# Brazil



## Country report card - children

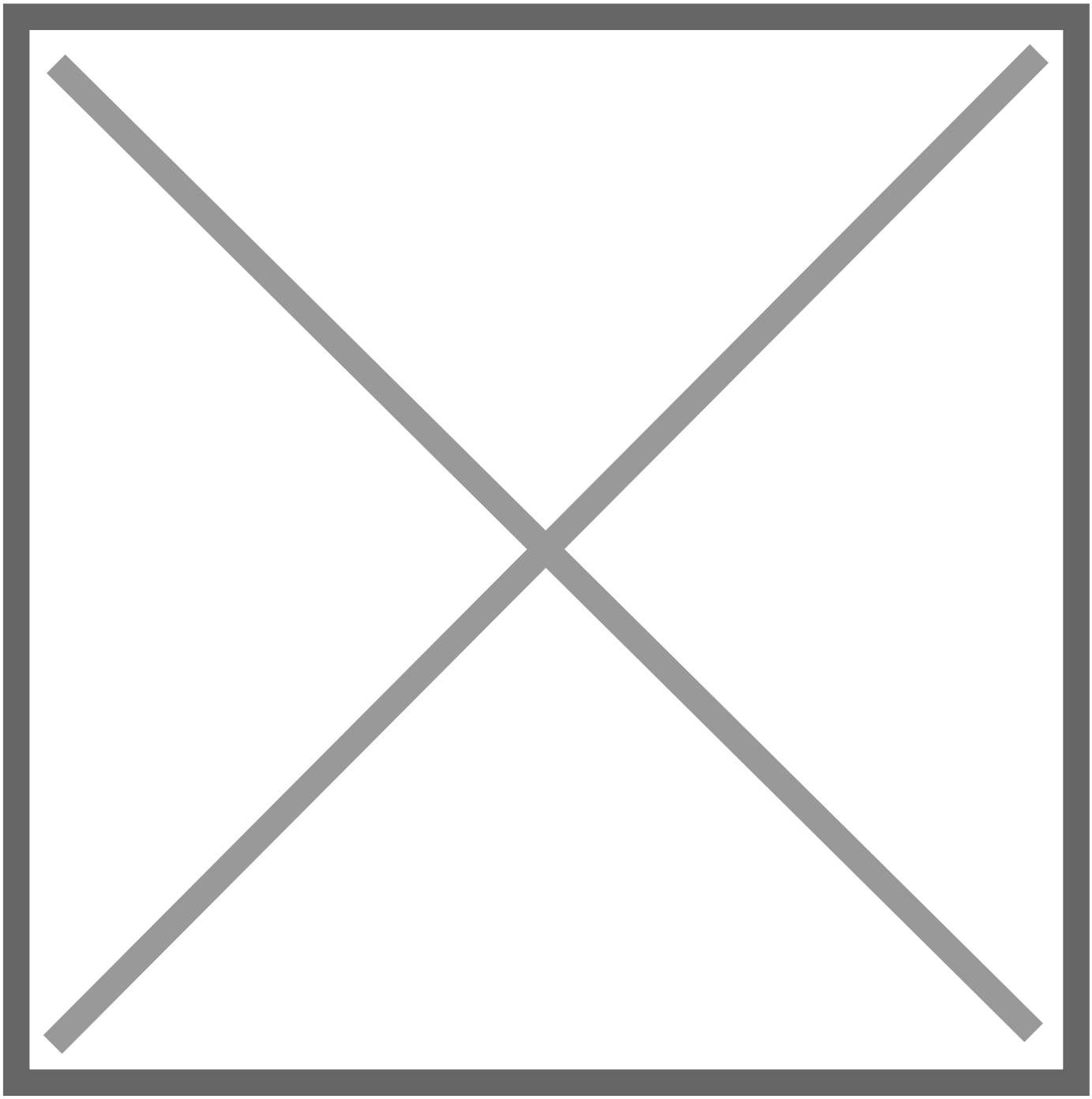
*This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity for children, including adolescents (aged 5 to 18 years). Where available, data on common and relevant obesity drivers and comorbidities are also presented.*

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

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## Obesity prevalence

## Children, 2019

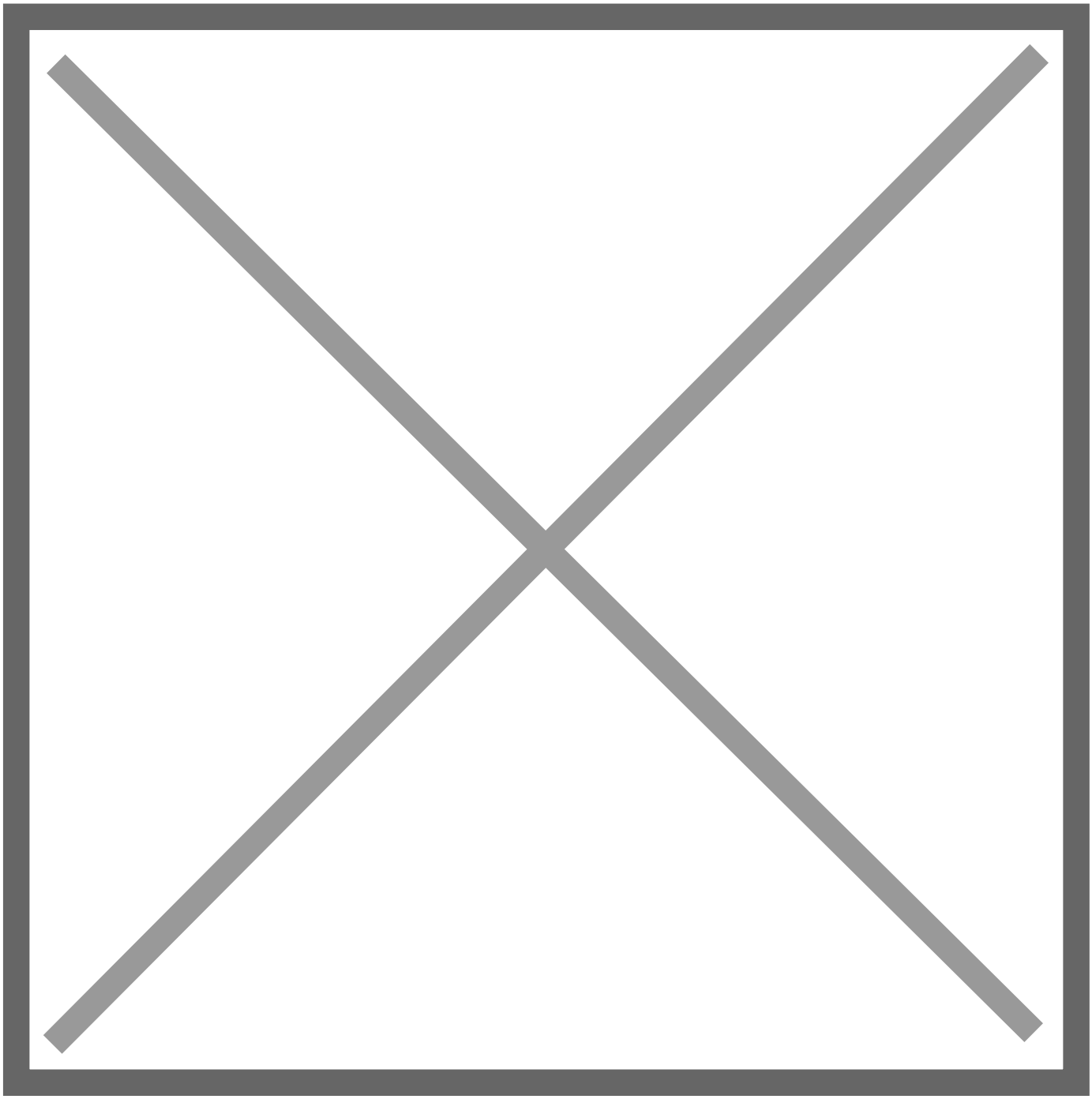


| | |
|---|---|
| **Survey type:** | Measured |
| **Age:** | 15-17 |
| **Area covered:** | National |
| **References:** | Pesquisa nacional de saúde : 2019 : ciclos de vida : Brasil / IBGE, Coordenação de Trabalho e Rendimento. - Rio de Janeiro : IBGE, 2021. Available at https://www.ibge.gov.br/en/statistics/social/health/16840-national-survey-of-health.html?=&t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

| | |
|---|---|
| **Cutoffs:** | WHO |

## Overweight/obesity by education

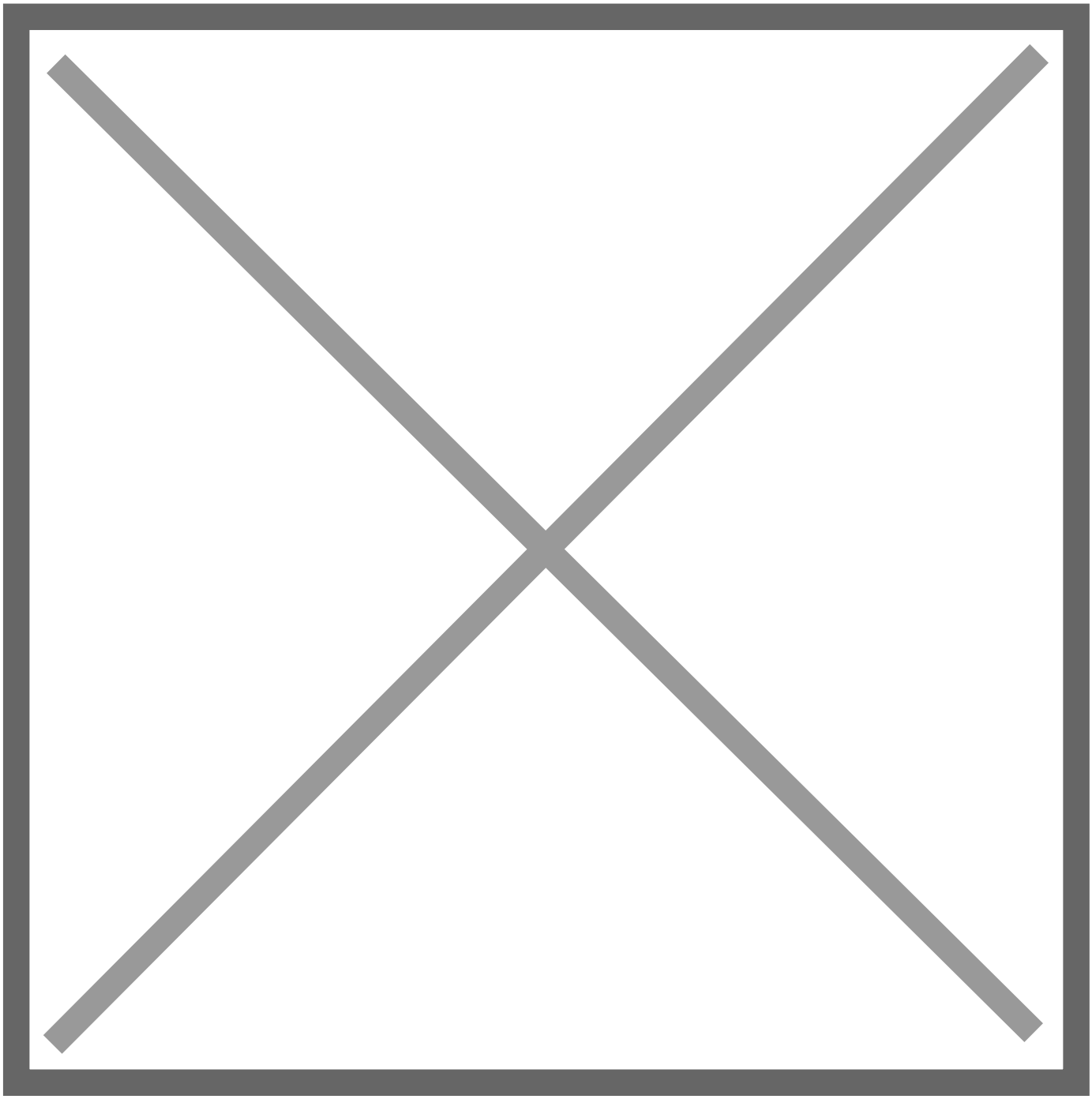
## Boys, 2007



| | |
|---|---|
| **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

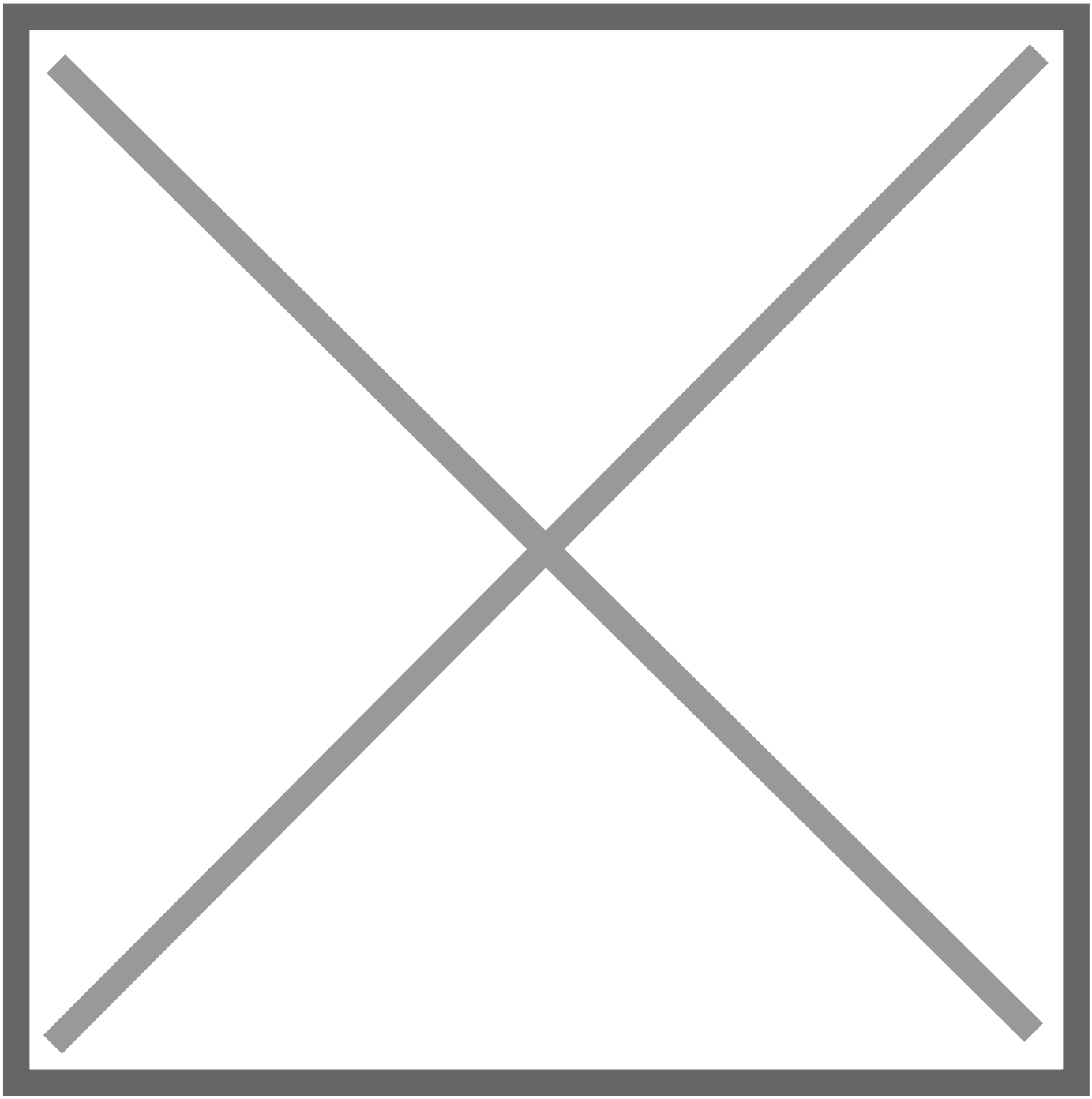


| | |
|---|---|
| **Survey type:** | Measured |
| **Age:** | 7-14 |
| **Sample size:** | 2826 |
| **Area covered:** | Subnational - Municipality of Florianópolis |

| | |
|---|---|
| **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

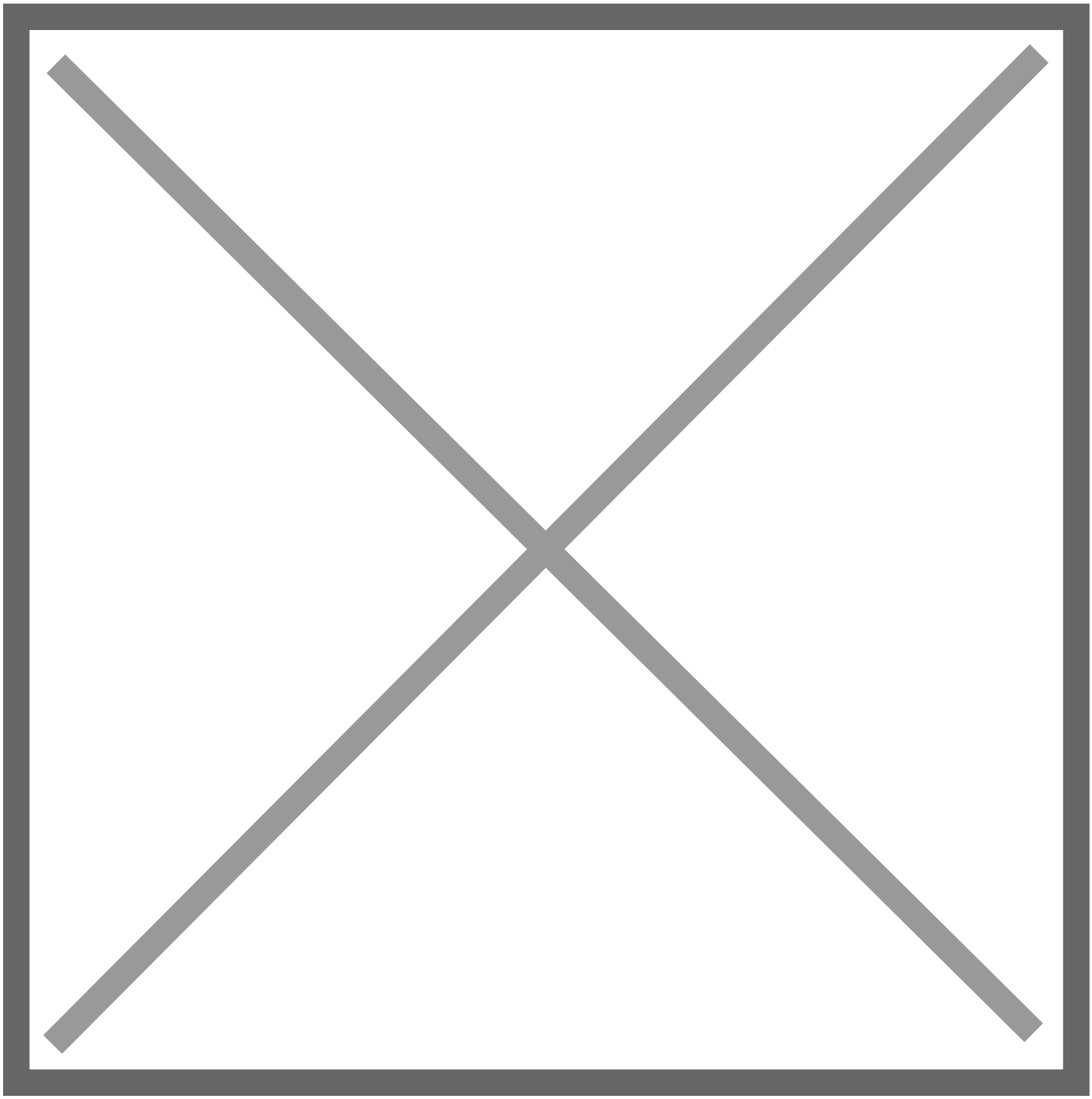


| | |
|---|---|
| **Survey type:** | Measured |
| **Sample size:** | 10902 |
| **Area covered:** | National |
| **References:** | Pesquisa nacional de saúde do escolar (PeNSE) : 2015. Brasil / IBGE, Coordenação de População e Indicadores Sociais. Rio de Janeiro: IBGE, 2021. Available at: https://www.ibge.gov.br/en/statistics/social/health/16837-national-survey-o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

| | |
|---|---|
| **Cutoffs:** | WHO |

## Overweight/obesity by region

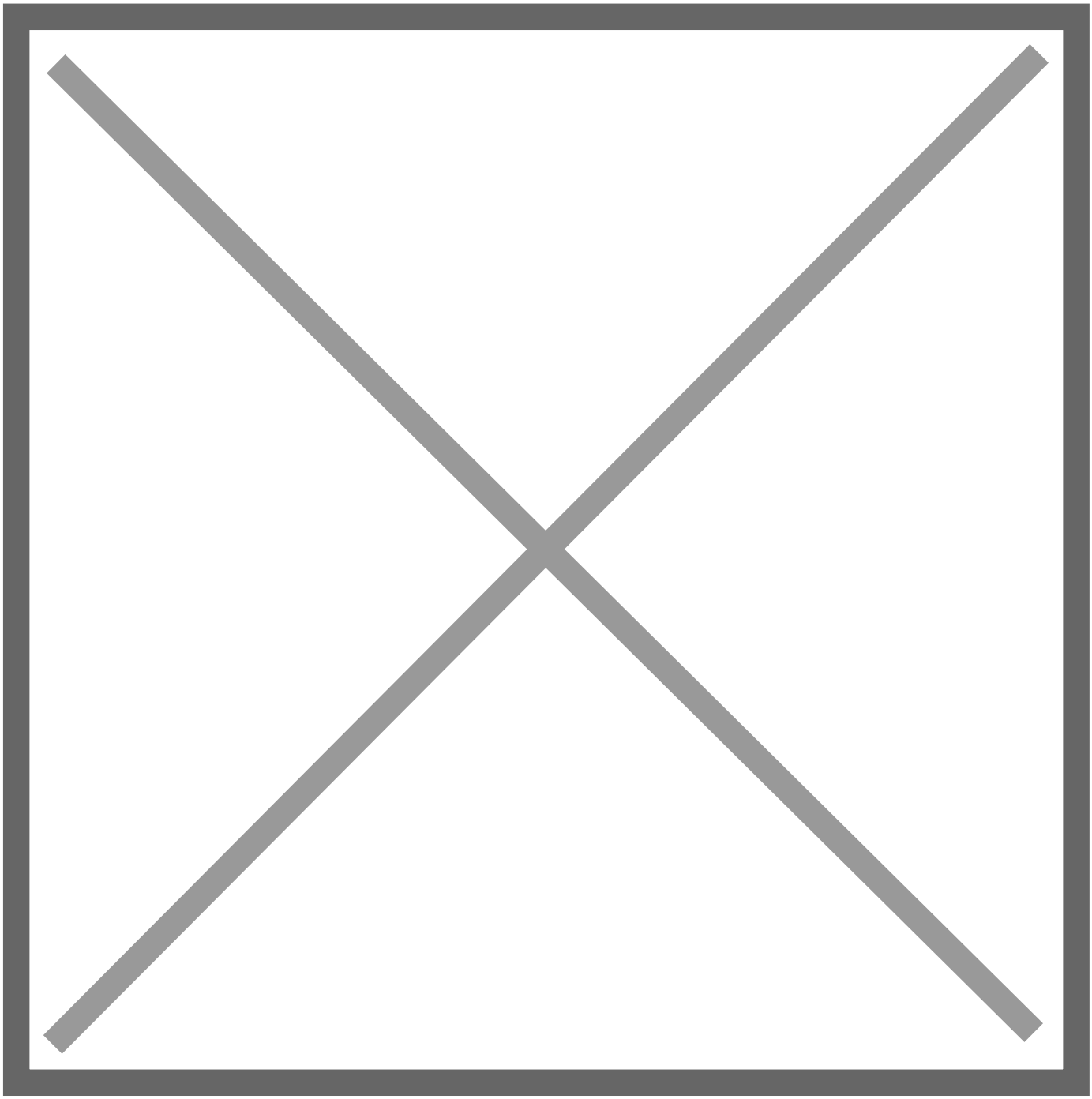
## Children, 2015



| | |
|---|---|
| **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 |

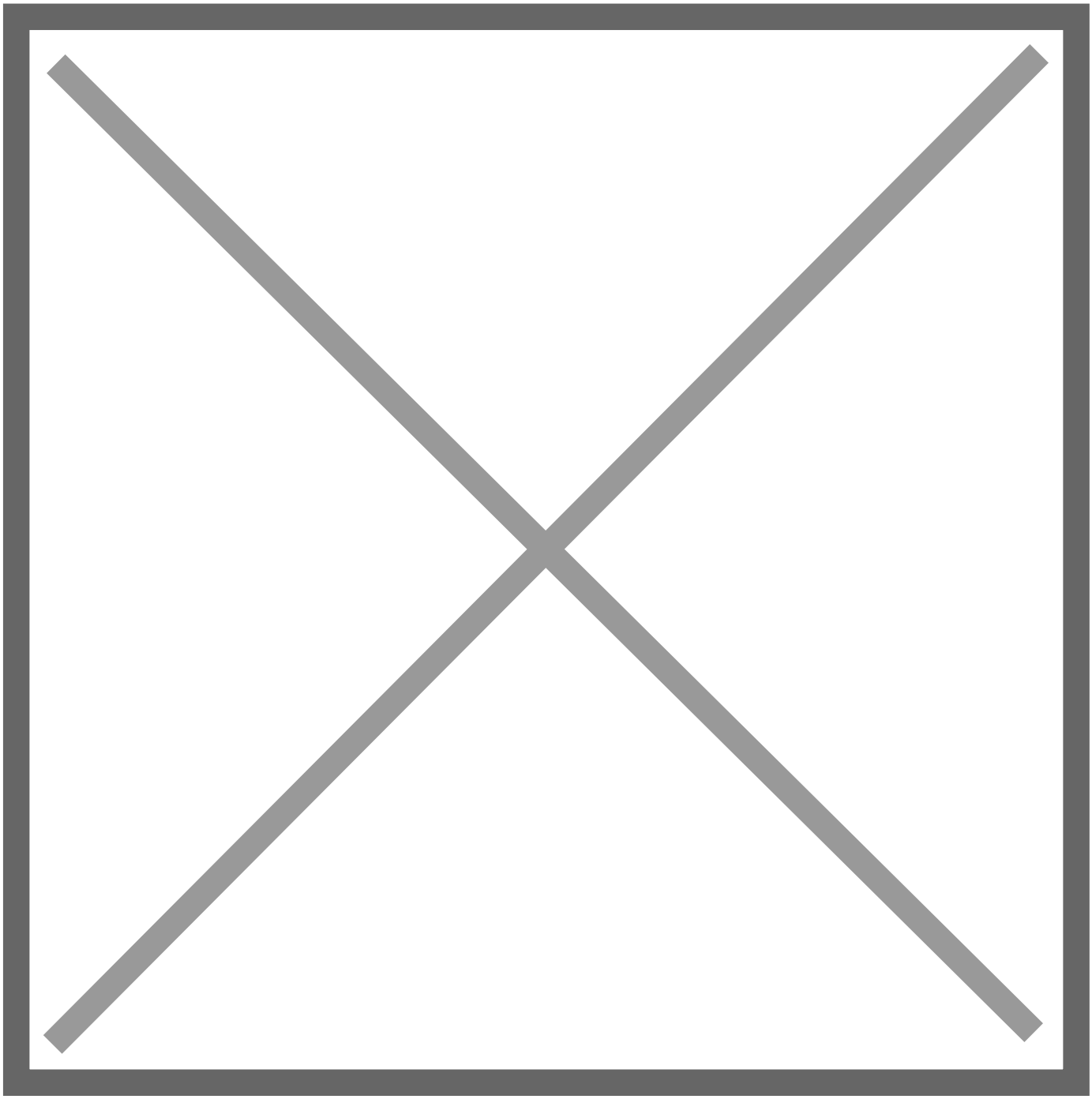
## Boys, 2015



| | |
|---|---|
| **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

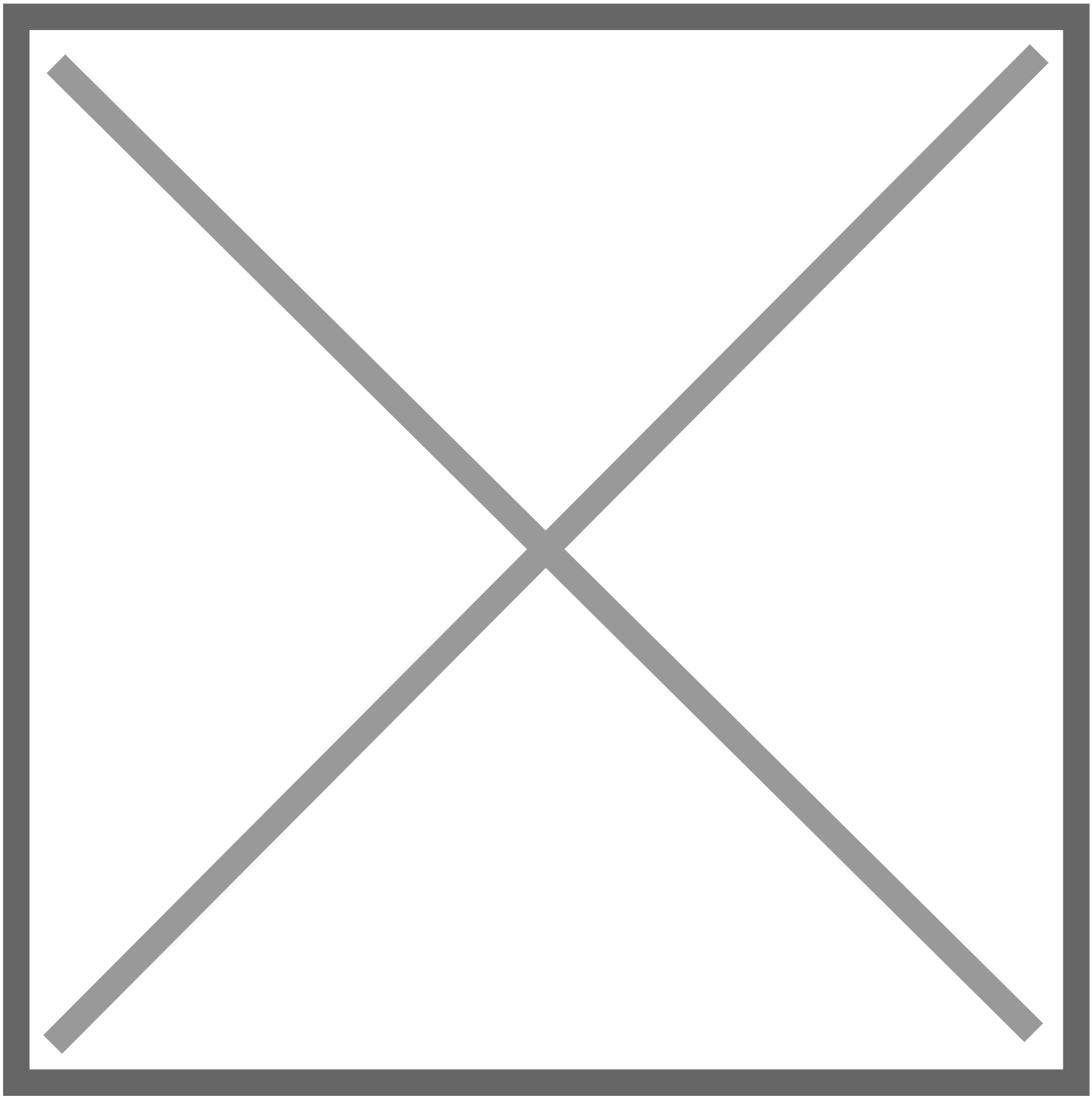


| | |
|---|---|
| **Survey type:** | Measured |
| **Age:** | 13-17 |
| **Sample size:** | 10902 |
| **Area covered:** | National |

| | |
|---|---|
| **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. |

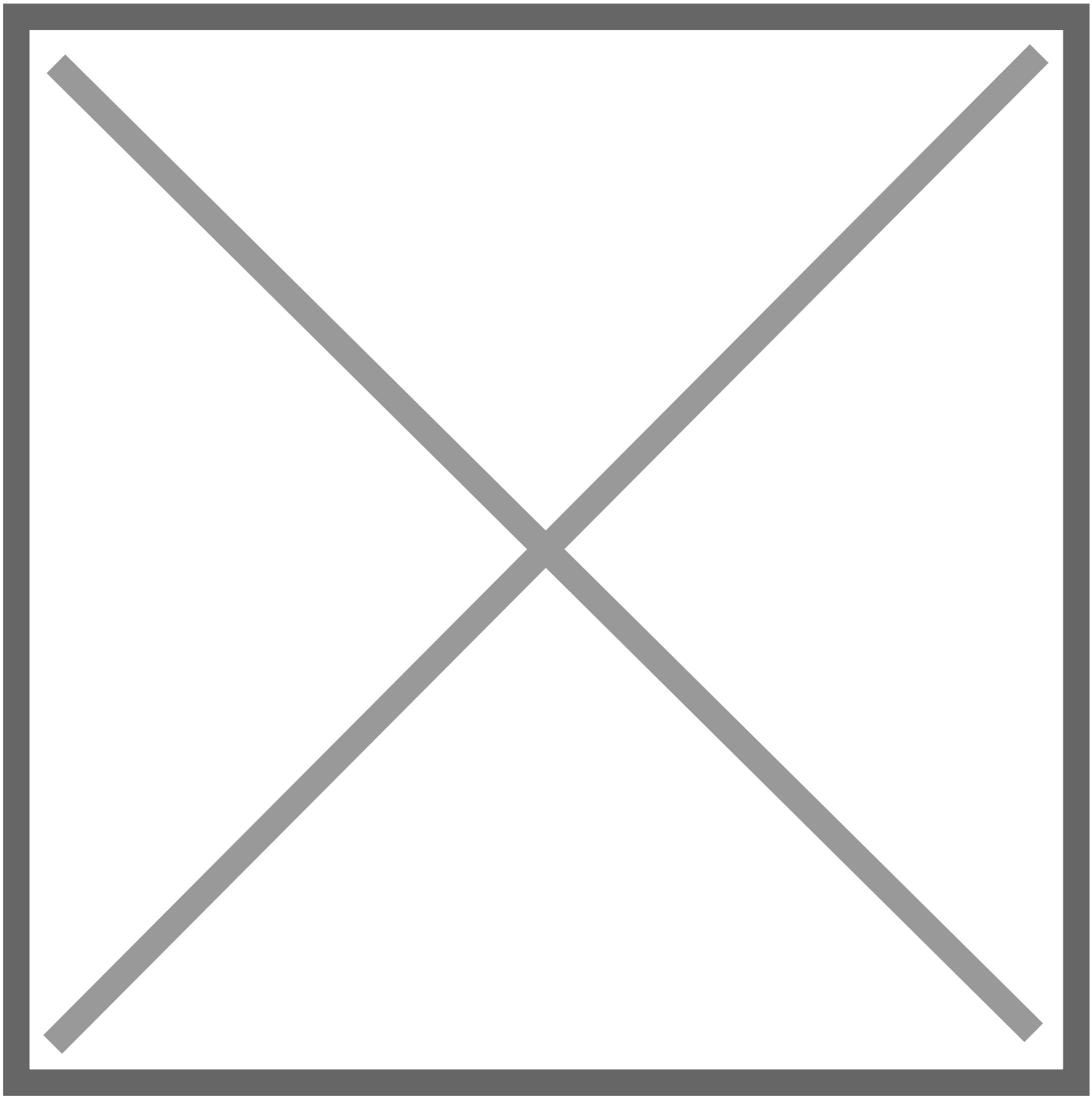
| | |
|---|---|
| **References:** | Azambuja, Ana Paula de O., Netto-Oliveira, Edna Regina, Oliveira, Amauri Aparecido B. de, Azambuja, Maximiliano dos Anjos, & Rinaldi, Wilson. (2013). Prevalence of overweight/obesity and economical status of schoolchildren. Revista Paulista de Pediatria, 31(2), 166-171. 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 & obesity

## Children, 2022

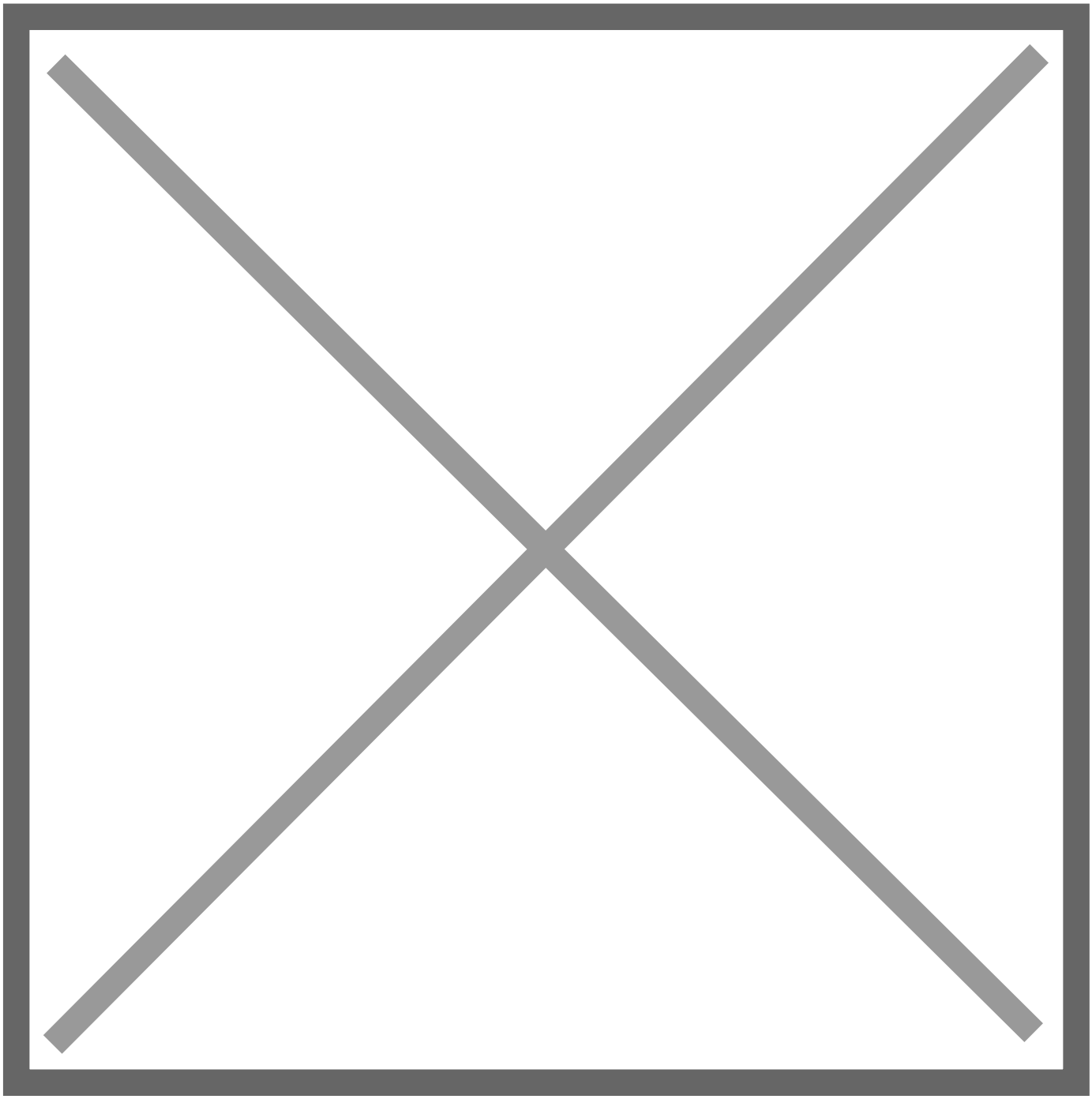


| | |
|---|---|
| **Survey type:** | Measured |
| **Age:** | 5-19 |
| **References:** | NCD Risk Factor Collaboration (NCD-RisC). Worldwide trends in underweight and obesity from 1990 to 2022: a pooled analysis of 3663 population representative studies with 222 million children, adolescents, and adults. 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

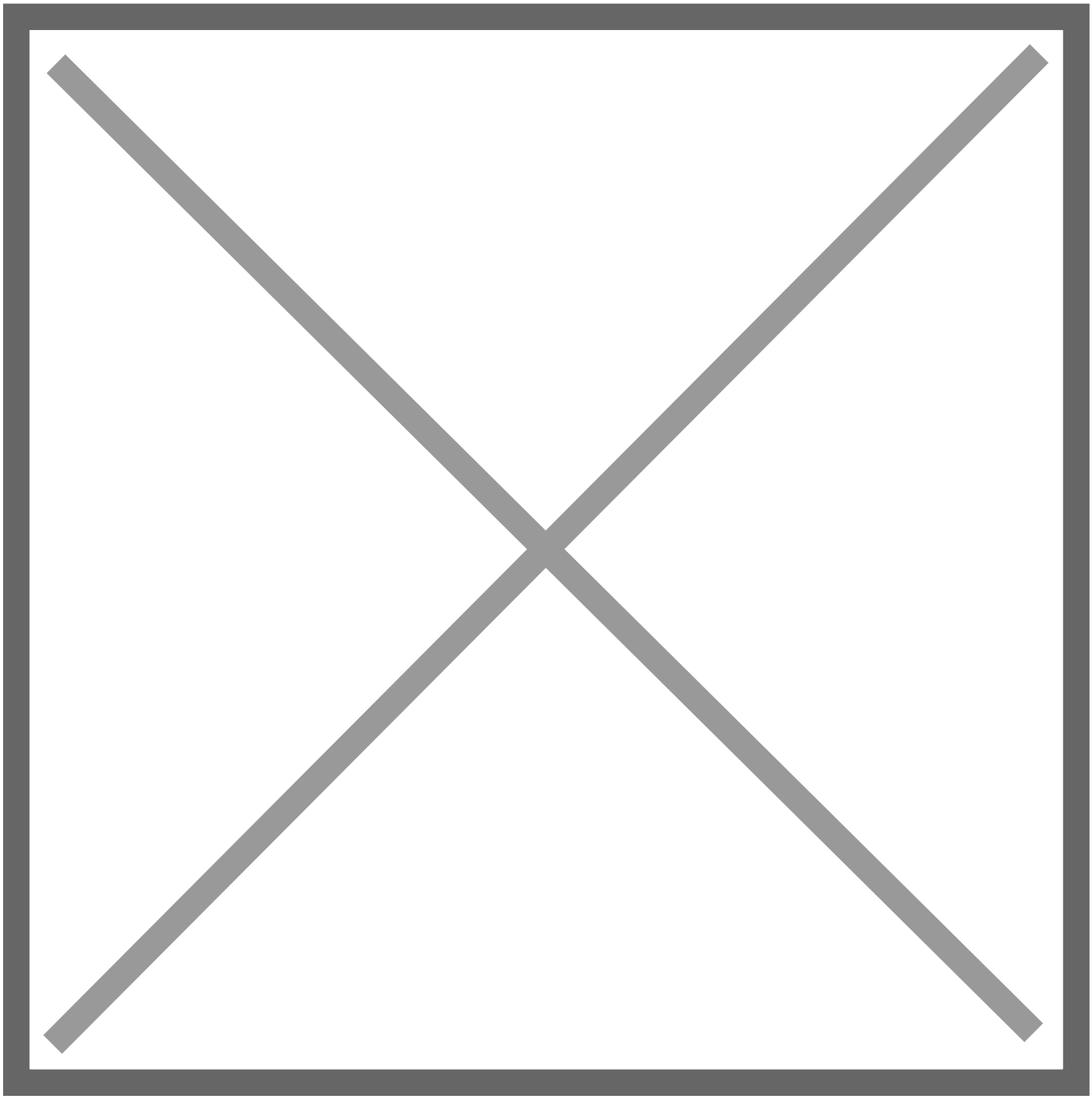
## Children, 2016



| | |
|---|---|
| **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) |

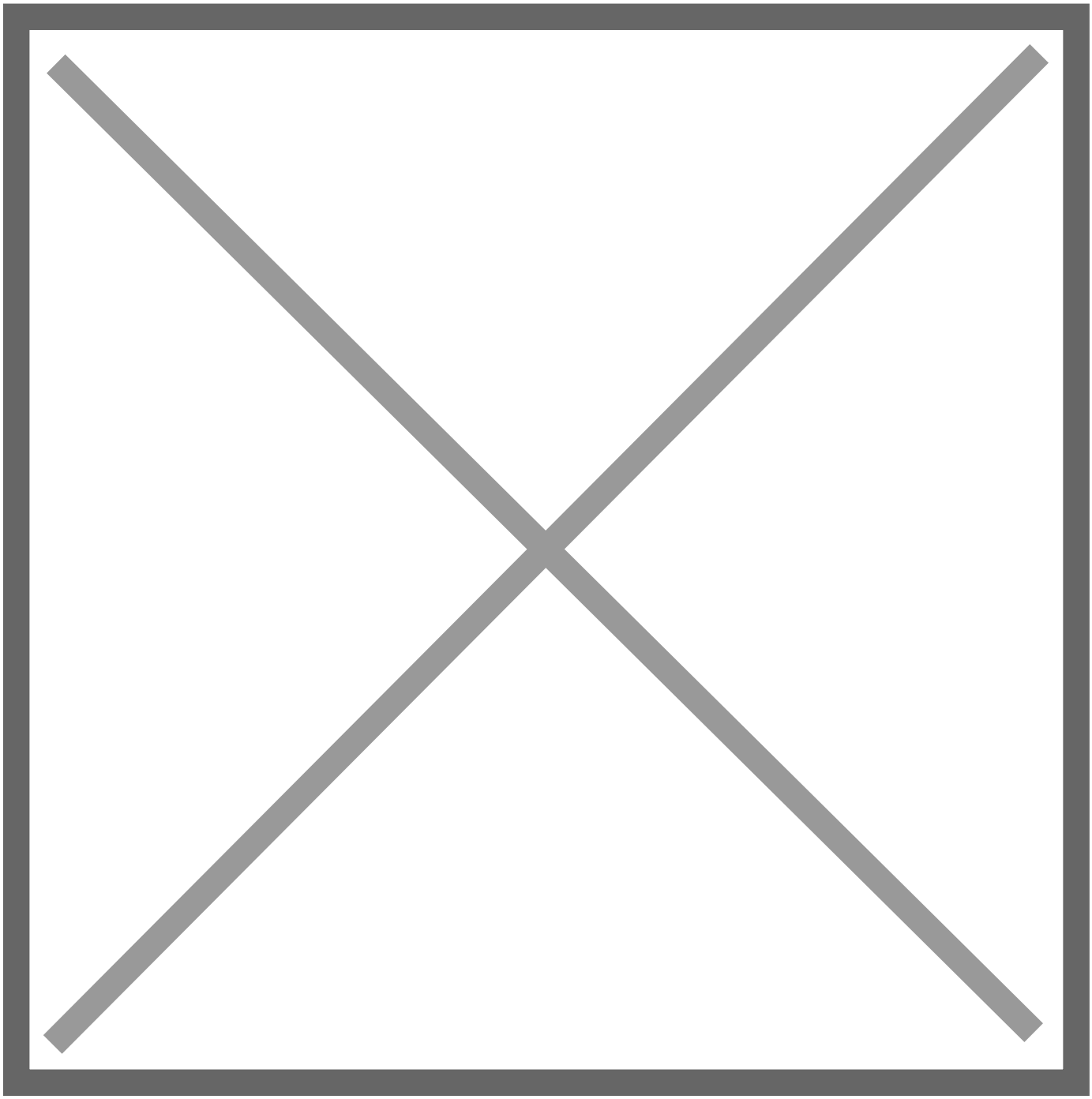
## Boys, 2016



| | |
|---|---|
| **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

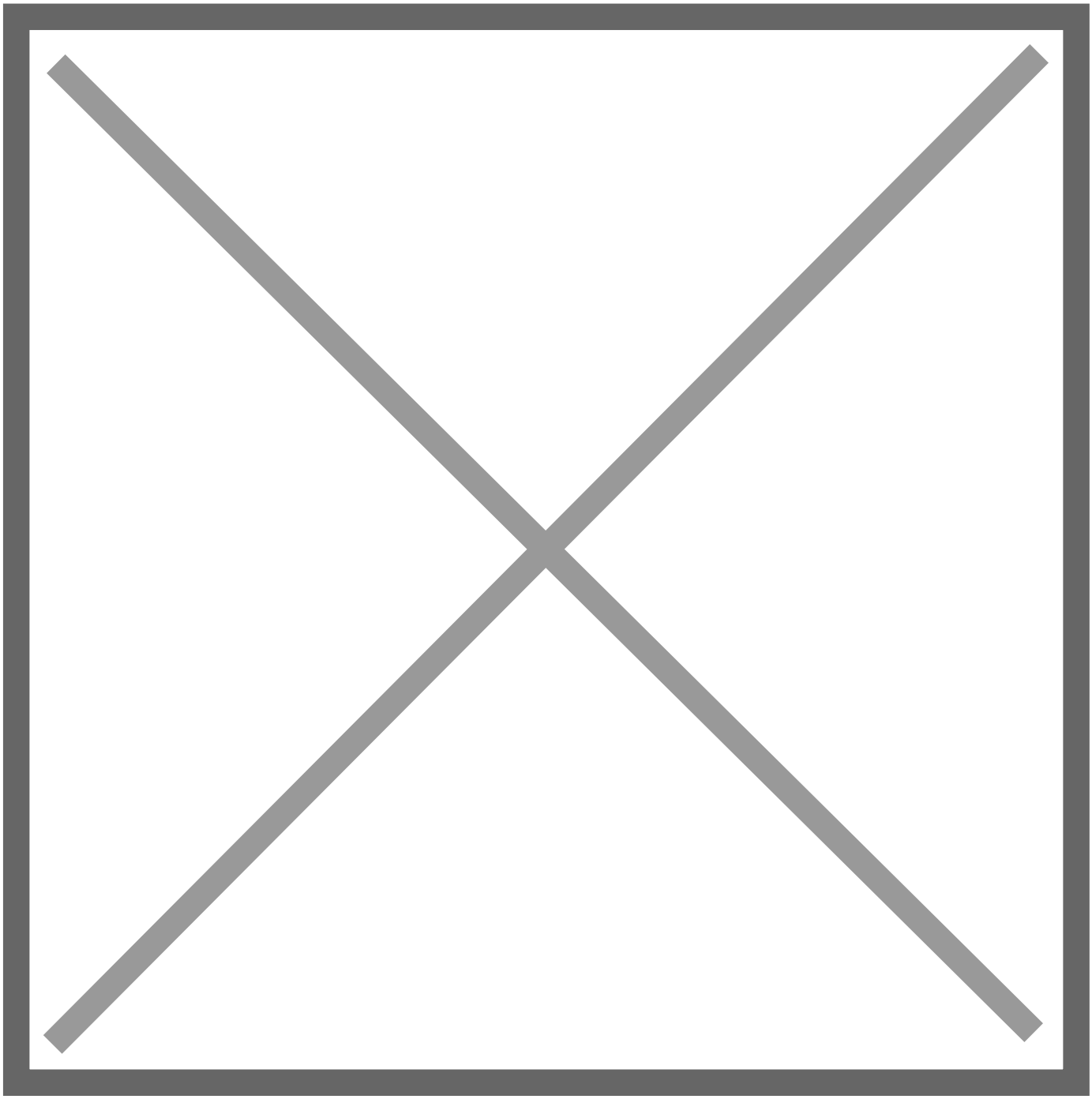


| | |
|---|---|
| **Survey type:** | Self-reported |
| **Age:** | 11-17 |
| **References:** | Global Health Observatory data repository, World Health Organisation, https://apps.who.int/gho/data/node.main.A893ADO?lang=en (last accessed 16.03.21) |
| **Notes:** | % of school going adolescents not meeting 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) |

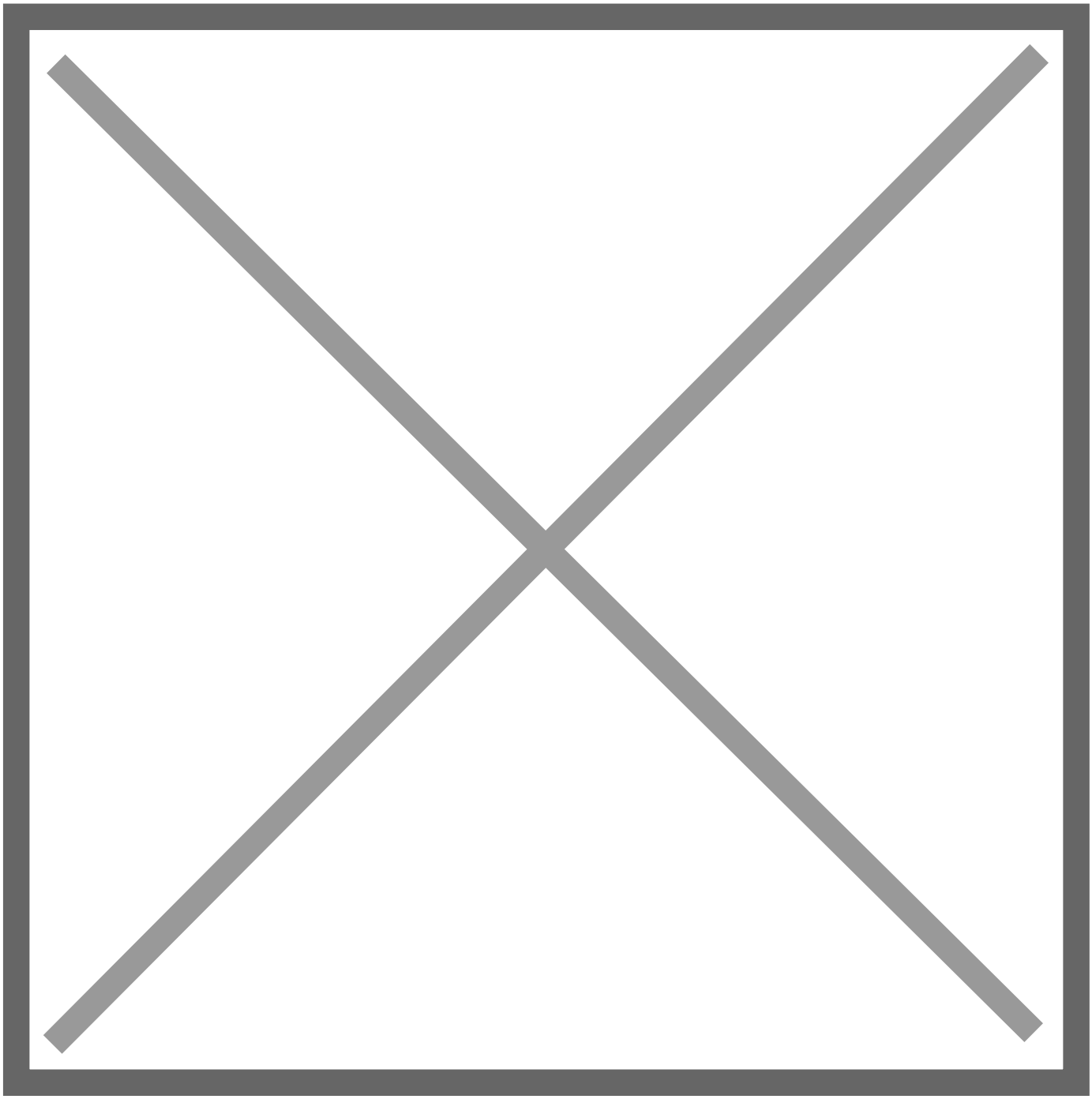
## Mental health - depression disorders

## Children, 2023



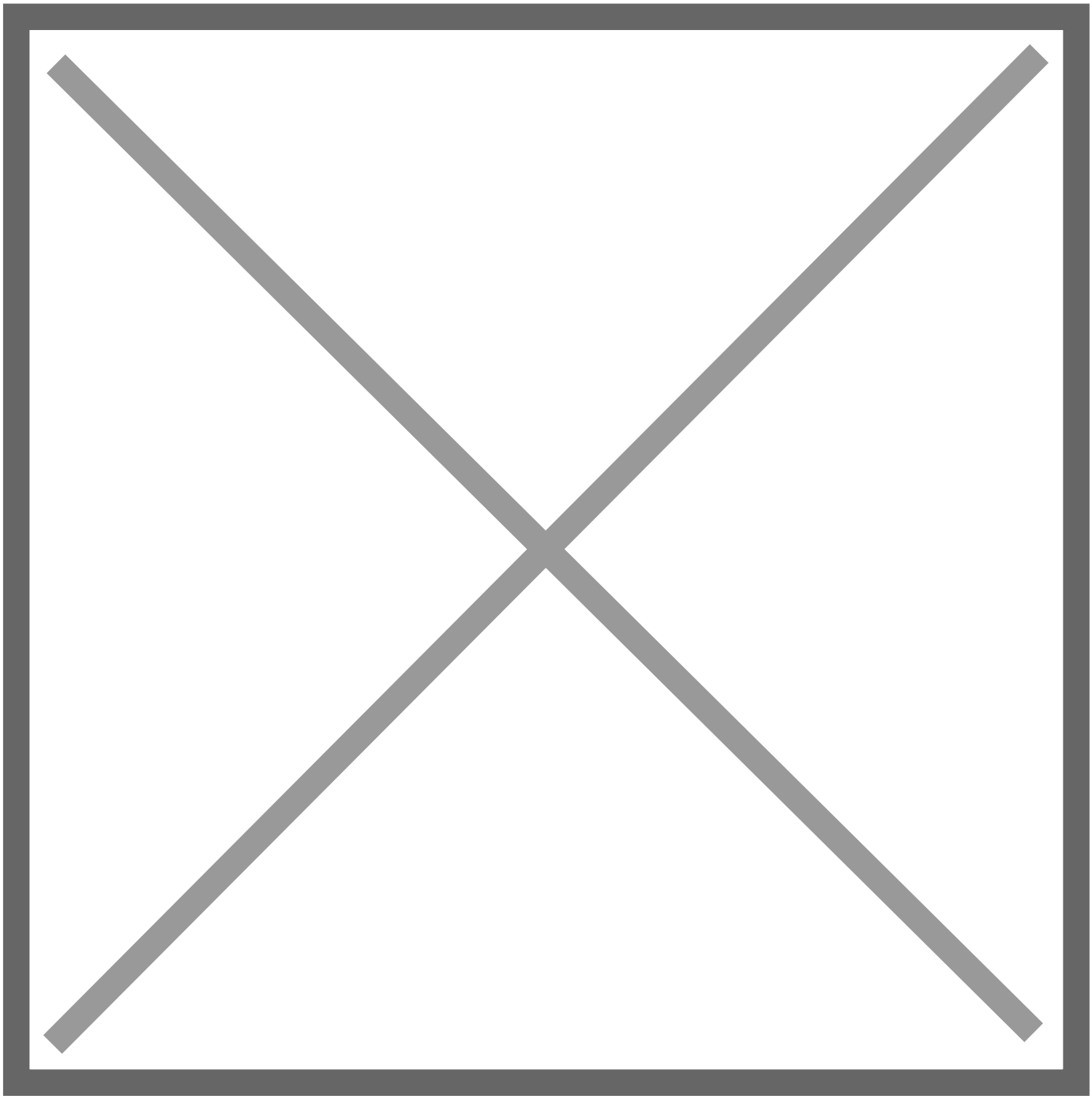
| | |
|---|---|
| **Area covered:** | National |
| **References:** | Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from https://vizhub.healthdata.org/gbd-compare/ [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) |

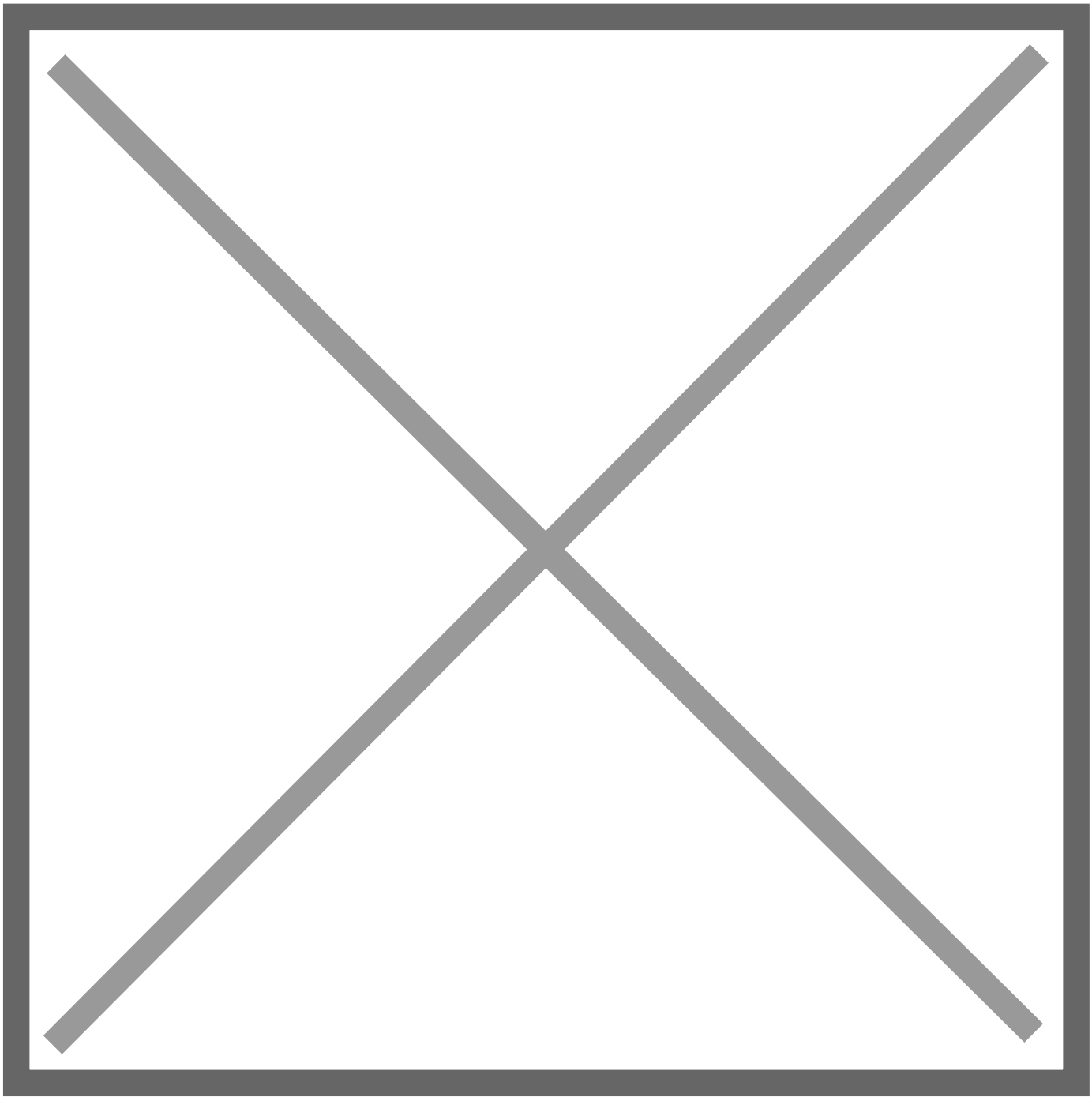
## Girls, 2023



| | |
|---|---|
| **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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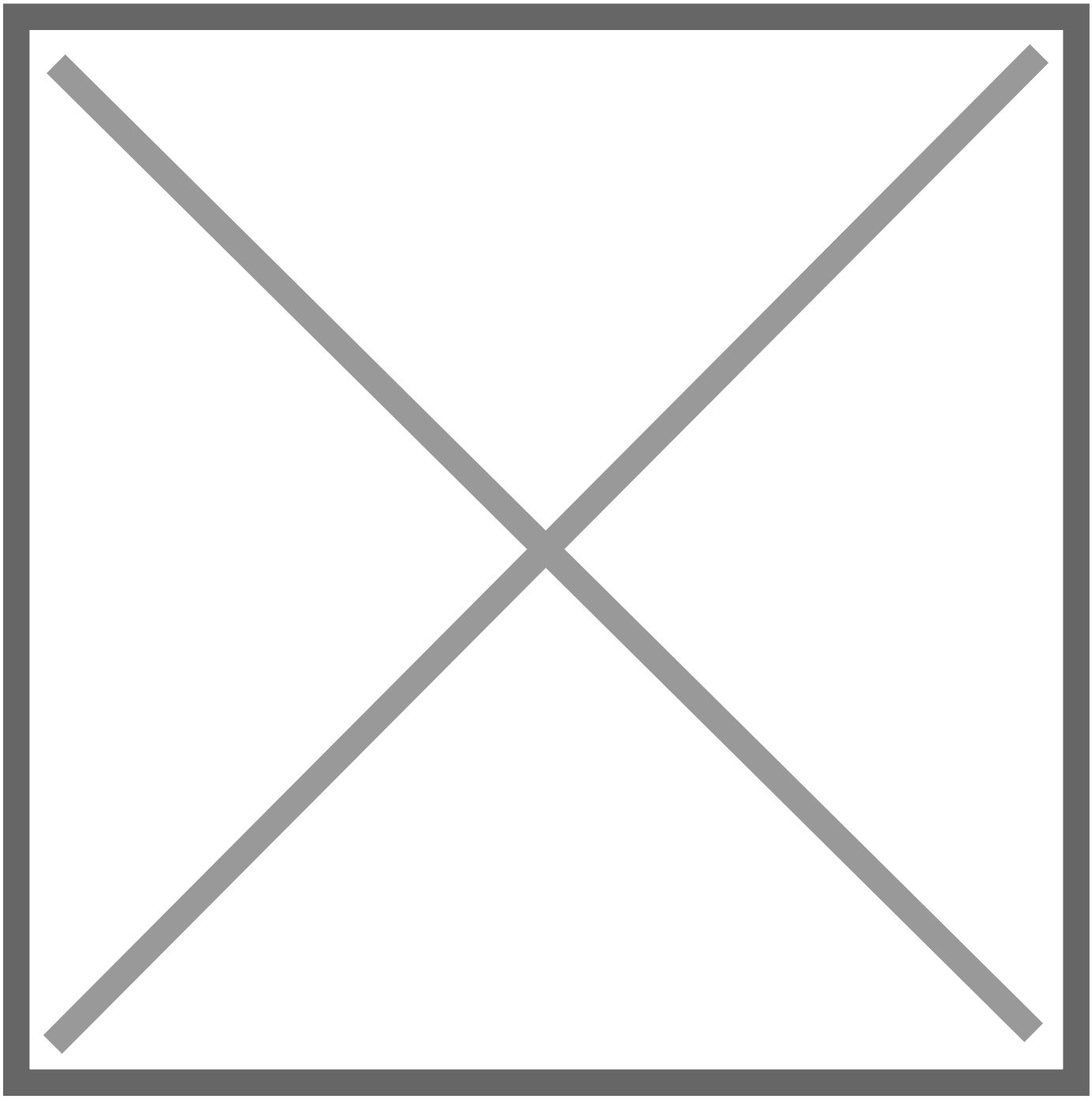
# Mental health - anxiety disorders

## Children, 2023



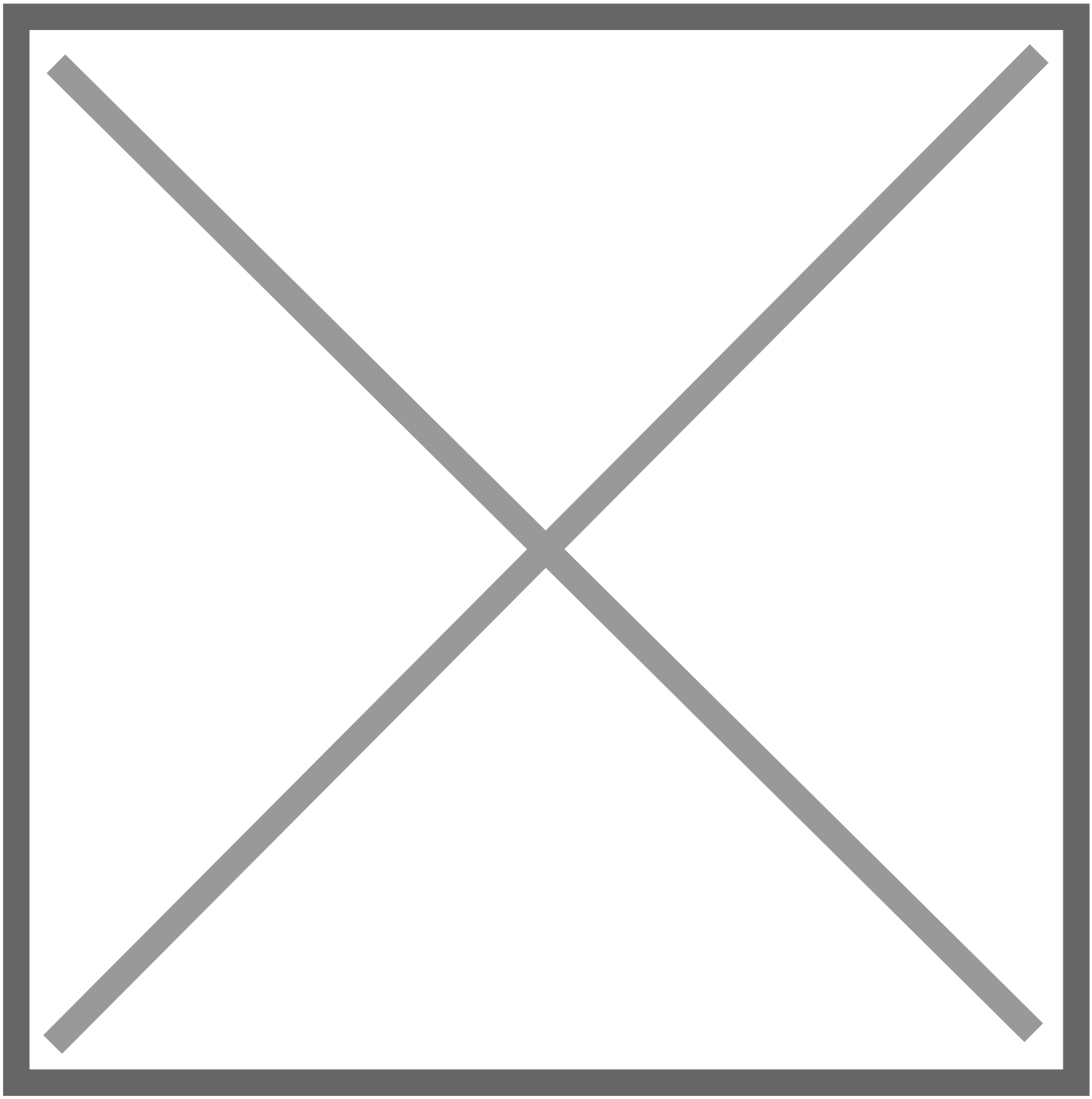
| | |
|---|---|
| **Area covered:** | National |
| **References:** | Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from https://vizhub.healthdata.org/gbd-compare/ [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 4, 2026*