

Regular physical activity, healthy eating habits and the maintenance of a healthy weight are all essential for a healthy lifestyle. These behaviours help reduce the risk of developing chronic conditions and noncommunicable diseases later in life. Physical inactivity and poor dietary behaviours are important risk factors for ill health and premature mortality.



Czechia

Overweight

60 %

of the middle-aged population in the Czech Republic is overweight¹ with 20% in the obesity² category

35 %

of the adult population could be obese by 2030 if the current trend continues

29 %

of Czech children had high Body Mass Index in 2020³



53 %

of the adult (aged 18 and over) EU's population is overweight⁶

over **22 %**

of adolescents were found to be overweight or obese

Physical activity

78 % girls and 82 % boys

are physically inactive

17 % of girls and 25 % of boys

aged 13 who report at least 60 minutes of moderate-to-vigorous physical activity daily



25 % of girls and 15 % of boys

achieved 60 minutes of moderate-to-vigorous physical activity levels

3/5

of adolescents met the WHO recommendation for vigorous physical activity of at least three times a week

Eating habits

52 % of girls and 43 % of boys

aged 11 who report eating fruit daily

14 %

of children report daily consumption of sweetened beverages

11 %

have risky consumption of energy drinks, with some regions reporting over 20% risky consumers among adolescents⁴



38 %

of adolescents reported eating fruit and vegetables daily

Among other dietary risk factors in Czechia are high consumption of sugar, processed meat or salt.

Europe, central Asia and Canada⁵

WHO recommendations

- In the Country Cooperation Strategy 2024-2030 between Czech Republic and the WHO, promotion of health and well-being is set up as one of the key strategic priorities, with the aim to decrease the preventable burden associated with high prevalence of behavioral and other risk factors in Czechia.
- Based on the agreed joint goals, WHO through its Country Office is supporting the National Health 2030 Strategy's efforts on stronger prevention and control of Noncommunicable Diseases (NCDs), aligned with WHO recommendations on "Best- Buys" policies to prevent and control the leading risk factors: unhealthy nutrition, physical inactivity, alcohol, tobacco, air pollution, as well as to address the broader social and commercial determinants of health.
- WHO is currently working with national partners on concrete actions, as nutritional policies including regulation of marketing of unhealthy food, reinforcement of physical activity, initiatives to reduce alcohol and tobacco consumption, all in partnership with networks who are promoting healthy lifestyle, like Aktivní Česko, Health Promoting Schools or Healthy Cities Network.
- WHO supported surveys as HBSC⁷ and COSI⁸ play a key role in helping to define the problem of unhealthy behaviour and obesity, informing action, drawing comparisons between countries and tracking progress over time.

HBSC Report



COSI Report



¹ Eurostat

² Overweight and obesity are defined as abnormal or excessive fat accumulation that presents a risk to health. A body mass index (BMI) over 25 is considered overweight, and over 30 is obese. In 2019, an estimated 5 million noncommunicable disease (NCD) deaths were caused by higher-than-optimal BMI

³ Influence of COVID-19-Related Restrictions on the Prevalence of Overweight and Obese Czech Children

⁴ Among other dietary risk factors in Czechia are high consumption of sugar, processed meat or salt

⁵ HBSC: A focus on adolescent physical activity, eating behaviours, weight status and body image in Europe, central Asia and Canada: Health Behaviour in School-aged Children international report from the 2021/2022 survey

⁶ Eurostat

⁷ HBSC, Health Behaviour in School-Aged Children (World Health Organization)

⁸ WHO European Childhood Obesity Surveillance Initiative (COSI)