



# Colombia



## Country report card - children

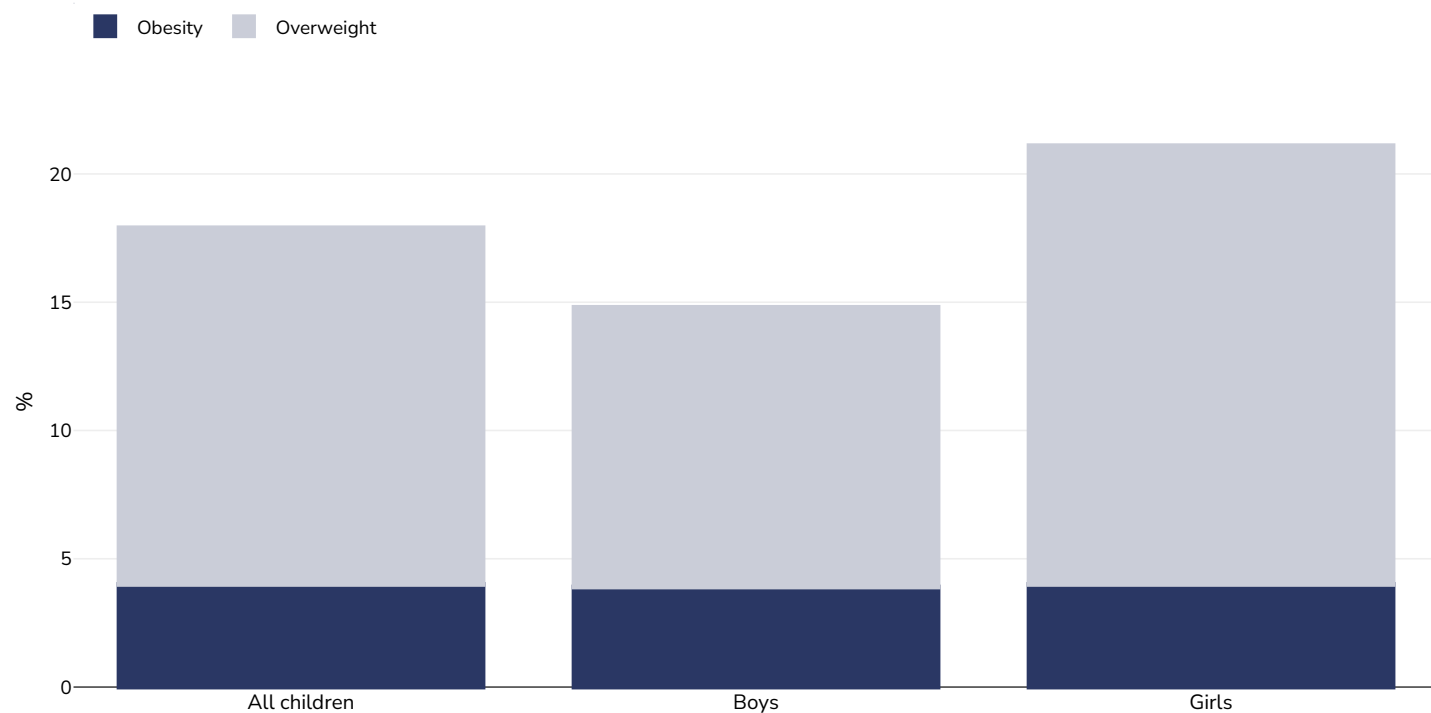
*This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity for children, including adolescents (aged 5 to 18 years). Where available, data on common and relevant obesity drivers and comorbidities are also presented.*

*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

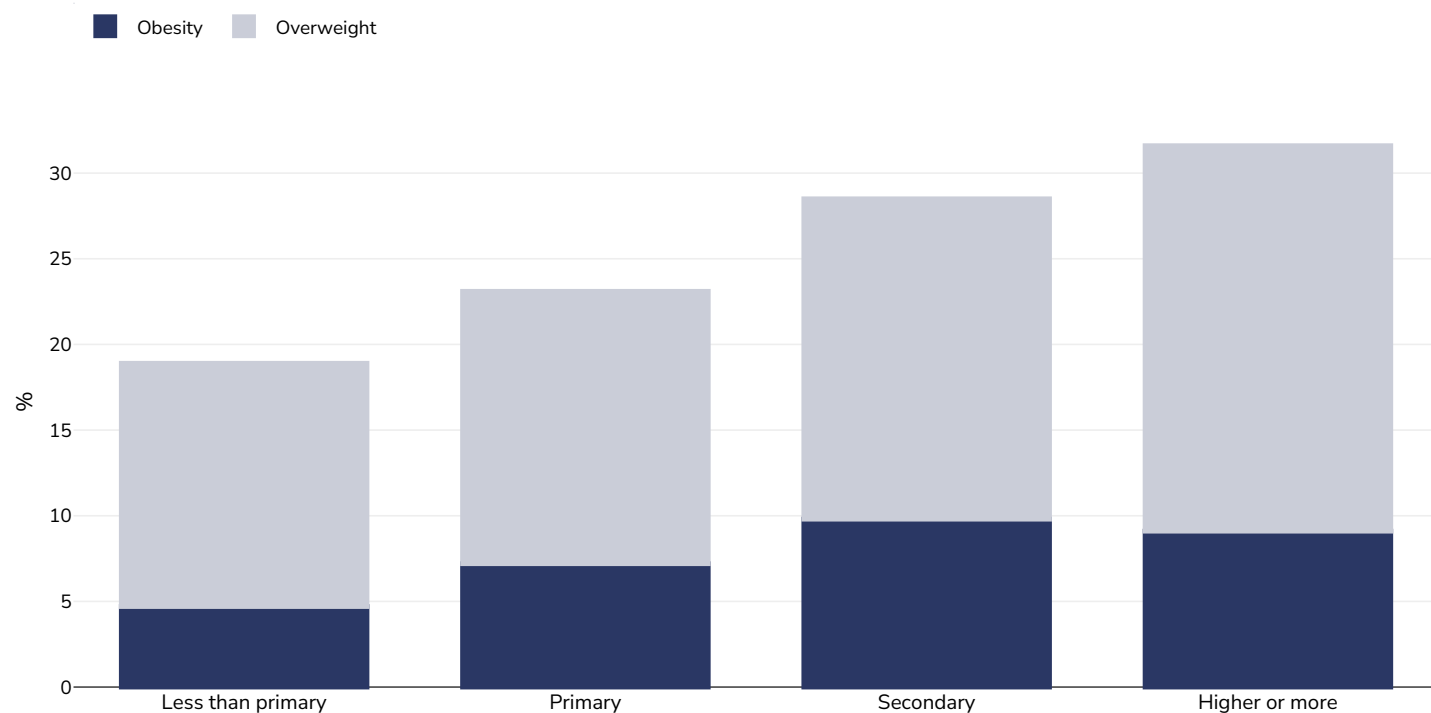
### Children, 2015-2016



|               |   |
|---------------|---|
| 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

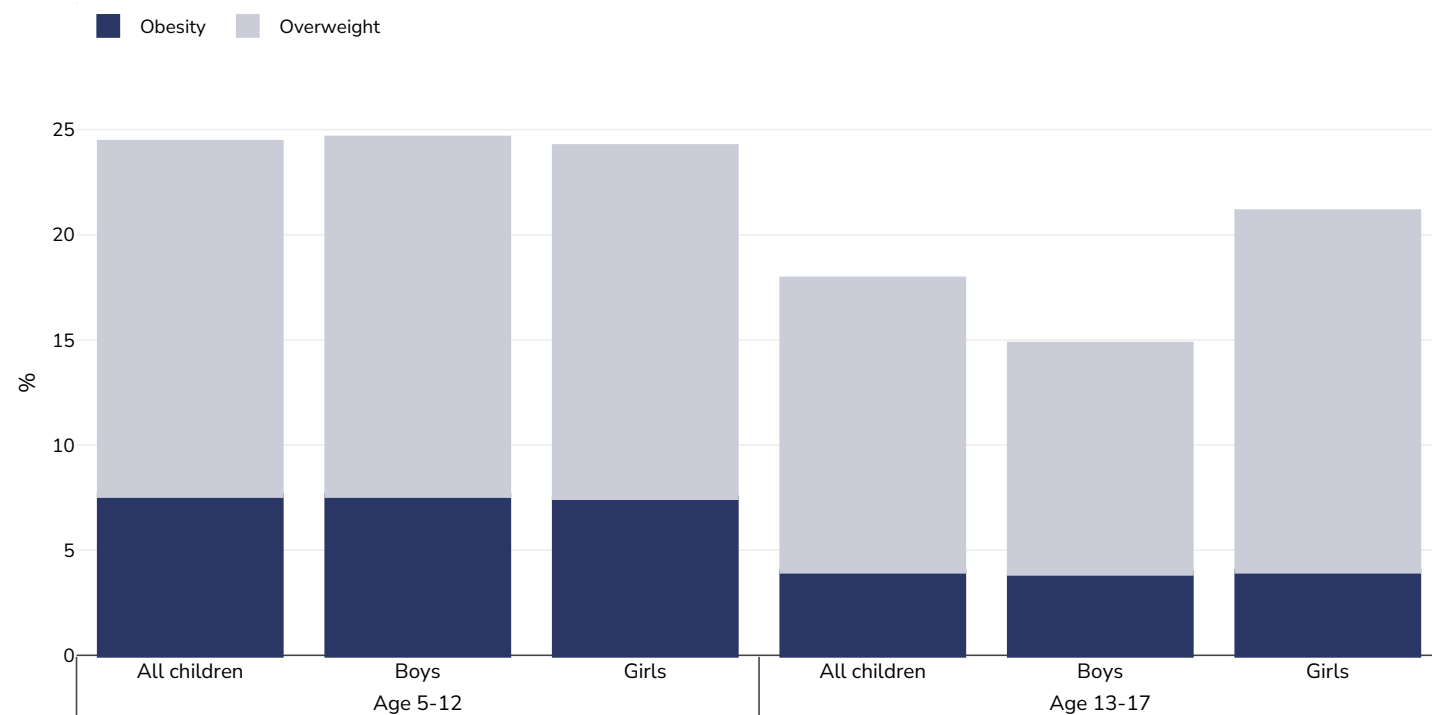
### Children, 2015-2016



|               |   |
|---------------|---|
| 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

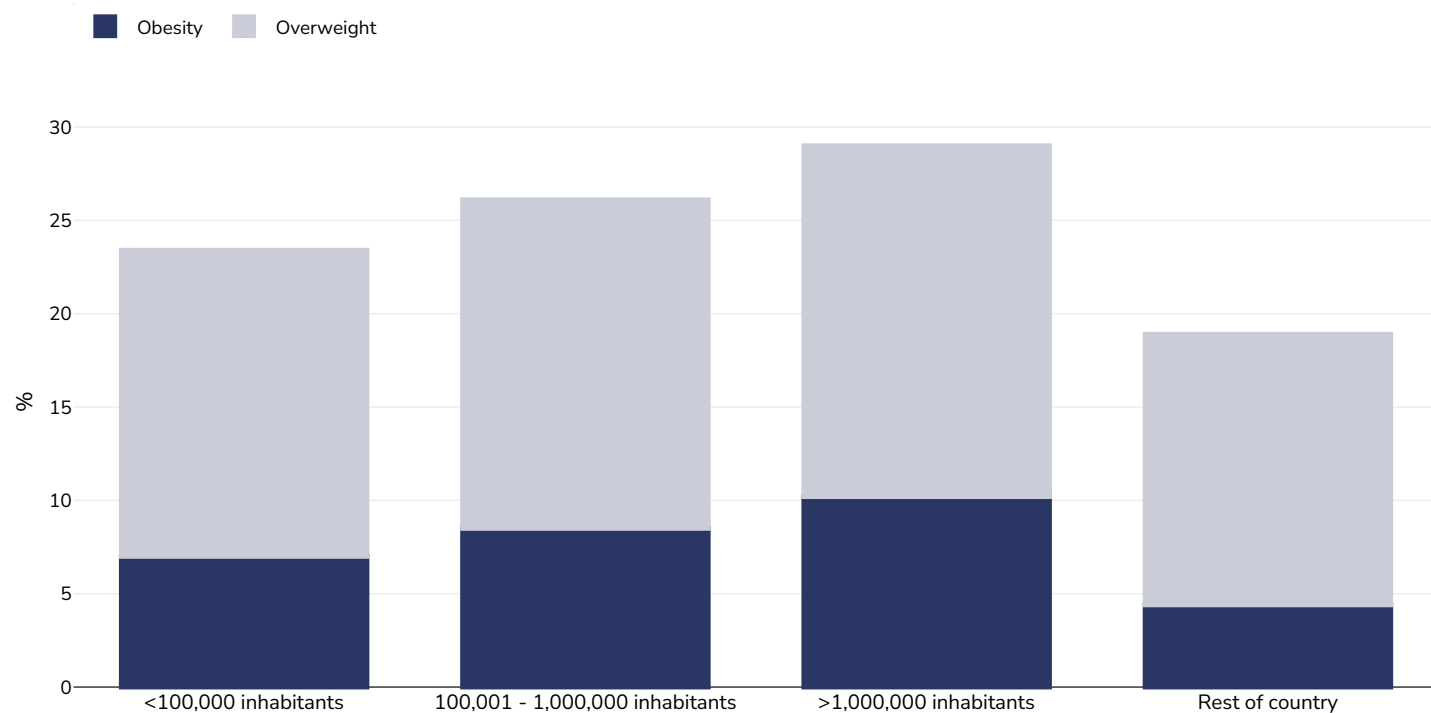
### Children, 2015-2016



|               |   |
|---------------|---|
| 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

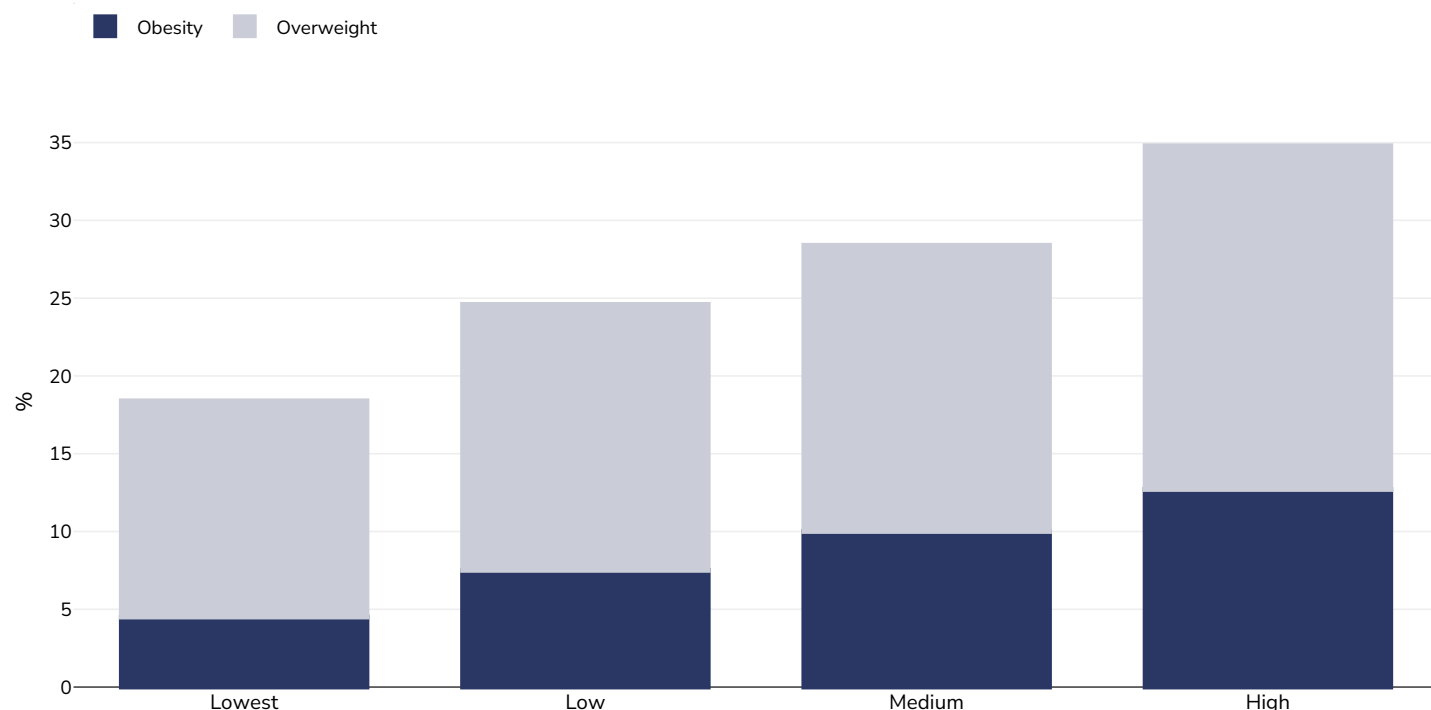
### Children, 2015-2016



|               |   |
|---------------|---|
| 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

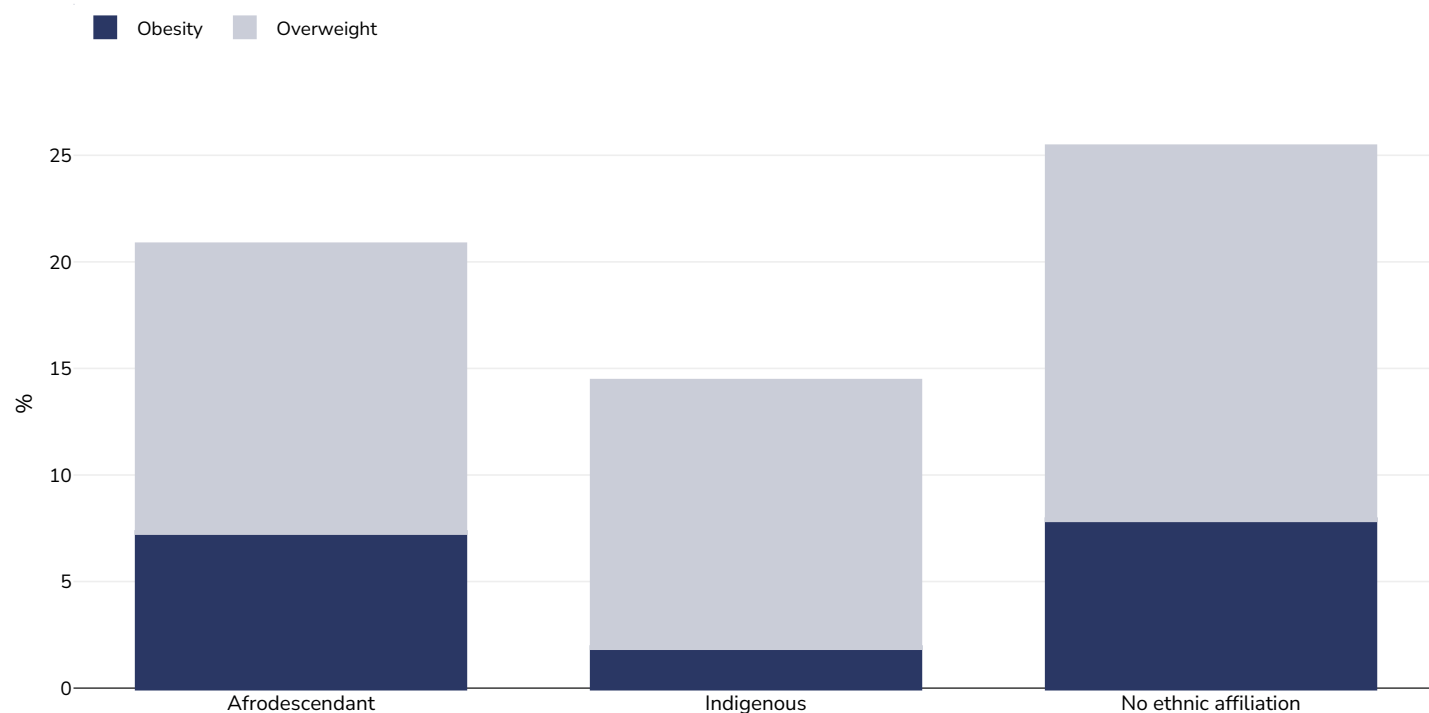


|               |   |
|---------------|---|
| Survey type:  | Measured  |
| Age:          | 5-12  |
| Sample size:  | 21,621  |
| Area covered: | National  |
| References:   | Libro ENSIN 2015. (2020). Available at: <a href="https://www.minsalud.gov.co/">https://www.minsalud.gov.co/</a> [Accessed 18.07.25]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

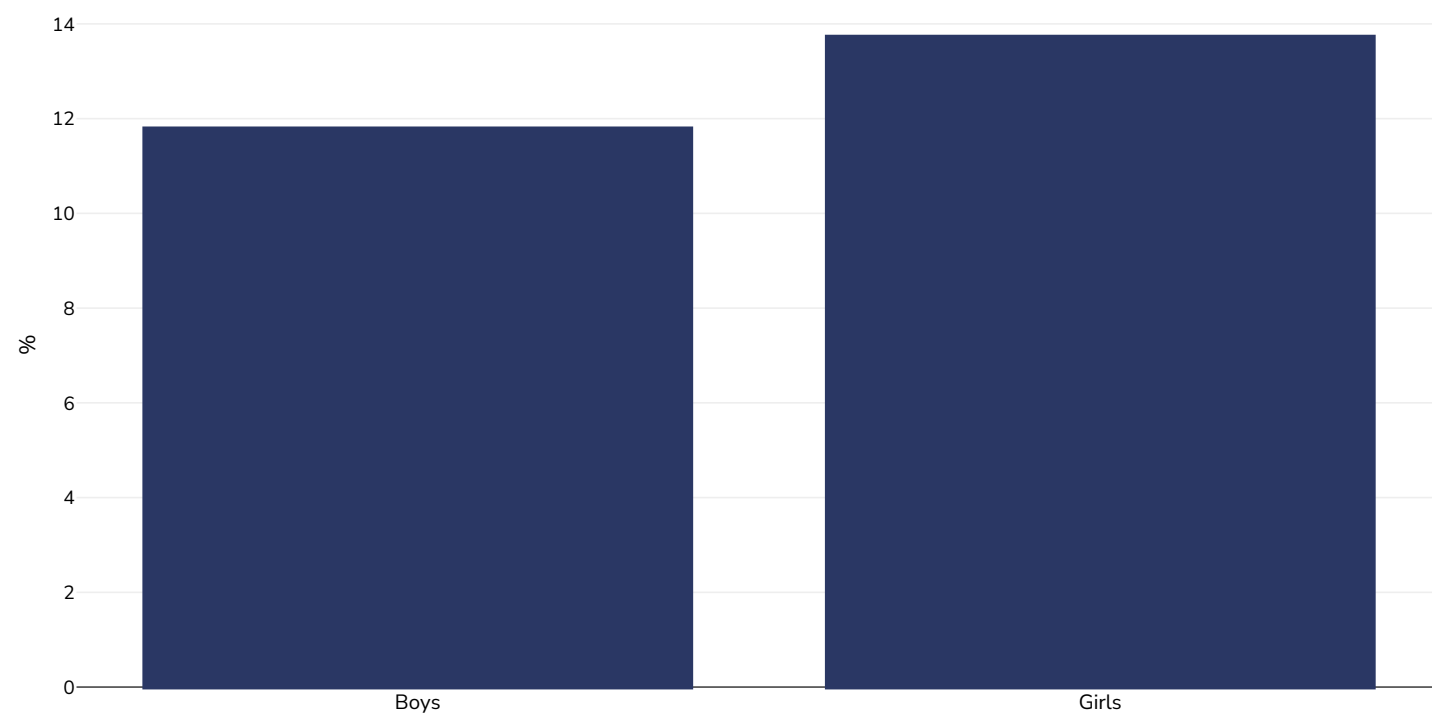


|               |   |
|---------------|---|
| Survey type:  | Measured  |
| Age:          | 5-12  |
| Sample size:  | 20,382  |
| Area covered: | National  |
| References:   | Libro ENSIN 2015. (2020). Available at: <a href="https://www.minsalud.gov.co/">https://www.minsalud.gov.co/</a> [Accessed 18.07.25] |
| 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><br>(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><br>(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><br>(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)   |

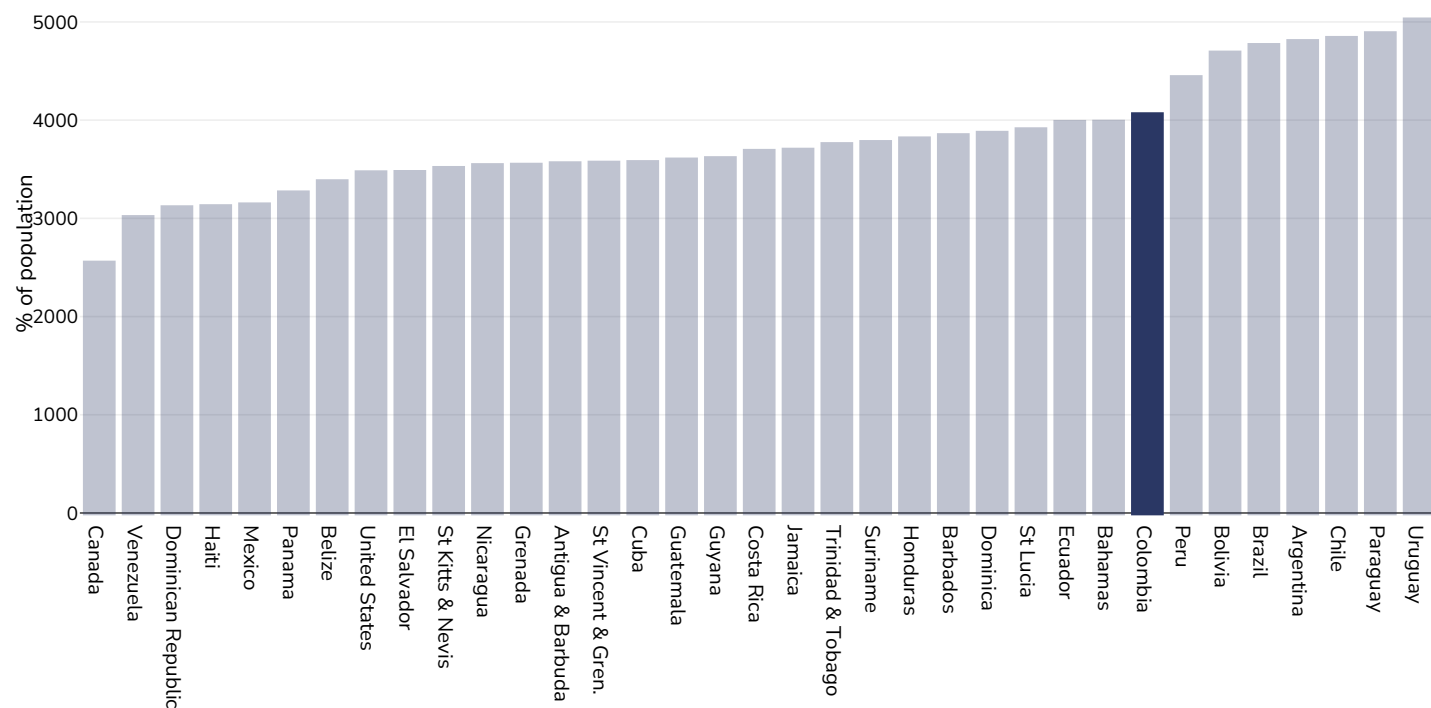
## Girls, 2021



|               |   |
|---------------|---|
| 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

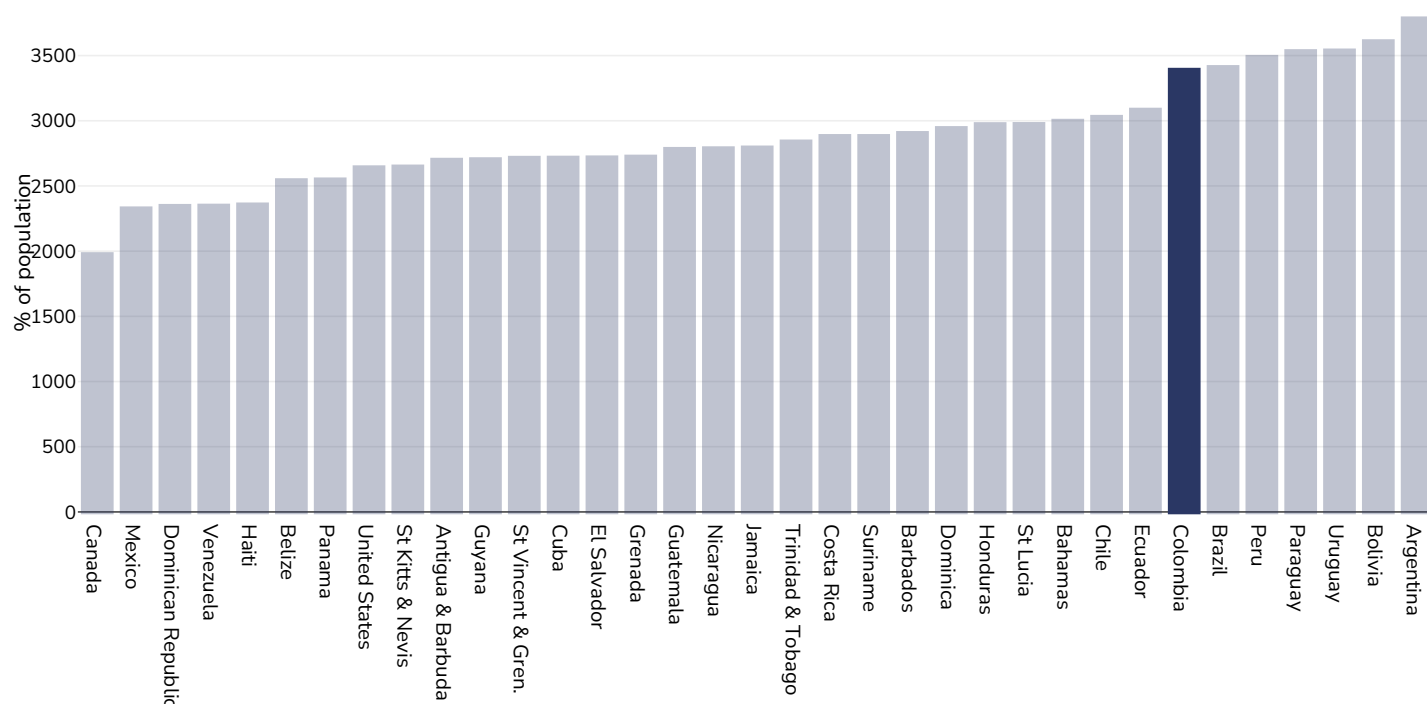
### Children, 2021



**References:**

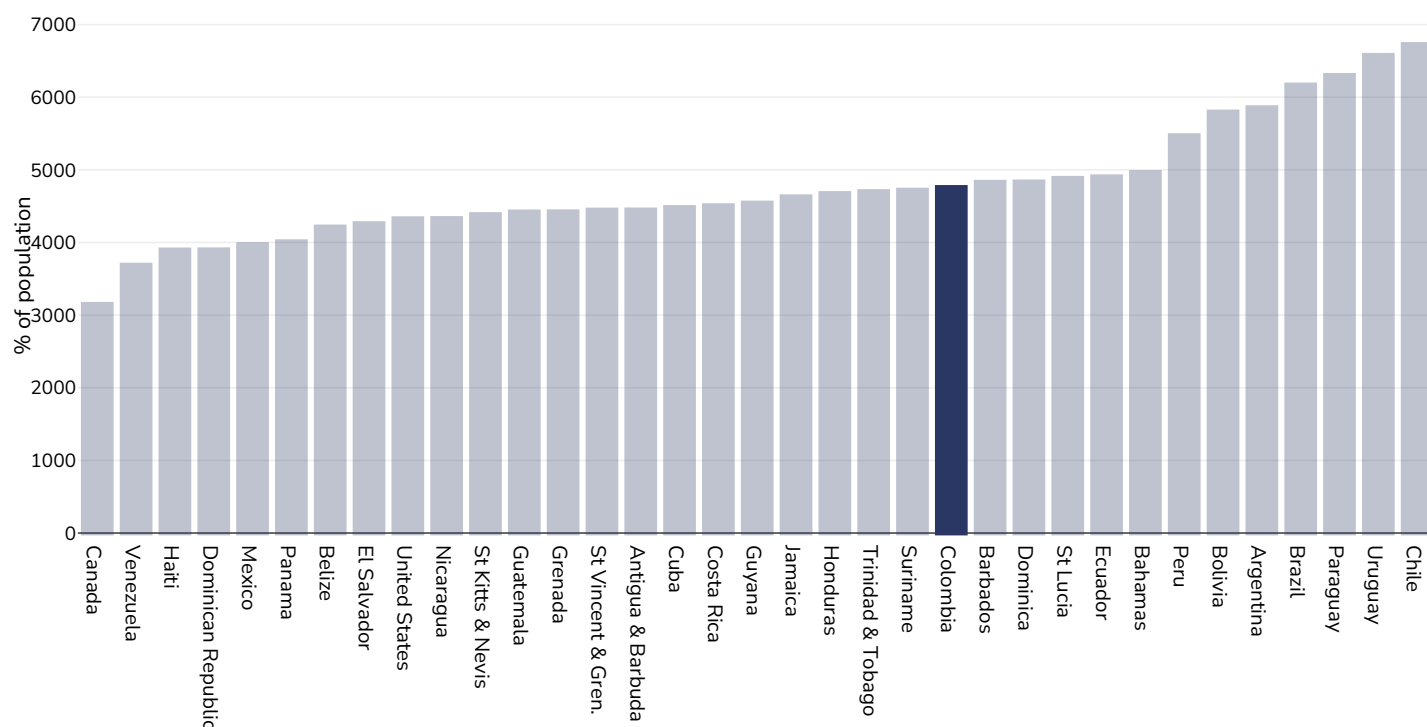
Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

## 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)

*PDF created on August 13, 2025*