Iran



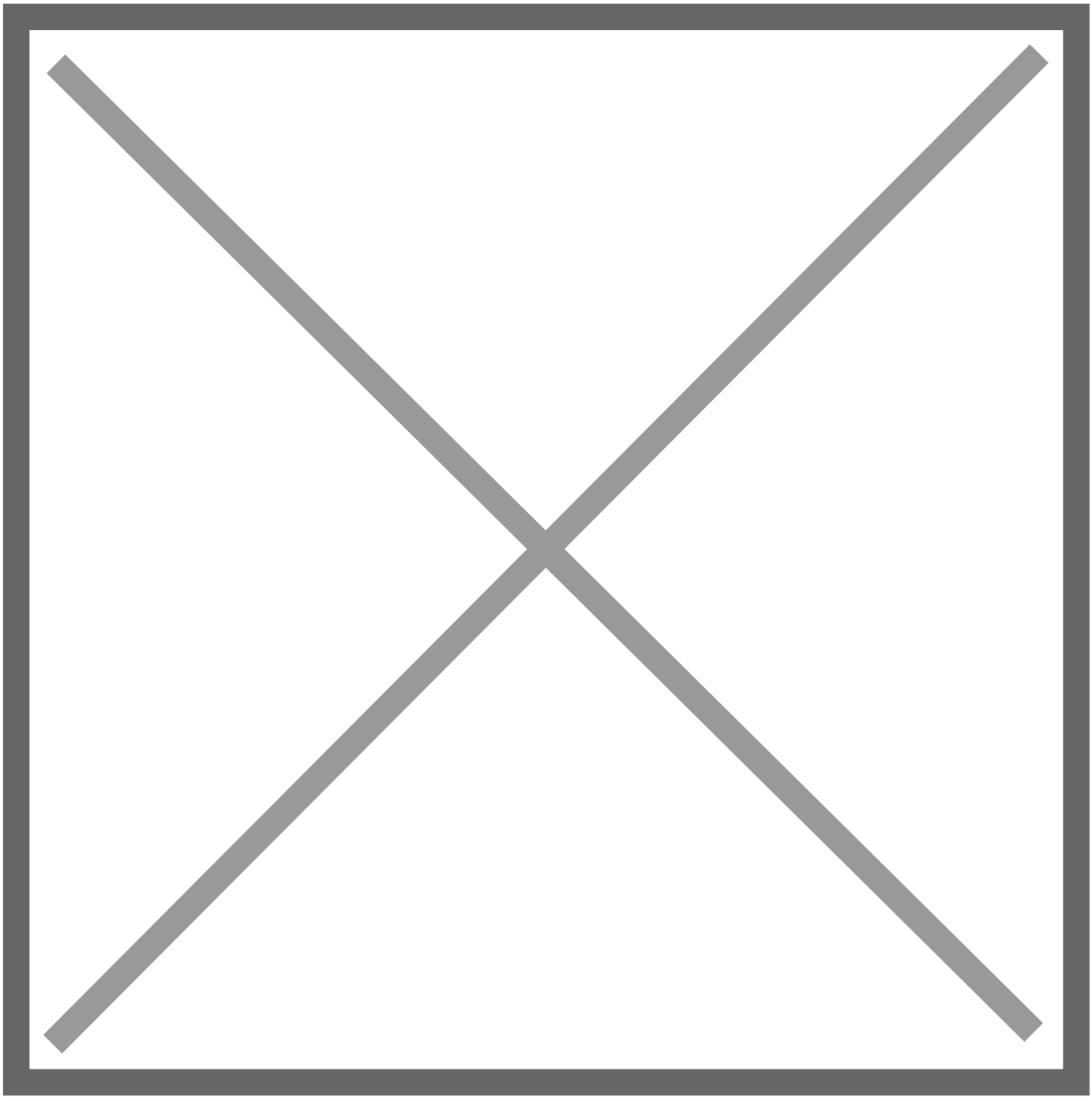
Country report card - children

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/iran-97/.

Obesity prevalence

Children, 2015

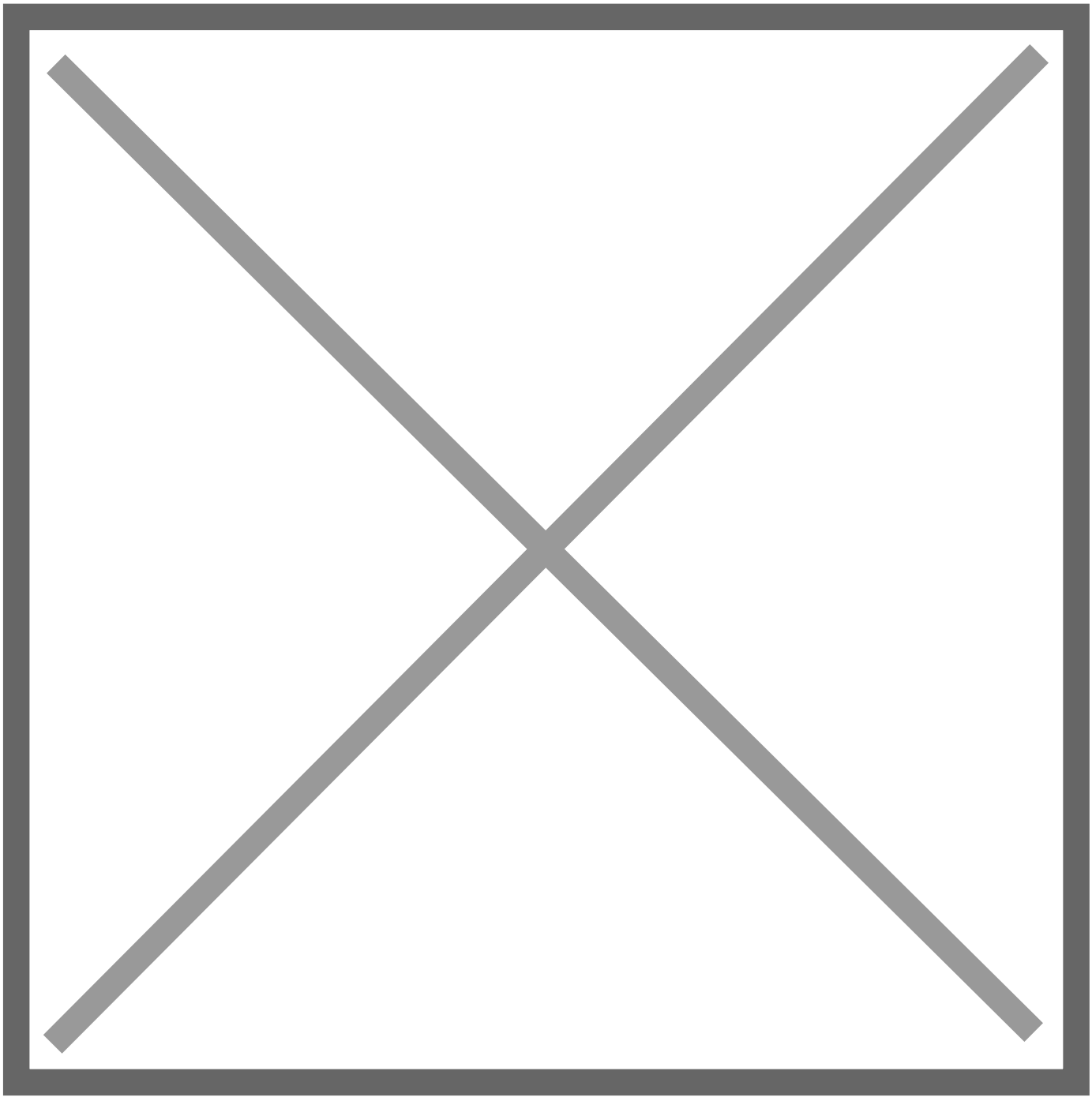


Survey type:	Measured
Age:	10-12
Sample size:	2506
Area covered:	Ð ÐµÐ³Ð¸Ð¾Ð½Ð°Ð»Ñ Ð½Ñ Ð¹ Ñ Ñ Ð¾Ð²ÐµÐ½Ñ

Đ¡Đ¿Đ¸Ñ Đ¾Đº Đ»Đ¸Ñ Đ¼Ñ Đ°Ñ Ñ Ñ :	Moradi G, Mostafavi F, Azadi N, Esmaeilnasab N, Ghaderi E.Socioeconomic Inequality in Childhood Obesity.J Res Health Sci. 2017 Aug 15;17(3):E1-6.
Notes:	Region: Sanandaj, Western Iran, NB. Combined child data estimated. These estimates were calculated by weighting male and female survey results. Weighting based on World Bank Population % total female 2019 (https://data.worldbank.org/indicator/SP.POP.TOTL.FE.ZS - accessed 21.10.20)'
Definitions:	Cut off: WHO 85th & 95th Centile
Cutoffs:	WHO

Overweight/obesity by education

Children, 2015

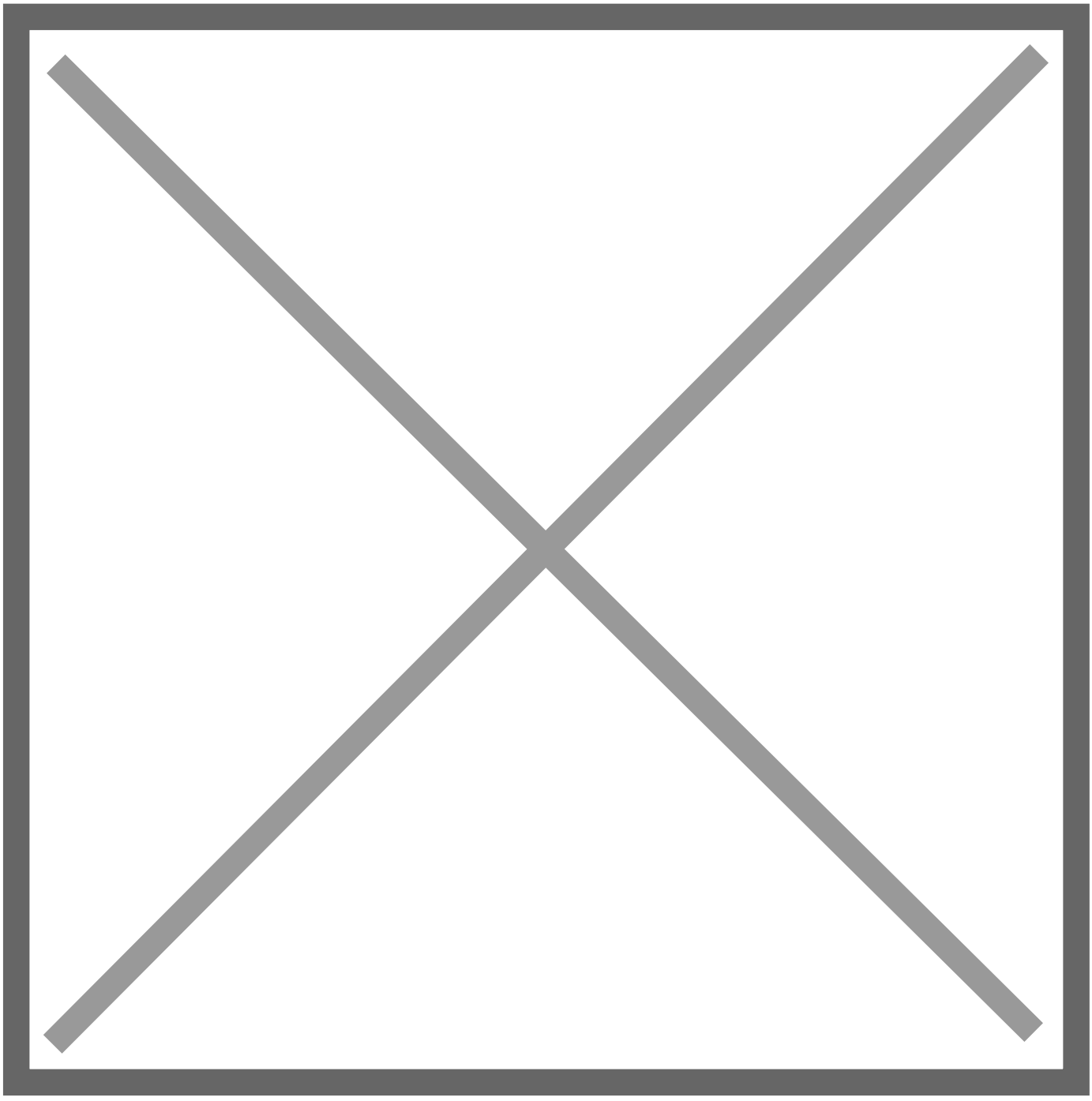


Survey type:	Measured
Age:	10-12
Sample size:	2506
Area covered:	Sub National - City of SANANDAJ

Ð¡Ð¸Ð¾Ð»Ð¾Ð³Ð¸Ñ‡ÐµÑ ÐºÐ°Ñ Ð°Ð½Ñ‚Ñ€Ð¾Ð¿Ð¾Ð»Ð¾Ð³Ð¸Ñ :	Moradi G, Mostafavi F, Azadi N, Esmaeilnasab N, Ghaderi E.Socioeconomic Inequality in Childhood Obesity.J Res Health Sci. 2017 Aug 15;17(3):E1-6.
Notes:	WHO Cut off 85th & 95th Centile Socioeconomic & Educational status based on self report questionnaire Estimated calculated by World Obesity, not age standardised
Cutoffs:	WHO

Overweight/obesity by age

Children, 2010-2011

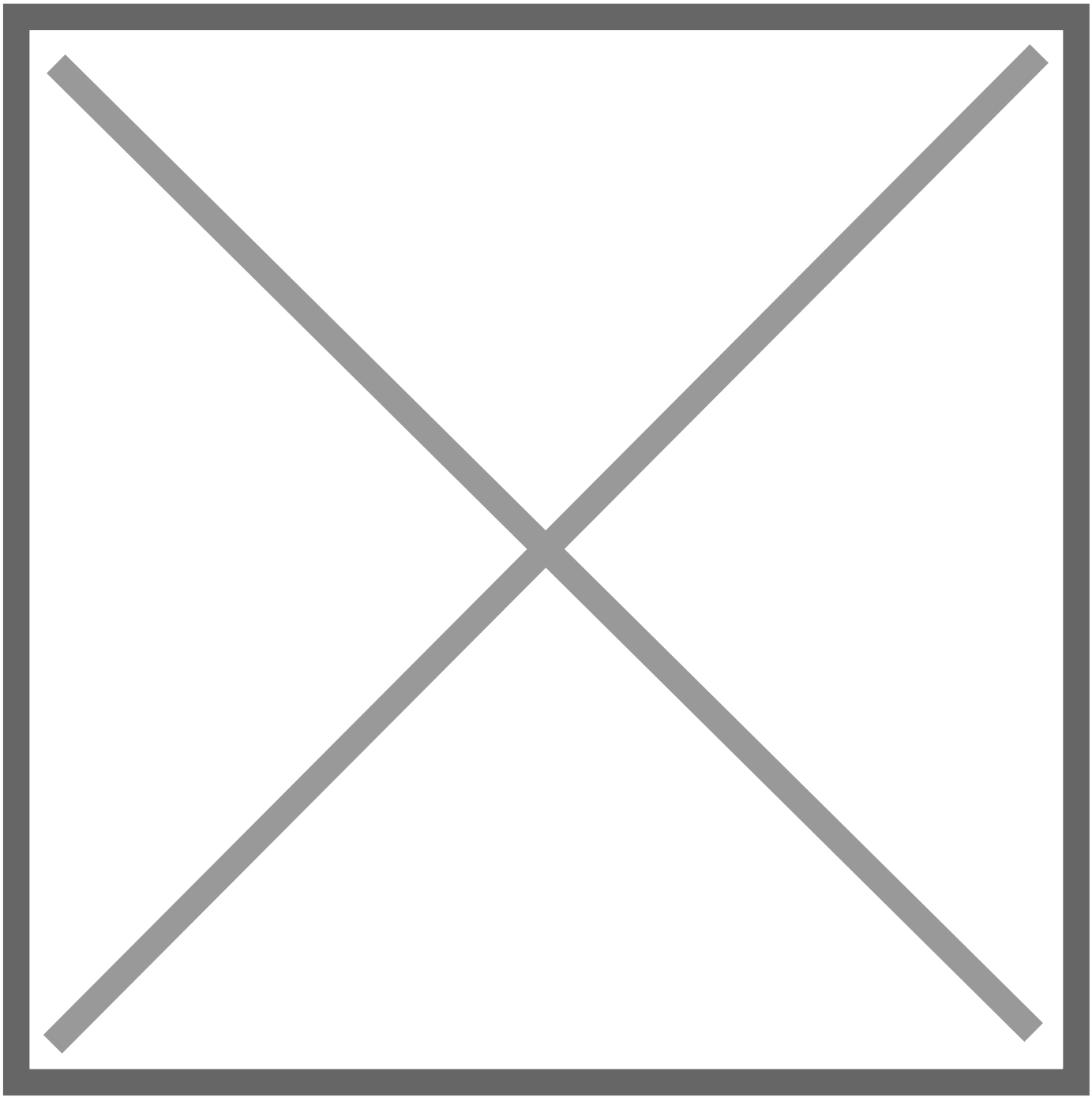


Survey type:	Measured
Sample size:	2000
Area covered:	Shiraz

Đ¡Đ¿Đ¸Ñ Đ¾Đº Đ»Đ¸Ñ Đ¼Ñ Ñ Ñ :	Prevalence of Childhood Obesity and Hypertension in South of Iran. https://pubmed.ncbi.nlm.nih.gov/23880805/ (last accessed 31.05.2022)
Cutoffs:	BMI-for-age Z-score

Overweight/obesity by region

Children, 2012-2013

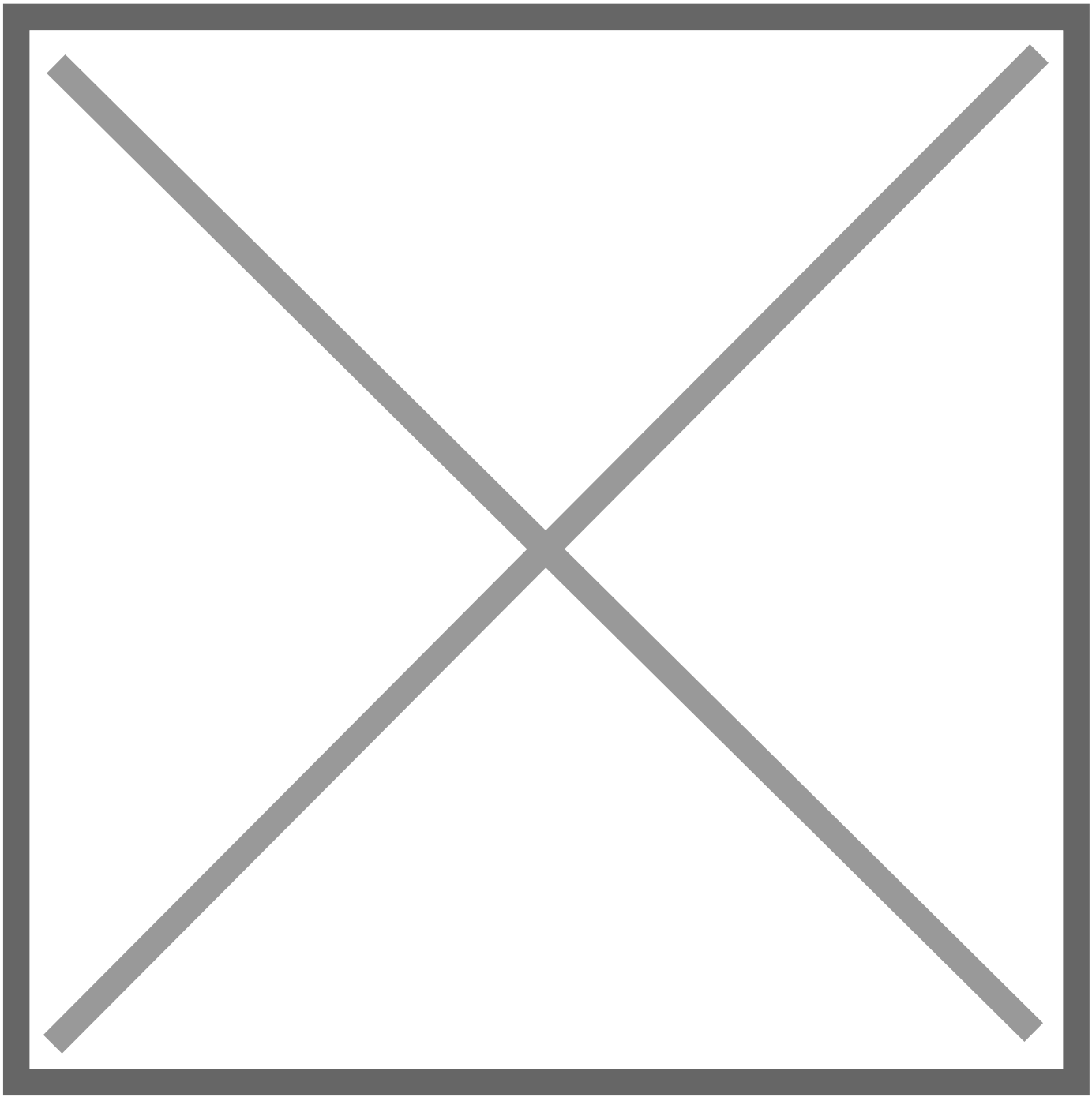


Survey type:	Measured
Age:	6-12
Sample size:	2195
Area covered:	Regional - Semnan Province

Đ¡Đ¿Đ¸Ñ Đ¾Đº Đ»Đ¸Ñ Đ¼Ñ Đ°Ñ Ñ Ñ :	Batool Karimi; Raheb Ghorbani. Overweight and Obesity in the Iranian Schoolchildren. Middle East Journal of Rehabilitation and Health 01/2015; 2(1). DOI: 10.17795/mejrh-24433
Notes:	Overweight is defined as a BMI ≥ 85th percentile and lower than the 95th percentile for children of the same age and sex. Obesity is defined as a BMI ≥ 95th percentile for children of the same age and sex.
Cutoffs:	Other

Overweight/obesity by socio-economic group

Children, 2015

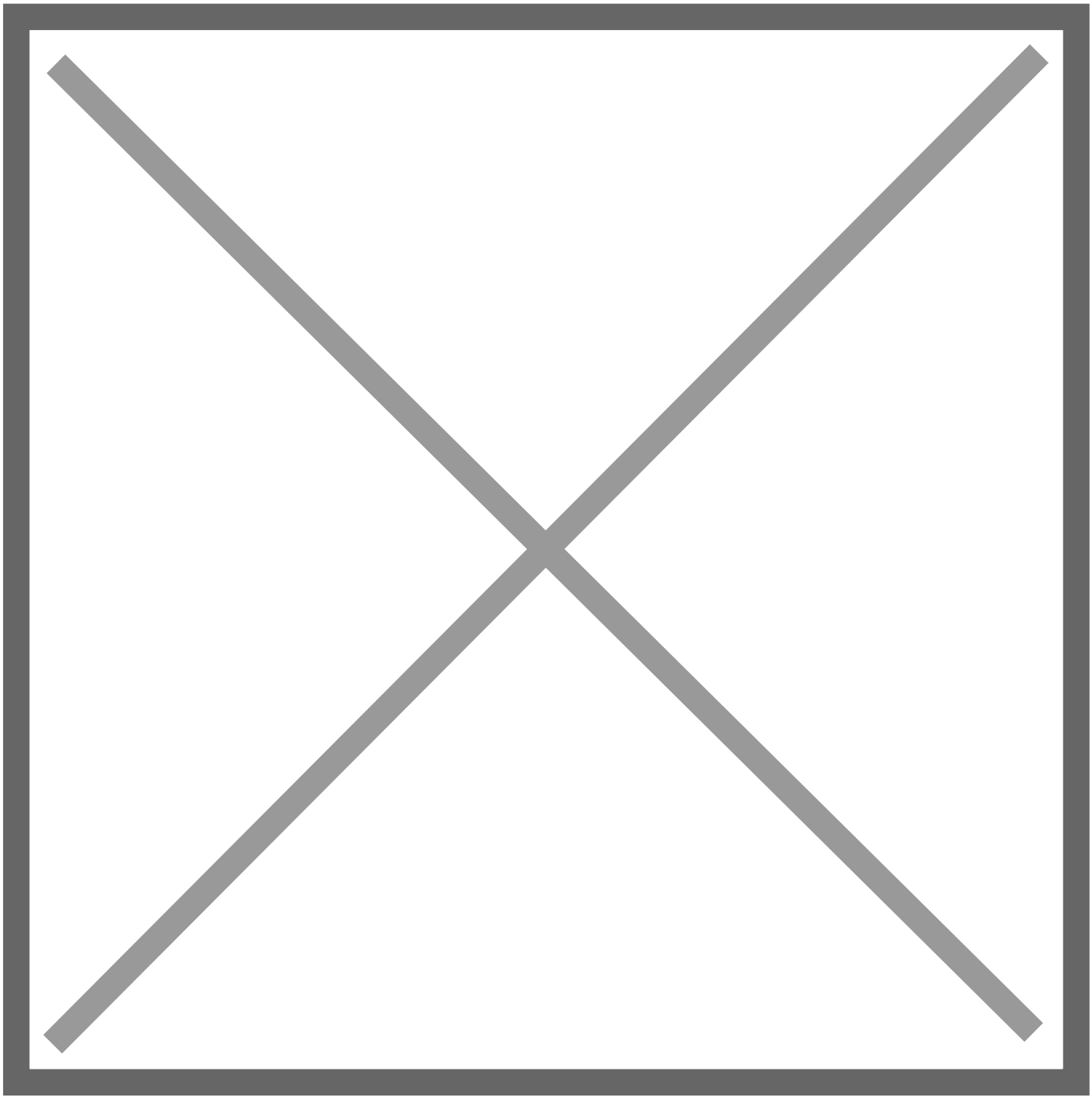


Survey type:	Measured
Age:	10-12
Sample size:	2506
Area covered:	Ð ÐµÐ³Ð¸Ð¾Ð½Ð°Ð»Ñ Ð½Ñ Ð¹ Ñ Ñ Ð¾Ð²ÐµÐ½Ñ

Đ¡Đ¿Đ¸Ñ□ Đ¾Đº Đ»Đ¸Ñ□ ĐµÑ□ Đ°Ñ□ Ñ□ Ñ□ Ñ□ :	Moradi G, Mostafavi F, Azadi N, Esmaeilnasab N, Ghaderi E.Socioeconomic Inequality in Childhood Obesity.J Res Health Sci. 2017 Aug 15;17(3):E1-6.
Notes:	Sub National - City of SANANDAJ WHO Cut off 85th & 95th Centile Socioeconomic & Educational status based on self report questionnaire Estimated calculated by World Obesity, not age standardised
Cutoffs:	WHO

Double burden of underweight & obesity

Children, 2022

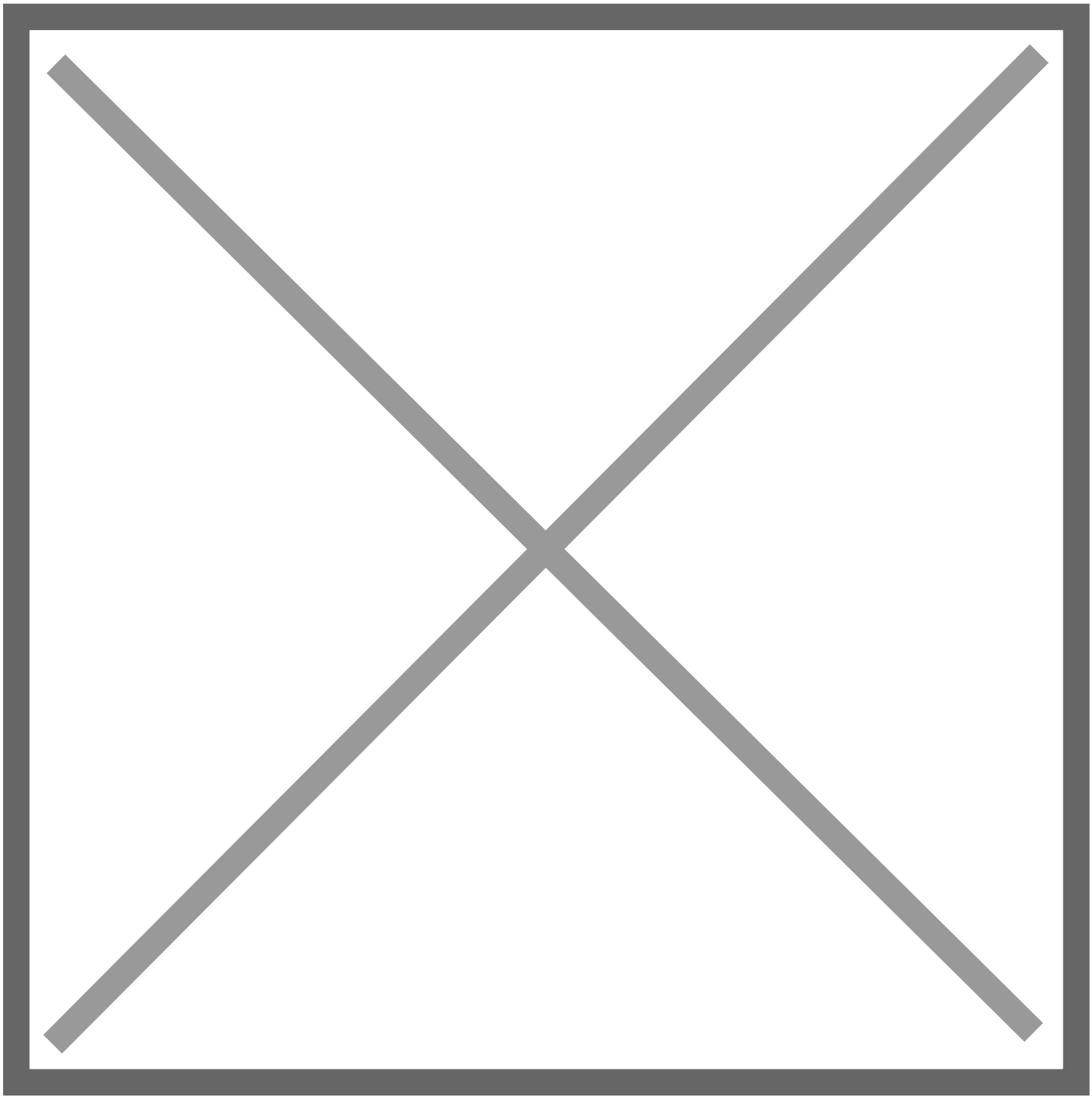


Survey type:	Measured
Age:	5-19
Đ¡Đ¿Đ¸Ñ□ Đ¾Đº Đ»Đ¸Ñ□ ĐµÑ□ Đ°Ñ□ Ñ□ Ñ□ Ñ□ :	NCD Risk Factor Collaboration (NCD-RisC). Worldwide trends in underweight and obesity from 1990 to 2022: a pooled analysis of 3663 population representative studies with 222 million children, adolescents, and adults. Lancet 2024; 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

Mental health - depression disorders

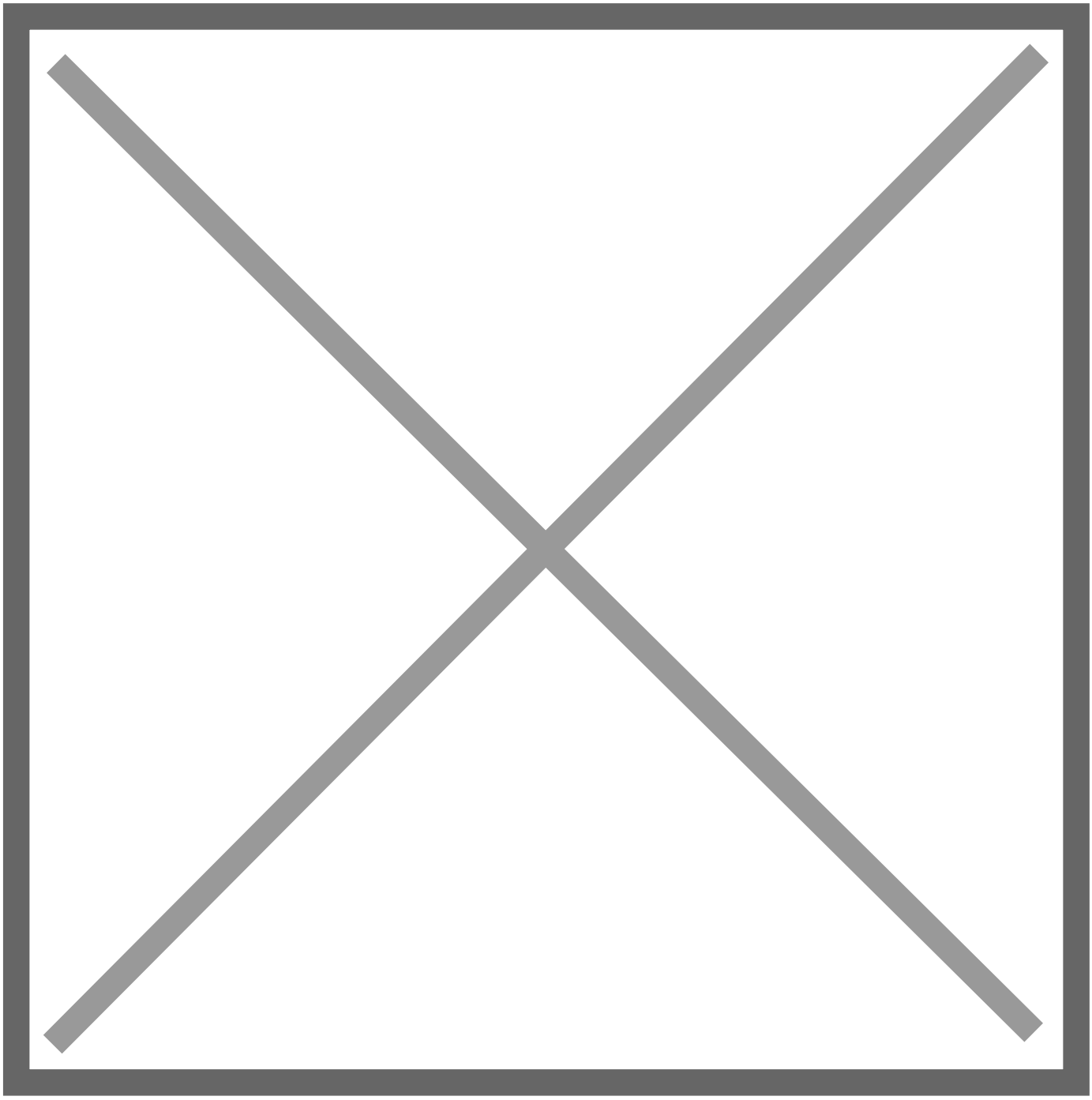
Children, 2023



Area covered:	National
Đ¡Đ¿Đ¸Ñ□ Đ¾Đº Đ»Đ¸Ñ□ ĐµÑ□ Đ°Ñ□ Ñ□ Ñ□ Ñ□ :	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]

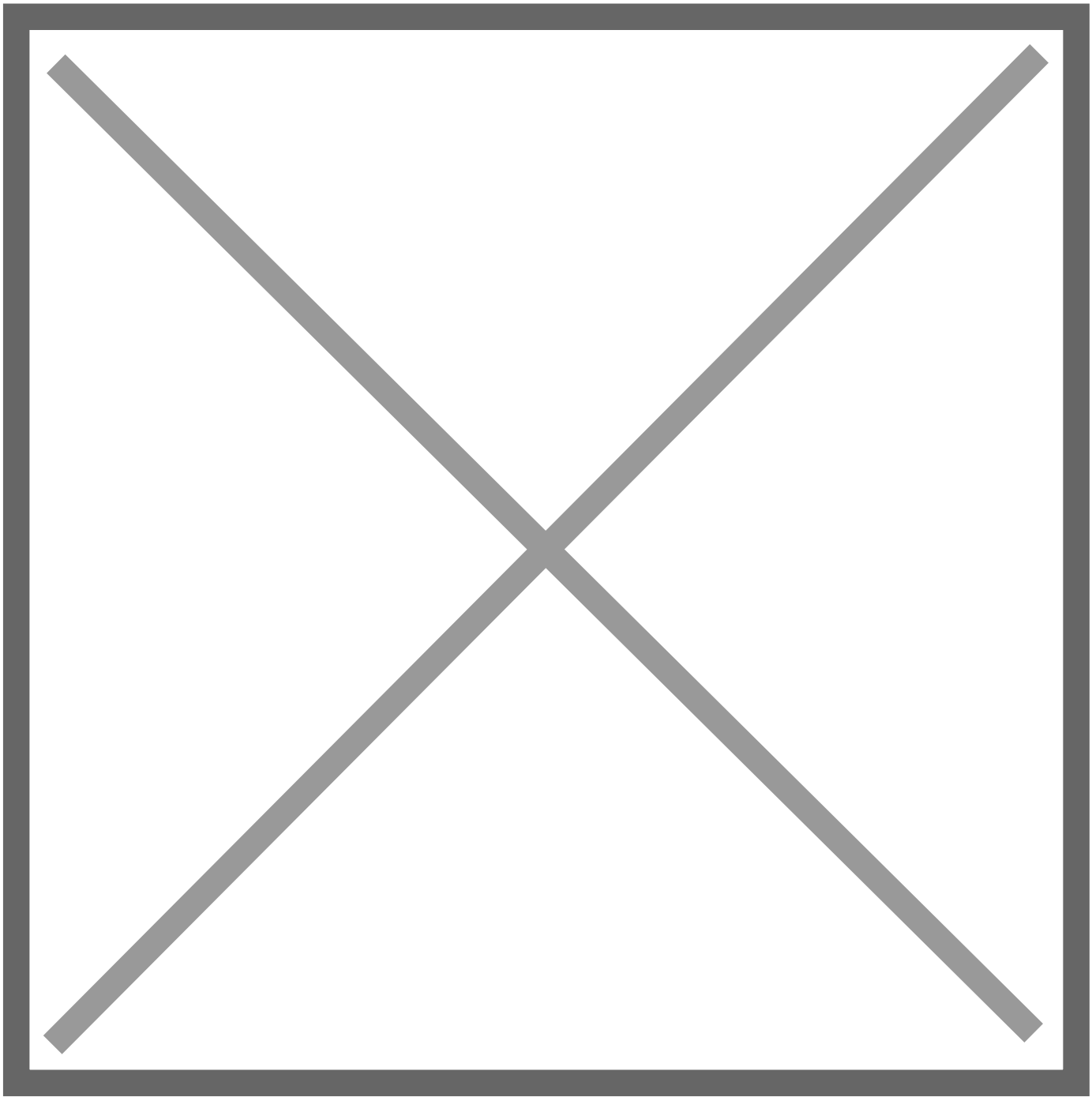
Definitions:	Estimated number living with depressive disorders per 100,000 population (under 20 years of age)

Boys, 2023



Area covered:	National
Đ¡Đ¿Đ¸Ñ Đ¾Đº Đ»Đ¸Ñ Đ¸Ñ Đ°Ñ Ñ Ñ Ñ :	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)

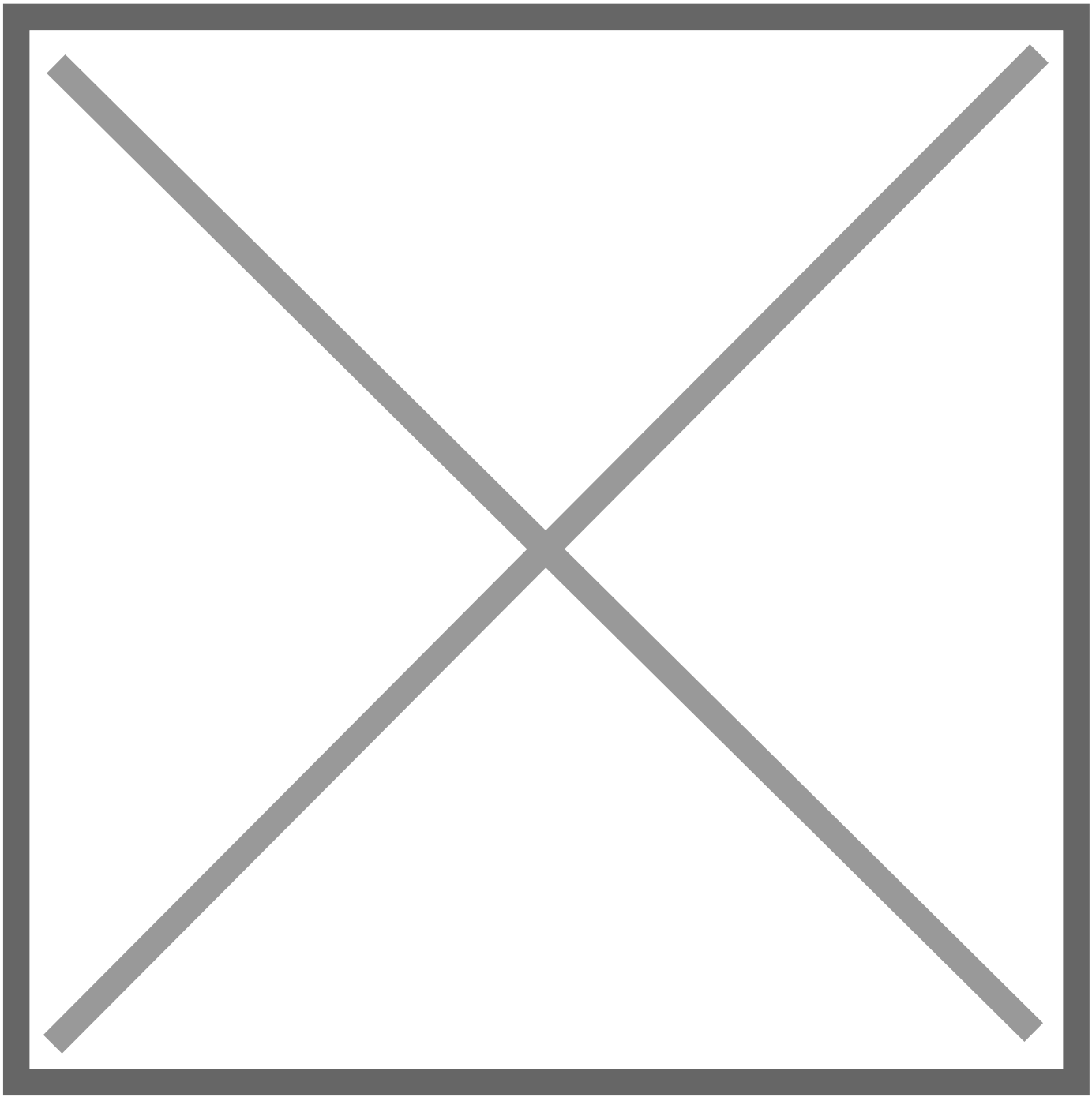
Girls, 2023



Area covered:	National
Ð¡Ð¸Ñ Ð¾Ñ Ð»Ð¸Ñ Ñ ÐµÑ Ð°Ñ Ñ Ñ :	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

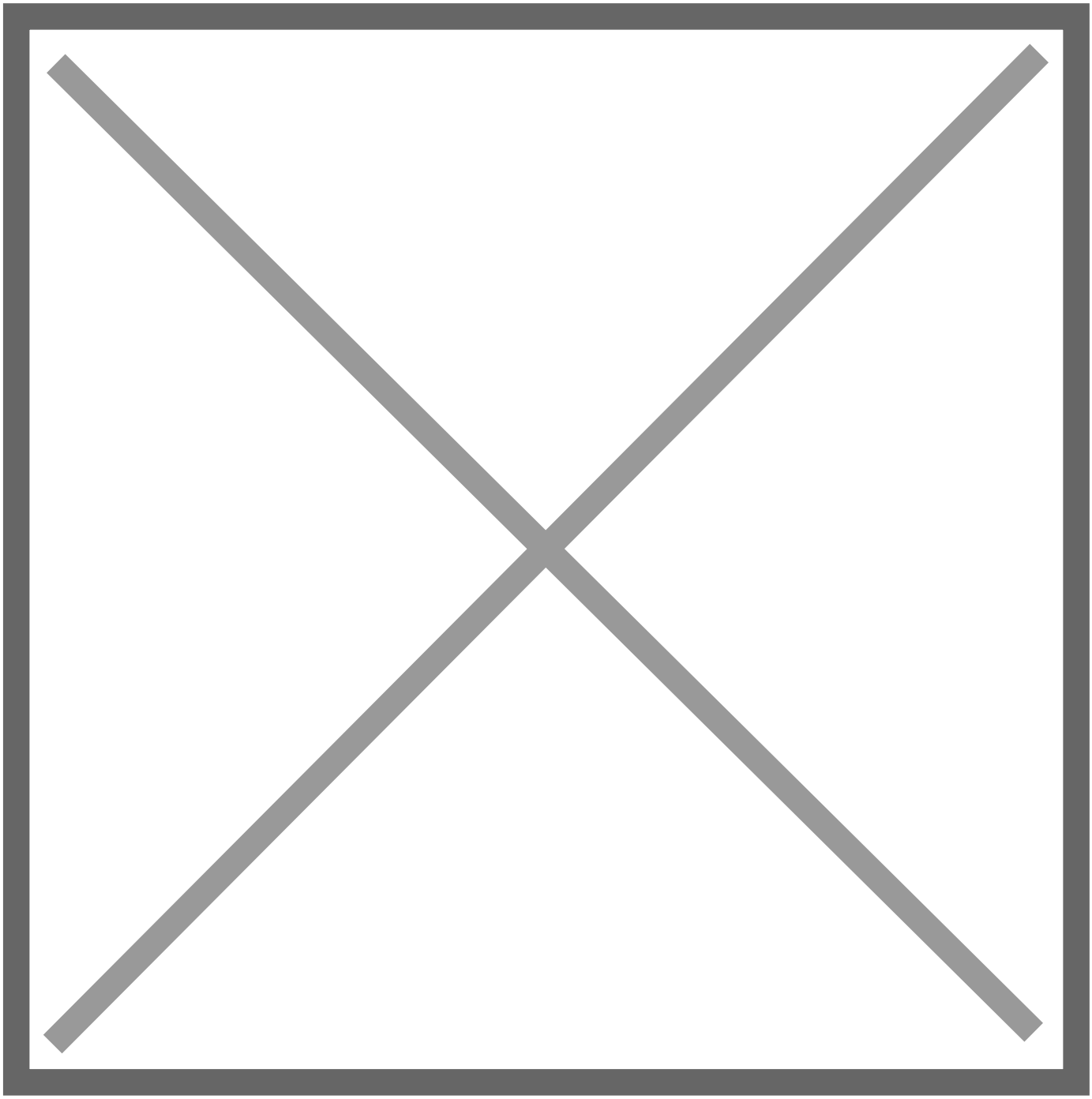
Children, 2023



Area covered:	National
Đ¡Đ¿Đ¸Ñ□ Đ¾Đº Đ»Đ¸Ñ□ ĐµÑ□ Đ°Ñ□ Ñ□ Ñ□ Ñ□ :	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]

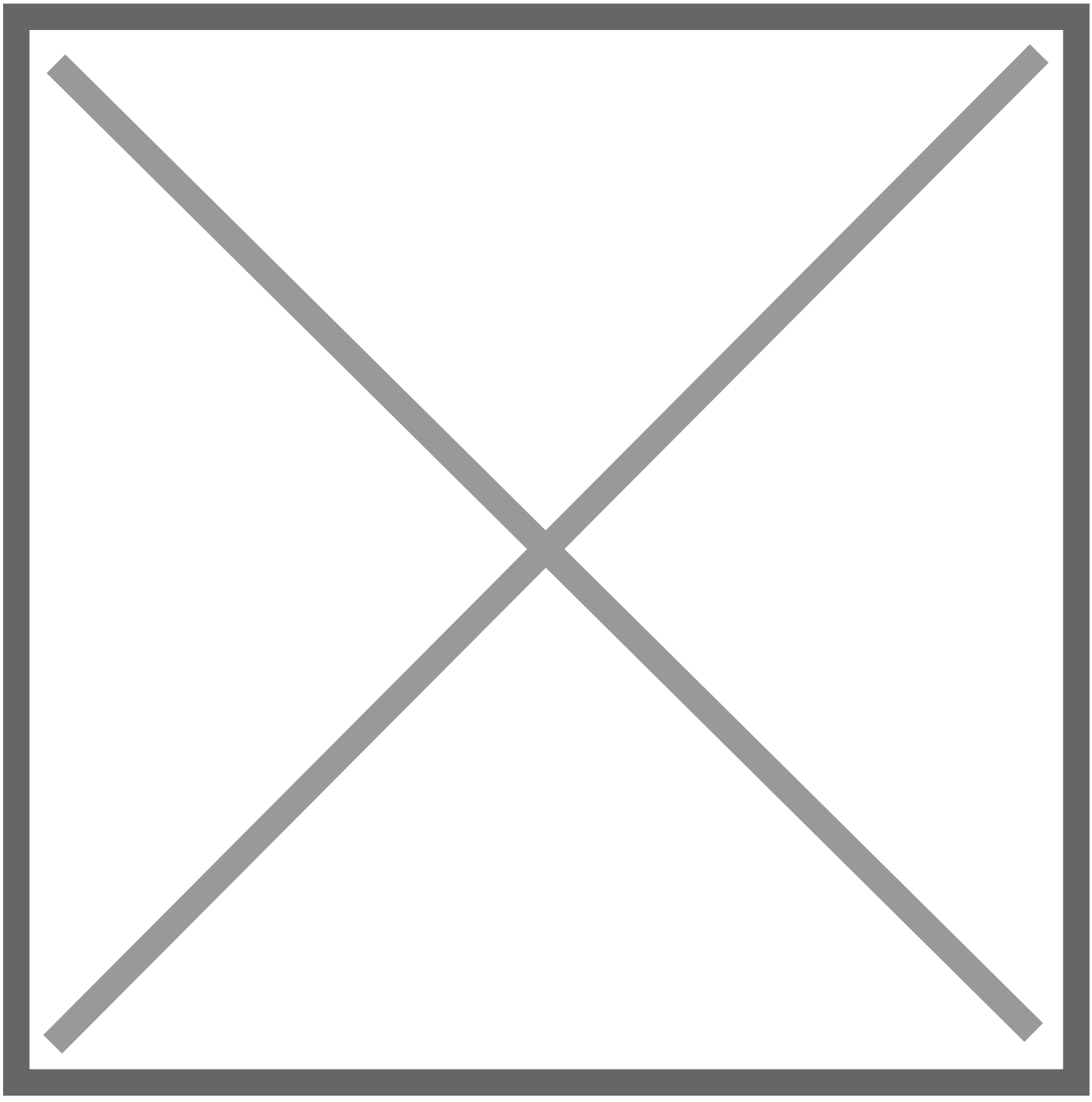
Definitions:	Estimated number living with anxiety disorders per 100,000 population (under 20 years of age)

Boys, 2023



Area covered:	National
Ð¡Ð¸Ð¾Ñ Ð¾Ð»Ð¸Ñ Ð¼Ñ Ð°Ñ Ñ Ñ :	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
Ð¡Ð¸Ð¸Ñ Ð¾Ð»Ð¸Ñ ÐµÑ Ð°Ñ Ñ Ñ :	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 4, 2026