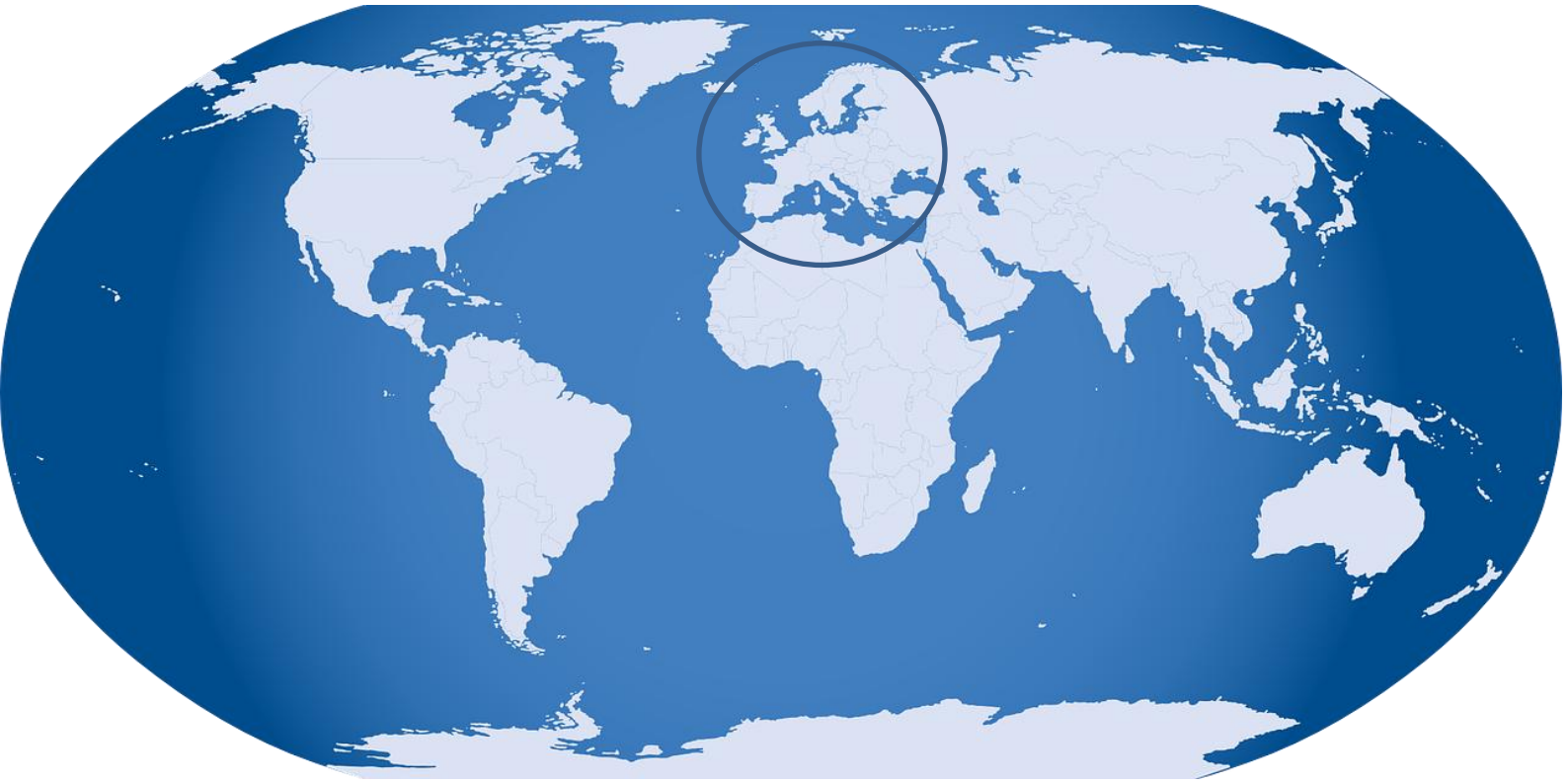
Obesity Atlas for the European Union: 2017



Rachel Jackson-Leach
Fiona Montague
Tim Lobstein

WORLD OBESITY

Obesity Atlas for the European Union: 2017

by
Rachel Jackson-Leach, Fiona Montague and Tim Lobstein

Data compiled September 2016.
This Atlas has been compiled from publicly available information and the sources are given after each section. The authors have endeavoured to report this data accurately but cannot be held responsible for the quality of the original material, nor be held liable for any consequences arising from errors or omissions.

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Contents

This Atlas contains an overview of the EU and 28 Member States' records, and estimates for obesity prevalence projected to 2025.

The EU and country records include available data on obesity prevalence (with differentiation by socio-economic status), data on the prevalence of comorbidities of obesity, data about drivers of obesity, along with relevant policy documents and examples of interventions.

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Abbreviations

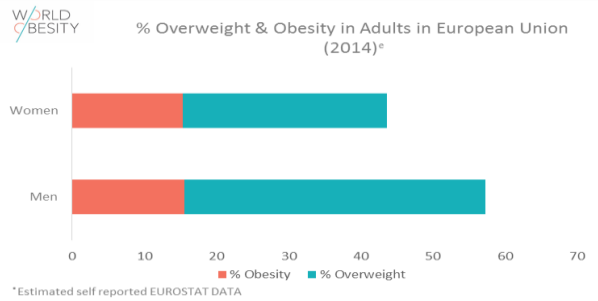
BMI = Body Mass Index
BP = Blood pressure
EC = European Commission
EU = European Union
NOPA = Nutrition, obesity and physical activity (WHO database)
OB = Obese including severely obese (BMI > 30kg/m2)
OB35 = Severely obese (BMI > 35kg/m2)
OW = Overweight including obese (BMI > 25kg/m2)
WHO = World Health Organization
yrs = years (of age)

European Union

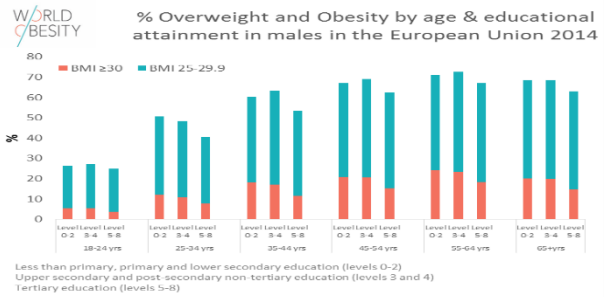
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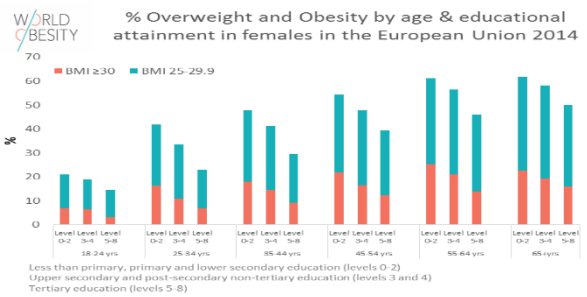
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GINI INDEX:

General Overweight & Obesity Prevalence (%)

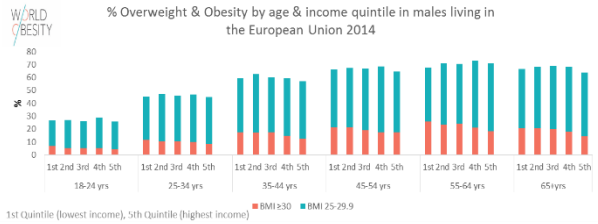


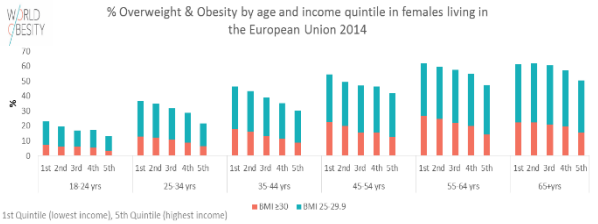
By Age & Education





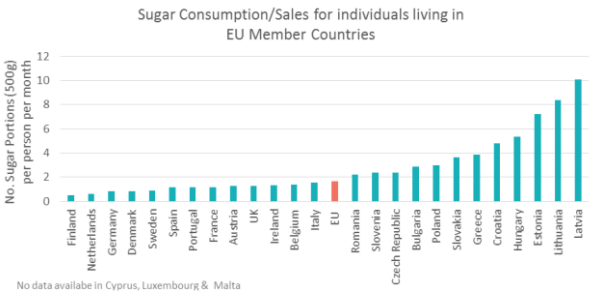
By Age & Income



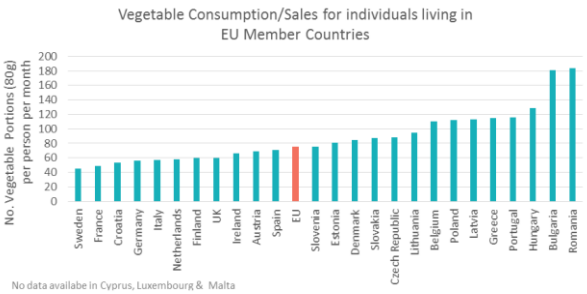


Drivers*

Sugar

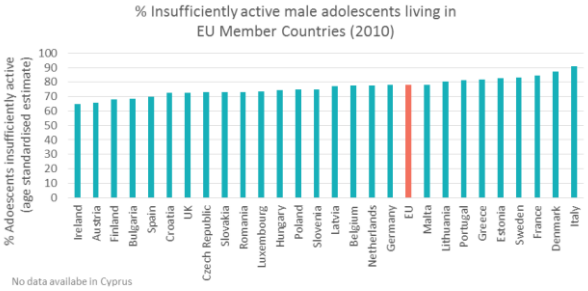


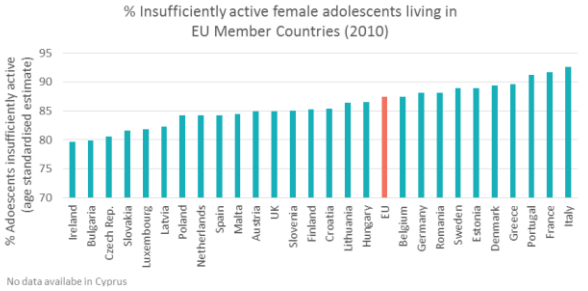
Vegetables

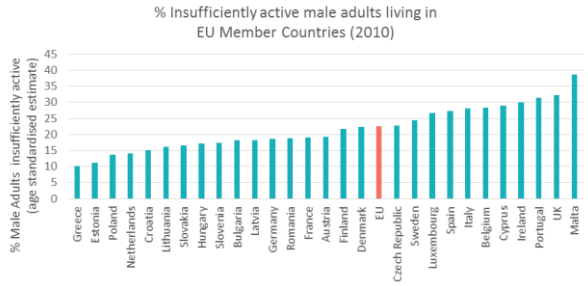


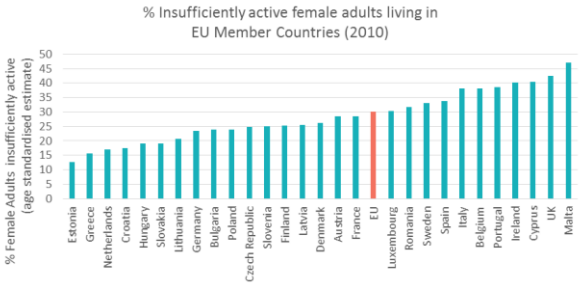
European Union

Insufficient Activity

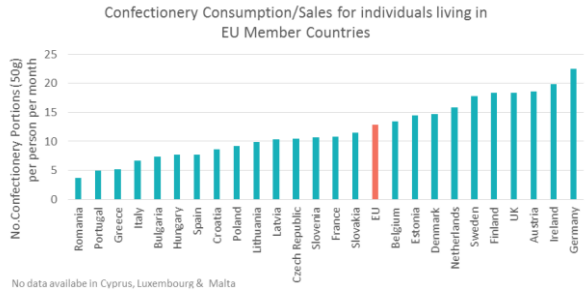




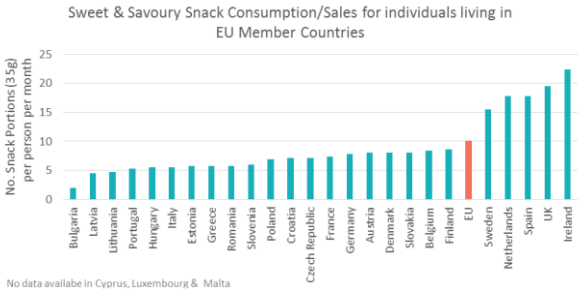




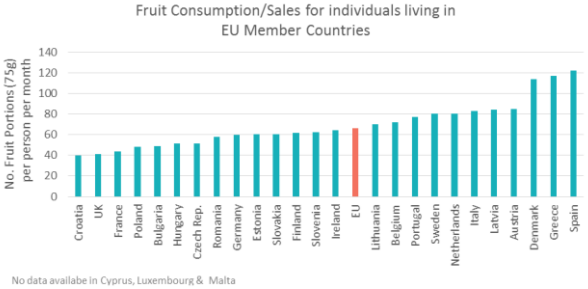
Confectionery



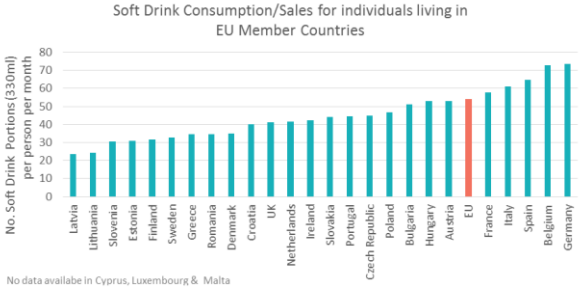
Sweet & Savoury Snacks



Fruit



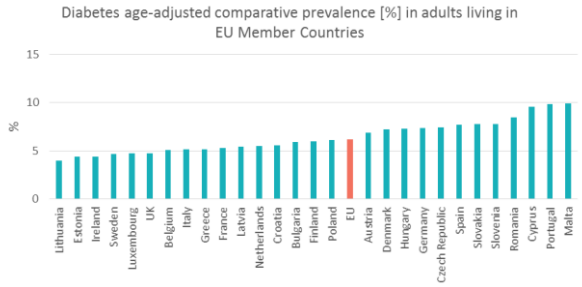
Soft Drinks



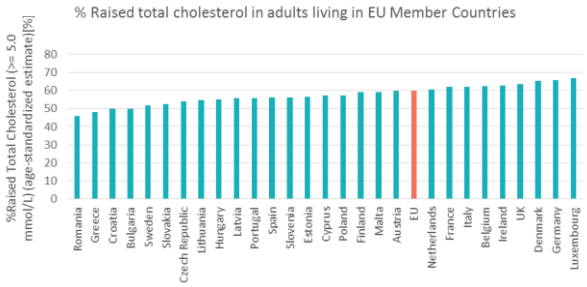
European Union

Impact*

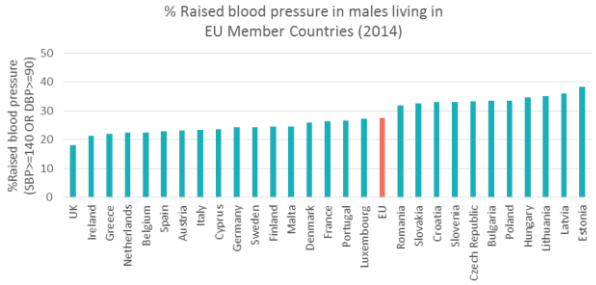
Diabetes (Type I & II)

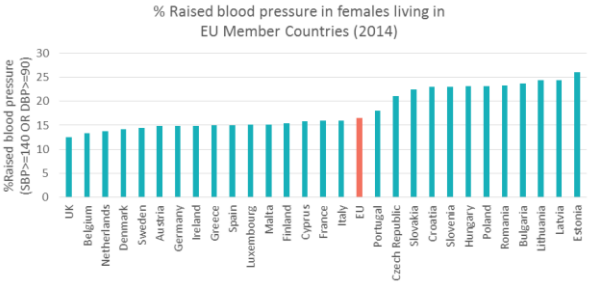


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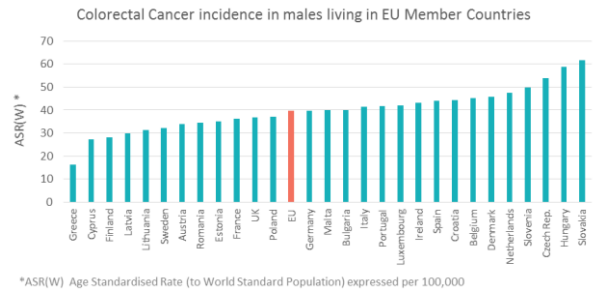


Raised Blood Pressure

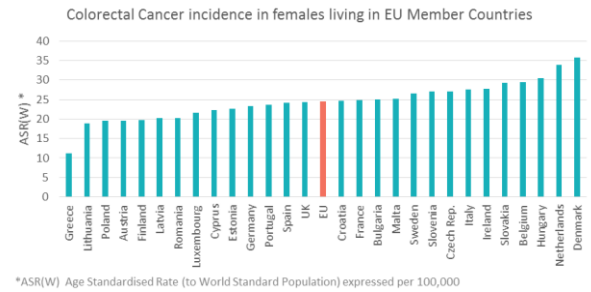




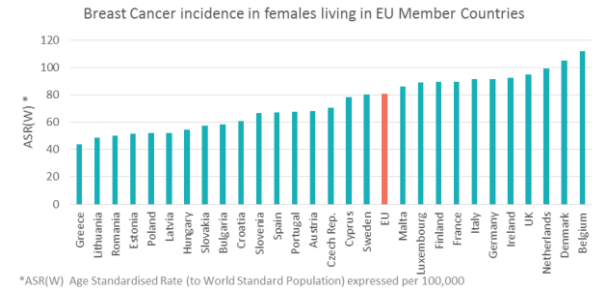
Cancers



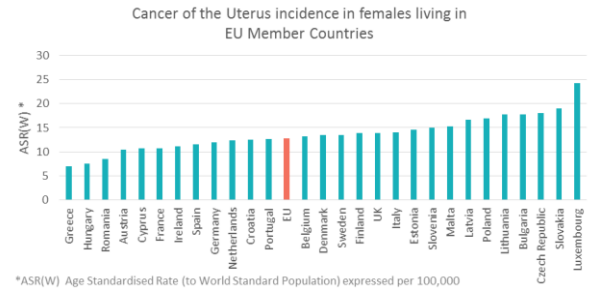
*ASR(W) Age Standardised Rate (to World Standard Population) expressed per 100,000



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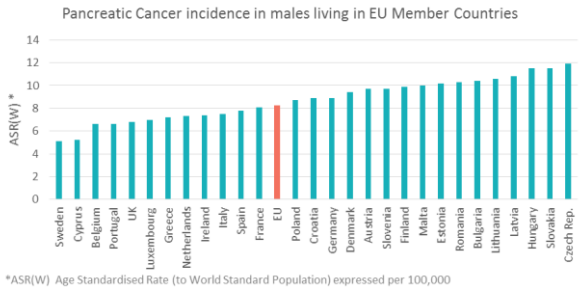
*ASR(W) Age Standardised Rate (to World Standard Population) expressed per 100,000

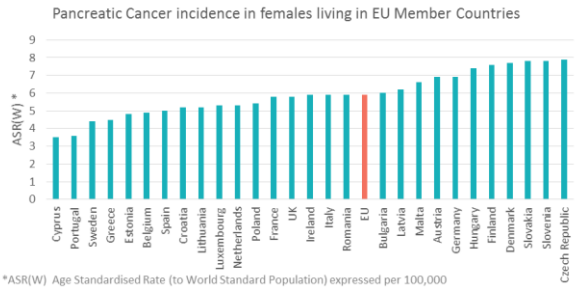


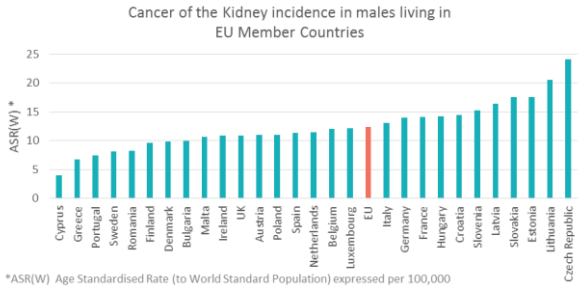
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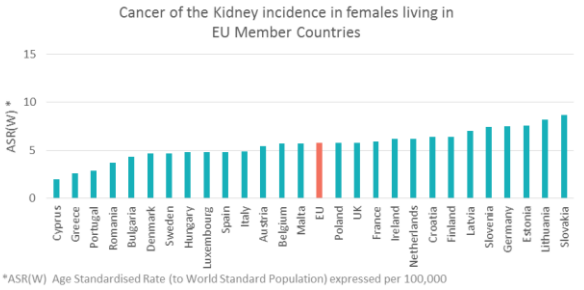
European Union

Cancers Cont.









*Drivers & Impact EU figure estimated from a simple weighted average by population

Policies & Interventions

WHO European Action Network on reducing marketing pressure on children	Currently 28 countries participating in the WHO European Action Network on reducing marketing pressure on children, all of which have a joint interest in finding ways to reduce the marketing pressure of high salt, energy-dense, micronutrient-poor foods and beverages towards children
Physical activity strategy for the WHO European Region 2016-2025	The strategy focuses on physical activity as a leading factor in health and well-being in the European Region, with particular attention to the burden of non-communicable diseases associated with insufficient activity levels and sedentary behaviour. It aims to cover all forms of physical activity throughout the life-course.
The European Food and Nutrition Action Plan 2015-2020	The aim on this action plan is to significantly reduce the burden of preventable diet-related non-communicable diseases, obesity and all other forms of malnutrition that are still prevalent in the WHO European Region.
European charter on counteracting obesity	To address the growing challenge posed by the epidemic of obesity to health, economies and development, the Ministers and delegates attending the WHO European Ministerial Conference on Counteracting Obesity (Istanbul, Turkey, 15–17 November 2006) adopted the European Charter on Counteracting Obesity. The process of developing the Charter involved different government sectors, international organizations, experts, civil society and the private sector through dialogue and consultations
Regulation (EU) No 1169/2011	The new EU Regulation 1169/2011 on the provision of food information to consumers considerably changes existing legislation on food labelling.
Action Plan for implementation of the European Strategy for the Prevention and Control of Noncommunicable Diseases 2012–2016	It identifies priority action areas and interventions for countries to focus on over the next five years (2012–2016), as they implement the European Strategy for the Prevention and Control of Non-communicable Diseases.

Data compiled November 2016.

Produced with the support of an operational grant under the European Commission's Third Health Programme. The European Commission is not responsible for any use that may be made of the material arising

Sources

Overweight & Obesity %	EUROSTAT http://ec.europa.eu/eurostat/data/database (BMI based on self-reported height & weight)
Population Estimates	UN Population Estimates, United Nations, http://esa.un.org/unpd/wpp/
Diabetes estimates 2015	Reproduced with kind permission of IDF, Diabetes Estimates 2015, IDF, http://www.diabetesatlas.org/resources/2015-atlas.html
Worldwide GINI Index	Worldwide GINI Index, Central Intelligence Agency - World Fact Book, https://www.cia.gov/library/publications/the-world-factbook/rankorder/2172rank.html (last accessed 19th January 2016)
Physical Inactivity estimates	Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A893?lang=en
Raised Fasting Glucose	Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A869?lang=en
Raised BP	Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A875?lang=en
Raised cholesterol	Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A885
Cancer incidence rates	Cancer incidence rates, GLOBOCAN, IARC, http://globocan.iarc.fr/Pages/online.aspx
EUROMONITOR FOOD INTAKES	Estimates calculated by World Obesity Federation based on Euro monitor food intake data. Euro monitor, http://www.euromonitor.com

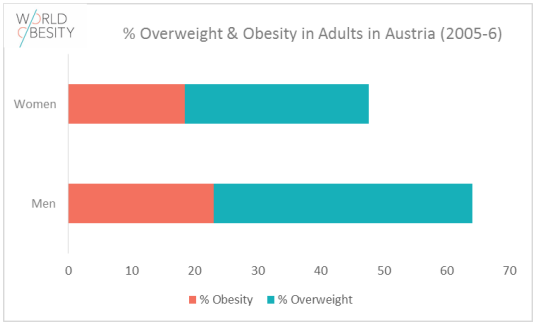


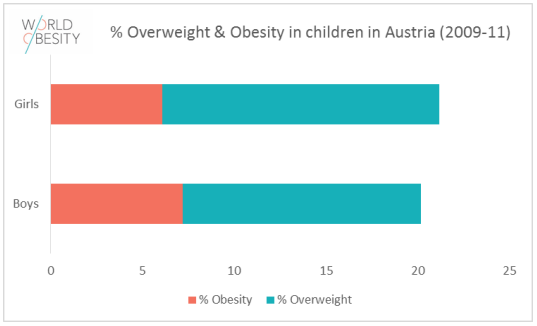
Austria

/Key Statistics

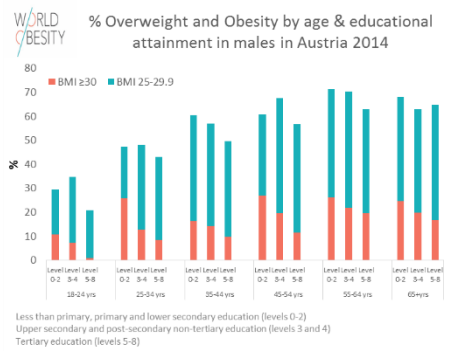
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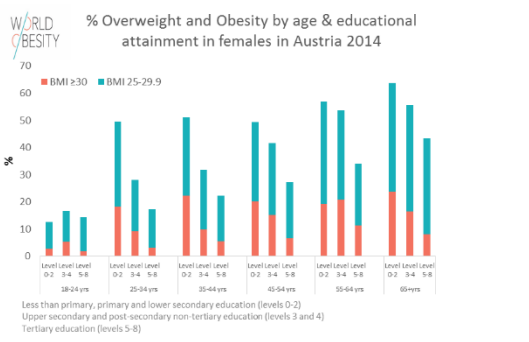
General Overweight & Obesity Prevalence (%)



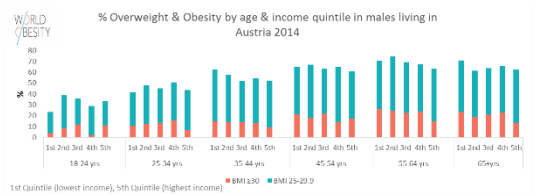


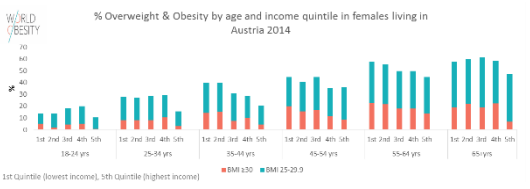
By Age & Education





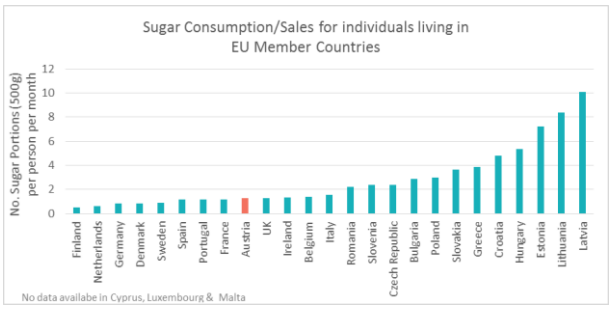
By Age & Income



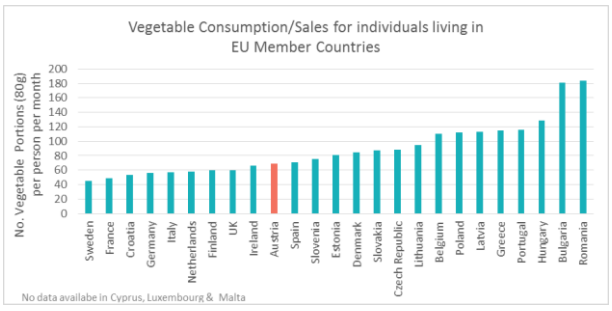


Drivers

Sugar



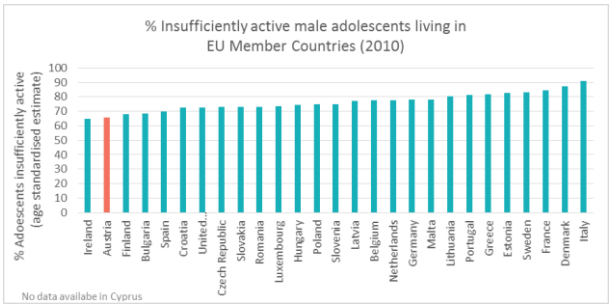
Vegetables

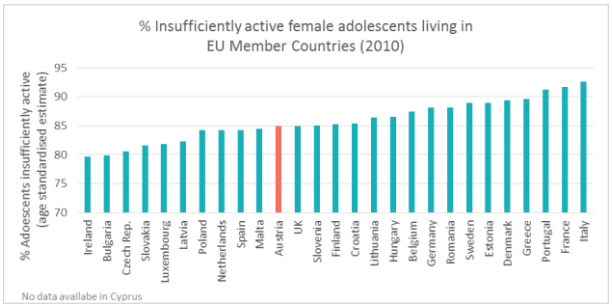


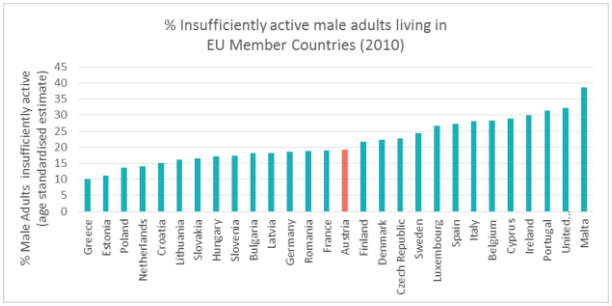


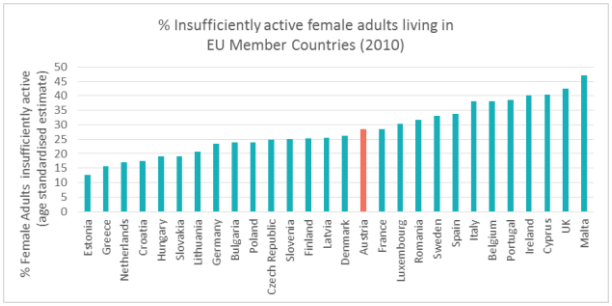
Austria

Insufficient Activity

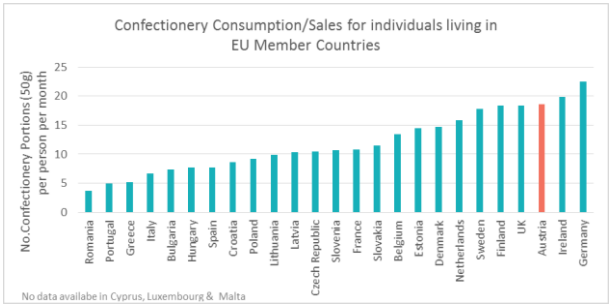




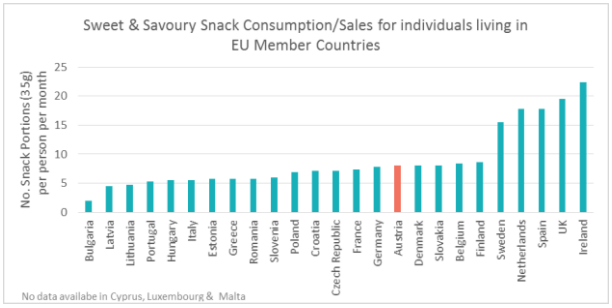




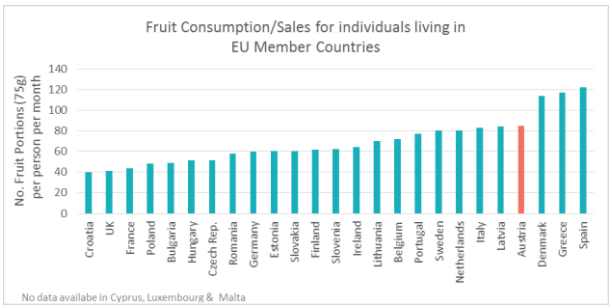
Confectionery



Sweet & Savoury Snacks



Fruit



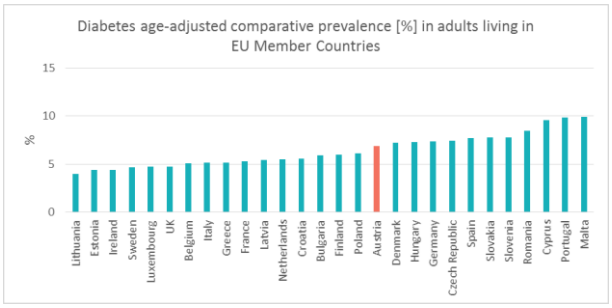
Soft Drinks



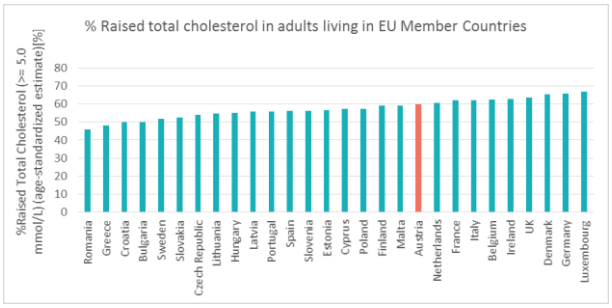
Austria

Impact

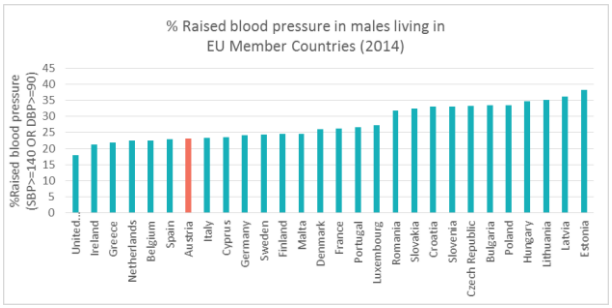
Diabetes (Type I & II)

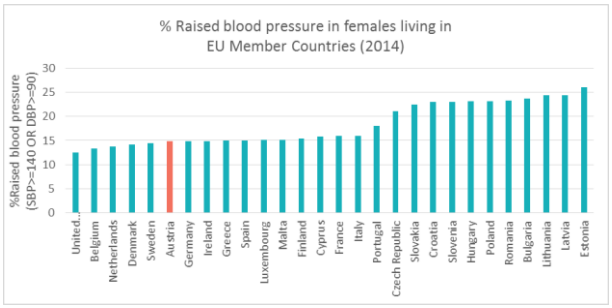


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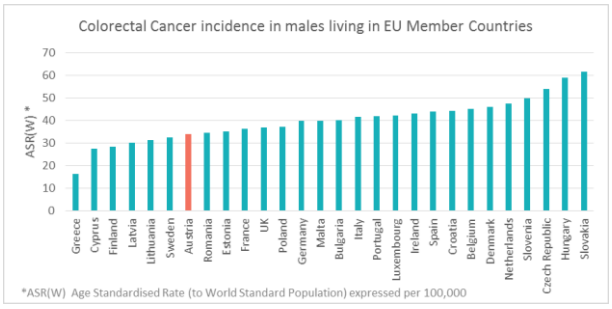


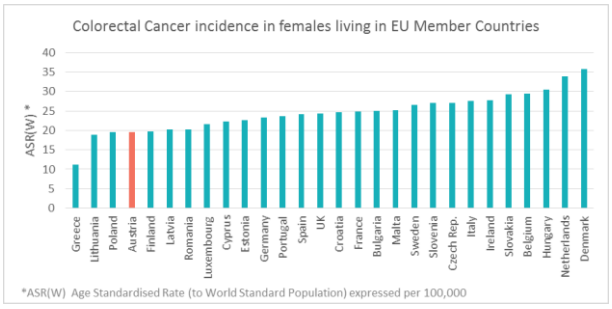
Raised Blood Pressure

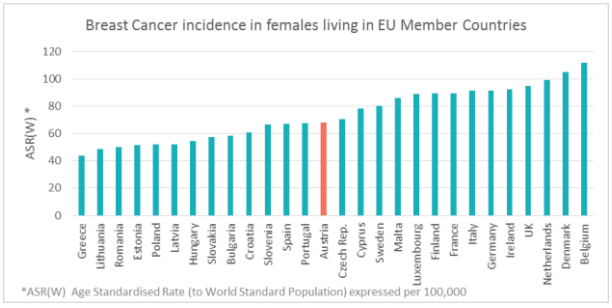


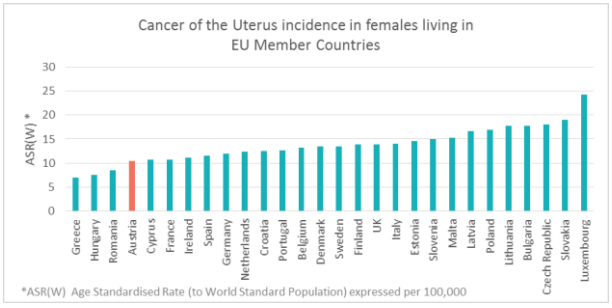


Cancers





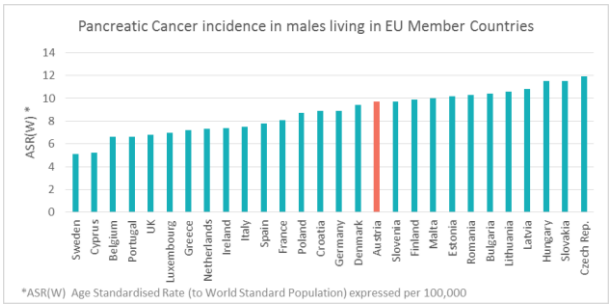


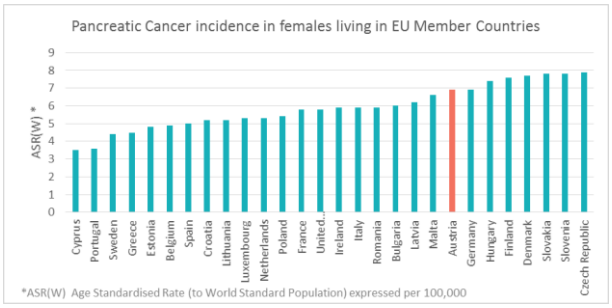


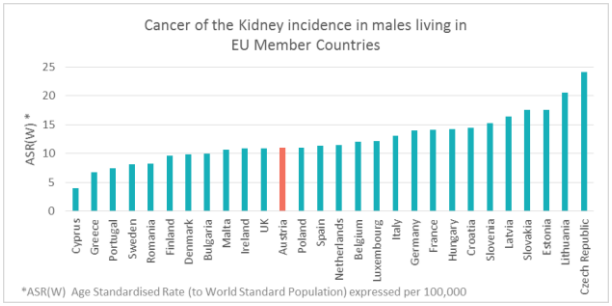


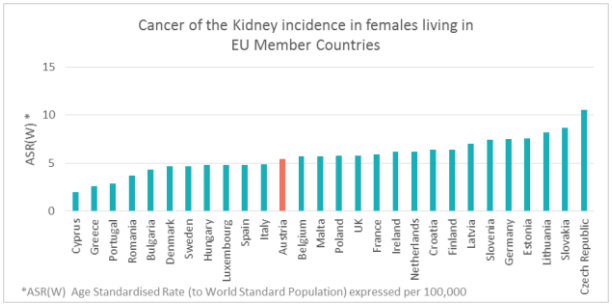
Austria

Cancers Cont.









Policies & Interventions

National Action Plan on Nutrition	Aims to improve nutrition behaviour of the population on a national level by designing policies and introducing mass media campaigns.
Pharmacy in Motion	Aims to improve moderate PA levels in low SES Viennese elderly people by organising activities at low fees in cooperation with pharmacies.
Slim without dieting	Aims to change nutrition habits in adults without letting them follow a strict diet, but by modifying lifestyle components.
Code on marketing food and non-alcoholic beverages to children	Code on marketing to children
WHO European Action Network on reducing marketing pressure on children	Currently 28 countries participating in the WHO European Action Network on reducing marketing pressure on children, all of which have a joint interest in finding ways to reduce the marketing pressure of high salt, energy-dense, micronutrient-poor foods and beverages towards children
iSch (innerer Schweinehund)	The campaign aims to promote self-responsibility in terms of health and quality of life. The emphasis is on nutrition, physical activity, stress reduction, accident avoidance and medical prevention.
Physical activity strategy for the WHO European Region 2016-2025	The strategy focuses on physical activity as a leading factor in health and well-being in the European Region, with particular attention to the burden of non-communicable diseases associated with insufficient activity levels and sedentary behaviour. It aims to cover all forms of physical activity throughout the life-course.
The Austrian Food Pyramid – 7 Steps to Health	The Austrian food pyramid promotes the benefits of healthy eating. This simple graphic provides easy and practical ideas on how to implement a balanced diet every day.
Masterplan cycling: strategy for the promotion of cycling traffic in Austria (Masterplan Radfahren: Strategie zur Foerderung des Radverkehrs in Oesterreich)	Issued in 2006 by the Ministry of Agriculture, Forestry, Environment and Water (which includes the Transport Department), this plan contains goals for cycling promotion and outlines 17 measures for implementation. It describes the baseline situation and provides an estimate of the broader impacts on health and environment that could be expected from the implementation of the policy.
Austrian strategy for sustainable development (Die österreichische Strategie zur Nachhaltigen Entwicklung)	Under the field of action "living spaces in Austria", the strategy refers to shaping sustainable mobility, including a shift to more cycling and walking. A link is also made to increasing road safety, under the responsibility of the Federal Ministry of Transport, Innovation and Technology.
Fit for Austria Charta (Fit für Österreich-Charta)	A Charter to help promote movement and a healthy lifestyle
Fit for Austria Children's Charta (Fit für Österreich – Kinder Charta)	
The Audiovisual Media Services Act	A self-regulatory code of conduct based on national implementation of Directive 2007/65/EC (85) which has been in operation since February 2010.



Austria

Austrian Nutrition Action Plan (NAP.e)	The primary goals of the action plan is to reduce over, under and malnutrition as well as the reduction of the rising overweight and obesity rates by 2020.
Austrian Recommendations for Health-Enhancing Physical Activity	
National Action Plan on Physical Activity	
Joint Action on Nutrition and Physical Activity (JANPA)	The overall aim of the project is to contribute to halting the rise of overweight and obesity in children and adolescents by 2020.
The European Food and Nutrition Action Plan 2015-2020	The aim on this action plan is to significantly reduce the burden of preventable diet-related non-communicable diseases, obesity and all other forms of malnutrition that are still prevalent in the WHO European Region.
European charter on counteracting obesity	To address the growing challenge posed by the epidemic of obesity to health, economies and development, the Ministers and delegates attending the WHO European Ministerial Conference on Counteracting Obesity (Istanbul, Turkey, 15–17 November 2006) adopted the European Charter on Counteracting Obesity. The process of developing the Charter involved different government sectors, international organizations, experts, civil society and the private sector through dialogue and consultations
Regulation (EU) No 1169/2011	The new EU Regulation 1169/2011 on the provision of food information to consumers considerably changes existing legislation on food labelling.
Foundation Healthy Austria: Work program 2009 (Fonds Gesundes Österreich: Arbeitsprogramm 2009)	
Action Plan for implementation of the European Strategy for the Prevention and Control of Noncommunicable Diseases 2012−2016	It identifies priority action areas and interventions for countries to focus on over the next five years (2012–2016), as they implement the European Strategy for the Prevention and Control of Non-communicable Diseases.
School Buffet Check	Nationwide initiative to improve the supply at school buffets.
Guidelines for Vending Machines	Guidelines for a healthier supply in vending machines.
Exercise is Fun	Nationwide initiative to improve the physical activity of students.
Drink Smart	Nationwide initiative to improve the drinking habits of students and the supply of beverages in schools.
SIPCAN-Check Lists	Nationwide initiative to display the beverages, dairy products and sweets in Austrian supermarkets. The goal is to reduce the sugar content per 100g and to provide guidelines for schools, companies, food industry and public institutions.
Healthy Schools (Gesunde Schule)	In spring 2007, the then Federal Ministry of Health, Family and Youth, the Federal Ministry for Education, Arts and Culture and the Main Association of Austrian Social Insurance Institutions launched the joint cooperation project Healthy School. The project aimed at the sustained anchoring of health promotion in Austrian schools as a contribution to better health and well-being in the school setting.
Healthy eating from the start!	This health promotion programme aims to improve the dietary habits as well as the food environment of pregnant and breastfeeding women and children up to the age of 3 years.



Data compiled September 2016.

Produced with the support of an operational grant under the European Commission's Third Health Programme. The European Commission is not responsible for any use that may be made of the material arising

Sources

Overweight & Obesity %	Data sources available at www.worldobesity.org/resources/
Population Estimates	UN Population Estimates, United Nations, http://esa.un.org/unpd/wpp/
Diabetes estimates 2015	Reproduced with kind permission of IDF, Diabetes Estimates 2015, IDF, http://www.diabetesatlas.org/resources/2015-atlas.html
Worldwide GINI Index	Worldwide GINI Index, Central Intelligence Agency - World Fact Book, https://www.cia.gov/library/publications/the-world-factbook/rankorder/2172rank.html (last accessed 19th January 2016)
Physical Inactivity estimates	Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A893?lang=en
Raised Fasting Glucose	Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A869?lang=en
Raised BP	Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A875?lang=en
Raised cholesterol	Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A885
Cancer incidence rates	Cancer incidence rates, GLOBOCAN, IARC, http://globocan.iarc.fr/Pages/online.aspx
EUROMONITOR FOOD INTAKES	Estimates calculated by World Obesity Federation based on Euro monitor food intake data. Euro monitor, http://www.euromonitor.com

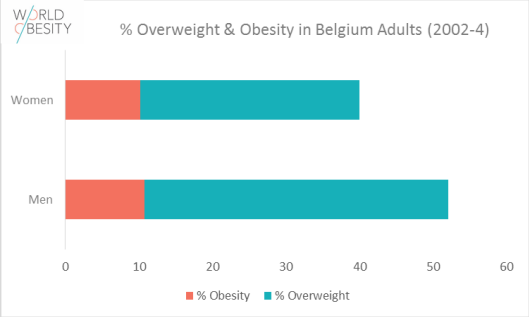


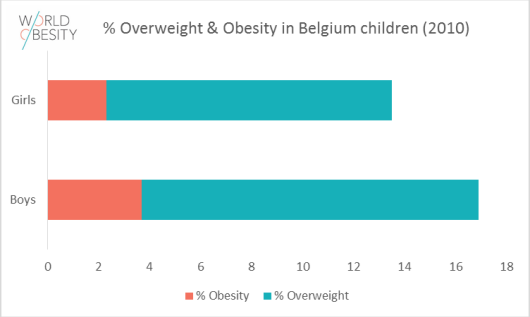
Belgium

/Key Statistics

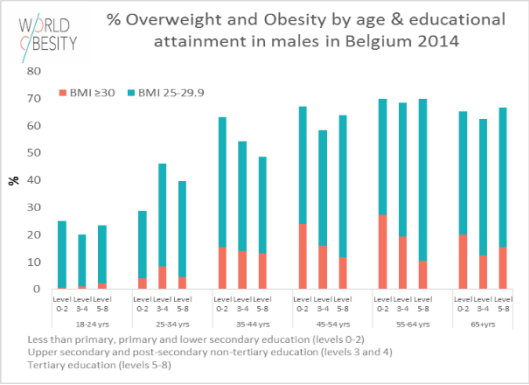
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GINI INDEX: 27.59

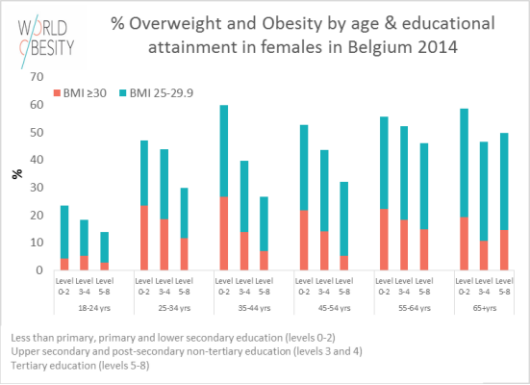
General Prevalence



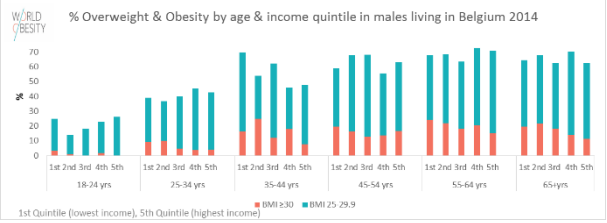


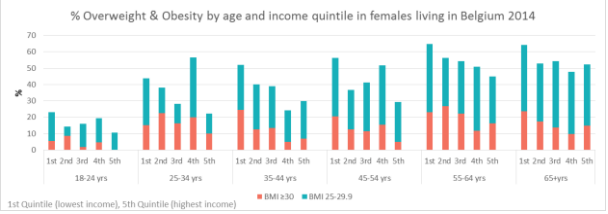
By Age & Education





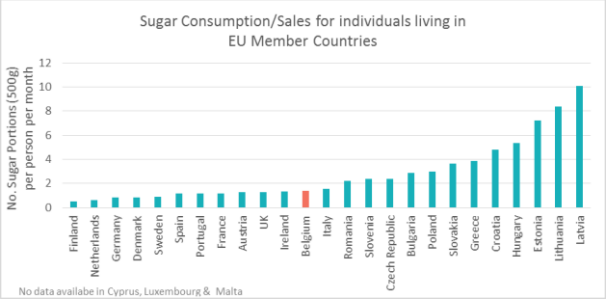
By Age & Income



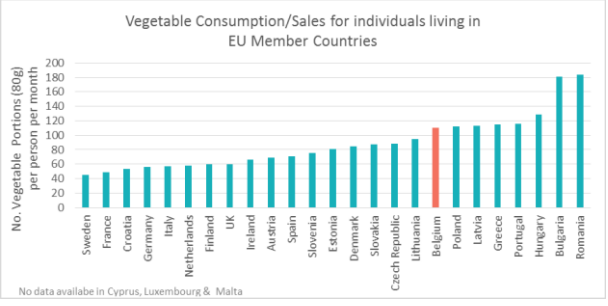


Drivers

Sugar



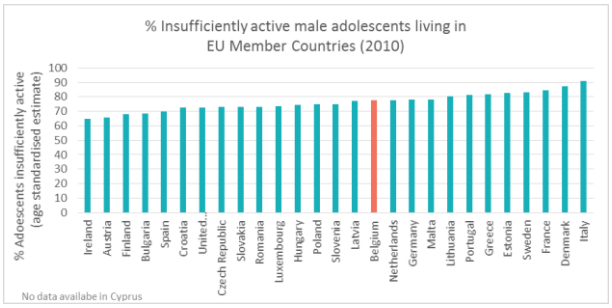
Vegetable

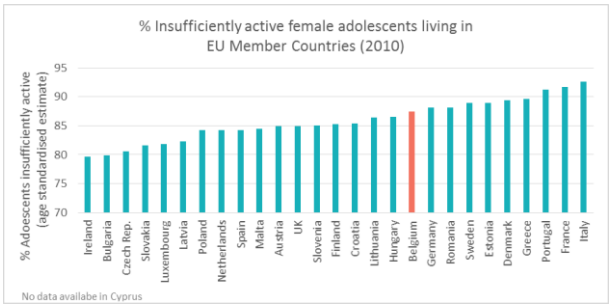


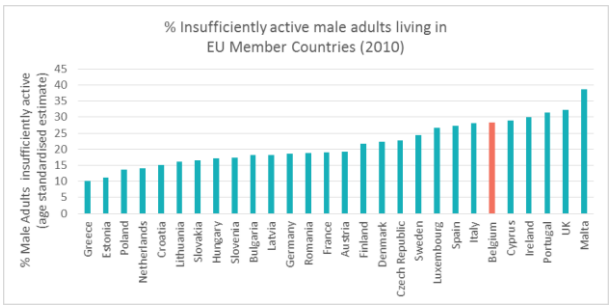


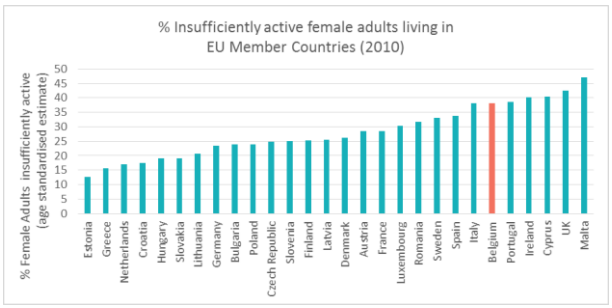
Belgium

Insufficient Activity

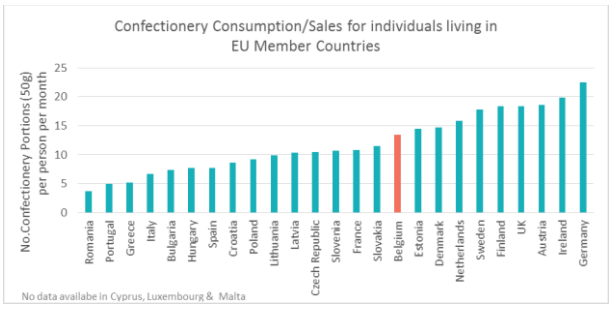




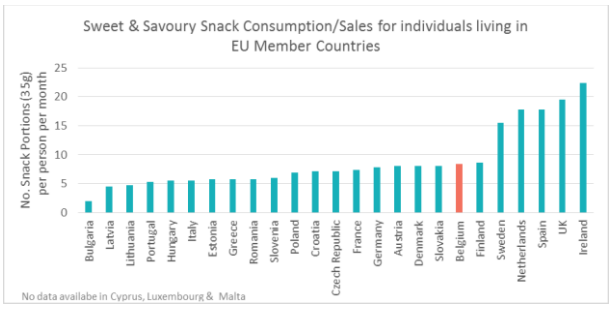




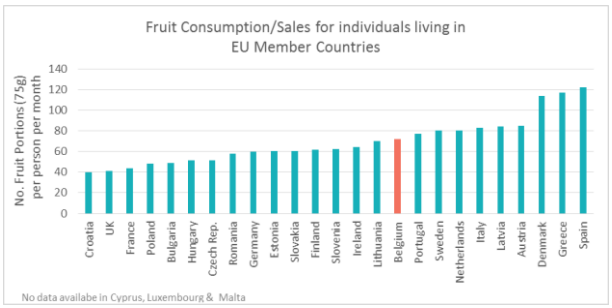
Confectionery



Sweet & Savoury Snacks



Fruit



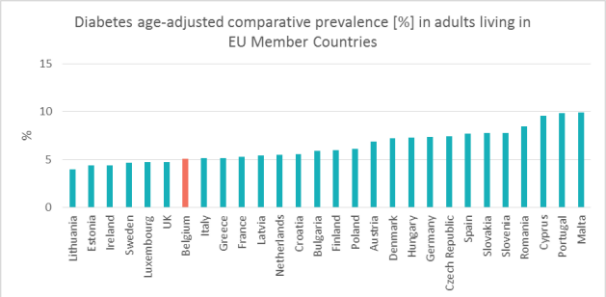
Soft Drinks



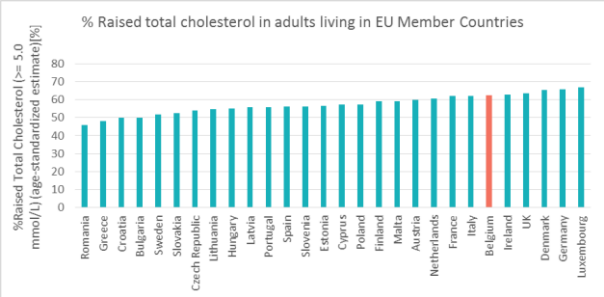
Belgium

Impact

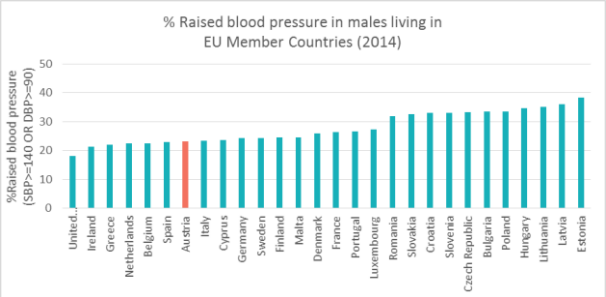
Diabetes (Type I & II)

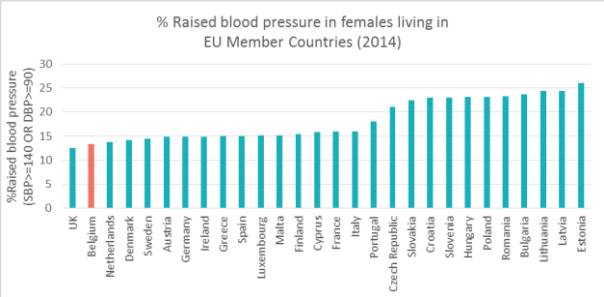


High Cholesterol

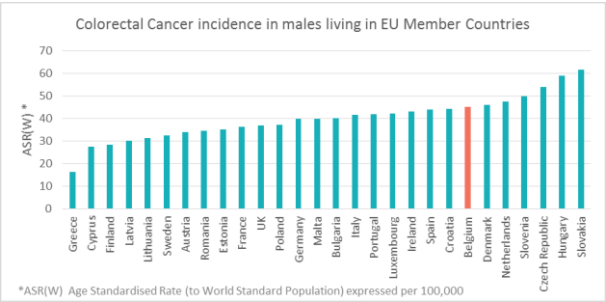


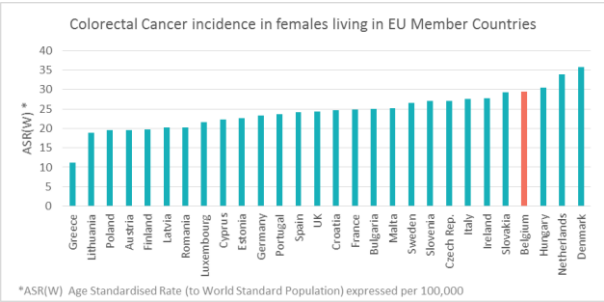
Raised Blood Pressure

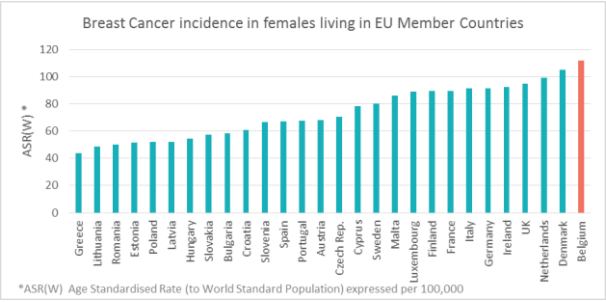


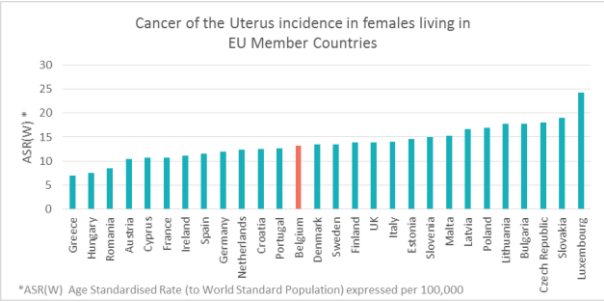


Cancers





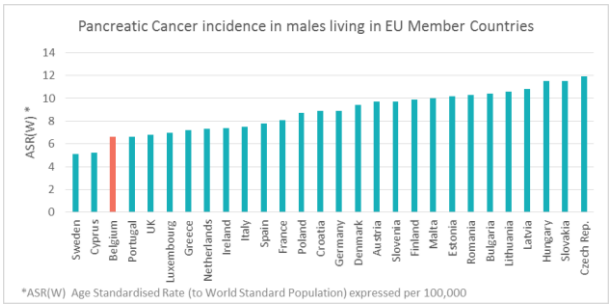


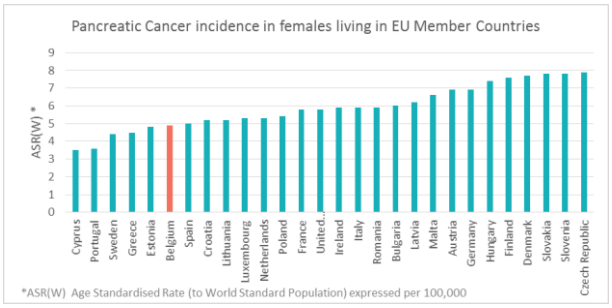


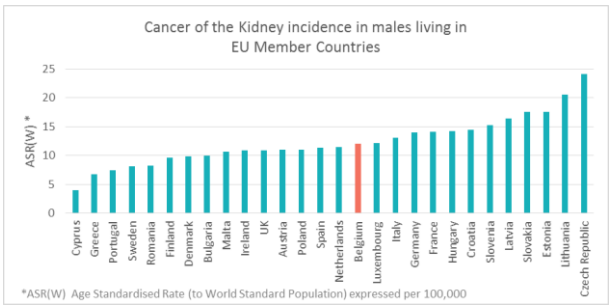


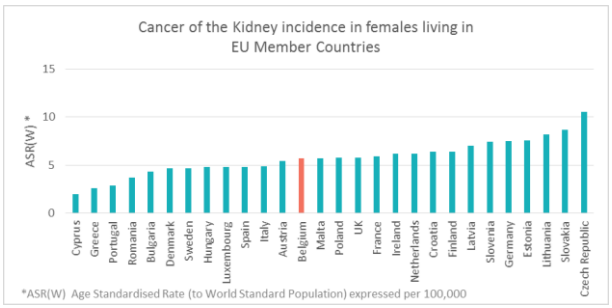
Belgium

Cancers Cont.









Policies & Interventions

Brisk Walking	Aims to improve moderate physical activity and improve fitness of elderly by motivating them to take up Brisk Walking in a group context.
10,000 steps	Aims to promote PA in adults by stimulating them to take 10,000 steps a day (8,000 steps in older people).
Health Booth	Aims to raise awareness about eating habits and physical activity of people visiting the educative Health Booth.
Exercise on Prescription	Aims to promote PA in normal and low SES people by medically prescribing regular exercise and being guided by a fitness coach.
Cooking classes for disadvantaged people	Aims to teach underprivileged adults to cook and eat more healthily without spending much money.
Eat yourself healthy	Aims to improve healthy nutrition behaviour in underprivileged people by teaching them about healthy foods and cooking.
The Toy Box Intervention	The Toy Box intervention is a multicomponent, kindergarten-based, family-involved intervention, focusing on the promotion of water consumption, healthy snacking, physical activity and the reduction/ breaking up of sedentary time in preschool children and their families.
EPHE (EPODE for the Promotion of Health Equity)	The EPODE project enables communities to implement effective and sustainable strategies to prevent childhood obesity. Its philosophy includes a positive, step-by-step approach tailored to the needs of all socio-economic groups. Launched in 2012, the project aims to reduce socio-economic inequities linked to health-related behaviour of families in 7 European countries over three years.
Code on marketing food and non-alcoholic beverages to children	Code on marketing to children
WHO European Action Network on reducing marketing pressure on children	Currently 28 countries participating in the WHO European Action Network on reducing marketing pressure on children, all of which have a joint interest in finding ways to reduce the marketing pressure of high salt, energy-dense, micronutrient-poor foods and beverages towards children
White Paper on Food and Non-Alcoholic Beverages Advertising to Children	Analysis of food and non-alcoholic beverages on children's dietary habits development and future policy options.
Practical guidelines for healthy eating	Guidelines to improve dietary habits and increase physical activity of the general population.
National plan on nutrition and health 2005-2010 (Plan national nutrition sante 2005-2010)	This strategy was developed to address the development of harmful dietary habits and reduced physical activity of the Belgium population.



Belgium

National Food And Health Plan For Belgium (NFHP-B)	The aim of this policy document was to tackle the problems created by poor dietary habits and inadequate physical activity in Belgium. This policy document was launched in 2005, with publication of the FEVIA/UBA Code. The government approved self-regulation through the Food Industry Federation (FEVIA) code on food advertising.
Joint Action on Nutrition and Physical Activity (JANPA)	The overall aim of the project is to contribute to halting the rise of overweight and obesity in children and adolescents by 2020.
Regulation (EU) No 1169/2011	The new EU Regulation 1169/2011 on the provision of food information to consumers considerably changes existing legislation on food labelling.
Flemish Draft Action Plan on Nutrition and Physical Activity 2008-2015	A plan to encourage the entire population of Flanders to be more physically active and to have a more balanced diet.
Physical Activity in Belgium	The document was developed after a broad consultation in the working group focusing on physical activity. It provides a consensus on the current situation, the objectives and the measures to be taken in order to improve the status of physical activity in Belgium.
Law on Advertising	This is a self-regulatory code to restrict the marketing of food and beverages to children.
VIASANO Programme	VIASANO's objective is to prevent childhood obesity as well as reduce cardiovascular risk in adults using the EPODE methodology. It aims to help families change their habits in a sustainable way. The programme launches two campaigns per year: one about healthy food and one about physical activity.
IDEFICS - Identification and prevention of Dietary and lifestyle-induced Health Effects In Children and Infants	The study delivered data to make an international assessment of the problem of "obesity in children" possible. The focus of the IDEFICS Study lied in exploring the risks for overweight and obesity in children as well as associated long-term consequences. IDEFICS also offered activities for health promotion and prevention in kindergartens and schools. These prevention programmes were developed, implemented and evaluated within the IDEFICS Study. Participating countries included Belgium, Cyprus, Denmark, Estonia, France, Germany, Hungary, Italy, Spain, Sweden and UK.
Physical activity strategy for the WHO European Region 2016-2025	The strategy focuses on physical activity as a leading factor in health and well-being in the European Region, with particular attention to the burden of non-communicable diseases associated with insufficient activity levels and sedentary behaviour. It aims to cover all forms of physical activity throughout the life-course.
The European Food and Nutrition Action Plan 2015-2020	The aim on this action plan is to significantly reduce the burden of preventable diet-related non-communicable diseases, obesity and all other forms of malnutrition that are still prevalent in the WHO European Region.
European charter on counteracting obesity	To address the growing challenge posed by the epidemic of obesity to health, economies and development, the Ministers and delegates attending the WHO European Ministerial Conference on Counteracting Obesity (Istanbul, Turkey, 15–17 November 2006) adopted the European Charter on Counteracting Obesity. The process of developing the Charter involved different government sectors, international organizations, experts, civil society and the private sector through dialogue and consultations
Action Plan for implementation of the European Strategy for the Prevention and Control of Non communicable Diseases 2012–2016	It identifies priority action areas and interventions for countries to focus on over the next five years (2012–2016), as they implement the European Strategy for the Prevention and Control of Non-communicable Diseases.



Data compiled September 2016.

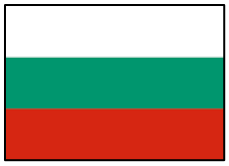
Produced with the support of an operational grant under the European Commission's Third Health Programme. The European Commission is not responsible for any use that may be made of the material arising



Belgium

Sources

Overweight & Obesity %	Data sources available at www.worldobesity.org/resources/
Population Estimates	UN Population Estimates, United Nations, http://esa.un.org/unpd/wpp/
Diabetes estimates 2015	Reproduced with kind permission of IDF, Diabetes Estimates 2015, IDF, http://www.diabetesatlas.org/resources/2015-atlas.html
Worldwide GINI Index	Worldwide GINI Index, Central Intelligence Agency - World Fact Book, https://www.cia.gov/library/publications/the-world-factbook/rankorder/2172rank.html (last accessed 19th January 2016)
Physical Inactivity estimates	Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A893?lang=en
Raised Fasting Glucose	Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A869?lang=en
Raised BP	Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A875?lang=en
Raised cholesterol	Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A885
Cancer incidence rates	Cancer incidence rates, GLOBOCAN, IARC, http://globocan.iarc.fr/Pages/online.aspx
EUROMONITOR FOOD INTAKES	Estimates calculated by World Obesity Federation based on Euro monitor food intake data. Euro monitor, http://www.euromonitor.com

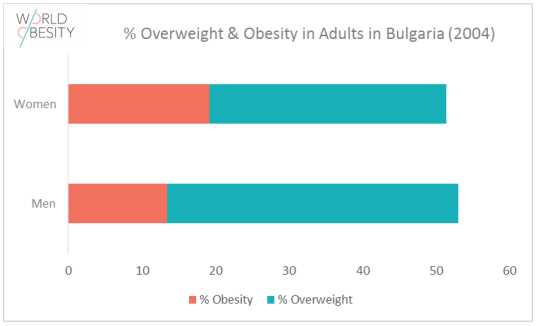


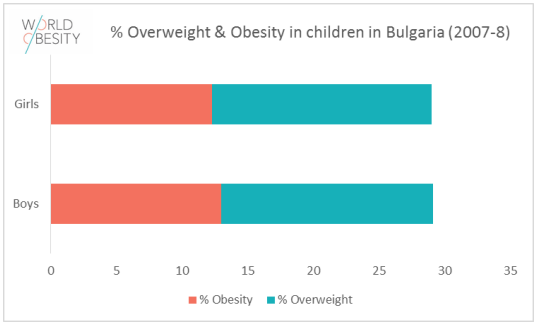
Bulgaria

/Key Statistics

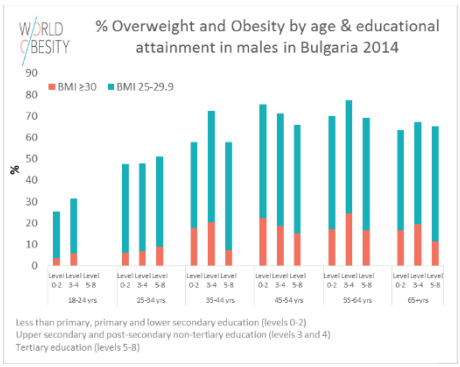
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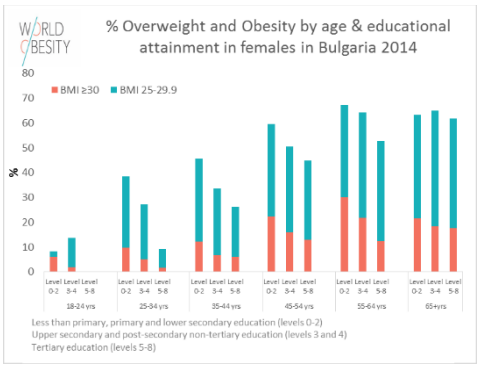
General Overweight & Obesity Prevalence (%)



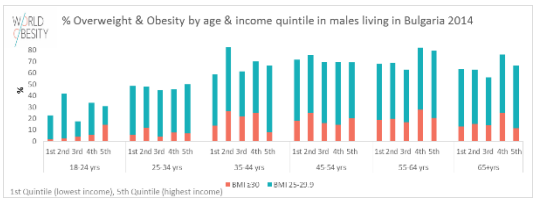


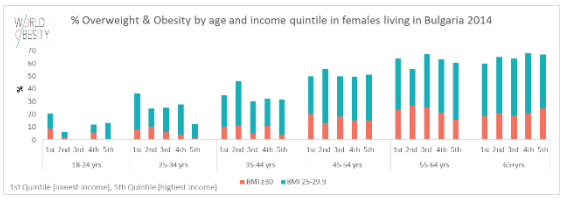
By Age & Education





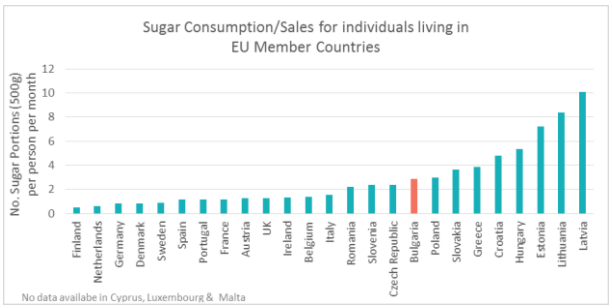
By Age & Income



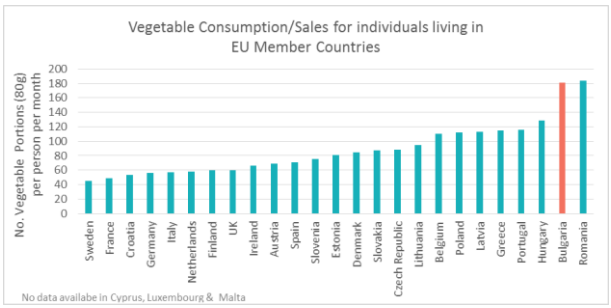


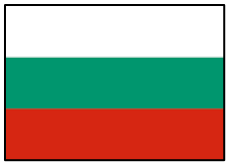
Drivers

Sugar



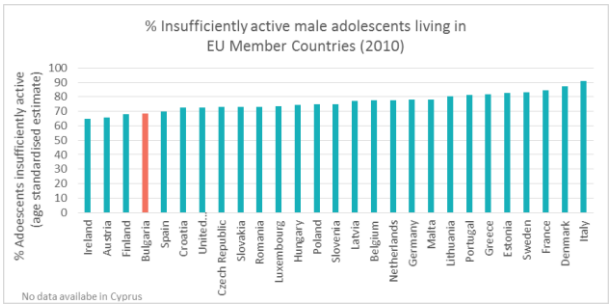
Vegetables

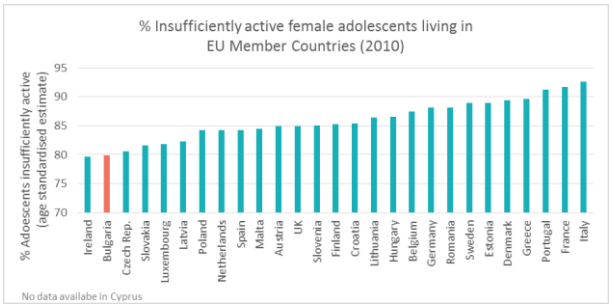


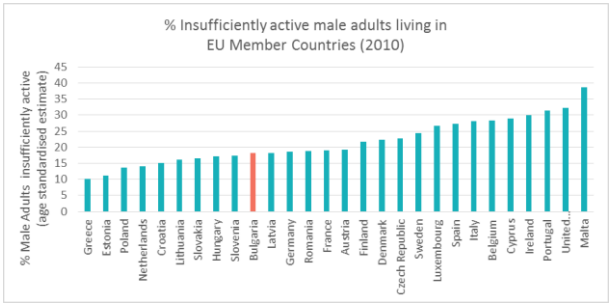


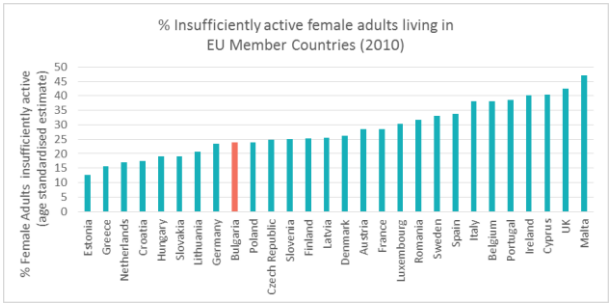
Bulgaria

Insufficient Activity

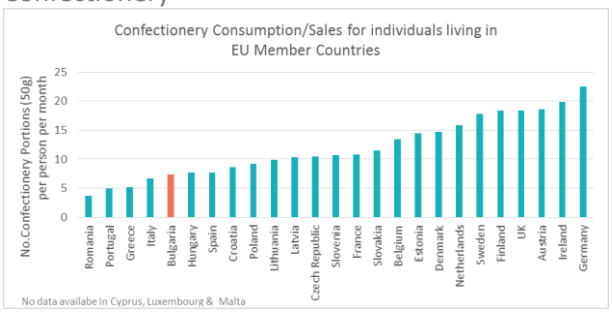




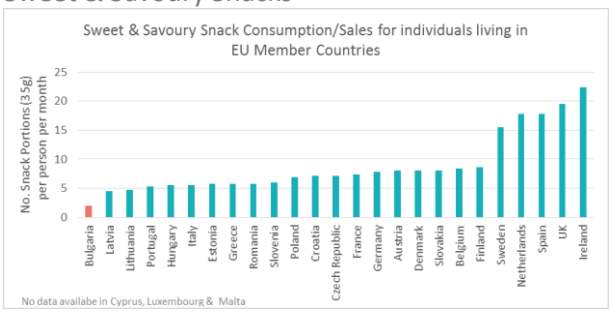




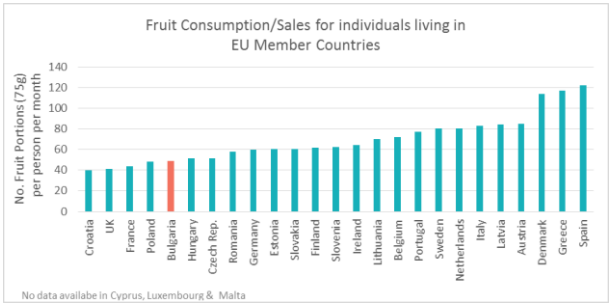
Confectionery



Sweet & Savoury Snacks



Fruit



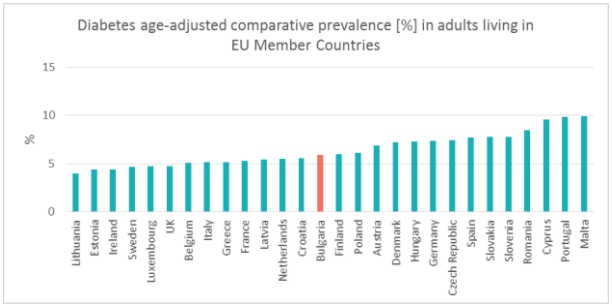
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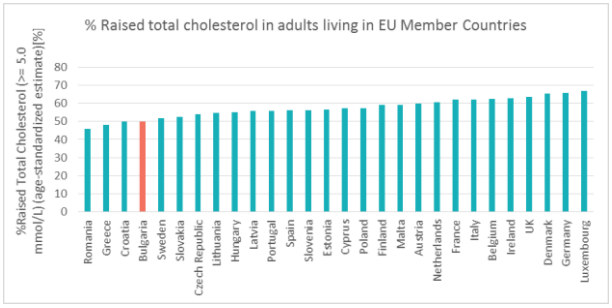
Bulgaria

Impact

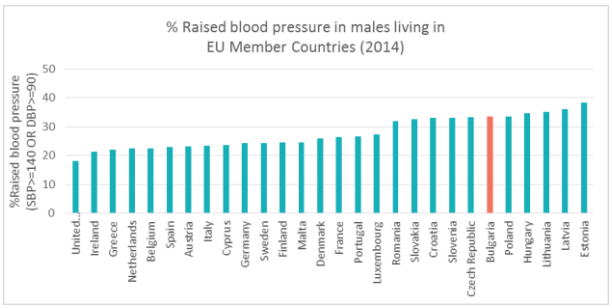
Diabetes (Type I & II)

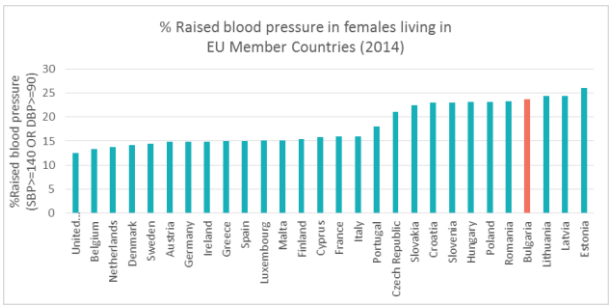


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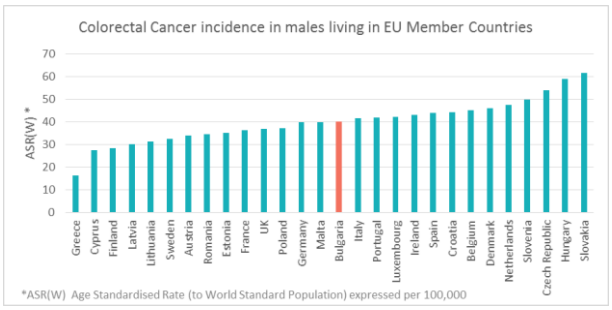


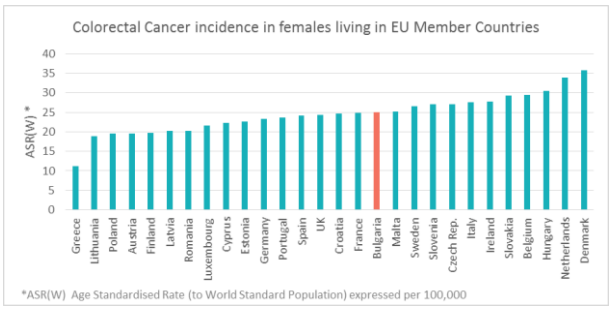
Raised Blood Pressure

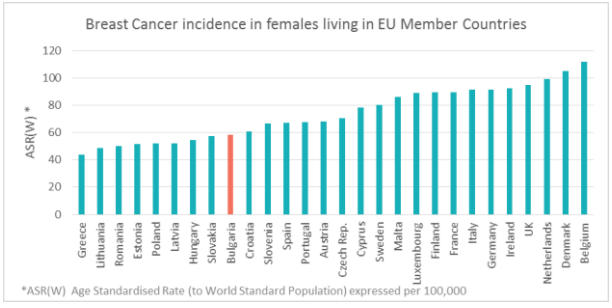


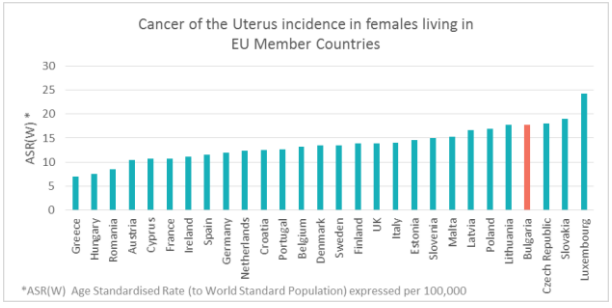


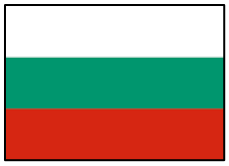
Cancers





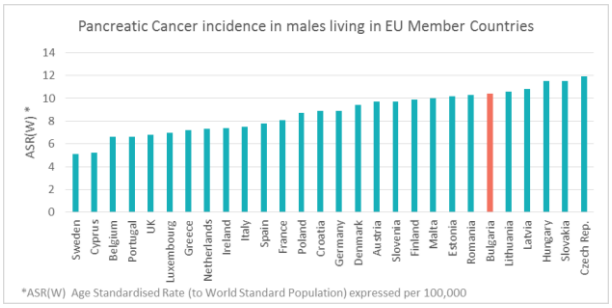


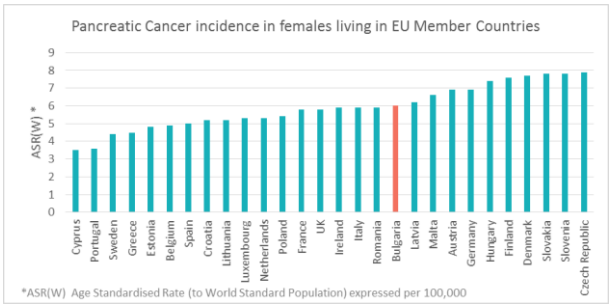


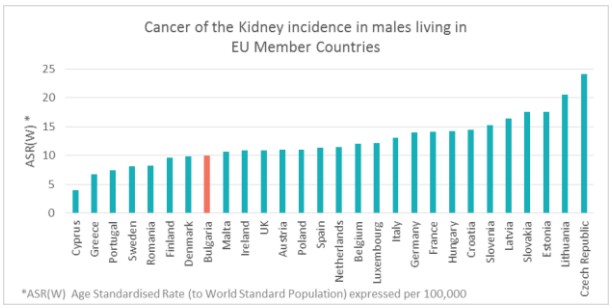


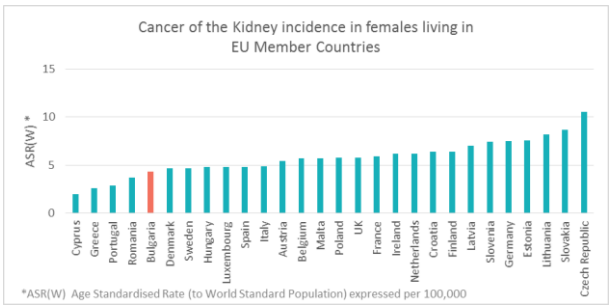
Bulgaria

Cancers Cont.



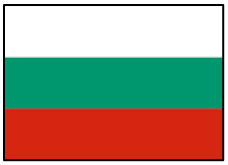






Policies & Interventions

Regulation (EU) No 1169/2011	The new EU Regulation 1169/2011 on the provision of food information to consumers considerably changes existing legislation on food labelling.
Action Plan for implementation of the European Strategy for the Prevention and Control of Non communicable Diseases 2012–2016	It identifies priority action areas and interventions for countries to focus on over the next five years (2012–2016), as they implement the European Strategy for the Prevention and Control of Non-communicable Diseases.
Food And Nutrition Action Plan 2005 – 2010	The plan calls for legislative measures on the marketing of unhealthy foods for children (TBI, MH 2005-2006) and new standards for nutritional content, food labelling, and food marketing to reduce the risk for obesity and its complications.
Food based dietary guidelines for adults in Bulgaria	While the main focus of this guideline is on diet and nutrition, it also contains guidelines on physical activity to maintain a healthy weight, suggesting to be physically active at least 60 minutes a day.
National Health Strategy 2008-2013	The strategy includes measures related to the promotion of nutrition and physical activity
National Obesity Week	Annual week of events on nutrition and physical activity
The Toy Box Intervention	The Toy Box intervention is a multicomponent, kindergarten-based, family-involved intervention, focusing on the promotion of water consumption, healthy snacking, physical activity and the reduction/ breaking up of sedentary time in preschool children and their families.
EPHE (EPODE for the Promotion of Health Equity)	The EPODE project enables communities to implement effective and sustainable strategies to prevent childhood obesity. Its philosophy includes a positive, step-by-step approach tailored to the needs of all socio-economic groups. Launched in 2012, the project aims to reduce socio-economic inequities linked to health-related behaviour of families in 7 European countries over three years.
National Strategy for Physical Education and Sports Development	The Strategy aims to highlight the social function of physical education and sports in Bulgaria, and the need for political, economic and social changes to improve the uptake of physical activity.
National program for prevention of chronic non-communicable diseases 2014-2020	The main objective of the program is to improve public health and enhance the quality of life by reducing premature mortality, morbidity and disability.



Bulgaria

Joint Action on Nutrition and Physical Activity (JANPA)	The overall aim of the project is to contribute to halting the rise of overweight and obesity in children and adolescents by 2020.
Physical activity strategy for the WHO European Region 2016-2025	The strategy focuses on physical activity as a leading factor in health and well-being in the European Region, with particular attention to the burden of non-communicable diseases associated with insufficient activity levels and sedentary behaviour. It aims to cover all forms of physical activity throughout the life-course.
The European Food and Nutrition Action Plan 2015-2020	The aim on this action plan is to significantly reduce the burden of preventable diet-related non-communicable diseases, obesity and all other forms of malnutrition that are still prevalent in the WHO European Region.
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Code on marketing food and non-alcoholic beverages to children	Code on marketing to children
Healthy Kids in Bulgaria	Healthy Kids in Bulgaria is a long-term sustainable project implemented in 3 regions in the capital, Sofia. It is school-based program providing in- and after-school activities and weekend family celebrations. As part of the program, children and parents participate in nutrition, sports and healthy lifestyle activities and games.
National strategy for development of physical education and sport in Bulgaria 2005-2008	The strategy is covering different aspects, including promotion of physical education and sports for a healthy lifestyle of children and young people, increase of the number of people practicing physical exercise, sports and social tourism as well as managing issues associated with low physical activity and unhealthy nutrition.
WHO European Action Network on reducing marketing pressure on children	Currently 28 countries participating in the WHO European Action Network on reducing marketing pressure on children, all of which have a joint interest in finding ways to reduce the marketing pressure of high salt, energy-dense, micronutrient-poor foods and beverages towards children



Data compiled September 2016.

Produced with the support of an operational grant under the European Commission's Third Health Programme. The European Commission is not responsible for any use that may be made of the material arising

Sources

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Diabetes estimates 2015	Reproduced with kind permission of IDF, Diabetes Estimates 2015, IDF, http://www.diabetesatlas.org/resources/2015-atlas.html
Worldwide GINI Index	Worldwide GINI Index, Central Intelligence Agency - World Fact Book, https://www.cia.gov/library/publications/the-world-factbook/rankorder/2172rank.html (last accessed 19th January 2016)
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Raised BP	Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A875?lang=en
Raised cholesterol	Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A885
Cancer incidence rates	Cancer incidence rates, GLOBOCAN, IARC, http://globocan.iarc.fr/Pages/online.aspx
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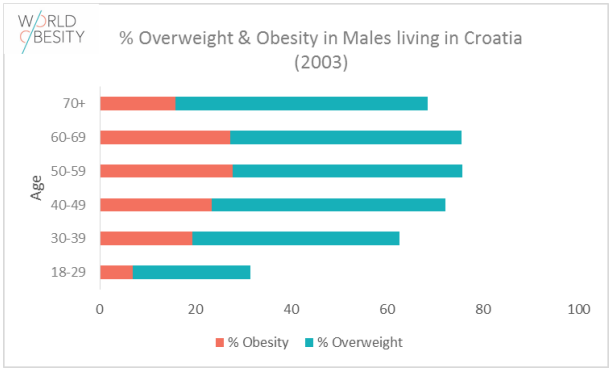


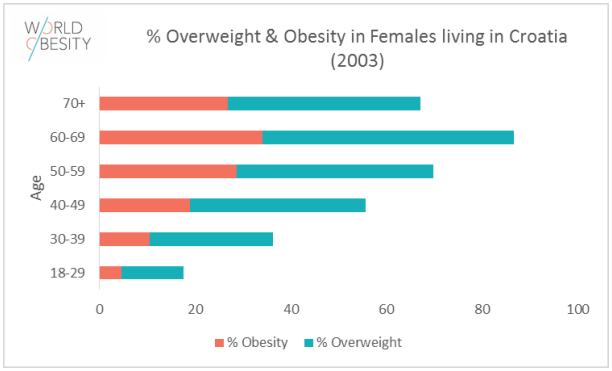
Croatia

/Key Statistics

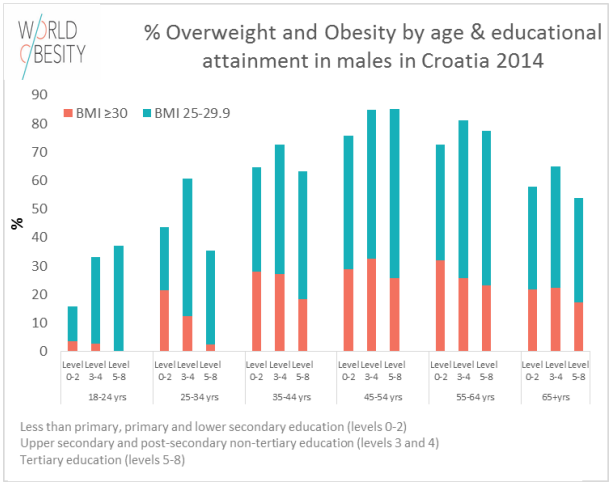
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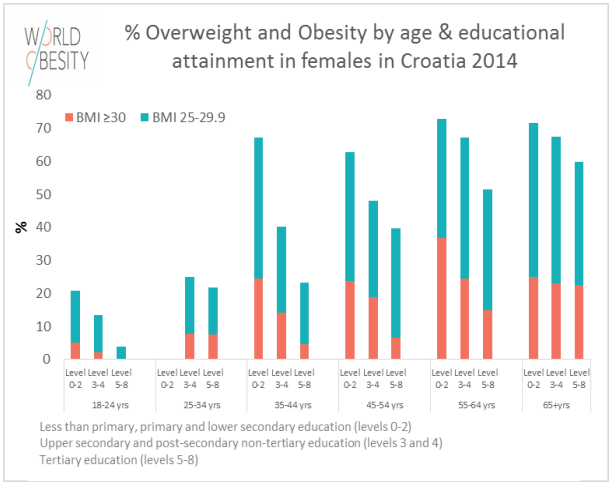
General Overweight & Obesity Prevalence (%)





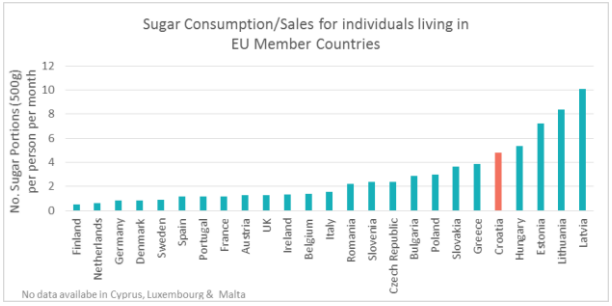
By Age & Education



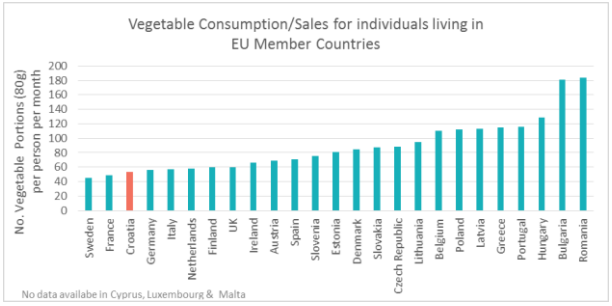


Drivers

Sugar



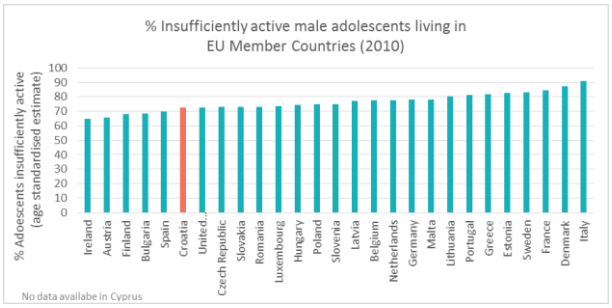
Vegetables

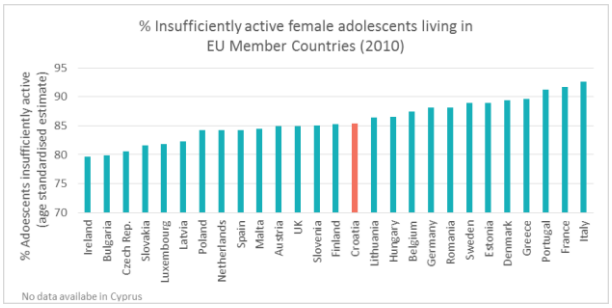


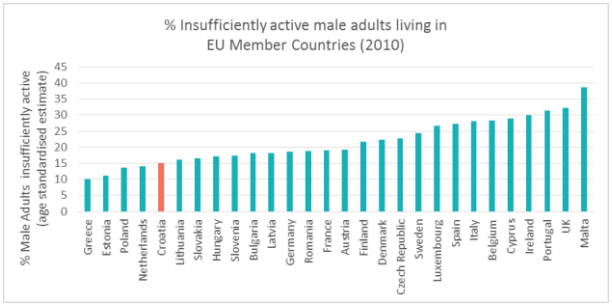


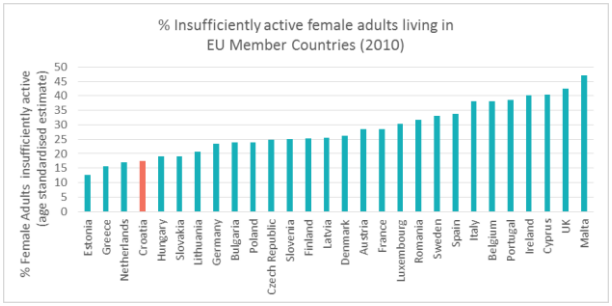
Croatia

Insufficient Activity

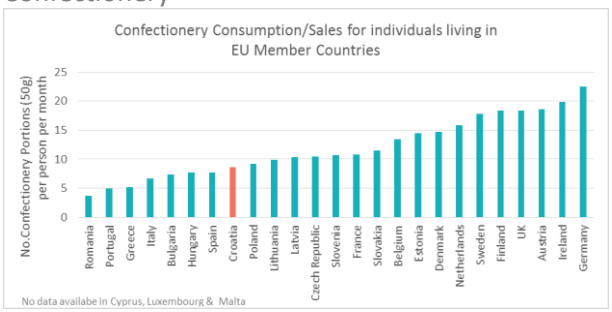




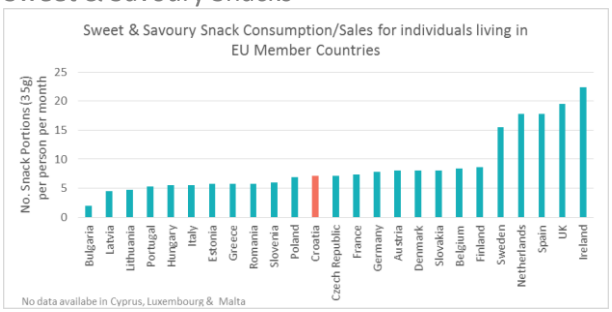




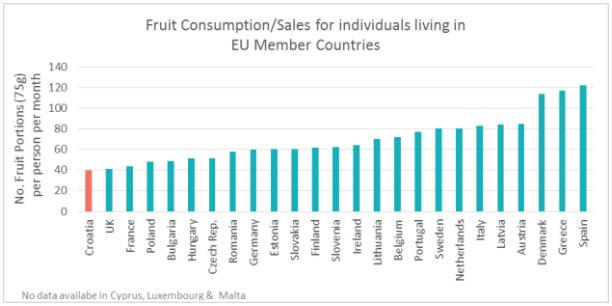
Confectionery



Sweet & Savoury Snacks



Fruit



Soft Drinks

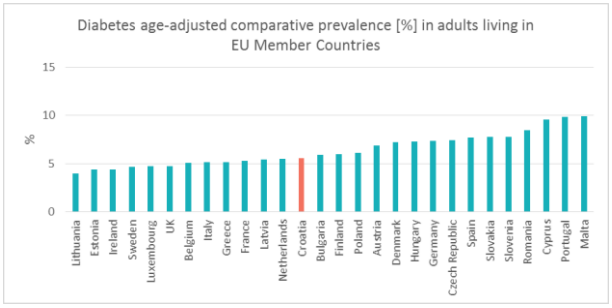




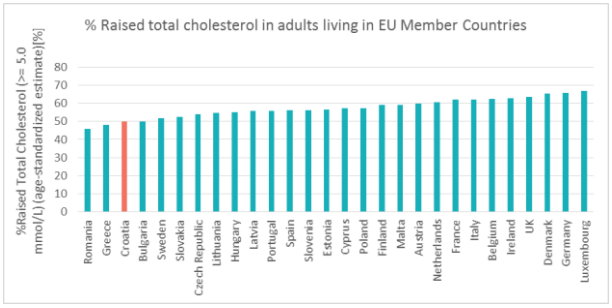
Croatia

Impact

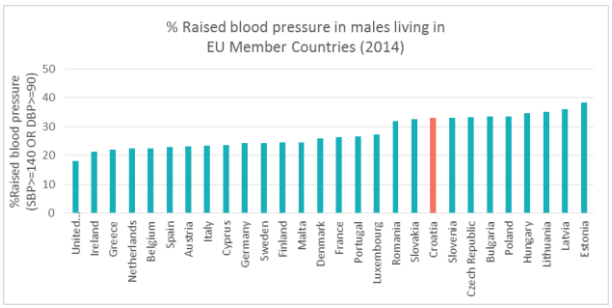
Diabetes (Type I & II)

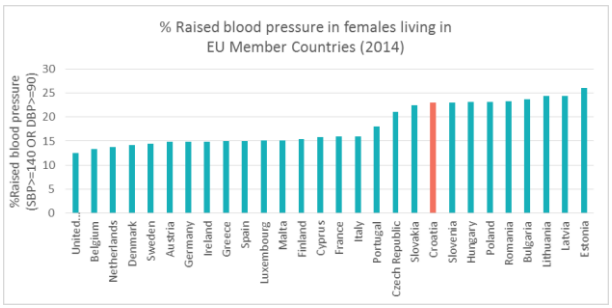


High Cholesterol

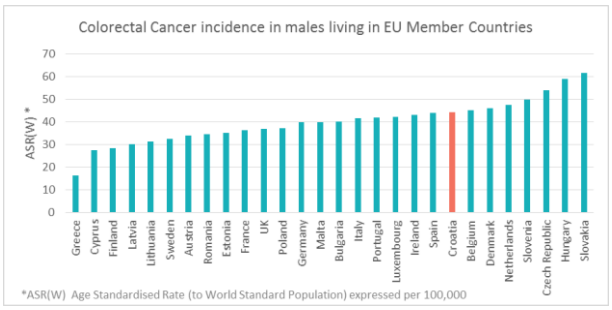


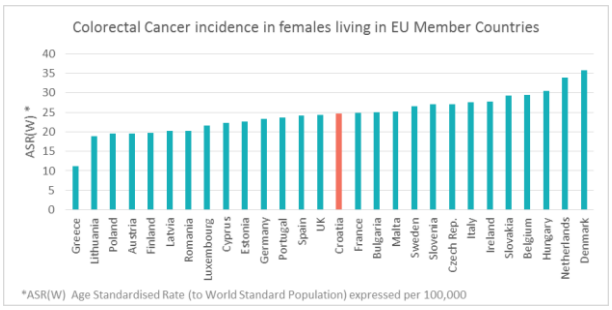
Raised Blood Pressure

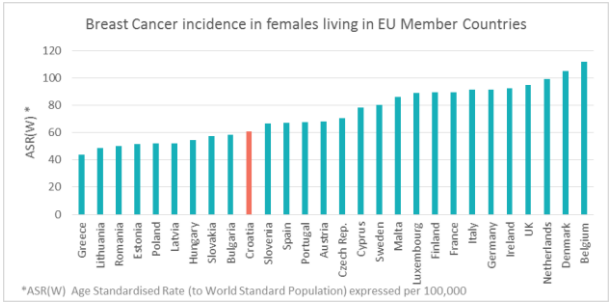


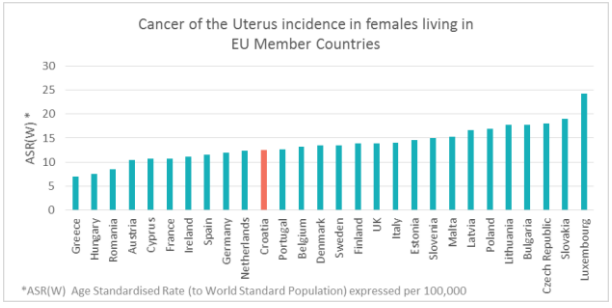


Cancers





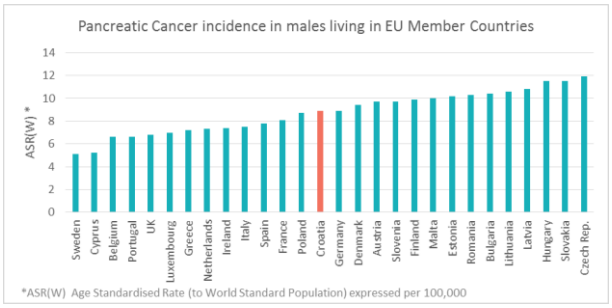


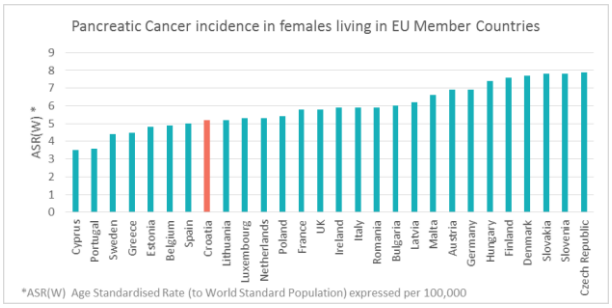


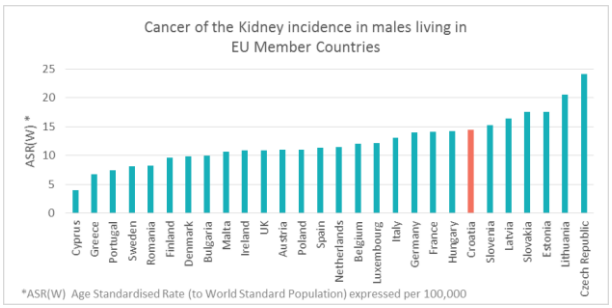


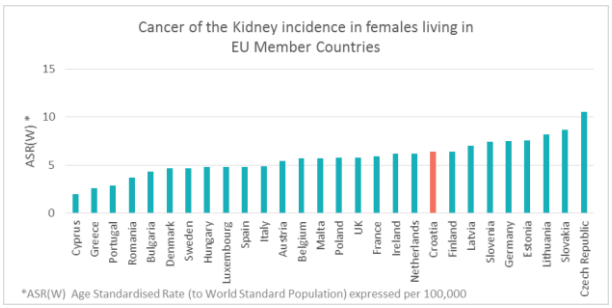
Croatia

Cancers Cont.









Policies & Interventions

Regulation (EU) No 1169/2011	The new EU Regulation 1169/2011 on the provision of food information to consumers considerably changes existing legislation on food labelling.
Action Plan for implementation of the European Strategy for the Prevention and Control of Non communicable Diseases 2012–2016	It identifies priority action areas and interventions for countries to focus on over the next five years (2012–2016), as they implement the European Strategy for the Prevention and Control of Non-communicable Diseases.
Joint Action on Nutrition and Physical Activity (JANPA)	The overall aim of the project is to contribute to halting the rise of overweight and obesity in children and adolescents by 2020.
Dietary guidelines	A set of dietary guidelines
The National Strategy for the Implementation of the School Fruit and Vegetable Scheme	The strategy aims to permanently increase the share of fruit and vegetables in the nutrition of school children in order to prevent early-onset obesity and other diseases caused by inadequate nutrition.
National Action Plan for Overweight Prevention and Treatment	The Action Plan aims to encourage the extension and intensity of the activities related to health promotion and prevention of chronic diseases, and the complexity of the causes and consequences of excess body weight. (NOPA)
Walking to health	The goals of this community activity are to raise awareness and inform the citizens of Croatia (of all ages) about the positive aspects of physical activity, and to offer and run an organised group walking (circular route) on a regular basis.
Physical activity strategy for the WHO European Region 2016-2025	The strategy focuses on physical activity as a leading factor in health and well-being in the European Region, with particular attention to the burden of non-communicable diseases associated with insufficient activity levels and sedentary behaviour. It aims to cover all forms of physical activity throughout the life-course.
The European Food and Nutrition Action Plan 2015-2020	The aim on this action plan is to significantly reduce the burden of preventable diet-related non-communicable diseases, obesity and all other forms of malnutrition that are still prevalent in the WHO European Region.
European charter on counteracting obesity	To address the growing challenge posed by the epidemic of obesity to health, economies and development, the Ministers and delegates attending the WHO European Ministerial Conference on



	Counteracting Obesity (Istanbul, Turkey, 15–17 November 2006) adopted the European Charter on Counteracting Obesity. The process of developing the Charter involved different government sectors, international organizations, experts, civil society and the private sector through dialogue and consultations
Code on marketing food and non-alcoholic beverages to children	Code on marketing to children
WHO European Action Network on reducing marketing pressure on children	Currently 28 countries participating in the WHO European Action Network on reducing marketing pressure on children, all of which have a joint interest in finding ways to reduce the marketing pressure of high salt, energy-dense, micronutrient-poor foods and beverages towards children



Data compiled September 2016.

Produced with the support of an operational grant under the European Commission's Third Health Programme. The European Commission is not responsible for any use that may be made of the material arising

Sources

Overweight & Obesity %	Data sources available at www.worldobesity.org/resources/
Population Estimates	UN Population Estimates, United Nations, http://esa.un.org/unpd/wpp/
Diabetes estimates 2015	Reproduced with kind permission of IDF, Diabetes Estimates 2015, IDF, http://www.diabetesatlas.org/resources/2015-atlas.html
Worldwide GINI Index	Worldwide GINI Index, Central Intelligence Agency - World Fact Book, https://www.cia.gov/library/publications/the-world-factbook/rankorder/2172rank.html (last accessed 19th January 2016)
Physical Inactivity estimates	Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A893?lang=en
Raised Fasting Glucose	Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A869?lang=en
Raised BP	Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A875?lang=en
Raised cholesterol	Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A885
Cancer incidence rates	Cancer incidence rates, GLOBOCAN, IARC, http://globocan.iarc.fr/Pages/online.aspx
EUROMONITOR FOOD INTAKES	Estimates calculated by World Obesity Federation based on Euro monitor food intake data. Euro monitor, http://www.euromonitor.com



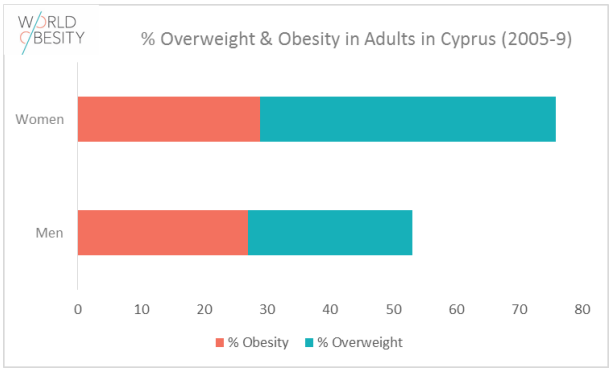
Cyprus

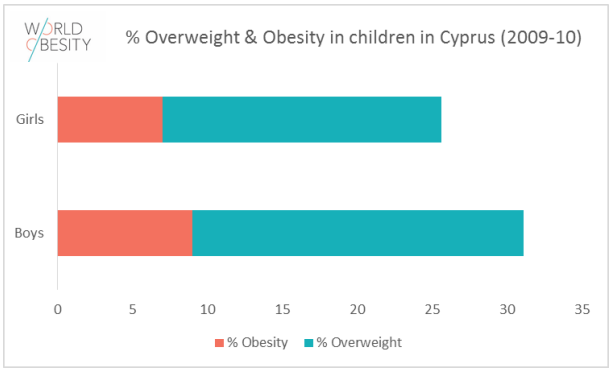
/Key Statistics

POPULATION: 1,165,300

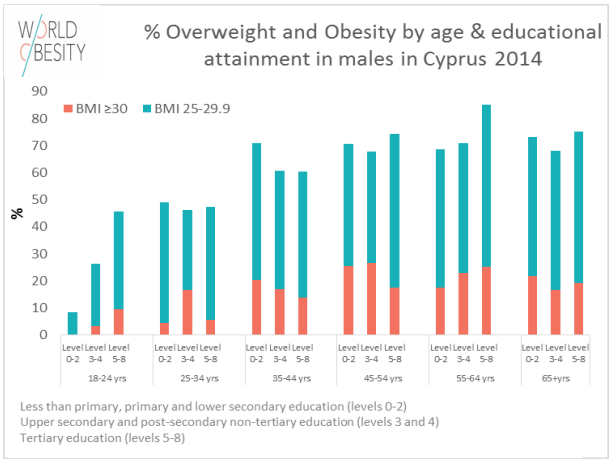
GINI INDEX: 34.31

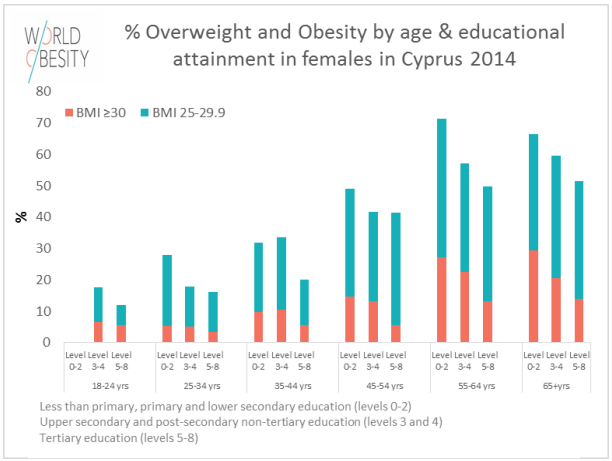
General Overweight & Obesity Prevalence (%)



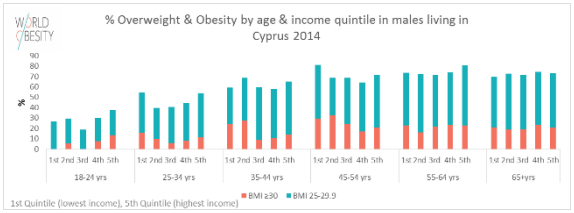


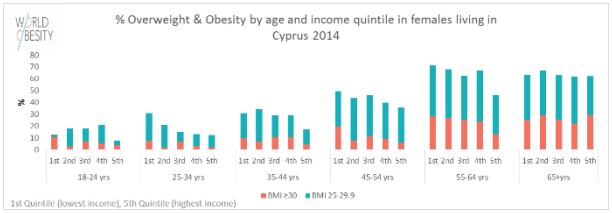
By Age & Education





By Age & Income





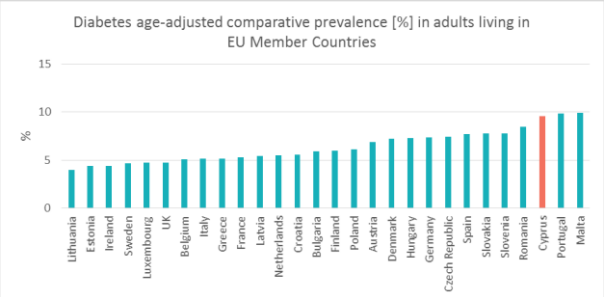
Drivers

Currently no data available if you are aware of any please email obesity@worldobesity.org

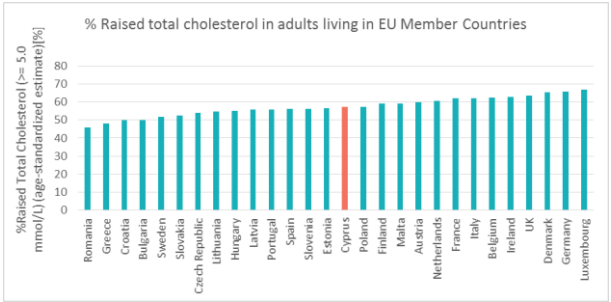
Cyprus

Impact

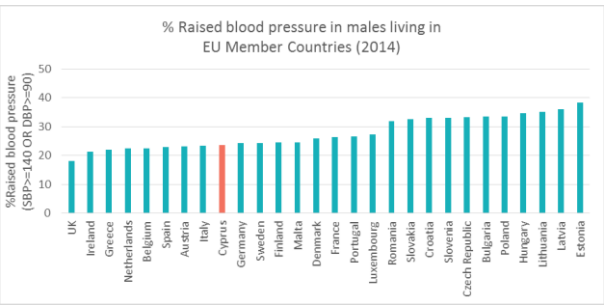
Diabetes (Type I & II)

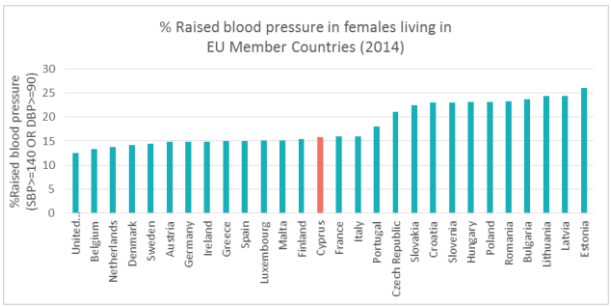


High Cholesterol

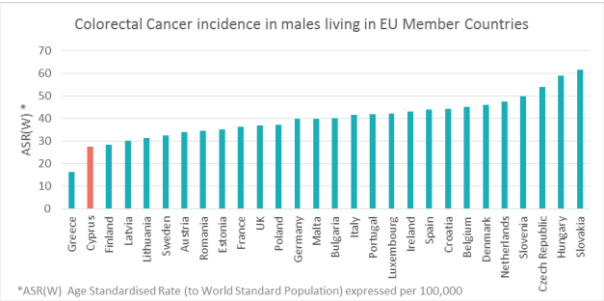


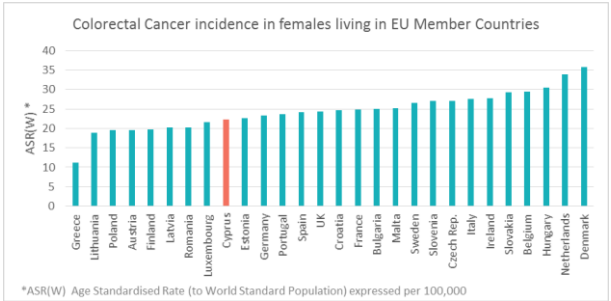
Raised Blood Pressure

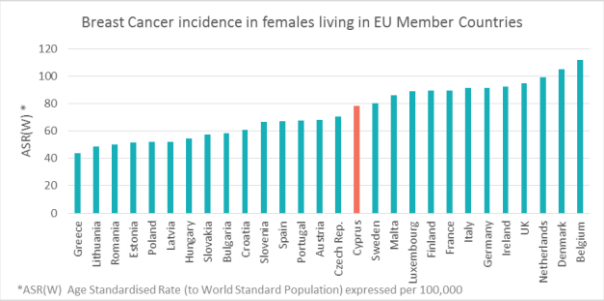


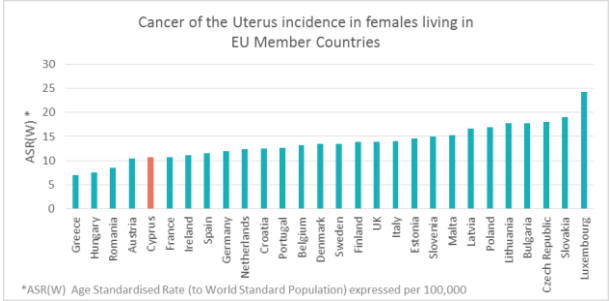


Cancers





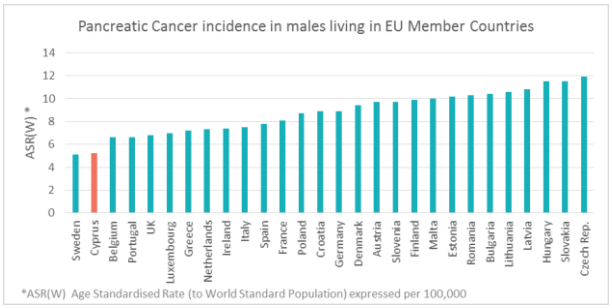


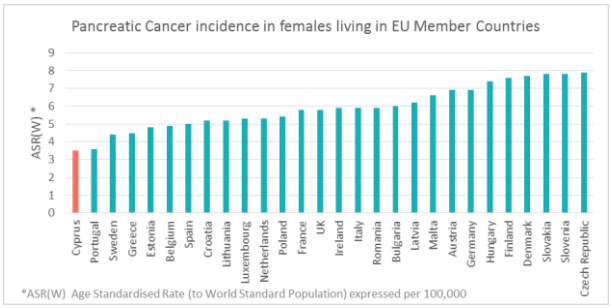


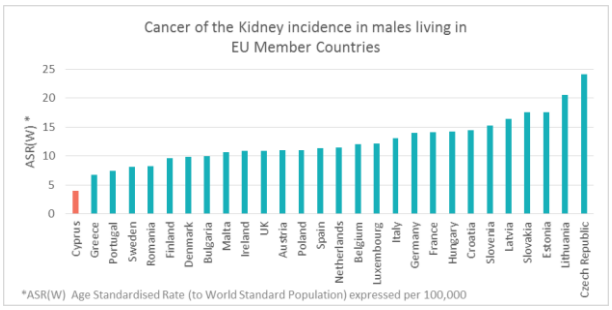


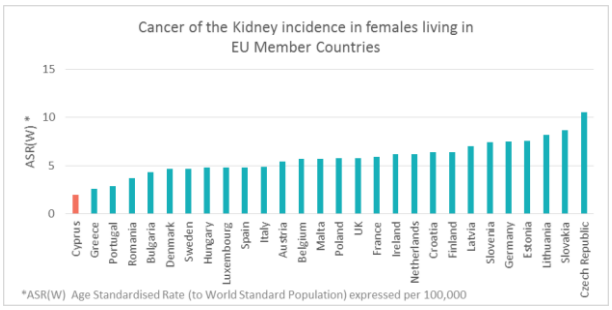
Cyprus

Cancers Cont.









Policies & Interventions

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National Nutrition Action Plan	The strategy includes a plan of action regarding marketing pressure to children.
Diabetes Strategic Plan	The Plan (2016–2020) is based on 5 pillars: Prevention and health promotion, Diagnosis and Treatment, Rehabilitation Services, Research and Documentation/diabetes registry.
National nutrition and exercise guidelines	This document provides information about healthy eating and physical activity targeting the general population of Cyprus.
IDEFICS - Identification and prevention of Dietary and lifestyle-induced Health Effects In Children and Infants	The study delivered data to make an international assessment of the problem of "obesity in children" possible. The focus of the IDEFICS Study lied in exploring the risks for overweight and obesity in children as well as associated long-term consequences. IDEFICS also offered activities for health promotion and prevention in kindergartens and schools. These prevention programmes were developed, implemented and evaluated within the IDEFICS Study. Participating countries included Belgium, Cyprus, Denmark, Estonia, France, Germany, Hungary, Italy, Spain, Sweden and UK.
Physical activity strategy for the WHO European Region 2016-2025	The strategy focuses on physical activity as a leading factor in health and well-being in the European Region, with particular attention to the burden of non-communicable diseases associated with insufficient activity levels and sedentary behaviour. It aims to cover all forms of physical activity throughout the life-course.
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Cyprus

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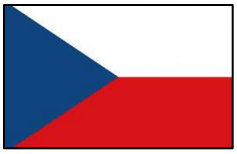


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Diabetes estimates 2015	Reproduced with kind permission of IDF, Diabetes Estimates 2015, IDF, http://www.diabetesatlas.org/resources/2015-atlas.html
Worldwide GINI Index	Worldwide GINI Index, Central Intelligence Agency - World Fact Book, https://www.cia.gov/library/publications/the-world-factbook/rankorder/2172rank.html (last accessed 19th January 2016)
Physical Inactivity estimates	Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A893?lang=en
Raised Fasting Glucose	Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A869?lang=en
Raised BP	Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A875?lang=en
Raised cholesterol	Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A885
Cancer incidence rates	Cancer incidence rates, GLOBOCAN, IARC, http://globocan.iarc.fr/Pages/online.aspx
EUROMONITOR FOOD INTAKES	Estimates calculated by World Obesity Federation based on Euro monitor food intake data. Euro monitor, http://www.euromonitor.com

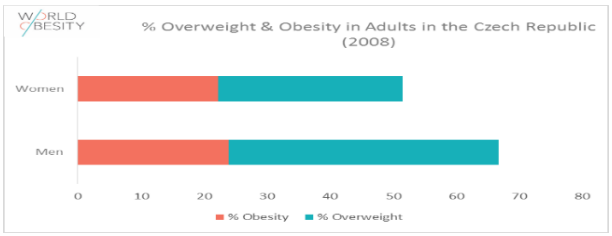


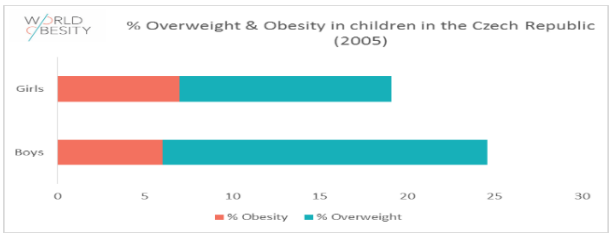
Czech Republic

/Key Statistics

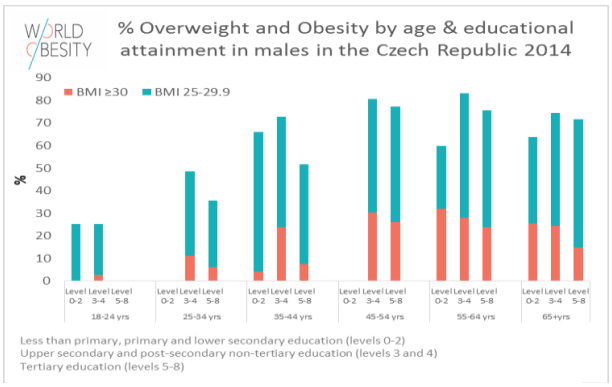
POPULATION: 10,543,186
GINI INDEX: 26.13

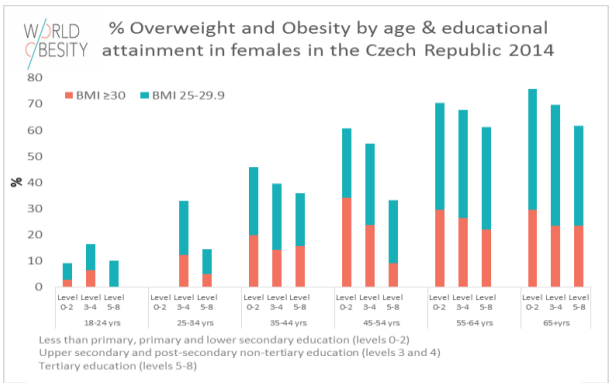
General Overweight & Obesity Prevalence (%)



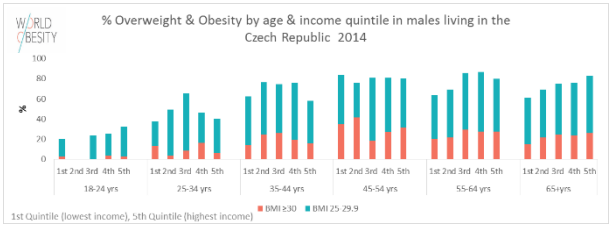


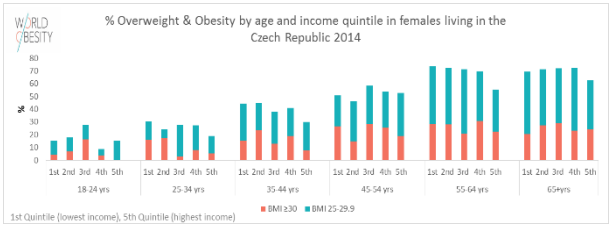
By Age & Education





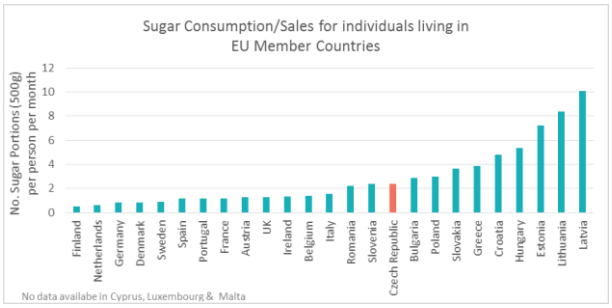
By Age & Income



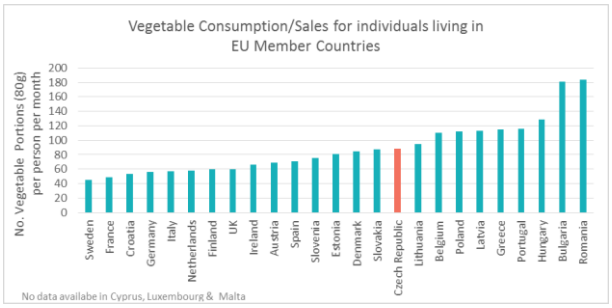


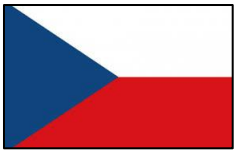
Drivers

Sugar



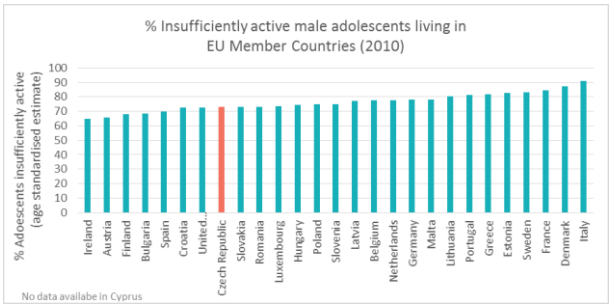
Vegetables

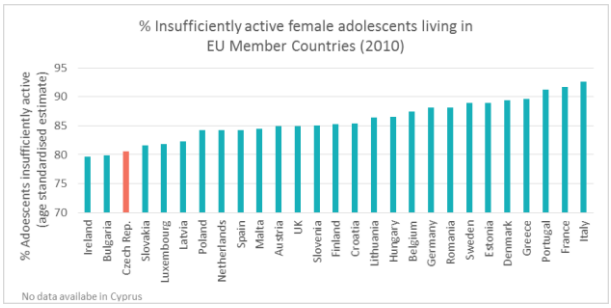


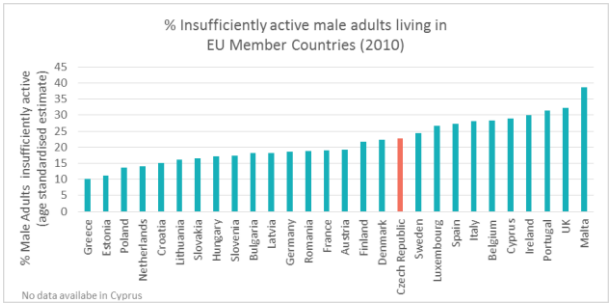


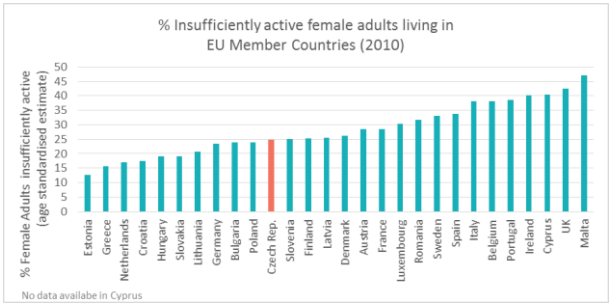
Czech Republic

Insufficient Activity

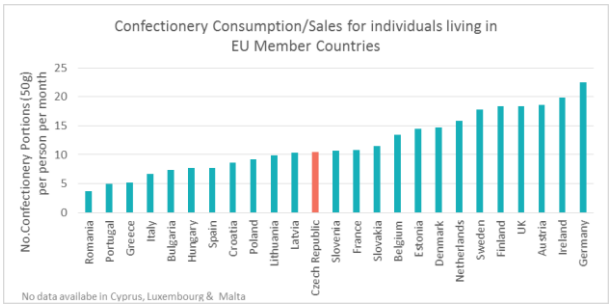




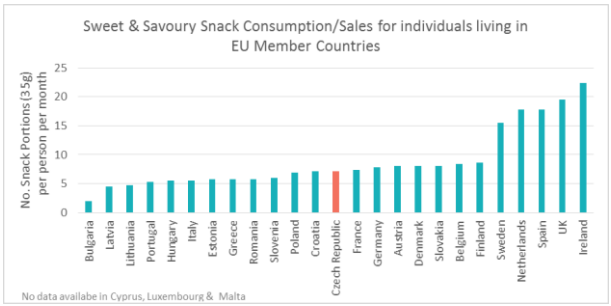




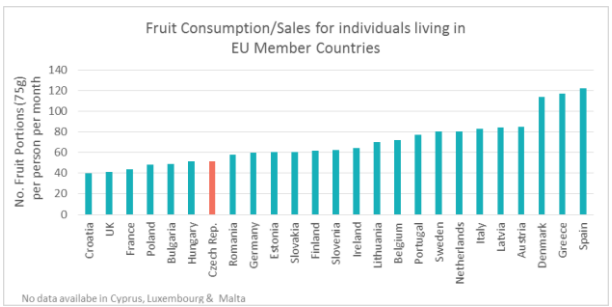
Confectionery



Sweet & Savoury Snacks



Fruit



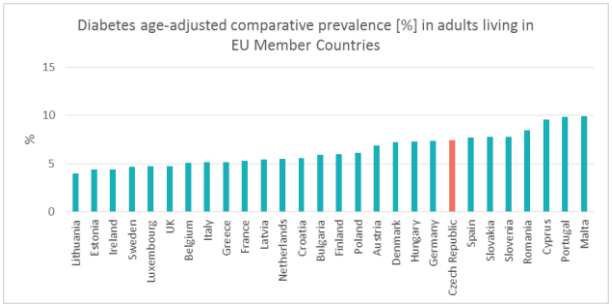
Soft Drinks



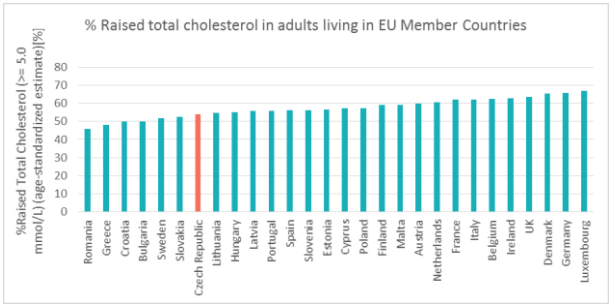
Czech Republic

Impact

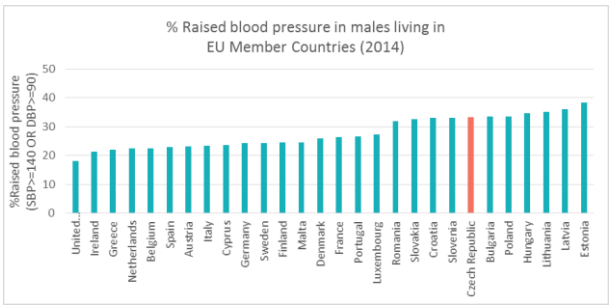
Diabetes (Type I & II)

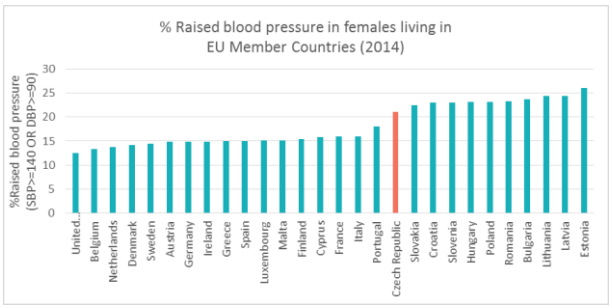


High Cholesterol

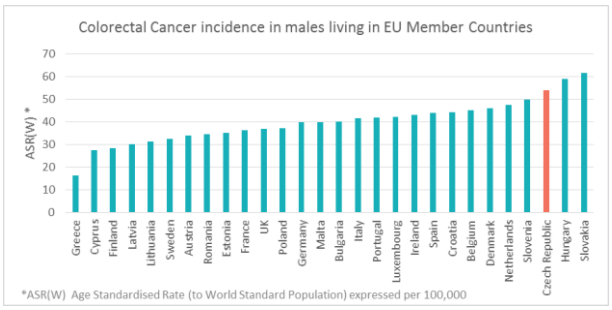


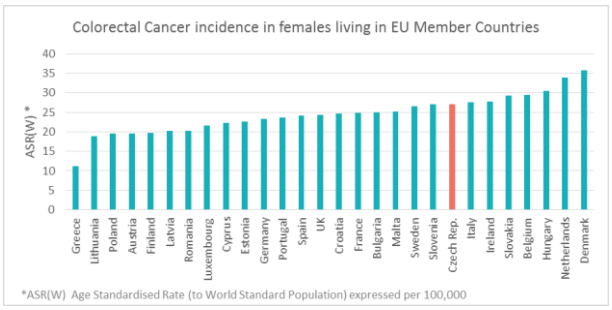
Raised Blood Pressure

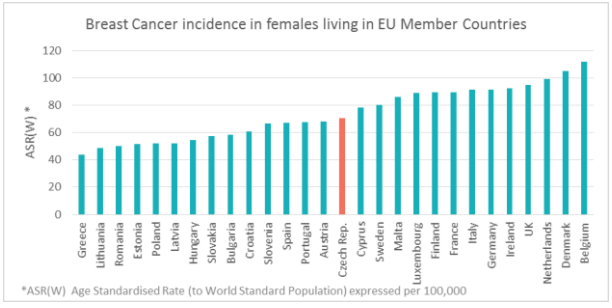


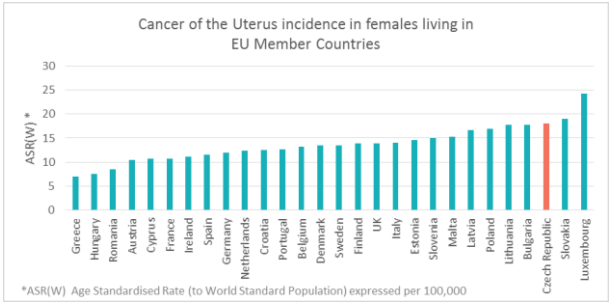


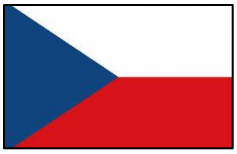
Cancers





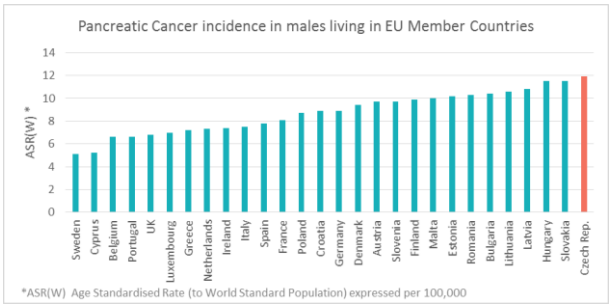


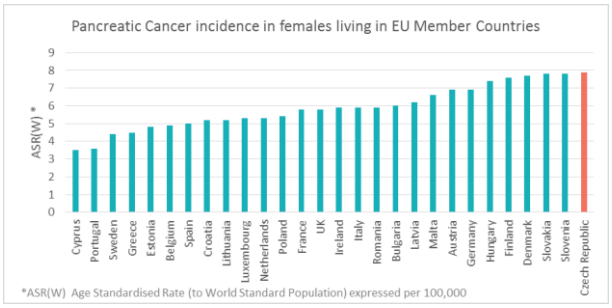


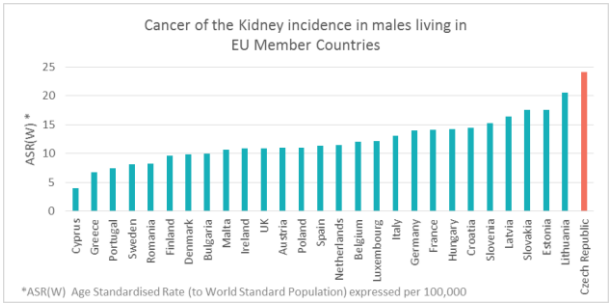


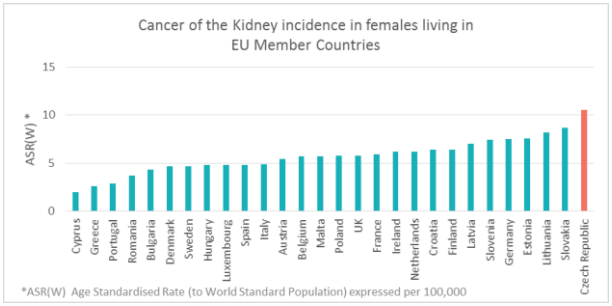
Czech Republic

Cancers Cont.



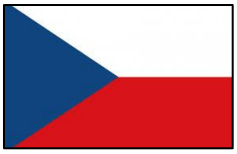






Policies & Interventions

Regulation (EU) No 1169/2011	The new EU Regulation 1169/2011 on the provision of food information to consumers considerably changes existing legislation on food labelling.
The National Action Plan Against Obesity	This document is based on the WHO Global Strategy on Diet, Physical Activity and Health.
Action Plan for implementation of the European Strategy for the Prevention and Control of Non communicable Diseases 2012–2016	It identifies priority action areas and interventions for countries to focus on over the next five years (2012–2016), as they implement the European Strategy for the Prevention and Control of Non-communicable Diseases.
Nebud' pecka	One of the European Youth Tackling Obesity (EYTO) projects, Nebud' pecka was a campaign based in Prague, Czech Republic. The campaign title meaning relates to being active, moving and having an interest in life. The most successful element of the Nebud' pecka campaign was interactive lectures in school settings, where young people shared newly acquired information with their peers in an attractive way. Trying new sports and support and changing eating habits formed part of this campaign.
National Cycling Development Strategy of the Czech Republic	The Czech National Cycling Development Strategy aims at creating favourable conditions for cycling and at increasing awareness about cycling as an alternative mode of transportation, towards a shift from the popular and unregulated cycling towards a "cultivated and systematically supported cycling".
Healthy Days campaign	Aims to promote healthy lifestyles in the Czech Republic.
Code of Advertising Practice	Self-regulatory code of advertising practice
Action Plan for Promoting Physical Activity for the period 2015-2020	This physical activity action plan is part of the national strategy for the protection and promotion of health and disease prevention.
Joint Action on Nutrition and Physical Activity (JANPA)	The overall aim of the project is to contribute to halting the rise of overweight and obesity in children and adolescents by 2020.
Food Safety and Nutrition Strategy	The Food Safety and Nutrition Strategy is a long-term effort to strengthen the protection and promotion of health as well as consumers' interests. In connection with that it aims to boost the



	public confidence in the system ensuring safe food, in its quality and nutritional values.
Physical activity strategy for the WHO European Region 2016-2025	The strategy focuses on physical activity as a leading factor in health and well-being in the European Region, with particular attention to the burden of non-communicable diseases associated with insufficient activity levels and sedentary behaviour. It aims to cover all forms of physical activity throughout the life-course.
The European Food and Nutrition Action Plan 2015-2020	The aim on this action plan is to significantly reduce the burden of preventable diet-related non-communicable diseases, obesity and all other forms of malnutrition that are still prevalent in the WHO European Region.
European charter on counteracting obesity	To address the growing challenge posed by the epidemic of obesity to health, economies and development, the Ministers and delegates attending the WHO European Ministerial Conference on Counteracting Obesity (Istanbul, Turkey, 15–17 November 2006) adopted the European Charter on Counteracting Obesity. The process of developing the Charter involved different government sectors, international organizations, experts, civil society and the private sector through dialogue and consultations
Code on marketing food and non-alcoholic beverages to children	Code on marketing to children
The Choices Programme	The Choices Programme is a unique multi-stakeholder initiative designed to help consumers to easily select healthy food options and to help industry to improve their products. It was introduced in The Netherlands in 2006 as a response to the World Health Organization's call for food industry to take an active role in helping to tackle the growing problem of obesity and diet-related diseases around the world. The Czech Republic has a national programme.



Data compiled September 2016.

Produced with the support of an operational grant under the European Commission's Third Health Programme. The European Commission is not responsible for any use that may be made of the material arising

Sources

Overweight & Obesity %	Data sources available at www.worldobesity.org/resources/
Population Estimates	UN Population Estimates, United Nations, http://esa.un.org/unpd/wpp/
Diabetes estimates 2015	Reproduced with kind permission of IDF, Diabetes Estimates 2015, IDF, http://www.diabetesatlas.org/resources/2015-atlas.html
Worldwide GINI Index	Worldwide GINI Index, Central Intelligence Agency - World Fact Book, https://www.cia.gov/library/publications/the-world-factbook/rankorder/2172rank.html (last accessed 19th January 2016)
Physical Inactivity estimates	Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A893?lang=en
Raised Fasting Glucose	Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A869?lang=en
Raised BP	Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A875?lang=en
Raised cholesterol	Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A885
Cancer incidence rates	Cancer incidence rates, GLOBOCAN, IARC, http://globocan.iarc.fr/Pages/online.aspx
EUROMONITOR FOOD INTAKES	Estimates calculated by World Obesity Federation based on Euro monitor food intake data. Euro monitor, http://www.euromonitor.com

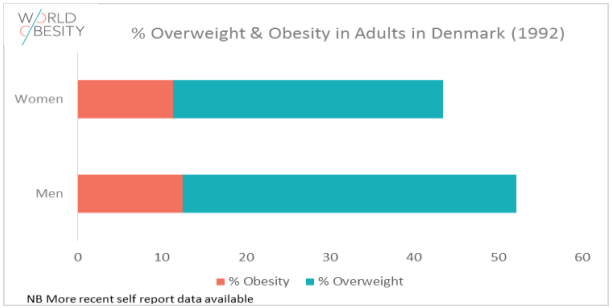
Denmark

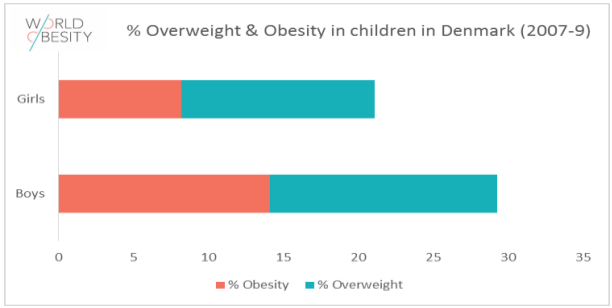
/Key Statistics

POPULATION: 5,669,081

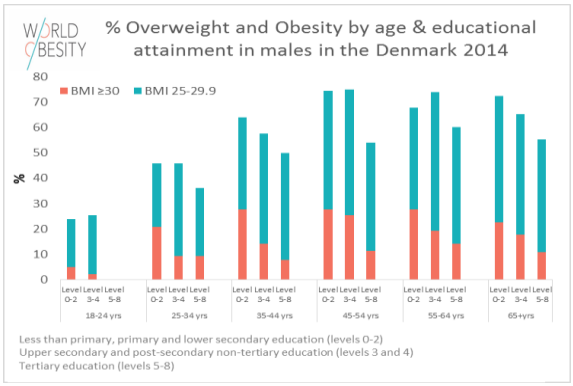
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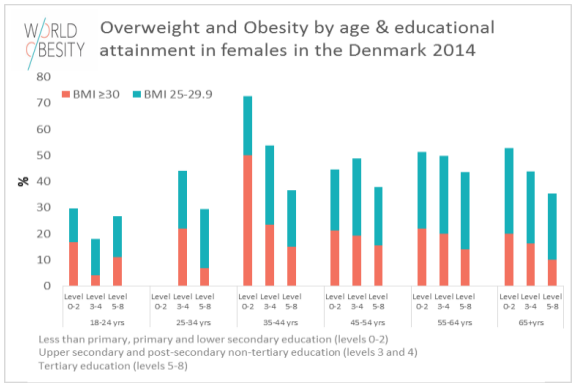
General Overweight & Obesity Prevalence (%)



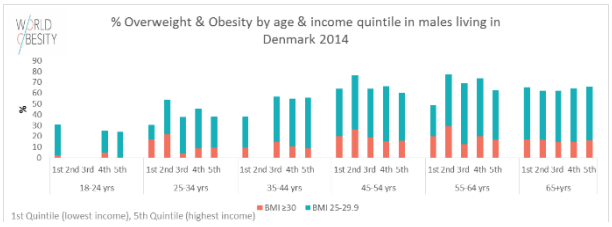


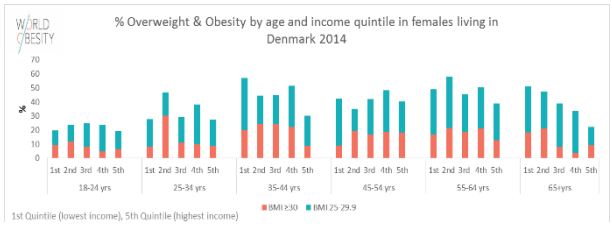
By Age & Education





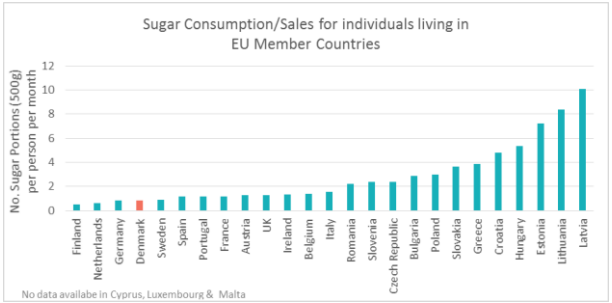
By Age & Income



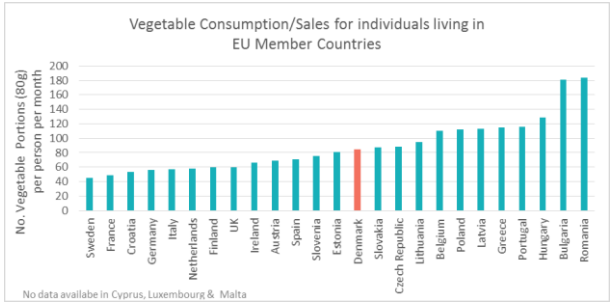


Drivers

Sugar

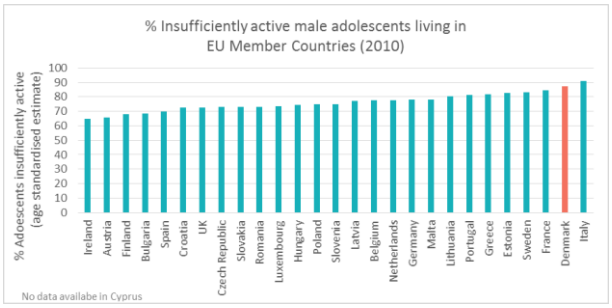


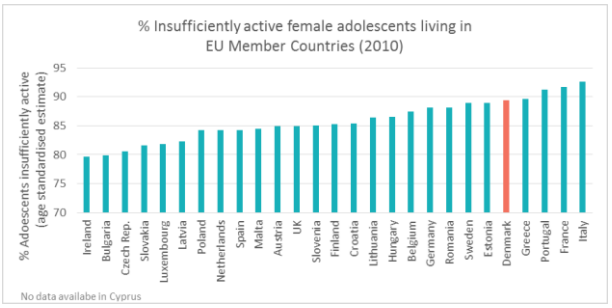
Vegetables

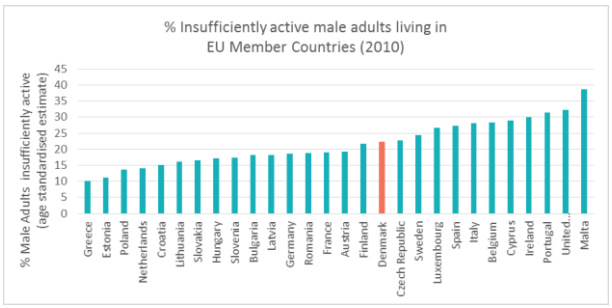


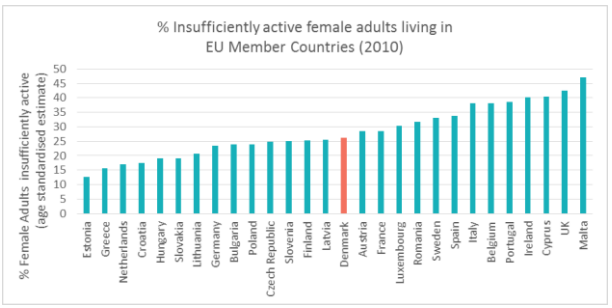
Denmark

Insufficient Activity

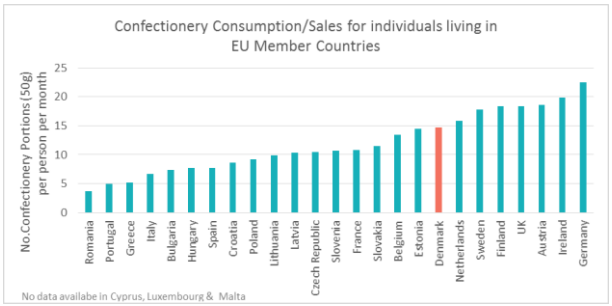




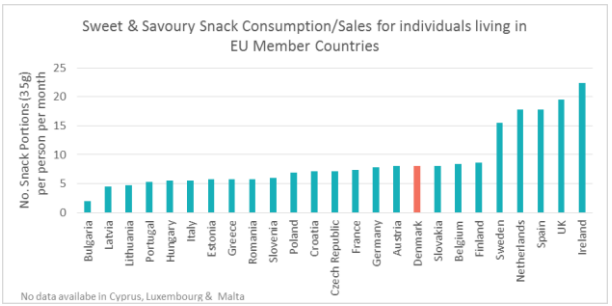




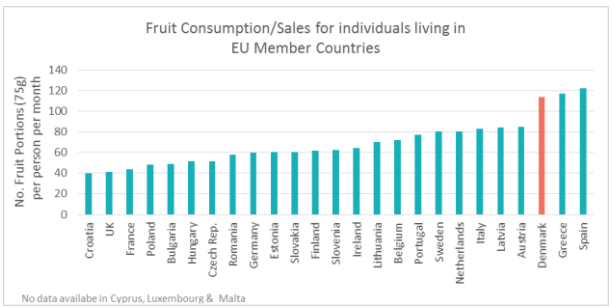
Confectionery



Sweet & Savoury Snacks



Fruit



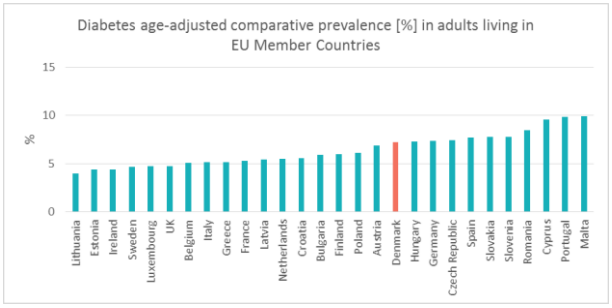
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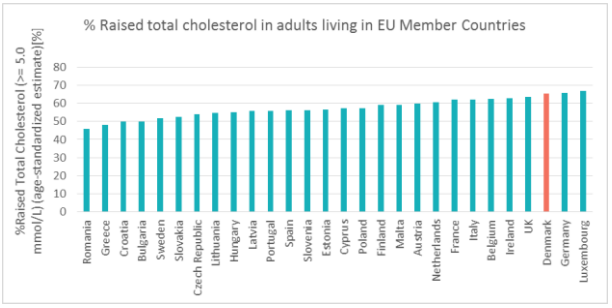
Denmark

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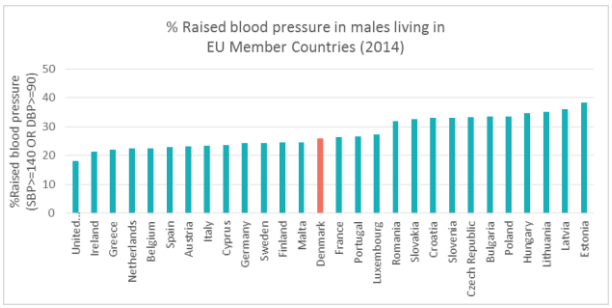
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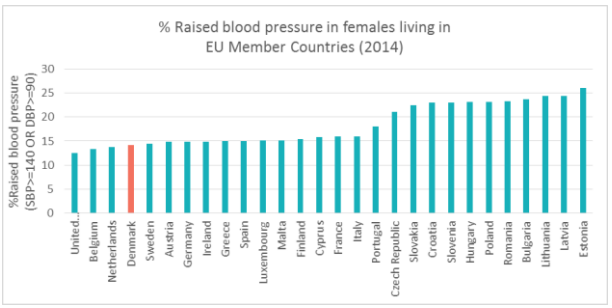


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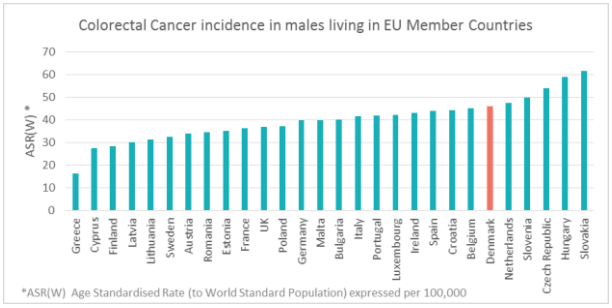


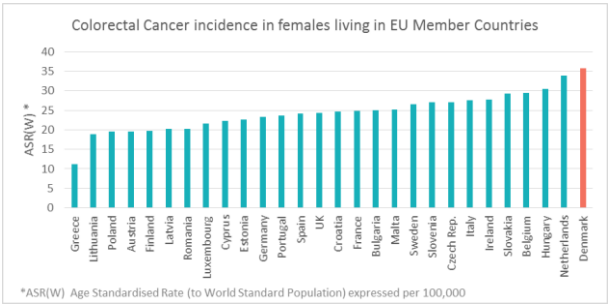
Raised Blood Pressure

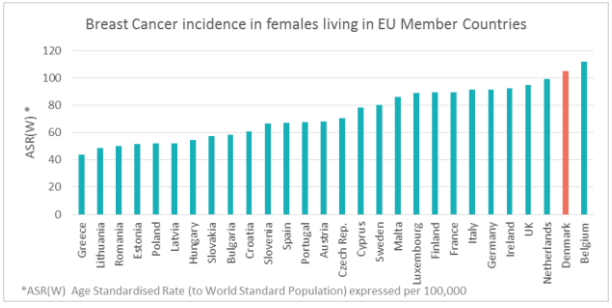


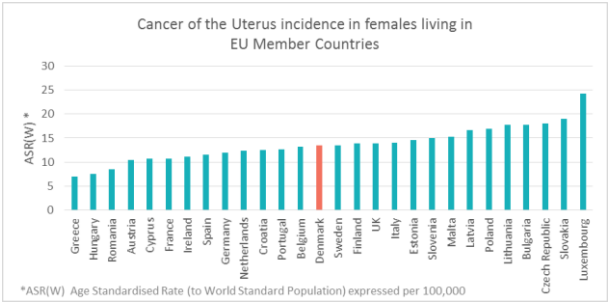


Cancers



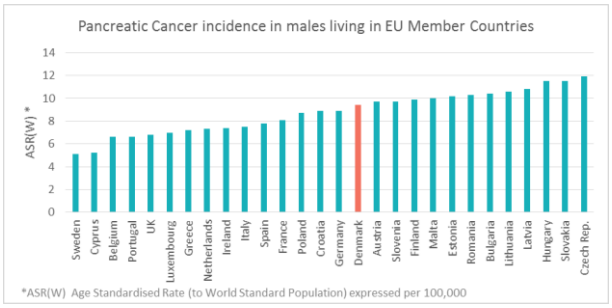


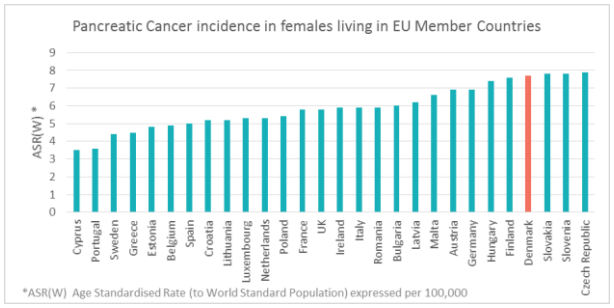


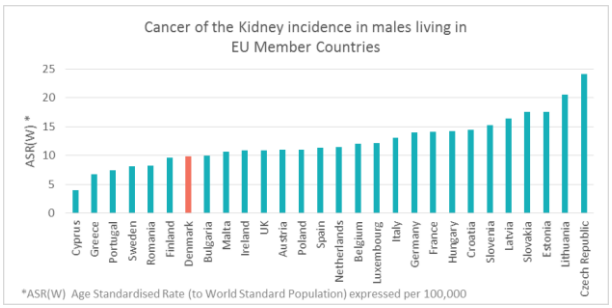


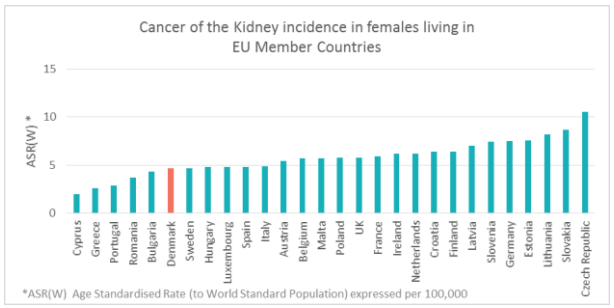
Denmark

Cancers Cont.









Policies & Interventions

Code of Responsible Food Marketing Communication	A voluntary code that is applicable to food and beverage marketing to children aged 13 and under via media outlets. It sets out guideline limits on sugar, salt and fat content in 10 food categories.
Danish Clinical Guidelines	Danish clinical guidelines for examination and treatment of overweight and obese children and adolescents in a pediatric setting.
City of Cyclists	Environmental improvements and promotion of cycling in Odense, to make it the greatest city for cyclists
An Easier Life - Step by Step	Course aiming at personal development, physical activity, nutrition and motivation to enable life style change among overweight adults.
Community health café	Local, open to all health café with free health check-ups, group exercise, individual guidance and consultations in a social arena.
The Danish Whole Grain Campaign	Public-private partnership to promote consumption of whole grain by increasing availability and awareness of the health benefits.
Healthy Senior Life	Local health promotion intervention for senior citizens through group meetings, exercise and motivational interview.
The Lifestyle team	Local intervention open to all adults aimed at physical activity and nutrition with support and guidance for lifestyle change.
Code on marketing food and non-alcoholic beverages to children	Code on marketing to children
WHO European Action Network on reducing marketing pressure on children	Currently 28 countries participating in the WHO European Action Network on reducing marketing pressure on children, all of which have a joint interest in finding ways to reduce the marketing pressure of high salt, energy-dense, micronutrient-poor foods and beverages towards children
Get Moving	The focus of the campaign is to encourage children and young people to be physically active for at least 60 minutes a day and provide ideas for incorporating physical activity into their daily lives.
Tax of saturated fat (part of the Danish Tax Reform 2010)	As part of the Tax Reform 2010, Denmark introduced a 'fat tax' in 2011 - a tax of DKr 16 (€2.15) per kg of saturated fat, with the taxable base including all foods containing saturated fat. The actual aims of the reform was to increase labour supply in the medium to long term and at same time contribute to soften the effects of the global economic crises in the short run. Furthermore net savings should be



	increased and goals in the areas of energy, climate, environment and health are supported. Note that the tax was discontinued in January 2013.
National Action Plan Against Obesity	An action plan for the prevention and treatment of obesity with a list of recommendations.
Better health for children and youth (Bedre sundhed for børn og unge)	A policy to improve the health of children and young people in Denmark - this document is in Danish.
Physical Activity Guidelines	Recommendation for levels of physical activity for three age groups, 5–17 years old, 18–64 years old and 65 years old and above as well as pregnant women, overweight and obese people and psychiatric patients.
The School Patrol	This national school-based scheme promotes physical activity and play in Denmark. Older students (grades 6-9) from participating schools promote play and physical activity during breaks to younger children (grade 1-6). Approximately 4-5 students/school and one leader are recruited from every school. The scheme, founded in 2007 by the Danish School Sports Association, the Cancer society and the Danish Gymnastics Federation, has received an extension to 2011
Get2sport	This ongoing national project initiated in 2005 to promote participation in sports and sports clubs among children and youth from the most deprived areas in Denmark. Another aim is to increase the number of parents becoming involved in sports clubs from those areas. The project consists of programmes from 12 areas. The criteria were that: the scheme should prevent segregation; the sport club should have previous experience of community work to increase integration; the local government is part of the scheme; and the scheme should have the potential to improve the conditions for sporting activities.
A better life through diet and physical activity: Nordic plan of action on better health and quality of life through diet and physical activity	This document provides solutions to the problems of an unhealthy diet, physical inactivity, and overweight primarily found in action at the national or local level.
Regulation (EU) No 1169/2011	The new EU Regulation 1169/2011 on the provision of food information to consumers considerably changes existing legislation on food labelling.
IDEFICS - Identification and prevention of Dietary and lifestyle-induced Health Effects In Children and Infants	The study delivered data to make an international assessment of the problem of "obesity in children" possible. The focus of the IDEFICS Study lied in exploring the risks for overweight and obesity in children as well as associated long-term consequences. IDEFICS also offered activities for health promotion and prevention in kindergartens and schools. These prevention programmes were developed, implemented and evaluated within the IDEFICS Study. Participating countries included Belgium, Cyprus, Denmark, Estonia, France, Germany, Hungary, Italy, Spain, Sweden and UK.
Nordic Nutrition Recommendation 2012: Integrating nutrition and physical activity	Guidelines for dietary composition and recommended intakes of nutrients.
Physical activity strategy for the WHO European Region 2016-2025	The strategy focuses on physical activity as a leading factor in health and well-being in the European Region, with particular attention to the burden of non-communicable diseases associated with insufficient activity levels and sedentary behaviour. It aims to cover all forms of physical activity throughout the life-course.
The European Food and Nutrition Action Plan 2015-2020	The aim on this action plan is to significantly reduce the burden of preventable diet-related non-communicable diseases, obesity and all other forms of malnutrition that are still prevalent in the WHO European Region.
European charter on counteracting obesity	To address the growing challenge posed by the epidemic of obesity to health, economies and development, the Ministers and delegates attending the WHO European Ministerial Conference on Counteracting Obesity (Istanbul, Turkey, 15–17 November 2006) adopted the European Charter on Counteracting Obesity. The process of developing the Charter involved different government sectors,



	international organizations, experts, civil society and the private sector through dialogue and consultations
Action Plan for implementation of the European Strategy for the Prevention and Control of Noncommunicable Diseases 2012–2016	It identifies priority action areas and interventions for countries to focus on over the next five years (2012–2016), as they implement the European Strategy for the Prevention and Control of Non-communicable Diseases.
Healthy throughout Life 2002-2010	Healthy Throughout Life 2002-2010 aims at increasing life expectancy free of disability or illness for everyone. It targets the whole population with a specific focus on pregnant woman, children, young people, vulnerable and distressed adults, and elderly as well as chronically ill people. The programme focuses on eight risk factors, including physical exercise. The overall goal for physical activity is to increase considerably the number of people who are physically active, and to make physical activity a natural part of everyday life. Challenges for individuals, communities and the public sector are identified, however goals are not quantified.
ABC - All children cycle (Alle Børn Cykler)	This national campaign in Denmark is founded by the Danish Cycling Federation to promote cycling among children in grades 0-10, including cycling to school. The campaign includes a competition between schools and classes to promote regular cycling to school.



Data compiled September 2016.

Produced with the support of an operational grant under the European Commission's Third Health Programme. The European Commission is not responsible for any use that may be made of the material arising

Sources

Overweight & Obesity %	Data sources available at www.worldobesity.org/resources/
Population Estimates	UN Population Estimates, United Nations, http://esa.un.org/unpd/wpp/
Diabetes estimates 2015	Reproduced with kind permission of IDF, Diabetes Estimates 2015, IDF, http://www.diabetesatlas.org/resources/2015-atlas.html
Worldwide GINI Index	Worldwide GINI Index, Central Intelligence Agency - World Fact Book, https://www.cia.gov/library/publications/the-world-factbook/rankorder/2172rank.html (last accessed 19th January 2016)
Physical Inactivity estimates	Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A893?lang=en
Raised Fasting Glucose	Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A869?lang=en
Raised BP	Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A875?lang=en
Raised cholesterol	Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A885
Cancer incidence rates	Cancer incidence rates, GLOBOCAN, IARC, http://globocan.iarc.fr/Pages/online.aspx
EUROMONITOR FOOD INTAKES	Estimates calculated by World Obesity Federation based on Euro monitor food intake data. Euro monitor, http://www.euromonitor.com

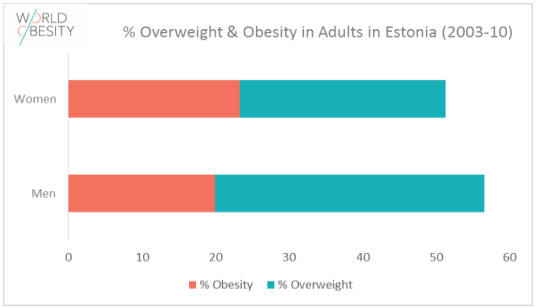


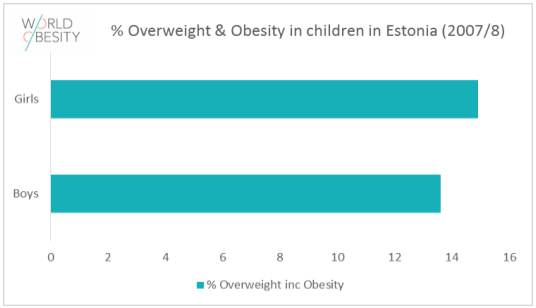
Estonia

/Key Statistics

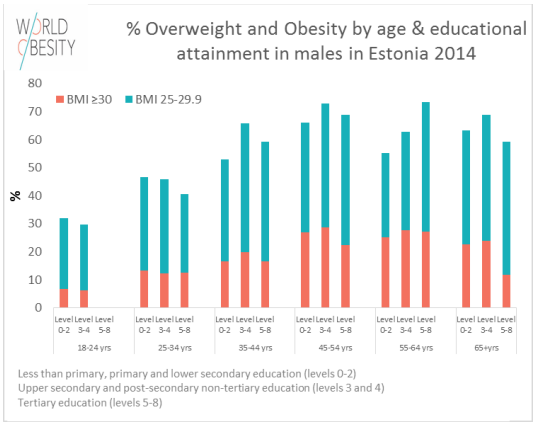
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GINI INDEX: 33.15

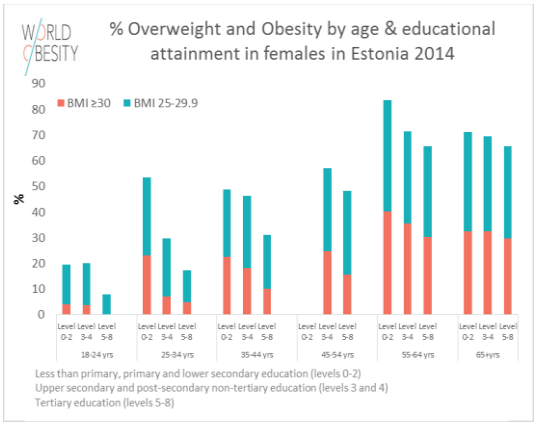
General Overweight & Obesity Prevalence (%)





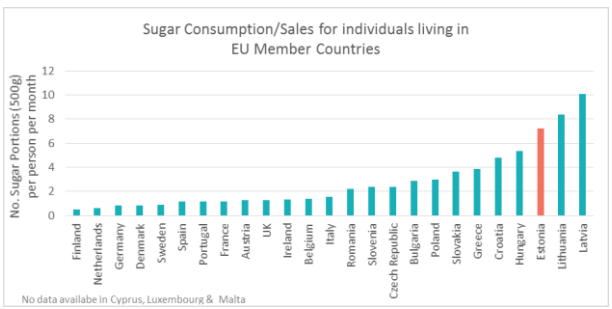
By Age & Education



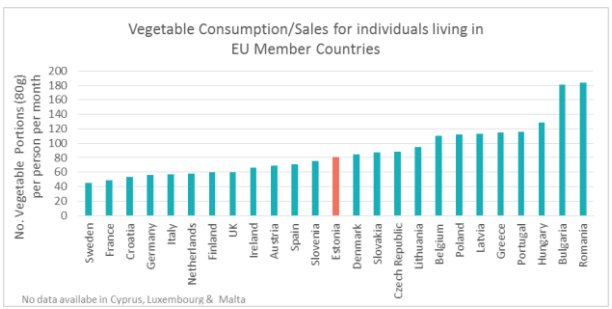


Drivers

Sugar



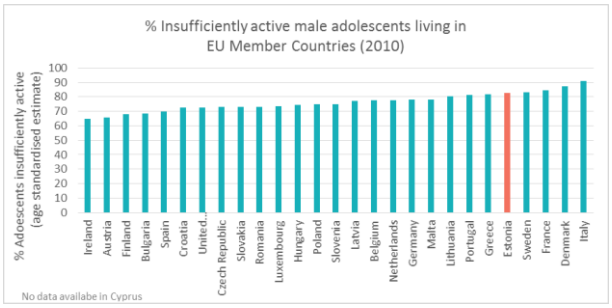
Vegetables

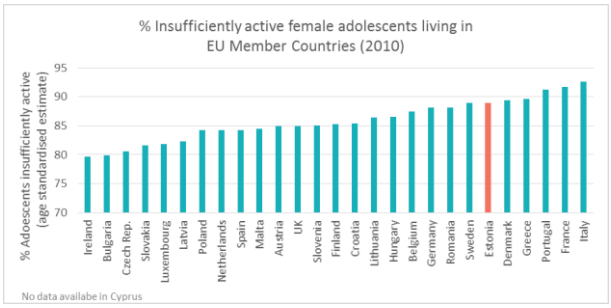


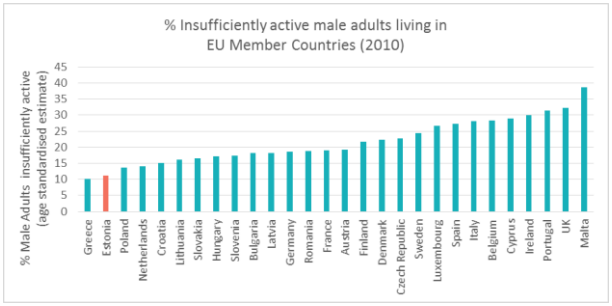


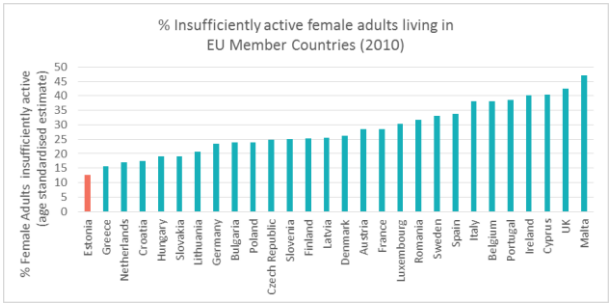
Estonia

Insufficient Activity

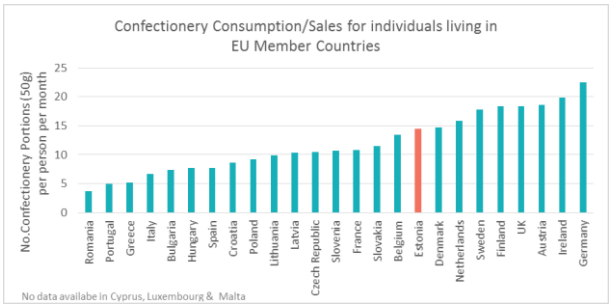




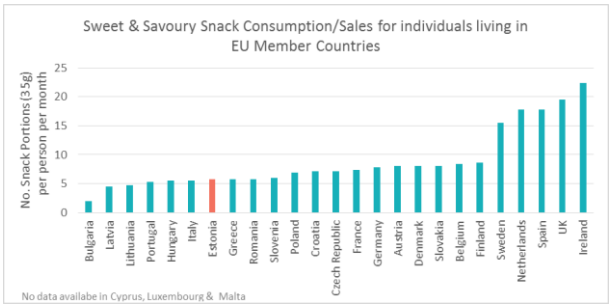




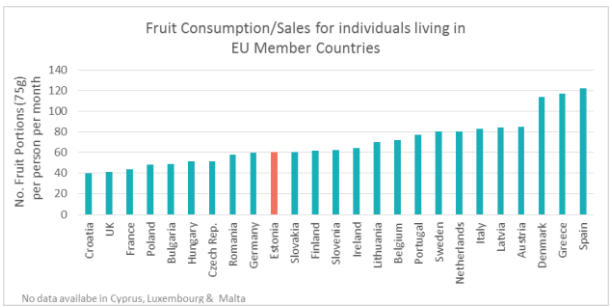
Confectionery



Sweet & Savoury Snacks



Fruit



Soft Drinks

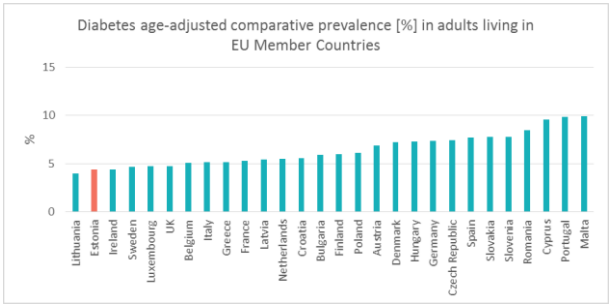




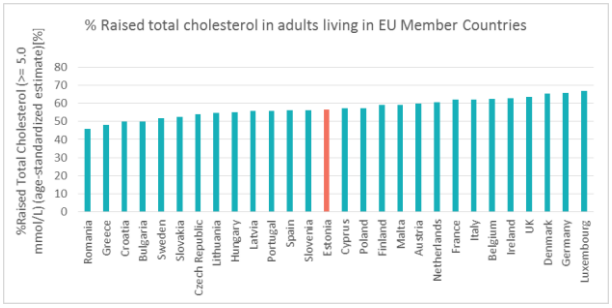
Estonia

Impact

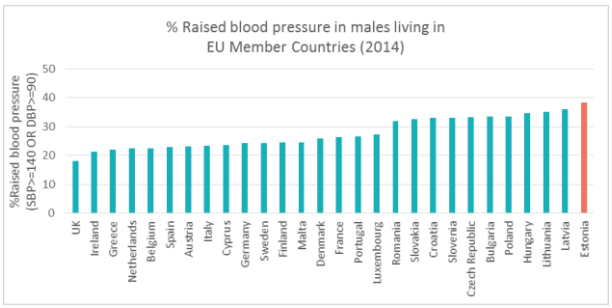
Diabetes (Type I & II)

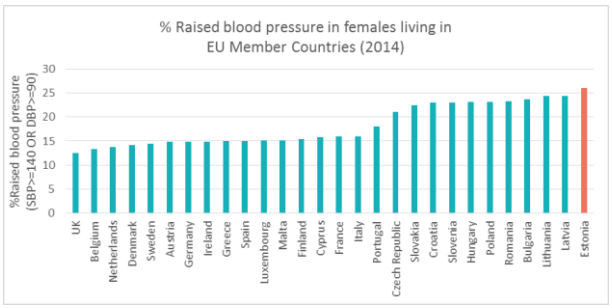


High Cholesterol

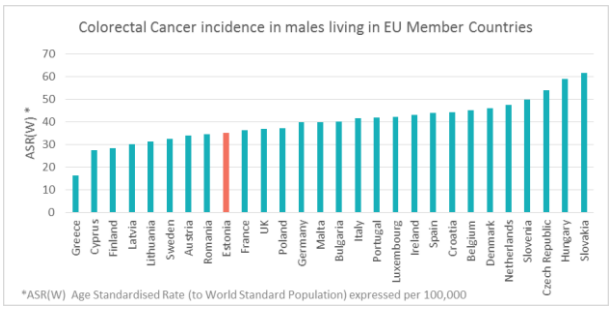


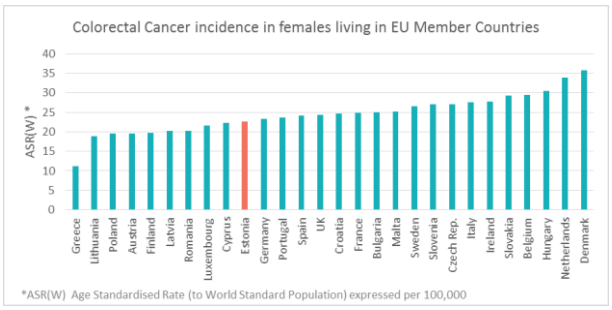
Raised Blood Pressure

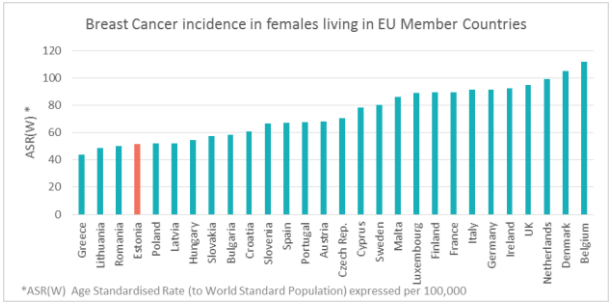


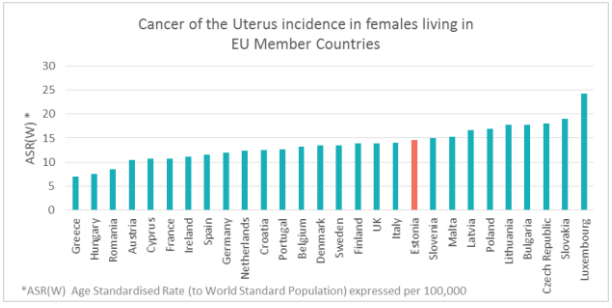


Cancers





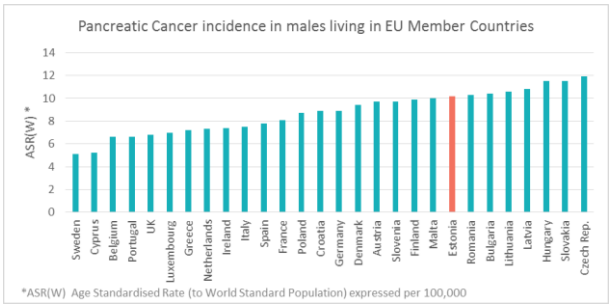


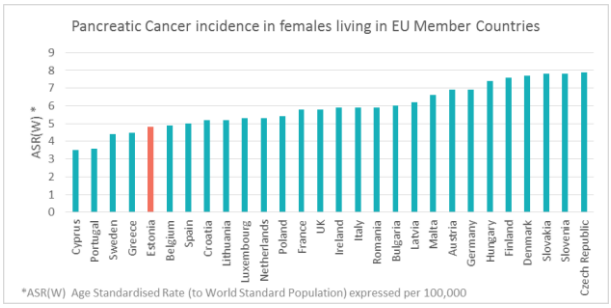


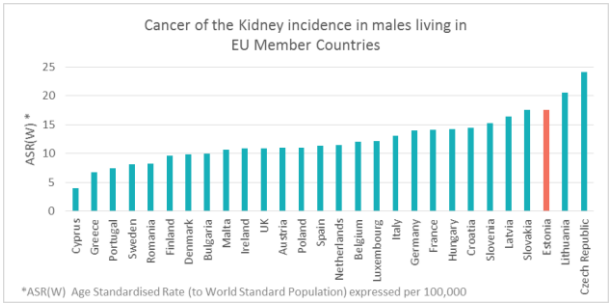


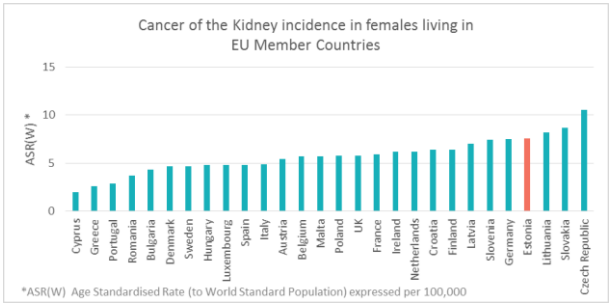
Estonia

Cancers Cont.









Policies & Interventions

The general principles of the Estonian sports policy until 2030	The general principles of the sports policy cover a set of strategic goals and directions to be achieved in order to develop the sports field and improve the quality of life and living environment through sports. The main objective lies in significant and growing role of movement and sports in increasing the vitality of the Estonian people, creating the diversity of living environment, and designing a good reputation of the Republic of Estonia.
Regulation (EU) No 1169/2011	The new EU Regulation 1169/2011 on the provision of food information to consumers considerably changes existing legislation on food labelling.
Estonian Nutrition and Food Recommendations	Separate guidelines have been developed for specific population groups: pregnant and lactating women (2007), the elderly (2008), pre-school and school-age children (2009) and adolescents (2009).
Action Plan for implementation of the European Strategy for the Prevention and Control of Non communicable Diseases 2012–2016	It identifies priority action areas and interventions for countries to focus on over the next five years (2012–2016), as they implement the European Strategy for the Prevention and Control of Non-communicable Diseases.
Campaign to reduce salt consumption	Online software that shows different food options in order to reduce salt intake
Sports Act	This Act provides for the general organisational and legal bases of the organisation of sport, the rights and obligations of sportsmen, sportswomen and coaches, the bases for application for and grant of state support for winners of the Olympic Games, the bases for the financing of sport, the bases for the support of labour costs of coaches and the requirements for the organisation of sports events and liability for violation of the requirements.
IDEFICS - Identification and prevention of Dietary and lifestyle-induced Health Effects In Children and Infants	The study delivered data to make an international assessment of the problem of "obesity in children" possible. The focus of the IDEFICS Study lied in exploring the risks for overweight and obesity in children as well as associated long-term consequences. IDEFICS also offered activities for health promotion and prevention in kindergartens and schools. These prevention programmes were developed, implemented and evaluated within the IDEFICS Study. Participating



	countries included Belgium, Cyprus, Denmark, Estonia, France, Germany, Hungary, Italy, Spain, Sweden and UK.
Physical activity strategy for the WHO European Region 2016-2025	The strategy focuses on physical activity as a leading factor in health and well-being in the European Region, with particular attention to the burden of non-communicable diseases associated with insufficient activity levels and sedentary behaviour. It aims to cover all forms of physical activity throughout the life-course.
Eat it!	Campaign to make people eat less fat and more fruits and vegetables.
Men! Move yourselves	This intervention aims to change the health attitudes of Estonian men by promoting activity among inactive men.
Joint Action on Nutrition and Physical Activity (JANPA)	The overall aim of the project is to contribute to halting the rise of overweight and obesity in children and adolescents by 2020.
Cardiovascular disease prevention - a national strategy for 2005-2020	One of the aims of this strategy is to increase physical activity levels among the Estonian adult and youth populations.
The European Food and Nutrition Action Plan 2015-2020	The aim on this action plan is to significantly reduce the burden of preventable diet-related non-communicable diseases, obesity and all other forms of malnutrition that are still prevalent in the WHO European Region.
European charter on counteracting obesity	To address the growing challenge posed by the epidemic of obesity to health, economies and development, the Ministers and delegates attending the WHO European Ministerial Conference on Counteracting Obesity (Istanbul, Turkey, 15–17 November 2006) adopted the European Charter on Counteracting Obesity. The process of developing the Charter involved different government sectors, international organizations, experts, civil society and the private sector through dialogue and consultations
Code on marketing food and non-alcoholic beverages to children	Code on marketing to children
WHO European Action Network on reducing marketing pressure on children	Currently 28 countries participating in the WHO European Action Network on reducing marketing pressure on children, all of which have a joint interest in finding ways to reduce the marketing pressure of high salt, energy-dense, micronutrient-poor foods and beverages towards children



Data compiled September 2016.

Produced with the support of an operational grant under the European Commission's Third Health Programme. The European Commission is not responsible for any use that may be made of the material arising

Sources

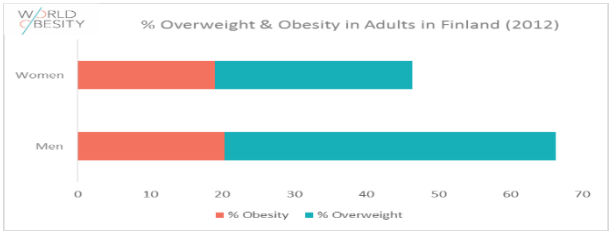
Overweight & Obesity %	Data sources available at www.worldobesity.org/resources/
Population Estimates	UN Population Estimates, United Nations, http://esa.un.org/unpd/wpp/
Diabetes estimates 2015	Reproduced with kind permission of IDF, Diabetes Estimates 2015, IDF, http://www.diabetesatlas.org/resources/2015-atlas.html
Worldwide GINI Index	Worldwide GINI Index, Central Intelligence Agency - World Fact Book, https://www.cia.gov/library/publications/the-world-factbook/rankorder/2172rank.html (last accessed 19th January 2016)
Physical Inactivity estimates	Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A893?lang=en
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Raised BP	Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A875?lang=en
Raised cholesterol	Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A885
Cancer incidence rates	Cancer incidence rates, GLOBOCAN, IARC, http://globocan.iarc.fr/Pages/online.aspx
EUROMONITOR FOOD INTAKES	Estimates calculated by World Obesity Federation based on Euro monitor food intake data. Euro monitor, http://www.euromonitor.com

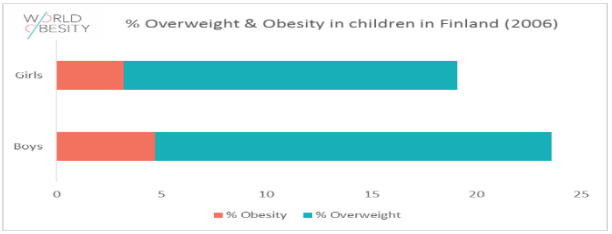
FINLAND

/Key Statistics

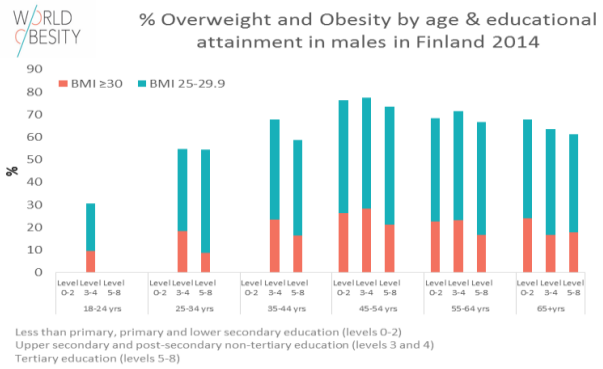
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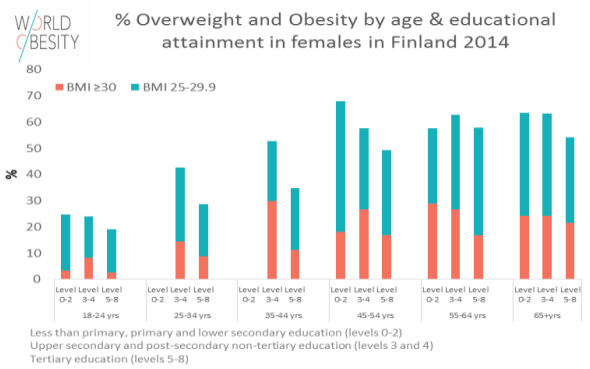
General Overweight & Obesity Prevalence (%)



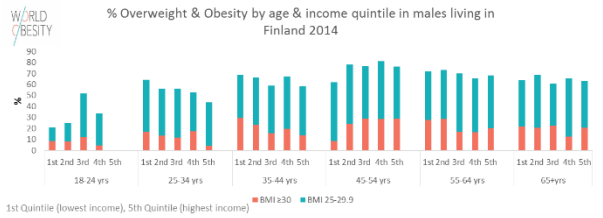


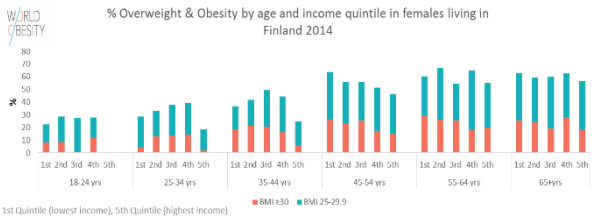
By Age & Education





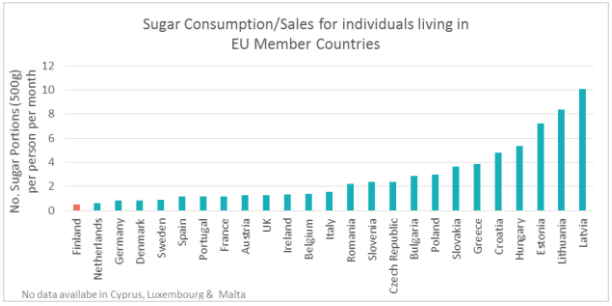
By Age & Income



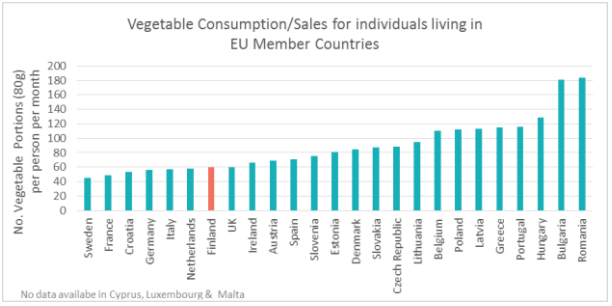


Drivers

Sugar

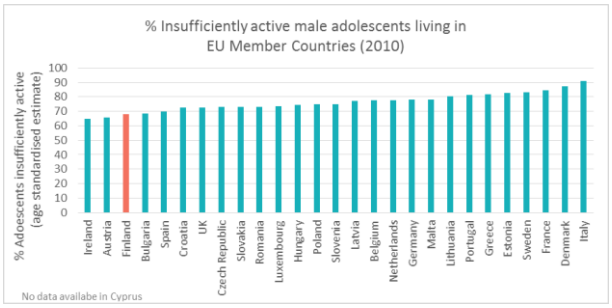


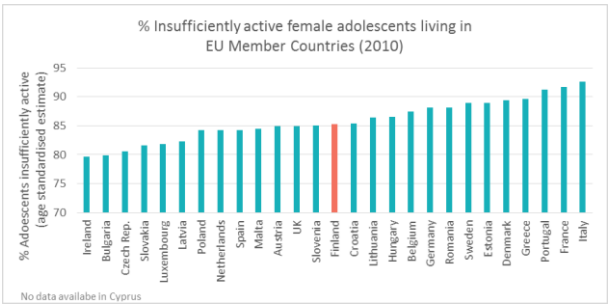
Vegetables

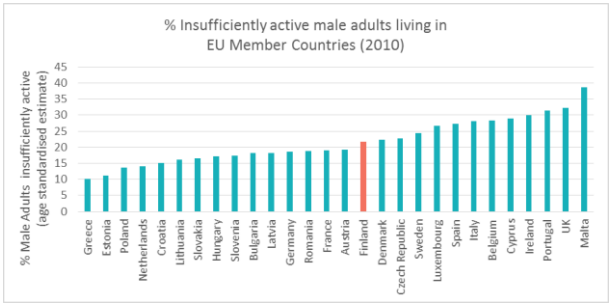


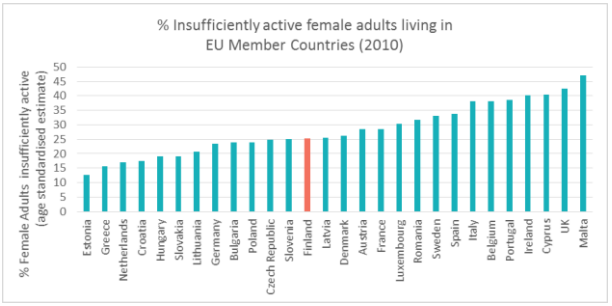
FINLAND

Insufficient Activity

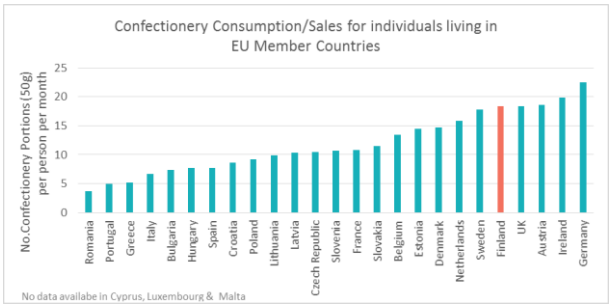




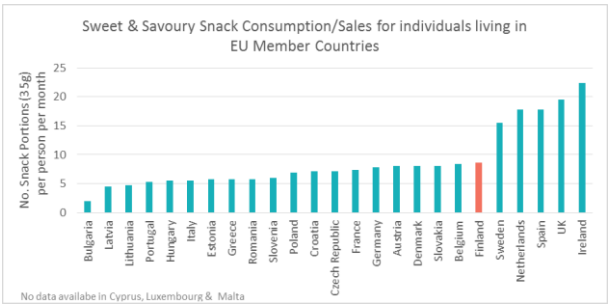




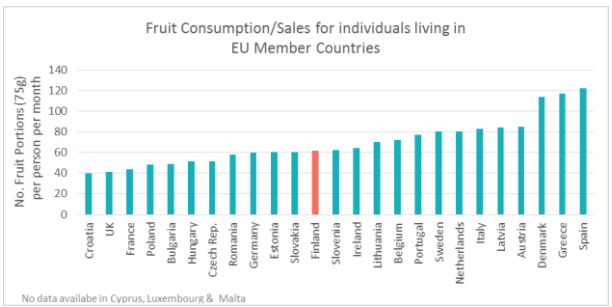
Confectionery



Sweet & Savoury Snacks



Fruit



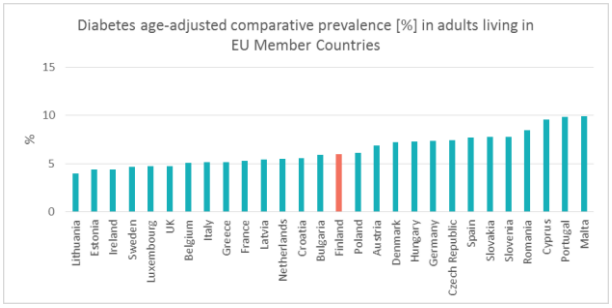
Soft Drinks



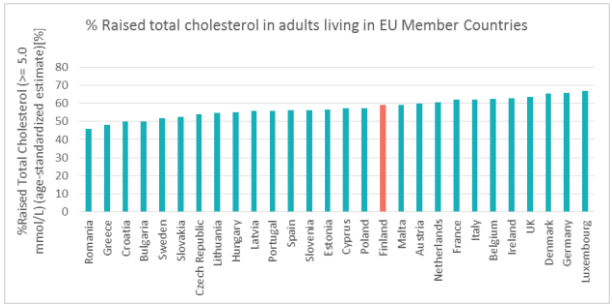
FINLAND

Impact

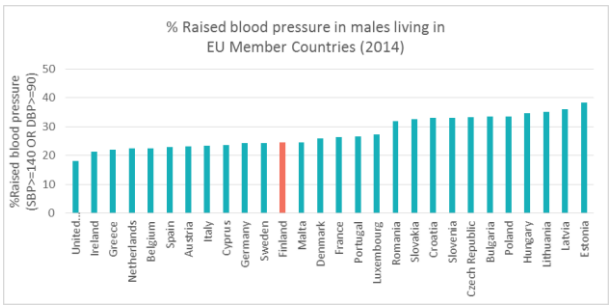
Diabetes (Type I & II)

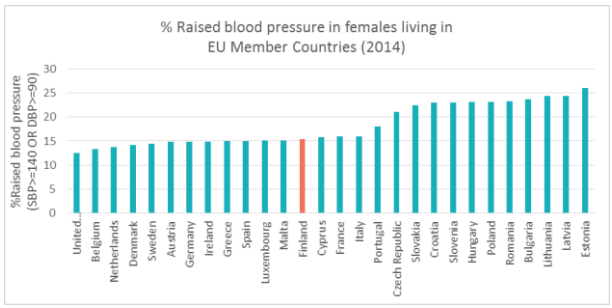


High Cholesterol

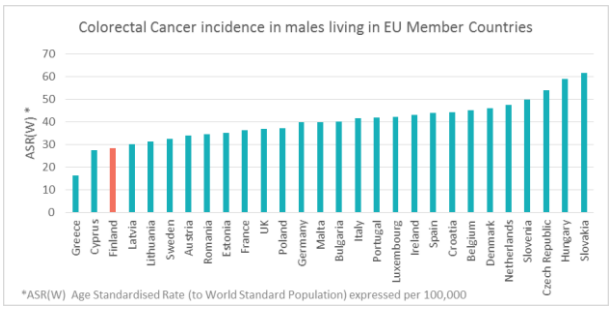


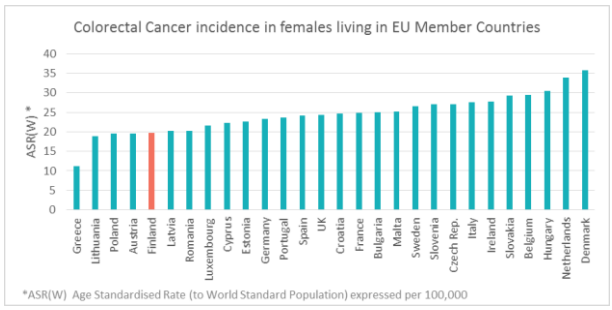
Raised Blood Pressure

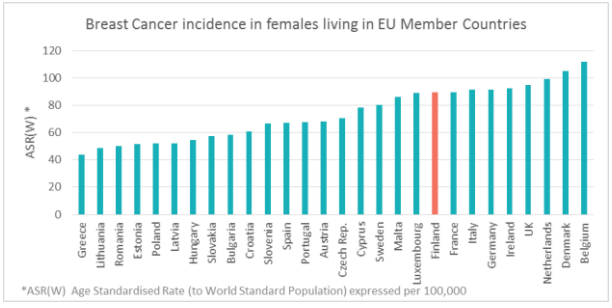


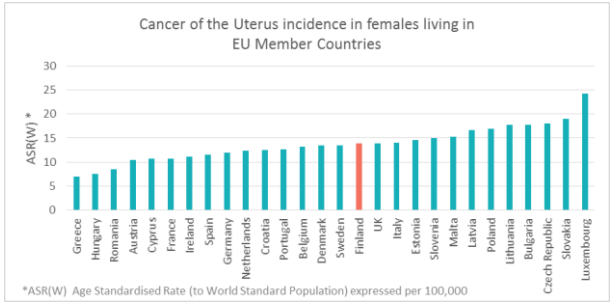


Cancers



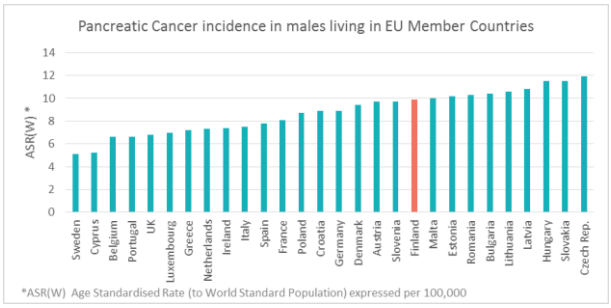


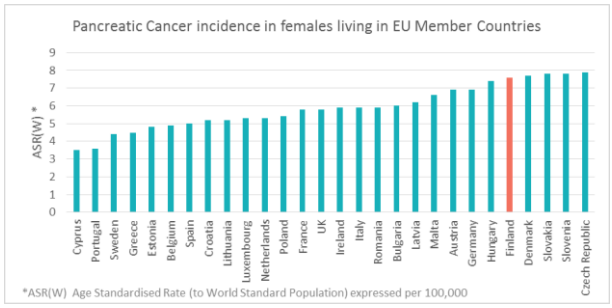


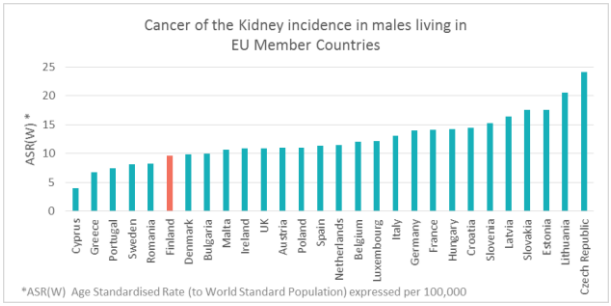


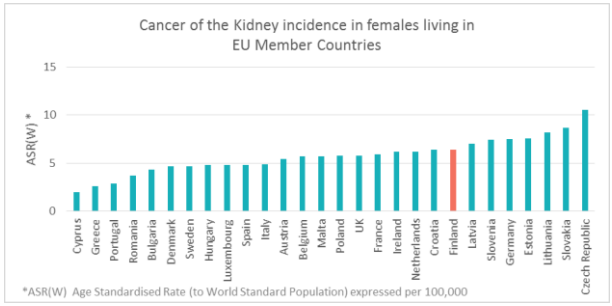
FINLAND

Cancers Cont.









Policies & Interventions

The National Obesity Programme 2012–2018	This programme aims to achieve a downward trend in obesity in order to improve health and welfare and to maintain the population's functional and work ability. Main programme targets are: 1) reduce the number of children and young people who grow up as obese adults 2) reduce the number of people gaining weight as adults 3) reduce the differences in obesity prevalence among population groups 4) help people at risk of obesity-related conditions lose weight and prevent gaining more weight
Physical activity strategy for the WHO European Region 2016-2025	The strategy focuses on physical activity as a leading factor in health and well-being in the European Region, with particular attention to the burden of non-communicable diseases associated with insufficient activity levels and sedentary behaviour. It aims to cover all forms of physical activity throughout the life-course.
Nordic Nutrition Recommendation 2012: Integrating nutrition and physical activity	Guidelines for dietary composition and recommended intakes of nutrients.
Joint Action on Nutrition and Physical Activity (JANPA)	The overall aim of the project is to contribute to halting the rise of overweight and obesity in children and adolescents by 2020.
WHO European Action Network on reducing marketing pressure on children	Currently 28 countries participating in the WHO European Action Network on reducing marketing pressure on children, all of which have a joint interest in finding ways to reduce the marketing pressure of high salt, energy-dense, micronutrient-poor foods and beverages towards children
Recommendations for physical activity in early childhood education (Varhaiskasvatuksen liikunnan suositukset)	Physical activity recommendations for children - document in Finnish
Government resolution on development guidelines for health-enhancing physical activity and nutrition	This resolution contains a set of development guidelines and targets for health-enhancing physical activity and nutrition.
Action Plan for Promoting Finnish Heart Health 2005-2011	Action plan with recommendations with the aim of reducing cardiovascular morbidity and mortality in Finland.
'On the move' - A national strategy for physical activity promoting health and wellbeing 2020	A set of guidelines and targeted actions to increase physical activity and improve health
Sweets Tax	The tax is currently levied on confectionery, chocolate and ice-cream, but excludes products such as biscuits, baked goods, puddings and granulated sugar.

FINLAND

Finnish nutrition recommendations 2014	The focus of this document is on a comprehensive idea of a health-promoting diet, composed of the quality, quantity and role as source of nutrients of various kinds of foods and their link to human health.
The Heart Symbol	Product labelling that tells the costumer which products within a food group are better choices regarding fat and sodium content.
Fit for Life Program	National program to support the creation of local health enhancing physical activity services by providing funding, mentoring, seminars and material.
Steps for Health	Web based step counting campaign to promote walking among adults.
The Waist Club	Web based health promotion program for men. Twenty weeks duration with information about nutrition, exercise, motivation and how to set goals.
Programme for the Prevention of Type 2 Diabetes in Finland	A strategy which includes arrangements for systematic management of obesity, lifestyle modifications, physical activity recommendations etc.
European charter on counteracting obesity	To address the growing challenge posed by the epidemic of obesity to health, economies and development, the Ministers and delegates attending the WHO European Ministerial Conference on Counteracting Obesity (Istanbul, Turkey, 15–17 November 2006) adopted the European Charter on Counteracting Obesity. The process of developing the Charter involved different government sectors, international organizations, experts, civil society and the private sector through dialogue and consultations
Action Plan for implementation of the European Strategy for the Prevention and Control of Noncommunicable Diseases 2012–2016	It identifies priority action areas and interventions for countries to focus on over the next five years (2012–2016), as they implement the European Strategy for the Prevention and Control of Non-communicable Diseases.
A better life through diet and physical activity: Nordic plan of action on better health and quality of life through diet and physical activity	This document provides solutions to the problems of an unhealthy diet, physical inactivity, and overweight primarily found in action at the national or local level.
The European Food and Nutrition Action Plan 2015-2020	The aim on this action plan is to significantly reduce the burden of preventable diet-related non-communicable diseases, obesity and all other forms of malnutrition that are still prevalent in the WHO European Region.

Data compiled September 2016.

Produced with the support of an operational grant under the European Commission's Third Health Programme. The European Commission is not responsible for any use that may be made of the material arising

Sources

Overweight & Obesity %	Data sources available at www.worldobesity.org/resources/
Population Estimates	UN Population Estimates, United Nations, http://esa.un.org/unpd/wpp/
Diabetes estimates 2015	Reproduced with kind permission of IDF, Diabetes Estimates 2015, IDF, http://www.diabetesatlas.org/resources/2015-atlas.html
Worldwide GINI Index	Worldwide GINI Index, Central Intelligence Agency - World Fact Book, https://www.cia.gov/library/publications/the-world-factbook/rankorder/2172rank.html (last accessed 19th January 2016)
Physical Inactivity estimates	Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A893?lang=en
Raised Fasting Glucose	Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A869?lang=en
Raised BP	Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A875?lang=en
Raised cholesterol	Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A885
Cancer incidence rates	Cancer incidence rates, GLOBOCAN, IARC, http://globocan.iarc.fr/Pages/online.aspx
EUROMONITOR FOOD INTAKES	Estimates calculated by World Obesity Federation based on Euro monitor food intake data. Euro monitor, http://www.euromonitor.com

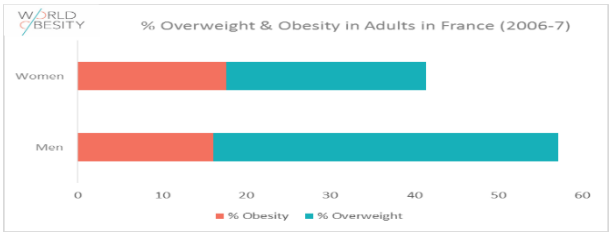


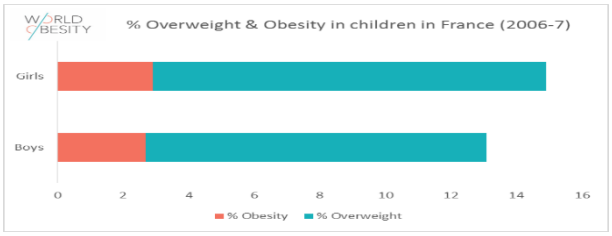
FRANCE

/Key Statistics

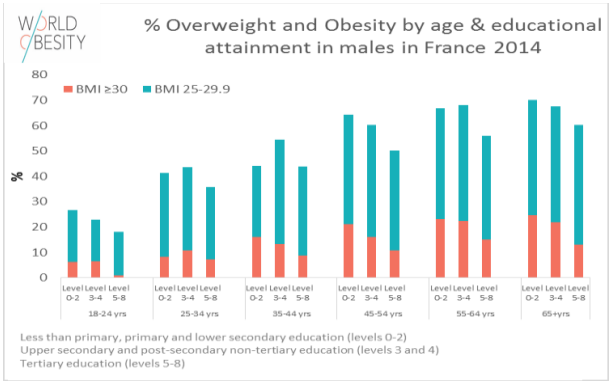
POPULATION: 64,395,345
GINI INDEX: 33.1

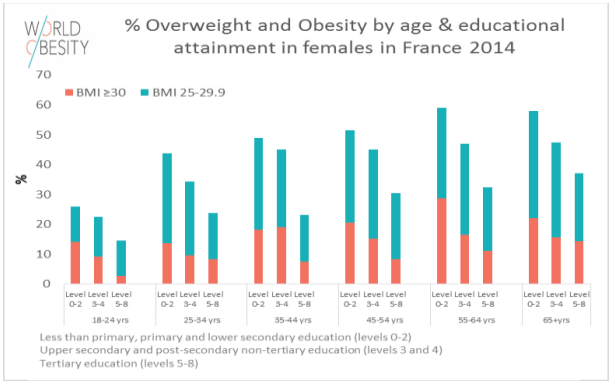
General Overweight & Obesity Prevalence (%)



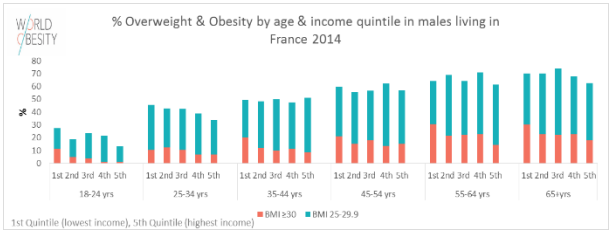


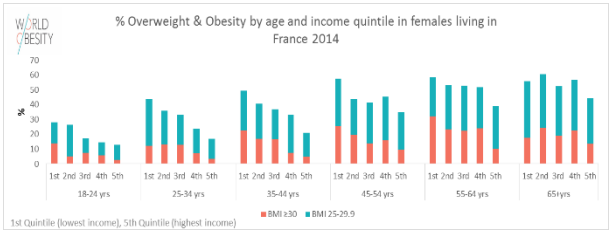
By Age & Education





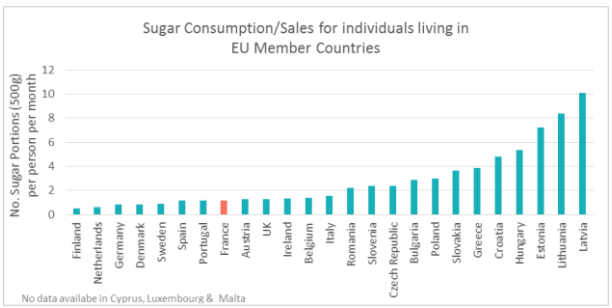
By Age & Income



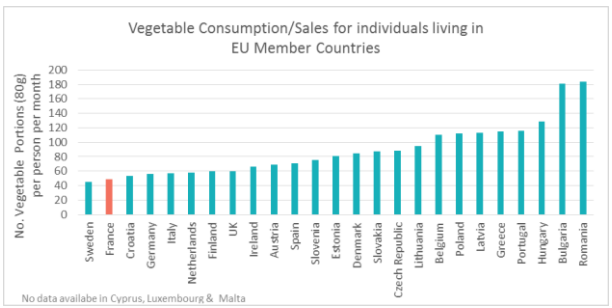


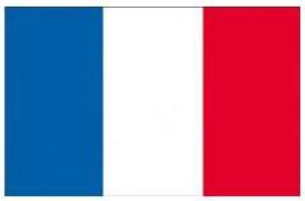
Drivers

Sugar



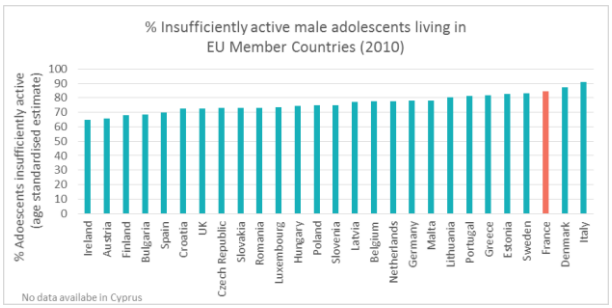
Vegetables

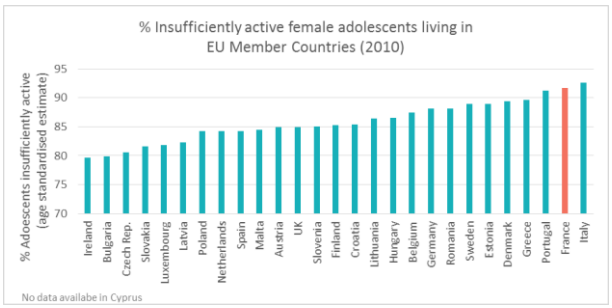


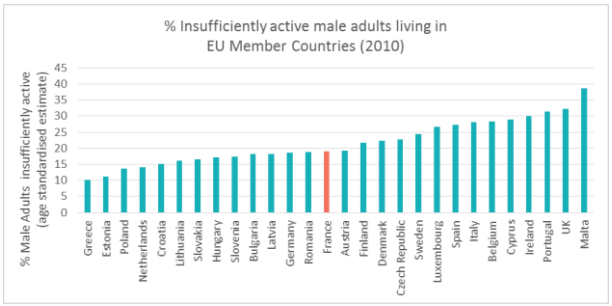


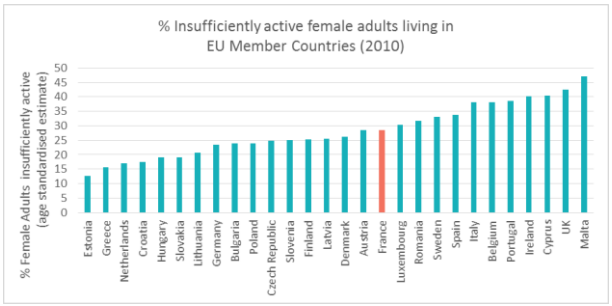
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Insufficient Activity

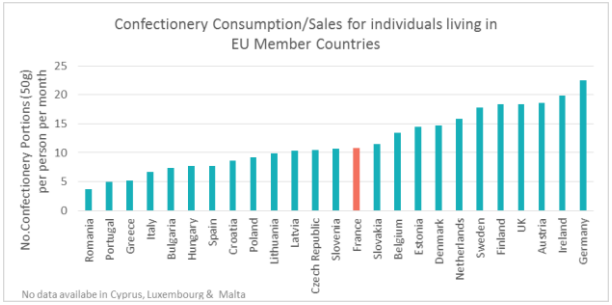




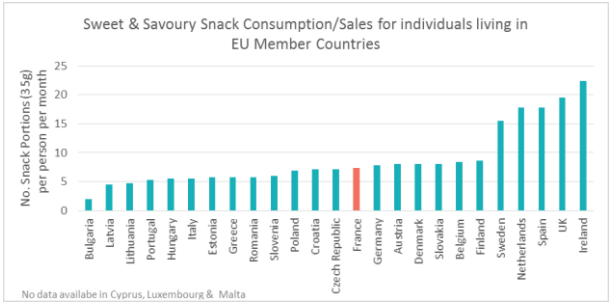




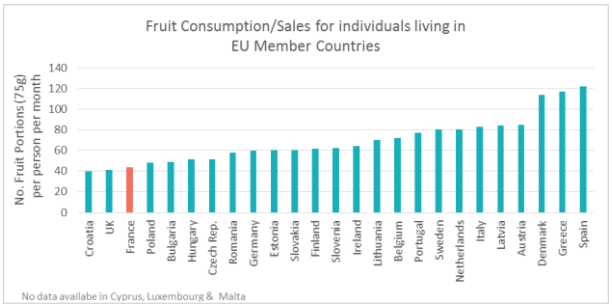
Confectionery



Sweet & Savoury Snacks

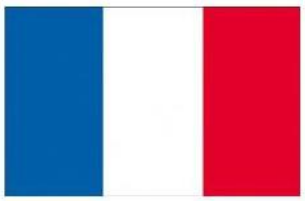


Fruit



Soft Drinks

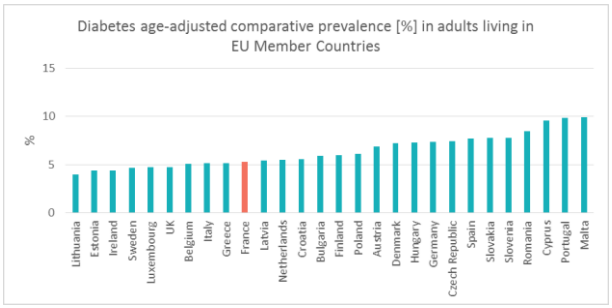




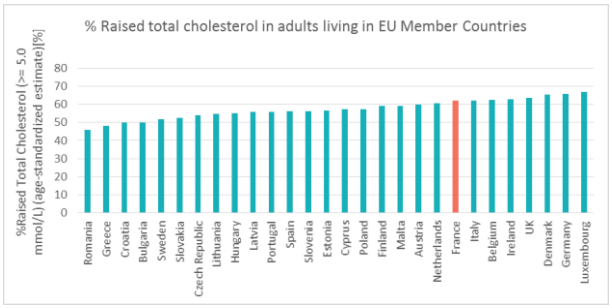
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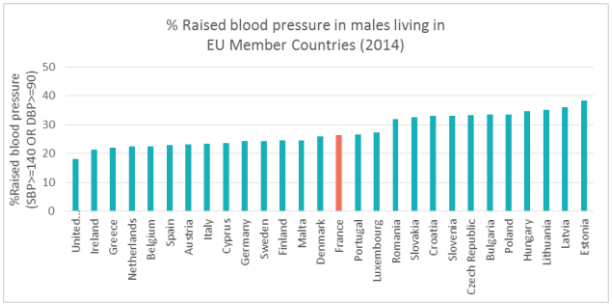
Diabetes (Type I & II)

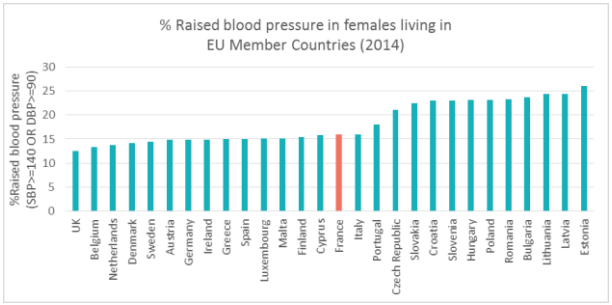


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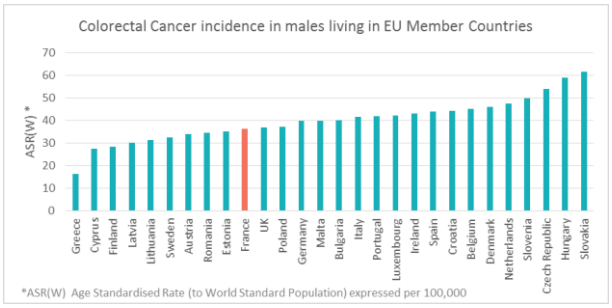


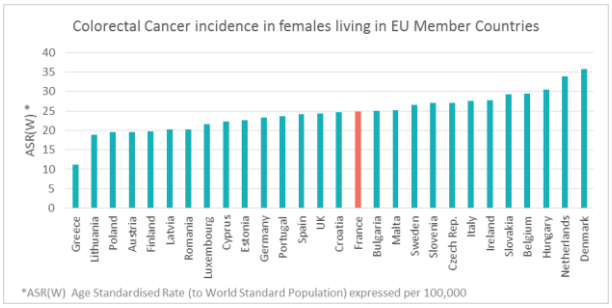
Raised Blood Pressure

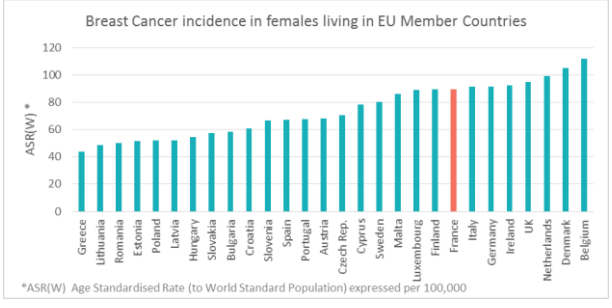


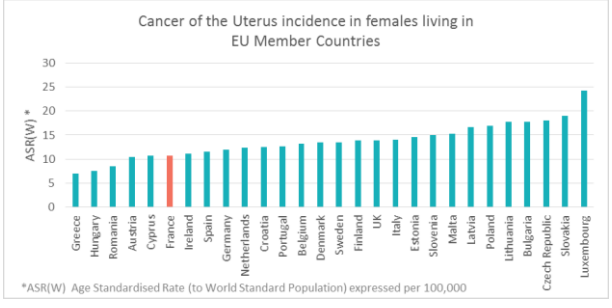


Cancers





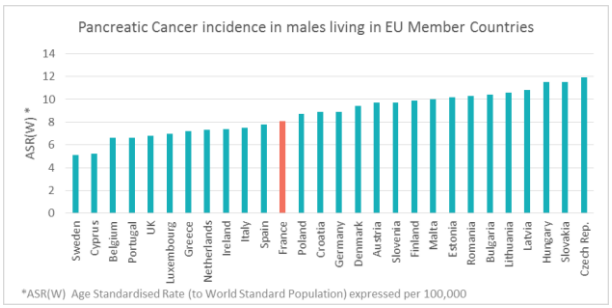


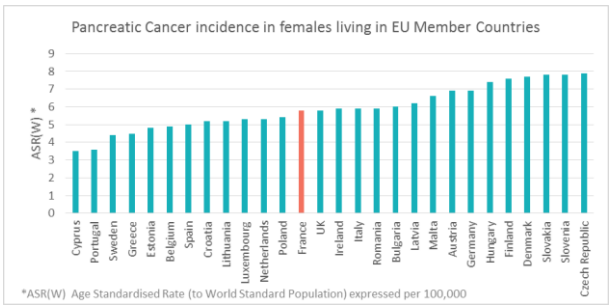


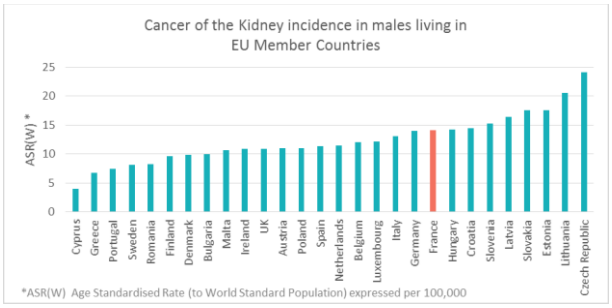


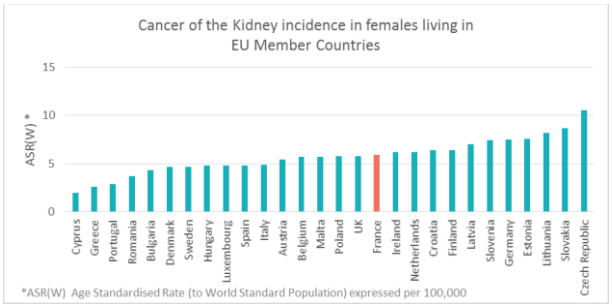
FRANCE

Cancers Cont.









Policies & Interventions

Promotion of physical activity in the Youth (Promouvoir l'activité physique des jeunes)	
Sedentariness and physical inactivity (Sedentarite et inactivite physique)	
Urban health workshops	Aims to reduce social inequalities with regard to health in communities by building partnerships.
Active cities	Aims to create a favourable environment for good nutrition in municipalities.
Code on marketing food and non-alcoholic beverages to children	Code on marketing to children
WHO European Action Network on reducing marketing pressure on children	Currently 28 countries participating in the WHO European Action Network on reducing marketing pressure on children, all of which have a joint interest in finding ways to reduce the marketing pressure of high salt, energy-dense, micronutrient-poor foods and beverages towards children
Eating moving	Aims to improve the health status of the population on a national level by focusing on healthy nutrition and exercise.
Tax on sugar and artificially sweetened beverages	This is primarily regarded as a revenue-raising tax but it also addresses overweight and obesity among children and adolescents.
Charter for the Promotion of Healthy Diets and Physical Activity during TV Programmes and Advertising (updated version)	Food charter that aims to promote a healthy diet on television. Note that the charter was updated in 2013 and applicable from 1 Jan 2014.
National programme for nutrition and health 2001-2005 (PNNS)	A programme containing 9 nutritional objectives to improve the health of the general population.
Second national nutrition and health programme 2006-2010 (PNNS)	The main role of the PNNS is to encourage various public and private sector players to act, by providing cohesive guidelines, references, government-designed tools and a framework for permanent dialogue.
French National Nutrition and Health Program 2011-2015 (PNNS)	The PNNS involves the ministries in charge of national education, sports, consumer affairs, social cohesion, and higher education and



FRANCE

	research to promote healthy eating as part of the nutritional prevention.
ePPOP- Electronic-personalized program for obesity during pregnancy	ePPOP is an electronic-personalised lifestyle intervention combining nutritional, behavioural and physical activity counselling during pregnancy, to reduce instrumental delivery and improve health of obese pregnant women and their babies.
Eat and Move for Health (La santé vient en mangeant et en bougeant)	Guidelines on nutrition and physical activity - document in French
Health comes through eating (La santè vient en mangeant)	Nutrition programme - see document in French
Law regarding the public health policy (Loi no 2004-806 du 9 août 2004 relative à la politique de santé publique)	The law of August 9, 2004, marked a new era with a step in a new direction for defining a process to develop health policy in France. The five-year law provided a framework to formalize public health objectives. Health policy was articulated around four ambitions: improvement of health outcomes, reduction of inequalities, efficiency of the health system, and the advancement of health democracy.
Joint Action on Nutrition and Physical Activity (JANPA)	The overall aim of the project is to contribute to halting the rise of overweight and obesity in children and adolescents by 2020.
Regulation (EU) No 1169/2011	The new EU Regulation 1169/2011 on the provision of food information to consumers considerably changes existing legislation on food labelling.
EPHE (EPODE for the Promotion of Health Equity)	The EPODE project enables communities to implement effective and sustainable strategies to prevent childhood obesity. Its philosophy includes a positive, step-by-step approach tailored to the needs of all socio-economic groups. Launched in 2012, the project aims to reduce socio-economic inequities linked to health-related behaviour of families in 7 European countries over three years.
IDEFICS - Identification and prevention of Dietary and lifestyle-induced Health Effects In Children and Infants	The study delivered data to make an international assessment of the problem of "obesity in children" possible. The focus of the IDEFICS Study lied in exploring the risks for overweight and obesity in children as well as associated long-term consequences. IDEFICS also offered activities for health promotion and prevention in kindergartens and schools. These prevention programmes were developed, implemented and evaluated within the IDEFICS Study. Participating countries included Belgium, Cyprus, Denmark, Estonia, France, Germany, Hungary, Italy, Spain, Sweden and UK.
EPODE Flandre Lys	The Epode-programme (Ensemble Prévenons l'Obésité des Enfants – Together let's prevent childhood obesity) is a national dispositive aiming to prevent childhood obesity through the promotion of healthy nutrition and regular physical activity.
Physical activity strategy for the WHO European Region 2016-2025	The strategy focuses on physical activity as a leading factor in health and well-being in the European Region, with particular attention to the burden of non-communicable diseases associated with insufficient activity levels and sedentary behaviour. It aims to cover all forms of physical activity throughout the life-course.
The European Food and Nutrition Action Plan 2015-2020	The aim on this action plan is to significantly reduce the burden of preventable diet-related non-communicable diseases, obesity and all other forms of malnutrition that are still prevalent in the WHO European Region.
European charter on counteracting obesity	To address the growing challenge posed by the epidemic of obesity to health, economies and development, the Ministers and delegates attending the WHO European Ministerial Conference on Counteracting Obesity (Istanbul, Turkey, 15–17 November 2006) adopted the European Charter on Counteracting Obesity. The process of developing the Charter involved different government sectors, international organizations, experts, civil society and the private sector through dialogue and consultations
Action Plan for implementation of the European Strategy for the Prevention and Control of Noncommunicable Diseases 2012–2016	It identifies priority action areas and interventions for countries to focus on over the next five years (2012–2016), as they implement the European Strategy for the Prevention and Control of Non-communicable Diseases.



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Sources

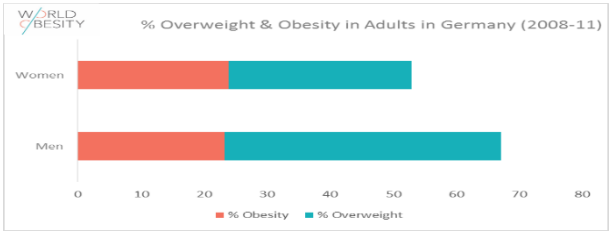
Overweight & Obesity %	Data sources available at www.worldobesity.org/resources/
Population Estimates	UN Population Estimates, United Nations, http://esa.un.org/unpd/wpp/
Diabetes estimates 2015	Reproduced with kind permission of IDF, Diabetes Estimates 2015, IDF, http://www.diabetesatlas.org/resources/2015-atlas.html
Worldwide GINI Index	Worldwide GINI Index, Central Intelligence Agency - World Fact Book, https://www.cia.gov/library/publications/the-world-factbook/rankorder/2172rank.html (last accessed 19th January 2016)
Physical Inactivity estimates	Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A893?lang=en
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Raised BP	Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A875?lang=en
Raised cholesterol	Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A885
Cancer incidence rates	Cancer incidence rates, GLOBOCAN, IARC, http://globocan.iarc.fr/Pages/online.aspx
EUROMONITOR FOOD INTAKES	Estimates calculated by World Obesity Federation based on Euro monitor food intake data. Euro monitor, http://www.euromonitor.com

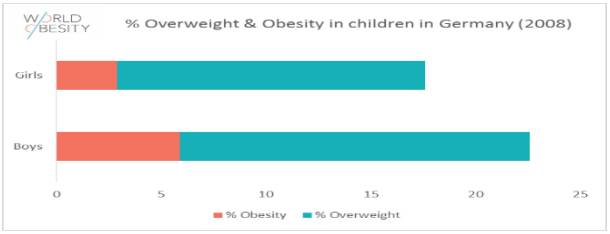
GERMANY

/Key Statistics

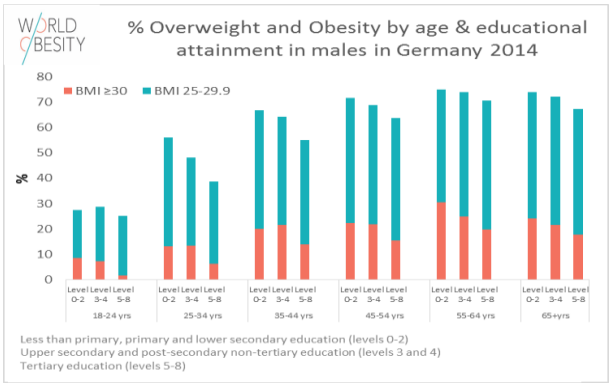
POPULATION: 80,688,545
GINI INDEX: 30.13

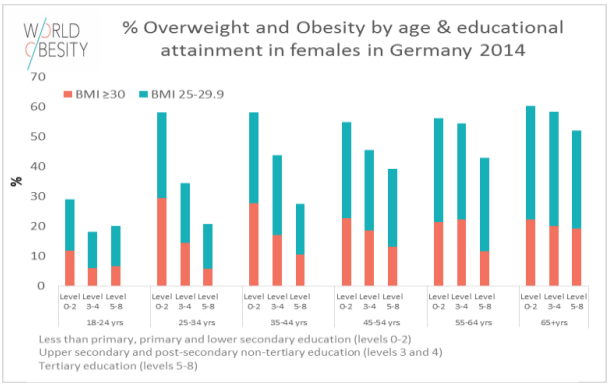
General Overweight & Obesity Prevalence (%)





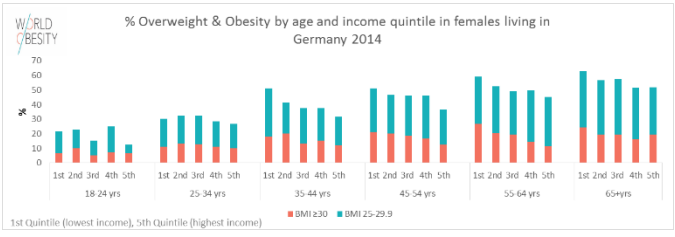
By Age & Education





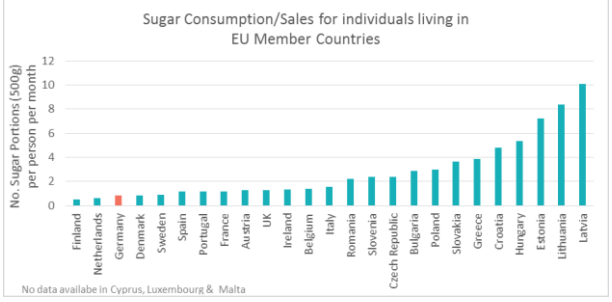
By Age & Income



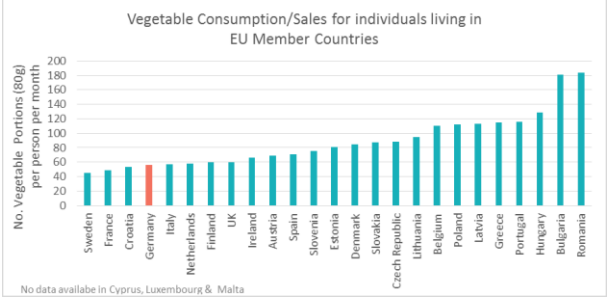


Drivers

Sugar

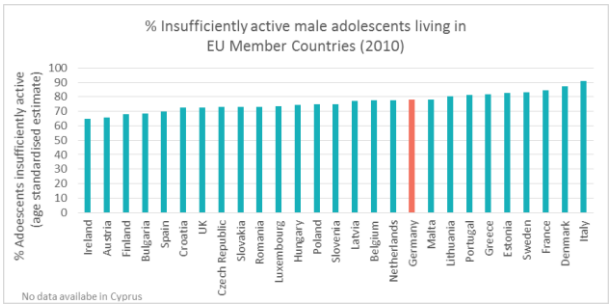


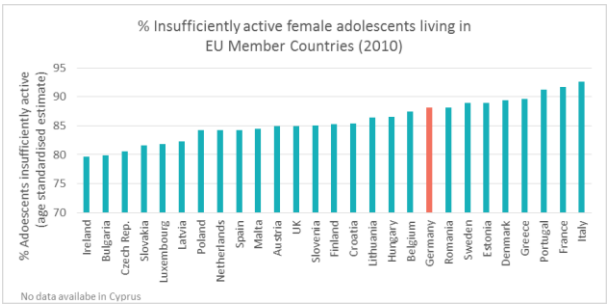
Vegetables

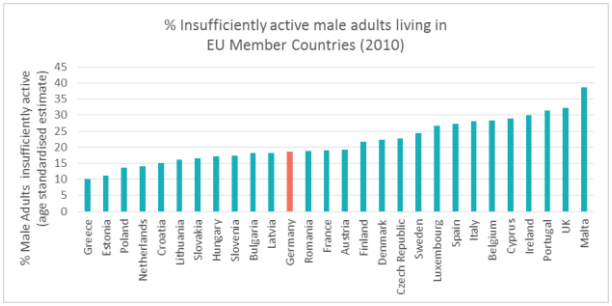


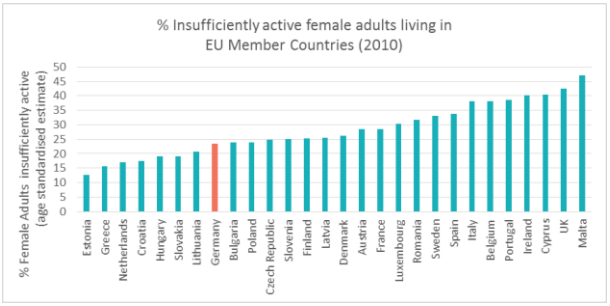
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Insufficient Activity

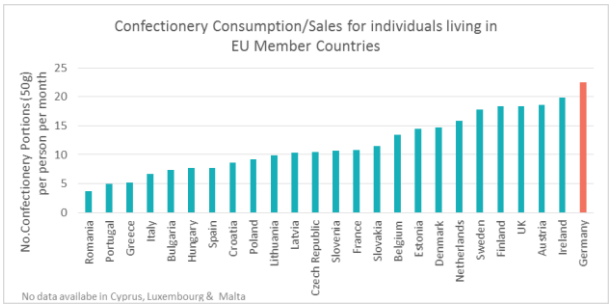




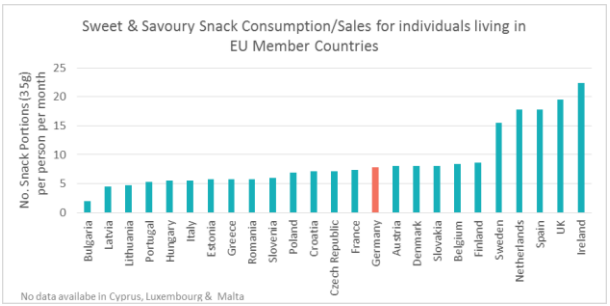




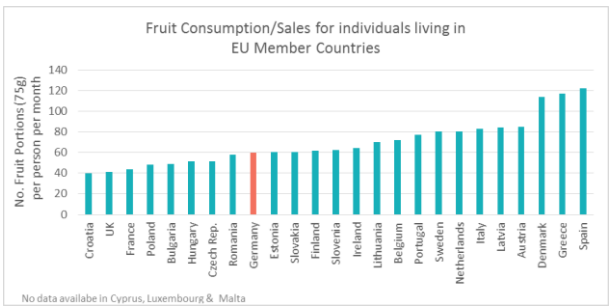
Confectionery



Sweet & Savoury Snacks



Fruit



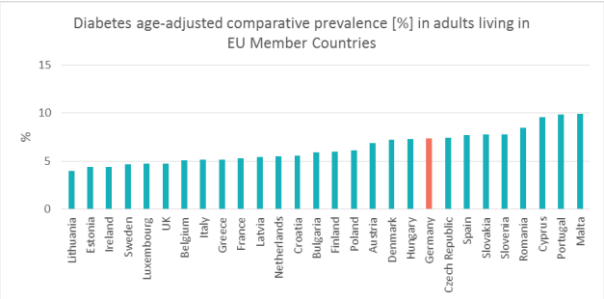
Soft Drinks



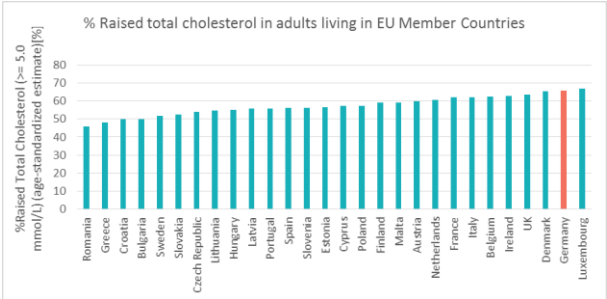
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Impact

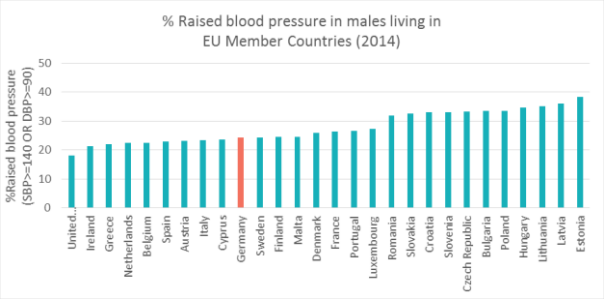
Diabetes (Type I & II)

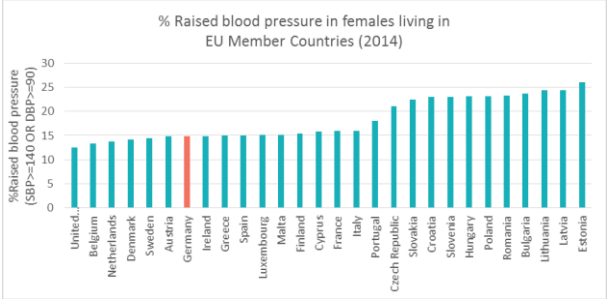


High Cholesterol

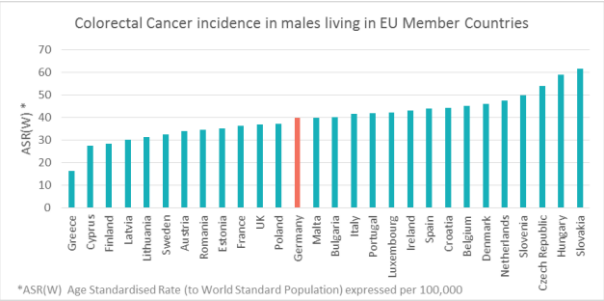


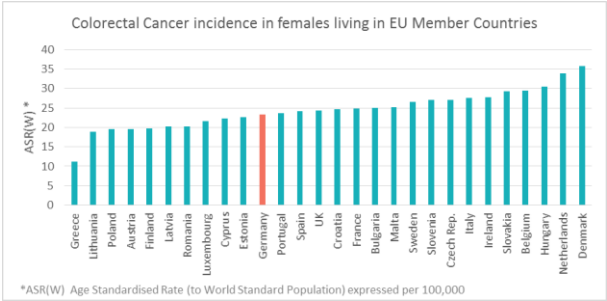
Raised Blood Pressure

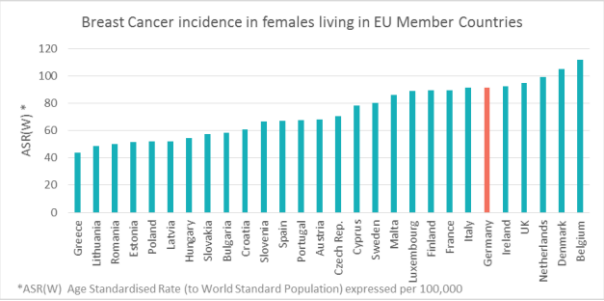


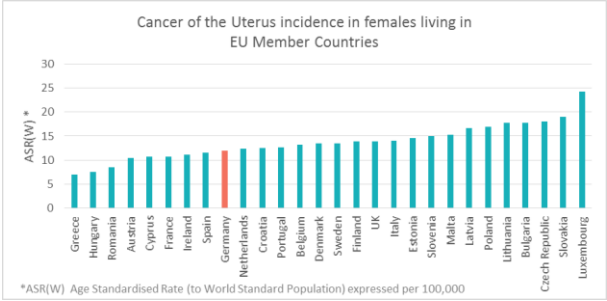


Cancers



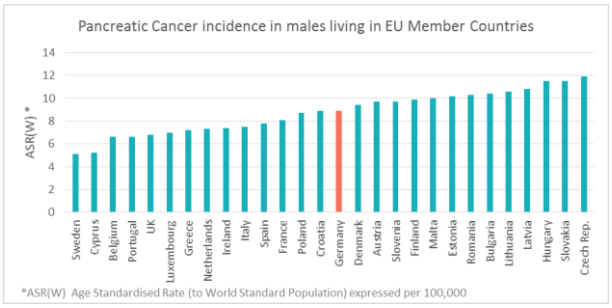


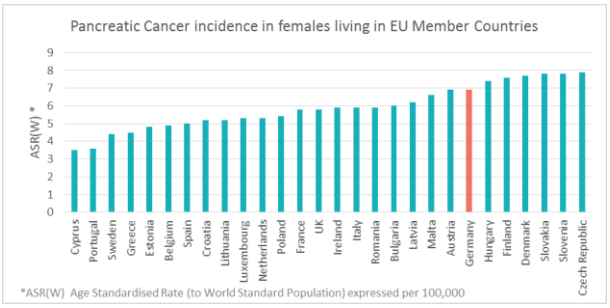


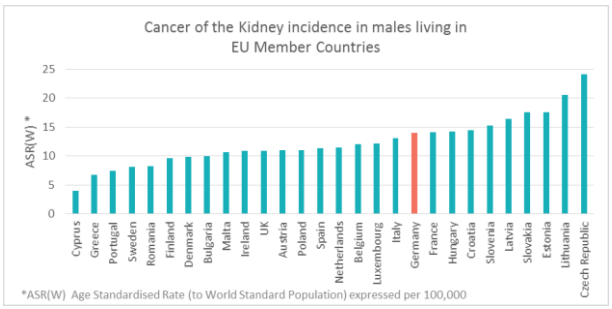


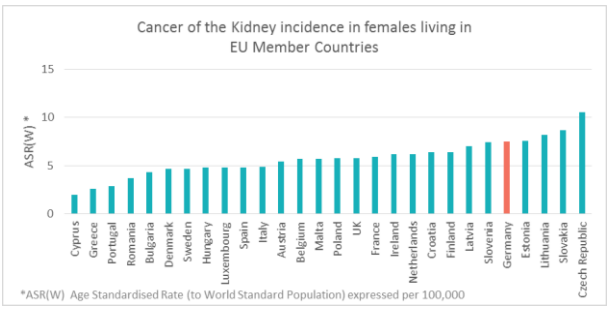
GERMANY

Cancers Cont.









Policies & Interventions

Simply healthier, the law on prevention (Einfach gesünder, das Präventionsgesetz)	
Kinder Bewegen (Children moving)	This ongoing national programme promotes everyday physical activity for pre-school children in the kindergarten/daycare setting.
Peb und Pebber TV	This TV program was a media-based campaign to promote physical activity and healthy eating to pre-school children. The campaign was part of the national strategy to promote healthy eating and physical activity. A total of 15 episodes, and approximately 2-3 minutes per episode focused on education concerning dietary intake and physical activity.
Fit am Ball	Fit Am Ball is a collaboration between schools and sports clubs to promote ball games, especially football, in extracurricular activities. The national scheme started in 2003 and targets children in grades 3-6.
Code on marketing food and non-alcoholic beverages to children	Code on marketing to children
Fit50+	Aims at improving the general working ability among unemployed. Core elements are healthy living and eating, physical activity and coping.
Migrants For Migrants - Intercultural Health In Germany	Health promotion for migrants, improving their knowledge about health and German health care through the training of health mediators.
Let's go - every step counts	Promotes physical activity through health hiking courses and a campaign to collect kilometres walked during one year to earn a hiking badge.
Fit In Seniority – Healthy Eating, Better Living	Promoting a healthy lifestyle for older people through information about healthy nutrition, physical activity and social interaction.
Prevention and Treatment of Obesity - Evidence-based Guideline of the DDG	The goals of these evidence-based guidelines on the prevention and treatment of obesity in Germany are to increase the awareness of obesity as a health problem, to provide therapists and patients guidance and to make disease specific information and recommendations on the prevention and treatment of obesity available to all people in the health care sector, as well as in health politics.
IN FORM: Deutschlands Initiative für gesunde Ernährung und mehr Bewegung, or Initiative for healthy nutrition and physical activity	The overall aim of INFORM is to promote healthy diets, physical activity and reduce obesity
Ten guidelines for wholesome eating and drinking from the German Nutrition Society	These guidelines aim to help people enjoy eating and maintaining a balanced diet.
National Cycling Plan 2002-2012 “Ride your bike!” (Nationaler Radverkehrsplan 2002-2012 "FahrRad!")	The National Cycling Plan aims at highlighting cycling opportunities within the framework of an integrated transport policy. The main objective of the plan is to initiate new methods and implementation strategies for the promotion of cycling



	in Germany. The plan provides recommendations for action and aims at contributing towards creating a bicycle-friendly environment.
Joint Action on Nutrition and Physical Activity (JANPA)	The overall aim of the project is to contribute to halting the rise of overweight and obesity in children and adolescents by 2020.
Germany becomes fit , join us (Deutschland wird fit, Gehen Sie mit)	
Regulation (EU) No 1169/2011	The new EU Regulation 1169/2011 on the provision of food information to consumers considerably changes existing legislation on food labelling.
The Toy Box Intervention	The Toy Box intervention is a multicomponent, kindergarten-based, family-involved intervention, focusing on the promotion of water consumption, healthy snacking, physical activity and the reduction/ breaking up of sedentary time in preschool children and their families.
IDEFICS - Identification and prevention of Dietary and lifestyle-induced Health Effects In Children and Infants	The study delivered data to make an international assessment of the problem of "obesity in children" possible. The focus of the IDEFICS Study lied in exploring the risks for overweight and obesity in children as well as associated long-term consequences. IDEFICS also offered activities for health promotion and prevention in kindergartens and schools. These prevention programmes were developed, implemented and evaluated within the IDEFICS Study. Participating countries included Belgium, Cyprus, Denmark, Estonia, France, Germany, Hungary, Italy, Spain, Sweden and UK.
IDEFICS Delmenhorst	This intervention focuses on diet and physical activity of children in kindergartens and schools.
Physical activity strategy for the WHO European Region 2016-2025	The strategy focuses on physical activity as a leading factor in health and well-being in the European Region, with particular attention to the burden of non-communicable diseases associated with insufficient activity levels and sedentary behaviour. It aims to cover all forms of physical activity throughout the life-course.
The European Food and Nutrition Action Plan 2015-2020	The aim on this action plan is to significantly reduce the burden of preventable diet-related non-communicable diseases, obesity and all other forms of malnutrition that are still prevalent in the WHO European Region.
European charter on counteracting obesity	To address the growing challenge posed by the epidemic of obesity to health, economies and development, the Ministers and delegates attending the WHO European Ministerial Conference on Counteracting Obesity (Istanbul, Turkey, 15–17 November 2006) adopted the European Charter on Counteracting Obesity. The process of developing the Charter involved different government sectors, international organizations, experts, civil society and the private sector through dialogue and consultations
Action Plan for implementation of the European Strategy for the Prevention and Control of Noncommunicable Diseases 2012–2016	It identifies priority action areas and interventions for countries to focus on over the next five years (2012–2016), as they implement the European Strategy for the Prevention and Control of Non-communicable Diseases.
Guide to Prevention and Health Promotion (Ratgeber zur Prävention und Gesundheitsförderung)	



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Sources

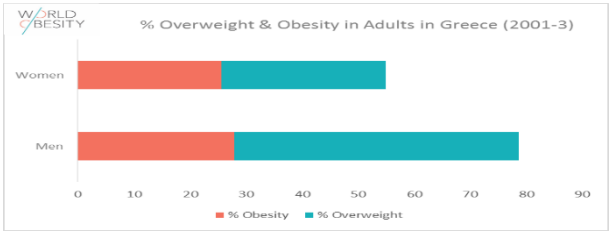
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Raised BP	Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A875?lang=en
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Cancer incidence rates	Cancer incidence rates, GLOBOCAN, IARC, http://globocan.iarc.fr/Pages/online.aspx
EUROMONITOR FOOD INTAKES	Estimates calculated by World Obesity Federation based on Euro monitor food intake data. Euro monitor, http://www.euromonitor.com

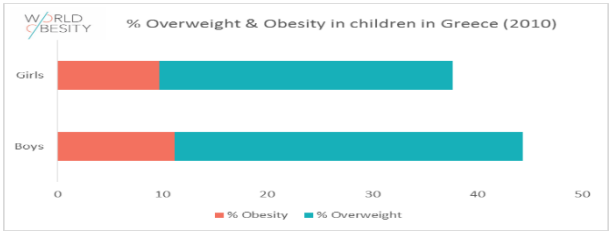
GREECE

/Key Statistics

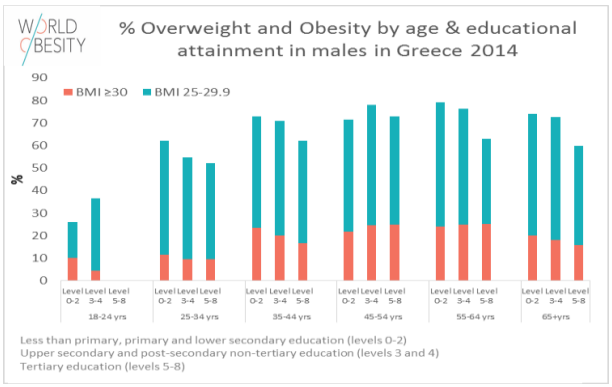
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GINI INDEX: 36.68

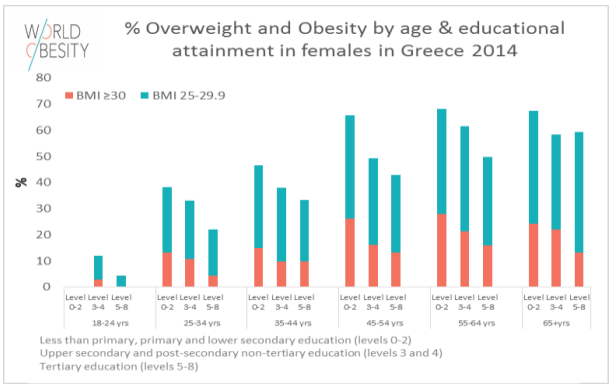
General Overweight & Obesity Prevalence (%)



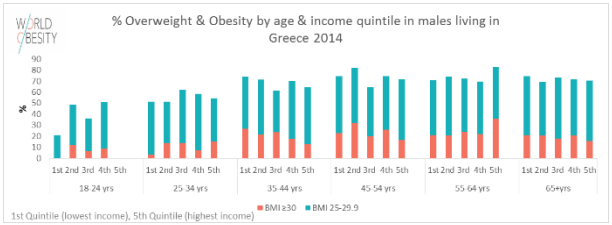


By Age & Education





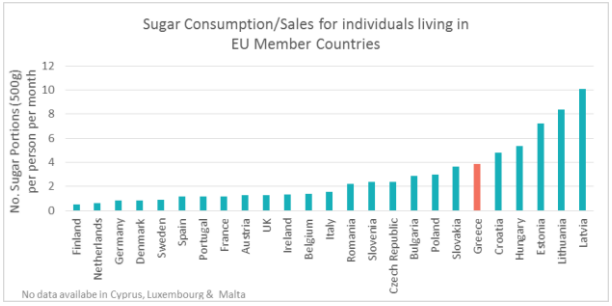
By Age & Income



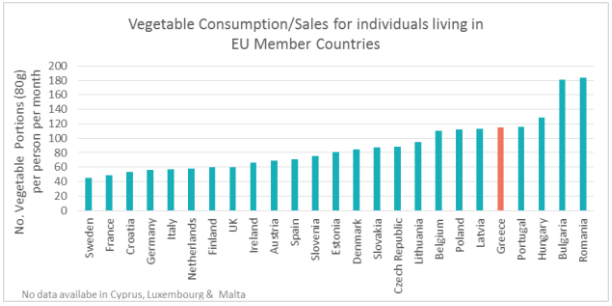


Drivers

Sugar

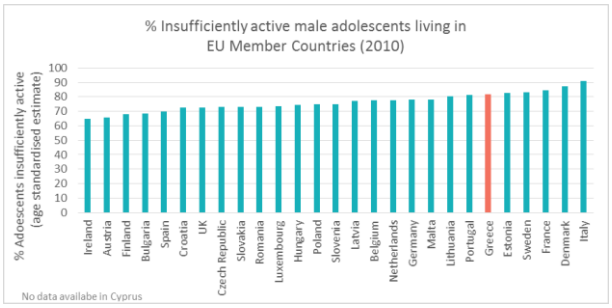


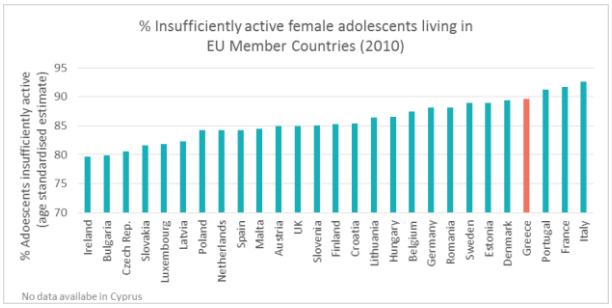
Vegetables

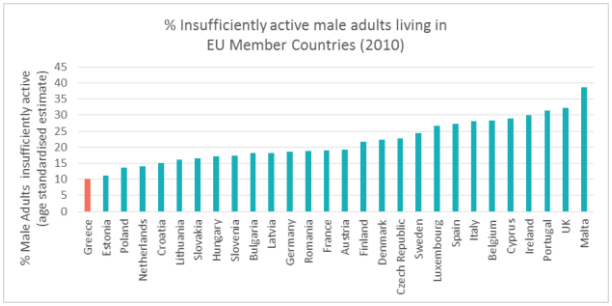


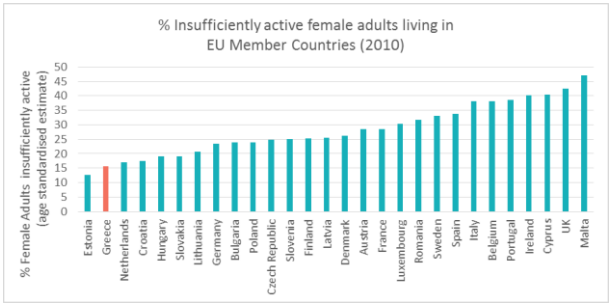
GREECE

Insufficient Activity

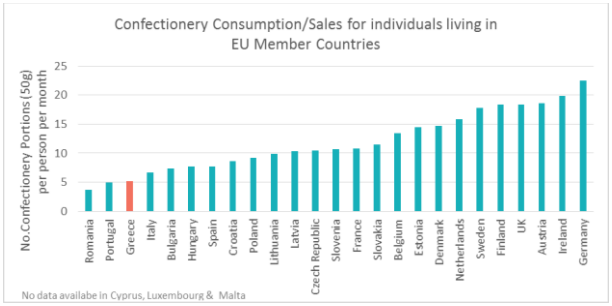




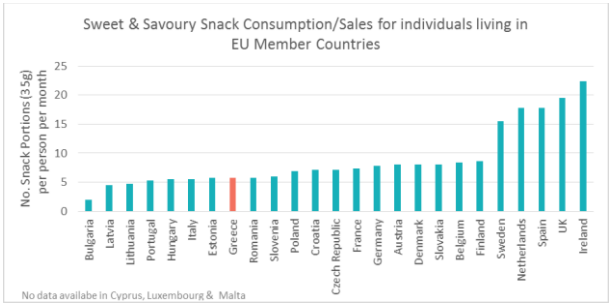




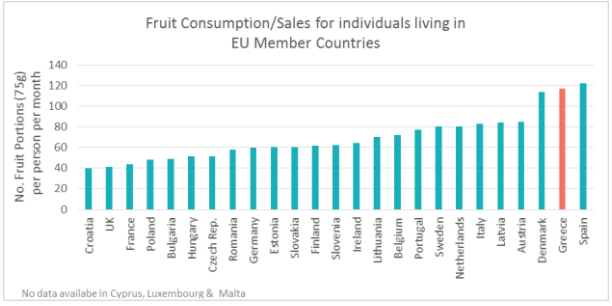
Confectionery



Sweet & Savoury Snacks



Fruit



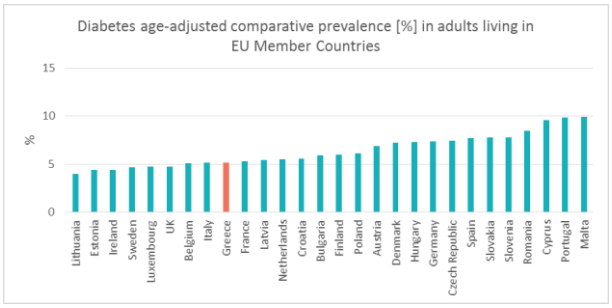
Soft Drinks



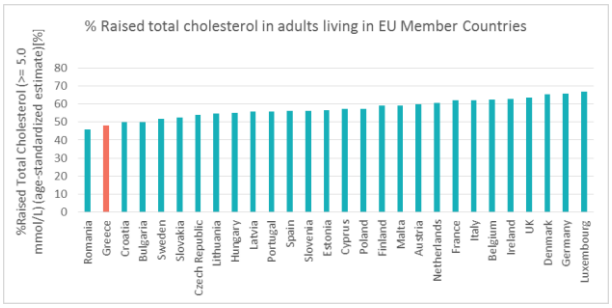
GREECE

Impact

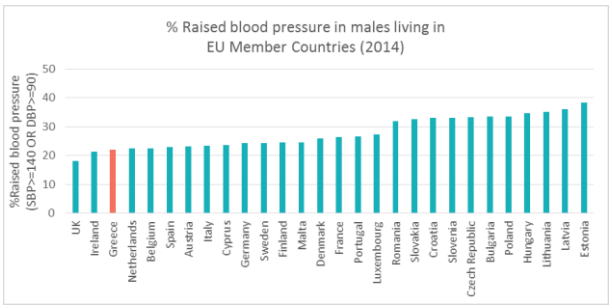
Diabetes (Type I & II)

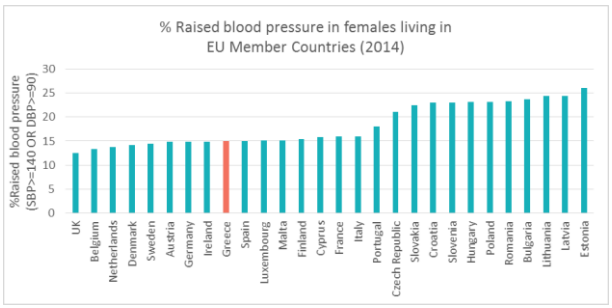


High Cholesterol

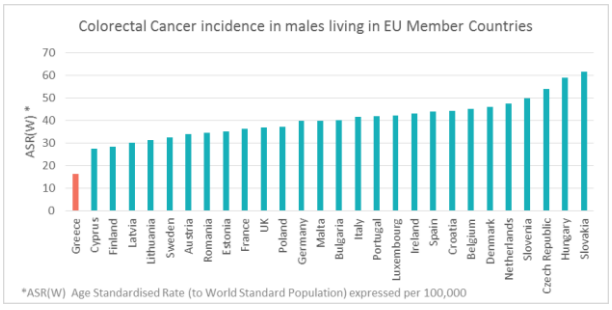


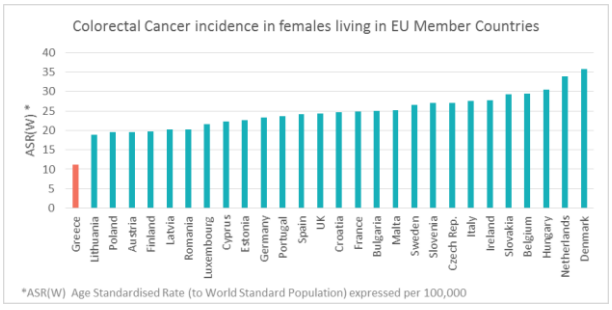
Raised Blood Pressure

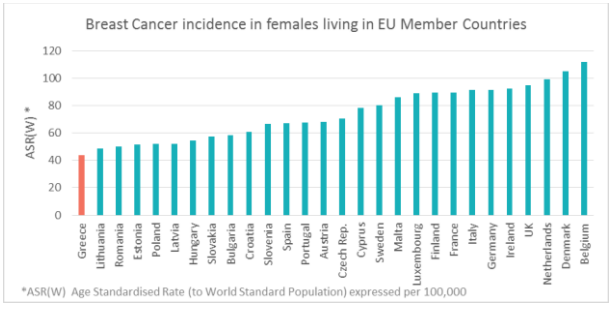


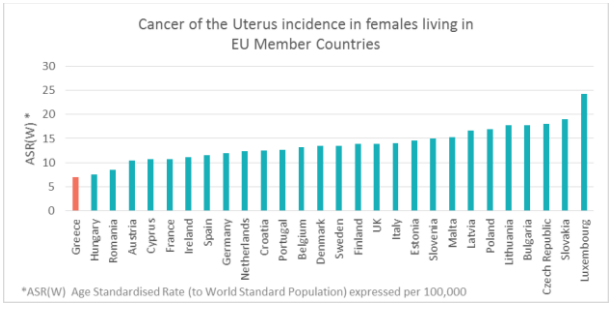


Cancers



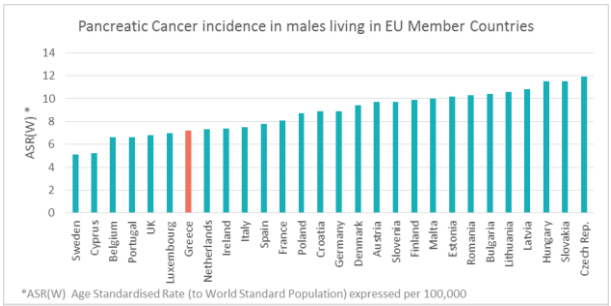


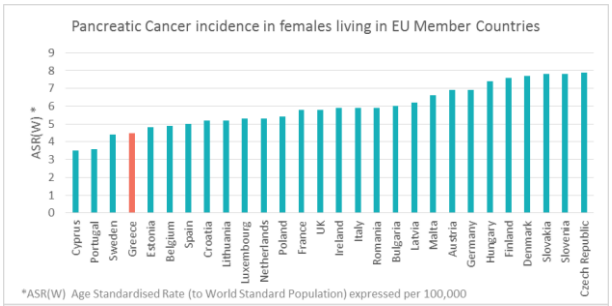


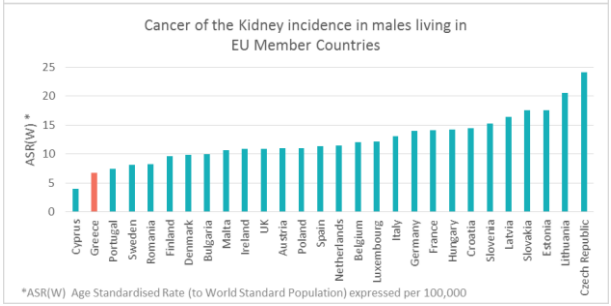


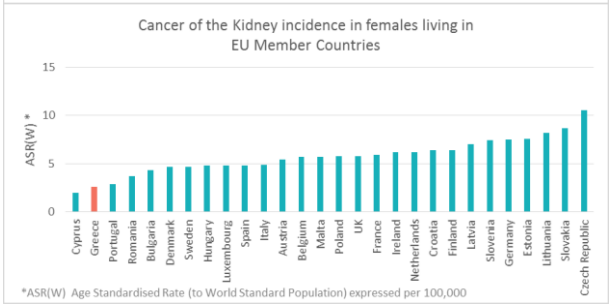
GREECE

Cancers Cont.









Policies & Interventions

Regulation (EU) No 1169/2011	The new EU Regulation 1169/2011 on the provision of food information to consumers considerably changes existing legislation on food labelling.
Action Plan for implementation of the European Strategy for the Prevention and Control of Non communicable Diseases 2012–2016	It identifies priority action areas and interventions for countries to focus on over the next five years (2012–2016), as they implement the European Strategy for the Prevention and Control of Non-communicable Diseases.
The Toy Box Intervention	The Toy Box intervention is a multicomponent, kindergarten-based, family-involved intervention, focusing on the promotion of water consumption, healthy snacking, physical activity and the reduction/ breaking up of sedentary time in preschool children and their families.
EPHE (EPODE for the Promotion of Health Equity)	The EPODE project enables communities to implement effective and sustainable strategies to prevent childhood obesity. Its philosophy includes a positive, step-by-step approach tailored to the needs of all socio-economic groups. Launched in 2012, the project aims to reduce socio-economic inequities linked to health-related behaviour of families in 7 European countries over three years.
Physical activity strategy for the WHO European Region 2016-2025	The strategy focuses on physical activity as a leading factor in health and well-being in the European Region, with particular attention to the burden of non-communicable diseases associated with insufficient activity levels and sedentary behaviour. It aims to cover all forms of physical activity throughout the life-course.
Joint Action on Nutrition and Physical Activity (JANPA)	The overall aim of the project is to contribute to halting the rise of overweight and obesity in children and adolescents by 2020.
National Nutrition Policy	Initial goals of this policy is to reduce the consumption of meat; to increase the consumption of fish; to reduce childhood obesity; to increase the consumption of pulses and vegetables; to improve the quality and safety of food provided through mass catering services and increase consumer awareness of food quality and safety.
The European Food and Nutrition Action Plan 2015-2020	The aim on this action plan is to significantly reduce the burden of preventable diet-related non-communicable diseases, obesity and all other forms of malnutrition that are still prevalent in the WHO European Region.

GREECE

European charter on counteracting obesity	To address the growing challenge posed by the epidemic of obesity to health, economies and development, the Ministers and delegates attending the WHO European Ministerial Conference on Counteracting Obesity (Istanbul, Turkey, 15–17 November 2006) adopted the European Charter on Counteracting Obesity. The process of developing the Charter involved different government sectors, international organizations, experts, civil society and the private sector through dialogue and consultations
Code on marketing food and non-alcoholic beverages to children	Code on marketing to children
Dietary guidelines for adults in Greece	The guidelines in this document are of semi-quantitative nature and aim to promote healthy eating and balanced nutrition in the adult population.
Paideiatrofi	The Paideiatrofi-programme aims to educate the population on a healthy and balanced diet to reduce the childhood obesity rates in Greece. It helps children and their whole family to change their lifestyle in a radical and sustainable way.
WHO European Action Network on reducing marketing pressure on children	Currently 28 countries participating in the WHO European Action Network on reducing marketing pressure on children, all of which have a joint interest in finding ways to reduce the marketing pressure of high salt, energy-dense, micronutrient-poor foods and beverages towards children

Data compiled September 2016.

Produced with the support of an operational grant under the European Commission's Third Health Programme. The European Commission is not responsible for any use that may be made of the material arising

Sources

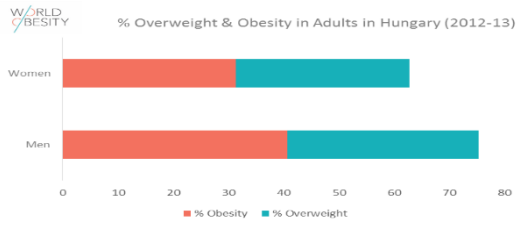
Overweight & Obesity %	Data sources available at www.worldobesity.org/resources/
Population Estimates	UN Population Estimates, United Nations, http://esa.un.org/unpd/wpp/
Diabetes estimates 2015	Reproduced with kind permission of IDF, Diabetes Estimates 2015, IDF, http://www.diabetesatlas.org/resources/2015-atlas.html
Worldwide GINI Index	Worldwide GINI Index, Central Intelligence Agency - World Fact Book, https://www.cia.gov/library/publications/the-world-factbook/rankorder/2172rank.html (last accessed 19th January 2016)
Physical Inactivity estimates	Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A893?lang=en
Raised Fasting Glucose	Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A869?lang=en
Raised BP	Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A875?lang=en
Raised cholesterol	Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A885
Cancer incidence rates	Cancer incidence rates, GLOBOCAN, IARC, http://globocan.iarc.fr/Pages/online.aspx
EUROMONITOR FOOD INTAKES	Estimates calculated by World Obesity Federation based on Euro monitor food intake data. Euro monitor, http://www.euromonitor.com

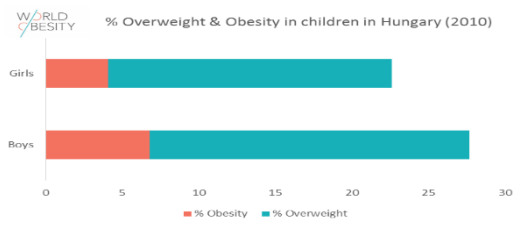
HUNGARY

/Key Statistics

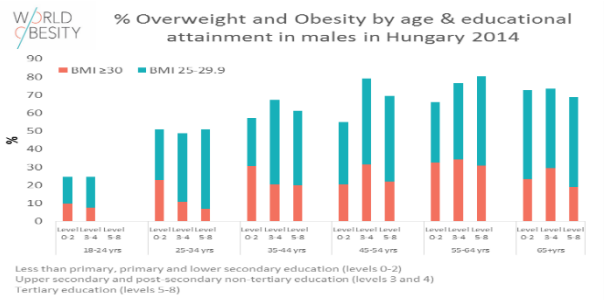
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GINI INDEX: 30.55

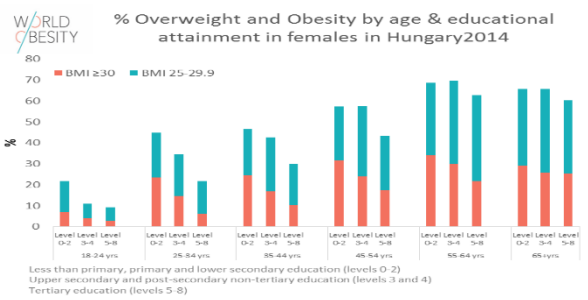
General Prevalence



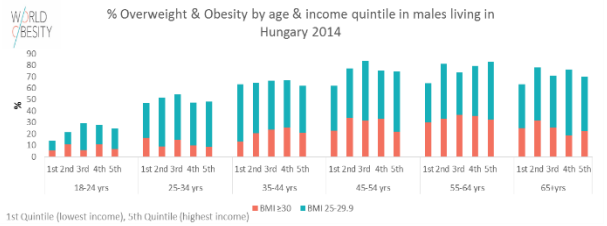


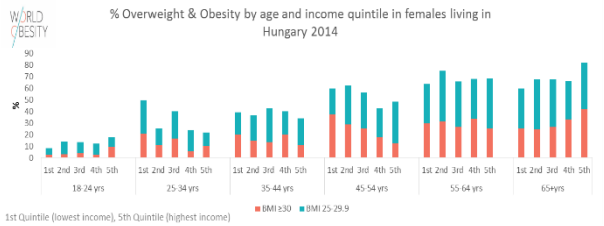
By Age & Education





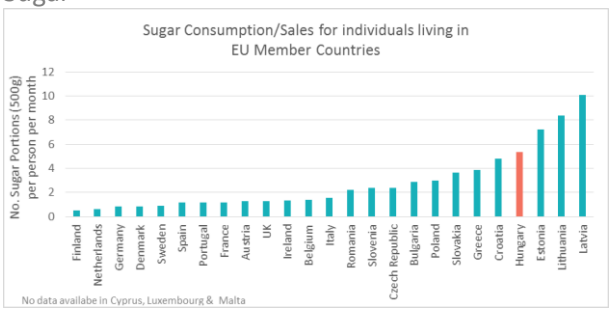
By Age & Income



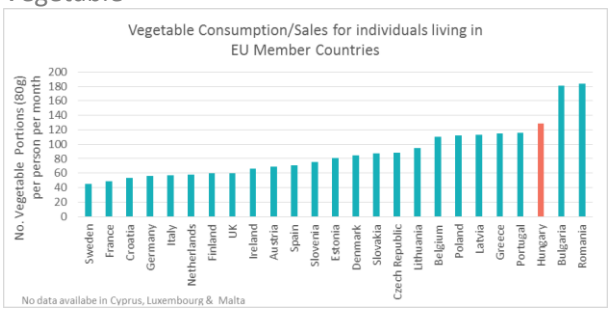


Drivers

Sugar



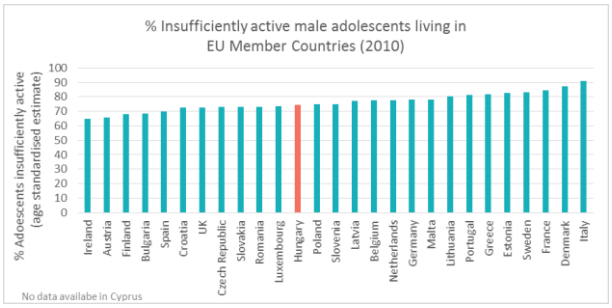
Vegetable

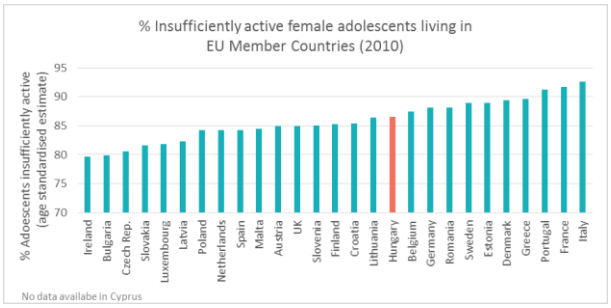


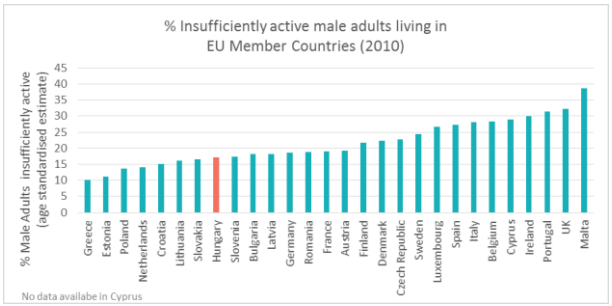


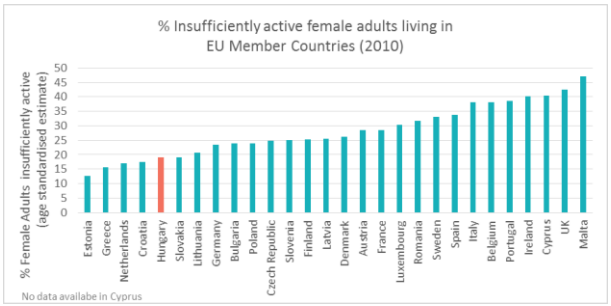
HUNGARY

Insufficient Activity

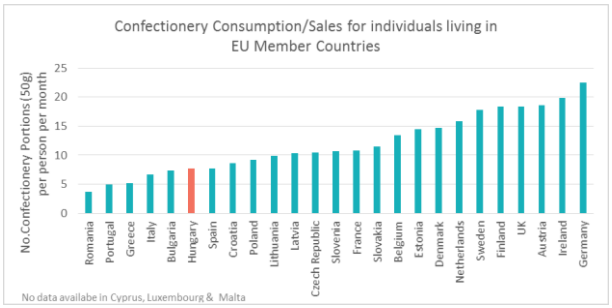




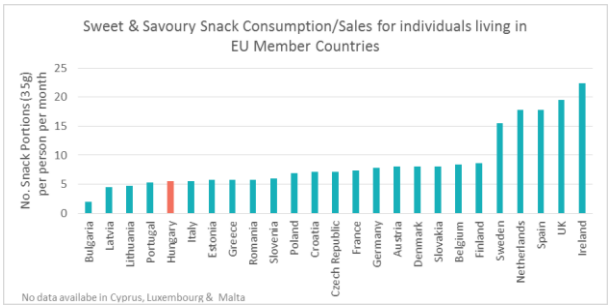




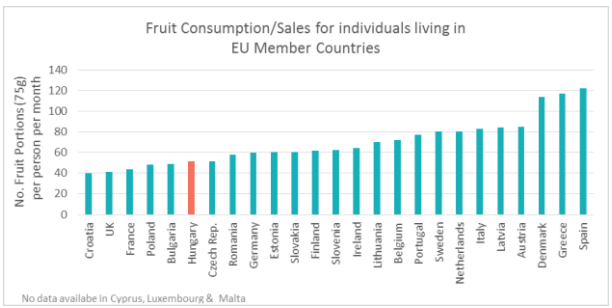
Confectionery



Sweet & Savoury Snacks



Fruit



Soft Drinks

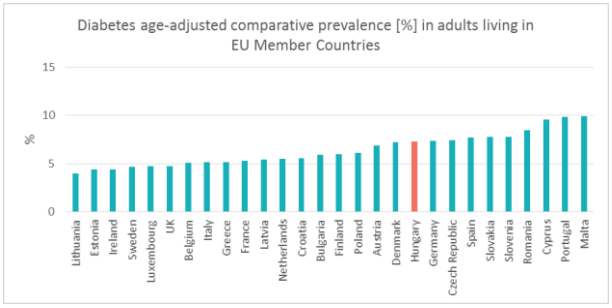




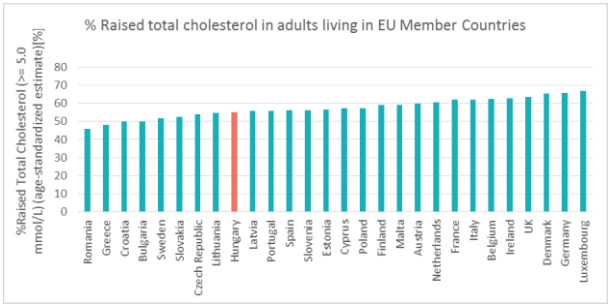
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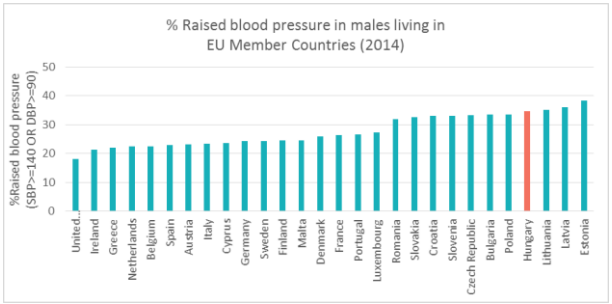
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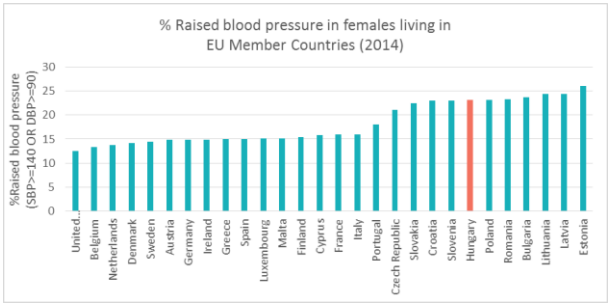


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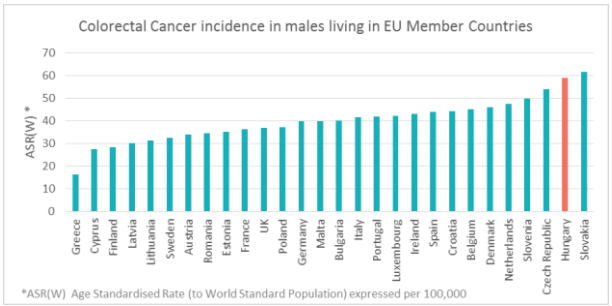


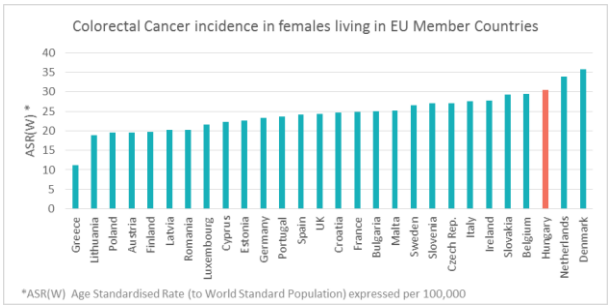
Raised Blood Pressure

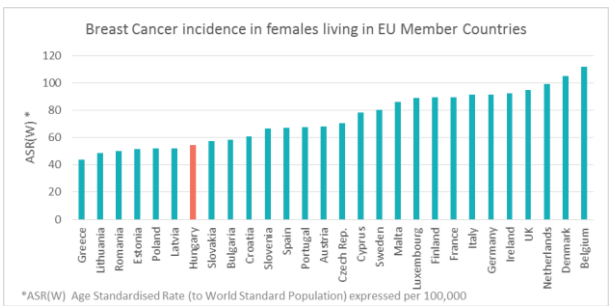


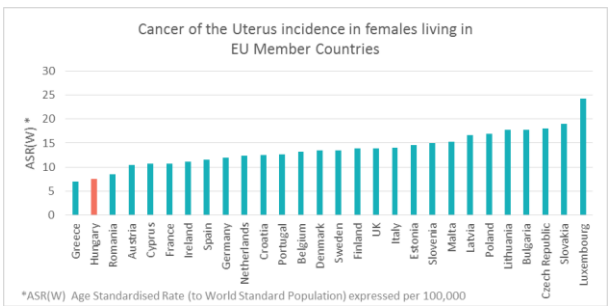


Cancers





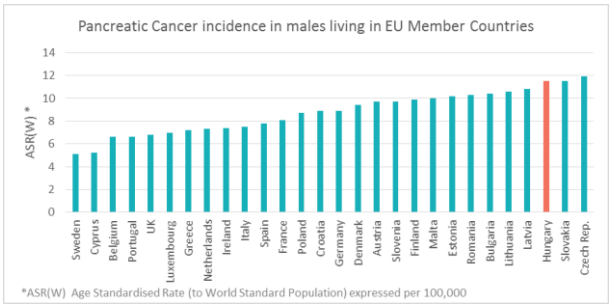


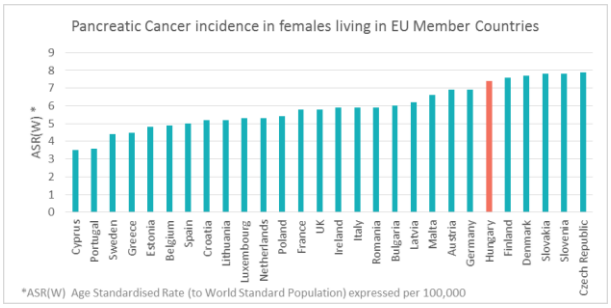


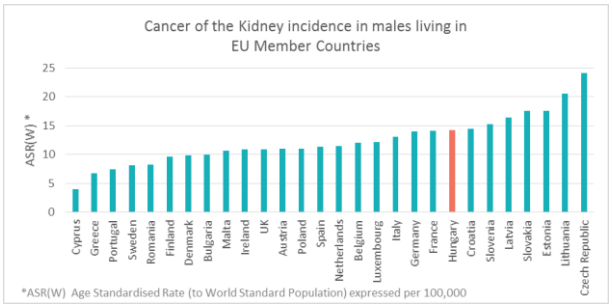


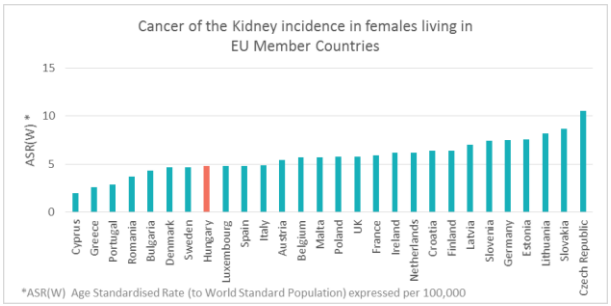
HUNGARY

Cancers Cont.









Policies & Interventions

Senior Walking Club	Aims to increase moderate physical activity of retired Hungarians by forming walking groups.
Regulation (EU) No 1169/2011	The new EU Regulation 1169/2011 on the provision of food information to consumers considerably changes existing legislation on food labelling.
Action Plan for implementation of the European Strategy for the Prevention and Control of Noncommunicable Diseases 2012–2016	It identifies priority action areas and interventions for countries to focus on over the next five years (2012–2016), as they implement the European Strategy for the Prevention and Control of Non-communicable Diseases.
2nd National Nutrition Policy of Hungary	
National strategy for sport 2007–2020	A strategy which includes recommendations on levels of physical activity
IDEFICS - Identification and prevention of Dietary and lifestyle-induced Health Effects In Children and Infants	The study delivered data to make an international assessment of the problem of "obesity in children" possible. The focus of the IDEFICS Study lied in exploring the risks for overweight and obesity in children as well as associated long-term consequences. IDEFICS also offered activities for health promotion and prevention in kindergartens and schools. These prevention programmes were developed, implemented and evaluated within the IDEFICS Study. Participating countries included Belgium, Cyprus, Denmark, Estonia, France, Germany, Hungary, Italy, Spain, Sweden and UK.
'Johan Bela', National programme for the decade of Health	This document, issued by the Hungarian Ministry of Health in 2003, updates and expands the public health programme “For a Healthy Nation”. The overall goal of the national programme is to give all Hungarian citizens the opportunity to live as healthy as possible. This was translated in the goal to increase life expectancy at birth by three years for both genders within ten years
Joint Action on Nutrition and Physical Activity (JANPA)	The overall aim of the project is to contribute to halting the rise of overweight and obesity in children and adolescents by 2020.
The European Food and Nutrition Action Plan 2015-2020	The aim on this action plan is to significantly reduce the burden of preventable diet-related non-communicable diseases, obesity and all



	other forms of malnutrition that are still prevalent in the WHO European Region.
Physical activity strategy for the WHO European Region 2016-2025	The strategy focuses on physical activity as a leading factor in health and well-being in the European Region, with particular attention to the burden of non-communicable diseases associated with insufficient activity levels and sedentary behaviour. It aims to cover all forms of physical activity throughout the life-course.
National Public Health Programme & Action Plan	The rationale for this Programme is the recognition by the Government and Parliament of a public demand for a radical change in the unfavourable public health processes of past decades, and the setting of the target of improving life expectancy at birth for Hungarians so as to mainstreaming it to the average for the European Union.
European charter on counteracting obesity	To address the growing challenge posed by the epidemic of obesity to health, economies and development, the Ministers and delegates attending the WHO European Ministerial Conference on Counteracting Obesity (Istanbul, Turkey, 15–17 November 2006) adopted the European Charter on Counteracting Obesity. The process of developing the Charter involved different government sectors, international organizations, experts, civil society and the private sector through dialogue and consultations
Code on marketing food and non-alcoholic beverages to children	Code on marketing to children
The Hungarian Aqua Promoting Programme in the Young (HAPPY)	HAPPY aims to reduce the excessive consumption of sugary drinks and to popularise water consumption among primary school students.
Public Health Product Tax	Tax on a series of unhealthy products: certain soft drinks, energy drinks, pre-packed sweetened products, salty snacks and condiments It has the specific health objectives of promoting both healthier food consumption by individuals and product reformulation by manufacturers.



Data compiled September 2016.

Produced with the support of an operational grant under the European Commission's Third Health Programme. The European Commission is not responsible for any use that may be made of the material arising

Sources

Overweight & Obesity %	Data sources available at www.worldobesity.org/resources/
Population Estimates	UN Population Estimates, United Nations, http://esa.un.org/unpd/wpp/
Diabetes estimates 2015	Reproduced with kind permission of IDF, Diabetes Estimates 2015, IDF, http://www.diabetesatlas.org/resources/2015-atlas.html
Worldwide GINI Index	Worldwide GINI Index, Central Intelligence Agency - World Fact Book, https://www.cia.gov/library/publications/the-world-factbook/rankorder/2172rank.html (last accessed 19th January 2016)
Physical Inactivity estimates	Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A893?lang=en
Raised Fasting Glucose	Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A869?lang=en
Raised BP	Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A875?lang=en
Raised cholesterol	Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A885
Cancer incidence rates	Cancer incidence rates, GLOBOCAN, IARC, http://globocan.iarc.fr/Pages/online.aspx
EUROMONITOR FOOD INTAKES	Estimates calculated by World Obesity Federation based on Euro monitor food intake data. Euro monitor, http://www.euromonitor.com

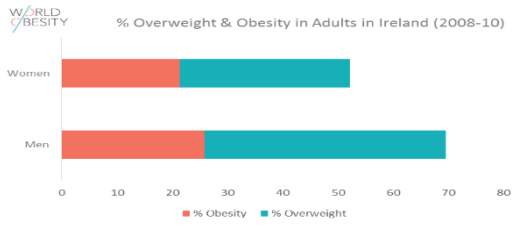


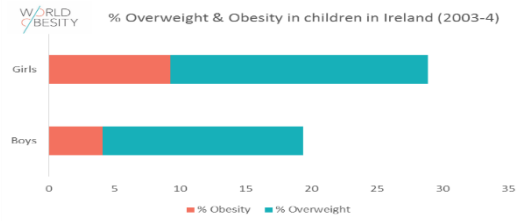
IRELAND

/Key Statistics

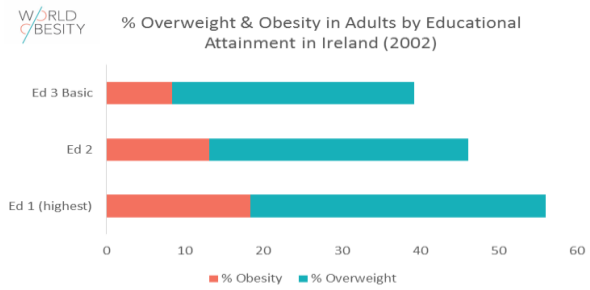
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GINI INDEX: 32.52

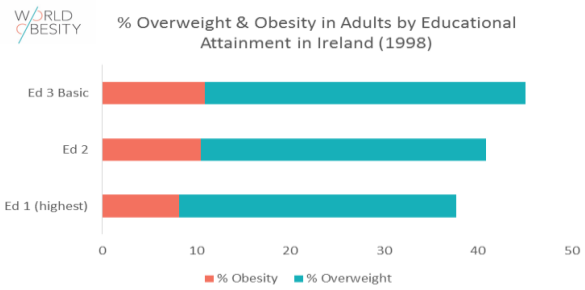
General Prevalence



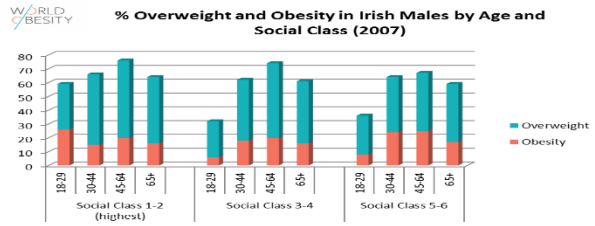


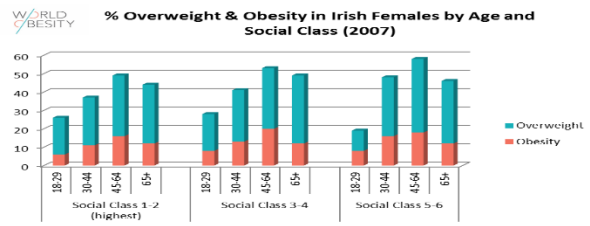
By Age & Education





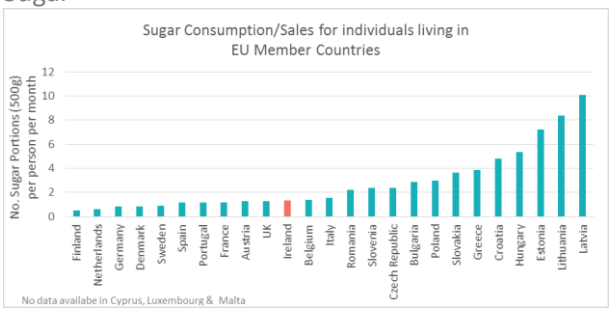
By Age & Social Class



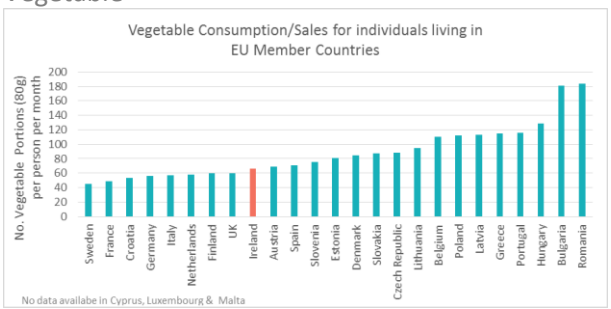


Drivers

Sugar



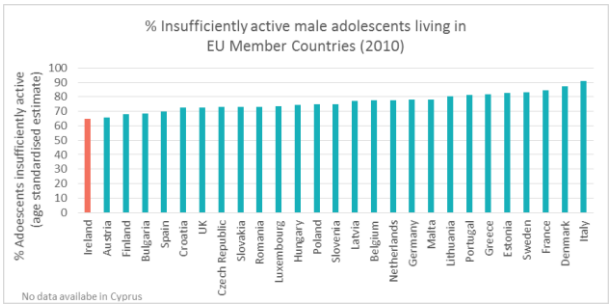
Vegetable

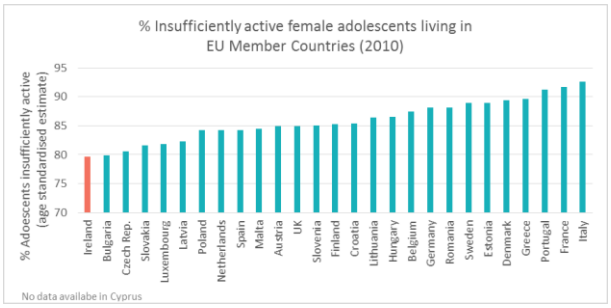


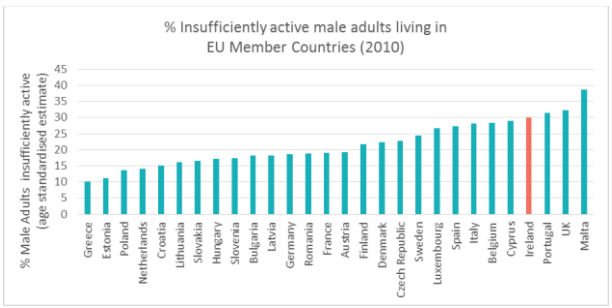


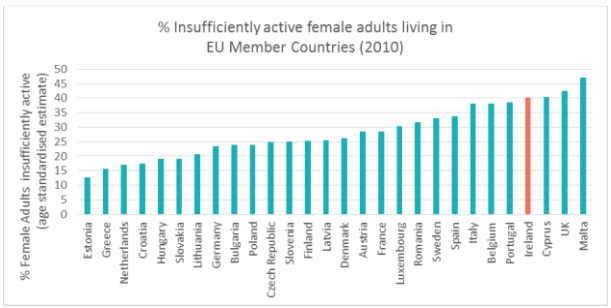
IRELAND

Insufficient Activity

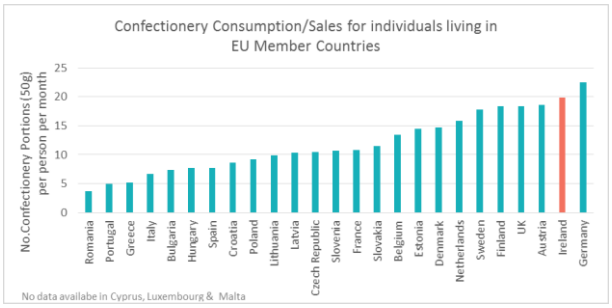




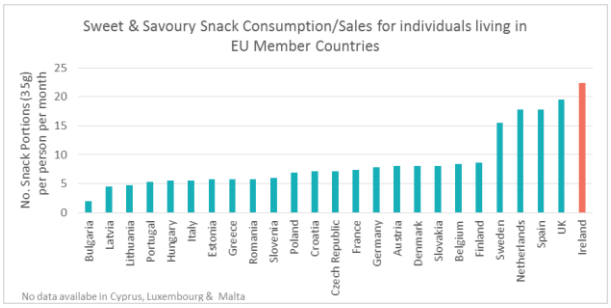




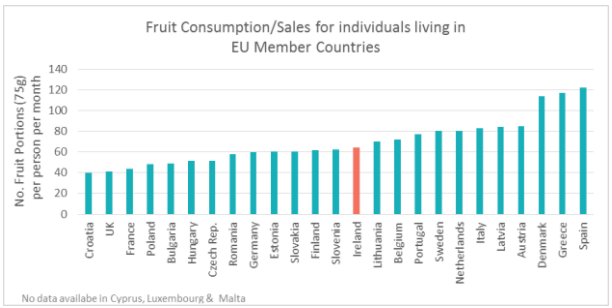
Confectionery



Sweet & Savoury Snacks



Fruit



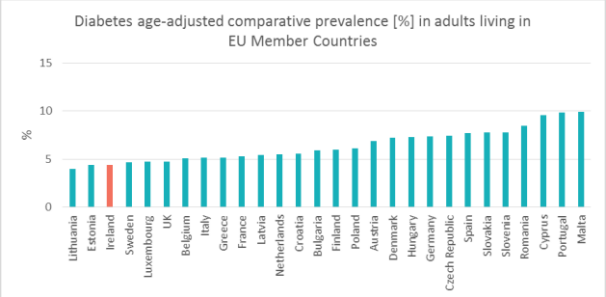
Soft Drinks



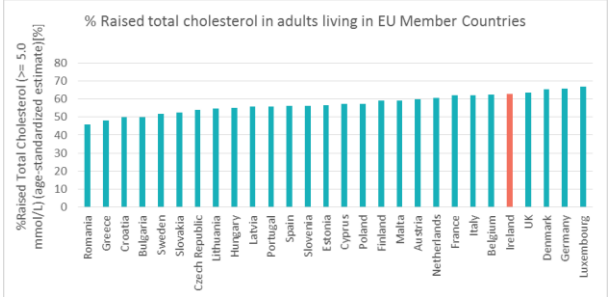
IRELAND

Impact

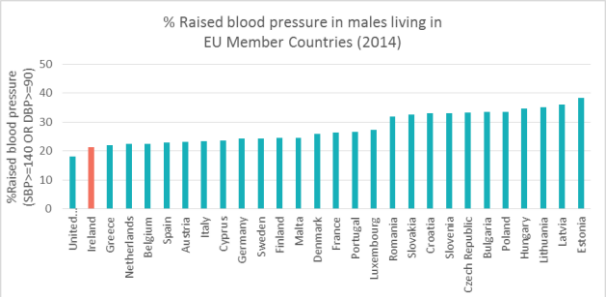
Diabetes (Type I & II)

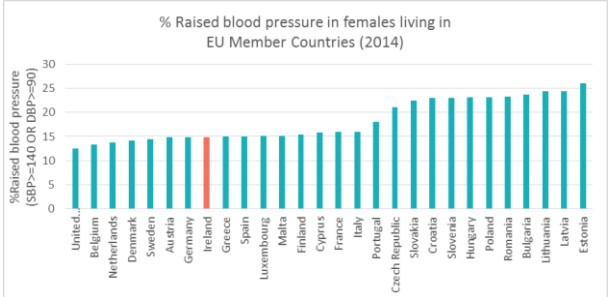


High Cholesterol

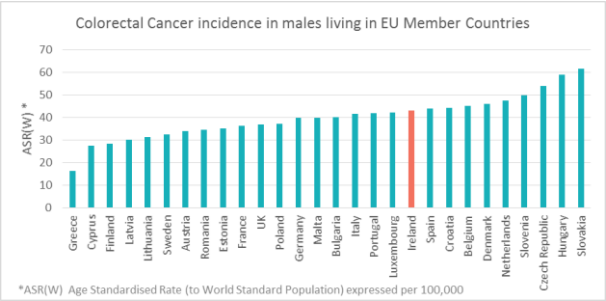


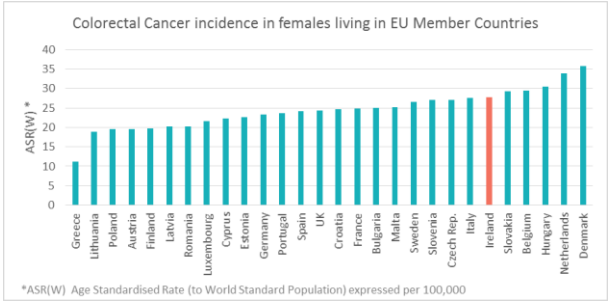
Raised Blood Pressure

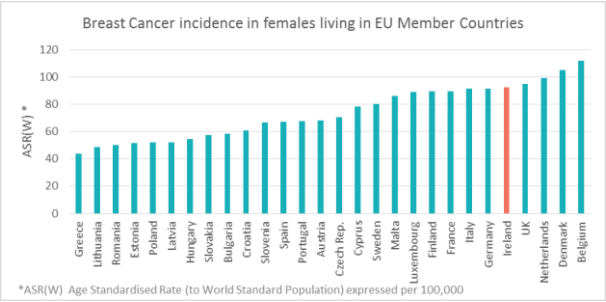


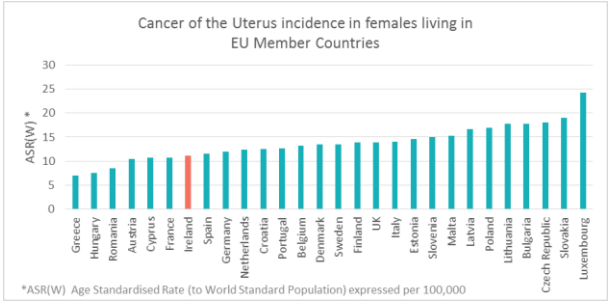


Cancers





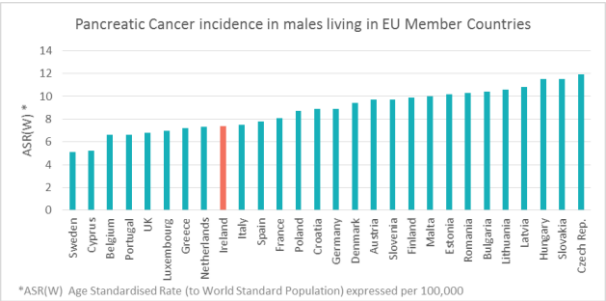


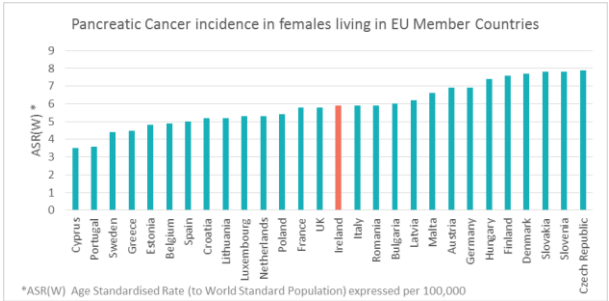


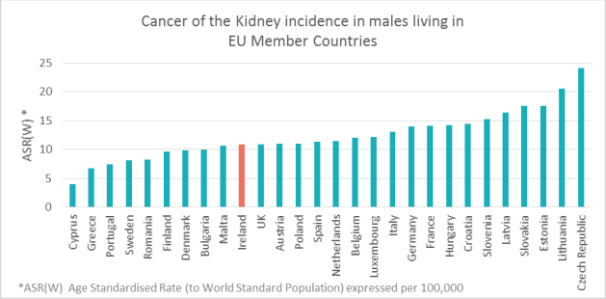


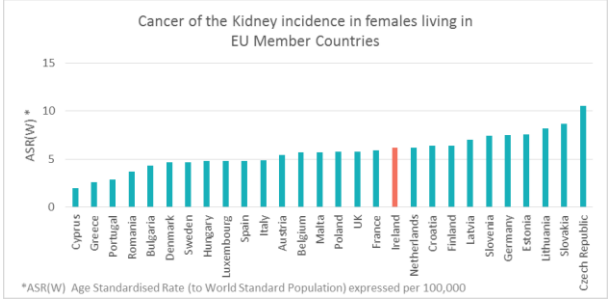
IRELAND

Cancers Cont.









Policies & Interventions

Joint Action on Nutrition and Physical Activity (JANPA)	The overall aim of the project is to contribute to halting the rise of overweight and obesity in children and adolescents by 2020.
The Children's Advertising Code	The Children's Advertising Code, a broadcast code specific to children. There are elements specific to food, and broadcasters must also comply with the provisions in other sections in the Code. The Code was developed in a consultative process by the Broadcast Commission of Ireland (BCI).
General and Children's Commercial Communications Code (revised version)	These Codes deal with advertising, sponsorship, product placement and other forms of commercial promotion. The Codes have been updated to include new rules on the promotion to children of food that is high in fat, salt or sugar (HFSS food). The revised Codes came into effect from 2nd September 2013.
Healthy Food for All: Strategic Plan 2014 - 2016	The Strategic Plan aims to promote easy access to health with information on tackling food poverty.
A Healthy Weight for Ireland - Obesity Policy and Action Plan	The Obesity Policy and Action Plan overall aim is to increase the number of people with a healthy weight. by setting targets to be achieved and actions that will produce measurable outcomes. The Action Plan involves all sectors in Ireland and includes implementation pathways and indicators to measure progress. It is informed by the Healthy Ireland guiding principles, which include better governance and leadership, resources, partnerships, systems for healthcare, evidence, measurement and evaluation, and programme management.
Code on marketing food and non-alcoholic beverages to children	Code on marketing to children
WHO European Action Network on reducing marketing pressure on children	Currently 28 countries participating in the WHO European Action Network on reducing marketing pressure on children, all of which have a joint interest in finding ways to reduce the marketing pressure of high salt, energy-dense, micronutrient-poor foods and beverages towards children
Happy Heart At Work	Designed to assist those responsible to plan, implement and maintain a healthy lifestyle programme for employees in the workplace.



IRELAND

GP Exercise Referral Programme	The pathway offers professional support over 12 weeks to encourage health behaviour modification and retention of an active lifestyle.
Healthy food made easy	Basic nutrition and cookery course that helps people to change to a healthy diet, plan meals on a budget and make easy to cook meals.
Community Based Programmes to tackle Obesity	Weekly physical activity sessions in local communities for adults, to promote physical activity and friendliness between community groups.
The National Health Promotion Strategy 2000-2005	This document identifies strategic aims and objectives, which will contribute to the overall health improvement of the Irish population.
The National Guidelines on Physical Activity for Ireland	These guidelines aim to emphasise the importance of physical activity to the health of all Irish people and outline the recommendations for physical activity for people of all ages and abilities.
Kids on the go	This national campaign aimed to raise awareness among parents and children aged 7-11 about the importance of physical activity and health. In Ireland, the campaign was part of the Irish Heart Week in 2003 and run by the Irish Heart Foundation. In the United Kingdom, the campaign was run by the British Heart Foundation.
National Men's Health Policy 2008-2013	This policy aims to address the fact that in Ireland, men die, on average, almost five years younger than women do and have higher death rates at all ages, and for all leading causes of death. Physical activity is one of the discussed policy areas, including the strategic aim to increase the availability of and access to facilities for sport and recreation for all men and safe social spaces for young people, with 3 specific recommendations and assigned lead agencies.
Scientific Recommendations for Healthy Eating Guidelines in Ireland	Healthy eating guidelines
Regulation (EU) No 1169/2011	The new EU Regulation 1169/2011 on the provision of food information to consumers considerably changes existing legislation on food labelling.
Get Ireland Active - The National Physical Activity Plan	This Plan focuses on different types of actions, some immediate and some more long-term and sustainable solutions, which recognise that behaviour change is complex, challenging and takes time. This does not merely focus on overcoming deficits but concentrates on solutions and strengths and reshaping the environment for physical activity.
Healthy Ireland: A Framework for Improving Health and Wellbeing 2013-2025	Healthy Ireland is a national framework for action to improve the health and wellbeing of Ireland. Based on international evidence, it outlines a new commitment to public health with an emphasis on prevention, while at the same time advocating for stronger health systems. It sets out four central goals and outlines actions under 6 thematic areas, in which all people and all parts of society can participate to achieve these goals.
Physical activity strategy for the WHO European Region 2016-2025	The strategy focuses on physical activity as a leading factor in health and well-being in the European Region, with particular attention to the burden of non-communicable diseases associated with insufficient activity levels and sedentary behaviour. It aims to cover all forms of physical activity throughout the life-course.
The European Food and Nutrition Action Plan 2015-2020	The aim on this action plan is to significantly reduce the burden of preventable diet-related non-communicable diseases, obesity and all other forms of malnutrition that are still prevalent in the WHO European Region.
European charter on counteracting obesity	To address the growing challenge posed by the epidemic of obesity to health, economies and development, the Ministers and delegates attending the WHO European Ministerial Conference on Counteracting Obesity (Istanbul, Turkey, 15–17 November 2006) adopted the European Charter on Counteracting Obesity. The process of developing the Charter involved different government sectors, international organizations, experts, civil society and the private sector through dialogue and consultations



IRELAND

Action Plan for implementation of the European Strategy for the Prevention and Control of Noncommunicable Diseases 2012–2016	It identifies priority action areas and interventions for countries to focus on over the next five years (2012–2016), as they implement the European Strategy for the Prevention and Control of Non-communicable Diseases.

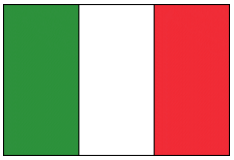


Data compiled September 2016.

Produced with the support of an operational grant under the European Commission's Third Health Programme. The European Commission is not responsible for any use that may be made of the material arising

Sources

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Physical Inactivity estimates	Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A893?lang=en
Raised Fasting Glucose	Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A869?lang=en
Raised BP	Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A875?lang=en
Raised cholesterol	Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A885
Cancer incidence rates	Cancer incidence rates, GLOBOCAN, IARC, http://globocan.iarc.fr/Pages/online.aspx
EUROMONITOR FOOD INTAKES	Estimates calculated by World Obesity Federation based on Euro monitor food intake data. Euro monitor, http://www.euromonitor.com

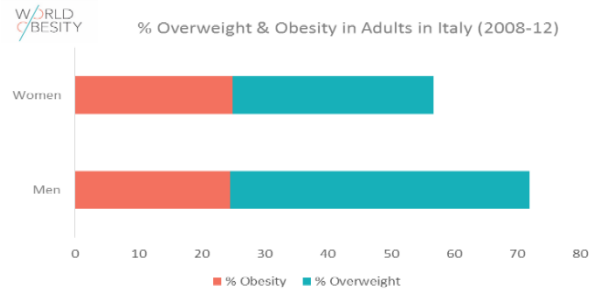


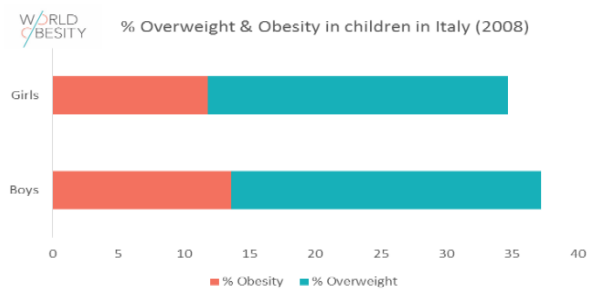
ITALY

/Key Statistics

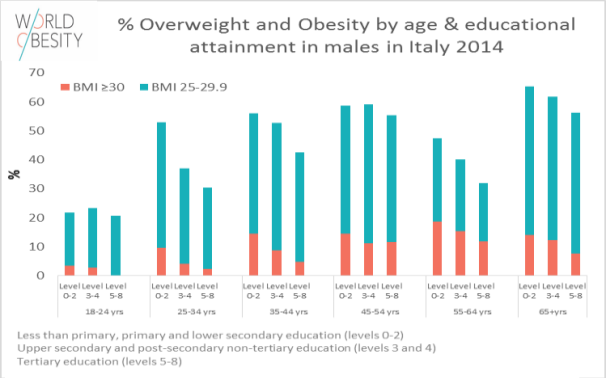
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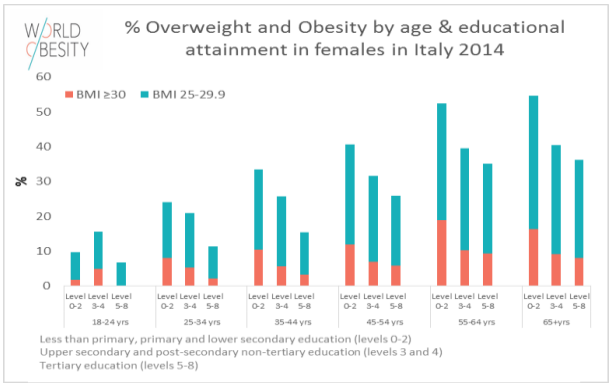
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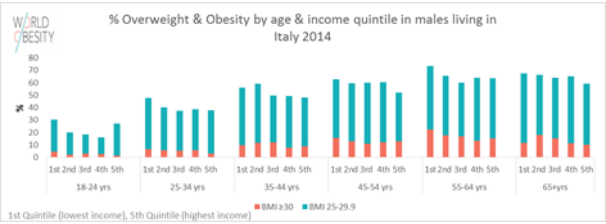


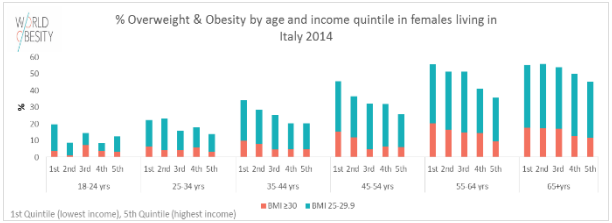
By Age & Education





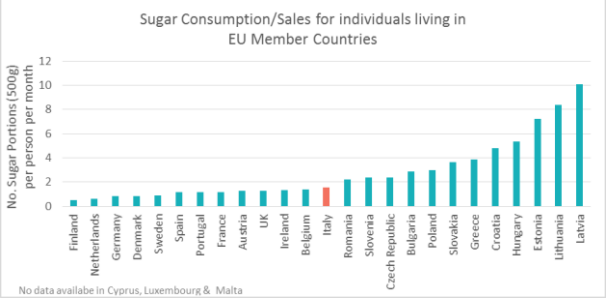
By Age & Income



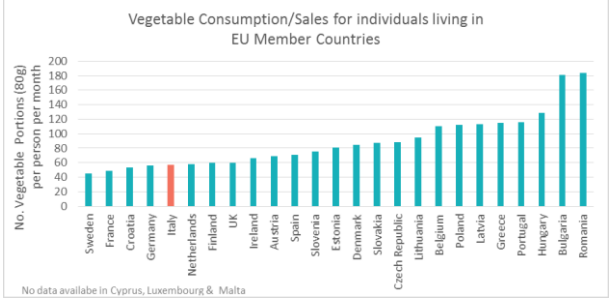


Drivers

Sugar

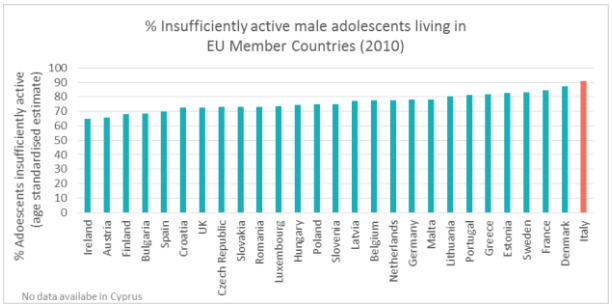


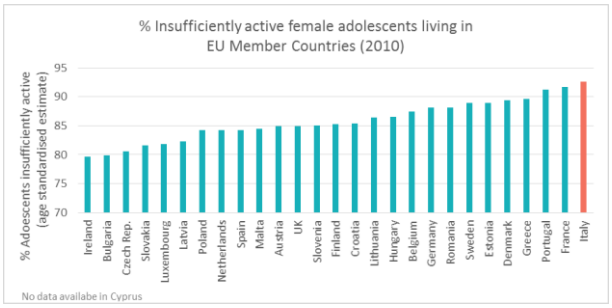
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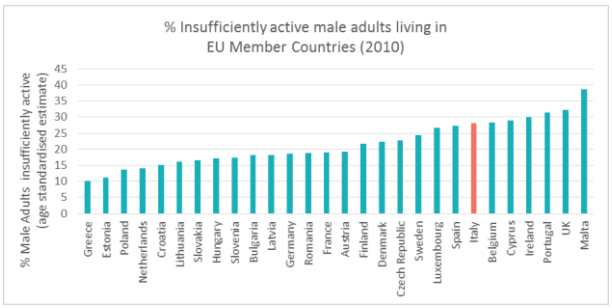


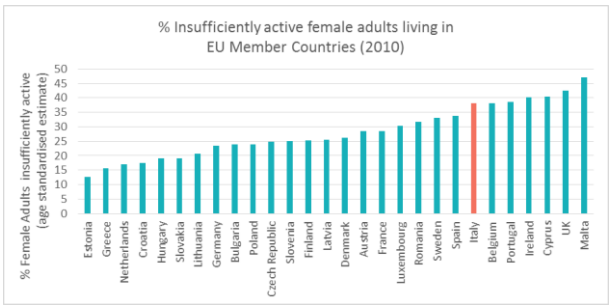
ITALY

Insufficient Activity

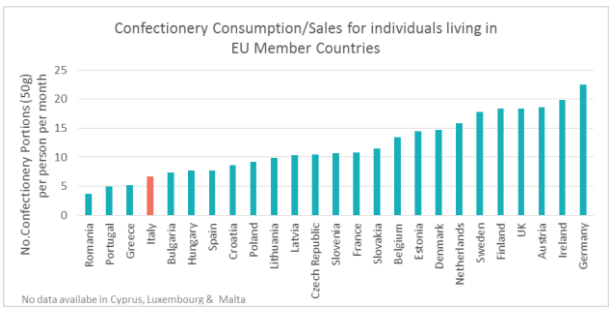




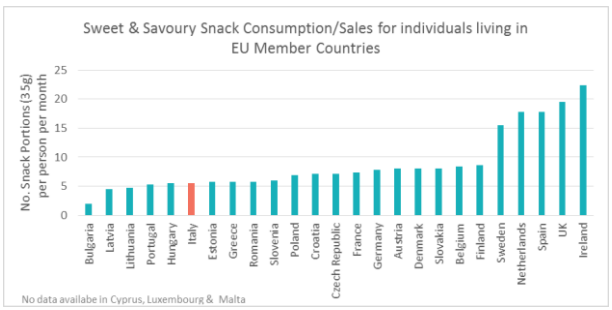




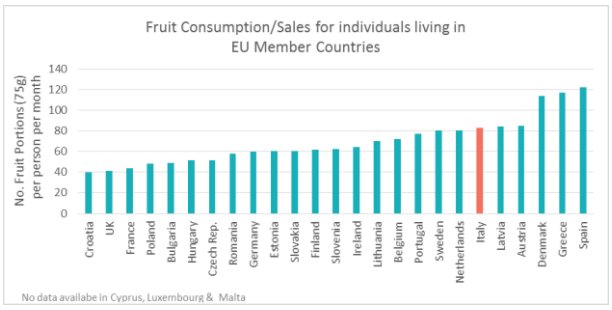
Confectionery



Sweet & Savoury Snacks



Fruit



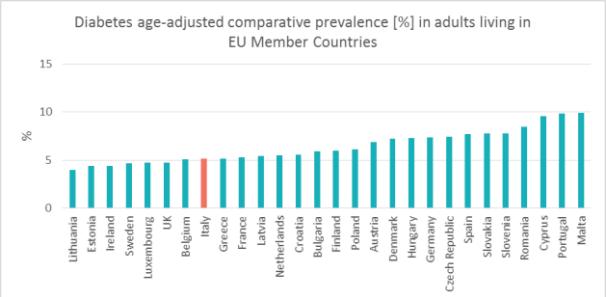
Soft Drinks



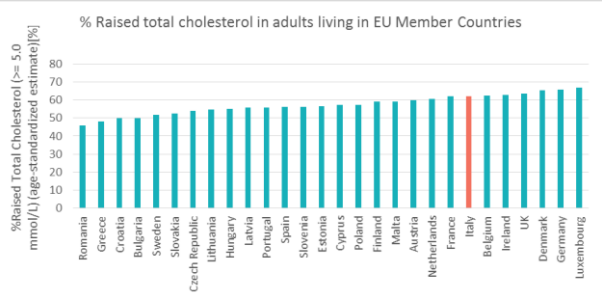
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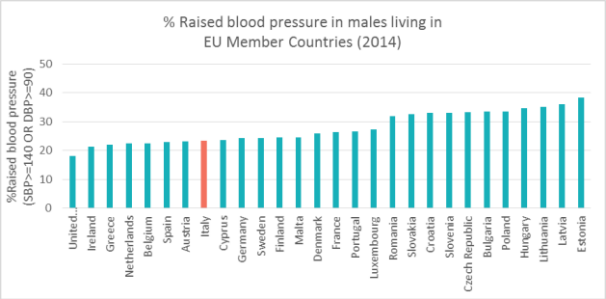
Diabetes (Type I & II)

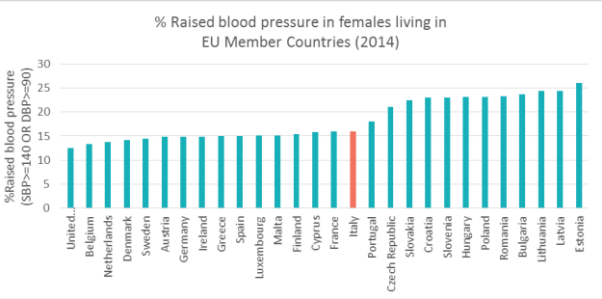


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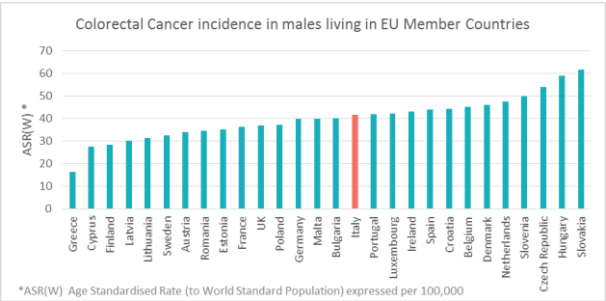


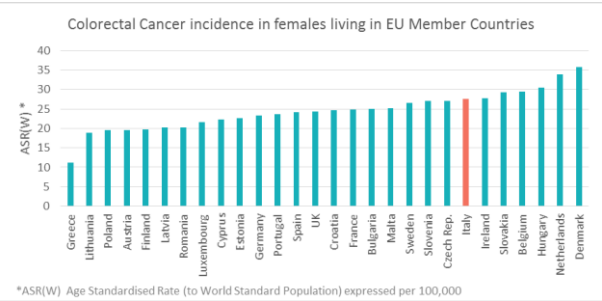
Raised Blood Pressure

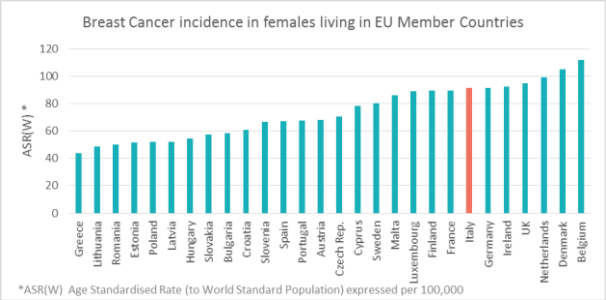


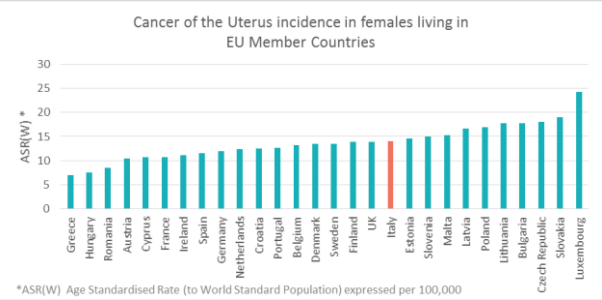


Cancers



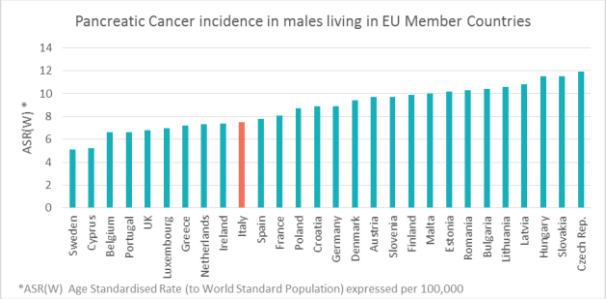


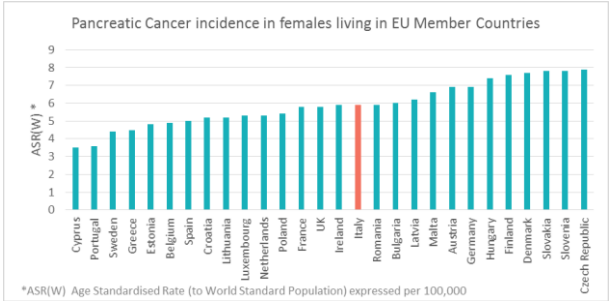


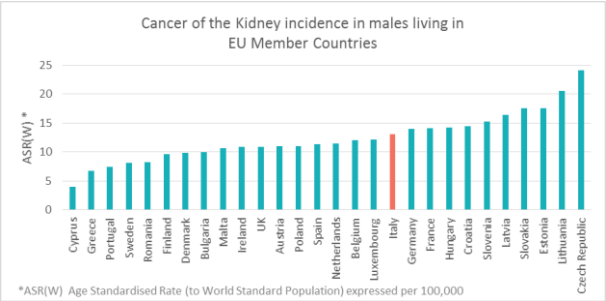


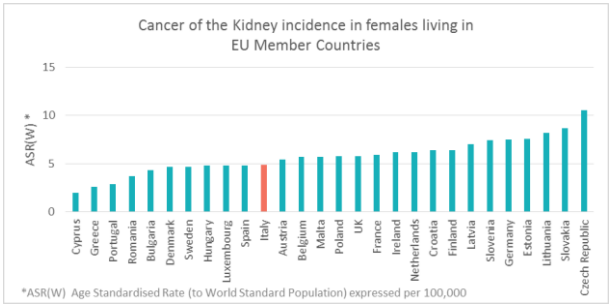
ITALY

Cancers Cont.



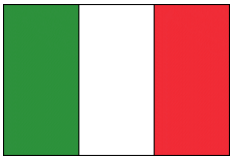






Policies & Interventions

Regulation (EU) No 1169/2011	The new EU Regulation 1169/2011 on the provision of food information to consumers considerably changes existing legislation on food labelling.
National Strategy for School Fruit Scheme	A strategy to encourage healthier eating habits amongst school children.
Action Plan for implementation of the European Strategy for the Prevention and Control of Noncommunicable Diseases 2012–2016	It identifies priority action areas and interventions for countries to focus on over the next five years (2012–2016), as they implement the European Strategy for the Prevention and Control of Non-communicable Diseases.
Guidelines for healthy Italian food habits	These guidelines aim to establish and disseminate the basic information for a balanced diet.
Code of Marketing Communication Self-Regulation	The self-regulatory organisation for the advertising industry, the Istituto dell'Autodisciplina Pubblicitaria (IAP) has a "Code of Marketing Communication Self-Regulation" (1966, 47th edition effective January 16th, 2009) which includes a section on children and young people and mentions food. 59th edition - 2015.
Giocampus	The Giocampus project is a multi-areas and multi-partner nutrition and sport educational program for children aged from 6 to 14 years held at the University of Parma in Italy. It joins physical activities, nutrition education, play and expressive and creative activities.
IDEFICS - Identification and prevention of Dietary and lifestyle-induced Health Effects In Children and Infants	The study delivered data to make an international assessment of the problem of "obesity in children" possible. The focus of the IDEFICS Study lied in exploring the risks for overweight and obesity in children as well as associated long-term consequences. IDEFICS also offered activities for health promotion and prevention in kindergartens and schools. These prevention programmes were developed, implemented and evaluated within the IDEFICS Study. Participating countries included Belgium, Cyprus, Denmark, Estonia, France, Germany, Hungary, Italy, Spain, Sweden and UK.
Physical activity strategy for the WHO European Region 2016-2025	The strategy focuses on physical activity as a leading factor in health and well-being in the European Region, with particular attention to the burden of non-communicable diseases associated with insufficient activity levels and sedentary behaviour. It aims to cover all forms of physical activity throughout the life-course.



ITALY

Joint Action on Nutrition and Physical Activity (JANPA)	The overall aim of the project is to contribute to halting the rise of overweight and obesity in children and adolescents by 2020.
National plan for prevention 2005-2007 (Piano nazionale per la prevenzione 2005-2007)	The National Prevention Plan 2005-2007 identifies four areas of action: 1) prevention of cardiovascular disease (including the prevention of complications of diabetes and obesity) 2) the cancer screening 3) vaccinations and 4) accident prevention.
Code on marketing food and non-alcoholic beverages to children	Code on marketing to children
The European Food and Nutrition Action Plan 2015-2020	The aim on this action plan is to significantly reduce the burden of preventable diet-related non-communicable diseases, obesity and all other forms of malnutrition that are still prevalent in the WHO European Region.
National Prevention Plan	A strategy for the prevention of non-communicable diseases and the promotion of healthy lifestyles.
Gaining Health "Guadagnare salute"	This is a coordinated action plan for counteracting the 4 leading risk factors for noncommunicable diseases, including poor nutrition.
European charter on counteracting obesity	To address the growing challenge posed by the epidemic of obesity to health, economies and development, the Ministers and delegates attending the WHO European Ministerial Conference on Counteracting Obesity (Istanbul, Turkey, 15–17 November 2006) adopted the European Charter on Counteracting Obesity. The process of developing the Charter involved different government sectors, international organizations, experts, civil society and the private sector through dialogue and consultations
The Class Sports (Sport di Classe) programme	Class Sport is a project to promote physical education from primary school onwards.
The "walking bus" PIEDIBUS scheme	A scheme that promotes physical activity by walking to school.

Data compiled September 2016.

Produced with the support of an operational grant under the European Commission's Third Health Programme. The European Commission is not responsible for any use that may be made of the material arising

Sources

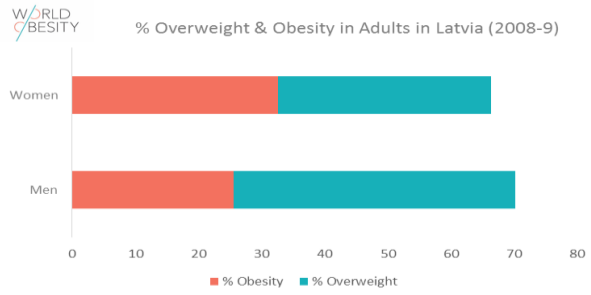
Overweight & Obesity %	Data sources available at www.worldobesity.org/resources/
Population Estimates	UN Population Estimates, United Nations, http://esa.un.org/unpd/wpp/
Diabetes estimates 2015	Reproduced with kind permission of IDF, Diabetes Estimates 2015, IDF, http://www.diabetesatlas.org/resources/2015-atlas.html
Worldwide GINI Index	Worldwide GINI Index, Central Intelligence Agency - World Fact Book, https://www.cia.gov/library/publications/the-world-factbook/rankorder/2172rank.html (last accessed 19th January 2016)
Physical Inactivity estimates	Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A893?lang=en
Raised Fasting Glucose	Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A869?lang=en
Raised BP	Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A875?lang=en
Raised cholesterol	Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A885
Cancer incidence rates	Cancer incidence rates, GLOBOCAN, IARC, http://globocan.iarc.fr/Pages/online.aspx
EUROMONITOR FOOD INTAKES	Estimates calculated by World Obesity Federation based on Euro monitor food intake data. Euro monitor, http://www.euromonitor.com

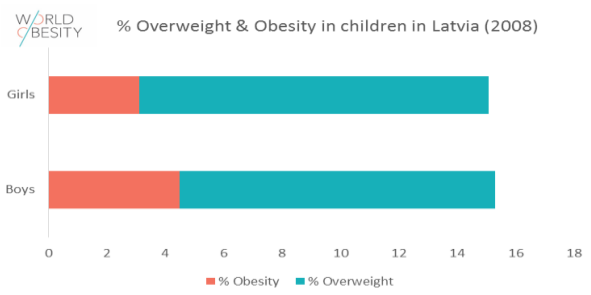
LATVIA

/Key Statistics

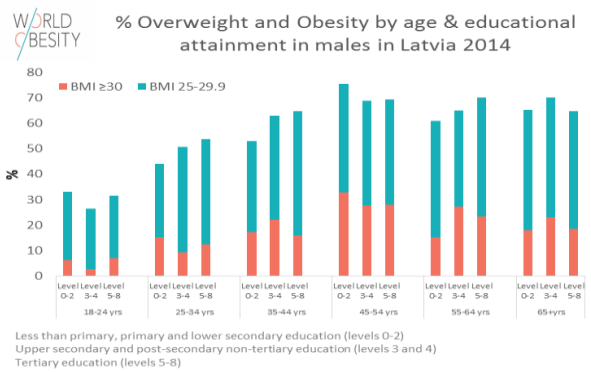
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GINI INDEX: 35.48

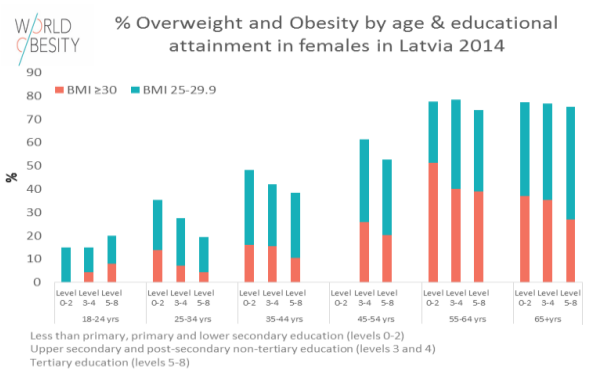
General Prevalence



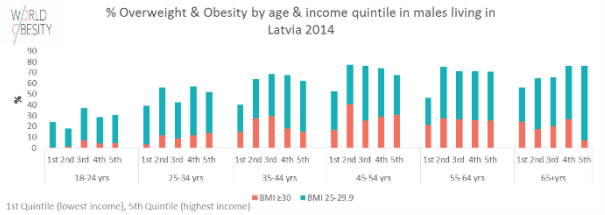


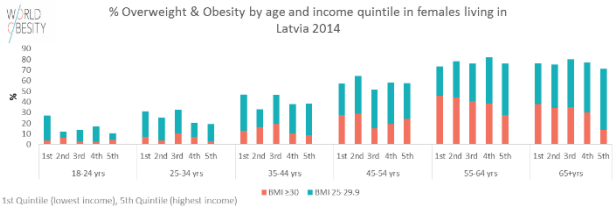
By Age & Education





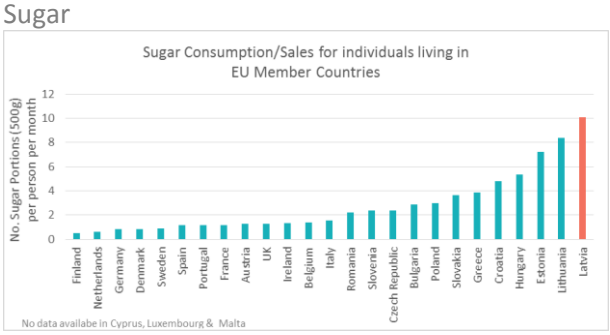
By Age & Income



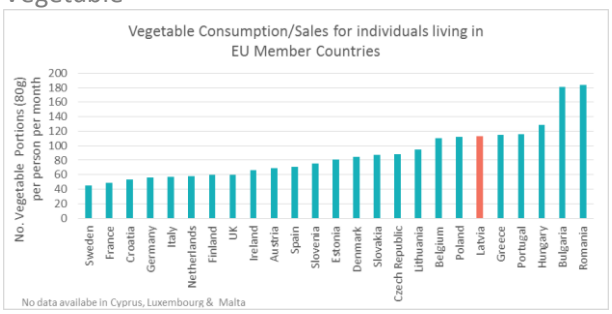


Drivers

Sugar

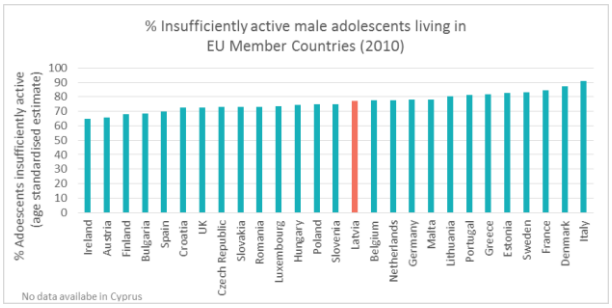


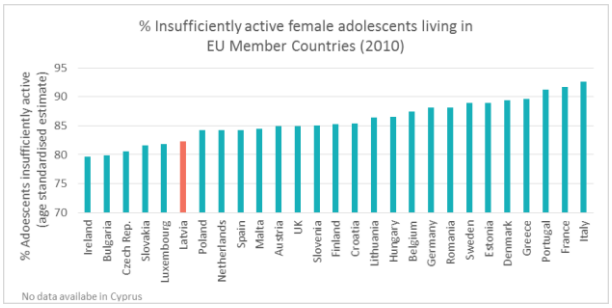
Vegetable

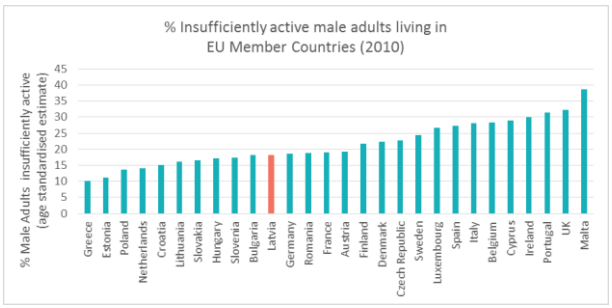


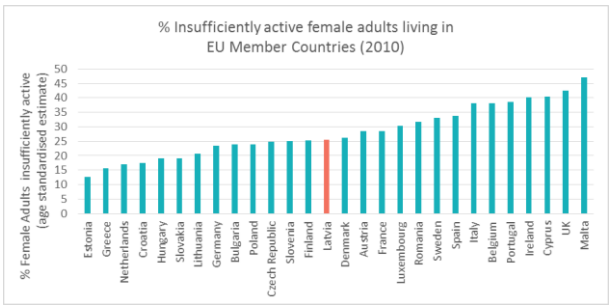
LATVIA

Insufficient Activity

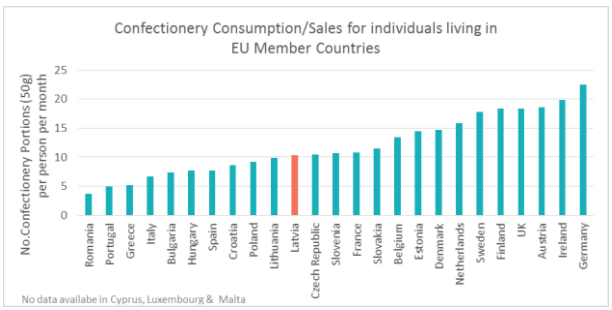




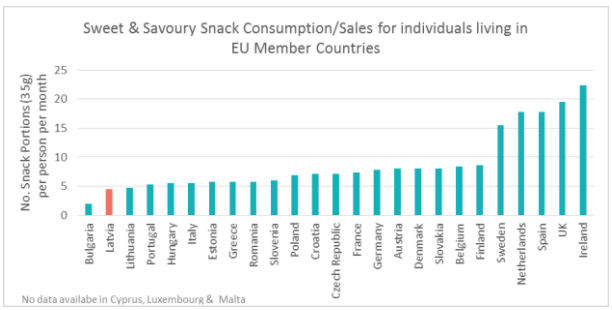




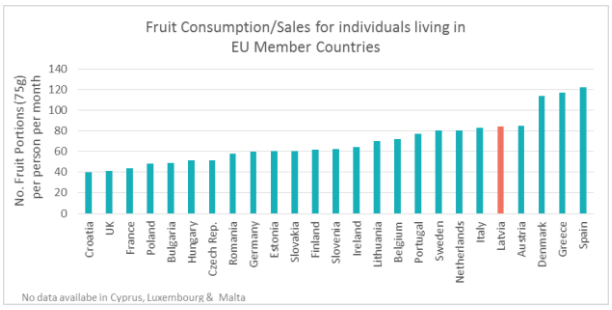
Confectionery



Sweet & Savoury Snacks



Fruit



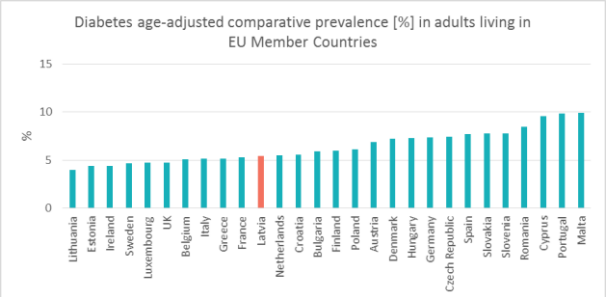
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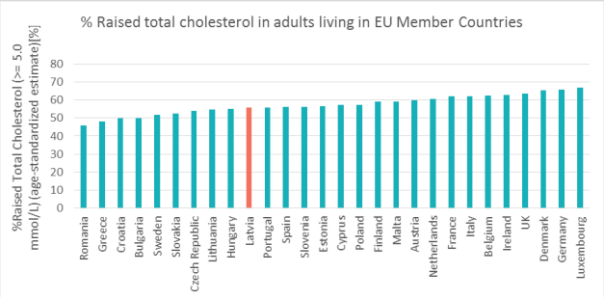
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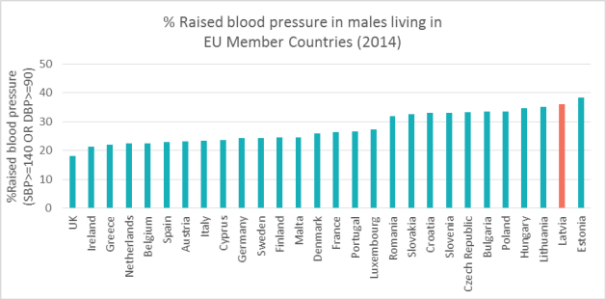
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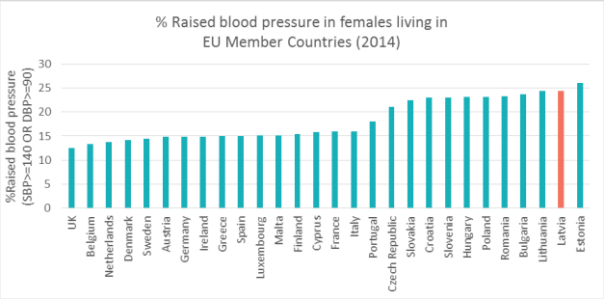


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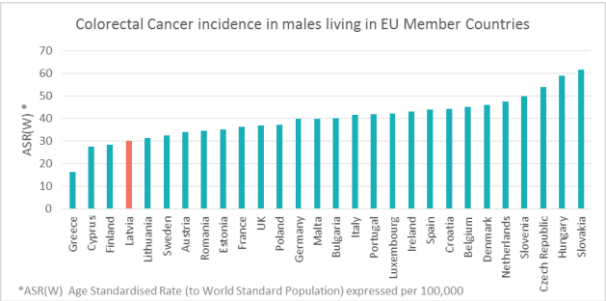


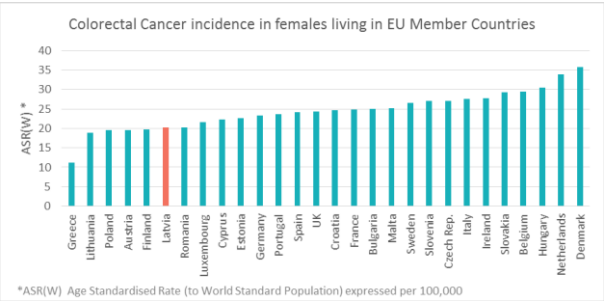
Raised Blood Pressure

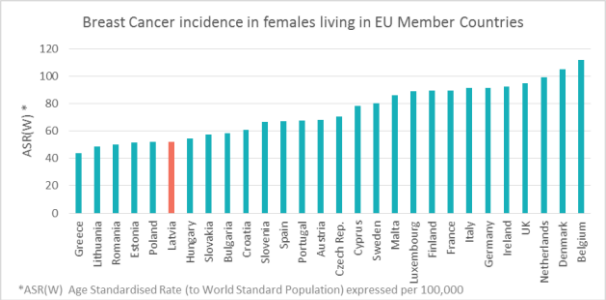


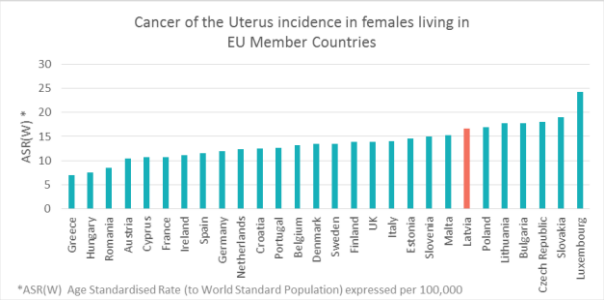


Cancers



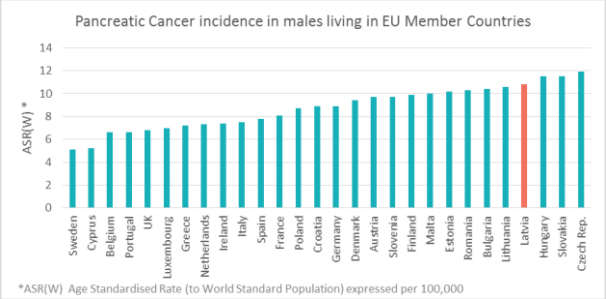


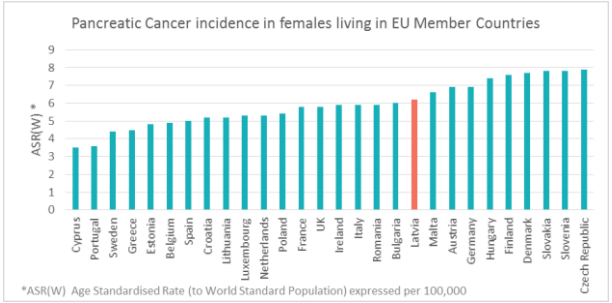


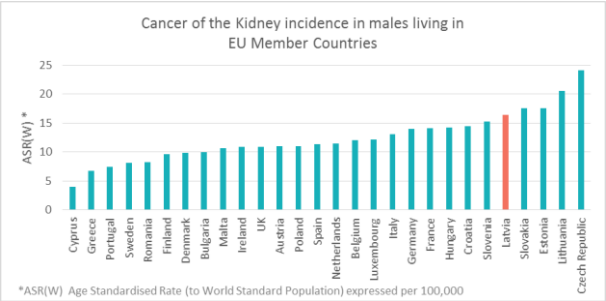


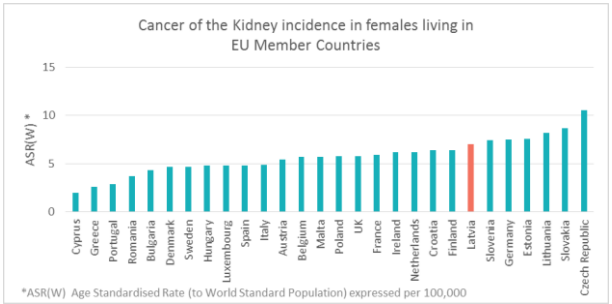
LATVIA

Cancers Cont.









Policies & Interventions

Public Health Strategy 2011-2017	A medium-term public health policy planning document which aims to prolong the healthy life years of the Latvian population and to prevent untimely deaths, while maintaining, improving and restoring health.
The Implementation Plan of Measures to Supply Fruit and Vegetables to Schools	This plan aims to increase the consumption of fresh fruit and vegetables by the students of comprehensive education institutions.
Action Plan for implementation of the European Strategy for the Prevention and Control of Non communicable Diseases 2012–2016	It identifies priority action areas and interventions for countries to focus on over the next five years (2012–2016), as they implement the European Strategy for the Prevention and Control of Non-communicable Diseases.
Regulation (EU) No 1169/2011	The new EU Regulation 1169/2011 on the provision of food information to consumers considerably changes existing legislation on food labelling.
Creativity in Physical Activity	This intervention aims to increase daily physical activity by promoting appropriate and available forms of physical activity in local communities for adults over 45.
Collaboration with the central market of Riga city to promote healthy eating habits	Collaboration between the City Council and the central market to educate people about seasonal, local and healthy food all year around.
Sports Policy Guidelines 2004-2009	This document, besides addressing the support to athletes and competitive sport, also defines the responsibility for compulsory physical education in children and to provide access to sport for disabled people.
Outdoor Fitness Exercise Programmes	Project to show adults the possibility of using outdoor exercise equipment which is available for free in many parks and beaches.
Memorandum of Cooperation	The Ministry of Health signed a Memorandum of Cooperation with the Federation of Food Enterprises and the soft drink business association on changes to children-orientated soft drink advertising
WHO European Action Network on reducing marketing pressure on children	Currently 28 countries participating in the WHO European Action Network on reducing marketing pressure on children, all of which have a joint interest in finding ways to reduce the marketing pressure of high salt, energy-dense, micronutrient-poor foods and beverages towards children
Physical activity strategy for the WHO European Region 2016-2025	The strategy focuses on physical activity as a leading factor in health and well-being in the European Region, with particular attention to



LATVIA

	the burden of non-communicable diseases associated with insufficient activity levels and sedentary behaviour. It aims to cover all forms of physical activity throughout the life-course.
Joint Action on Nutrition and Physical Activity (JANPA)	The overall aim of the project is to contribute to halting the rise of overweight and obesity in children and adolescents by 2020.
Nordic Walking for the Elderly	Free Nordic walking lessons for the elderly in every territorial part of Riga to promote daily physical activity and social interaction.
National sports development programme 2006-2012 (Nacionala sporta attistibas programma 2006-2012)	The document covers physical activity promotion in general but also has sections on sports facilities, sports in educational institutions, high achievement in sports, Sports for All and sports for disabled people
Guidelines for healthy nutrition 2003-2013 (Pamatnostadnes Veseligs uzturs 2003-2013)	The document includes the goal to increase public awareness on the importance of regular physical activity.
European charter on counteracting obesity	To address the growing challenge posed by the epidemic of obesity to health, economies and development, the Ministers and delegates attending the WHO European Ministerial Conference on Counteracting Obesity (Istanbul, Turkey, 15–17 November 2006) adopted the European Charter on Counteracting Obesity. The process of developing the Charter involved different government sectors, international organizations, experts, civil society and the private sector through dialogue and consultations
Code on marketing food and non-alcoholic beverages to children	Code on marketing to children
Sports Policy Guidelines 2013-2020	
The European Food and Nutrition Action Plan 2015-2020	The aim on this action plan is to significantly reduce the burden of preventable diet-related non-communicable diseases, obesity and all other forms of malnutrition that are still prevalent in the WHO European Region.



Data compiled September 2016.

Produced with the support of an operational grant under the European Commission's Third Health Programme. The European Commission is not responsible for any use that may be made of the material arising

Sources

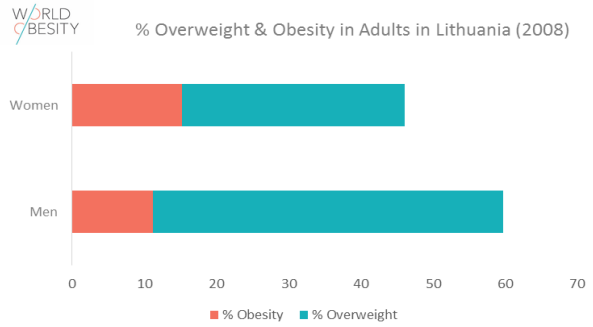
Overweight & Obesity %	Data sources available at www.worldobesity.org/resources/
Population Estimates	UN Population Estimates, United Nations, http://esa.un.org/unpd/wpp/
Diabetes estimates 2015	Reproduced with kind permission of IDF, Diabetes Estimates 2015, IDF, http://www.diabetesatlas.org/resources/2015-atlas.html
Worldwide GINI Index	Worldwide GINI Index, Central Intelligence Agency - World Fact Book, https://www.cia.gov/library/publications/the-world-factbook/rankorder/2172rank.html (last accessed 19th January 2016)
Physical Inactivity estimates	Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A893?lang=en
Raised Fasting Glucose	Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A869?lang=en
Raised BP	Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A875?lang=en
Raised cholesterol	Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A885
Cancer incidence rates	Cancer incidence rates, GLOBOCAN, IARC, http://globocan.iarc.fr/Pages/online.aspx
EUROMONITOR FOOD INTAKES	Estimates calculated by World Obesity Federation based on Euro monitor food intake data. Euro monitor, http://www.euromonitor.com

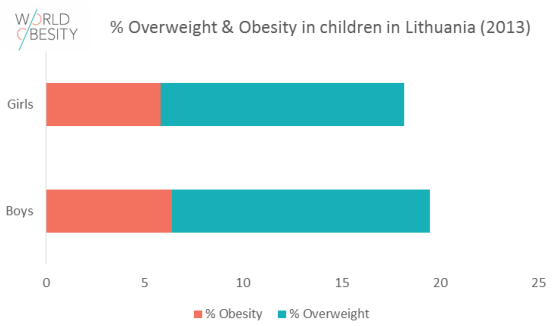
LITHUANIA

/Key Statistics

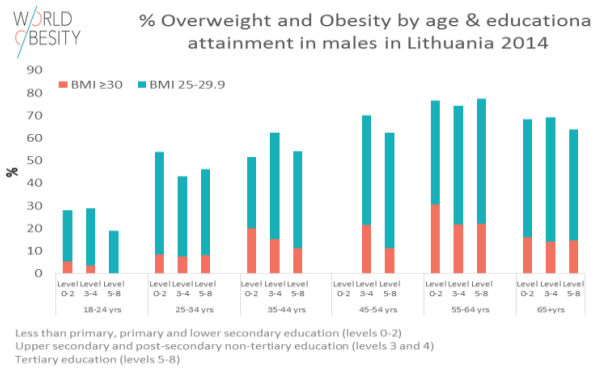
POPULATION: 2,878,405
GINI INDEX: 35.15

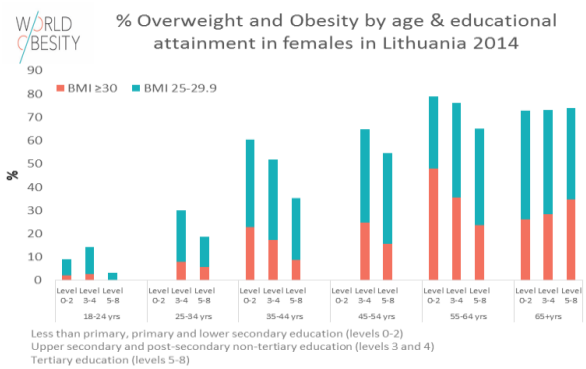
General Prevalence



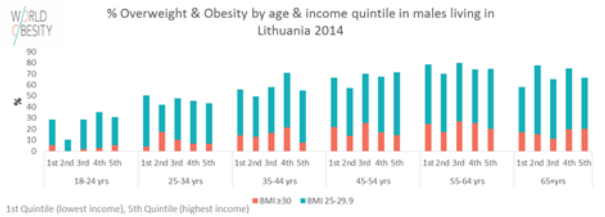


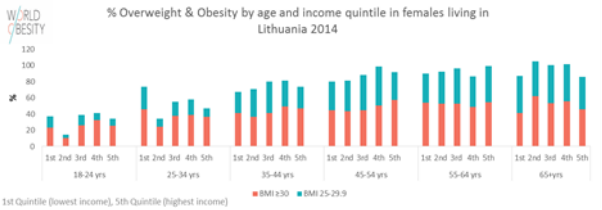
By Age & Education





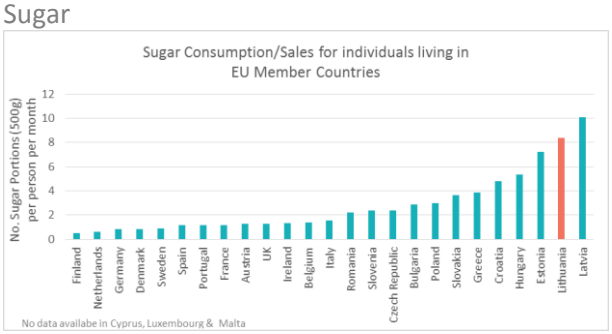
By Age & Income



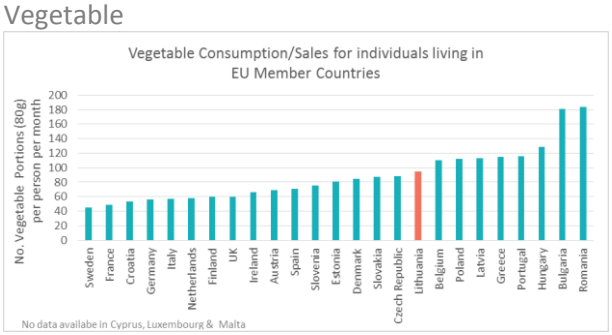


Drivers

Sugar

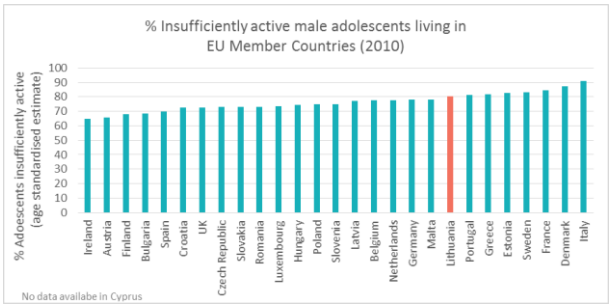


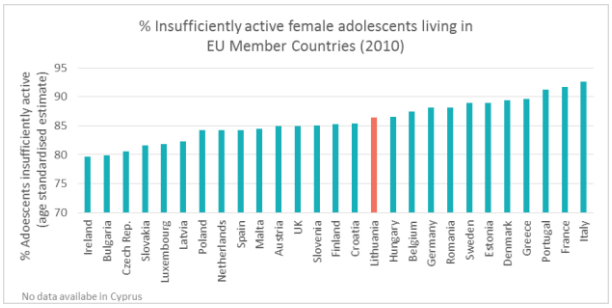
Vegetable

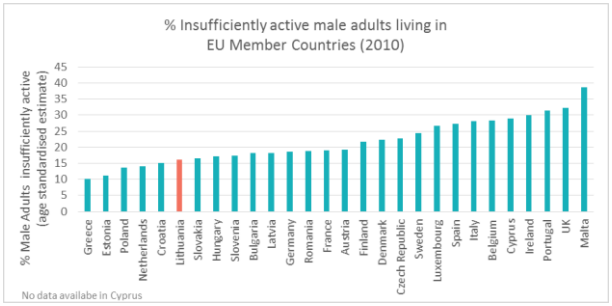


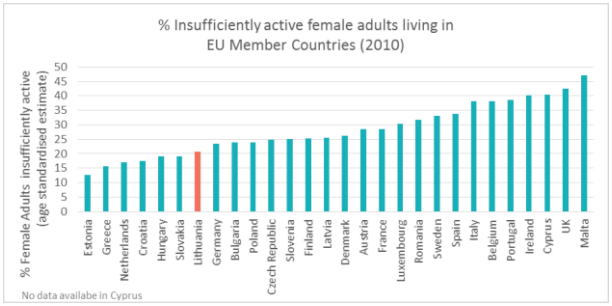
LITHUANIA

Insufficient Activity

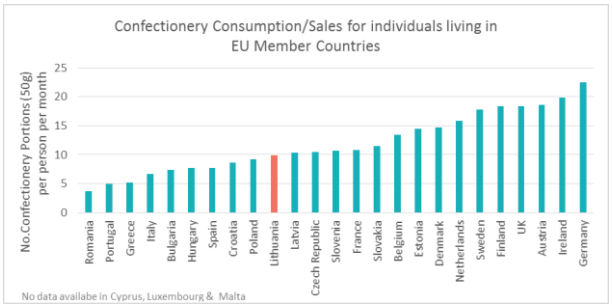




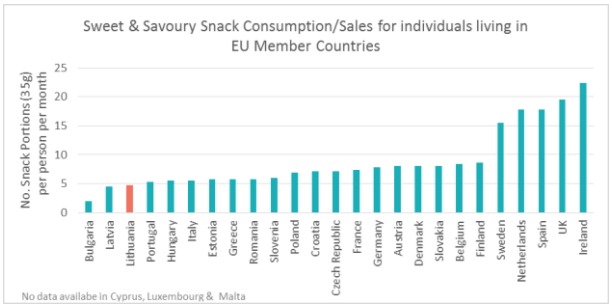




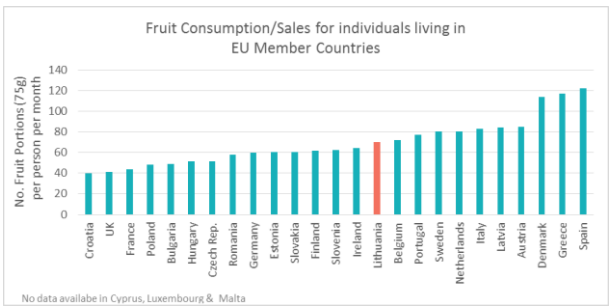
Confectionery



Sweet & Savoury Snacks



Fruit



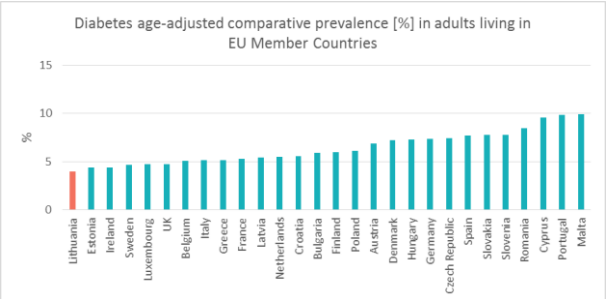
Soft Drinks



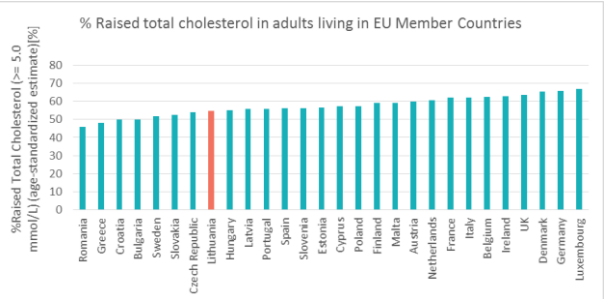
LITHUANIA

Impact

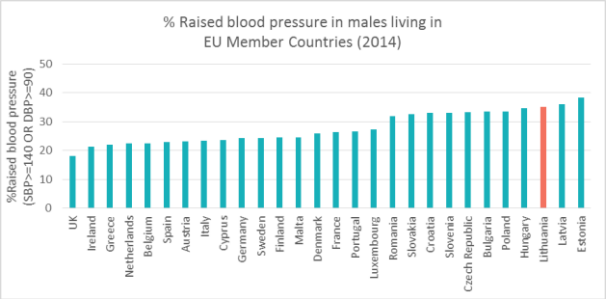
Diabetes (Type I & II)

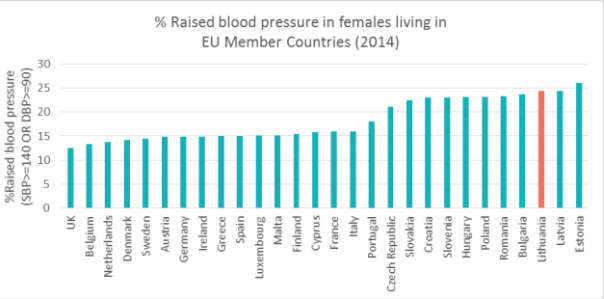


High Cholesterol

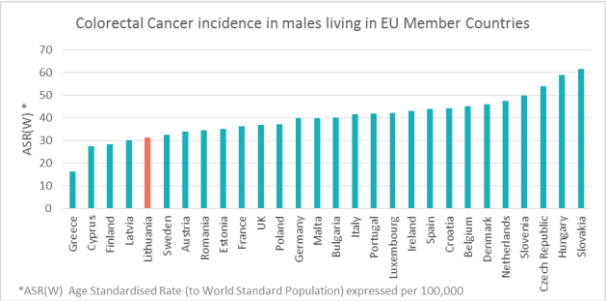


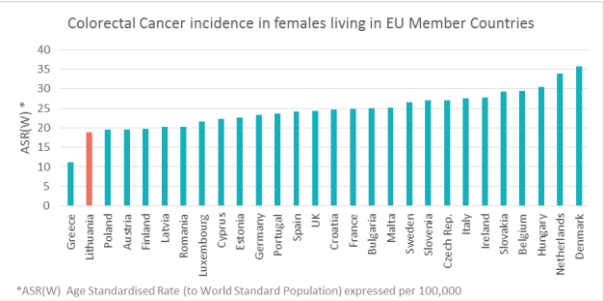
Raised Blood Pressure

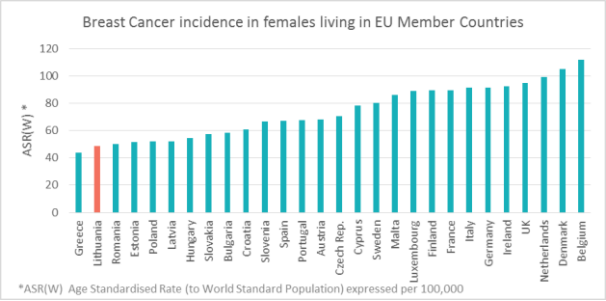


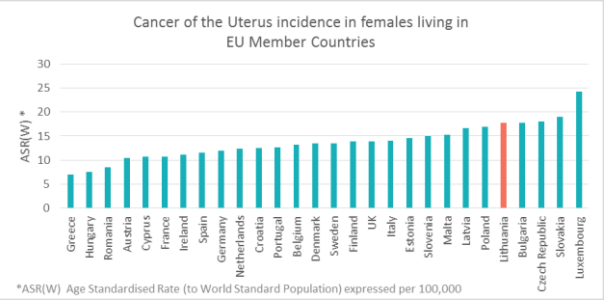


Cancers



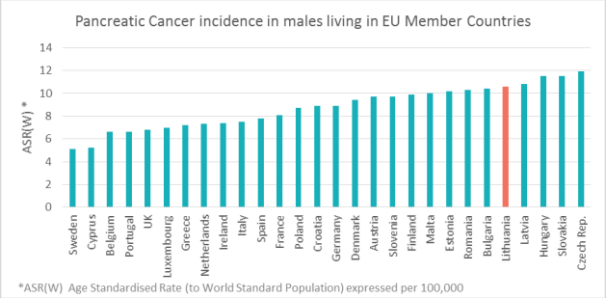


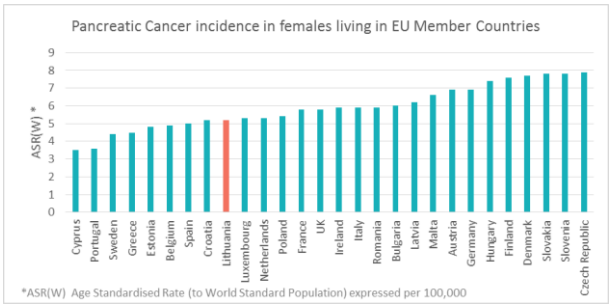


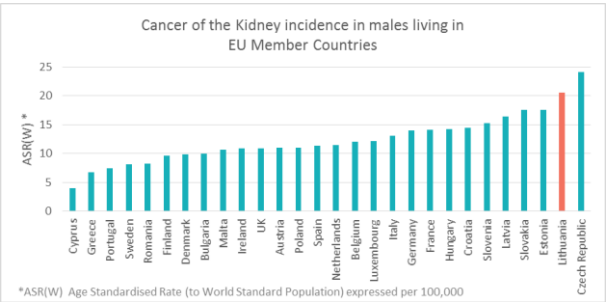


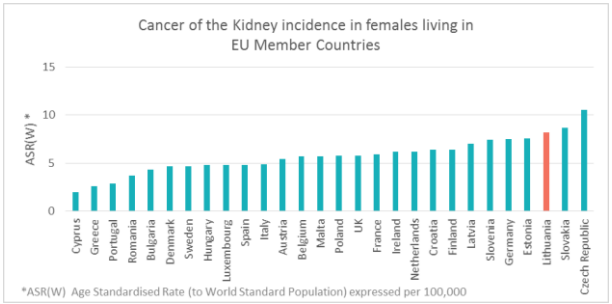
LITHUANIA

Cancers Cont.









Policies & Interventions

Regulation (EU) No 1169/2011	The new EU Regulation 1169/2011 on the provision of food information to consumers considerably changes existing legislation on food labelling.
Physical Activity Promotion among Kaunas Region Communities Using Information Technology	This intervention involves the development of distance learning programmes to promote physical activity among Kaunas region communities.
Action Plan for implementation of the European Strategy for the Prevention and Control of Noncommunicable Diseases 2012–2016	It identifies priority action areas and interventions for countries to focus on over the next five years (2012–2016), as they implement the European Strategy for the Prevention and Control of Non-communicable Diseases.
State strategy on physical activity	
Order V-964	WCRF: In November 2011 the Lithuanian Ministry of Health approved Order V-964 that set catering standards for pre-schools, secondary schools and children's social care institutions. Food and nutrient-based standards exist
National Sport Development Strategy	A national policy strategy on physical activity
School Fruit Scheme Strategy	The aim of the School Fruit Scheme Strategy for the 2010–2013 school years was to set up the budget of the programme, target groups, and accompanying measures that help children to recognise the importance of healthy eating habits and distributable products. Fruit and vegetables were distributed, free of charge, to pupils in primary education (years 1 to 4) at Lithuanian general schools wishing to participate in the School Fruit Scheme.
Physical activity strategy for the WHO European Region 2016-2025	The strategy focuses on physical activity as a leading factor in health and well-being in the European Region, with particular attention to the burden of non-communicable diseases associated with insufficient activity levels and sedentary behaviour. It aims to cover all forms of physical activity throughout the life-course.
The European Food and Nutrition Action Plan 2015-2020	The aim on this action plan is to significantly reduce the burden of preventable diet-related non-communicable diseases, obesity and all other forms of malnutrition that are still prevalent in the WHO European Region.
European charter on counteracting obesity	To address the growing challenge posed by the epidemic of obesity to health, economies and development, the Ministers and delegates attending the WHO European Ministerial Conference on

LITHUANIA

	Counteracting Obesity (Istanbul, Turkey, 15–17 November 2006) adopted the European Charter on Counteracting Obesity. The process of developing the Charter involved different government sectors, international organizations, experts, civil society and the private sector through dialogue and consultations
Code on marketing food and non-alcoholic beverages to children	Code on marketing to children
Lithuania's State Food and Nutrition Strategy and Action Plan for 2003–2010	Stanmark: Lithuania's State Food and Nutrition Strategy State Action Plan for 2003–2010 includes specific nutritional goals, but does not mention food marketing to children
Republic of Lithuania Law on Physical Education and Sport	Law outlining the principles of sport and physical education in Lithuania (last amended in 2008)

Data compiled September 2016.

Produced with the support of an operational grant under the European Commission's Third Health Programme. The European Commission is not responsible for any use that may be made of the material arising

Sources

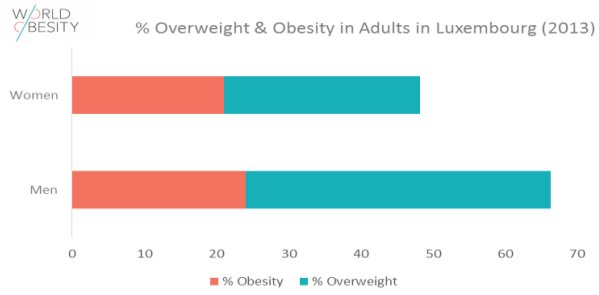
Overweight & Obesity %	Data sources available at www.worldobesity.org/resources/
Population Estimates	UN Population Estimates, United Nations, http://esa.un.org/unpd/wpp/
Diabetes estimates 2015	Reproduced with kind permission of IDF, Diabetes Estimates 2015, IDF, http://www.diabetesatlas.org/resources/2015-atlas.html
Worldwide GINI Index	Worldwide GINI Index, Central Intelligence Agency - World Fact Book, https://www.cia.gov/library/publications/the-world-factbook/rankorder/2172rank.html (last accessed 19th January 2016)
Physical Inactivity estimates	Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A893?lang=en
Raised Fasting Glucose	Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A869?lang=en
Raised BP	Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A875?lang=en
Raised cholesterol	Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A885
Cancer incidence rates	Cancer incidence rates, GLOBOCAN, IARC, http://globocan.iarc.fr/Pages/online.aspx
EUROMONITOR FOOD INTAKES	Estimates calculated by World Obesity Federation based on Euro monitor food intake data. Euro monitor, http://www.euromonitor.com

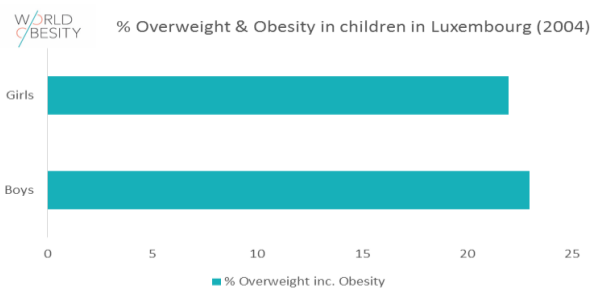
LUXEMBOURG

/Key Statistics

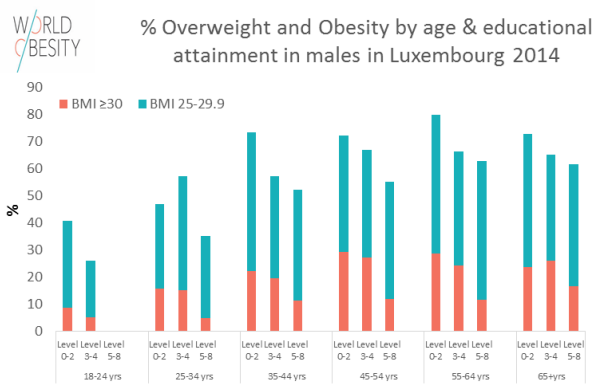
POPULATION: 567,110
GINI INDEX: 34.75

General Prevalence

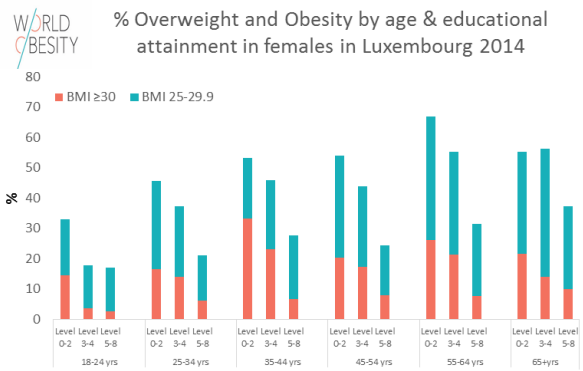




By Age & Education



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)



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)

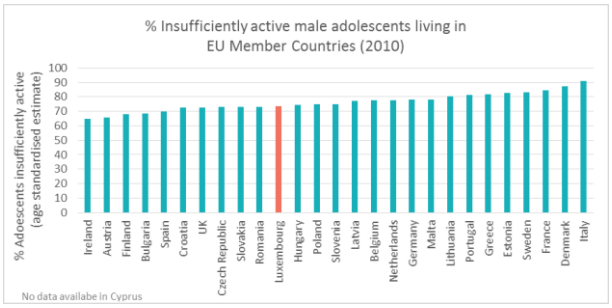
Drivers

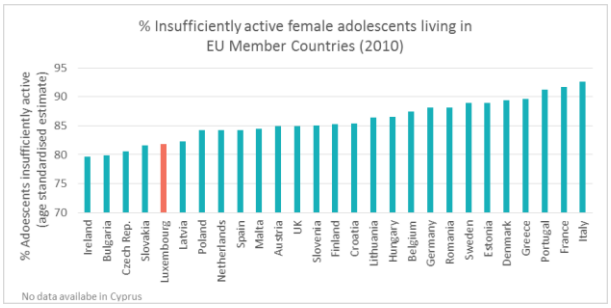
Sugar
n/a

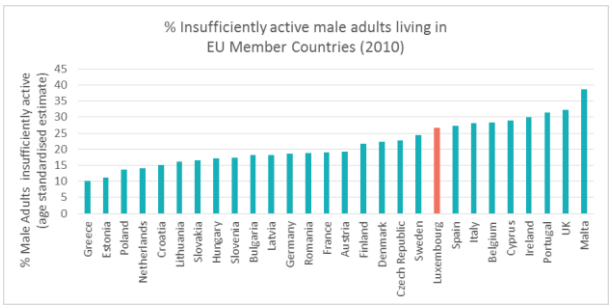
Vegetable
n/a

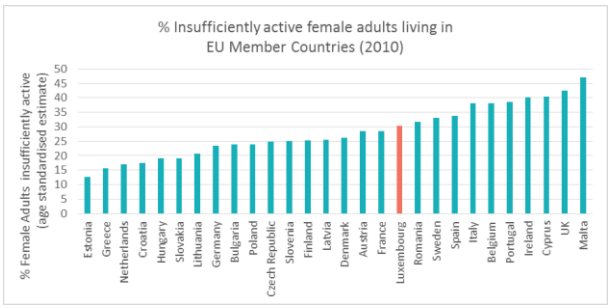
LUXEMBOURG

Insufficient Activity









Confectionery
n/a

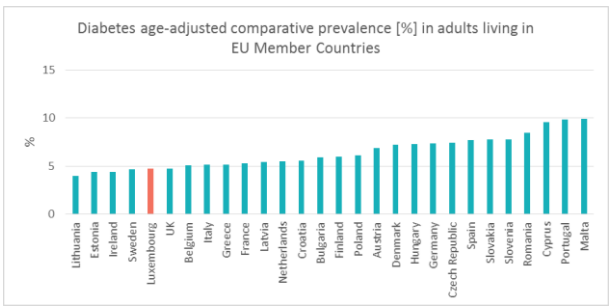
Sweet & Savoury Snacks
n/a

Fruit
n/a

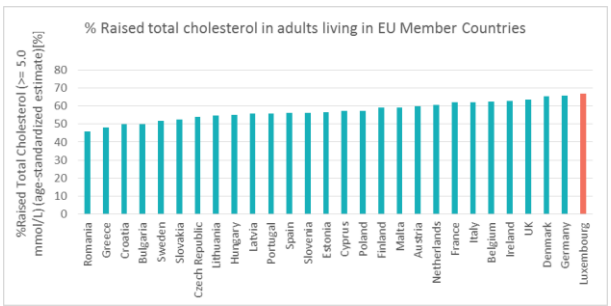
Soft Drinks
n/a

Impact

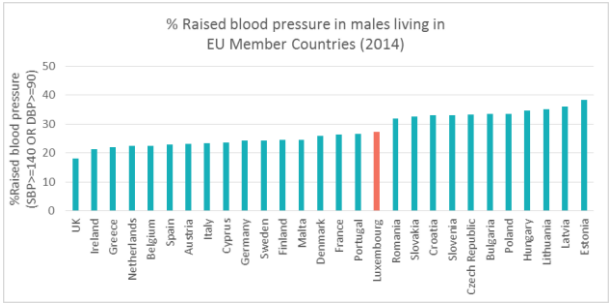
Diabetes (Type I & II)

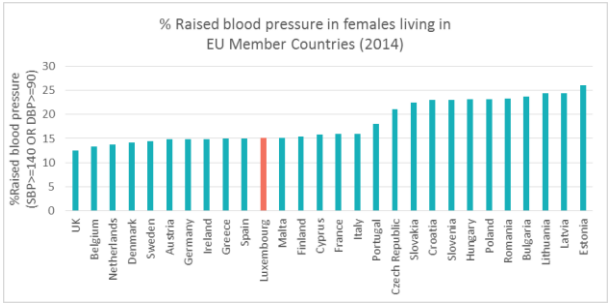


High Cholesterol



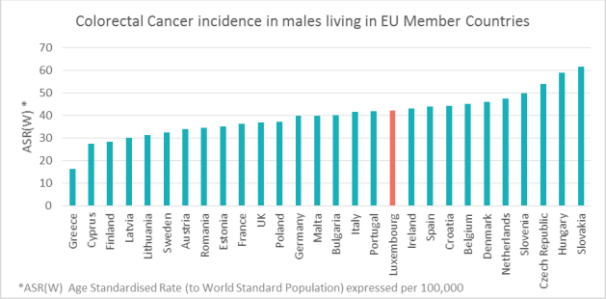
Raised Blood Pressure

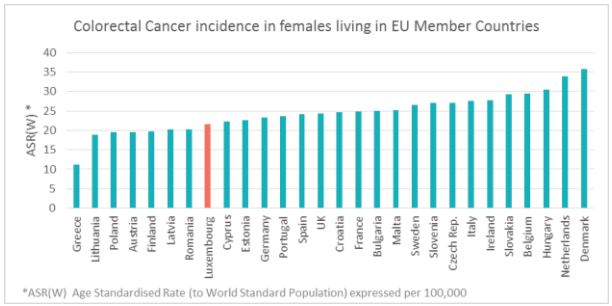


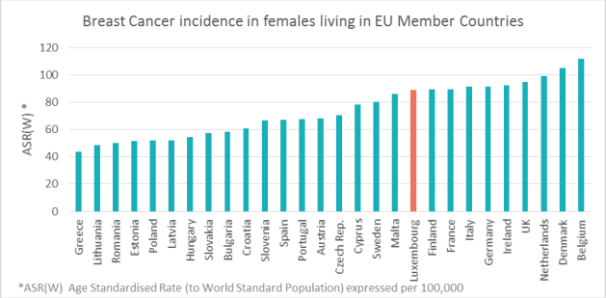


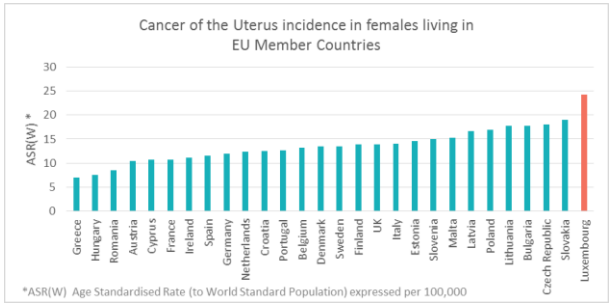
LUXEMBOURG

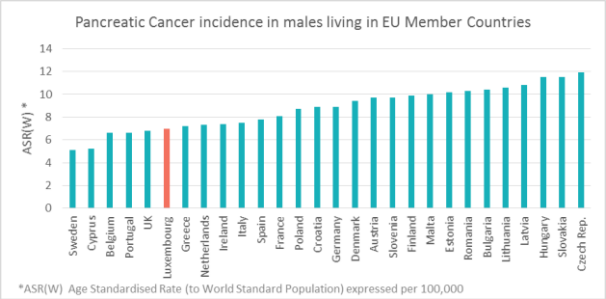
Cancers

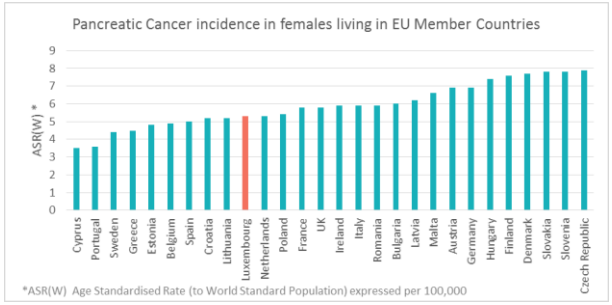


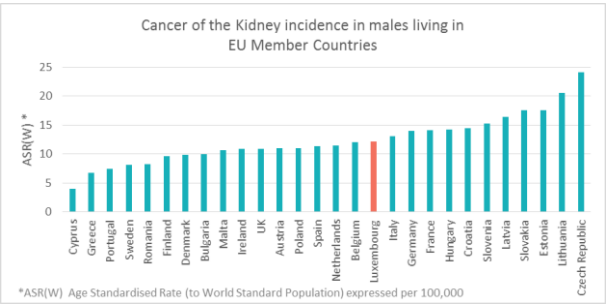


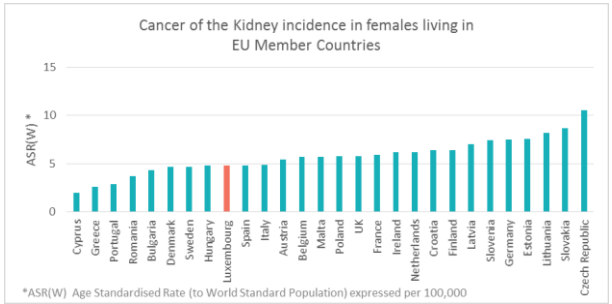












Policies & Interventions

Regulation (EU) No 1169/2011	The new EU Regulation 1169/2011 on the provision of food information to consumers considerably changes existing legislation on food labelling.
National Physical Activity Recommendations	Physical activity guidelines are part of a national action plan which addresses adults, children, adolescents and sedentary groups separately. They provide references for the level and intensity of activity.
Walking: Why not?	This is an awareness brochure for walking which was developed as part of the awareness and information campaign of the risks of obesity and diabetes.

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Combat obesity, prevent diabetes, we are all concerned (Project Edudora[2])	This brochure of awareness and information of the risks of obesity and diabetes has been developed under the project EDUDORA (therapeutic and preventive EDUcation facing the Diabetes and Obesity to Risk in Adults and Adolescents).
Lëtz Move	A public awareness campaign which was launched in 2012 to encourage and promote physical activity to the general public. The Lëtz Move website provides information and guidelines on physical activity for health.
Action Plan for implementation of the European Strategy for the Prevention and Control of Noncommunicable Diseases 2012–2016	It identifies priority action areas and interventions for countries to focus on over the next five years (2012–2016), as they implement the European Strategy for the Prevention and Control of Non-communicable Diseases.
Eat Healthily, Move More	Aims to improve physical activity and healthy nutrition in the general population and special sub populations by organising national activities.
Sports law of 2005 (loi du 3 août 2005 concernant le sport)	
Joint Action on Nutrition and Physical Activity (JANPA)	The overall aim of the project is to contribute to halting the rise of overweight and obesity in children and adolescents by 2020.
Physical activity strategy for the WHO European Region 2016-2025	The strategy focuses on physical activity as a leading factor in health and well-being in the European Region, with particular attention to the burden of non-communicable diseases associated with insufficient activity levels and sedentary behaviour. It aims to cover all forms of physical activity throughout the life-course.
The European Food and Nutrition Action Plan 2015-2020	The aim on this action plan is to significantly reduce the burden of preventable diet-related non-communicable diseases, obesity and all other forms of malnutrition that are still prevalent in the WHO European Region.
Action plan for human-powered mobility (Mobilite douce Nationaler Aktionsplan)	The national action plan for sustainable mobility is part of the mobility policy of the government, by the interaction of different strategies of mobility
Code on marketing food and non-alcoholic beverages to children	Code on marketing to children
European charter on counteracting obesity	To address the growing challenge posed by the epidemic of obesity to health, economies and development, the Ministers and delegates attending the WHO European Ministerial Conference on Counteracting Obesity (Istanbul, Turkey, 15–17 November 2006) adopted the European Charter on Counteracting Obesity. The process of developing the Charter involved different government sectors, international organizations, experts, civil society and the private sector through dialogue and consultations

Data compiled September 2016.

Produced with the support of an operational grant under the European Commission's Third Health Programme. The European Commission is not responsible for any use that may be made of the material arising

Sources

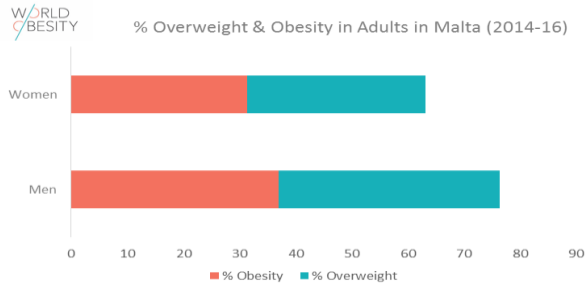
Overweight & Obesity %	Data sources available at www.worldobesity.org/resources/
Population Estimates	UN Population Estimates, United Nations, http://esa.un.org/unpd/wpp/
Diabetes estimates 2015	Reproduced with kind permission of IDF, Diabetes Estimates 2015, IDF, http://www.diabetesatlas.org/resources/2015-atlas.html
Worldwide GINI Index	Worldwide GINI Index, Central Intelligence Agency - World Fact Book, https://www.cia.gov/library/publications/the-world-factbook/rankorder/2172rank.html (last accessed 19th January 2016)
Physical Inactivity estimates	Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A893?lang=en
Raised Fasting Glucose	Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A869?lang=en
Raised BP	Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A875?lang=en
Raised cholesterol	Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A885
Cancer incidence rates	Cancer incidence rates, GLOBOCAN, IARC, http://globocan.iarc.fr/Pages/online.aspx
EUROMONITOR FOOD INTAKES	Estimates calculated by World Obesity Federation based on Euro monitor food intake data. Euro monitor, http://www.euromonitor.com

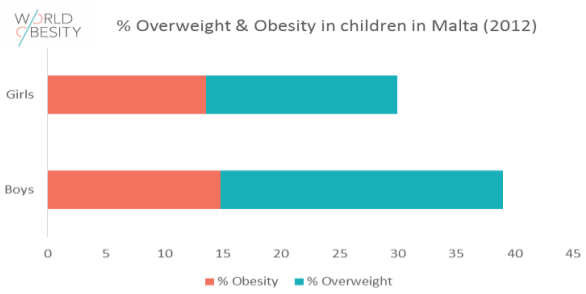
MALTA

/Key Statistics

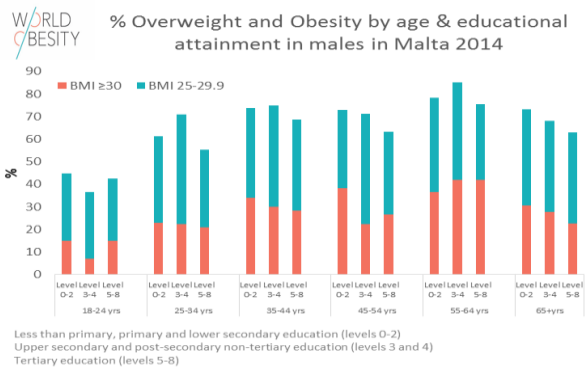
POPULATION: 418,670
GINI INDEX: n/a

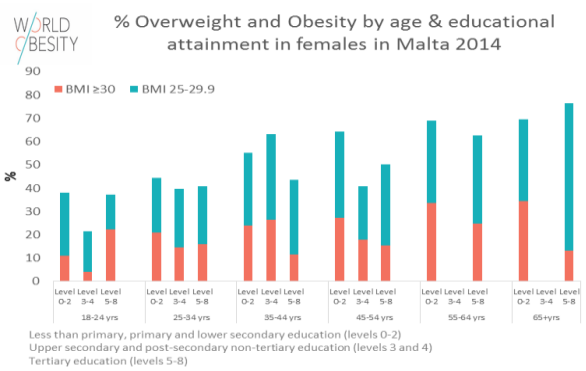
General Prevalence



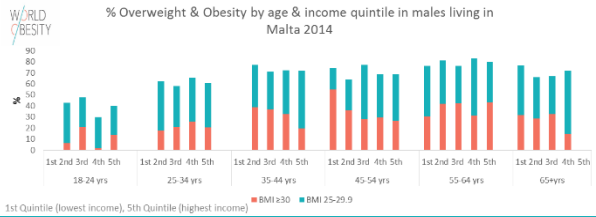


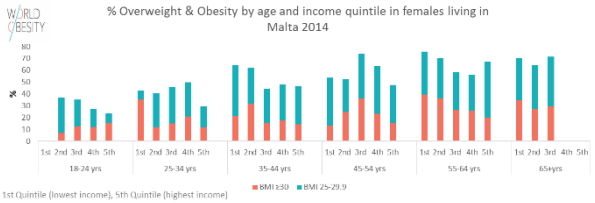
By Age & Education





By Age & Income





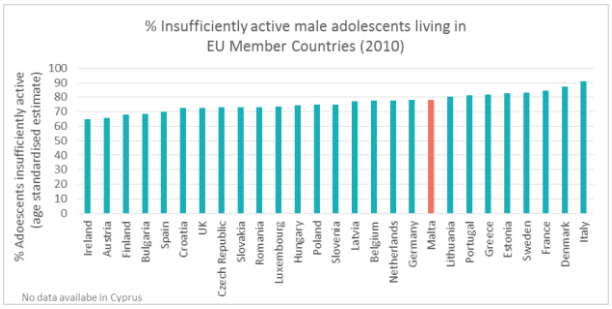
Drivers

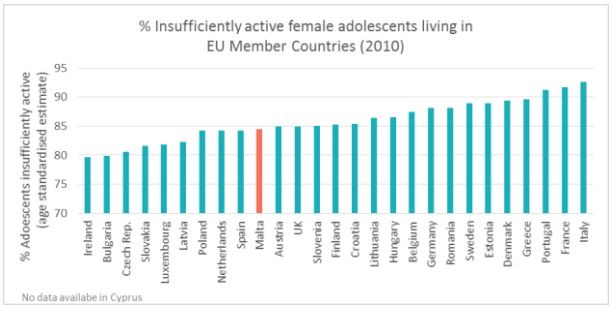
Sugar
n/a

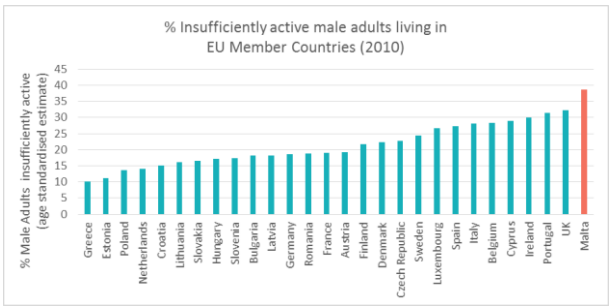
Vegetable
n/a

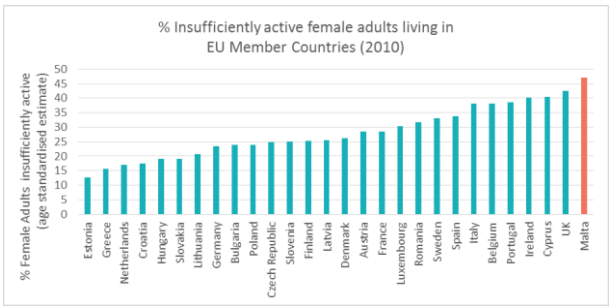
MALTA

Insufficient Activity









Confectionery
n/a

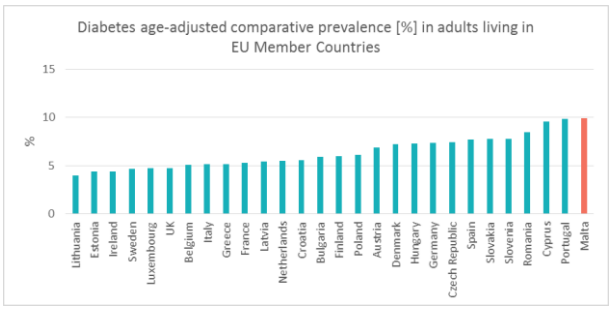
Sweet & Savoury Snacks
n/a

Fruit
n/a

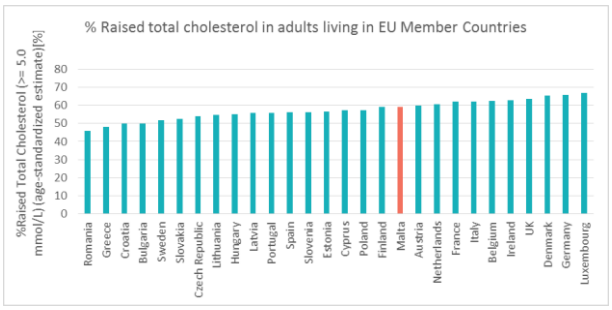
Soft Drinks
n/a

Impact

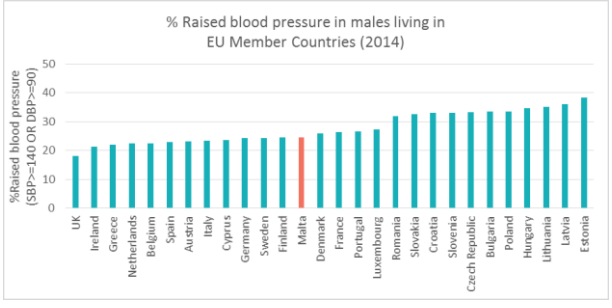
Diabetes (Type I & II)

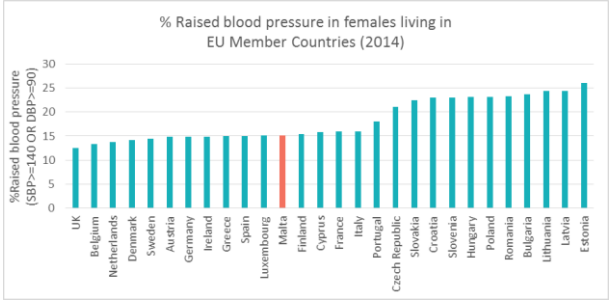


High Cholesterol



Raised Blood Pressure

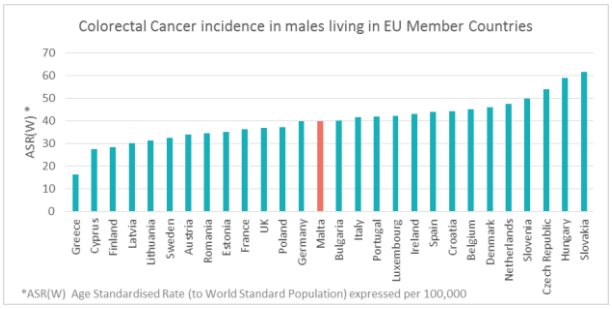


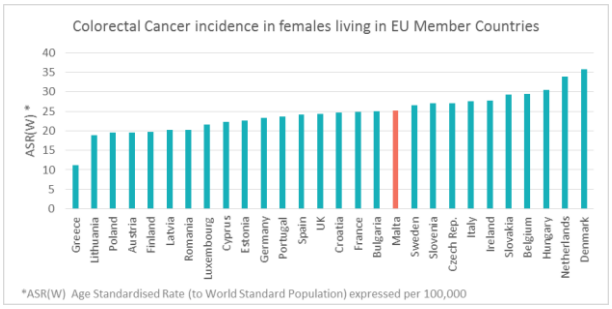


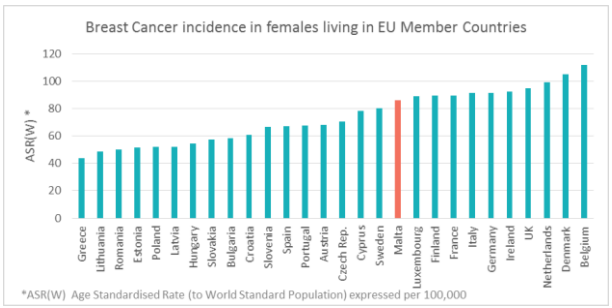
WORLD OBESITY

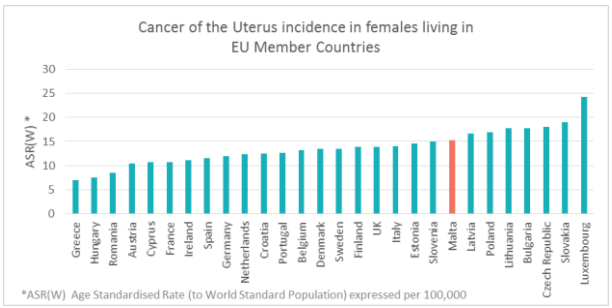
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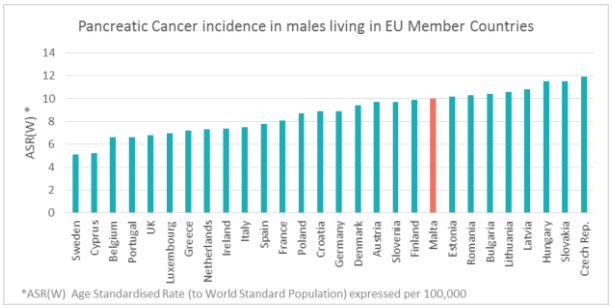
Cancers

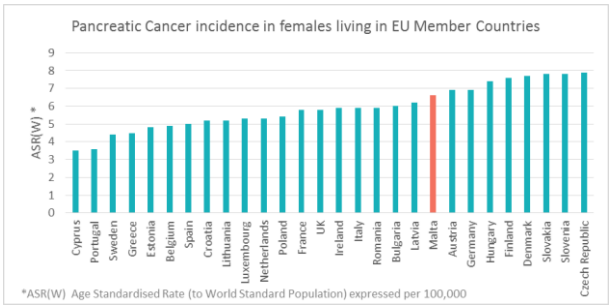


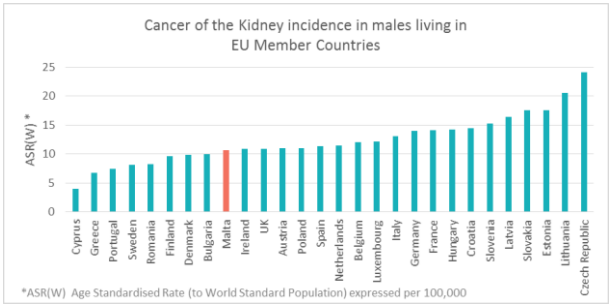


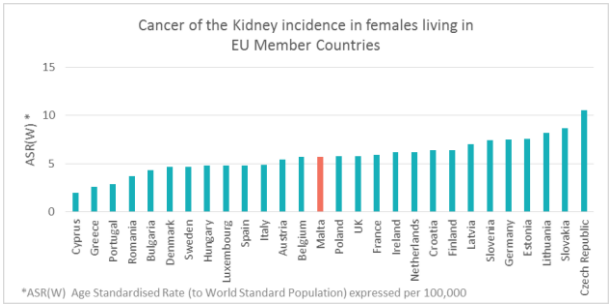












Policies & Interventions

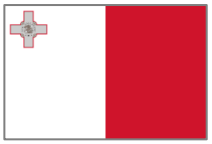
Regulation (EU) No 1169/2011	The new EU Regulation 1169/2011 on the provision of food information to consumers considerably changes existing legislation on food labelling.
Code on marketing food and non-alcoholic beverages to children	Code on marketing to children
Healthy Eating Lifestyle Plan (HELP)	This document is aimed primarily at schools to encourage them to give high priority to healthy eating and healthy lifestyles. It aims to design, implement and monitor school healthy eating lifestyle plans.
Action Plan for implementation of the European Strategy for the Prevention and Control of Noncommunicable Diseases 2012–2016	It identifies priority action areas and interventions for countries to focus on over the next five years (2012–2016), as they implement the European Strategy for the Prevention and Control of Non-communicable Diseases.
Move for Health Day 2015	The day provides a focal point to generate public awareness of the benefits of physical activity in the prevention of non-communicable diseases.
A Healthy Weight for Life: A National Strategy for Malta	A national obesity strategy to address the prevalence of obesity, and reduce the health, social and economic consequences of excess body weight.

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Nutrition education intervention promoting the Mediterranean diet	Aims to assess the short-term impact of a nutrition education intervention promoting the Mediterranean diet among healthy adults.
Feel Great Eat Well	Booklet that provides information on various food groups, their contribution to staying healthy and how you can eat healthy.
Joint Action on Nutrition and Physical Activity (JANPA)	The overall aim of the project is to contribute to halting the rise of overweight and obesity in children and adolescents by 2020.
Physical activity strategy for the WHO European Region 2016-2025	The strategy focuses on physical activity as a leading factor in health and well-being in the European Region, with particular attention to the burden of non-communicable diseases associated with insufficient activity levels and sedentary behaviour. It aims to cover all forms of physical activity throughout the life-course.
Eat well for your health	The first food-based dietary recommendations originated from the Report of the First Malta Nutrition Conference, held in 1986. The guidelines are currently being revised and will be consolidated when the first nationwide dietary survey is completed in 2015–16.
The Malta Food and Nutrition Policy (1990)	The aim of this document is to assist the Maltese population towards adopting a healthy dietary pattern.
Food and Beverage standards	In 2007 the Education Division of the Ministry of Education, Youth and Employment released Food and Beverage Standards for foods consumed in schools. The standards include nutrient-based guidelines for food and drink providers with limits for fats, sugar and salt per 100g or ml. The standards are mandatory in public schools and voluntary in most private schools, with public schools monitored for compliance.
Lunchbox Campaign 2015	The Health Promotion and Disease Prevention Directorate has teamed up with the Education Authorities to launch a campaign to encourage healthier lunchboxes. This is one of the implementation measures of the Whole of school approach to healthy lifestyles: healthy eating and physical activity.
The European Food and Nutrition Action Plan 2015-2020	The aim on this action plan is to significantly reduce the burden of preventable diet-related non-communicable diseases, obesity and all other forms of malnutrition that are still prevalent in the WHO European Region.
European charter on counteracting obesity	To address the growing challenge posed by the epidemic of obesity to health, economies and development, the Ministers and delegates attending the WHO European Ministerial Conference on Counteracting Obesity (Istanbul, Turkey, 15–17 November 2006) adopted the European Charter on Counteracting Obesity. The process of developing the Charter involved different government sectors, international organizations, experts, civil society and the private sector through dialogue and consultations
Reshaping sports - towards personal development, health and success. A medium-term strategic plan for enhancing sports culture in Malta 2007-2010	This strategy aims to promote, educate and broaden the accessibility of sporting activity in Malta.
National Environment and Health Action Plan 2006-2010	The action plan includes an objective "to pursue a decrease in morbidity from lack of adequate physical activity, by promoting safe and supportive human settlements for all children" and lists several areas for action, including the promotion of safe cycling and walking. In the area of transport, the objective is to encourage healthier travel through the use of non-polluting motor vehicles and transport systems and the promotion of walking and cycling.
Sports Act	The act aims to encourage and promote sport, to provide for the establishment of a national sport council to exercise the functions relating to sport currently vested in the Department of Youth and Sport.
Food and Nutrition Policy and Action Plan for Malta 2015-2020	A plan that sets out priority action areas in order to address the main public health challenges facing the Maltese Nation in the area of nutrition and food security.
A whole school approach to a healthy lifestyle: Healthy Eating and Physical Activity policy	This policy aims to get schools working together with policymakers, parents and communities to create an environment where students eat healthily, become physically fit and develop lifelong habits that contribute to wellness.

Data compiled September 2016.

Produced with the support of an operational grant under the European Commission's Third Health Programme. The European Commission is not responsible for any use that may be made of the material arising



MALTA

Sources

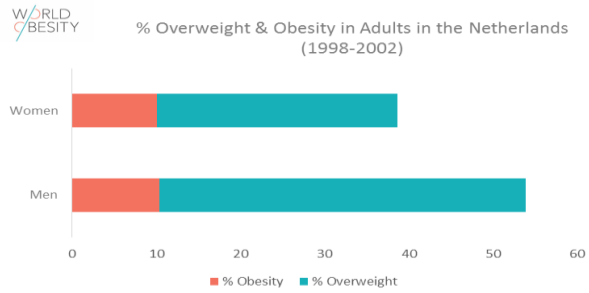
Overweight & Obesity %	Data sources available at www.worldobesity.org/resources/
Population Estimates	UN Population Estimates, United Nations, http://esa.un.org/unpd/wpp/
Diabetes estimates 2015	Reproduced with kind permission of IDF, Diabetes Estimates 2015, IDF, http://www.diabetesatlas.org/resources/2015-atlas.html
Worldwide GINI Index	Worldwide GINI Index, Central Intelligence Agency - World Fact Book, https://www.cia.gov/library/publications/the-world-factbook/rankorder/2172rank.html (last accessed 19th January 2016)
Physical Inactivity estimates	Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A893?lang=en
Raised Fasting Glucose	Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A869?lang=en
Raised BP	Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A875?lang=en
Raised cholesterol	Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A885
Cancer incidence rates	Cancer incidence rates, GLOBOCAN, IARC, http://globocan.iarc.fr/Pages/online.aspx
EUROMONITOR FOOD INTAKES	Estimates calculated by World Obesity Federation based on Euro monitor food intake data. Euro monitor, http://www.euromonitor.com

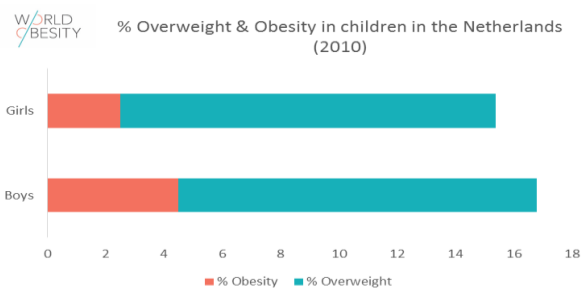
Netherlands

/Key Statistics

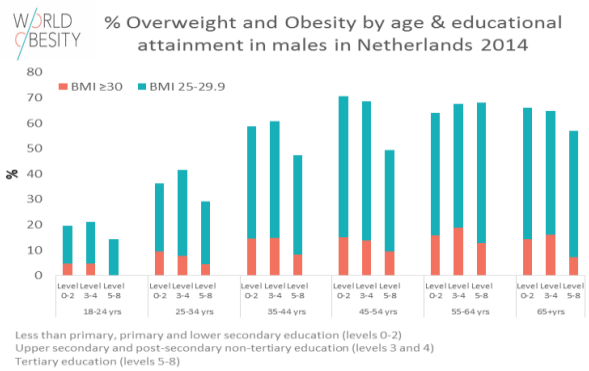
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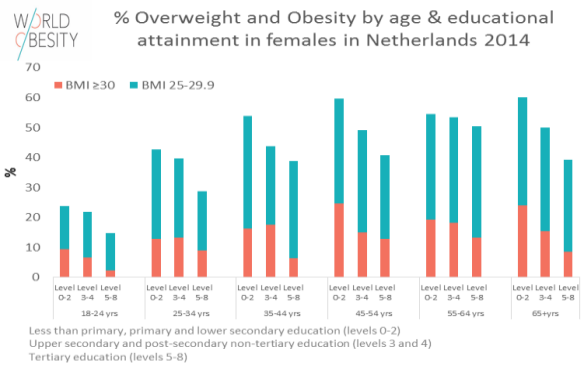
General Prevalence



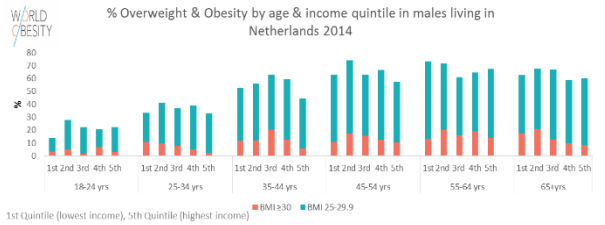


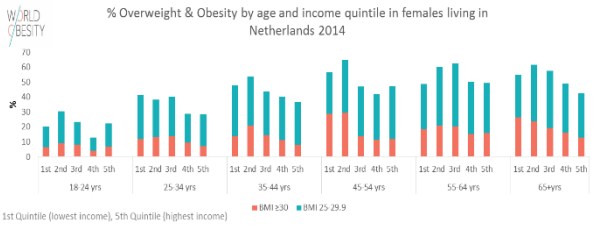
By Age & Education





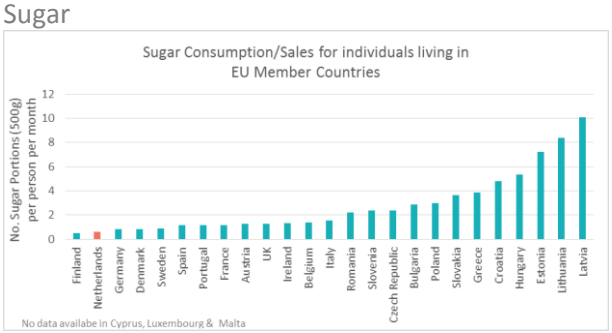
By Age & Income



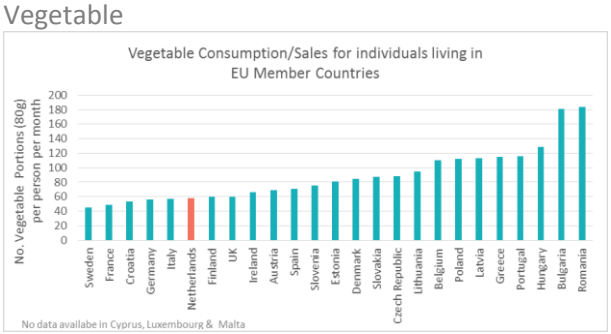


Drivers

Sugar

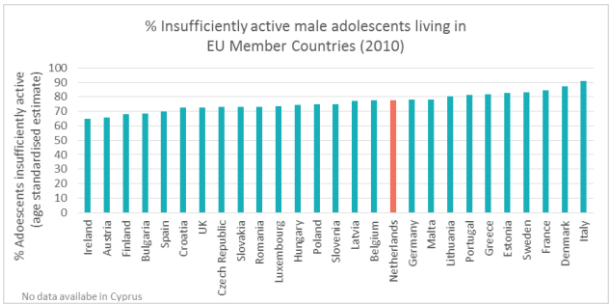


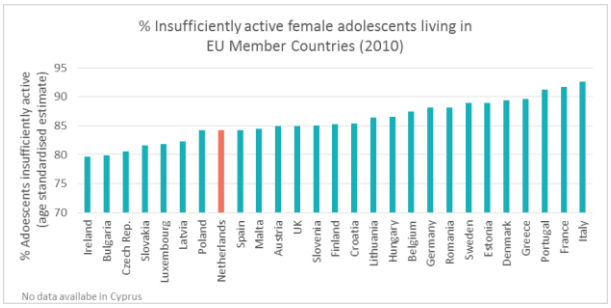
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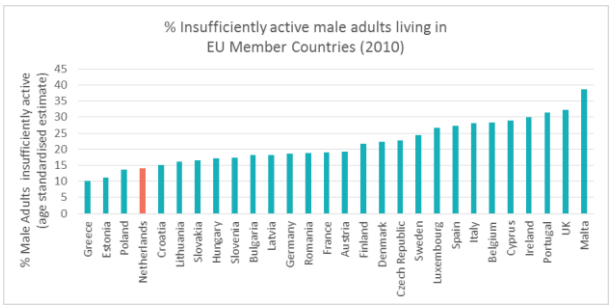


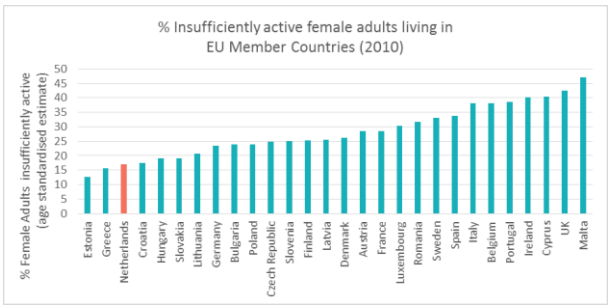
Netherlands

Insufficient Activity

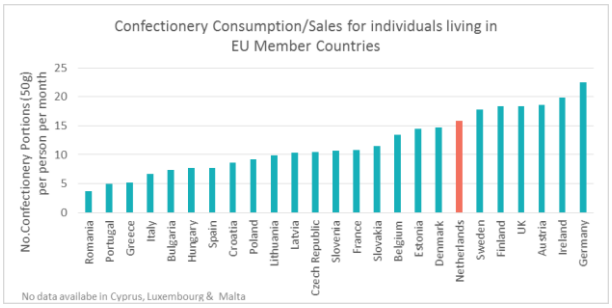




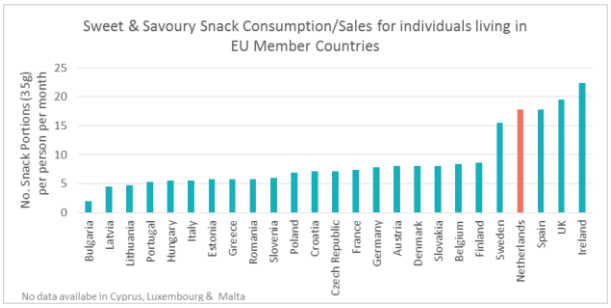




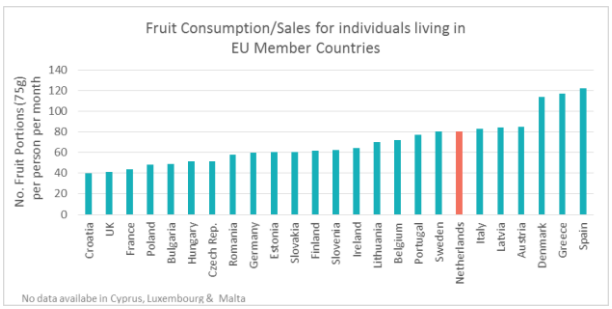
Confectionery



Sweet & Savoury Snacks



Fruit



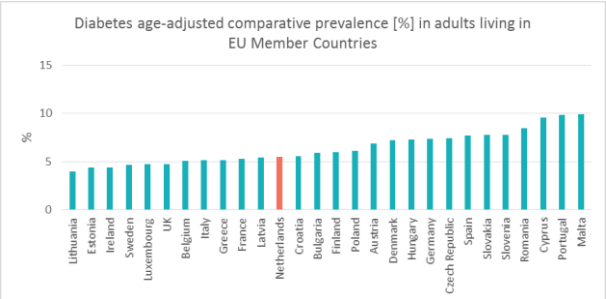
Soft Drinks



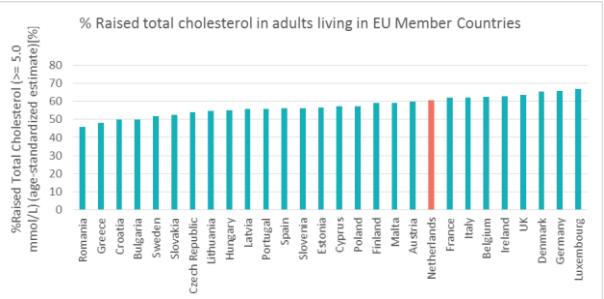
Netherlands

Impact

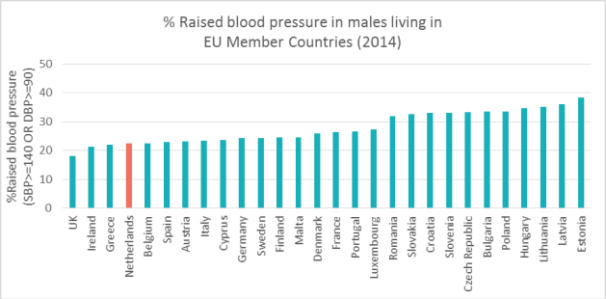
Diabetes (Type I & II)

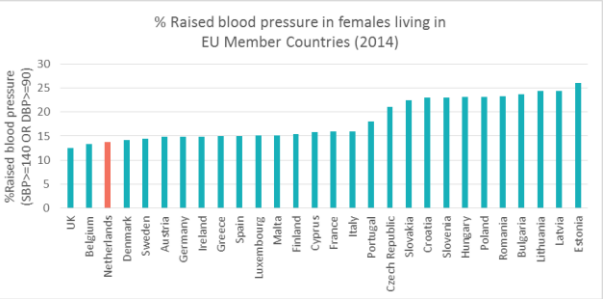


High Cholesterol

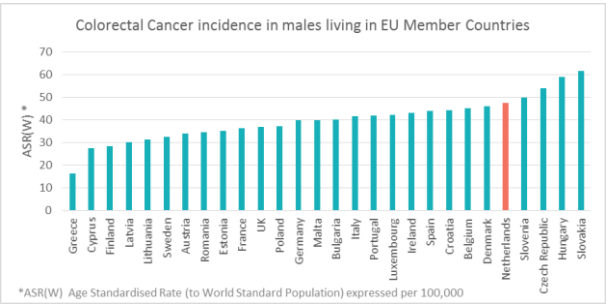


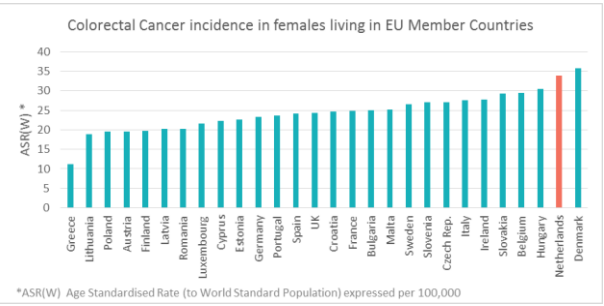
Raised Blood Pressure

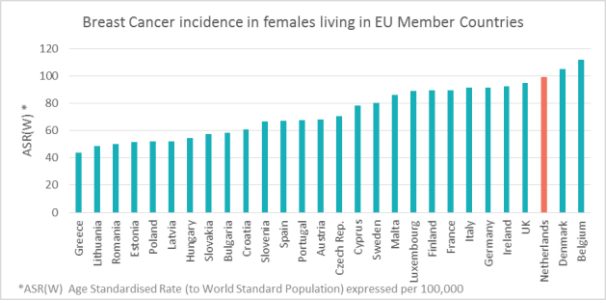


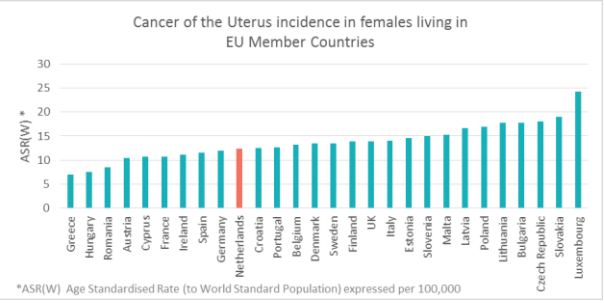


Cancers



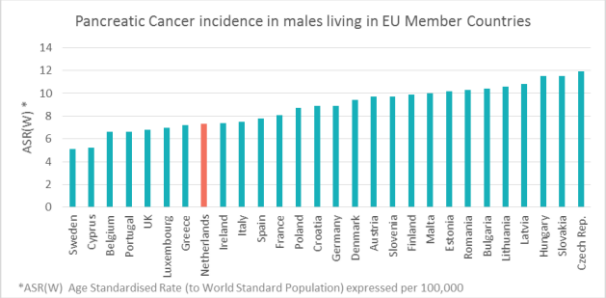


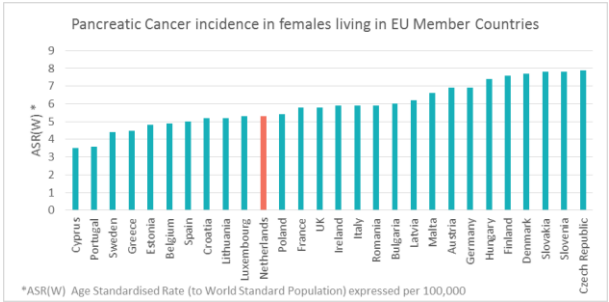


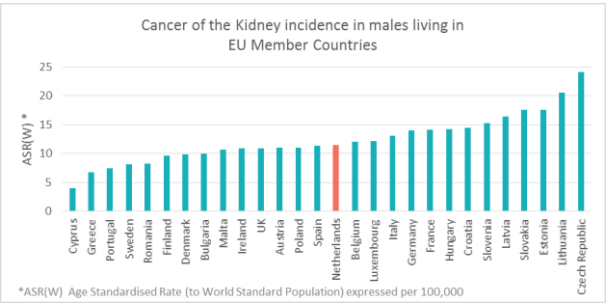


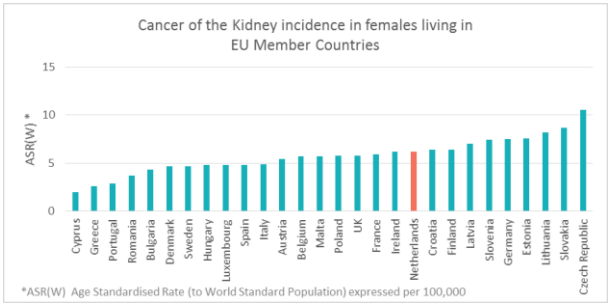
Netherlands

Cancers Cont.









Policies & Interventions

Time For Sport - Exercise, Participate, Perform	This policy document is an update and expansion of an earlier document on “What sports sets in motion”, issued by the Dutch Ministry of Health, Welfare and Sport in 2005. The document outlines the government’s sports policy until 2010. The overall aim is to create a “sport society”. The policy uses the following three approaches: health through sport, participation through sport and professional sport
National Plan of Action for Children 2004	The Dutch “National Plan of Action for Children” is the result of decisions made at the 2002 United Nations Special Session on Children in New York, which agreed that all countries should develop a national plan of action with input from children themselves and organizations representing them
EPHE (EPODE for the Promotion of Health Equity)	The EPODE project enables communities to implement effective and sustainable strategies to prevent childhood obesity. Its philosophy includes a positive, step-by-step approach tailored to the needs of all socio-economic groups. Launched in 2012, the project aims to reduce socio-economic inequities linked to health-related behaviour of families in 7 European countries over three years.
Code on marketing food and non-alcoholic beverages to children	Code on marketing to children
WHO European Action Network on reducing marketing pressure on children	Currently 28 countries participating in the WHO European Action Network on reducing marketing pressusre on children, all of which have a joint interest in finding ways to reduce the marketing pressure of high salt, energy-dense, micronutrient-poor foods and beverages towards children
Fitter Step by Step	Aims to improve physical activity levels and healthy nutrition in unemployed beneficiaries by increasing their participation in society.
Exercise Garden	Aims to stimulate physical activity of adults and elderly by placing fitness equipment in an existing playground for children.
Woerden Active	Aims to reduce overweight by improving physical activity and nutrition behaviours by implementing integral policy and stimulating existing programmes.
Active Plus	Aims to improve physical activity levels of elderly by offering tailored online/offline advice, including on environmental physical activity opportunities.



Netherlands

Healthy Weight	Aims to improve nutrition and physical activity in overweight low SES and/or immigrant women in Utrecht, in a 13-week lifestyle programme.
Walk yourself healthy	Aims to improve the health of inhabitants of low SES areas in Eindhoven city by promoting physical activity and healthy nutrition.
Putting it on in Groningen	Aims to level off obesity increase in low SES areas by optimising existing interventions and targeting health professionals.
Healthy arrangement of Gageldonk-West	Aims to increase physical activity levels of low SES area inhabitants by changing the environment in a way that encourages activity.
The Healthy Neighbourhood	Aims to prevent overweight in high risk groups, like immigrants and elderly, living in a low SES area by organising need-based activities.
Health Race Laarbeek	Aims to promote a healthy lifestyle for inhabitants of the city of Laarbeek by competing in a health contest organised by locals.
The Choices programme	The Dutch version of the Choices logo (Vinkje) is now confirmed as the single food choice logo for the Netherlands. Introduced in 2006 as a response to the WHO's call for food industry to take an active role in tackling the obesity problem.
Health close to the people	This document sets out the ambitions of the Governments health policy from 2012-2016. In order to improve public health, the policy centres on five key issues, or 'spearheads': overweight and obesity, diabetes, depression, smoking, and excessive consumption of alcohol. There is also a special emphasis on physical activity.
Guidelines for a healthy diet: the ecological perspective	These guidelines include specific recommendations of foods to be eaten on a daily basis for different population groups.
Striking the right energy balance. Action plan of the Covenant on overweight and obesity	Action plan that has evolved from the Covenant on overweight. It is focused on restoring the balance between eating and physical exercise, providing a positive stimulus for organisations and individuals to act, increasing their knowledge and facilitate making the healthy choice an easy choice.
National Action Plan for Sport and Exercise (Nationaal actieplan sport en bewegen)	This programme supports the 100 municipalities with the most disadvantaged health situation by implementing projects focused on sport, exercise and health.
Regulation (EU) No 1169/2011	The new EU Regulation 1169/2011 on the provision of food information to consumers considerably changes existing legislation on food labelling.
Covenant on Overweight and Obesity	This pledge was chosen as the Netherland's platform for promoting the use of measures other than the more traditional policy-making and implementation instruments for counteracting overweight. The Covenant has led to an action plan called 'Striking the right energy balance.'
Living Longer in Good Health (2004)	This policy addresses the prevention and promotion of healthy lifestyles.
Dutch Food Industry Federation (FNLI) Food Advertising Code	Self-regulatory measure developed by the Dutch Food Industry Federation
New-style Eating (Het Nieuwe Eten)	A campaign to encourage people to make step-by-step changes at their own speed.
Partnership Overweight Netherlands (PON)	The Partnership Overweight Netherlands (PON) was established as collaboration between 16 partners to facilitate the development and implementation of a chronic disease management model for children and adults with obesity.
Physical activity strategy for the WHO European Region 2016-2025	The strategy focuses on physical activity as a leading factor in health and well-being in the European Region, with particular attention to the burden of non-communicable diseases associated with insufficient activity levels and sedentary behaviour. It aims to cover all forms of physical activity throughout the life-course.
The European Food and Nutrition Action Plan 2015-2020	The aim on this action plan is to significantly reduce the burden of preventable diet-related non-communicable diseases, obesity and all other forms of malnutrition that are still prevalent in the WHO European Region.
European charter on counteracting obesity	To address the growing challenge posed by the epidemic of obesity to health, economies and development, the Ministers and delegates attending the WHO European Ministerial Conference on

Netherlands

	Counteracting Obesity (Istanbul, Turkey, 15–17 November 2006) adopted the European Charter on Counteracting Obesity. The process of developing the Charter involved different government sectors, international organizations, experts, civil society and the private sector through dialogue and consultations
Action Plan for implementation of the European Strategy for the Prevention and Control of Noncommunicable Diseases 2012–2016	It identifies priority action areas and interventions for countries to focus on over the next five years (2012–2016), as they implement the European Strategy for the Prevention and Control of Non-communicable Diseases.
Dutch National Program Prevention 2014-2016	The National Prevention Programme 'Everything is Health' promotes healthier lifestyles, which includes taking enough exercise. Reducing obesity is one of the main aims of this programme.
JOGG	JOGG is the Dutch acronym for Jongeren Op Gezond Gewicht (Young People at Healthy Weight). It is a programme that aims to create an environment that reinforces healthy lifestyle choices by children and teenagers.

Data compiled September 2016.

Produced with the support of an operational grant under the European Commission's Third Health Programme. The European Commission is not responsible for any use that may be made of the material arising

Sources

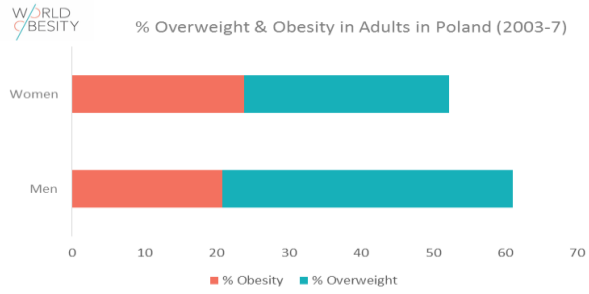
Overweight & Obesity %	Data sources available at www.worldobesity.org/resources/
Population Estimates	UN Population Estimates, United Nations, http://esa.un.org/unpd/wpp/
Diabetes estimates 2015	Reproduced with kind permission of IDF, Diabetes Estimates 2015, IDF, http://www.diabetesatlas.org/resources/2015-atlas.html
Worldwide GINI Index	Worldwide GINI Index, Central Intelligence Agency - World Fact Book, https://www.cia.gov/library/publications/the-world-factbook/rankorder/2172rank.html (last accessed 19th January 2016)
Physical Inactivity estimates	Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A893?lang=en
Raised Fasting Glucose	Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A869?lang=en
Raised BP	Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A875?lang=en
Raised cholesterol	Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A885
Cancer incidence rates	Cancer incidence rates, GLOBOCAN, IARC, http://globocan.iarc.fr/Pages/online.aspx
EUROMONITOR FOOD INTAKES	Estimates calculated by World Obesity Federation based on Euro monitor food intake data. Euro monitor, http://www.euromonitor.com

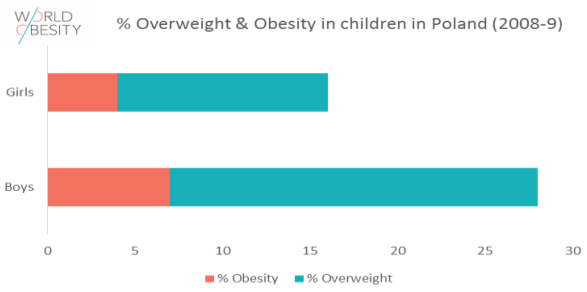
Poland

/Key Statistics

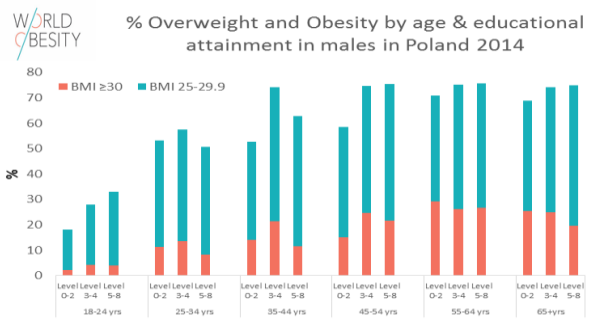
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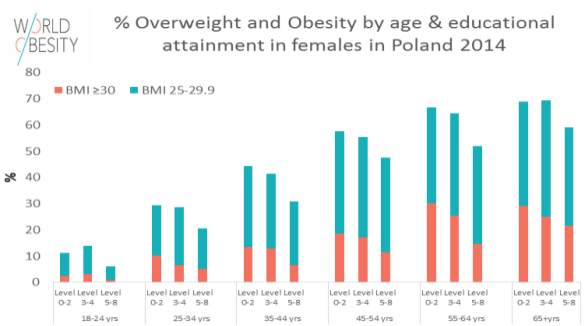
General Prevalence



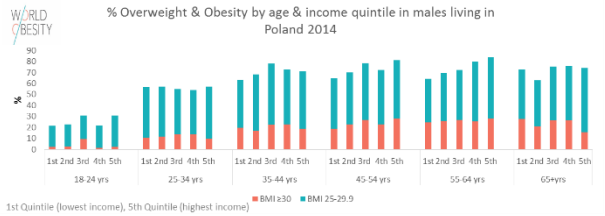


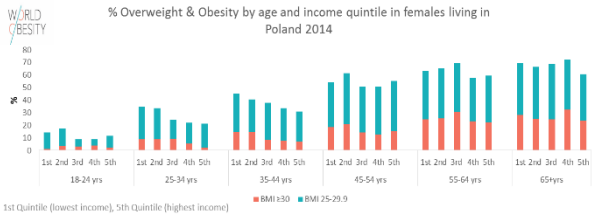
By Age & Education





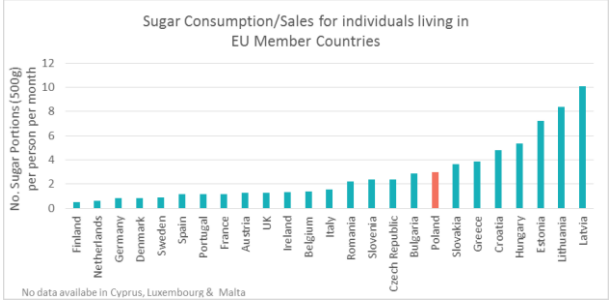
By Age & Income



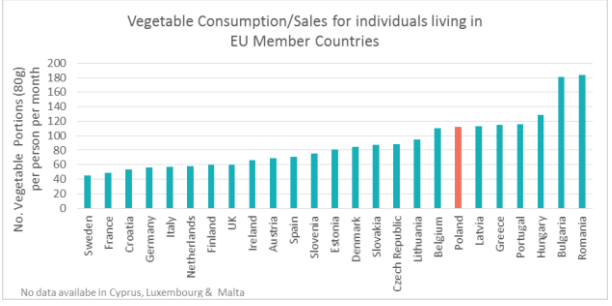


Drivers

Sugar

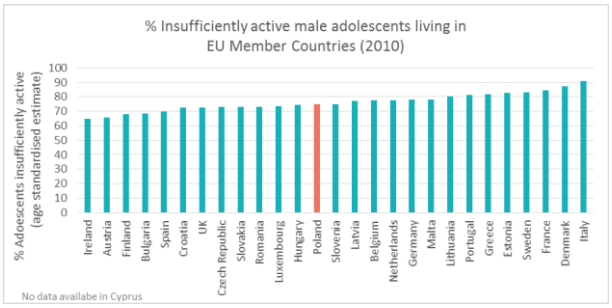


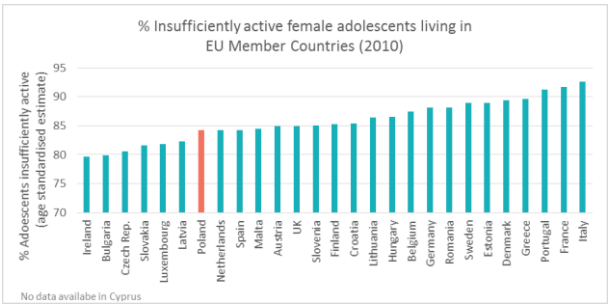
Vegetable

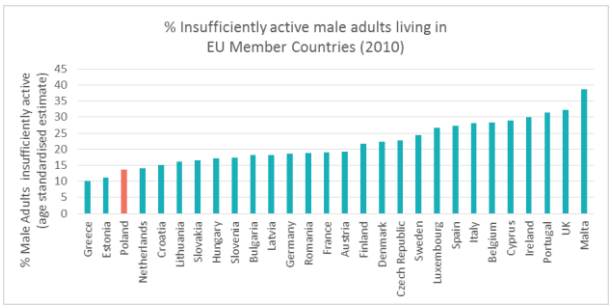


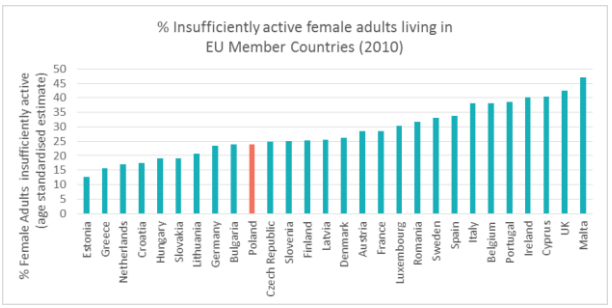
Poland

Insufficient Activity

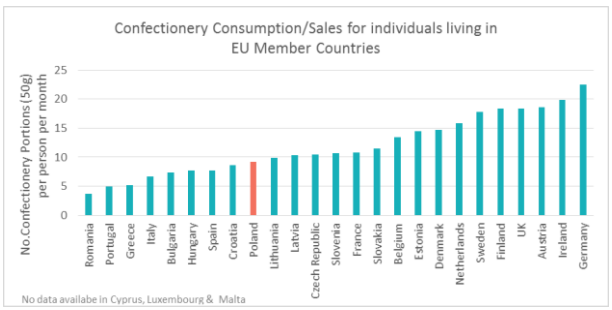




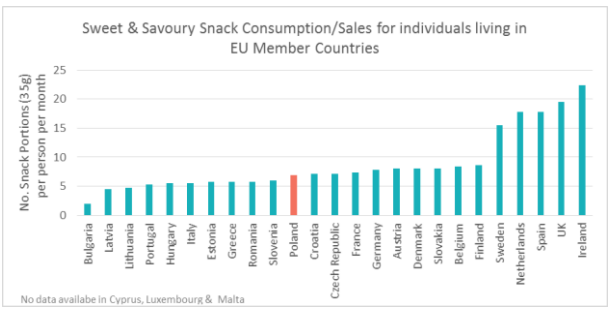




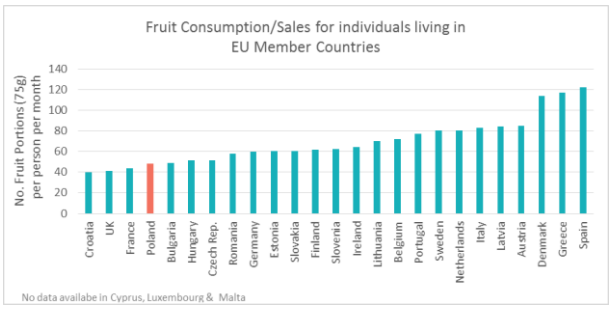
Confectionery



Sweet & Savoury Snacks



Fruit



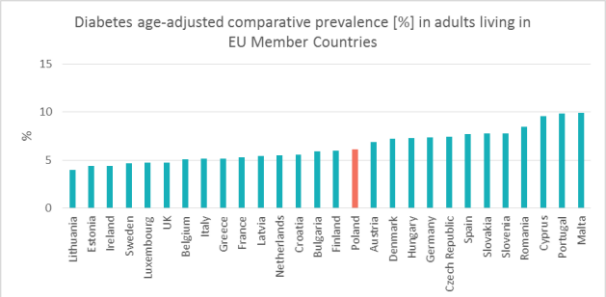
Soft Drinks



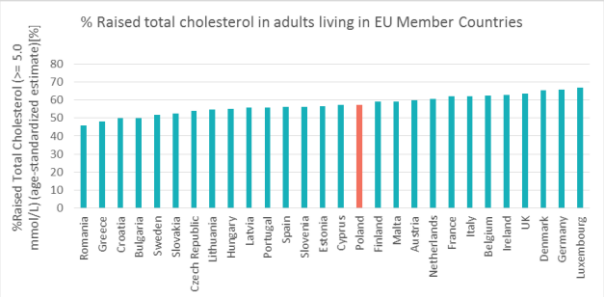
Poland

Impact

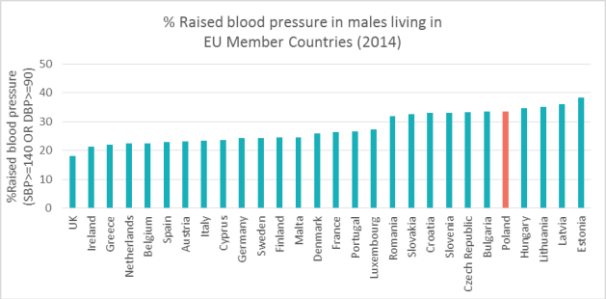
Diabetes (Type I & II)

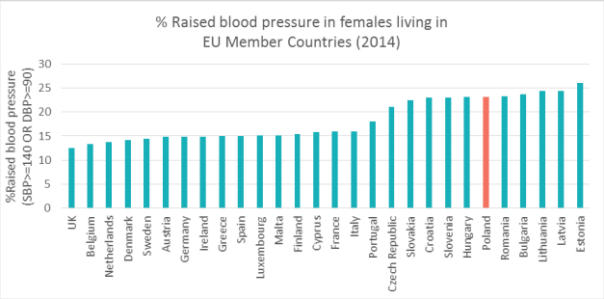


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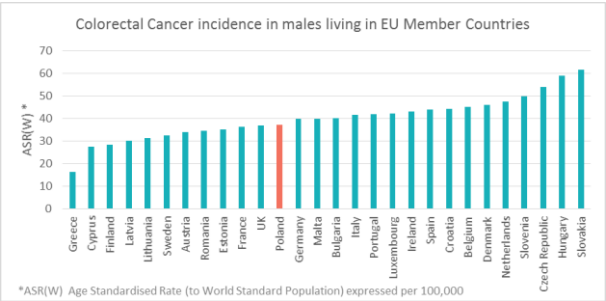


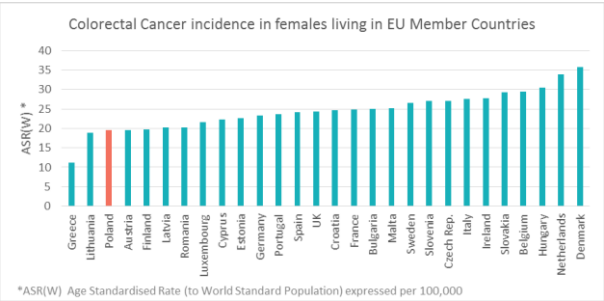
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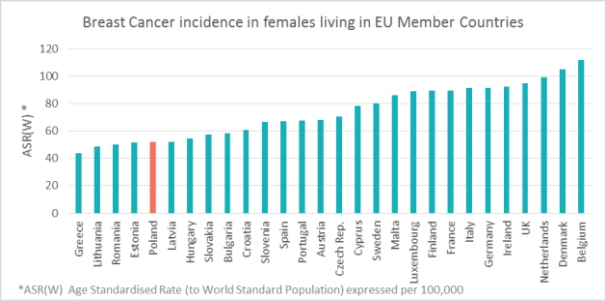


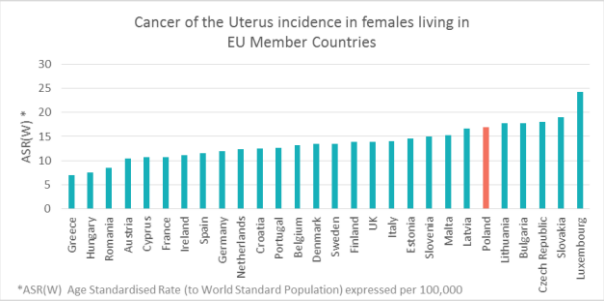


Cancers



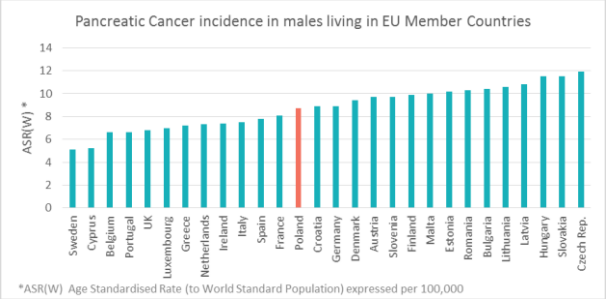


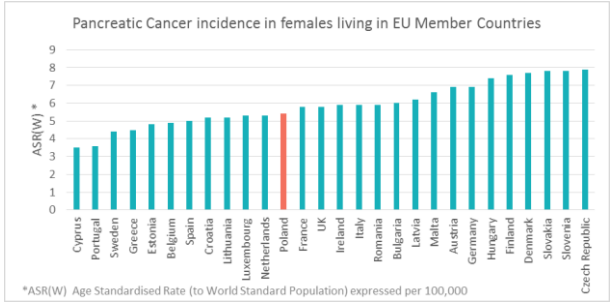


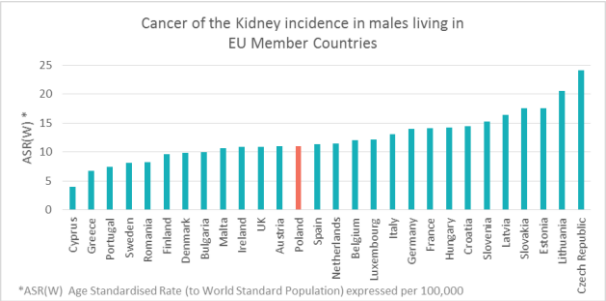


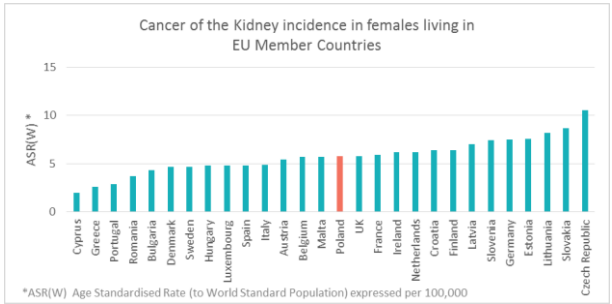
Poland

Cancers Cont.









Policies & Interventions

Keep Balance	National, long-term campaign aiming to prevent overweight, obesity and chronic diseases by focusing on nutrition and physical activity.
Regulation (EU) No 1169/2011	The new EU Regulation 1169/2011 on the provision of food information to consumers considerably changes existing legislation on food labelling.
National Health Programme 2007-2015 (Narodowy Program Zdrowia na lata 2007-2015)	National Health Programme - document in Polish
Action Plan for implementation of the European Strategy for the Prevention and Control of Noncommunicable Diseases 2012–2016	It identifies priority action areas and interventions for countries to focus on over the next five years (2012–2016), as they implement the European Strategy for the Prevention and Control of Non-communicable Diseases.
National programme for the prevention of overweight, obesity and non-communicable diseases through diet and improved physical activity 2007-2016	The programme is carried out in cooperation with the Polish Platform for Action on Diet, Physical Activity and Health, which was established in July 2005 with a particular focus on counteracting and preventing overweight, obesity and other diet-related diseases. The National Programme aims to reduce the incidence of overweight and obesity mainly by improving nutrition and increase of physical activity, reduce morbidity, and mortality from chronic non-communicable diseases, but does not refer to marketing to children.
Code Governing Food Advertisement Addressed to Children (the Code)	A Code based on the solutions contained in the EU Pledge and prohibits advertising of food in the media when more than 50% of the audience consist of children under the age of 12. In addition the code does not allow advertising of food in primary schools.
Sport Development Programme 2020	The vision set out in the Programme, to be implemented through strategic sport activities, is a society with a well-developed habit of practicing physical activity with sufficient frequency and intensity to enjoy a healthy and longer life.
Stop abstention from PE classes (Stop zwolnieniom z wf)	The main goal of this campaign is to promote physical activity among schoolchildren and adolescents and to encourage them to attend physical education (PE) classes at school.
The Toy Box Intervention	The Toy Box intervention is a multicomponent, kindergarten-based, family-involved intervention, focusing on the promotion of water consumption, healthy snacking, physical activity and the reduction/ breaking up of sedentary time in preschool children and their families.



Poland

WHO European Action Network on reducing marketing pressure on children	Currently 28 countries participating in the WHO European Action Network on reducing marketing pressusre on children, all of which have a joint interest in finding ways to reduce the marketing pressure of high salt, energy-dense, micronutrient-poor foods and beverages towards children
School Food Guidelines	Government dietary guidelines with nutritional criteria for food services in the public sector.
Principles of Healthy Eating	The aim of these guidelines is to help people maintain a healthy weight, eat healthily and be physically active every day.
Joint Action on Nutrition and Physical Activity (JANPA)	The overall aim of the project is to contribute to halting the rise of overweight and obesity in children and adolescents by 2020.
Trzymaj Forme! – Keep Fit!	The Keep Fit Programme is the first educational initiative of its kind involving the promotion of a balanced diet and physical activity among Polish teenagers. The key objective of the Programme is to educate teenagers in order to encourage them to adopt a healthy active lifestyle and balanced diet based on individual responsibility and free choice through an innovative didactic method based on the voluntary involvement of students, teachers, parents and local governments
Physical activity strategy for the WHO European Region 2016-2025	The strategy focuses on physical activity as a leading factor in health and well-being in the European Region, with particular attention to the burden of non-communicable diseases associated with insufficient activity levels and sedentary behaviour. It aims to cover all forms of physical activity throughout the life-course.
The European Food and Nutrition Action Plan 2015-2020	The aim on this action plan is to significantly reduce the burden of preventable diet-related non-communicable diseases, obesity and all other forms of malnutrition that are still prevalent in the WHO European Region.
European charter on counteracting obesity	To address the growing challenge posed by the epidemic of obesity to health, economies and development, the Ministers and delegates attending the WHO European Ministerial Conference on Counteracting Obesity (Istanbul, Turkey, 15–17 November 2006) adopted the European Charter on Counteracting Obesity. The process of developing the Charter involved different government sectors, international organizations, experts, civil society and the private sector through dialogue and consultations
Code on marketing food and non-alcoholic beverages to children	Code on marketing to children
The Choices Programme	The Choices Programme is a global, front-of-pack initiative designed to help consumers to easily select healthy food options and to help industry to improve their products. Regional product criteria have been developed for Europe. These are being used in Poland (with a slight deviation) and the Czech Republic.



Data compiled September 2016.

Produced with the support of an operational grant under the European Commission's Third Health Programme. The European Commission is not responsible for any use that may be made of the material arising

Sources

Overweight & Obesity %	Data sources available at www.worldobesity.org/resources/
Population Estimates	UN Population Estimates, United Nations, http://esa.un.org/unpd/wpp/
Diabetes estimates 2015	Reproduced with kind permission of IDF, Diabetes Estimates 2015, IDF, http://www.diabetesatlas.org/resources/2015-atlas.html
Worldwide GINI Index	Worldwide GINI Index, Central Intelligence Agency - World Fact Book, https://www.cia.gov/library/publications/the-world-factbook/rankorder/2172rank.html (last accessed 19th January 2016)
Physical Inactivity estimates	Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A893?lang=en
Raised Fasting Glucose	Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A869?lang=en
Raised BP	Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A875?lang=en
Raised cholesterol	Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A885
Cancer incidence rates	Cancer incidence rates, GLOBOCAN, IARC, http://globocan.iarc.fr/Pages/online.aspx
EUROMONITOR FOOD INTAKES	Estimates calculated by World Obesity Federation based on Euro monitor food intake data. Euro monitor, http://www.euromonitor.com

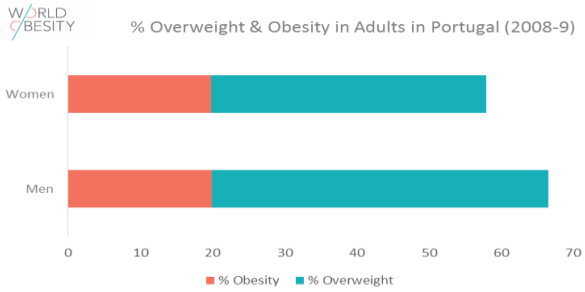


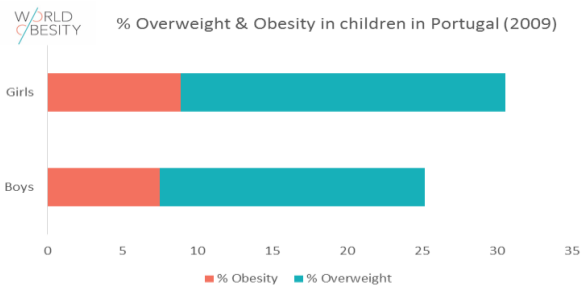
Portugal

/Key Statistics

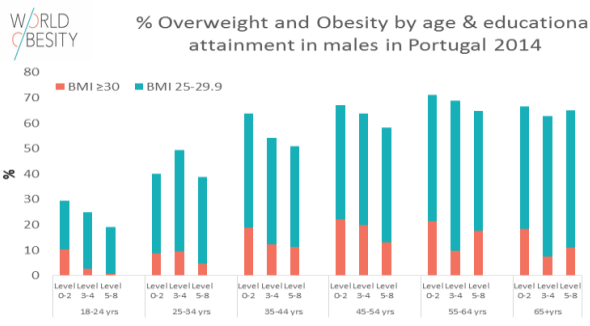
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GINI INDEX: 36.04

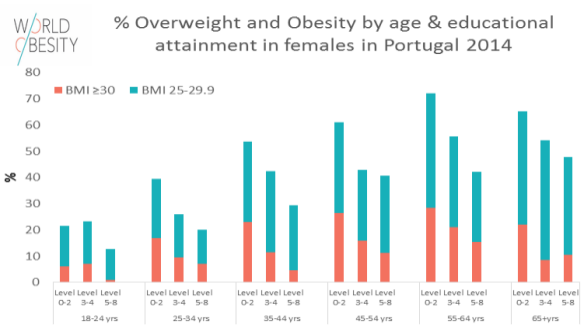
General Prevalence





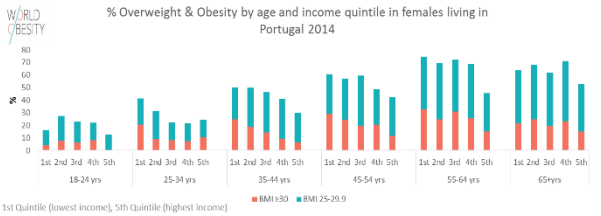
By Age & Education





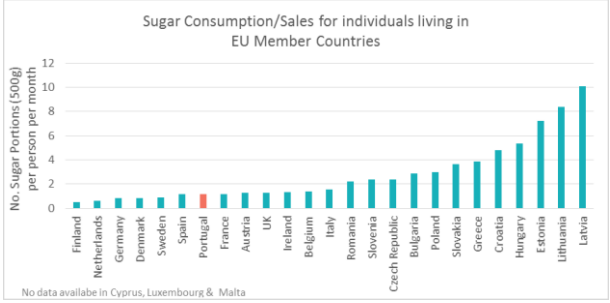
By Age & Income



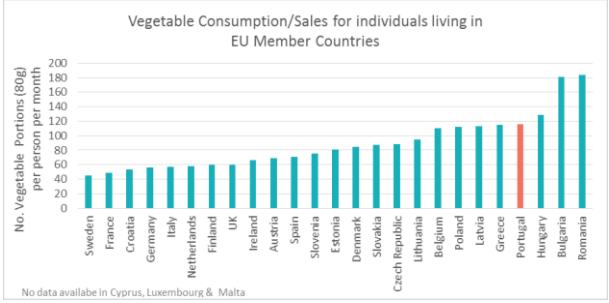


Drivers

Sugar



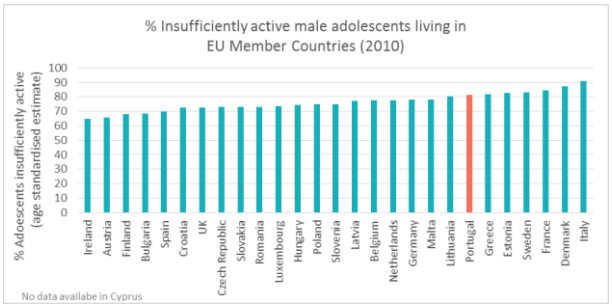
Vegetable

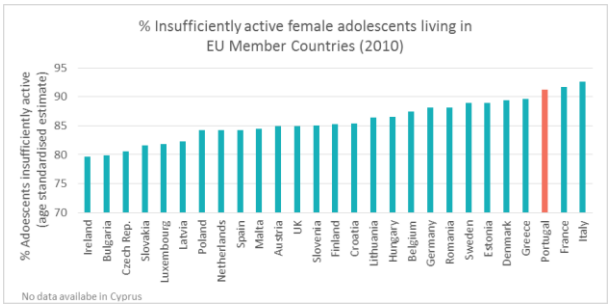


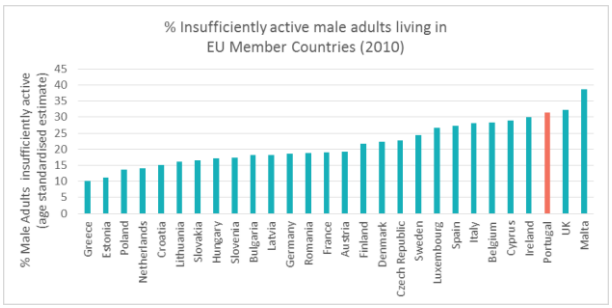


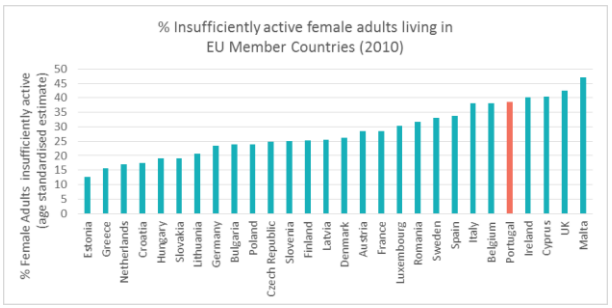
Portugal

Insufficient Activity

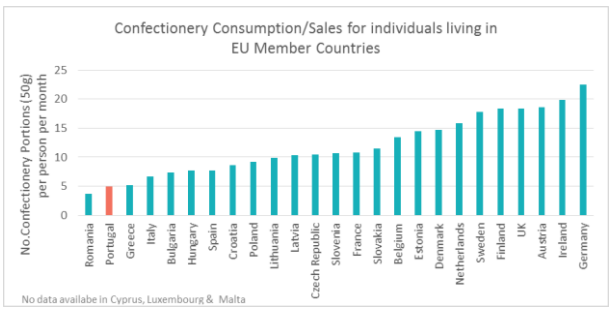




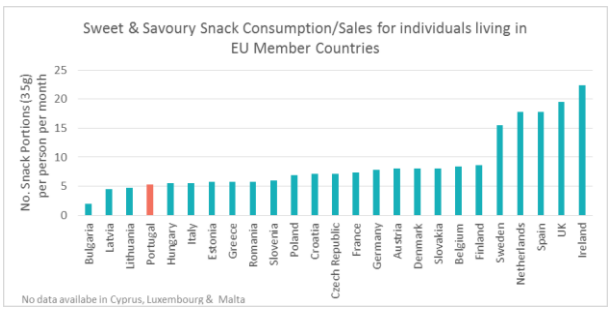




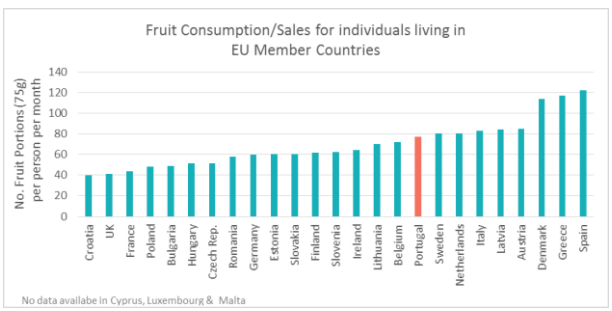
Confectionery



Sweet & Savoury Snacks



Fruit



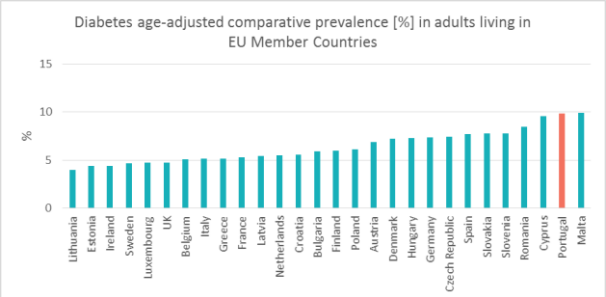
Soft Drinks



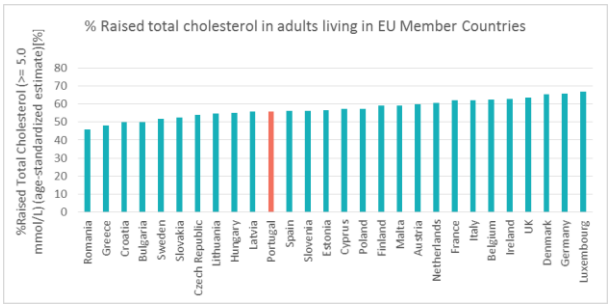
Portugal

Impact

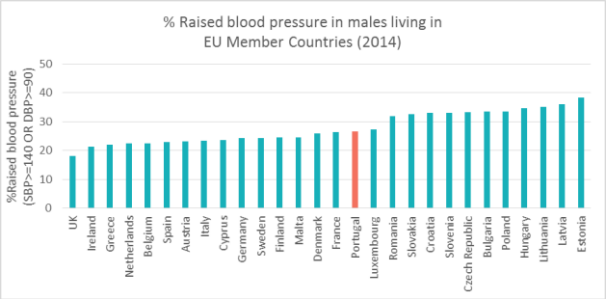
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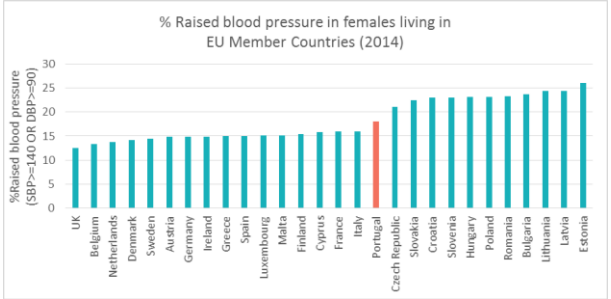


High Cholesterol

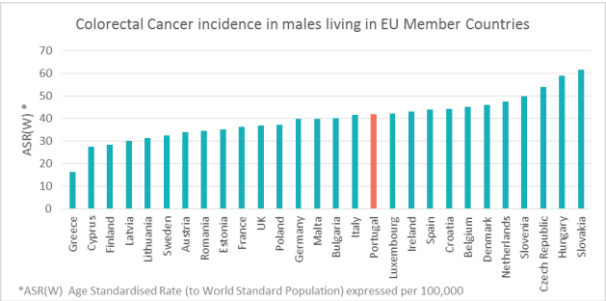


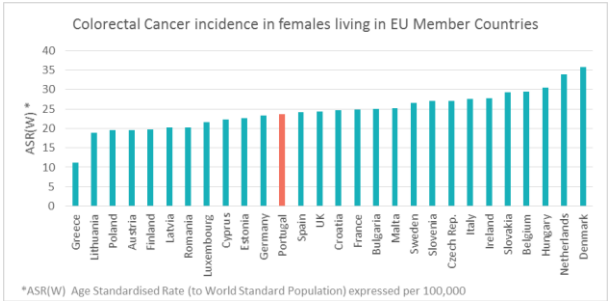
Raised Blood Pressure

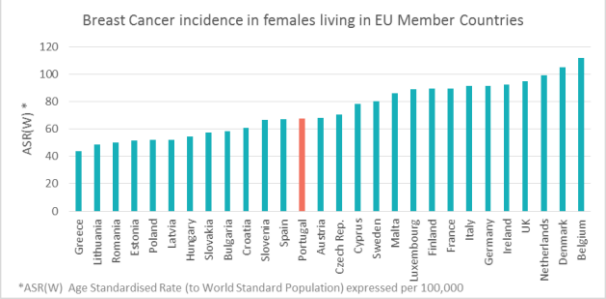


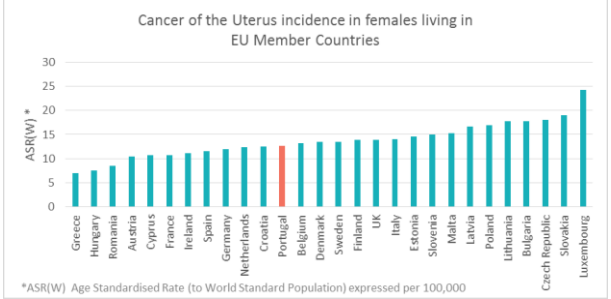


Cancers





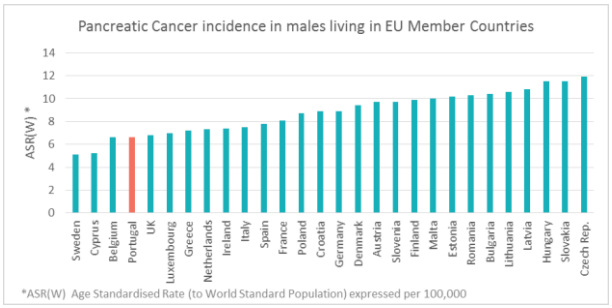


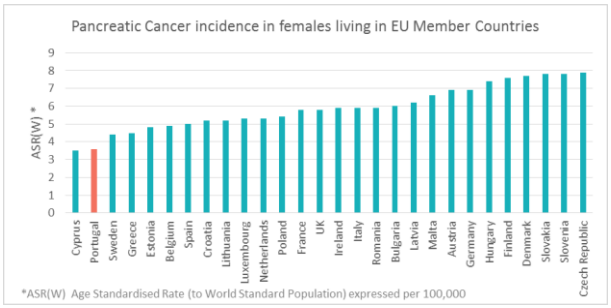


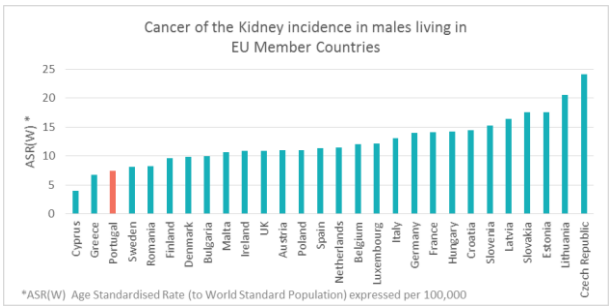


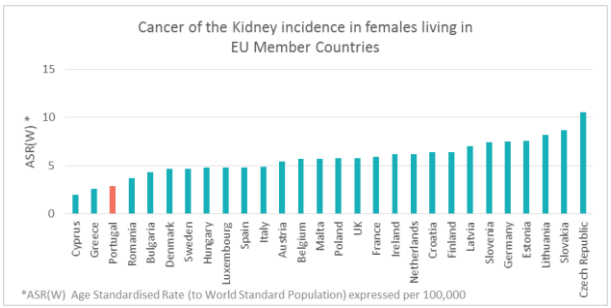
Portugal

Cancers Cont.









Policies & Interventions

LUTA POR TI	One of the European Youth Tackling Obesity (EYTO) projects, the campaign title translates as 'fight for yourself' and is about taking the power and responsibility for your lifestyle choices. It is a campaign created by and for the young people and was launched via Facebook and Media (CNE Magazine), which they use to post content like; "Hoje o Cozinheiro Sou Eu" , "Soup Contest" and "National Fighting Obesity Day"; tips and news.
EPHE (EPODE for the Promotion of Health Equity)	The EPODE project enables communities to implement effective and sustainable strategies to prevent childhood obesity. Its philosophy includes a positive, step-by-step approach tailored to the needs of all socio-economic groups. Launched in 2012, the project aims to reduce socio-economic inequities linked to health-related behaviour of families in 7 European countries over three years.
National Programme for the Promotion of Healthy Eating (PNPAS)	The National Programme for the Promotion of Healthy Eating (Programa Nacional para a Promoção da Alimentação Saudável) aims to improve the nutritional status of the population, encouraging physical and economic availability of food constituents of an eating pattern and create the conditions so that the population understand and integrate them into their daily routines.
Food Industry Commitments on Diet, Physical Activity and Health: Advertising and marketing directed at children	Food Industry Commitments on Diet, Physical Activity and Health: Advertising and marketing directed at children (Compromissos da indústria alimentar sobre Alimentação, Actividade Física e Saúde: Publicidade e Marketing dirigidos a Crianças)
Code on marketing food and non-alcoholic beverages to children	Code on marketing to children
WHO European Action Network on reducing marketing pressure on children	Currently 28 countries participating in the WHO European Action Network on reducing marketing pressusre on children, all of which have a joint interest in finding ways to reduce the marketing pressure of high salt, energy-dense, micronutrient-poor foods and beverages towards children
The National Programme against Obesity 2005-2009	The Program's objective is to reverse the increase in the prevalence of pre-obesity and obesity in Portugal. It is divided into 4 main strategies, prevention, therapy and surgical treatment, training of physicians, nutritionists and professionals concerned with physical activity; gathering and analyzing information on the trends and prevalence of obesity and monitoring of program implementation.



Portugal

The Code of Good Practice in Commercial Communication to Children	A self-regulatory code that has specific rules for the food and drink sector, addressing the use of celebrities and well-known characters and marketing targeting younger schoolchildren.
Project Obesity Zero (POZ)	A community family-based programme based in 5 Portuguese municipalities that tackle childhood obesity through a set of activities targeted at low income families with overweight children (6-10yr olds)
National Health Plan 2004-2010	This plan, issued by the Ministry of Health in 2004, is a framework outlining measures to be taken from 2004 to 2010 to promote health and prevent diseases. It highlights priority actions and defines objectives. One priority action is the fight of causes of main lifestyle-related diseases, for example by means of physical activity promotion.
National Sports for All Programme Mexa-Se (Programa nacional de desporto para todos – Mexa-Se)	This program is part of the governmental strategy to increase physical activity and sports practice in the population. Objectives have been defined, including for example mobilizing inactive people to include physical activity into their daily routines. Activities are carried out with different partners, including for example a national physical activity day, bike tours and school projects
National Health Plan 2012-2016	The National Health Plan (NHP) is the Health Planning instrument and resource which creates a framework for the goals, plans and strategies of all of those whose mission is to maintain, improve or recover the health of individuals or populations in Portugal.
Physical activity and sport: a means to improve health and well-being	
Growing up with Healthy Weight	The aim of this project was to promote healthy eating habits and physical activity in children 1 Viana do Alentejo municipality cycle during the academic years 2011-2015.
Program to Combat Childhood Obesity in the Algarve Region	A programme to counter the growth rate of the pre-obesity prevalence and childhood obesity in the Algarve.
MUN-SI program	MUN-SI is an on-going community-based program which aims to tackle the problem of childhood malnutrition (obesity and thinness), seeking its prevention on continuous and sustainable actions developed during 1-4 years periods.
National Platform against Obesity (Plataforma contra a obesidade)	The platform was created to allow the reduction and prevention of chronic diseases of high prevalence such as diabetes and cardiovascular disease. It includes national programmes such as the Integrated Programme about Determinants of Health Related to Lifestyles and other strategic initiatives addressing problem of obesity.
Food Wheel Guide	These recommendations are intended for the healthy Portuguese population in general and include the number of portions required for individual energy requirements.
Physical activity strategy for the WHO European Region 2016-2025	The strategy focuses on physical activity as a leading factor in health and well-being in the European Region, with particular attention to the burden of non-communicable diseases associated with insufficient activity levels and sedentary behaviour. It aims to cover all forms of physical activity throughout the life-course.
The European Food and Nutrition Action Plan 2015-2020	The aim on this action plan is to significantly reduce the burden of preventable diet-related non-communicable diseases, obesity and all other forms of malnutrition that are still prevalent in the WHO European Region.
European charter on counteracting obesity	To address the growing challenge posed by the epidemic of obesity to health, economies and development, the Ministers and delegates attending the WHO European Ministerial Conference on Counteracting Obesity (Istanbul, Turkey, 15–17 November 2006) adopted the European Charter on Counteracting Obesity. The process of developing the Charter involved different government sectors, international organizations, experts, civil society and the private sector through dialogue and consultations



Portugal

Action Plan for implementation of the European Strategy for the Prevention and Control of Noncommunicable Diseases 2012–2016	It identifies priority action areas and interventions for countries to focus on over the next five years (2012–2016), as they implement the European Strategy for the Prevention and Control of Non-communicable Diseases.
Maia Menu Saudável (Maia Healthy Menu)	School-based programme in the Municipality of the city Maia, promoting healthy eating habits and lifestyle to over 8.000 school children.
Nutri Ventures	The Nutri Ventures project aims to create, through entertainment, a positive environment around the healthy eating theme, taking children to associate good feelings to healthy food and creating a unique opportunity for parents, teachers, nutritionists and other health professionals influence the diet of children.
Eating Slowly and Well & Move it also	The project "Eating Slowly and Well & Move it also" aim is to contribute to the promotion of a set of behaviours that reinforce the practice of healthy eating habits and physical activity in a group of children. The target population consists of children attending the 1st year of primary school in school year 2012/2013 the ACES Lisbon North School Park (Alvalade Benfica, Lumiar and Seven Rivers).



Data compiled September 2016.

Produced with the support of an operational grant under the European Commission's Third Health Programme. The European Commission is not responsible for any use that may be made of the material arising

Sources

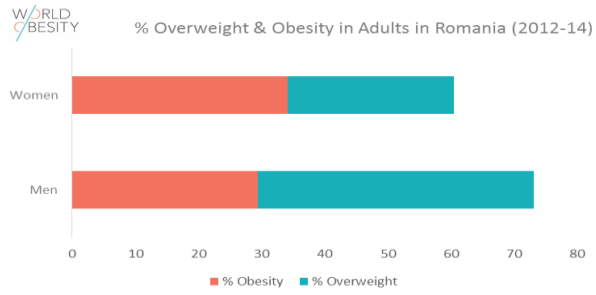
Overweight & Obesity %	Data sources available at www.worldobesity.org/resources/
Population Estimates	UN Population Estimates, United Nations, http://esa.un.org/unpd/wpp/
Diabetes estimates 2015	Reproduced with kind permission of IDF, Diabetes Estimates 2015, IDF, http://www.diabetesatlas.org/resources/2015-atlas.html
Worldwide GINI Index	Worldwide GINI Index, Central Intelligence Agency - World Fact Book, https://www.cia.gov/library/publications/the-world-factbook/rankorder/2172rank.html (last accessed 19th January 2016)
Physical Inactivity estimates	Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A893?lang=en
Raised Fasting Glucose	Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A869?lang=en
Raised BP	Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A875?lang=en
Raised cholesterol	Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A885
Cancer incidence rates	Cancer incidence rates, GLOBOCAN, IARC, http://globocan.iarc.fr/Pages/online.aspx
EUROMONITOR FOOD INTAKES	Estimates calculated by World Obesity Federation based on Euro monitor food intake data. Euro monitor, http://www.euromonitor.com

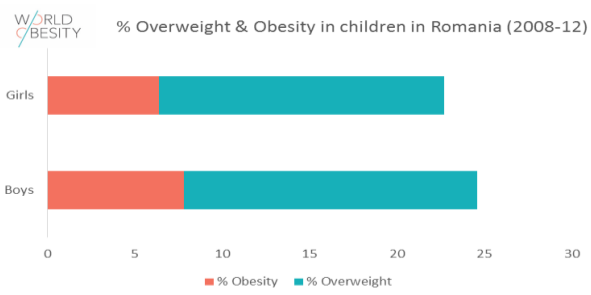
Romania

/Key Statistics

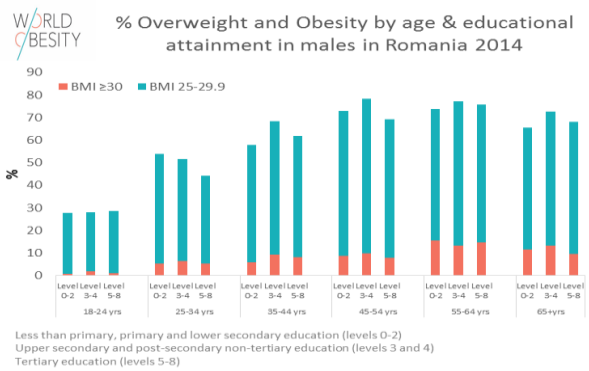
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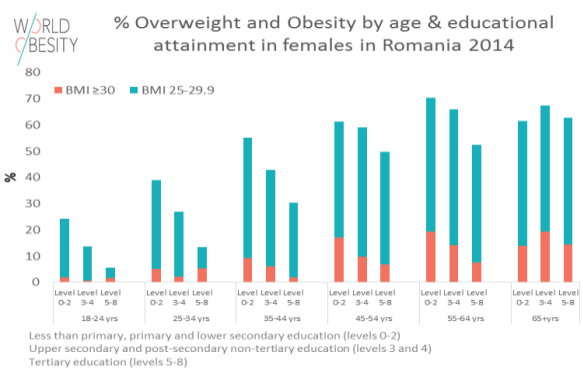
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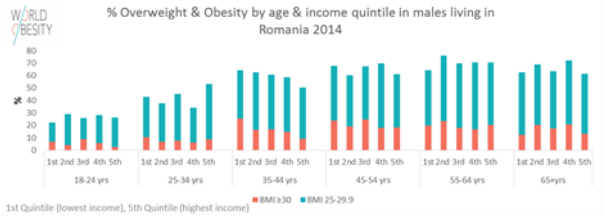


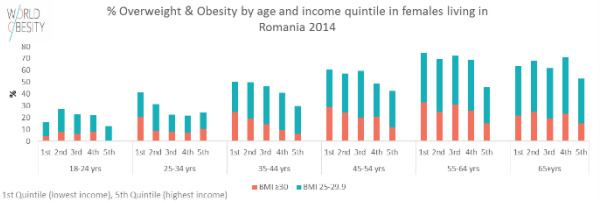
By Age & Education





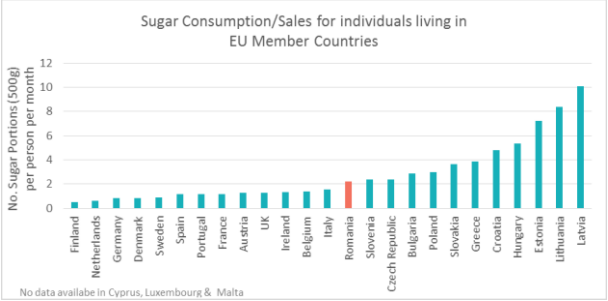
By Age & Income



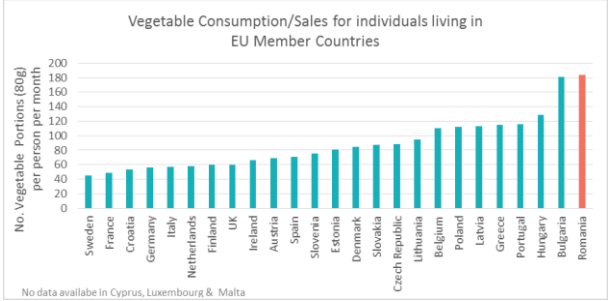


Drivers

Sugar

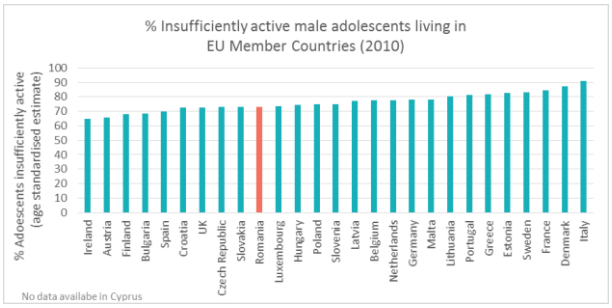


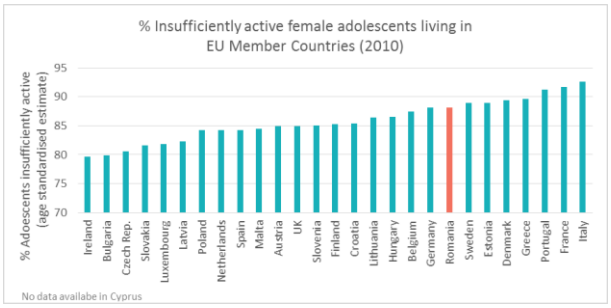
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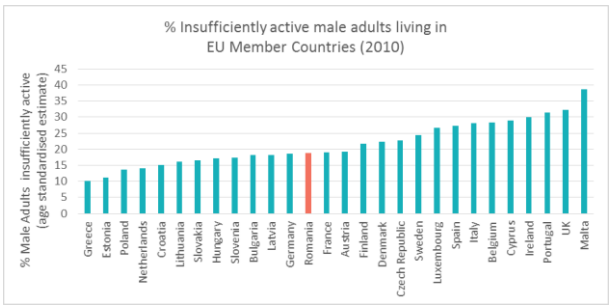


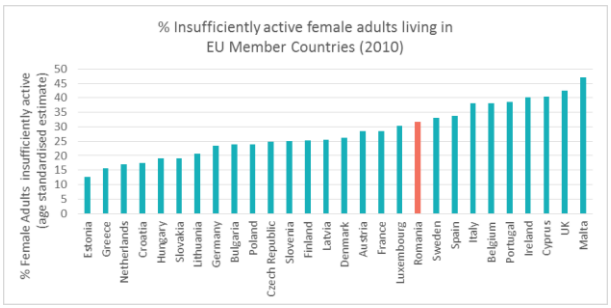
Romania

Insufficient Activity

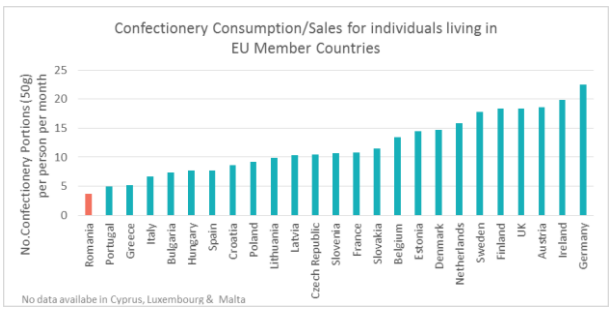




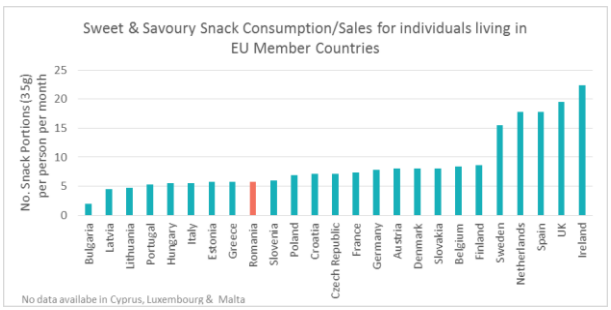




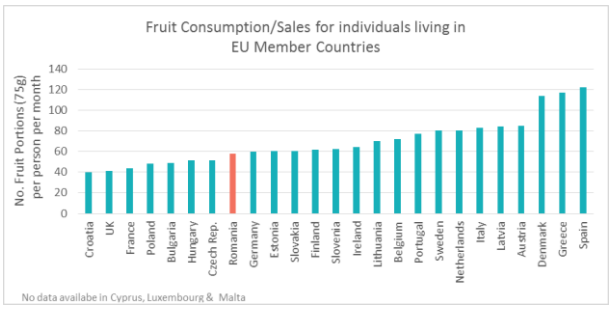
Confectionery



Sweet & Savoury Snacks



Fruit



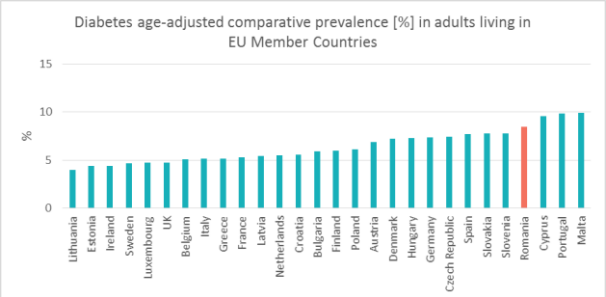
Soft Drinks



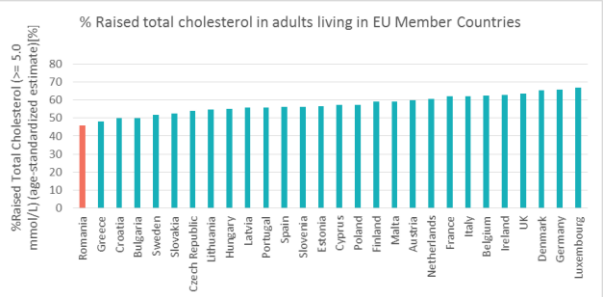
Romania

Impact

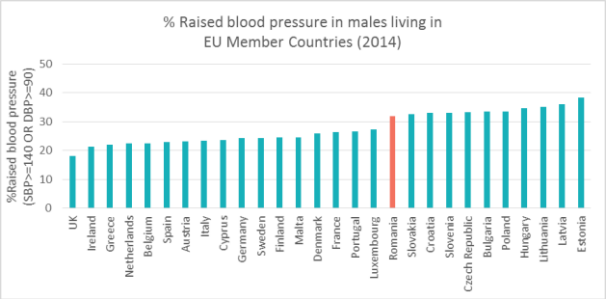
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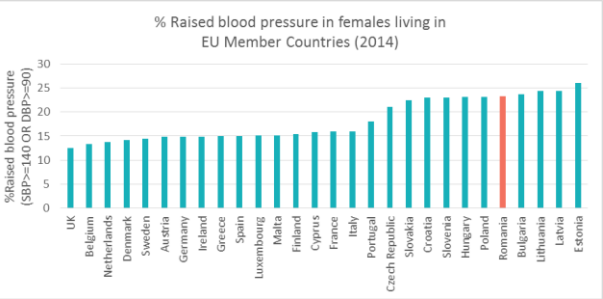


High Cholesterol

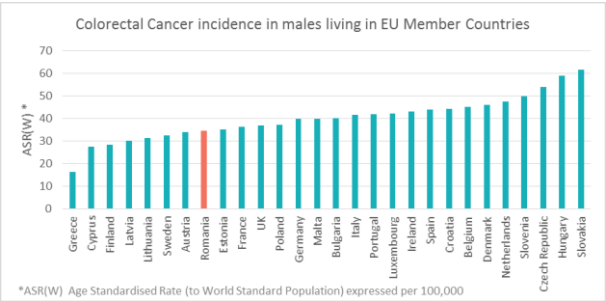


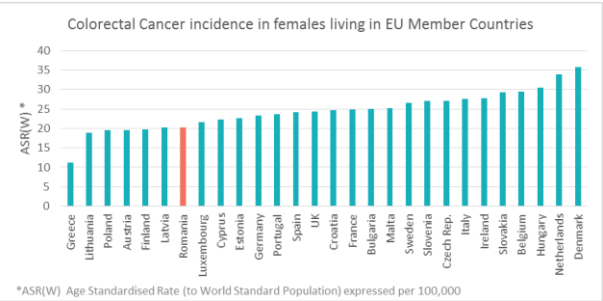
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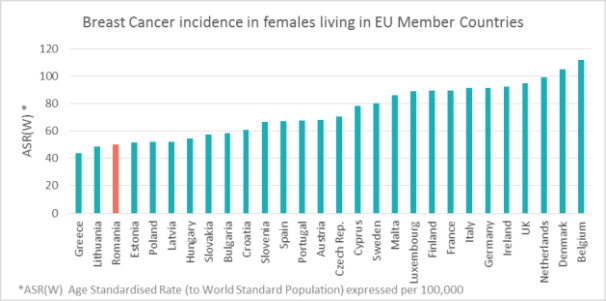


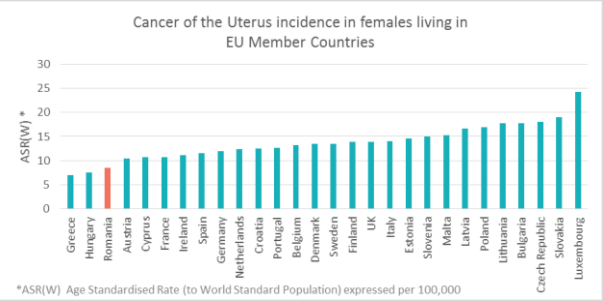


Cancers



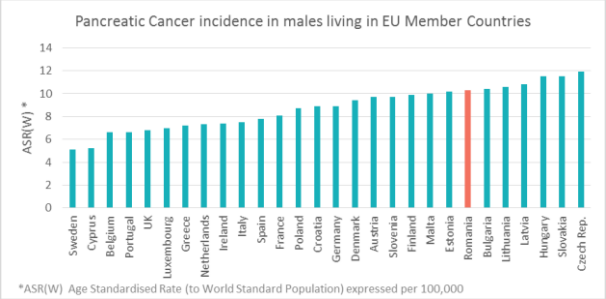


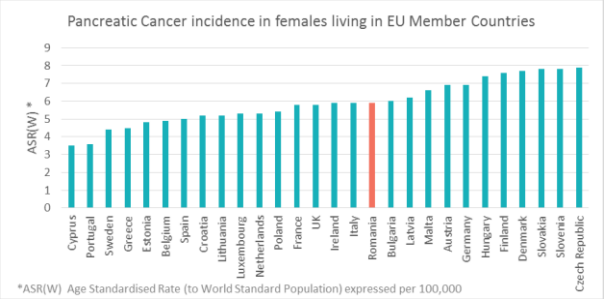


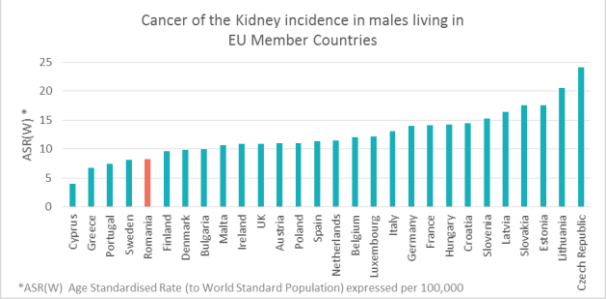


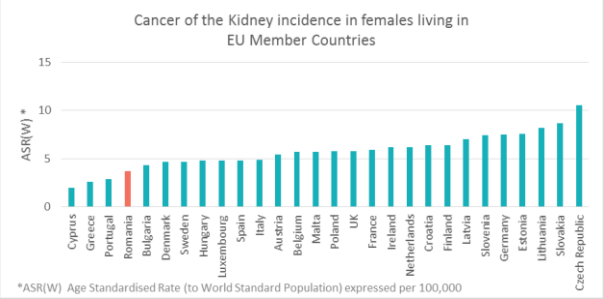
Romania

Cancers Cont.









Policies & Interventions

Regulation (EU) No 1169/2011	The new EU Regulation 1169/2011 on the provision of food information to consumers considerably changes existing legislation on food labelling.
SETS - I have a healthy lifestyle too	Promotion of a healthy lifestyle within the family through nutrition and physical activity.
Code on marketing food and non-alcoholic beverages to children	Code on marketing to children
Physical activity strategy for the WHO European Region 2016-2025	The strategy focuses on physical activity as a leading factor in health and well-being in the European Region, with particular attention to the burden of non-communicable diseases associated with insufficient activity levels and sedentary behaviour. It aims to cover all forms of physical activity throughout the life-course.
Ethical Code for Food Product Advertising Targeting Children	A set of voluntary rules and regulations for all parties involved in food promotions targeting children.
Action Plan for implementation of the European Strategy for the Prevention and Control of Noncommunicable Diseases 2012–2016	It identifies priority action areas and interventions for countries to focus on over the next five years (2012–2016), as they implement the European Strategy for the Prevention and Control of Non-communicable Diseases.
EPHE (EPODE for the Promotion of Health Equity)	The EPODE project enables communities to implement effective and sustainable strategies to prevent childhood obesity. Its philosophy includes a positive, step-by-step approach tailored to the needs of all socio-economic groups. Launched in 2012, the project aims to reduce socio-economic inequities linked to health-related behaviour of families in 7 European countries over three years.
Sports for All — 3rd Millennium Romania — a different lifestyle	The Sports for All policy aims to guarantee everyone's right to free access to sporting and recreational activities, fostering a positive approach to keeping active, creating a structural environment for physical activity and making programmes locally responsive and sensitive to local traditions and needs.
We are the moving generation	This campaign initially targeted students from the 9th and 10th grades in the high schools from 2 cities: Bucharest and Ploiesti. It is based on the methodologies developed by EPODE International Network and aims to inform and educate adolescents, their families and the public at large with regard to the benefits of a healthy lifestyle, with accent on daily physical exercise and sports, healthy eating and so on.



Romania

Children in the City	The Children in the City project in Romania has been developed to promote physical activity in children aged 7 to 12 living in low-income urban neighbourhoods.
Joint Action on Nutrition and Physical Activity (JANPA)	The overall aim of the project is to contribute to halting the rise of overweight and obesity in children and adolescents by 2020.
National plan for nutrition and healthy diet 2013-2020	This plan for nutrition and healthy diet is a draft strategy.
Guidelines for a Healthy Diet	Food-based dietary guidelines in the form of a food pyramid divided into 7 food groups.
The European Food and Nutrition Action Plan 2015-2020	The aim on this action plan is to significantly reduce the burden of preventable diet-related non-communicable diseases, obesity and all other forms of malnutrition that are still prevalent in the WHO European Region.
European charter on counteracting obesity	To address the growing challenge posed by the epidemic of obesity to health, economies and development, the Ministers and delegates attending the WHO European Ministerial Conference on Counteracting Obesity (Istanbul, Turkey, 15–17 November 2006) adopted the European Charter on Counteracting Obesity. The process of developing the Charter involved different government sectors, international organizations, experts, civil society and the private sector through dialogue and consultations
"For a healthy lifestyle" campaign (Pentru un stil de viaţă sănătos)	The campaign involves the broadcasting of advisory messages, such as "For a healthy lifestyle, avoid excess salt, sugar and fat" and "For a healthy lifestyle, exercise for at least 30 minutes every day"



Data compiled September 2016.

Produced with the support of an operational grant under the European Commission's Third Health Programme. The European Commission is not responsible for any use that may be made of the material arising

Sources

Overweight & Obesity %	Data sources available at www.worldobesity.org/resources/
Population Estimates	UN Population Estimates, United Nations, http://esa.un.org/unpd/wpp/
Diabetes estimates 2015	Reproduced with kind permission of IDF, Diabetes Estimates 2015, IDF, http://www.diabetesatlas.org/resources/2015-atlas.html
Worldwide GINI Index	Worldwide GINI Index, Central Intelligence Agency - World Fact Book, https://www.cia.gov/library/publications/the-world-factbook/rankorder/2172rank.html (last accessed 19th January 2016)
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Raised Fasting Glucose	Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A869?lang=en
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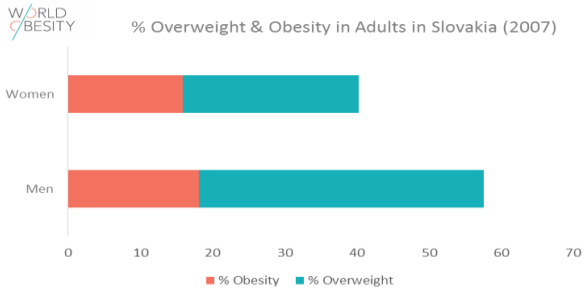


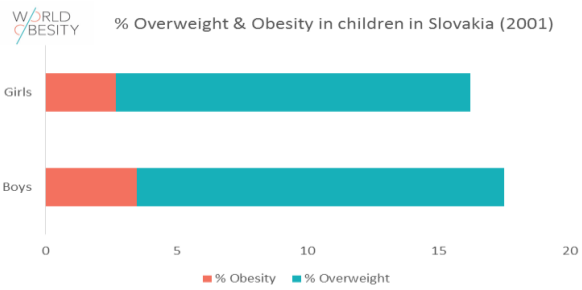
Slovakia

/Key Statistics

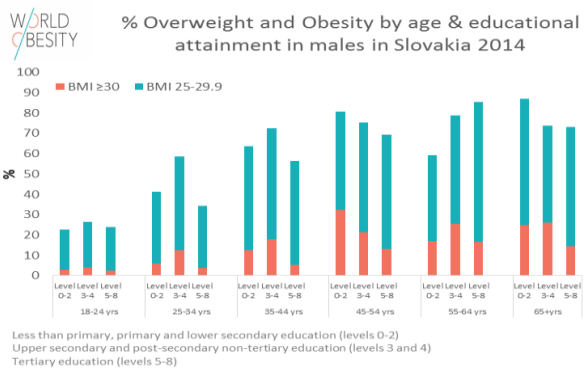
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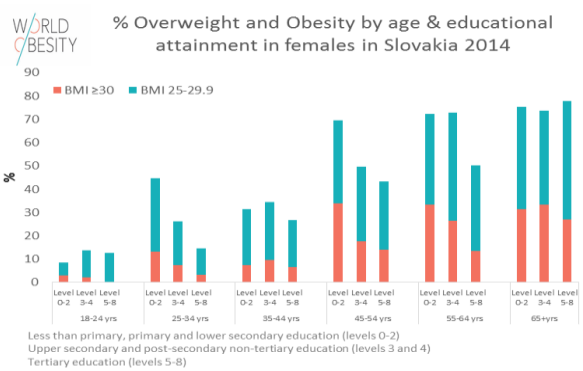
General Prevalence





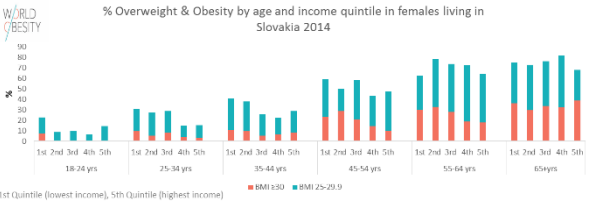
By Age & Education





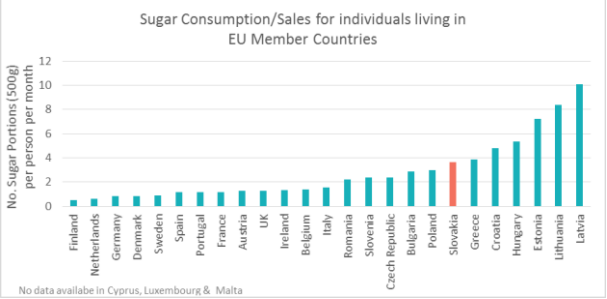
By Age & Income



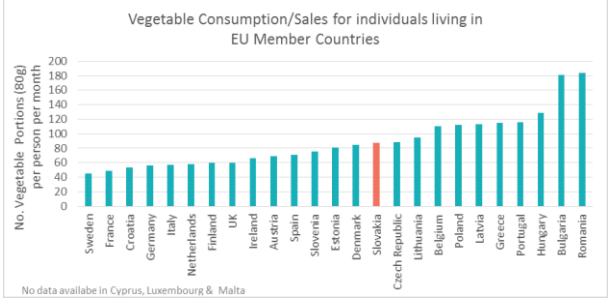


Drivers

Sugar



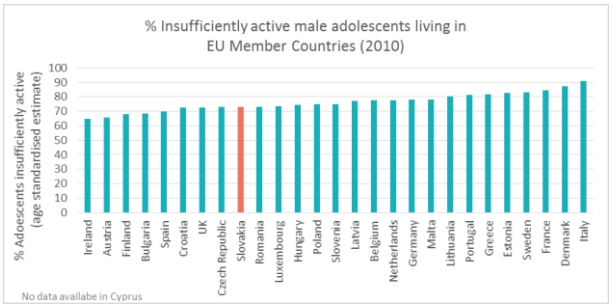
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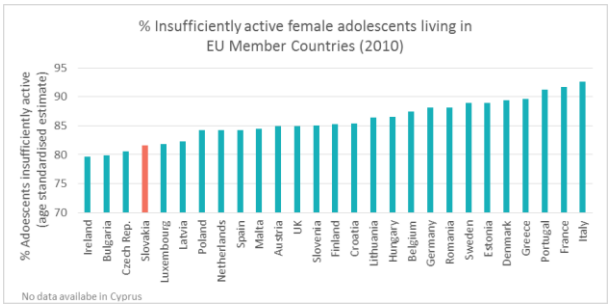


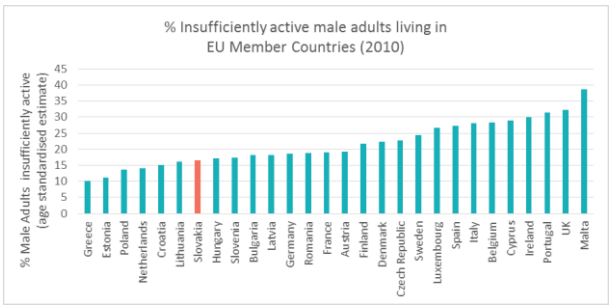


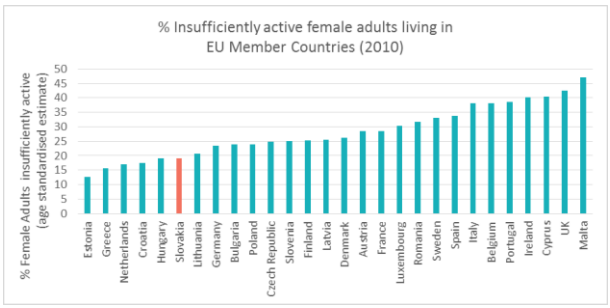
Slovakia

Insufficient Activity

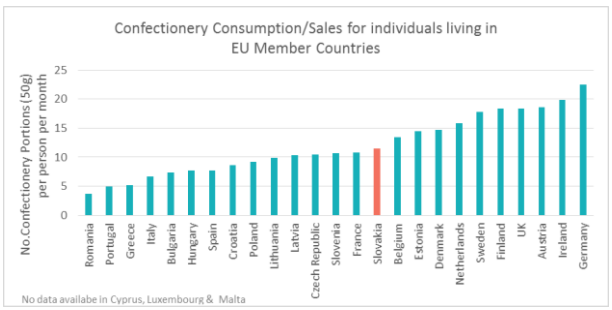




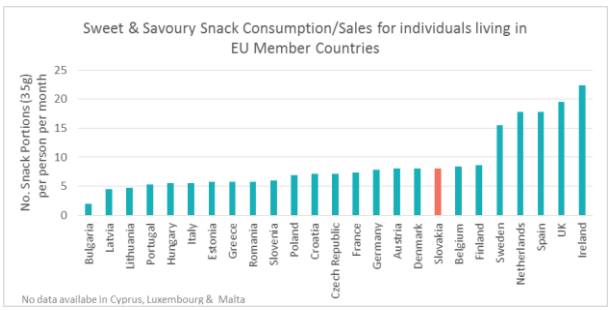




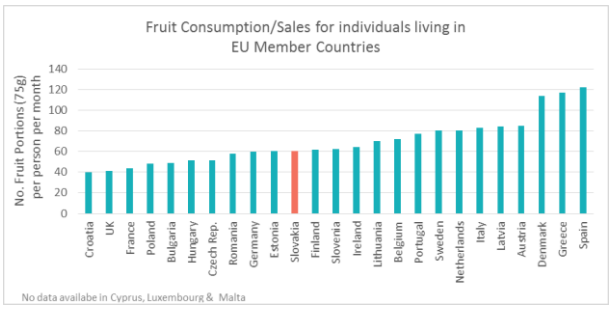
Confectionery



Sweet & Savoury Snacks

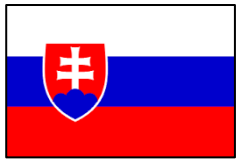


Fruit



Soft Drinks

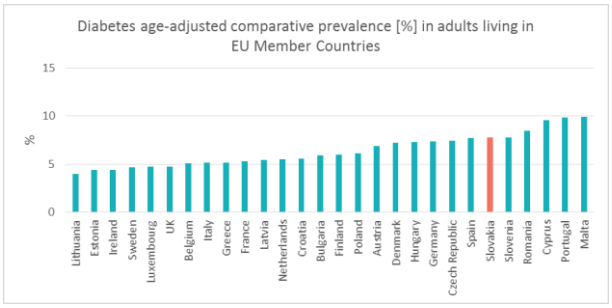




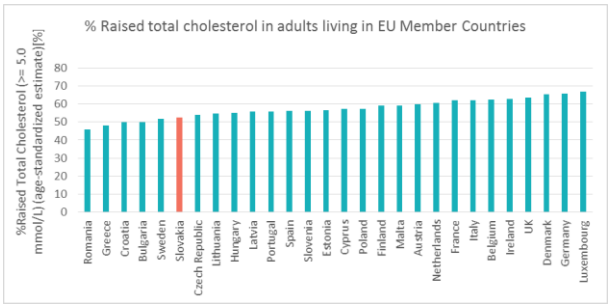
Slovakia

Impact

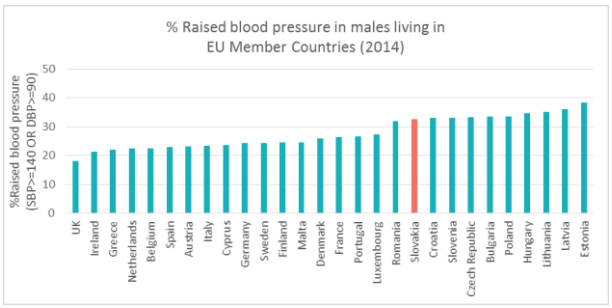
Diabetes (Type I & II)

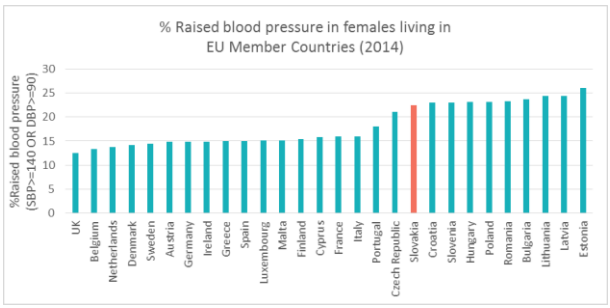


High Cholesterol

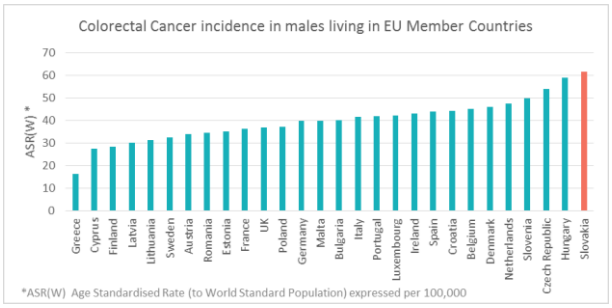


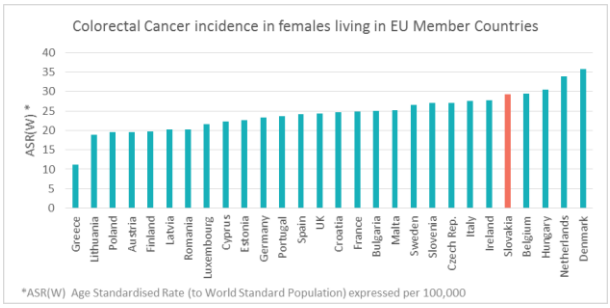
Raised Blood Pressure

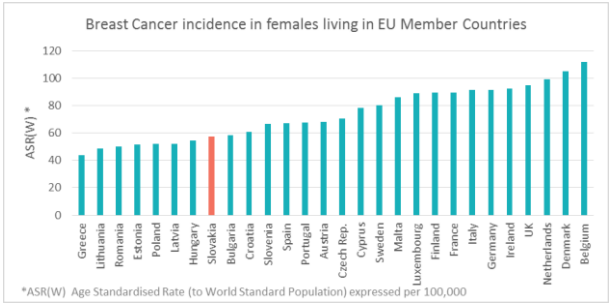


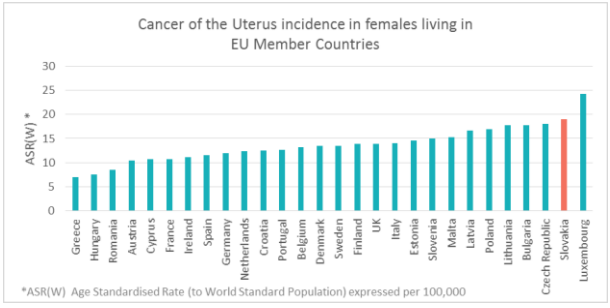


Cancers





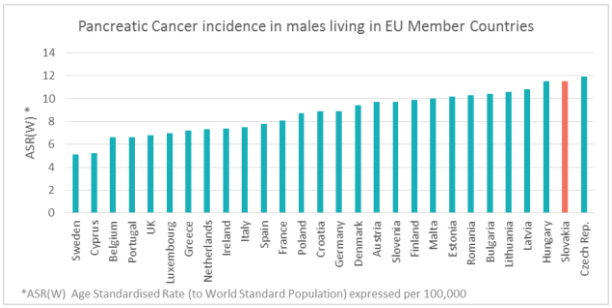


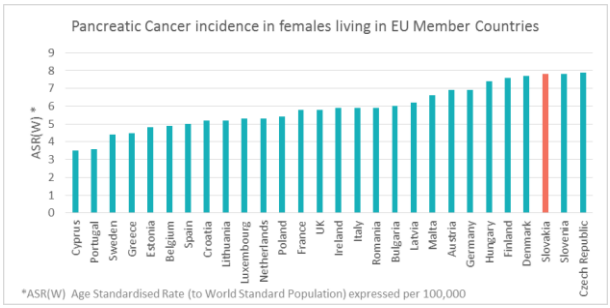


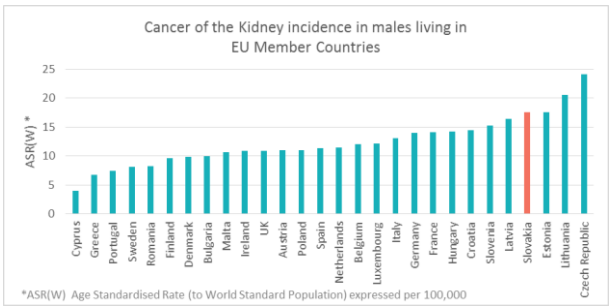


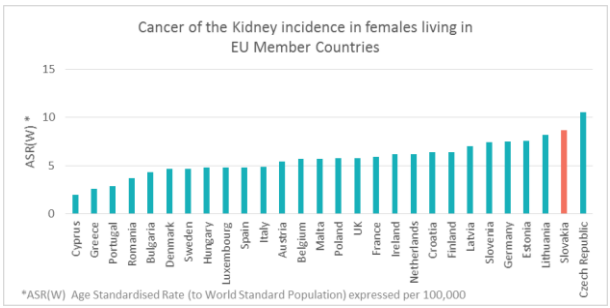
Slovakia

Cancers Cont.









Policies & Interventions

School Fruit Scheme	National strategy to promote the consumption of fruit and vegetables by children and school pupils in Slovakia.
Challenge Your Heart To Motion!	Media campaign, events and competition to promote the importance of physical activity in the prevention of chronic disease.
Regulation (EU) No 1169/2011	The new EU Regulation 1169/2011 on the provision of food information to consumers considerably changes existing legislation on food labelling.
National Sports Strategy	
Action Plan for implementation of the European Strategy for the Prevention and Control of Noncommunicable Diseases 2012–2016	It identifies priority action areas and interventions for countries to focus on over the next five years (2012–2016), as they implement the European Strategy for the Prevention and Control of Non-communicable Diseases.
The National Obesity Prevention Programme	The aim of the programme is to create a social beneficial system, which will lead to a reduction in the incidence and prevalence of overweight and obesity in the population.
National Program for Children and Adolescents in the Slovak Republic for the years 2008-2015	Health sector national policy document with priorities linking to nutrition, physical activity and obesity prevention. Includes educational activities focused on reducing the consumption of HFSS foods by adults, children and adolescents.
Nutrition Policy Strategy	The main aims of the strategy are to achieve positive changes in dietary habits of populations and better inform consumers about the nature of foods, their nutritional needs are continuously being met.
Strategic framework for health for 2014-2030	This document defines medium and long term direction of health policy in the Slovak Republic. The main incentive for its creation is implementation of measures for improving the quality, sustainability and efficiency of the healthcare system and the health status of the population.
Law on the organization and promotion of sport (Zakon z 2. jula 2008 o organizacii a podpore sportu a o zmene a doplneni niektorych zakonov)	This law created conditions for sports and entertainment, to promote sport in children including the educational setting and for the construction of sport infrastructure
Joint Action on Nutrition and Physical Activity (JANPA)	The overall aim of the project is to contribute to halting the rise of overweight and obesity in children and adolescents by 2020.
Physical activity strategy for the WHO European Region 2016-2025	The strategy focuses on physical activity as a leading factor in health and well-being in the European Region, with particular attention to the burden of non-communicable diseases associated with



Slovakia

	insufficient activity levels and sedentary behaviour. It aims to cover all forms of physical activity throughout the life-course.
The European Food and Nutrition Action Plan 2015-2020	The aim on this action plan is to significantly reduce the burden of preventable diet-related non-communicable diseases, obesity and all other forms of malnutrition that are still prevalent in the WHO European Region.
European charter on counteracting obesity	To address the growing challenge posed by the epidemic of obesity to health, economies and development, the Ministers and delegates attending the WHO European Ministerial Conference on Counteracting Obesity (Istanbul, Turkey, 15–17 November 2006) adopted the European Charter on Counteracting Obesity. The process of developing the Charter involved different government sectors, international organizations, experts, civil society and the private sector through dialogue and consultations
Code on marketing food and non-alcoholic beverages to children	Code on marketing to children
Sporttube (SK)	SPORTTUBE aims to prevent overweight and obesity among Slovakian children aged 6 to 18 years old. It's goals is to motivate children to exercise regularly using their advanced communication tools. It also promotes nationwide entertaining sport competitions, supported by sport celebrities.



Data compiled September 2016.

Produced with the support of an operational grant under the European Commission's Third Health Programme. The European Commission is not responsible for any use that may be made of the material arising

Sources

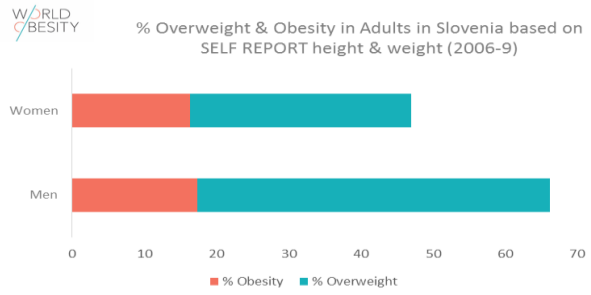
Overweight & Obesity %	Data sources available at www.worldobesity.org/resources/
Population Estimates	UN Population Estimates, United Nations, http://esa.un.org/unpd/wpp/
Diabetes estimates 2015	Reproduced with kind permission of IDF, Diabetes Estimates 2015, IDF, http://www.diabetesatlas.org/resources/2015-atlas.html
Worldwide GINI Index	Worldwide GINI Index, Central Intelligence Agency - World Fact Book, https://www.cia.gov/library/publications/the-world-factbook/rankorder/2172rank.html (last accessed 19th January 2016)
Physical Inactivity estimates	Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A893?lang=en
Raised Fasting Glucose	Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A869?lang=en
Raised BP	Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A875?lang=en
Raised cholesterol	Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A885
Cancer incidence rates	Cancer incidence rates, GLOBOCAN, IARC, http://globocan.iarc.fr/Pages/online.aspx
EUROMONITOR FOOD INTAKES	Estimates calculated by World Obesity Federation based on Euro monitor food intake data. Euro monitor, http://www.euromonitor.com

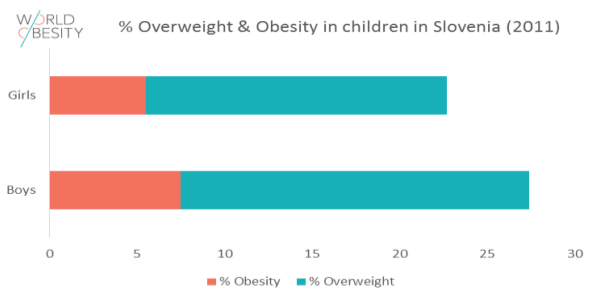
Slovenia

/Key Statistics

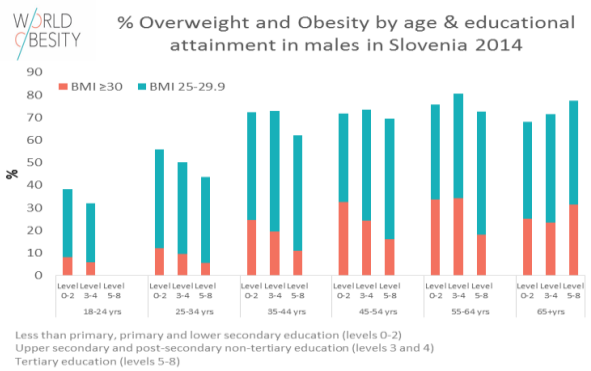
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GINI INDEX: 25.59

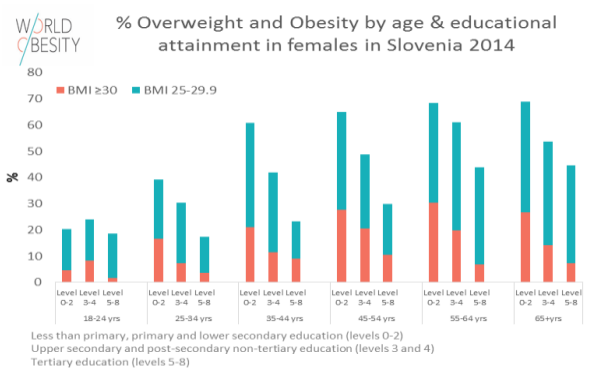
General Prevalence





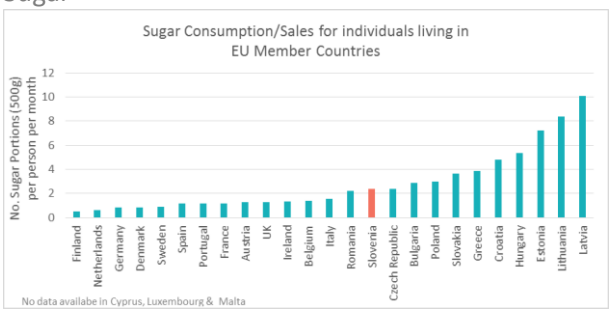
By Age & Education



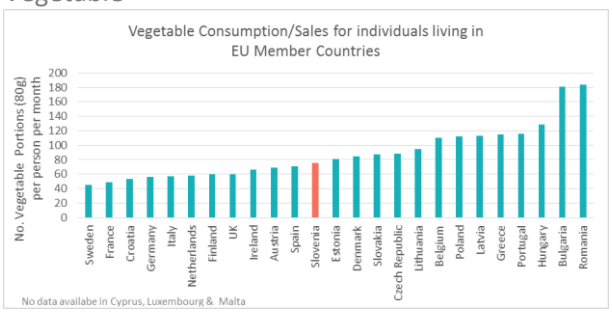


Drivers

Sugar

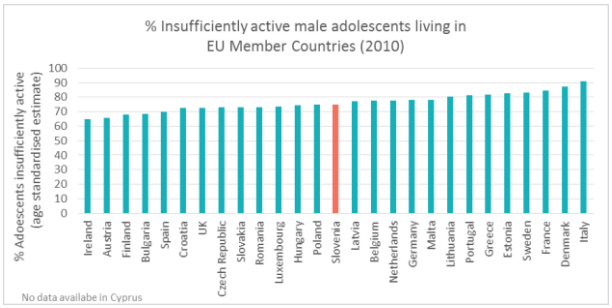


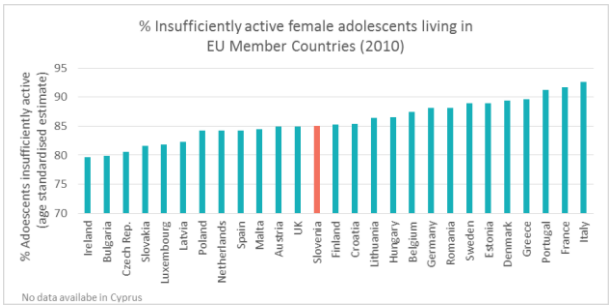
Vegetable

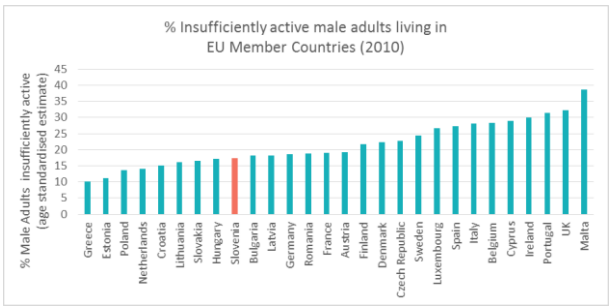


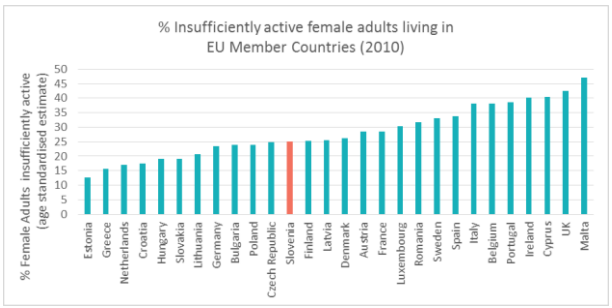


Slovenia

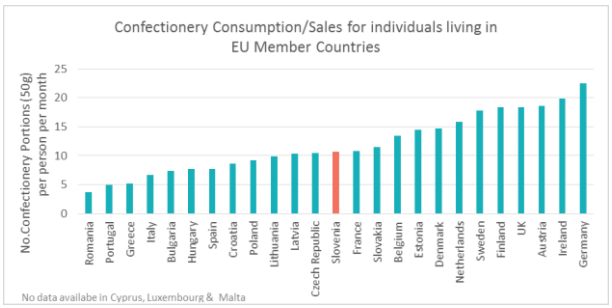




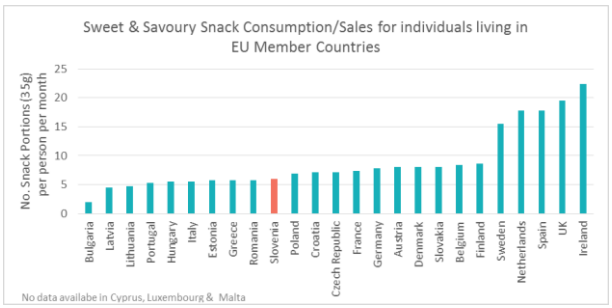




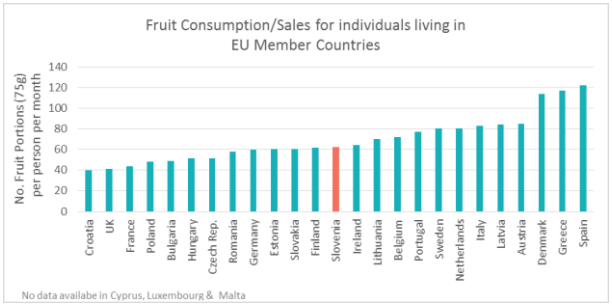
Confectionery



Sweet & Savoury Snacks



Fruit



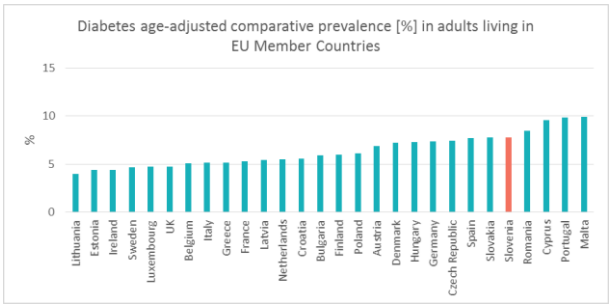
Soft Drinks



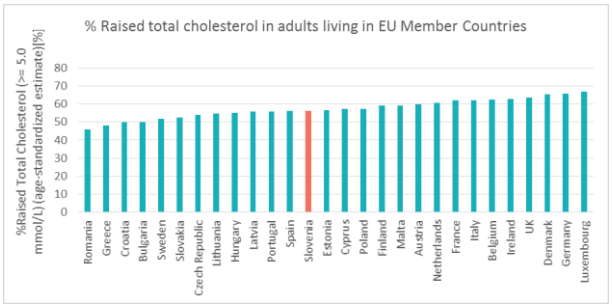


Slovenia

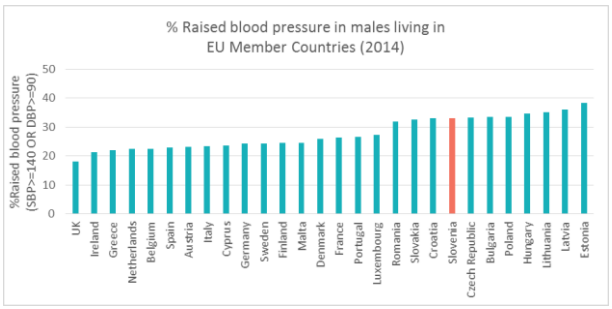
Diabetes (Type I & II)

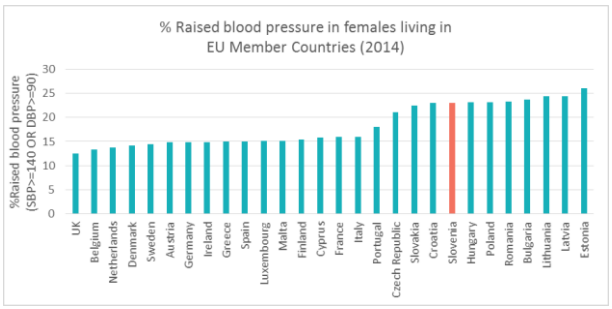


High Cholesterol

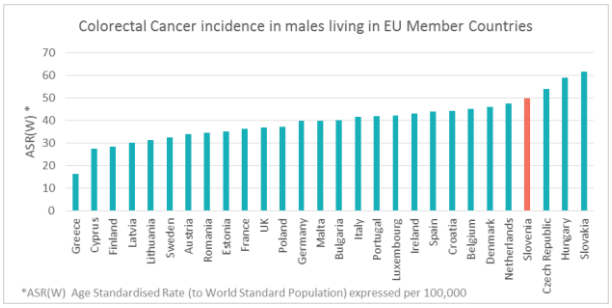


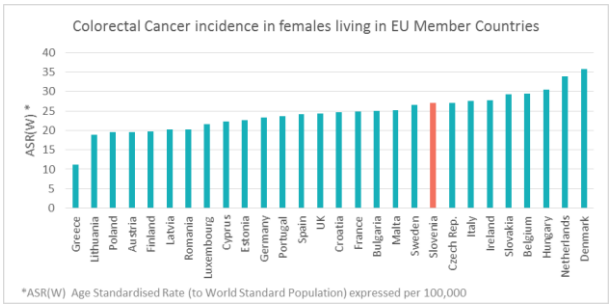
Raised Blood Pressure

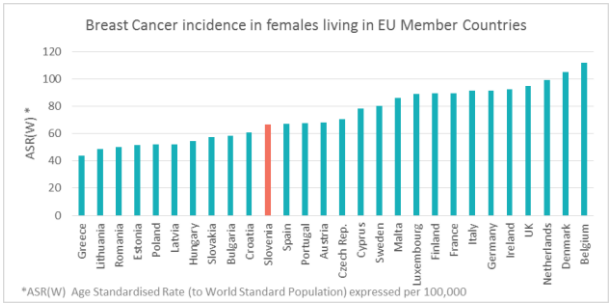


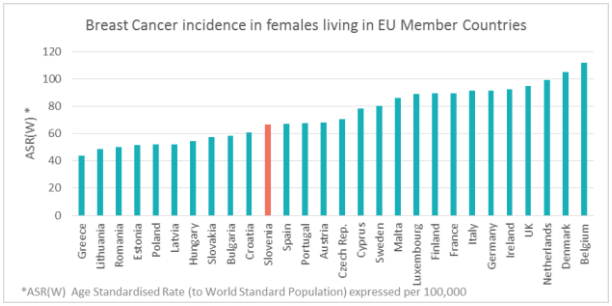


Cancers





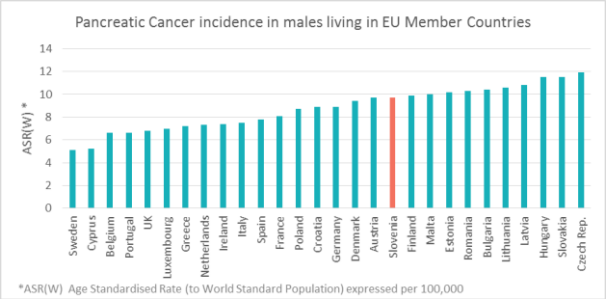


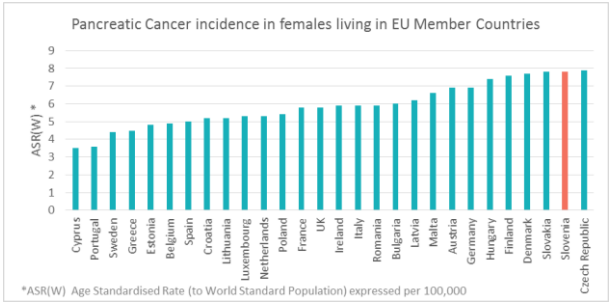


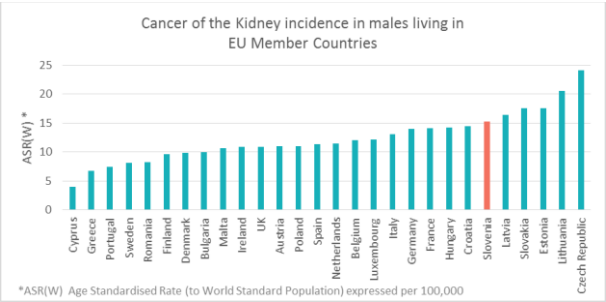
Cancers Cont.

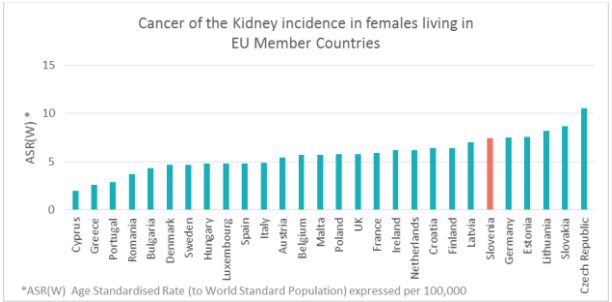


Slovenia









Policies & Interventions

Dietary Guidelines for kindergartens, primary and secondary schools	Food-based dietary guidelines
Regulation (EU) No 1169/2011	The new EU Regulation 1169/2011 on the provision of food information to consumers considerably changes existing legislation on food labelling.
Code on marketing food and non-alcoholic beverages to children	Code on marketing to children
Let's live healthily	Aims to improve health and to prevent or reduce exposure to risk factors and diseases in a low SES area of Slovenia.
Joint Action on Nutrition and Physical Activity (JANPA)	The overall aim of the project is to contribute to halting the rise of overweight and obesity in children and adolescents by 2020.
Action Plan for implementation of the European Strategy for the Prevention and Control of Noncommunicable Diseases 2012–2016	It identifies priority action areas and interventions for countries to focus on over the next five years (2012–2016), as they implement the European Strategy for the Prevention and Control of Non-communicable Diseases.
The National Programme of Food and Nutrition Policy, 2005-2010	The basic goals of the nutrition policy are to ensure safe food throughout the food chain, to establish, preserve and strengthen healthy nutritional habits of the population in the Republic of Slovenia, and to ensure adequate sustainable supply of the population with high-quality health-beneficial food.
Movement for Health in 2016	The booklet 'Movement for Health in 2016' is part of a national project set up in 1999 to promote physical activity for health through a variety of activities raising awareness of the general public on the importance of movement for health. This publication includes recommendations for health beneficial physical activity and practical tips for an active lifestyle, examples of exercises for warming up and cooling down, short recommendations on cycling, introduction to Nordic walking, personal calendar of sporting and other useful information.
WHO European Action Network on reducing marketing pressure on children	Currently 28 countries participating in the WHO European Action Network on reducing marketing pressusre on children, all of which have a joint interest in finding ways to reduce the marketing pressure of high salt, energy-dense, micronutrient-poor foods and beverages towards children
Physical activity strategy for the WHO European Region 2016-2025	The strategy focuses on physical activity as a leading factor in health and well-being in the European Region, with particular attention to the burden of non-communicable diseases associated with



Slovenia

	insufficient activity levels and sedentary behaviour. It aims to cover all forms of physical activity throughout the life-course.
European charter on counteracting obesity	To address the growing challenge posed by the epidemic of obesity to health, economies and development, the Ministers and delegates attending the WHO European Ministerial Conference on Counteracting Obesity (Istanbul, Turkey, 15–17 November 2006) adopted the European Charter on Counteracting Obesity. The process of developing the Charter involved different government sectors, international organizations, experts, civil society and the private sector through dialogue and consultations
Food and Nutrition Policy of the Republic of Slovenia 2012-2022 (2nd action plan)	This policy continues the work from the first strategy on nutrition - National Nutrition Policy 2005-2010.
National Programme on Nutrition and Physical Activity for Health 2015-2025	A key strategic goal of this programme is to reduce the proportion of overweight and obese people in Slovenia.
School Pot	A school web portal which provides content and e-tools on organised diet and exercise in schools, kindergartens and other educational institutions in one place.
School Fruit Scheme	The key objective of this programme is to encourage the consumption of fruit and vegetables in the daily diet and thereby raise the level of awareness of the importance of fruits and vegetables for health among children and adolescents.
National Programme on Health Protection and Promotion 2008-2013	General programme for public health and health care in Slovenia.
Law on School Nutrition	This Law includes an official ban on vending machines for food and beverages in school environments. It is also complemented by dietary guidelines.
National Health Enhancing Physical Activity Programme 2007-2012	The strategy focuses on different target groups, namely workers, families, women during pregnancy, people over 65, adults, children, adolescents and disabled persons. It aims to promote all types of regular activity and physical exercise for health and continuation throughout life.
Active and Healthy Ageing and Slovenia	The long-term objective of the project is to promote more active and healthy ageing in Slovenia, which will be implemented through a better integration of health and social system and local communities.
The European Food and Nutrition Action Plan 2015-2020	The aim on this action plan is to significantly reduce the burden of preventable diet-related non-communicable diseases, obesity and all other forms of malnutrition that are still prevalent in the WHO European Region.



Data compiled September 2016.

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Sources

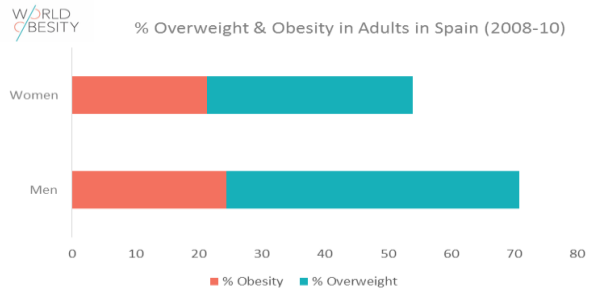
Overweight & Obesity %	Data sources available at www.worldobesity.org/resources/
Population Estimates	UN Population Estimates, United Nations, http://esa.un.org/unpd/wpp/
Diabetes estimates 2015	Reproduced with kind permission of IDF, Diabetes Estimates 2015, IDF, http://www.diabetesatlas.org/resources/2015-atlas.html
Worldwide GINI Index	Worldwide GINI Index, Central Intelligence Agency - World Fact Book, https://www.cia.gov/library/publications/the-world-factbook/rankorder/2172rank.html (last accessed 19th January 2016)
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Raised BP	Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A875?lang=en
Raised cholesterol	Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A885
Cancer incidence rates	Cancer incidence rates, GLOBOCAN, IARC, http://globocan.iarc.fr/Pages/online.aspx
EUROMONITOR FOOD INTAKES	Estimates calculated by World Obesity Federation based on Euro monitor food intake data. Euro monitor, http://www.euromonitor.com

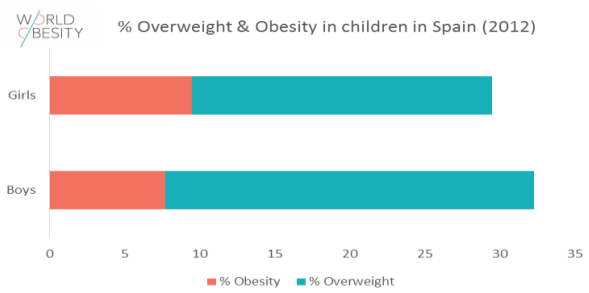
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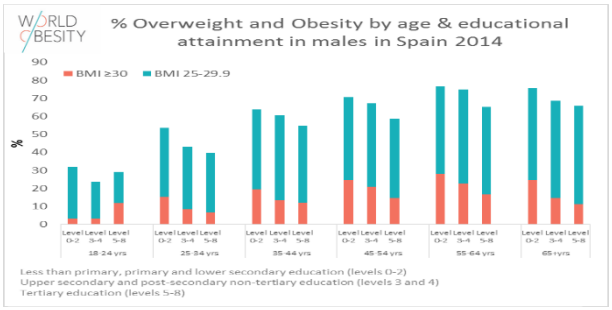
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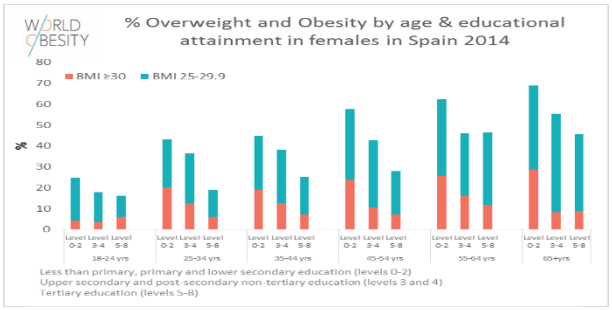
General Prevalence





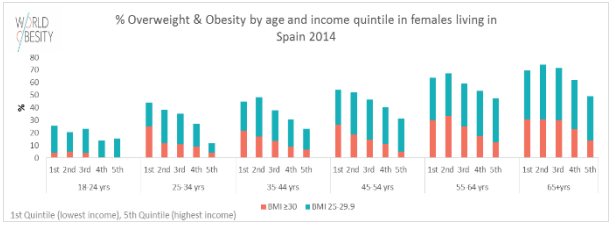
By Age & Education





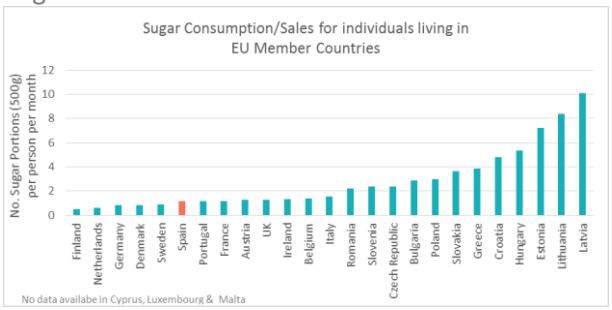
By Age & Income



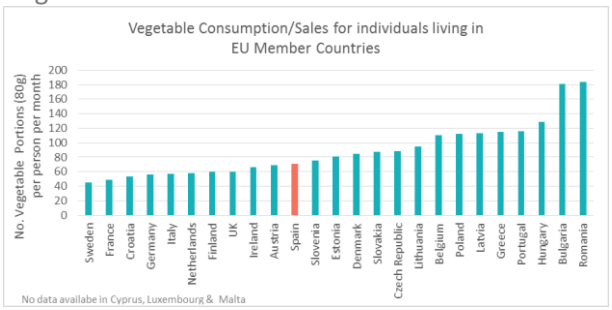


Drivers

Sugar

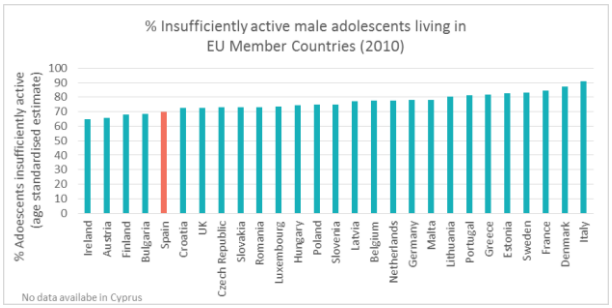


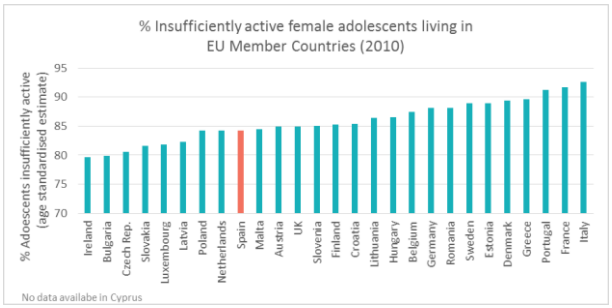
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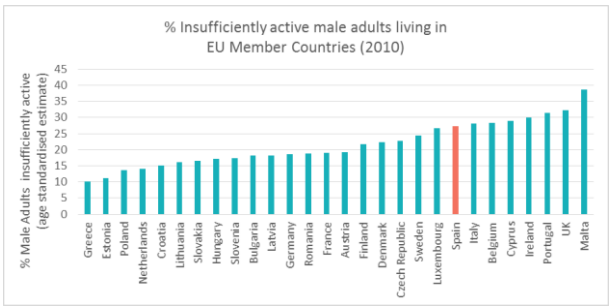


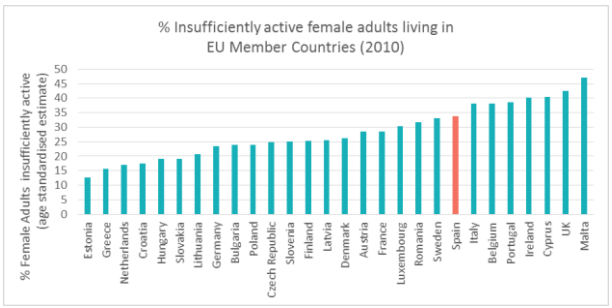
Insufficient Activity

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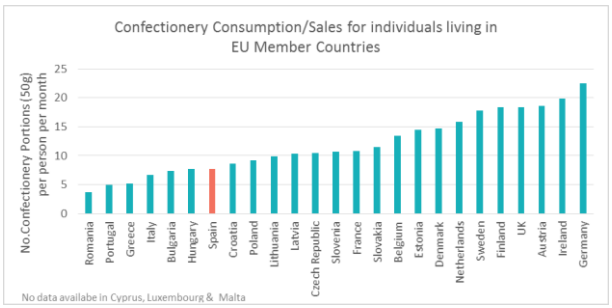




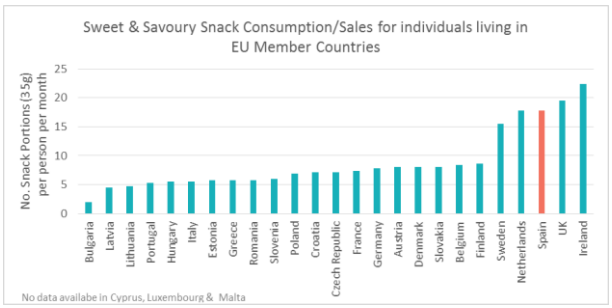




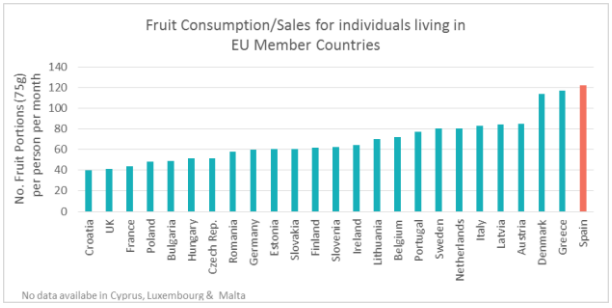
Confectionery



Sweet & Savoury Snacks



Fruit



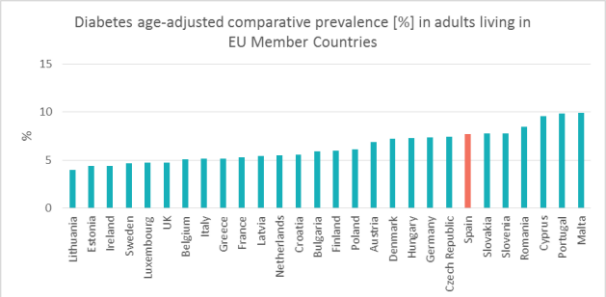
Soft Drinks



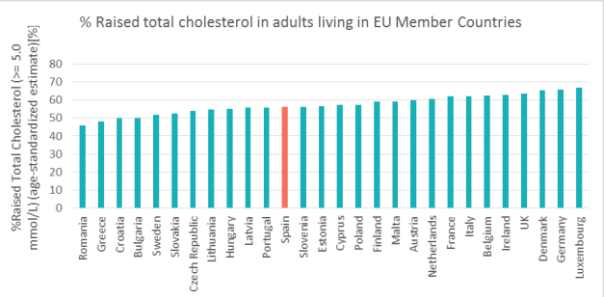
SPAIN

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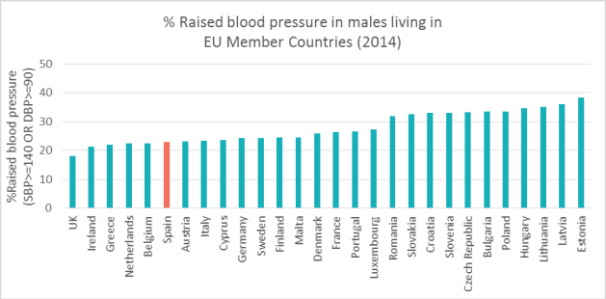
Diabetes (Type I & II)

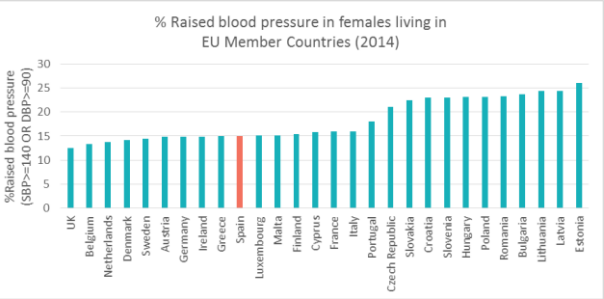


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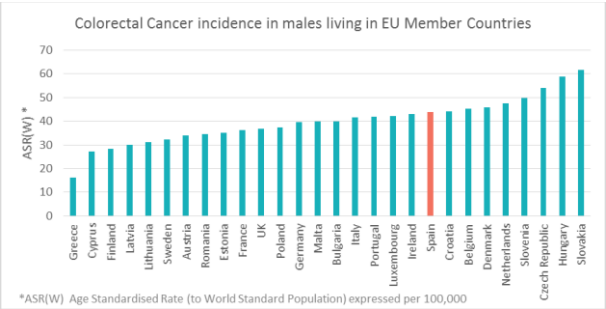


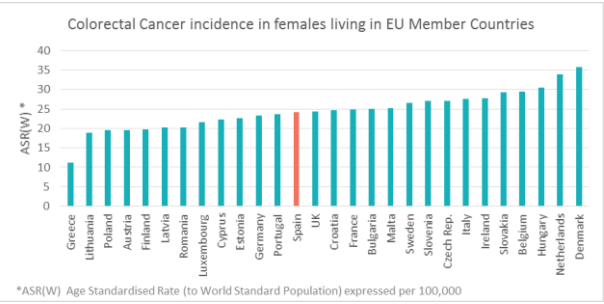
Raised Blood Pressure

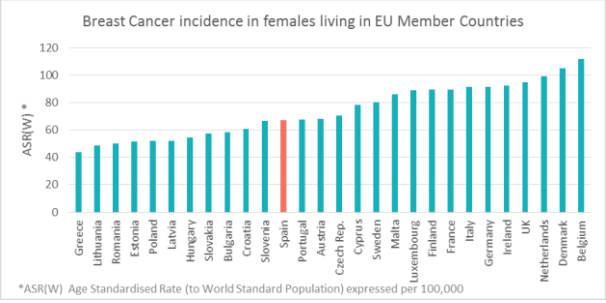


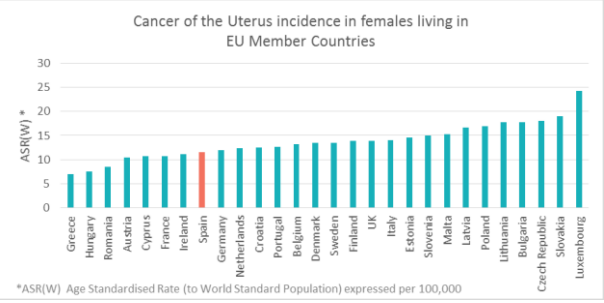


Cancers



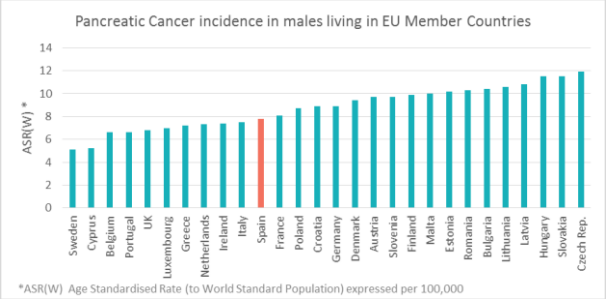


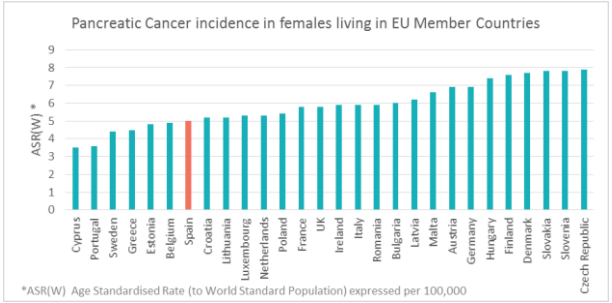


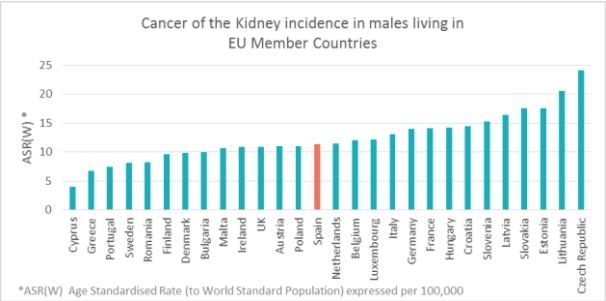


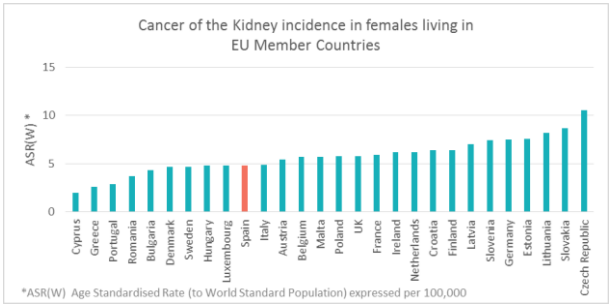
SPAIN

Cancers Cont.









Policies & Interventions

Som la pera	'Som la pera' is one of the European Youth Tackling Obesity (EYTO) campaigns and is a school-based intervention using events and activities to encourage healthy living. It involves challenges designed by young people to increase physical activity and consumption of fruits and vegetables.
Clinical Practice Guideline for the Prevention and Treatment of Childhood and Juvenile Obesity	A set of clinical practice guidelines for the prevention and treatment of obesity in children and juveniles in Spain.
Integral Plan for Physical Activity and Sport Promotion (Plan Integral de Actividad Fisica y el Deporte)	The Comprehensive Plan for Physical Activity and Sport is a program that aims to promote universal access to quality sport for the whole population.
Healthy nutrition from childhood to adolescence. The diet of your children.	These are 12 tips in a pyramid taken from the strategy for nutrition, physical activity and obesity prevention, better known as NAOS Strategy.
Code on marketing food and non-alcoholic beverages to children	Code on marketing to children
WHO European Action Network on reducing marketing pressure on children	Currently 28 countries participating in the WHO European Action Network on reducing marketing pressusre on children, all of which have a joint interest in finding ways to reduce the marketing pressure of high salt, energy-dense, micronutrient-poor foods and beverages towards children
Eat healthy and move: 12 healthy decisions	These 12 tips meet in the pyramid included in the strategy for nutrition, physical activity and obesity prevention, better known as NAOS Strategy.
Law on Food Safety and Nutrition	The Law aims to regulate food safety and certain aspects of food advertising and seeks in particular to protect children and to curb obesity.
Strategy for Nutrition, Physical Activity and Obesity Prevention (NAOS)	The strategy's objective was that of raising awareness of the problem that obesity poses to health, and encourage all initiatives that contribute to ensuring that citizens, especially children and youth adopt healthy lifestyle habits, primarily through diet healthy and regular practice of physical activity.
White Paper on Nutrition in Spain	This white paper constitutes a pioneering tool in Spain and seeks to be a reference with regard to nutrition, not only in the academic and/or scientific setting, but first and foremost, and as a novel approach, for the different administrations responsible for the design and implementation of nutritional and food policies.



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NAOS strategy - Family and community component	Aims to promote a healthy diet and increase physical activity.
Integral Plan for Health Promotion through Physical Activity and Healthy Eating (PAAS)	Aims to decrease the rise in overweight in the general population by implementing a national plan targeted on PA and healthy diet.
Healthy eating as a family	Aims to promote healthy eating as a family by educating teachers and parents.
Joint Action on Nutrition and Physical Activity (JANPA)	The overall aim of the project is to contribute to halting the rise of overweight and obesity in children and adolescents by 2020.
Regulation (EU) No 1169/2011	The new EU Regulation 1169/2011 on the provision of food information to consumers considerably changes existing legislation on food labelling.
Recommendations for the population on physical activity and reduced sedentary lifestyle	These recommendations aim to raise awareness of the population which is the amount, intensity, frequency and duration of physical activity that benefits health. They are based on existing international recommendations and on scientific evidence, with the ultimate goal that all people should be more active physically.
Self-Regulatory Code on Food Advertising to Children (CODIGO PAOS)	This is a multi-stakeholder initiative developed by the food industry in consultation with the government and the advertising industry. It includes a copy advice procedure for pre-vetting advertisements, and enforcement and monitoring bodies.
The Toy Box Intervention	The Toy Box intervention is a multicomponent, kindergarten-based, family-involved intervention, focusing on the promotion of water consumption, healthy snacking, physical activity and the reduction/ breaking up of sedentary time in preschool children and their families.
IDEFICS - Identification and prevention of Dietary and lifestyle-induced Health Effects In Children and Infants	The study delivered data to make an international assessment of the problem of "obesity in children" possible. The focus of the IDEFICS Study lied in exploring the risks for overweight and obesity in children as well as associated long-term consequences. IDEFICS also offered activities for health promotion and prevention in kindergartens and schools. These prevention programmes were developed, implemented and evaluated within the IDEFICS Study. Participating countries included Belgium, Cyprus, Denmark, Estonia, France, Germany, Hungary, Italy, Spain, Sweden and UK.
Salud Madrid	The programme aims to reduce the prevalence of excess of weight and obesity, among Madrid children and adolescents, aged 0 to 17, taking into account inequalities in gender and social class. Activities and interventions are focused to help families and adolescents to improve eating habits and the practice of exercise.
Physical activity strategy for the WHO European Region 2016-2025	The strategy focuses on physical activity as a leading factor in health and well-being in the European Region, with particular attention to the burden of non-communicable diseases associated with insufficient activity levels and sedentary behaviour. It aims to cover all forms of physical activity throughout the life-course.
The European Food and Nutrition Action Plan 2015-2020	The aim on this action plan is to significantly reduce the burden of preventable diet-related non-communicable diseases, obesity and all other forms of malnutrition that are still prevalent in the WHO European Region.
European charter on counteracting obesity	To address the growing challenge posed by the epidemic of obesity to health, economies and development, the Ministers and delegates attending the WHO European Ministerial Conference on Counteracting Obesity (Istanbul, Turkey, 15–17 November 2006) adopted the European Charter on Counteracting Obesity. The process of developing the Charter involved different government sectors, international organizations, experts, civil society and the private sector through dialogue and consultations
Action Plan for implementation of the European Strategy for the Prevention and Control of Noncommunicable Diseases 2012–2016	It identifies priority action areas and interventions for countries to focus on over the next five years (2012–2016), as they implement the European Strategy for the Prevention and Control of Non-communicable Diseases.
Take action, advise health	“Take action, advise health” (Actívate, aconseja salud) is a free online course for health professionals, that enables them to prescribe



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	physical activity through the institutions of the Spanish National Health System.



Data compiled September 2016.

Produced with the support of an operational grant under the European Commission's Third Health Programme. The European Commission is not responsible for any use that may be made of the material arising

Sources

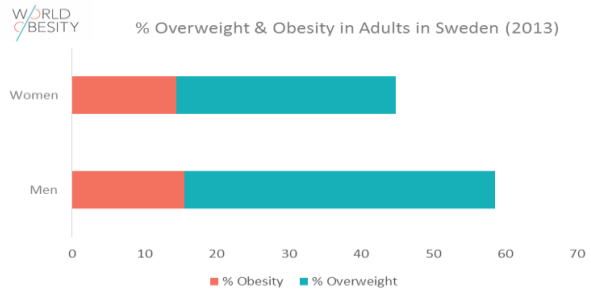
Overweight & Obesity %	Data sources available at www.worldobesity.org/resources/
Population Estimates	UN Population Estimates, United Nations, http://esa.un.org/unpd/wpp/
Diabetes estimates 2015	Reproduced with kind permission of IDF, Diabetes Estimates 2015, IDF, http://www.diabetesatlas.org/resources/2015-atlas.html
Worldwide GINI Index	Worldwide GINI Index, Central Intelligence Agency - World Fact Book, https://www.cia.gov/library/publications/the-world-factbook/rankorder/2172rank.html (last accessed 19th January 2016)
Physical Inactivity estimates	Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A893?lang=en
Raised Fasting Glucose	Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A869?lang=en
Raised BP	Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A875?lang=en
Raised cholesterol	Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A885
Cancer incidence rates	Cancer incidence rates, GLOBOCAN, IARC, http://globocan.iarc.fr/Pages/online.aspx
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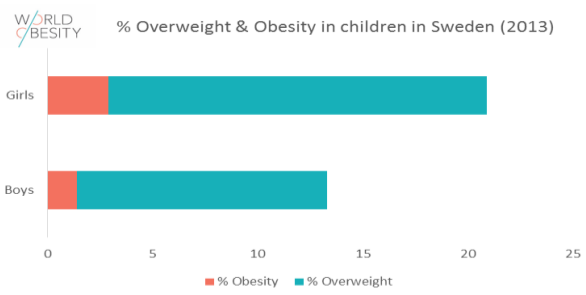
SWEDEN

/Key Statistics

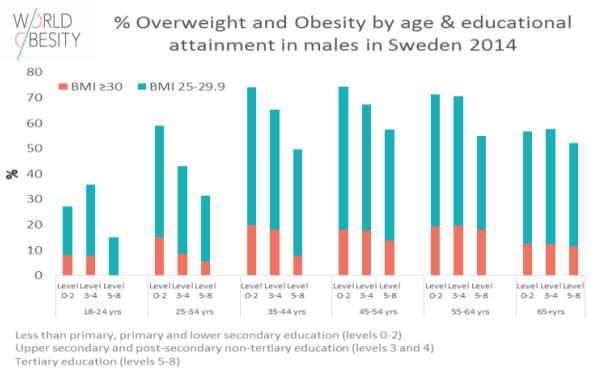
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GINI INDEX: 27.32

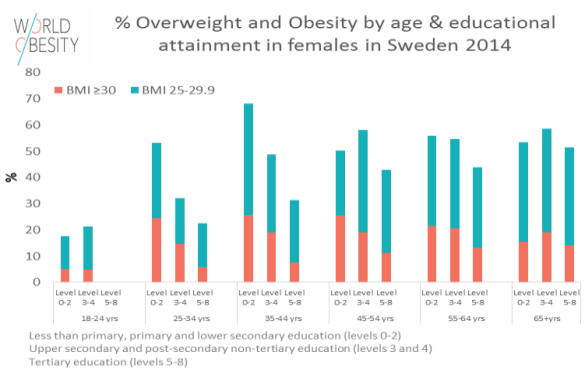
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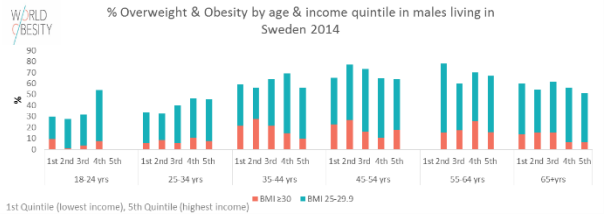


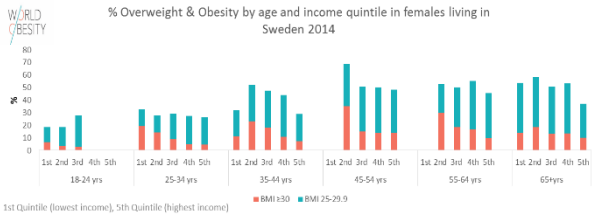
By Age & Education





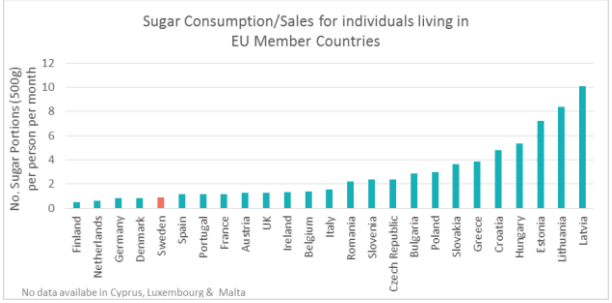
By Age & Income



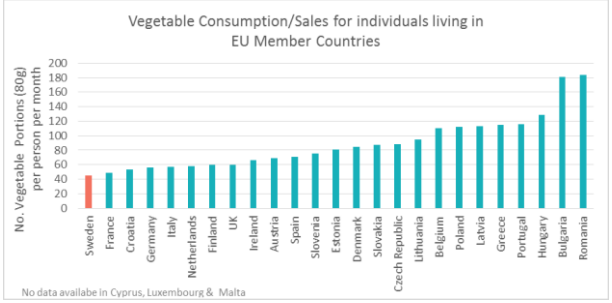


Drivers

Sugar

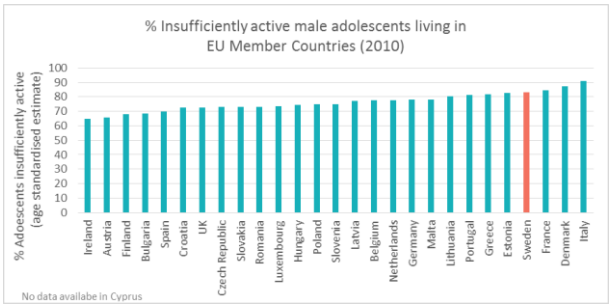


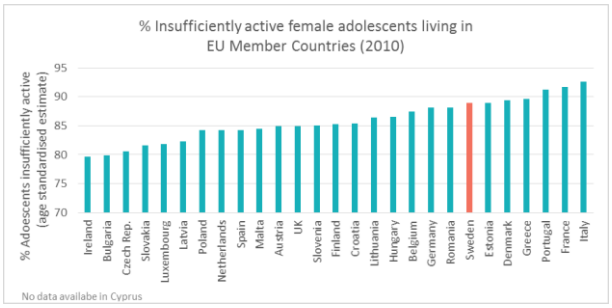
Vegetable

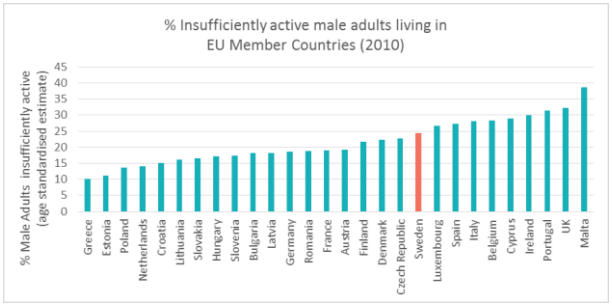


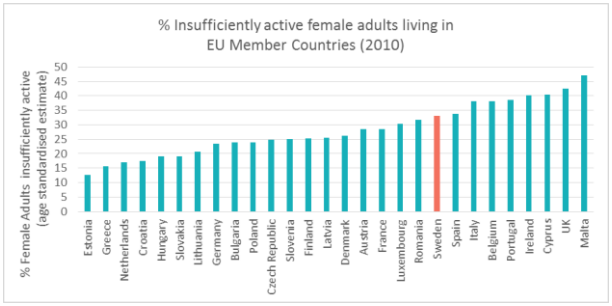
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Insufficient Activity

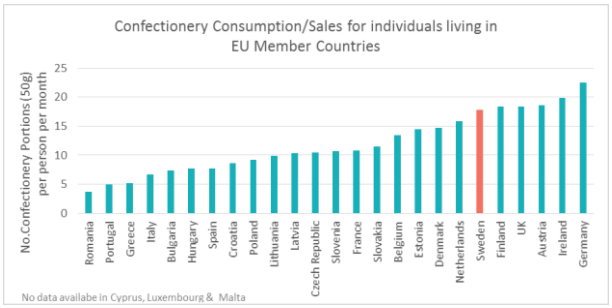




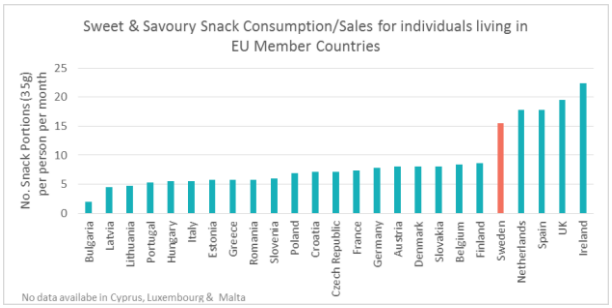




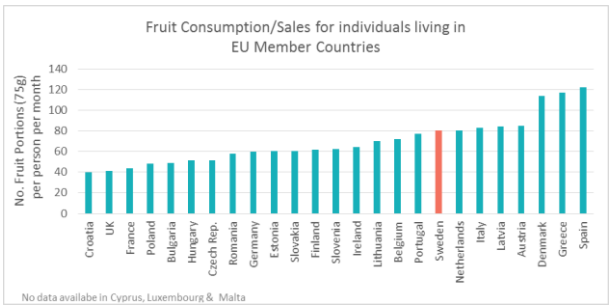
Confectionery



Sweet & Savoury Snacks



Fruit



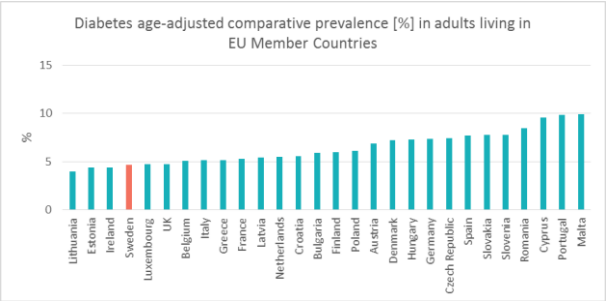
Soft Drinks



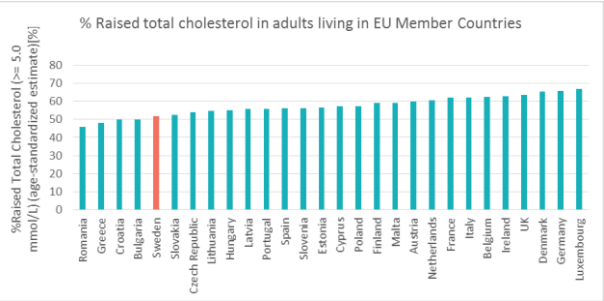
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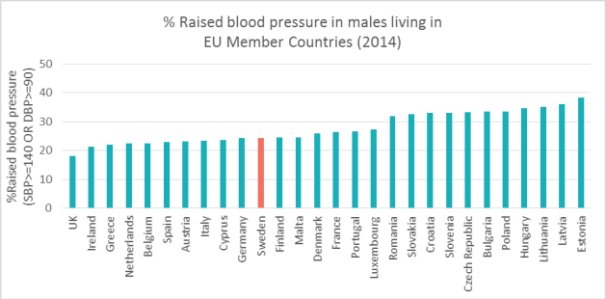
Diabetes (Type I & II)

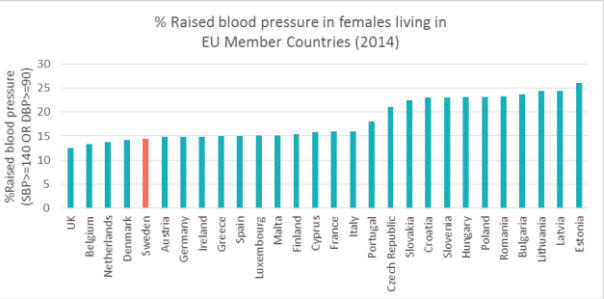


High Cholesterol

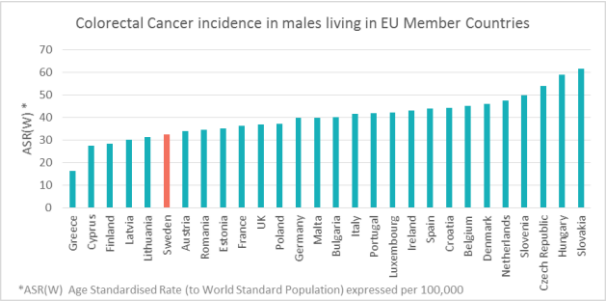


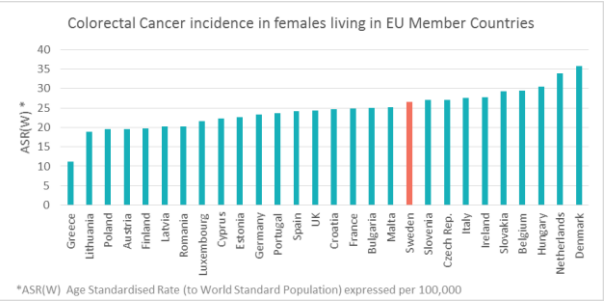
Raised Blood Pressure

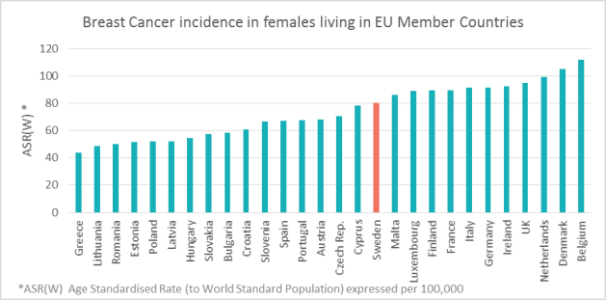


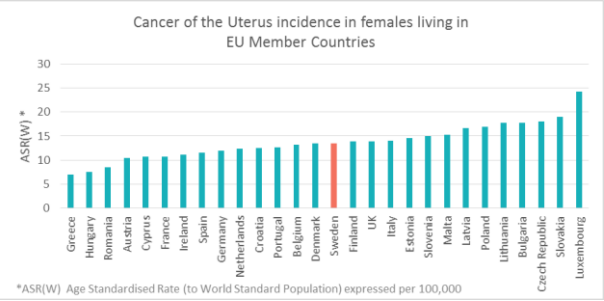


Cancers



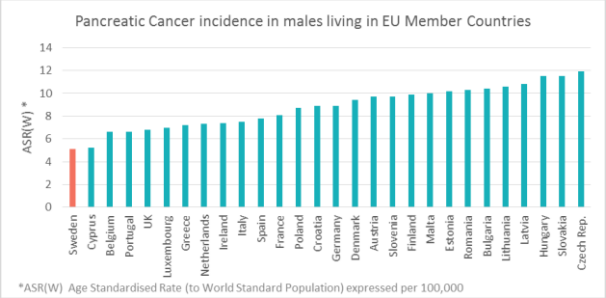


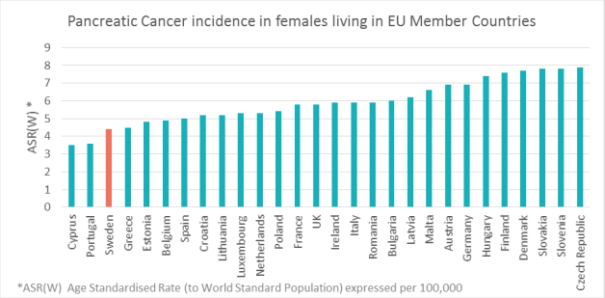


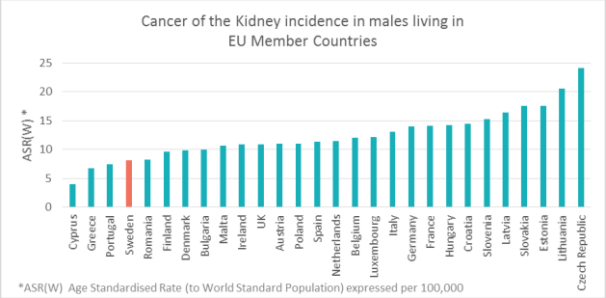


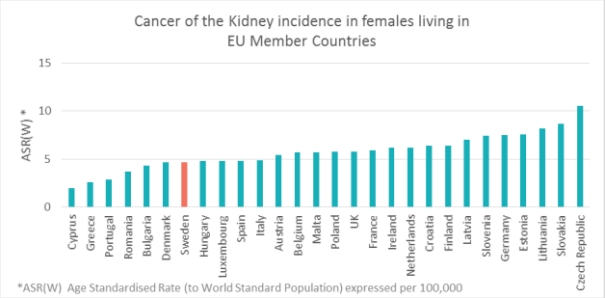
SWEDEN

Cancers Cont.









Policies & Interventions

Regulation (EU) No 1169/2011	The new EU Regulation 1169/2011 on the provision of food information to consumers considerably changes existing legislation on food labelling.
Action Plan for implementation of the European Strategy for the Prevention and Control of Noncommunicable Diseases 2012–2016	It identifies priority action areas and interventions for countries to focus on over the next five years (2012–2016), as they implement the European Strategy for the Prevention and Control of Non-communicable Diseases.
Healthy dietary habits and increased physical activity, the basis for an action plan (2005)	NOPA - The Swedish Government intends to put forward an action plan for healthy dietary habits and increased physical activity. The aim of such an action plan is to introduce measures to improve the prerequisites for healthy dietary habits and physical activity in order to contribute to the overall public health aim: to create social conditions which ensure good health, on equal terms, for the entire population
The Education Act	The Education Act came into force 1 July 2011 which included a requirement that school meals should be nutritious and free of charge.
Healthier Sweden 2012	Awareness week about the importance of healthy diet and physical activity through promotion of on-going work and activities all over Sweden.
Wellness in Värmland	This is a health promotion programme that aims to assist adults in healthy lifestyle changes through physical activity and diet. (Programme appears to have ceased)
Sweden's Public Health Policy	NOPA - The overarching aim of Sweden's public health policy is to create social conditions that will ensure good health, on equal terms, for the entire population. The policy contains 11 objective domains which cover the most important determinants of Swedish health. Two of the objective domains are Physical activity and Eating habits.
IDEFICS - Identification and prevention of Dietary and lifestyle-induced Health Effects In Children and Infants	The study delivered data to make an international assessment of the problem of "obesity in children" possible. The focus of the IDEFICS Study lied in exploring the risks for overweight and obesity in children as well as associated long-term consequences. IDEFICS also offered activities for health promotion and prevention in kindergartens and schools. These prevention programmes were developed,

SWEDEN

	implemented and evaluated within the IDEFICS Study. Participating countries included Belgium, Cyprus, Denmark, Estonia, France, Germany, Hungary, Italy, Spain, Sweden and UK.
Nordic Nutrition Recommendation 2012: Integrating nutrition and physical activity	Guidelines for dietary composition and recommended intakes of nutrients.
Physical activity strategy for the WHO European Region 2016-2025	The strategy focuses on physical activity as a leading factor in health and well-being in the European Region, with particular attention to the burden of non-communicable diseases associated with insufficient activity levels and sedentary behaviour. It aims to cover all forms of physical activity throughout the life-course.
The European Food and Nutrition Action Plan 2015-2020	The aim on this action plan is to significantly reduce the burden of preventable diet-related non-communicable diseases, obesity and all other forms of malnutrition that are still prevalent in the WHO European Region.
European charter on counteracting obesity	To address the growing challenge posed by the epidemic of obesity to health, economies and development, the Ministers and delegates attending the WHO European Ministerial Conference on Counteracting Obesity (Istanbul, Turkey, 15–17 November 2006) adopted the European Charter on Counteracting Obesity. The process of developing the Charter involved different government sectors, international organizations, experts, civil society and the private sector through dialogue and consultations
Code on marketing food and non-alcoholic beverages to children	Code on marketing to children
A better life through diet and physical activity: Nordic plan of action on better health and quality of life through diet and physical activity	This document provides solutions to the problems of an unhealthy diet, physical inactivity, and overweight primarily found in action at the national or local level.
WHO European Action Network on reducing marketing pressure on children	Currently 28 countries participating in the WHO European Action Network on reducing marketing pressure on children, all of which have a joint interest in finding ways to reduce the marketing pressure of high salt, energy-dense, micronutrient-poor foods and beverages towards children

Data compiled September 2016.

Produced with the support of an operational grant under the European Commission's Third Health Programme. The European Commission is not responsible for any use that may be made of the material arising

Sources

Overweight & Obesity %	Data sources available at www.worldobesity.org/resources/
Population Estimates	UN Population Estimates, United Nations, http://esa.un.org/unpd/wpp/
Diabetes estimates 2015	Reproduced with kind permission of IDF, Diabetes Estimates 2015, IDF, http://www.diabetesatlas.org/resources/2015-atlas.html
Worldwide GINI Index	Worldwide GINI Index, Central Intelligence Agency - World Fact Book, https://www.cia.gov/library/publications/the-world-factbook/rankorder/2172rank.html (last accessed 19th January 2016)
Physical Inactivity estimates	Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A893?lang=en
Raised Fasting Glucose	Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A869?lang=en
Raised BP	Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A875?lang=en
Raised cholesterol	Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A885
Cancer incidence rates	Cancer incidence rates, GLOBOCAN, IARC, http://globocan.iarc.fr/Pages/online.aspx
EUROMONITOR FOOD INTAKES	Estimates calculated by World Obesity Federation based on Euro monitor food intake data. Euro monitor, http://www.euromonitor.com

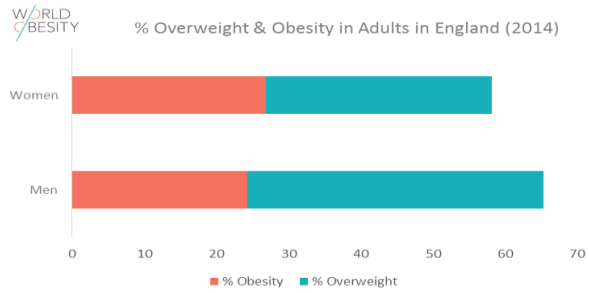
United Kingdom

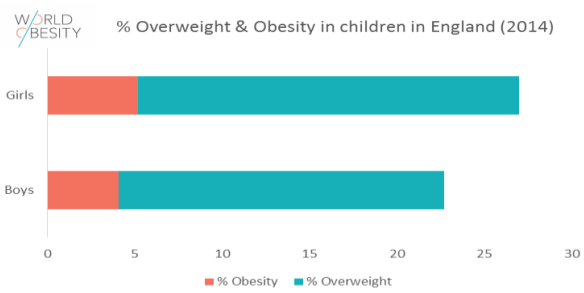
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GINI INDEX: 27.32

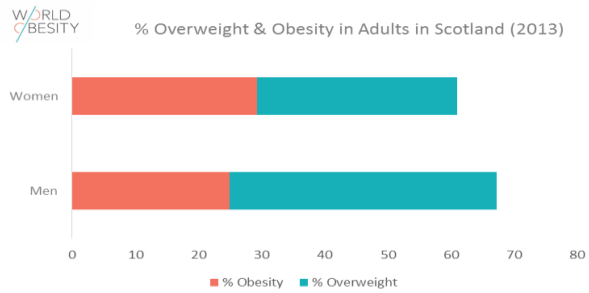
General Prevalence

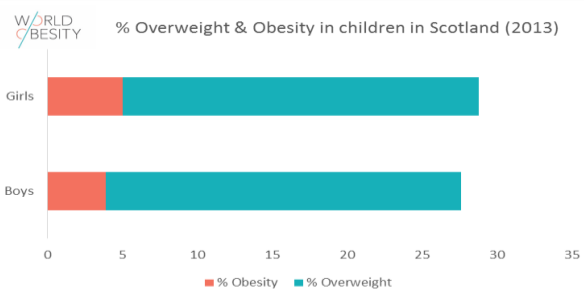
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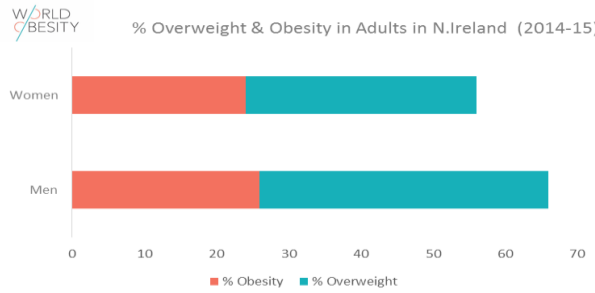


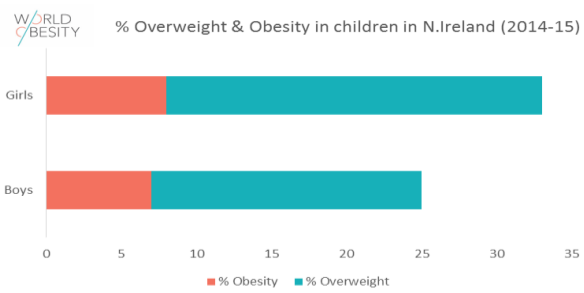
Scotland



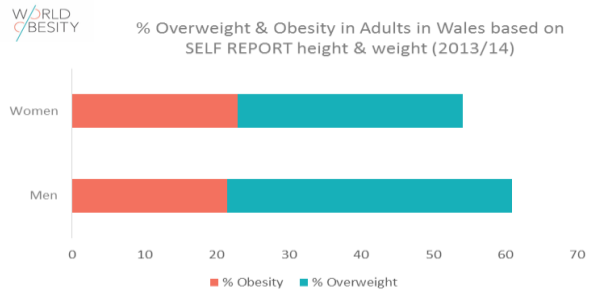


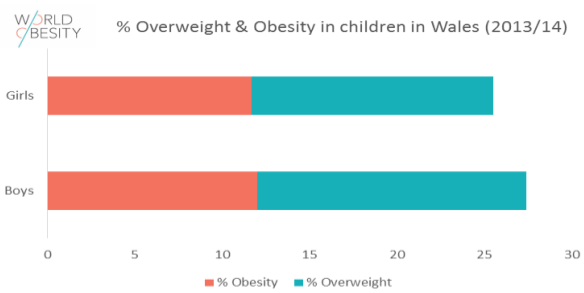
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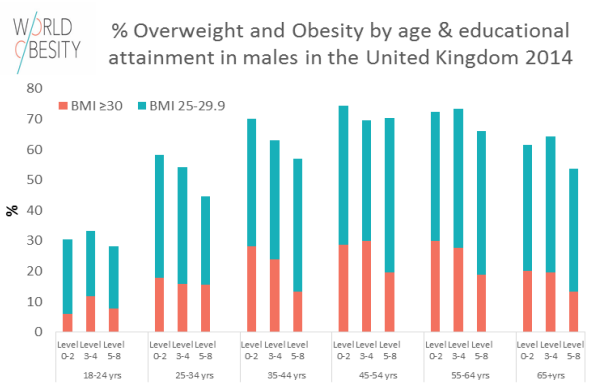
Wales



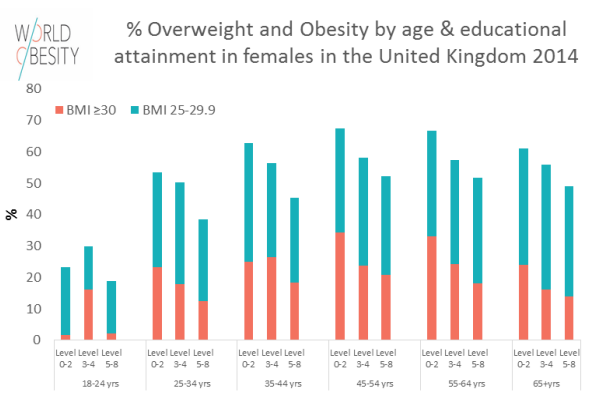


United Kingdom

By Age & Education

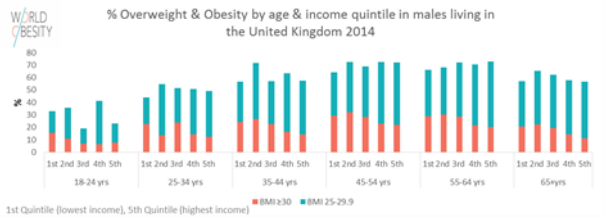


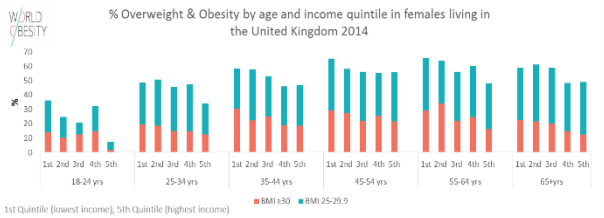
Less than primary, primary and lower secondary education (levels 0-2)
Upper secondary and post-secondary non-tertiary education (levels 3 and 4)
Tertiary education (levels 5-8)



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)

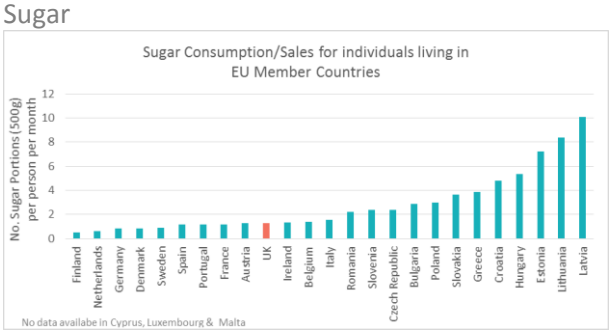
By Age & Income



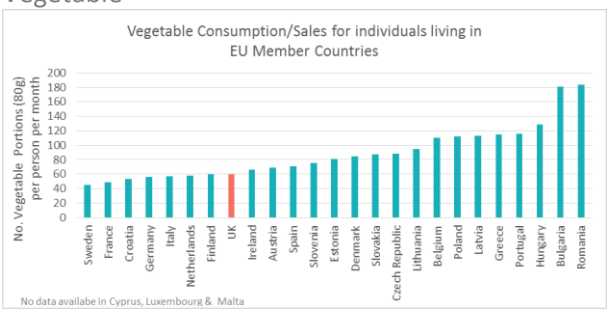


Drivers

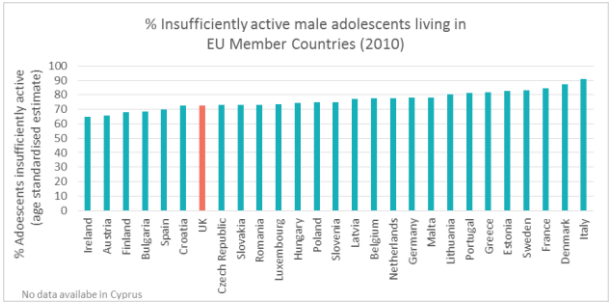
Sugar

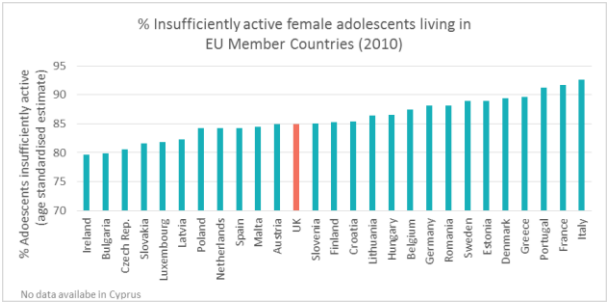


Vegetable

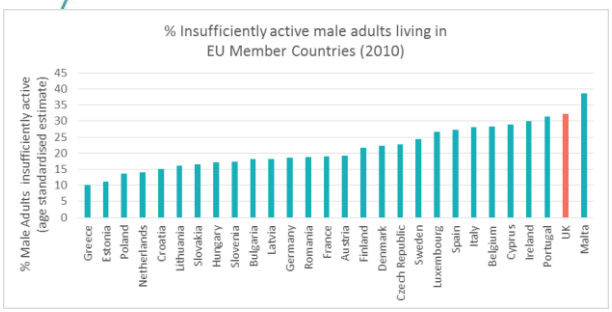


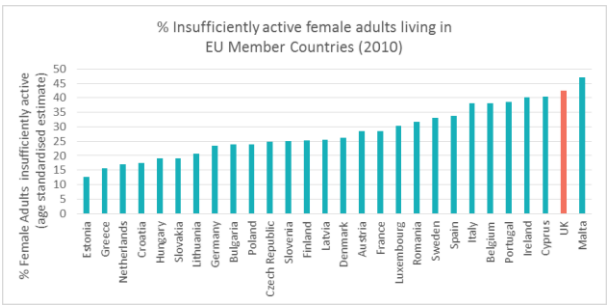
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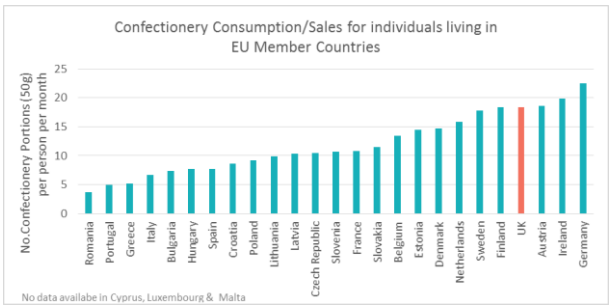


United Kingdom





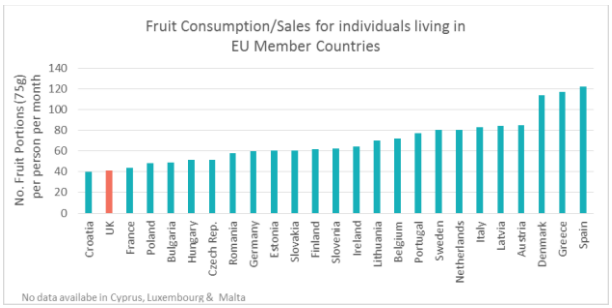
Confectionery



Sweet & Savoury Snacks



Fruit

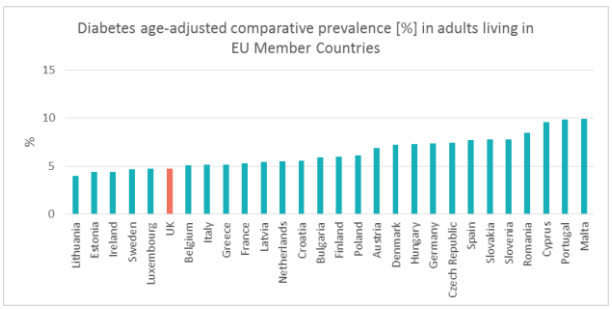


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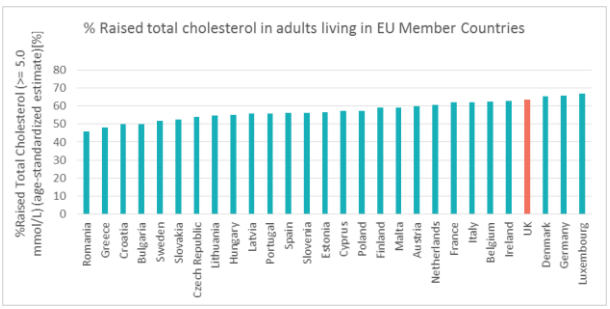


Impact

Diabetes (Type I & II)

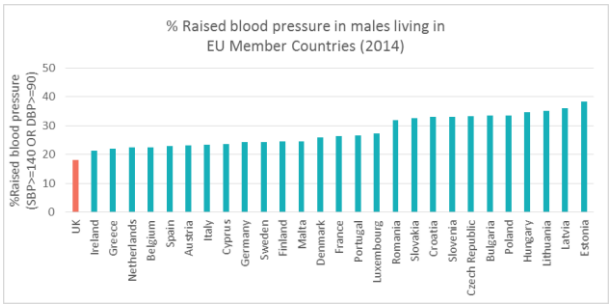


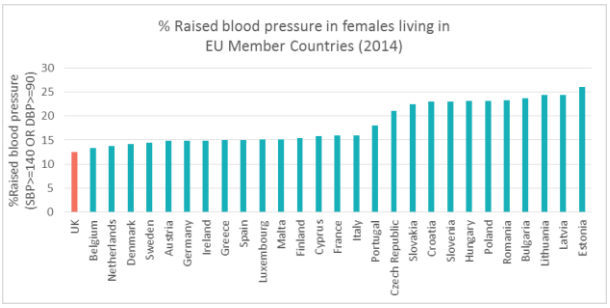
High Cholesterol



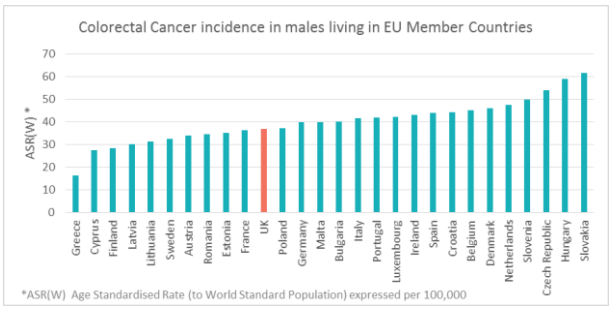
United Kingdom

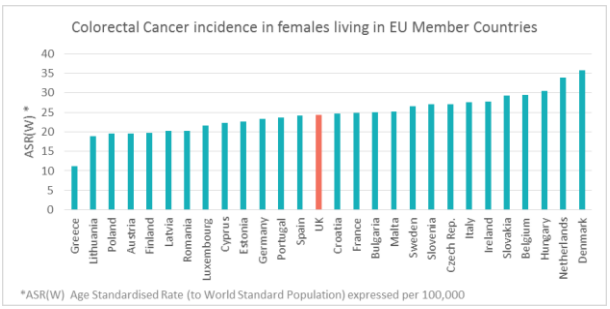
Raised Blood Pressure

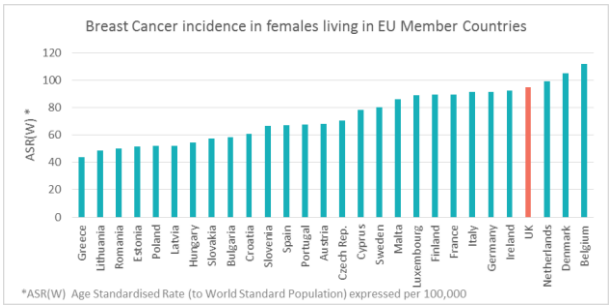


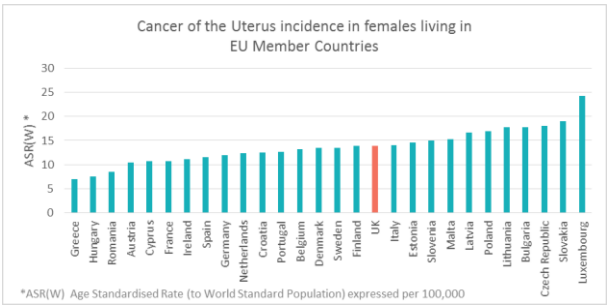


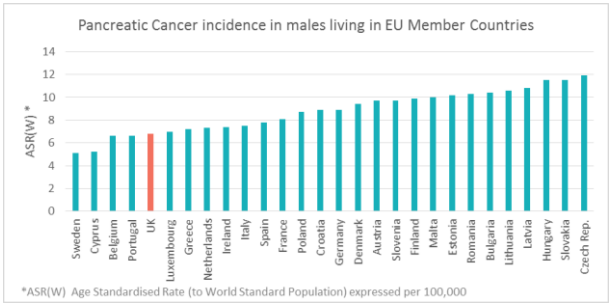
Cancers

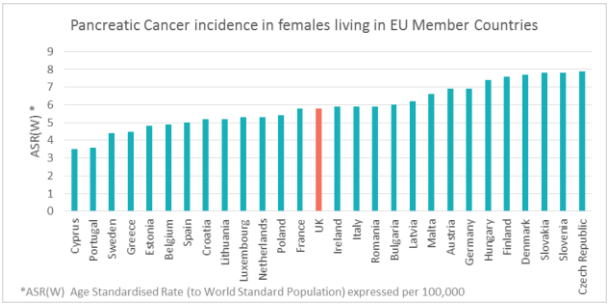






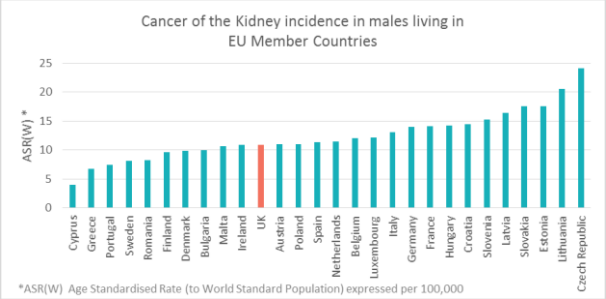


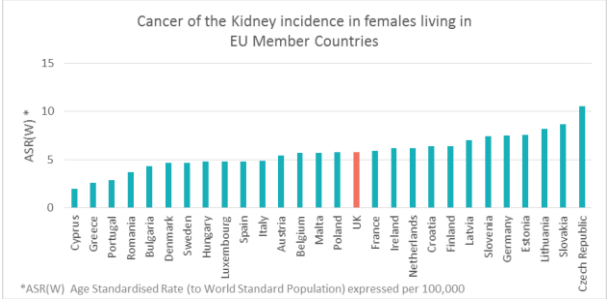




United Kingdom

Cancers Cont.





Policies & Interventions

United Kingdom

European Youth Tackling Obesity (EYTO) Project	The EYTO project was led by the UK based National Children's Bureau (NCB) in partnership with organisations in Spain, Portugal and the Czech Republic. With funding from the European Union, the EYTO partnership developed an innovative youth-led social marketing approach to promote healthy eating and physical activity and stem the rise in obesity amongst young people, aged between 13 and 18 years old who are vulnerable to obesity.
National Clinical Guidelines: Obesity	Clinical guidelines for the identification, assessment and management of overweight and obesity in children, young people and adults
Obesity Prevention	National guidance on the prevention of overweight and obesity in adults and children in England and Wales. These were published in 2006 and updated in 2015.
Food 2030	A strategy for a sustainable and secure food system in the UK for 2030. One of the key priorities in this document is enabling and encouraging people to eat a healthy, sustainable diet.
Sugar Smart City	This campaign uses a webpage, social media and events to raise awareness about the sugar content of food and drink products and to educate and inform people about the impact of high sugar intake on health.
Walking and Cycling - an action plan	The action plan sets out measures from across government to increase levels of active travel by creating places to walk and cycle in and influencing travel behavior through training, education, marketing and promotion.
Code on marketing food and non-alcoholic beverages to children	Code on marketing to children



United Kingdom

Start Active, Stay Active: a report on physical activity for health from the four home countries' Chief Medical Officers	These are guidelines issued by the four Chief Medical Officers (CMOs) of England, Scotland, Wales and Northern Ireland. They draw on the global evidence of the health benefits that people can achieve by taking regular physical activity throughout their lives.
Start Active, Stay Active	A UK-wide document that presents guidelines on the volume, duration, frequency and type of physical activity required across the life course to achieve general health benefits. It is aimed at the NHS, local authorities and a range of other organisations designing services to promote physical activity.
School Food Regulations 2014 (No. 1603)	Applicable to school lunches and food provided to students on school premises, will come into force 1 January 2015. These replace the School Food Standards of 2007.
Food Matters: Towards a strategy for the 21st Century	This report addresses the major issues facing the food system in the UK and a series of agreed actions
Measuring Up: The medical profession's prescription for the nation's obesity crisis	A report suggesting a number of policy measures to tackle obesity, a ban on junk food advertising before 9pm and recommendations on reducing the proximity of fast food outlets to schools.
Be active, be healthy: a plan for getting the nation moving	Be active, be healthy establishes a new framework for the delivery of physical activity alongside sport for the period leading up to the London 2012 Olympic Games, Paralympic Games and beyond. Programmes outlined in the plan will contribute to Government's ambition of getting 2 million more people active by 2012 and have been designed to leave a lasting legacy from the Games.
Annual weigh-in	Assessment of the Academy's 10 recommendations for obesity one year on.
Preventing excess weight gain (NICE Guidelines NG7)	These guidelines makes recommendations on behaviours that may help people maintain a healthy weight or prevent excess weight gain.
The Food Standards Agency's Strategy for 2015-2020	'The FSA Strategy 2015 -20 reinvigorates our pledge to put consumers first in everything we do, so that food is safe and what it says it is, that we have access to an affordable healthy diet, and can make informed choices about what we eat, now and in the future.'
IDEFICS - Identification and prevention of Dietary and lifestyle-induced Health Effects In Children and Infants	The study delivered data to make an international assessment of the problem of "obesity in children" possible. The focus of the IDEFICS Study lied in exploring the risks for overweight and obesity in children as well as associated long-term consequences. IDEFICS also offered activities for health



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	promotion and prevention in kindergartens and schools. These prevention programmes were developed, implemented and evaluated within the IDEFICS Study. Participating countries included Belgium, Cyprus, Denmark, Estonia, France, Germany, Hungary, Italy, Spain, Sweden and UK.
Walk to School Week	Walk to School Week is a project run by the UK charity 'Living Streets.' It uses various campaigns and projects to overcome barriers to walking and encourage millions of people in the UK to walk.
WHO European Action Network on reducing marketing pressure on children	Currently 28 countries participating in the WHO European Action Network on reducing marketing pressusre on children, all of which have a joint interest in finding ways to reduce the marketing pressure of high salt, energy-dense, micronutrient-poor foods and beverages towards children
MAN v FAT	Man V Fat is a digital magazine and social media community designed to support and champion men who want to lose weight. It also runs bootcamps and football leagues for men with a BMI of 30+.
Healthy Weight Support Programme	6 week workplace intervention that combines group lectures about healthy habits and diet and free pass to leisure centre to prevent obesity.
Physical activity strategy for the WHO European Region 2016-2025	The strategy focuses on physical activity as a leading factor in health and well-being in the European Region, with particular attention to the burden of non-communicable diseases associated with insufficient activity levels and sedentary behaviour. It aims to cover all forms of physical activity throughout the life-course.
Regulation (EU) No 1169/2011	The new EU Regulation 1169/2011 on the provision of food information to consumers considerably changes existing legislation on food labelling.
The Child's Obesity Strategy	This report calls for a ban on fast food takeaway deliveries to schools and the introduction of initiatives such as new classifications on unhealthy food and loyalty cards to tackle the childhood obesity epidemic in the UK.
Game Plan, Strategy for delivering the Government's sport and physical activity objectives	This document describes the United Kingdom's Government objectives for sport and physical activity and identifies ways of improving Government support. It was published in 2002 by two government departments: the Social Exclusion Unit and the Department of Culture, Media and Sport. The overall objectives of the plan are to increase the participation of all people in sport and to improve results in international competition.



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Tomorrow's roads: safer for everyone—the Government's road safety - strategy and casulty reducation targets for 2010	This plan, published in 2004 by the Department of Transport of England, describes how the Government is aiming to increase walking and cycling in the population. It sets out measures across sectors to increase levels of active travel.
UK Code of Broadcast Advertising (BCAP Code)	Statutory rules on advertisements for HFSS foods on TV channels dedicated to children. These regulations ban the advertising of food high in fat, sugar, and salt (as defined by a nutrient profiling model) during television programs that have particular appeal to children aged younger than 16 years. Since 2011, the provisions of the Code of Advertising Practice now apply to advertisers own websites and advertising on social media sites.
Choosing Health: Making healthy choices easier	This White Paper sets out the key principles for supporting the public to make healthier and more informed choices in regards to their health.
Choosing a Better Diet: A Food and Health Action Plan	This document sets out the Government's plans to encourage and co-ordinate the action of a range of organisations to improve nutrition and health in England. The paper summarises how the Government will deliver the commitments on nutrition presented in the public health white paper Choosing Health: Making healthier choices easier.
Sporting Future: A New Strategy for an Active Nation 2015	'This cross-government strategy will tackle head on the flatlining levels of sport participation and high levels of inactivity in this country. Through this strategy, government is redefining what success in sport means, with a new focus on five key outcomes: physical wellbeing, mental wellbeing, individual development, social and community development and economic development.'
Guide to creating a front of pack (FoP) nutrition label for pre-packed products sold through retail outlets	This guidance supports the development of front of pack (FoP) nutrition labels that are compliant with the UK Health Ministers' Recommendation on the use of colour coding as an additional form of expression and with EU Regulation No. 1169/2011 on the provision of food in formation to consumers (EU FIC). The provision of FoP information remains voluntary, but if provided it must meet the requirements set out in the EU FIC.
The School Fruit and Vetetable Scheme (SFVS)	The School Fruit and Vegetable Scheme (SFVS) is a government programme that entitles every child aged 4-6 in fully state-funded schools to a piece of fruit or vegetable each school day. This equates to approx. 2.2m children in approx. 16500 schools.
The European Food and Nutrition Action Plan 2015-2020	The aim on this action plan is to significantly reduce the burden of preventable diet-related non-communicable diseases,



	obesity and all other forms of malnutrition that are still prevalent in the WHO European Region.
European charter on counteracting obesity	To address the growing challenge posed by the epidemic of obesity to health, economies and development, the Ministers and delegates attending the WHO European Ministerial Conference on Counteracting Obesity (Istanbul, Turkey, 15–17 November 2006) adopted the European Charter on Counteracting Obesity. The process of developing the Charter involved different government sectors, international organizations, experts, civil society and the private sector through dialogue and consultations
Action Plan for implementation of the European Strategy for the Prevention and Control of Noncommunicable Diseases 2012–2016	It identifies priority action areas and interventions for countries to focus on over the next five years (2012–2016), as they implement the European Strategy for the Prevention and Control of Non-communicable Diseases.

England

Look Up	'Look Up' is one of the European Youth Tackling Obesity (EYTO) campaigns based in the London Borough of Islington, England. It is entirely managed by local young people of Islington and was launched via Facebook and Twitter pages, which they use to post content such as tips and challenges to encourage young people to be active and try new healthier foods.
Childhood Obesity - A Plan for Action	The government's plan to reduce England's rate of childhood obesity within the next 10 years by encouraging: industry to cut the amount of sugar in food and drinks primary school children to eat more healthily and stay active
Code on marketing food and non-alcoholic beverages to children	Code on marketing to children
Public Health 'Responsibility Deal'	In England, through the Government's Responsibility Deal launched in 2011, the food industry has made voluntary commitments ('pledges') to reformulate their products to reduce salt, saturated and trans fats, and calories. Through the Responsibility Deal, 40 companies have signed up to the calorie reduction 'pledge', including major retailers, manufacturers and caterers, as of October 2014. These companies are taking a range of actions, including reducing portion sizes, to help people consume fewer calories.
Choosing activity: a physical activity action plan	This document sets out the Government's plan to encourage and coordinate the action of a range of departments and organisations in order to promote increased participation in physical activity across England.





United Kingdom

Everybody active, every day: a framework to embed physical activity into daily life	An evidence-based approach for national and local action to address the physical inactivity epidemic
Give Up Loving Pop (GULP)	GULP is a campaign from Food Active which aims to raise awareness of the health harms associated with over consumption of sugary drinks. FOOD ACT!VE is a collaborative programme launched by the North West Directors of Public Health in November 2013 to tackle increasing levels of obesity.
re:fresh	The re:fresh programme aims to offer the people of Blackburn with Darwen the opportunity to access a range of leisure, health and well-being activities, health and dietary advice.
Healthy Mums	Healthy Mums is a free 'healthy' weight management service for pregnant and new mums with a BMI greater than 30.
HENRY	HENRY (Health Exercise Nutrition for the Really Young) is an intervention that aims to protect young children from the physical and emotional consequences of obesity. It is a charity that works with over 60 local partners to deliver packages of support to families including training, peer support, and improving access to resources.
MAC	The Most Active County (MAC) programme is Suffolk Council's 2012 legacy programme for sport, physical activity and health. It is a strategic partnership framework developed to maximise the contribution of sport and physical activity to improving health and wellbeing and reducing health inequalities.
Fire Fighting Fit and Healthy	Fire Fighting Fit and Healthy is an eight-week programme for teenagers between the age of 13-17 years who want to lose weight and gain confidence. These are run by fire-fighters themselves and allow teenagers to take part in a range of activities based around what fire-fighters do in their day-to-day jobs. This can include everything from hose running to climbing towers. The sessions, which take part over the course of eight weeks, are run by the fire-fighters who have been given specialist gym instruction and nutrition training.
Sugar Smart City Debate	The first stage of Sugar Smart City was a city-wide survey and debate to find out whether residents think the Council should take action on sugar, and where it should focus it's efforts.
Pirates, Pop and Pupils	The initiative incorporates three very different projects that have been developed by St Helens Metropolitan Borough Council to tackle obesity. These include a healthy living superhero, a sugary drinks campaign and the creation of a network of governor health champions.
Box Chicken	Box Chicken is a healthy street food campaign aimed at children in low income areas to tackle childhood obesity. Box Chicken is a project by Shift (formerly We Are What We Do) – a not for-profit behaviour change





United Kingdom

	company that aims to shift the everyday behaviours of individuals by tackling a series of major social and environmental issues, such as mental health, youth obesity and domestic food and energy waste.
Healthier Options Takeaways (HOT)	Broxtowe Borough Council implemented the Healthier Options Takeaway (HOT) Merit scheme in conjunction with Nottinghamshire County Council and the other district Council's within Nottinghamshire. The HOT Merit aims to increase accessibility and awareness of healthier options in takeaway outlets and forms part of an approach to reduce obesity within Nottinghamshire.
Nippers' Nutrition Programme	In April 2010, jointly with the NHS Healthy Weight Programme, the Nippers' Nutrition Programme was developed aimed at supporting settings across Cornwall to provide children in their care with nutritious food.
Sugar Reduction: The evidence for action	A mixed method review of behaviour changes resulting from experimental studies that examine the effect of fiscal measures targeted at high sugar food and non-alcoholic drink
Dudley Healthy Towns	The project transformed five of the borough's parks into 'healthy hubs' in order to encourage families to make the most of outdoor areas.
Fit Fans Hull	Weight loss through lifestyle and exercise programmes. It is led by people working with professional footballers and rugby players.
Change4Life	Social marketing campaign to tackle the causes of obesity and encourage improvements in diet, activity level and alcohol consumption.
Regulation (EU) No 1169/2011	The new EU Regulation 1169/2011 on the provision of food information to consumers considerably changes existing legislation on food labelling.
Healthy Weight, Healthy Lives: A Cross-Government Strategy for England	A cross-Government strategy to tackle obesity.
Healthy Weight, Healthy Lives: One Year On	This is a report on the delivery of Healthy Weight, healthy Lives: A Cross-Government Strategy for England, published in January 2008. It sets out how to continue to build a society that supports healthy weight through informing consumer choice etc.
Healthy Lives, Healthy People. A call to action on obesity in England	This document sets out how the new approach to public health will enable effective action on obesity and encourages a wide range of partners to play their part.
The Eatwell Plate	The eatwell plate is the UK's national food guide and defines the government's advice on a healthy balance diet. The eatwell plate is a visual representation of how different foods contribute towards a healthy balanced diet. An updated version was launched in March 2016.



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School Food Regulations 2014 (No. 1603)	Applicable to school lunches and food provided to students on school premises, will come into force 1 January 2015. These replace the School Food Standards of 2007.

Northern Ireland

Nutritional standards for school lunches - a guide for implementation	Nutritional standards for school lunches in Northern Ireland.
Nutritional standards for other food and drink in schools - a guide to implementation	Nutritional standards for schools in Northern Ireland.
Changing Gear: A bicyle strategy for Northern Ireland	This strategy document outlines the Minister's vision for cycling in Northern Ireland.
Framework for Preventing and Addressing Overweight and Obesity in Northern Ireland 2012-2022: A Fitter Future for All	The aim of this framework is 'to empower the population of Northern Ireland to make healthy choices, reduce the risk of overweight and obesity related diseases and improve health and wellbeing, by creating an environment that supports and promotes a physically active lifestyle and a healthy diet.'
A Fitter Future for All update report 2012-2014	A 2 year update report on the outcomes of A Fitter Future for All.
Get a life, get active	A campaign to promote physical activity into everyday lives for better health. The website contains guidance and tips for children, families, adults and older adults.
Enjoy Healthy Eating	The guidance on the Enjoy Healthy Eating website is aimed at adults aged 18 years and over. It includes nutrition information through the life stages including pregnancy, breastfeeding and if you are a vegetarian. It also contains information for parents on what infants, children and adolescents need to help them grow and reach their full potential.
Food in Schools Policy	The Food in Schools Policy, Healthy Food for Healthy Outcomes is an overarching policy advocating a 'whole school approach' to all food provided in schools, and to the development of the necessary knowledge and skills in relation to healthy eating and lifestyles. It was developed jointly by both DHSSPS and DE in response to concerns about rising levels of overweight and obesity in children and young people.
A Fitter Framework for All Outcome Framework 2015-2019	This document contains new outcomes to aid implementation of the Framework over the 2015-2019 period. The outcomes have been developed under the condition that delivery partners should seek to maximise the benefits which can be achieved within existing resources.

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Scotland

Preventing Overweight and Obesity in Scotland: A Route Map Towards Healthy Weight	This policy is aimed at central and local government decision-makers working with their partners in agencies, the third sector, NHS Scotland and business to develop and subsequently deliver the long-term solutions to the obesity problem in Scotland. The Route Map sets out the further direction of national and local government decision making in the short and medium term to avoid predicted consequences becoming a reality.
Improving Maternal and Infant Nutrition: A Framework for Action	This action framework is aimed at a wide variety of organisations with a role in improving maternal and infant nutrition in Scotland.
Recipe for Success – Scotland's National Food and Drink Policy	This paper sets out how to support the growth of the food and drink industry; build on the Scottish reputation as a land of food and drink; ensure the public makes healthy and sustainable choices; make the public sector an exemplar for sustainable food procurement; ensure the food supplies are secure and resilient to change; make food both available and affordable to all; and ensure that the Scottish people understand more about the food they eat.
Management of Obesity - A National Clinical Guideline	This guideline provides evidence based recommendations on the prevention and treatment of obesity within the clinical setting, in children, young people and adults.
Active Early Years Project	The Active Early Years project is a collaboration between the Winning Scotland Foundation and registered social landlord ng homes for North Glasgow. It aims to find ways to get three to seven-year-olds to take part in physical activity and sport.
Healthy Eating in Schools: A guide to implementing the nutrition requirements for food and drinks in schools (Scotland) regulations 2008	Regulations approved to help improved the health of children and young people in Scotland.
Healthy Eating, Active Living: An action plan to improve diet, increase physical activity and tackle obesity (2008-2011)	A plan of action to help improve the nation's diet, encourage greater physical activity and begin to establish a base for tackling obesity through both targeted interventions and supporting the public to achieve and maintain a healthy weight.
The Schools (Health Promotion and Nutrition) (Scotland) Act 2007	The Schools (Health Promotion and Nutrition) (Scotland) Act builds on the work of health promoting schools and Hungry for Success. It places health promotion at the heart of a school's activities and details a number of duties on local authorities such as to promote school meals and consider sustainable development guidance when providing food and drink.





United Kingdom

Healthy Happy Communities Project	The Healthy Happy Communities Project (HHCP) runs in disadvantaged areas of Angus, focusing on food and health, particularly for women of childbearing age, pregnant women and the under-fives. It has Healthy Start cafés and community gardening and cooking projects.

Wales

The Healthy Eating in Schools (Nutritional Standards and Requirements) (Wales) Regulations 2013	These regulations set out the types of food and drink that can, and cannot, be provided during the school day and define the nutrient content of school lunches.
Food and Fitness - Promoting Healthy Eating and Physical Activity for Children and Young People in Wales	A 5 year implementation plan that provides information and activities for children and young people to increase their levels of activity and improve nutrition.
Mind, Exercise, Nutrition, Do it! (MEND)	This is a family-based, community referral programme for overweight and obese children aged between 7-13 and their families. The Welsh Government commissioned MEND in 2009.
Appetite for Life Action Plan	A strategy aiming to improved the nutritional standards of the food and drink provided to school children in Wales.
Change4Life in Wales	A campaign that introduces lifestyle changes through advocating better nutrition and exercise.
Creating an Active Wales	Commitments to increase activity amongst children and young people in Wales.
Climbing Higher - a strategy for sport and physical activity	This is the Welsh Assembly Government's long-term strategy for sport and physical activity, setting out its strategic direction in Wales for the next twenty years.
Health Challenge Wales	Health Challenge Wales has been developed to signposts members of the public to information or activity to help them improve their own health. It also engages with organisations to look after the health of their staff and customers
Free Swimming	The Assembly Government is funding free swimming in Wales for under 16s and the over 60s. This initiative is aimed at increasing participation in physical activity and improving the health and well-being of the nation by removing barriers and improving access to local authority leisure services.
All Wales Obesity Pathway	The Pathway is a tool for Health Boards, working jointly with Local Authorities and other key stakeholders, to map local policies, services and activity for both children and adults against four tiers of intervention and to identify any gaps

United Kingdom

Developing and Managing Play Spaces	The toolkit is intended to provide a single source of support and signposting for community groups to navigate some of the challenges of managing or developing a play space. Originally published in 2012, it has been updated in 2016 to include latest information, legislation and resources.

Data compiled September 2016.

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Sources

Overweight & Obesity %	Data sources available at www.worldobesity.org/resources/
Population Estimates	UN Population Estimates, United Nations, http://esa.un.org/unpd/wpp/
Diabetes estimates 2015	Reproduced with kind permission of IDF, Diabetes Estimates 2015, IDF, http://www.diabetesatlas.org/resources/2015-atlas.html
Worldwide GINI Index	Worldwide GINI Index, Central Intelligence Agency - World Fact Book, https://www.cia.gov/library/publications/the-world-factbook/rankorder/2172rank.html (last accessed 19th January 2016)
Physical Inactivity estimates	Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A893?lang=en
Raised Fasting Glucose	Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A869?lang=en
Raised BP	Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A875?lang=en
Raised cholesterol	Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A885
Cancer incidence rates	Cancer incidence rates, GLOBOCAN, IARC, http://globocan.iarc.fr/Pages/online.aspx
EUROMONITOR FOOD INTAKES	Estimates calculated by World Obesity Federation based on Euro monitor food intake data. Euro monitor, http://www.euromonitor.com

EU Adults: projections to 2025

Calculated from World Bank population estimates for 2010, 2014 and 2025, and overweight and obesity prevalence estimates published by the Global Burden of Disease Study (Ng M, et al, *Lancet* 384, 9945, p766–781, 30 August 2014).

OW = Overweight including obese (BMI>25kg/m2)
OB = Obese including severely obese (BMI>30kg/m2)
OB35 = Severely obese (BMI> 35kg/m2)

EU Prevalence	2010	2014	2025
% OW	57.2%	59.1%	64.2%
% OB	21.2%	23.0%	28.0%
% OB35	4.2%	4.7%	6.1%

EU Number (millions)	2010	2014	2025
% OW	230.21	238.04	258.66
% OB	85.112	92.591	113.03
% OB35	16.926	19.022	24.779

Estimated numbers of adults overweight, obese and severely obese
Number (millions)

Country	OW-2010	OB-2010	OB35-2010	OW-2014	OB-2014	OB35-2014	OW-2025	OB-2025	OB35-2025
Austria	3.4585	1.1245	0.2009	3.6531	1.2628	0.2374	4.0234	1.5933	0.3293
Belgium	4.7168	1.5986	0.3034	4.9465	1.7565	0.3454	5.5344	2.1861	0.4613
Bulgaria	3.4943	1.2935	0.2559	3.491	1.3686	0.2807	3.4591	1.5393	0.3384
Croatia	2.0338	0.7662	0.1523	2.0106	0.7967	0.1639	2.1103	0.937	0.2061
Cyprus	0.5163	0.1938	0.0393	0.5599	0.2204	0.046	0.6585	0.2892	0.0638
Czech Republic	5.3452	2.1744	0.4608	5.3963	2.277	0.4918	5.7279	2.639	0.5941
Denmark	2.3083	0.7666	0.1422	2.4417	0.8544	0.1652	2.7438	1.0792	0.226

Estonia	0.5904	0.2273	0.0446	0.5908	0.2353	0.0475	0.6048	0.2608	0.0558
Finland	2.2697	0.8048	0.1536	2.3716	0.883	0.1746	2.5974	1.081	0.2293
France	29.125	10.936	2.2064	30.571	12.025	2.501	35.096	15.343	3.3884
Germany	35.446	12.353	2.3314	36.164	13.298	2.6115	36.905	15.313	3.2501
Greece	5.3008	1.9132	0.3811	5.266	1.9909	0.4079	5.5257	2.3282	0.5059
Hungary	4.7373	1.8281	0.3698	4.7605	1.9111	0.3961	4.8954	2.1567	0.4711
Ireland	2.0159	0.7976	0.1643	2.1012	0.8911	0.1902	2.5581	1.261	0.2873
Italy	27.168	9.2844	1.7813	28.714	10.24	2.0285	30.636	12.059	2.5506
Latvia	0.9627	0.3799	0.0756	0.9254	0.3781	0.0773	0.9102	0.403	0.0872
Lithuania	1.4573	0.5976	0.122	1.4228	0.6133	0.1291	1.4639	0.7048	0.1578
Luxembourg	0.2226	0.0833	0.0167	0.2536	0.1011	0.0211	0.311	0.1423	0.0318
Malta	0.2111	0.0841	0.0177	0.2265	0.0938	0.0202	0.2446	0.1112	0.0251
Netherlands	7.0201	2.3555	0.4393	7.4171	2.6338	0.514	8.3343	3.351	0.7117
Poland	18.375	7.1769	1.4665	18.836	7.7516	1.6326	20.098	9.3031	2.0798
Portugal	4.5617	1.5587	0.2896	4.6365	1.6708	0.3241	5.0768	2.0595	0.4342
Romania	9.2814	3.3384	0.6465	9.3181	3.5002	0.6995	9.586	3.981	0.8484
Slovak Republic	2.6106	1.0351	0.2129	2.7079	1.1391	0.2421	2.9306	1.4056	0.318
Slovenia	0.992	0.3894	0.0804	1.012	0.4179	0.0887	1.0719	0.4977	0.1116
Spain	22.097	8.2388	1.6683	22.297	8.6896	1.8073	24.529	10.591	2.3273
Sweden	3.9601	1.3796	0.2632	4.2131	1.5471	0.3072	4.8272	1.9922	0.427
United Kingdom	29.929	12.432	2.6395	31.733	14.043	3.0711	36.205	18.417	4.2617
All EU	*230.21*	*85.112*	*16.926*	*238.04*	*92.591*	*19.022*	*258.66*	*113.03*	*24.779*

EU School-age children (age 5.0-17.9y): projections to 2025

Calculated from World Bank population estimates for 2000, 2010, 2013 and 2025, and overweight and obesity prevalence estimates for children aged 2.0-19.9y, published by the Global Burden of Disease Study (Ng M, et al, *Lancet* 384, 9945, p766–781, 30 August 2014 (http://www.thelancet.com/journals/lancet/article/PIIS0140-6736(14)60460-8/abstract)).

Further details on the calculation of these estimates are published in Lobstein T, Jackson-Leach R, *Pediatric Obesity* 11(5):p321-5, October 2016 (http://onlinelibrary.wiley.com/doi/10.1111/ijpo.12185/abstract).

Definitions of overweight and obesity in children are those recommended by the International Obesity TaskForce (see http://www.worldobesity.org/resources/child-obesity/newchildcutoffs/) and published at http://onlinelibrary.wiley.com/doi/10.1111/j.2047-6310.2012.00064.x/abstract.

	Percentage overweight including obese age 2.0-19.9y				Percentage obese age 2.0-19.9y			
	2000	*2010*	*2013*	*2025*	*2000*	*2010*	*2013*	*2025*
Austria	18.40	17.78	17.60	16.86	8.50	8.92	9.05	9.56
Belgium	19.10	19.52	19.65	20.16	4.65	4.46	4.40	4.17
Bulgaria	25.50	26.04	26.20	26.85	6.70	6.78	6.80	6.89
Croatia	21.05	23.78	24.60	27.88	4.90	6.21	6.60	8.17
Cyprus	23.15	23.88	24.10	24.98	7.40	7.63	7.70	7.98
Czech Republic	20.10	20.14	20.15	20.20	5.85	5.66	5.60	5.37
Denmark	18.95	19.41	19.55	20.10	6.55	7.13	7.30	7.99
Estonia	20.20	22.12	22.70	25.01	6.70	7.28	7.45	8.14
Finland	20.40	22.82	23.55	26.46	5.90	7.44	7.90	9.75
France	18.95	18.18	17.95	17.03	4.95	5.18	5.25	5.53
Germany	18.40	19.59	19.95	21.38	4.80	5.26	5.40	5.95
Greece	26.40	30.25	31.40	36.02	8.45	9.03	9.20	9.89
Hungary	25.15	27.00	27.55	29.77	7.50	7.12	7.00	6.54
Ireland	26.20	26.47	26.55	26.87	6.75	6.98	7.05	7.33
Italy	26.30	26.92	27.10	27.84	7.25	7.29	7.30	7.35
Latvia	16.15	17.23	17.55	18.84	3.80	4.03	4.10	4.38
Lithuania	19.60	21.98	22.70	25.56	4.90	5.55	5.75	6.53
Luxembourg	21.70	23.08	23.50	25.16	11.00	12.00	12.30	13.50
Malta	27.85	29.08	29.45	30.93	10.25	10.21	10.20	10.15
Netherlands	15.90	16.90	17.20	18.40	3.75	3.90	3.95	4.13
Poland	17.70	19.35	19.85	21.83	6.30	6.42	6.45	6.59
Portugal	26.20	27.51	27.90	29.47	9.65	9.73	9.75	9.84
Romania	13.20	15.08	15.65	17.91	5.95	6.87	7.15	8.26
Slovakia	15.20	16.62	17.05	18.76	4.90	5.36	5.50	6.05
Slovenia	23.85	27.47	28.55	32.89	5.30	6.03	6.25	7.13
Spain	25.80	25.72	25.70	25.61	7.80	7.95	8.00	8.18
Sweden	16.75	19.13	19.85	22.71	3.80	4.07	4.15	4.47
United Kingdom	24.05	26.82	27.65	30.97	6.10	7.37	7.75	9.27
EU	*20.82*	*22.09*	*22.45*	*23.79*	*6.02*	*6.43*	*6.56*	*7.06*

	Numbers overweight including obese, age 5.0-17.9y				Numbers obese, age 5.0-17.9y			
	2000	*2010*	*2013*	*2025*	*2000*	*2010*	*2013*	*2025*
Austria	225,447	204,930	198,950	183,105	104,147	102,820	102,301	103,790
Belgium	303,851	315,111	318,528	350,448	73,974	71,949	71,324	72,483
Bulgaria	331,442	250,034	224,898	235,459	87,085	65,075	58,370	60,450
Croatia	150,726	144,827	141,918	149,550	35,086	37,805	38,076	43,825
Cyprus	44,170	43,949	43,864	43,510	14,119	14,043	14,015	13,896
Czech Republic	336,236	277,384	259,684	294,231	97,860	77,928	72,170	78,223
Denmark	152,264	168,957	174,085	166,219	52,630	62,032	65,004	66,080
Estonia	50,177	41,204	38,046	47,031	16,643	13,553	12,487	15,313
Finland	172,768	182,051	184,371	213,478	49,967	59,334	61,848	78,638
France	1,916,485	1,878,896	1,866,956	1,814,480	500,612	535,408	546,046	588,978
Germany	2,129,459	2,002,066	1,957,549	1,897,657	555,511	537,657	529,863	528,436
Greece	427,168	437,222	437,650	480,373	136,726	130,488	128,229	131,944
Hungary	411,724	371,765	357,905	369,666	122,780	97,986	90,938	81,203
Ireland	202,652	204,011	204,416	241,750	52,210	53,804	54,280	65,913
Italy	1,959,587	1,988,963	1,997,628	1,983,936	540,190	538,594	538,107	523,531
Latvia	70,228	50,179	43,561	48,990	16,524	11,741	10,177	11,380
Lithuania	129,885	101,122	90,608	98,361	32,471	25,546	22,951	25,145
Luxembourg	14,756	18,195	19,285	22,243	7,480	9,458	10,094	11,934
Malta	20,079	18,876	18,481	15,814	7,390	6,628	6,401	5,192
Netherlands	396,973	429,494	439,425	428,965	93,626	99,212	100,915	96,392
Poland	1,353,382	1,085,275	991,693	1,096,039	481,712	359,745	322,238	330,723
Portugal	413,520	393,516	386,761	346,322	152,308	139,150	135,158	115,667
Romania	545,980	464,643	432,480	456,076	246,105	211,707	197,587	210,263
Slovakia	161,245	134,020	124,440	137,206	51,980	43,226	40,142	44,282
Slovenia	75,177	71,900	70,163	91,496	16,706	15,788	15,360	19,827
Spain	1,496,969	1,499,759	1,500,587	1,501,601	452,572	463,741	467,109	479,935
Sweden	243,676	269,183	276,389	367,488	55,282	57,245	57,784	72,377
United Kingdom	2,352,787	2,599,979	2,673,181	3,281,598	596,757	714,407	749,264	982,483
EU	*16,088,812*	*15,647,510*	*15,473,503*	*16,363,092*	*4,650,453*	*4,556,074*	*4,518,235*	*4,858,304*

EU School-age children (age 5.0-17.9y): comorbidity projections to 2025

Calculated from World Bank population estimates for 2025, and obesity numbers in the previous section. Further details on the calculation of these estimates are published in Lobstein T, Jackson-Leach R, *Pediatric Obesity* 11(5):p321-5, October 2016 (http://onlinelibrary.wiley.com/doi/10.1111/ijpo.12185/abstract). The prevalence of comorbidities in children with obesity are derived from those published by Lobstein T, Jackson-Leach R, *International Journal of Pediatric Obesity* 1(1):33-41, 2006 (http://onlinelibrary.wiley.com/doi/10.1080/17477160600586689/abstract).

Definitions of obesity in children are those recommended by the International Obesity TaskForce (see http://www.worldobesity.org/resources/child-obesity/newchildcutoffs/ and published at http://onlinelibrary.wiley.com/doi/10.1111/j.2047-6310.2012.00064.x/abstract

	Numbers of obese children with Impaired Glucose Tolerance		Numbers of obese children with Type 2 Diabetes		Numbers of obese children with Hypertension		Numbers of obese children with Hepatic steatosis	
	2025 lower estimate	*2025* higher estimate	*2025* lower estimate	*2025* higher estimate	*2025* lower estimate	*2025* higher estimate	*2025* lower estimate	*2025* higher estimate
Austria	8,718	14,531	560	4,629	22,626	31,345	28,957	43,384
Belgium	6,089	10,148	391	3,233	15,801	21,890	20,223	30,298
Bulgaria	5,078	8,463	326	2,696	13,178	18,256	16,866	25,268
Croatia	3,681	6,136	237	1,955	9,554	13,235	12,227	18,319
Cyprus	1,167	1,945	75	620	3,029	4,197	3,877	5,808
Czech Rep	6,571	10,951	422	3,489	17,053	23,623	21,824	32,697
Denmark	5,551	9,251	357	2,947	14,406	19,956	18,436	27,622
Estonia	1,286	2,144	83	683	3,338	4,625	4,272	6,401
Finland	6,606	11,009	425	3,507	17,143	23,749	21,940	32,871
France	49,474	82,457	3,180	26,268	128,397	177,871	164,325	246,193
Germany	44,389	73,981	2,854	23,568	115,199	159,588	147,434	220,886
Greece	11,083	18,472	712	5,885	28,764	39,847	36,812	55,152
Hungary	6,821	11,368	438	3,622	17,702	24,523	22,656	33,943
Ireland	5,537	9,228	356	2,940	14,369	19,906	18,390	27,552
Italy	43,977	73,294	2,827	23,349	114,130	158,106	146,065	218,836

Latvia	956	1,593	61	508	2,481	3,437	3,175	4,757
Lithuania	2,112	3,520	136	1,121	5,482	7,594	7,016	10,511
Luxembourg	1,002	1,671	64	532	2,602	3,604	3,330	4,988
Malta	436	727	28	232	1,132	1,568	1,449	2,170
Netherlands	8,097	13,495	521	4,299	21,013	29,110	26,893	40,292
Poland	27,781	46,301	1,786	14,750	72,098	99,878	92,272	138,242
Portugal	9,716	16,193	625	5,159	25,215	34,931	32,271	48,349
Romania	17,662	29,437	1,135	9,378	45,837	63,499	58,663	87,890
Slovakia	3,720	6,199	239	1,975	9,653	13,373	12,355	18,510
Slovenia	1,665	2,776	107	884	4,322	5,988	5,532	8,288
Spain	40,315	67,191	2,592	21,405	104,626	144,940	133,902	200,613
Sweden	6,080	10,133	391	3,228	15,778	21,858	20,193	30,254
United Kingdom	82,529	137,548	5,305	43,819	214,181	296,710	274,113	410,678
EU 28	*408,097*	*680,162*	*26,235*	*216,680*	*1,059,110*	*1,467,208*	*1,355,467*	*2,030,771*