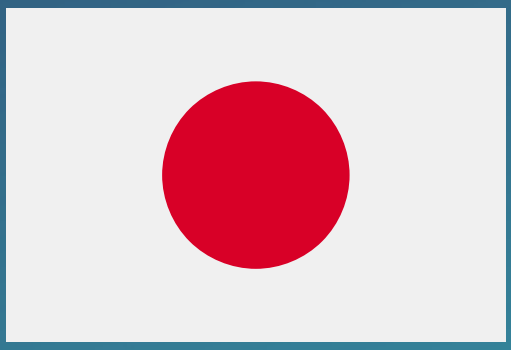
# Japan



## Country report card - children

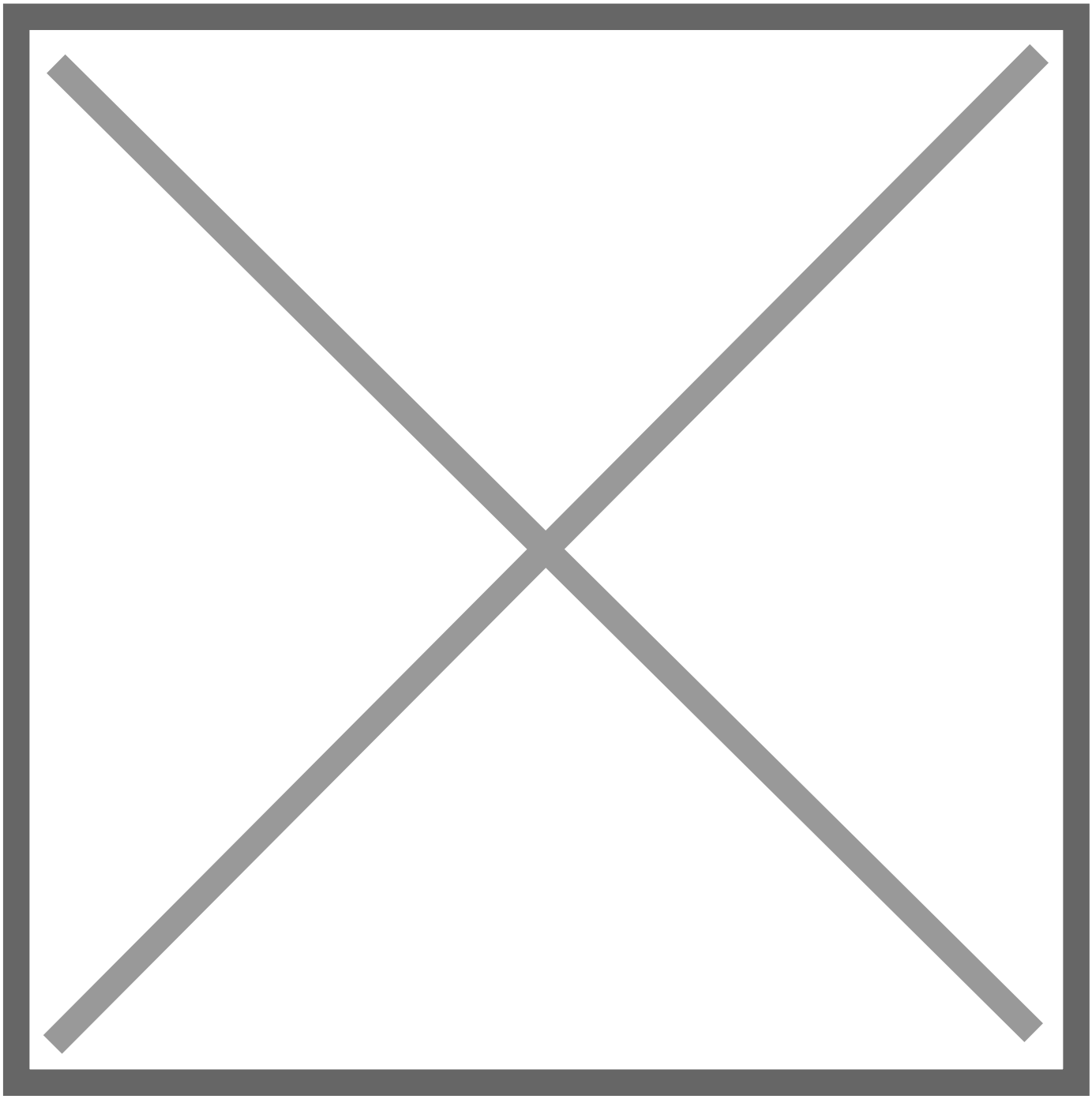
*This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity for children, including adolescents (aged 5 to 18 years). Where available, data on common and relevant obesity drivers and comorbidities are also presented.*

*View the latest version of this report on the Global Obesity Observatory at https://data.worldobesity.org/country/japan-105/.*

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## Obesity prevalence

## Children, 2023

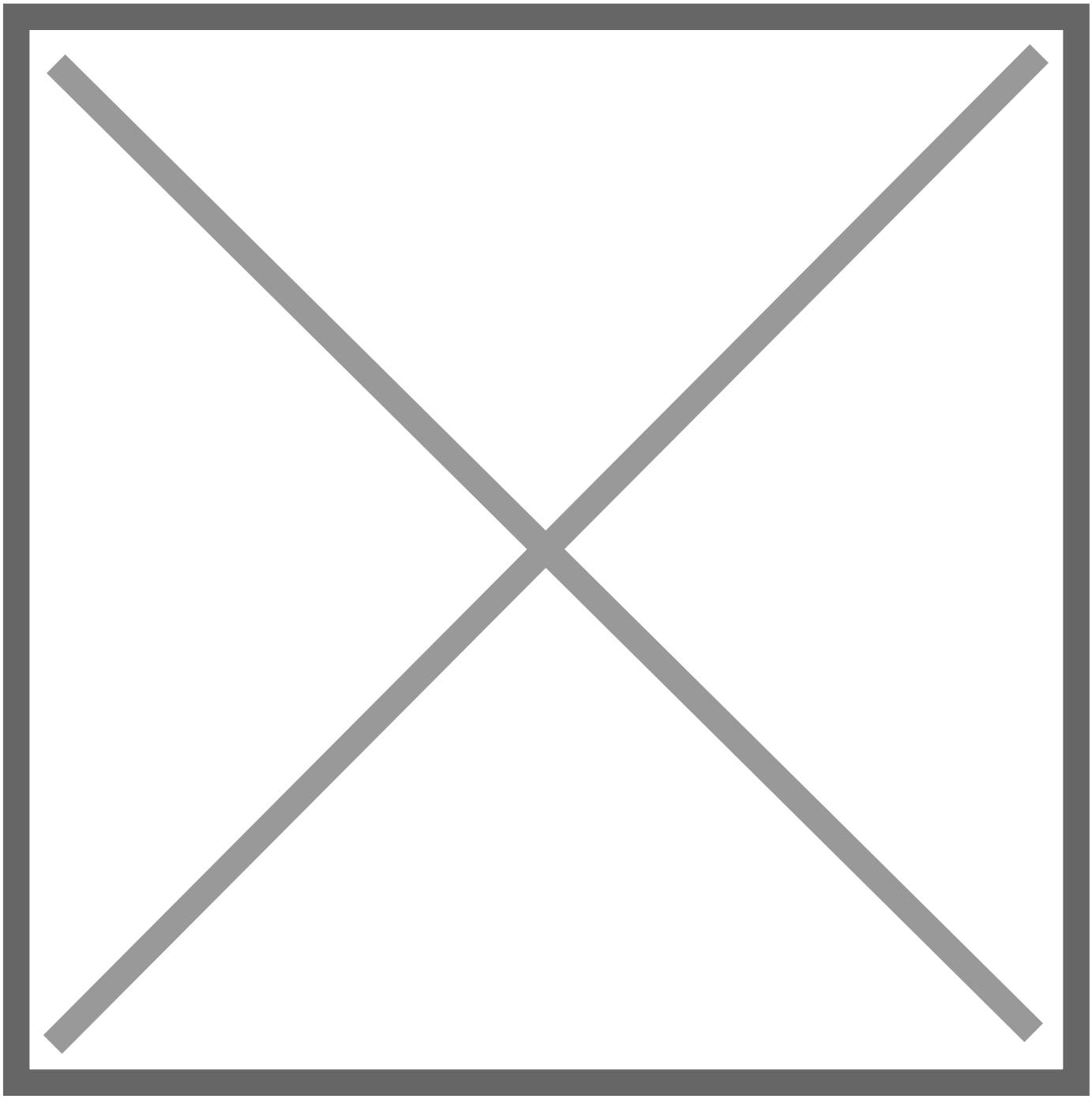


| | |
|---|---|
| **Survey type:** | Measured |
| **Age:** | 6-14 |
| **Sample size:** | 357 |
| **Area covered:** | National |
| **References:** | Ministry of Health, Labor and Welfare. The National Health and Nutrition Survey (NHNS) Japan, 2023 |
| **Notes:** | English summary currently unavailable. 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, 1976-2000

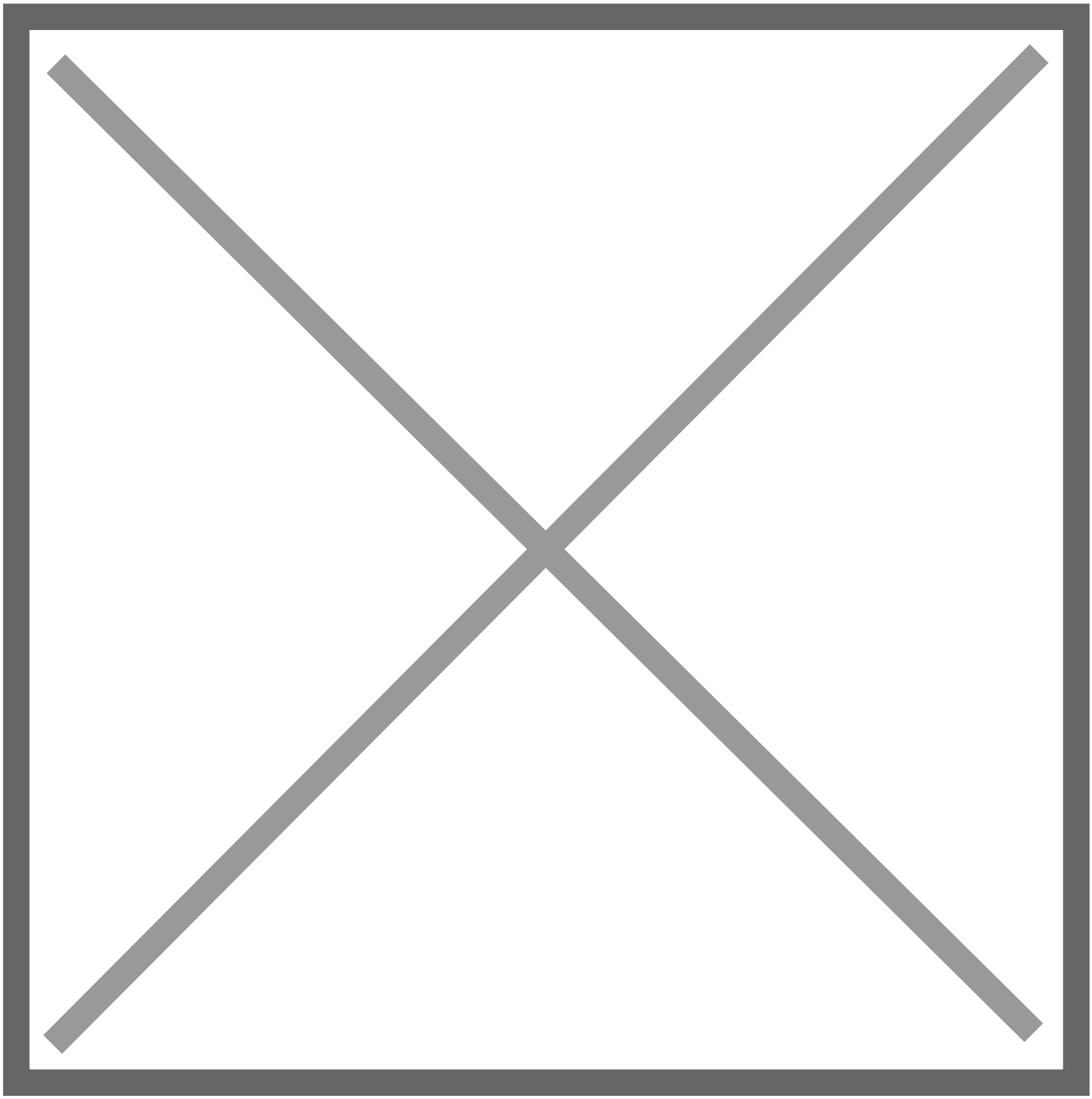
## Boys



| | |
|---|---|
| **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

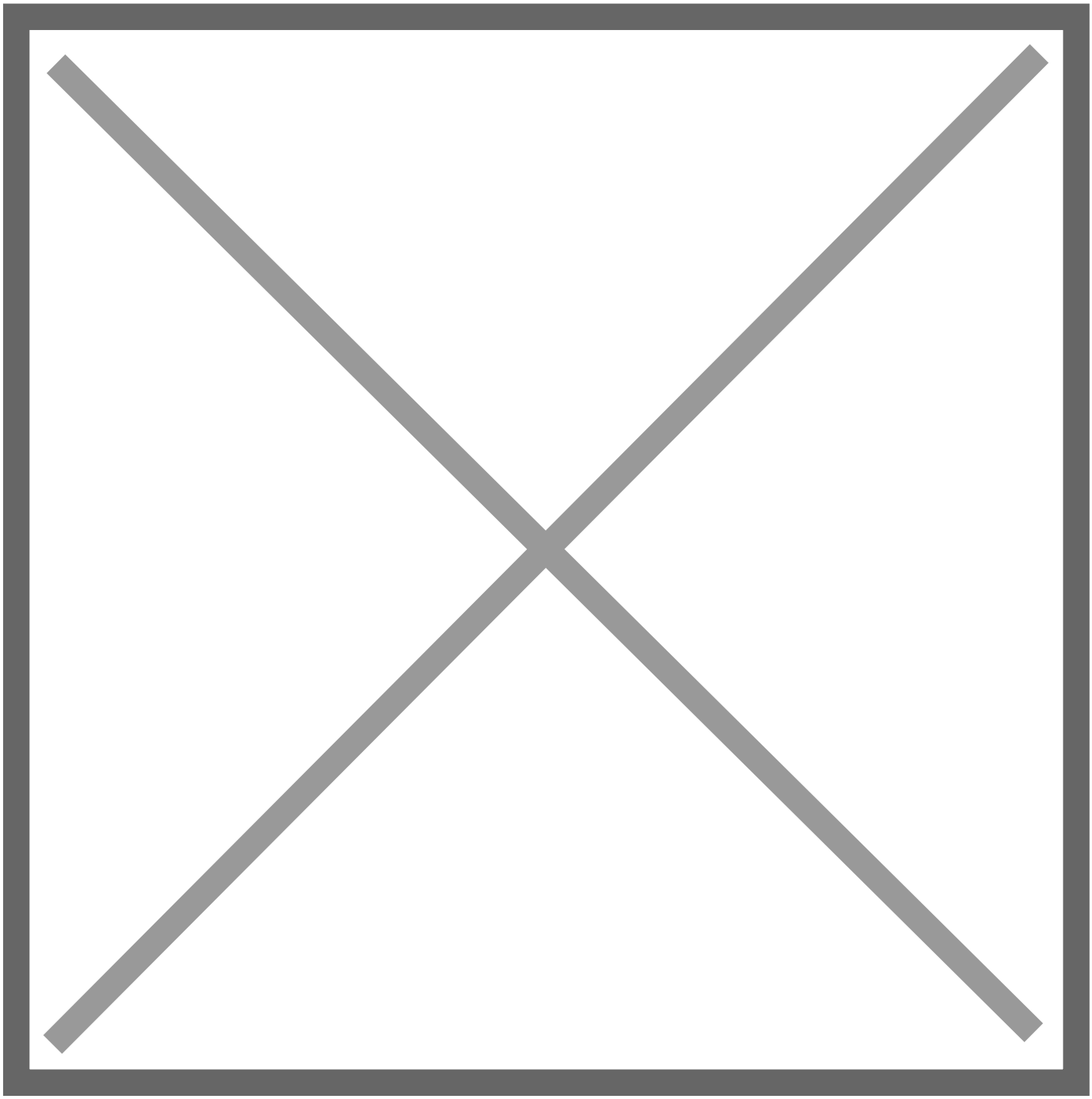


| | |
|---|---|
| **Survey type:** | Measured |
| **References:** | Matsushita Y, Yoshiike N, Kaneda F, Yoshita K, Takimoto H. Trends in Childhood obesity in Japan over the last 25 years from the National Nutrition Survey. Obesity Research 2004;12(2):205-214 |
| **Definitions:** | IOTF |

*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.*

## % Children living with overweight or obesity, 2010-2019

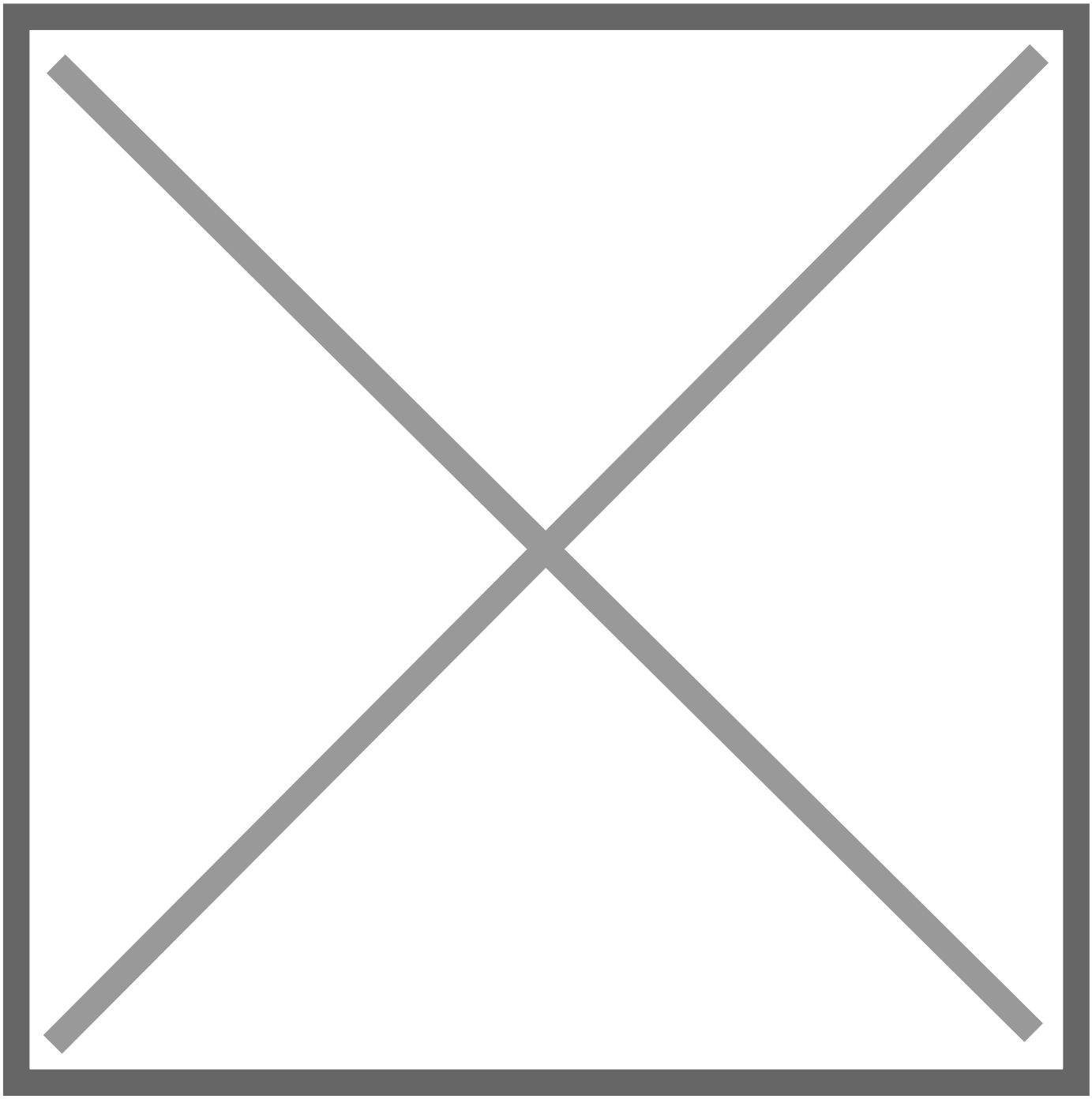
## Boys and girls



| | |
|---|---|
| **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)<br>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)<br>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/m², obesity refers to a BMI greater than 30kg/m².* |
| | *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.* |

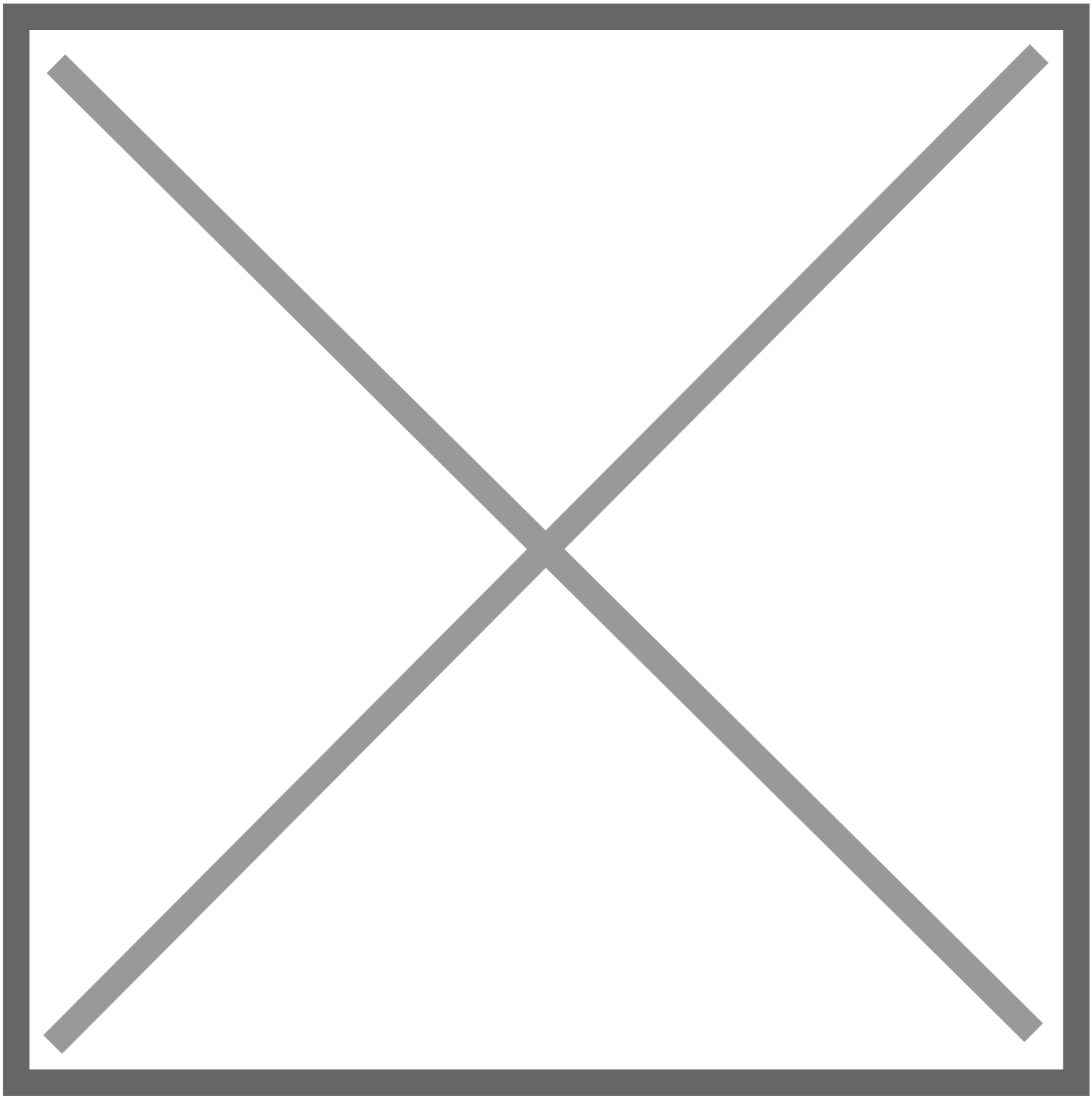
## Boys



| | |
|---|---|
| **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)<br>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)<br>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/m², obesity refers to a BMI greater than 30kg/m².* |
| | *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

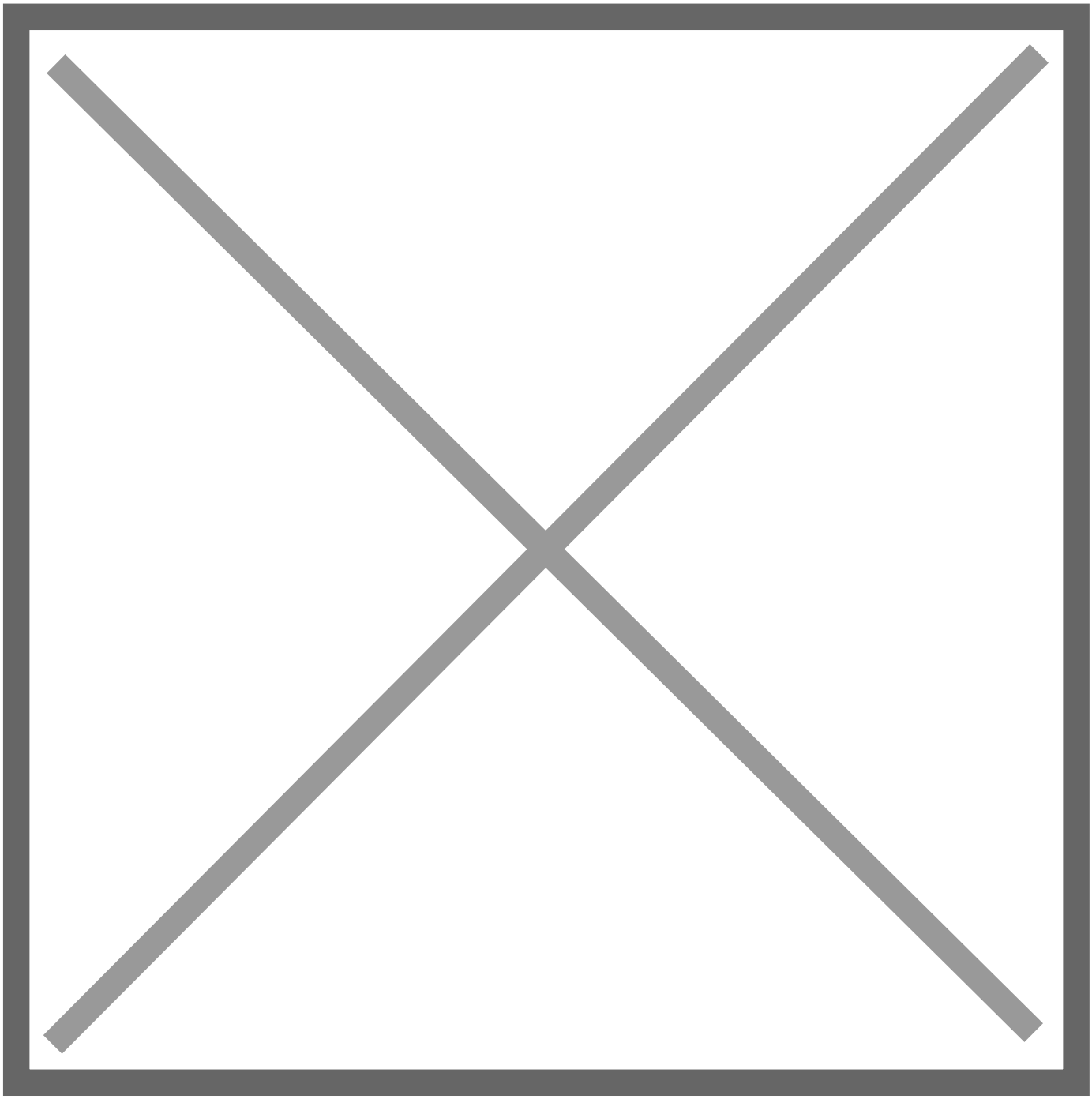


| | |
|---|---|
| **Survey type:** | Measured |
| **References:** | 2010: Japan National Health and Nutrition 2010 Survey. Excel results available at https://www.e-stat.go.jp/stat-search/files?page=1&layout=datalist&toukei=00450171&tstat=000001041744&cycle=7&tclass1=000001148507&tclass2val=0 ('last accessed 18.09.23)<br>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)<br>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/m², obesity refers to a BMI greater than 30kg/m².* |
| | *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

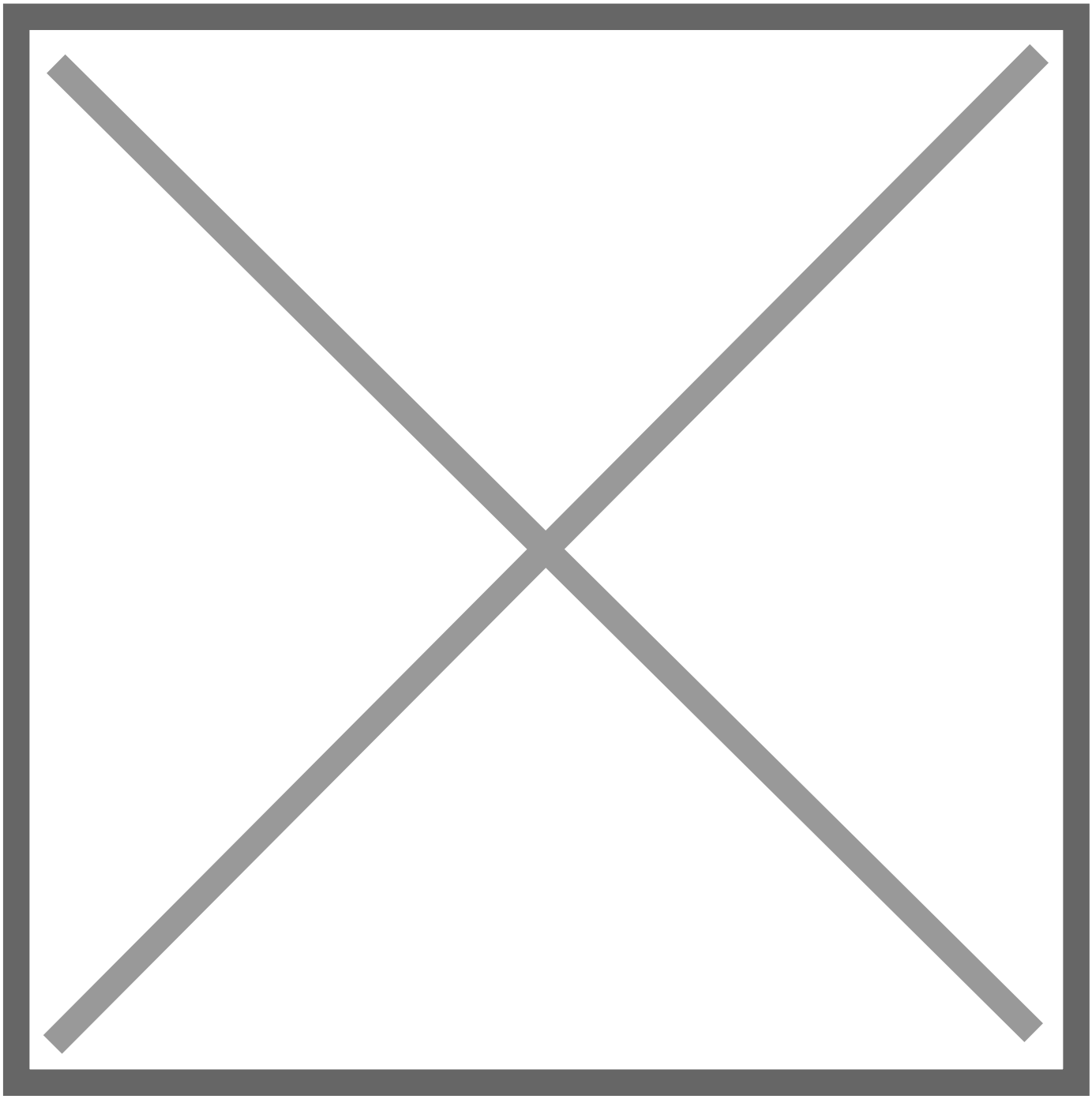


| | |
|---|---|
| **Survey type:** | Measured |
| **Age:** | 6-11 |
| **Sample size:** | 397 |
| **Area covered:** | National |
| **References:** | Kachi Y, Otsuka T, Kawada T. Socioeconomic Status and Overweight: A Population-Based Cross-Sectional Study of Japanese Children and Adolescents. Journal of Epidemiology. 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, 2024

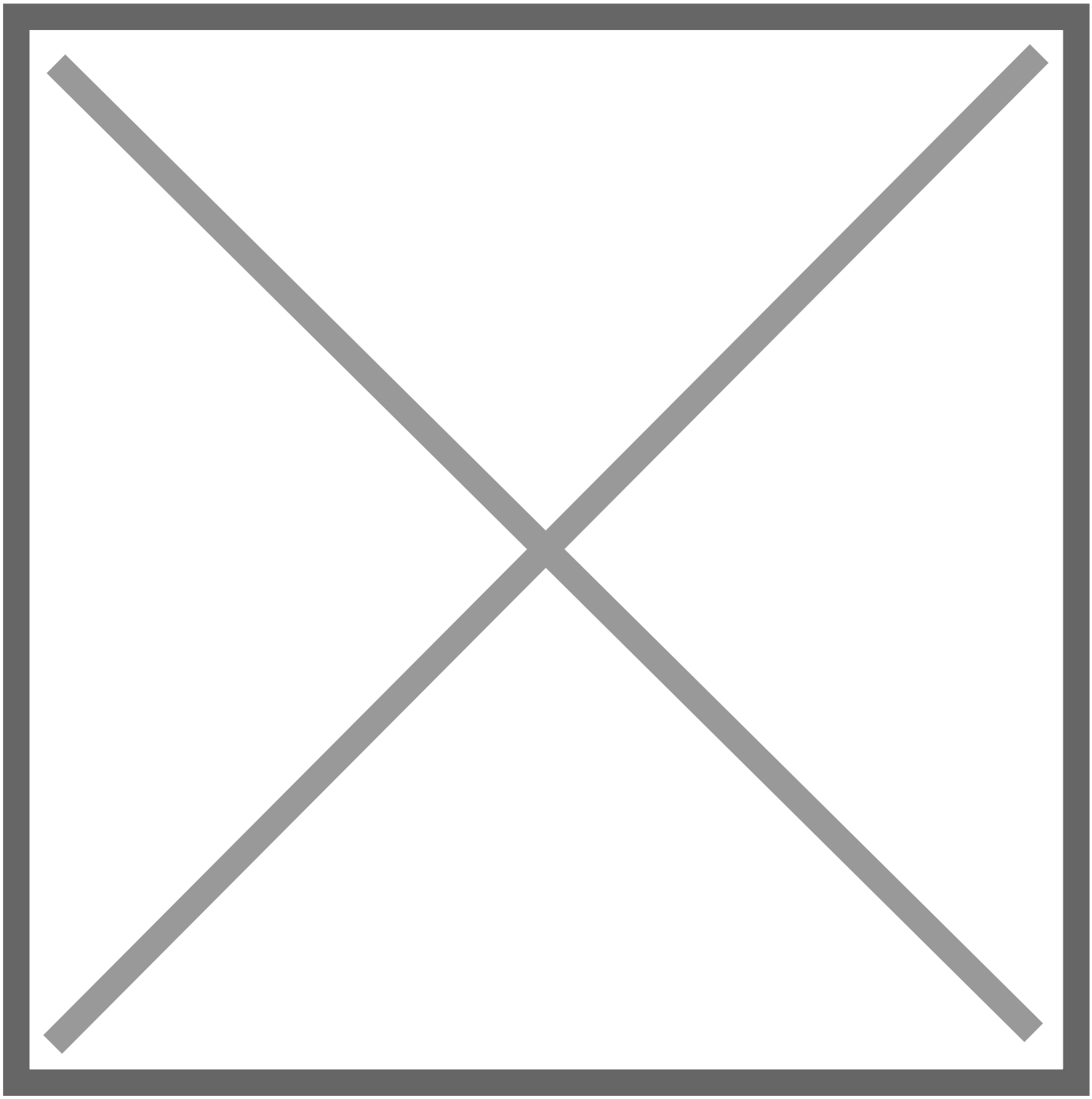


| | |
|---|---|
| **Survey type:** | Measured |
| **Sample size:** | 1,016 |
| **Area covered:** | National |
| **References:** | Ministry of Health, Labor and Welfare. National Health and Nutrition Survey (NHNS) Japan, 2024. https://www.mhlw.go.jp/stf/seisakunitsuite/bunya/kenkou_iryou/kenkou/eiyou/r6-houkoku_00001.html [Accessed 07.10.26] |
| **Notes:** | English summary currently unavailable. NB SMALL SAMPLE SIZE WITHIN GROUPS |

| | |
|---|---|
| **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

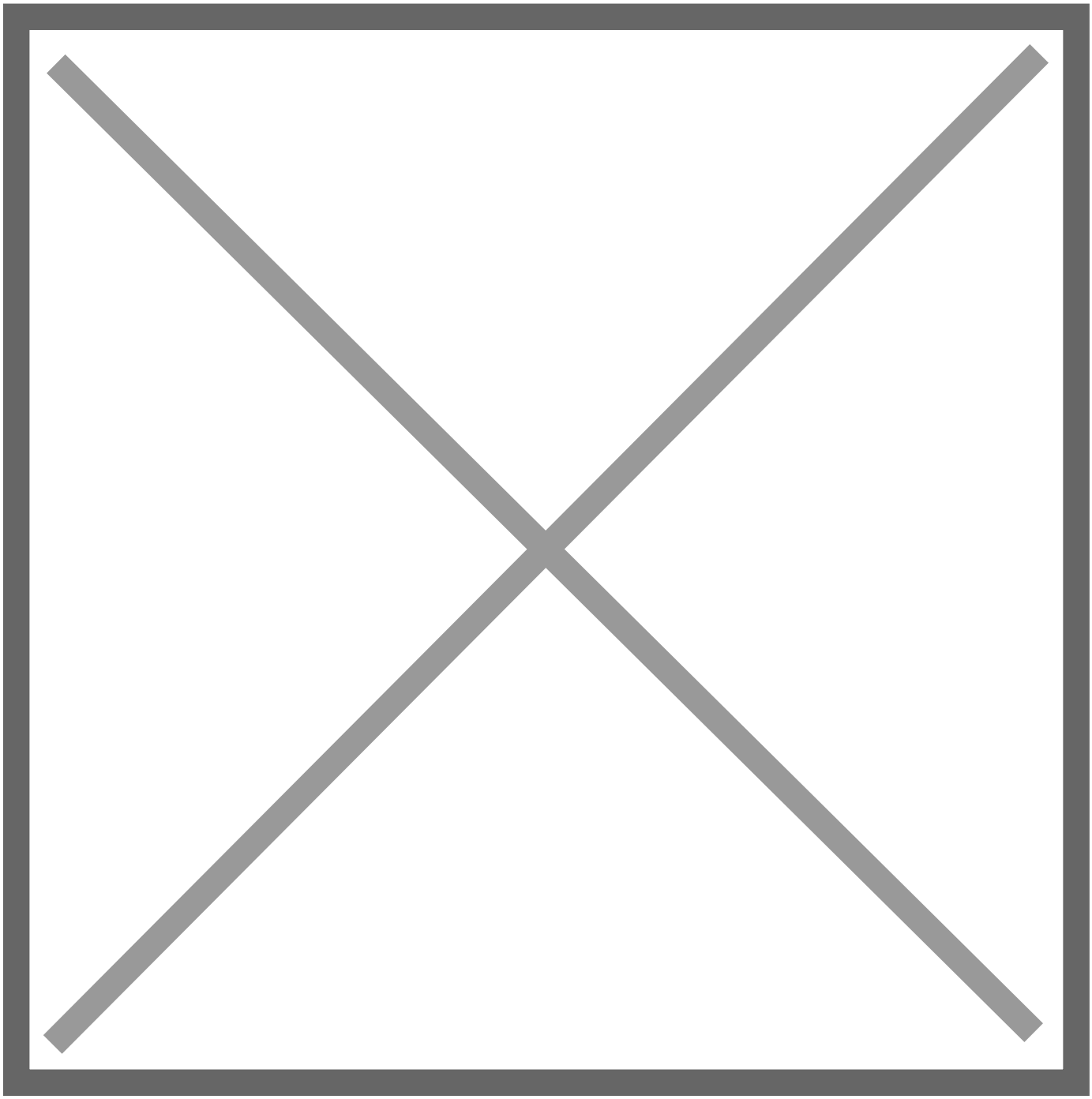


| | |
|---|---|
| **Survey type:** | Measured |
| **Age:** | 6-14 |
| **Sample size:** | 3083 |
| **Area covered:** | National |
| **References:** | Matsushita, Yumi, et al. “Trends in Childhood Obesity in Japan over the Last 25 Years from the National Nutrition Survey.” Obesity Research, vol. 12, no. 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

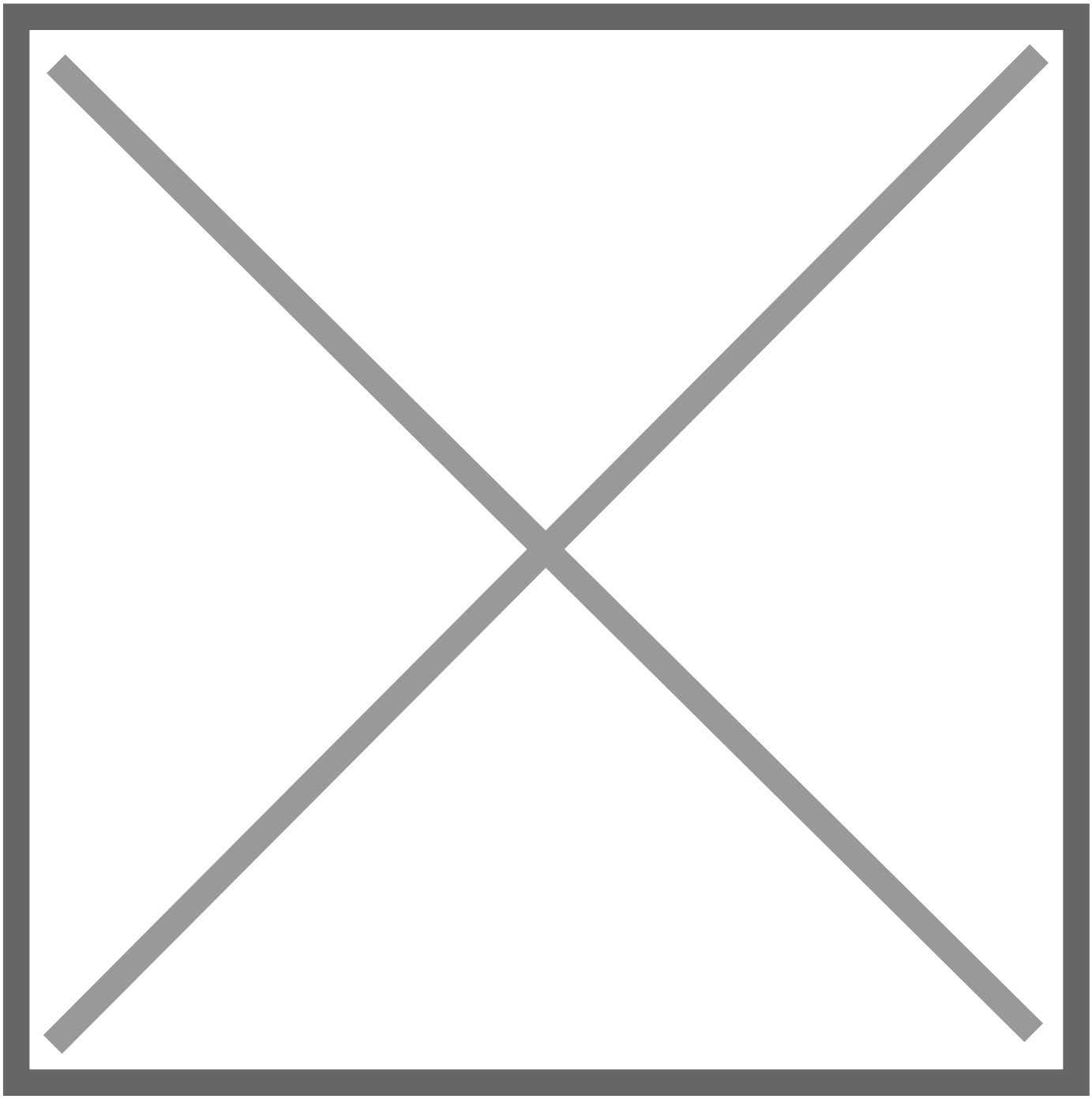


| | |
|---|---|
| **Survey type:** | Measured |
| **Age:** | 6-11 |
| **Sample size:** | 397 |
| **Area covered:** | National |
| **References:** | Kachi Y, Otsuka T, Kawada T. Socioeconomic Status and Overweight: A Population-Based Cross-Sectional Study of Japanese Children and Adolescents. Journal of Epidemiology. 2015;25(7):463-469. doi:10.2188/jea.JE20140108. |

| | |
|---|---|
| **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 & obesity

## Children, 2022

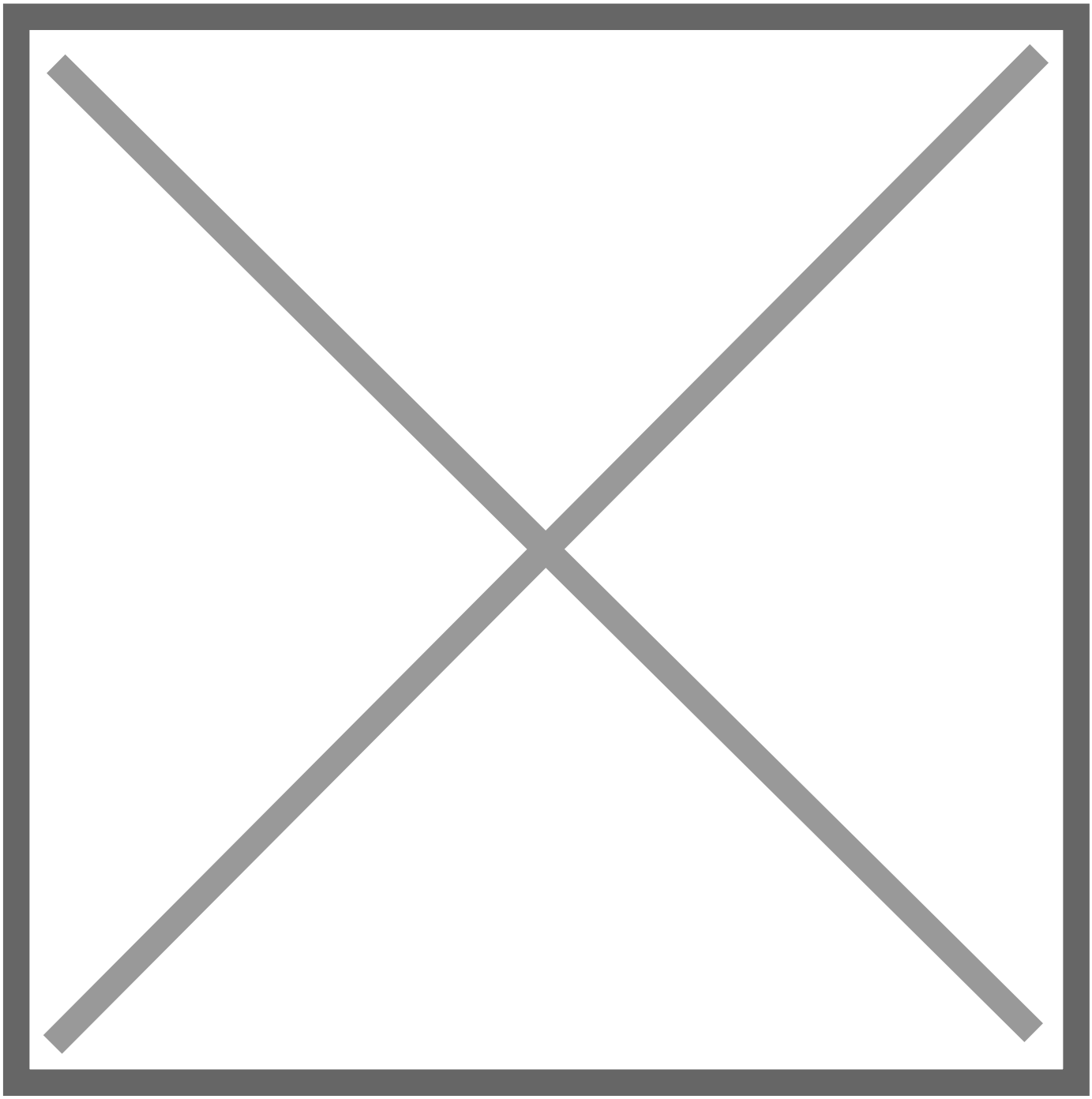


| | |
|---|---|
| **Survey type:** | Measured |
| **Age:** | 5-19 |
| **References:** | NCD Risk Factor Collaboration (NCD-RisC). Worldwide trends in underweight and obesity from 1990 to 2022: a pooled analysis of 3663 population representative studies with 222 million children, adolescents, and adults. 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 |

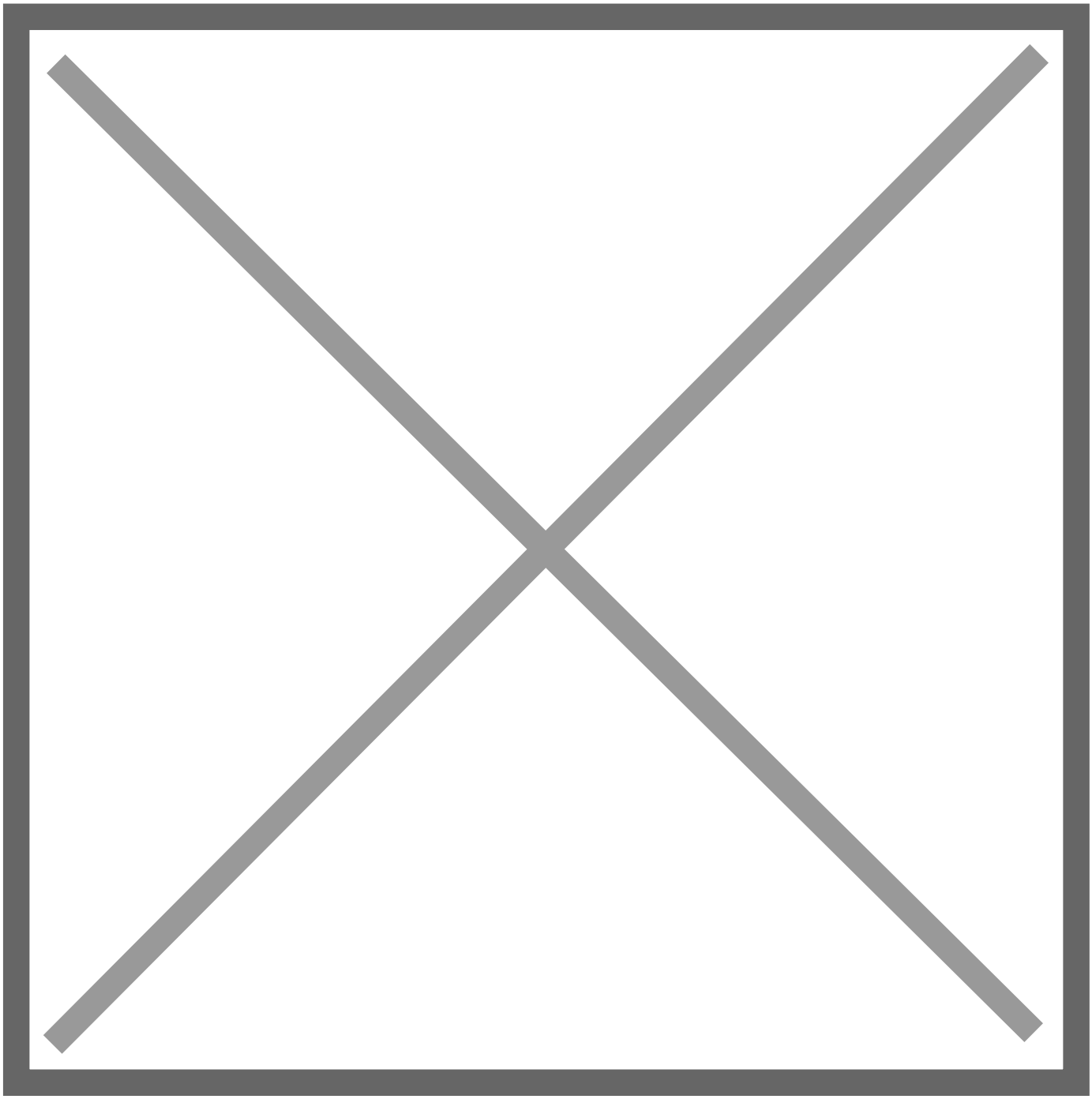
## Mental health - depression disorders

## Children, 2023



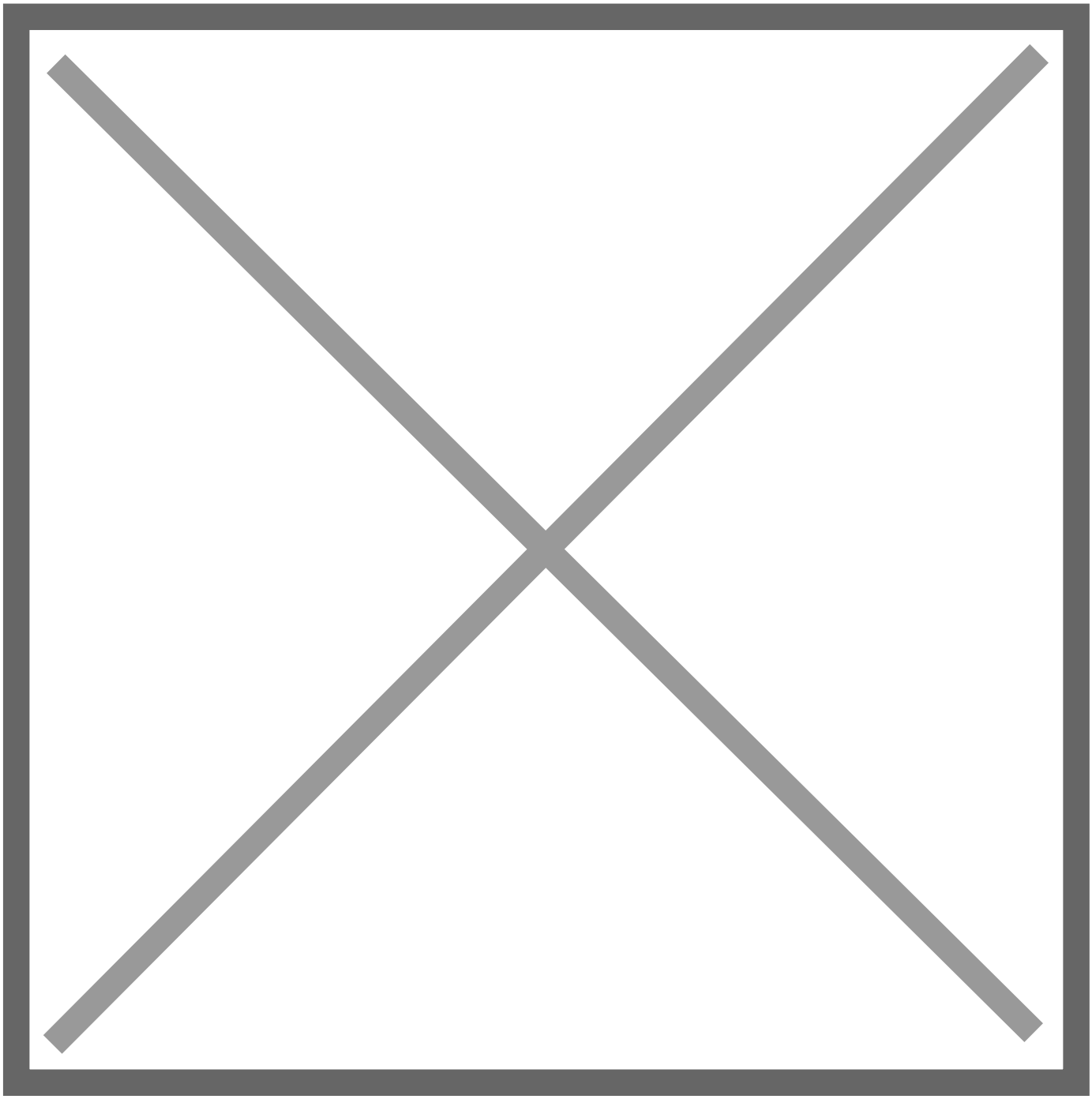
| | |
|---|---|
| **Area covered:** | National |
| **References:** | Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from https://vizhub.healthdata.org/gbd-compare/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

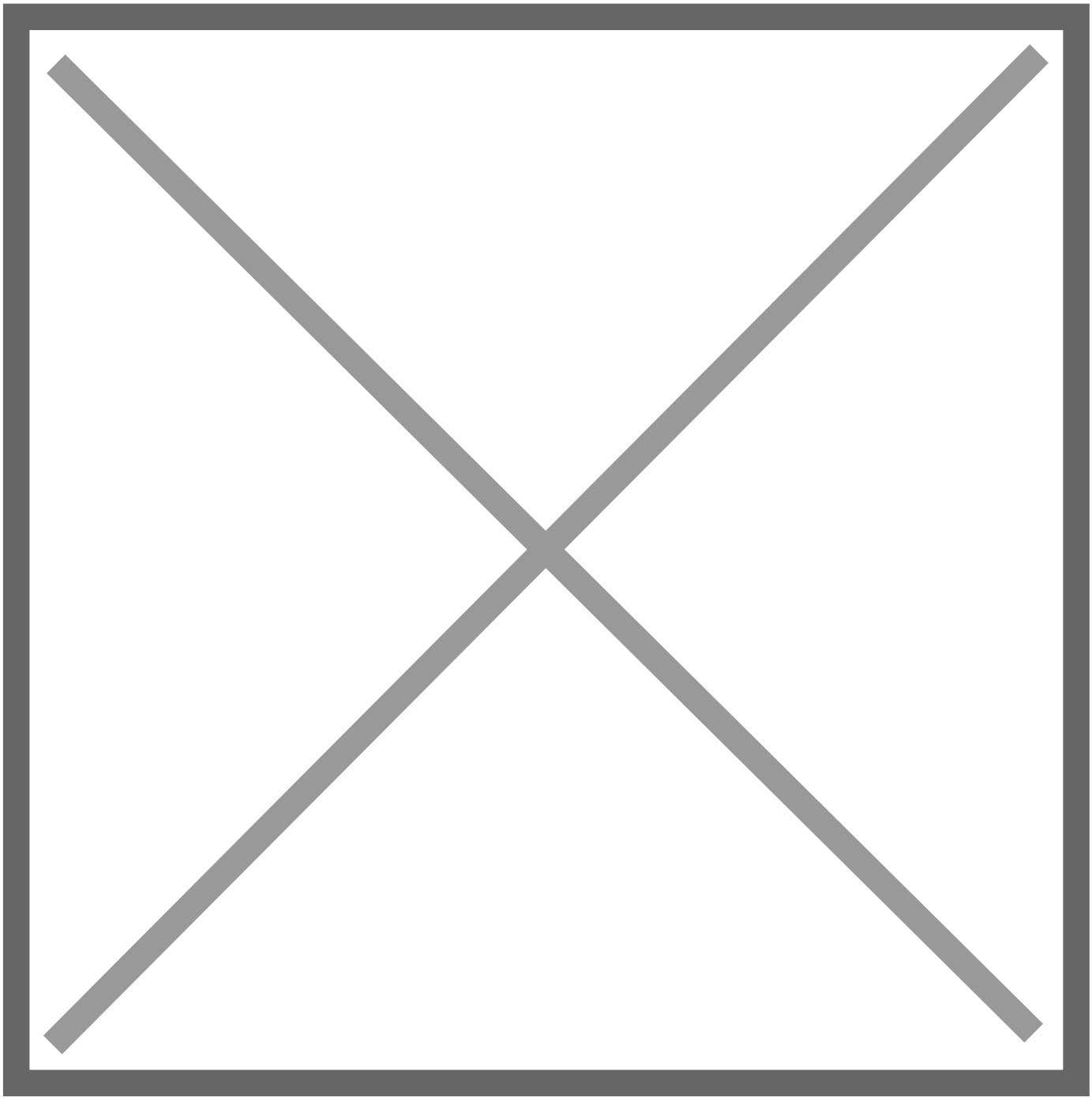
## Girls, 2023



| | |
|---|---|
| **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) |

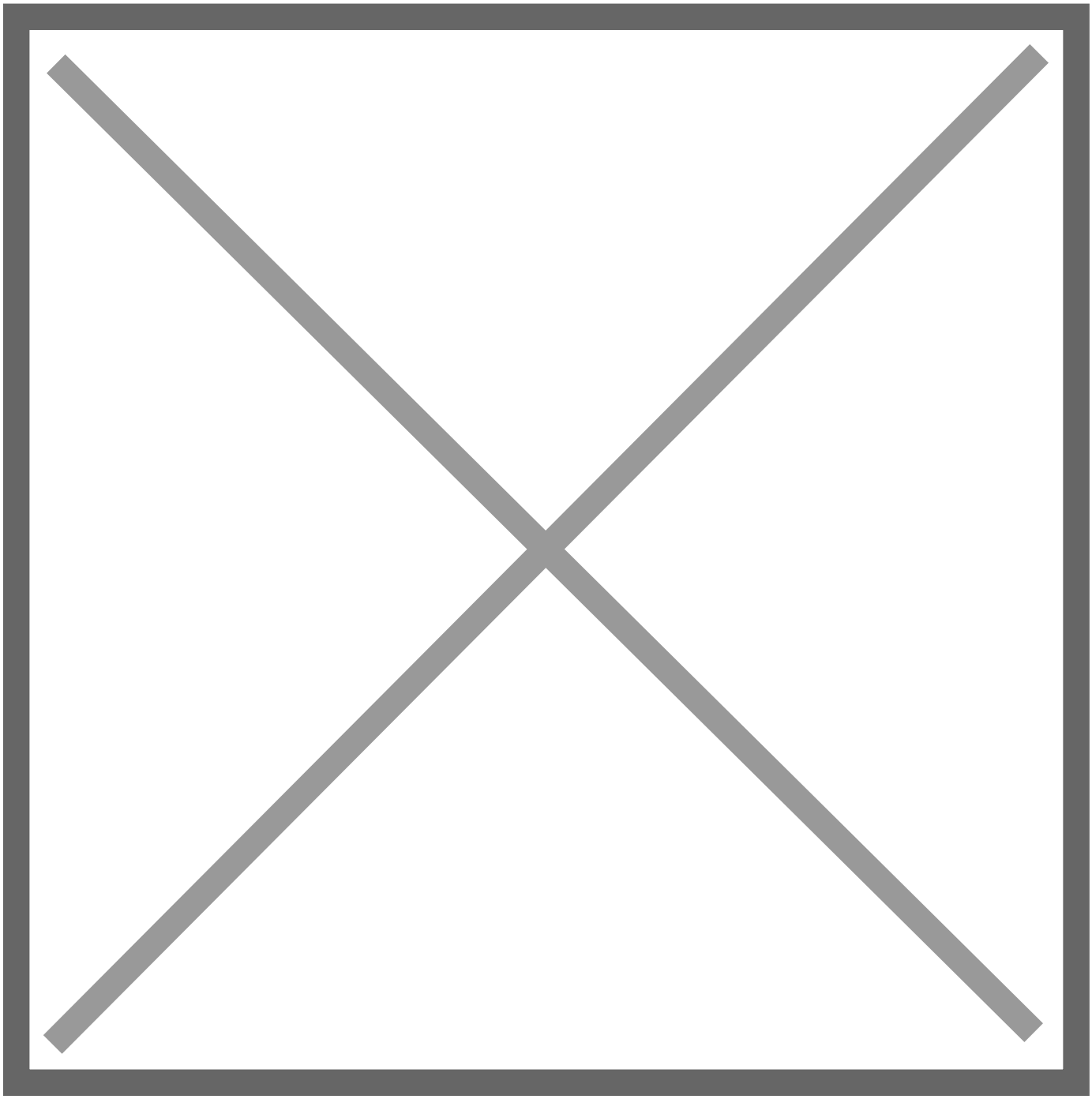
# Mental health - anxiety disorders

## Children, 2023



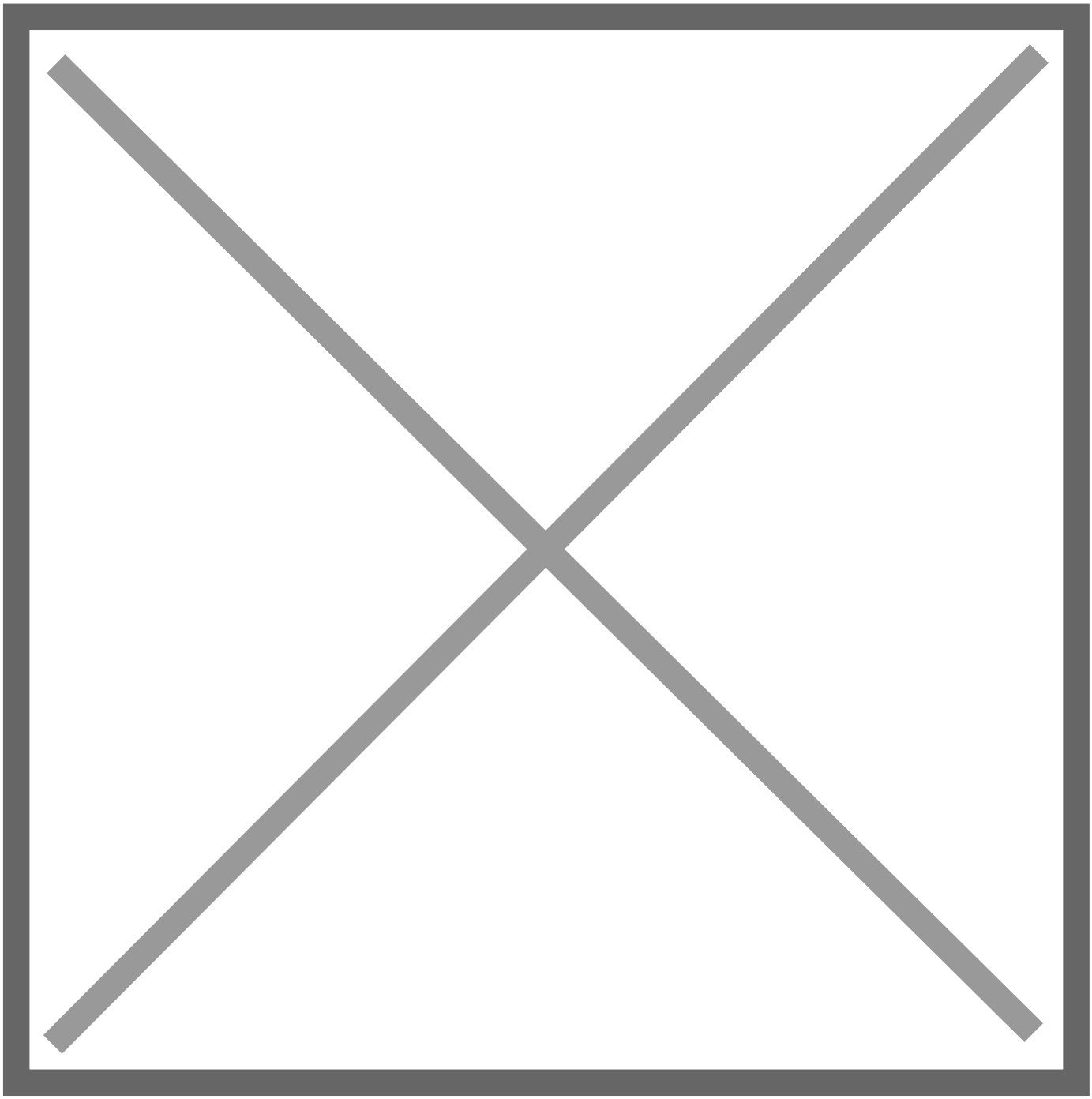
| | |
|---|---|
| **Area covered:** | National |
| **References:** | Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from https://vizhub.healthdata.org/gbd-compare/ [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 4, 2026*