



Colombia



Country report card - children

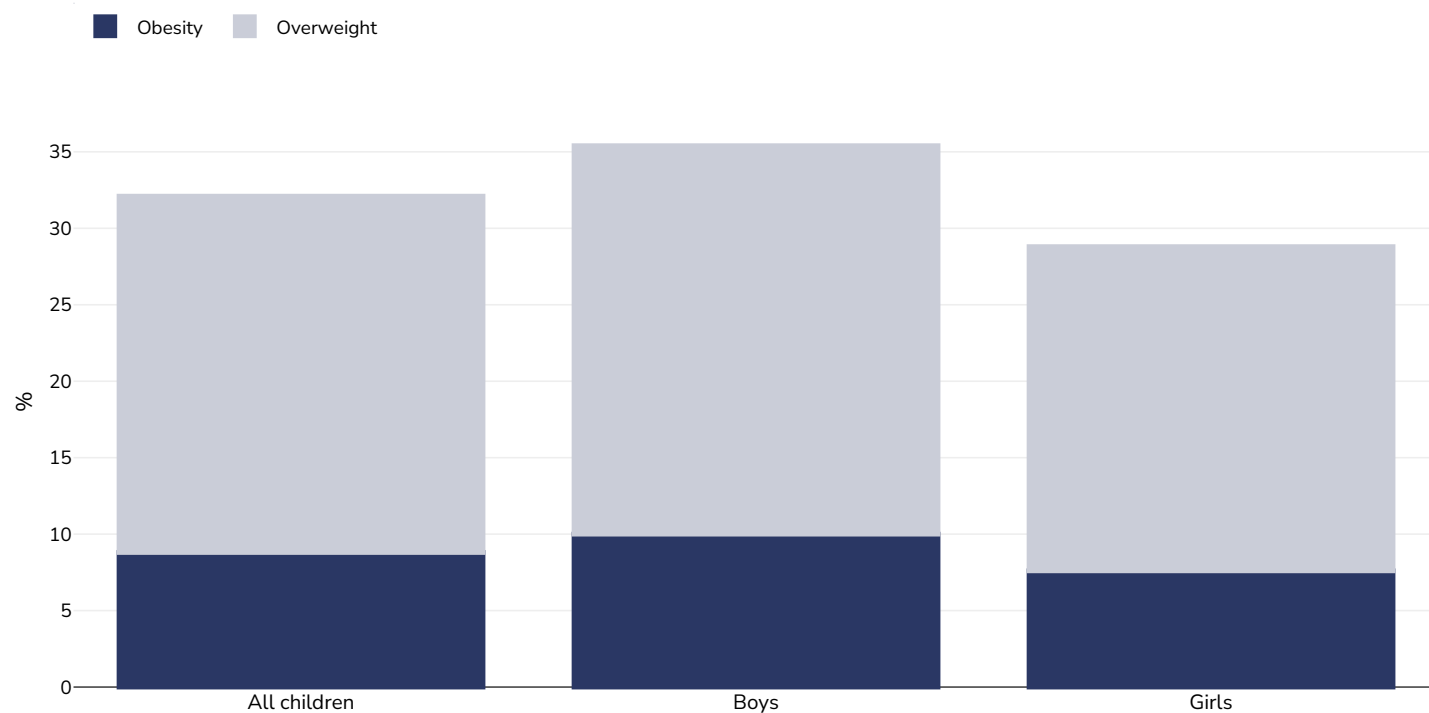
This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity for children, including adolescents (aged 5 to 18 years). Where available, data on common and relevant obesity drivers and comorbidities are also presented.

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

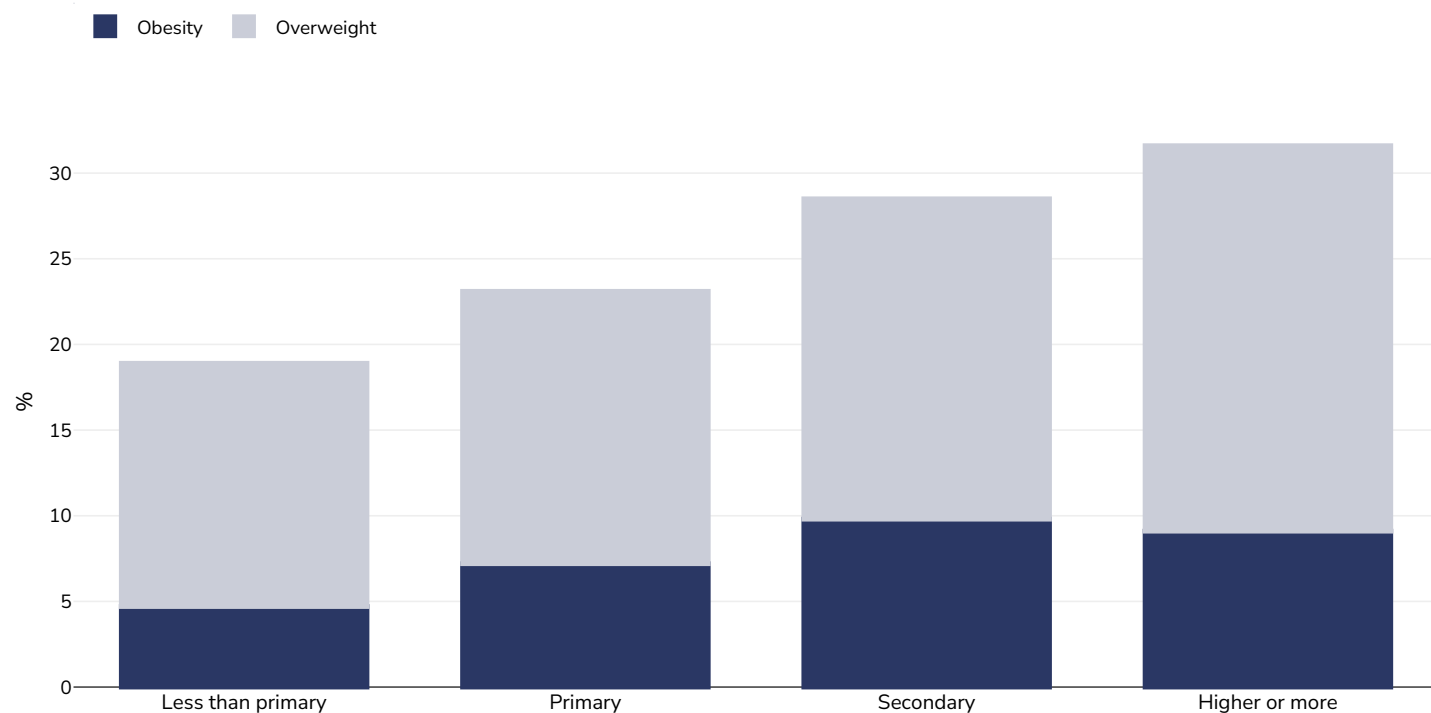
Children, 2018



Survey type:	Measured
Age:	5-17
Sample size:	385
Area covered:	Urban
References:	Jimenez-Mora, Mario A et al. "Association of Overweight, Obesity and Abdominal Obesity with Socioeconomic Status and Educational Level in Colombia." Diabetes, metabolic syndrome and obesity : targets and therapy vol. 13 1887-1898. 3 Jun. 2020, doi:10.2147/DMSO.S244761
Notes:	PLEASE NOTE SMALL SAMPLE SIZE Conflicting age ranges presented in paper. The Child data may be either 2-17 years or 5-17 years. It has been assumed 5-17 years, though author has been contacted to confirm.
Definitions:	Cut offs. 25-59 months BMI for Age Z Score $>1 \leq 3$ for overweight, >3 Obesity 5-17 years BMI for Age Z Score $>1 \leq 2$ for overweight, >2 Obesity

Overweight/obesity by education

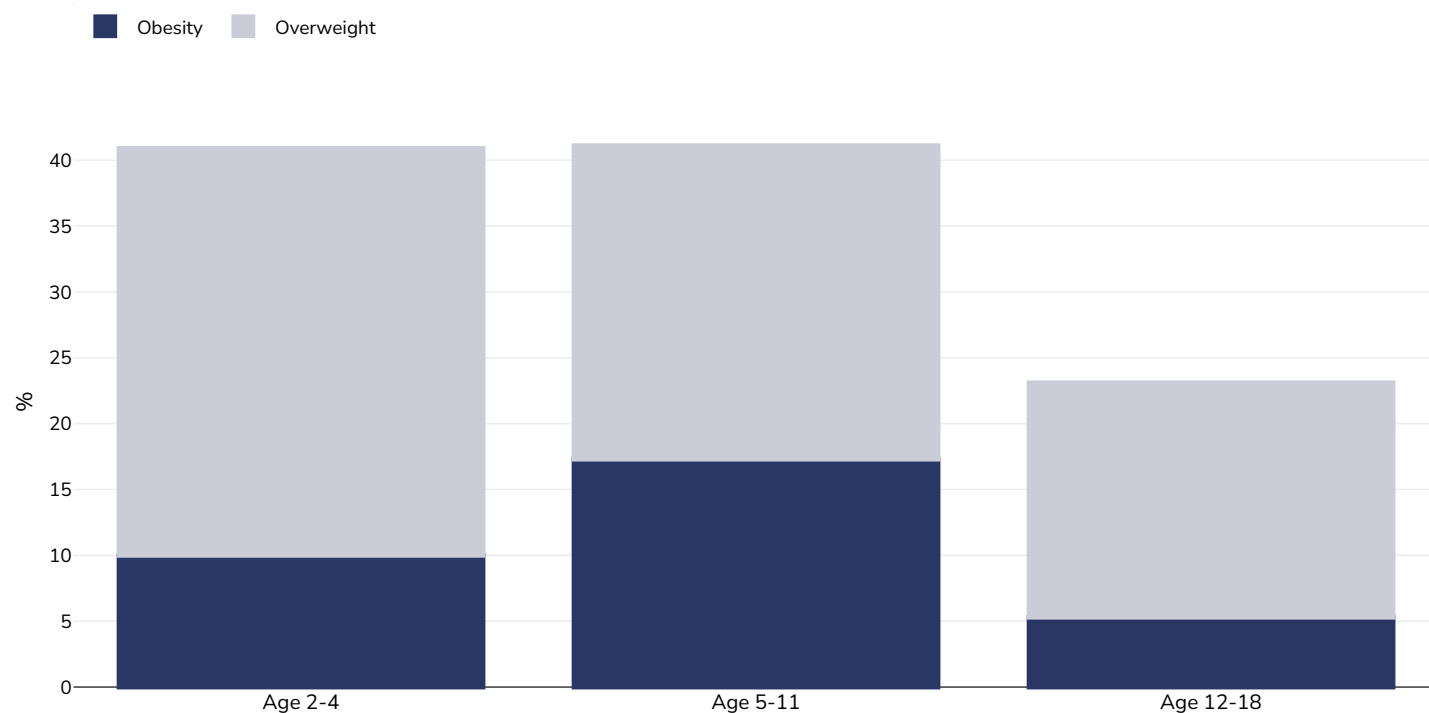
Children, 2015-2016



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, 2018



Survey type: Measured

Sample size: 385

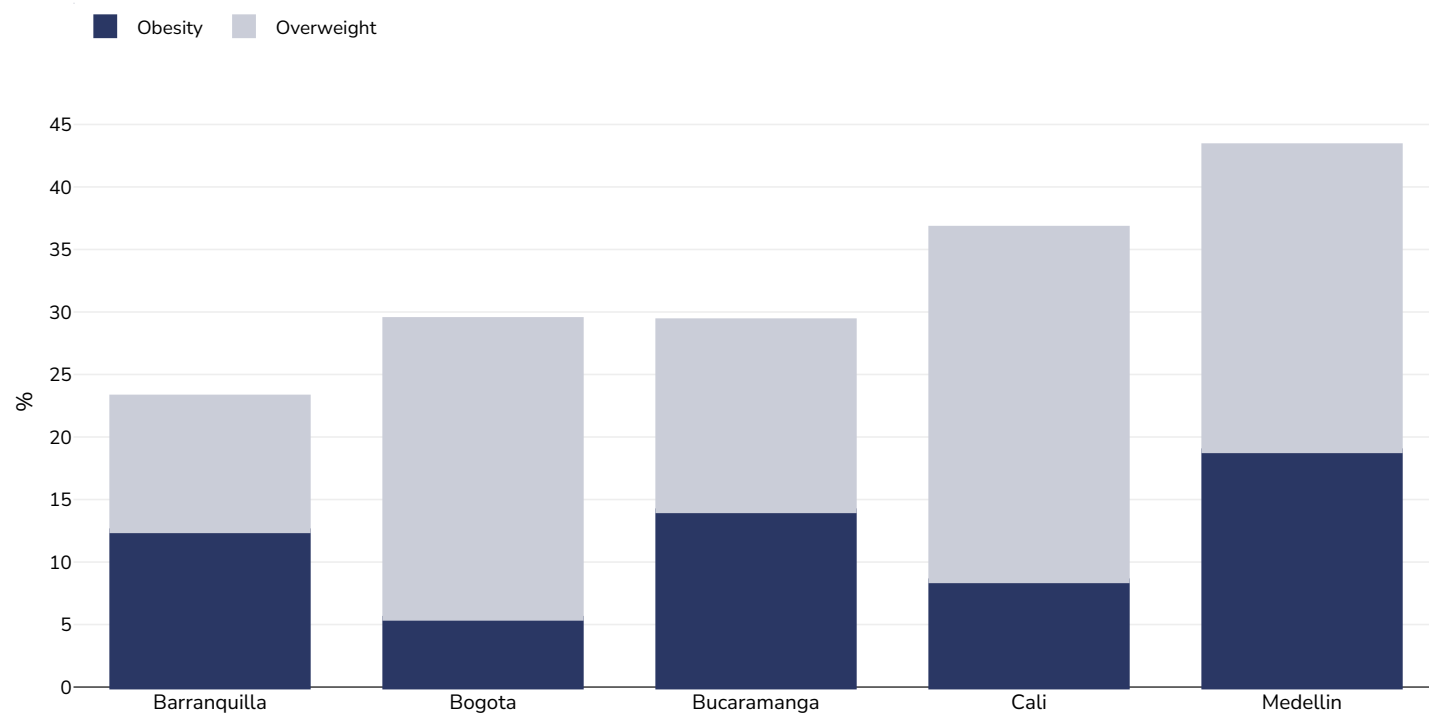
Area covered: Urban

References: Jimenez-Mora, Mario A et al. "Association of Overweight, Obesity and Abdominal Obesity with Socioeconomic Status and Educational Level in Colombia." Diabetes, metabolic syndrome and obesity : targets and therapy vol. 13 1887-1898. 3 Jun. 2020, doi:10.2147/DMSO.S244761

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Overweight/obesity by region

Children, 2018



Survey type: Measured

Age: 5-17

Sample size: 385

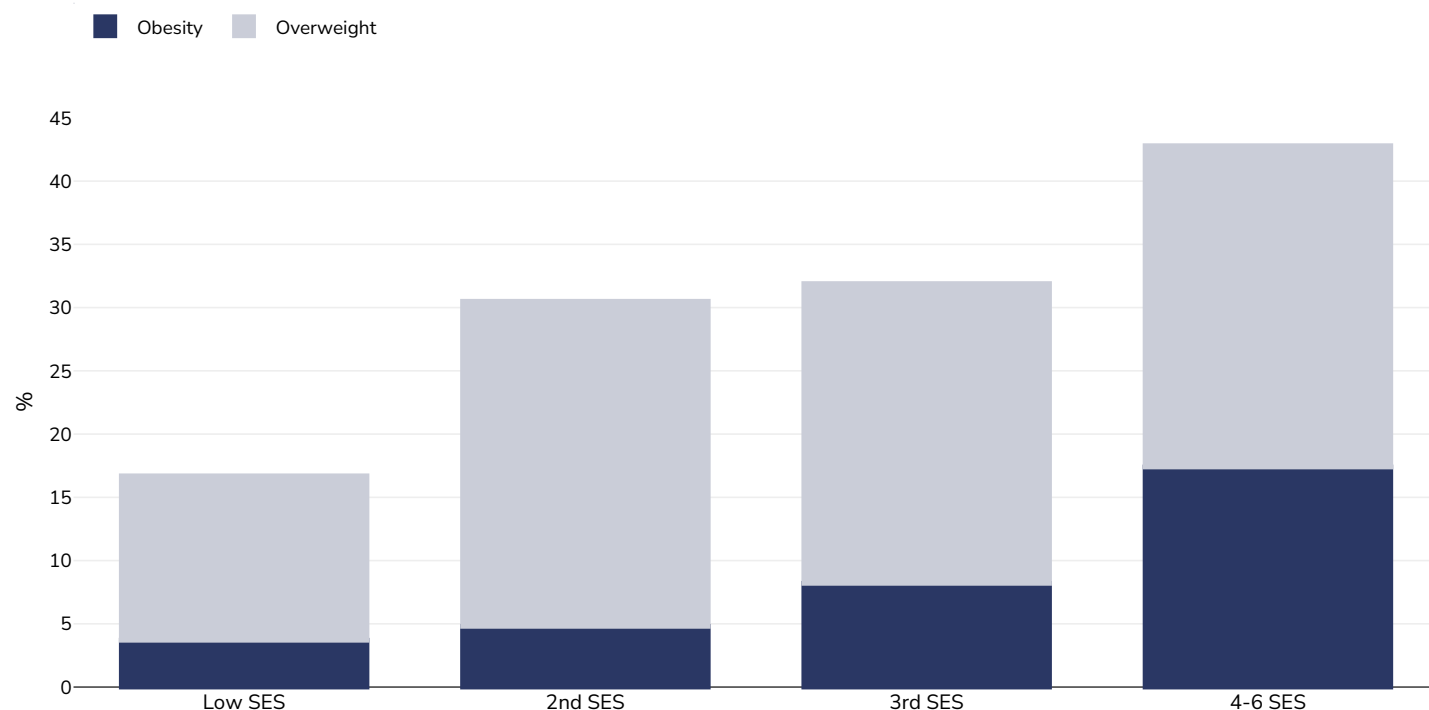
Area covered: Urban

References: Jimenez-Mora, Mario A et al. "Association of Overweight, Obesity and Abdominal Obesity with Socioeconomic Status and Educational Level in Colombia." Diabetes, metabolic syndrome and obesity : targets and therapy vol. 13 1887-1898. 3 Jun. 2020, doi:10.2147/DMSO.S244761

Notes: PLEASE NOTE SMALL SAMPLE SIZE Conflicting age ranges presented in paper. The Child data may be either 2-17 years or 5-17 years. It has been assumed 5-17 years, though author has been contacted to confirm. Cut offs. 25-59 months BMI for Age Z Score $>1 \leq 3$ for overweight, >3 Obesity 5-17 years BMI for Age Z Score $>1 \leq 2$ for overweight, > 2 Obesity

Overweight/obesity by socio-economic group

Children, 2018



Survey type: Measured

Age: 5-17

Sample size: 385

Area covered: Urban

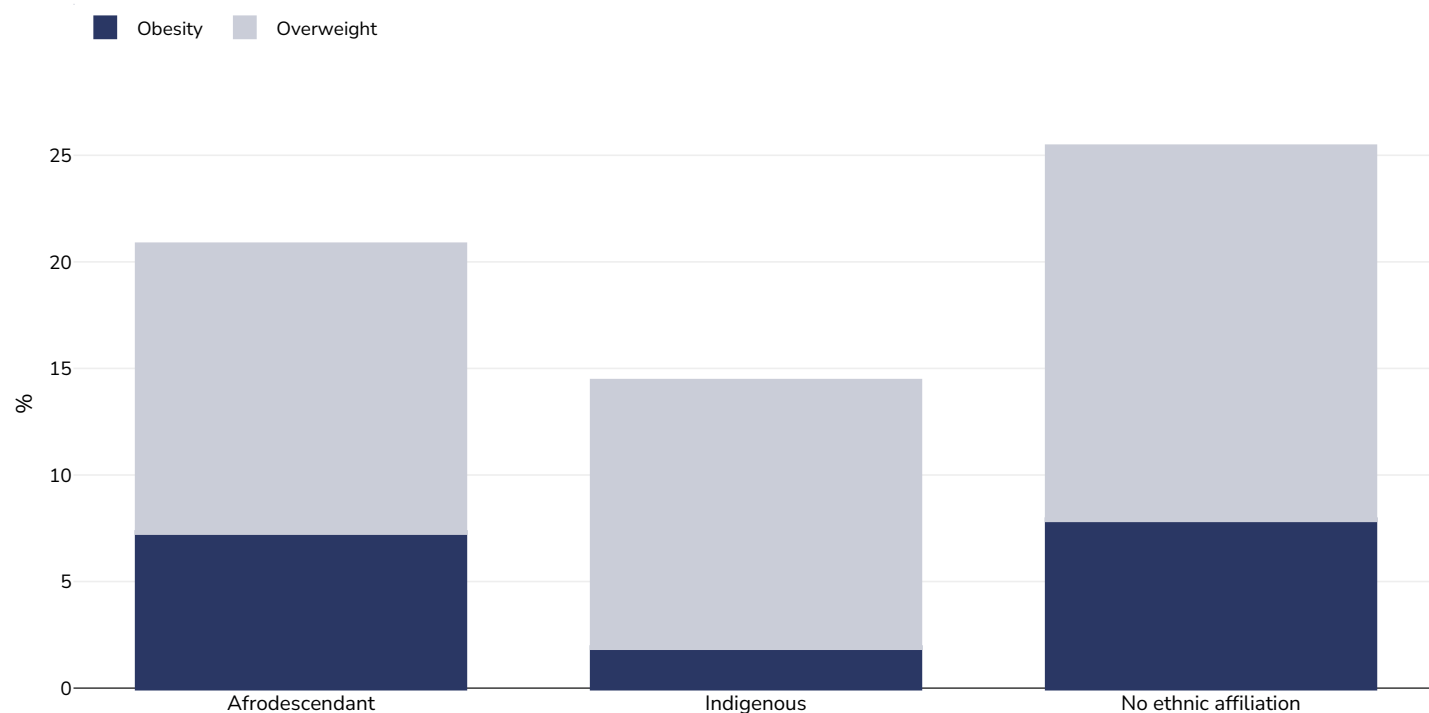
References: Jimenez-Mora, Mario A et al. "Association of Overweight, Obesity and Abdominal Obesity with Socioeconomic Status and Educational Level in Colombia." Diabetes, metabolic syndrome and obesity : targets and therapy vol. 13 1887-1898. 3 Jun. 2020, doi:10.2147/DMSO.S244761

Notes: PLEASE NOTE SMALL SAMPLE SIZE Conflicting age ranges presented in paper. The Child data may be either 2-17 years or 5-17 years. It has been assumed 5-17 years, though author has been contacted to confirm. Cut offs. 25-59 months BMI for Age Z Score $>1 \leq 3$ for overweight, >3 Obesity 5-17 years BMI for Age Z Score $>1 \leq 2$ for overweight, > 2 Obesity

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.

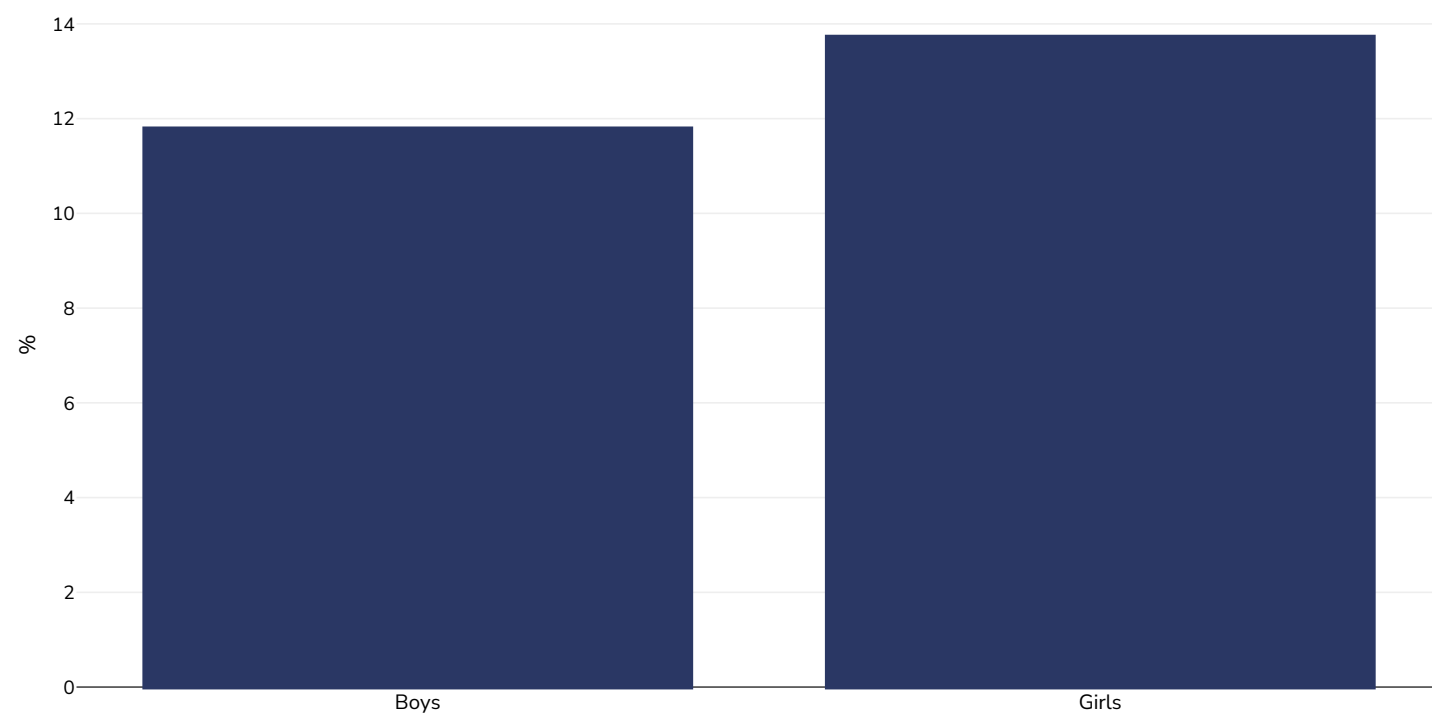
Children, 2015-2016



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 & overweight

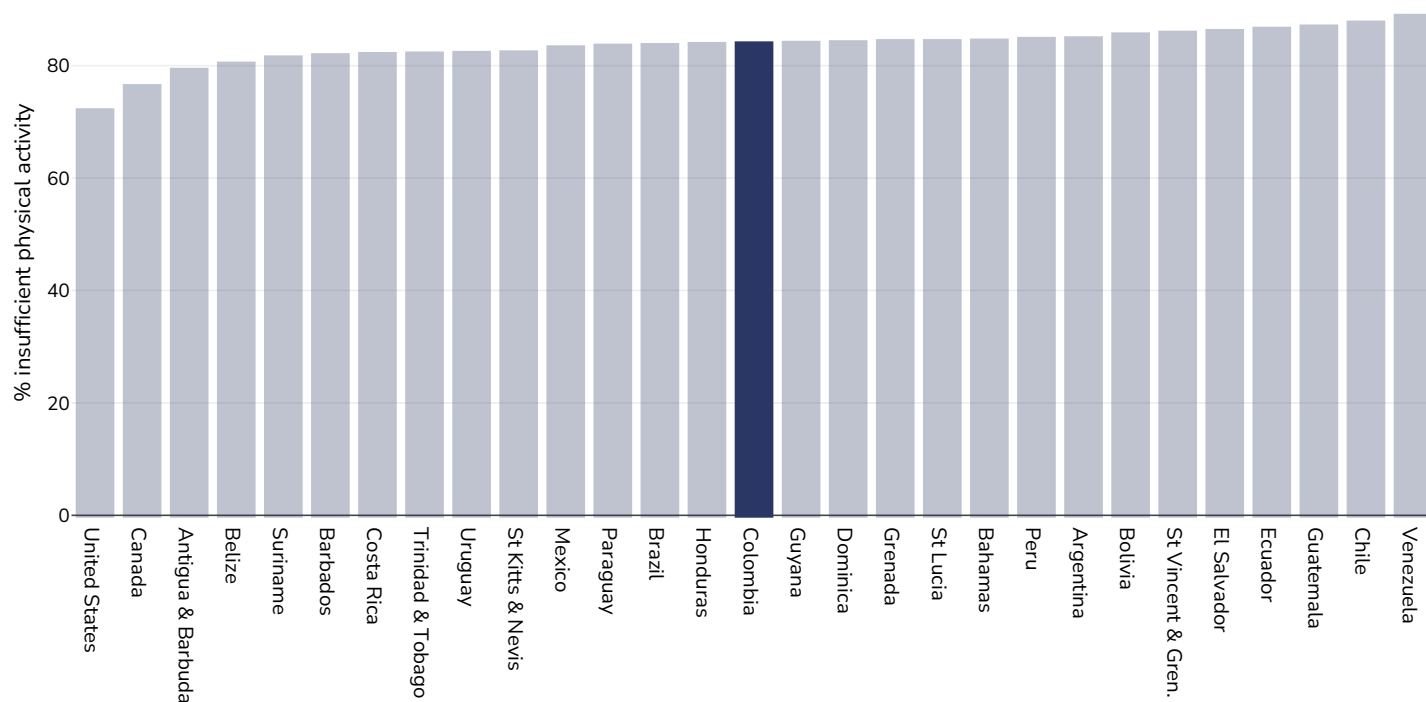
Children, 2022



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

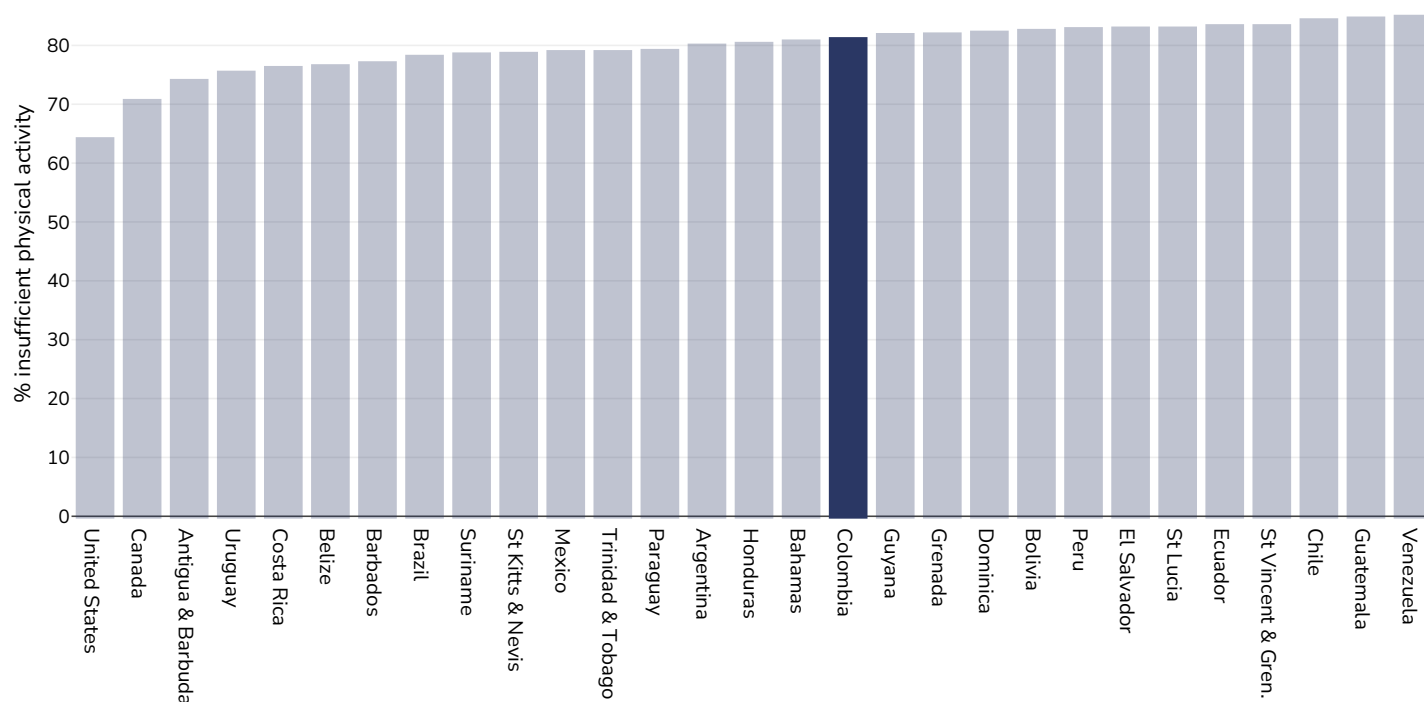
Age: 11-17

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

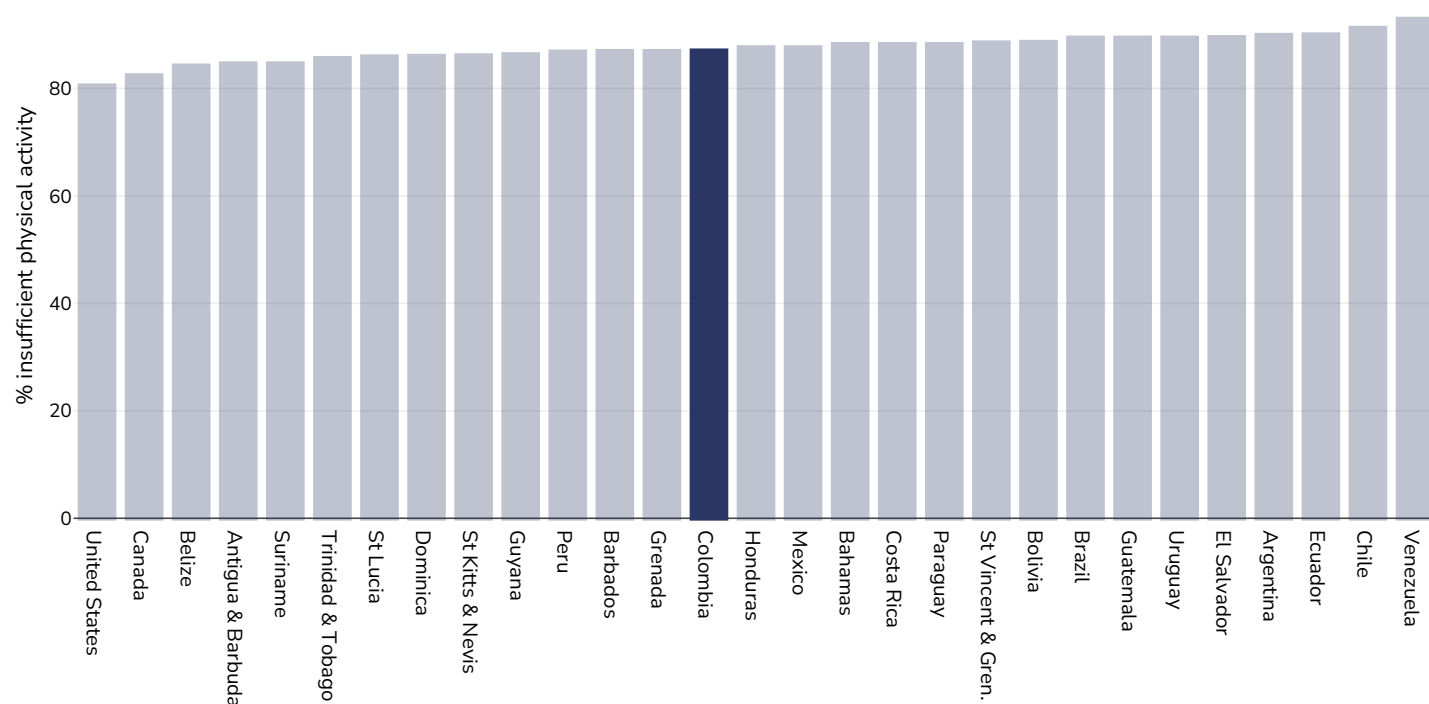
Age: 11-17

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

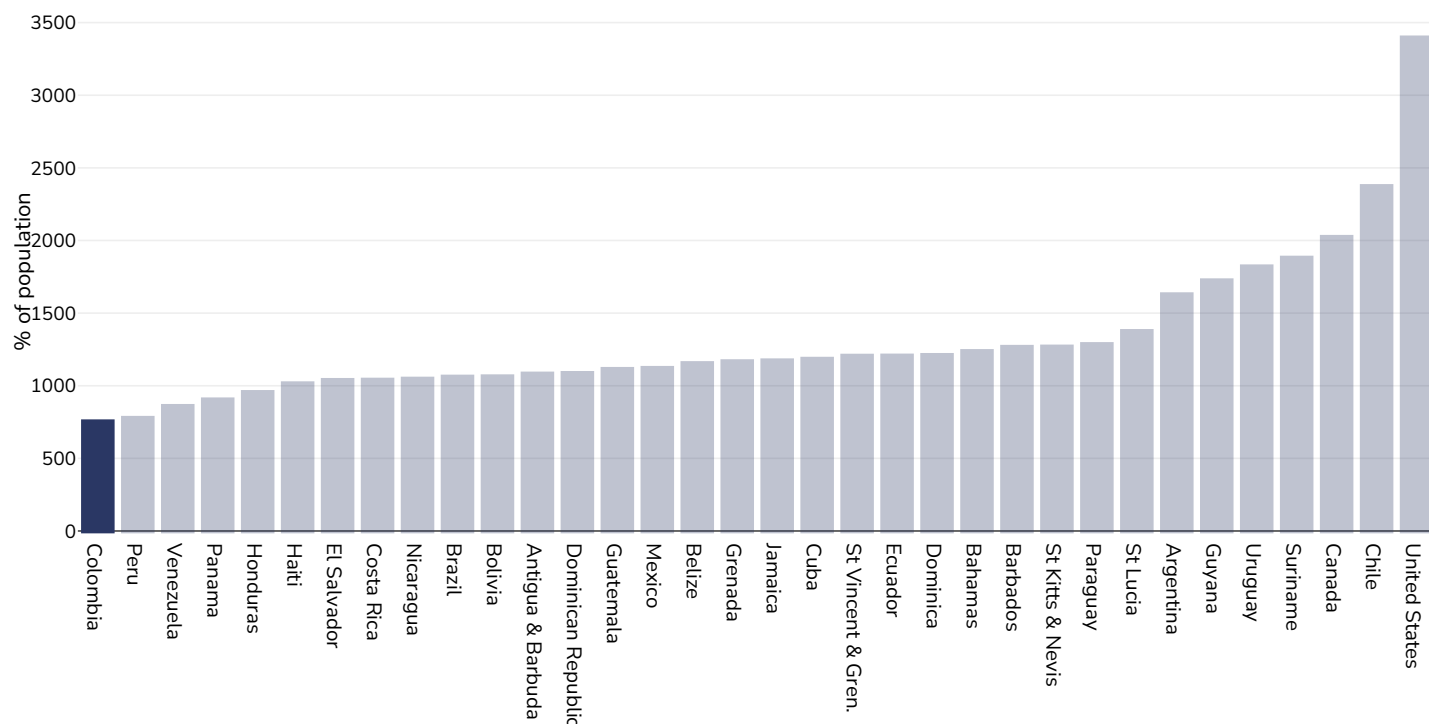
References: Global Health Observatory data repository, World Health Organisation, <https://apps.who.int/gho/data/node.main.A893ADO?lang=en> (last accessed 16.03.21)

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)

Mental health - depression disorders

Children, 2021



Area covered:

National

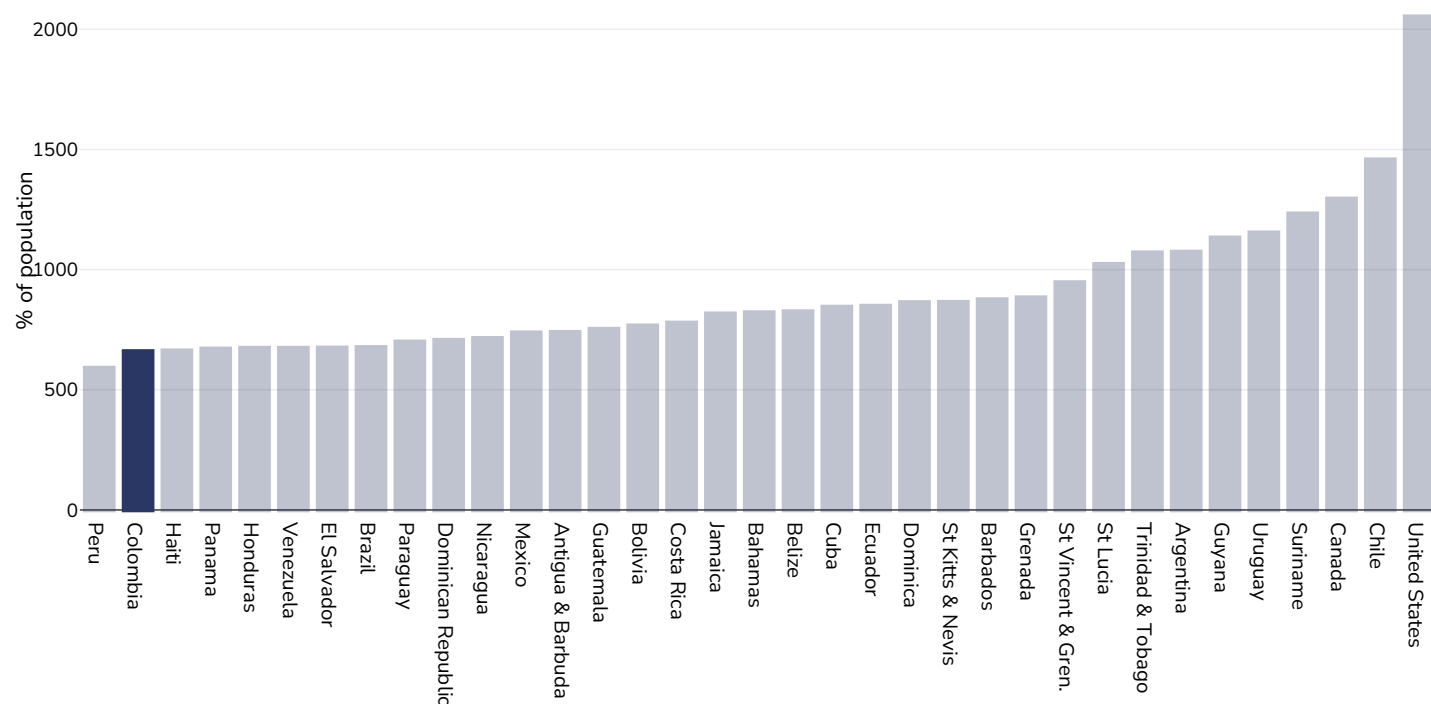
References:

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

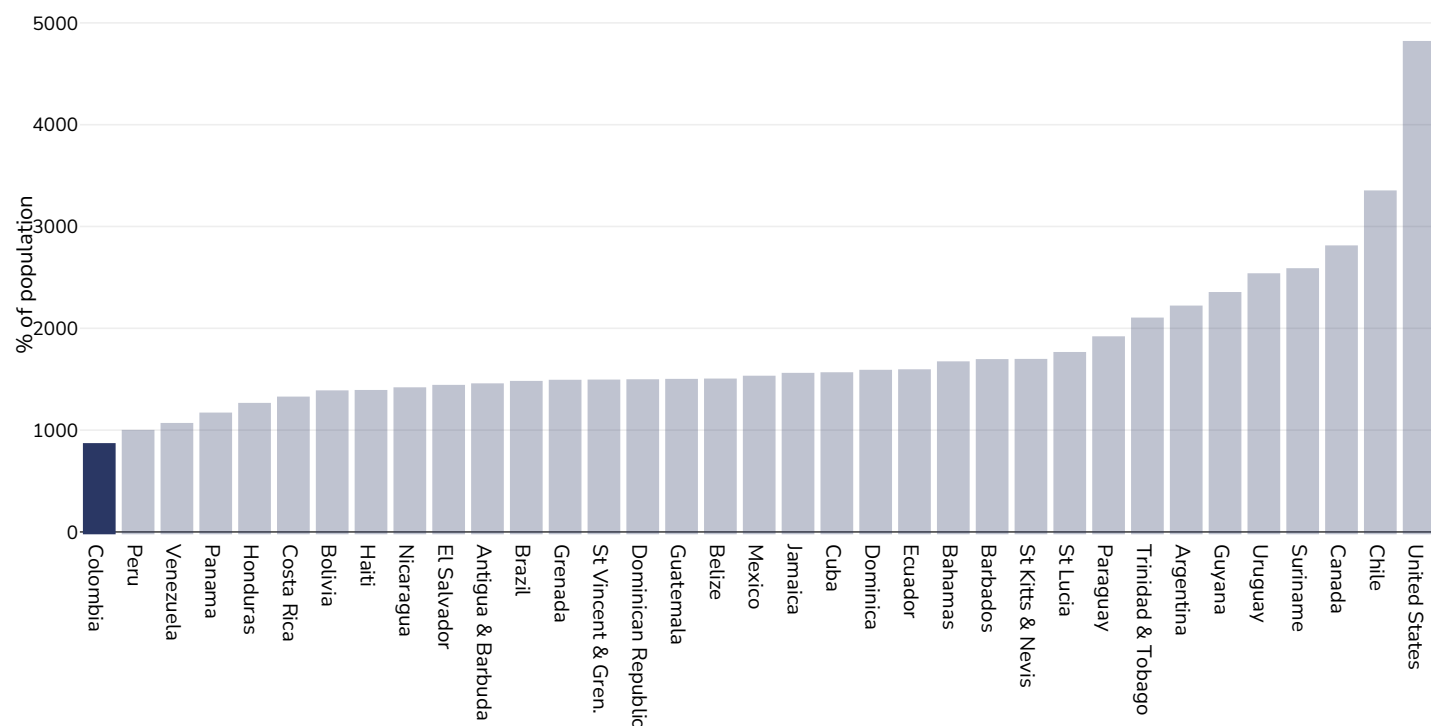
References:

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:

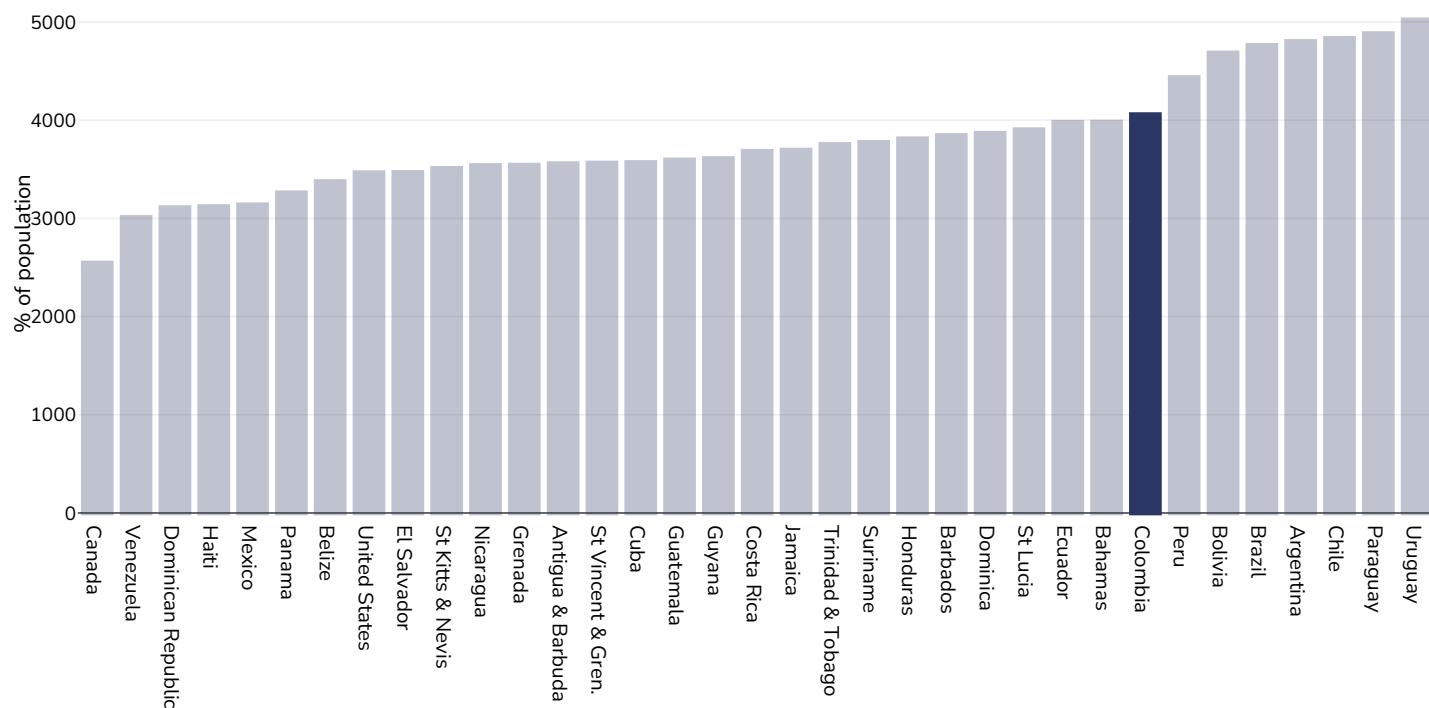
Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

Definitions:

Number living with depressive disorder per 100,000 population (Under 20 years of age)

Mental health - anxiety disorders

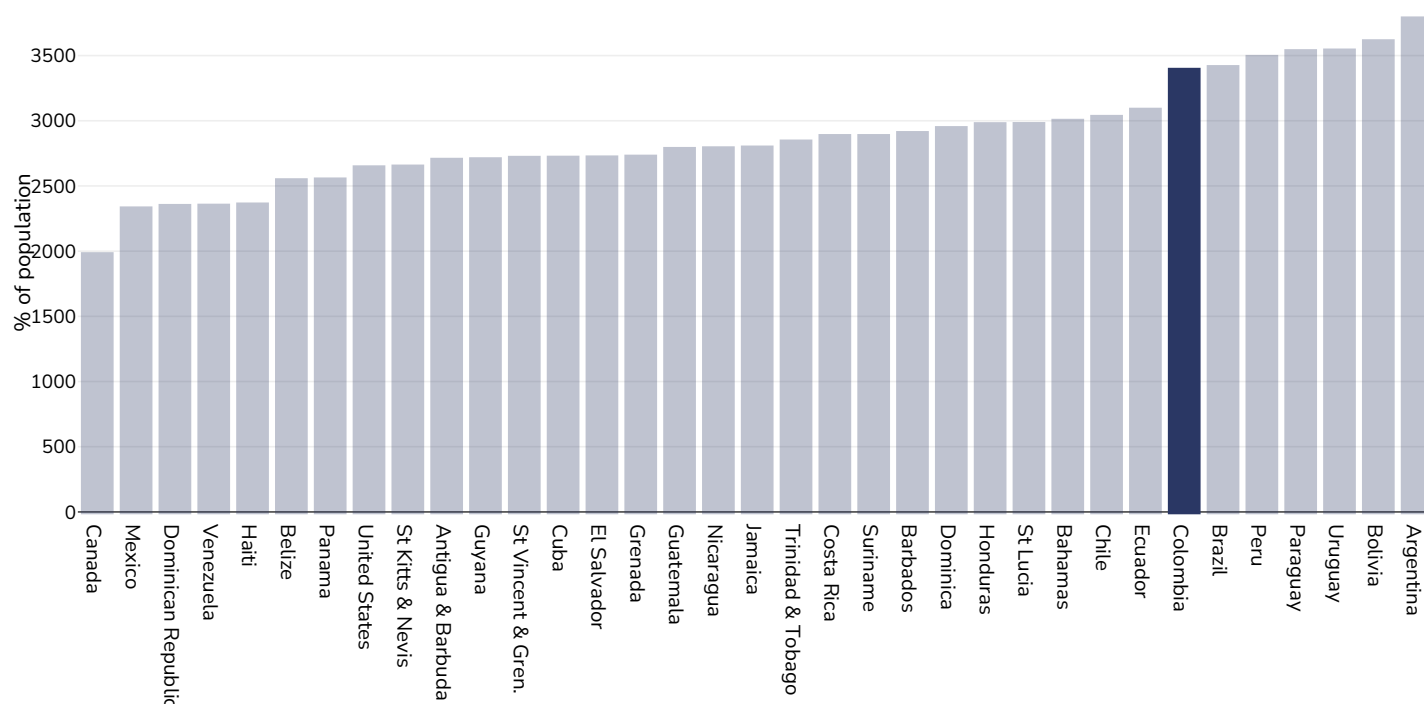
Children, 2021



References:

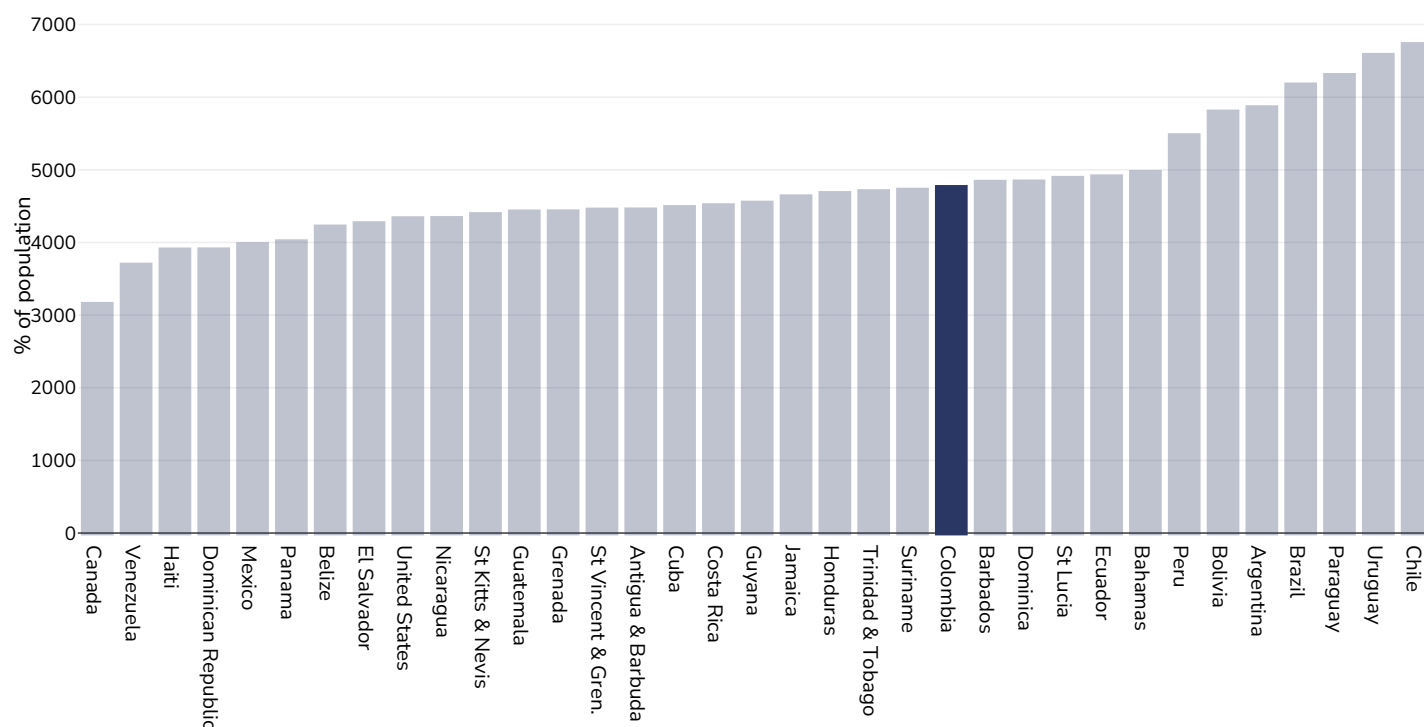
Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

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)

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