



WORLD OBESITY

Poland

Extended Country Report 2019

Extended Country Profile Graphics

Pages

• General Overweight & Obesity Prevalence (%).....	3-4
• General Overweight & Obesity Prevalence (%) in Polish.....	5-6
• By Age & Income	7-8
• By Age & Education.....	9-10
• By Age & Income in Polish.....	11-12
• By Age & Education in Polish.....	13-14
• Trends in Children 2001-2013/14.....	15-18
• Trends in Adults by Income Quintile 2008-2014	19-20
• Trends in Adults by Education 2008-2017	21-22
• Drivers	
• Adolescent physical inactivity	23-24
• Adult physical inactivity	25-26
• Sugar, Vegetable, Confectionery, Sweet & Savoury, Fruit & Soft drink sales/consumption	27-32
• Impact	
• Diabetes.....	33
• High Cholesterol.....	34
• Raised Blood pressure.....	35-36
• Obesity related cancers.....	37-
• Policies & Interventions (online).....	43
• View prevalence data (online)	44
• Sources.....	45

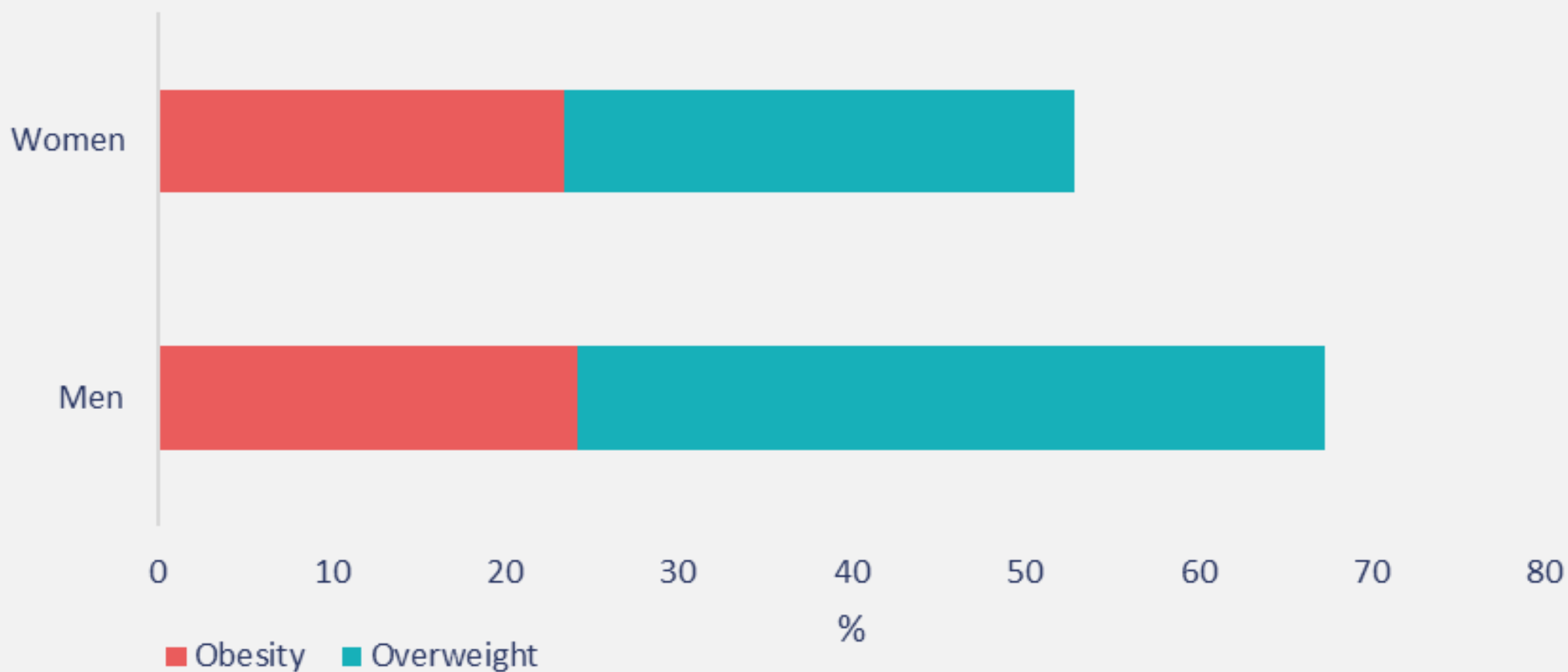


Poland

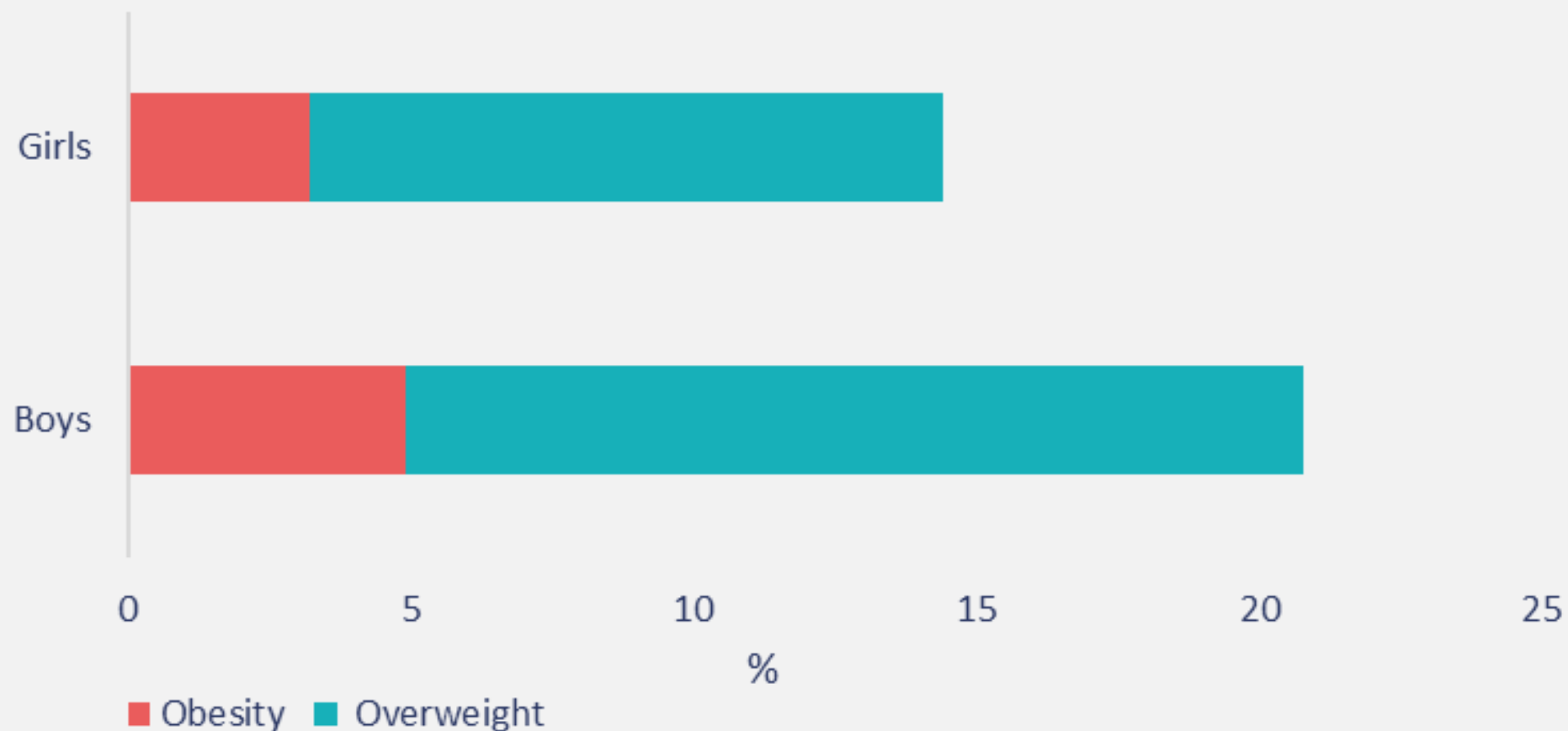
POPULATION:
38,611,794 (2015)

GINI INDEX:
32.1
(2014)

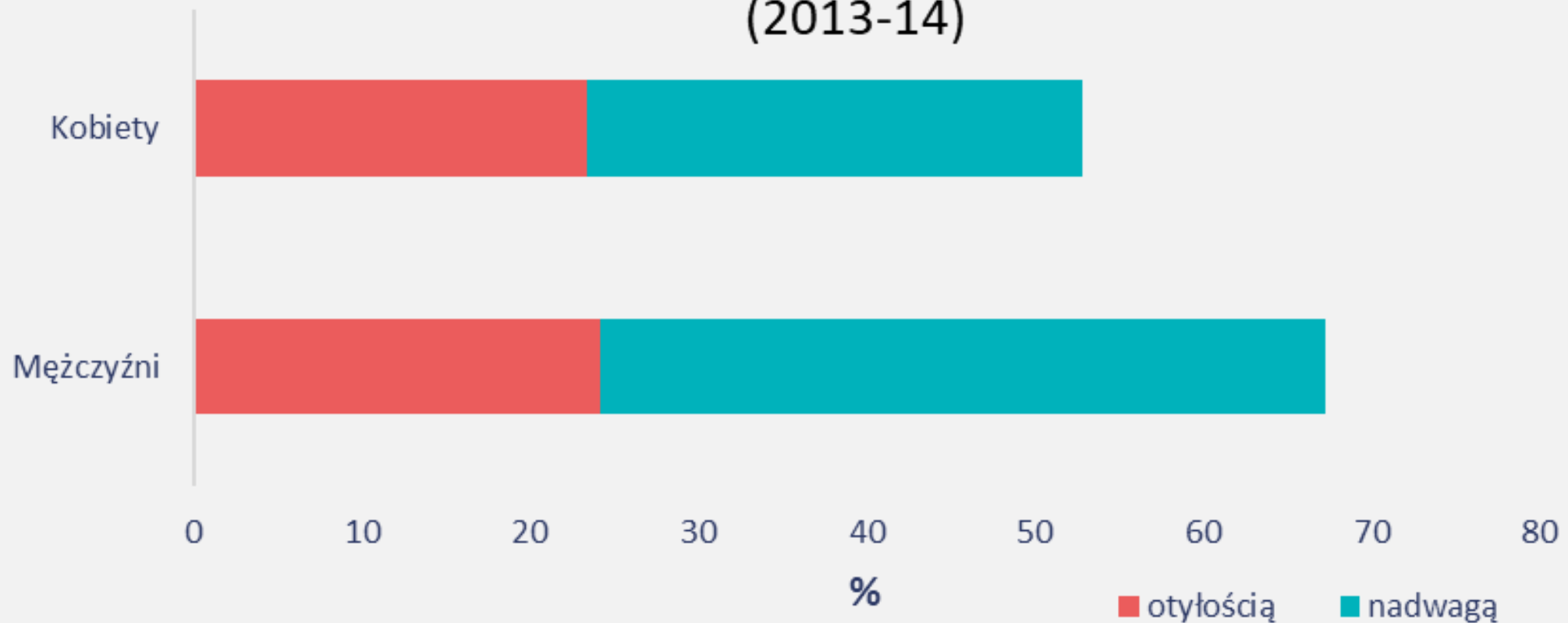
% Overweight & Obesity in Adults in Poland (2013-14)



% Overweight & Obesity in children in Poland (2010)



% dorosłych z nadwagą/otyłością mieszkających w Polska (2013-14)



% dzieci z nadwagą/otyłością mieszkających w Polska (2010)

Dziewczęta

Chłopcy

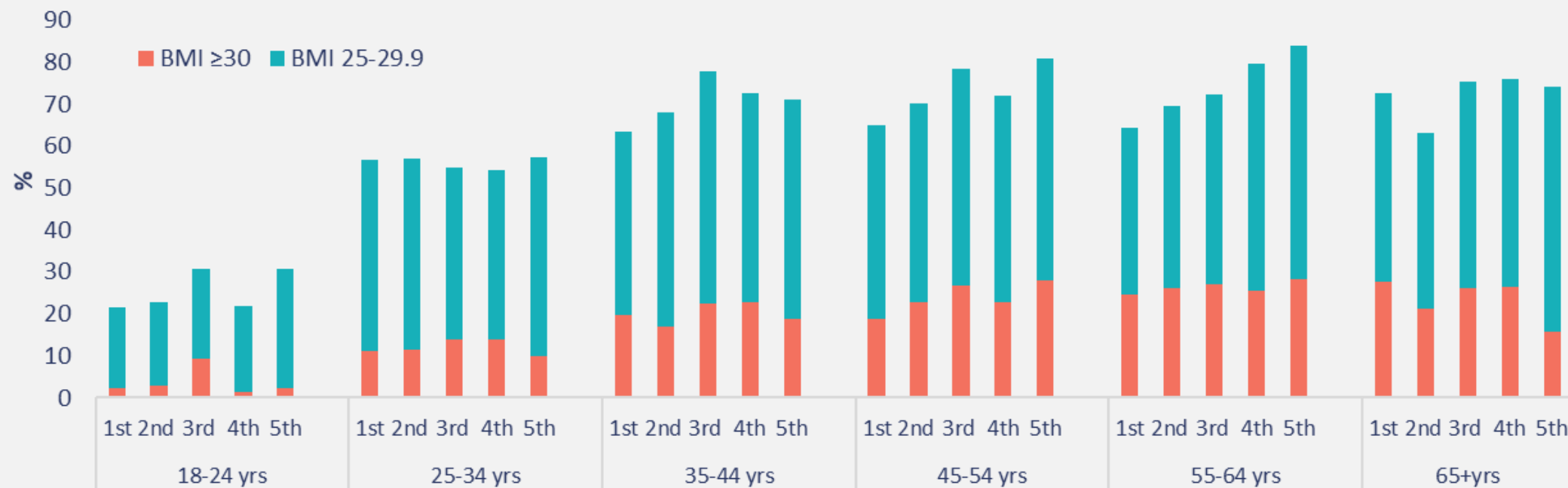
0 5 10 15 20 25

%

otyłością

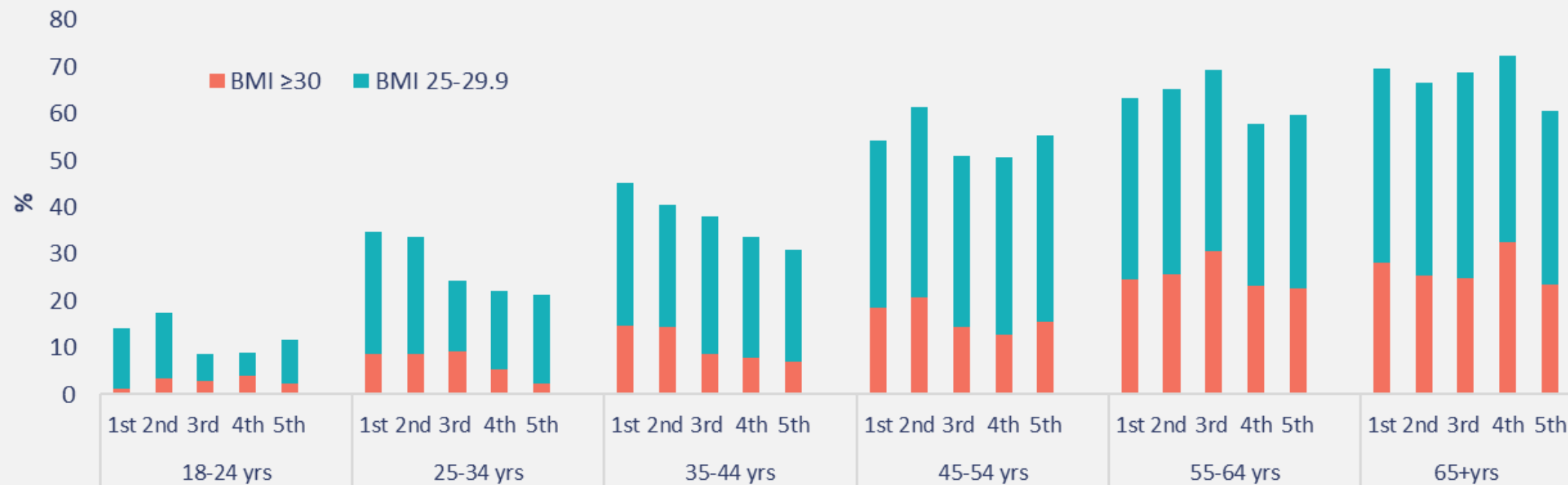
nadwagą

% Overweight & Obesity by age & income quintile in males living in Poland 2014



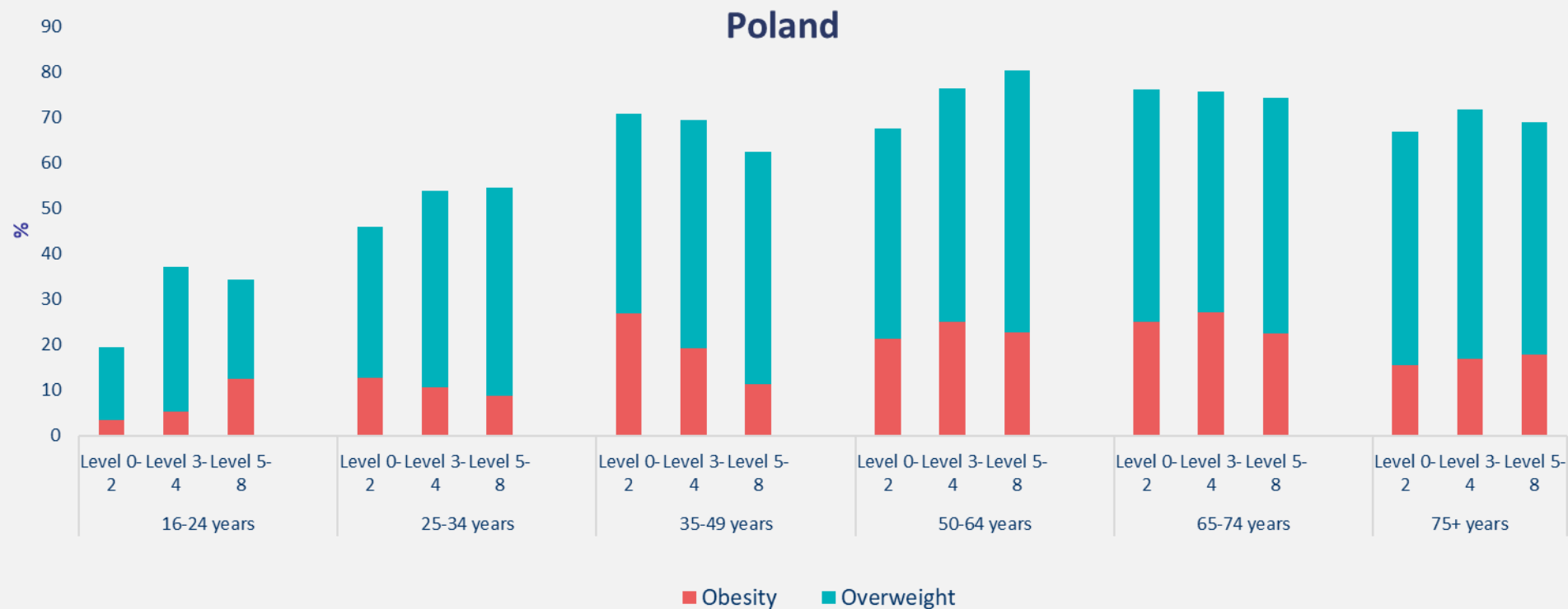
1st Quintile (lowest income), 5th Quintile (highest income)

% Overweight & Obesity by age and income quintile in females living in Poland 2014



1st Quintile (lowest income), 5th Quintile (highest income)

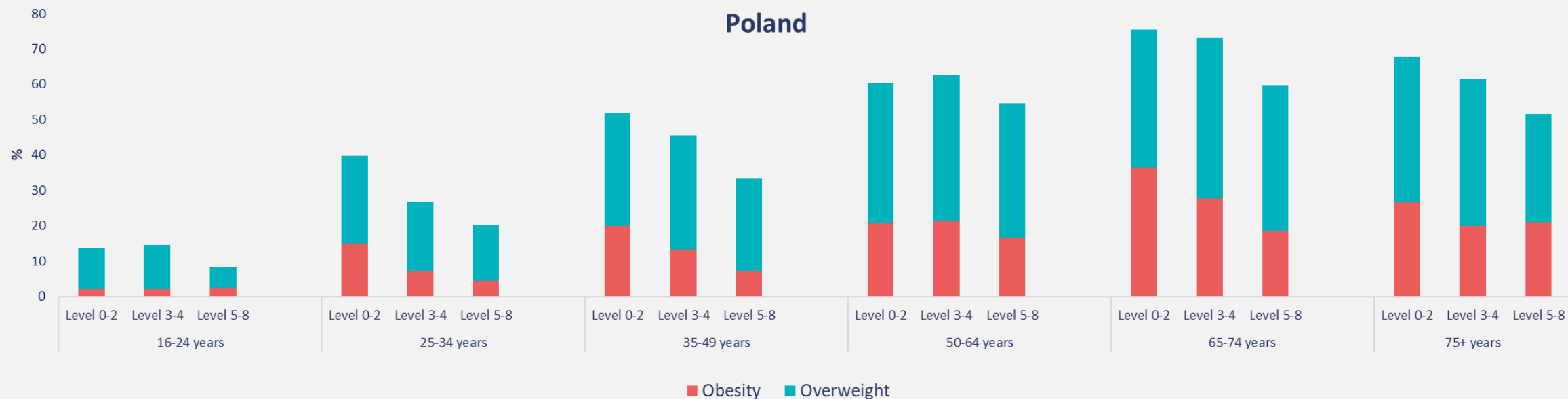
% Overweight/Obesity in males by age and education attainment 2017



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)

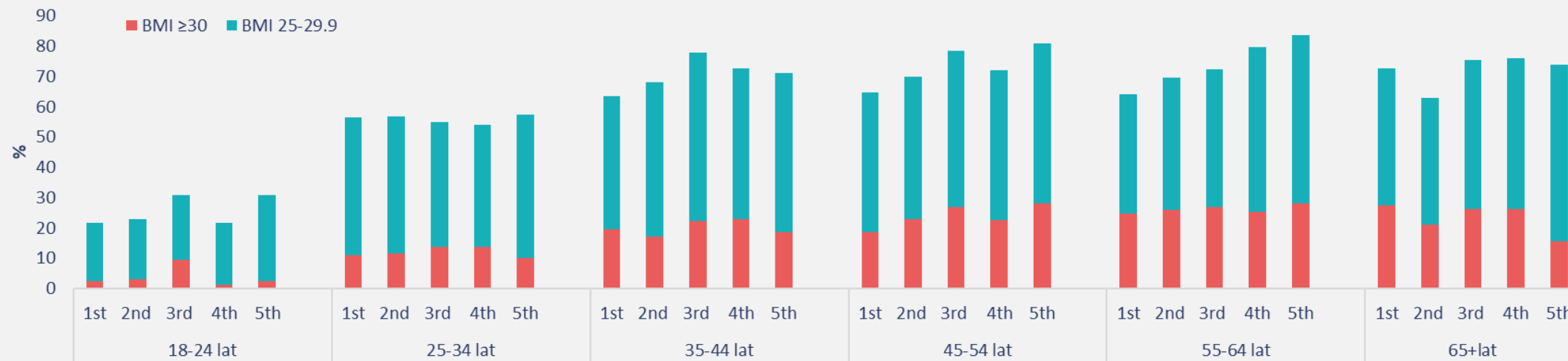
% Overweight/Obesity in females by age and education attainment 2017

Poland



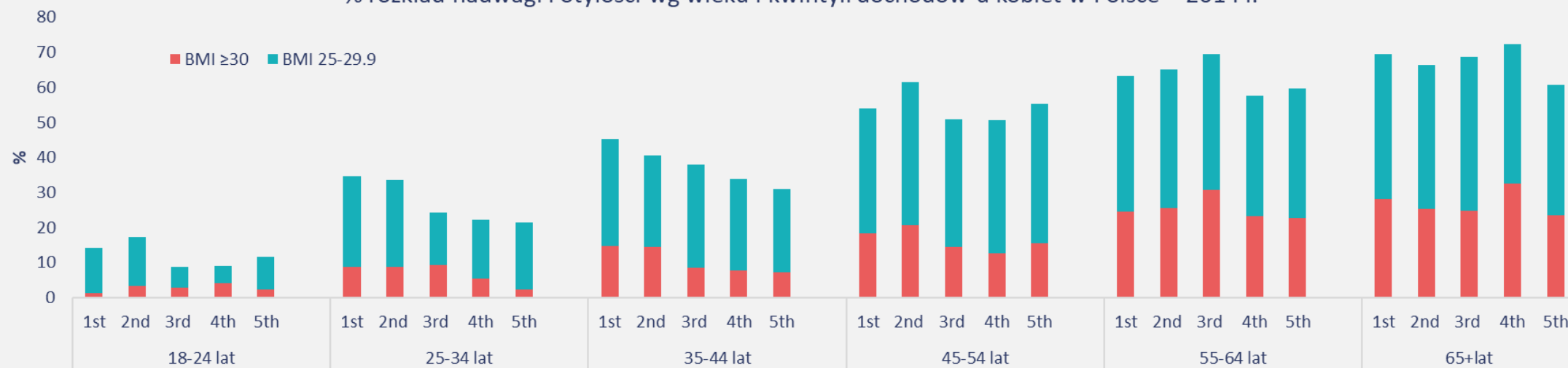
Less than primary, primary and lower secondary education (levels 0-2)
 Upper secondary and post-secondary non-tertiary education (levels 3 and 4)
 Tertiary education (levels 5-8)

% rozkład nadwagi i otyłości wg wieku i kwintyli dochodów u mężczyzn w Polsce – 2014 r.



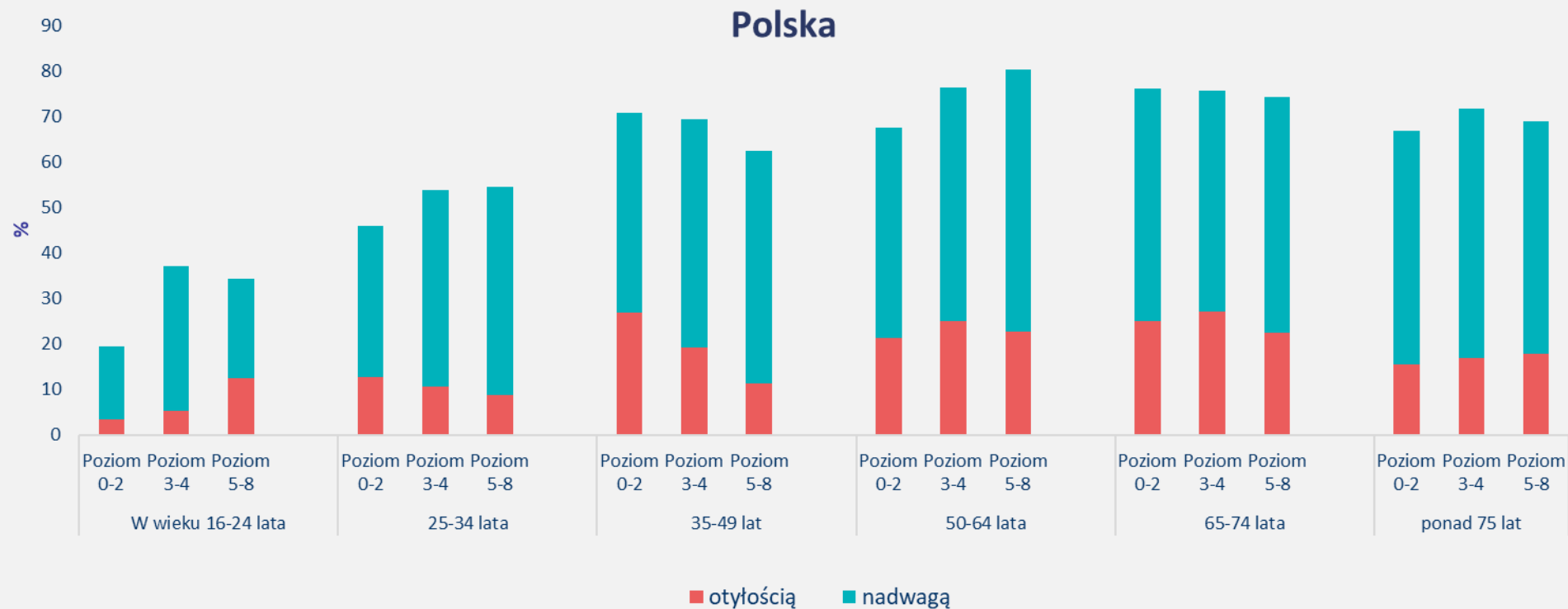
1. kwintyl (najniższy dochód), 5. kwintyl (najwyższy dochód)

% rozkład nadwagi i otyłości wg wieku i kwintyli dochodów u kobiet w Polsce – 2014 r.



1. kwintyl (najniższy dochód), 5. kwintyl (najwyższy dochód)

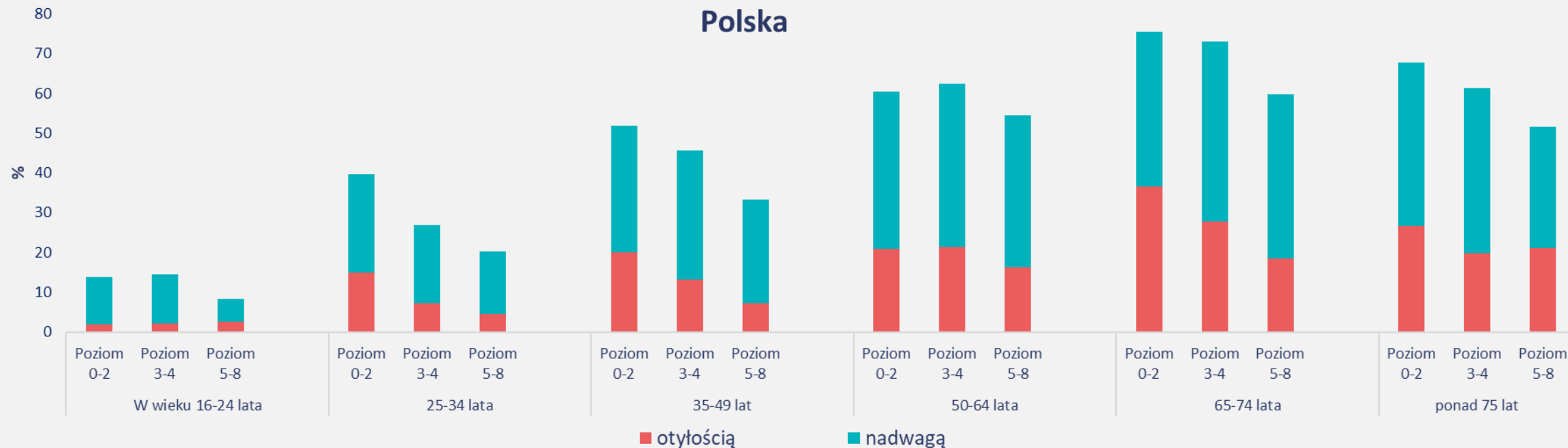
% nadwagi/otyłości u mężczyzn według wieku i poziomu wykształcenia 2017



Poniżej poziomu kształcenia podstawowego, kształcenie podstawowe i średnie I stopnia (poziomy 0-2)
 Kształcenie średnie II stopnia i kształcenie policealne (poziomy 3 i 4)
 Szkolnictwo wyższe (poziomy 5-8)

% nadwagi/otyłości u kobiet według wieku i poziomu wykształcenia 2017

Polska

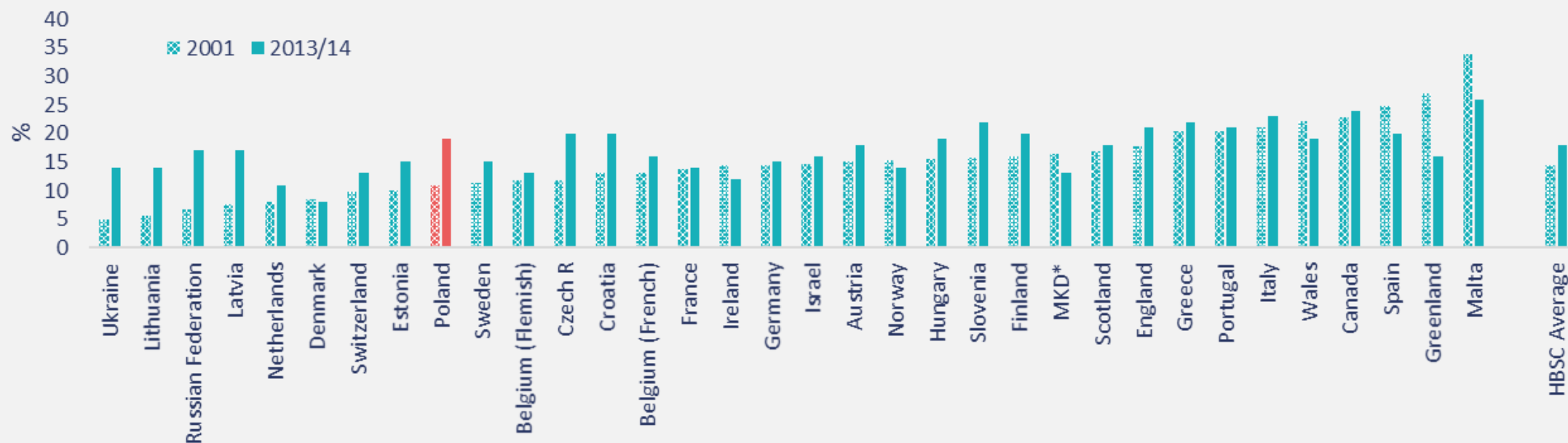


Poniżej poziomu kształcenia podstawowego, kształcenie podstawowe i średnie I stopnia (poziomy 0-2)

Kształcenie średnie II stopnia i kształcenie policealne (poziomy 3 i 4)

Szkolnictwo wyższe (poziomy 5-8)

Changes in Overweight (%) in 13 year old boys between 2001 & 2013/14



* The Former Yugoslav Republic Macedonia

Based on self report data from the Health Behaviour in School Aged Children (HBSC) Study using IOTF International Cut Off Points

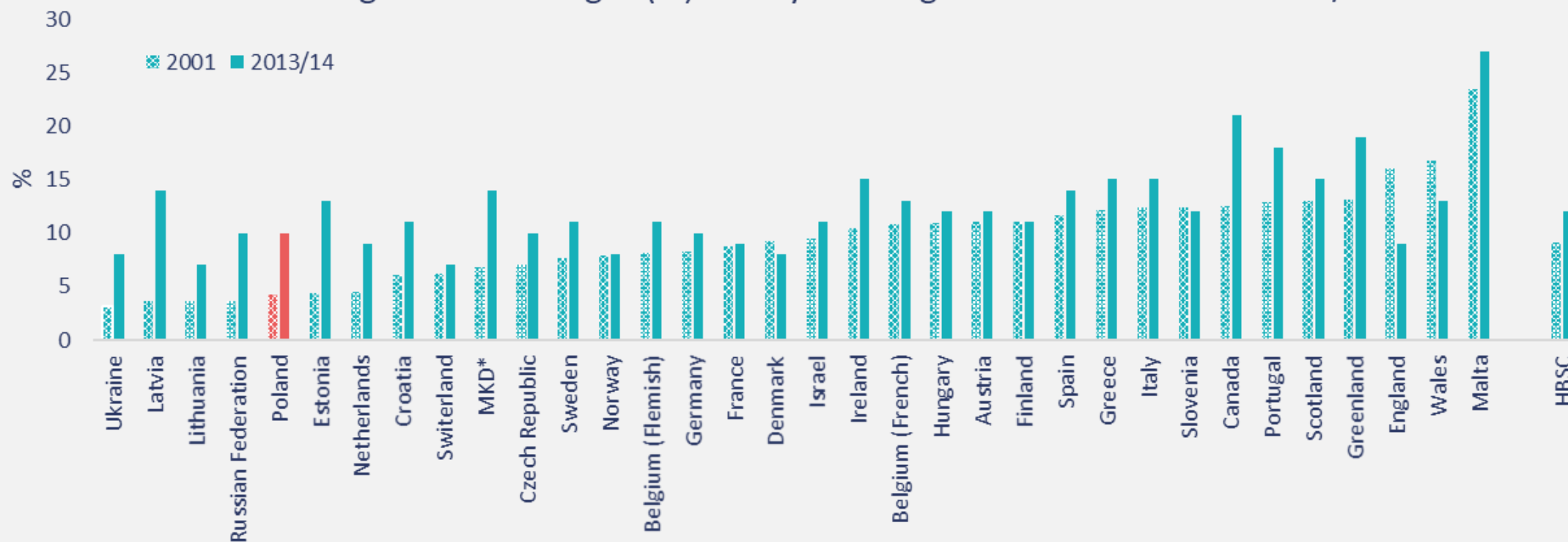
Changes in prevalence of Overweight (%) in 15 year old boys between 2001 & 2013/14



* The Former Yugoslav Republic Macedonia

Based on self report data from the Health Behaviour in School Aged Children (HBSC) Study using IOTF International Cut Off Points

Changes in Overweight (%) in 13 year old girls between 2001 & 2013/14



* The Former Yugoslav Republic Macedonia

Based on self report data from the Health Behaviour in School Aged Children (HBSC) Study using IOTF International Cut Off Points

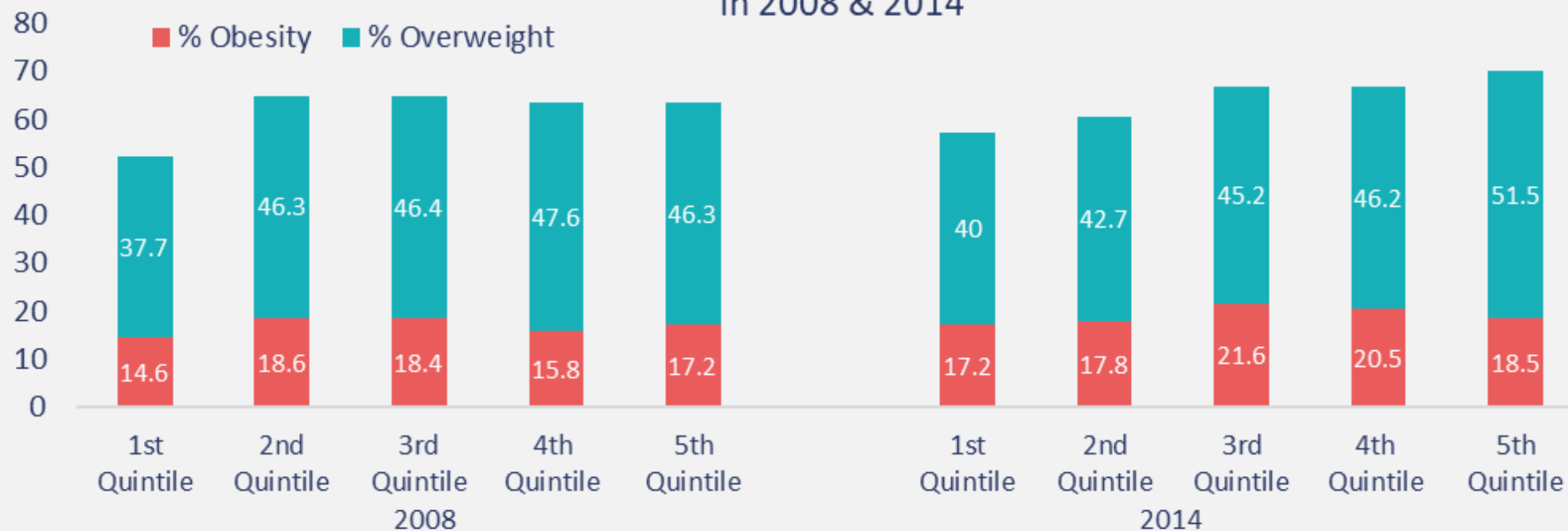
Changes in prevalence of Overweight (%) in 15 year old girls between 2001 & 2013/14



* The Former Yugoslav Republic Macedonia

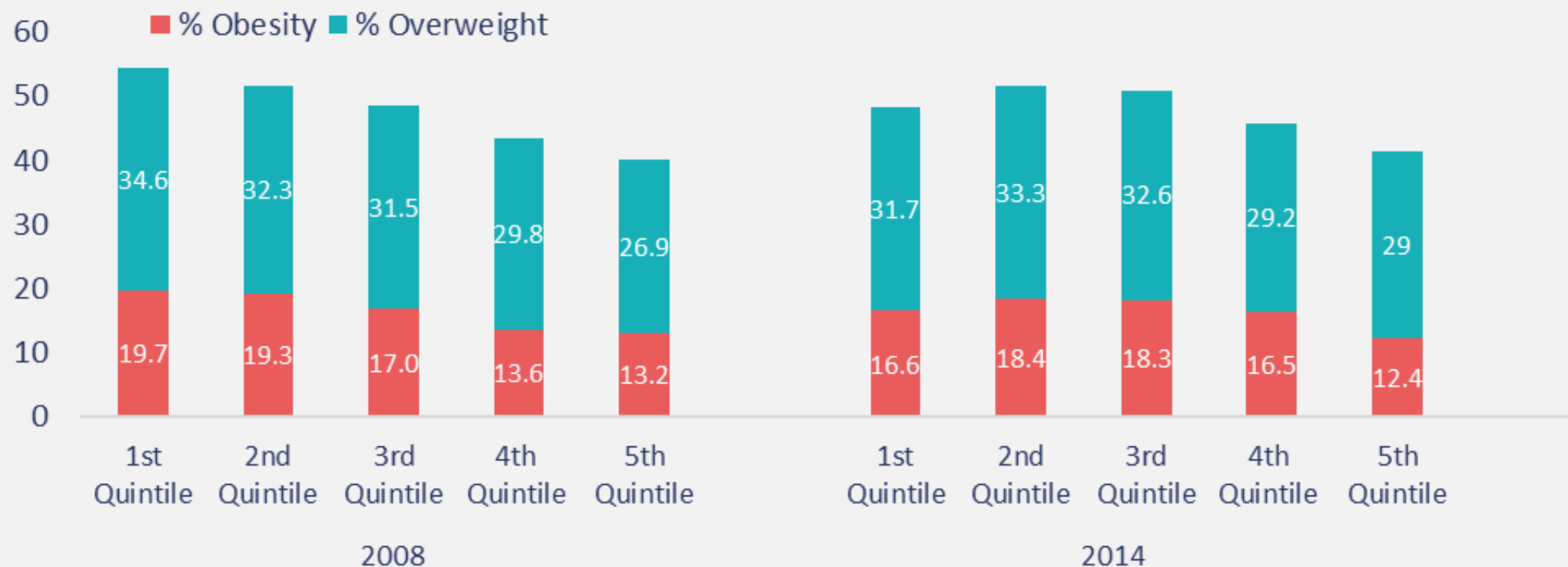
Based on self report data from the Health Behaviour in School Aged Children (HBSC) Study using IOTF International Cut Off Points

% Overweight & Obesity in Polish Male Adults by Income Quintile in 2008 & 2014



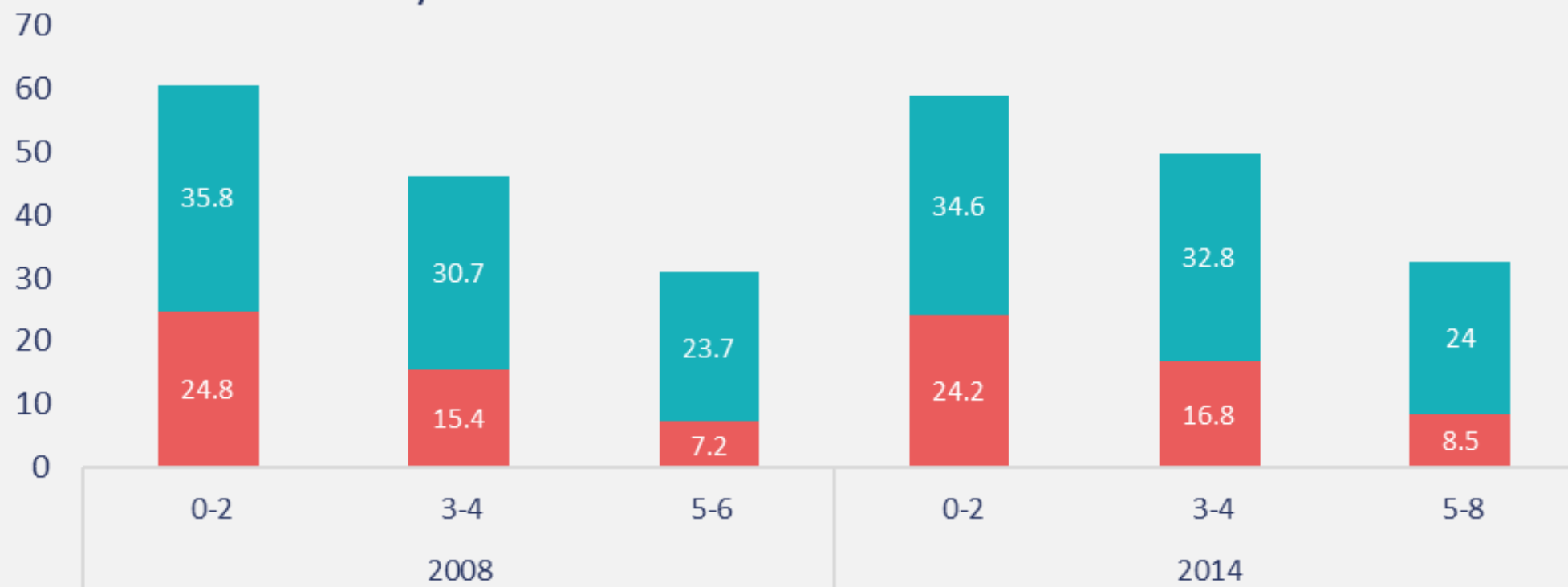
1st Quintile lowest income, 5th Quintile Highest income

% Overweight & Obesity in Polish Female Adults by Income Quintile in 2008 & 2014



1st Quintile lowest income, 5th Quintile Highest income

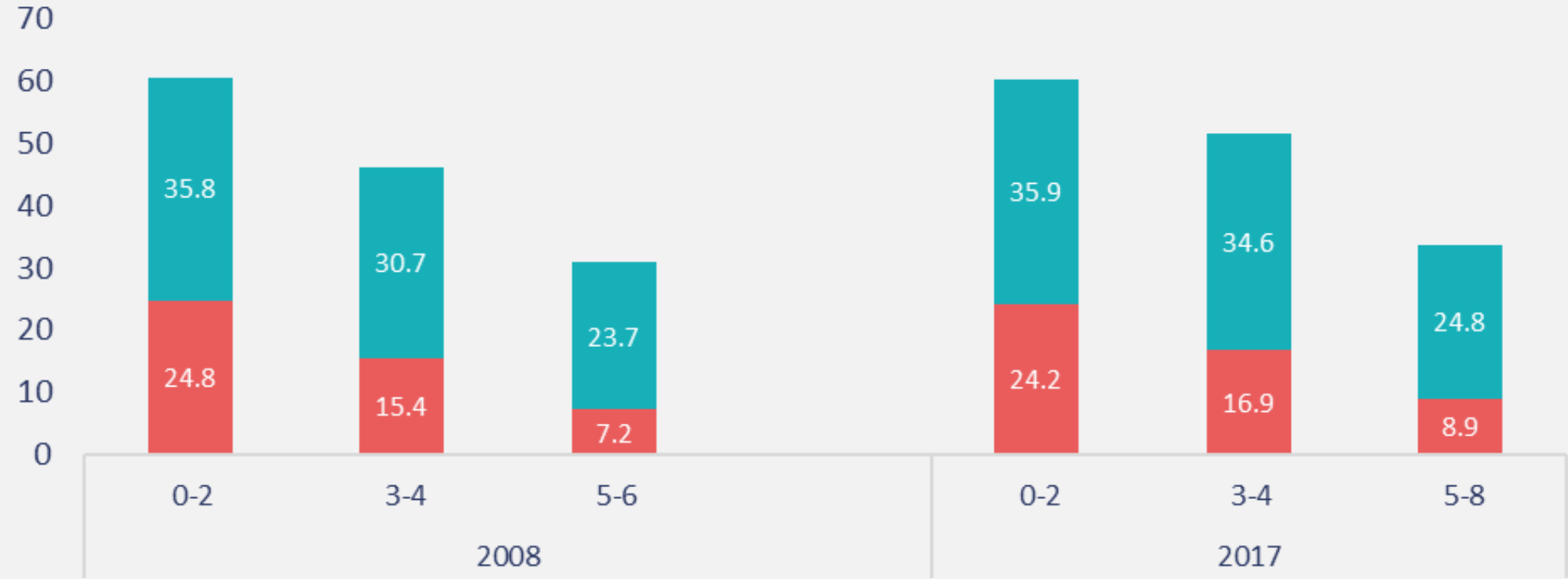
% Overweight & Obesity in Polish Female adults by Educational attainment 2008 & 2014



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 5-6/8)

■ Obesity ■ Overweight

% Overweight & Obesity in Polish Female adults
by Educational attainment 2008 & 2017



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 5-6/8)

Obesity Overweight

% Insufficiently active male adolescents living in EU Member Countries (2010)



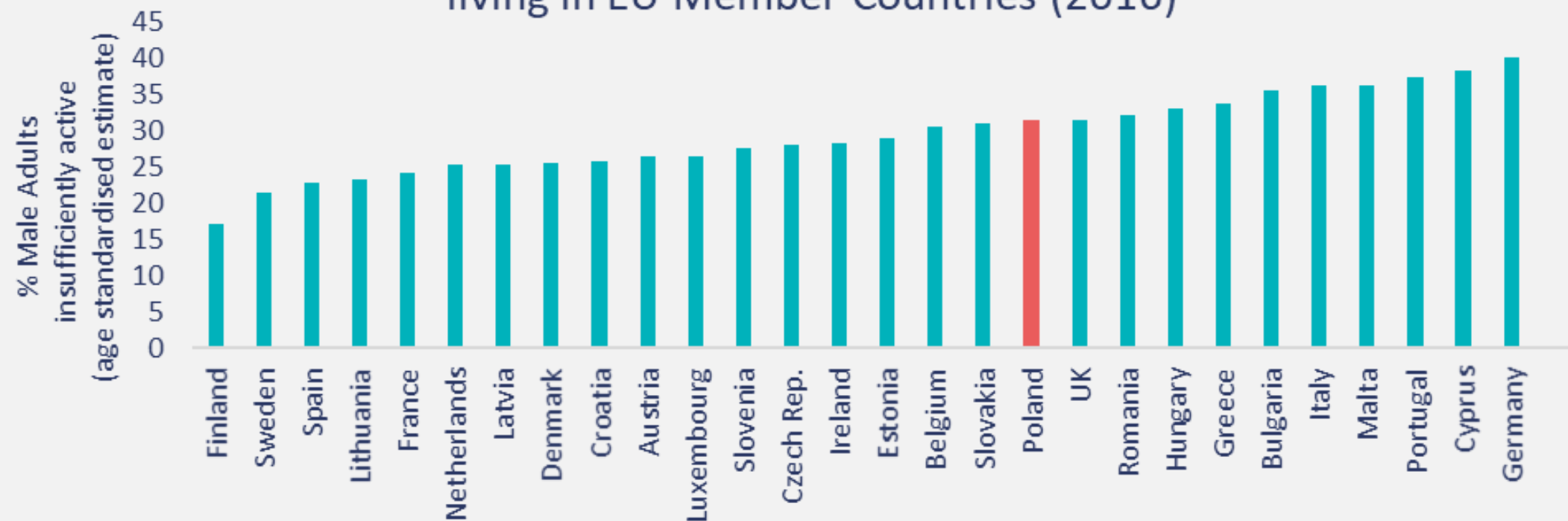
No data available in Cyprus

% Insufficiently active female adolescents living in EU Member Countries (2010)

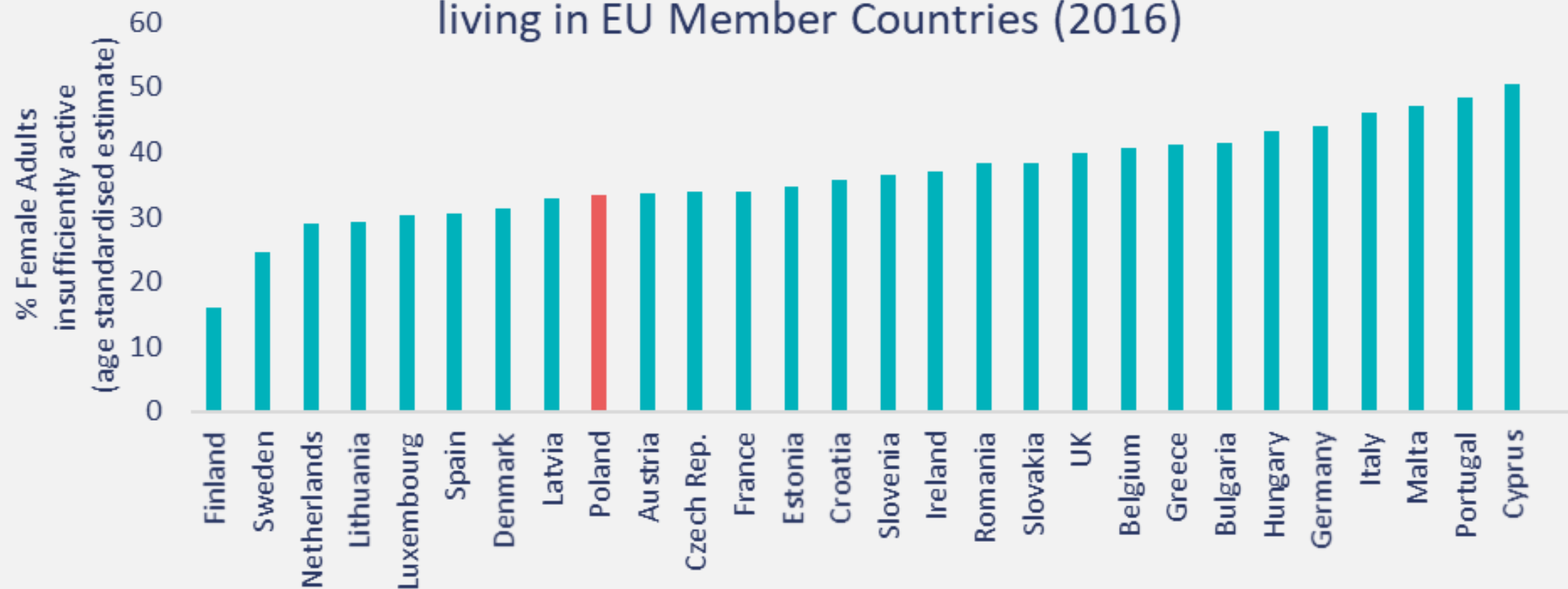


No data available in Cyprus

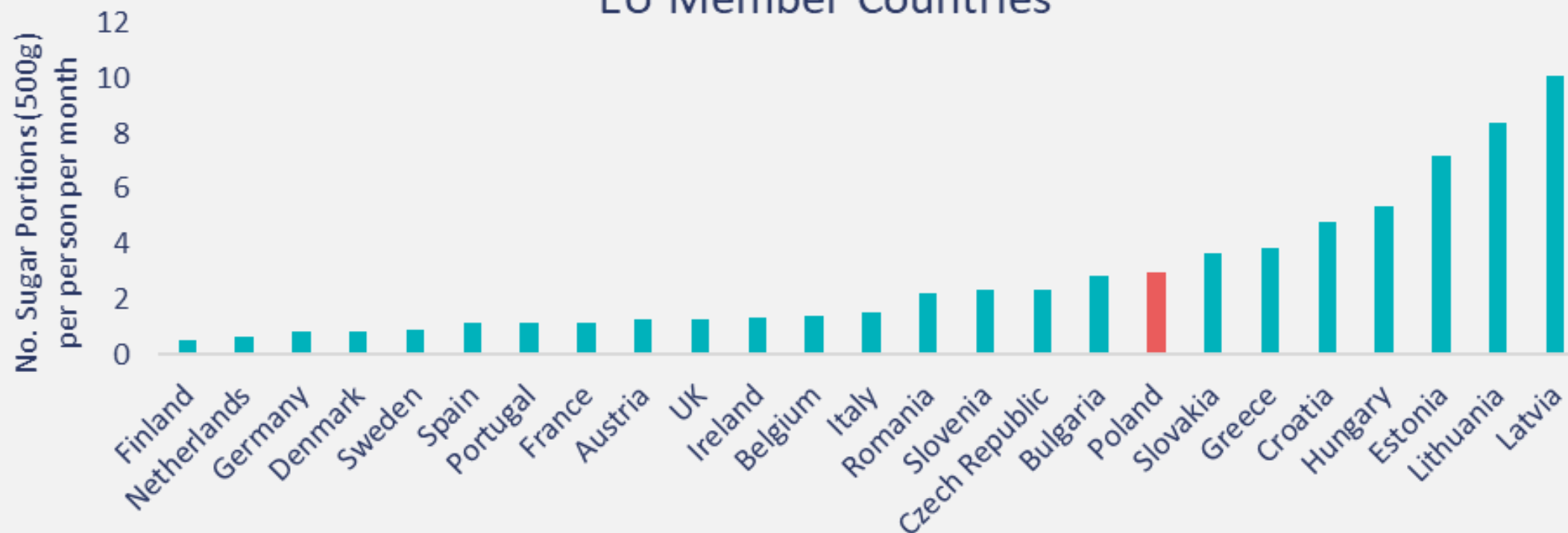
% Insufficiently active male adults living in EU Member Countries (2016)



% Insufficiently active female adults living in EU Member Countries (2016)



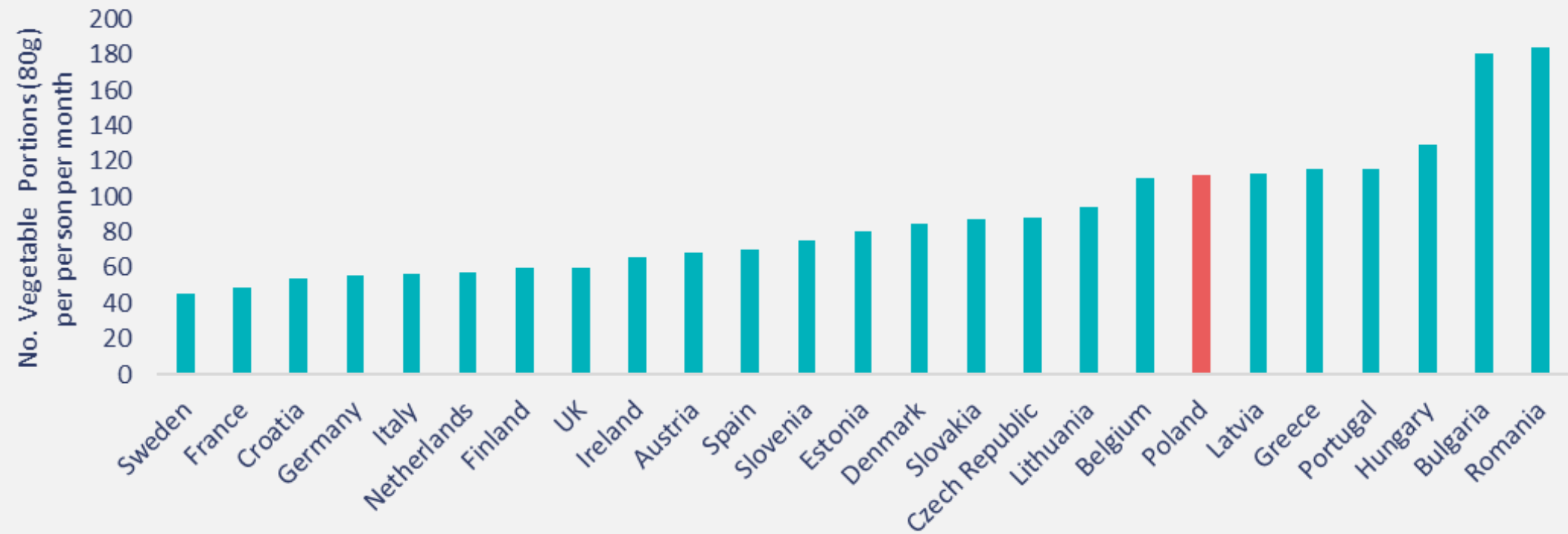
Sugar Consumption/Sales for individuals living in EU Member Countries



No data available in Cyprus, Luxembourg & Malta

Sugar Consumption/Sales for individuals living in EU Member Countries. Derived from:
Euromonitor International, Nutrition 2016 edition

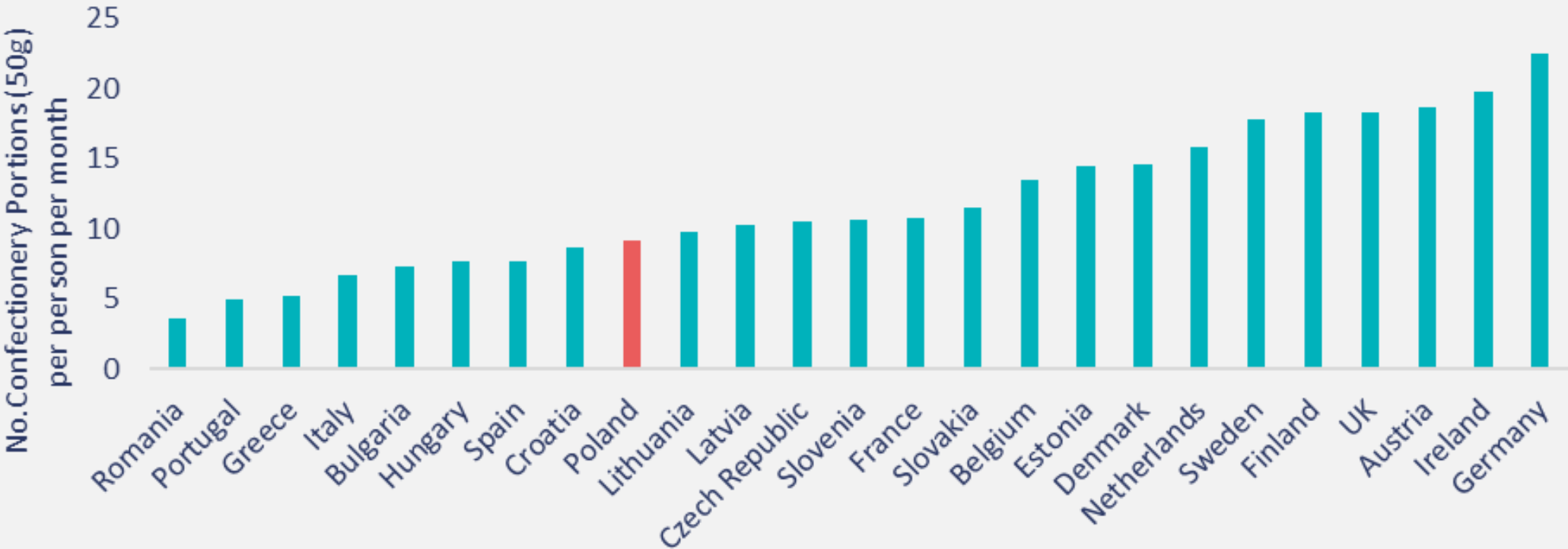
Vegetable Consumption/Sales for individuals living in EU Member Countries



No data available in Cyprus, Luxembourg & Malta
Vegetable Consumption/Sales for individuals living in EU Member Countries
Derived from: Euromonitor International, Fresh Food, 2016 edition

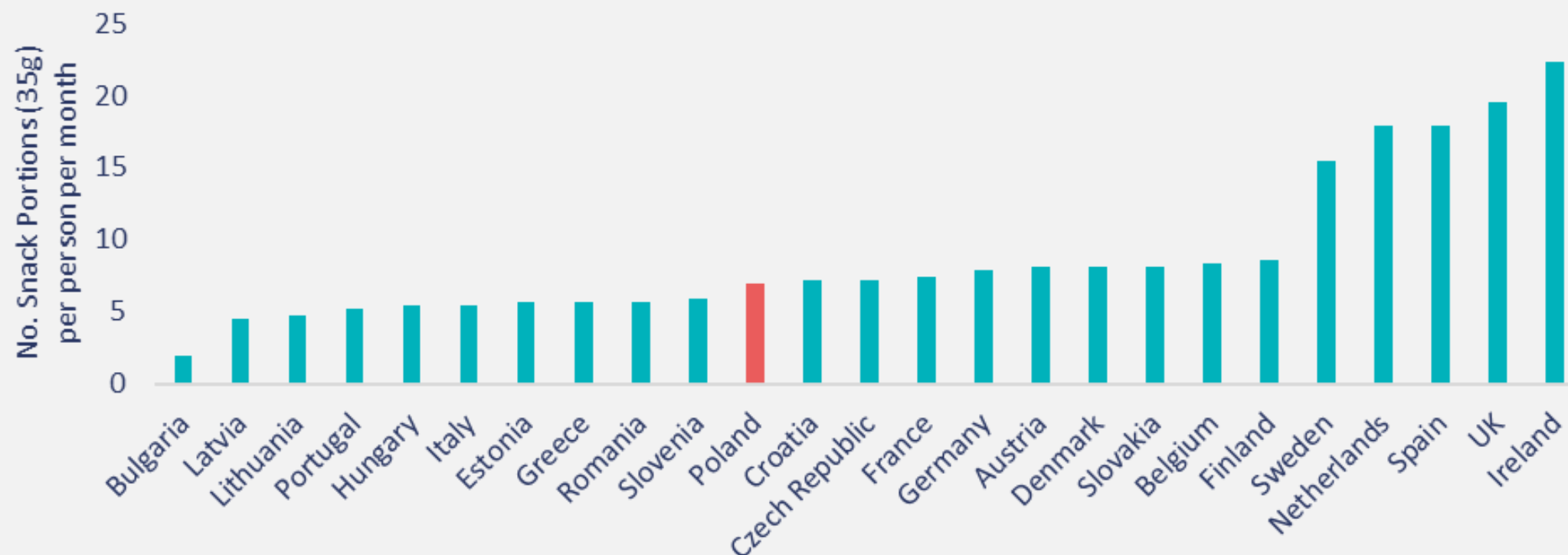


Confectionery Consumption/Sales for individuals living in EU Member Countries



No data available in Cyprus, Luxembourg & Malta
Confectionery Consumption/Sales for individuals living in EU Member Countries
Derived from: Euromonitor International, Packaged Food, 2016 edition

Sweet & Savoury Snack Consumption/Sales for individuals living in EU Member Countries

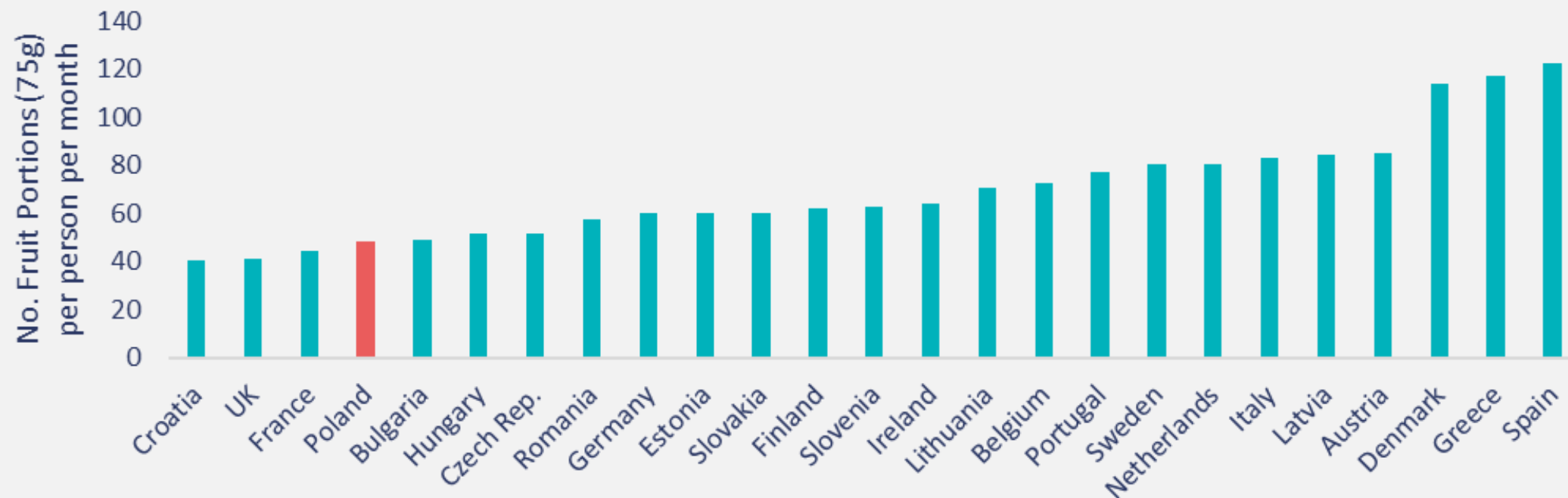


No data available in Cyprus, Luxembourg & Malta

Sweet and Savoury Snacks Consumption/Sales for individuals living in EU Member Countries

Derived from: Euromonitor International, Packaged Food, 2016 edition

Fruit Consumption/Sales for individuals living in EU Member Countries

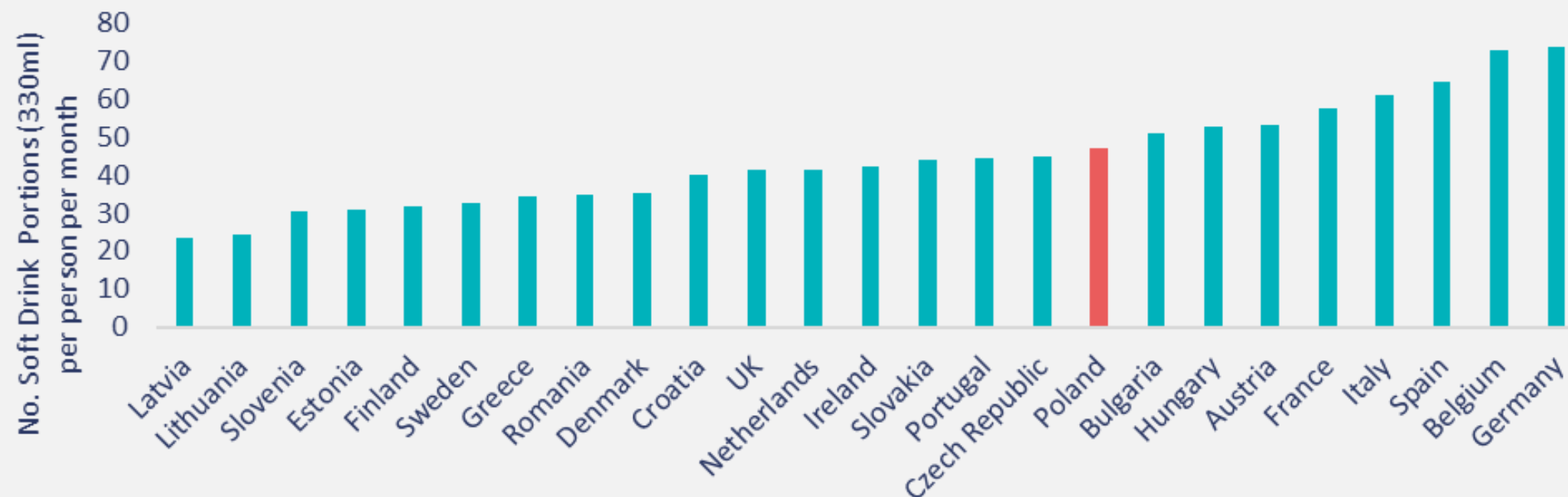


No data available in Cyprus, Luxembourg & Malta

Fruit Consumption/Sales for individuals living in EU Member Countries

Derived from: Euromonitor International, Fresh Food, 2016 edition

Soft Drink Consumption/Sales for individuals living in EU Member Countries



No data available in Cyprus, Luxembourg & Malta

Soft Drink Consumption/Sales for individuals living in EU Member Countries

Derived from: Euromonitor International, Soft Drinks, 2016 edition

Diabetes age-adjusted comparative prevalence [%] in adults living in EU Member Countries (2017)



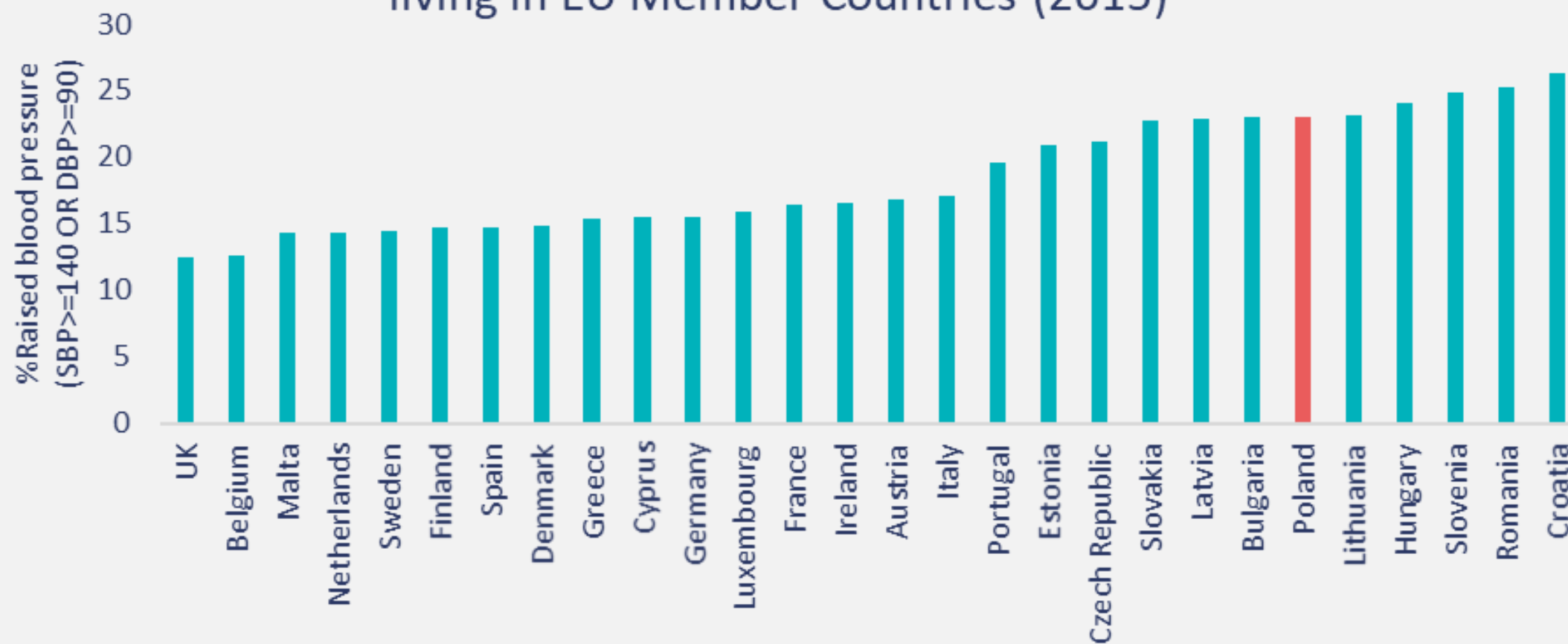
% Raised total cholesterol in adults living in EU Member Countries



% Raised blood pressure in males living in EU Member Countries (2015)



% Raised blood pressure in females living in EU Member Countries (2015)

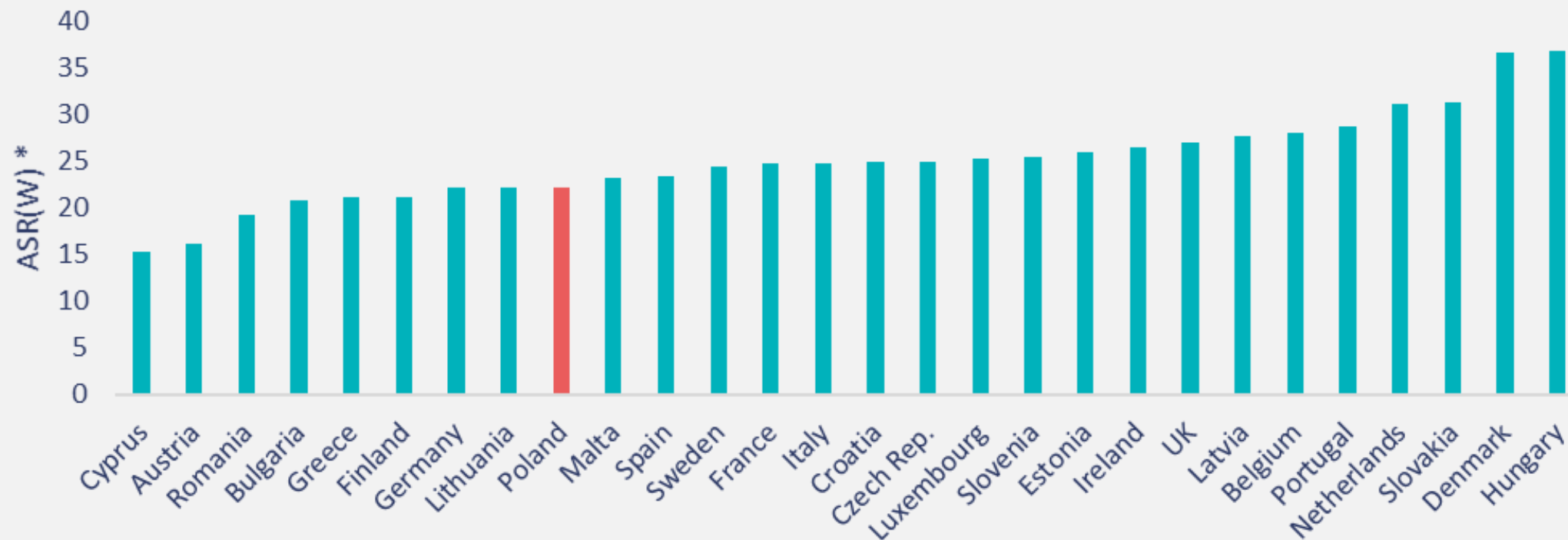


Colorectal Cancer incidence in males living in EU Member Countries



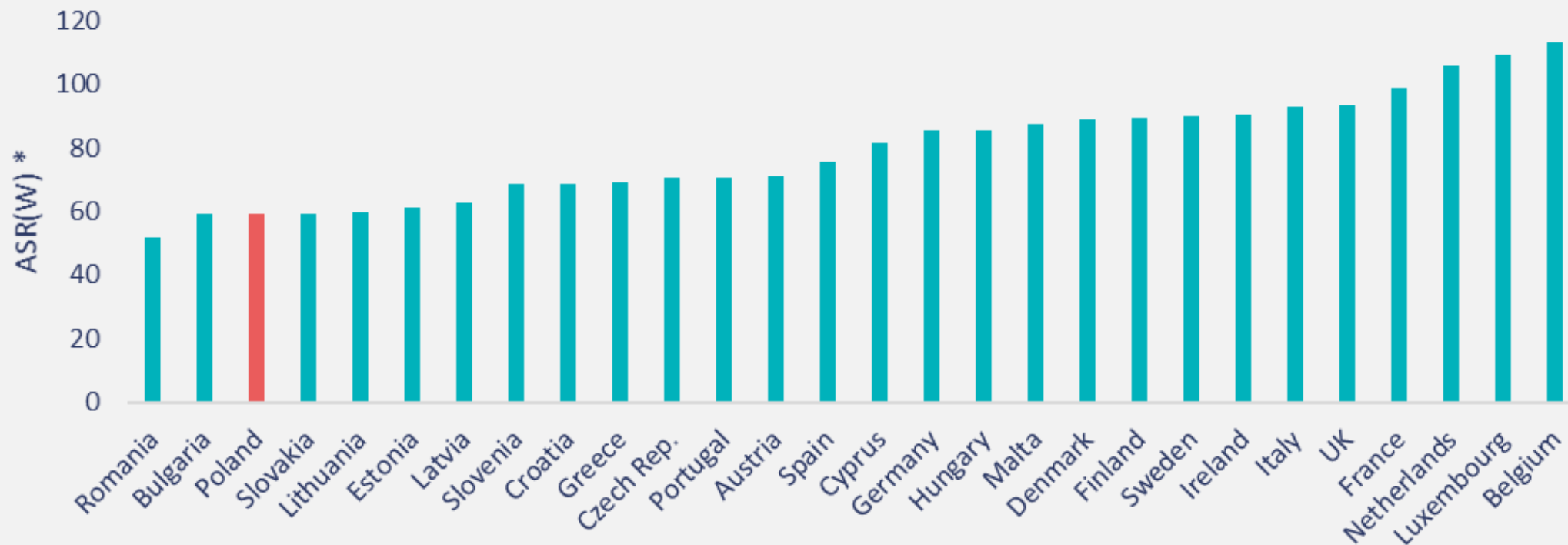
*ASR(W) Age Standardised Rate (to World Standard Population) expressed per 100,000

Colorectal Cancer incidence in females living in EU Member Countries



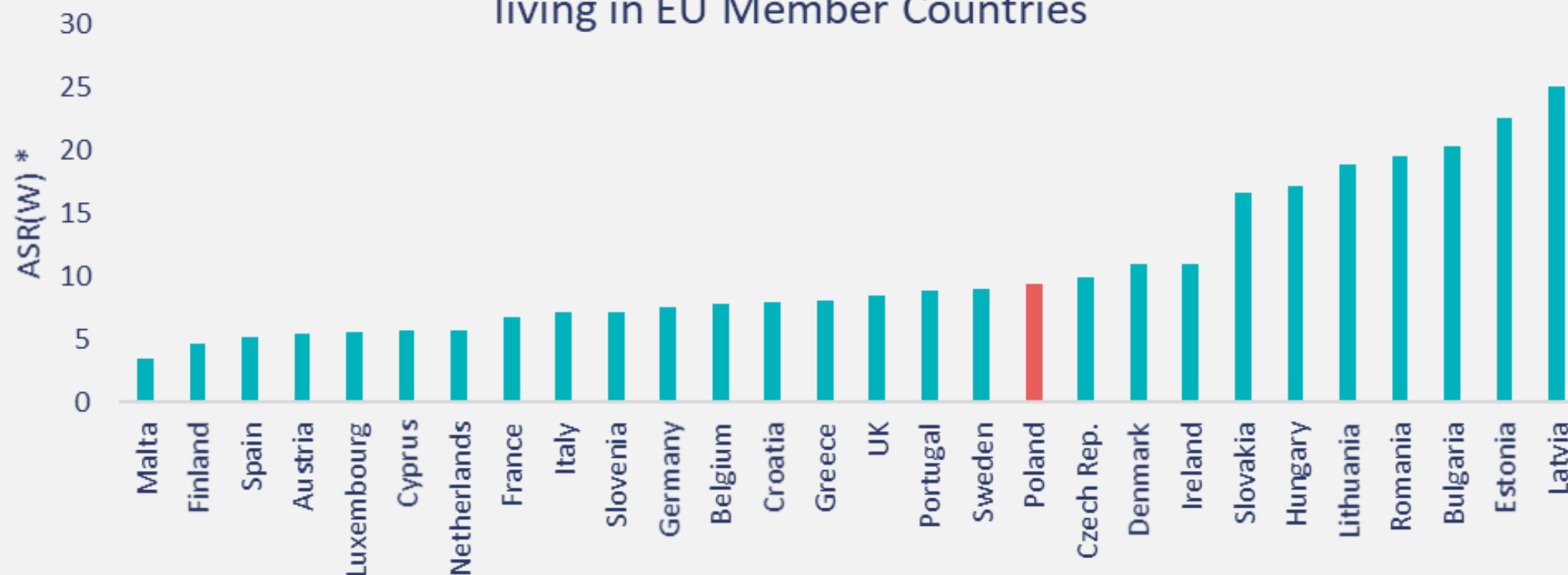
*ASR(W) Age Standardised Rate (to World Standard Population) expressed per 100,000

Breast Cancer incidence in females living in EU Member Countries



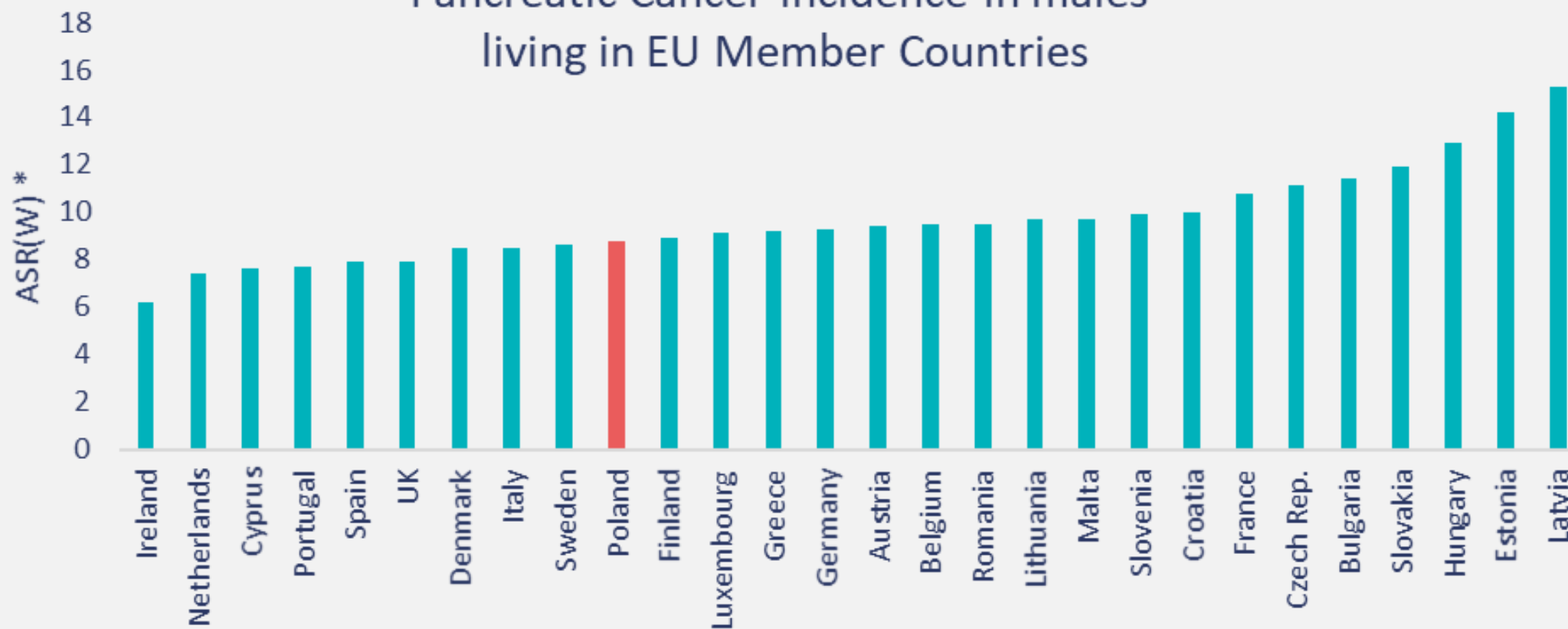
*ASR(W) Age Standardised Rate (to World Standard Population) expressed per 100,000

Cancer of the Cervix Uteri incidence in females living in EU Member Countries



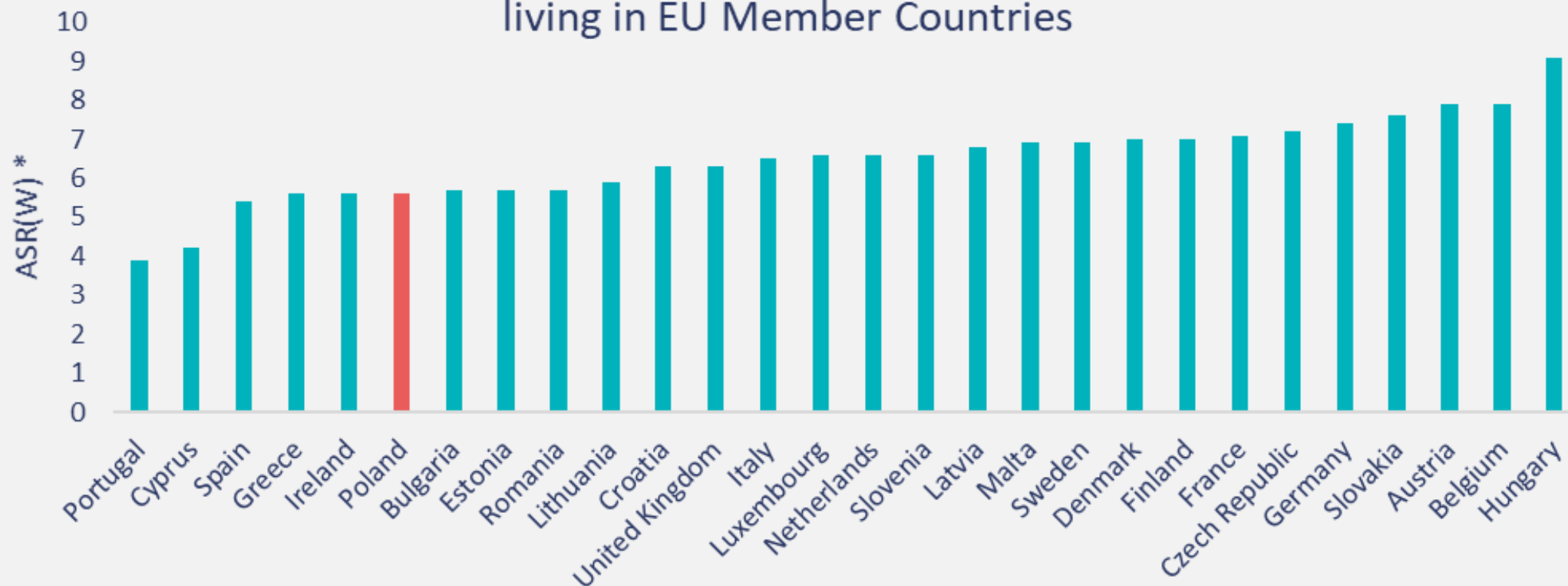
*ASR(W) Age Standardised Rate (to World Standard Population) expressed per 100,000

Pancreatic Cancer incidence in males living in EU Member Countries



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

Pancreatic Cancer incidence in females living in EU Member Countries



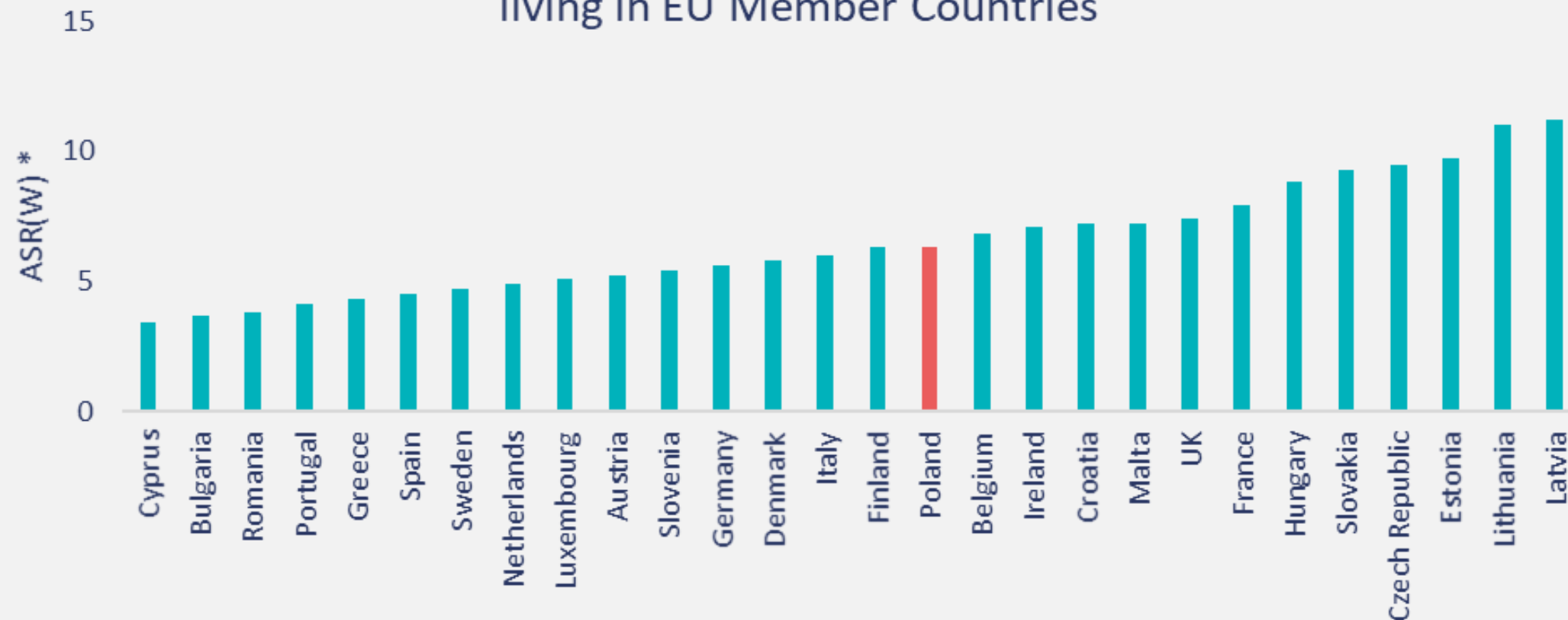
*ASR(W) Age Standardised Rate (to World Standard Population) expressed per 100,000

Cancer of the Kidney incidence in males living in EU Member Countries

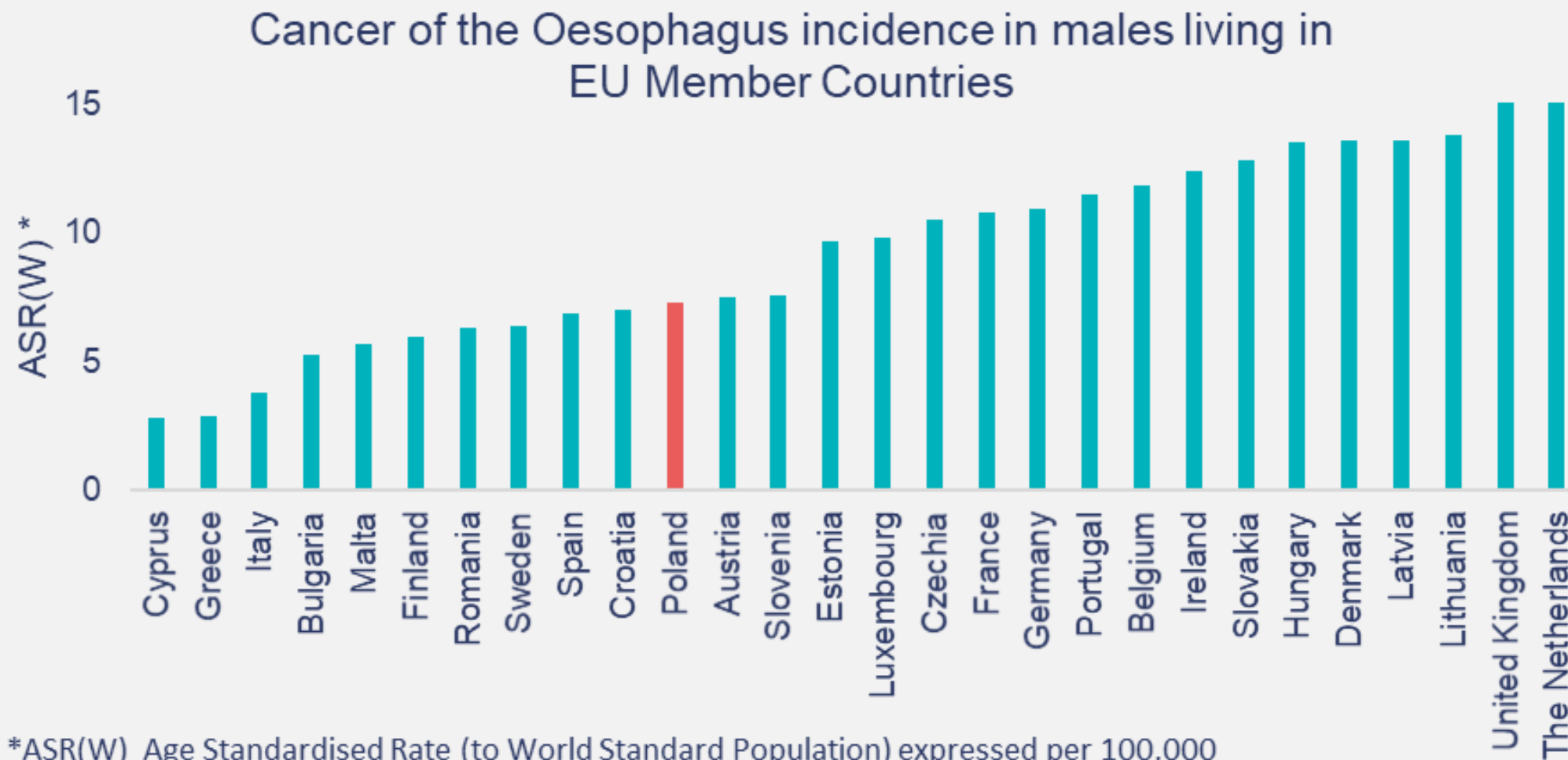


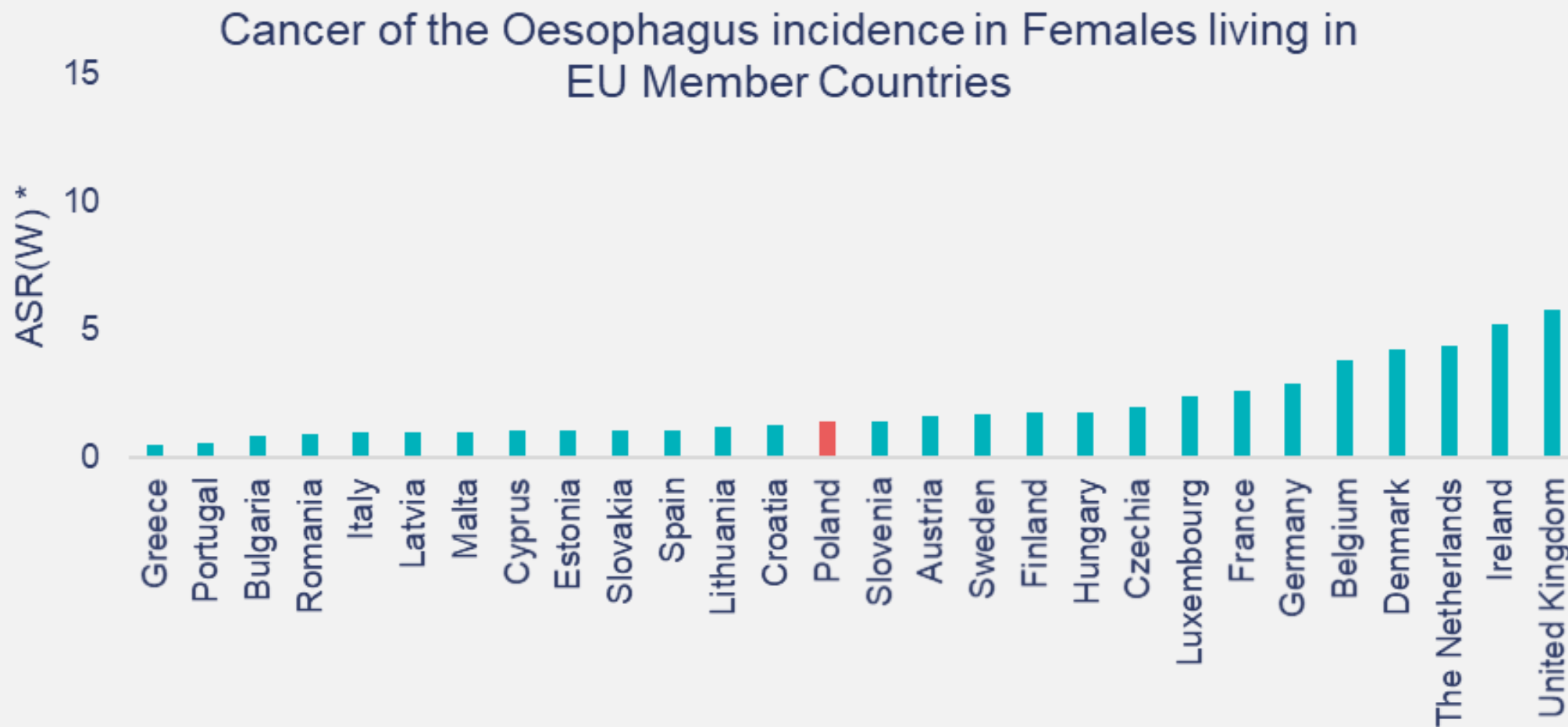
*ASR(W) Age Standardised Rate (to World Standard Population) expressed per 100,000

Cancer of the Kidney incidence in females living in EU Member Countries



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





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



Actions Map	Select link below to view (right click to open hyperlink)
Obesity Related Policies or Interventions	Adults
	Child
	Adult & Child



% Overweight & Obesity Maps	(select link below to view)	
Current Prevalence	Men	Women
	Boys	Girls
By Age	Adult	Child
By Region	Adult	Child
By Educational Status	Adult	Child
By Socio-economic group	Adult	Child
Trend NB. To view the time period you are interested in you must choose a time period and click 'Change year' to update the map)	Men	Women
	Boys	Girls

Sources		
Overweight & Obesity %	Data sources available at www.worldobesitydata.org	 Poland
EUROSTAT data	Eurostat Database: http://ec.europa.eu/eurostat	
HBSC data	Health Behaviour in School Aged Children (HBSC) http://www.hbsc.org/	
Population Estimates	UN Population Estimates, United Nations, http://esa.un.org/unpd/wpp/	
Diabetes estimates 2017	Reproduced with kind permission of IDF, International Diabetes Federation. IDF Diabetes Atlas, 8th edition. Brussels, Belgium: International Diabetes Federation, 2017. http://www.diabetesatlas.org	
Index Mundi	Index Mundi, https://www.indexmundi.com/facts/poland/indicator/SI.POV.GINI (last accessed 12th December 2018)	
Physical Inactivity estimates in adults	Guthold R, Stevens GA, Riley LM, Bull FC. Worldwide trends in insufficient physical activity from 2001 to 2016: a pooled analysis of 358 population-based surveys with 1·9 million participants. Lancet Global Health. Vol 6 (10) PE1077-E1086, OCTOBER 01, 2018. https://www.thelancet.com/journals/langlo/article/PIIS2214-109X(18)30357-7/fulltext . (This is an Open Access article published under the CC BY 3.0 IGO license which permits unrestricted use, distribution, and reproduction in any medium, WHO does not endorse any specific organisation, products or services.)	
Physical Inactivity estimates in children	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.A884?lang=en	
Cancer incidence rates	Global Cancer Observatory, Cancer incidence rates http://gco.iarc.fr/ (last accessed 28 th October 2018)	
Euromonitor	All consumption/sales information are derived from Euromonitor International, Fresh Food, 2016 Edition.	



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