

Overweight and Obesity Prevalence in Eastern European Children and Adolescents

A Comparative Analysis among Slovakia, Hungary, and The Czech
Republic

SLOVAKIA, HUNGARY, AND THE CZECH REPUBLIC



OUTLINE

- ❖ Introduction
- ❖ Dueling Definitions: Childhood and Adolescent Overweight and Obesity
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- ❖ Prevalence of Childhood and Adolescent Obesity in Eastern Europe
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 - ❖ Hungary
 - ❖ The Czech Republic
- ❖ What is COSI?
- ❖ Obesity Update June 2014 from the Organization for Economic Cooperation and Development (OECD)
- ❖ The Commission on Ending Childhood Obesity
 - ❖ The Commission's Recommendations

INTRODUCTION

- ❖ The prevalence of infant, childhood and adolescent obesity is rising around the world and poses an urgent and serious challenge.
- ❖ Although rates may be plateauing in some settings, in absolute numbers there are more children who are overweight and obese in low- and middle-income countries than in high-income countries.
- ❖ Obesity can affect a child's immediate health, educational attainment and quality of life.

INTRODUCTION

- ❖ *Children with obesity are very likely to remain obese as adults and are at risk of chronic illness.*
- ❖ The Sustainable Development Goals, set by the United Nations in 2015, identify prevention and control of non-communicable diseases (NCDs) as core priorities.
- ❖ Among the NCD risk factors, obesity is particularly concerning and has the potential to negate many of the health benefits that have contributed to increased life expectancy.

DUELING DEFINITIONS

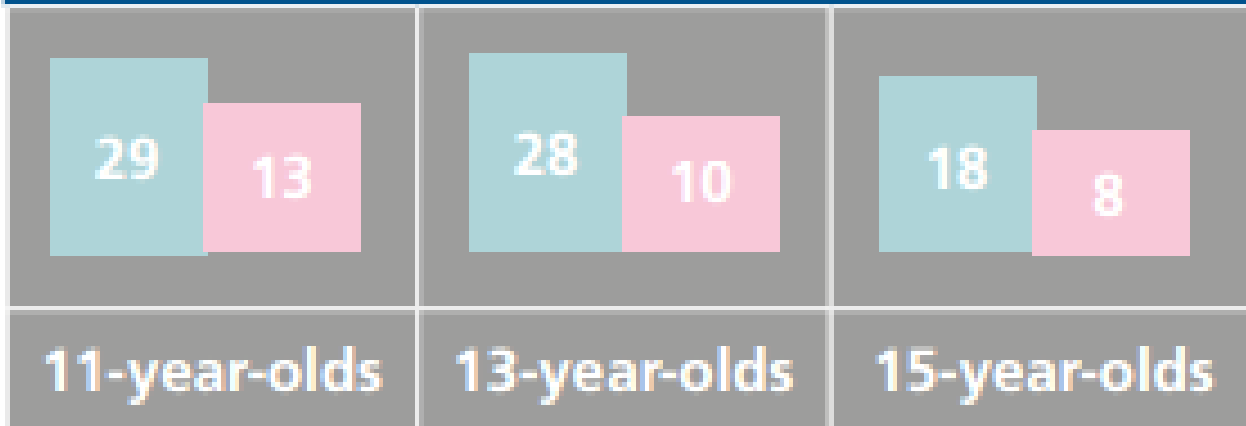
- ▶ The following agencies have different definitions of overweight and obesity in children and adolescents:
 - 1) The World Health Organization (WHO)
 - 2) U.S. Centers for Disease Control and Prevention (CDC)
 - 3) International Obesity Task Force (IOTF)
- ▶ At different ages, these criteria give somewhat different estimates of overweight and obesity prevalence.

IMPLICATIONS OF CONFLICTING DEFINITIONS

- 1) Age ranges vary among countries being compared.
- 2) Years of data collection vary among countries being compared.
- 3) Information on sample sizes is not often presented.
- 4) Information on survey response rates is not often presented.

SLOVAKIA (ADOLESCENTS)

PREVALENCE OF OVERWEIGHT (%) IN SLOVAK ADOLESCENTS
(BASED ON SELF-REPORTED DATA ON HEIGHT AND WEIGHT)



Source: Currie et al. (3)

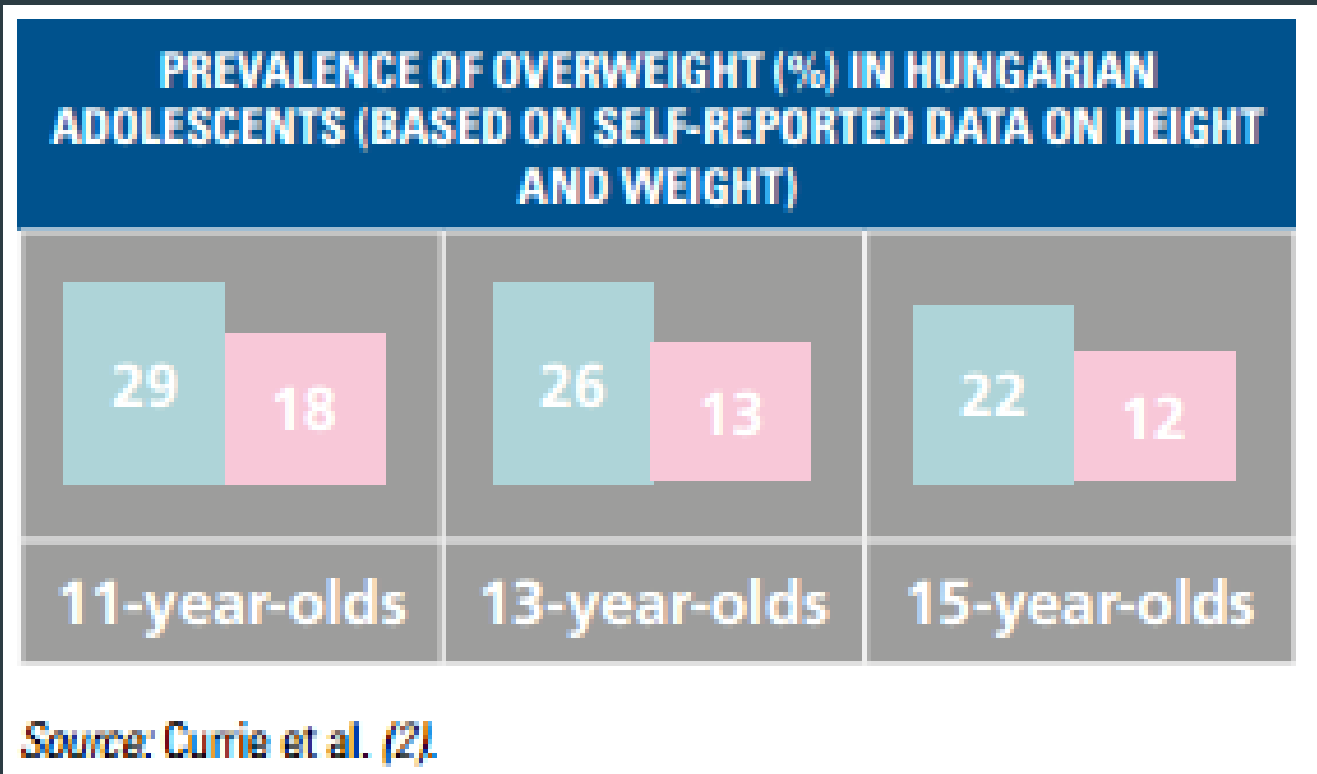
► Important Notes:

- ❖ Adolescents represent children aged 10-19 only.
- ❖ The Overweight % in this graphic for all 3 age groups includes the Obese % as well.
- ❖ Data was extracted from the Health Behaviour in School-aged Children (HBSC) survey (2009/2010).

SLOVAKIA (CHILDREN)

- ❖ Children are defined as those aged 0-9.
- ❖ No prevalence figures are available for overweight and obesity in school children based on measured inter-country comparable data.
- ❖ This is due to the fact that Slovakia is not yet participating in the WHO European Childhood Obesity Surveillance Initiative (COSI).

HUNGARY (ADOLESCENTS)



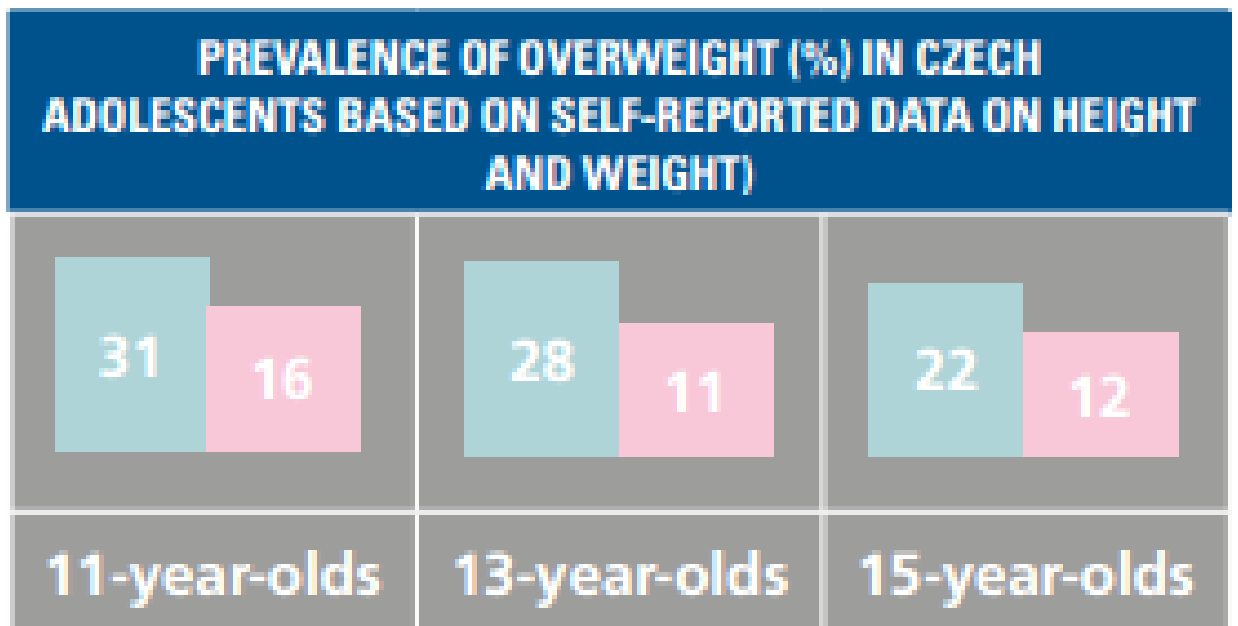
► Important Notes:

- ❖ Adolescents represent children ages 10-19 only.
- ❖ The Overweight % in this graphic for all 3 age groups includes the Obese % as well.
- ❖ Data was extracted from the Health Behaviour in School-aged Children (HBSC) survey (2009/2010).

HUNGARY (CHILDREN)

- ❖ Children are defined as those aged 0-9 years.
- ❖ No data are available from the WHO European Childhood Obesity Surveillance Initiative (COSI) 2007/2008 round.
- ❖ Hungary, however, did join the second COSI data collection round during the school year 2009/2010. Inter-country data analysis is still under way.

CZECH REPUBLIC (ADOLESCENTS)



Source: Currie et al. (2)

► Important Notes:

- ❖ Adolescents represent children ages 10-19 only.
- ❖ The Overweight % in this graphic for all 3 age groups includes the Obese % as well.
- ❖ Data was extracted from the Health Behaviour in School-aged Children (HBSC) survey (2009/2010).

CZECH REPUBLIC (CHILDREN)

- ❖ Estimates from the first round (2007/2008) of the WHO European Childhood Obesity Surveillance Initiative (COSI) show that among 7 year olds in the Czech Republic:
 - ❖ 21.4% of boys, and 20.2% of girls were overweight; while
 - ❖ 9.7% of boys, and 5.7% of girls were obese.

WHAT IS COSI?

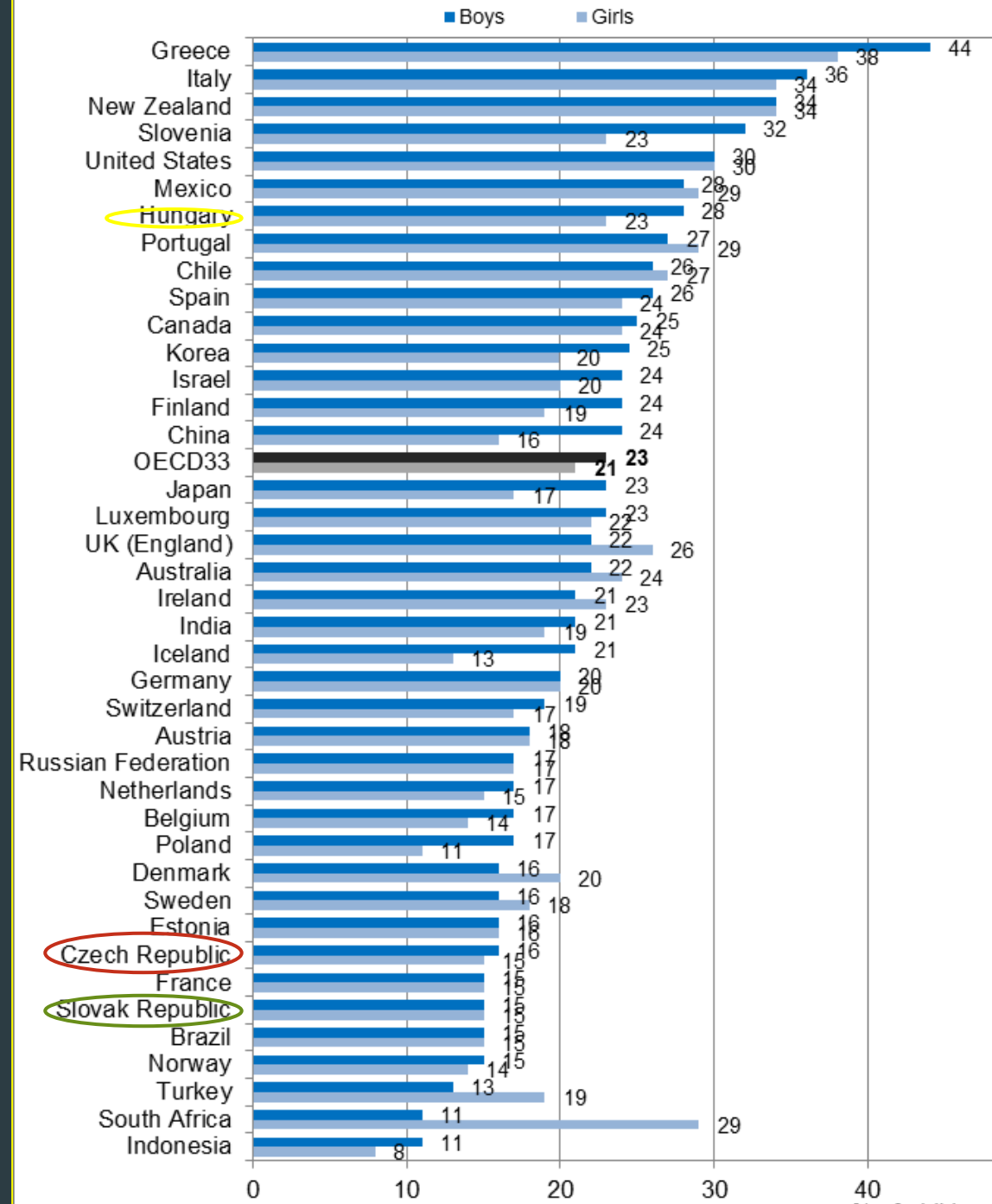
- The WHO European Childhood Obesity Surveillance Initiative (COSI) was set up as a response to the European Ministerial Conference on Counteracting Obesity.
- Member States recognized the need for harmonized surveillance systems, providing measured and comparable data on rates of overweight/obesity among primary-school children.
- Such data is essential to inform policy development within the European Region, indicate trends and provide an insight into the impact of action taken. COSI was a response to this need.
- Twenty-five countries (and the number is increasing) participate, including: Albania, Belgium, Bulgaria, Croatia, Cyprus, Czech Republic, Greece, Hungary, Ireland, Italy, Kazakhstan, Latvia, Lithuania, Malta, Norway, Poland, Portugal, Republic of Moldova, Romania, Slovenia, Spain, Sweden, The former Yugoslav Republic of Macedonia, and Turkey.

Organization for Economic Cooperation and Development (OECD)

Publication: Obesity Update June 2014

Figure Title: Measured overweight (including obesity) among children aged 5-17, 2010 or nearest year

Sourced From: International Association for the Study of Obesity (IASO), 2013



THE COMMISSION ON ENDING CHILDHOOD OBESITY

http://apps.who.int/iris/bitstream/10665/204176/1/19789241510066_eng.pdf?ua=1



Questions?

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