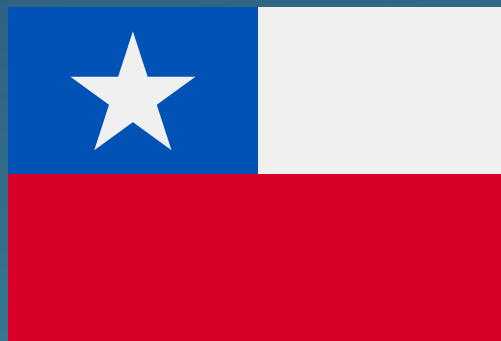




Chile



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/>

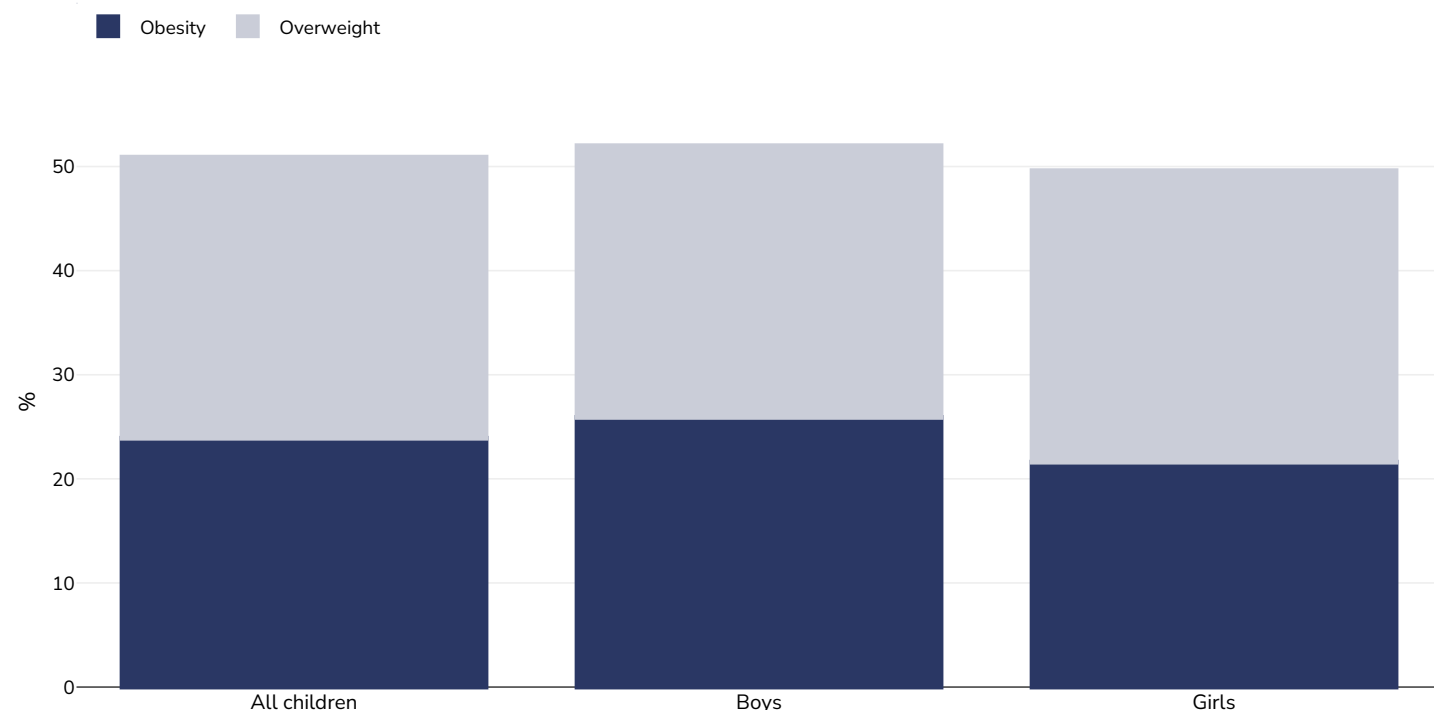
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National obesity risk *7.5/10 This is a composite "obesity risk" score (out of 10, the highest risk) based on obesity prevalence, rate of increase, likelihood of meeting the 2025 target, treatment indicator and childhood stunting levels. **Childhood obesity risk *8.5/11** 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

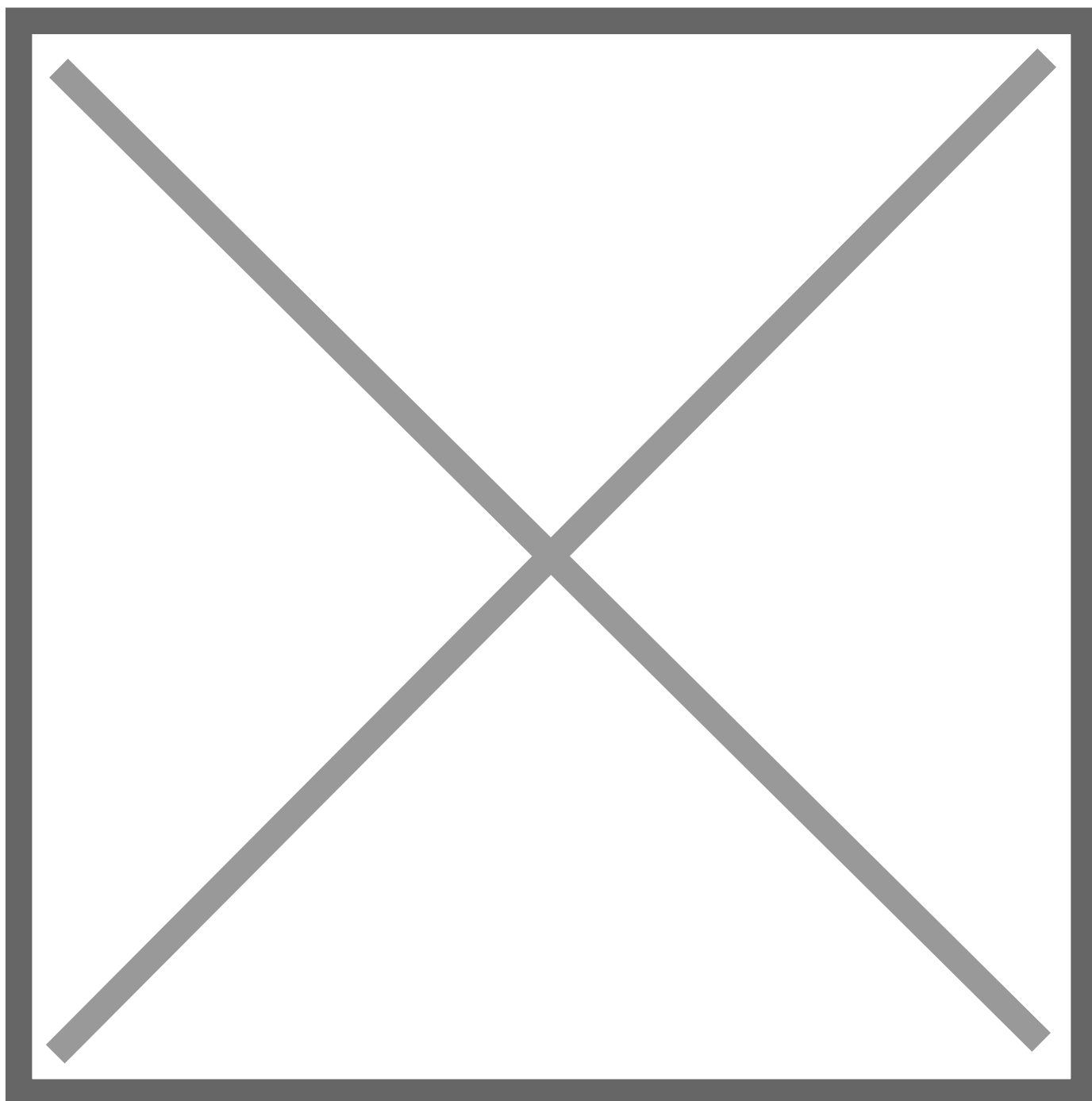
Children, 2024



Survey type:	Measured
Age:	4-14
Sample size:	713,774
Area covered:	National
References:	Mapa Nutricional - Resultados 2024. JUNAEB. https://www.sochob.cl/web1/wp-content/uploads/2025/04/MAPA-NUTRICIONAL-JUNAEB-2024.pdf [Accessed 16.07.25]
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:

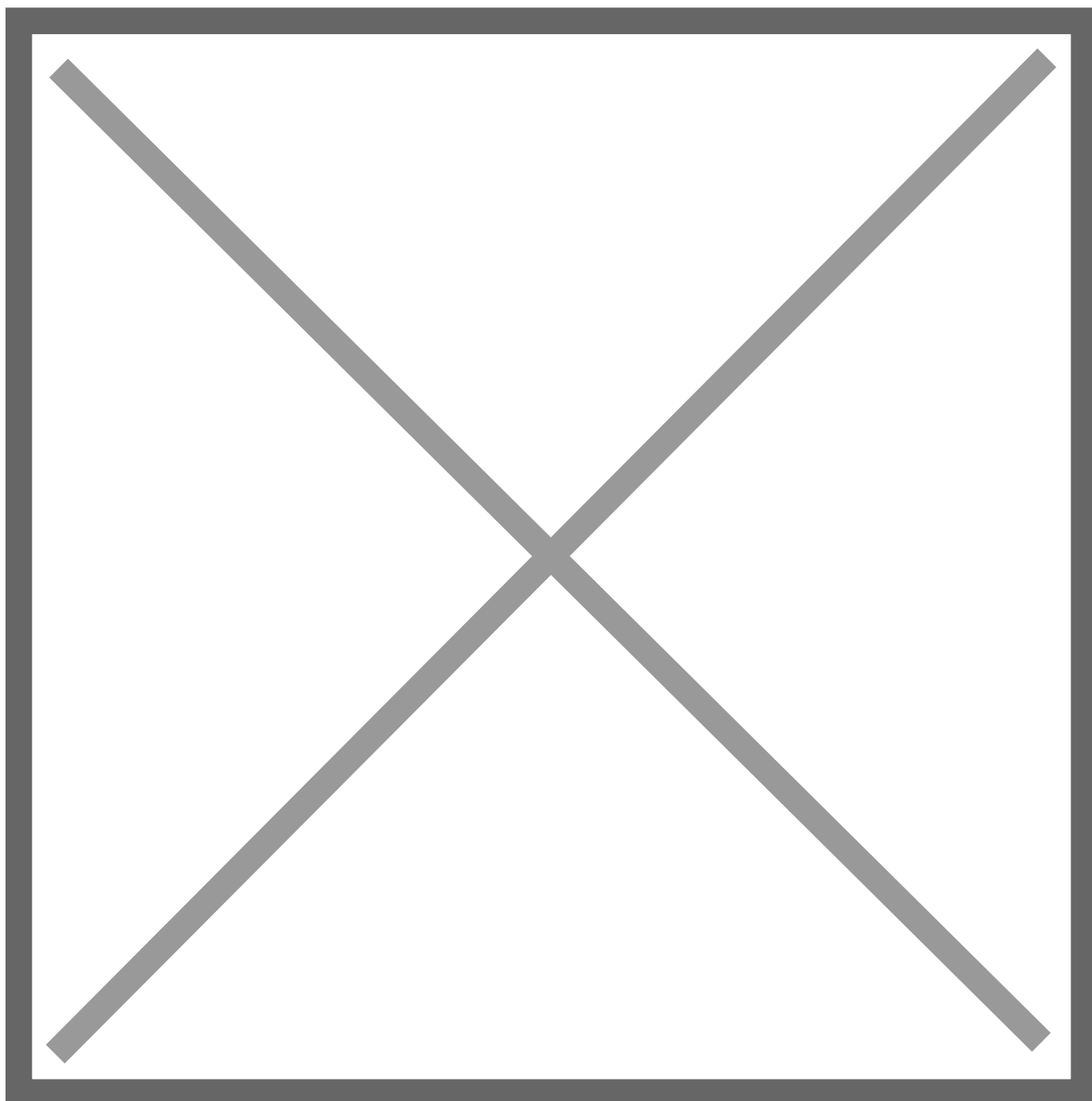
Measured

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
2002: Kain J, Uauy R, Vio F and Albana. 2002. Trends of overweight and obesity prevalence in Chilean children: comparison 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

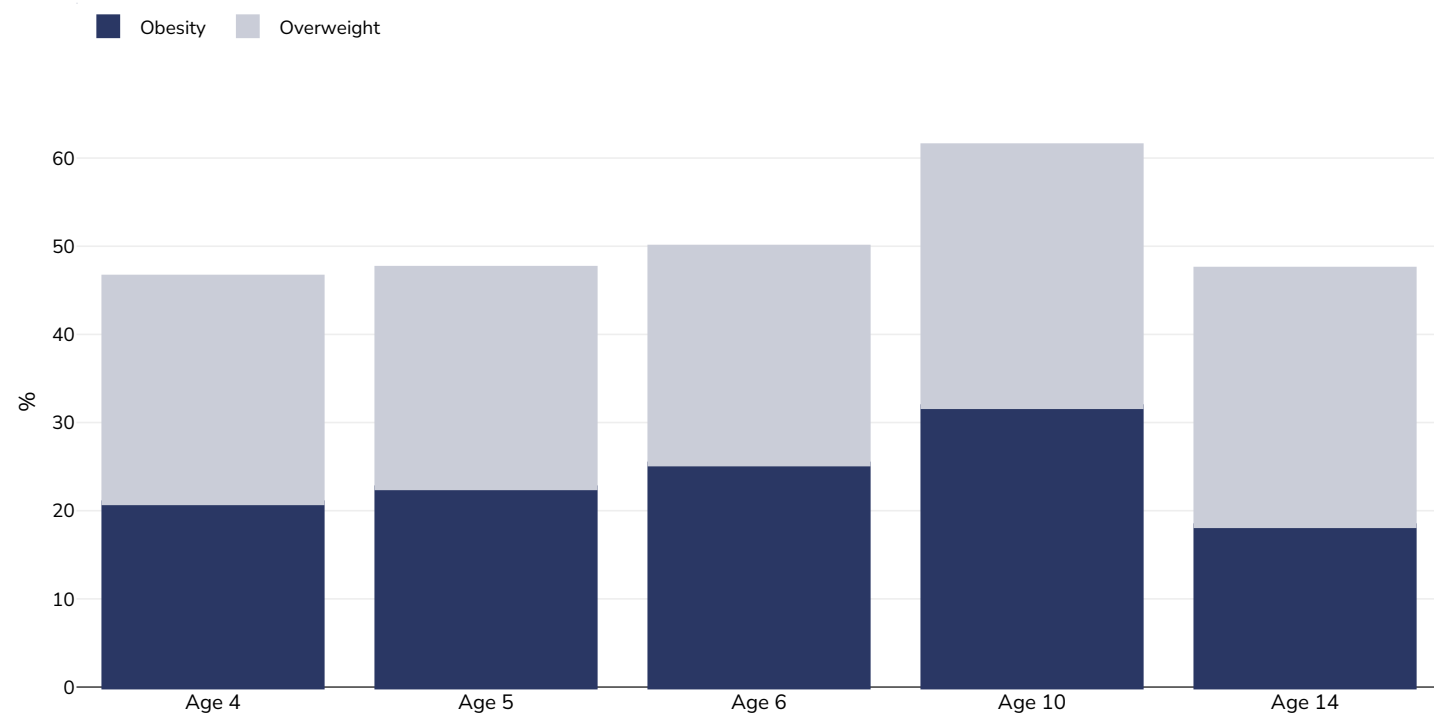
References:

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
2002: Kain J, Uauy R, Vio F and Albana. 2002. Trends of overweight and obesity prevalence in Chilean children: comparison 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

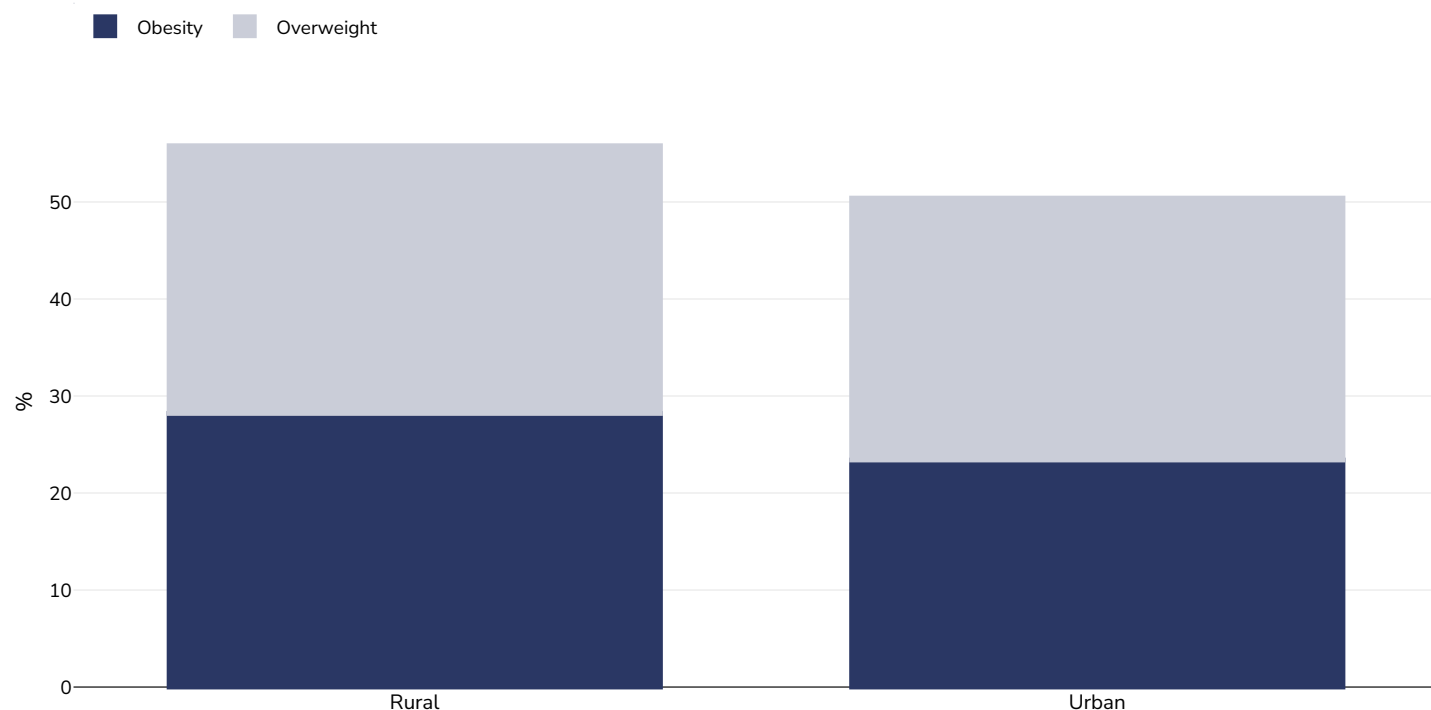
Children, 2024



Survey type:	Measured
Sample size:	713,774
Area covered:	National
References:	Mapa Nutricional - Resultados 2024. JUNAEB. https://www.sochob.cl/web1/wp-content/uploads/2025/04/MAPA-NUTRICIONAL-JUNAEB-2024.pdf [Accessed 16.07.25]
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

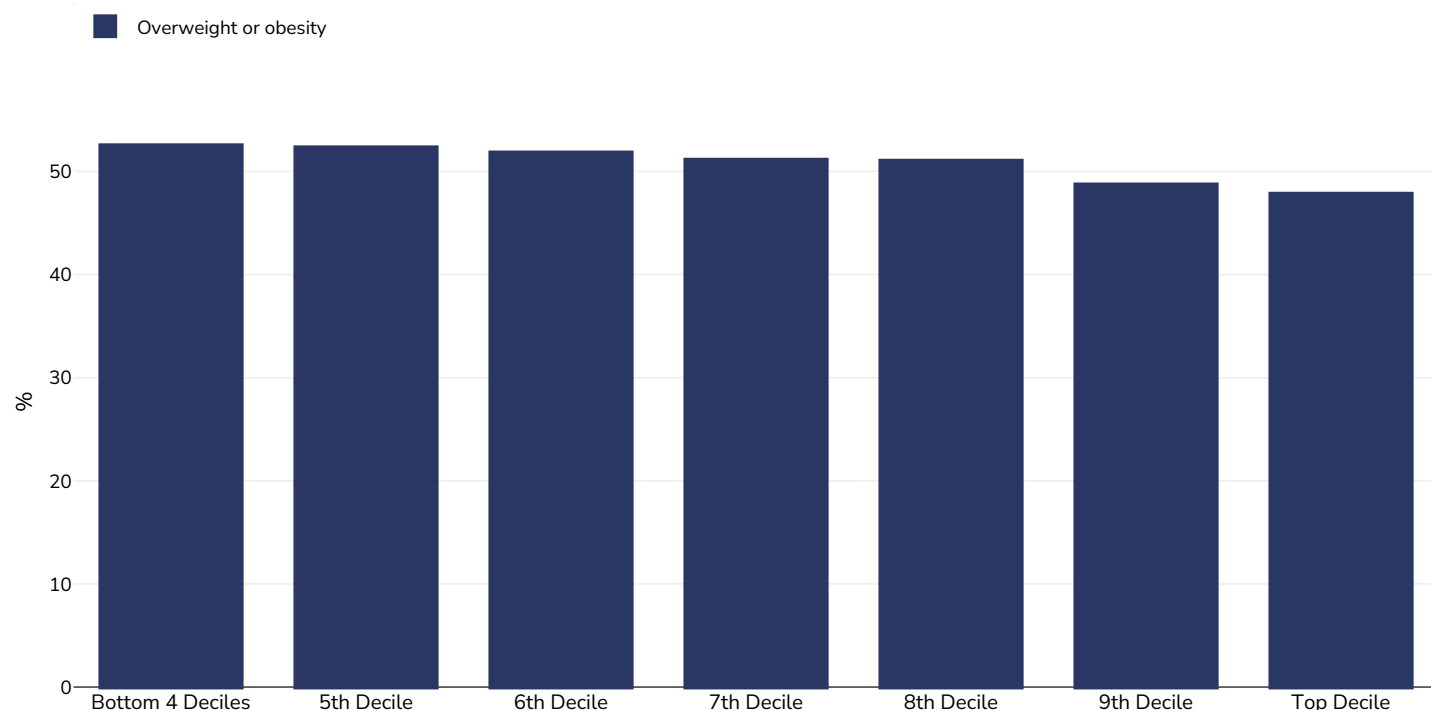
Children, 2024



Survey type:	Measured
Age:	4-14
Sample size:	713,774
Area covered:	National
References:	Mapa Nutricional - Resultados 2024. JUNAEB. https://www.sochob.cl/web1/wp-content/uploads/2025/04/MAPA-NUTRICIONAL-JUNAEB-2024.pdf [Accessed 16.07.25]
Notes:	National survey of children from the educational levels of 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, 2024

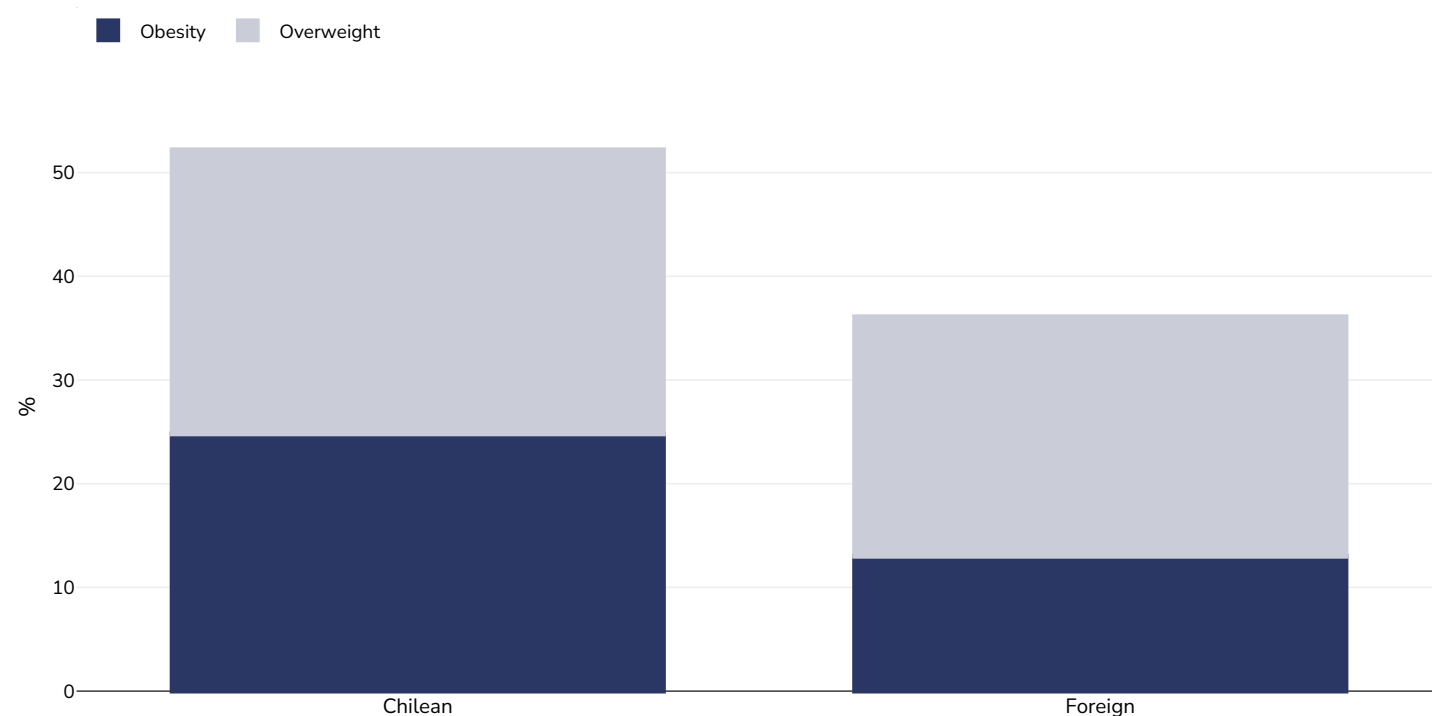


Survey type:	Measured
Age:	4-14
Sample size:	713,774
Area covered:	National
References:	Mapa Nutricional - Resultados 2024. JUNAEB. https://www.sochob.cl/web1/wp-content/uploads/2025/04/MAPA-NUTRICIONAL-JUNAEB-2024.pdf [Accessed 16.07.25]
Notes:	National survey of children from pre-kindergarten (around 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.

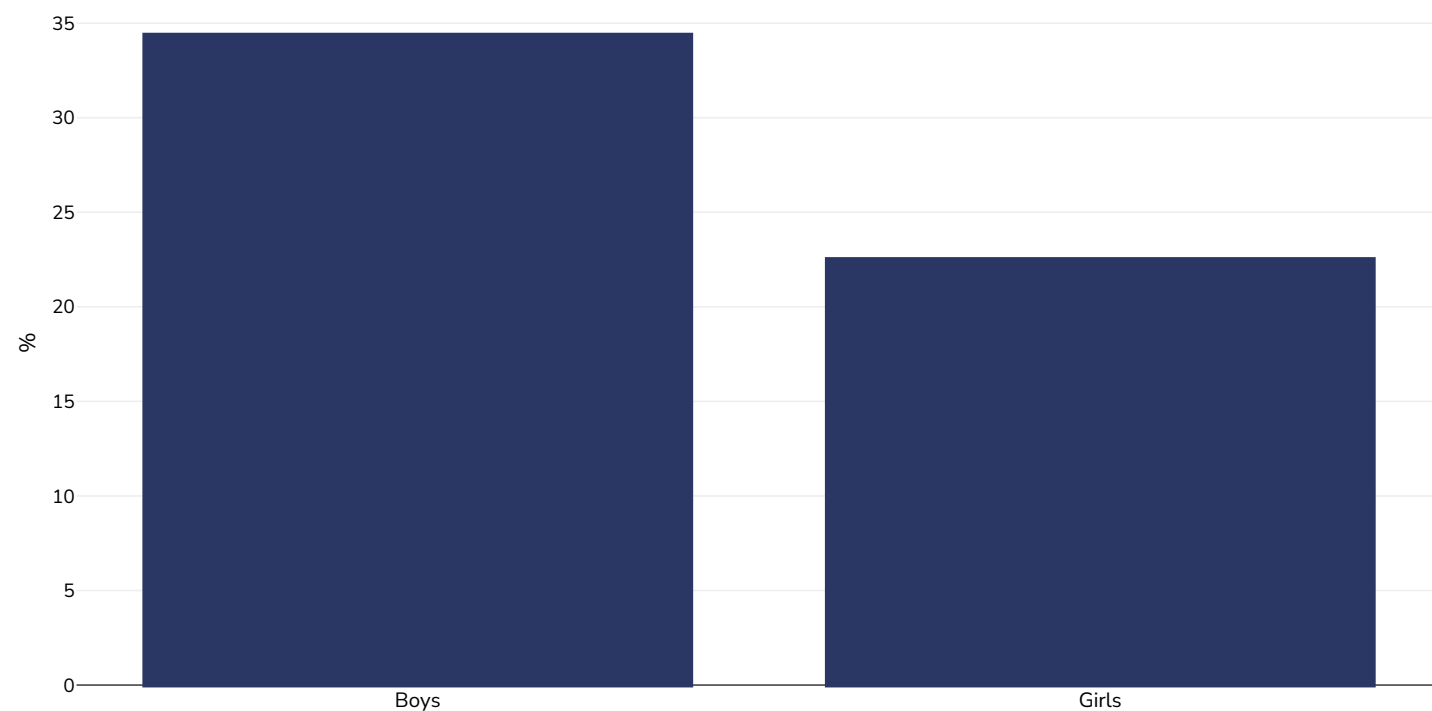
Children, 2024



Survey type:	Measured
Age:	4-14
Sample size:	713,774
Area covered:	National
References:	Mapa Nutricional - Resultados 2024. JUNAEB. https://www.sochob.cl/web1/wp-content/uploads/2025/04/MAPA-NUTRICIONAL-JUNAEB-2024.pdf [Accessed 16.07.25]
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 & overweight

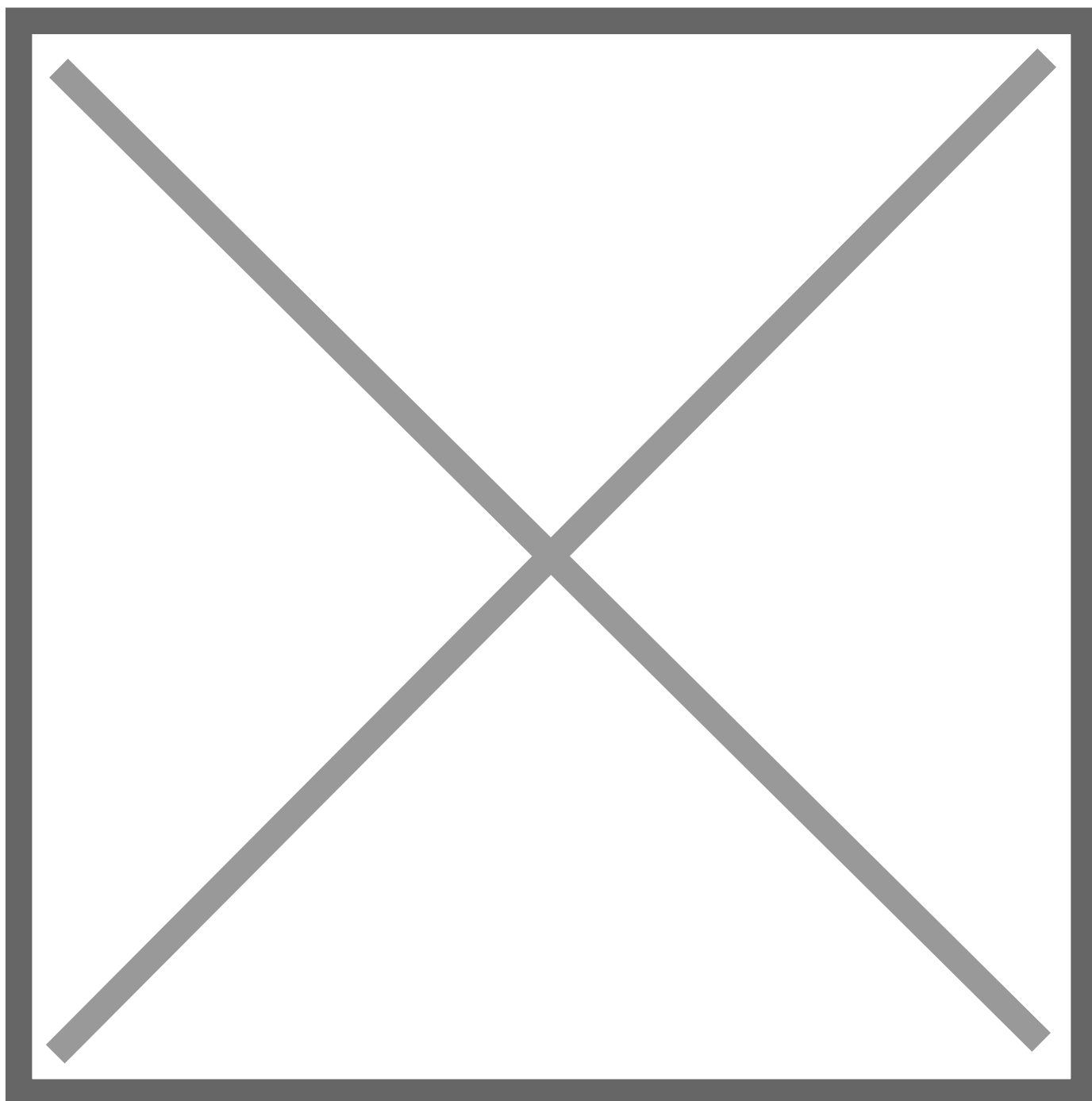
Children, 2022



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

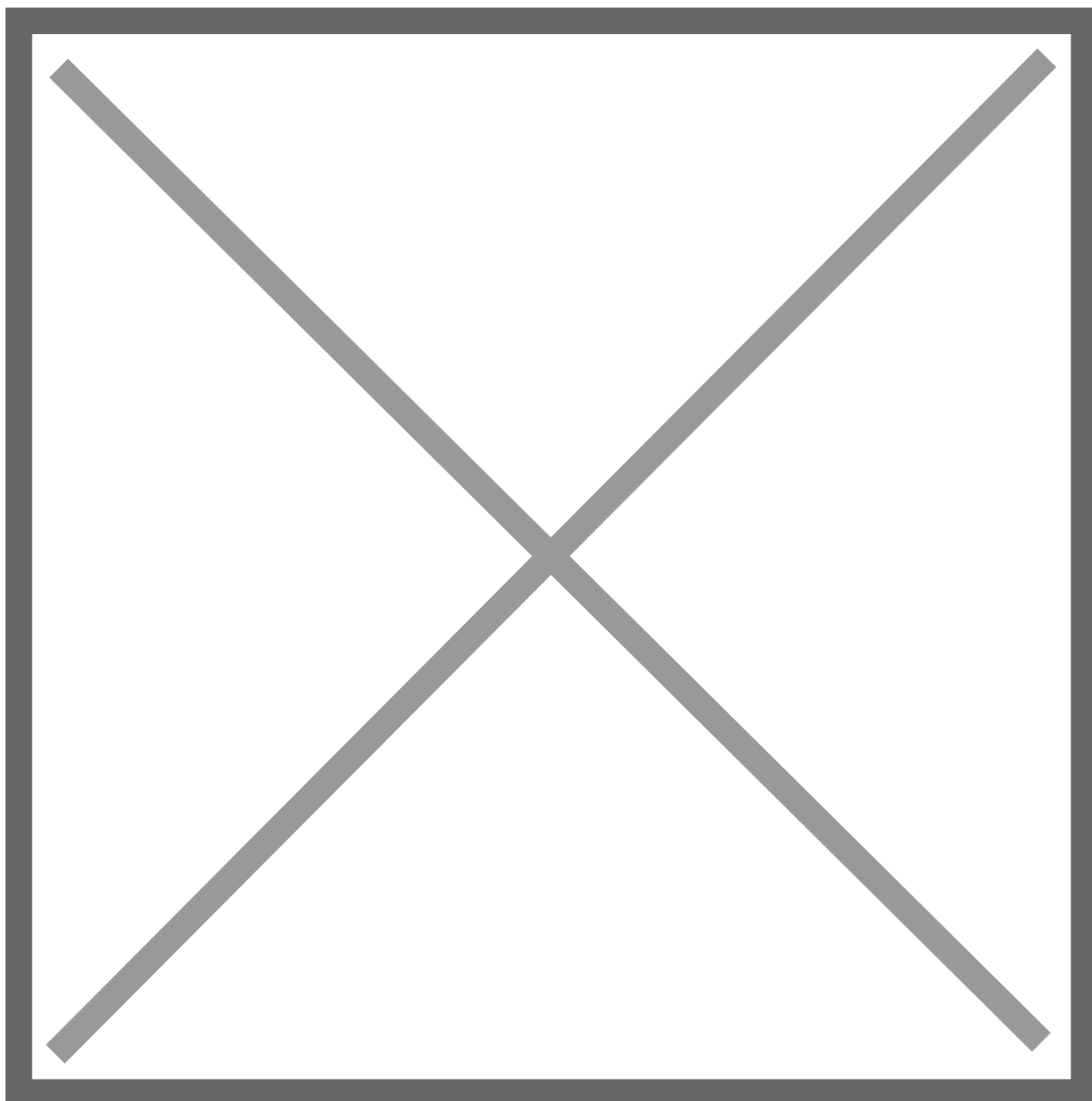


Survey type:	Self-reported
Age:	11-17
References:	Global Health Observatory data repository, World Health Organisation, https://apps.who.int/gho/data/node.main.A893ADO?lang=en (last accessed 16.03.21)
Notes:	% of school going adolescents not meeting WHO recommendations on Physical Activity for Health,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

Definitions:

% Adolescents insufficiently active (age standardised estimate)

Boys, 2016

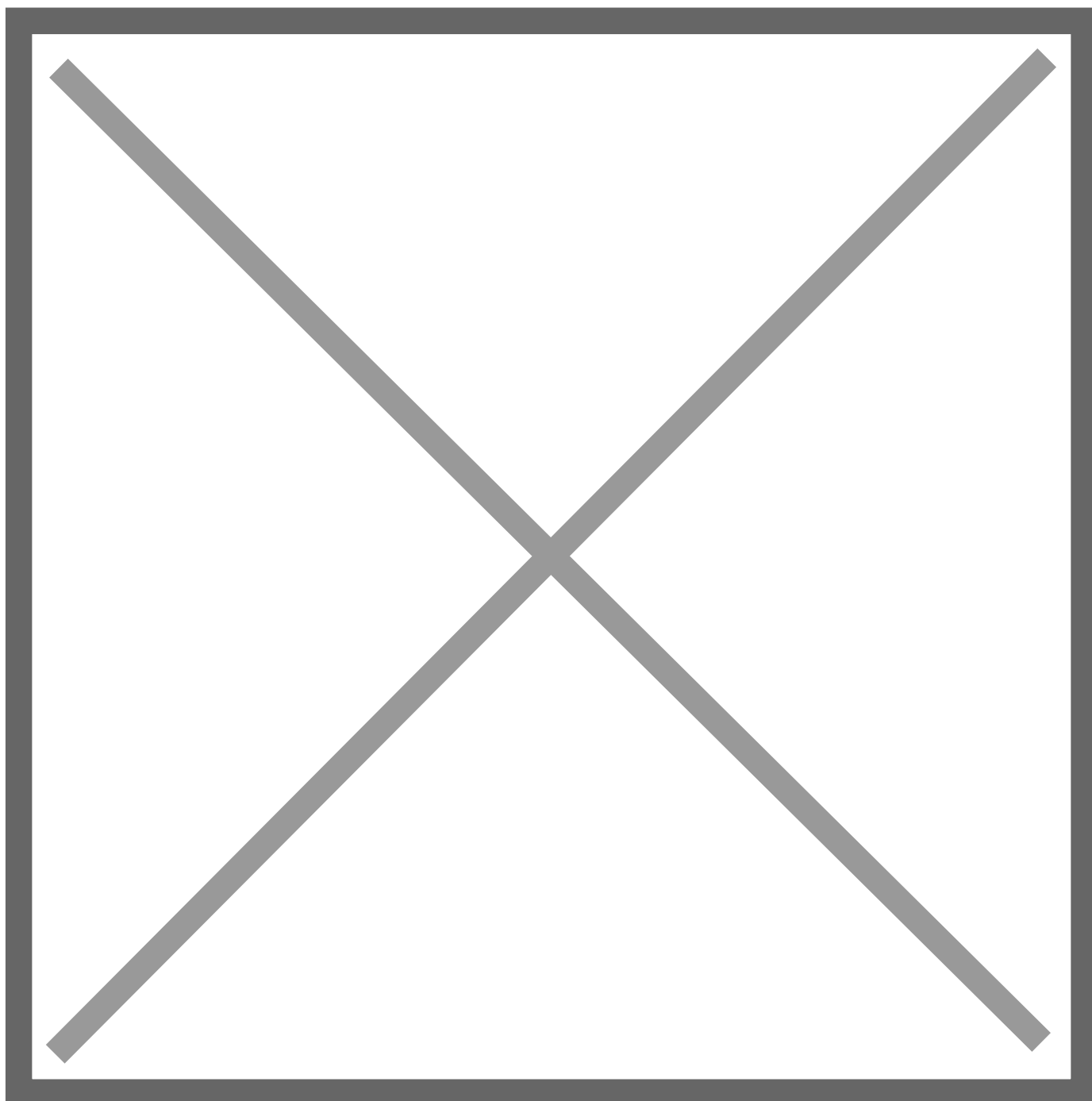


Survey type:	Self-reported
Age:	11-17
References:	Global Health Observatory data repository, World Health Organisation, https://apps.who.int/gho/data/node.main.A893ADO?lang=en (last accessed 16.03.21)
Notes:	% of school going adolescents not meeting WHO recommendations on Physical Activity for Health,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

Definitions:

% Adolescents insufficiently active (age standardised estimate)

Girls, 2016



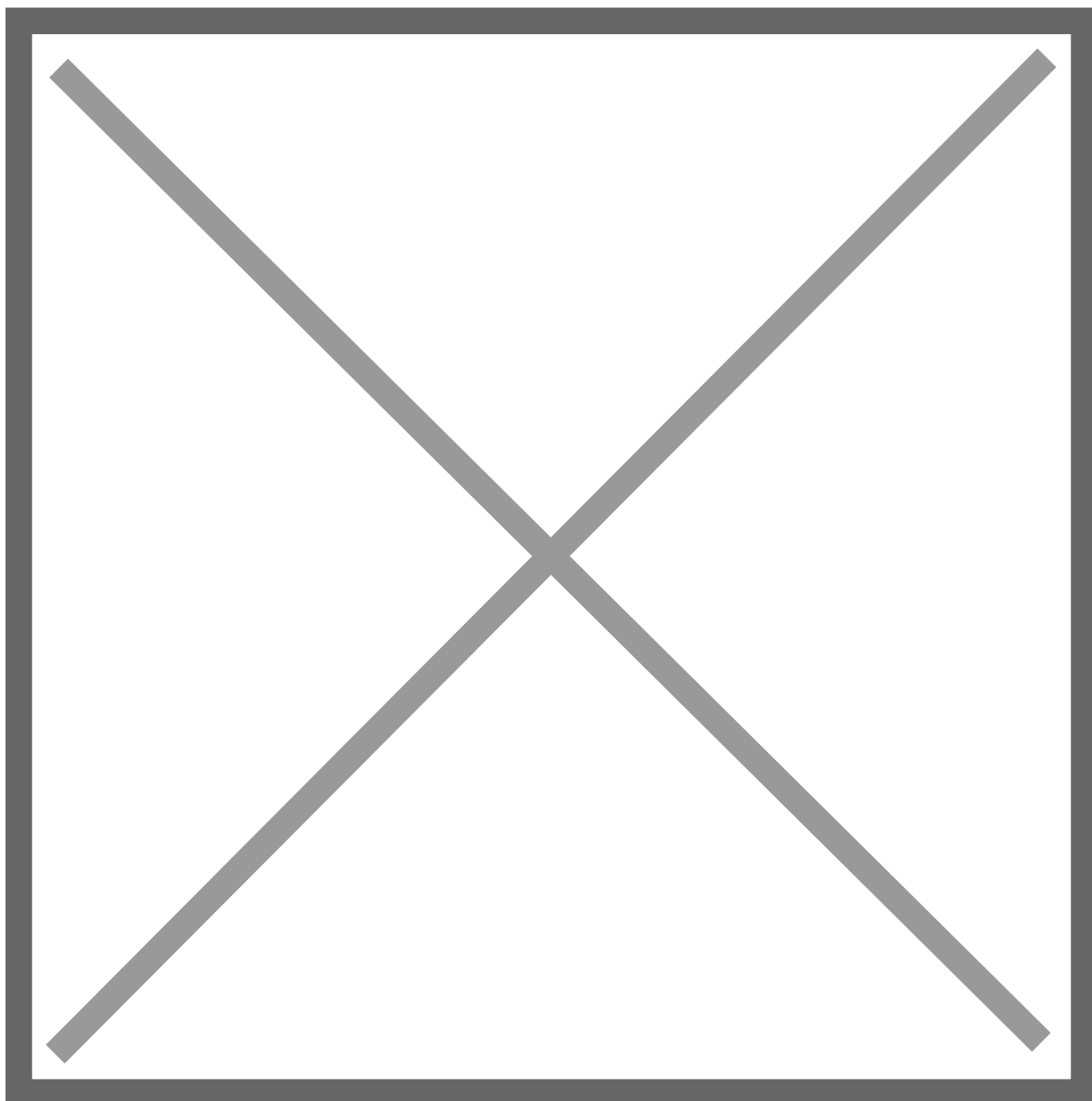
Survey type:	Self-reported
Age:	11-17
References:	Global Health Observatory data repository, World Health Organisation, https://apps.who.int/gho/data/node.main.A893ADO?lang=en (last accessed 16.03.21)
Notes:	% of school going adolescents not meeting WHO recommendations on Physical Activity for Health,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

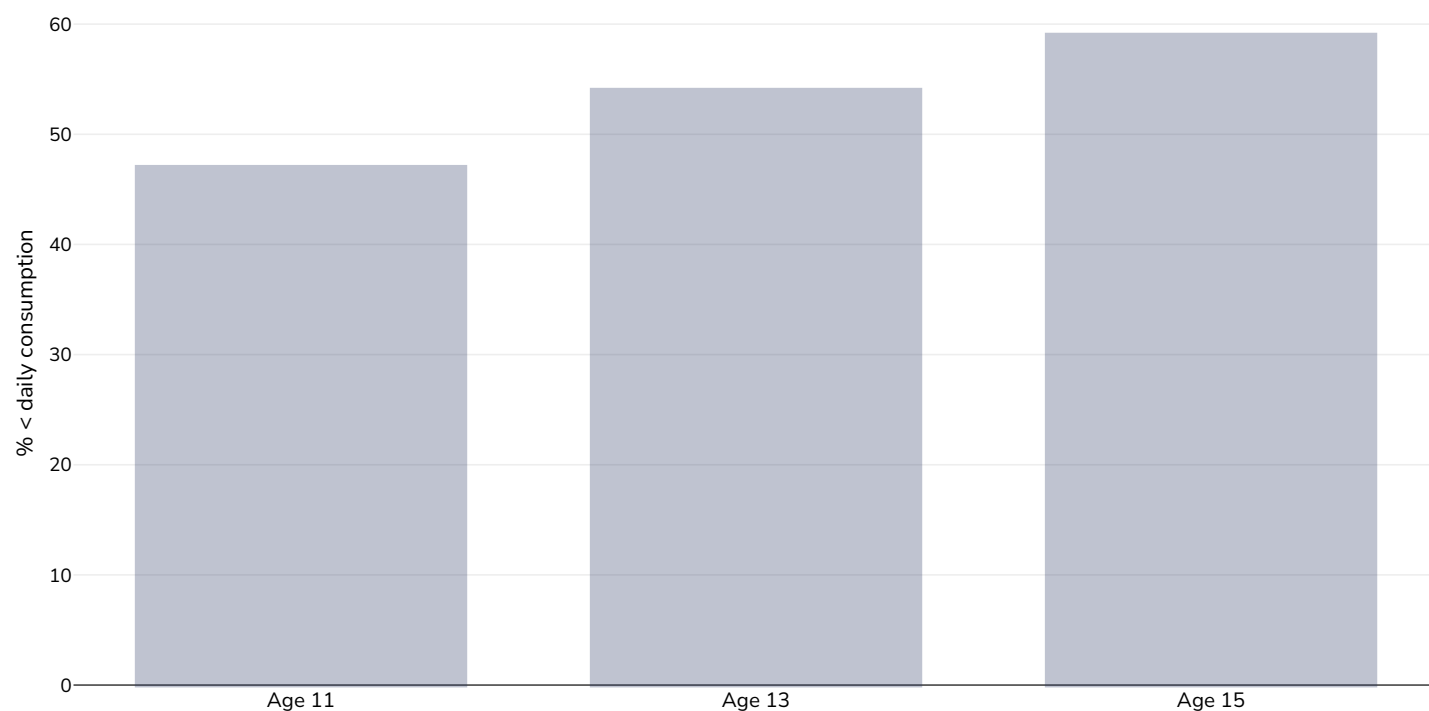
Children, 2009-2015



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



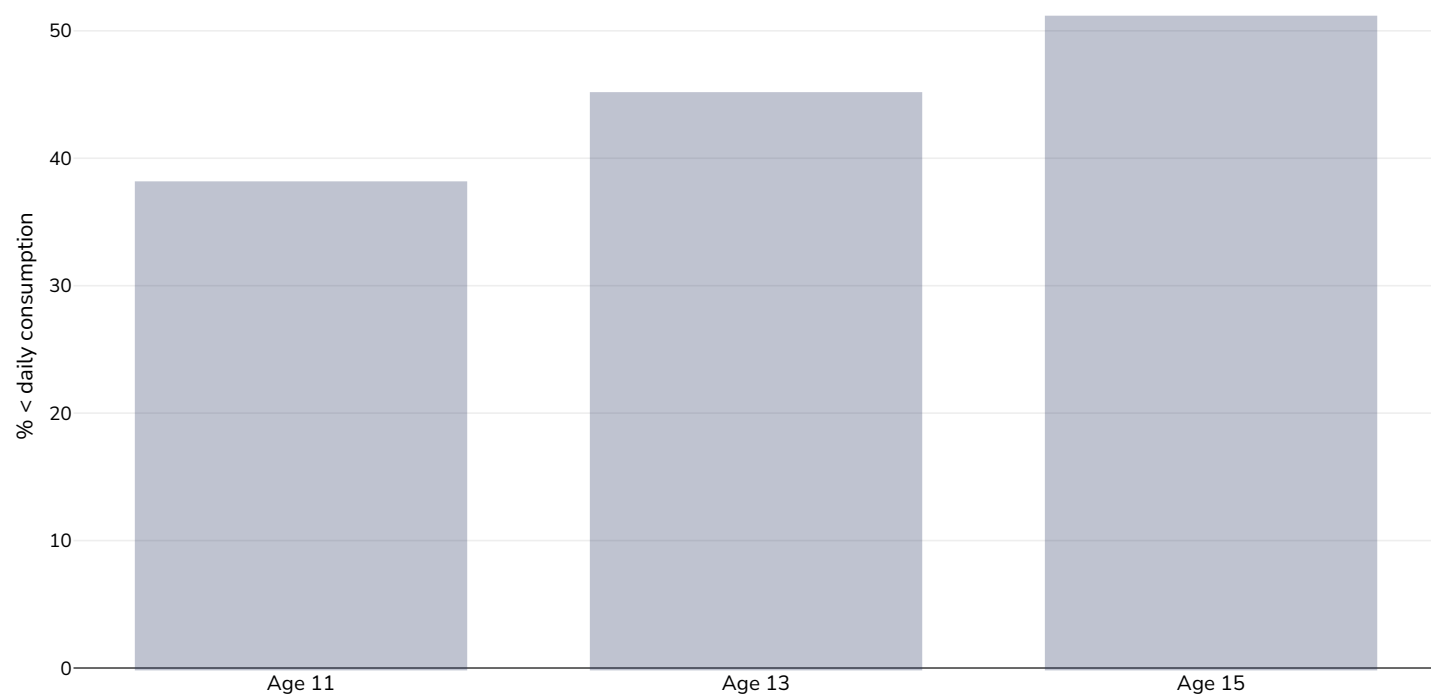
Survey type: Self-reported

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



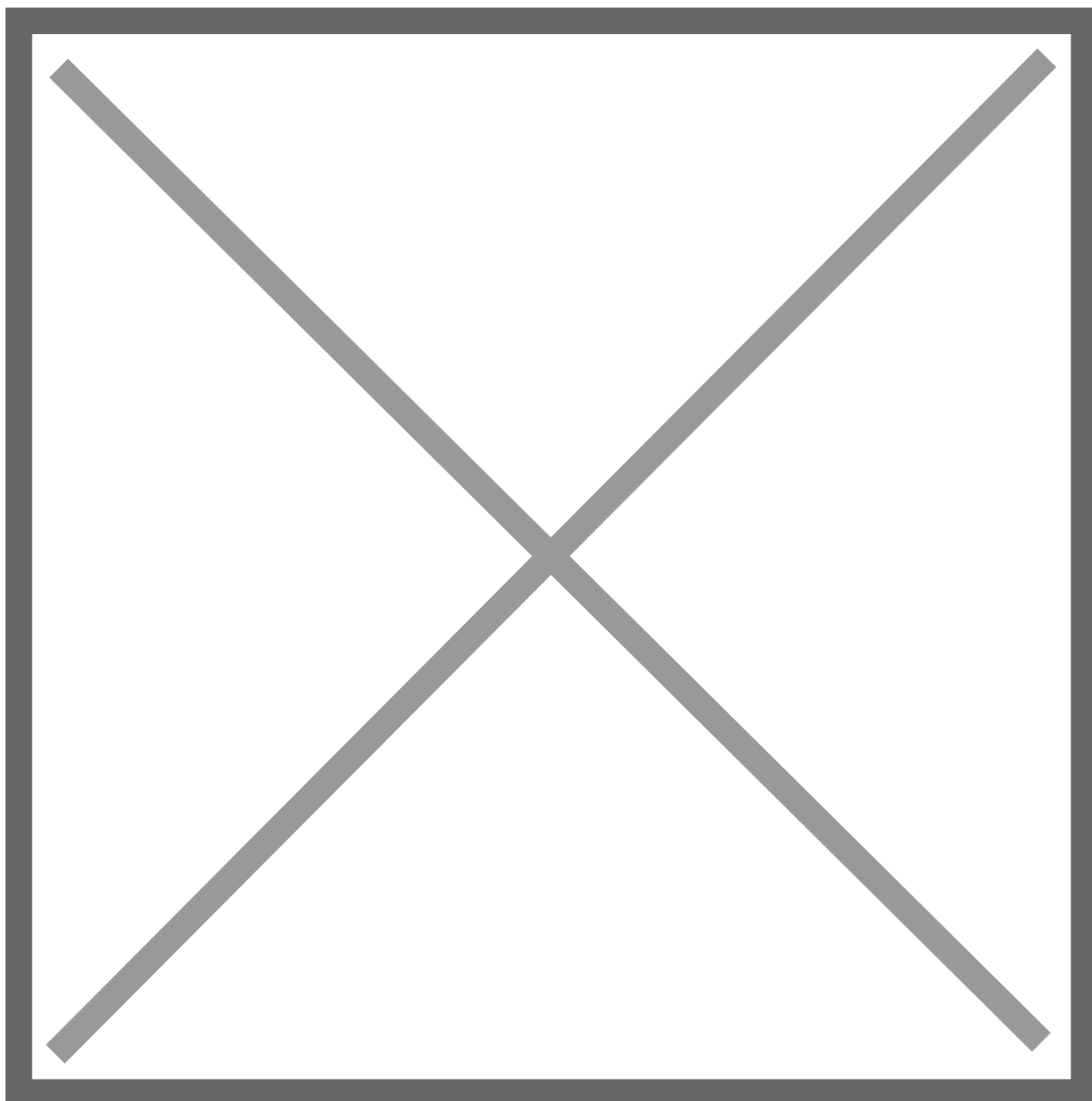
Survey type: Self-reported

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



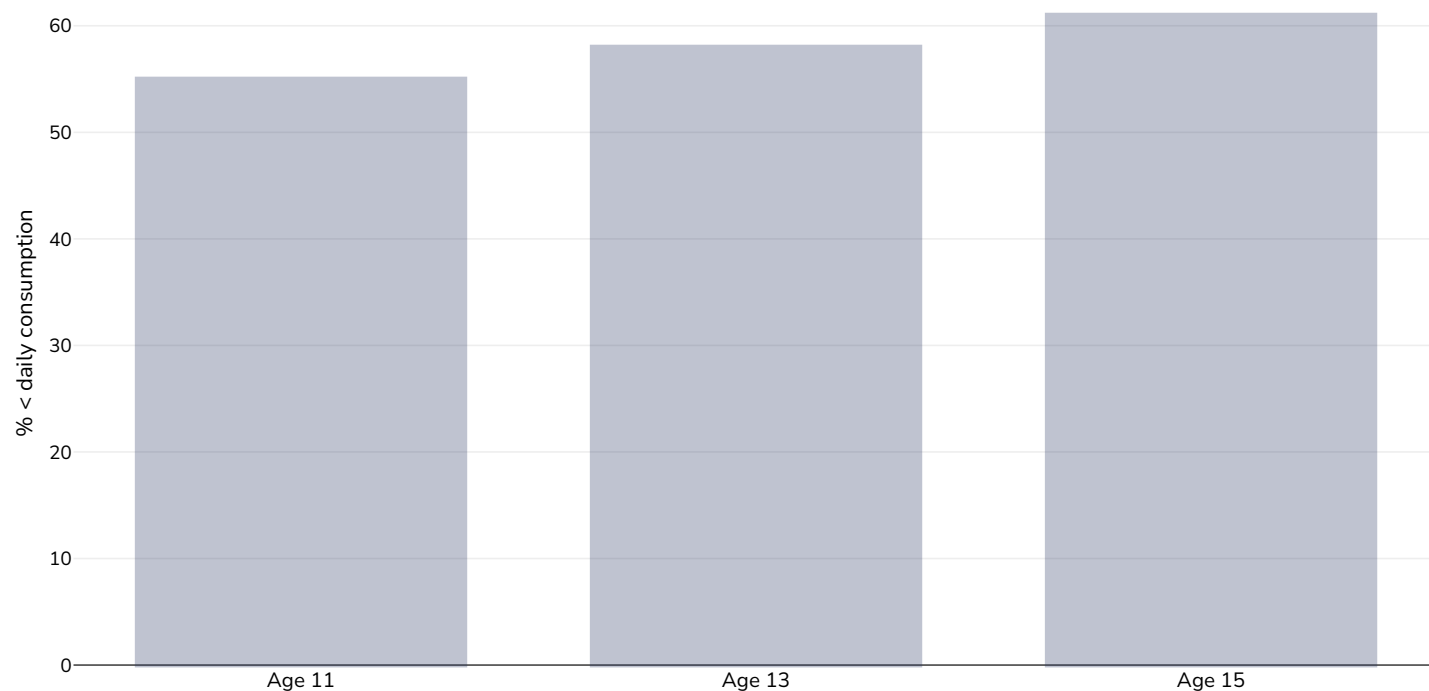
Survey type:	Self-reported
Area covered:	National
References:	Global School-based Student Health Surveys. Beal et al (2019). Global Patterns of Adolescent Fruit, Vegetable, Carbonated Soft Drink, and Fast-food consumption: A meta-analysis of global school-based student health surveys. Food and Nutrition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



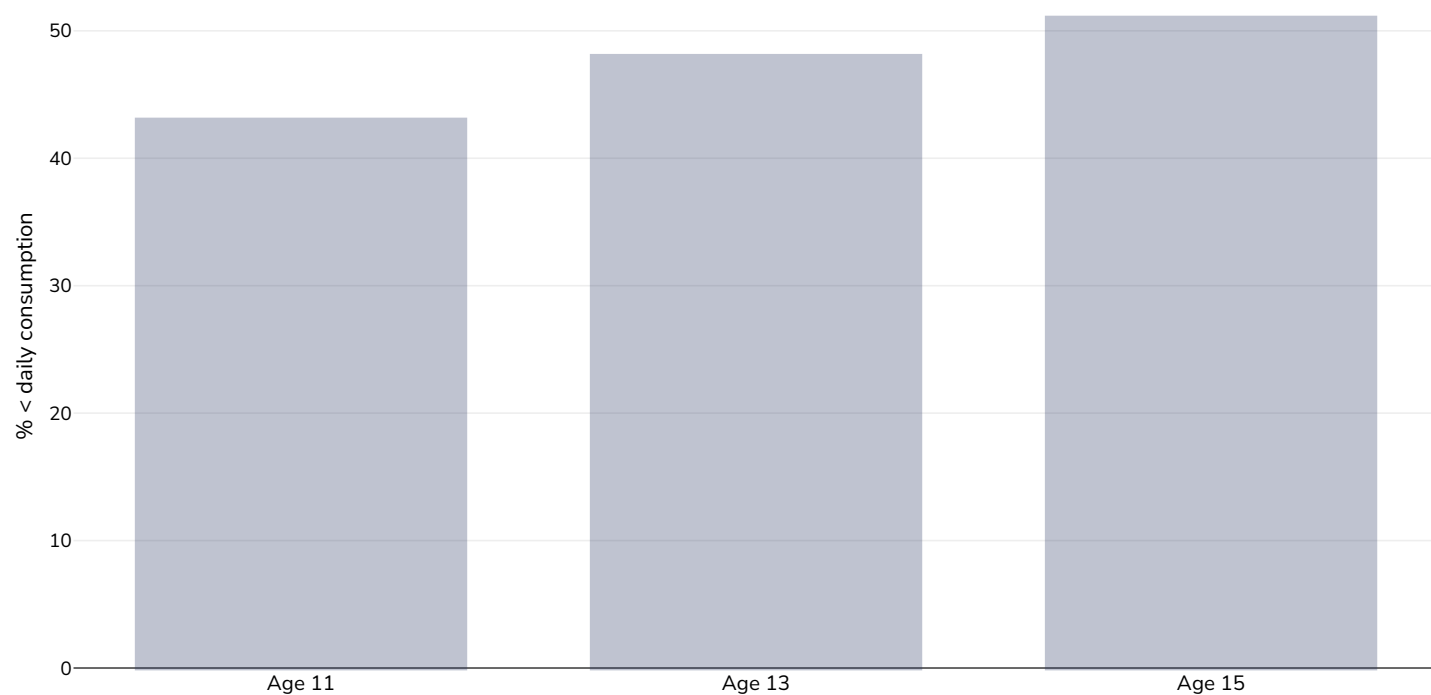
Survey type: Self-reported

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



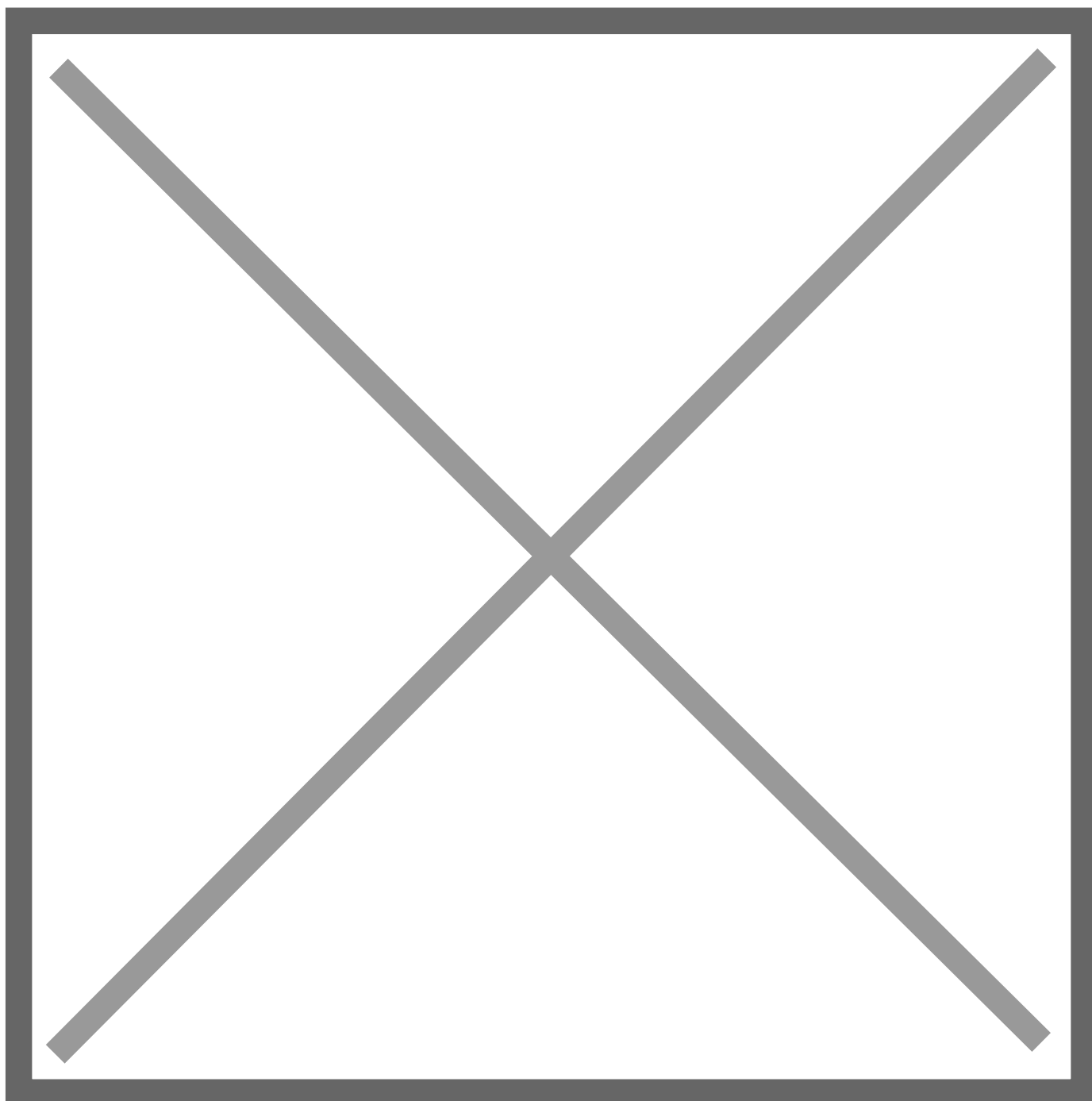
Survey type: Self-reported

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)

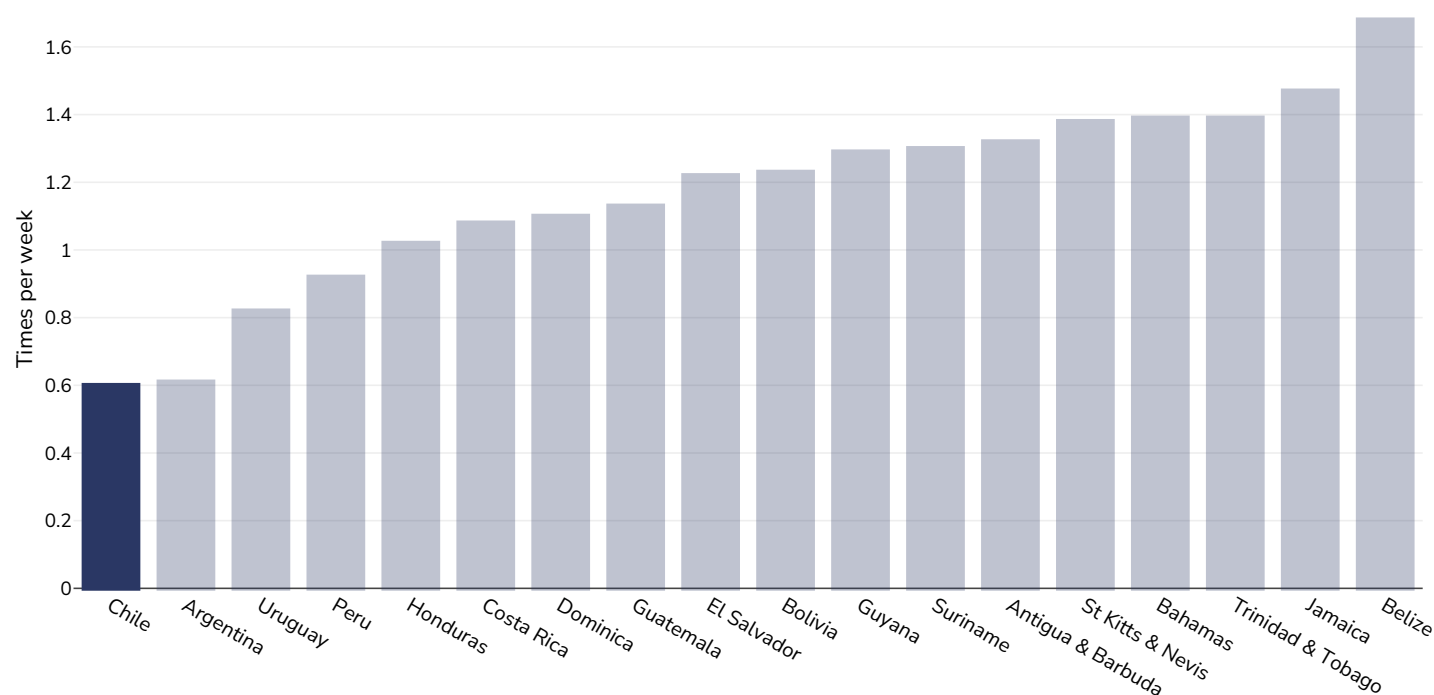
Children, 2013-2014



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)

Average weekly frequency of fast food consumption

Children, 2009-2015



Age:

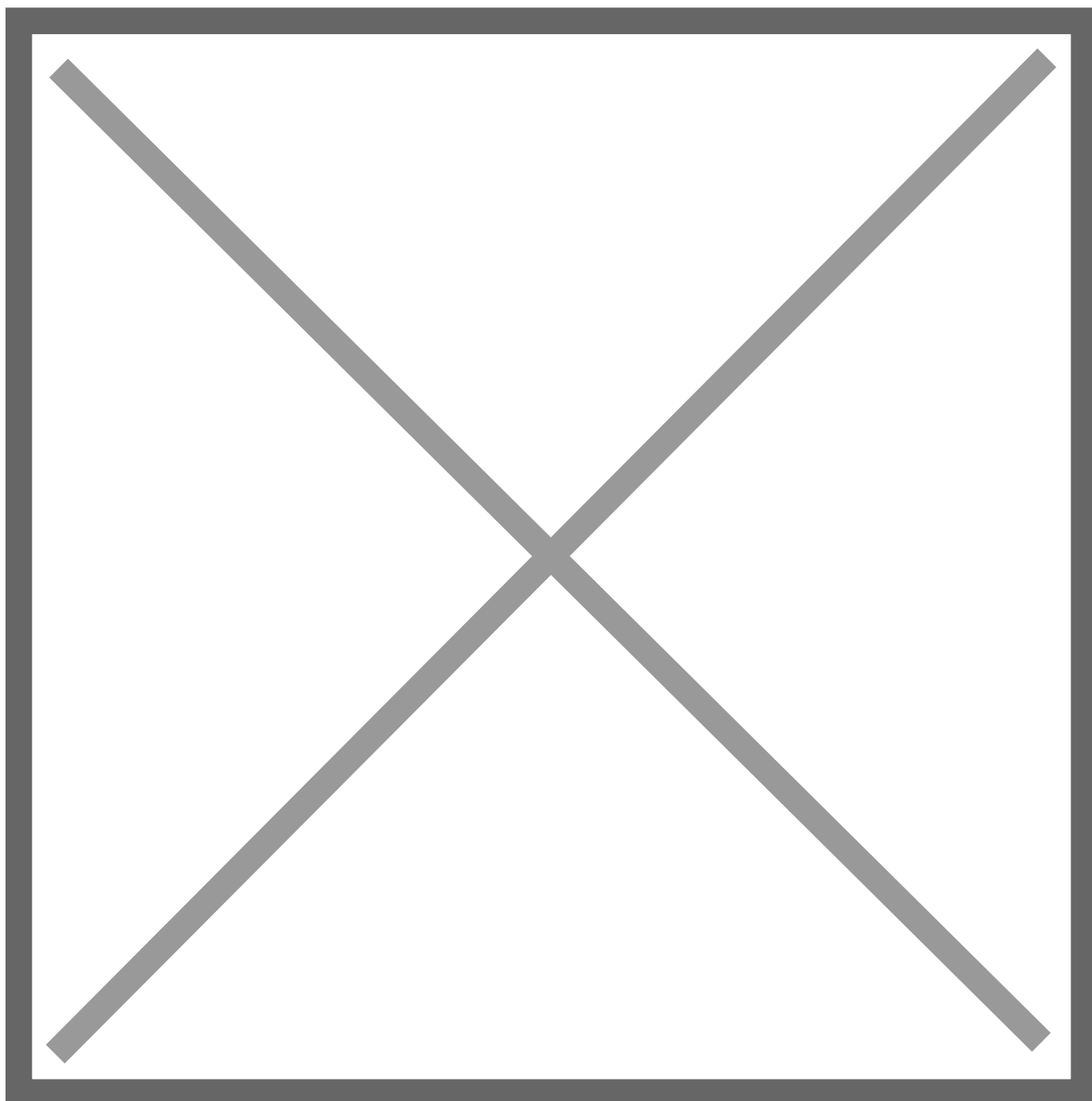
12-17

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>

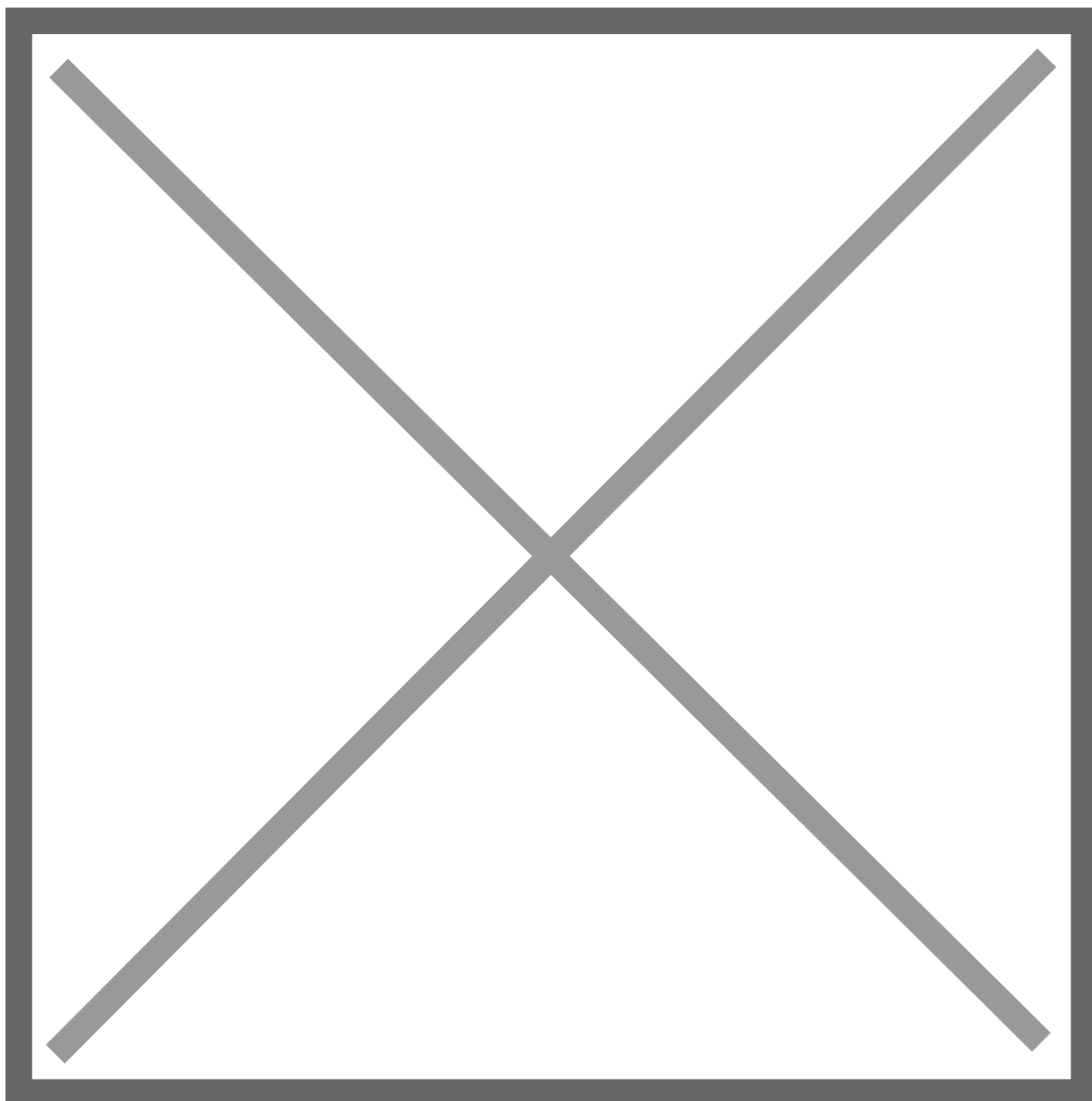
Mental health - depression disorders

Children, 2021



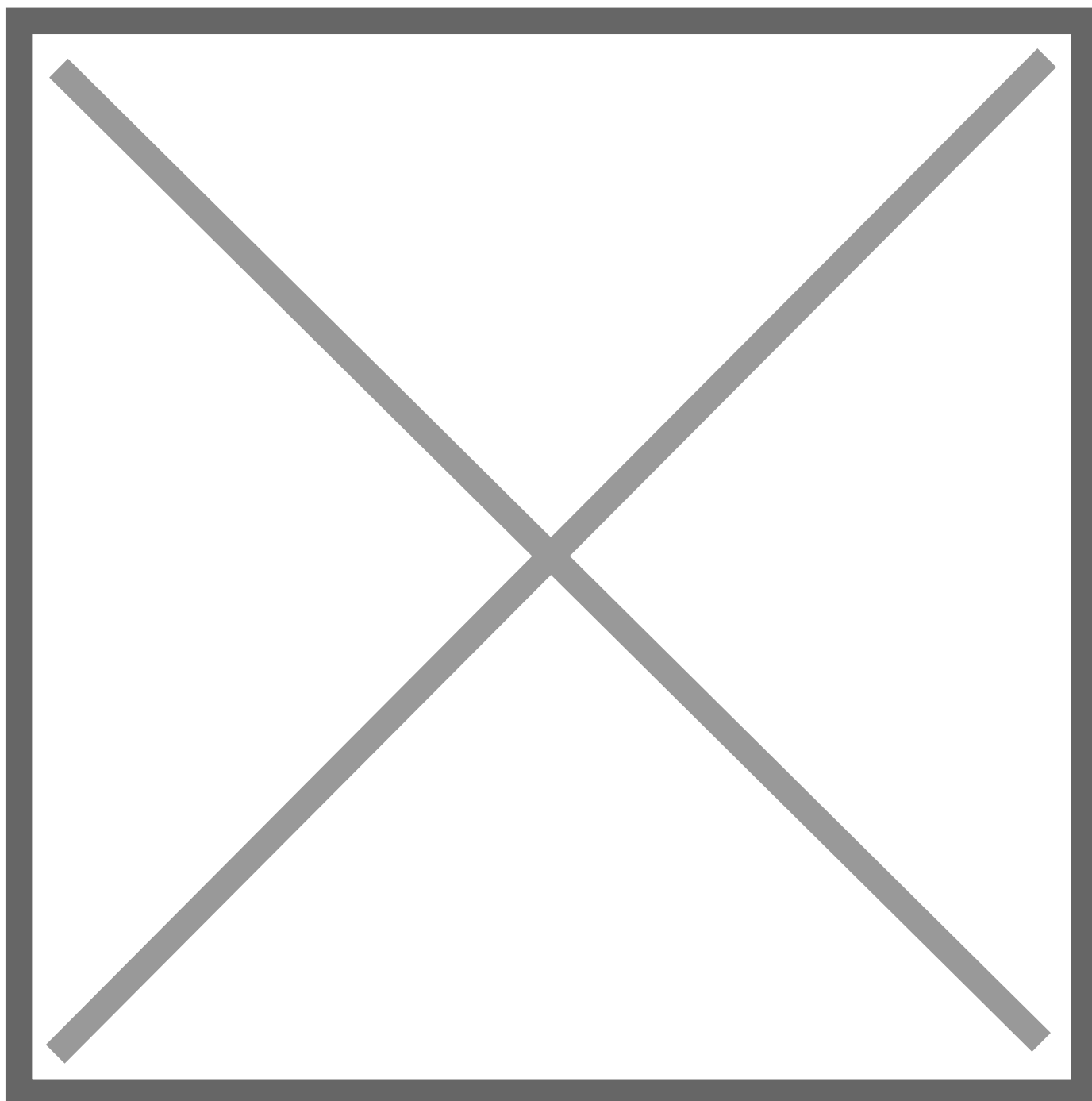
Area covered:	National
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from http://vizhub.healthdata.org/gbd-compare . (Last accessed 23.04.25)
Definitions:	Number living with depressive disorder per 100,000 population (Under 20 years of age)

Boys, 2021



Area covered:	National
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from http://vizhub.healthdata.org/gbd-compare . (Last accessed 23.04.25)
Definitions:	Number living with depressive disorder per 100,000 population (Under 20 years of age)

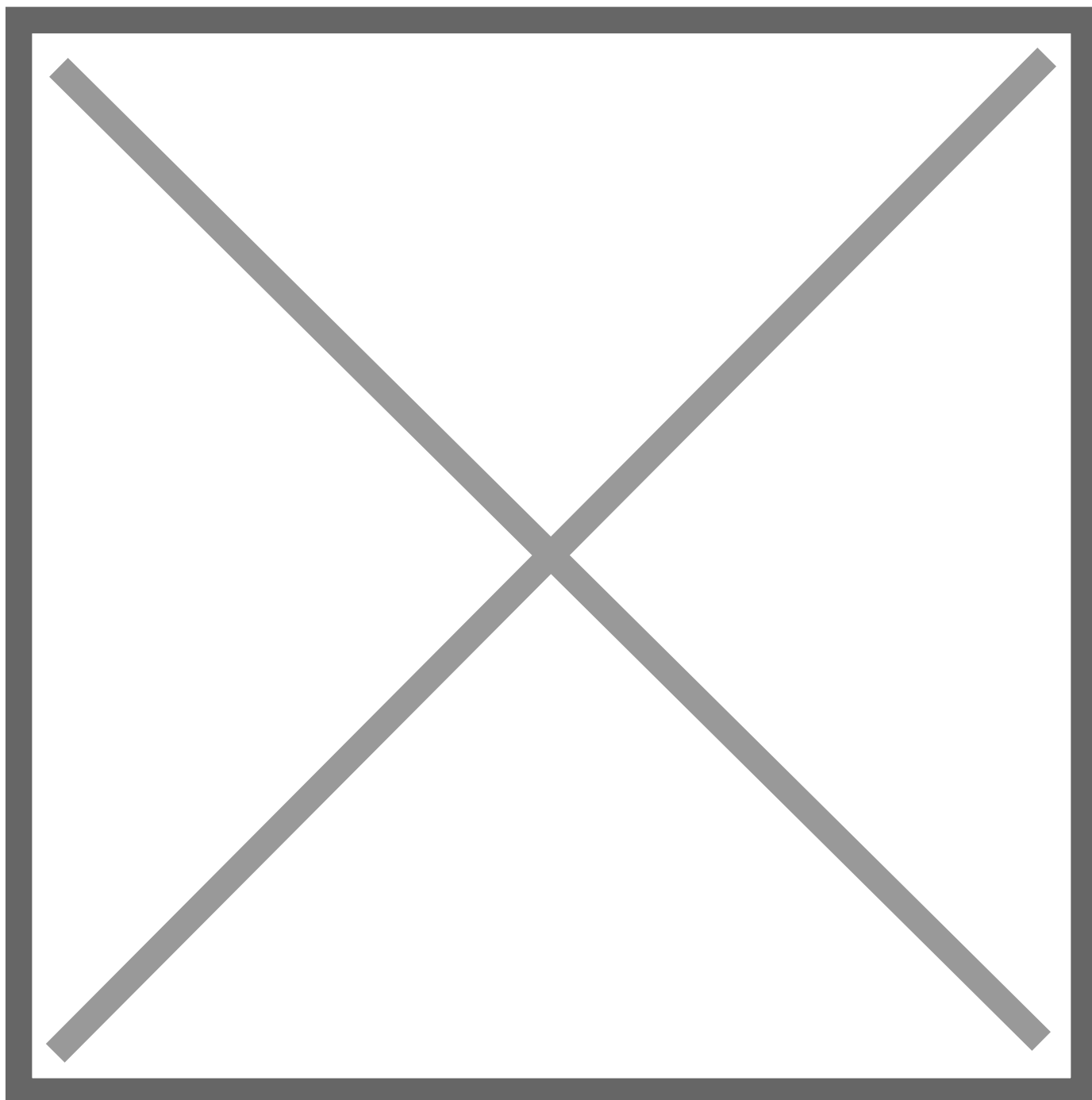
Girls, 2021



Area covered:	National
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from http://vizhub.healthdata.org/gbd-compare . (Last accessed 23.04.25)
Definitions:	Number living with depressive disorder per 100,000 population (Under 20 years of age)

Mental health - anxiety disorders

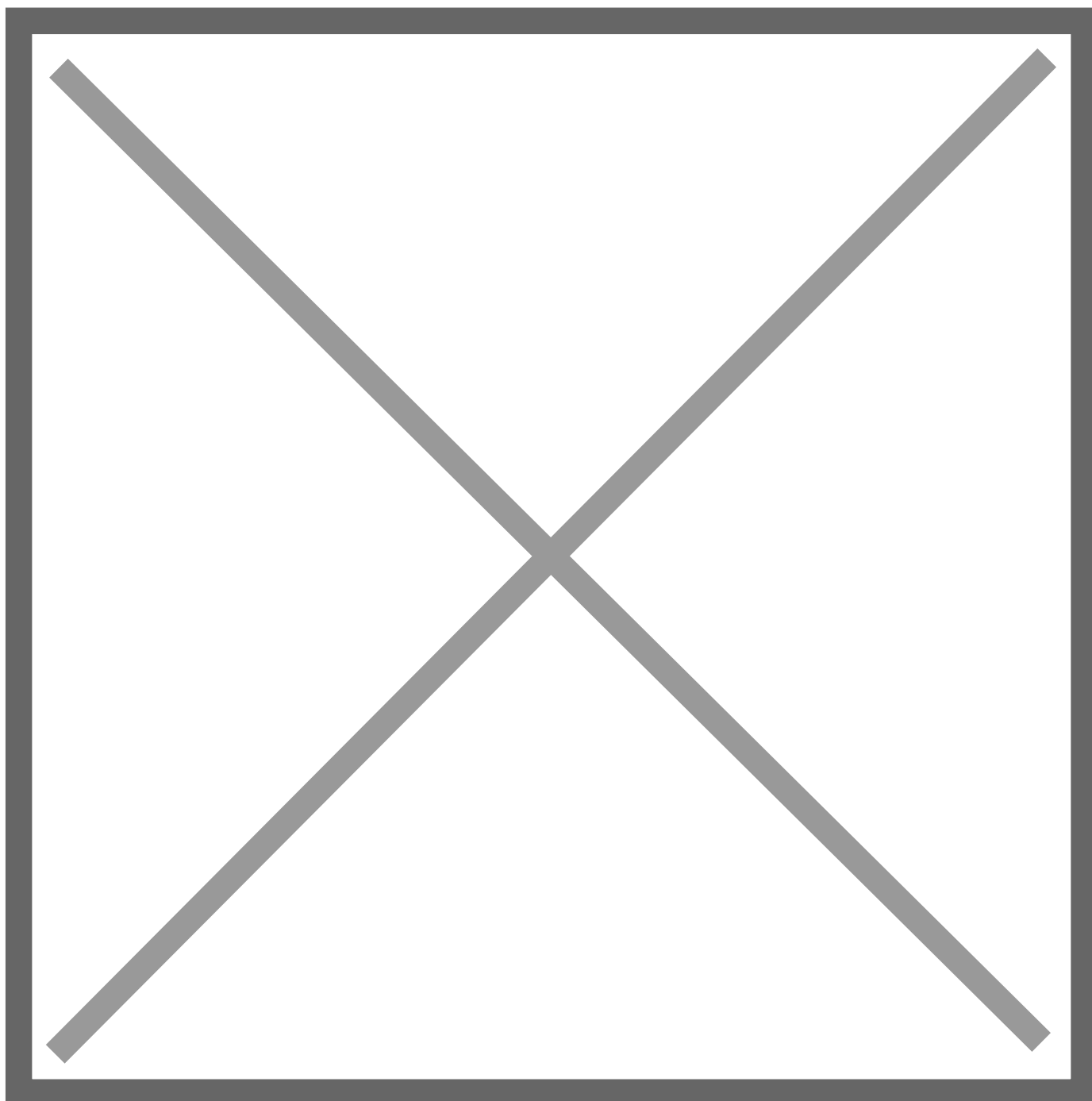
Children, 2021



References:

Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

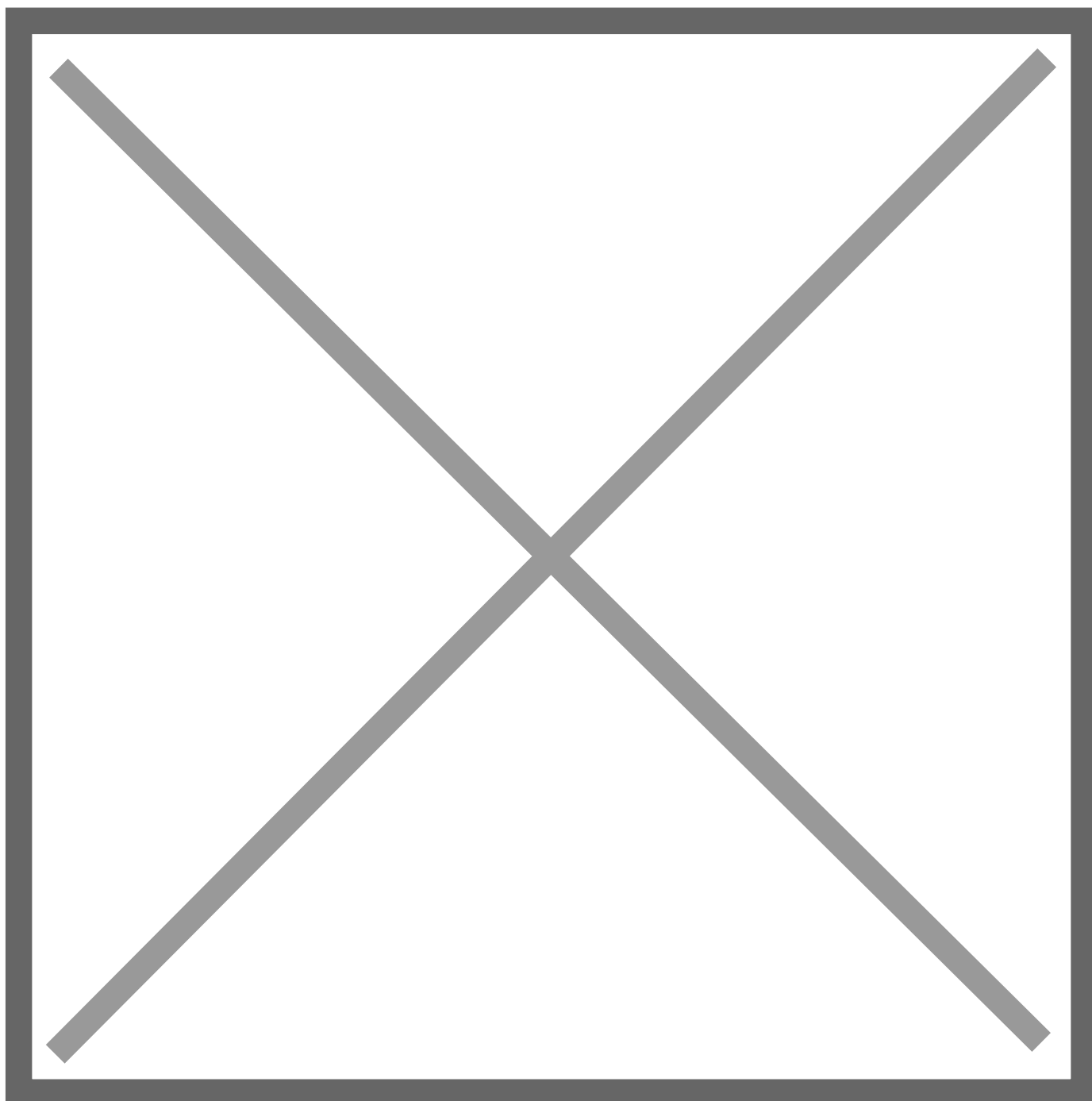
Boys, 2021



References:

Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

Girls, 2021



References:

Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

PDF created on October 15, 2025