Honduras



Country report card - under-5s

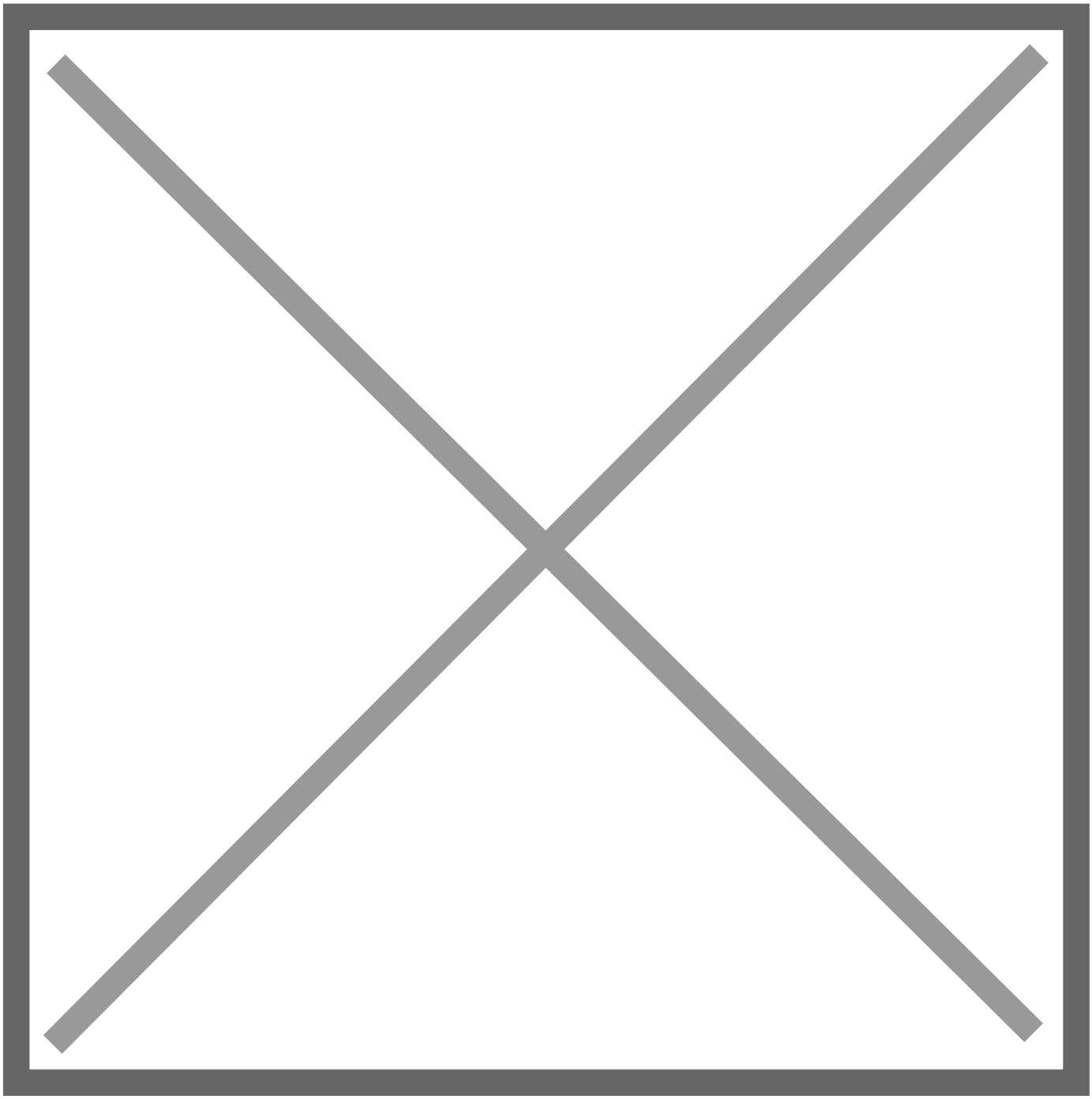
This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity for children under 5. Where available, data on common and relevant obesity drivers and comorbidities are also presented.

View the latest version of this report on the Global Obesity Observatory at https://data.worldobesity.org/country/honduras-91/.

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Obesity prevalence

0-5 years, 2019

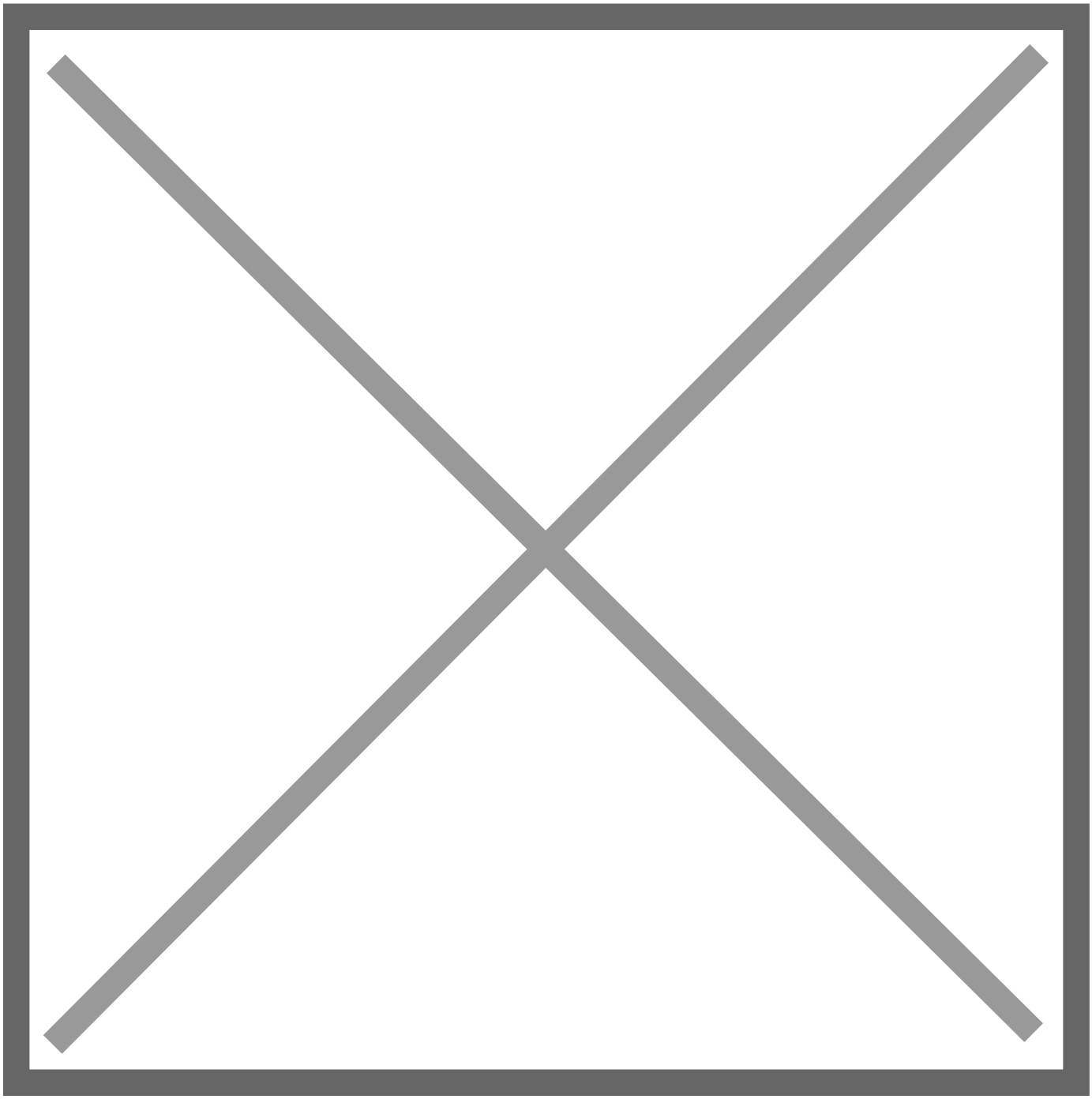


Survey type:	Measured
Age:	0-5
Sample size:	8082
Area covered:	National
References:	MICS: Encuesta Nacional de Demografía y Salud/ Encuesta de Indicadores Múltiples por Conglomerados. Honduras 2019. Tegucigalpa.

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 education

0-5 years, 2019

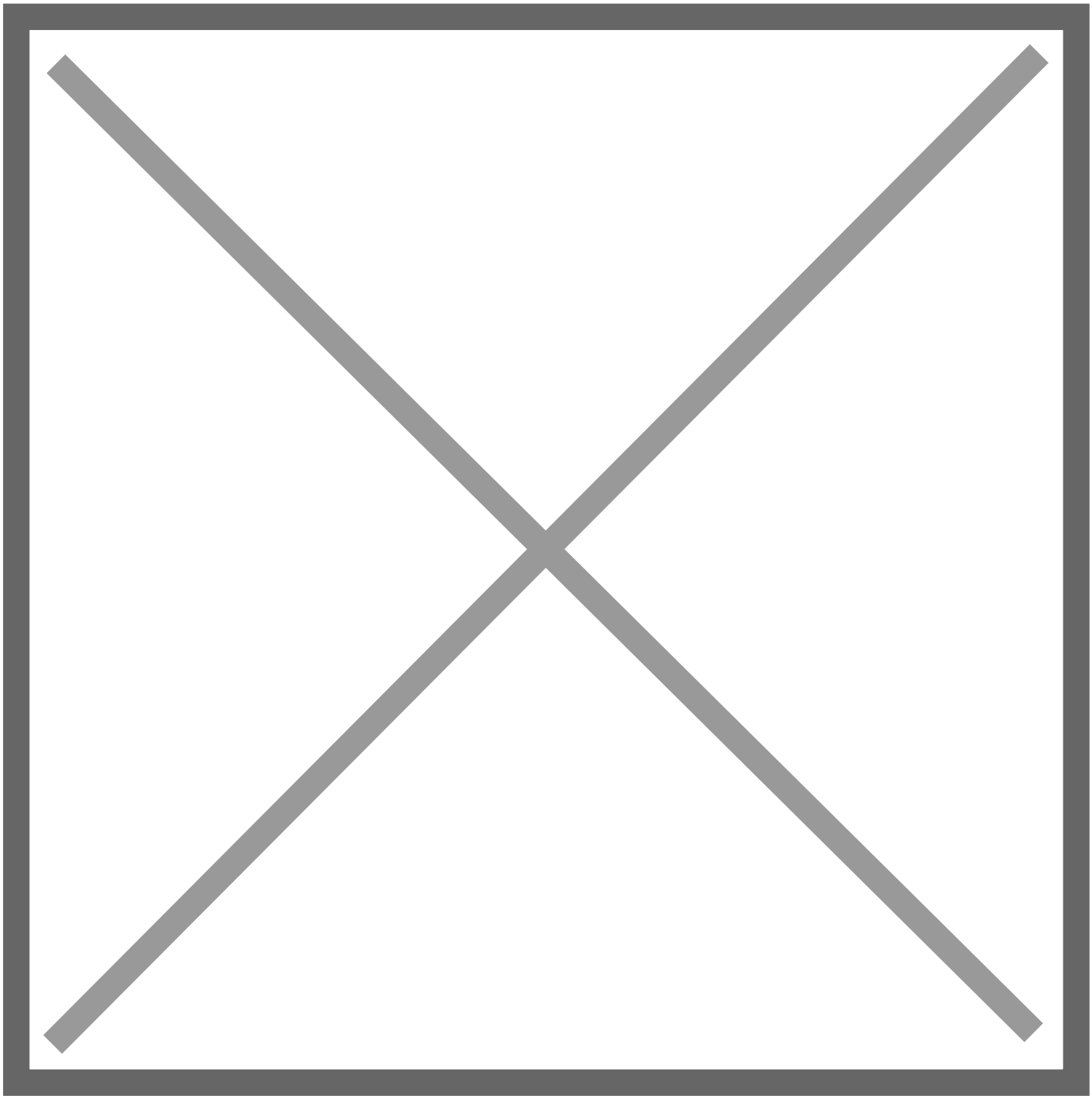


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Definitions:	=>+2SD

Overweight/obesity by region

0-5 years, 2019

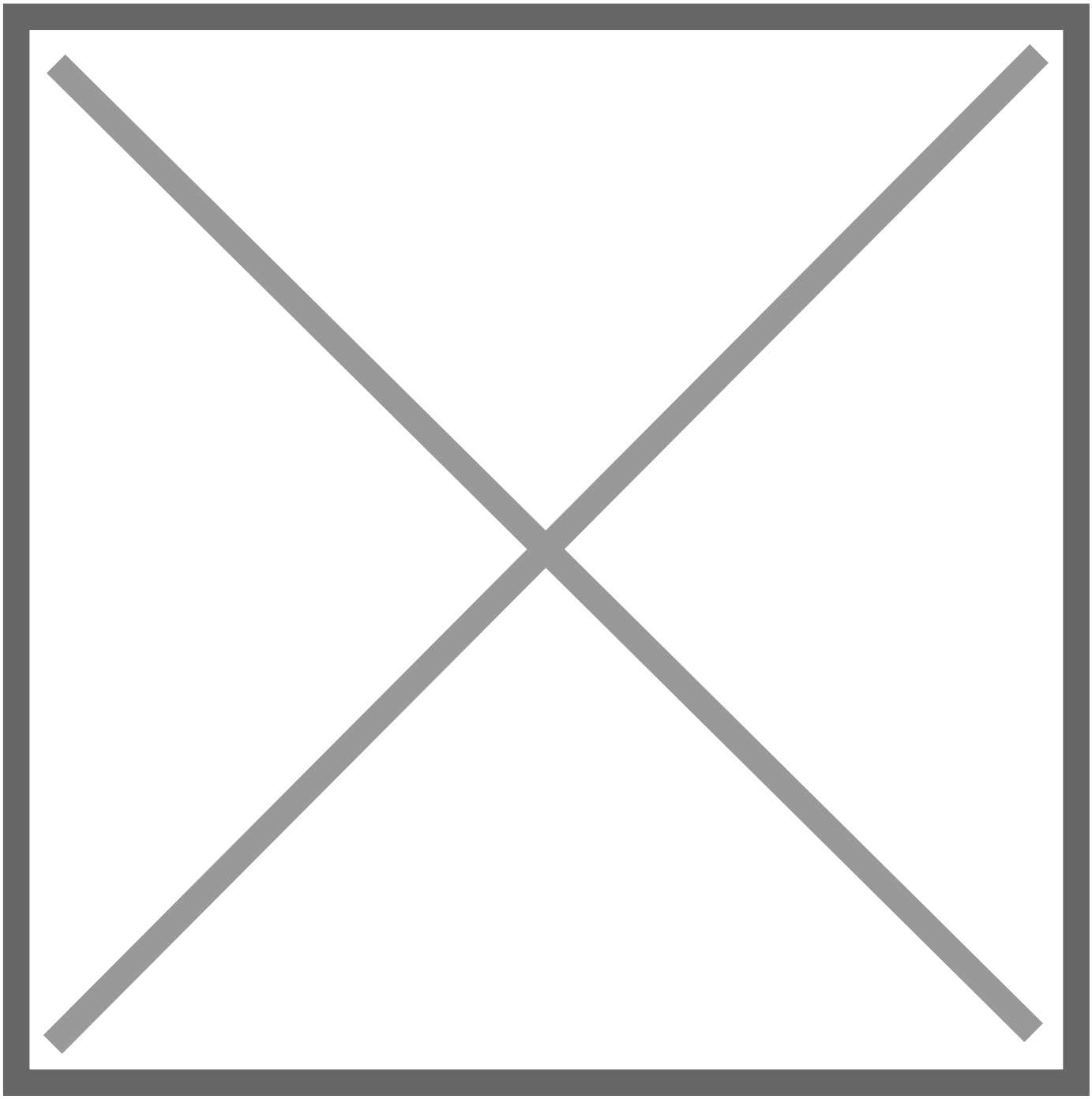


Sample size:	8082
References:	MICS: Encuesta Nacional de Demografía y Salud/ Encuesta de Indicadores Múltiples por Conglomerados. Honduras 2019. Tegucigalpa.
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Definitions:	=>+2SD

Overweight/obesity by socio-economic group

0-5 years, 2019



Survey type:	Measured
Sample size:	8082
Area covered:	National
References:	MICS: Encuesta Nacional de Demografía y Salud/ Encuesta de Indicadores Múltiples por Conglomerados. Honduras 2019. Tegucigalpa.

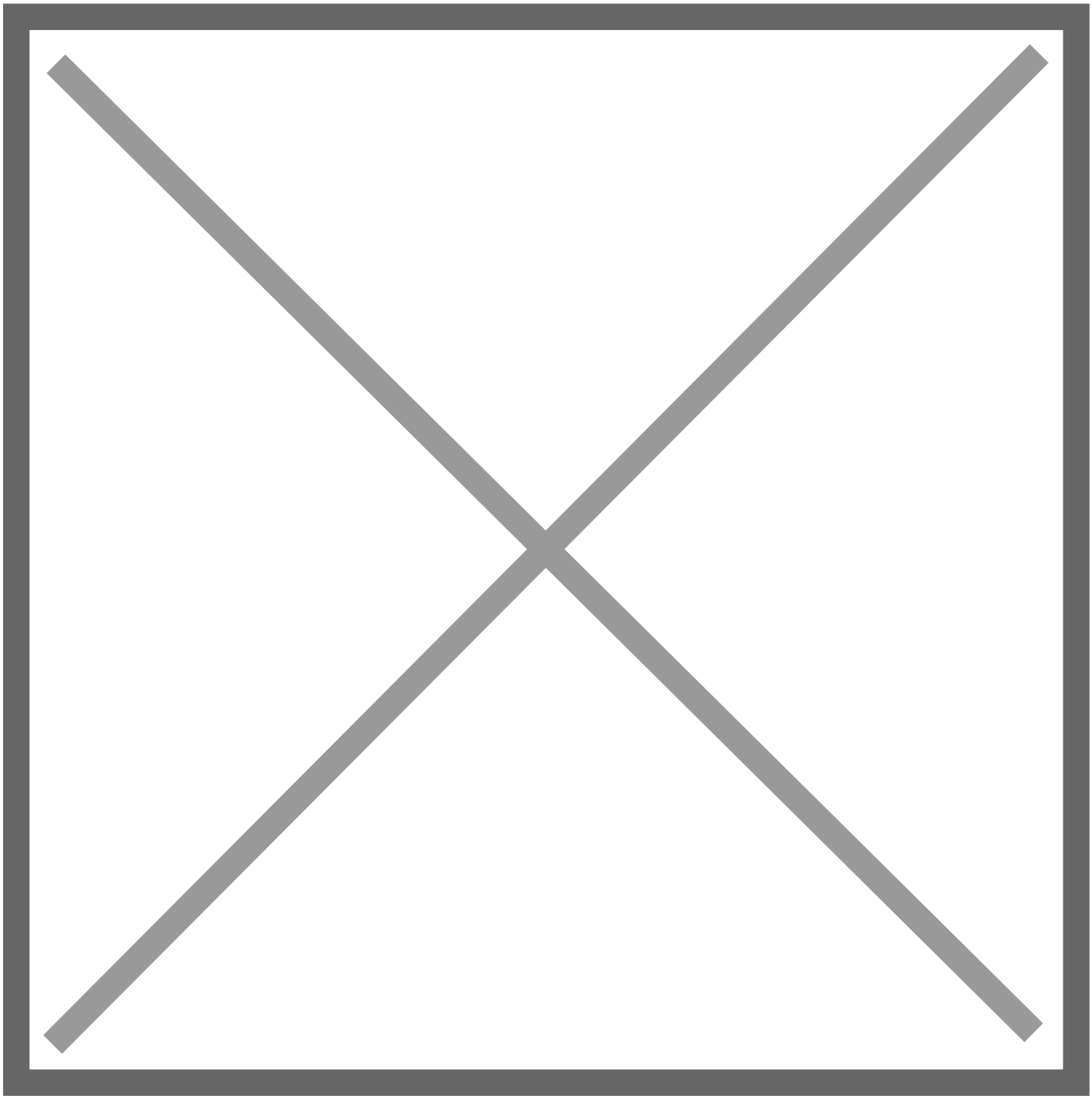
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Definitions:	=>+2SD

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 & obesity

0-5 years, 2019

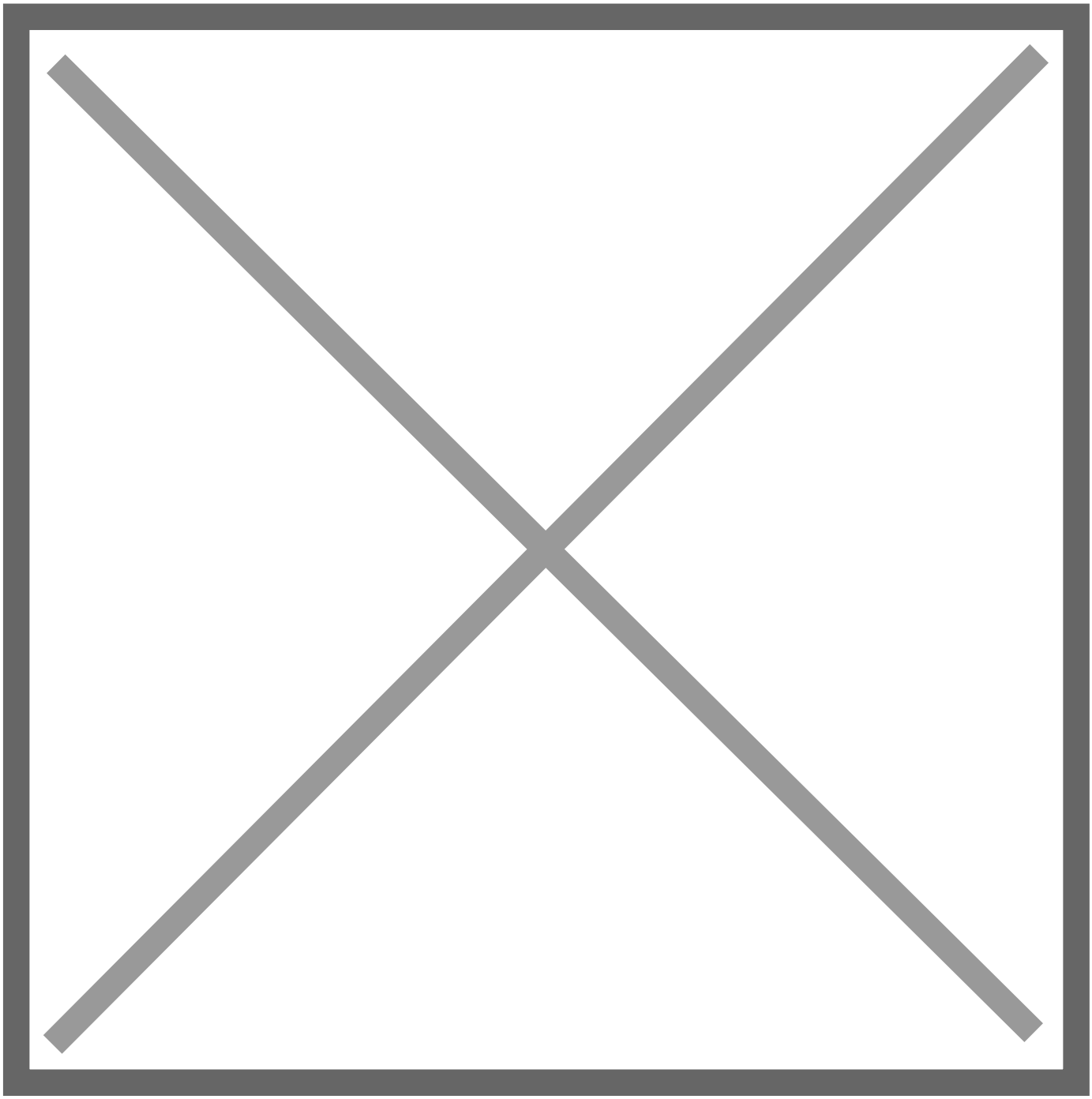


Survey type:	Measured
Age:	0-5
References:	United Nations Children's Fund, Division of Data, Analysis, Planning and Monitoring (2025). Global UNICEF Global Databases: Overlapping Stunting, Wasting and Overweight (Survey Estimates), 2025, New York. For more information, visit: https://data.unicef.org/topic/nutrition/malnutrition/ [Accessed 06.08.25]
Notes:	Encuesta Nacional de Demografía y Salud/ Encuesta de Indicadores Múltiples por Conglomerados. Honduras 2019. Tegucigalpa.

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 Demografía y Salud/ Encuesta de Indicadores Múltiples por Conglomerados. Honduras 2019. Tegucigalpa.
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.

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