Bangladesh



Country report card - children

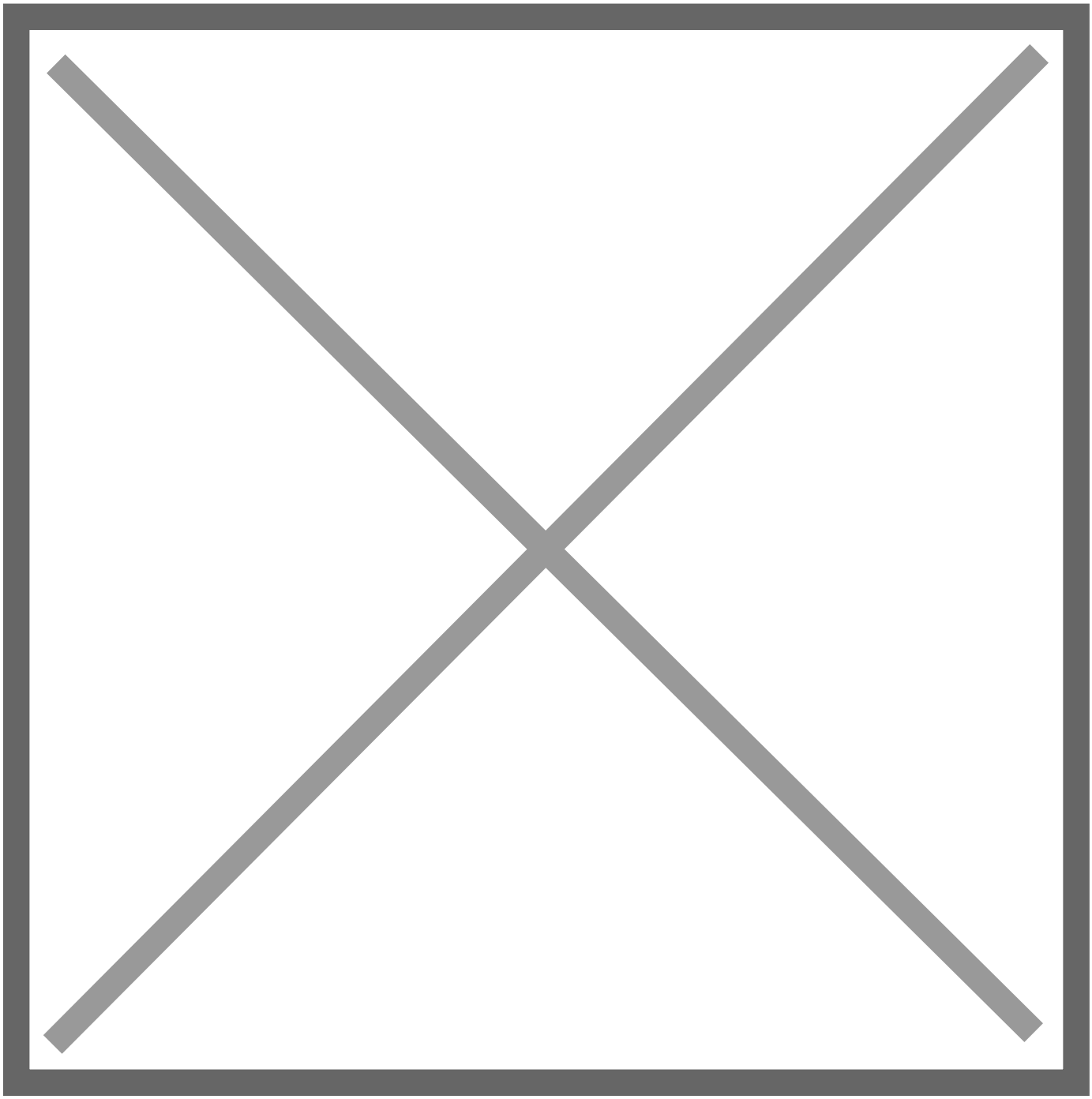
This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity for children, including adolescents (aged 5 to 18 years). Where available, data on common and relevant obesity drivers and comorbidities are also presented.

View the latest version of this report on the Global Obesity Observatory at https://data.worldobesity.org/country/bangladesh-16/.

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Obesity prevalence

Girls, 2022

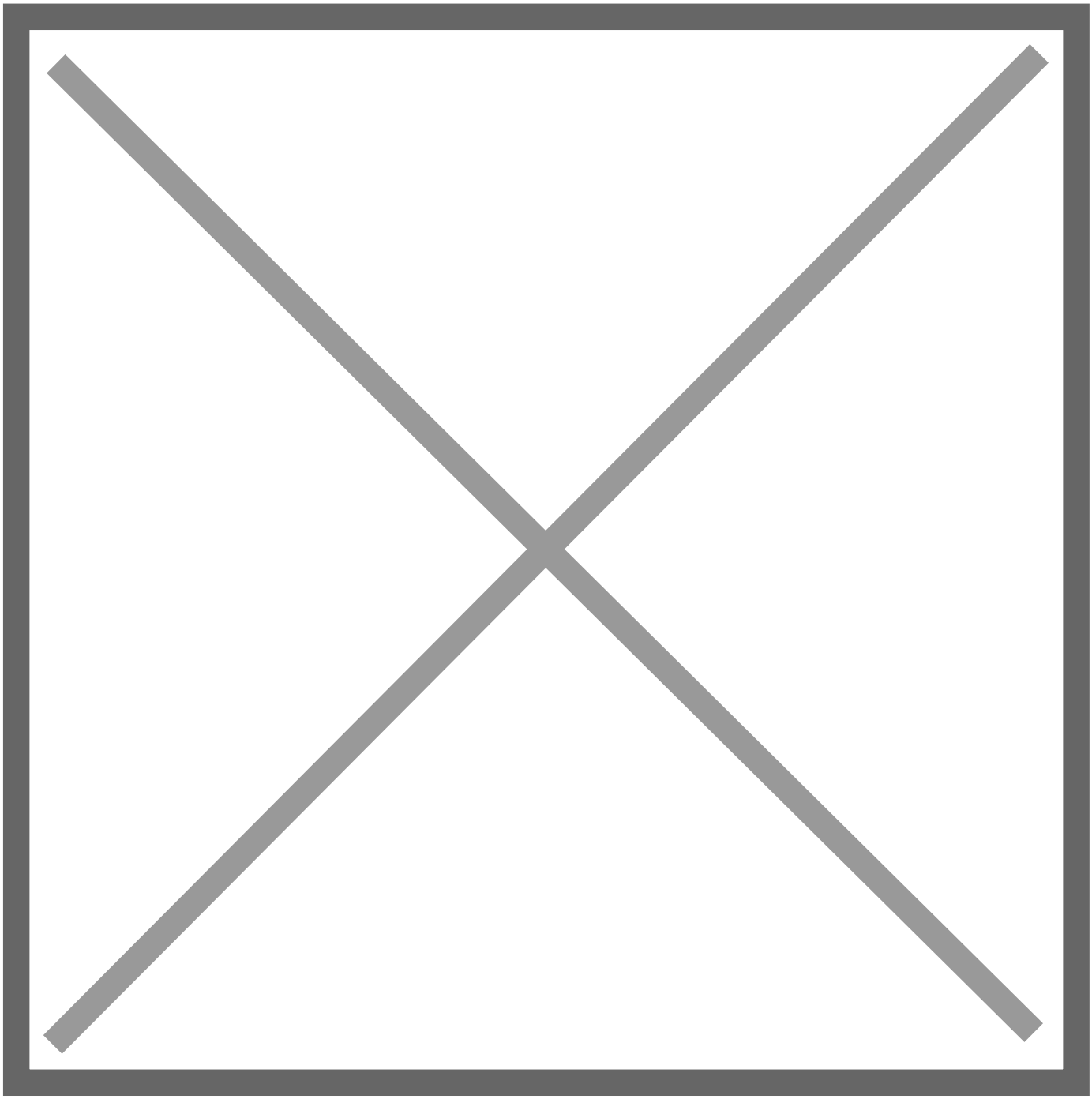


Survey type:	Measured
Age:	15-19
Sample size:	705
Area covered:	National
References:	National Institute of Population Research and Training, Medical Education and Family Welfare Division, Ministry of Health and Family Welfare, Dhaka, Bangladesh, and The DHS Program, ICF, Rockville, Maryland, USA. Available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

Definitions:	>1 <2 SD (overweight) +2 SD (obesity)
Cutoffs:	WHO 2007

Overweight/obesity by education

Girls, 2014

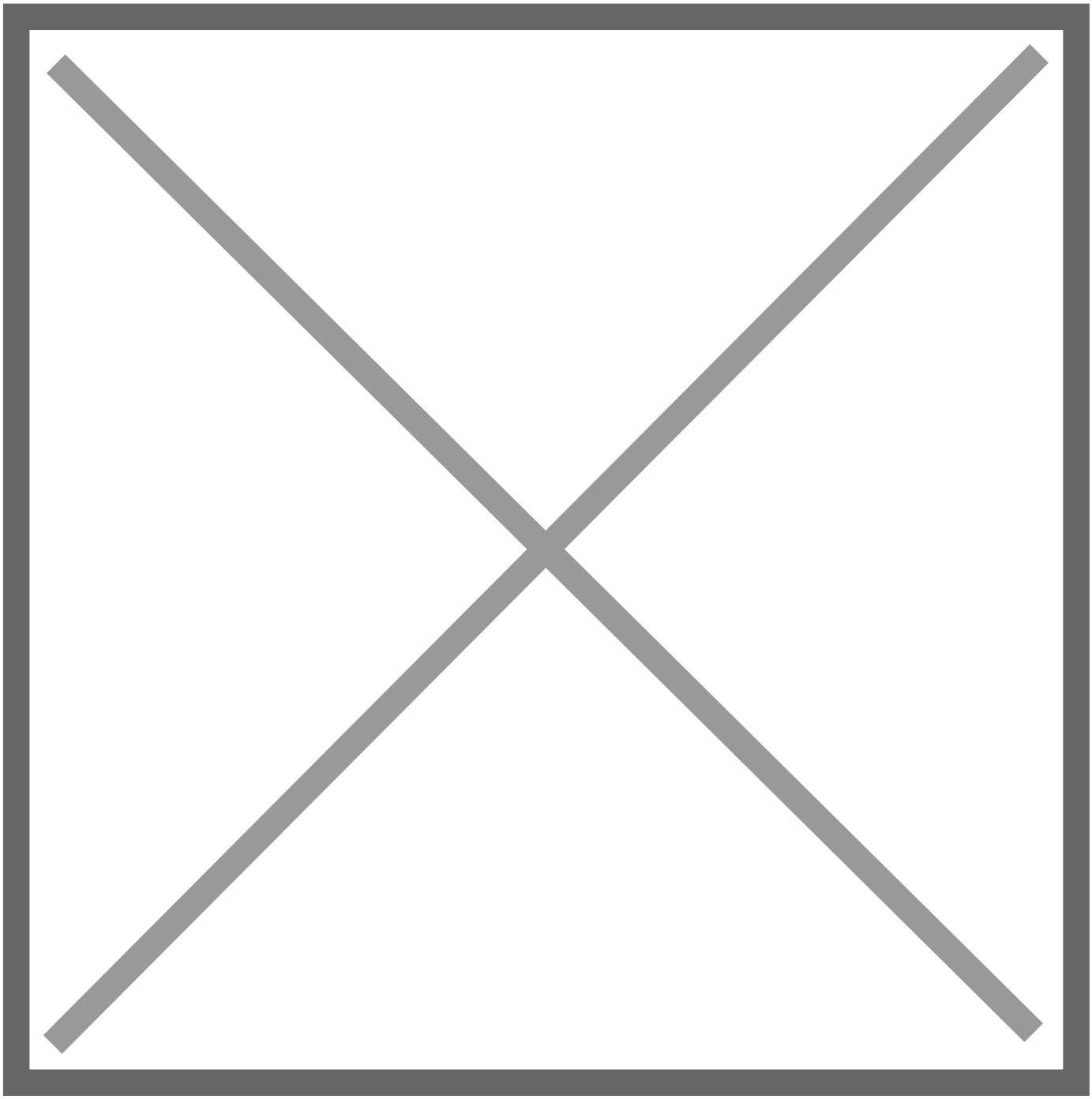


Survey type:	Measured
Age:	15-19
Sample size:	1188
Area covered:	National

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

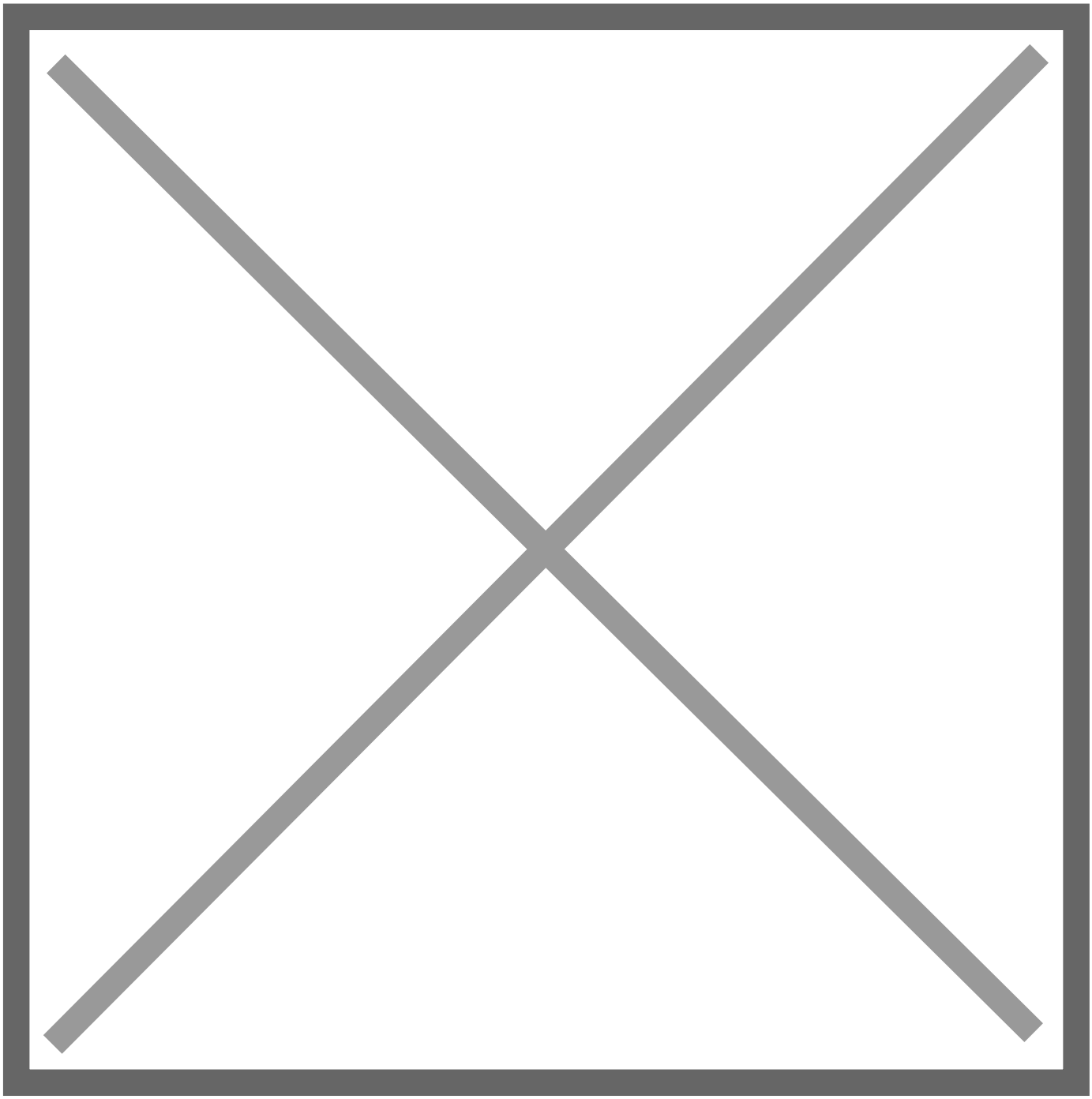


Survey type:	Measured
Sample size:	9128
Area covered:	National
References:	Md Sabbir Ahmed, Safayet Khan, Mansura Islam, Md Irteja Islam, Md Musharraf Hossain, Bayezid Khan, Fakir Md Yunus, Prevalence, inequality and associated factors of overweight/obesity among Bangladeshi adolescents aged 15–19 years, 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

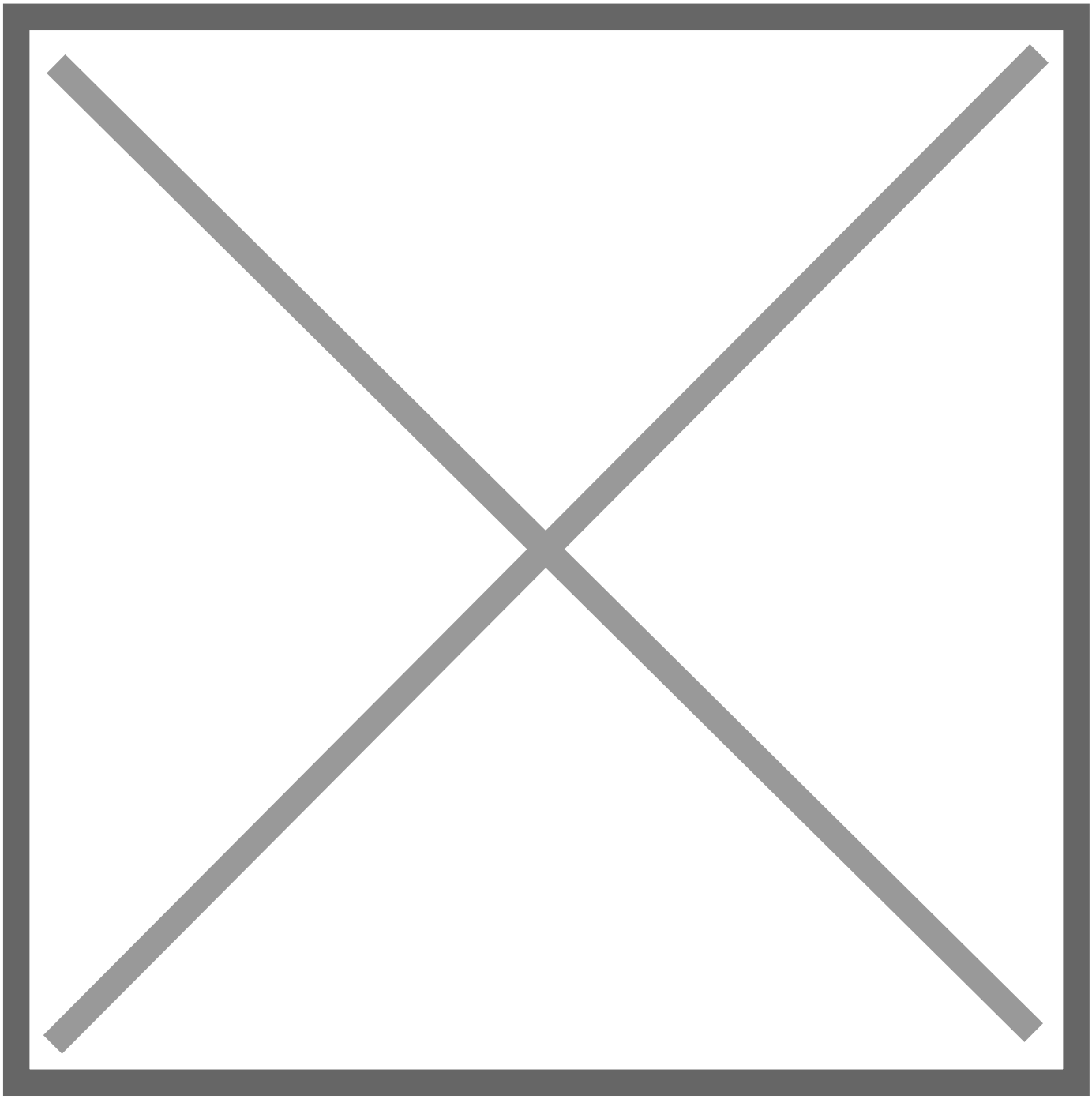


Survey type:	Measured
Age:	15-19
Sample size:	705
Area covered:	National

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

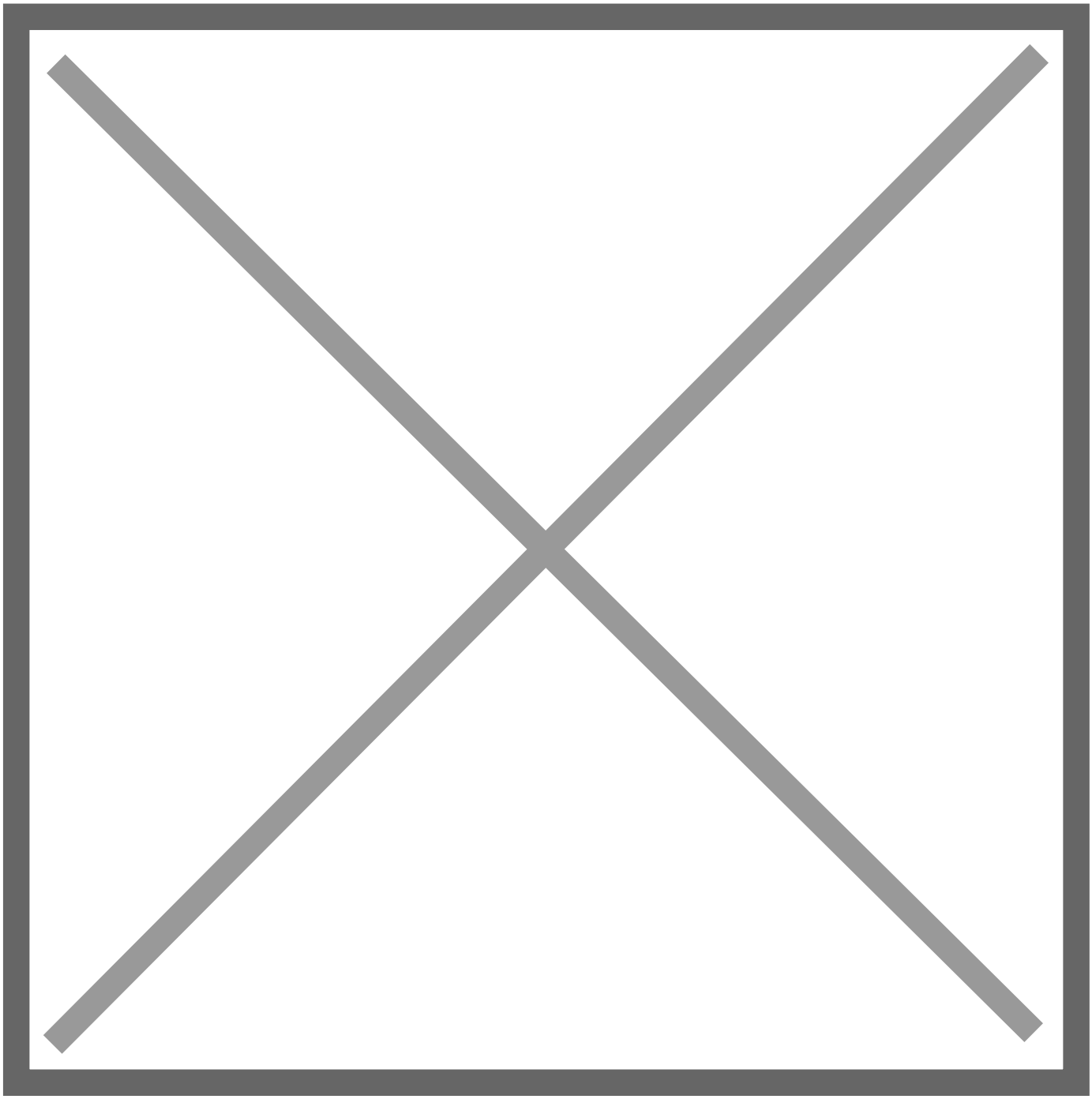


Survey type:	Measured
Age:	15-19
Sample size:	9128
Area covered:	National

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 & obesity

Children, 2022

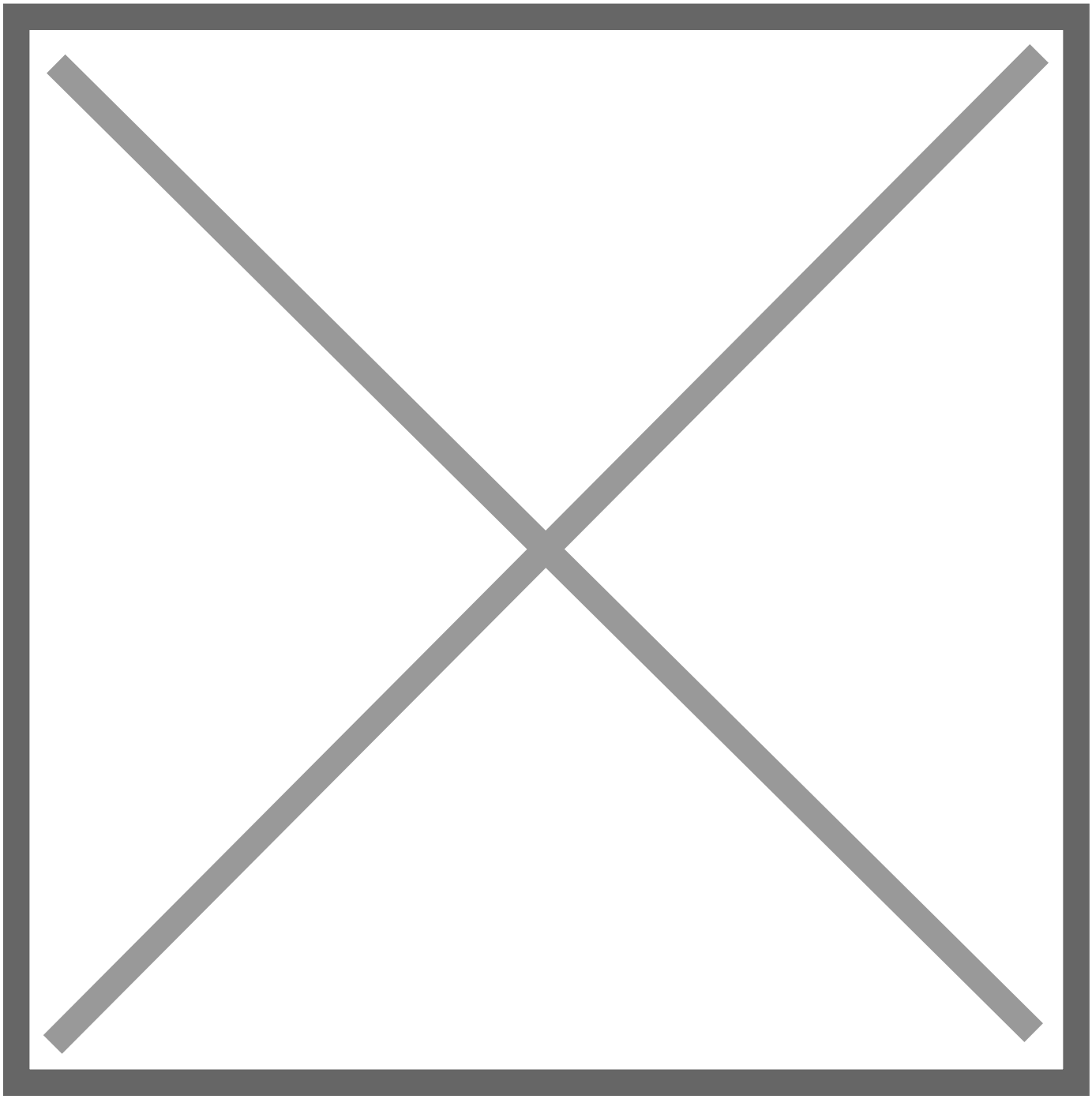


Survey type:	Measured
Age:	5-19
References:	NCD Risk Factor Collaboration (NCD-RisC). Worldwide trends in underweight and obesity from 1990 to 2022: a pooled analysis of 3663 population representative studies with 222 million children, adolescents, and adults. Lancet 2024; published online Feb 29. https://doi.org/10.1016/S0140-6736(23)02750-2.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

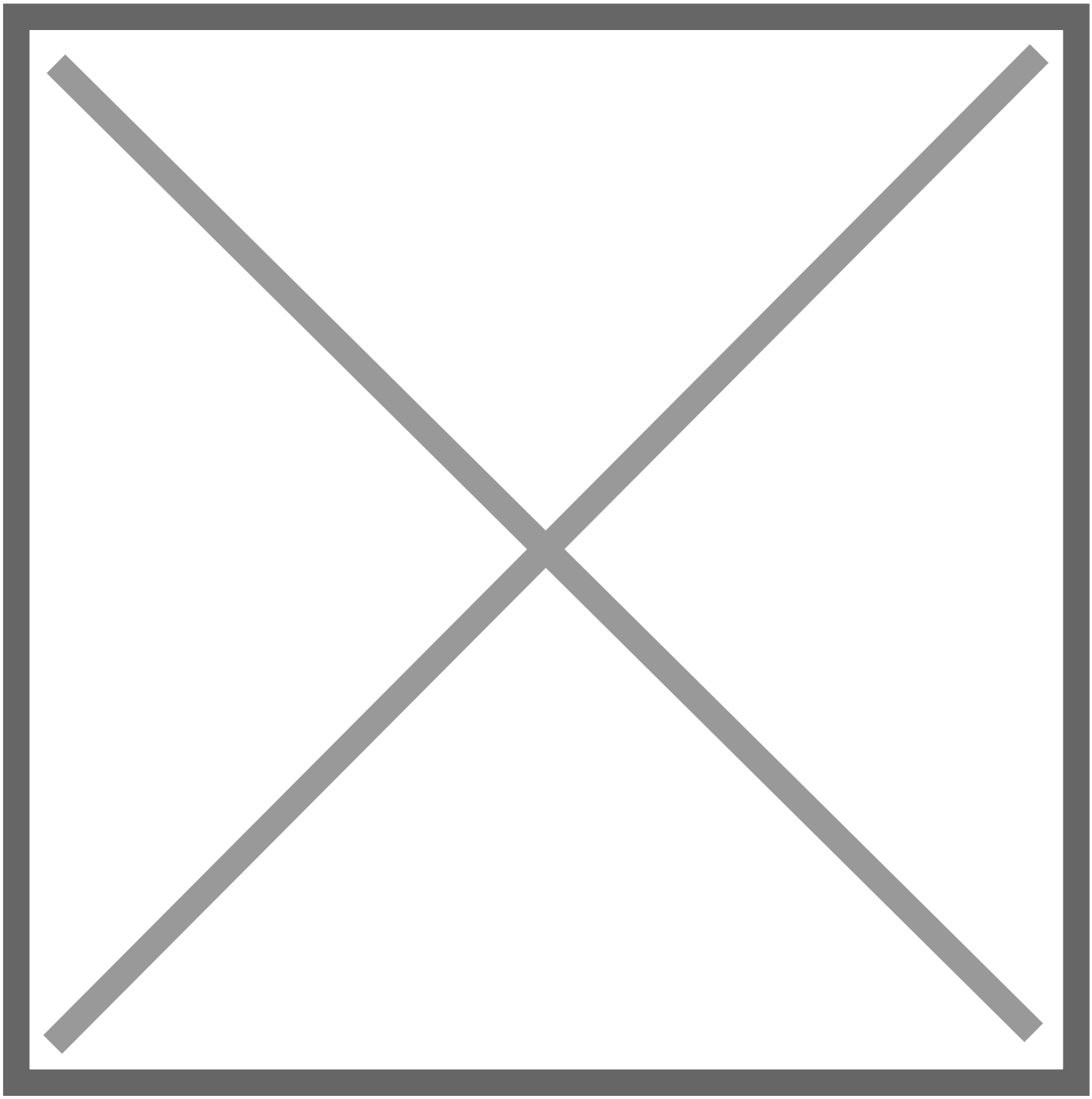
Children, 2025



Survey type:	Self-reported
Age:	11-17
Area covered:	National
References:	World Health Organization. (2026). Physical activity among adolescents, no active days in the past week, prevalence (%). Global Health Observatory. Available at: https://www.who.int/data/gho/data/indicators/indicator-details/GHO/gho-physical-activity-among-adolescents-no-active-days-in-the-past-week-prevalence [Accessed 06.11.26]

Notes:	An active day is a day on which an adolescent reports at least 60 minutes of moderate-to-vigorous physical activity (MVPA).
Definitions:	Percentage of adolescents aged 11–17 years who reported no active day in the past 7 days (0 active days per week).

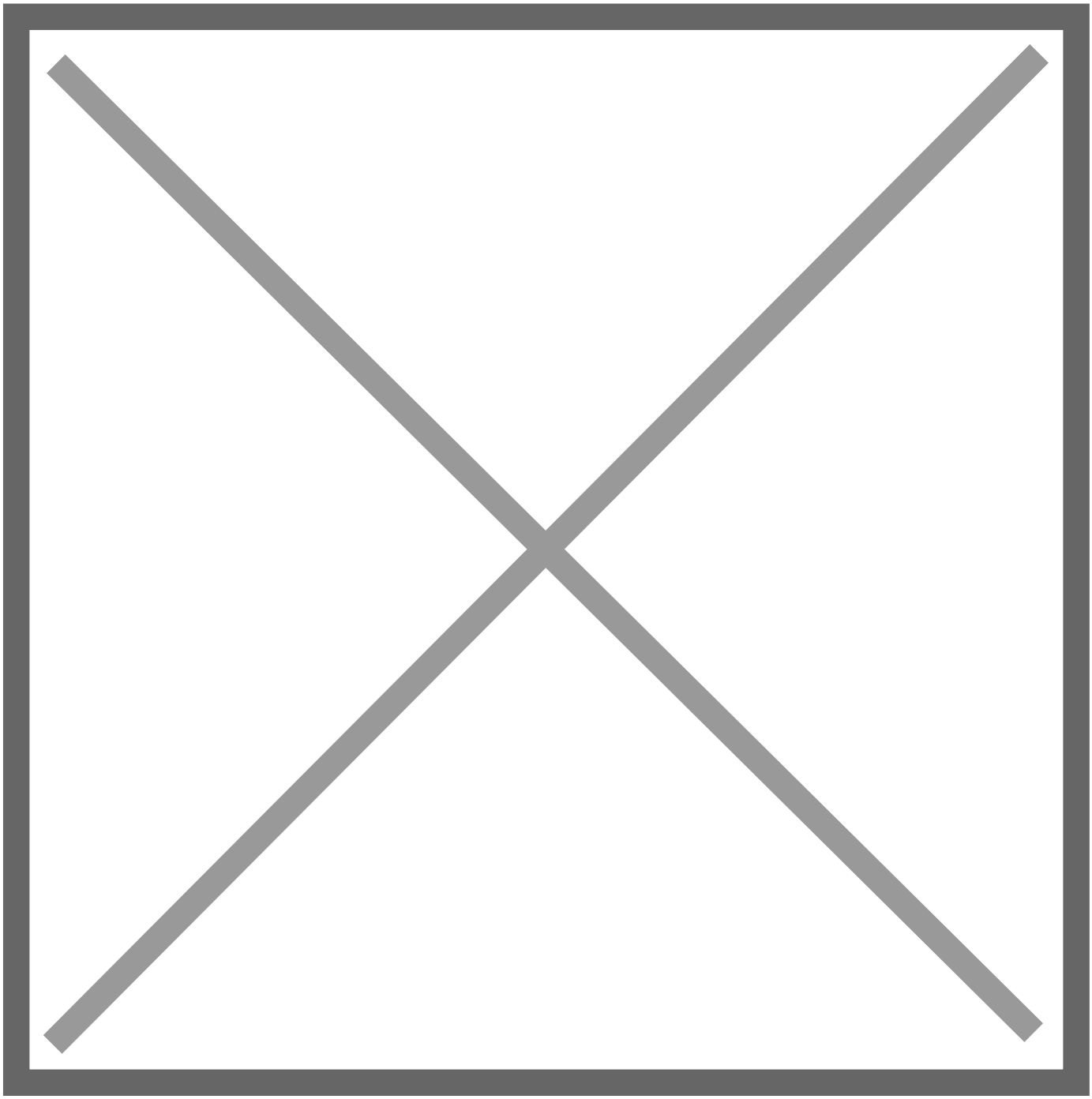
Boys, 2025



Survey type:	Self-reported
Age:	11-17
Area covered:	National
References:	World Health Organization. (2026). Physical activity among adolescents, no active days in the past week, prevalence (%). Global Health Observatory. Available at: https://www.who.int/data/gho/data/indicators/indicator-details/GHO/gho-physical-activity-among-adolescents-no-active-days-in-the-past-week-prevalence [Accessed 06.11.26]

Notes:	An active day is a day on which an adolescent reports at least 60 minutes of moderate-to-vigorous physical activity (MVPA).
Definitions:	Percentage of adolescents aged 11–17 years who reported no active day in the past 7 days (0 active days per week).

Girls, 2025

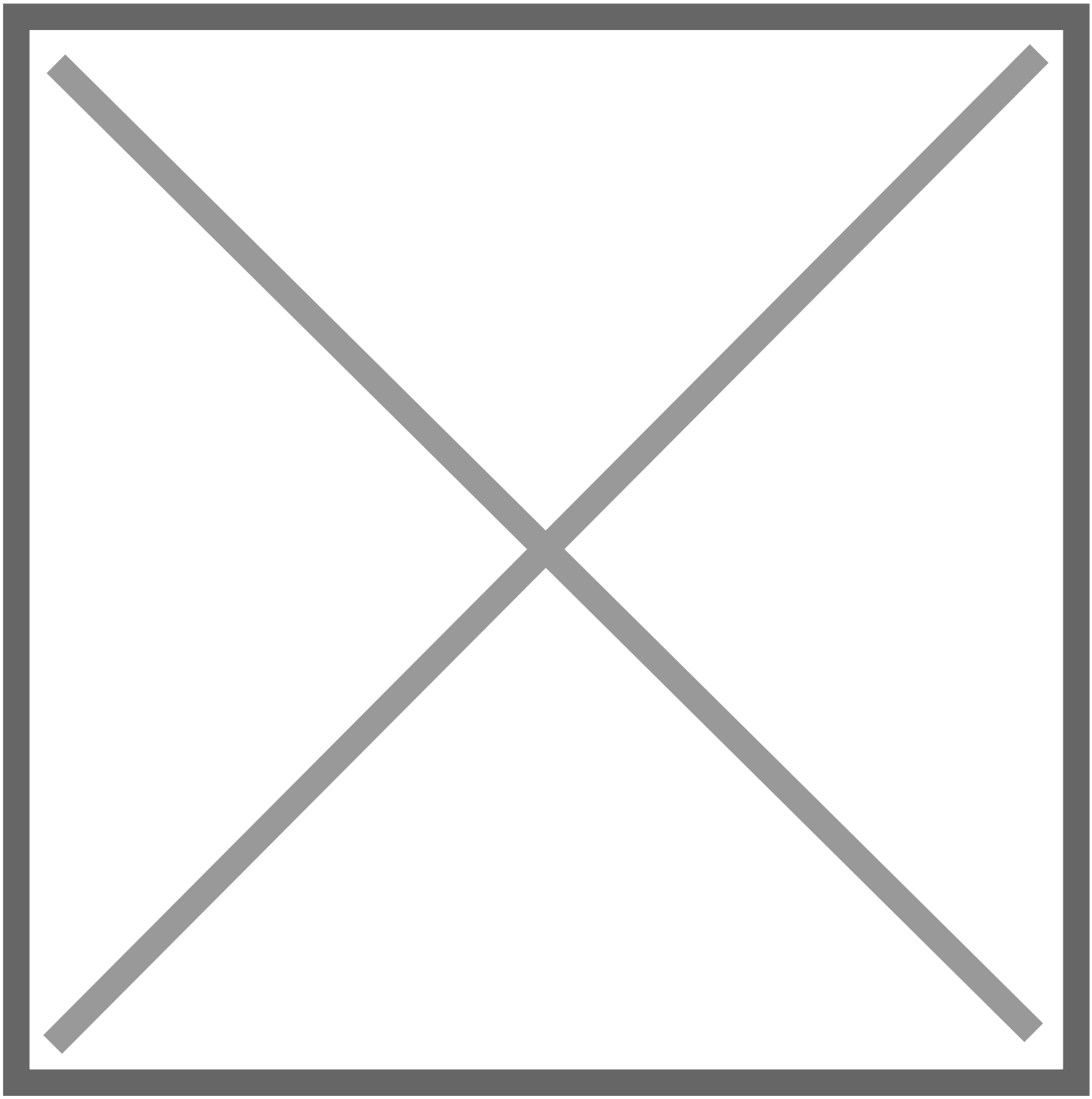


Survey type:	Self-reported
Age:	11-17
Area covered:	National
References:	World Health Organization. (2026). Physical activity among adolescents, no active days in the past week, prevalence (%). Global Health Observatory. Available at: https://www.who.int/data/gho/data/indicators/indicator-details/GHO/gho-physical-activity-among-adolescents-no-active-days-in-the-past-week-prevalence [Accessed 06.11.26]

Notes:	An active day is a day on which an adolescent reports at least 60 minutes of moderate-to-vigorous physical activity (MVPA).
Definitions:	Percentage of adolescents aged 11–17 years who reported no active day in the past 7 days (0 active days per week).

Average daily frequency of carbonated soft drink consumption

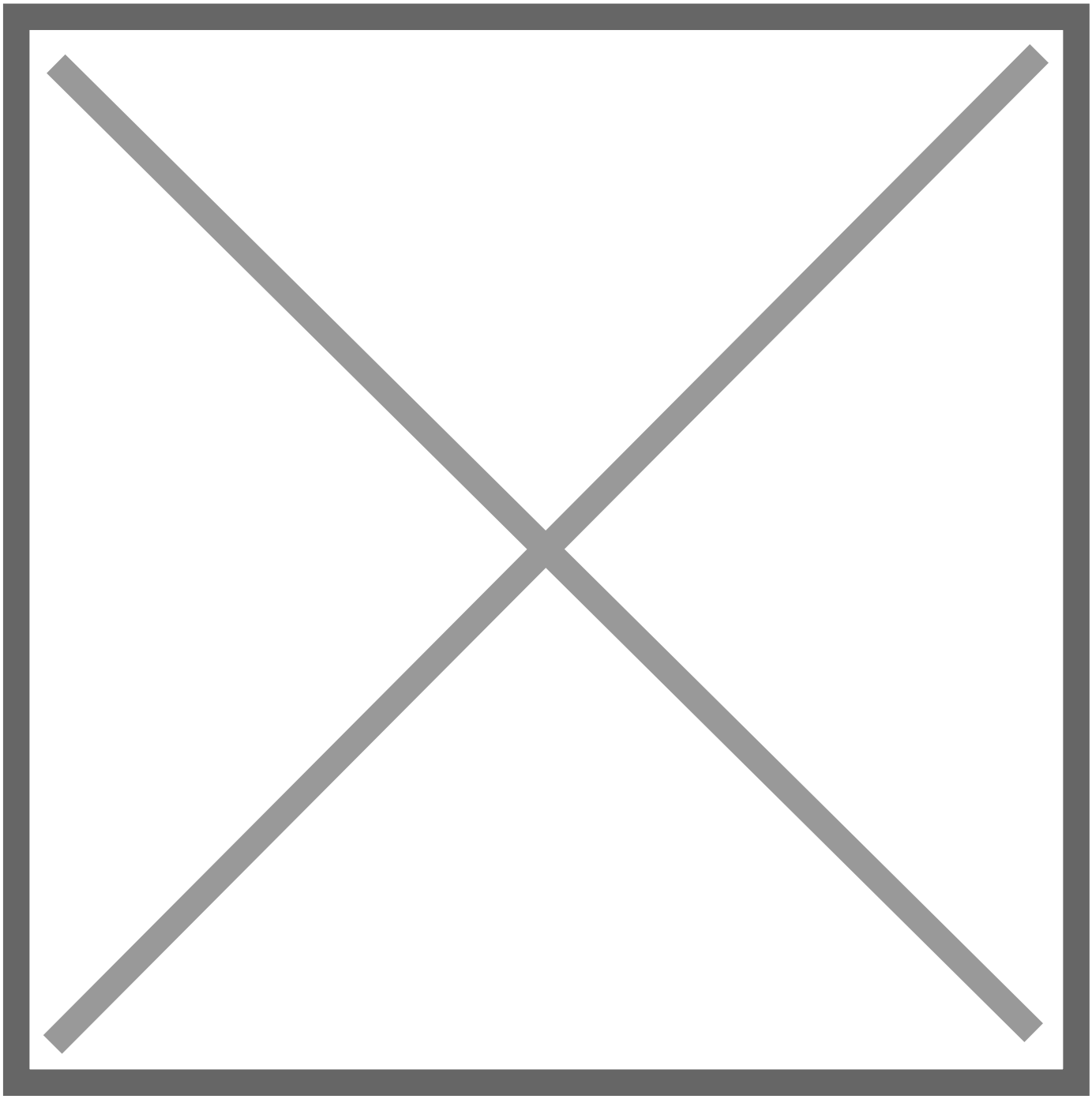
Children, 2014-2015



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, 2014

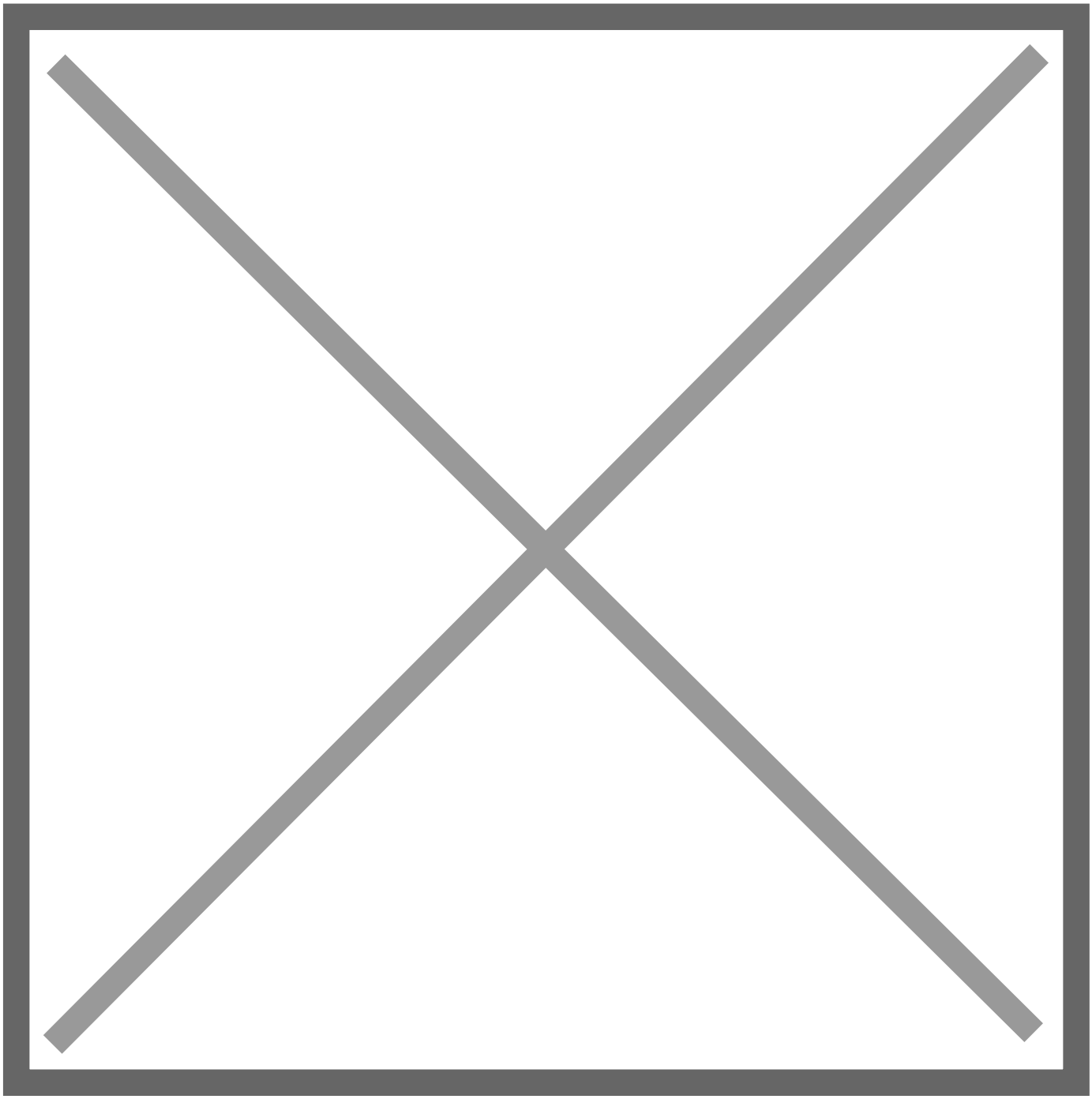


Survey type:	Self-reported
Age:	12-17
Area covered:	National
References:	Global School-based Student Health Surveys. Beal et al (2019). Global Patterns of Adolescent Fruit, Vegetable, Carbonated Soft Drink, and Fast-food consumption: A meta-analysis of global school-based student health surveys. Food 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, 2014

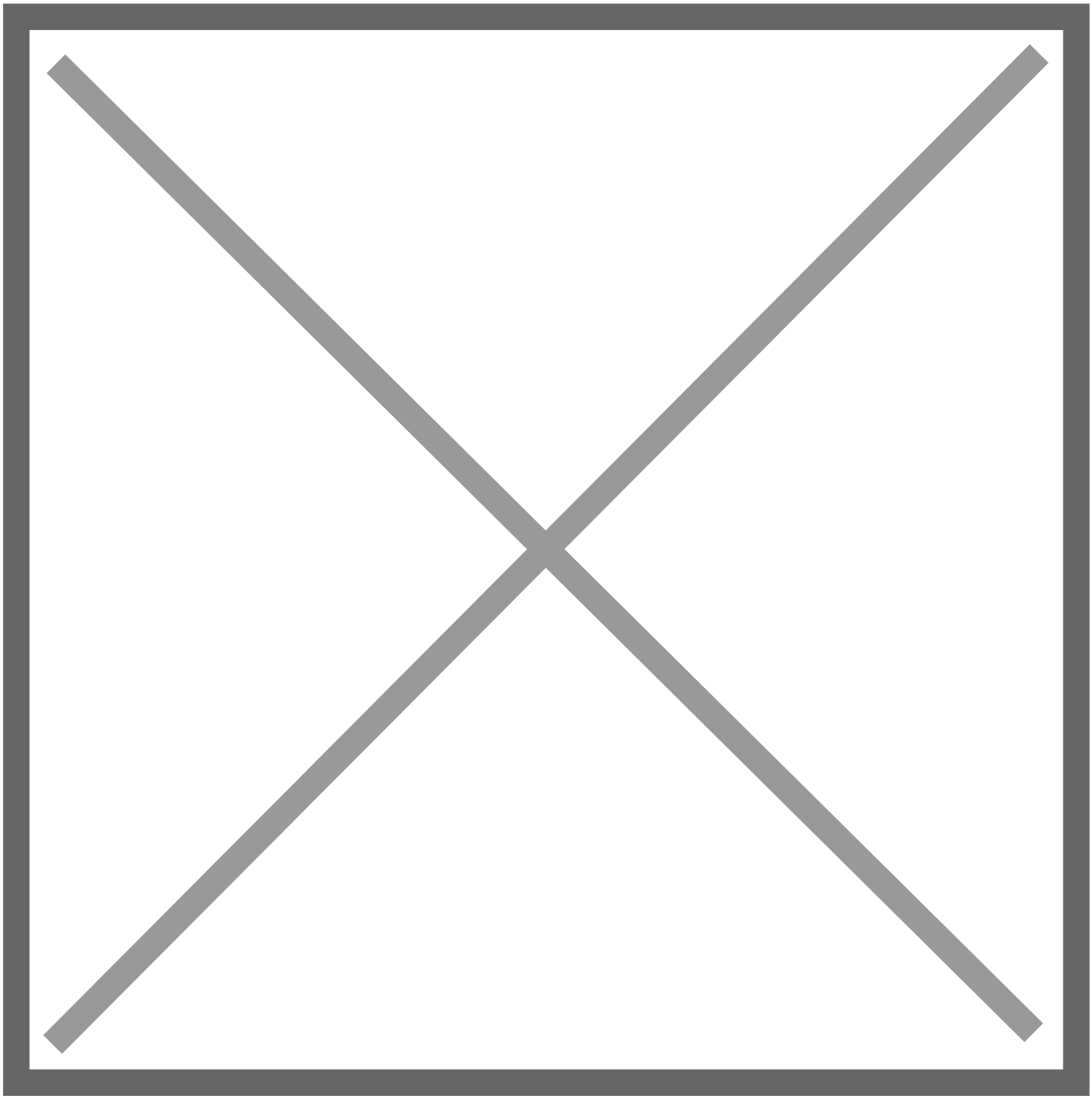


Survey type:	Self-reported
Age:	12-17
Area covered:	National
References:	Beal et al. (2019). Global Patterns of Adolescent Fruit, Vegetable, Carbonated Soft Drink, and Fast-food consumption: A meta-analysis of global school-based student health surveys. Food and Nutrition Bulletin. https://doi.org/10.1177/0379572119848287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

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

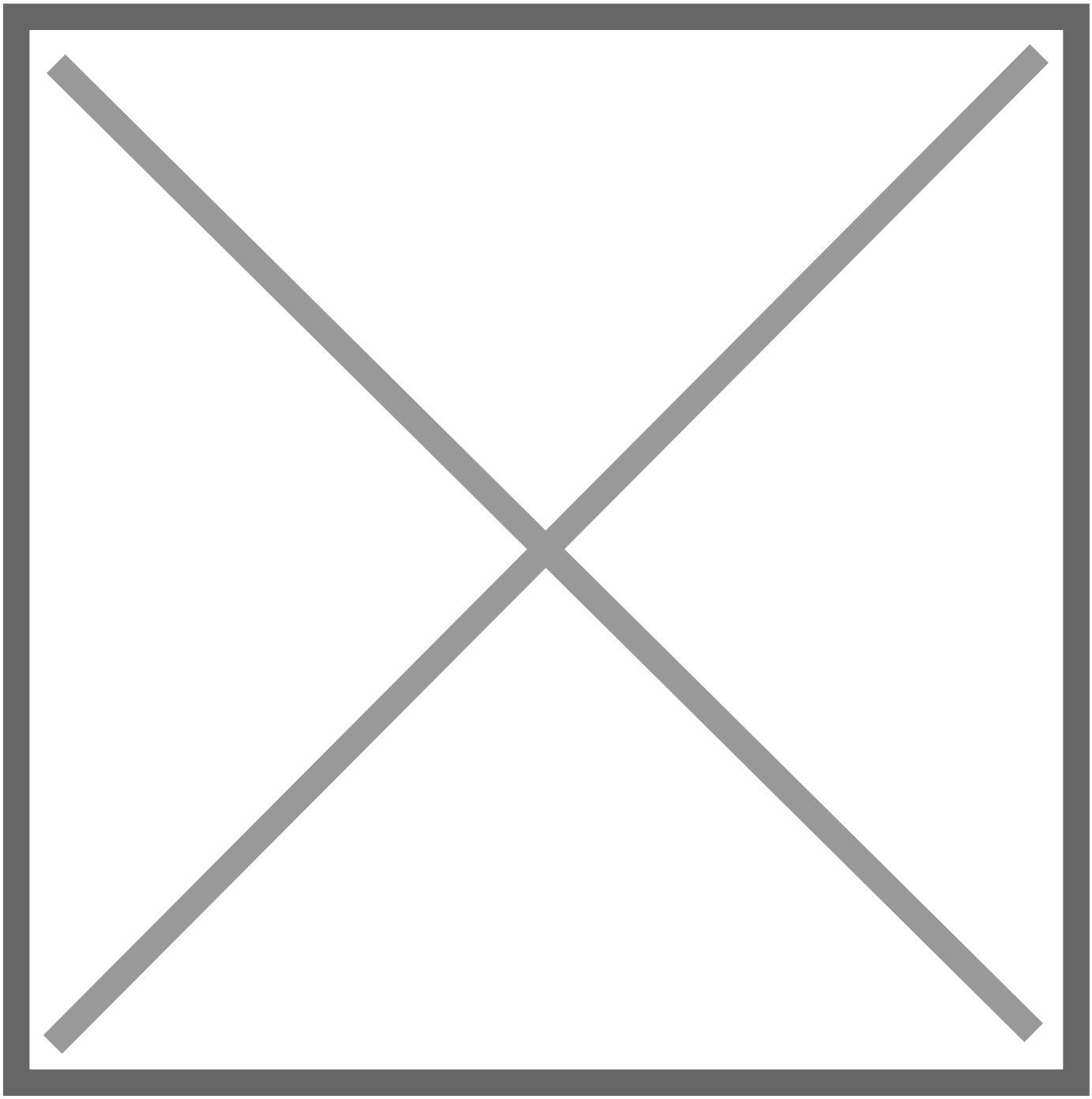
Mental health - depression disorders

Children, 2023



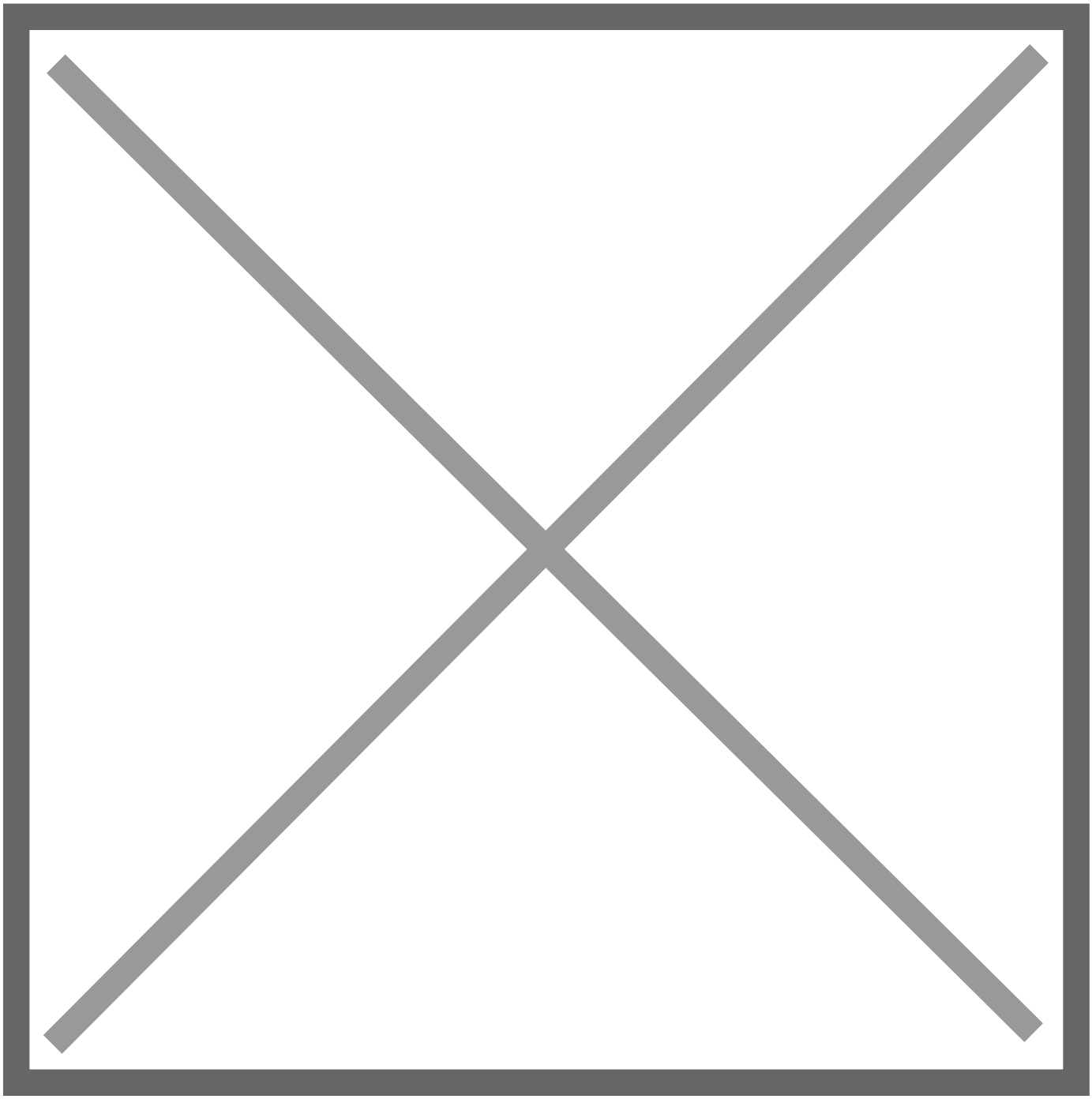
Area covered:	National
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from https://vizhub.healthdata.org/gbd-compare/ [Accessed 17.03.26]
Definitions: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

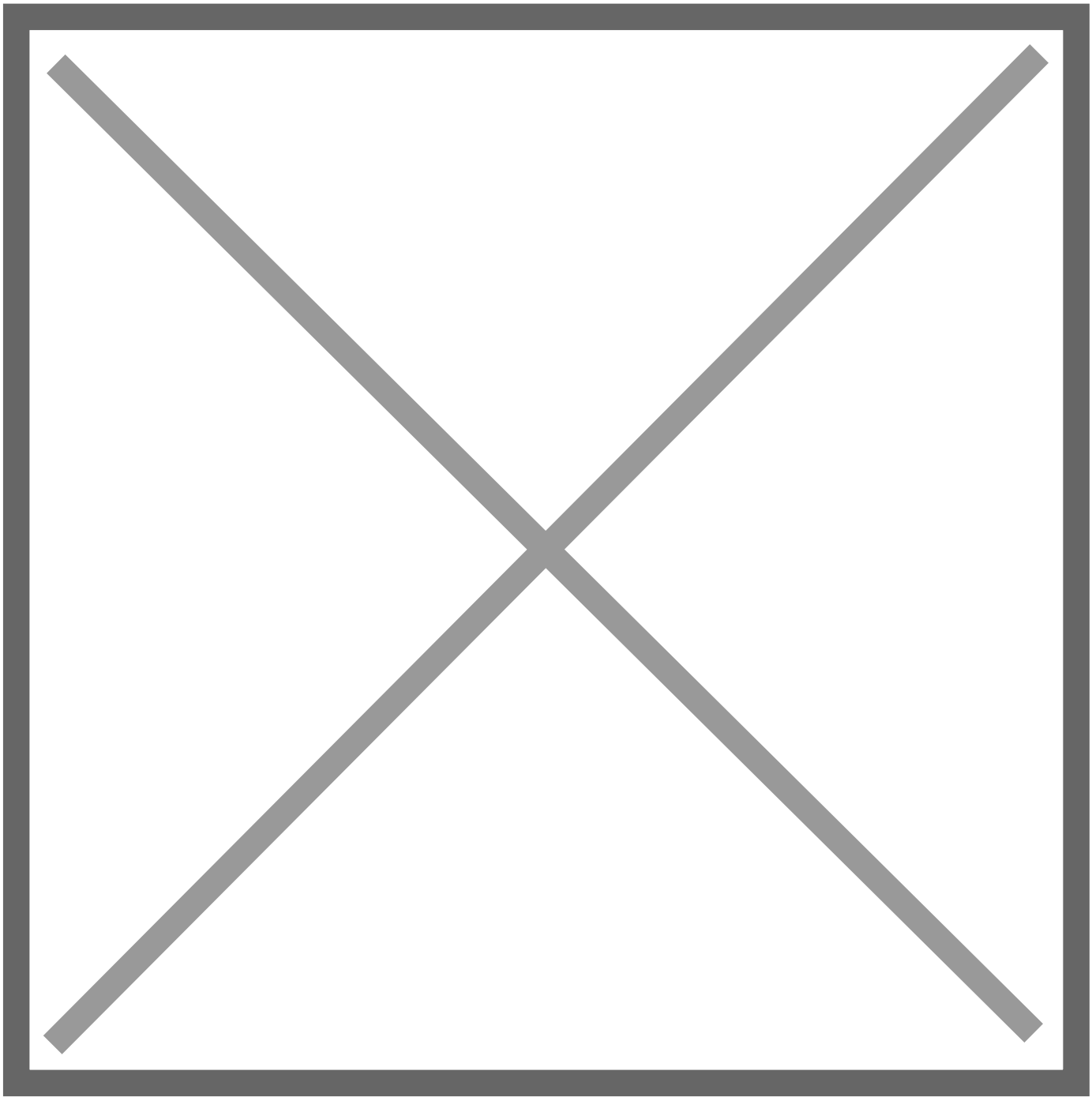
Girls, 2023



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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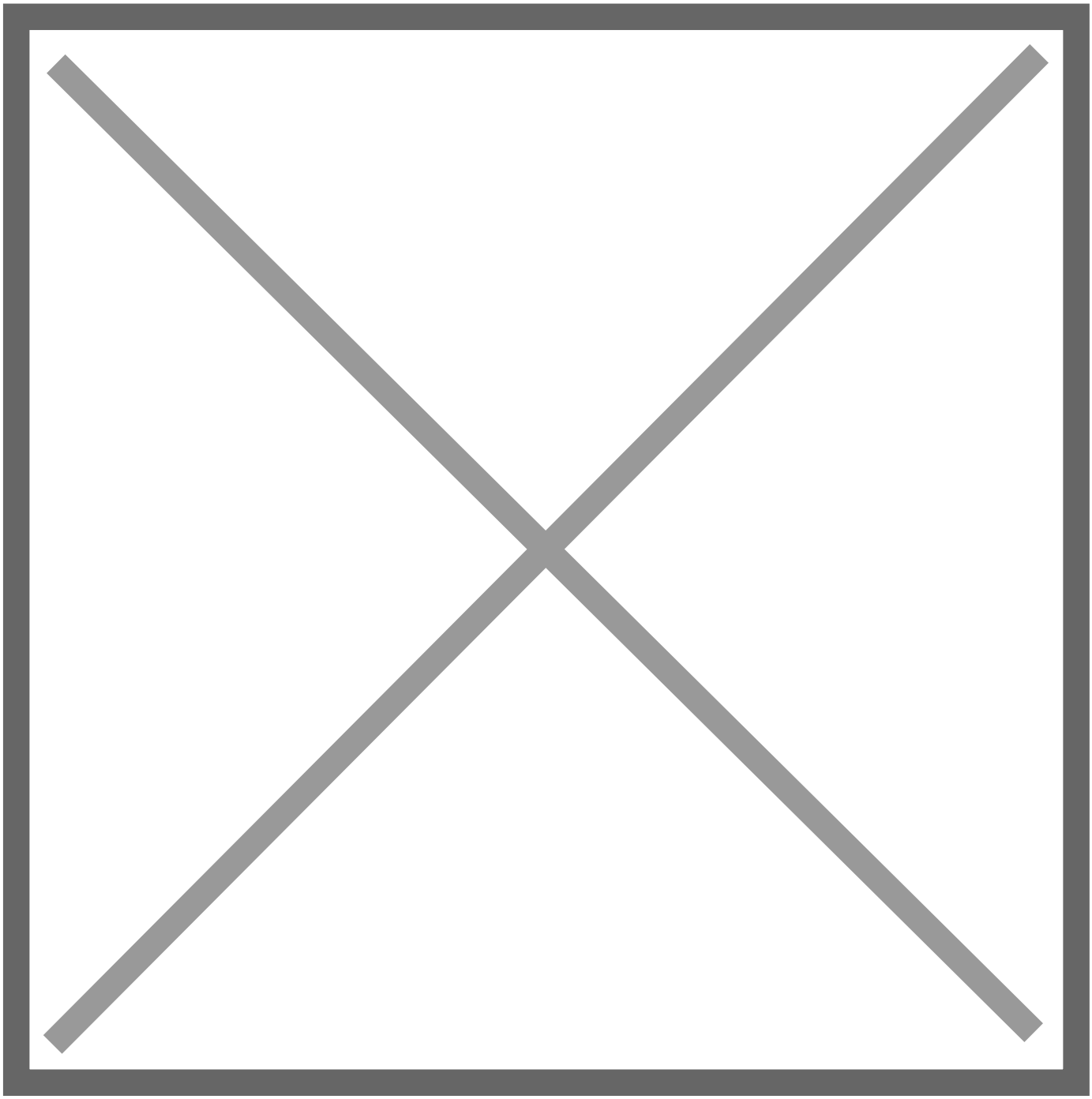
Mental health - anxiety disorders

Children, 2023



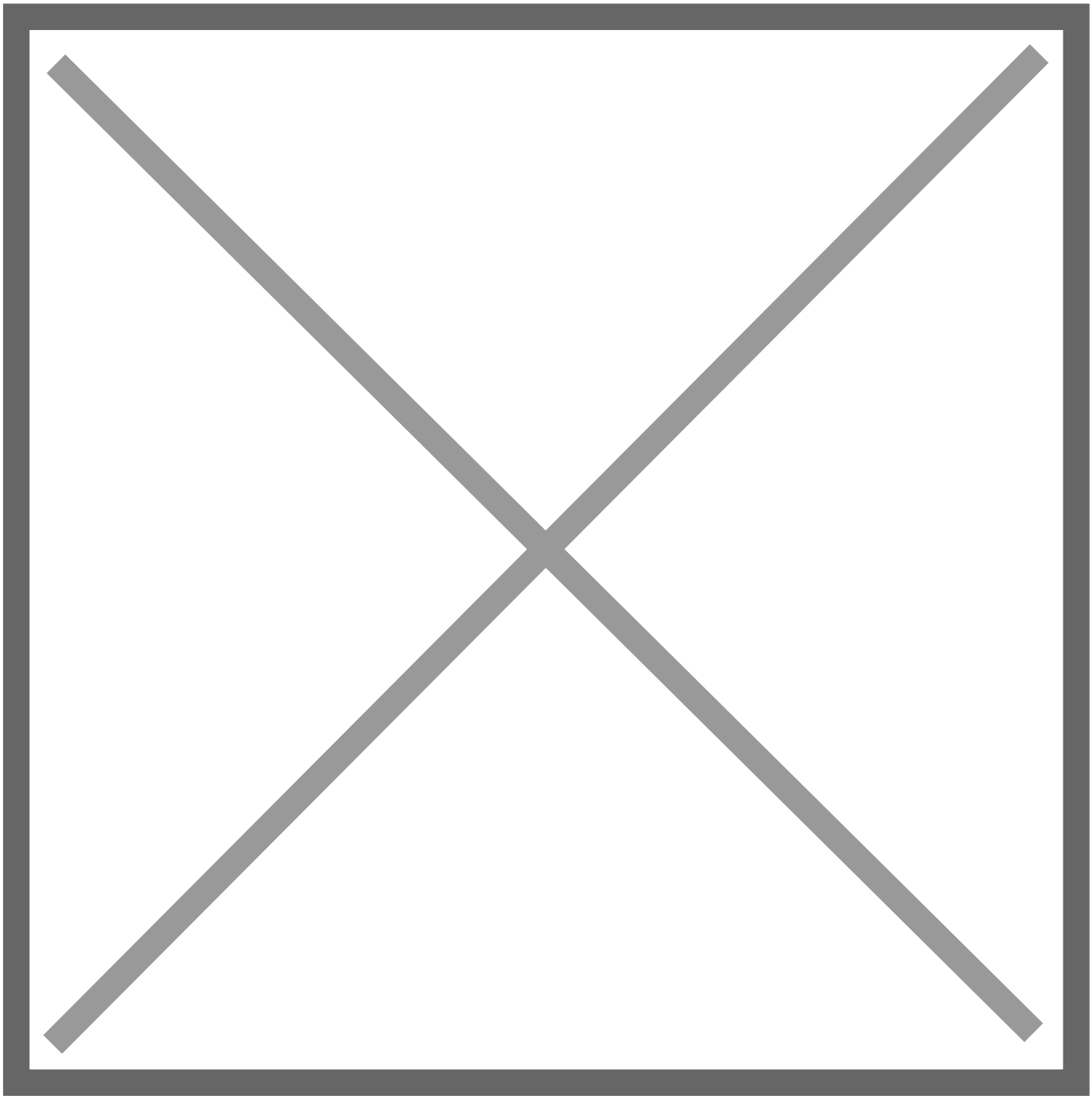
Area covered:	National
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from https://vizhub.healthdata.org/gbd-compare/ [Accessed 17.03.26]
Definitions: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

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]
Definitions:	Estimated number living with anxiety disorders per 100,000 population (under 20 years of age)

PDF created on November 7, 2026