



# 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/>.*

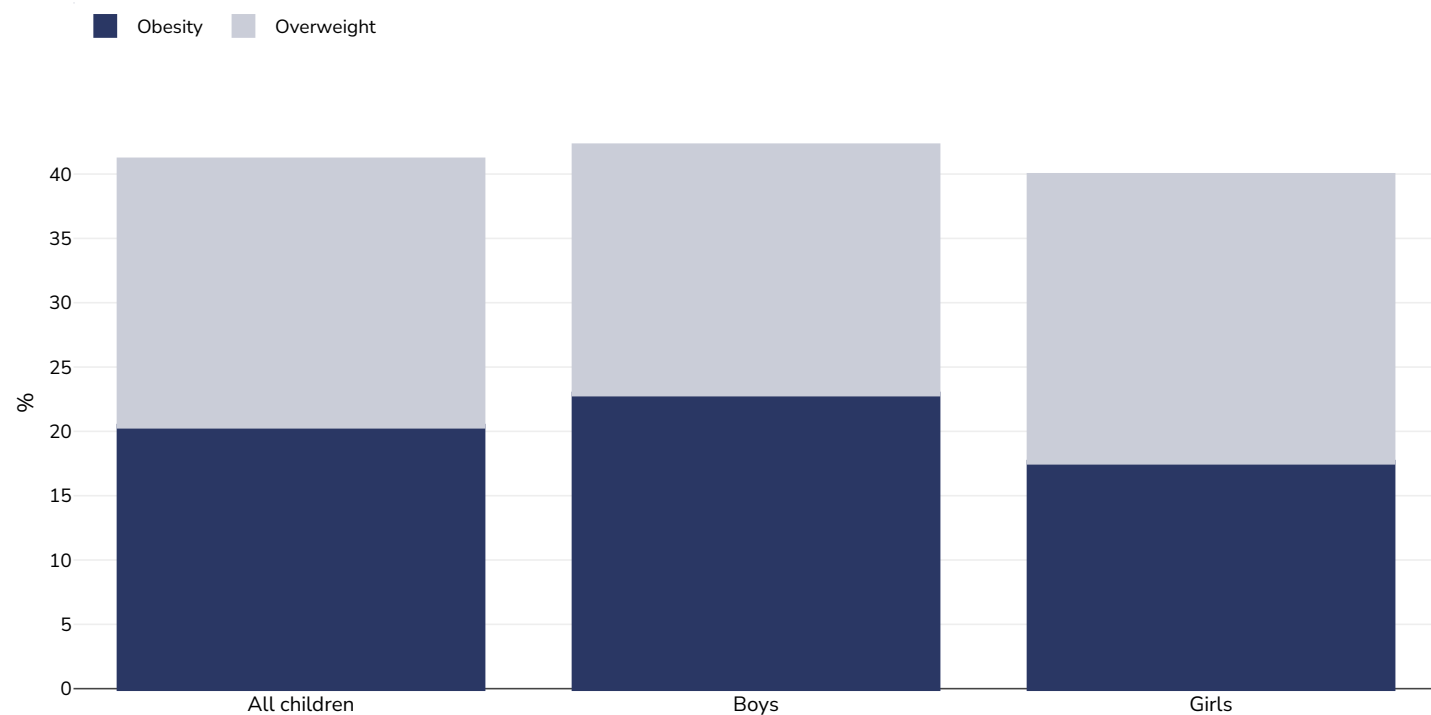
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**National obesity risk \*7.5/10** This is a composite “obesity risk” score (out of 10, the highest risk) based on obesity prevalence, rate of increase, likelihood of meeting the 2025 target, treatment indicator and childhood stunting levels. **Childhood obesity risk \*8.5/11** This is a “risk score” for each country’s likelihood of having or acquiring a major childhood obesity problem during the 2020s, taking account of current prevalence levels and risk for future obesity (based on stunting among infants, maternal obesity, maternal smoking, and breastfeeding rates).

\* Based on estimated data. For more information see [Publications](#)

## Obesity prevalence

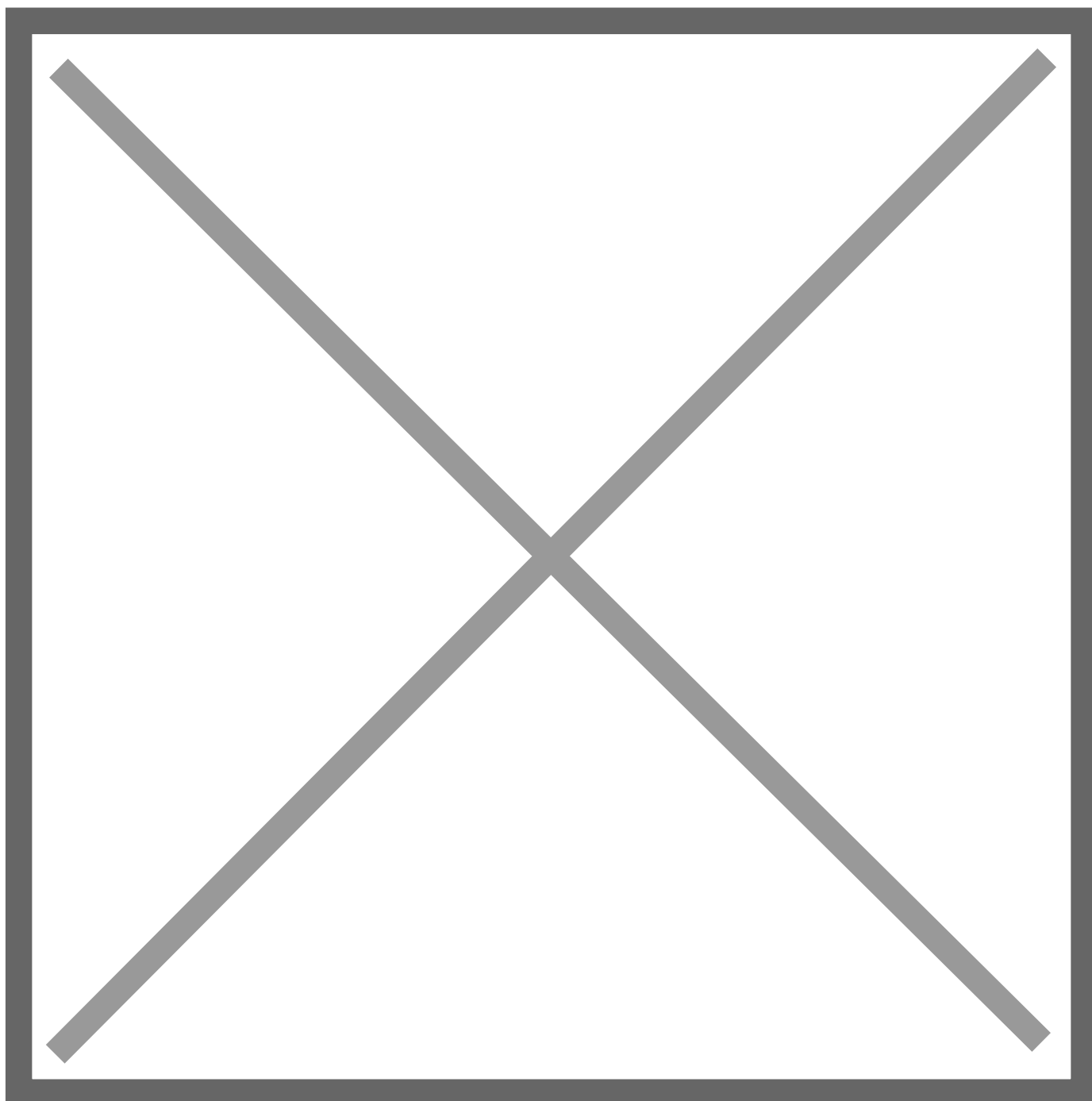
### Children, 2018-2019



|               |                                                                                                                                                                                                                                                                                        |
|---------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Survey type:  | Measured                                                                                                                                                                                                                                                                               |
| Age:          | 5-17                                                                                                                                                                                                                                                                                   |
| Sample size:  | ~8000                                                                                                                                                                                                                                                                                  |
| Area covered: | National                                                                                                                                                                                                                                                                               |
| References:   | 2° Encuesta Nacional de Nutrición ENNyS 2018-2019. <a href="https://cesni-biblioteca.org/2da-encuesta-nacional-de-nutricion-y-salud-indicadores-priorizados/">https://cesni-biblioteca.org/2da-encuesta-nacional-de-nutricion-y-salud-indicadores-priorizados/</a> [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](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](https://www.who.int/ncds/surveillance/gshs/Argentina_GSHS_FS_2012_National.pdf?ua=1) (last accessed 25.11.20)

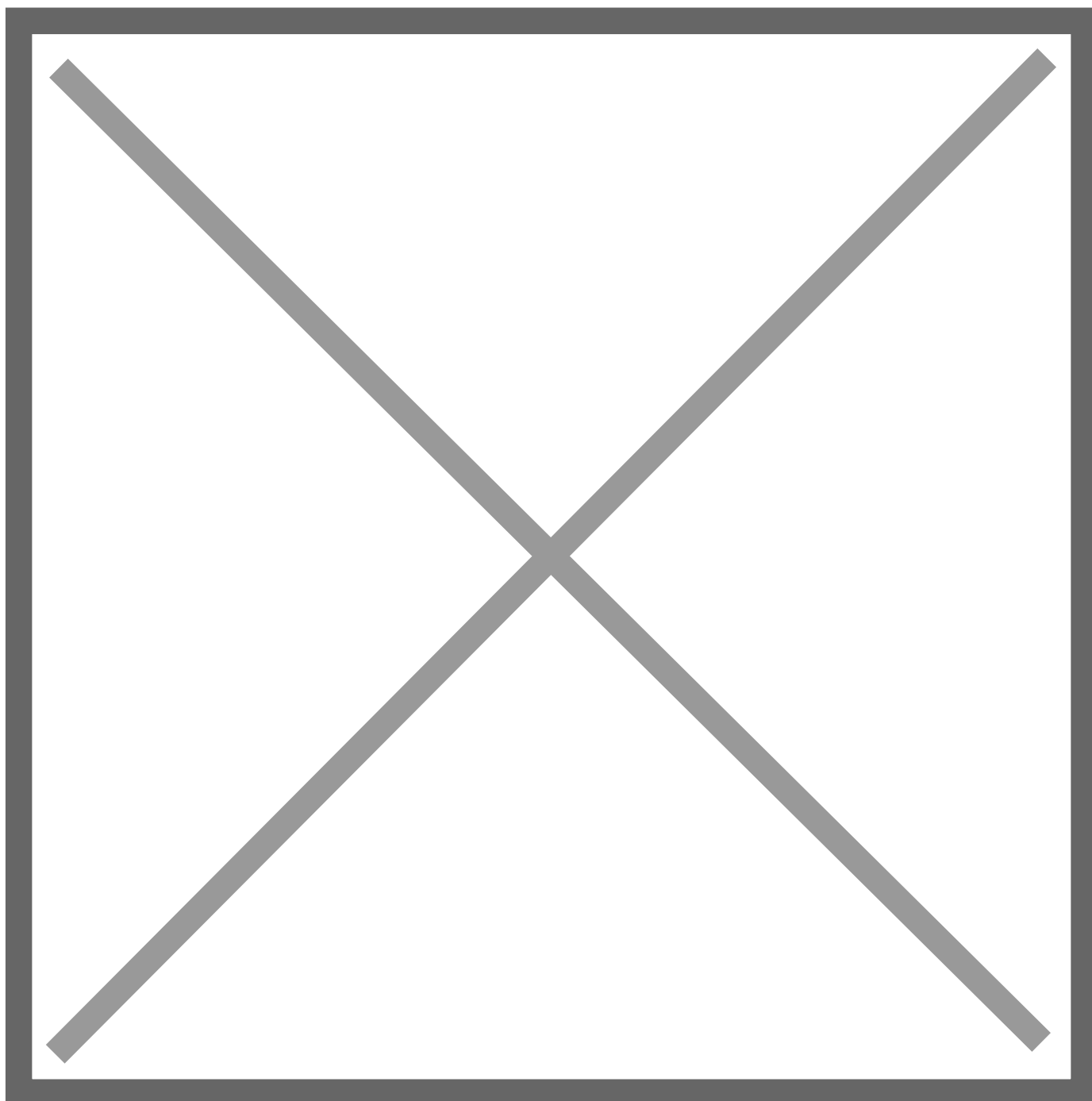
2018: Argentina Global School-Based Student Health Survey 2018. <https://extranet.who.int/ncdsmicrodata/index.php/catalog/866/download/6099> (Accessed 13.07.21)

*Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m<sup>2</sup>, obesity refers to a BMI greater than 30kg/m<sup>2</sup>.*

*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.*

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## Girls



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](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](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)

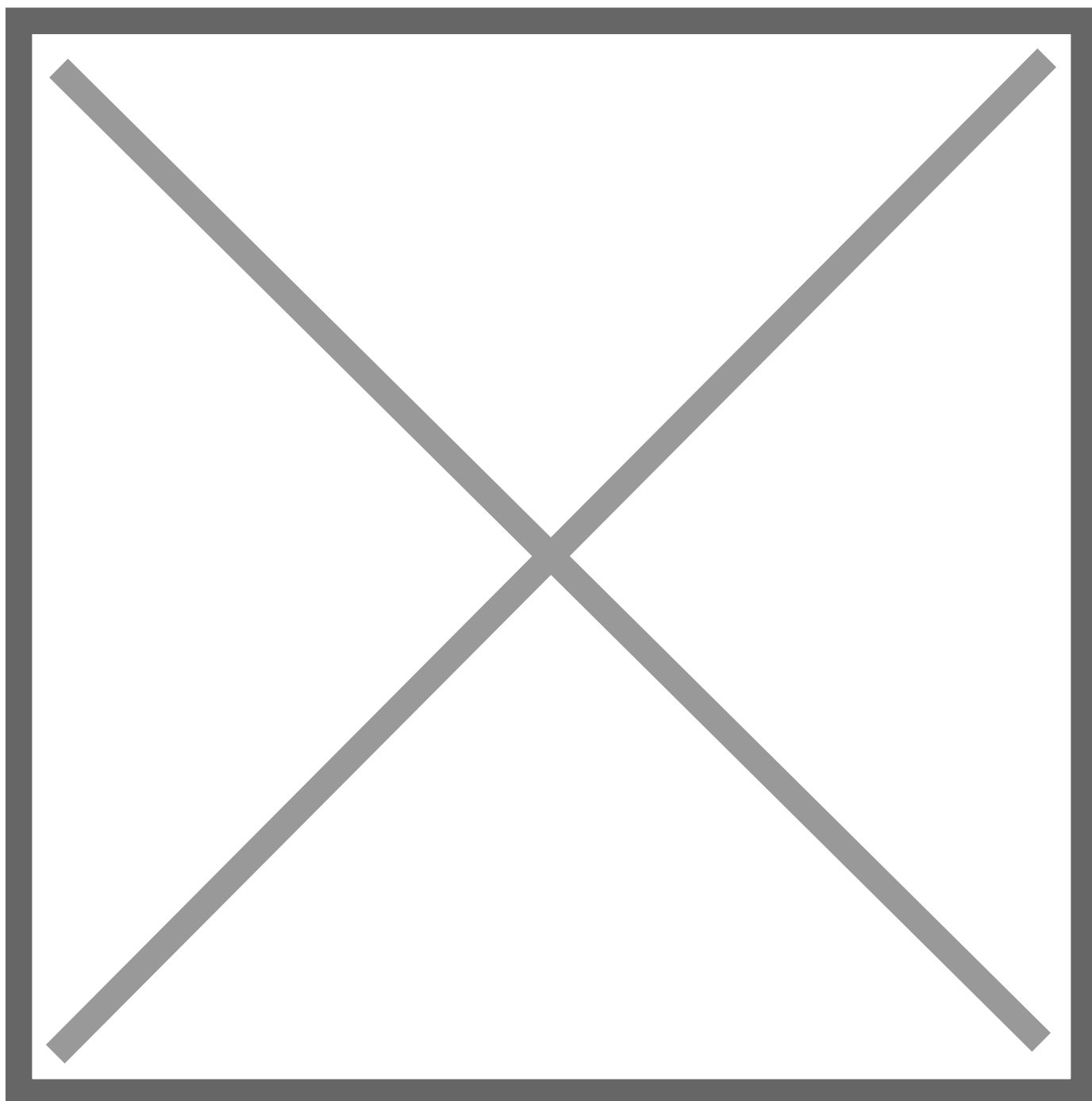
*Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m<sup>2</sup>, obesity refers to a BMI greater than 30kg/m<sup>2</sup>.*

*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.*

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## Boys and girls



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](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](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)

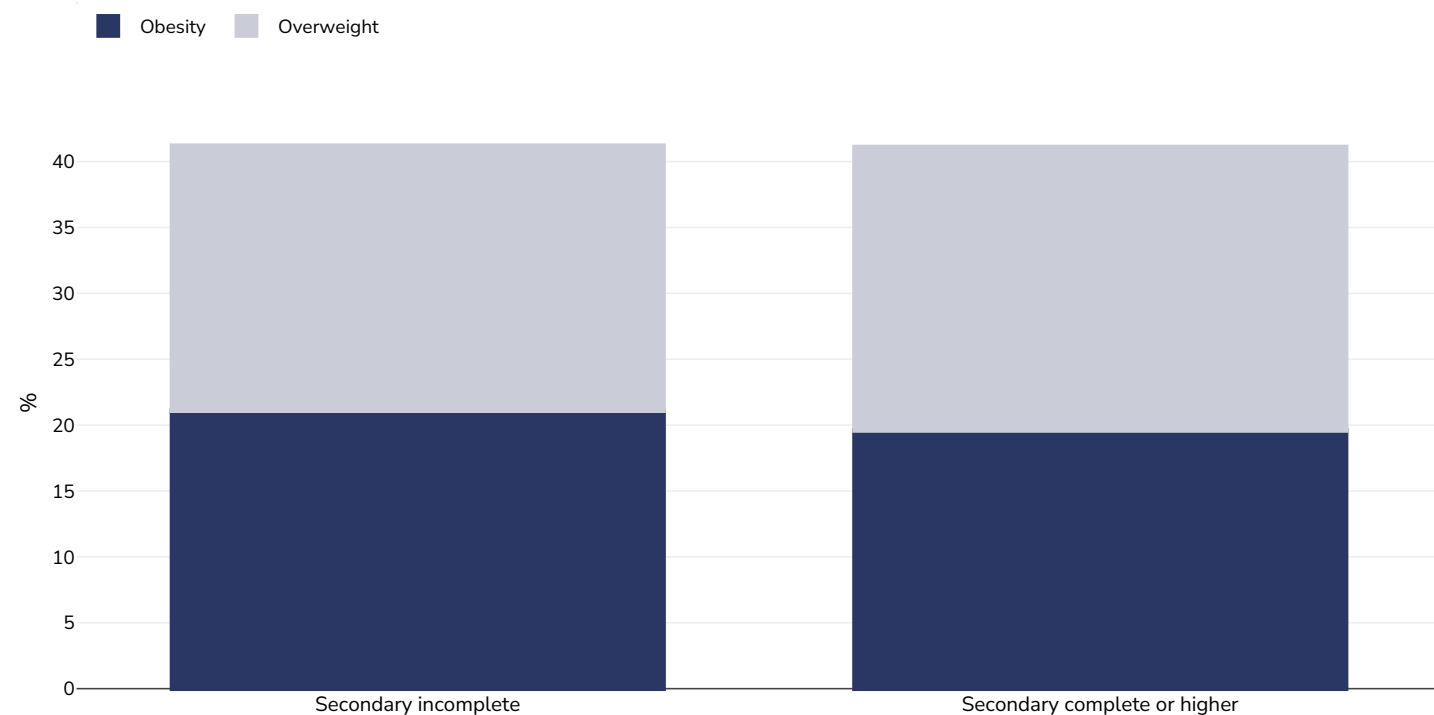
*Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m<sup>2</sup>, obesity refers to a BMI greater than 30kg/m<sup>2</sup>.*

*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.*

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## Overweight/obesity by education

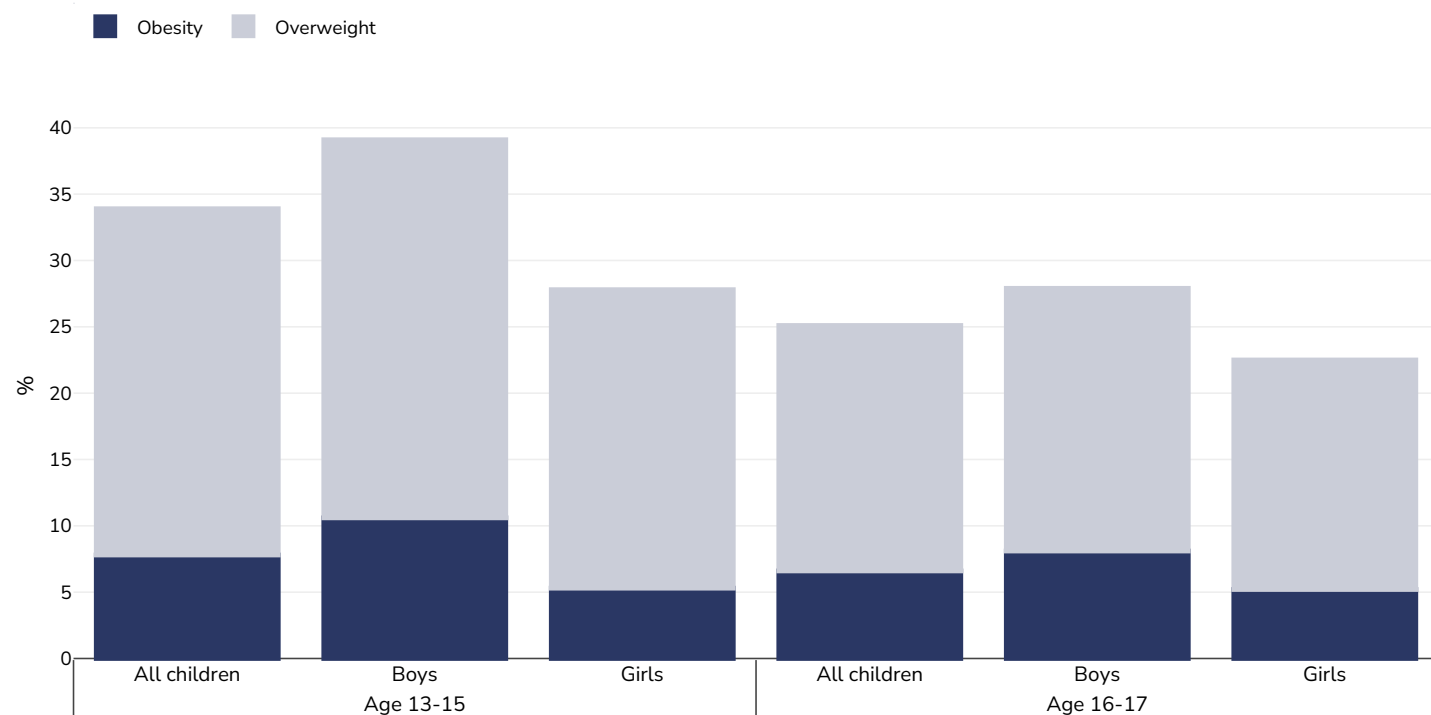
### Children, 2018-2019



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

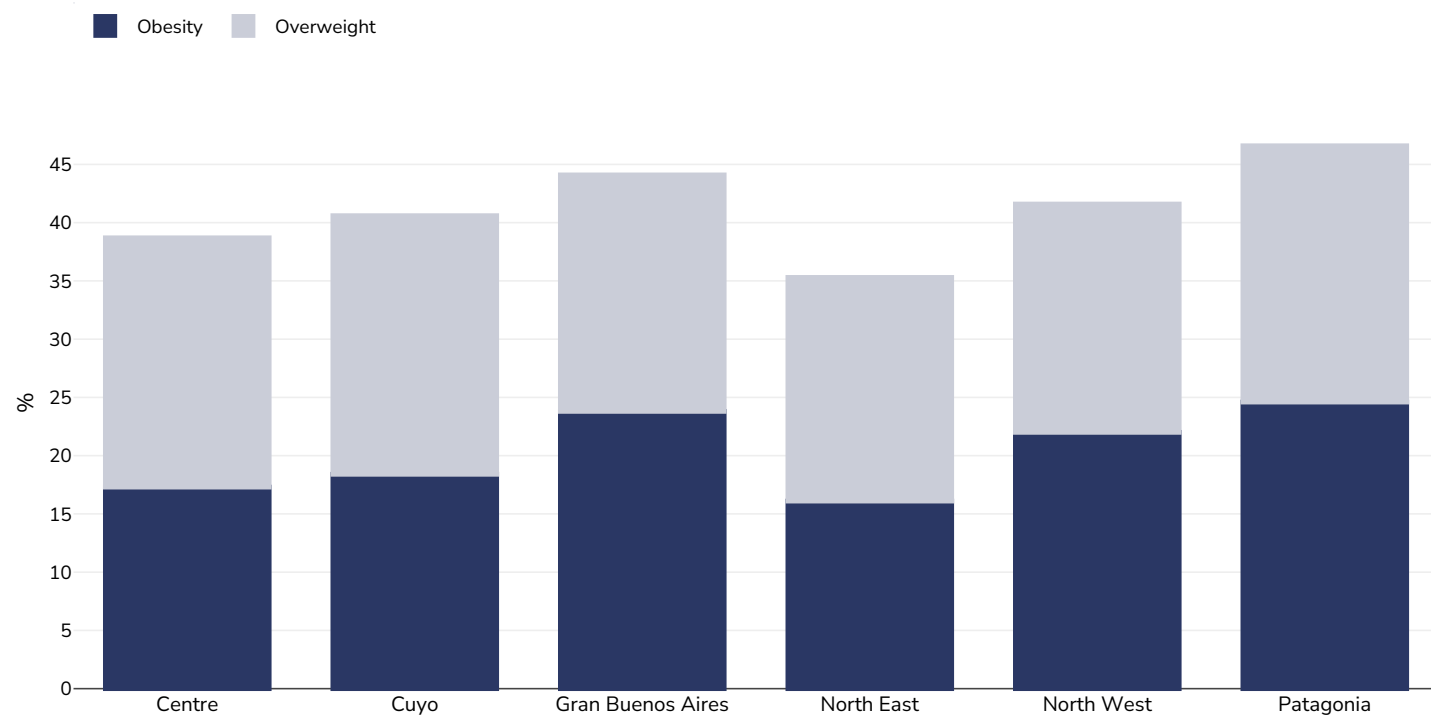
### Children, 2018



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

## Overweight/obesity by region

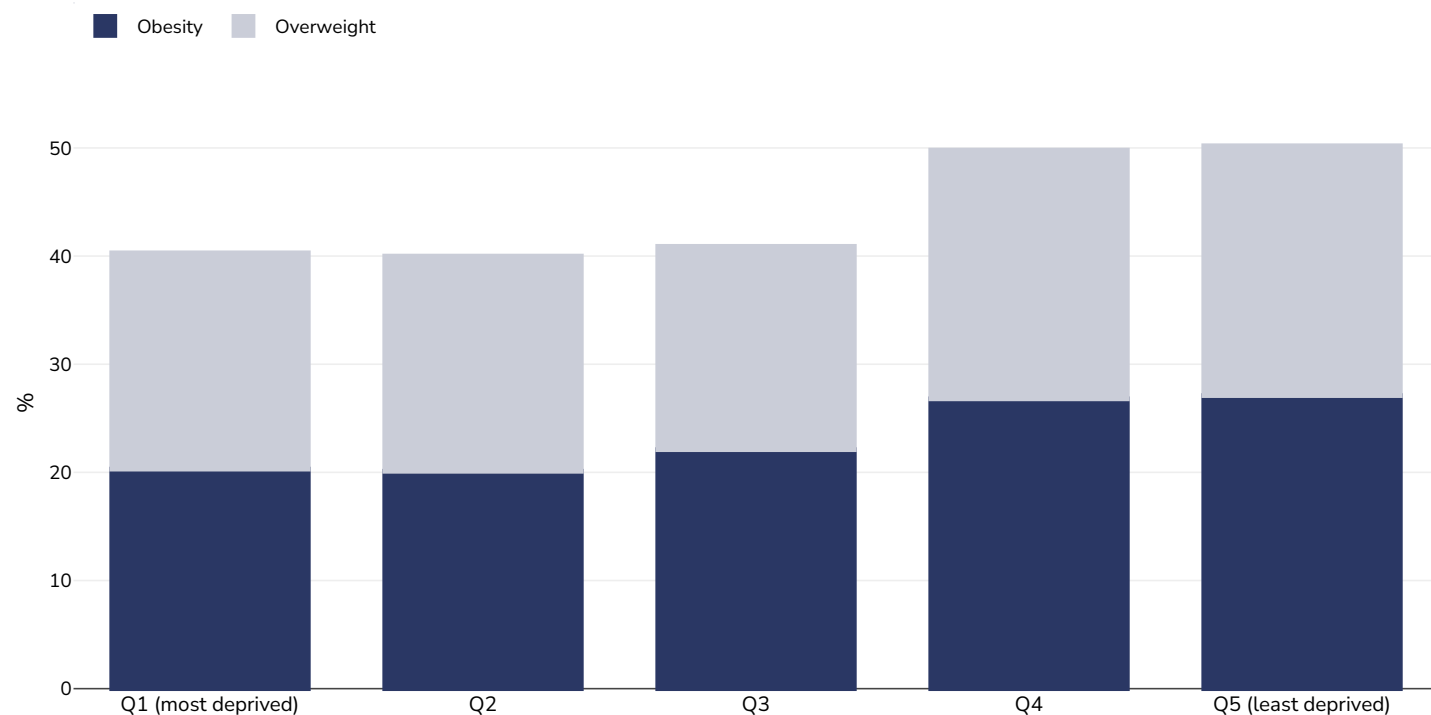
### Children, 2018-2019



|               |                                                                                                                                                                                                                                                                                        |
|---------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Survey type:  | Measured                                                                                                                                                                                                                                                                               |
| Age:          | 5-17                                                                                                                                                                                                                                                                                   |
| Sample size:  | ~8000                                                                                                                                                                                                                                                                                  |
| Area covered: | National                                                                                                                                                                                                                                                                               |
| References:   | 2° Encuesta Nacional de Nutrición ENNyS 2018-2019. <a href="https://cesni-biblioteca.org/2da-encuesta-nacional-de-nutricion-y-salud-indicadores-priorizados/">https://cesni-biblioteca.org/2da-encuesta-nacional-de-nutricion-y-salud-indicadores-priorizados/</a> [Accessed 19.08.25] |
| Notes:        | Localities with 5000 or more inhabitants                                                                                                                                                                                                                                               |
| Cutoffs:      | WHO 2007                                                                                                                                                                                                                                                                               |

## Overweight/obesity by socio-economic group

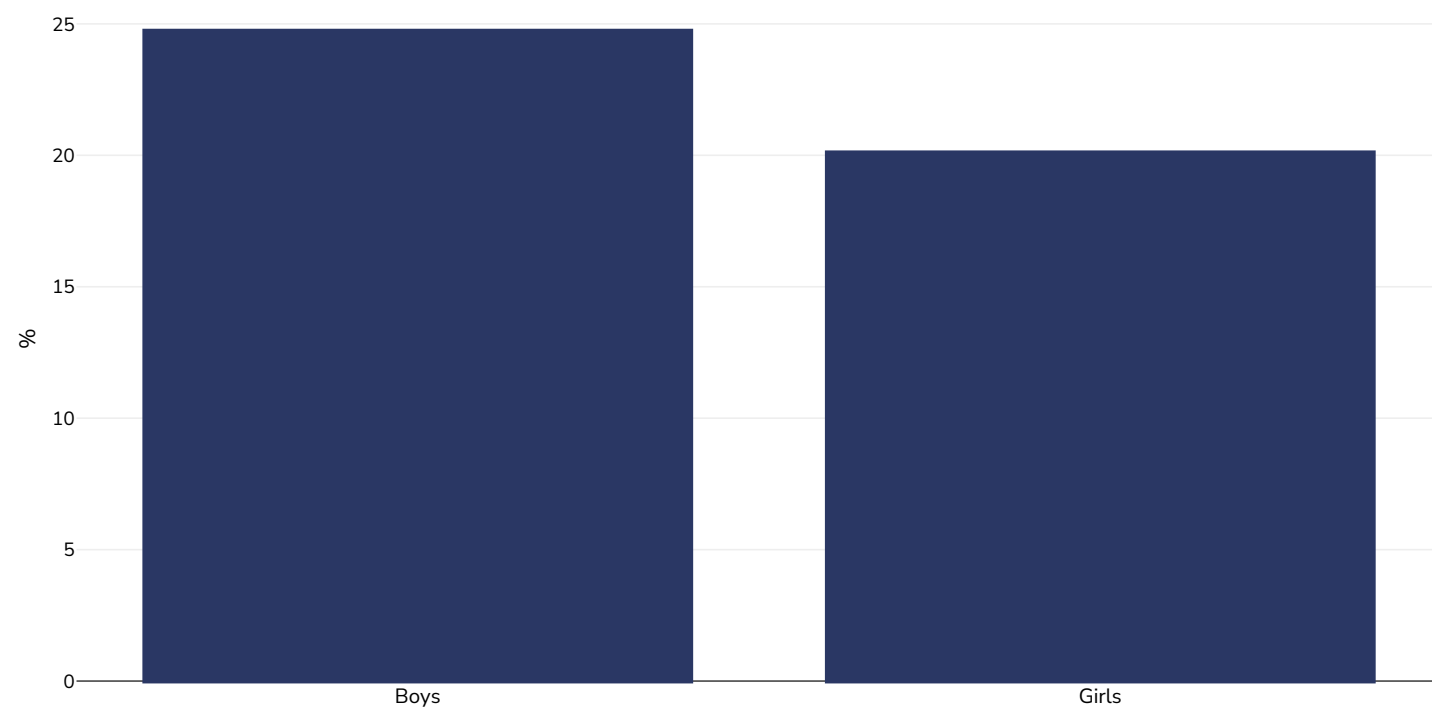
### Children, 2018-2019



|               |                                                                                                                                                                                                                                                                                        |
|---------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Survey type:  | Measured                                                                                                                                                                                                                                                                               |
| Age:          | 5-17                                                                                                                                                                                                                                                                                   |
| Sample size:  | ~8000                                                                                                                                                                                                                                                                                  |
| Area covered: | National                                                                                                                                                                                                                                                                               |
| References:   | 2° Encuesta Nacional de Nutrición ENNyS 2018-2019. <a href="https://cesni-biblioteca.org/2da-encuesta-nacional-de-nutricion-y-salud-indicadores-priorizados/">https://cesni-biblioteca.org/2da-encuesta-nacional-de-nutricion-y-salud-indicadores-priorizados/</a> [Accessed 19.08.25] |
| Notes:        | Localities with 5000 or more inhabitants                                                                                                                                                                                                                                               |
| Cutoffs:      | WHO 2007                                                                                                                                                                                                                                                                               |

## Double burden of underweight & overweight

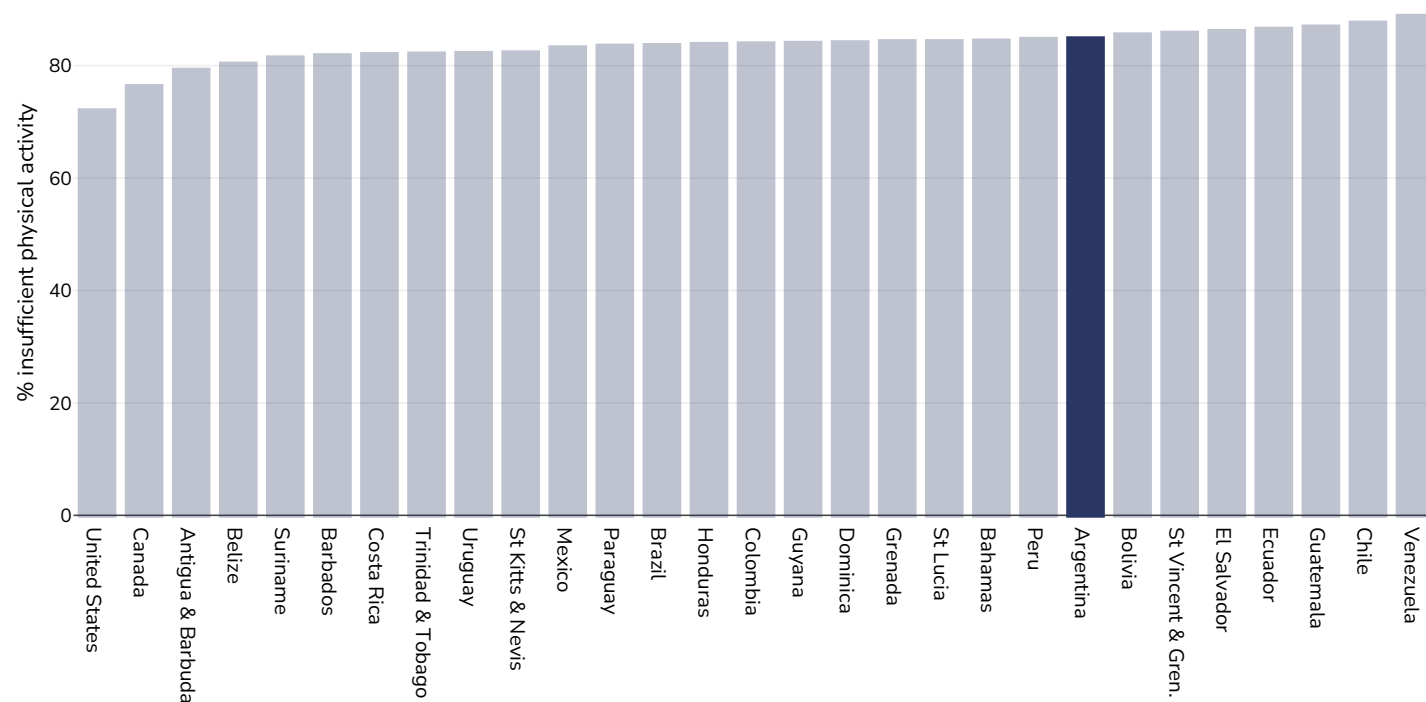
### Children, 2022



|              |                                                                                                                                                                                                                                                                                                                                                                            |
|--------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 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. <a href="https://doi.org/10.1016/S0140-6736(23)02750-2">https://doi.org/10.1016/S0140-6736(23)02750-2</a> . |
| 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

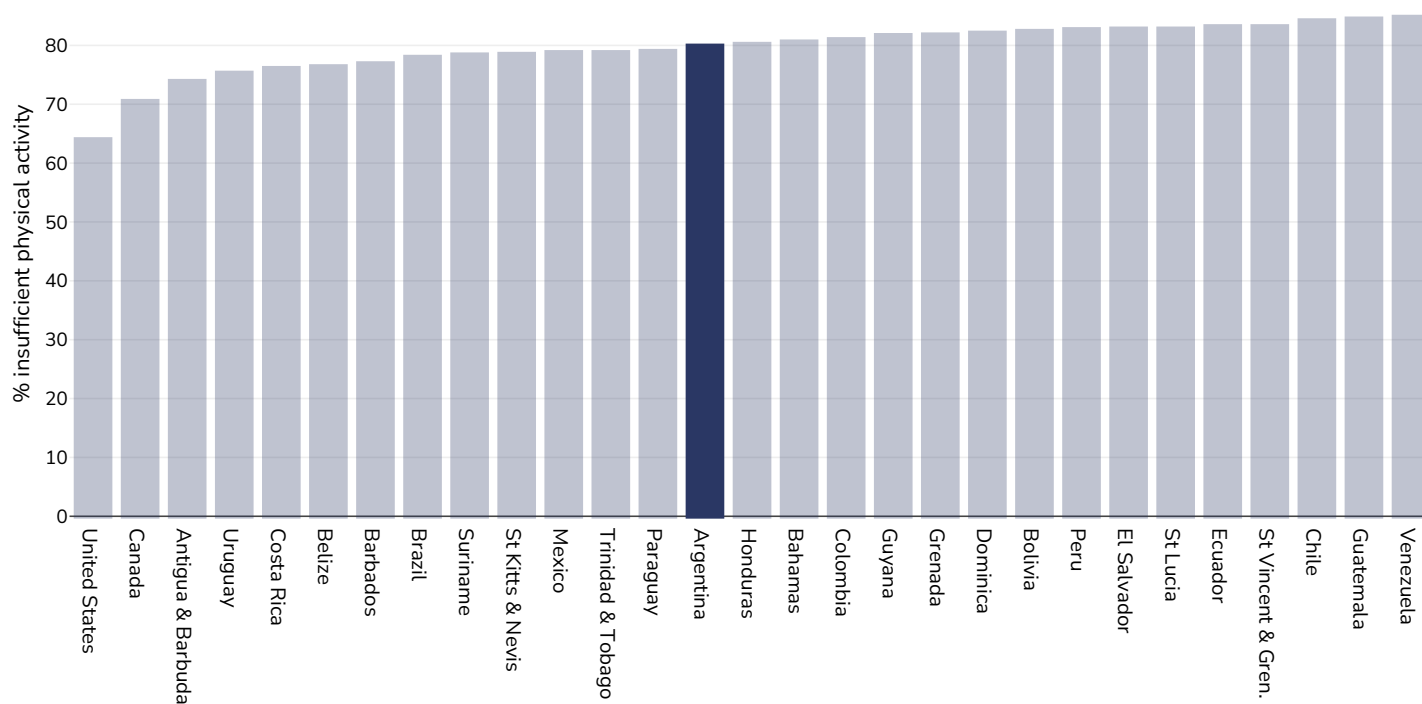
References: Global Health Observatory data repository, World Health Organisation, <https://apps.who.int/gho/data/node.main.A893ADO?lang=en> (last accessed 16.03.21)

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

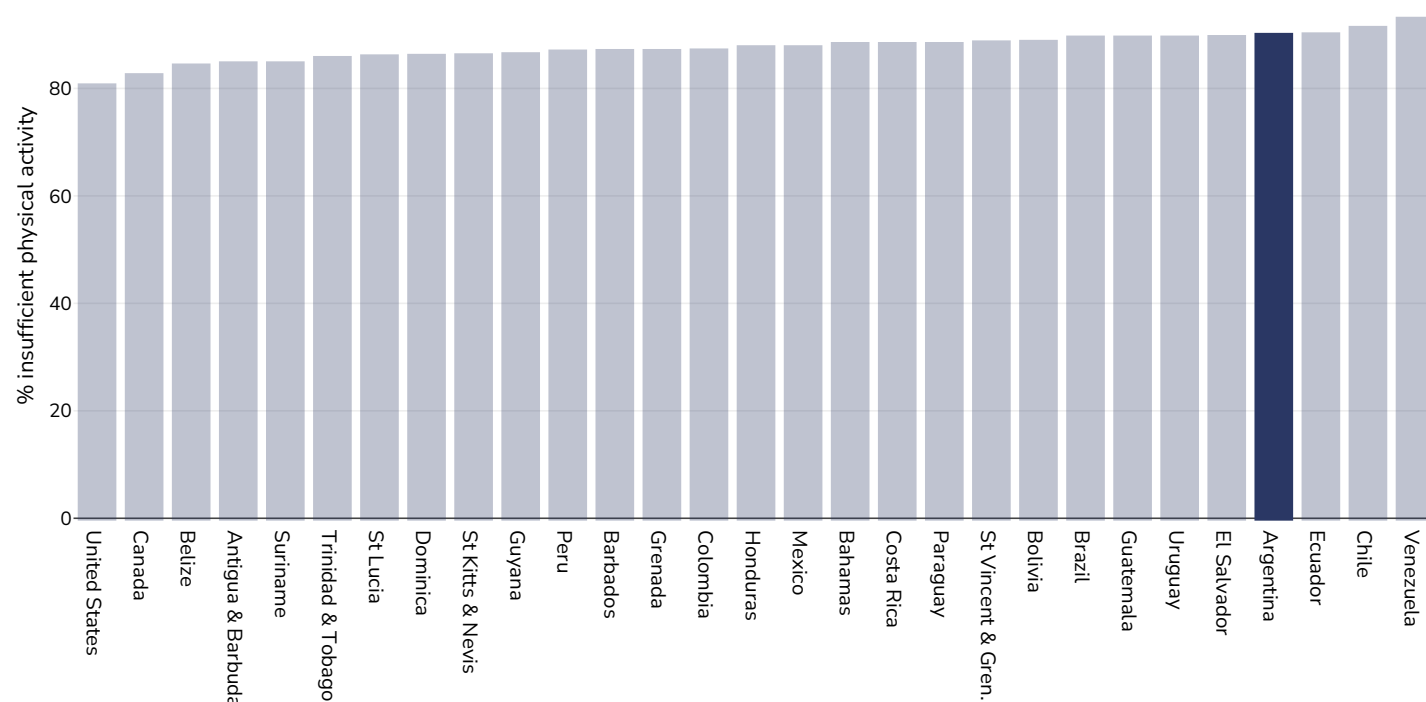
Age: 11-17

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



Survey type: Self-reported

Age: 11-17

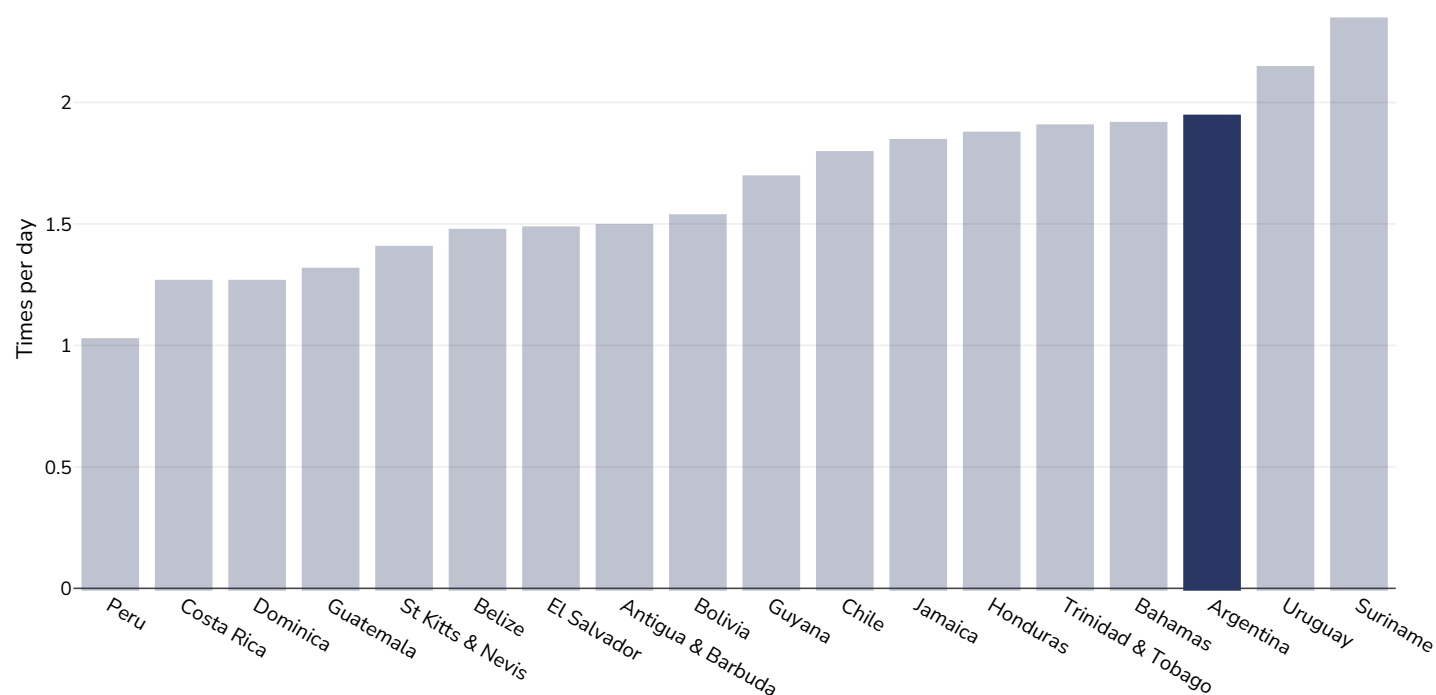
References: Global Health Observatory data repository, World Health Organisation, <https://apps.who.int/gho/data/node.main.A893ADO?lang=en> (last accessed 16.03.21)

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)

## Average daily frequency of carbonated soft drink consumption

Children, 2009-2015



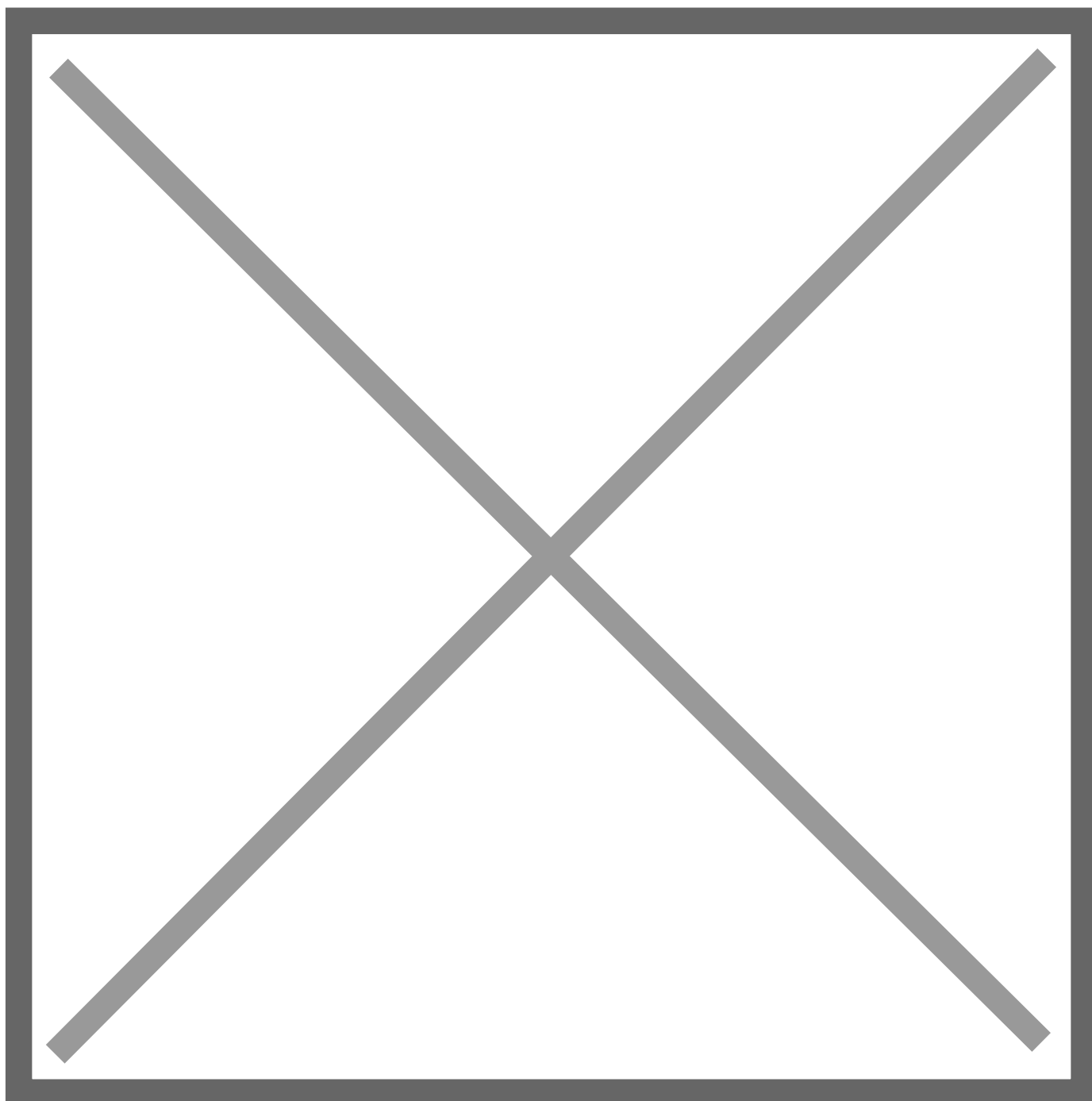
Survey type: Measured

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



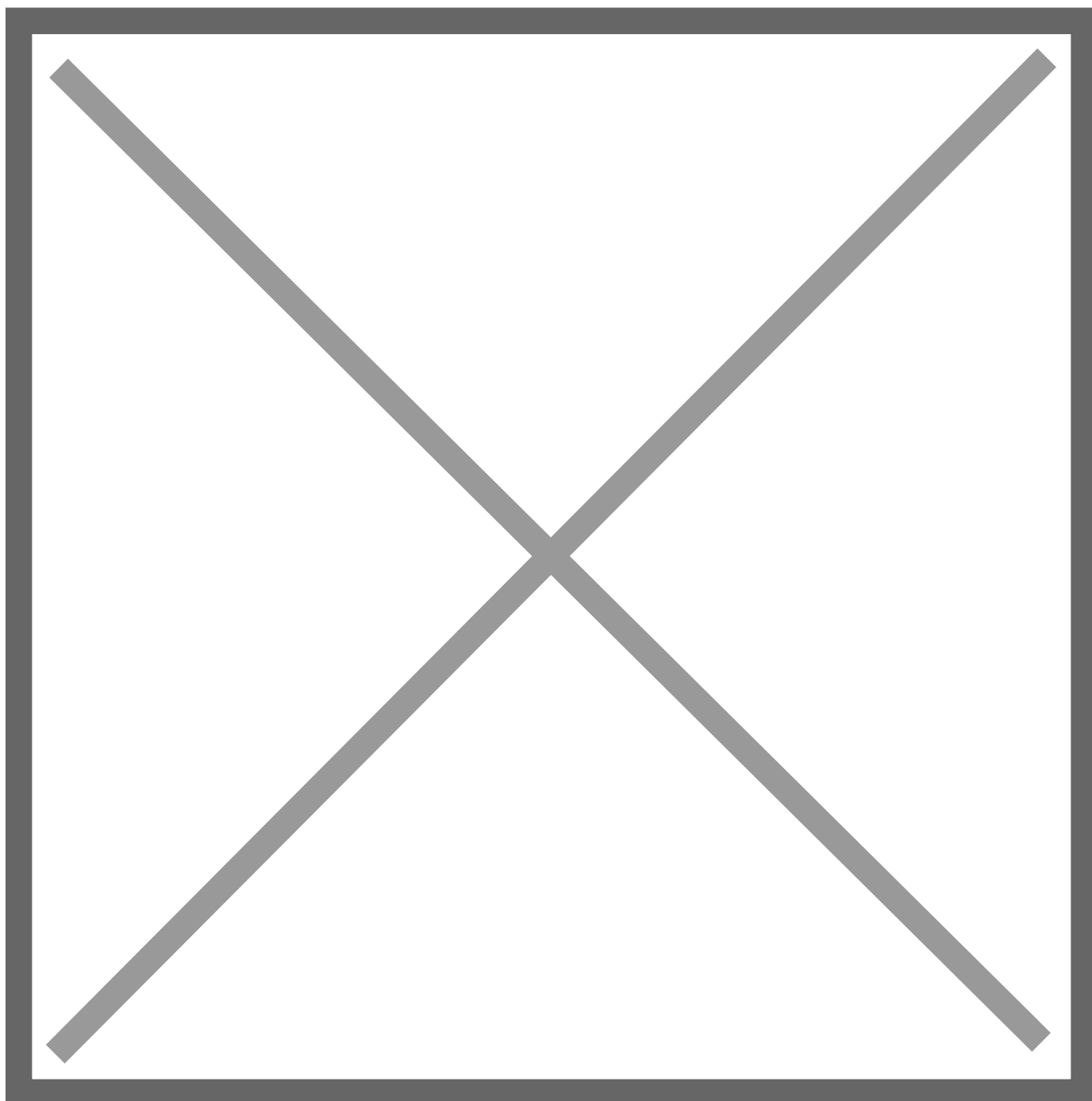
|               |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
|---------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 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. <a href="https://doi.org/10.1177/0379572119848287">https://doi.org/10.1177/0379572119848287</a> . Sourced from Food Systems Dashboard <a href="http://www.foodsystemsdashboard.org/food-system">http://www.foodsystemsdashboard.org/food-system</a> |

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. <a href="https://doi.org/10.1177/0379572119848287">https://doi.org/10.1177/0379572119848287</a> sourced from Food Systems Dashboard <a href="http://www.foodsystemsdashboard.org/food-system">http://www.foodsystemsdashboard.org/food-system</a> |

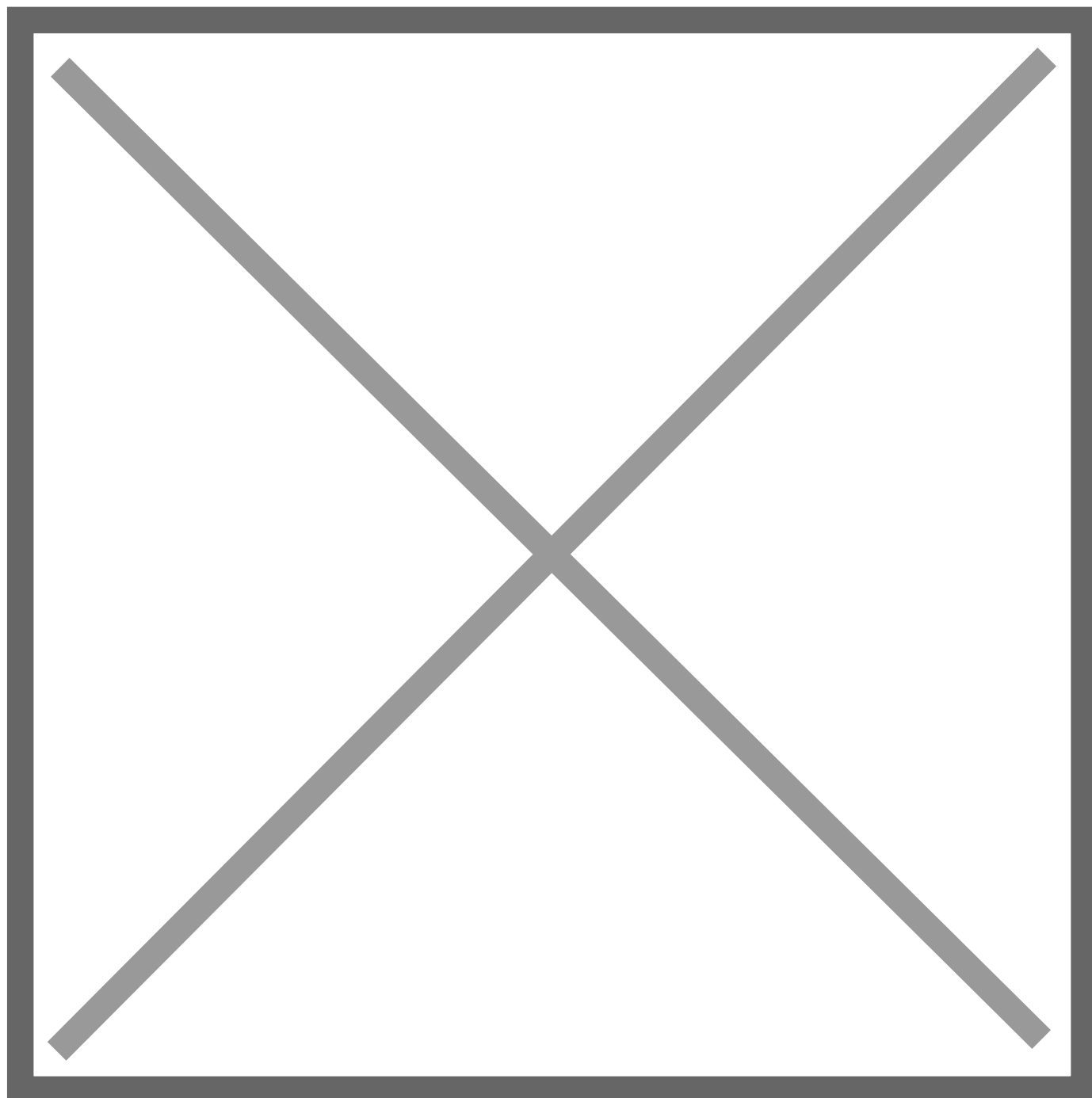


Definitions:

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

## Average weekly frequency of fast food consumption

Children, 2009-2015

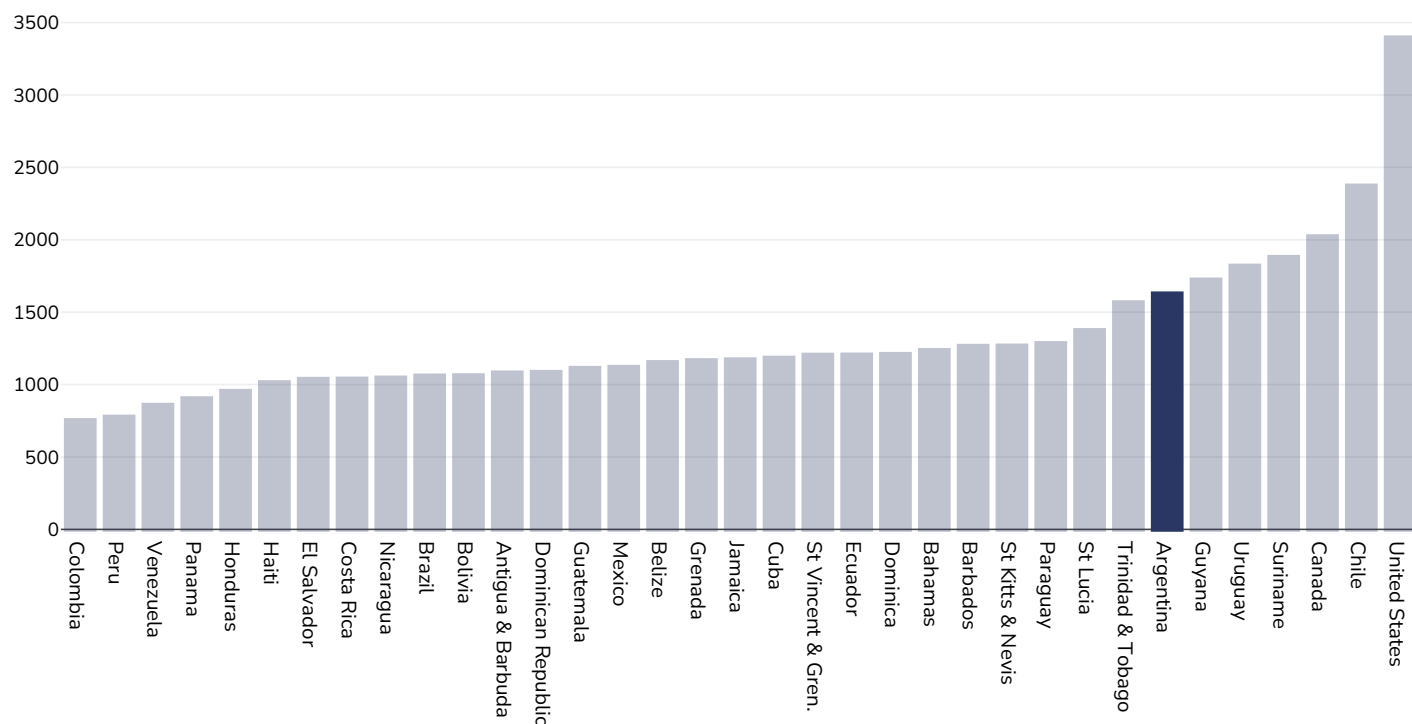


Age: 12-17

**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>

## Mental health - depression disorders

### Children, 2021



Area covered:

National

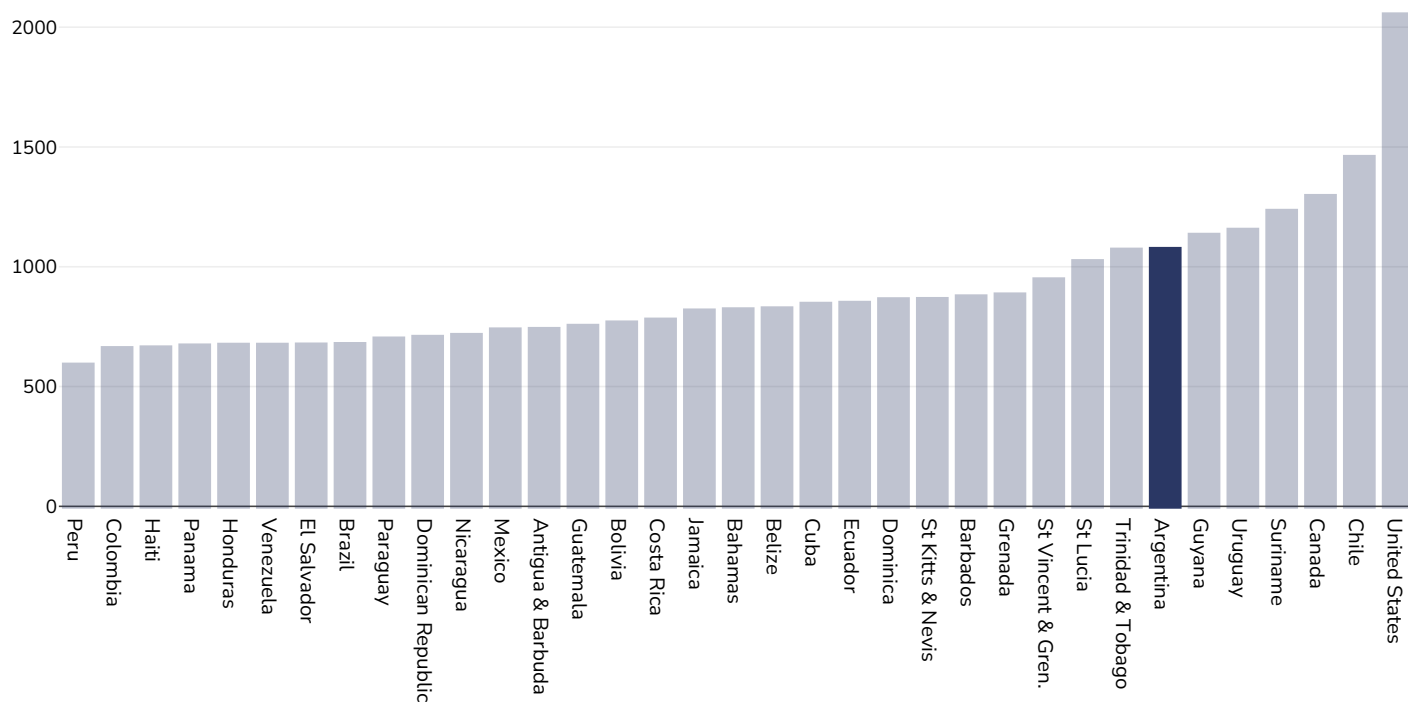
References:

Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

Definitions:

Number living with depressive disorder per 100,000 population (Under 20 years of age)

## Boys, 2021



Area covered:

National

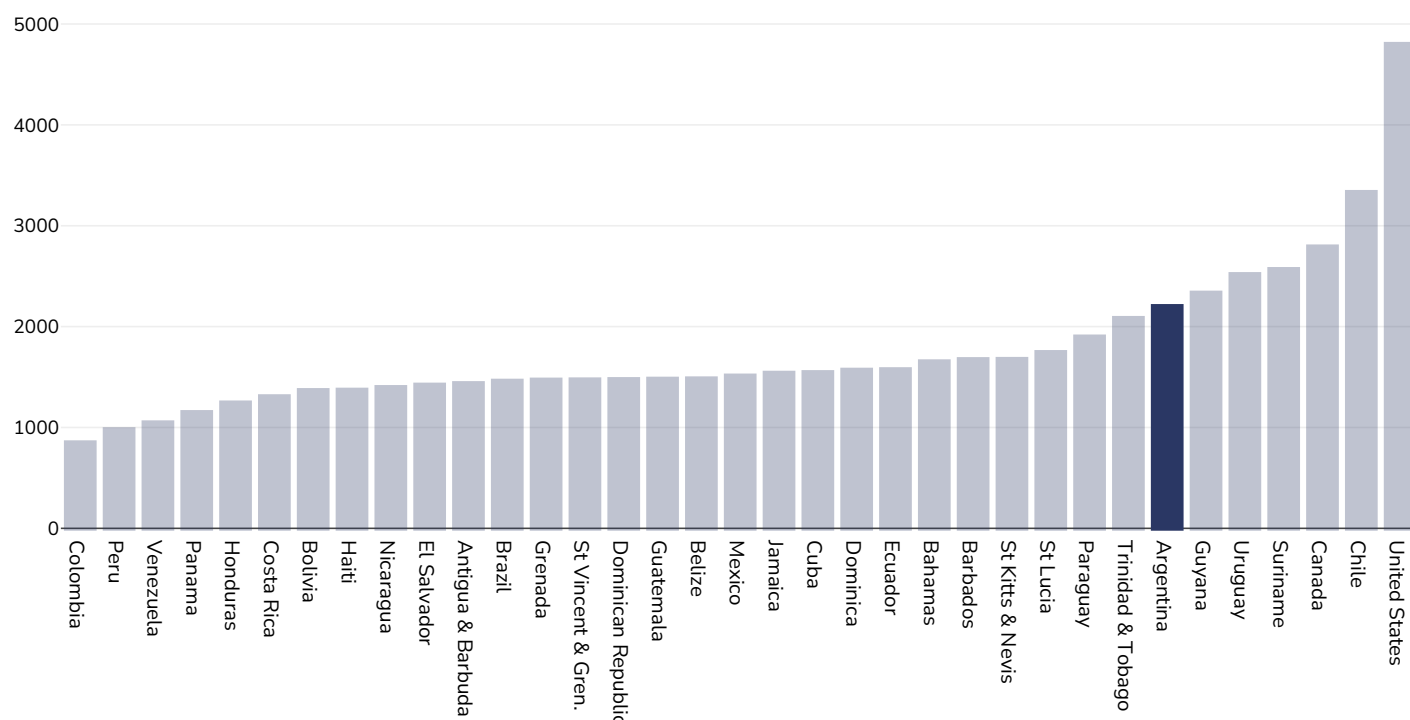
References:

Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

Definitions:

Number living with depressive disorder per 100,000 population (Under 20 years of age)

## Girls, 2021



Area covered:

National

References:

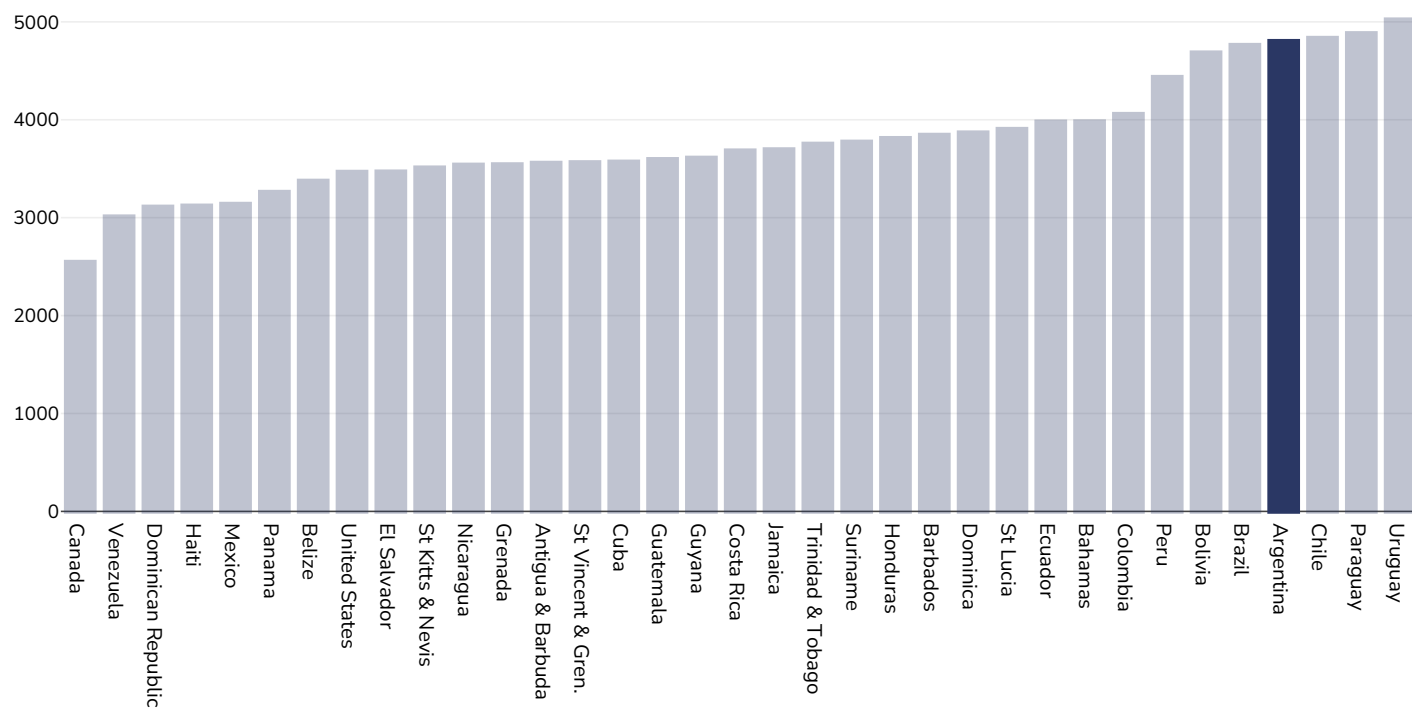
Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

Definitions:

Number living with depressive disorder per 100,000 population (Under 20 years of age)

## Mental health - anxiety disorders

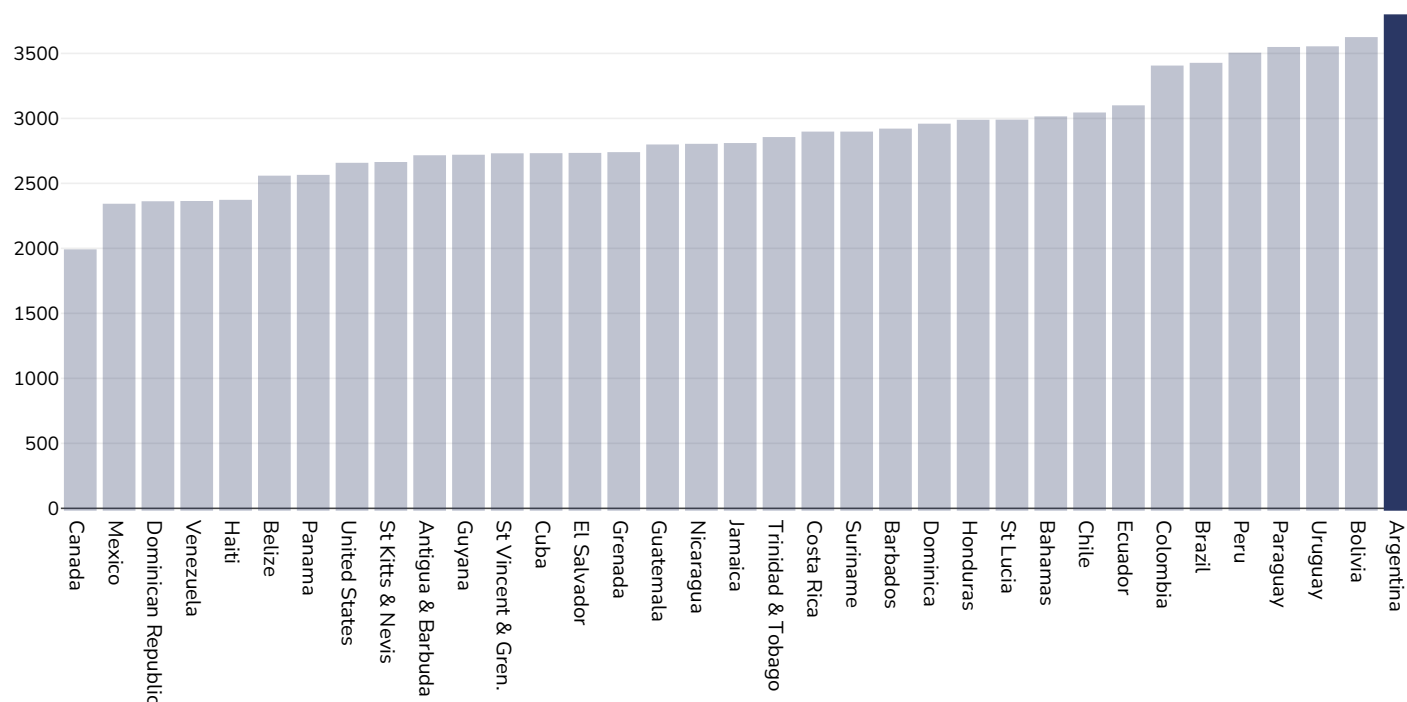
### Children, 2021



**References:**

Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

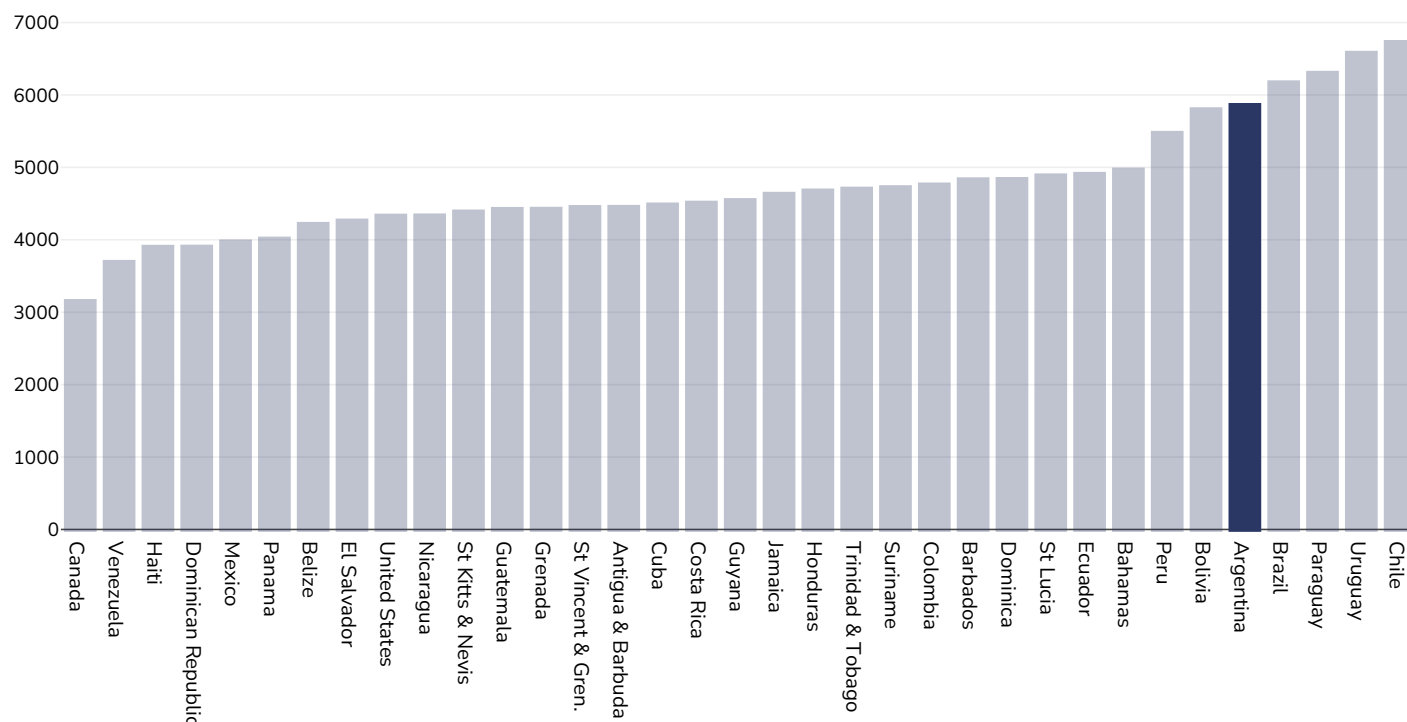
## Boys, 2021



### References:

Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

## Girls, 2021



### References:

Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

*PDF created on September 23, 2025*