



Childhood Obesity

Children living in Portugal, in 2019
Primary Schools (n=228) | 6-8 years old (n=7096)

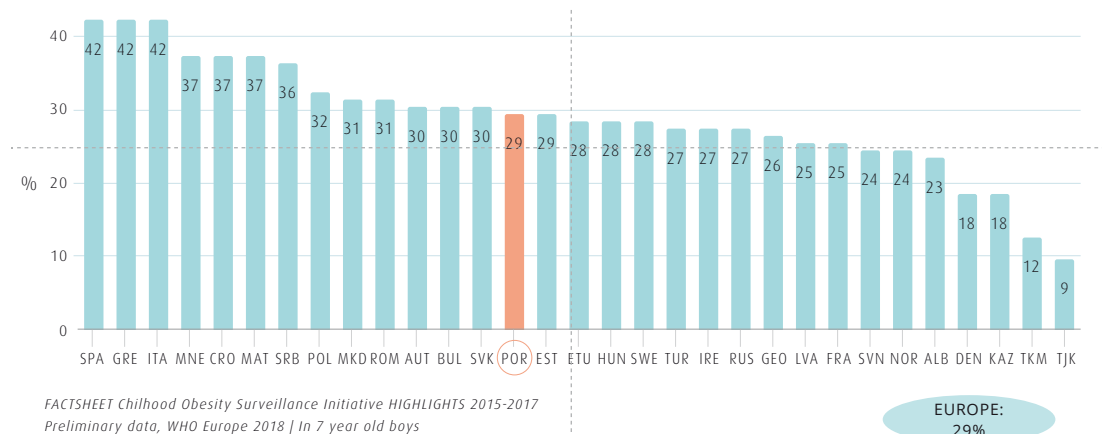
INSA, in partnership with DGS, is the scientific coordinator of the childhood nutrition surveillance system – COSI Portugal – since 2008. This system is integrated in the WHO European Region network and allows the monitoring of the children's nutritional status, every 3 years.

11,9% of the children were classified as having obesity and 29,7% as having overweight (including obesity)

Between 2008 and 2019, a decrease of 3,4 pp was registered in the prevalence of obesity and of 8,2 pp in the prevalence of overweight

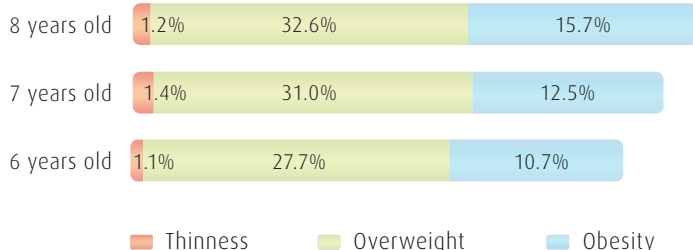
Within a decade, Portugal moved from the 2nd European country presenting the highest prevalence of childhood overweight to the 14th.

It should be noted that, the prevalence of overweight in Portugal continues to affect 1 in every 3 children.



► In 2019, the prevalence of overweight (including obesity) was....

....higher among 8 years old



....similar between girls and boys



0.9% Thinness
29.7% Overweight
10.6% Obesity

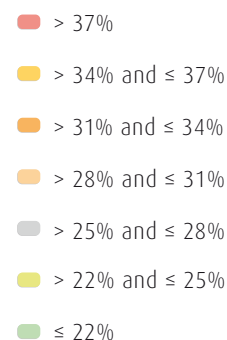


1.7% Thinness
29.6% Overweight
13.2% Obesity

2008



2019



Between 2008 and 2019, in all Portuguese regions was observed a decrease in the prevalence of overweight (including obesity). Azores and Centre, were the regions in which was observed a steeper decrease (around 10 pp) in the prevalence of overweight.

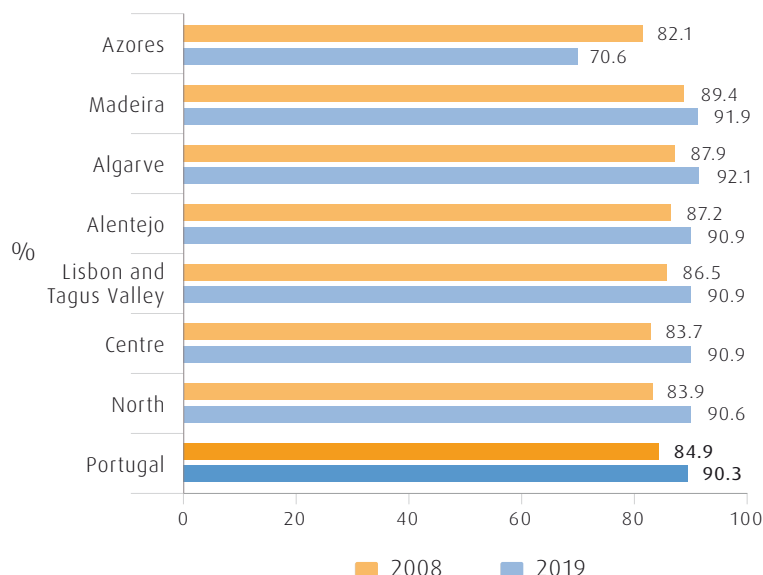


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Breastfeeding



In 2019, the breastfeeding rate (90.3%) was higher compared to the one observed in 2008 (84.9%).

Both in 2008 and 2019, Azores was the region that presented the lowest breastfeeding rate. In 2008, Madeira was the region where the highest rate of breastfeeding was observed whereas and in 2019, Algarve presented the highest breastfeeding rate.

Exclusive breastfeeding

In 2019, 1 in every 3 mothers reported never having exclusively breastfed (only breast milk) and 22.0% reported having exclusively breastfed their children during 6 months or more, in line with the WHO recommendations.

In 2019, among the determinants analysed, it was observed:

Eating habits

4 to 6 times per week



44.3%

19.2%

daily intake

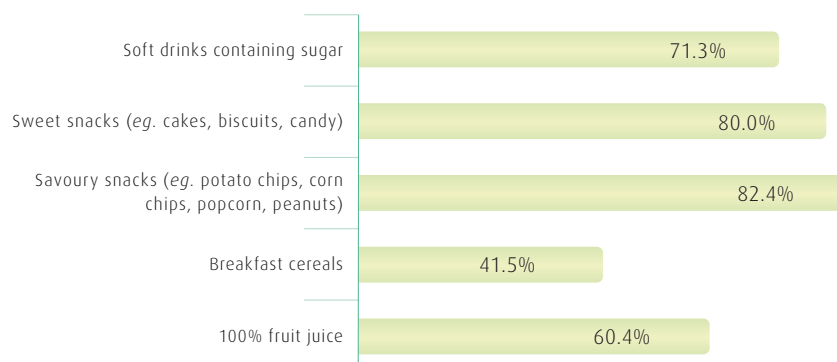


63.1%

57.3%

6.3%

dietary intake frequency up to 3 times per week



Physical activity



On weekdays, 68.4% of the children were physically active for 1 or 2 hours/day. 60.2% of the children were physically active for 3 or more hours/day, during the weekend



66.5% of the children went to school by car

Sedentary behaviours

Spent 1 to 2 hours/day playing electronic games, during the weekends

58.3%

Spent 1 to 2 hours/day playing electronic games, on weekdays

62.6%