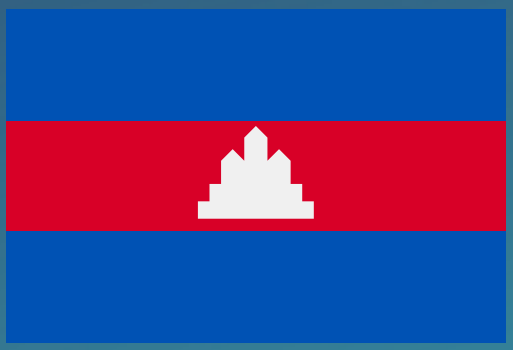
Cambodia



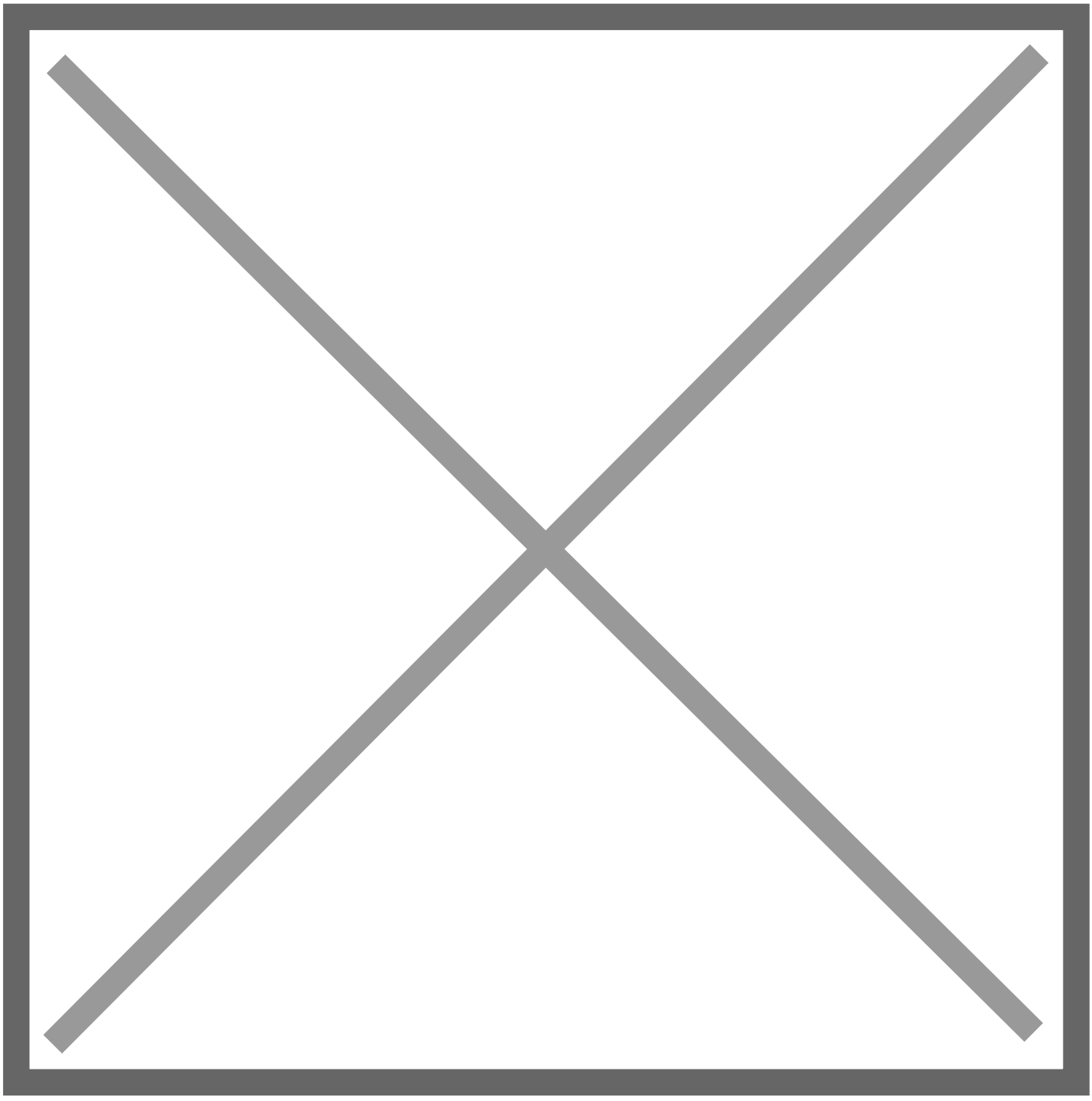
Country report card - children

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/cambodia-34/.

Obesity prevalence

Girls, 2021-2022

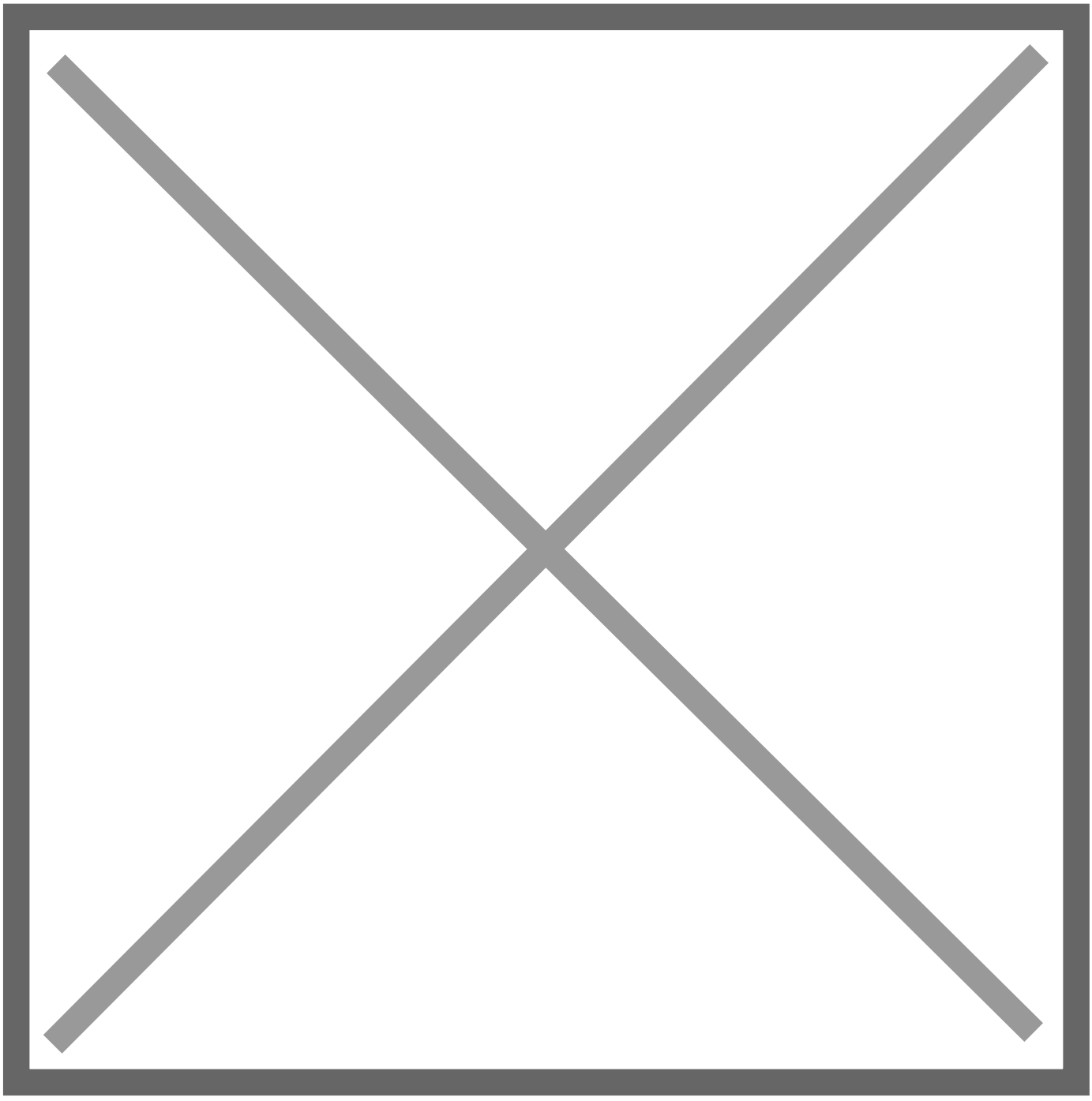


Survey type:	Measured
Age:	15-19
Sample size:	1479
Area covered:	National

à¤¸à¤¾à¤°à¥à¤¸:	National Institute of Statistics (NIS) [Cambodia], Ministry of Health (MoH) [Cambodia], and ICF. 2023. Cambodia Demographic and Health Survey 2021–22 Final Report. Phnom Penh, Cambodia, and Rockville, Maryland, USA: NIS, MoH, and ICF.
Notes:	BMI for age: between +1 SD and +2 SD is overweight and greater than +2 SD is obesity
Definitions:	BMI for age
Cutoffs:	WHO 2007

Overweight/obesity by education

Girls, 2014

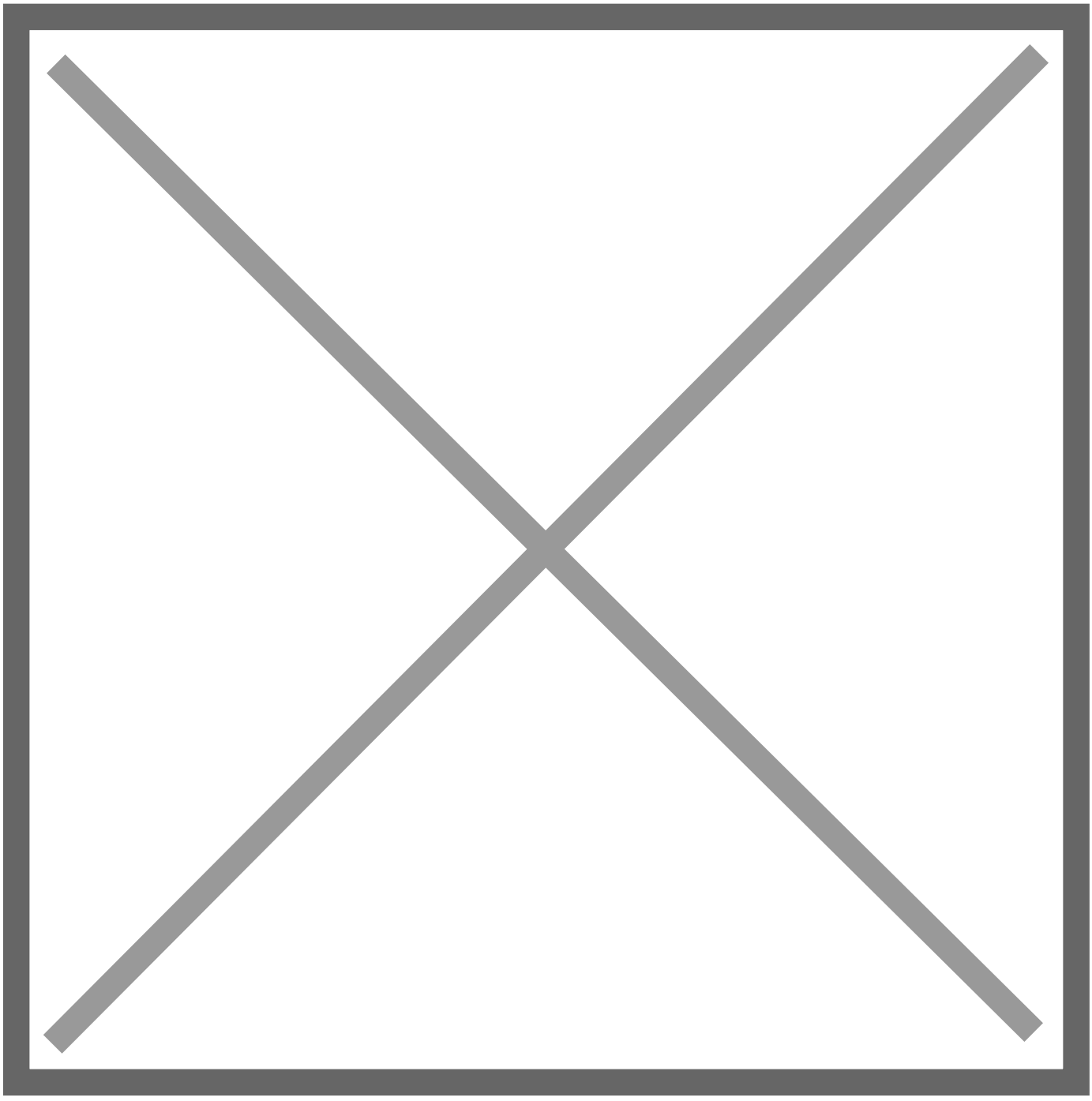


Survey type:	Measured
Age:	15-19
Sample size:	1432
Area covered:	National

à¤¸à¤¨à¥à¤¦à¤°à¥à¤:	Benedict, Rukundo K., Allison Schmale, and Sorrel Namaste. 2018. Adolescent Nutrition 2000-2017: DHS Data on Adolescents Age 15-19. DHS Comparative Report No. 47. Rockville, Maryland, USA: ICF. National Institute of Statistics/Cambodia, Directorate General for Health/Cambodia, and ICF International. 2015. Cambodia Demographic and Health Survey 2014. Phnom Penh, Cambodia: National Institute of Statistics/Cambodia, Directorate General for Health/Cambodia, and ICF International
Definitions:	BMI for age: between +1 SD and +2 SD is overweight and greater than +2 SD is obesity
Cutoffs:	WHO 2007

Overweight/obesity by age

Children, 2013

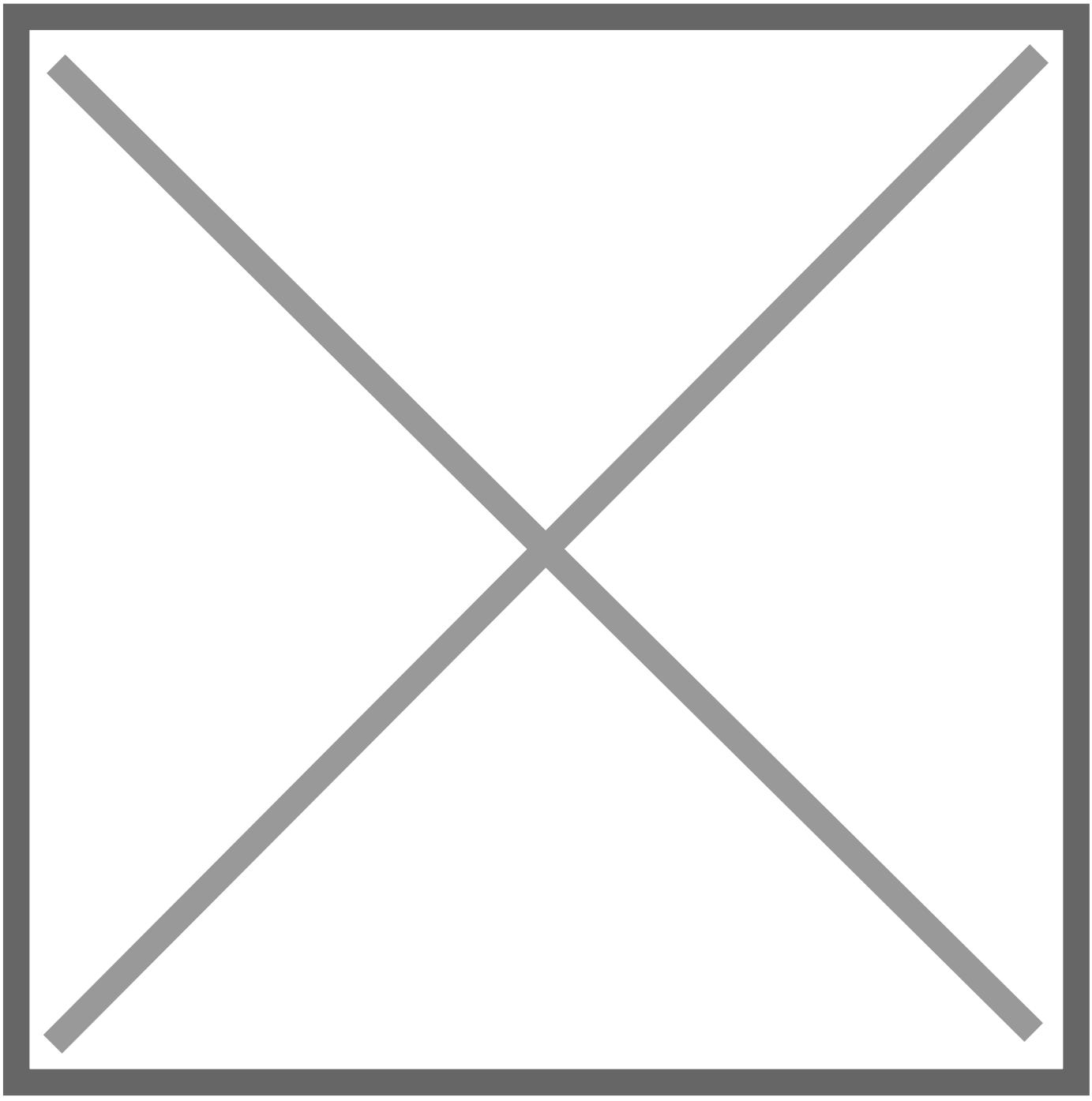


Survey type:	Self-reported
Sample size:	3806
Area covered:	National

à¤¸à¤¾à¤°à¥‹à¤¤:	Global School-based Student Health Survey 2013. Available at: https://cdn.who.int/media/docs/default-source/ncds/ncd-surveillance/data-reporting/cambodia/gshs/2013_cambodia_gshs_fact_sheet.pdf?sfvrsn=3fde50db_3&download=true. Accessed: 04.10.21.
Cutoffs:	WHO

Overweight/obesity by region

Girls, 2021-2022

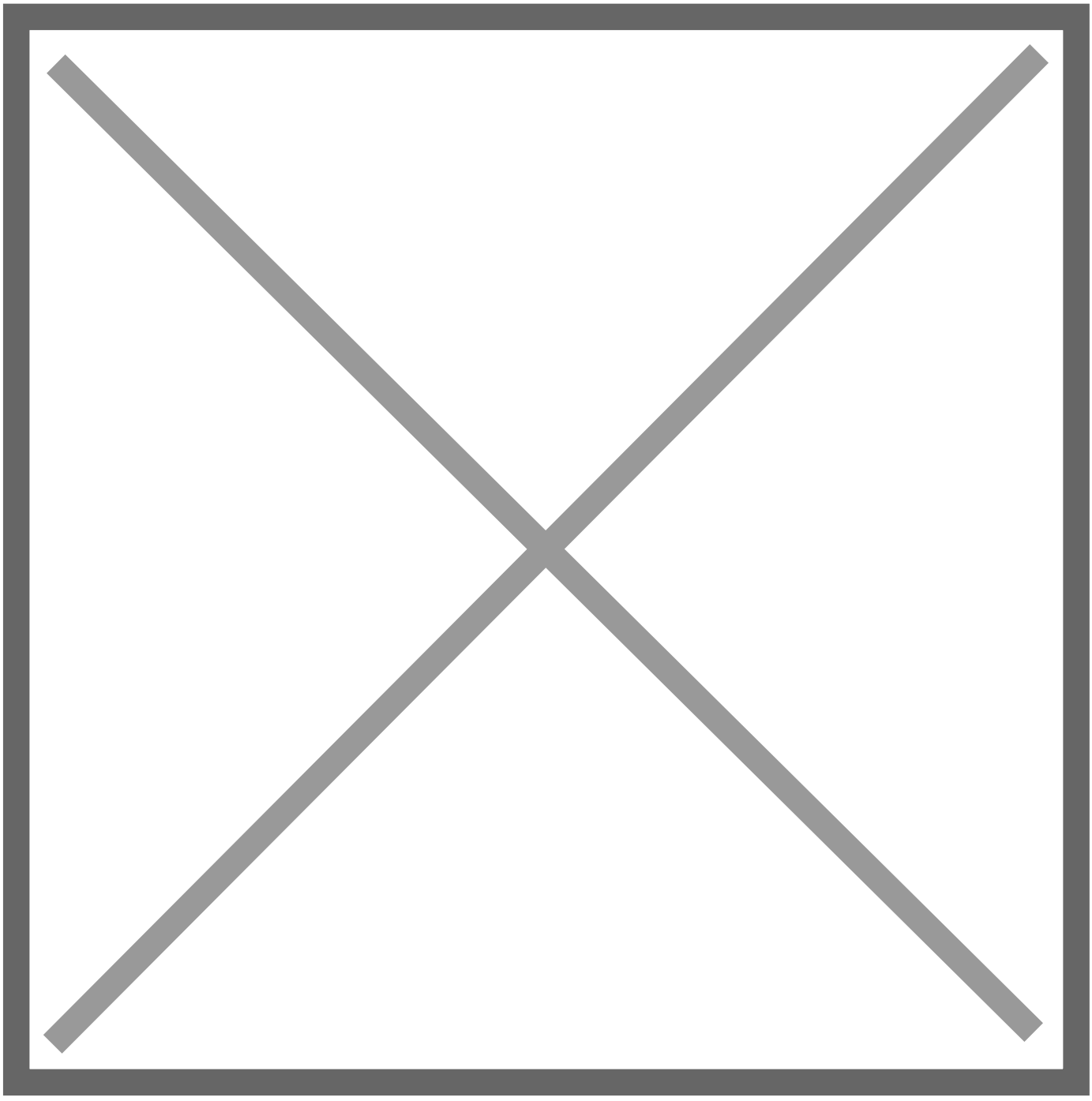


Survey type:	Measured
Age:	15-19
Sample size:	1479
Area covered:	National

à¤¸à¤¾à¤°à¥‹à¤¤ à¤:	National Institute of Statistics (NIS) [Cambodia], Ministry of Health (MoH) [Cambodia], and ICF. 2023. Cambodia Demographic and Health Survey 2021–22 Final Report. Phnom Penh, Cambodia, and Rockville, Maryland, USA: NIS, MoH, and ICF.
Notes:	BMI for age: between +1 SD and +2 SD is overweight and greater than +2 SD is obesity
Definitions:	BMI for age
Cutoffs:	WHO 2007

Double burden of underweight & obesity

Children, 2022

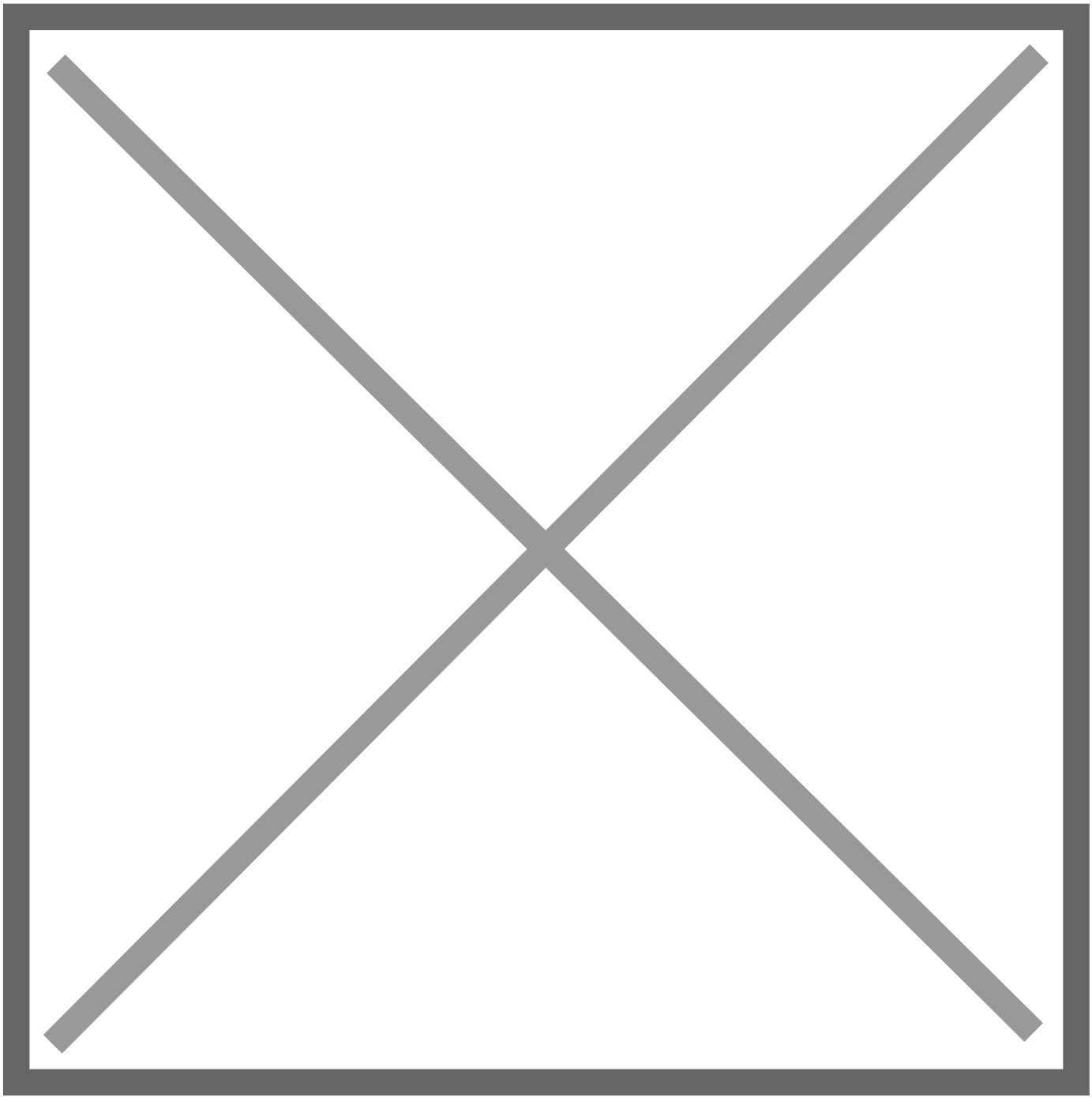


Survey type:	Measured
Age:	5-19
à¤¸à¤¾ à¤¸à¥à¤°à¥‹à¤¤:	NCD Risk Factor Collaboration (NCD-RisC). Worldwide trends in underweight and obesity from 1990 to 2022: a pooled analysis of 3663 population representative studies with 222 million children, adolescents, and adults. Lancet 2024; published online 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

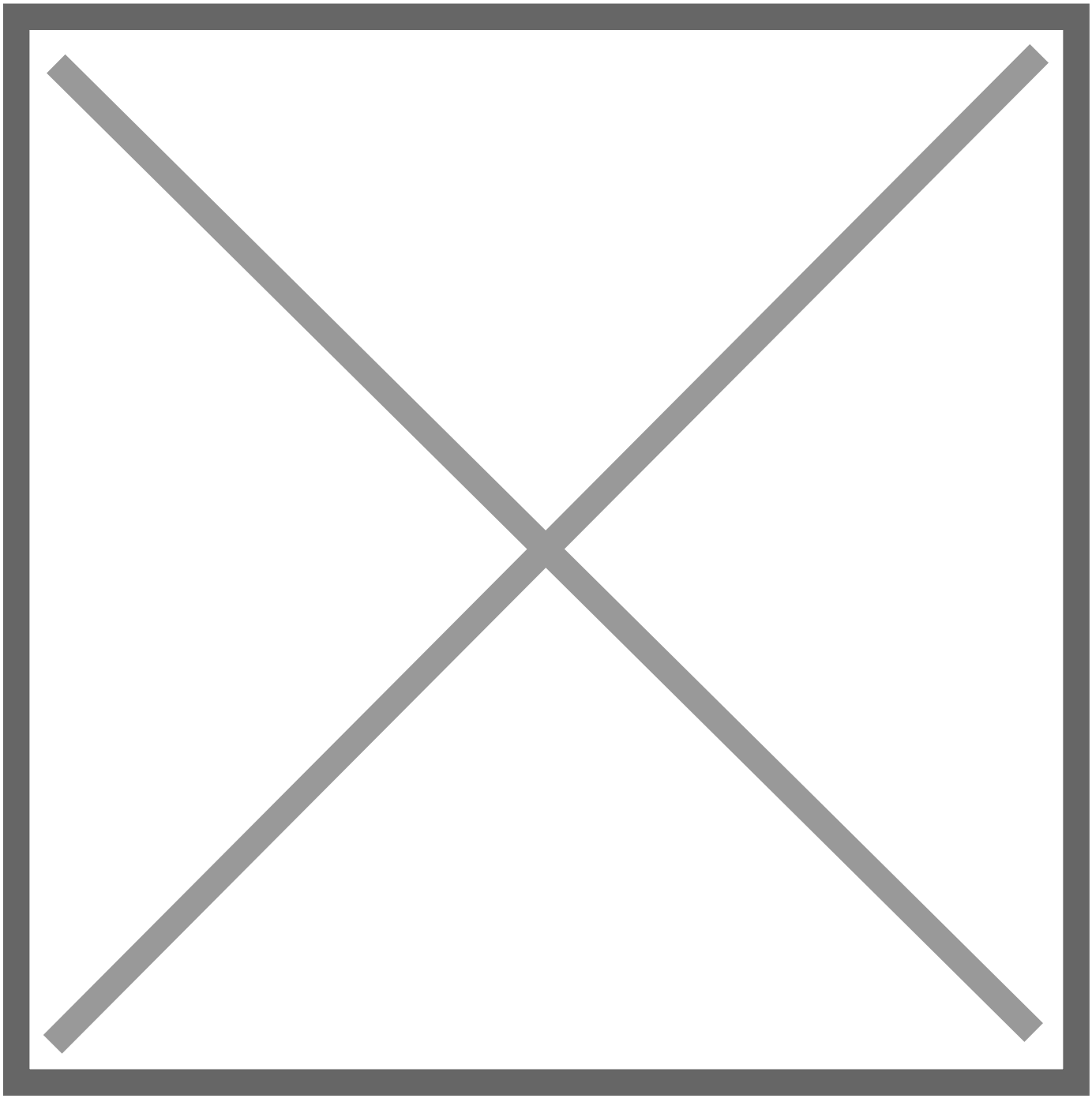
Children, 2016



Survey type:	Self-reported
Age:	11-17
à¤¸à¤¾ à¤¸à¥à¤°à¥‹à¤¤:	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)

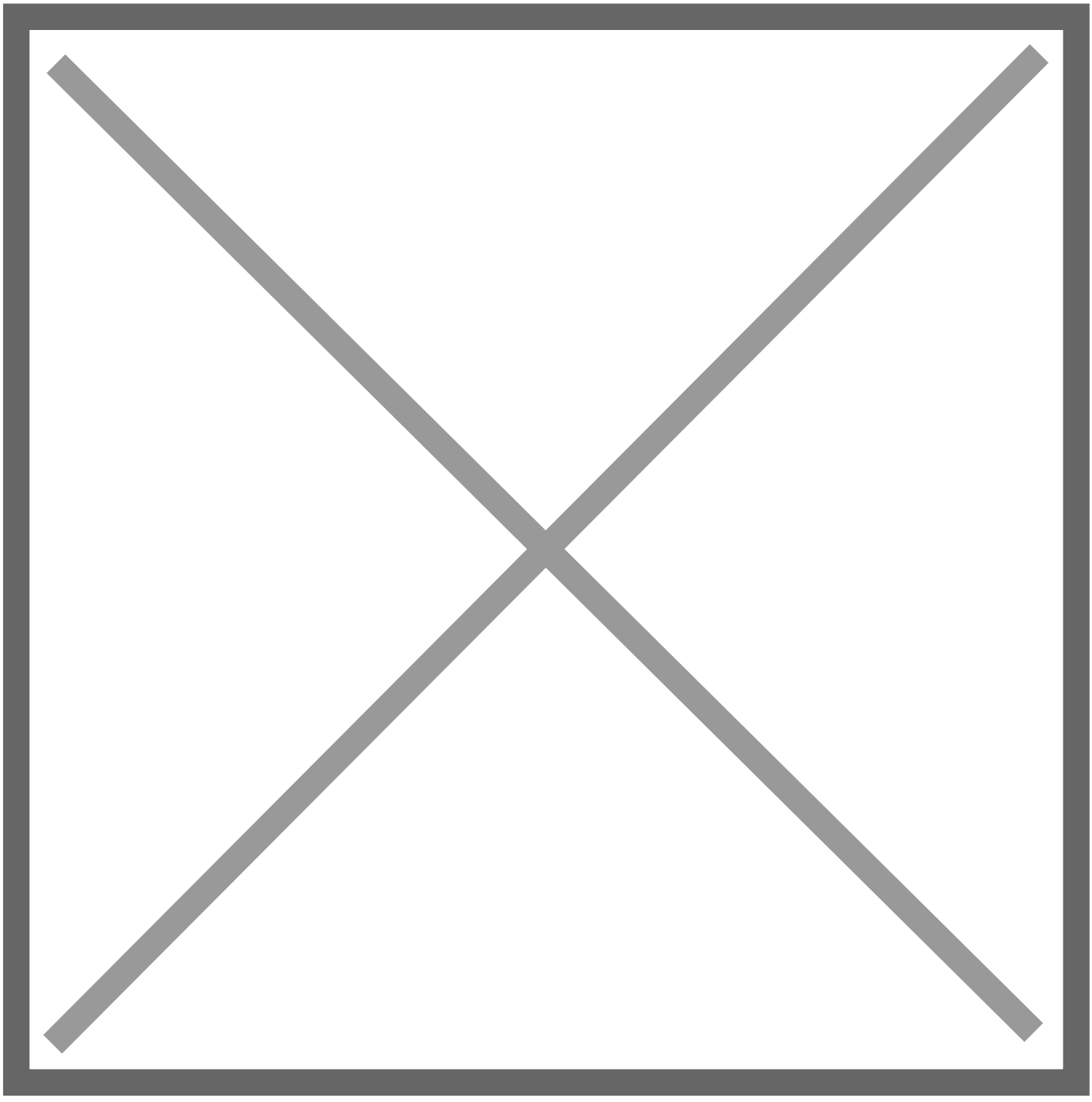
Boys, 2016



Survey type:	Self-reported
Age:	11-17
à¤¸à¤¾ à¤¸à¥‹à¤°à¥‡ à¤¸:	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

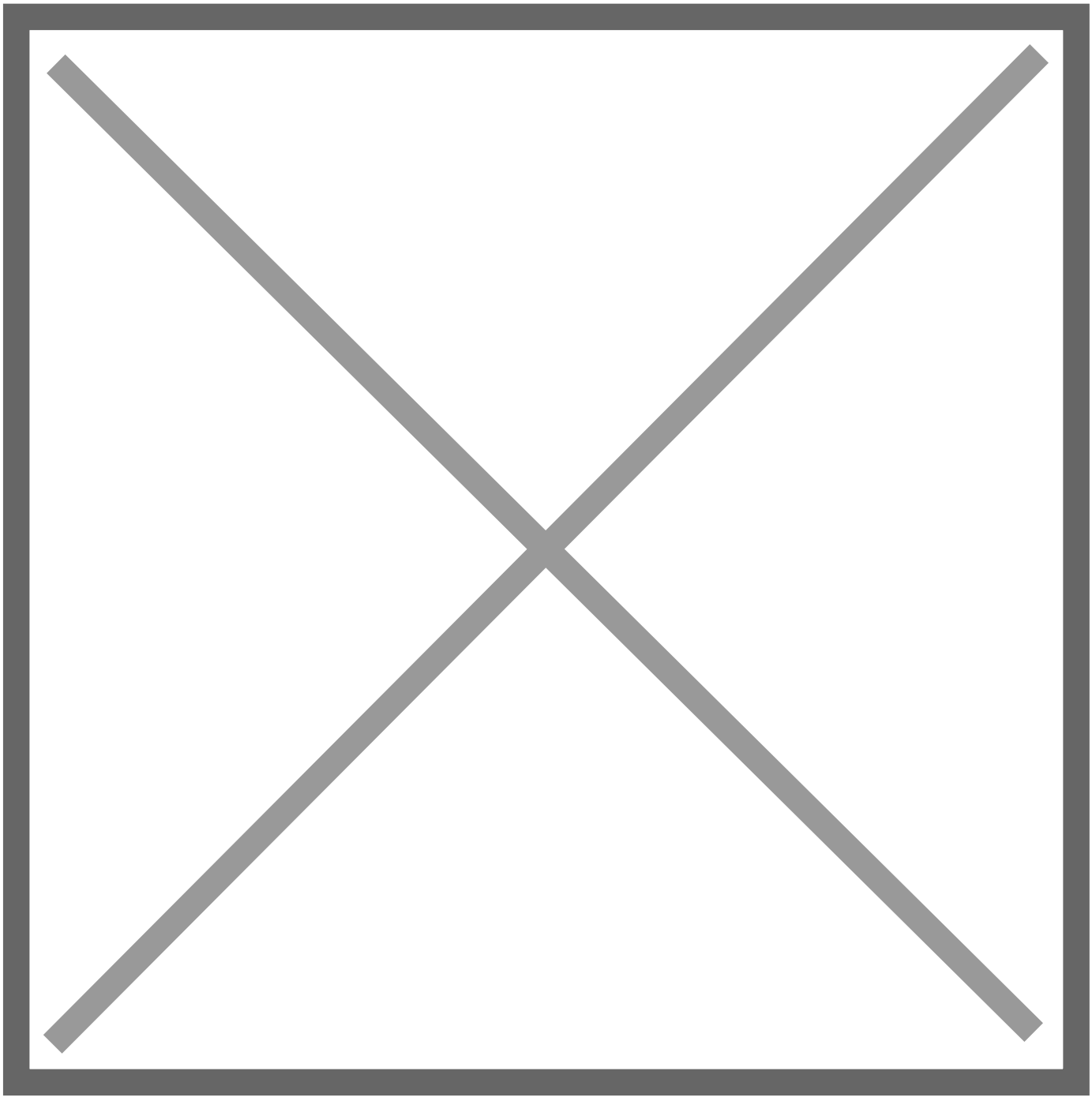


Survey type:	Self-reported
Age:	11-17
à¤¸à¤¾ à¤¸à¥‹à¤¤ à¤¸:	Global Health Observatory data repository, World Health Organisation, https://apps.who.int/gho/data/node.main.A893ADO?lang=en (last accessed 16.03.21)
Notes:	% of school going adolescents not meeting WHO recommendations on Physical Activity for Health, i.e. doing less than 60 minutes of moderate- to vigorous-intensity physical activity daily.

Definitions:	% Adolescents insufficiently active (age standardised estimate)

Average daily frequency of carbonated soft drink consumption

Children, 2010-2015

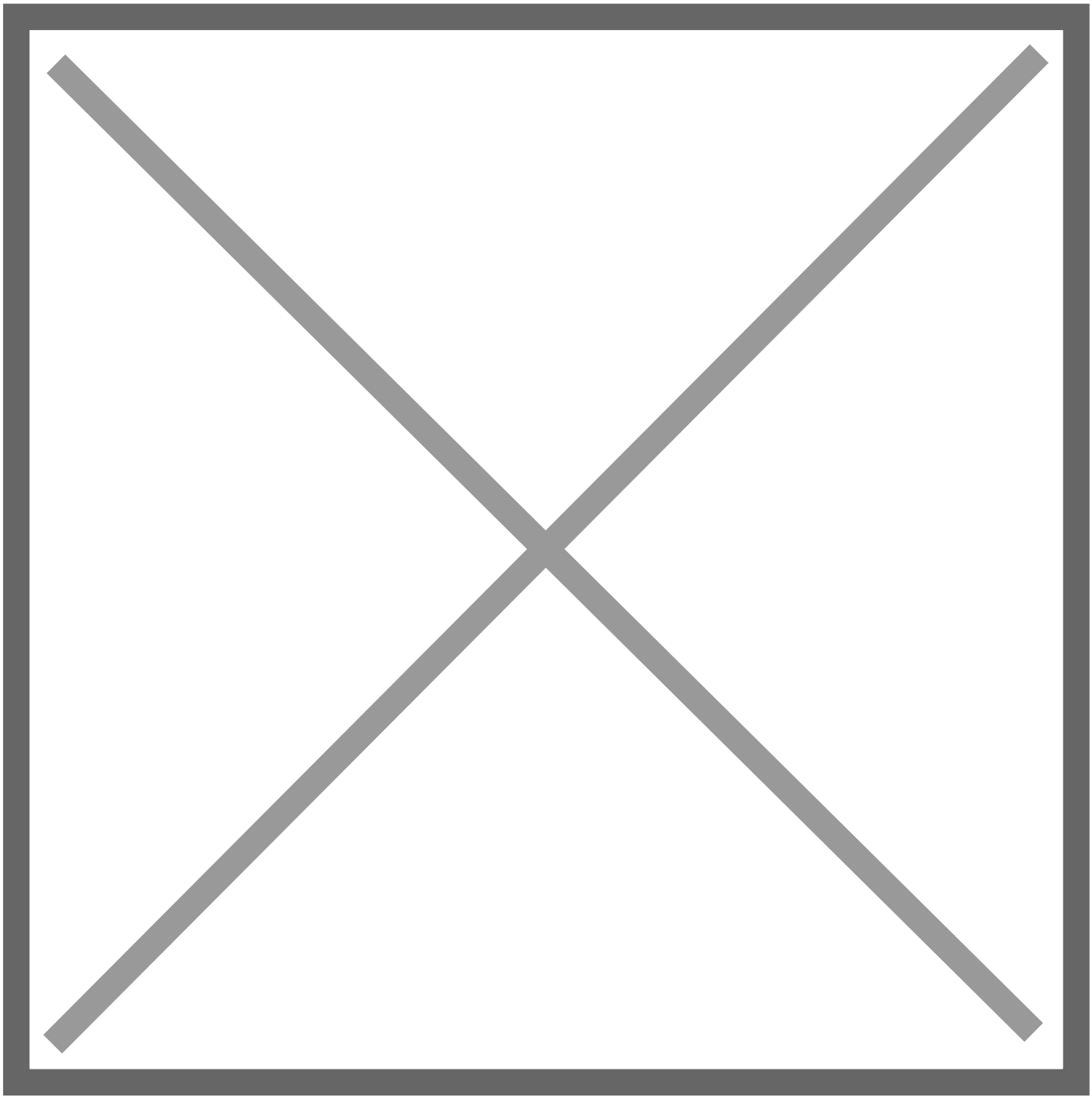


Survey type:	Measured
Age:	12-17

à¤¸à¤¾à¤°à¥‹à¤¤:	Beal et al. (2019). Global Patterns of Adolescent Fruit, Vegetable, Carbonated Soft Drink, and Fast-food consumption: A meta-analysis of global school-based student health surveys. Food and Nutrition Bulletin. https://doi.org/10.1177/0379572119848287 sourced from Food Systems Dashboard http://www.foodsystemsdashboard.org/food-system

Prevalence of less than daily fruit consumption

Children, 2013

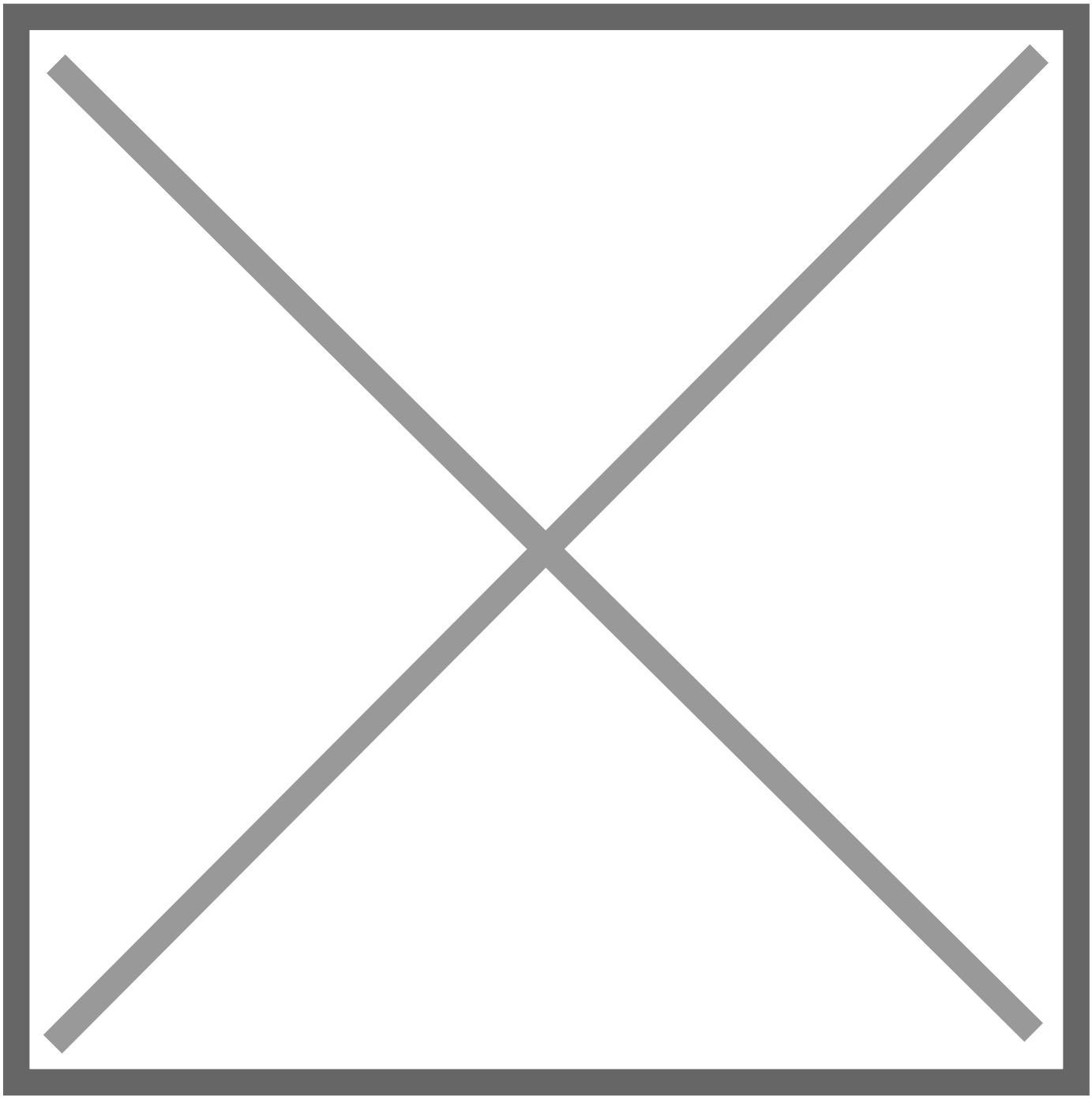


Survey type:	Self-reported
Age:	12-17
Area covered:	National

à¤¸à¤¾à¤°à¥‹à¤¤:	Global School-based Student Health Surveys. Beal et al (2019). Global Patterns of Adolescent Fruit, Vegetable, Carbonated Soft Drink, and Fast-food consumption: A meta-analysis of global school-based student health surveys. Food and Nutrition Bulletin. https://doi.org/10.1177/0379572119848287. Sourced from Food Systems Dashboard http://www.foodsystemsdashboard.org/food-system
Definitions:	Prevalence of less-than-daily fruit consumption (% less-than-daily fruit consumption)

Prevalence of less than daily vegetable consumption

Children, 2013

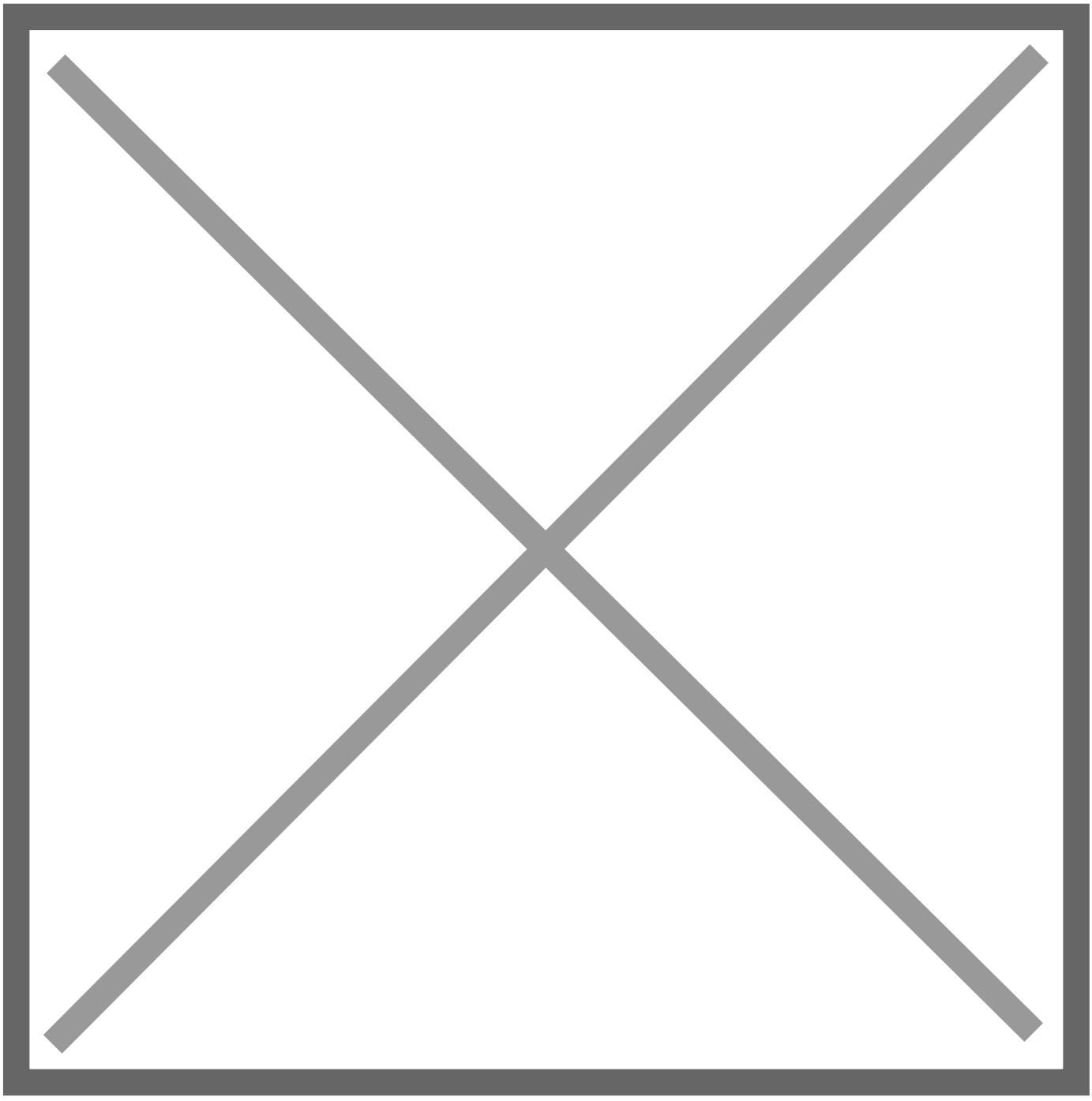


Survey type:	Self-reported
Age:	12-17
Area covered:	National

à¤¸à¤¾ à¤¸à¥°à¥ à¤:	Beal et al. (2019). Global Patterns of Adolescent Fruit, Vegetable, Carbonated Soft Drink, and Fast-food consumption: A meta-analysis of global school-based student health surveys. Food and Nutrition Bulletin. https://doi.org/10.1177/0379572119848287 sourced from Food Systems Dashboard http://www.foodsystemsdashboard.org/food-system
Definitions:	Prevalence of less-than-daily vegetable consumption (% less-than-daily vegetable consumption)

Mental health - depression disorders

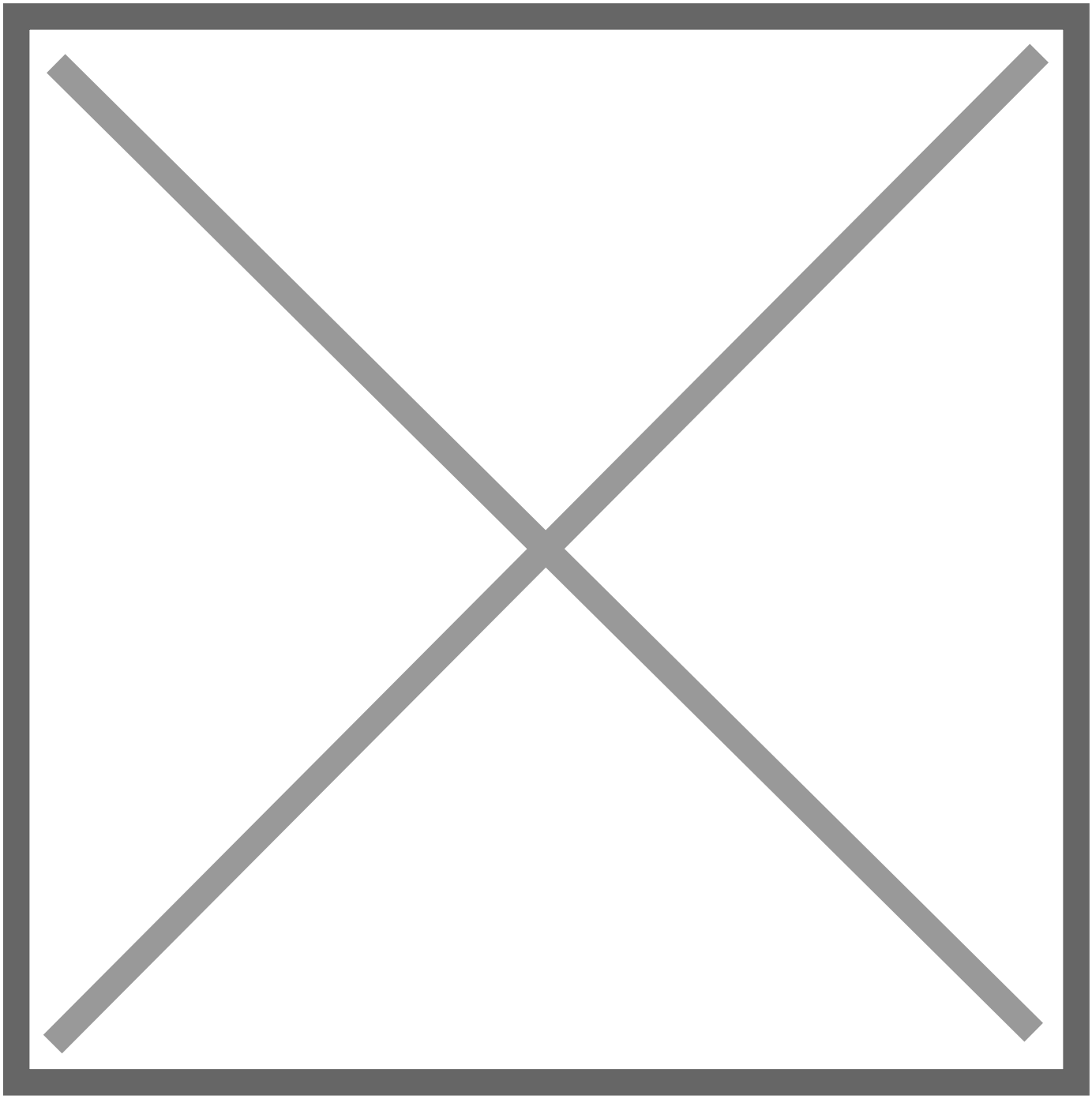
Children, 2023



Area covered:	National
à¤¸à¤¾à¤°à¥‹à¤¤:	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]

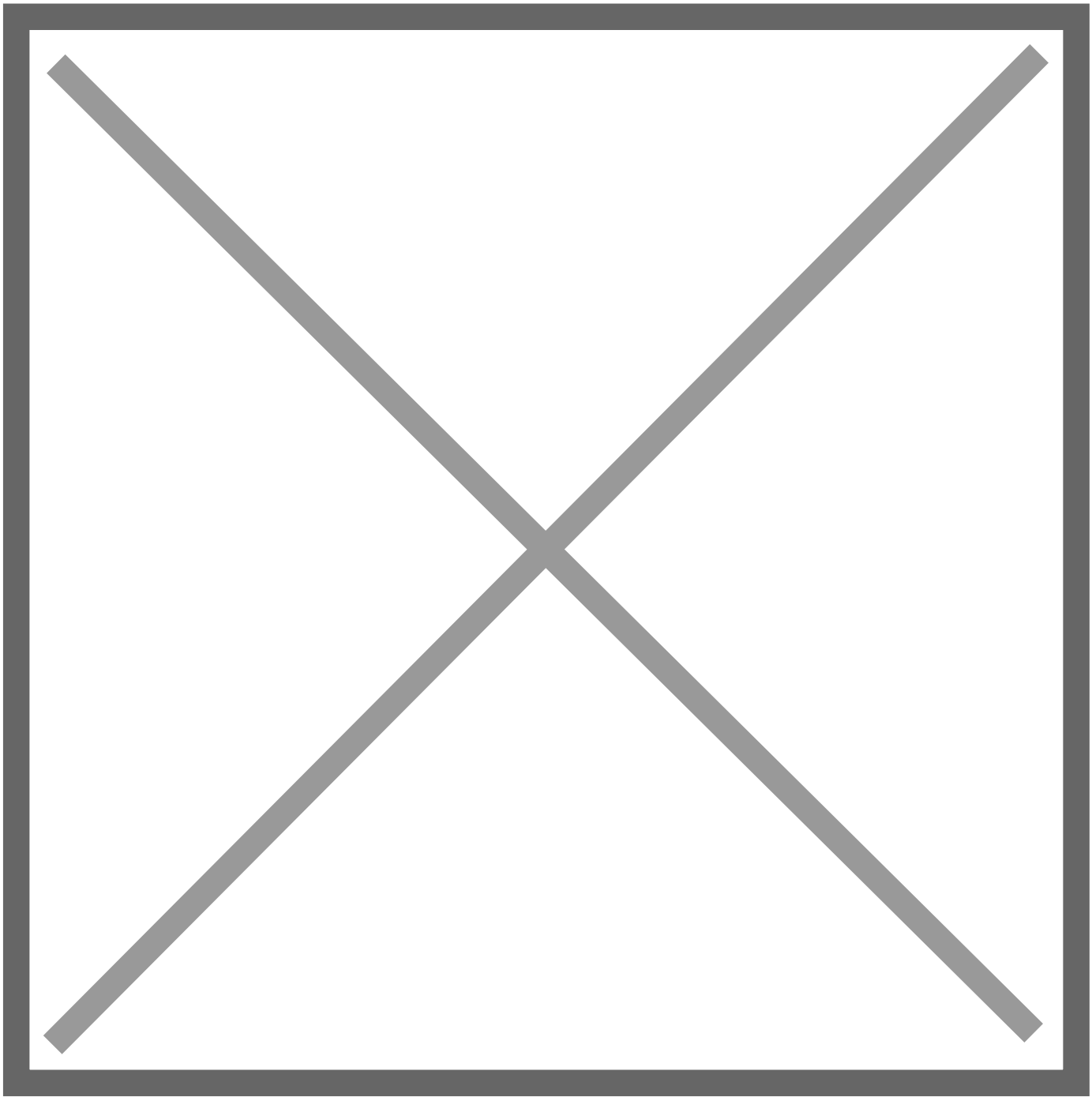
Definitions:	Estimated number living with depressive disorders per 100,000 population (under 20 years of age)

Boys, 2023



Area covered:	National
à¤¸à¤¾ à¤¸à¥à¤°à¥‹à¤¤:	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)

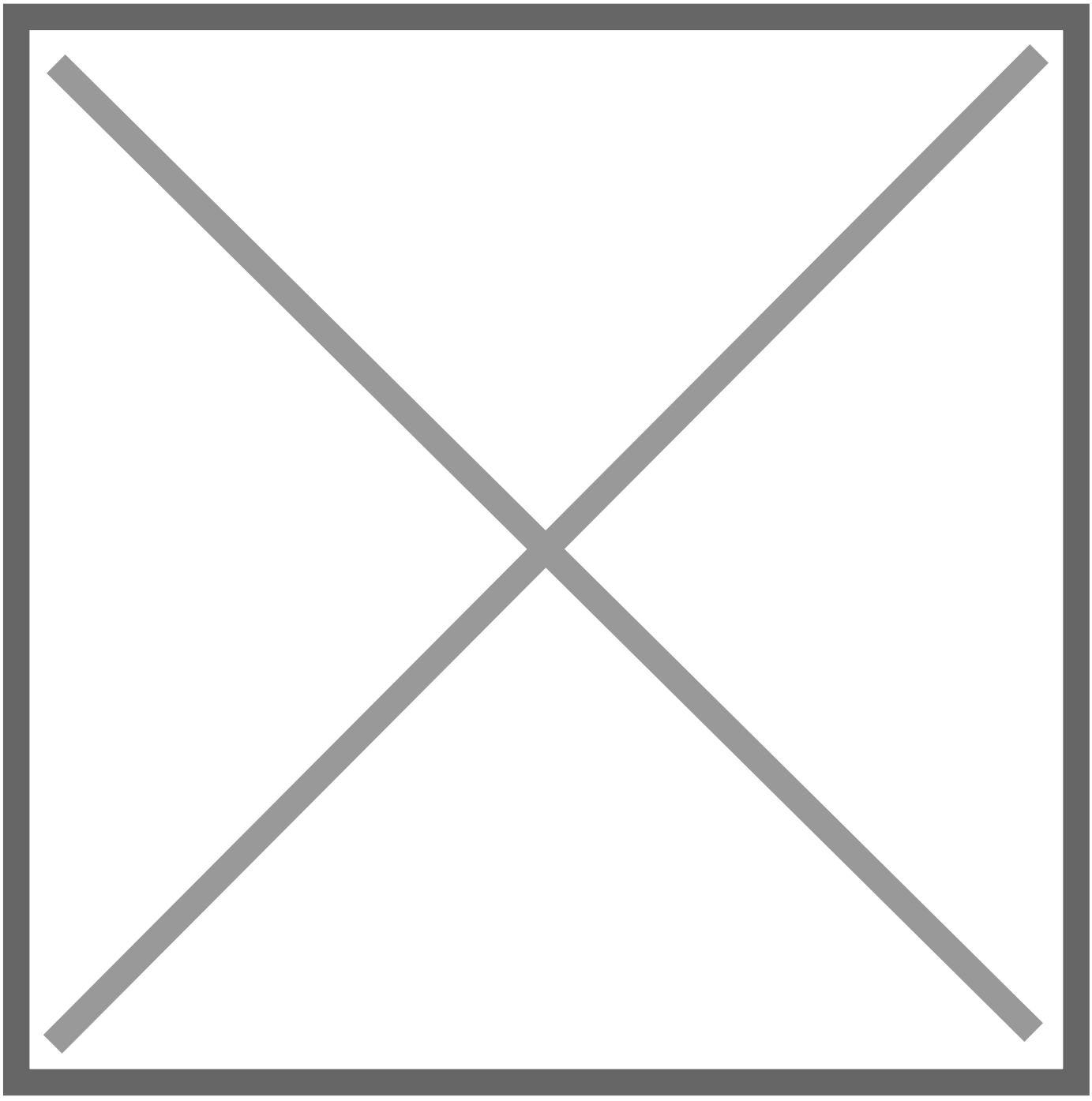
Girls, 2023



Area covered:	National
à¤¸à¤¾à¤°à¥€ à¤:	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)

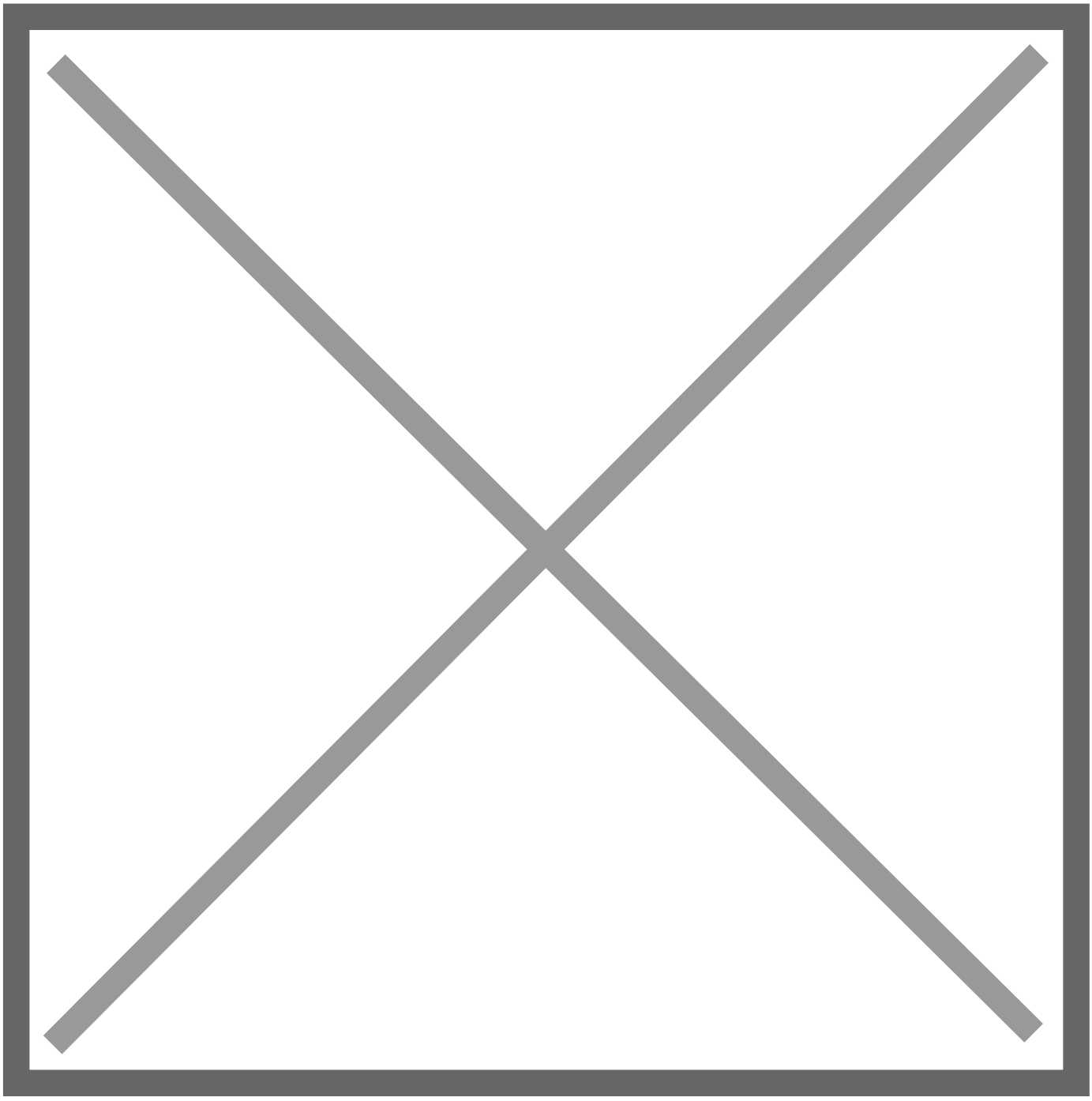
Mental health - anxiety disorders

Children, 2023



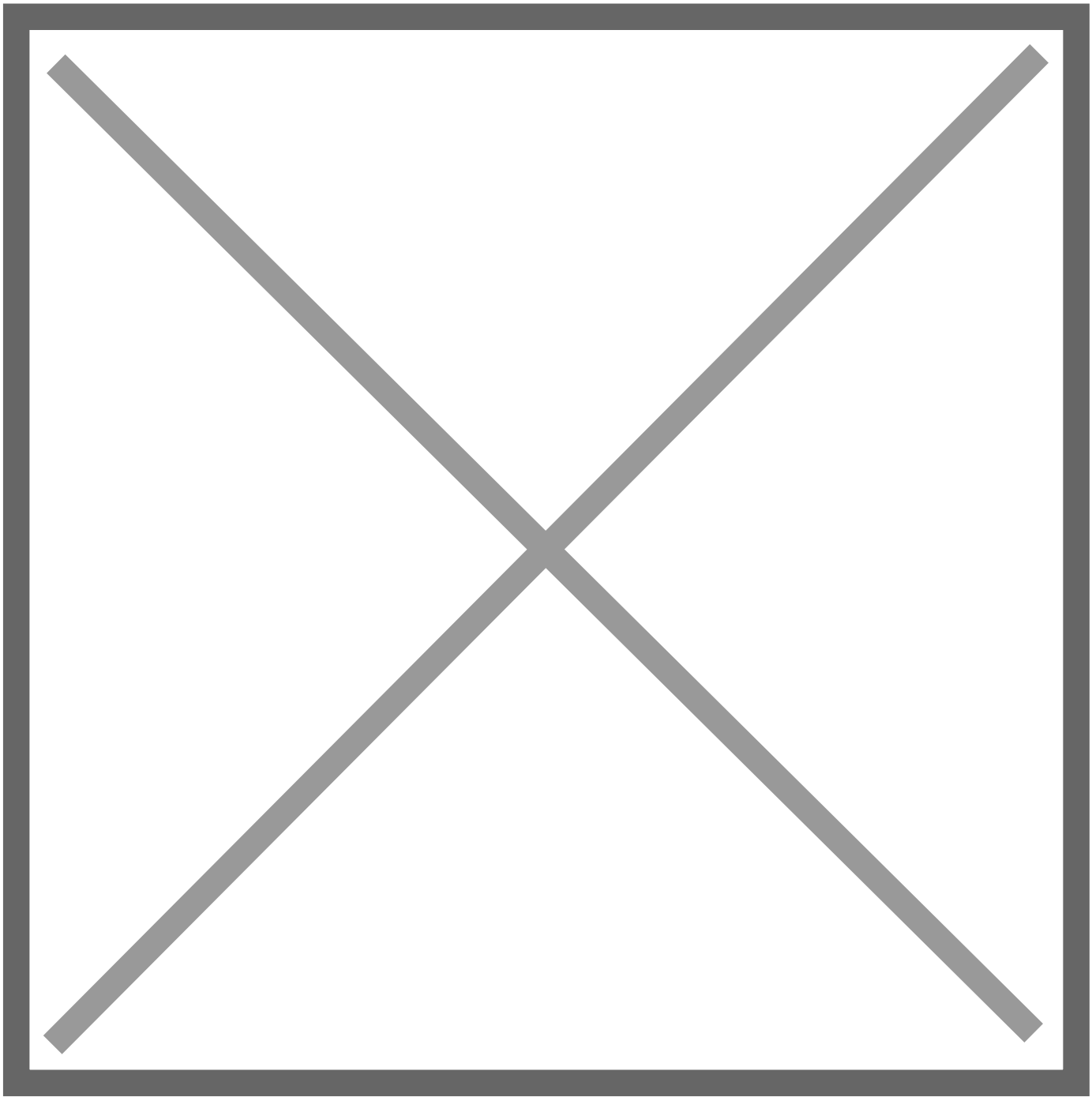
Area covered:	National
à¤¸à¤¾ à¤¸à¥à¤°à¥‹à¤¤ à¤:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from https://vizhub.healthdata.org/gbd-compare/ [Accessed 17.03.26]
Definitions:	Estimated number living with anxiety disorders per 100,000 population (under 20 years of age)

Boys, 2023



Area covered:	National
à¤¸à¤¾à¤°à¥‹à¤¤ à¤:	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
à¤¸à¤¾à¤°à¥‹à¤¤ à¤:	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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PDF created on November 4, 2026