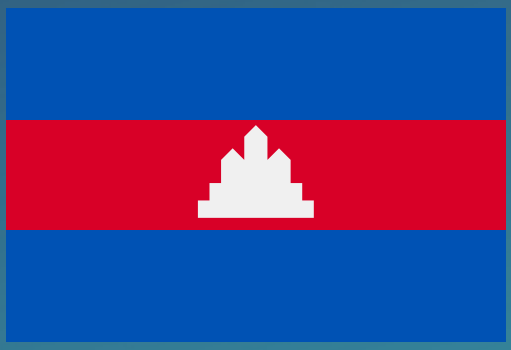
# Cambodia



## Country report card - children

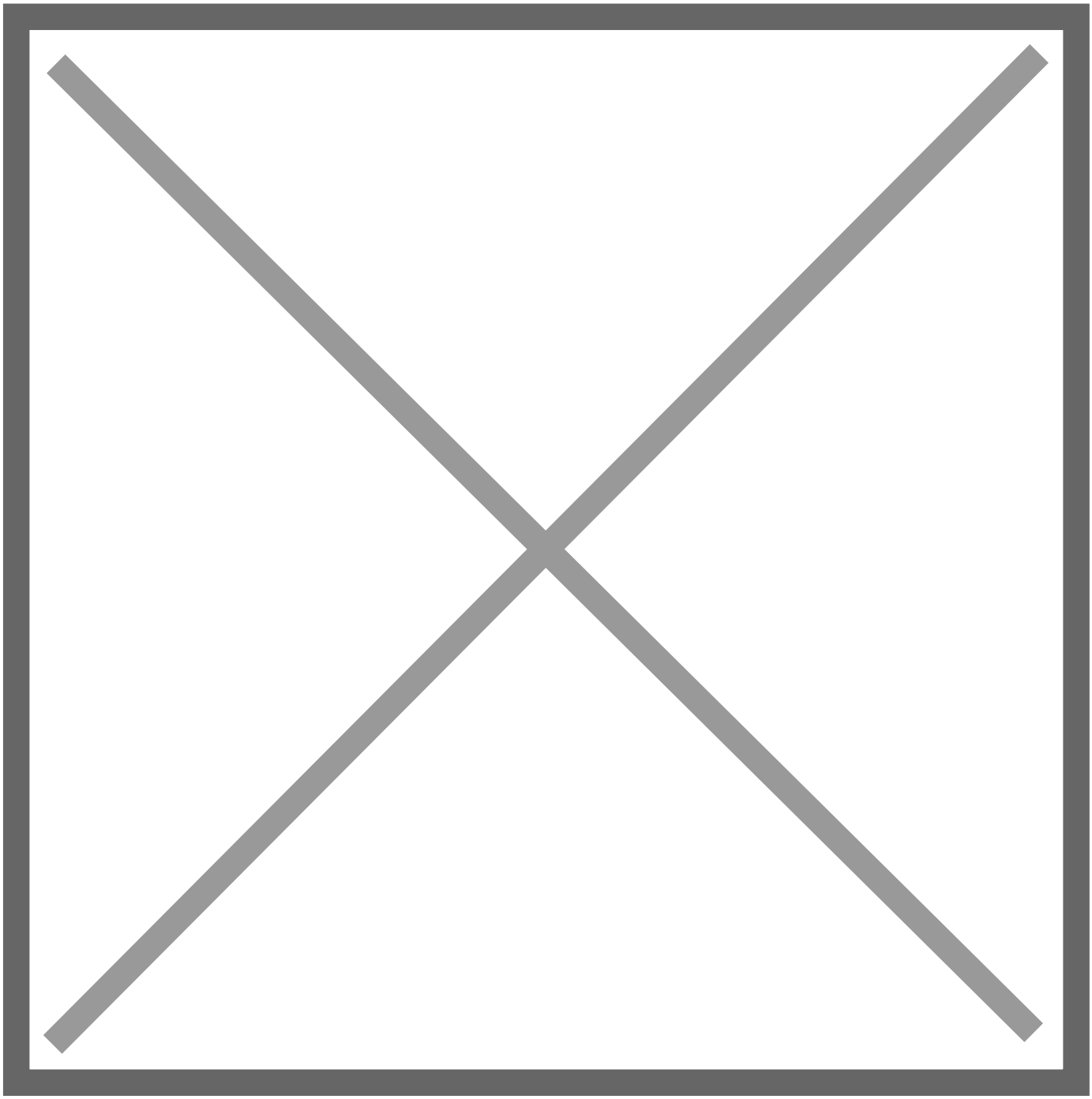
*This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity for children, including adolescents (aged 5 to 18 years). Where available, data on common and relevant obesity drivers and comorbidities are also presented.*

*View the latest version of this report on the Global Obesity Observatory at https://data.worldobesity.org/country/cambodia-34/.*

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## Obesity prevalence

## Girls, 2021-2022

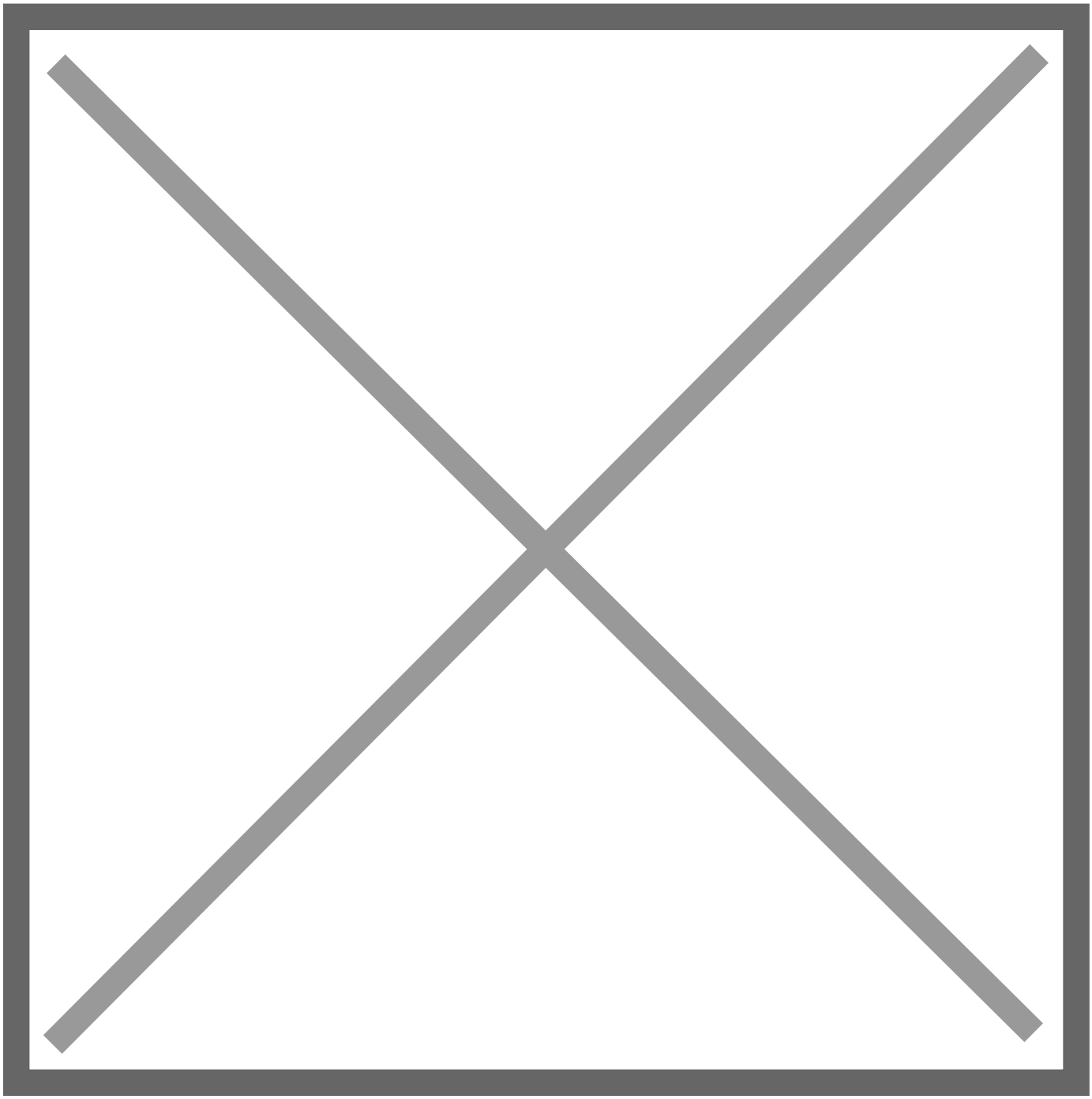


| | |
|---|---|
| **Survey type:** | Measured |
| **Age:** | 15-19 |
| **Sample size:** | 1479 |
| **Area covered:** | National |
| **References:** | National Institute of Statistics (NIS) [Cambodia], Ministry of Health (MoH) [Cambodia], and ICF. 2023. Cambodia Demographic and Health Survey 2021–22 Final 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

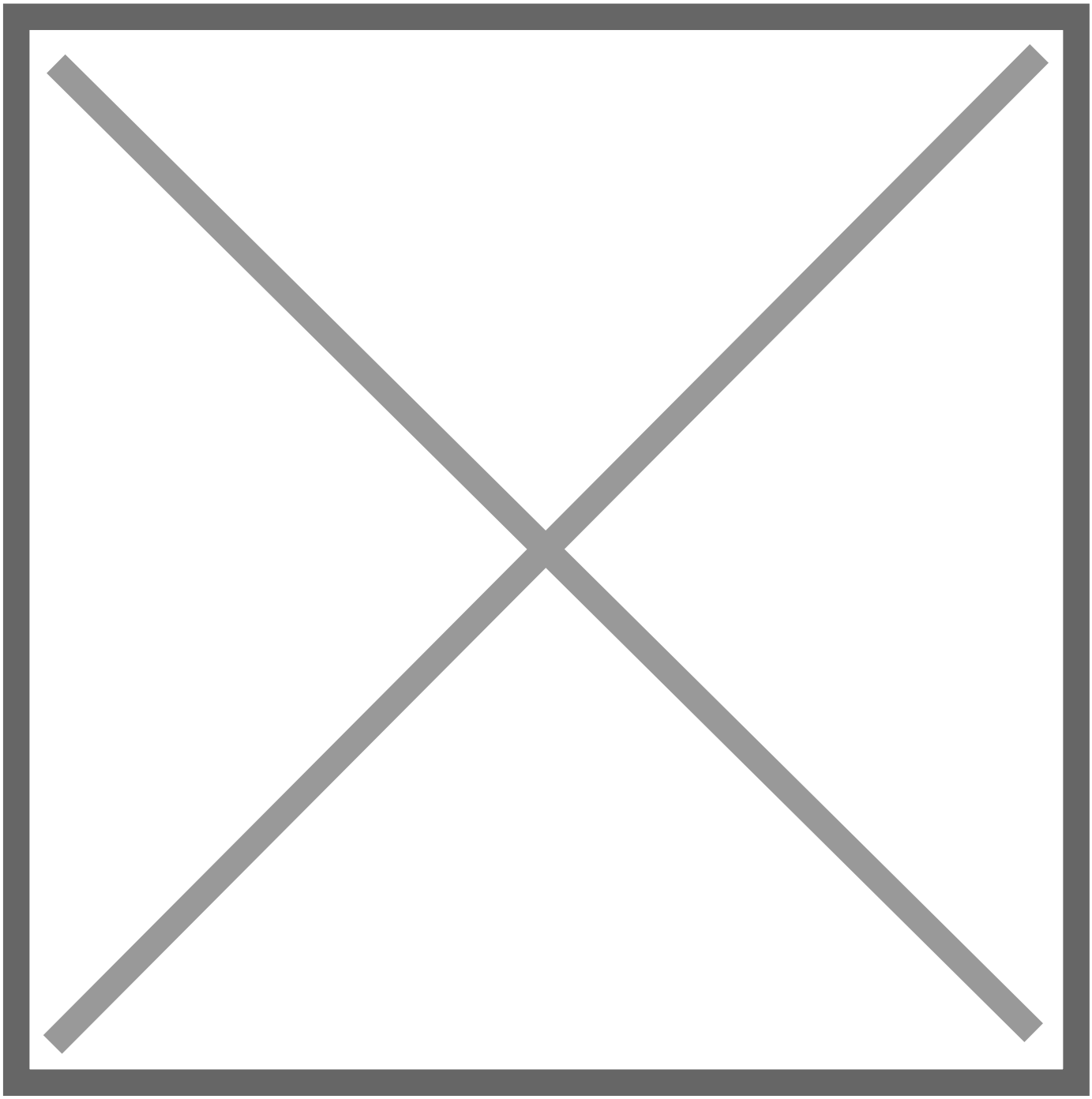


| | |
|---|---|
| **Survey type:** | Measured |
| **Age:** | 15-19 |
| **Sample size:** | 1432 |
| **Area covered:** | National |

| | |
|---|---|
| **References:** | 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

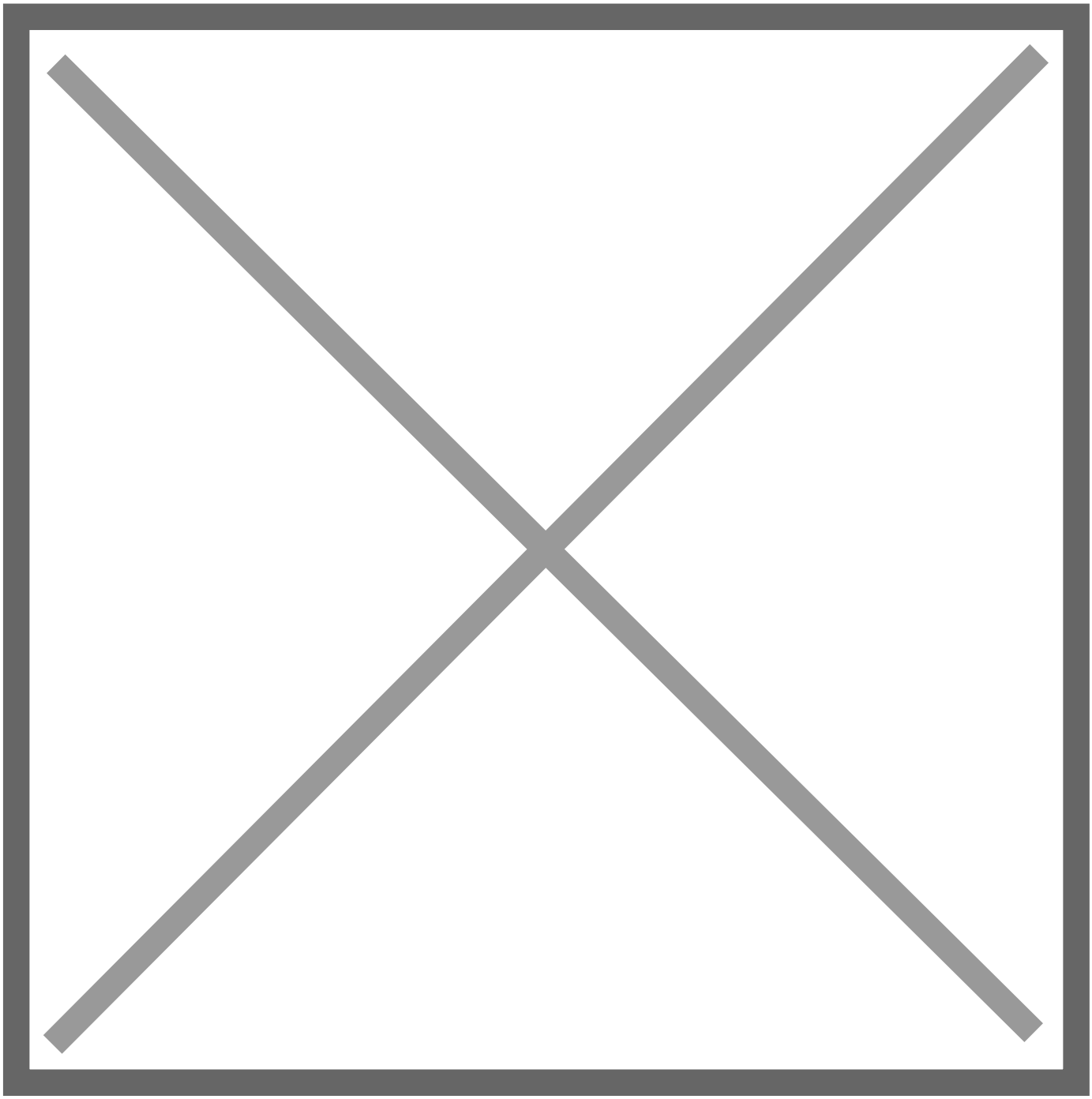


| | |
|---|---|
| **Survey type:** | Self-reported |
| **Sample size:** | 3806 |
| **Area covered:** | National |
| **References:** | Global School-based Student Health Survey 2013. Available at: https://cdn.who.int/media/docs/default-source/ncds/ncd-surveillance/data-reporting/cambodia/gshs/2013_cambodia_gshs_fact_sheet.pdf?sfvrsn=3fde50db_3&download=true. Accessed: 04.10.21. |

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

## Overweight/obesity by region

## Girls, 2021-2022

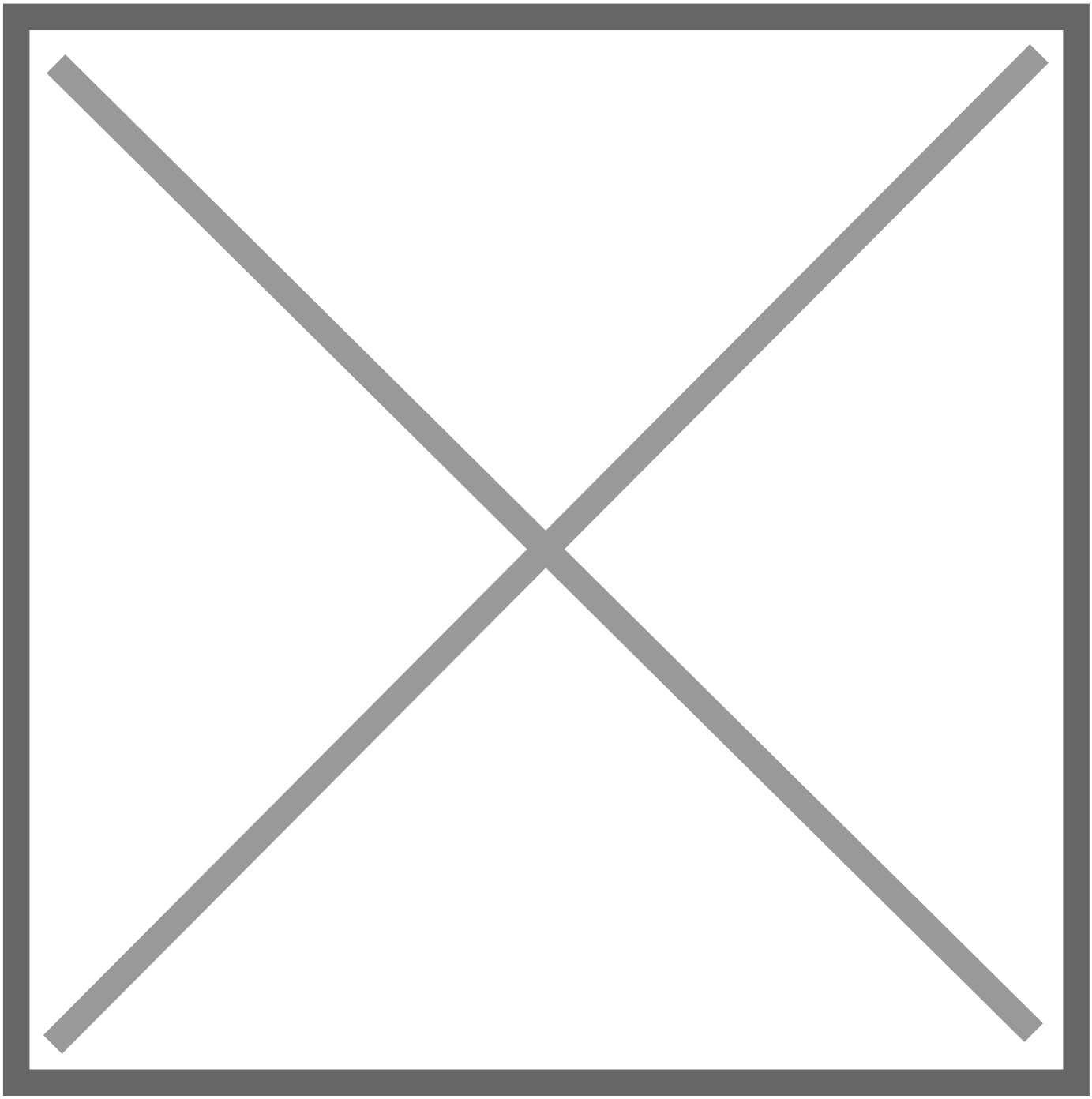


| | |
|---|---|
| **Survey type:** | Measured |
| **Age:** | 15-19 |
| **Sample size:** | 1479 |
| **Area covered:** | National |
| **References:** | National Institute of Statistics (NIS) [Cambodia], Ministry of Health (MoH) [Cambodia], and ICF. 2023. Cambodia Demographic and Health Survey 2021–22 Final 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

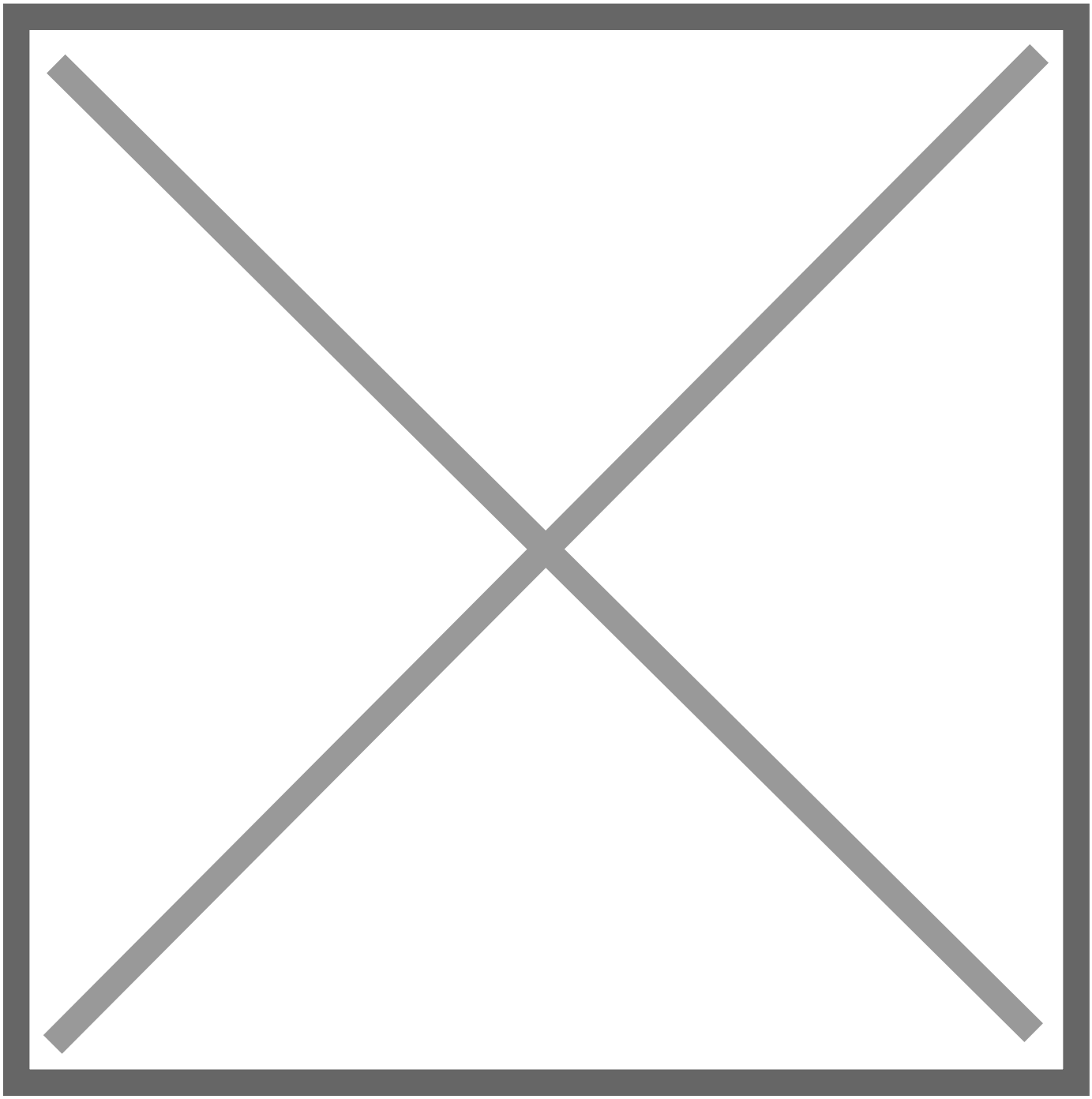


| | |
|---|---|
| **Survey type:** | Measured |
| **Age:** | 5-19 |
| **References:** | NCD Risk Factor Collaboration (NCD-RisC). Worldwide trends in underweight and obesity from 1990 to 2022: a pooled analysis of 3663 population representative studies with 222 million children, adolescents, and adults.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

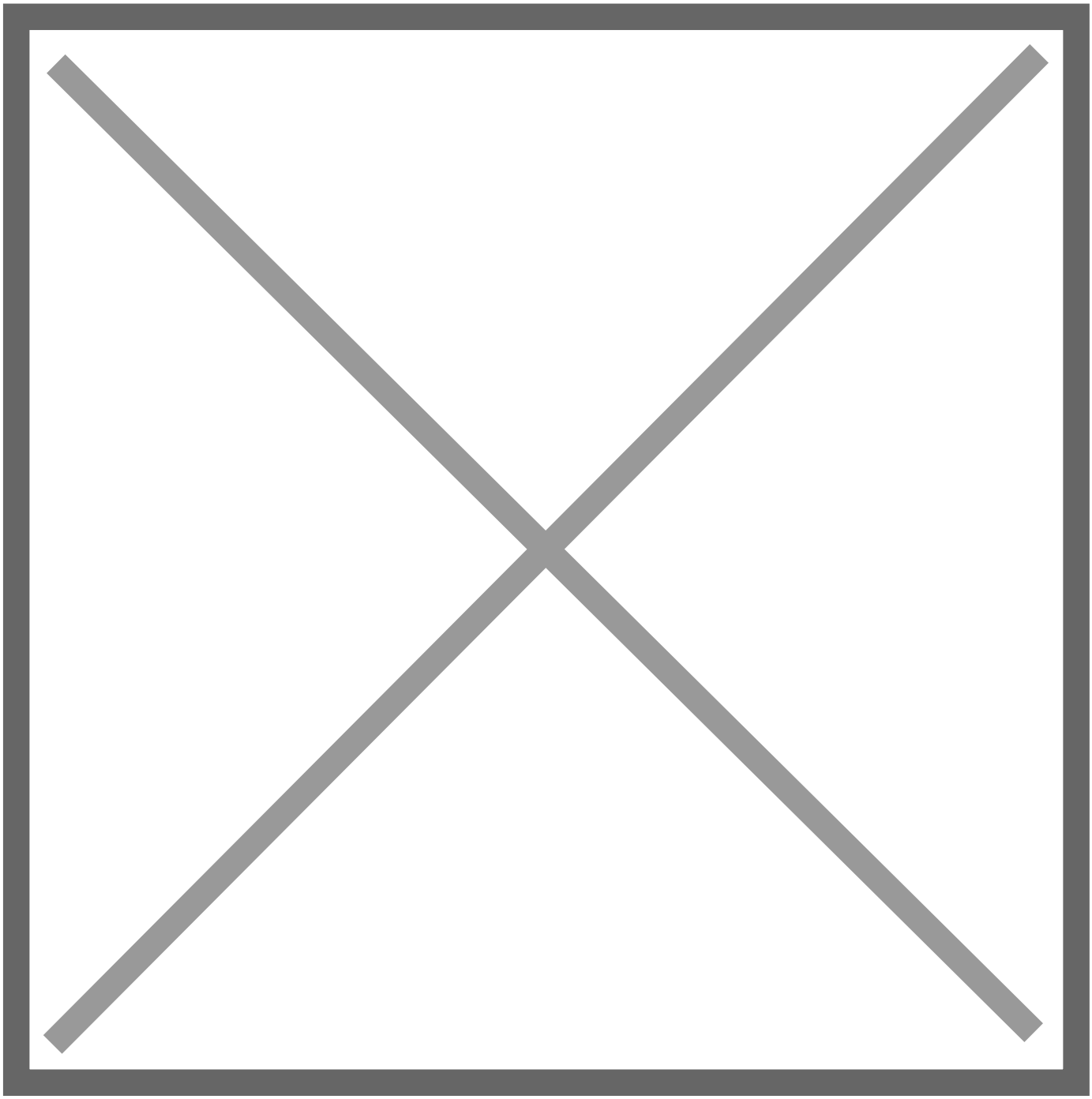
## Children, 2016



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

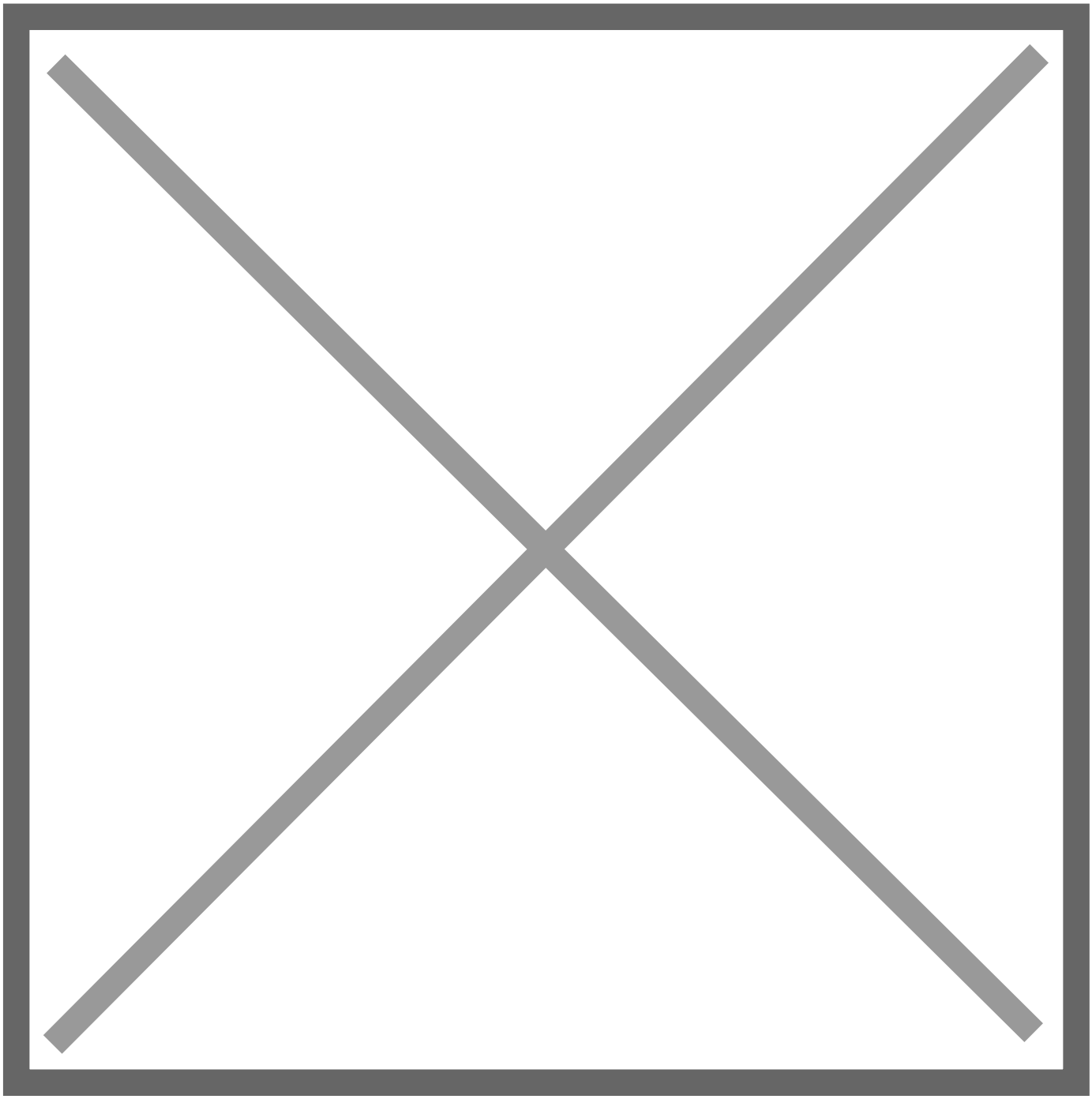
## Boys, 2016



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

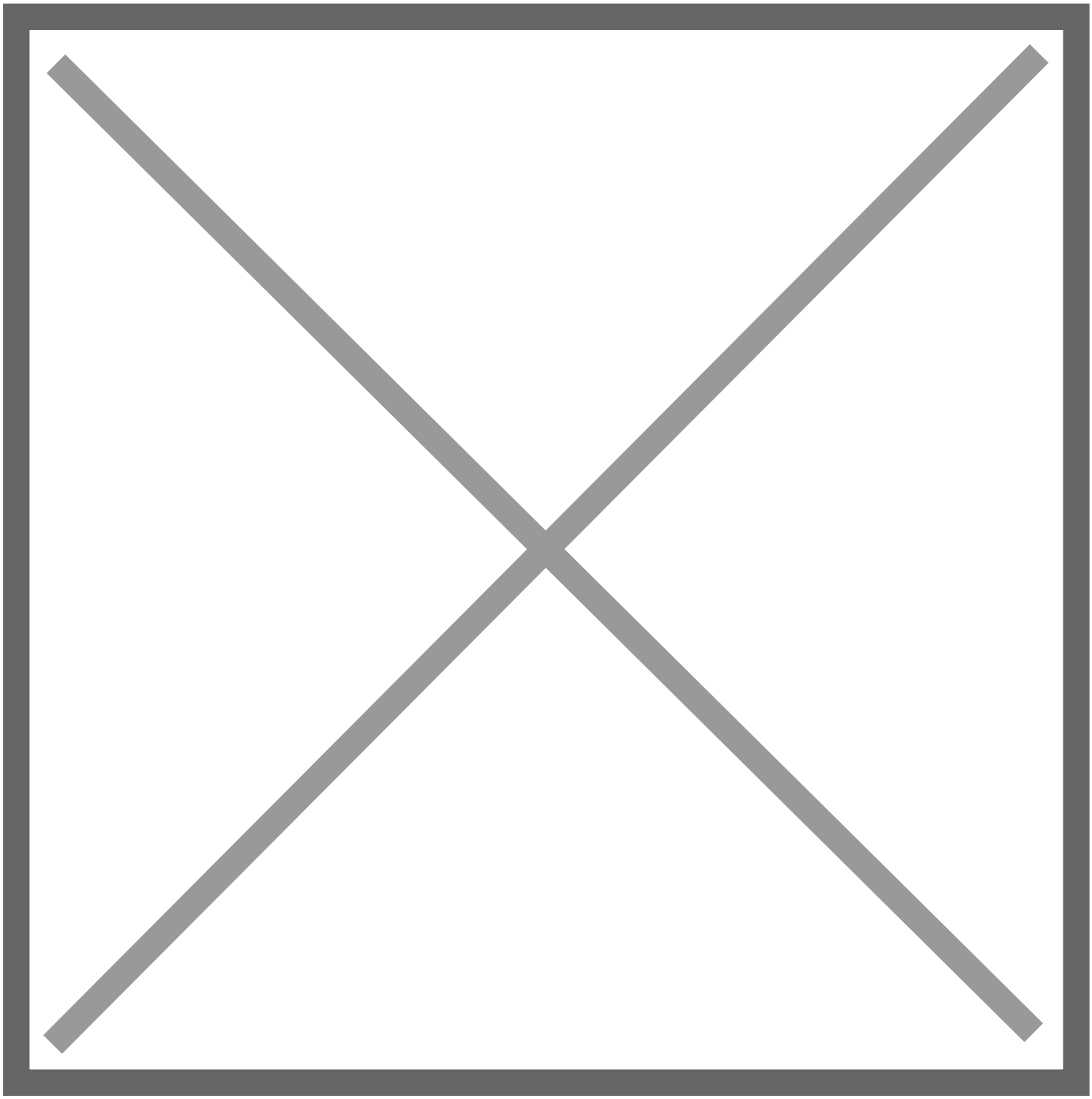


| | |
|---|---|
| **Survey type:** | Self-reported |
| **Age:** | 11-17 |
| **References:** | Global Health Observatory data repository, World Health Organisation, https://apps.who.int/gho/data/node.main.A893ADO?lang=en (last accessed 16.03.21) |
| **Notes:** | % of school going adolescents not meeting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

## Average daily frequency of carbonated soft drink consumption

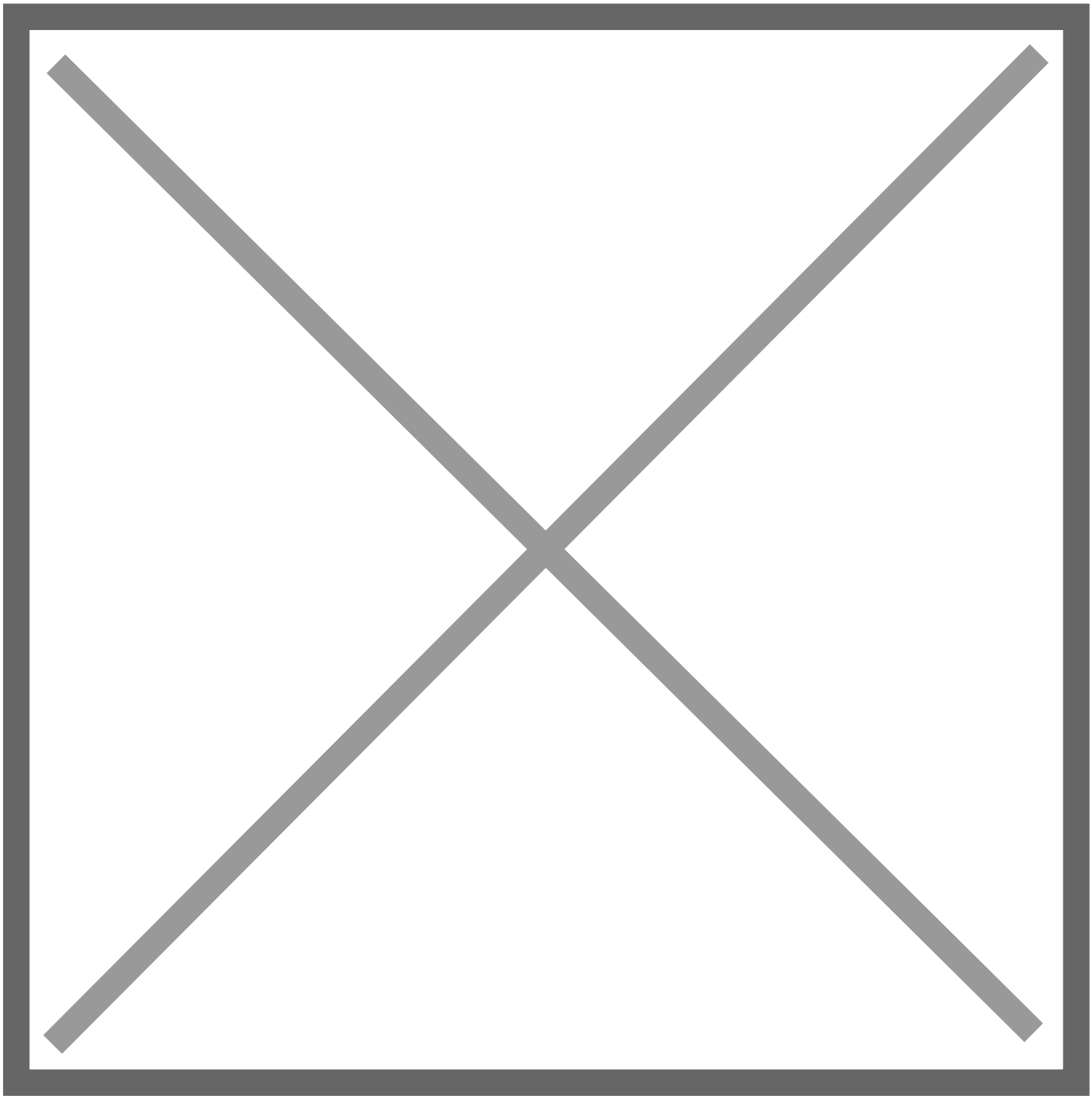
## Children, 2010-2015



| | |
|---|---|
| **Survey type:** | Measured |
| **Age:** | 12-17 |
| **References:** | 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

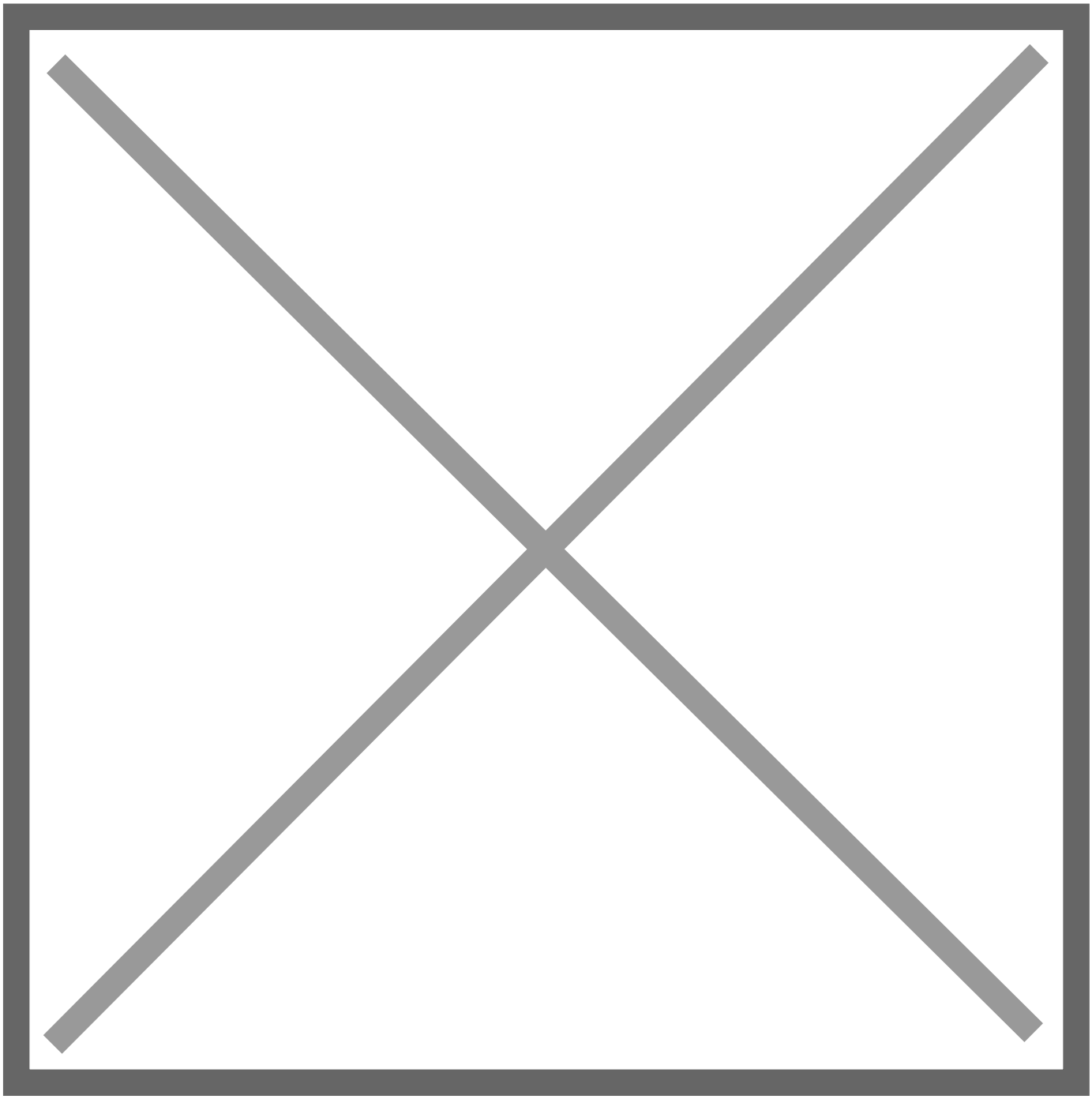


| | |
|---|---|
| **Survey type:** | Self-reported |
| **Age:** | 12-17 |
| **Area covered:** | National |
| **References:** | Global School-based Student Health Surveys. Beal et al (2019). Global Patterns of Adolescent Fruit, Vegetable, Carbonated Soft Drink, and Fast-food consumption: A meta-analysis 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

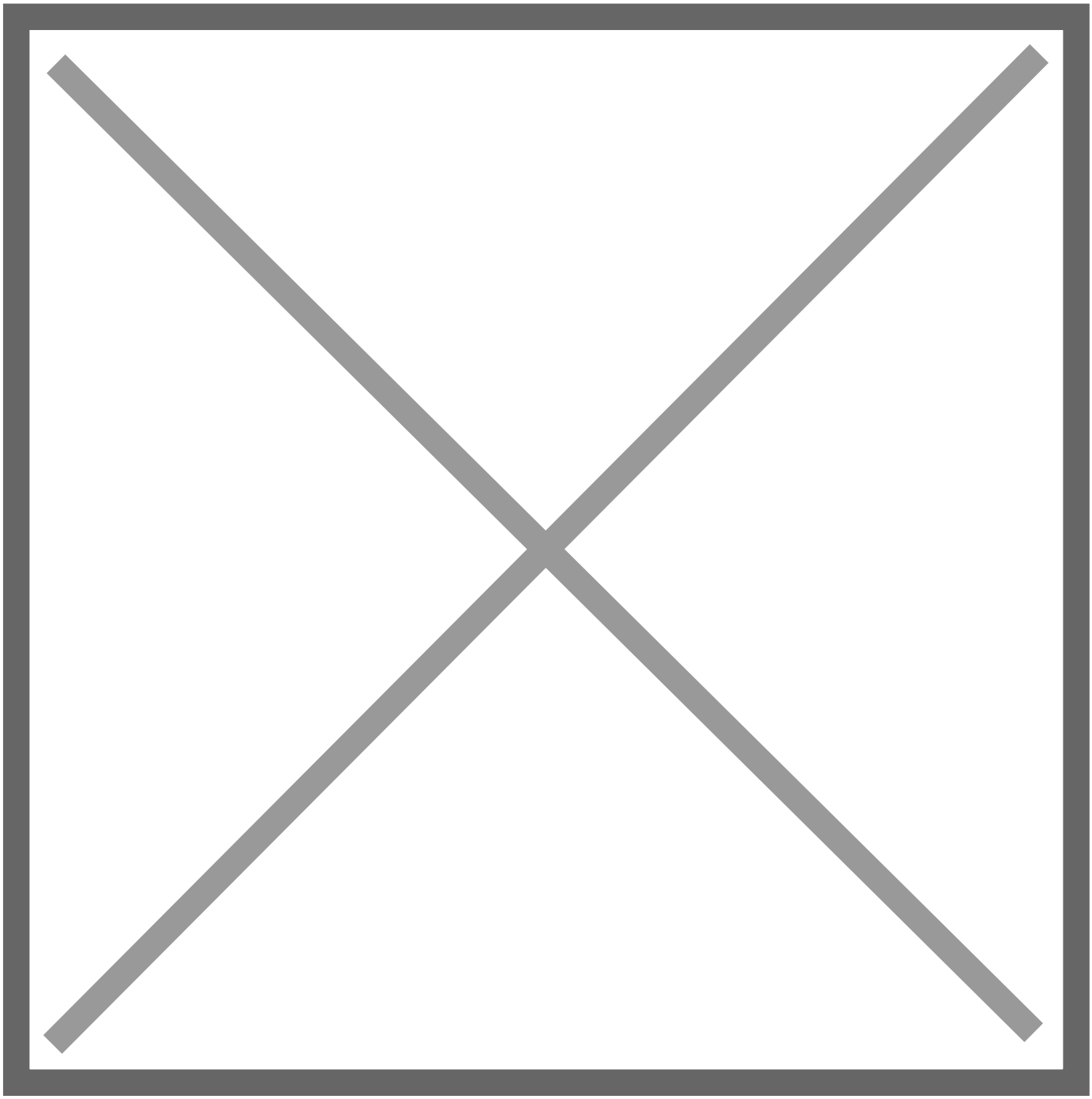


| | |
|---|---|
| **Survey type:** | Self-reported |
| **Age:** | 12-17 |
| **Area covered:** | National |
| **References:** | Beal et al. (2019). Global Patterns of Adolescent Fruit, Vegetable, Carbonated Soft Drink, and Fast-food consumption: A meta-analysis of global school-based student health surveys. 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) |

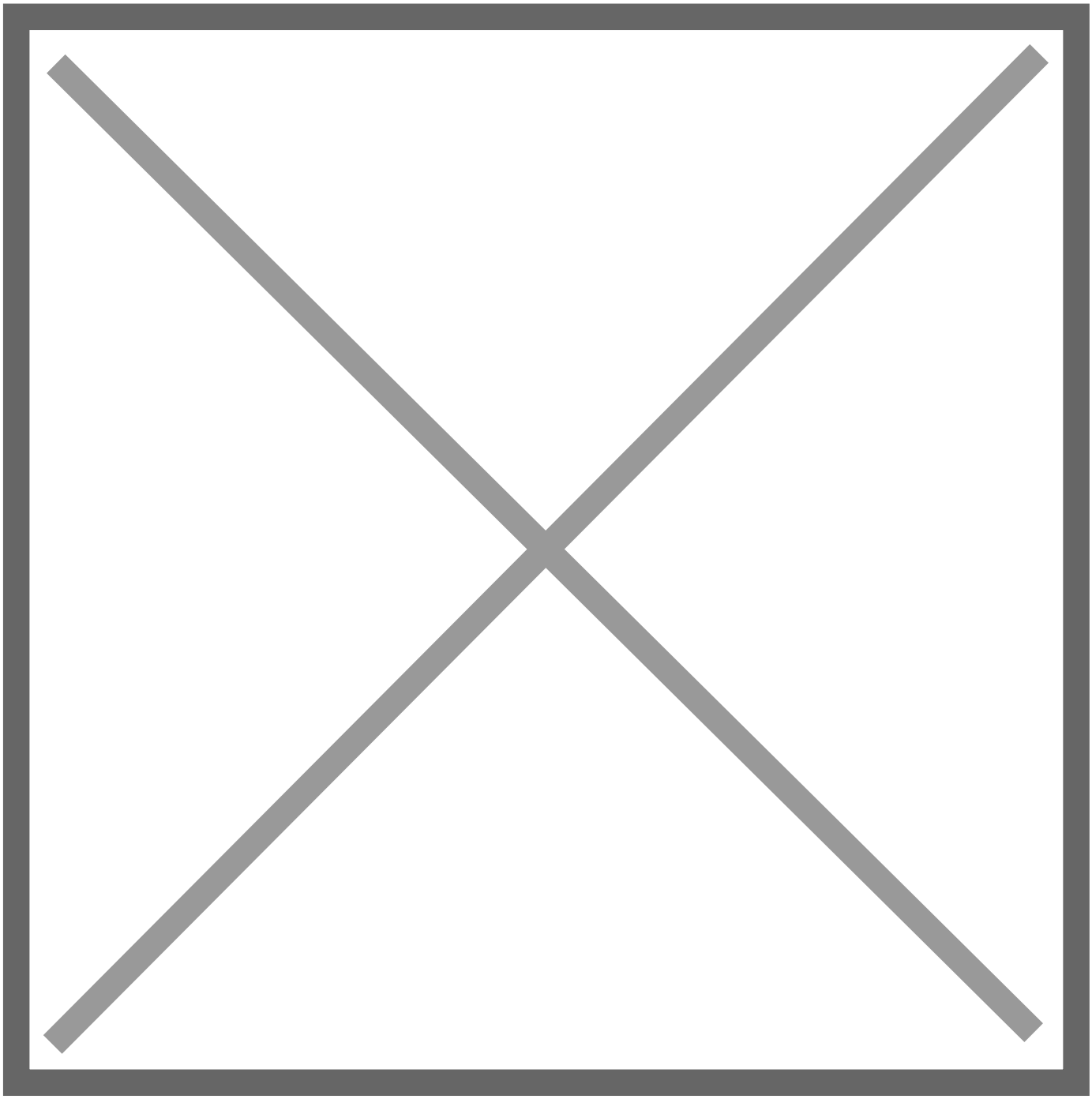
## Mental health - depression disorders

## Children, 2023



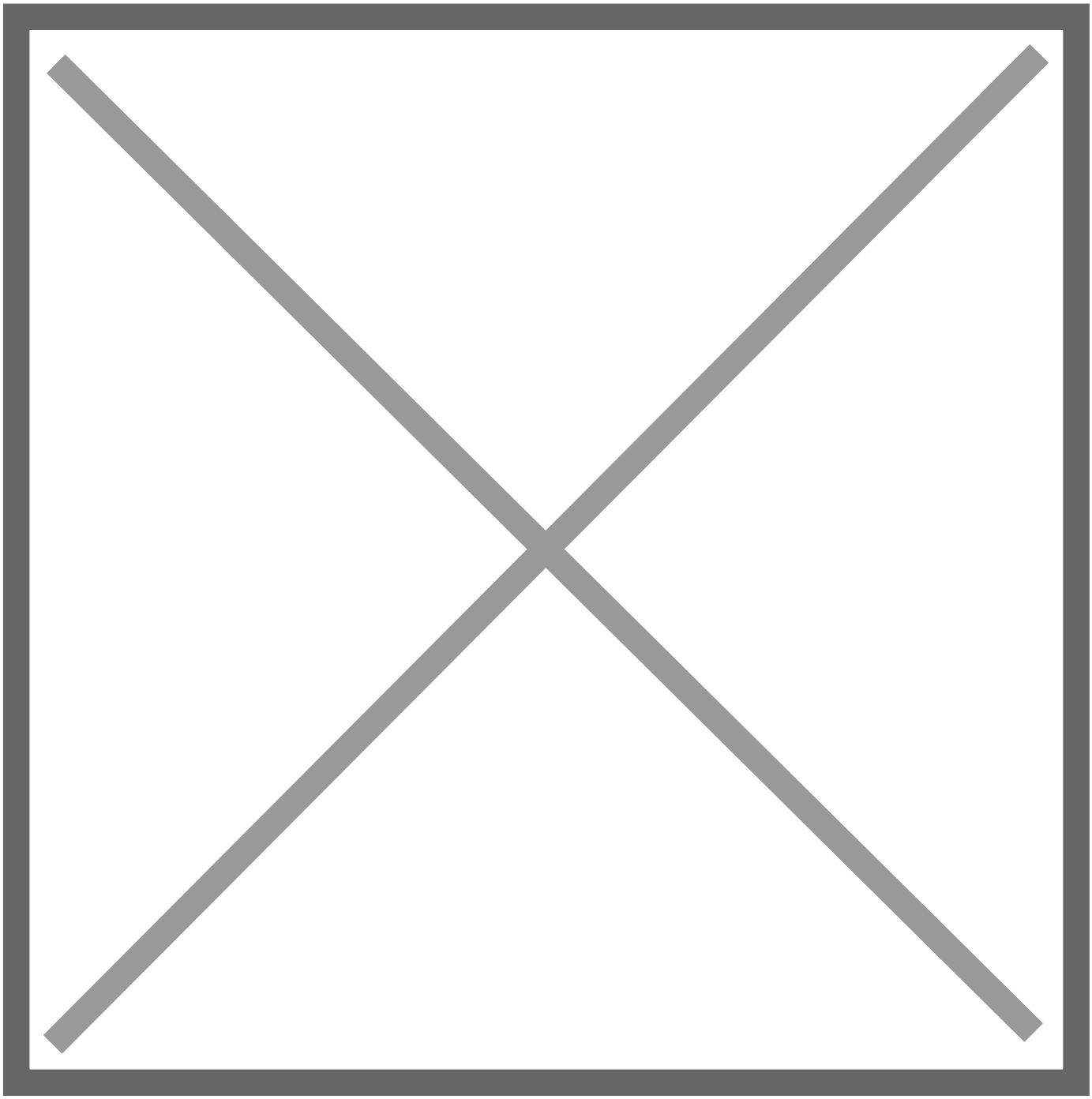
| | |
|---|---|
| **Area covered:** | National |
| **References:** | Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from https://vizhub.healthdata.org/gbd-compare/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

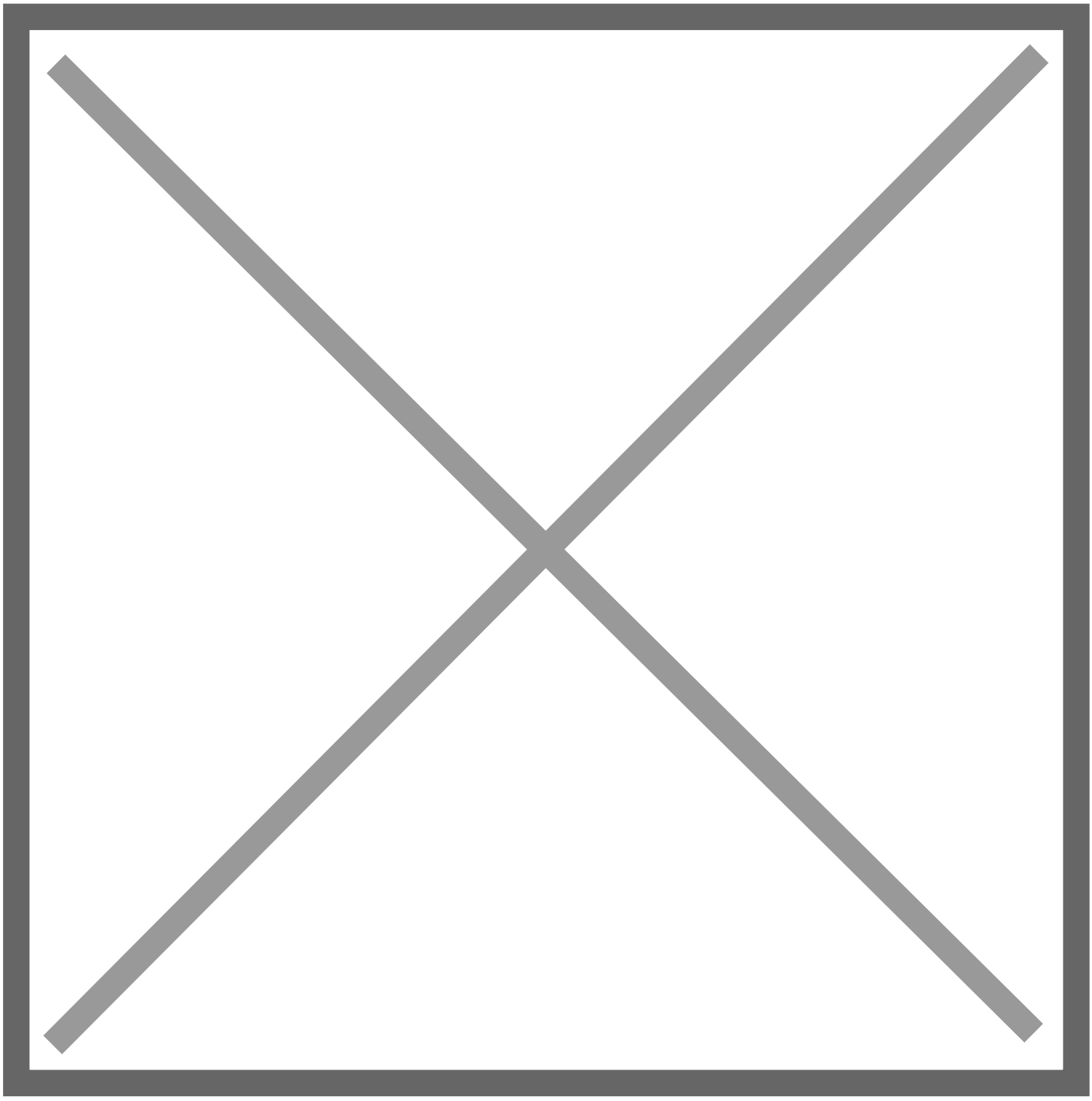
## Girls, 2023



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

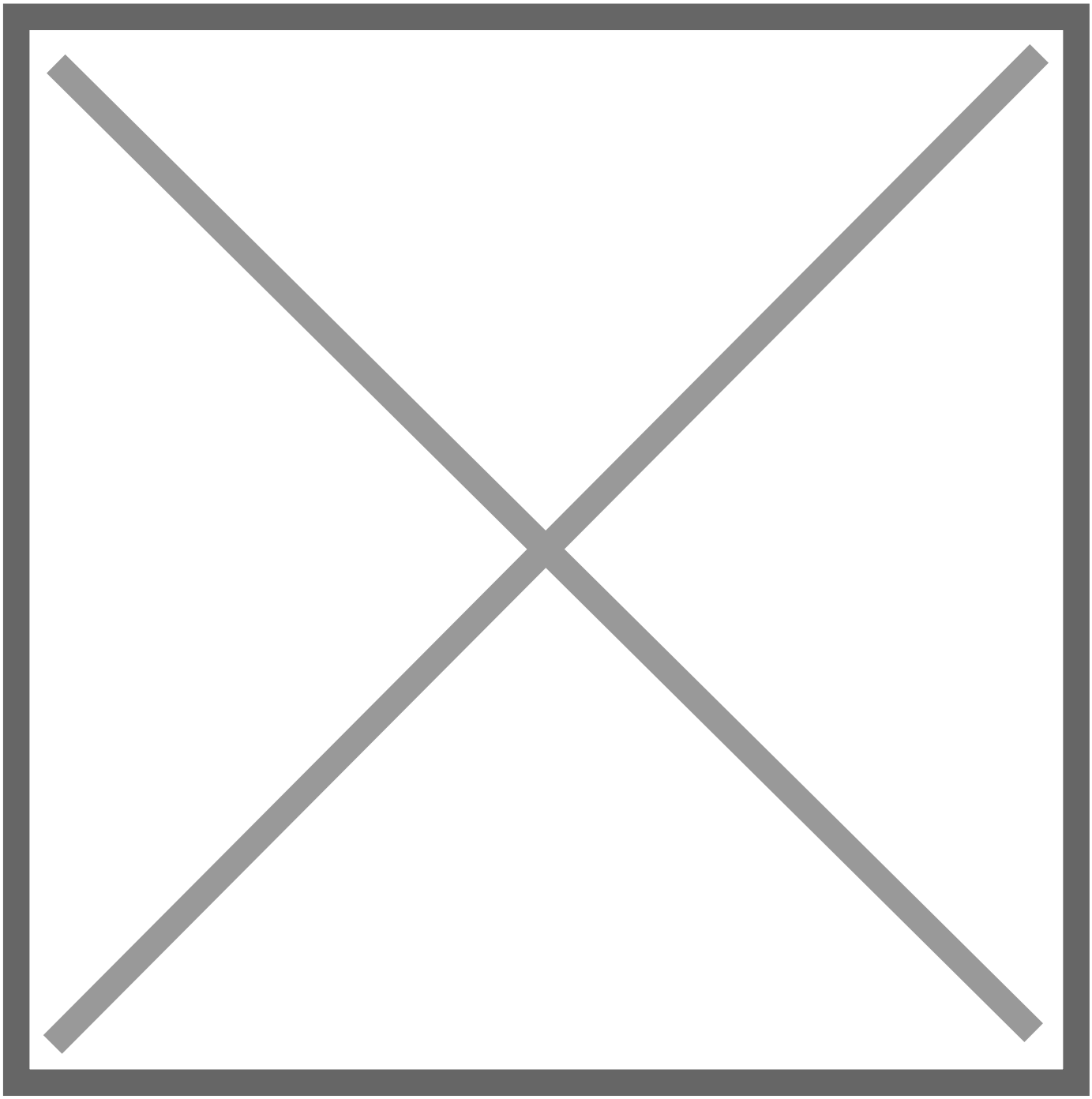
# Mental health - anxiety disorders

## Children, 2023



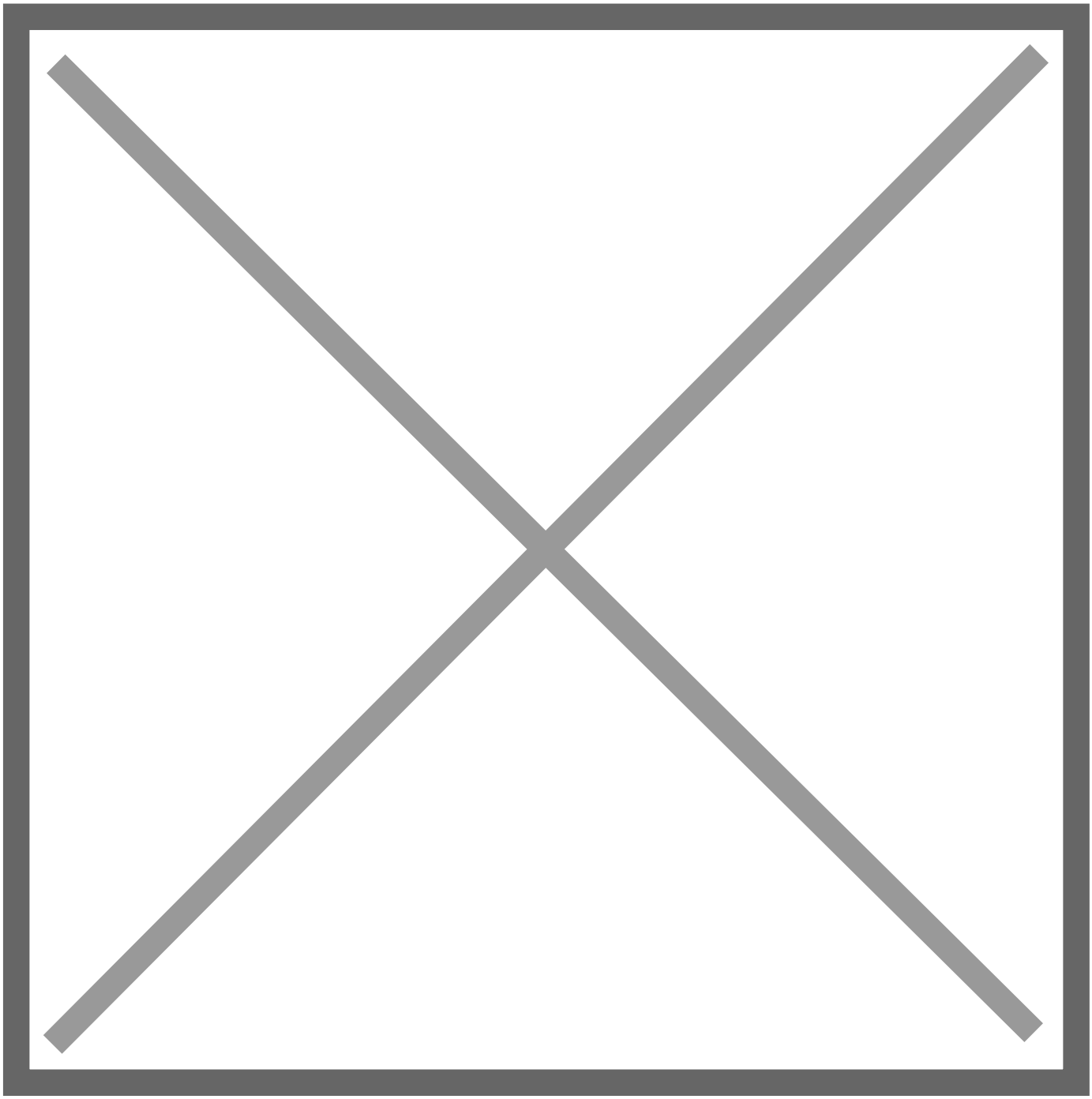
| | |
|---|---|
| **Area covered:** | National |
| **References:** | Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from https://vizhub.healthdata.org/gbd-compare/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