



# Bulgaria



## 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/bulgaria-31/>.*

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National obesity risk **\*8/10** This is a composite obesity risk score (out of 10, the highest risk) based on obesity prevalence, rate of increase, likelihood of meeting the 2025 target, treatment indicator and childhood stunting levels. Childhood obesity risk **\*7.5/11** This is a risk score for each country's likelihood of having or acquiring a major childhood obesity problem during the 2020s, taking account of current prevalence levels and risk for future obesity (based on stunting among infants, maternal obesity, maternal smoking, and breastfeeding rates).

\* Based on estimated data. For more information see Publications

## Obesity prevalence

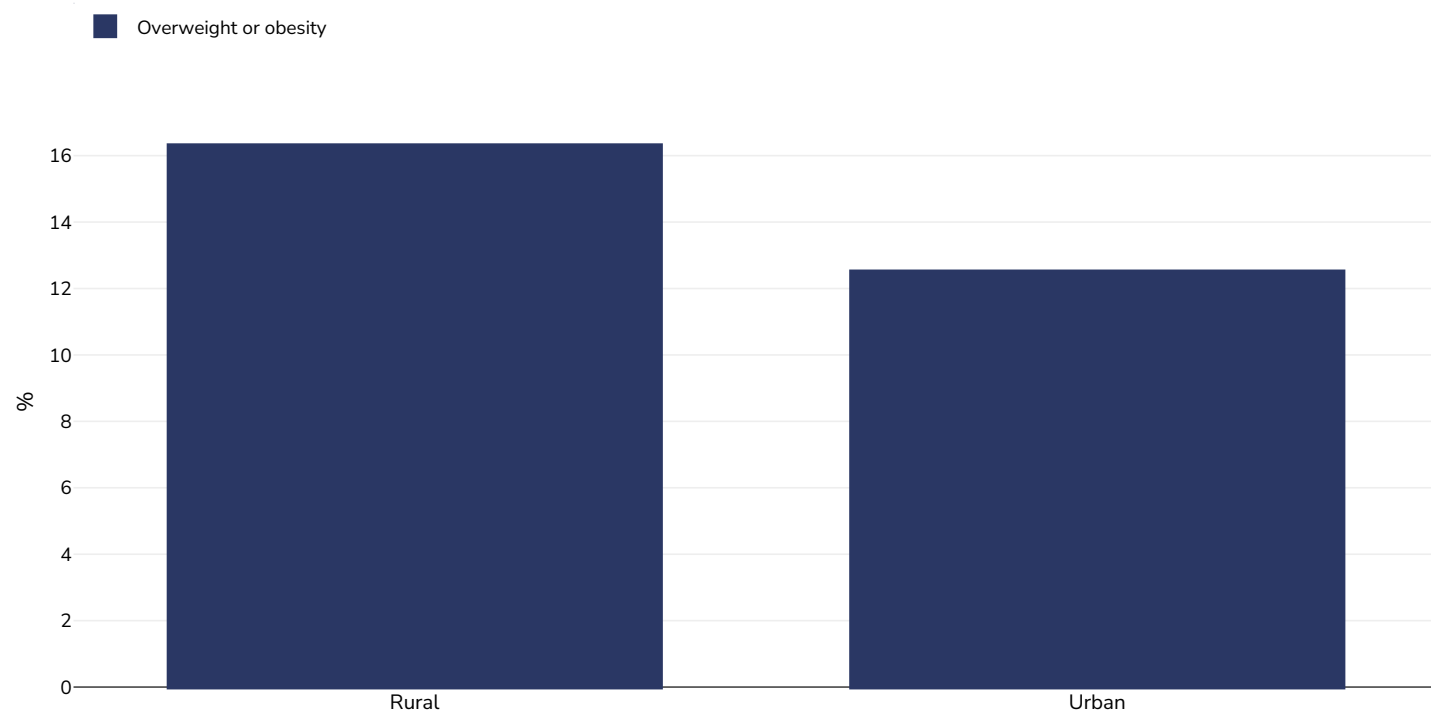
## 0-5 years, 2014



|              |   |
|--------------|---|
| Age:         | 0-5   |
| References:  | NNS: National Survey of Nutrition Factor for Health Risk among the Population in Bulgaria   |
| Notes:       | <p>UNICEF/WHO/World Bank Joint Child Malnutrition Estimates Expanded Database: Overweight (Survey Estimates), May 2023, New York.</p> <p>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></p> <p>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.</p> |
| Definitions: | =>+2SD  |

## Overweight/obesity by region

0-5 years, 2004



**Sample size:** 308

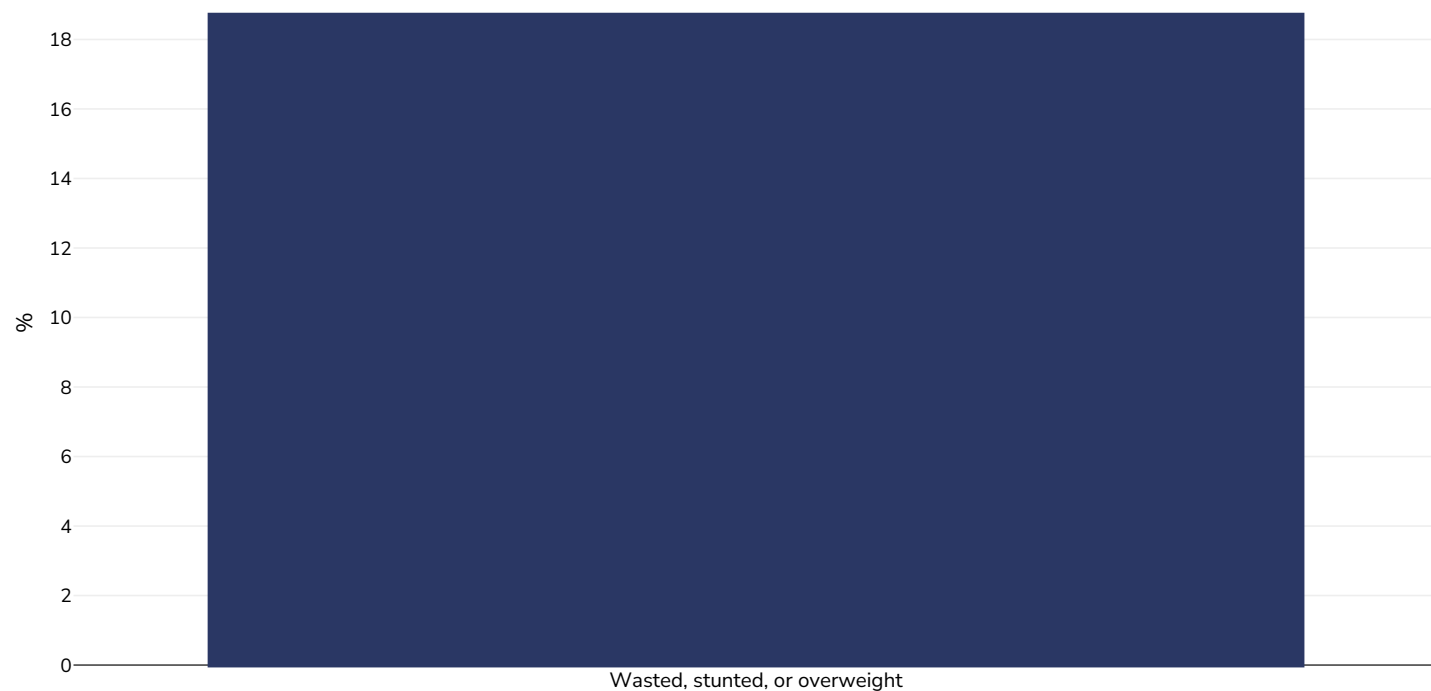
**References:** NNS: National survey of dietary intake and nutritional status of Bulgarian population, 2004. Department of Nutrition and Public Health, National Center of Public Health Protection, Sofia, Bulgaria

**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

## Double burden of underweight & overweight

0-5 years, 2007



|              |   |
|--------------|---|
| 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:       | Nutrition and Nutritional Status of Children aged under 5 years in Bulgaria   |
| 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  |

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