Iran



Country report card - under-5s

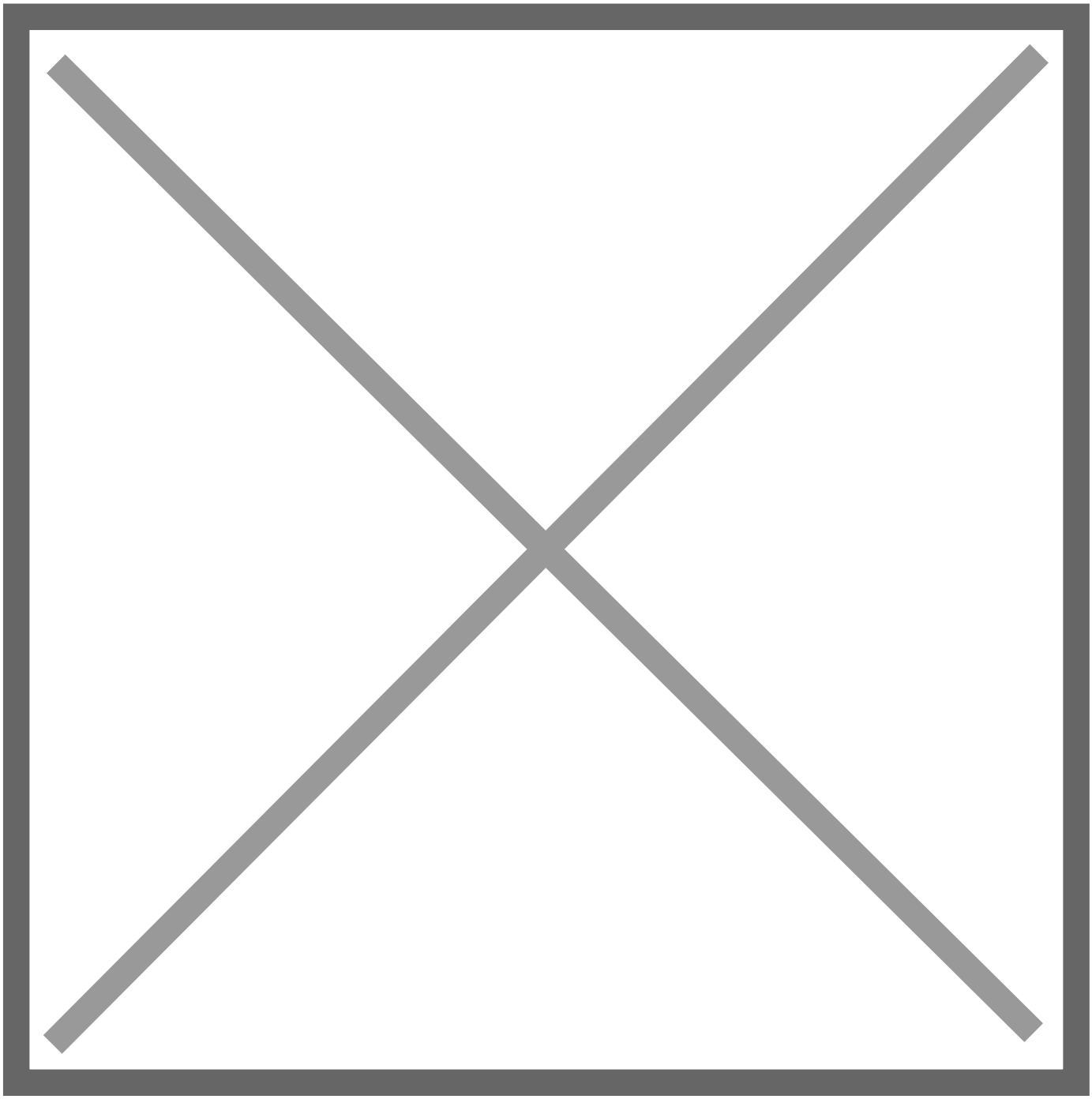
This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity for children under 5. Where available, data on common and relevant obesity drivers and comorbidities are also presented.

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

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Obesity prevalence

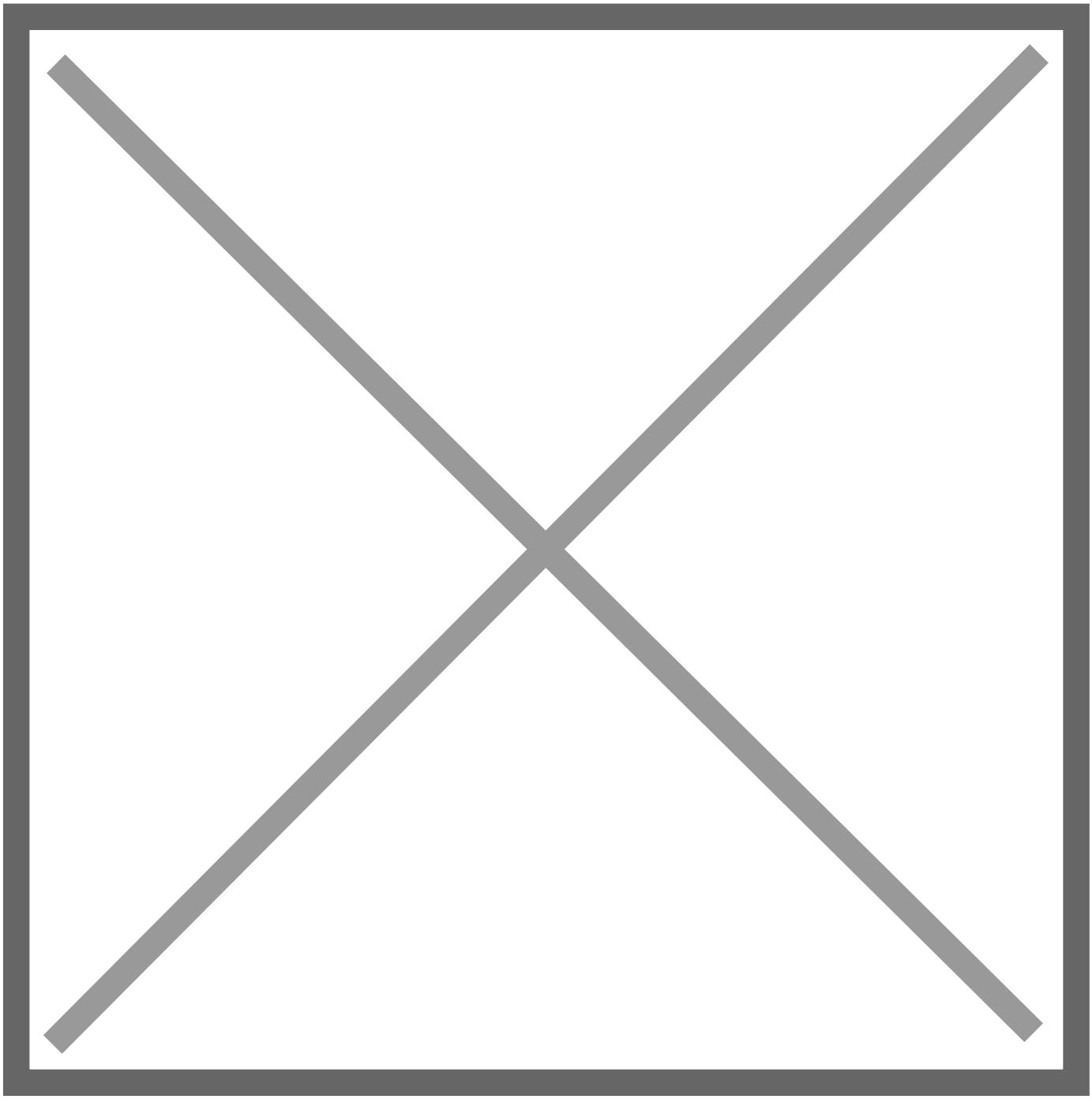
0-5 years, 2017



Age:	0-5
References:	NNS: Children Anthropometry, Nutrition and Development Survey 2017, CANDS_IR96. Ministry of Health. 2021. Tehran, Iran
Notes:	UNICEF/WHO/World Bank Joint Child Malnutrition Estimates Expanded Database: Overweight (Survey Estimates), May 2023, New York. For more information about the methodology, please consult https://data.unicef.org/resources/jme-2023-country-consultations/ Percentage of children under 5 years of age falling above 2 standard deviations (moderate and severe) from the median weight-for-height of the reference population.
Definitions:	=>+2SD

Overweight/obesity by region

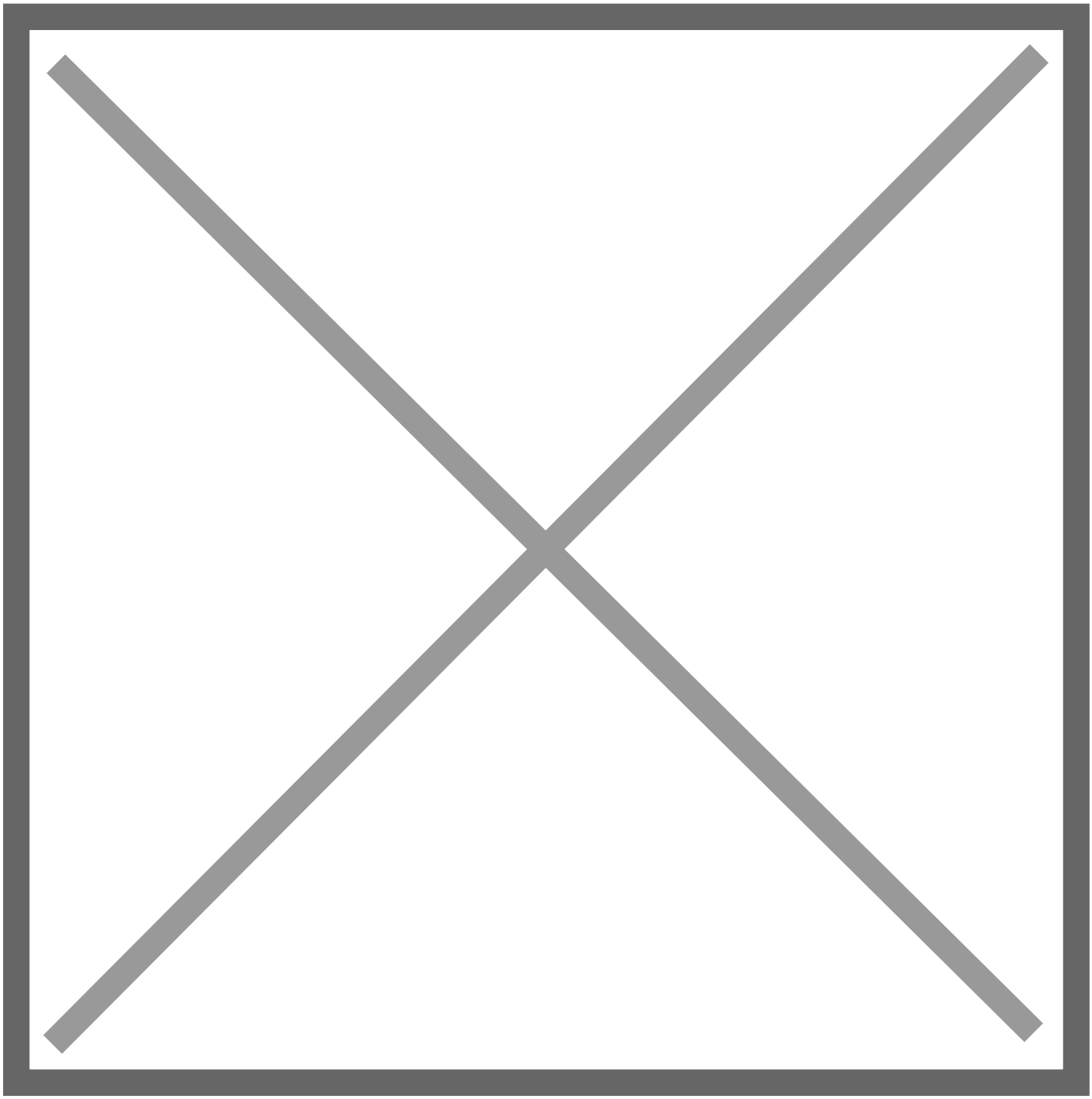
0-5 years, 2017



References:	NNS: Children Anthropometry, Nutrition and Development Survey 2017, CANDS_IR96. Ministry of Health. 2021. Tehran, Iran
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Definitions:	=>+2SD

Overweight/obesity by socio-economic group

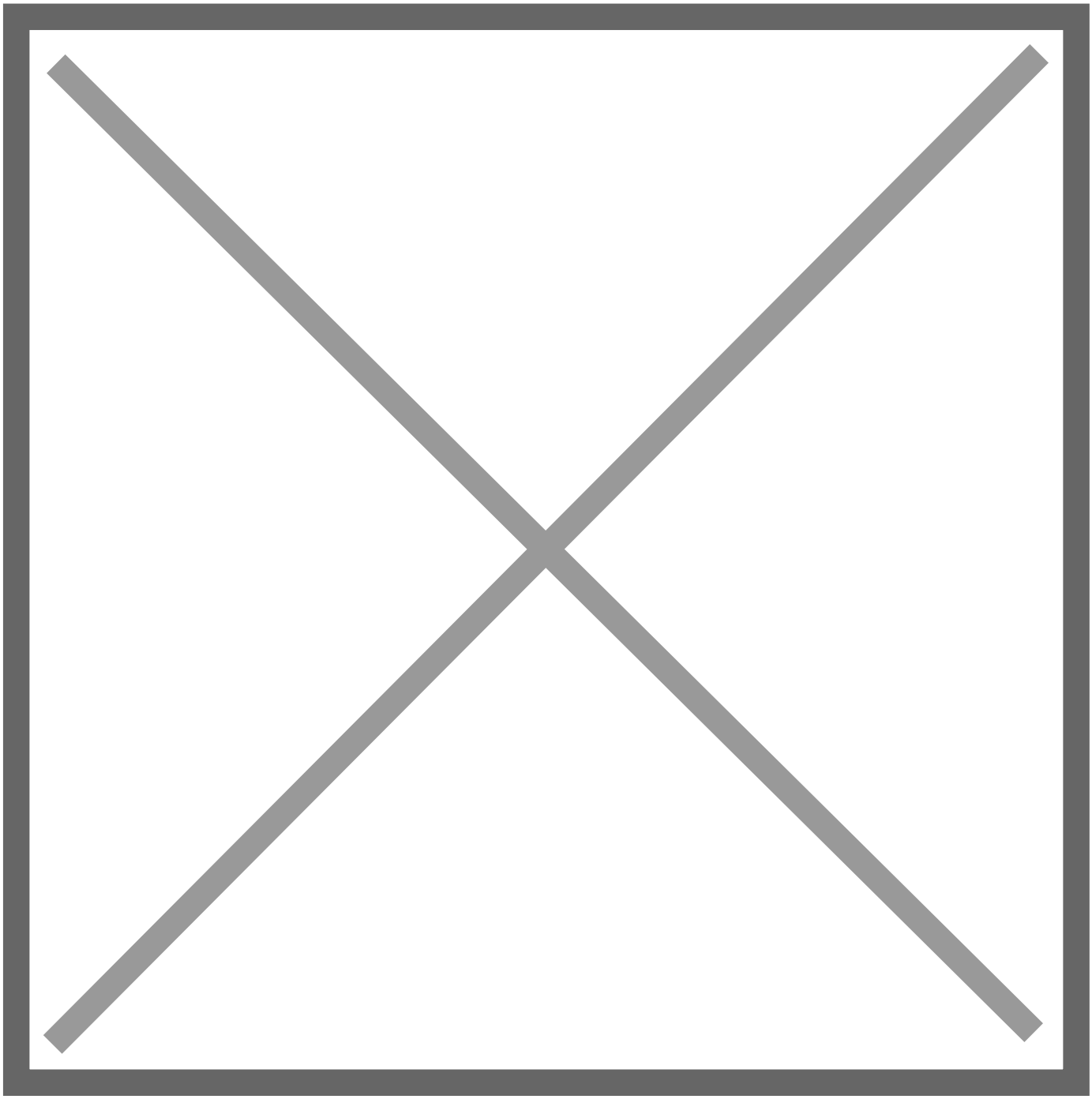
0-5 years, 2017



References:	NNS: Children Anthropometry, Nutrition and Development Survey 2017, CANDS_IR96. Ministry of Health. 2021. Tehran, Iran
Notes:	UNICEF/WHO/World Bank Joint Child Malnutrition Estimates Expanded Database: Overweight (Survey Estimates), May 2023, New York. For more information about the methodology, please consult https://data.unicef.org/resources/jme-2023-country-consultations/ Percentage of children under 5 years of age falling above 2 standard deviations (moderate and severe) from the median weight-for-height of the reference population.
Definitions:	=>+2SD

% Infants exclusively breastfed 0-5 months

0-5 years, 2010-2023



Area covered:	National
References:	Children Anthropometry, Nutrition and Development Survey 2017, CANDS_IR96. Ministry of Health. 2021. Tehran, Iran
Notes:	Full details available at source: United Nations Children's Fund, Division of Data, Analysis, Planning and Monitoring (2025). Global UNICEF Global Databases: Infant and Young Child Feeding: Exclusive breastfeeding, New York, November 2025.
Definitions:	Infants 0-5 months of age who received only breast milk during the previous day. The definition allows for medicines, vitamins and oral re-hydration solution to have been given. These infants would not have received water-based liquids, milk based-liquids or food.

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