Iran



Country report card - children

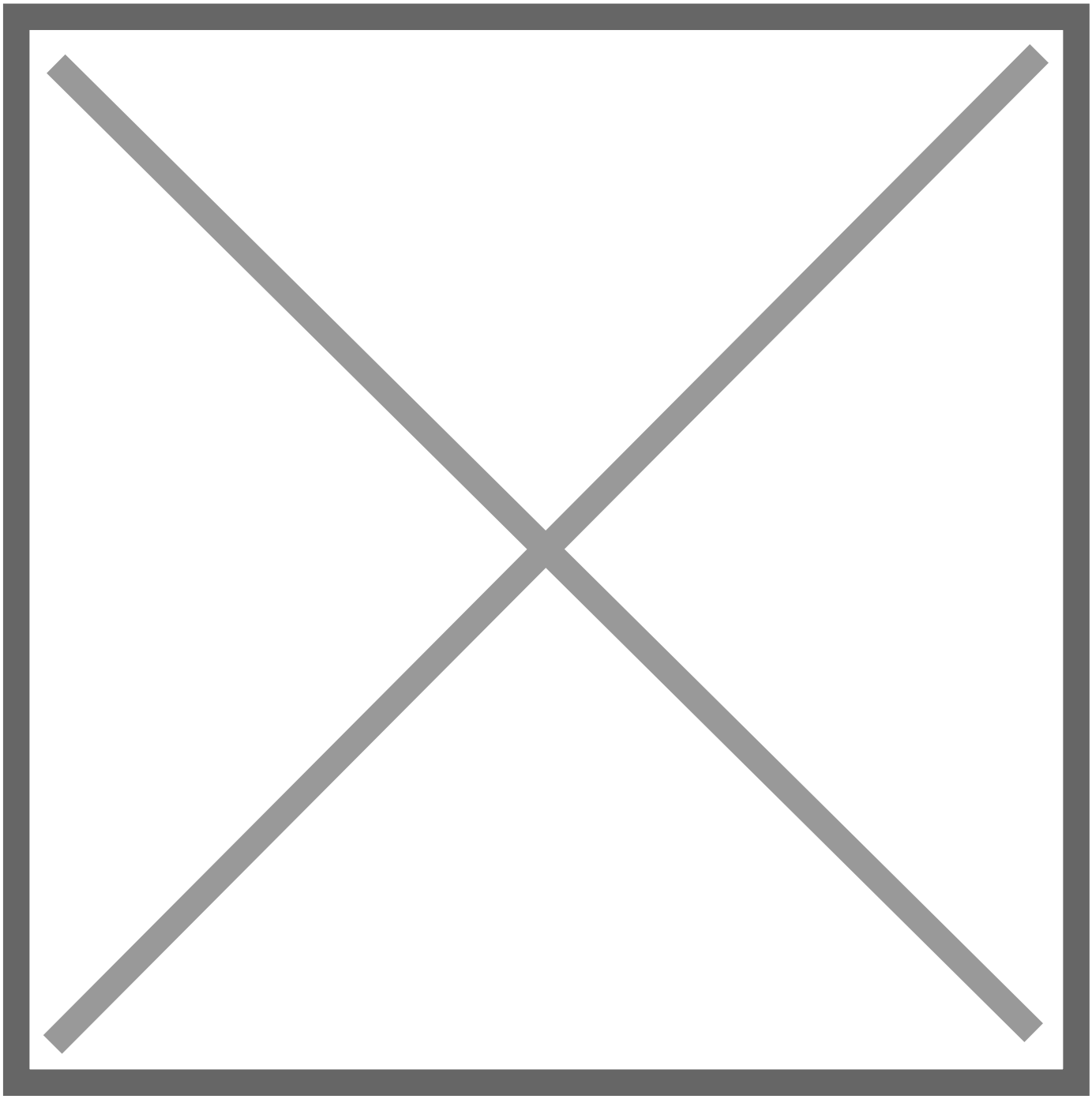
This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity for children, including adolescents (aged 5 to 18 years). Where available, data on common and relevant obesity drivers and comorbidities are also presented.

View the latest version of this report on the Global Obesity Observatory at https://data.worldobesity.org/country/iran-97/.

Contents	Page
Obesity prevalence	3
Overweight/obesity by education	6
Overweight/obesity by age	9
Overweight/obesity by region	11
Overweight/obesity by socio-economic group	14
Double burden of underweight & obesity	17
Mental health - depression disorders	20
Mental health - anxiety disorders	24

Obesity prevalence

Children, 2015

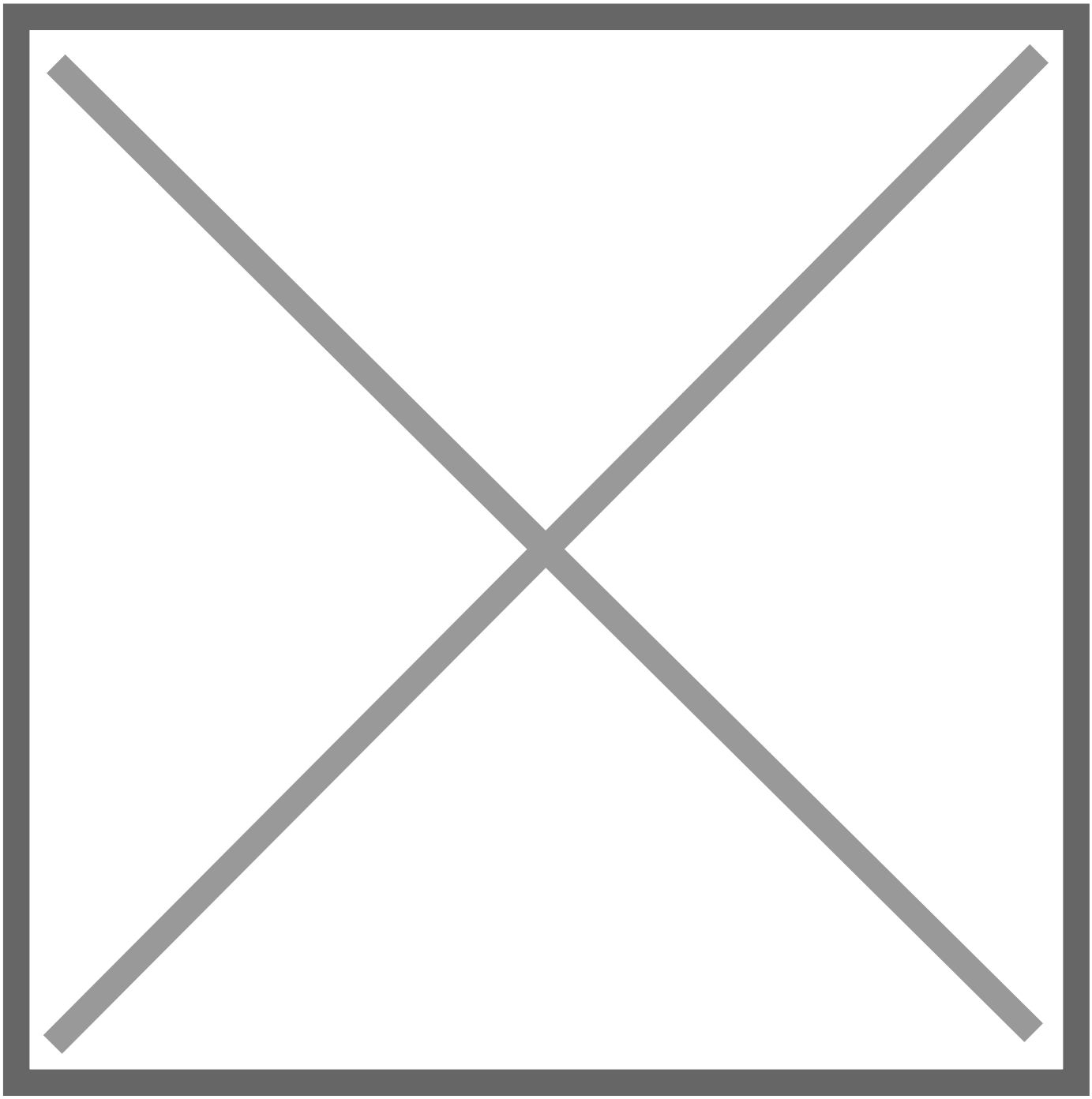


Survey type:	Measured
Age:	10-12
Sample size:	2506
Area covered:	Regional
References:	Moradi G, Mostafavi F, Azadi N, Esmaeilnasab N, Ghaderi E.Socioeconomic Inequality in Childhood Obesity.J Res Health Sci. 2017 Aug 15;17(3):E1-6.

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

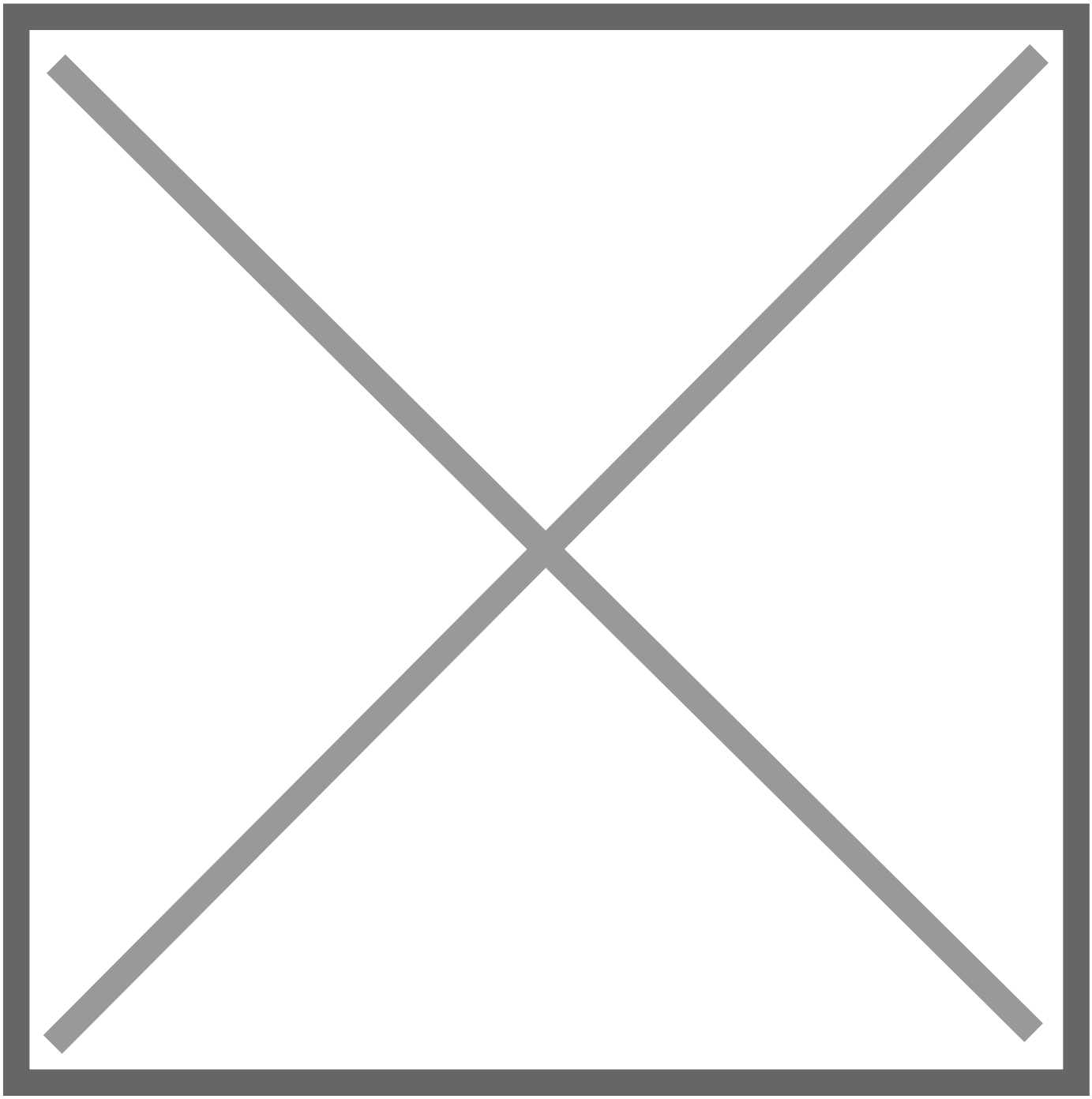


Survey type:	Measured
Age:	10-12
Sample size:	2506
Area covered:	Sub National - City of SANANDAJ
References:	Moradi G, Mostafavi F, Azadi N, Esmaeilnasab N, Ghaderi E.Socioeconomic Inequality in Childhood Obesity.J Res Health Sci. 2017 Aug 15;17(3):E1-6.

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

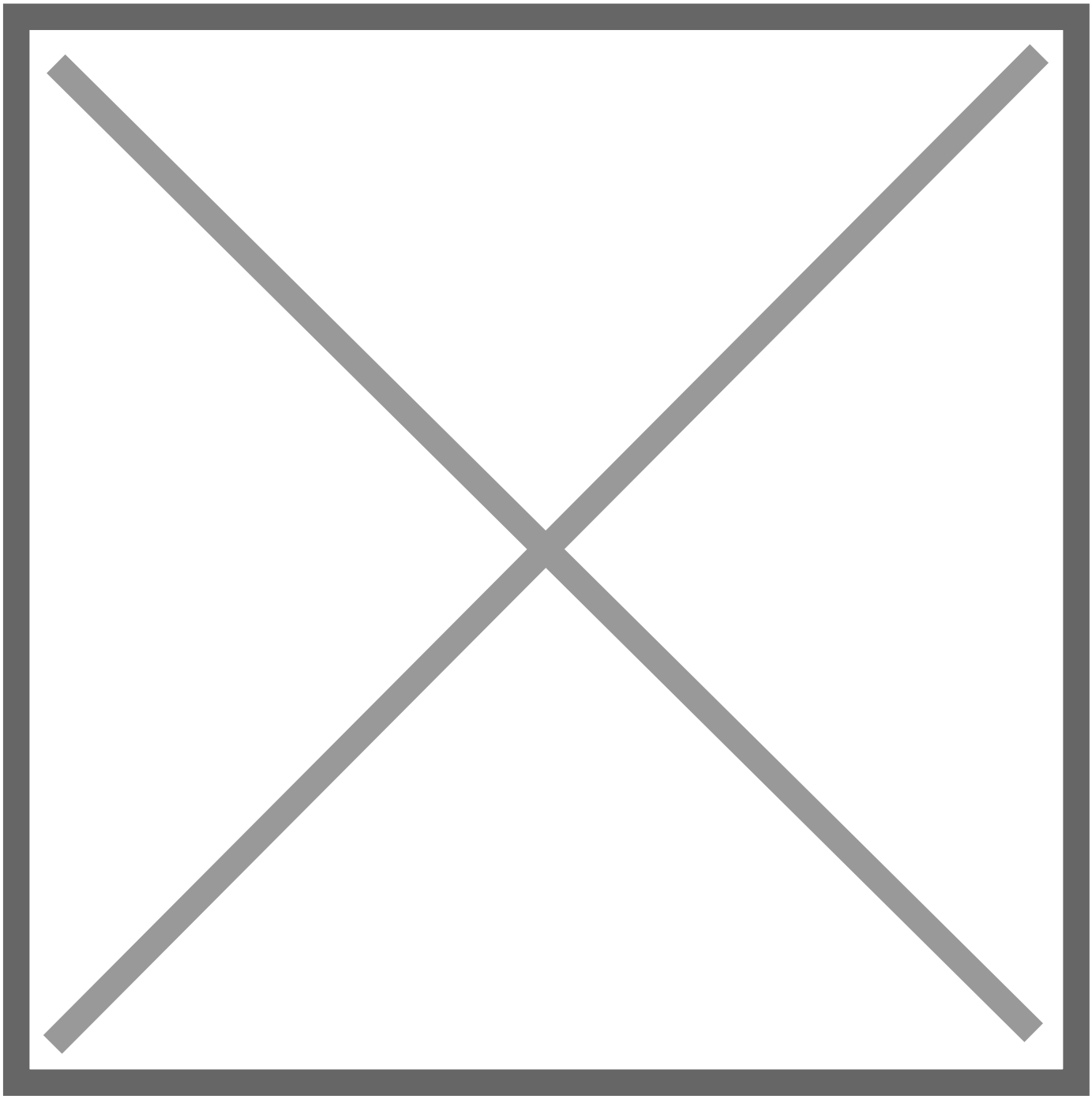
Children, 2010-2011



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

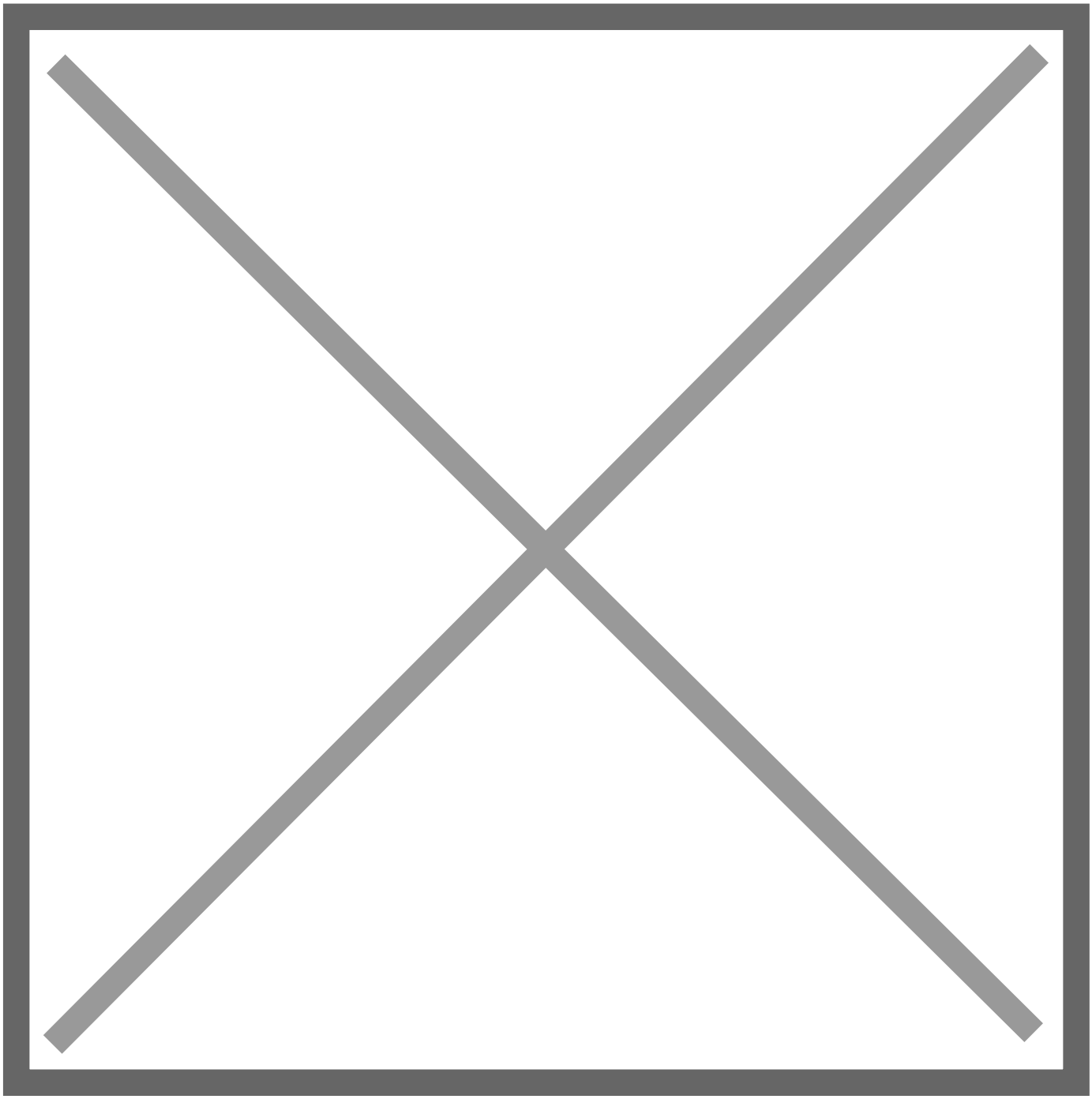


Survey type:	Measured
Age:	6-12
Sample size:	2195
Area covered:	Regional - Semnan Province
References:	Batool Karimi; Raheb Ghorbani. Overweight and Obesity in the Iranian Schoolchildren. Middle East Journal of Rehabilitation and Health 01/2015; 2(1). DOI: 10.17795/mejrh-24433

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

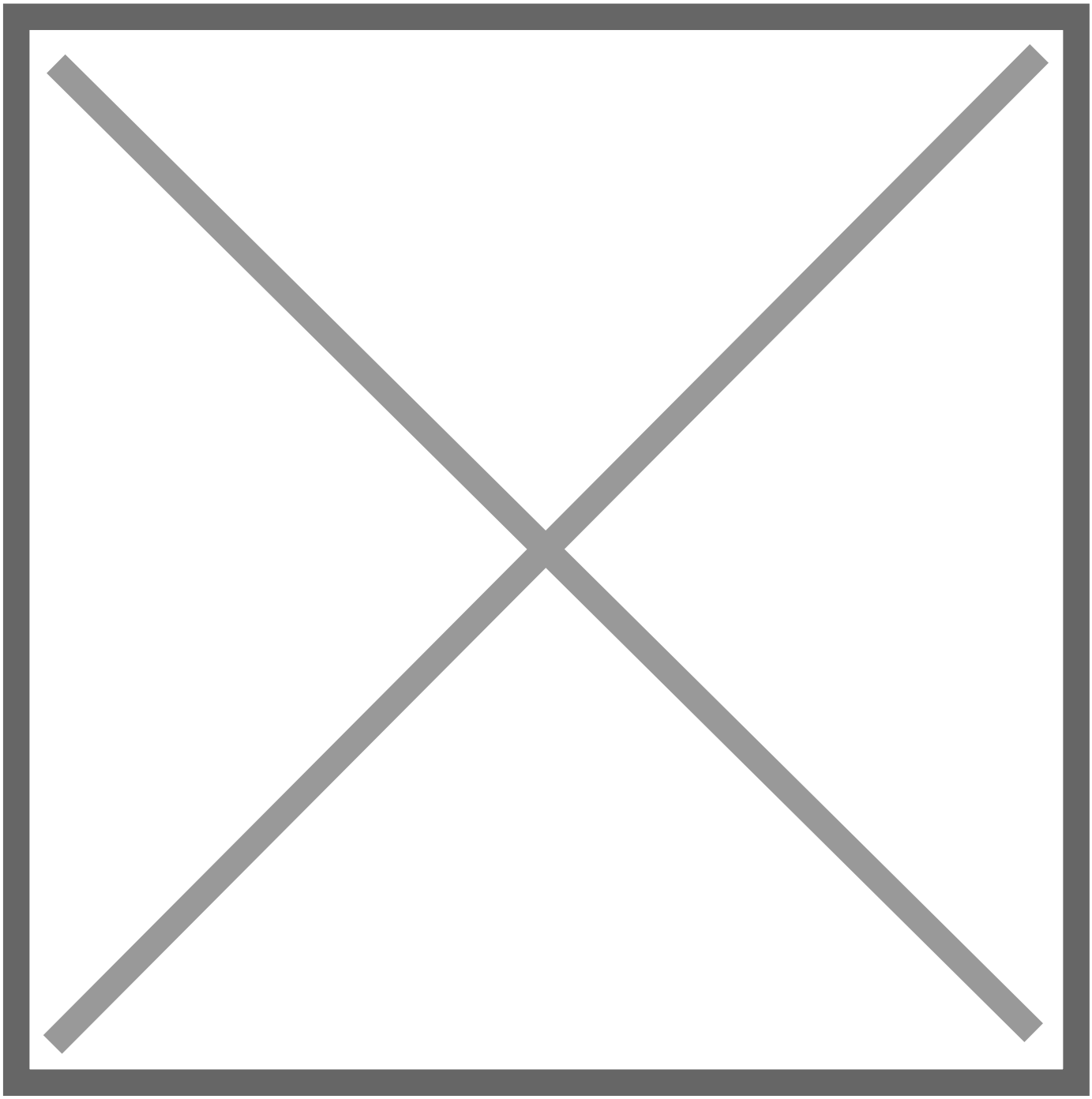


Survey type:	Measured
Age:	10-12
Sample size:	2506
Area covered:	Regional
References:	Moradi G, Mostafavi F, Azadi N, Esmaeilnasab N, Ghaderi E.Socioeconomic Inequality in Childhood Obesity.J Res Health Sci. 2017 Aug 15;17(3):E1-6.

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

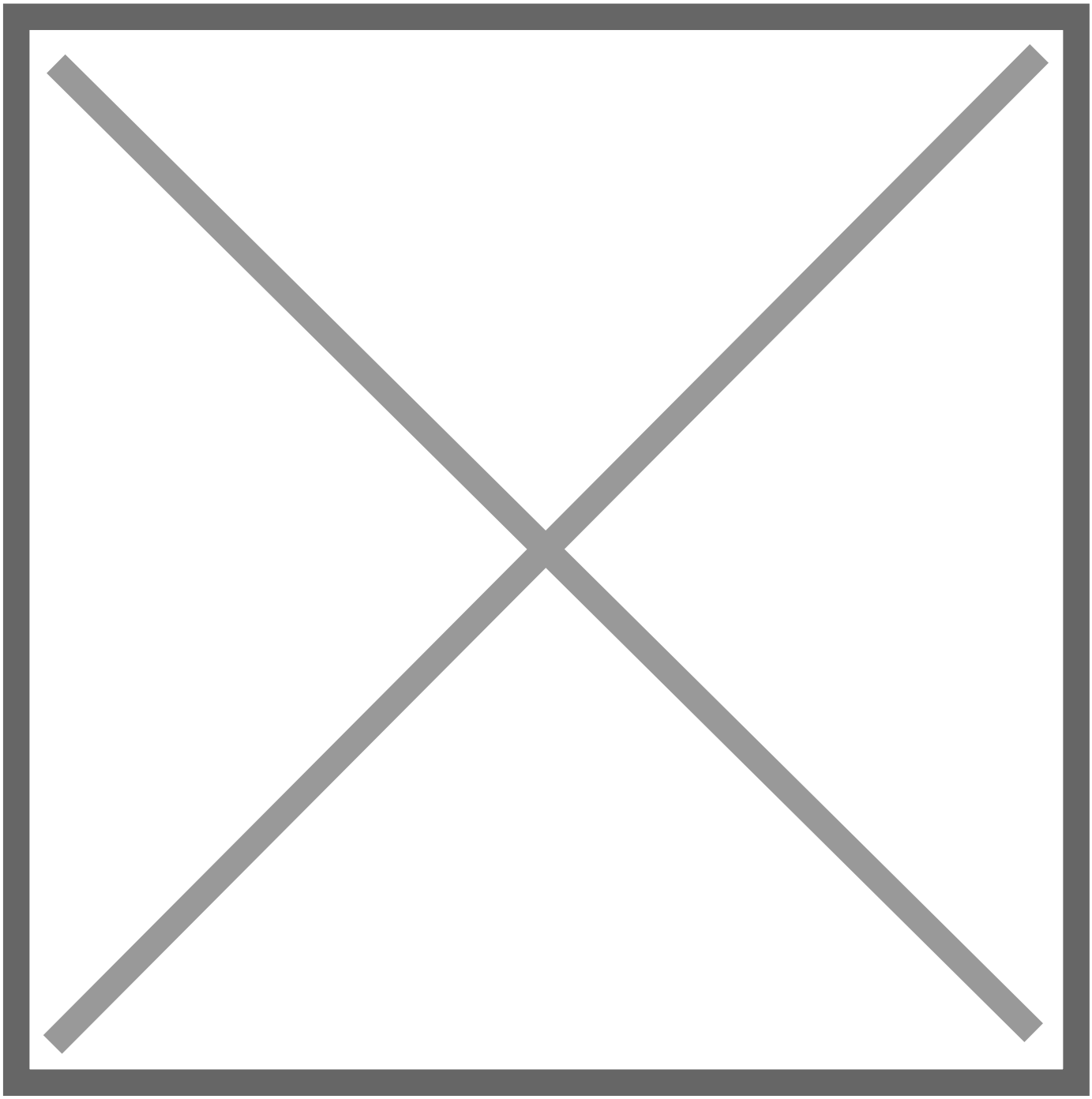


Survey type:	Measured
Age:	5-19
References:	NCD Risk Factor Collaboration (NCD-RisC). Worldwide trends in underweight and obesity from 1990 to 2022: a pooled analysis of 3663 population representative studies with 222 million children, adolescents, and adults. Lancet 2024; published online Feb 29. https://doi.org/10.1016/S0140-6736(23)02750-2.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

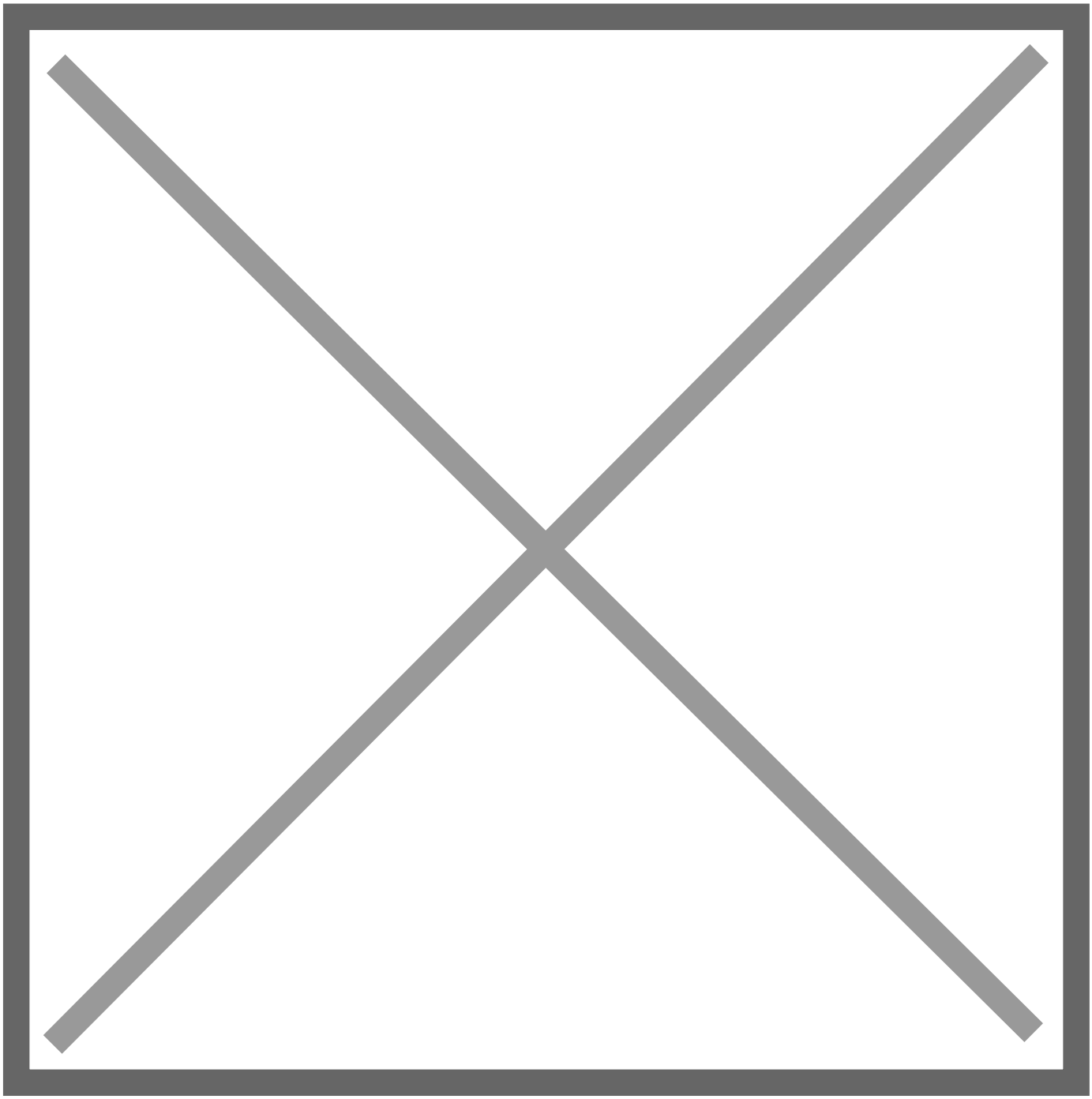
Mental health - depression disorders

Children, 2023



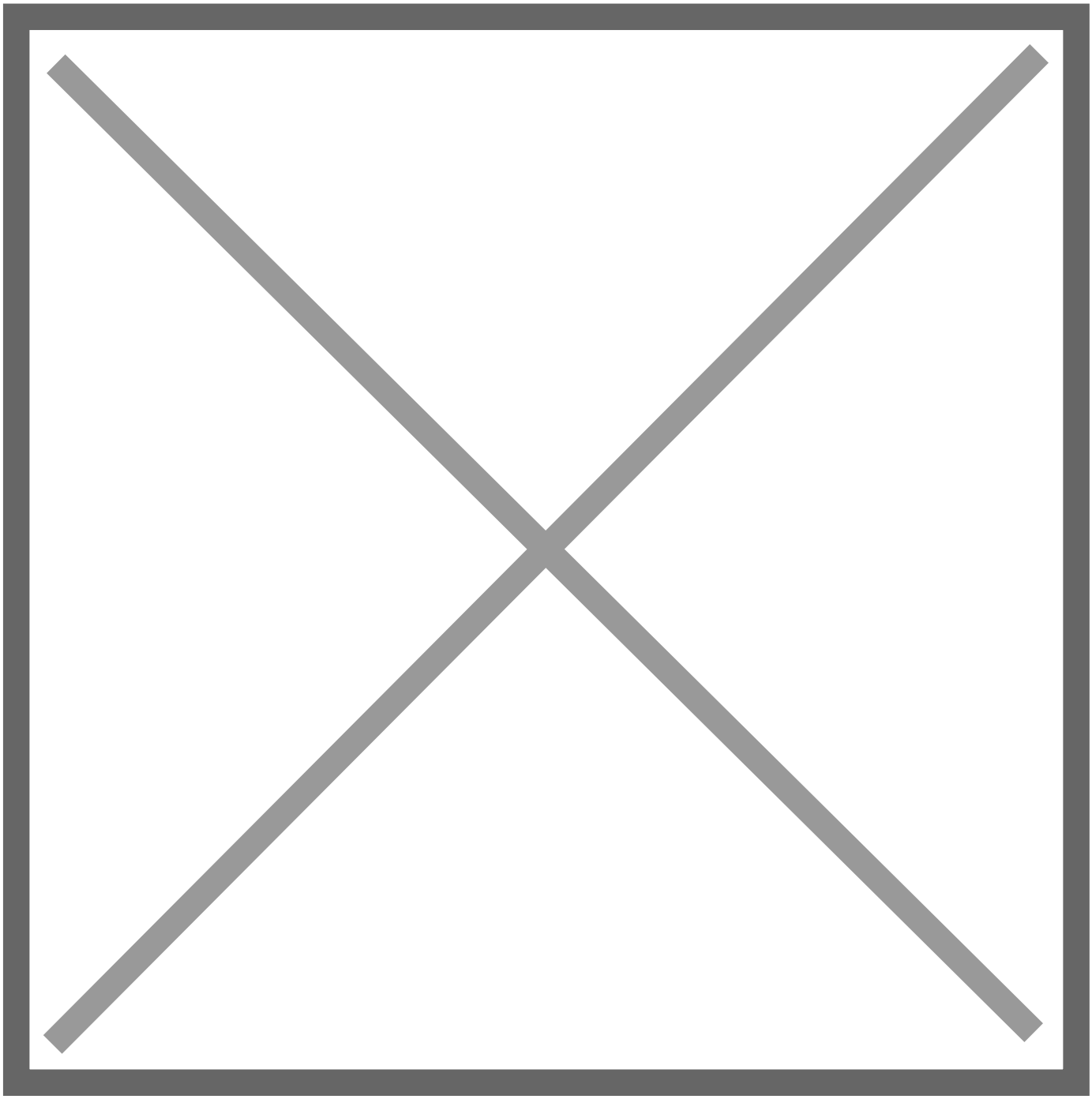
Area covered:	National
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from https://vizhub.healthdata.org/gbd-compare/ [Accessed 17.03.26]
Definitions:	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)

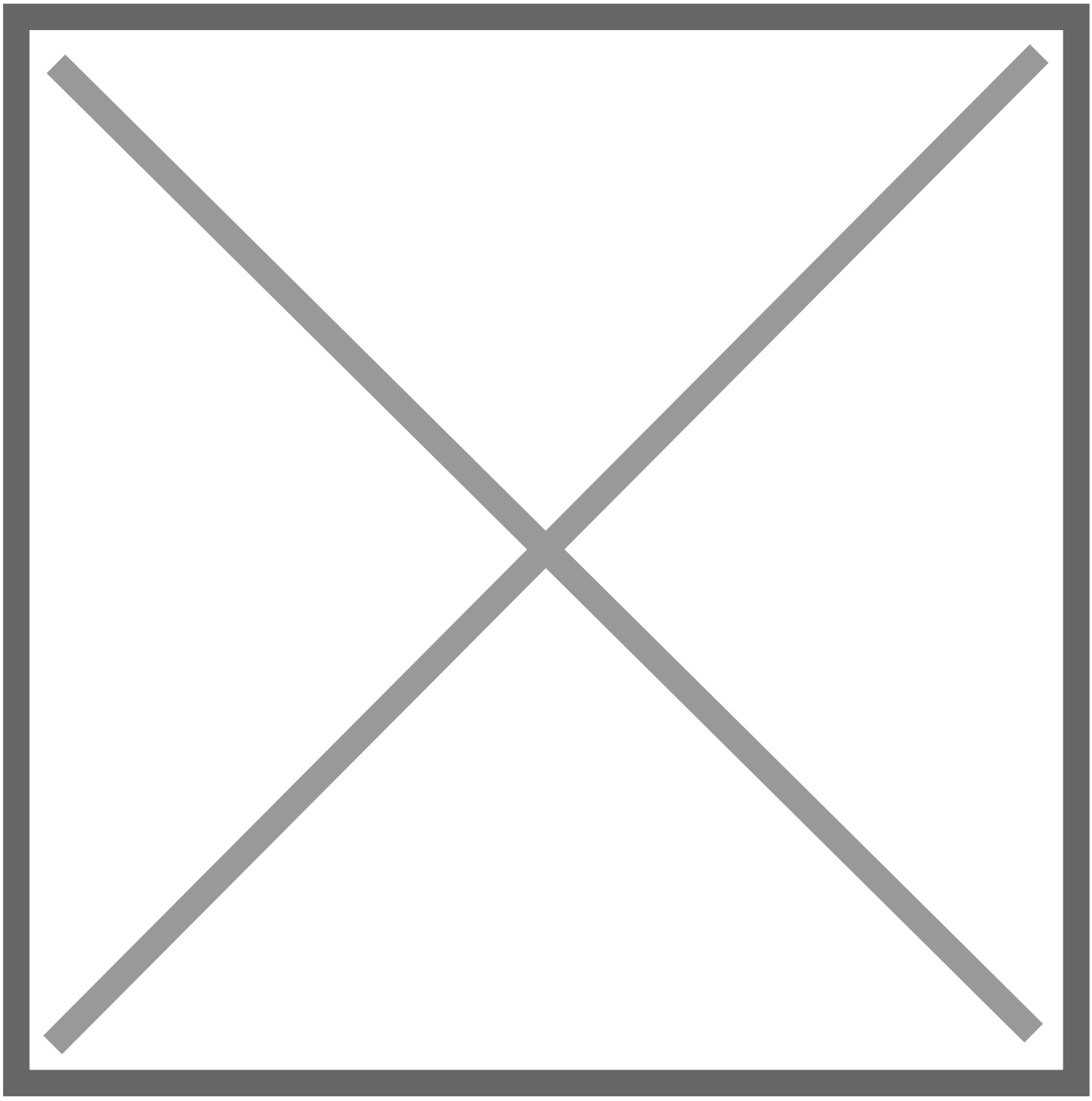
Girls, 2023



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)

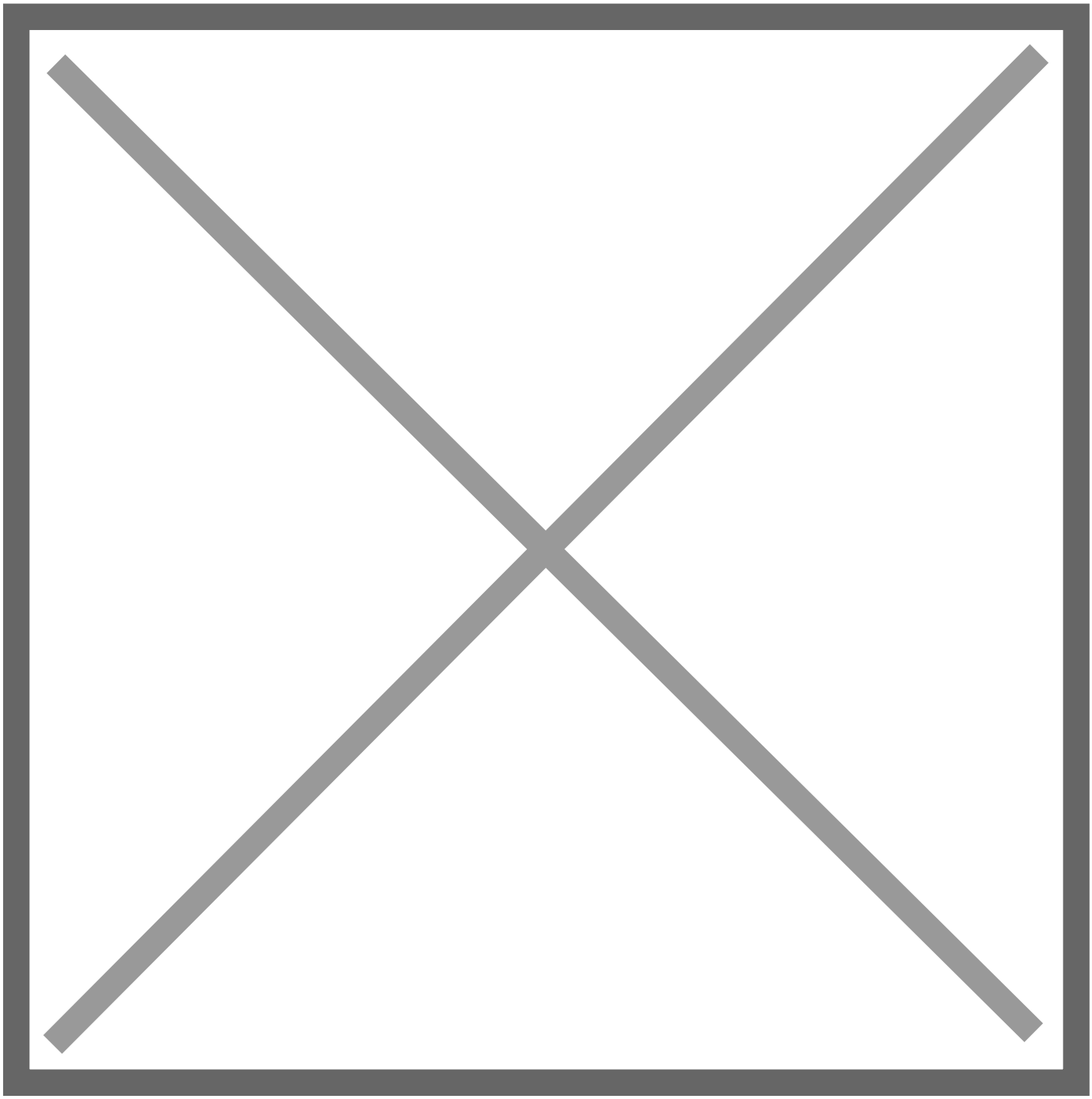
Mental health - anxiety disorders

Children, 2023



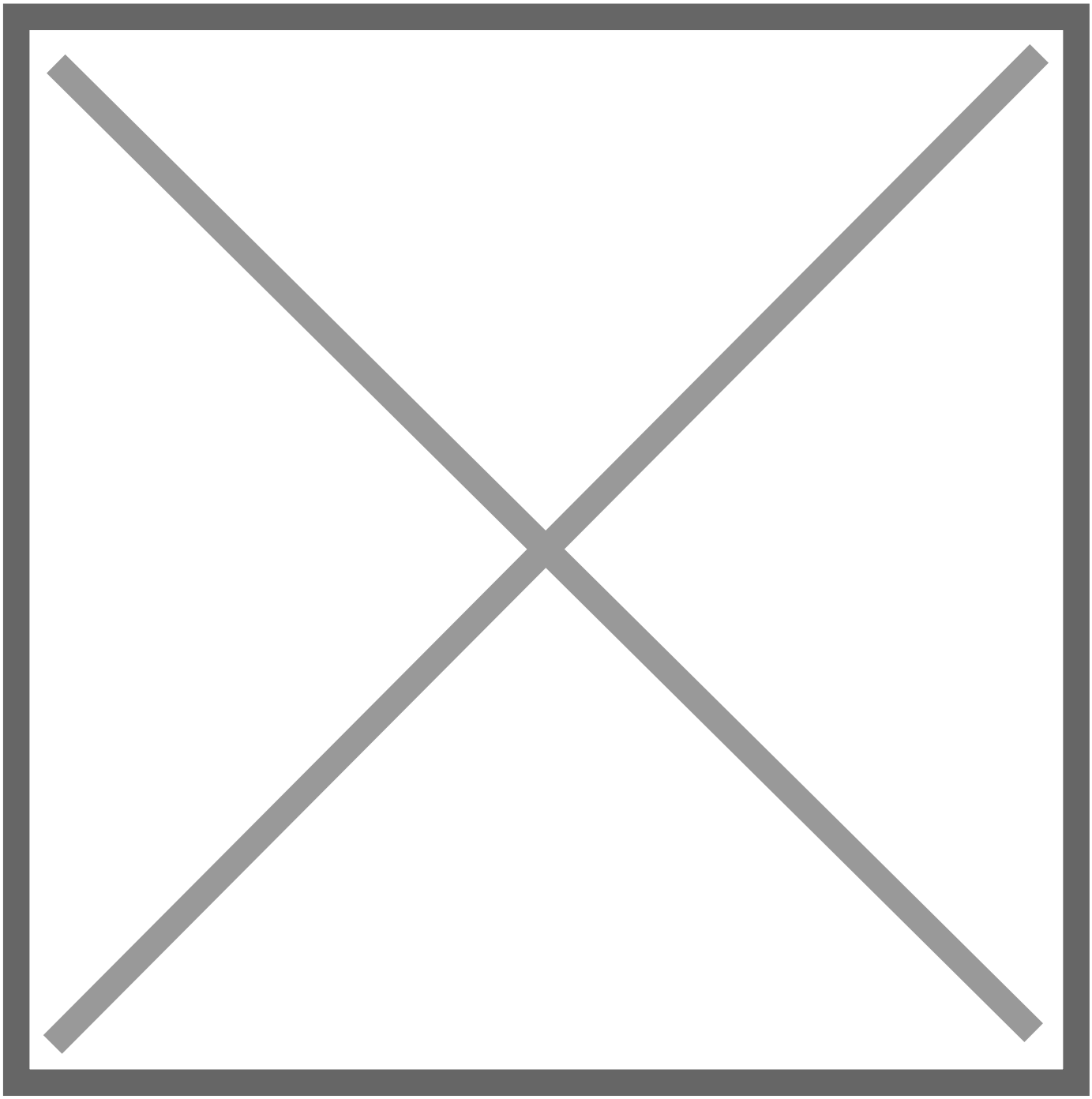
Area covered:	National
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from https://vizhub.healthdata.org/gbd-compare/ [Accessed 17.03.26]
Definitions:	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