CHILDHOOD OBESITY SURVEILLANCE INITIATIVE, CROATIA 2015/2016

Childhood Obesity Surveillance Initiative (COSI), research administered by World Health Organization Regional Office for Europe was initially set up and implemented in 2005/2006 in thirteen Member States. Croatia has joined the research in the fourth round, 2015/2016. The CroCOSI research was conducted by the Republic of Croatia, the Croatian Institute of Public Health, with the support of the Croatian Ministry of Health and the Croatian Ministry of Science and Education.

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Overweight and obesity prevalence in 7-9-year-old schoolchildren, comparison by countries

Source: WHO EURO Childhood Obesity Surveillance Initiative 2015 – 2017
Childhood Obesity Surveillance Initiative, Croatia 2015/2016 (CroCOSI), Croatian Institute of Public Health, Zagreb, 2018

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Girls

- 1.6% underweight
- 67.3% normal weight
- 20.3% overweight
- 10.7% obesity

Boys

- 0.4% underweight
- 60.8% normal weight
- 21.5% overweight
- 17.2% obesity

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The highest share of overweight and obese girls lives in the Continental region.

- Girls living in Croatia are overweight or obese: 31%
- 35.6% of girls are more obese than boys.

The highest share of overweight and obese boys lives in the Adriatic region.

- Boys living in Croatia are overweight or obese: 38.7%
- 42.2% of boys are more obese than girls.

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* Sample is representative at the national level.
OBESITY RISK FACTORS

51.5% of children spend 3 hours or less per week in organized sports activities.

9.7% of children spend less than 1 hour per day playing outside on weekdays, and 1.5% on weekends.

56.1% of children spend 2 hours or more per day watching TV or using electronic devices on weekdays, and 87.4% on weekends.

Children sleep on average for more than 9 hours per night.

4.3% of children eat foods like pizza, French fries, hamburgers or sausages more than 3 times per week.

27% of children eat foods like biscuits, cake, doughnuts or pies more than 3 times per week.

29.1% of children drink soft drinks containing sugar more than 3 times per week.

31.1% of children eat sweet treats like candy or chocolate more than 3 times per week.

22.9% of children do not eat breakfast every day.

66.5% of children do not eat fresh fruit every day.

82.8% of children do not eat vegetables every day.

Sources:
- Croatian Institute of Public Health: Croatia, 2015-2016 (CroCOSi).