Ecuador



Country report card - children

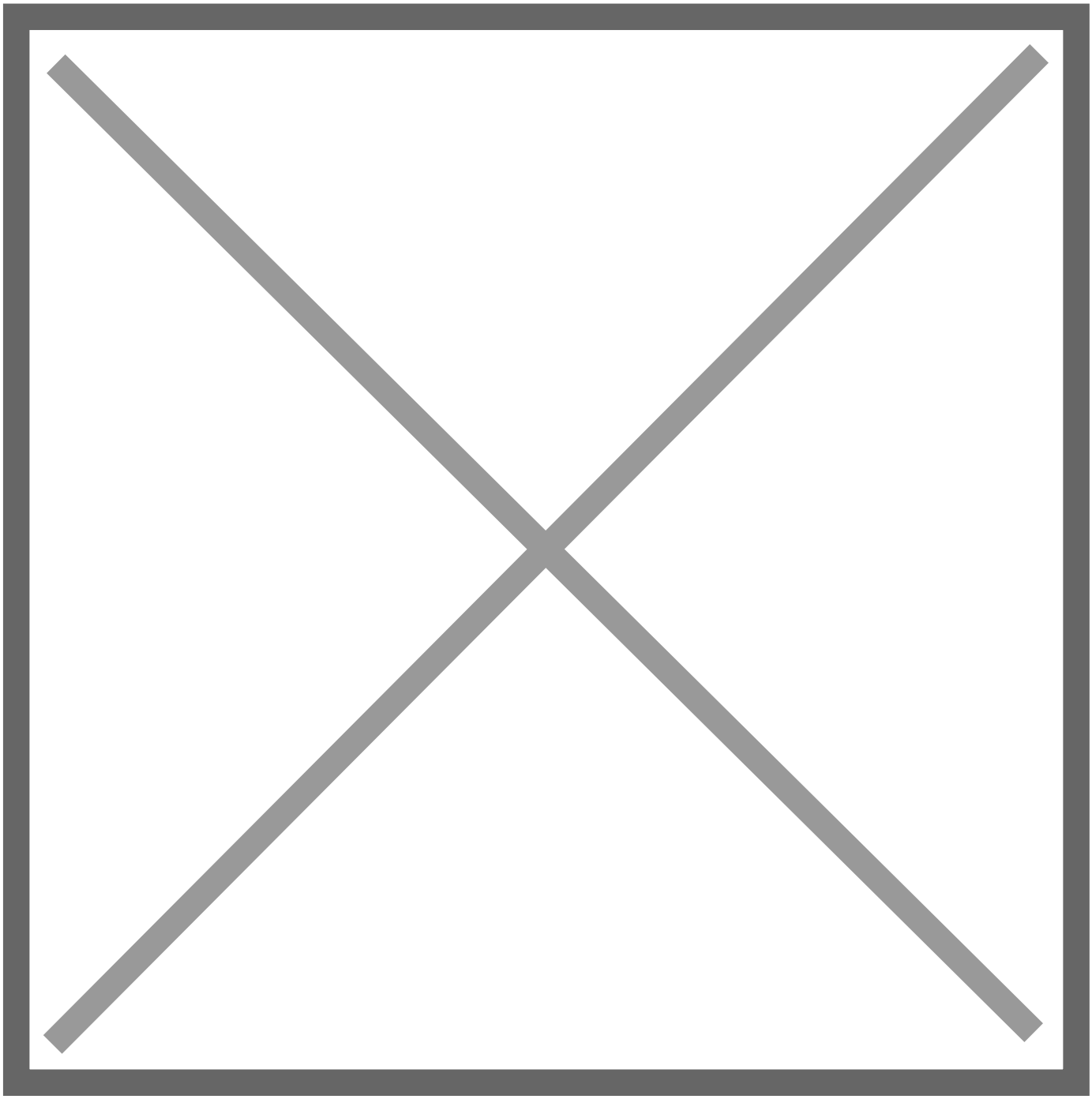
This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity for children, including adolescents (aged 5 to 18 years). Where available, data on common and relevant obesity drivers and comorbidities are also presented.

View the latest version of this report on the Global Obesity Observatory at https://data.worldobesity.org/country/ecuador-59/.

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Obesity prevalence

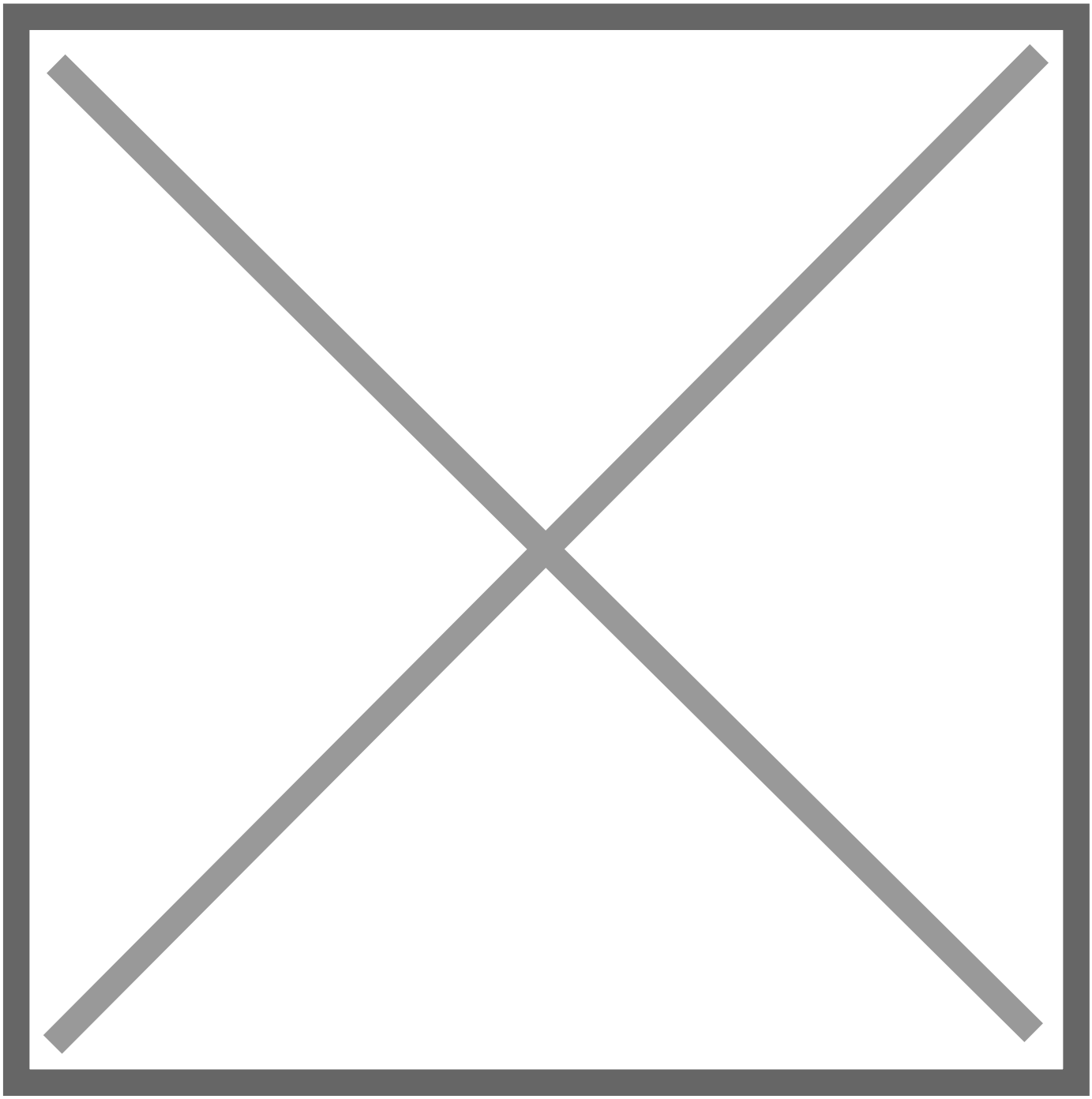
Children, 2018



Survey type:	Measured
Age:	5-11
Sample size:	22985
Area covered:	National
References:	National Health and Nutrition Survey - ENSANUT 2018. https://www.ecuadorencifras.gob.ec/salud-salud-reproductiva-y-nutricion/ (Last accessed 18.05.21)

Overweight/obesity by age

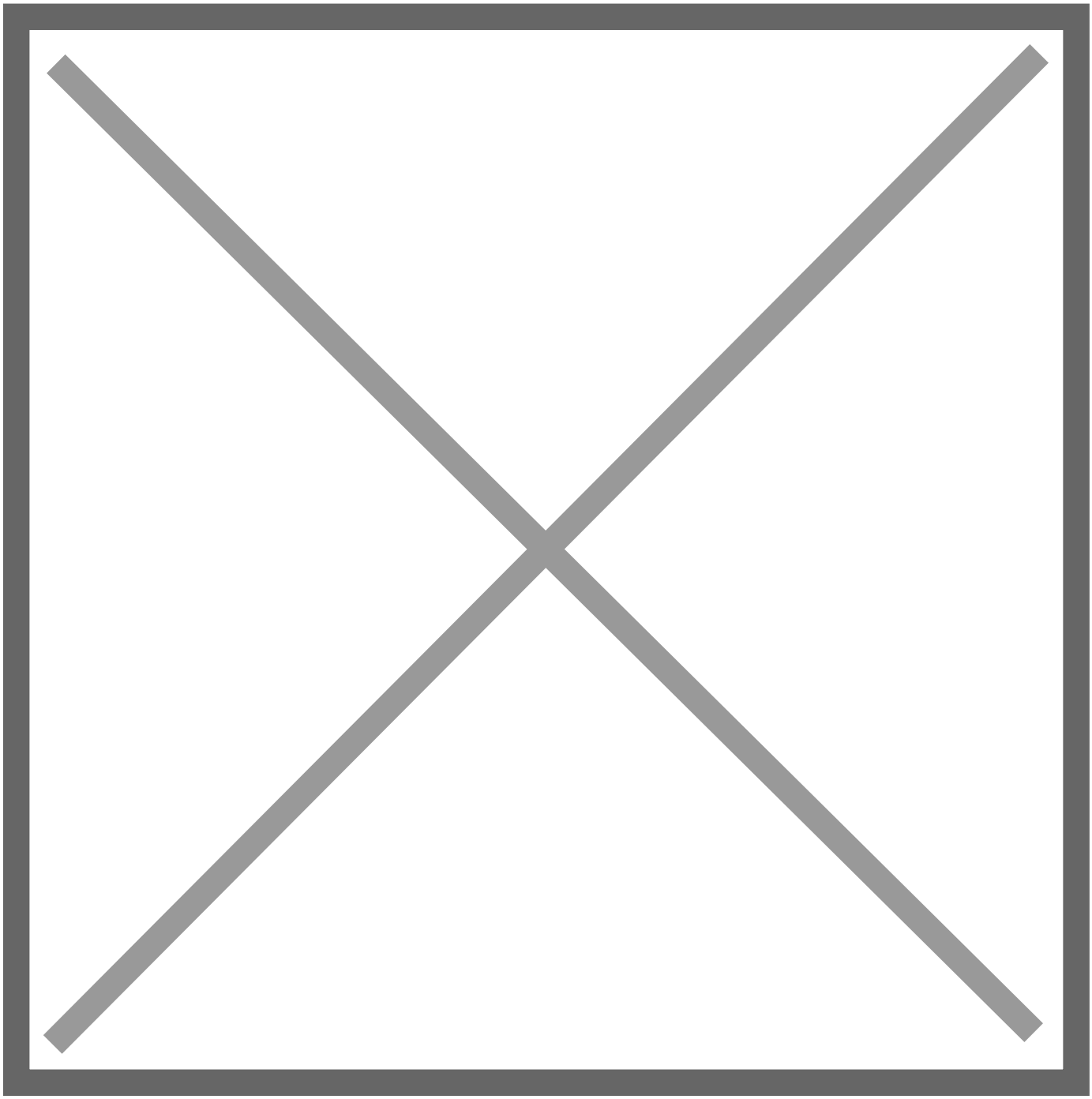
Children, 2018



Survey type:	Measured
Sample size:	44333
Area covered:	National
References:	National Health and Nutrition Survey - ENSANUT 2018. https://www.ecuadorencifras.gob.ec/salud-salud-reproductiva-y-nutricion/ (Last accessed 18.05.21)

Overweight/obesity by region

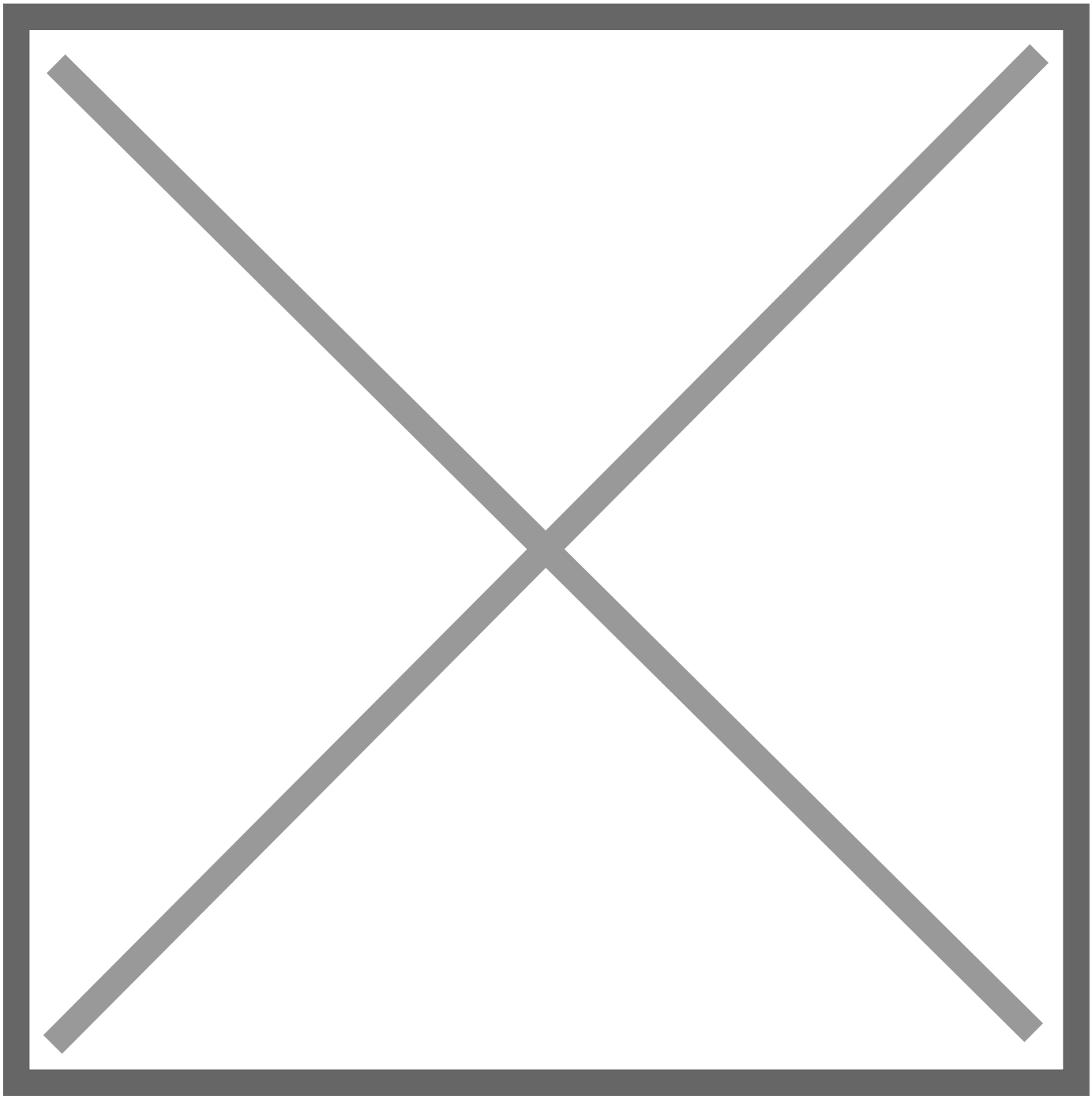
Children, 2018



Survey type:	Measured
Age:	5-11
Sample size:	22985
Area covered:	National
References:	National Health and Nutrition Survey - ENSANUT 2018. https://www.ecuadorencifras.gob.ec/salud-salud-reproductiva-y-nutricion/ (Last accessed 18.05.21)

Overweight/obesity by socio-economic group

Children, 2008-2009



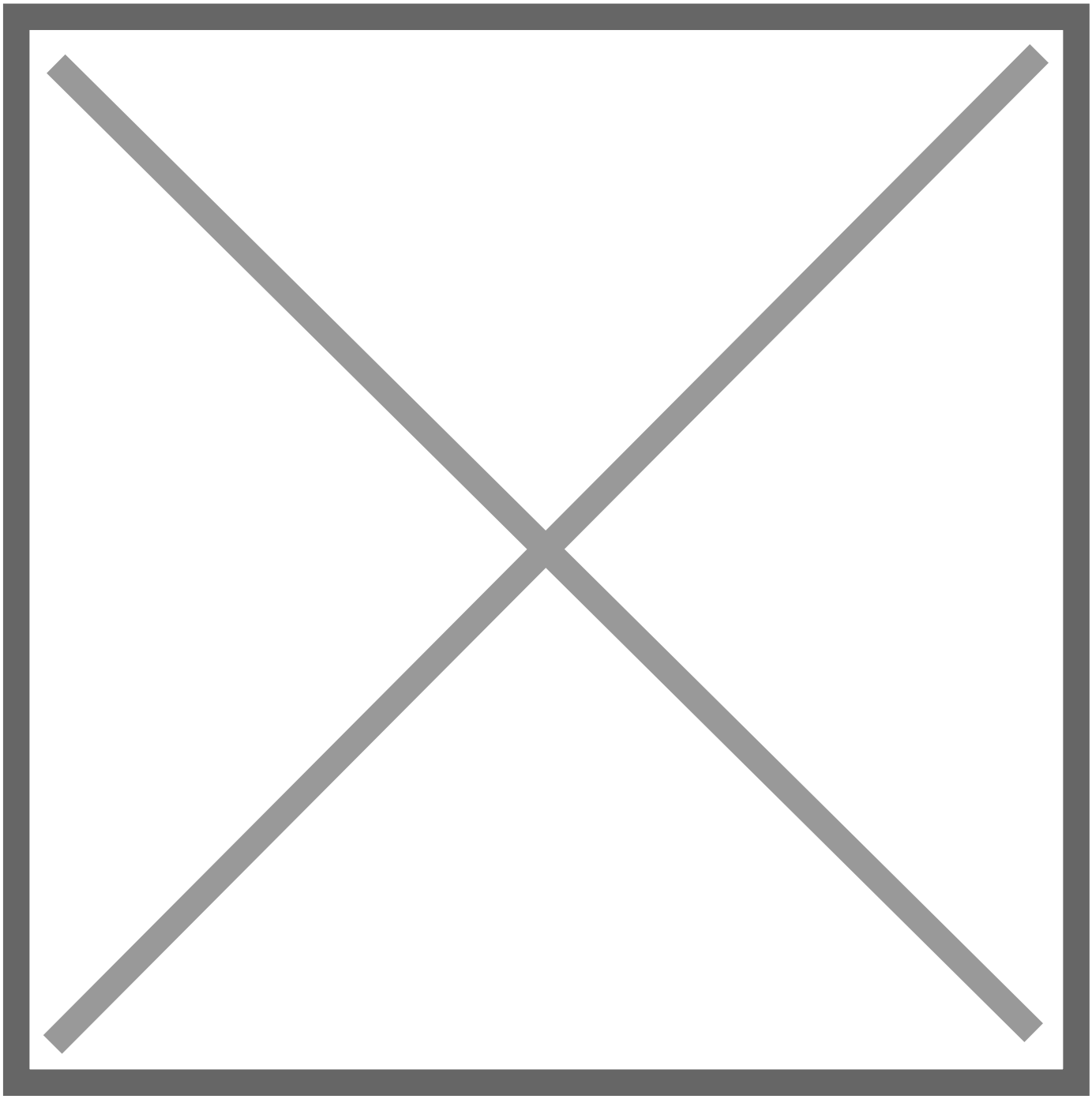
Survey type:	Measured
Age:	10-16
Sample size:	770
Area covered:	Urban (Cuenca), and rural areas (NabÃ?Â³n) in Ecuador

References:	Ochoa-Avilés, A., Andrade, S., Huynh, T., Verstraeten, R., Lachat, C., Rojas, R., Donoso, S., Manuel-y-Keenoy, B. and Kolsteren, P. (2012), Prevalence and socioeconomic differences of risk factors of cardiovascular disease in Ecuadorian adolescents. Pediatric Obesity, 7: 274–283. doi: 10.1111/j.2047-6310.2012.00061.x
Notes:	Prevalence of overweight and obesity by unsatisfied basic needs. Adolescents were classified as underweight, healthy weight, overweight and obese according to the International Obesity Task Force (IOTF) criteria.
Cutoffs:	IOTF

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.

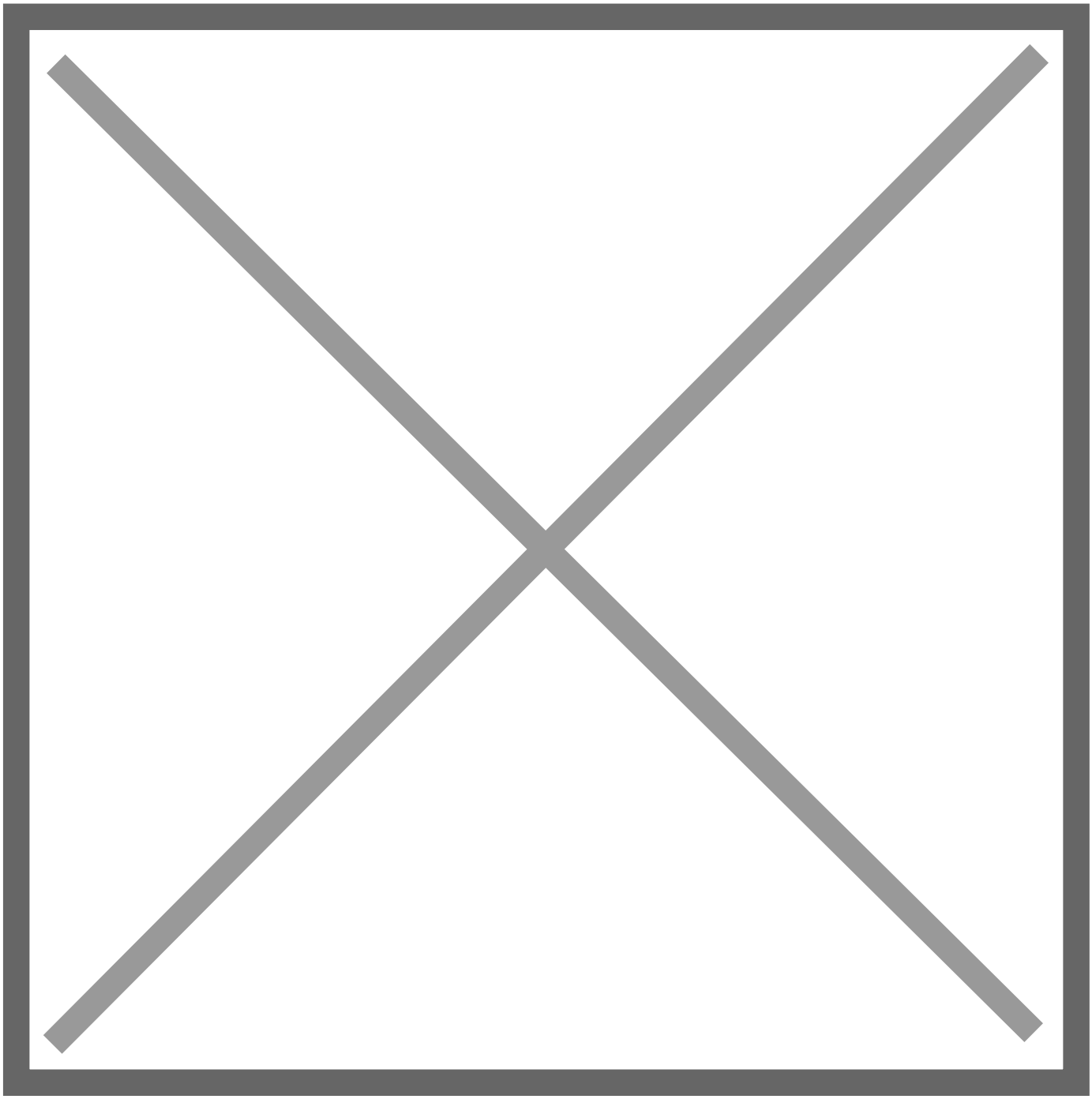
Children, 2018



Survey type:	Measured
Age:	5-11
Sample size:	22985
Area covered:	National
References:	National Health and Nutrition Survey - ENSANUT 2018. https://www.ecuadorencifras.gob.ec/salud-salud-reproductiva-y-nutricion/ (Last accessed 18.05.21)

Double burden of underweight & obesity

Children, 2022

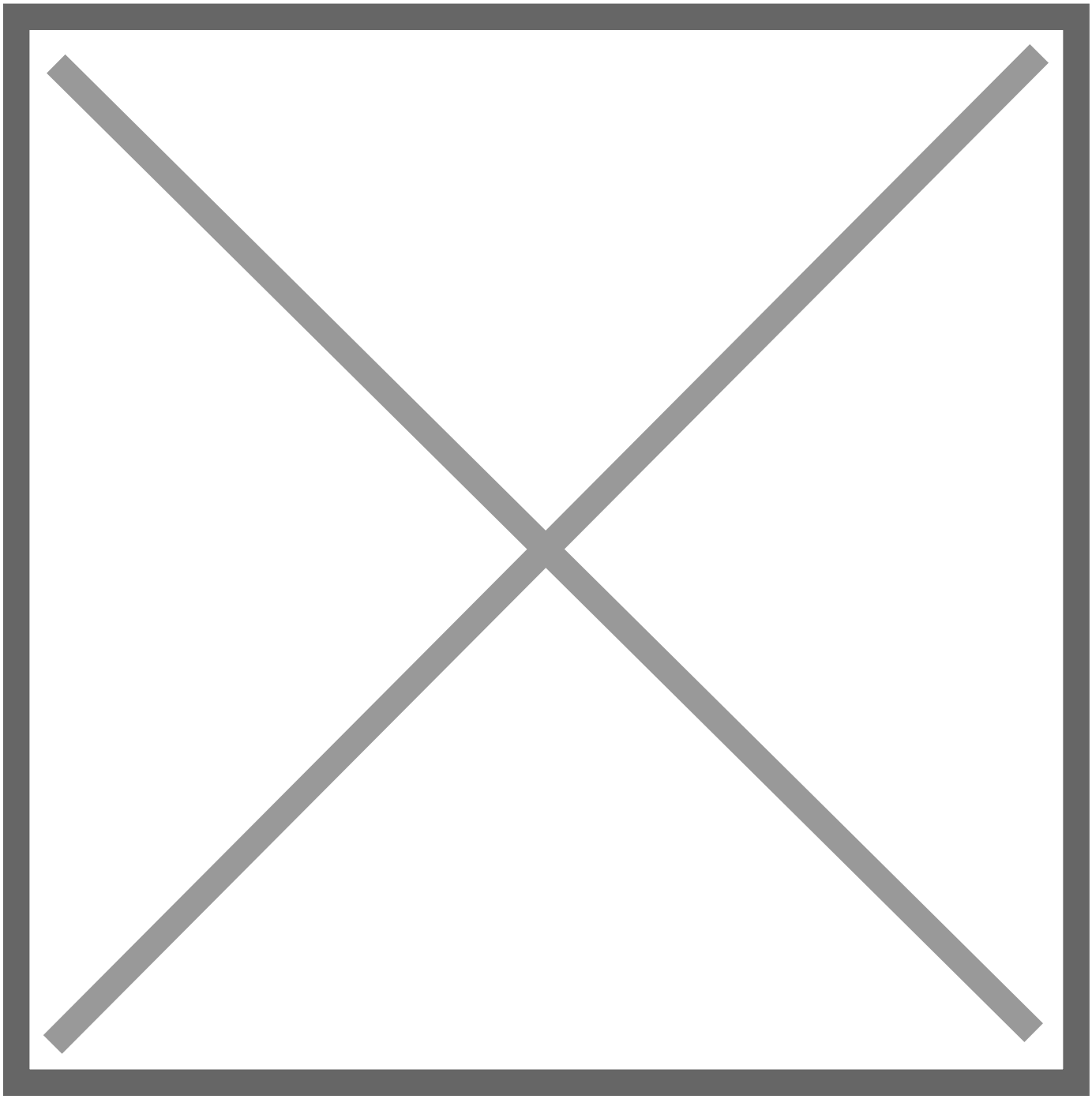


Survey type:	Measured
Age:	5-19
References:	NCD Risk Factor Collaboration (NCD-RisC). Worldwide trends in underweight and obesity from 1990 to 2022: a pooled analysis of 3663 population representative studies with 222 million children, adolescents, and adults. Lancet 2024; published online Feb 29. https://doi.org/10.1016/S0140-6736(23)02750-2.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

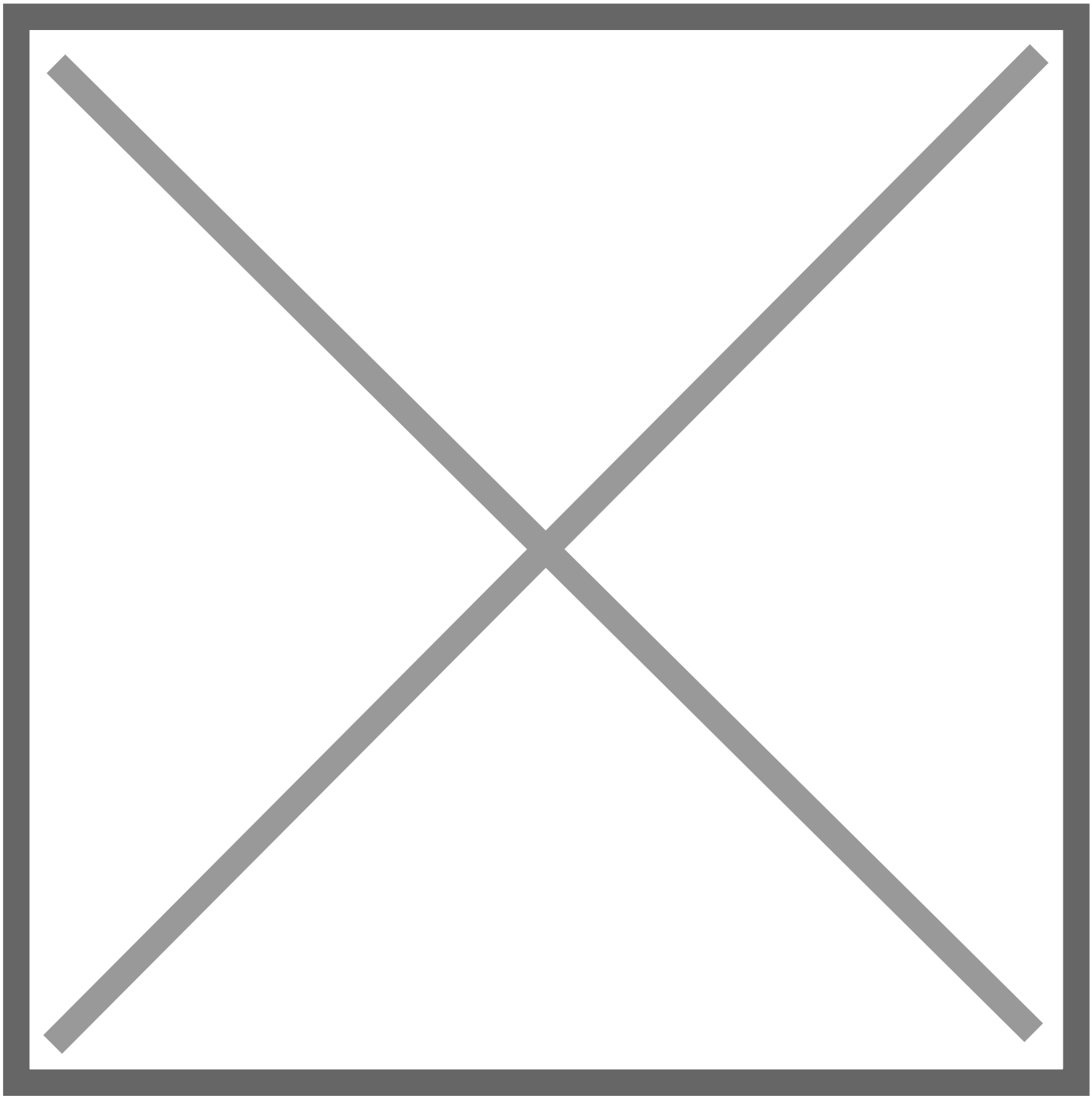
Children, 2016



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)

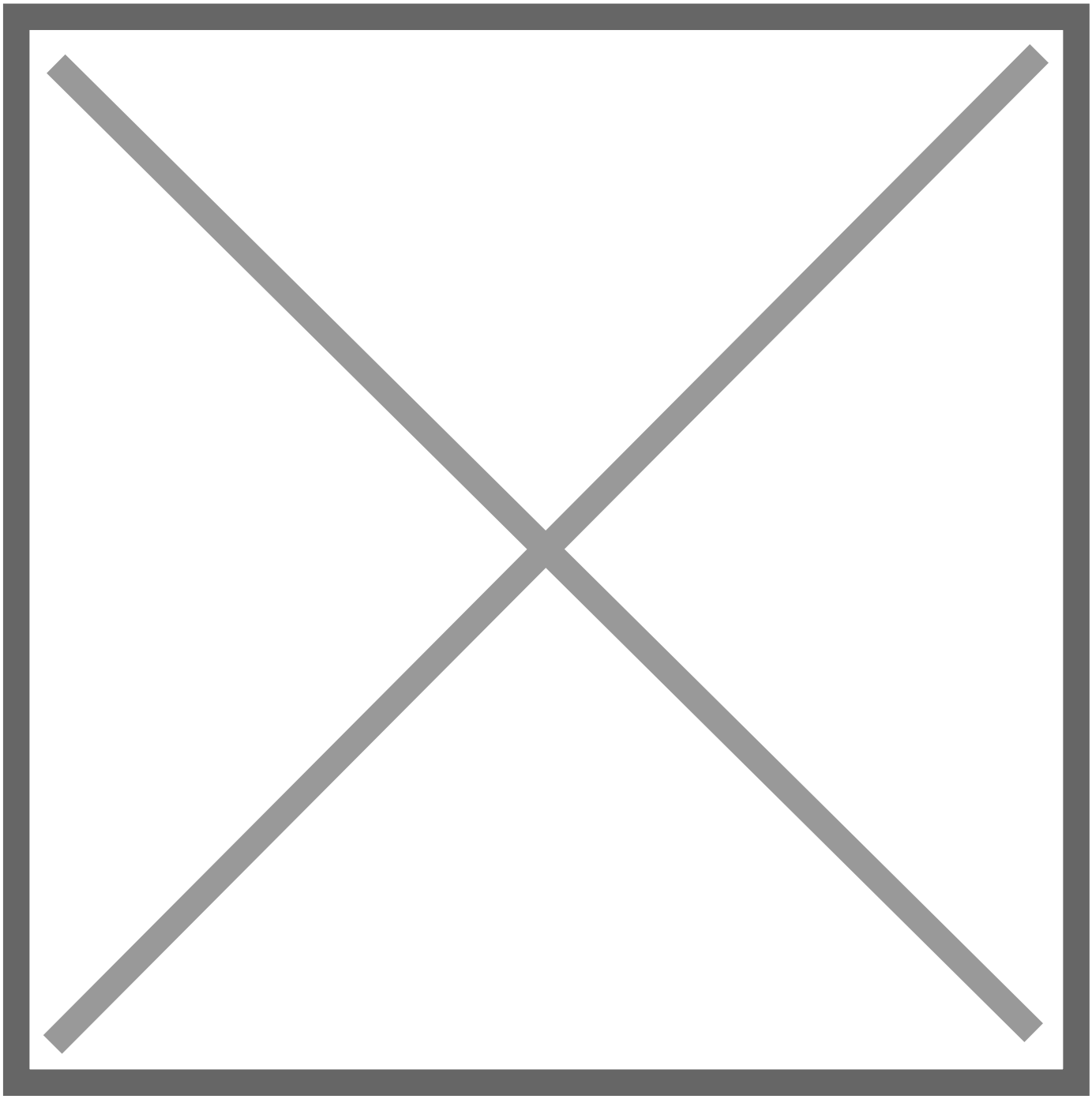
Boys, 2016



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

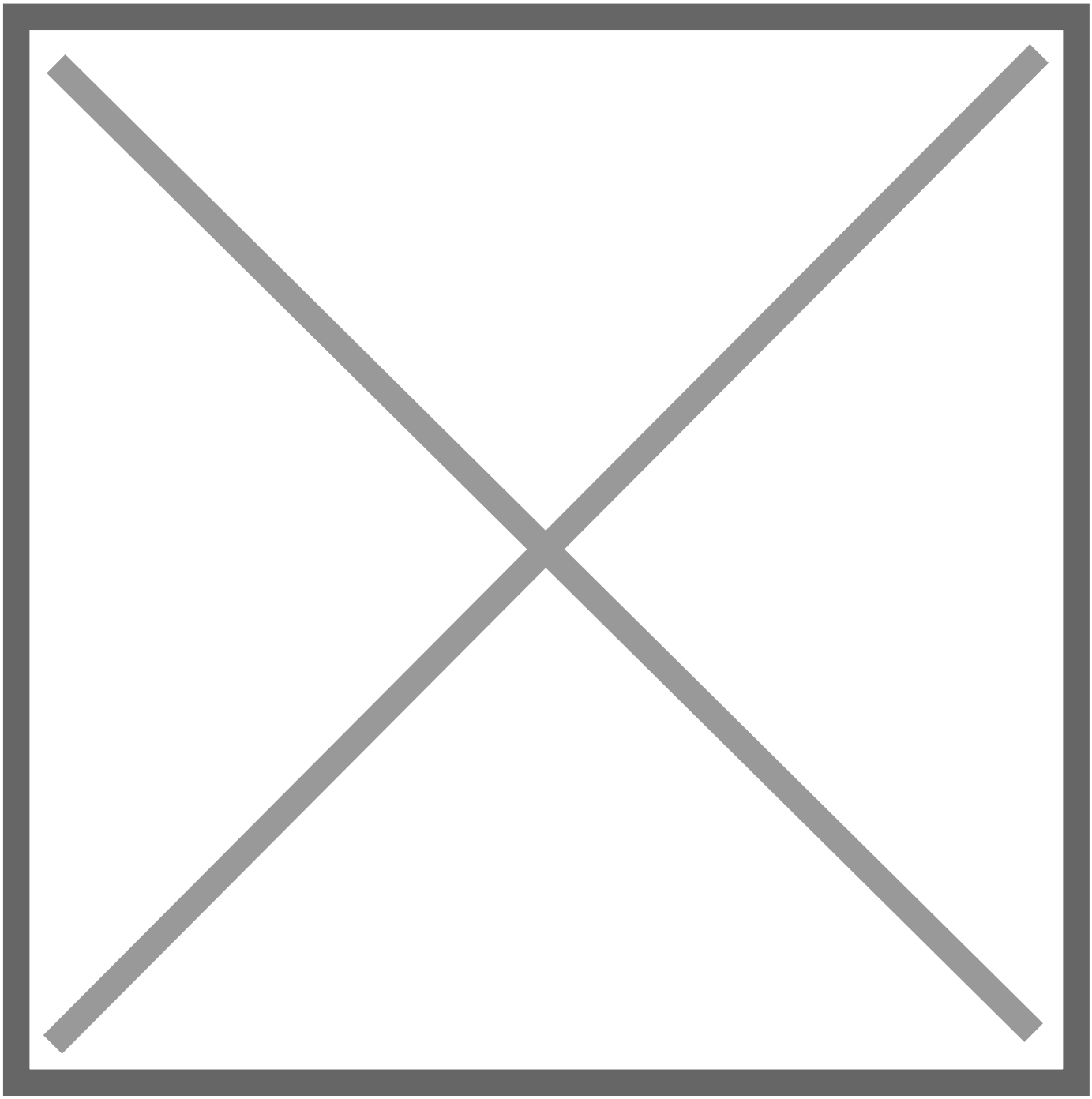


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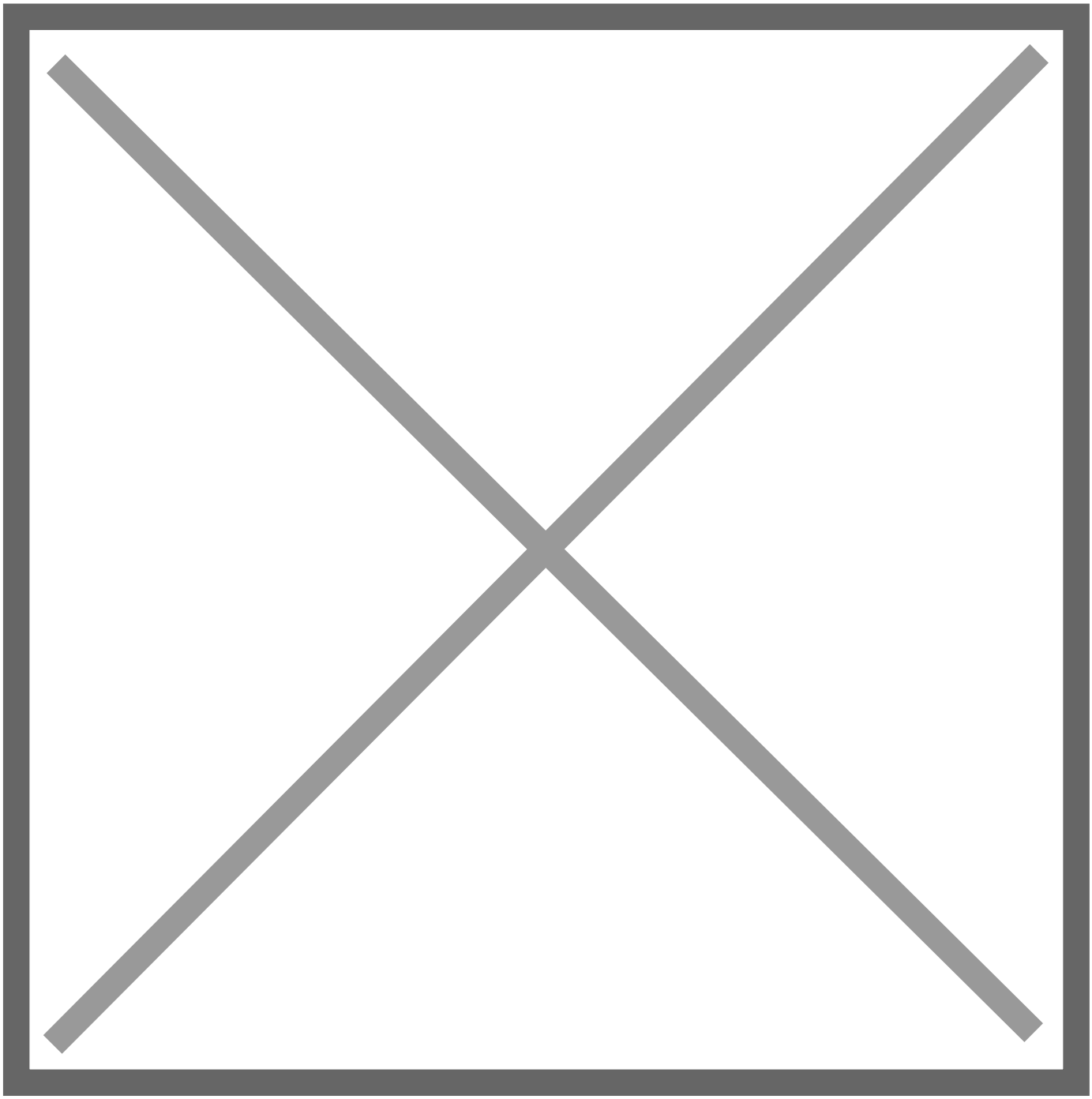
Mental health - depression disorders

Children, 2023



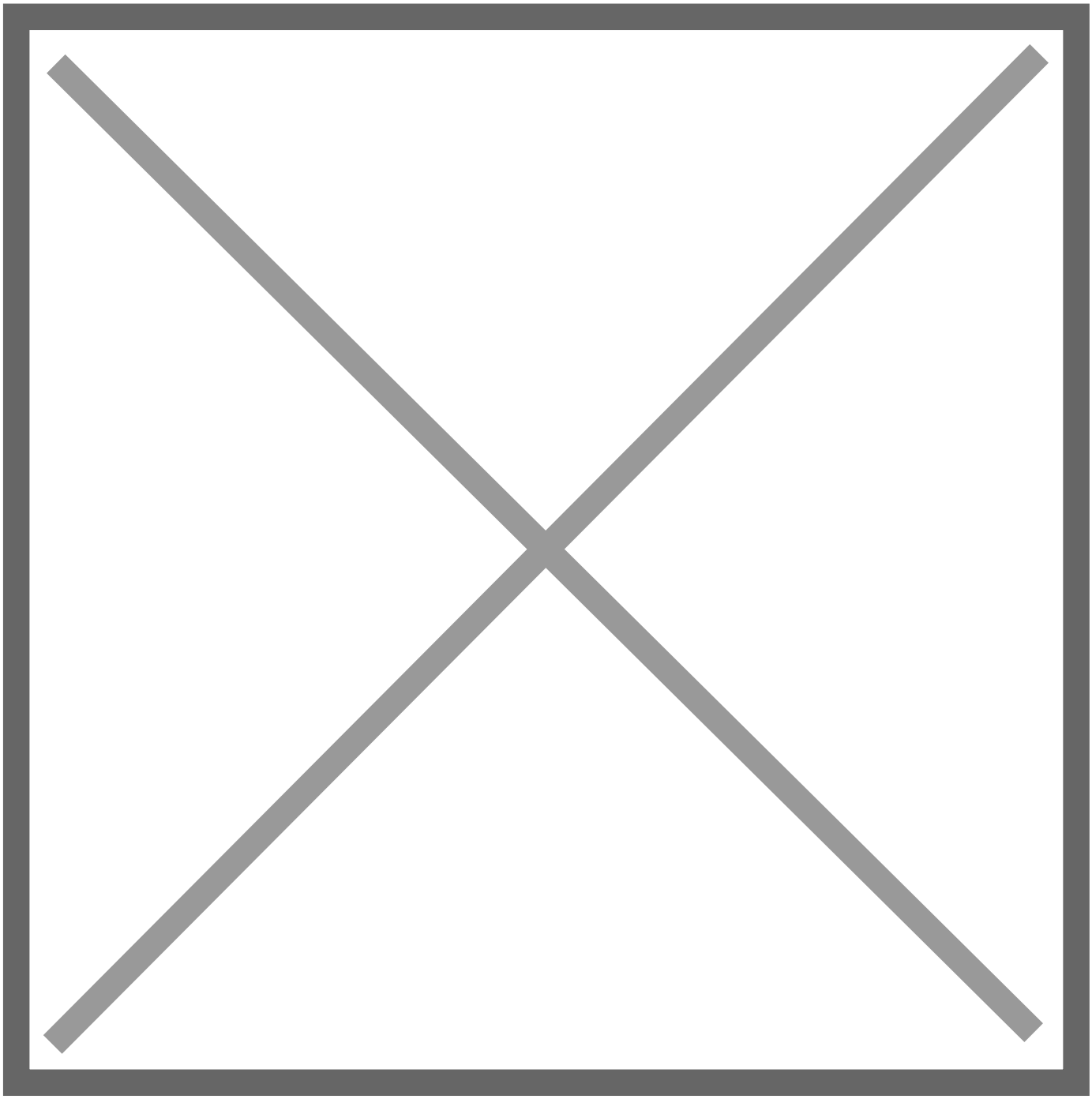
Area covered:	National
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from https://vizhub.healthdata.org/gbd-compare/ [Accessed 17.03.26]
Definitions: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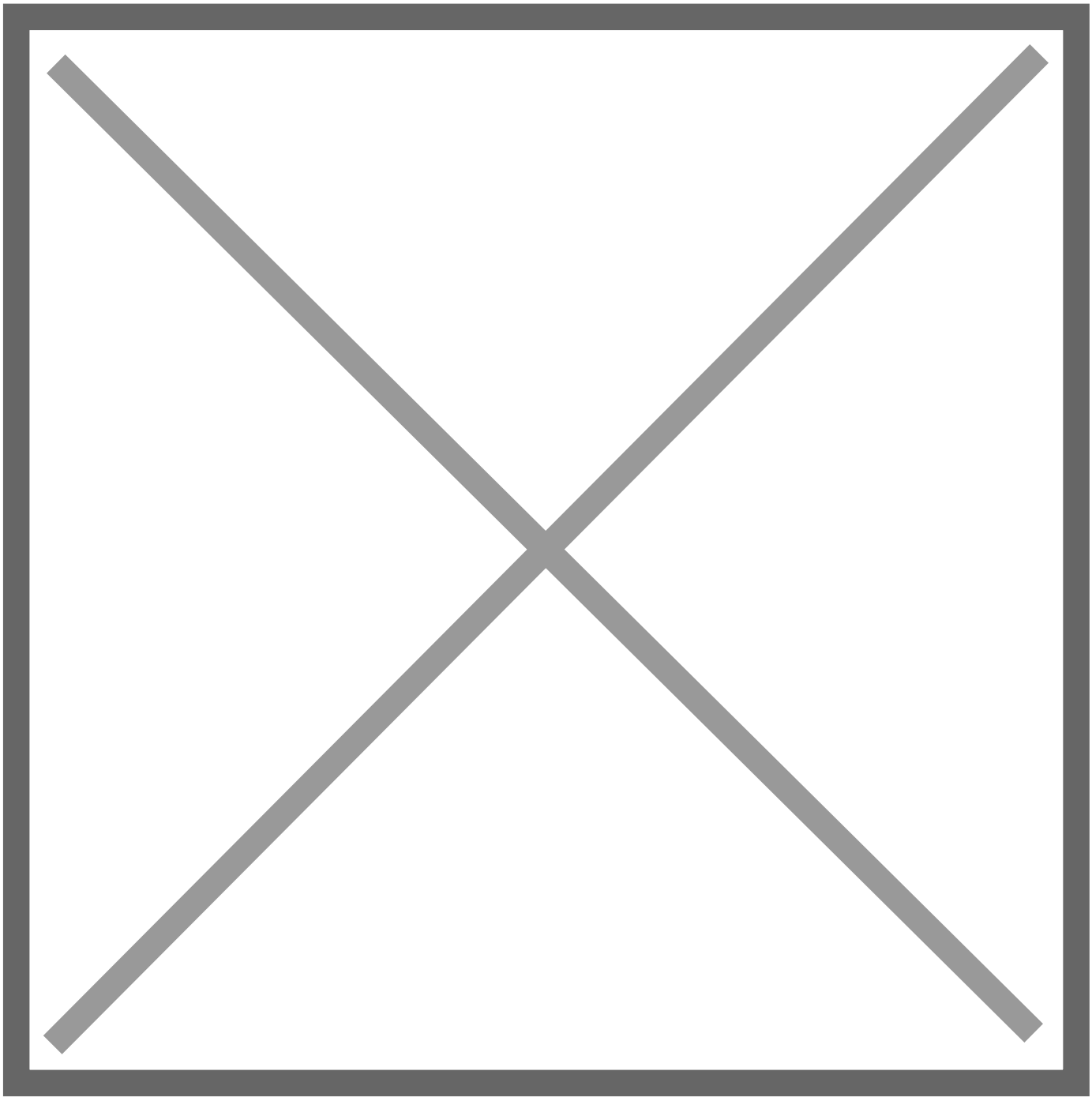
Girls, 2023



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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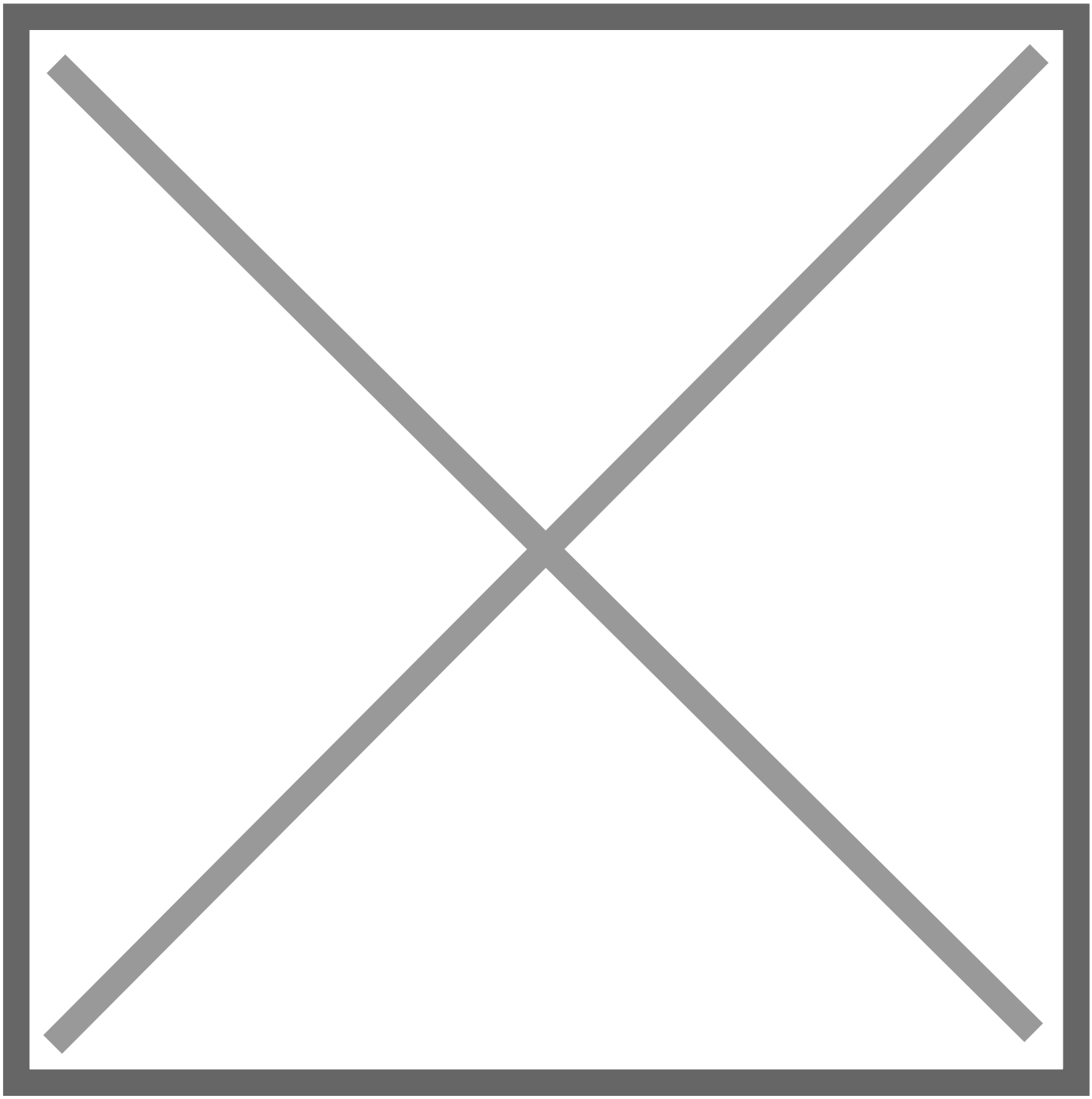
Mental health - anxiety disorders

Children, 2023



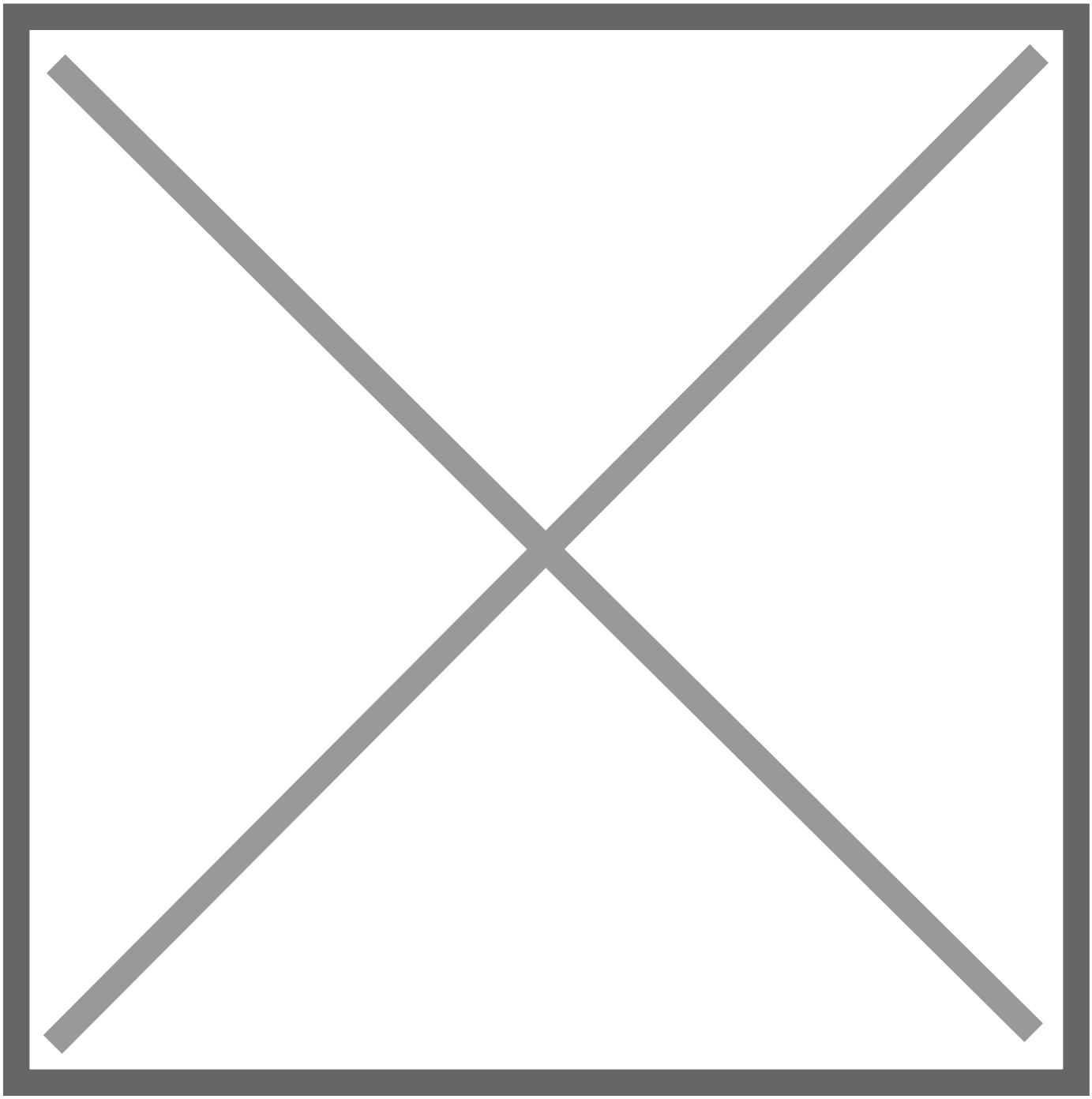
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Girls, 2023



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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