



Estonia



Country report card - under-5s

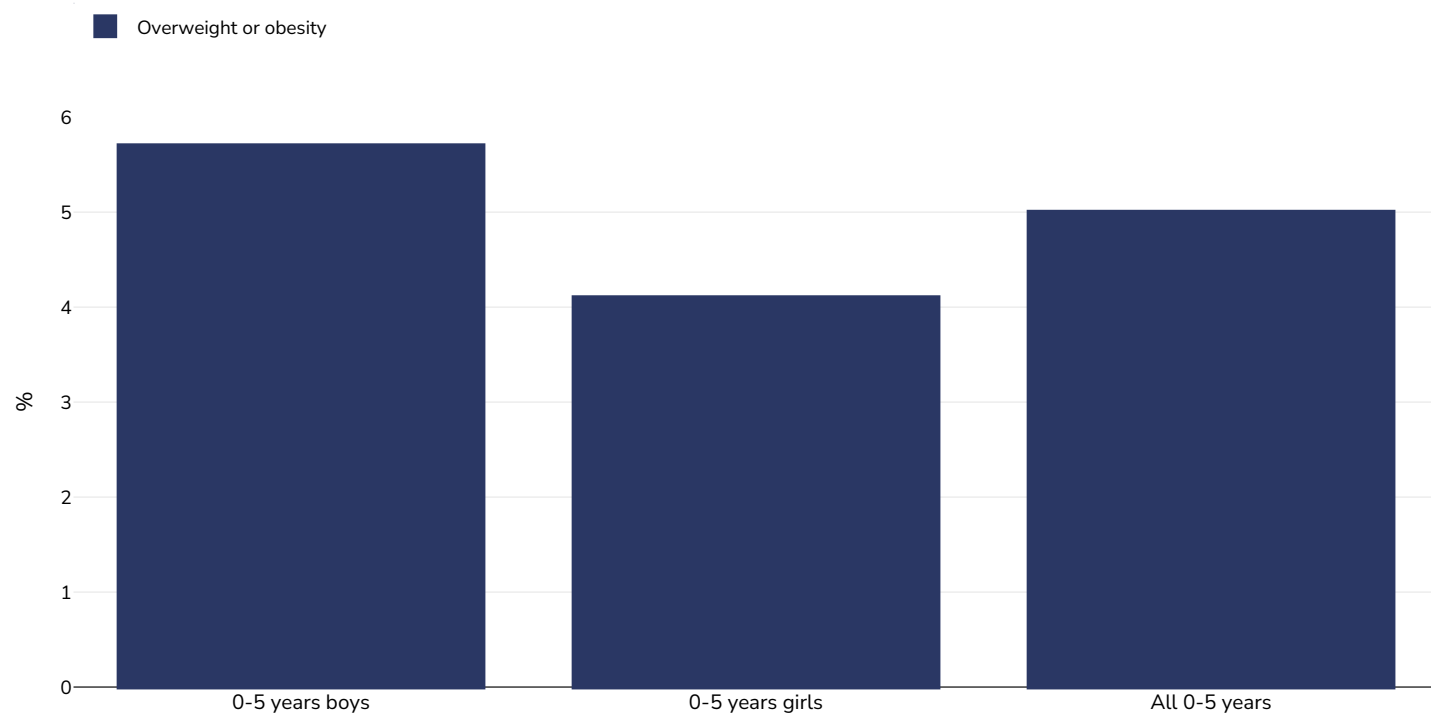
This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity for children under 5. Where available, data on common and relevant obesity drivers and comorbidities are also presented.

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

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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



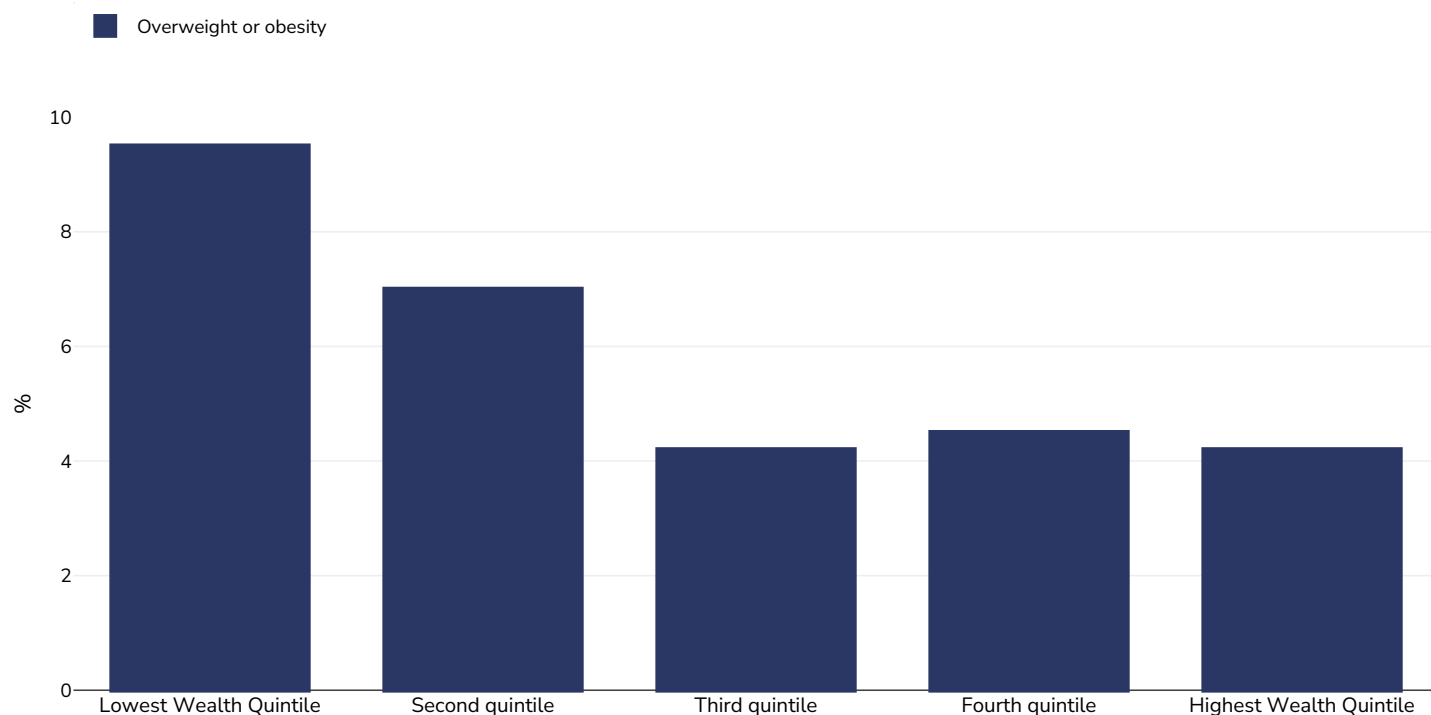
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Definitions:

=>+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.
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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:	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: 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](https://doi.org/10.2903/sp.efsa.2017.EN-1199)

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

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