Colombia



Country report card - children

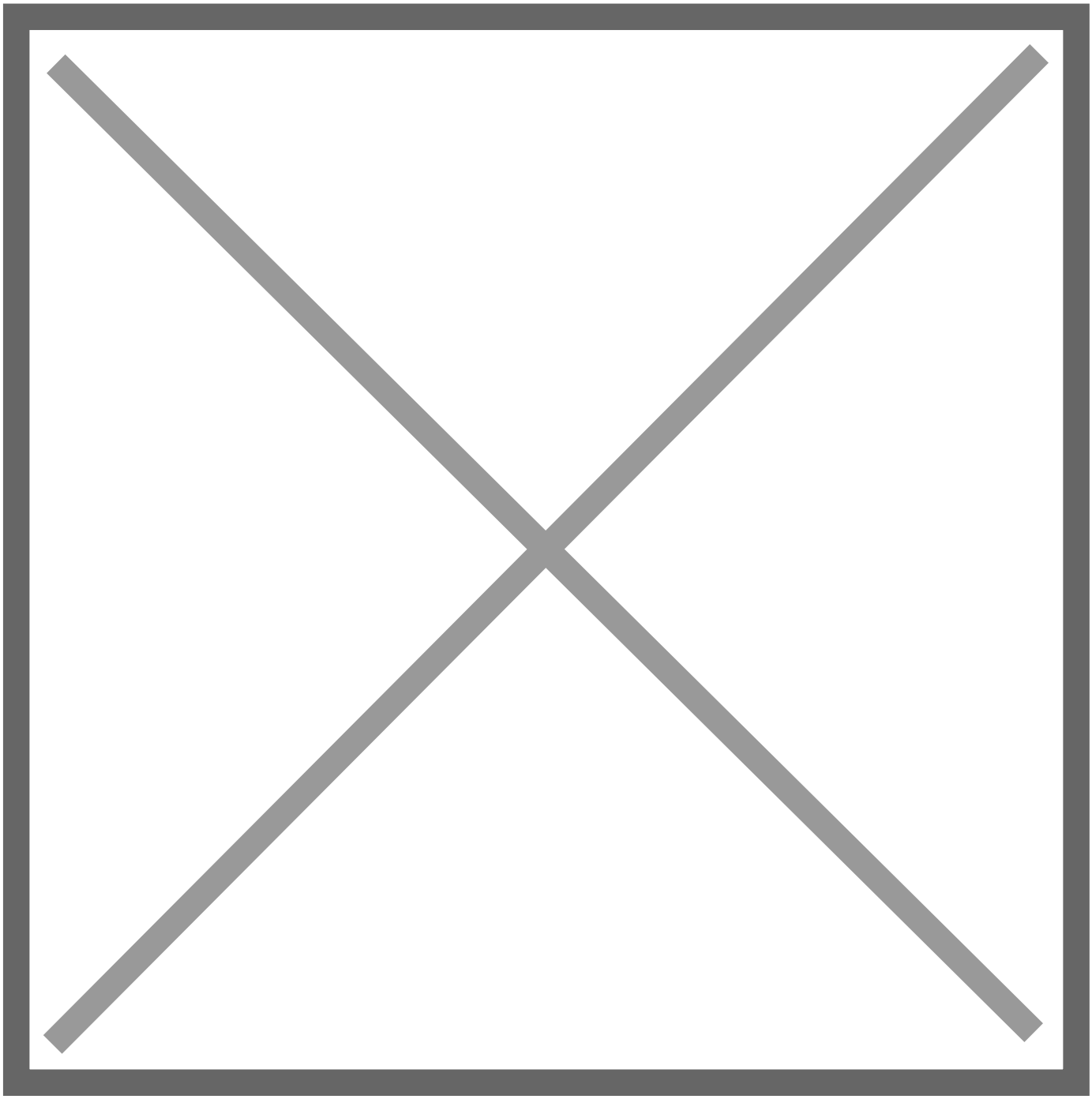
This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity for children, including adolescents (aged 5 to 18 years). Where available, data on common and relevant obesity drivers and comorbidities are also presented.

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

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Obesity prevalence

Children, 2022

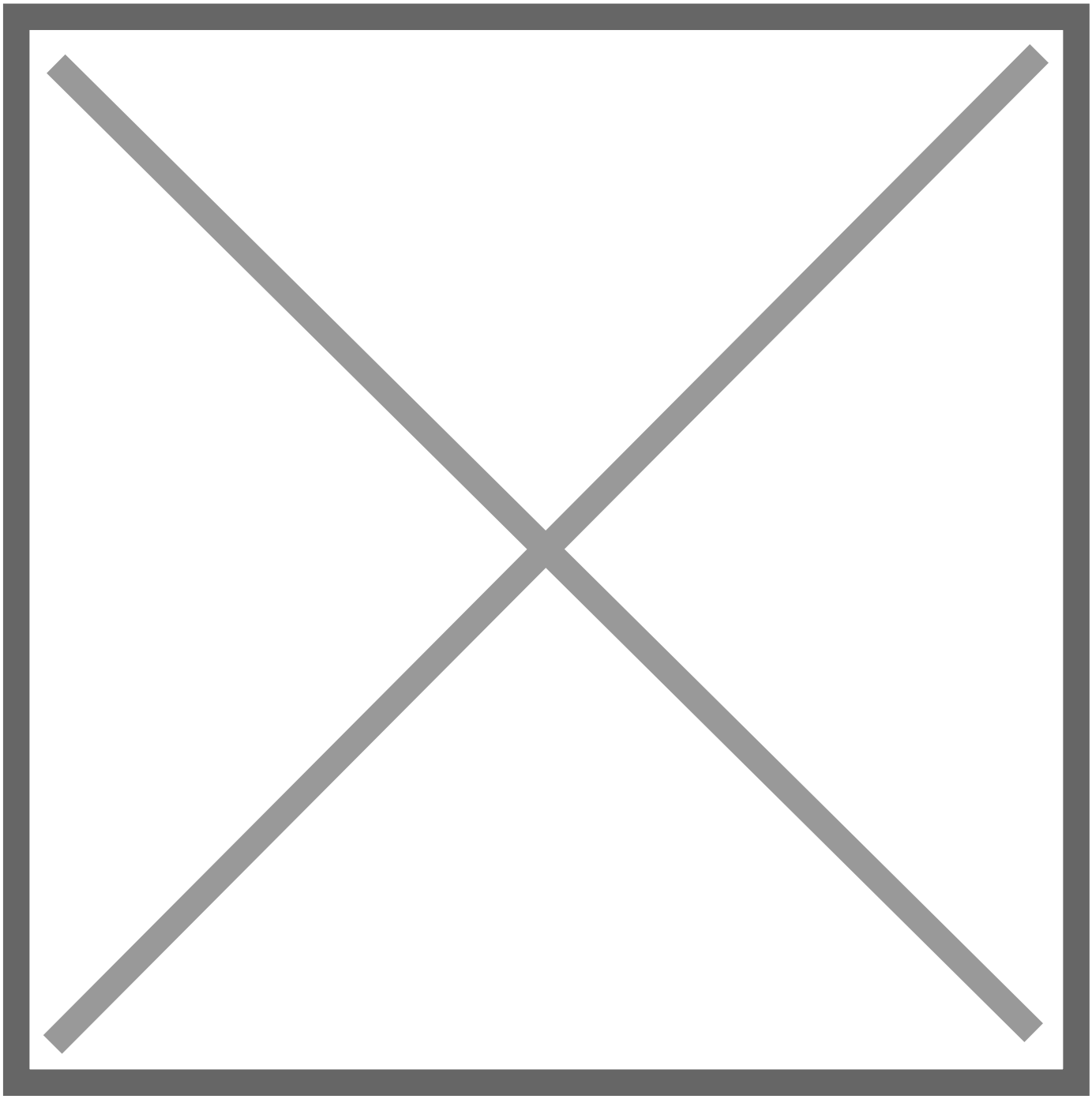


Survey type:	Measured
Age:	2-17
Sample size:	347
Area covered:	Urban only
References:	Cuellar-Rodríguez V, Pérez-Londoño A, Guatibonza-García V, et al. Progression of obesity and abdominal obesity after the COVID-19 pandemic in Colombia: a comparison of two cross-sectional population-based studies. BMJ Public Health 2025;3:e001075. doi:10.1136/bmjph-2024-001075

Notes:	It is understood that measurements were taken but possiblity it may be parental report, unclear. NB. Small sample size
Cutoffs:	WHO

Overweight/obesity by education

Children, 2015-2016

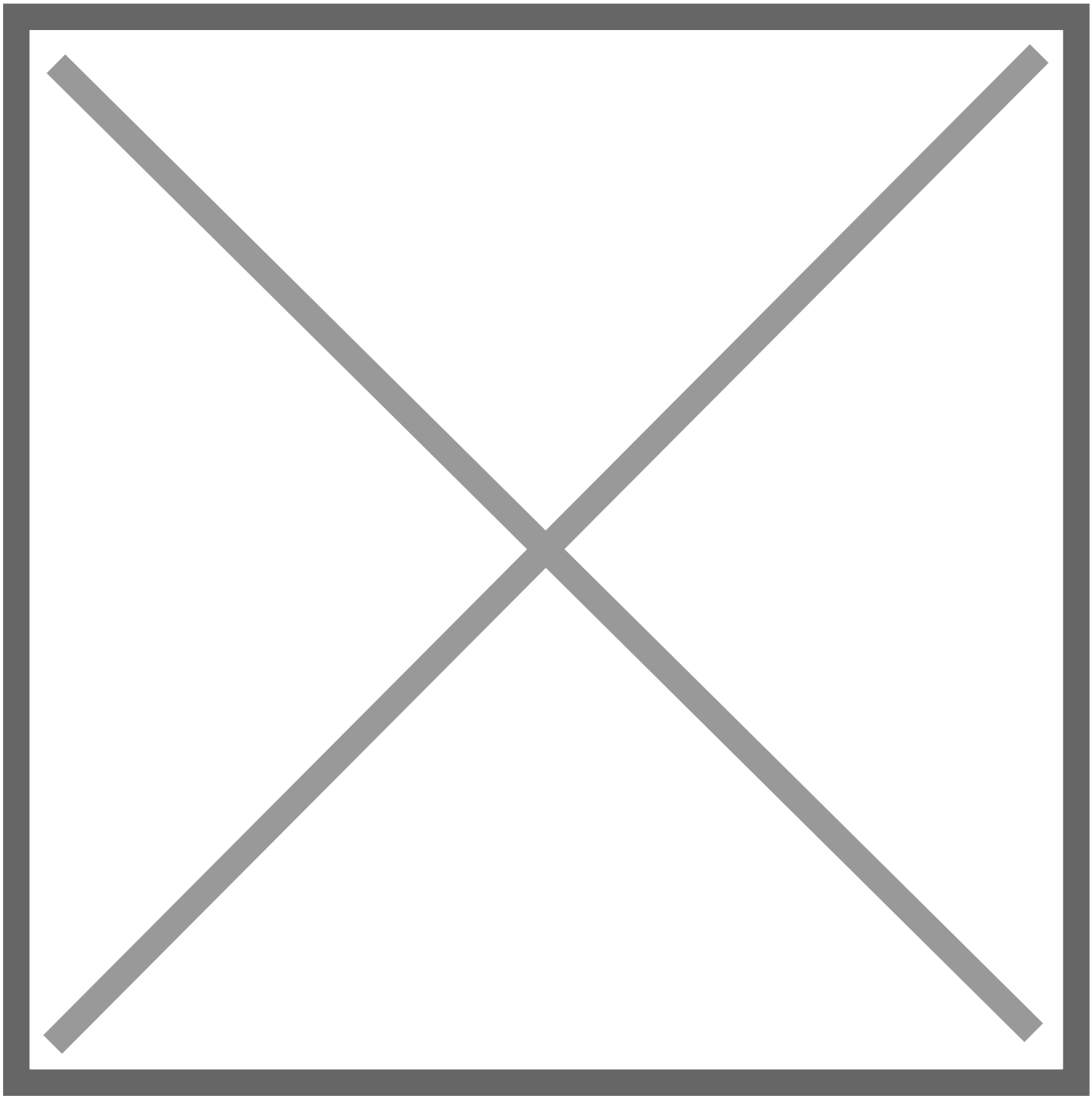


Survey type:	Measured
Age:	5-12
Sample size:	21,497
Area covered:	National
References:	Libro ENSIN 2015. Available at: https://www.minsalud.gov.co/ [Accessed 18.07.25]

Definitions:	Highest level of completed education of the head of household
Cutoffs:	WHO

Overweight/obesity by age

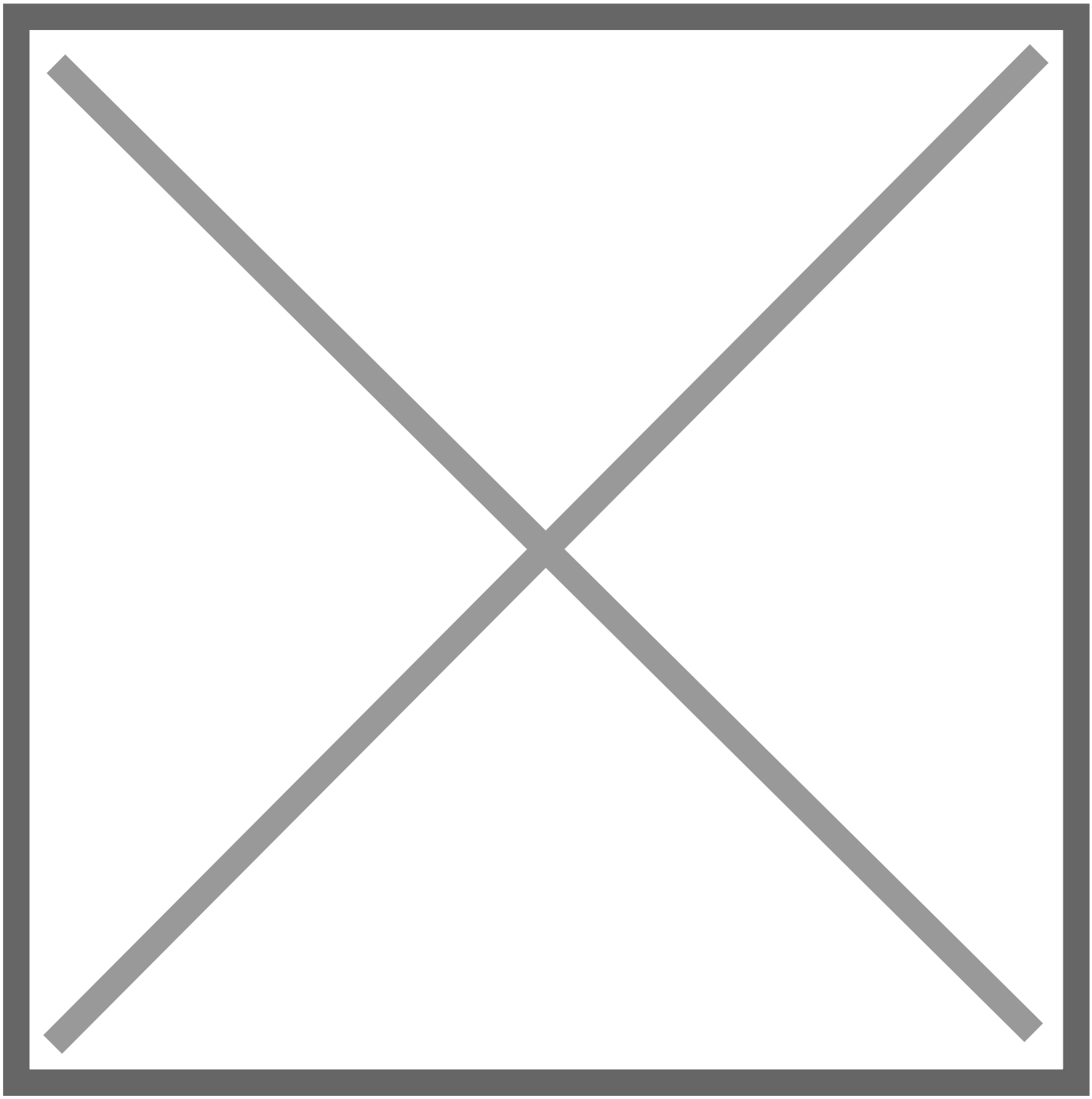
Children, 2015-2016



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

Overweight/obesity by region

Children, 2015-2016

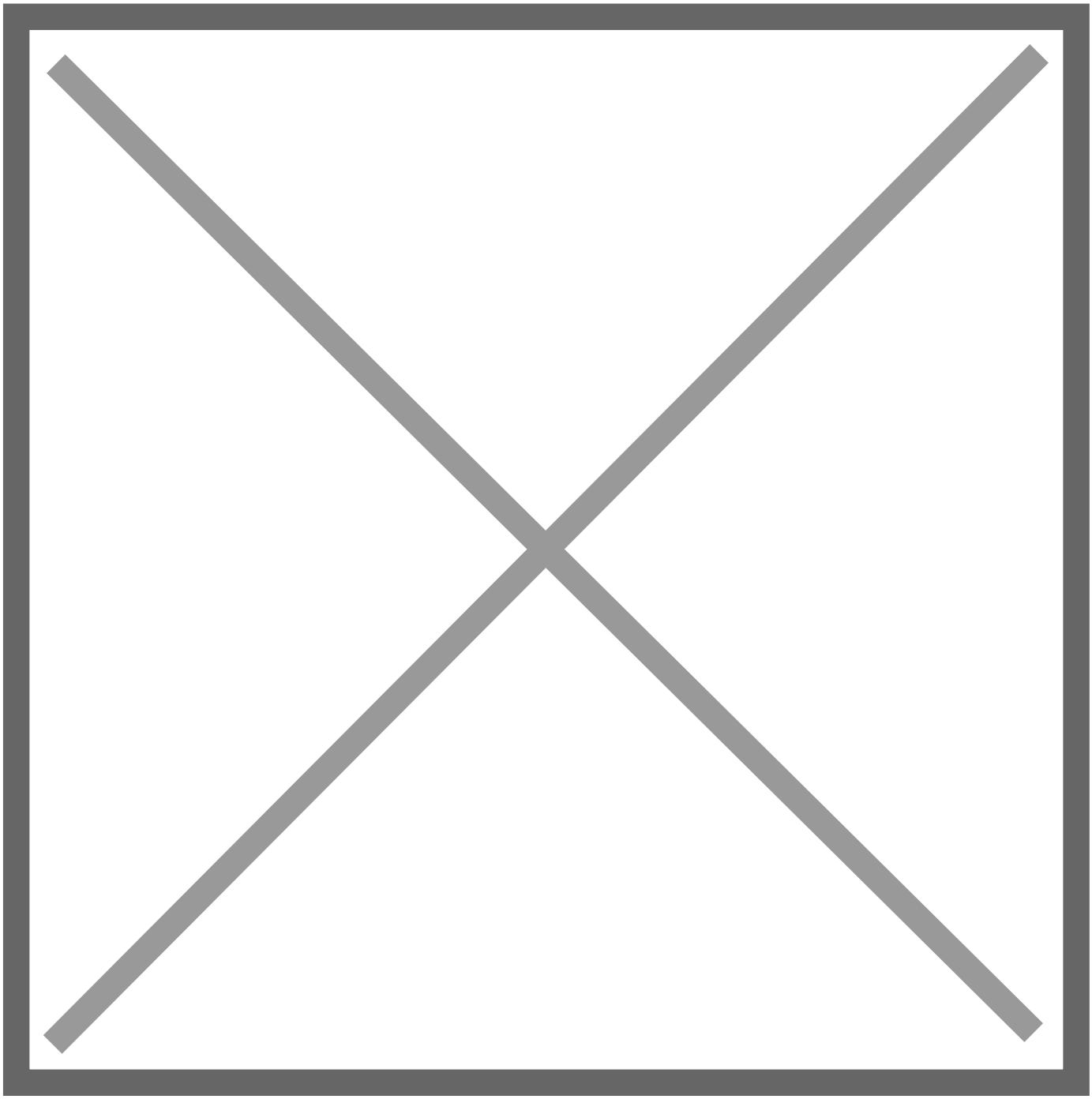


Survey type:	Measured
Age:	5-12
Sample size:	21,621
Area covered:	National
References:	Libro ENSIN 2015. Available at: https://www.minsalud.gov.co/ [Accessed 18.07.25]

Definitions:	Population of municipality
Cutoffs:	WHO

Overweight/obesity by socio-economic group

Children, 2015-2016



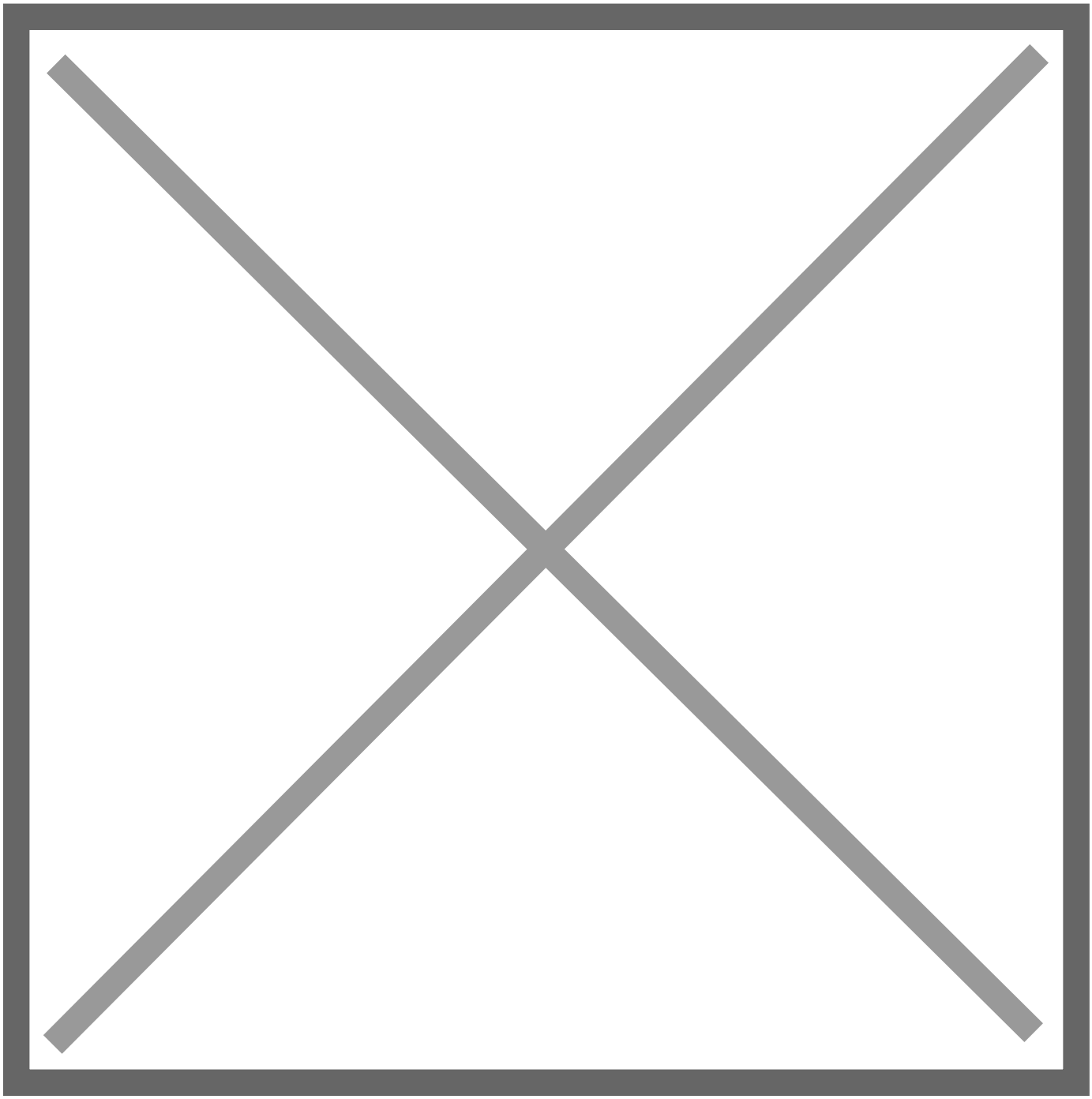
Survey type:	Measured
Age:	5-12
Sample size:	21,621
Area covered:	National
References:	Libro ENSIN 2015. (2020). Available at: https://www.minsalud.gov.co/ [Accessed 18.07.25]

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

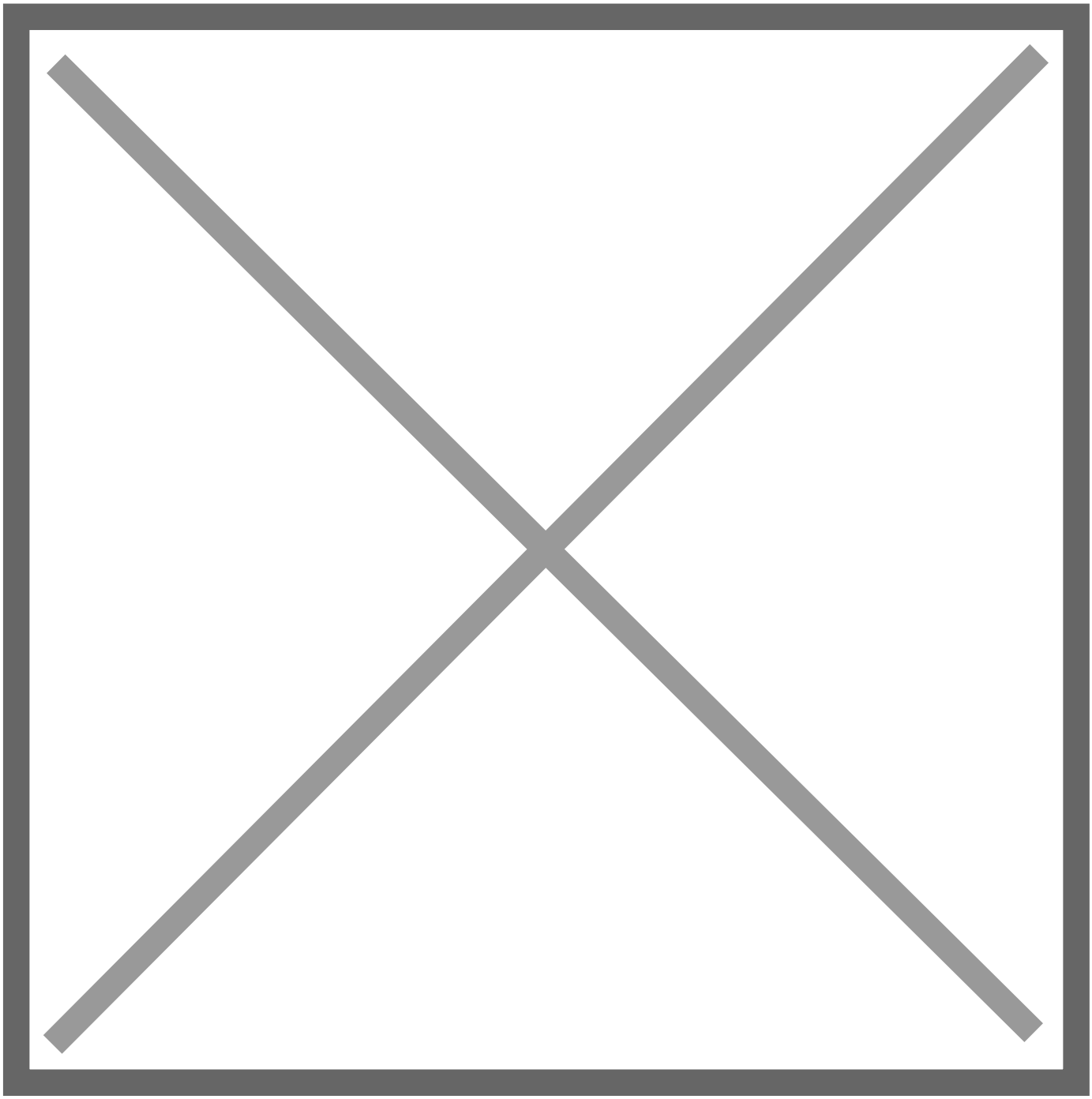


Survey type:	Measured
Age:	5-12
Sample size:	20,382
Area covered:	National
References:	Libro ENSIN 2015. (2020). Available at: https://www.minsalud.gov.co/ [Accessed 18.07.25]

Notes:	NB. Obesity prevalence in indigenous population flagged for high variability, estimate should be used with caution
Cutoffs:	WHO

Double burden of underweight & obesity

Children, 2022

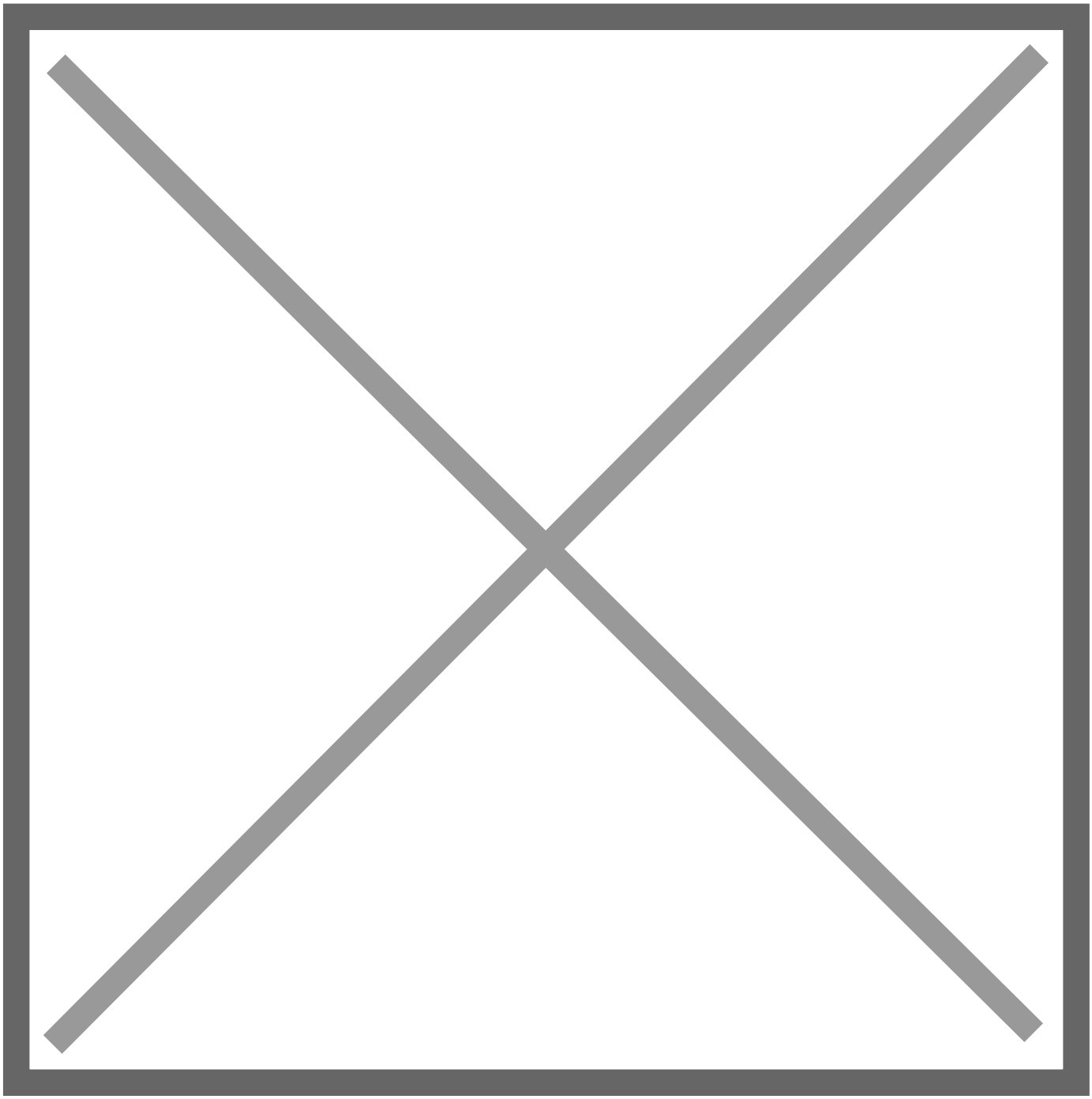


Survey type:	Measured
Age:	5-19
References:	NCD Risk Factor Collaboration (NCD-RisC). Worldwide trends in underweight and obesity from 1990 to 2022: a pooled analysis of 3663 population representative studies with 222 million children, adolescents, and adults. Lancet 2024; published online Feb 29. https://doi.org/10.1016/S0140-6736(23)02750-2.
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

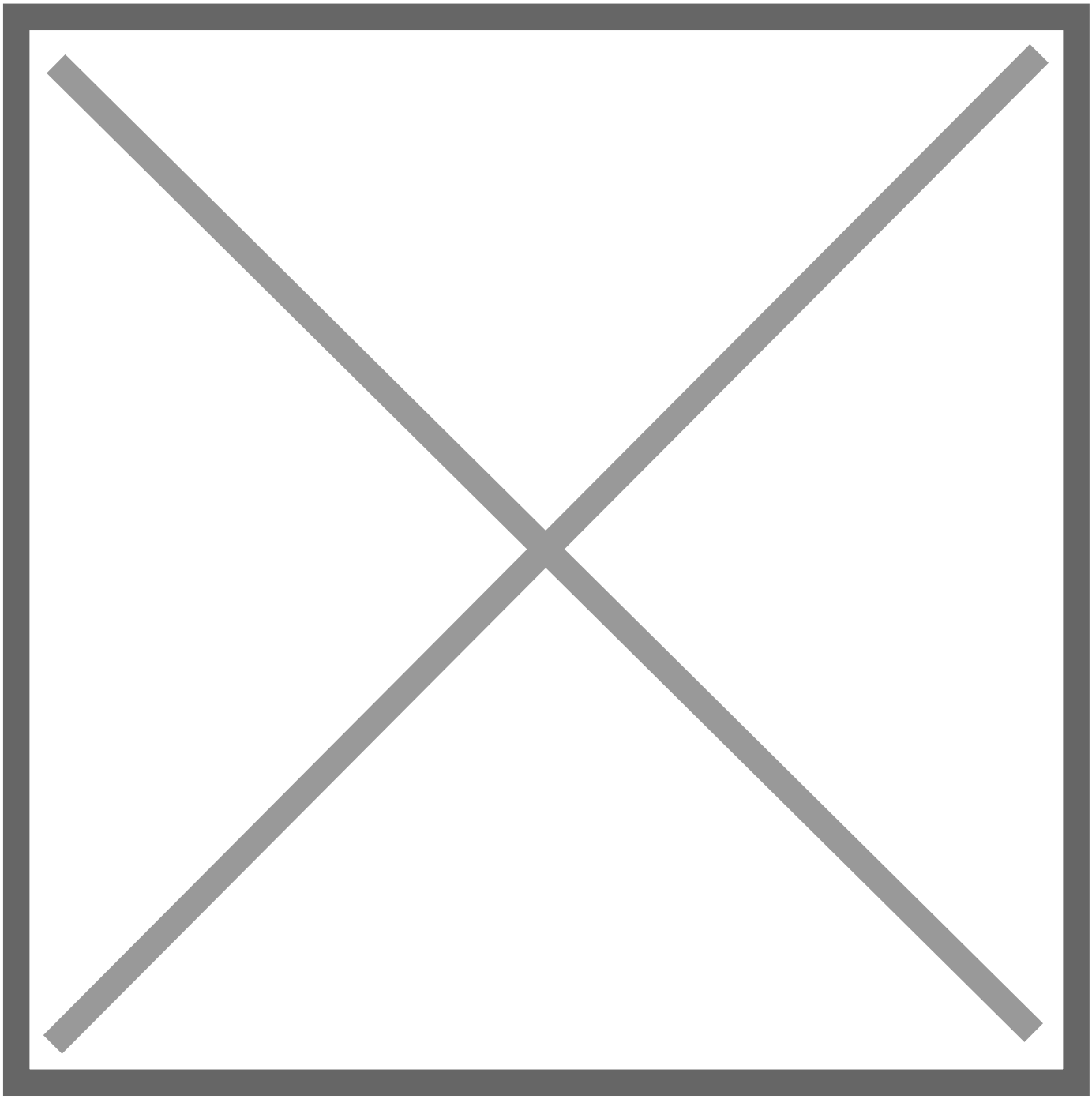
Children, 2016



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)

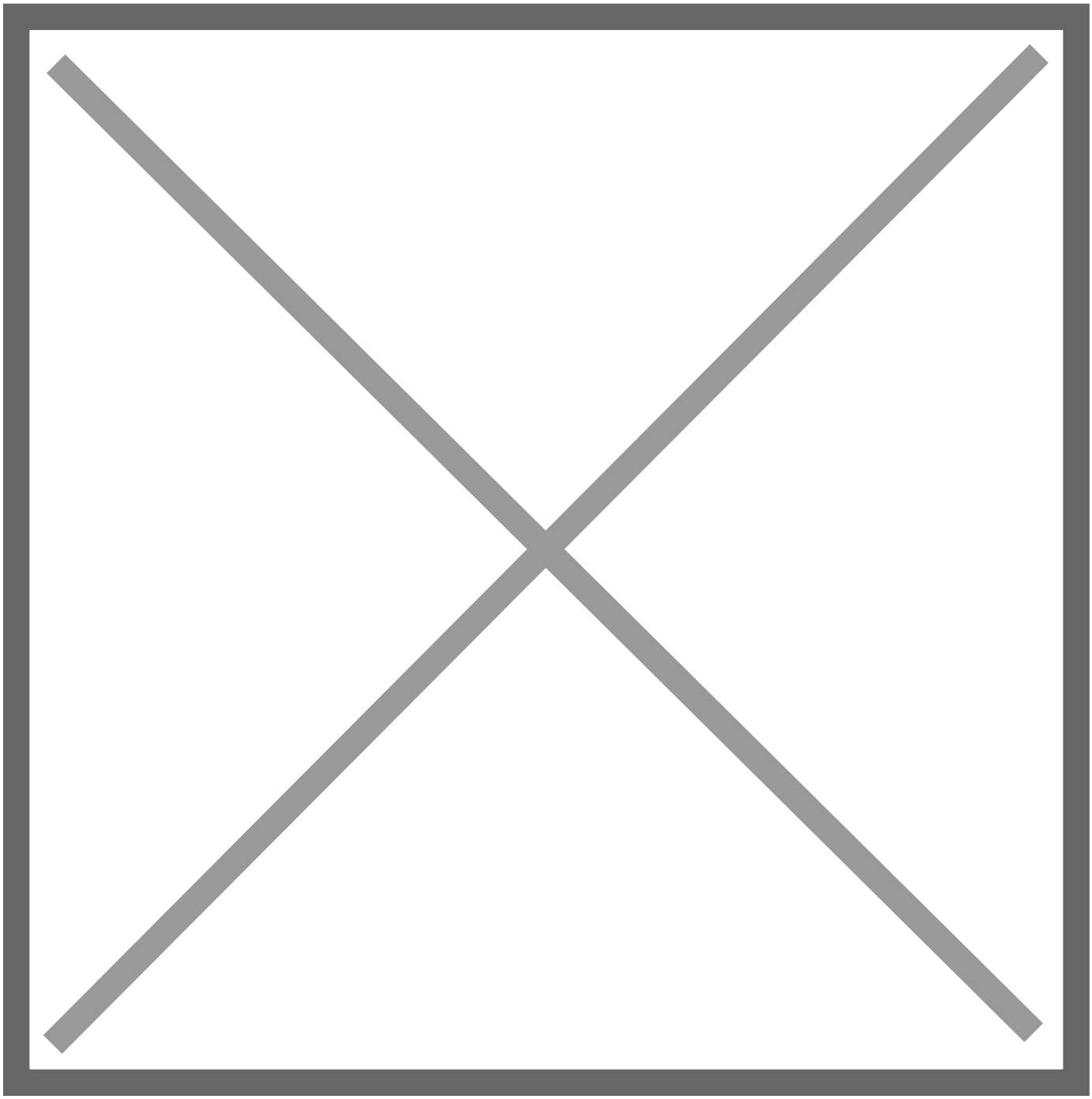
Boys, 2016



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

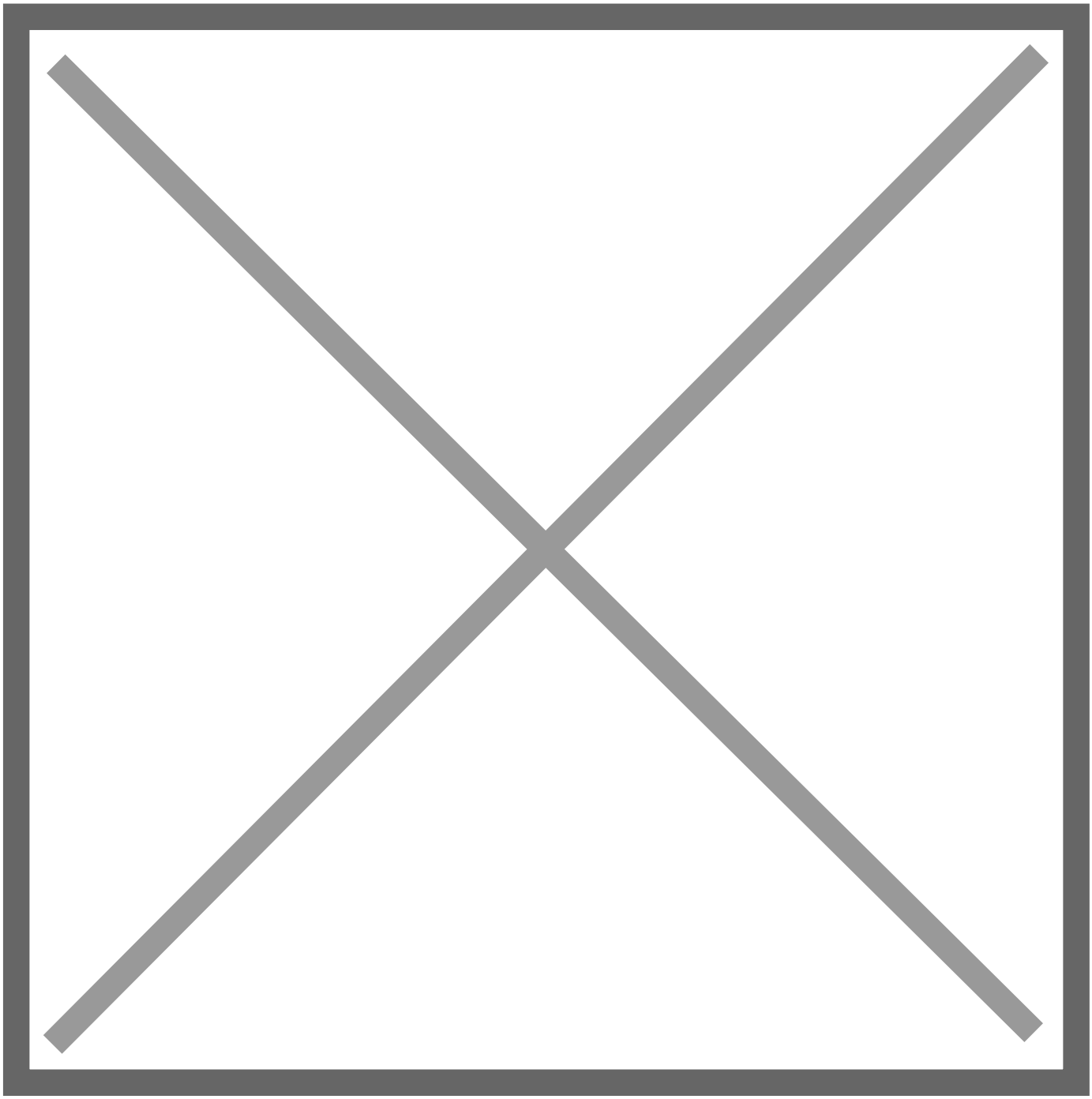


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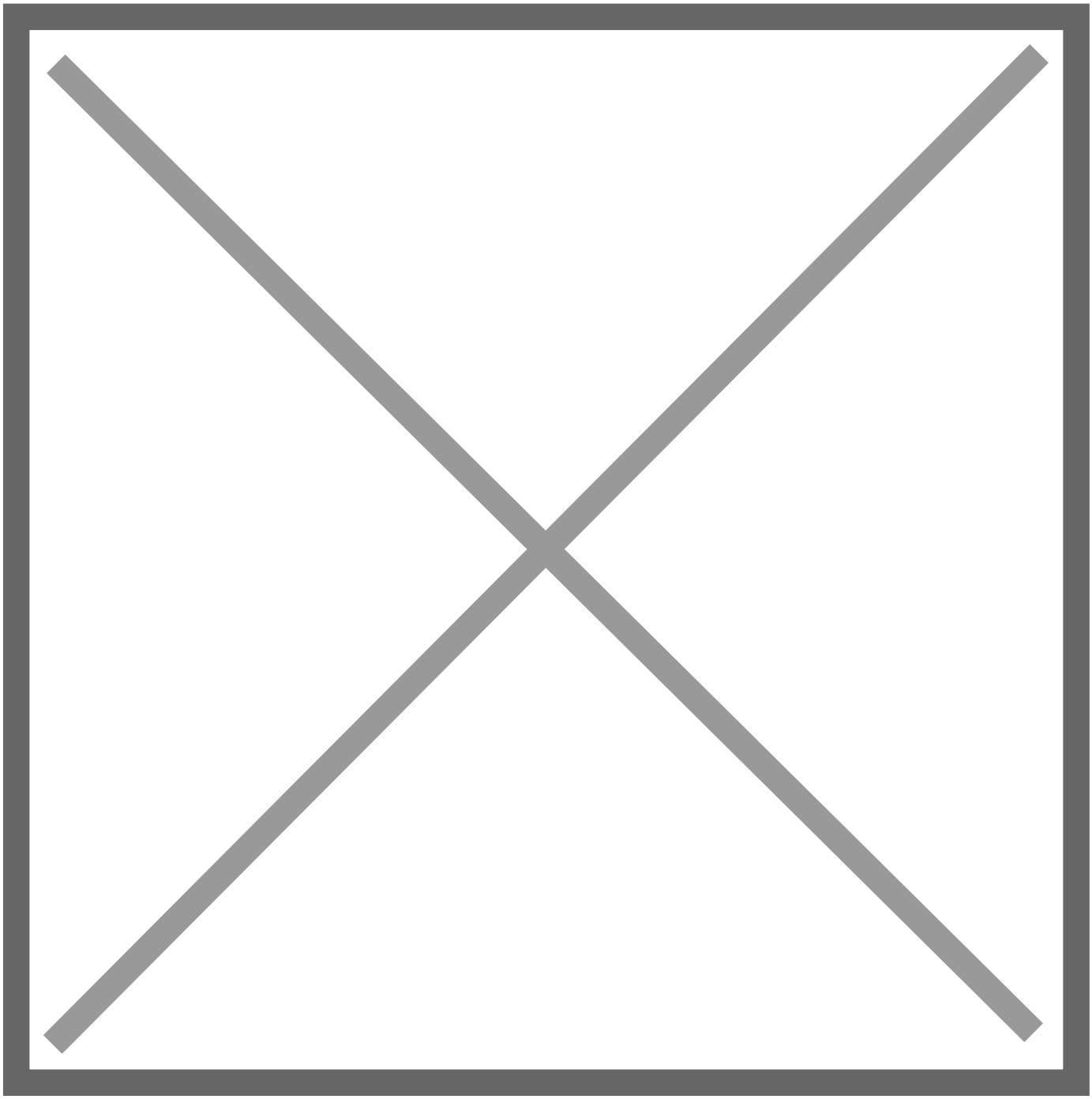
Mental health - depression disorders

Children, 2023



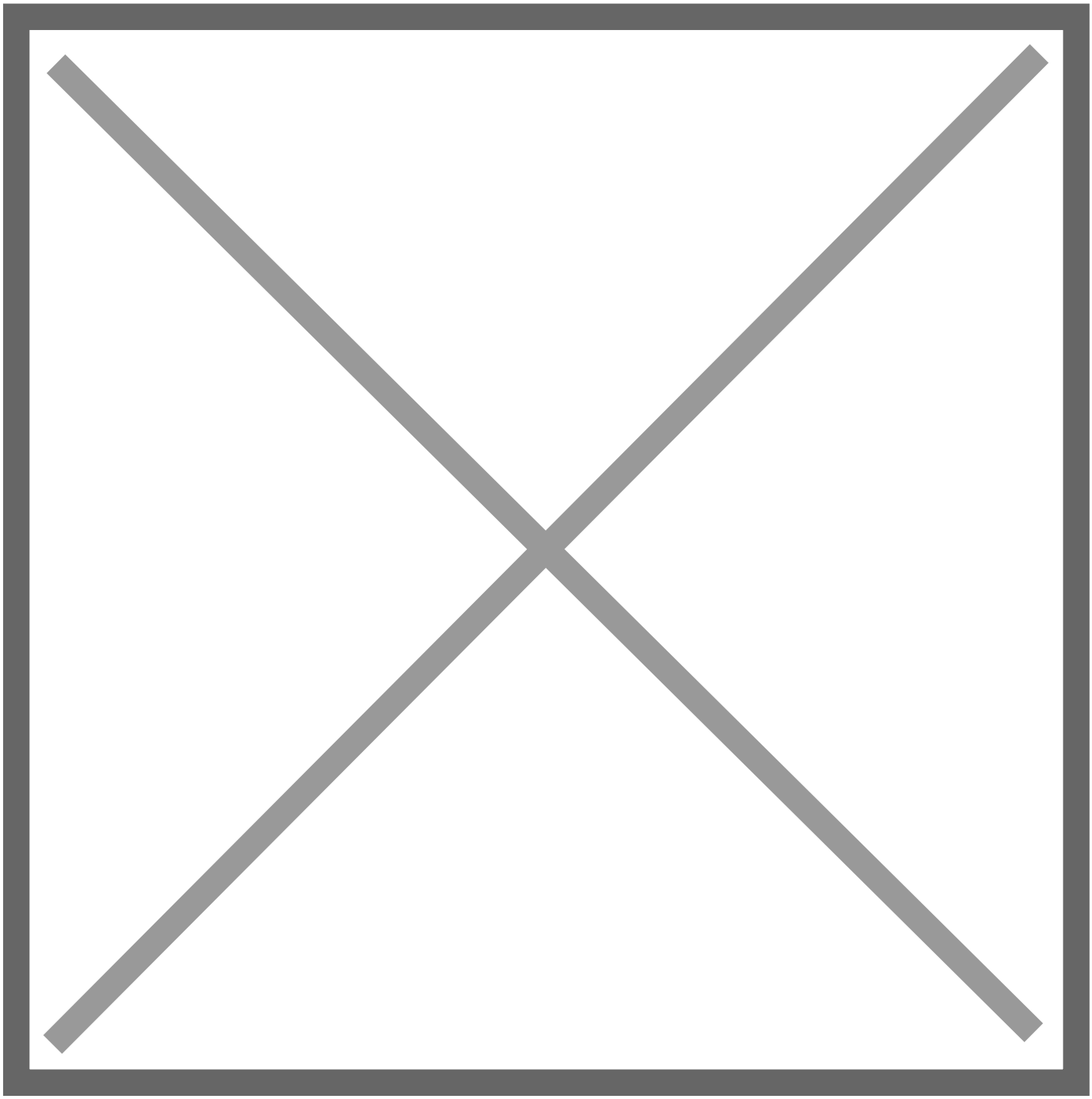
Area covered:	National
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from https://vizhub.healthdata.org/gbd-compare/ [Accessed 17.03.26]
Definitions:	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)

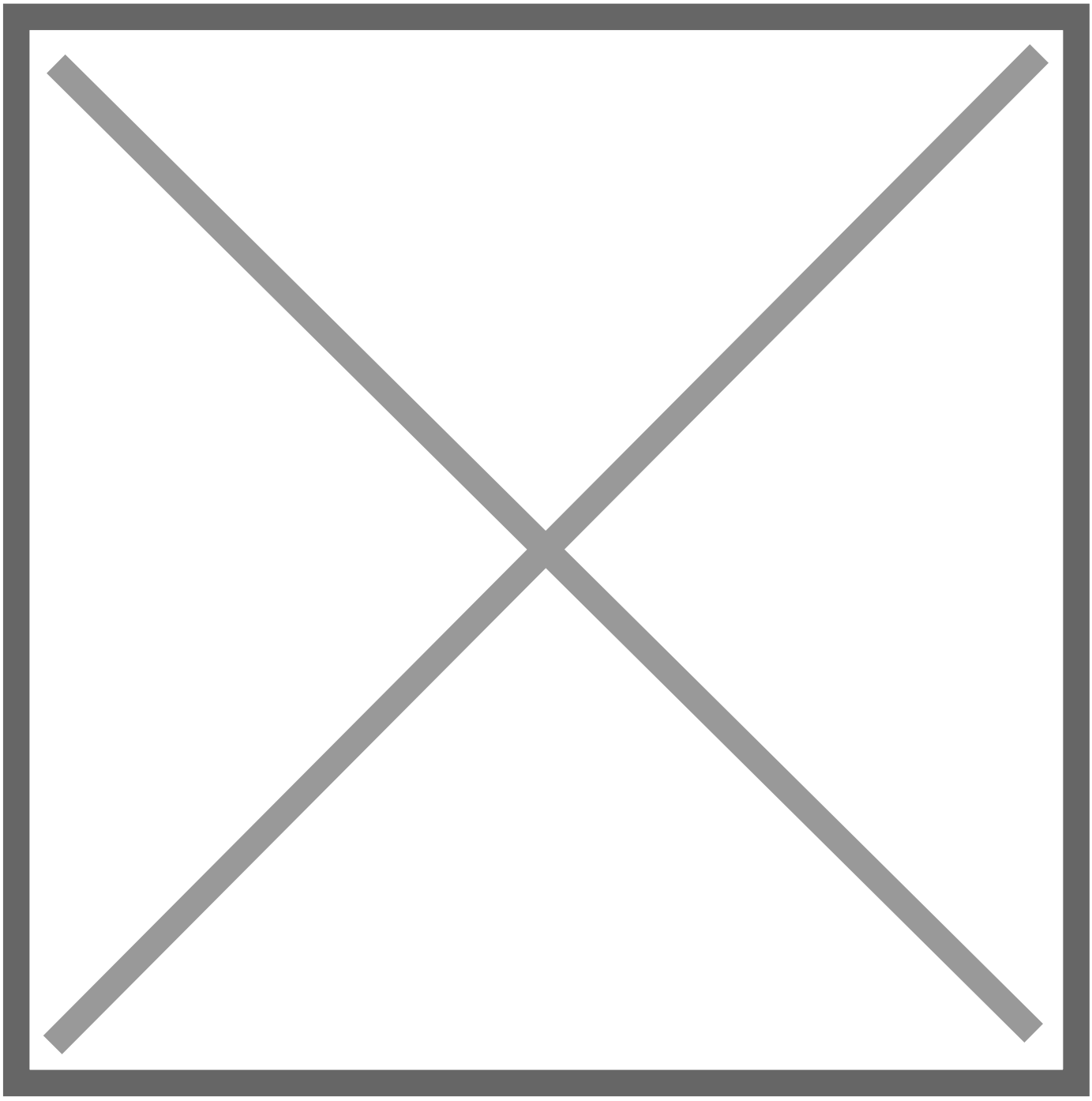
Girls, 2023



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]
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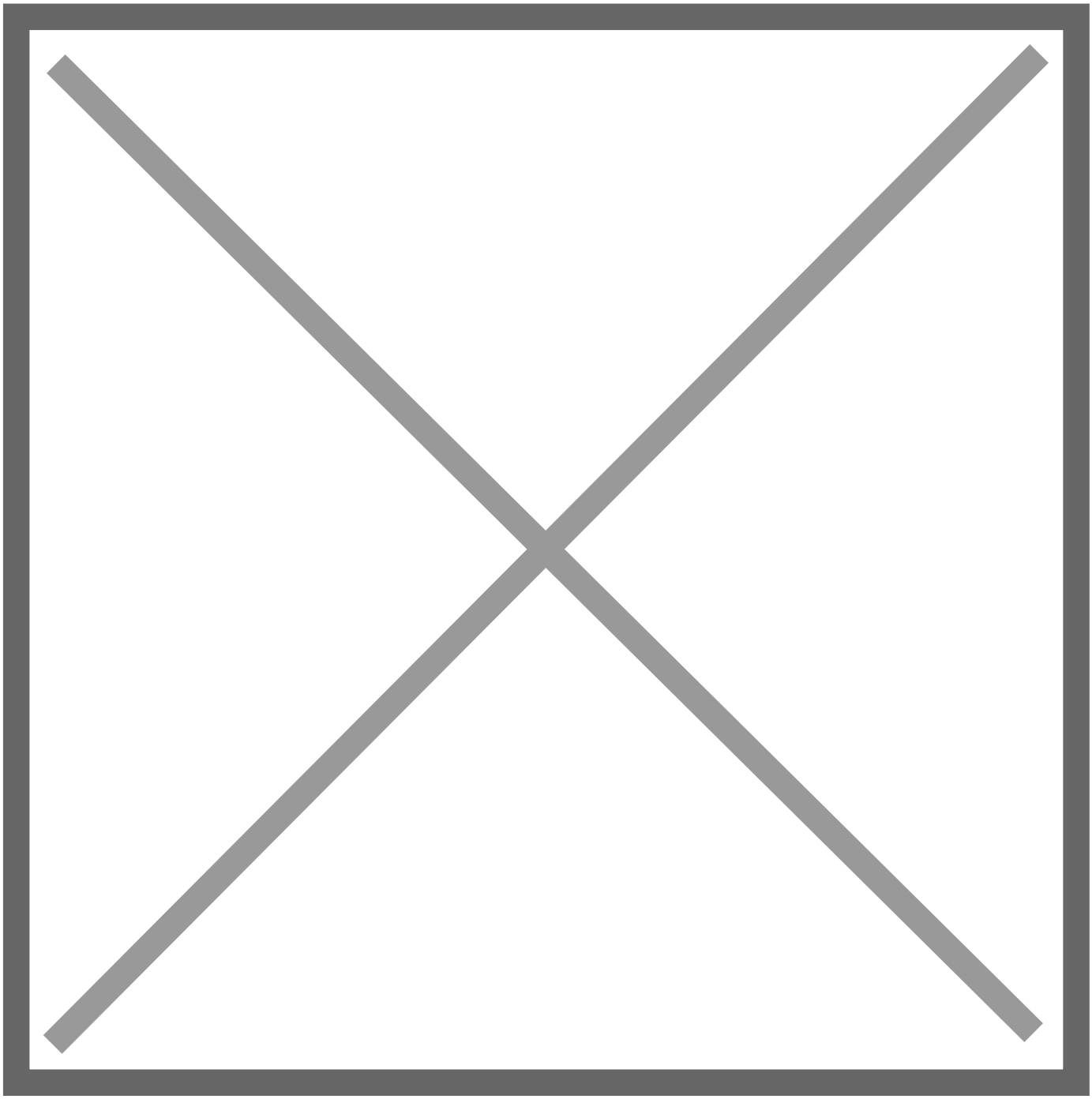
Mental health - anxiety disorders

Children, 2023



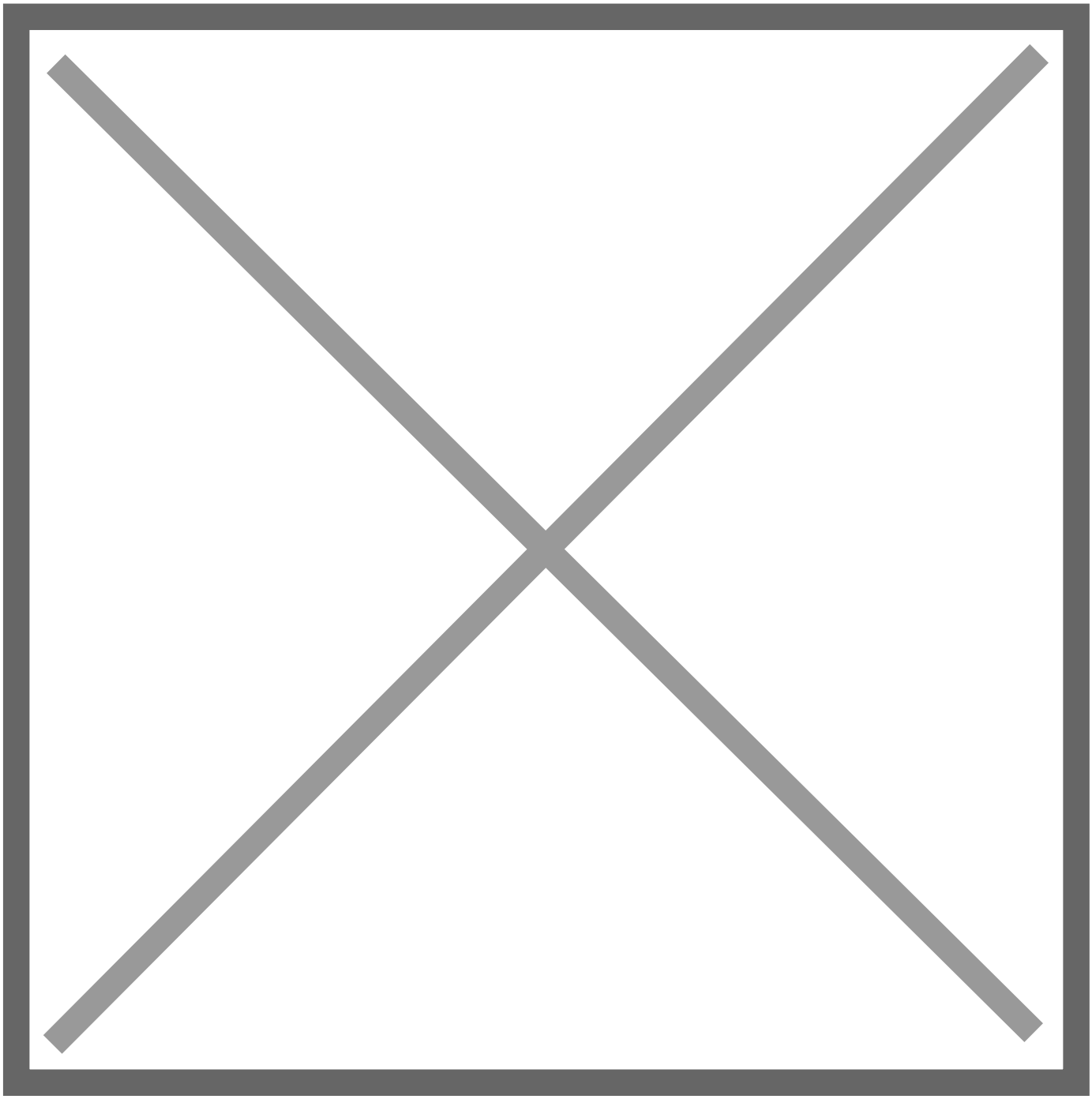
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Boys, 2023



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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]
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Girls, 2023



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PDF created on November 4, 2026