Argentina



Country report card - children

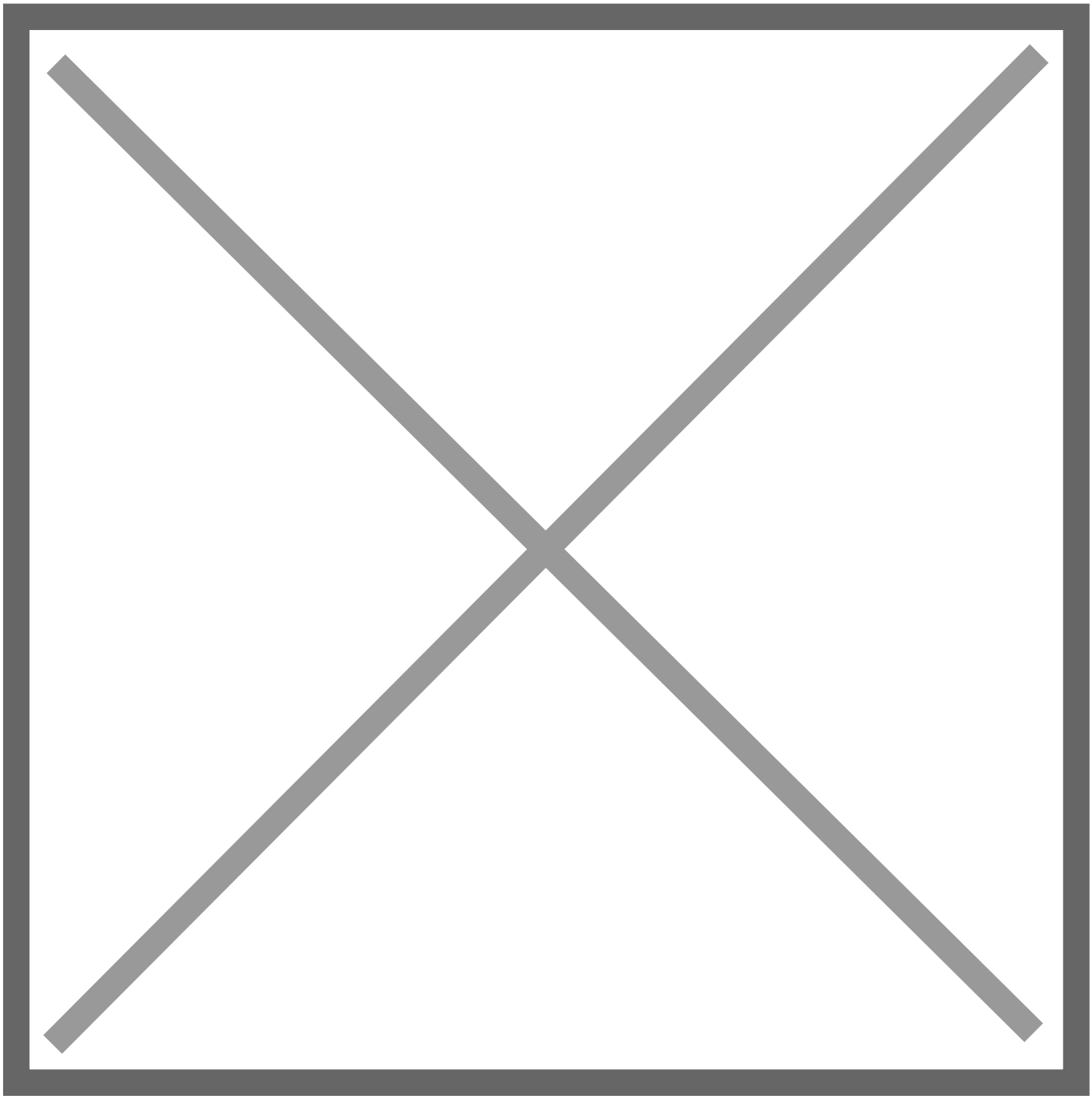
This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity for children, including adolescents (aged 5 to 18 years). Where available, data on common and relevant obesity drivers and comorbidities are also presented.

View the latest version of this report on the Global Obesity Observatory at https://data.worldobesity.org/country/argentina-7/.

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Obesity prevalence

Children, 2018-2019

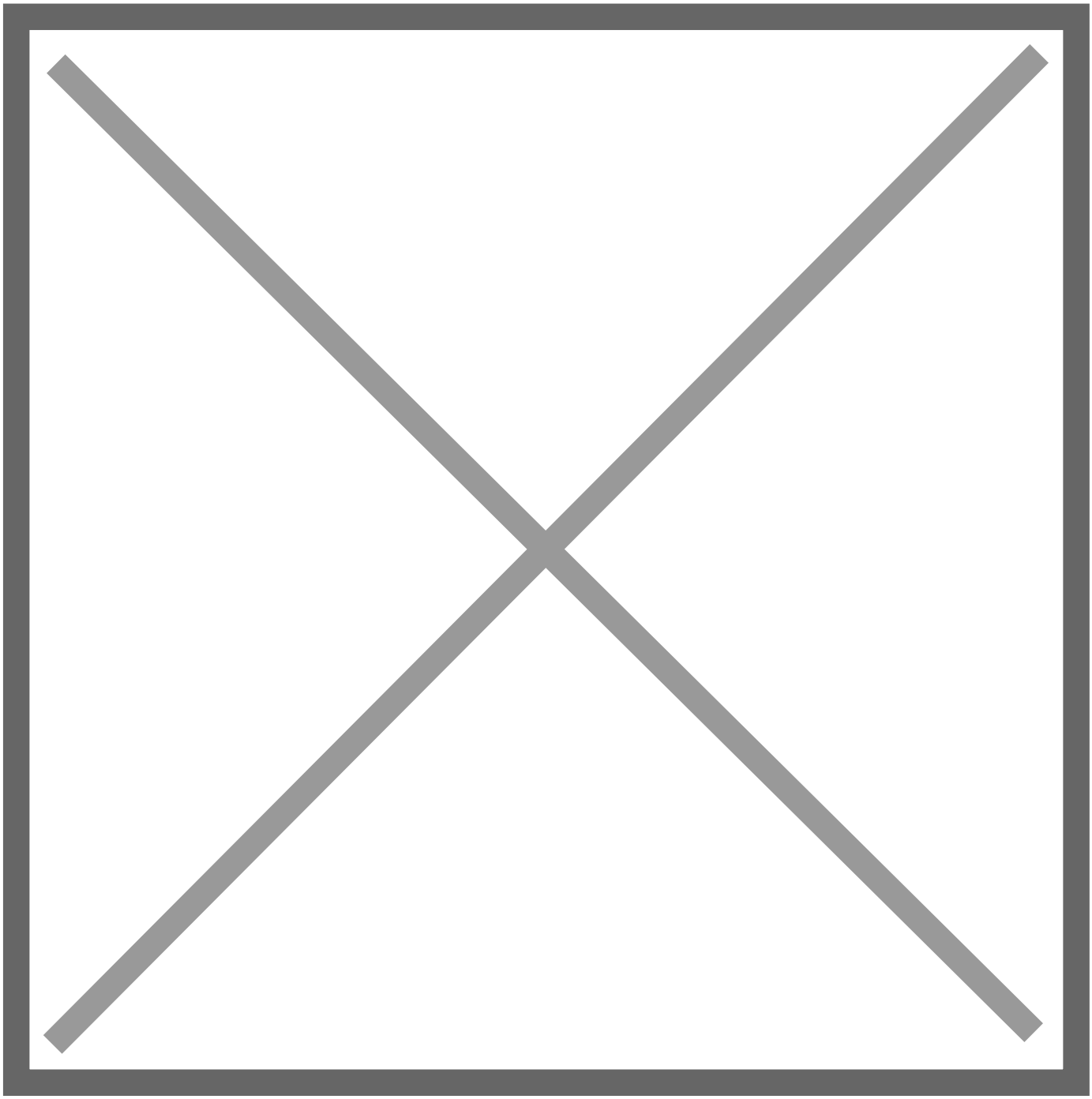


Survey type:	Measured
Age:	5-17
Sample size:	~8000
Area covered:	National
References:	2° Encuesta Nacional de Nutrición ENNyS 2018-2019.https://cesni-biblioteca.org/2da-encuesta-nacional-de-nutricion-y-salud-indicadores-priorizados/ [Accessed 19.08.25]

Notes:	Localities with 5000 or more inhabitants
Cutoffs:	WHO 2007

% Children (aged 13-15) living with overweight or obesity 2007-2018

Boys

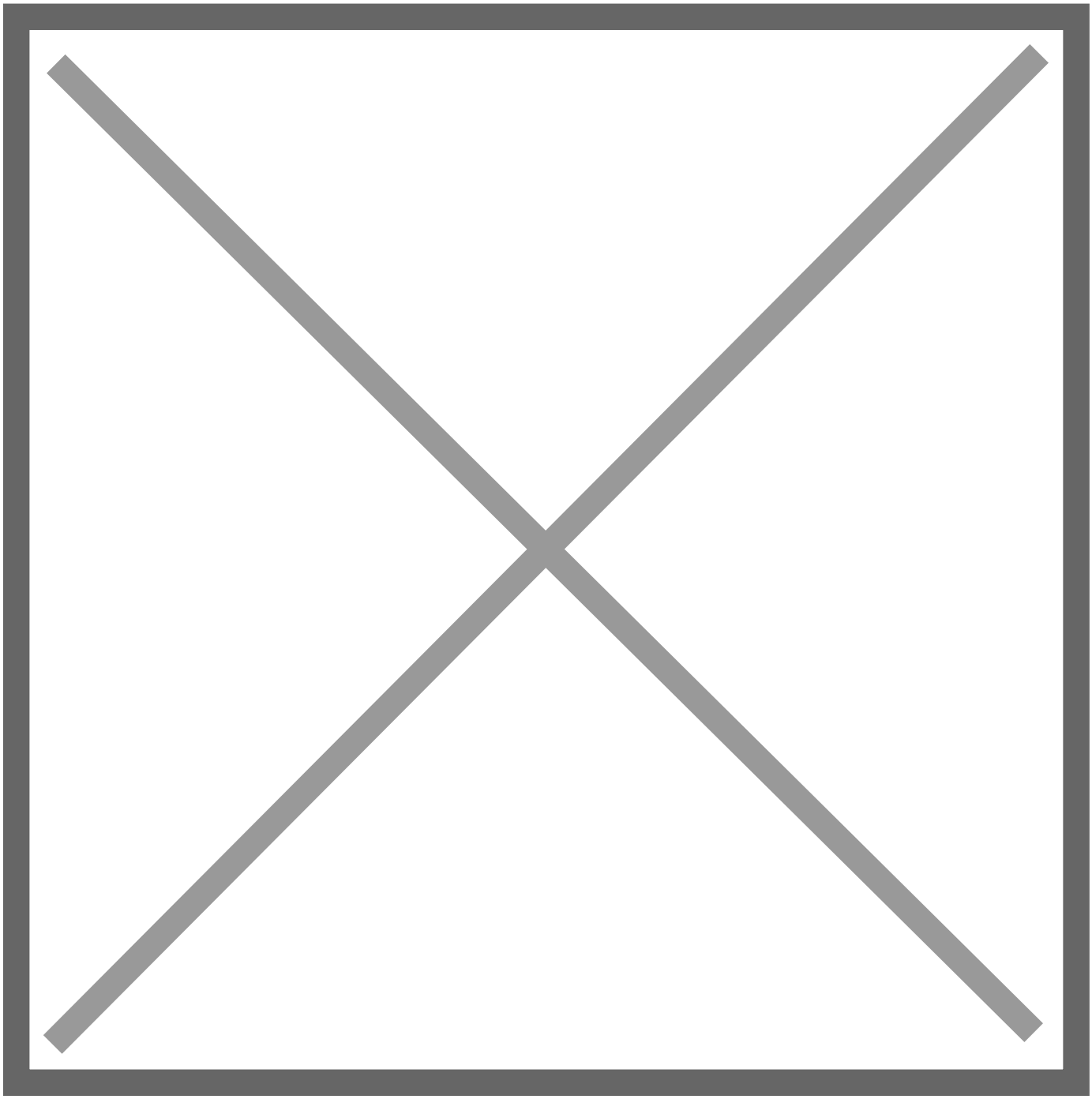


Survey type:	Self-reported
References:	2007: Global School-based Student Health Survey, Argentina 2007 Fact Sheet. Available at https://www.who.int/ncds/surveillance/gshs/2007_Argentina_fact_sheet.pdf?ua=1 2012: Global School-based Student Health Survey (GSHS), available at https://www.who.int/ncds/surveillance/gshs/Argentina_GSHS_FS_2012_National.pdf?ua=1 (last accessed 25.11.20) 2018: Argentina Global School-Based Student Health Survey 2018. https://extranet.who.int/ncdsmicrodata/index.php/catalog/866/download/6099 (Accessed 13.07.21)

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².

Different methodologies may have been used to collect this data and so data from different surveys may not be strictly comparable. Please check with original data sources for methodologies used.

Girls

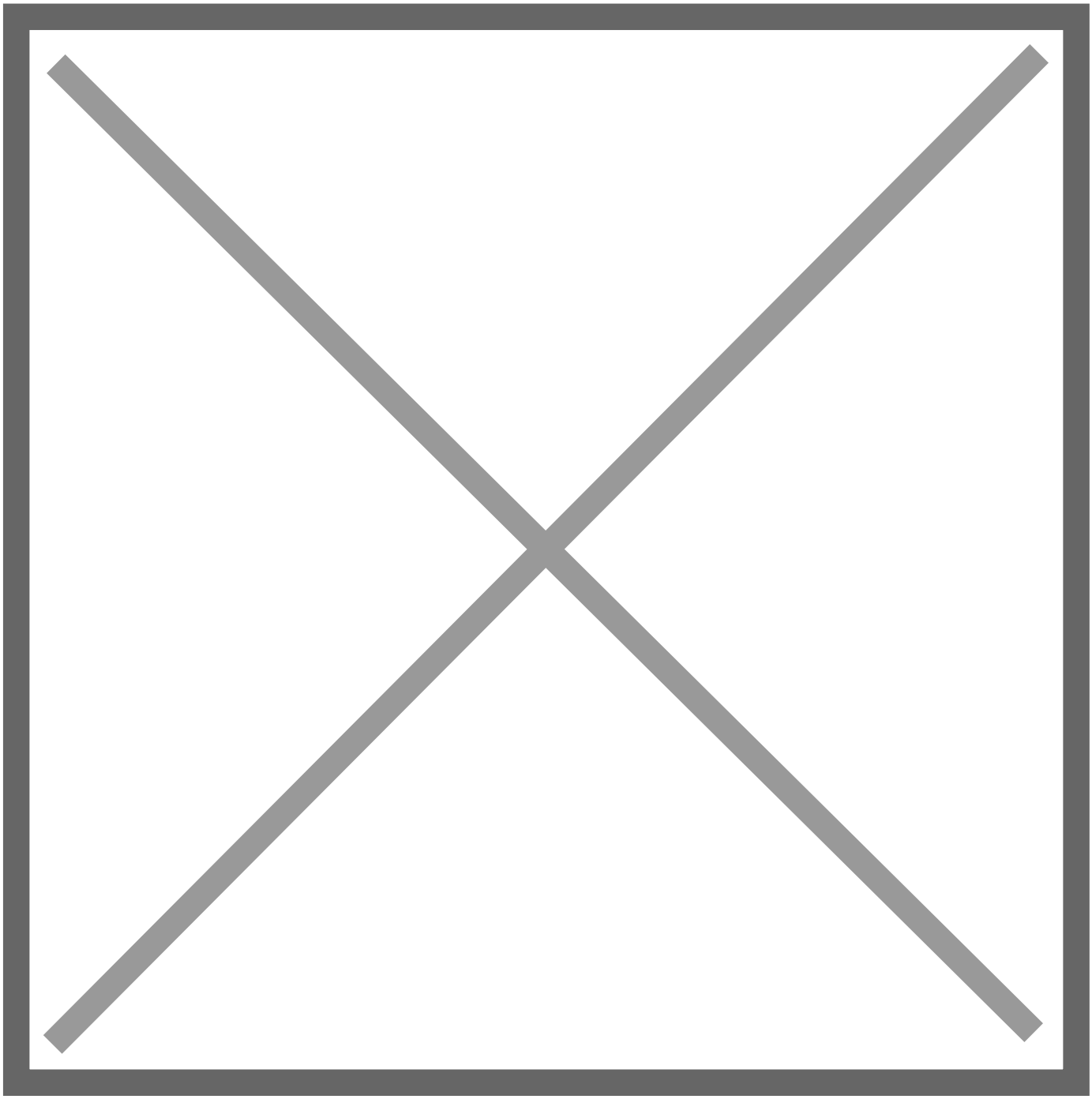


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Boys and girls



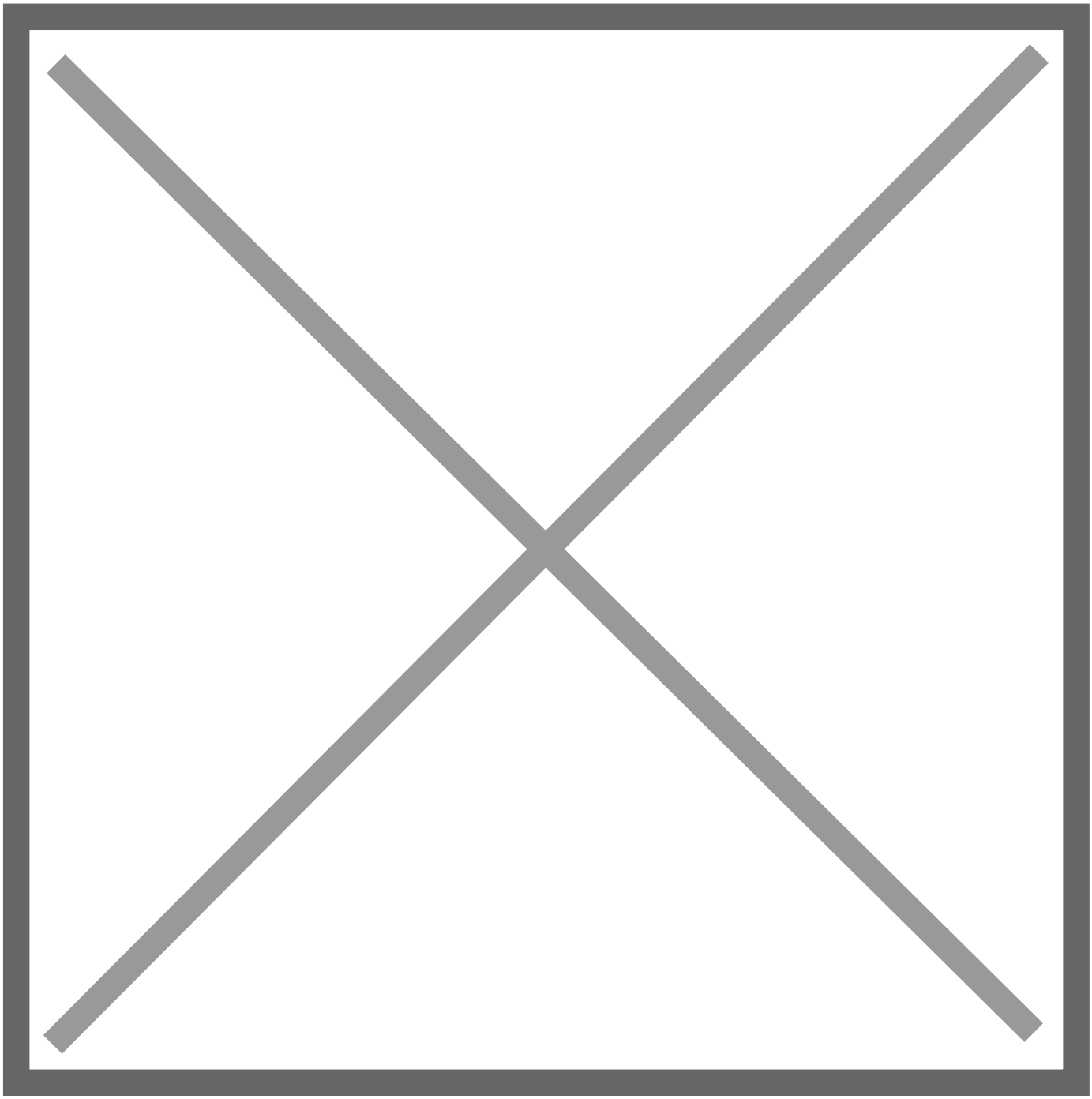
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Overweight/obesity by education

Children, 2018-2019

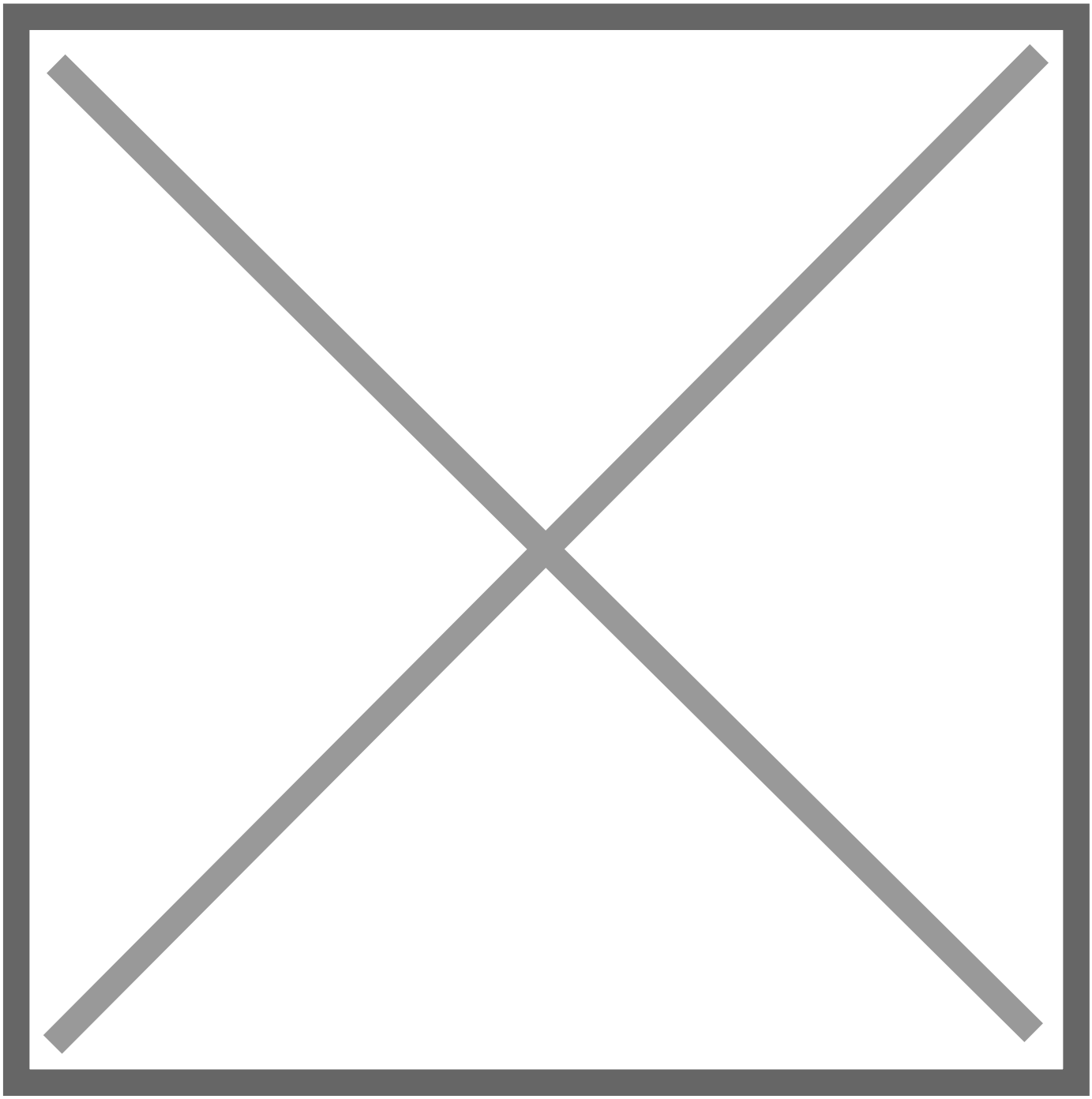


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Area covered:	National
References:	2° Encuesta Nacional de Nutrición ENNyS 2018-2019.https://cesni-biblioteca.org/2da-encuesta-nacional-de-nutricion-y-salud-indicadores-priorizados/ [Accessed 19.08.25]

Notes:	Localities with 5000 or more inhabitants
Definitions:	Education level of the head of household
Cutoffs:	WHO 2007

Overweight/obesity by age

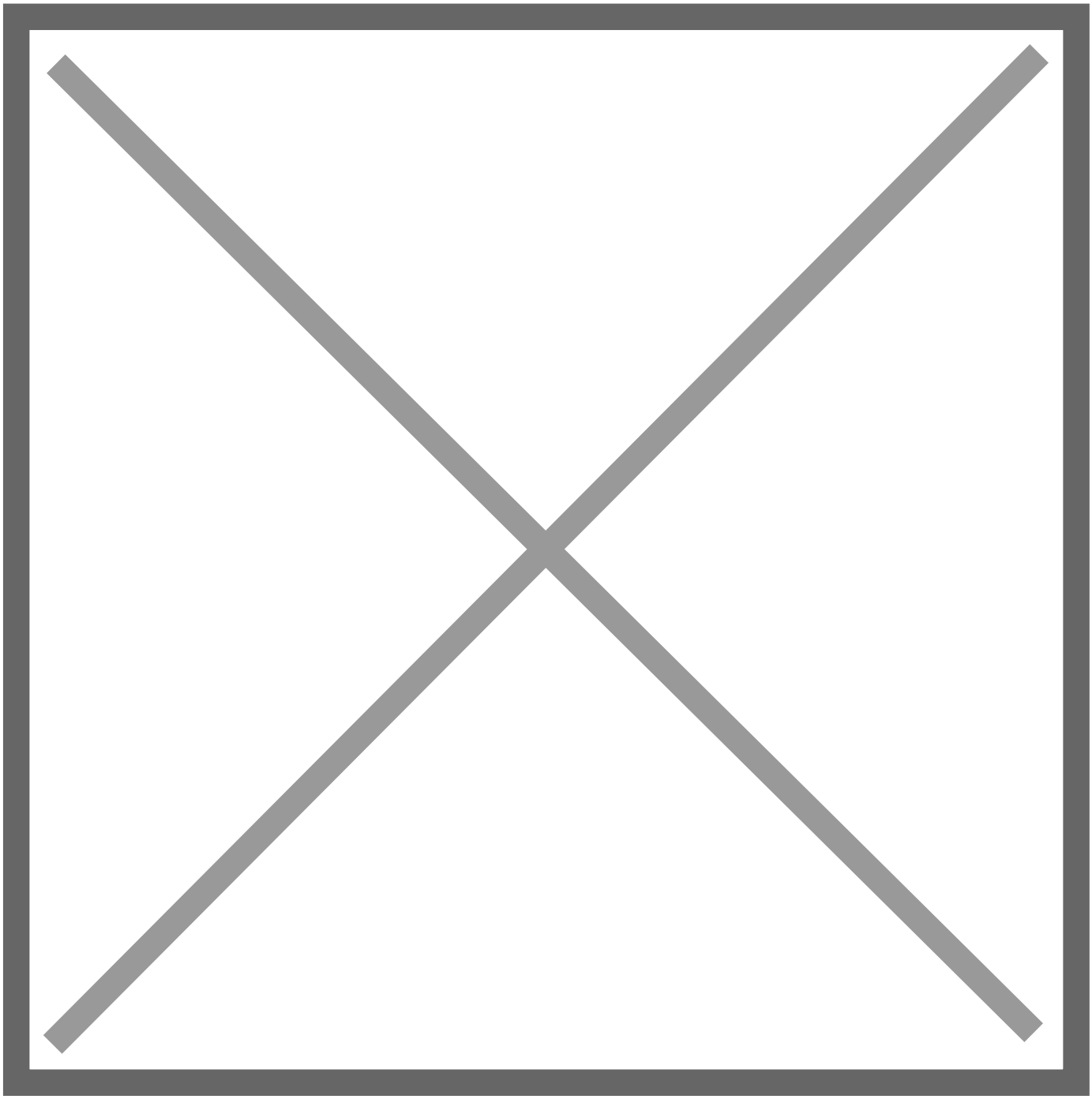
Children, 2018



Survey type:	Self-reported
Sample size:	56981
Area covered:	National
References:	Argentina Global School-Based Student Health Survey 2018. https://extranet.who.int/ncdsmicrodata/index.php/catalog/866/download/6099 [Accessed 19.08.25]
Cutoffs:	WHO 2007

Overweight/obesity by region

Children, 2018-2019

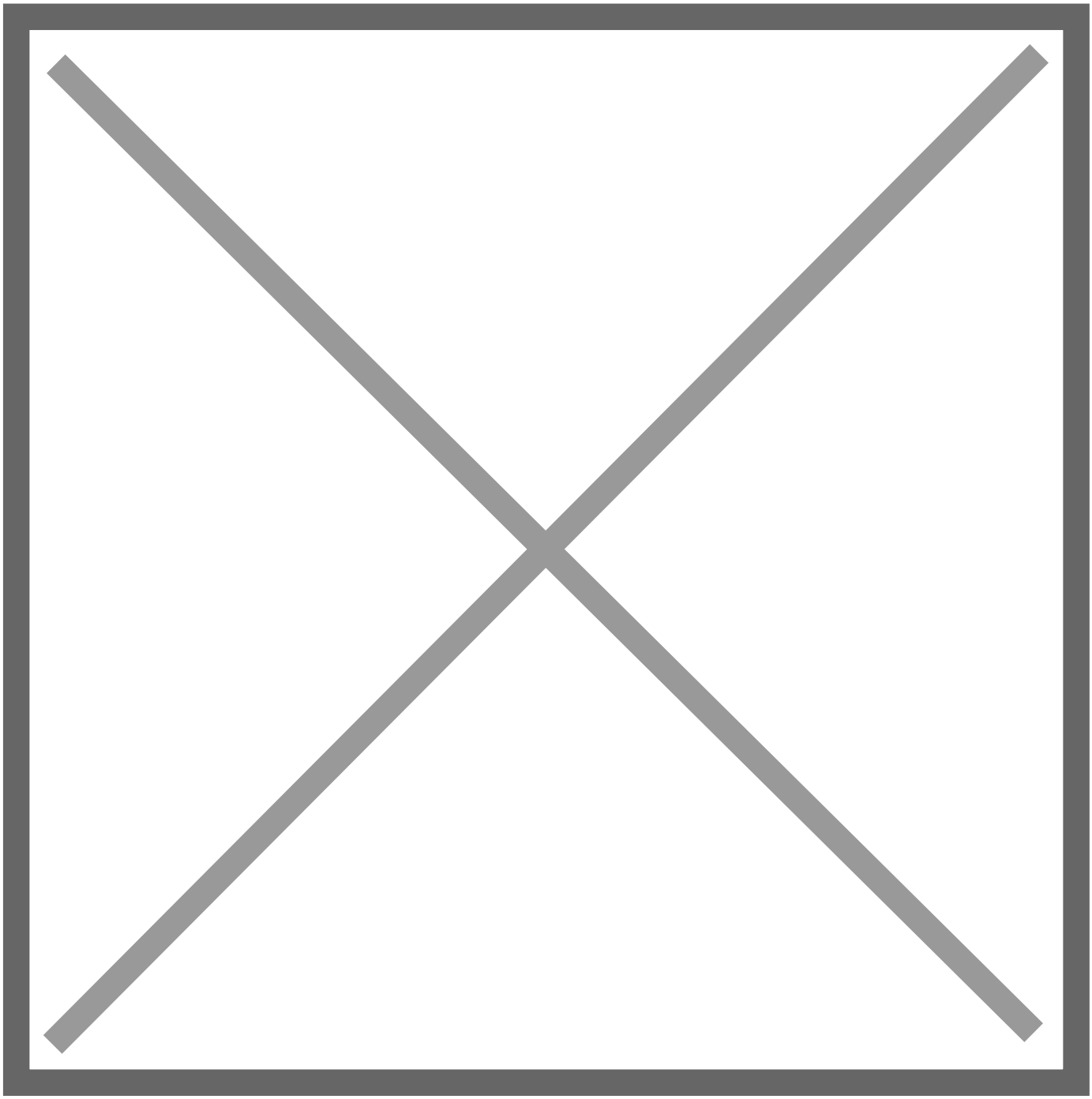


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Notes:	Localities with 5000 or more inhabitants
Cutoffs:	WHO 2007

Overweight/obesity by socio-economic group

Children, 2018-2019

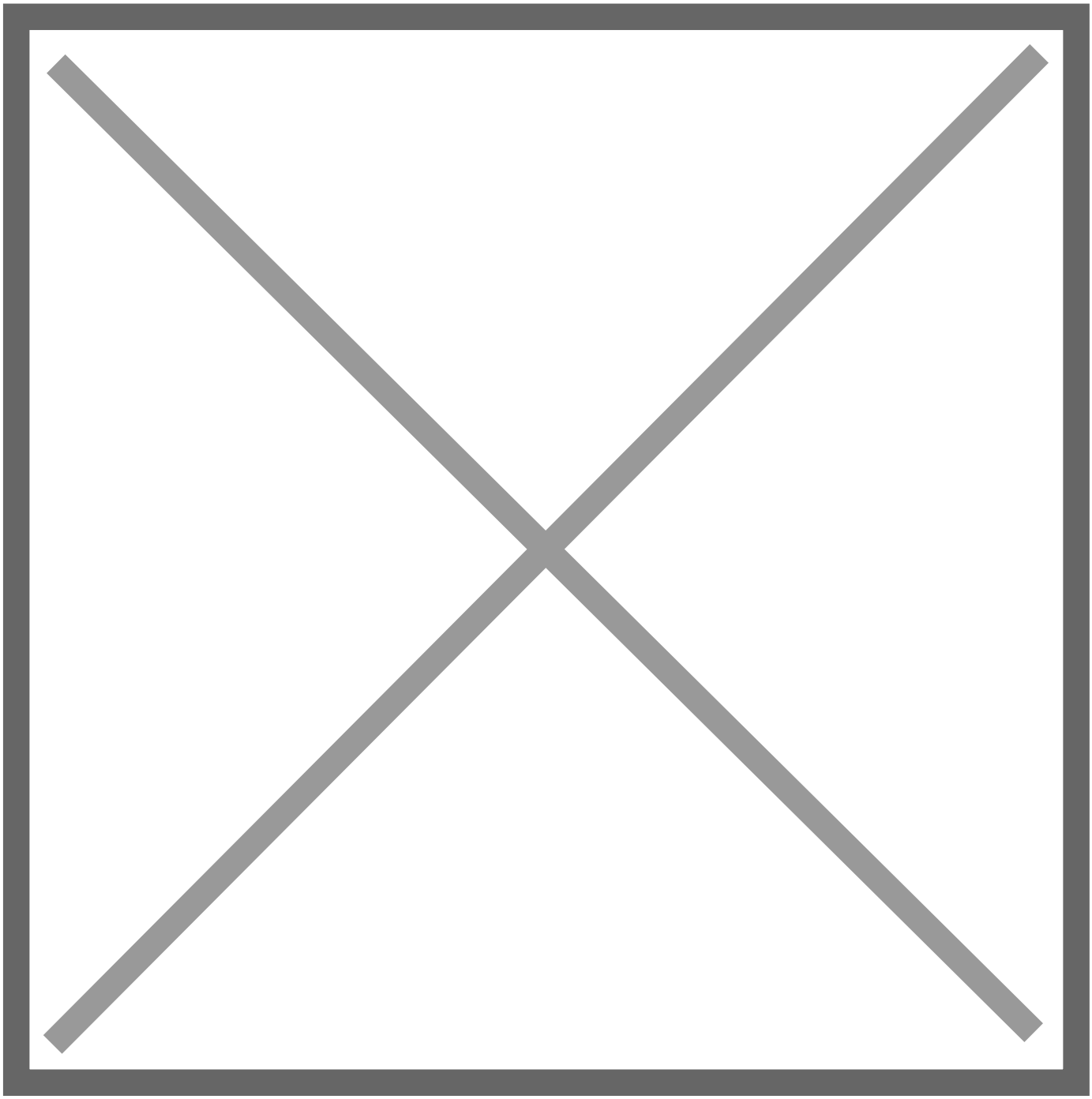


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References:	2° Encuesta Nacional de Nutrición ENNyS 2018-2019.https://cesni-biblioteca.org/2da-encuesta-nacional-de-nutricion-y-salud-indicadores-priorizados/ [Accessed 19.08.25]

Notes:	Localities with 5000 or more inhabitants
Cutoffs:	WHO 2007

Double burden of underweight & obesity

Children, 2022

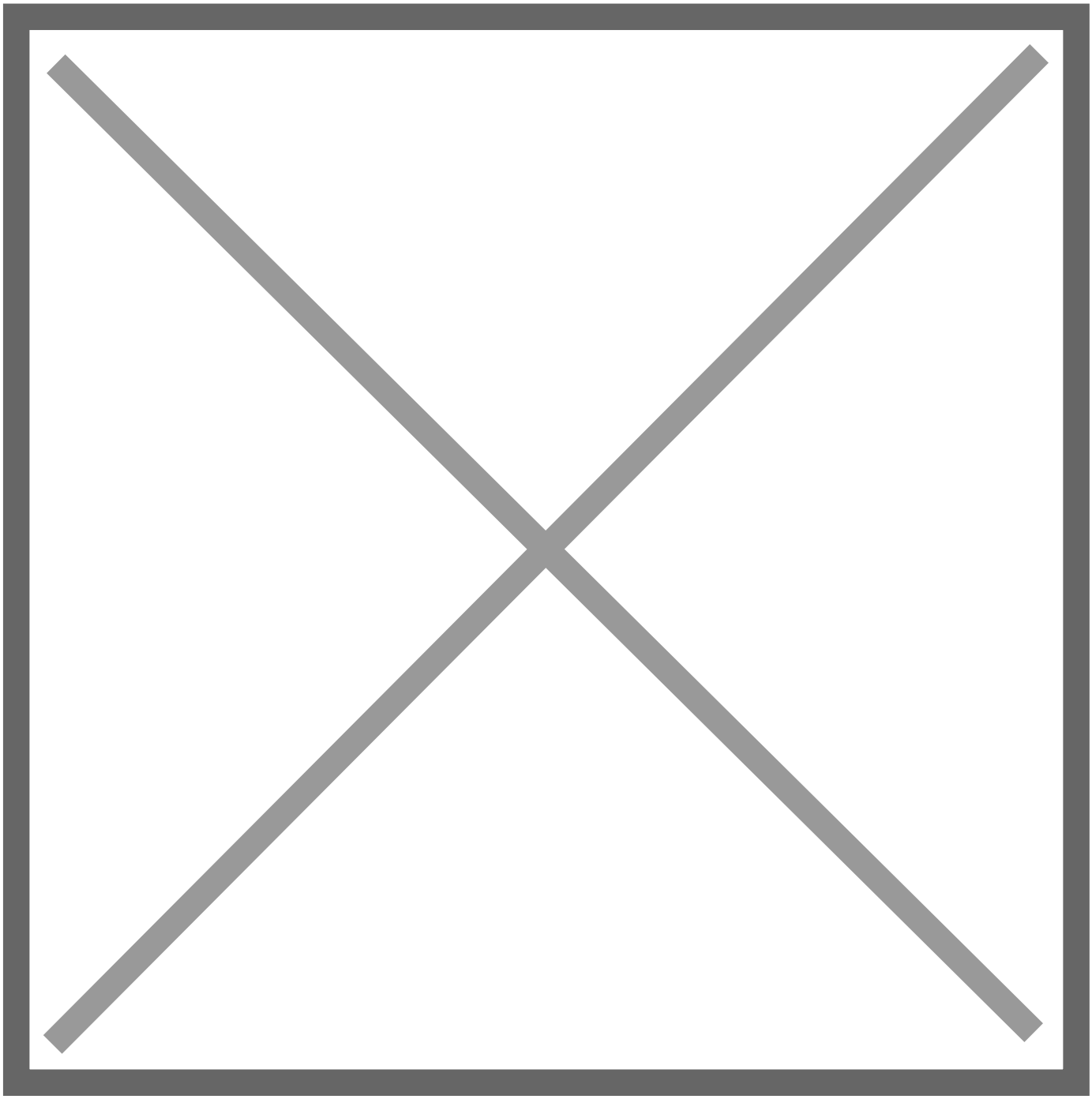


Survey type:	Measured
Age:	5-19
References:	NCD Risk Factor Collaboration (NCD-RisC). Worldwide trends in underweight and obesity from 1990 to 2022: a pooled analysis of 3663 population representative studies with 222 million children, adolescents, and adults. Lancet 2024; published online Feb 29. https://doi.org/10.1016/S0140-6736(23)02750-2.
Notes:	Age standardised estimates

Definitions:	Combined prevalence of BMI < -2SD and BMI > 2SD (double burden of thinness and obesity)
Cutoffs:	BMI < -2SD and BMI > 2SD

Insufficient physical activity

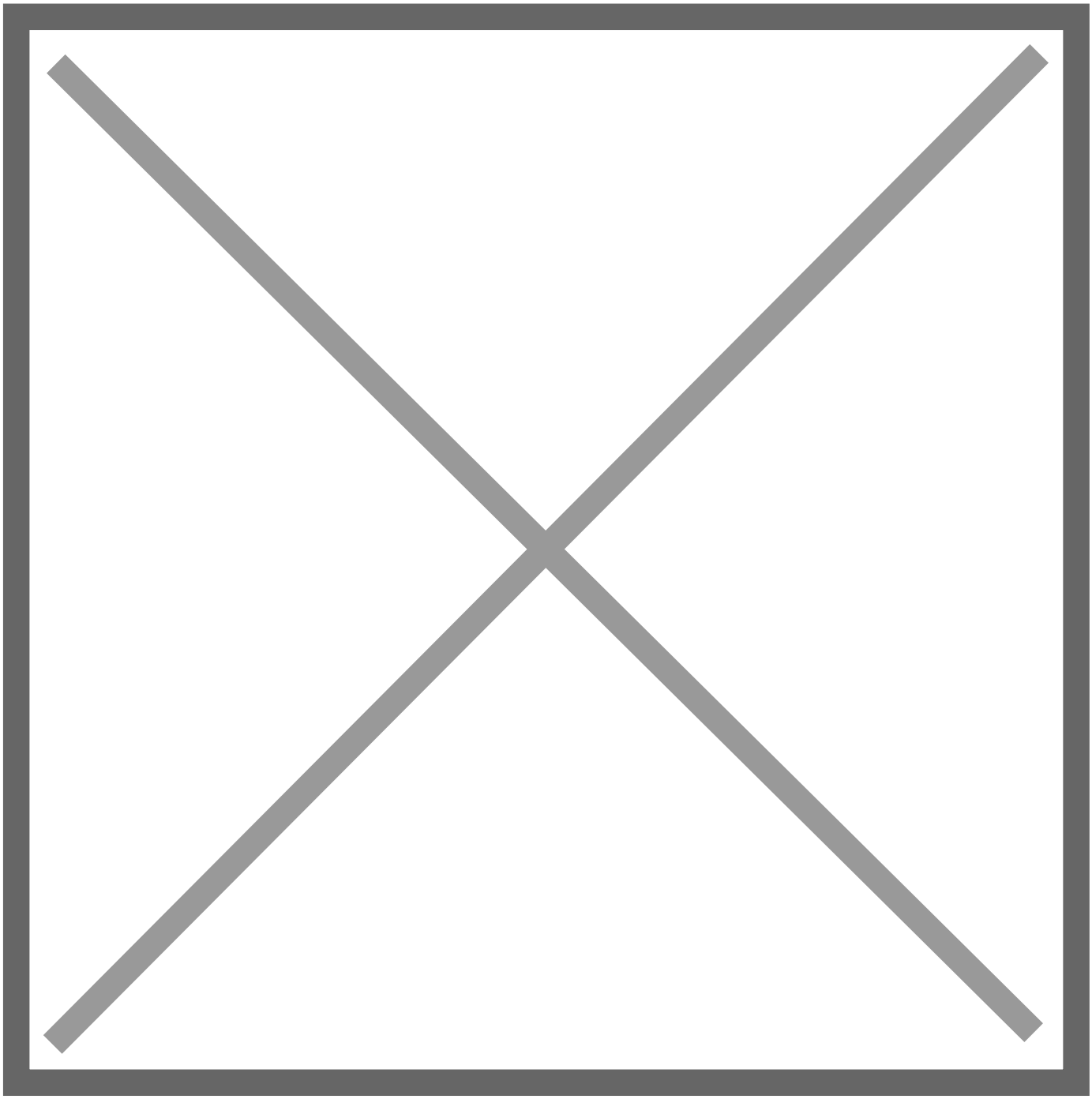
Children, 2016



Survey type:	Self-reported
Age:	11-17
References:	Global Health Observatory data repository, World Health Organisation, https://apps.who.int/gho/data/node.main.A893ADO?lang=en (last accessed 16.03.21)
Notes:	% of school going adolescents not meeting WHO recommendations on Physical Activity for Health, i.e. doing less than 60 minutes of moderate- to vigorous-intensity physical activity daily.

Definitions:	% Adolescents insufficiently active (age standardised estimate)

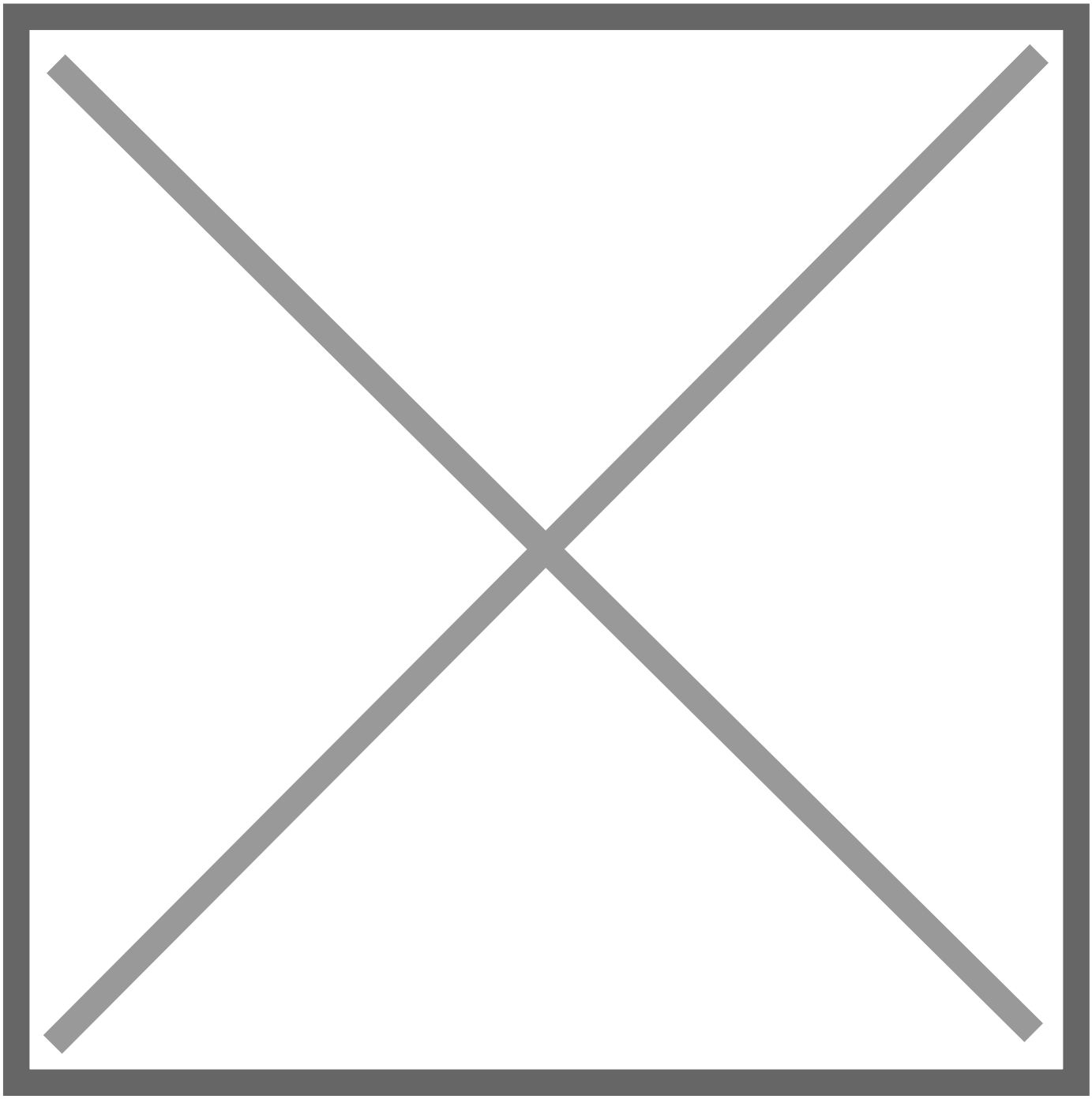
Boys, 2016



Survey type:	Self-reported
Age:	11-17
References:	Global Health Observatory data repository, World Health Organisation, https://apps.who.int/gho/data/node.main.A893ADO?lang=en (last accessed 16.03.21)
Notes:	% of school going adolescents not meeting WHO recommendations on Physical Activity for Health, i.e. doing less than 60 minutes of moderate- to vigorous-intensity physical activity daily.

Definitions:	% Adolescents insufficiently active (age standardised estimate)

Girls, 2016

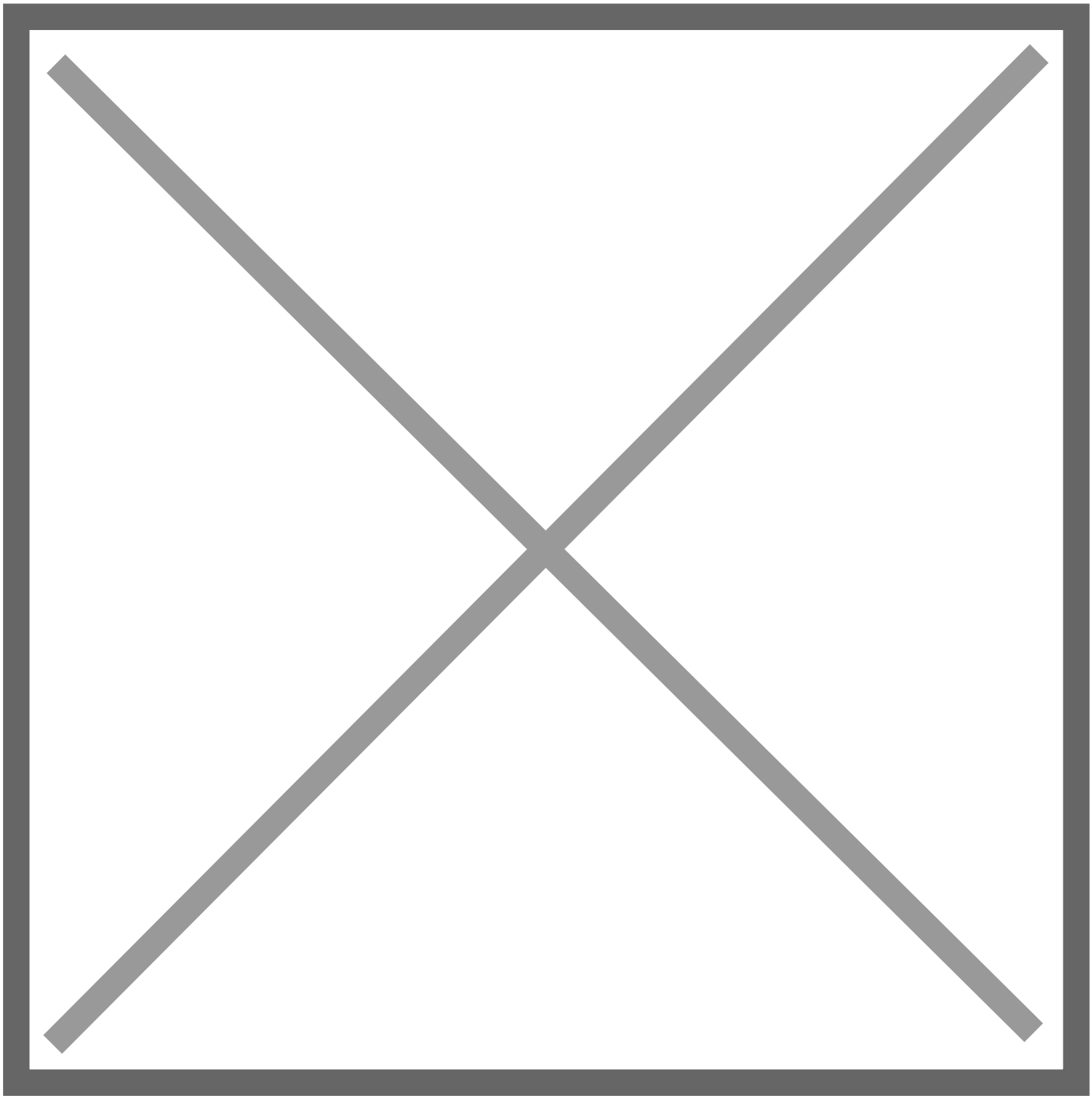


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Notes:	% of school going adolescents not meeting WHO recommendations on Physical Activity for Health, i.e. doing less than 60 minutes of moderate- to vigorous-intensity physical activity daily.

Definitions:	% Adolescents insufficiently active (age standardised estimate)

Average daily frequency of carbonated soft drink consumption

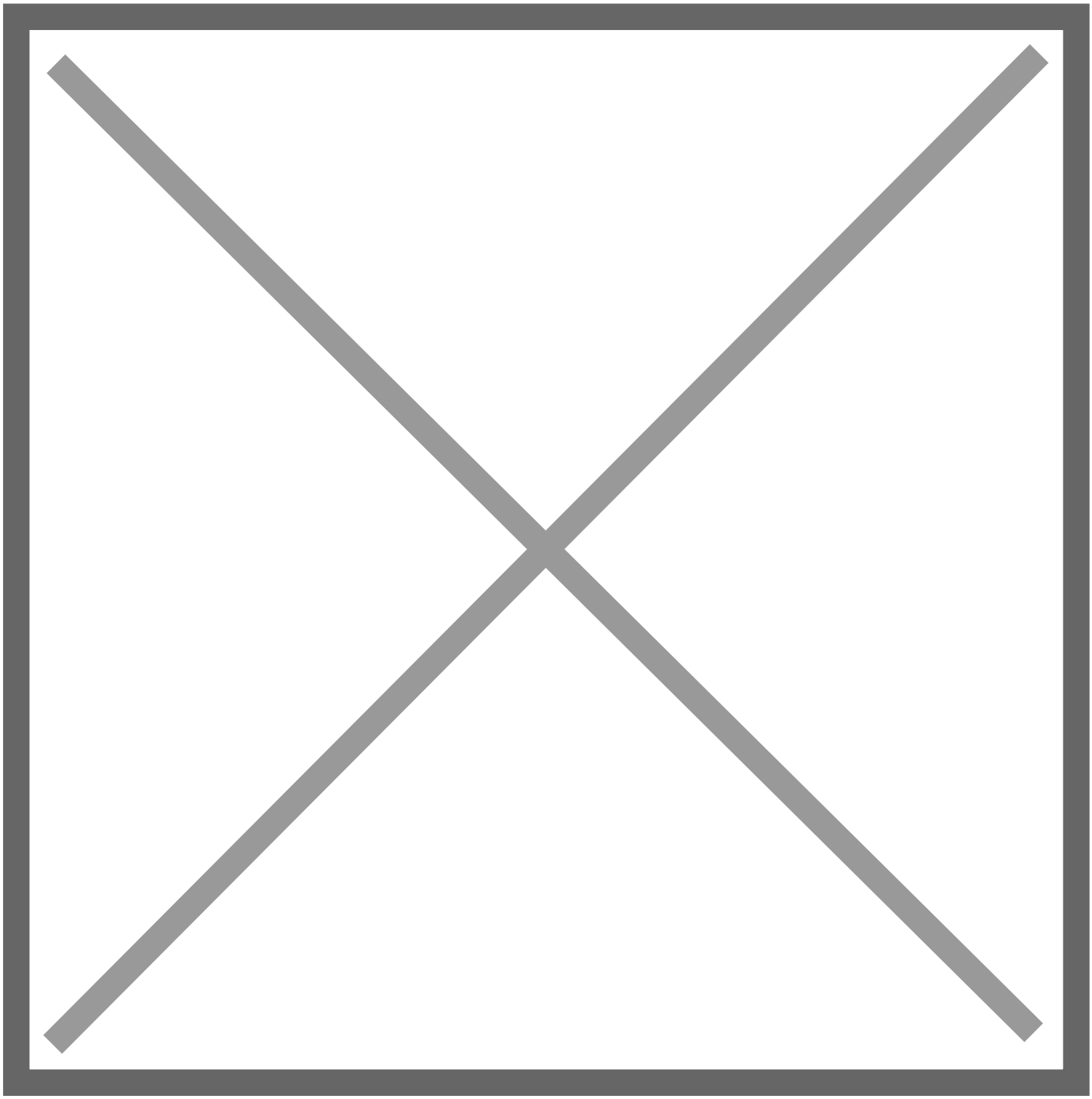
Children, 2009-2015



Survey type:	Measured
Age:	12-17
References:	Beal et al. (2019). Global Patterns of Adolescent Fruit, Vegetable, Carbonated Soft Drink, and Fast-food consumption: A meta-analysis of global school-based student health surveys. Food and Nutrition Bulletin. https://doi.org/10.1177/0379572119848287 sourced from Food Systems Dashboard http://www.foodsystemsdashboard.org/food-system

Prevalence of less than daily fruit consumption

Children, 2012

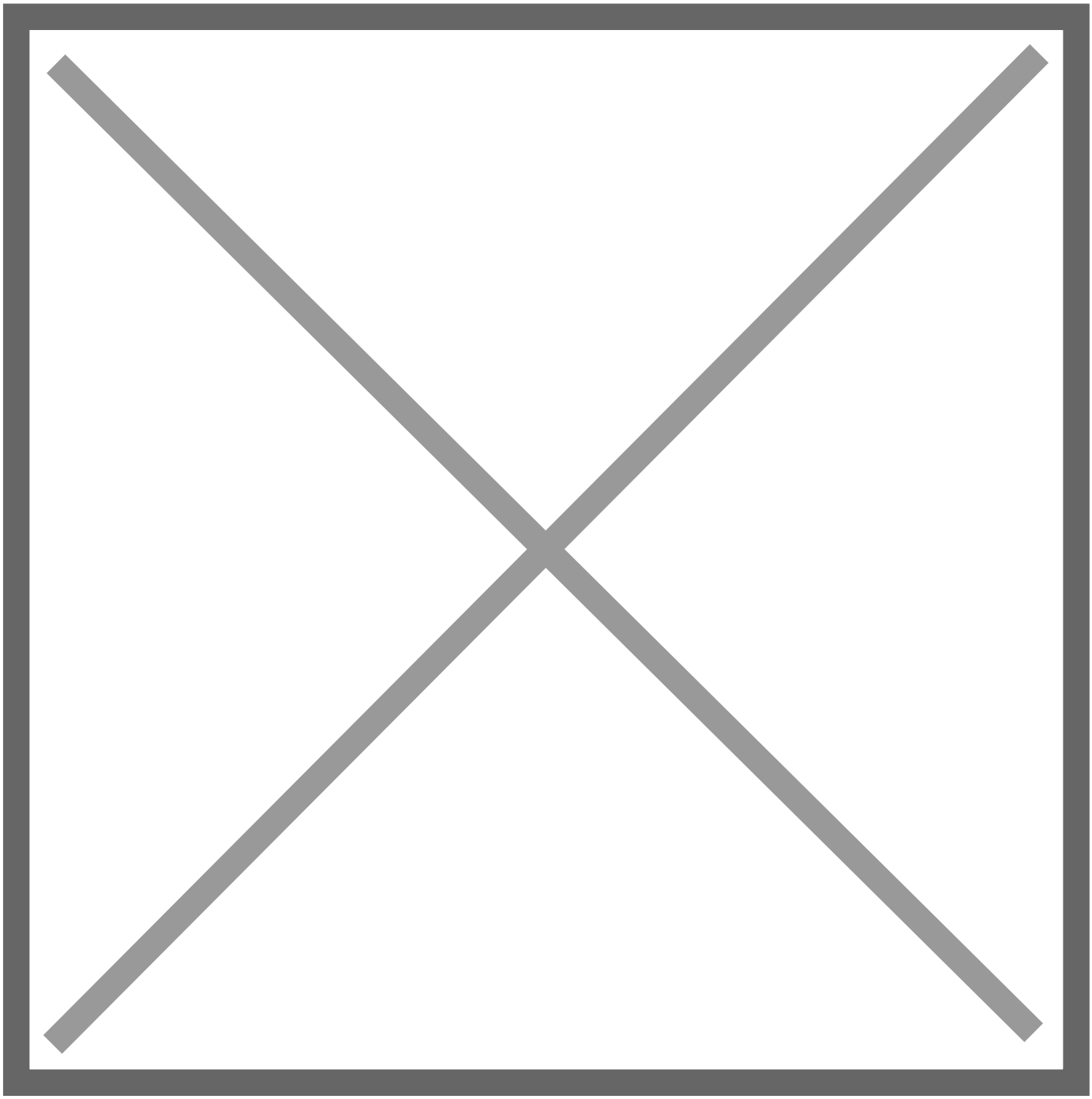


Survey type:	Self-reported
Age:	12-17
Area covered:	National
References:	Global School-based Student Health Surveys. Beal et al (2019). Global Patterns of Adolescent Fruit, Vegetable, Carbonated Soft Drink, and Fast-food consumption: A meta-analysis of global school-based student health surveys. Food and Nutrition Bulletin. https://doi.org/10.1177/0379572119848287. Sourced from Food Systems Dashboard http://www.foodsystemsdashboard.org/food-system

Definitions:	Prevalence of less-than-daily fruit consumption (% less-than-daily fruit consumption)

Prevalence of less than daily vegetable consumption

Children, 2012

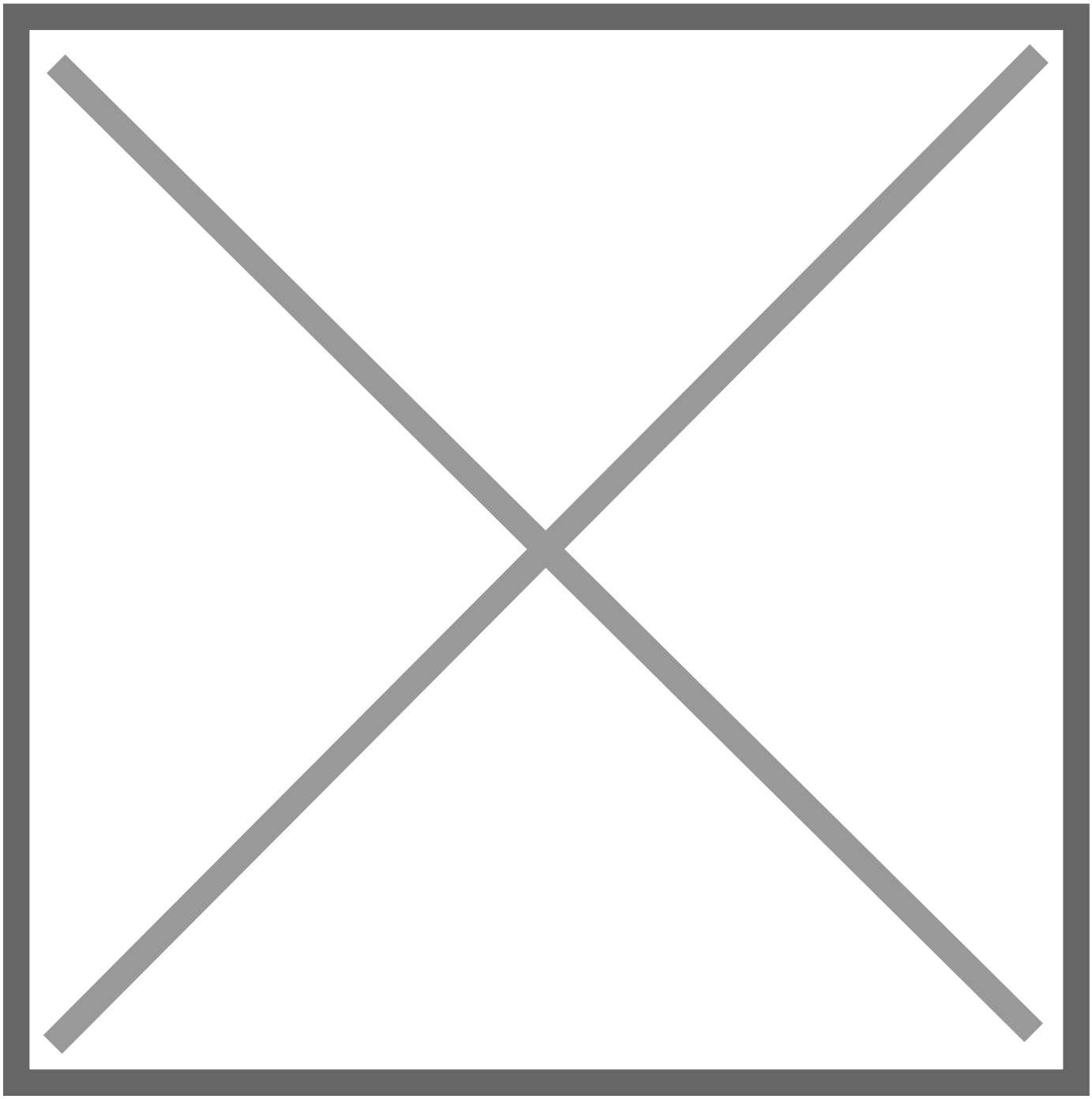


Survey type:	Self-reported
Age:	12-17
Area covered:	National
References:	Beal et al. (2019). Global Patterns of Adolescent Fruit, Vegetable, Carbonated Soft Drink, and Fast-food consumption: A meta-analysis of global school-based student health surveys. Food and Nutrition Bulletin. https://doi.org/10.1177/0379572119848287 sourced from Food Systems Dashboard http://www.foodsystemsdashboard.org/food-system

Definitions:	Prevalence of less-than-daily vegetable consumption (% less-than-daily vegetable consumption)

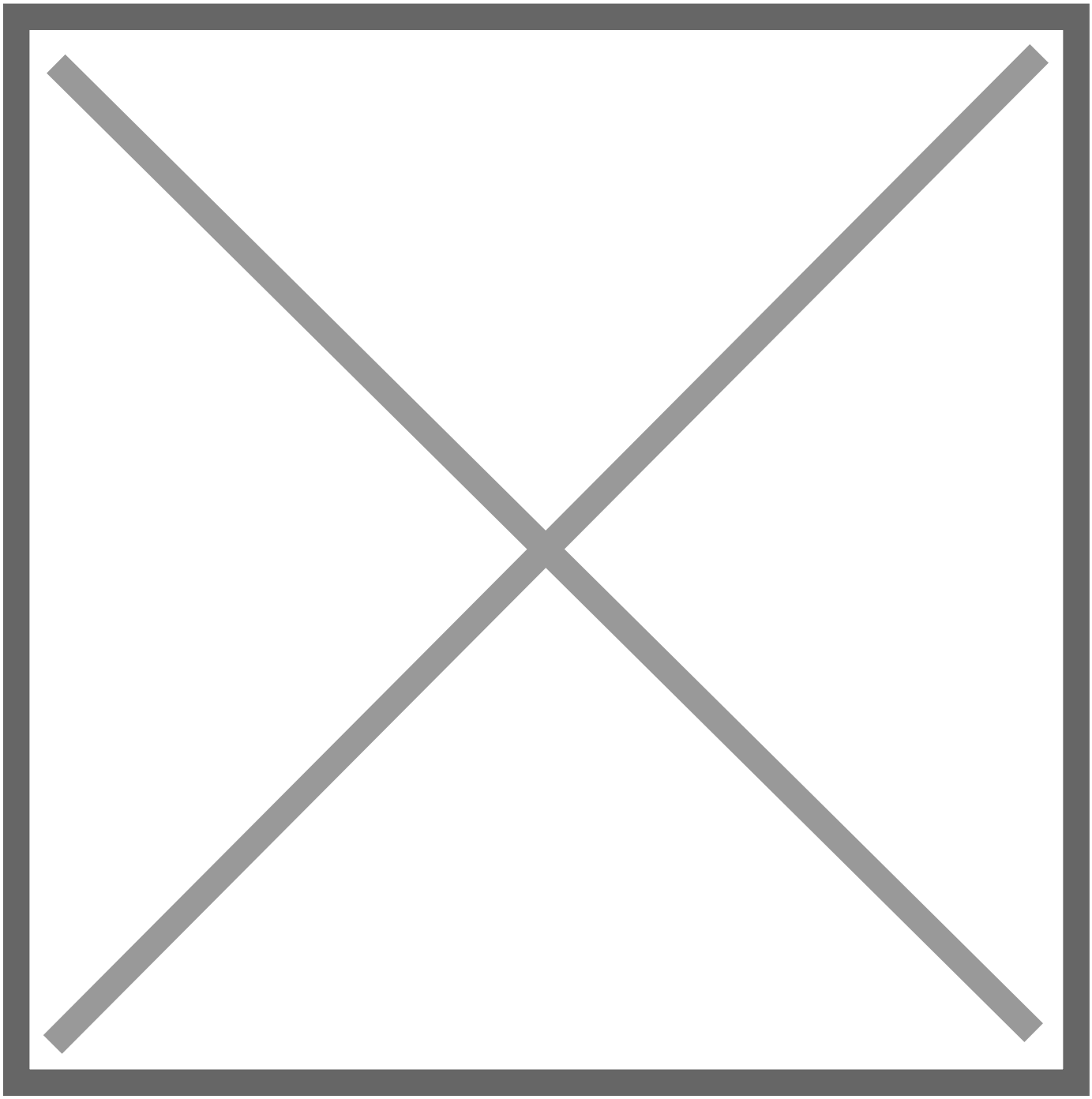
Mental health - depression disorders

Children, 2023



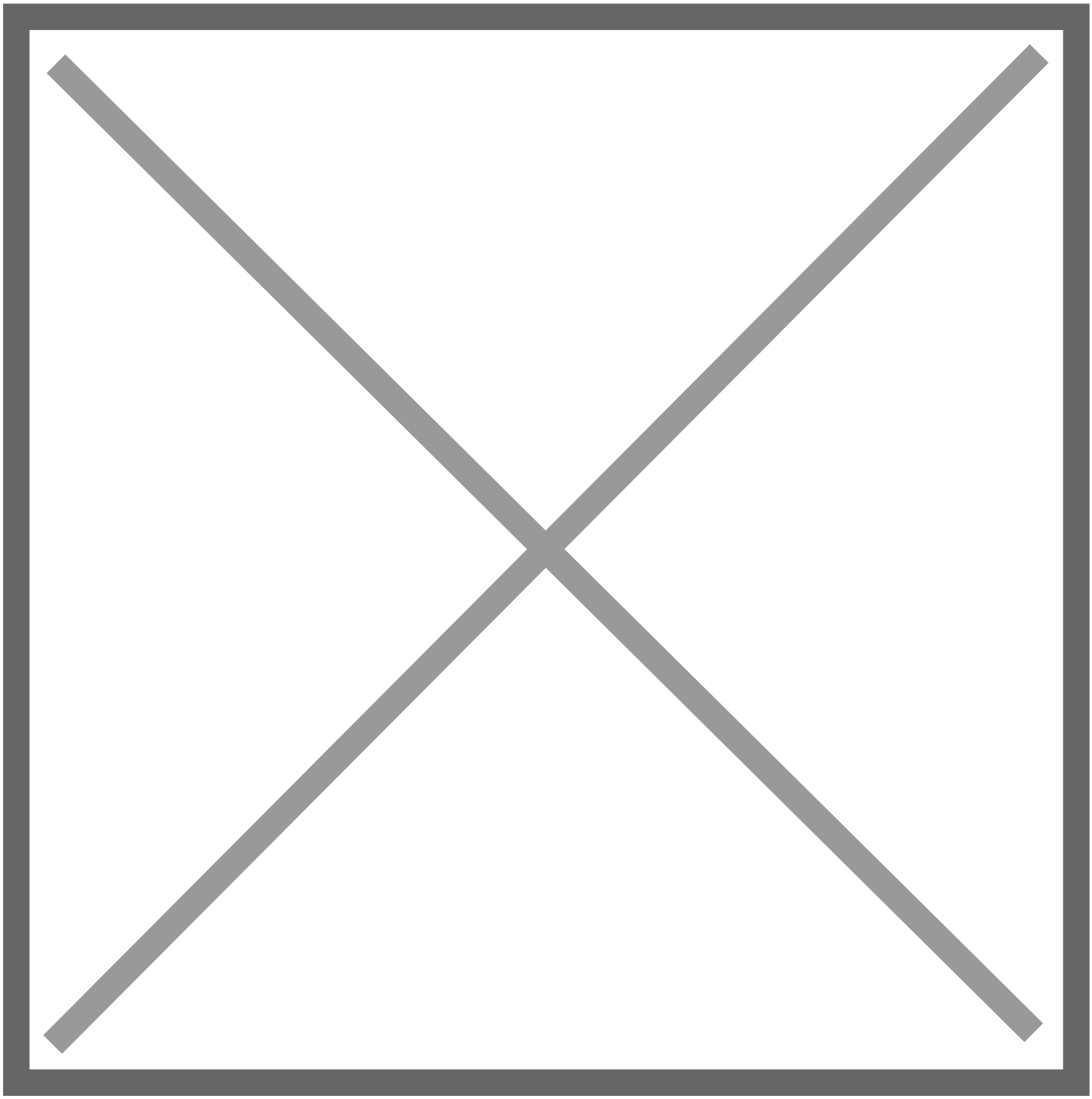
Area covered:	National
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from https://vizhub.healthdata.org/gbd-compare/ [Accessed 17.03.26]
Definitions:	Estimated number living with depressive disorders per 100,000 population (under 20 years of age)

Boys, 2023



Area covered:	National
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from https://vizhub.healthdata.org/gbd-compare/ [Accessed 17.03.26]
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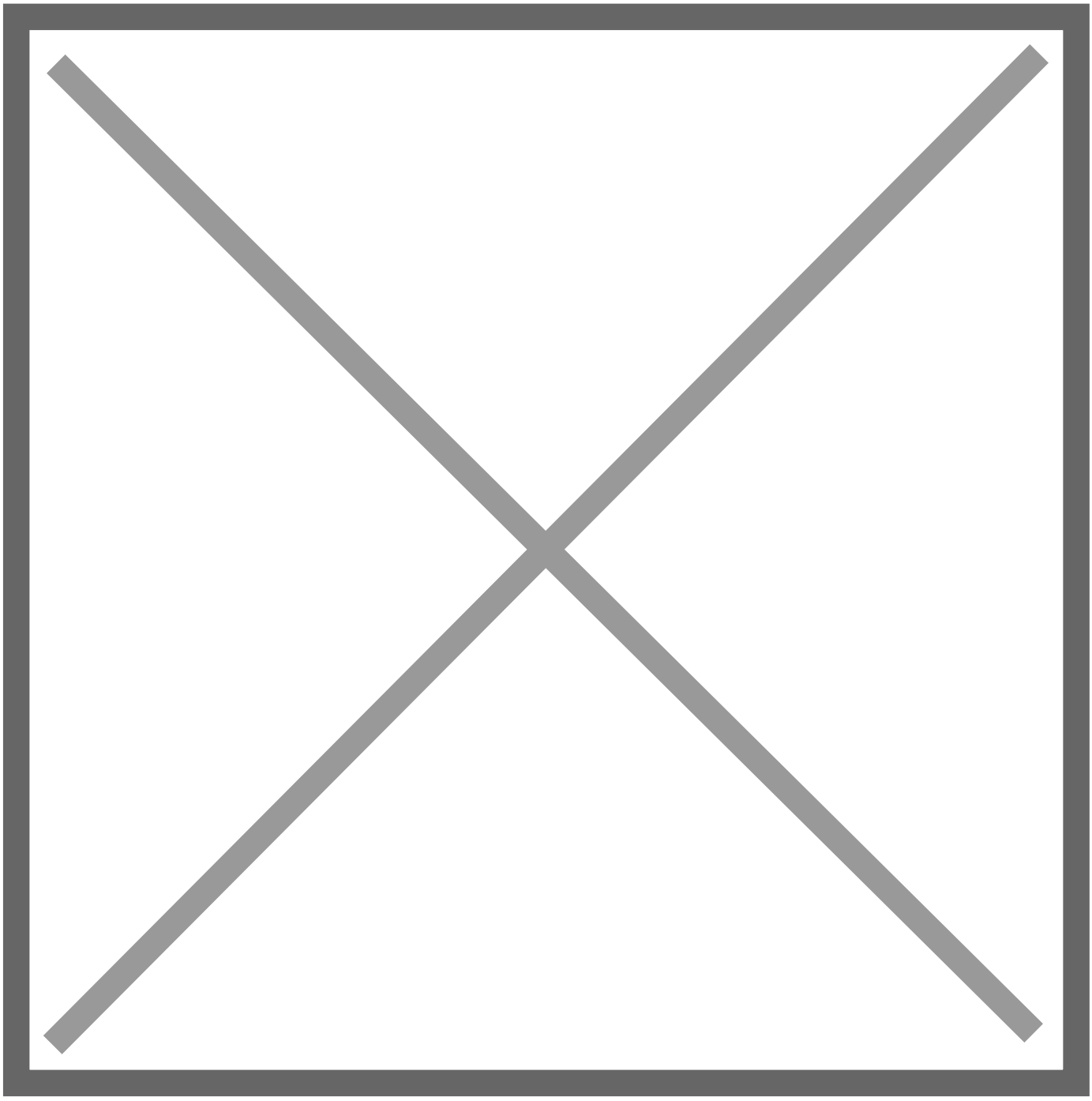
Girls, 2023



Area covered:	National
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from https://vizhub.healthdata.org/gbd-compare/ [Accessed 17.03.26]
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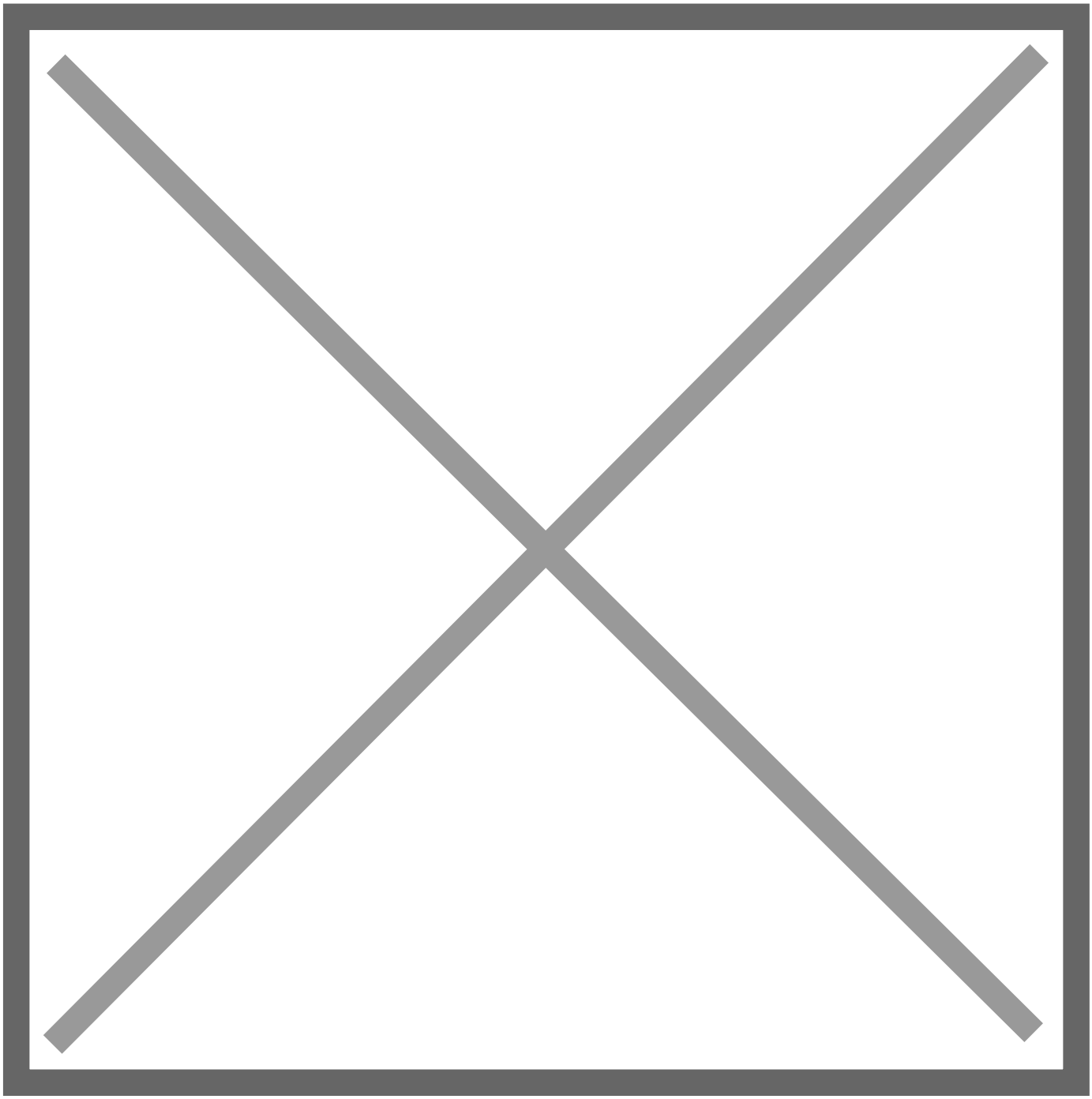
Mental health - anxiety disorders

Children, 2023



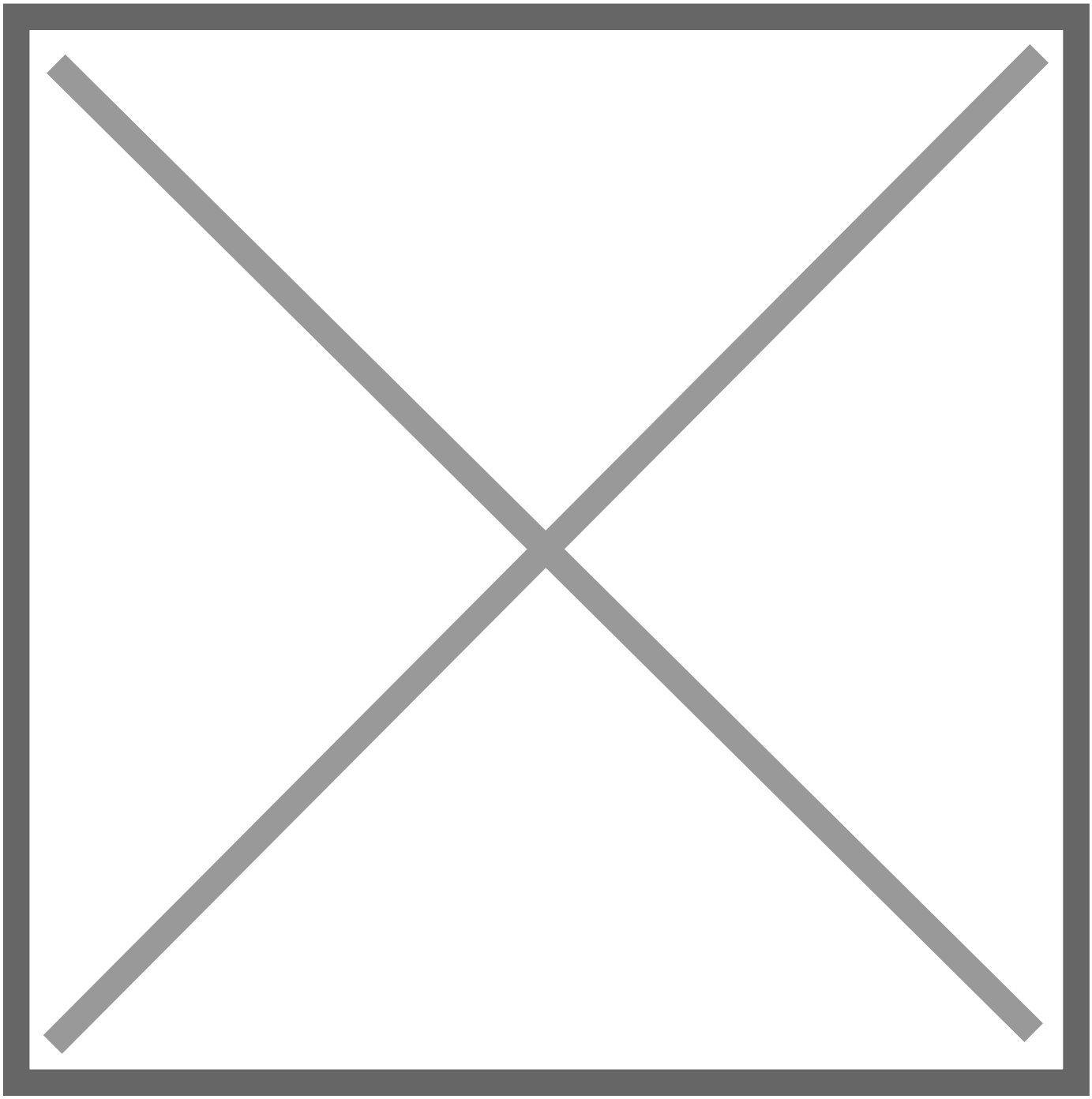
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Area covered:	National
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PDF created on November 4, 2026