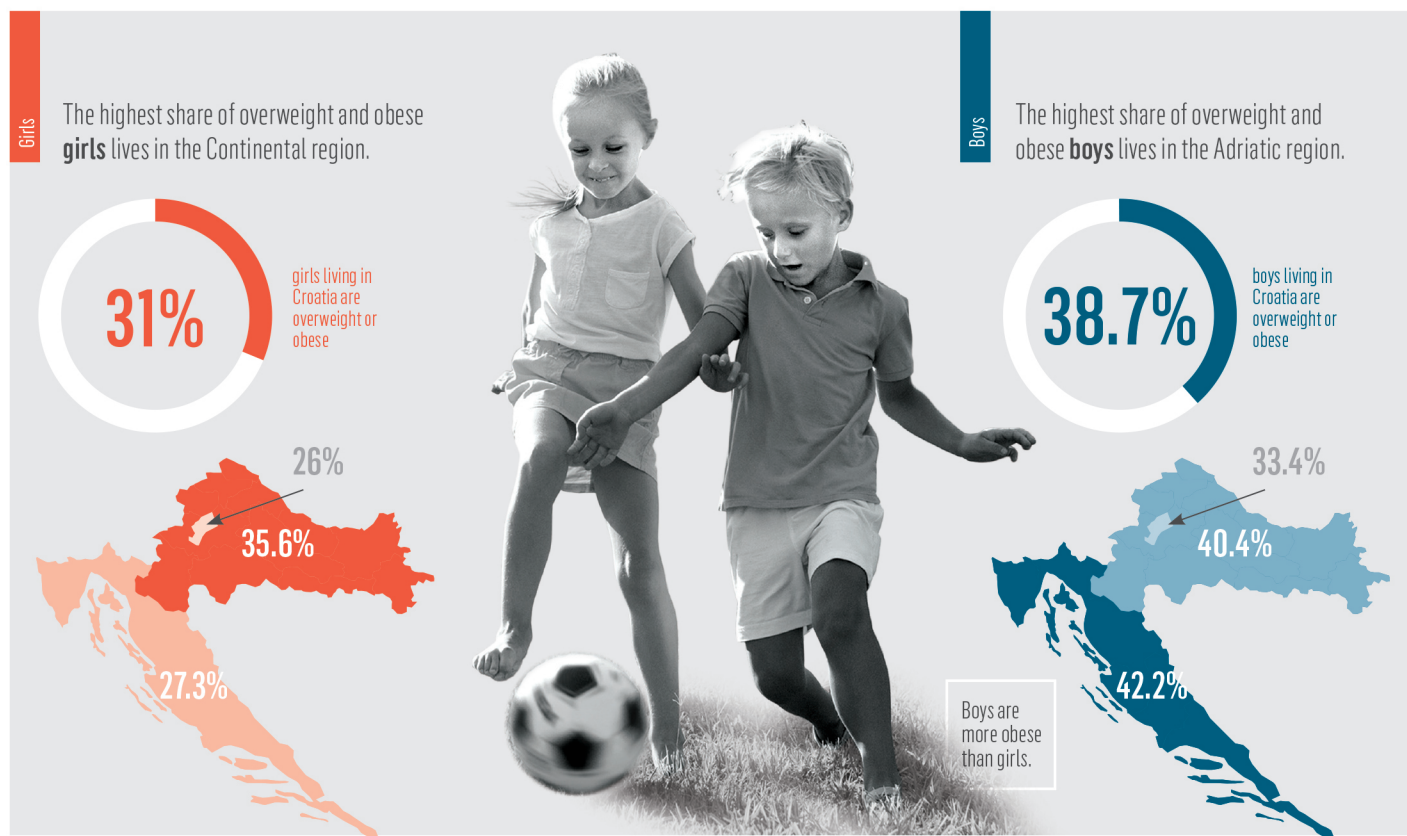
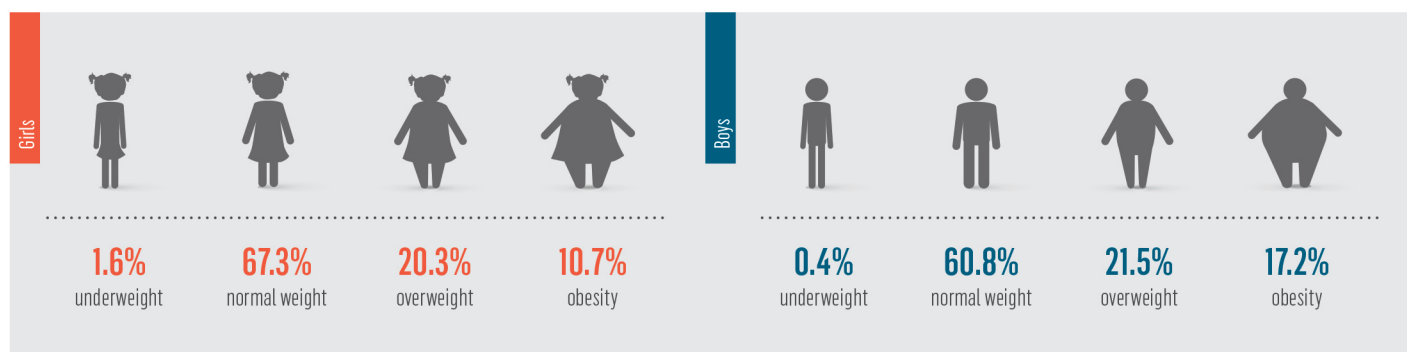
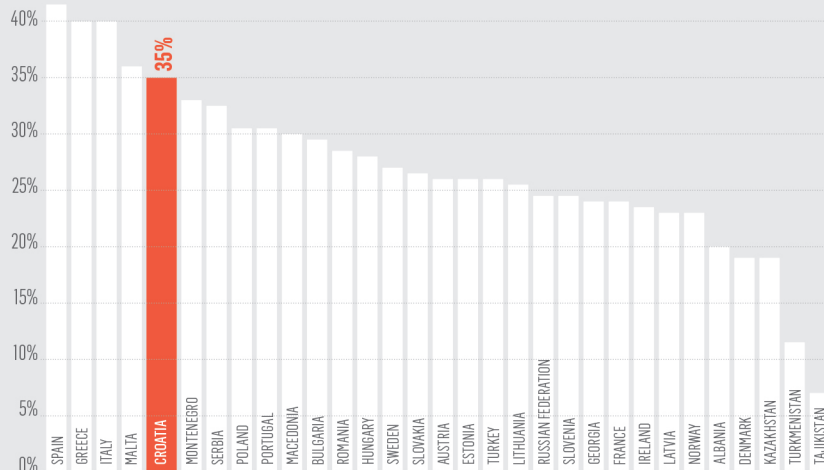


# CHILDHOOD OBESITY SURVEILLANCE INITIATIVE, CROATIA 2015/2016



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.

Overweight and obesity prevalence in 7-9-year-old schoolchildren, comparison by countries  
Source: WHO European Childhood Obesity Surveillance Initiative 2015-2017  
Childhood Obesity Surveillance Initiative, Croatia 2015/2016 (CroCOSI),  
Croatian Institute of Public Health, Zagreb, 2018



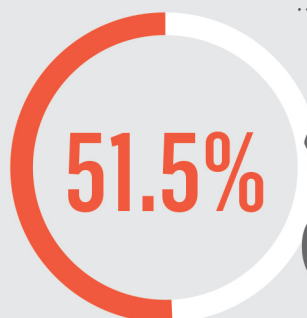
\* Sample is representative at the national level.

# OBESITY RISK FACTORS

**56.1%**  
weekdays

**87.4%**  
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



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

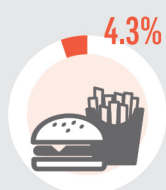
children sleep on average for more than 9 hours per night



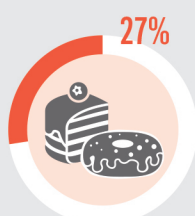
**9.7%**  
weekdays

**1.5%**  
weekends

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



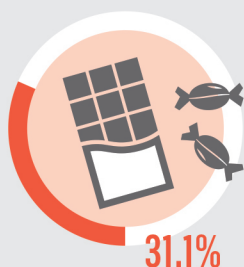
4.3% of children eat foods like pizza, French fries, hamburgers or sausages more than 3 times per week



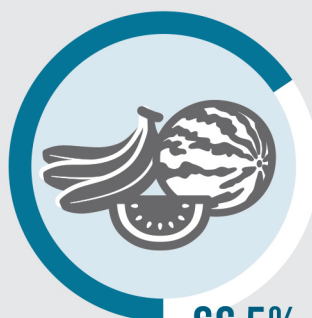
27% of children eat foods like biscuits, cake, doughnuts or pies more than 3 times per week



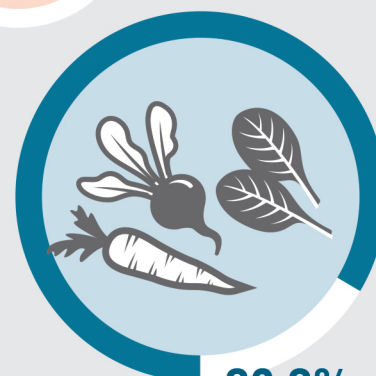
29.1% of children drink soft drinks containing sugar more than 3 times per week



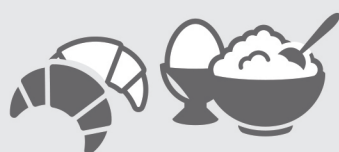
31.1% of children eat sweet treats like candy or chocolate more than 3 times per week



66.5% of children do not eat fresh fruit every day



82.8% of children do not eat vegetables every day



**22.9%**

of children do not eat breakfast every day

\* criteria: Wijnhoven TMA, van Raaij JM, Yngve A, et al. WHO European Childhood Obesity Surveillance Initiative: health-risk behaviours on nutrition and physical activity in 6-9-year-old schoolchildren. *Public Health Nutr* 2015;18(17):3108-3124.  
Source: Childhood Obesity Surveillance Initiative, Croatia 2015/2016 (CroCOSI), Croatian Institute of Public Health, Zagreb, 2018