

CZ-SILC 2025 – Module

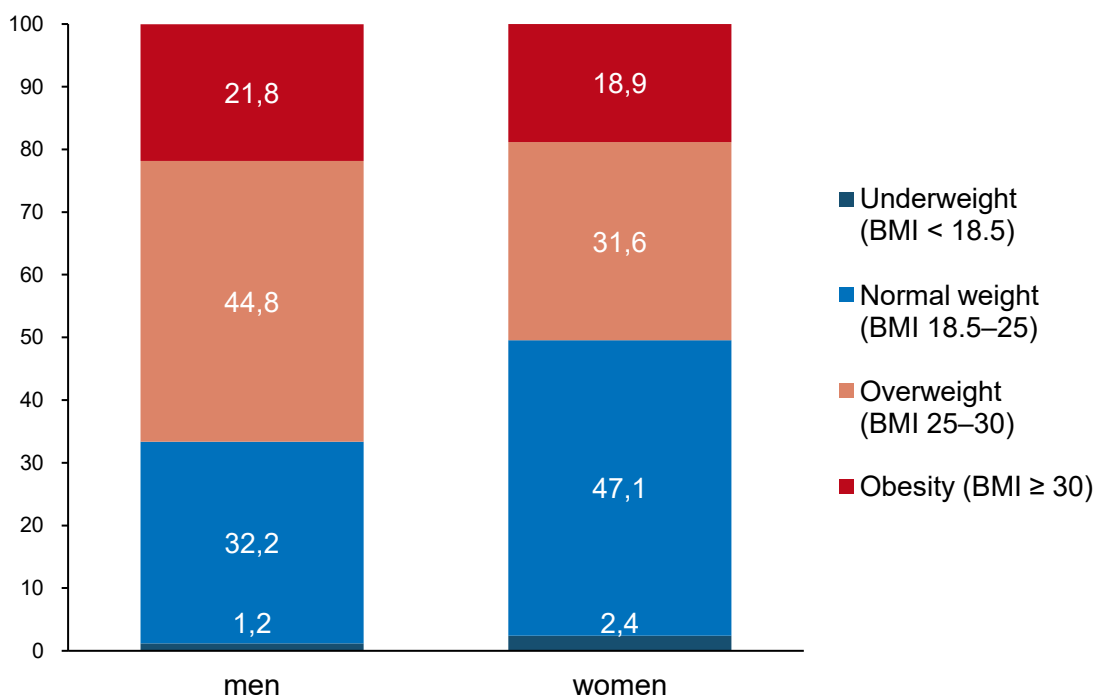
As part of the *Living Conditions* survey, each year a thematic module is included, covering a special set of questions relating to a specific area of the living conditions of individuals and households. In 2025, the module focused on the health and lifestyle habits of adults, particularly BMI, physical activity, eating, smoking, alcohol consumption, use of cars and households' transport preferences.

For all respondents aged 16 and over, their height (in cm) and weight (in kg) were recorded in the questionnaire. These data were then used to calculate the body mass index (BMI). In 2025, the average BMI among the population of Czechia was 26.4, which is above the upper limit of the normal healthy weight range. In previous years, the average BMI for the Czech population was slightly lower – it was 25.2 in 2017 and 26.2 five years later, in 2022.

Just under one-third of women (31.6%) are moderately overweight, compared with 44.8% of men. One in five men is obese (21.8%), while the proportion is slightly lower among women (18.9%). Conversely, half of the female population has a normal healthy weight or is underweight. Among men, this applies to roughly one in three.

BMI gradually increases with age. While 59.3% of the Czech population aged 16–34 have a normal weight, the proportion falls to just 41.1% among those aged 35–49, meaning around four in ten people in this age group. In the 50–64 age group, only 30.7% of adults have a normal weight, while the proportion of those who are moderately overweight rises significantly to 43.1%. Among people aged 65 and over, only 28.8% have a normal healthy weight, while, conversely, one in four older people is obese (24.7%).

Graph 1: BMI structure by sex, 2025 (%)

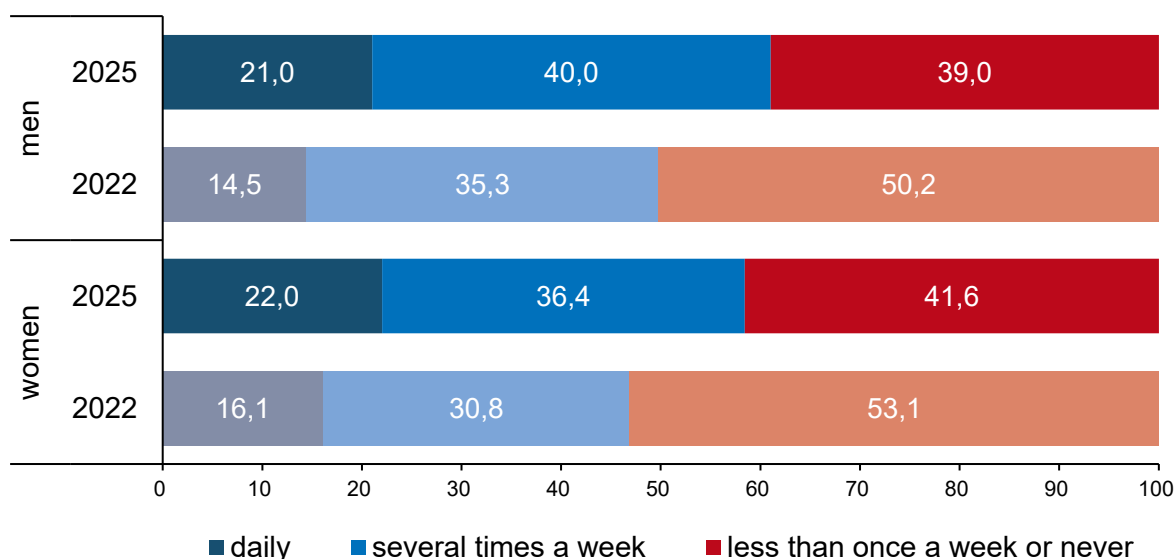


The survey also examined how often respondents engaged in physical activity during their leisure time. This includes not only sports and fitness, but any recreational activity lasting more than 10 consecutive minutes that causes an increase in breathing or heart rate. This also includes activities such as yoga, cycling or brisk walking with a dog.

Sport is generally somewhat more popular among men. Every day, 21.0% of men and 22.0% of women find time for physical activity in their leisure time. A further 40.0% of men and 36.4% of women exercise regularly several times a week or at least once a week. By contrast, four in ten men in Czechia admit that they exercise only occasionally or rarely, or do not engage in any physical activity in their leisure time. Among women, this proportion is even slightly higher.

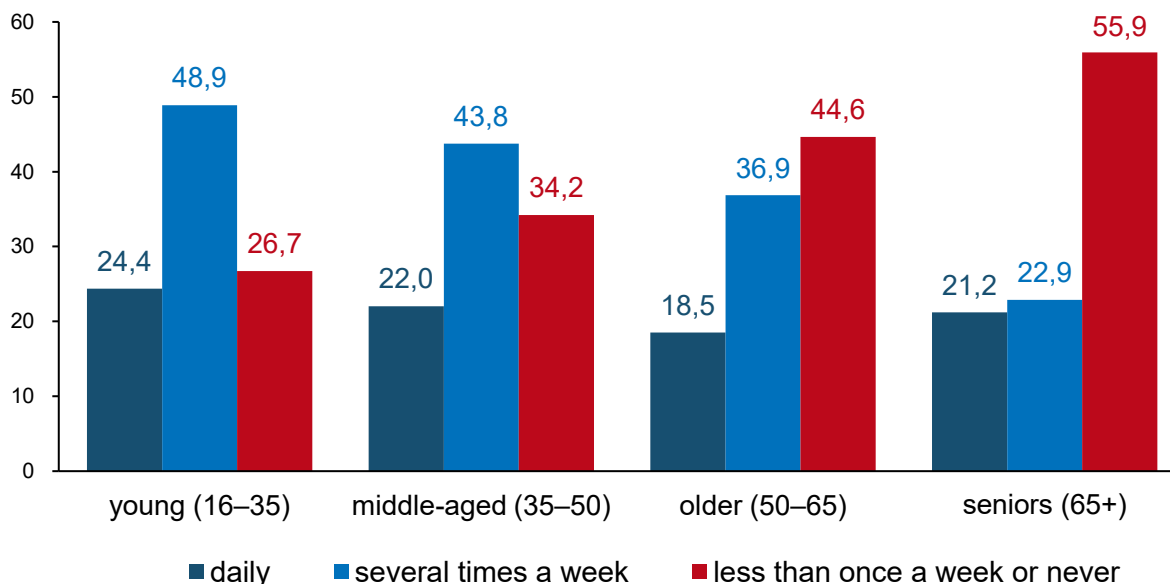
Compared with 2022, when the same survey module was conducted, the results show a positive trend, with people in Czechia becoming more physically active and exercising more frequently and regularly.

Graph 2: Sport and leisure physical activity by sex (2022 and 2025, %)



Physical activity is also clearly related to age. Among young people under 35, almost one-quarter exercise every day, while nearly half engage in physical activity several times a week. The frequency of these leisure-time activities gradually decreases with age. Among people aged 65 and over, almost 56% of respondents admitted that they do not engage in any regular physical activity. Nevertheless, one in five older people remains physically active on a daily basis.

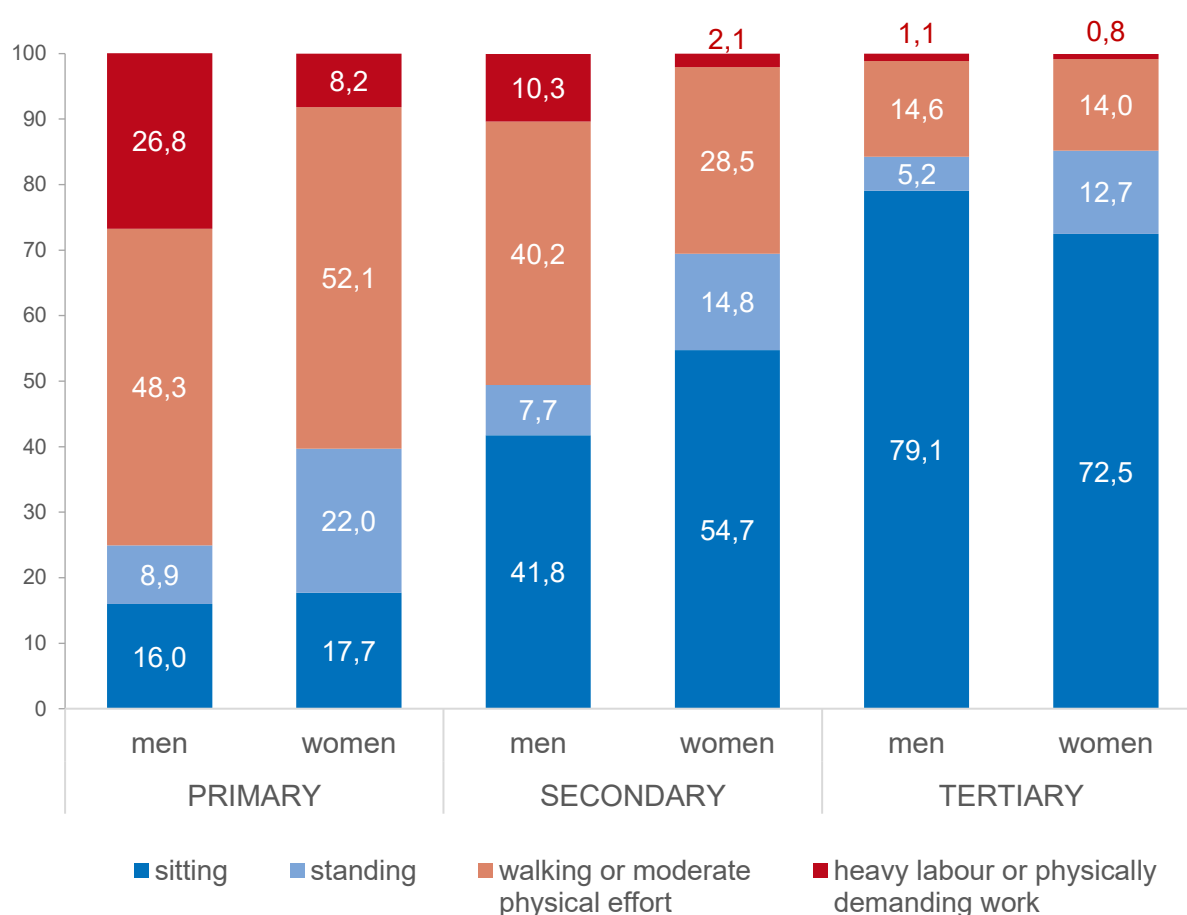
Graph 3: Sport and leisure physical activity by age (2025, %)



As part of the question on work-related physical activity, respondents were asked to assess the nature of their work in a typical week. The results showed that half of women in Czechia are mostly sitting during work (51%), while 15.9% reported that their work mainly involves standing. By contrast, physically demanding work or heavy labour is performed mainly by men, specifically 13.4% of men compared with 3.2% of women. Walking or tasks with moderate physical effort were reported by 35.9% of men and 29.9% of women.

The proportion of people whose work involves mostly sitting (light physical effort) increases with the level of education attained and is generally higher among women. The exception is people with university degrees, where the proportion was higher among men than women, reaching almost 80%. Standing is more common among women across all educational groups. Walking or moderate physical activities are most common among people with primary education – 48.3% of men and more than half of women in this category reported such type of activity. The proportion of people in physically demanding jobs decreases significantly with a higher level of education attained, with such work being performed mainly by men with the lowest level of education.

Graph 4: Work-related physical activity by sex and education attained (2025, %)

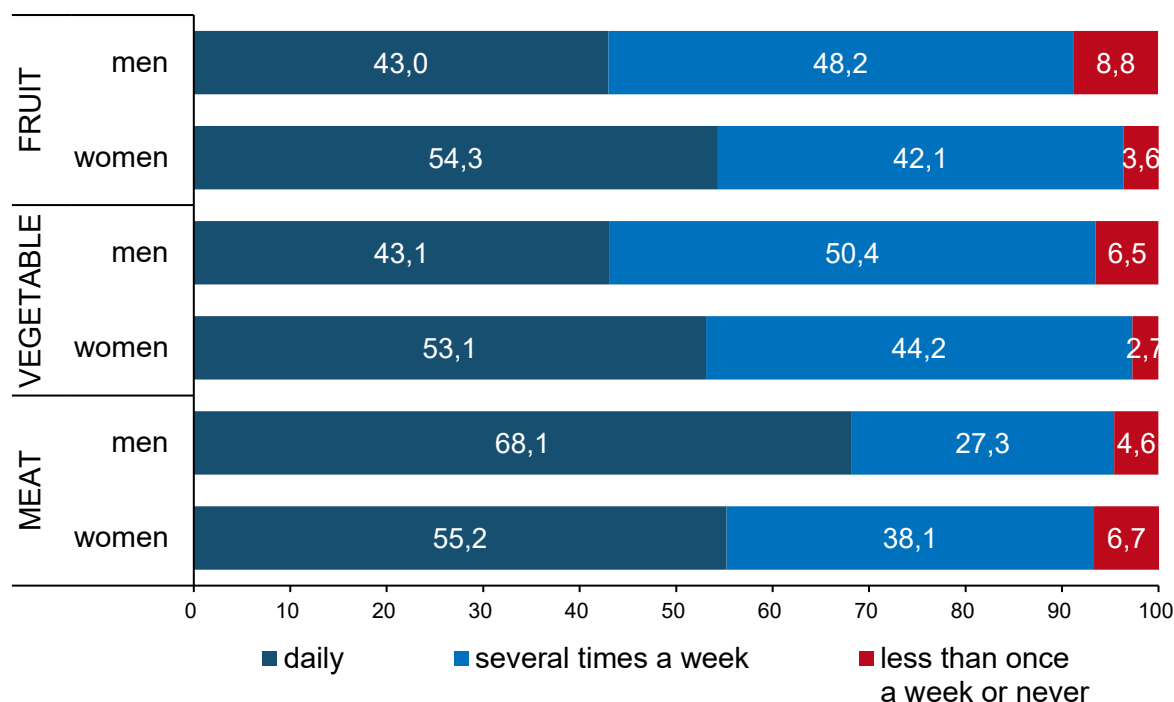


Consumption of fruit, vegetables and meat

At least once a day during a typical week, 54.3% of women consume fruit and 53.1% consume vegetables or salad. Among men, the corresponding figures are approximately 43% for both. By contrast, one in fifteen men in Czechia hardly ever eats vegetables (6.5%).

Almost seven in ten men have a meat dish or meat product on their plate every day. Only 55% of women consume meat, poultry or fish this frequently. Another 38% of women, however, report eating meat at least once a week. Only 6% of the population do not eat meat or fish at all (e.g. vegetarians or vegans).

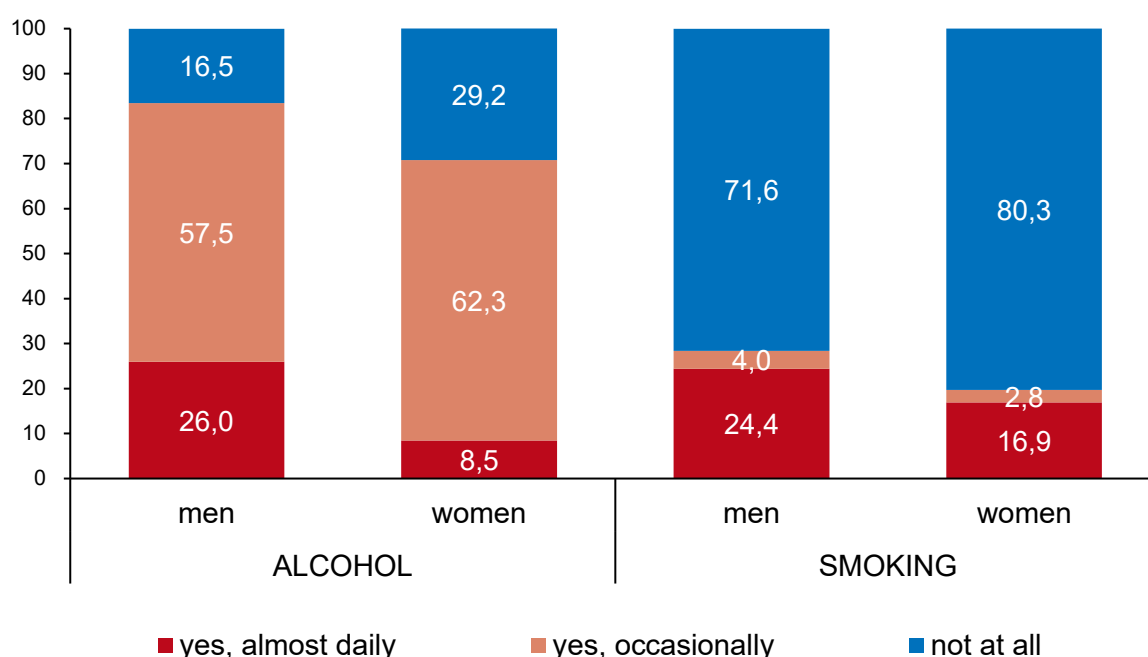
Graph 5: Frequency of eating fruit, vegetable and meat during a typical week by sex (2025, %)



The interview also included questions on alcohol consumption and the frequency of smoking or using tobacco products (including inhaling and chewing tobacco), as well as electronic cigarettes or similar devices. Only the frequency of use was recorded, not the amount consumed or the type of alcoholic beverage. As regards alcohol consumption, 26% of men and 8.5% of women have a glass of wine, beer or spirits every day or several times a week. More than half of both men and women reported drinking alcohol occasionally, once a week or several times a month – specifically, 57.6% of men and 62.3% of women. The proportion of people who had not consumed any alcohol at all in the previous 12 months was significantly lower among men than among women (16.5% and 29.2%, respectively).

In Czechia, 24.5% of men and 16.9% of women are daily smokers, representing approximately one in four men and one in six women aged 16 and over. Only 4% of men and 2.8% of women smoke occasionally. Around 72% of men and 80% of women do not smoke at all.

Graph 6: Frequency of alcohol consumption and smoking by sex (2025, %)



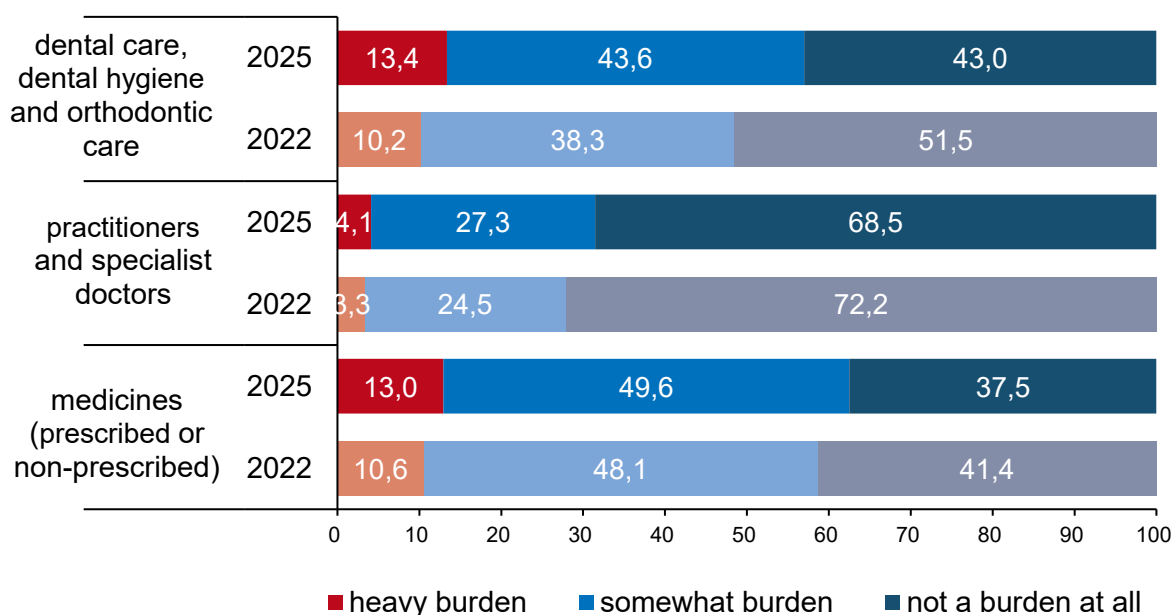
Financial burden of healthcare expenditures

Another aspect of a healthy life is taking care of one's own health. It is also important to consider the financial burden that healthcare and medication costs place on households. The surveyed households were asked to take into account the healthcare expenses of all household members over the previous 12 months.

At present, the greatest burden for Czech households is associated with payments to dentists, expenses for dental hygiene and orthodontic treatment (i.e. teeth straightening). These expenses are perceived as a heavy burden by 13.4% of households that needed dental care. For another 43.6% of households, dental care represents somewhat financial burden. Expenses on medicines are similarly burdensome for Czech households, whether prescribed medicines not covered by health insurance, non-prescribed (over-the-counter medicines) or dietary supplements. Last year, 13% of households perceived these expenses as a heavy burden, while almost 50% considered them to be somewhat burdensome. By contrast, visits to general practitioners and specialists, as well as any hospital stays, represented no financial burden for more than two-thirds of households. This is consistent with the fact that in Czechia, outpatient and inpatient care provided by general practitioners and specialist doctors is generally covered by compulsory health insurance.

Compared with 2022, it is clear that last year many households perceived healthcare-related expenses as an increasingly greater financial burden than they had three years earlier.

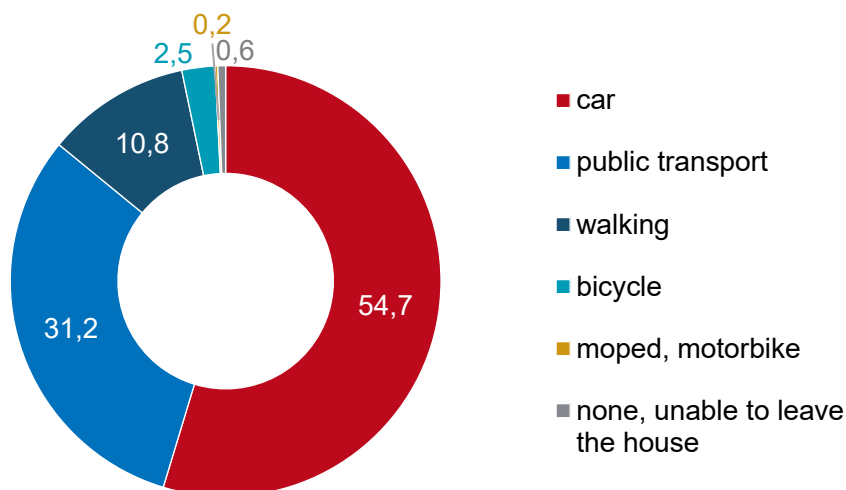
Graph 7: Financial burden of healthcare and medicines on households (2022 and 2025, %)



The Environment

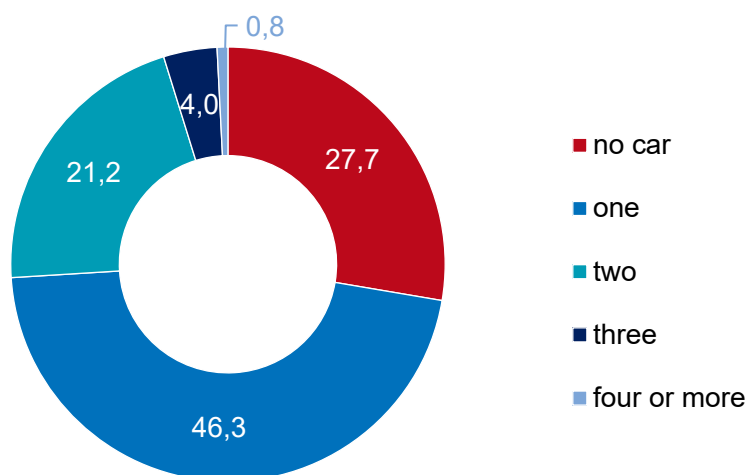
Respondents reported their most frequently used mode of transport for commuting to work or school, going shopping, travelling to their weekend cottage or travelling for sports and leisure activities over the previous 12 months. More than half of respondents travel by car, just under one-third of people in Czechia use public transport, almost 11% mainly walk, and around 2.5% travel by bicycle.

Graph 8: Primary transport used (2025, %)



In connection with transport, respondents were asked how many cars were available in their household for private use, including company cars and leased cars. A household therefore did not necessarily have to own the car. The results showed that around 28% of Czech households do not have access to a car, while 46.3% have one car. More than one-fifth of households have access to two cars, a further 4% use three cars, and just under 1% of households have four or more vehicles.

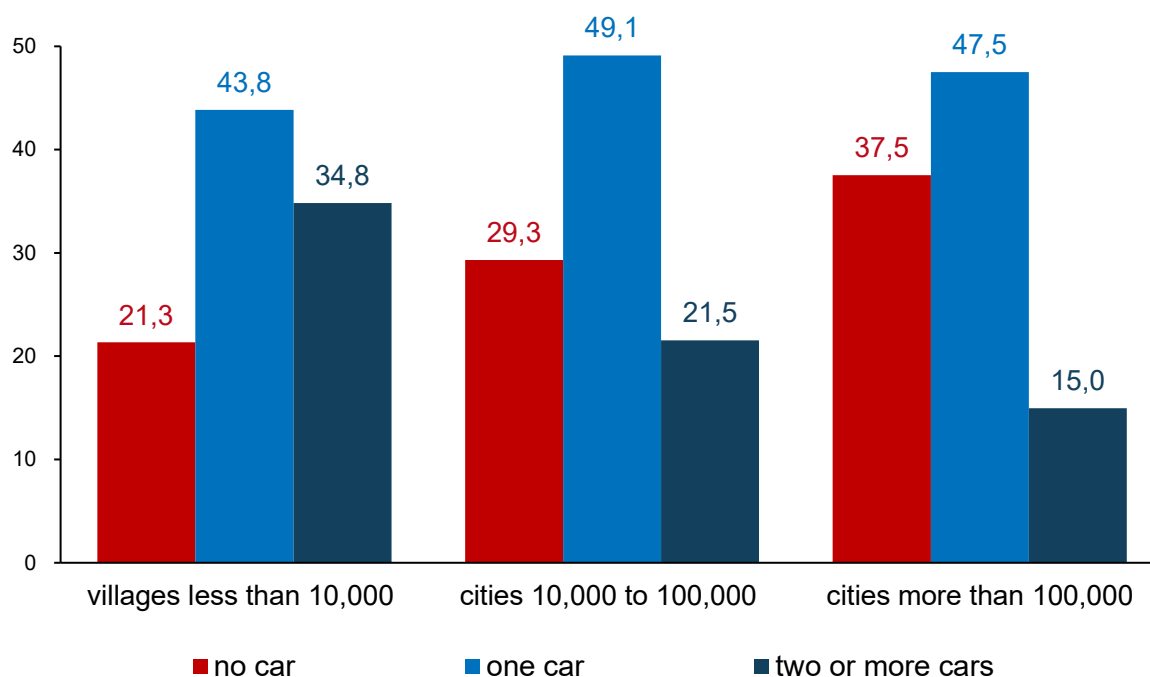
Graph 9: Number of cars used by household (2025, %)



A closer look at the number of cars by municipality size reveals considerable differences. Municipalities were divided into three categories: large cities with more than 100,000 inhabitants (a category that includes roughly half of the regional capitals in Czechia), medium-sized cities with 10,000 to 100,000 inhabitants, and villages or municipalities with fewer than 10,000 inhabitants.

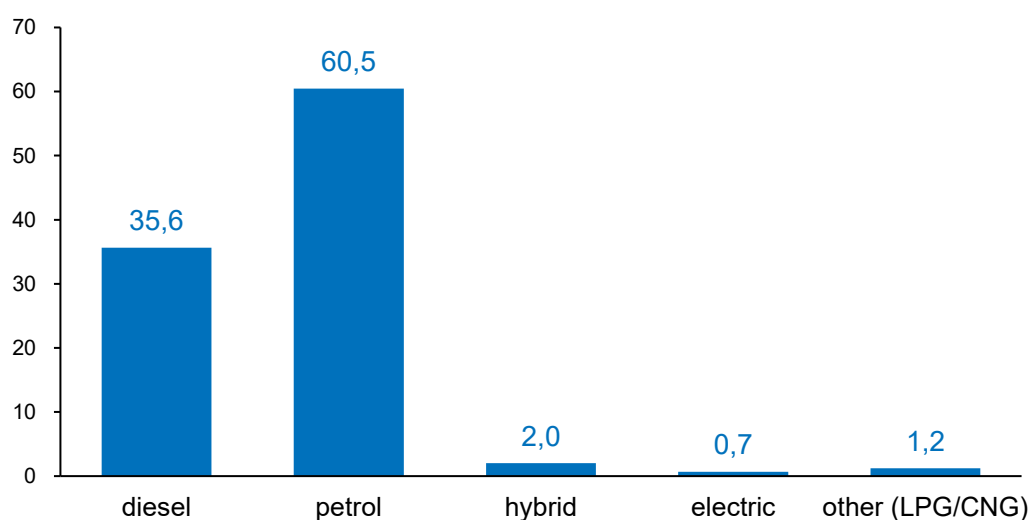
In villages and small municipalities, around 44% of households have one car available, while a further 35% of households have two or more cars. Only one-fifth of households do not have a car at all. By contrast, in large cities with more than 100,000 inhabitants, almost four in ten households (37.5%) do not have access to a car, and only 15% of households reported having two or more cars.

Graph 10: Share of cars by municipality size (2025, %)



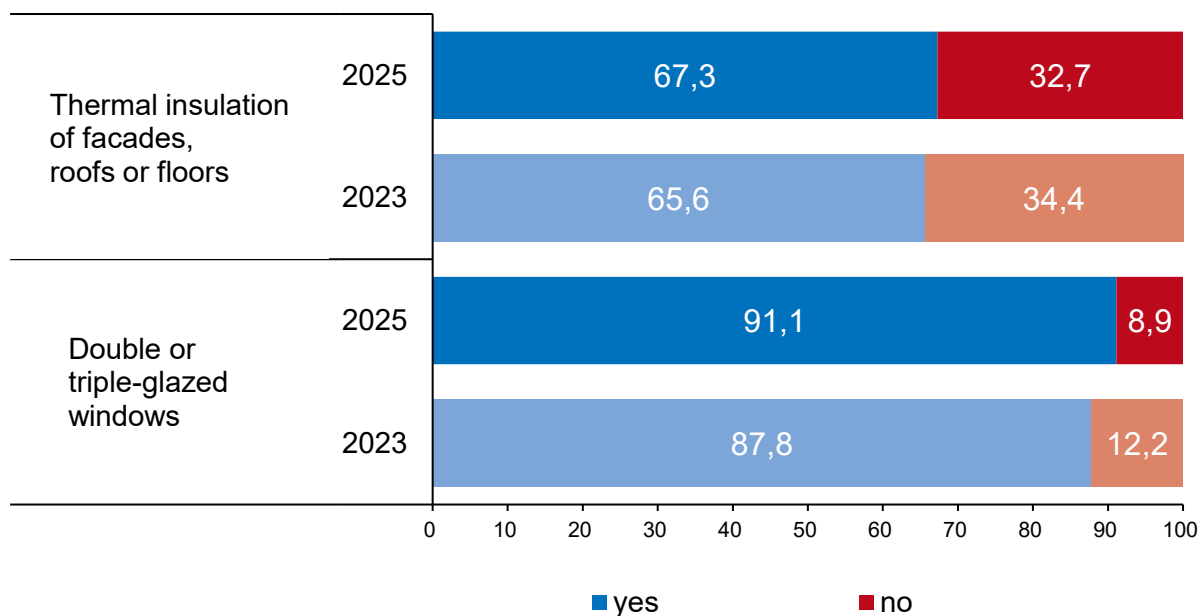
In addition to the number of cars, the survey also examined the type of fuel or power unit of the newest car used by the household. The majority of cars run on petrol, accounting for more than 60%. Cars with diesel engines account for more than one-third of all cars. Around 2% are hybrid vehicles that combine different energy sources – electricity and conventional fuel. Fully electric cars, powered exclusively by an electric motor, are available to 0.7% of Czech households. Just over 1% of cars run on compressed natural gas (CNG), liquefied petroleum gas (LPG) or hydrogen, or have dual-fuel engines.

Graph 11: Fuel type of the newest car (2025, %)



One of the questions also focused on dwelling renovations, particularly aimed at improving the energy efficiency of housing. More than two-thirds of households reported having thermal insulation installed on their facades, roofs or floors. As regards replacing old, draughty windows with new ones offering better thermal insulation, the results show that the majority of households (91.1%) already have double- or triple-glazed windows. Compared with 2023, when respondents were asked the same question, the proportion of Czech households with such energy-saving renovations has increased slightly over time.

Graph 12: Renovation of houses and flats – insulation and windows (2023 and 2025, %)



The publication presenting the results of the 2025 Living Conditions survey is available on the Czech Statistical Office website: [Životní podmínky 2025](#)



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