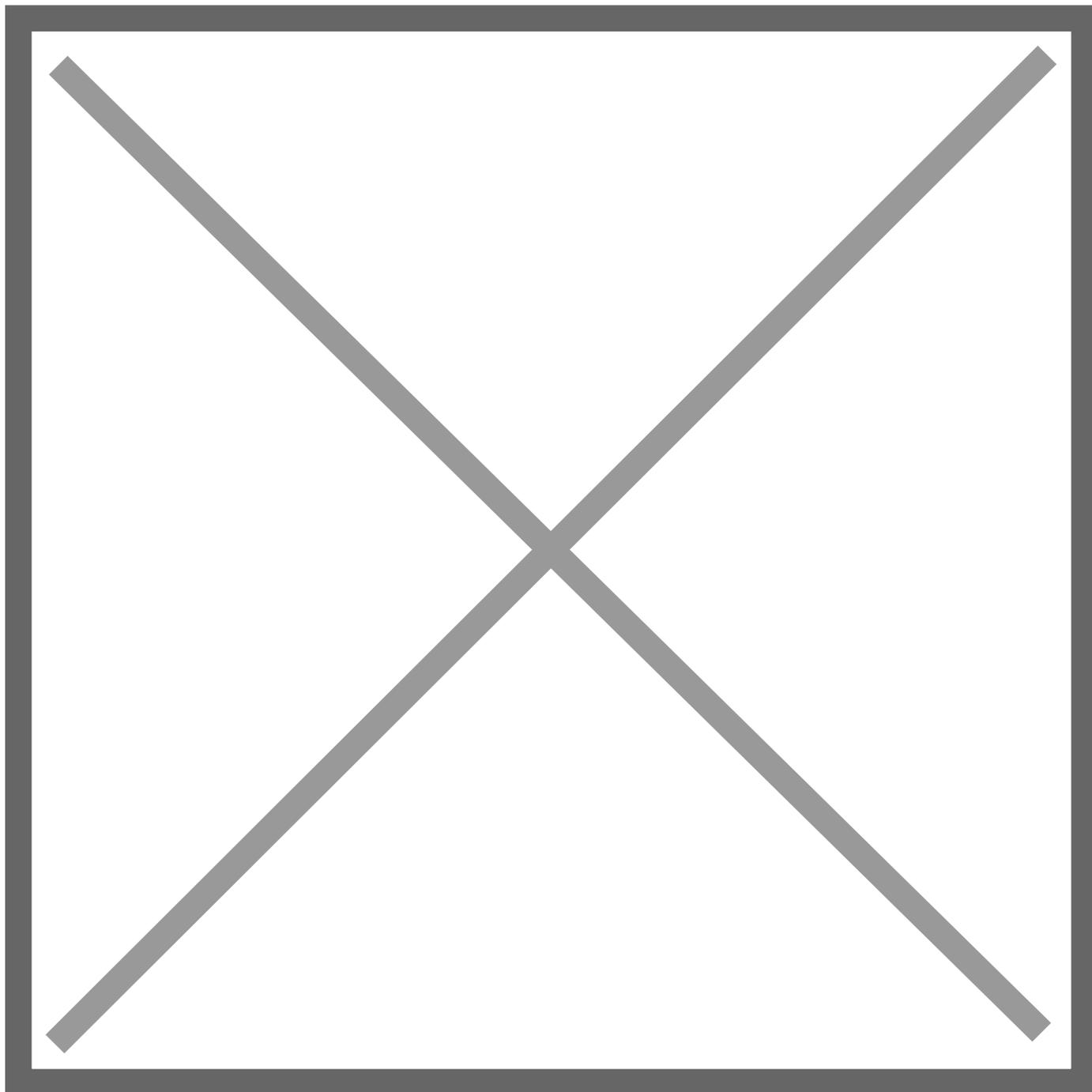
Source: Euromonitor International

**Definicije (na
voljo samo v
angleščini):**

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

Ocenjeni vnos sadja na prebivalca

Odrasli, 2017



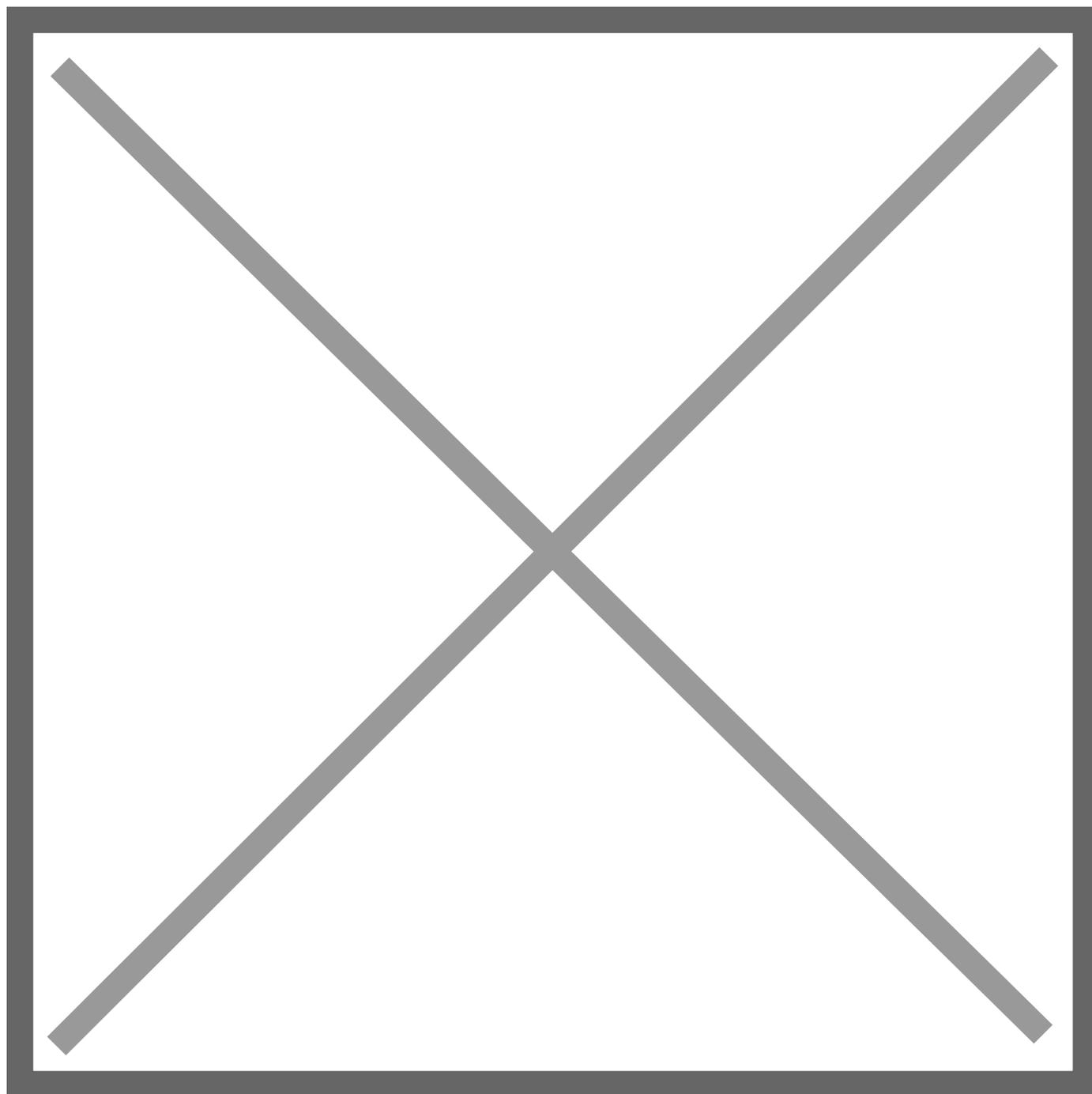
Vrsta ankete:	Izmerjeni
Starost:	25+
Literatura:	Global Burden of Disease, the Institute for Health Metrics and Evaluation http://ghdx.healthdata.org/

**Definicije (na
voljo samo v
angleščini):**

Estimated per-capita fruit intake (g/day)

Prevalence of less-than-daily fruit consumption

Otroci, 2010-2014



Vrsta ankete:

Izmerjeni

Literatura:

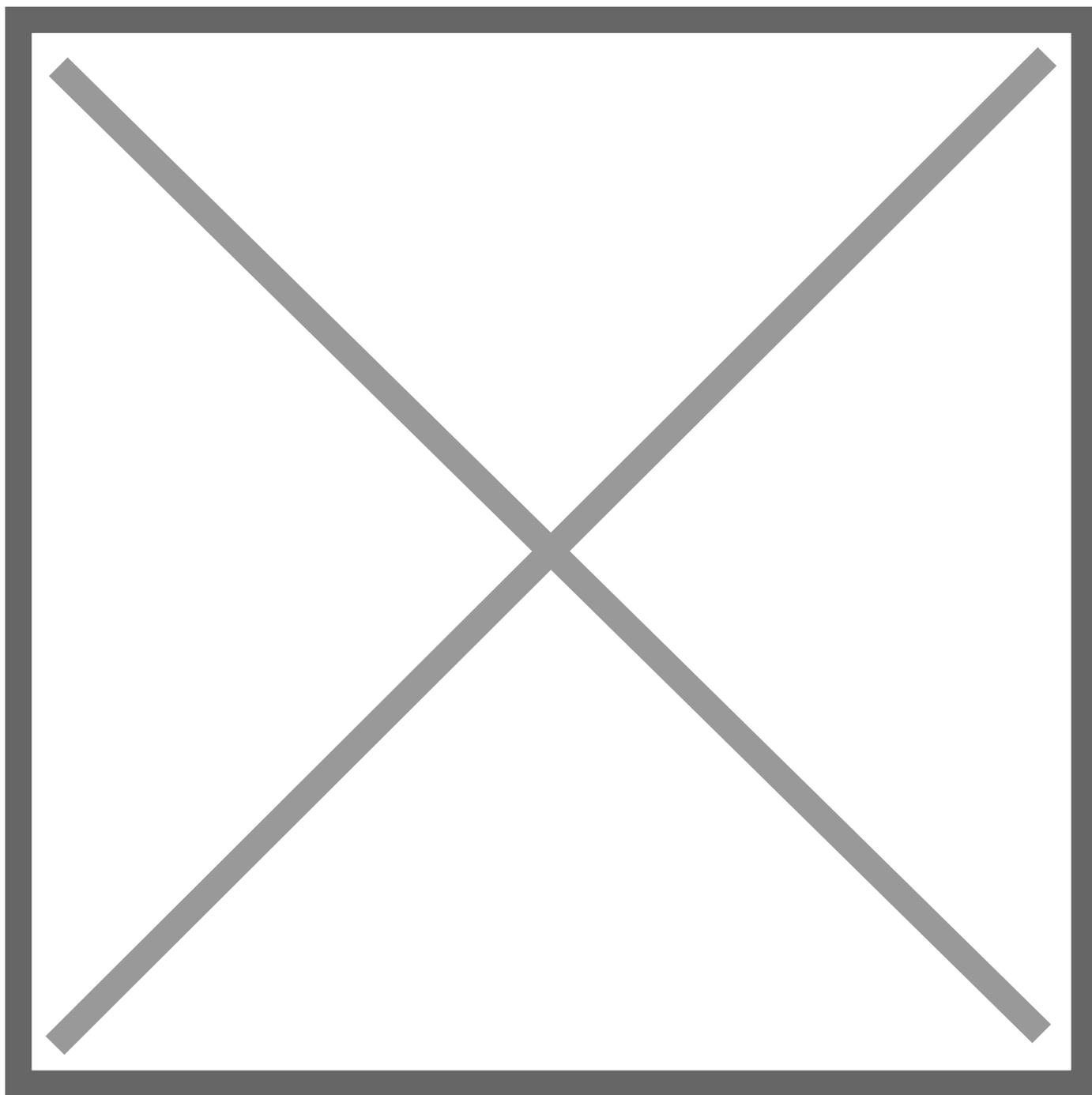
Global School-based Student Health Surveys. Beal et al (2019). Global Patterns of Adolescent Fruit, Vegetable, Carbonated Soft Drink, and Fast-food consumption: A meta-analysis of global school-based student health surveys. Food and Nutrition Bulletin. <https://doi.org/10.1177/0379572119848287>. Sourced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

**Definicije (na
voljo samo v
angleščini):**

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

Prevalence of less-than-daily vegetable consumption

Otroci, 2010-2014



Vrsta ankete:

Izmerjeni

Starost:

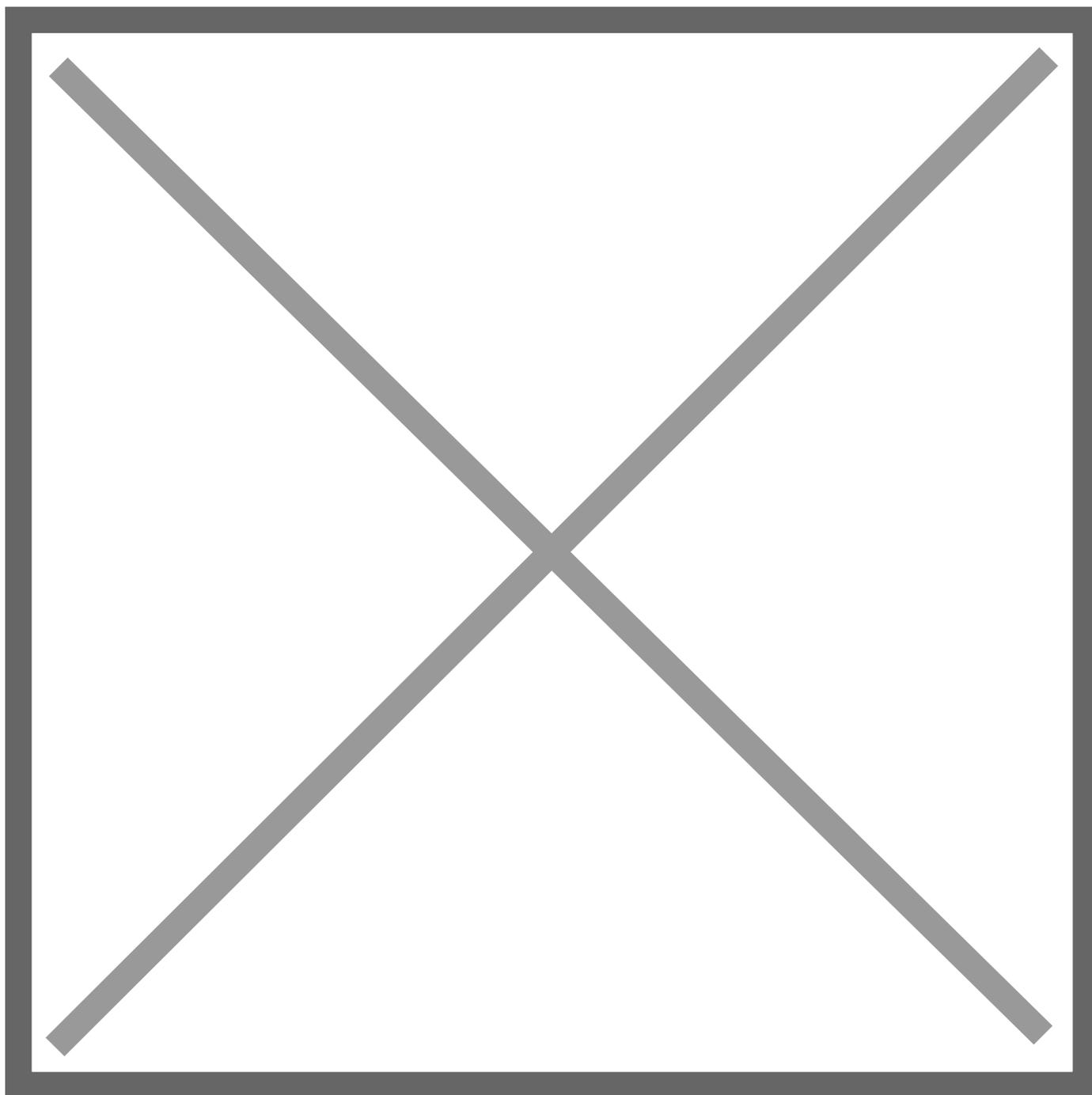
12-17

Literatura: 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>

Definicije (na voljo samo v angleščini): Prevalence of less-than-daily vegetable consumption (% less-than-daily vegetable consumption)

Ocenjeni vnos predelanega mesa na prebivalca

Odrasli, 2017



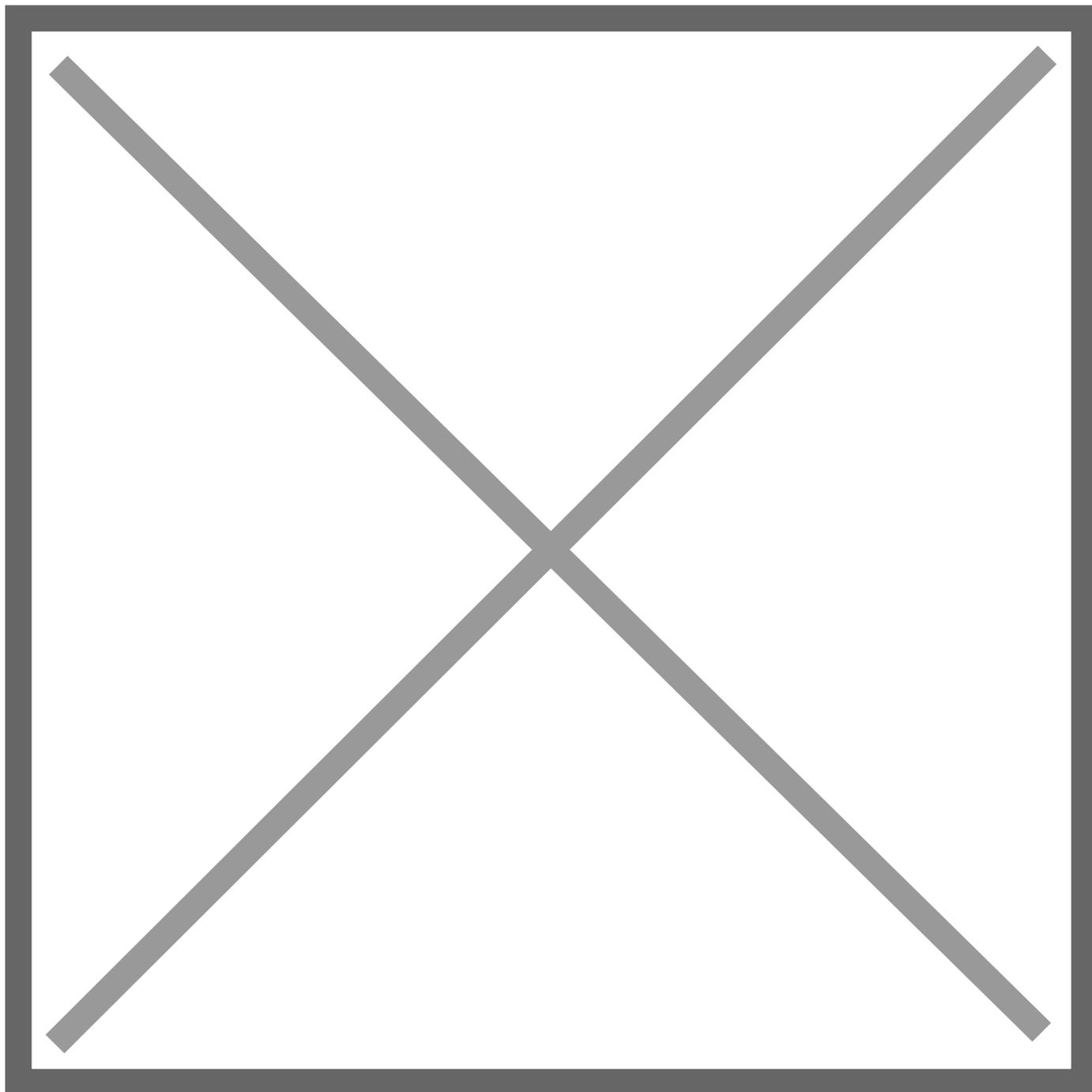
Vrsta ankete:	Izmerjeni
Starost:	25+
Literatura:	Global Burden of Disease, the Institute for Health Metrics and Evaluation http://ghdx.healthdata.org/

**Definicije (na
voljo samo v
angleščini):**

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

Ocenjeni vnos polnozrnatih žitnih izdelkov na prebivalca

Odrasli, 2017



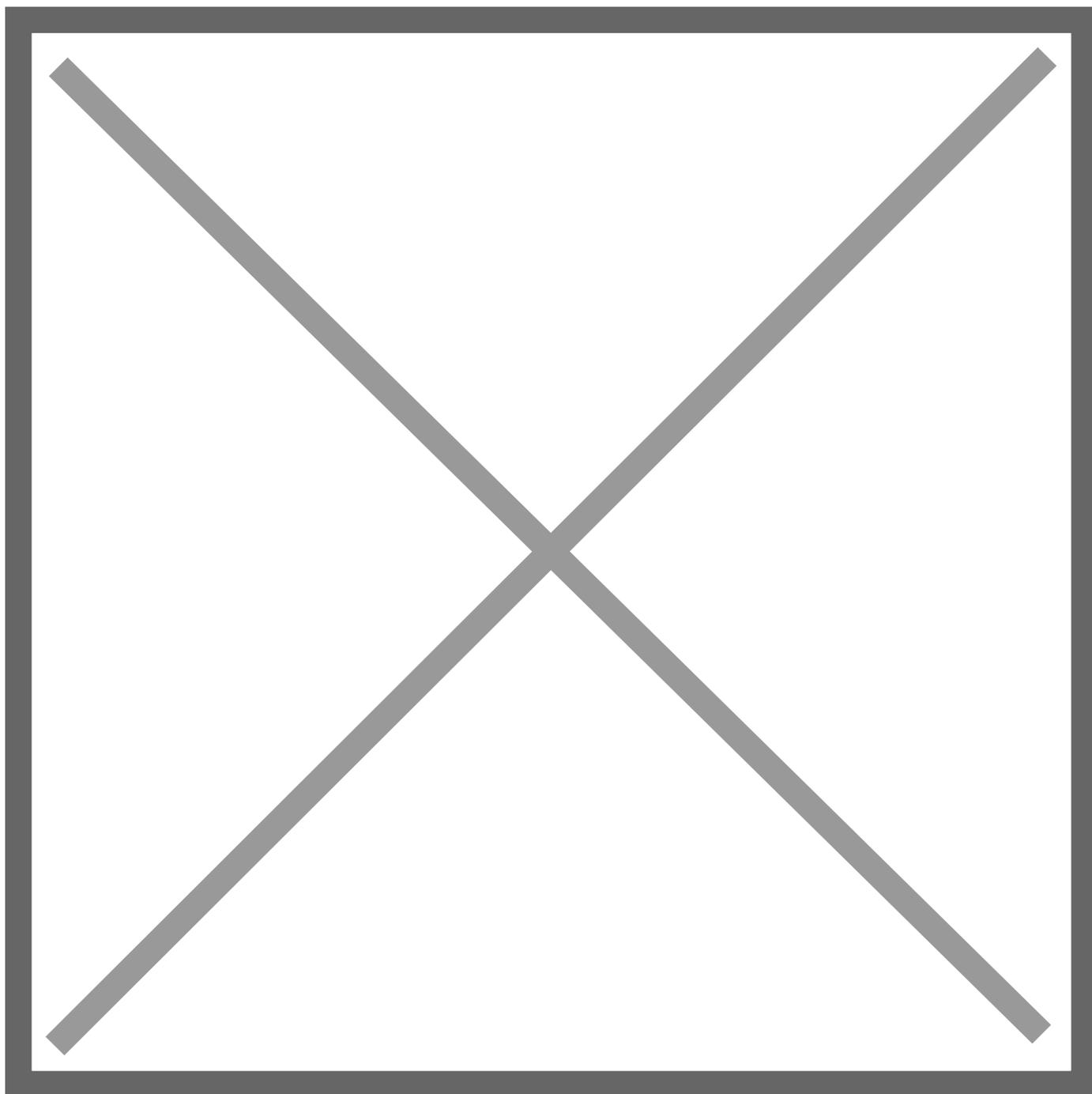
Vrsta ankete:	Izmerjeni
Starost:	25+
Literatura:	Global Burden of Disease, the Institute for Health Metrics and Evaluation http://ghdx.healthdata.org/

**Definicije (na
voljo samo v
angleščini):**

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

Duševno zdravje – depresivne motnje

Odrasli, 2021



Starost: 20+

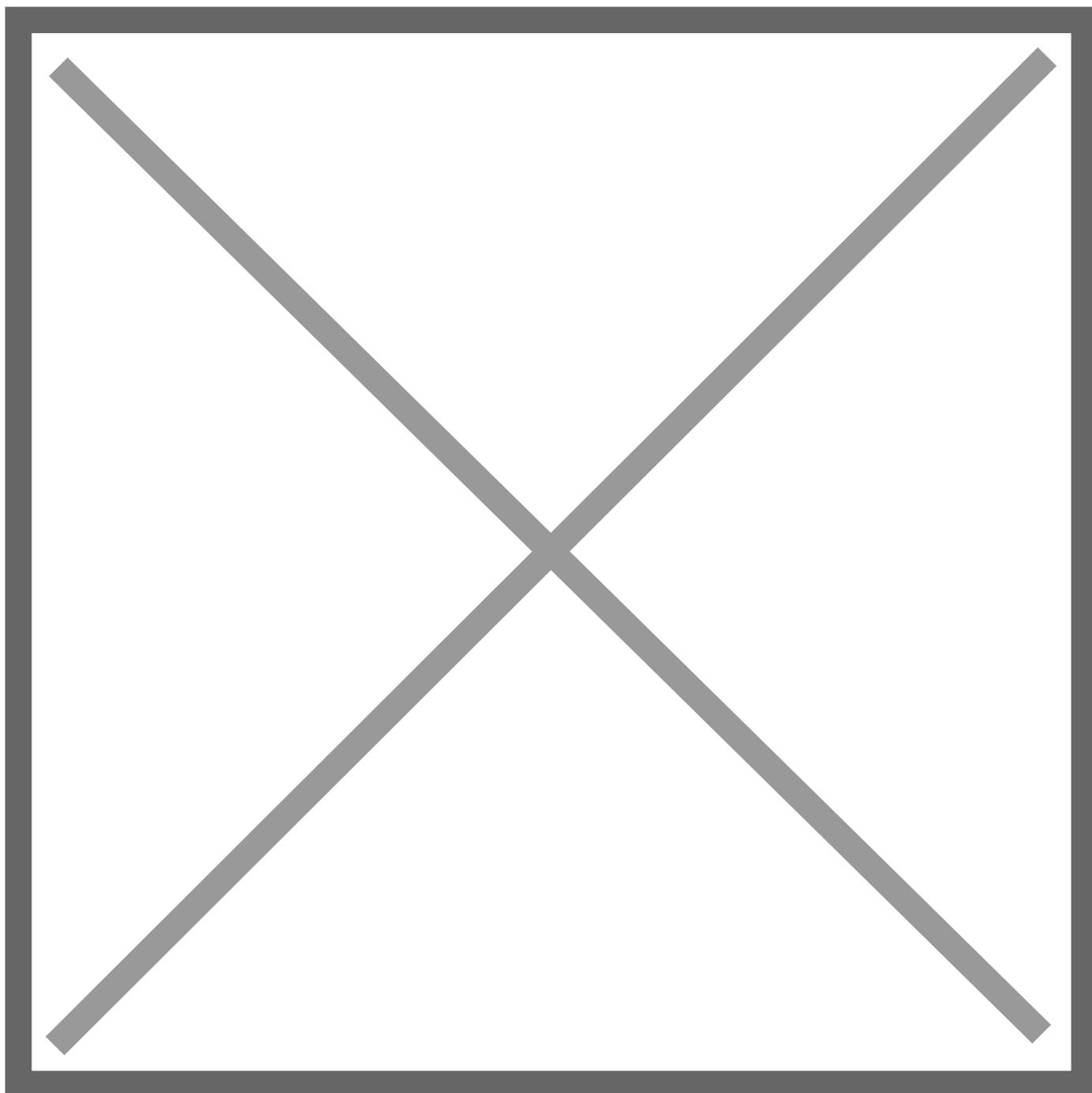
Zajeto območje: Na državni ravni

Literatura: 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)

**Definicije (na
voljo samo v
angleščini):**

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

Moški, 2021



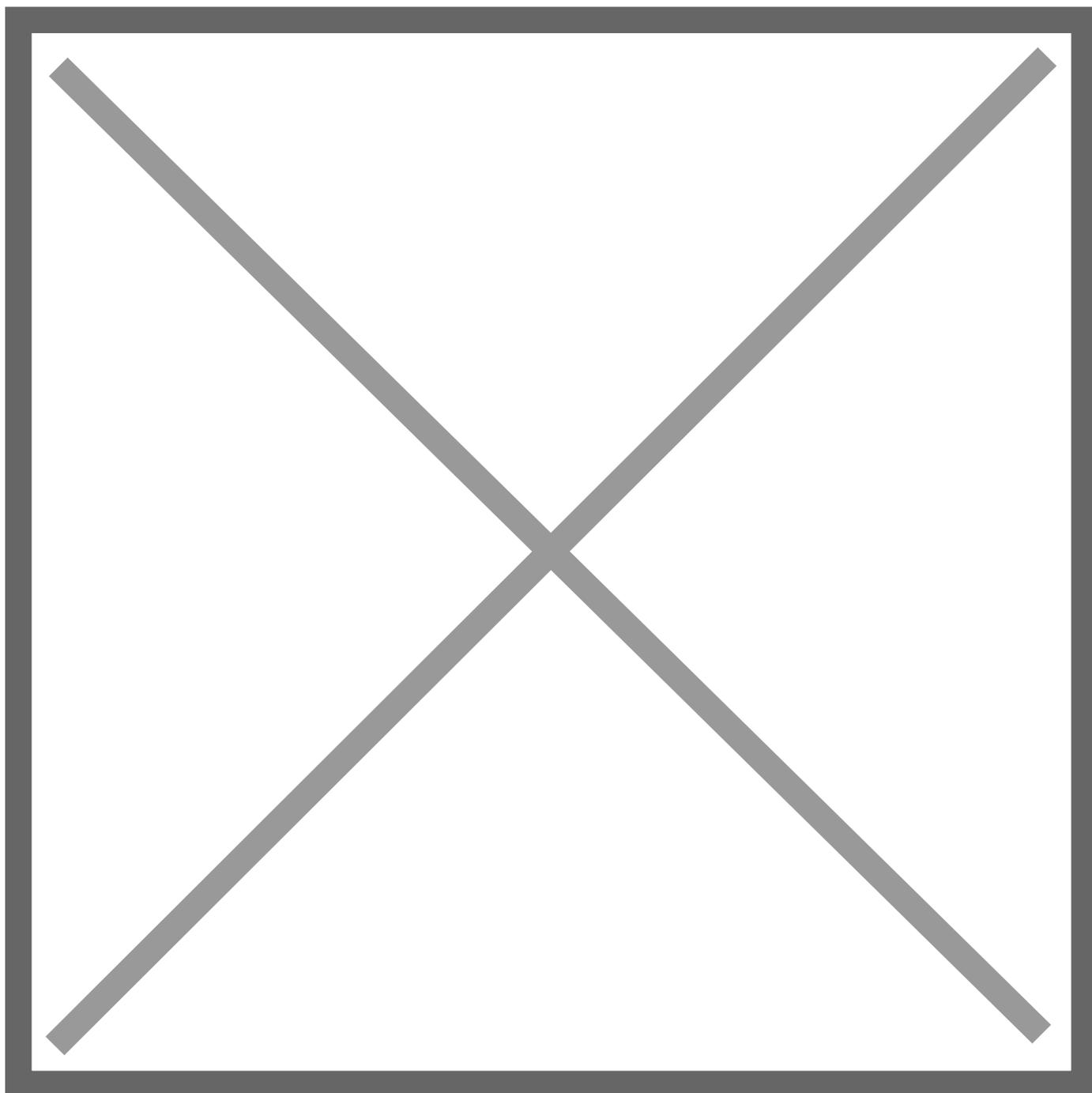
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Ženske, 2021



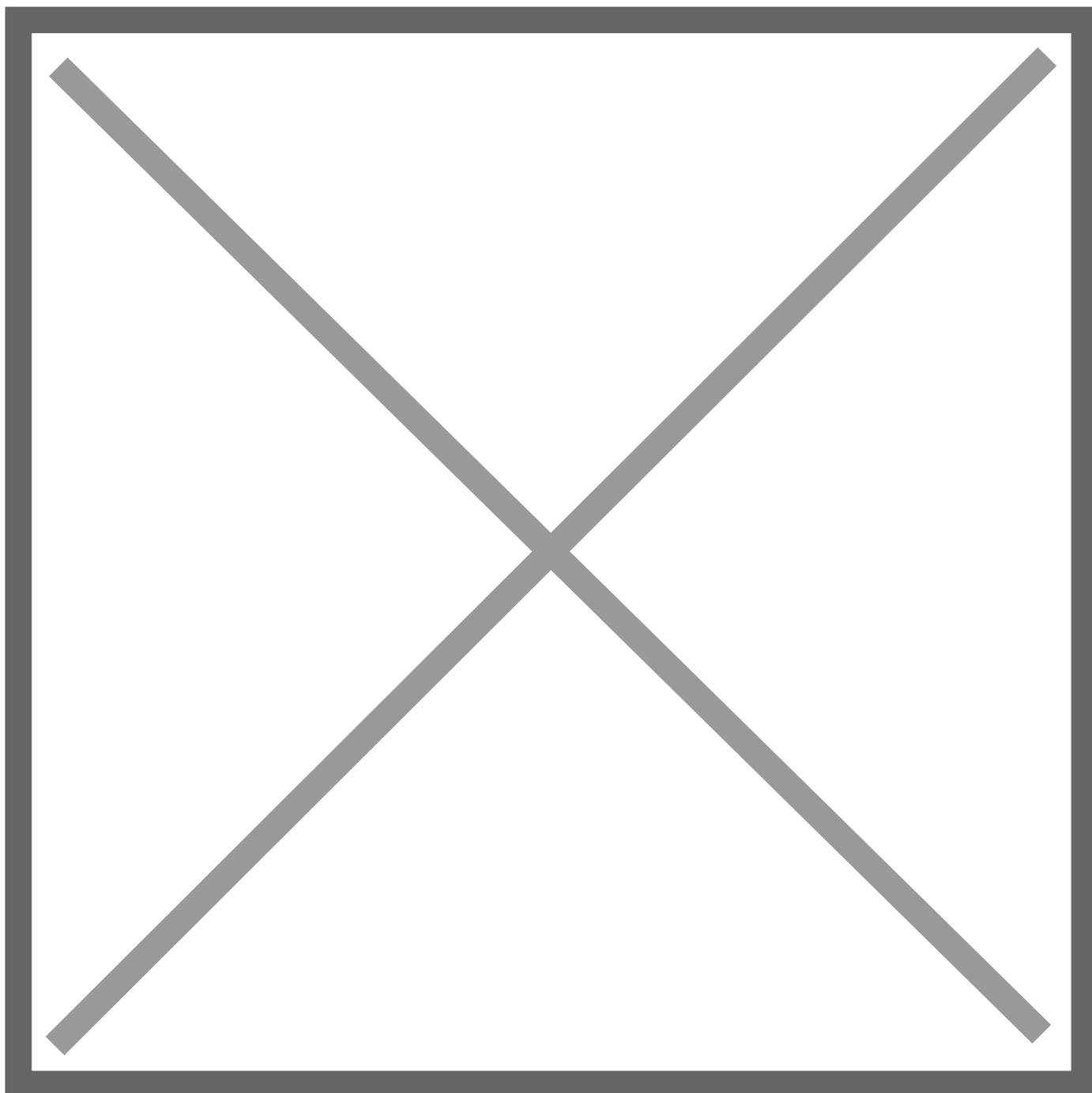
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Definicije (na voljo samo v angleščini): Number living with depression per 100,000 population (adults 20+ years)

Otroci, 2021



Zajeto območje:

Na državni ravni

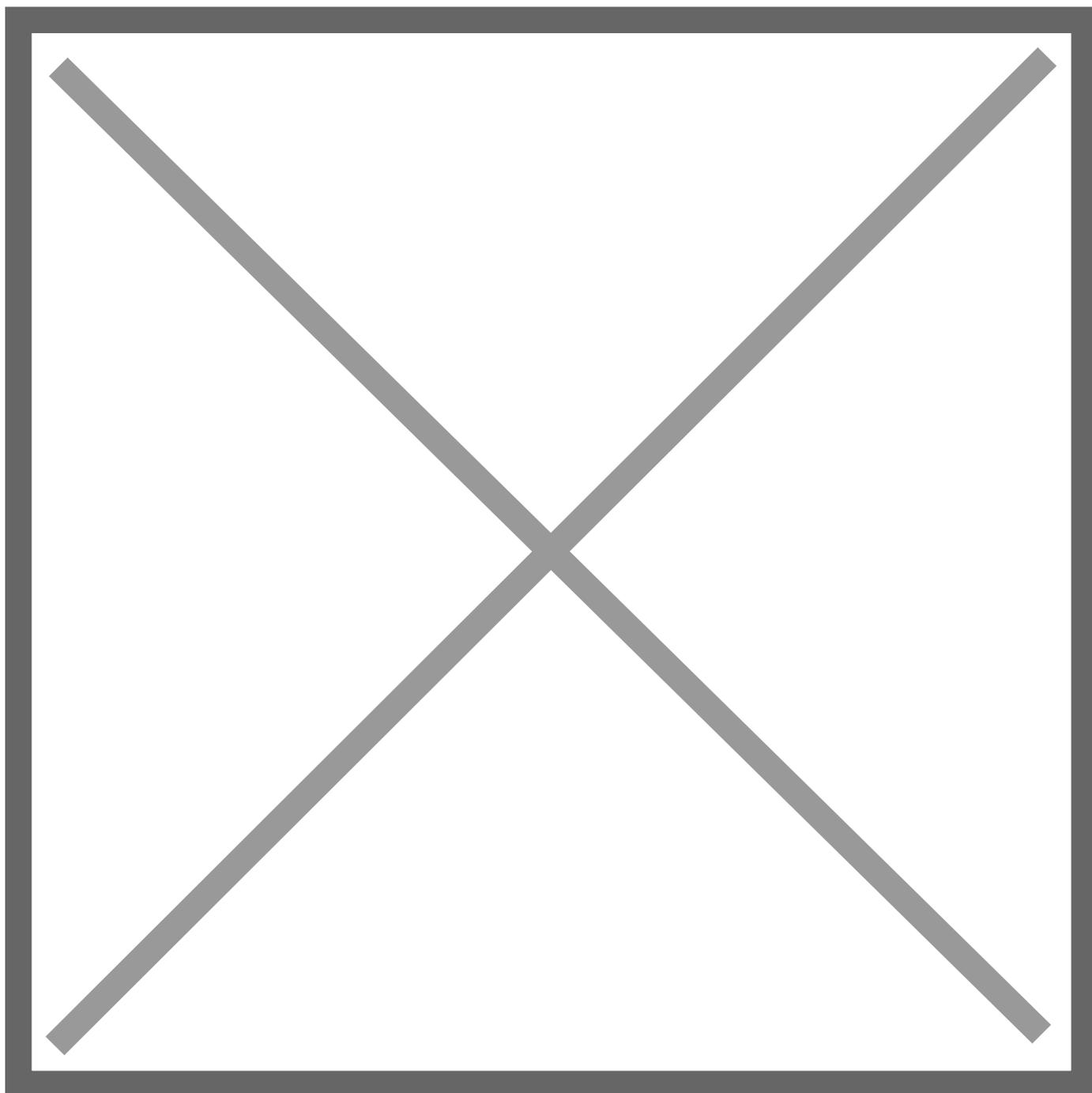
Literatura:

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)

Definicije (na voljo samo v angleščini):

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

Dečki, 2021



**Zajeto
območje:**

Na državni ravni

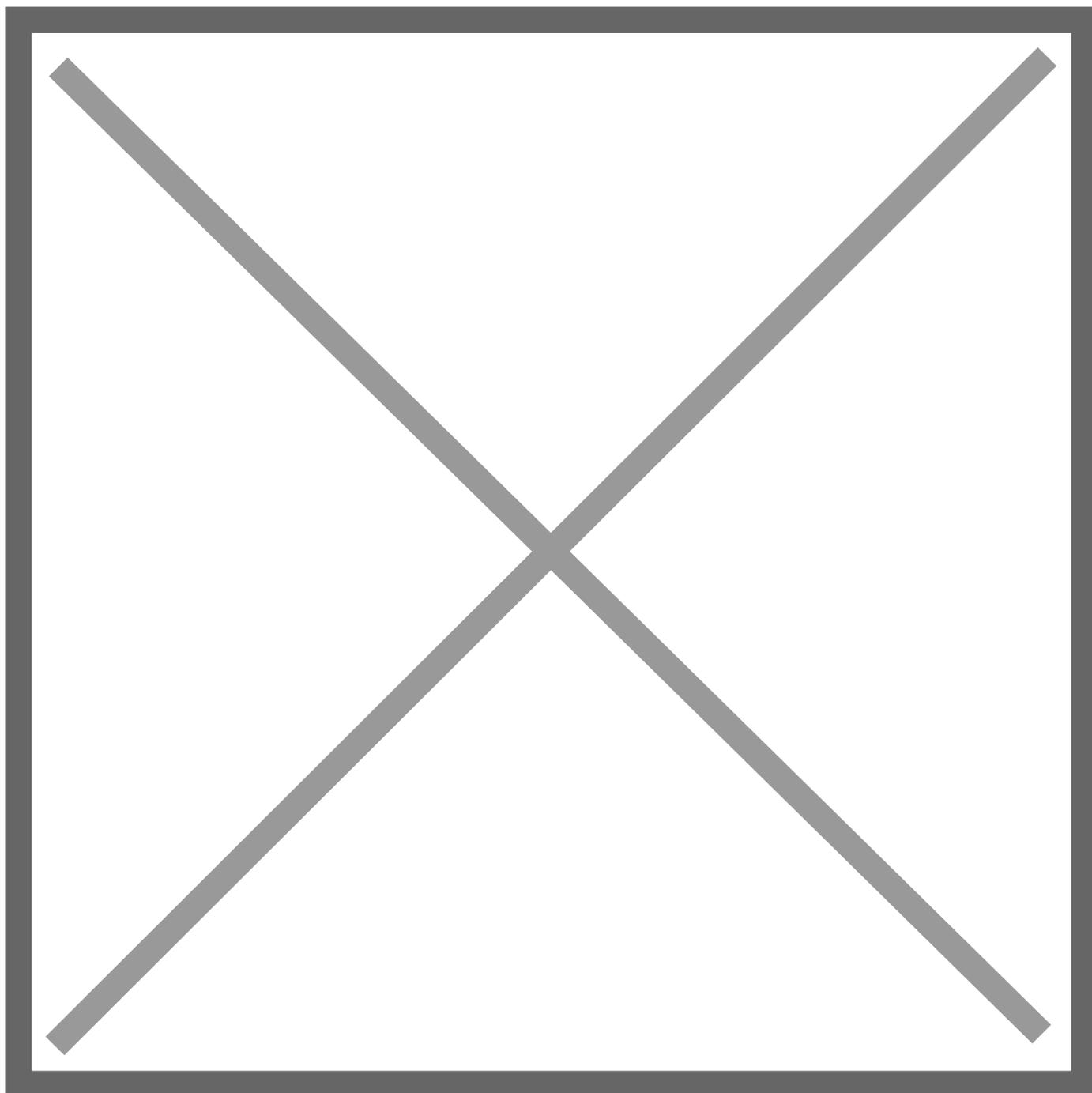
Literatura:

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)

**Definicije (na
voljo samo v
angleščini):**

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

Deklice, 2021



Zajeto območje:

Na državni ravni

Literatura:

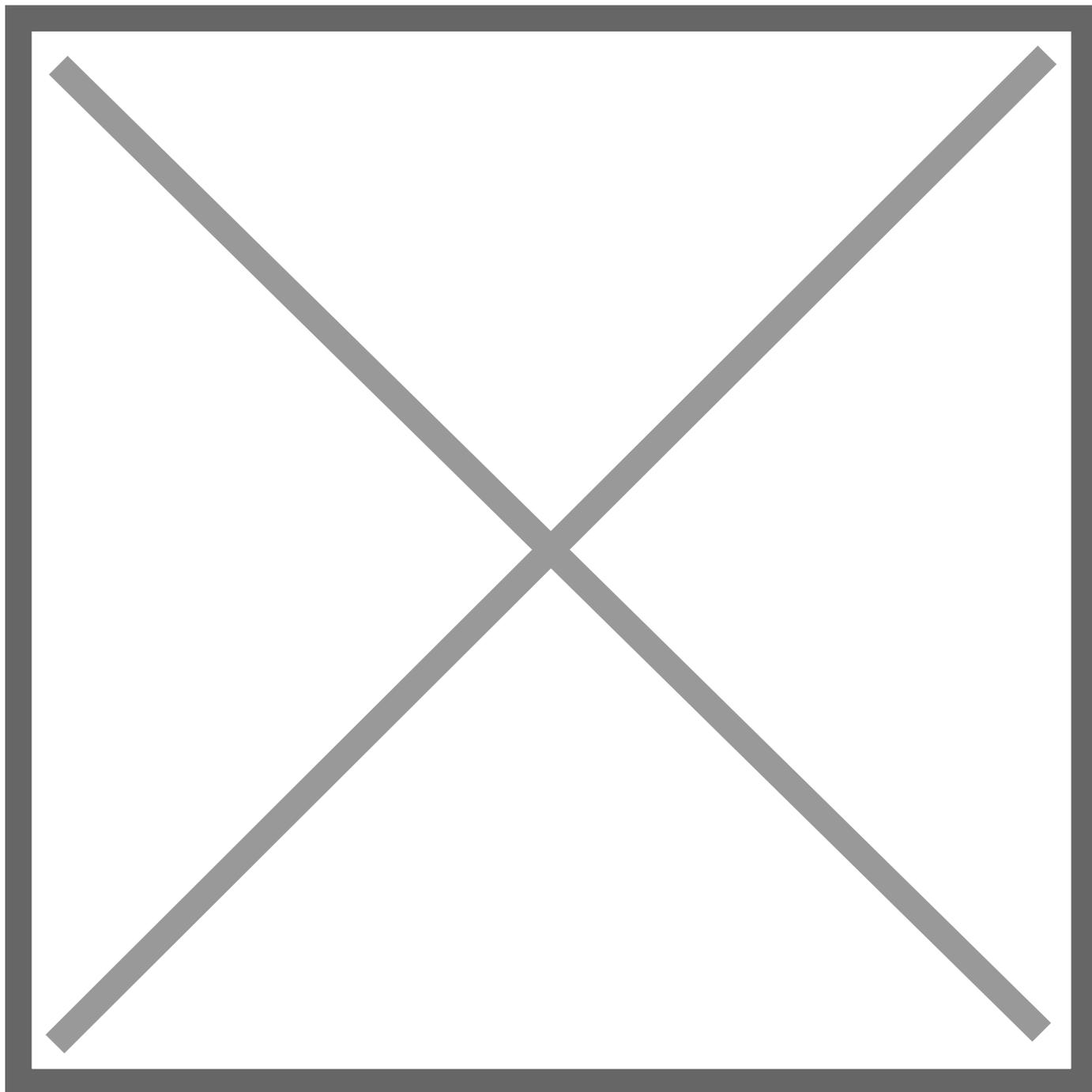
Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

Definicije (na voljo samo v angleščini):

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

Duševno zdravje – anksiozne motnje

Odrasli, 2021



Starost:

20+

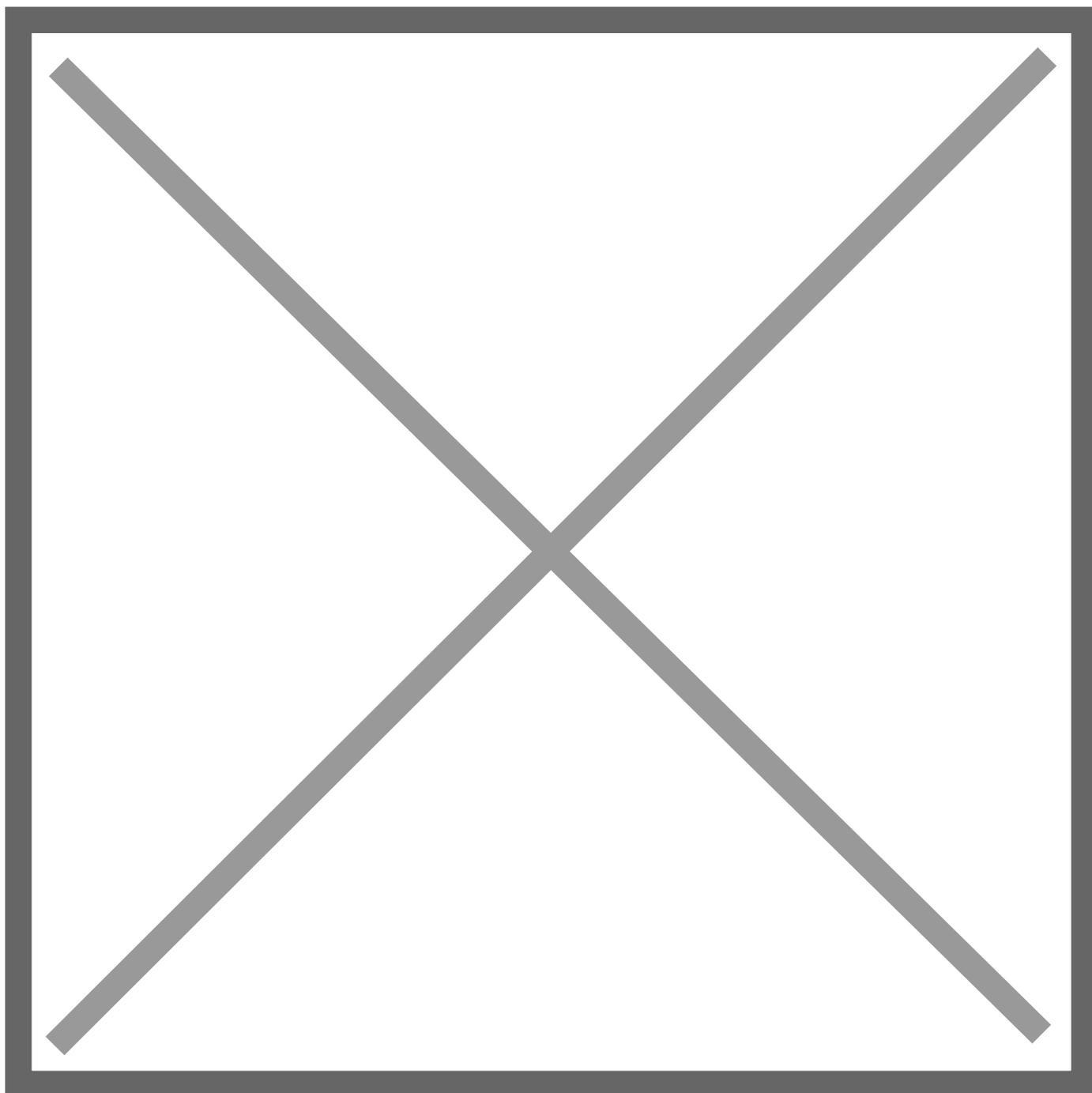
Literatura:

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).

**Definicije (na
voljo samo v
angleščini):**

Number living with anxiety per 100,000 population

Moški, 2021



Starost:

20+

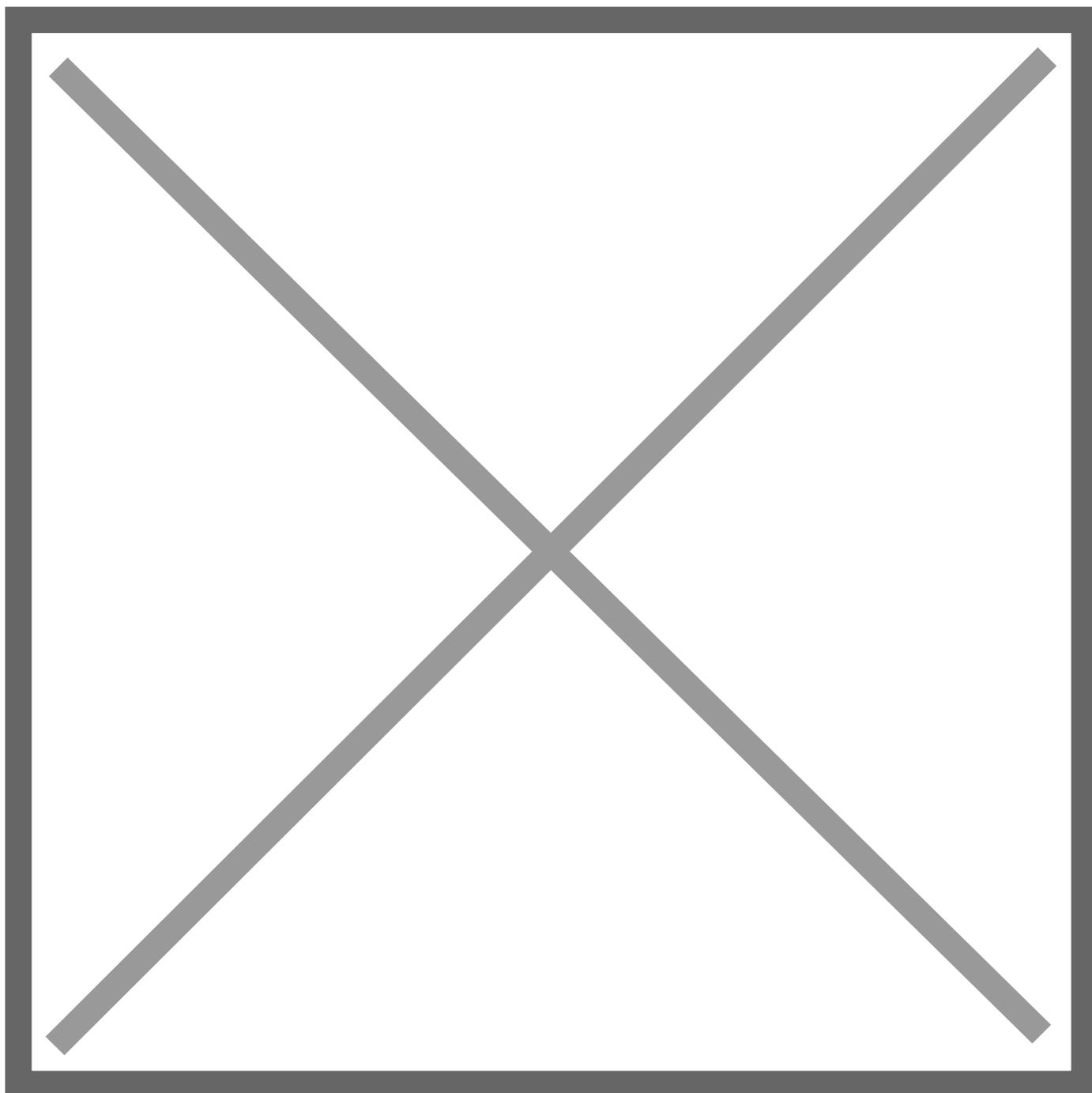
Literatura:

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).

Definicije (na voljo samo v angleščini):

Number living with anxiety per 100,000 population

Ženske, 2021



Starost:

20+

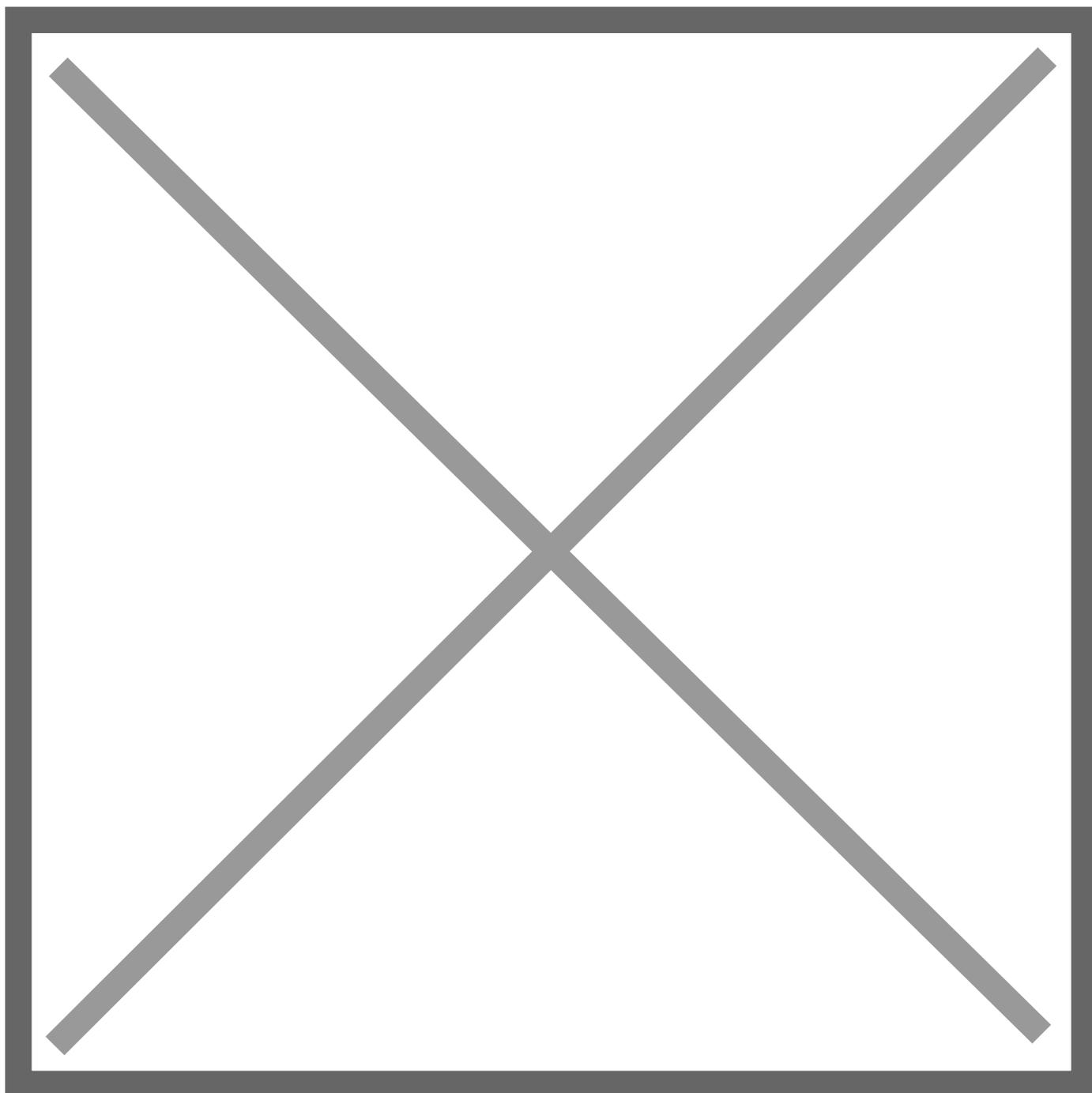
Literatura:

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).

Definicije (na voljo samo v angleščini):

Number living with anxiety per 100,000 population

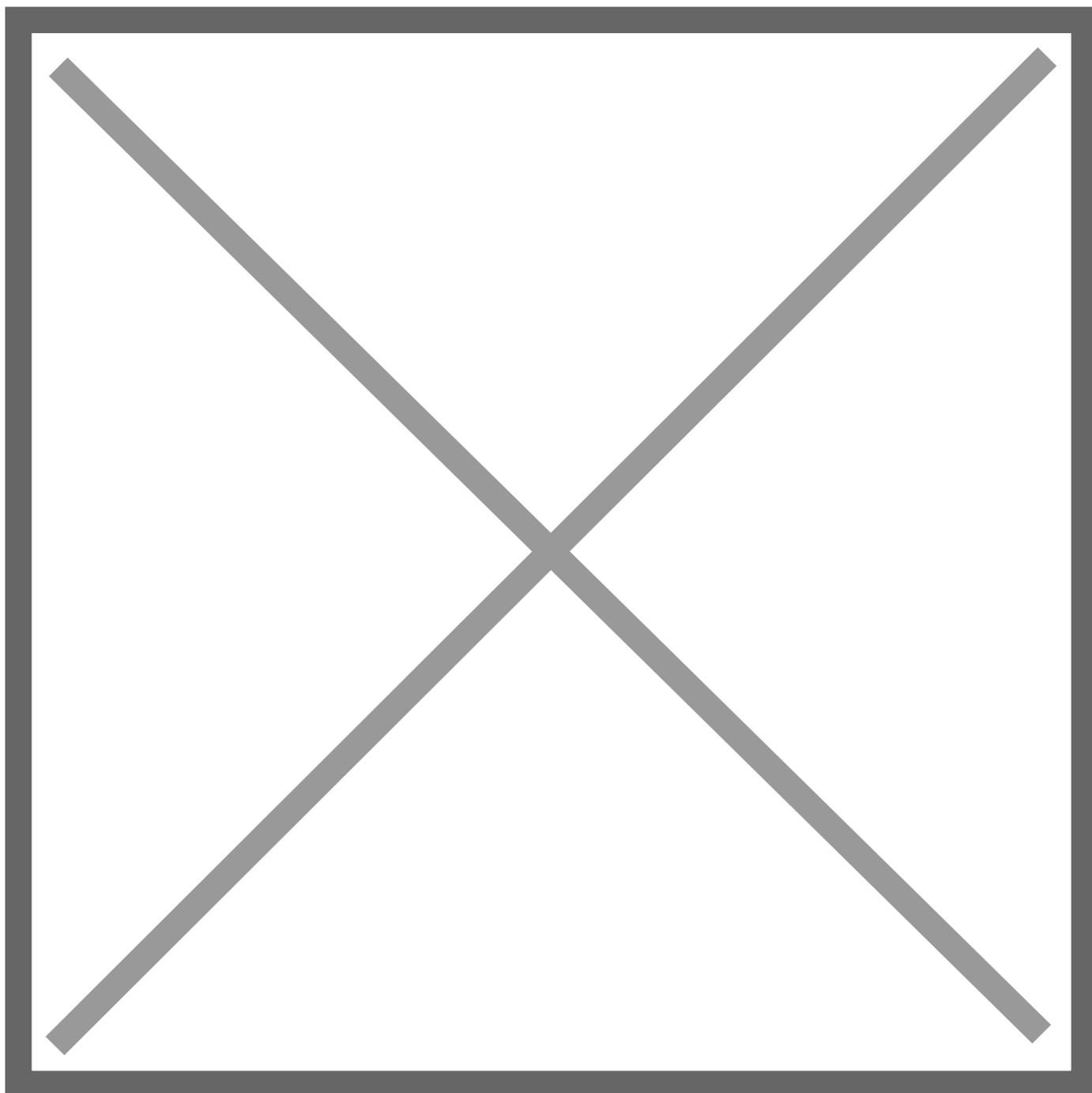
Otroci, 2021



Literatura:

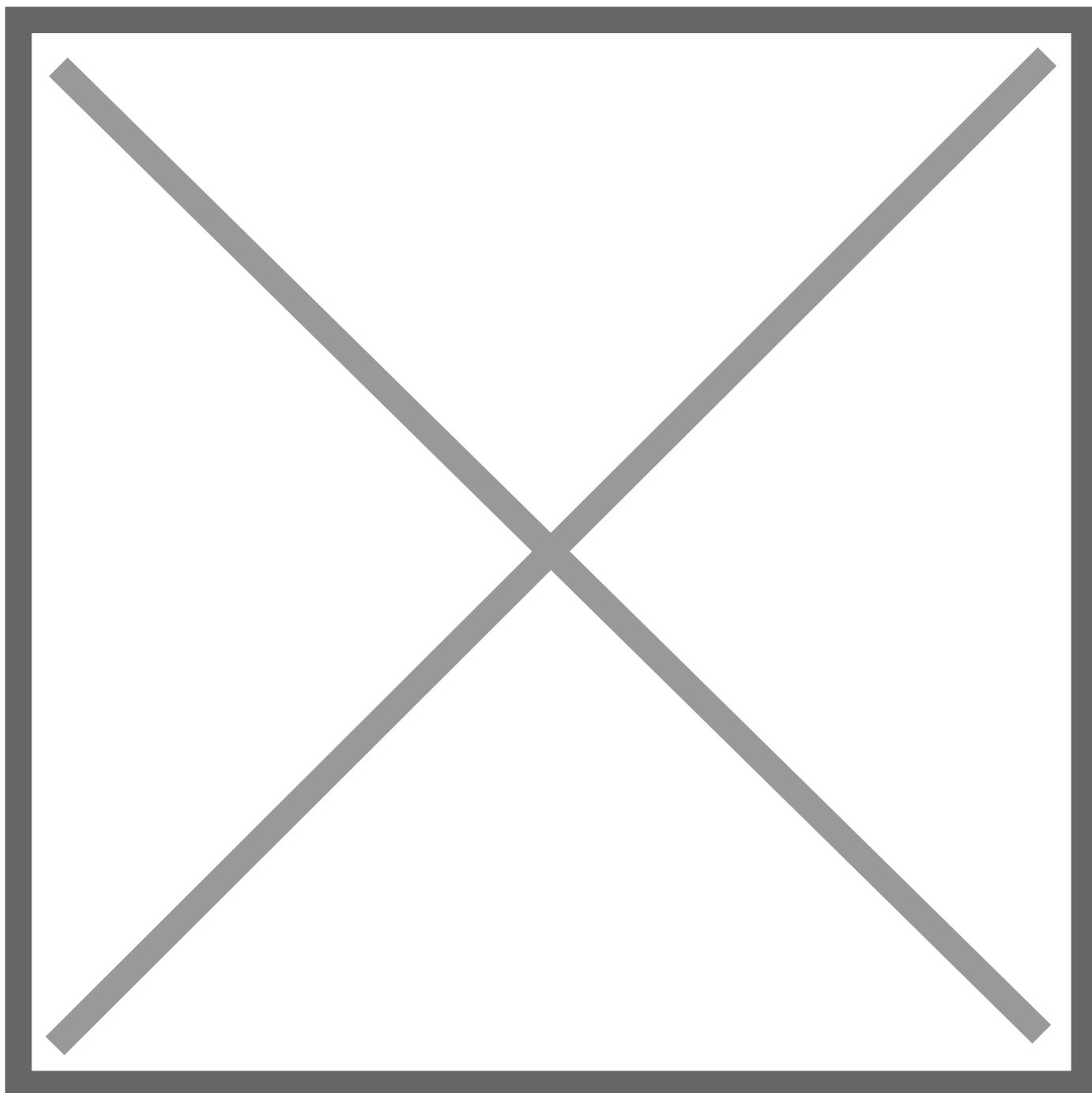
Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

Dečki, 2021

**Literatura:**

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)

Deklice, 2021

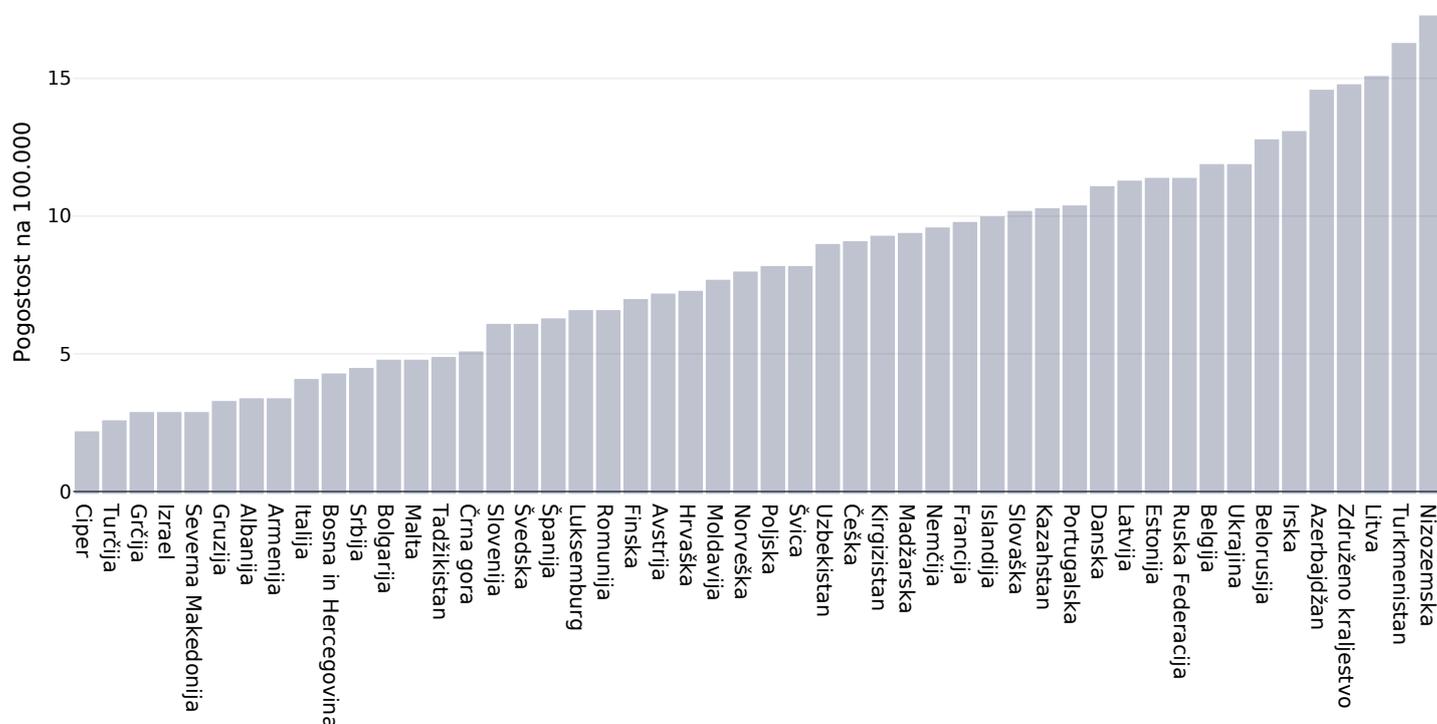


Literatura:

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)

Rak požiralnika

Moški, 2022



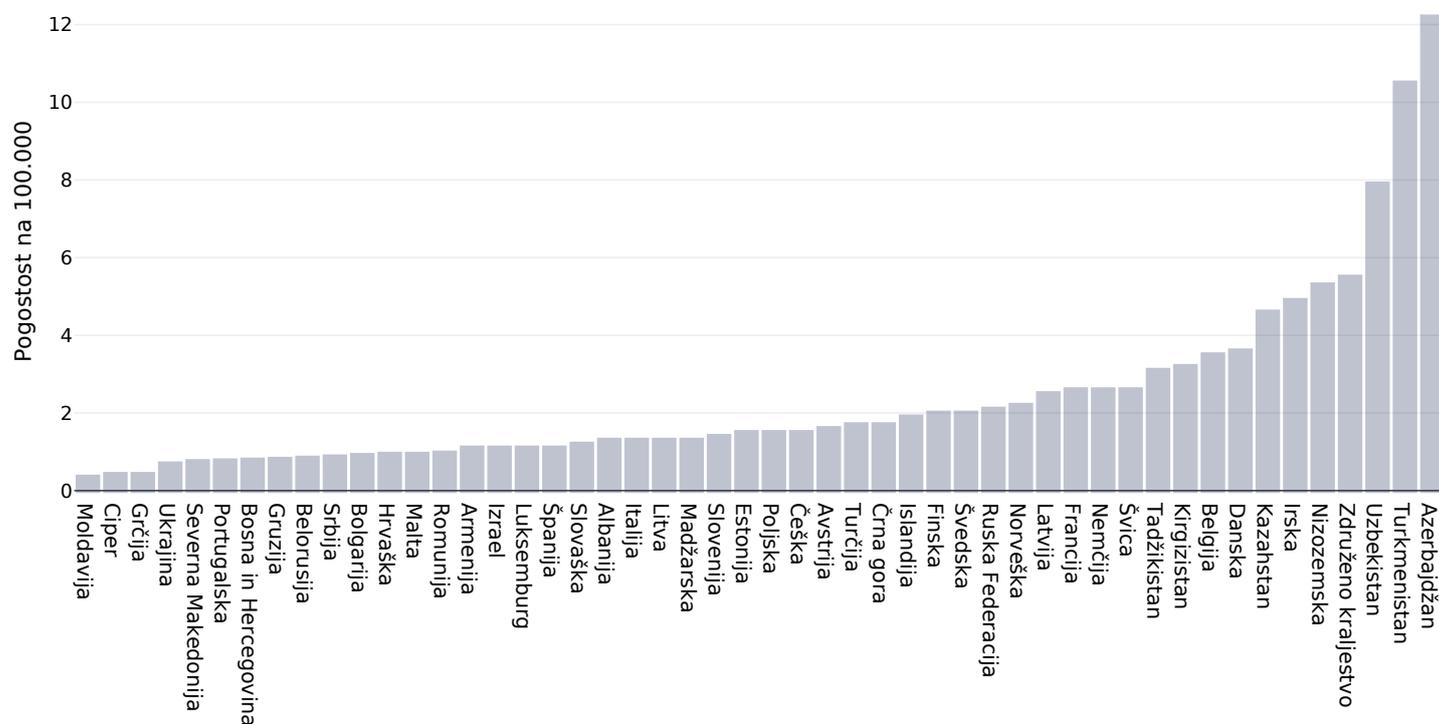
Starost: 20+

Zajeto območje: Na državni ravni

Literatura: 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]

Definicije (na voljo samo v angleščini): Incidence per 100,000

Ženske, 2022



Starost: 20+

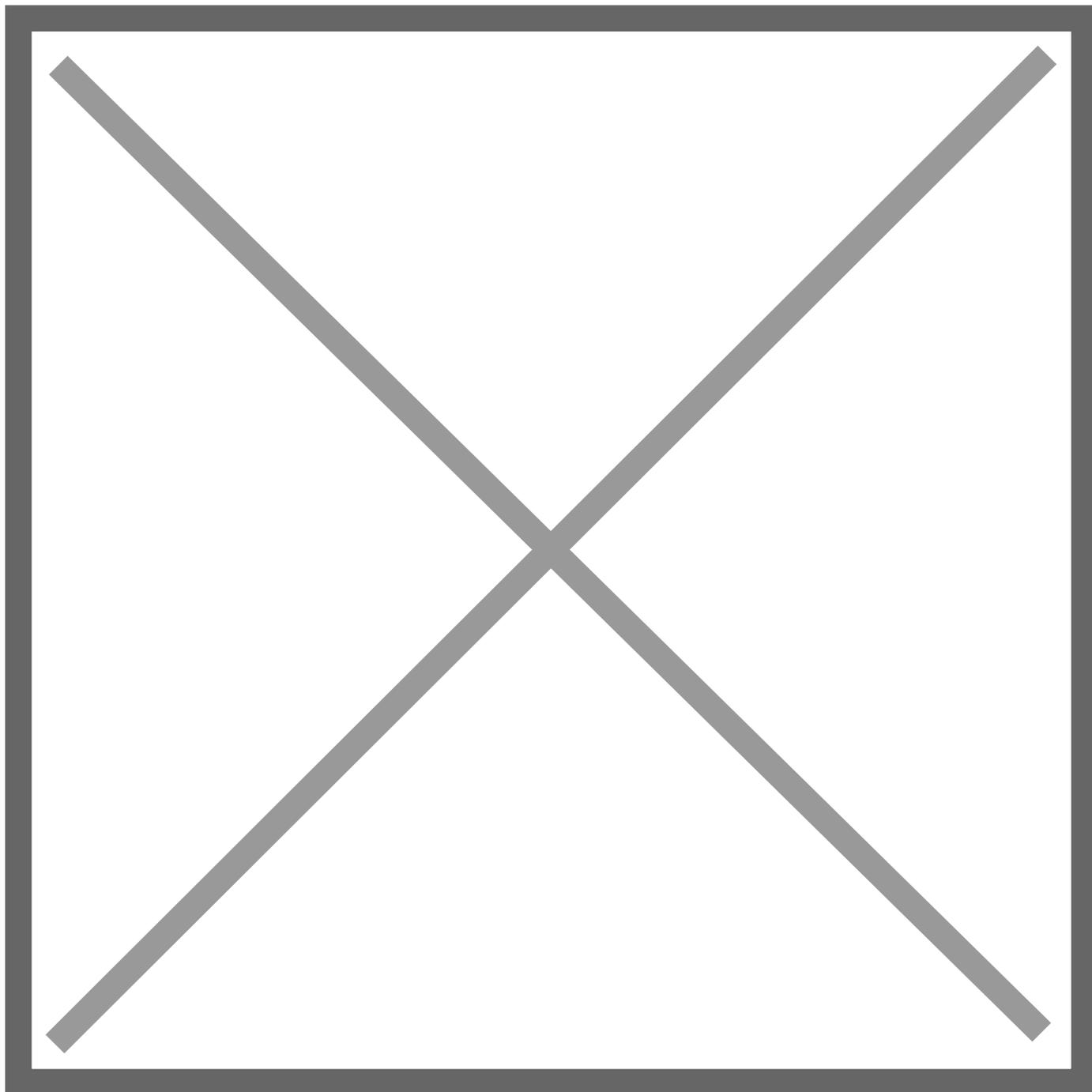
Zajeto območje: Na državni ravni

Literatura: 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]

Definicije (na voljo samo v angleščini): Indicence per 100,000

Rak dojk

Ženske, 2022



**Zajeto
območje:**

Na državni ravni

Literatura:

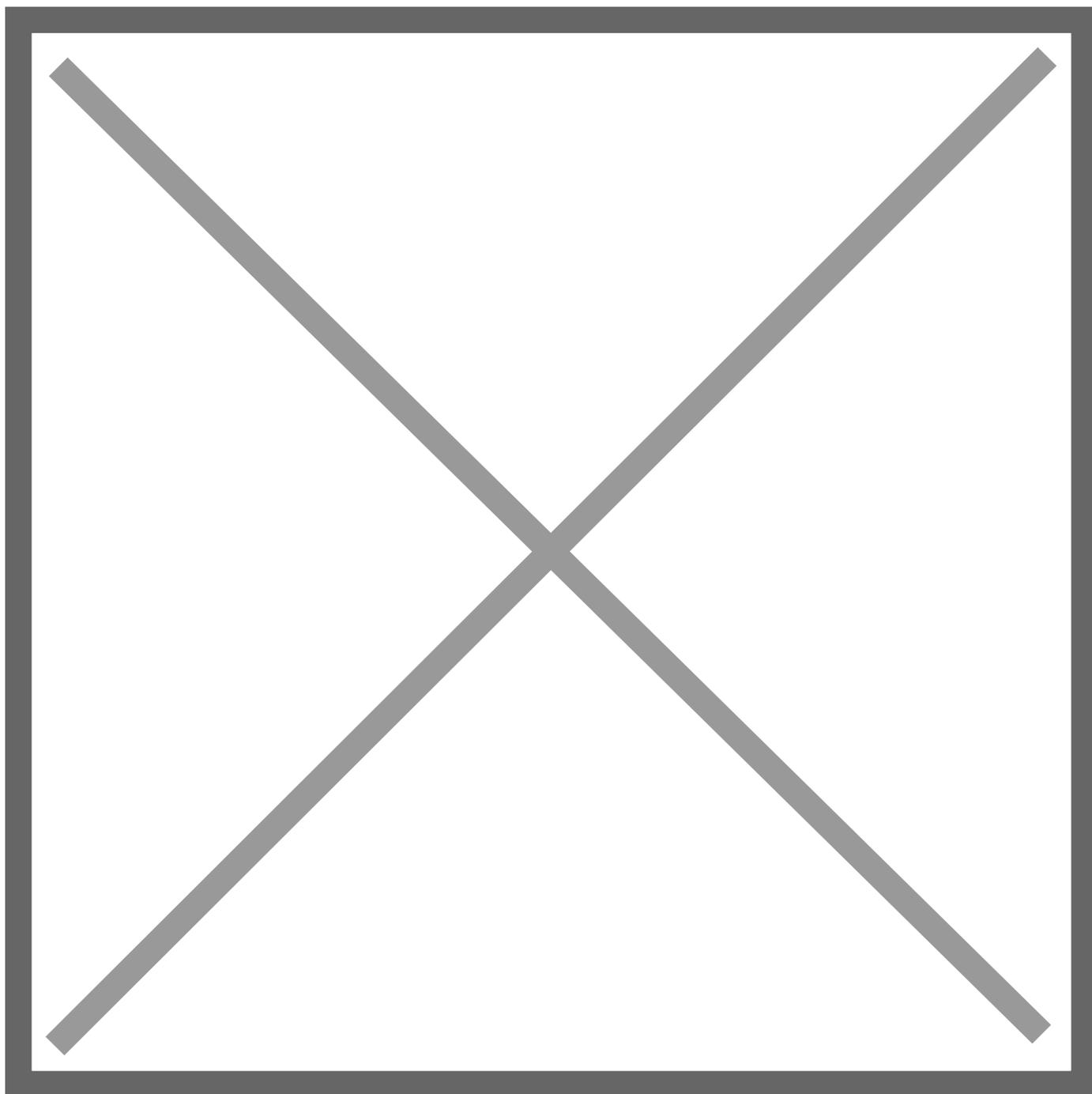
Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.who.int/today>, accessed [16.07.24]

**Definicije (na
voljo samo v
angleščini):**

Incidence per 100,000

Kolorektalni rak

Moški, 2022



**Zajeto
območje:**

Na državni ravni

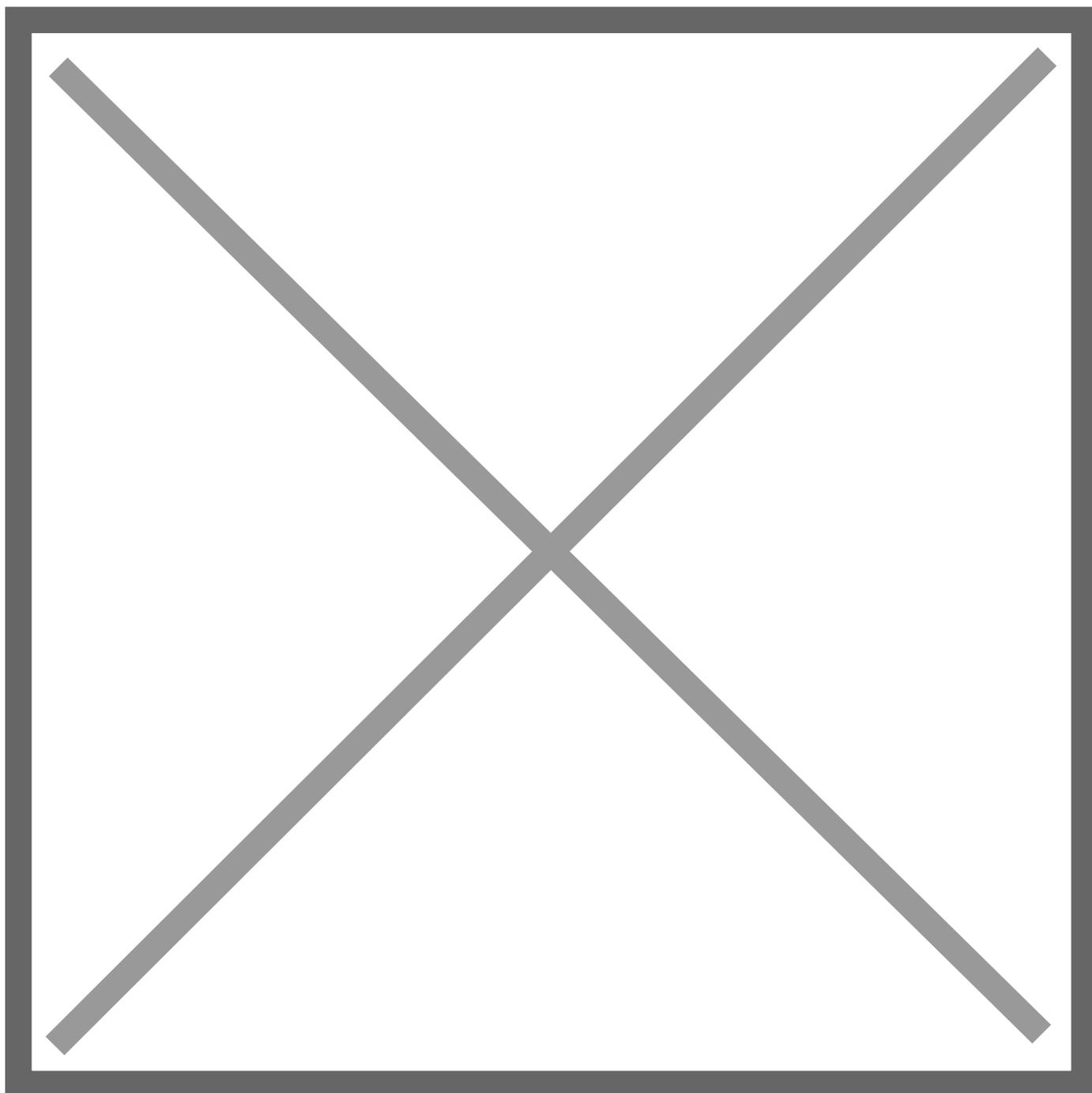
Literatura:

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]

**Definicije (na
voljo samo v
angleščini):**

Incidence per 100,000

Ženske, 2022



**Zajeto
območje:**

Na državni ravni

Literatura:

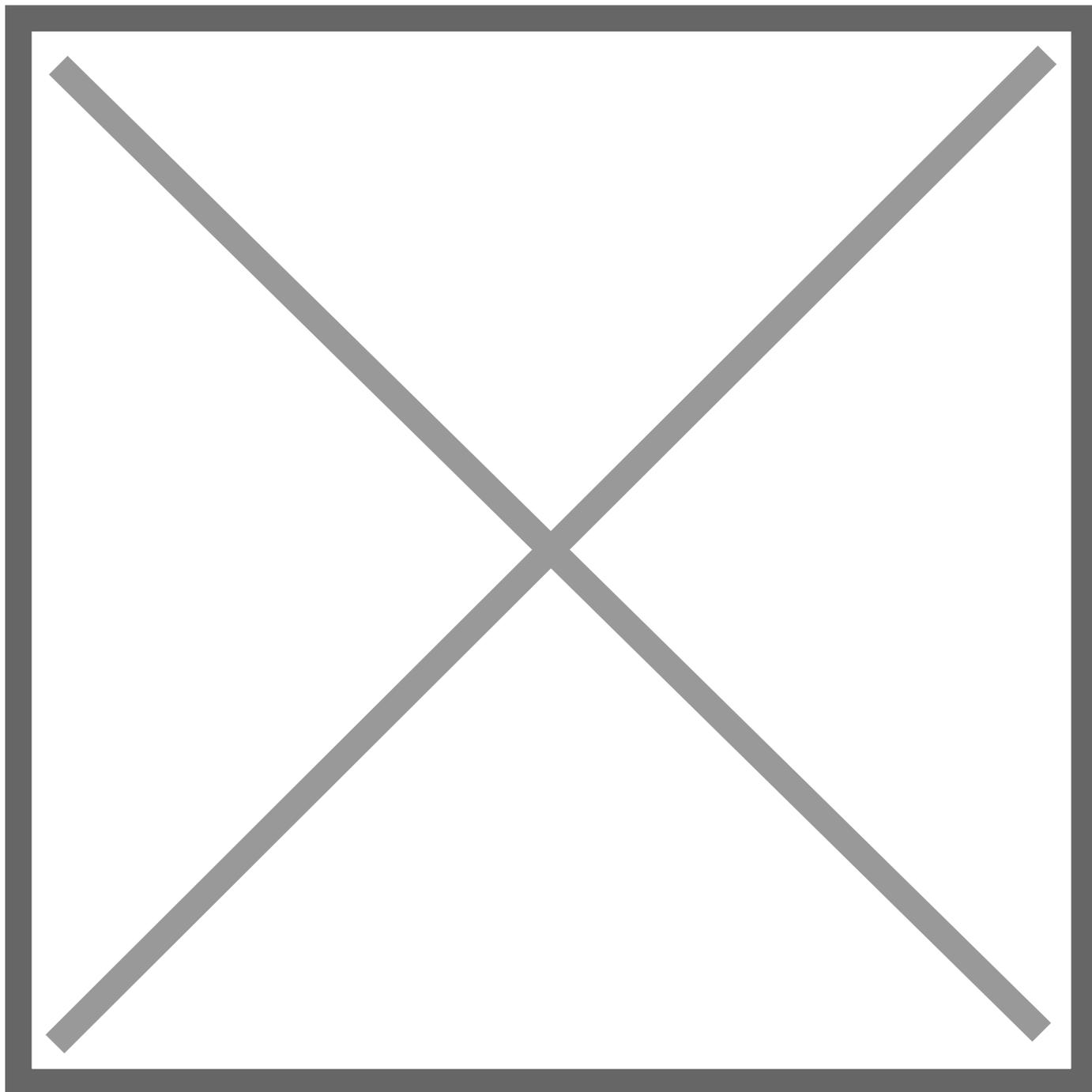
Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.who.int/today>, accessed [16.07.24]

**Definicije (na
voljo samo v
angleščini):**

Incidence per 100,000

Rak trebušne slinavke

Moški, 2022



Starost:

20+

**Zajeto
območje:**

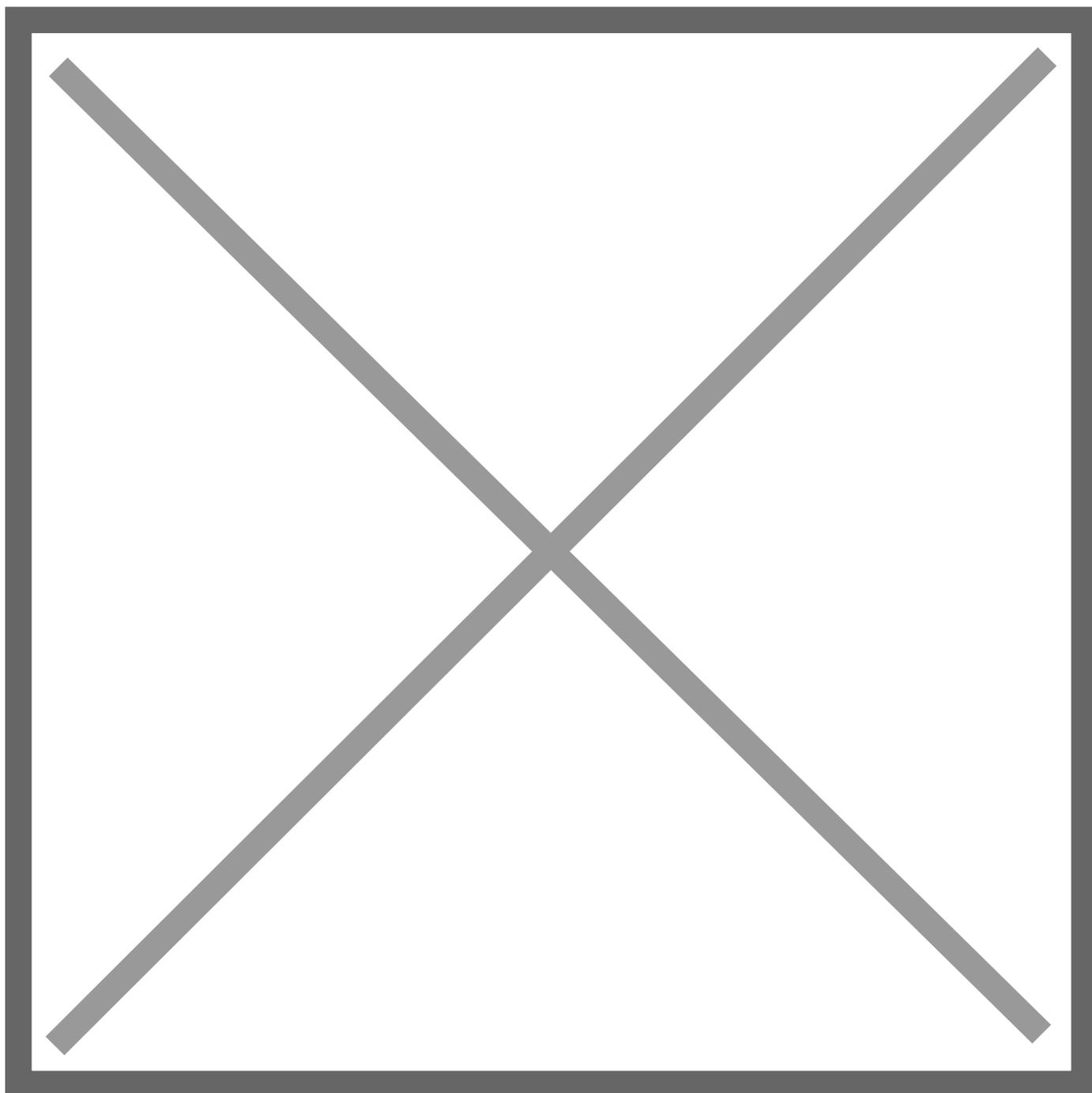
Na državni ravni

Literatura: 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]

Definicije (na voljo samo v angleščini):

Incidence per 100,000

Ženske, 2022



Starost:

20+

**Zajeto
območje:**

Na državni ravni

Literatura:

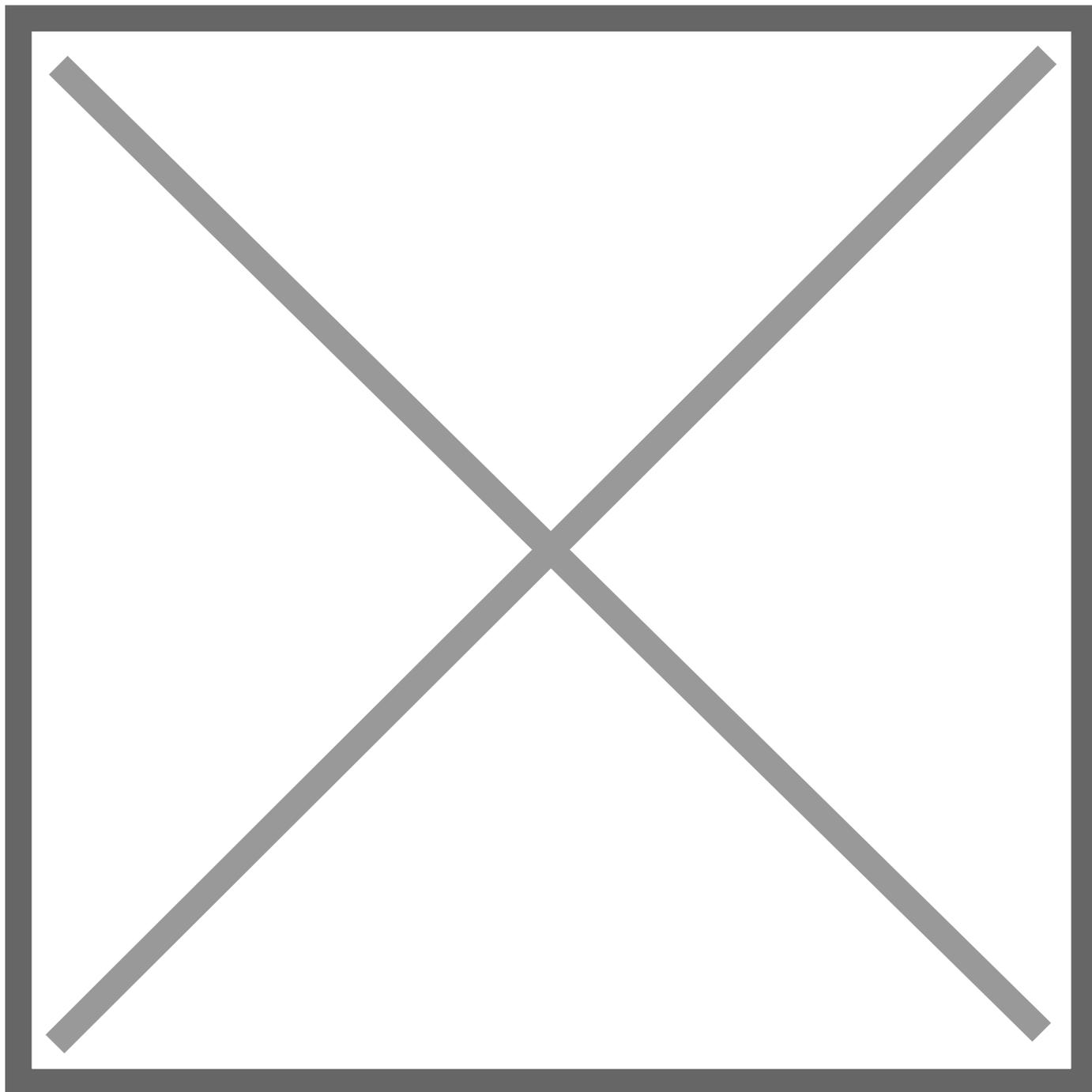
Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.who.int/today>, accessed [16.07.24]

**Definicije (na
voljo samo v
angleščini):**

Incidence per 100,000

Rak žolčnika

Moški, 2022



Starost:

20+

**Zajeto
območje:**

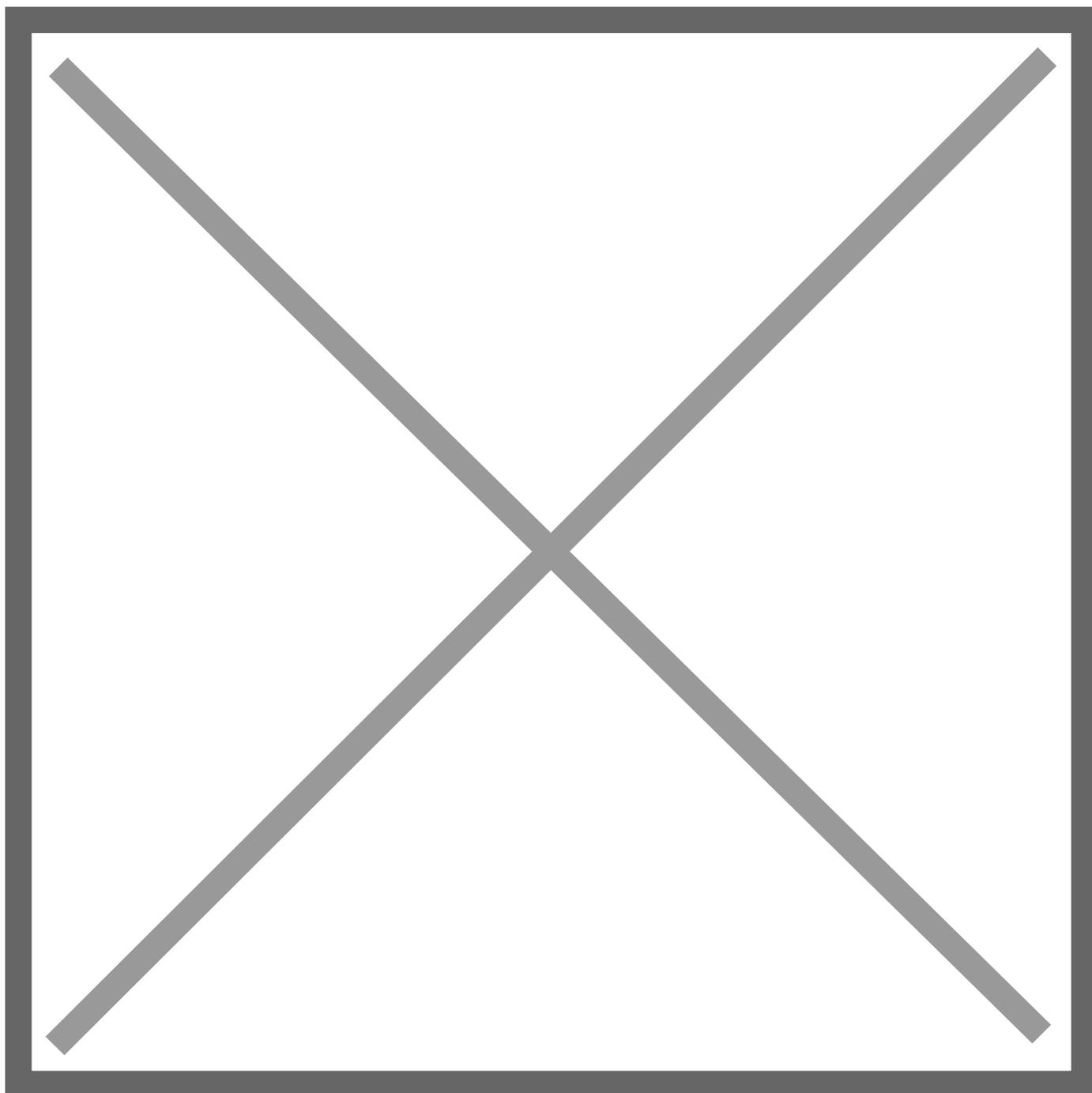
Na državni ravni

Literatura: 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]

Definicije (na voljo samo v angleščini):

Indicence per 100,000

Ženske, 2022



Starost:

20+

**Zajeto
območje:**

Na državni ravni

Literatura:

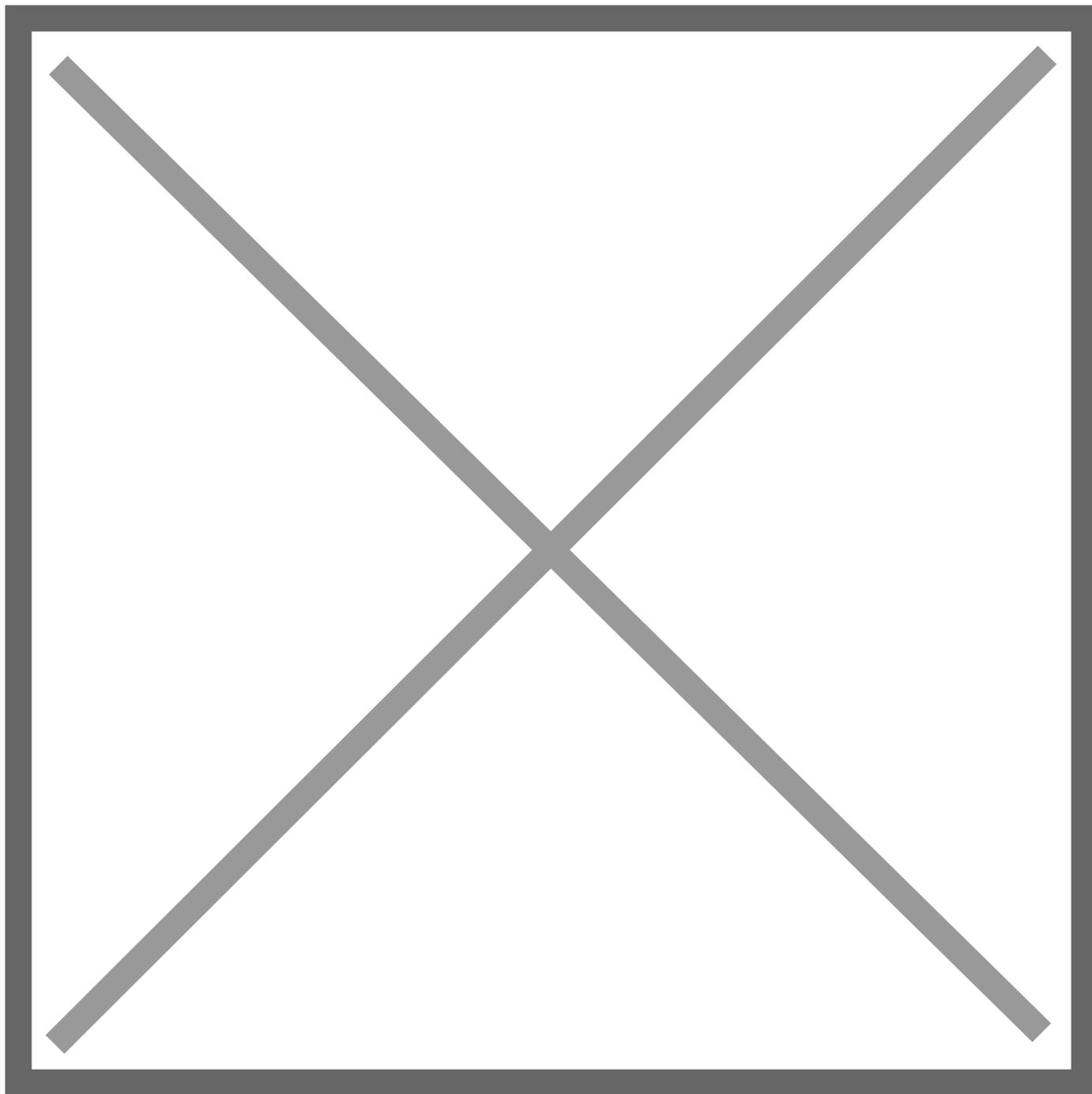
Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.who.int/today>, accessed [16.07.24]

**Definicije (na
voljo samo v
angleščini):**

Indicence per 100,000

Rak ledvic

Moški, 2022



Starost:

20+

**Zajeto
območje:**

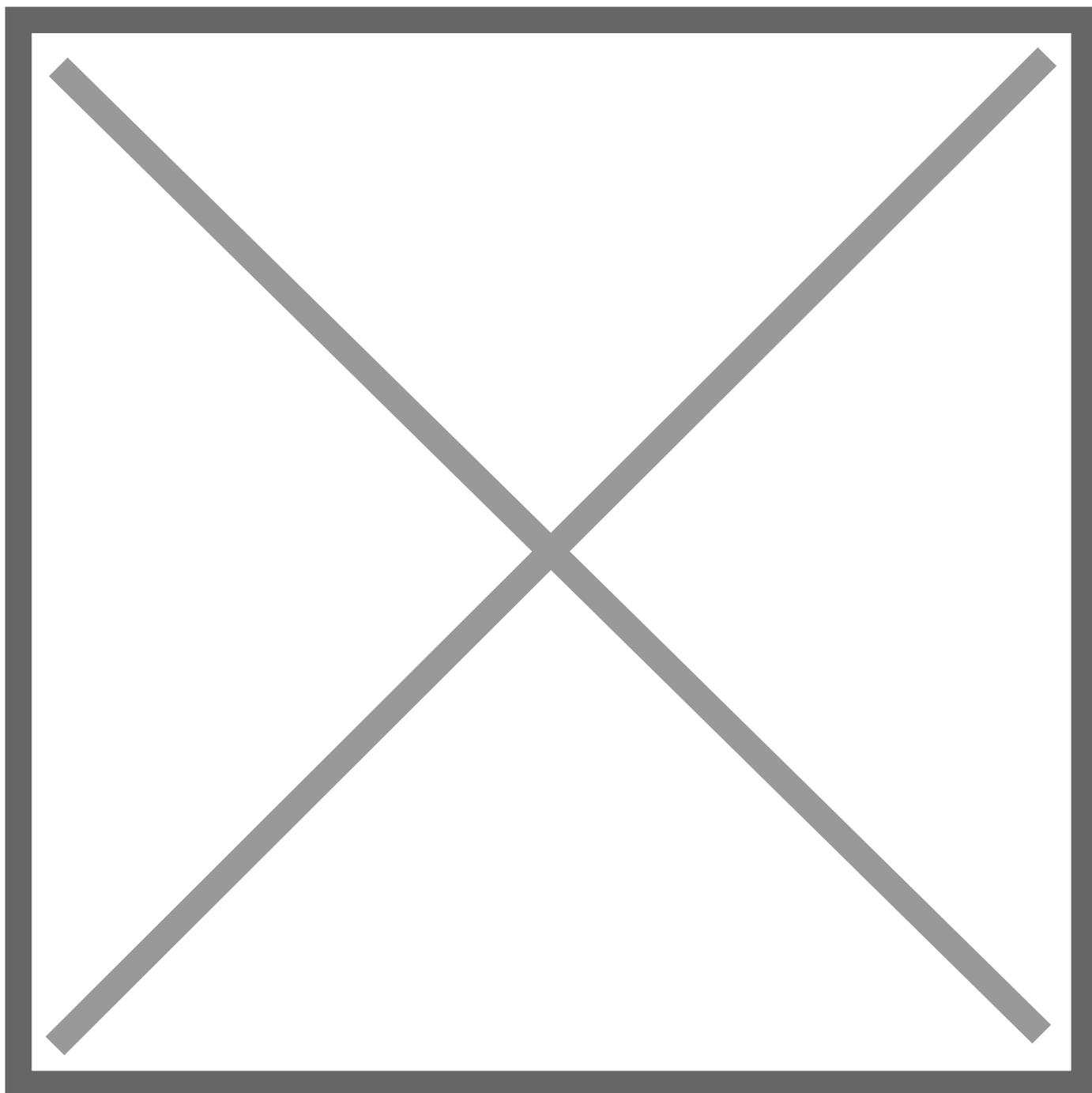
Na državni ravni

Literatura: 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]

Definicije (na voljo samo v angleščini):

Incidence per 100,000

Ženske, 2022



Starost:

20+

**Zajeto
območje:**

Na državni ravni

Literatura:

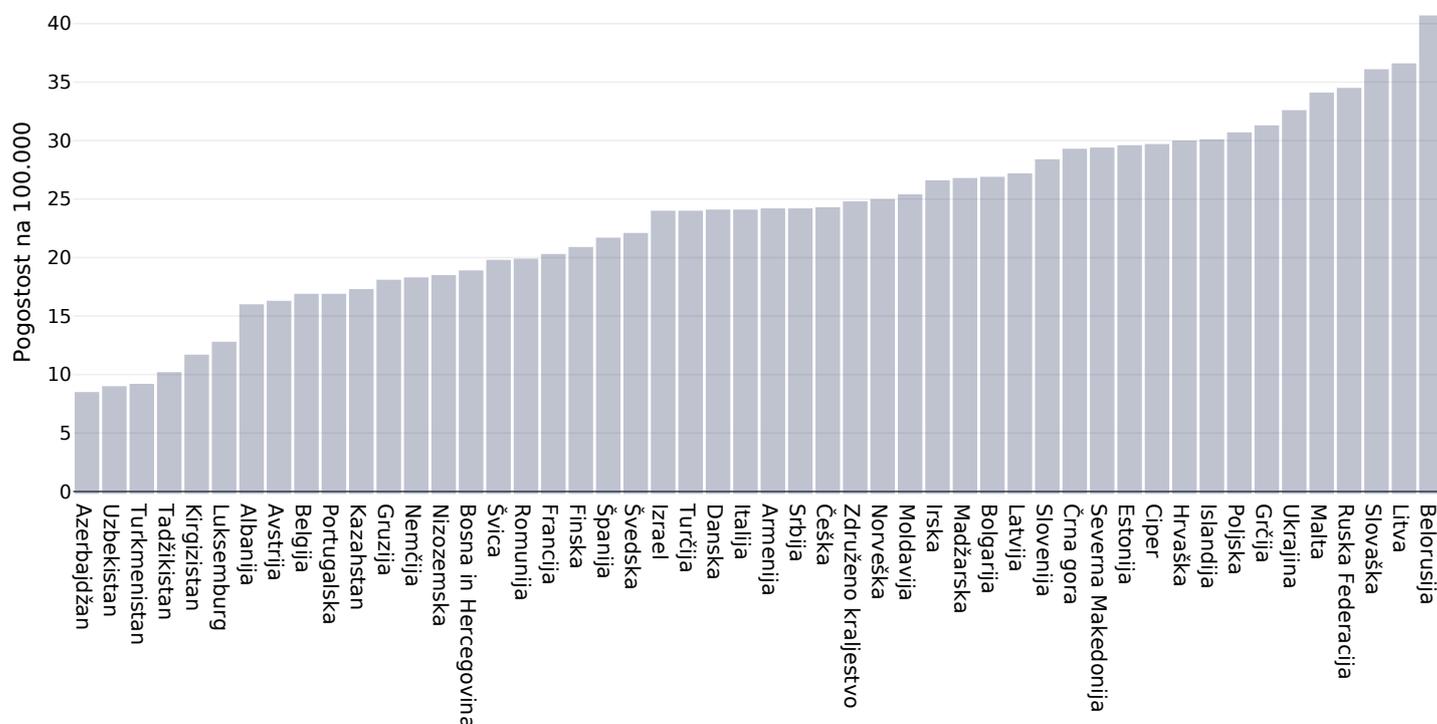
Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.who.int/today>, accessed [16.07.24]

**Definicije (na
voljo samo v
angleščini):**

Incidence per 100,000

Rak maternice

Ženske, 2022



Starost:

20+

Literatura:

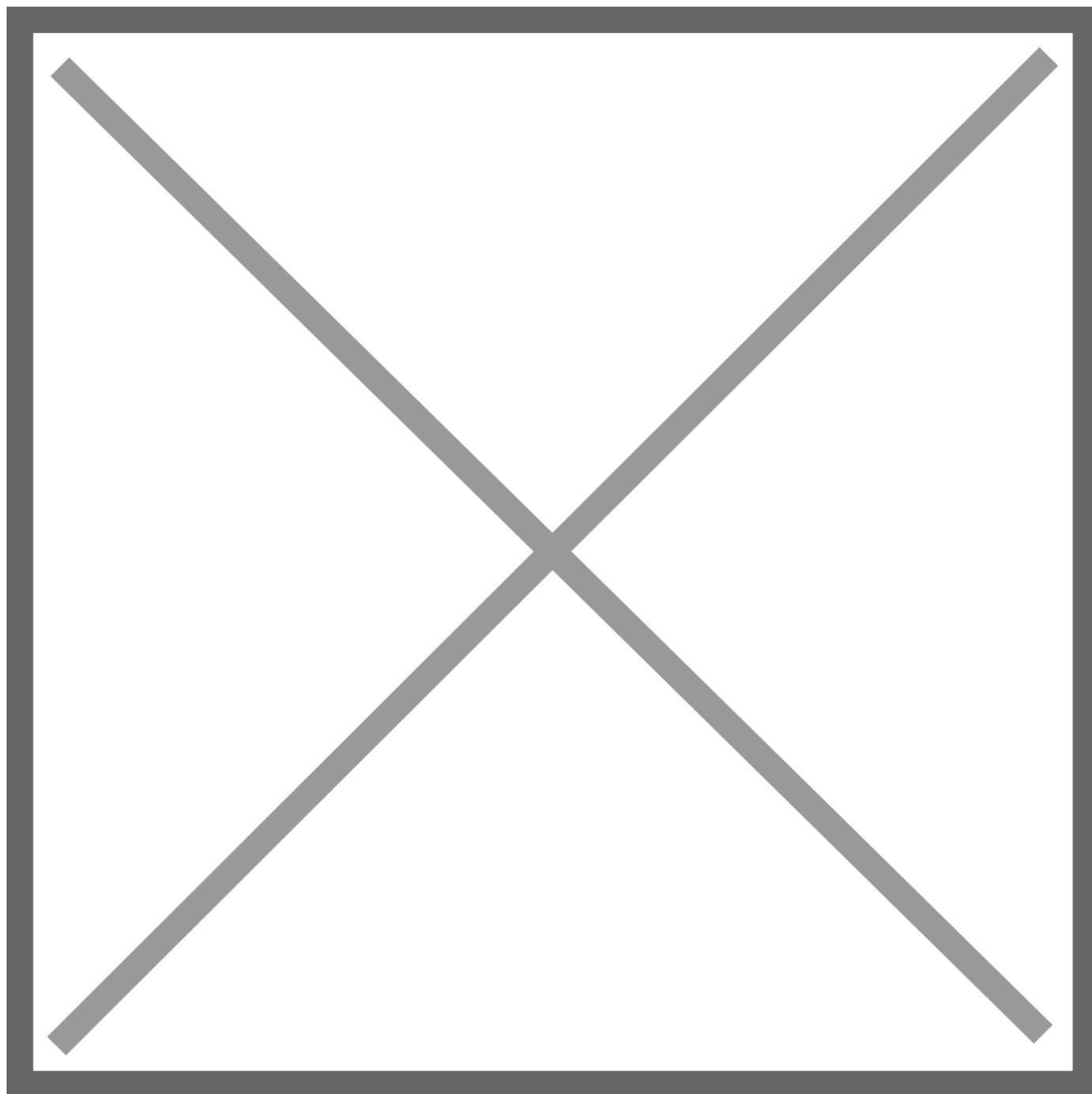
Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.who.int/today>, accessed [16.07.24]

Definicije (na voljo samo v angleščini):

Incidence per 100,000

Zvišan krvni tlak

Odrasli, 2015



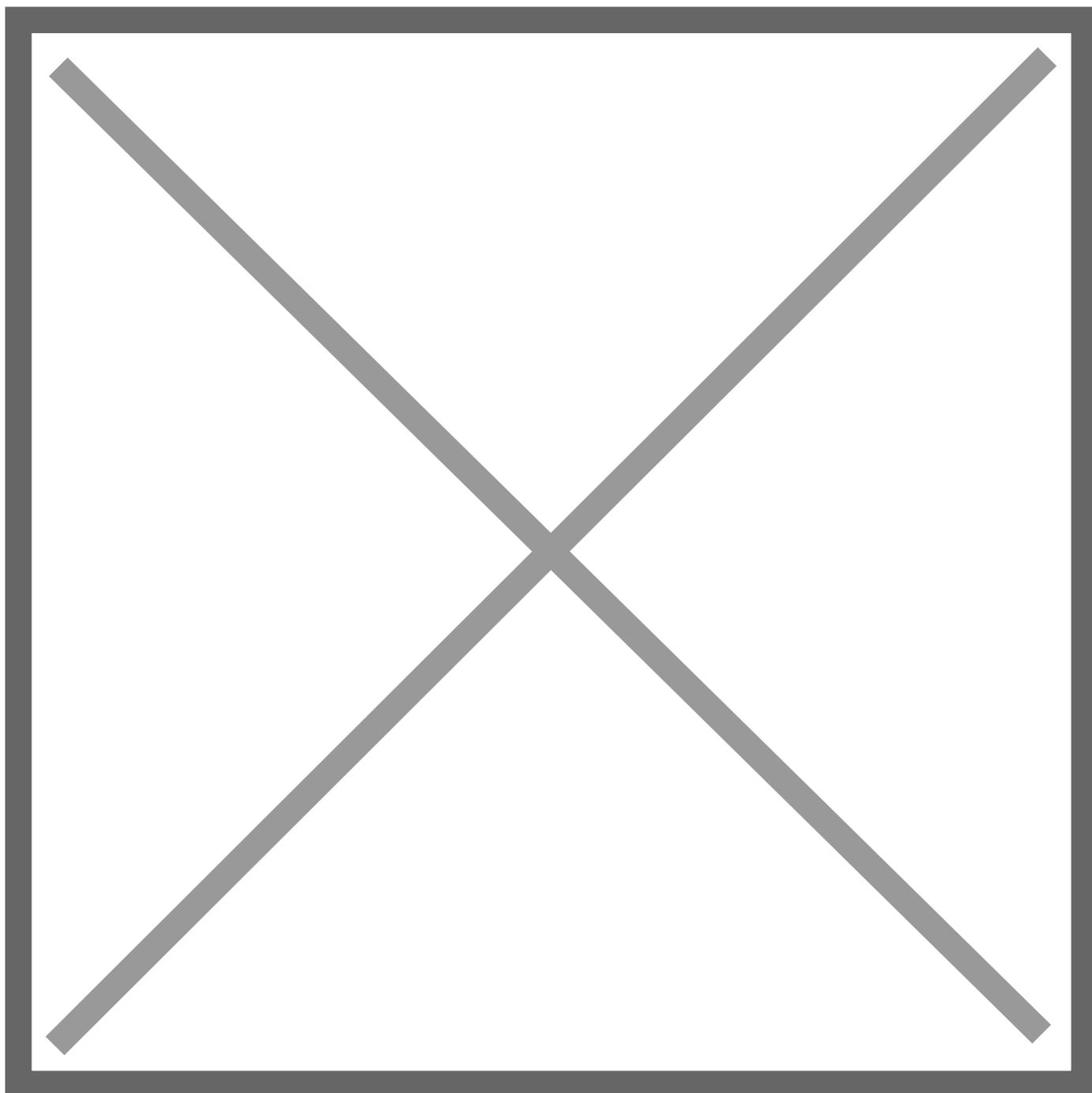
Literatura:

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

Definicije (na voljo samo v angleščini):

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

Moški, 2015



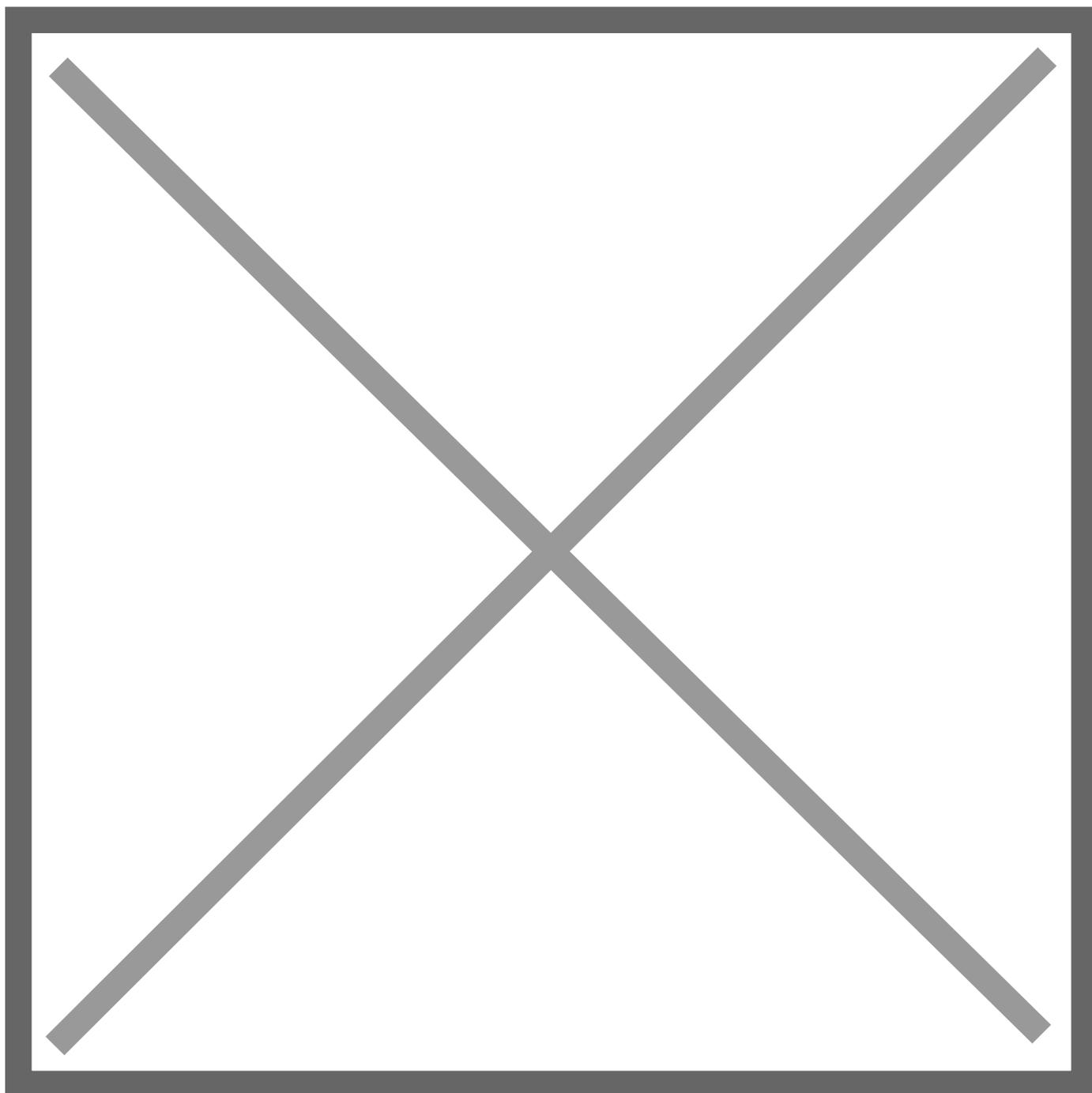
Literatura:

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

**Definicije (na
voljo samo v
angleščini):**

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

Ženske, 2015



Literatura:

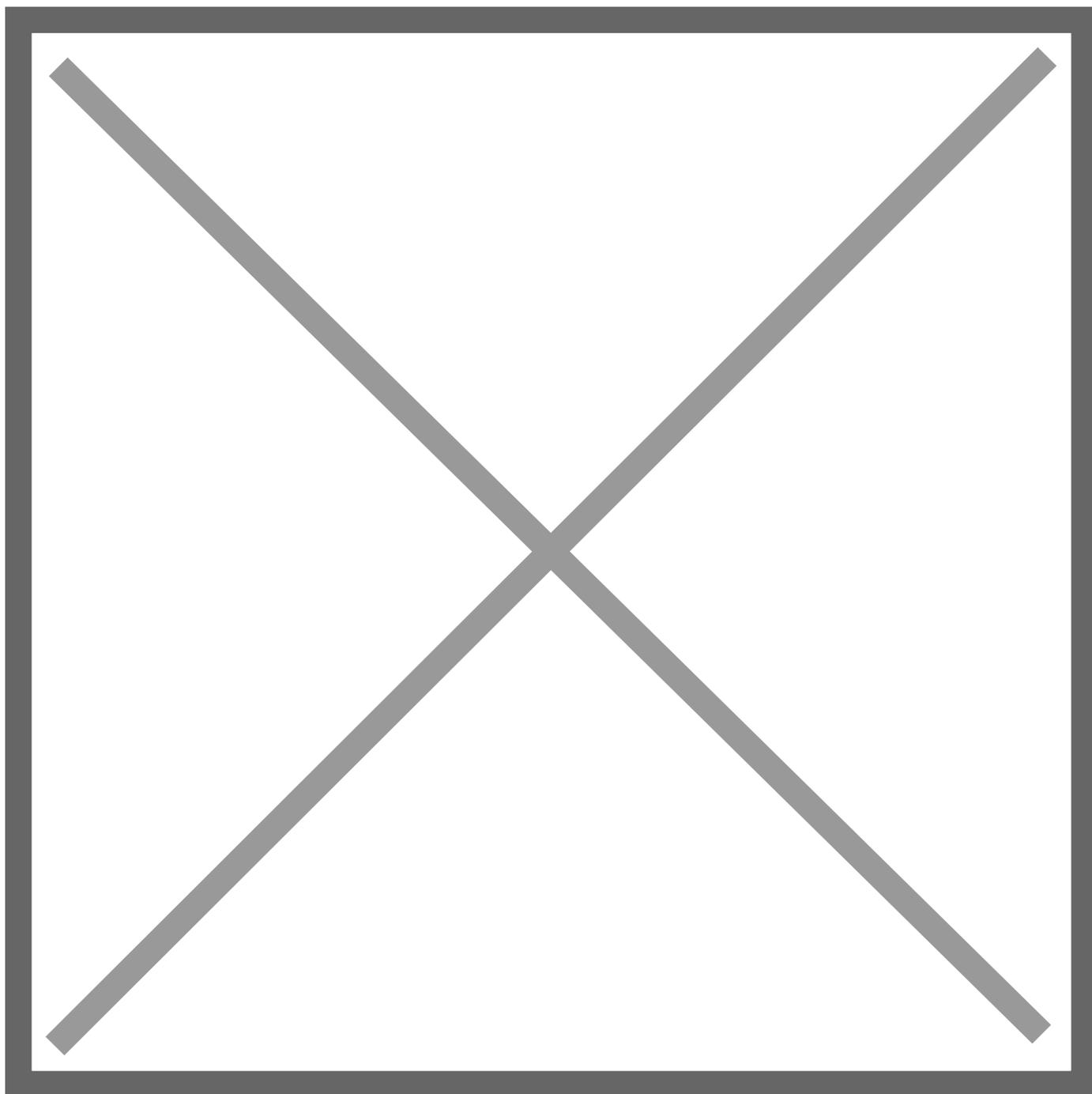
Global Health Observatory data repository, World Health Organisation,
<http://apps.who.int/gho/data/node.main.A875?lang=en>

**Definicije (na
voljo samo v
angleščini):**

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

Zvišana raven holesterola

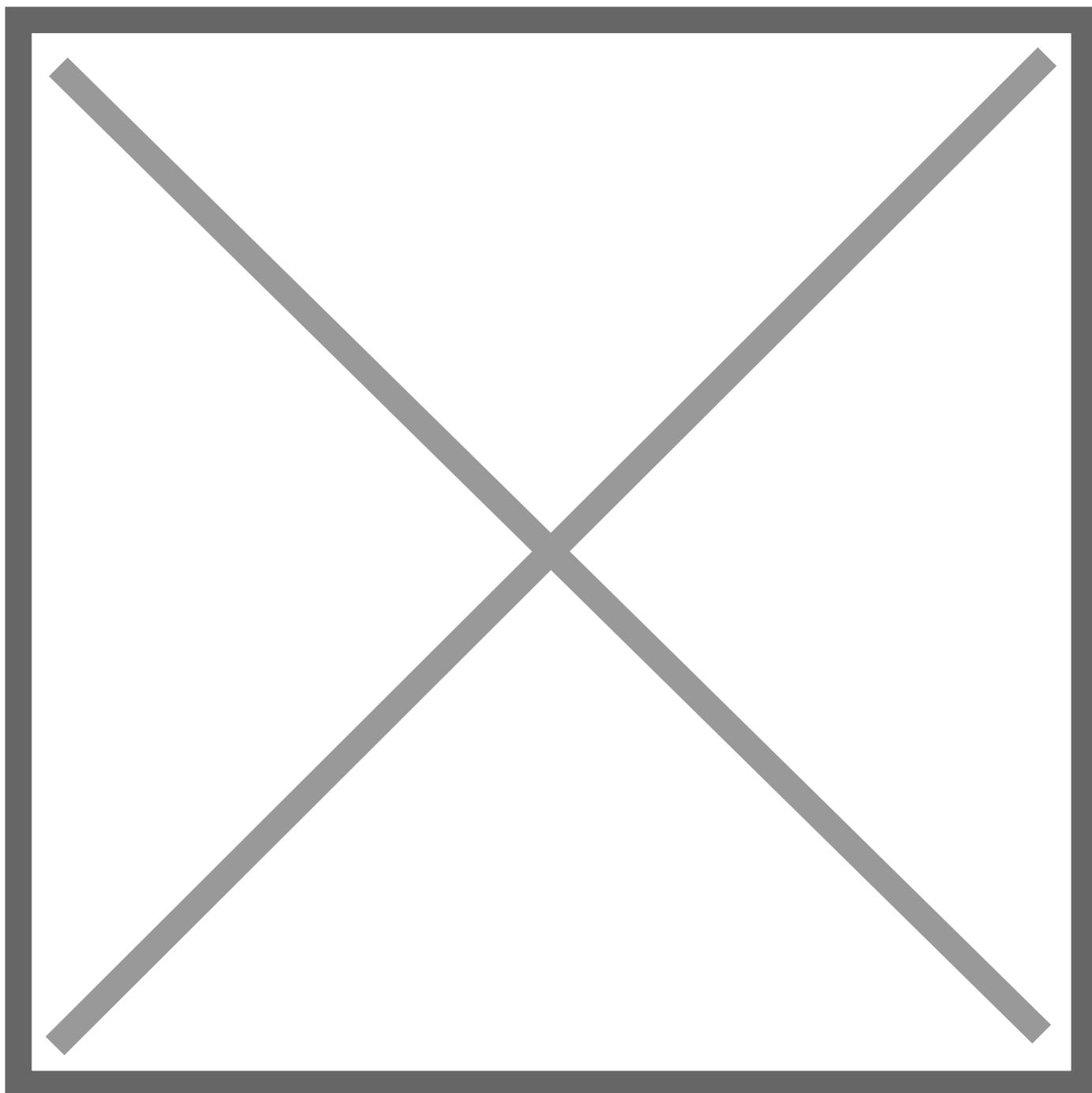
Odrasli, 2008



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

Definicije (na voljo samo v angleščini): % Raised total cholesterol (≥ 5.0 mmol/L) (age-standardized estimate).

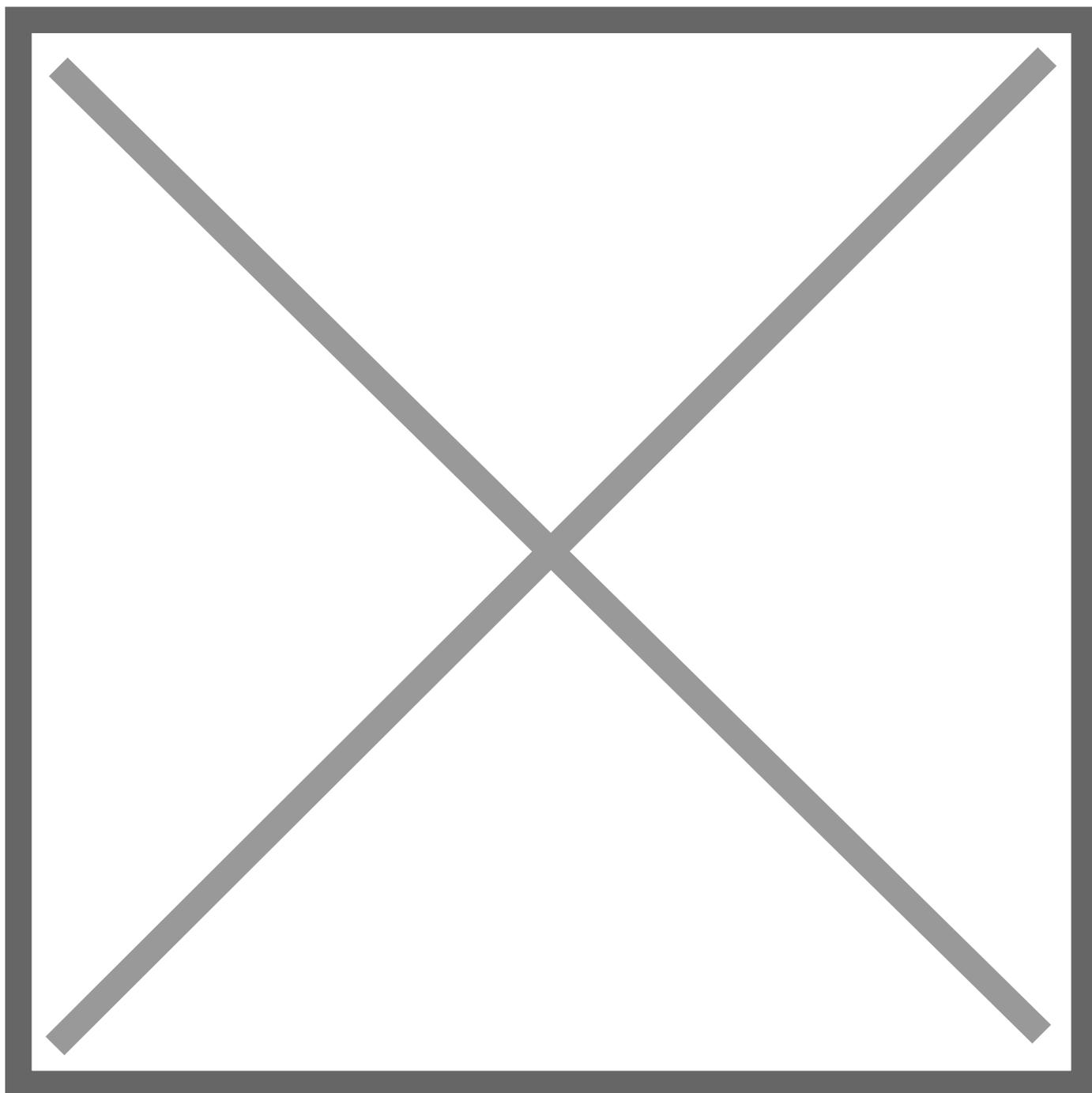
Moški, 2008



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

Definicije (na voljo samo v angleščini): % Raised total cholesterol (≥ 5.0 mmol/L) (age-standardized estimate).

Ženske, 2008

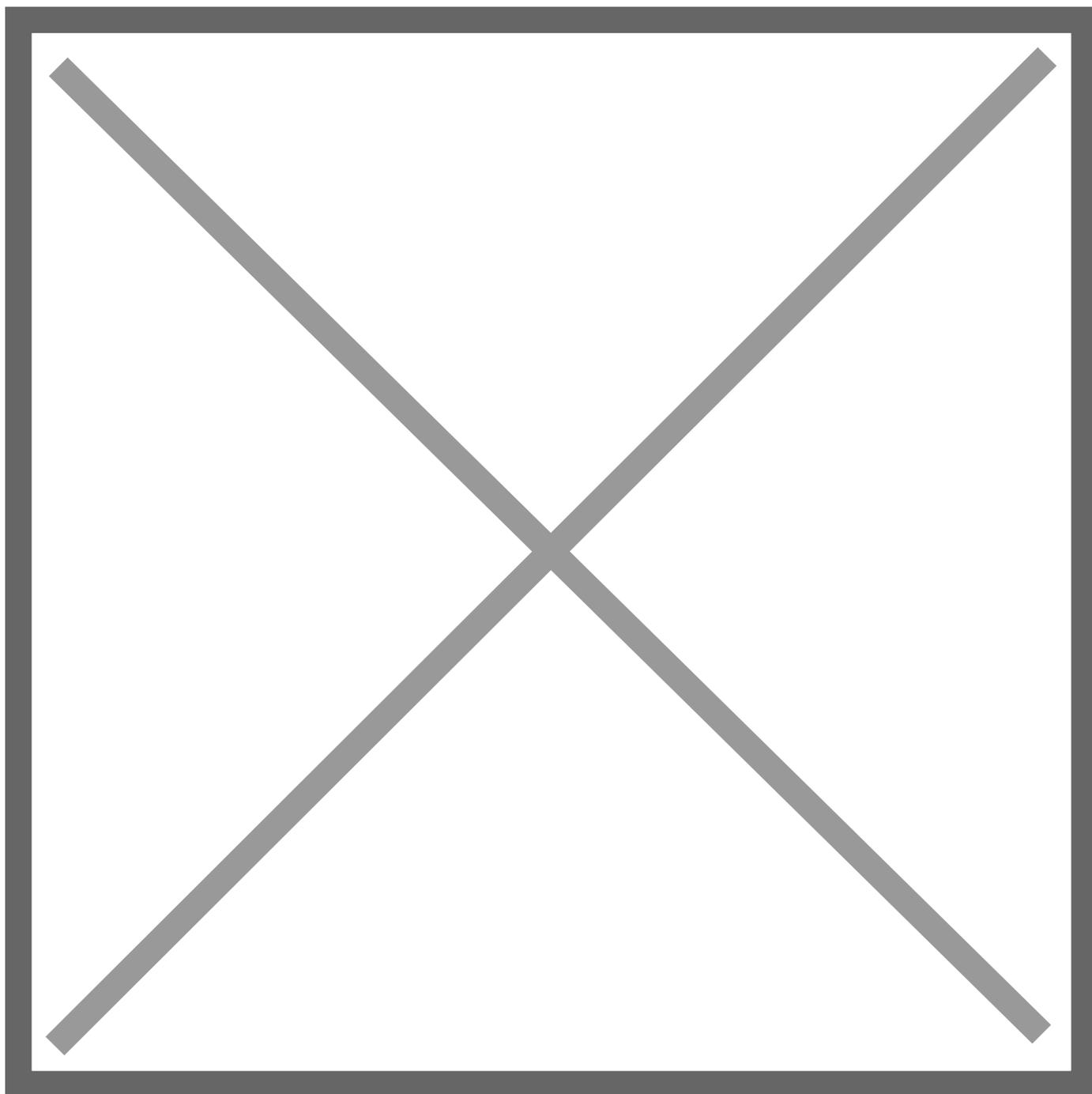


Literatura: Global Health Observatory data repository, World Health Organisation, <http://apps.who.int/gho/data/node.main.A885>

Definicije (na voljo samo v angleščini): % Raised total cholesterol (≥ 5.0 mmol/L) (age-standardized estimate).

Zvišana raven krvnega sladkorja (na tešče)

Moški, 2014



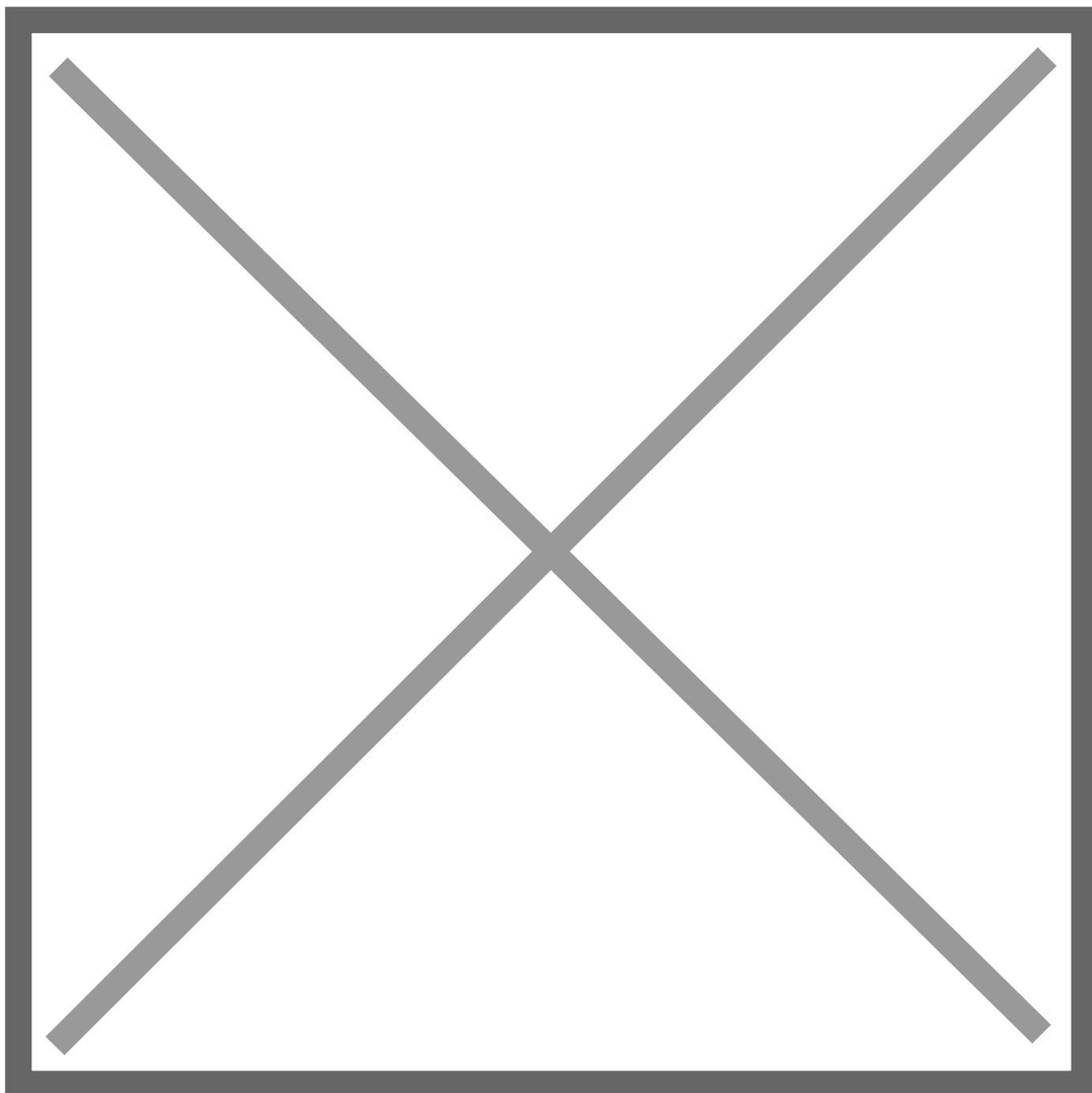
Literatura:

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

Definicije (na voljo samo v angleščini):

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

Ženske, 2014



Literatura:

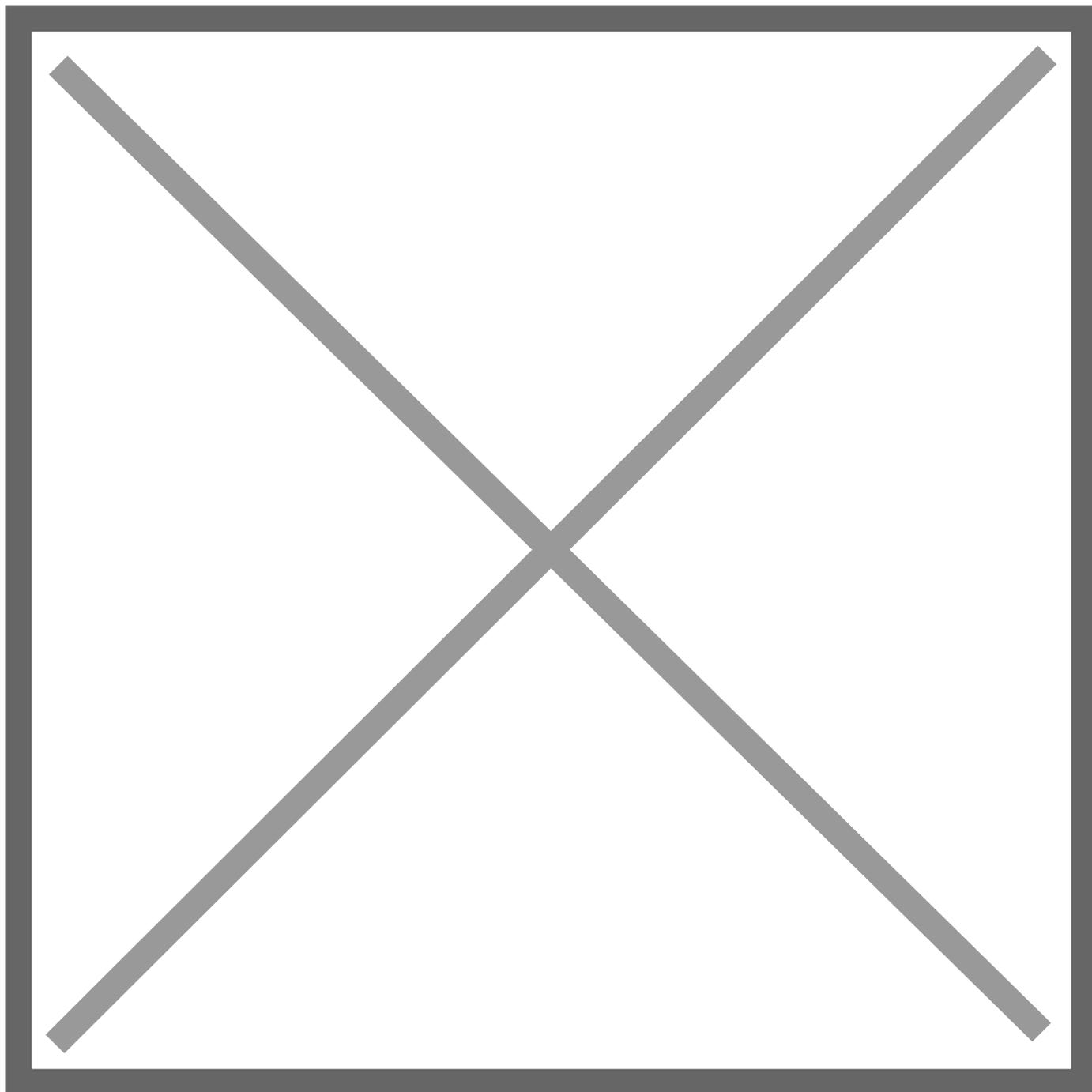
Global Health Observatory data repository, World Health Organisation,
<http://apps.who.int/gho/data/node.main.A869?lang=en>

**Definicije (na
voljo samo v
angleščini):**

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

Razširjenost sladkorne bolezni

Odrasli, 2024



Literatura:

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

PDF created on July 19, 2025