



Iran



Country report card - under-5s

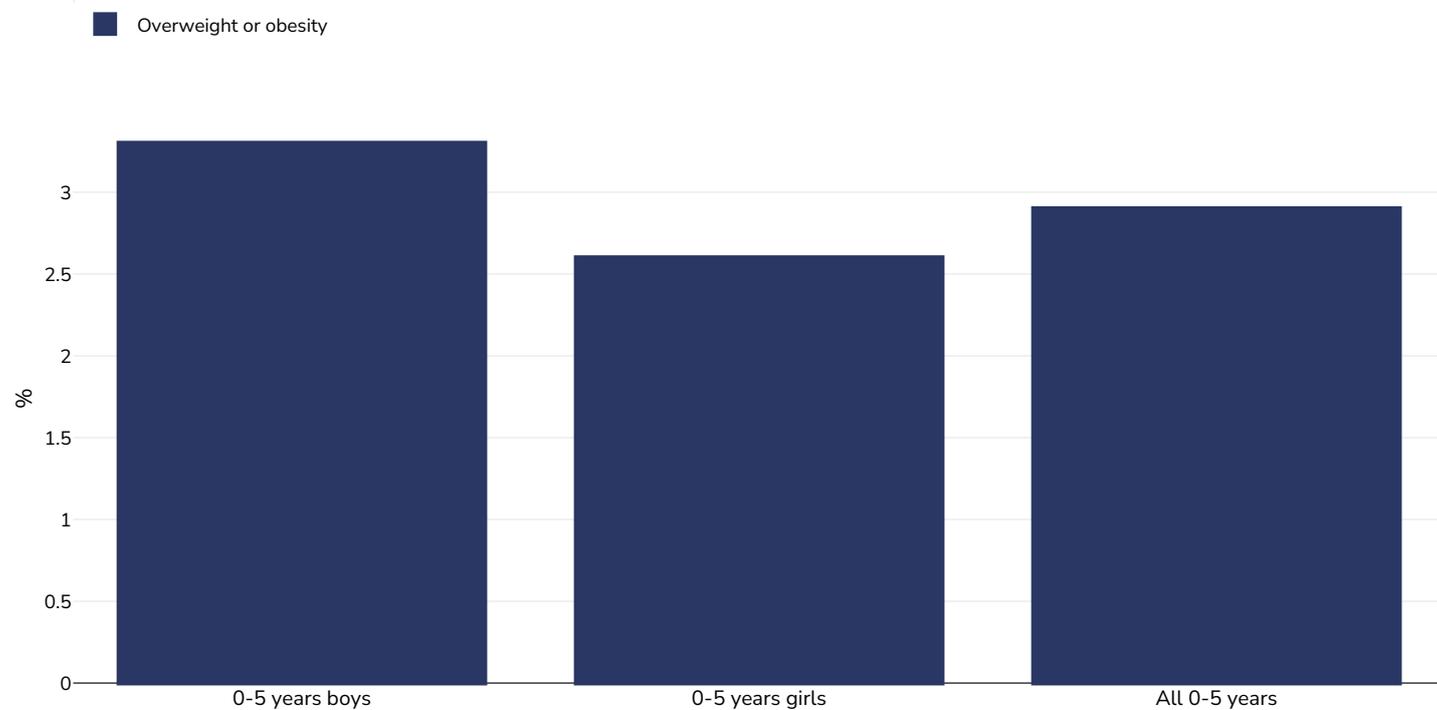
This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity for children under 5. Where available, data on common and relevant obesity drivers and comorbidities are also presented.

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

Contents	Page
Obesity prevalence	3
Overweight/obesity by region	4
Overweight/obesity by socio-economic group	5
% Infants exclusively breastfed 0-5 months	6

Obesity prevalence

0-5 years, 2017



Age: 0-5

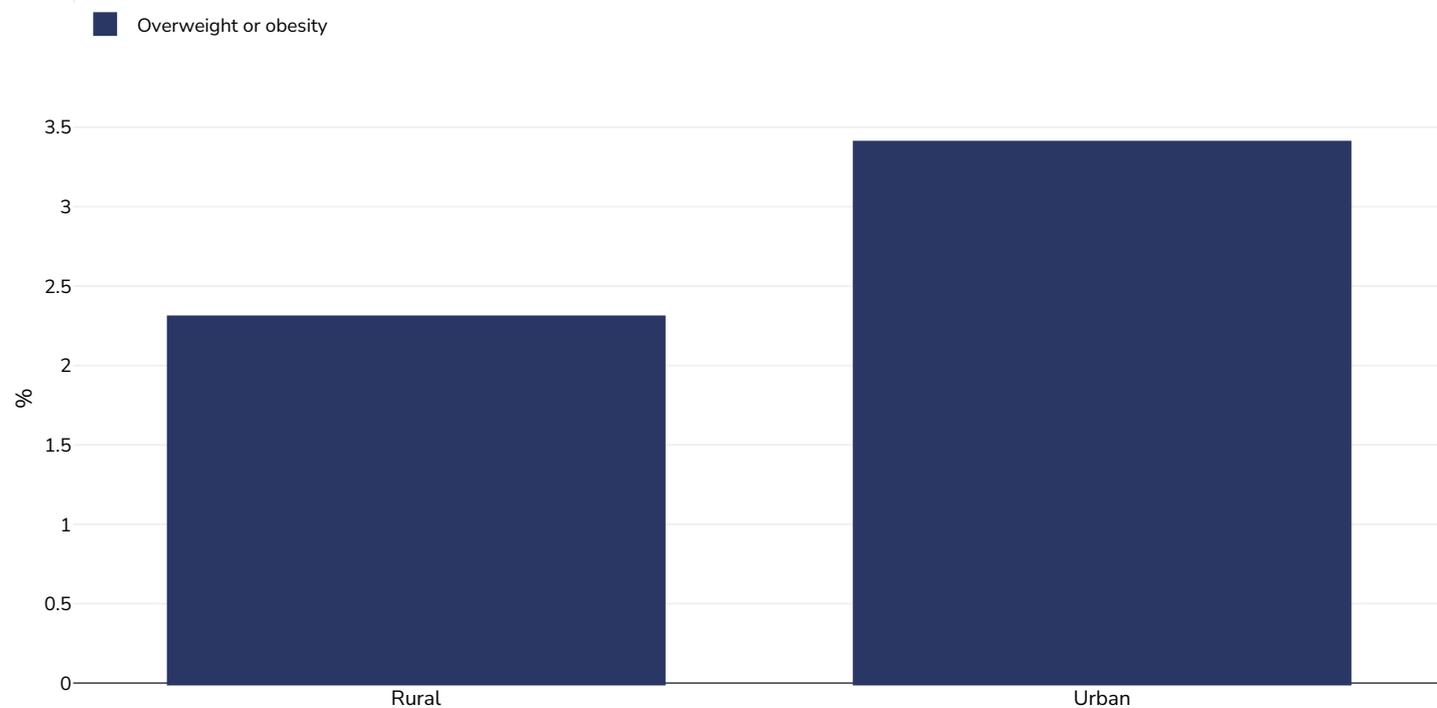
References: NNS: Children Anthropometry, Nutrition and Development Survey 2017, CANDS_IR96. Ministry of Health. 2021. Tehran, Iran

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



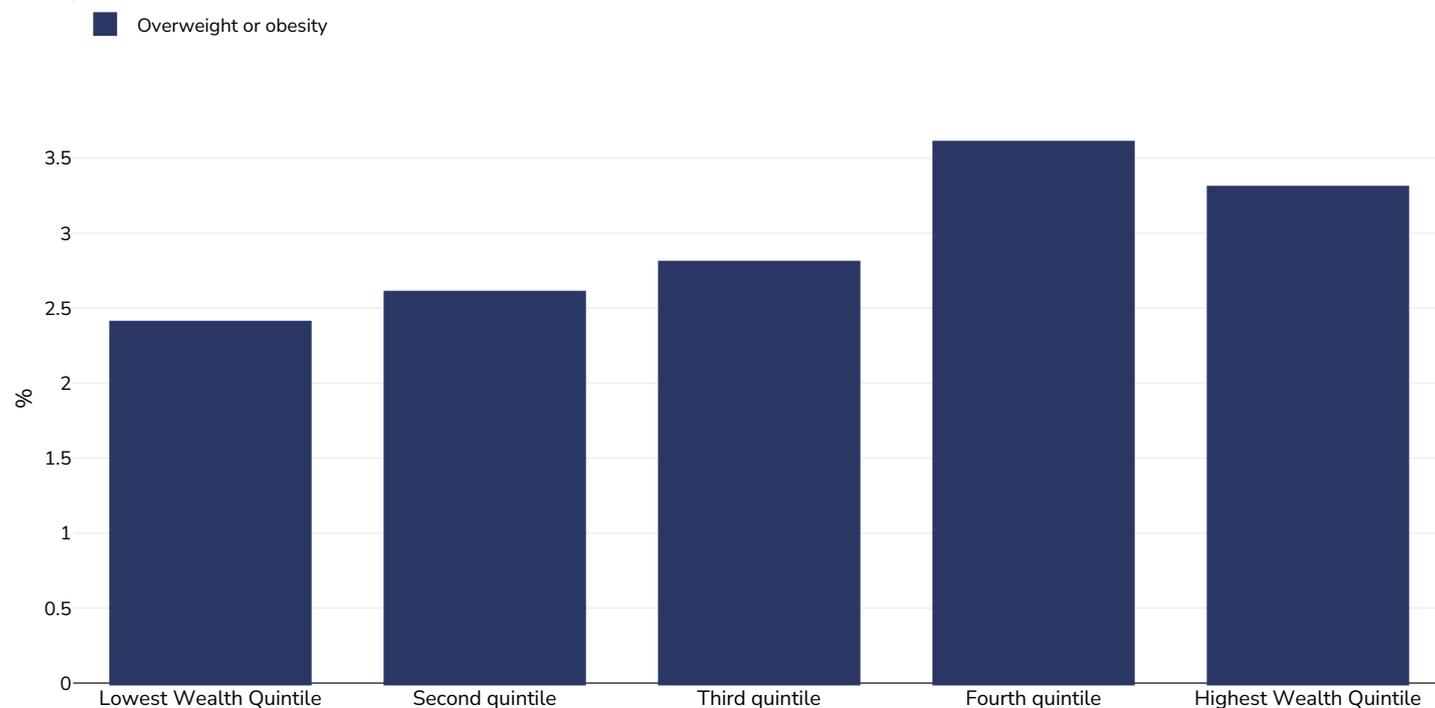
References: NNS: Children Anthropometry, Nutrition and Development Survey 2017, CANDS_IR96. Ministry of Health. 2021. Tehran, Iran

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 socio-economic group

0-5 years, 2017



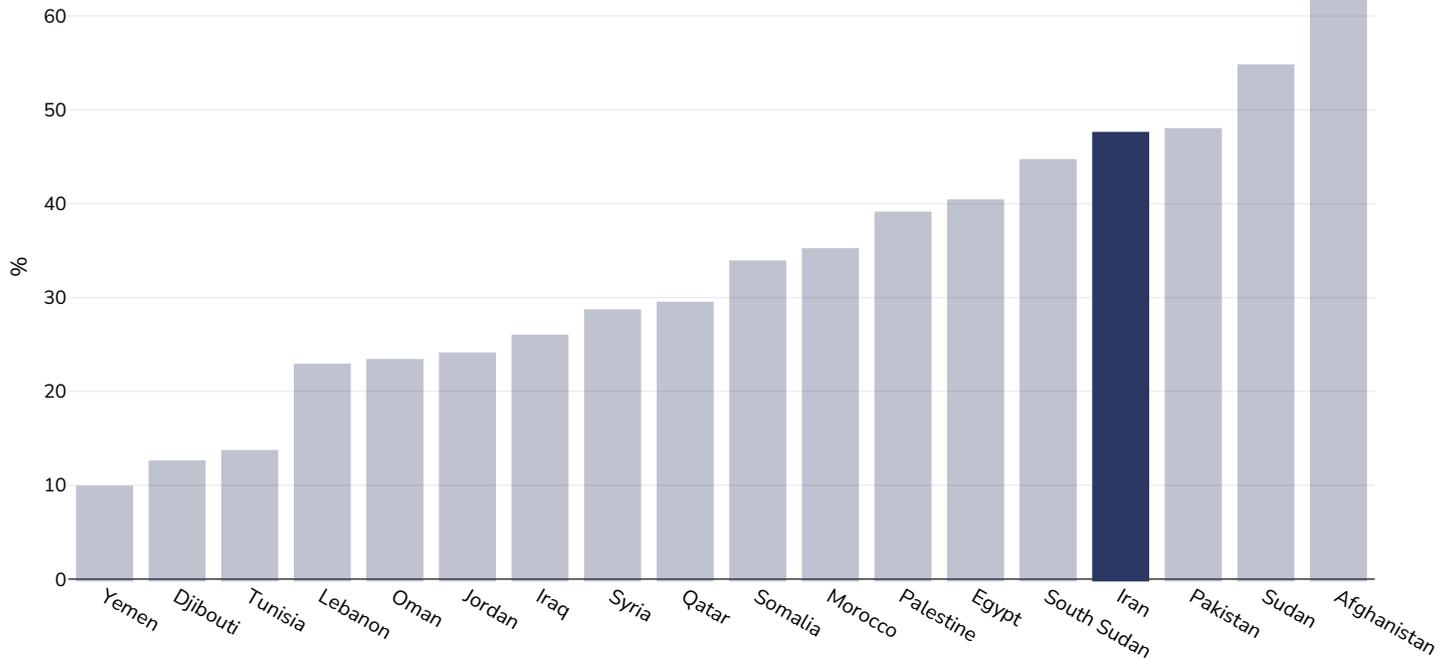
References: NNS: Children Anthropometry, Nutrition and Development Survey 2017, CANDS_IR96. Ministry of Health. 2021. Tehran, Iran

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



References: Children Anthropometry, Nutrition and Development Survey 2017, CANDS_IR96. Ministry of Health. 2021. Tehran, Iran

Notes: Full details are available. Original citation United Nations Children’s Fund, Division of Data, Analysis, Planning and Monitoring (2023). Global UNICEF Global Databases: Infant and Young Child Feeding: Exclusive breastfeeding, New York, October 2023.

PDF created on June 17, 2025