Cuba



Country report card - children

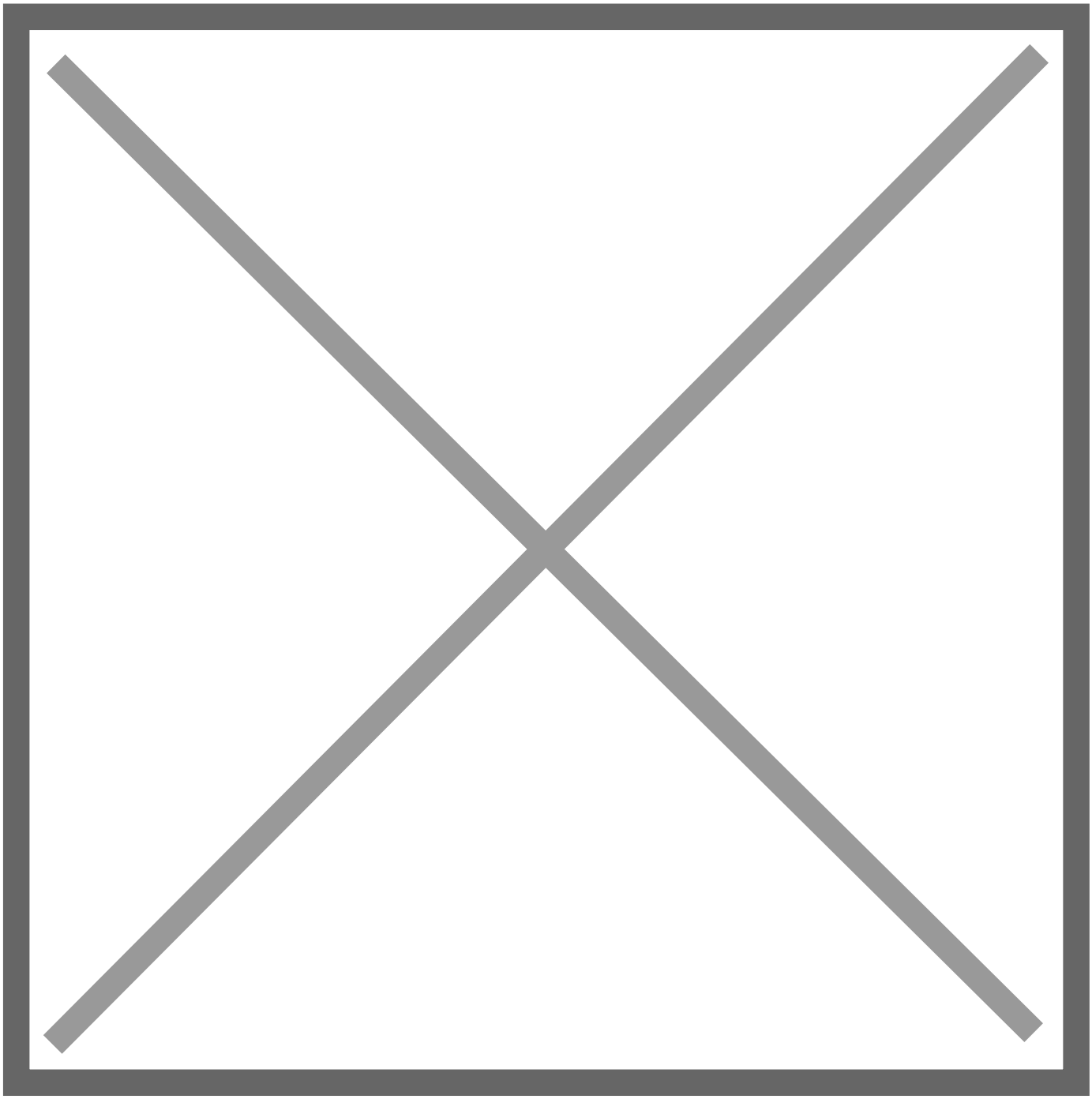
This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity for children, including adolescents (aged 5 to 18 years). Where available, data on common and relevant obesity drivers and comorbidities are also presented.

View the latest version of this report on the Global Obesity Observatory at https://data.worldobesity.org/country/cuba-52/.

Contents	Page
Obesity prevalence	3
Overweight/obesity by age	6
Overweight/obesity by region	9
Double burden of underweight & obesity	12
Mental health - depression disorders	15
Mental health - anxiety disorders	19

Obesity prevalence

Children, 2018-2019

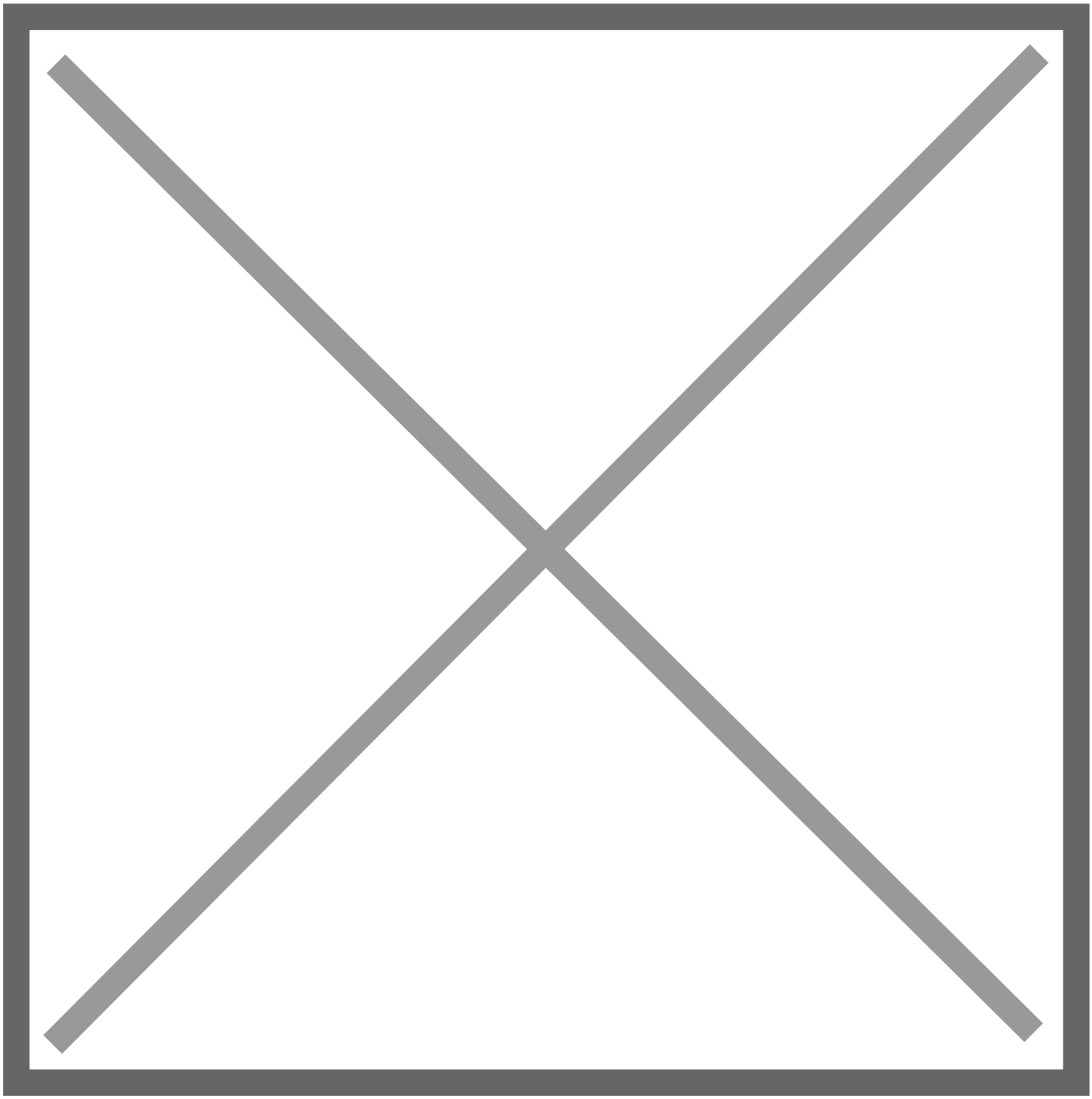


Survey type:	Measured
Age:	6-14
Sample size:	1,556
Area covered:	National
References:	Díaz, E., Maldonado, G., Medina, R.S. and Pérez, P.V. (2022). Nuevos datos sobre el sobrepeso y la obesidad en Cuba. Nuevos datos del sobrepeso y la obesidad en Cuba. https://www.researchgate.net/publication/364715998_Nuevos_datos_sobre_el_sobrepeso_y_la_obesidad_en_Cuba. [Accessed 09.01.26] |

Notes:	Data from the Cuba National Health Survey 2018-2019
Cutoffs:	WHO 2007

Overweight/obesity by age

Children, 2018-2019

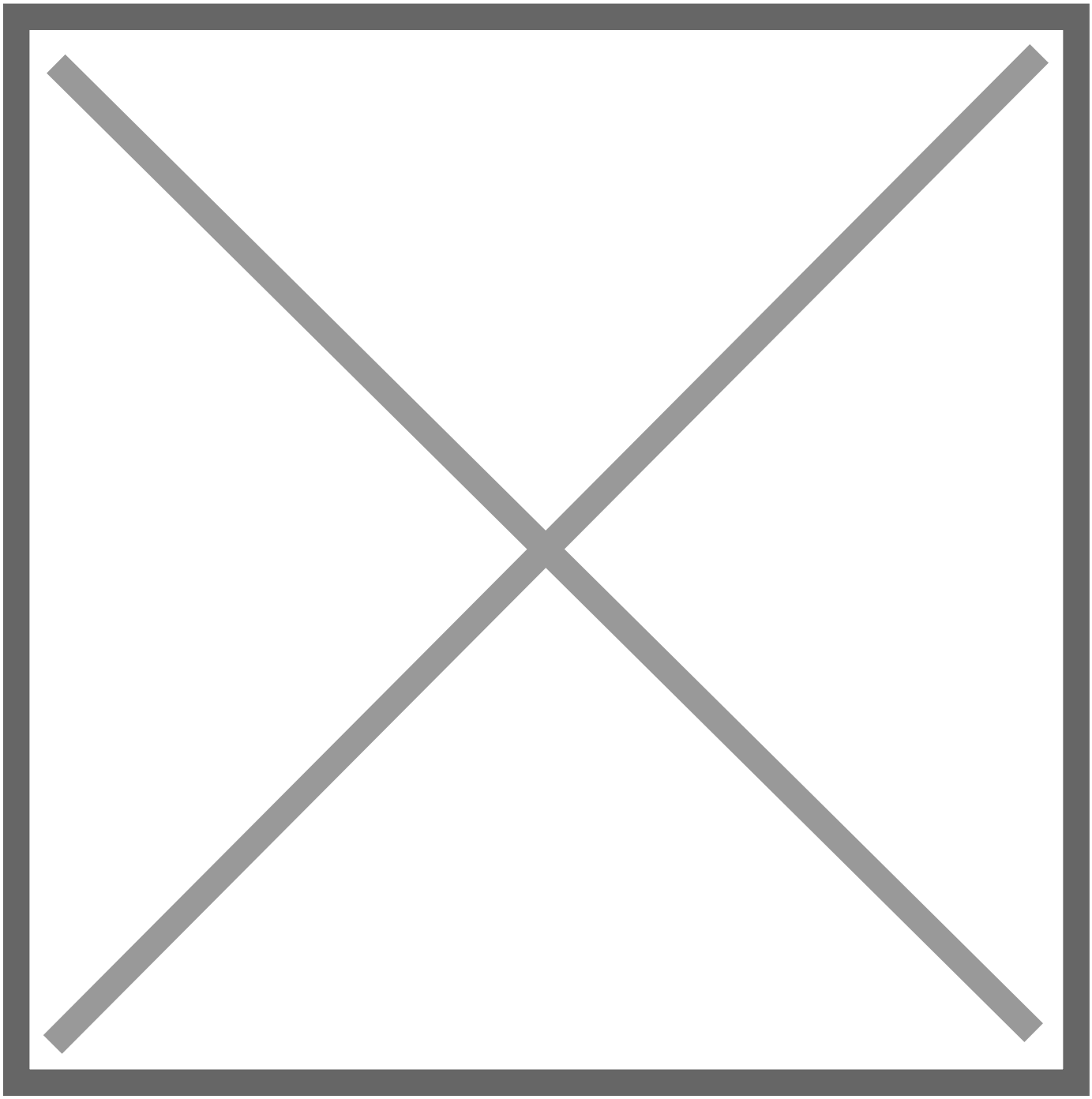


Survey type:	Measured
Sample size:	1,556
Area covered:	National
References:	Díaz, E., Maldonado, G., Medina, R.S. and Pérez, P.V. (2022). Nuevos datos sobre el sobrepeso y la obesidad en Cuba. Nuevos datos del sobrepeso y la obesidad en Cuba. https://www.researchgate.net/publication/364715998_Nuevos_datos_sobre_el_sobrepeso_y_la_obesidad_en_Cuba [Accessed 09.01.26]

Notes:	Data from the Cuba National Health Survey 2018-2019
Cutoffs:	WHO 2007

Overweight/obesity by region

Children, 2018-2019

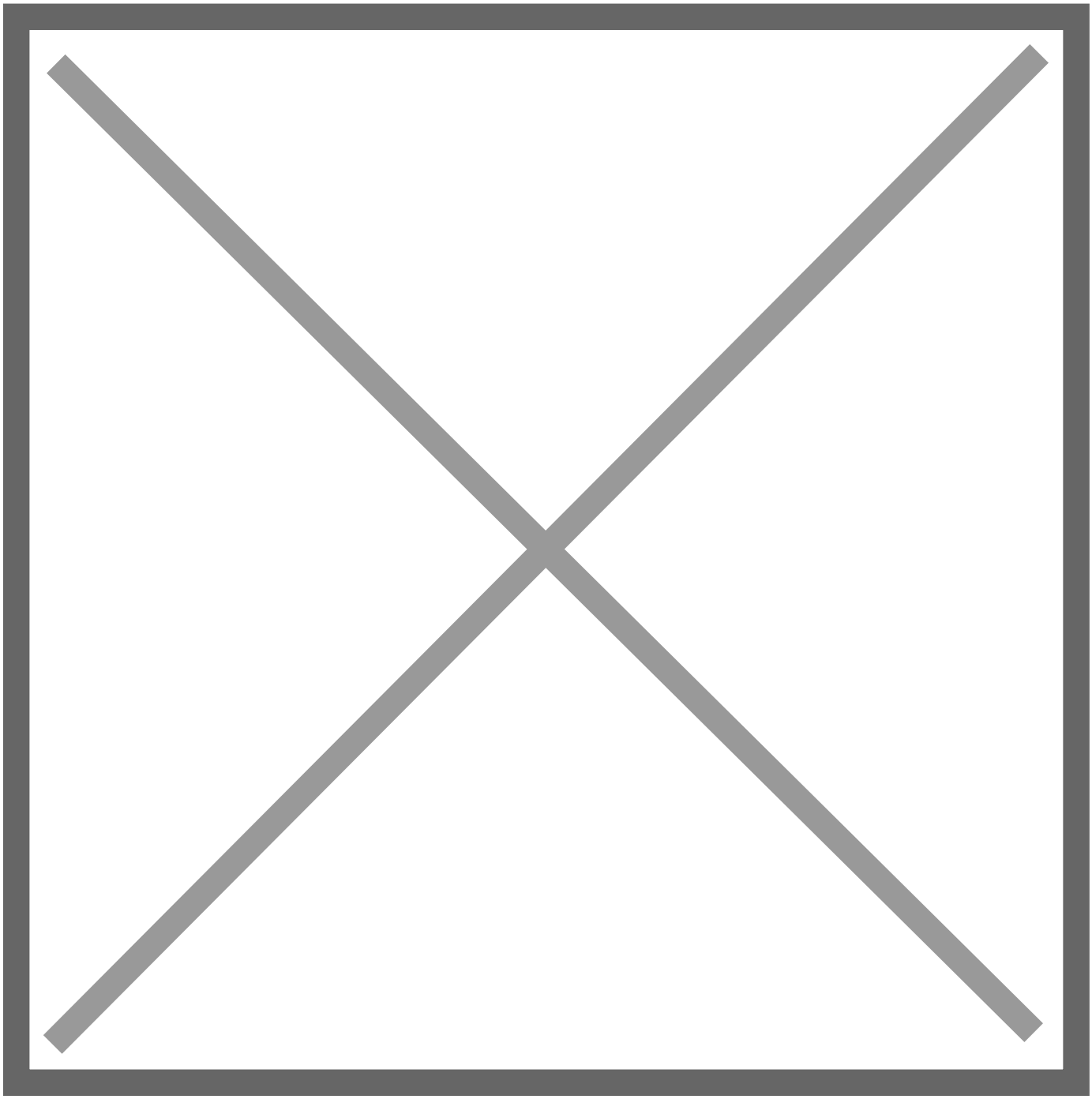


Survey type:	Measured
Age:	6-14
Sample size:	1,556
Area covered:	National

References:	Díaz, E., Maldonado, G., Medina, R.S. and Pérez, P.V. (2022). Nuevos datos sobre el sobrepeso y la obesidad en Cuba. Nuevos datos del sobrepeso y la obesidad en Cuba. https://www.researchgate.net/publication/364715998_Nuevos_datos_sobre_el_sobrepeso_y_la_obesidad_en_Cuba [Accessed 09.01.26]
Notes:	Data from the Cuba National Health Survey 2018-2019
Cutoffs:	WHO 2007

Double burden of underweight & obesity

Children, 2022

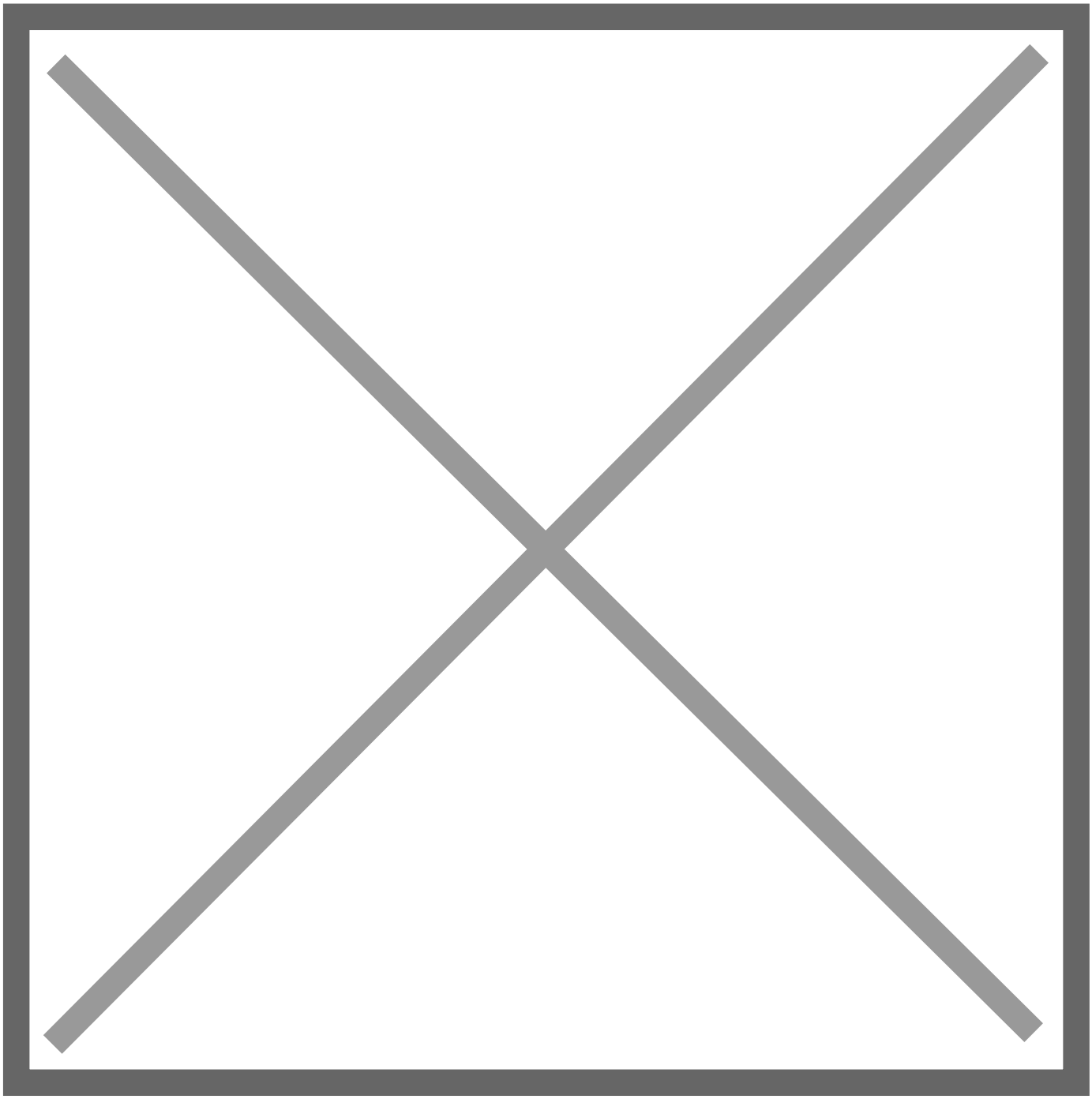


Survey type:	Measured
Age:	5-19
References:	NCD Risk Factor Collaboration (NCD-RisC). Worldwide trends in underweight and obesity from 1990 to 2022: a pooled analysis of 3663 population representative studies with 222 million children, adolescents, and adults. Lancet 2024; published online Feb 29. https://doi.org/10.1016/S0140-6736(23)02750-2.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

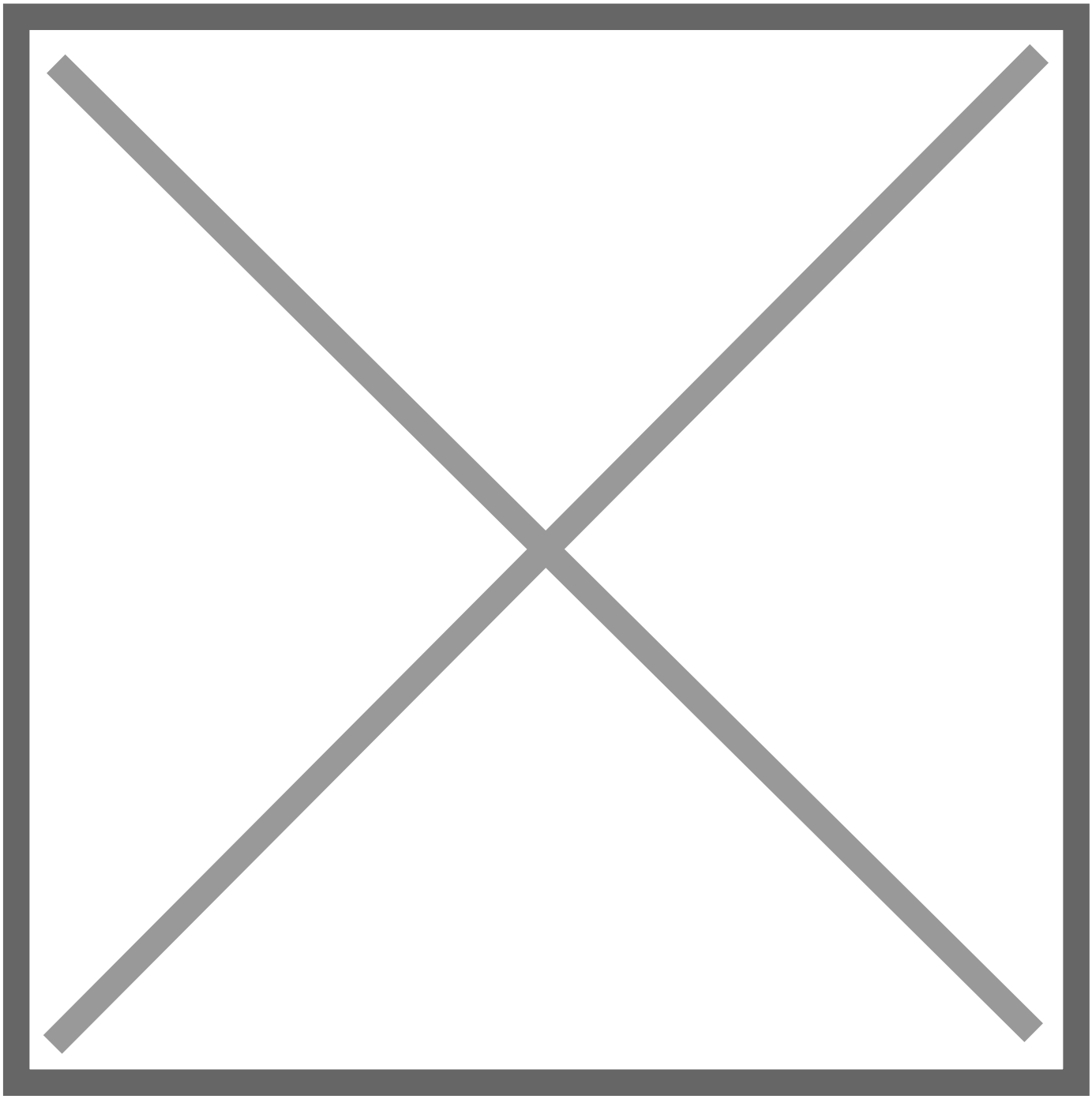
Mental health - depression disorders

Children, 2023



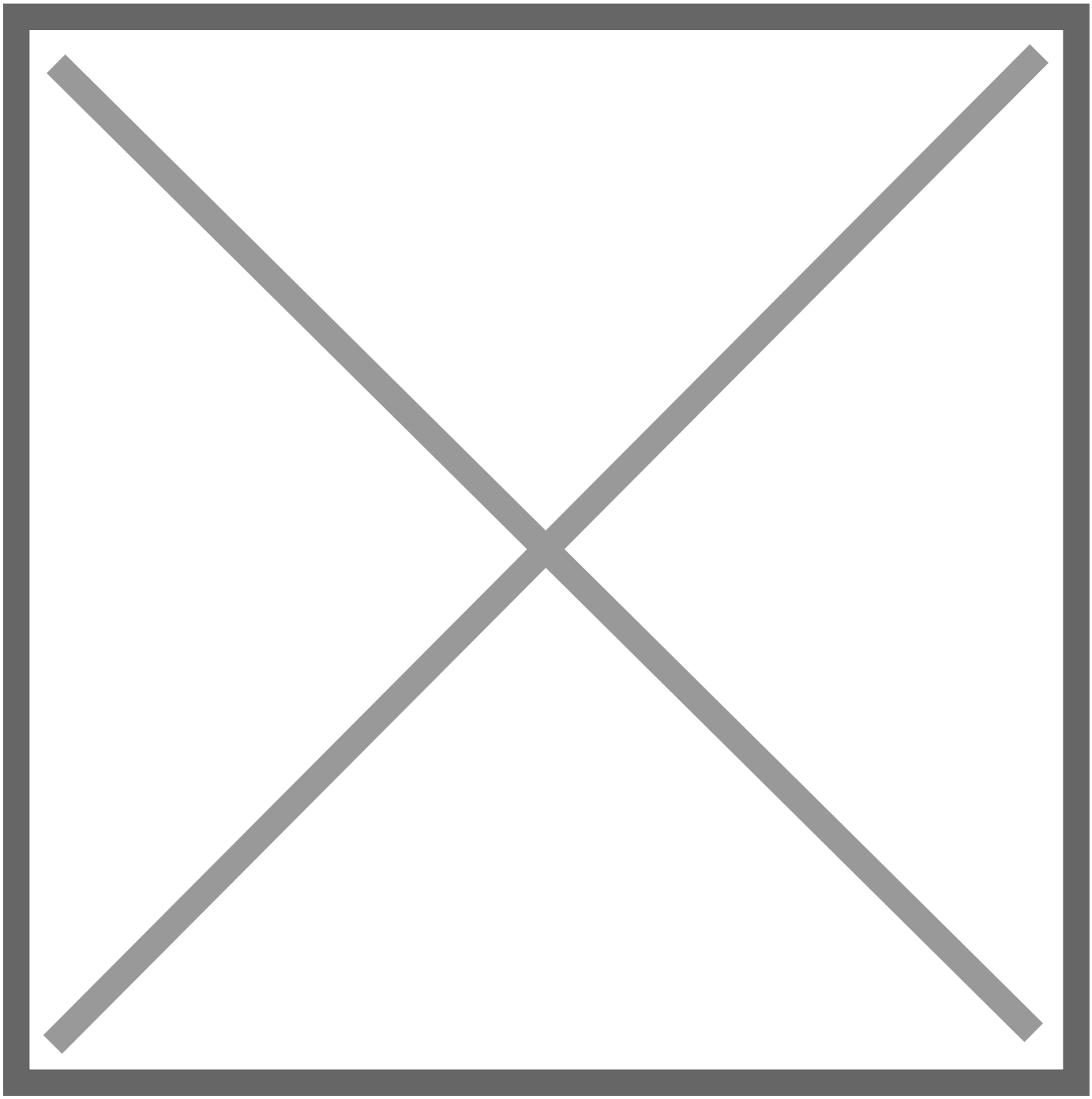
Area covered:	National
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from https://vizhub.healthdata.org/gbd-compare/ [Accessed 17.03.26]
Definitions: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

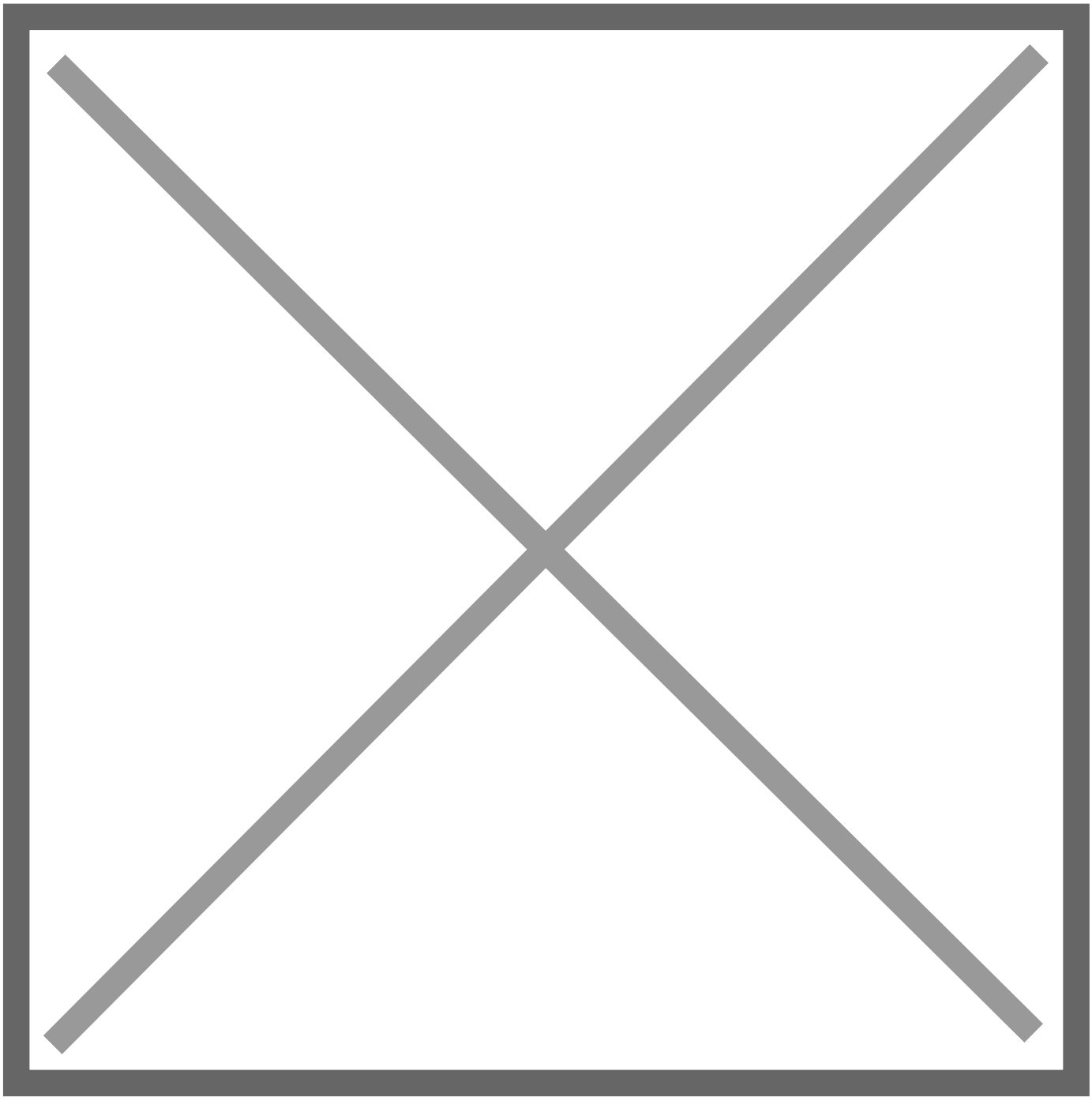
Girls, 2023



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]
Definitions:	Estimated number living with depressive disorders per 100,000 population (under 20 years of age)

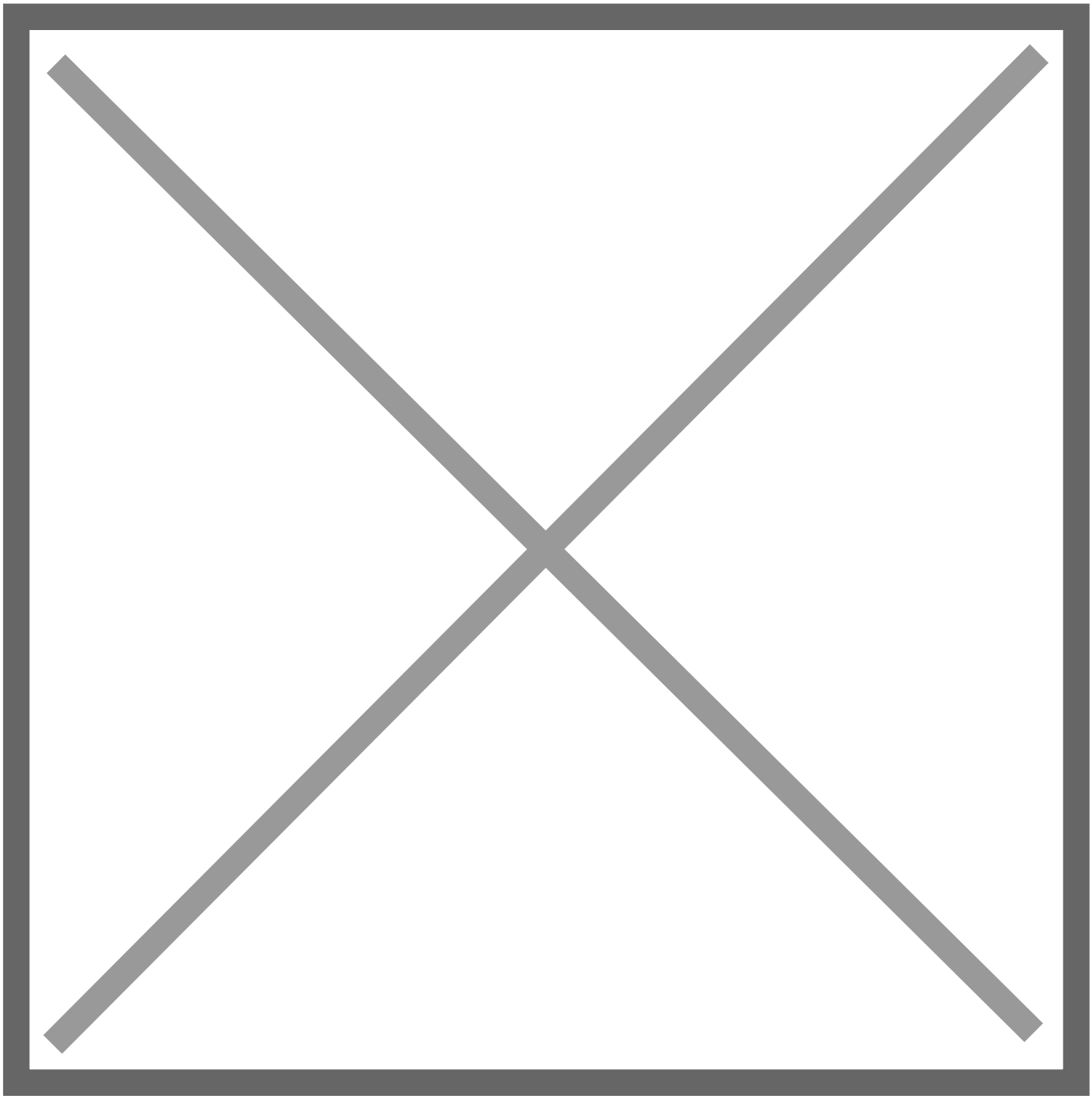
Mental health - anxiety disorders

Children, 2023



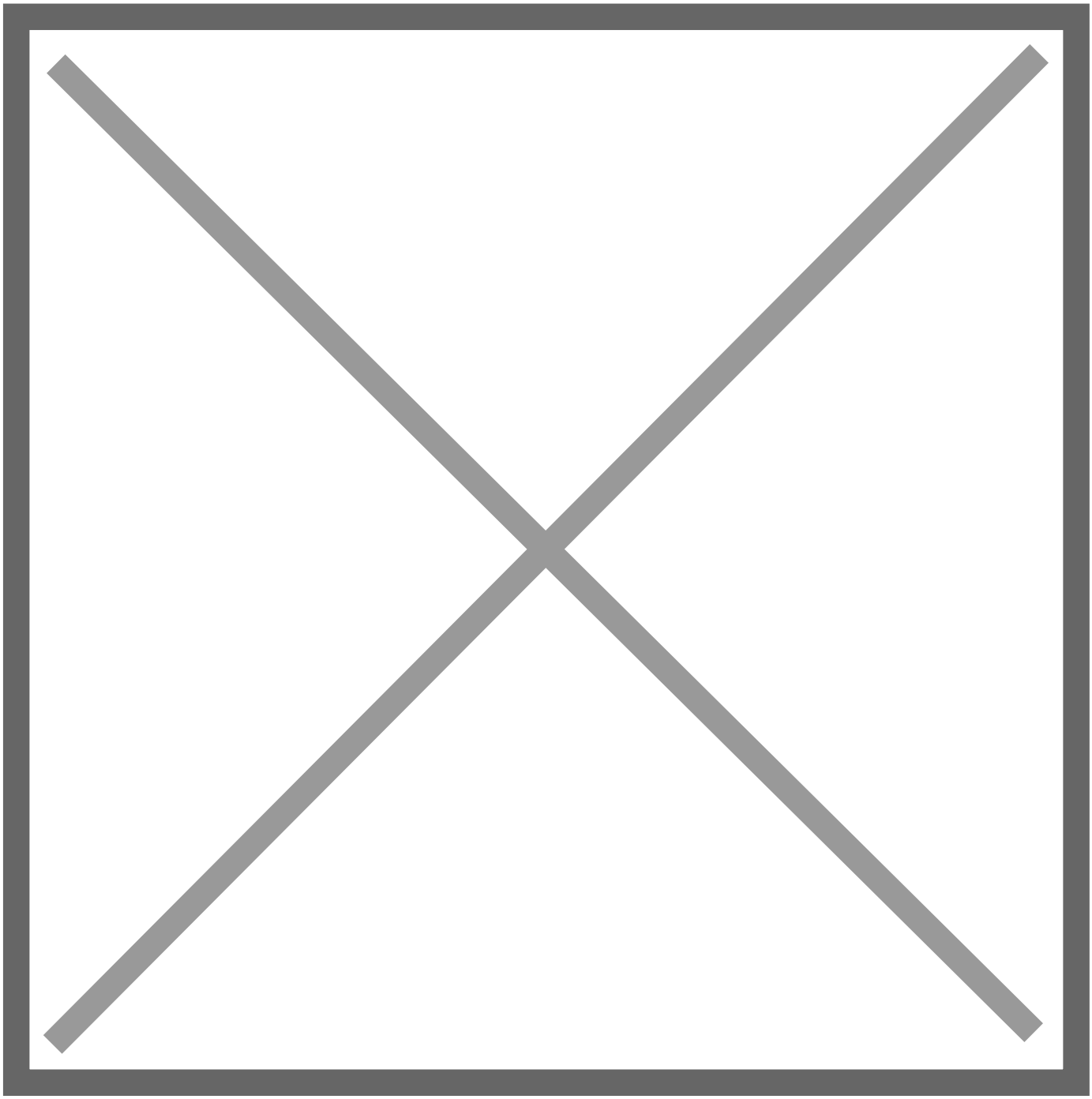
Area covered:	National
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from https://vizhub.healthdata.org/gbd-compare/ [Accessed 17.03.26]
Definitions:	Estimated number living with anxiety 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 anxiety 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]
Definitions:	Estimated number living with anxiety disorders per 100,000 population (under 20 years of age)

PDF created on November 2, 2026