El Salvador



Country report card - under-5s

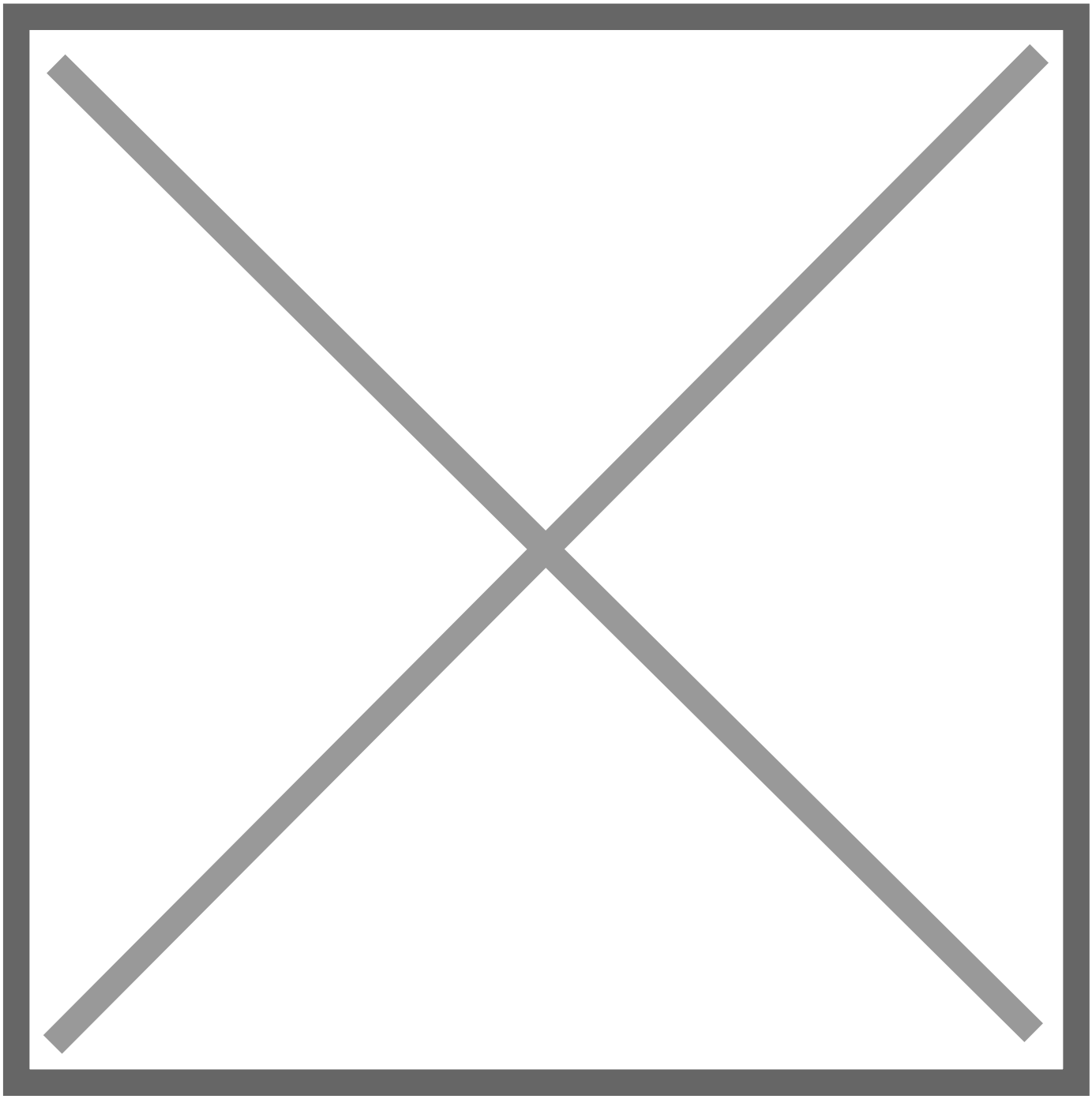
This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity for children under 5. Where available, data on common and relevant obesity drivers and comorbidities are also presented.

View the latest version of this report on the Global Obesity Observatory at https://data.worldobesity.org/country/el-salvador-61/.

Contents	Page
Obesity prevalence	3
Overweight/obesity by education	6
Overweight/obesity by region	9
Overweight/obesity by socio-economic group	12
Double burden of underweight & obesity	15
% Infants exclusively breastfed 0-5 months	18

Obesity prevalence

0-5 years, 2021

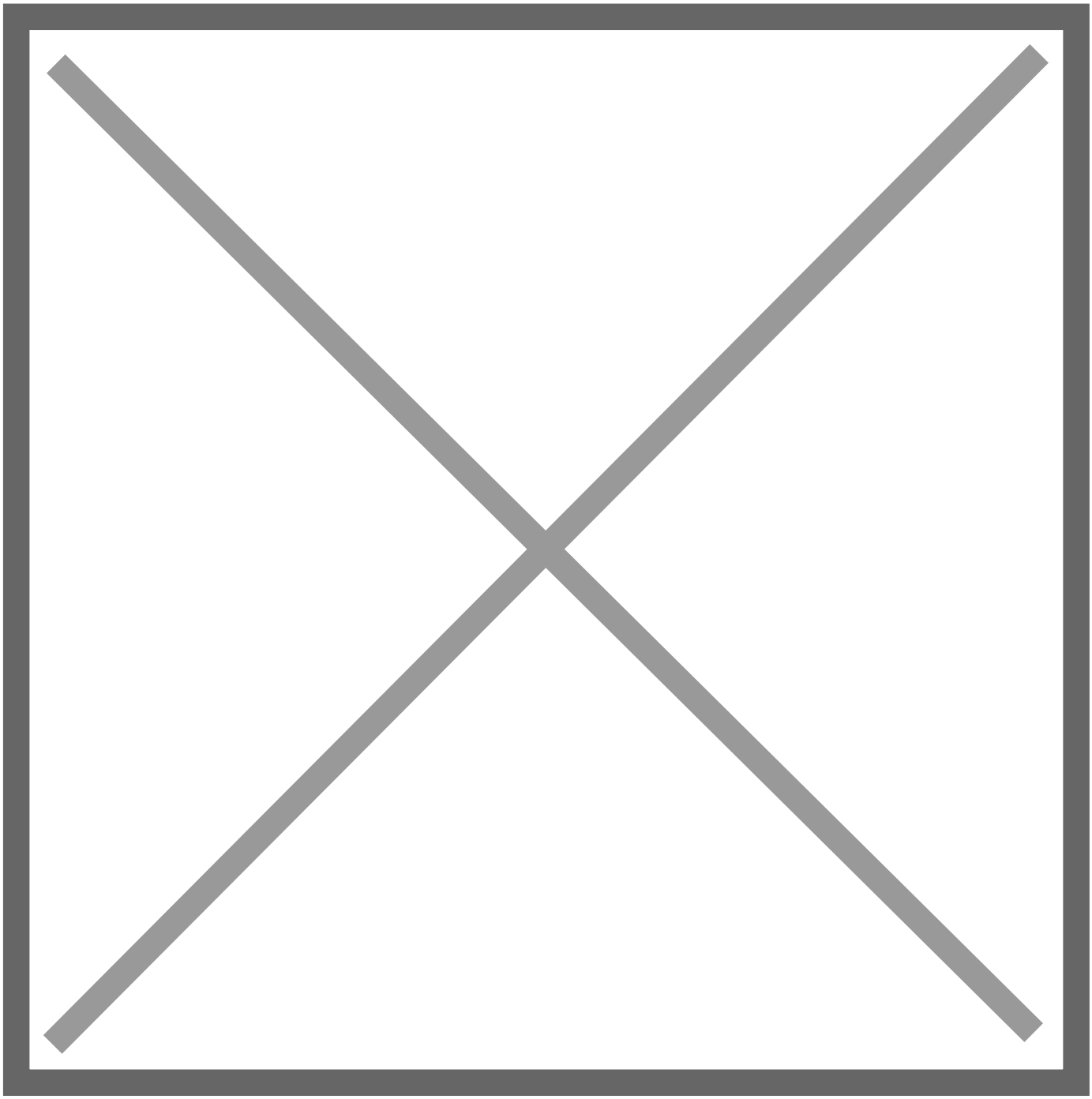


Survey type:	Measured
Age:	0-5
Sample size:	385044
Area covered:	National
References:	Encuesta Nacional de Salud (ENS), El Salvador 2021

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/.
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, 2014

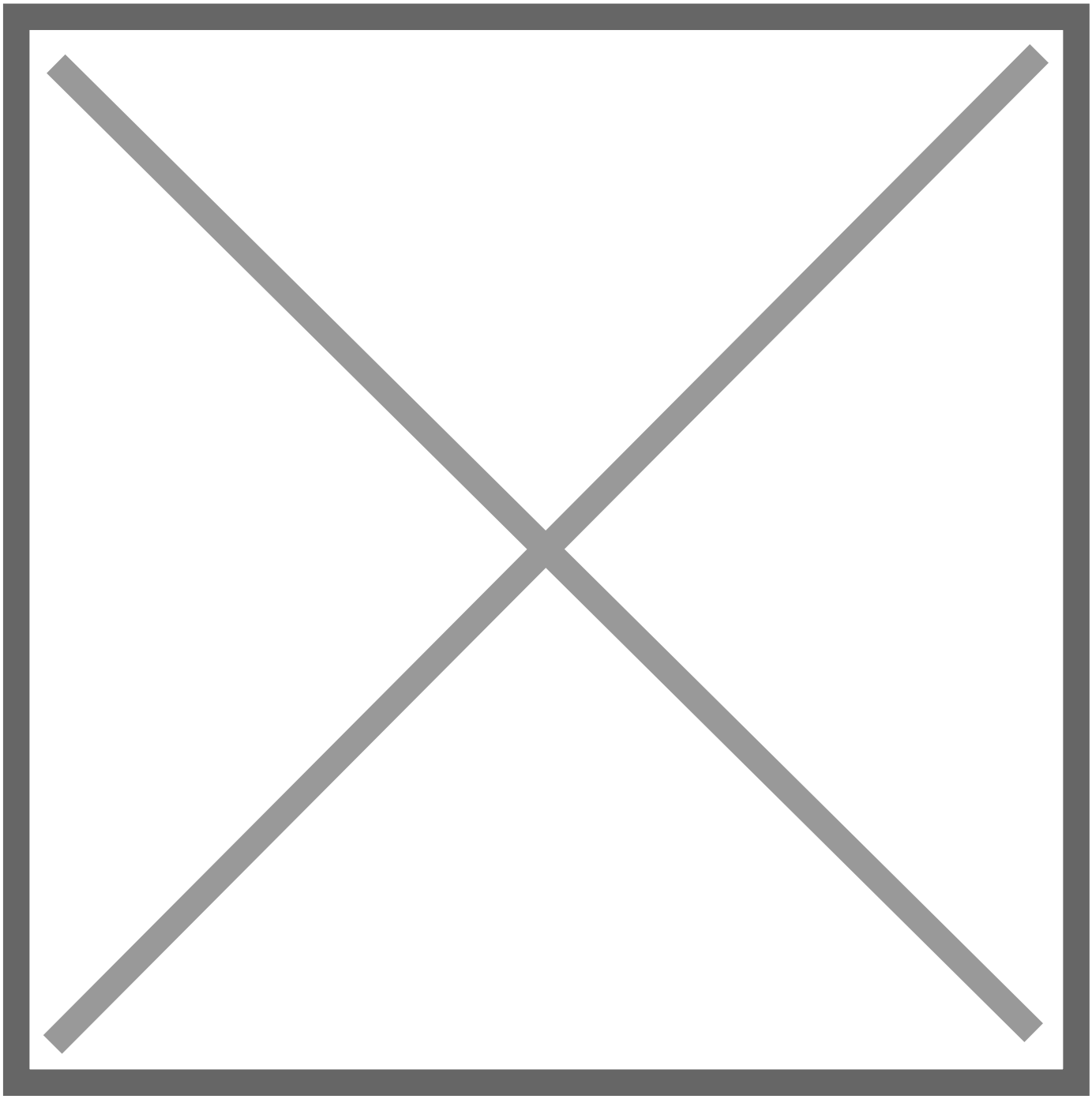


Sample size:	7189
References:	MICS: Encuesta nacional de salud 2014 - Encuesta de indicadores multiples por conglomerados 2014, Resultados principales. San Salvador, El Salvador: Ministerio de Salud e Instituto Nacional de Salud.
Notes:	UNICEF/WHO/World Bank Joint Child Malnutrition Estimates Expanded Database: Overweight (Survey Estimates), May 2023, New York. For more information about the methodology, please consult https://data.unicef.org/resources/jme-2023-country-consultations/ 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.

Definitions:	=>+2SD

Overweight/obesity by region

0-5 years, 2014

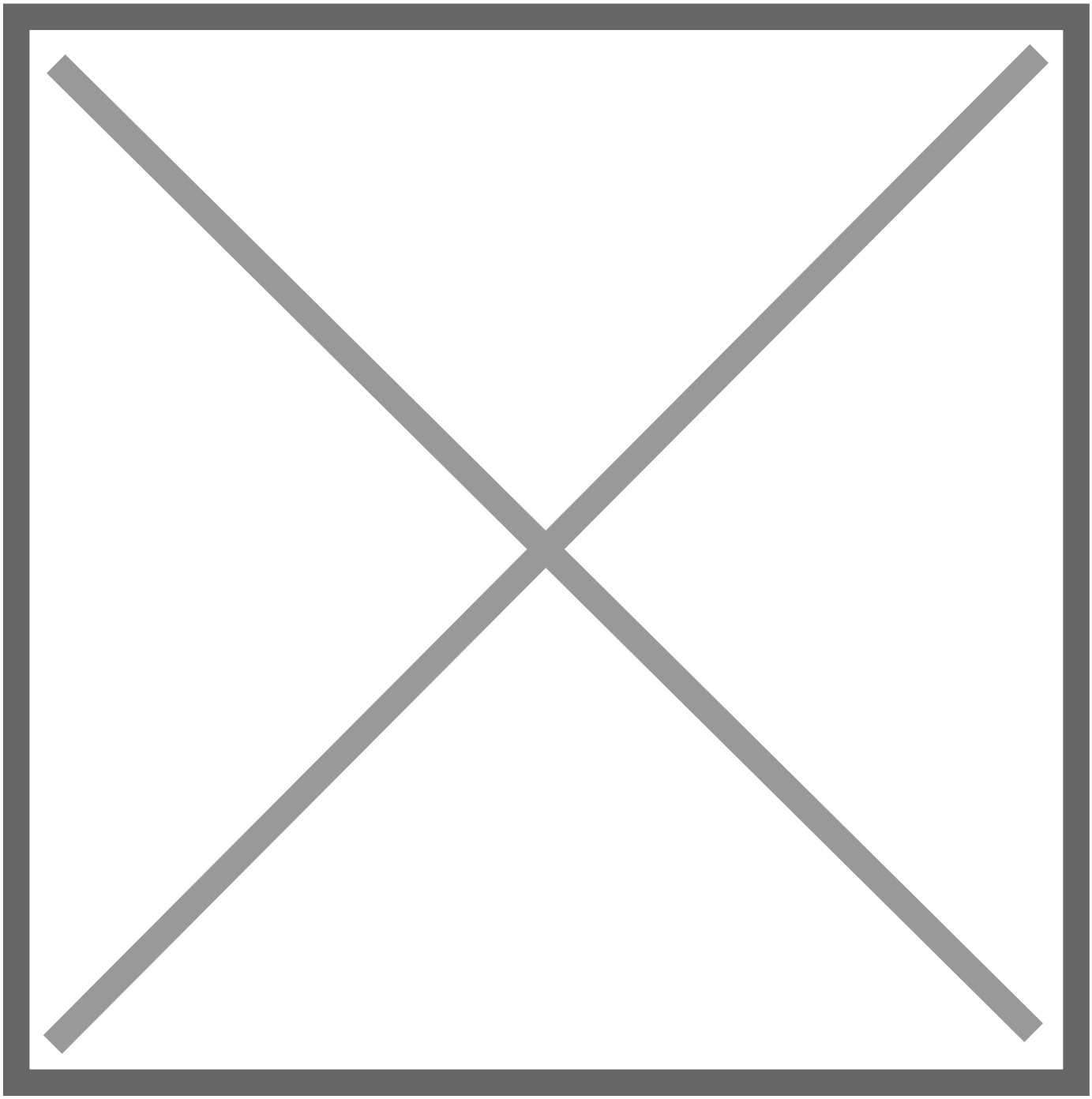


Sample size:	7189
References:	MICS: Encuesta nacional de salud 2014 - Encuesta de indicadores multiples por conglomerados 2014, Resultados principales. San Salvador, El Salvador: Ministerio de Salud e Instituto Nacional de Salud.
Notes:	UNICEF/WHO/World Bank Joint Child Malnutrition Estimates Expanded Database: Overweight (Survey Estimates), May 2023, New York. For more information about the methodology, please consult https://data.unicef.org/resources/jme-2023-country-consultations/ 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.

Definitions:	=>+2SD

Overweight/obesity by socio-economic group

0-5 years, 2014

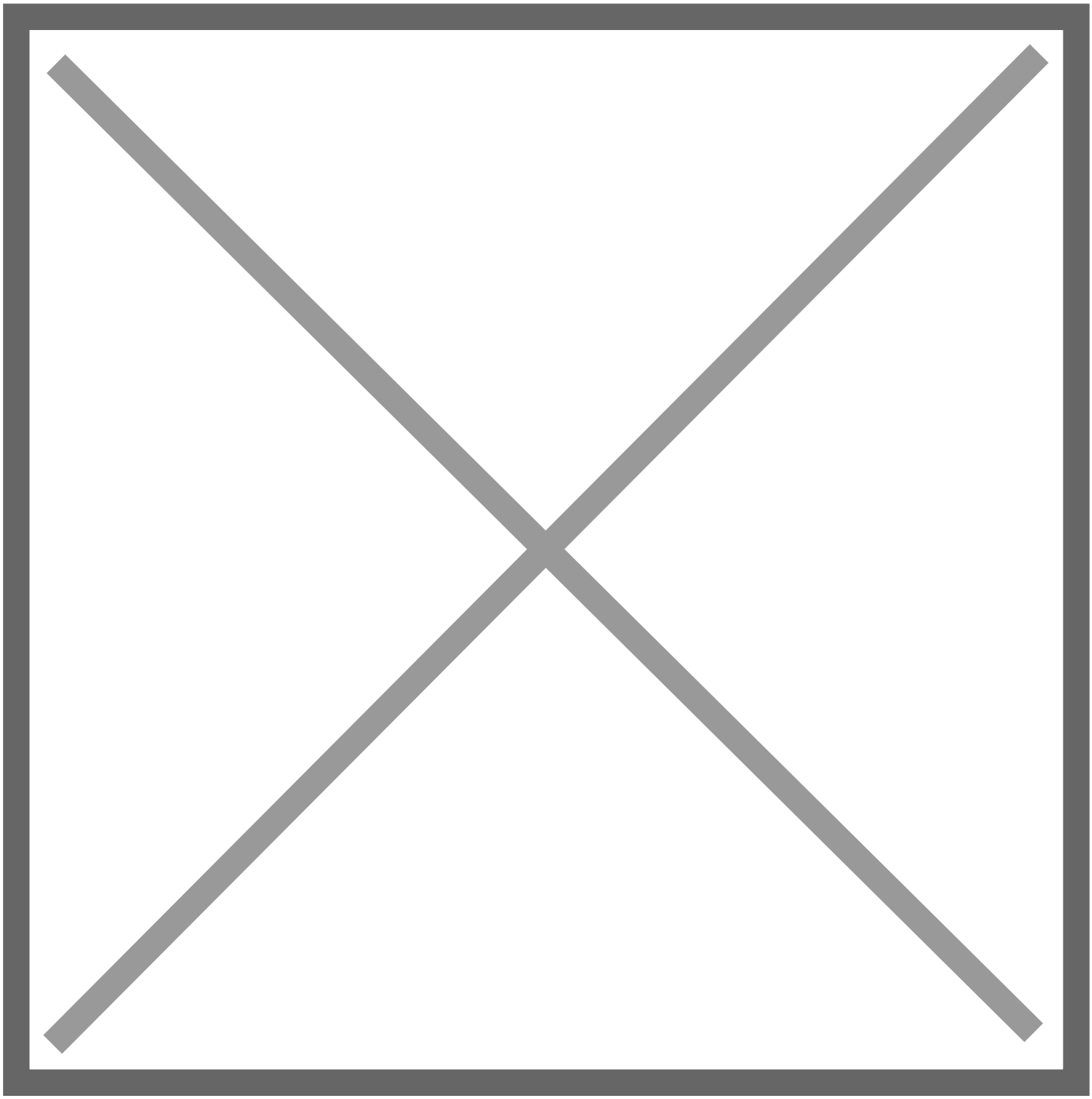


Sample size:	7189
References:	MICS: Encuesta nacional de salud 2014 - Encuesta de indicadores multiples por conglomerados 2014, Resultados principales. San Salvador, El Salvador: Ministerio de Salud e Instituto Nacional de Salud.
Notes:	UNICEF/WHO/World Bank Joint Child Malnutrition Estimates Expanded Database: Overweight (Survey Estimates), May 2023, New York. For more information about the methodology, please consult https://data.unicef.org/resources/jme-2023-country-consultations/ 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.

Definitions:	=>+2SD

Double burden of underweight & obesity

0-5 years, 2014

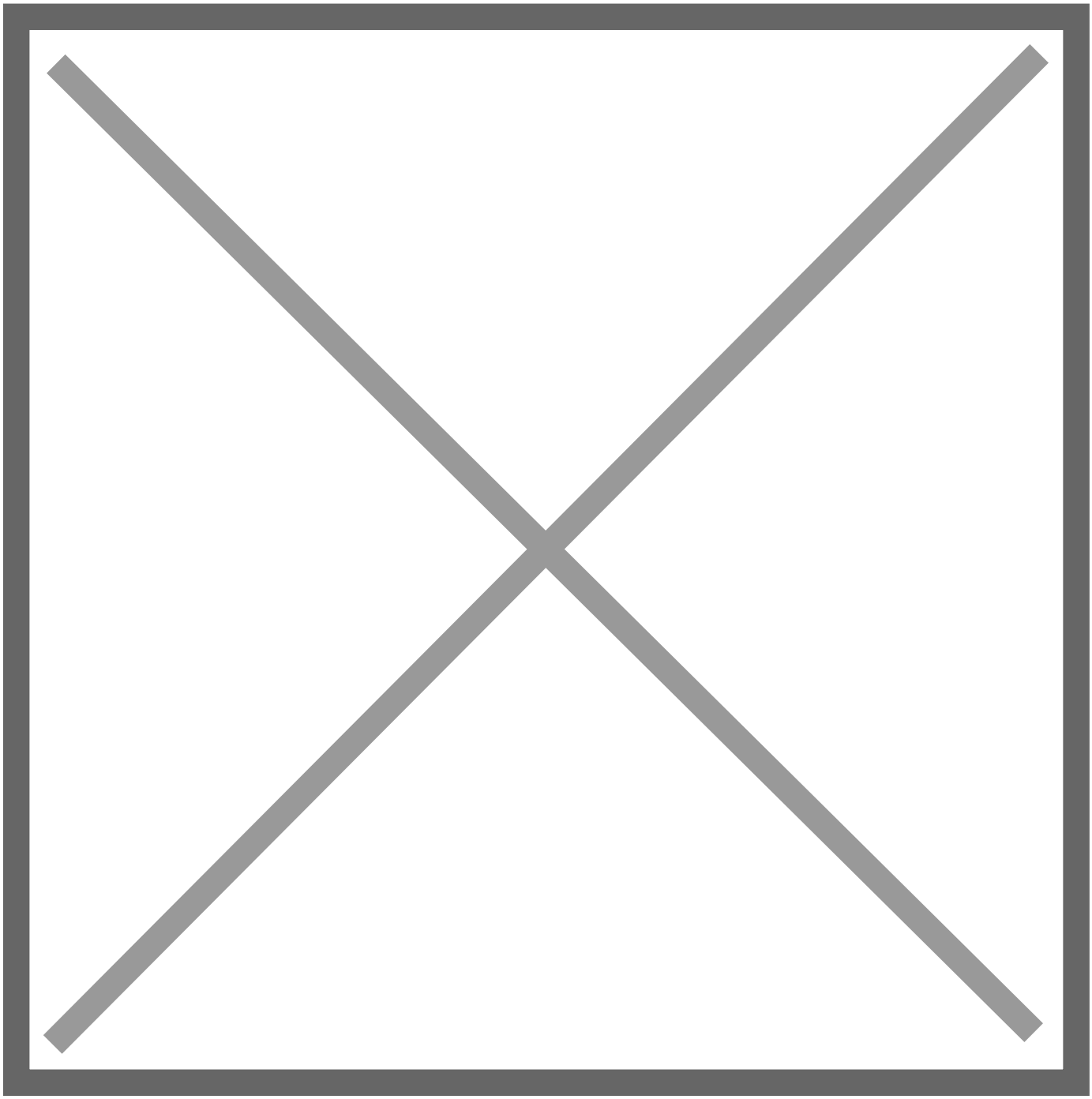


Survey type:	Measured
Age:	0-5
References:	United Nations Children's Fund, Division of Data, Analysis, Planning and Monitoring (2025). Global UNICEF Global Databases: Overlapping Stunting, Wasting and Overweight (Survey Estimates), 2025, New York. For more information, visit: https://data.unicef.org/topic/nutrition/malnutrition/ [Accessed 06.08.25]
Notes:	Encuesta nacional de salud 2014 - Encuesta de indicadores multiples por conglomerados 2014, Resultados principales. San Salvador, El Salvador: Ministerio de Salud e Instituto Nacional de Salud.

Definitions:	Combined percentage of children under 5 years of age who are either wasted, stunted, or overweight (falling below -2 standard deviations from the median weight-for-height, falling below -2 standard deviations from the median height for age, or falling at or above +2 standard deviations from the median weight-for-height of the reference population)
Cutoffs:	WHZ <-2, HAZ <-2 and WHZ >+2

% Infants exclusively breastfed 0-5 months

0-5 years, 2011-2024



Area covered:	National
References:	Encuesta Nacional de Salud (ENS), El Salvador 2021
Notes:	Full details available at source: United Nations Children's Fund, Division of Data, Analysis, Planning and Monitoring (2025). Global UNICEF Global Databases: Infant and Young Child Feeding: Exclusive breastfeeding, New York, November 2025.
Definitions:	Infants 0-5 months of age who received only breast milk during the previous day. The definition allows for medicines, vitamins and oral re-hydration solution to have been given. These infants would not have received water-based liquids, milk based-liquids or food.

PDF created on August 21, 2026