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:

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

Girls

- 1.8% underweight
- 65.0% normal weight
- 21.2% overweight
- 11.9% obesity

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

Boys

- 1.4% underweight
- 61.7% normal weight
- 19.2% overweight
- 17.8% obesity

Obesity is more common in boys than in girls.
OBESITY RISK FACTORS

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.

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

9.1% of children sleep on average more than 9 hours per night.

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.

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.

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

31.2% of children eat sweet treats like candy or chocolate more than 3 times per week.

79.5% of children do not eat vegetables every day.

31.7% of children do not eat breakfast every day.
