



# Jordan



## Country report card - under-5s

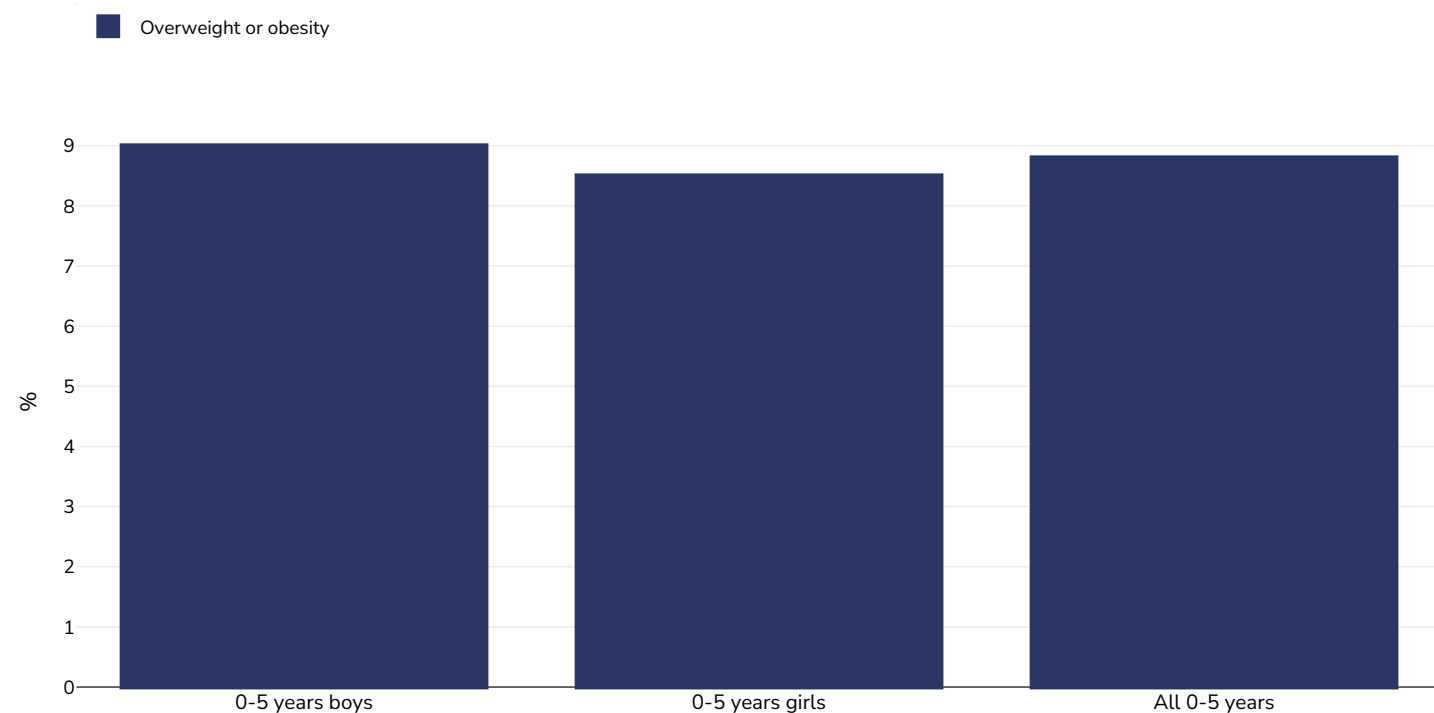
*This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity for children under 5. Where available, data on common and relevant obesity drivers and comorbidities are also presented.*

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

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# Obesity prevalence

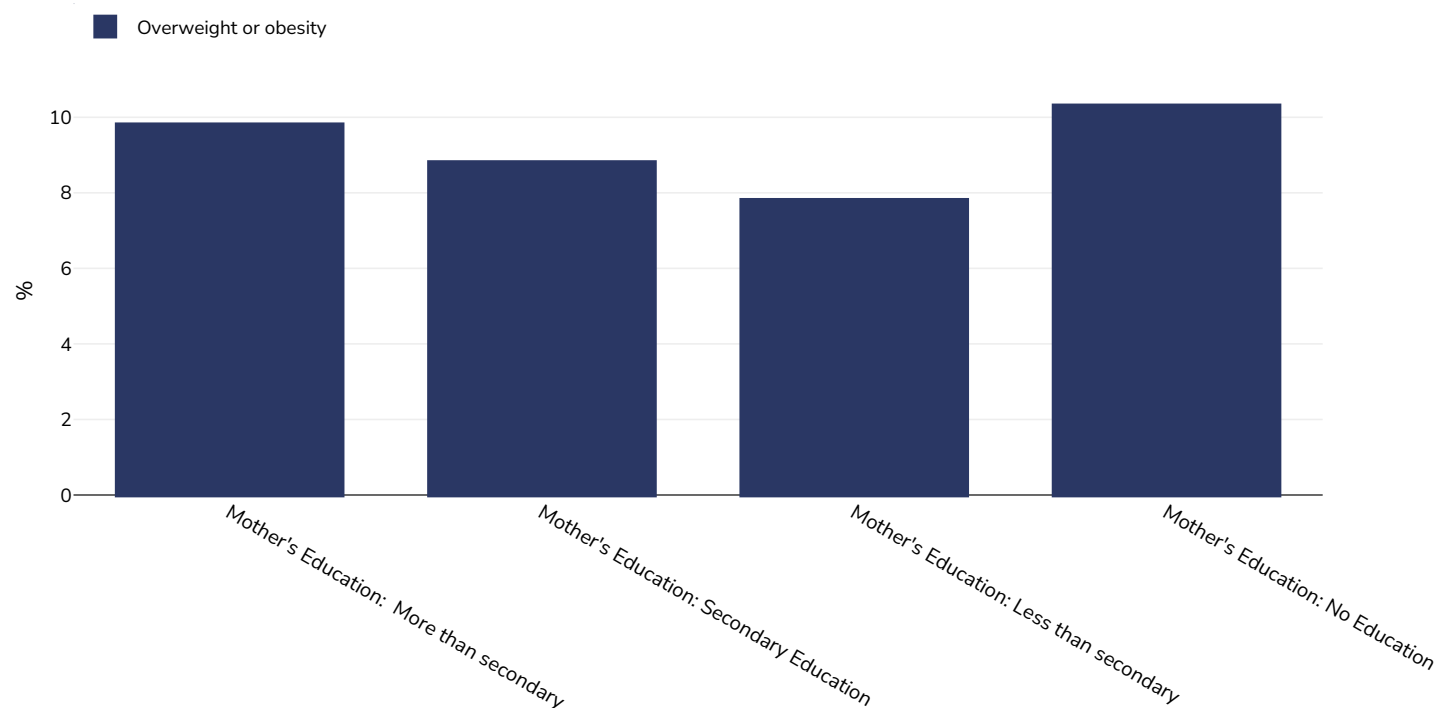
## 0-5 years, 2023



Survey type:	Measured
Age:	0-5
Sample size:	5274
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.
Definitions:	Children whose weight-for-height z score is more than two standard deviations (+2 SD) above the median of the reference population are considered overweight
Cutoffs:	Weight for height

## Overweight/obesity by education

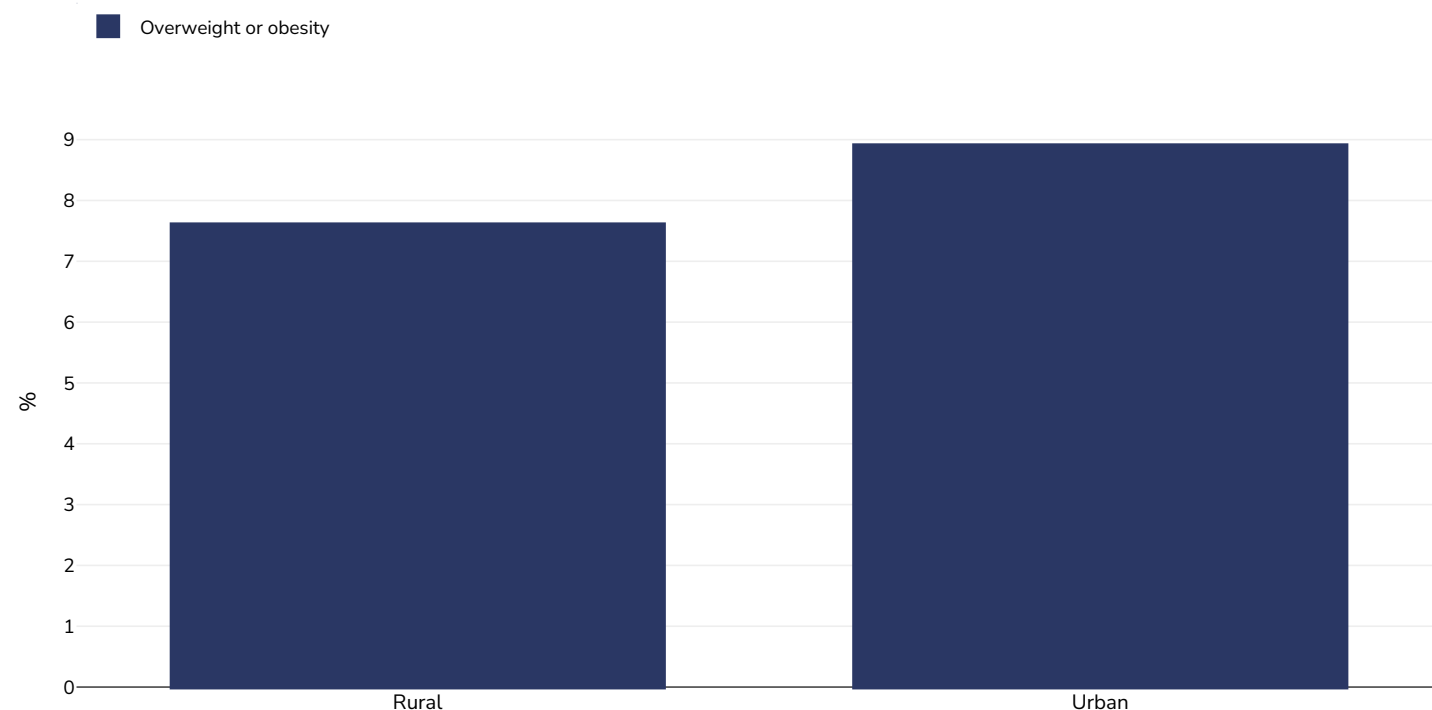
0-5 years, 2023



Survey type:	Measured
Sample size:	5274
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.
Definitions:	Children whose weight-for-height z score is more than two standard deviations (+2 SD) above the median of the reference population are considered overweight
Cutoffs:	Weight for height

## Overweight/obesity by region

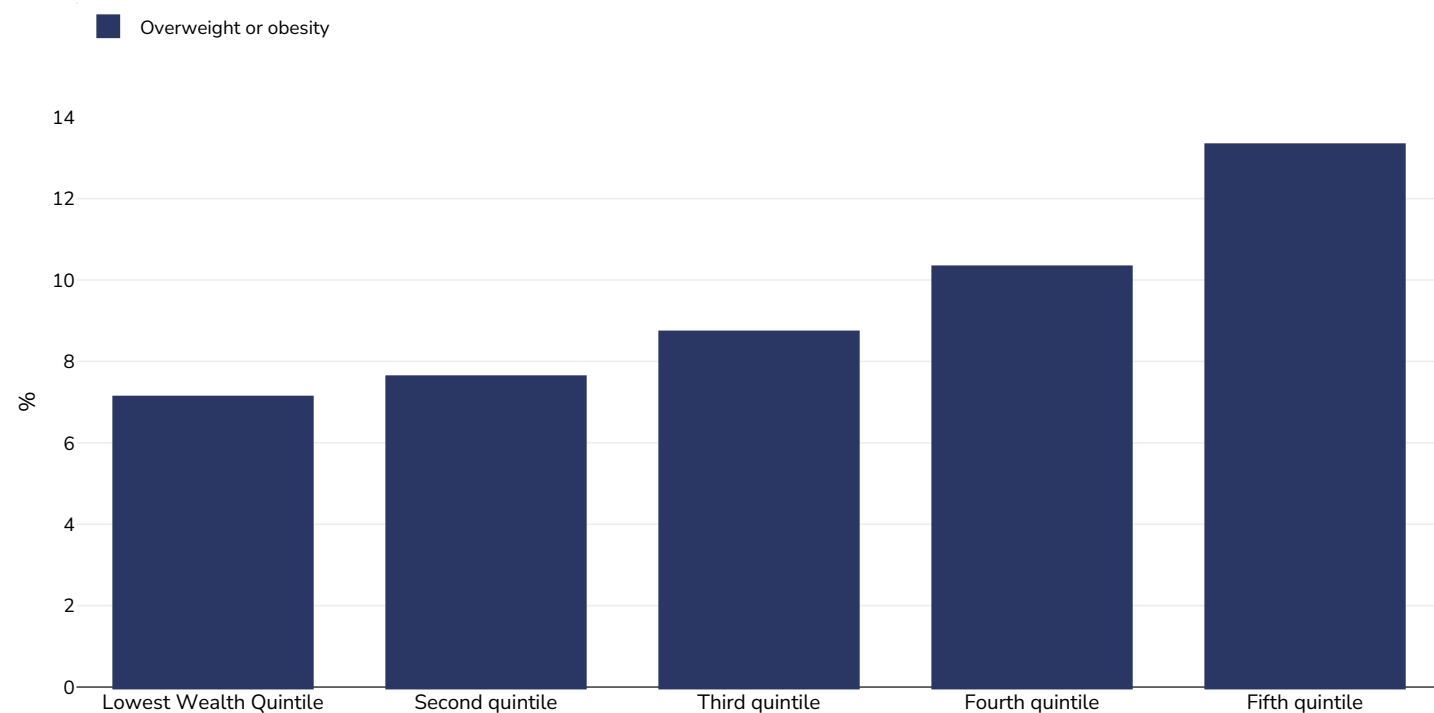
0-5 years, 2023



Survey type:	Measured
Sample size:	5274
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.
Definitions:	Children whose weight-for-height z score is more than two standard deviations (+2 SD) above the median of the reference population are considered overweight
Cutoffs:	Weight for height

## Overweight/obesity by socio-economic group

0-5 years, 2023

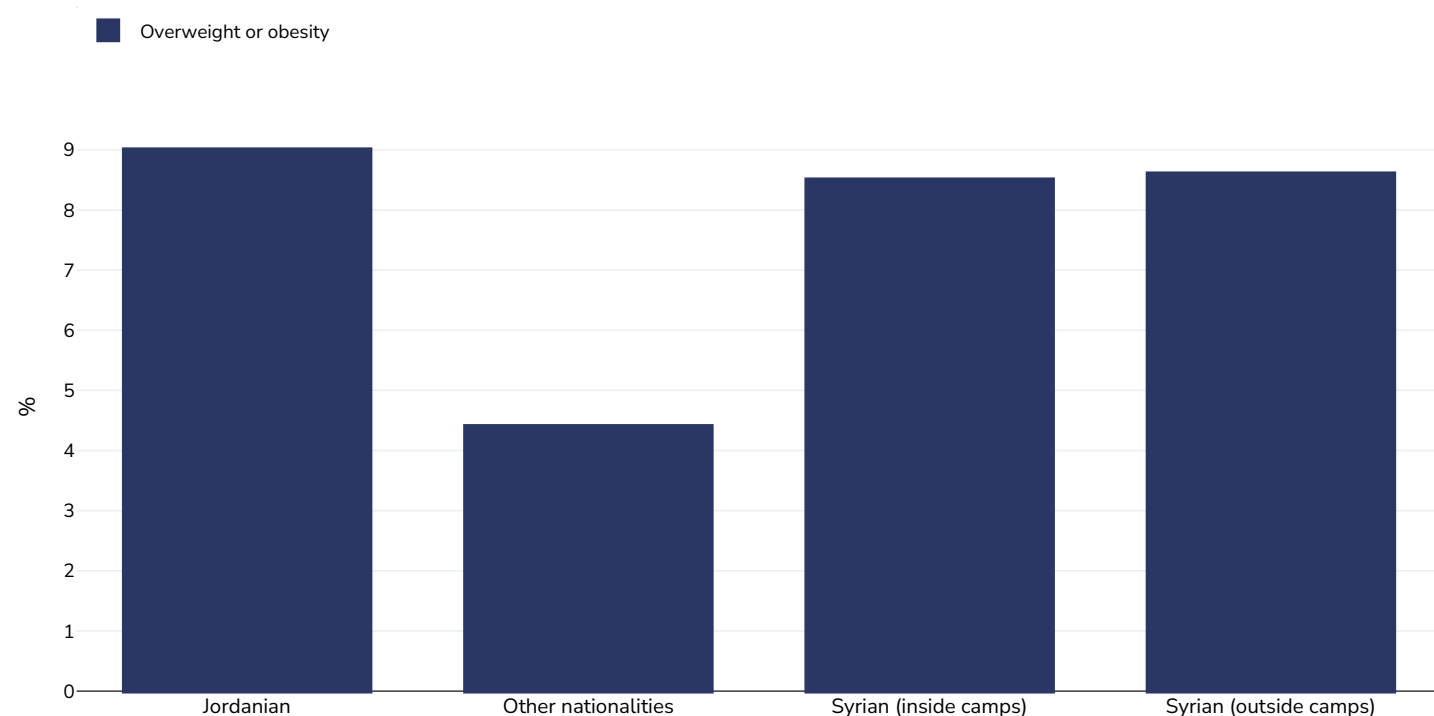


Survey type:	Measured
Sample size:	5274
Area covered:	National
References:	Department of Statistics (DoS) [Jordan] and ICF. 2024. Jordan Population and Family and Health Survey 2023. Amman, Jordan, and Rockville, Maryland, USA: DoS and ICF.
Definitions:	Children whose weight-for-height z score is more than two standard deviations (+2 SD) above the median of the reference population are considered overweight
Cutoffs:	Weight for height

## 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.

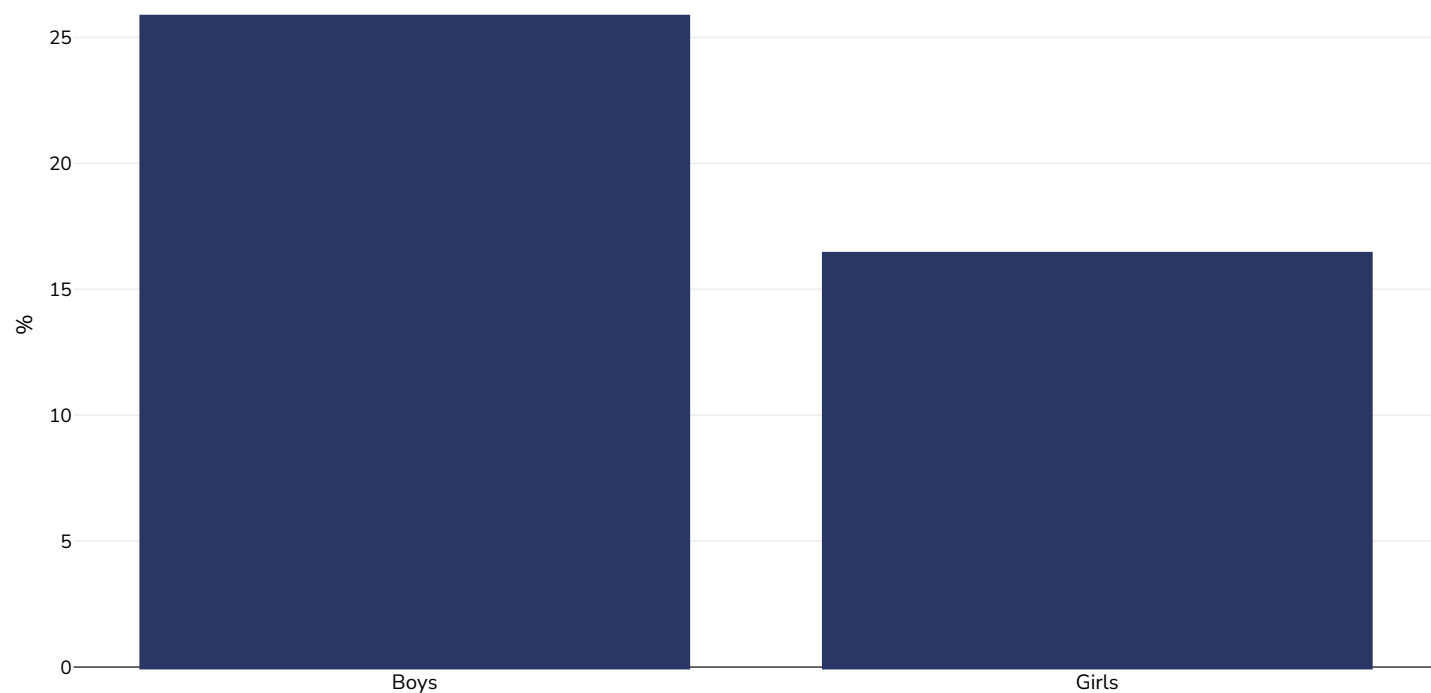
### 0-5 years, 2023



Survey type:	Measured
Sample size:	5274
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.
Definitions:	Children whose weight-for-height z score is more than two standard deviations (+2 SD) above the median of the reference population are considered overweight
Cutoffs:	Weight for height

## Double burden of underweight & overweight

0-5 years, 2019-2019



Survey type: Measured

Age: 0-5

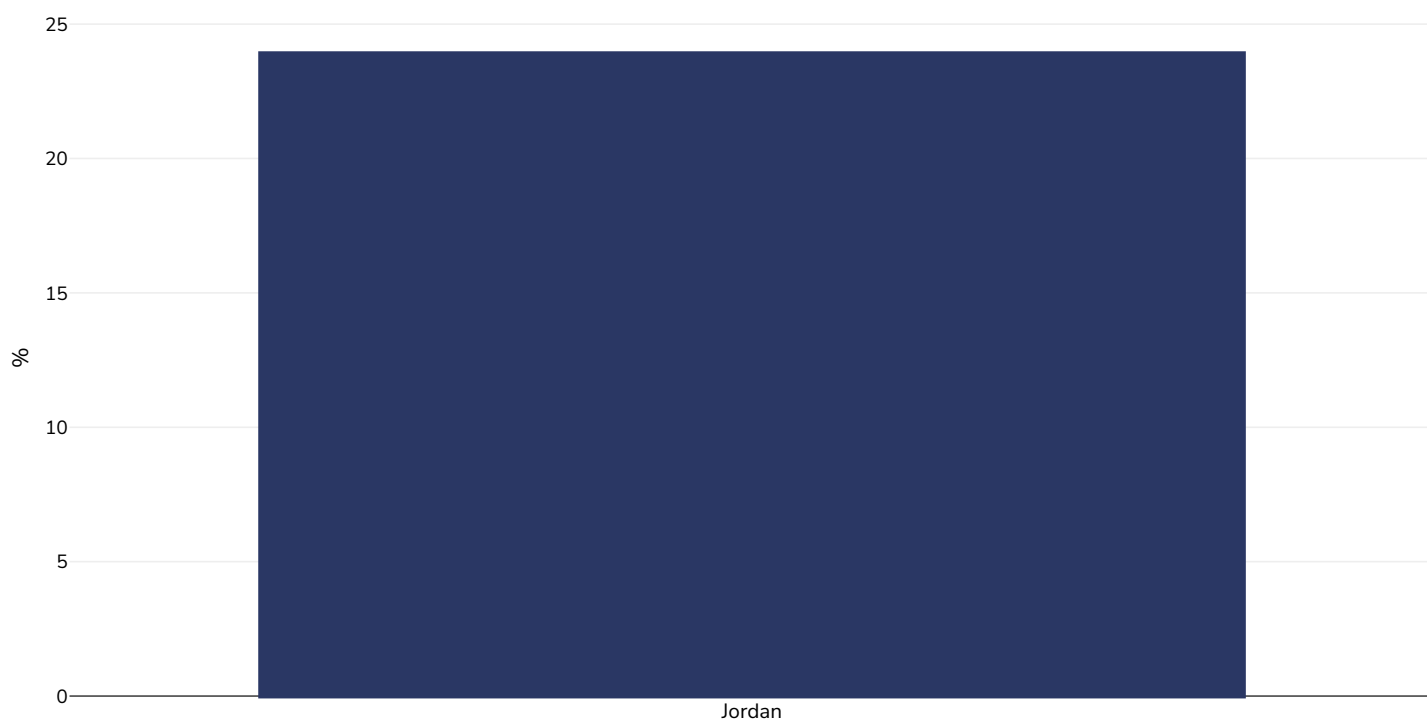
References: UNICEF data available at <https://data.unicef.org/topic/nutrition/malnutrition/> (last accessed 12.03.25)

Notes: Children under 5 falling below -2 standard deviations from the median height for age and falling at or above +2 standard deviations from the median weight-for-height of the reference population



## % Infants exclusively breastfed 0-5 months

0-5 years, 2010-2023



### References:

Jordan Population and Family and Health Survey 2023

### Notes:

Full details are available. Original citation: United Nations Children's Fund, Division of Data, Analysis, Planning and Monitoring (2024).  
Global UNICEF Global Databases: Infant and Young Child Feeding: Exclusive breastfeeding, New York, December 2024.

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