% Overweight & Obesity in children in Portugal (2013-14)

Girls: 10% Obesity, 20% Overweight

Boys: 10% Obesity, 20% Overweight
% Overweight & Obesity by age & income quintile in males living in Portugal 2014

BMI ≥30  BMI 25-29.9

1st Quintile (lowest income), 5th Quintile (highest income)
% Overweight & Obesity by age and income quintile in females living in Portugal 2014

BMI ≥30  BMI 25-29.9

1st Quintile (lowest income), 5th Quintile (highest income)
% Overweight and Obesity by age & educational attainment in males in Portugal 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 5-8)
% Overweight and Obesity by age & educational attainment in females in Portugal 2014

Less than primary, primary and lower secondary education (levels 0-2)
Upper secondary and post-secondary non-tertiary education (levels 3 and 5-8)
Tertiary education (levels 5-8)
Percentagem de excesso de peso e obesidade por idade e quintil de rendimento nos homens que residiam em Portugal em 2014

1.º quintil (rendimento mais baixo), 5.º quintil (rendimento mais elevado)
Percentagem de excesso de peso e obesidade por idade e quintil de rendimento nas mulheres que residiam em Portugal em 2014

IMC ≥30 - IMC 25-29,9

1.º quintil (rendimento mais baixo), 5.º quintil (rendimento mais elevado)
Percentagem de excesso de peso e obesidade por idade e nível de instrução nos homens em Portugal em 2014

Menos do que o ensino primário e secundário inferior (níveis 0-2)
Ensino secundário superior e pós-secundário não terciário (níveis 3-4)
Ensino terciário (níveis 5-8)
Percentagem de excesso de peso e obesidade por idade e nível de instrução nas mulheres em Portugal em 2014

Menos do que o ensino primário e secundário inferior (níveis 0-2)
Ensino secundário superior e pós-secundário não terciário (níveis 3-4)
Ensino terciário (níveis 5-8)
Changes in Overweight (%) in 13 year old boys between 2001 & 2013/14

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

* The Former Yugoslav Republic Macedonia
Changes in prevalence of Overweight (%) in 15 year old boys between 2001 & 2013/14

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

* The Former Yugoslav Republic Macedonia
Changes in Overweight (%) in 13 year old girls between 2001 & 2013/14

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

* The Former Yugoslav Republic Macedonia

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

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

* The Former Yugoslav Republic  Macedonia
% Insufficiently active male adolescents living in EU Member Countries (2010)

Portugal

No data available in Cyprus
% Insufficiently active female adolescents living in EU Member Countries (2010)

No data available in Cyprus

www.worldobesitydata.org
% Insufficiently active male adults living in EU Member Countries (2016)
% Insufficiently active female adults living in EU Member Countries (2016)
Portugal

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 2015 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
Confectionery Consumption/Sales for individuals living in EU Member Countries

No data available in Cyprus, Luxembourg & Malta
Confectionary Consumption/Sales for individuals living in EU Member Countries
Sweet & Savoury Snack Consumption/Sales for individuals living in EU Member Countries

No. Snack Portions (35g) per person per month

No data available in Cyprus, Luxembourg & Malta

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

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

www.worldobesitydata.org
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

(portugal)
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
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<td>Overweight &amp; Obesity %</td>
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<td>EUROSTAT data</td>
<td>Eurostat Database: <a href="http://ec.europa.eu/eurostat">http://ec.europa.eu/eurostat</a></td>
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<td>Physical Inactivity estimates in adults</td>
<td>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. <a href="https://www.thelancet.com/journals/langlo/article/PIIS2214-109X(18)30357-7/fulltext">https://www.thelancet.com/journals/langlo/article/PIIS2214-109X(18)30357-7/fulltext</a> (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 endorses any specific organisation, products or services.)</td>
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<td>Euromonitor</td>
<td>All consumption/sales information are derived from Euromonitor International, Fresh Food, 2016 Edition.</td>
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