



Costa Rica



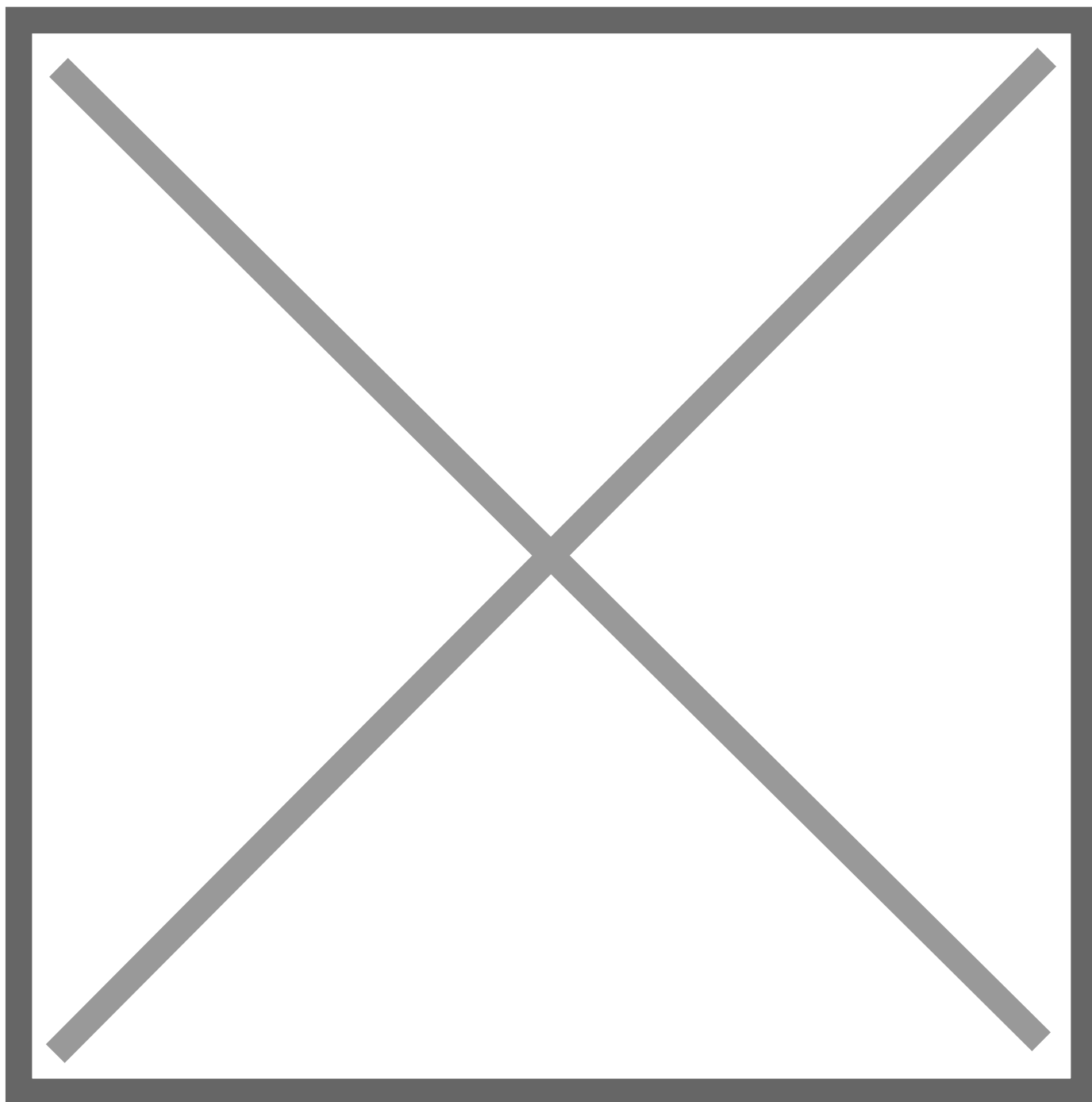
Country report card - children

This report card contains the latest data available on the GlobalObesityObservatory 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/costa-rica-49/>.

Förekomst av fetma

Barn, 2016

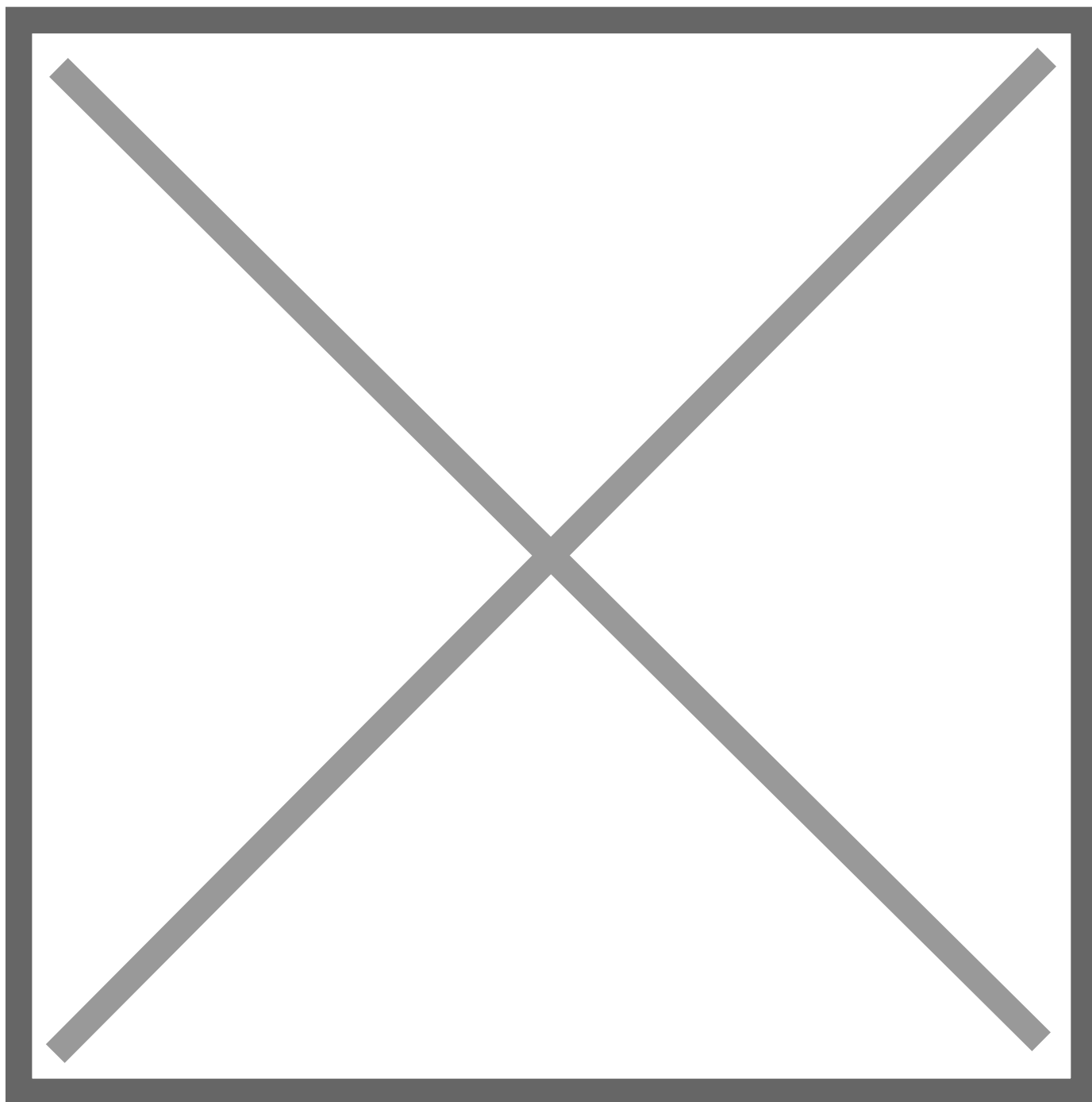


Undersökningstyp:	Uppmätt
Ålder:	6-12
Urvalsstorlek:	347366
Område som omfattas:	Nationell

Referenser:	Gamboa-Gamboa, T., Fantin, R., Cordoba, J., Caravaca, I., & Gmez-Duarte, I. (2021). Relationship between childhood obesity and socioeconomic status among primary school children in Costa Rica. Public Health Nutrition, 1-24. doi:10.1017/S1368980021002032 https://www.cambridge.org/core/journals/public-health-nutrition/article/abs/relationship-between-childhood-obesity-and-socioeconomic-status-among-primary-school-children-in-costa-rica/CF0EFAD6CA3F21C42695A675DA5C45A5 (Last accessed 18.05.21)
Anteckningar:	NB. Combined child data estimated. These estimates were calculated by weighting male and female survey results. Weighting based on World Bank Population % total female 2019 (https://data.worldbank.org/indicator/SP.POP.TOTL.FE.ZS - accessed 21.10.20)
Cutoffs:	WHO

Övervikt/fetma efter ålder

Barn, 2016



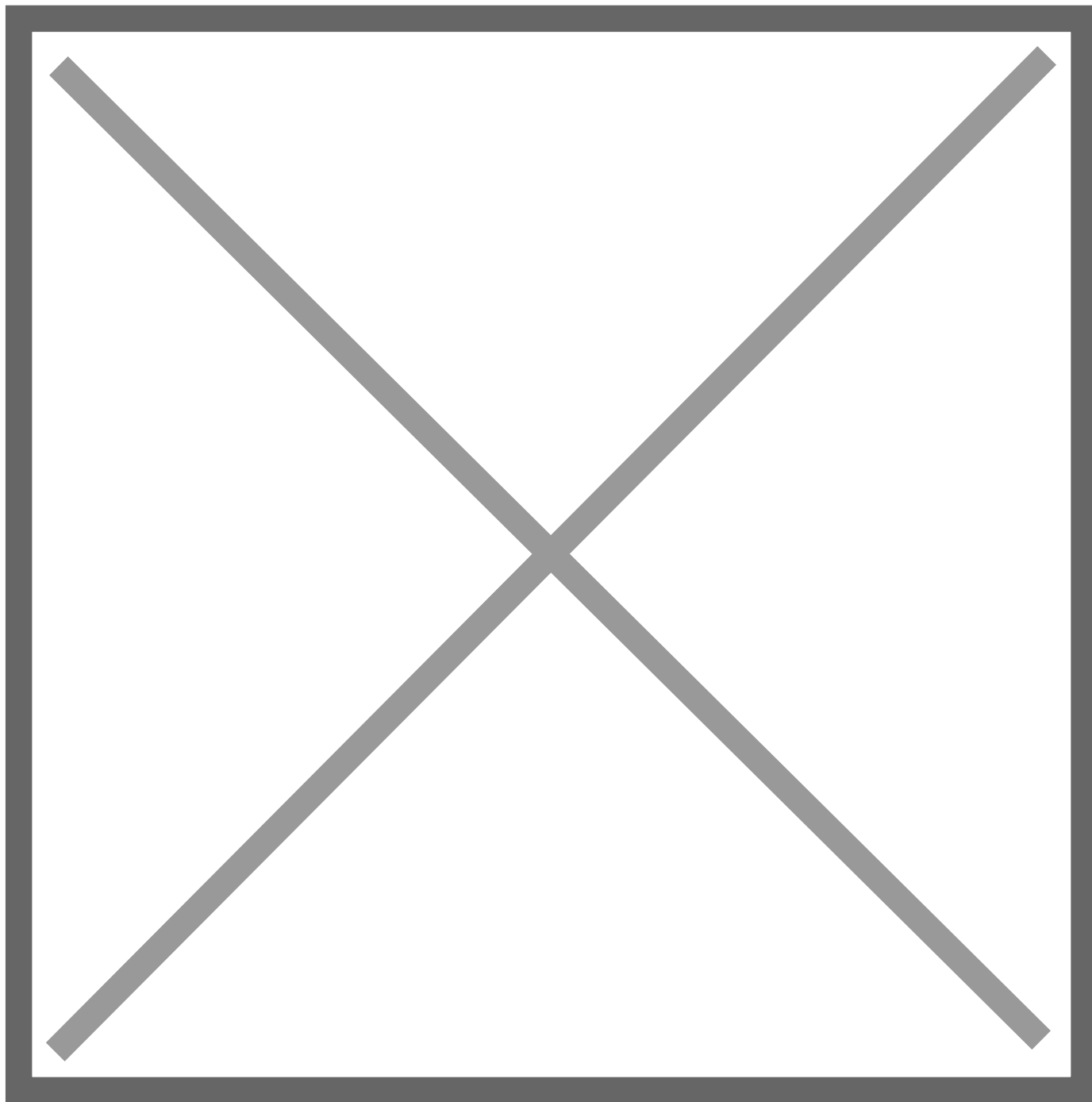
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Cutoffs: WHO

Övervikt/fetma efter ålder och region

Barn, 2016



Undersökningstyp:	Uppmätt
Ålder:	6-12
Urvalsstorlek:	347366

Område som omfattas:

Nationell

Referenser:

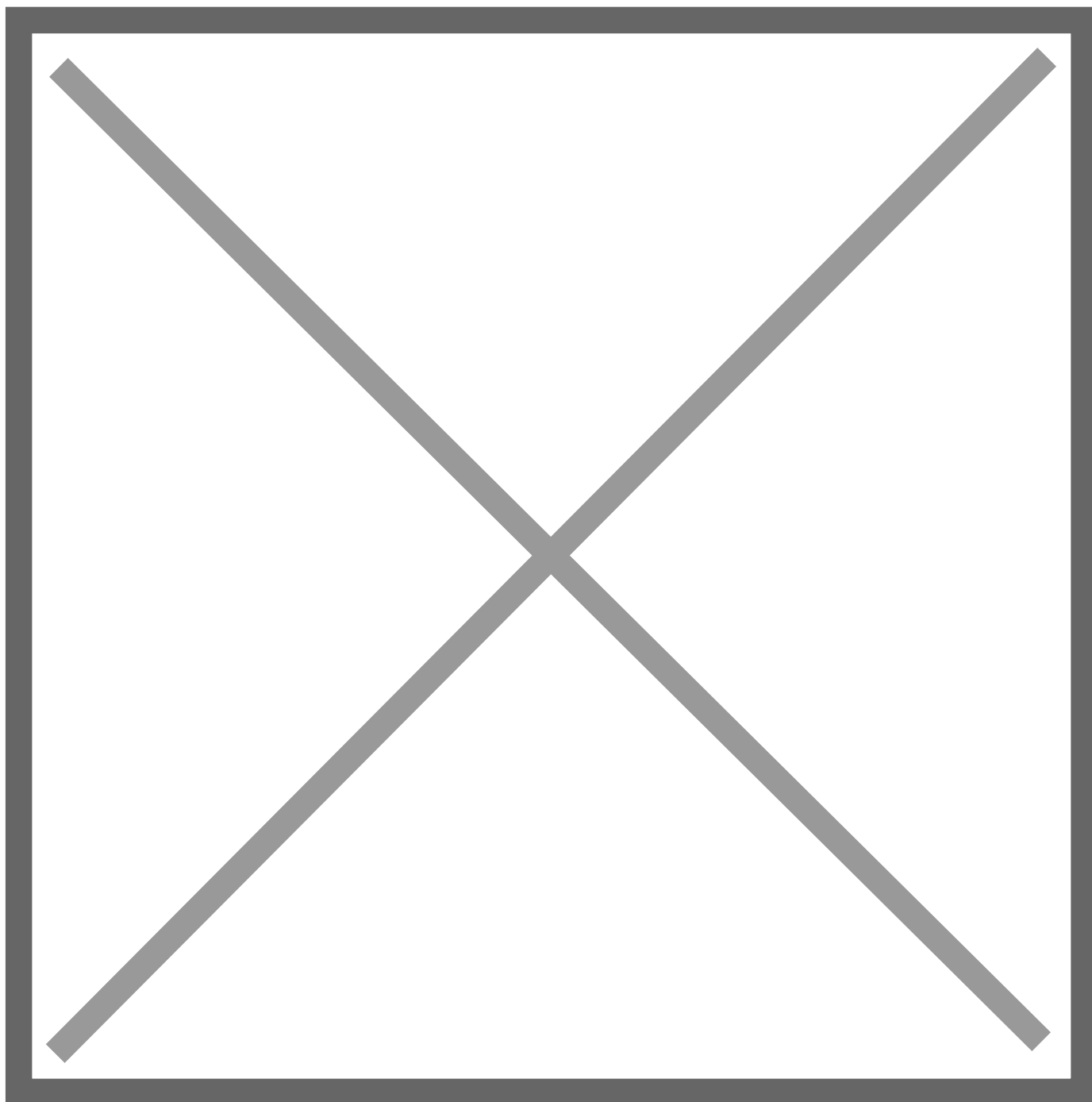
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Cutoffs:

WHO

Övervikt/fetma efter ålder och socioekonomisk grupp

Barn, 2016



Undersökningstyp:	Uppmätt
Ålder:	6-12
Urvalsstorlek:	347366

Område som omfattas:

Nationell

Referenser:

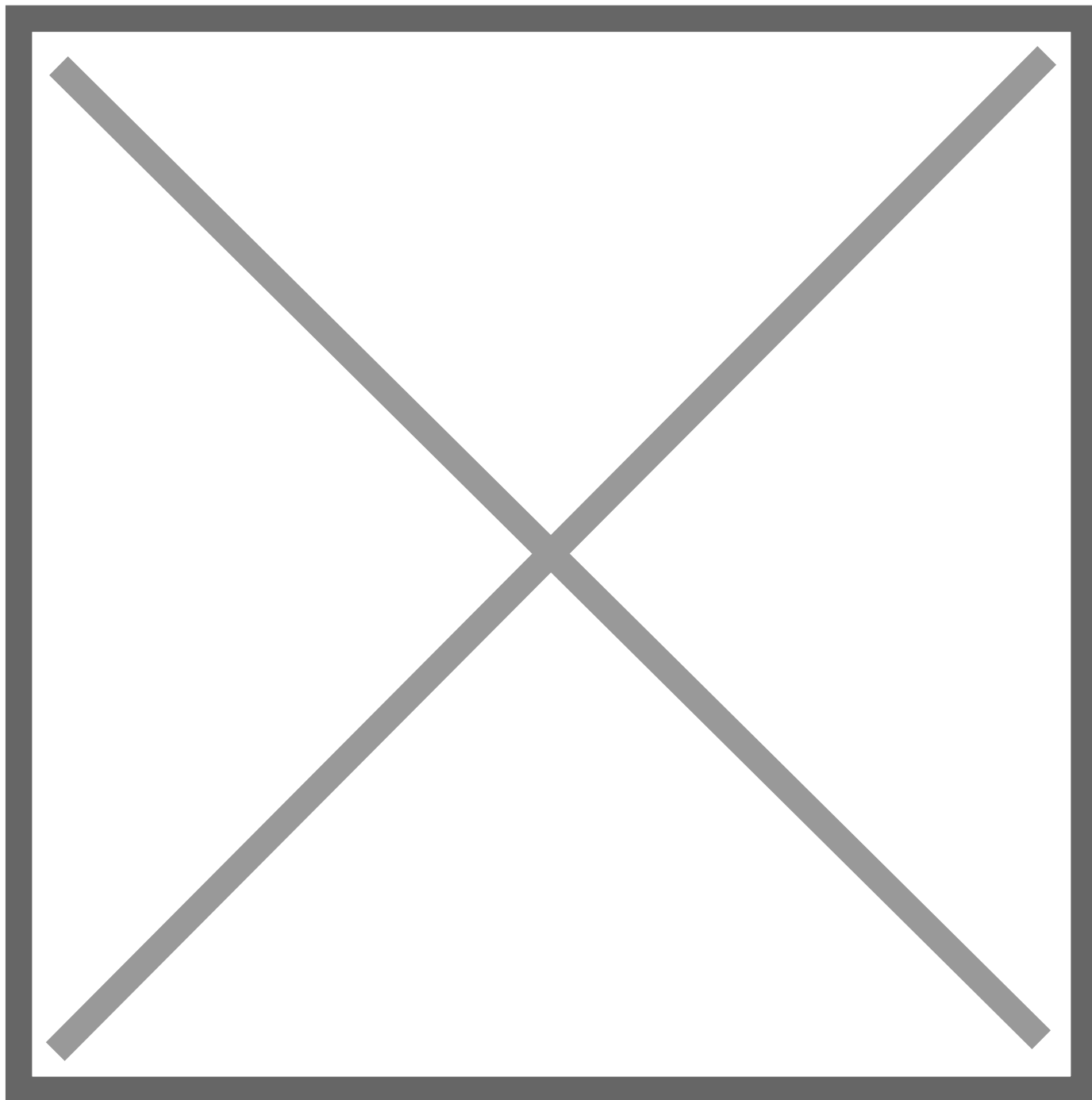
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Cutoffs:

WHO

Double burden of underweight & overweight

Barn, 2022



Undersökningstyp:

Uppmätt

Ålder:

5-19

Referenser:

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](https://doi.org/10.1016/S0140-6736(23)02750-2).

Anteckningar:

Age standardised estimates

**Definitioner
(endast
tillgängliga på
engelska):**

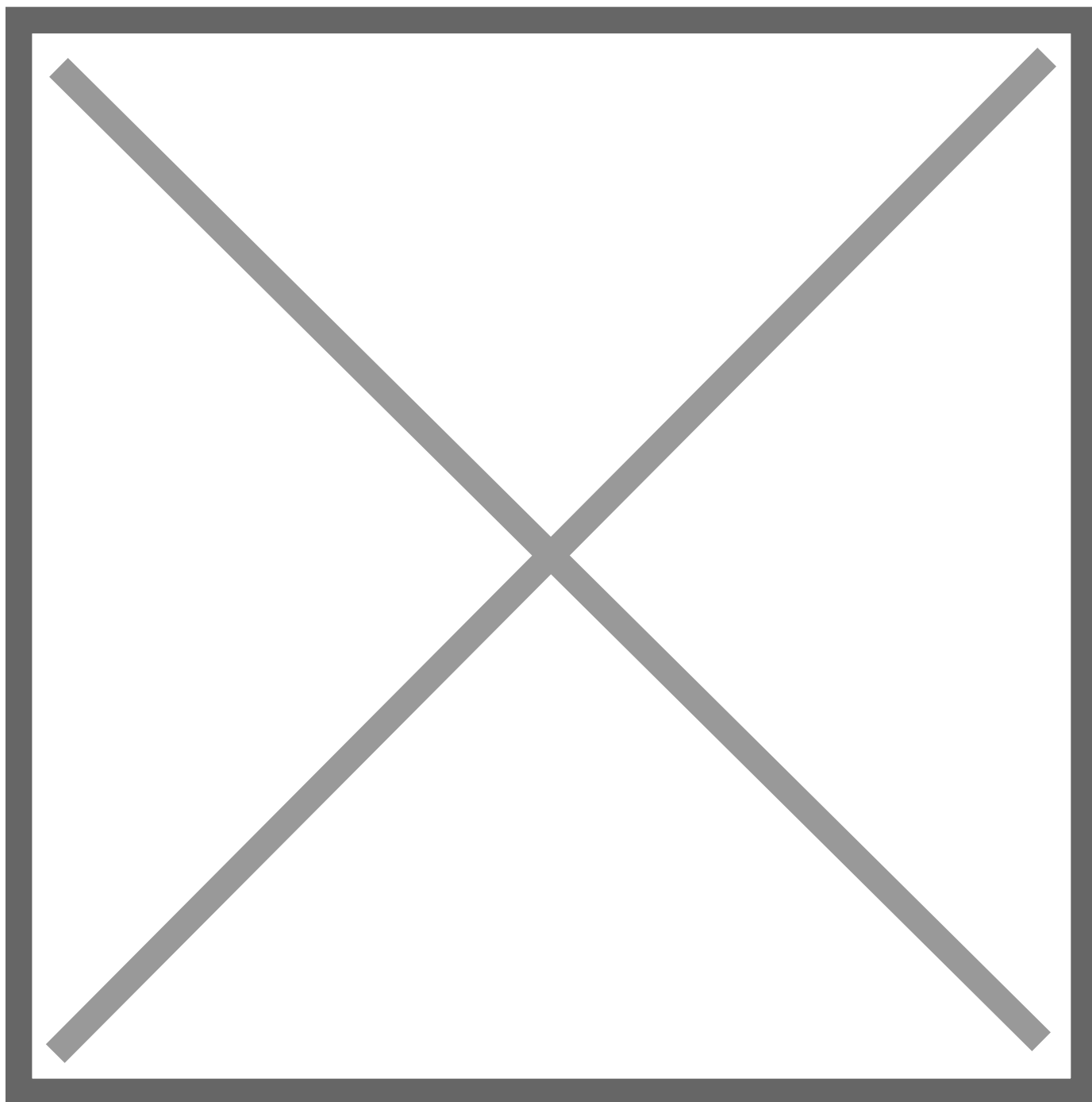
Combined prevalence of BMI < -2SD and BMI > 2SD (double burden of thinness and obesity)

Cutoffs:

BMI < -2SD and BMI > 2SD

Otillräcklig fysisk aktivitet

Barn, 2016



Undersökningstyp:

Egenanstltd

Ålder:

11-17

Referenser:

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

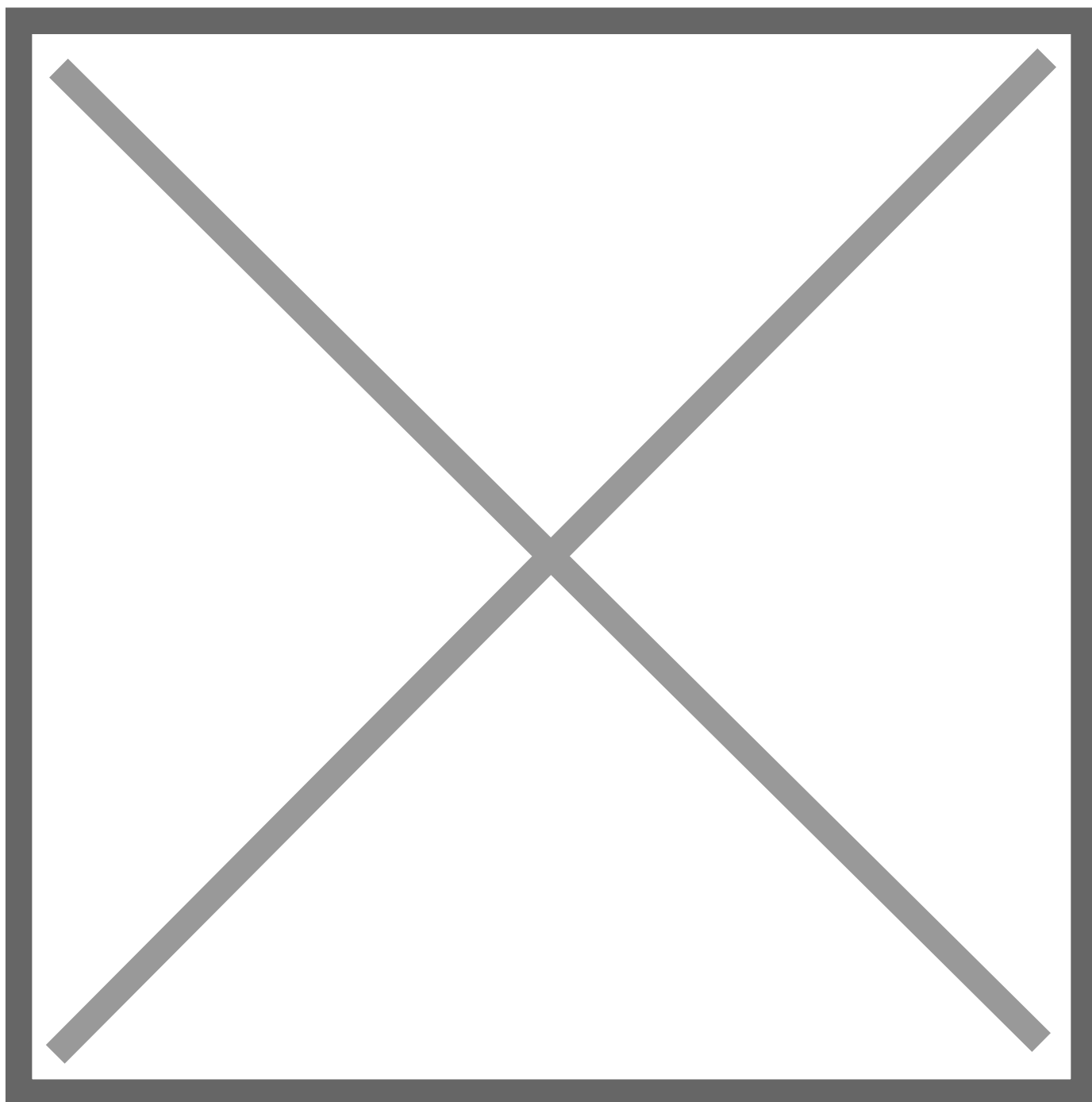
Anteckningar:

% 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.

**Definitioner
(endast
tillgängliga på
engelska):**

% Adolescents insufficiently active (age standardised estimate)

Pojkar, 2016

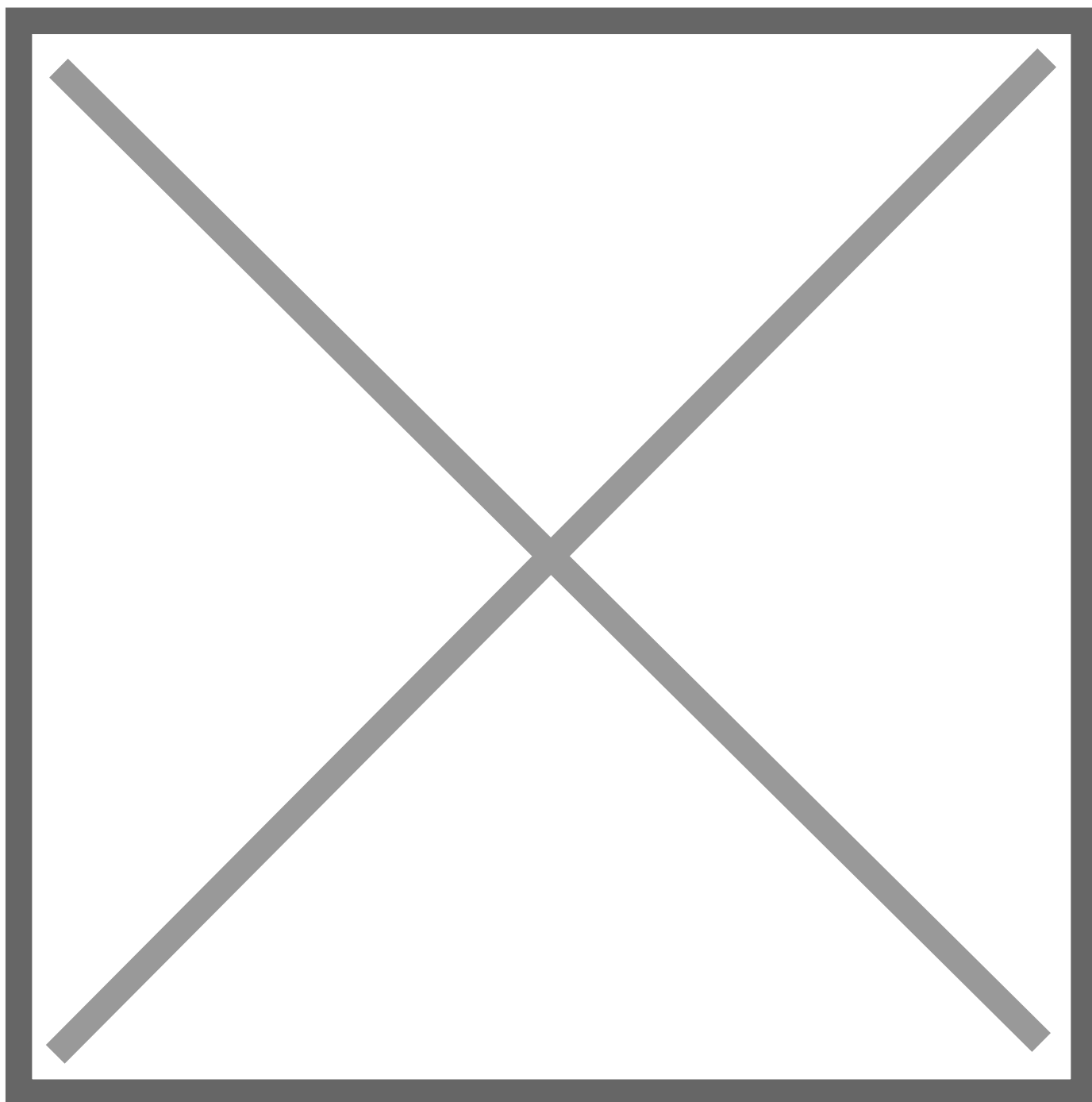


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Ålder:	11-17
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Definitioner
(endast
tillgängliga på
engelska):

% Adolescents insufficiently active (age standardised estimate)

Flickor, 2016



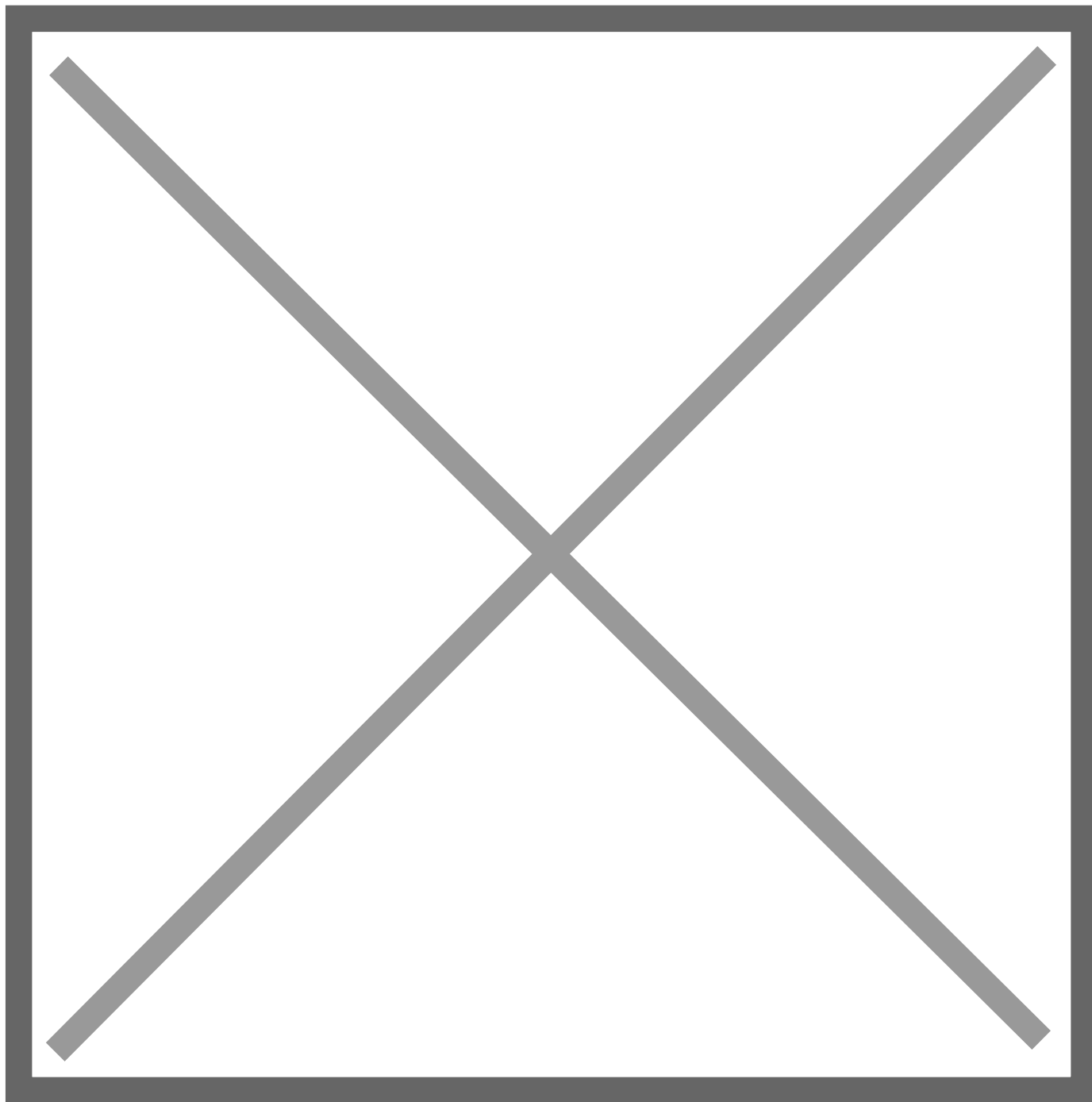
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Definitioner
(endast
tillgängliga på
engelska):

% Adolescents insufficiently active (age standardised estimate)

Genomsnittligt dagligt intag av kolsyrad läskedryck

Barn, 2009-2015



Undersökningstyp:

Uppmätt

Ålder:

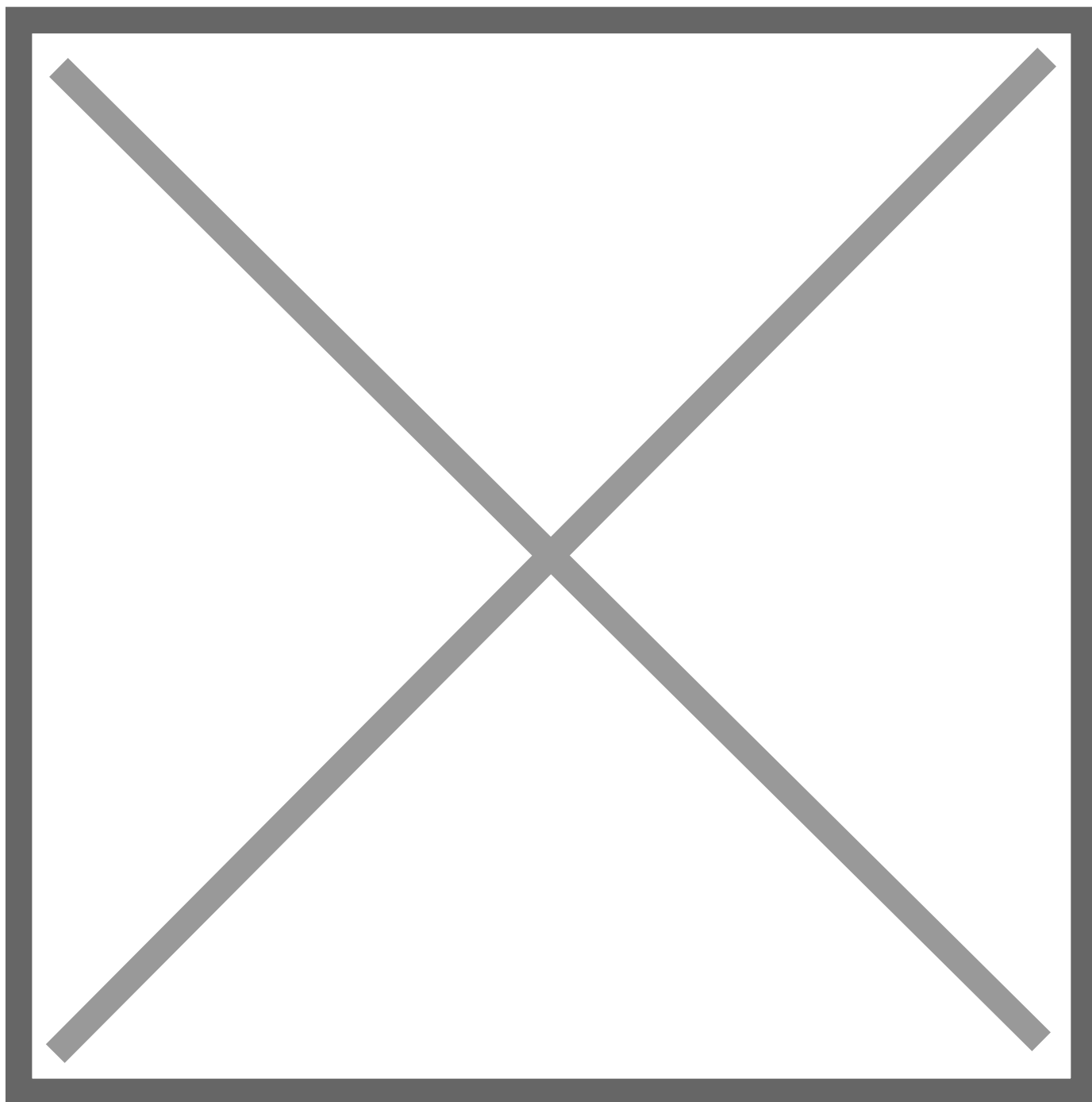
12-17

Referenser:

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>

Förekomst av mindre än daglig fruktkonsumtion

Barn, 2009



Undersökningstyp:

Egenanstltd

Ålder:

12-17

Område som
omfattas:

Nationell

Referenser:

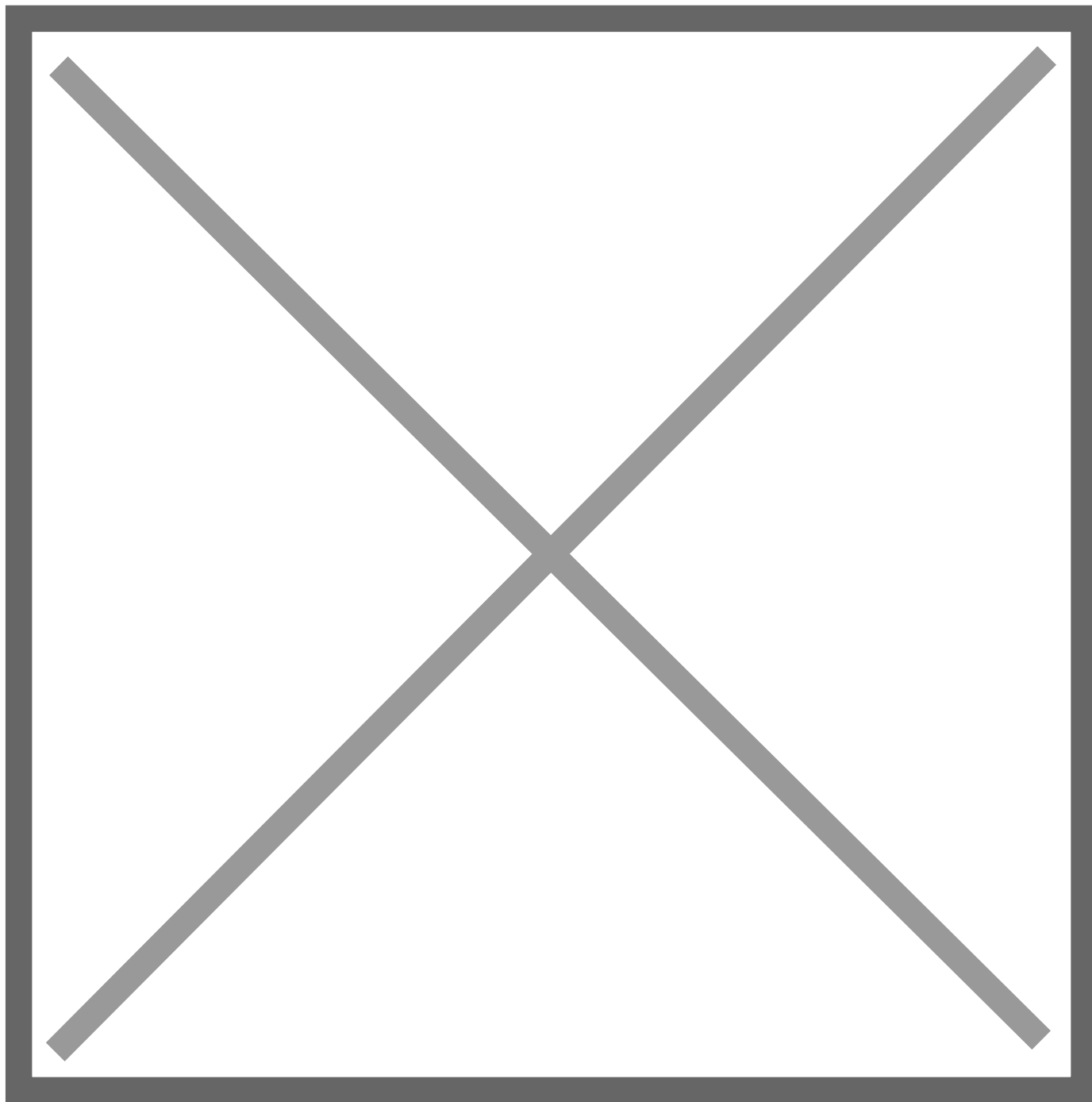
Global School-based Student Health Surveys. Beal et al (2019). Global Patterns of Adolescent Fruit, Vegetable, Carbonated Soft Drink, and Fast-food consumption: A meta-analysis of global school-based student health surveys. Food and Nutrition Bulletin. <https://doi.org/10.1177/0379572119848287>. Sourced from Food Systems Dashboard <http://www.foodsystemsdashboard.org/food-system>

**Definitioner
(endast
tillgängliga på
engelska):**

Prevalence of less-than-daily fruit consumption (% less-than-daily fruit consumption)

Förekomst av mindre än daglig konsumtion av grönsaker

Barn, 2009



Undersökningstyp:

Egenanstltd

Ålder:

12-17

Område som
omfattas:

Nationell

Referenser:

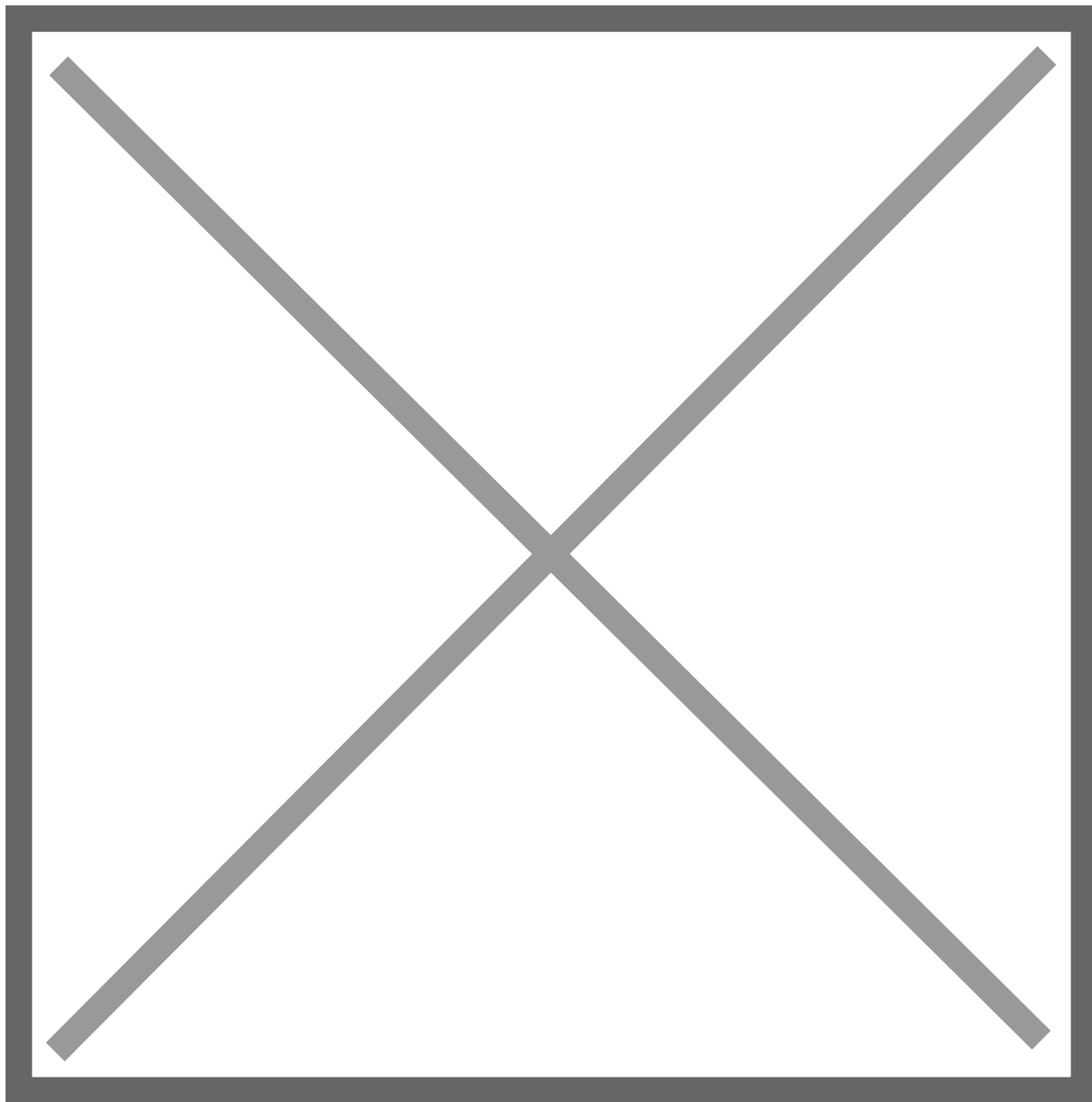
Beal et al. (2019). Global Patterns of Adolescent Fruit, Vegetable, Carbonated Soft Drink, and Fast-food consumption: A meta-analysis of global school-based student health surveys. Food and Nutrition Bulletin. <https://doi.org/10.1177/0379572119848287> sourced from Food Systems Dashboard <http://www.foodsystemsdashboard.org/food-system>

**Definitioner
(endast
tillgängliga på
engelska):**

Prevalence of less-than-daily vegetable consumption (% less-than-daily vegetable consumption)

Genomsnittligt veckovist intag av snabbmat

Barn, 2009-2015



Ålder:

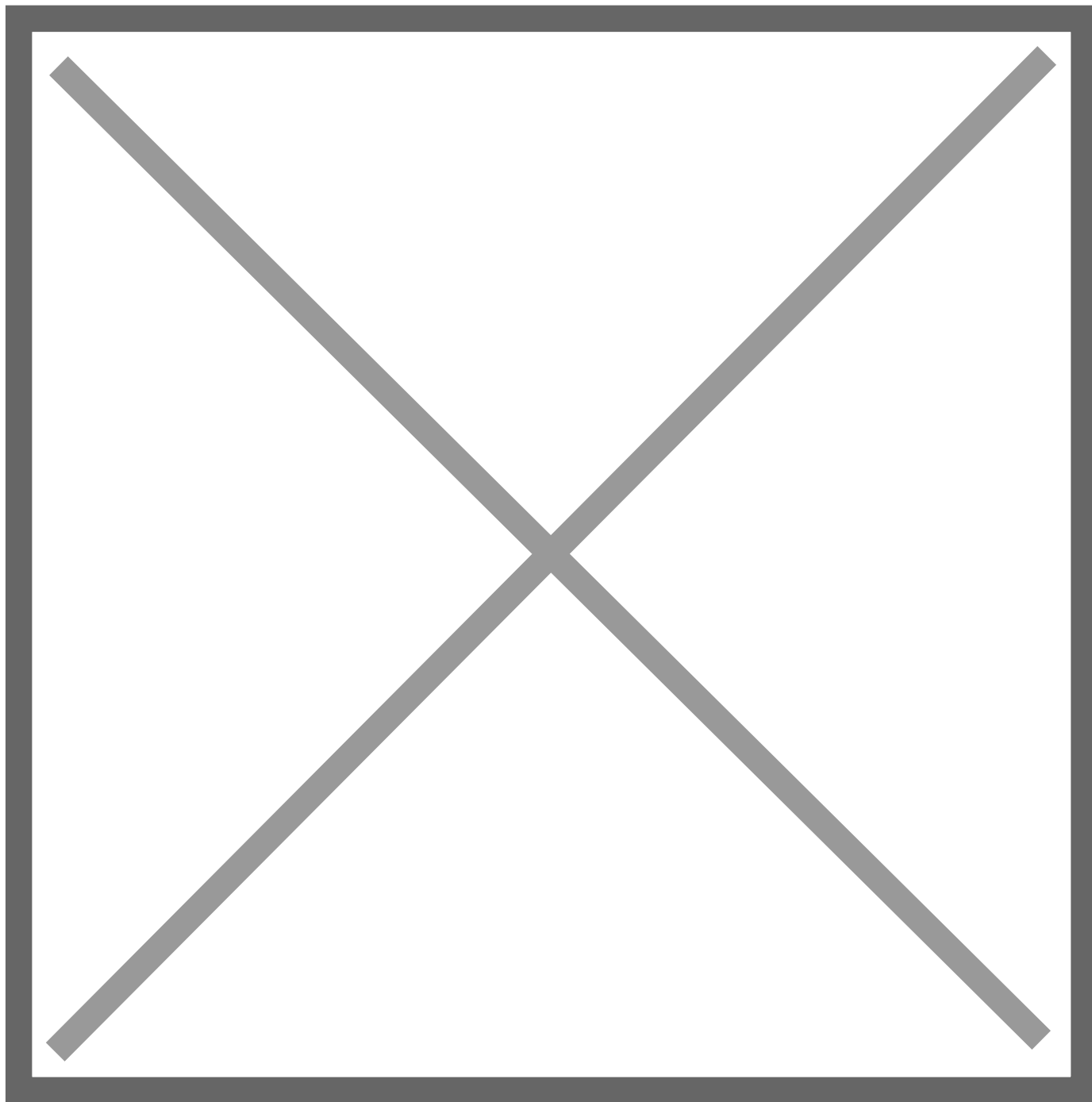
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Psykisk hälsa - depression

Barn, 2021



Område som
omfattas:

Nationell

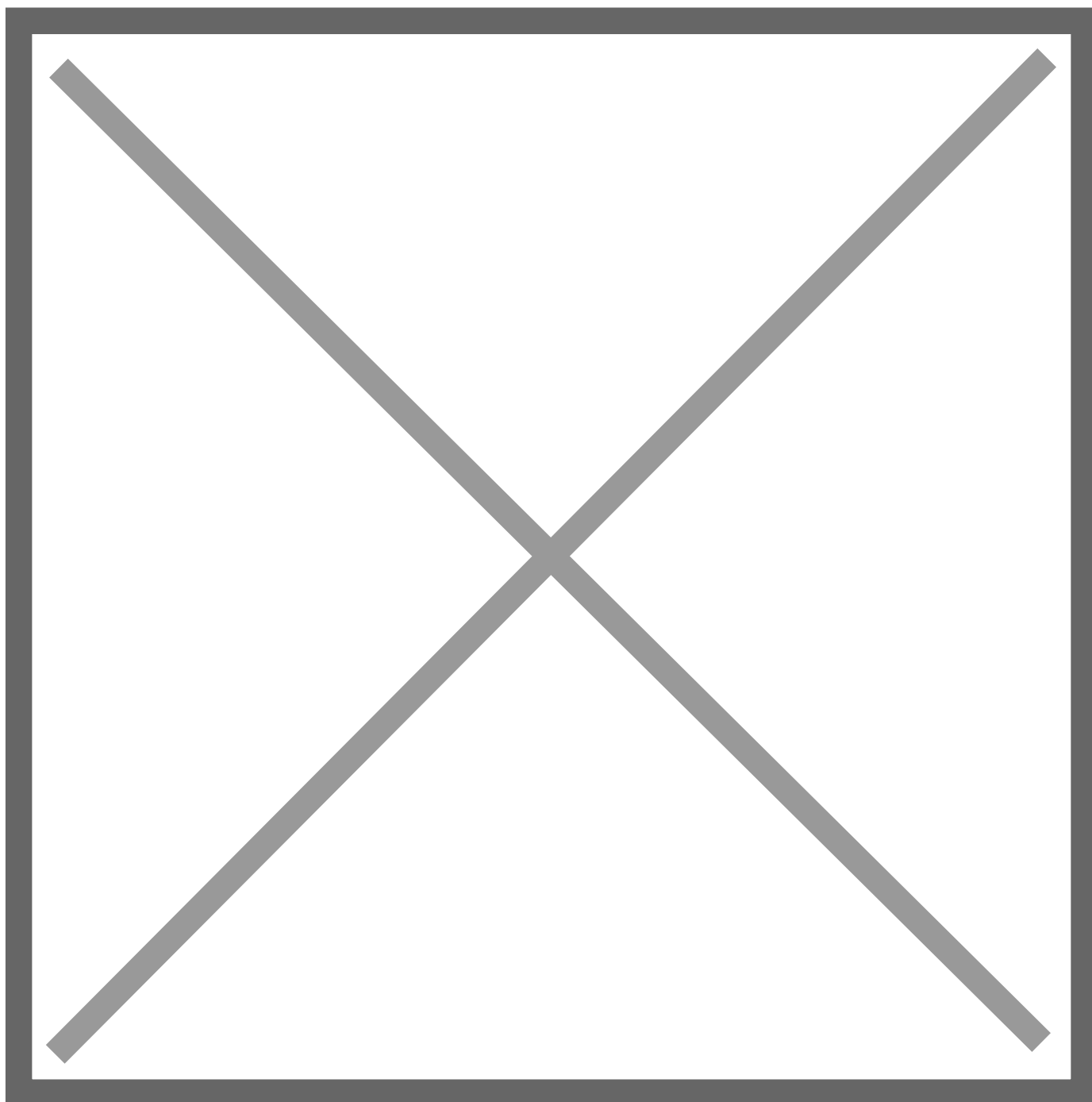
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Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed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

**Definitioner
(endast
tillgängliga
på engelska):**

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

Pojkar, 2021



Område som
omfattas:

Nationell

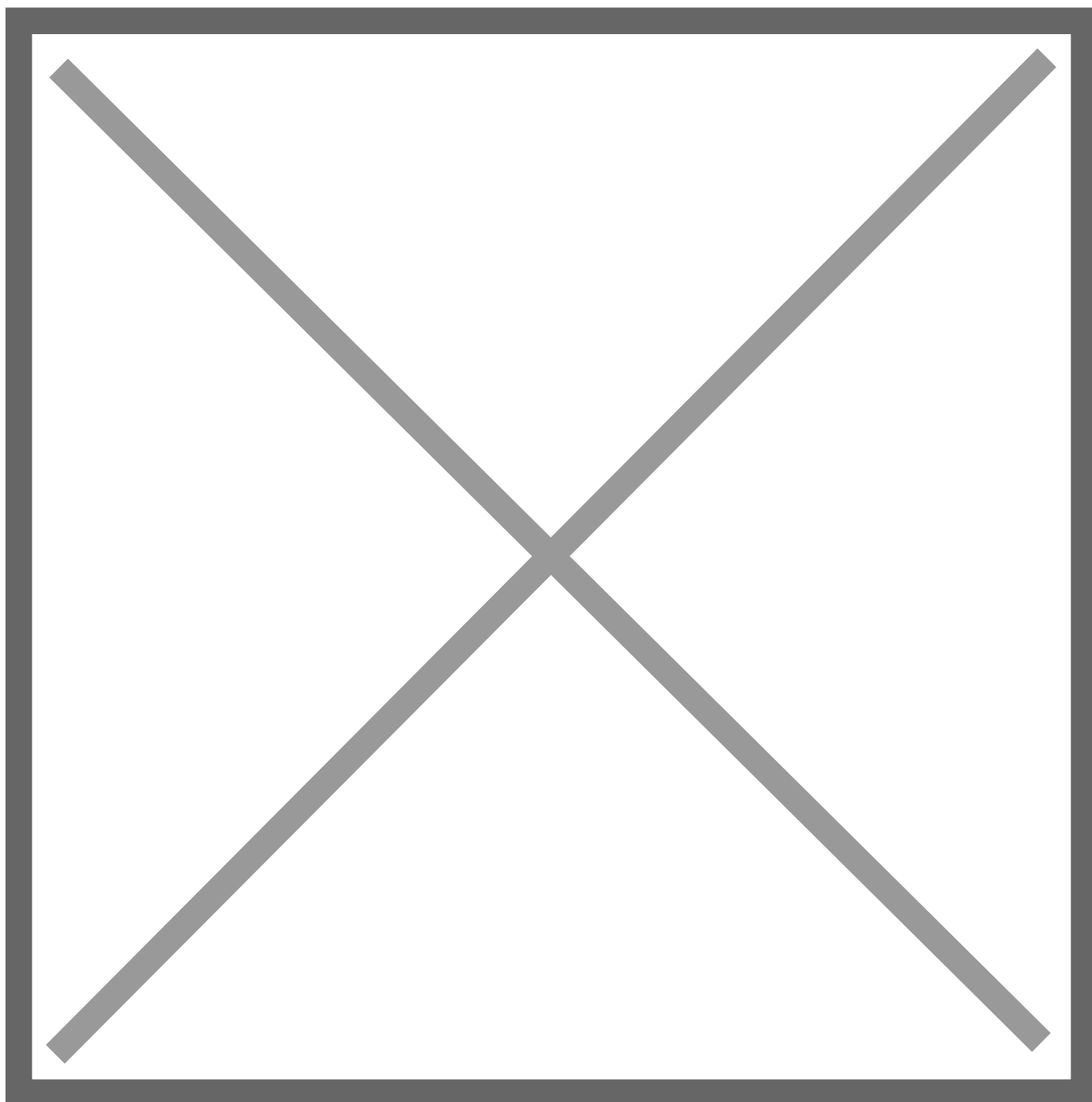
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Number living with depressive disorder per 100,000 population (Under 20 years of age)

Flickor, 2021



**Område som
omfattas:**

Nationell

Referenser:

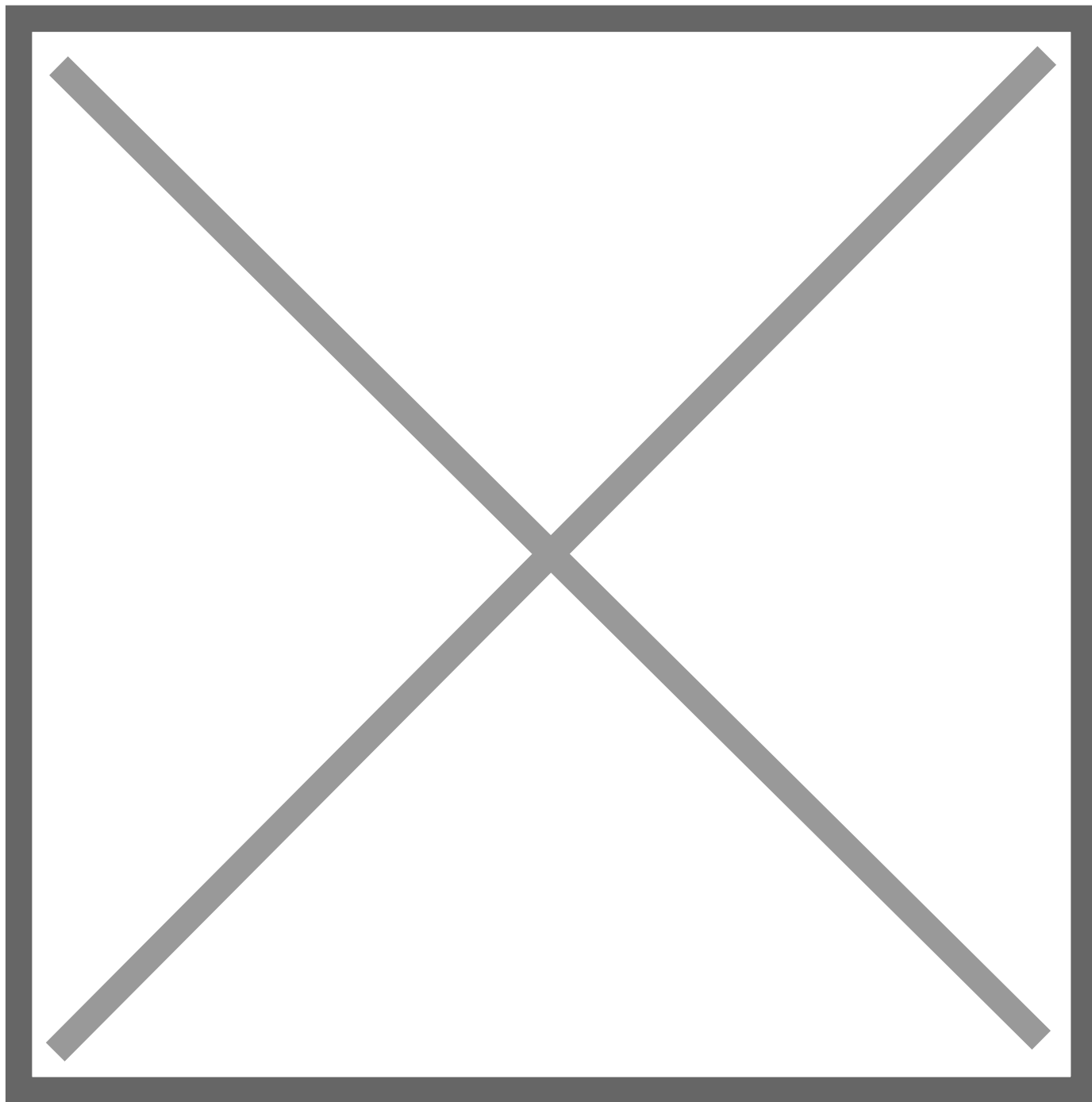
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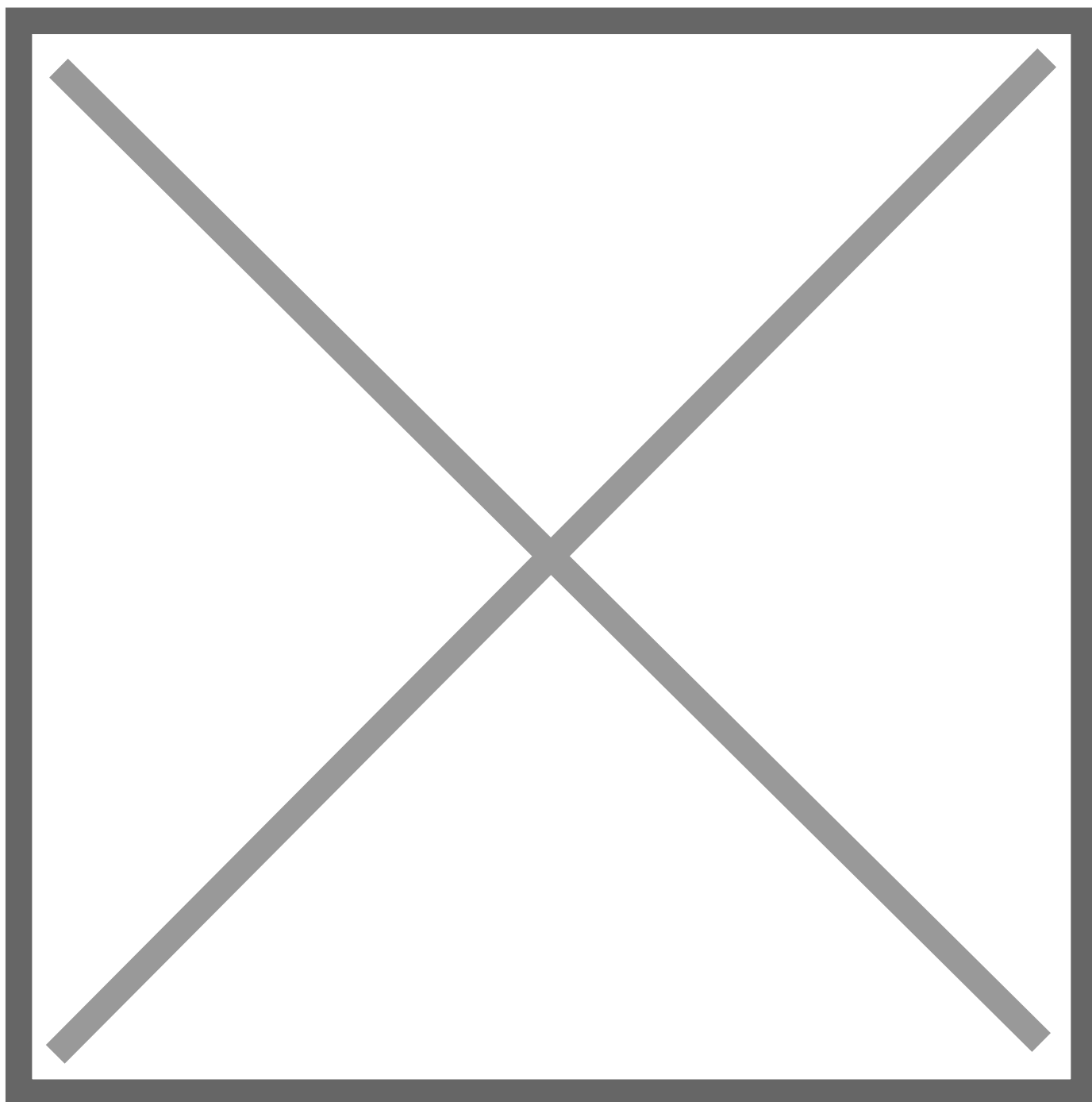
Psykisk hälsa - ångeststörningar

Barn, 2021

**Referenser:**

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)

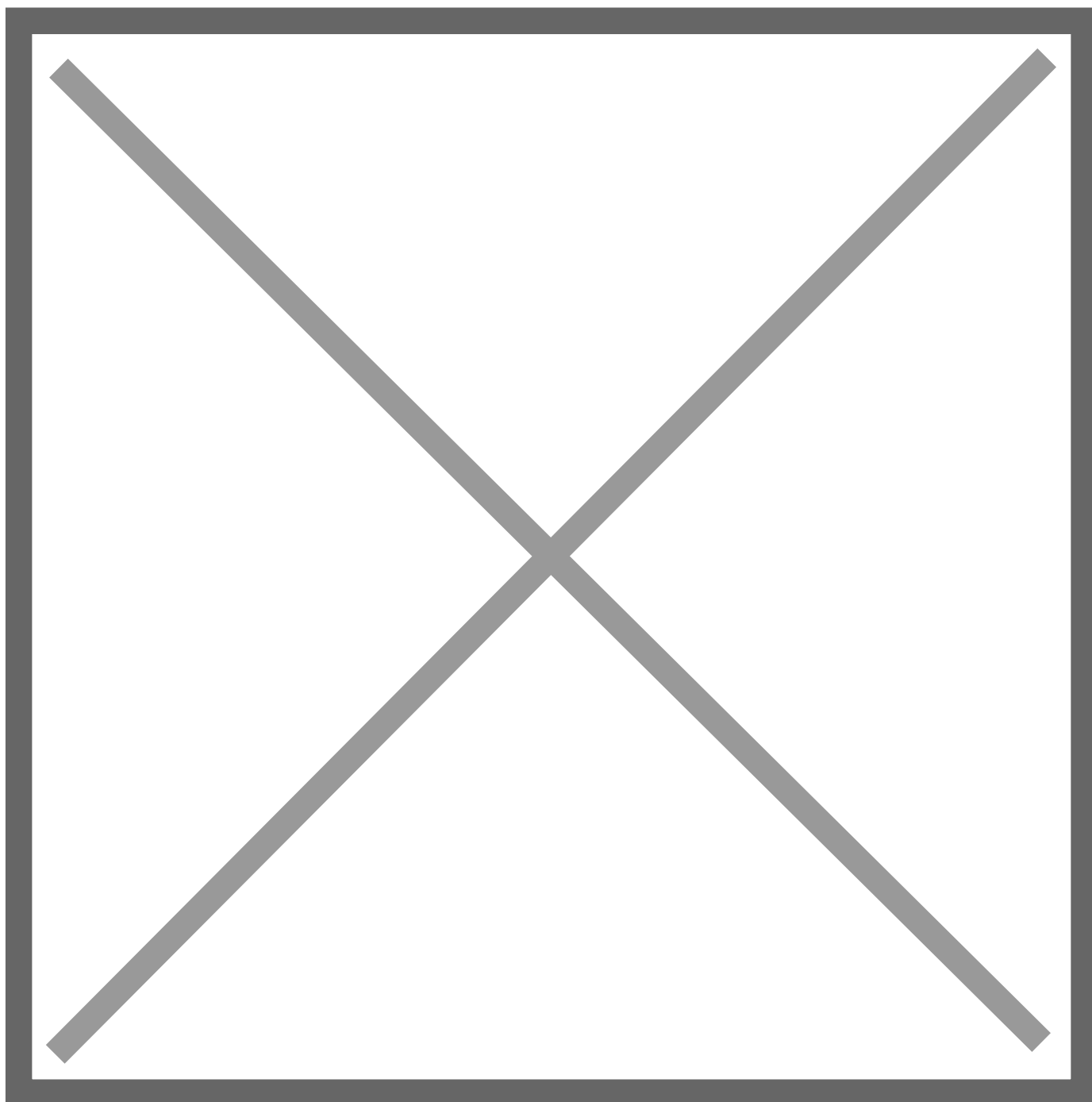
Pojkar, 2021



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Flickor, 2021



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