



Ecuador



Country report card - under-5s

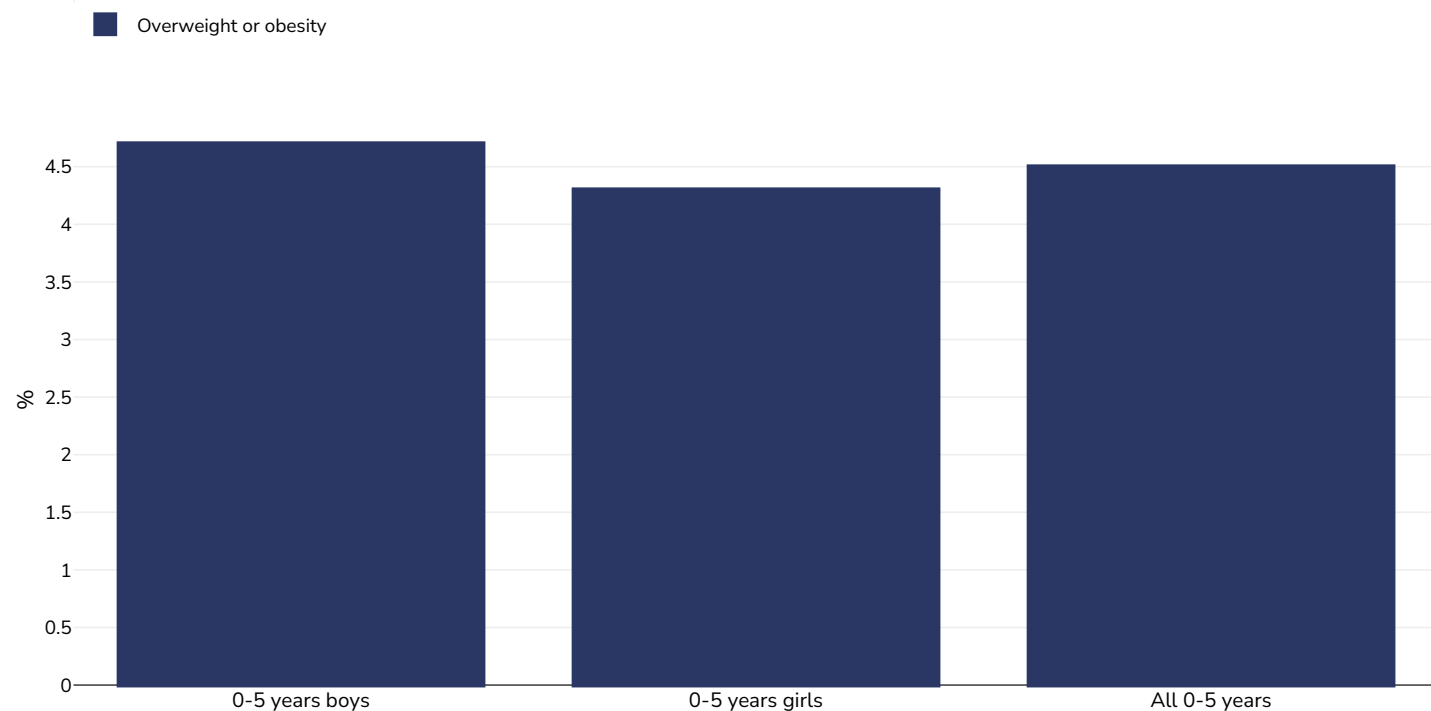
This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity for children under 5. Where available, data on common and relevant obesity drivers and comorbidities are also presented.

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

Contents	Page
Obesity prevalence	3
Overweight/obesity by education	4
Overweight/obesity by region	5
Overweight/obesity by socio-economic group	6
Overweight/obesity by ethnicity	7
Double burden of underweight & overweight	8
% Infants exclusively breastfed 0-5 months	9

Obesity prevalence

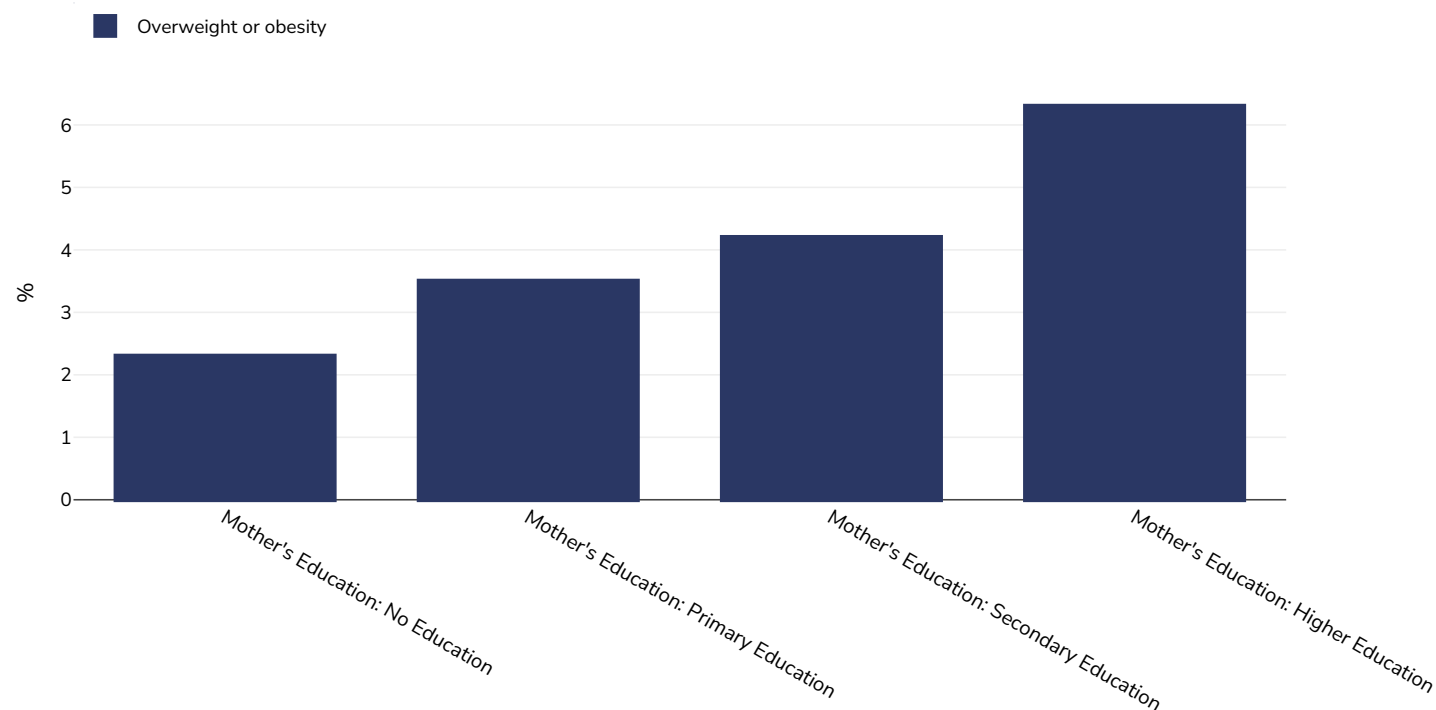
0-5 years, 2023-2024



Survey type:	Measured
Age:	0-5
Sample size:	22209
Area covered:	National
References:	Encuesta Nacional de Desnutrición Infantil - ENDI Ronda 2, Ecuador 2023-2024
Notes:	UNICEF/WHO/World Bank Joint Child Malnutrition Estimates Expanded Database: Overweight estimates: National and Disaggregated, July 2025, New York. Weighted sample size. For more information, please consult https://data.unicef.org/resources/jme/ . NB. Excluding Galápagos Islands
Definitions:	Percentage of children under 5 years of age falling above 2 standard deviations (moderate and severe) from the median weight-for-height of the reference population.
Cutoffs:	=>+2SD

Overweight/obesity by education

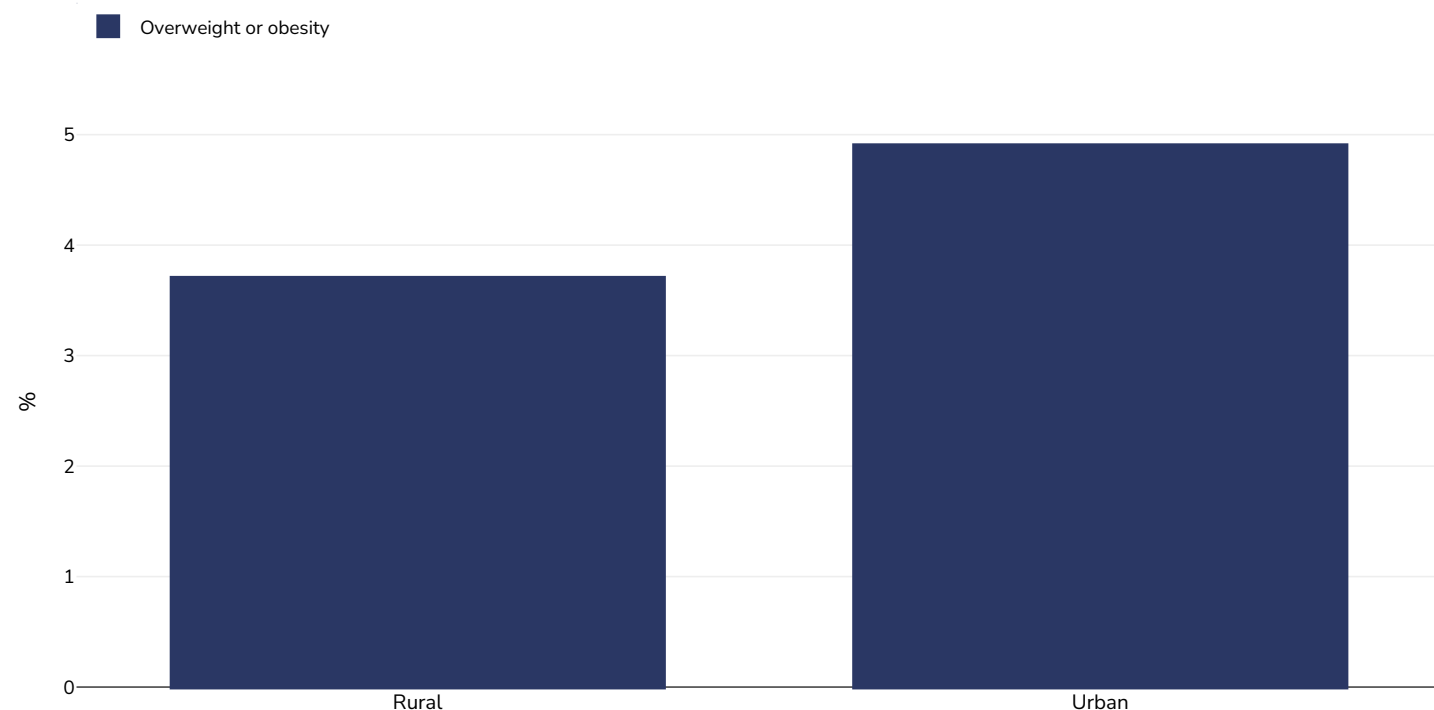
0-5 years, 2023-2024



Survey type:	Measured
Sample size:	21704
Area covered:	National
References:	Encuesta Nacional de Desnutrición Infantil - ENDI Ronda 2, Ecuador 2023-2024
Notes:	UNICEF/WHO/World Bank Joint Child Malnutrition Estimates Expanded Database: Overweight estimates: National and Disaggregated, July 2025, New York. Weighted sample size. For more information, please consult https://data.unicef.org/resources/jme/ . NB. Excluding Galápagos Islands
Definitions:	Percentage of children under 5 years of age falling above 2 standard deviations (moderate and severe) from the median weight-for-height of the reference population.
Cutoffs:	=>+2SD

Overweight/obesity by region

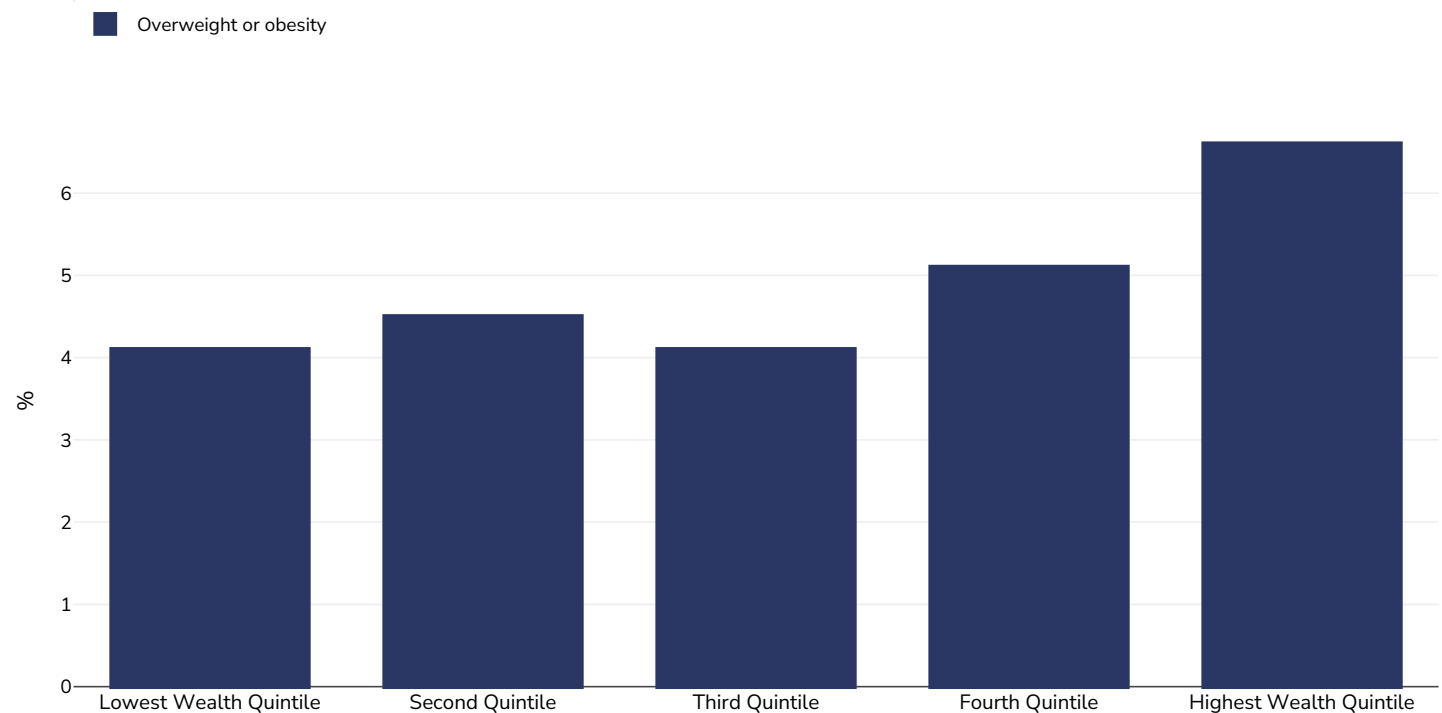
0-5 years, 2023-2024



Survey type:	Measured
Sample size:	22209
Area covered:	National
References:	Encuesta Nacional de Desnutrición Infantil - ENDI Ronda 2, Ecuador 2023-2024
Notes:	UNICEF/WHO/World Bank Joint Child Malnutrition Estimates Expanded Database: Overweight estimates: National and Disaggregated, July 2025, New York. Weighted sample size. For more information, please consult https://data.unicef.org/resources/jme/ . NB. Excluding Galápagos Islands
Definitions:	Percentage of children under 5 years of age falling above 2 standard deviations (moderate and severe) from the median weight-for-height of the reference population.
Cutoffs:	=>+2SD

Overweight/obesity by socio-economic group

0-5 years, 2022-2023



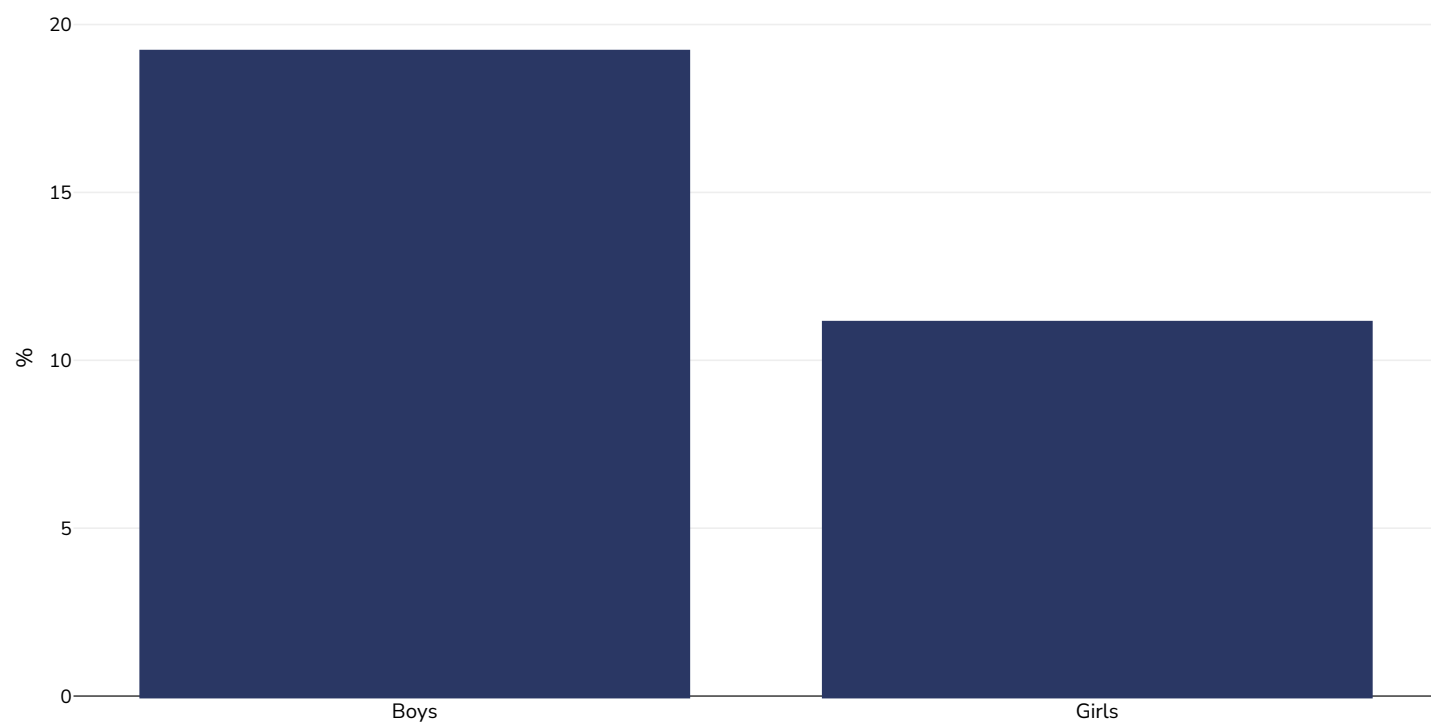
Survey type:	Measured
Sample size:	21254
Area covered:	National
References:	Encuesta Nacional de Desnutrición Infantil - ENDI, Ecuador 2022-2023
Notes:	UNICEF/WHO/World Bank Joint Child Malnutrition Estimates Expanded Database: Overweight estimates: National and Disaggregated, July 2025, New York. Weighted sample size. For more information, please consult https://data.unicef.org/resources/jme/ . NB. Excluding Galápagos Islands
Definitions:	Percentage of children under 5 years of age falling above 2 standard deviations (moderate and severe) from the median weight-for-height of the reference population.
Cutoffs:	=>+2SD

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.

Double burden of underweight & overweight

0-5 years, 2018-2019



Survey type: Measured

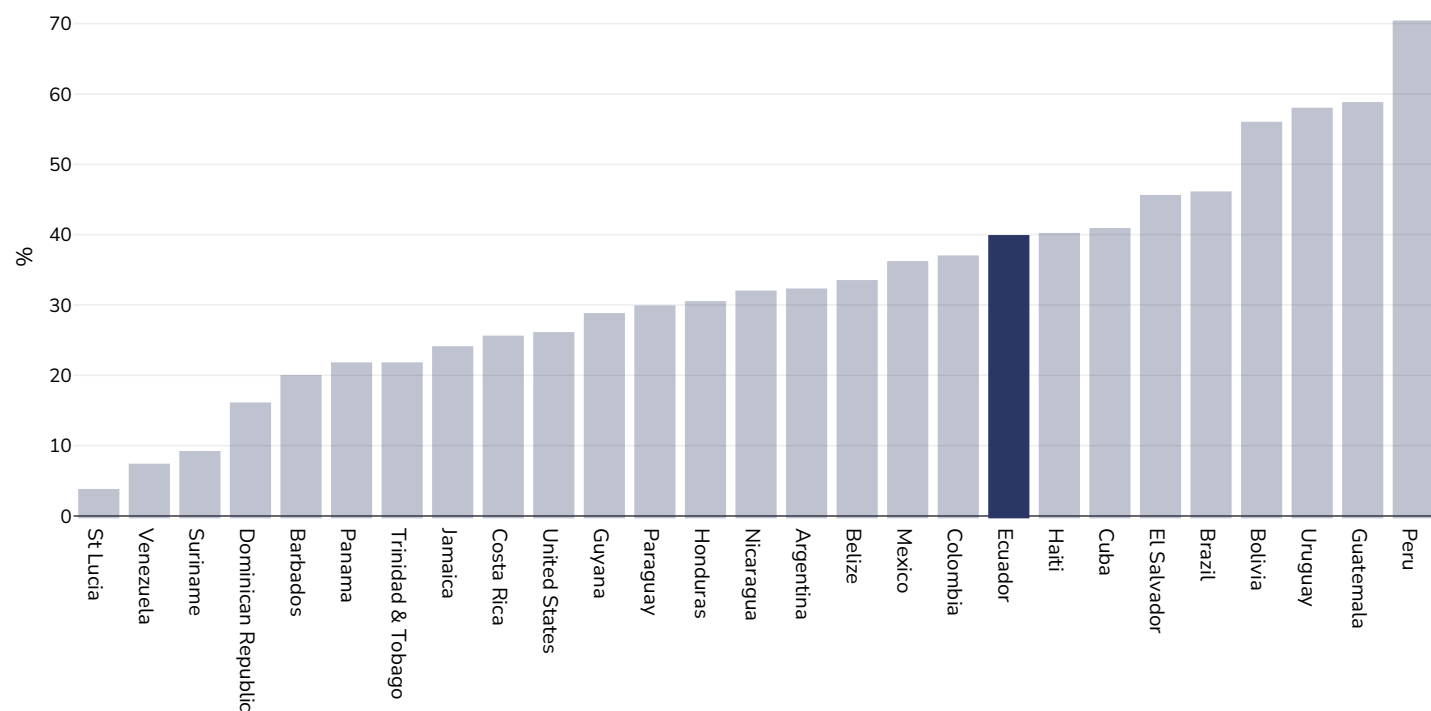
Age: 0-5

References: UNICEF data available at <https://data.unicef.org/topic/nutrition/malnutrition/> (last accessed 12.03.25)

Notes: Children under 5 falling below -2 standard deviations from the median height for age and falling at or above +2 standard deviations from the median weight-for-height of the reference population

% Infants exclusively breastfed 0-5 months

0-5 years, 1998-2023



References: Encuesta demografía y de salud materna e infantil, ENDEMAIN 2004: Informe final. Quito, Ecuador: CEPAR, 2005

Notes: Full details are available. Original citation United Nations Children's Fund, Division of Data, Analysis, Planning and Monitoring (2023).
Global UNICEF Global Databases: Infant and Young Child Feeding: Exclusive breastfeeding, New York, October 2023.

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