



# Brazil



## Country report card - under-5s

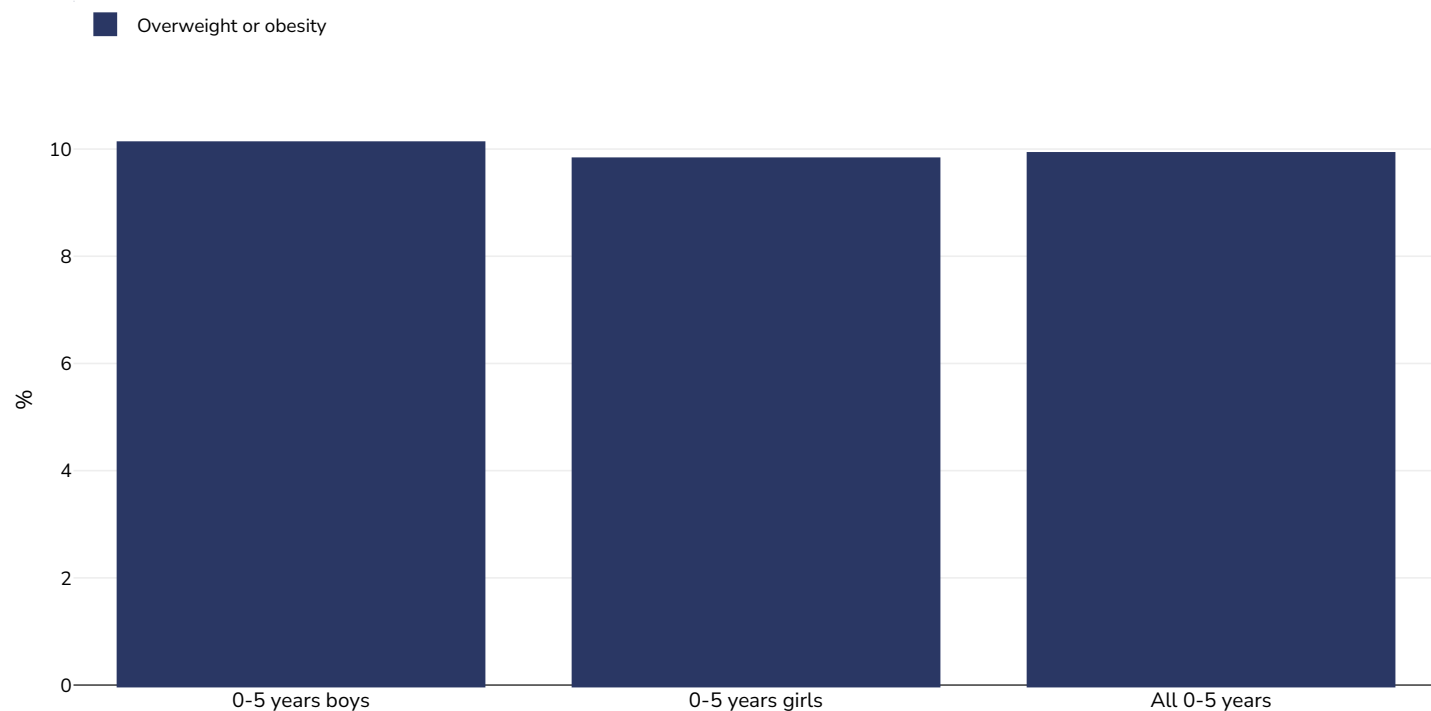
*This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity for children under 5. Where available, data on common and relevant obesity drivers and comorbidities are also presented.*

*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            | 4    |
| Overweight/obesity by region               | 5    |
| Overweight/obesity by socio-economic group | 6    |
| Overweight/obesity by ethnicity            | 7    |
| Double burden of underweight & overweight  | 8    |
| % Infants exclusively breastfed 0-5 months | 9    |

## Obesity prevalence

### 0-5 years, 2019



Age: 0-5

Sample size: 10780287

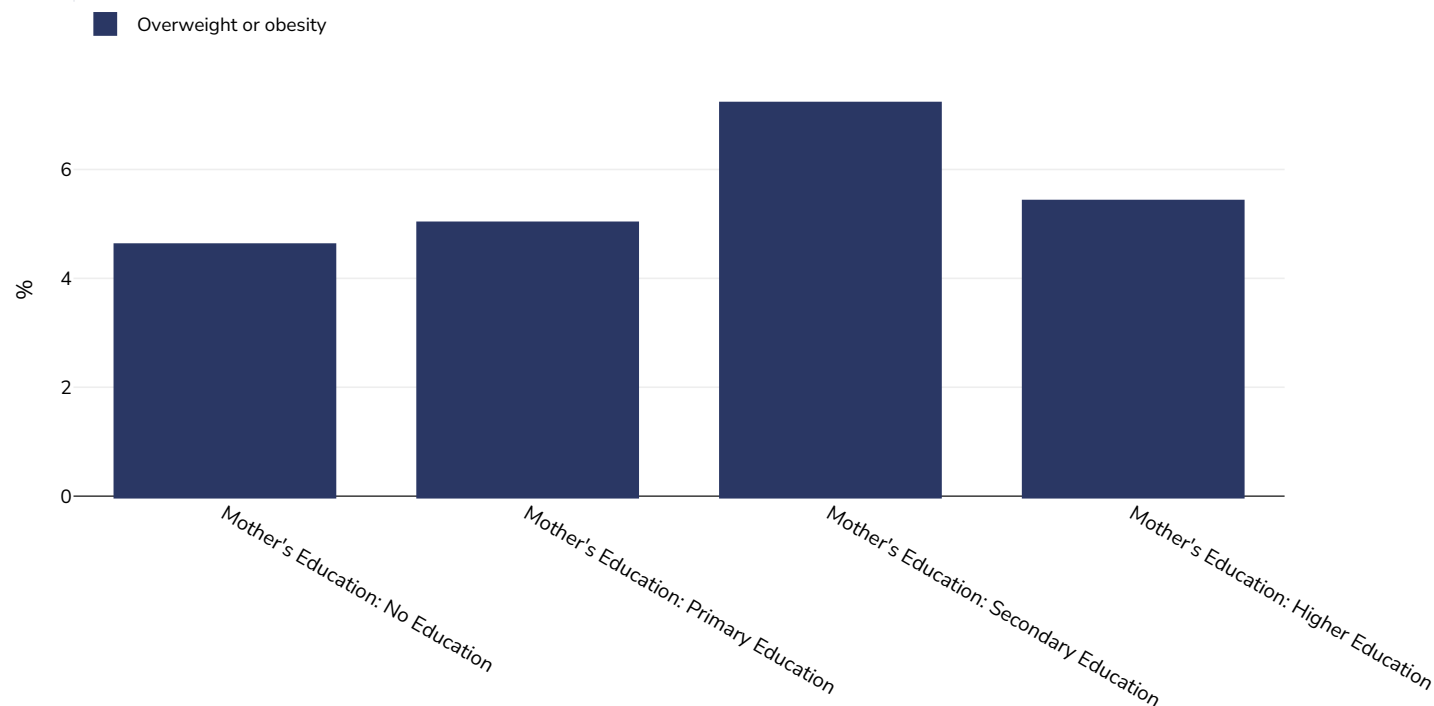
References: NNS: Estudo Nacional de Alimentação e Nutrição Infantil (ENANI), Brasil 2019

Notes: UNICEF/WHO/World Bank Joint Child Malnutrition Estimates Expanded Database: Overweight (Survey Estimates), May 2023, New York.  
For more information about the methodology, please consult <https://data.unicef.org/resources/jme-2023-country-consultations/>  
Percentage of children under 5 years of age falling above 2 standard deviations (moderate and severe) from the median weight-for-height of the reference population.

Definitions: =>+2SD

## Overweight/obesity by education

0-5 years, 1996



**Sample size:** 3854

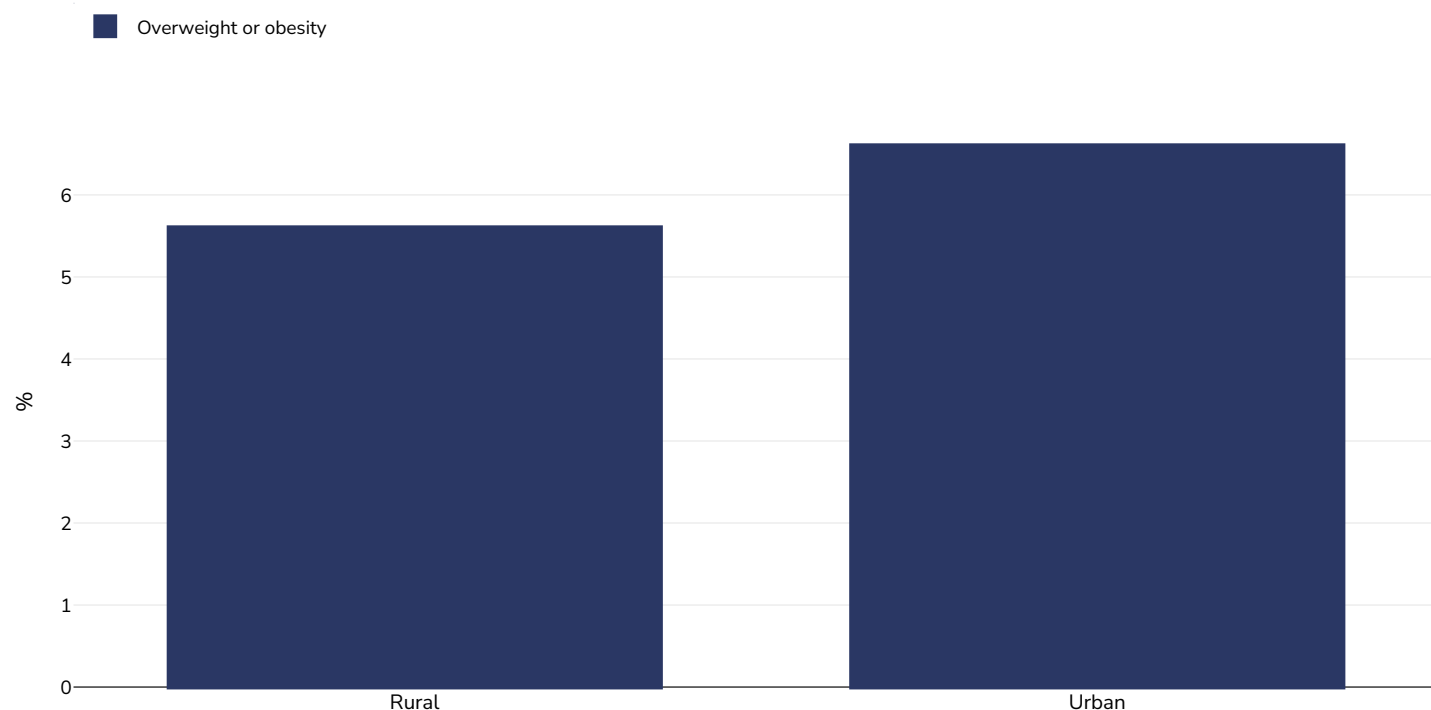
**References:** DHS: Pesquisa nacional sobre demografia e saude 1996. Demographic and Health Surveys. Rio de Janeiro, Brasil: Litografia Tucano Ltda., 1997

**Notes:** UNICEF/WHO/World Bank Joint Child Malnutrition Estimates Expanded Database: Overweight (Survey Estimates), May 2023, New York.  
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Percentage of children under 5 years of age falling above 2 standard deviations (moderate and severe) from the median weight-for-height of the reference population.

**Definitions:** =>+2SD

## Overweight/obesity by region

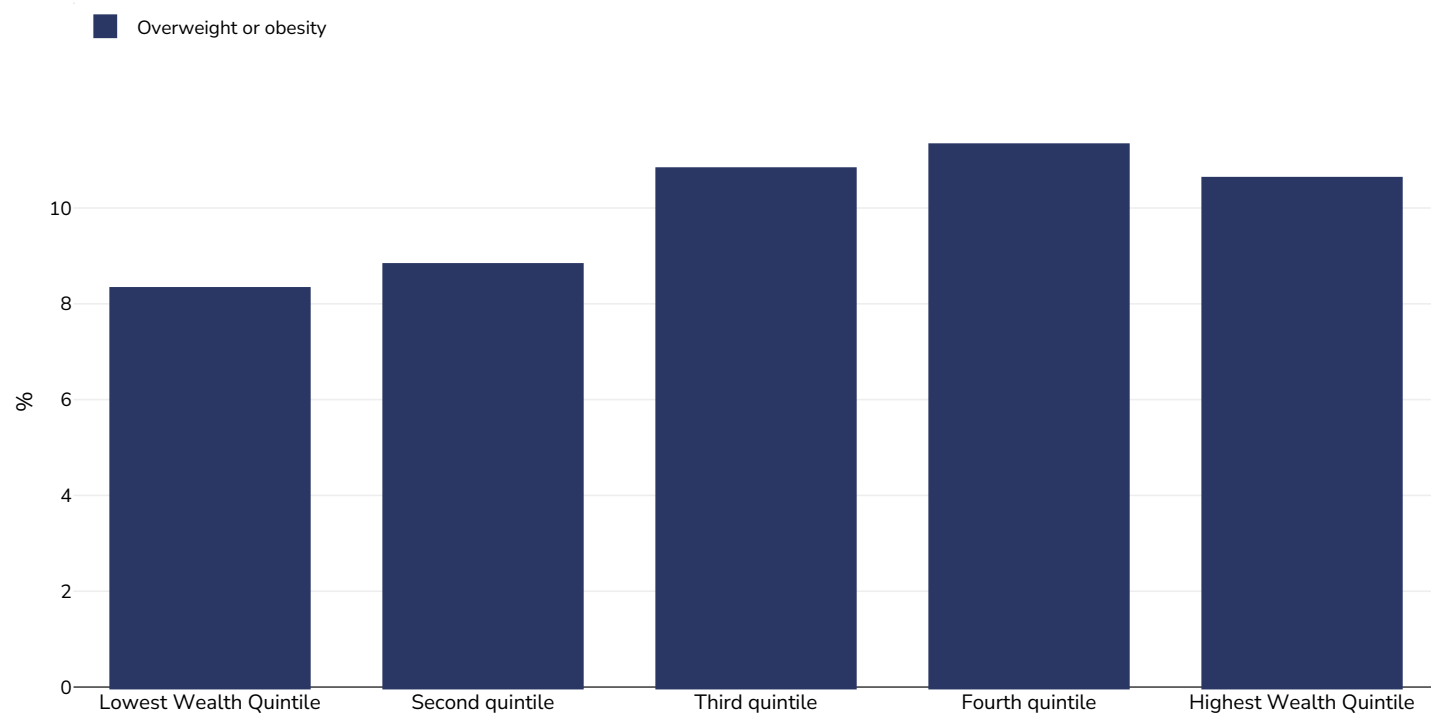
0-5 years, 2006-2007



|              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
|--------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Sample size: | 12374534                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| References:  | Other: Pesquisa nacional de demografia e saúde da criança e da mulher - PNDS 2006. Relatório da pesquisa. Sao Paulo: CEBRAP, 2008                                                                                                                                                                                                                                                                                                                                                                                      |
| Notes:       | UNICEF/WHO/World Bank Joint Child Malnutrition Estimates Expanded Database: Overweight (Survey Estimates), May 2023, New York.<br>For more information about the methodology, please consult <a href="https://data.unicef.org/resources/jme-2023-country-consultations/">https://data.unicef.org/resources/jme-2023-country-consultations/</a><br>Percentage of children under 5 years of age falling above 2 standard deviations (moderate and severe) from the median weight-for-height of the reference population. |
| Definitions: | =>+2SD                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |

## Overweight/obesity by socio-economic group

0-5 years, 2019



Sample size: 10780287

References: NNS: Estudo Nacional de Alimentação e Nutrição Infantil (ENANI), Brasil 2019

Notes: UNICEF/WHO/World Bank Joint Child Malnutrition Estimates Expanded Database: Overweight (Survey Estimates), May 2023, New York.  
For more information about the methodology, please consult <https://data.unicef.org/resources/jme-2023-country-consultations/>  
Percentage of children under 5 years of age falling above 2 standard deviations (moderate and severe) from the median weight-for-height of the reference population.

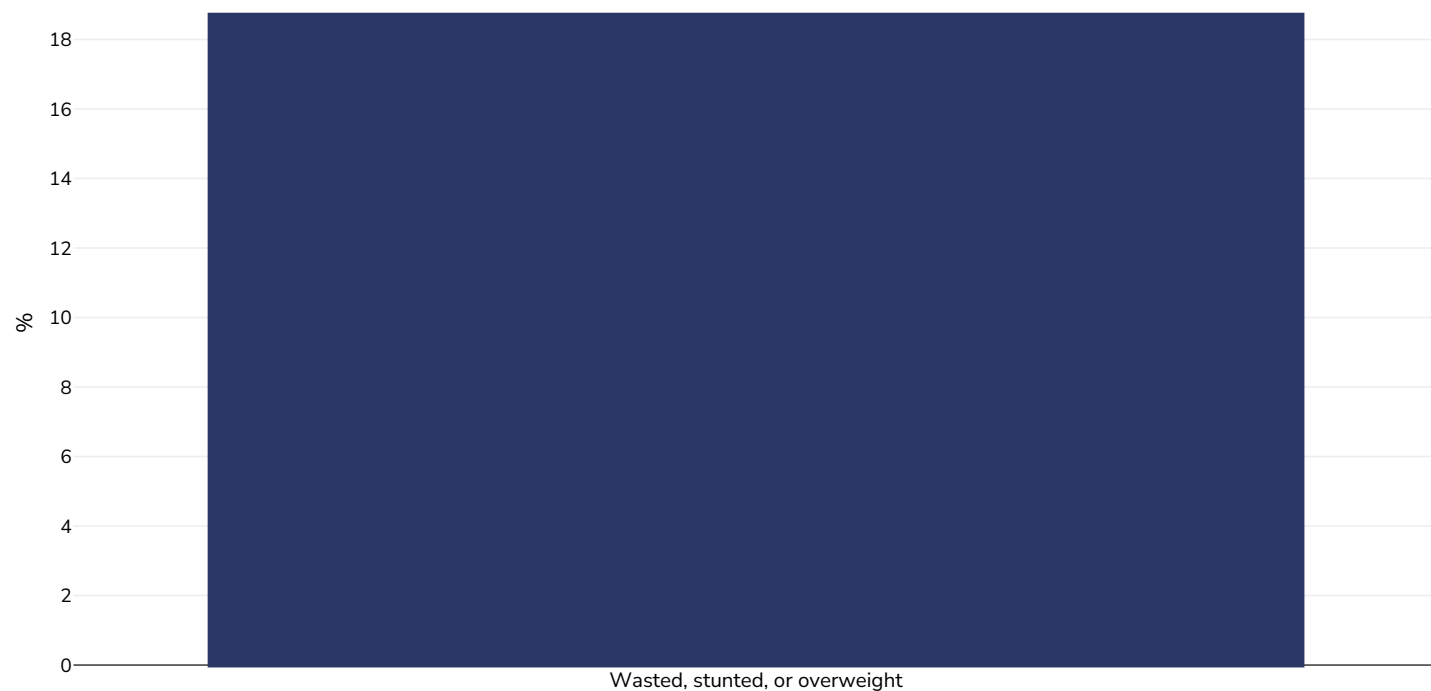
Definitions: =>+2SD

## 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

0-5 years, 2019

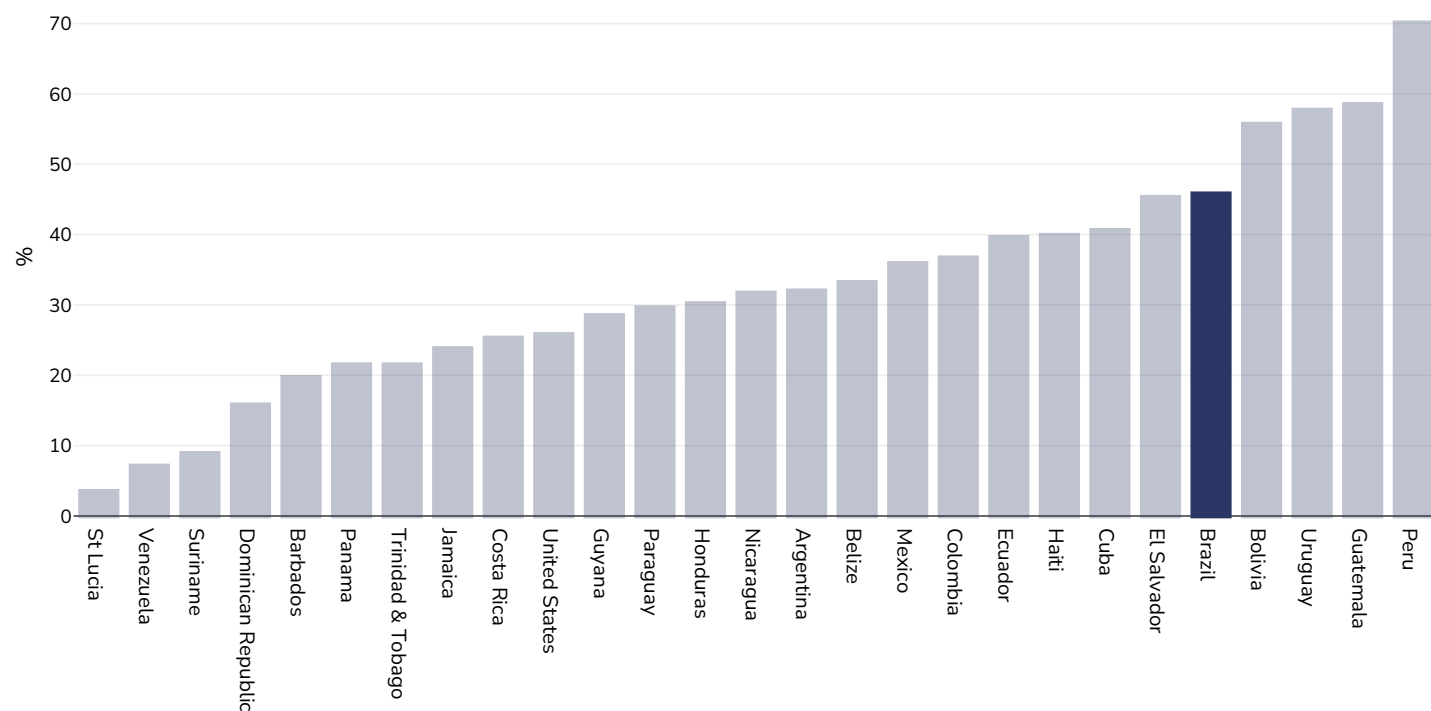


|              |                                                                                                                                                                                                                                                                                                                                                                                         |
|--------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Survey type: | Measured                                                                                                                                                                                                                                                                                                                                                                                |
| Age:         | 0-5                                                                                                                                                                                                                                                                                                                                                                                     |
| References:  | United Nations Children's Fund, Division of Data, Analysis, Planning and Monitoring (2025). Global UNICEF Global Databases: Overlapping Stunting, Wasting and Overweight (Survey Estimates), 2025, New York. For more information, visit: <a href="https://data.unicef.org/topic/nutrition/malnutrition/">https://data.unicef.org/topic/nutrition/malnutrition/</a> [Accessed 06.08.25] |
| Notes:       | Estudo Nacional de Alimentação e Nutrição Infantil (ENANI), Brasil 2019                                                                                                                                                                                                                                                                                                                 |
| Definitions: | Combined percentage of children under 5 years of age who are either wasted, stunted, or overweight (falling below -2 standard deviations from the median weight-for-height, falling below -2 standard deviations from the median height for age, or falling at or above +2 standard deviations from the median weight-for-height of the reference population)                           |
| Cutoffs:     | WHZ <-2, HAZ <-2 and WHZ >+2                                                                                                                                                                                                                                                                                                                                                            |



## % Infants exclusively breastfed 0-5 months

0-5 years, 1998-2023



**References:**

Estudo Nacional de Alimentação e Nutrição Infantil (ENANI), Brasil 2019

**Notes:**

Full details are available. Original citation United Nations Children's Fund, Division of Data, Analysis, Planning and Monitoring (2023).  
Global UNICEF Global Databases: Infant and Young Child Feeding: Exclusive breastfeeding, New York, October 2023.

PDF created on September 9, 2025