Jordan



Country report card - children

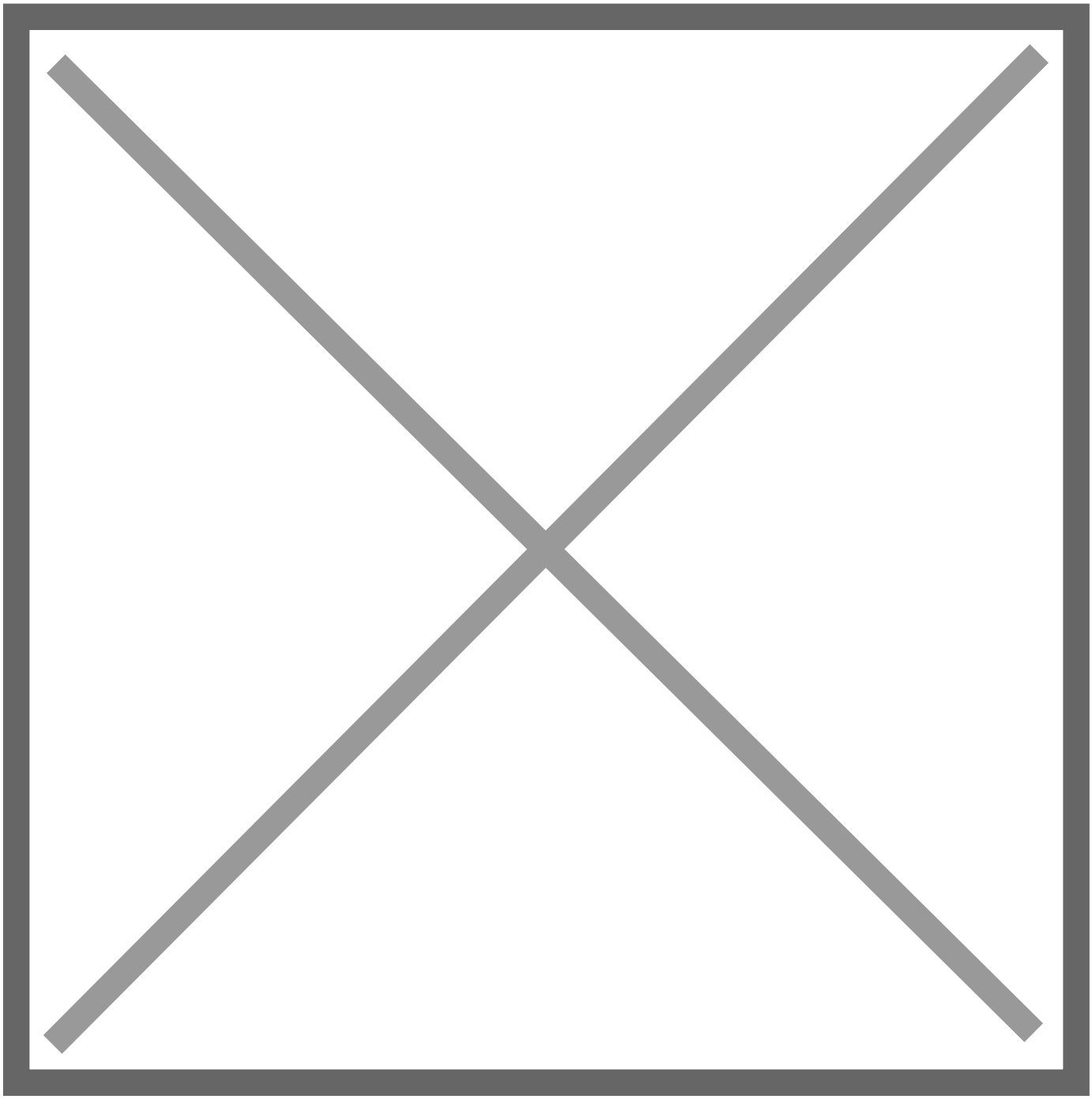
This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity for children, including adolescents (aged 5 to 18 years). Where available, data on common and relevant obesity drivers and comorbidities are also presented.

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

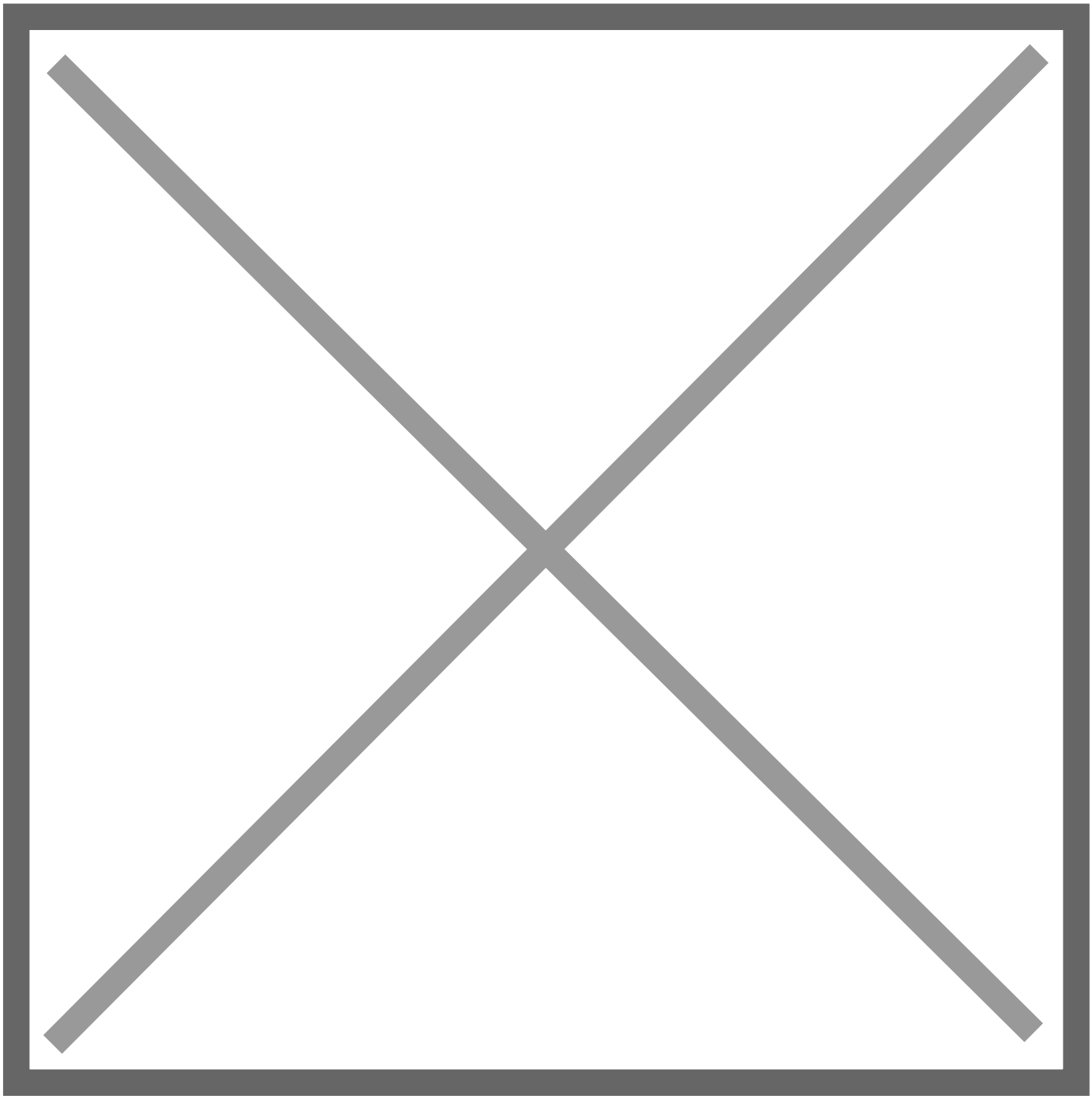


Survey type:	Measured
Age:	15-19
Sample size:	2383
Area covered:	National
References:	Department of Statistics (DoS) [Jordan] and ICF. 2024. Jordan Population and Family and Health Survey 2023. Amman, Jordan, and Rockville, Maryland, USA: DoS and ICF.

Cutoffs:	WHO

Overweight/obesity by education

Girls, 2023

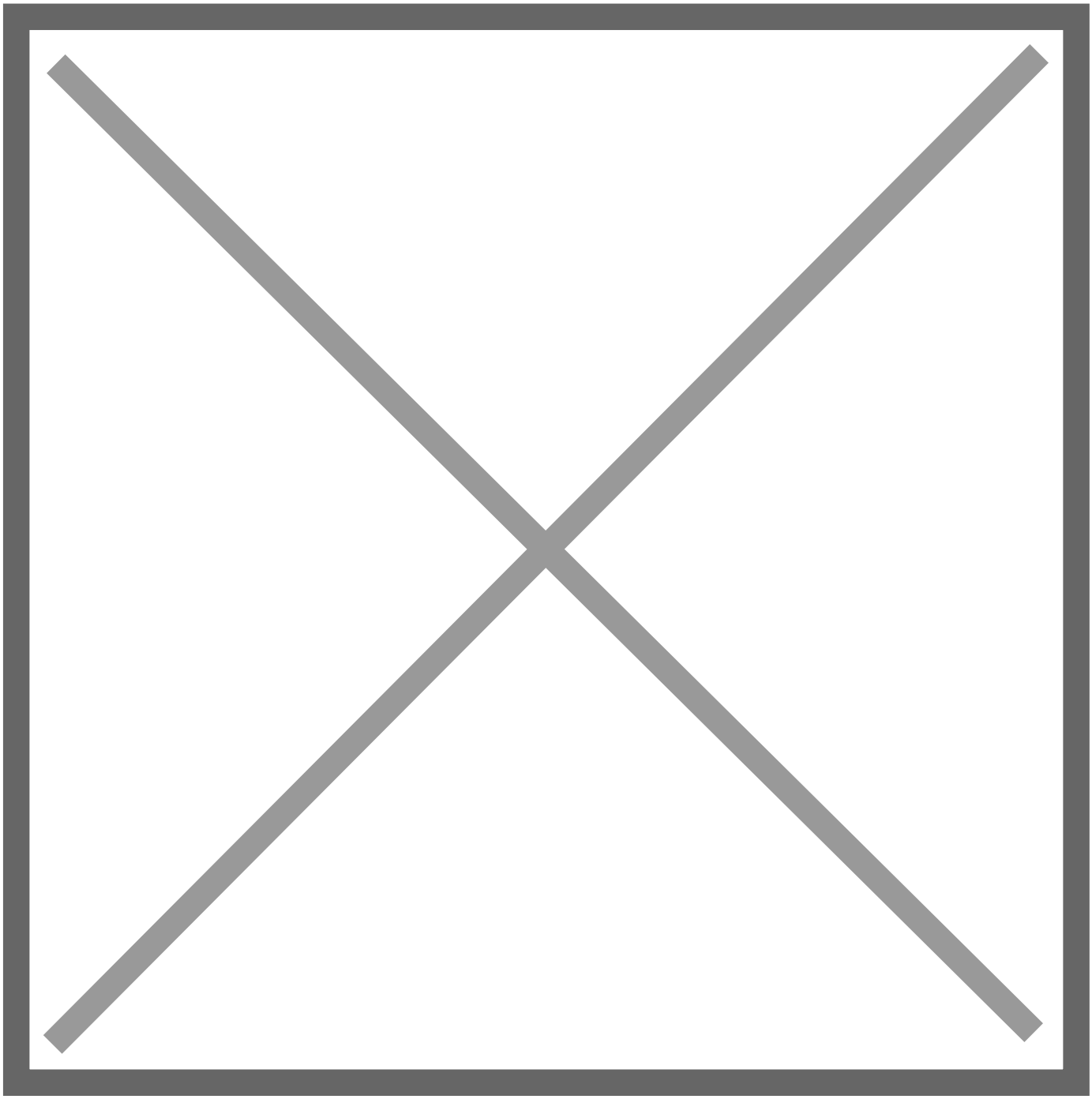


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Notes:	Insufficent sample size to demonstrate 'no education' category.
Cutoffs:	WHO

Overweight/obesity by age

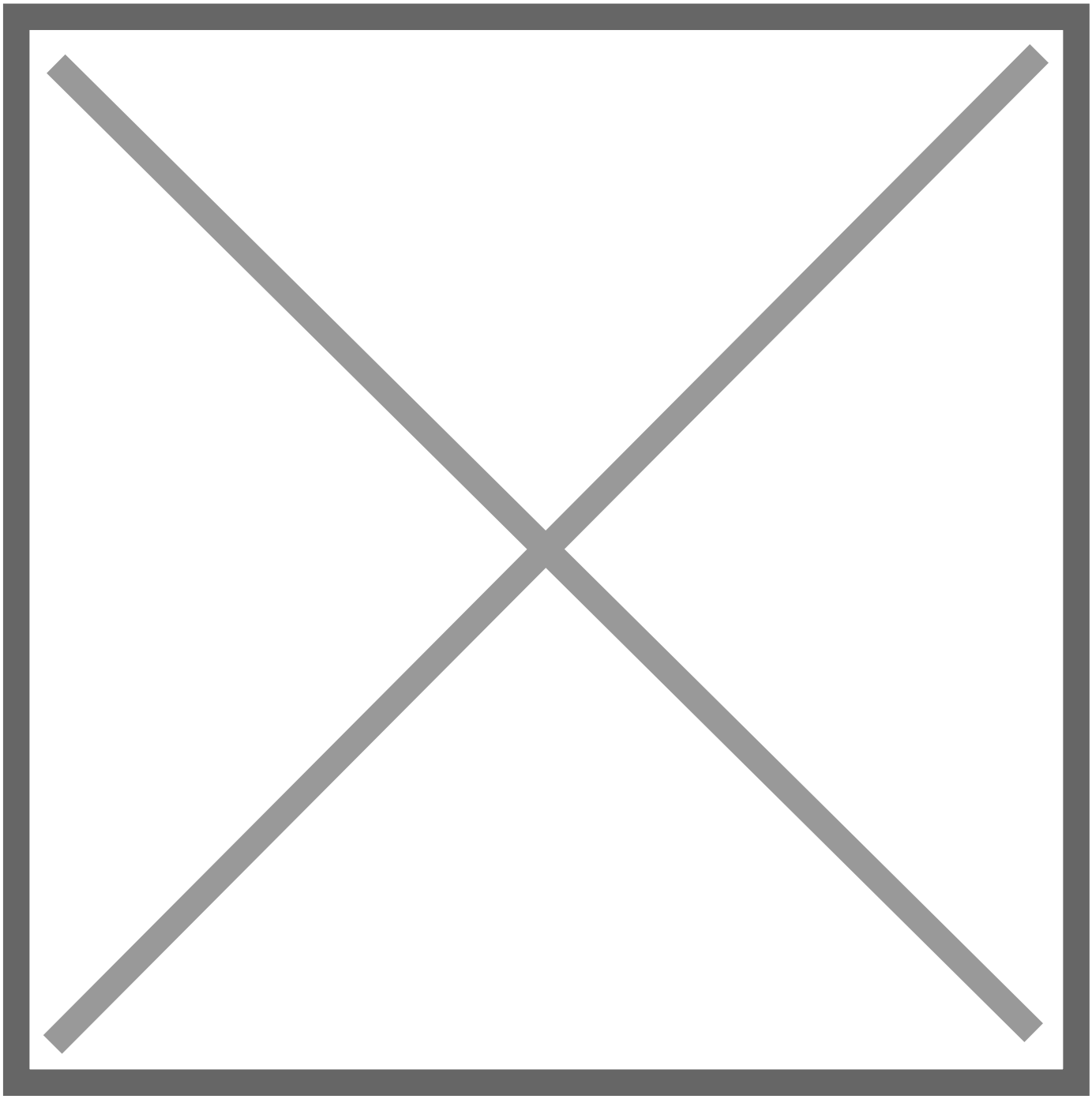
Children, 2006



Survey type:	Measured
Sample size:	2131
Area covered:	Governorate of Irbid
References:	Overweight and obesity among school children in Jordan: prevalence and associated factors. https://pubmed.ncbi.nlm.nih.gov/18496747/ (last accessed 06.06.2022)
Cutoffs:	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

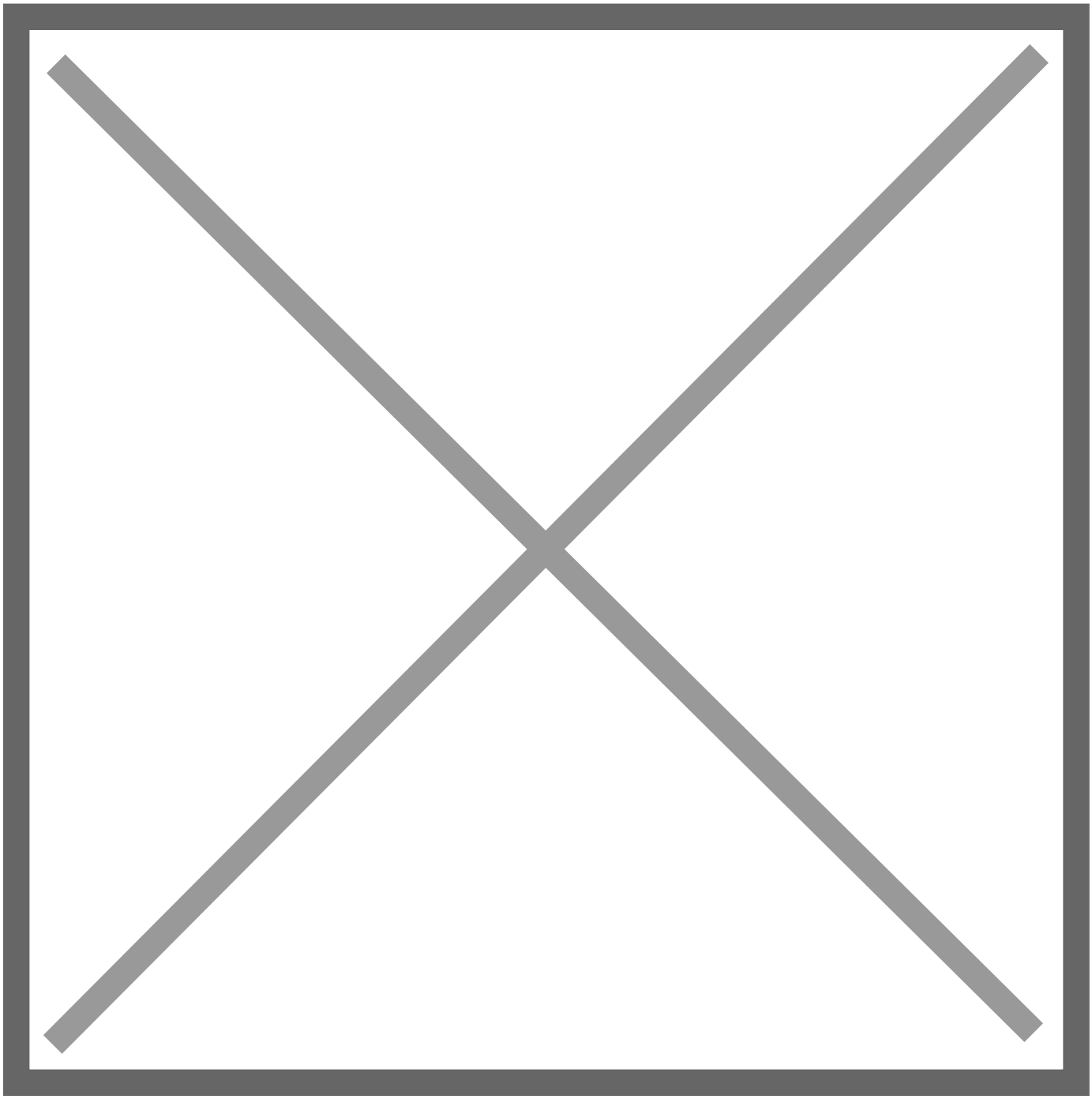


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Cutoffs:	WHO

Overweight/obesity by socio-economic group

Girls, 2023



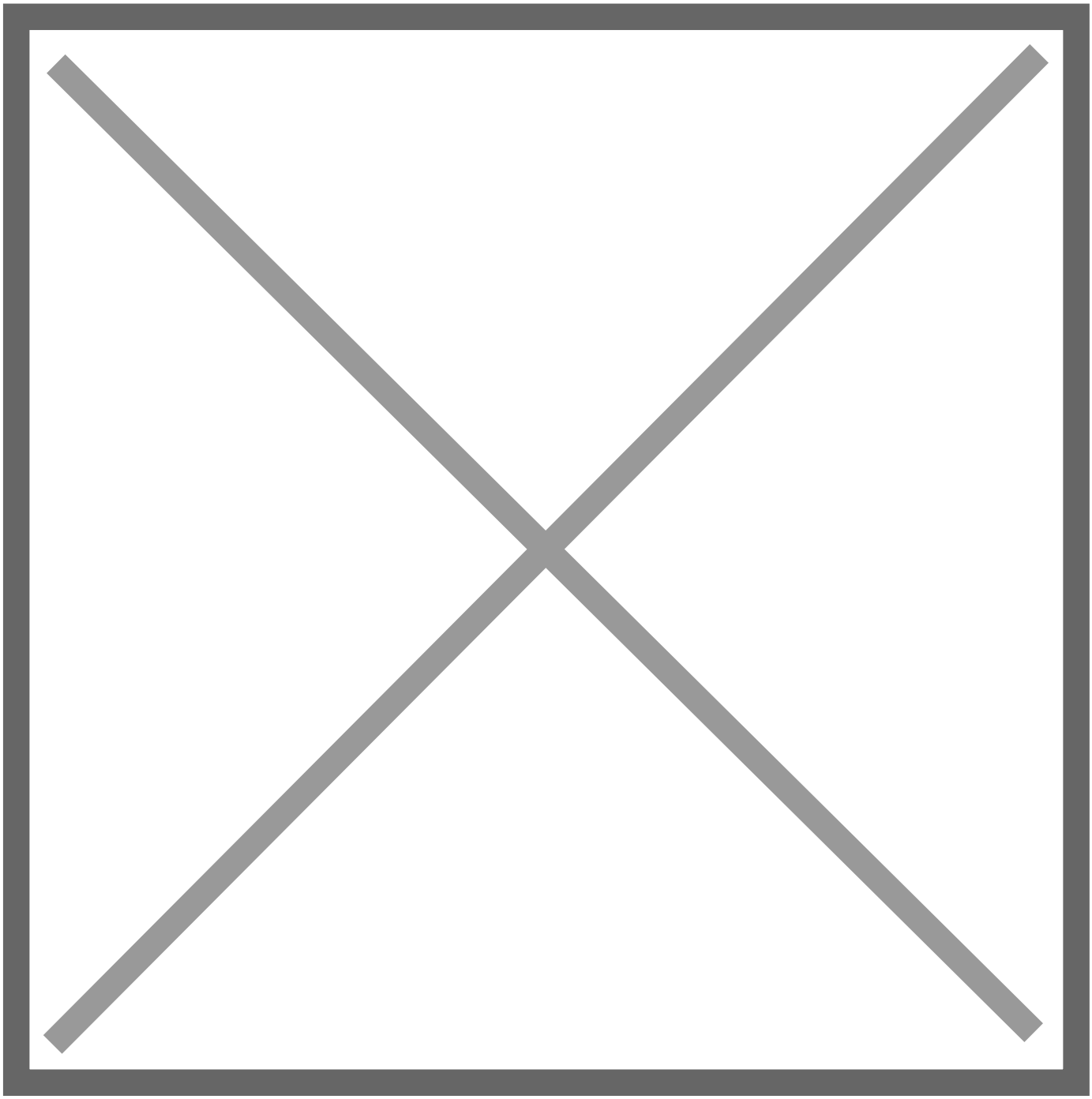
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Cutoffs:	WHO

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

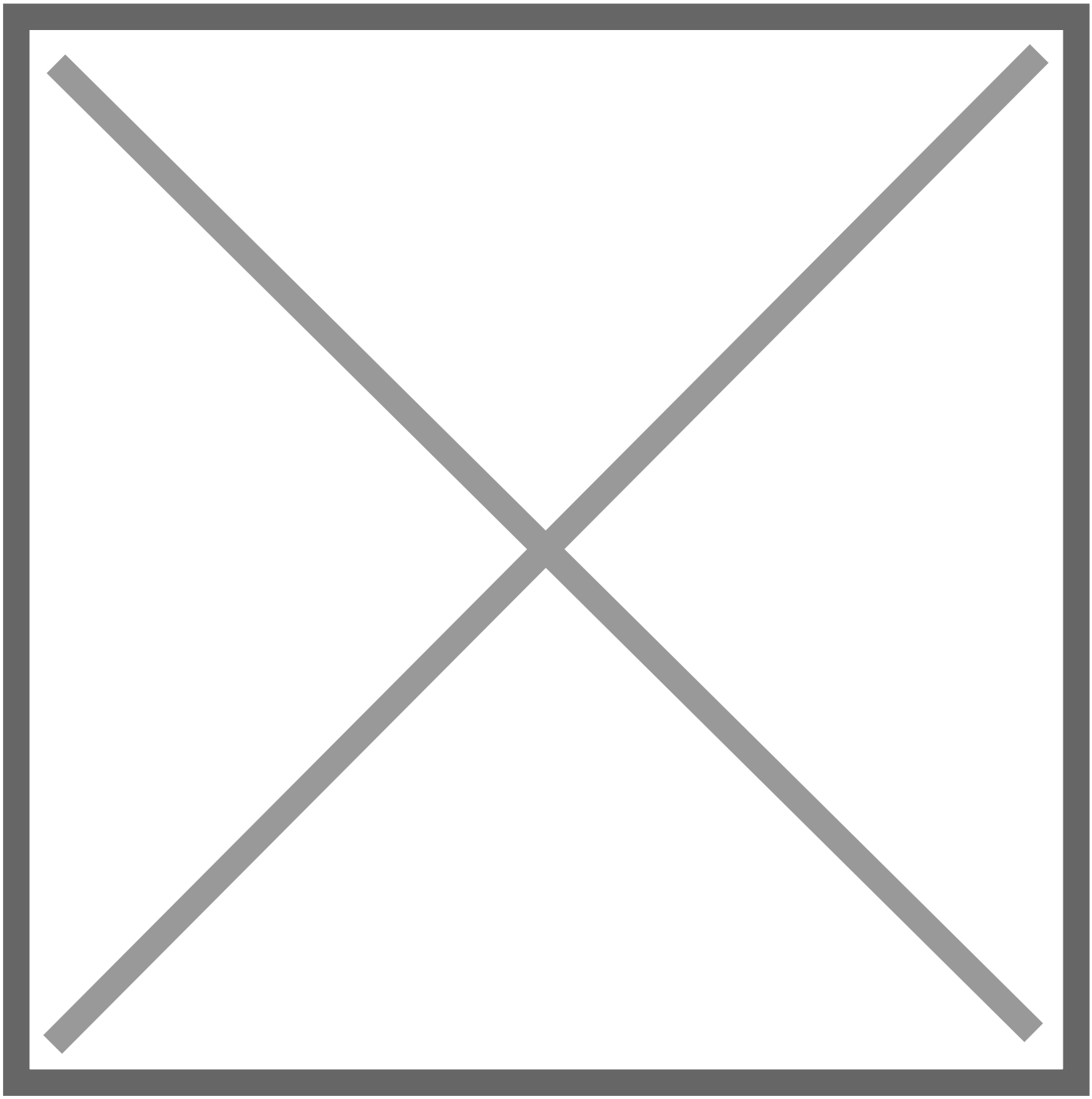


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Cutoffs:	WHO

Double burden of underweight & obesity

Children, 2022

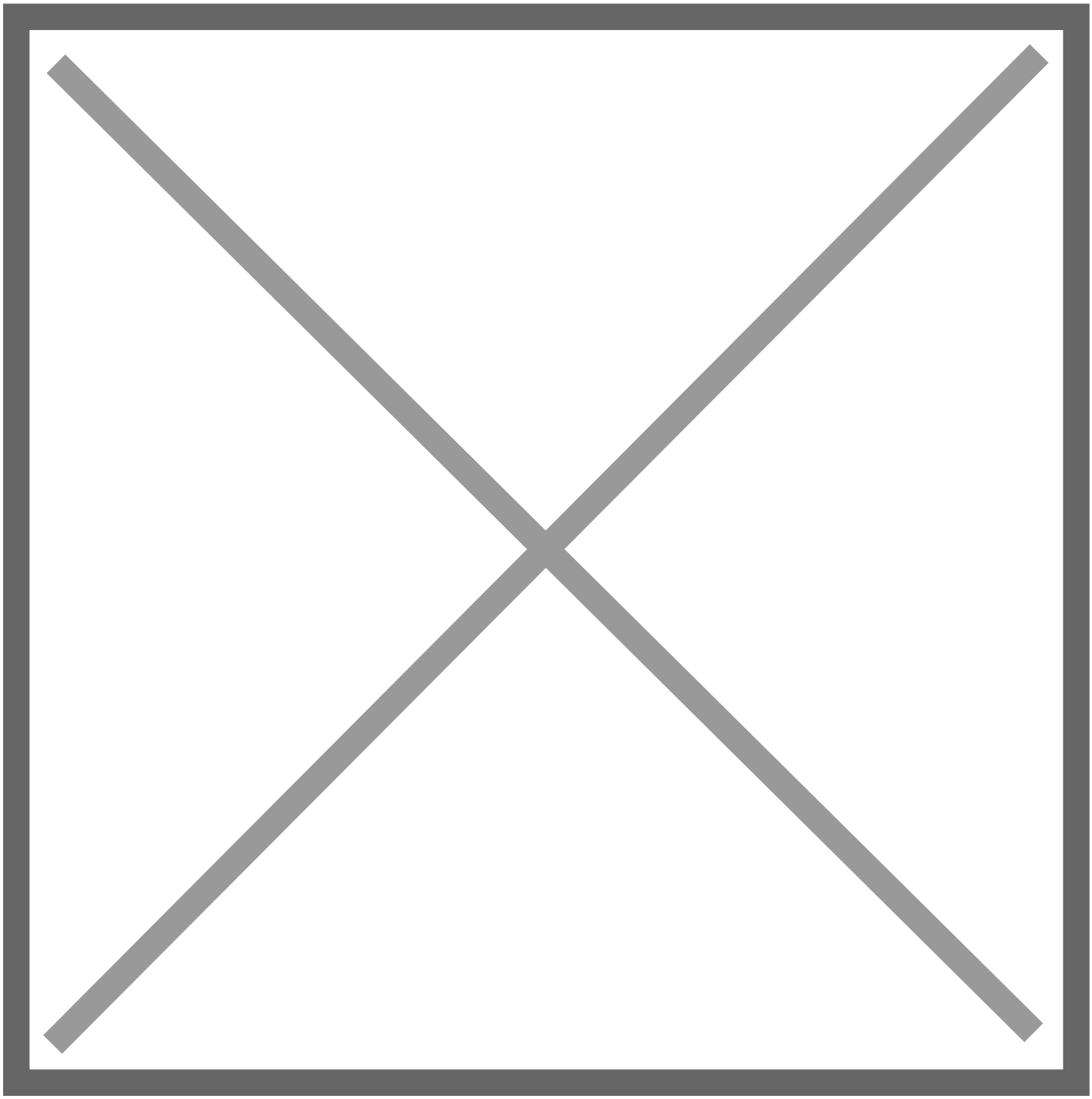


Survey type:	Measured
Age:	5-19
References:	NCD Risk Factor Collaboration (NCD-RisC). Worldwide trends in underweight and obesity from 1990 to 2022: a pooled analysis of 3663 population representative studies with 222 million children, adolescents, and adults. Lancet 2024; published online Feb 29. https://doi.org/10.1016/S0140-6736(23)02750-2.
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

Insufficient physical activity

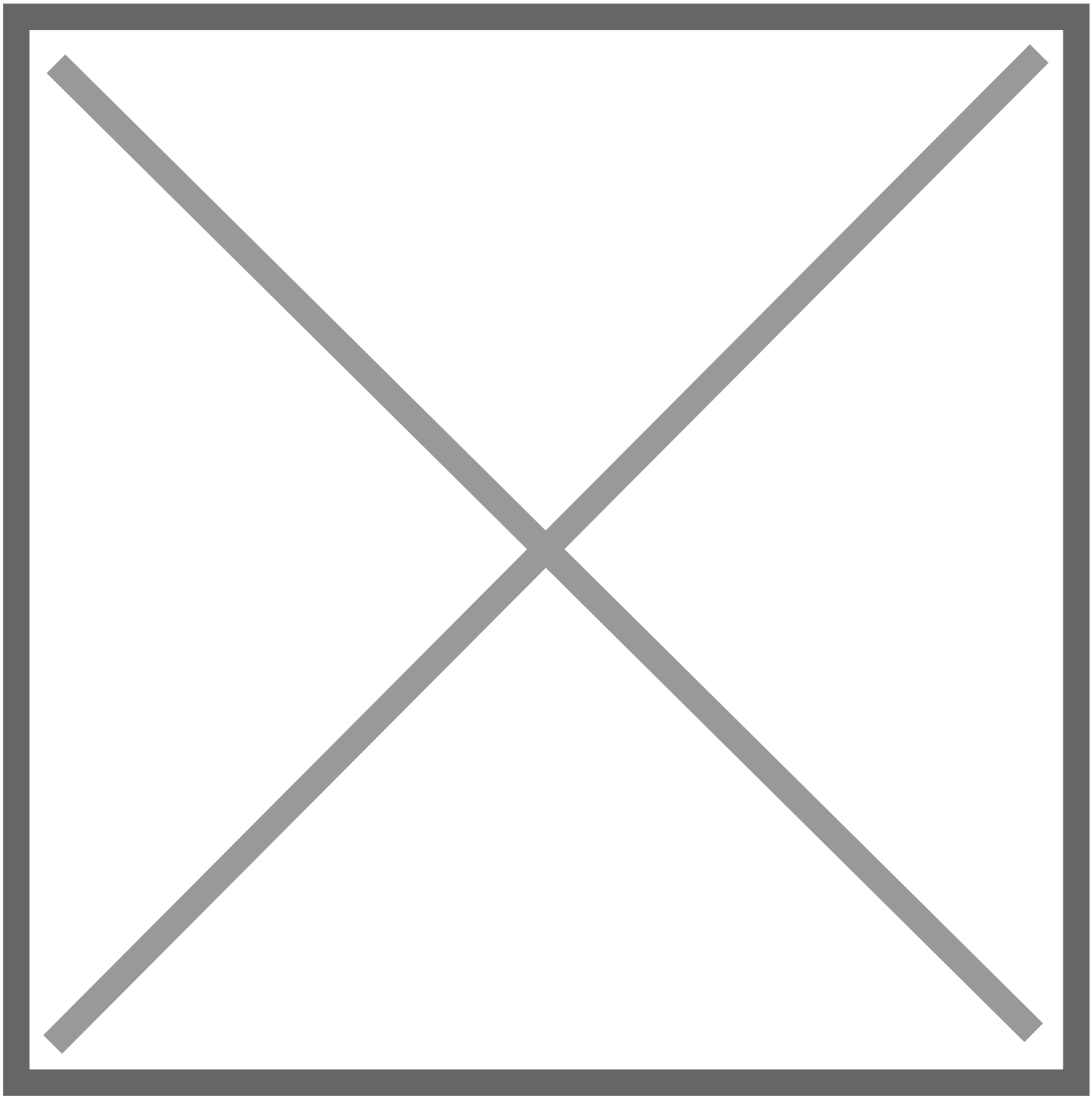
Children, 2016



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)

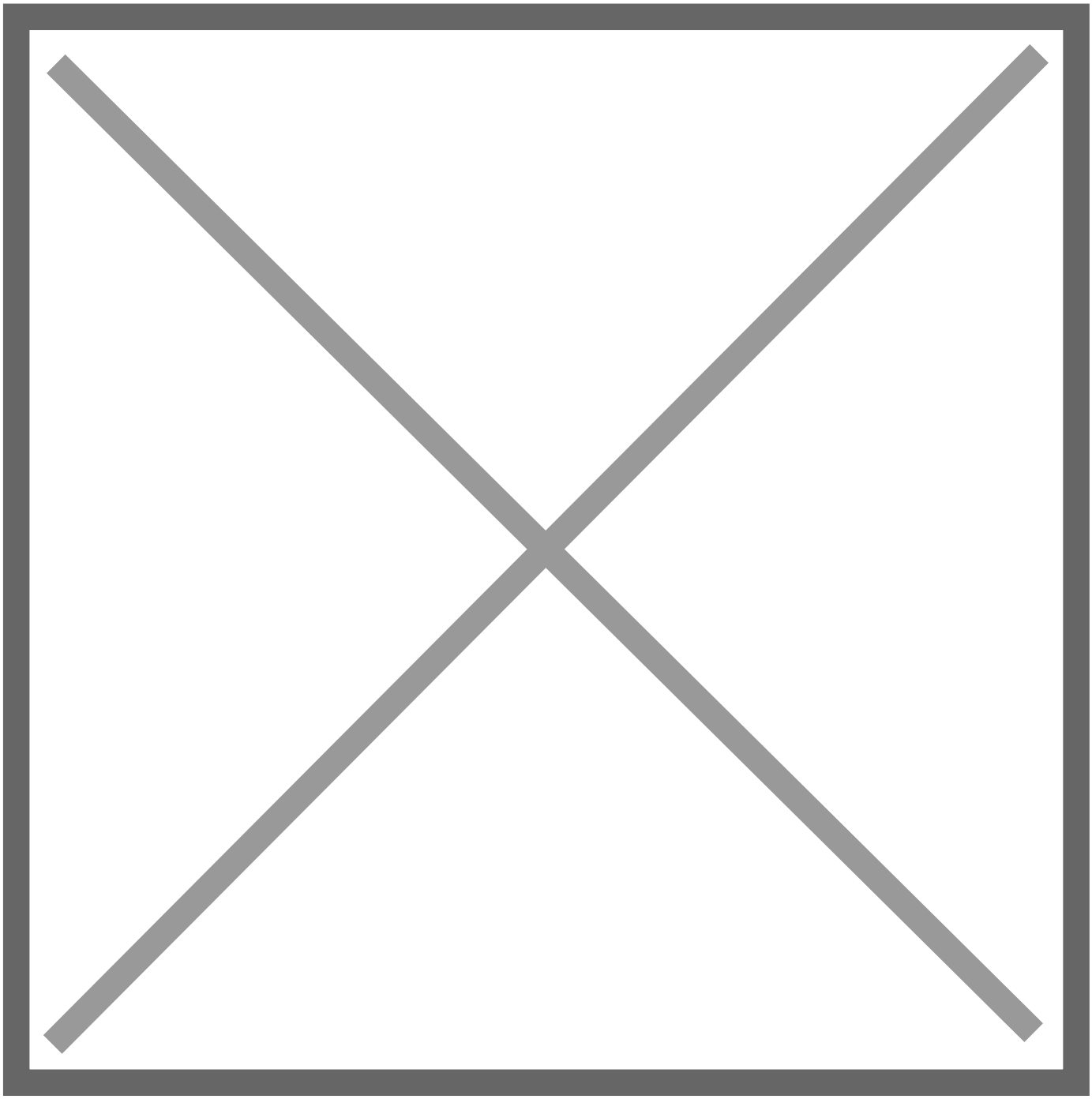
Boys, 2016



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Girls, 2016

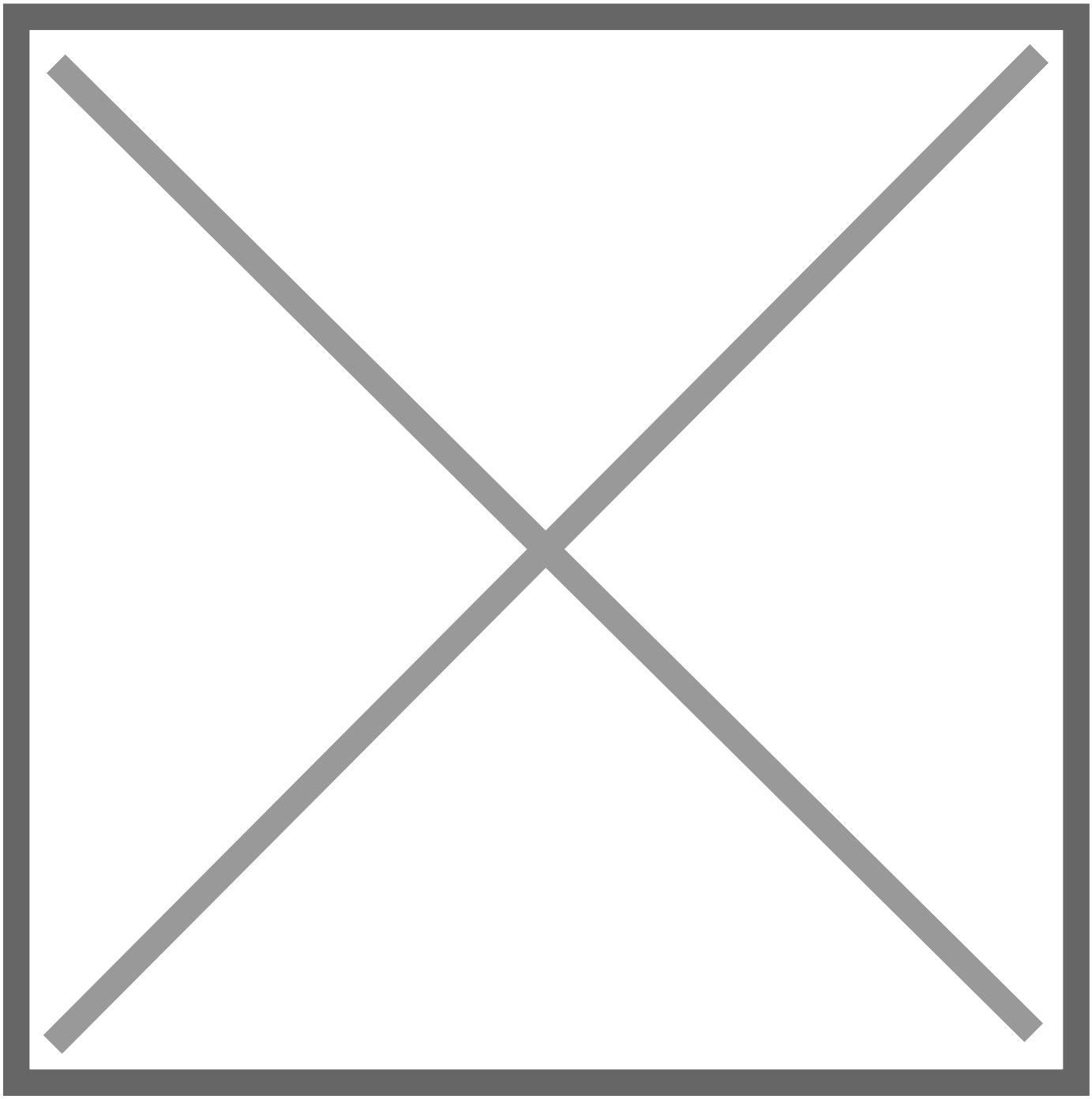


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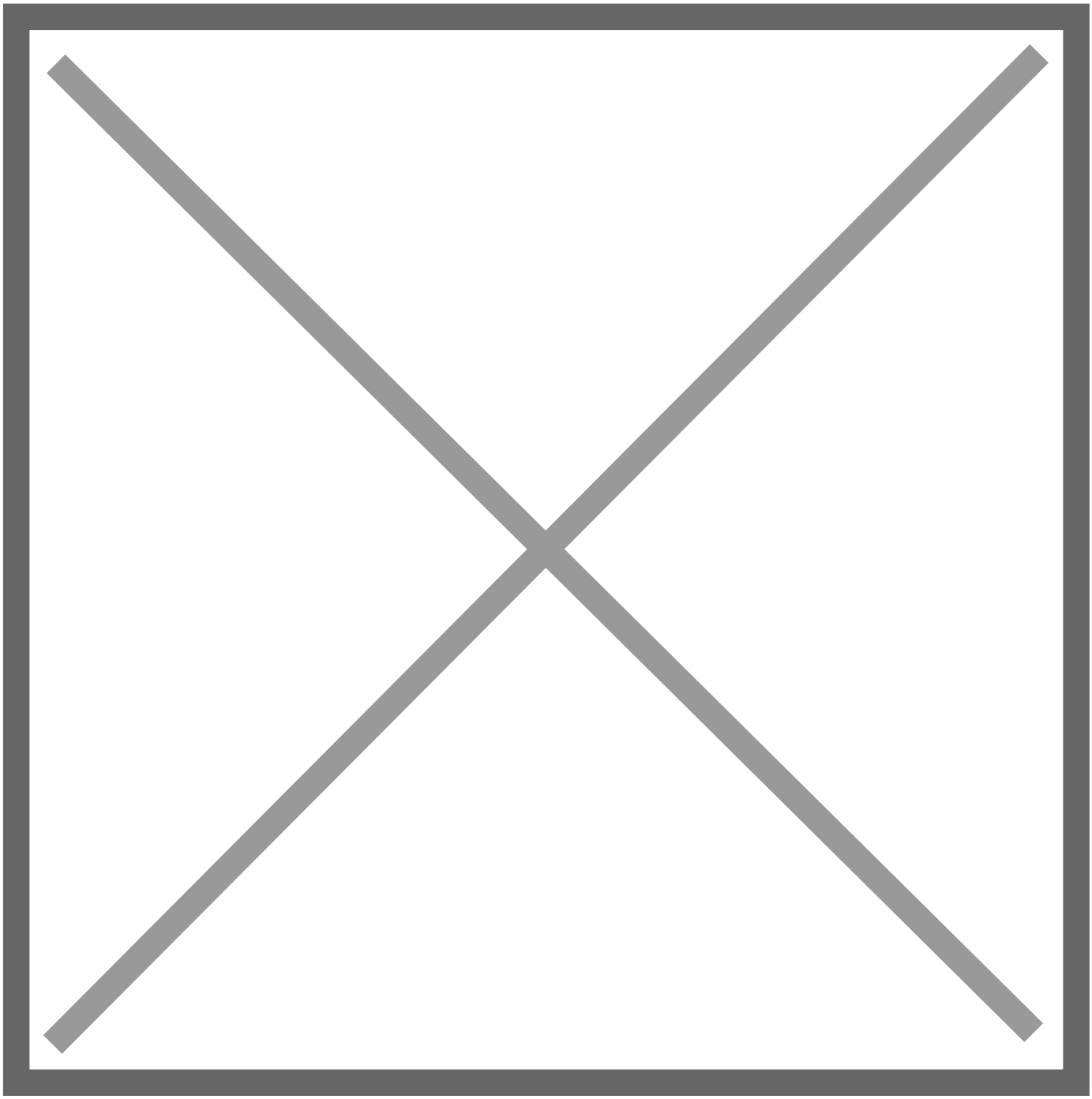
Mental health - depression disorders

Children, 2023



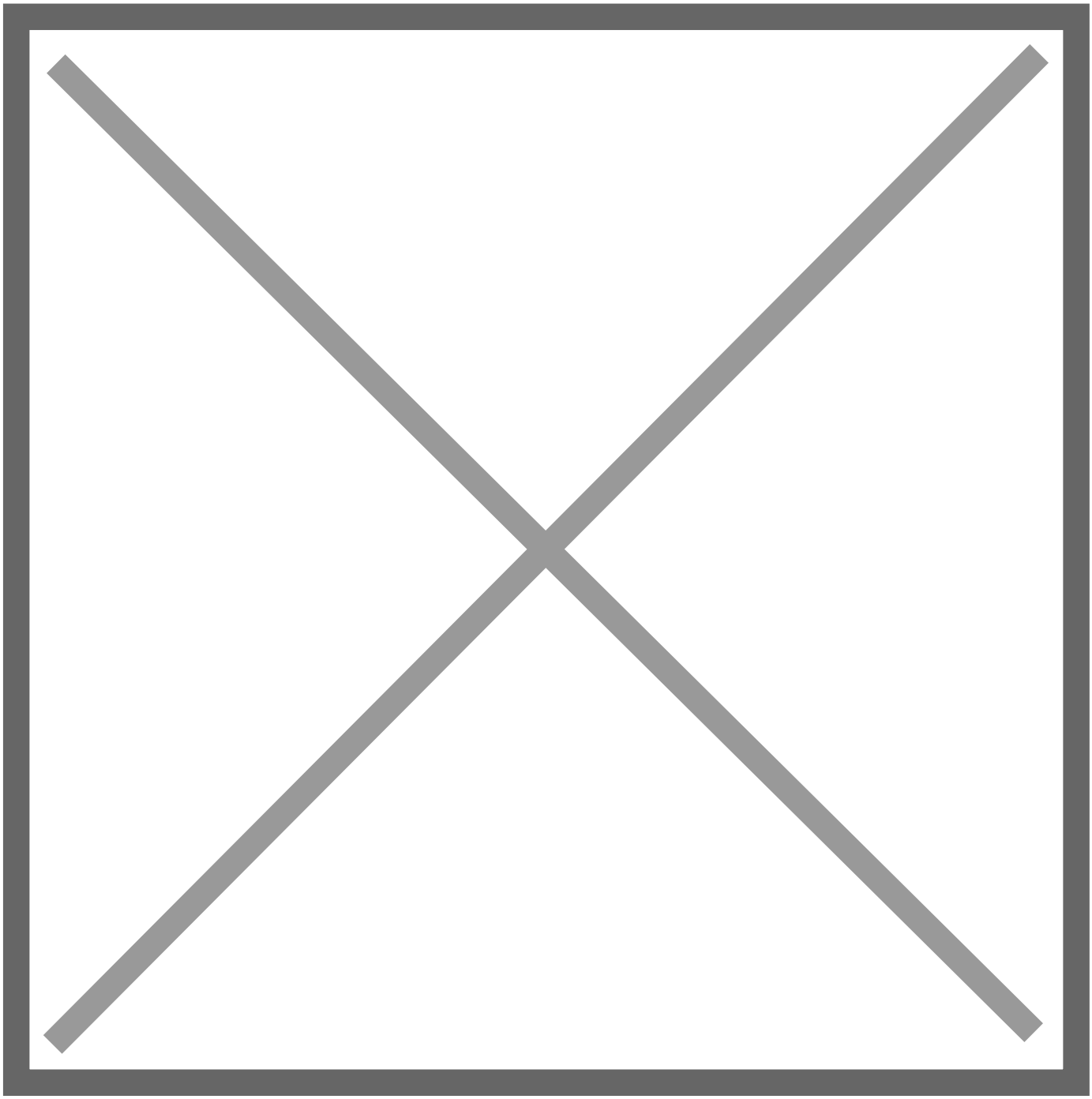
Area covered:	National
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from https://vizhub.healthdata.org/gbd-compare/ [Accessed 17.03.26]
Definitions:	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]
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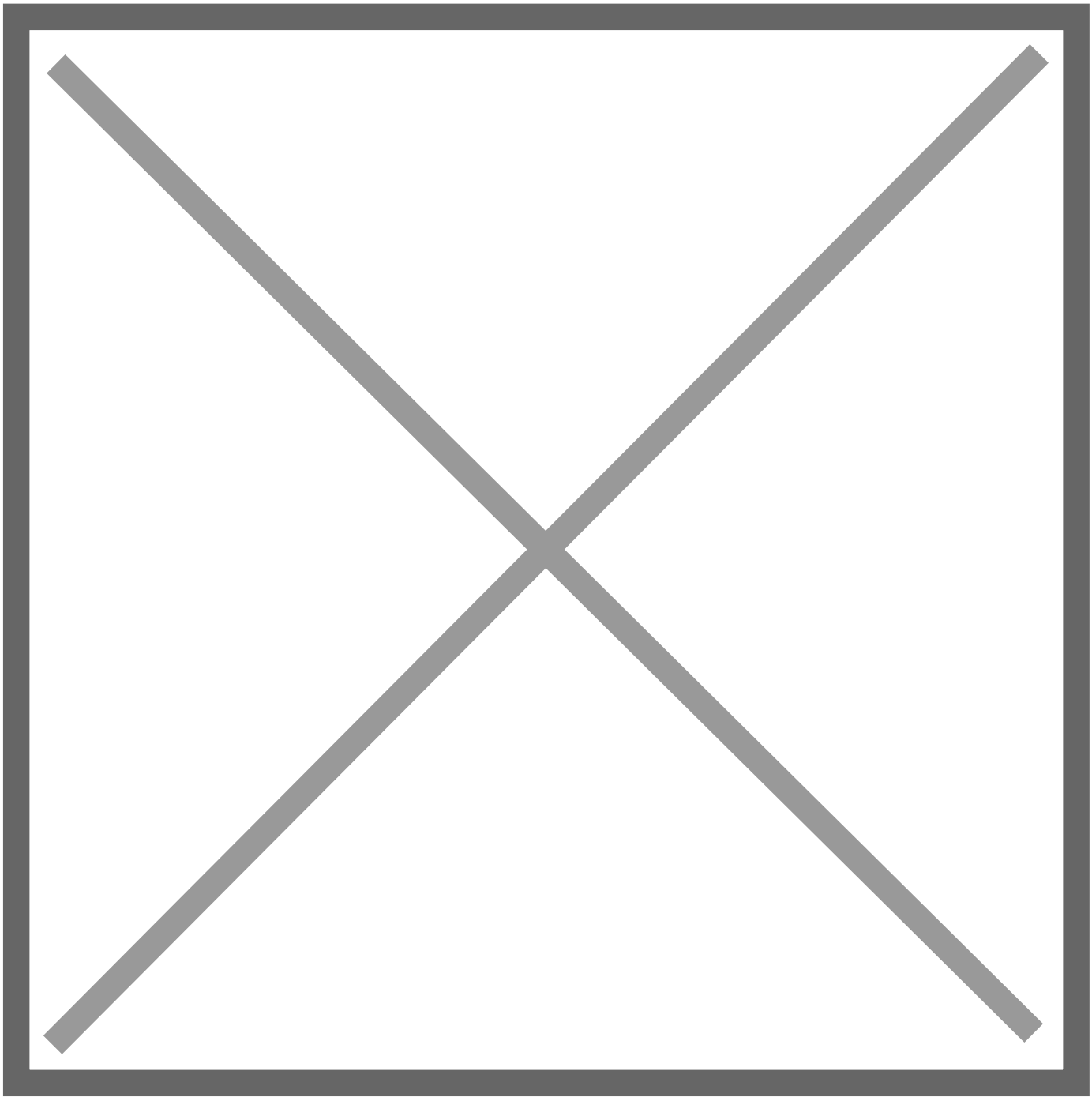
Girls, 2023



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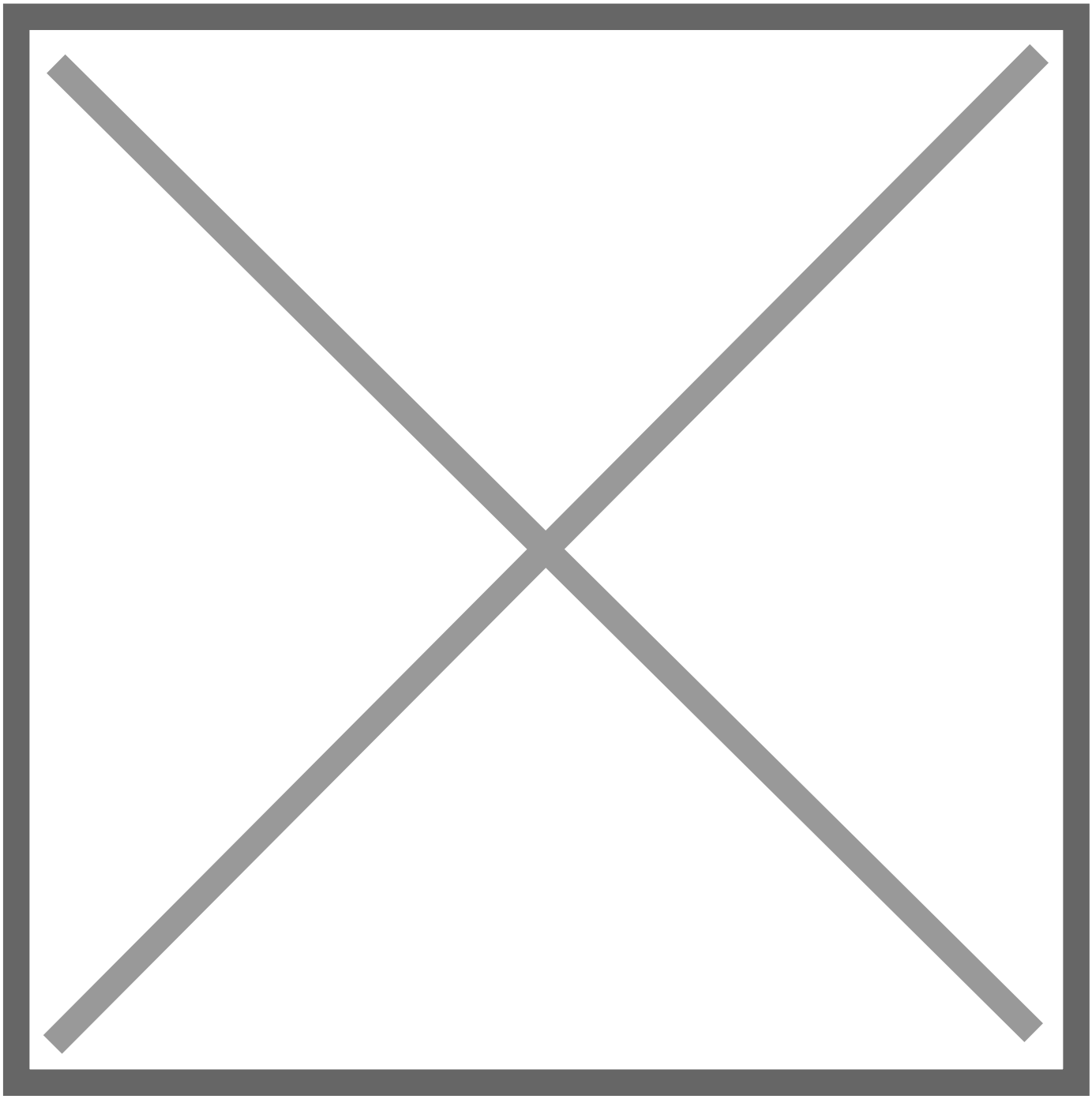
Mental health - anxiety disorders

Children, 2023



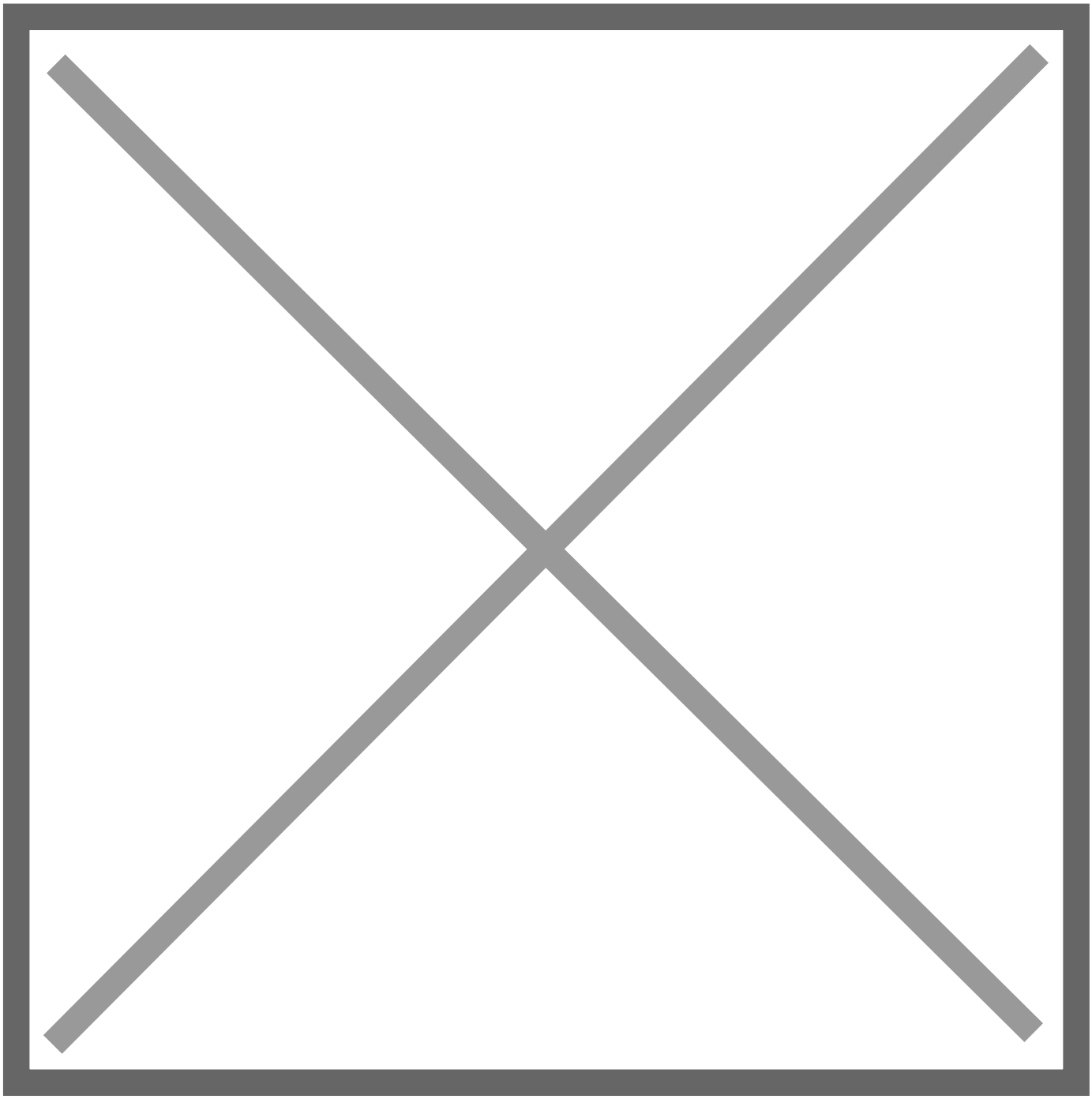
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