Bangladesh

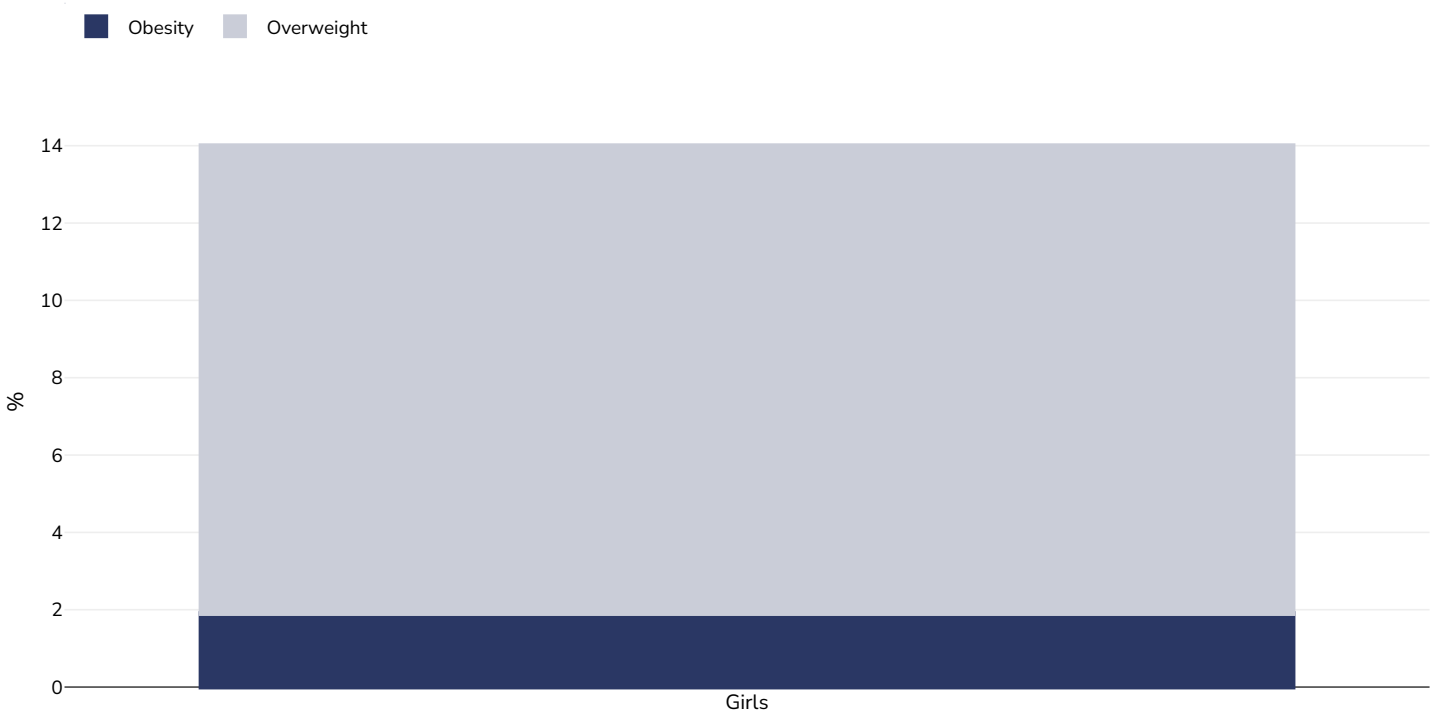
Country report card - children

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/bangladesh-16/.

Obesity prevalence

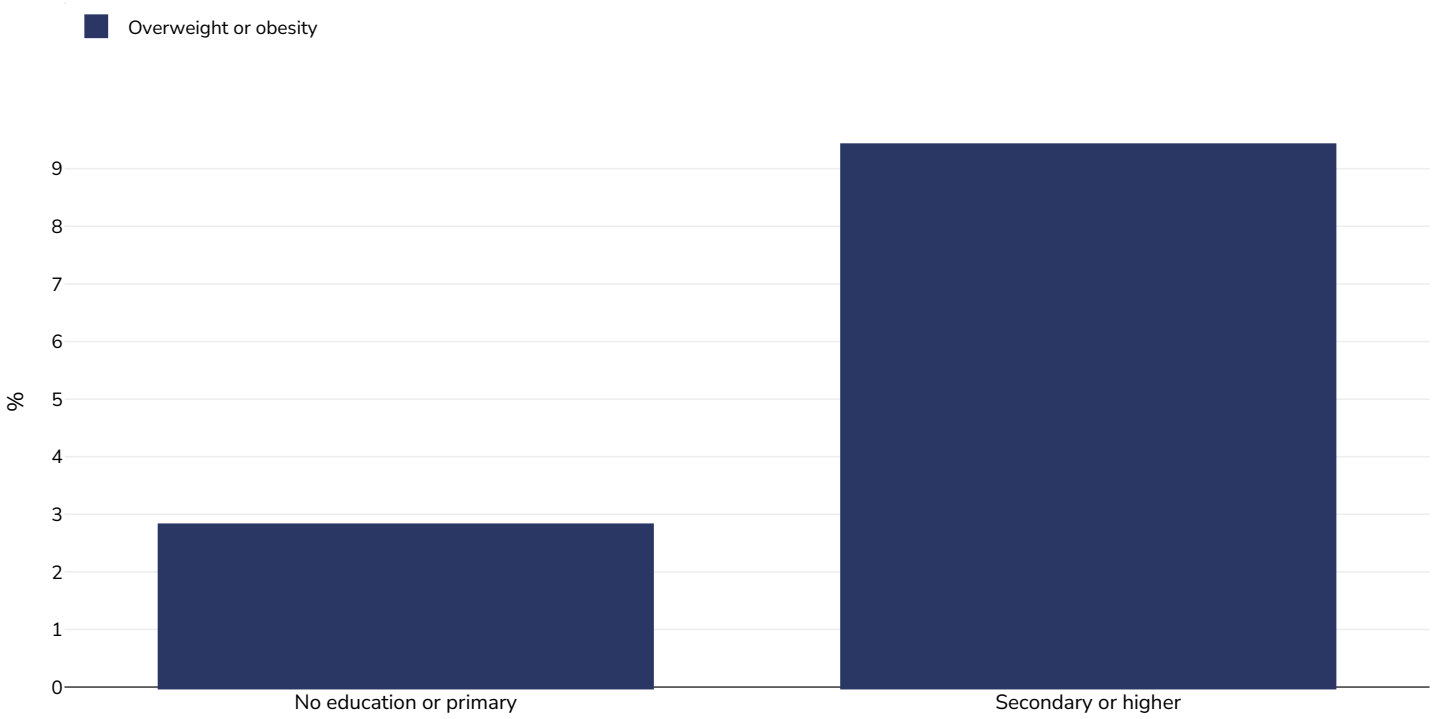
Girls, 2022



Survey type:	Measured
Age:	15-19
Sample size:	705
Area covered:	National
References:	National Institute of Population Research and Training, Medical Education and Family Welfare Division, Ministry of Health and Family Welfare, Dhaka, Bangladesh, and The DHS Program, ICF, Rockville, Maryland, USA. Available at https://dhsprogram.com/publications/publication-FR386-DHS-Final-Reports.cfm (last accessed 05.02.25)
Cutoffs:	>1 <2 SD (overweight) +2 SD (obesity)

Overweight/obesity by education

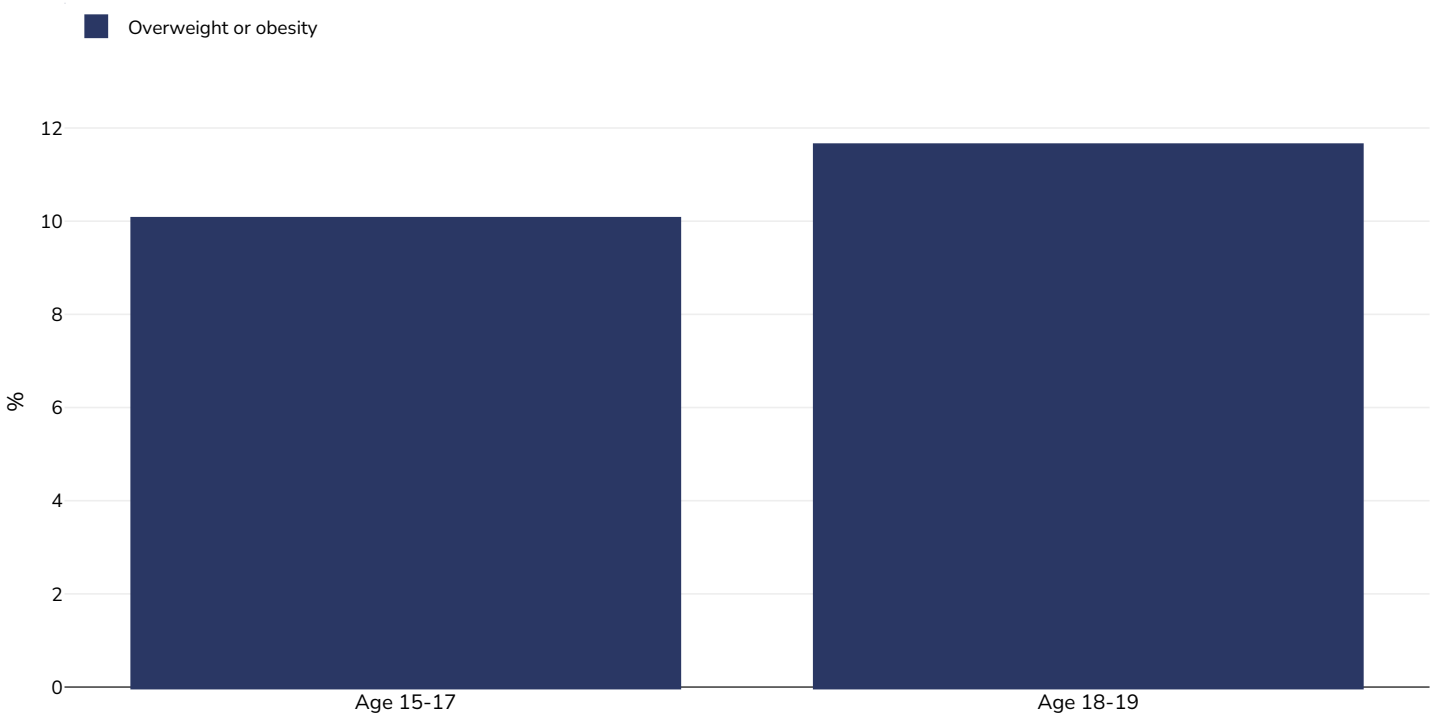
Girls, 2014



Survey type:	Measured
Age:	15-19
Sample size:	1188
Area covered:	National
References:	Benedict, Rukundo K., Allison Schmale, and Sorrel Namaste. 2018. Adolescent Nutrition 2000-2017: DHS Data on Adolescents Age 15-19. DHS Comparative Report No. 47. Rockville, Maryland, USA: ICF. National Institute of Population Research and Training - NIPORT/Bangladesh, Mitra and Associates, and ICF International. 2016. Bangladesh Demographic and Health Survey 2014. Dhaka, Bangladesh: NIPORT, Mitra and Associates, and ICF International.
Definitions:	BMI for age: between +1 SD and +2 SD is overweight and greater than +2 SD is obesity
Cutoffs:	WHO 2007

Overweight/obesity by age

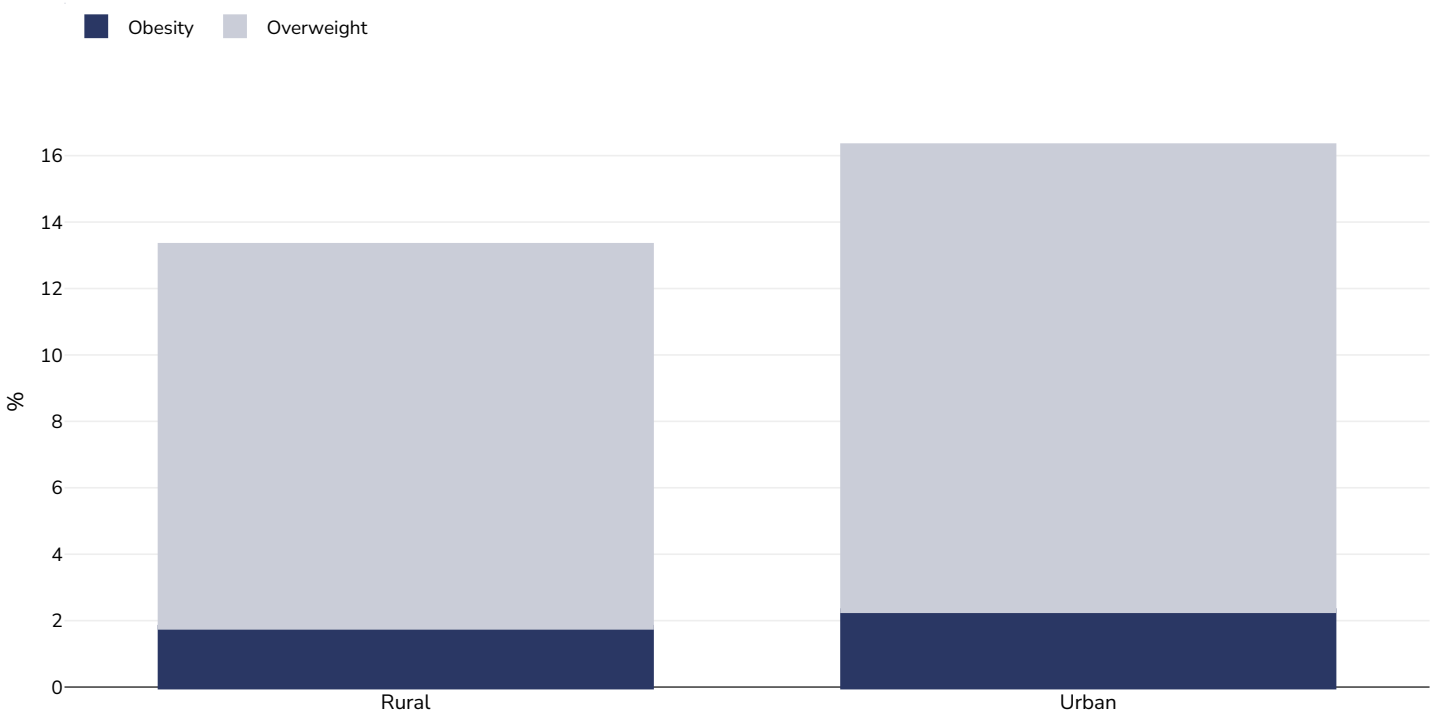
Children, 2019-2020



Survey type:	Measured
Sample size:	9128
Area covered:	National
References:	Md Sabbir Ahmed, Safayet Khan, Mansura Islam, Md Irteja Islam, Md Musharraf Hossain, Bayezid Khan, Fakir Md Yunus, Prevalence, inequality and associated factors of overweight/obesity among Bangladeshi adolescents aged 15–19 years, International Health, 2024;, ihae012, https://doi.org/10.1093/inthealth/ihae012
Notes:	Data were collected from ever-married female, unmarried female and unmarried male adolescents aged 15–19 y residing in non-institutional dwelling units.
Cutoffs:	WHO

Overweight/obesity by region

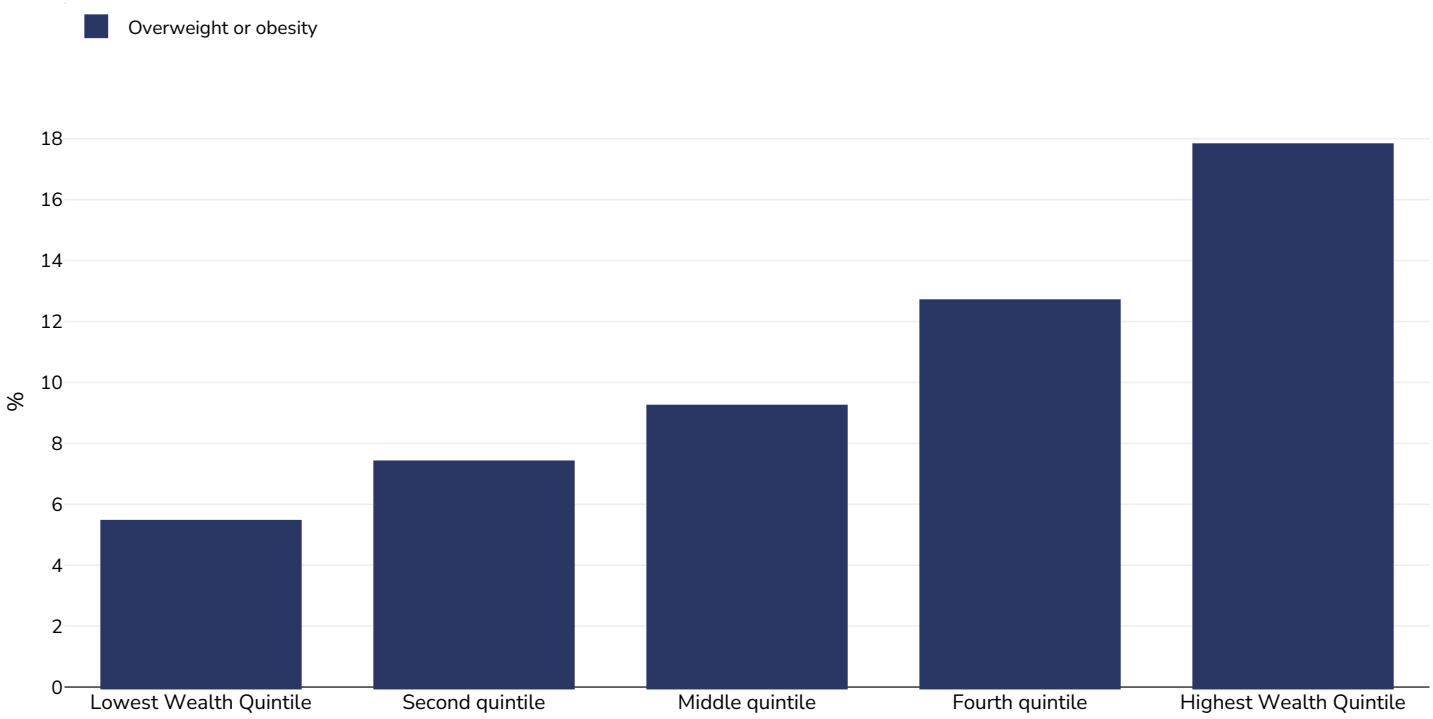
Girls, 2022



Survey type:	Measured
Age:	15-19
Sample size:	705
Area covered:	National
References:	National Institute of Population Research and Training, Medical Education and Family Welfare Division, Ministry of Health and Family Welfare, Dhaka, Bangladesh, and The DHS Program, ICF, Rockville, Maryland, USA. Available at https://dhsprogram.com/publications/publication-FR386-DHS-Final-Reports.cfm (last accessed 05.02.25)
Cutoffs:	+1SD to 2SD />2SD

Overweight/obesity by socio-economic group

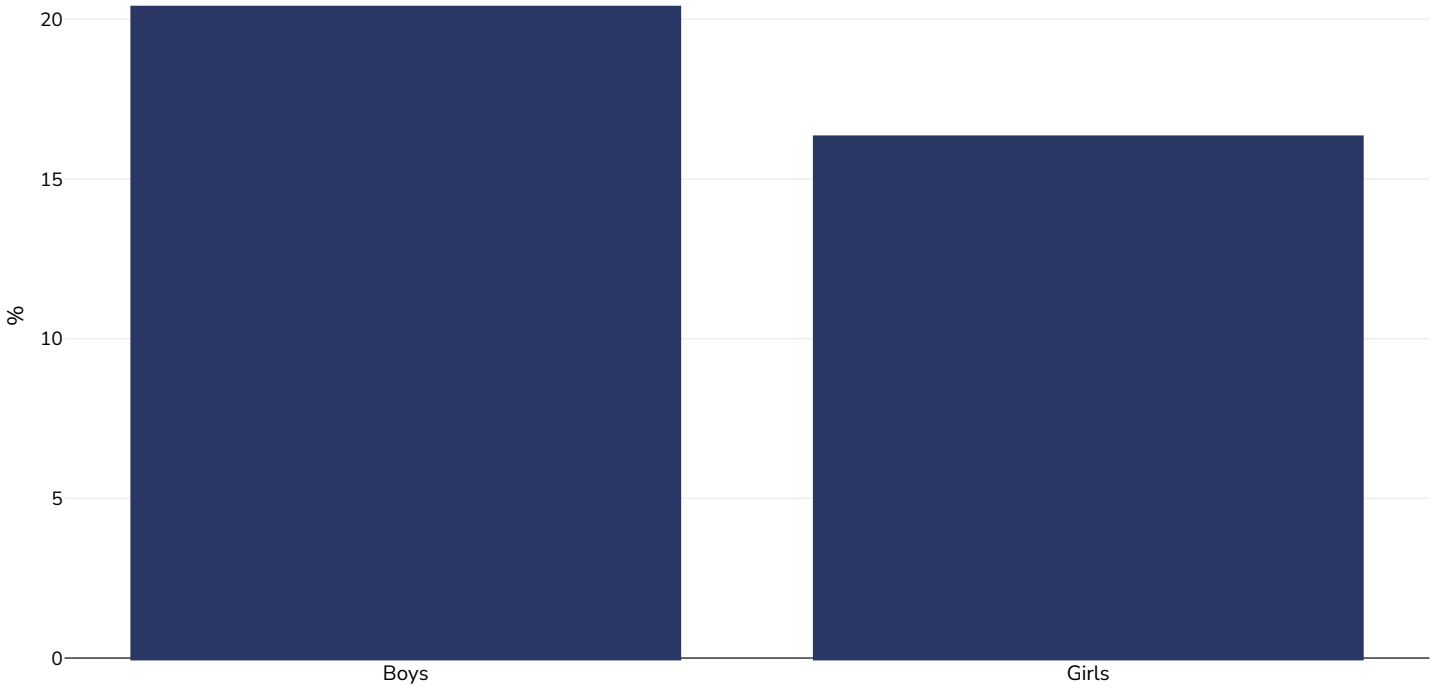
Children, 2019-2020



Survey type:	Measured
Age:	15-19
Sample size:	9128
Area covered:	National
References:	Md Sabbir Ahmed, Safayet Khan, Mansura Islam, Md Irteja Islam, Md Musharraf Hossain, Bayezid Khan, Fakir Md Yunus, Prevalence, inequality and associated factors of overweight/obesity among Bangladeshi adolescents aged 15–19 years, International Health, 2024;, ihae012, https://doi.org/10.1093/inthealth/ihae012
Notes:	Data were collected from ever-married female, unmarried female and unmarried male adolescents aged 15–19 y residing in non-institutional dwelling units.
Cutoffs:	WHO

Double burden of underweight & overweight

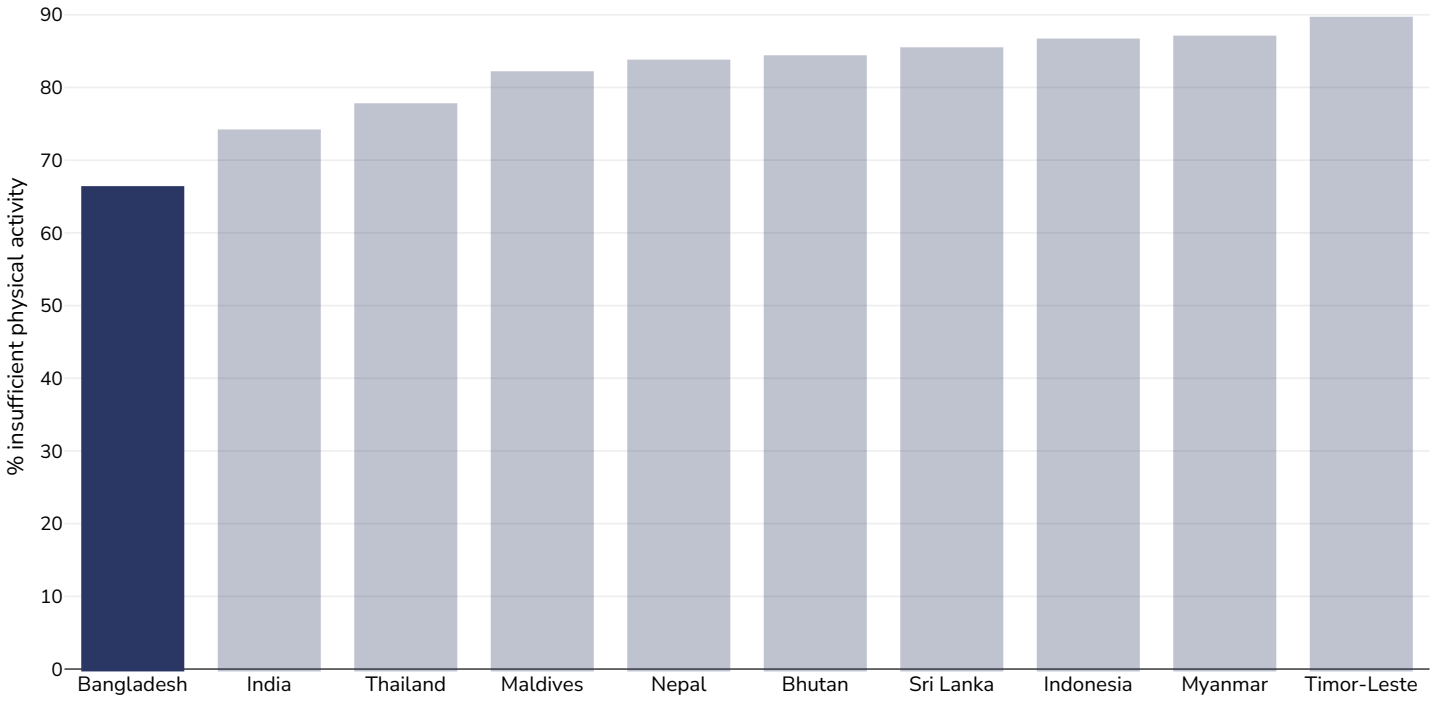
Children, 2022



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. 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

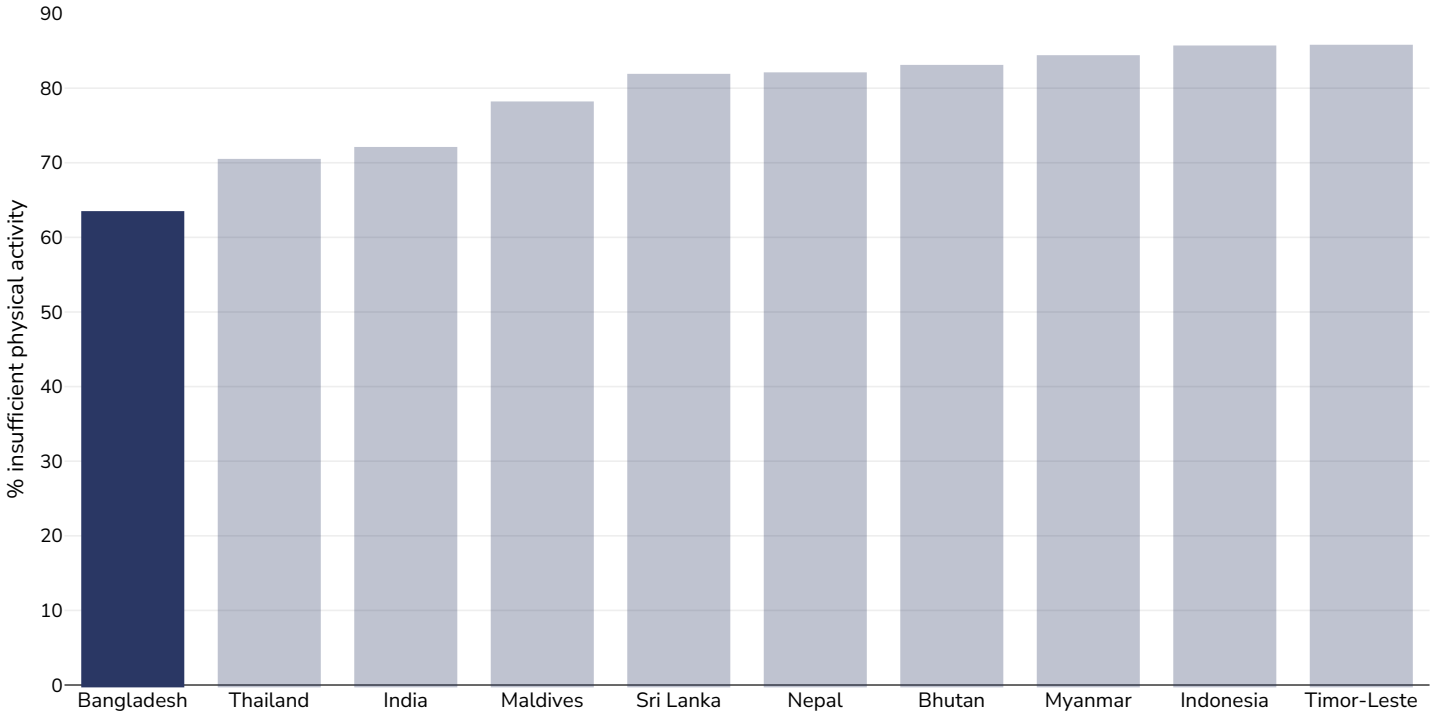
Insufficient physical activity

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



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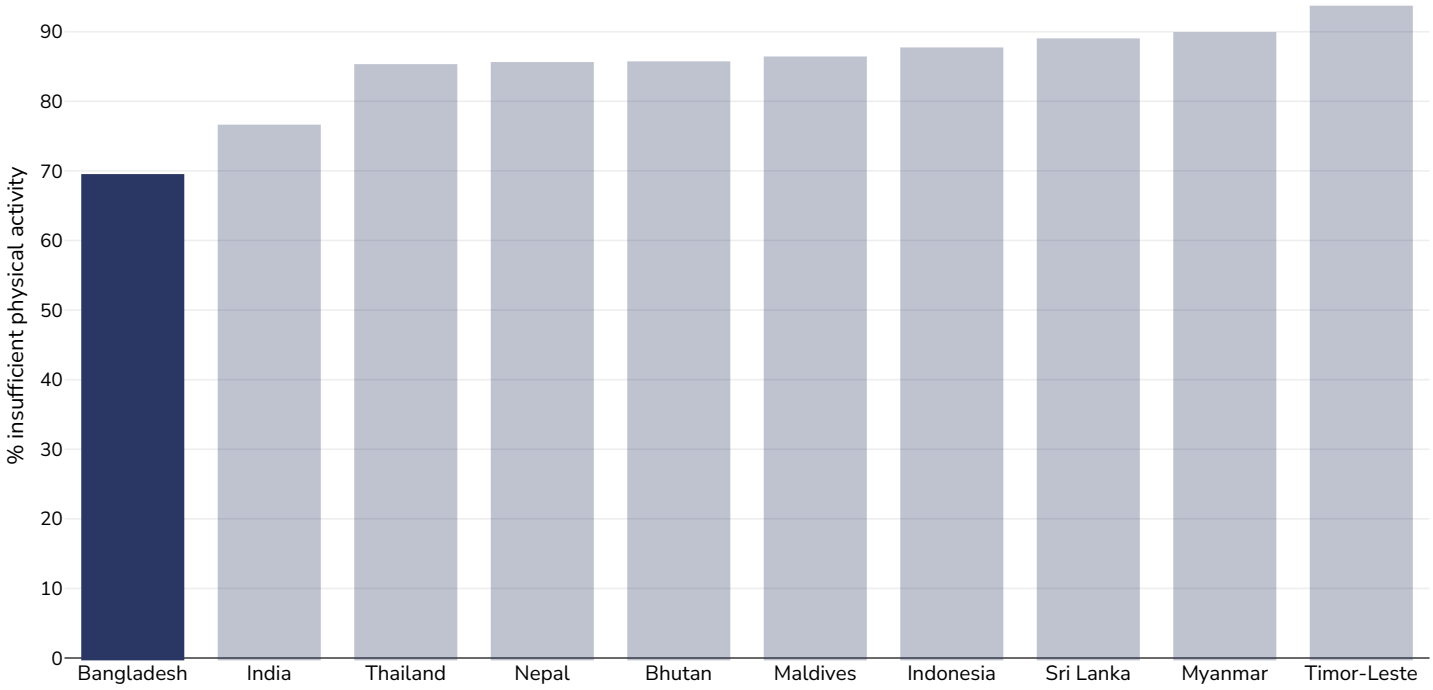
Definitions:	% Adolescents insufficiently active (age standardised estimate)

Girls, 2016



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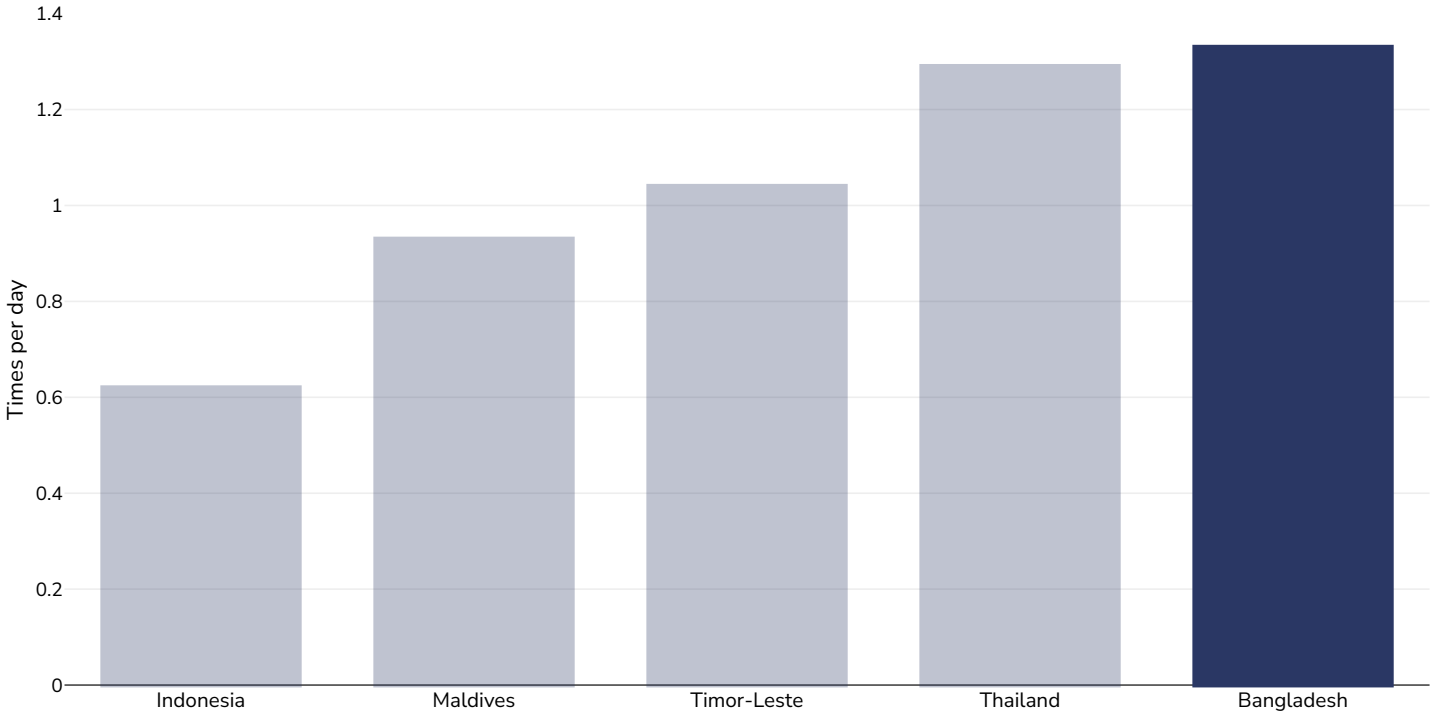
Definitions:	% Adolescents insufficiently active (age standardised estimate)

Average daily frequency of carbonated soft drink consumption

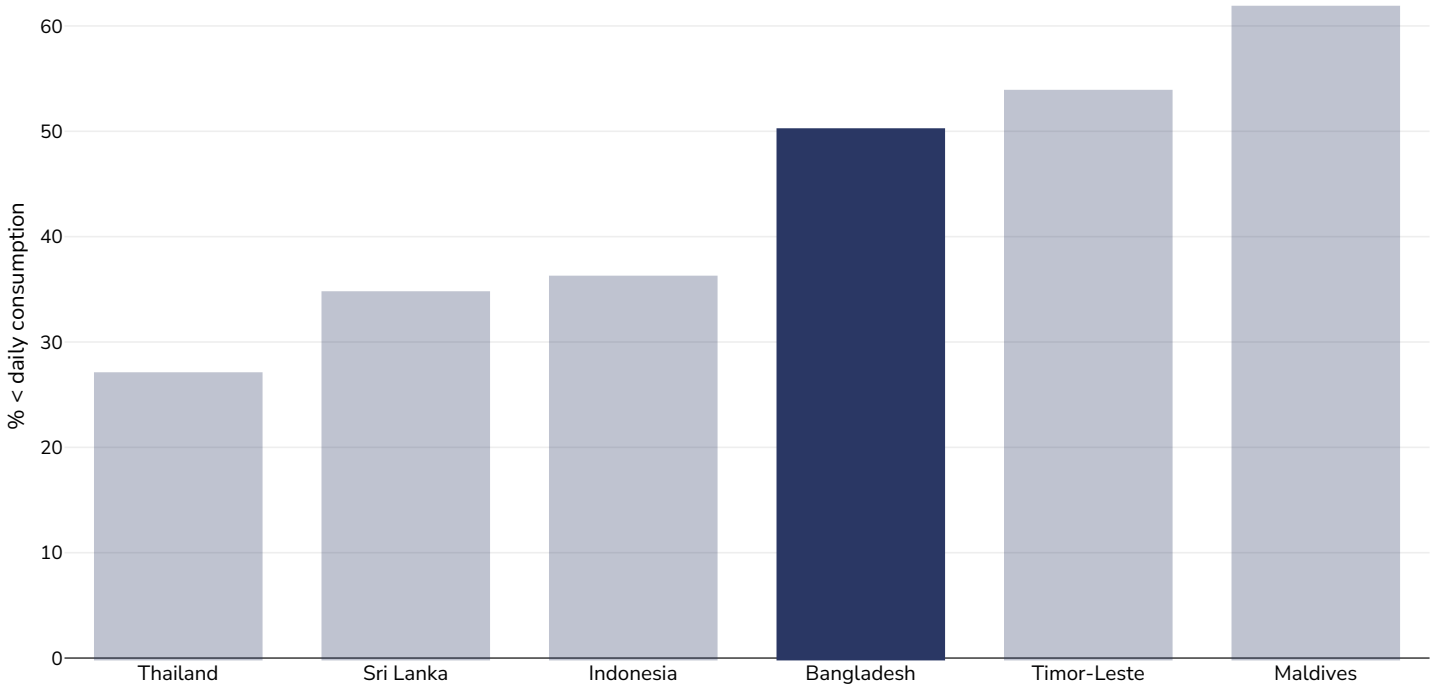
Children, 2014-2015



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

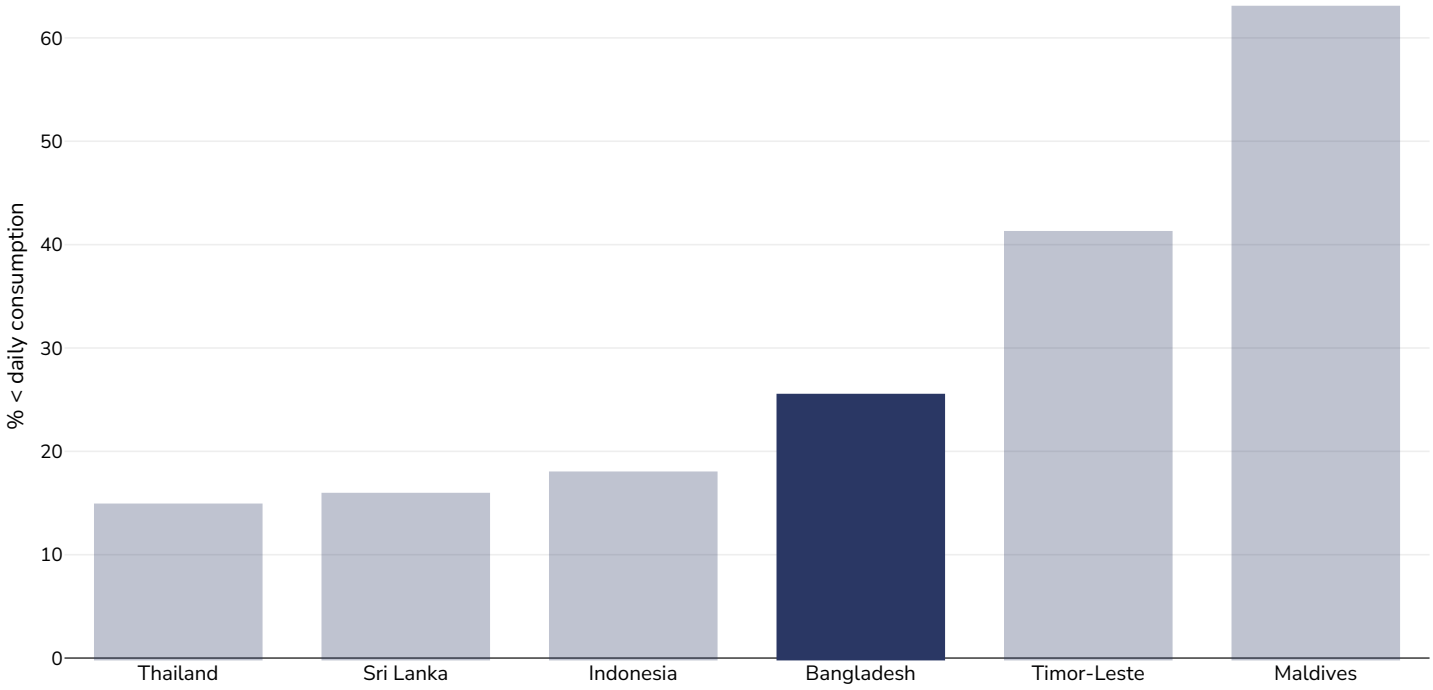
Children, 2008-2015



Survey type:	Measured
Age:	12-17
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

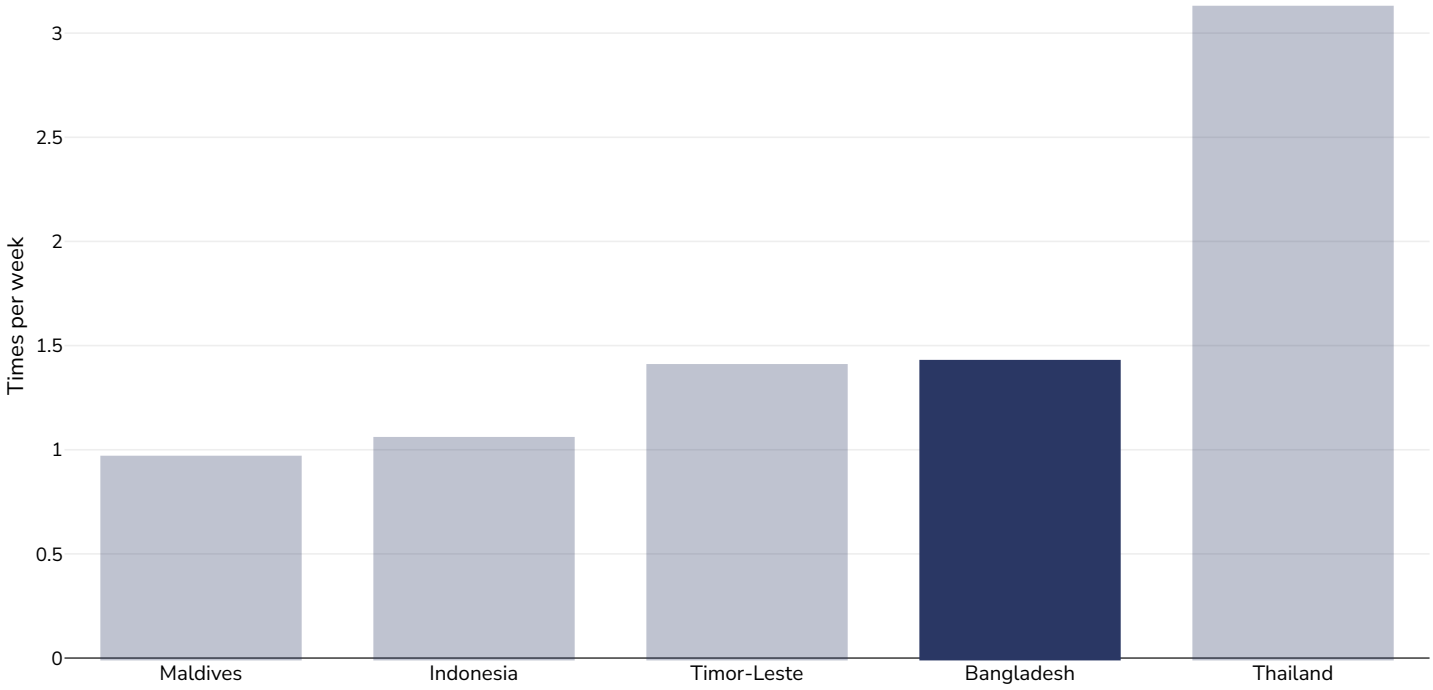
Children, 2008-2015



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

Average weekly frequency of fast food consumption

Children, 2014-2015

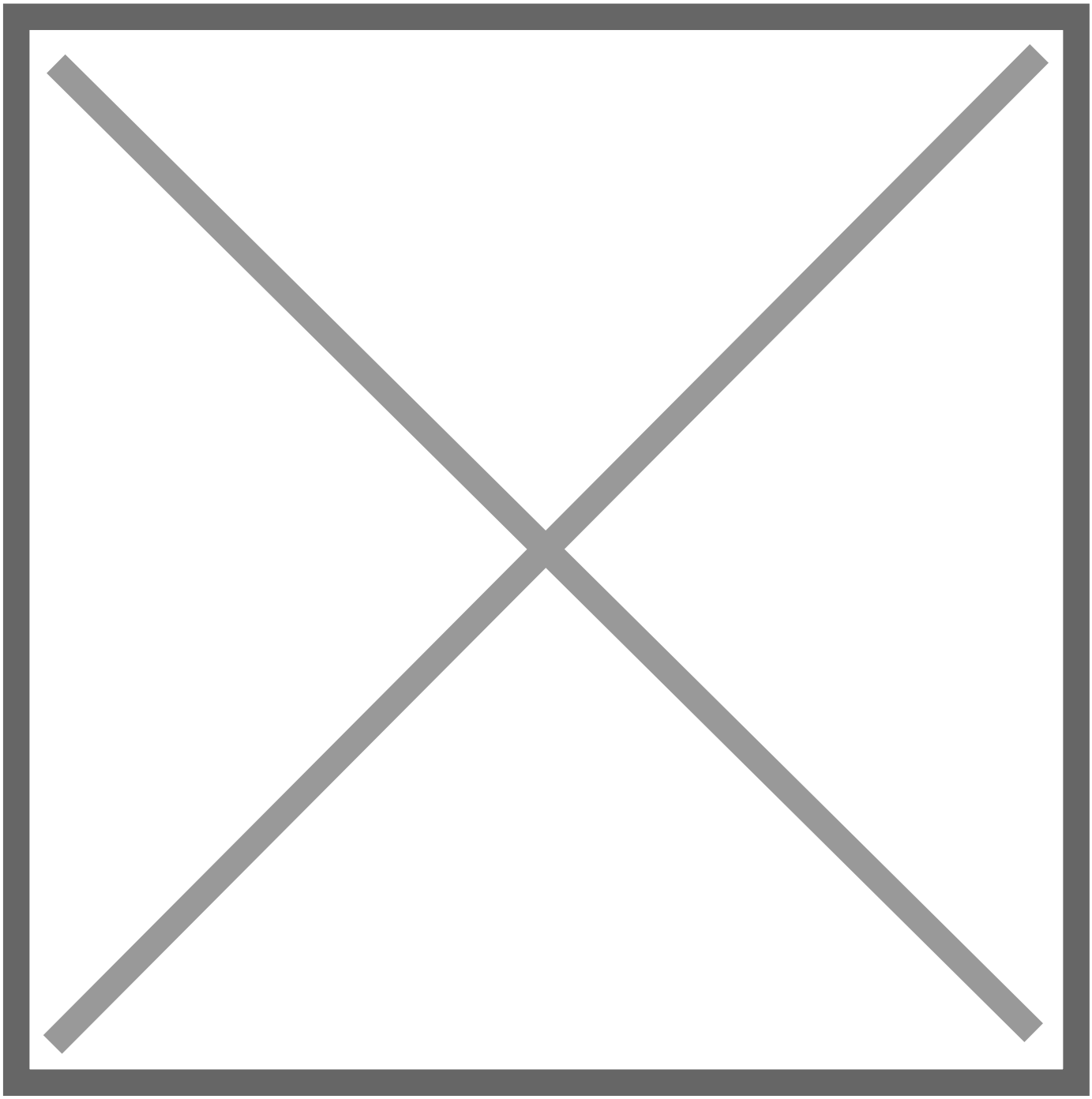


Age: 12-17

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

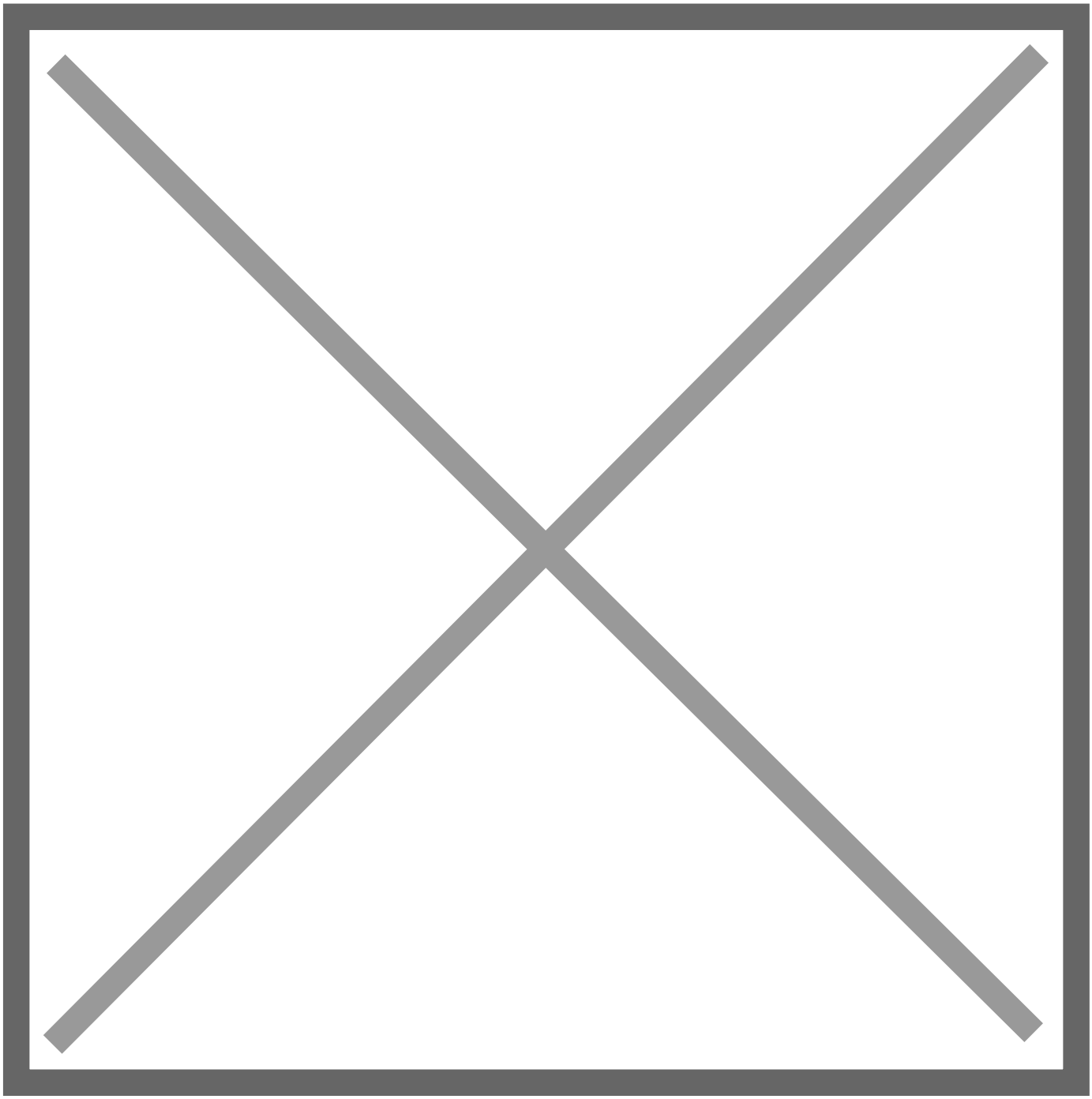
Mental health - depression disorders

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



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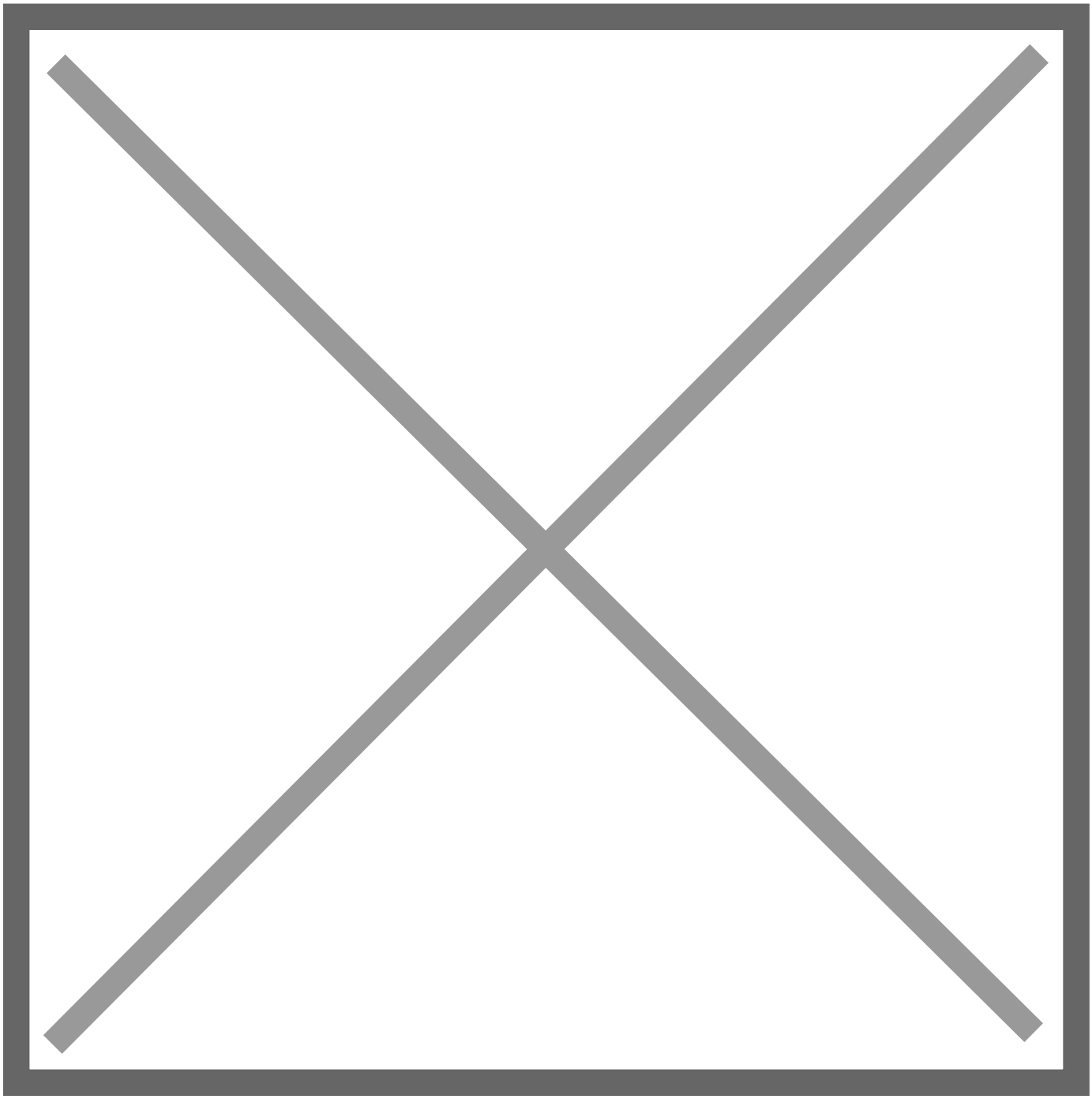
Definitions:	Number living with depressive disorder per 100,000 population (Under 20 years of age)

Girls, 2021



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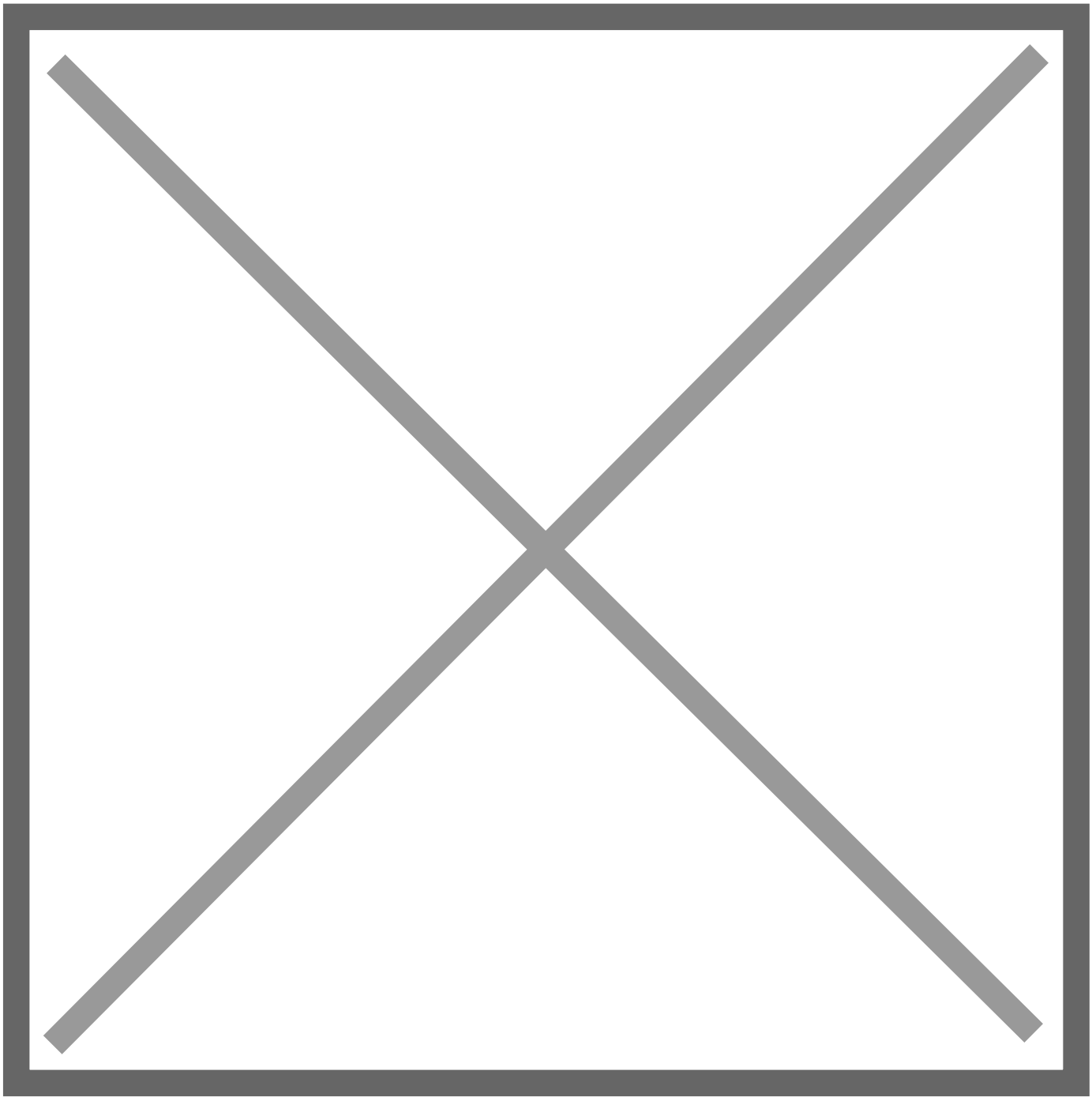
Definitions:	Number living with depressive disorder per 100,000 population (Under 20 years of age)

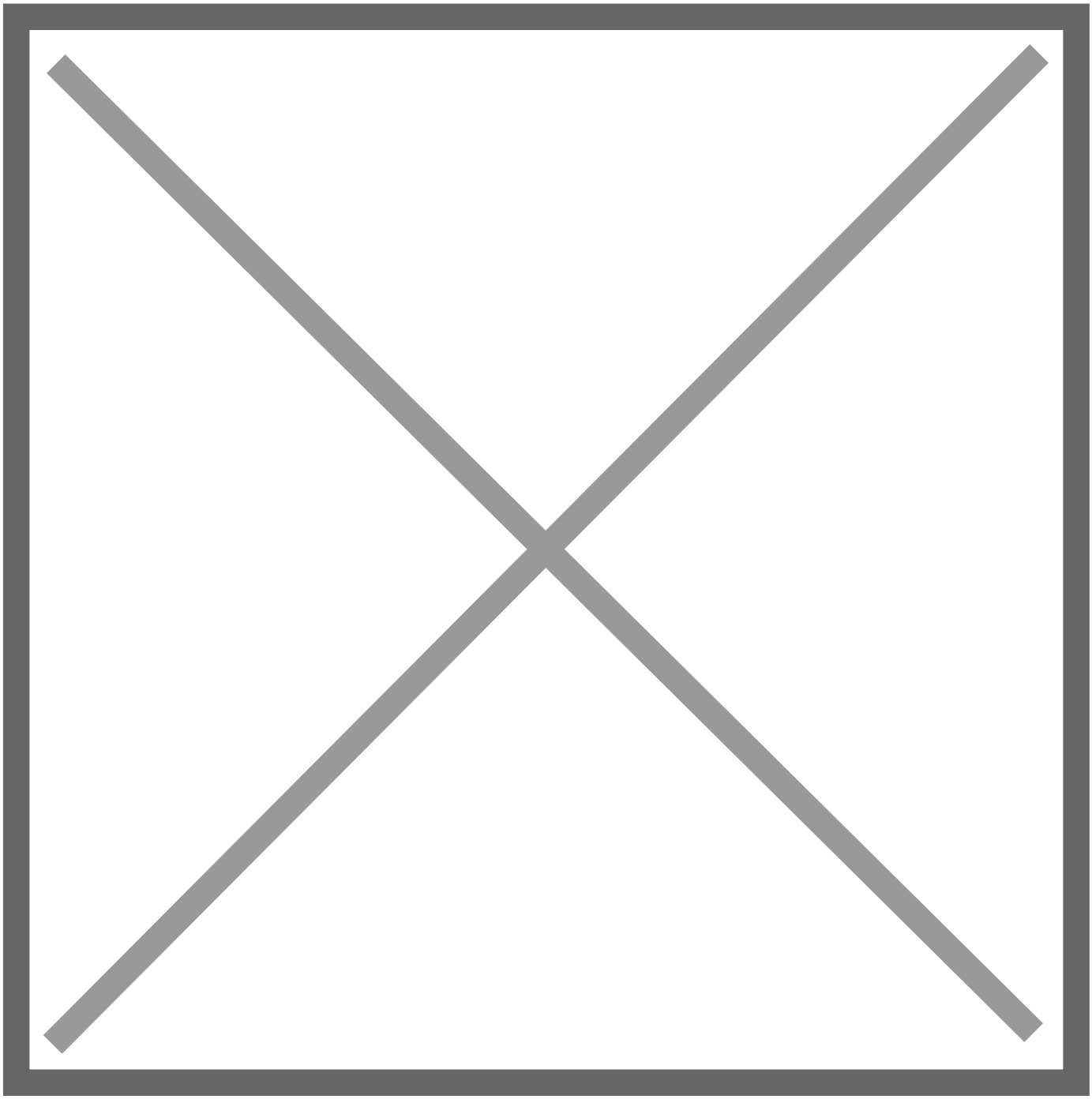
Mental health - anxiety disorders

Children, 2021



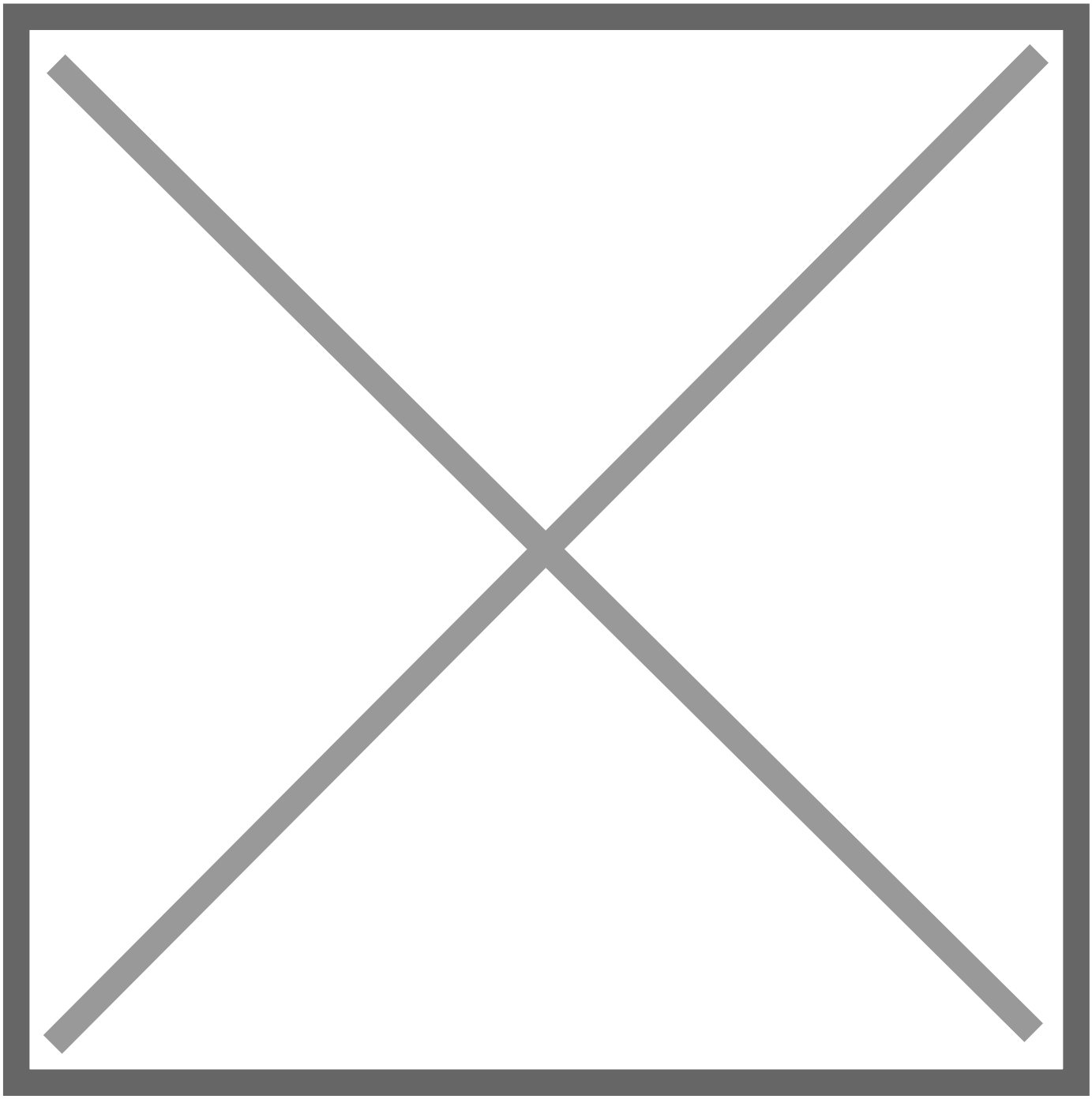
References: Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from http://vizhub.healthdata.org/gbd-compare. (Last accessed 23.04.25)

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)

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