11.7% of the children were obese and 30.7% were overweight (including obesity)

Between 2008 to 2016, a decrease was registered in the prevalence of obesity of 3.6% and overweight of 7.2%

The prevalence of childhood obesity/overweight was higher...

...among 8 years old children,

- 8 years old: Thinness 10.4%, Pre-obesity 18.9%, Obesity 13.9%
- 7 years old: Thinness 0.5%, Pre-obesity 19.3%, Obesity 11.4%
- 6 years old: Thinness 0.7%, Pre-obesity 18.3%, Obesity 10.4%

...among girls,

- Thinness 0.9%
- Overweight 31.6%
- Obesity 10.9%

...and in the North region of Portugal and Autonomous Regions of Madeira and Azores.

Among the determinants studied, it was verified:

- **eating habits**
  - Daily intake:
    - Soft drinks: 65.3%
    - Biscuits/cookies, cakes and donuts: 75.1%
    - Chips, puff pastry, popcorns: 83.3%
    - Candy and chocolate: 86.8%
    - Pizzas, fries, burgers, sausages: 88.7%
  - Dietary Intake frequency up to 3 times per week:
    - 17.3%: Soft drinks
    - 9.8%: Biscuits/cookies, cakes and donuts
    - 63.3%: Chips, puff pastry, popcorns
    - 56.6%: Candy and chocolate
    - 37.7%: Pizzas, fries, burgers, sausages

- **physical activity**
  - 66.3% of the children were physically active for 3 or more hours/day, during the weekend
  - 76.6% of the children went to school by car

- **sedentary behaviours**
  - Spent 1 to 2 hours/day playing electronic games, during the weekends: 54.0%
  - Spent 1 to 2 hours/day playing electronic games, during the week: 75.5%

Source: COSI Portugal: report 2016
http://repositorio.insa.pt//handle/10400.18/4857