



Overweight & Obesity in the EU27

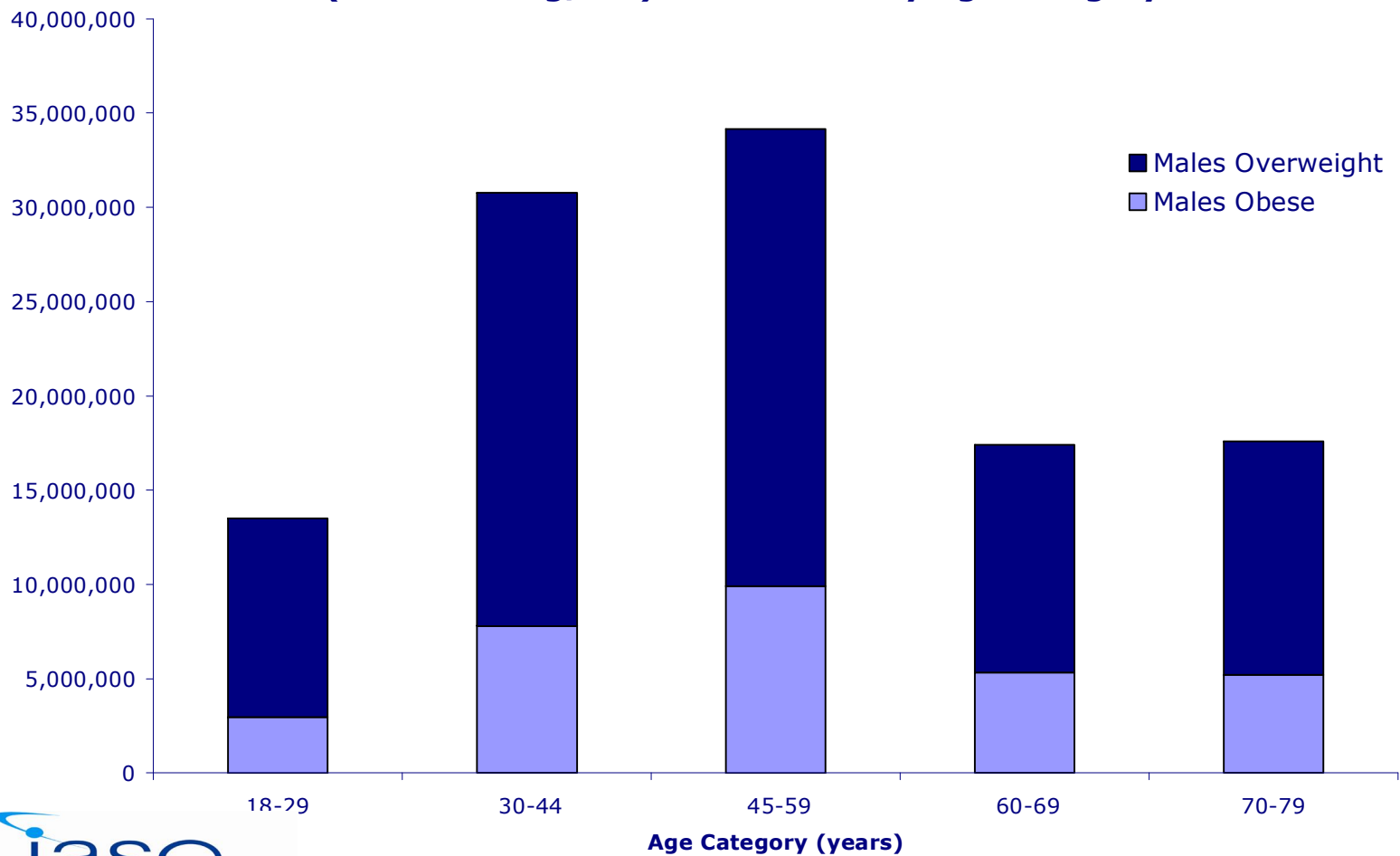
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- Belgium
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- Finland
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- Luxembourg
- Malta
- Netherlands
- Poland
- Portugal
- Romania
- Slovakia
- Slovenia
- Spain
- Sweden

The estimates for overweight and obesity are based on the most recent appropriate age and gender specific data available. The population figures were derived from the UN POPIN database (<http://www.un.org/popin/data.html>) and age specific 2008 figures calculated. The data listing include both measured and self reported data. It is important to recognise that self reported data may underestimate obesity prevalence when compared to actual measured data by 25-30%ⁱ. Where appropriate overweight & obesity data were unavailable (i.e. Slovenia & Luxembourg) a mean EU27 figure incorporating both measured and self reported data was used to extrapolate. When further data become available these figures will be adjusted.

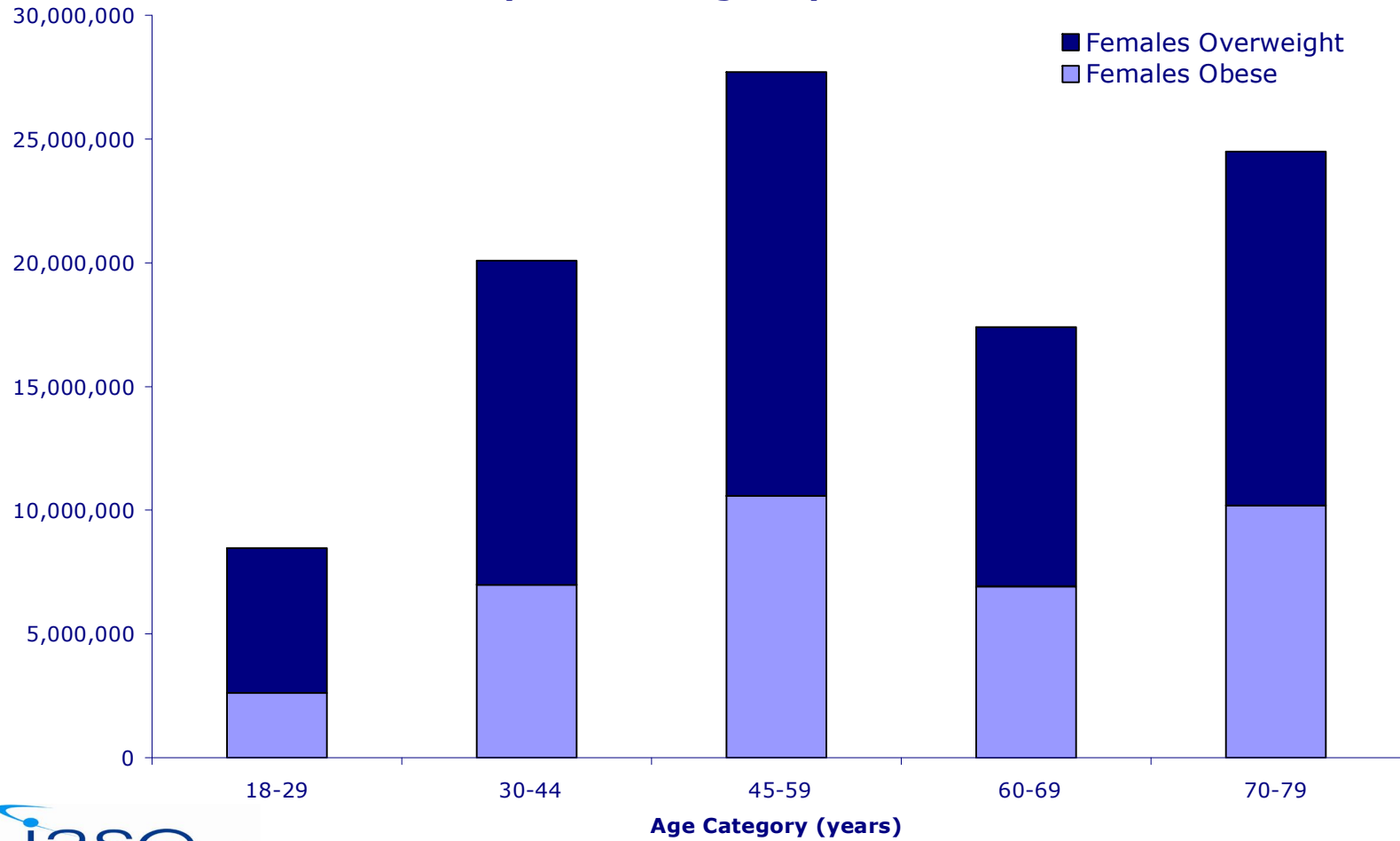
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For further information please contact rleach@iaso.org

ⁱ Visscher TLS, Viet AL, Kroesbergen HT, Seidell JC. Underreporting of BMI in Adults and Its Effect on Obesity Prevalence Estimations in the Period 1998 to 2001. *Obesity* 2006;14:2054-2063

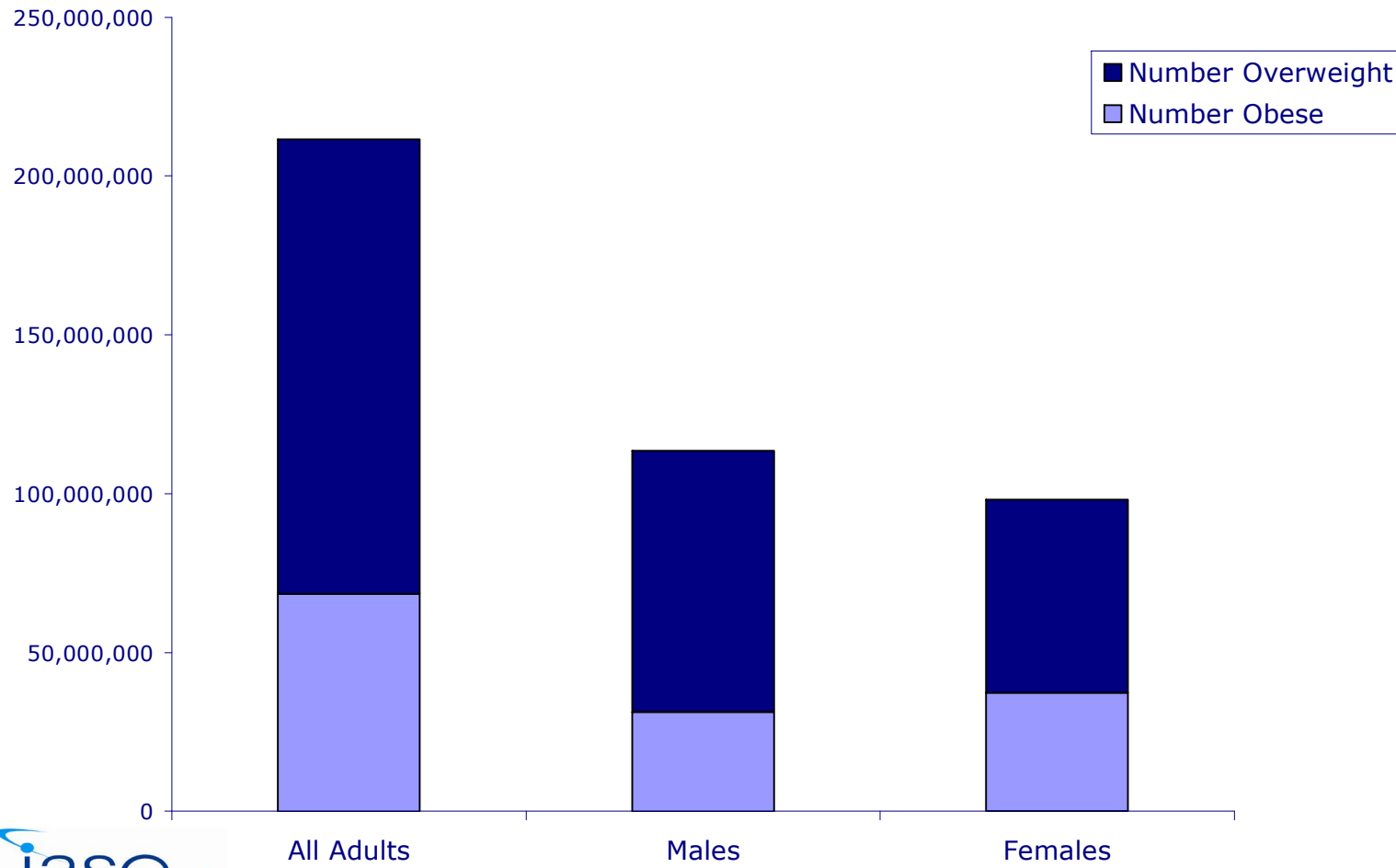
Number of males either overweight (BMI 25-29.9 kg/m²) or obese (BMI =>30 kg/m²) in the EU 27 by Age Category



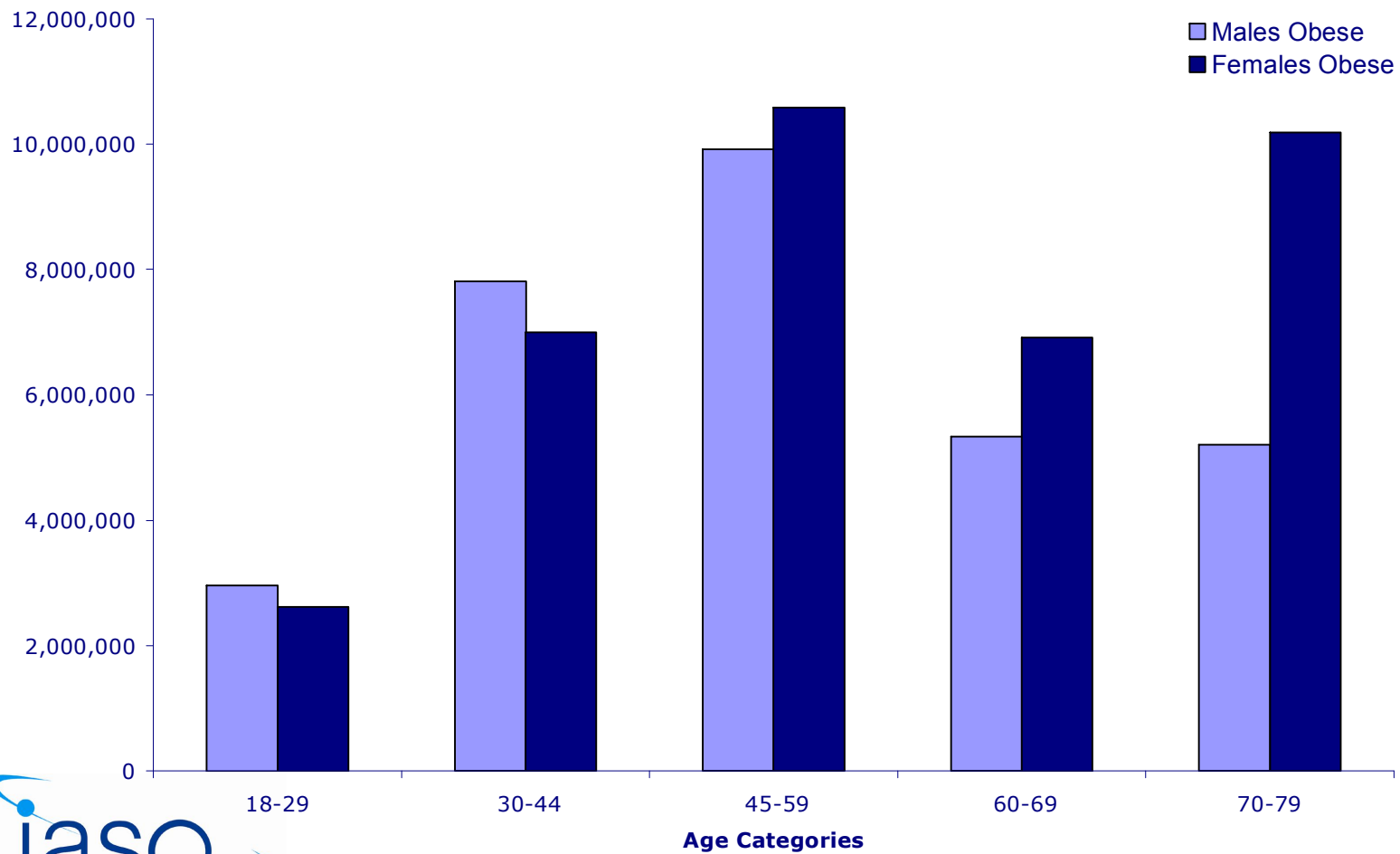
Number of Females either overweight (BMI 25-29.9 kg/m²) or obese (BMI =>30 kg/m²) in the EU 27



**Adults aged over 18 years either overweight (BMI 25-29.9 kg/m²)
or obese (BMI =>30 kg/m²) in EU27**



Number of obese (BMI =>30 kg/m2) individuals in the EU 27 by age category



Age Standardised Overweight & Obesity Prevalence in EU 27*

EU 27 Countries **	Males			Females		
	Overweight (BMI 25-29.9 kg/m ²)	Obese (BMI =>30 kg/m ²)	BMI =>25 kg/m ²	Overweight (BMI 25-29.9 kg/m ²)	Obese (BMI =>30 kg/m ²)	BMI =>25 kg/m ²
Austria	37.9	18.5	56.4	25.6	15.6	41.2
Belgium	40.7	8.2	48.9	26.5	15.2	41.7
Bulgaria	38.2	11.8	50.0	26.9	9.8	36.7
Cyprus	38.9	12.5	51.4	25.5	10.8	36.3
Czech Republic	42.6	13.1	55.7	19.4	13.9	33.3
Denmark	38.2	9.2	47.5	23.4	8.7	32.1
Estonia	33.8	15.0	48.8	25.6	14.8	40.4
Finland	46.2	17.0	63.2	30.8	16.9	47.8
France	40.8	15.3	56.2	23.0	17.0	40.0
Germany	42.9	18.8	61.7	27.0	18.2	45.2
Greece	38.7	22.3	61.0	28.1	20.2	48.3
Hungary	39.2	15.7	54.9	27.6	16.4	44.0
Ireland	46.2	19.3	65.4	31.9	16.0	47.9
Italy	36.5	7.9	44.4	20.9	8.6	29.5
Latvia	34.2	13.0	47.3	27.1	17.5	44.6
Lithuania	35.5	20.8	56.3	31.7	21.6	53.3
Malta	45.8	24.3	70.1	30.5	13.9	44.4
Netherlands	39.8	9.8	49.5	29.0	11.7	40.6
Poland	40.5	14.7	55.2	26.3	16.7	43.0
Portugal	45.3	15.3	60.6	36.5	15.6	52.1
Romania	37.3	7.6	45.0	27.3	9.0	36.3
Slovakia	45.1	14.7	59.8	24.0	16.0	40.0
Spain	43.5	12.3	55.8	25.6	12.1	37.7
Sweden	26.0	7.0	32.9	40.0	7.5	47.5
UK	42.6	23.2	65.8	31.1	23.2	54.3
<i>EU27</i>	<i>42.8</i>	<i>16.2</i>	<i>59</i>	<i>29.5</i>	<i>18.1</i>	<i>47.5</i>

*Please note these figures are age standardised to WHO World Population and will therefore differ from our other non standardised data shown elsewhere on the website.

** Luxembourg and Slovenia have been omitted from this table as no age/gender specific data were available.

In the EU 27 it is estimated that 35.9% adults are overweight (BMI 25-29.9) with a further 17.2% obese, resulting in over 53% of the EU population being either overweight or obese. In total it is estimated that >143 million adults are overweight with a further 68.5 million being obese. More males than females are overweight (not including obesity) >82 million and 61 million respectively. More females than male are obese 37 million compared with 31 million. In total over 113 million male adults and over 98 million female adults are estimated to be either overweight or obese.

	Number obese (BMI \geq 30 kg/m ²)	Number overweight (BMI 25-29.9 k/m ²)	Number either overweight or obese (BMI \geq 25 kg/m ²)
All Adults	68,520,922	143,047,617	211,568,538
Males	31,219,305	82,230,544	113,449,850
Females	37,301,616	60,817,072	98,118,689

Sources and Reference for Data

Country	Measured/ Self Report	Reference
Austria	Measured	Schwartz B. Abdominal obesity & cardiometabolic risk factors in Austria & Central Europe. RdM (Recht der Medizin) 2007 (volume 3).
Belgium	Measure	Stam-Morga MC. Sociodemographic and nutritional determinants of obesity in Belgium. International Journal of Obesity. 1999;23;Suppl 1:S1-S10
Bulgaria	Measured	S Petrova – Bulgaria – Personal communication by WHO Europe
Cyprus	Measured	WHO infobase Eurostat data
Czech Republic	Self Report	WHO infobase. Institute of Health Information and Statistics of the Czech Republic. Sample Survey of the Health Status of the Czech Population HIS CR 2002. Prague, 2004., Additional data from personal communication: Jiri Holub, Institute of Health Information and Statistics of the Czech Republic.
Denmark	Measured	WHO infobase Danish Health Interview Survey 2001
England (UK)	Measured	Health Survey for England
Estonia	Self report	Health Behaviour among Estonian Adult population 2004, National Institute for Health Development, Tallin 2005
Finland	Measured	Lahti-Koski M et al. Age, education and occupation as determinants of trends in body mass index in Finland from 1982-1997. International Journal of Obesity. 2000;24;12:1669-77
France	Measured	Étude nationale nutrition santé ENNS, 2006 Situation nutritionnelle en France en 2006 selon les indicateurs d'objectif et les repères du Programme national nutrition santé (PNNS). Institut de veille sanitaire.
Germany	Measured	Nationale Verzehrs Studies II - Ergebnisbericht, Teil 1. Bundesministerium für Ernährung,

Country	Measured/ Self Report	Reference
		Landwirtschaft und Verbraucherschutz, Max Rubner Institut 2009
Greece	Self Report	WHO Infobase. Kapantais E, Tzotzas T, Mortoglou A, Bakatselos S, Kaklamanou M, Ioannidis I, Lanaras L, Kaklamanos I. First national epidemiological large-scale survey on the prevalence of obesity in Greek adults <i>International Journal of Obesity</i> , 2004, 28:S72-S72, Additional data from personal communication: Received from EURO office - Trudy Wijnhoven
Hungary	Self Report	WHO infobase.Rodler I, Bíró L, Greiner E, Zajkás G, Szórád I, Varga A, Domonkos A, Ágoston H, Balázs A, Mozsáry E, Vitrai J, Hermann D, Boros J, Németh R, Kéki Z. Dietary survey in Hungary, 2003-2004 <i>Eredeti Közlemények</i> , 2005, 146:1781-1789, Additional data from personal communication: Dr Martos Éva email: martoseva@oeti.antsz.hu
Ireland	Measured	North/South Ireland Food Consumption Survey 2001
Italy	Self Report	Gallus S, Colombo P, Scarpino V, Zuccaro P, Negri E, Apolone G, Vecchia CL. Overweight and obesity in Italian adults 2004, and an overview of trends since 1983 <i>European Journal of Clinical Nutrition</i> , 2006, 60:1174-1180
Latvia	Self Report	Iveta Pudule, Anita Villeruša, Daiga Grīnberga, Biruta Velika, Nikola Tilgale, Vilnis Dzērve, Sandijs Zīle, Hanna Konttinen, Ritva Prättälä. Health Behaviour among Latvian population 2006, Public Health Agency, Latvia, KTL-National Public Health Institute, Finland Helsinki, Finland 2007
Lithuania	Self Report	Grabauskas V, Klumbiene J, Petkeviciene J, Sakyte E, Kriaucioniene V, Paalanen L, Prattala R. Health Behaviour among Lithuanian Adult Population, 2006. Helsinki, Finland, 2007.
Luxembourg	No data	
Malta	Self Report	2003 Lifestyle Survey Malta
Netherlands	Measured	Visscher TLS Personal Communication. National Institute of Public Health and the Environment. Data from the MORGEN Study. (Netherlands)
Poland	Measured	WHO Infobase Szponar L, Sekula W, Rychlik E, Oltarzewski M, Figurska K. Household food consumption and anthropometric survey. Warsaw, National Food and Nutrition Institute, 2003., Personal communication: Prof Mirosław Jarosz Director of National Food and Nutrition Institute
Portugal	Measured	I Do Carmo et al. Overweight and obesity in Portugal. <i>Obesity Reviews</i> 2007;9:11-20
Romania	Measured	EUROSTAT 2000
Slovakia	Self Report	WHO Infobase - EUROSTAT 2002
Slovenia	No data	
Spain	Measured	WHO infobase Eurostat data
Sweden	Measured	Berg C et al. Trends in overweight and obesity in Sweden. <i>IJO</i>