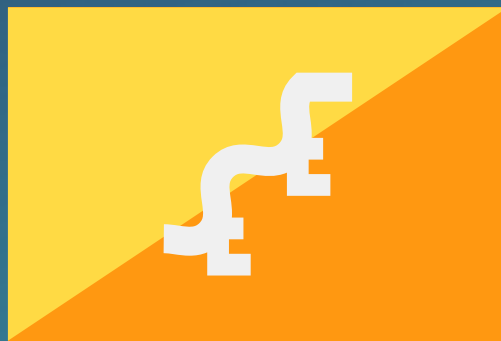




# Bhutan



## Country report card - children

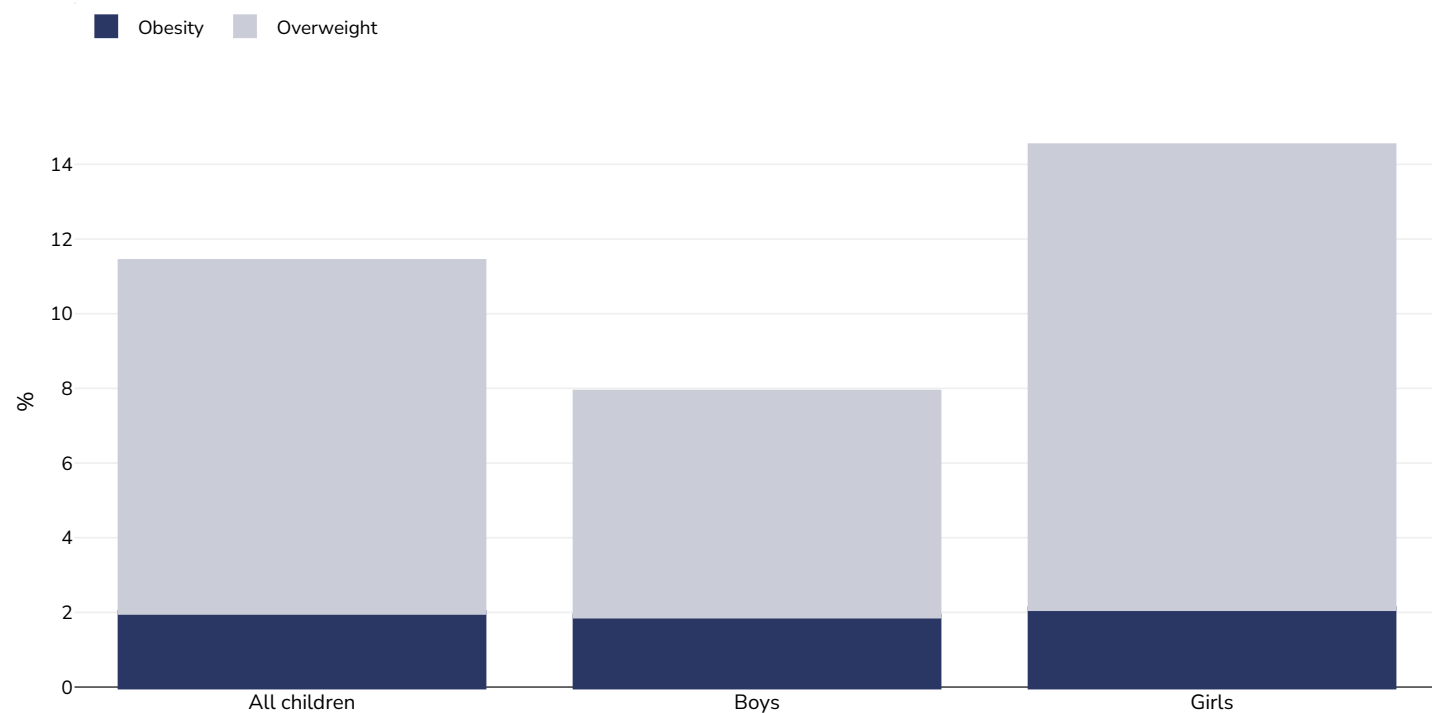
*This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity for children, including adolescents (aged 5 to 18 years). Where available, data on common and relevant obesity drivers and comorbidities are also presented.*

*View the latest version of this report on the Global Obesity Observatory at <https://data.worldobesity.org/country/bhutan-23/>.*

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| Overweight/obesity by age                 | 4    |
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## Obesity prevalence

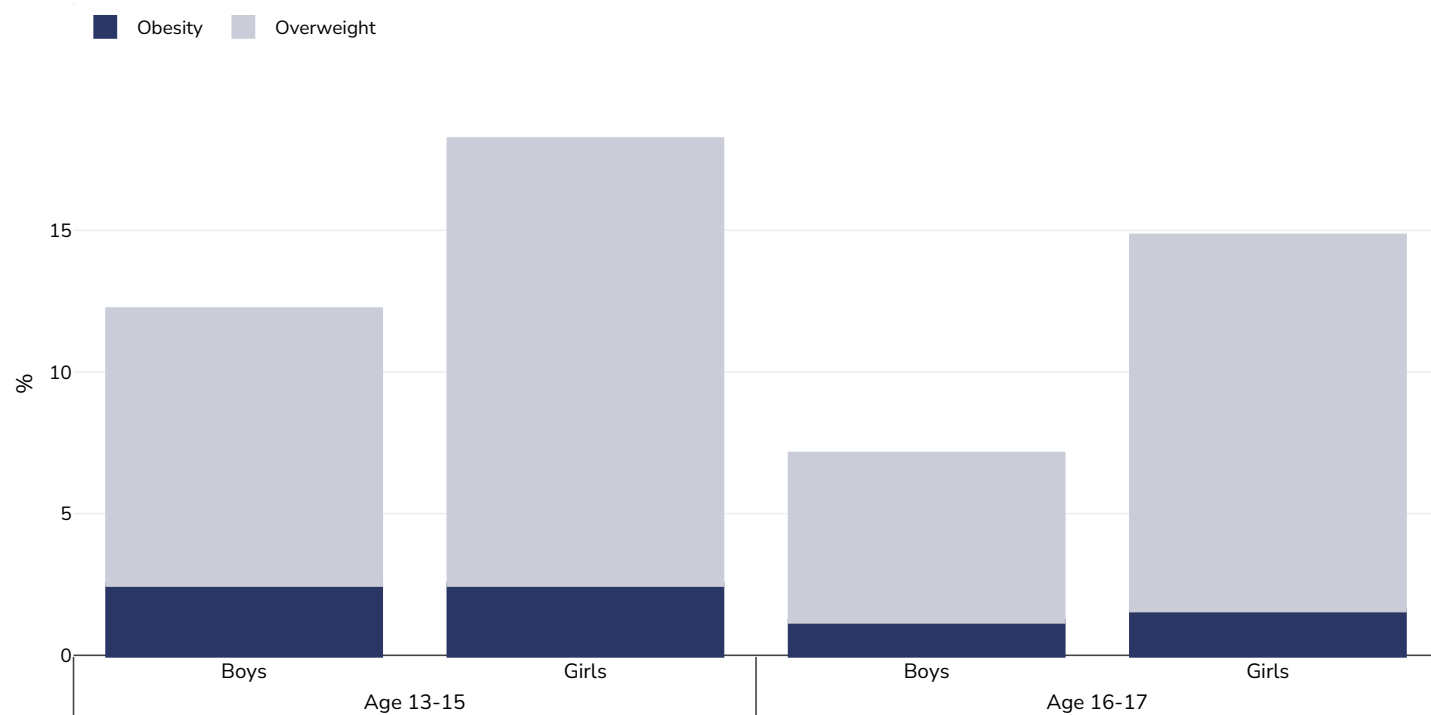
### Children, 2016



|               |                                                                                                                                                                                                                                                       |
|---------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Survey type:  | Self-reported                                                                                                                                                                                                                                         |
| Age:          | 13-17                                                                                                                                                                                                                                                 |
| Sample size:  | 7576                                                                                                                                                                                                                                                  |
| Area covered: | National                                                                                                                                                                                                                                              |
| References:   | Global School-based Student Health Survey (GSHS), available at <a href="https://www.who.int/ncds/surveillance/gshs/Bhutan_gshs_fs_2016.pdf?ua=1">https://www.who.int/ncds/surveillance/gshs/Bhutan_gshs_fs_2016.pdf?ua=1</a> (last accessed 24.11.20) |
| Cutoffs:      | WHO                                                                                                                                                                                                                                                   |

## Overweight/obesity by age

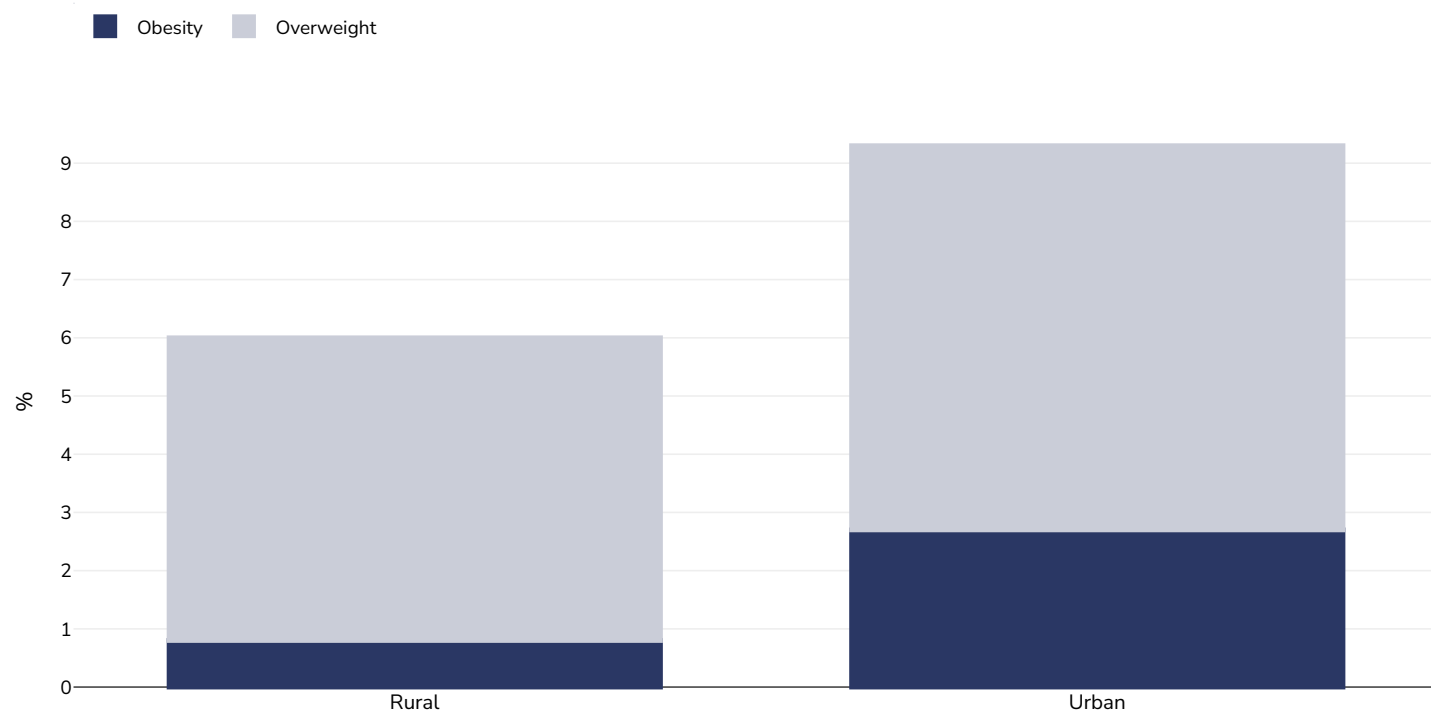
### Children, 2016



|               |                                                                                                                                                                                                                                                                                                                                                                                |
|---------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Survey type:  | Measured                                                                                                                                                                                                                                                                                                                                                                       |
| Sample size:  | 7576                                                                                                                                                                                                                                                                                                                                                                           |
| Area covered: | National                                                                                                                                                                                                                                                                                                                                                                       |
| References:   | 2016 GSHS Fact Sheet Bhutan. Available at: <a href="https://cdn.who.int/media/docs/default-source/ncds/ncd-surveillance/data-reporting/bhutan/gshs/bhutan-gshs-fs-2016.pdf?sfvrsn=f2d3541d_2&amp;download=true">https://cdn.who.int/media/docs/default-source/ncds/ncd-surveillance/data-reporting/bhutan/gshs/bhutan-gshs-fs-2016.pdf?sfvrsn=f2d3541d_2&amp;download=true</a> |
| Cutoffs:      | BMI-for-age                                                                                                                                                                                                                                                                                                                                                                    |

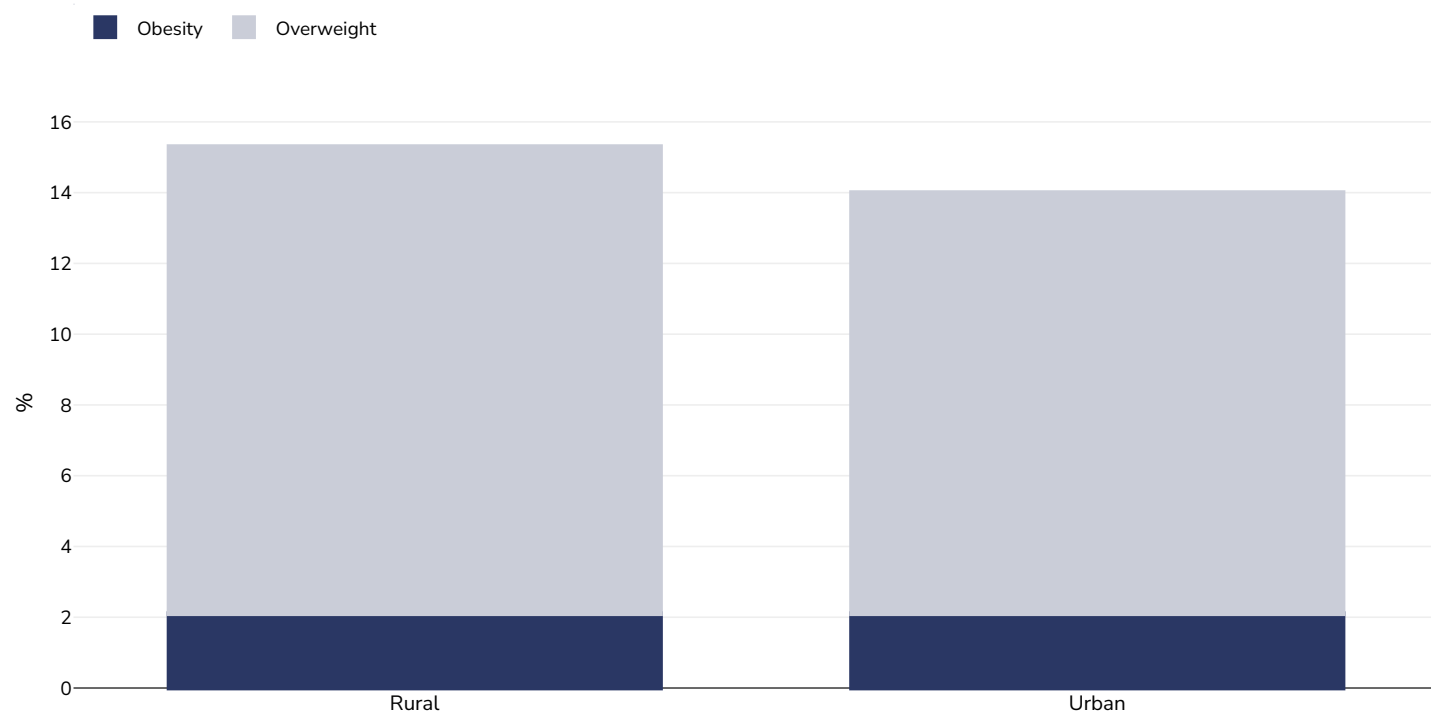
## Overweight/obesity by region

### Boys, 2016



|               |                                                                                                                                                                                                                                                               |
|---------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Survey type:  | Self-reported                                                                                                                                                                                                                                                 |
| Age:          | 13-17                                                                                                                                                                                                                                                         |
| Sample size:  | 7576                                                                                                                                                                                                                                                          |
| Area covered: | National                                                                                                                                                                                                                                                      |
| References:   | World Health Organization. Global school-based student health survey (GSHS). Available from: <a href="https://www.who.int/ncds/surveillance/gshs/factsheets/en/">https://www.who.int/ncds/surveillance/gshs/factsheets/en/</a> . [Accessed 20 February 2019]. |
| Notes:        | WHO cut-offs used and based on Self-reported data.                                                                                                                                                                                                            |
| Cutoffs:      | WHO                                                                                                                                                                                                                                                           |

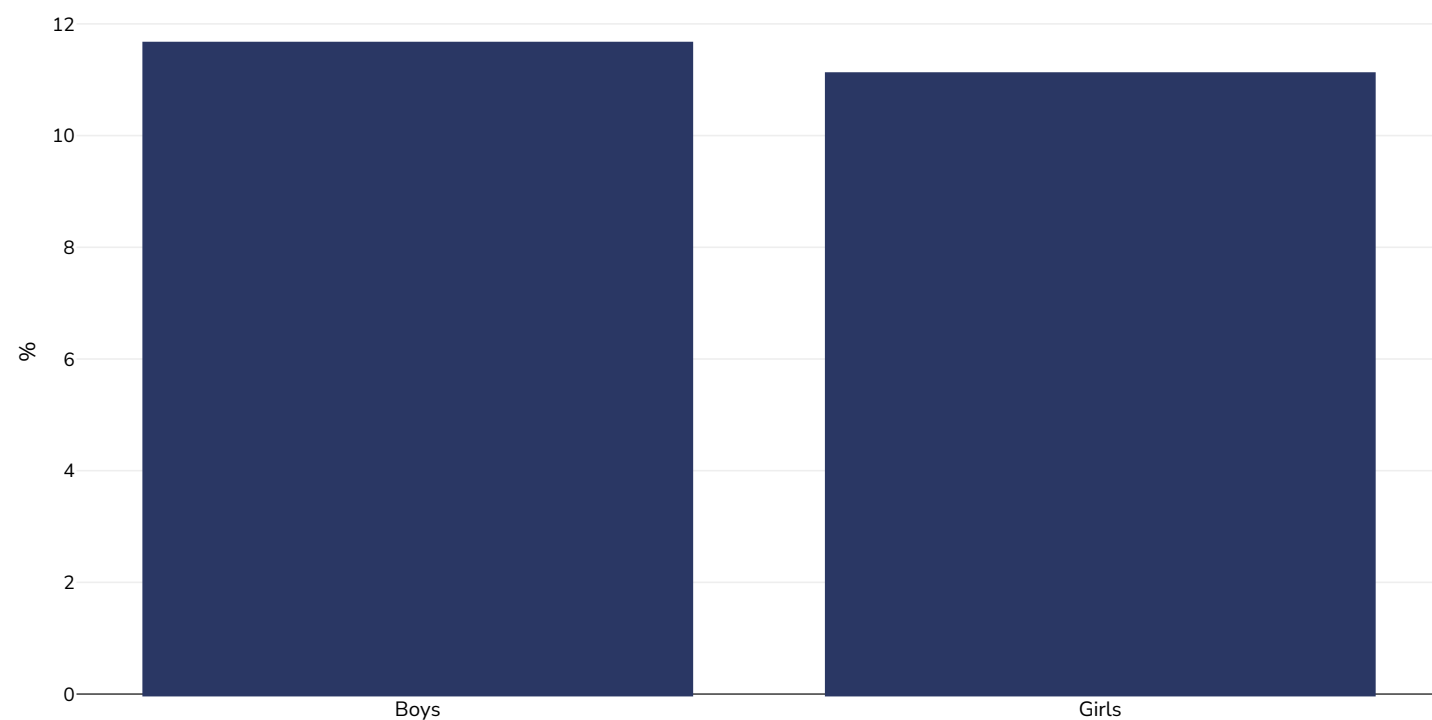
## Girls, 2016



|               |                                                                                                                                                                                                                                                               |
|---------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Survey type:  | Self-reported                                                                                                                                                                                                                                                 |
| Age:          | 13-17                                                                                                                                                                                                                                                         |
| Sample size:  | 7576                                                                                                                                                                                                                                                          |
| Area covered: | National                                                                                                                                                                                                                                                      |
| References:   | World Health Organization. Global school-based student health survey (GSHS). Available from: <a href="https://www.who.int/ncds/surveillance/gshs/factsheets/en/">https://www.who.int/ncds/surveillance/gshs/factsheets/en/</a> . [Accessed 20 February 2019]. |
| Notes:        | WHO cut-offs used and based on Self-reported data.                                                                                                                                                                                                            |
| Cutoffs:      | WHO                                                                                                                                                                                                                                                           |

## Double burden of underweight & overweight

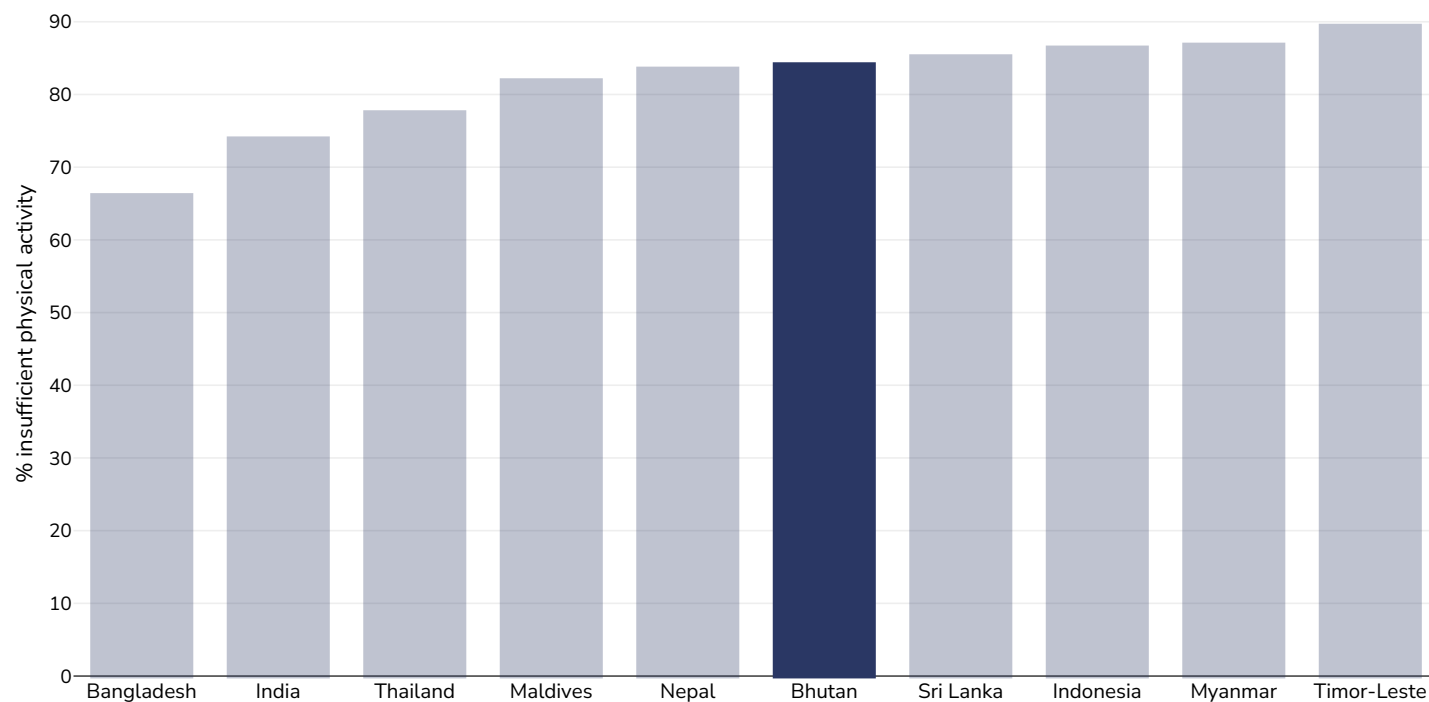
### Children, 2022



|              |                                                                                                                                                                                                                                                                                                                                                                            |
|--------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 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. <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

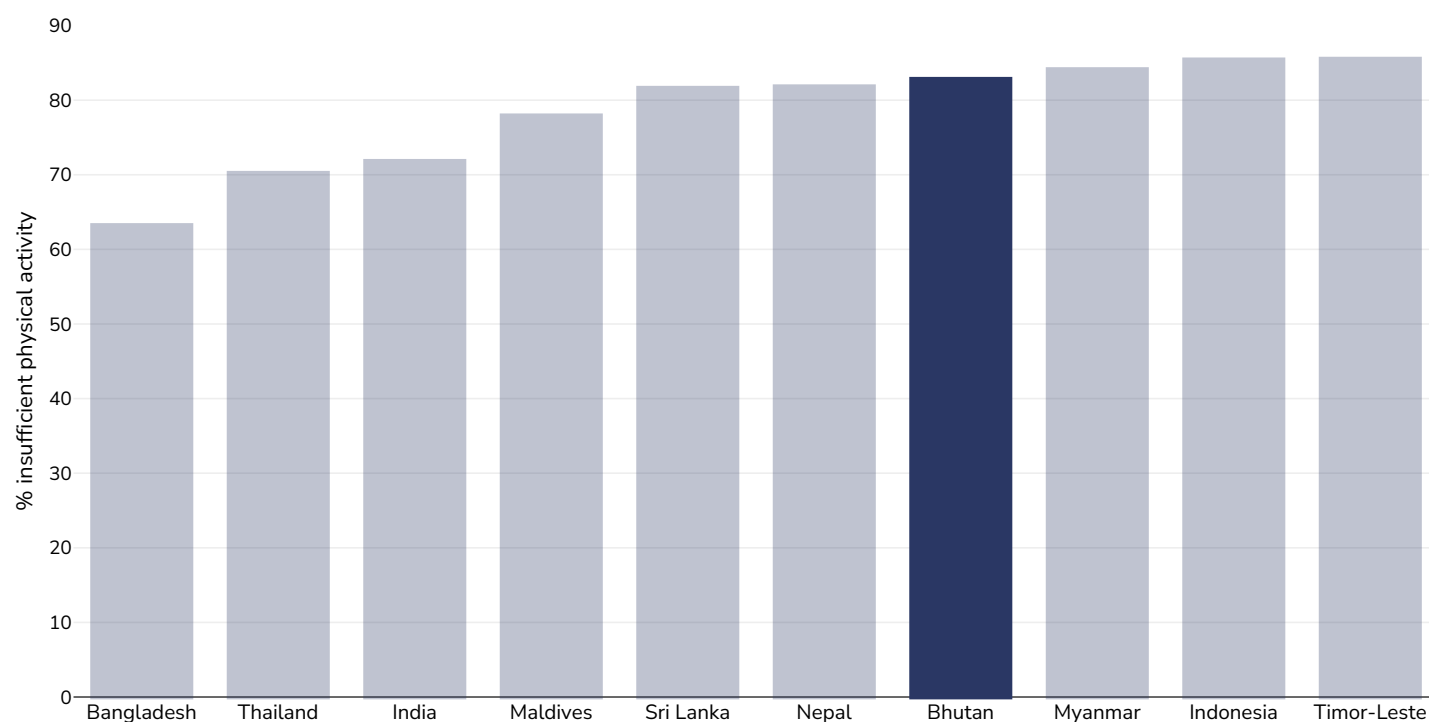
**Age:** 11-17

**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

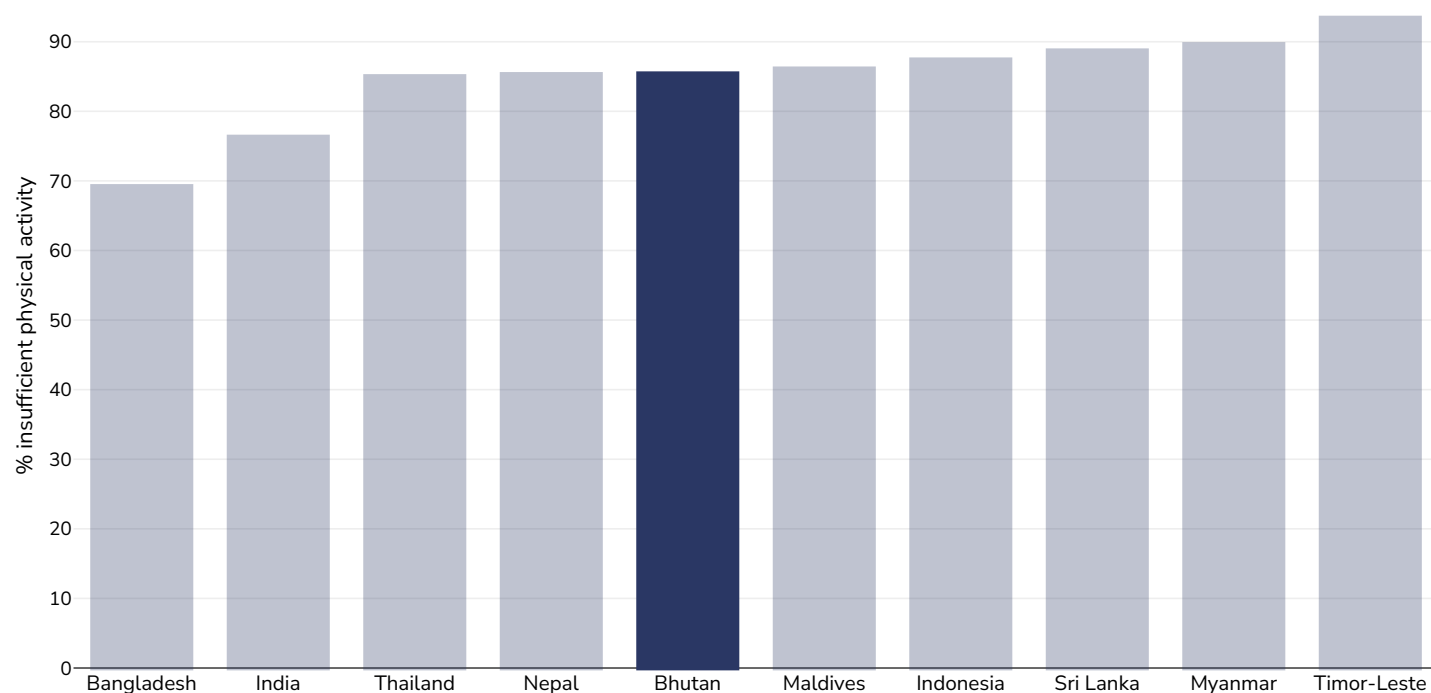
**Age:** 11-17

**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

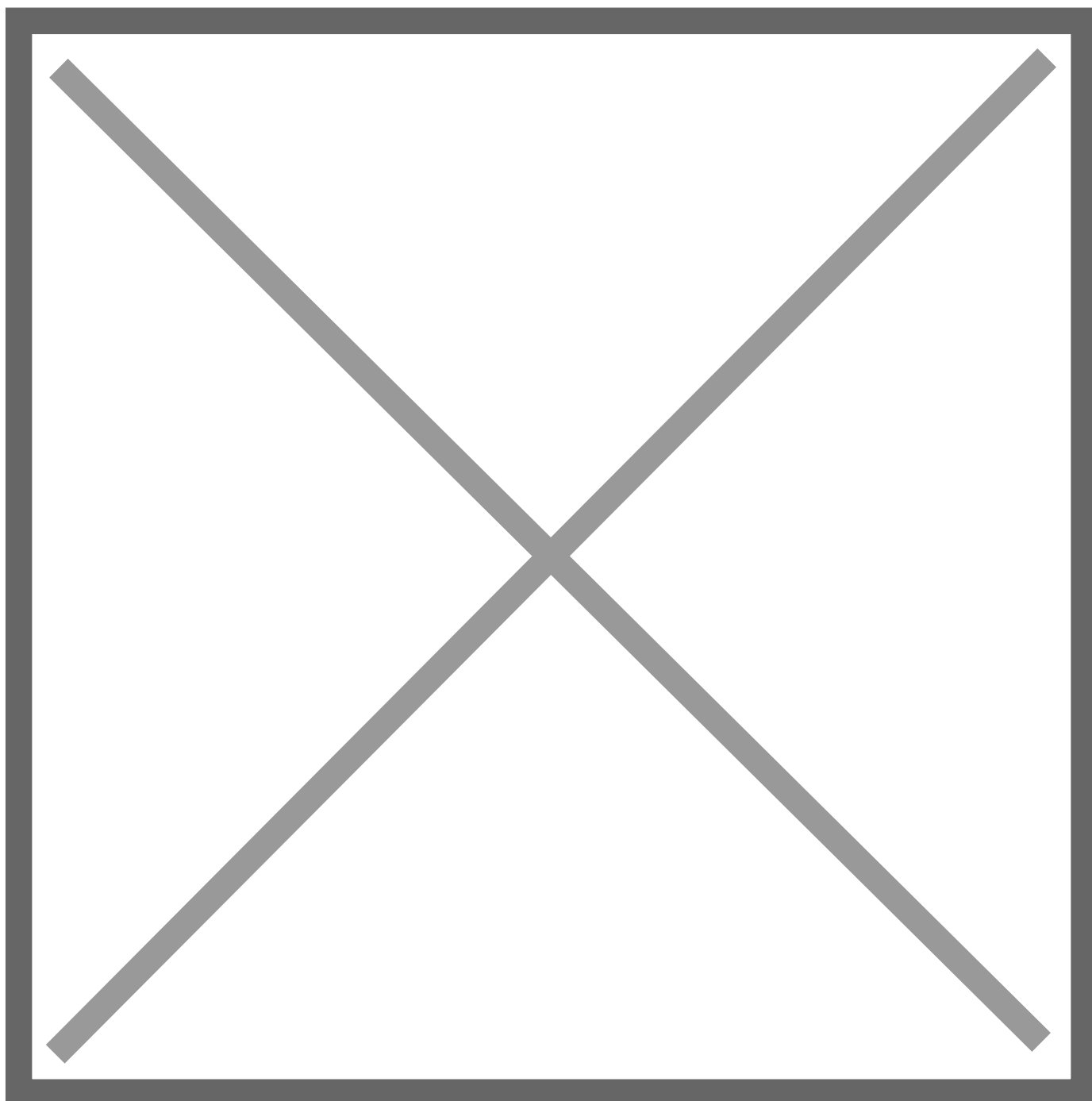
**References:** Global Health Observatory data repository, World Health Organisation, <https://apps.who.int/gho/data/node.main.A893ADO?lang=en> (last accessed 16.03.21)

**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)

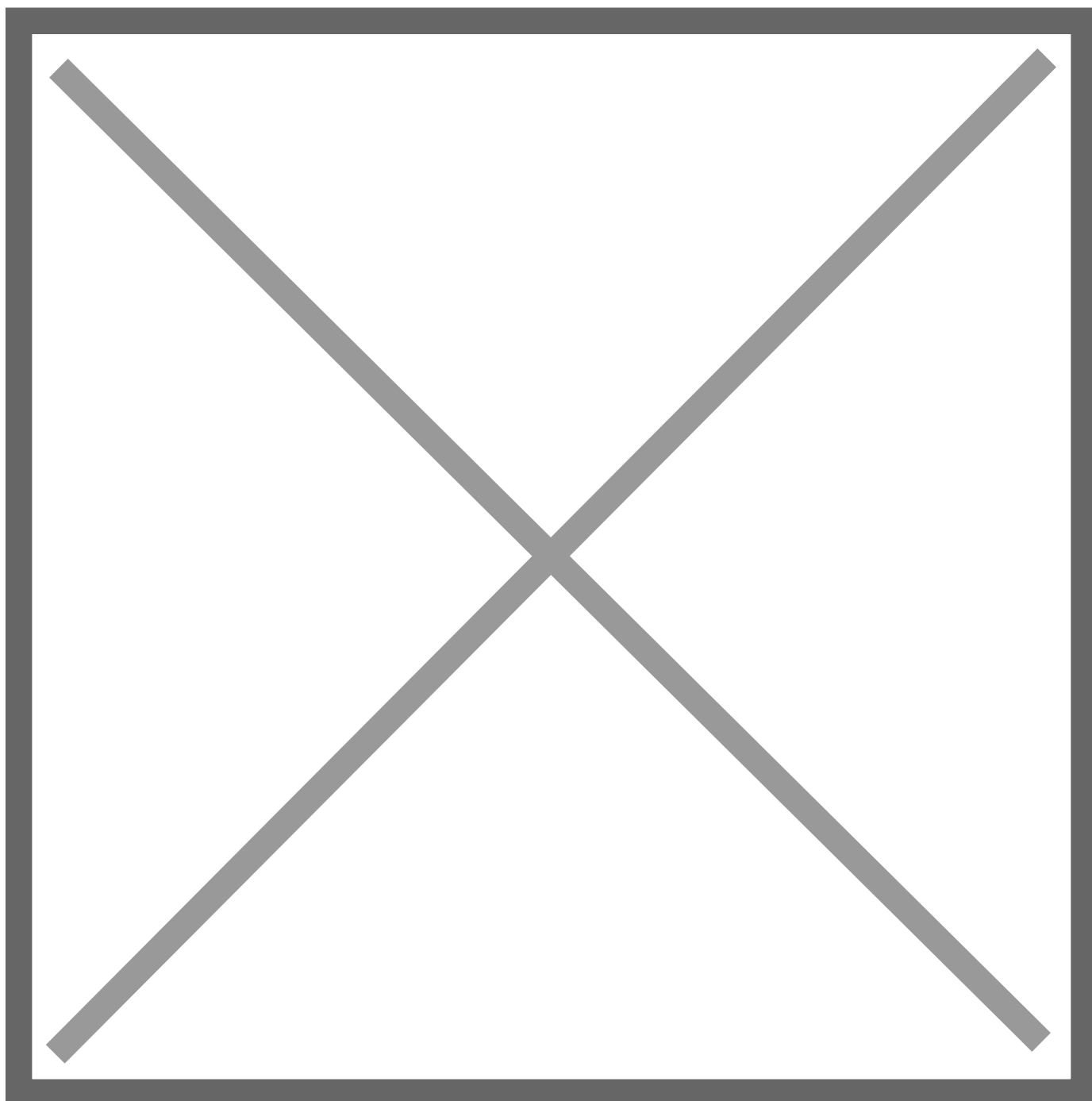
## Mental health - depression disorders

## 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 <a href="http://vizhub.healthdata.org/gbd-compare">http://vizhub.healthdata.org/gbd-compare</a> . (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 <a href="http://vizhub.healthdata.org/gbd-compare">http://vizhub.healthdata.org/gbd-compare</a> . (Last accessed 23.04.25) |
| Definitions:  | Number living with depressive disorder per 100,000 population (Under 20 years of age)                                                                                                                                                                                                                                       |

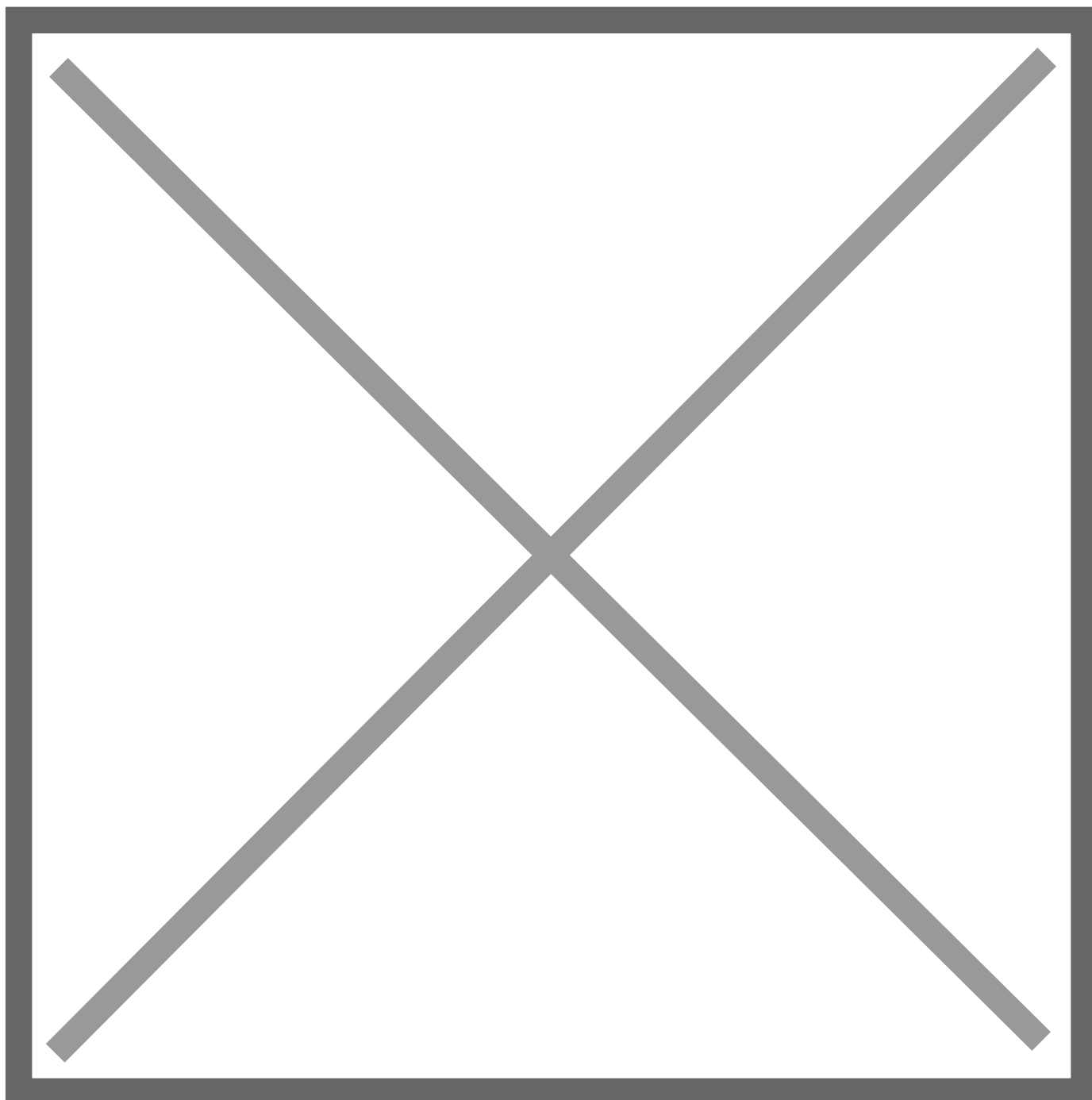
## Girls, 2021



|               |                                                                                                                                                                                                                                                                                                                             |
|---------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 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 <a href="http://vizhub.healthdata.org/gbd-compare">http://vizhub.healthdata.org/gbd-compare</a> . (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



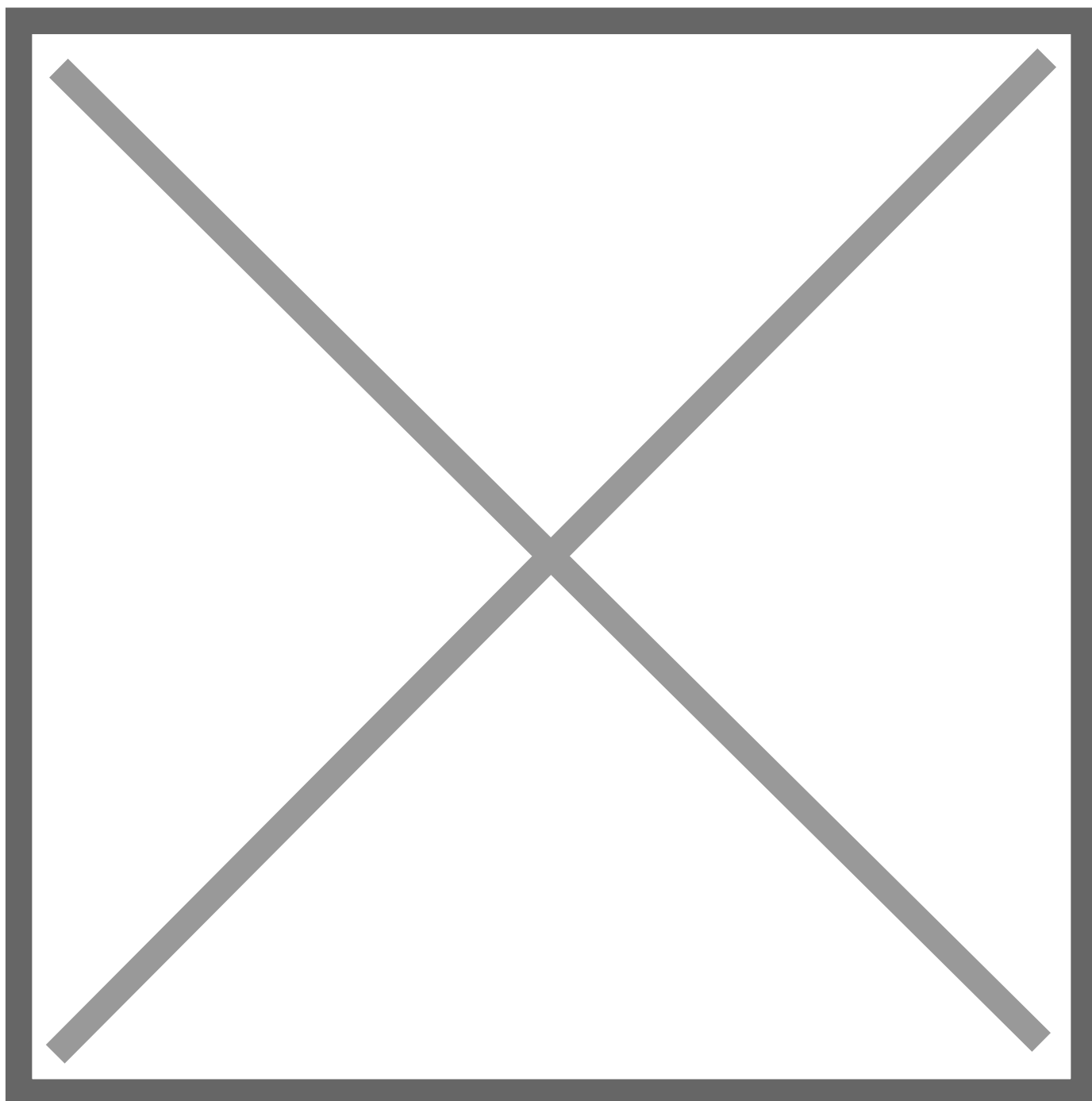
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**References:**

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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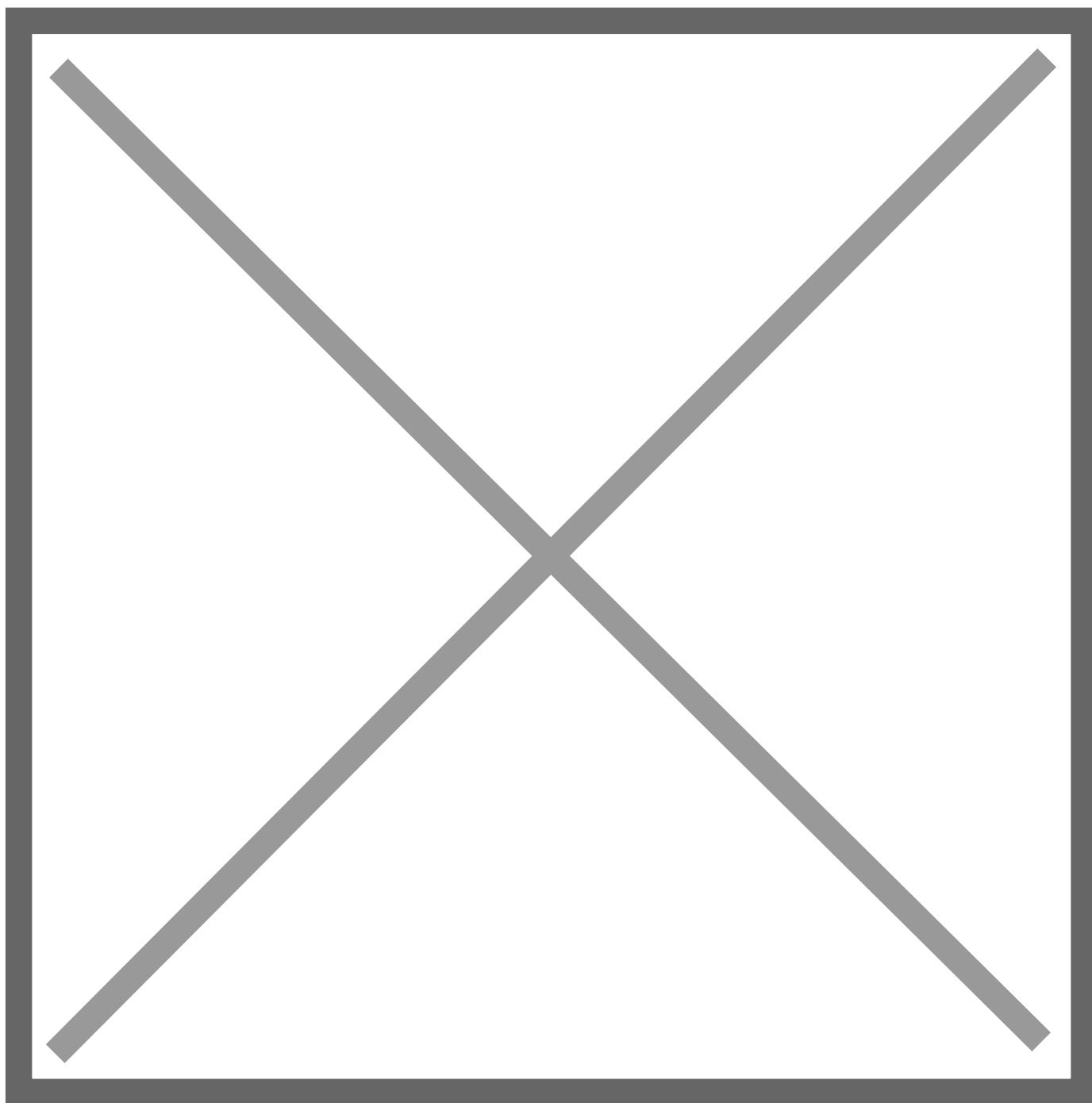
## Boys, 2021



### 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 August 19, 2025