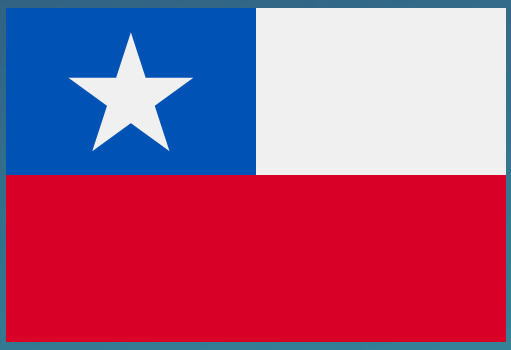
# Chile



## Country report card - children

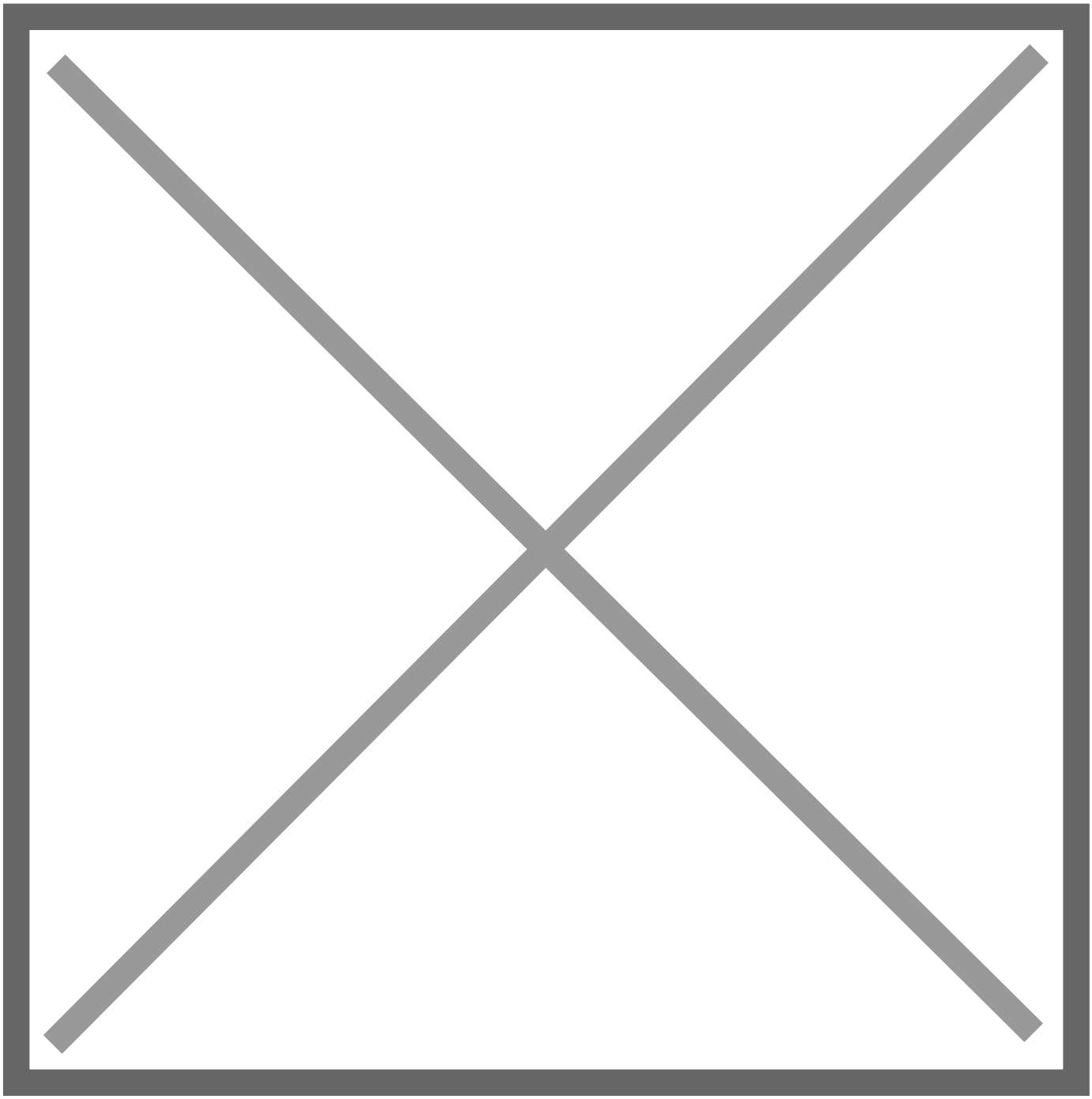
*This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity for children, including adolescents (aged 5 to 18 years). Where available, data on common and relevant obesity drivers and comorbidities are also presented.*

*View the latest version of this report on the Global Obesity Observatory at https://data.worldobesity.org/country/chile-41/.*

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| Trend: Children living with overweight or obesity in Chile | 6 |
| Overweight/obesity by age | 9 |
| Overweight/obesity by region | 12 |
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## Obesity prevalence

## Children, 2025

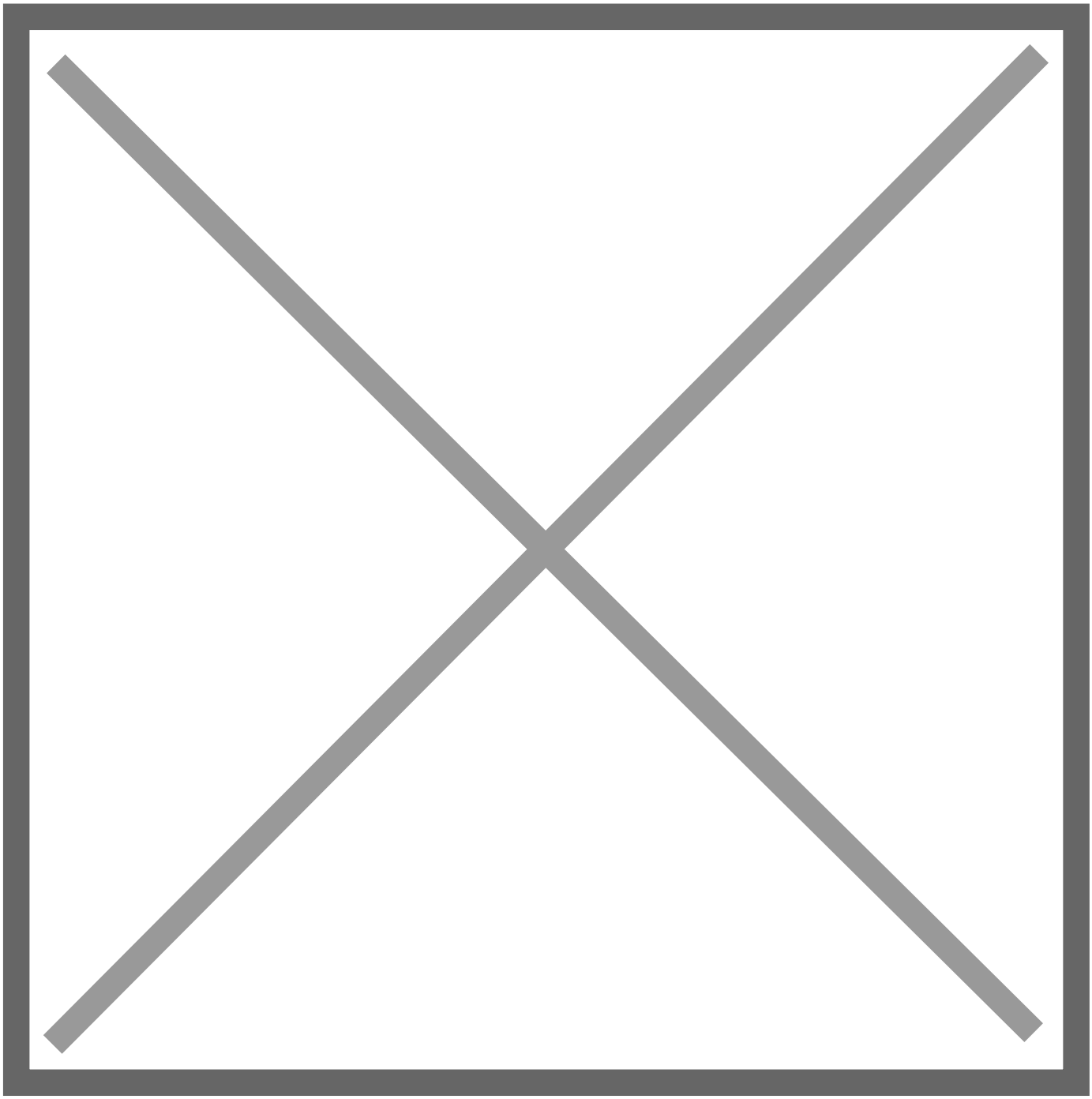


| | |
|---|---|
| **Survey type:** | Measured |
| **Age:** | 4-14 |
| **Sample size:** | 729,896 |
| **Area covered:** | National |
| **References:** | Informe Ejecutivo. JUNAEB Mapa Nutricional: Resultados 2025. https://www.sochob.cl/web1/estadisticas/ [Accessed 20.03.26] |

| | |
|---|---|
| **Notes:** | National survey of children from pre-kindergarten (around age 4), kindergarten (around age 5), 1st grade (around age 6), 5th grade (around age 10), and the 1st year of high school (around age 14) |
| **Cutoffs:** | WHO |

## Children living with overweight or obesity in Chile

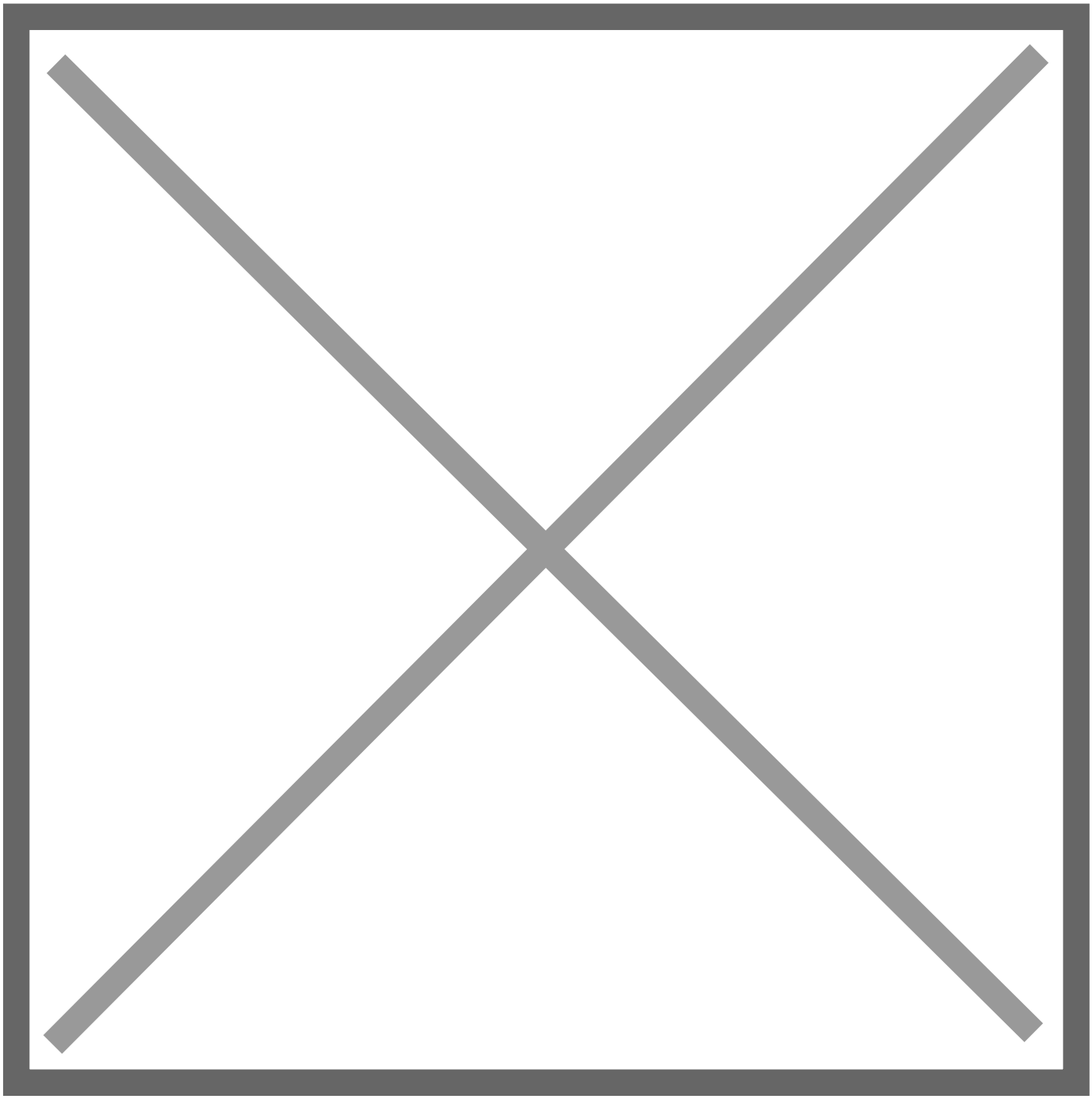
## Boys



| | |
|---|---|
| **Survey type:** | Measured |
| **References:** | 1987, 1990, 2000: Kain J, Uauy R, Vio F, Albala C. Trends in overweight and obesity prevalence in Chilean children: comparison of three definitions. European Journal of Clinical Nutrition 2002;56:200-204<br>2002: Kain J, Uauy R, Vio F and Albana. 2002. Trends of overwieght and obesity prevalence in Chilean children: comparism of three definitions. European Journal of Clinical Nutrition, 56: 200 - 204. |

*Different methodologies may have been used to collect this data and so data from different surveys may not be strictly comparable. Please check with original data sources for methodologies used.*

## Girls

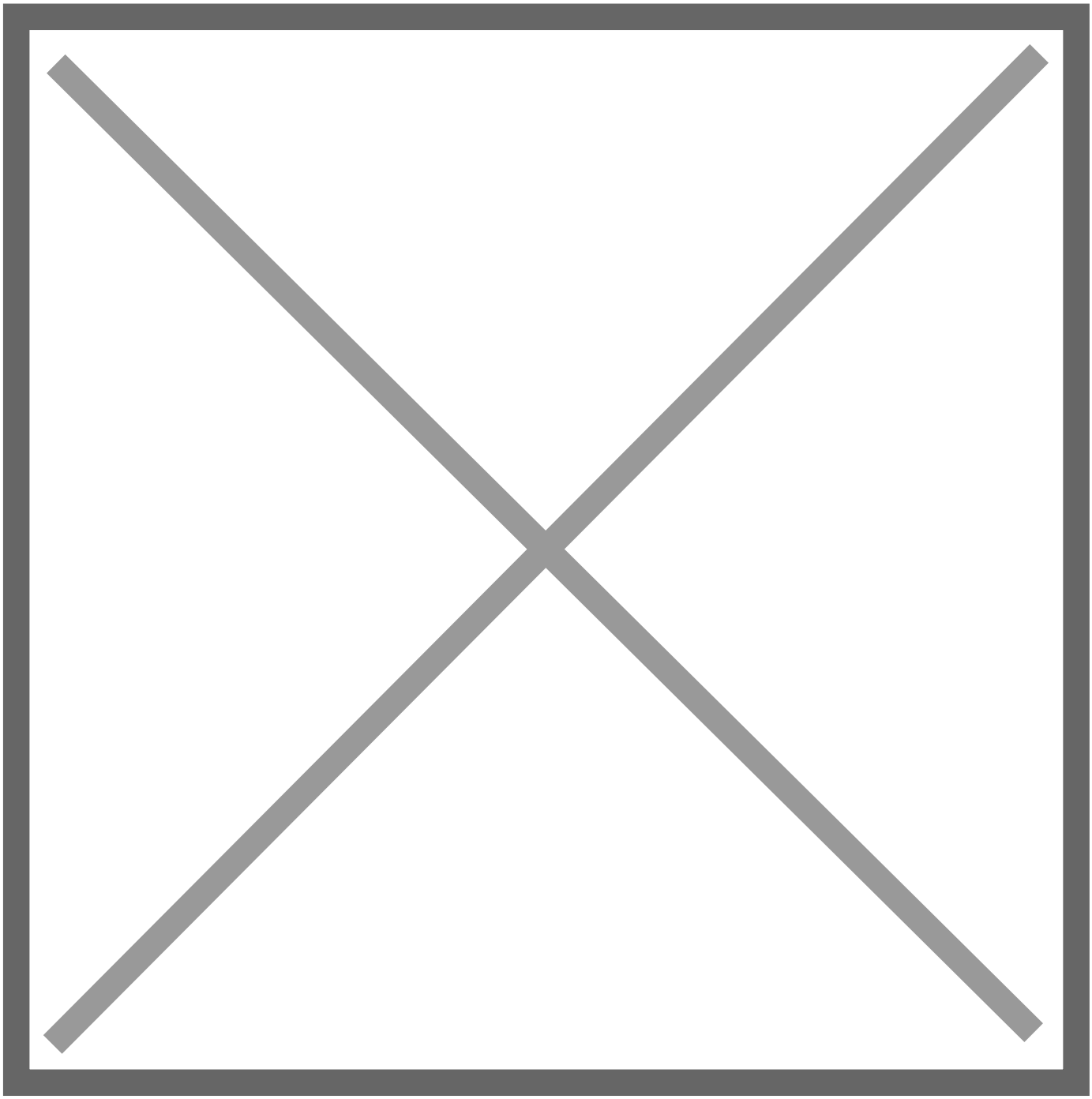


| | |
|---|---|
| **Survey type:** | Measured |
| **References:** | 1987, 1990, 2000: Kain J, Uauy R, Vio F, Albala C. Trends in overweight and obesity prevalence in Chilean children: comparison of three definitions. European Journal of Clinical Nutrition 2002;56:200-204<br>2002: Kain J, Uauy R, Vio F and Albana. 2002. Trends of overwieght and obesity prevalence in Chilean children: comparism of three definitions. European Journal of Clinical Nutrition, 56: 200 - 204. |

*Different methodologies may have been used to collect this data and so data from different surveys may not be strictly comparable. Please check with original data sources for methodologies used.*

## Overweight/obesity by age

## Children, 2025

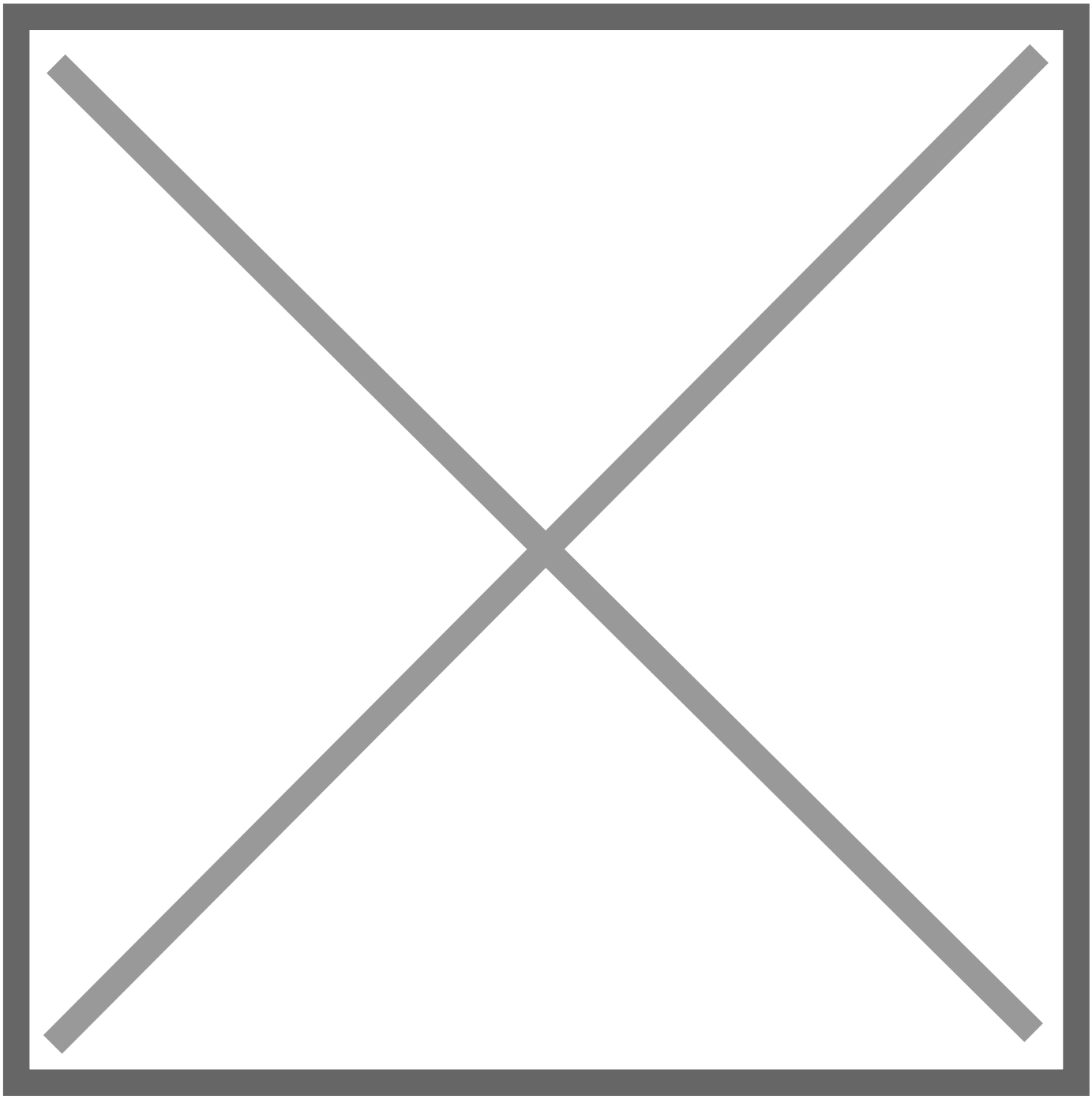


| | |
|---|---|
| **Survey type:** | Measured |
| **Sample size:** | 729,896 |
| **Area covered:** | National |
| **References:** | Informe Ejecutivo. JUNAEB Mapa Nutricional: Resultados 2025. https://www.sochob.cl/web1/estadisticas/ [Accessed 20.03.26] |
| **Notes:** | National survey of children from pre-kindergarten (around age 4), kindergarten (around age 5), 1st grade (around age 6), 5th grade (around age 10), and the 1st year of high school (around age 14) |

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

## Overweight/obesity by region

## Children, 2025

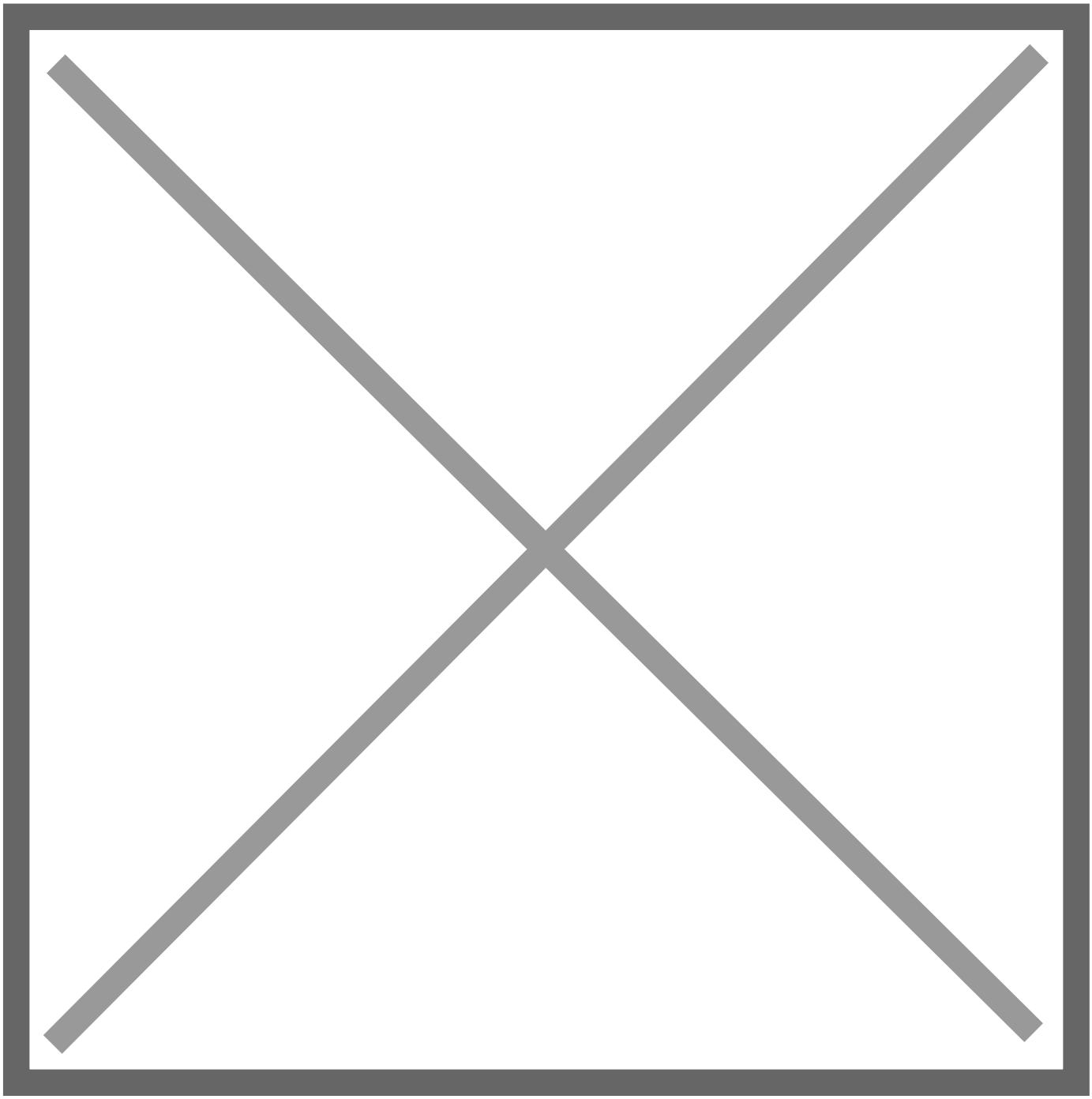


| | |
|---|---|
| **Survey type:** | Measured |
| **Age:** | 4-14 |
| **Sample size:** | 729,896 |
| **Area covered:** | National |
| **References:** | Informe Ejecutivo. JUNAEB Mapa Nutricional: Resultados 2025. https://www.sochob.cl/web1/estadisticas/ [Accessed 20.03.26] |

| | |
|---|---|
| **Notes:** | National survey of children from pre-kindergarten (around age 4), kindergarten (around age 5), 1st grade (around age 6), 5th grade (around age 10), and the 1st year of high school (around age 14) |
| **Cutoffs:** | WHO |

## Overweight/obesity by socio-economic group

## Children, 2025



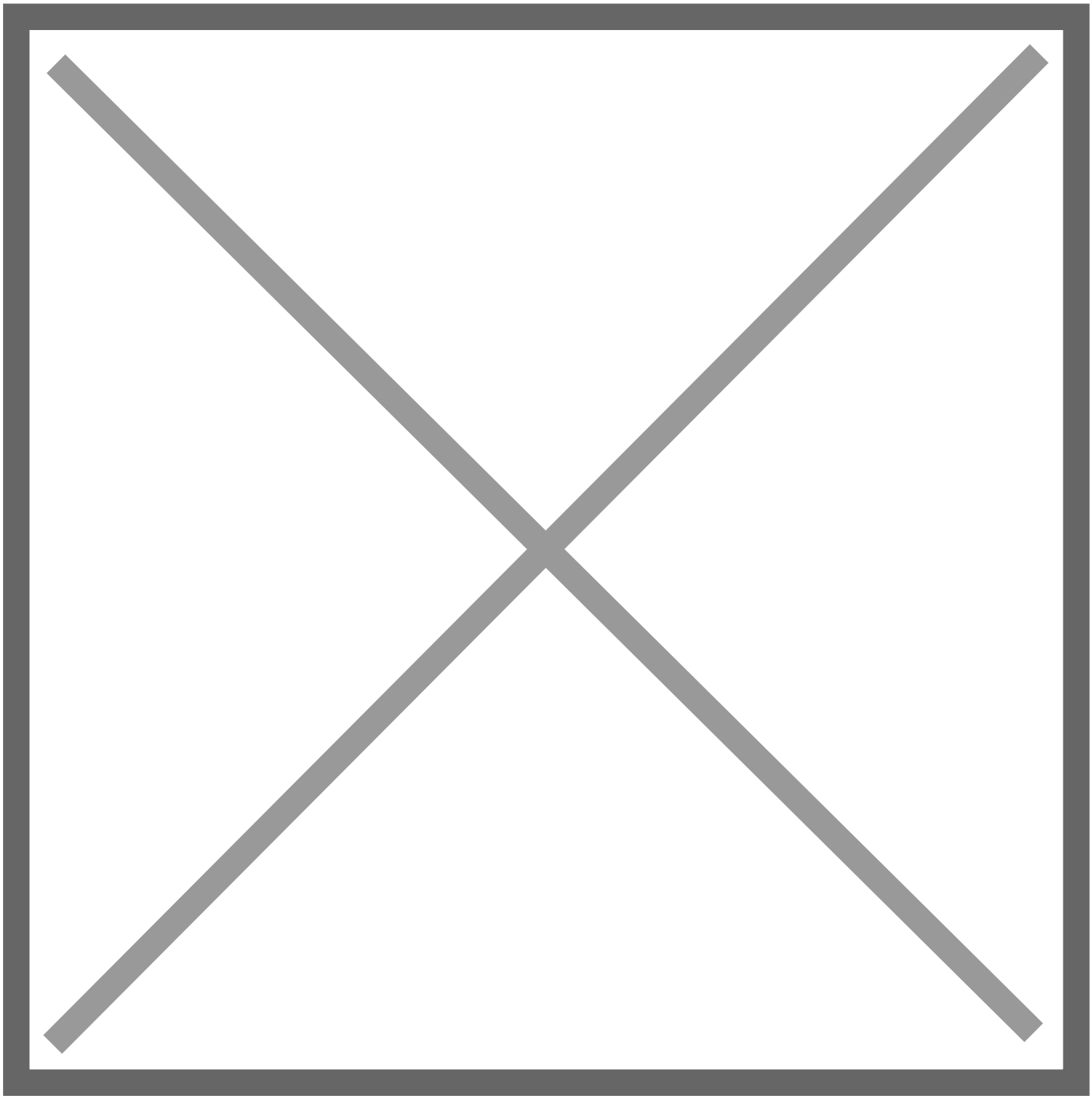
| | |
|---|---|
| **Survey type:** | Measured |
| **Age:** | 4-14 |
| **Sample size:** | 729,896 |
| **Area covered:** | National |
| **References:** | Informe Ejecutivo. JUNAEB Mapa Nutricional: Resultados 2025. https://www.sochob.cl/web1/estadisticas/ [Accessed 20.03.26] |

| | |
|---|---|
| **Notes:** | National survey of children from pre-kindergarten (around age 4), kindergarten (around age 5), 1st grade (around age 6), 5th grade (around age 10), and the 1st year of high school (around age 14) |
| **Definitions:** | Income deciles from the Social Household Registry (RSH) |
| **Cutoffs:** | WHO |

## 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.*

## Children, 2025

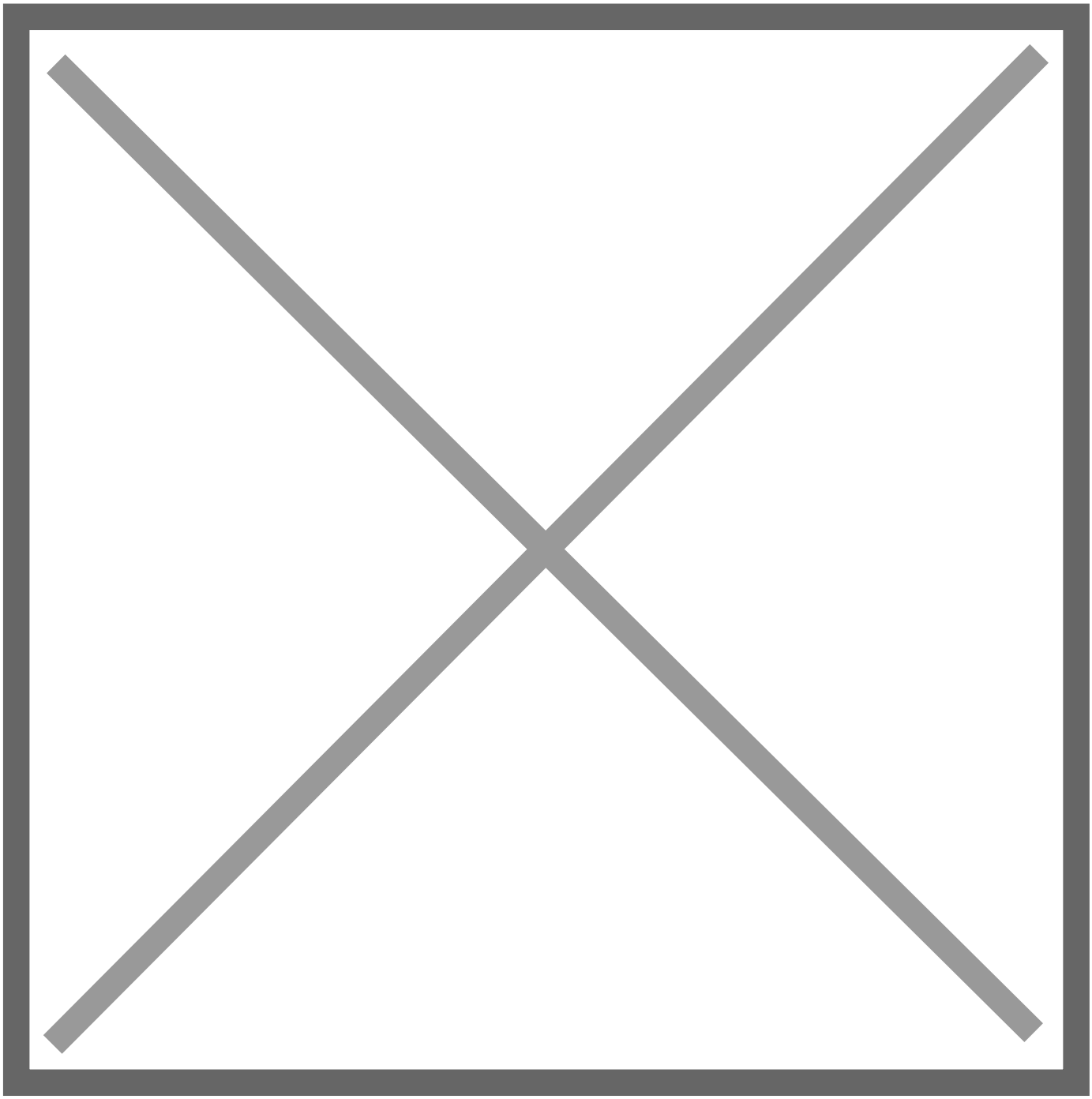


| | |
|---|---|
| **Survey type:** | Measured |
| **Age:** | 4-14 |
| **Sample size:** | 729,896 |
| **Area covered:** | National |
| **References:** | Informe Ejecutivo. JUNAEB Mapa Nutricional: Resultados 2025. https://www.sochob.cl/web1/estadisticas/ [Accessed 20.03.26] |

| | |
|---|---|
| **Notes:** | National survey of children from pre-kindergarten (around age 4), kindergarten (around age 5), 1st grade (around age 6), 5th grade (around age 10), and the 1st year of high school (around age 14) |
| **Definitions:** | Nationality |
| **Cutoffs:** | WHO |

## Double burden of underweight & obesity

## Children, 2022

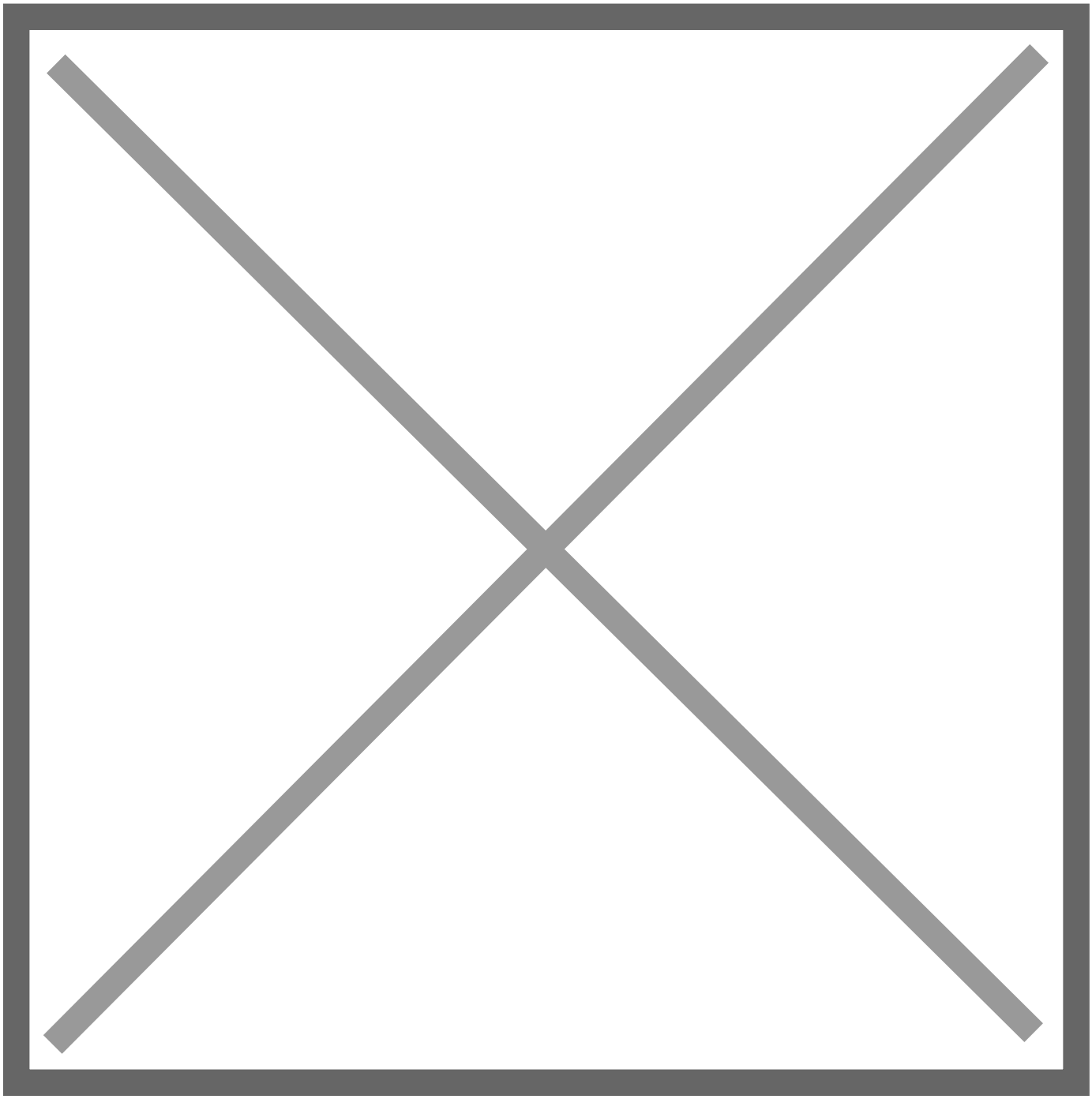


| | |
|---|---|
| **Survey type:** | Measured |
| **Age:** | 5-19 |
| **References:** | NCD Risk Factor Collaboration (NCD-RisC). Worldwide trends in underweight and obesity from 1990 to 2022: a pooled analysis of 3663 population representative studies with 222 million children, adolescents, and adults.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

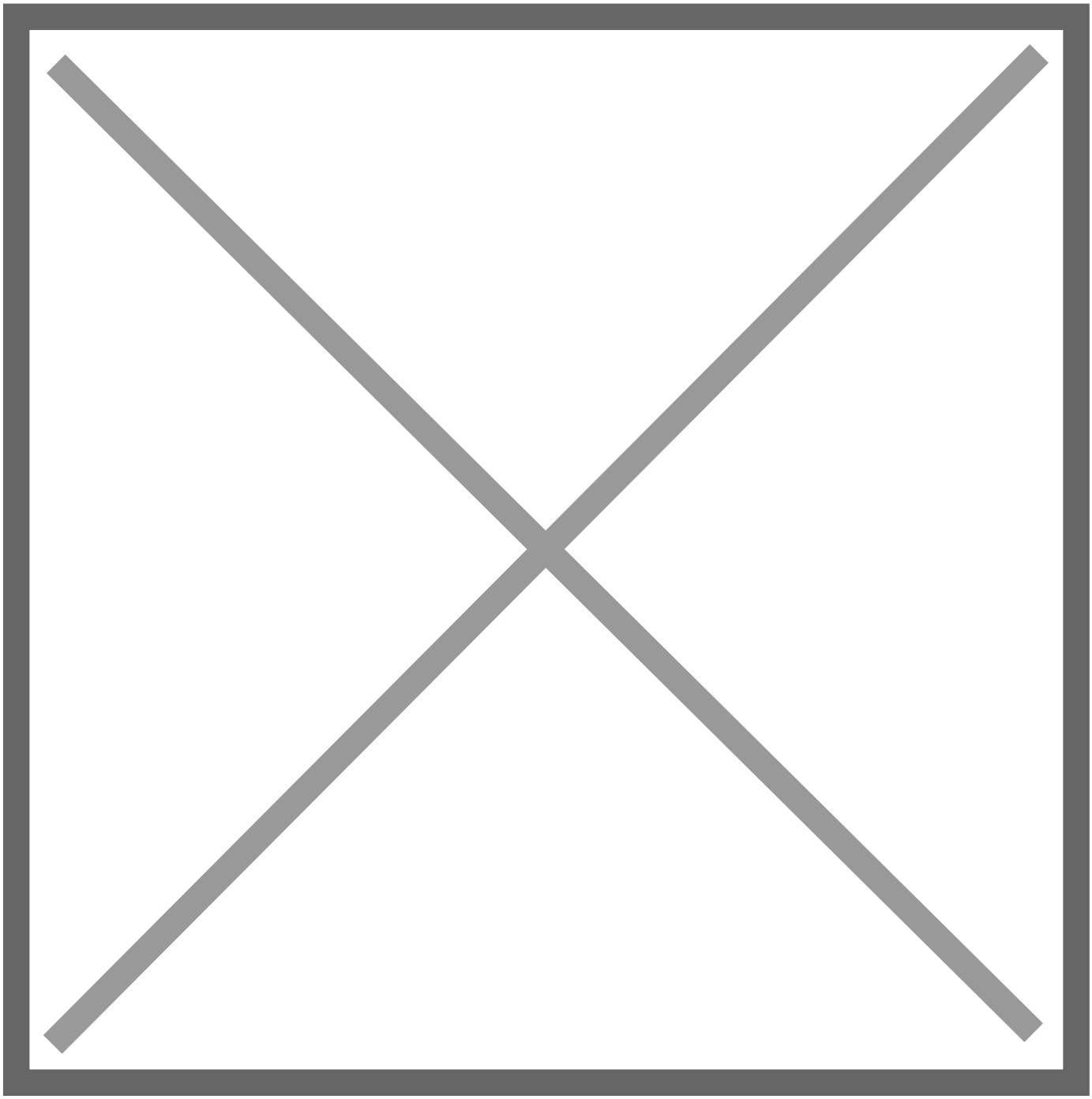
## Children, 2016



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

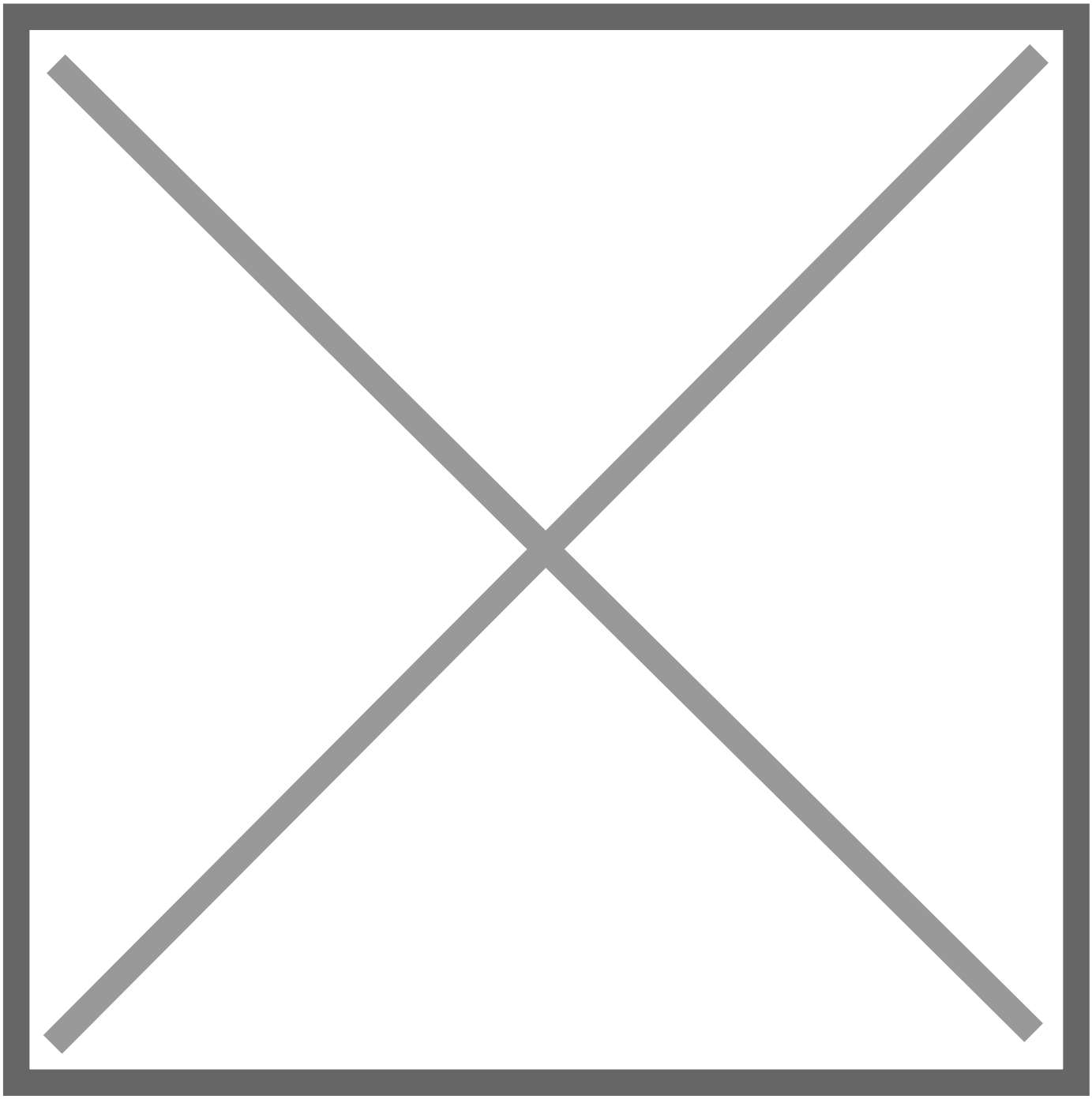
## Boys, 2016



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

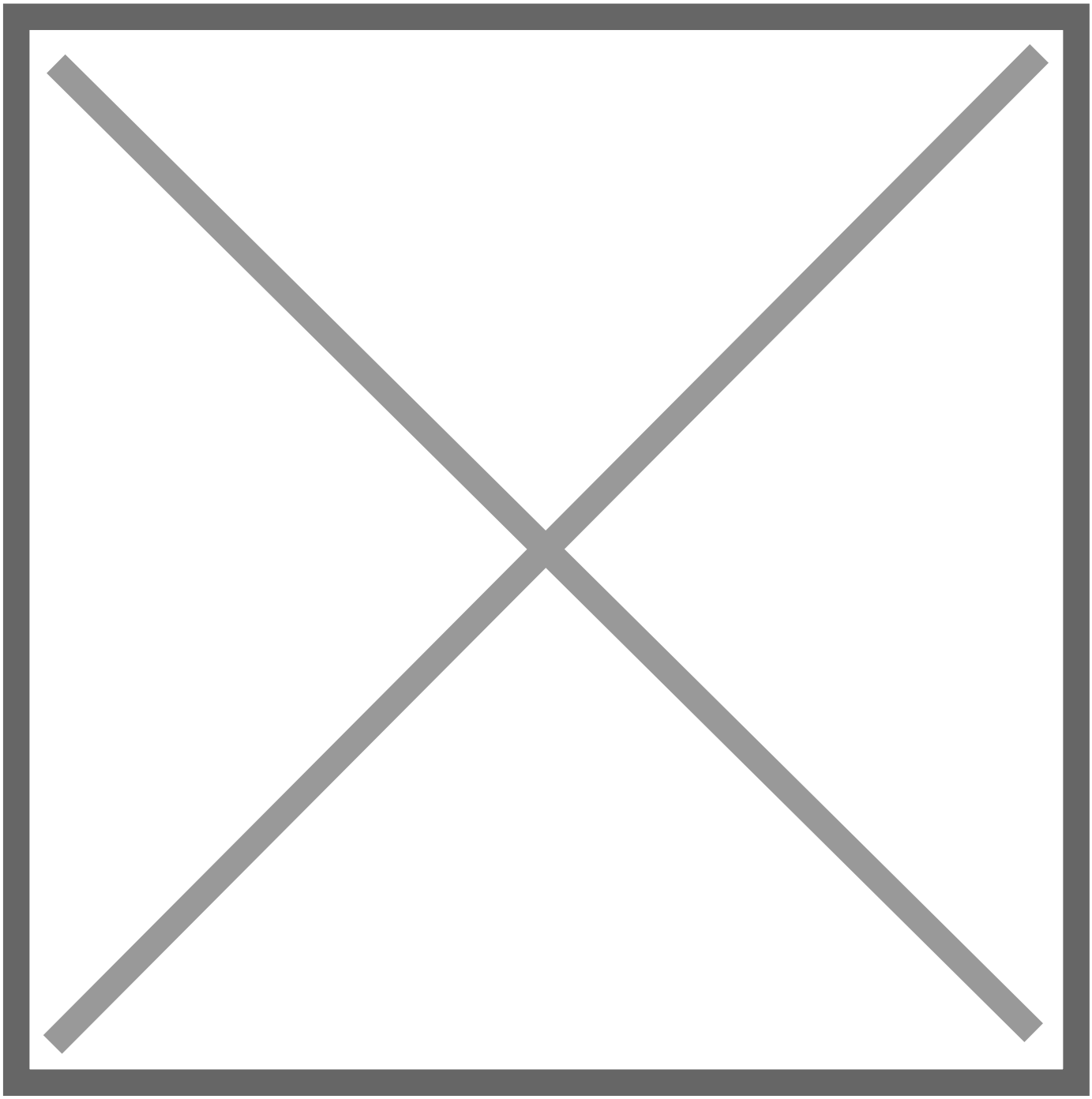


| | |
|---|---|
| **Survey type:** | Self-reported |
| **Age:** | 11-17 |
| **References:** | Global Health Observatory data repository, World Health Organisation, https://apps.who.int/gho/data/node.main.A893ADO?lang=en (last accessed 16.03.21) |
| **Notes:** | % of school going adolescents not meeting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

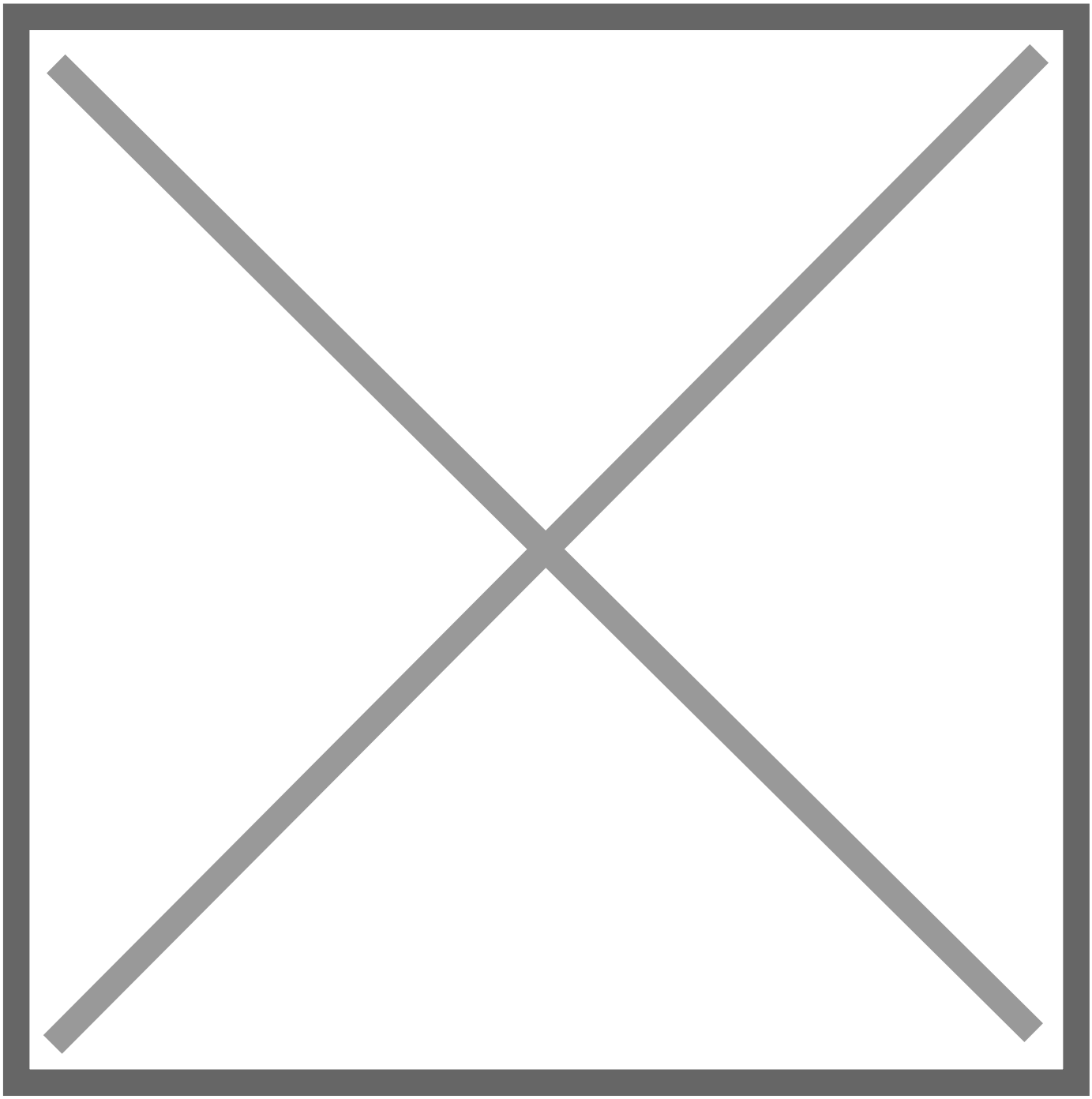
## Children, 2009-2015



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

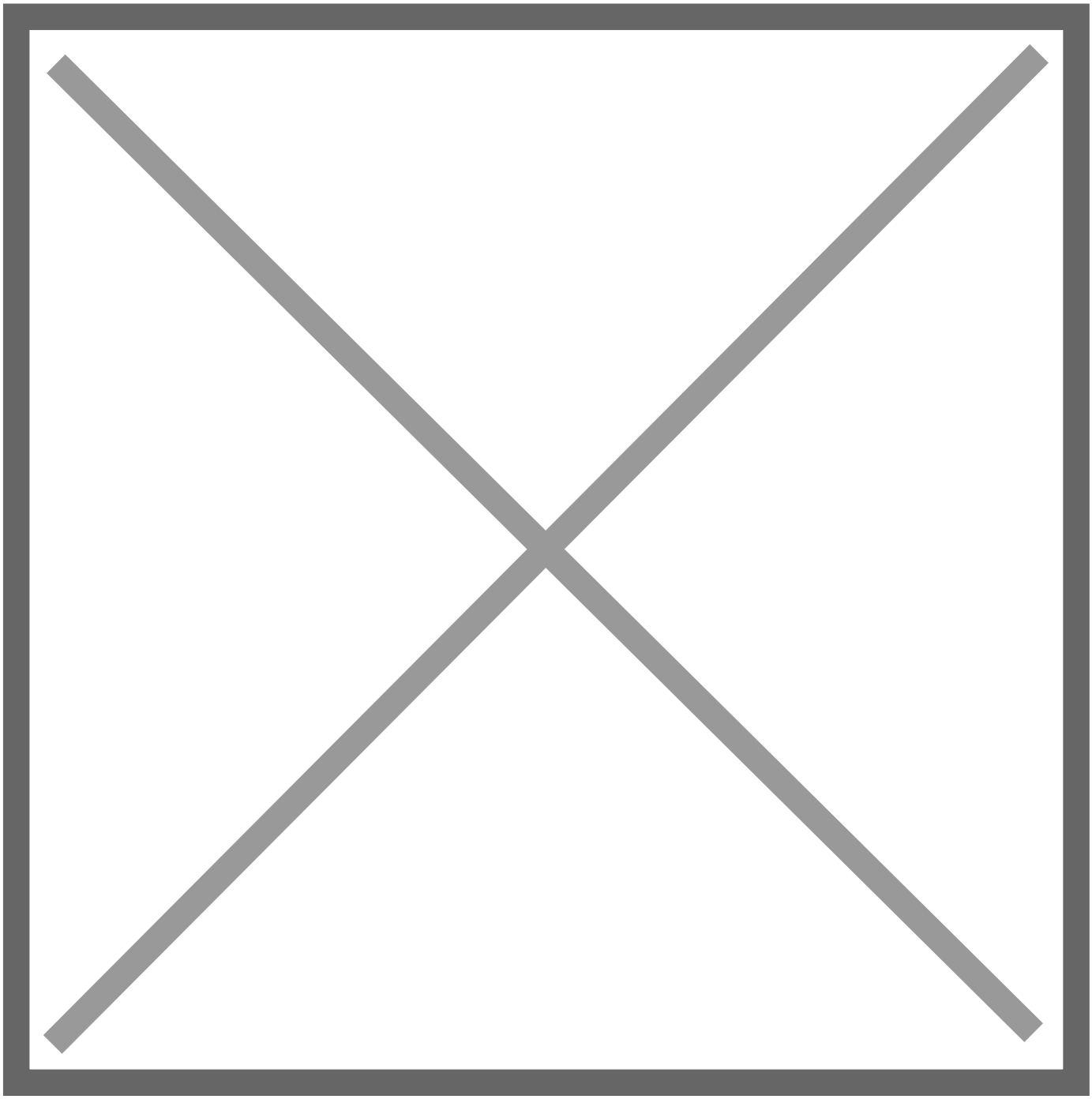
## Boys, 2013-2014



| | |
|---|---|
| **Survey type:** | Self-reported |
| **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) |

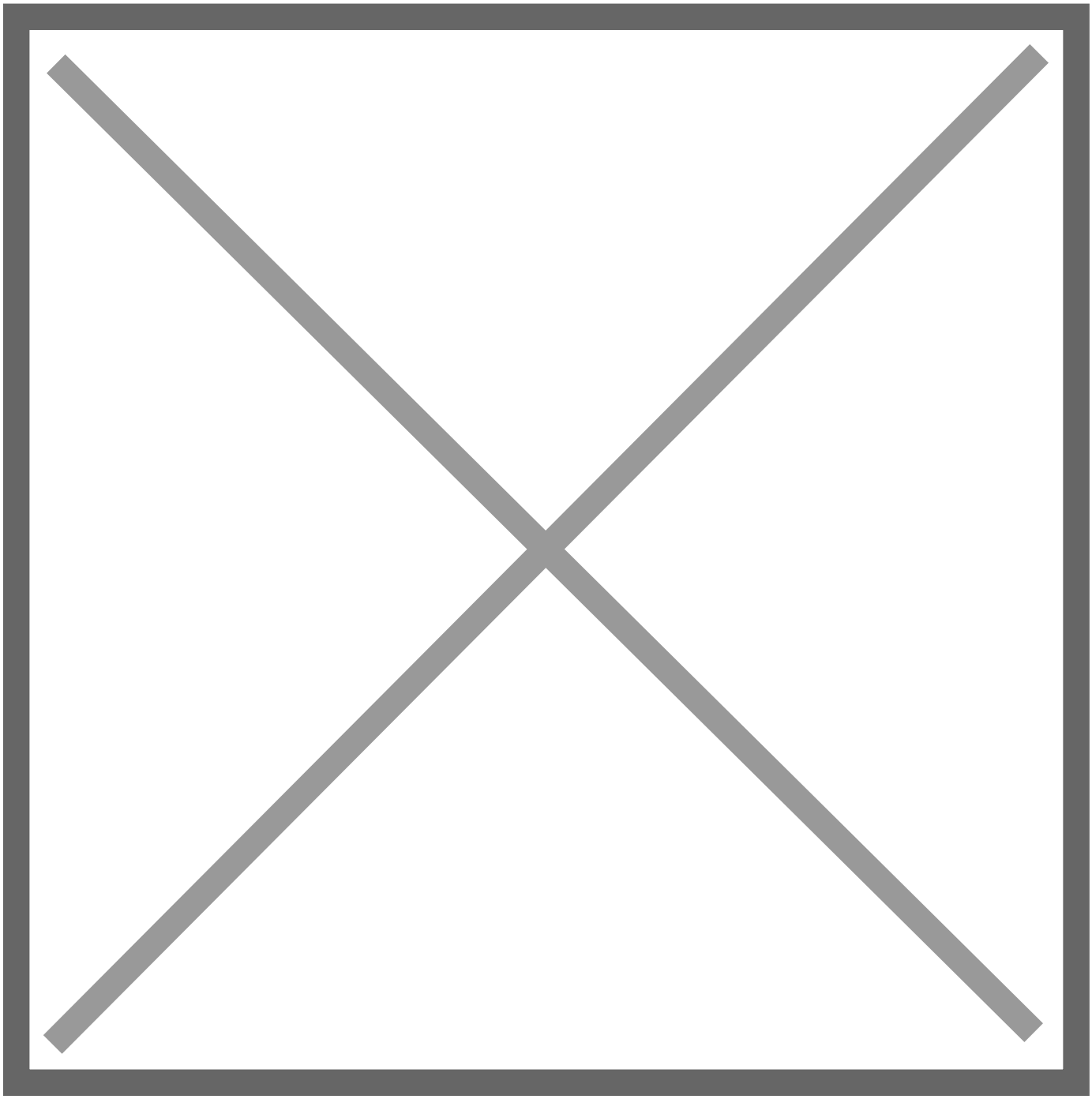
## Girls, 2013-2014



| | |
|---|---|
| **Survey type:** | Self-reported |
| **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) |

## Children, 2013-2014

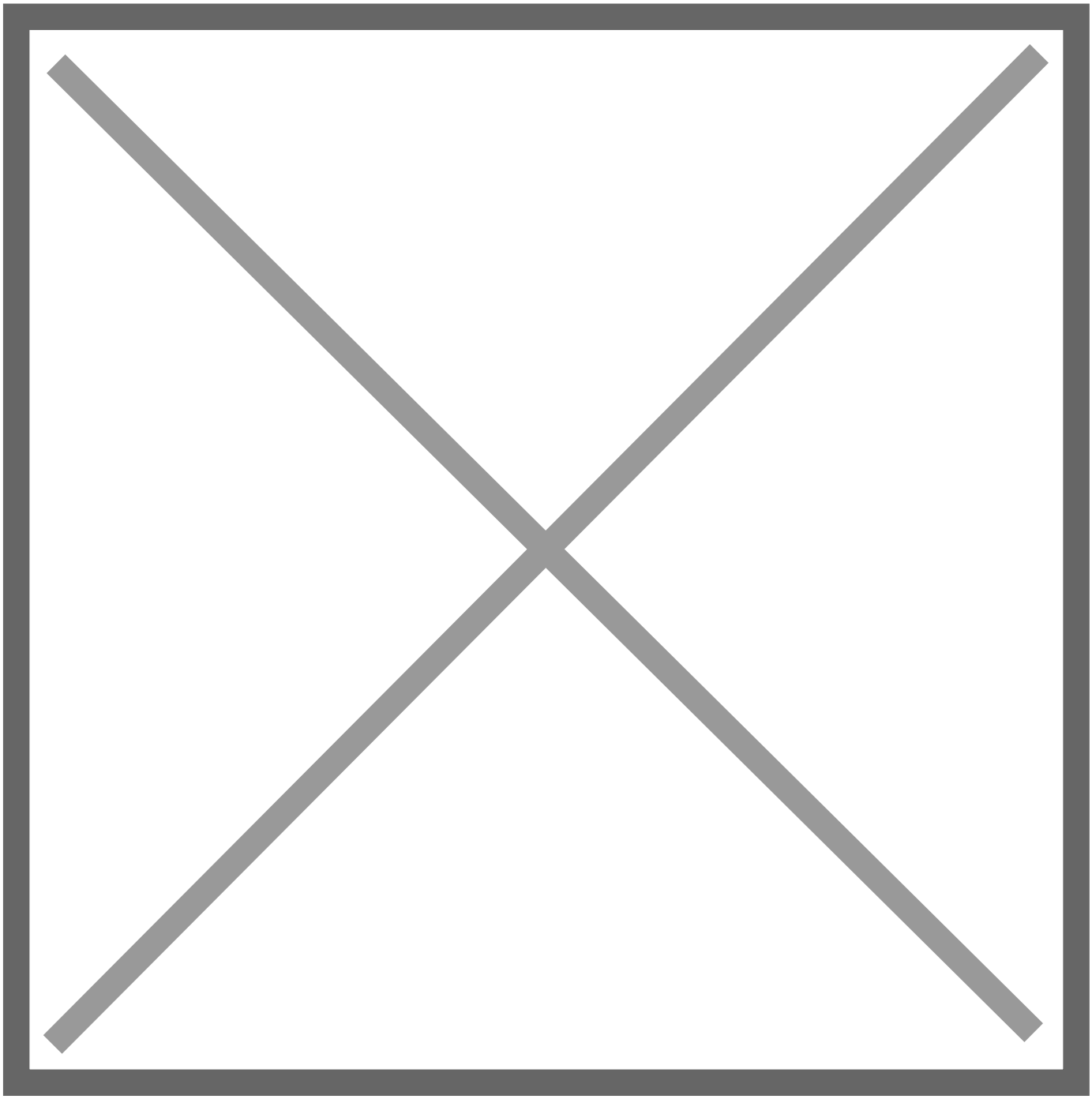


| | |
|---|---|
| **Survey type:** | Self-reported |
| **Area covered:** | National |
| **References:** | Global School-based Student Health Surveys. Beal et al (2019). Global Patterns of Adolescent Fruit, Vegetable, Carbonated Soft Drink, and Fast-food consumption: A meta-analysis of global school-based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

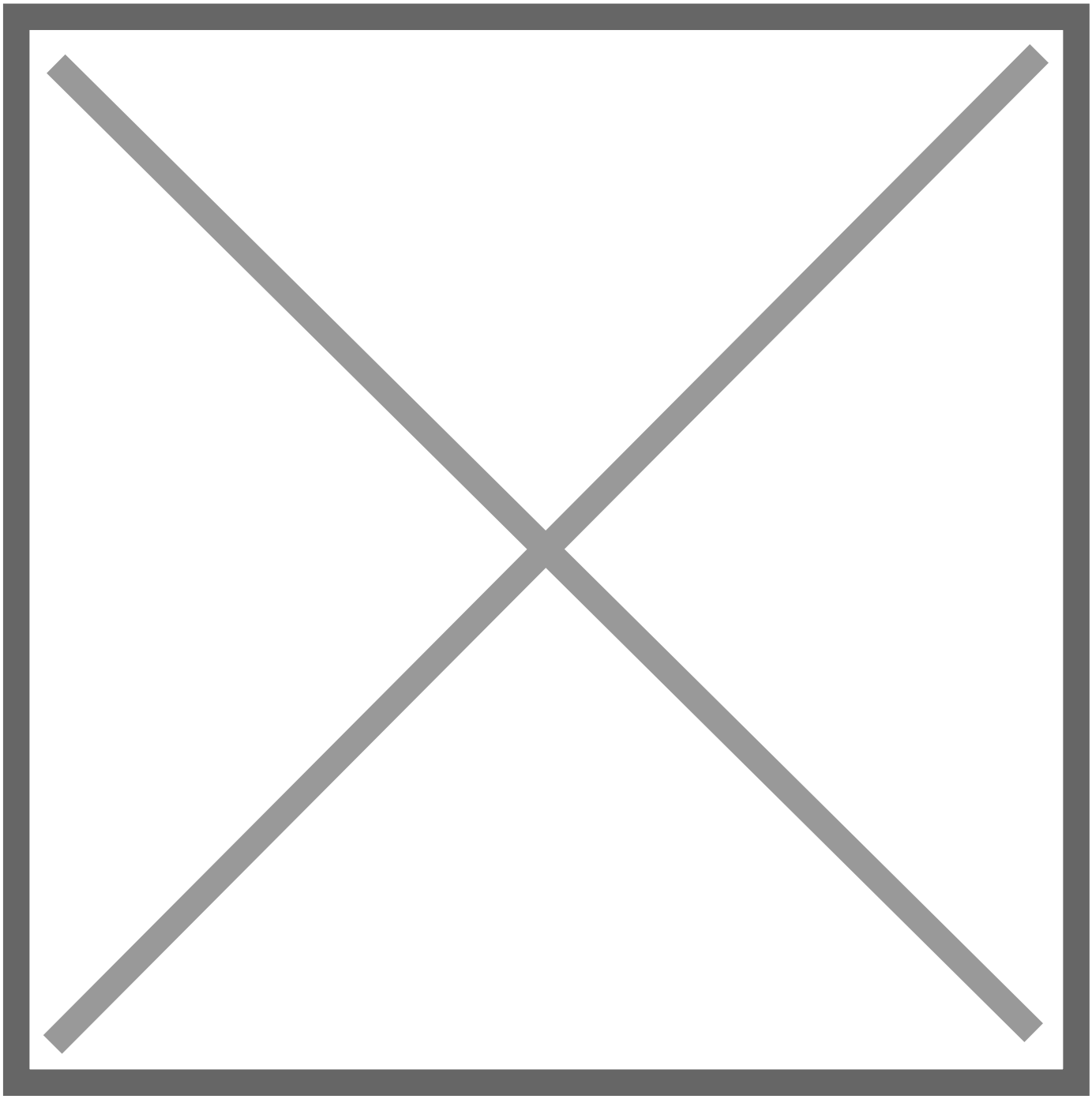
## Prevalence of less than daily vegetable consumption

## Boys, 2013-2014



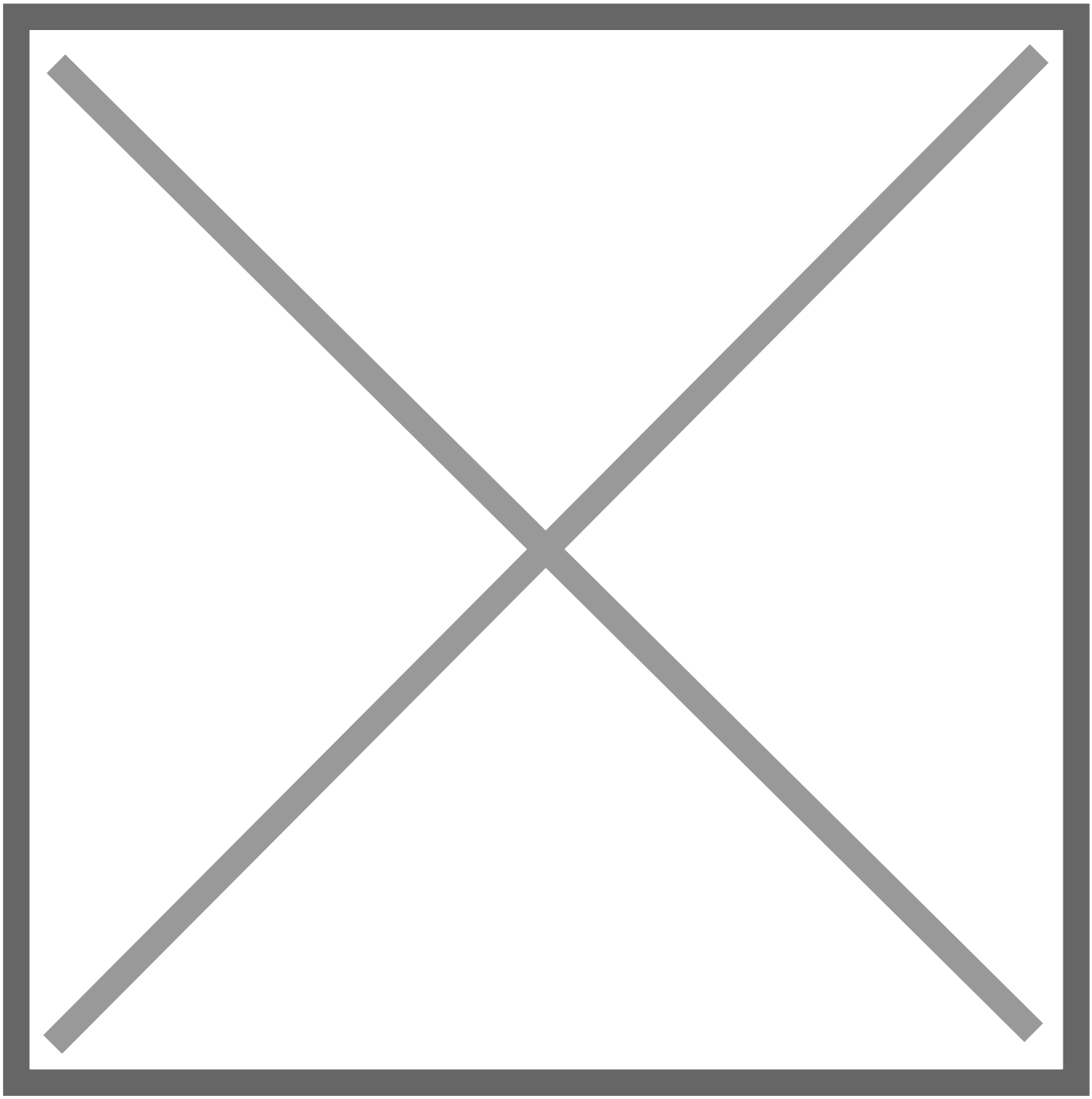
| | |
|---|---|
| **Survey type:** | Self-reported |
| **Area covered:** | National |
| **References:** | Beal et al. (2019). Global Patterns of Adolescent Fruit, Vegetable, Carbonated Soft Drink, and Fast-food consumption: A meta-analysis of global school-based student health surveys. Food and Nutrition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

## Girls, 2013-2014



| | |
|---|---|
| **Survey type:** | Self-reported |
| **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) |

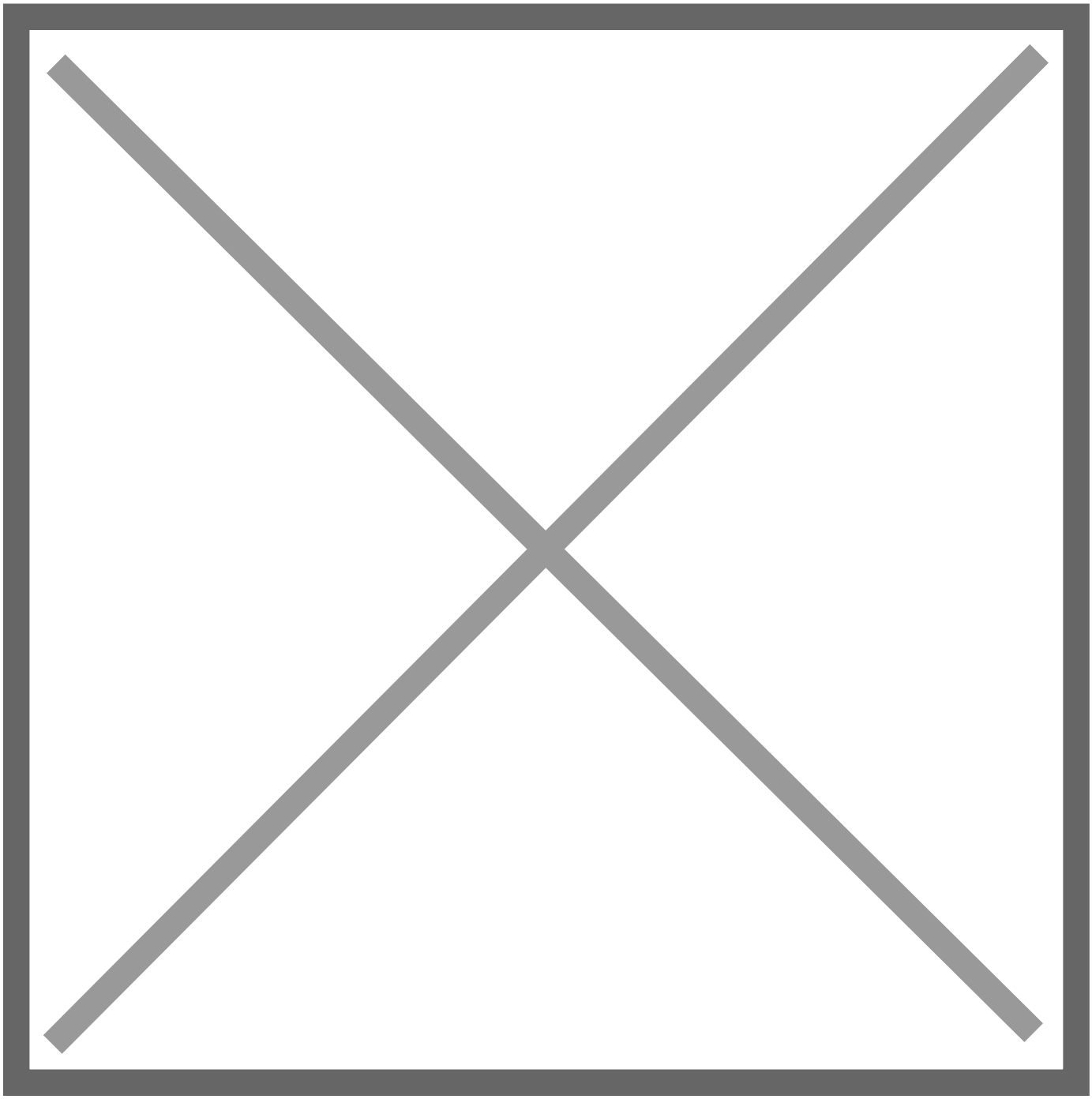
## Children, 2013-2014



| | |
|---|---|
| **Survey type:** | Self-reported |
| **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) |

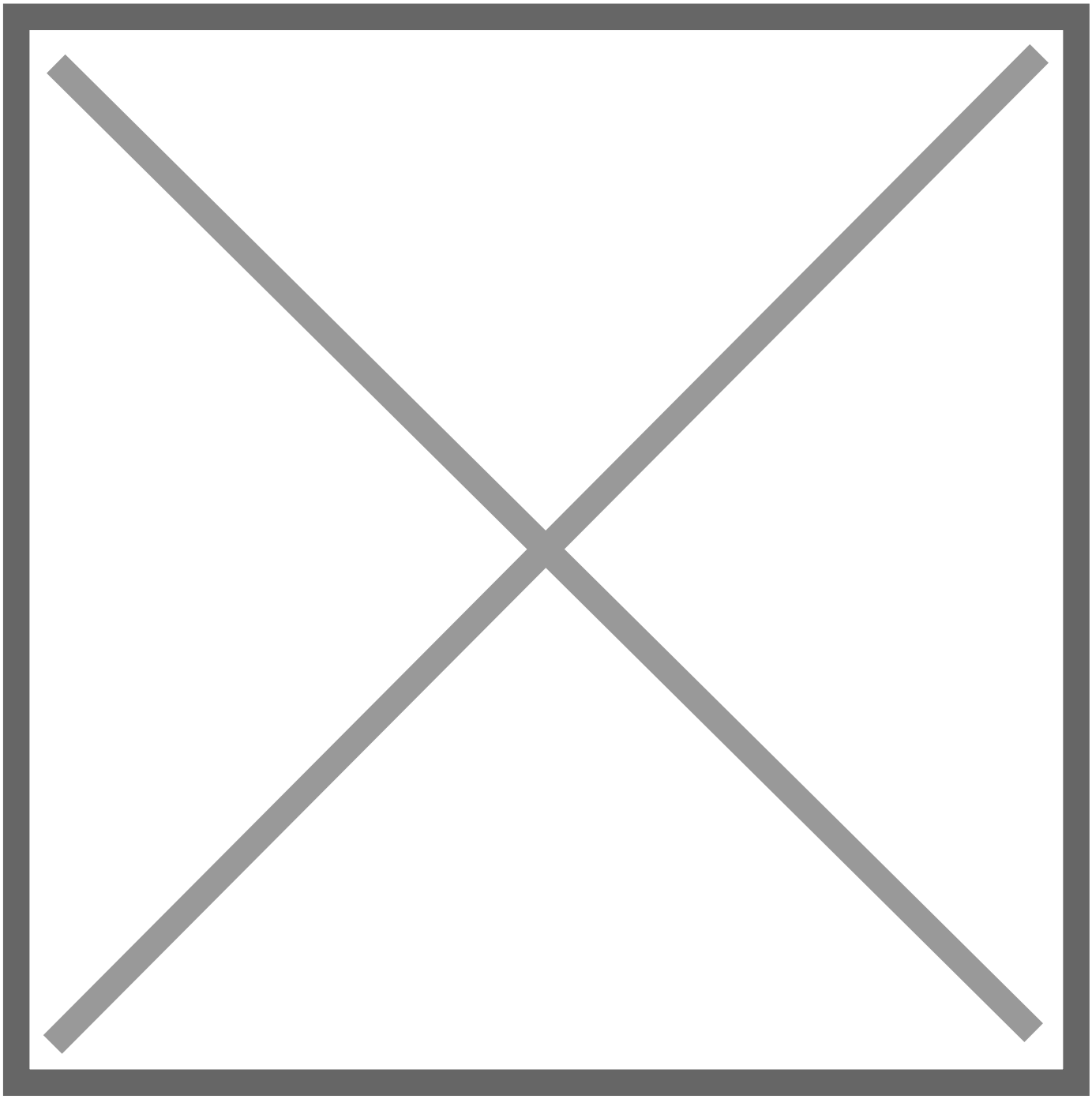
## Mental health - depression disorders

## Children, 2023



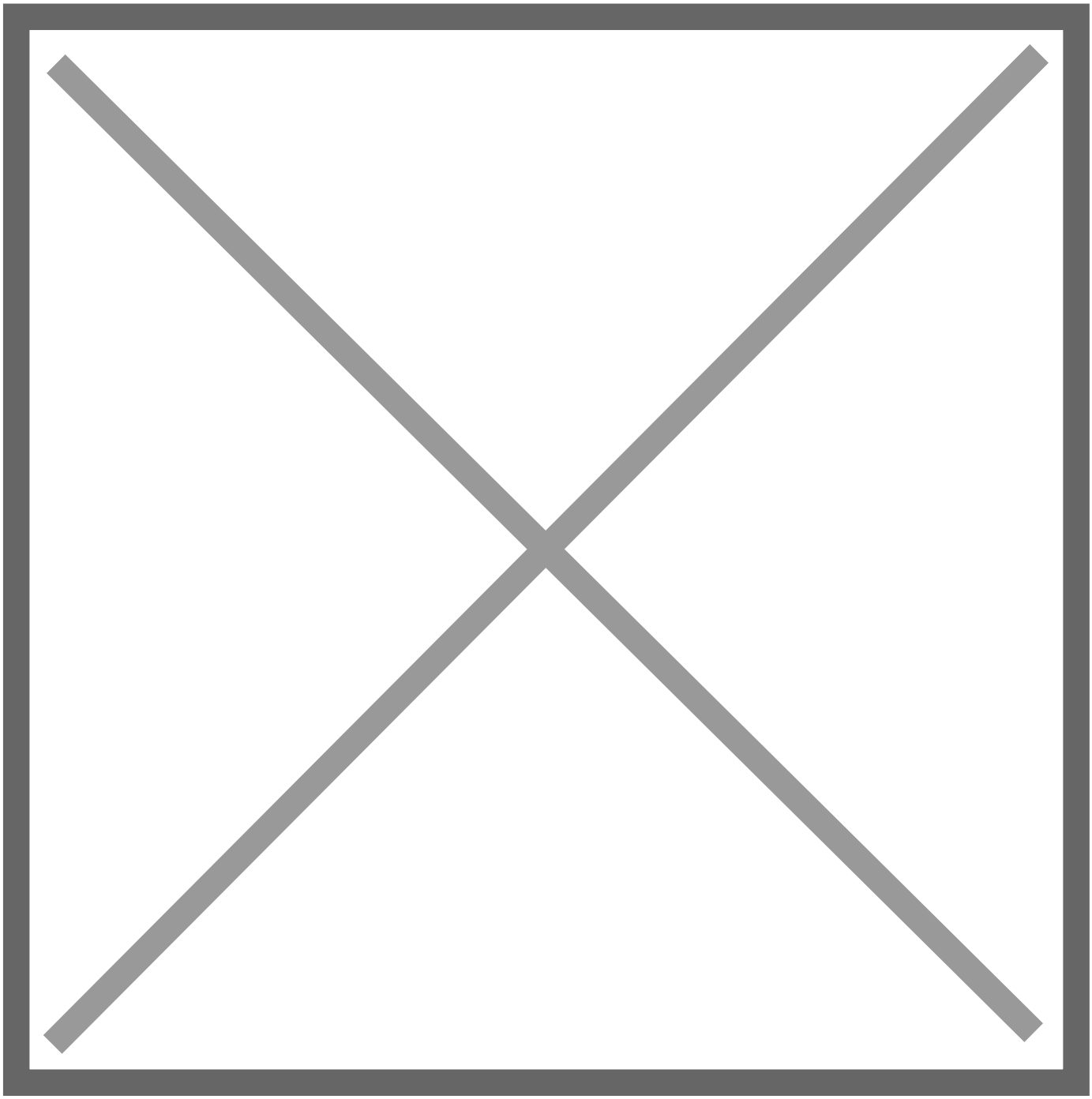
| | |
|---|---|
| **Area covered:** | National |
| **References:** | Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from https://vizhub.healthdata.org/gbd-compare/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

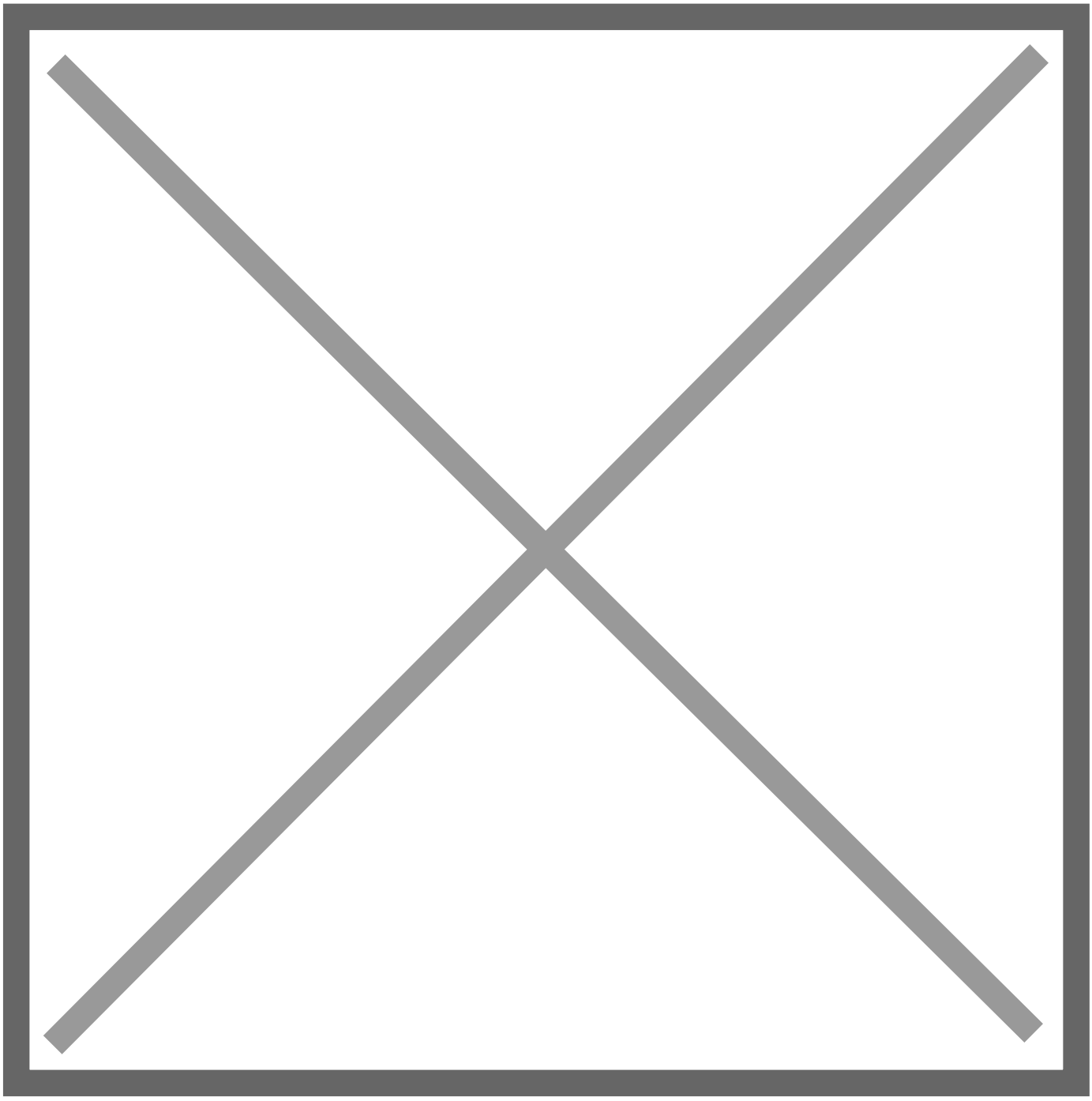
## Girls, 2023



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

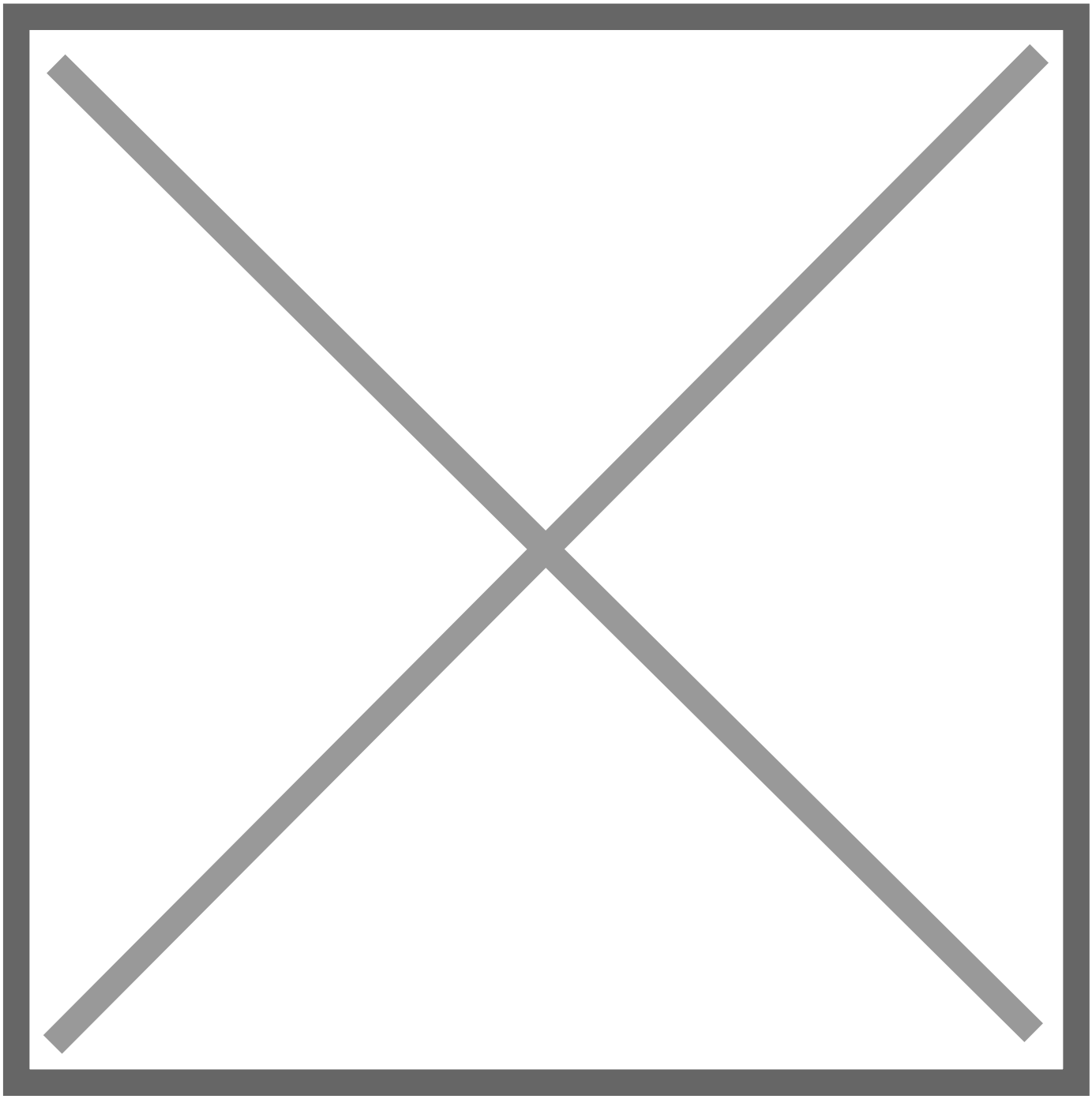
# Mental health - anxiety disorders

## Children, 2023



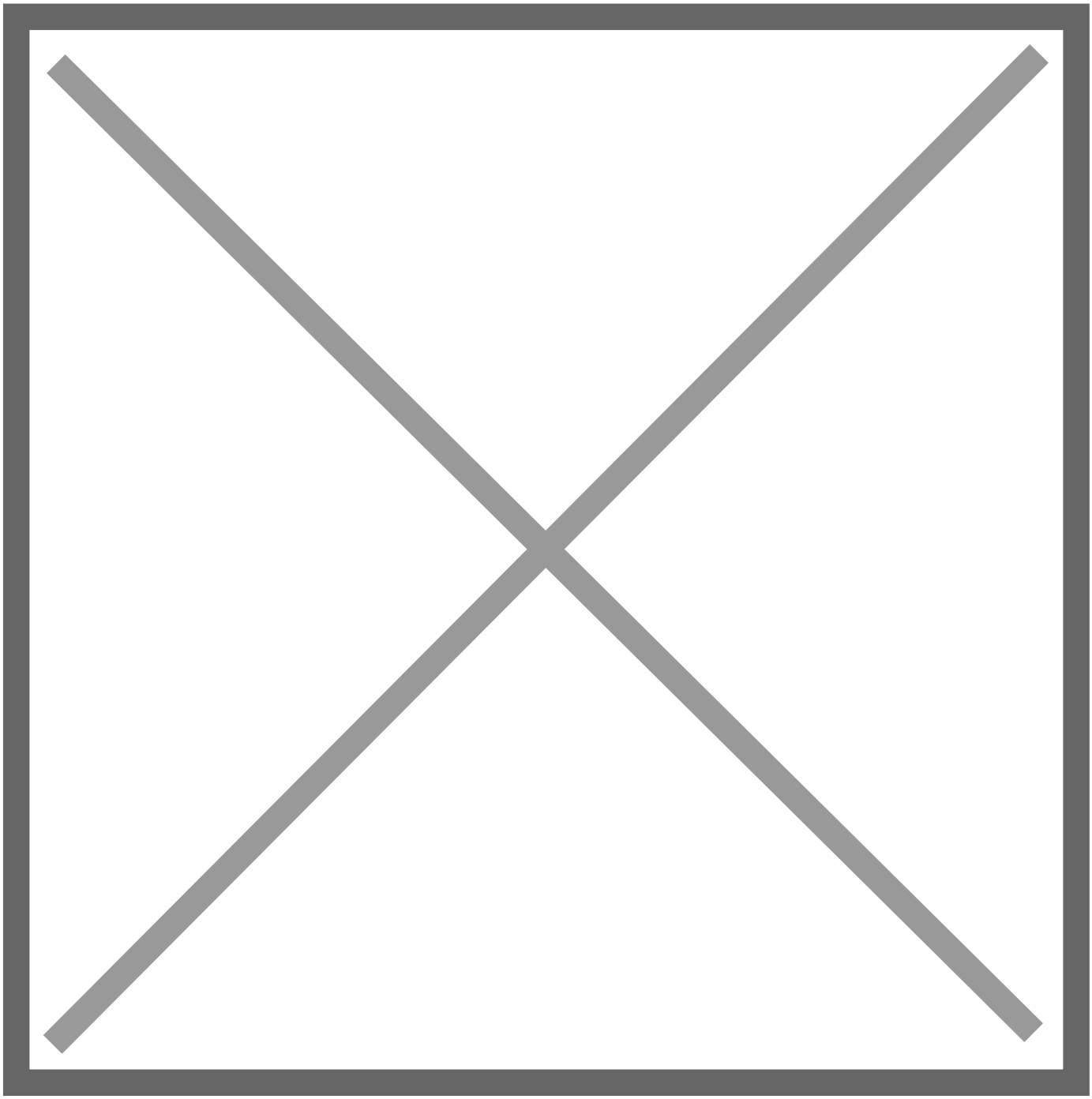
| | |
|---|---|
| **Area covered:** | National |
| **References:** | Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from https://vizhub.healthdata.org/gbd-compare/ [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 3, 2026*