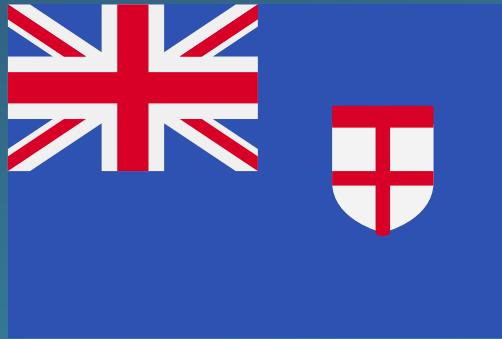




# Fiji



## Country report card - under-5s

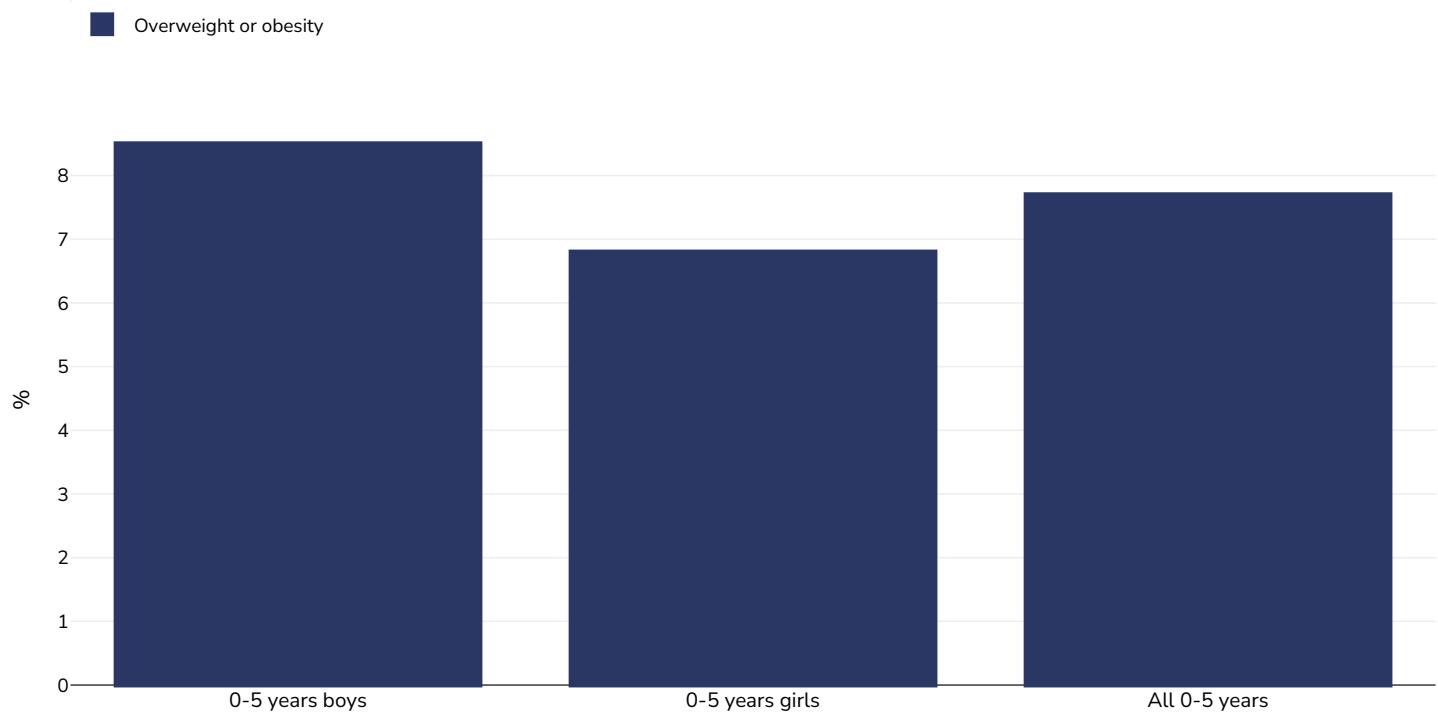
*This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity for children under 5. Where available, data on common and relevant obesity drivers and comorbidities are also presented.*

*View the latest version of this report on the Global Obesity Observatory at <https://data.worldobesity.org/country/fiji-69/>.*

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

## Obesity prevalence

0-5 years, 2021



Age:

0-5

Sample size:

1970

References:

MICS: Fiji Multiple Indicator Cluster Survey 2021, Survey Findings Report. Suva, Fiji: Fiji Bureau of Statistics.

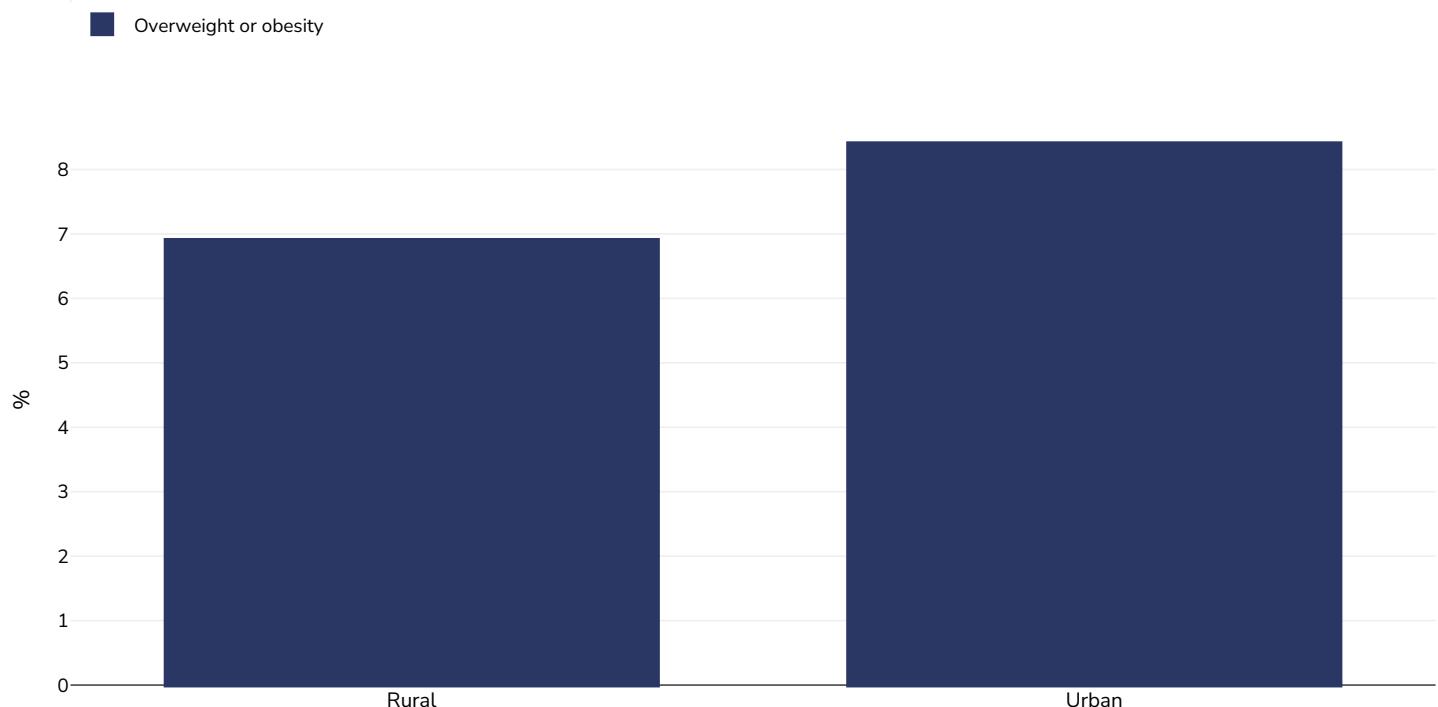
Notes: UNICEF/WHO/World Bank Joint Child Malnutrition Estimates Expanded Database: Overweight (Survey Estimates), May 2023, New York.  
For more information about the methodology, please consult <https://data.unicef.org/resources/jme-2023-country-consultations/>  
Percentage of children under 5 years 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, 2021



Sample size:

1970

References:

MICS: Fiji Multiple Indicator Cluster Survey 2021, Survey Findings Report. Suva, Fiji: Fiji Bureau of Statistics.

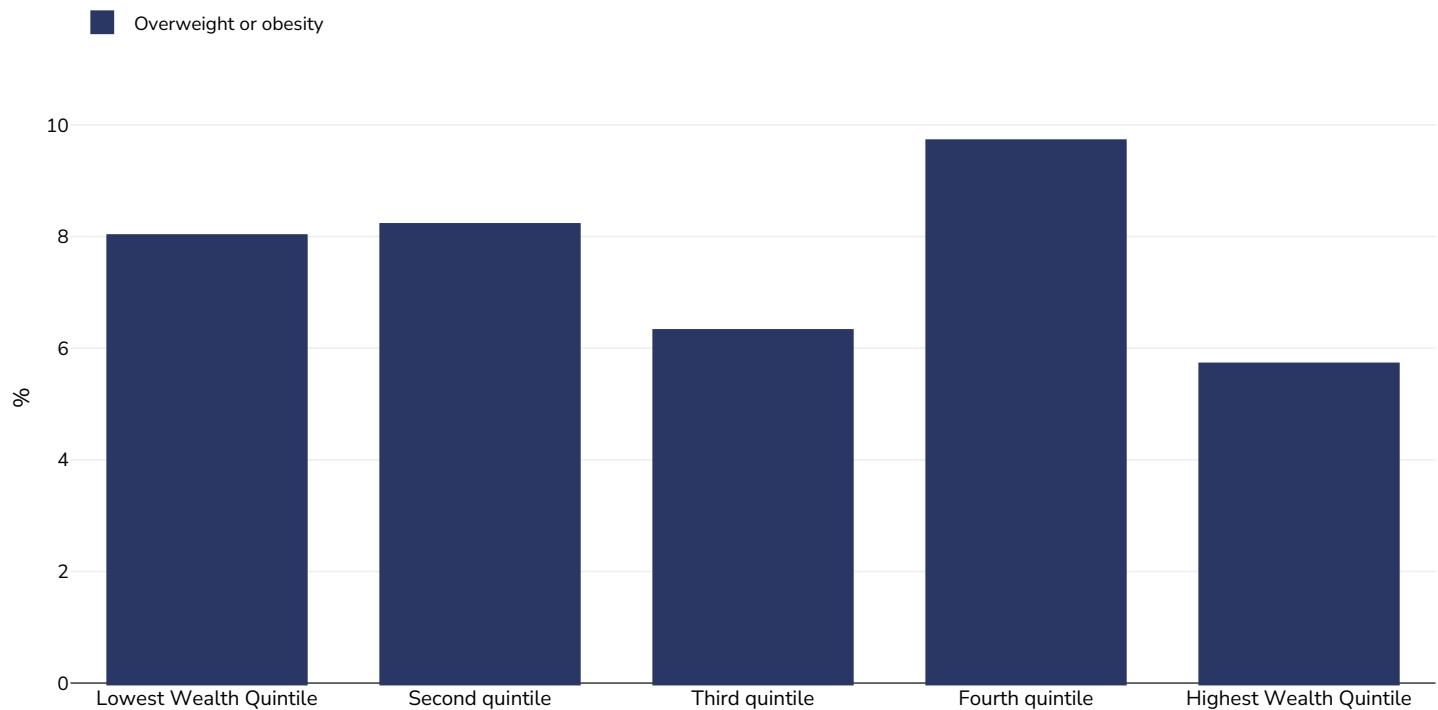
Notes: UNICEF/WHO/World Bank Joint Child Malnutrition Estimates Expanded Database: Overweight (Survey Estimates), May 2023, New York.  
For more information about the methodology, please consult <https://data.unicef.org/resources/jme-2023-country-consultations/>  
Percentage of children under 5 years 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, 2021



Sample size:

1970

References:

MICS: Fiji Multiple Indicator Cluster Survey 2021, Survey Findings Report. Suva, Fiji: Fiji Bureau of Statistics.

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:

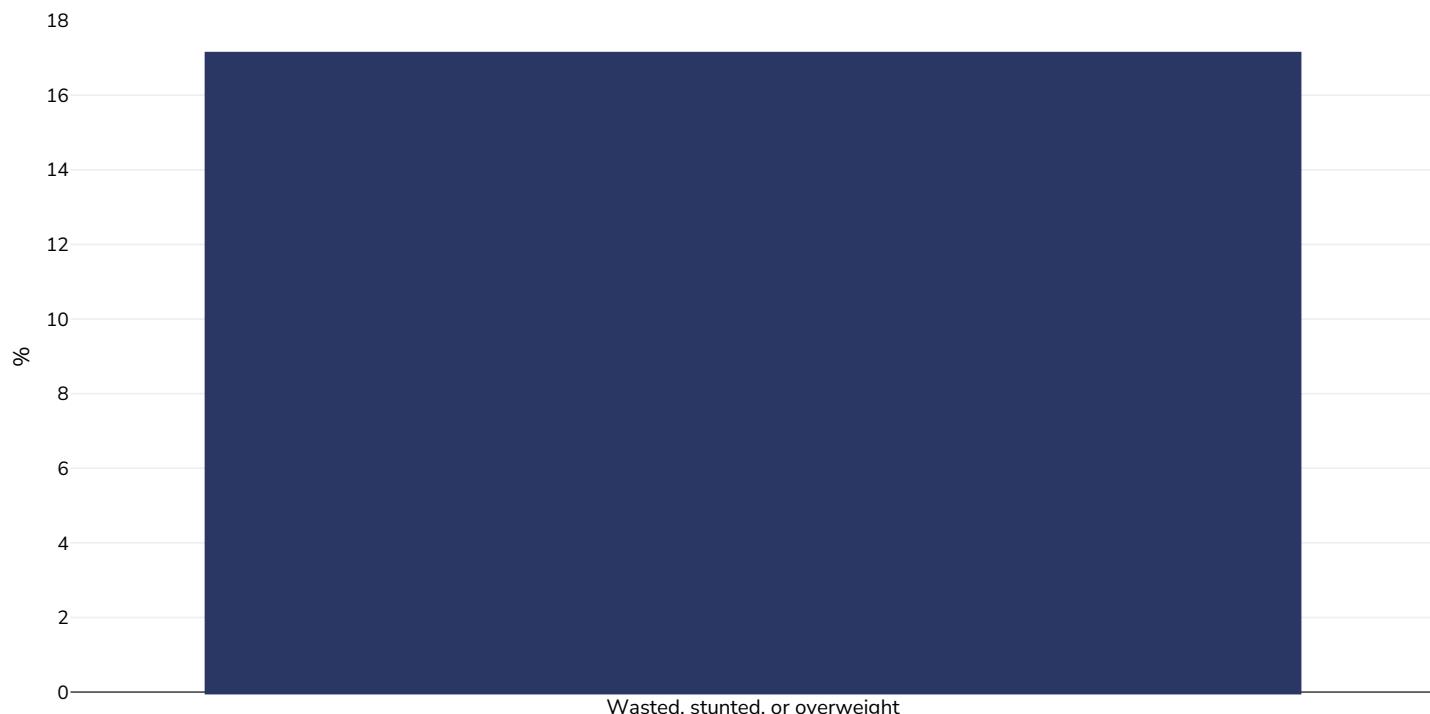
=>+2SD

## Overweight/obesity by 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

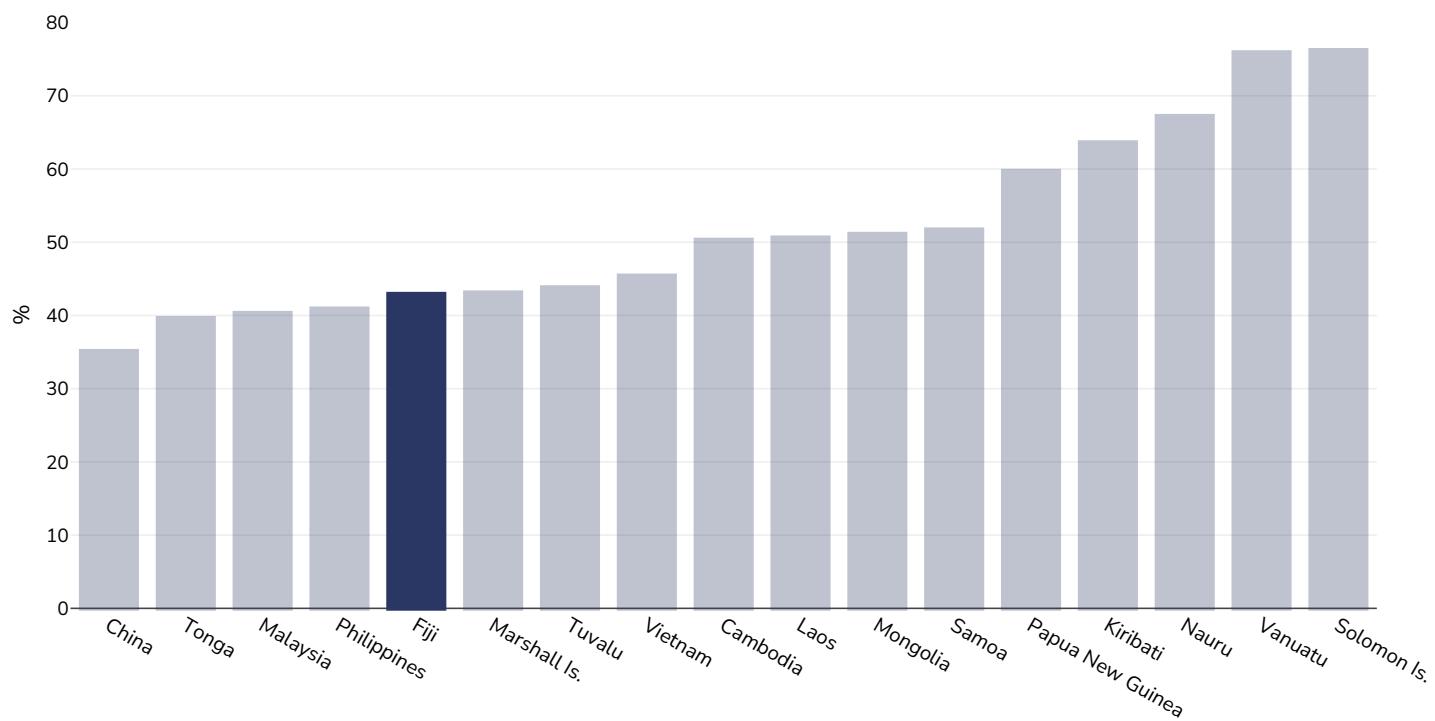
0-5 years, 2021



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: <a href="https://data.unicef.org/topic/nutrition/malnutrition/">https://data.unicef.org/topic/nutrition/malnutrition/</a> [Accessed 06.08.25]
Notes:	Fiji Multiple Indicator Cluster Survey 2021, Survey Findings Report. Suva, Fiji: Fiji Bureau of Statistics.
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, 2007-2023



References:

Fiji Multiple Indicator Cluster Survey 2021, Survey Findings Report. Suva, Fiji: Fiji Bureau of Statistics.

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.

PDF created on January 29, 2026