Brazil



Country report card - under-5s

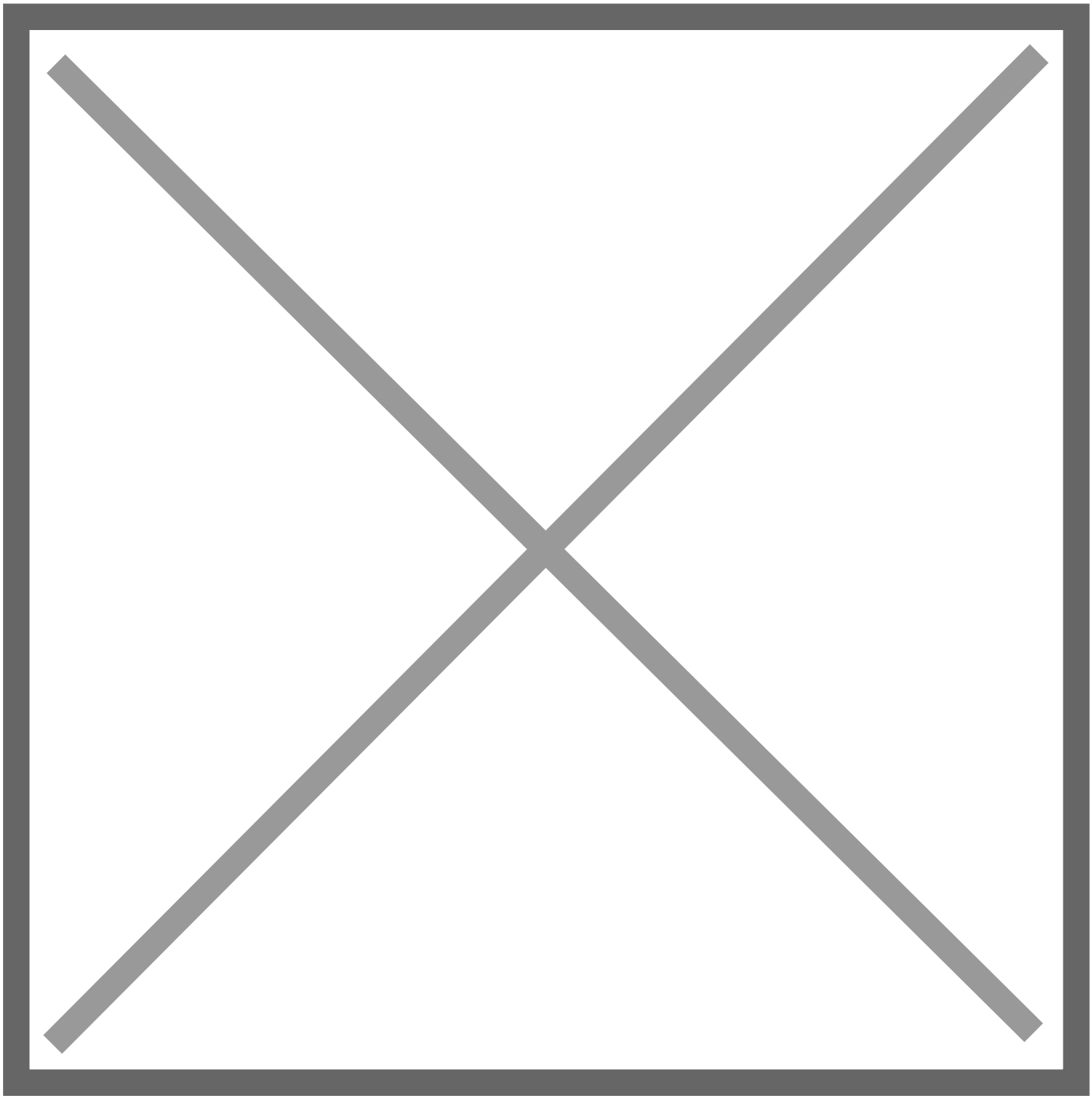
This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity for children under 5. Where available, data on common and relevant obesity drivers and comorbidities are also presented.

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	6
Overweight/obesity by region	9
Overweight/obesity by socio-economic group	12
Overweight/obesity by ethnicity	15
Double burden of underweight & obesity	16
% Infants exclusively breastfed 0-5 months	19

Obesity prevalence

0-5 years, 2019

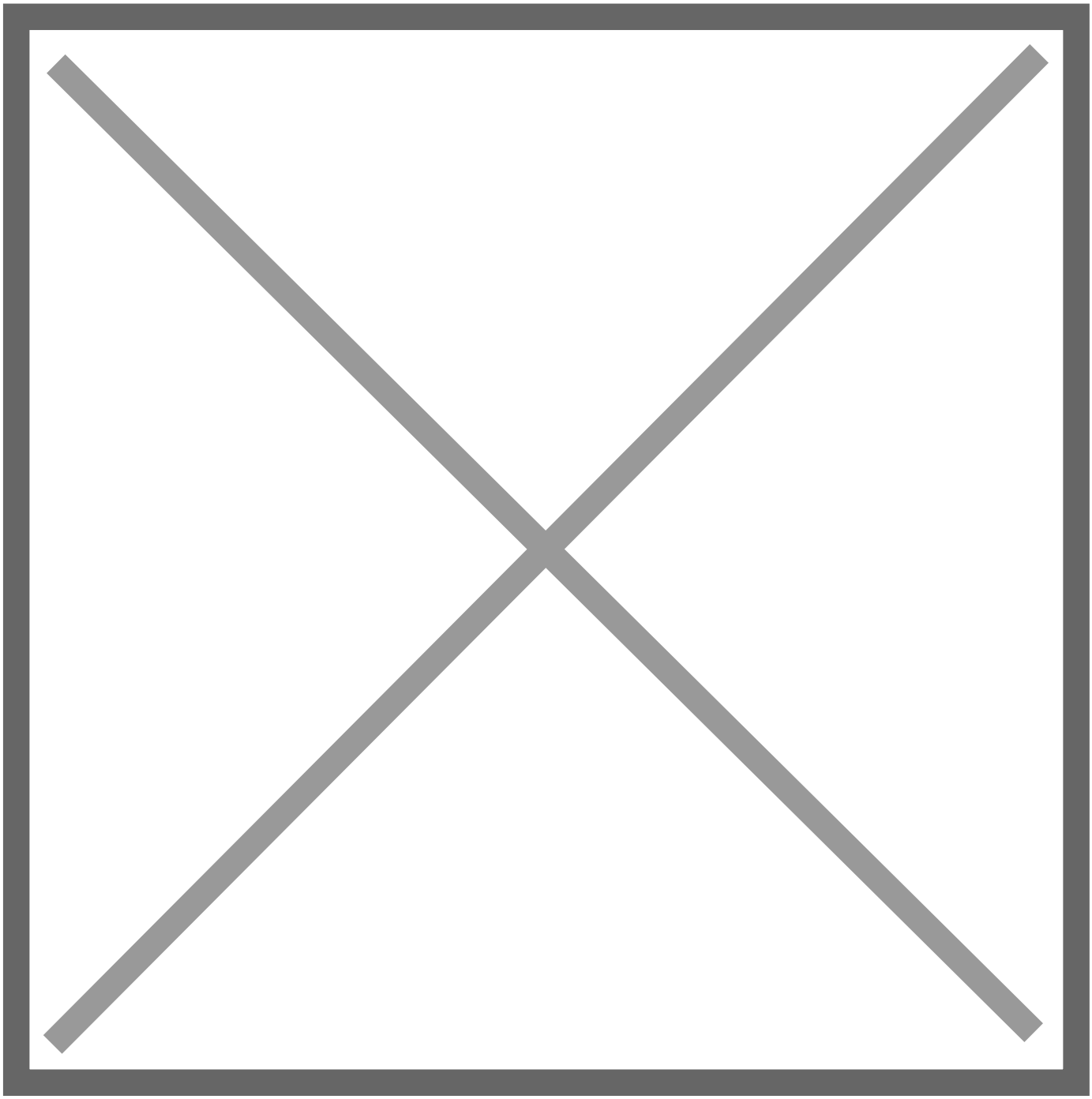


Age:	0-5
Sample size:	10780287
References:	NNS: Estudo Nacional de Alimentação e Nutrição Infantil (ENANI), Brasil 2019
Notes:	UNICEF/WHO/World Bank Joint Child Malnutrition Estimates Expanded Database: Overweight (Survey Estimates), May 2023, New York. For more information about the methodology, please 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

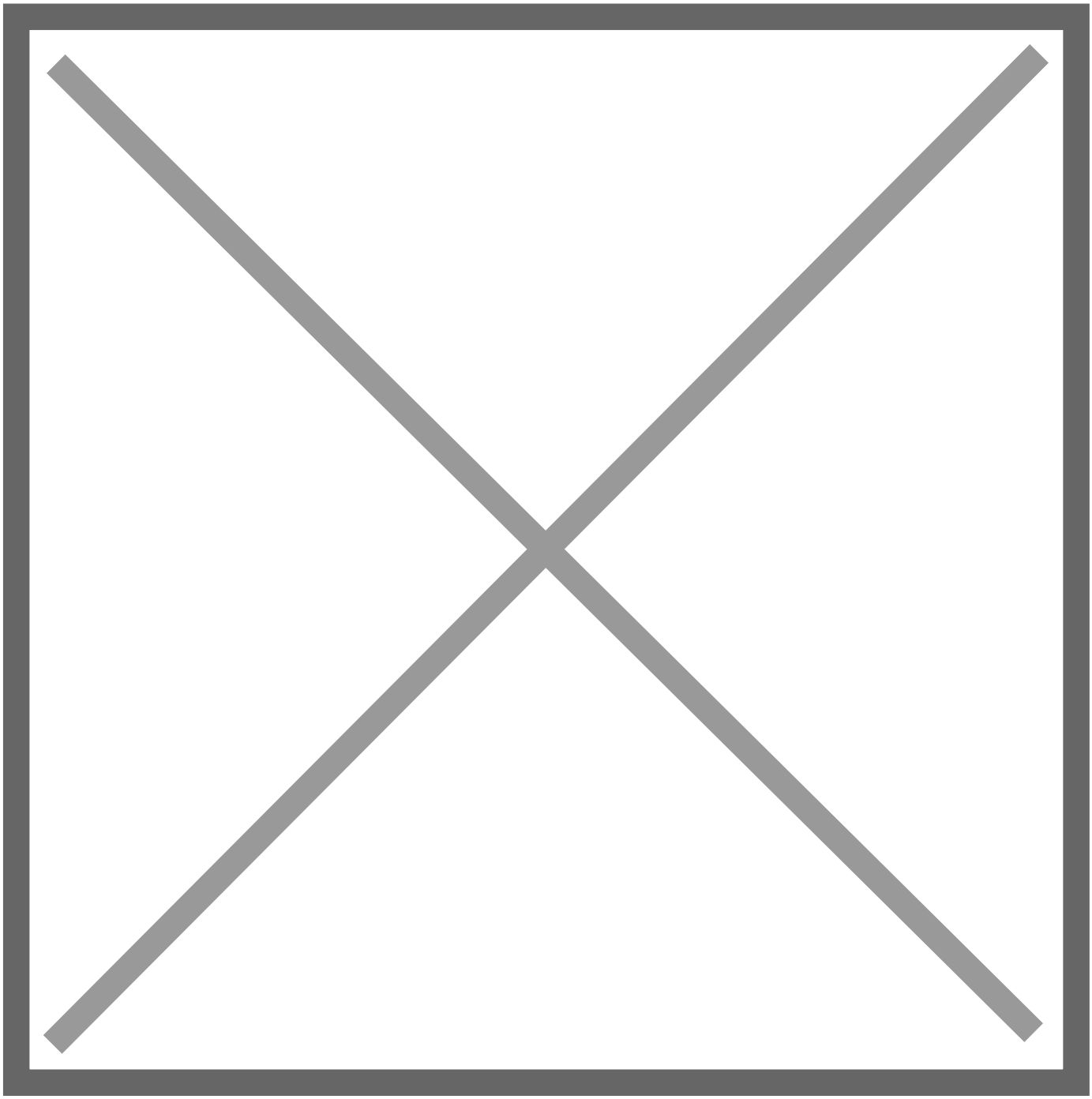


Sample size:	3854
References:	DHS: Pesquisa nacional sobre demografia e saude 1996. Demographic and Health Surveys. Rio de Janeiro, Brasil: Litografia Tucano Ltda., 1997
Notes:	UNICEF/WHO/World Bank Joint Child Malnutrition Estimates Expanded Database: Overweight (Survey Estimates), May 2023, New York. 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 region

0-5 years, 2006-2007

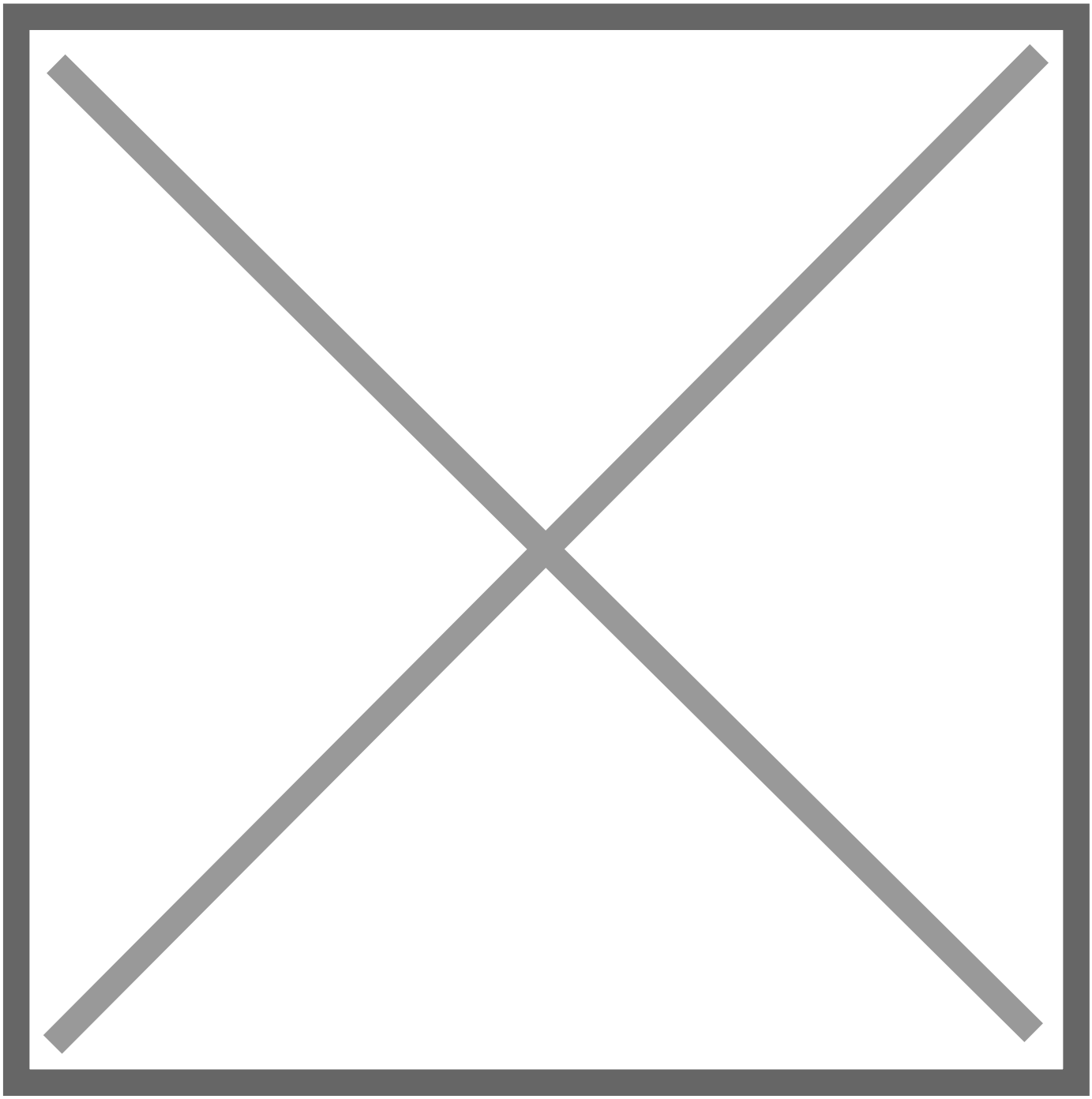


Sample size:	12374534
References:	Other: Pesquisa nacional de demografia e saúde da criança e da mulher - PNDS 2006. Relatório da pesquisa. Sao Paulo: CEBRAP, 2008
Notes:	UNICEF/WHO/World Bank Joint Child Malnutrition Estimates Expanded Database: Overweight (Survey Estimates), May 2023, New York. For 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 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.

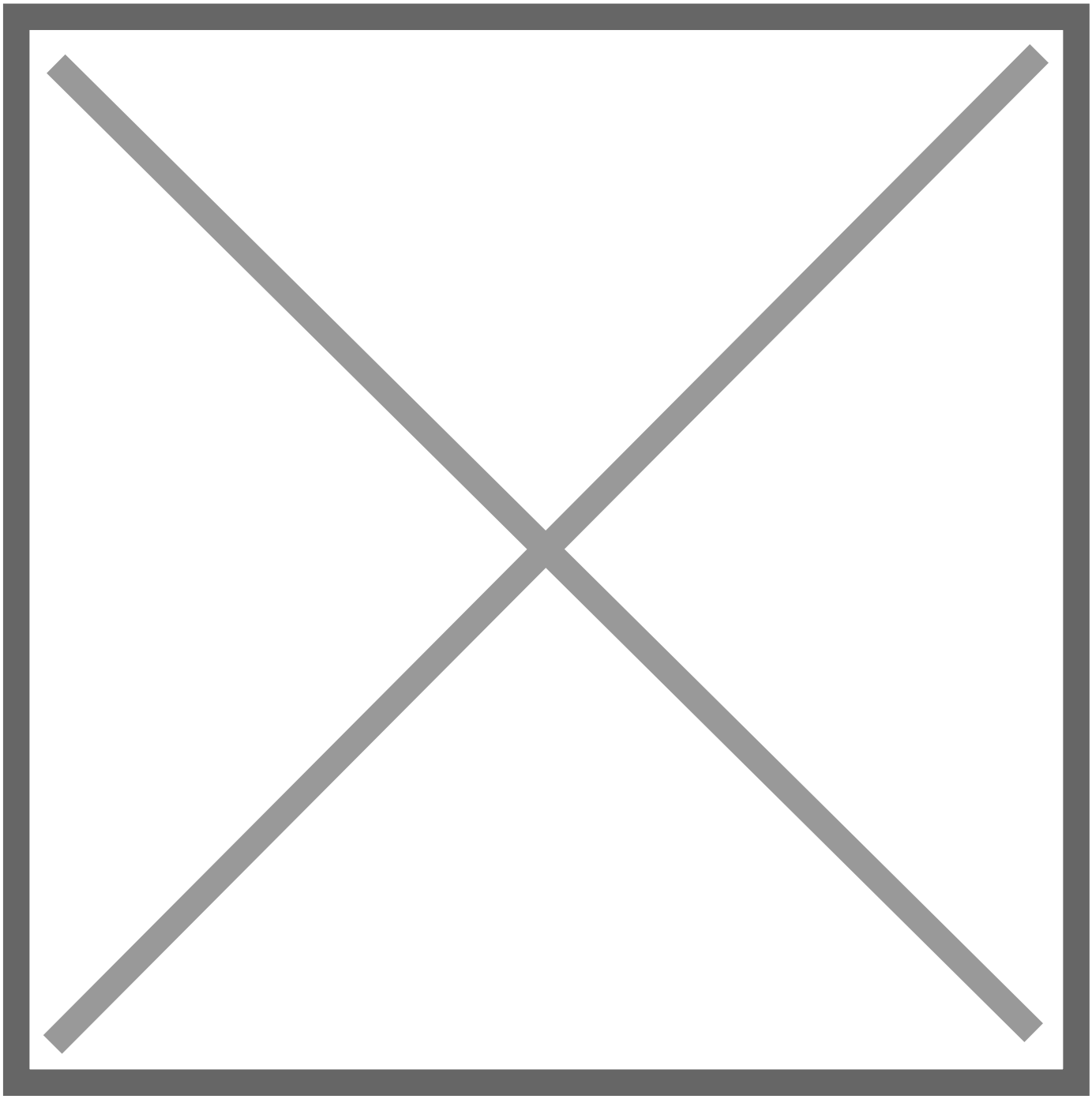
Definitions:	=>+2SD

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 & obesity

0-5 years, 2019

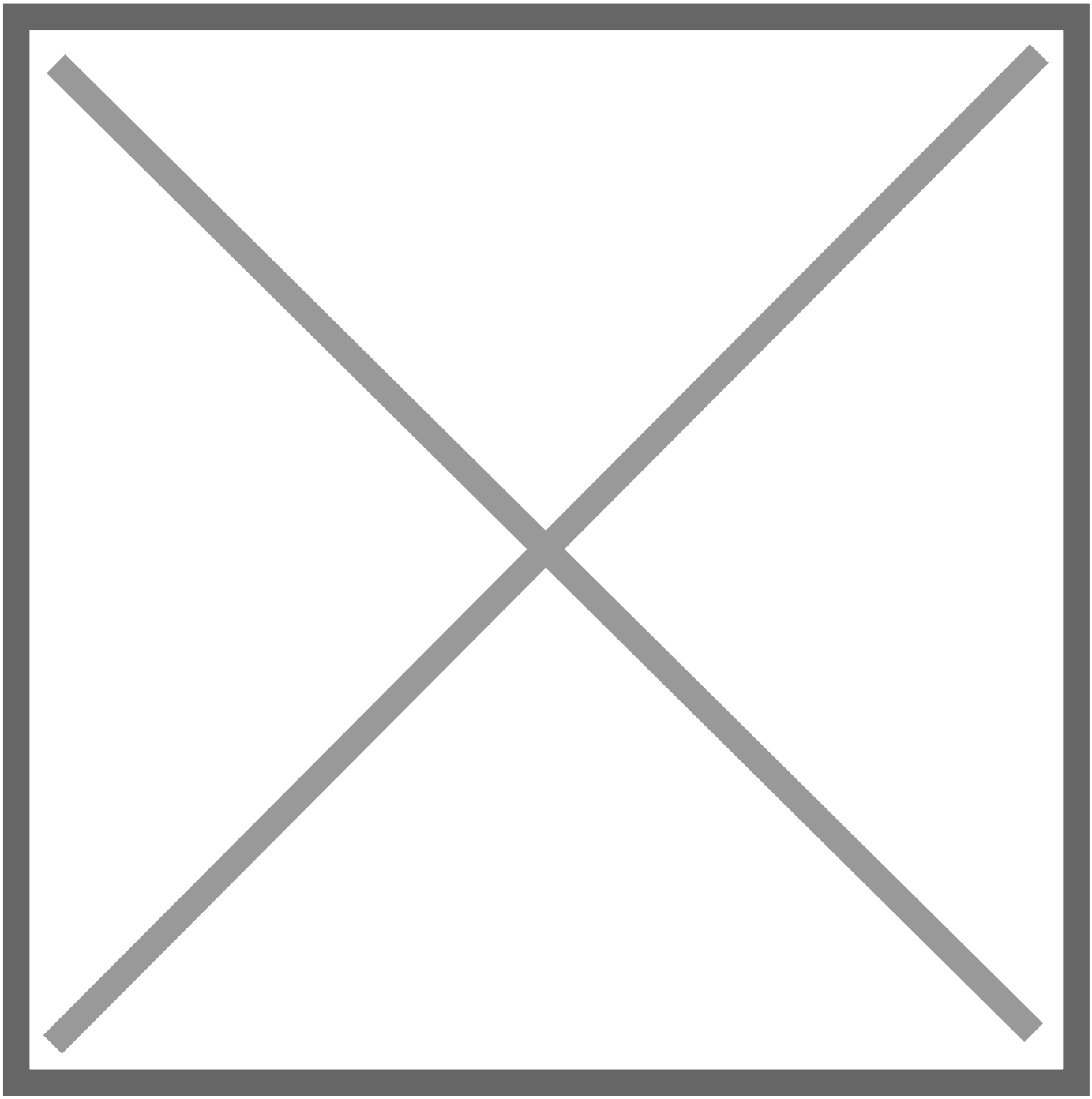


Survey type:	Measured
Age:	0-5
References:	United Nations Children's Fund, Division of Data, Analysis, Planning and Monitoring (2025). Global UNICEF Global Databases: Overlapping Stunting, Wasting and Overweight (Survey Estimates), 2025, New York. For more information, visit: https://data.unicef.org/topic/nutrition/malnutrition/ [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, 2011-2024



Area covered:	National
References:	Estudo Nacional de Alimentação e Nutrição Infantil (ENANI), Brasil 2019
Notes:	Full details available at source: United Nations Children's Fund, Division of Data, Analysis, Planning and Monitoring (2025). Global UNICEF Global Databases: Infant and Young Child Feeding: Exclusive breastfeeding, New York, November 2025.
Definitions:	Infants 0-5 months of age who received only breast milk during the previous day. The definition allows for medicines, vitamins and oral re-hydration solution to have been given. These infants would not have received water-based liquids, milk based-liquids or food.

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