



Estonia



Country report card - under-5s

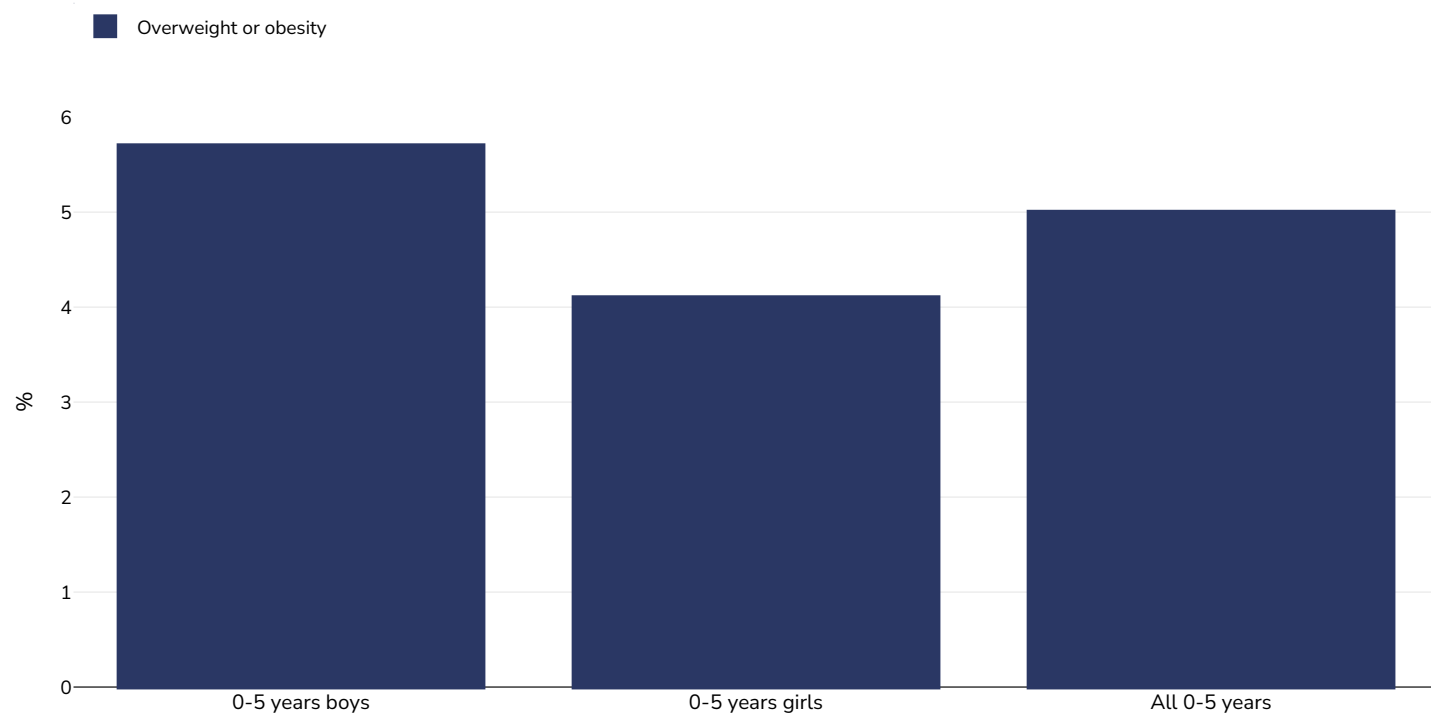
This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity for children under 5. Where available, data on common and relevant obesity drivers and comorbidities are also presented.

View the latest version of this report on the Global Obesity Observatory at <https://data.worldobesity.org/country/estonia-64/>

Contents	Page
Obesity prevalence	3
Overweight/obesity by region	4
Overweight/obesity by socio-economic group	5
Double burden of underweight & overweight	6

Obesity prevalence

0-5 years, 2013-2015



Age: 0-5

Sample size: 75177

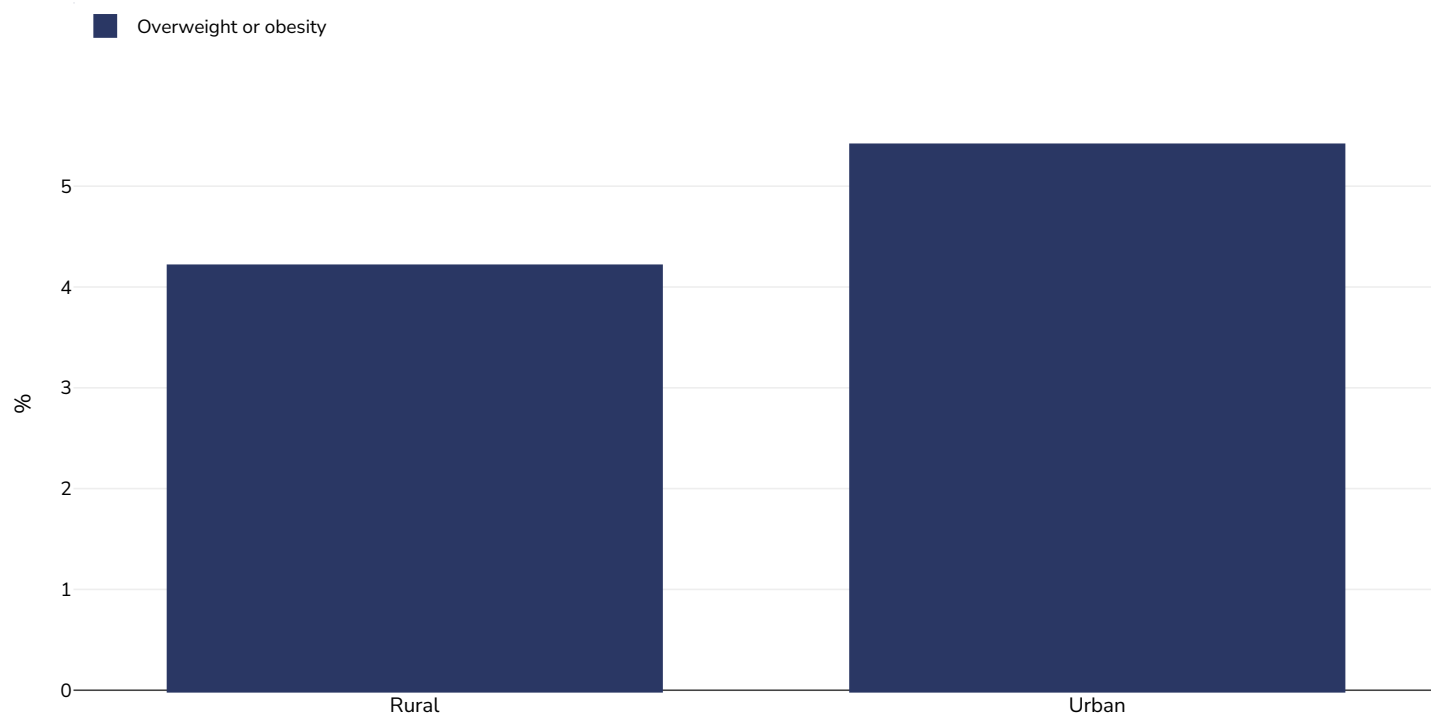
References: Other: National Dietary Survey among children up to ten years old and breastfeeding mothers in Estonia. EFSA supporting publication 2017:EN-1199. 25 pp.doi:10.2903/sp.efsa.2017.EN-1199

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, 2013-2015



Sample size: 75177

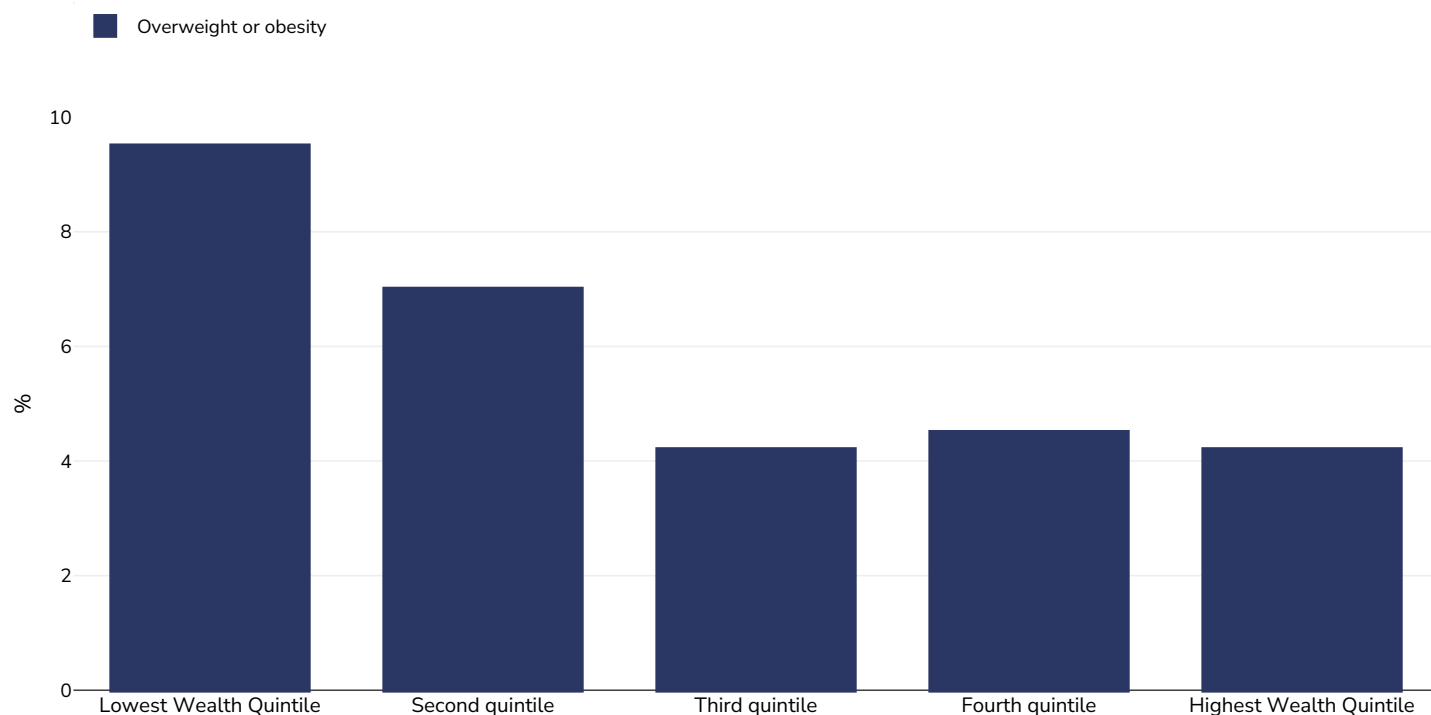
References: Other: National Dietary Survey among children up to ten years old and breastfeeding mothers in Estonia. EFSA supporting publication 2017:EN-1199. 25 pp.doi:10.2903/sp.efsa.2017.EN-1199

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, 2013-2015



Sample size: 75177

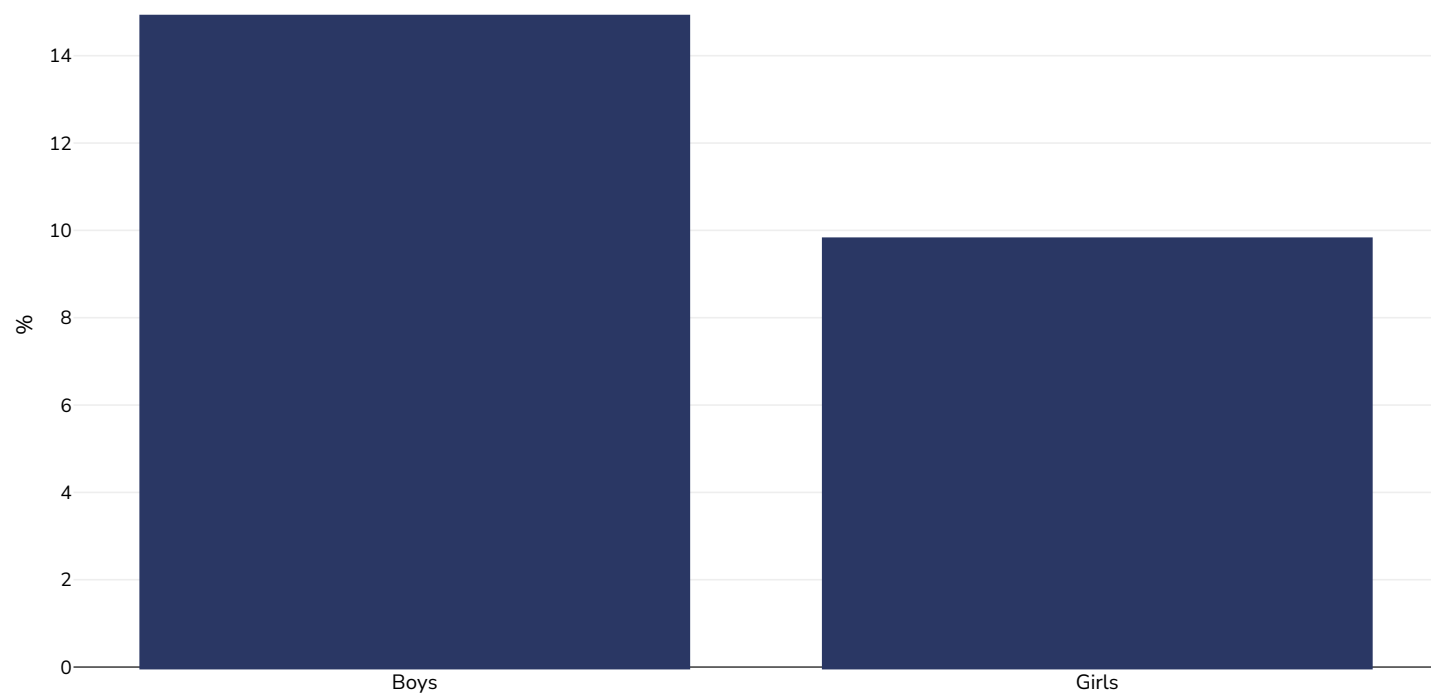
References: Other: National Dietary Survey among children up to ten years old and breastfeeding mothers in Estonia. EFSA supporting publication 2017:EN-1199. 25 pp.doi:10.2903/sp.efsa.2017.EN-1199

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 & overweight

0-5 years, 2013-2015



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

PDF created on July 28, 2025