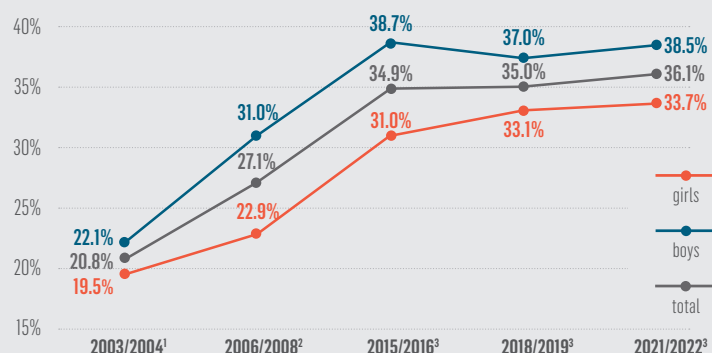


CHILDHOOD OBESITY SURVEILLANCE INITIATIVE, CROATIA 2021/2022



The Childhood Obesity Surveillance Initiative (COSI), conducted by the World Health Organization (WHO) Regional Office for Europe, was first introduced in 2005/2006. The Republic of Croatia joined the initiative in the fourth study round, in the school year 2015/2016. In the school year 2021/2022 the sixth round of research was carried out, which has been the third time the study was implemented in Croatia. The study was conducted in Croatia by the Croatian Institute of Public Health, with the support of the Ministry of Health, and the Ministry of Science and Education.

Share of children with overweight and obesity aged 7 and 8 years



Compared to 1980⁴, girls and boys are:



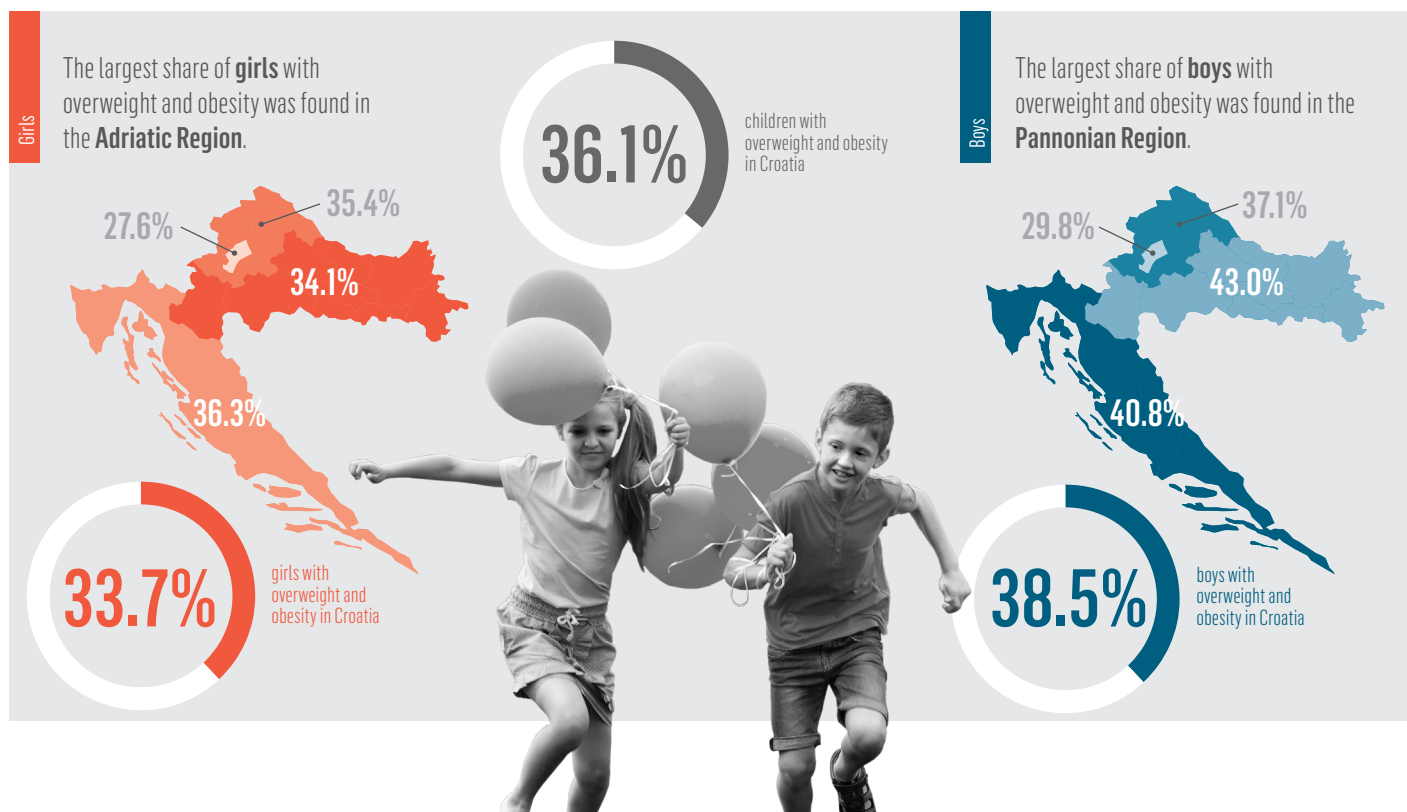
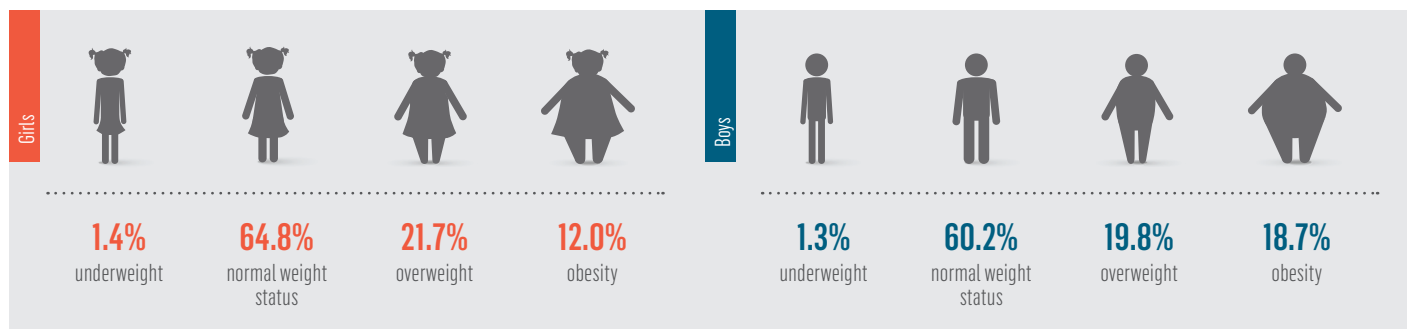
Sources:

¹ Jureša V, Musil V, Majer M, Ivanković D, Petrović D. Behavioral Pattern of Overweight and Obese School Children. Coll antropol 2012;36:139-46.

² 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.

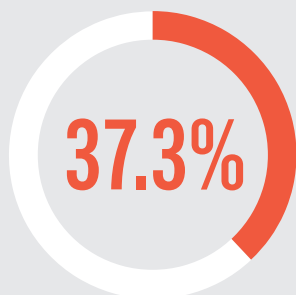
³ Childhood Obesity Surveillance Initiative, Croatia 2021/2022 (CroCOSI), Croatian Institute of Public Health, Zagreb, 2024.

⁴ Prebeg Ž. Variations in growth patterns of schoolchildren in Croatia. Coll. Anthropol. 1988;12(2):259-269.; Hrvatska zdravstvena anketa 2003, University of Zagreb School of Medicine, Štampar School of Public Health.

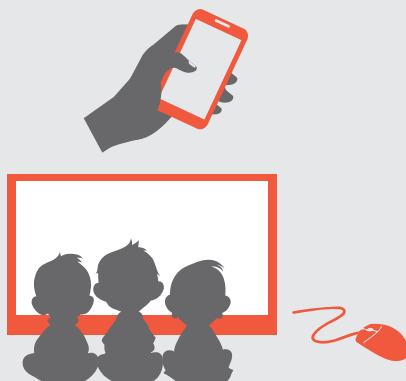


RECOGNISED RISKS FOR OBESITY

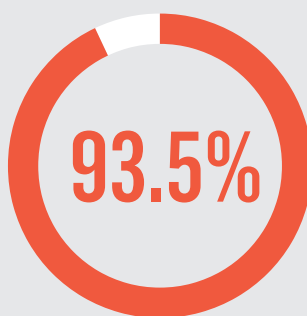
CHANGES IN THE COVID-19 PANDEMIC



children spent **two or more** hours of free time in front of a screen

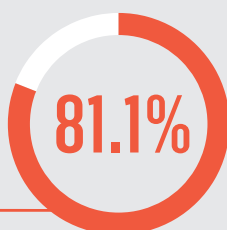


During the pandemic, **one in three** children spent **more free time in front of a screen** than usual!



children spent **one or more** hours actively playing

During the pandemic, it was noted that approx. **every third 8-year-old** spent **less** time actively playing!

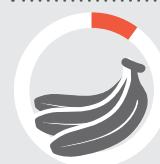


eat breakfast on a daily basis

children **ate breakfast more frequently** during the pandemic



eat a minimum of 5 portions of **fruits and vegetables** daily



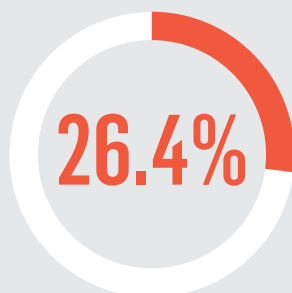
increased fruit consumption



increased vegetable consumption



drink sugar-sweetened soft drinks **more than three times** a week



6.7% children **reduced** the consumption of sugar-sweetened soft drinks during the pandemic