Indonesia



Country report card - children

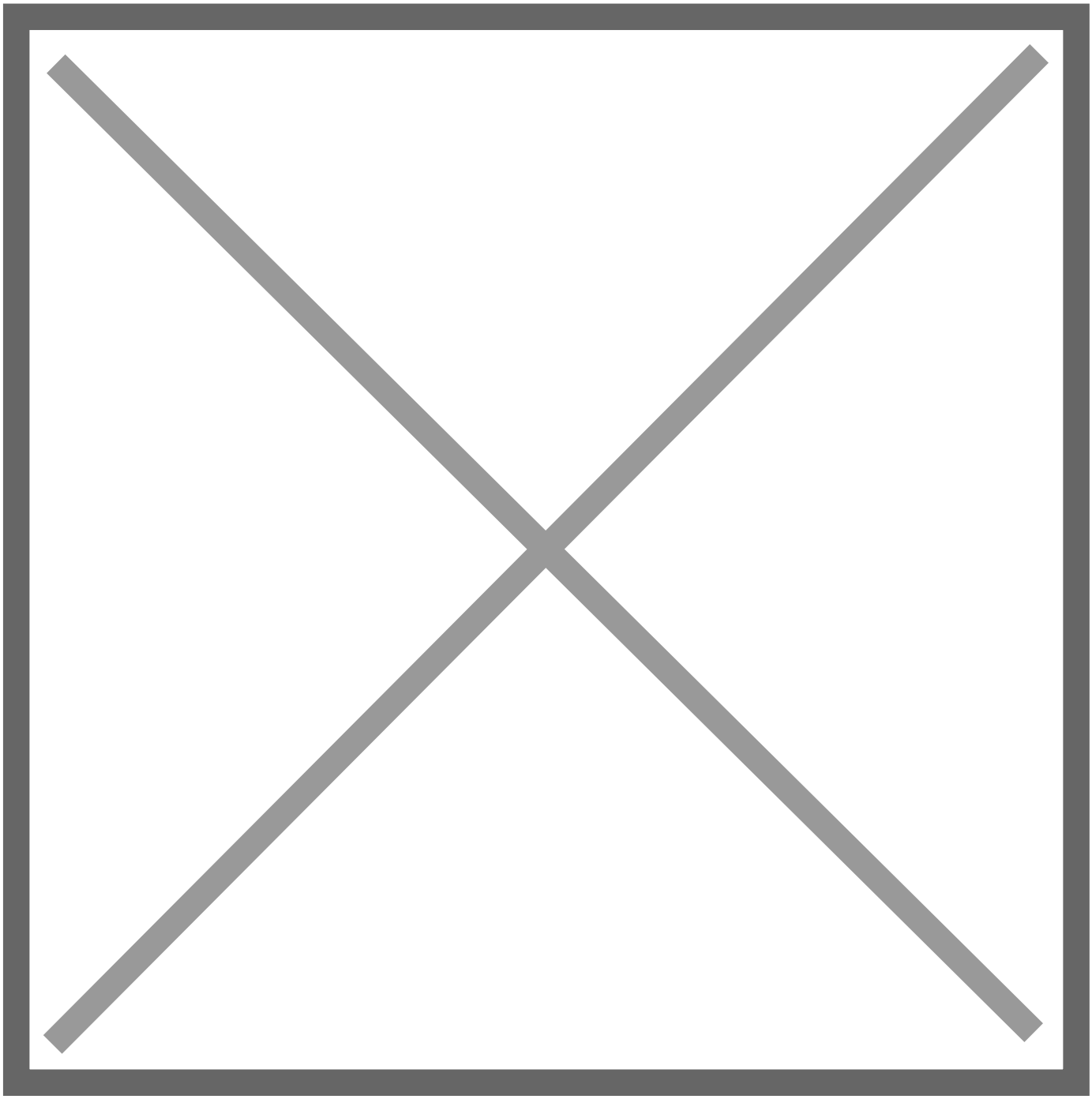
This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity for children, including adolescents (aged 5 to 18 years). Where available, data on common and relevant obesity drivers and comorbidities are also presented.

View the latest version of this report on the Global Obesity Observatory at https://data.worldobesity.org/country/indonesia-96/.

Contents	Page
Obesity prevalence	3
Trend: % Children living with obesity in Indonesia, 2007-2023	6
Trend: % Children living with overweight or obesity in Indonesia, 2013-2023	13
Overweight/obesity by education	16
Overweight/obesity by age	19
Overweight/obesity by region	21
Overweight/obesity by age and region	24
Overweight/obesity by socio-economic group	27
Double burden of underweight & obesity	30
Insufficient physical activity	33
Average daily frequency of carbonated soft drink consumption	40
Prevalence of less than daily fruit consumption	42
Prevalence of less than daily vegetable consumption	45
Mental health - depression disorders	48
Mental health - anxiety disorders	52

Obesity prevalence

Children, 2023

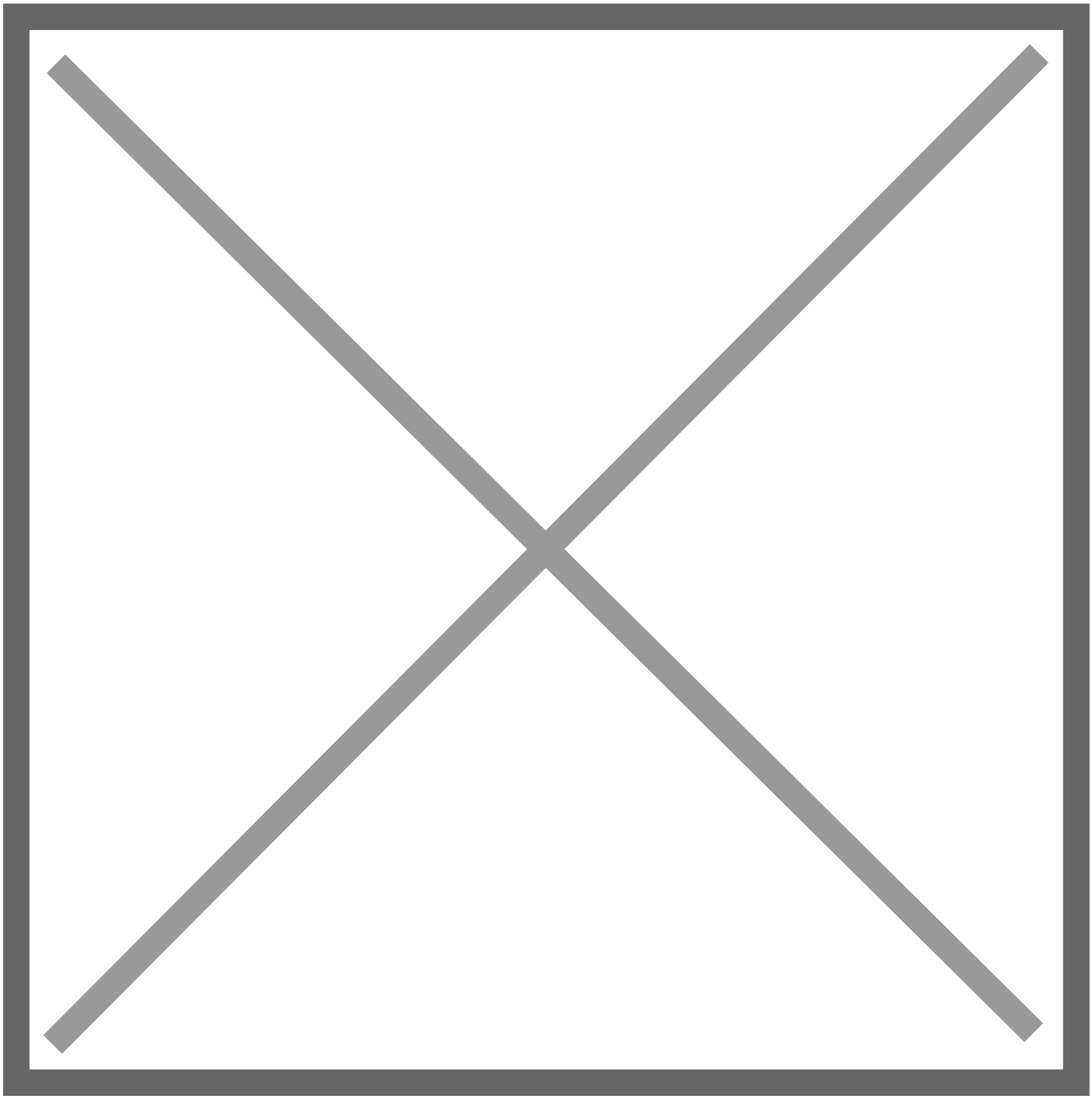


Survey type:	Measured
Age:	5-12
Sample size:	122,723
Area covered:	National
References:	Indonesian Health Survey 2023 in Numbers (SKI 2023). Kemenkes BKPK. https://www.badankebijakan.kemkes.go.id/en/ski-2023-dalam-angka/ [Accessed 23.07.25]

Cutoffs:	WHO 2007

% Children living with obesity in Indonesia, 2007-2023

Boys

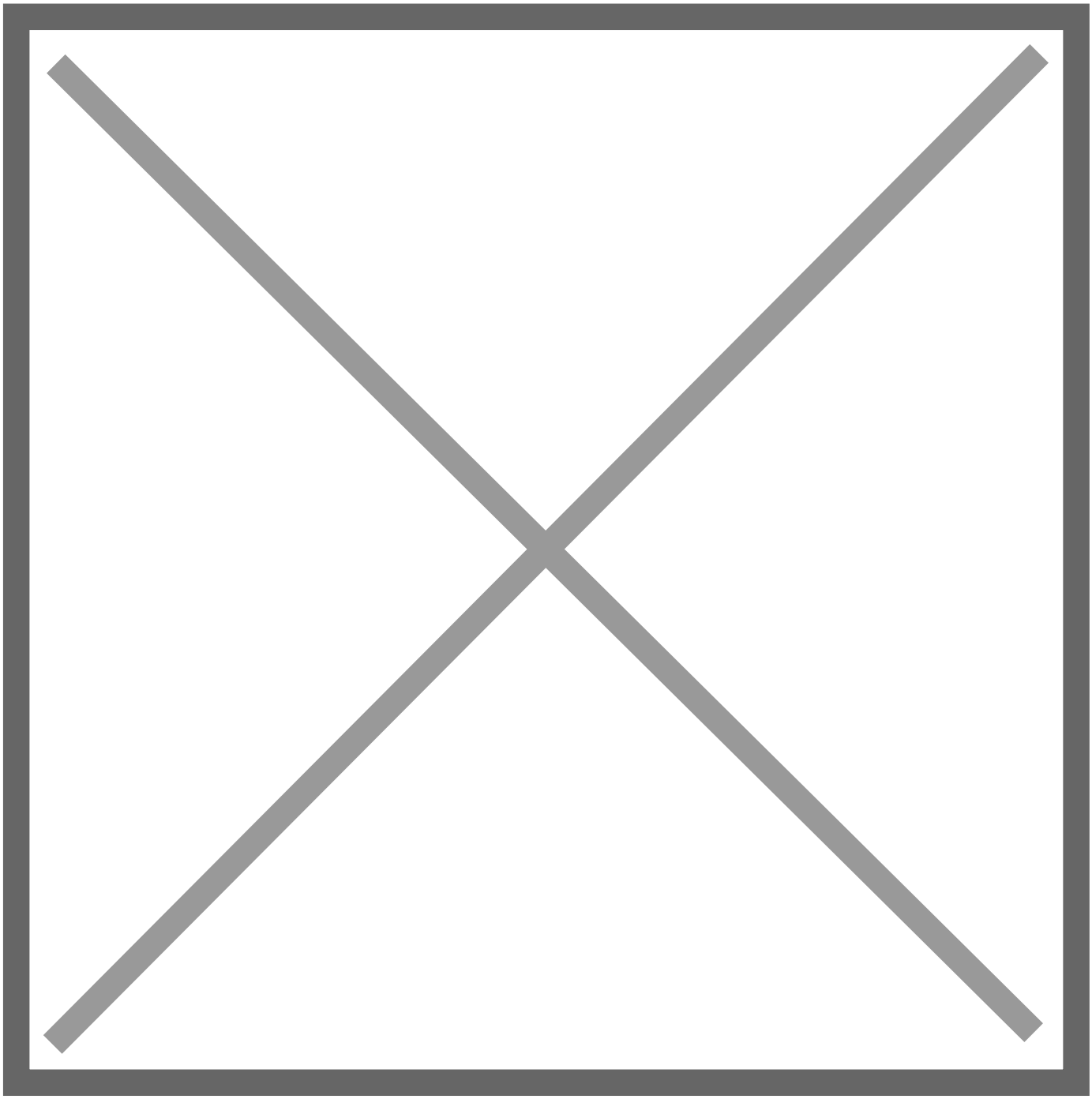


Survey type:

References: 2007: The National Institute of Health Research and Development, Ministry of Health, Republic of Indonesia (2008). Report on Result of National B
Research (RISKES
https://repository.badankebijakan.kemkes.go.id/id/eprint/4386/1/Report%20on%20Result%20of%20National%20Basic%20Health%20Research%
[Accesse
2010: Riskesdas 2010. The National Institute of Health Research and Development, Ministry of Health, Republic o
https://repository.badankebijakan.kemkes.go.id/id/eprint/4417/1/LAPORAN%20NASIONAL%20RISKESDAS%20TAHUN%202010.pdf [Accesse
2013: RISET KESEHATAN DASAR: RISKESDAS 2013. Ministry of Health of Indon
https://repository.badankebijakan.kemkes.go.id/id/eprint/4467/1/Laporan_riskesdas_2013_final.pdf [Accesse
2018: Riskesdas 2018 available at http://labdata.litbang.kemkes.go.id/images/download/laporan/RKD/2018/Laporan_Nasional_RKD2018_FIN

Notes:	WHO 2
Different methodologies may have been used to collect this data and so data from different surveys may not be strictly comparable. Please check with original data methodo	

Girls

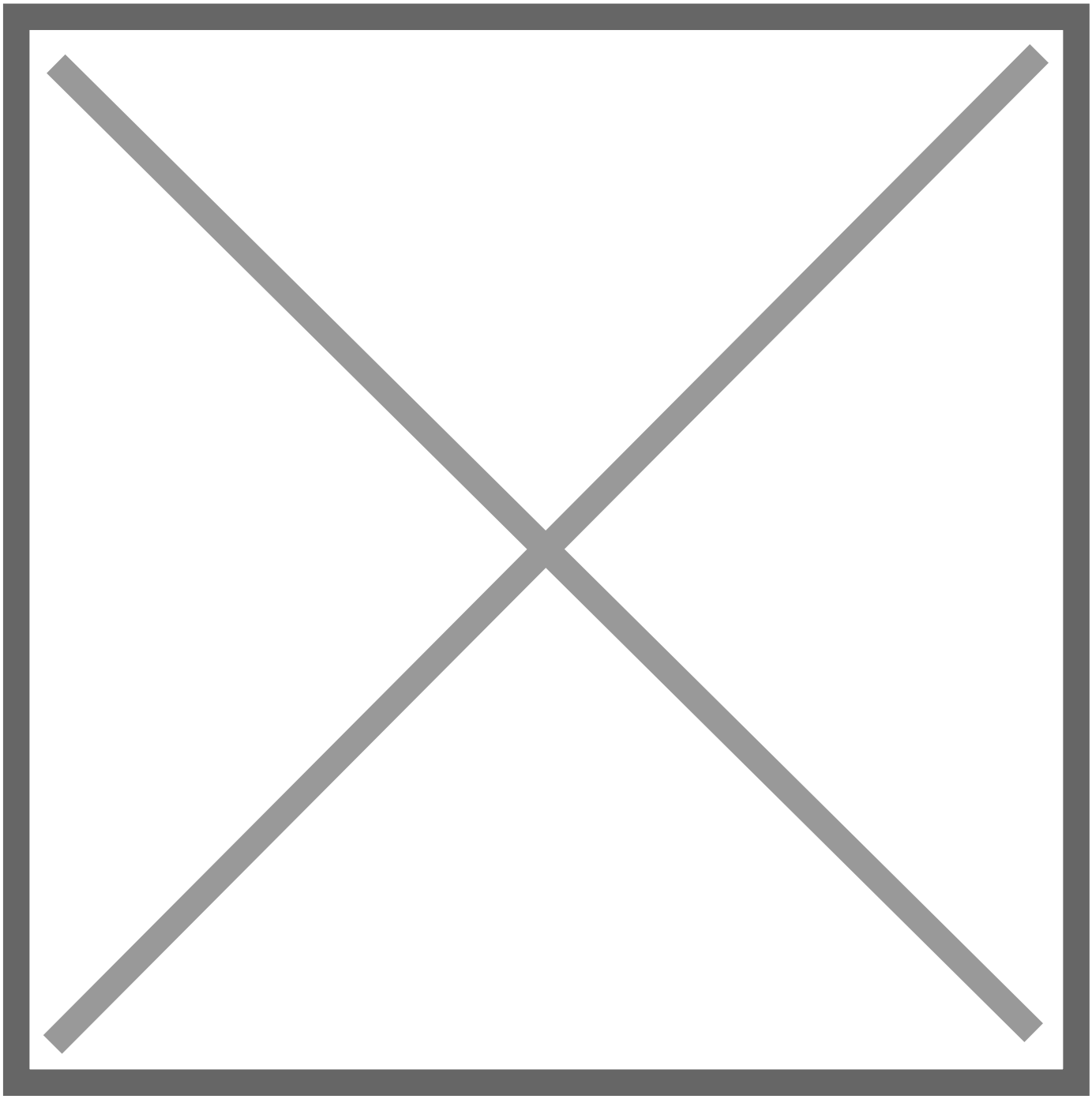


Survey type:

References: 2007: The National Institute of Health Research and Development, Ministry of Health, Republic of Indonesia (2008). Report on Result of National B
Research (RISKES
https://repository.badankebijakan.kemkes.go.id/id/eprint/4386/1/Report%20on%20Result%20of%20National%20Basic%20Health%20Research%
[Accesse
2010: Riskesdas 2010. The National Institute of Health Research and Development, Ministry of Health, Republic o
https://repository.badankebijakan.kemkes.go.id/id/eprint/4417/1/LAPORAN%20NASIONAL%20RISKESDAS%20TAHUN%202010.pdf [Accesse
2013: RISET KESEHATAN DASAR: RISKESDAS 2013. Ministry of Health of Indon
https://repository.badankebijakan.kemkes.go.id/id/eprint/4467/1/Laporan_riskesdas_2013_final.pdf [Accesse
2018: Riskesdas 2018 available at http://labdata.litbang.kemkes.go.id/images/download/laporan/RKD/2018/Laporan_Nasional_RKD2018_FIN

Notes:	WHO 2
Different methodologies may have been used to collect this data and so data from different surveys may not be strictly comparable. Please check with original data methodo	

Boys and girls



Survey type:

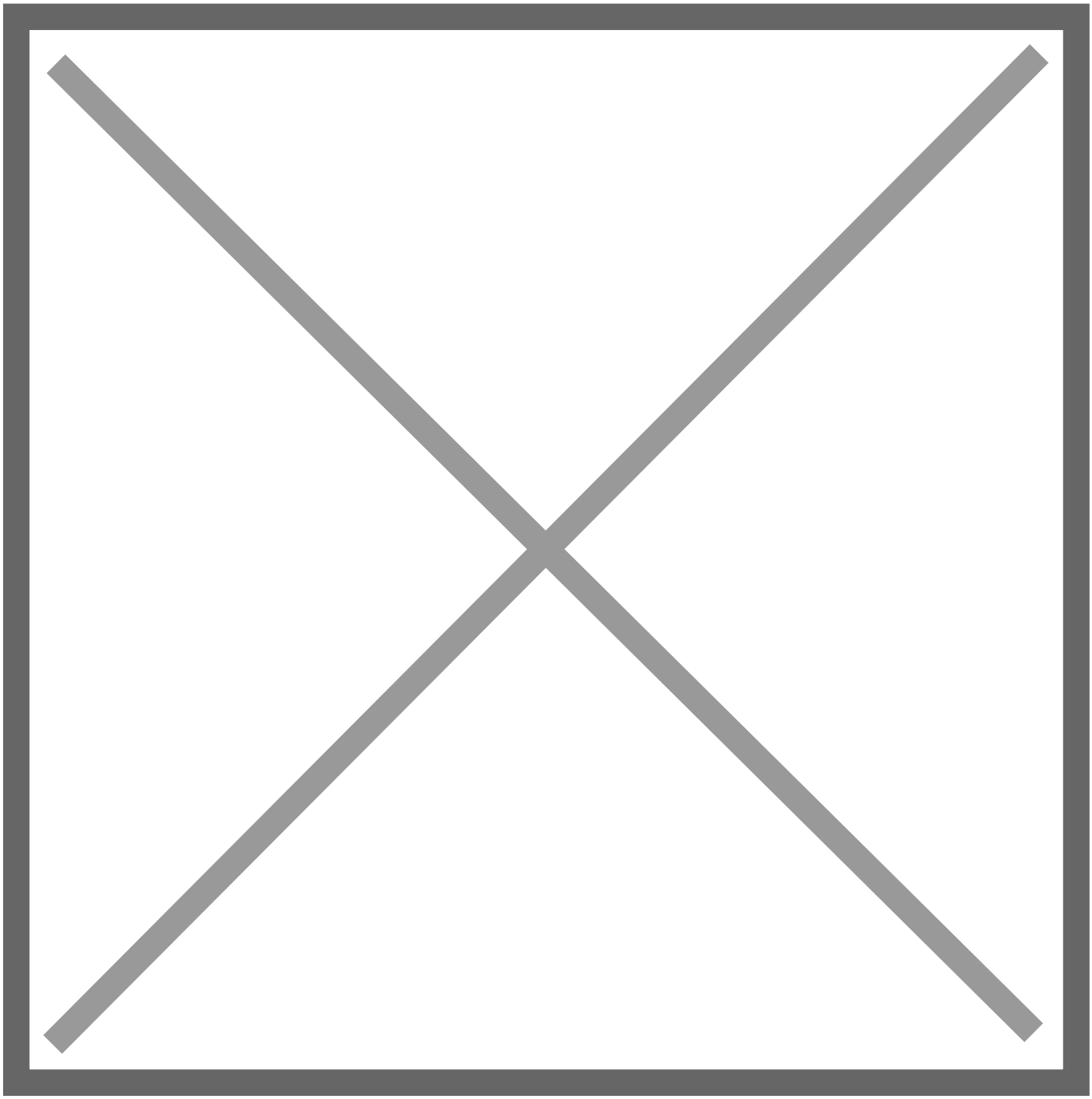
References:

2007: The National Institute of Health Research and Development, Ministry of Health, Republic of Indonesia (2008). Report on Result of National B
Research (RISKES
https://repository.badankebijakan.kemkes.go.id/id/eprint/4386/1/Report%20on%20Result%20of%20National%20Basic%20Health%20Research%
[Accesse
2010: Riskesdas 2010. The National Institute of Health Research and Development, Ministry of Health, Republic o
https://repository.badankebijakan.kemkes.go.id/id/eprint/4417/1/LAPORAN%20NASIONAL%20RISKESDAS%20TAHUN%202010.pdf [Accesse
2013: RISET KESEHATAN DASAR: RISKESDAS 2013. Ministry of Health of Indon
https://repository.badankebijakan.kemkes.go.id/id/eprint/4467/1/Laporan_riskesdas_2013_final.pdf [Accesse
2018: Riskesdas 2018 available at http://labdata.litbang.kemkes.go.id/images/download/laporan/RKD/2018/Laporan_Nasional_RKD2018_FIN

Notes:	WHO 2
Different methodologies may have been used to collect this data and so data from different surveys may not be strictly comparable. Please check with original data methodo	

% Children living with overweight or obesity in Indonesia, 2013-2023

Boys and girls

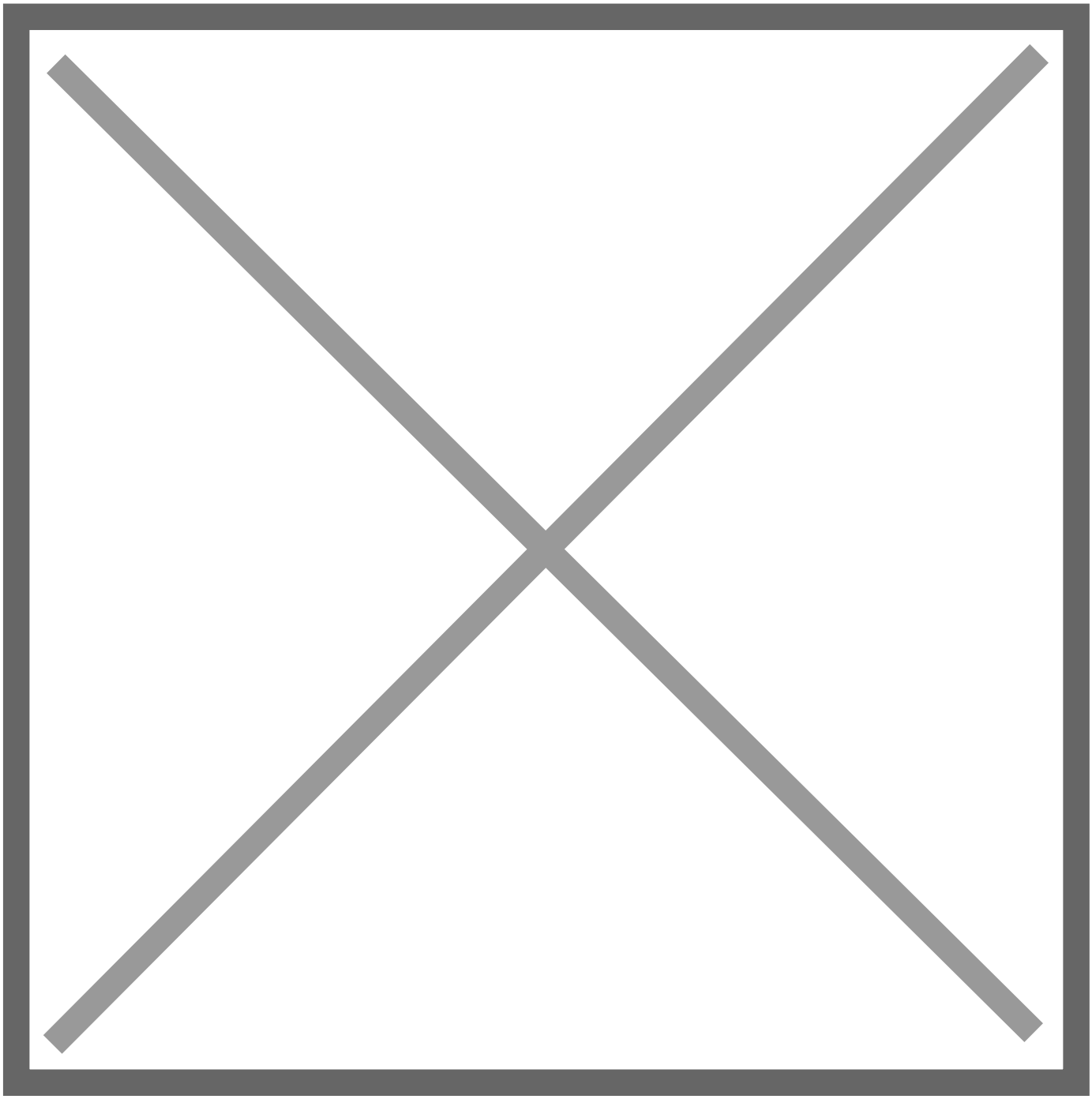


Survey type:	Measured
References:	2013: RISET KESEHATAN DASAR: RISKESDAS 2013. Ministry of Health of Indonesia; Tahun. https://repository.badankebijakan.kemkes.go.id/id/eprint/4467/1/Laporan_riskesdas_2013_final.pdf [Accessed 24.07.25] 2018: Riskesdas 2018 available at http://labdata.litbang.kemkes.go.id/images/download/laporan/RKD/2018/Laporan_Nasional_RKD2018_FINAL.pdf (last accessed 11.05.2022) 2023: Indonesian Health Survey 2023 in Numbers (SKI 2023). Kemenkes BKPK. https://www.badankebijakan.kemkes.go.id/en/ski-2023-dalam-angka/ [Accessed 23.07.25]

Notes:	WHO 2007 cutoffs
	Different methodologies may have been used to collect this data and so data from different surveys may not be strictly comparable. Please check with original data sources for methodologies used.

Overweight/obesity by education

Children, 2018

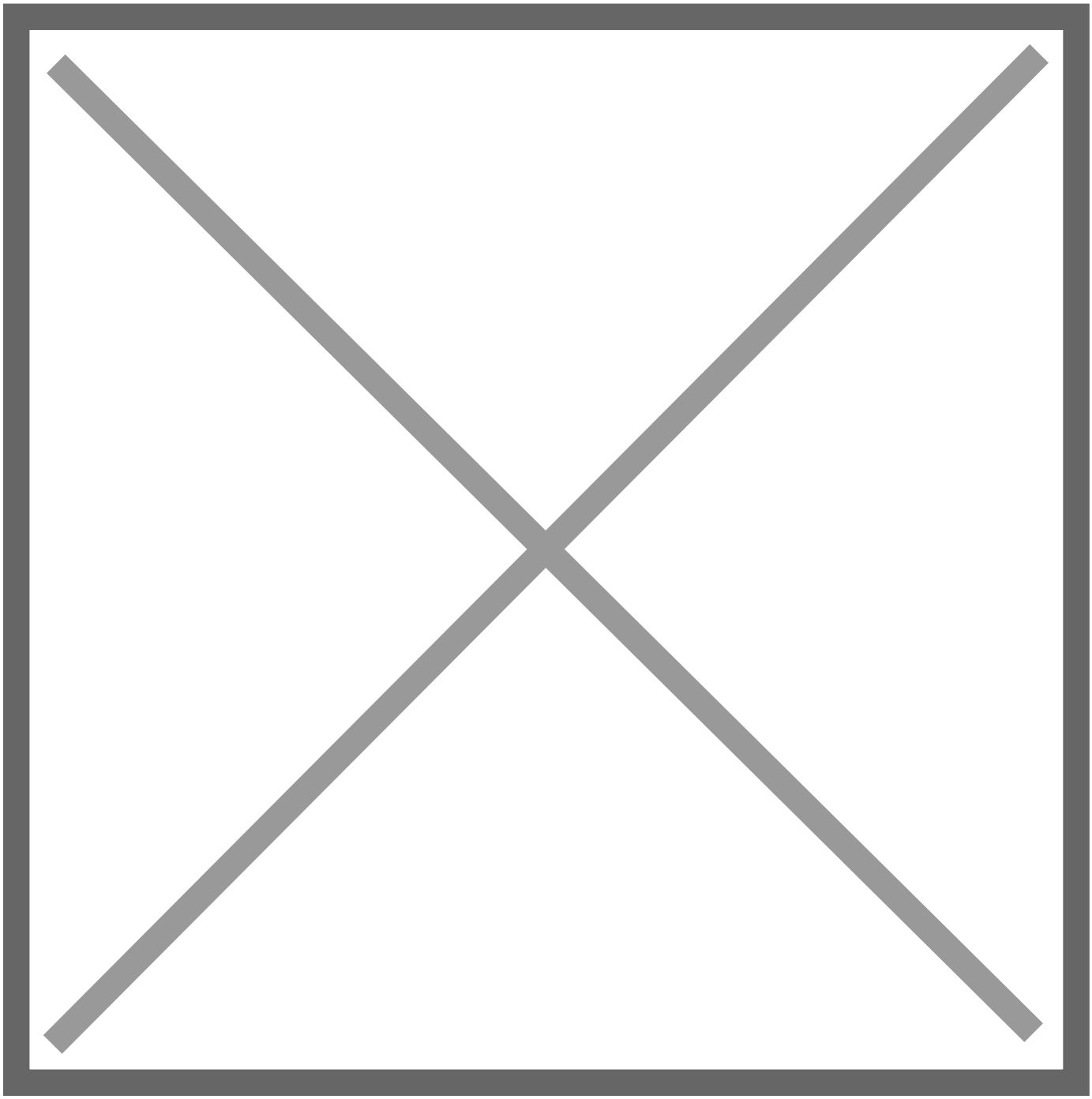


Survey type:	Measured
Age:	16-18
Sample size:	51826
Area covered:	National

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

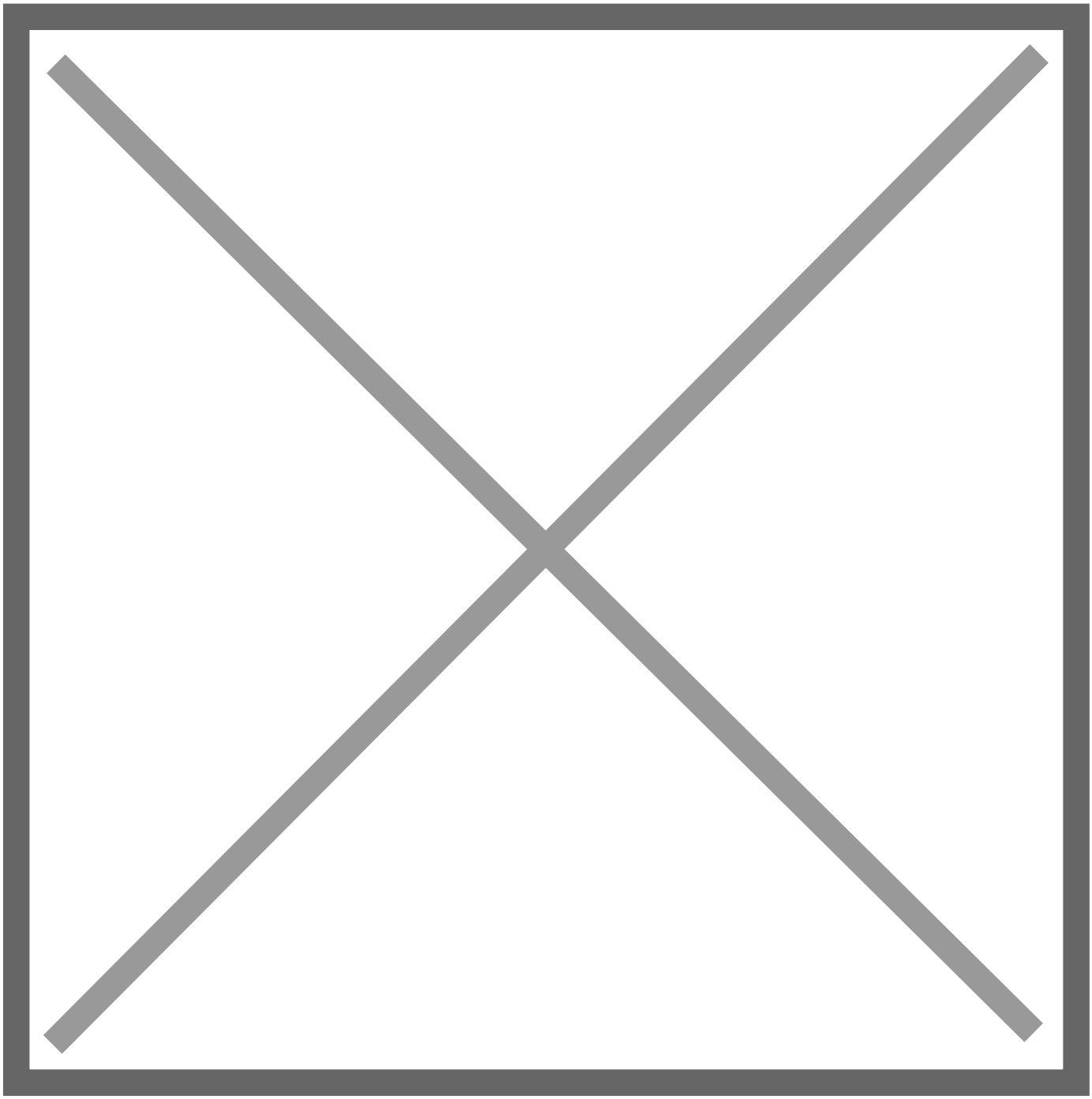
Children, 2023



Survey type:	Measured
Sample size:	192,032
Area covered:	National
References:	Indonesian Health Survey 2023 in Numbers (SKI 2023). Kemenkes BKPK. https://www.badankebijakan.kemkes.go.id/en/ski-2023-dalam-angka/ [Accessed 23.07.25]
Cutoffs:	WHO 2007

Overweight/obesity by region

Children, 2023

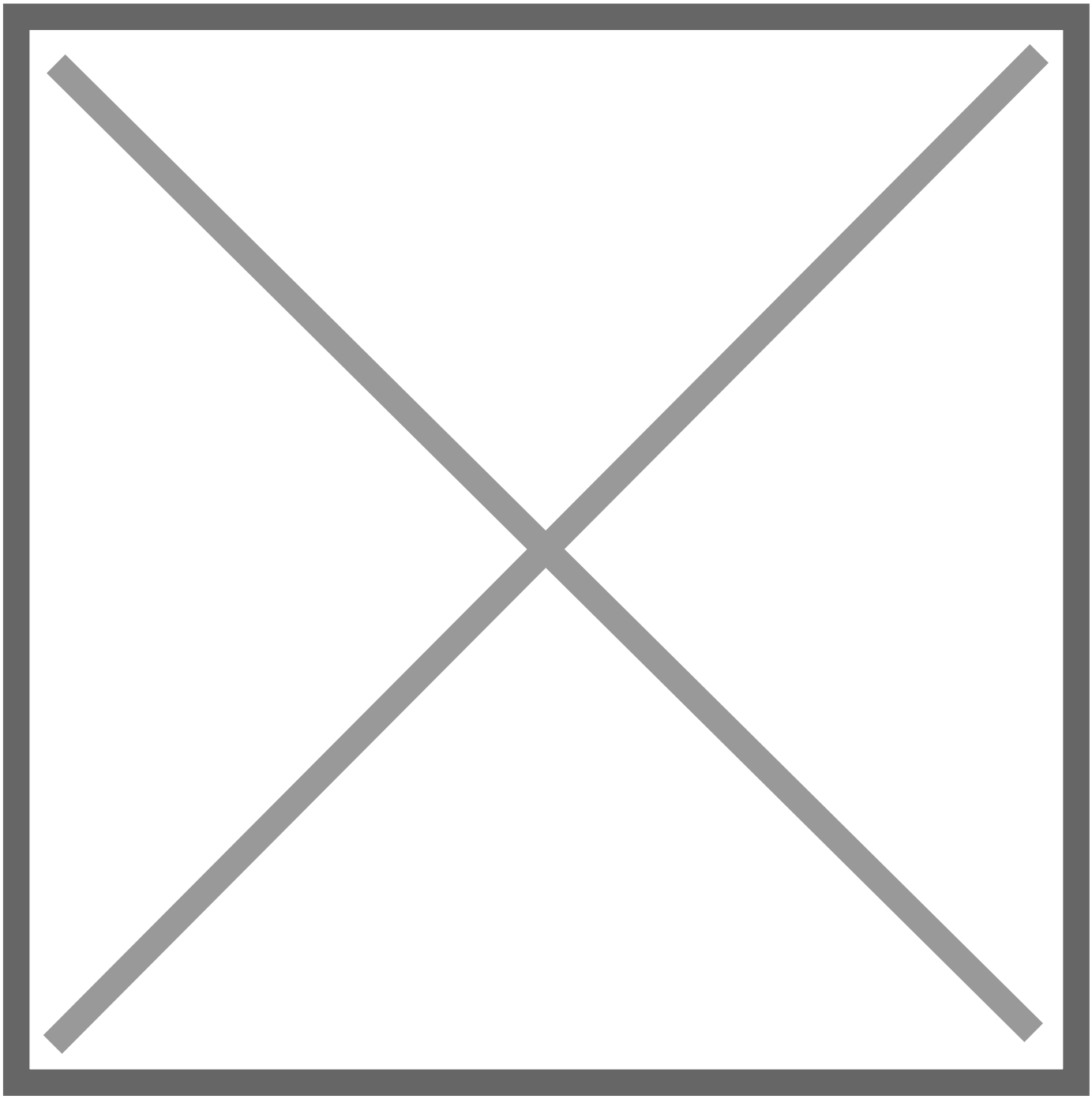


Survey type:	Measured
Age:	5-12
Sample size:	122,723
Area covered:	National
References:	Indonesian Health Survey 2023 in Numbers (SKI 2023). Kemenkes BKPK. https://www.badankebijakan.kemkes.go.id/en/ski-2023-dalam-angka/ [Accessed 23.07.25]

Cutoffs:	WHO 2007

Overweight/obesity by age and region

Children, 2018

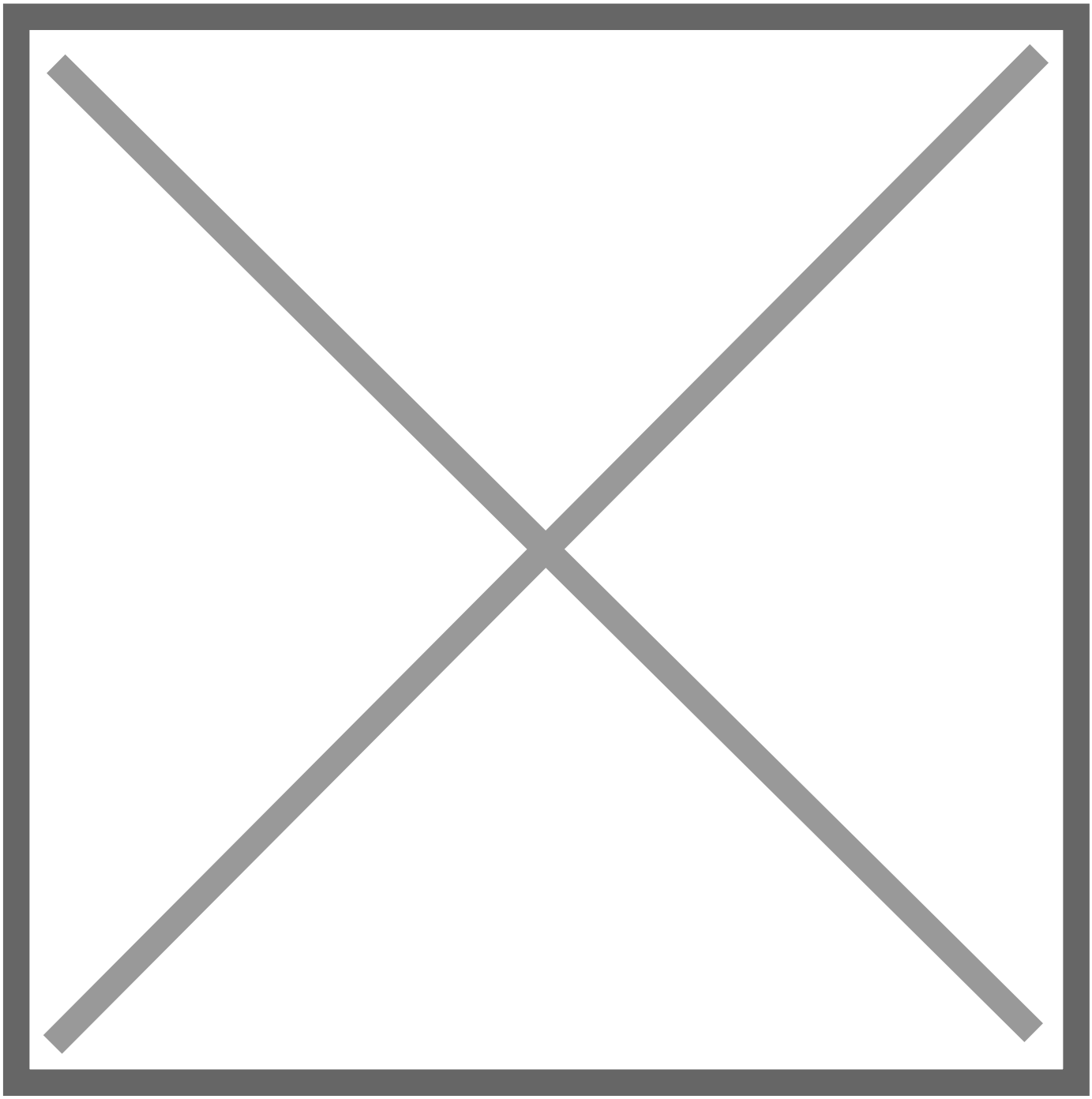


Survey type:	Measured
Sample size:	277528
Area covered:	National
References:	Riskesdas 2018 available at http://labdata.litbang.kemkes.go.id/images/download/laporan/RKD/2018/Laporan_Nasional_RKD2018_FINAL.pdf (last accessed 11.05.2022)

Definitions:	Z Score 1 - < 2 Overweight Z score > 2 Obesity
Cutoffs:	Other

Overweight/obesity by socio-economic group

Children, 2023

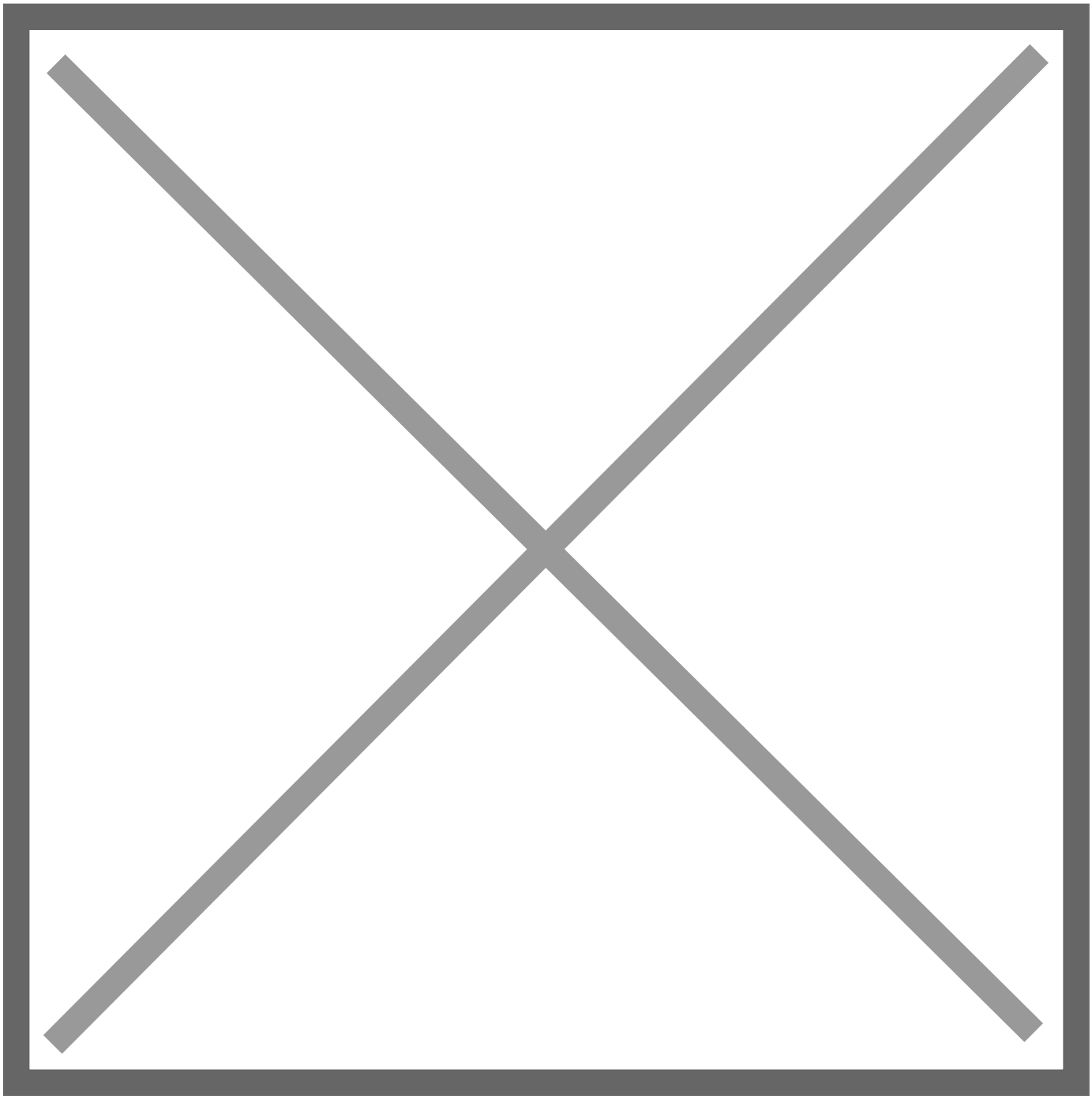


Survey type:	Measured
Age:	5-12
Sample size:	122,723
Area covered:	National
References:	Indonesian Health Survey 2023 in Numbers (SKI 2023). Kemenkes BKPK. https://www.badankebijakan.kemkes.go.id/en/ski-2023-dalam-angka/ [Accessed 23.07.25]

Definitions:	Economic status
Cutoffs:	WHO 2007

Double burden of underweight & obesity

Children, 2022

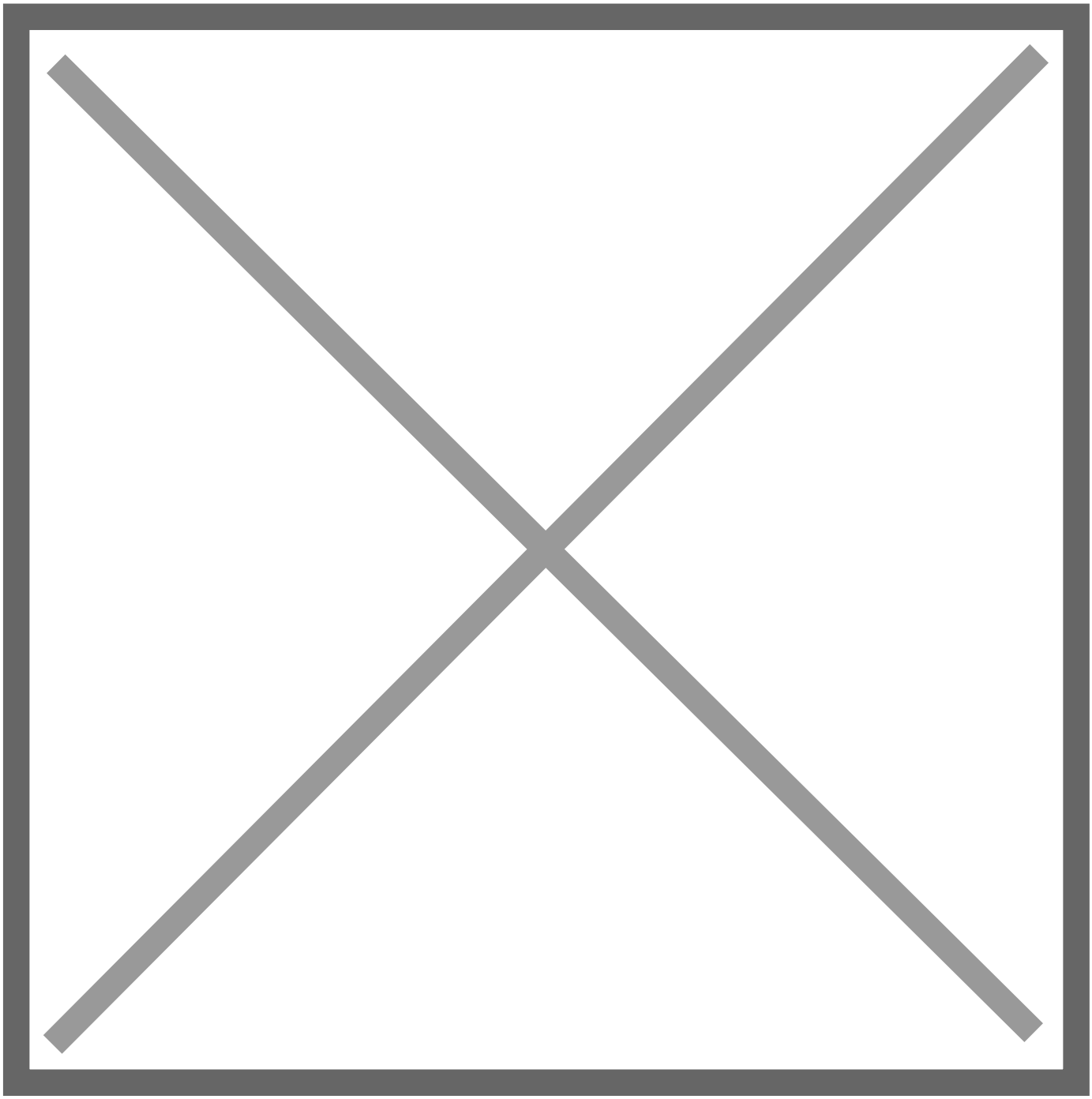


Survey type:	Measured
Age:	5-19
References:	NCD Risk Factor Collaboration (NCD-RisC). Worldwide trends in underweight and obesity from 1990 to 2022: a pooled analysis of 3663 population representative studies with 222 million children, adolescents, and adults. Lancet 2024; published online Feb 29. https://doi.org/10.1016/S0140-6736(23)02750-2.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

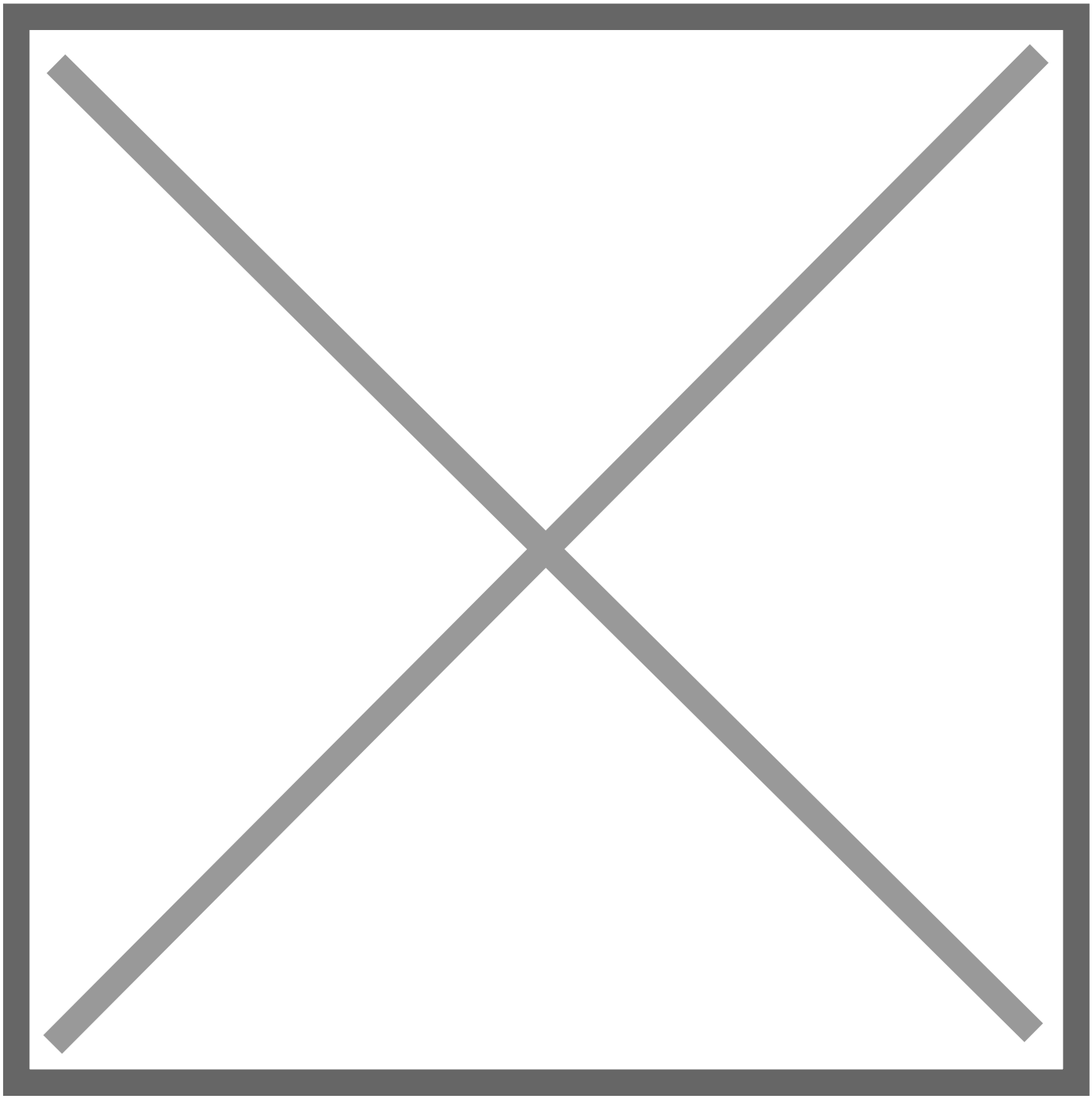
Children, 2016



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)

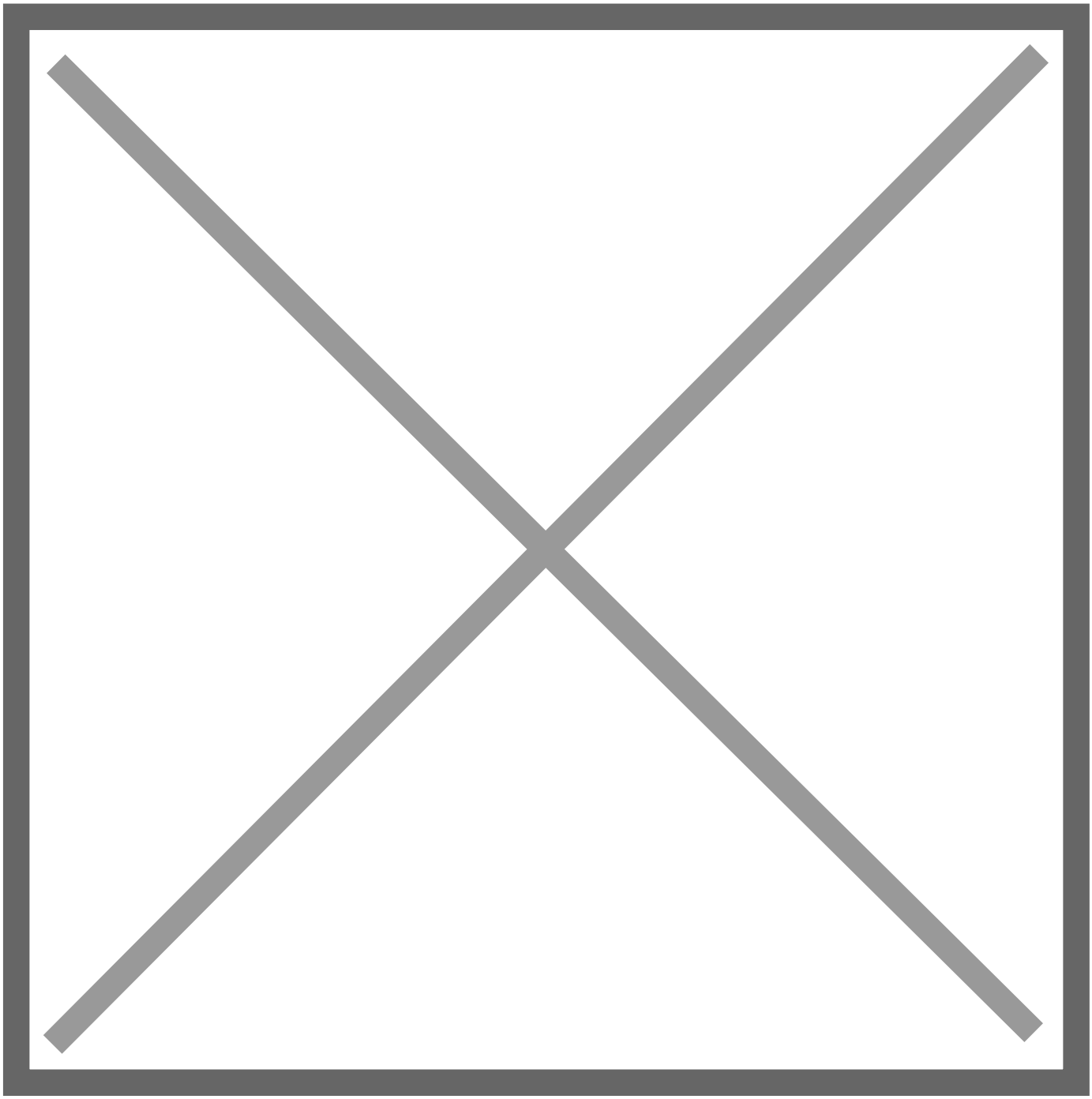
Boys, 2016



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

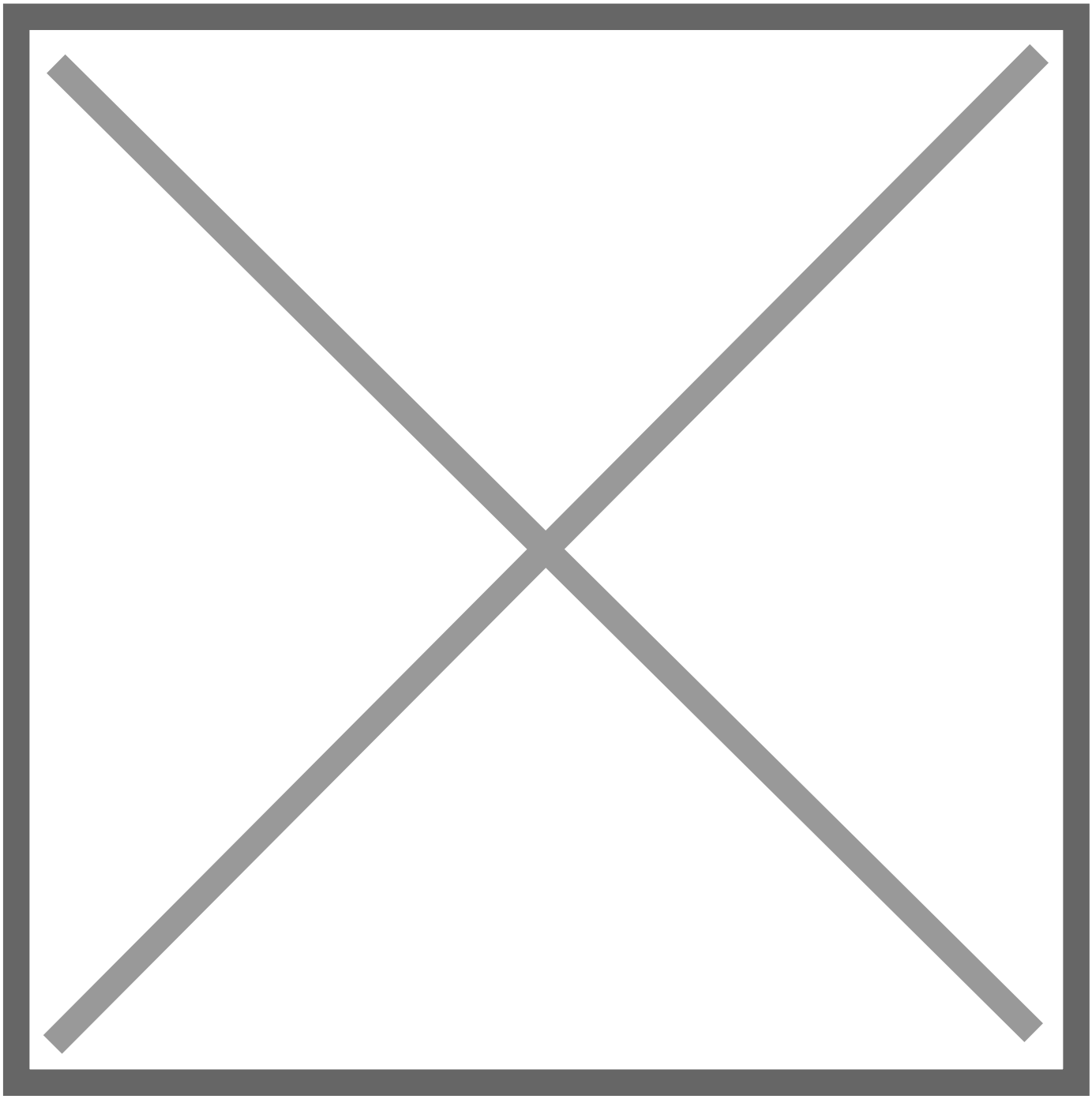


Survey type:	Self-reported
Age:	11-17
References:	Global Health Observatory data repository, World Health Organisation, https://apps.who.int/gho/data/node.main.A893ADO?lang=en (last accessed 16.03.21)
Notes:	% of school going adolescents not meeting WHO recommendations on Physical Activity for Health, 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

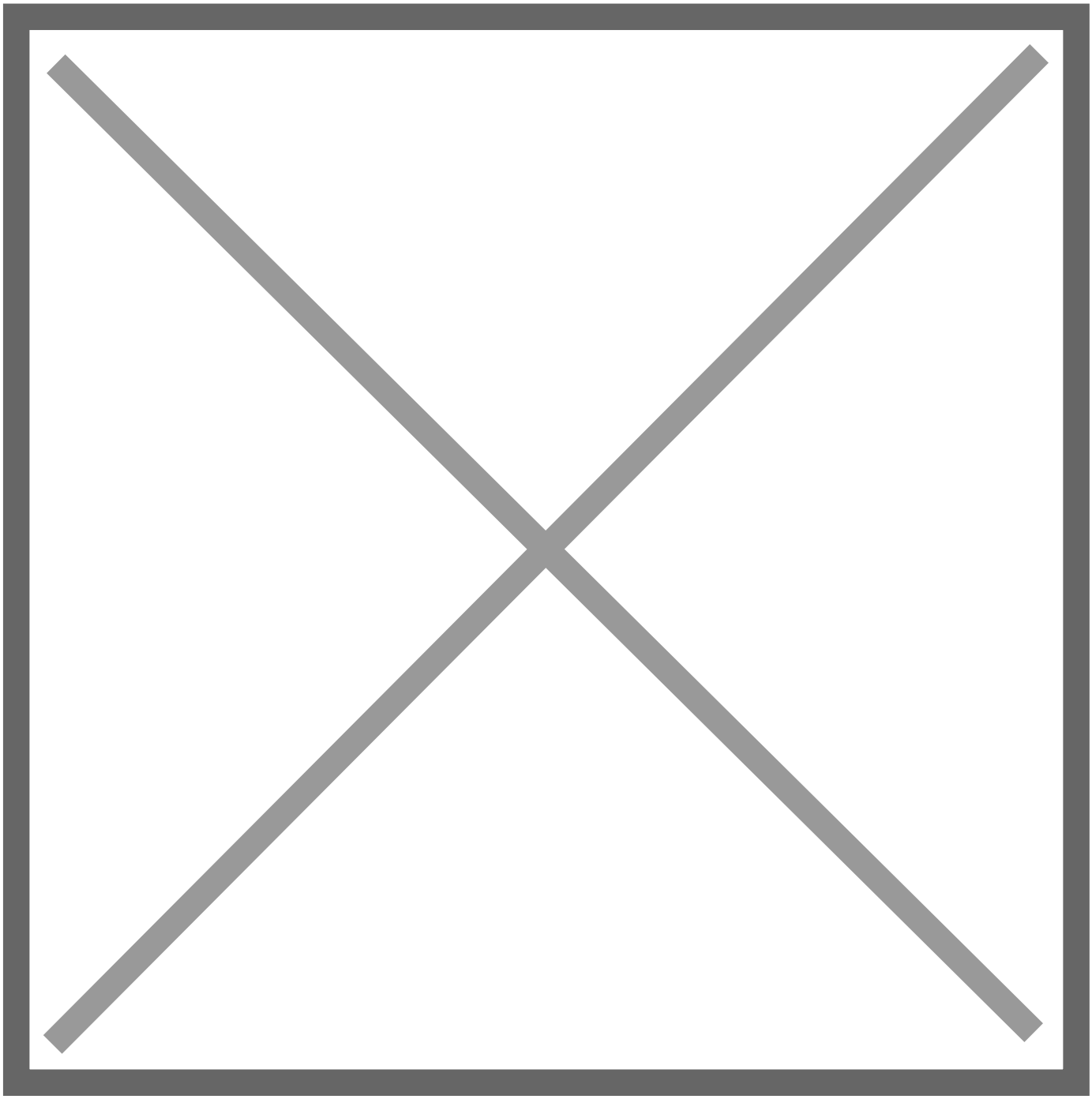
Children, 2010-2015



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, 2015

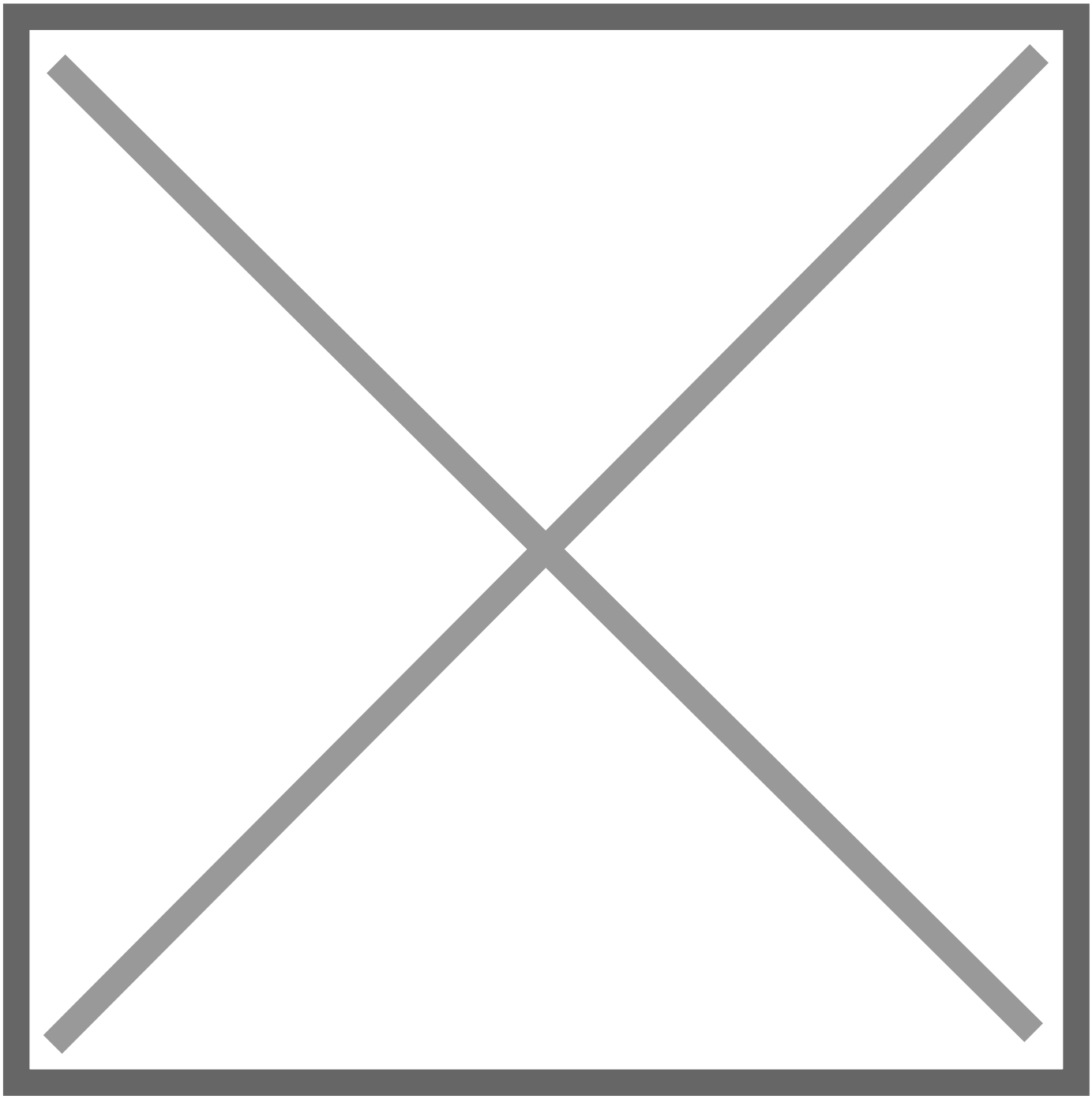


Survey type:	Self-reported
Age:	12-17
Area covered:	National
References:	Global School-based Student Health Surveys. Beal et al (2019). Global Patterns of Adolescent Fruit, Vegetable, Carbonated Soft Drink, and Fast-food consumption: A meta-analysis of global school-based student health surveys. Food 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, 2015

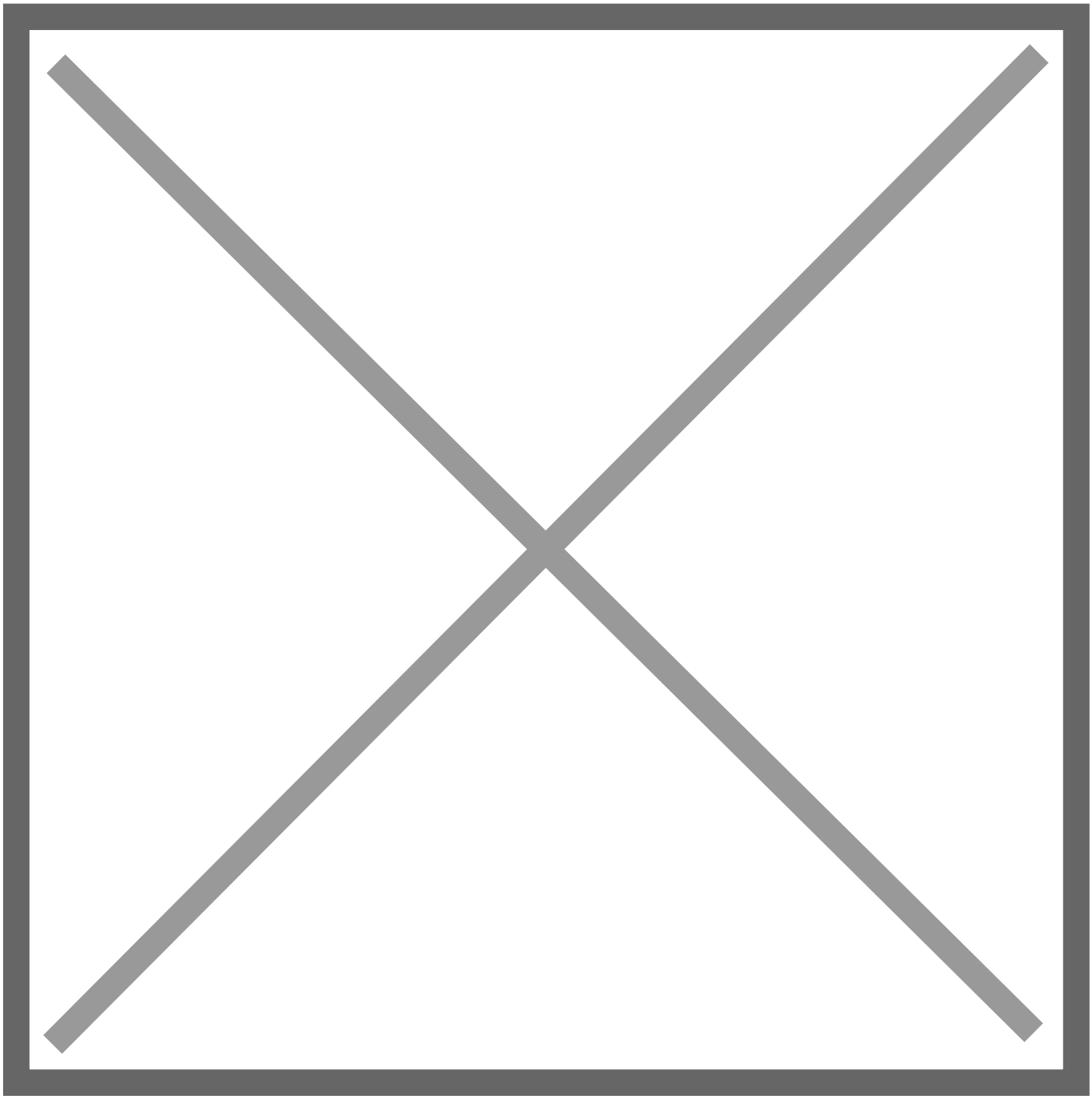


Survey type:	Self-reported
Age:	12-17
Area covered:	National
References:	Beal et al. (2019). Global Patterns of Adolescent Fruit, Vegetable, Carbonated Soft Drink, and Fast-food consumption: A meta-analysis of global school-based student health surveys. Food and Nutrition Bulletin. https://doi.org/10.1177/0379572119848287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

Definitions:	Prevalence of less-than-daily vegetable consumption (% less-than-daily vegetable consumption)

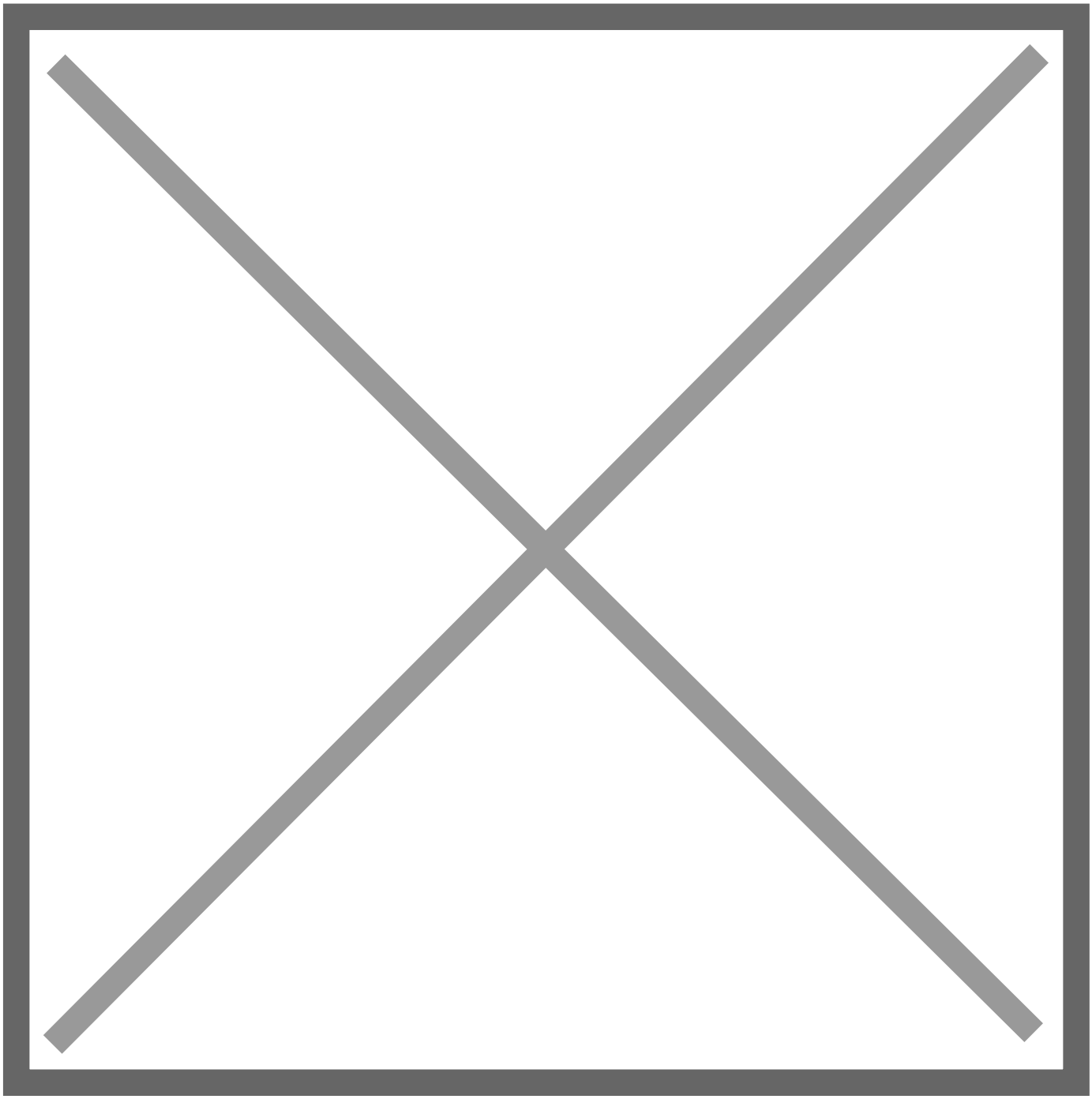
Mental health - depression disorders

Children, 2023



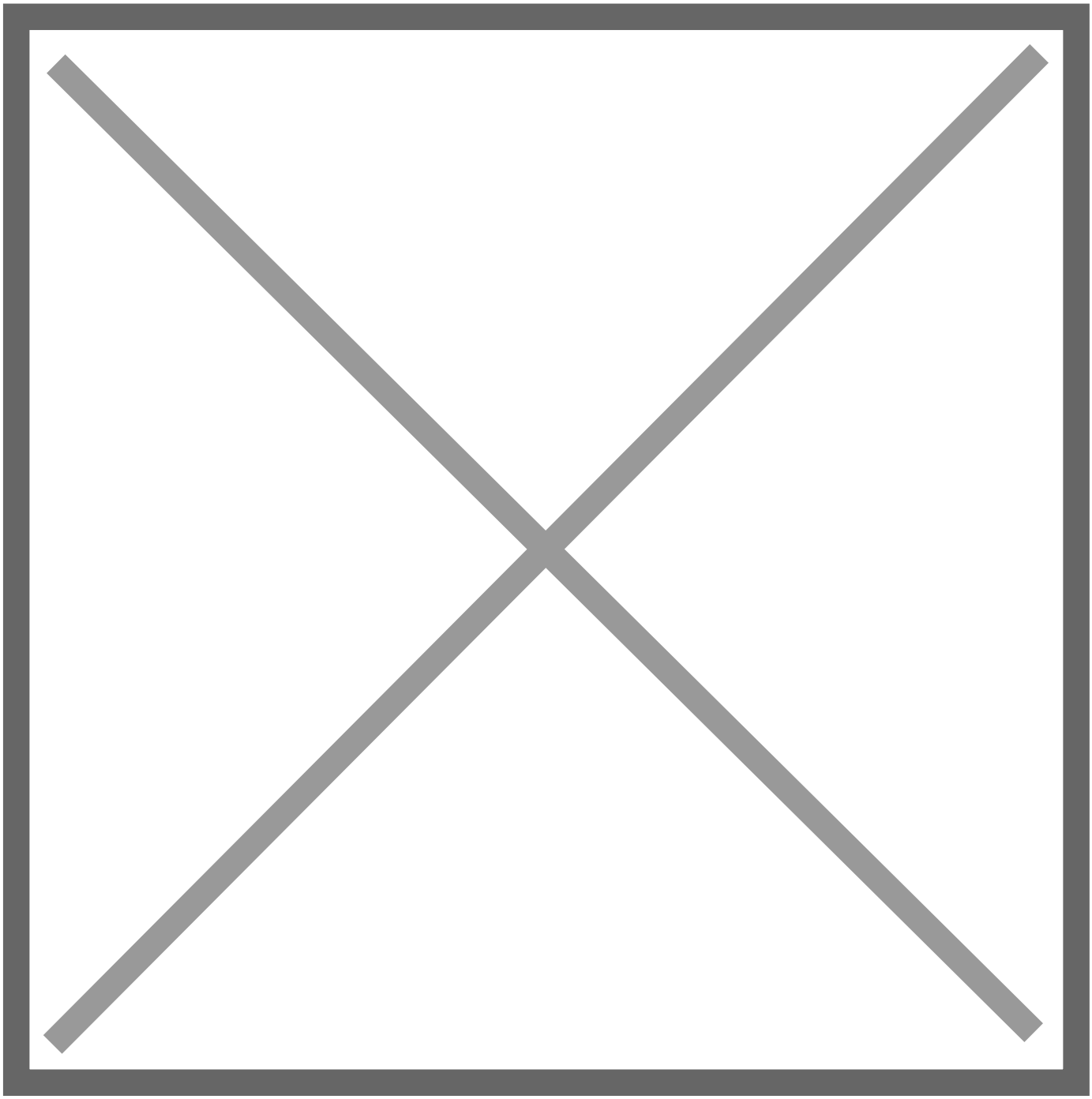
Area covered:	National
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from https://vizhub.healthdata.org/gbd-compare/ [Accessed 17.03.26]
Definitions:	Estimated number living with depressive disorders per 100,000 population (under 20 years of age)

Boys, 2023



Area covered:	National
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from https://vizhub.healthdata.org/gbd-compare/ [Accessed 17.03.26]
Definitions:	Estimated number living with depressive disorders per 100,000 population (under 20 years of age)

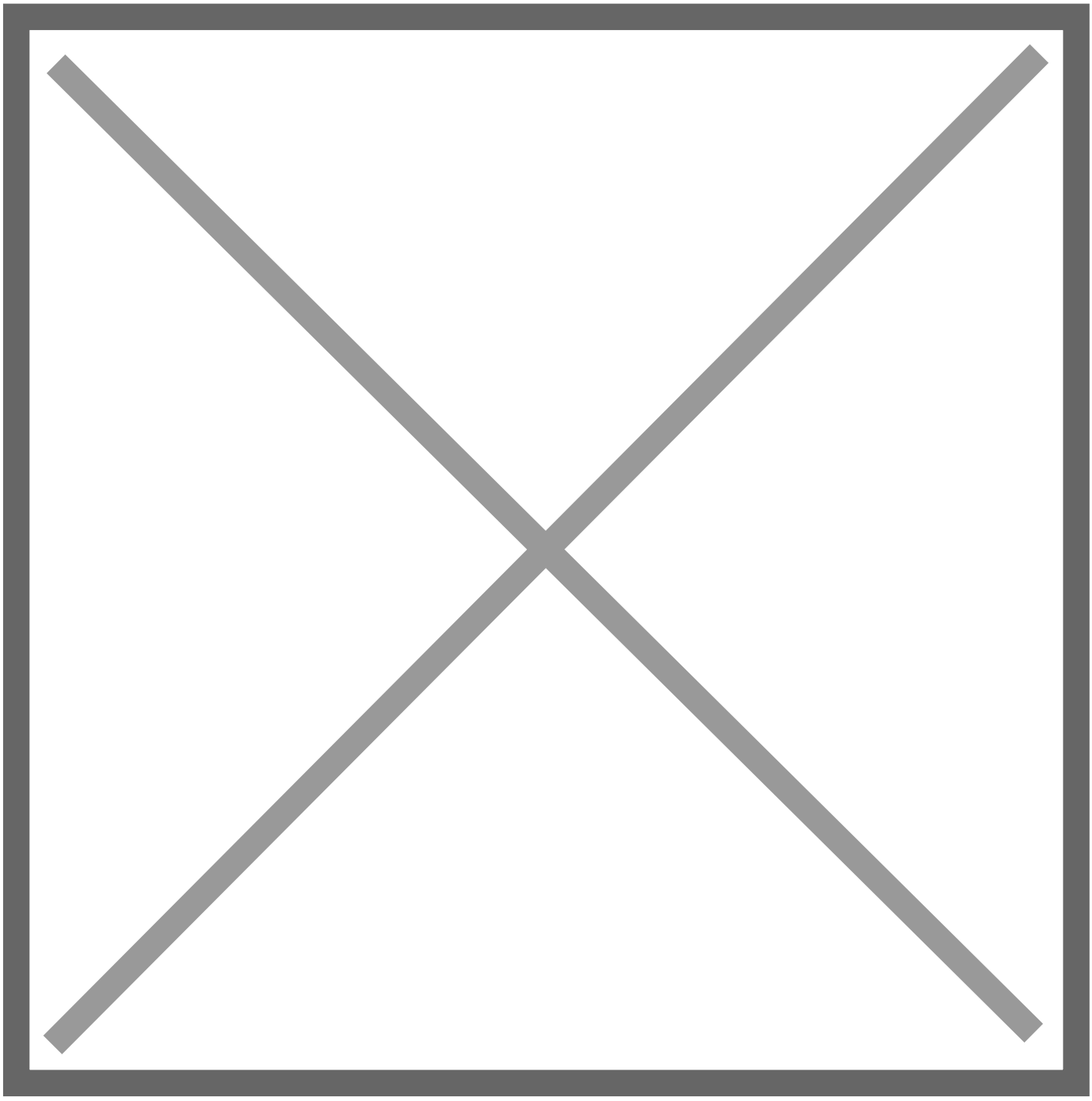
Girls, 2023



Area covered:	National
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from https://vizhub.healthdata.org/gbd-compare/ [Accessed 17.03.26]
Definitions:	Estimated number living with depressive disorders per 100,000 population (under 20 years of age)

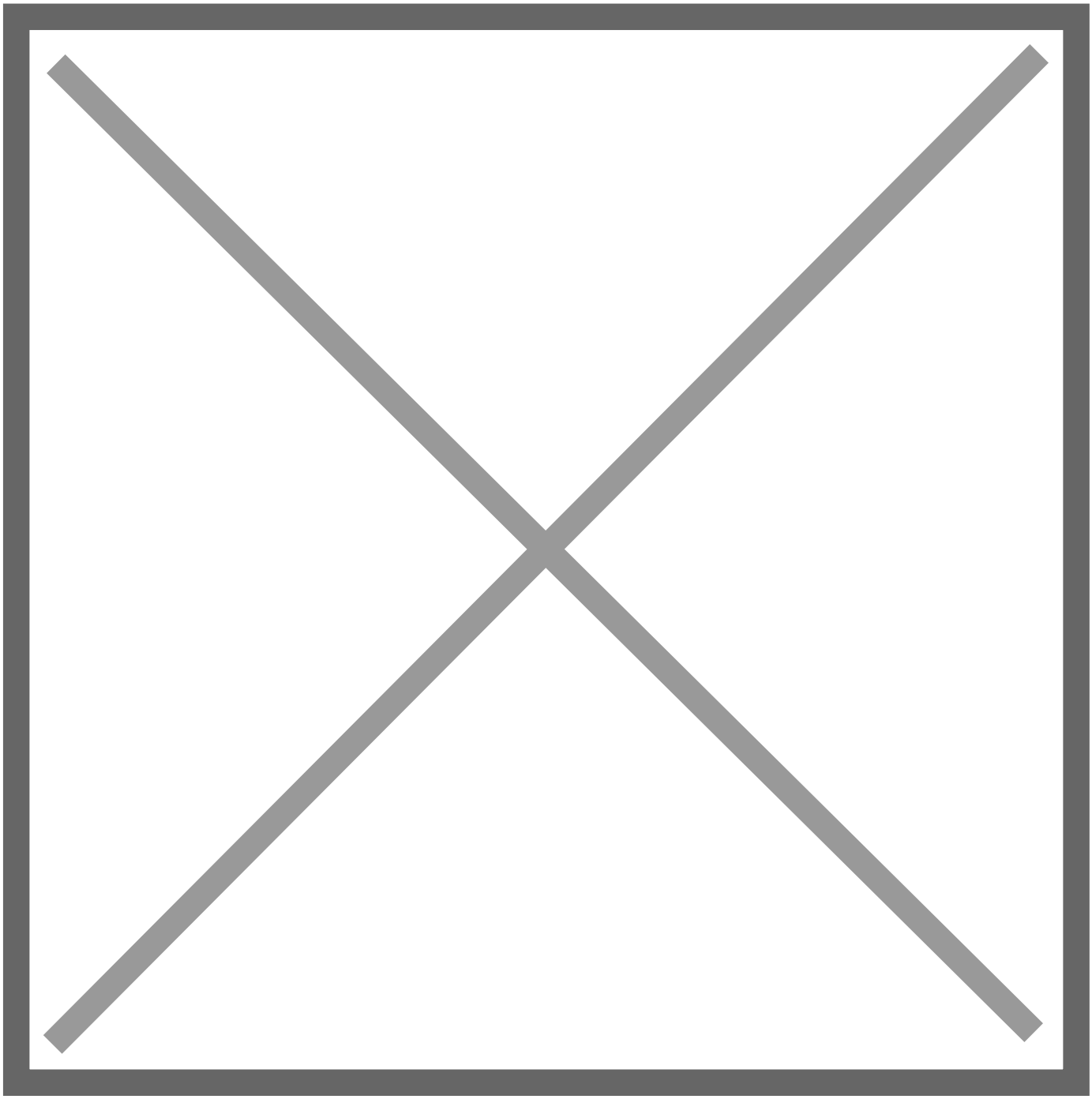
Mental health - anxiety disorders

Children, 2023



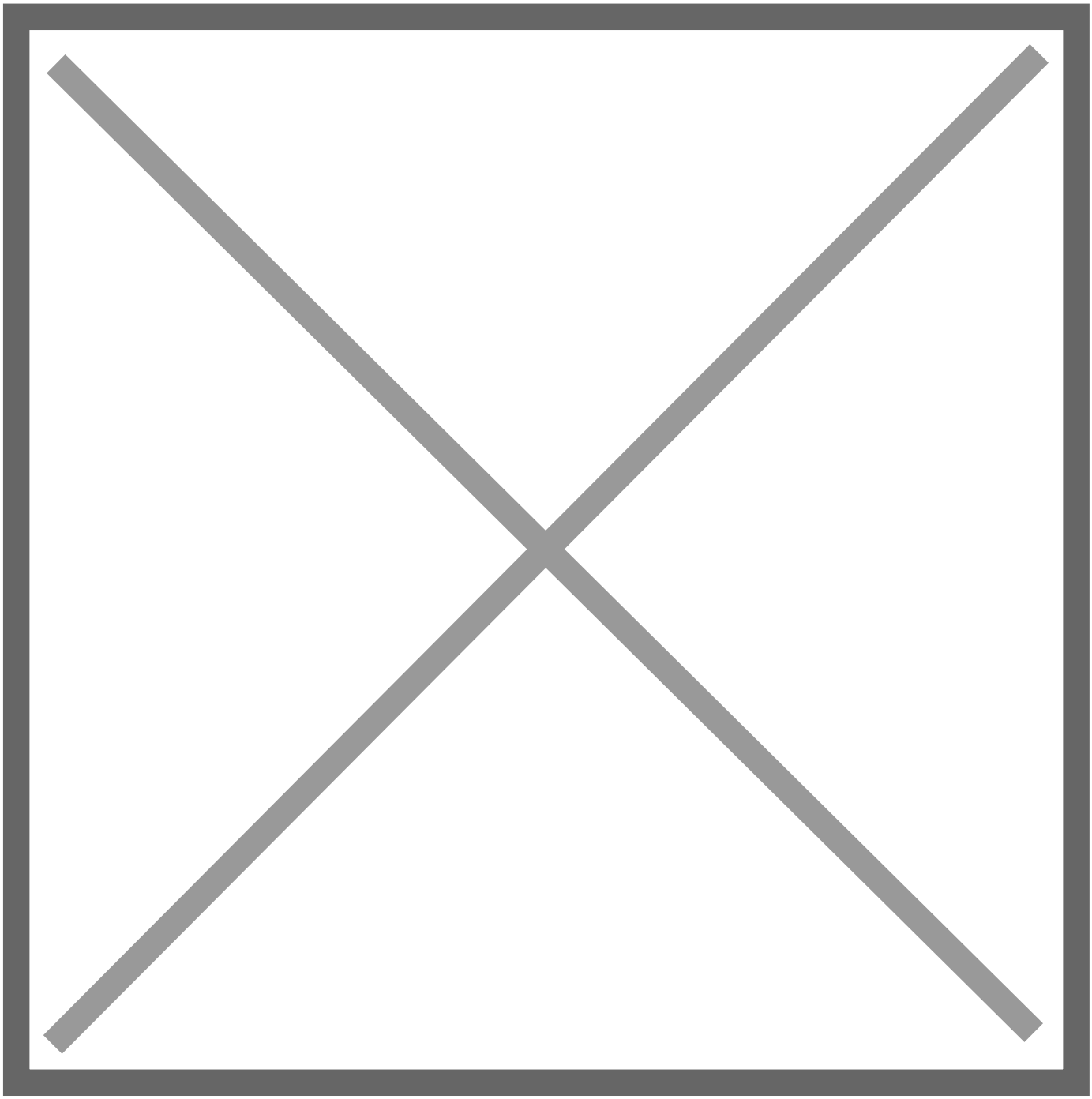
Area covered:	National
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from https://vizhub.healthdata.org/gbd-compare/ [Accessed 17.03.26]
Definitions:	Estimated number living with anxiety disorders per 100,000 population (under 20 years of age)

Boys, 2023



Area covered:	National
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from https://vizhub.healthdata.org/gbd-compare/ [Accessed 17.03.26]
Definitions:	Estimated number living with anxiety disorders per 100,000 population (under 20 years of age)

Girls, 2023



Area covered:	National
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from https://vizhub.healthdata.org/gbd-compare/ [Accessed 17.03.26]
Definitions:	Estimated number living with anxiety disorders per 100,000 population (under 20 years of age)

PDF created on November 3, 2026