

Report card

Poland

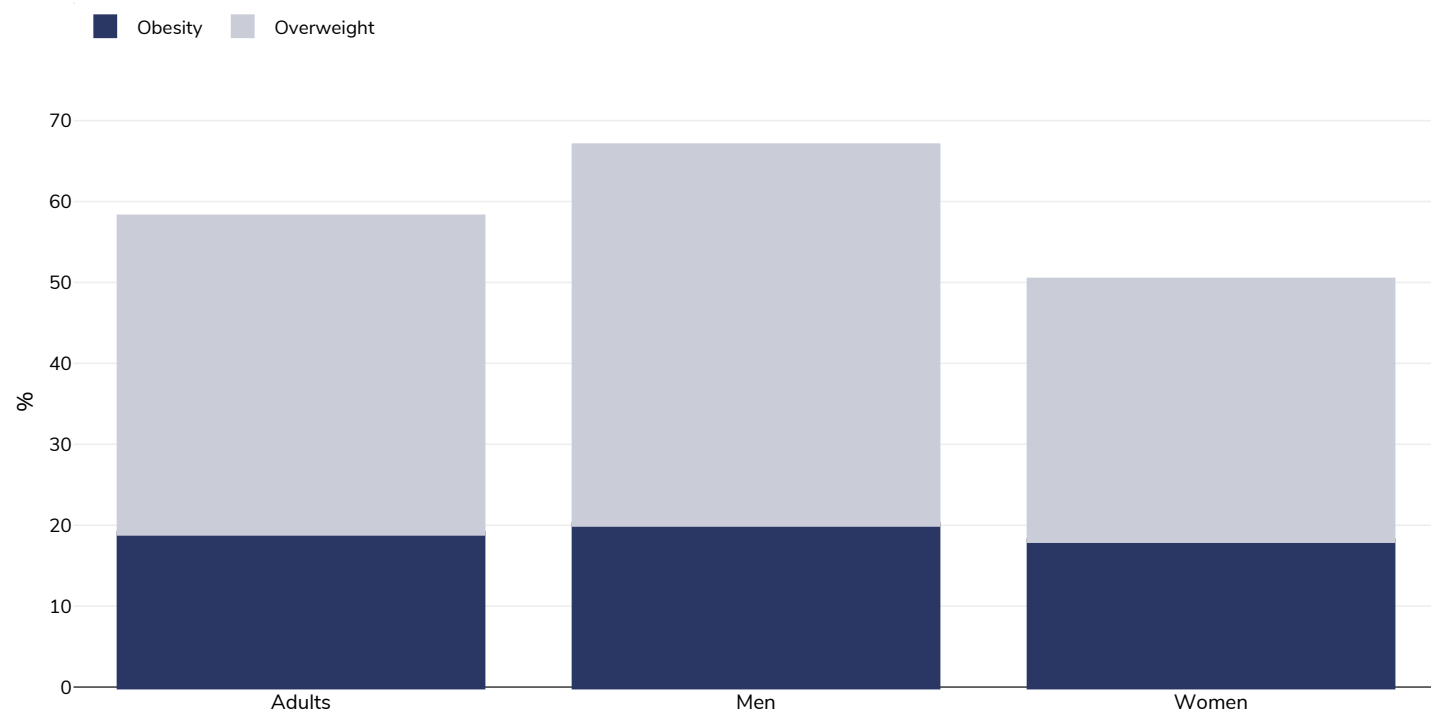


	Page
Obesity prevalence	3
Trend: % Adults living with obesity, 1997-2014	5
Trend: % Adults living with overweight or obesity, 1997-2014	7
Trend: % Children living with overweight or obesity, 1971-2009	9
Trend: % Adults living with obesity, 1996-2019	10
Trend: % Adults living with overweight or obesity, 1996-2019	12
Trend: % Adults living with obesity, selected countries, 1976-2019	14
Overweight/obesity by age and education	16
Overweight/obesity by education	19
Overweight/obesity by age	22
Overweight/obesity by region	24
Overweight/obesity by age and region	28
Overweight/obesity by age and socio-economic group	30
Overweight/obesity by socio-economic group	33
Overweight/obesity by age and limited activity	36
Insufficient physical activity	39
Sugar consumption	45
Estimated per capita sugar sweetened beverages intake	46
Prevalence of at least daily carbonated soft drink consumption	47
Prevalence of confectionery consumption	48
Prevalence of sweet/savoury snack consumption	49
Estimated per capita fruit intake	50
Prevalence of less than daily fruit consumption	51
Prevalence of less than daily vegetable consumption	52
Estimated per-capita processed meat intake	53
Estimated per capita whole grains intake	54
Mental health - depression disorders	55
Mental health - anxiety disorders	56
Oesophageal cancer	57
Breast cancer	59
Colorectal cancer	60
Pancreatic cancer	62
Gallbladder cancer	64
Kidney cancer	66
Cancer of the uterus	68
Raised blood pressure	69
Raised cholesterol	72
Raised fasting blood glucose	75
Diabetes prevalence	77

Contents	Page
Contextual factors	%%

Obesity prevalence

Adults, 2019



Survey type: Self-reported

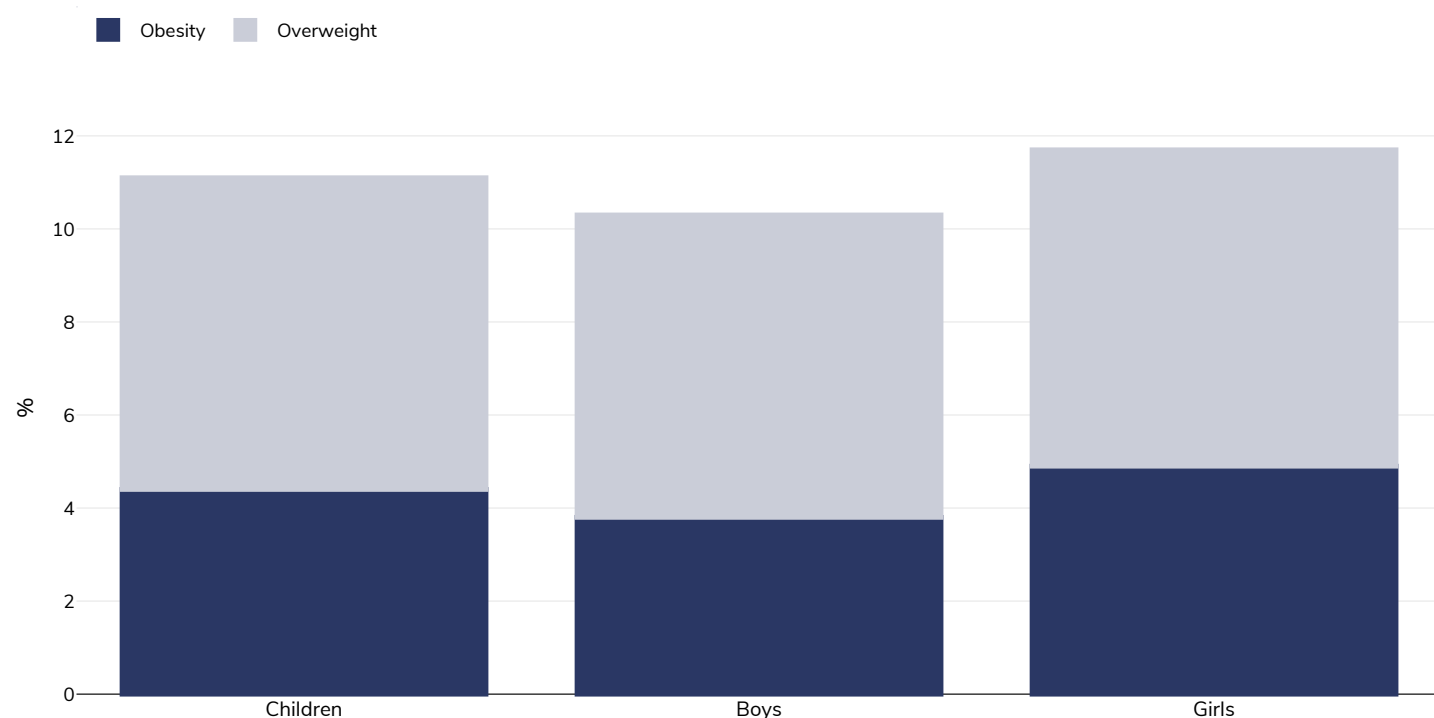
Age: 18+

Area covered: National

References: Eurostat 2019. Data available at https://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1i&lang=en (last accessed 09.08.21)

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

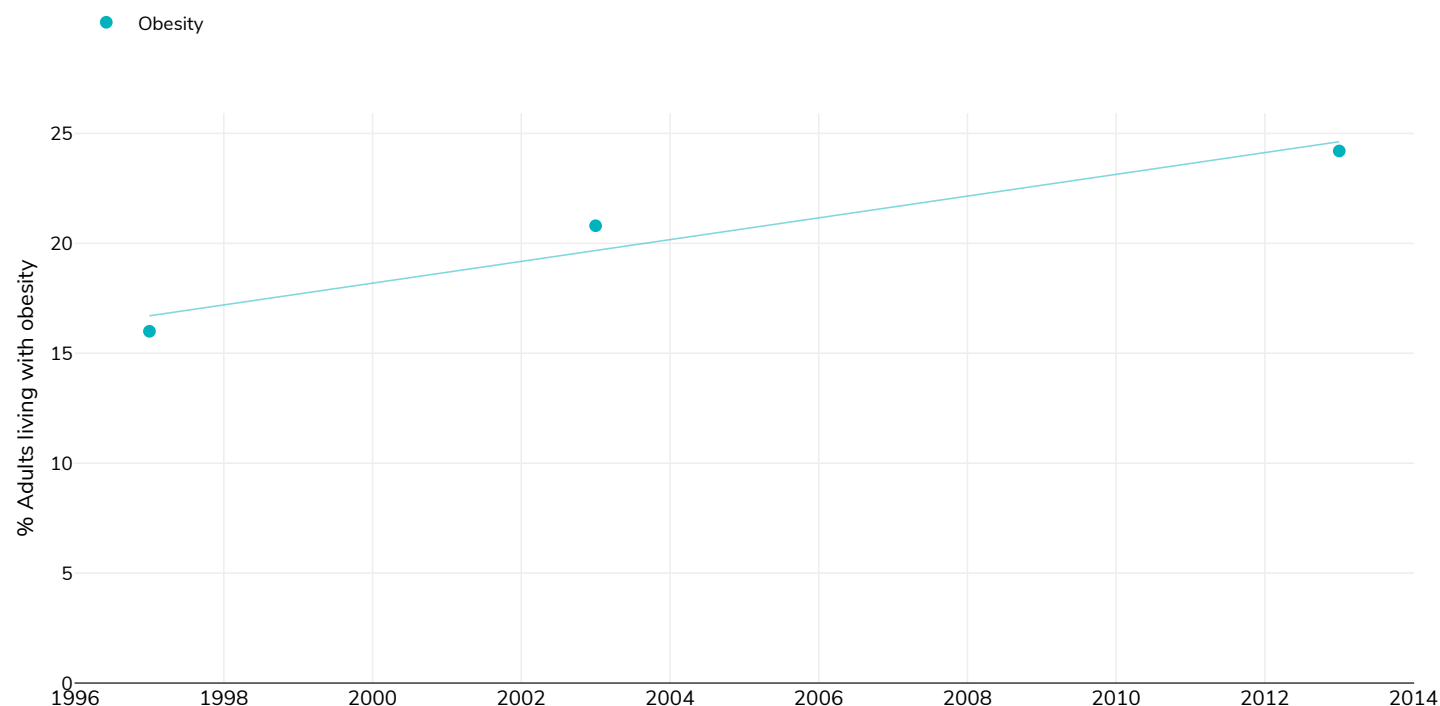
Children, 2018-2019



Survey type:	Measured
Age:	5-6
Sample size:	1172
Area covered:	Regional
References:	Matyjasz, P., Wyszyńska, J., Asif, M., Szybisty, A., Aslam, M., Mazur, A., & Herbert, J. (2021). Prevalence of Overweight, Obesity, Abdominal Obesity, and Obesity-Related Risk Factors in Polish Preschool Children: A Cross-Sectional Study. Journal of clinical medicine, 10(4), 790. https://doi.org/10.3390/jcm10040790
Notes:	Sample location = Rzeszów
Definitions:	For the purpose of this study, children were classified into two groups: (1) "normal weight" (BMI percentile < 85th percentile) and (2) "excess weight" (overweight/obesity) (≥85th percentile)
Cutoffs:	CDC

% Adults living with obesity, 1997-2014

Men



Survey type:

Measured

References:

1997: Unpublished, provided by personal communication to World Obesity Federation'

2003: Polish Population Review; 27, 2005. Health Status of the Polish population aged over 19 years. Biblioteka

Kardiologiczna on 97 2008.

2013: Stepaniak, U. et al. (2016) 'Prevalence of general and abdominal obesity and overweight among adults in Poland.

Results of the WOBASZ II study (2013-2014) and comparison with the WOBASZ study (2003-2005)', Pol Arch Med

Wewn, 18; 126(9), pp. 662-671. doi: 10.20452/pamw.3499

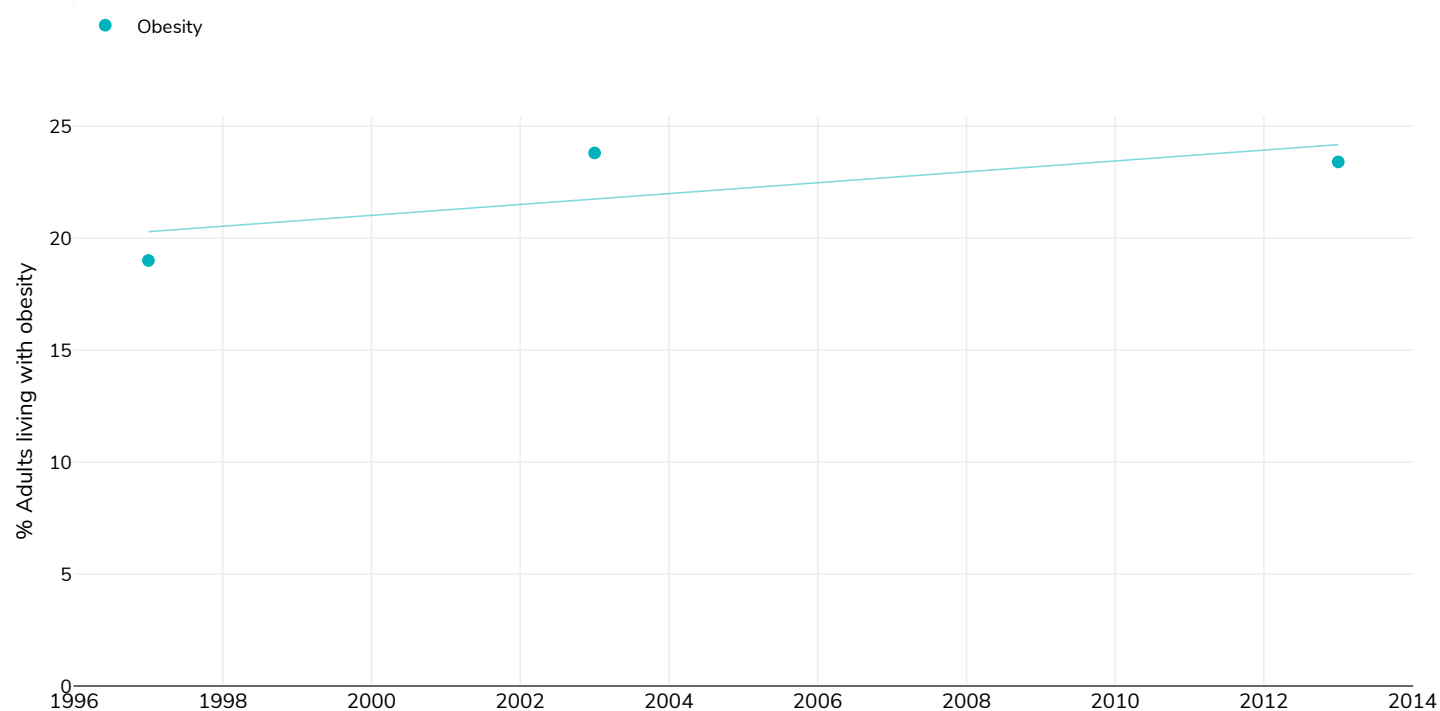
Notes:

1997 data from unpublished source provided to World Obesity Federation

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

Different methodologies may have been used to collect this data and so data from different surveys may not be strictly comparable. Please check with original data sources for methodologies used.

Women



Survey type:

Measured

References:

1997: Unpublished, provided by personal communication to World Obesity Federation'

2003: Polish Population Review; 27, 2005. Health Status of the Polish population aged over 19 years. Biblioteka

Kardiologiczna on 97 2008.

2013: Stepaniak, U. et al. (2016) 'Prevalence of general and abdominal obesity and overweight among adults in Poland.

Results of the WOBASZ II study (2013-2014) and comparison with the WOBASZ study (2003-2005)', Pol Arch Med

Wewn, 18; 126(9), pp. 662-671. doi: 10.20452/pamw.3499

Notes:

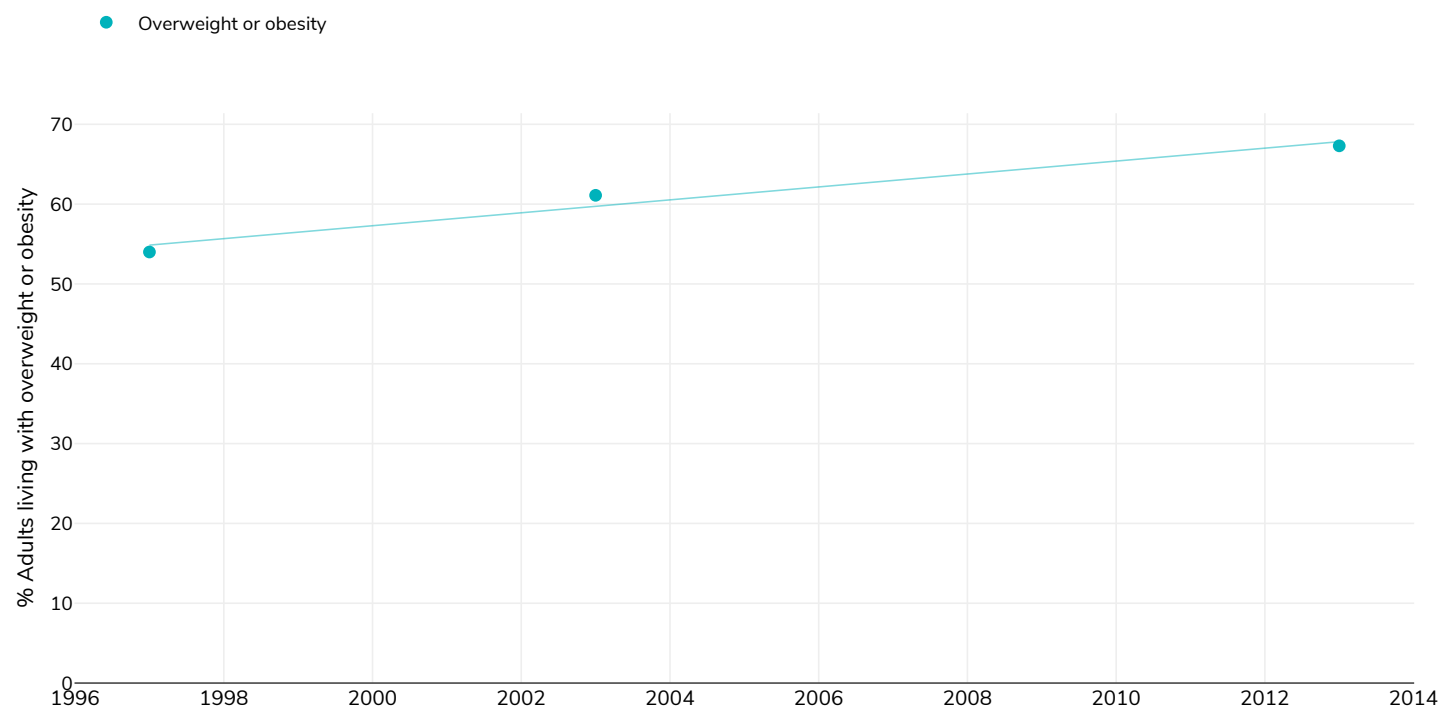
1997 data from unpublished source provided to World Obesity Federation

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

Different methodologies may have been used to collect this data and so data from different surveys may not be strictly comparable. Please check with original data sources for methodologies used.

% Adults living with overweight or obesity, 1997-2014

Men



Survey type:

Measured

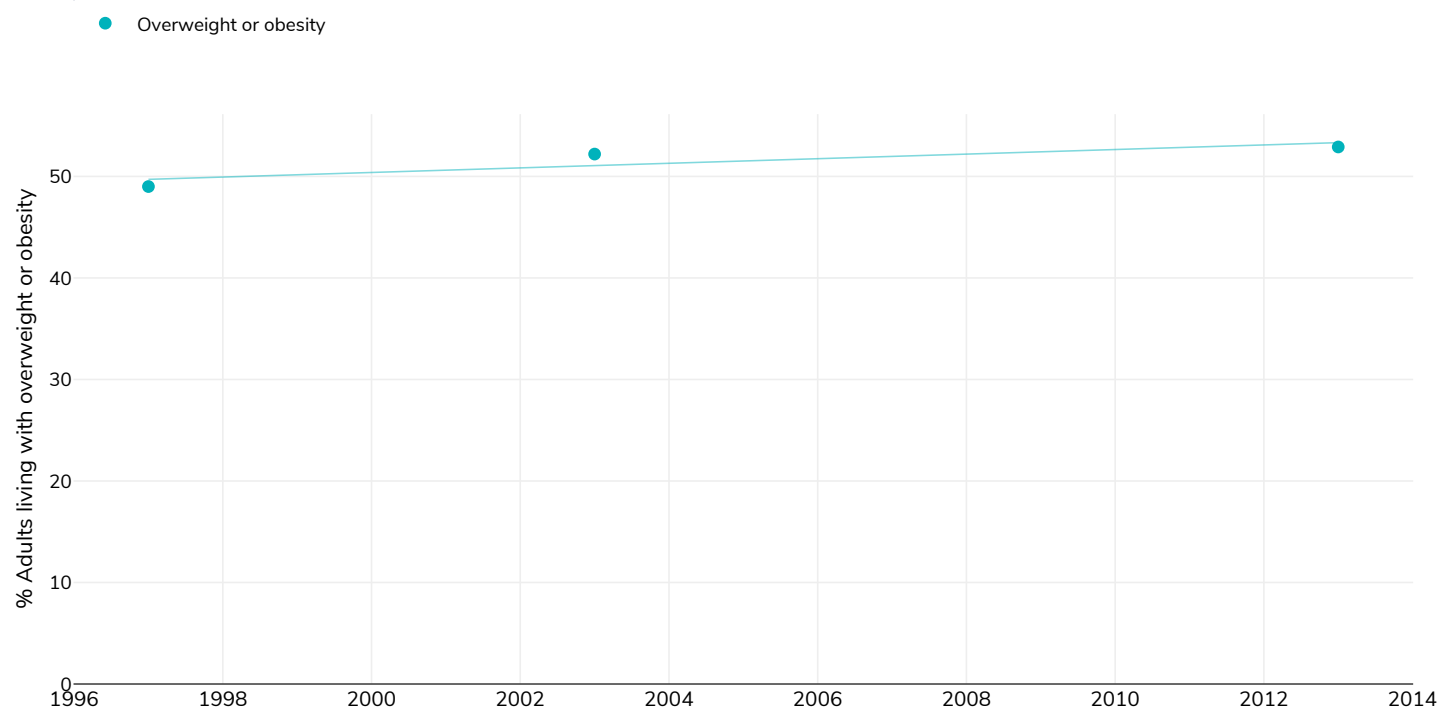
References:

- 1997: Unpublished, provided by personal communication to World Obesity Federation'
- 2003: Polish Population Review; 27, 2005. Health Status of the Polish population aged over 19 years. Biblioteka Kardiologiczna on 97 2008.
- 2013: Stepaniak, U. et al. (2016) 'Prevalence of general and abdominal obesity and overweight among adults in Poland. Results of the WOBASZ II study (2013-2014) and comparison with the WOBASZ study (2003-2005)', Pol Arch Med Wewn, 18; 126(9), pp. 662-671. doi: 10.20452/pamw.3499

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

Different methodologies may have been used to collect this data and so data from different surveys may not be strictly comparable. Please check with original data sources for methodologies used.

Women



Survey type:

Measured

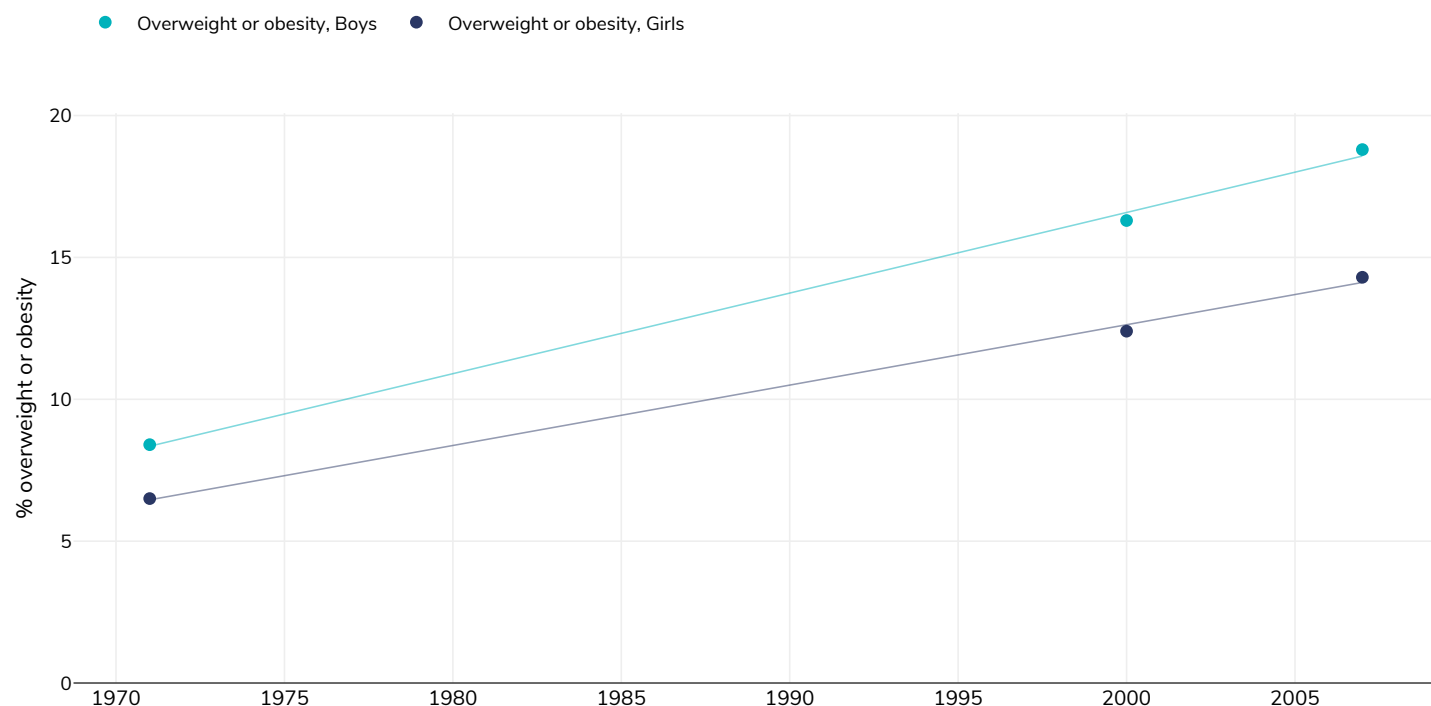
References:

- 1997: Unpublished, provided by personal communication to World Obesity Federation'
- 2003: Polish Population Review; 27, 2005. Health Status of the Polish population aged over 19 years. Biblioteka Kardiologiczna on 97 2008.
- 2013: Stepaniak, U. et al. (2016) 'Prevalence of general and abdominal obesity and overweight among adults in Poland. Results of the WOBASZ II study (2013-2014) and comparison with the WOBASZ study (2003-2005)', Pol Arch Med Wewn, 18; 126(9), pp. 662-671. doi: 10.20452/pamw.3499

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

Different methodologies may have been used to collect this data and so data from different surveys may not be strictly comparable. Please check with original data sources for methodologies used.

% Children living with overweight or obesity, 1971-2009



Survey type:

Measured

References:

1971, 2000: Chrzanowska M, Koziel S and Ulijaszek SJ. (2007). Changes in BMI and the prevalence of overweight and obesity in children and adolescents in Cracow, Poland, 1971 - 2000. *Economics and Human Biology* 5:370 - 378.

2007: Kuśtorka Z, Grajda A, Gurskowska B, Wojtyłko MA, Gózdź M, Litwin MS. The prevalence of overweight and obesity among Polish school- aged children and adolescents [Article in English, Polish] *Przegl Epidemiol.* 2016;70(4):641-651.

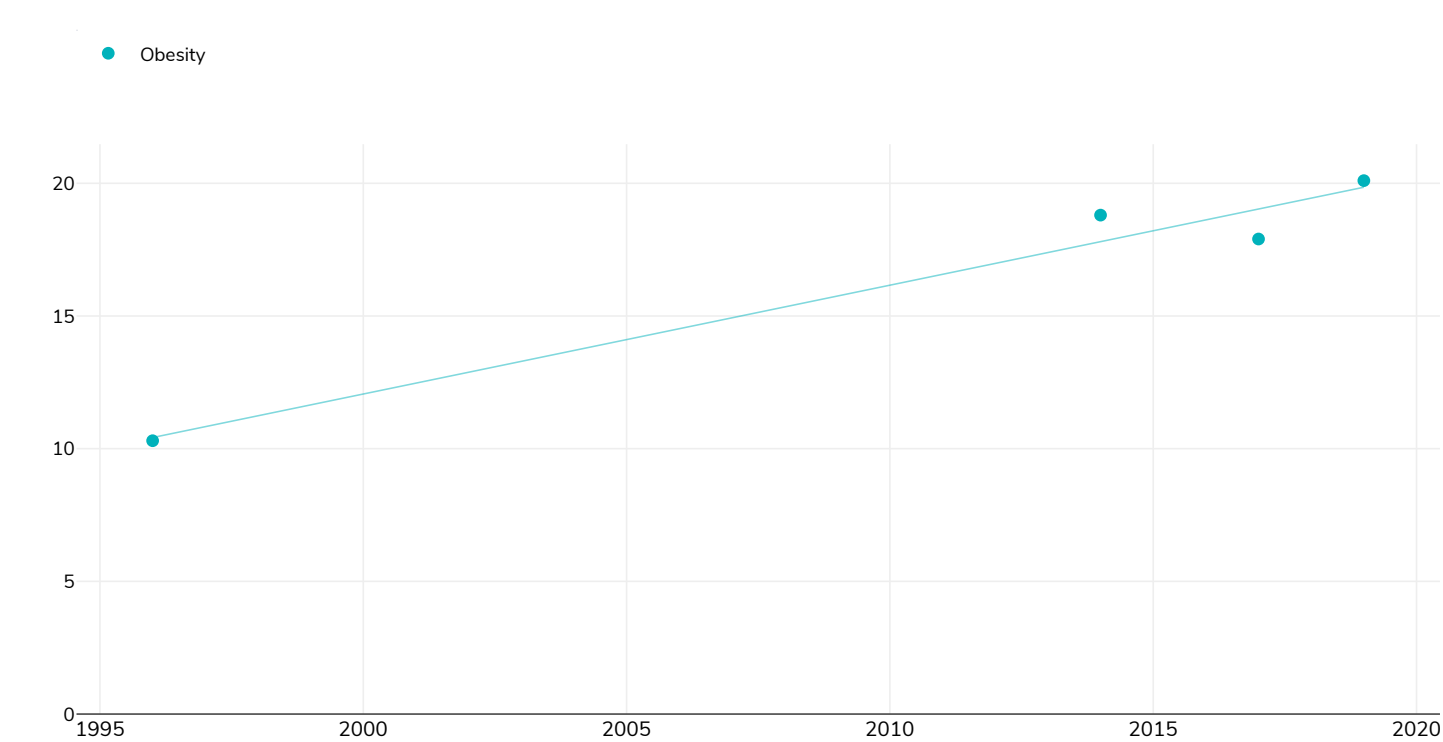
Definitions:

IOTF

Different methodologies may have been used to collect this data and so data from different surveys may not be strictly comparable. Please check with original data sources for methodologies used.

% Adults living with obesity, 1996-2019

Men



Survey type:

Self-reported

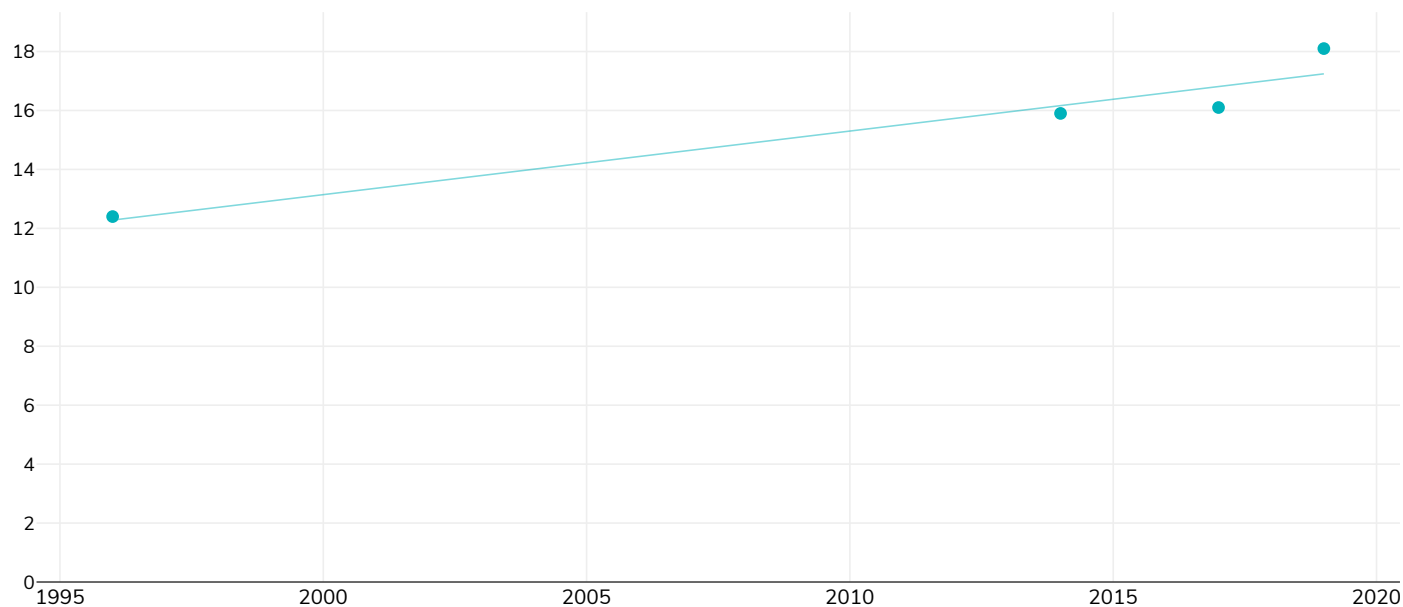
References:

For full details of references visit <https://data.worldobesity.org/>

Different methodologies may have been used to collect this data and so data from different surveys may not be strictly comparable. Please check with original data sources for methodologies used.

Women

● Obesity



Survey type:

Self-reported

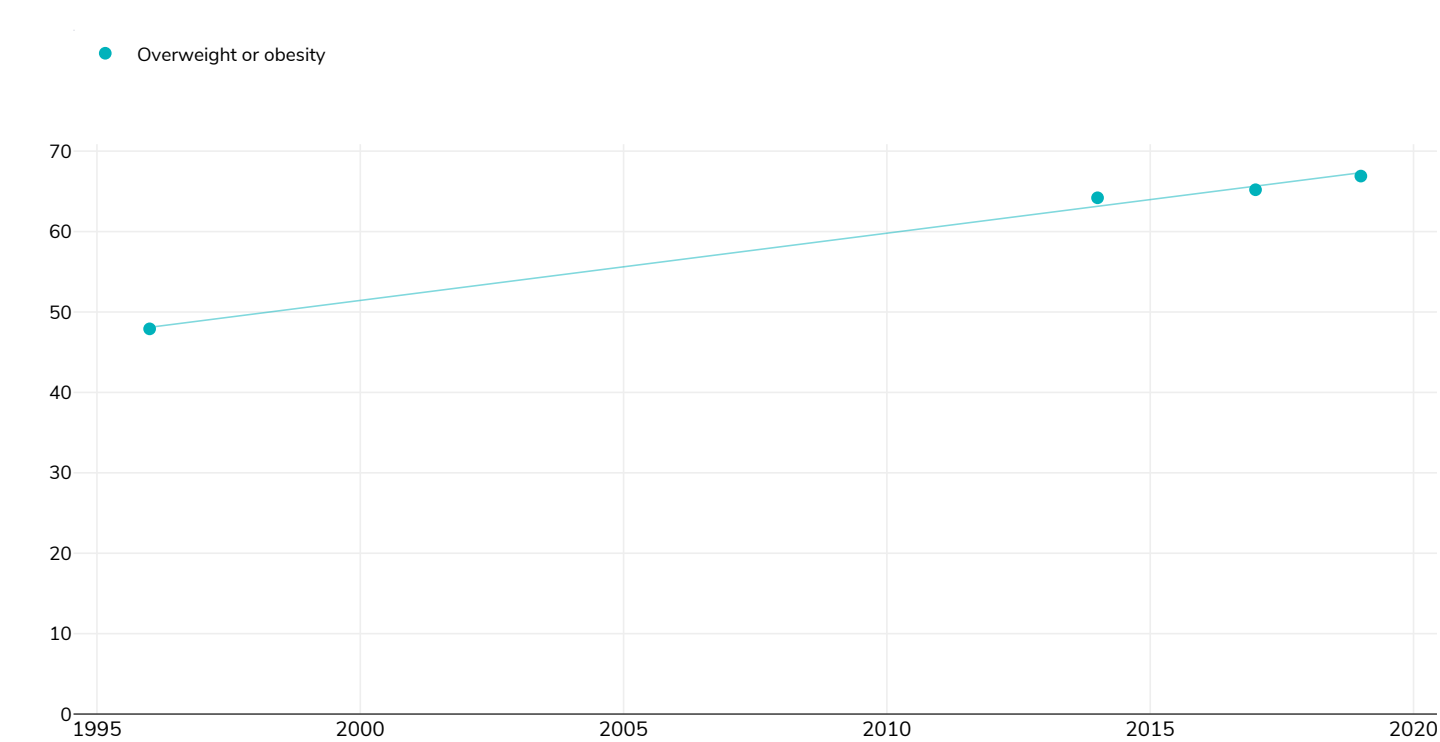
References:

For full details of references visit <https://data.worldobesity.org/>

Different methodologies may have been used to collect this data and so data from different surveys may not be strictly comparable. Please check with original data sources for methodologies used.

% Adults living with overweight or obesity, 1996-2019

Men



Survey type:

Self-reported

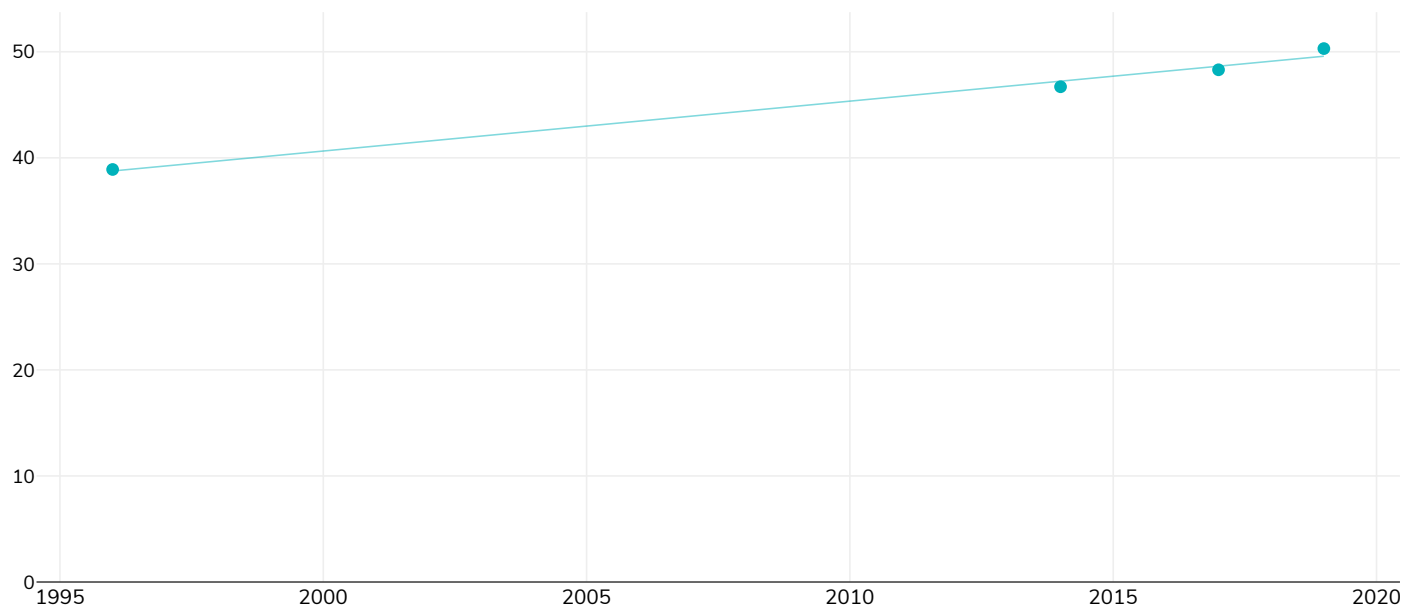
References:

For full details of references visit <https://data.worldobesity.org/>

Different methodologies may have been used to collect this data and so data from different surveys may not be strictly comparable. Please check with original data sources for methodologies used.

Women

● Overweight or obesity



Survey type:

Self-reported

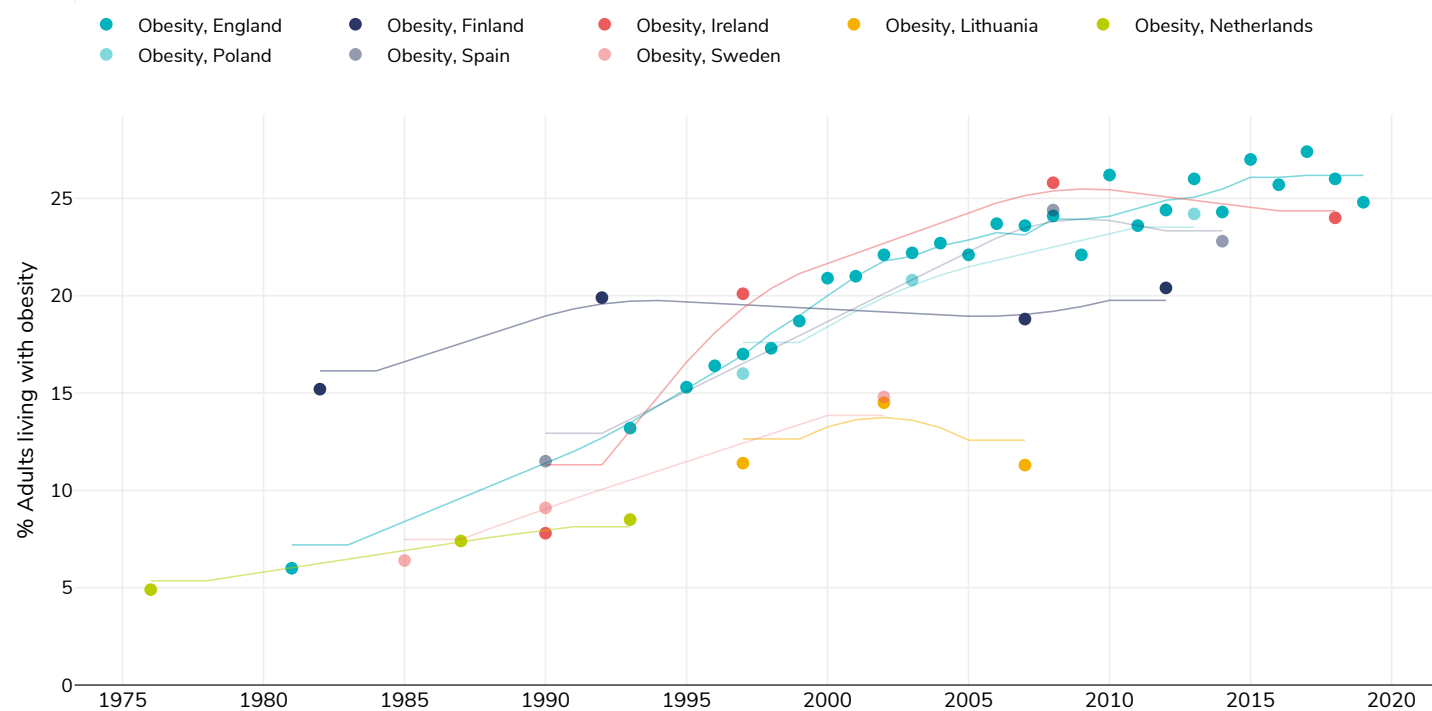
References:

For full details of references visit <https://data.worldobesity.org/>

Different methodologies may have been used to collect this data and so data from different surveys may not be strictly comparable. Please check with original data sources for methodologies used.

% Adults living with obesity, selected countries, 1976-2019

Men

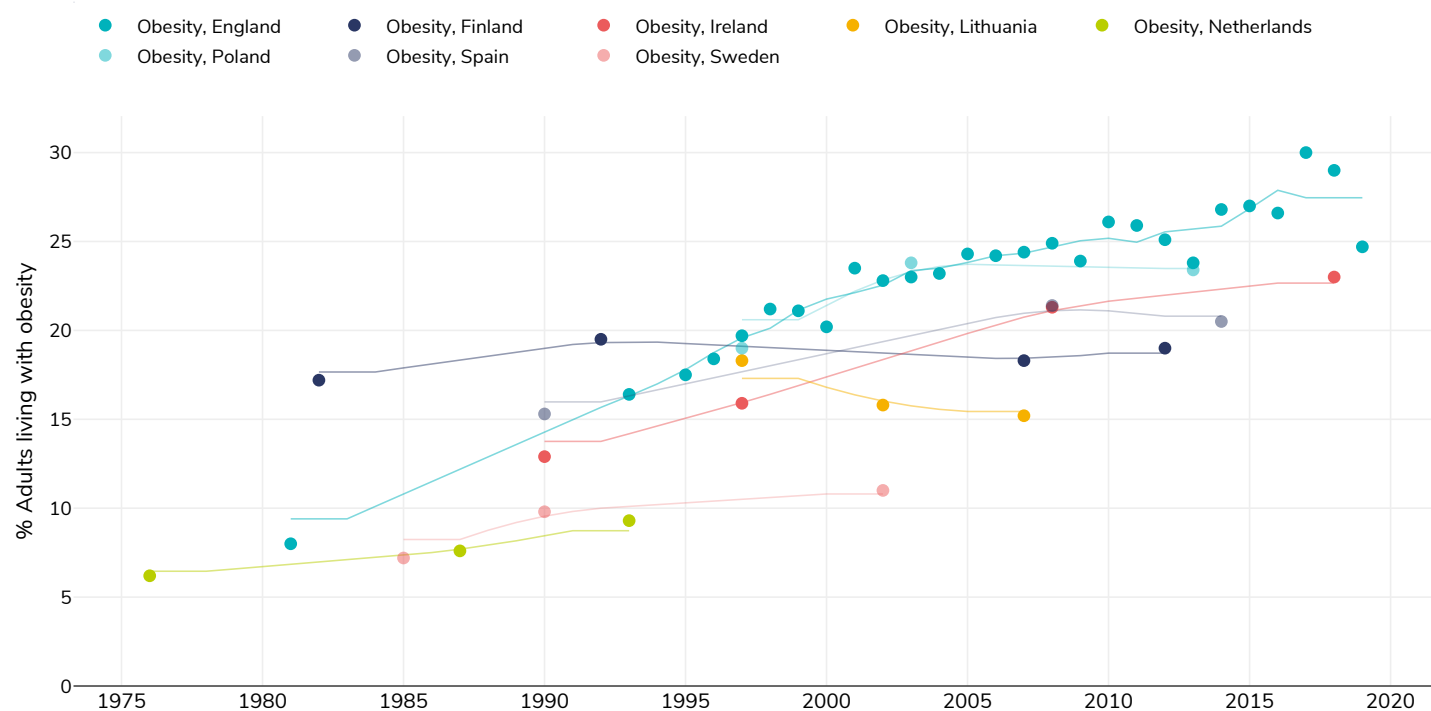


References:

For full details of references visit
<https://data.worldobesity.org/>

Different methodologies may have been used to collect this data and so data from different surveys may not be strictly comparable. Please check with original data sources for methodologies used.

Women



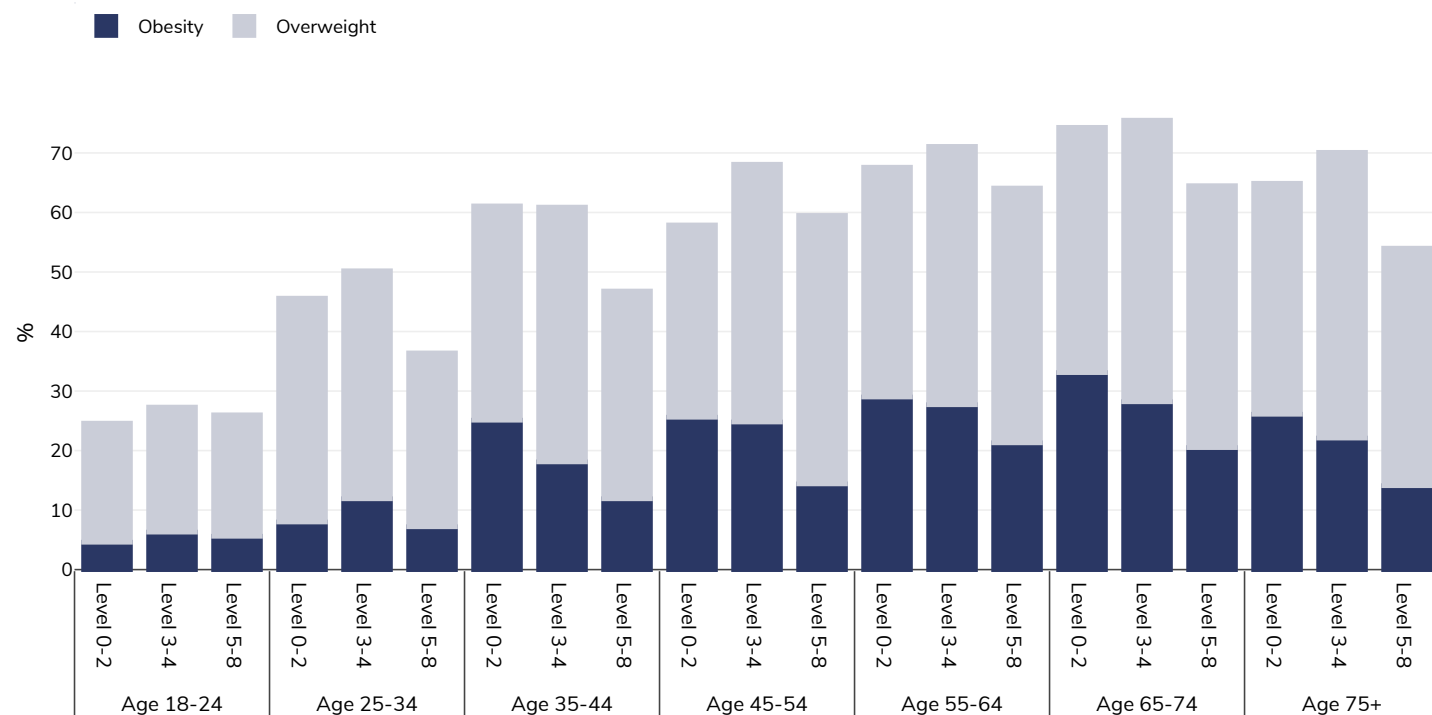
References:

For full details of references visit
<https://data.worldobesity.org/>

Different methodologies may have been used to collect this data and so data from different surveys may not be strictly comparable. Please check with original data sources for methodologies used.

Overweight/obesity by age and education

Adults, 2019



Survey type:

Self-reported

Area covered:

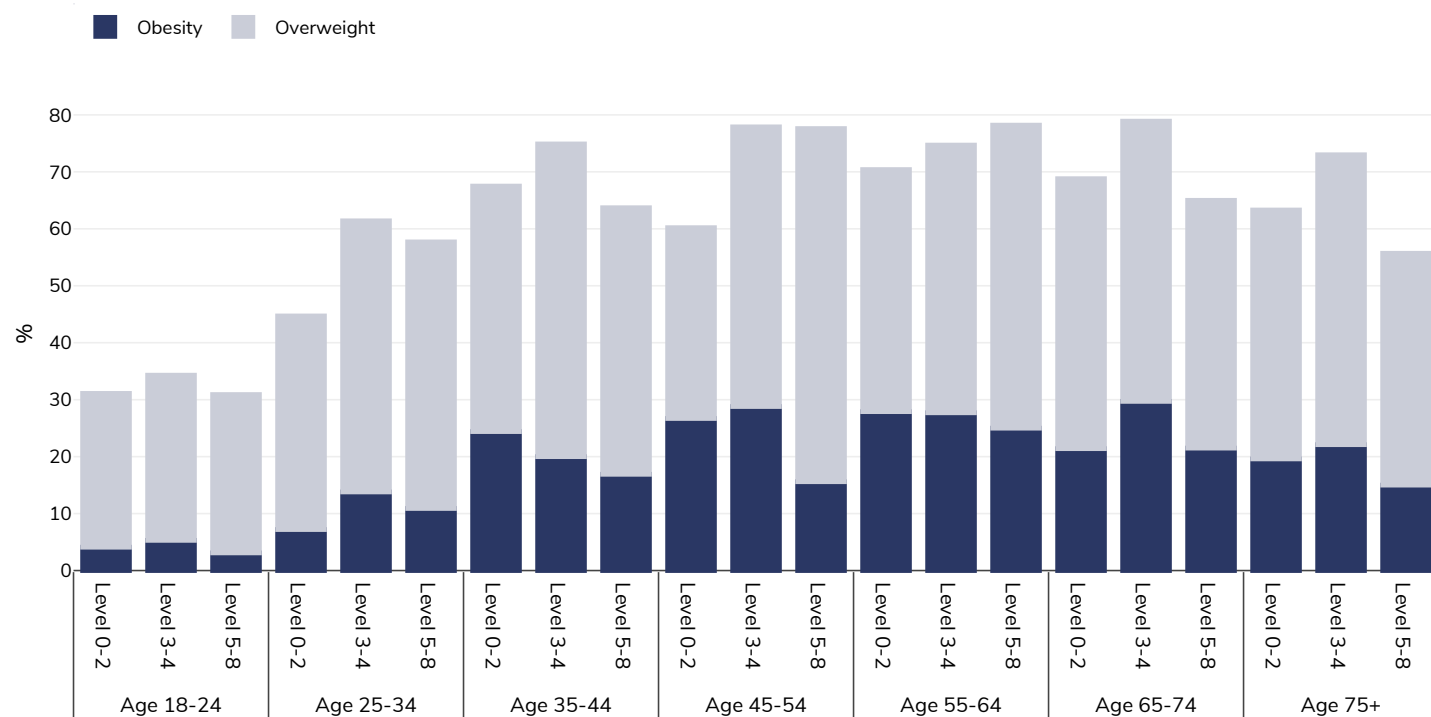
National

References:

Eurostat 2019. Available at https://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1e&lang=en
(last accessed 09.08.21).

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

Men, 2019



Survey type:

Self-reported

Area covered:

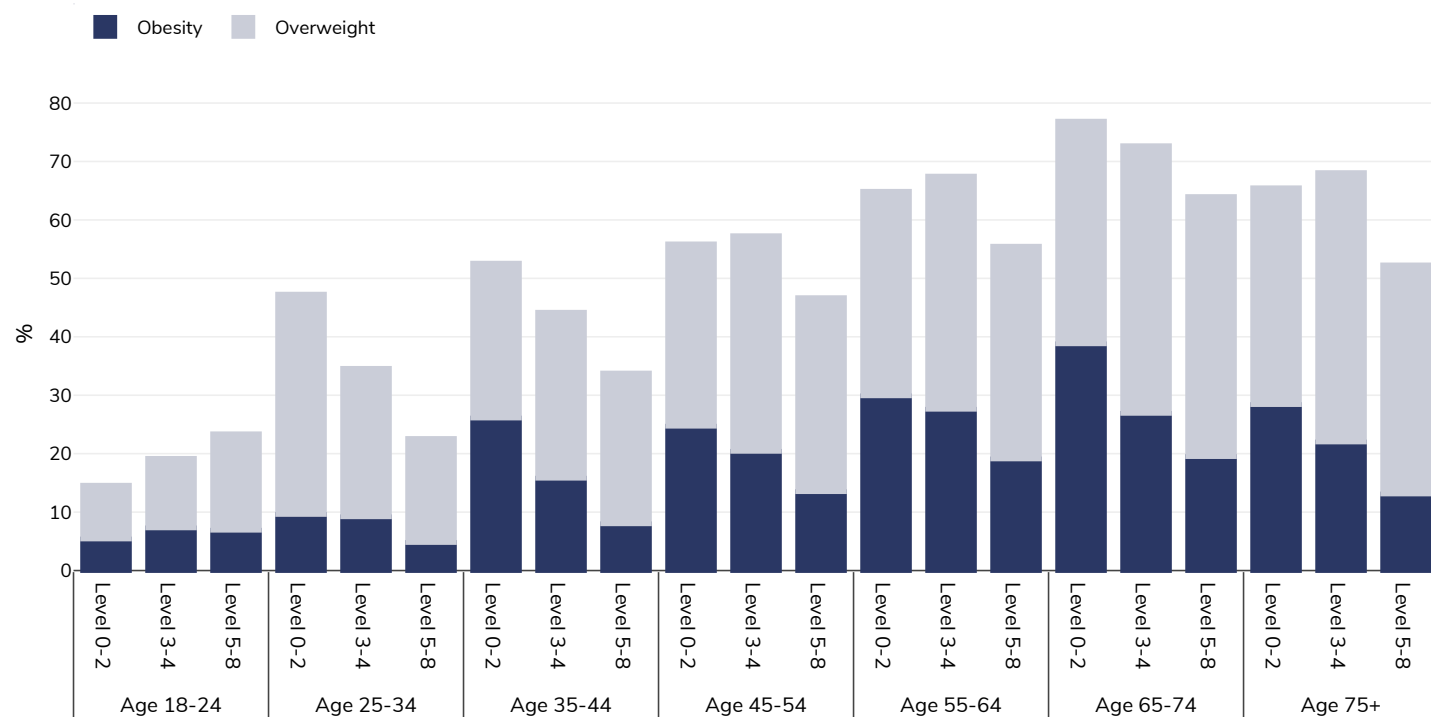
National

References:

Eurostat 2019. Available at https://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1e&lang=en
(last accessed 09.08.21).

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

Women, 2019



Survey type:

Self-reported

Area covered:

National

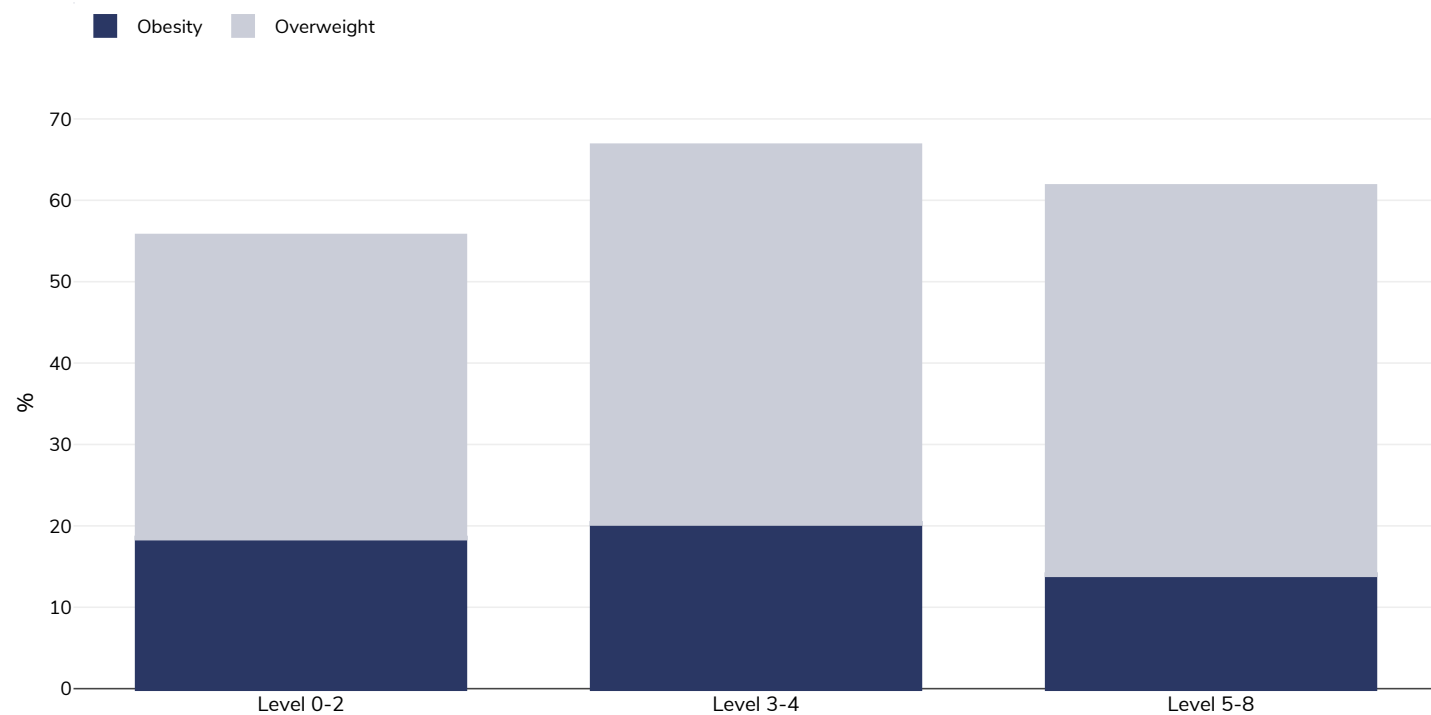
References:

Eurostat 2019. Available at https://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1e&lang=en
(last accessed 09.08.21).

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

Overweight/obesity by education

Men, 2014



Survey type: Self-reported

Age: 18+

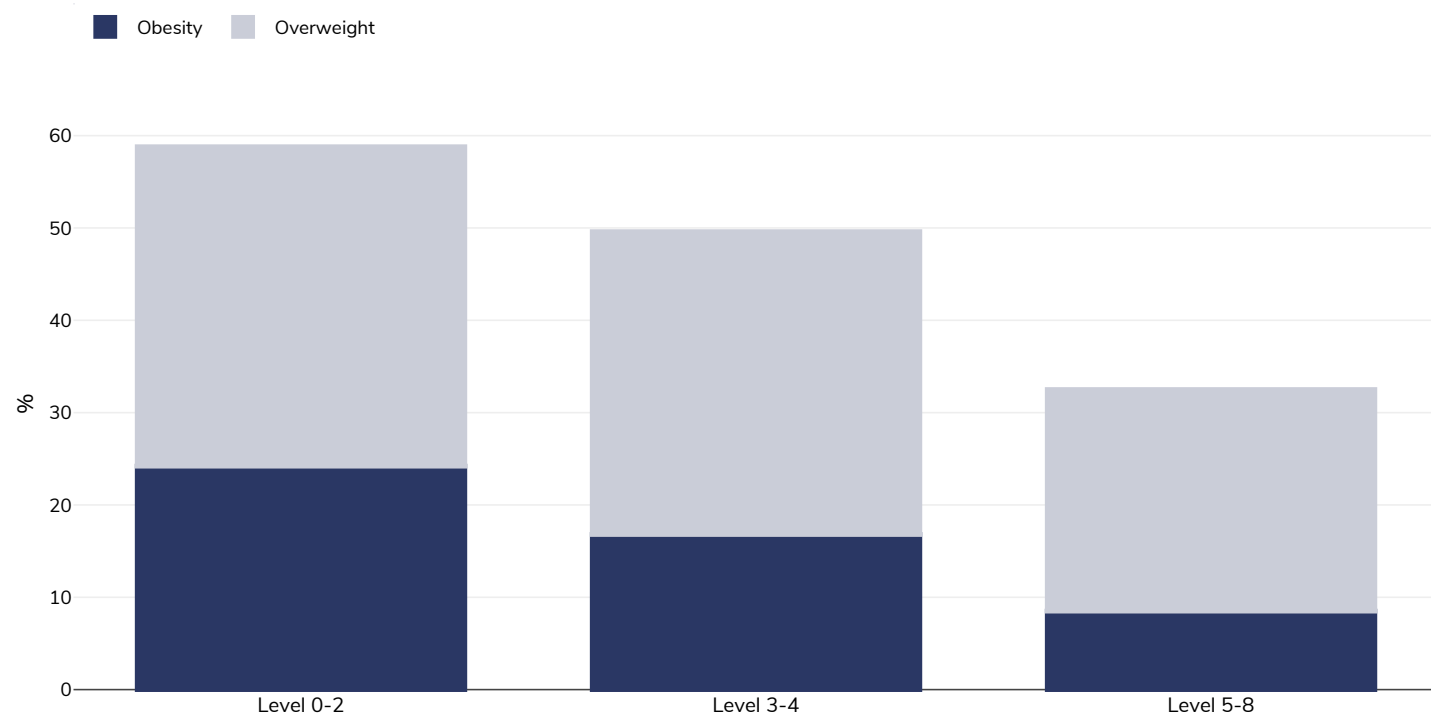
Area covered: National

References: 2014 Eurostat Database: http://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1e&lang=en (last accessed 25.08.20)

Notes: Less than primary, primary and lower secondary education (levels 0-2) Upper secondary and post-secondary non-tertiary education (levels 3 and 4) Tertiary education (levels 5-8)

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

Women, 2014



Survey type: Self-reported

Age: 18+

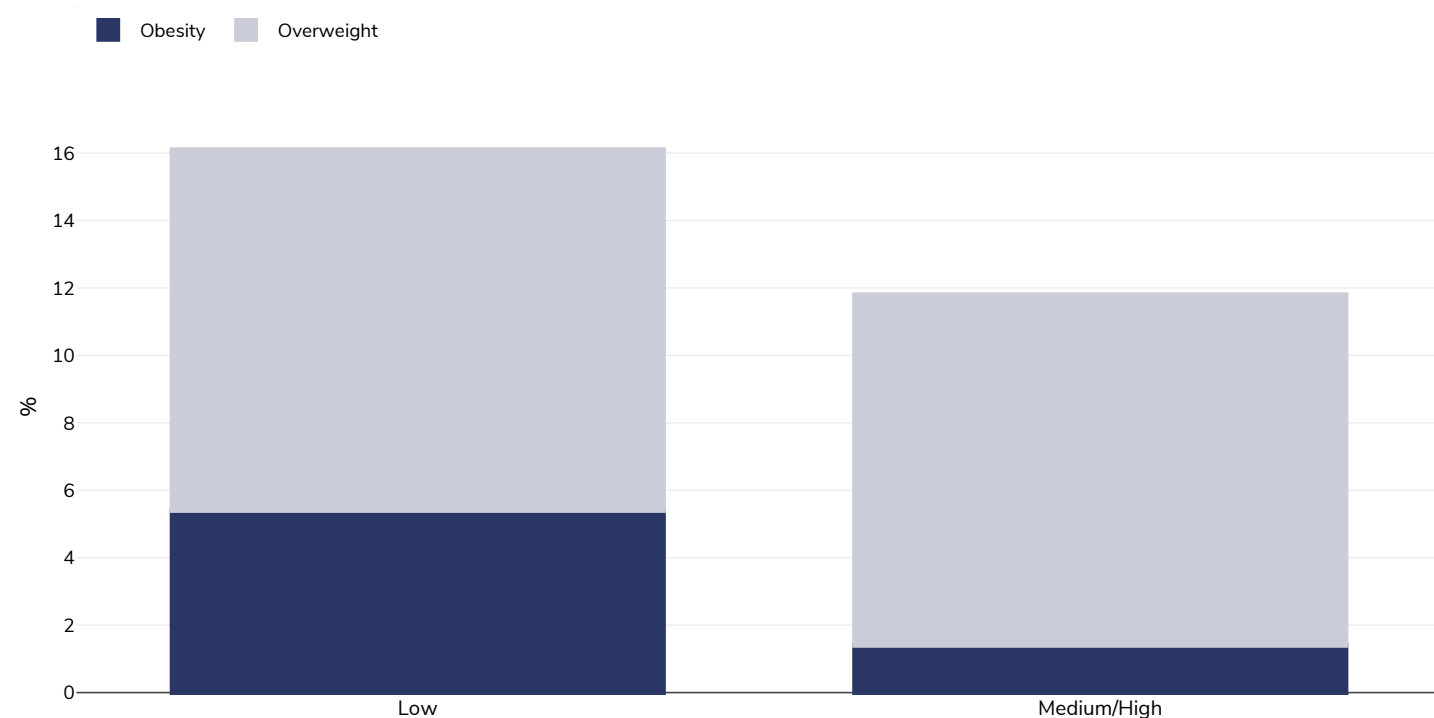
Area covered: National

References: 2014 Eurostat Database: http://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1e&lang=en (last accessed 25.08.20)

Notes: Less than primary, primary and lower secondary education (levels 0-2) Upper secondary and post-secondary non-tertiary education (levels 3 and 4) Tertiary education (levels 5-8)

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

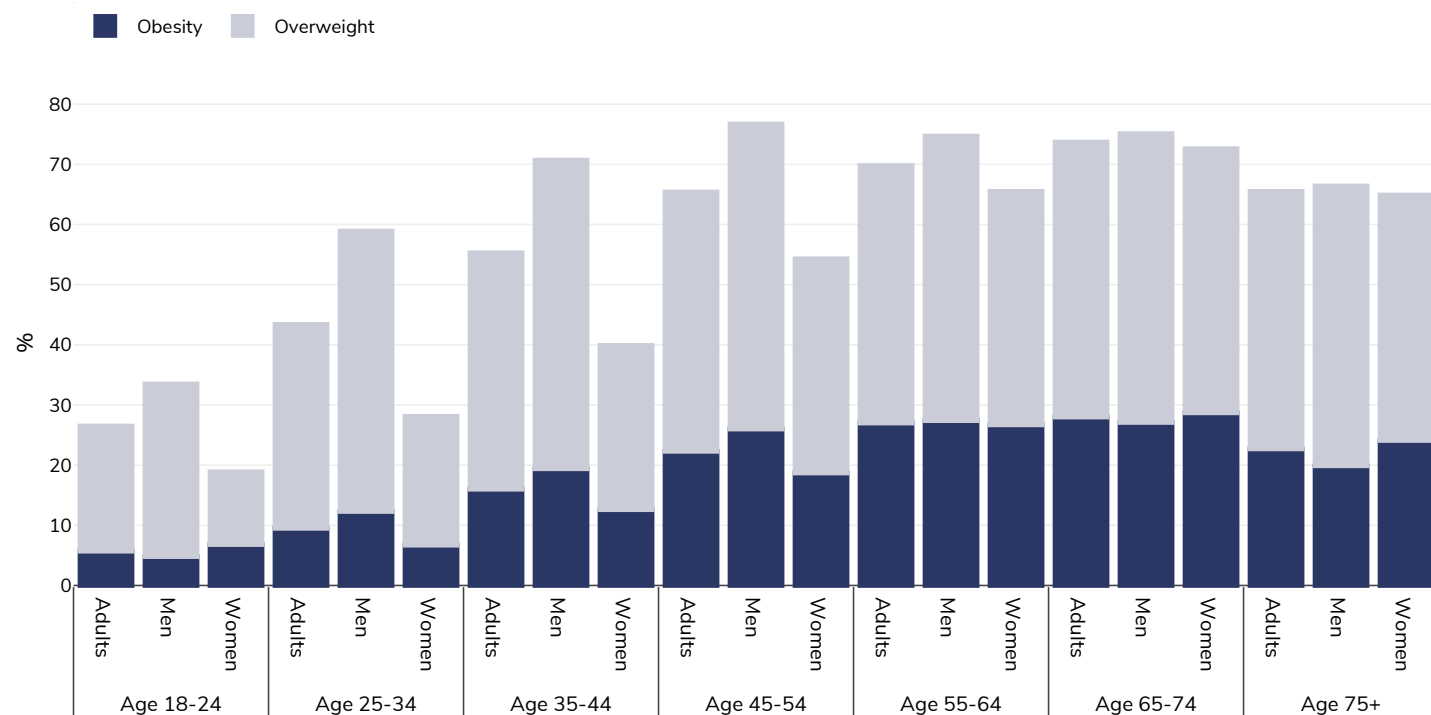
Children, 2012



Survey type:	Measured
Age:	3-6
Sample size:	1430
Area covered:	Subnational- Warsaw
References:	Manios, Y. et al. (2018). Prevalence and sociodemographic correlates of overweight and obesity in a large Pan-European cohort of preschool children and their families: The ToyBox-study. <i>Nutrition</i> . 55-56 (p), pp.1-7.
Notes:	IOTF International cut-offs used. Low Maternal education classed as <14 y of education. Medium/high Maternal education classed as >14 y of education.
Cutoffs:	IOTF

Overweight/obesity by age

Adults, 2019



Survey type:

Self-reported

Area covered:

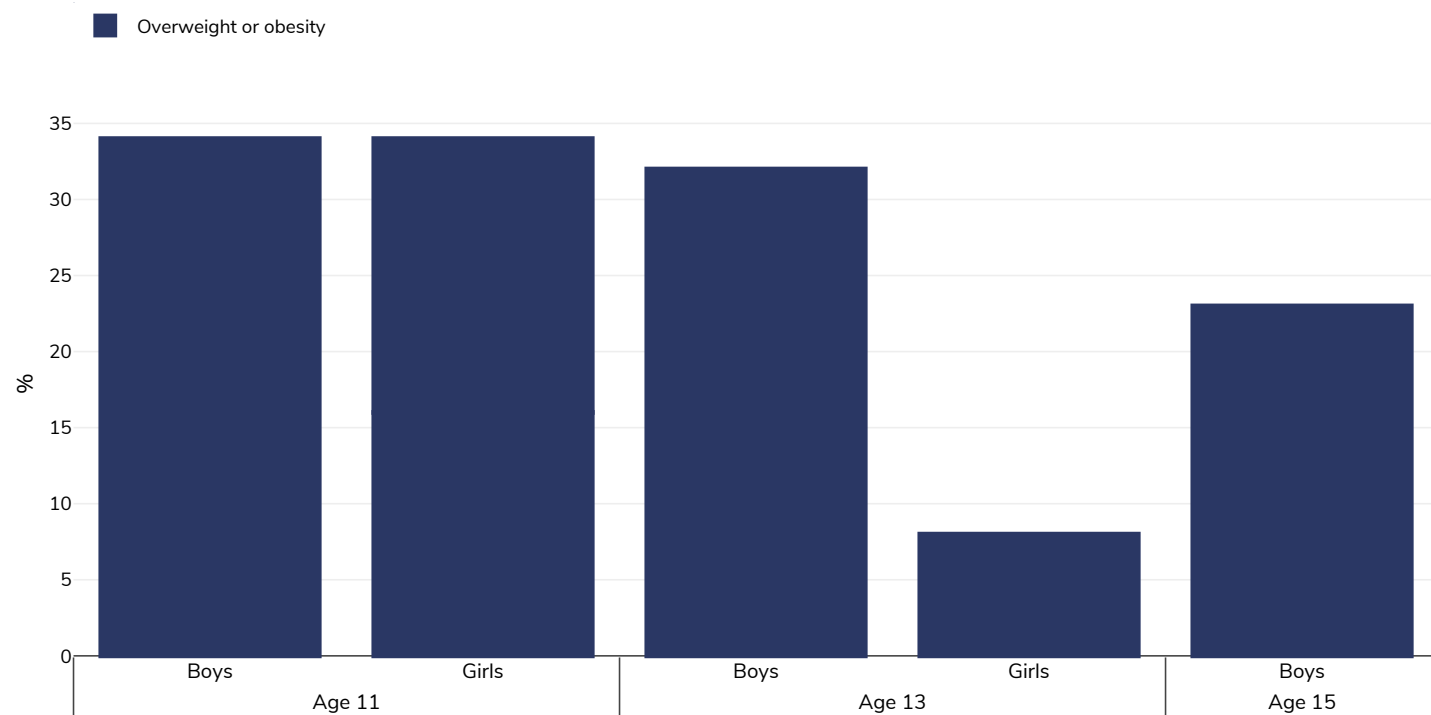
National

References:

Eurostat 2019. Available at https://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1i&lang=en
(last accessed 09.08.21).

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

Children, 2017-2018



Survey type: Self-reported

Sample size: 5217

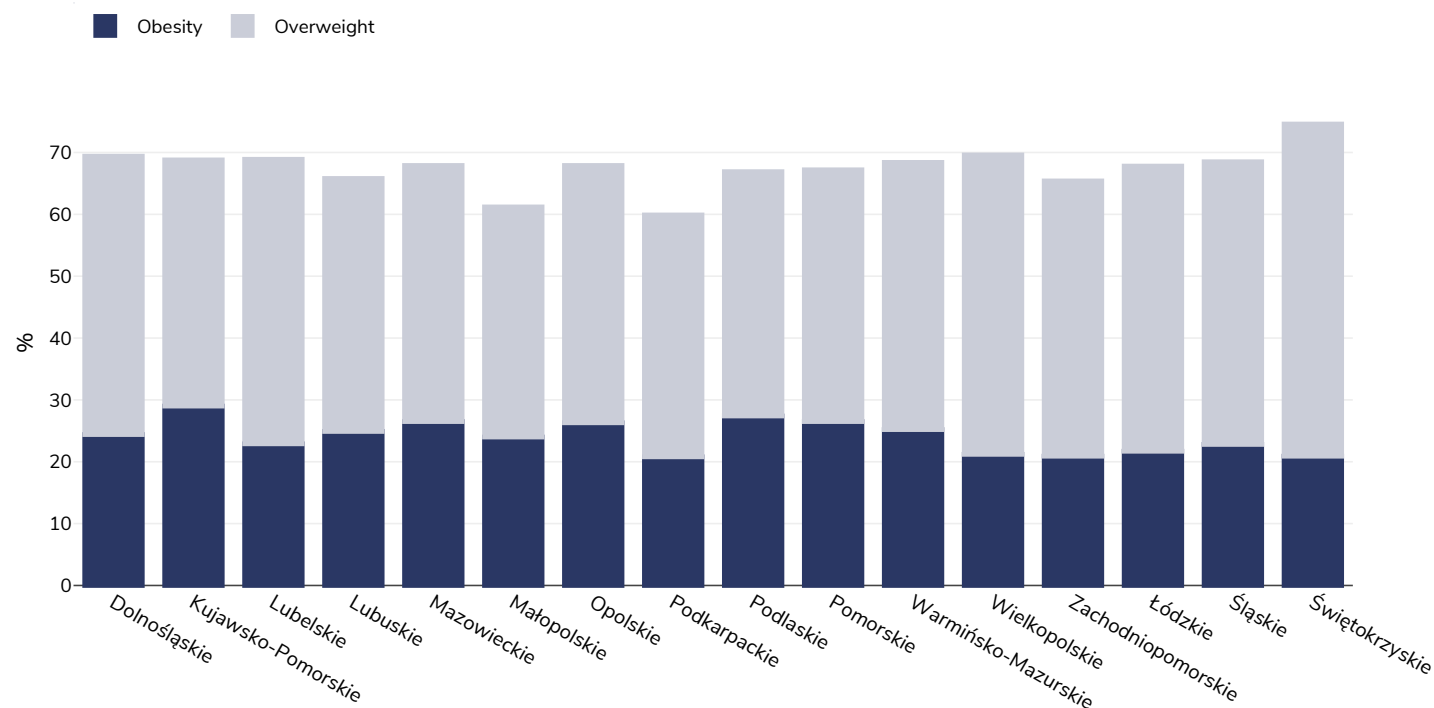
Area covered: National

References: World Health Organization (2020). Spotlight on adolescent health and well-being - Findings from the 2017/2018 Health Behaviour in School-aged Children (HBSC) survey in Europe and Canada. Available at: <https://apps.who.int/iris/bitstream/handle/10665/332091/9789289055000-eng.pdf>. Last accessed: 20.05.21.

Cutoffs: WHO

Overweight/obesity by region

Men, 2013-2014



Survey type: Measured

Age: 20+

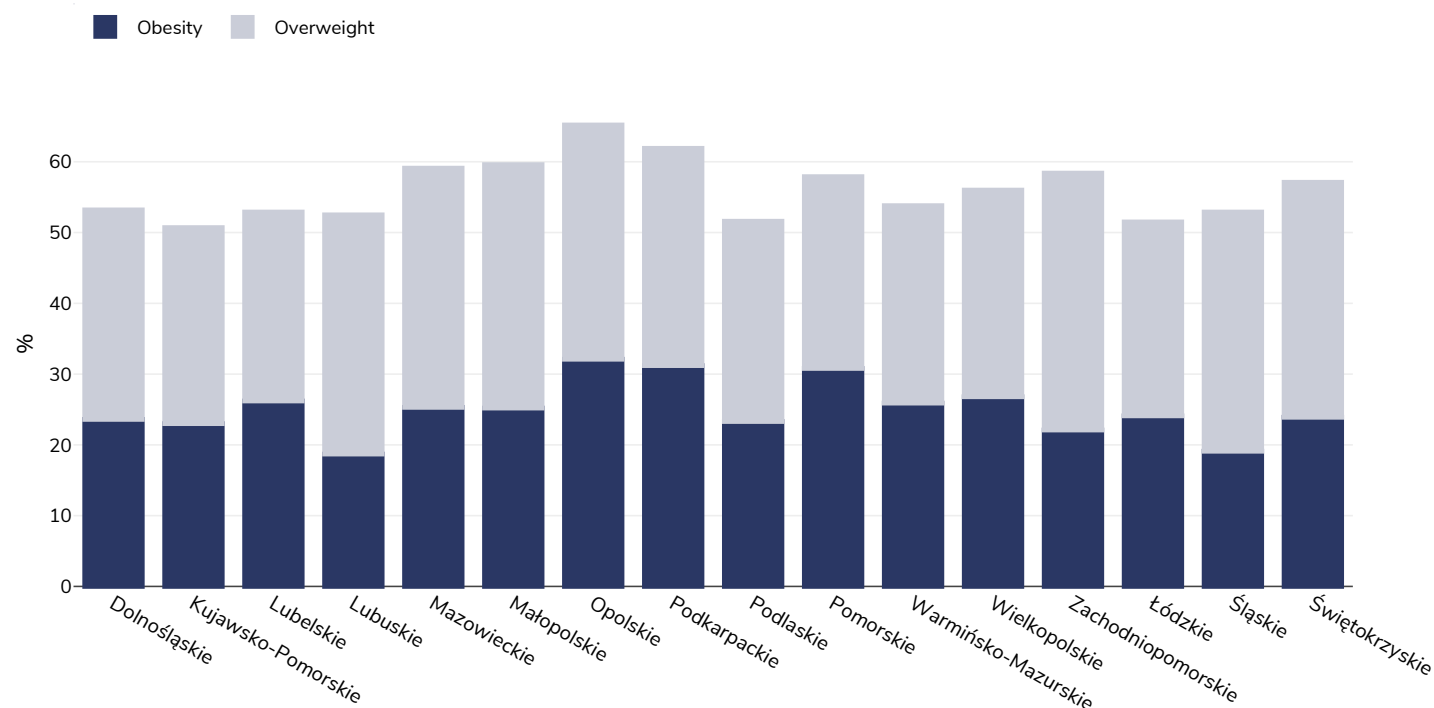
Sample size: 6164

Area covered: National

References: Stepaniak, Urszula, et al. "Prevalence of General and Abdominal Obesity and Overweight among Adults in Poland. Results of the WOBASZ II Study (2013–2014) and Comparison with the WOBASZ Study (2003–2005)." Polish Archives of Internal Medicine, vol. 126, no. 9, 18 Aug. 2016, pubmed.ncbi.nlm.nih.gov/27535012/, 10.20452/pamw.3499. Accessed 1 June 2021.

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

Women, 2013-2014

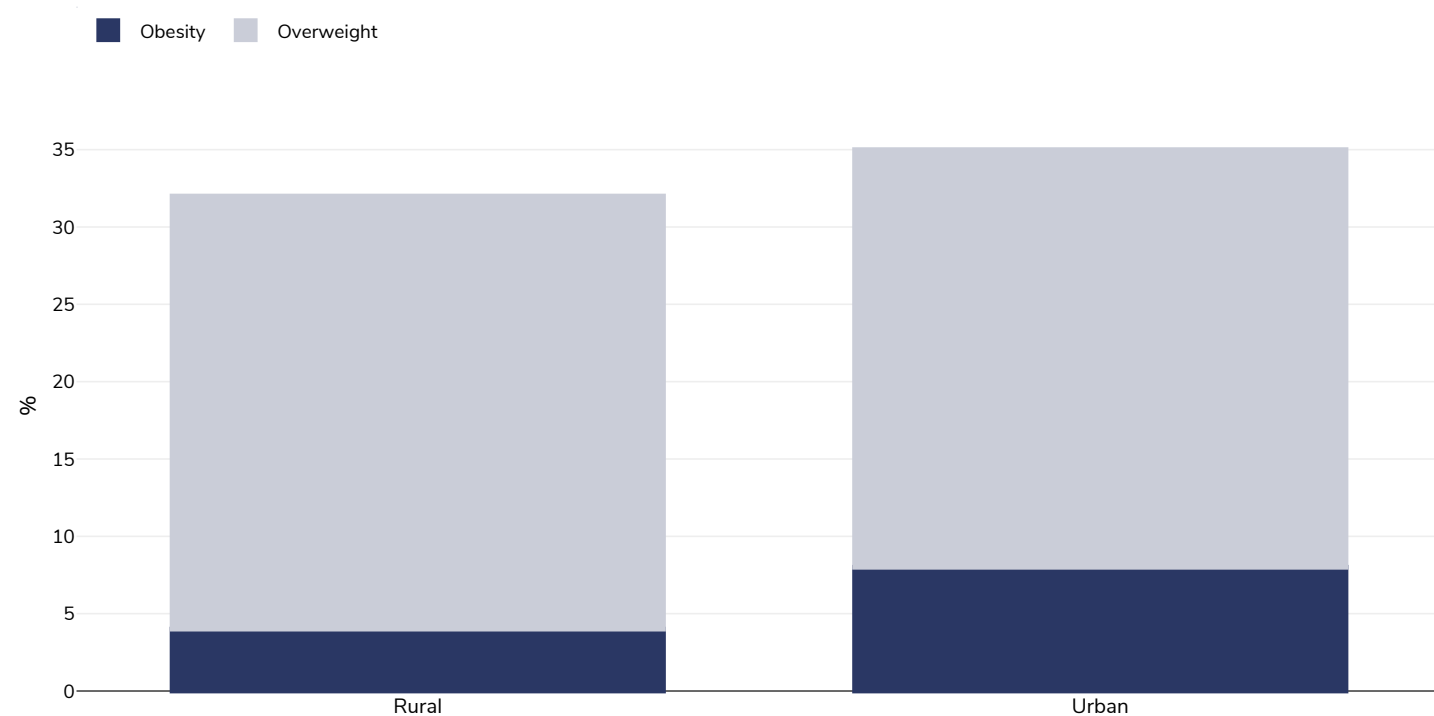


Survey type:	Measured
Age:	20+
Sample size:	6164
Area covered:	National

References: Stepaniak, Urszula, et al. "Prevalence of General and Abdominal Obesity and Overweight among Adults in Poland. Results of the WOBASZ II Study (2013–2014) and Comparison with the WOBASZ Study (2003–2005)." Polish Archives of Internal Medicine, vol. 126, no. 9, 18 Aug. 2016, pubmed.ncbi.nlm.nih.gov/27535012/, 10.20452/pamw.3499. Accessed 1 June 2021.

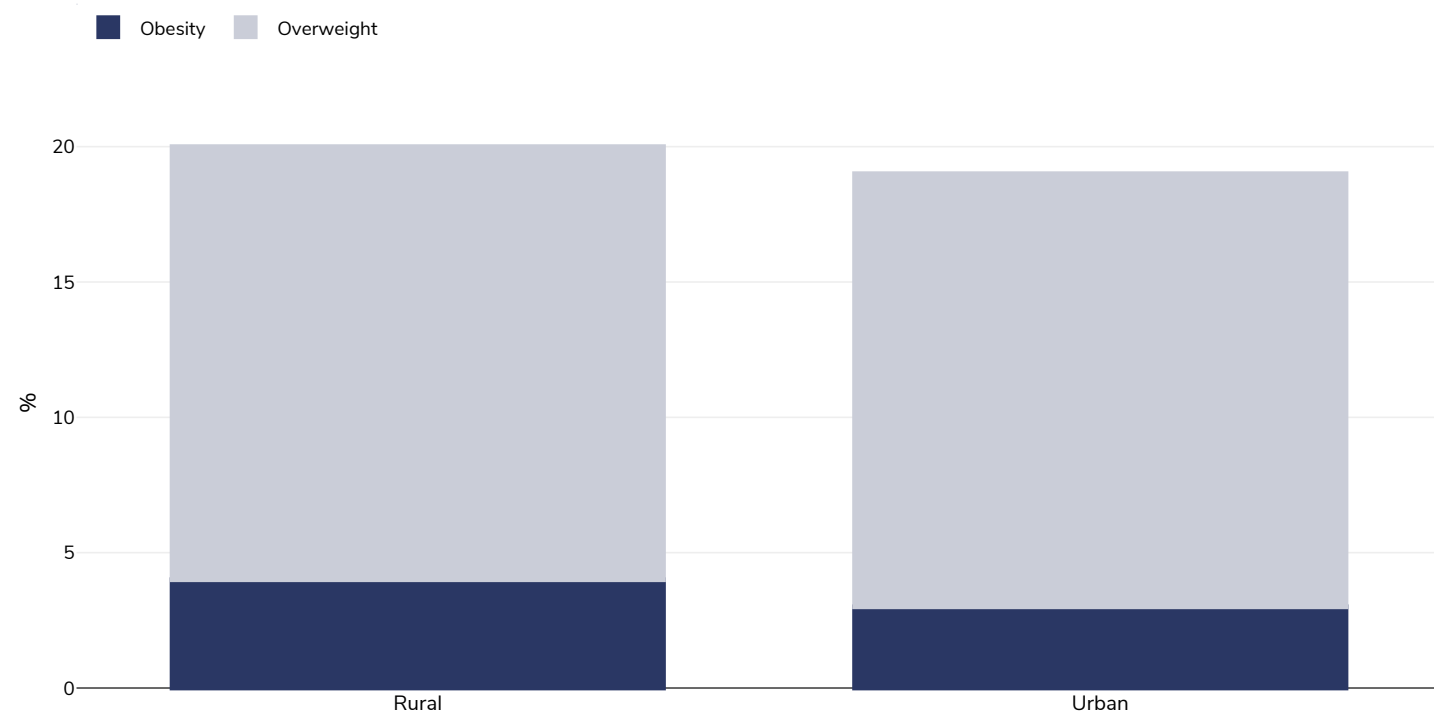
Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².

Boys, 2008-2009



Survey type:	Measured
Age:	6-13
Sample size:	1499
Area covered:	Regional
References:	Bac A, Woźniacka R, Matusik S, Golec J, Golec E. Prevalence of overweight and obesity in children aged 6–13 years – alarming increase in obesity in Cracow, Poland. European Journal of Pediatrics. 2012;171(2):245-251. doi:10.1007/s00431-011-1519-1.
Cutoffs:	IOTF

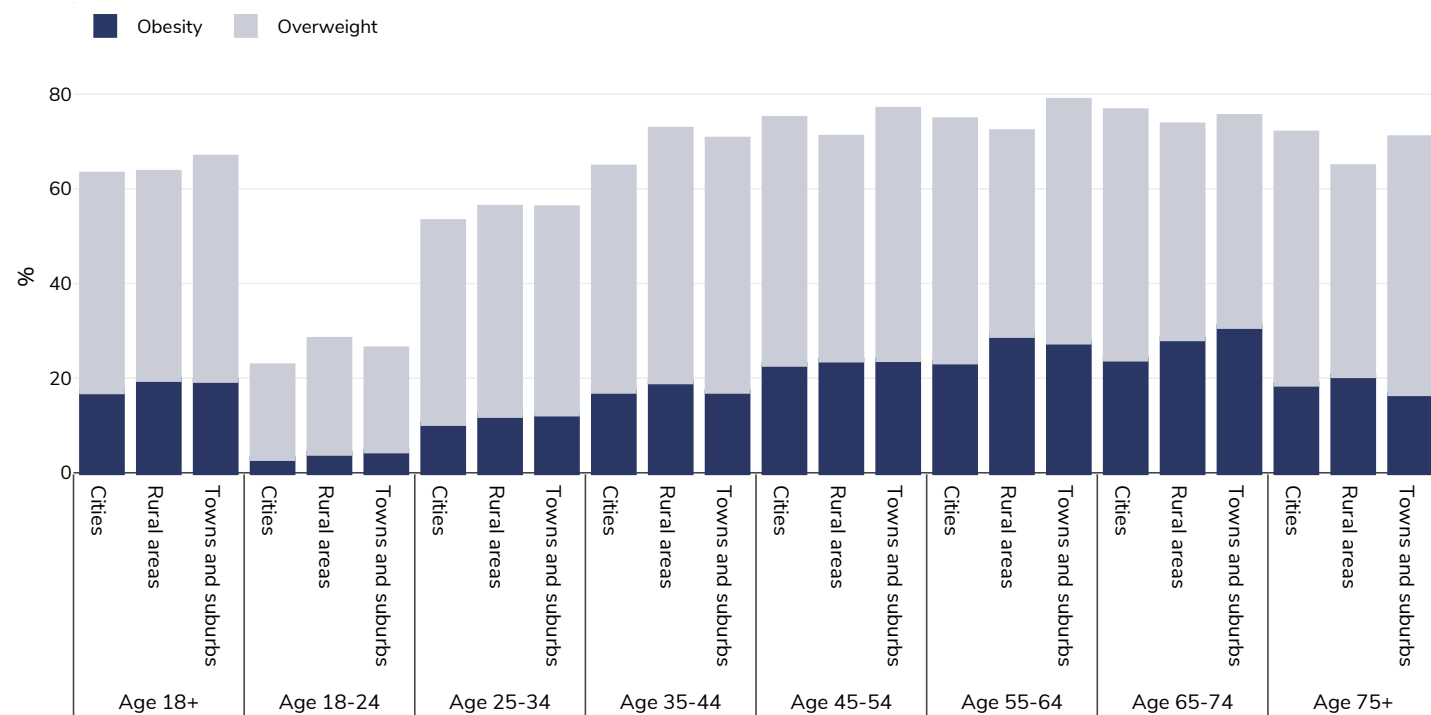
Girls, 2008-2009



Survey type:	Measured
Age:	6-13
Sample size:	1499
Area covered:	Regional
References:	Bac A, Woźniacka R, Matusik S, Golec J, Golec E. Prevalence of overweight and obesity in children aged 6–13 years – alarming increase in obesity in Cracow, Poland. European Journal of Pediatrics. 2012;171(2):245-251. doi:10.1007/s00431-011-1519-1.
Cutoffs:	IOTF

Overweight/obesity by age and region

Men, 2014



Survey type:

Self-reported

Area covered:

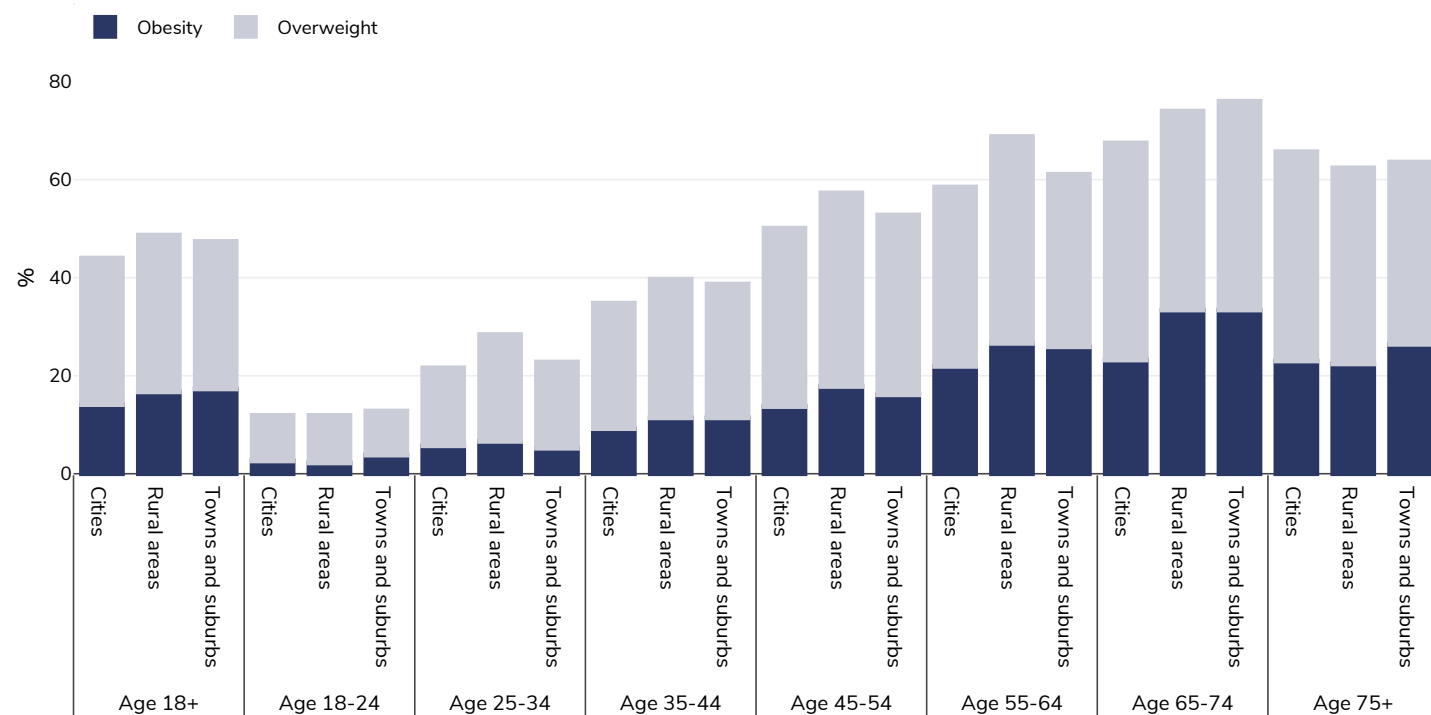
National

References:

2014 Eurostat Database: http://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1e&lang=en (last accessed 25.08.20)

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

Women, 2014



Survey type:

Self-reported

Area covered:

National

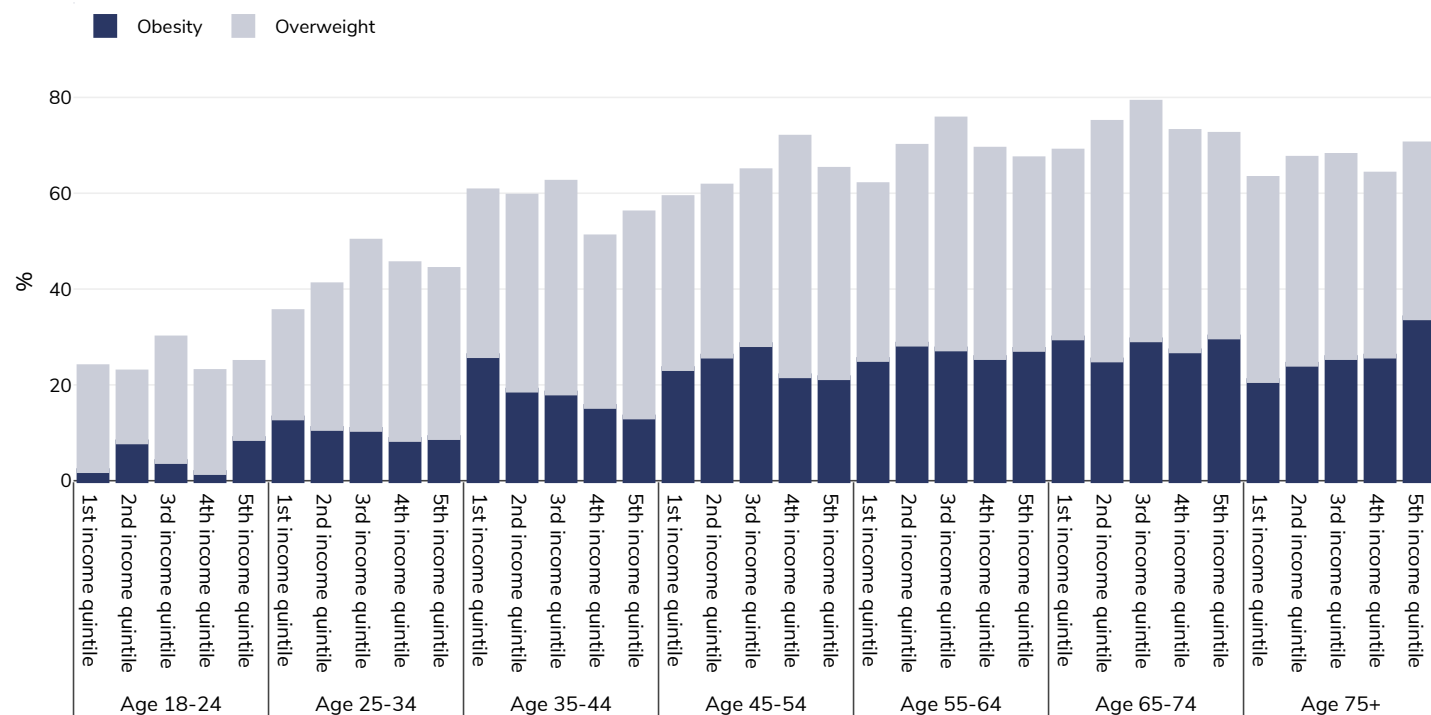
References:

2014 Eurostat Database: http://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=h1th_ehis_bm1e&lang=en (last accessed 25.08.20)

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

Overweight/obesity by age and socio-economic group

Adults, 2019



Survey type:

Self-reported

Area covered:

National

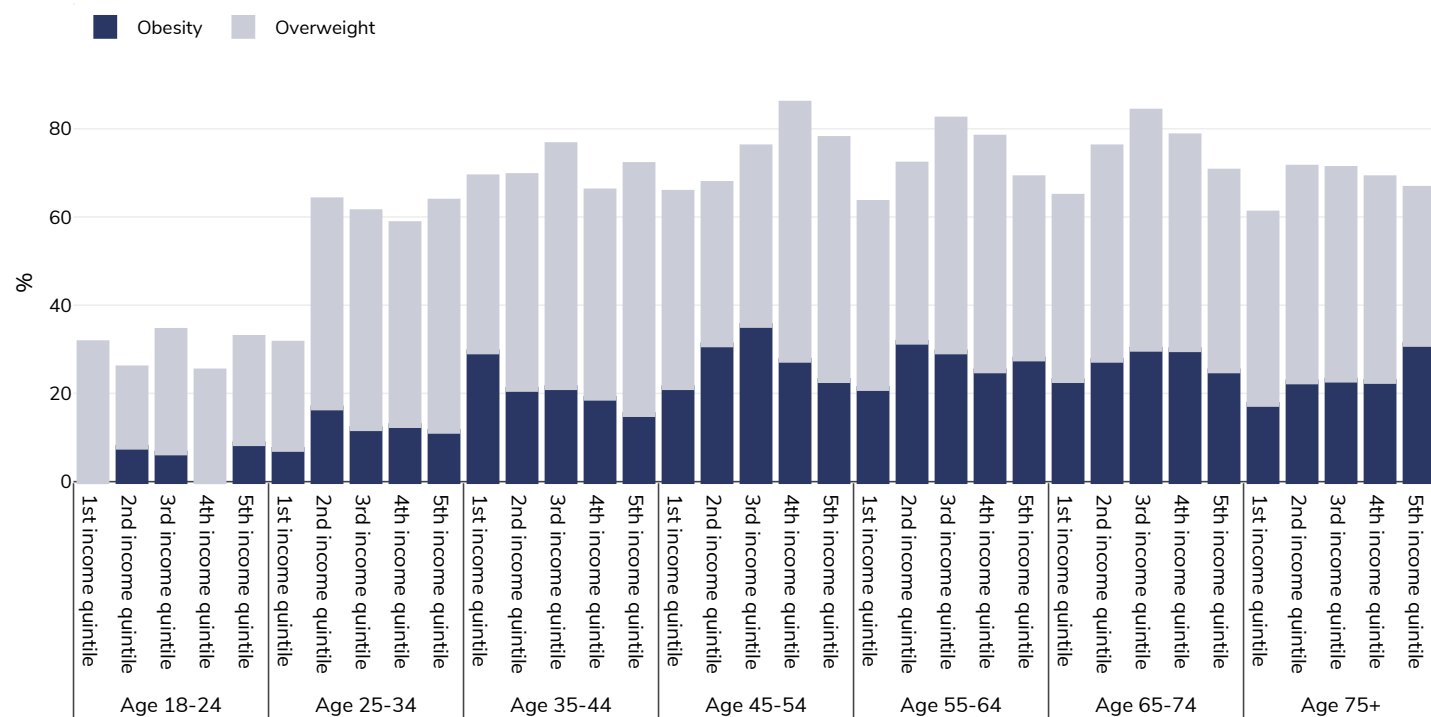
References:

Eurostat 2019. Available at https://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1i&lang=en

(last accessed 09.08.21).

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

Men, 2019



Survey type:

Self-reported

Area covered:

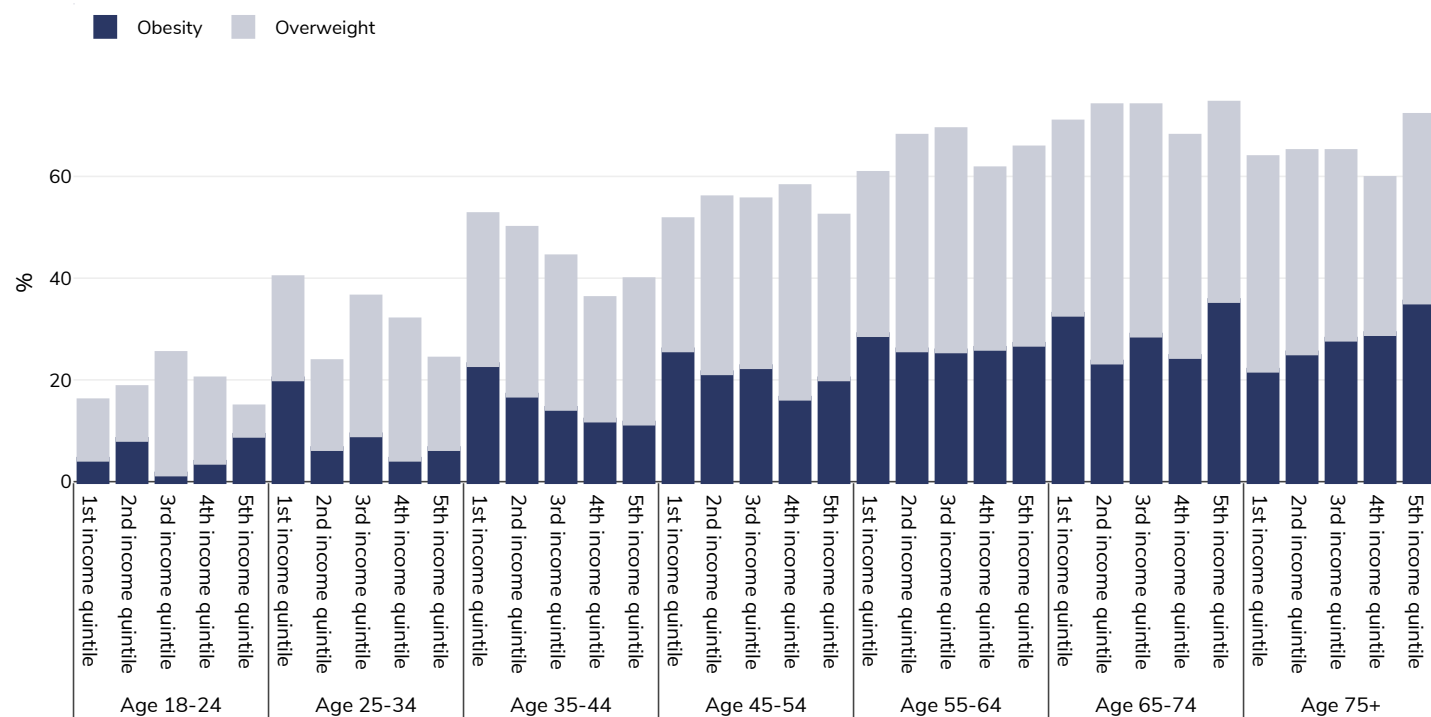
National

References:

Eurostat 2019. Available at https://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1i&lang=en
(last accessed 09.08.21).

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

Women, 2019



Survey type:

Self-reported

Area covered:

National

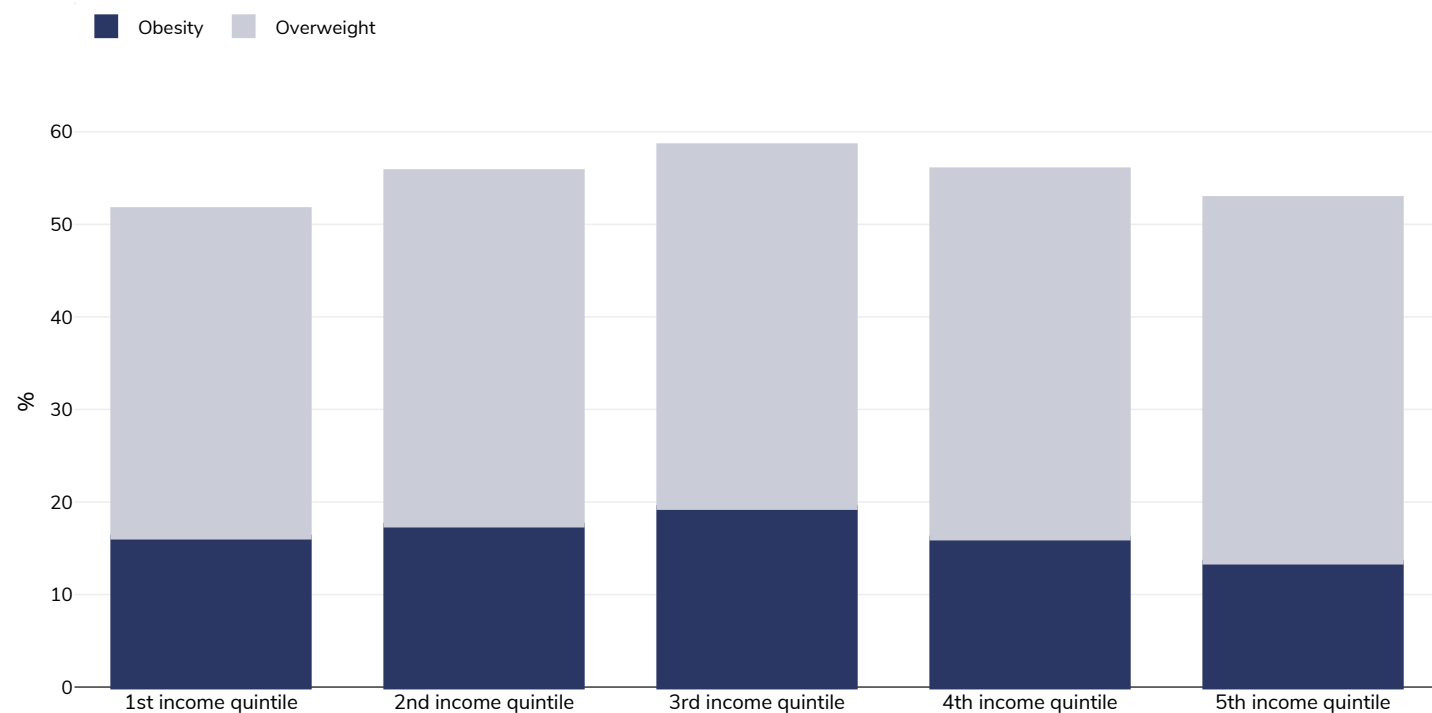
References:

Eurostat 2019. Available at https://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1i&lang=en
(last accessed 09.08.21).

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

Overweight/obesity by socio-economic group

Adults, 2017



Survey type: Self-reported

Age: 16+

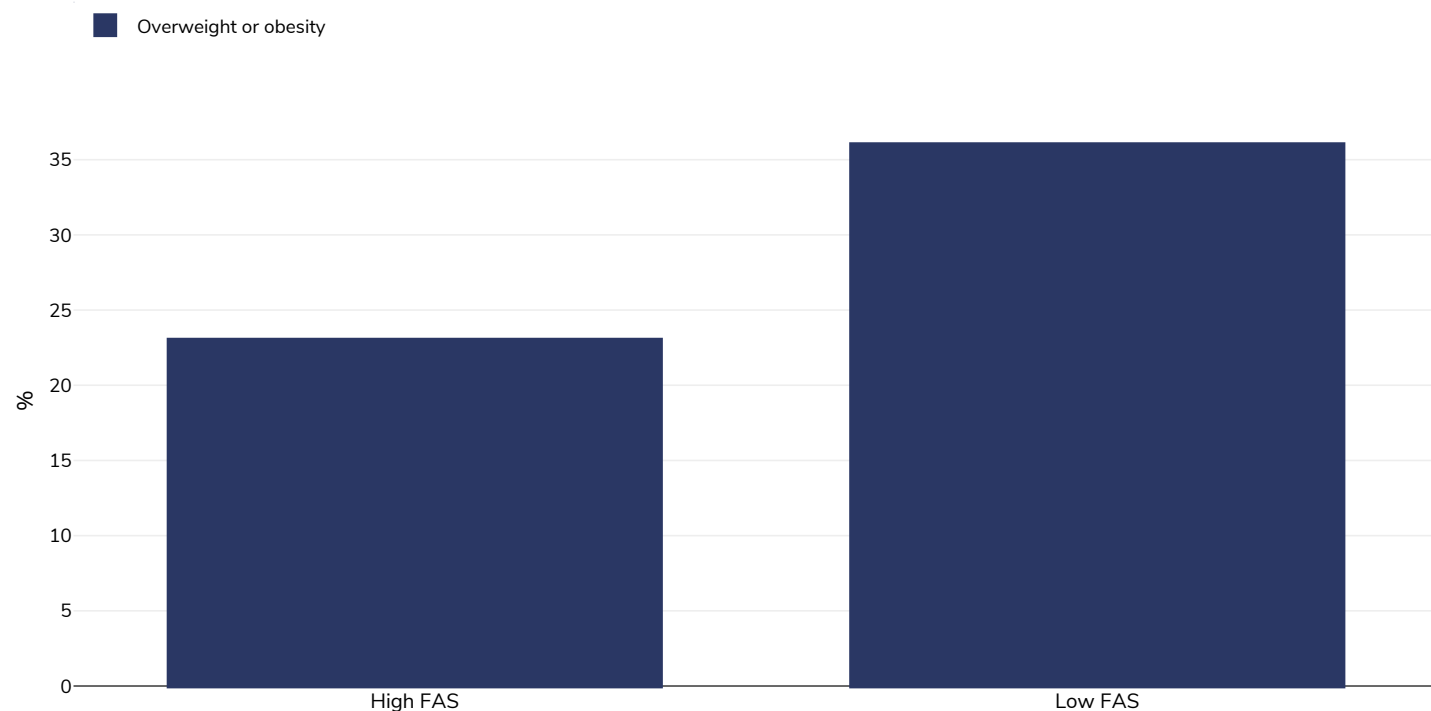
Sample size: 25,847

Area covered: National

References: Incomes and living conditions of the population of Poland – report from the EU-SILC survey of 2017. Available at: https://stat.gov.pl/files/gfx/portalinformacyjny/en/defaultaktualnosci/3305/1/10/1/incomes_and_living_conditions_eu-silc_2017.pdf. Last accessed: 03.06.21.

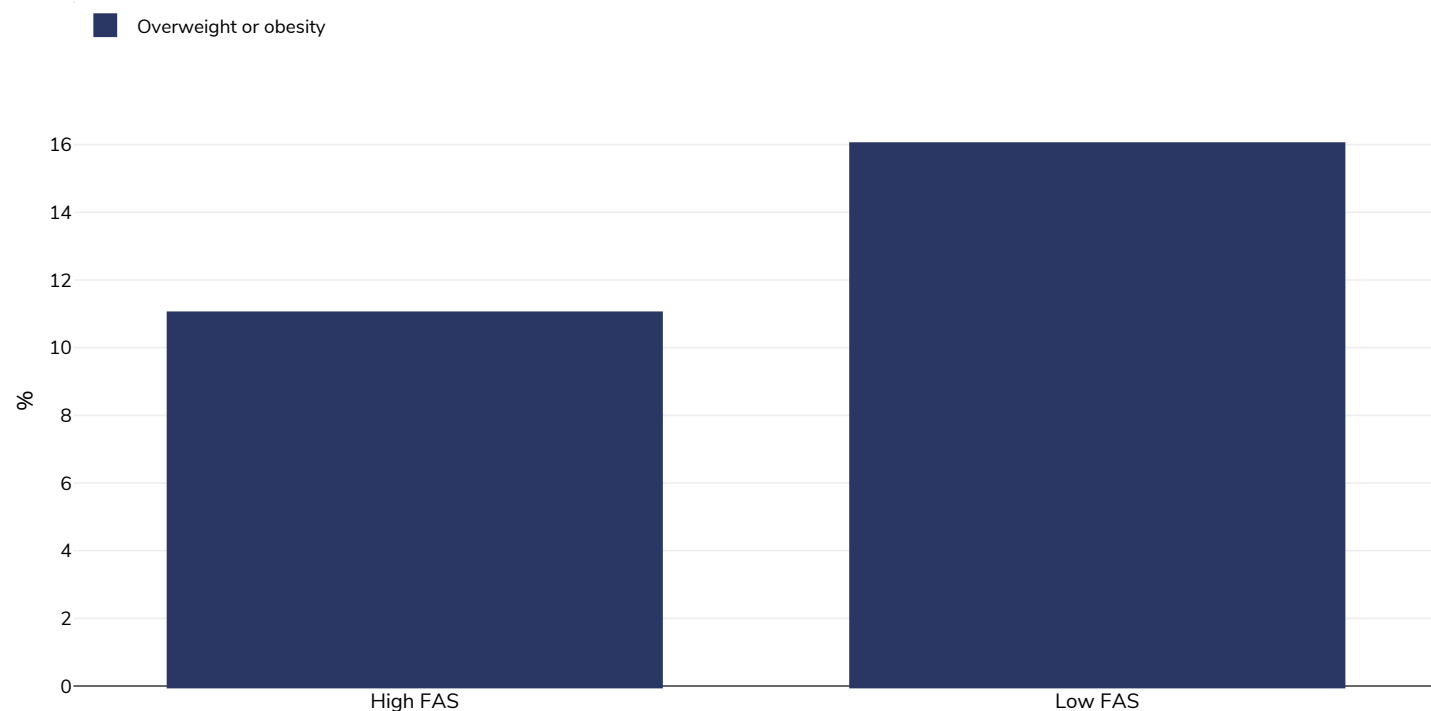
Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².

Boys, 2017-2018



Survey type:	Self-reported
Age:	11-15
Sample size:	5217
Area covered:	National
References:	World Health Organization (2020). Spotlight on adolescent health and well-being - Findings from the 2017/2018 Health Behaviour in School-aged Children (HBSC) survey in Europe and Canada. Available at: https://apps.who.int/iris/bitstream/handle/10665/332091/9789289055000-eng.pdf . Last accessed: 25.05.21.
Notes:	HBSC Family Affluence Scale (FAS) - "HBSC uses an alternative measure, the Family Affluence Scale, which asks young people about material assets such as family cars, number of foreign holidays, computers, bathrooms and dishwashers in the household, holidays and having a bedroom to oneself. The scale, which enables users to add up how many of these assets a young person has in their home compared with other adolescents in their country/region, has been shown to provide a valid indicator of relative affluence."
Definitions:	HBSC Family Affluence Scale (FAS)
Cutoffs:	WHO

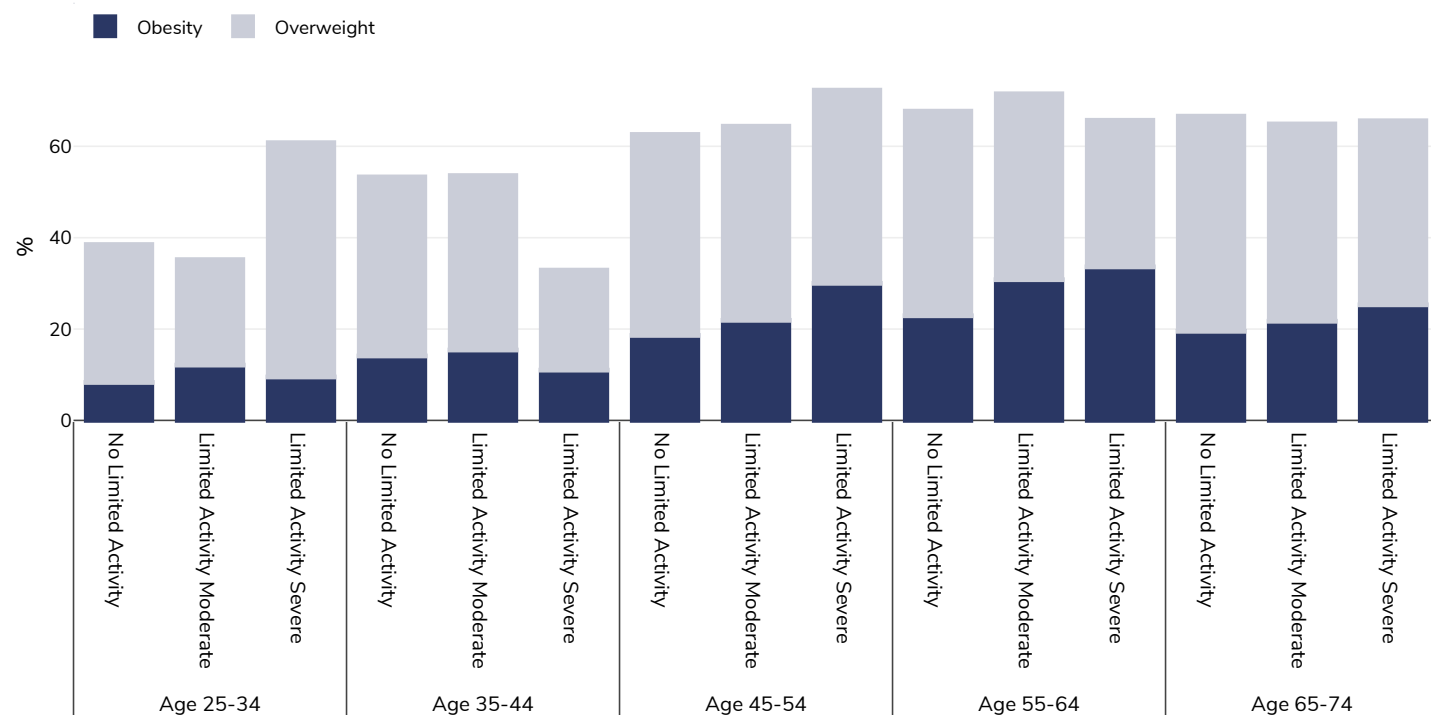
Girls, 2017-2018



Survey type:	Self-reported
Age:	11-15
Sample size:	5217
Area covered:	National
References:	World Health Organization (2020). Spotlight on adolescent health and well-being - Findings from the 2017/2018 Health Behaviour in School-aged Children (HBSC) survey in Europe and Canada. Available at: https://apps.who.int/iris/bitstream/handle/10665/332091/9789289055000-eng.pdf . Last accessed: 25.05.21.
Notes:	HBSC Family Affluence Scale (FAS) - "HBSC uses an alternative measure, the Family Affluence Scale, which asks young people about material assets such as family cars, number of foreign holidays, computers, bathrooms and dishwashers in the household, holidays and having a bedroom to oneself. The scale, which enables users to add up how many of these assets a young person has in their home compared with other adolescents in their country/region, has been shown to provide a valid indicator of relative affluence."
Definitions:	HBSC Family Affluence Scale (FAS)
Cutoffs:	WHO

Overweight/obesity by age and limited activity

Adults, 2014



Survey type:

Self-reported

Area covered:

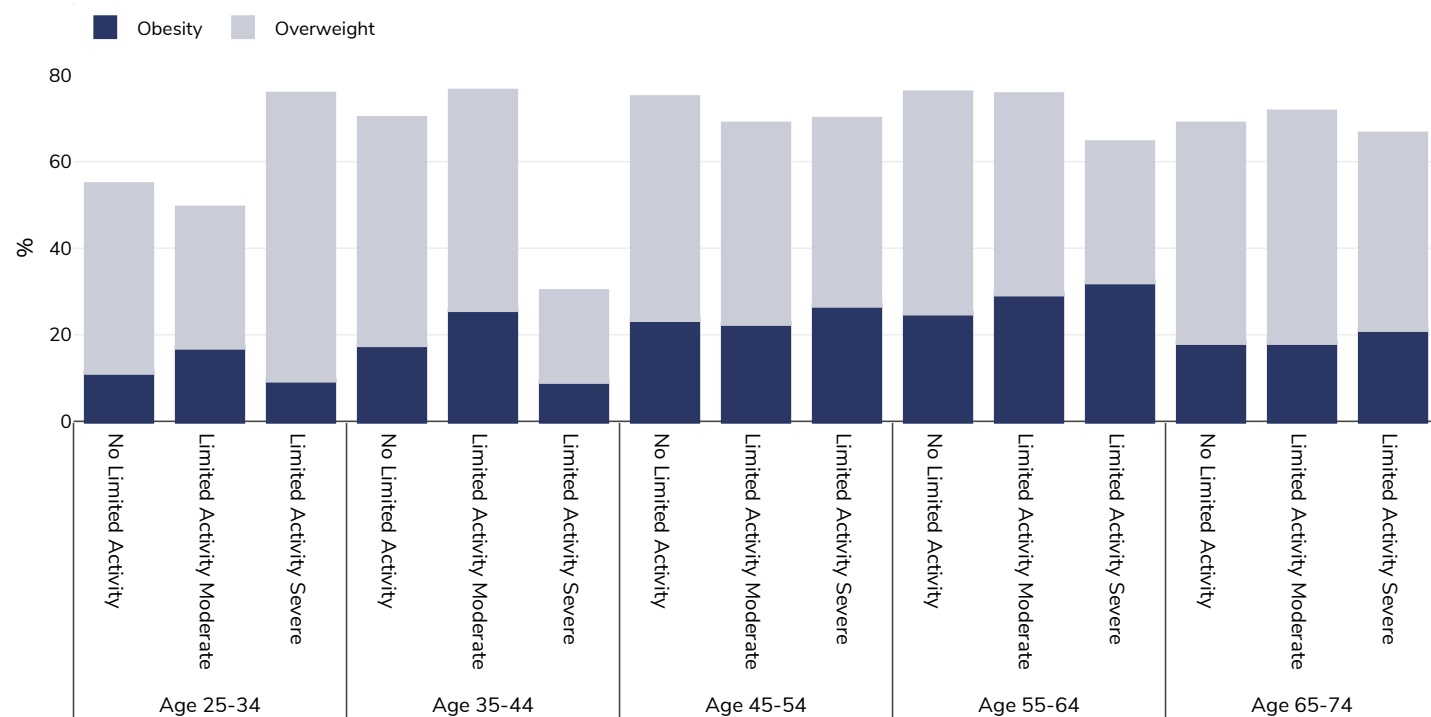
National

References:

Eurostat 2014 available at <https://appsso.eurostat.ec.europa.eu/nui/submitViewTableAction.do> (last accessed 06.10.21)

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

Men, 2014



Survey type:

Self-reported

Area covered:

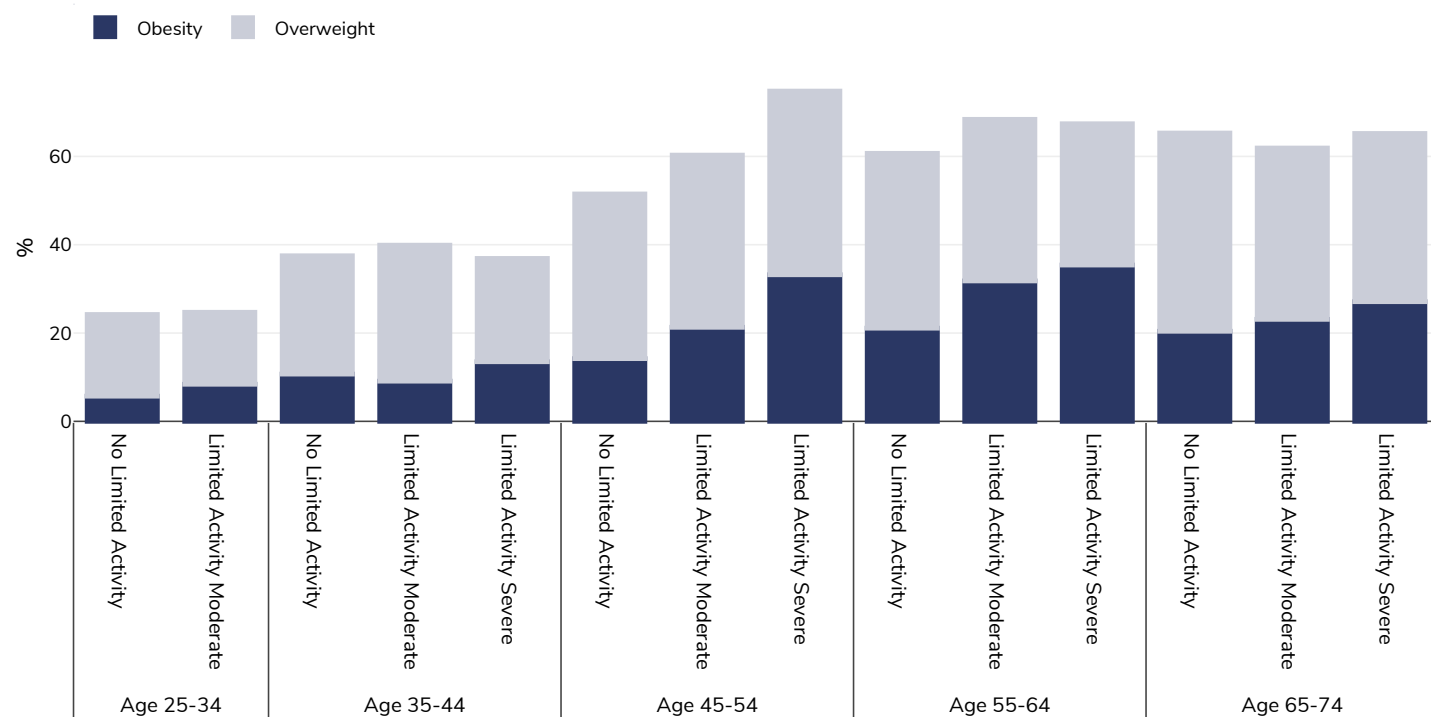
National

References:

Eurostat 2014 available at <https://appsso.eurostat.ec.europa.eu/nui/submitViewTableAction.do> (last accessed 06.10.21)

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

Women, 2014



Survey type: Self-reported

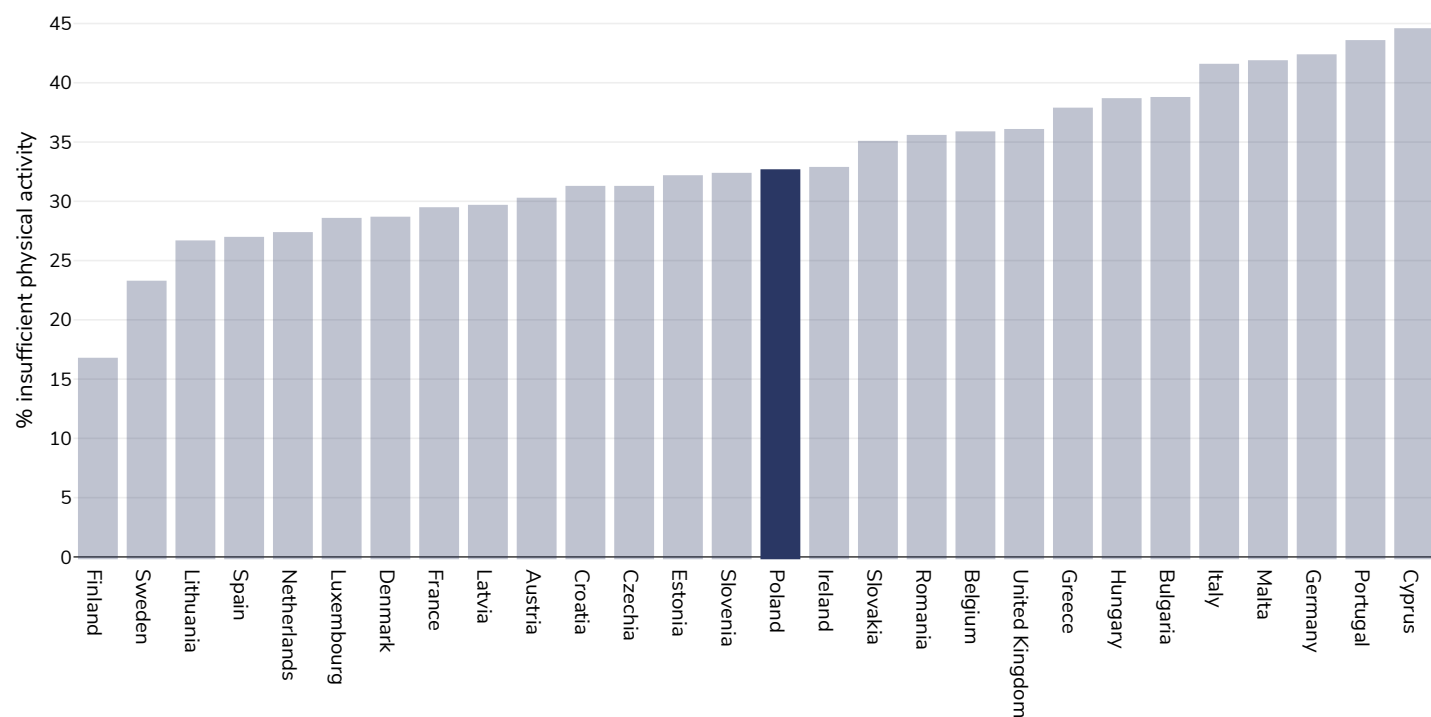
Area covered: National

References: Eurostat 2014 available at <https://appsso.eurostat.ec.europa.eu/nui/submitViewTableAction.do> (last accessed 06.10.21)

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

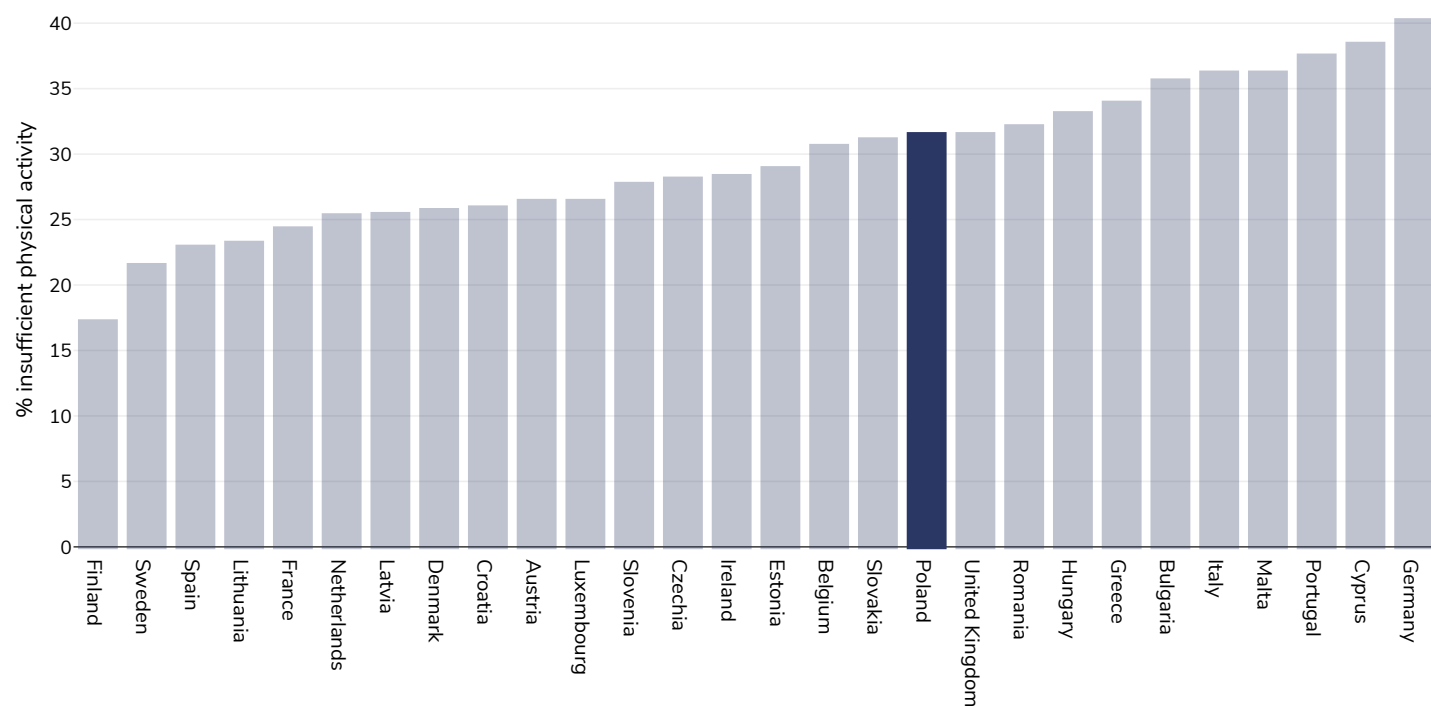
Insufficient physical activity

Adults, 2016



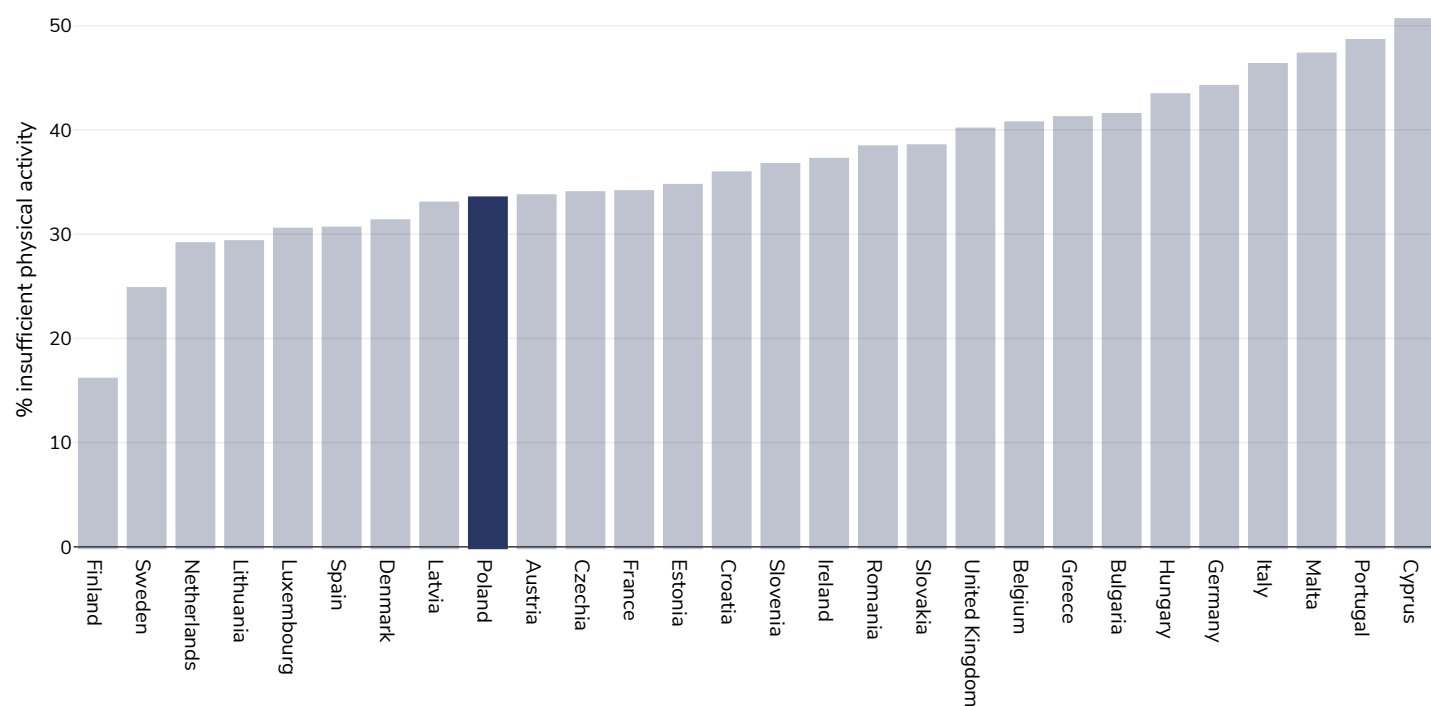
References: Guthold R, Stevens GA, Riley LM, Bull FC. Worldwide trends in insufficient physical activity from 2001 to 2016: a pooled analysis of 358 population-based surveys with 1.9 million participants. Lancet 2018 [http://dx.doi.org/10.1016/S2214-109X\(18\)30357-7](http://dx.doi.org/10.1016/S2214-109X(18)30357-7)

Men, 2016



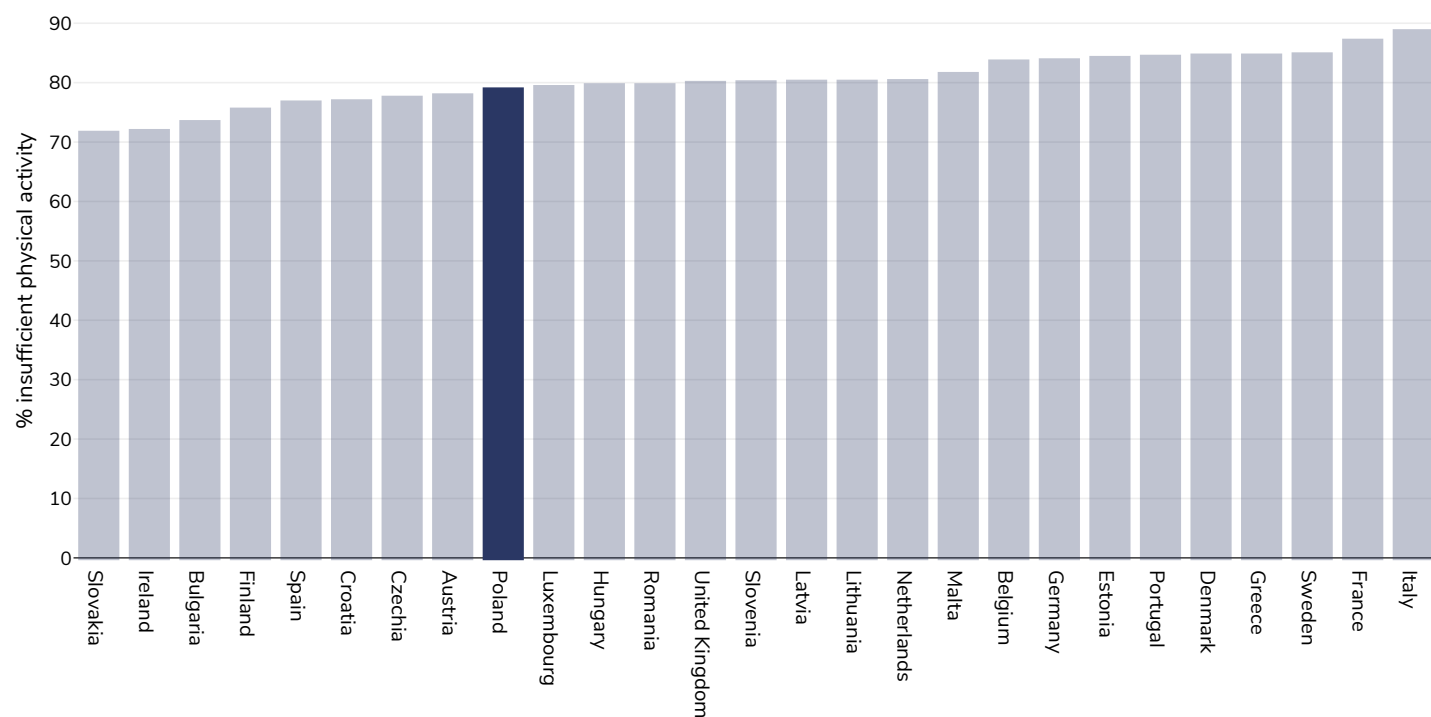
References: Guthold R, Stevens GA, Riley LM, Bull FC. Worldwide trends in insufficient physical activity from 2001 to 2016: a pooled analysis of 358 population-based surveys with 1.9 million participants. Lancet 2018 [http://dx.doi.org/10.1016/S2214-109X\(18\)30357-7](http://dx.doi.org/10.1016/S2214-109X(18)30357-7)

Women, 2016



References: Guthold R, Stevens GA, Riley LM, Bull FC. Worldwide trends in insufficient physical activity from 2001 to 2016: a pooled analysis of 358 population-based surveys with 1.9 million participants. Lancet 2018 [http://dx.doi.org/10.1016/S2214-109X\(18\)30357-7](http://dx.doi.org/10.1016/S2214-109X(18)30357-7)

Children, 2016



Survey type:

Self-reported

Age:

11-17

References:

Global Health Observatory data repository, World Health Organisation,
<https://apps.who.int/gho/data/node.main.A893ADO?lang=en> (last accessed 16.03.21)

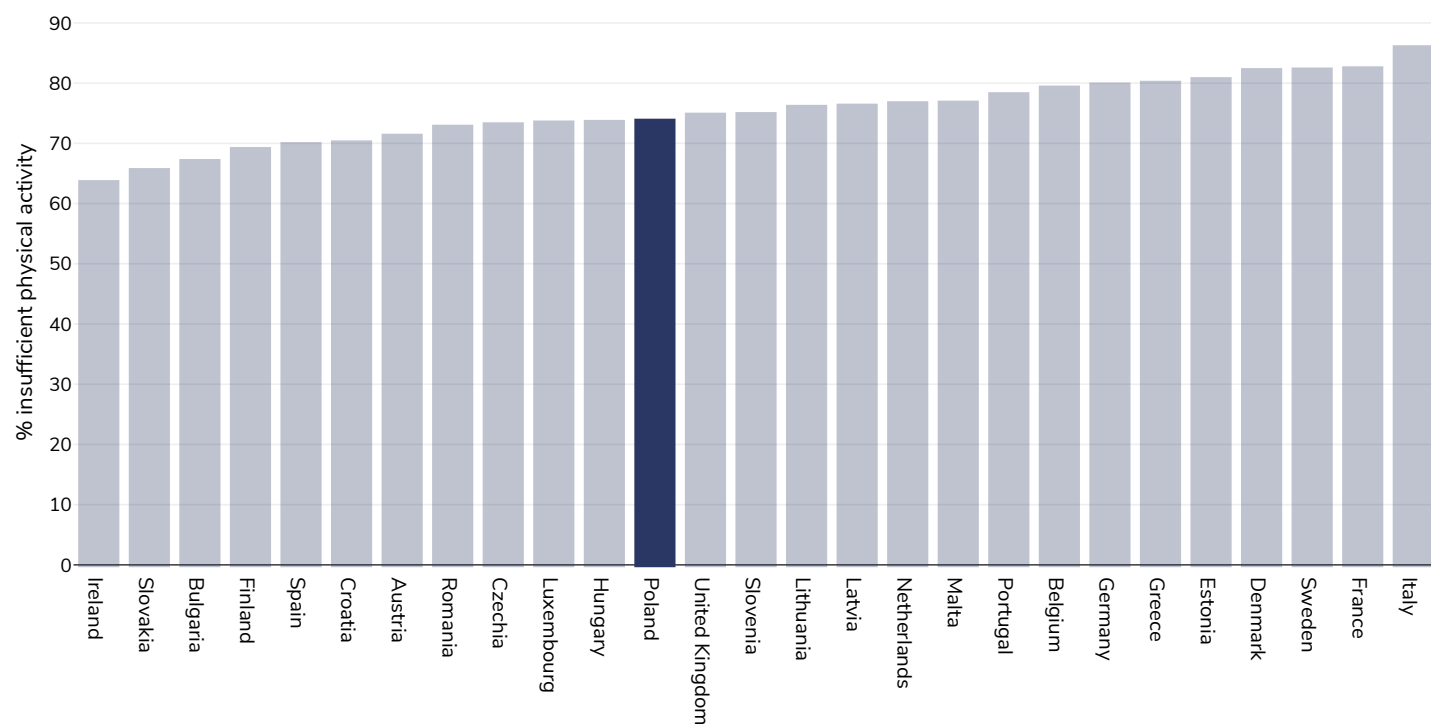
Notes:

% 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, 2016



Survey type:

Self-reported

Age:

11-17

References:

Global Health Observatory data repository, World Health Organisation,
<https://apps.who.int/gho/data/node.main.A893ADO?lang=en> (last accessed 16.03.21)

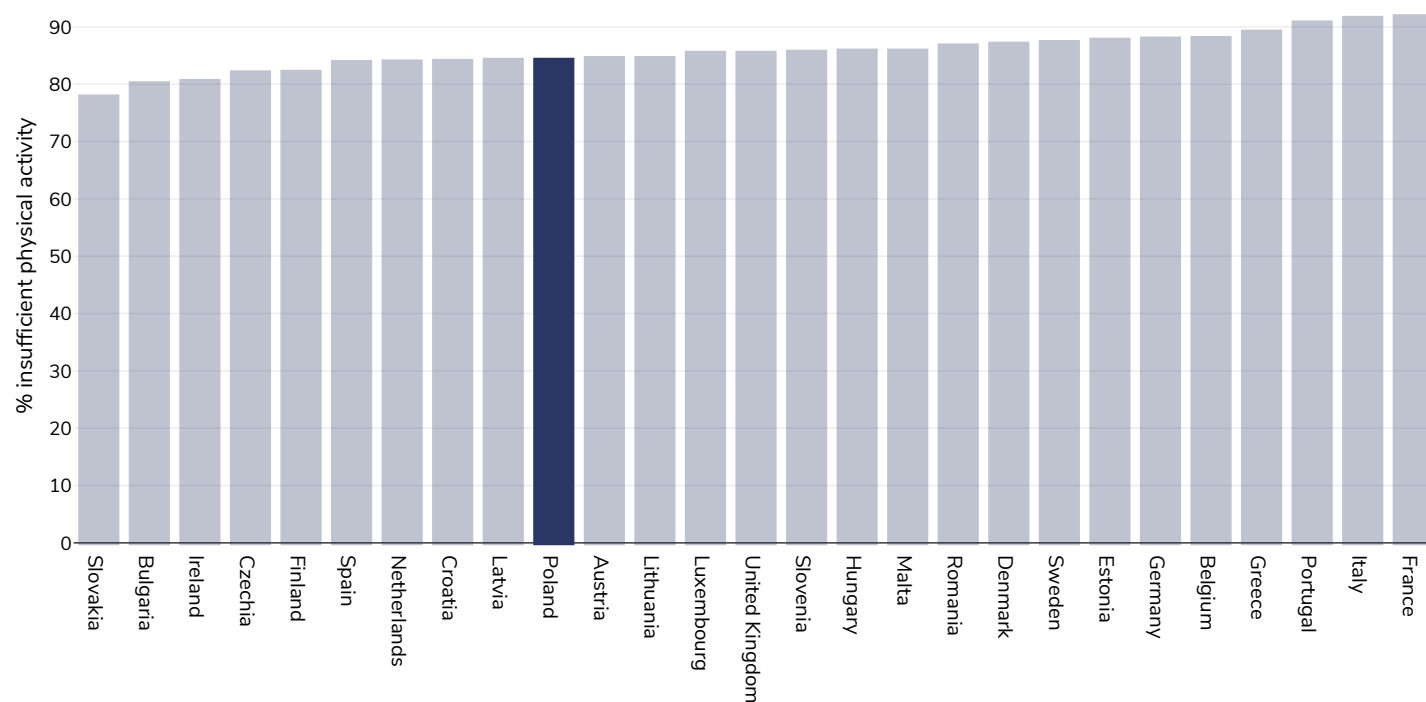
Notes:

% 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, 2016



Survey type:

Self-reported

Age:

11-17

References:

Global Health Observatory data repository, World Health Organisation,
<https://apps.who.int/gho/data/node.main.A893ADO?lang=en> (last accessed 16.03.21)

Notes:

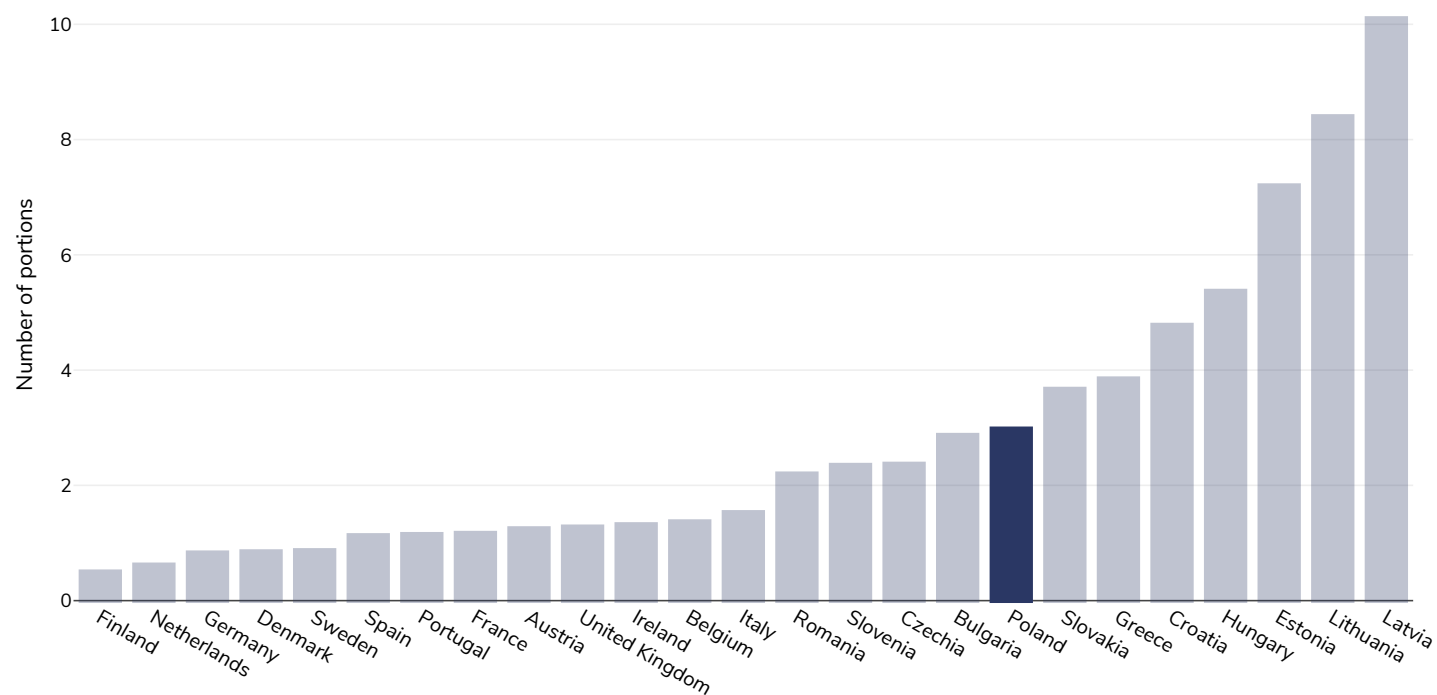
% of school going adolescents not meeting WHO recommendations on Physical Activity for Health, i.e. doing less than 60 minutes of moderate- to vigorous-intensity physical activity daily.

Definitions:

% Adolescents insufficiently active (age standardised estimate)

Sugar consumption

Adults, 2016



References:

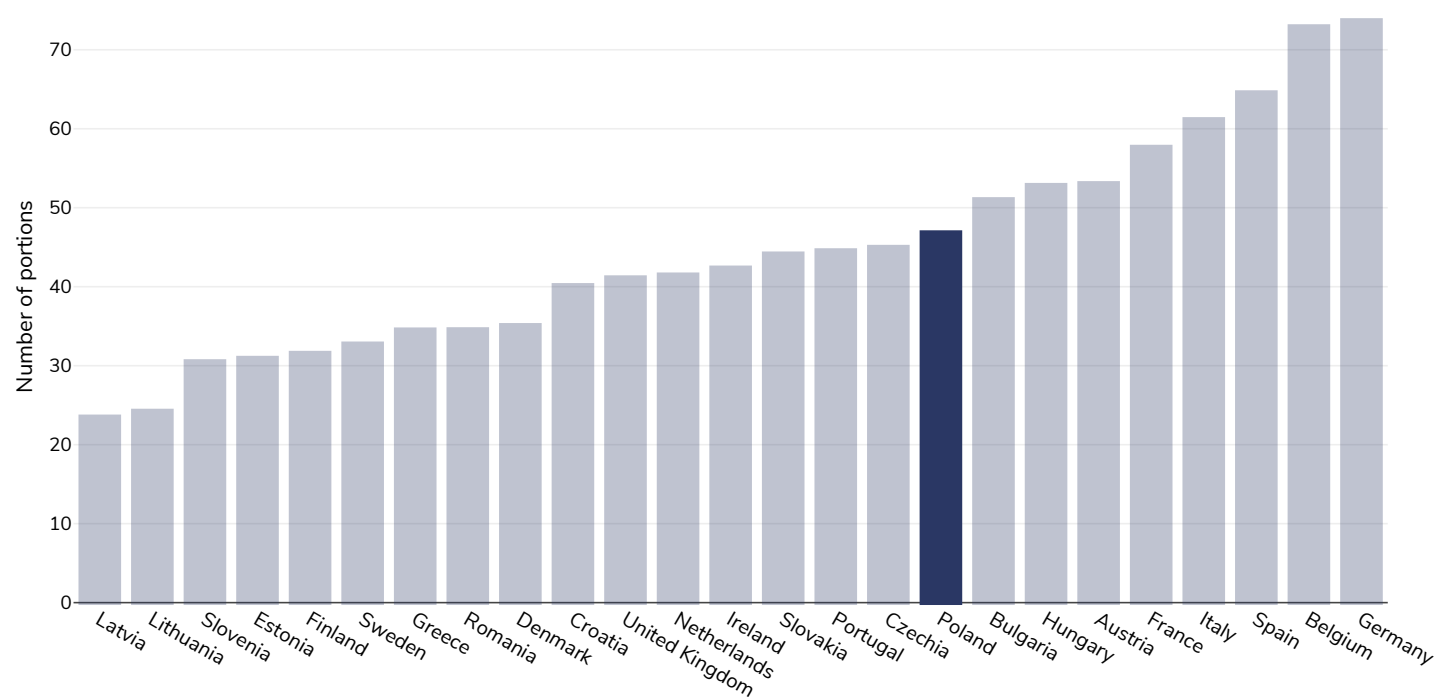
Source: Euromonitor International

Definitions:

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

Estimated per capita sugar sweetened beverages intake

Adults, 2016

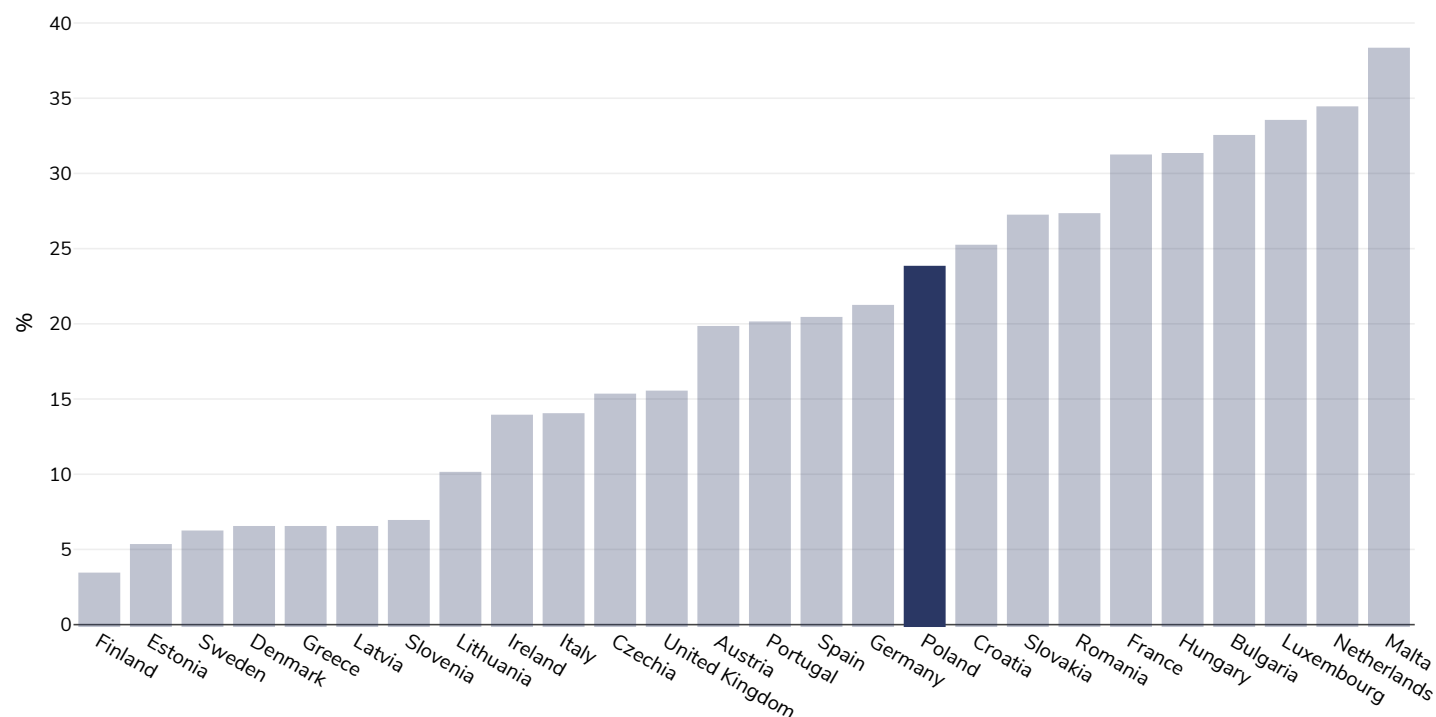


References:

Source: Euromonitor International

Prevalence of at least daily carbonated soft drink consumption

Children, 2014



Survey type:

Measured

References:

World Health Organization. (2017). Adolescent obesity and related behaviours: Trends and inequalities in the who european region, 2002-2014: observations from the Health Behavior in School-aged Children (HBSC) WHO collaborative cross-national study (J. Inchley, D. Currie, J. Jewel, J. Breda, & V. Barnekow, Eds.). World Health Organization. Sourced from Food Systems Dashboard <http://www.foodsystemsdashboard.org>

Notes:

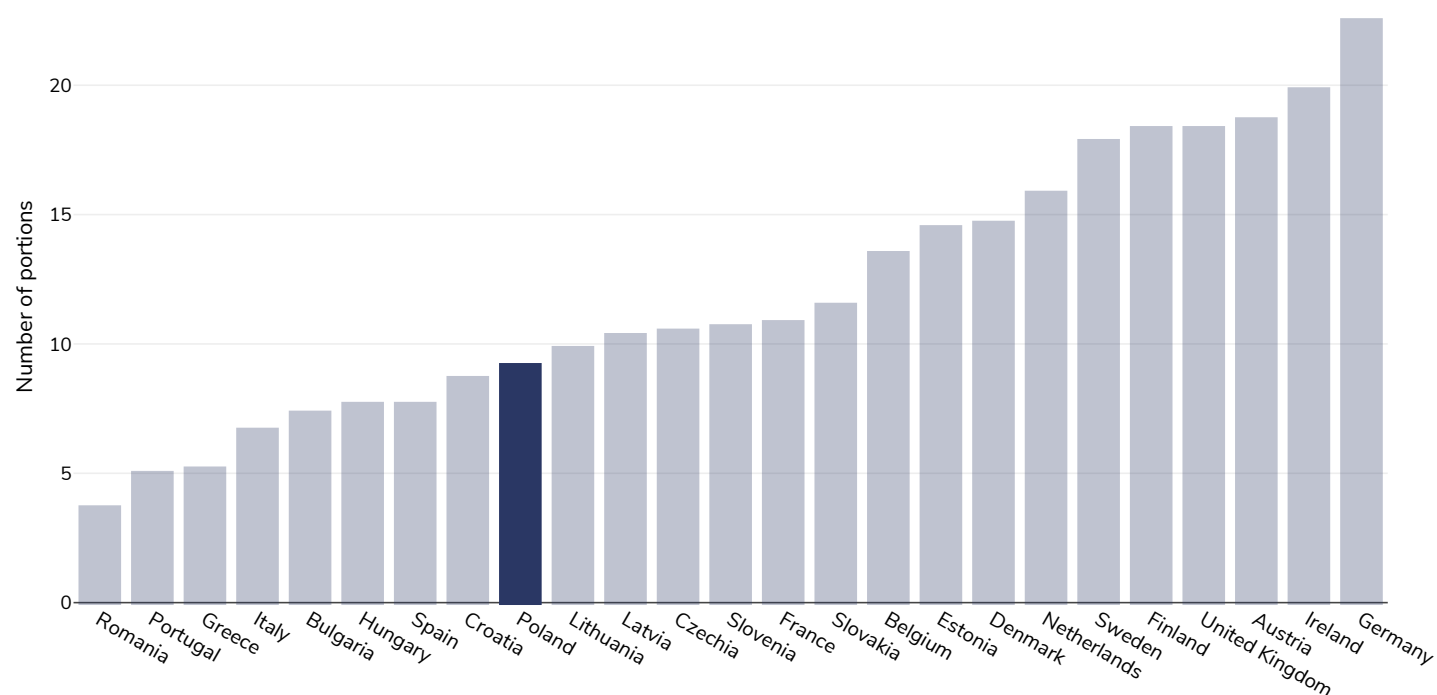
15-year-old adolescents

Definitions:

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

Prevalence of confectionery consumption

Adults, 2016



References:

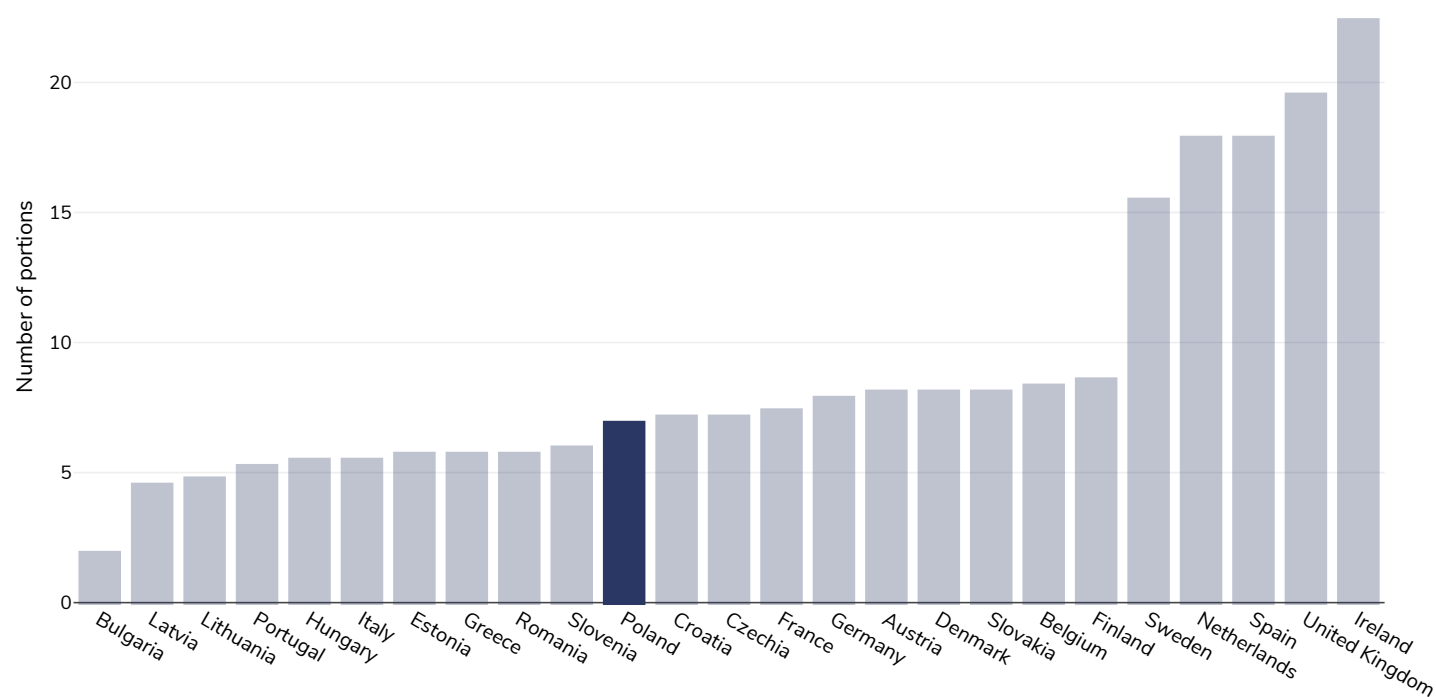
Source: Euromonitor International

Definitions:

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

Prevalence of sweet/savoury snack consumption

Adults, 2016



References:

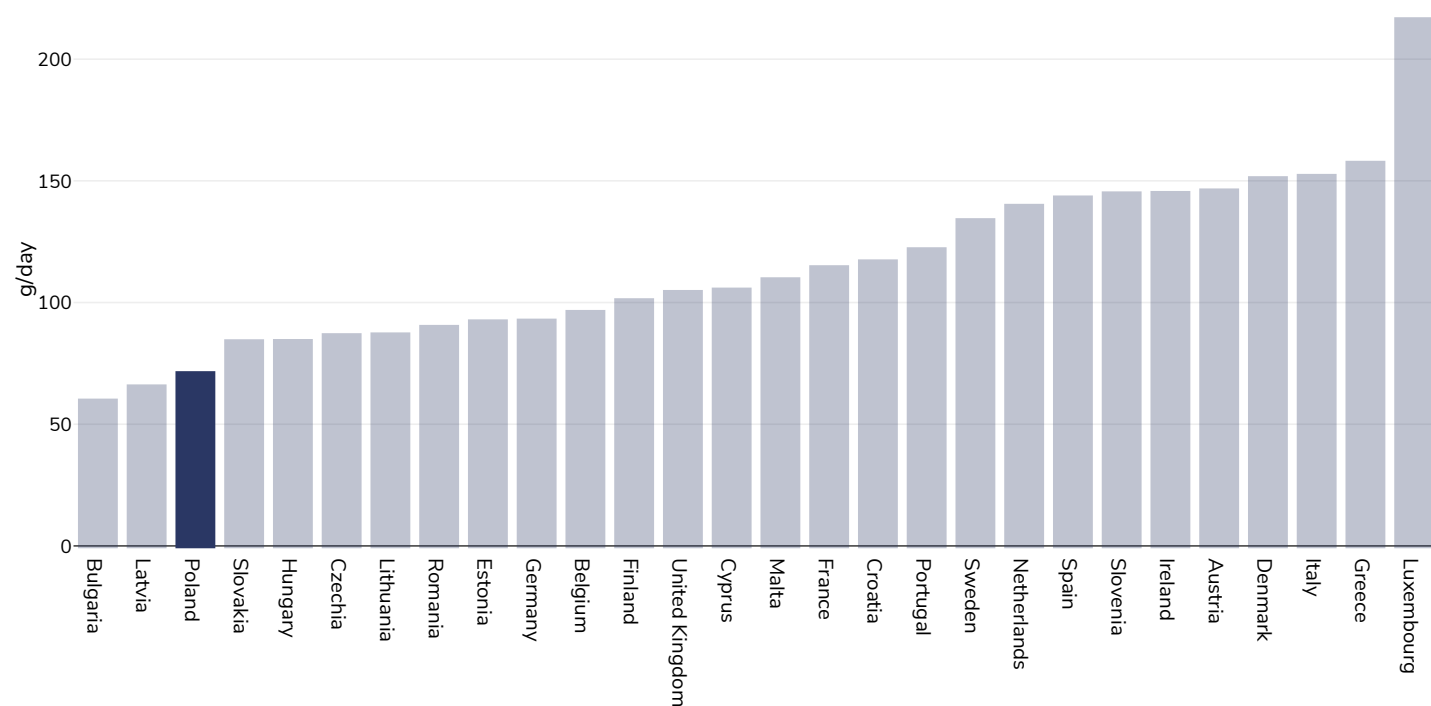
Source: Euromonitor International

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:

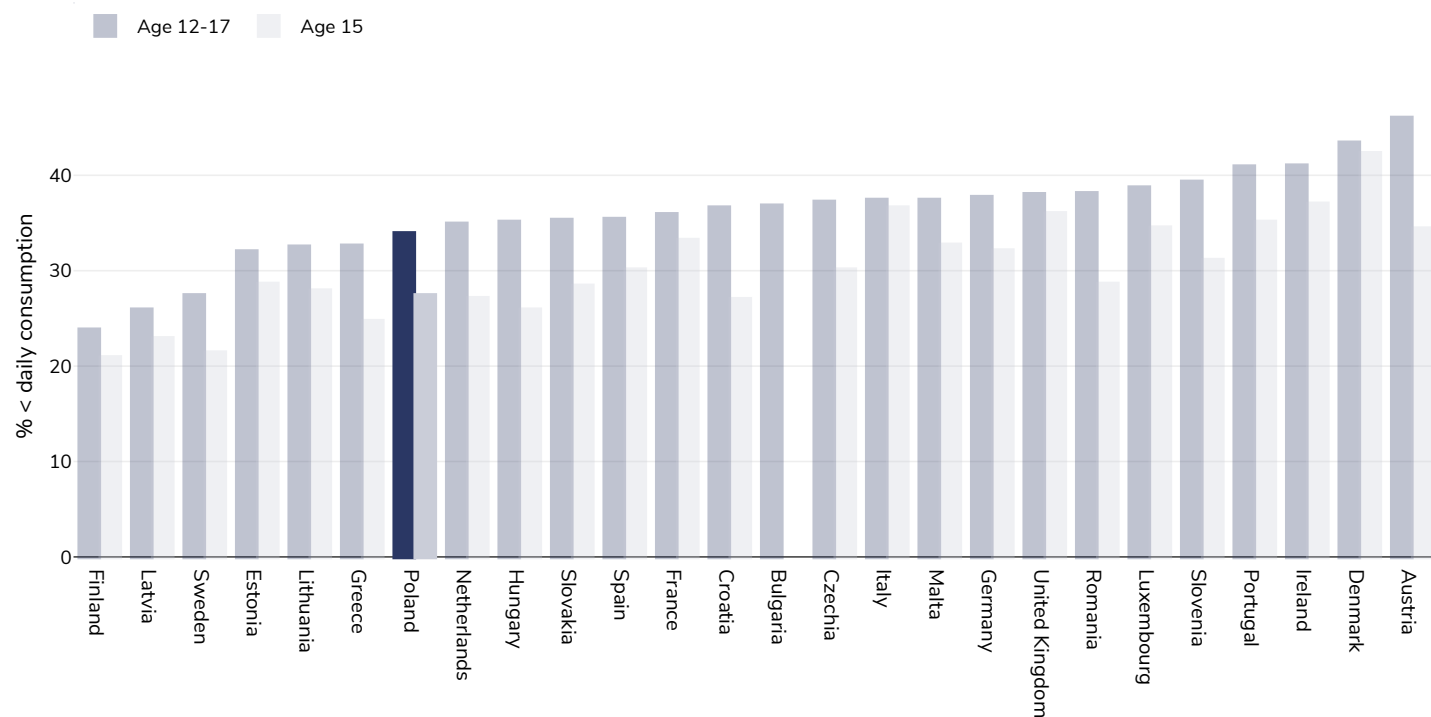
Global Burden of Disease, the Institute for Health Metrics and Evaluation <http://ghdx.healthdata.org/>

Definitions:

Estimated per-capita fruit intake (g/day)

Prevalence of less than daily fruit consumption

Children, 2014



Survey type:

Measured

References:

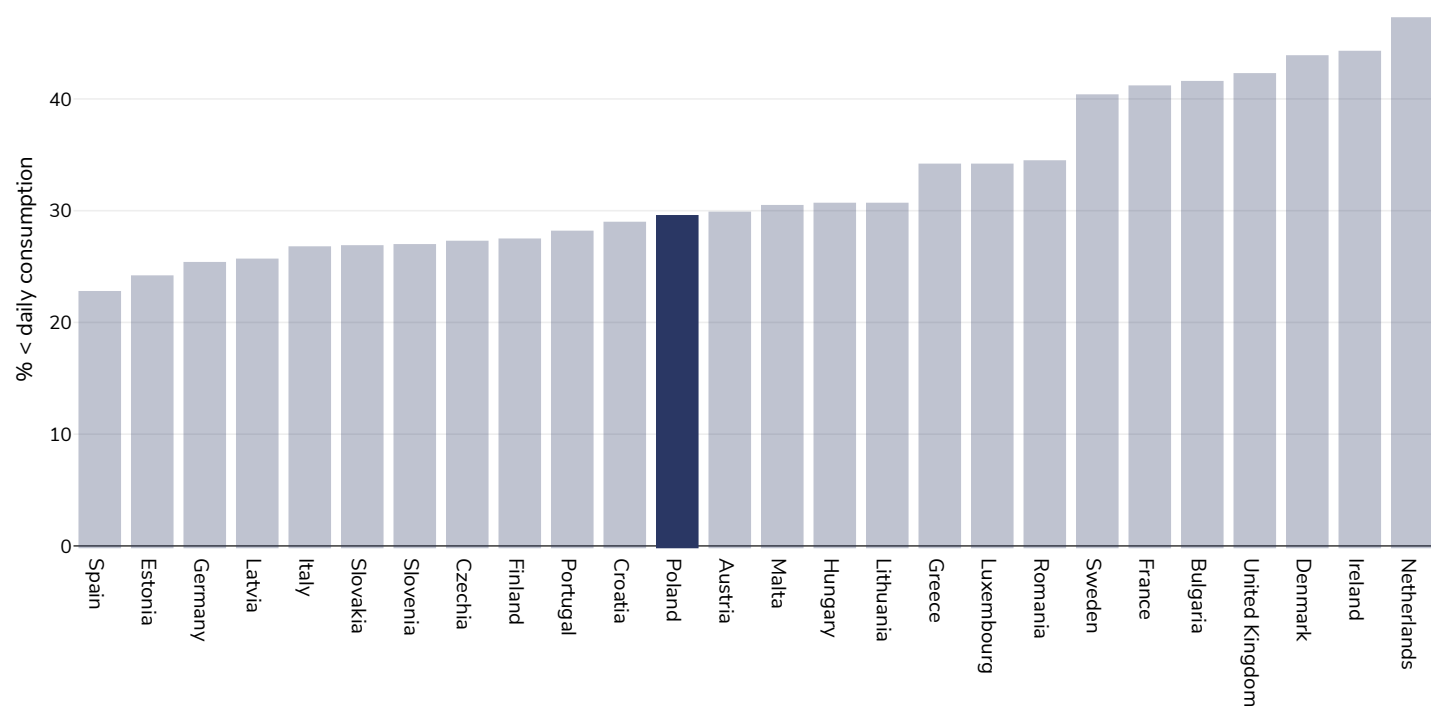
Global School-based Student Health Surveys. Beal et al (2019). Global Patterns of Adolescent Fruit, Vegetable, Carbonated Soft Drink, and Fast-food consumption: A meta-analysis of global school-based student health surveys. Food and Nutrition Bulletin. <https://doi.org/10.1177/0379572119848287>. Sourced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

Definitions:

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

Prevalence of less than daily vegetable consumption

Children, 2014



Survey type:

Measured

Age:

12-17

References:

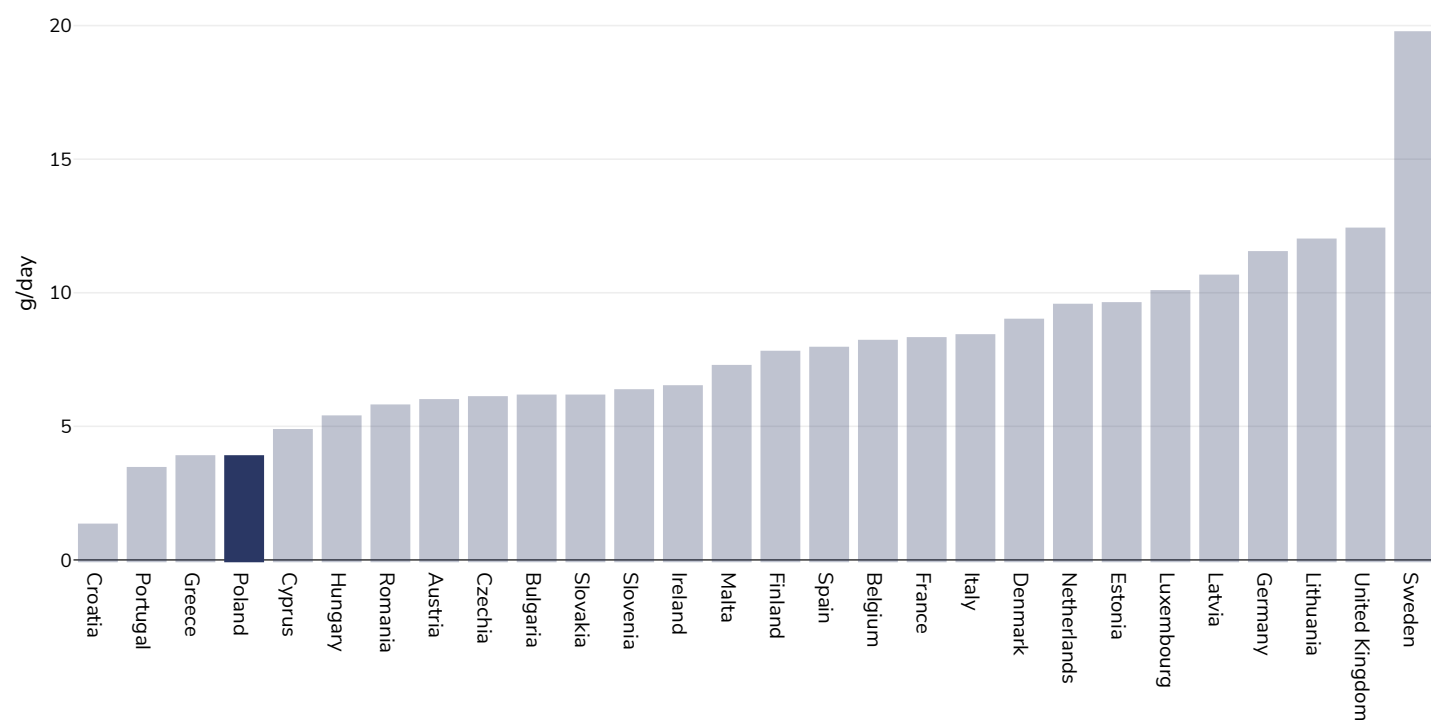
Beal et al. (2019). Global Patterns of Adolescent Fruit, Vegetable, Carbonated Soft Drink, and Fast-food consumption: A meta-analysis of global school-based student health surveys. Food and Nutrition Bulletin. <https://doi.org/10.1177/0379572119848287> sourced from Food Systems Dashboard <http://www.foodsystemsdashboard.org/food-system>

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:

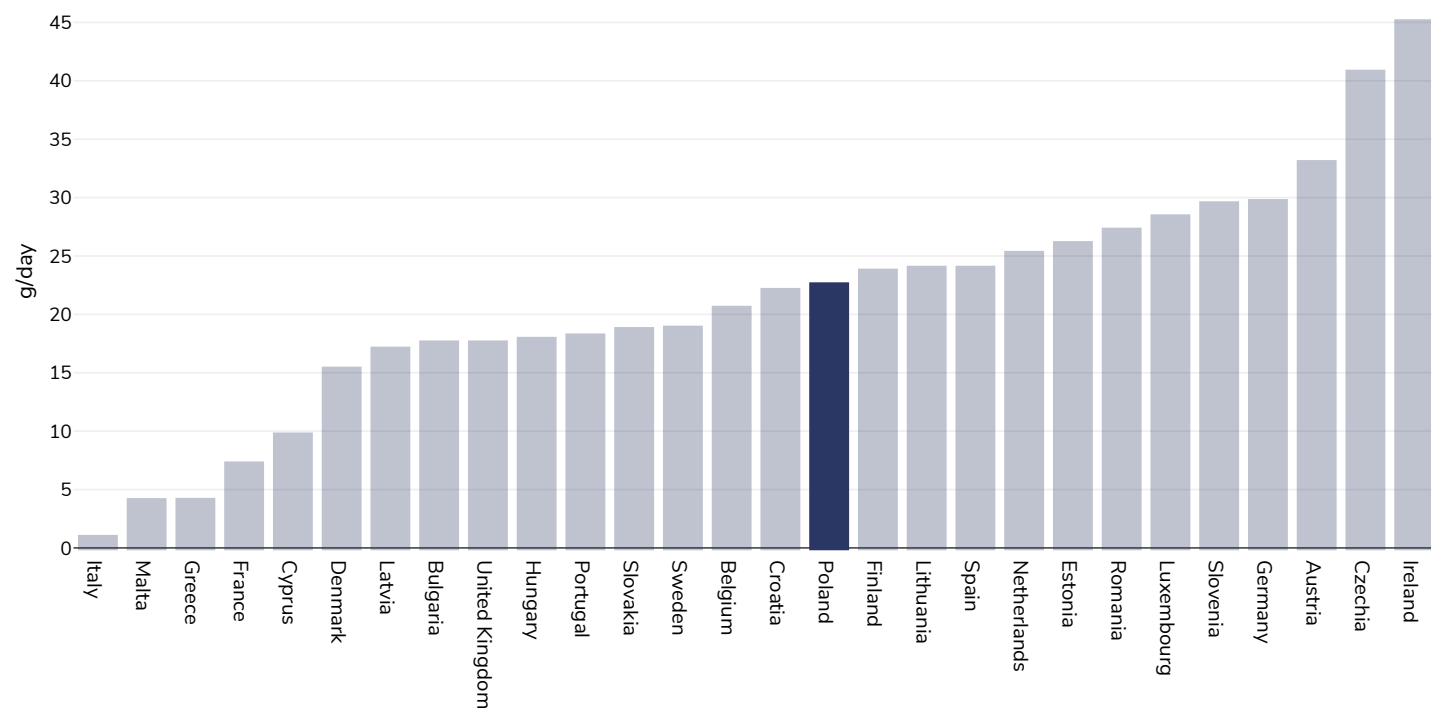
Global Burden of Disease, the Institute for Health Metrics and Evaluation <http://ghdx.healthdata.org/>

Definitions:

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

Estimated per capita whole grains intake

Adults, 2017



Survey type:

Measured

Age:

25+

References:

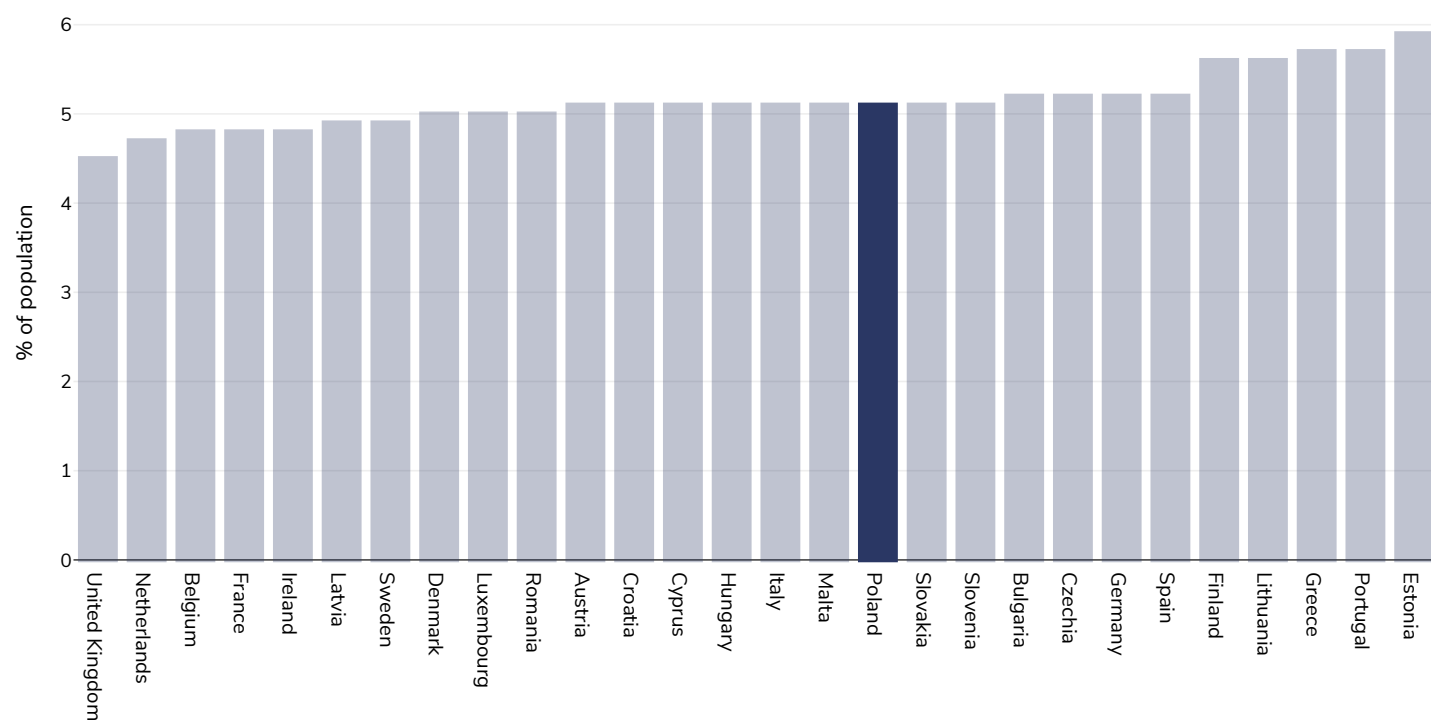
Global Burden of Disease, the Institute for Health Metrics and Evaluation <http://ghdx.healthdata.org/>

Definitions:

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

Mental health - depression disorders

Adults, 2015

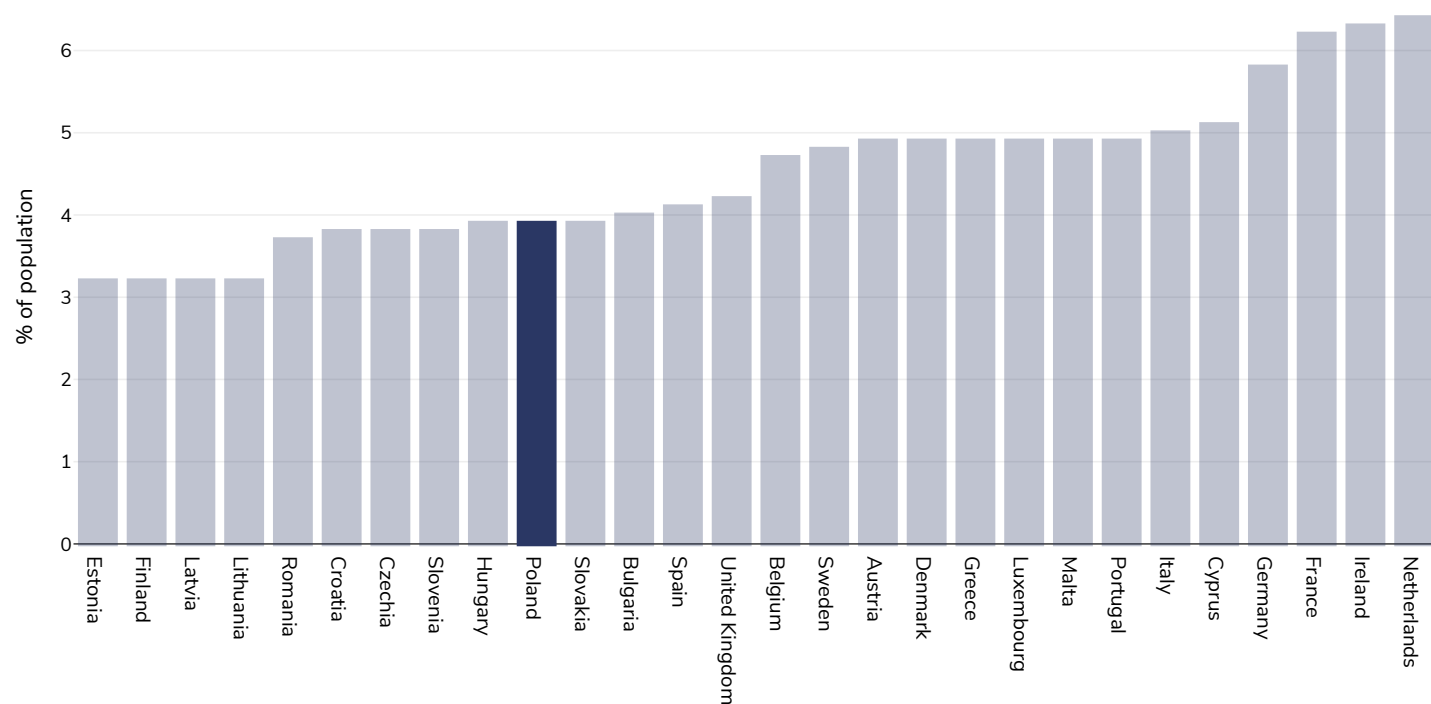


References: Prevalence data from Global Burden of Disease study 2015 (<http://ghdx.healthdata.org>) published in: Depression and Other Common Mental Disorders: Global Health Estimates. Geneva:World Health Organization; 2017. Licence: CC BY-NC-SA 3.0 IGO.

Definitions: % of population with depression disorders

Mental health - anxiety disorders

Adults, 2015

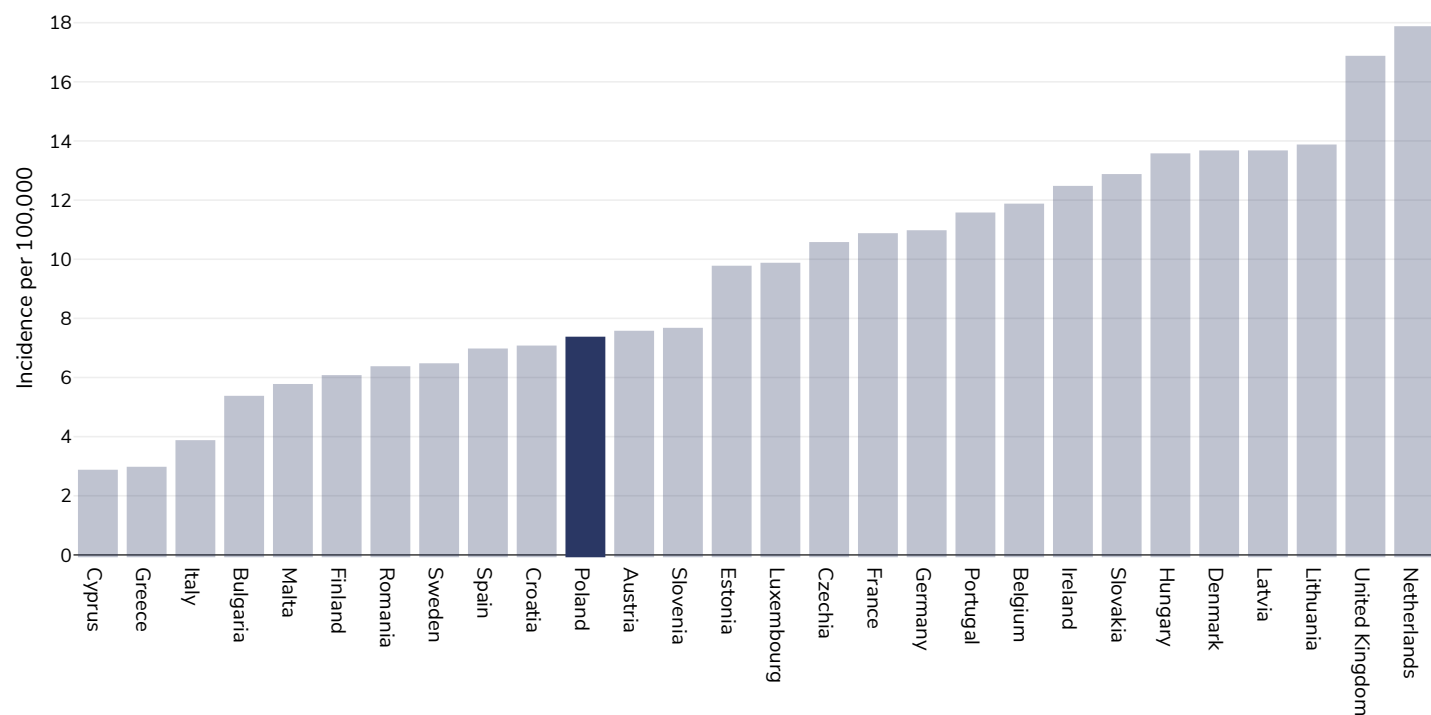


References: Prevalence data from Global Burden of Disease study 2015 (<http://ghdx.healthdata.org>) published in: Depression and Other Common Mental Disorders: Global Health Estimates. Geneva:World Health Organization; 2017. Licence: CC BY-NC-SA 3.0 IGO.

Definitions: % of population with anxiety disorders

Oesophageal cancer

Men, 2018

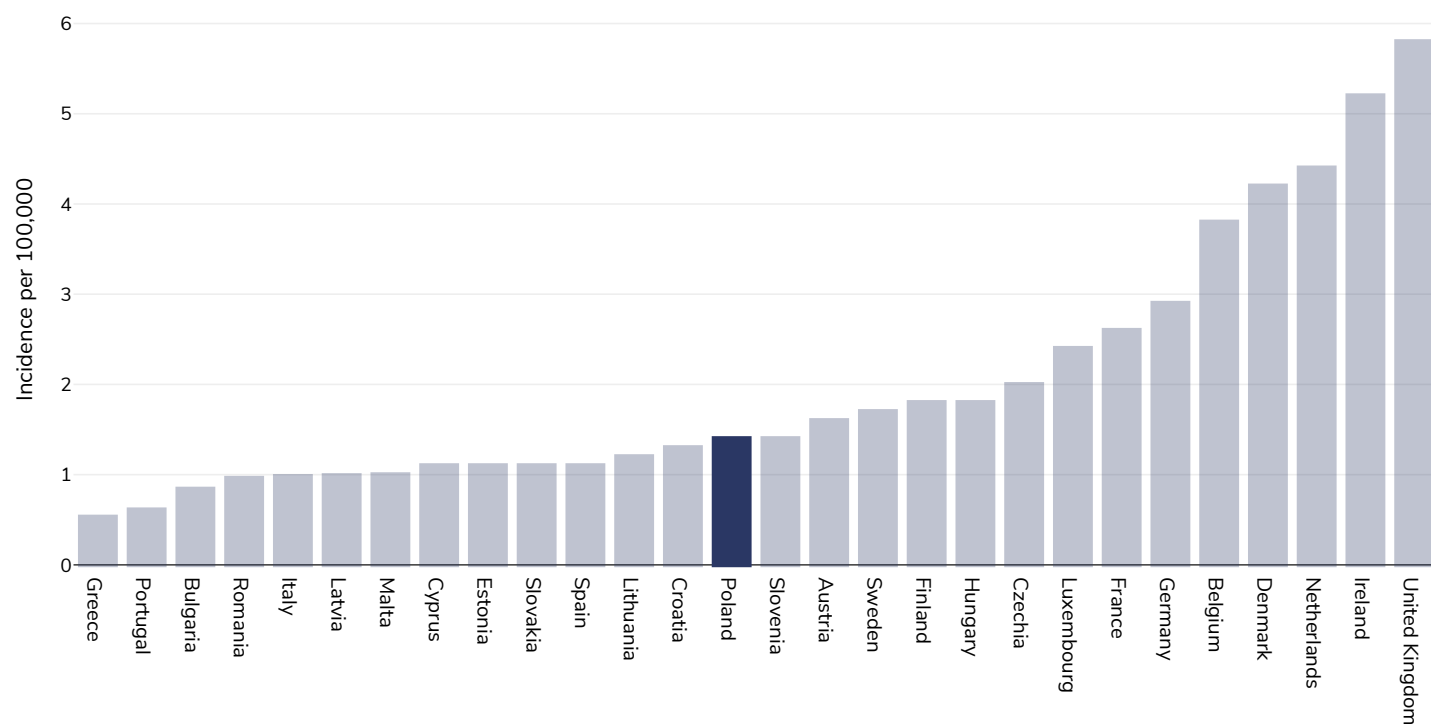


Age: 20+

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, oesophagus, adults ages 20+. ASR (World) per 100,000

Women, 2018



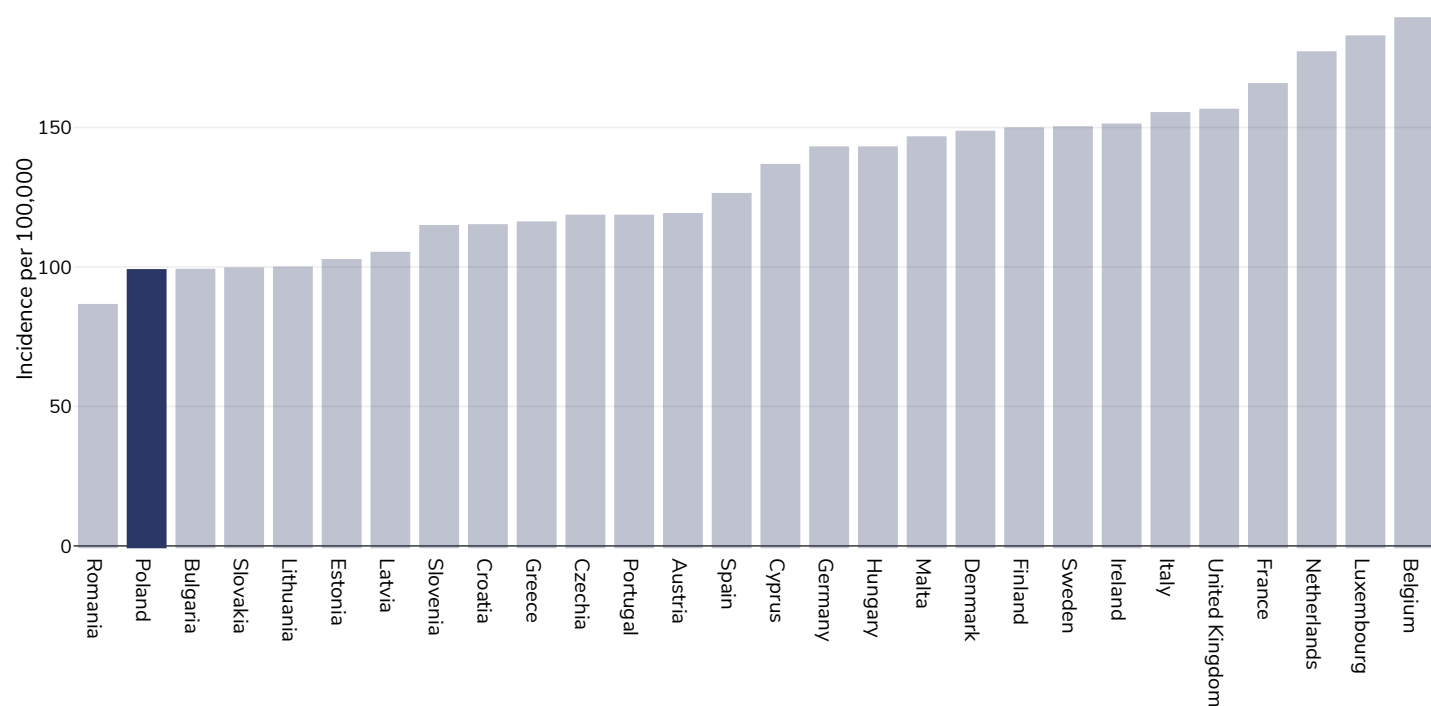
Age: 20+

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, oesophagus, adults ages 20+. ASR (World) per 100,000

Breast cancer

Women, 2018



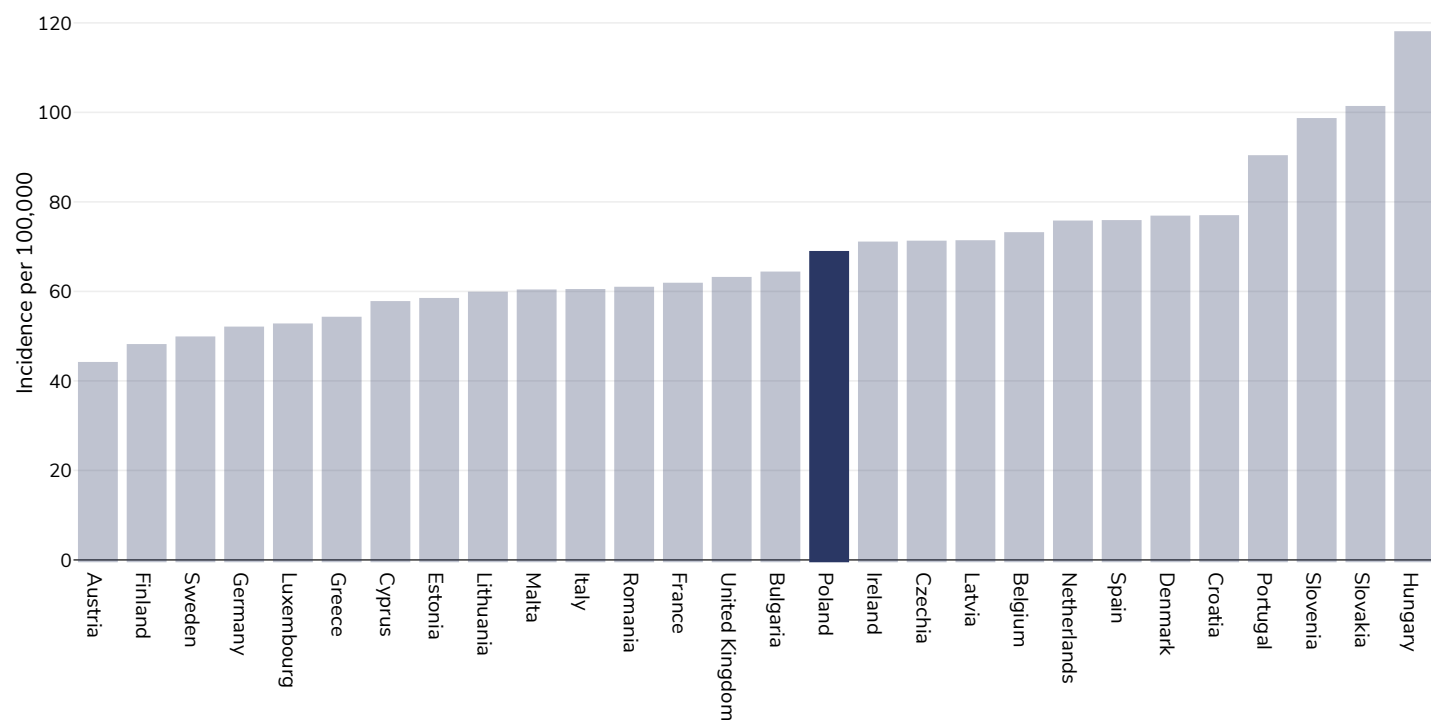
Age: 20+

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, breast, females, ages 20+. ASR (World) per 100,000

Colorectal cancer

Men, 2018

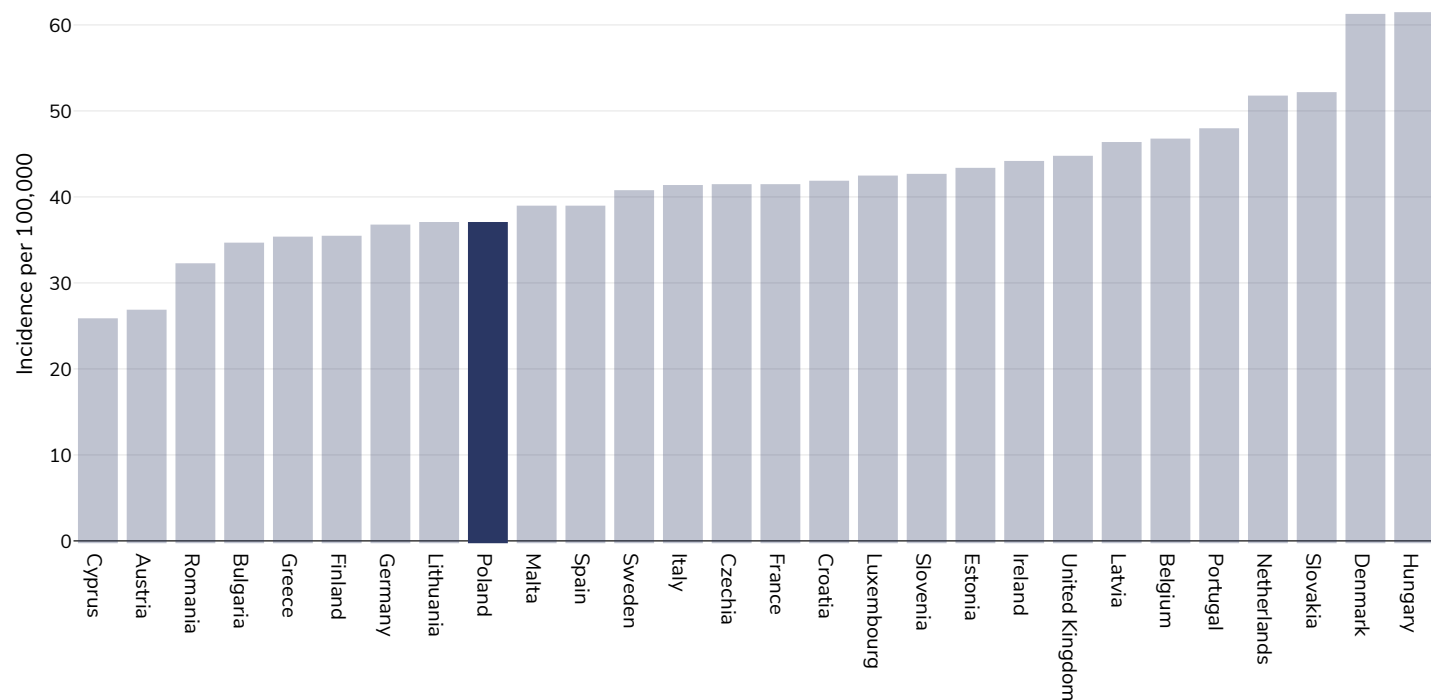


Age: 20+

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, colorectum, adults, ages 20+. ASR (World) per 100,000

Women, 2018



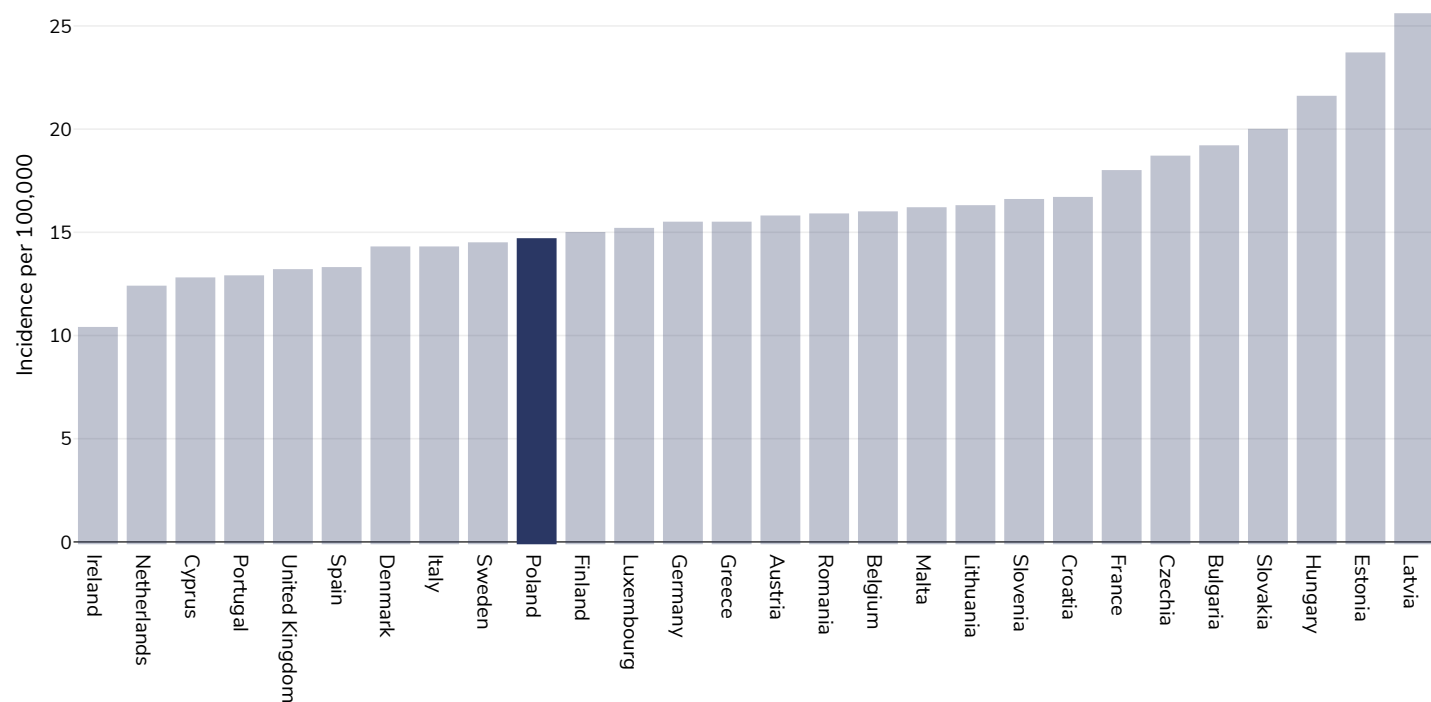
Age: 20+

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, colorectum, adults, ages 20+. ASR (World) per 100,000

Pancreatic cancer

Men, 2018

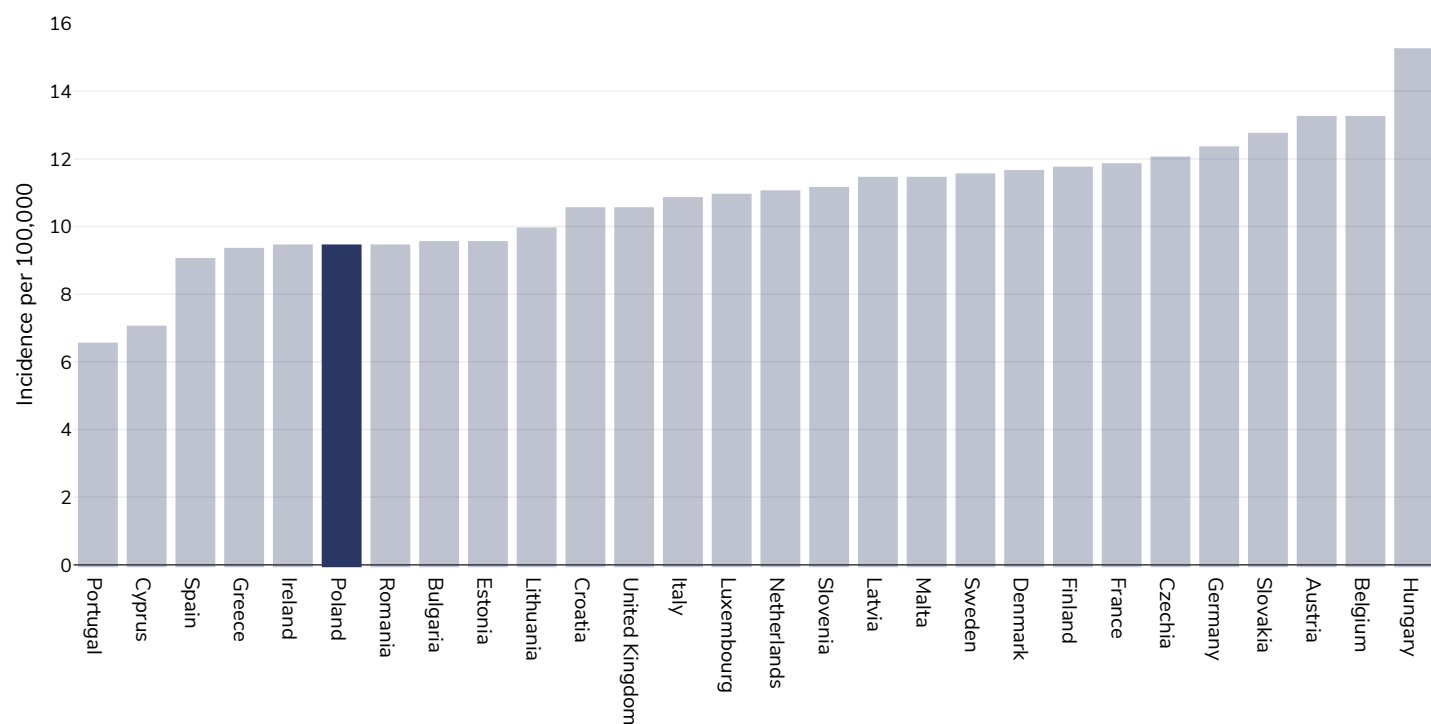


Age: 20+

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



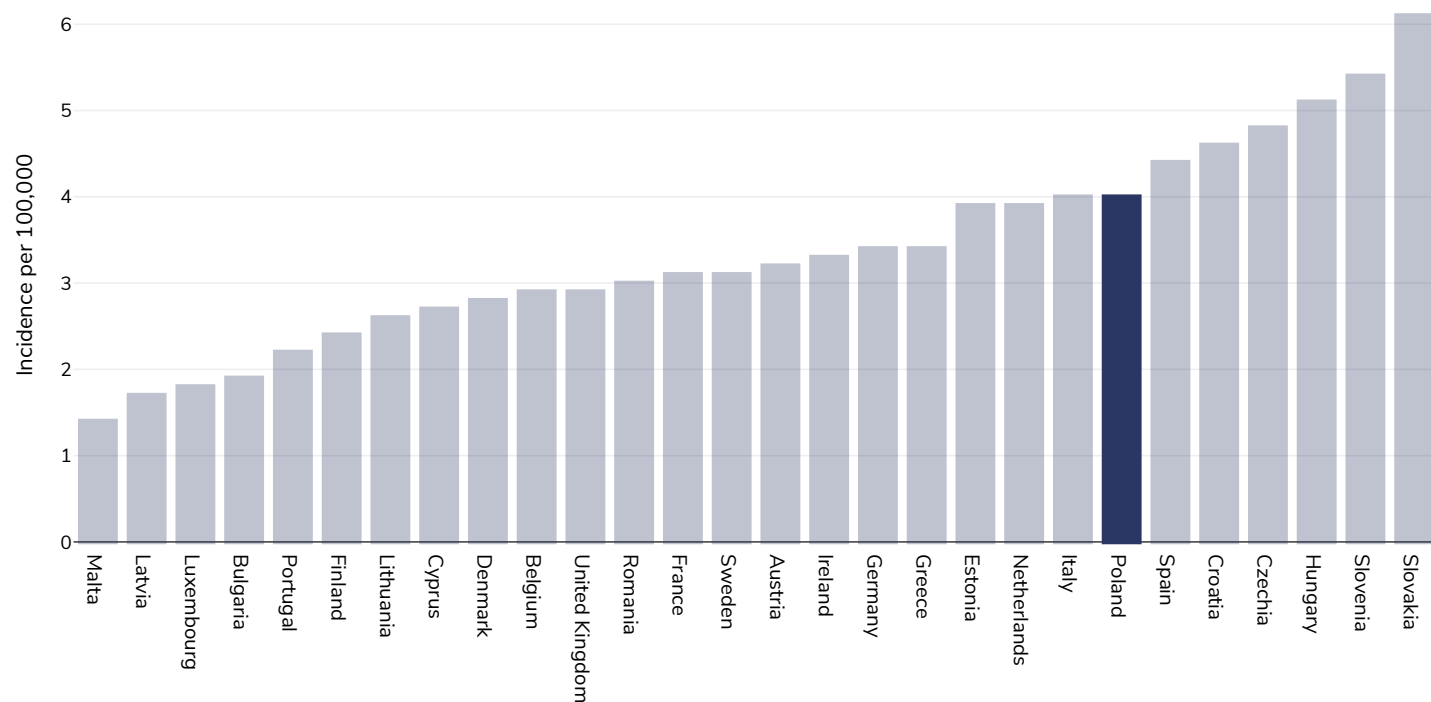
Age: 20+

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

Gallbladder cancer

Men, 2018

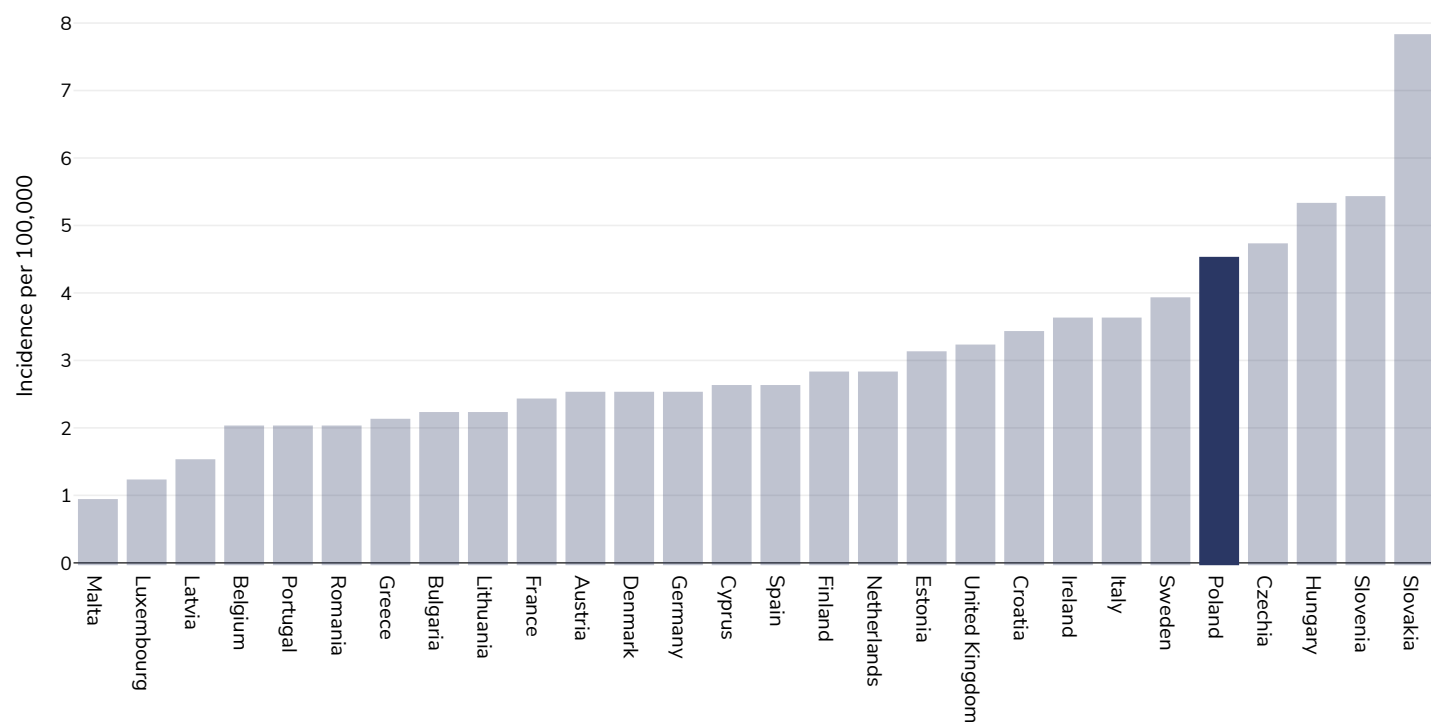


Age: 20+

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, gallbladder, adults, ages 20+. ASR (World) per 100,000

Women, 2018



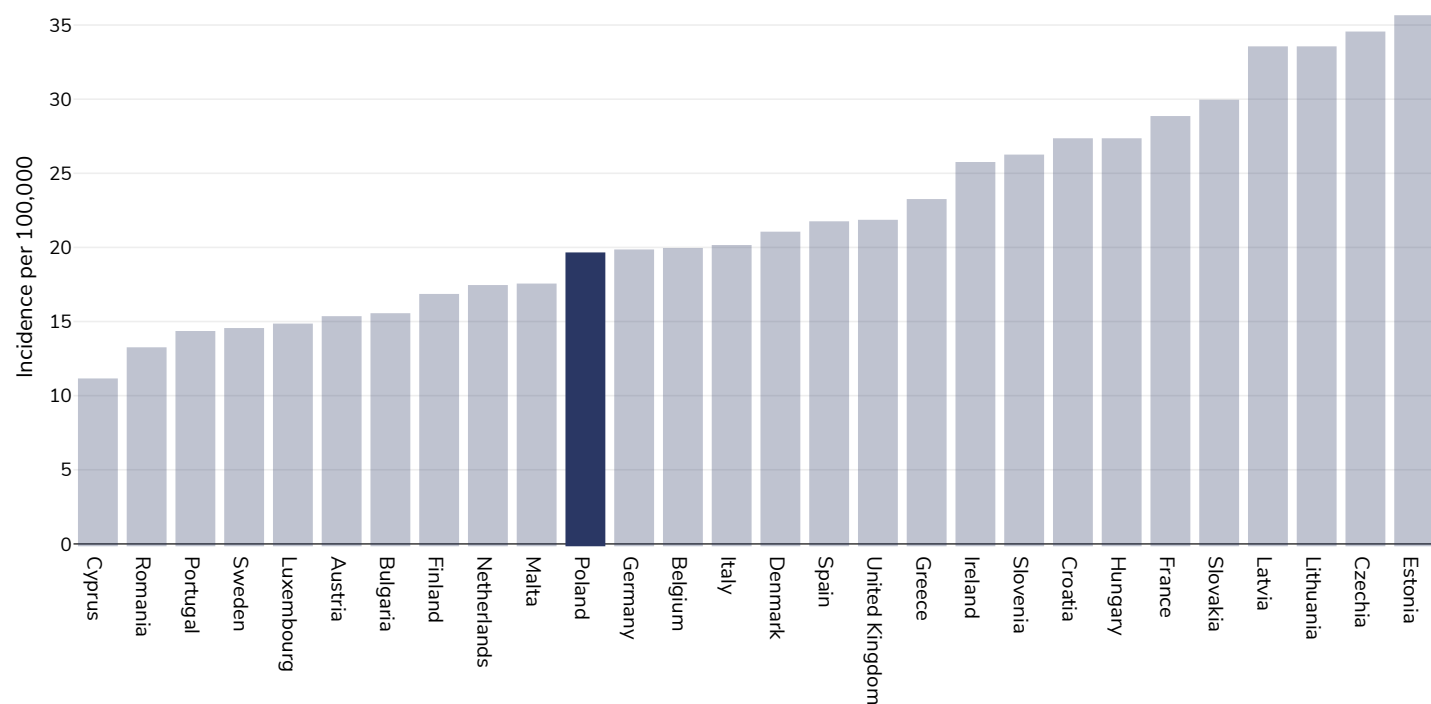
Age: 20+

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, gallbladder, adults, ages 20+. ASR (World) per 100,000

Kidney cancer

Men, 2018

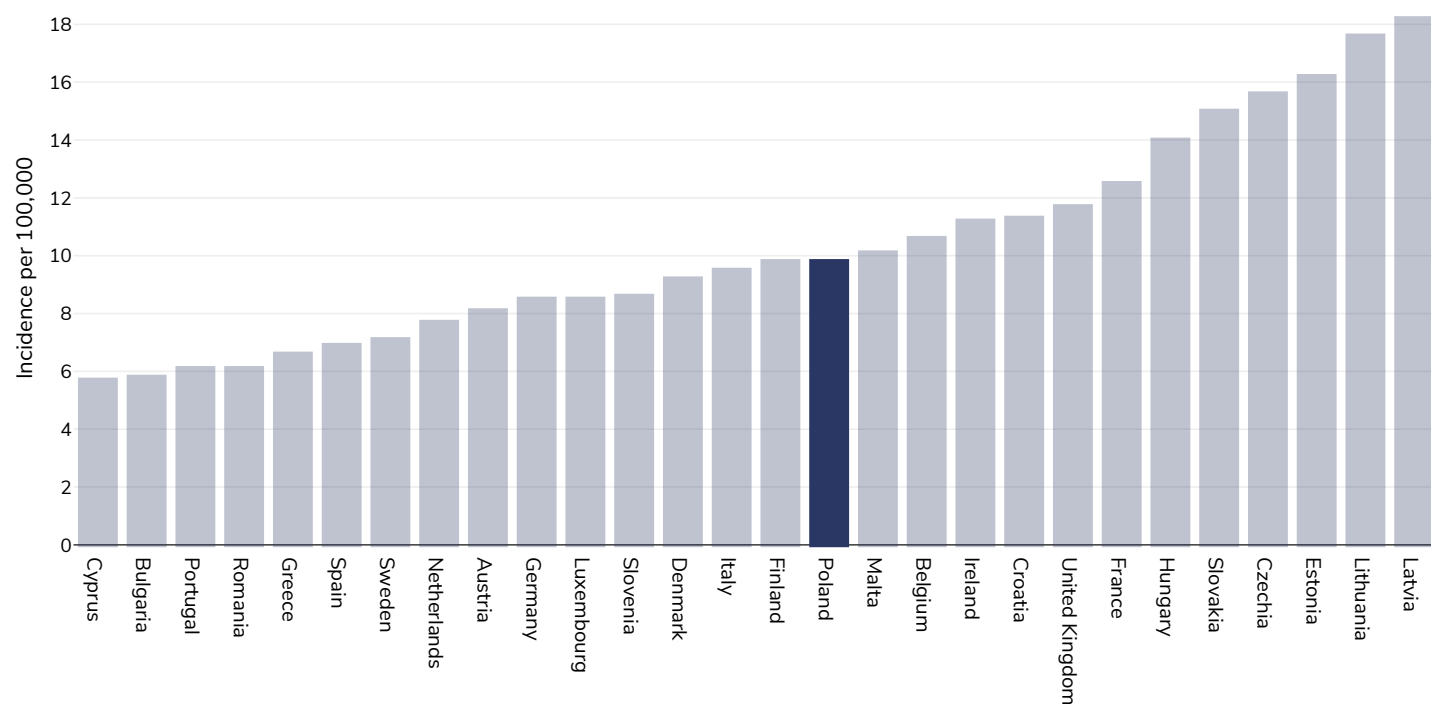


Age: 20+

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, kidney, adults, ages 20+. ASR (World) per 100,000

Women, 2018



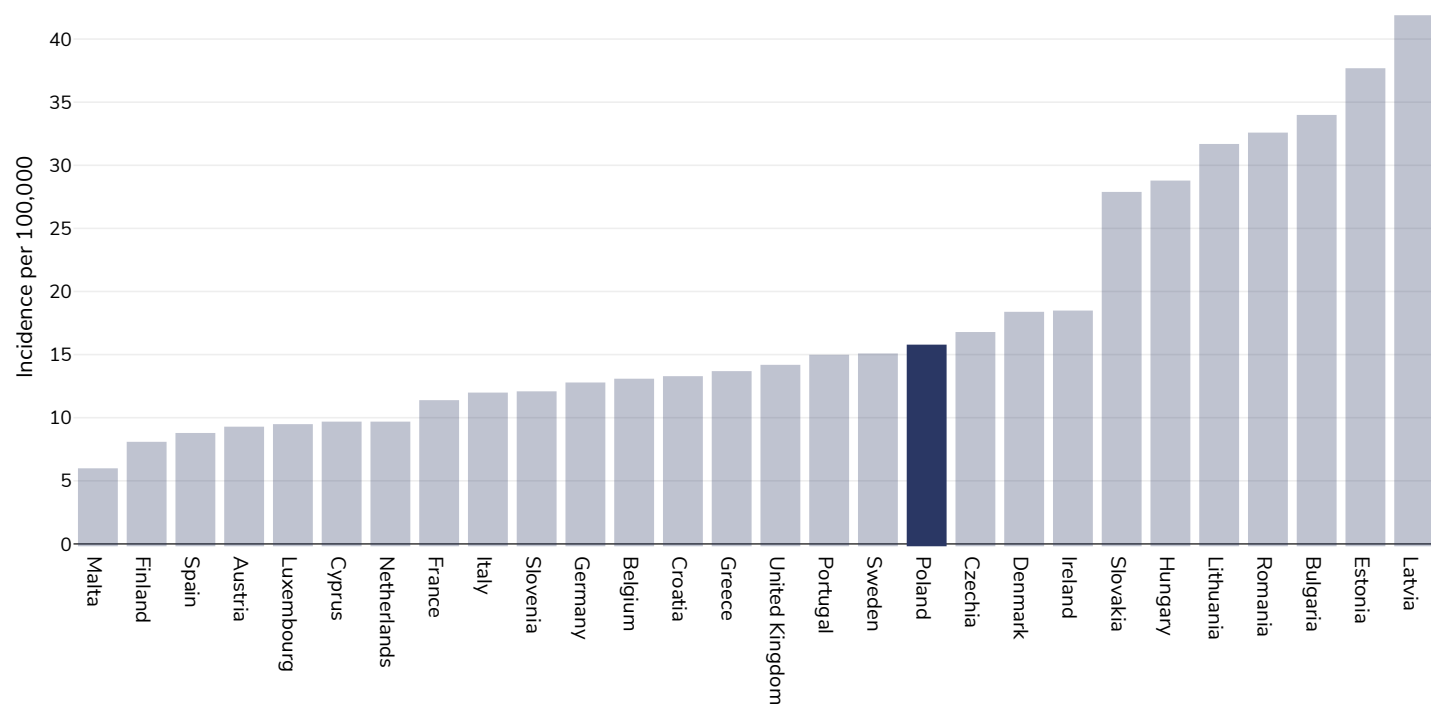
Age: 20+

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, kidney, adults, ages 20+. ASR (World) per 100,000

Cancer of the uterus

Women, 2018



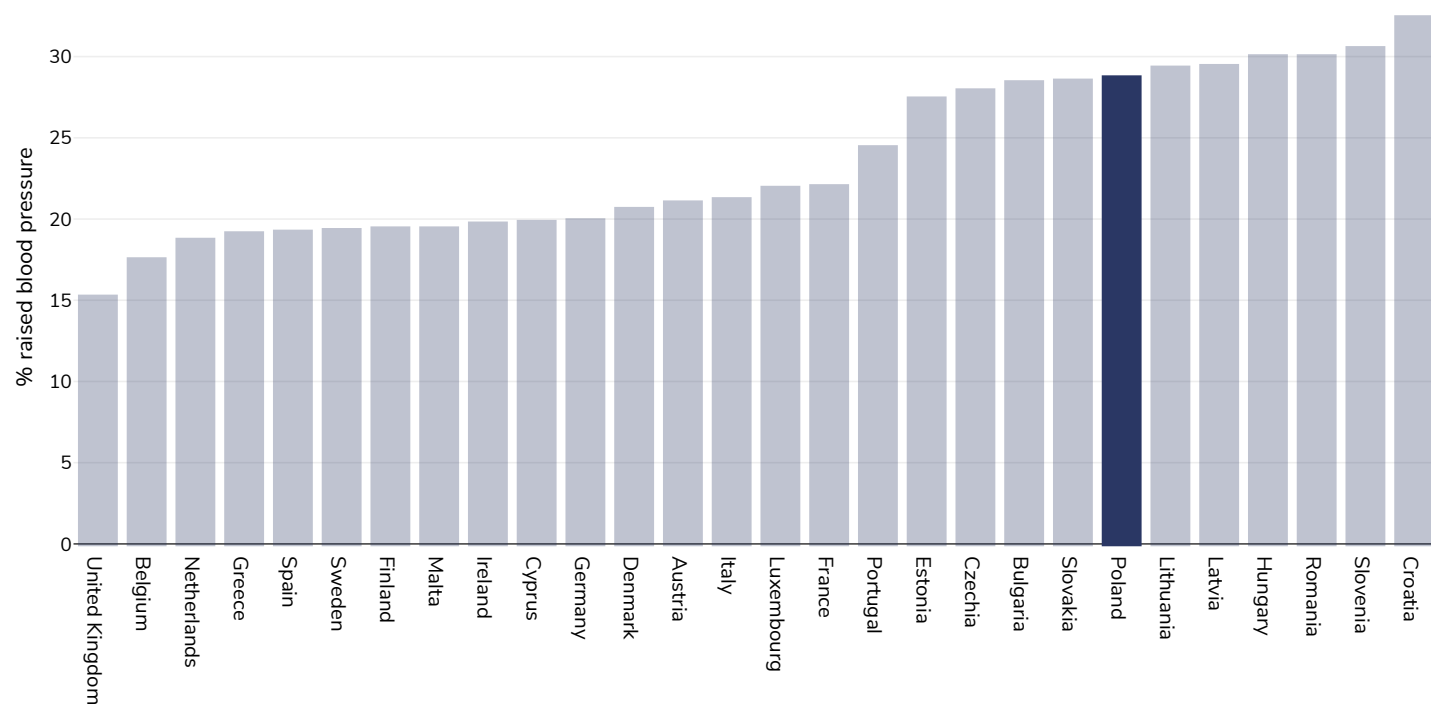
Age: 20+

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, cervix uteri, females, ages 20+. ASR (World) per 100,000

Raised blood pressure

Adults, 2015



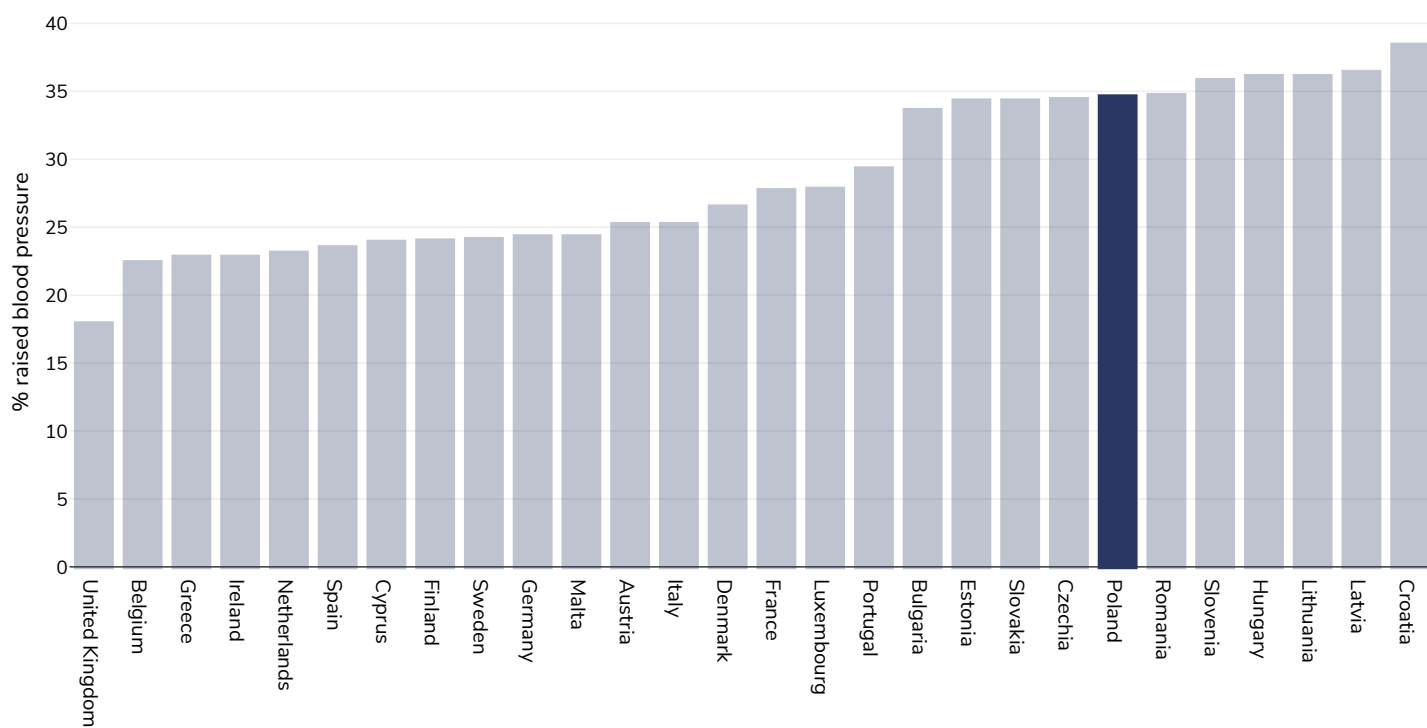
References:

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

Definitions:

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

Men, 2015



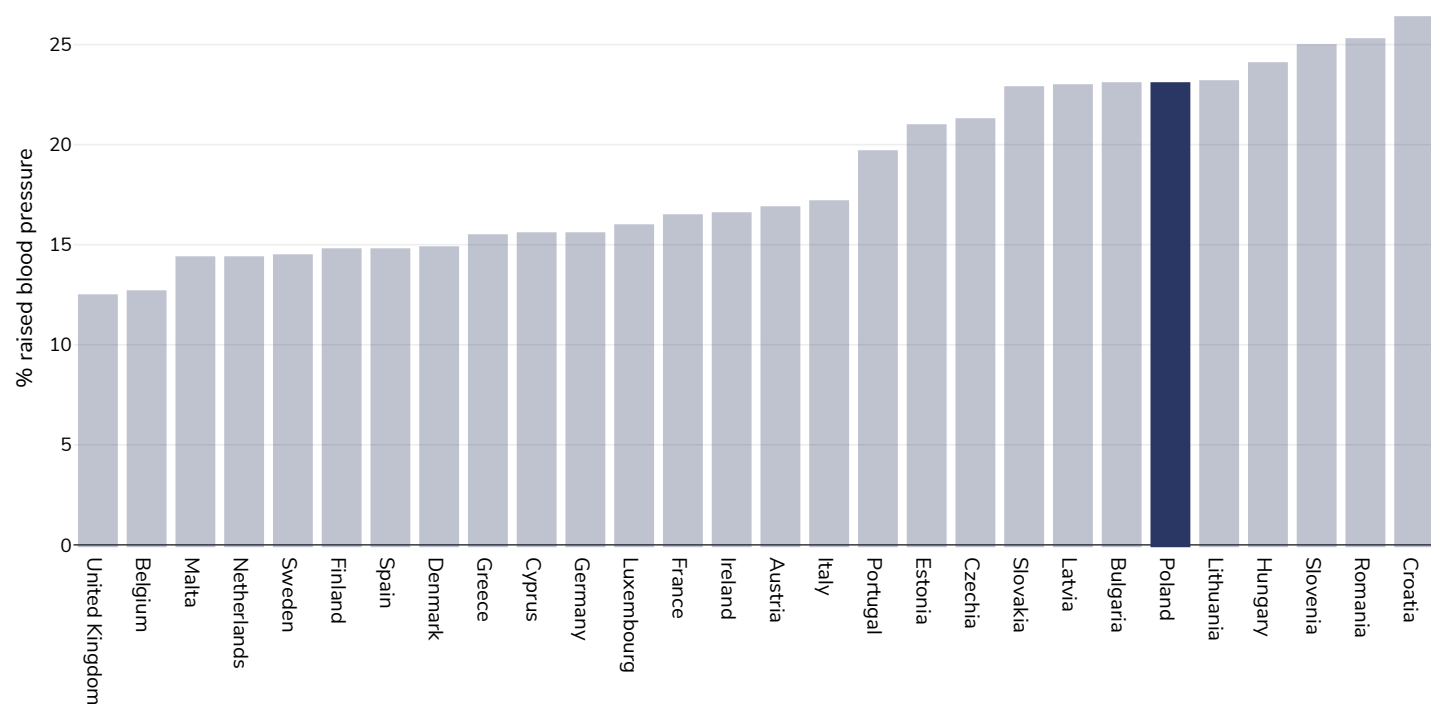
References:

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

Definitions:

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

Women, 2015



References:

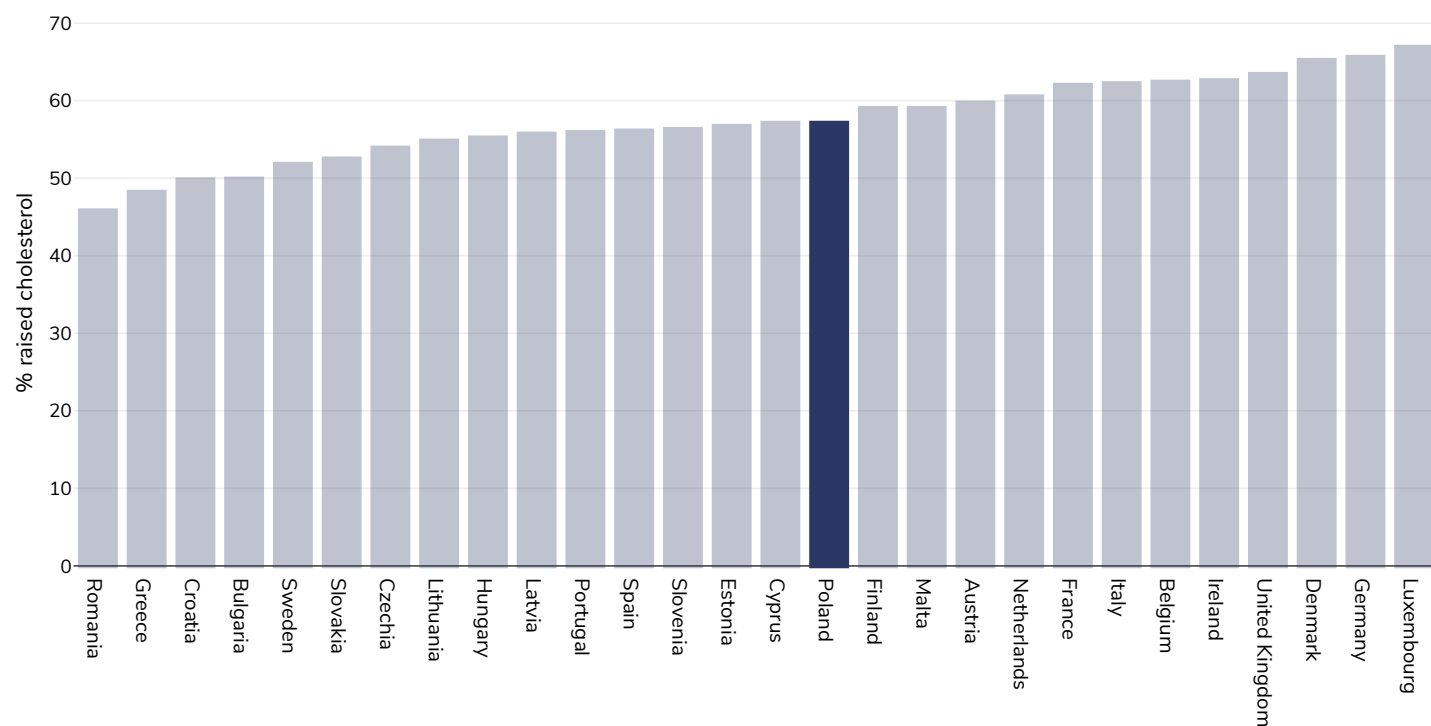
Global Health Observatory data repository, World Health Organisation,
<http://apps.who.int/gho/data/node.main.A875?lang=en>

Definitions:

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

Raised cholesterol

Adults, 2008



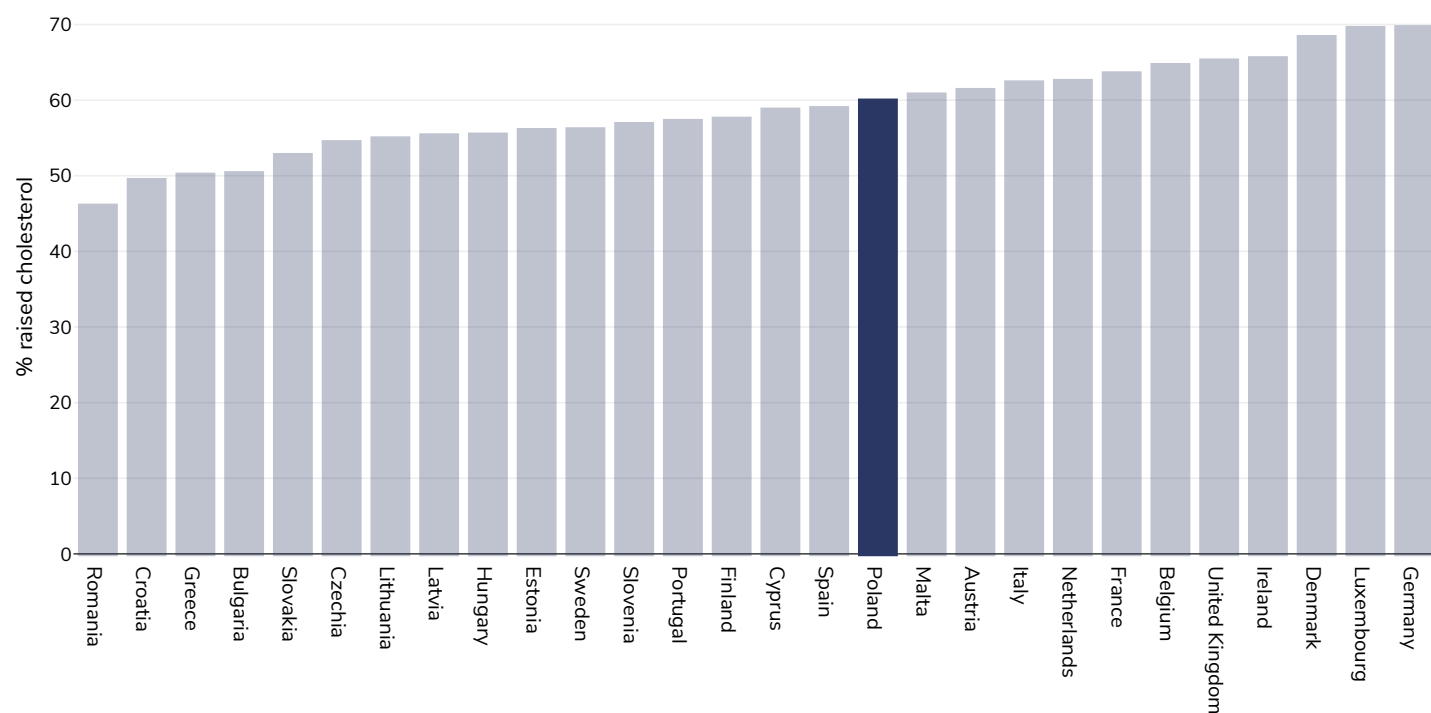
References:

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

Definitions:

% Raised total cholesterol (≥ 5.0 mmol/L) (age-standardized estimate).

Men, 2008



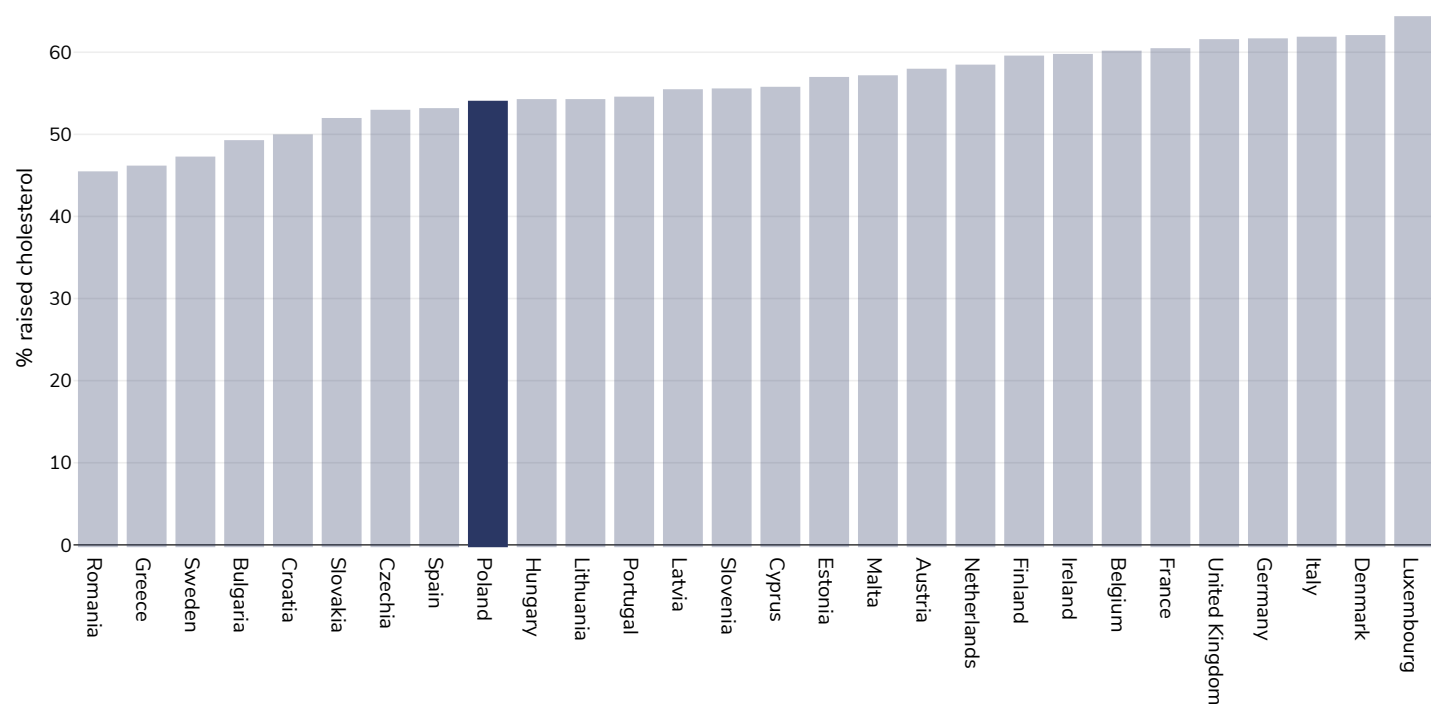
References:

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

Definitions:

% Raised total cholesterol (≥ 5.0 mmol/L) (age-standardized estimate).

Women, 2008



References:

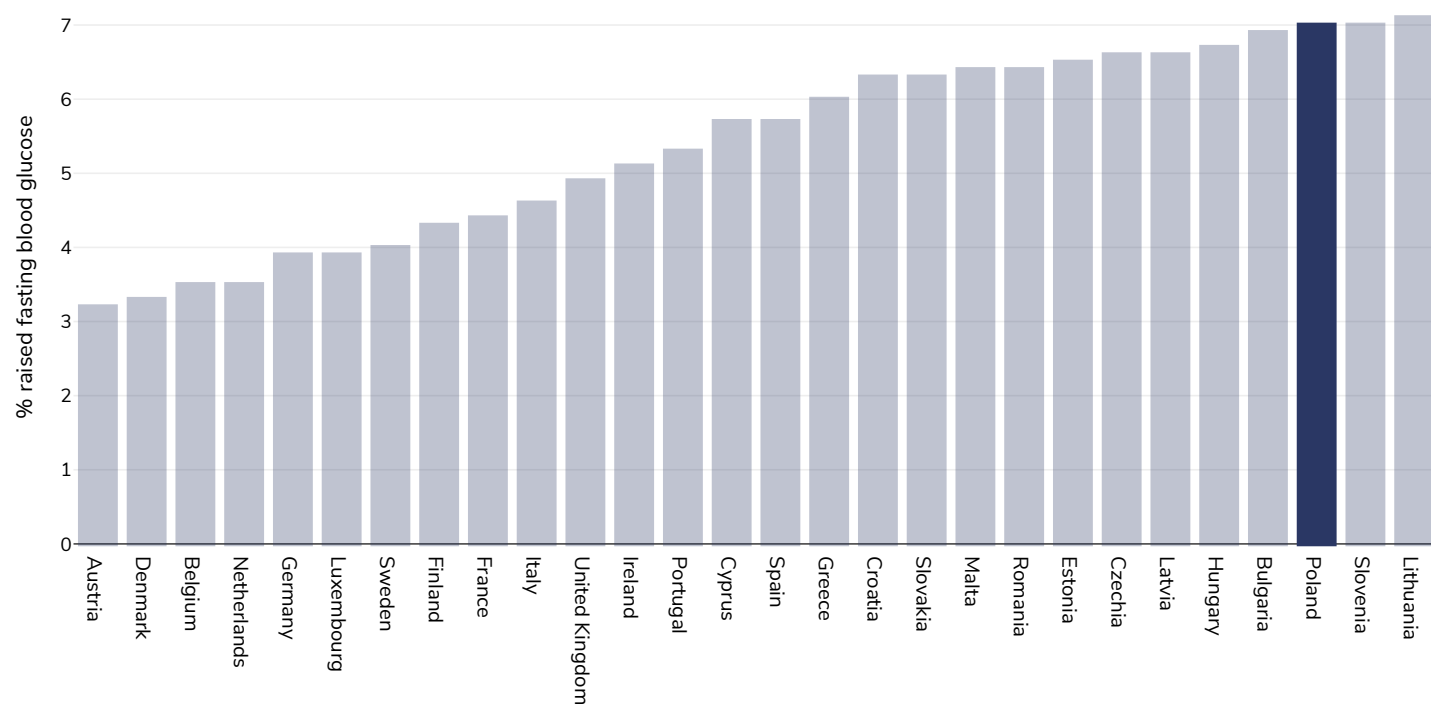
Global Health Observatory data repository, World Health Organisation,
<http://apps.who.int/gho/data/node.main.A885>

Definitions:

% Raised total cholesterol (≥ 5.0 mmol/L) (age-standardized estimate).

Raised fasting blood glucose

Men, 2014



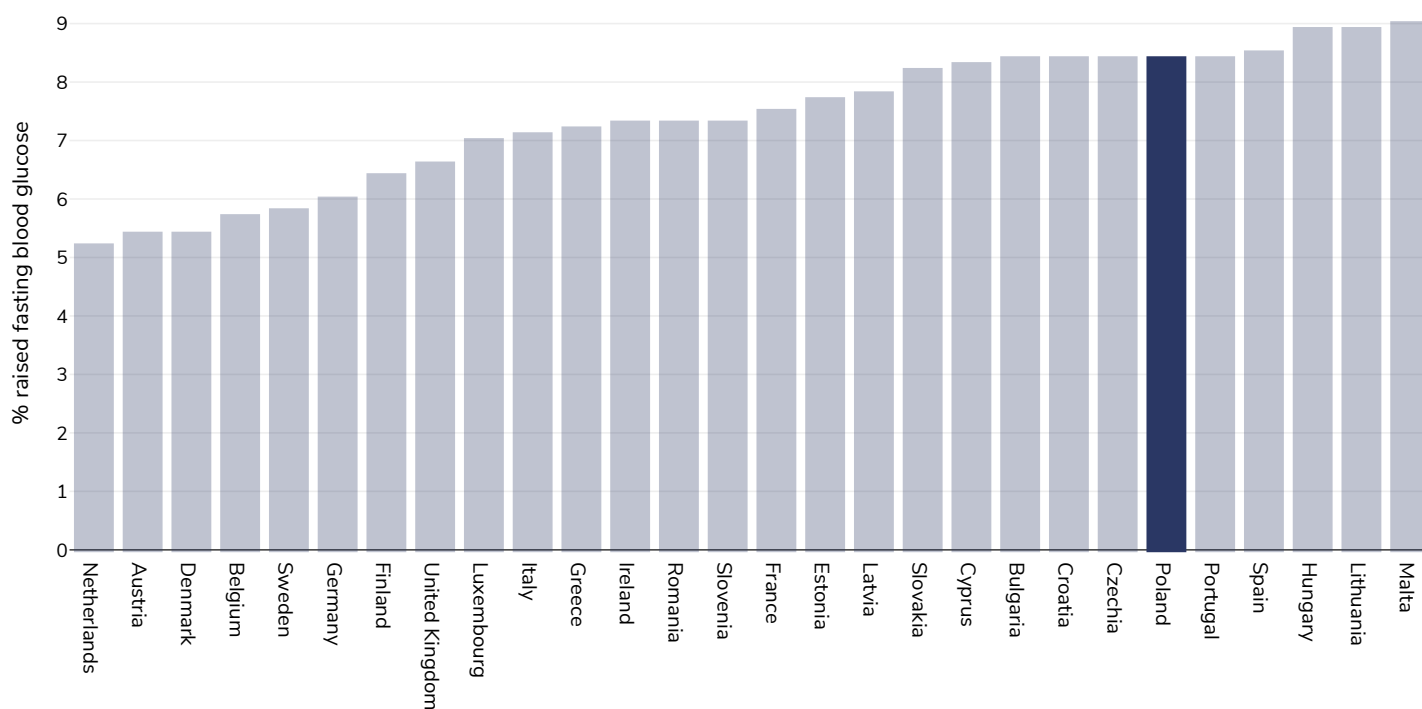
References:

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).

Women, 2014



References:

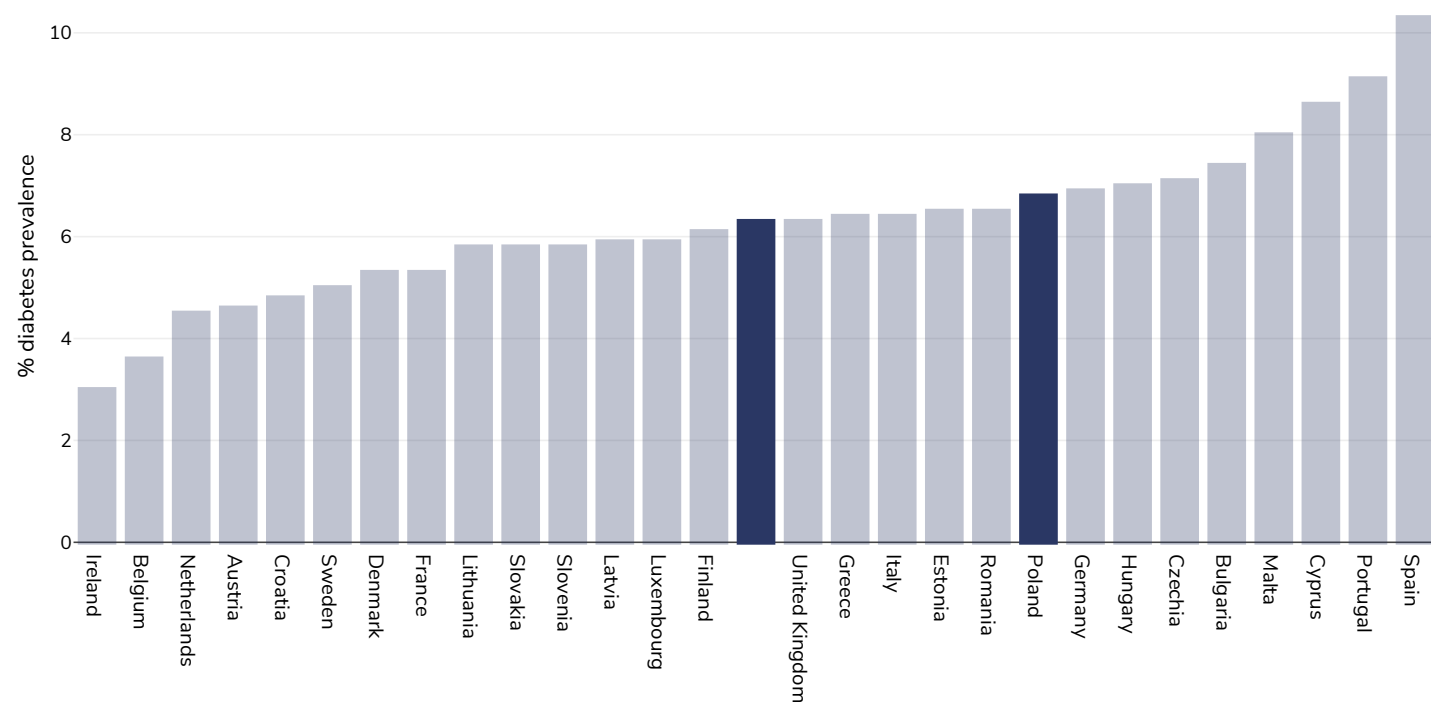
Global Health Observatory data repository, World Health Organisation,
<http://apps.who.int/gho/data/node.main.A869?lang=en>

Definitions:

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

Diabetes prevalence

Adults, 2021



Age: 20-79

Area covered: National

References: Reproduced with kind permission International Diabetes Federation. IDF Diabetes Atlas, 10th edn. Brussels, Belgium:International Diabetes Federation, 2021. <http://www.diabetesatlas.org>

Definitions: Age-adjusted comparative prevalence of diabetes, %

Contextual factors

Disclaimer: These contextual factors should be interpreted with care. Results are updated as regularly as possible and use very specific criteria. The criteria used and full definitions are available for download at the bottom of this page.



Labelling

Is there mandatory nutrition labelling?	✓
Front-of-package labelling?	✗
Back-of-pack nutrition declaration?	✓
Color coding?	✗
Warning label?	✗



Regulation and marketing

Are there fiscal policies on unhealthy products?	✓
Tax on unhealthy foods?	✗
Tax on unhealthy drinks?	✓
Are there fiscal policies on healthy products?	✗
Subsidy on fruits?	✗
Subsidy on vegetables?	✗
Subsidy on other healthy products?	✗
Mandatory limit or ban of trans fat (all settings)?	✓
Mandatory limit of trans fats in place (all settings)?	✓
Ban on trans-fats or phos in place (all settings)?	✗
Are there any mandatory policies/marketing restrictions on the promotion of unhealthy food/drinks to children?	✓
Mandatory restriction on broadcast media?	✓
Mandatory restriction on non-broadcast media?	✗
Voluntary policies/marketing restrictions on the promotion of unhealthy food/drinks to children?	✗
Are there mandatory standards for food in schools?	✓
Are there any mandatory nutrient limits in any manufactured food products?	✗
Nutrition standards for public sector procurement?	✗



Political will and support

National obesity strategy or nutrition and physical activity national strategy?	✓
National obesity strategy?	✗
National childhood obesity strategy?	✗
Comprehensive nutrition strategy?	✓
Comprehensive physical activity strategy?	✓
Evidence-based dietary guidelines and/or RDAs?	✓
National target(s) on reducing obesity?	✗
Guidelines/policy on obesity treatment?	✗
Promotion of breastfeeding?	✓



Monitoring and surveillance

Monitoring of the prevalence and incidence for the main obesity-related NCDs and risk factors?	✓
Within 5 years?	✓



Governance and resource

Multi-sectoral national co-ordination mechanism for obesity or nutrition (including obesity)?	✗
---	---

Key

Present
 Present (voluntary)
 Incoming
 Absent
 Unknown