



Indonesien



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/>.

Fedmepr  valens

B  rn, 2023



Unders��gelsestype:	Selvr��porteret
Alder:	13-17
Pr��vens st��rrelse:	10059
Area covered:	National

Referencer:

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)

**Definitioner (kun
tilgængelig på
engelsk):**

BMI by age and sex

Overv gt/fedme efter uddannelse

B rn, 2018



Unders�gelsestype:	M�lt
Alder:	16-18
Pr�vens st�rrelse:	51826
Area covered:	National

Referencer:

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)

**Noter (kun
tilg ngelige p  
engelsk):**

Based on parental education

**Definitioner (kun
tilg ngelig p  
engelsk):**

Z Score 1 - < 2 Overweight Z score > 2 Obesity

Cutoffs:

Other

Overv gt/fedme efter alder

B rn, 2018



Unders�gelsestype:	M�lt
Pr�vens st�rrelse:	277528
Area covered:	National

Referencer:

Risikesdas 2018 available at
http://labdata.litbang.kemkes.go.id/images/download/laporan/RKD/2018/Laporan_Nasional_RKD2018_FINAL.pdf
(last accessed 11.05.2022)

**Definitioner (kun-
tilg&ngelig p&ngelsk):**

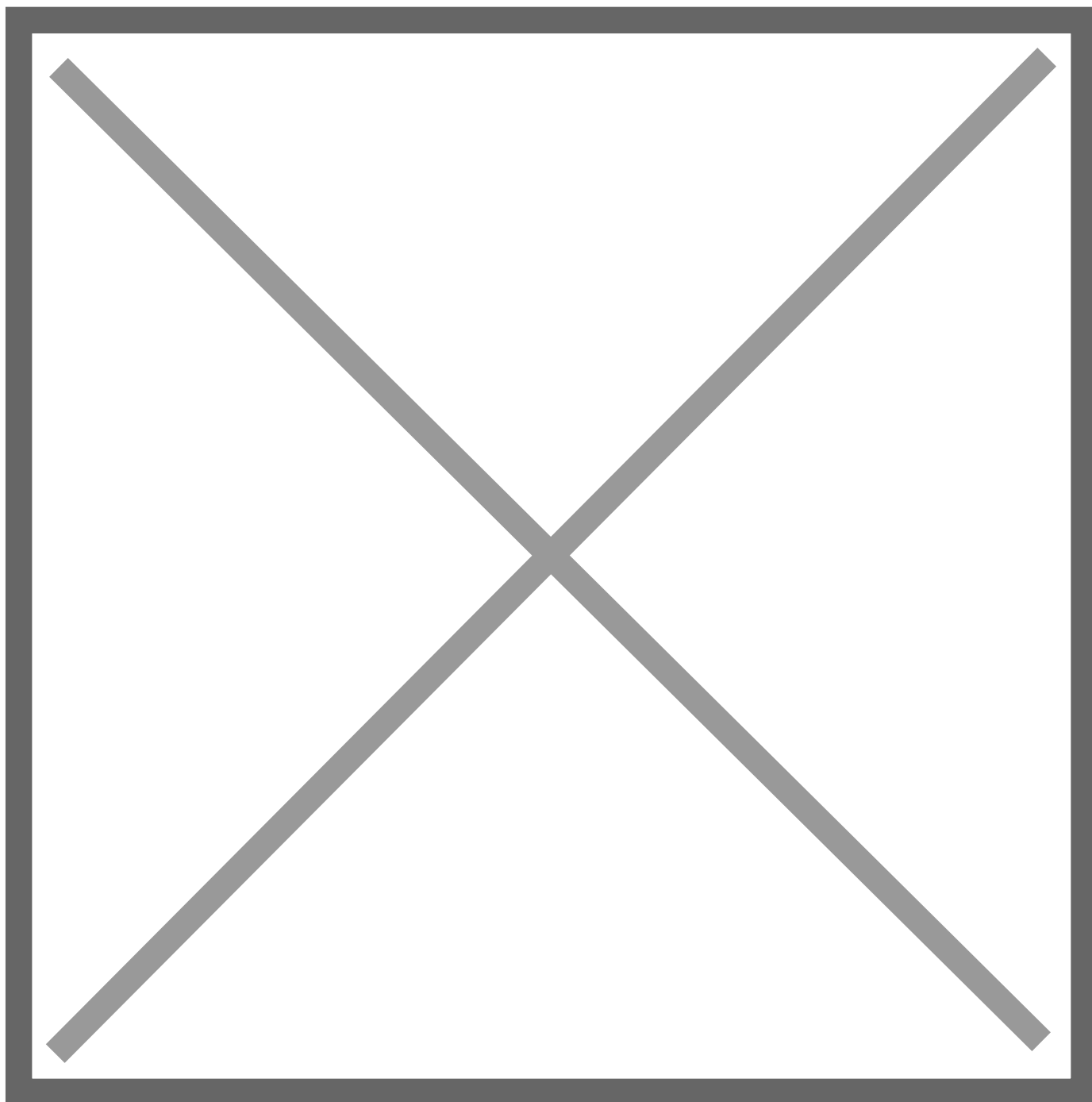
Z Score 1 - < 2 Overweight Z score > 2 Obesity

Cutoffs:

Other

Overv gt/fedme efter region

B rn, 2019-2020



Unders�gelsestype:	M�lt
Alder:	7-12
Pr�vens st�rrelse:	780
Area covered:	Regional - Java and Sumatera

Referencer:

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]

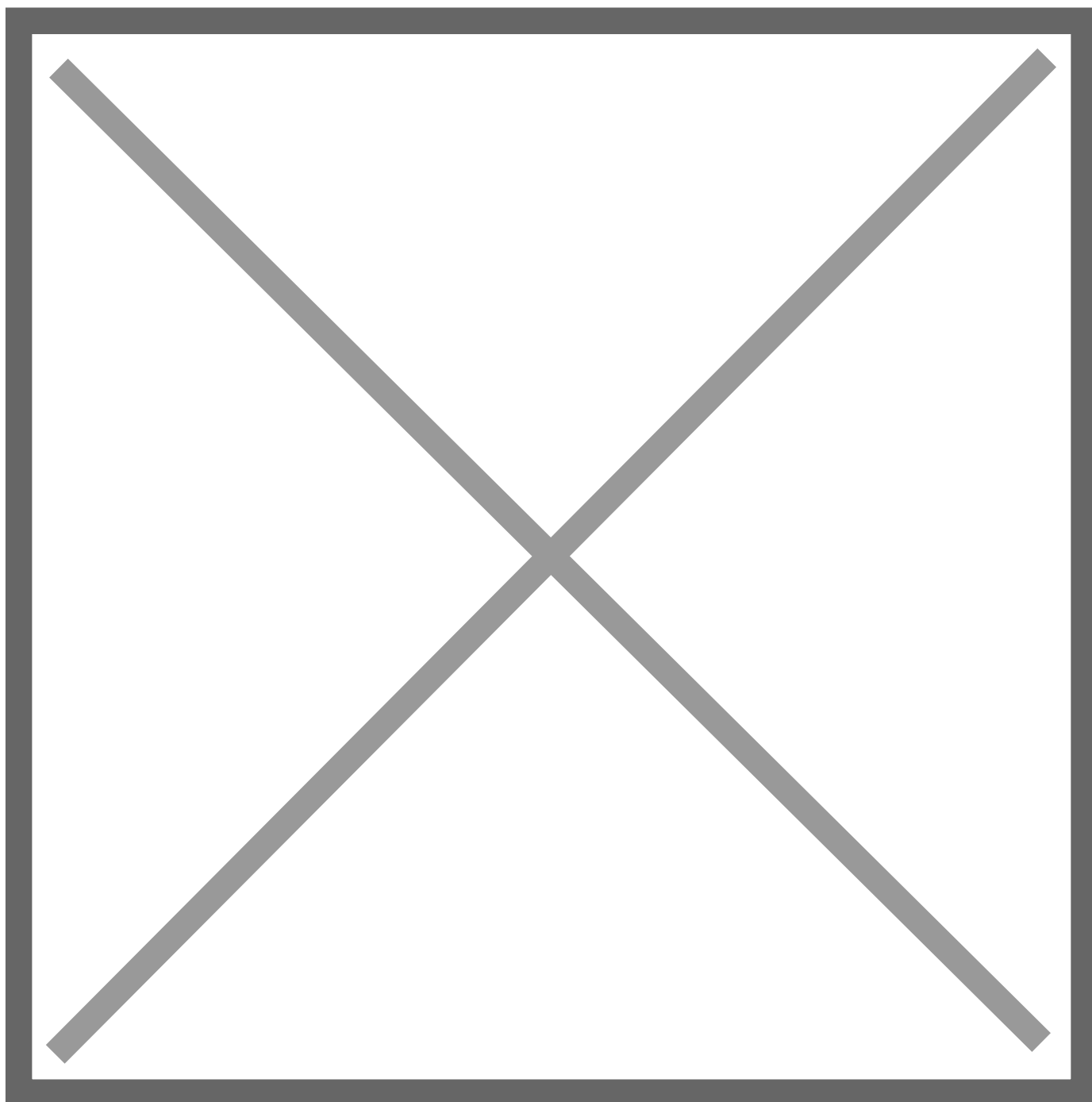
**Definitioner (kun
tilg&ngelig p&#x
engelsk):**

Overweight and obese: BMI-for-age z-scores >1 sd

Cutoffs:

WHO

Drenge, 2019-2020



Unders�gelsestype:	M�lt
Alder:	7-12
Pr�vens st�rrelse:	780
Area covered:	Regional - Java and Sumatera

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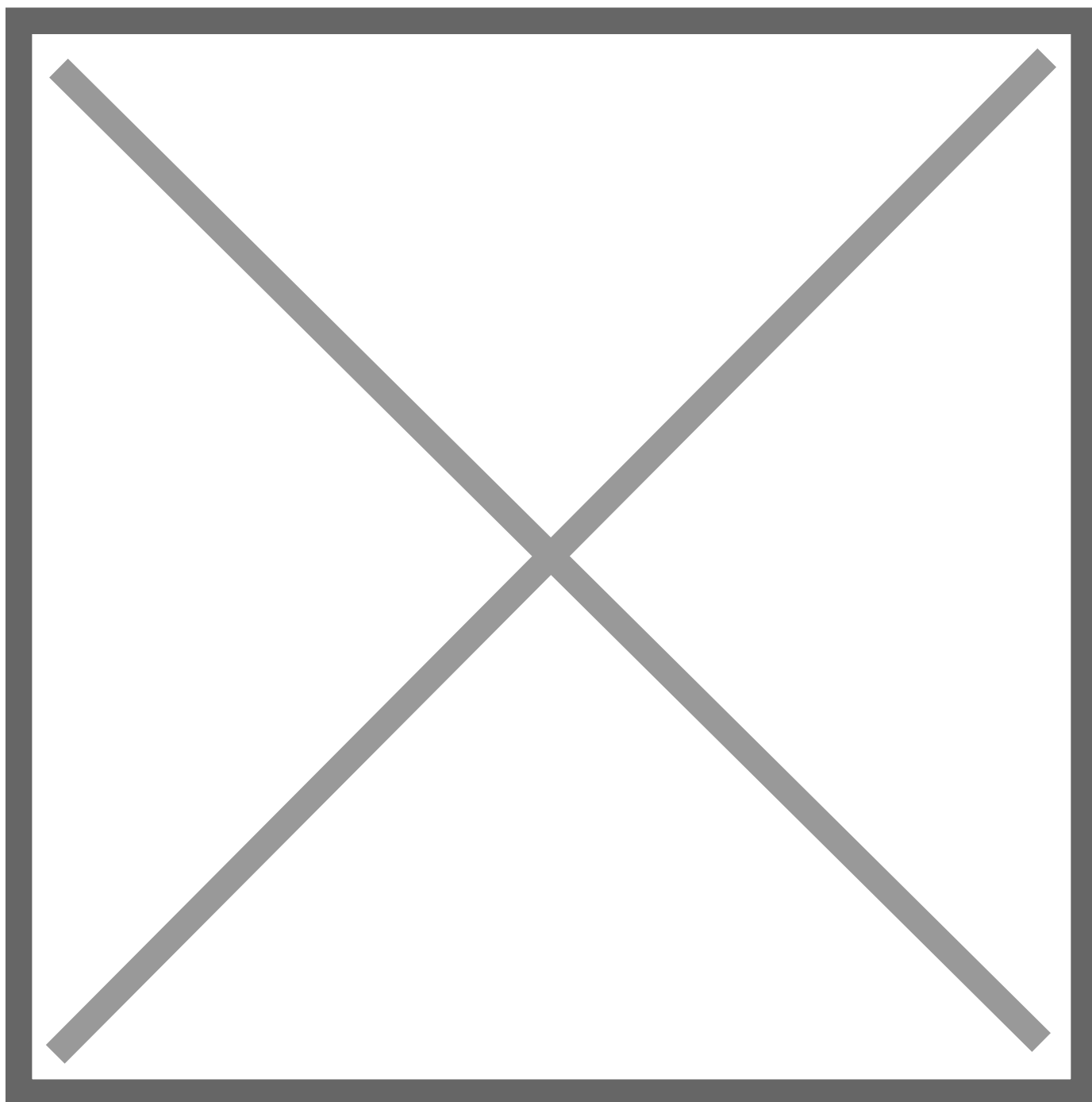
**Definitioner (kun
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Overweight and obese: BMI-for-age z-scores >1 sd

Cutoffs:

WHO

Piger, 2019-2020



Unders�gelsestype:	M�lt
Alder:	7-12
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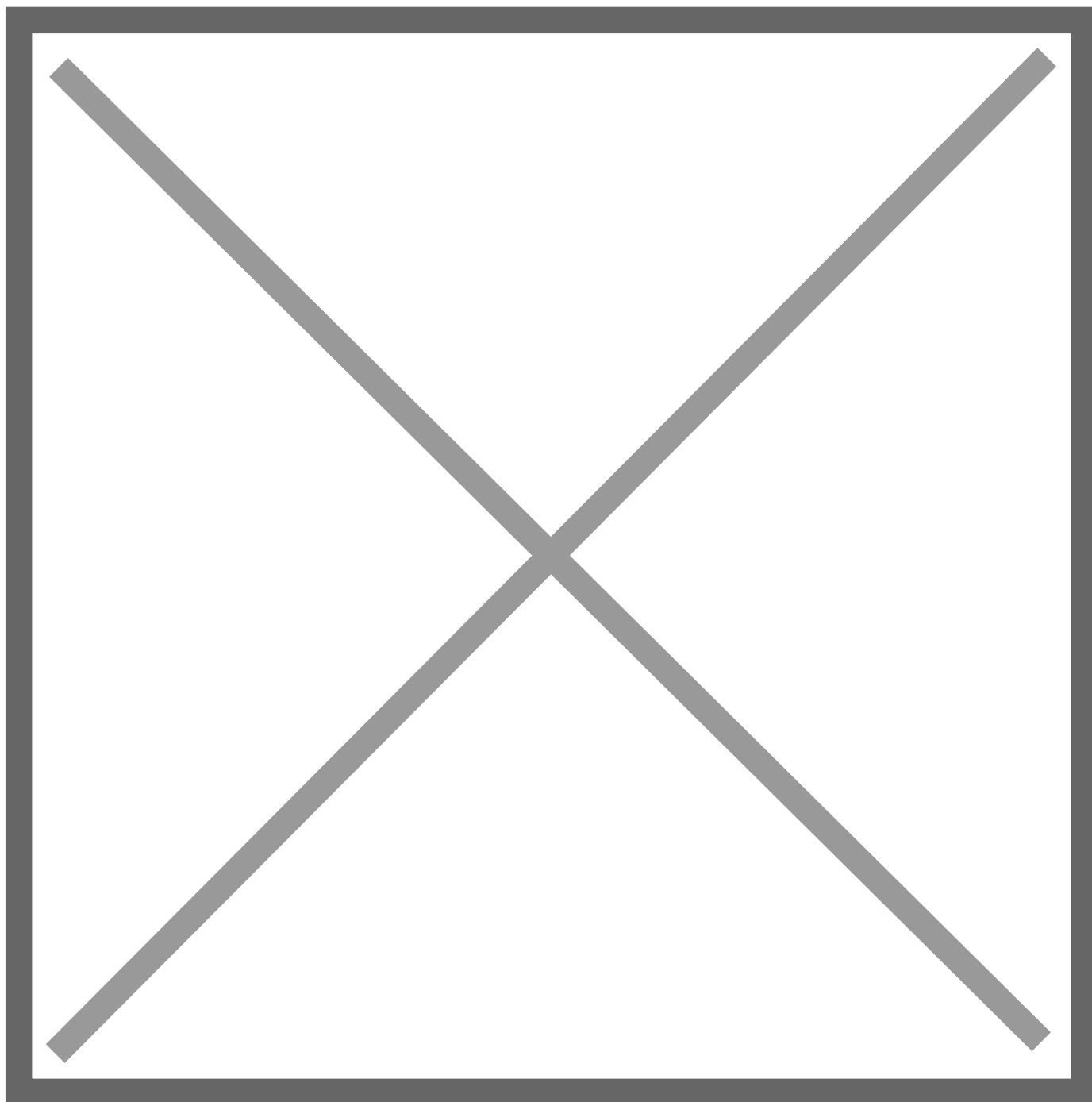
Overweight and obese: BMI-for-age z-scores >1 sd

Cutoffs:

WHO

Overvågning/fedme efter alder og region

Børn, 2018



Undersøgelsestype:	Målt
Prøvens størrelse:	277528
Area covered:	National

Referencer:

Risikesdas 2018 available at
http://labdata.litbang.kemkes.go.id/images/download/laporan/RKD/2018/Laporan_Nasional_RKD2018_FINAL.pdf
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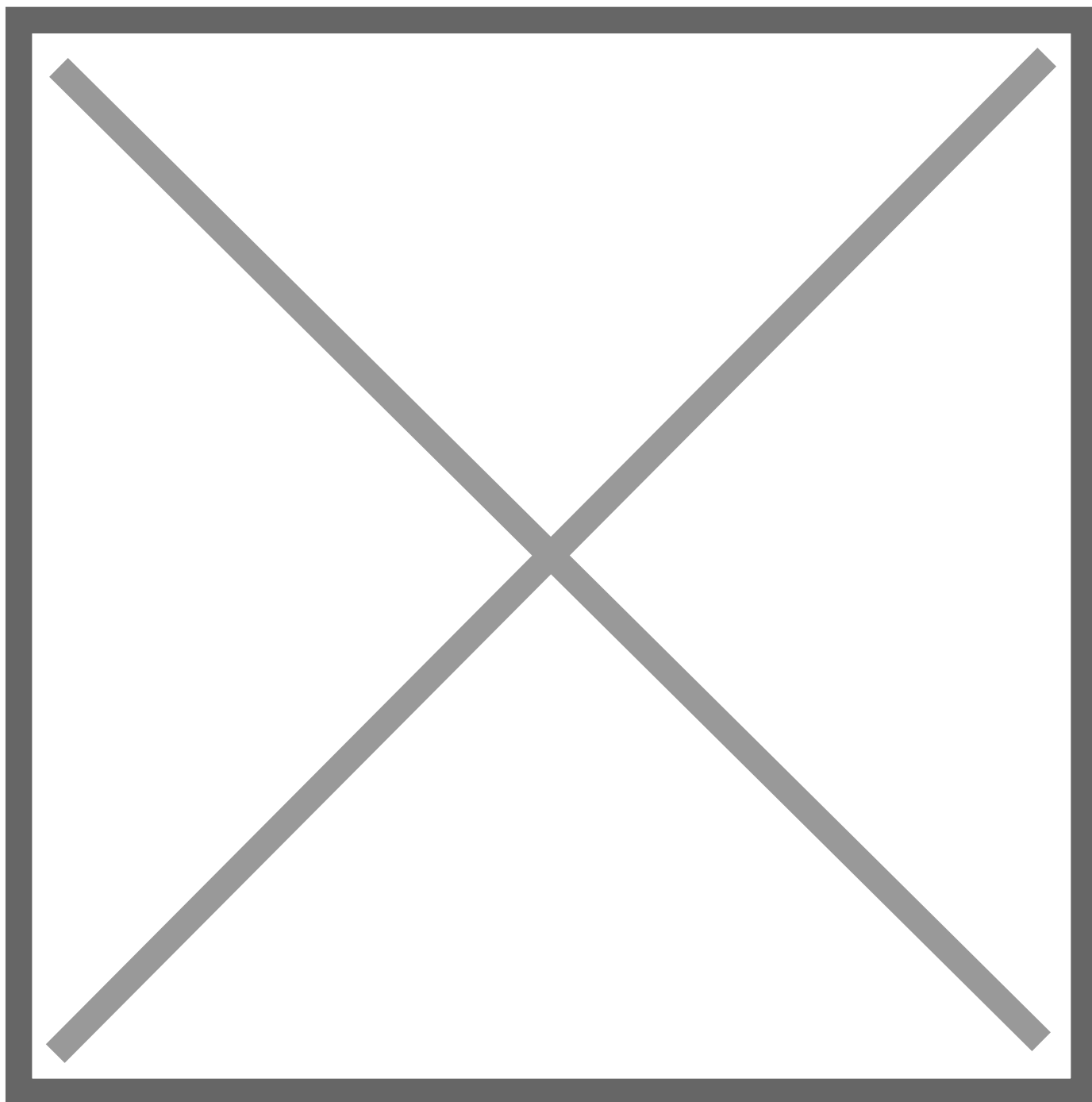
Z Score 1 - < 2 Overweight Z score > 2 Obesity

Cutoffs:

Other

Double burden of underweight & overweight

Barn, 2022



UndersÄgelsestyp:

MÄt

Alder:

5-19

Referencer:

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](https://doi.org/10.1016/S0140-6736(23)02750-2).

**Noter (kun
tilg ngelige p  
engelsk):**

Age standardised estimates

**Definitioner (kun
tilg ngelig p  
engelsk):**

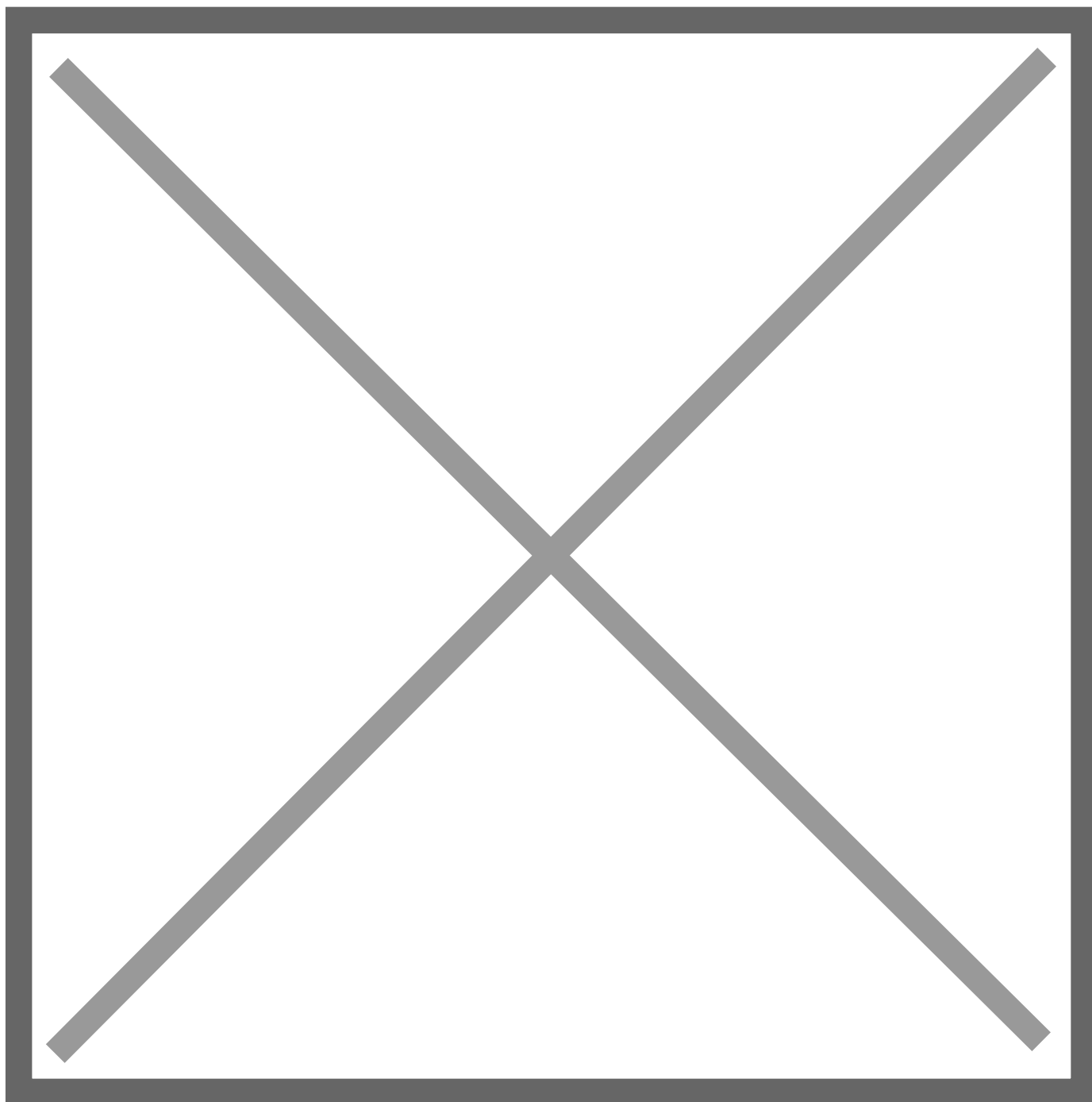
Combined prevalence of BMI < -2SD and BMI > 2SD (double burden of thinness and obesity)

Cutoffs:

BMI < -2SD and BMI > 2SD

Utilstr  kkelig fysisk aktivitet

B  rn, 2016



Unders  gelsestype:

Selvrapporteret

Alder:

11-17

Referencer:

Global Health Observatory data repository, World Health Organisation,
<https://apps.who.int/gho/data/node.main.A893ADO?lang=en> (last accessed 16.03.21)

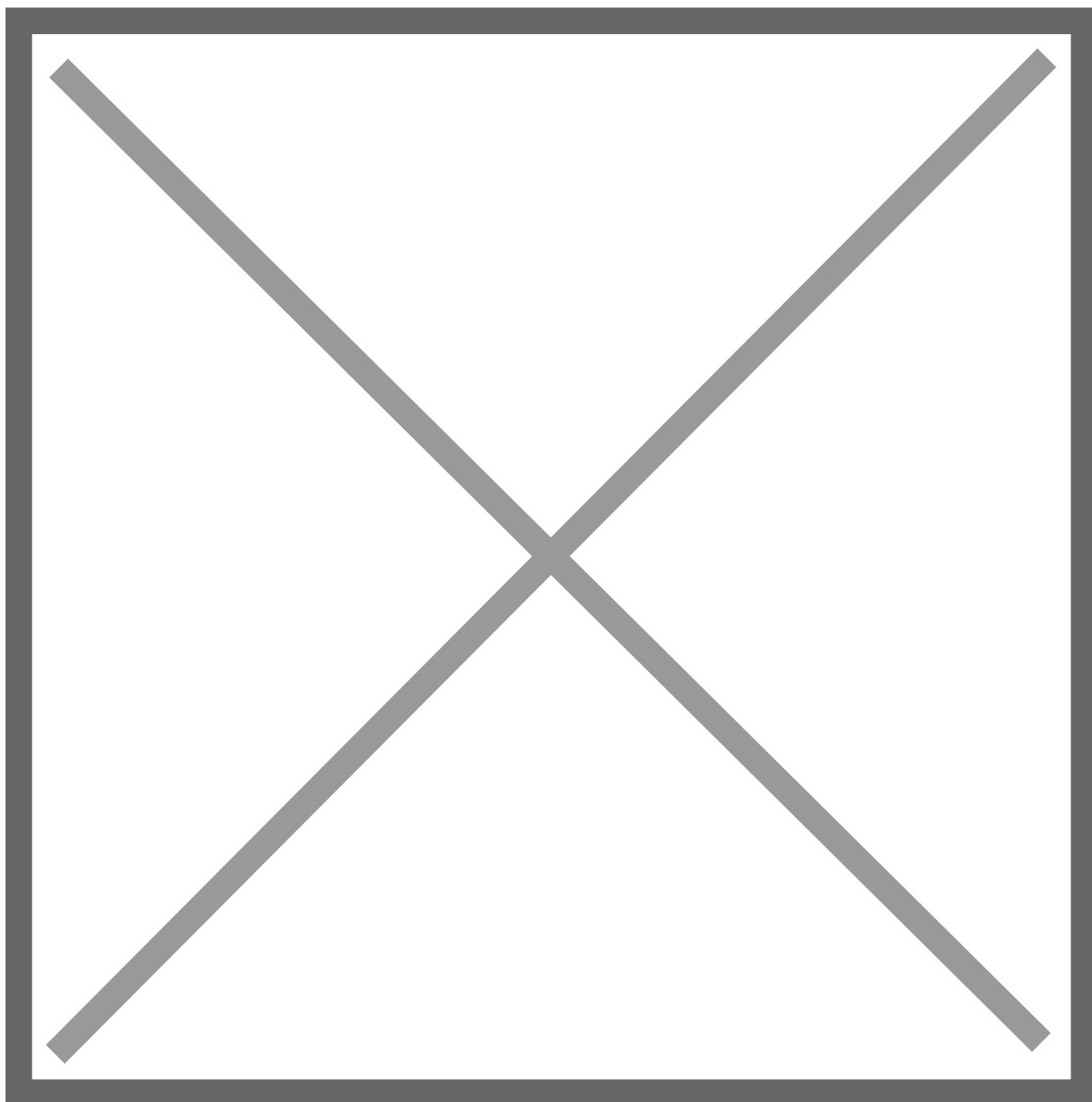
**Noter (kun
tilg ngelige p  
engelsk):**

% 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.

**Definitioner (kun
tilg ngelig p  
engelsk):**

% Adolescents insufficiently active (age standardised estimate)

Drenge, 2016



Unders gelsestype:

Selvrapporteret

Alder:

11-17

Referencer:

Global Health Observatory data repository, World Health Organisation,
<https://apps.who.int/gho/data/node.main.A893ADO?lang=en> (last accessed 16.03.21)

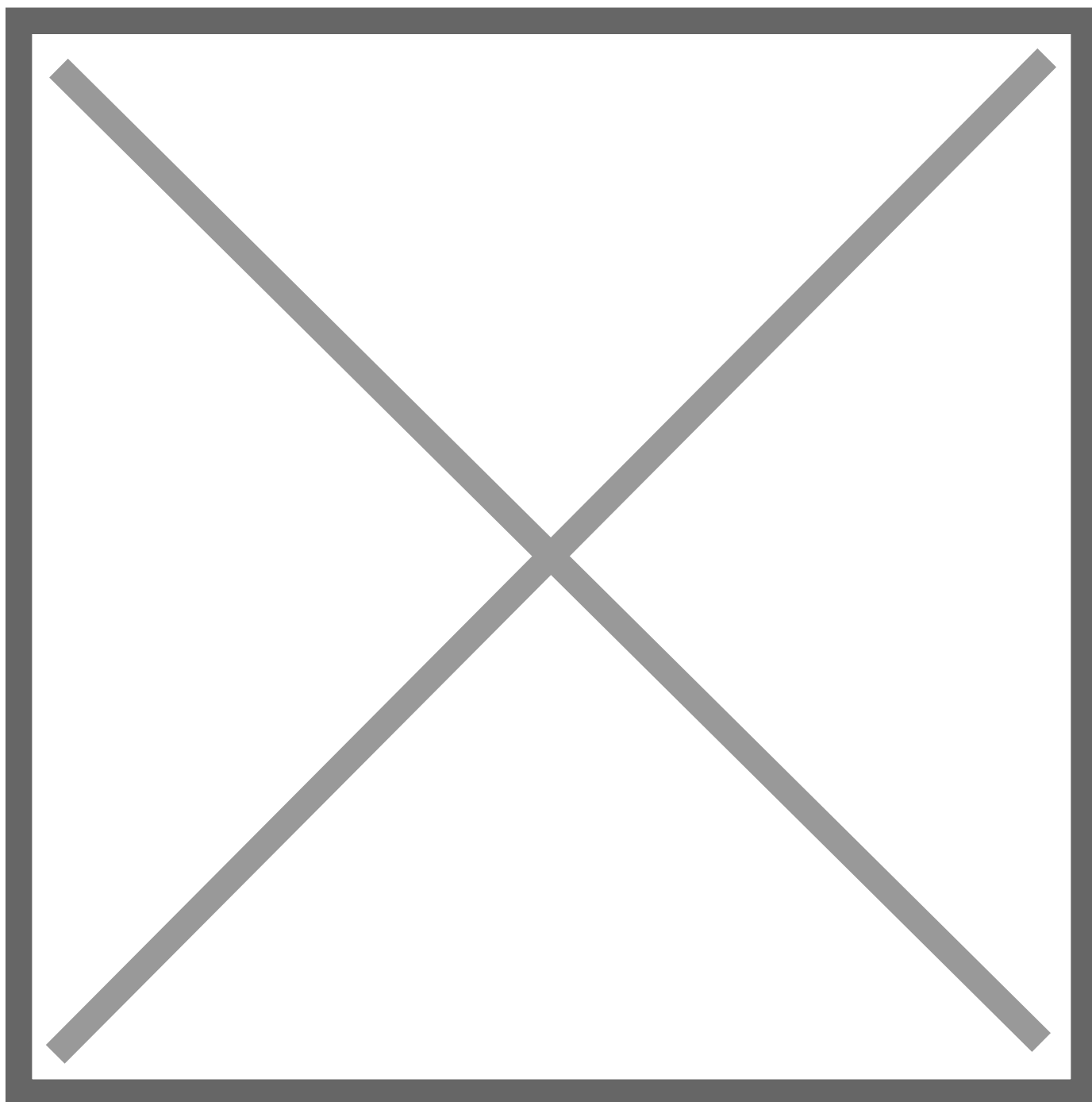
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engelsk):**

% Adolescents insufficiently active (age standardised estimate)

Piger, 2016



Unders gelsestype:

Selvrapporteret

Alder:

11-17

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Global Health Observatory data repository, World Health Organisation,
<https://apps.who.int/gho/data/node.main.A893ADO?lang=en> (last accessed 16.03.21)

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engelsk):**

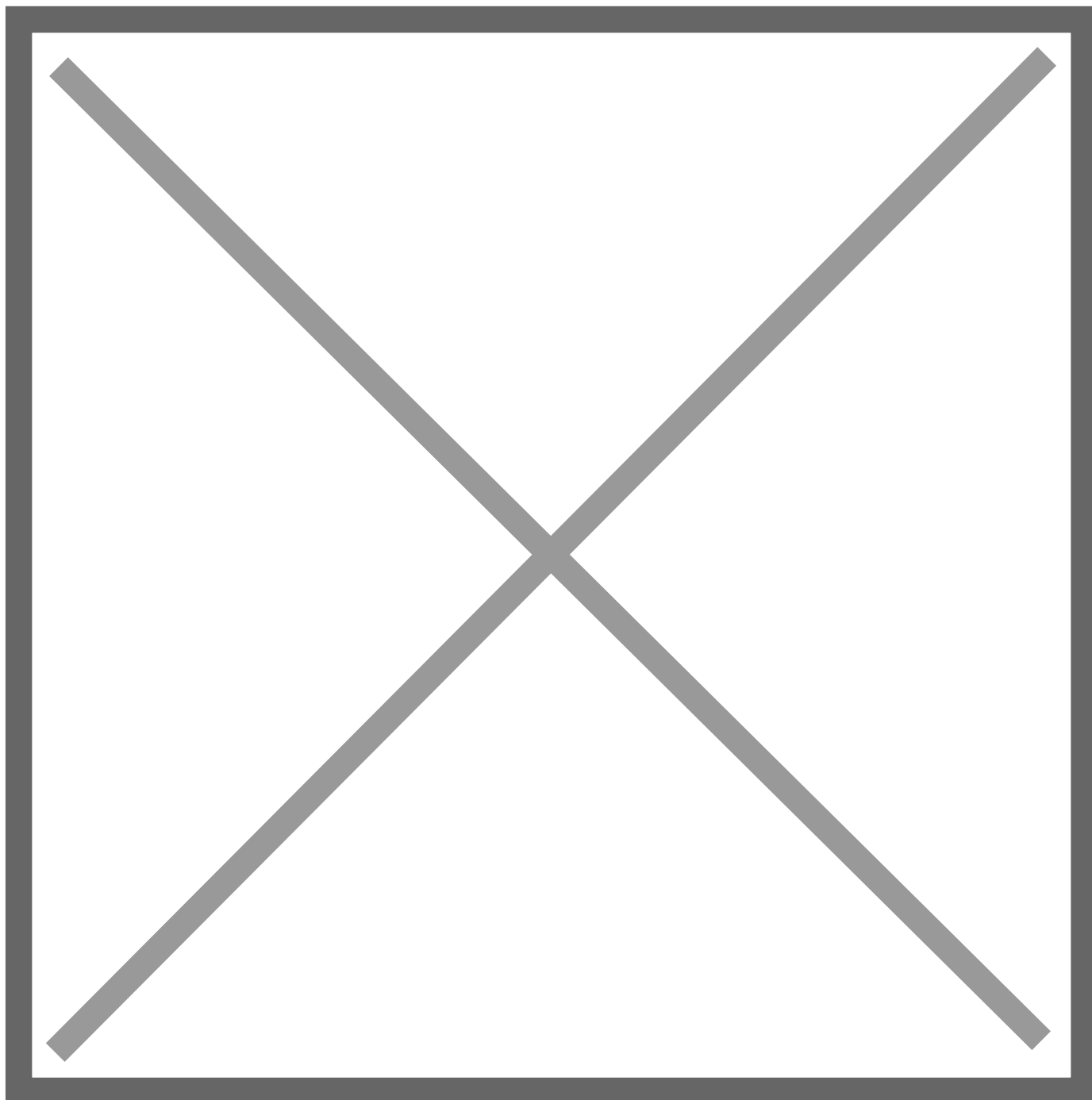
% of school going adolescents not meeting WHO recommendations on Physical Activity for Health, i.e. doing less than 60 minutes of moderate- to vigorous-intensity physical activity daily.

Definitioner (kun
tilg ngelig p 
engelsk):

% Adolescents insufficiently active (age standardised estimate)

Gennemsnitlig daglig hyppighed af indtagelse af kulsyreholdige l  skedrikke

B  rn, 2014-2015



Unders  gelsestype:

M  lt

Alder:

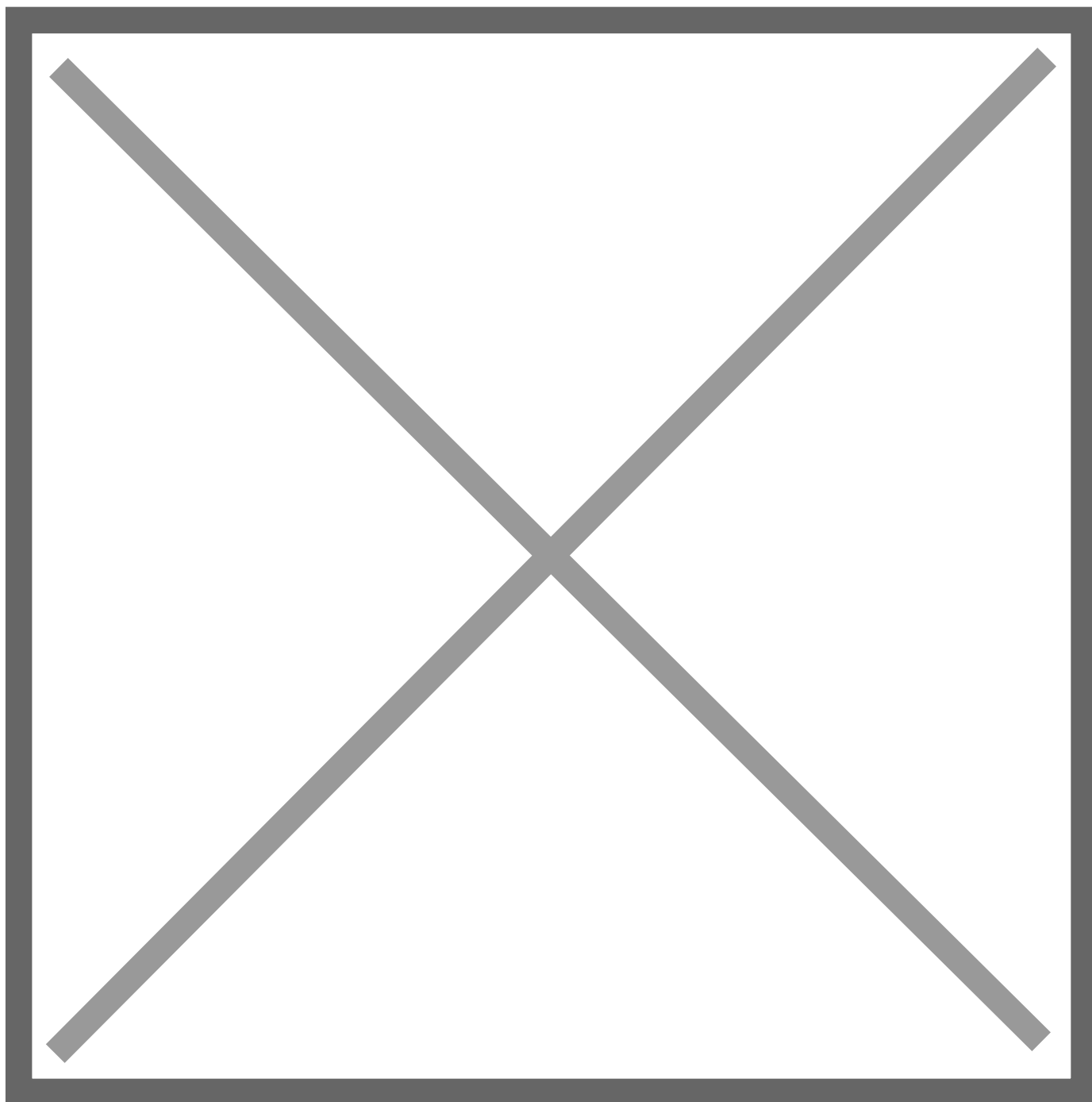
12-17

Referencer:

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>

Forekomst af indtag af frugt mindre end dagligt

Børn, 2008-2015



Undersøgelsestype:

Målt

Alder:

12-17

Referencer:

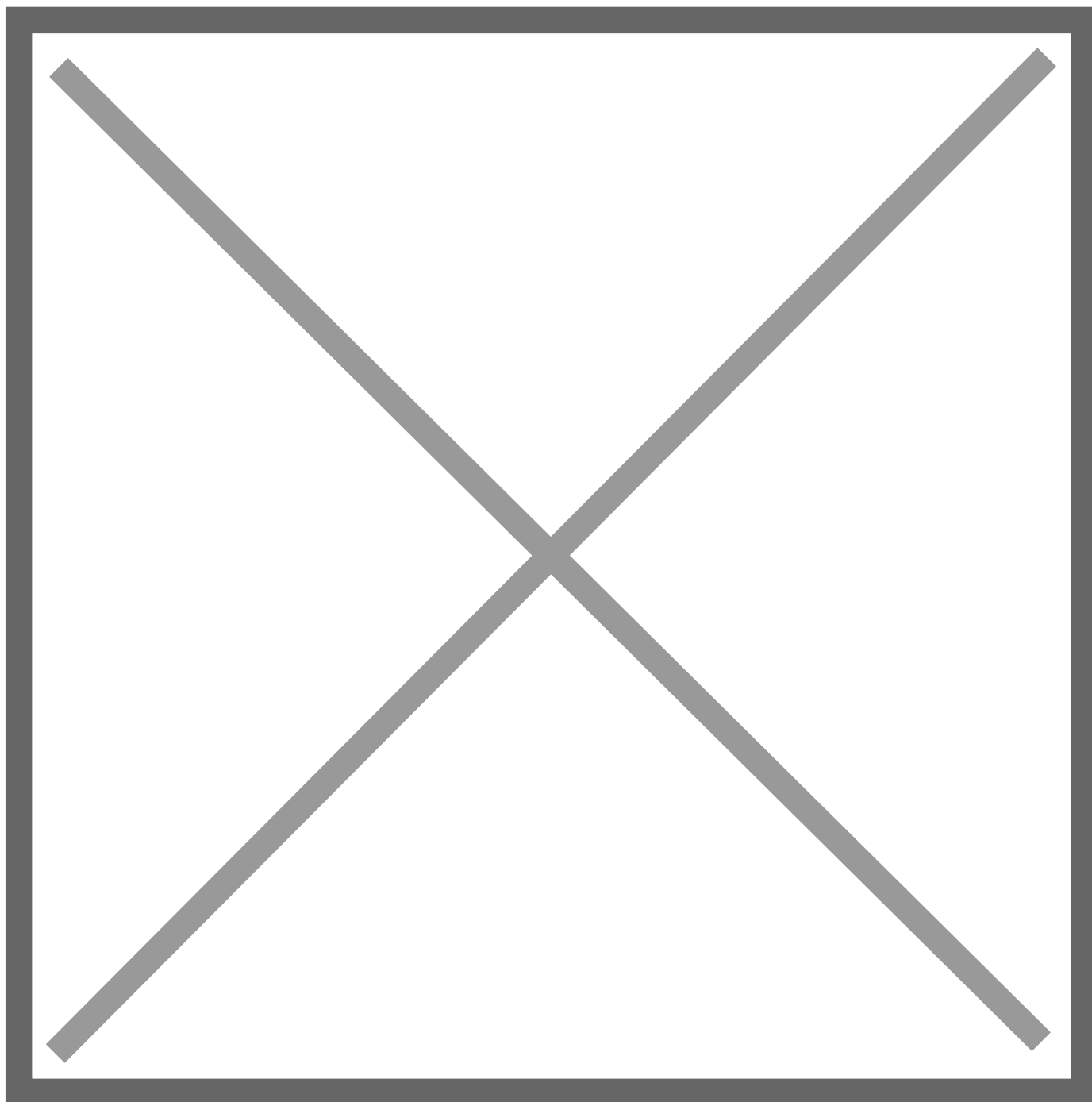
Global School-based Student Health Surveys. Beal et al (2019). Global Patterns of Adolescent Fruit, Vegetable, Carbonated Soft Drink, and Fast-food consumption: A meta-analysis of global school-based student health surveys. Food and Nutrition Bulletin. <https://doi.org/10.1177/0379572119848287>. Sourced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

**Definitioner (kun
tilgængelig på
engelsk):**

Prevalence of less-than-daily fruit consumption (% less-than-daily fruit consumption)

Forekomst af indtag af grĂ¸ntsager mindre end dagligt

BĂ¸rn, 2008-2015



UndersĂ¸gelsestype:

MĂ¸lt

Alder:

12-17

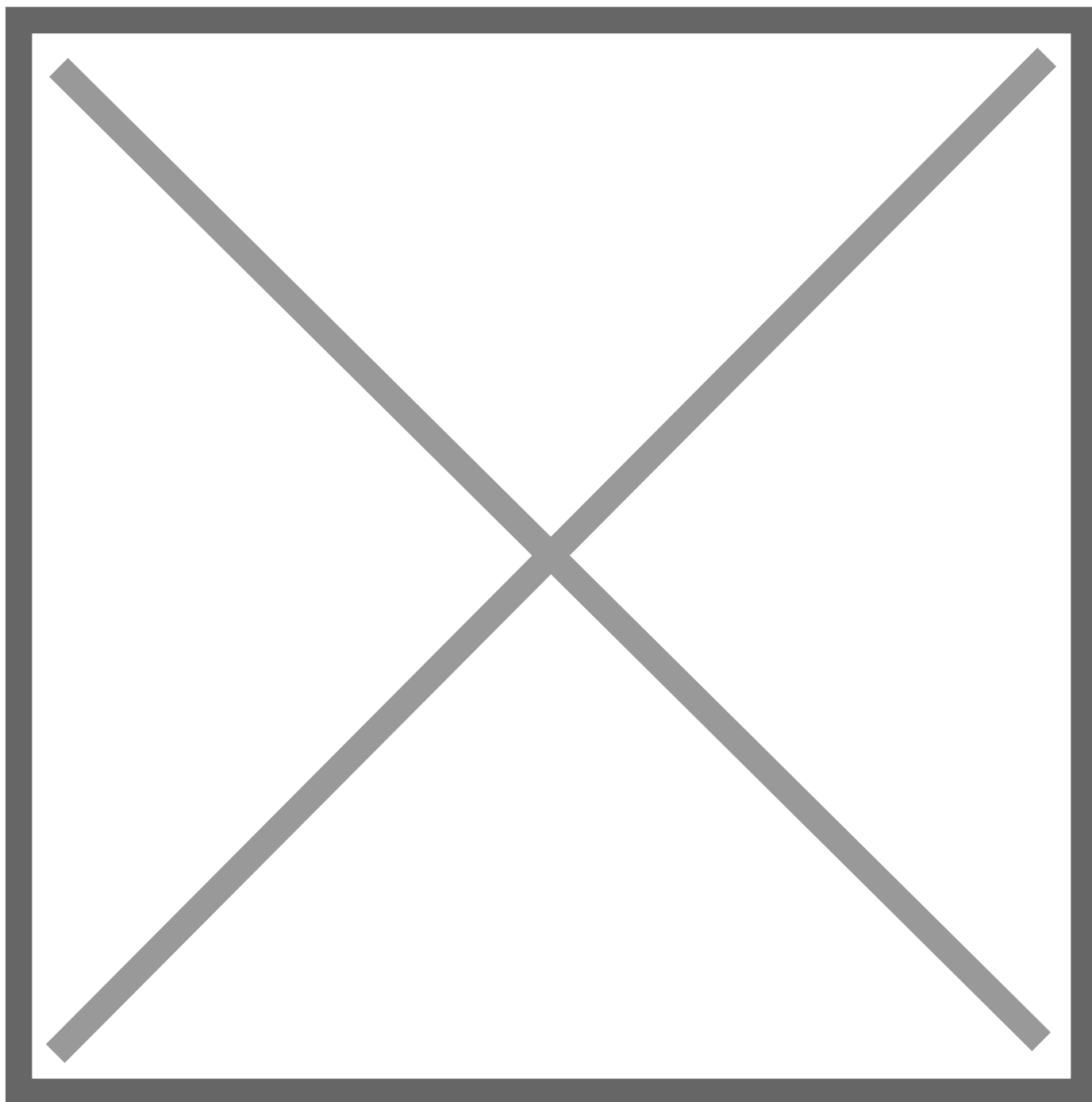
Referencer:

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>

**Definitioner (kun
tilgængelig på
engelsk):**

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

Gennemsnitlig ugentlig hyppighed af indtagelse af fastfood Børn, 2014-2015

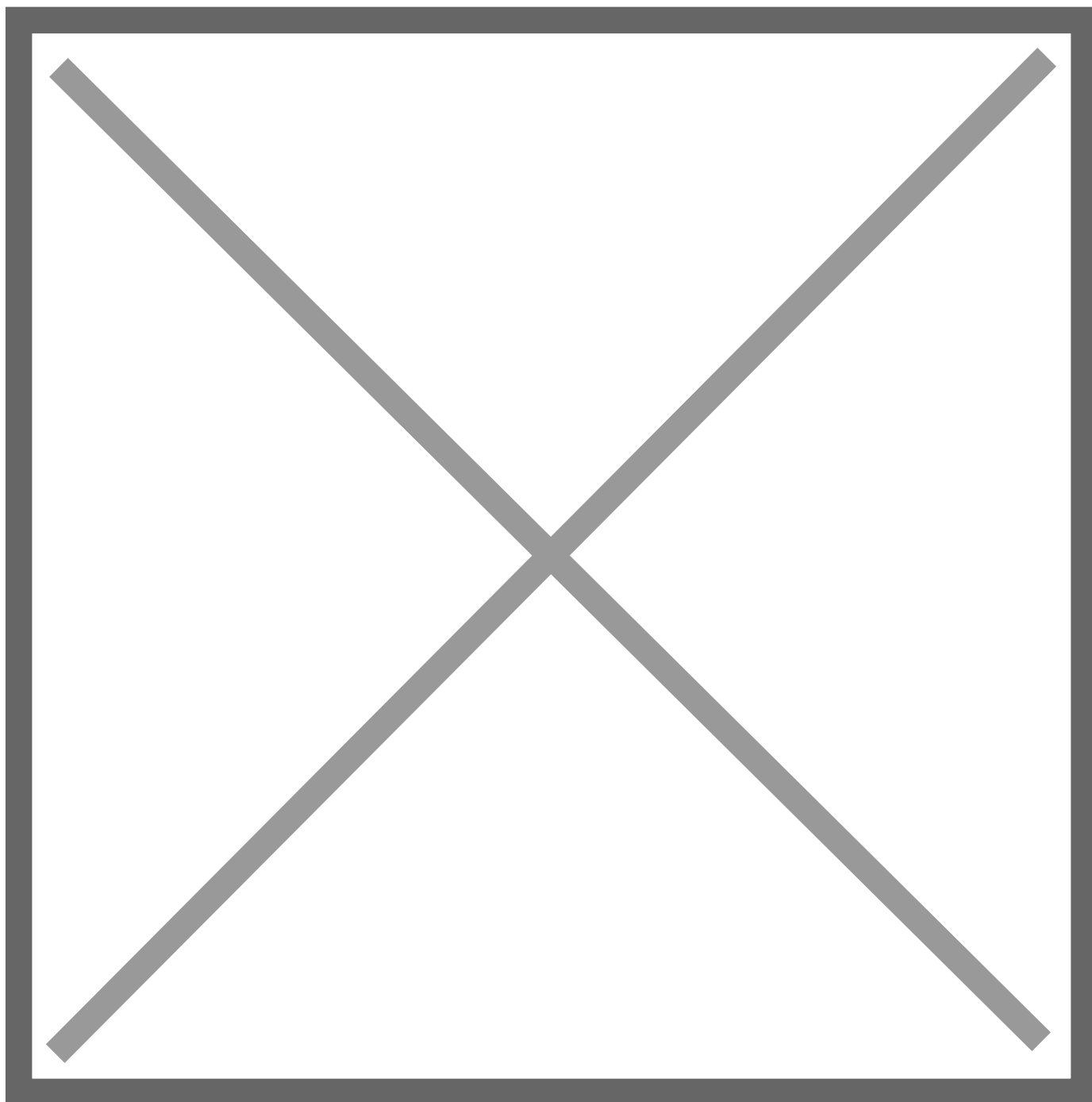


Alder: 12-17

Referencer: 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>

Psyisk sundhed og depressioner

Børn, 2021



Area covered:

National

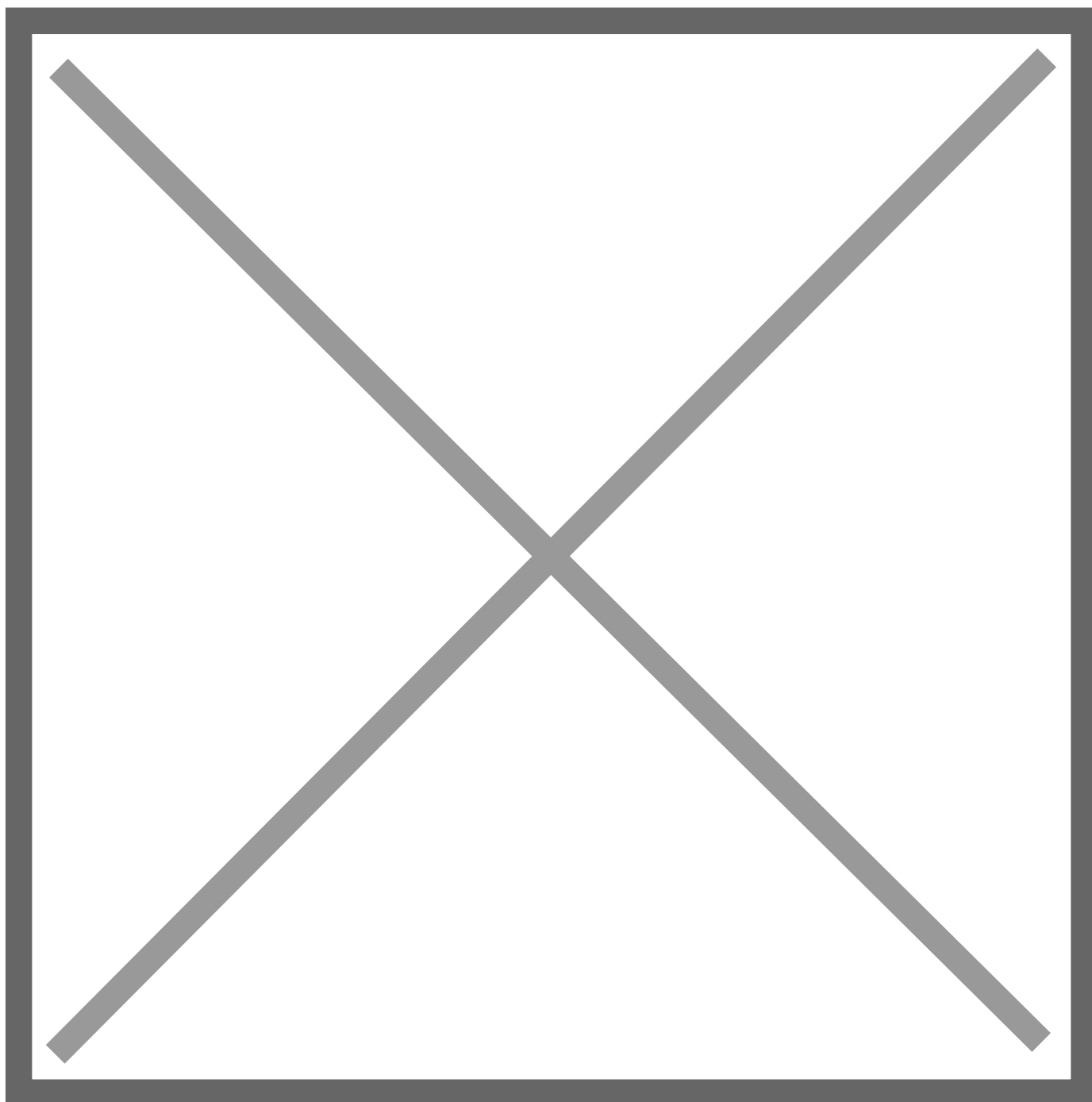
Referencer:

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)

Definitioner
(kun
tilgængelig
på engelsk):

Number living with depressive disorder per 100,000 population (Under 20 years of age)

Drenge, 2021

**Area covered:**

National

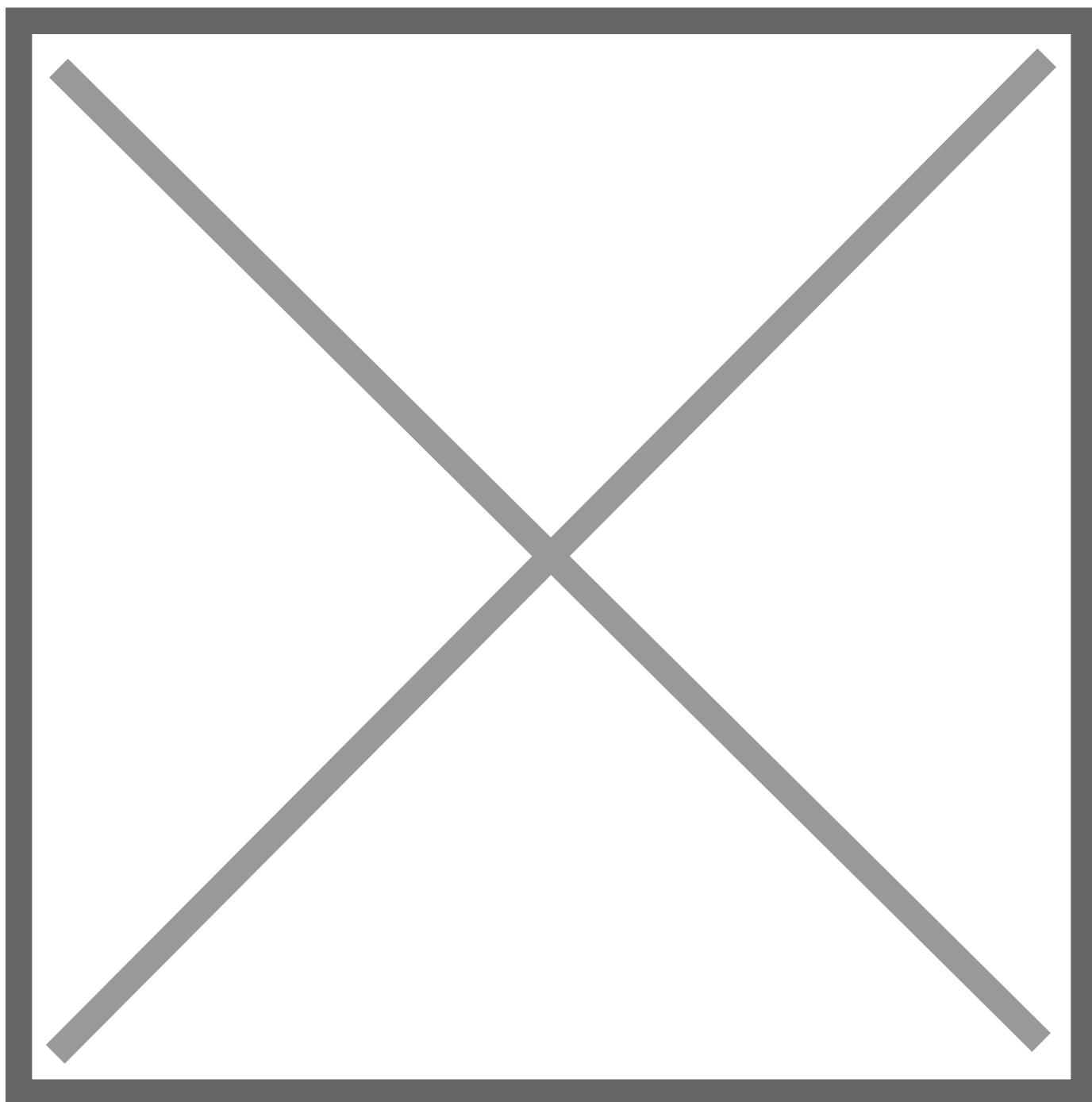
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Definitioner
(kun
tilgÅngelig
på engelsk):

Number living with depressive disorder per 100,000 population (Under 20 years of age)

Piger, 2021

**Area covered:**

National

Referencer:

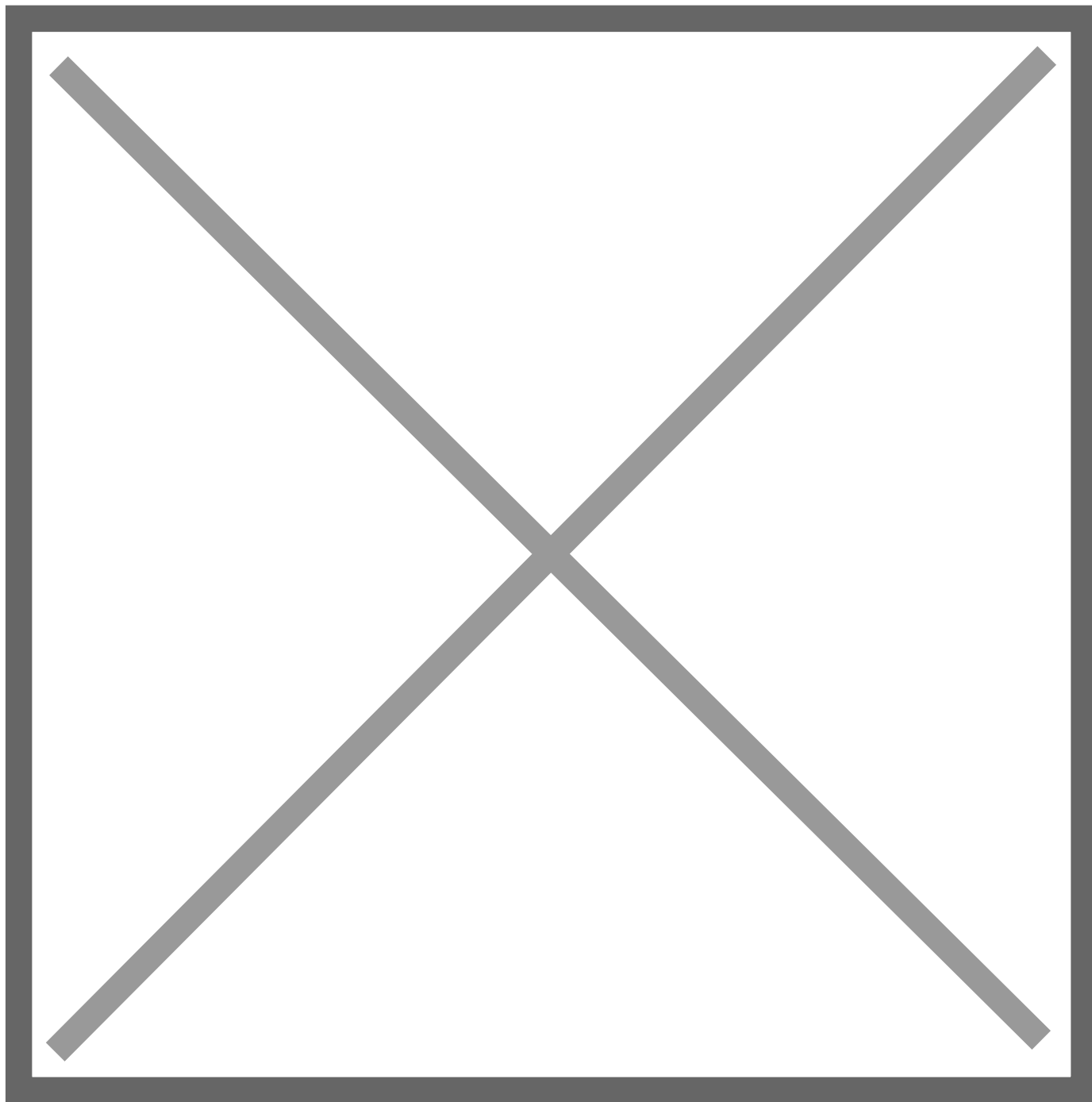
Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

Definitioner
(kun
tilgÅngelig
på engelsk):

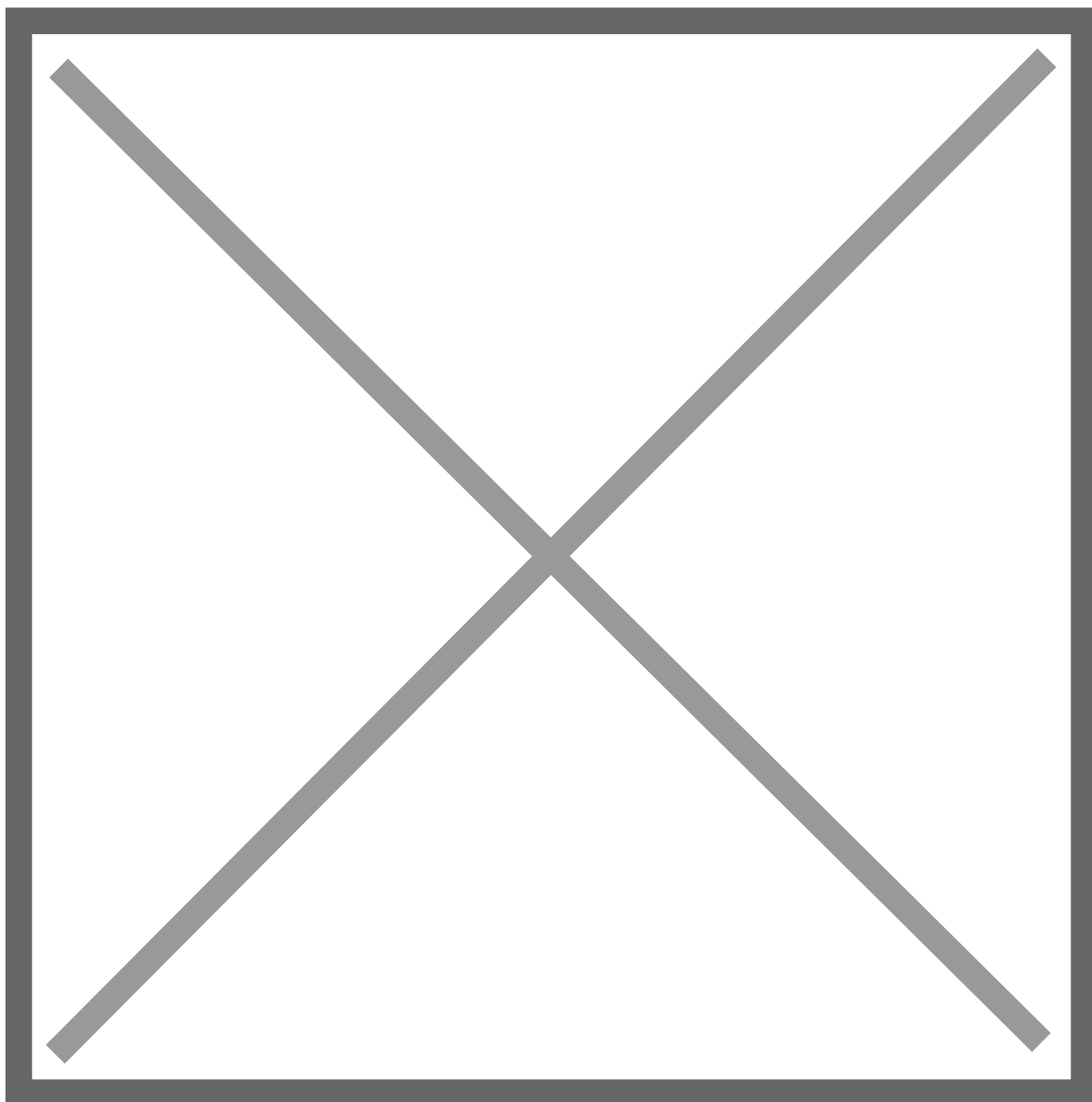
Number living with depressive disorder per 100,000 population (Under 20 years of age)

Psykisk sundhed og angstlidelser

Børn, 2021

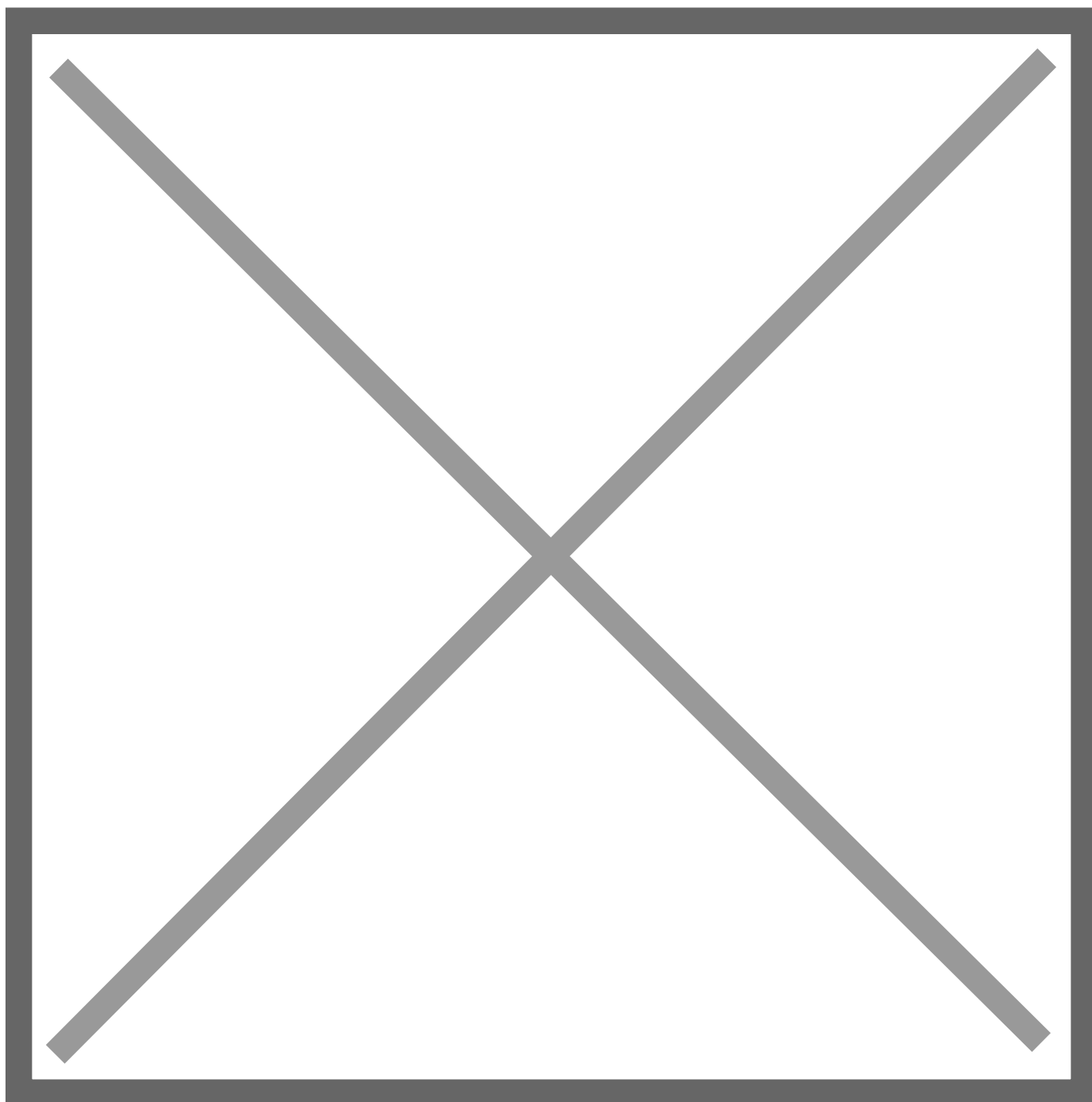
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Drenge, 2021**Referencer:**

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)

Piger, 2021



Referencer:

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