

The burden of elevated BMI in Romania

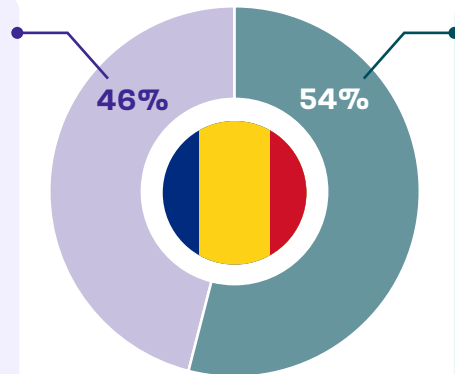
OHE

efpia

Elevated BMI costs Romania an estimated 11 billion RON (€2.5 billion) annually (575 RON or €131 per capita).

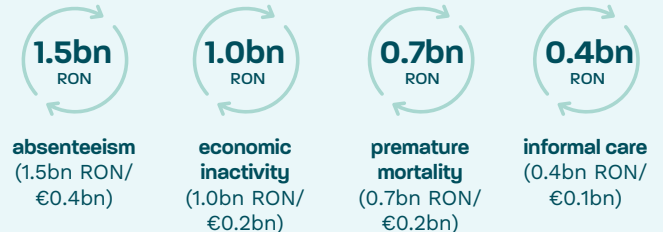
5 billion RON (€1.1 billion) in direct costs (46%)

Direct costs are driven by **cardiovascular disease** (2.4bn RON/€0.5bn), **musculoskeletal diseases** (1.0bn RON/€0.2bn), and **type 2 diabetes** (0.4bn RON/€0.1bn), among others.

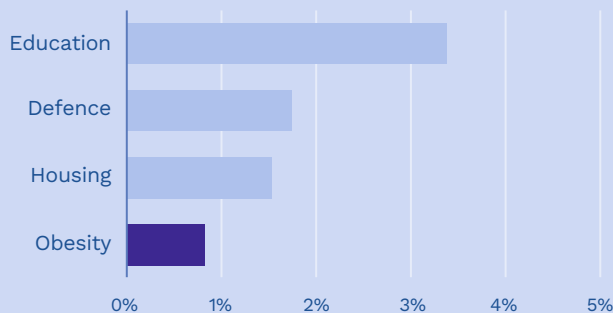


6 billion RON (€1.4 billion) in indirect costs (54%)

On the indirect side, **presenteeism** is the largest component at 2.3 billion RON (€0.5bn), followed by:



Total spending as % of GDP



Source: OHE/EFPIA (2026), The burden of overweight and obesity in Europe. Contract research commissioned and funded by EFPIA.

Overall, expenditure related to elevated BMI amounts to roughly **0.7% of GDP**, representing almost half of the housing and defence spending budgets.

Romania has low cost per capita for obesity, which is likely reflective of the low percentage of GDP spent on healthcare (OECD, 2025c), as well as lower employment rates at older ages. They also have modest rates of economic activity and absenteeism.

Policy Context

In 2022, the Romanian Government published the National Health Strategy 2022–2030, which aims to address the burden of chronic diseases in an integrated manner (Ministerul Sănătății, 2022). The strategy includes a workstream on screening programmes currently implemented at the regional level, including those for cardiovascular diseases, funded via EU funds. The strategy also aims to restructure the primary care level, which currently focuses on acute treatment and monitoring of chronic patients, with less emphasis on prevention and the integrated management of chronic diseases.

However, the Romanian healthcare system is heavily underfunded with the lowest per capita health expenditure in the EU, limiting the fiscal space to invest in new management programmes and treatment pathways, including for elevated BMI (OECD, 2025c).

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