



# Colombia



## Country report card - children

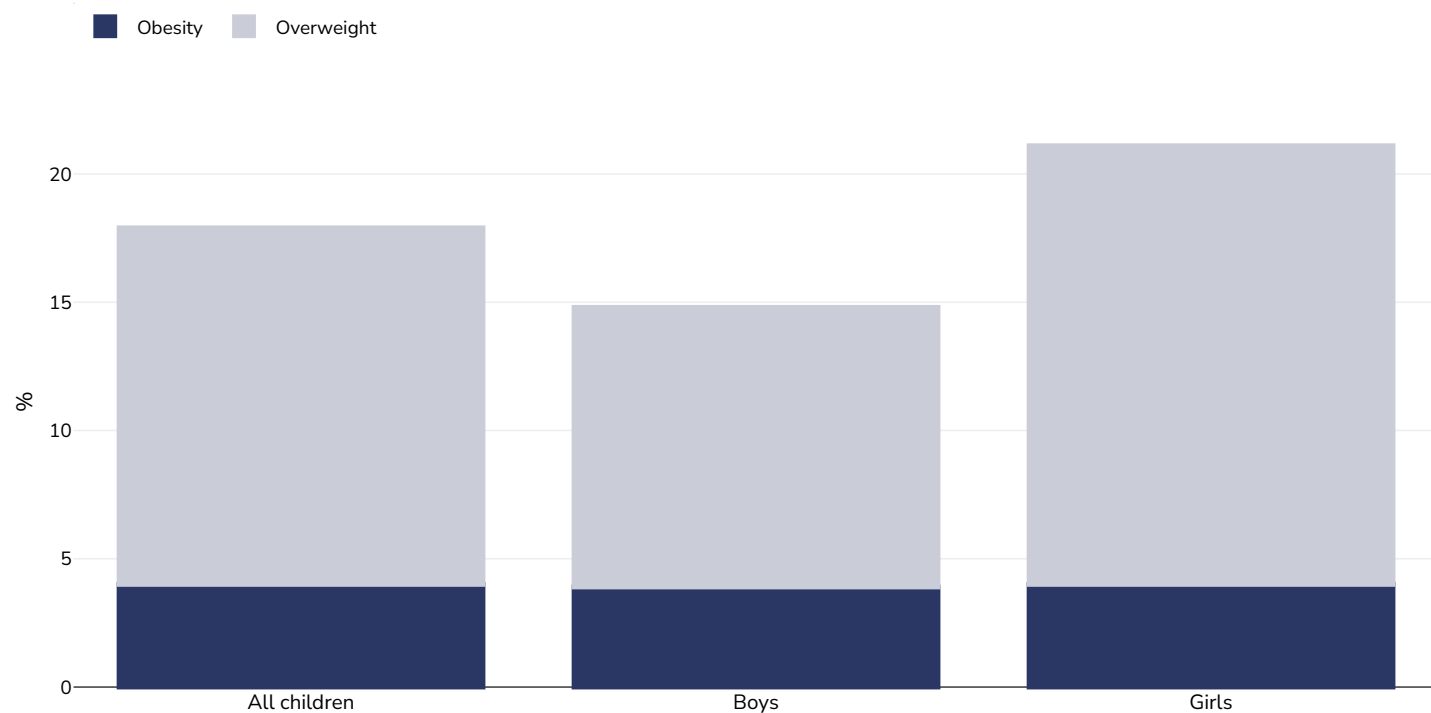
*This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity for children, including adolescents (aged 5 to 18 years). Where available, data on common and relevant obesity drivers and comorbidities are also presented.*

*View the latest version of this report on the Global Obesity Observatory at <https://data.worldobesity.org/country/colombia-43/>.*

Contents	Page
Obesity prevalence	3
Overweight/obesity by education	4
Overweight/obesity by age	5
Overweight/obesity by region	6
Overweight/obesity by socio-economic group	7
Overweight/obesity by ethnicity	8
Double burden of underweight & overweight	9
Insufficient physical activity	10
Mental health - depression disorders	17
Mental health - anxiety disorders	21

## Obesity prevalence

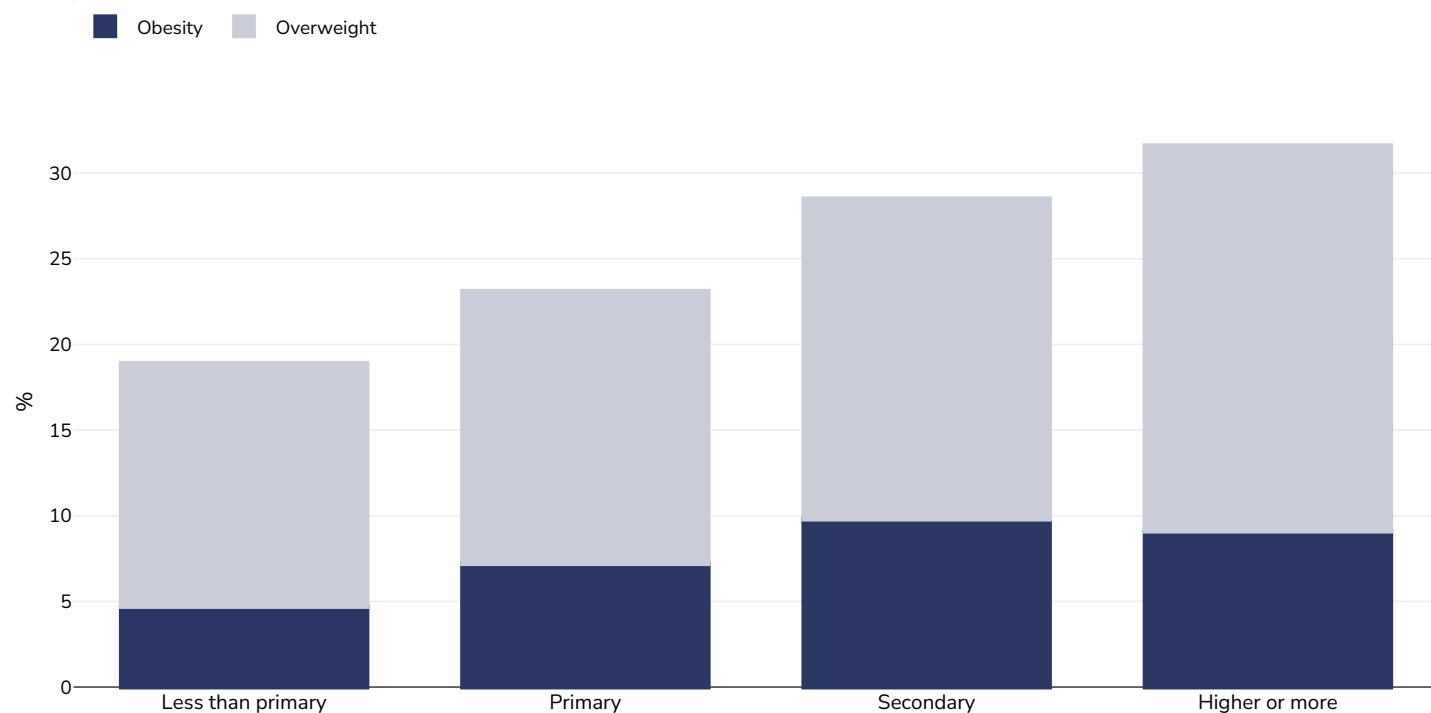
### Children, 2015-2016



Survey type:	Measured
Age:	13-17
Sample size:	12,918
Area covered:	National
References:	Libro ENSIN 2015. (2020). Available at: <a href="https://www.minsalud.gov.co/">https://www.minsalud.gov.co/</a> [Accessed 17.07.25]
Cutoffs:	WHO

## Overweight/obesity by education

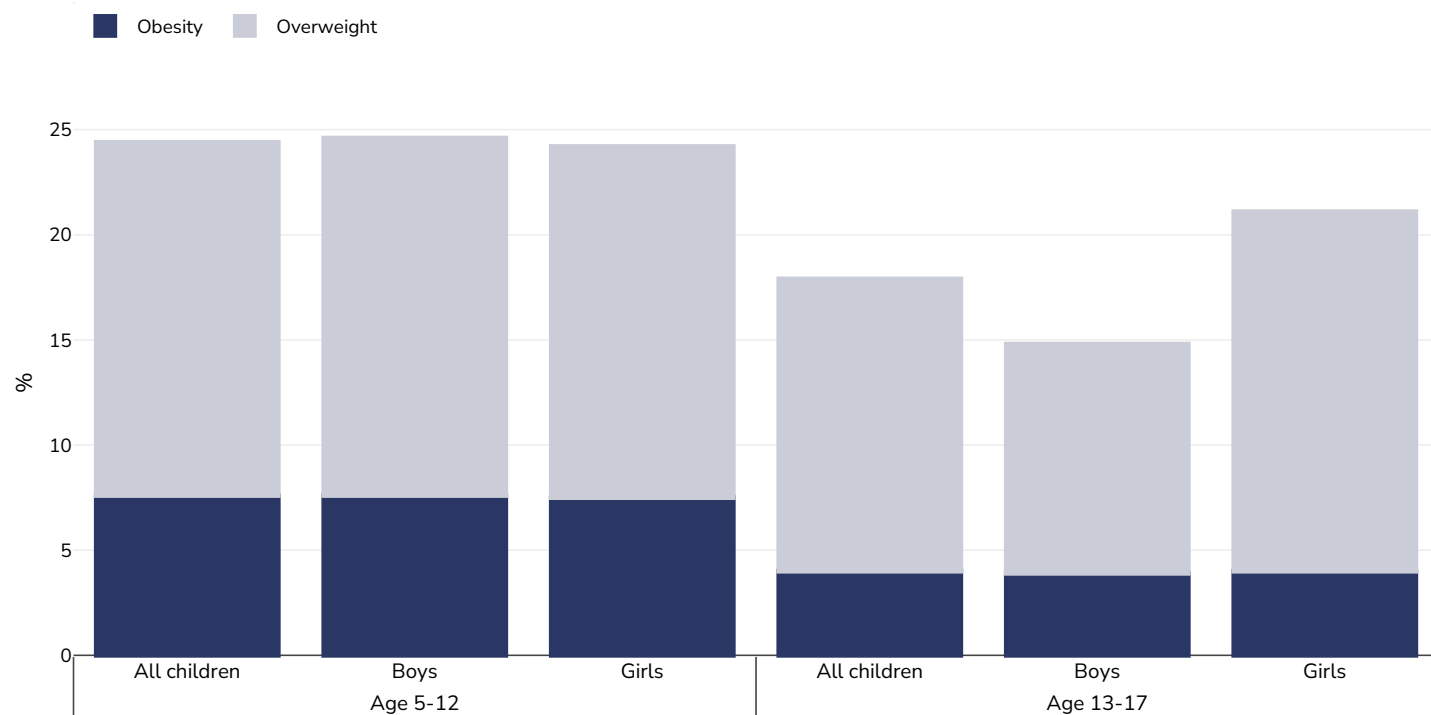
### Children, 2015-2016



Survey type:	Measured
Age:	5-12
Sample size:	21,497
Area covered:	National
References:	Libro ENSIN 2015. Available at: <a href="https://www.minsalud.gov.co/">https://www.minsalud.gov.co/</a> [Accessed 18.07.25]
Definitions:	Highest level of completed education of the head of household
Cutoffs:	WHO

## Overweight/obesity by age

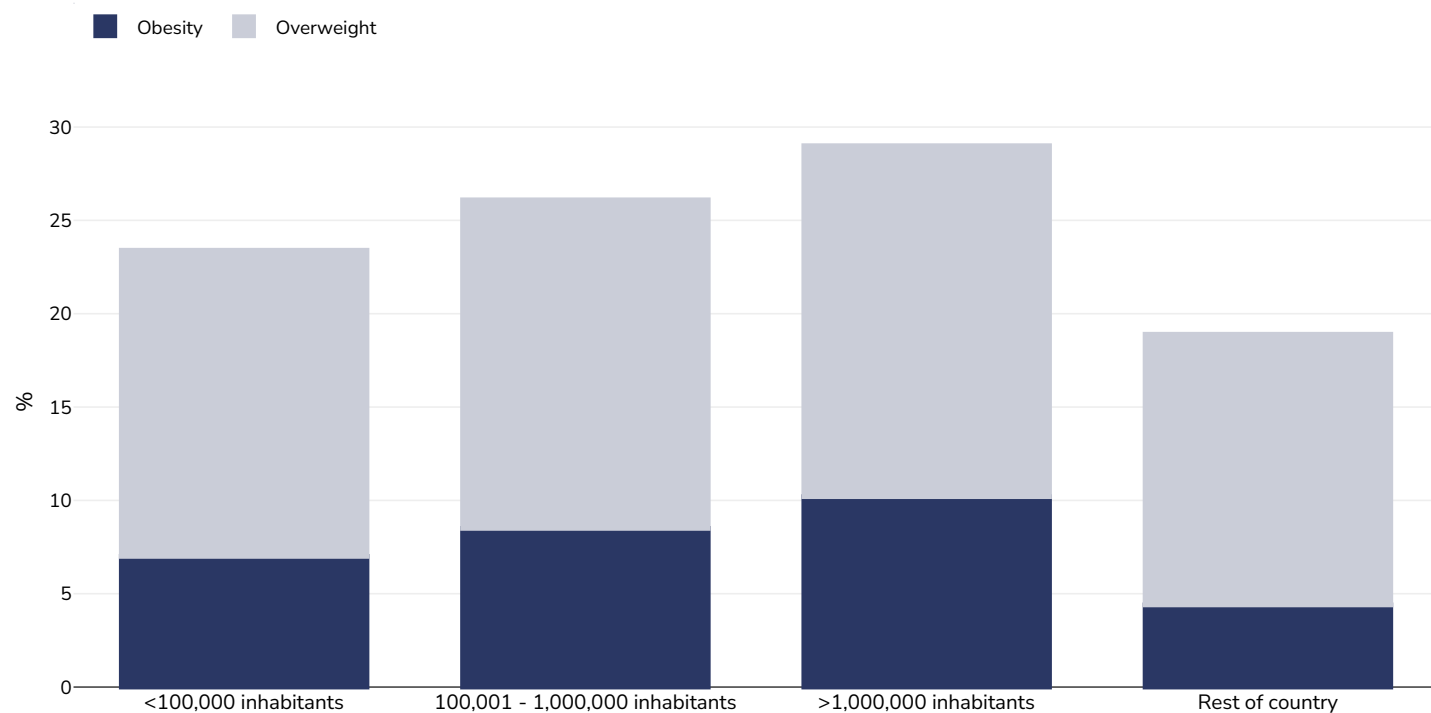
### Children, 2015-2016



Survey type:	Measured
Sample size:	34,539
Area covered:	National
References:	Libro ENSIN 2015. (2020). Available at: <a href="https://www.minsalud.gov.co/">https://www.minsalud.gov.co/</a> [Accessed 18.07.25]
Cutoffs:	WHO

## Overweight/obesity by region

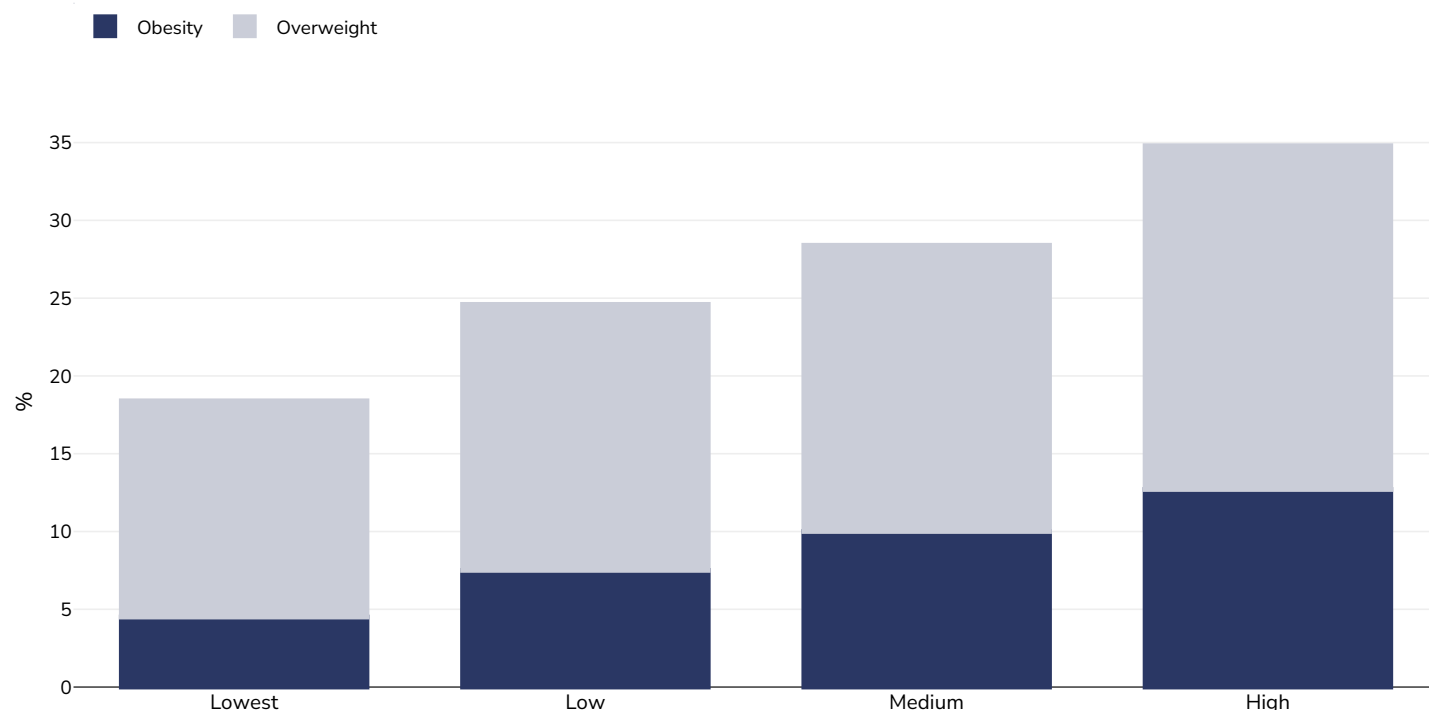
### Children, 2015-2016



Survey type:	Measured
Age:	5-12
Sample size:	21,621
Area covered:	National
References:	Libro ENSIN 2015. Available at: <a href="https://www.minsalud.gov.co/">https://www.minsalud.gov.co/</a> [Accessed 18.07.25]
Definitions:	Population of municipality
Cutoffs:	WHO

## Overweight/obesity by socio-economic group

### Children, 2015-2016

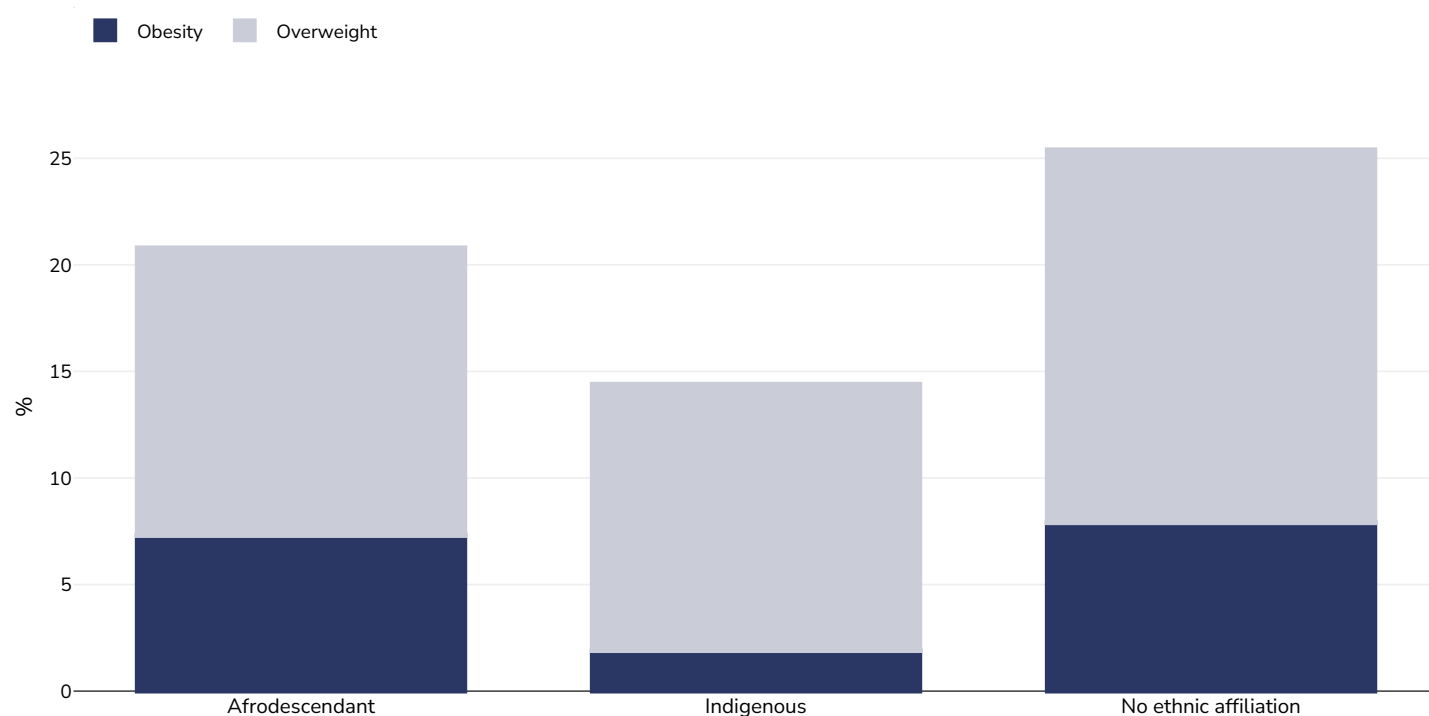


Survey type:	Measured
Age:	5-12
Sample size:	21,621
Area covered:	National
References:	Libro ENSIN 2015. (2020). Available at: <a href="https://www.minsalud.gov.co/">https://www.minsalud.gov.co/</a> [Accessed 18.07.25]
Definitions:	Household wealth index level
Cutoffs:	WHO

## 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.

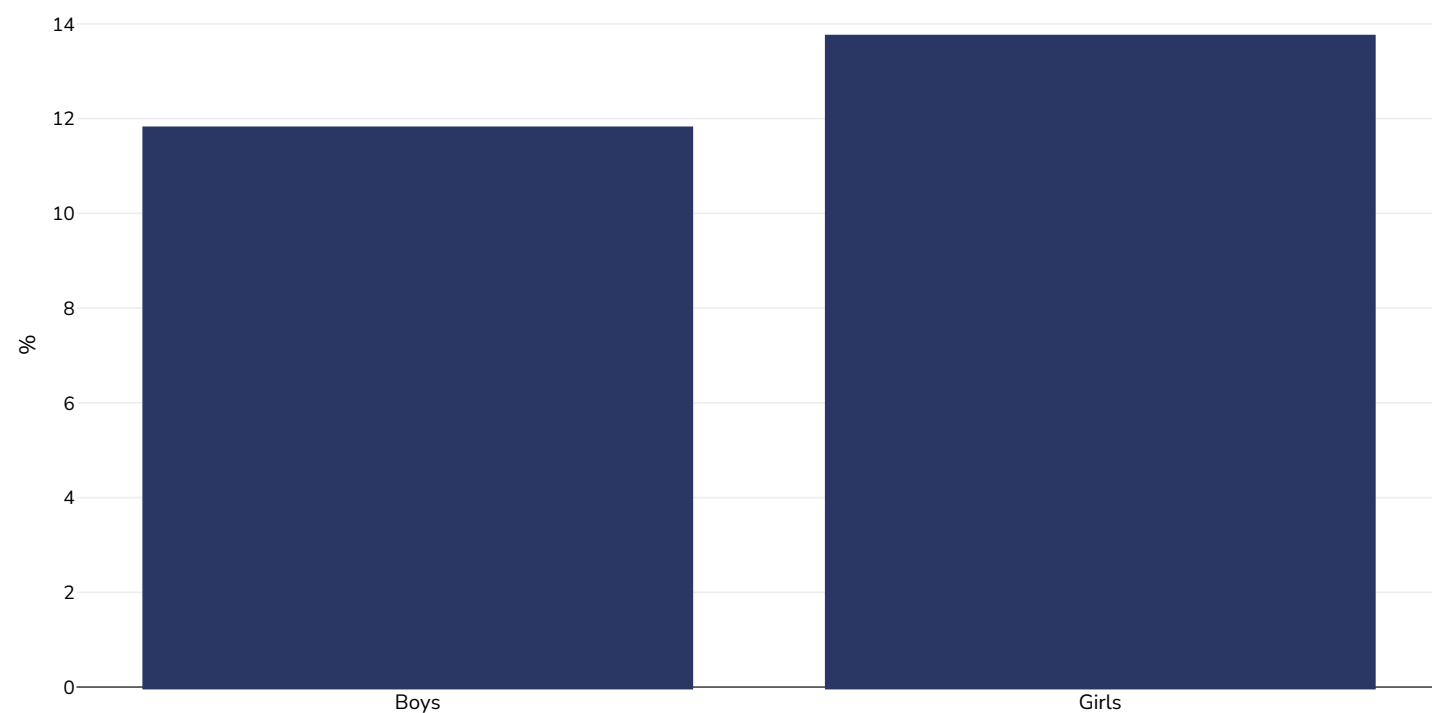
### Children, 2015-2016



Survey type:	Measured
Age:	5-12
Sample size:	20,382
Area covered:	National
References:	Libro ENSIN 2015. (2020). Available at: <a href="https://www.minsalud.gov.co/">https://www.minsalud.gov.co/</a> [Accessed 18.07.25]
Notes:	NB. Obesity prevalence in indigenous population flagged for high variability, estimate should be used with caution
Cutoffs:	WHO

## Double burden of underweight & overweight

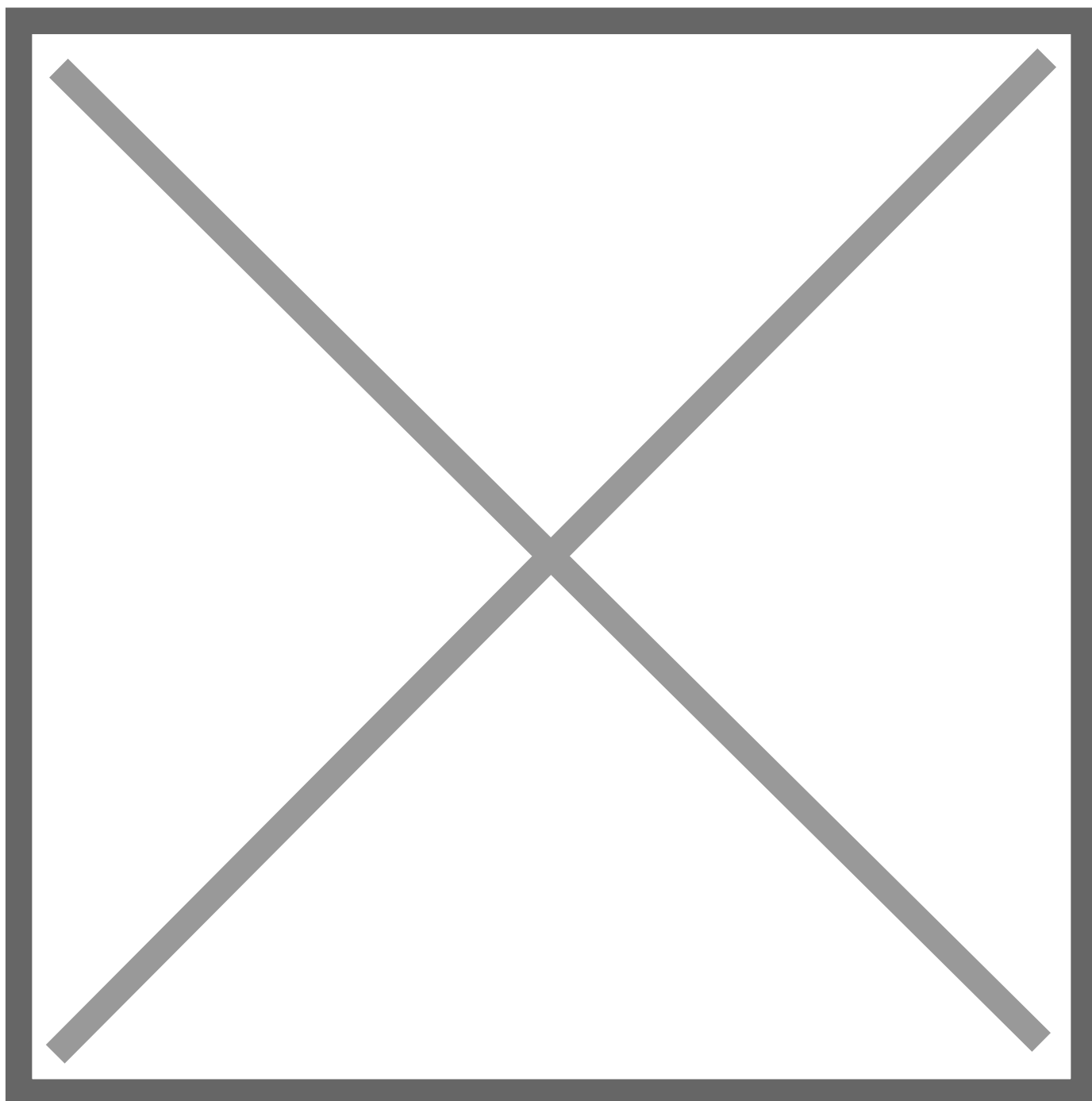
### Children, 2022



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. <a href="https://doi.org/10.1016/S0140-6736(23)02750-2">https://doi.org/10.1016/S0140-6736(23)02750-2</a> .
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

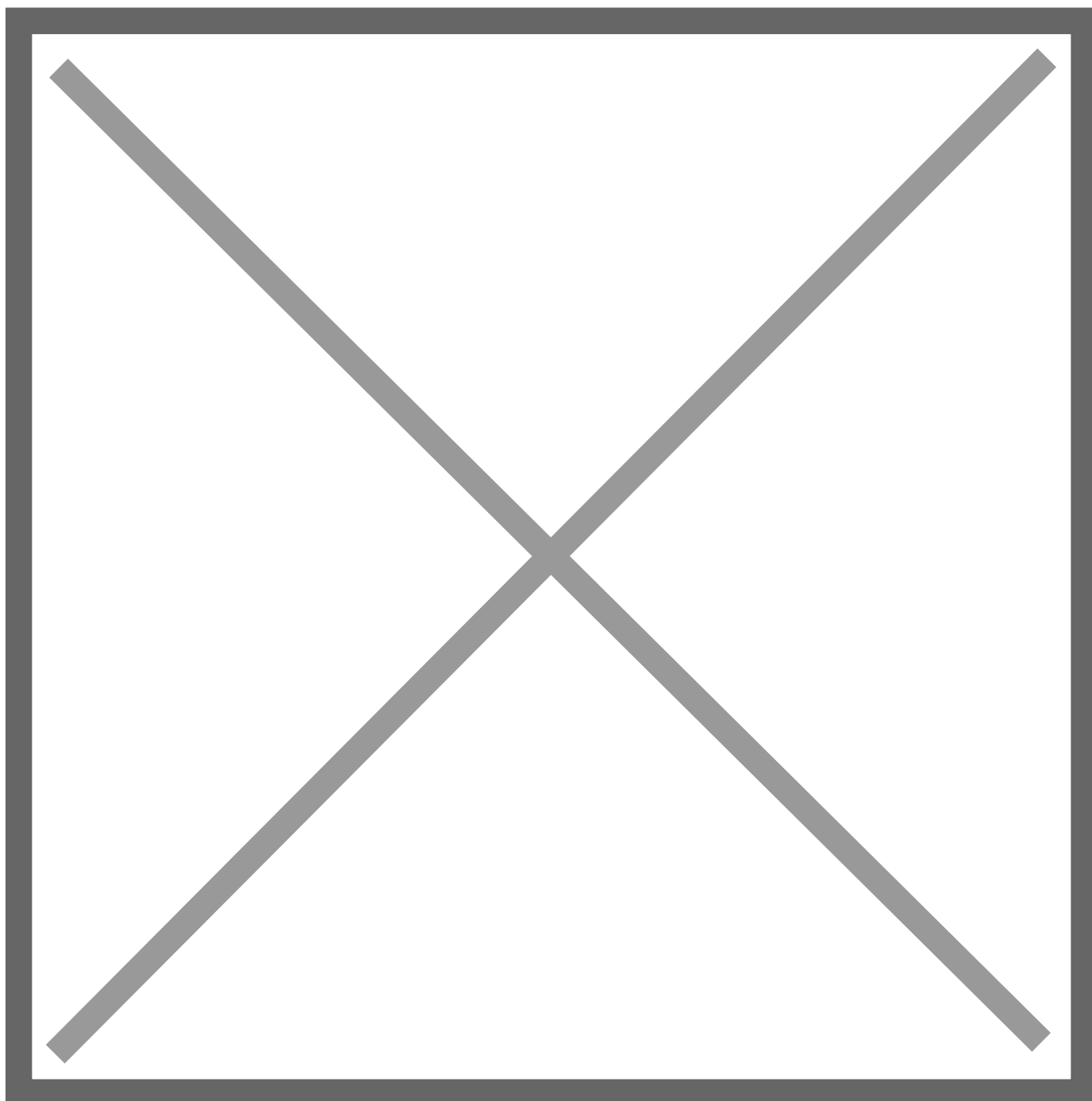


Survey type:	Self-reported
Age:	11-17
References:	Global Health Observatory data repository, World Health Organisation, <a href="https://apps.who.int/gho/data/node.main.A893ADO?lang=en">https://apps.who.int/gho/data/node.main.A893ADO?lang=en</a> (last accessed 16.03.21)
Notes:	% of school going adolescents 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)

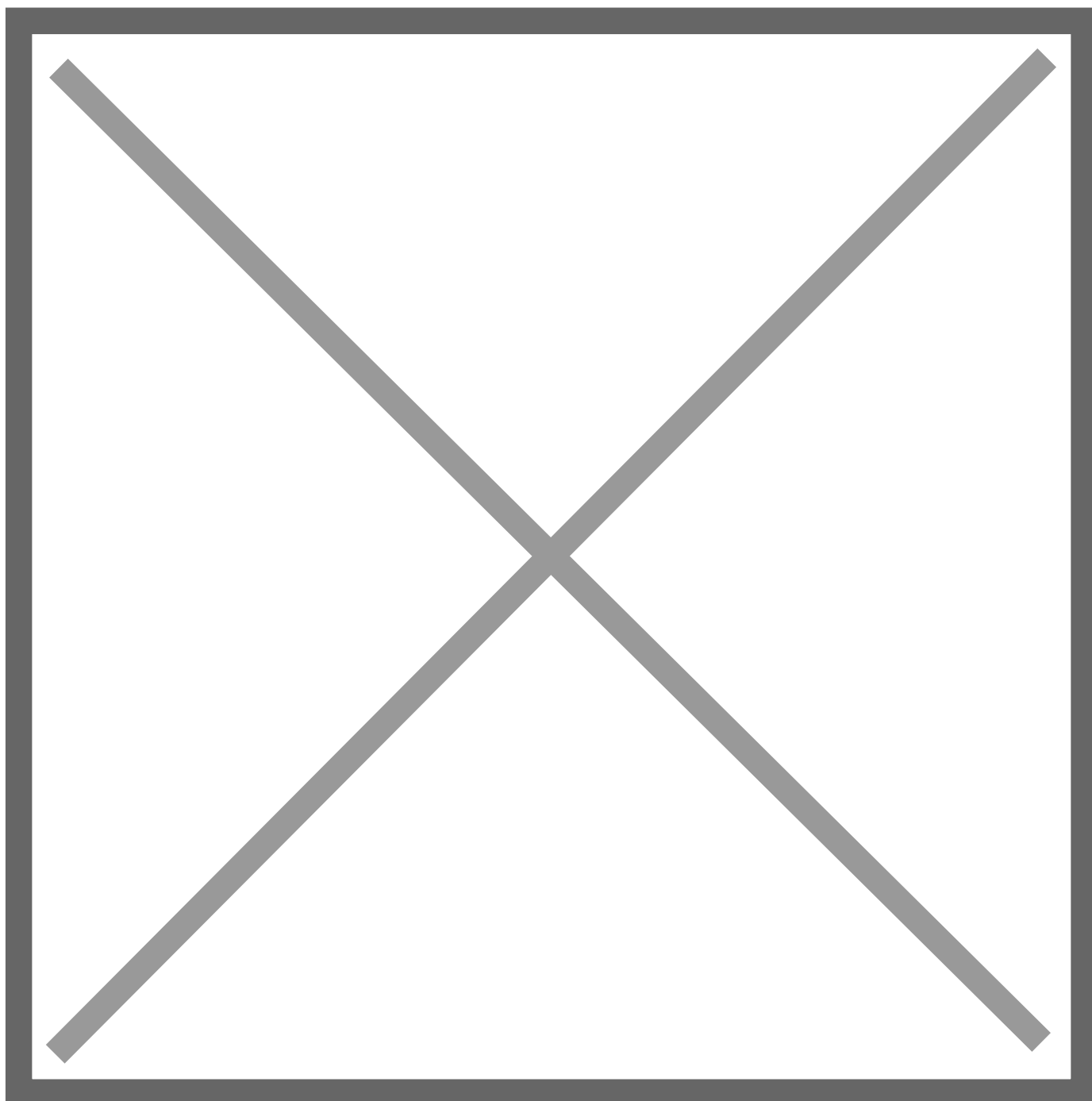
## Boys, 2016



Survey type:	Self-reported
Age:	11-17
References:	Global Health Observatory data repository, World Health Organisation, <a href="https://apps.who.int/gho/data/node.main.A893ADO?lang=en">https://apps.who.int/gho/data/node.main.A893ADO?lang=en</a> (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



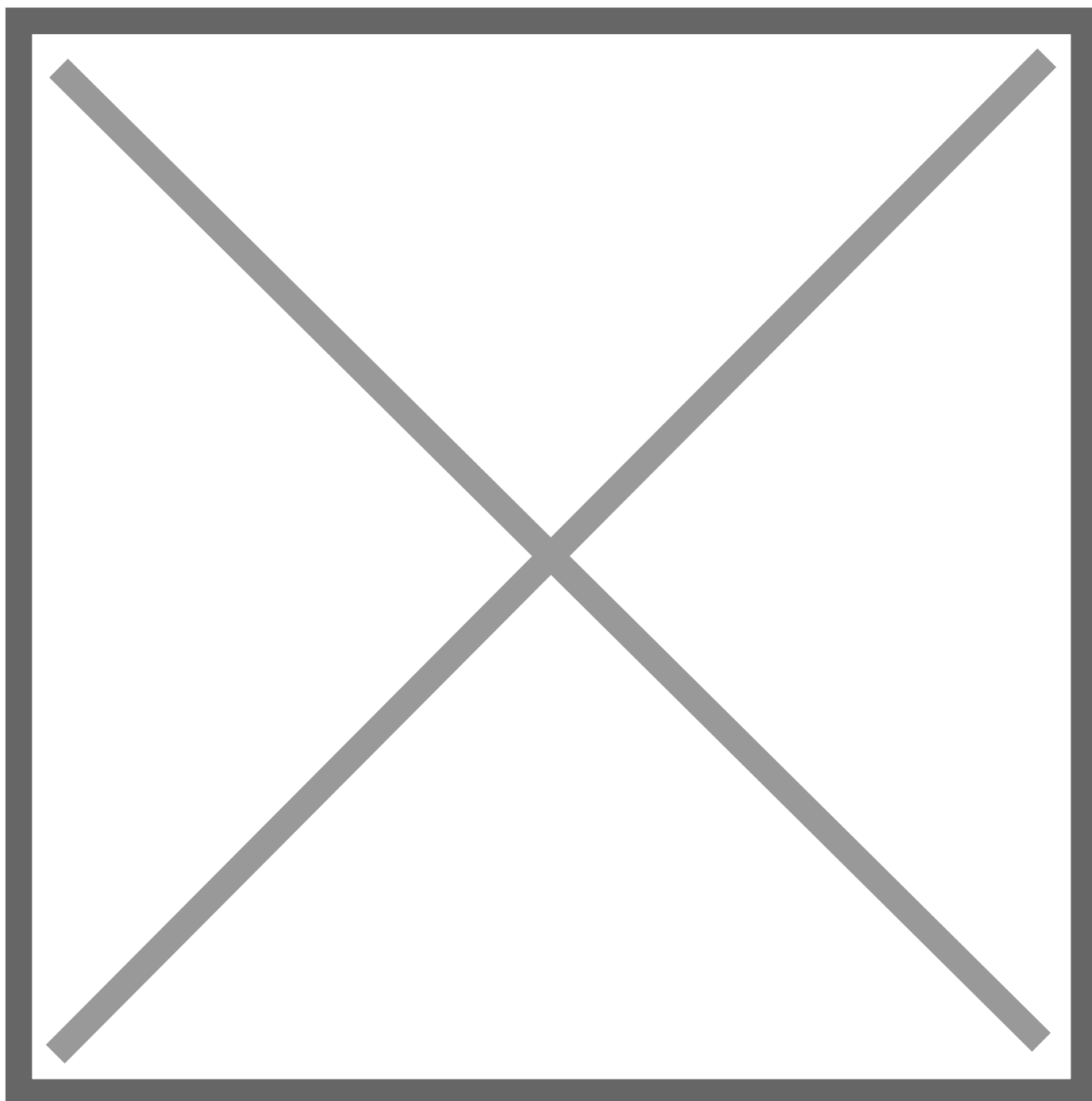
Survey type:	Self-reported
Age:	11-17
References:	Global Health Observatory data repository, World Health Organisation, <a href="https://apps.who.int/gho/data/node.main.A893ADO?lang=en">https://apps.who.int/gho/data/node.main.A893ADO?lang=en</a> (last accessed 16.03.21)
Notes:	% of school going adolescents 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)

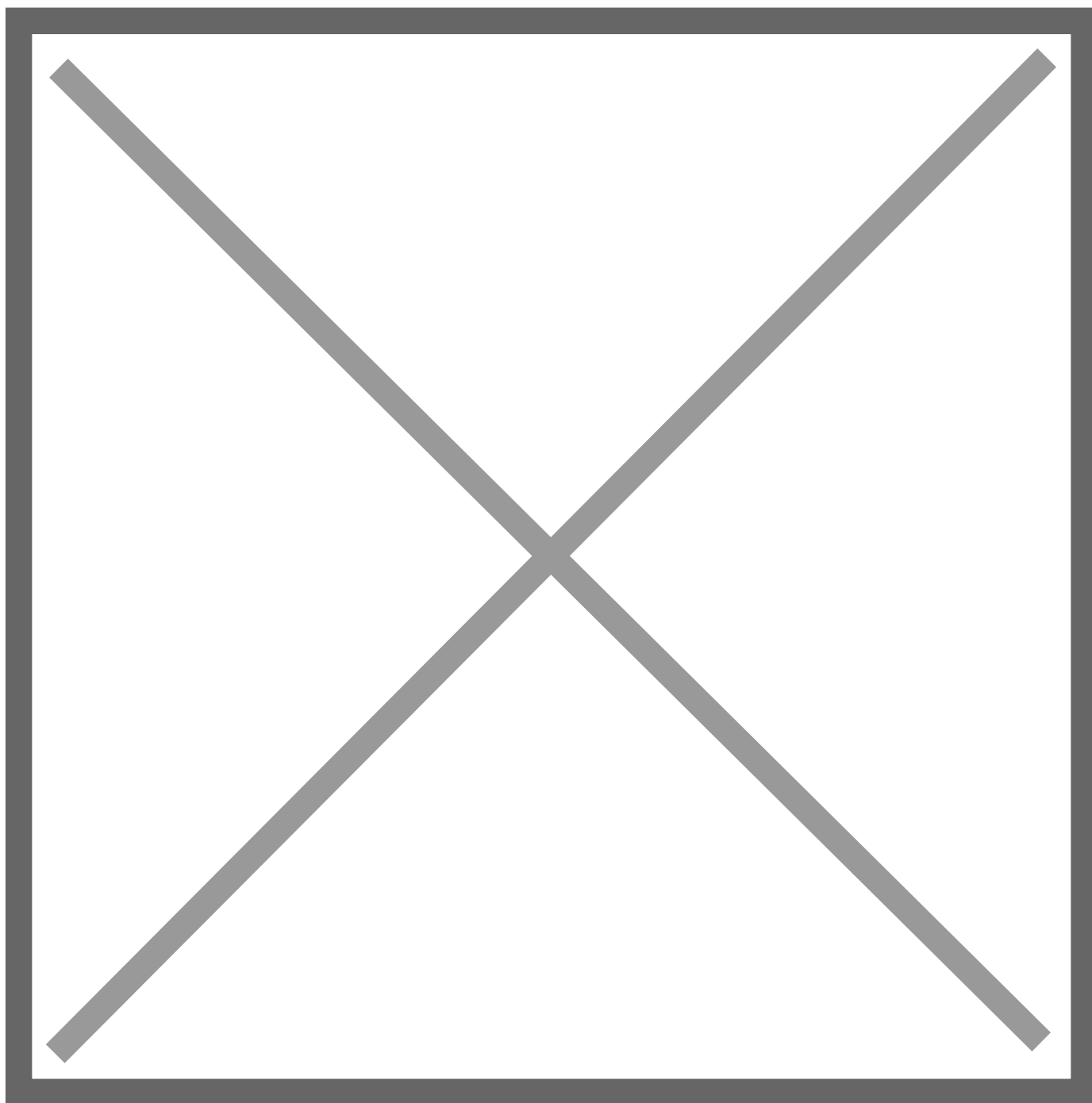
## Mental health - depression disorders

## Children, 2021



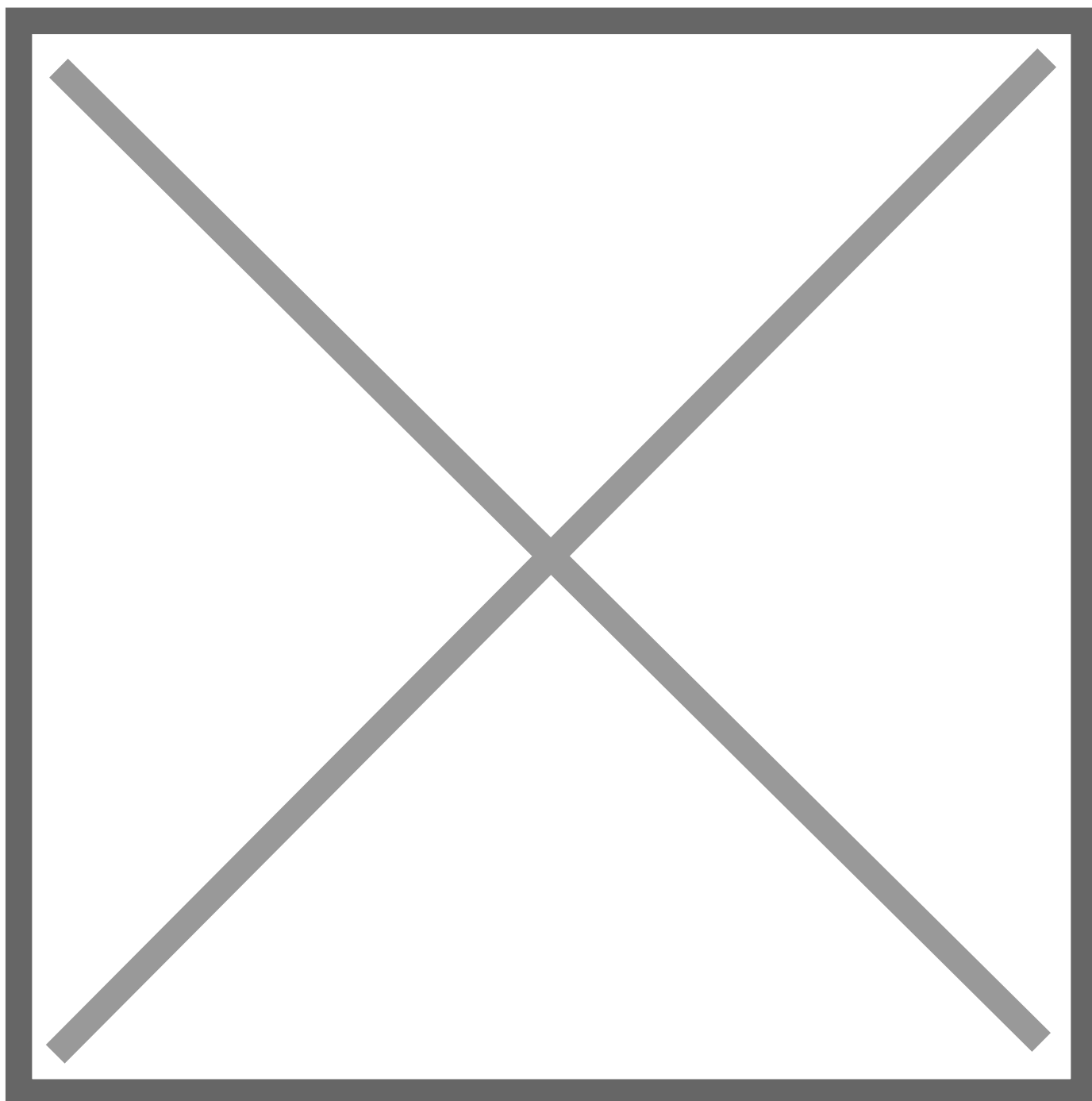
Area covered:	National
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <a href="http://vizhub.healthdata.org/gbd-compare">http://vizhub.healthdata.org/gbd-compare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

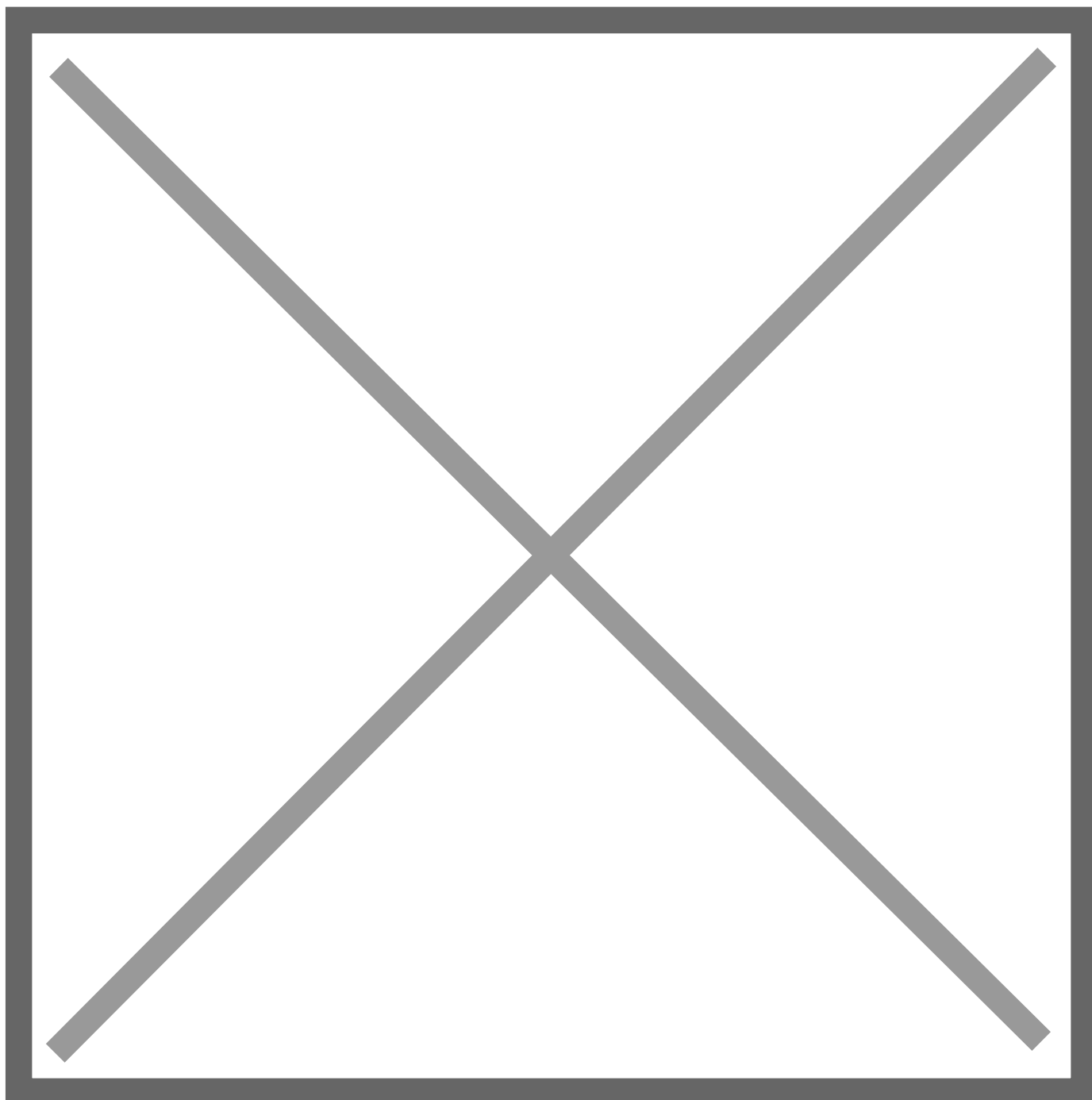
## Girls, 2021



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 <a href="http://vizhub.healthdata.org/gbd-compare">http://vizhub.healthdata.org/gbd-compare</a> . (Last accessed 23.04.25)
Definitions:	Number living with depressive disorder per 100,000 population (Under 20 years of age)

## Mental health - anxiety disorders

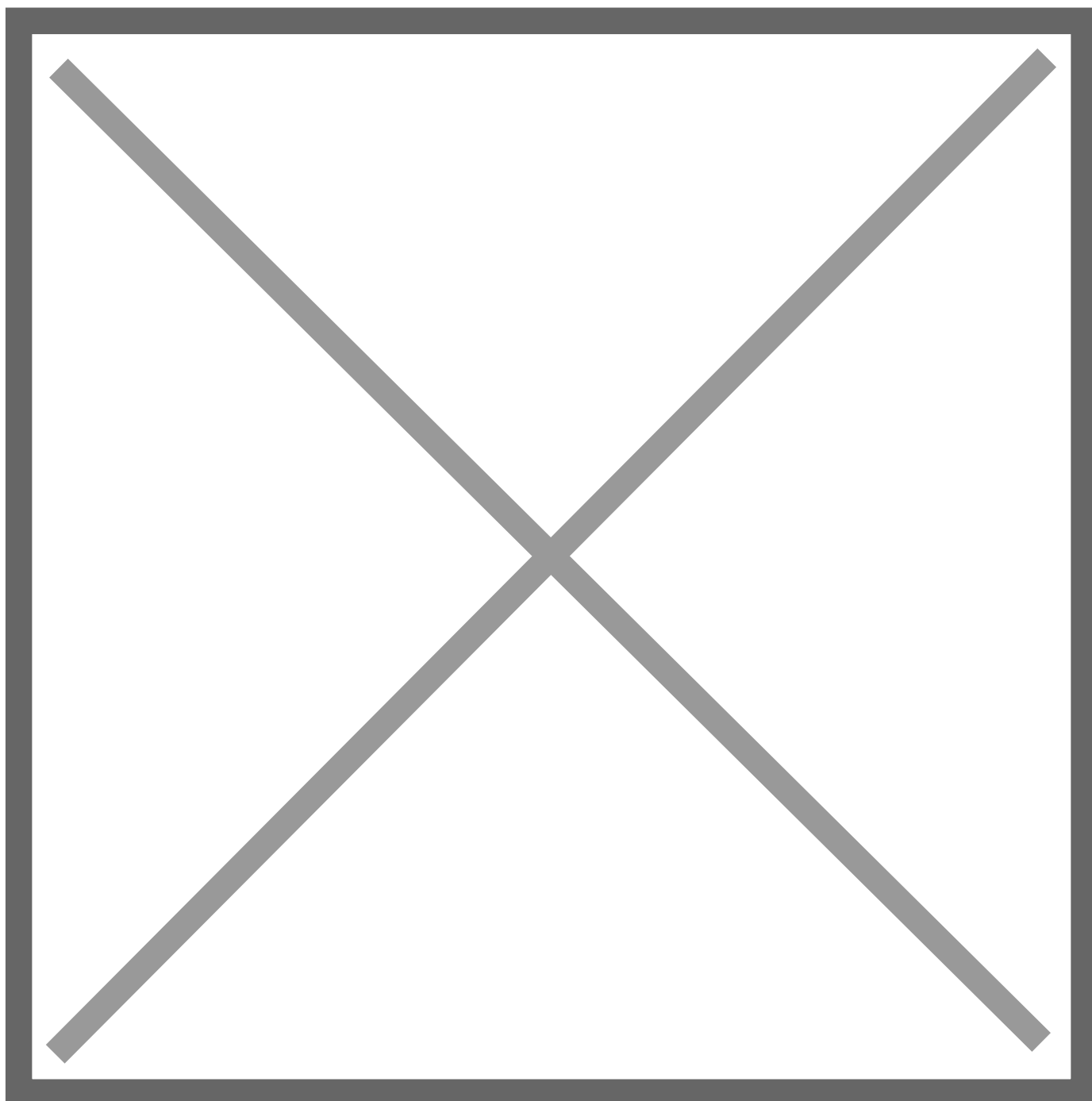
Children, 2021



### 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)

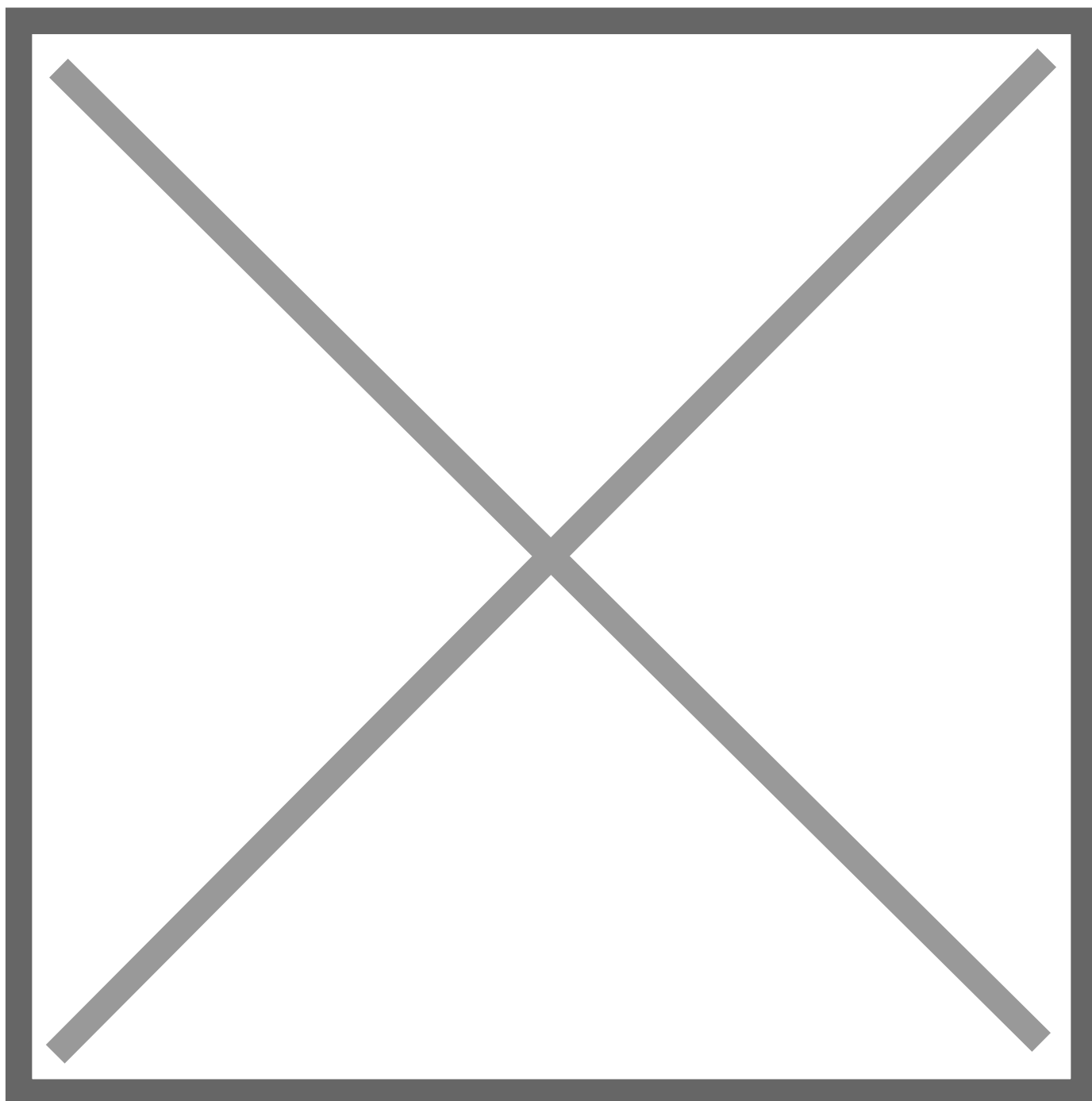
## Boys, 2021



### 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)

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