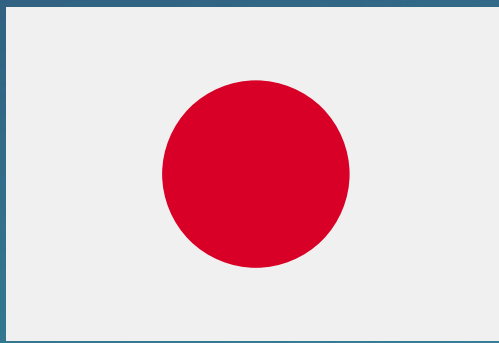




# Japan



## 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/japan-105/>.*

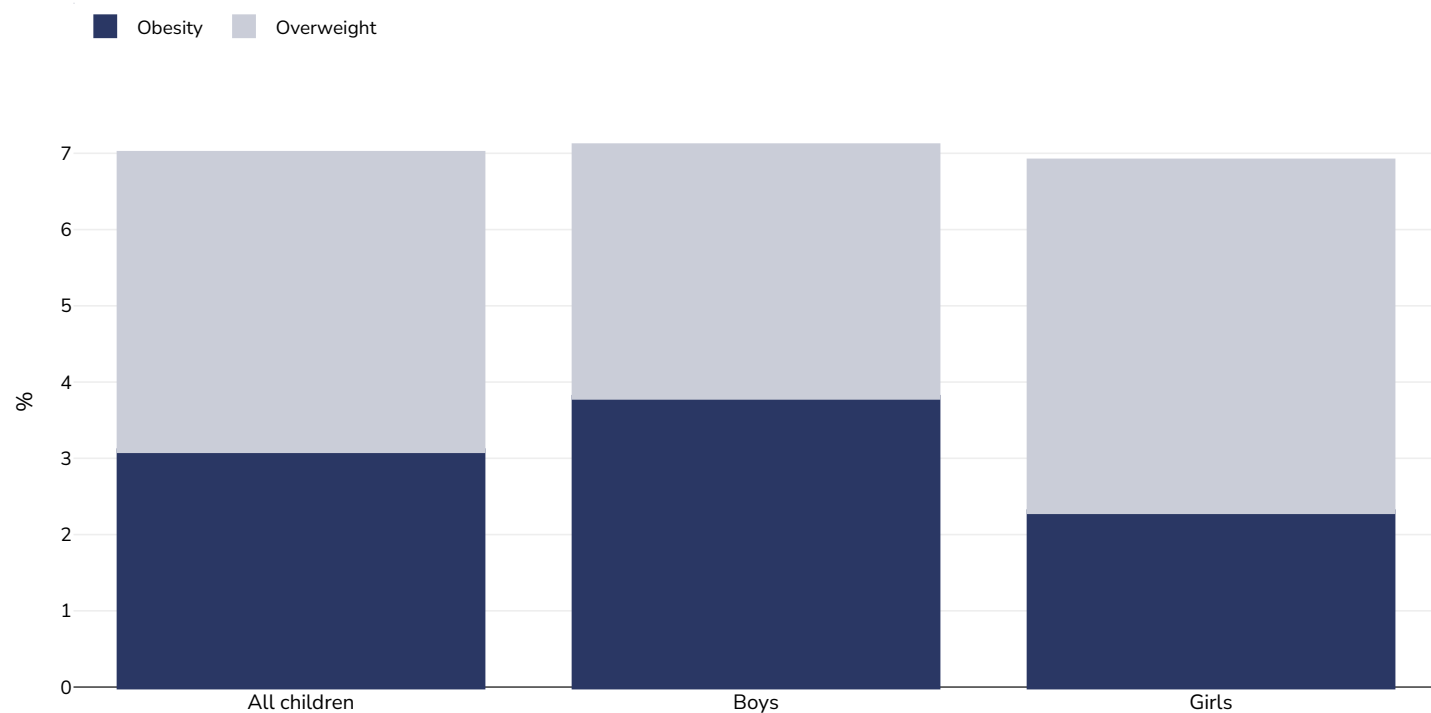
| Contents                                                               | Page |
|------------------------------------------------------------------------|------|
| Obesity prevalence                                                     | 3    |
| Trend: % Children living with overweight or obesity                    | 4    |
| Trend: % Children living with overweight or obesity in Japan 1976-1996 | 7    |
| Overweight/obesity by education                                        | 9    |
| Overweight/obesity by age                                              | 10   |
| Overweight/obesity by region                                           | 11   |
| Overweight/obesity by socio-economic group                             | 12   |
| Double burden of underweight & overweight                              | 15   |
| Mental health - depression disorders                                   | 16   |
| Mental health - anxiety disorders                                      | 20   |

**National obesity risk \*5/10** This is a composite obesity risk score (out of 10, the highest risk) based on obesity prevalence, rate of increase, likelihood of meeting the 2025 target, treatment indicator and childhood stunting levels. **Childhood obesity risk \*3/11** This is a risk score for each country's likelihood of having or acquiring a major childhood obesity problem during the 2020s, taking account of current prevalence levels and risk for future obesity (based on stunting among infants, maternal obesity, maternal smoking, and breastfeeding rates).

\* Based on estimated data. For more information see Publications

## Obesity prevalence

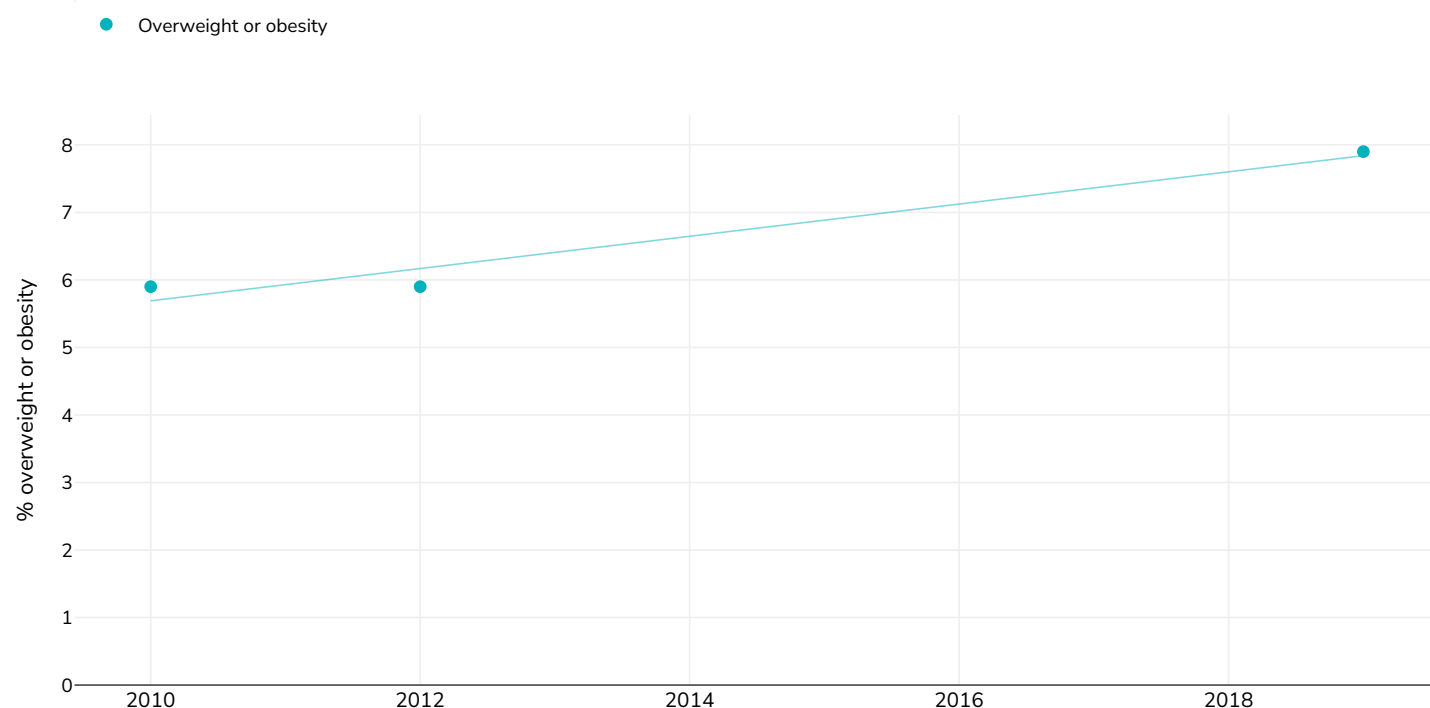
### Children, 2023



|               |                                                                                                                                                                                                                                                                                                                                               |
|---------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Survey type:  | Measured                                                                                                                                                                                                                                                                                                                                      |
| Age:          | 6-14                                                                                                                                                                                                                                                                                                                                          |
| Sample size:  | 357                                                                                                                                                                                                                                                                                                                                           |
| Area covered: | National                                                                                                                                                                                                                                                                                                                                      |
| References:   | Ministry of Health, Labor and Welfare. The National Health and Nutrition Survey (NHNS) Japan, 2023                                                                                                                                                                                                                                            |
| Notes:        | English summary currently unavailable. NB: VERY SMALL SAMPLE SIZE                                                                                                                                                                                                                                                                             |
| Definitions:  | Determination of obesity by school health statistics survey method. The degree of obesity in 6 to 14 years old was determined from the standard weight by age and height. Degree of obesity (overweight) = (measured weight (kg) - standard weight by height (kg)) / standard by height Weight (kg) x 100 (%) Overweight +20-30% Obesity >30% |

## % Children living with overweight or obesity

### Boys and girls



Survey type:

Measured

References:

2010: Japan National Health and Nutrition 2010 Survey. Excel results available at <https://www.e-stat.go.jp/stat-search/files?page=1&layout=datalist&toukei=00450171&tstat=000001041744&cycle=7&tclass1=000001148507&tclass2val=0> ('last accessed 18.09.23)

2012: Japan National Health and Nutrition 2012 Survey. Excel results available at <https://www.e-stat.go.jp/stat-search/files?page=1&layout=datalist&toukei=00450171&tstat=000001041744&cycle=7&tclass1=000001148507&tclass2val=0> ('last accessed 18.09.23)

2019: Japan National Health and Nutrition 2019 Survey. Excel results available at <https://www.e-stat.go.jp/stat-search/files?page=1&layout=datalist&toukei=00450171&tstat=000001041744&cycle=7&tclass1=000001148507&tclass2val=0> ('last accessed 27.09.22)

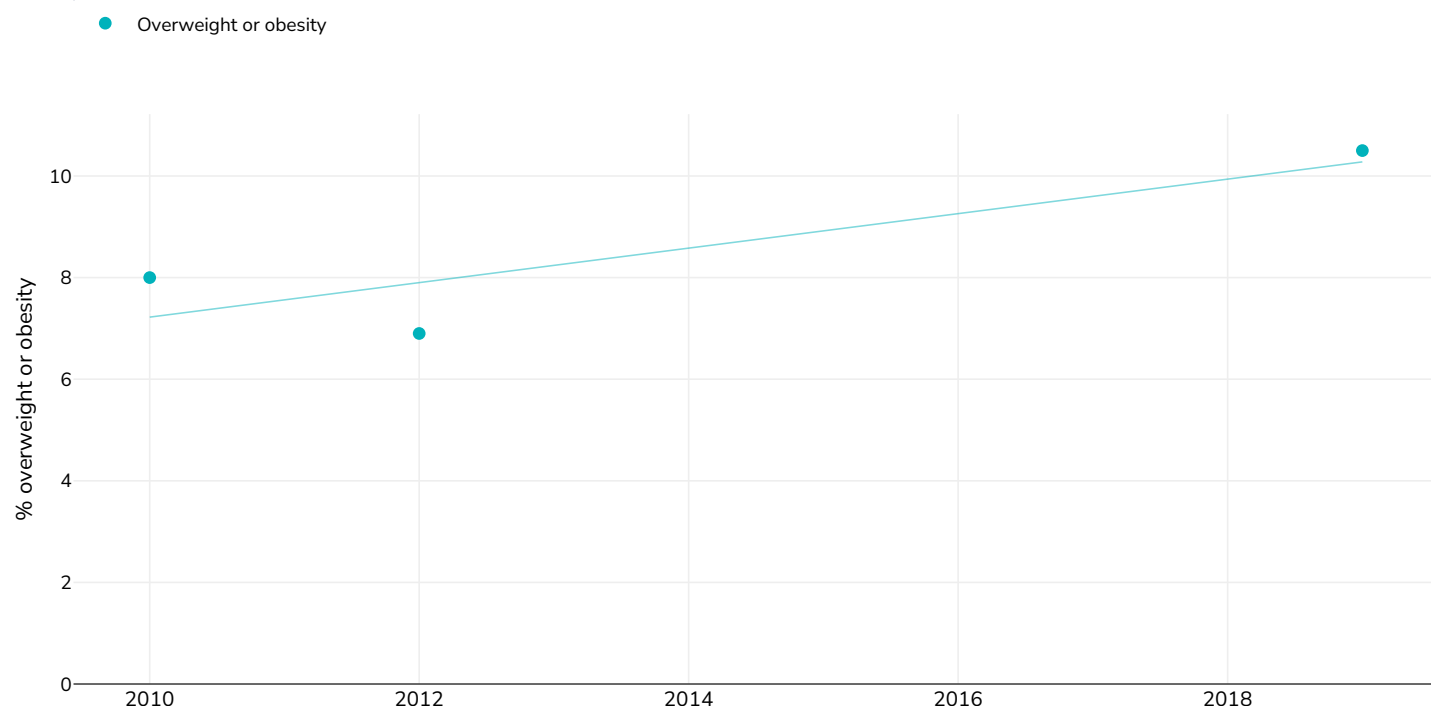
Definitions:

Determination of obesity by school health statistics survey method. The degree of obesity in 6 to 14 years old was determined from the standard weight by age and height. Degree of obesity (overweight) = (measured weight (kg) - standard weight by height (kg)) / standard by height Weight (kg) x 100 (%) Overweight +20-30% Obesity >30%

*Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m<sup>2</sup>, obesity refers to a BMI greater than 30kg/m<sup>2</sup>.*

*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.*

## Boys



**Survey type:** Measured

**References:**

2010: Japan National Health and Nutrition 2010 Survey. Excel results available at <https://www.e-stat.go.jp/stat-search/files?page=1&layout=datalist&toukei=00450171&tstat=000001041744&cycle=7&tclass1=000001148507&tclass2val=0> ('last accessed 18.09.23)

2012: Japan National Health and Nutrition 2012 Survey. Excel results available at <https://www.e-stat.go.jp/stat-search/files?page=1&layout=datalist&toukei=00450171&tstat=000001041744&cycle=7&tclass1=000001148507&tclass2val=0> ('last accessed 18.09.23)

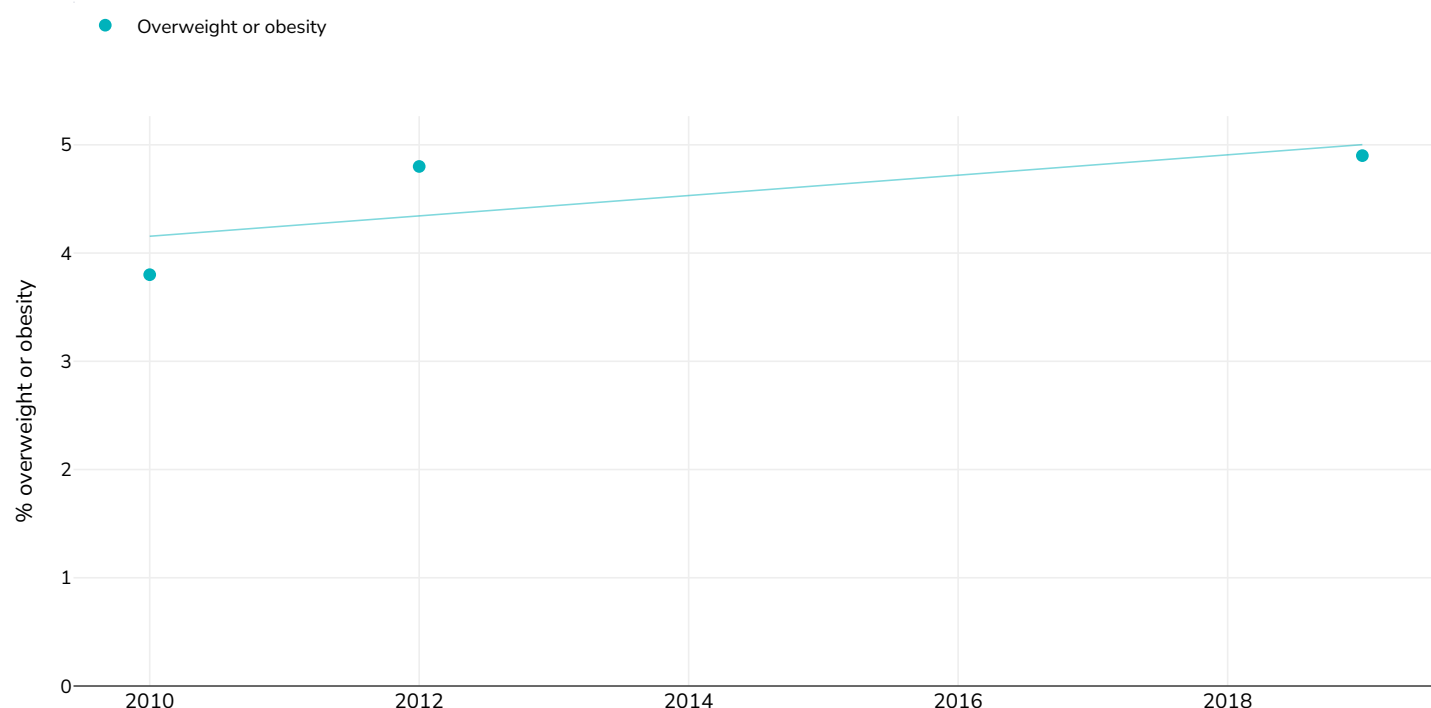
2019: Japan National Health and Nutrition 2019 Survey. Excel results available at <https://www.e-stat.go.jp/stat-search/files?page=1&layout=datalist&toukei=00450171&tstat=000001041744&cycle=7&tclass1=000001148507&tclass2val=0> ('last accessed 27.09.22)

**Definitions:** Determination of obesity by school health statistics survey method. The degree of obesity in 6 to 14 years old was determined from the standard weight by age and height. Degree of obesity (overweight) = (measured weight (kg) - standard weight by height (kg)) / standard by height Weight (kg) x 100 (%) Overweight +20-30% Obesity >30%

*Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m<sup>2</sup>, obesity refers to a BMI greater than 30kg/m<sup>2</sup>.*

*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.*

## Girls



Survey type:

Measured

References:

2010: Japan National Health and Nutrition 2010 Survey. Excel results available at <https://www.e-stat.go.jp/stat-search/files?page=1&layout=datalist&toukei=00450171&tstat=000001041744&cycle=7&tclass1=000001148507&tclass2val=0> ('last accessed 18.09.23)

2012: Japan National Health and Nutrition 2012 Survey. Excel results available at <https://www.e-stat.go.jp/stat-search/files?page=1&layout=datalist&toukei=00450171&tstat=000001041744&cycle=7&tclass1=000001148507&tclass2val=0> ('last accessed 18.09.23)

2019: Japan National Health and Nutrition 2019 Survey. Excel results available at <https://www.e-stat.go.jp/stat-search/files?page=1&layout=datalist&toukei=00450171&tstat=000001041744&cycle=7&tclass1=000001148507&tclass2val=0> ('last accessed 27.09.22)

Definitions:

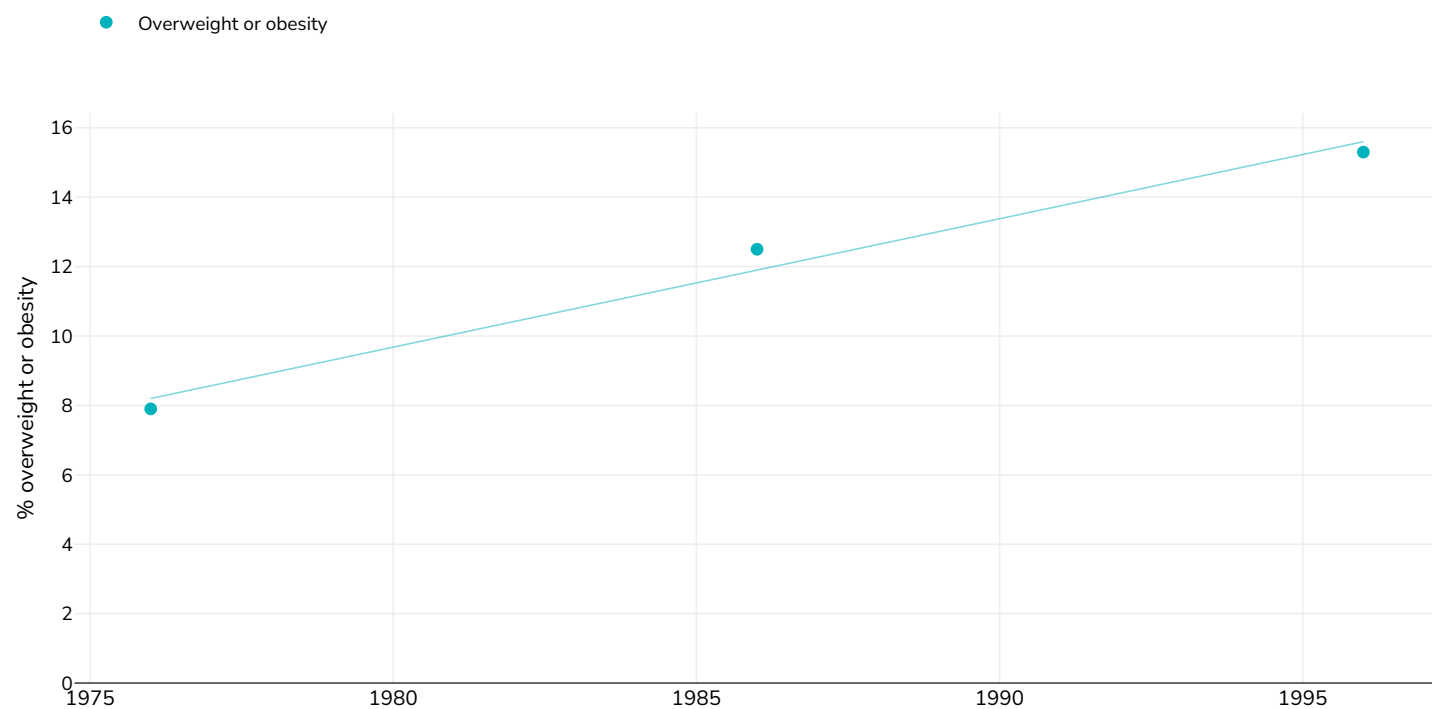
Determination of obesity by school health statistics survey method. The degree of obesity in 6 to 14 years old was determined from the standard weight by age and height. Degree of obesity (overweight) = (measured weight (kg) - standard weight by height (kg)) / standard by height Weight (kg) x 100 (%) Overweight +20-30% Obesity >30%

*Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m<sup>2</sup>, obesity refers to a BMI greater than 30kg/m<sup>2</sup>.*

*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.*

## % Children living with overweight or obesity in Japan 1976-1996

### Boys



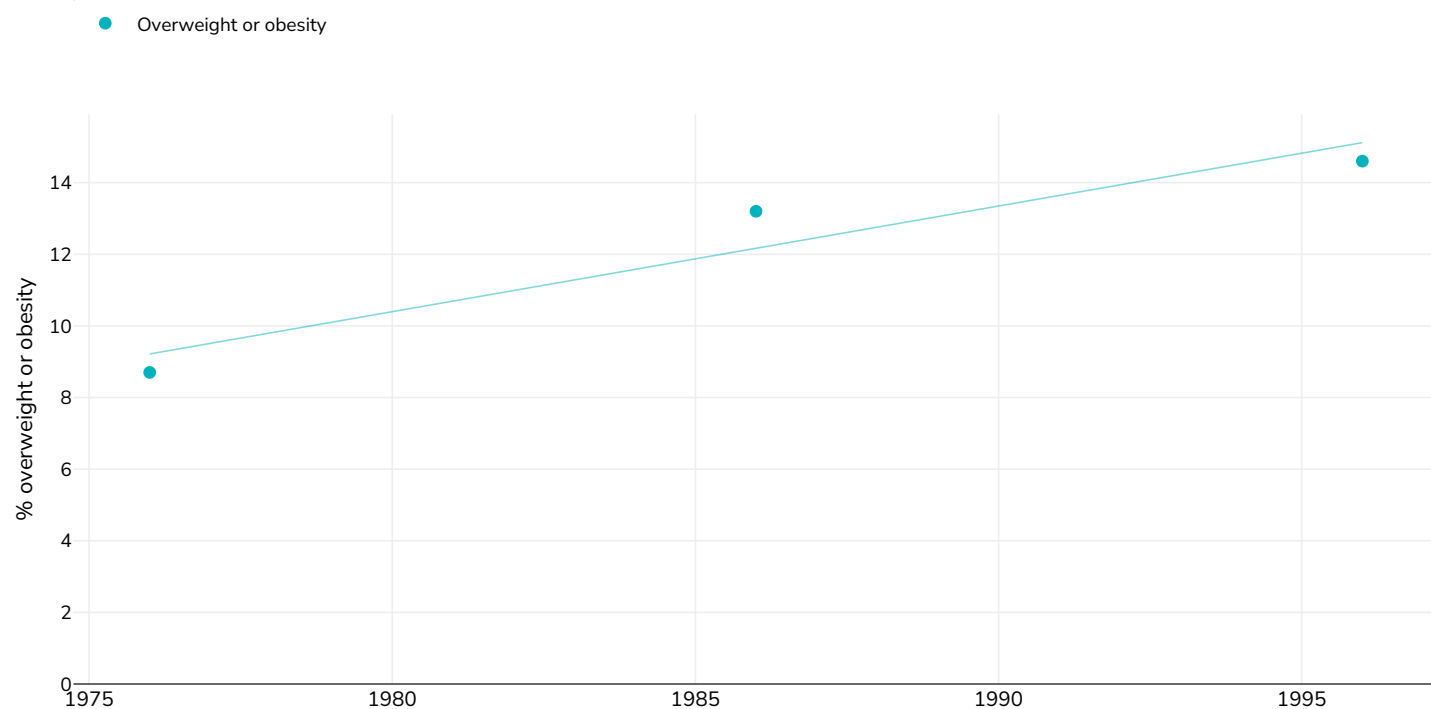
**Survey type:** Measured

**References:** Matsushita Y, Yoshiike N, Kaneda F, Yoshita K, Takimoto H. Trends in Childhood obesity in Japan over the last 25 years from the National Nutrition Survey. Obesity Research 2004;12(2):205-214

**Definitions:** IOTF

*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.*

## Girls



Survey type: Measured

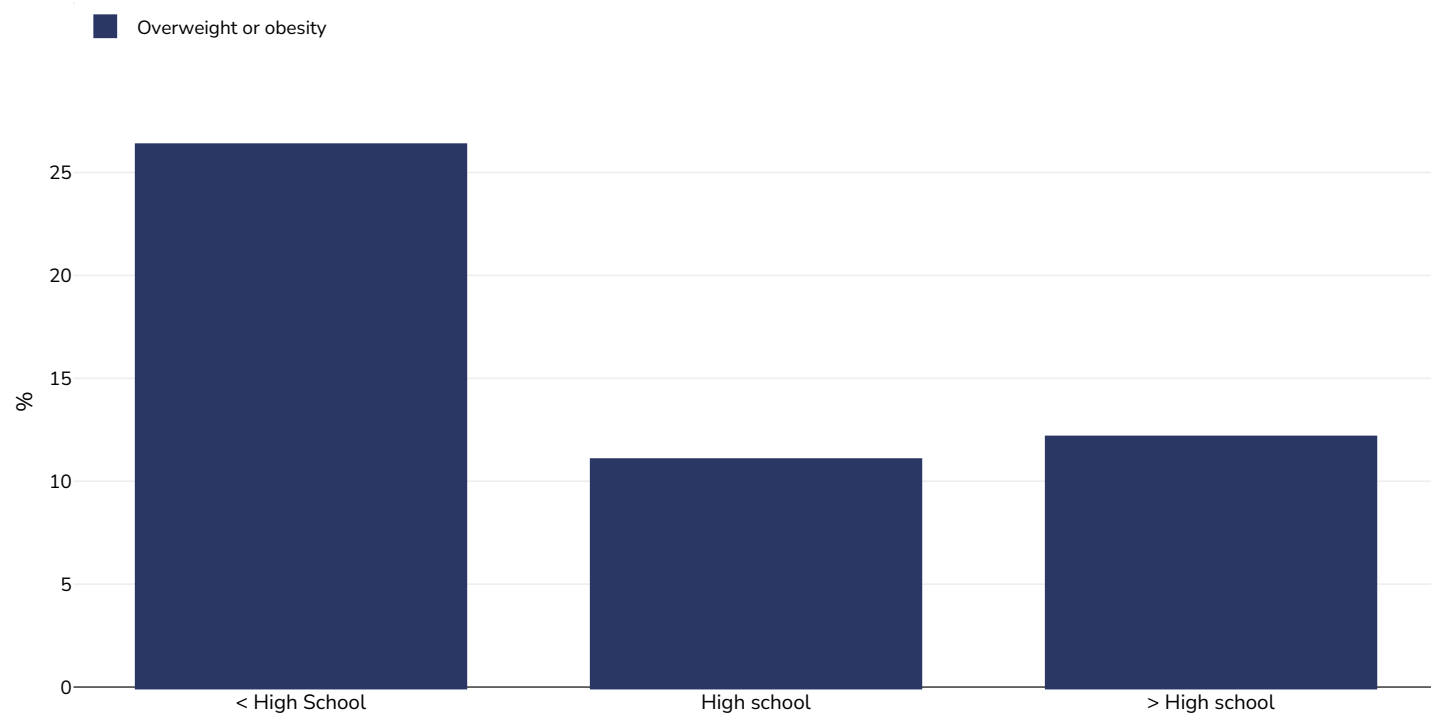
References: Matsushita Y, Yoshiike N, Kaneda F, Yoshita K, Takimoto H. Trends in Childhood obesity in Japan over the last 25 years from the National Nutrition Survey. Obesity Research 2004;12(2):205-214

Definitions: IOTF

*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

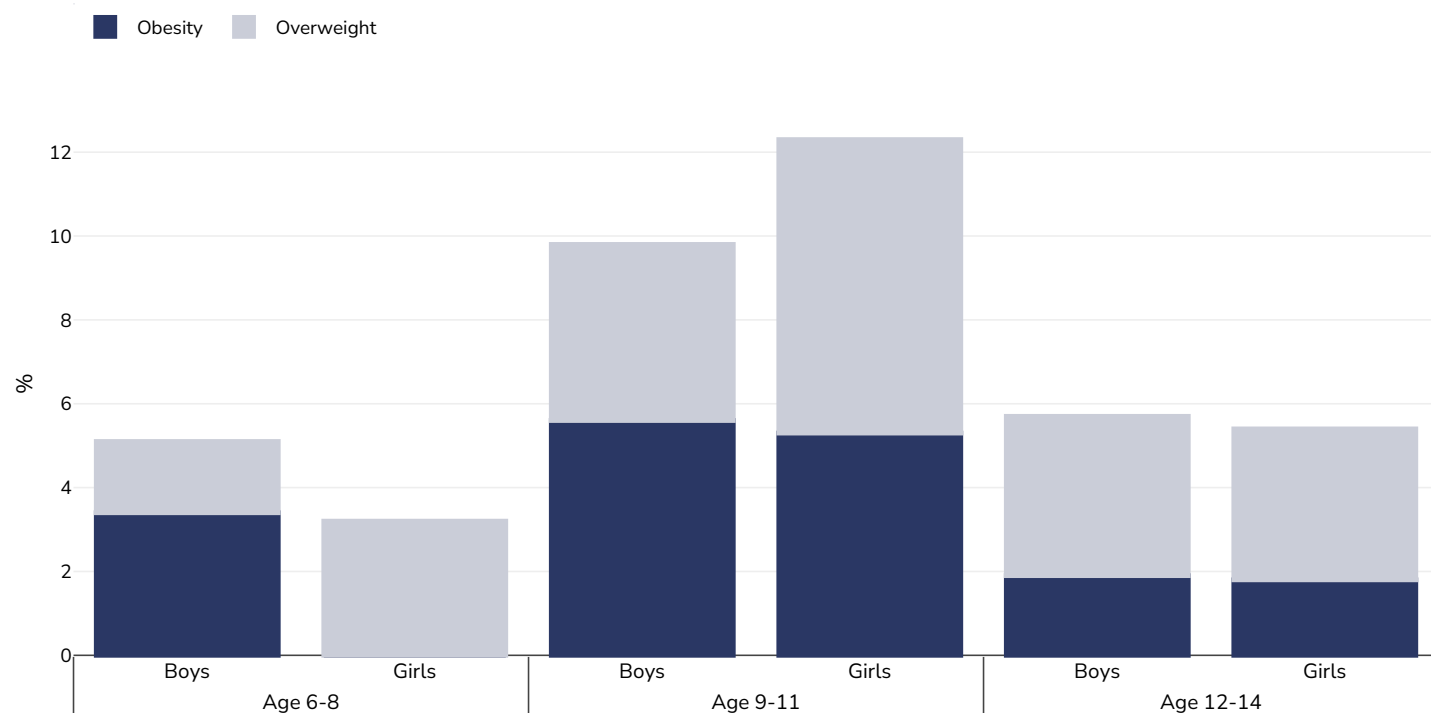
### Children, 2010



|               |                                                                                                                                                                                                                                   |
|---------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Survey type:  | Measured                                                                                                                                                                                                                          |
| Age:          | 6-11                                                                                                                                                                                                                              |
| Sample size:  | 397                                                                                                                                                                                                                               |
| Area covered: | National                                                                                                                                                                                                                          |
| References:   | Kachi Y, Otsuka T, Kawada T. Socioeconomic Status and Overweight: A Population-Based Cross-Sectional Study of Japanese Children and Adolescents. <i>Journal of Epidemiology</i> . 2015;25(7):463-469. doi:10.2188/jea.JE20140108. |
| Notes:        | Prevalence of overweight and obesity by Maternal Education (Paternal Education also available) Overweight, including obesity, was defined by International Obesity Task Force (IOTF) cut-offs. Note small sample size.            |
| Cutoffs:      | WHO                                                                                                                                                                                                                               |

## Overweight/obesity by age

### Children, 2023



Survey type: Measured

Sample size: 357

Area covered: National

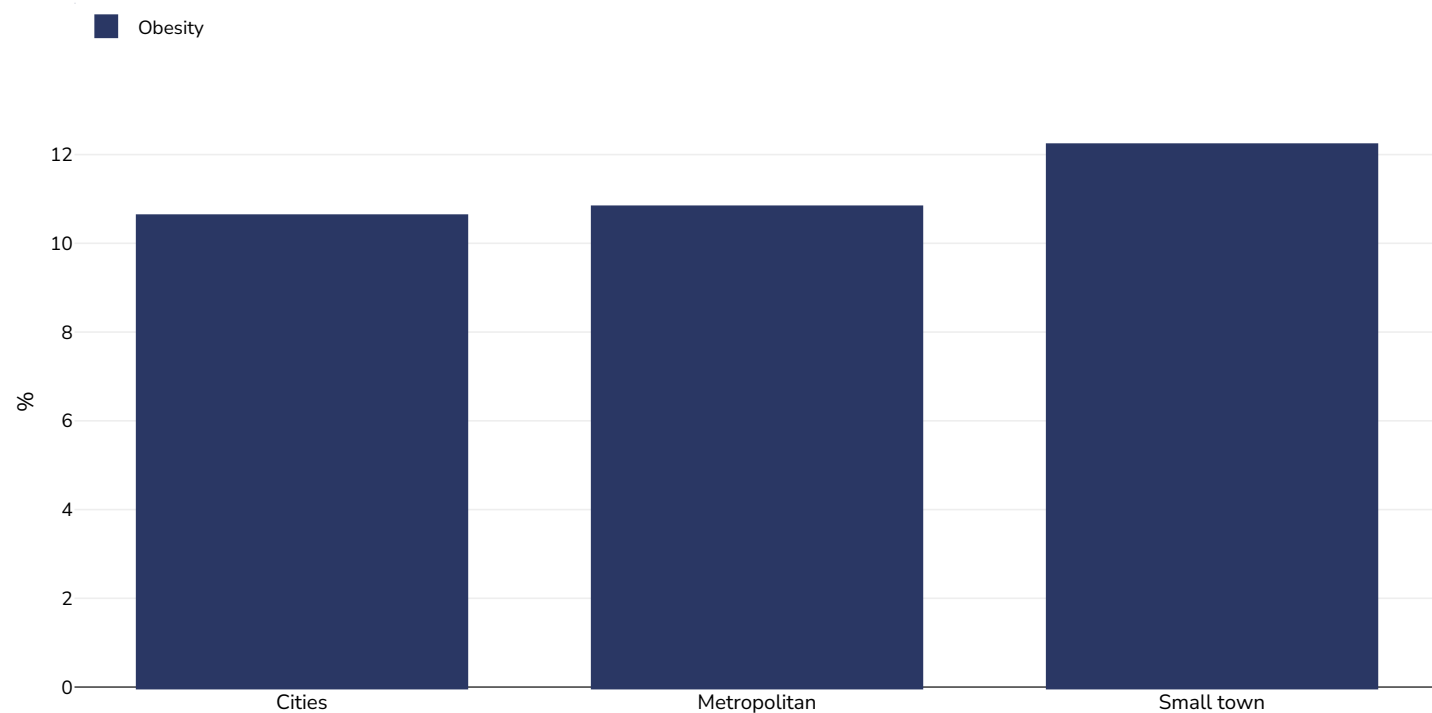
References: Ministry of Health, Labor and Welfare. The National Health and Nutrition Survey (NHNS) Japan, 2023

Notes: English summary currently unavailable. NB: VERY SMALL SAMPLE SIZE

Definitions: Determination of obesity by school health statistics survey method. The degree of obesity in 6 to 14 years old was determined from the standard weight by age and height. Degree of obesity (overweight) = (measured weight (kg) - standard weight by height (kg)) / standard by height Weight (kg) x 100 (%) Overweight +20-30% Obesity >30%

## Overweight/obesity by region

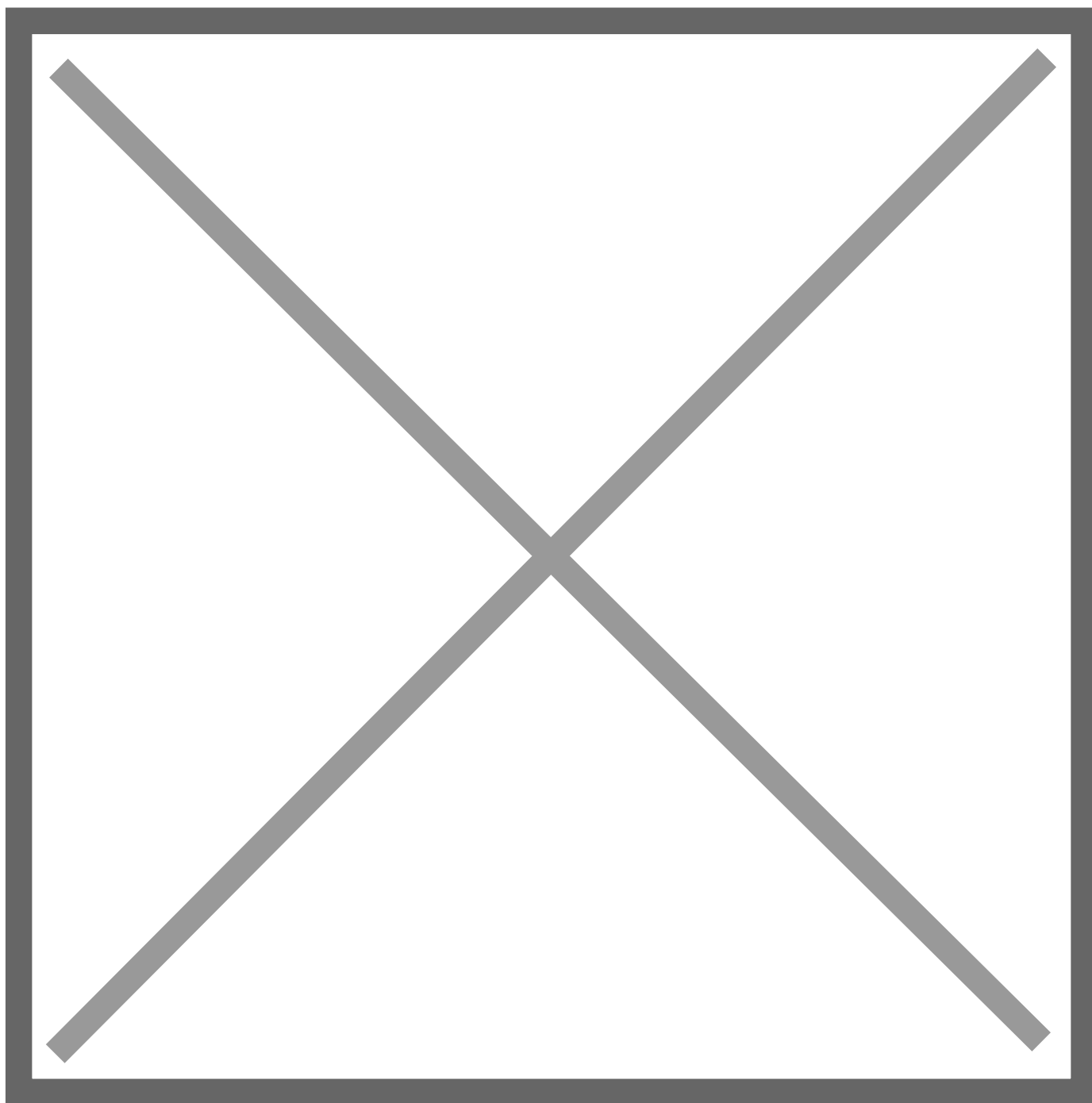
### Children, 1996-2000



|               |                                                                                                                                                                                                                               |
|---------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Survey type:  | Measured                                                                                                                                                                                                                      |
| Age:          | 6-14                                                                                                                                                                                                                          |
| Sample size:  | 3083                                                                                                                                                                                                                          |
| Area covered: | National                                                                                                                                                                                                                      |
| References:   | Matsushita, Yumi, et al. "Trends in Childhood Obesity in Japan over the Last 25 Years from the National Nutrition Survey." Obesity Research, vol. 12, no. 2, Feb. 2004, pp. 205-214, 10.1038/oby.200a4.27. Accessed 08.11.21. |
| Cutoffs:      | IOTF                                                                                                                                                                                                                          |

## Overweight/obesity by socio-economic group

## Children, 2010



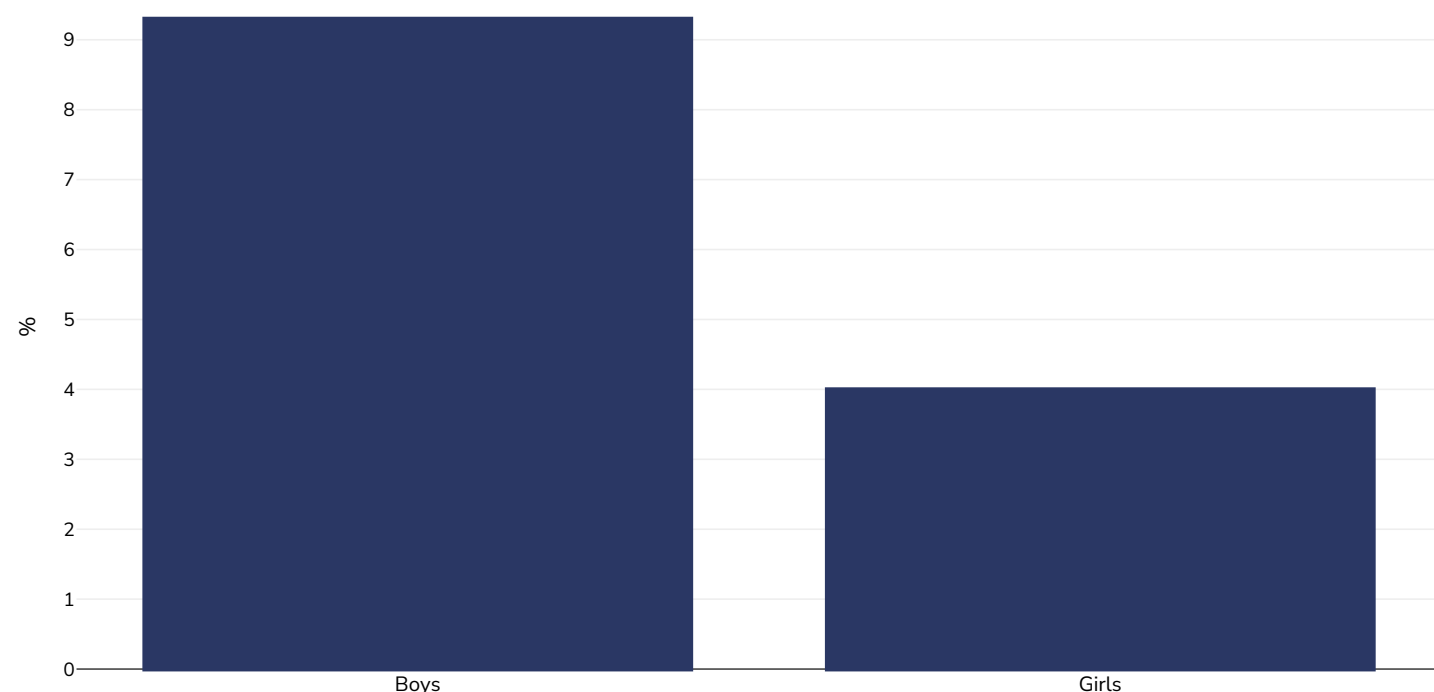
|               |                                                                                                                                                                                                                                  |
|---------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Survey type:  | Measured                                                                                                                                                                                                                         |
| Age:          | 6-11                                                                                                                                                                                                                             |
| Sample size:  | 397                                                                                                                                                                                                                              |
| Area covered: | National                                                                                                                                                                                                                         |
| References:   | Kachi Y, Otsuka T, Kawada T. Socioeconomic Status and Overweight: A Population-Based Cross-Sectional Study of Japanese Children and Adolescents. <i>Journal of Epidemiology</i> . 2015;25(7):463-469. doi:10.2188/jeaJE20140108. |

**Notes:** Prevalence of overweight and obesity by household income. Overweight, including obesity, was defined by International Obesity Task Force (IOTF) cut-offs. Note small sample size.

**Cutoffs:** IOTF

# 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. <a href="https://doi.org/10.1016/S0140-6736(23)02750-2">https://doi.org/10.1016/S0140-6736(23)02750-2</a> . |
| 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, 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 <a href="http://vizhub.healthdata.org/gbd-compare">http://vizhub.healthdata.org/gbd-compare</a> . (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 <a href="http://vizhub.healthdata.org/gbd-compare">http://vizhub.healthdata.org/gbd-compare</a> . (Last accessed 23.04.25) |
| Definitions:  | Number living with depressive disorder per 100,000 population (Under 20 years of age)                                                                                                                                                                                                                                       |

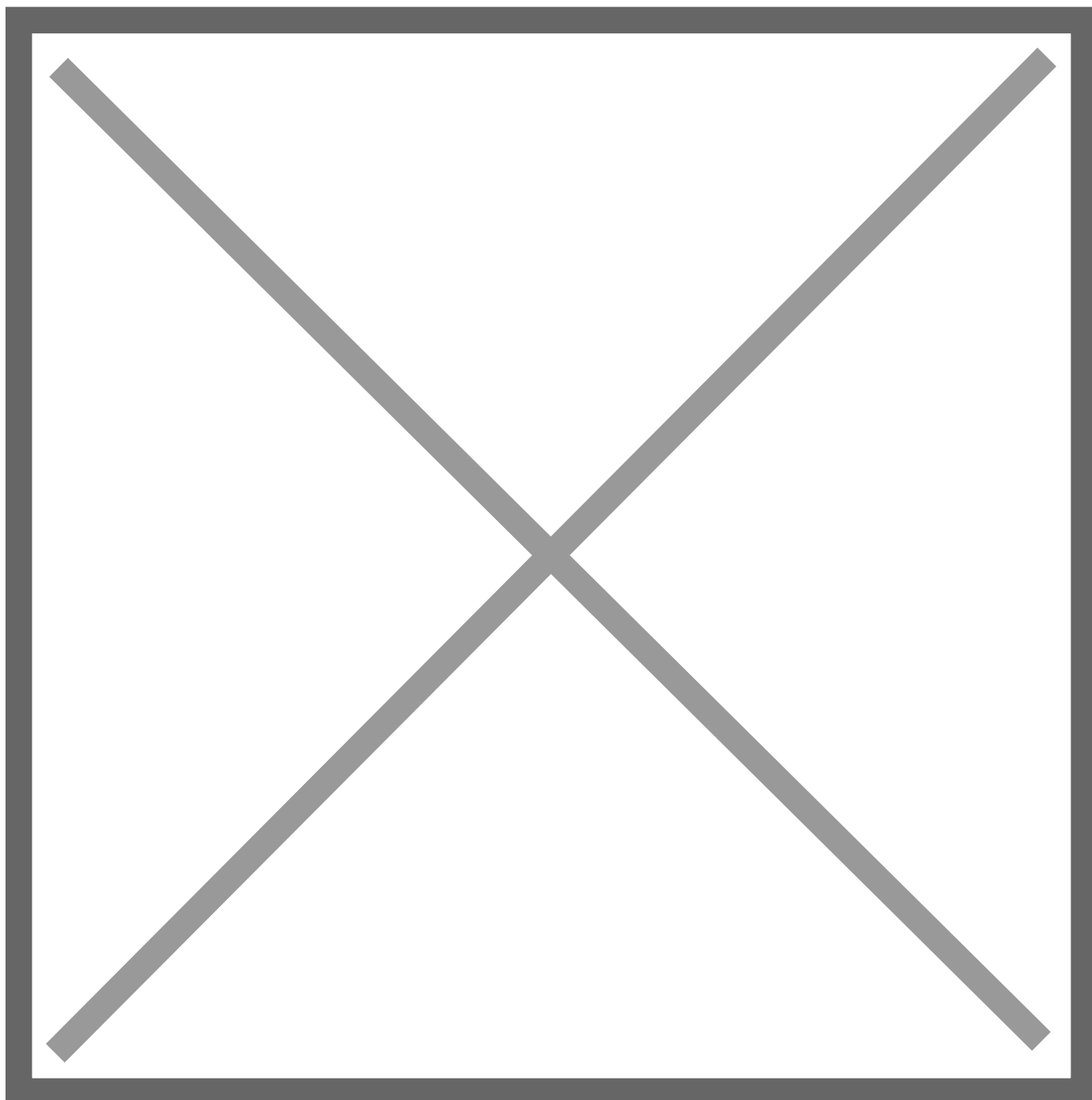
## Girls, 2021



|               |                                                                                                                                                                                                                                                                                                                             |
|---------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 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 <a href="http://vizhub.healthdata.org/gbd-compare">http://vizhub.healthdata.org/gbd-compare</a> . (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 October 15, 2025