Brazil

Country report card - children

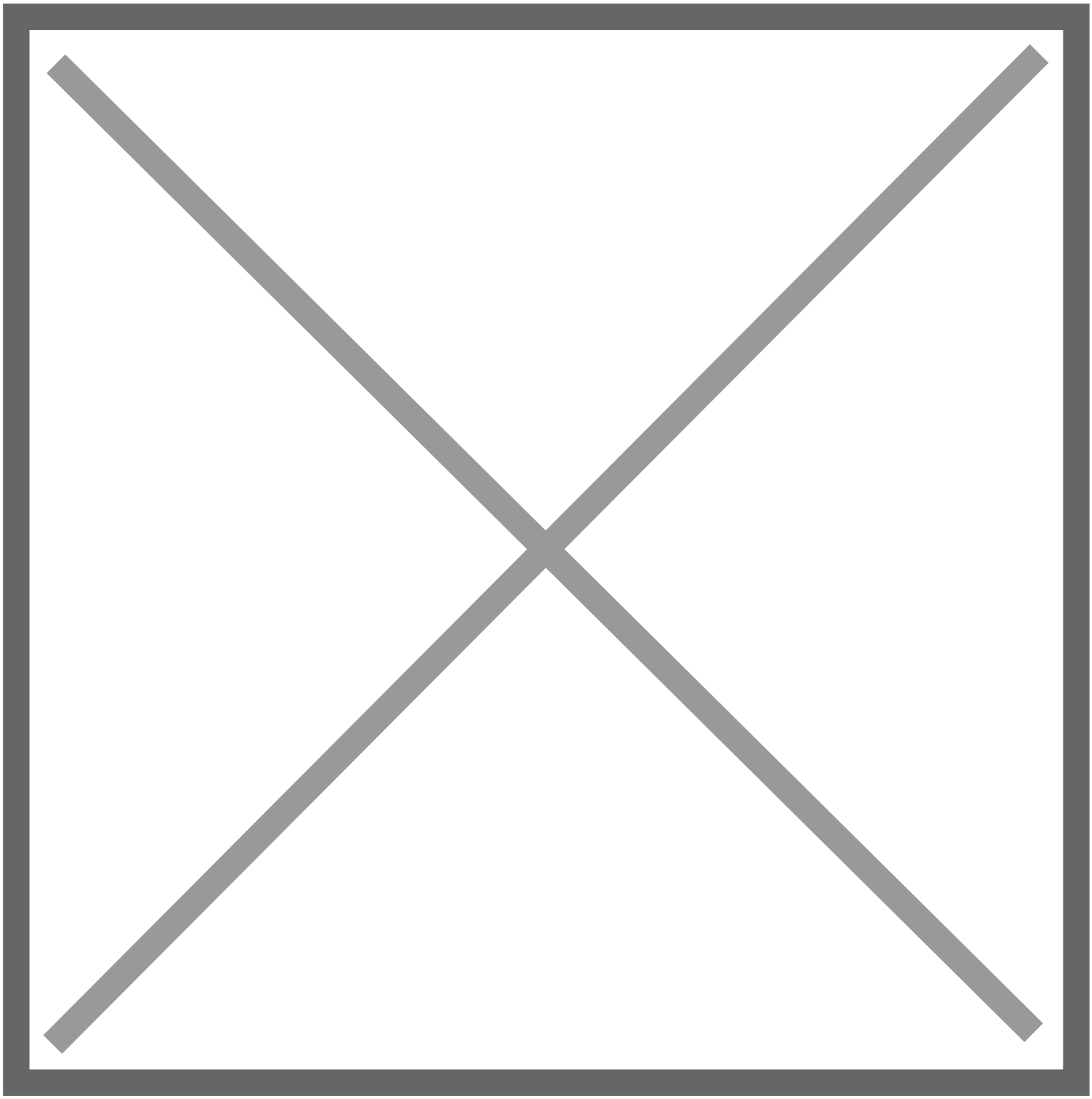
This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity for children, including adolescents (aged 5 to 18 years). Where available, data on common and relevant obesity drivers and comorbidities are also presented.

View the latest version of this report on the Global Obesity Observatory at https://data.worldobesity.org/country/brazil-27/.

Contents	Page
Obesity prevalence	3
Overweight/obesity by education	6
Overweight/obesity by age	8
Overweight/obesity by region	9
Overweight/obesity by socio-economic group	12
Overweight/obesity by ethnicity	13
Double burden of underweight & overweight	14
Insufficient physical activity	15
Mental health - depression disorders	18
Mental health - anxiety disorders	21

Obesity prevalence

Children, 2019

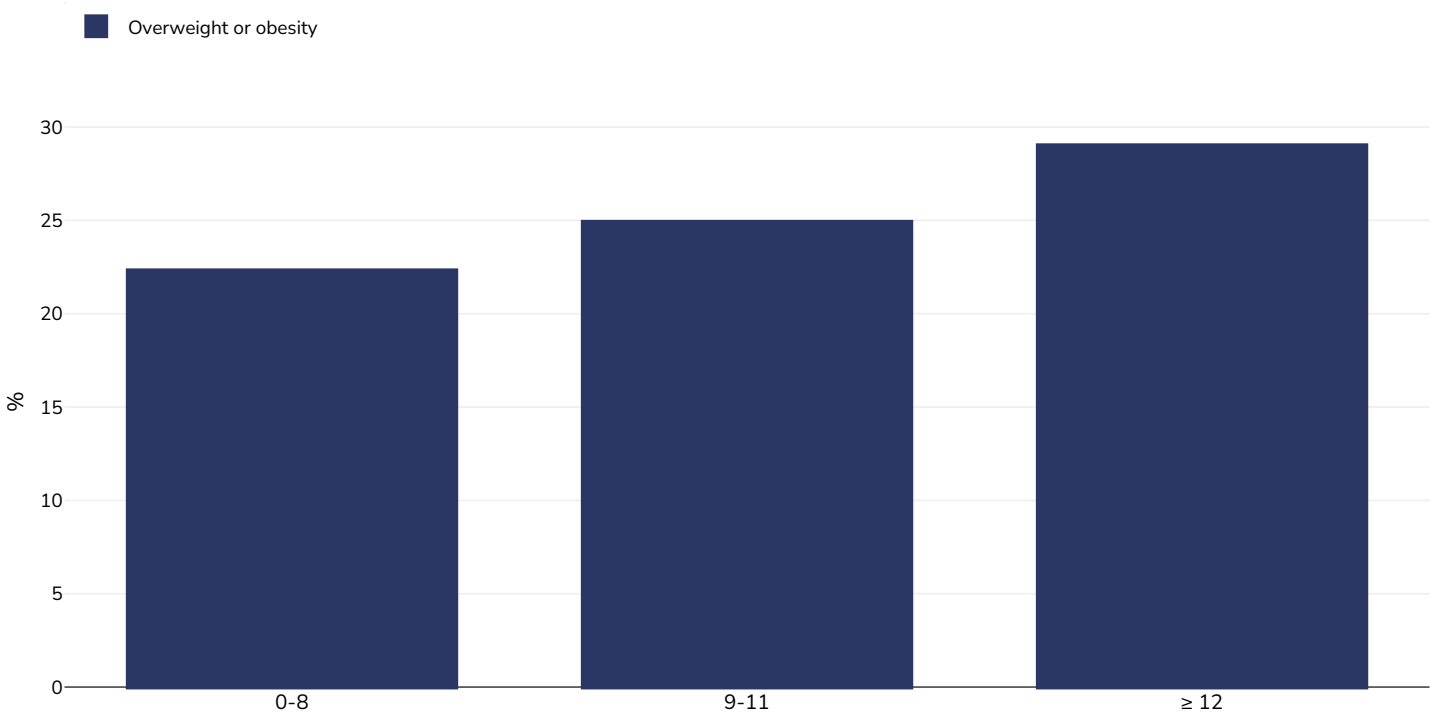


Survey type:	Measured
Age:	15-17
Area covered:	National
References:	Pesquisa nacional de saúde : 2019 : ciclos de vida : Brasil / IBGE, Coordenação de Trabalho e Rendimento. - Rio de Janeiro : IBGE, 2021. Available at https://www.ibge.gov.br/en/statistics/social/health/16840-national-survey-of-health.html?=&t=resultados (last accessed 04.04.23)

Cutoffs:	WHO

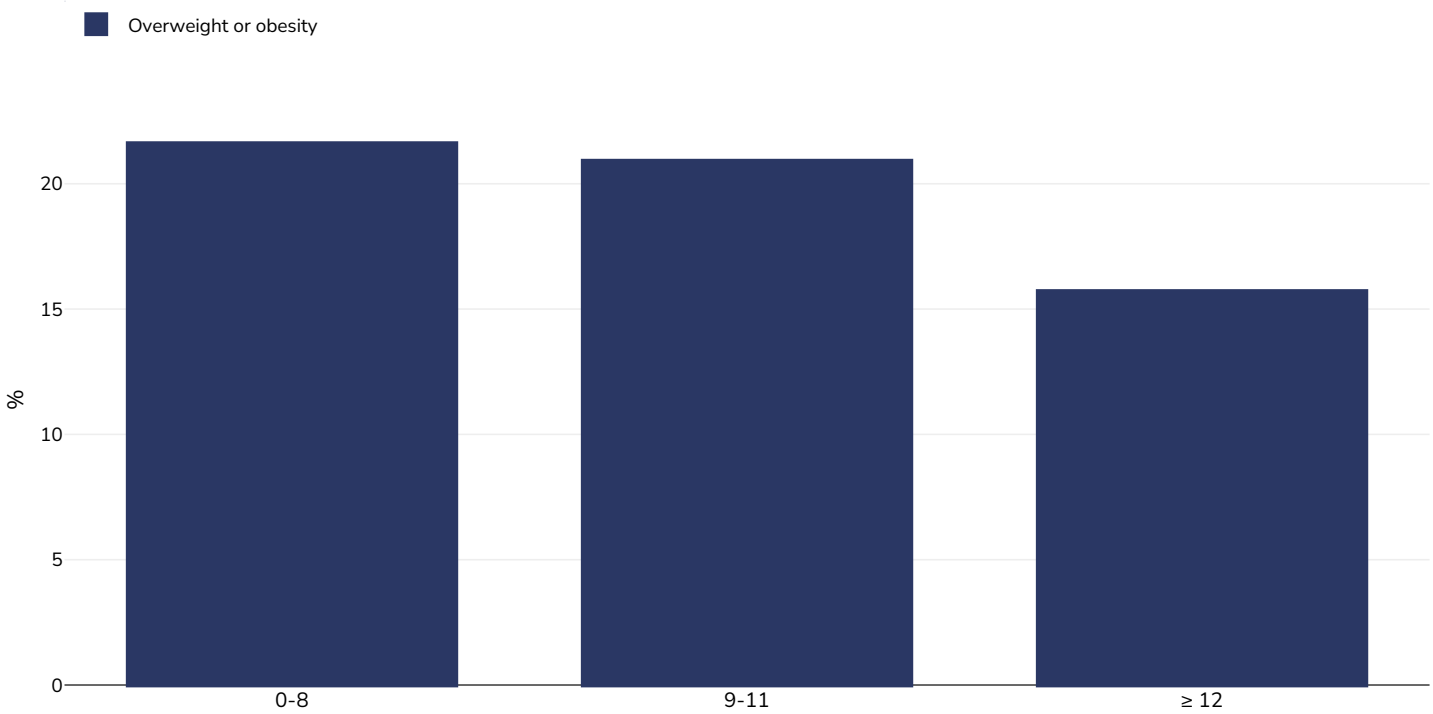
Overweight/obesity by education

Boys, 2007



Survey type:	Measured
Age:	7-14
Sample size:	2826
Area covered:	Subnational - Municipality of Florianópolis
References:	Bernardo, Carla de Oliveira, & Vasconcelos, Francisco de Assis Guedes de. (2012). Association of parents' nutritional status, and sociodemographic and dietary factors with overweight/obesity in schoolchildren 7 to 14 years old. Cadernos de Saúde Pública,28(2), 291-304. Retrieved April 04, 2016, from http://www.scielosp.org/scielo.php?script=sci_arttext&pid=S0102-311X2012000200008&lng=en&tlng=en.
Notes:	Prevalence of obesity based on Father's schooling years. For the analyses, the schoolchildren were classified into two groups: not overweight or obese (values equivalent to BMI < 25kg/m2 in adults) and overweight or obese (values equivalent to BMI ≥ 25kg/m2 in adults)
Cutoffs:	IOTF

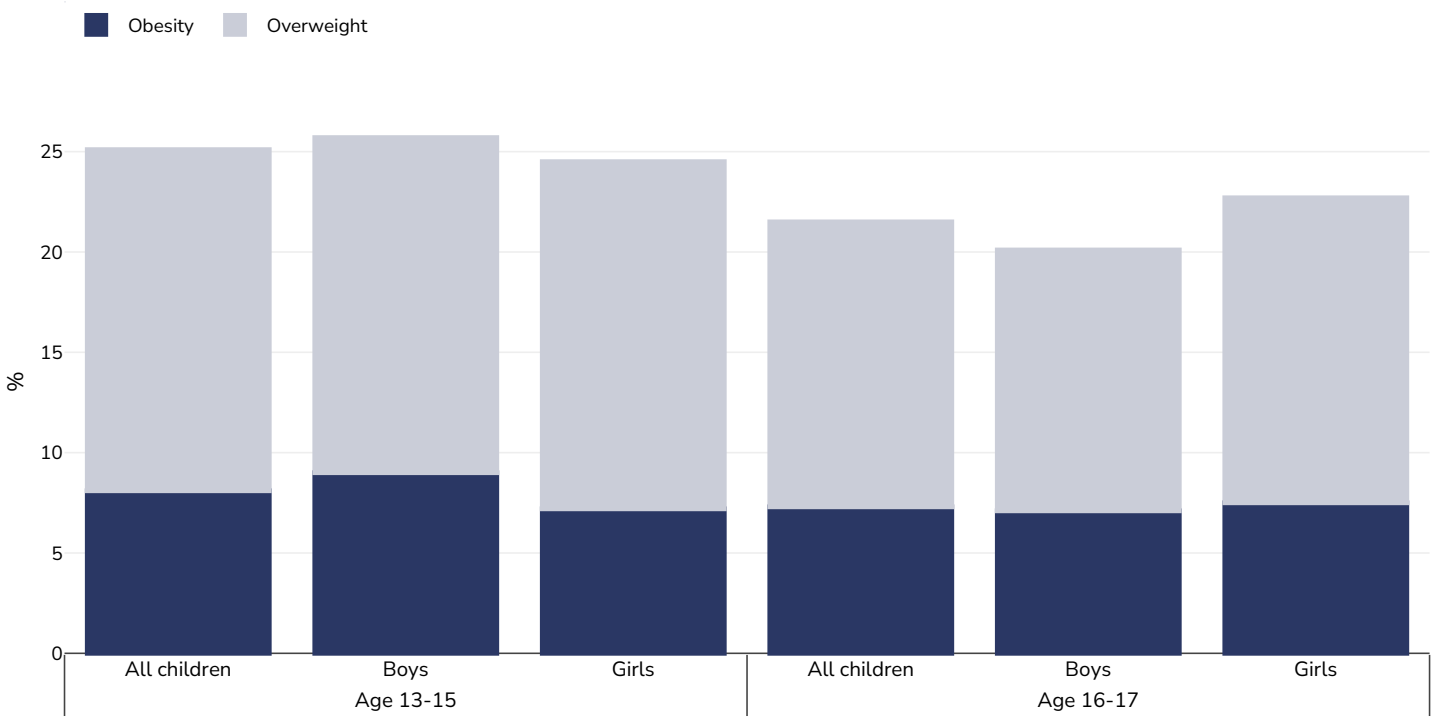
Girls, 2007



Survey type:	Measured
Age:	7-14
Sample size:	2826
Area covered:	Subnational - Municipality of Florianópolis
References:	Bernardo, Carla de Oliveira, & Vasconcelos, Francisco de Assis Guedes de. (2012). Association of parents' nutritional status, and sociodemographic and dietary factors with overweight/obesity in schoolchildren 7 to 14 years old. Cadernos de Saúde Pública,28(2), 291-304. Retrieved April 04, 2016, from http://www.scielosp.org/scielo.php?script=sci_arttext&pid=S0102-311X2012000200008&lng=en&tlng=en.
Notes:	Prevalence of obesity based on Father's schooling years. For the analyses, the schoolchildren were classified into two groups: not overweight or obese (values equivalent to BMI < 25kg/m2 in adults) and overweight or obese (values equivalent to BMI ≥ 25kg/m2 in adults)
Cutoffs:	IOTF

Overweight/obesity by age

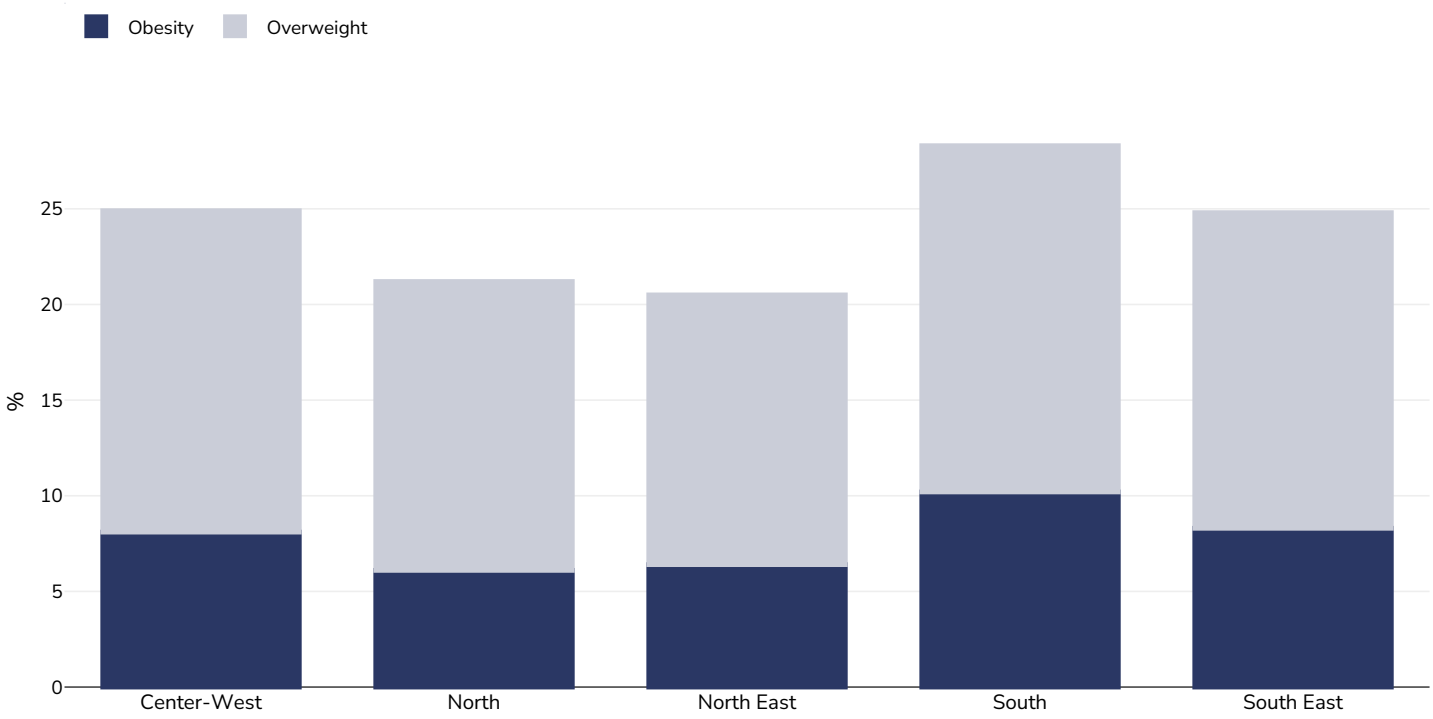
Children, 2015



Survey type:	Measured
Sample size:	10902
Area covered:	National
References:	Pesquisa nacional de saúde do escolar (PeNSE) : 2015. Brasil / IBGE, Coordenação de População e Indicadores Sociais. Rio de Janeiro: IBGE, 2021. Available at: https://www.ibge.gov.br/en/statistics/social/health/16837-national-survey-of-school-health-editions.html?edicao=16842 [Accessed 27.05.25]
Cutoffs:	WHO

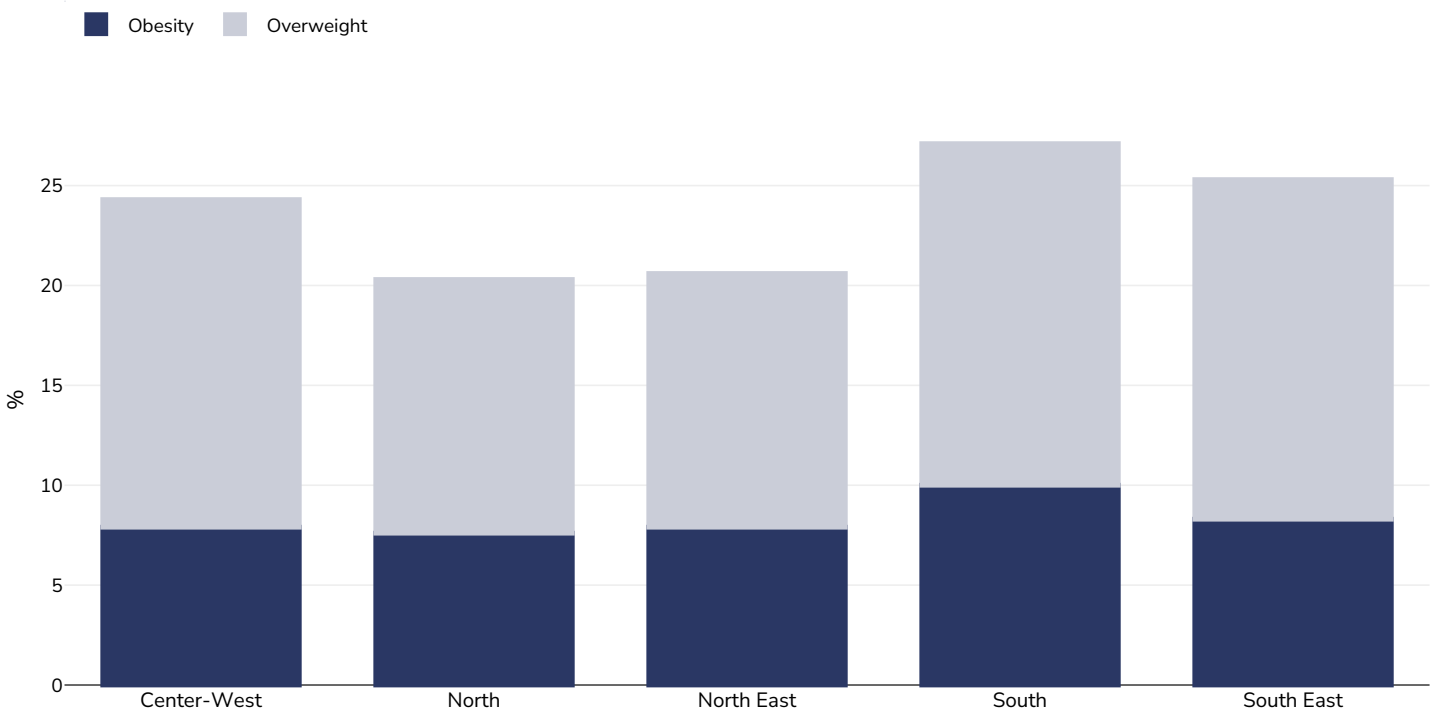
Overweight/obesity by region

Children, 2015



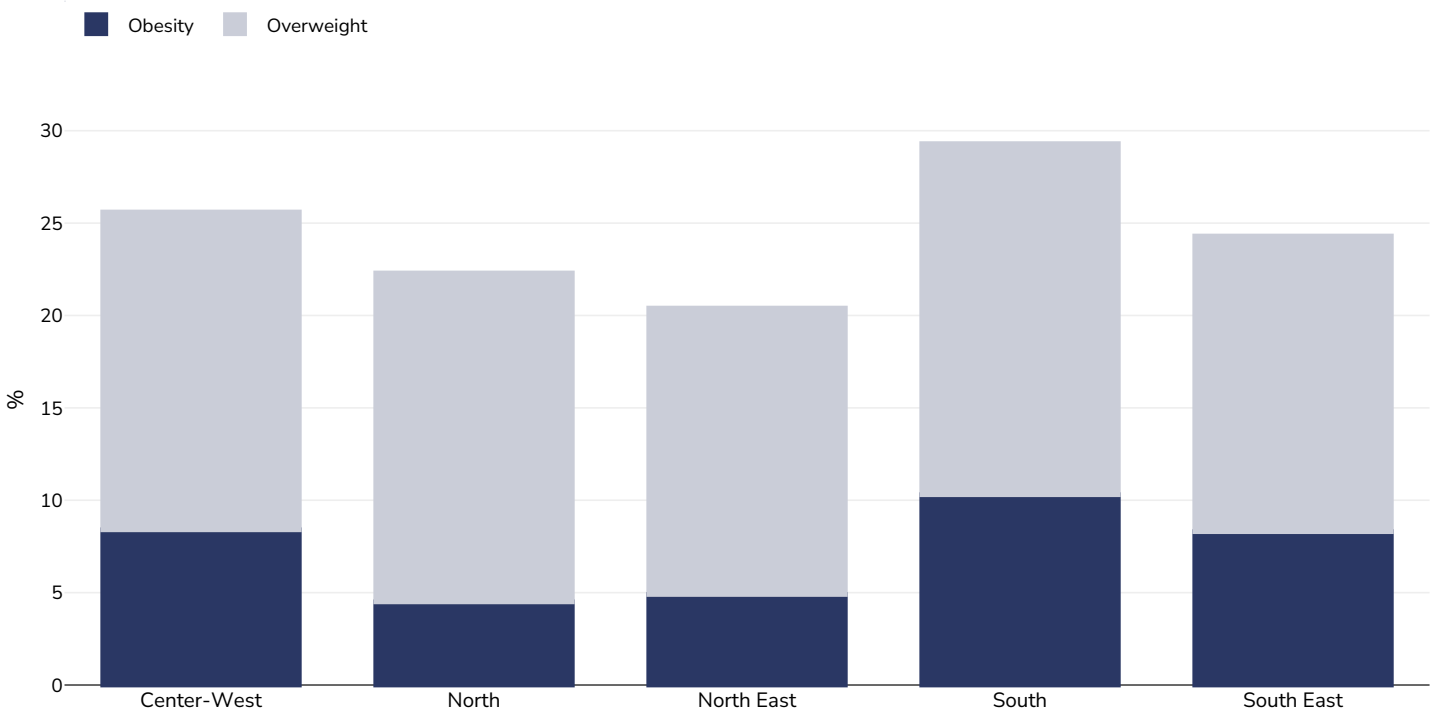
Survey type:	Measured
Age:	13-17
Sample size:	10902
Area covered:	National
References:	Pesquisa nacional de saúde do escolar (PeNSE) : 2015. Brasil / IBGE, Coordenação de População e Indicadores Sociais. Rio de Janeiro: IBGE, 2021. Available at: https://www.ibge.gov.br/en/statistics/social/health/16837-national-survey-of-school-health-editions.html?edicao=16842 [Accessed 27.05.25]
Cutoffs:	WHO

Boys, 2015



Survey type:	Measured
Age:	13-17
Sample size:	10902
Area covered:	National
References:	Pesquisa nacional de saúde do escolar (PeNSE) : 2015. Brasil / IBGE, Coordenação de População e Indicadores Sociais. Rio de Janeiro: IBGE, 2021. Available at: https://www.ibge.gov.br/en/statistics/social/health/16837-national-survey-of-school-health-editions.html?edicao=16842 [Accessed 27.05.25]
Cutoffs:	WHO

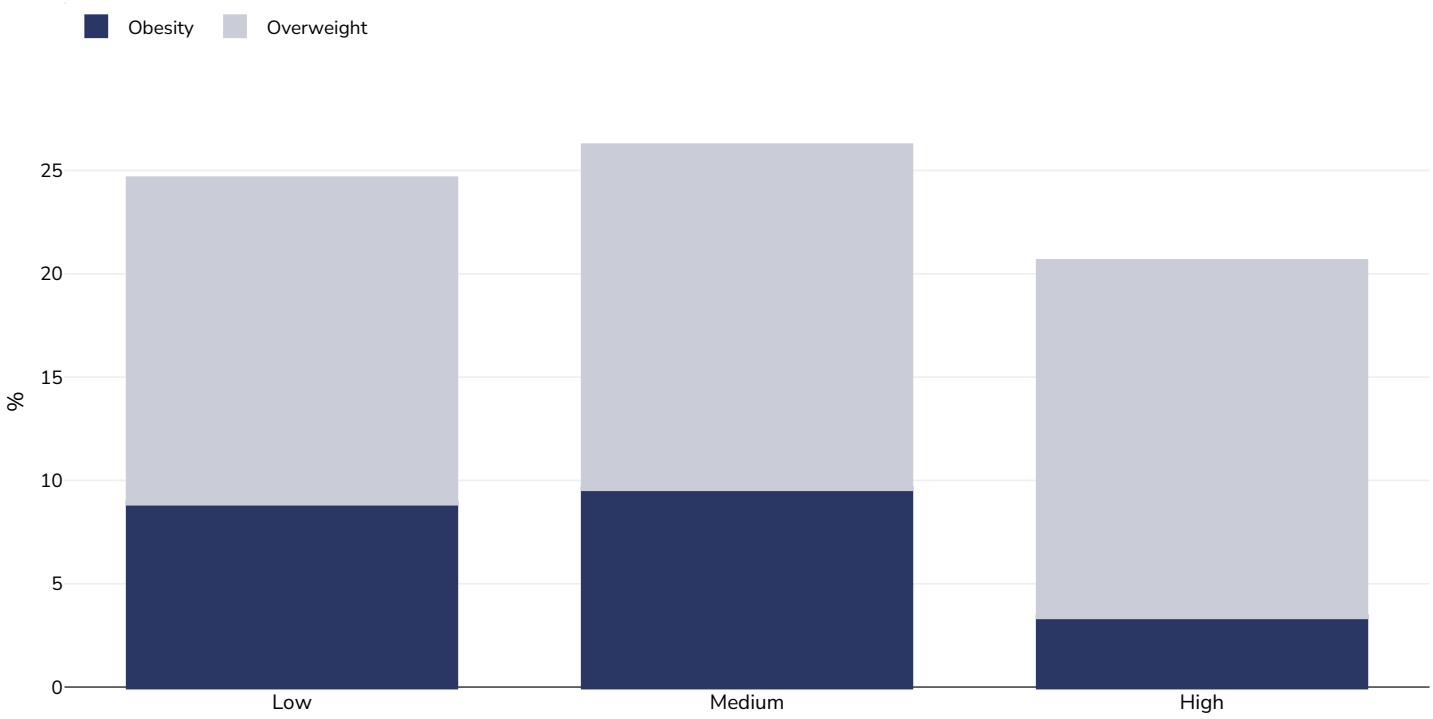
Girls, 2015



Survey type:	Measured
Age:	13-17
Sample size:	10902
Area covered:	National
References:	Pesquisa nacional de saúde do escolar (PeNSE) : 2015. Brasil / IBGE, Coordenação de População e Indicadores Sociais. Rio de Janeiro: IBGE, 2021. Available at: https://www.ibge.gov.br/en/statistics/social/health/16837-national-survey-of-school-health-editions.html?edicao=16842 [Accessed 27.05.25]
Cutoffs:	WHO

Overweight/obesity by socio-economic group

Children, 2010



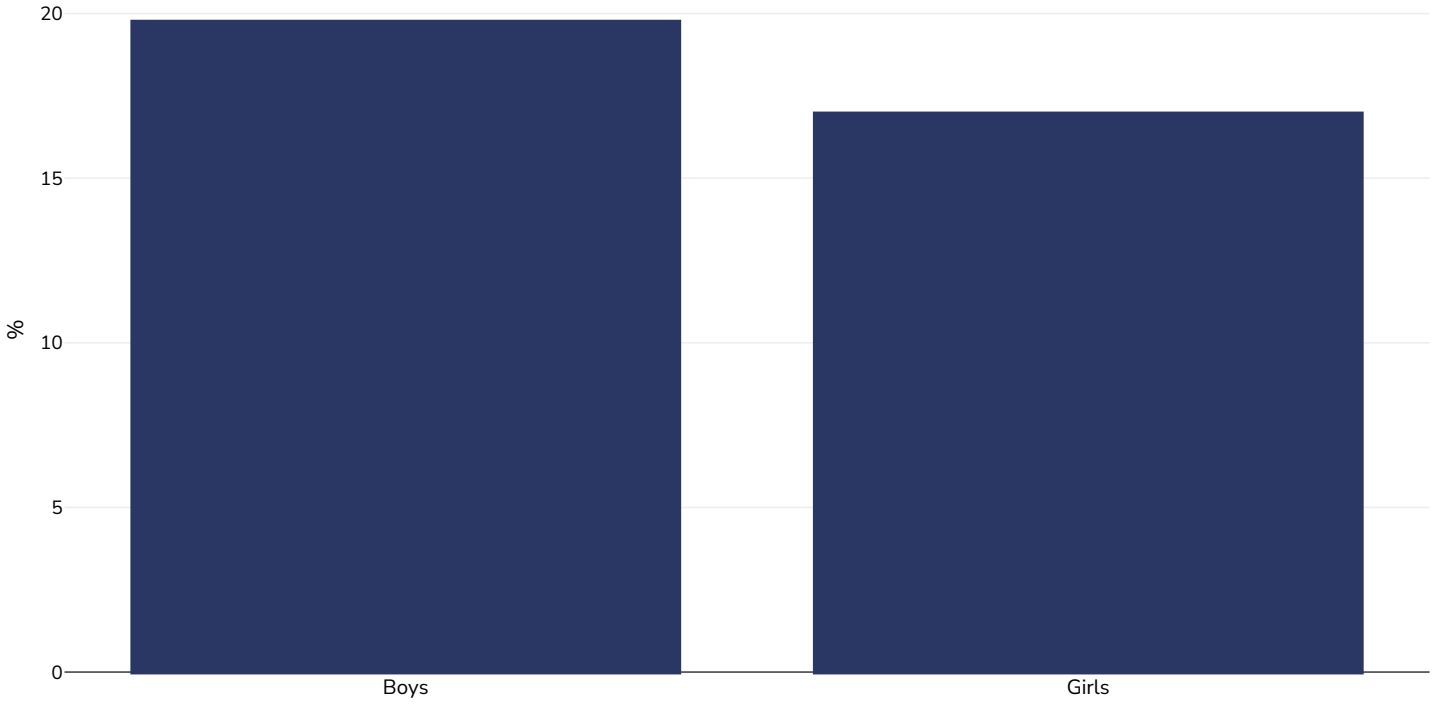
Survey type:	Measured
Age:	6-10
Sample size:	939
Area covered:	Municipality of Cruzeiro do Oeste, Southern Brazil.
References:	Azambuja, Ana Paula de O., Netto-Oliveira, Edna Regina, Oliveira, Amauri Aparecido B. de, Azambuja, Maximiliano dos Anjos, & Rinaldi, Wilson. (2013). Prevalence of overweight/obesity and economical status of schoolchildren. Revista Paulista de Pediatria, 31(2), 166-171. https://dx.doi.org/10.1590/S0103-05822013000200006
Notes:	The socioeconomic status was defined through a questionnaire of economic classification by the Brazilian Association of Research Companies – AssociaÃ¢Ë?Å¡Ã?Å¸Ã¢Ë?Å¡Ã?Â£o Brasileira de Empresas de Pesquisa, ABEP. This classification is based on items such as ownership of goods (television, radio, car, vacuum cleaner, VCR and/or DVD player, fridge, freezer and washing machine), services (housemaid), household characteristics (number of bathrooms) and educational level of the head of the household. The total score for each item results in the classification of respondents into seven strata identified as "social classes" A1, A2, B1, B2, C, D, and E(17). For analysis purposes, the eight economic levels, proposed by ABEP, were regrouped and named as follows: A1, A2, and B1 in High Economic Level (H); B2, C1 and C2 in Medium Economic Level (M) and, D and E in Low Economic Level (L).
Cutoffs:	Other

Overweight/obesity by ethnicity

Ethnic groups are as defined by publication of origin and are not as defined by WOF. In some instances ethnicity is conflated with nationality and/or race.

Double burden of underweight & overweight

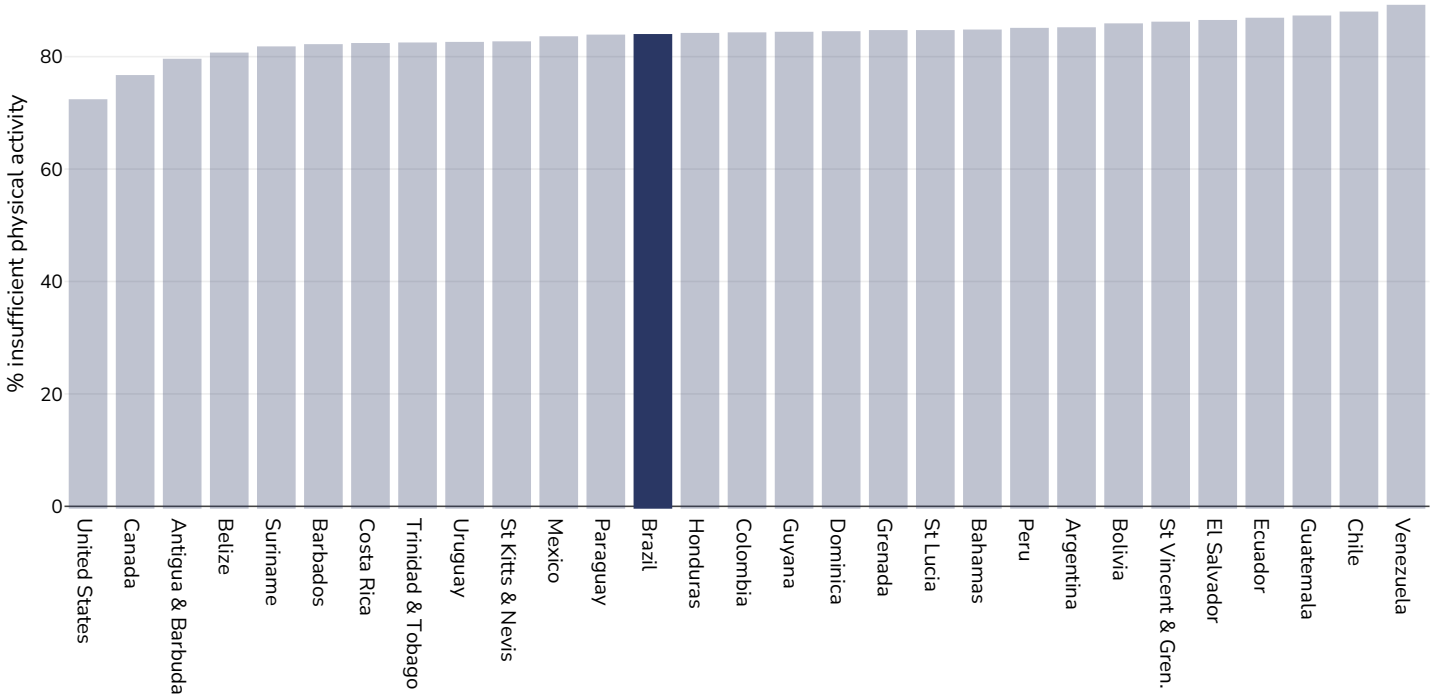
Children, 2022



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

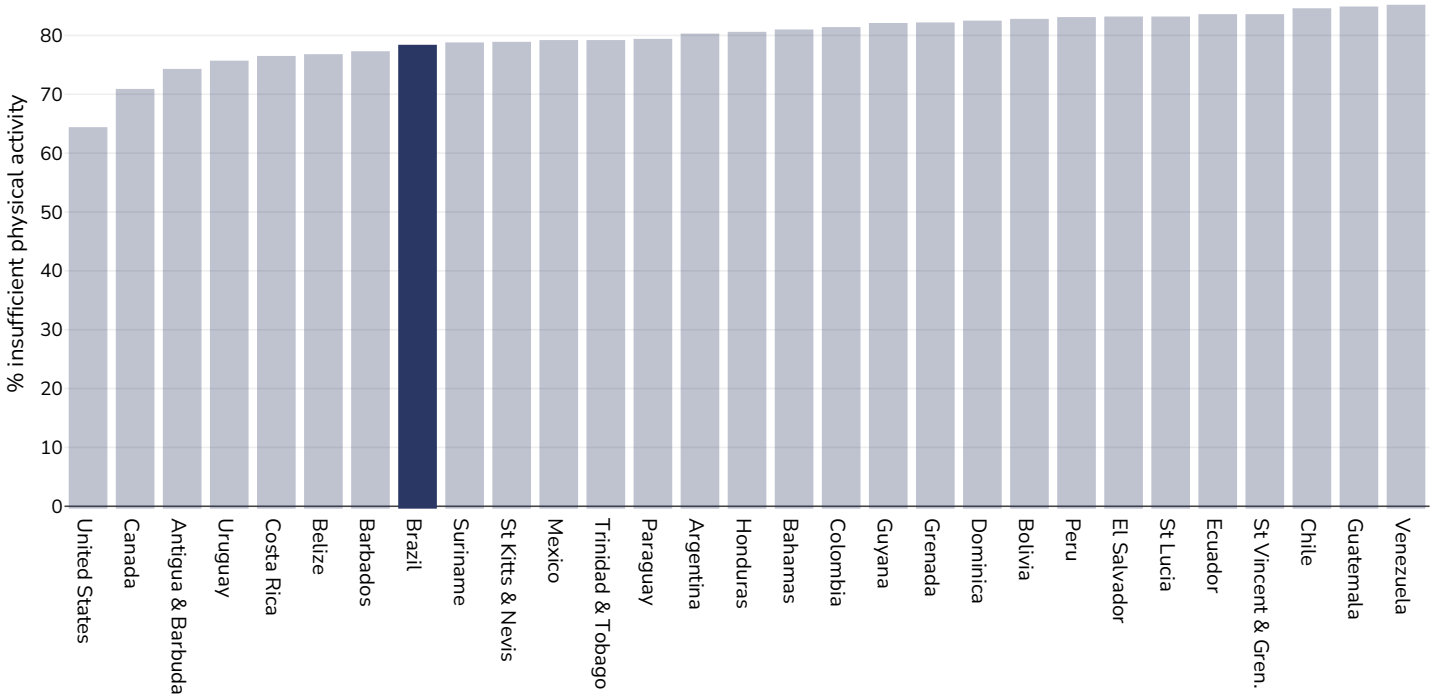
Insufficient physical activity

Children, 2016



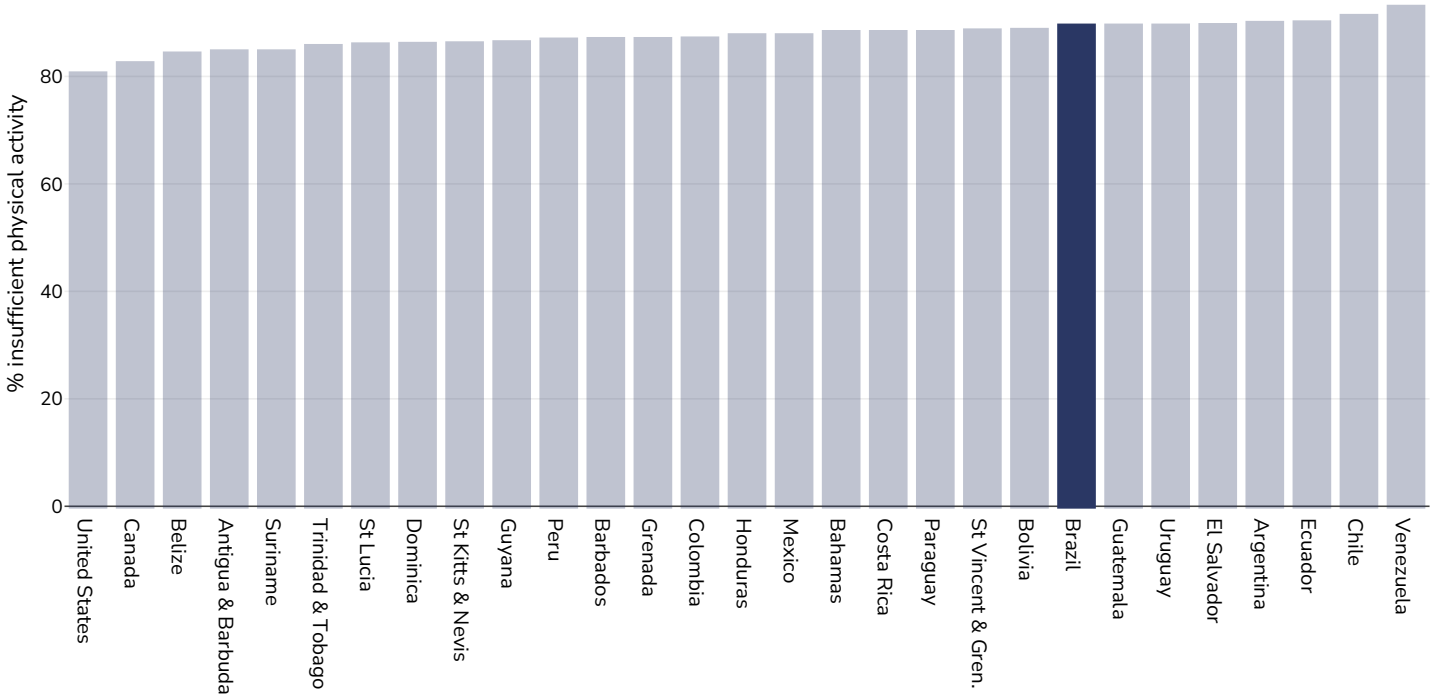
Survey type:	Self-reported
Age:	11-17
References:	Global Health Observatory data repository, World Health Organisation, https://apps.who.int/gho/data/node.main.A893ADO?lang=en (last accessed 16.03.21)
Notes:	% of school going adolescents not meeting WHO recommendations on Physical Activity for Health,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

Boys, 2016



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)

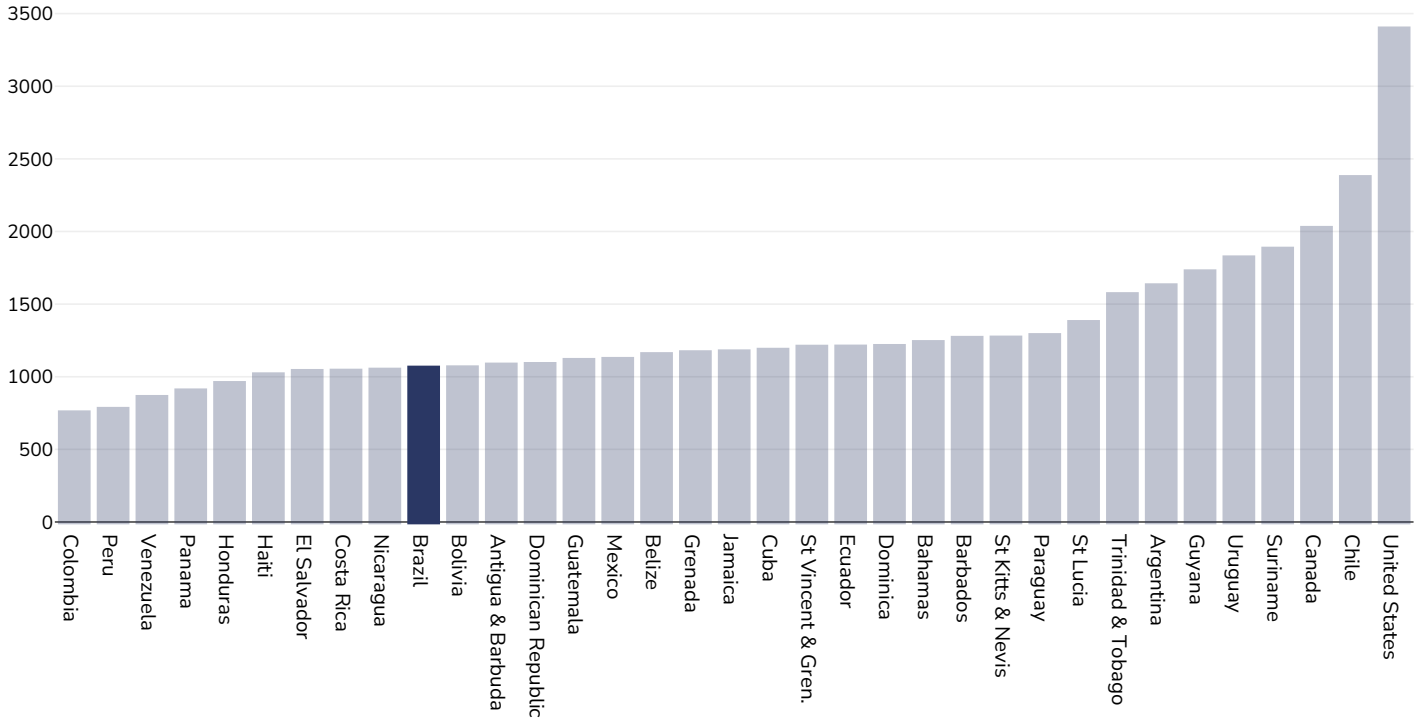
Girls, 2016



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)

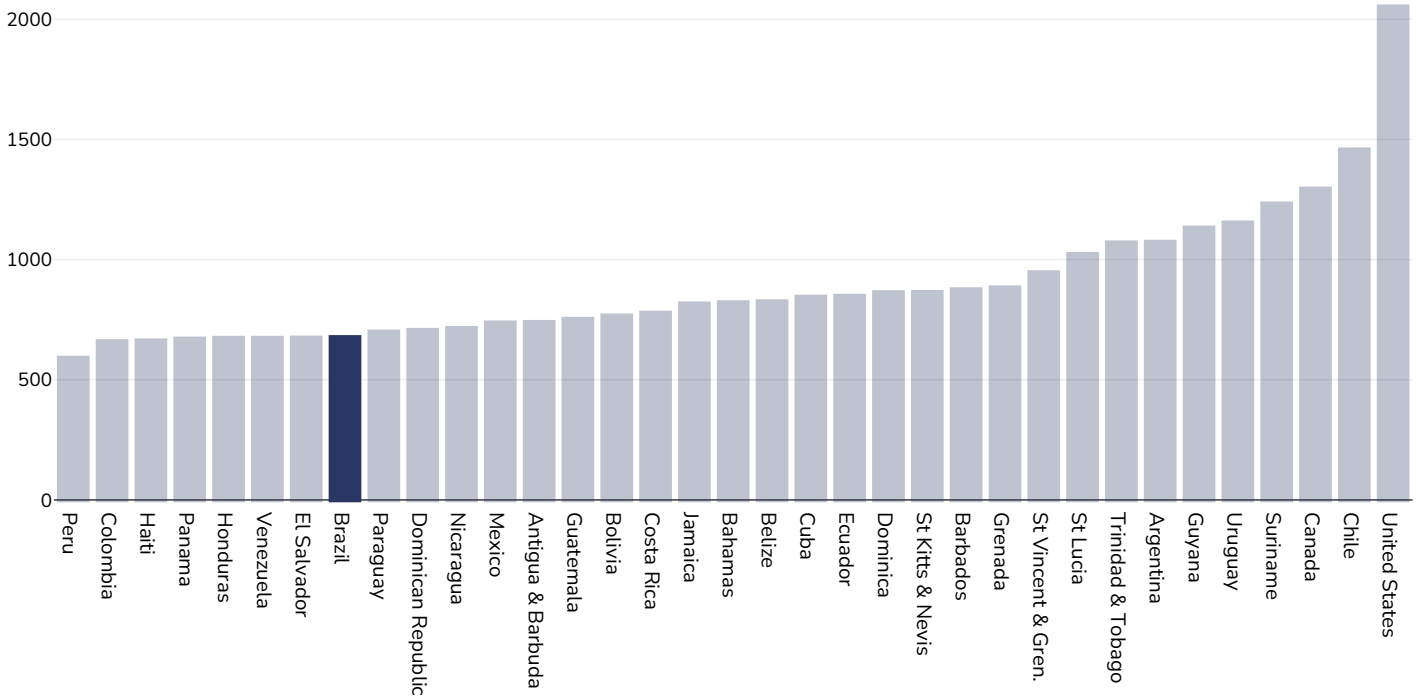
Mental health - depression disorders

Children, 2021



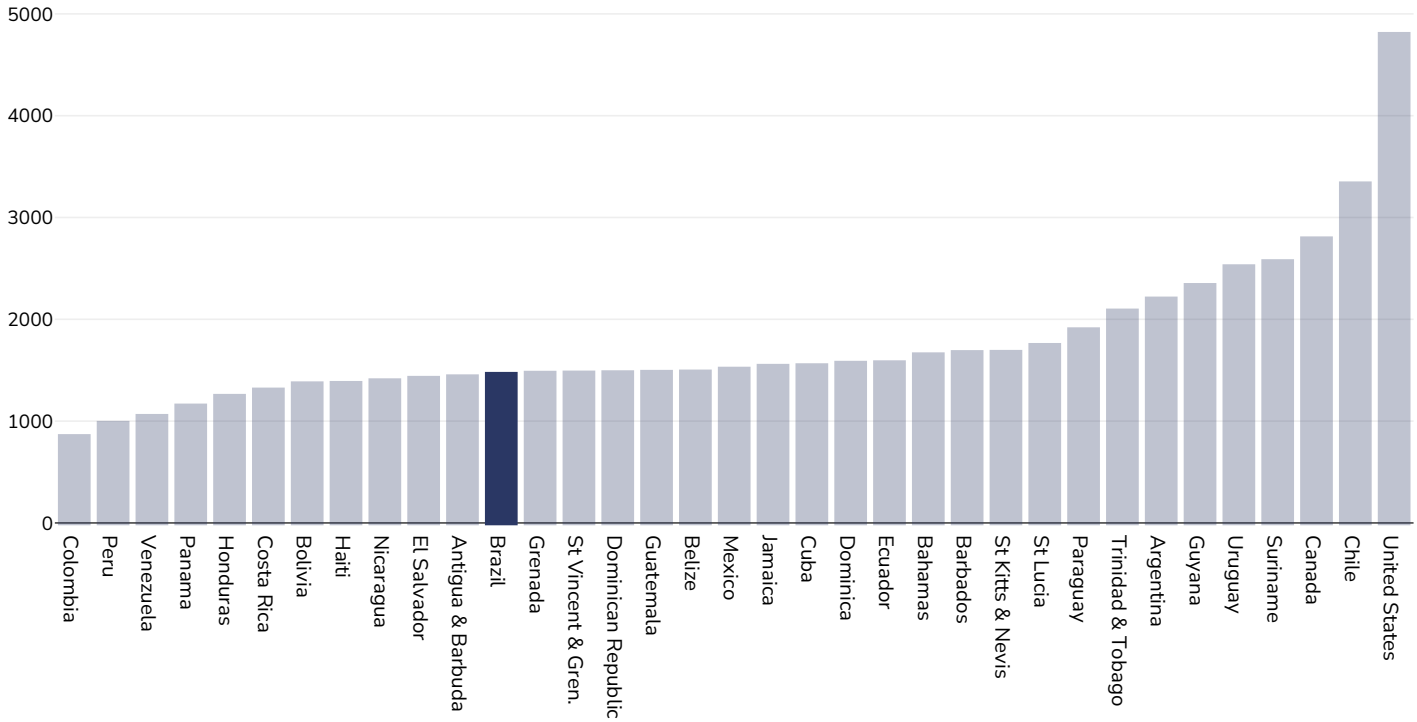
Area covered:	National
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from http://vizhub.healthdata.org/gbd-compare. (Last accessed 23.04.25)
Definitions: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

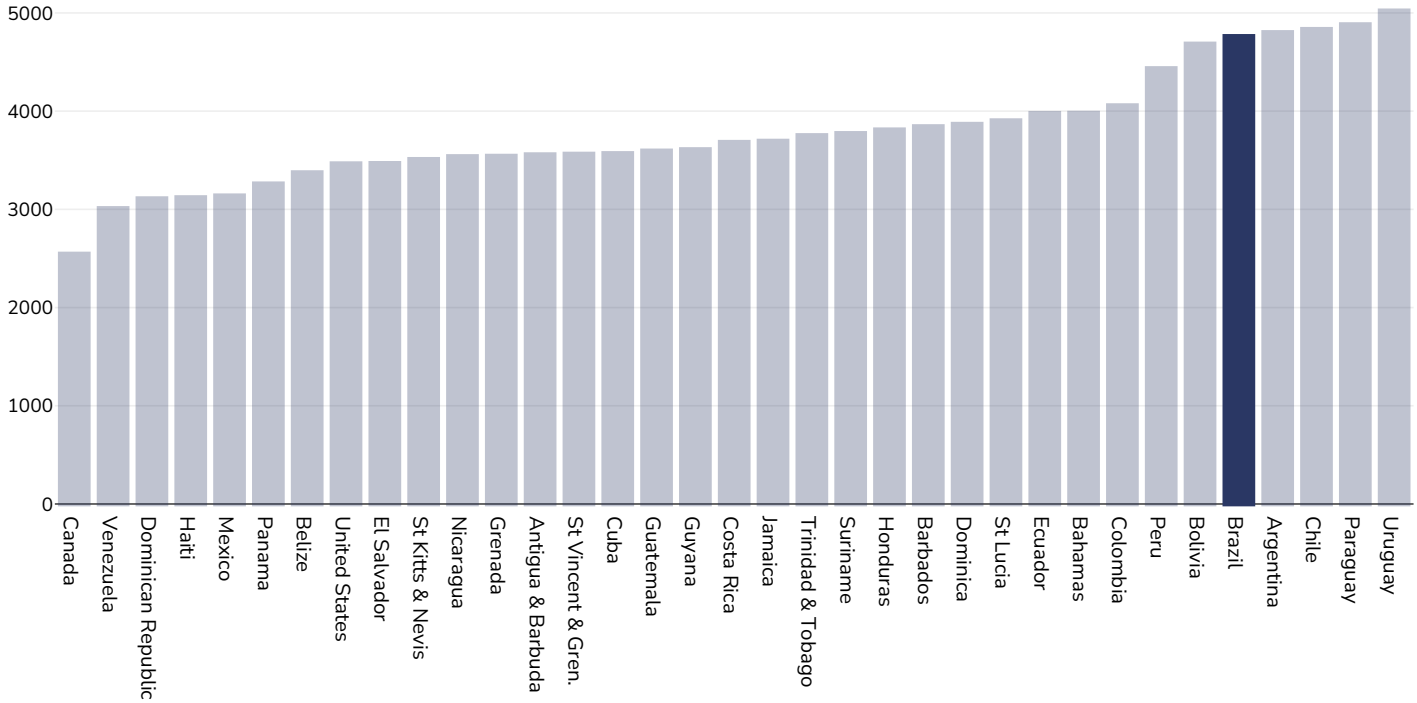
Girls, 2021



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)

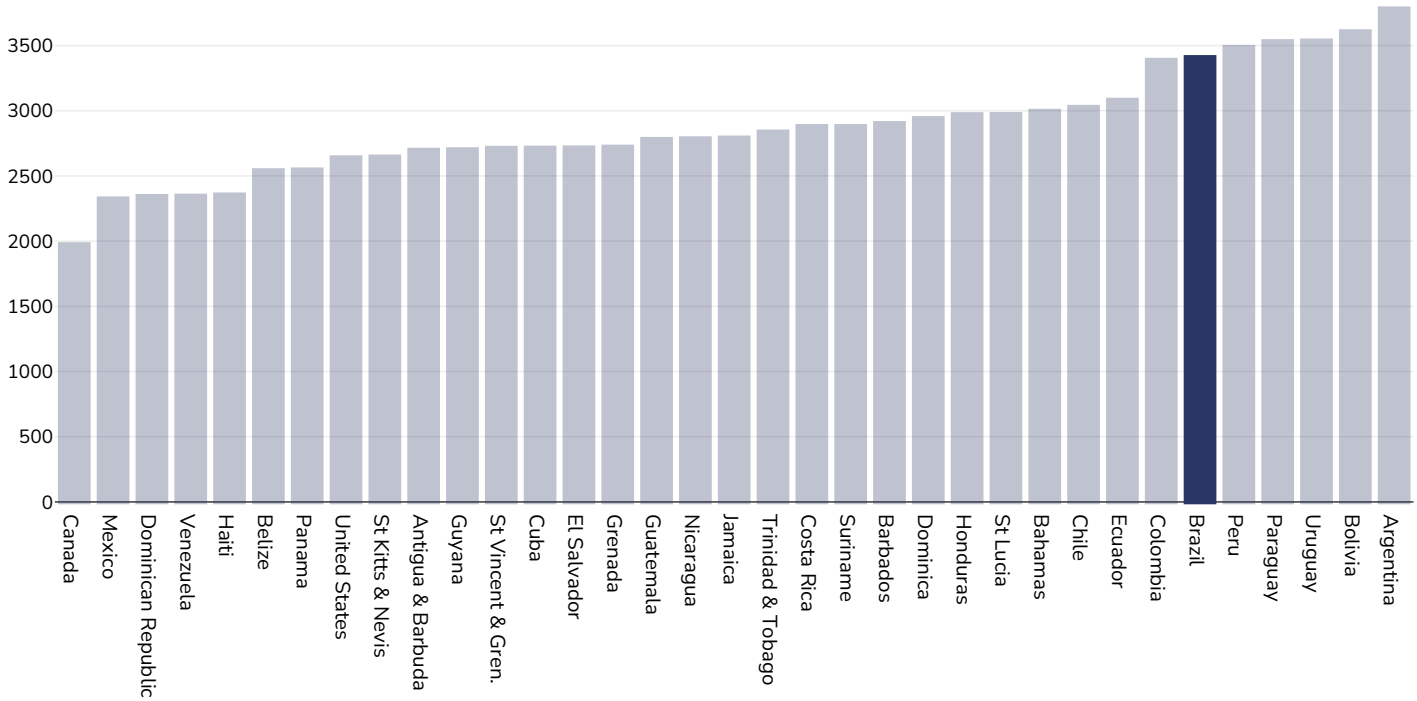
Mental health - anxiety disorders

Children, 2021



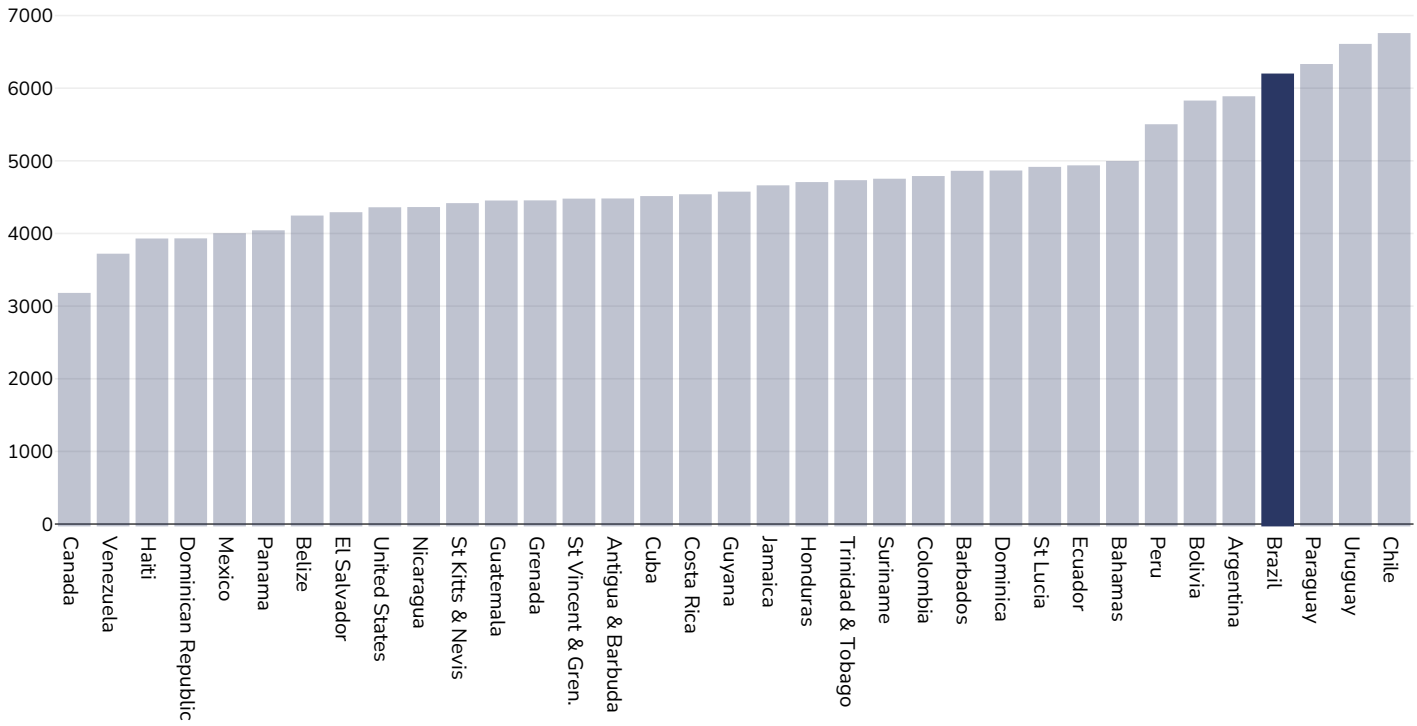
References: Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from http://vizhub.healthdata.org/gbd-compare. (Last accessed 23.04.25)

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 August 20, 2025