Indonesia

Country report card - children

This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity for children, including adolescents (aged 5 to 18 years). 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/indonesia-96/.

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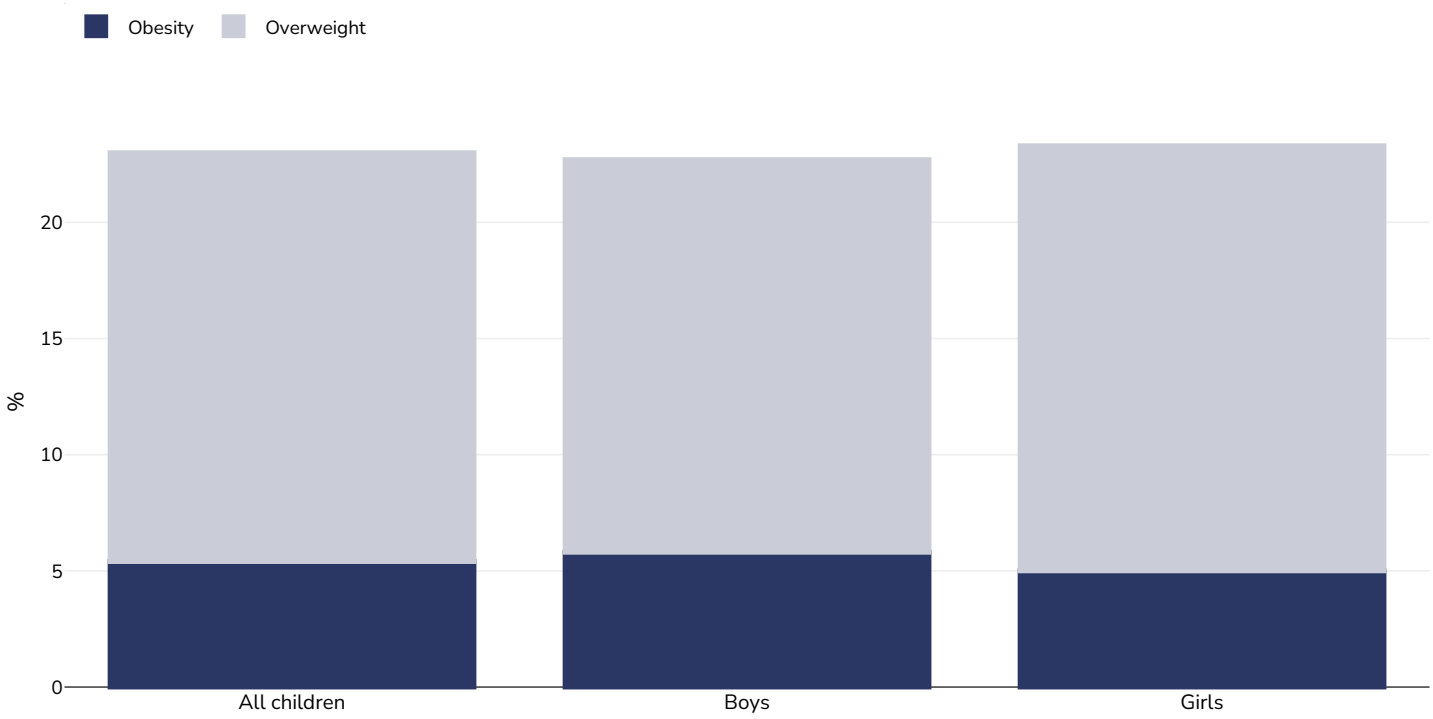
Obesity prevalence

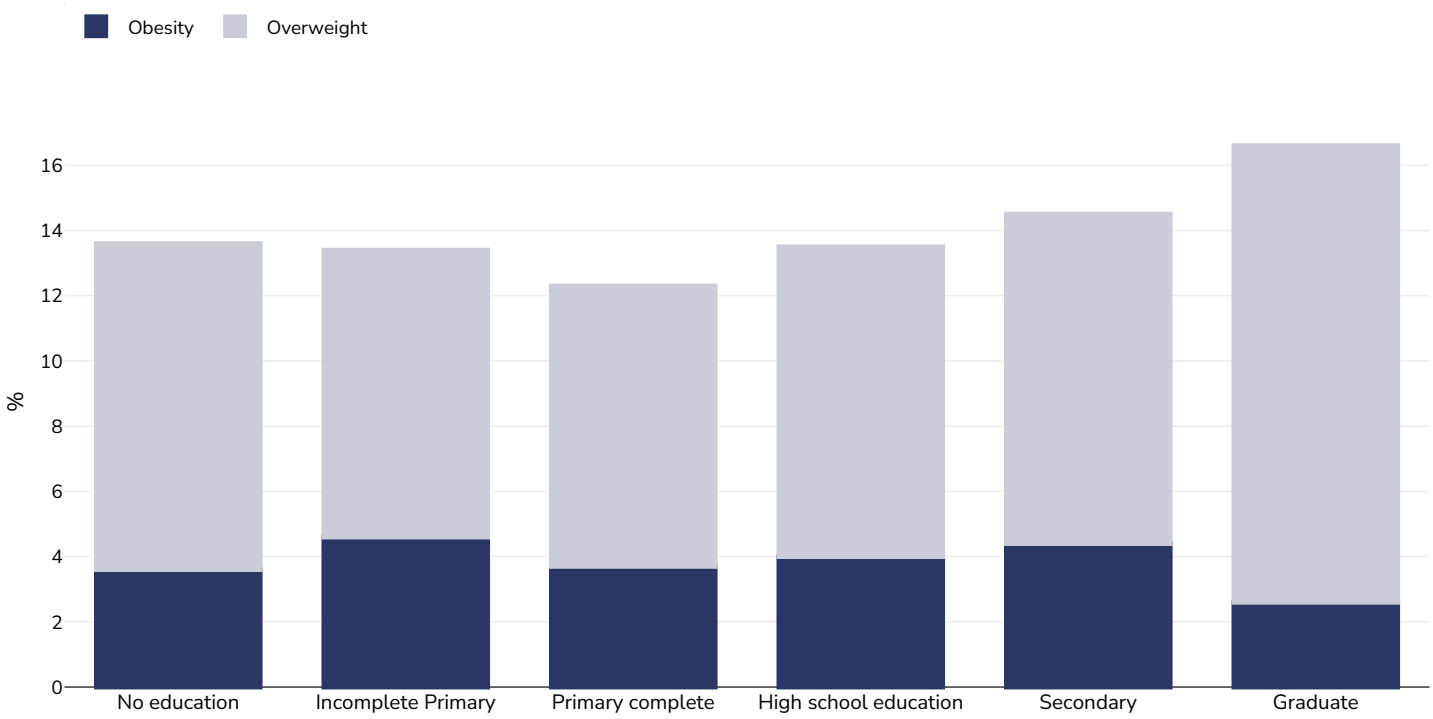
Children, 2023



Survey type:	Self-reported
Age:	13-17
Sample size:	10059
Area covered:	National
References:	Indonesia 2023 Global School-based Student Health survey. https://cdn.who.int/media/docs/default-source/ncds/ncd-surveillance/data-reporting/indonesia/gshs/2023-gshs-indonesia-factsheet.pdf?sfvrsn=1c586935_3 (Accessed 14.08.24)
Definitions:	BMI by age and sex

Overweight/obesity by education

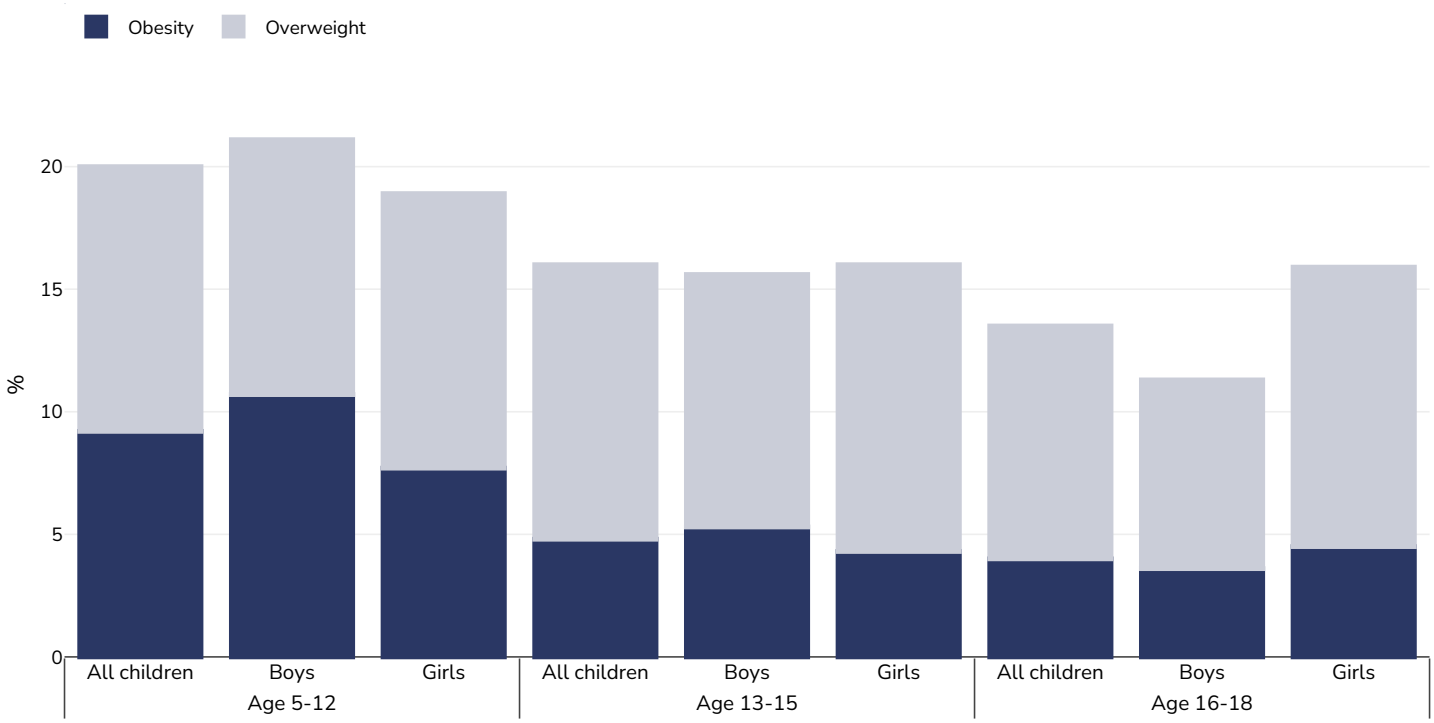
Children, 2018



Survey type:	Measured
Age:	16-18
Sample size:	51826
Area covered:	National
References:	Riskesdas 2018 available at http://labdata.litbang.kemkes.go.id/images/download/laporan/RKD/2018/Laporan_Nasional_RKD2018_FINAL.pdf (last accessed 11.05.2022)
Notes:	Based on parental education
Definitions:	Z Score 1 - < 2 Overweight Z score > 2 Obesity
Cutoffs:	Other

Overweight/obesity by age

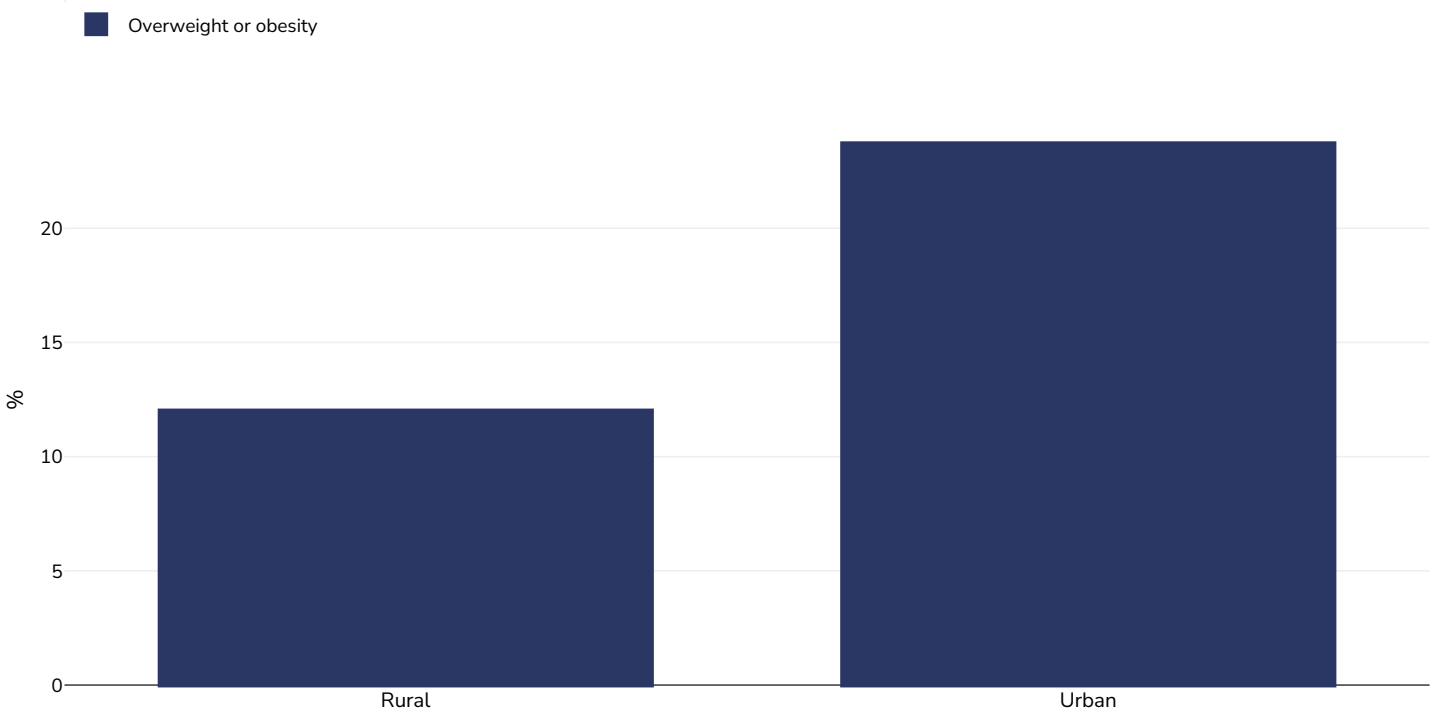
Children, 2018



Survey type:	Measured
Sample size:	277528
Area covered:	National
References:	Riskesdas 2018 available at http://labdata.litbang.kemkes.go.id/images/download/laporan/RKD/2018/Laporan_Nasional_RKD2018_FINAL.pdf (last accessed 11.05.2022)
Definitions:	Z Score 1 - < 2 Overweight Z score > 2 Obesity
Cutoffs:	Other

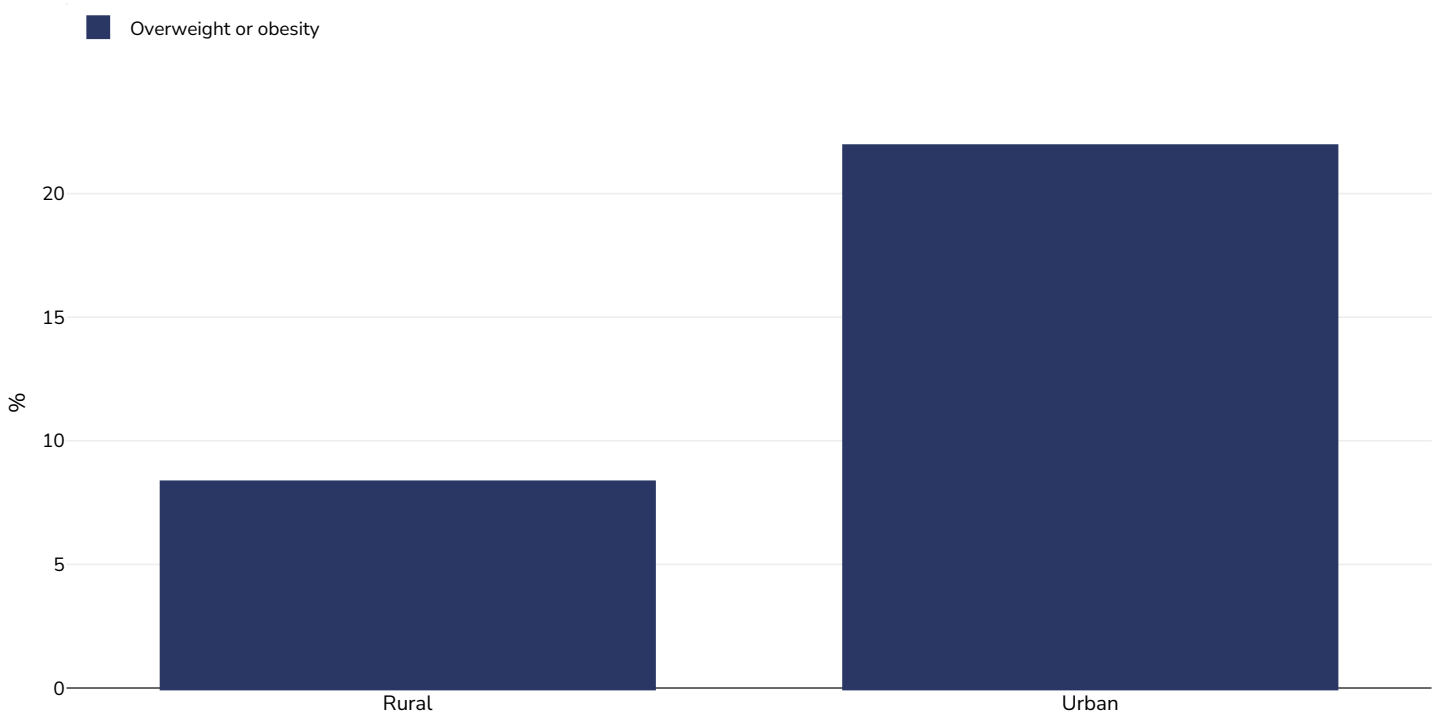
Overweight/obesity by region

Children, 2019-2020



Survey type:	Measured
Age:	7-12
Sample size:	780
Area covered:	Regional - Java and Sumatera
References:	Aria Kekalih, Chandra, D.N., Listya Tresnanti Mirtha, Khouw, I., Wong, G. and Rini Sekartini (2025). Dietary intakes, nutritional and biochemical status of 6 months to 12-year-old children before the COVID-19 pandemic era: the South East Asian Nutrition Survey II Indonesia (SEANUTS II) study in Java and Sumatera Islands, Indonesia. Public Health Nutrition, [online] 28(1). doi: https://doi.org/10.1017/s1368980024001654 [Accessed 08.07.15] |
Definitions:	Overweight and obese: BMI-for-age z-scores >1 sd
Cutoffs:	WHO

Boys, 2019-2020



Survey type:	Measured
Age:	7-12
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Area covered:	Regional - Java and Sumatera
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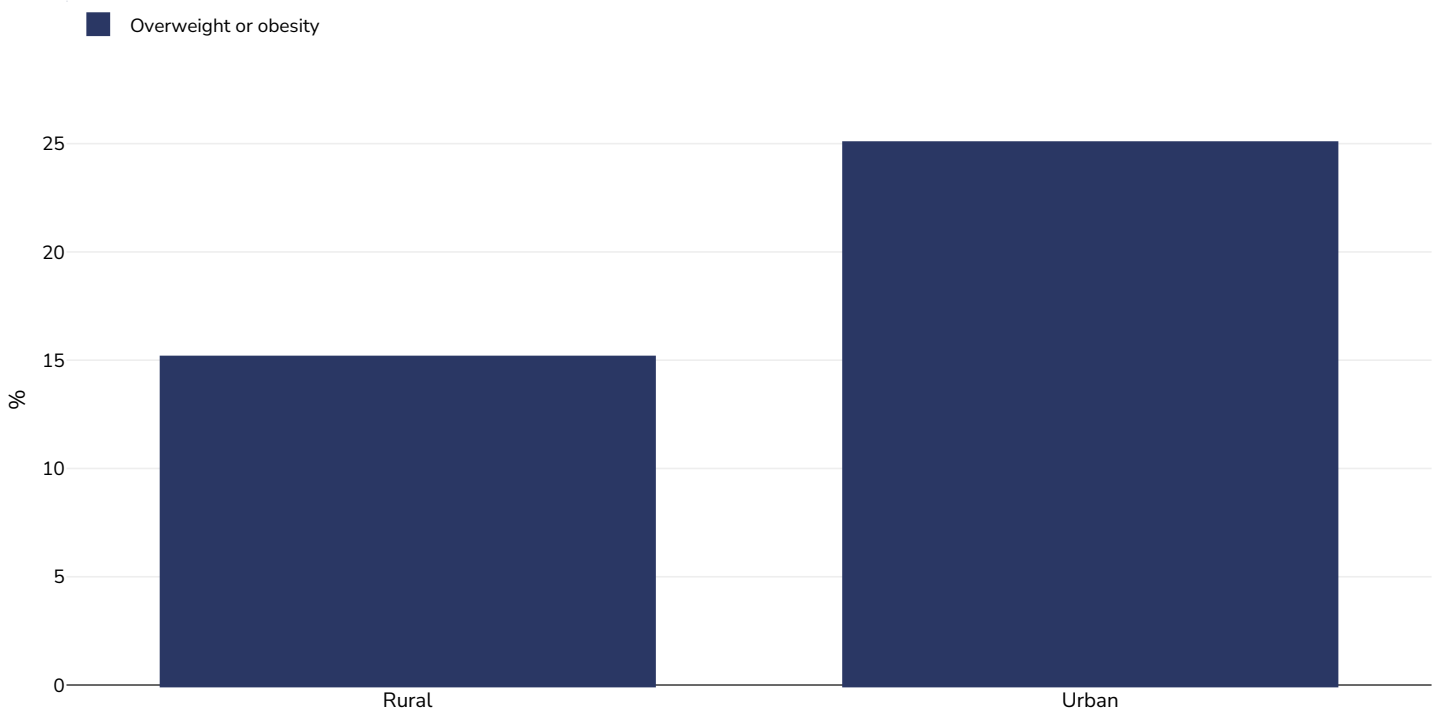
Definitions:	Overweight and obese: BMI-for-age z-scores >1 sd
Cutoffs:	WHO

Girls, 2019-2020



Survey type:	Measured
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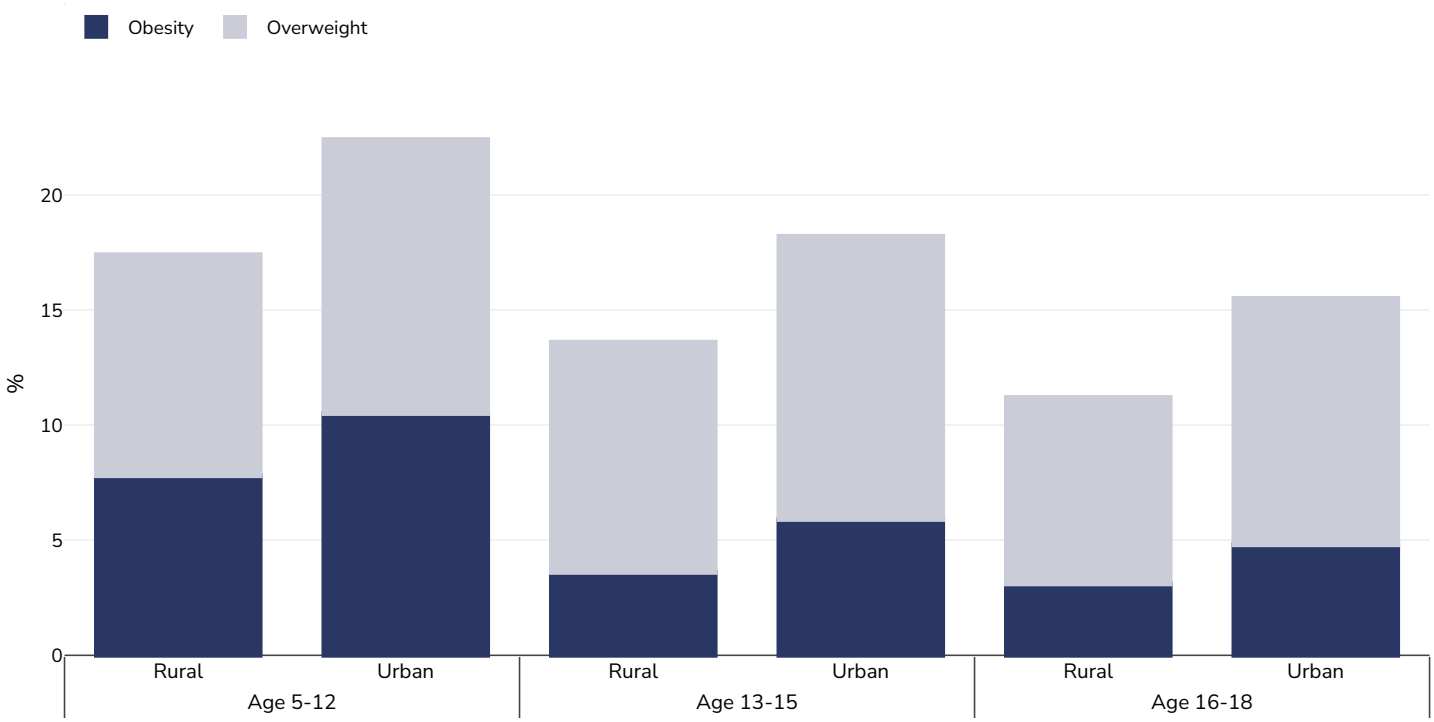
References:	Aria Kekalih, Chandra, D.N., Listya Tresnanti Mirtha, Khouw, I., Wong, G. and Rini Sekartini (2025). Dietary intakes, nutritional and biochemical status of 6 months to 12-year-old children before the COVID-19 pandemic era: the South East Asian Nutrition Survey II Indonesia (SEANUTS II) study in Java and Sumatera Islands, Indonesia. Public Health Nutrition, [online] 28(1). doi: https://doi.org/10.1017/s1368980024001654 [Accessed 08.07.15] |
Definitions:	Overweight and obese: BMI-for-age z-scores >1 sd
Cutoffs:	WHO

Overweight/obesity by age and region

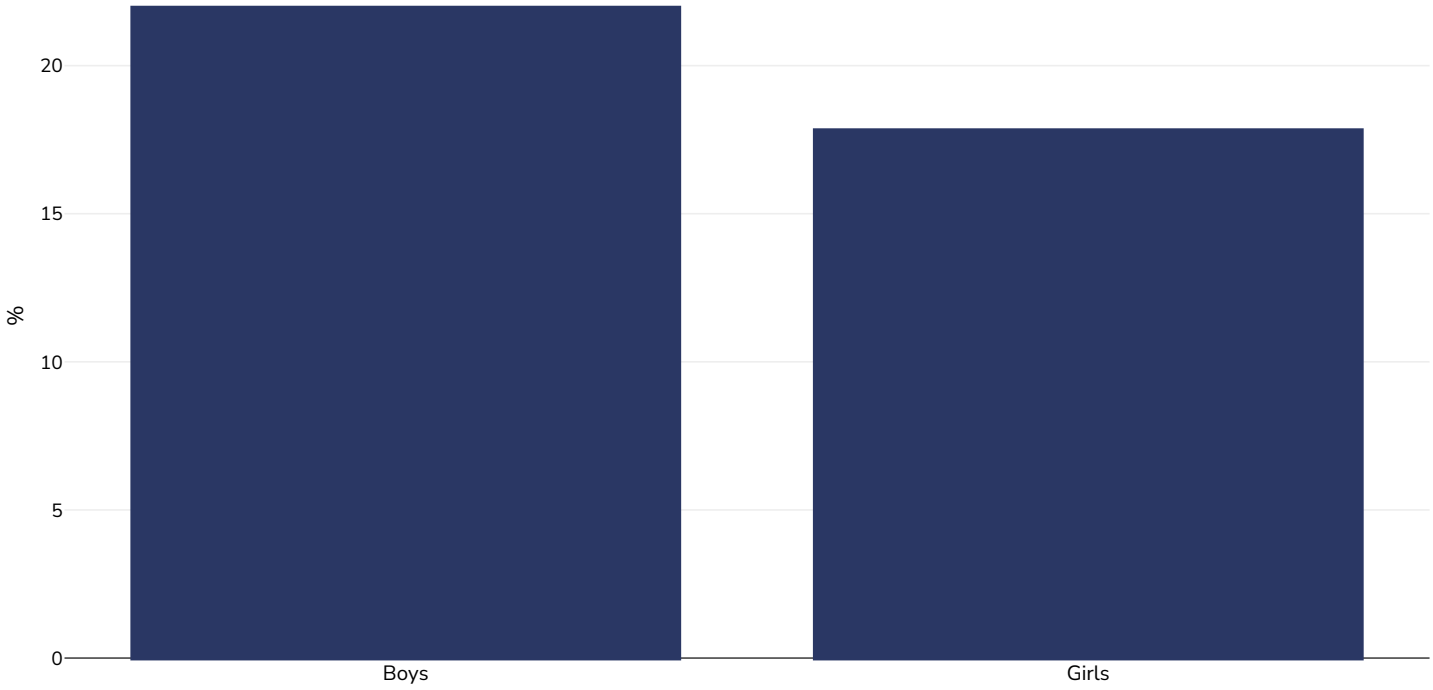
Children, 2018



Survey type:	Measured
Sample size:	277528
Area covered:	National
References:	Riskesdas 2018 available at http://labdata.litbang.kemkes.go.id/images/download/laporan/RKD/2018/Laporan_Nasional_RKD2018_FINAL.pdf (last accessed 11.05.2022)
Definitions:	Z Score 1 - < 2 Overweight Z score > 2 Obesity
Cutoffs:	Other

Double burden of underweight & overweight

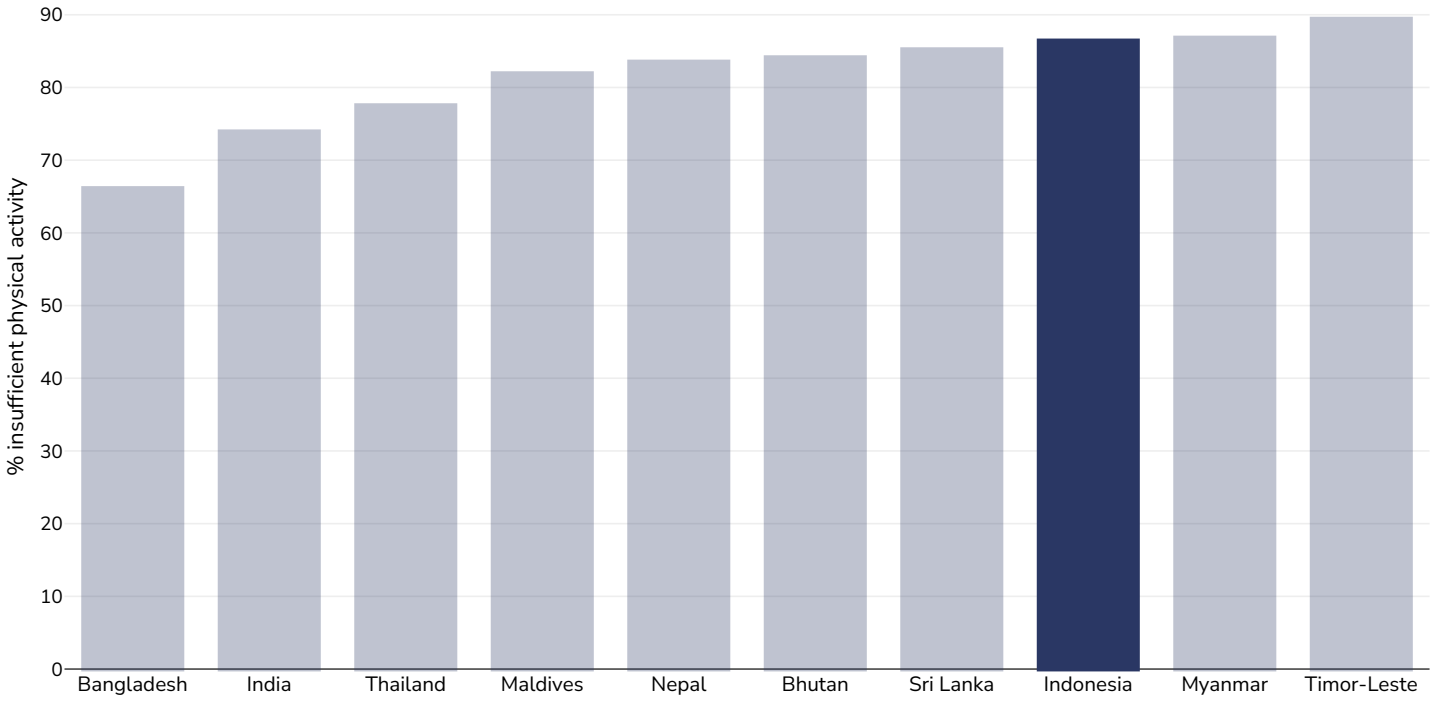
Children, 2022



Survey type:	Measured
Age:	5-19
References:	NCD Risk Factor Collaboration (NCD-RisC). Worldwide trends in underweight and obesity from 1990 to 2022: a pooled analysis of 3663 population representative studies with 222 million children, adolescents, and adults. Lancet 2024; published online Feb 29. https://doi.org/10.1016/S0140-6736(23)02750-2.
Notes:	Age standardised estimates
Definitions:	Combined prevalence of BMI < -2SD and BMI > 2SD (double burden of thinness and obesity)
Cutoffs:	BMI < -2SD and BMI > 2SD

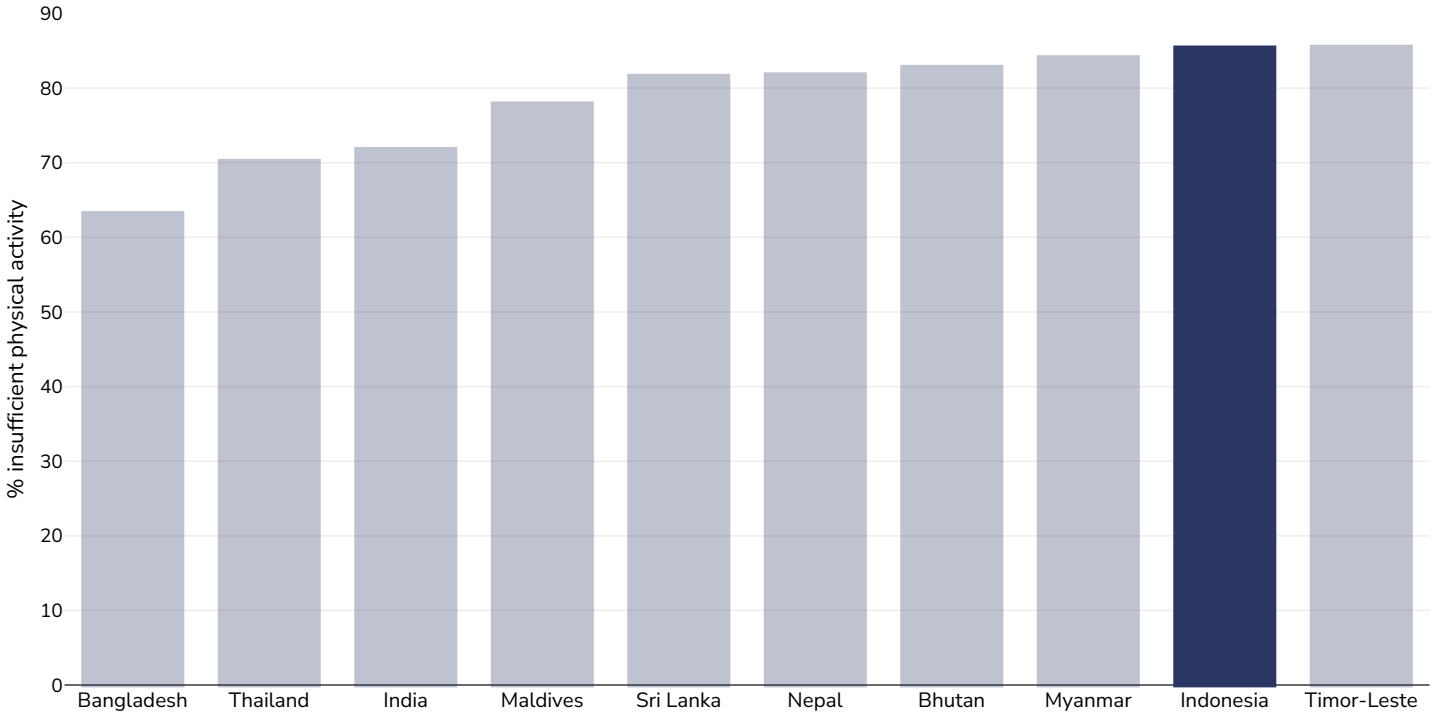
Insufficient physical activity

Children, 2016



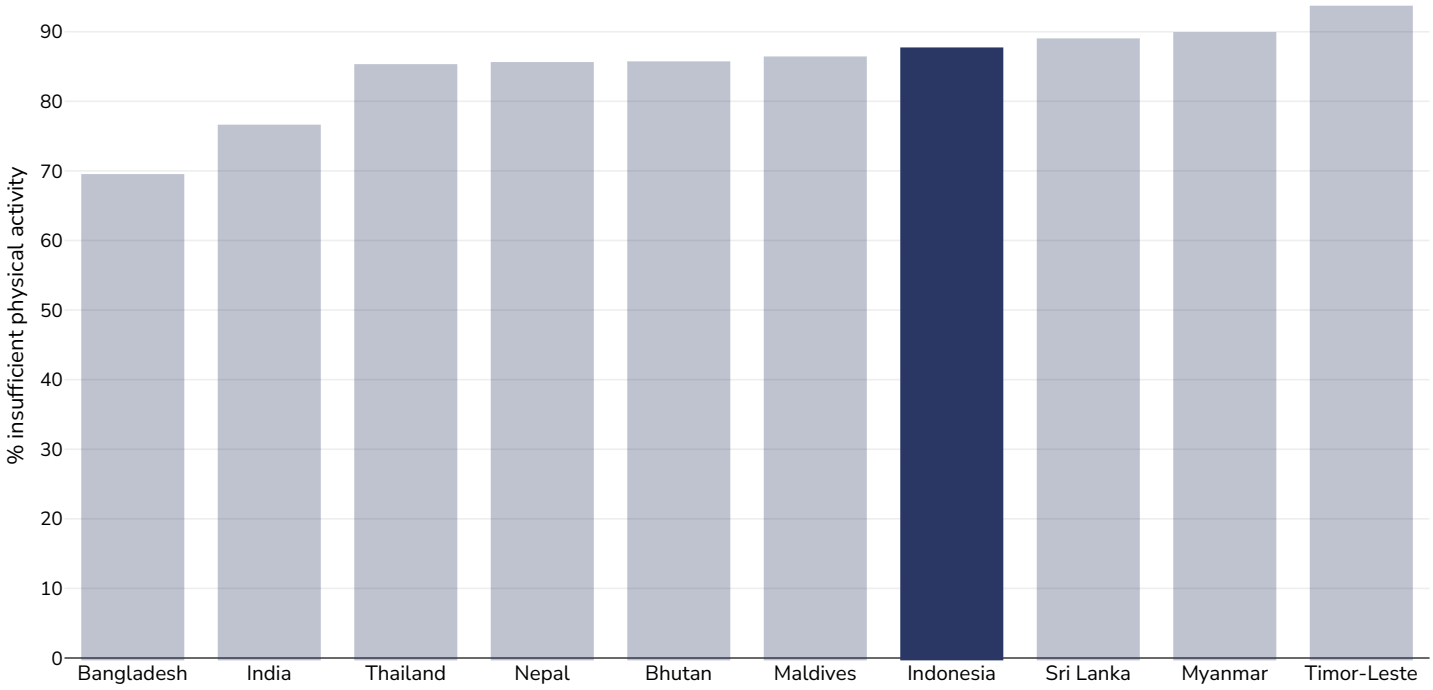
Survey type:	Self-reported
Age:	11-17
References:	Global Health Observatory data repository, World Health Organisation, https://apps.who.int/gho/data/node.main.A893ADO?lang=en (last accessed 16.03.21)
Notes:	% of school going adolescents not meeting WHO recommendations on Physical Activity for Health, i.e. doing less than 60 minutes of moderate- to vigorous-intensity physical activity daily.
Definitions:	% Adolescents insufficiently active (age standardised estimate)

Boys, 2016



Survey type:	Self-reported
Age:	11-17
References:	Global Health Observatory data repository, World Health Organisation, https://apps.who.int/gho/data/node.main.A893ADO?lang=en (last accessed 16.03.21)
Notes:	% of school going adolescents not meeting WHO recommendations on Physical Activity for Health, i.e. doing less than 60 minutes of moderate- to vigorous-intensity physical activity daily.
Definitions:	% Adolescents insufficiently active (age standardised estimate)

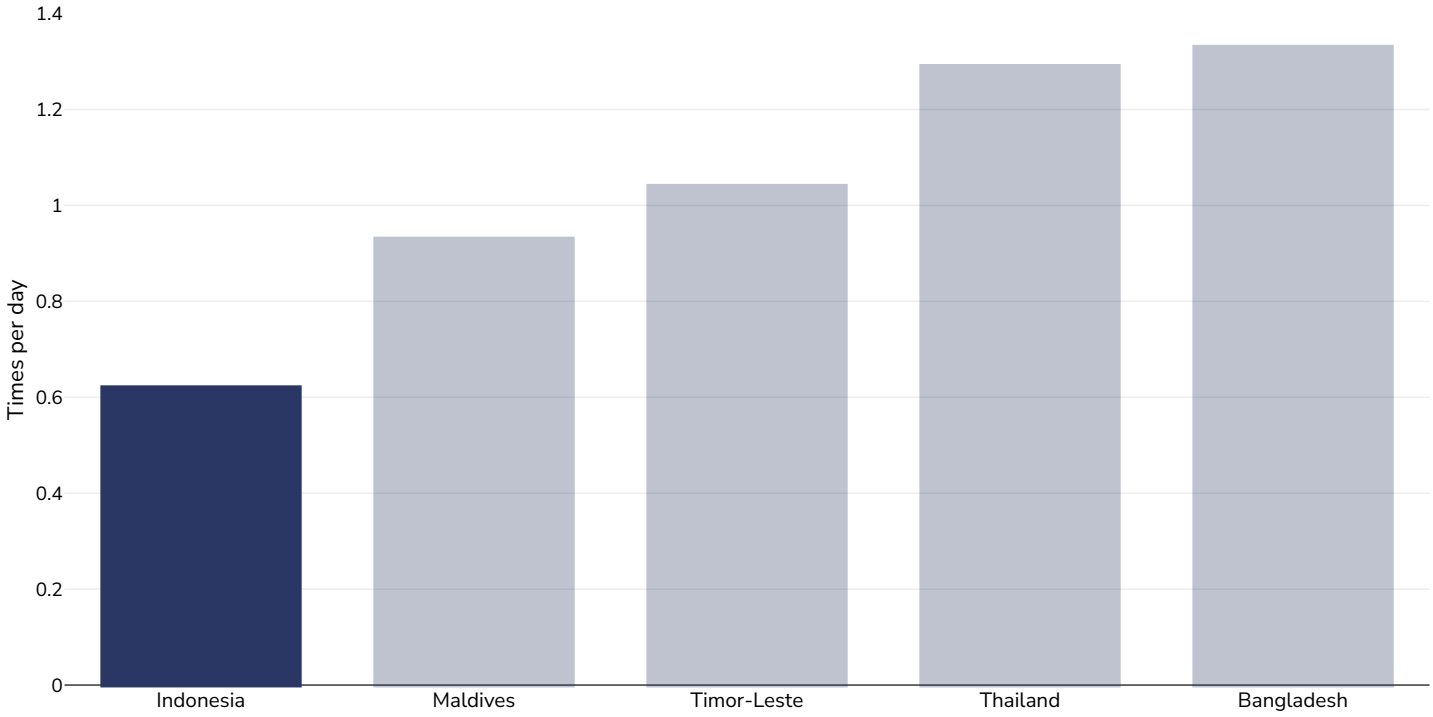
Girls, 2016



Survey type:	Self-reported
Age:	11-17
References:	Global Health Observatory data repository, World Health Organisation, https://apps.who.int/gho/data/node.main.A893ADO?lang=en (last accessed 16.03.21)
Notes:	% of school going adolescents not meeting WHO recommendations on Physical Activity for Health, i.e. doing less than 60 minutes of moderate- to vigorous-intensity physical activity daily.
Definitions:	% Adolescents insufficiently active (age standardised estimate)

Average daily frequency of carbonated soft drink consumption

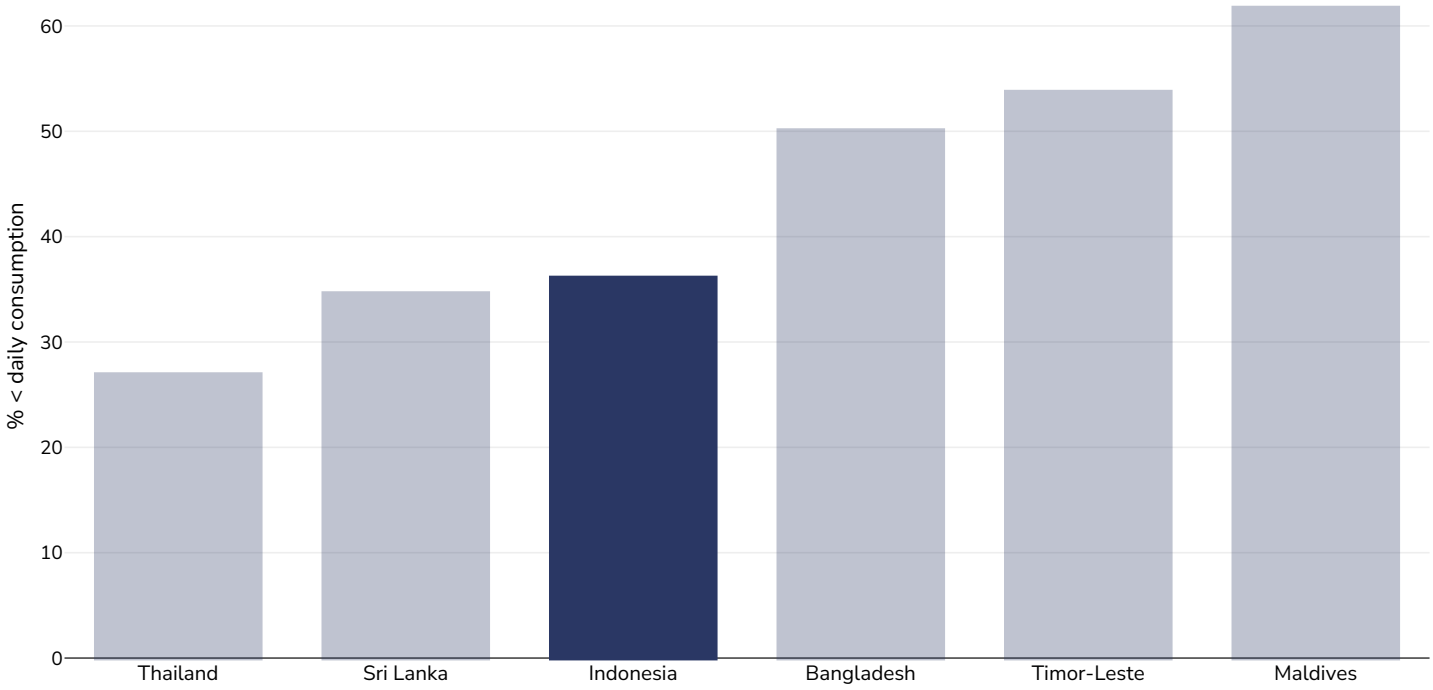
Children, 2014-2015



Survey type:	Measured
Age:	12-17
References:	Beal et al. (2019). Global Patterns of Adolescent Fruit, Vegetable, Carbonated Soft Drink, and Fast-food consumption: A meta-analysis of global school-based student health surveys. Food and Nutrition Bulletin. https://doi.org/10.1177/0379572119848287 sourced from Food Systems Dashboard http://www.foodsystemsdashboard.org/food-system

Prevalence of less than daily fruit consumption

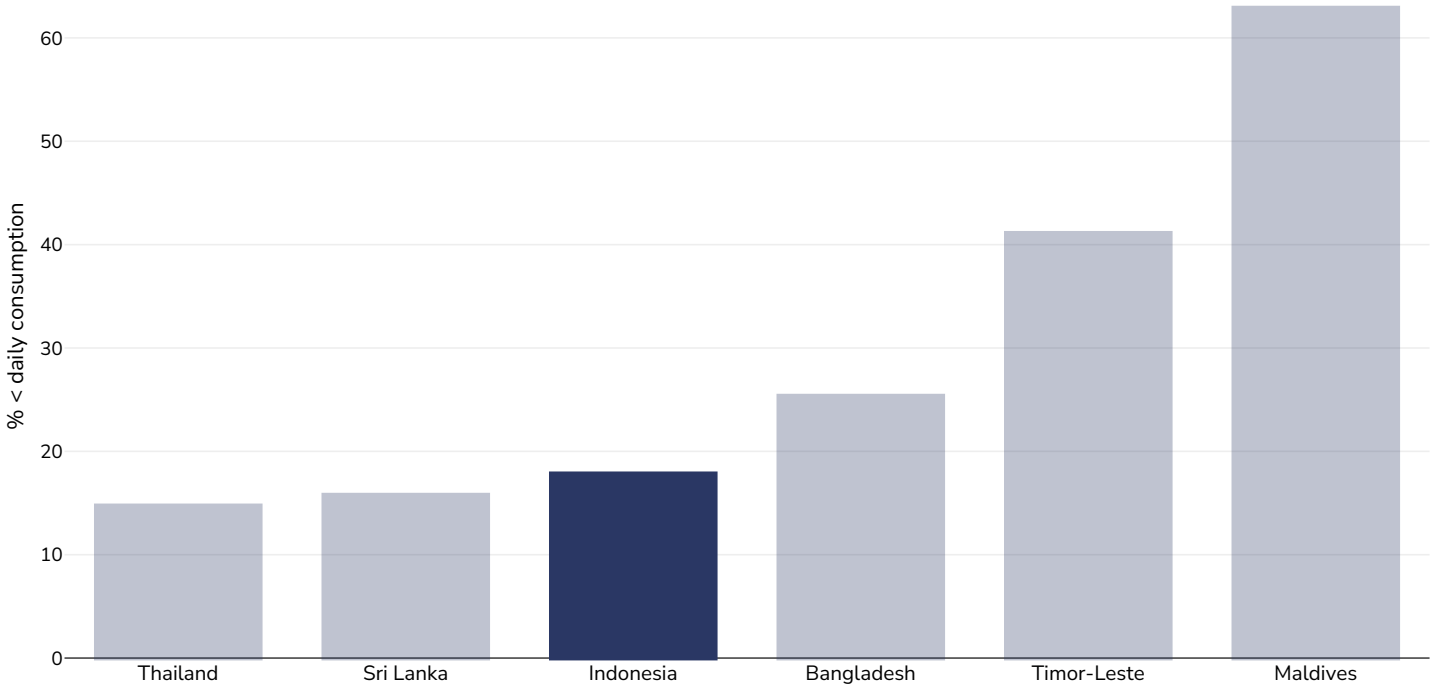
Children, 2008-2015



Survey type:	Measured
Age:	12-17
References:	Global School-based Student Health Surveys. Beal et al (2019). Global Patterns of Adolescent Fruit, Vegetable, Carbonated Soft Drink, and Fast-food consumption: A meta-analysis of global school-based student health surveys. Food and Nutrition Bulletin. https://doi.org/10.1177/0379572119848287. Sourced from Food Systems Dashboard http://www.foodsystemsdashboard.org/food-system
Definitions:	Prevalence of less-than-daily fruit consumption (% less-than-daily fruit consumption)

Prevalence of less than daily vegetable consumption

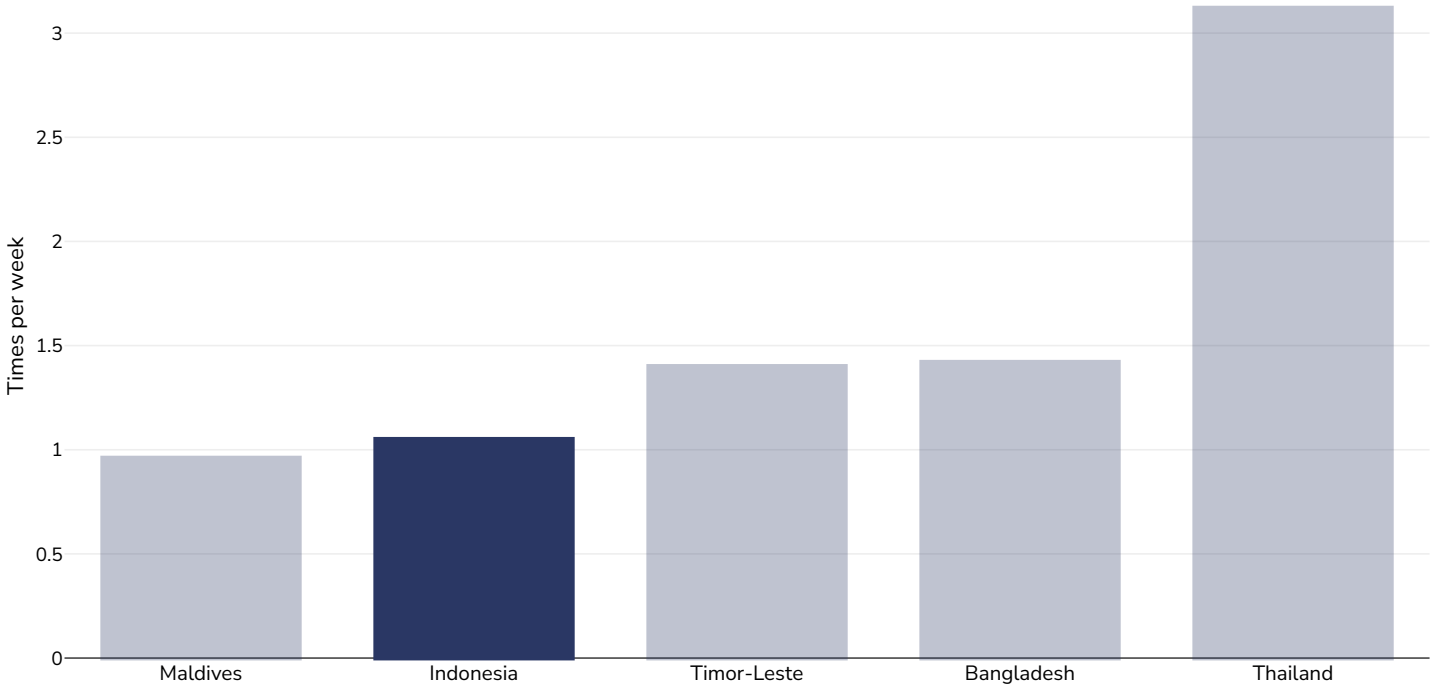
Children, 2008-2015



Survey type:	Measured
Age:	12-17
References:	Beal et al. (2019). Global Patterns of Adolescent Fruit, Vegetable, Carbonated Soft Drink, and Fast-food consumption: A meta-analysis of global school-based student health surveys. Food and Nutrition Bulletin. https://doi.org/10.1177/0379572119848287 sourced from Food Systems Dashboard http://www.foodsystemsdashboard.org/food-system
Definitions:	Prevalence of less-than-daily vegetable consumption (% less-than-daily vegetable consumption)

Average weekly frequency of fast food consumption

Children, 2014-2015

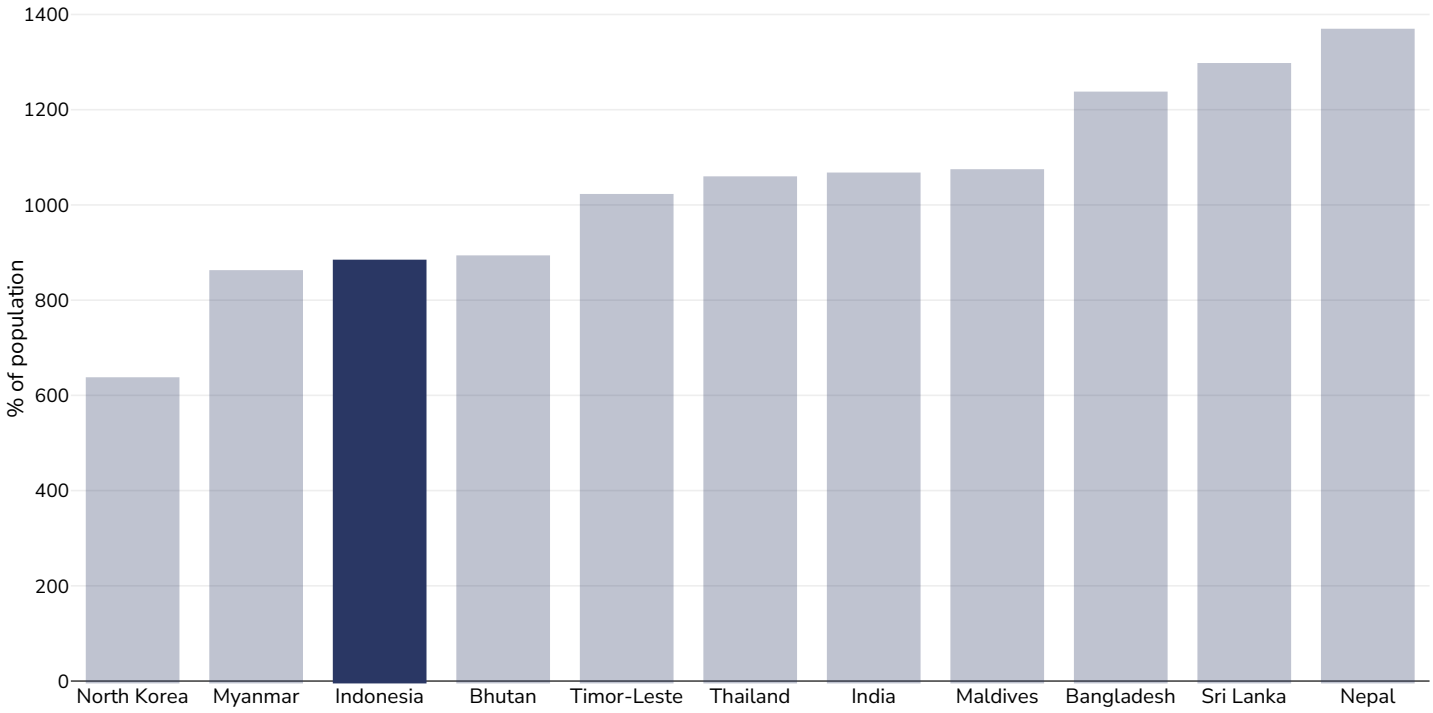


Age: 12-17

References: Beal et al. (2019). Global Patterns of Adolescent Fruit, Vegetable, Carbonated Soft Drink, and Fast-food consumption: A meta-analysis of global school-based student health surveys. Food and Nutrition Bulletin. https://doi.org/10.1177/0379572119848287 sourced from Food Systems Dashboard http://www.foodsystemsdashboard.org/food-system

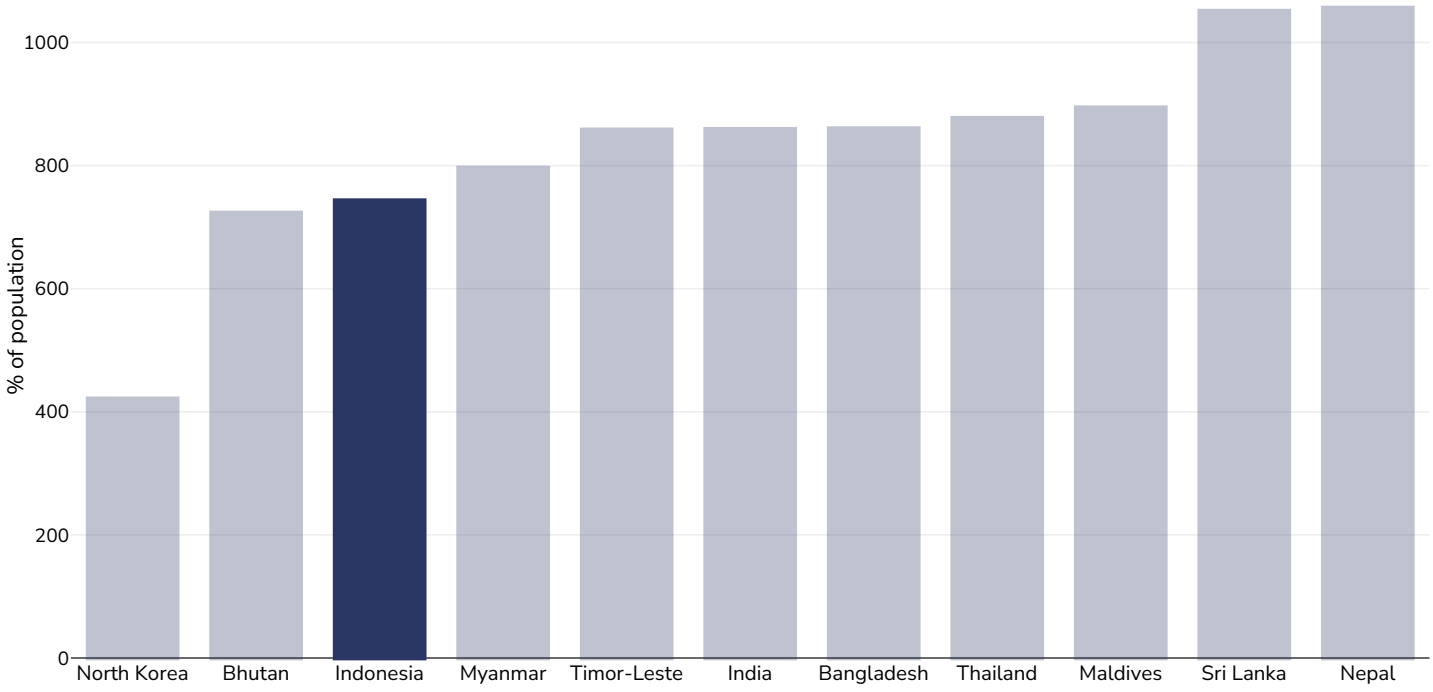
Mental health - depression disorders

Children, 2021



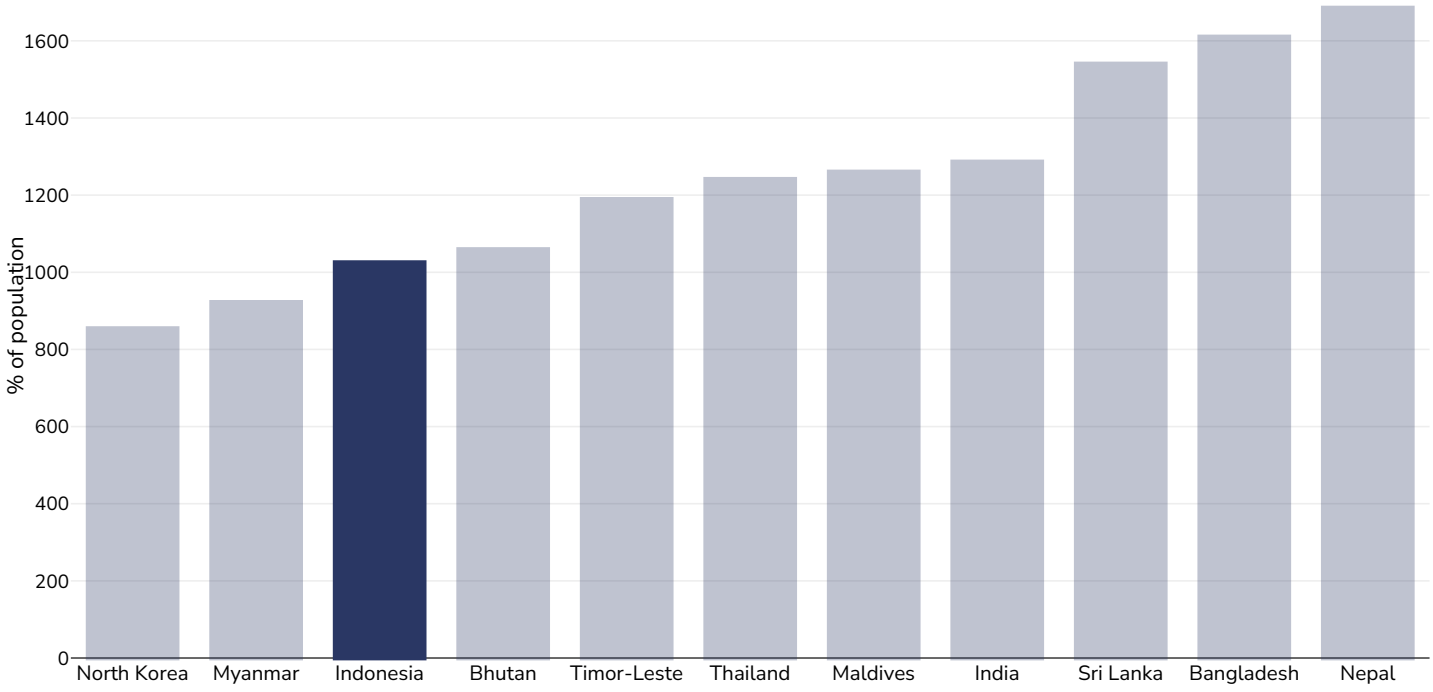
Area covered:	National
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from http://vizhub.healthdata.org/gbd-compare. (Last accessed 23.04.25)
Definitions:	Number living with depressive disorder per 100,000 population (Under 20 years of age)

Boys, 2021



Area covered:	National
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from http://vizhub.healthdata.org/gbd-compare. (Last accessed 23.04.25)
Definitions:	Number living with depressive disorder per 100,000 population (Under 20 years of age)

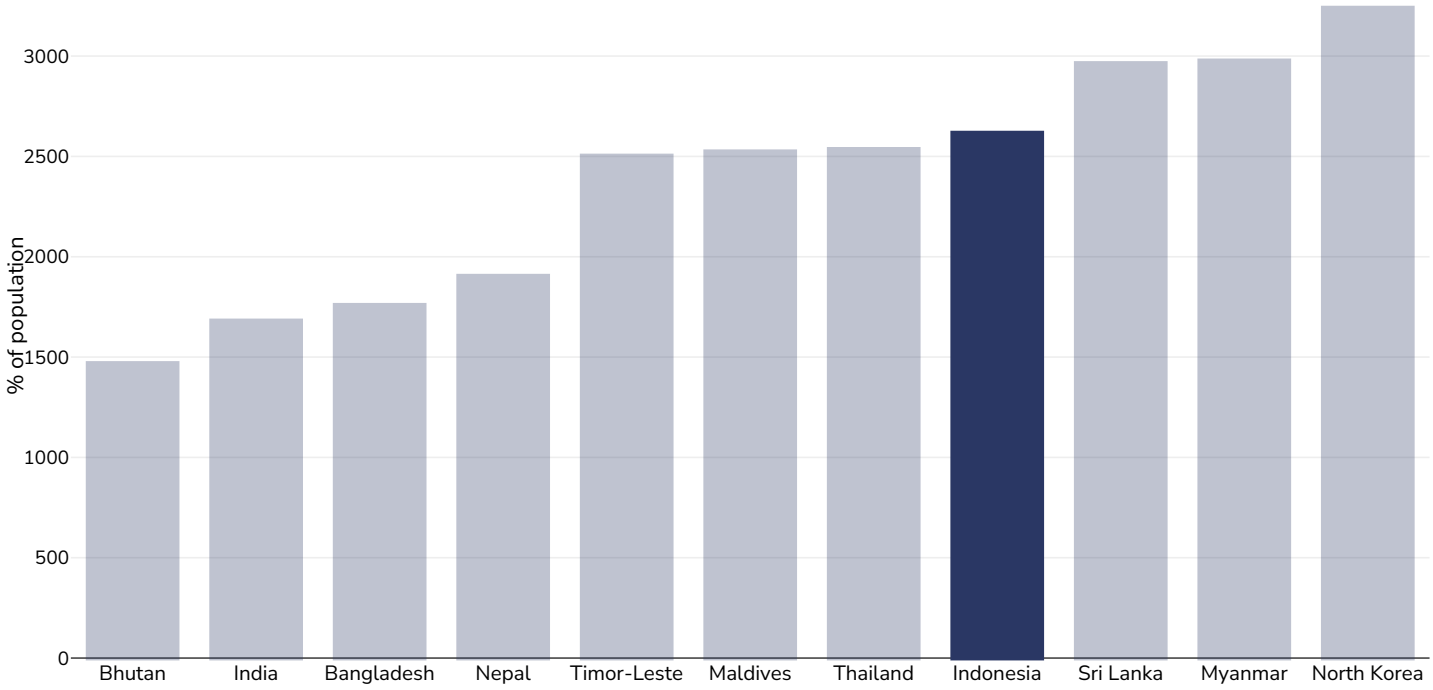
Girls, 2021



Area covered:	National
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from http://vizhub.healthdata.org/gbd-compare. (Last accessed 23.04.25)
Definitions:	Number living with depressive disorder per 100,000 population (Under 20 years of age)

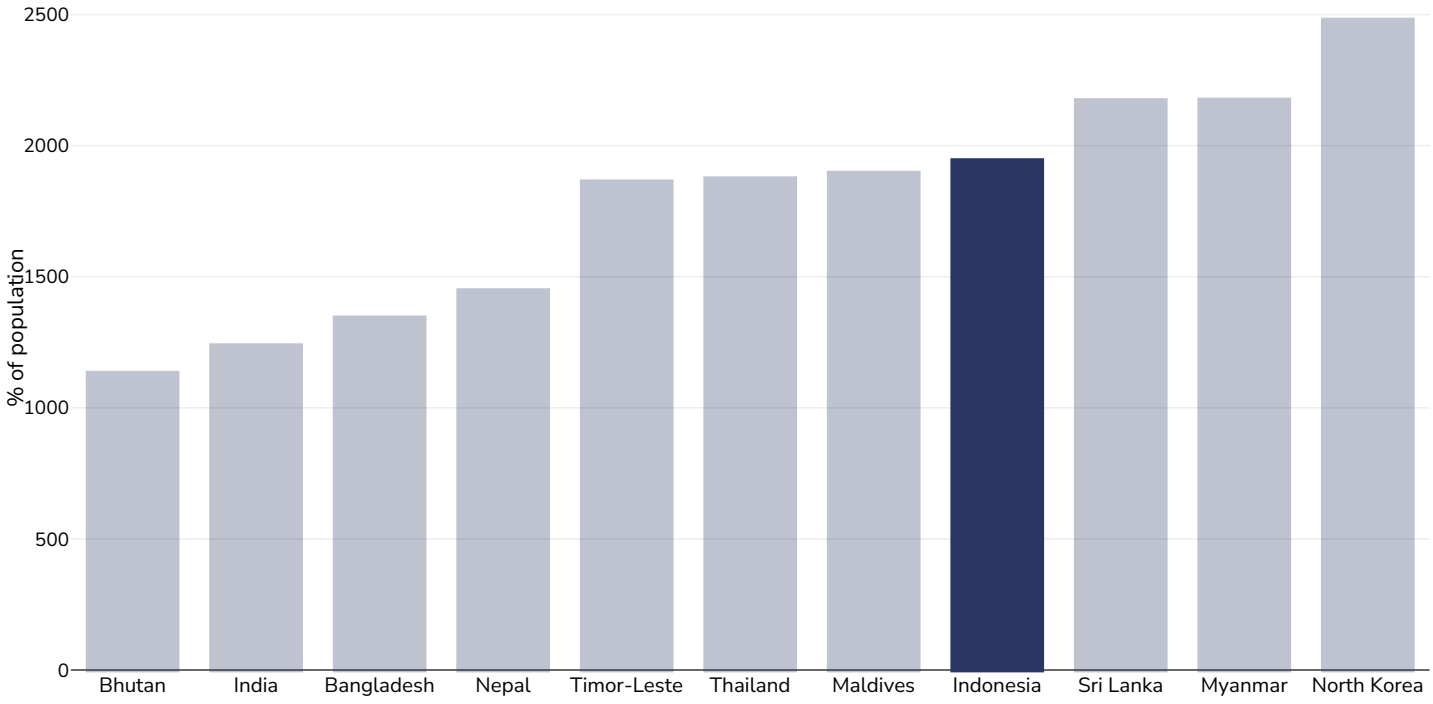
Mental health - anxiety disorders

Children, 2021



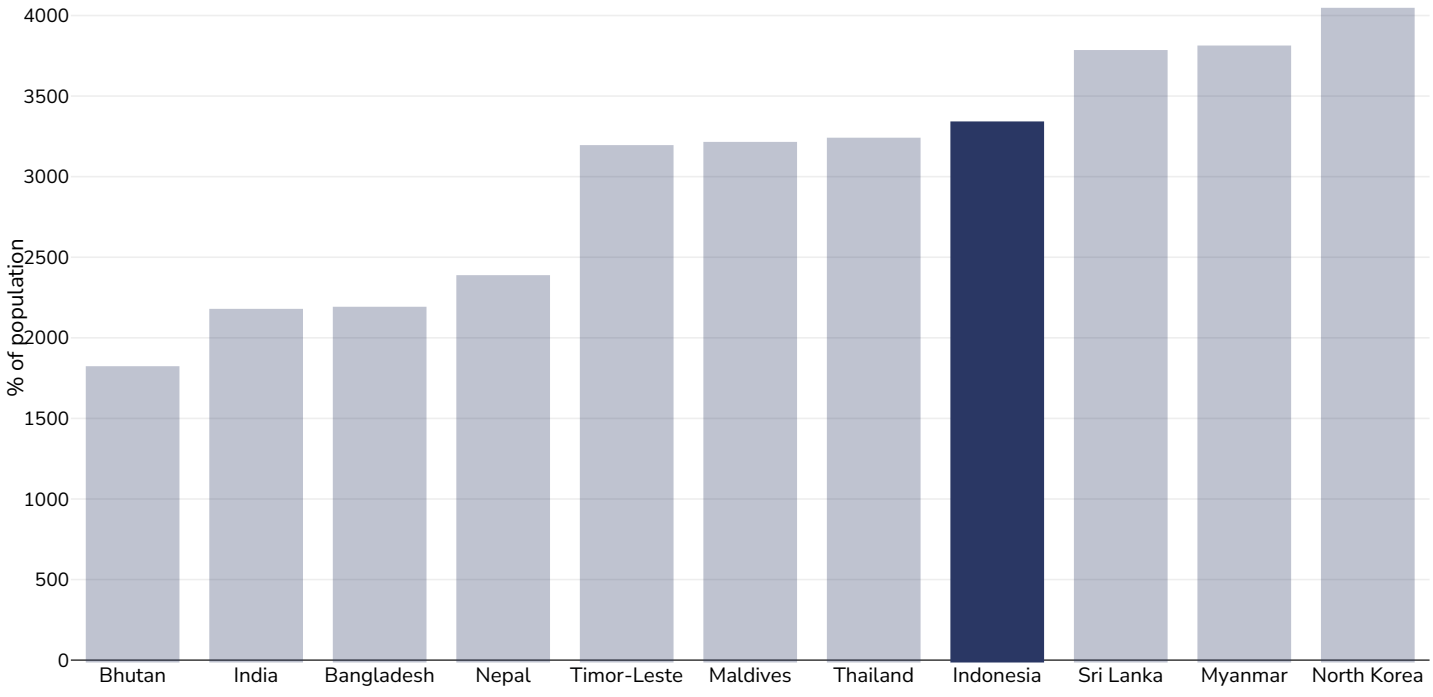
References: Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from http://vizhub.healthdata.org/gbd-compare. (Last accessed 23.04.25)

Boys, 2021



References: Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from http://vizhub.healthdata.org/gbd-compare. (Last accessed 23.04.25)

Girls, 2021



References: Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from http://vizhub.healthdata.org/gbd-compare. (Last accessed 23.04.25)

PDF created on July 15, 2025