



# Jordan



## Country report card - children

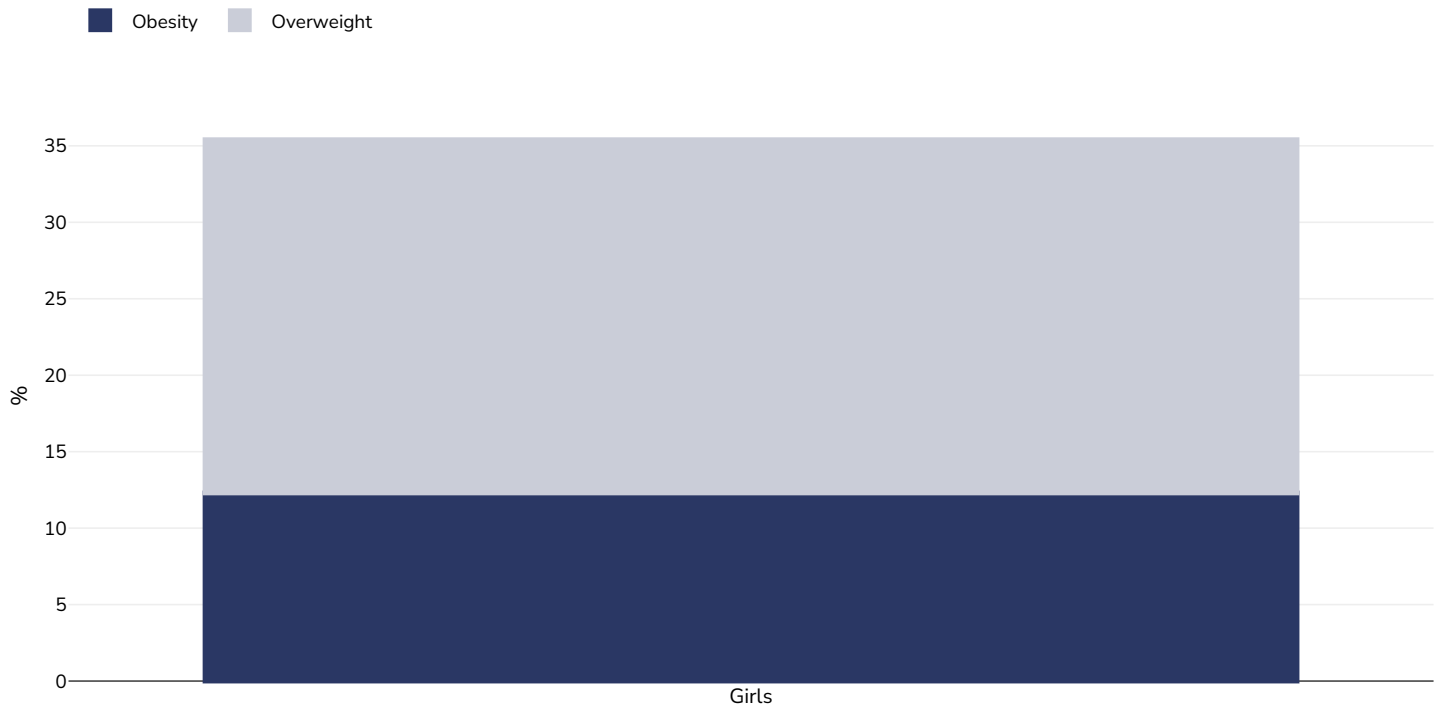
*This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity for children, including adolescents (aged 5 to 18 years). Where available, data on common and relevant obesity drivers and comorbidities are also presented.*

*View the latest version of this report on the Global Obesity Observatory at <https://data.worldobesity.org/country/jordan-109/>.*

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## Obesity prevalence

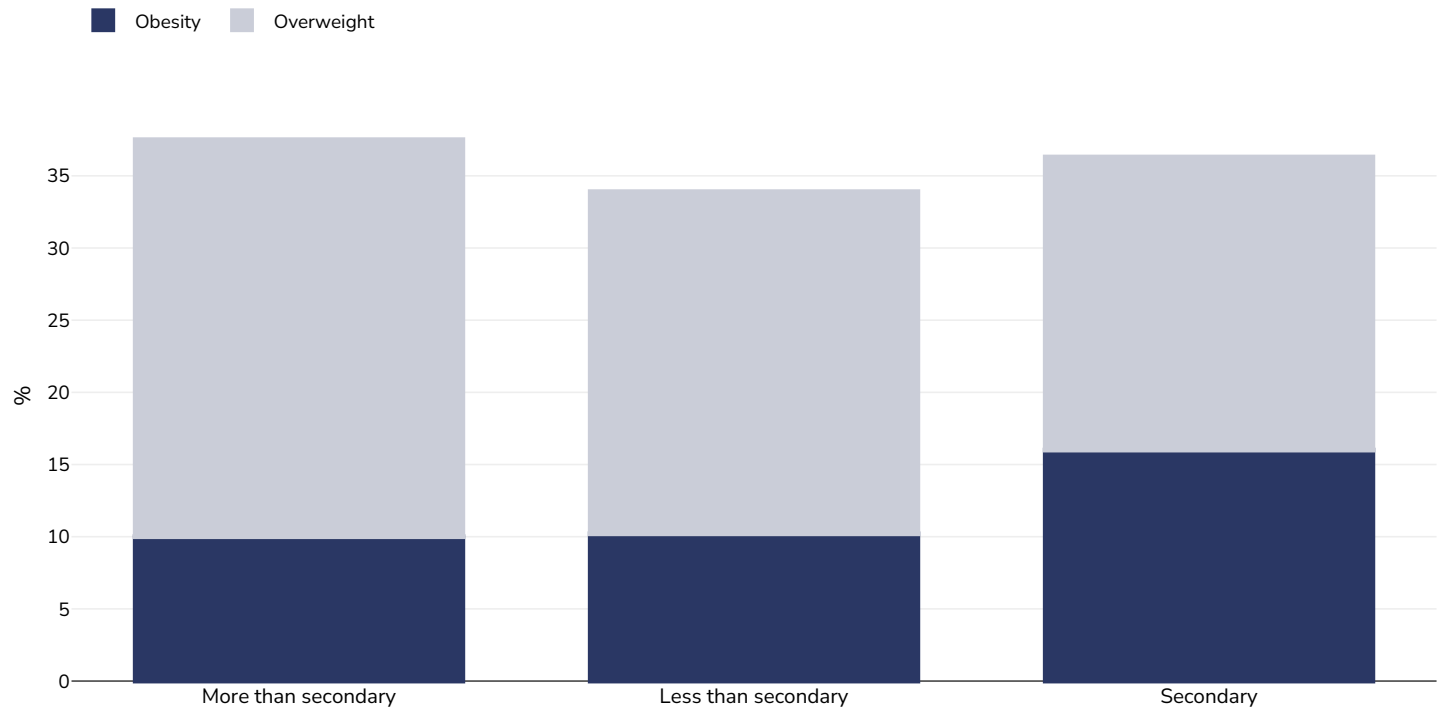
### Girls, 2023



Survey type:	Measured
Age:	15-19
Sample size:	2383
Area covered:	National
References:	Department of Statistics (DoS) [Jordan] and ICF. 2024. Jordan Population and Family and Health Survey 2023. Amman, Jordan, and Rockville, Maryland, USA: DoS and ICF.
Cutoffs:	WHO

## Overweight/obesity by education

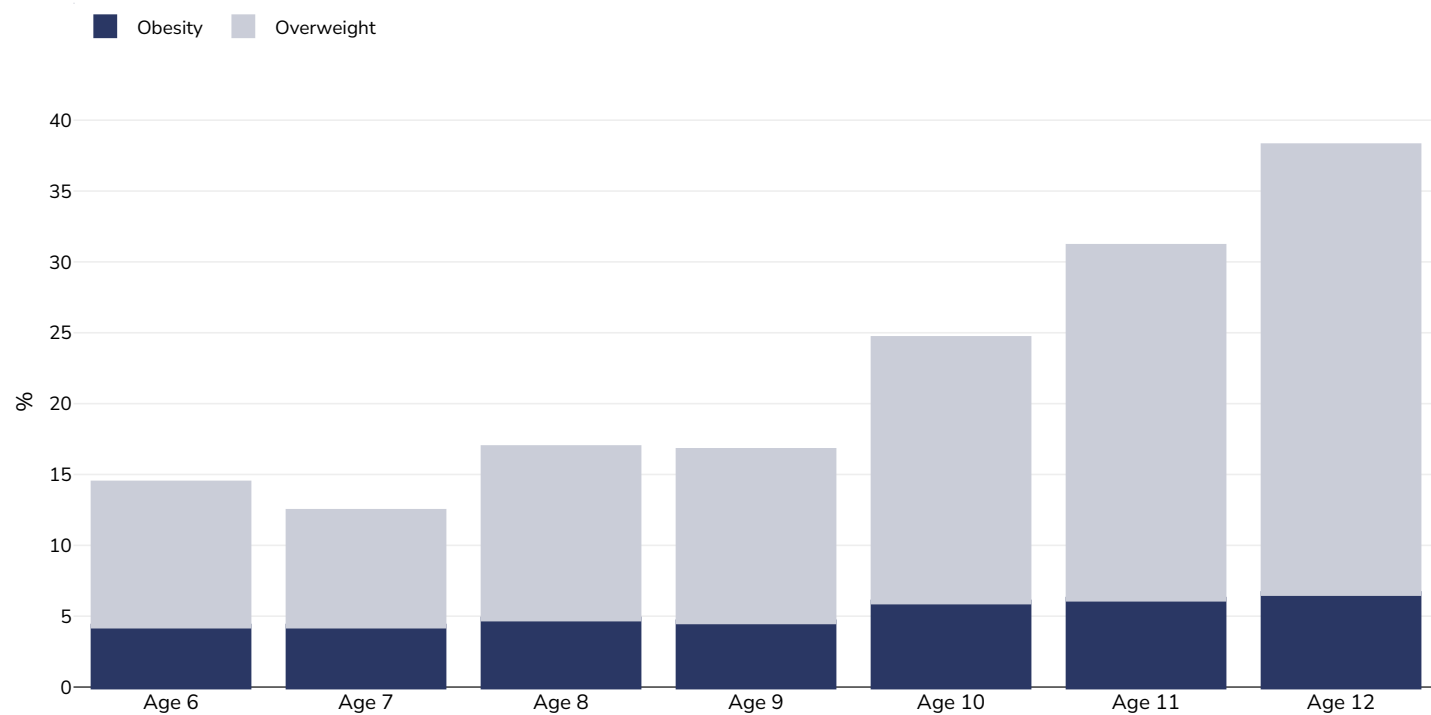
### Girls, 2023



Survey type:	Measured
Age:	15-19
Sample size:	2383
Area covered:	National
References:	Department of Statistics (DoS) [Jordan] and ICF. 2024. Jordan Population and Family and Health Survey 2023. Amman, Jordan, and Rockville, Maryland, USA: DoS and ICF.
Notes:	Insufficient sample size to demonstrate 'no education' category.
Cutoffs:	WHO

## Overweight/obesity by age

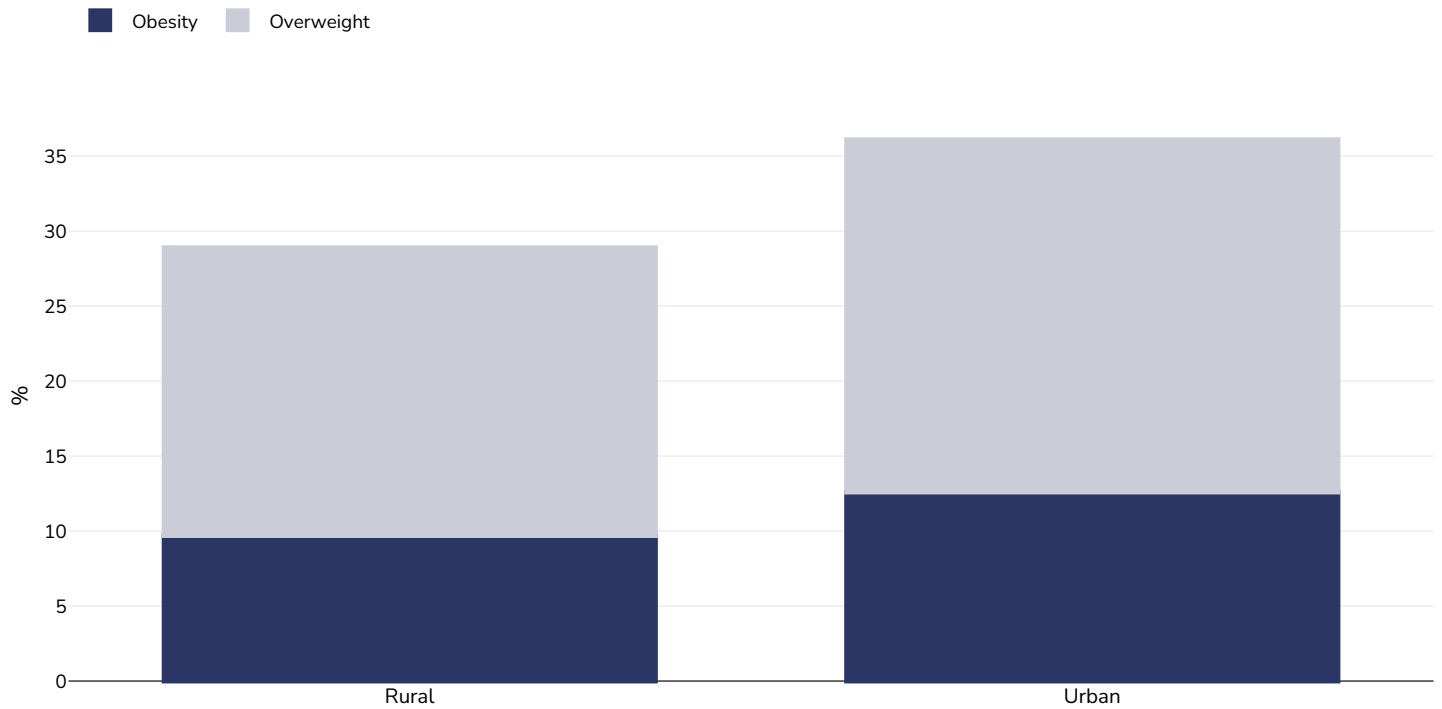
### Children, 2006



<b>Survey type:</b>	Measured
<b>Sample size:</b>	2131
<b>Area covered:</b>	Governorate of Irbid
<b>References:</b>	Overweight and obesity among school children in Jordan: prevalence and associated factors. <a href="https://pubmed.ncbi.nlm.nih.gov/18496747/">https://pubmed.ncbi.nlm.nih.gov/18496747/</a> (last accessed 06.06.2022)
<b>Cutoffs:</b>	Cole et al. international cut-off points of body mass index for boys and girls between 2 and 18 years of age

## Overweight/obesity by region

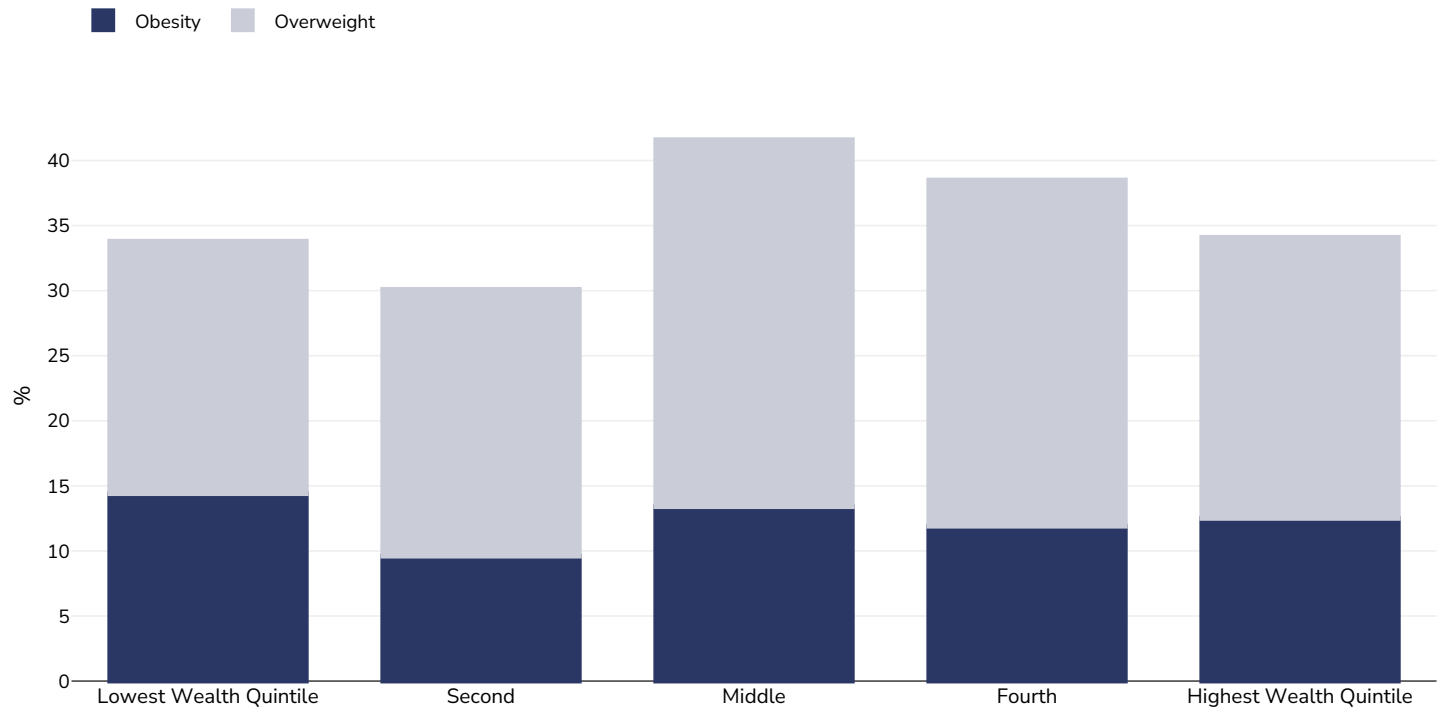
### Girls, 2023



Survey type:	Measured
Age:	15-19
Sample size:	2383
Area covered:	National
References:	Department of Statistics (DoS) [Jordan] and ICF. 2024. Jordan Population and Family and Health Survey 2023. Amman, Jordan, and Rockville, Maryland, USA: DoS and ICF.
Cutoffs:	WHO

## Overweight/obesity by socio-economic group

### Girls, 2023

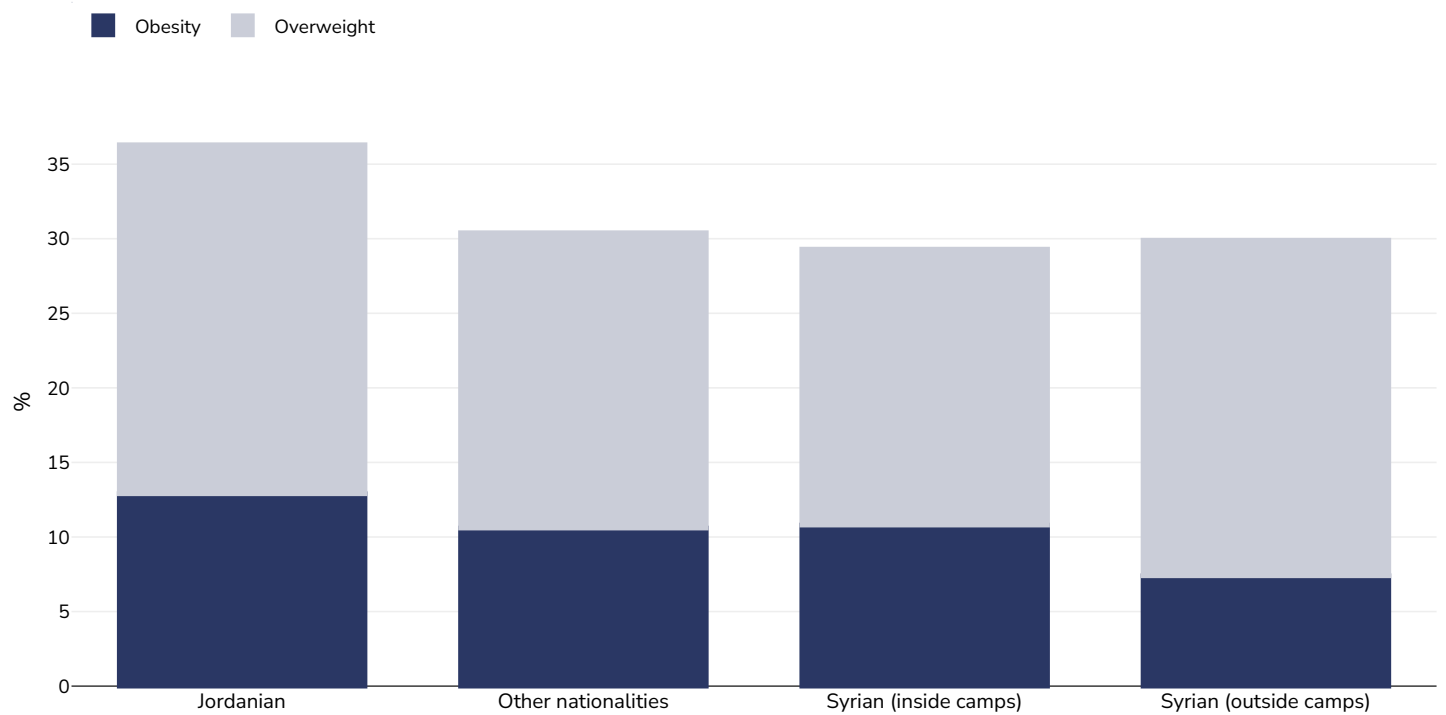


Survey type:	Measured
Age:	15-19
Sample size:	2383
Area covered:	National
References:	Department of Statistics (DoS) [Jordan] and ICF. 2024. Jordan Population and Family and Health Survey 2023. Amman, Jordan, and Rockville, Maryland, USA: DoS and ICF.
Cutoffs:	WHO

## Overweight/obesity by ethnicity

Ethnic groups are as defined by publication of origin and are not as defined by WOF. In some instances ethnicity is conflated with nationality and/or race.

### Girls, 2023

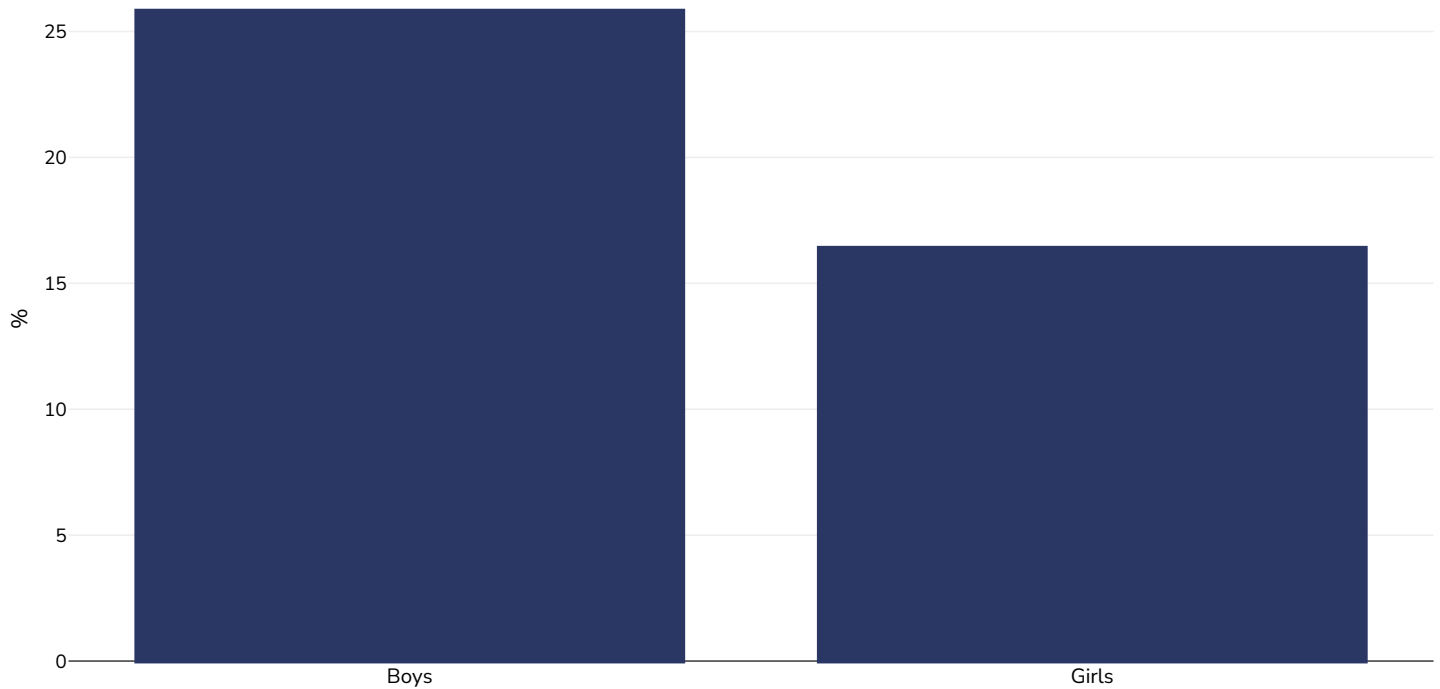


<b>Survey type:</b>	Measured
<b>Age:</b>	15-19
<b>Sample size:</b>	2383
<b>Area covered:</b>	National
<b>References:</b>	Department of Statistics (DoS) [Jordan] and ICF. 2024. Jordan Population and Family and Health Survey 2023. Amman, Jordan, and Rockville, Maryland, USA: DoS and ICF.
<b>Cutoffs:</b>	WHO



## Double burden of underweight & overweight

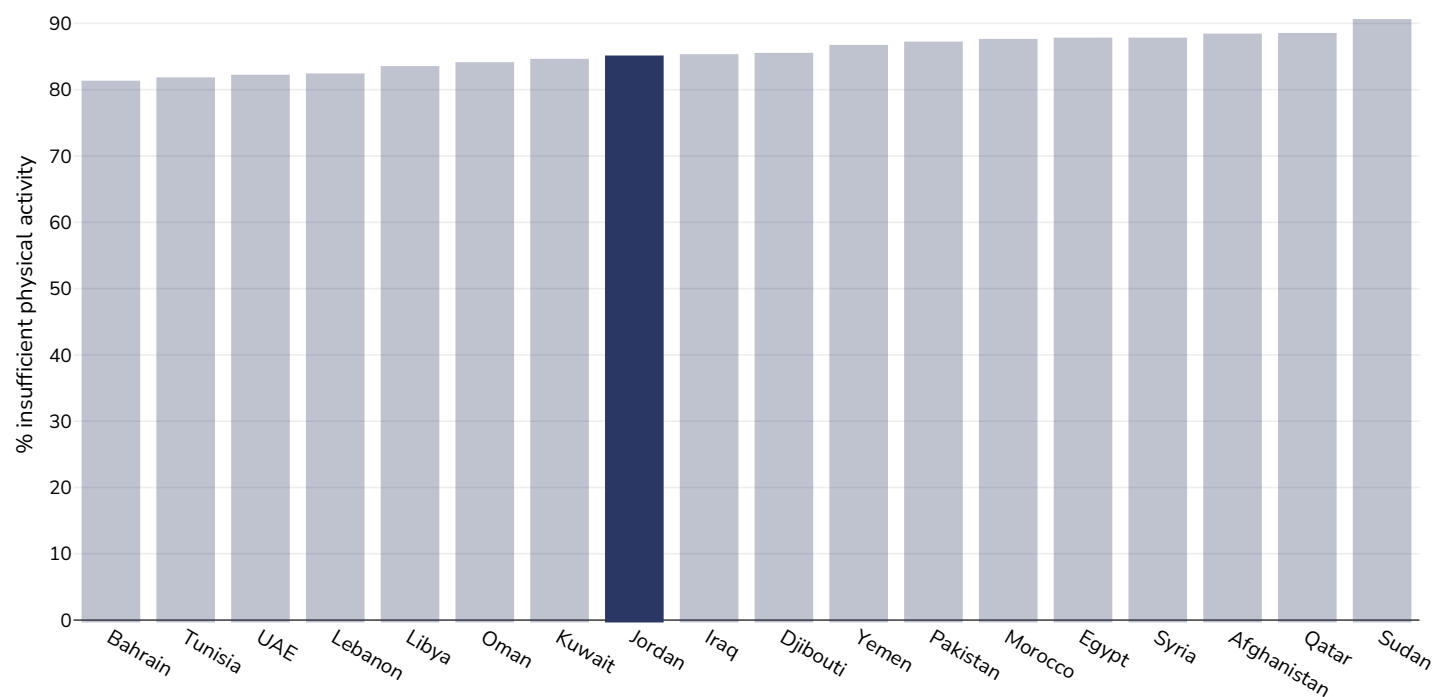
### Children, 2022



<b>Survey type:</b>	Measured
<b>Age:</b>	5-19
<b>References:</b>	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> .
<b>Notes:</b>	Age standardised estimates
<b>Definitions:</b>	Combined prevalence of BMI < -2SD and BMI > 2SD (double burden of thinness and obesity)
<b>Cutoffs:</b>	BMI < -2SD and BMI > 2SD

## Insufficient physical activity

### Children, 2016



Survey type: Self-reported

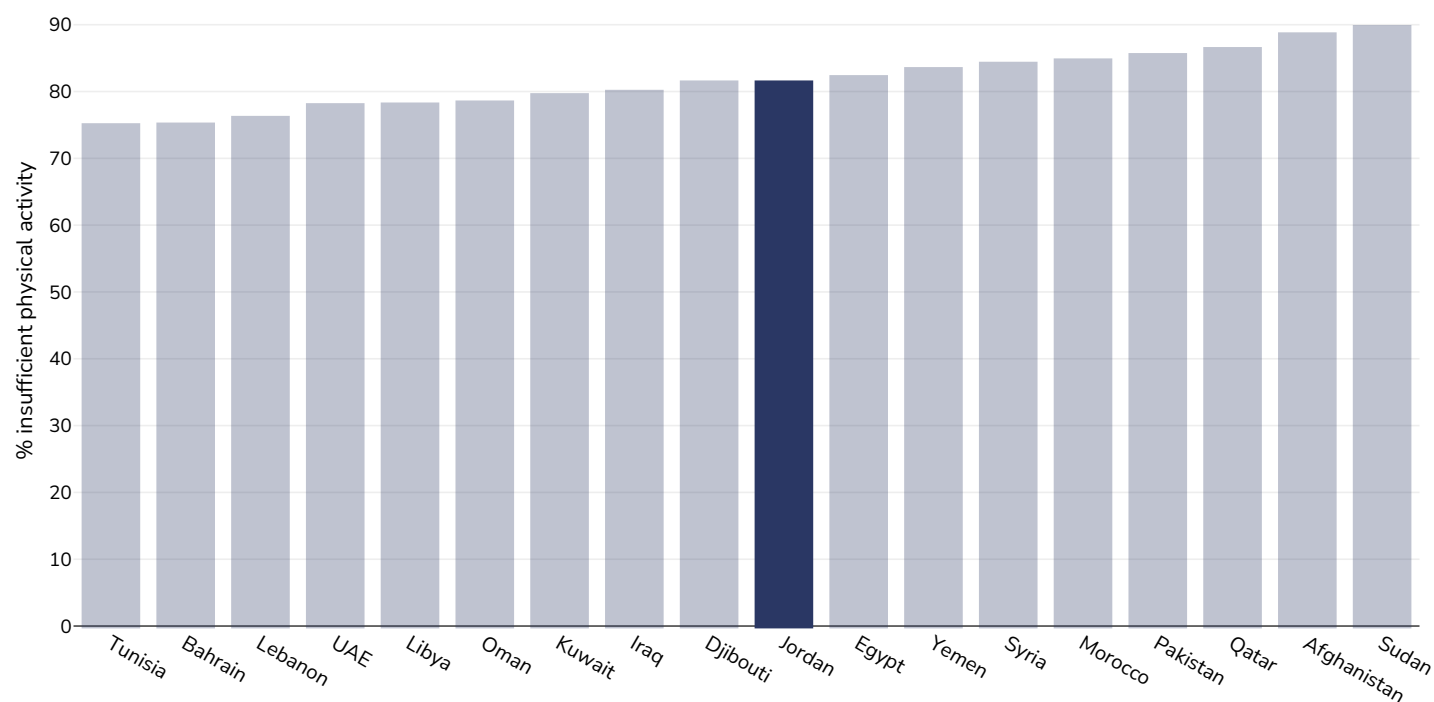
Age: 11-17

References: Global Health Observatory data repository, World Health Organisation, <https://apps.who.int/gho/data/node.main.A893ADO?lang=en> (last accessed 16.03.21)

Notes: % of school going adolescents not meeting WHO recommendations on Physical Activity for Health, i.e. doing less than 60 minutes of moderate- to vigorous-intensity physical activity daily.

Definitions: % Adolescents insufficiently active (age standardised estimate)

## Boys, 2016



Survey type: Self-reported

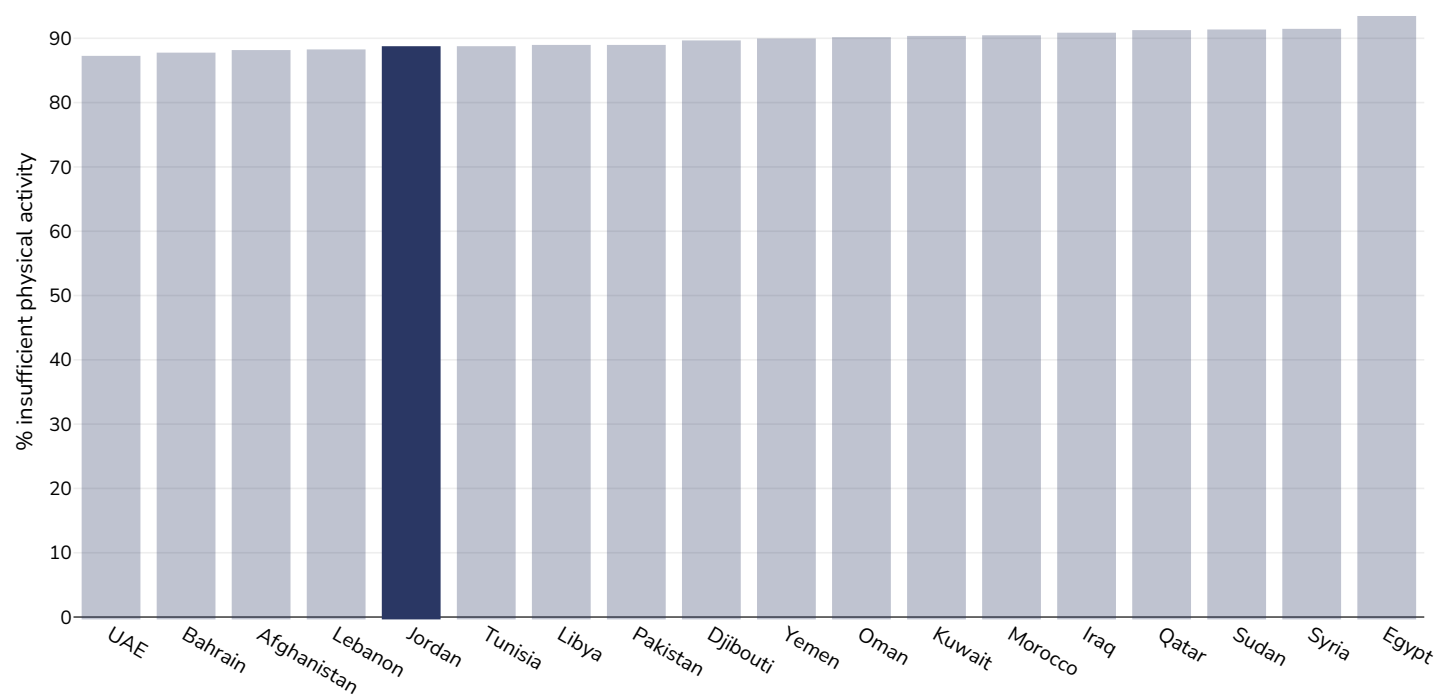
Age: 11-17

References: Global Health Observatory data repository, World Health Organisation, <https://apps.who.int/gho/data/node.main.A893AD0?lang=en> (last accessed 16.03.21)

Notes: % of school going adolescents not meeting WHO recommendations on Physical Activity for Health, i.e. doing less than 60 minutes of moderate- to vigorous-intensity physical activity daily.

Definitions: % Adolescents insufficiently active (age standardised estimate)

## Girls, 2016



Survey type: Self-reported

Age: 11-17

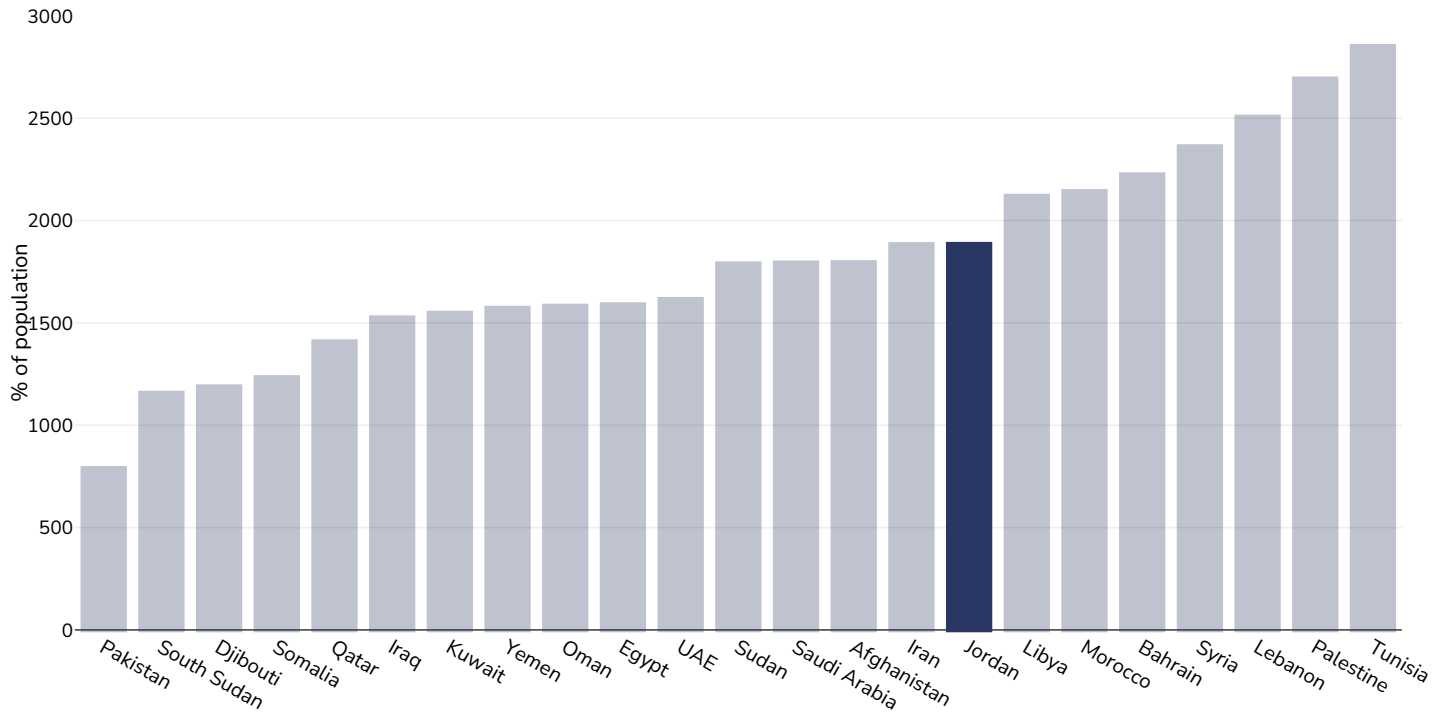
References: Global Health Observatory data repository, World Health Organisation, <https://apps.who.int/gho/data/node.main.A893ADO?lang=en>  
(last accessed 16.03.21)

Notes: % of school going adolescents not meeting WHO recommendations on Physical Activity for Health, i.e. doing less than 60 minutes of moderate- to vigorous-intensity physical activity daily.

Definitions: % Adolescents insufficiently active (age standardised estimate)

## Mental health - depression disorders

### Children, 2021

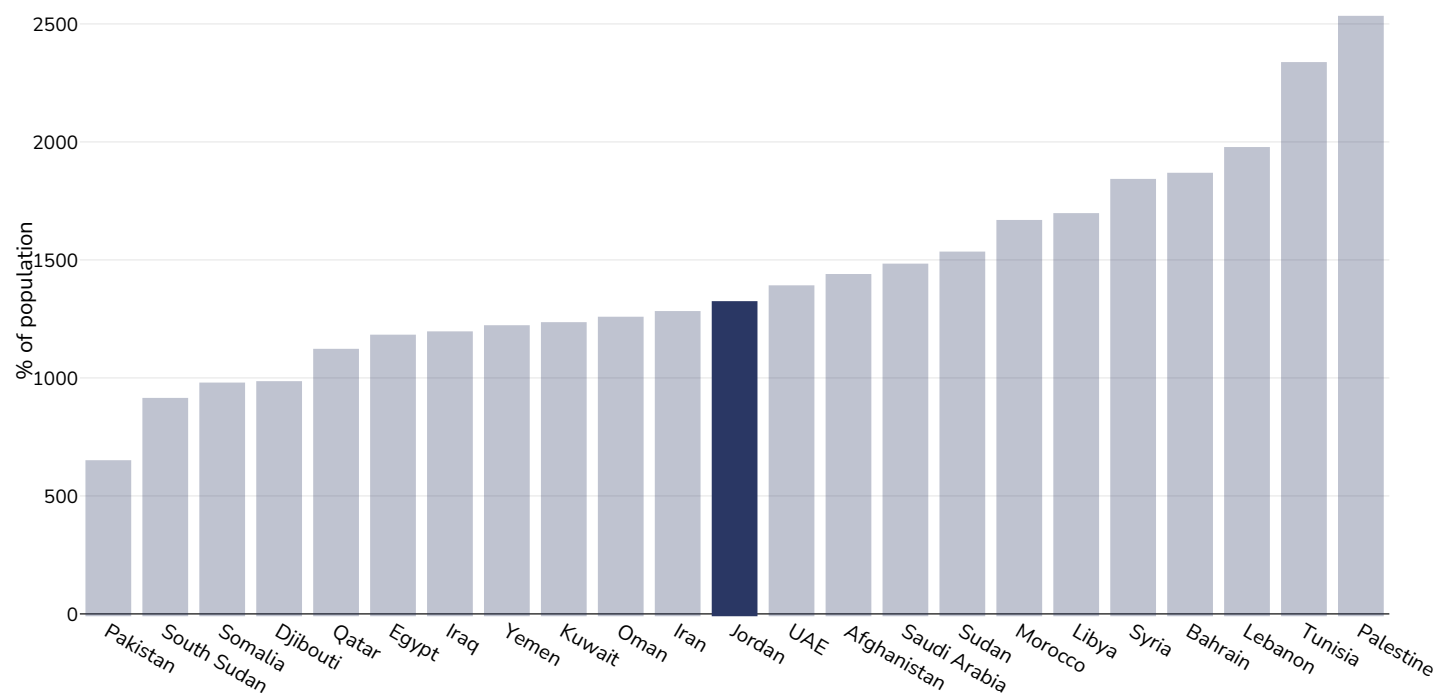


Area covered: National

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 <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

Definitions: Number living with depressive disorder per 100,000 population (Under 20 years of age)

## Boys, 2021

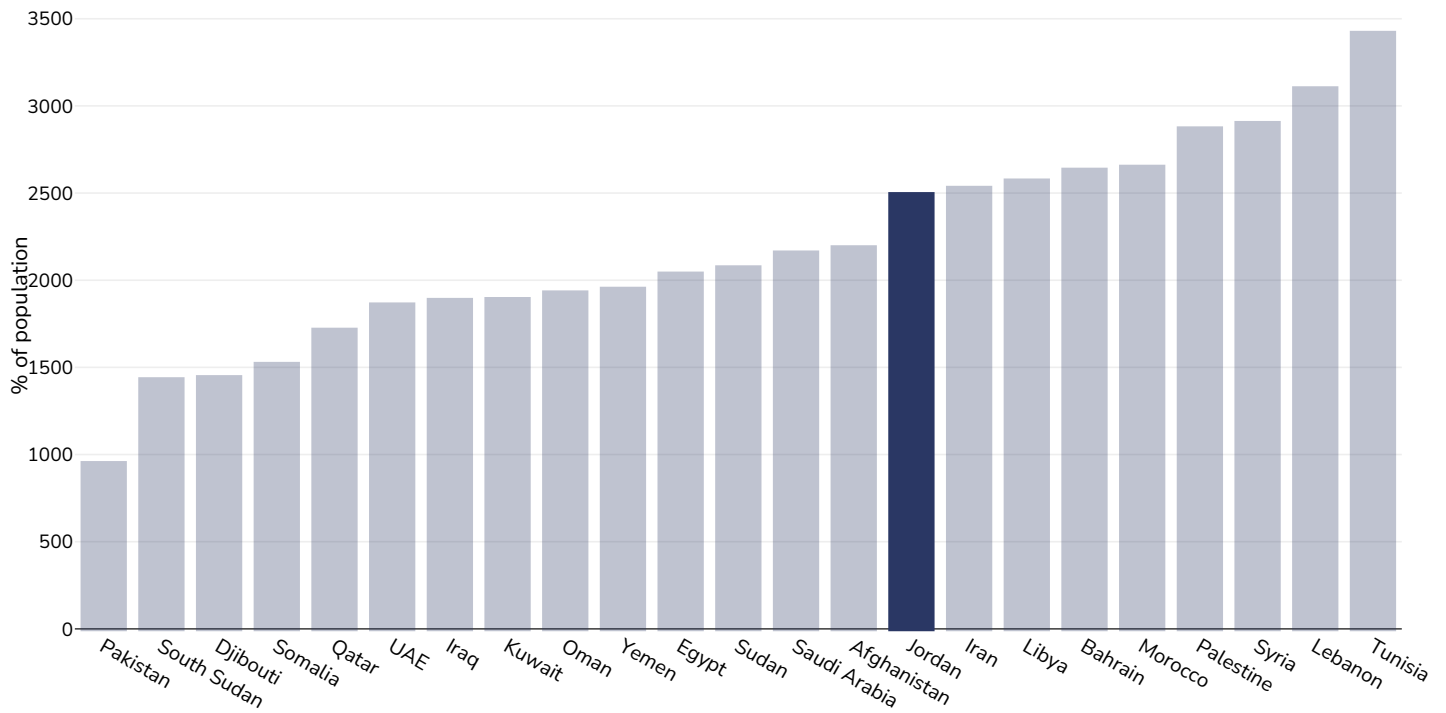


**Area covered:** National

**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 <http://vizhub.healthdata.org/gbd-compare>. (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:

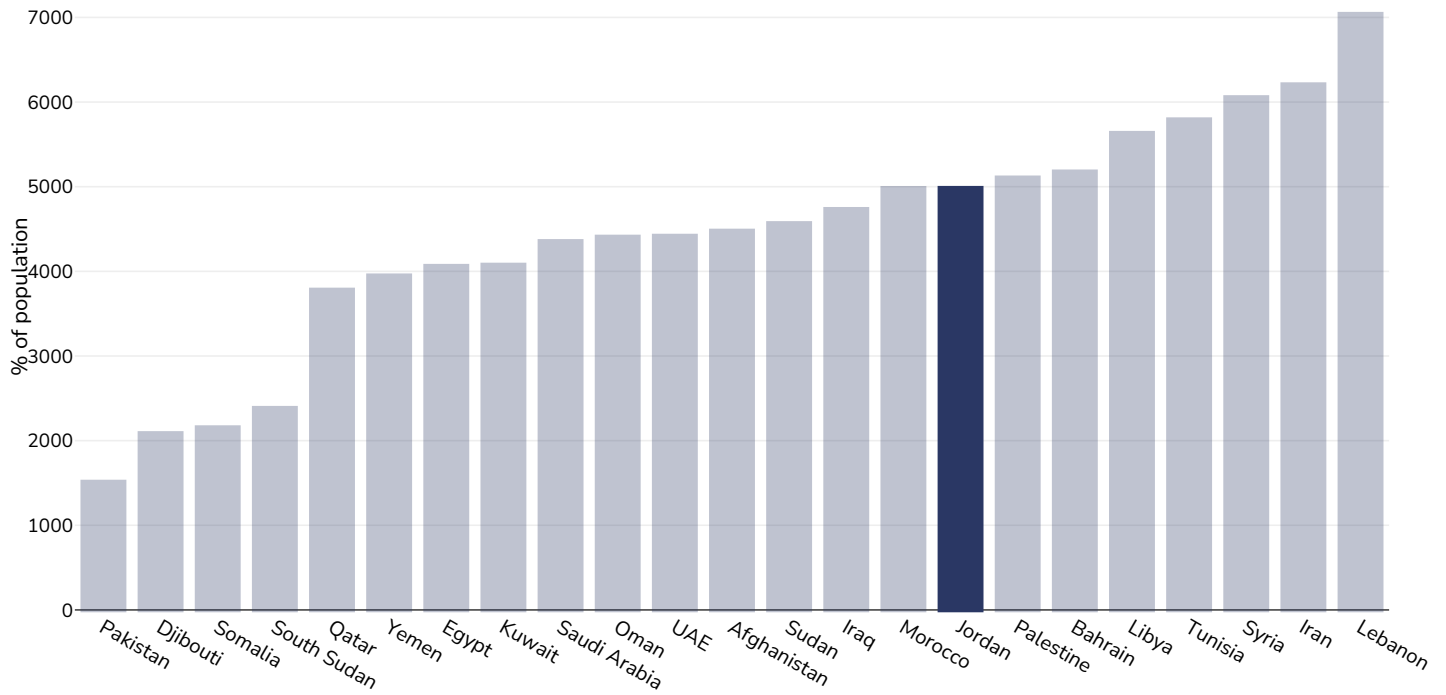
Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

Definitions:

Number living with depressive disorder per 100,000 population (Under 20 years of age)

## Mental health - anxiety disorders

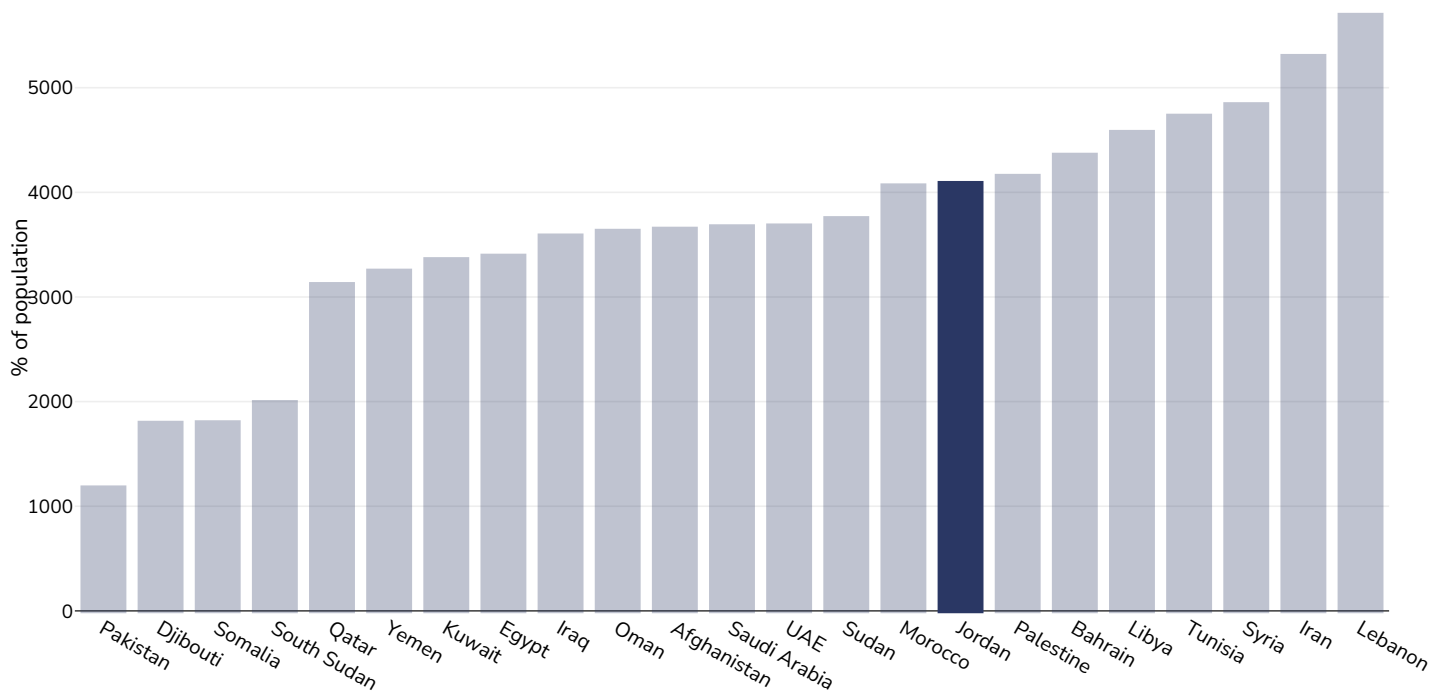
### Children, 2021



**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)

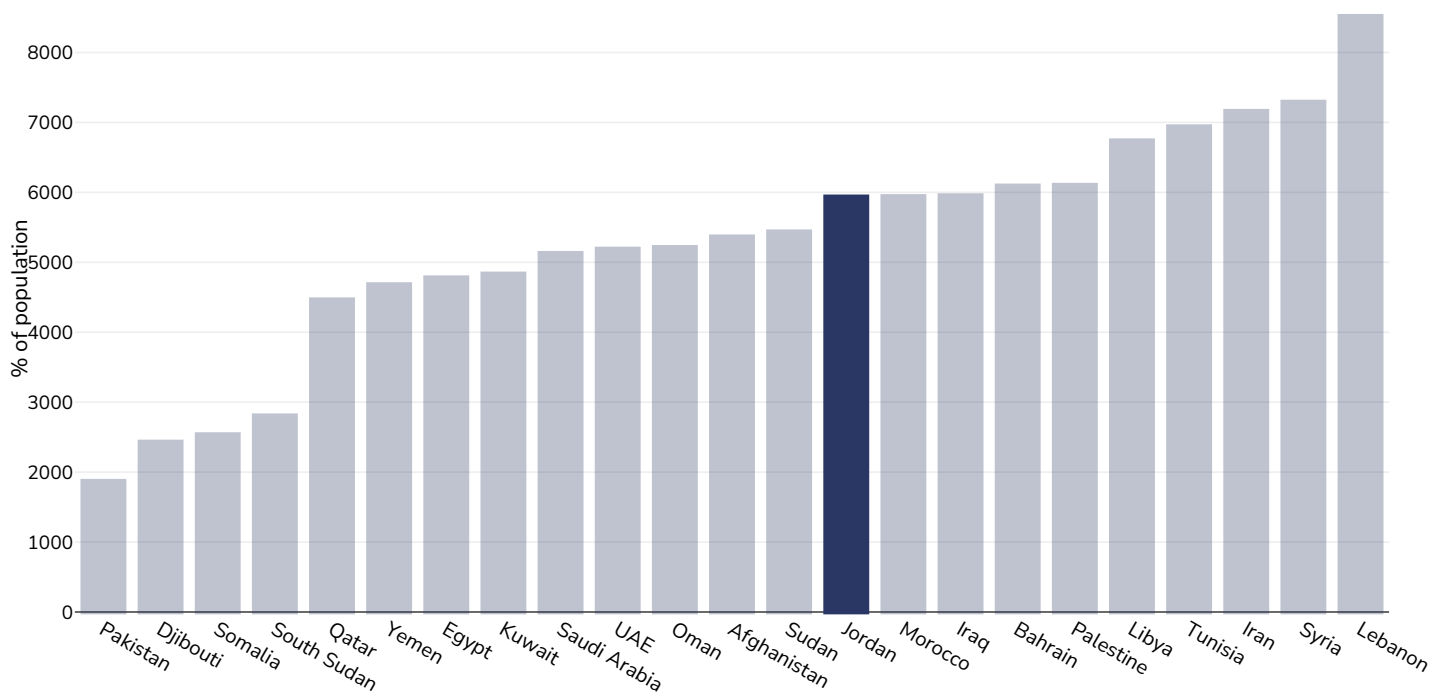


## Boys, 2021



**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)

