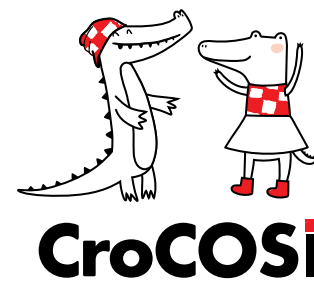


# CHILDHOOD OBESITY SURVEILLANCE INITIATIVE, CROATIA 2018/2019

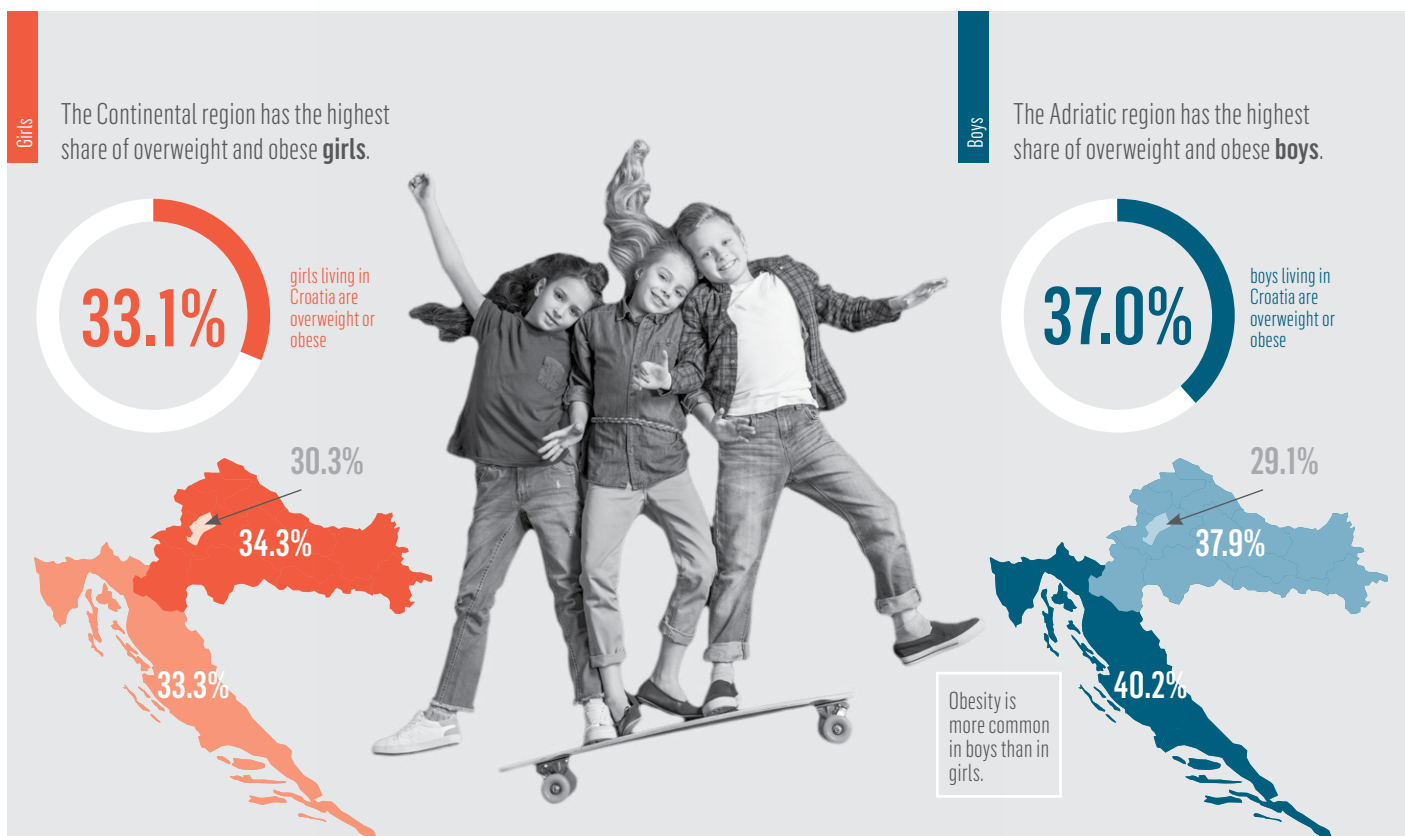
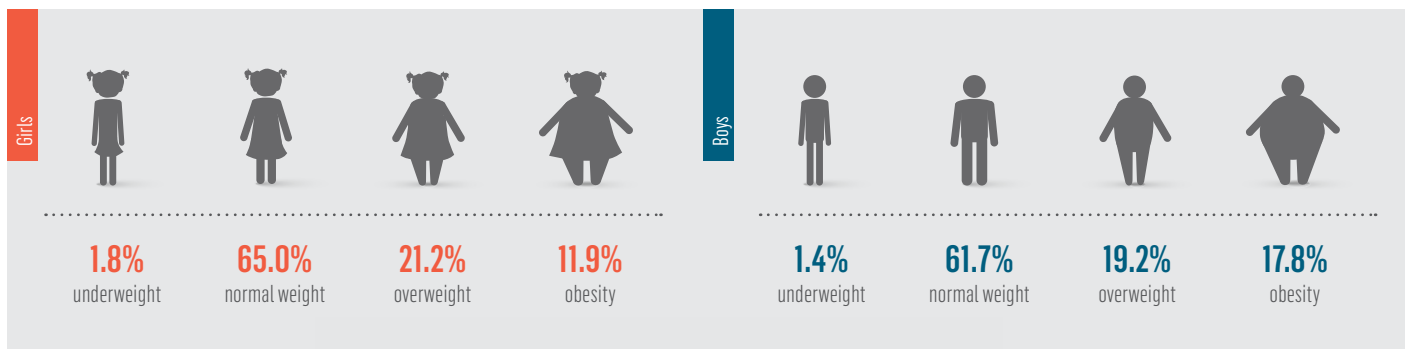
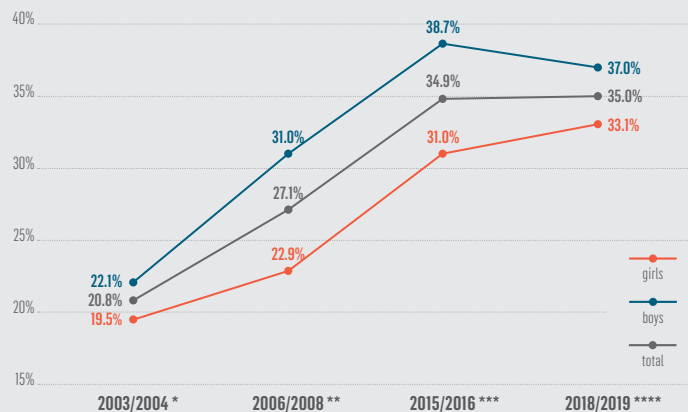


Childhood Obesity Surveillance Initiative (COSI), research administered by the World Health Organization Regional Office for Europe was initially set up and implemented in 2005/2006. Croatia has joined the research in the fourth round, 2015/2016 (CroCOSI). The fifth round of COSI and the second round of the CroCOSI research was implemented in 2018/2019. The CroCOSI research was conducted by the Croatian Institute of Public Health, the Croatian Ministry of Health and the Croatian Ministry of Science and Education.

Overweight and obesity prevalence in 7 and 8-year-old children, comparison through time

#### Sources:

\*Jureša V, Musil V, Majer M, Ivanković D, Petrović D. Behavioral Pattern of Overweight and Obese School Children. Coll antropol. 2012;36:139-46.  
 \*\*Jureša V, Musil V, Majer M. Epidemiology of obesity in school age and adolescence. In: Rukavina D. ed. Obesity - a public health problem and a medical challenge. Proceedings of the Scientific Symposium; 2014 May 8; Rijeka, Croatia. Zagreb: Croatian Academy of Sciences and Arts 2014. P19-30.  
 \*\*\*Childhood Obesity Surveillance Initiative, Croatia 2015/2016 (CroCOSI), Croatian Institute of Public Health, Zagreb, 2018.  
 \*\*\*\*Childhood Obesity Surveillance Initiative, Croatia 2018/2019 (CroCOSI), Croatian Institute of Public Health, Zagreb, 2021.

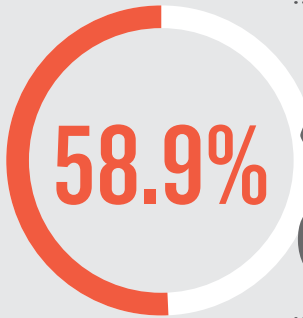


# OBESITY RISK FACTORS

**41.2%**  
weekdays

**78.3%**  
weekends

41.2% of children spend 2 hours or more per day watching TV or using electronic devices on weekdays, and 78.3% on weekends



58.9% of children spend 3 hours or less per week in organized sports activities

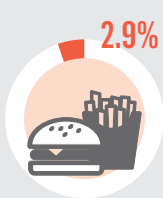
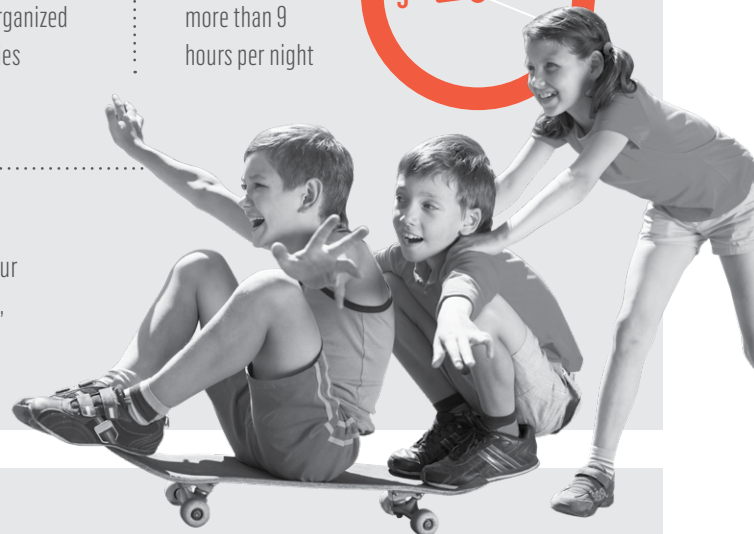
children sleep on average more than 9 hours per night



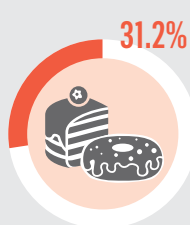
**9.1%**  
weekdays

**2.5%**  
weekends

9.1% of children spend less than 1 hour per day playing outside on weekdays, and 2.5% on weekends



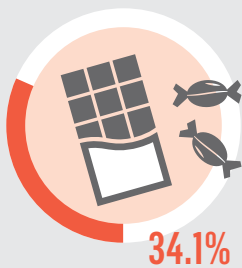
2.9% of children eat foods like pizza, French fries, hamburgers or sausages more than 3 times per week



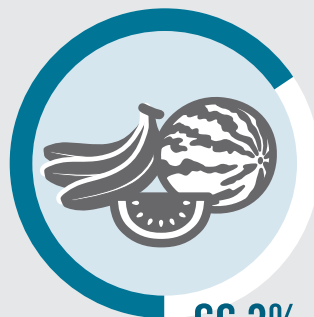
31.2% of children eat foods like biscuits, cake, doughnuts or pies more than 3 times per week



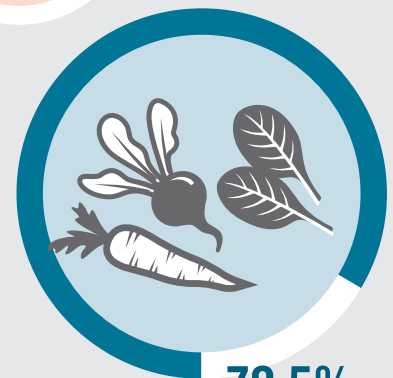
37.0% of children drink soft drinks containing sugar more than 3 times per week



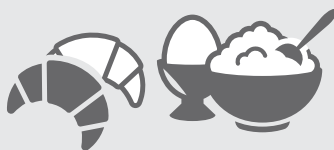
34.1% of children eat sweet treats like candy or chocolate more than 3 times per week



66.3% of children do not eat fresh fruit every day



79.5% of children do not eat vegetables every day



**31.7%**

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 2018/2019 (CroCOSI). Croatian Institute of Public Health, Zagreb, 2021.