



Indonesia



Country report card - children

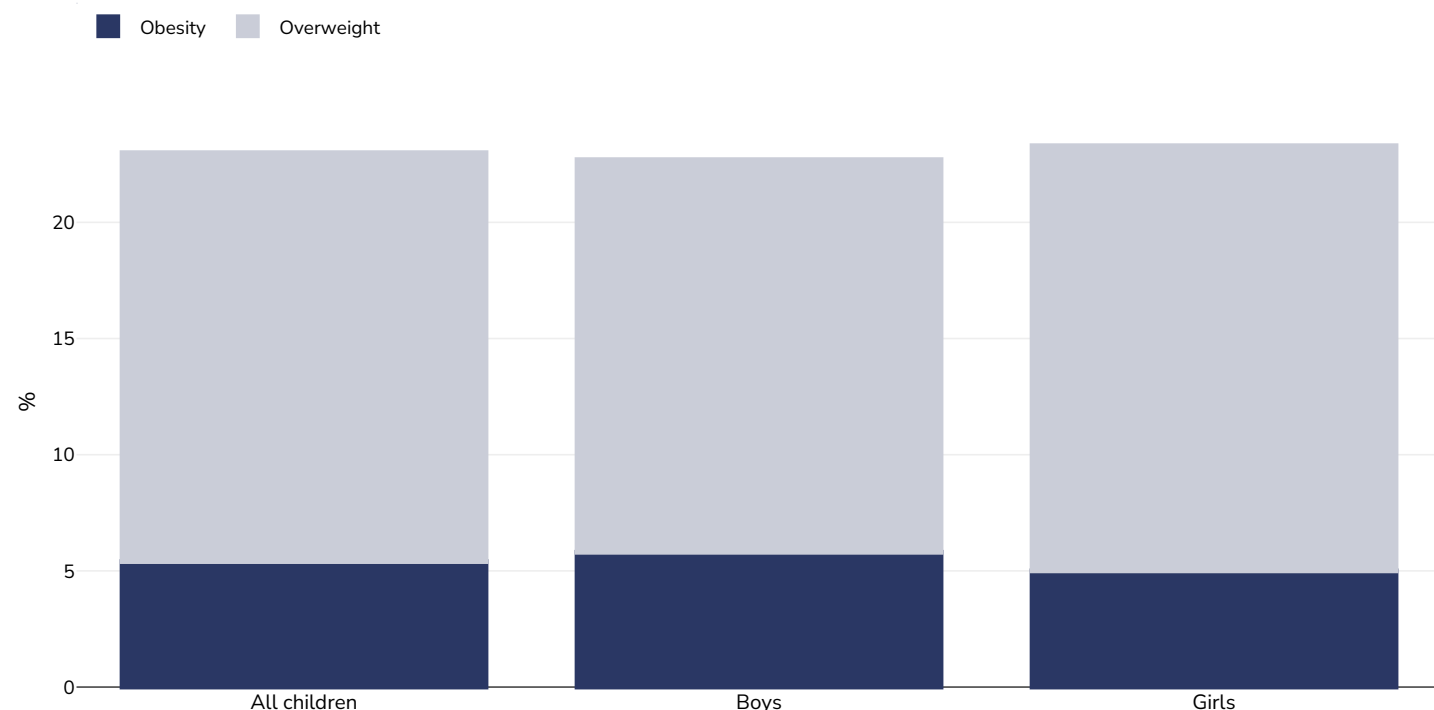
This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity for children, including adolescents (aged 5 to 18 years). Where available, data on common and relevant obesity drivers and comorbidities are also presented.

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

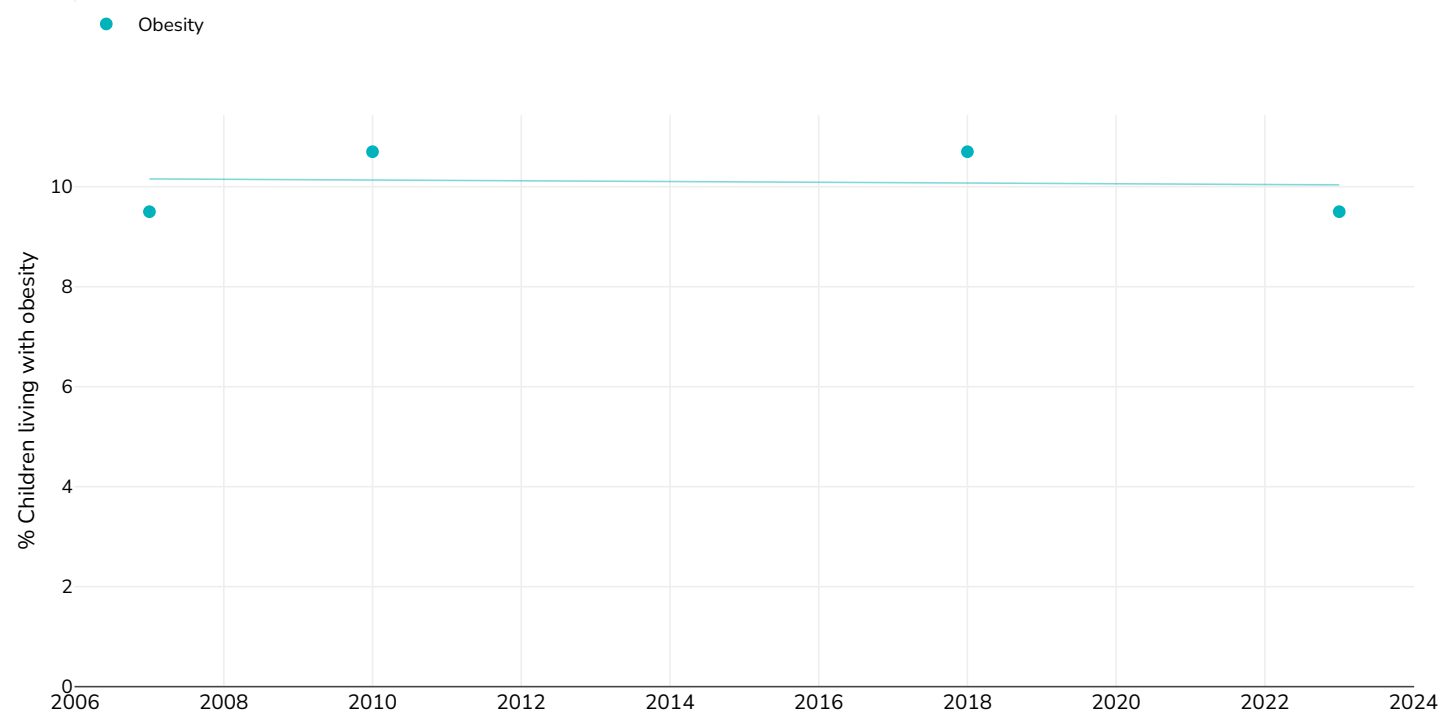
Children, 2023



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
Cutoffs:	WHO 2007

% Children living with obesity in Indonesia, 2007-2023

Boys



Survey type:

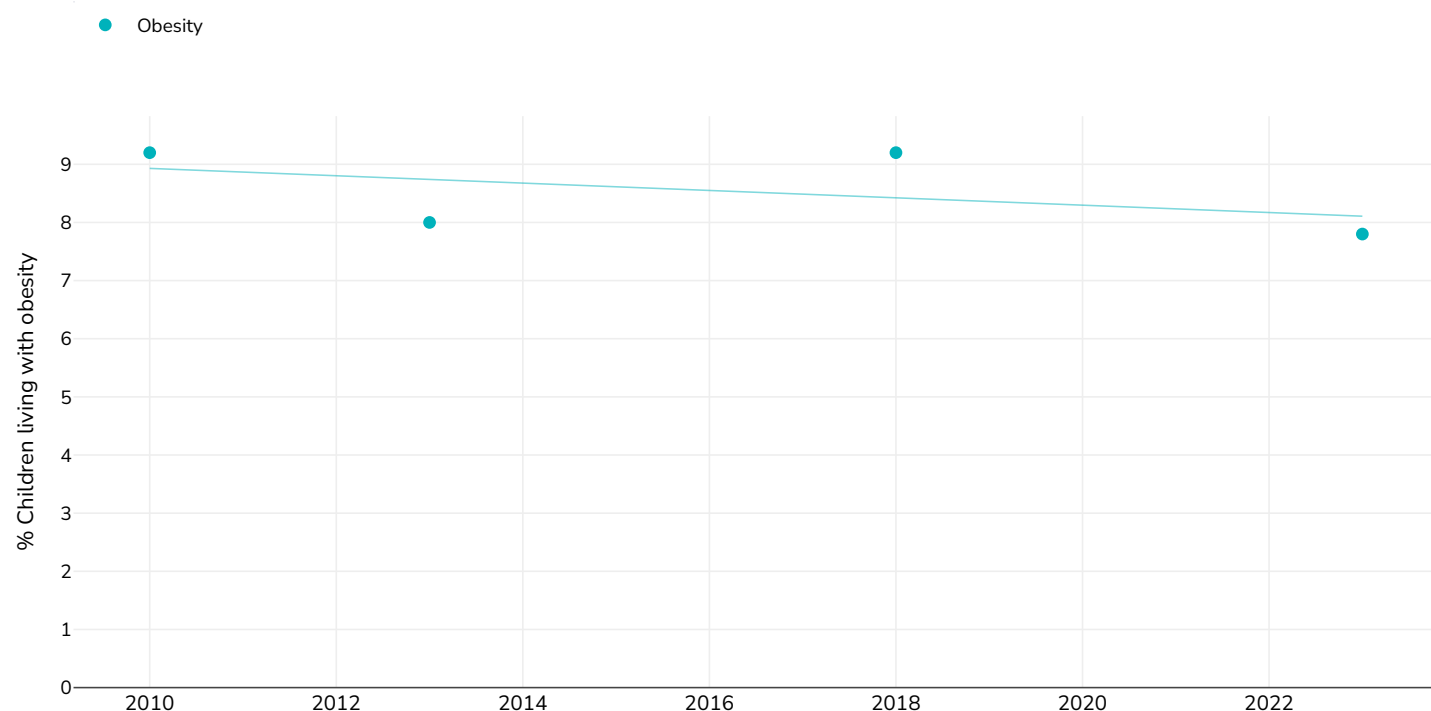
References:

- 2007: The National Institute of Health Research and Development, Ministry of Health, Republic of Indonesia (2008). Report on Result of National Basic Health Research (RISKESDAS 2007). <https://repository.badankebijakan.kemkes.go.id/id/eprint/4386/1/Report%20on%20Result%20of%20National%20Basic%20Health%20Research%202007> [Accessed 2023-08-24]
- 2010: Riskesdas 2010. The National Institute of Health Research and Development, Ministry of Health, Republic of Indonesia. <https://repository.badankebijakan.kemkes.go.id/id/eprint/4417/1/LAPORAN%20NASIONAL%20RISKESDAS%20TAHUN%202010.pdf> [Accessed 2023-08-24]
- 2013: RISET KESEHATAN DASAR: RISKESDAS 2013. Ministry of Health of Indonesia. https://repository.badankebijakan.kemkes.go.id/id/eprint/4467/1/Laporan_riskesdas_2013_final.pdf [Accessed 2023-08-24]
- 2018: Riskesdas 2018 available at http://labdata.litbang.kemkes.go.id/images/download/laporan/RKD/2018/Laporan_Nasional_RKD2018_FINAL.pdf [Accessed 2023-08-24]
- 2023: Indonesian Health Survey 2023 in Numbers (SKI 2023). Kemenkes BKKP. <https://www.badankebijakan.kemkes.go.id/en/ski-2023-data> [Accessed 2023-08-24]

Notes:

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 methodology details. WHO 2023

Boys and girls



Survey type:

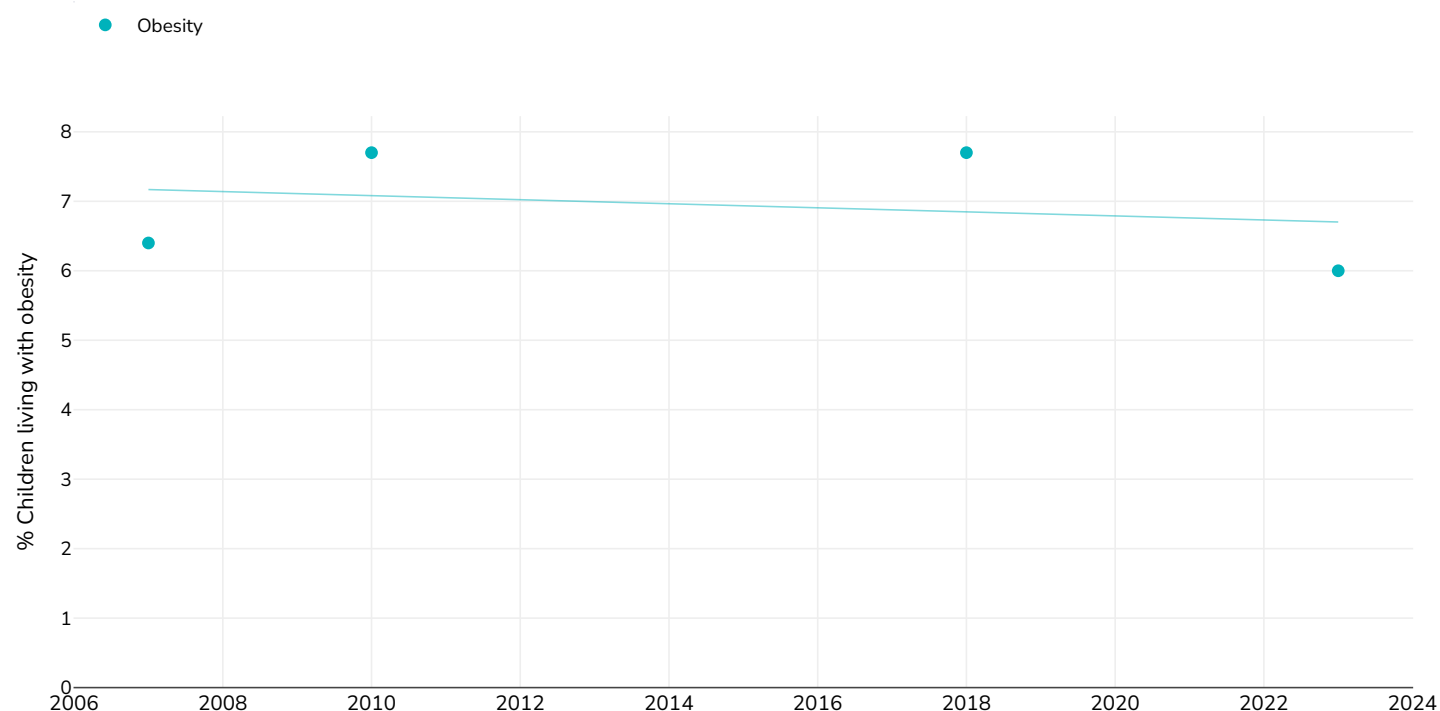
References:

- 2007: The National Institute of Health Research and Development, Ministry of Health, Republic of Indonesia (2008). Report on Result of National Basic Health Research (RISKESDAS 2007). <https://repository.badankebijakan.kemkes.go.id/id/eprint/4386/1/Report%20on%20Result%20of%20National%20Basic%20Health%20Research%202007> [Accessed 2023-08-24]
- 2010: Riskesdas 2010. The National Institute of Health Research and Development, Ministry of Health, Republic of Indonesia. <https://repository.badankebijakan.kemkes.go.id/id/eprint/4417/1/LAPORAN%20NASIONAL%20RISKESDAS%20TAHUN%202010.pdf> [Accessed 2023-08-24]
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- 2023: Indonesian Health Survey 2023 in Numbers (SKI 2023). Kemenkes BKKP. <https://www.badankebijakan.kemkes.go.id/en/ski-2023-data> [Accessed 2023-08-24]

Notes:

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 methodology details.

Girls



Survey type:

References:

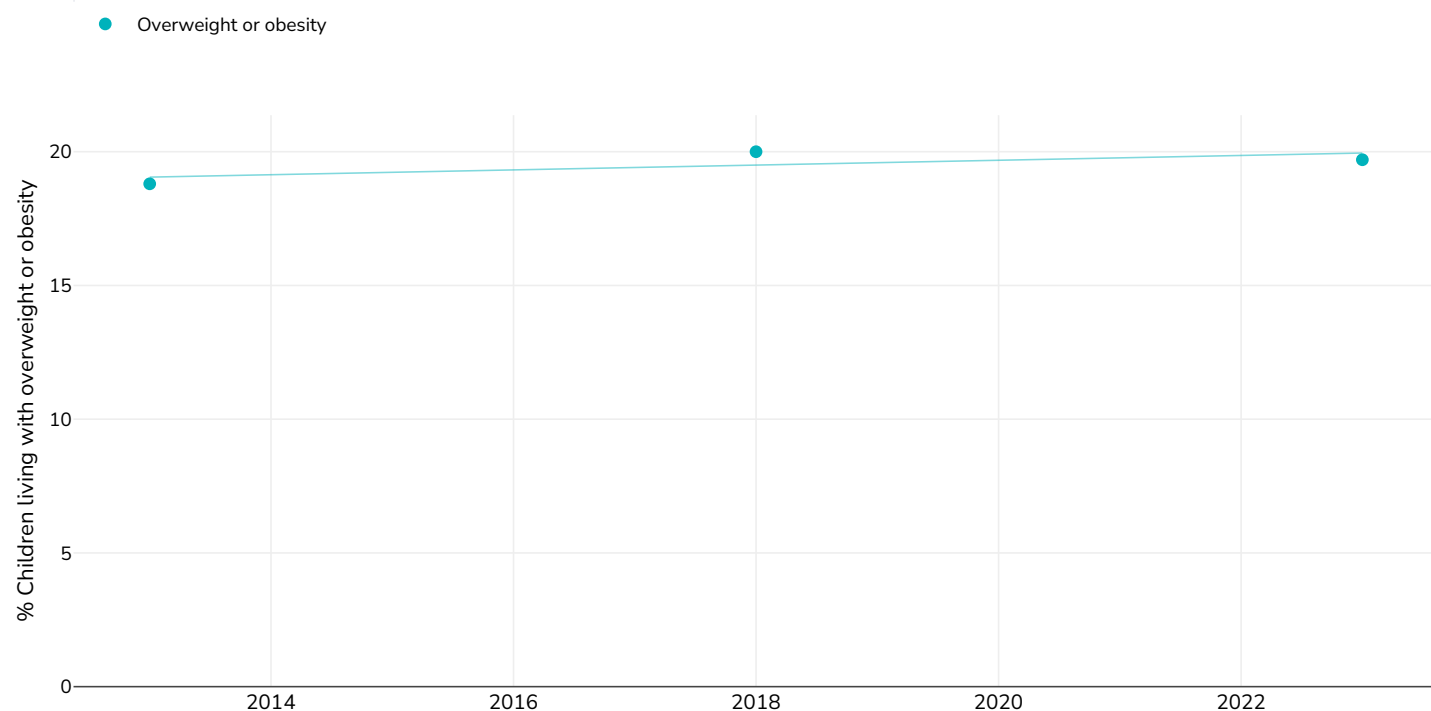
- 2007: The National Institute of Health Research and Development, Ministry of Health, Republic of Indonesia (2008). Report on Result of National Basic Health Research (RISKESDAS 2007). [https://repository.badankebijakan.kemkes.go.id/id/eprint/4386/1/Report%20on%20Result%20of%20National%20Basic%20Health%20Research%20\(RISKESDAS%202007\).pdf](https://repository.badankebijakan.kemkes.go.id/id/eprint/4386/1/Report%20on%20Result%20of%20National%20Basic%20Health%20Research%20(RISKESDAS%202007).pdf) [Accessed 2023-08-24]
- 2010: Riskesdas 2010. The National Institute of Health Research and Development, Ministry of Health, Republic of Indonesia. <https://repository.badankebijakan.kemkes.go.id/id/eprint/4417/1/LAPORAN%20NASIONAL%20RISKESDAS%20TAHUN%202010.pdf> [Accessed 2023-08-24]
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- 2018: Riskesdas 2018 available at http://labdata.litbang.kemkes.go.id/images/download/laporan/RKD/2018/Laporan_Nasional_RKD2018_FINAL.pdf [Accessed 2023-08-24]
- 2023: Indonesian Health Survey 2023 in Numbers (SKI 2023). Kemenkes BKKP. <https://www.badankebijakan.kemkes.go.id/en/ski-2023-data> [Accessed 2023-08-24]

Notes:

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 methodology.

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

Boys and girls



Survey type: Measured

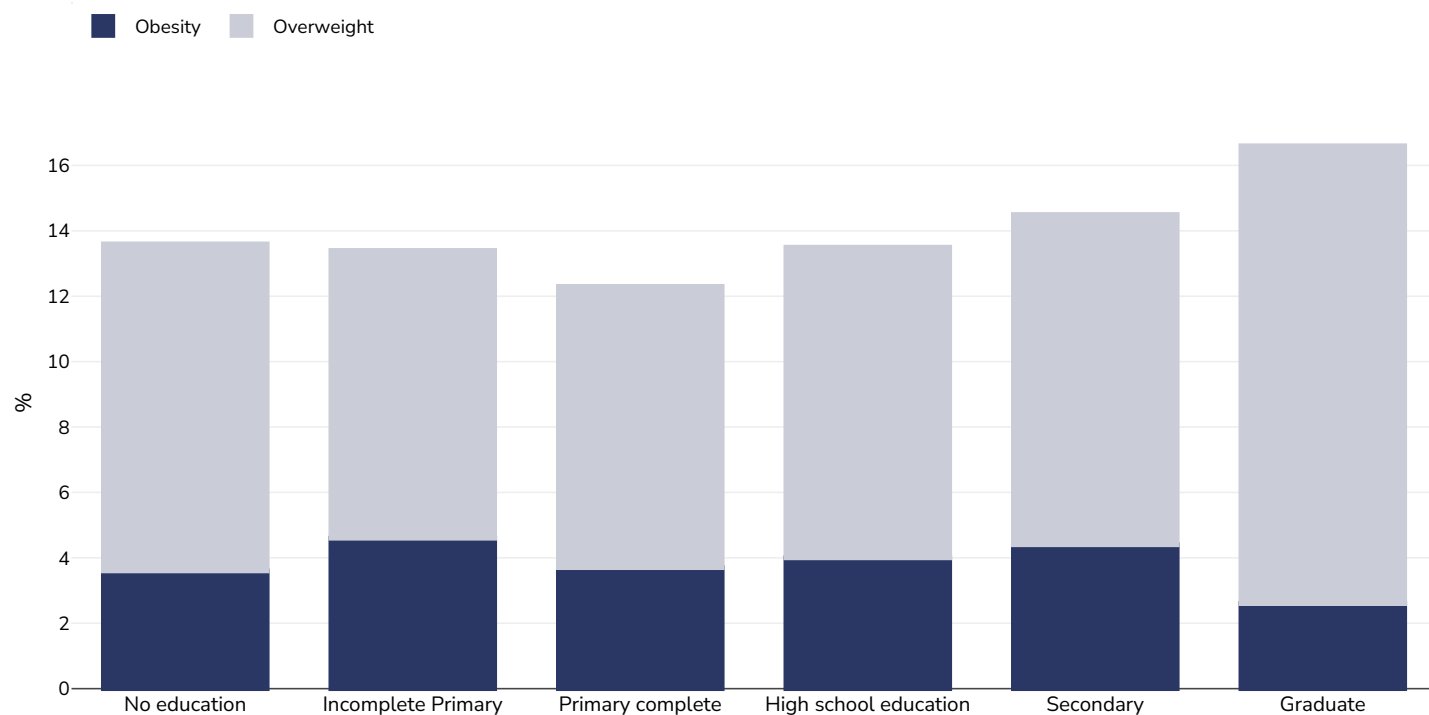
References: 2013: RISET KESEHATAN DASAR: RISKESDAS 2013. Ministry of Health of Indonesia; Tahun. https://repository.badankebijakan.kemkes.go.id/id/eprint/4467/1/Laporan_riskesdas_2013_final.pdf [Accessed 24.07.25]
2018: Riskesdas 2018 available at http://labdata.litbang.kemkes.go.id/images/download/laporan/RKD/2018/Laporan_Nasional_RKD2018_FINAL.pdf (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

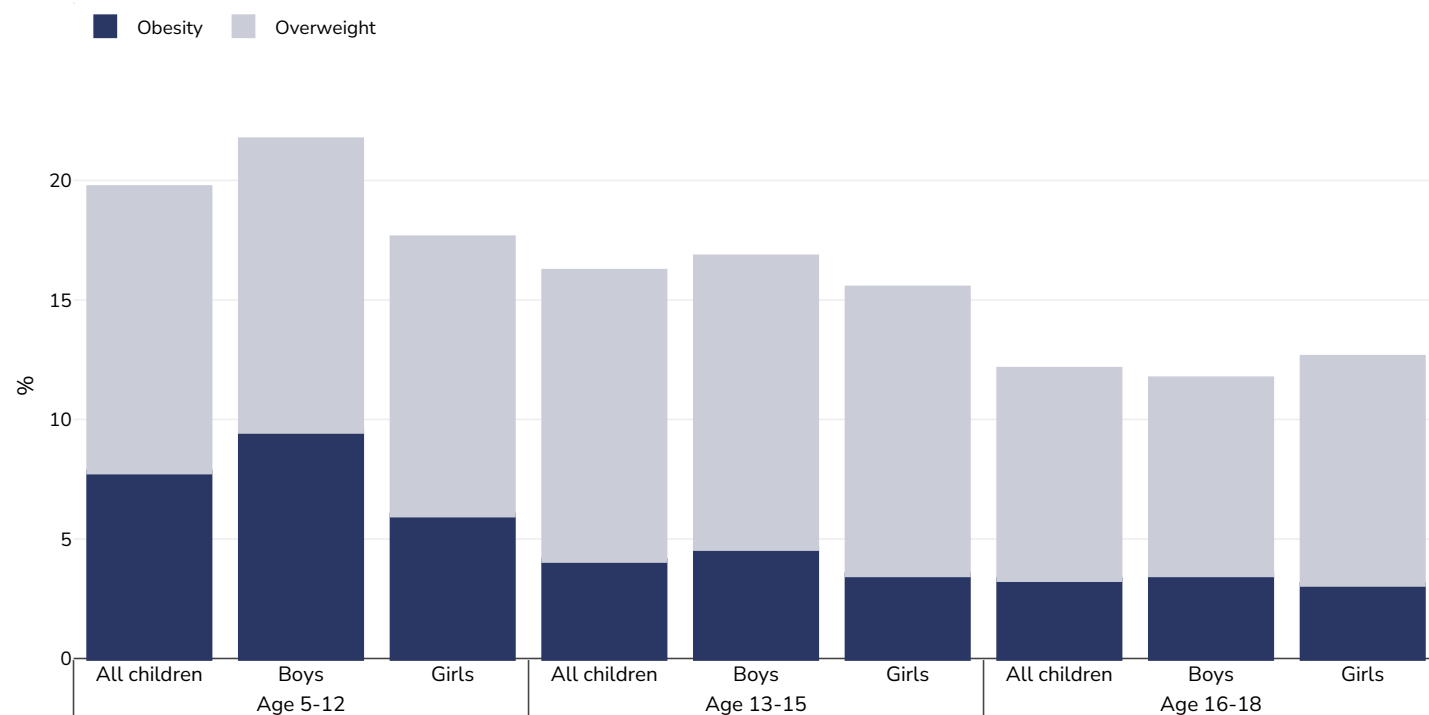
Children, 2018



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

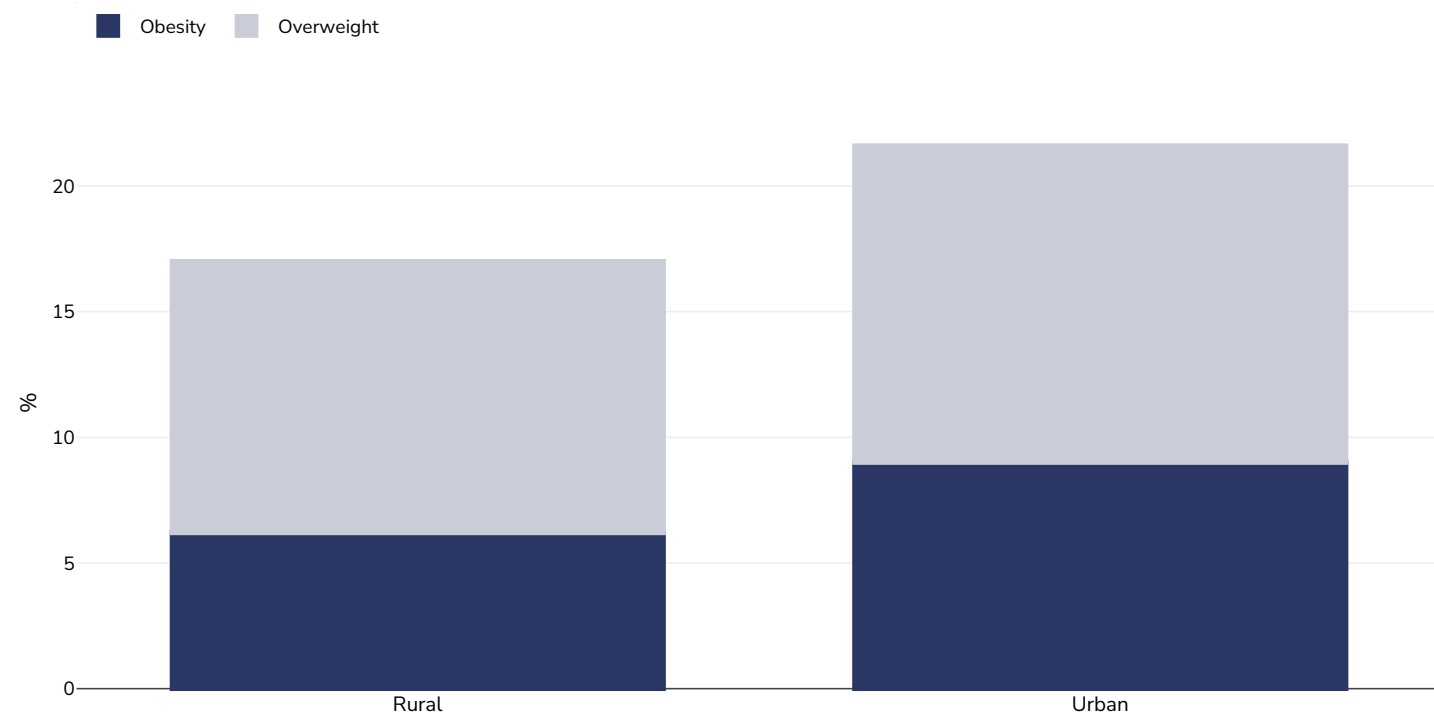
Children, 2023



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

Overweight/obesity by region

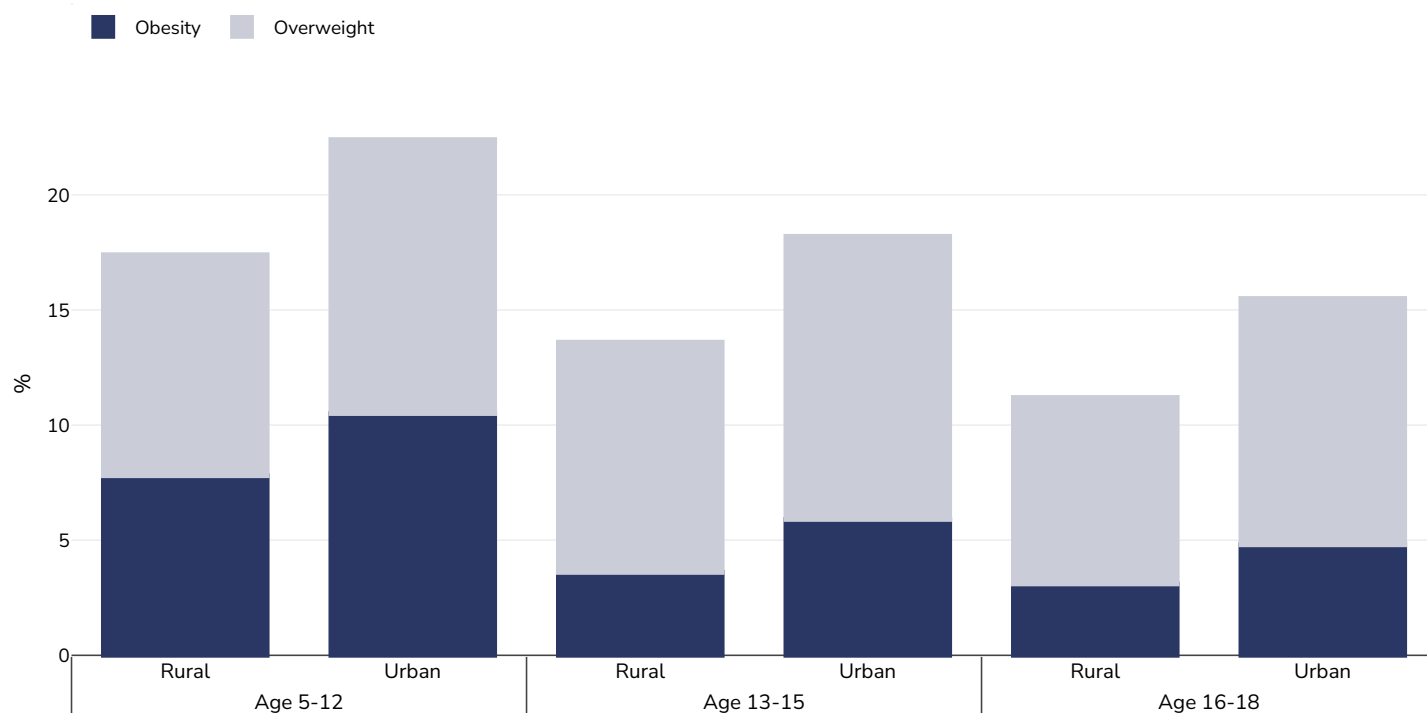
Children, 2023



Survey type:	Measured
Age:	5-12
Sample size:	122,723
Area covered:	National
References:	Indonesian Health Survey 2023 in Numbers (SKI 2023). Kemenkes BKKP. https://www.badankebijakan.kemkes.go.id/en/ski-2023-dalam-angka/ [Accessed 23.07.25]
Cutoffs:	WHO 2007

Overweight/obesity by age and region

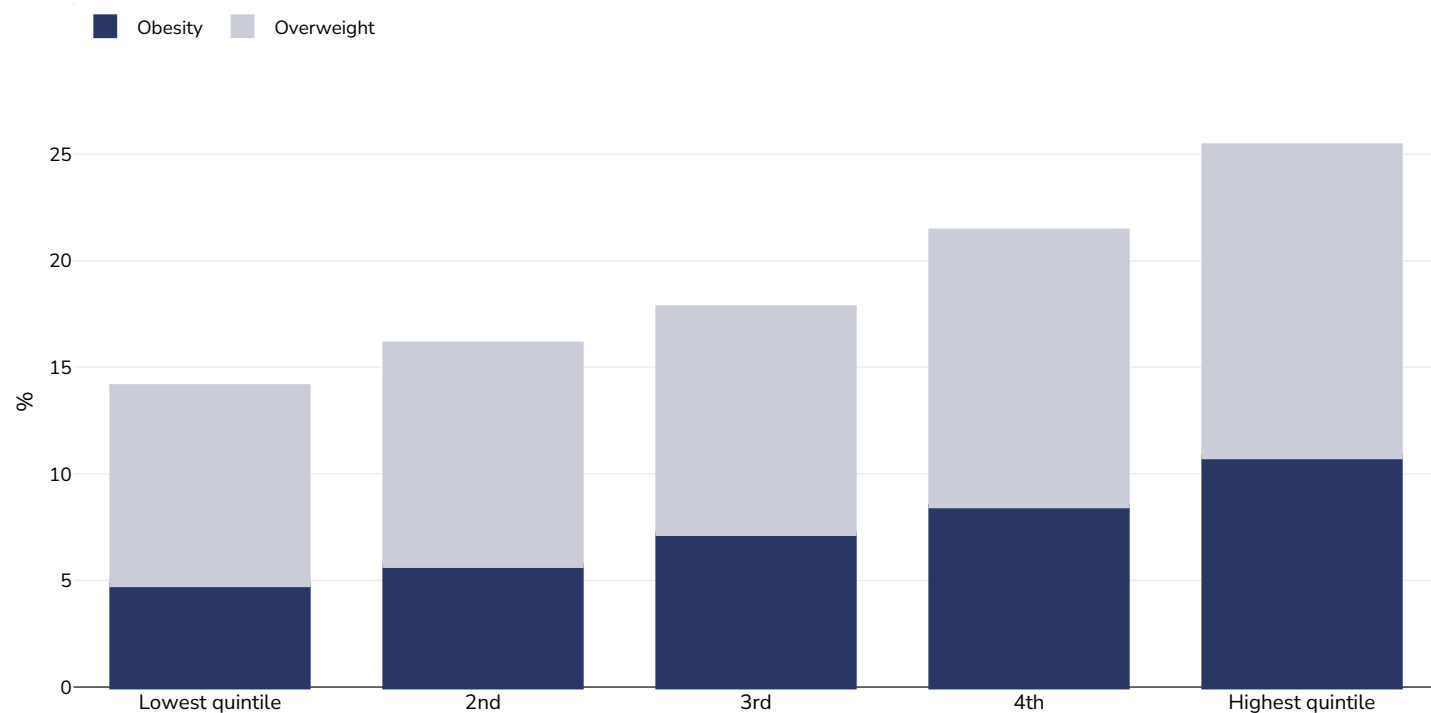
Children, 2018



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

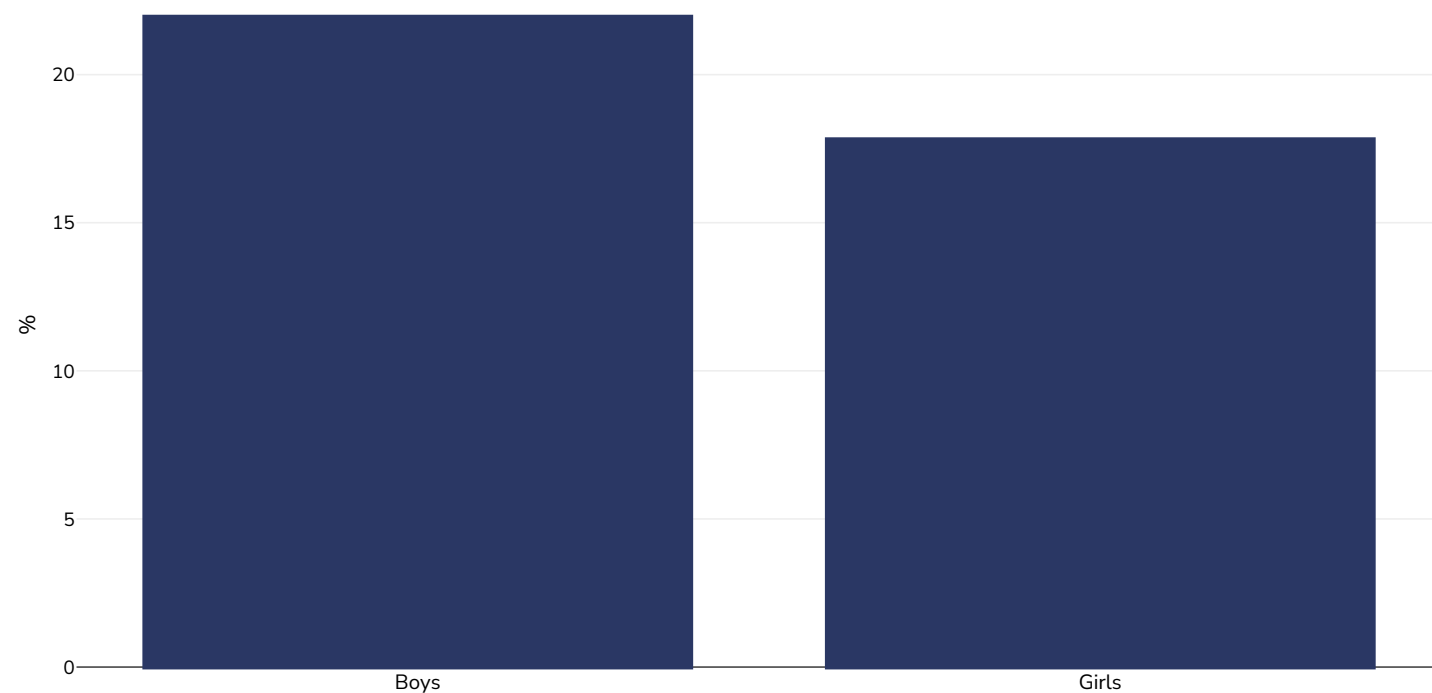
Children, 2023



Survey type:	Measured
Age:	5-12
Sample size:	122,723
Area covered:	National
References:	Indonesian Health Survey 2023 in Numbers (SKI 2023). Kemenkes BKKP. 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 & overweight

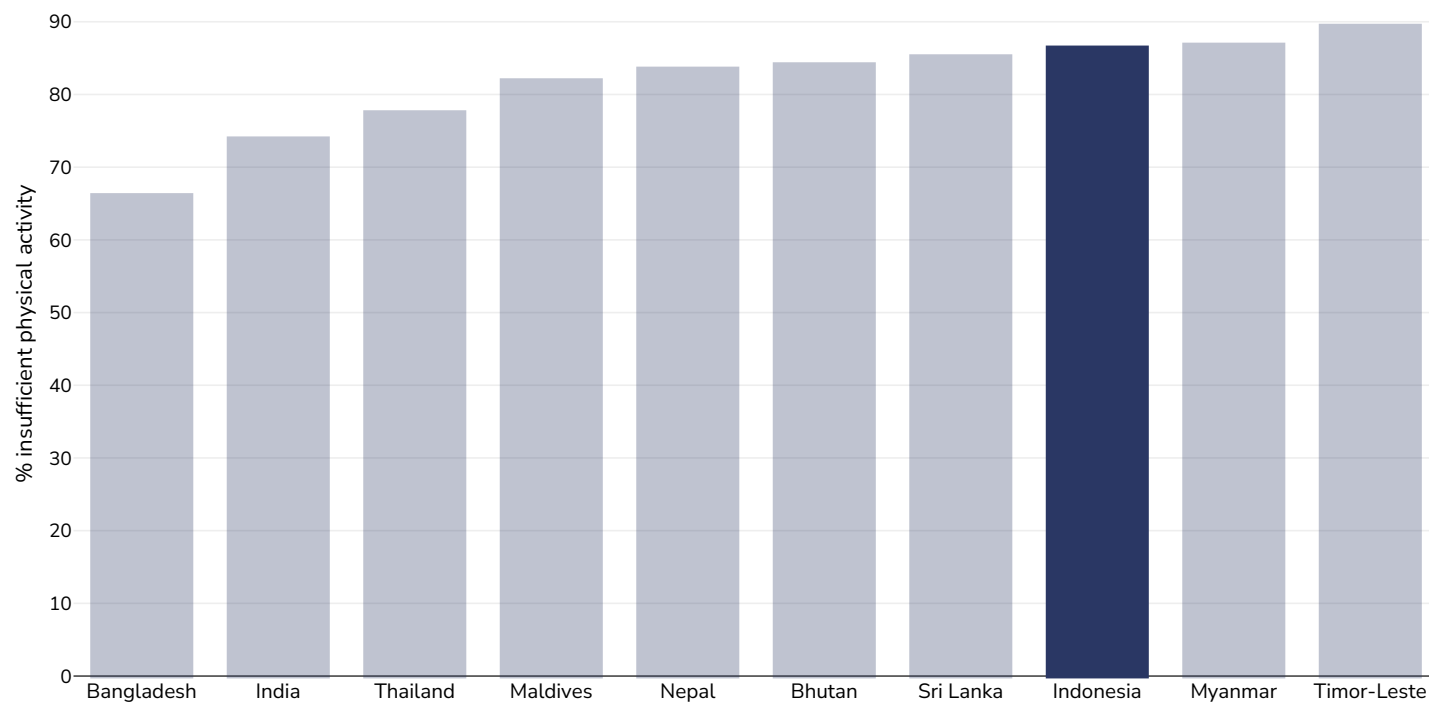
Children, 2022



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

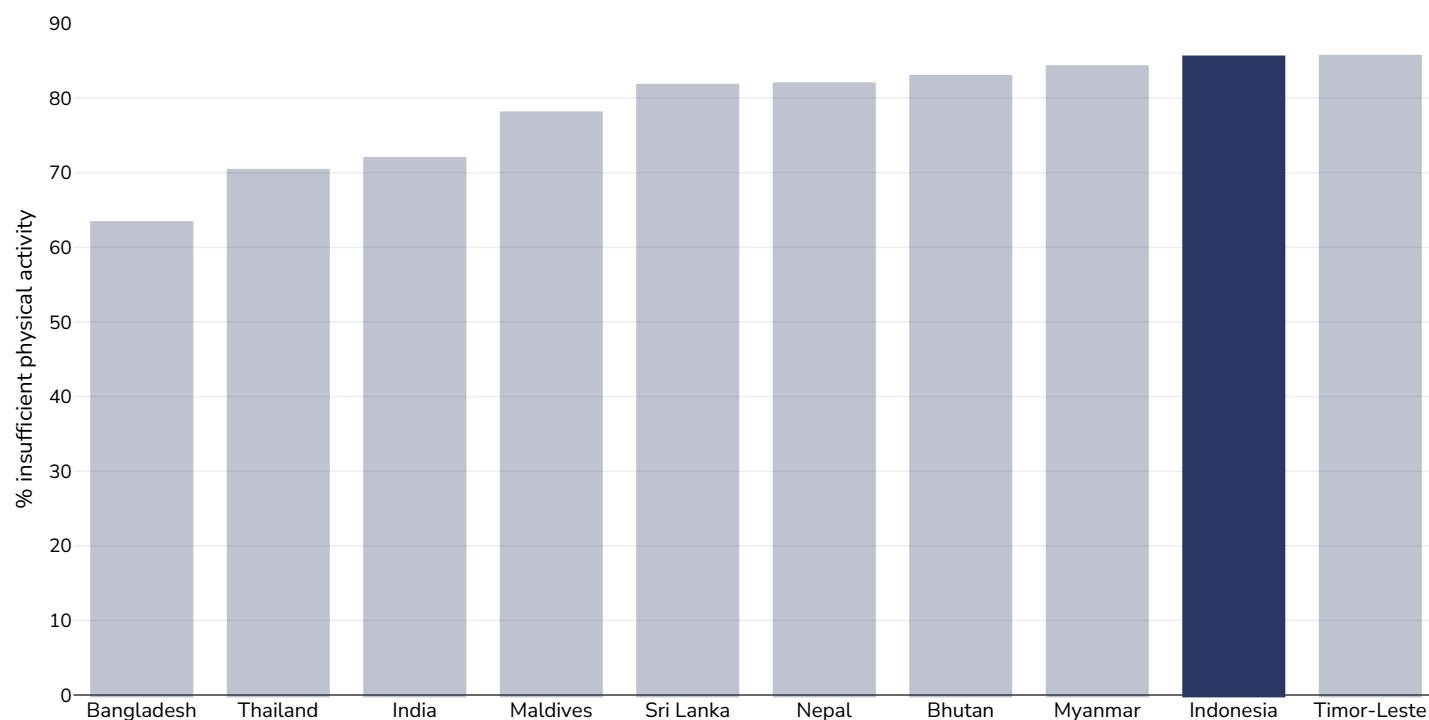
Age: 11-17

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

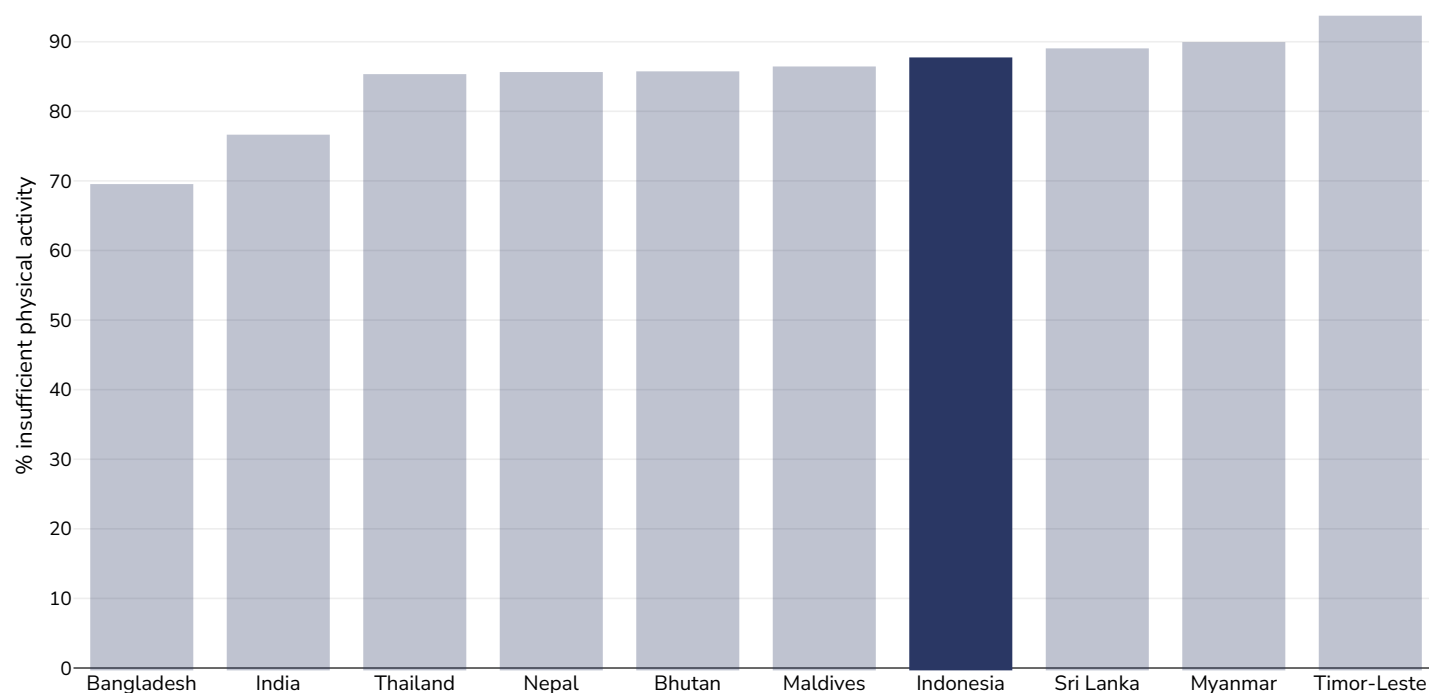
Age: 11-17

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:

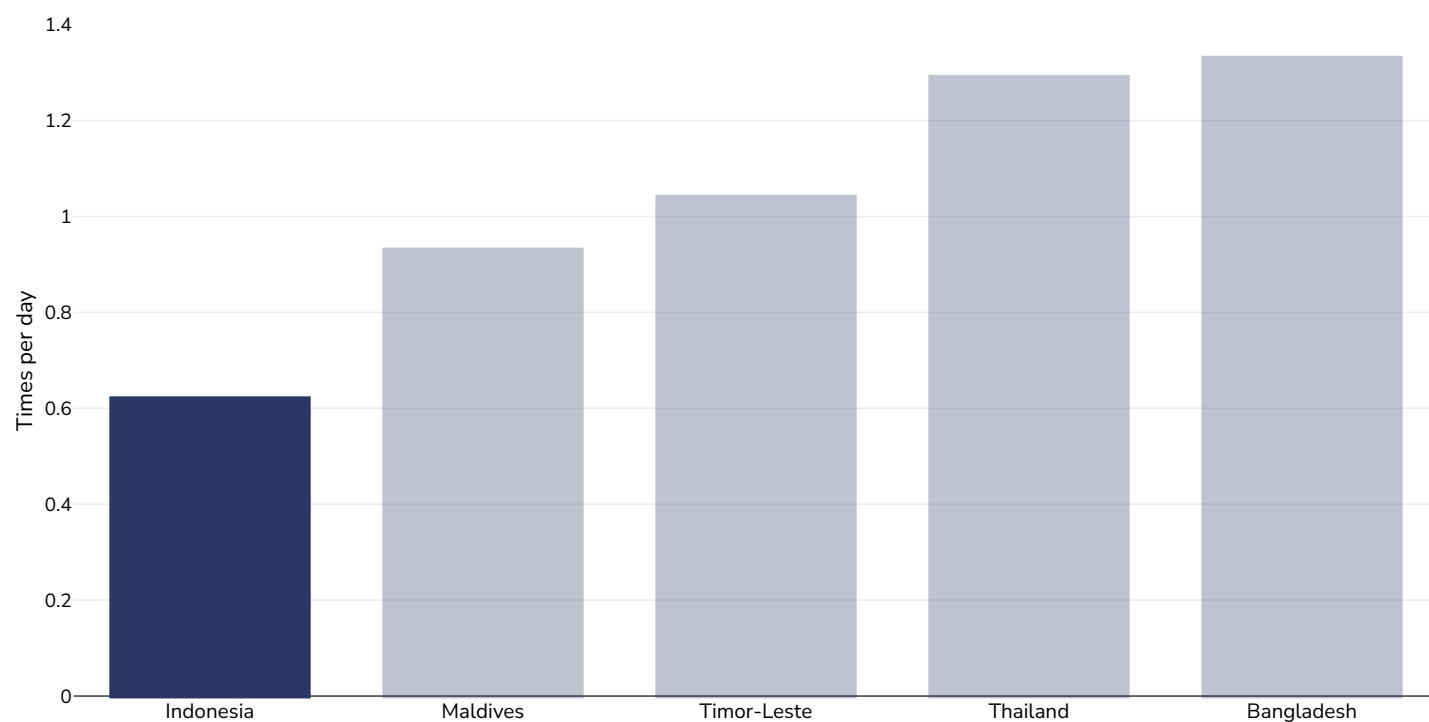
% of school going adolescents not meeting WHO recommendations on Physical Activity for Health, i.e. doing less than 60 minutes of moderate- to vigorous-intensity physical activity daily.

Definitions:

% Adolescents insufficiently active (age standardised estimate)

Average daily frequency of carbonated soft drink consumption

Children, 2014-2015



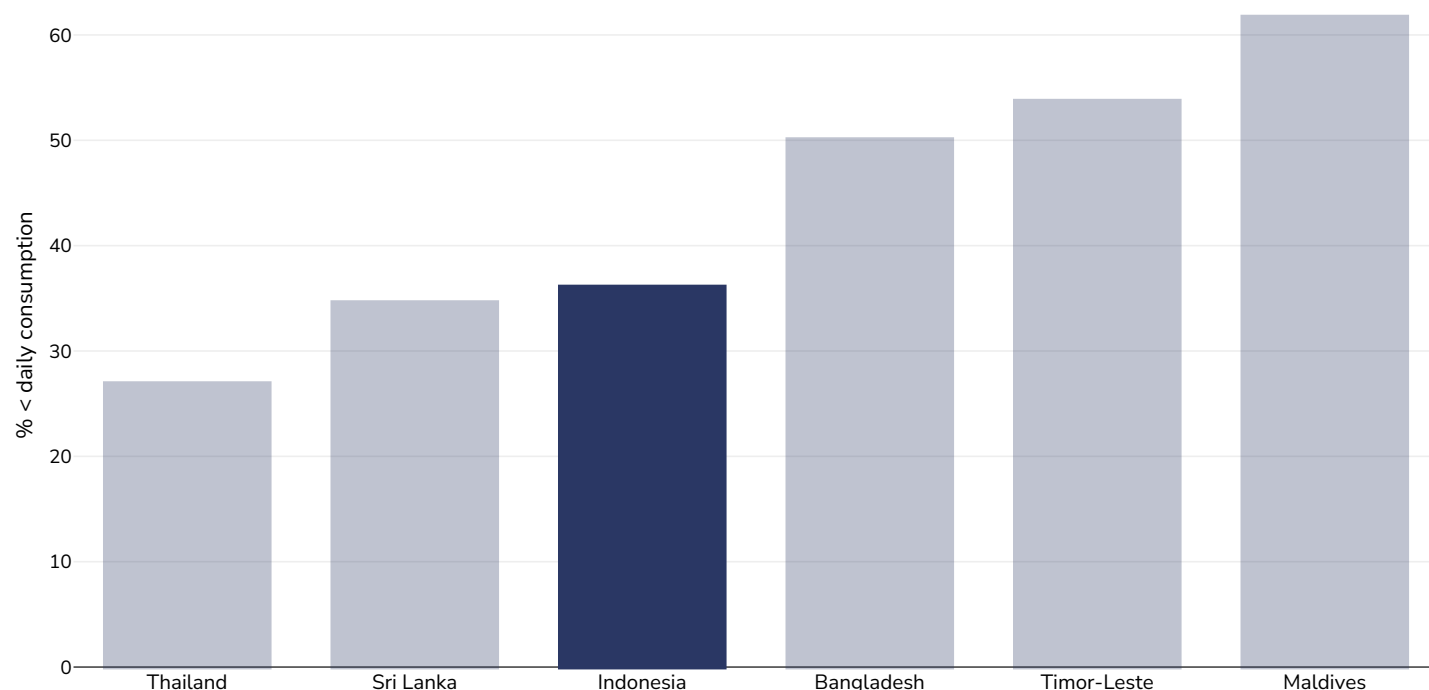
Survey type: Measured

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

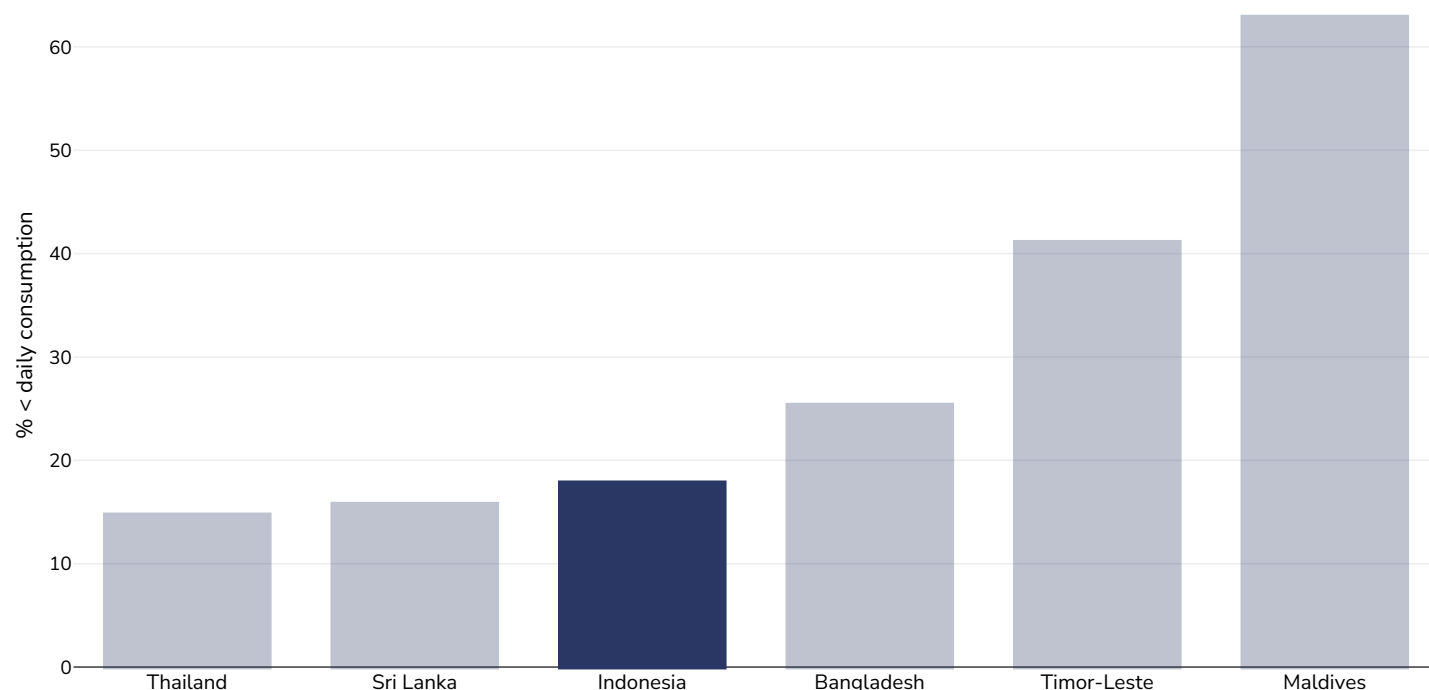
Age: 12-17

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

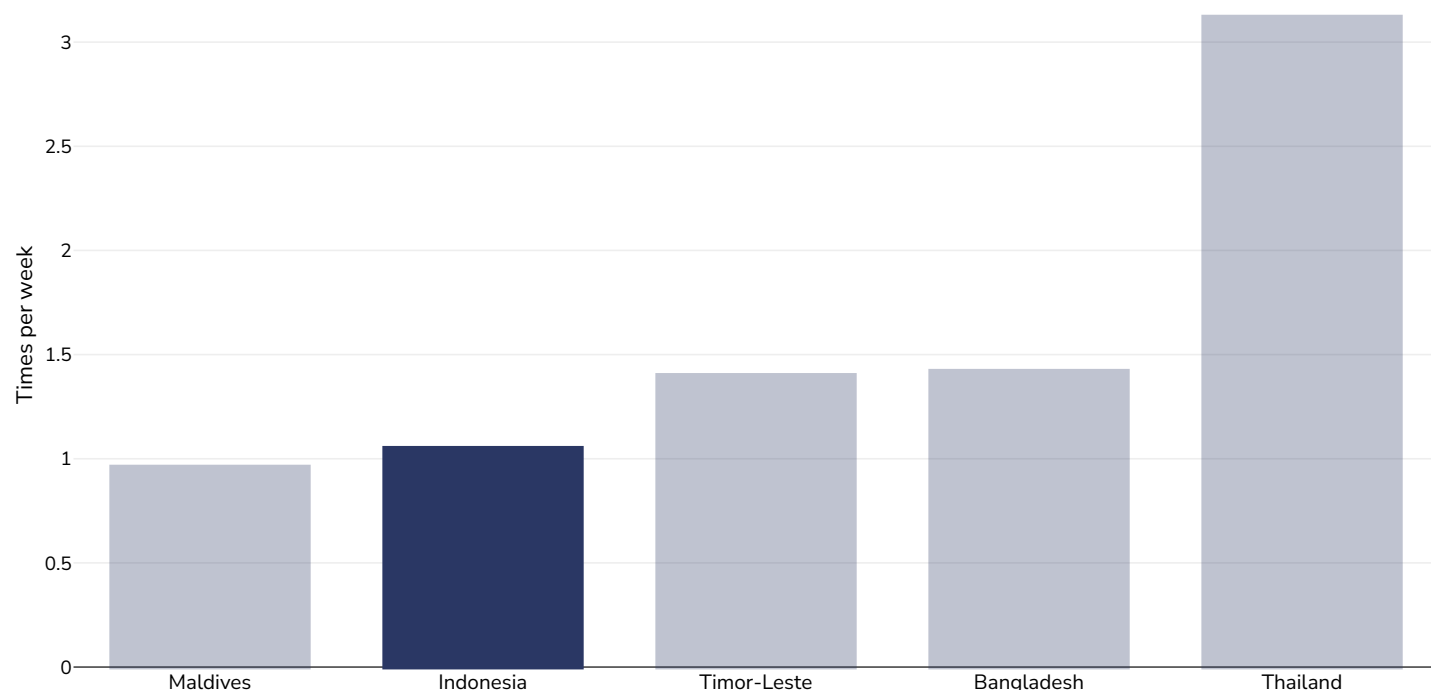
Age: 12-17

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:

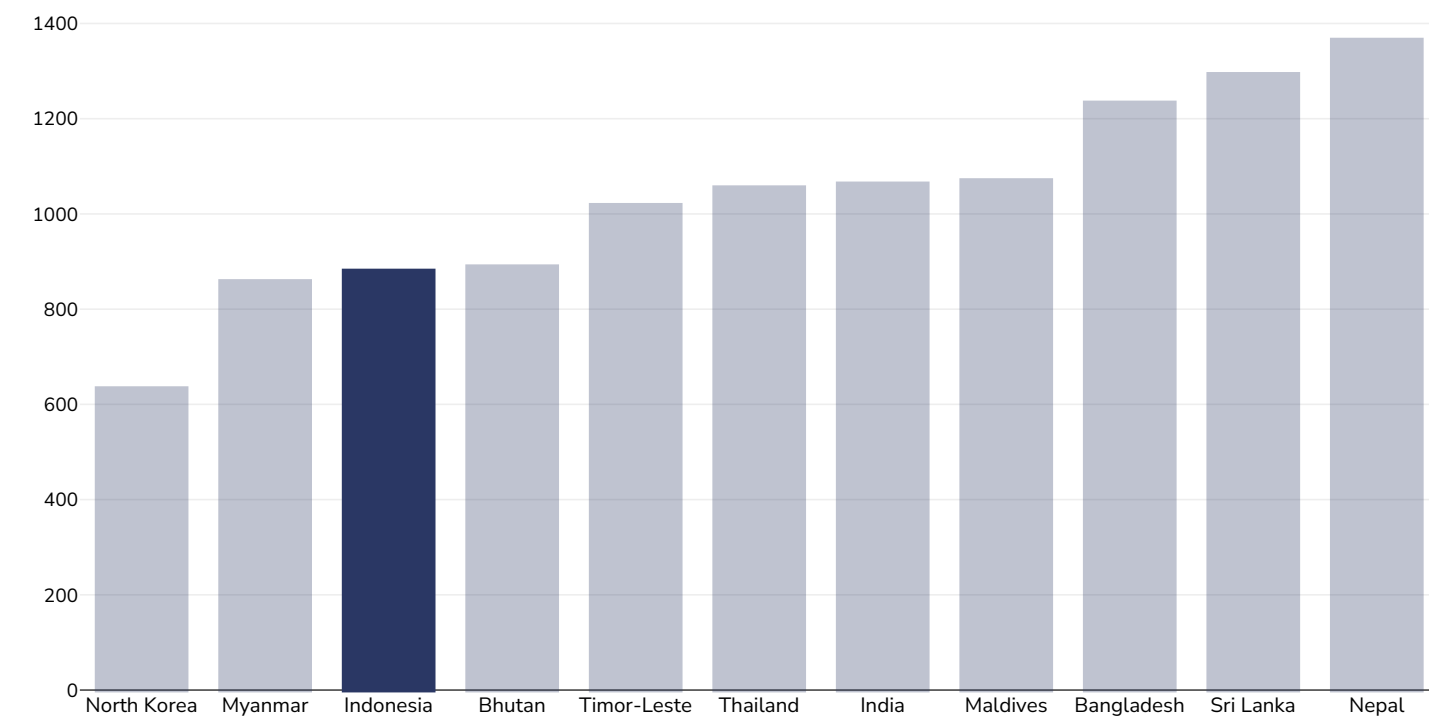
12-17

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

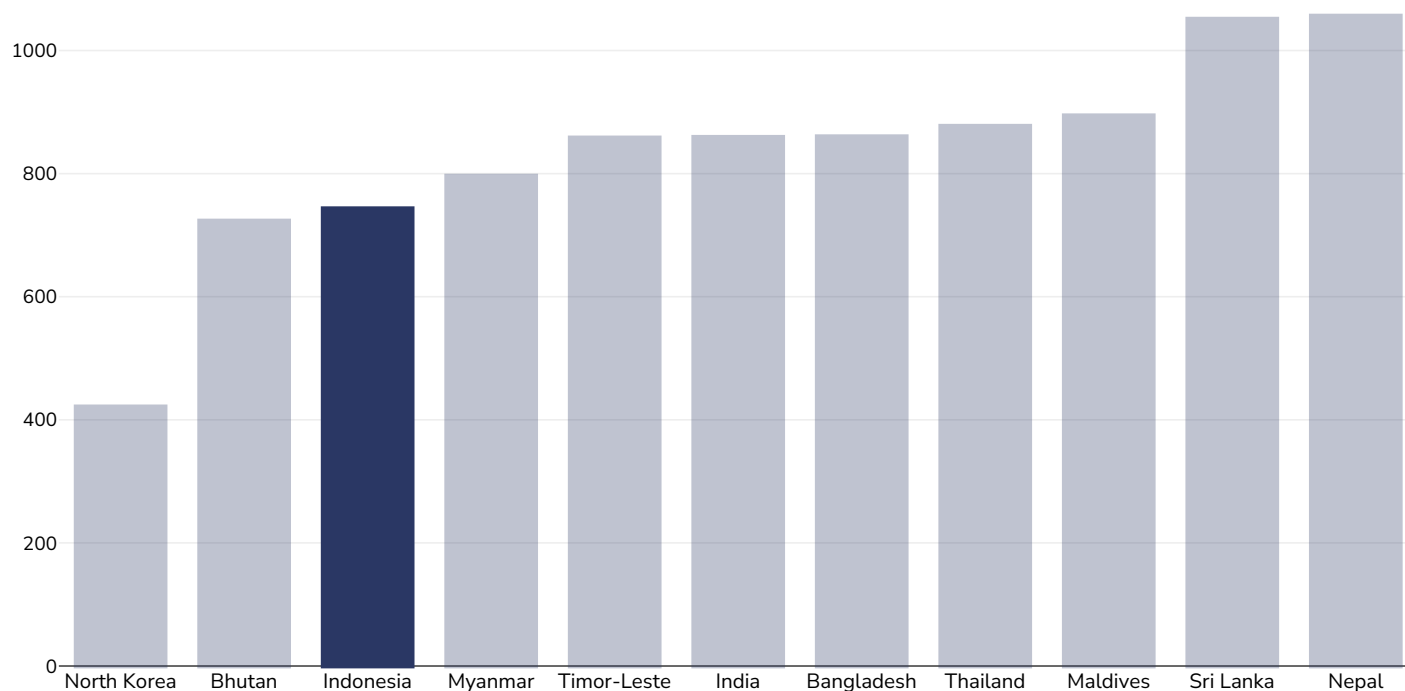
References:

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

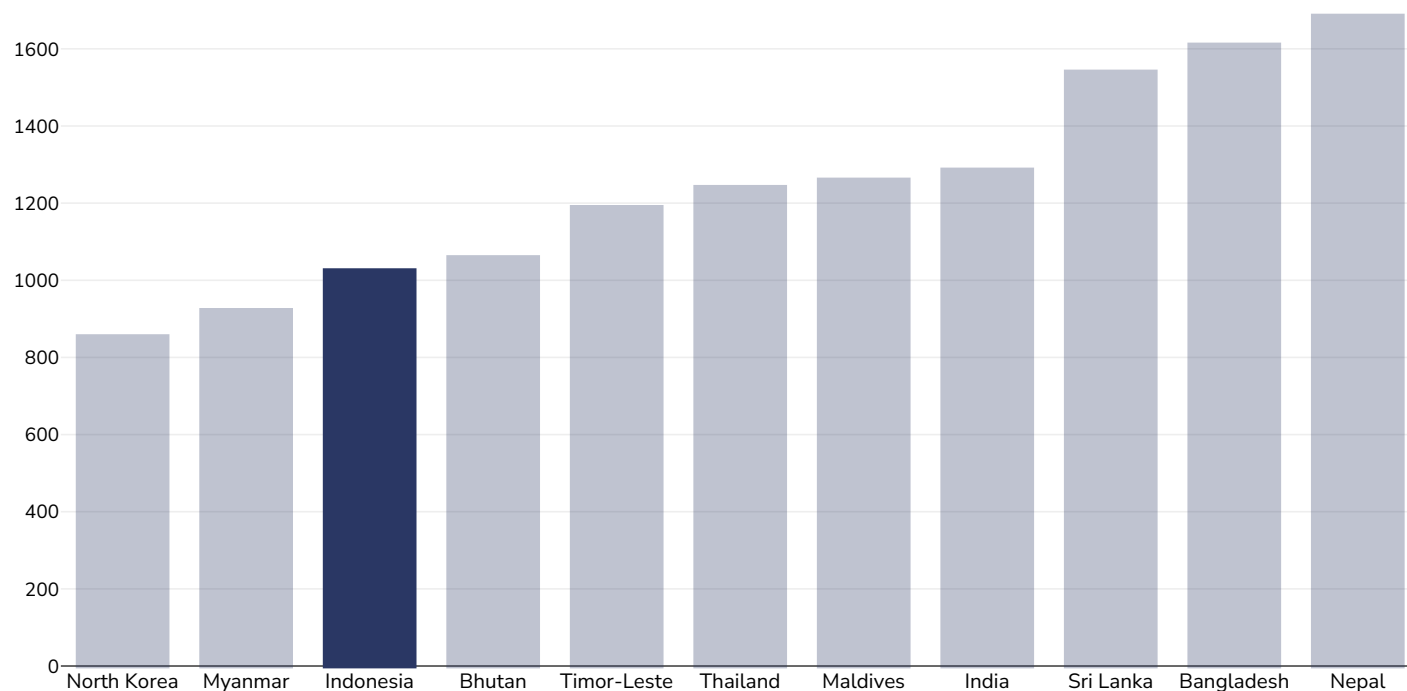
References:

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:

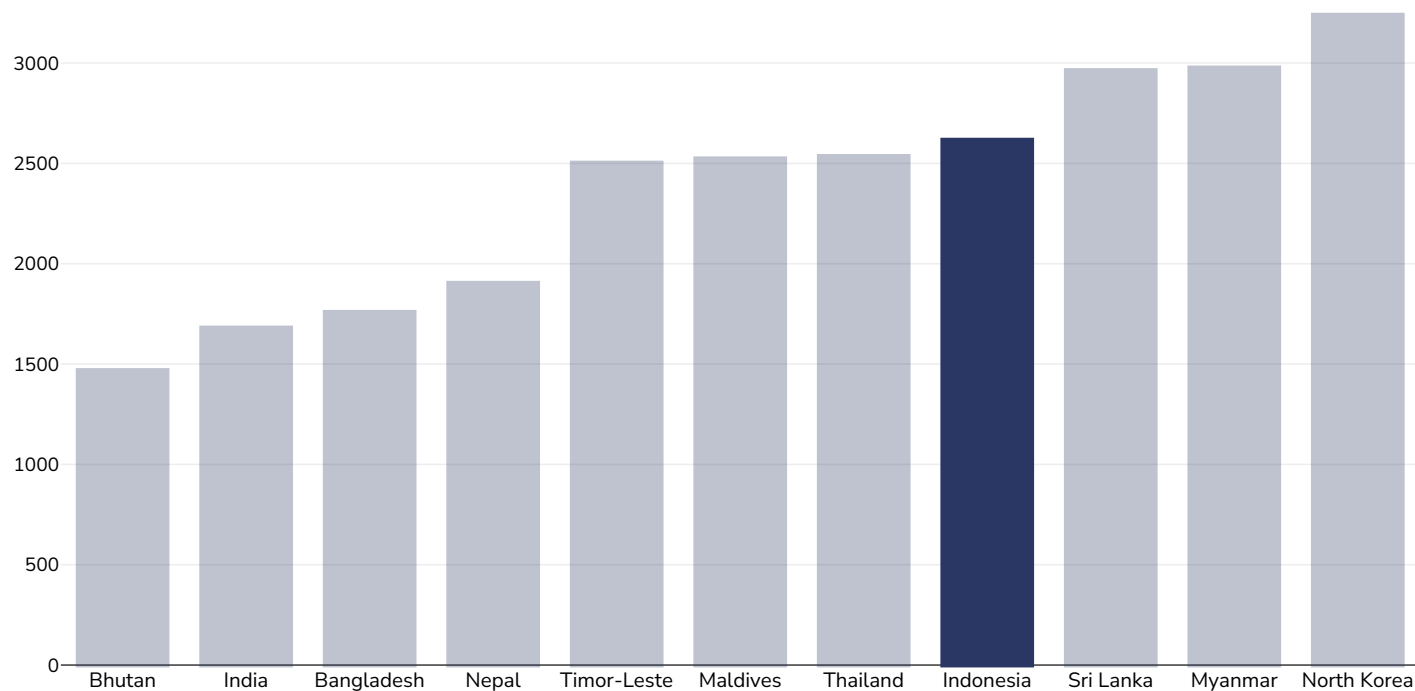
Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

Definitions:

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

Mental health - anxiety disorders

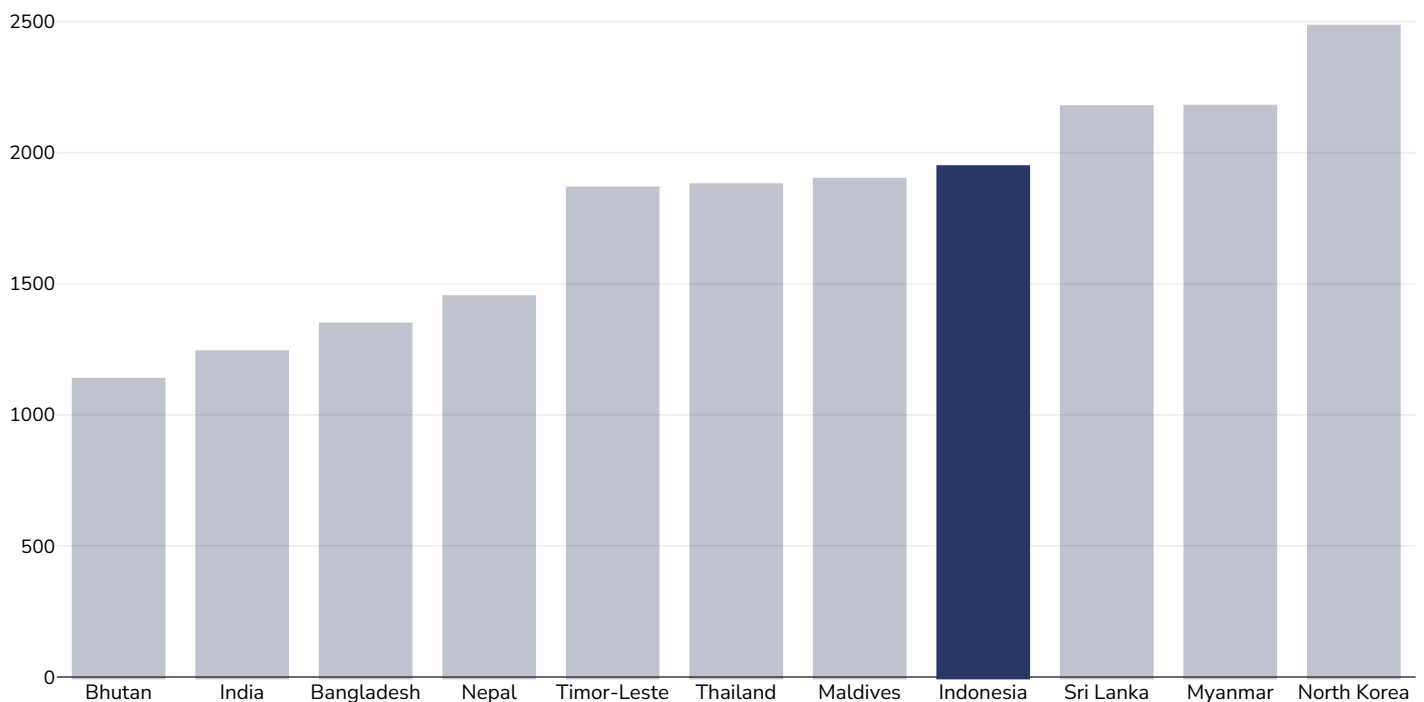
Children, 2021



References:

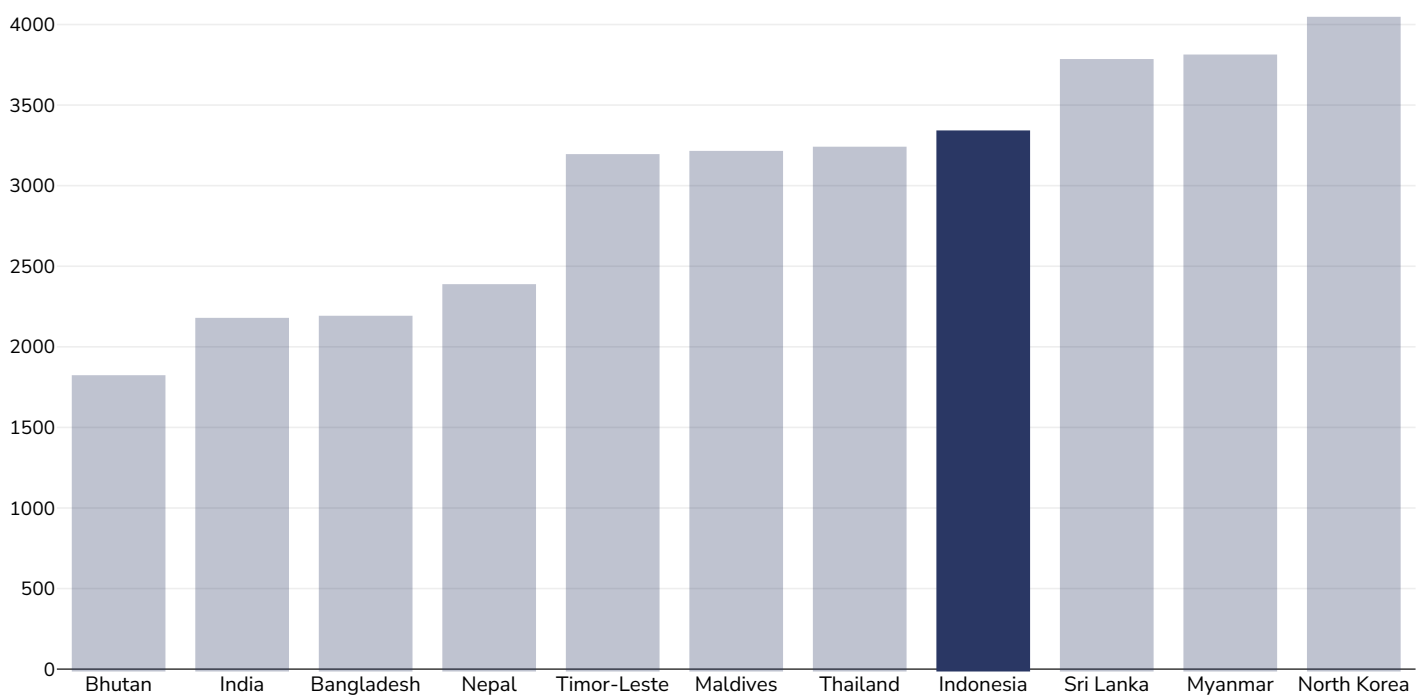
Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

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 September 14, 2025