Kazakhstan



Country report card - children

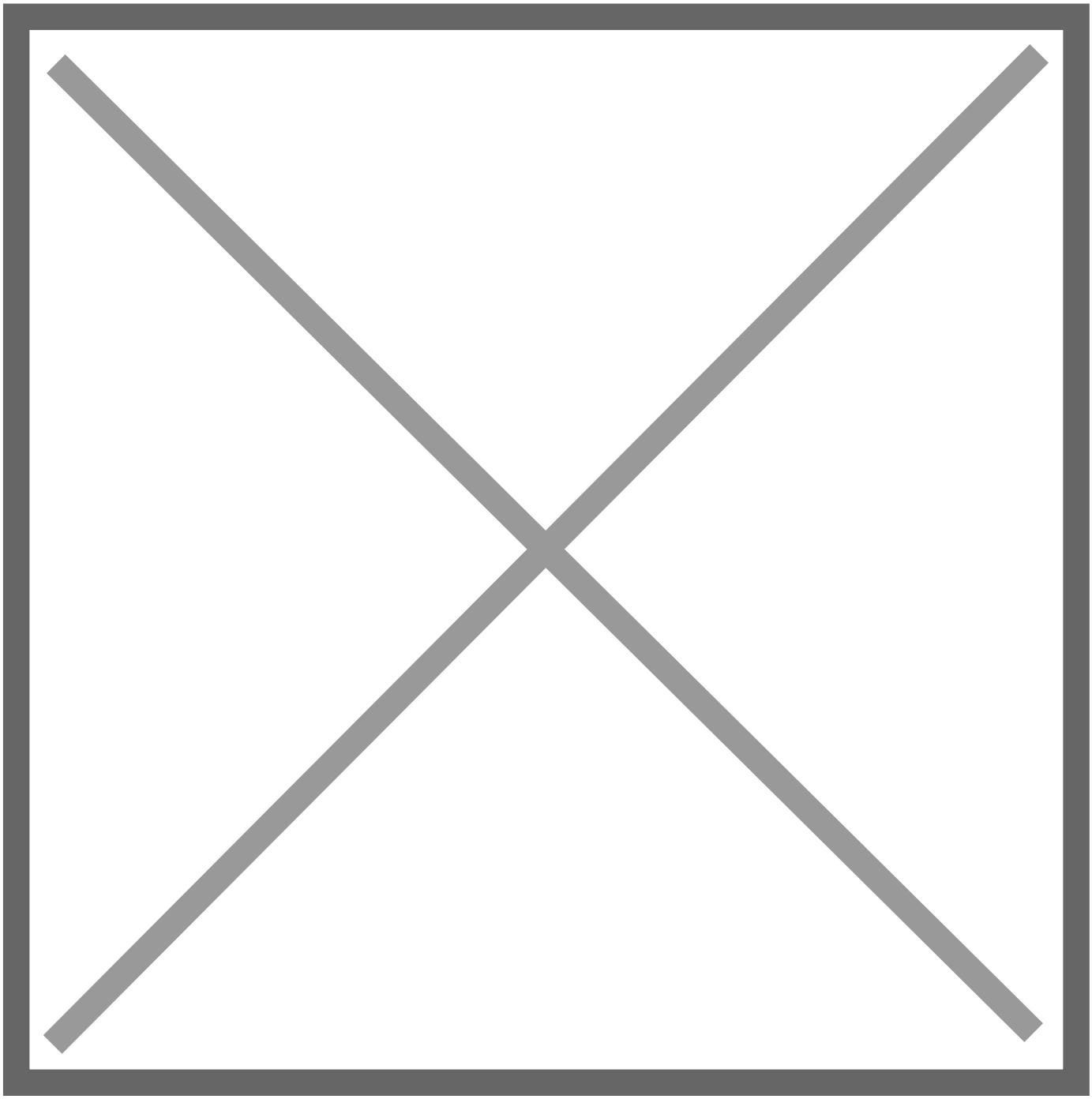
This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity for children, including adolescents (aged 5 to 18 years). Where available, data on common and relevant obesity drivers and comorbidities are also presented.

View the latest version of this report on the Global Obesity Observatory at https://data.worldobesity.org/country/kazakhstan-111/.

Contents	Page
Obesity prevalence	3
Overweight/obesity by education	6
Overweight/obesity by age	9
Overweight/obesity by region	12
Overweight/obesity by socio-economic group	15
Overweight/obesity by ethnicity	18
Double burden of underweight & obesity	21
Insufficient physical activity	24
Prevalence of at least daily soft drink consumption	31
Prevalence of less than daily fruit consumption	38
Prevalence of less than daily vegetable consumption	45
Mental health - depression disorders	52
Mental health - anxiety disorders	56

Obesity prevalence

Children, 2024

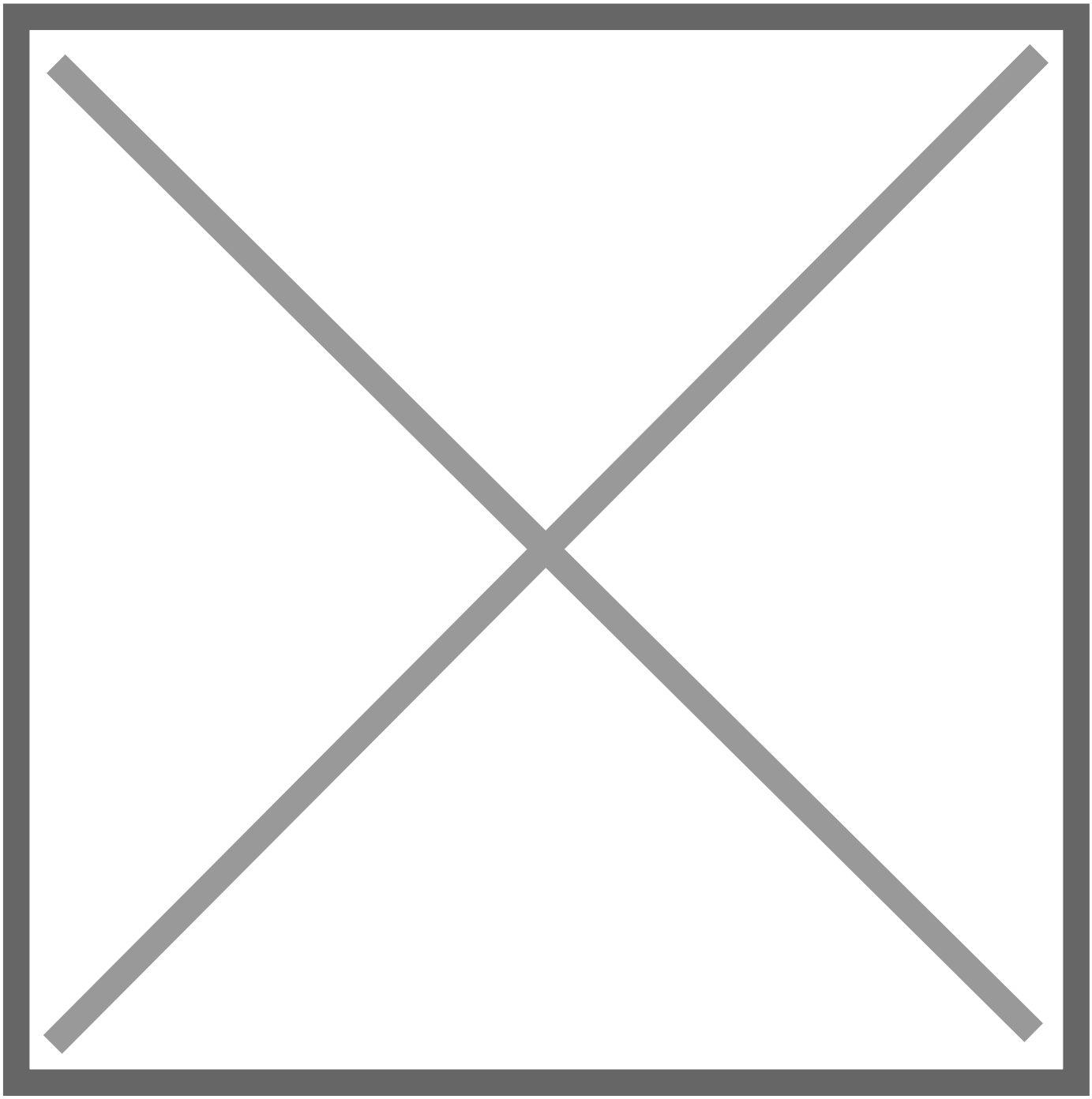


Survey type:	Measured
Age:	5-9
Sample size:	6184
Area covered:	National
References:	BNS and UNICEF. 2025. Kazakhstan Multiple Indicator Cluster Survey 2024, Survey Findings Report. Astana, Kazakhstan, the Bureau of National Statistic of the Agency for Strategic Planning and Reforms of the Republic of Kazakhstan and United Nations Children's Fund (UNICEF).

Cutoffs:	WHO 2007

Overweight/obesity by education

Children, 2024

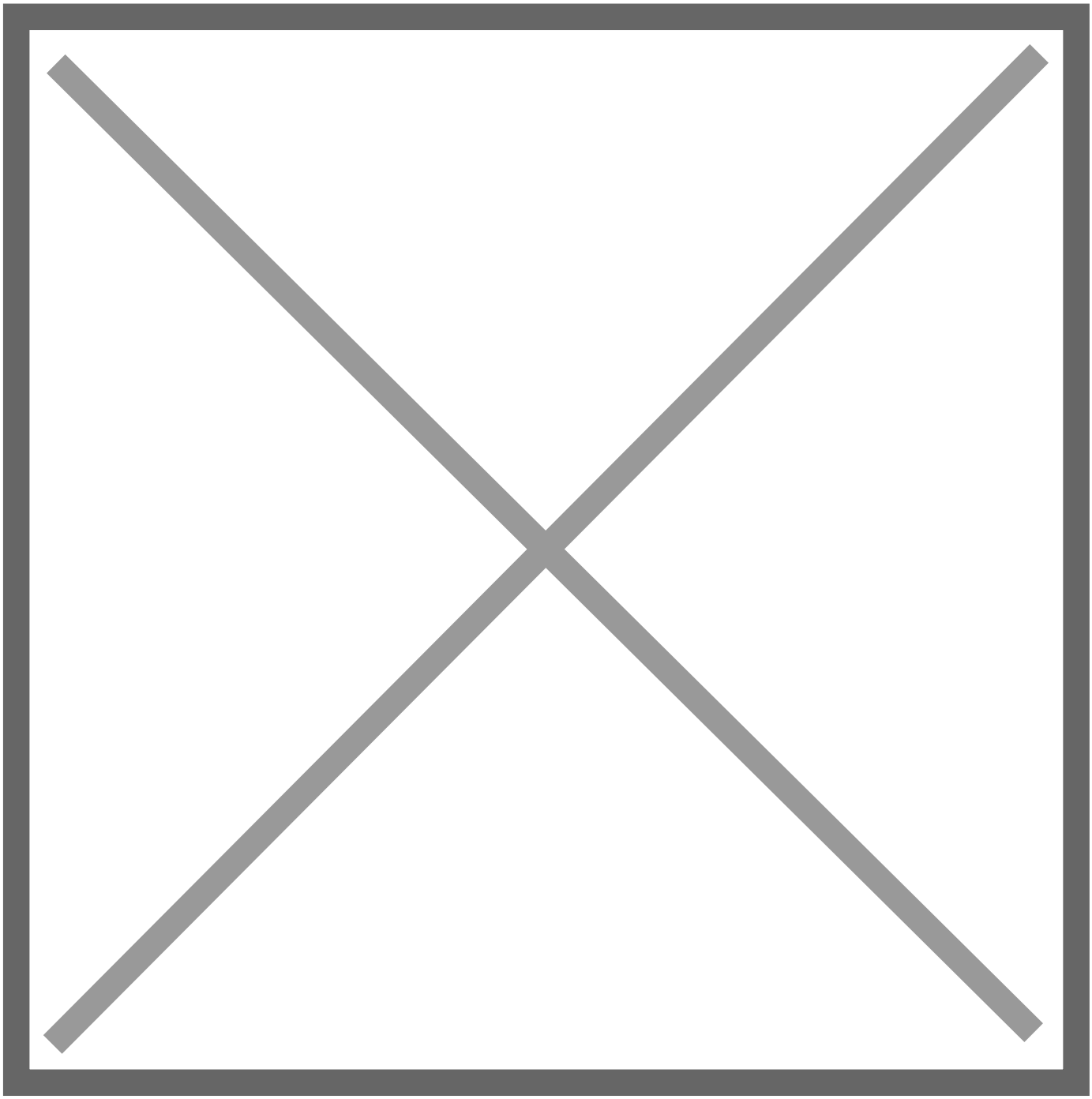


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Cutoffs:	WHO 2007

Overweight/obesity by age

Children, 2024

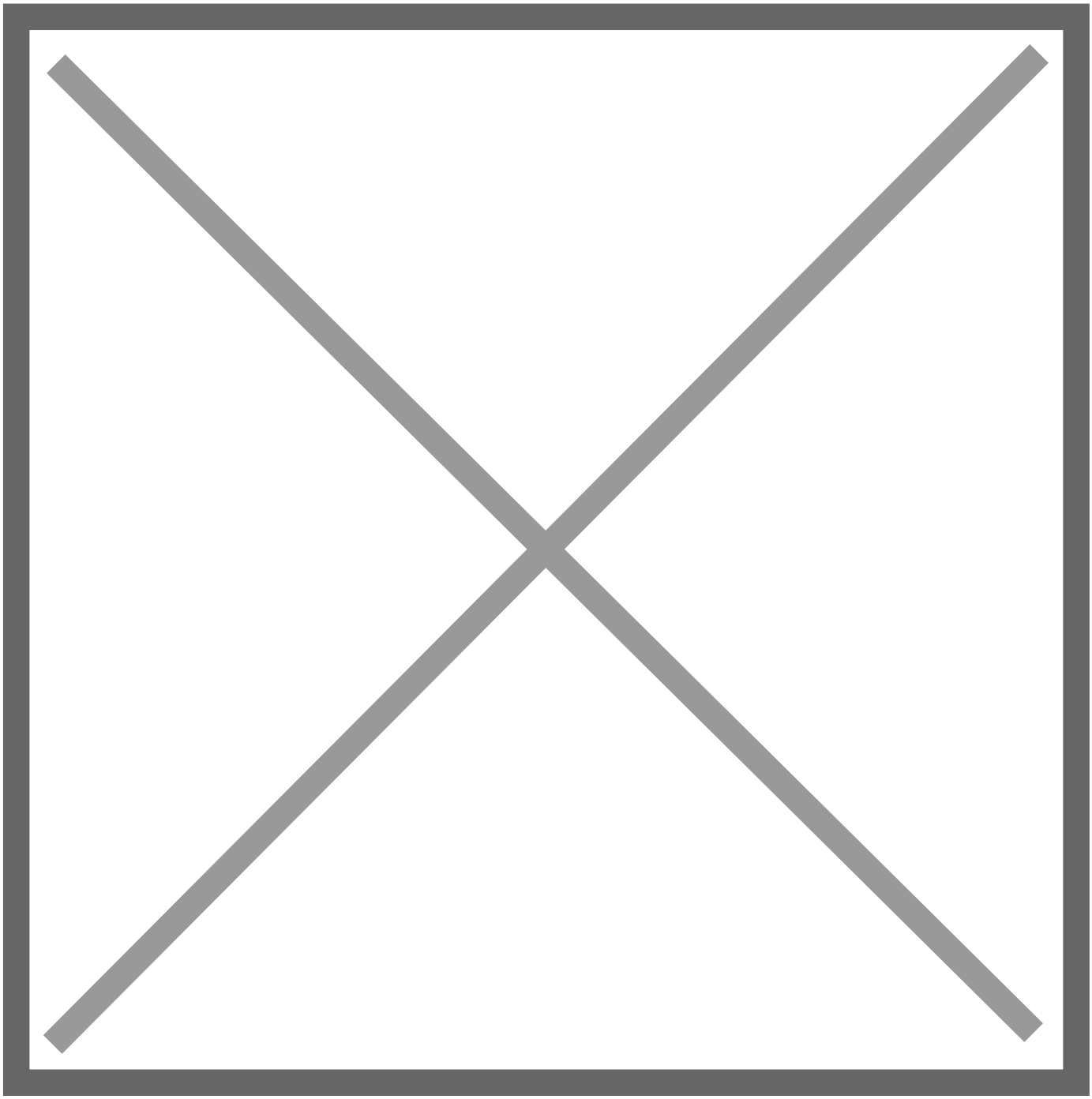


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Cutoffs:	WHO 2007

Overweight/obesity by region

Children, 2024

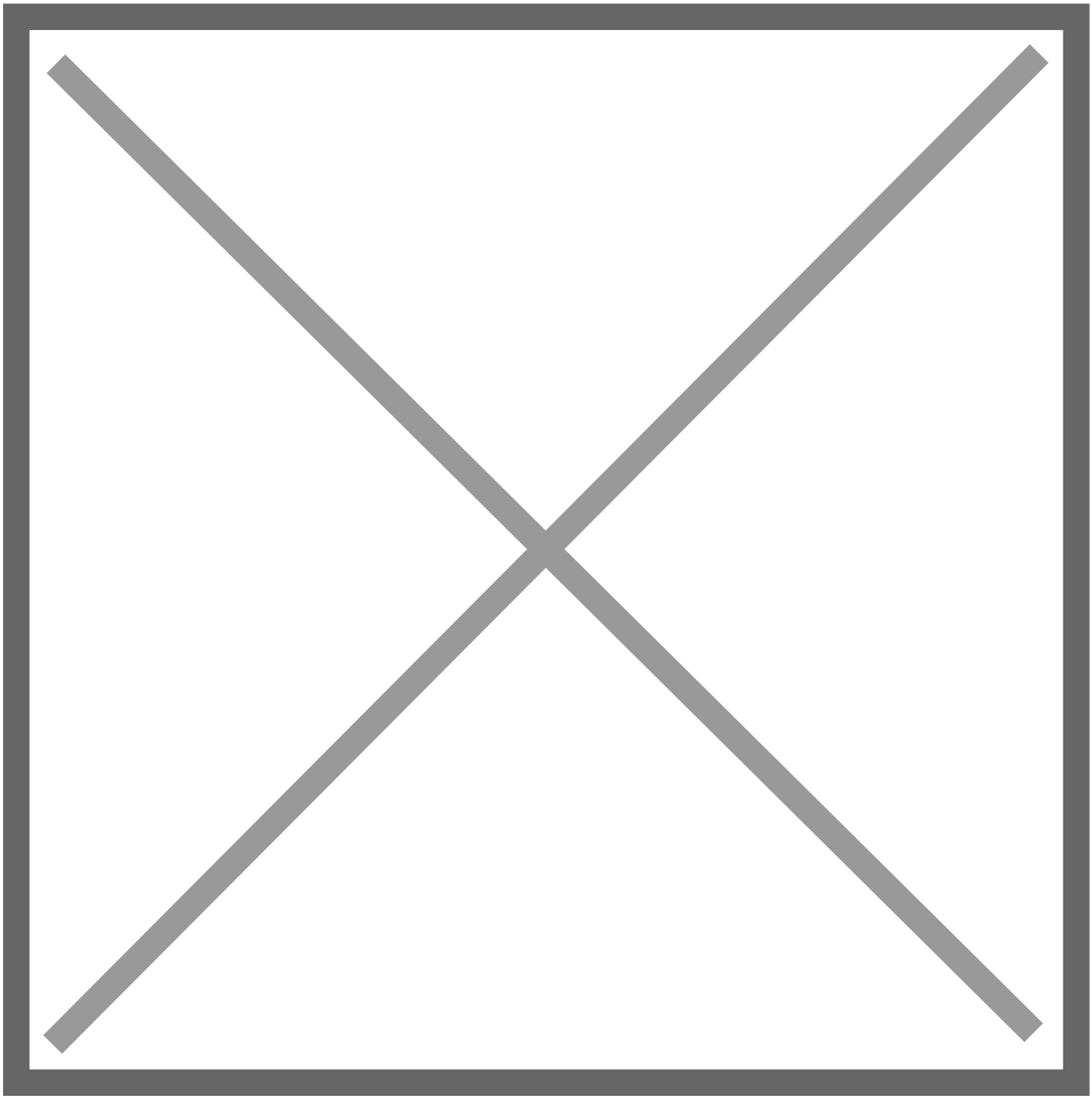


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Cutoffs:	WHO 2007

Overweight/obesity by socio-economic group

Children, 2024



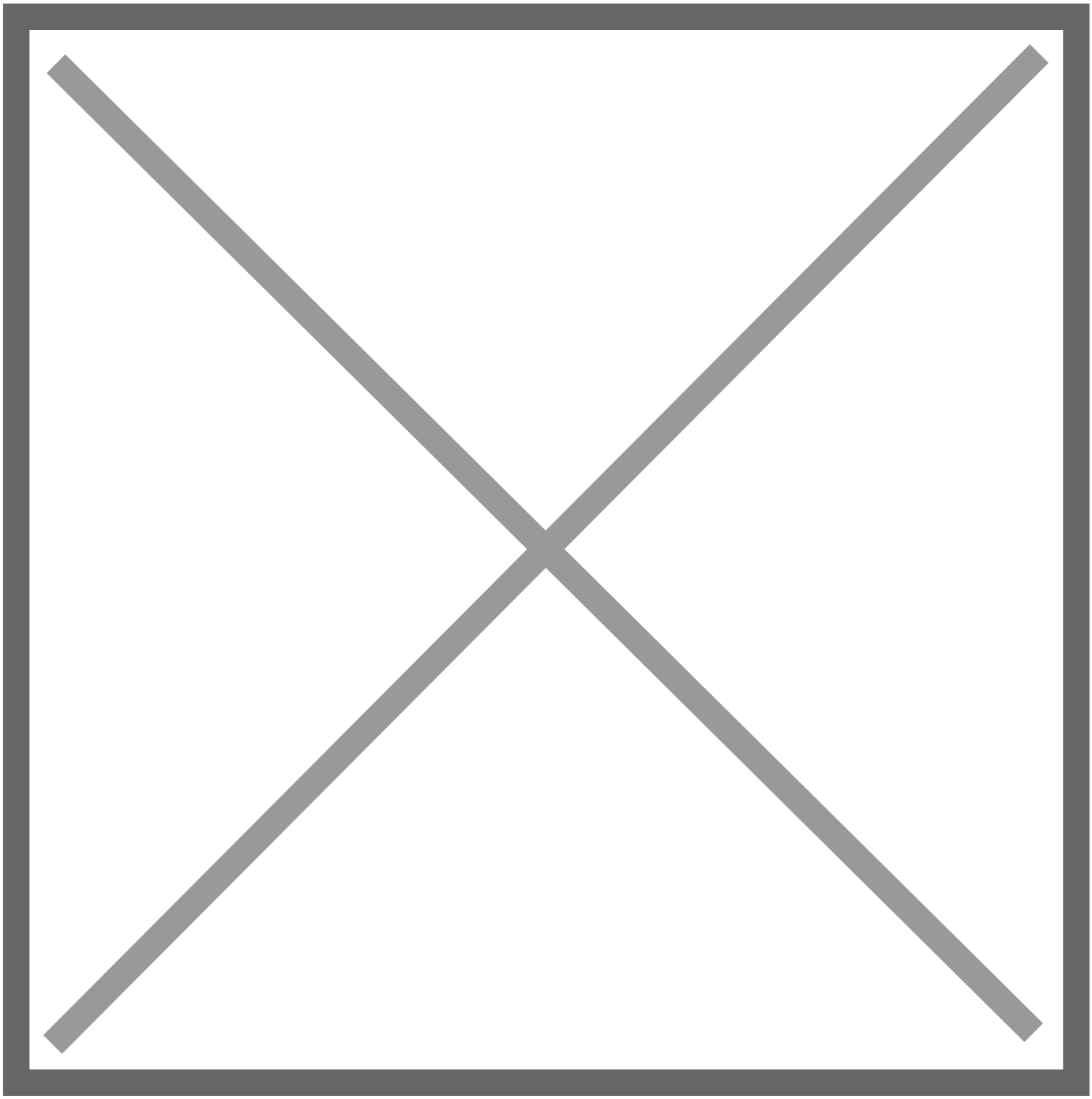
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Cutoffs:	WHO 2007

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.

Children, 2024

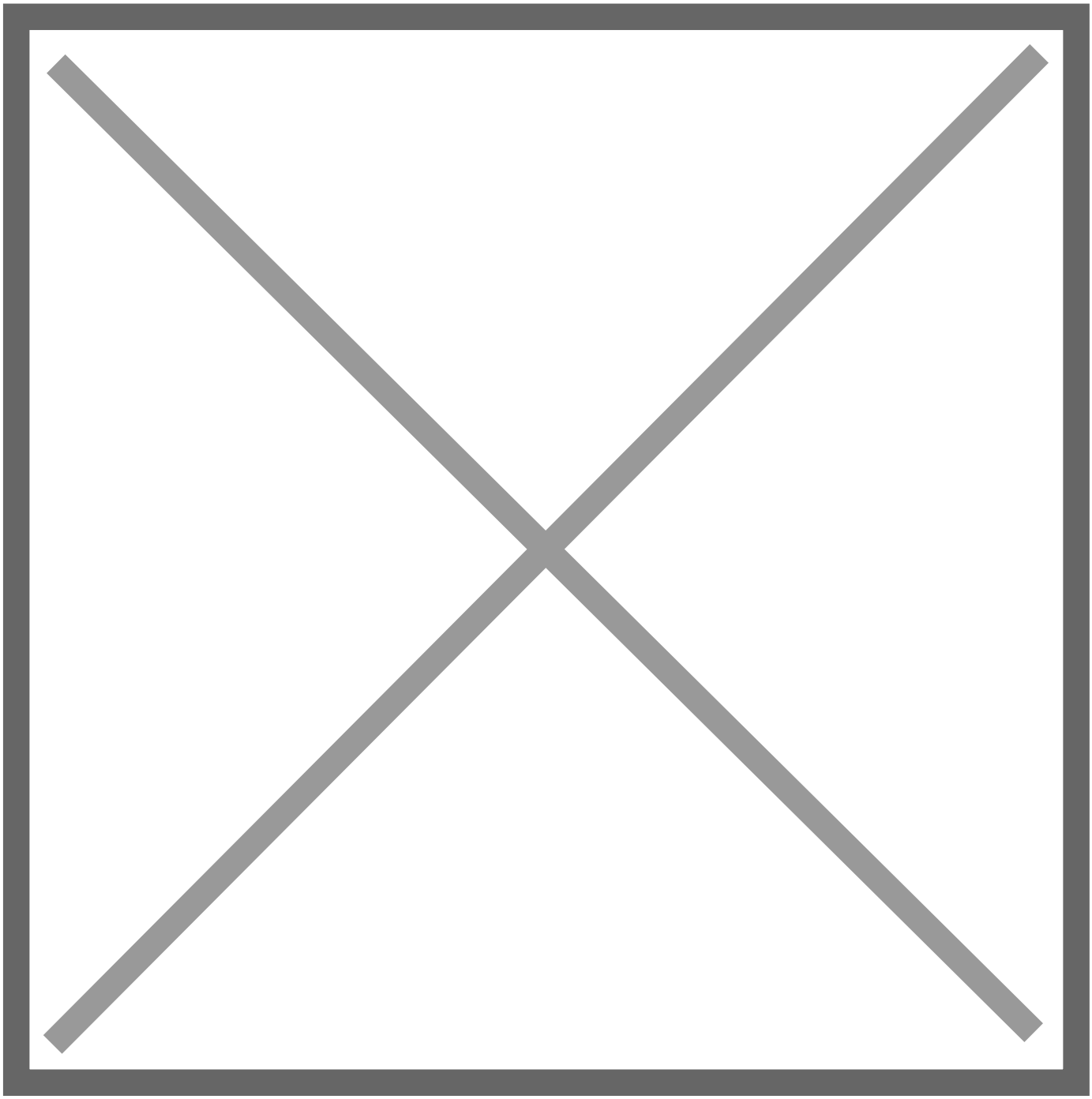


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Sample size:	6184
Area covered:	National

References:	BNS and UNICEF. 2025. Kazakhstan Multiple Indicator Cluster Survey 2024, Survey Findings Report. Astana, Kazakhstan, the Bureau of National Statistic of the Agency for Strategic Planning and Reforms of the Republic of Kazakhstan and United Nations Children's Fund (UNICEF).
Cutoffs:	WHO 2007

Double burden of underweight & obesity

Children, 2022

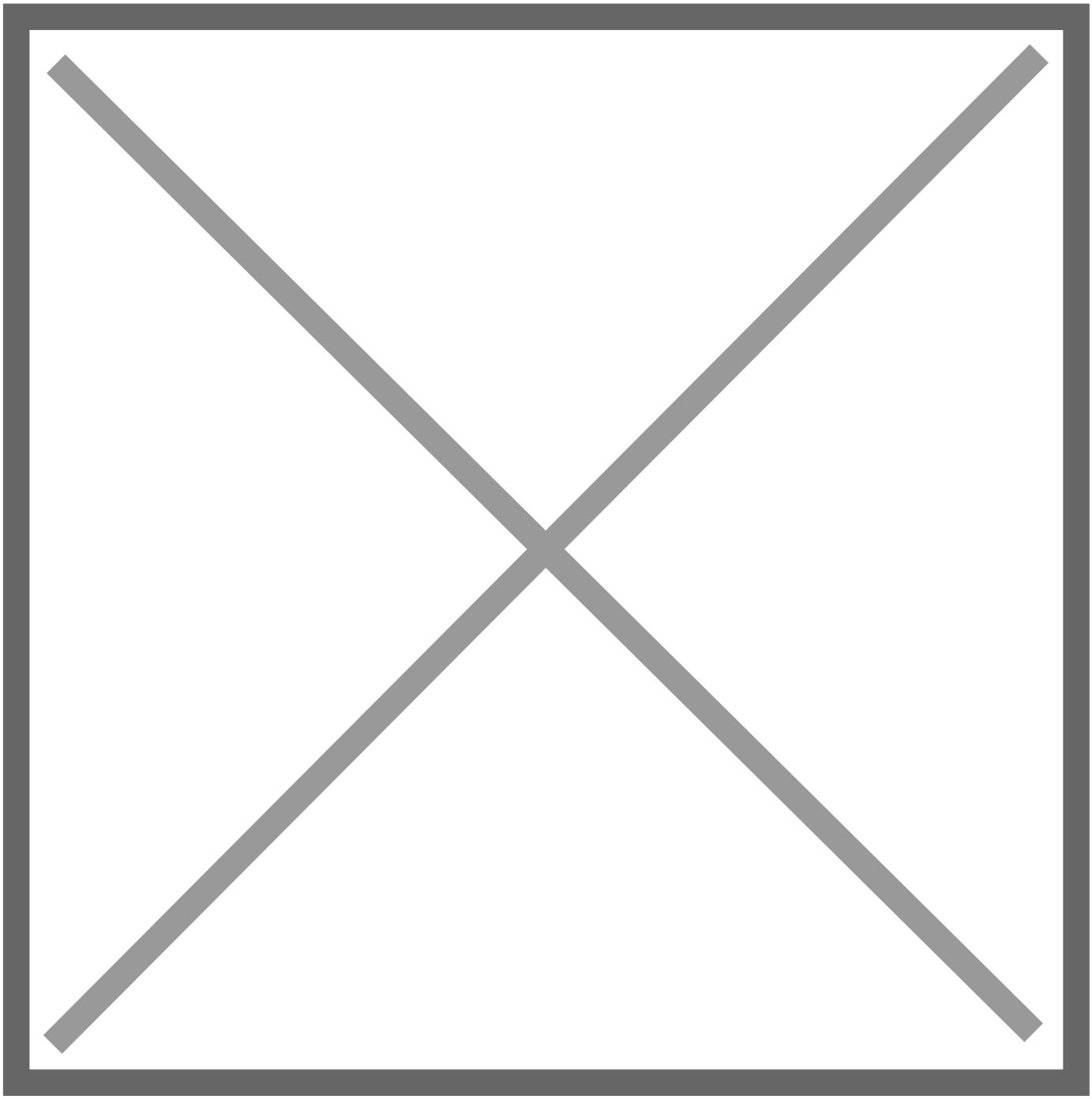


Survey type:	Measured
Age:	5-19
References:	NCD Risk Factor Collaboration (NCD-RisC). Worldwide trends in underweight and obesity from 1990 to 2022: a pooled analysis of 3663 population representative studies with 222 million children, adolescents, and adults. Lancet 2024; published online Feb 29. https://doi.org/10.1016/S0140-6736(23)02750-2.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

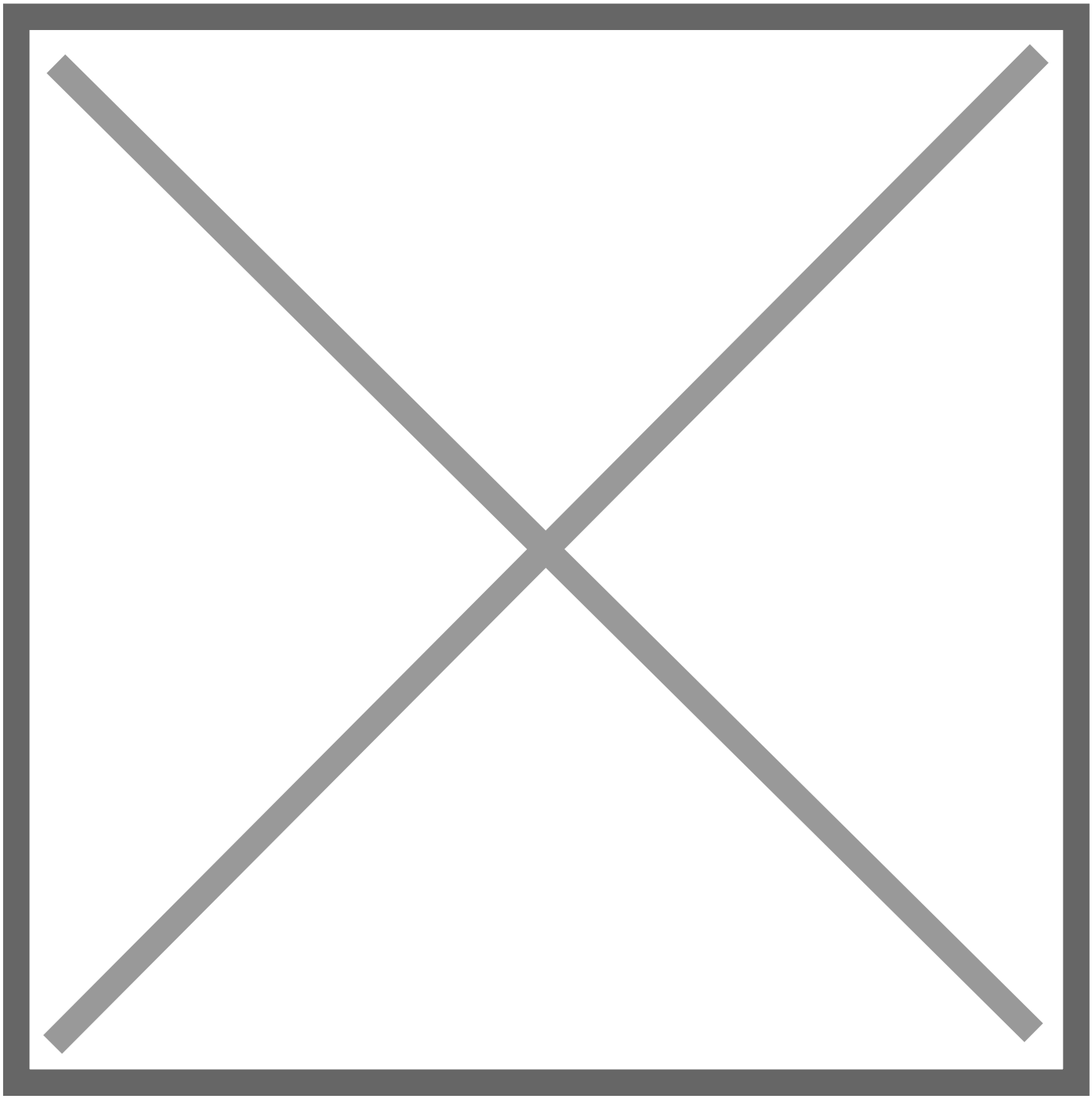
Children, 2022-2024



Survey type:	Self-reported
Age:	6-9
Sample size:	1287
Area covered:	Subnational - Almaty

References:	WHO European Childhood Obesity Surveillance Initiative (COSI): report on the sixth round of data collection, 2022– 2024. Copenhagen: WHO Regional Office for Europe; 2025. Licence: CC BY-NC-SA 3.0 IGO.
Notes:	National data excluding Germany (Bremen only) and Kazakhstan (Almaty only).
Definitions:	Percentage of children not meeting WHO recommendations for physical activity, i.e. not playing actively/vigorously for at least one hour a day on an average day, as reported by their parent

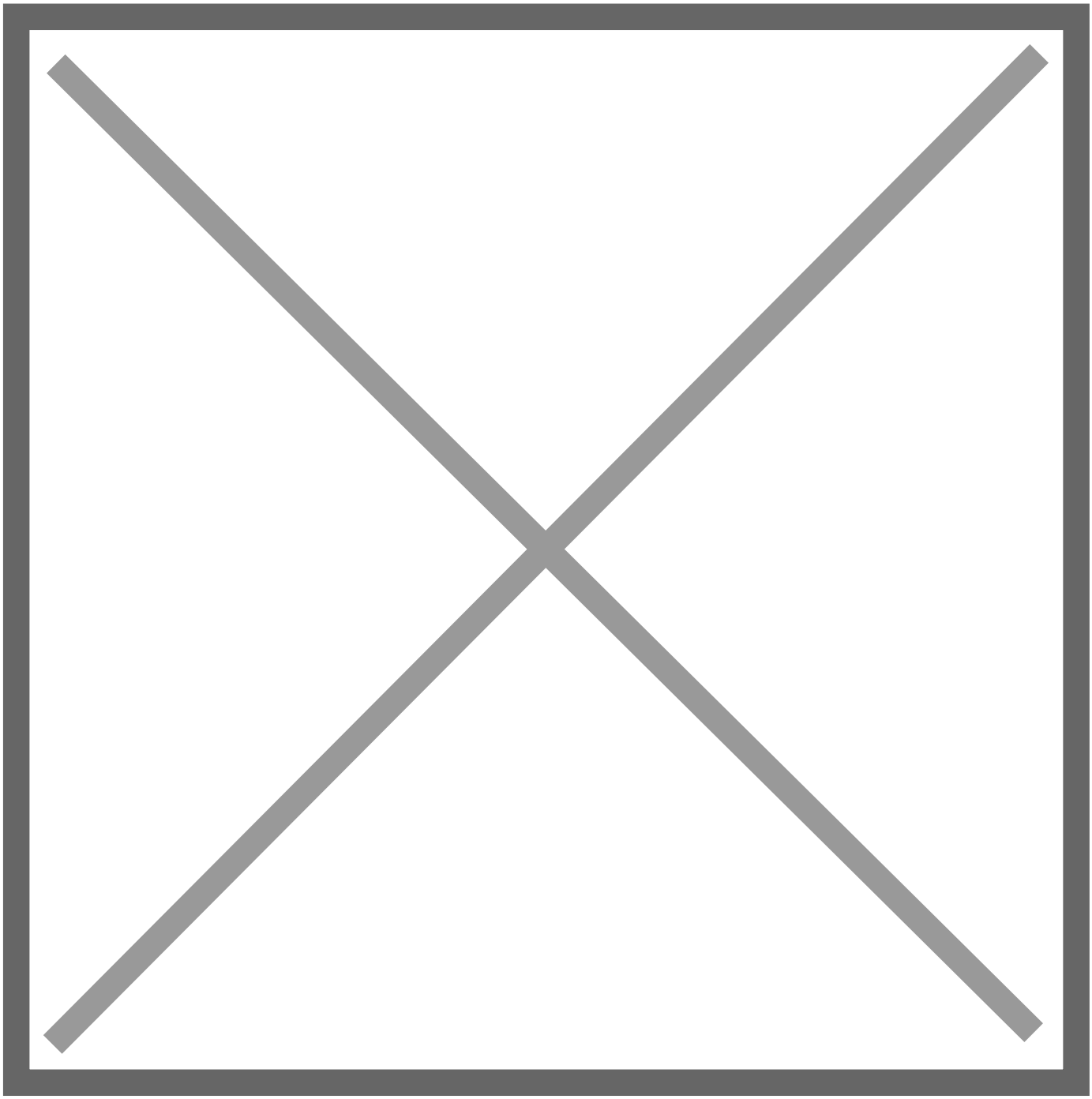
Boys, 2022-2024



Survey type:	Self-reported
Age:	6-9
Sample size:	1287
Area covered:	Subnational - Almaty

References:	WHO European Childhood Obesity Surveillance Initiative (COSI): report on the sixth round of data collection, 2022– 2024. Copenhagen: WHO Regional Office for Europe; 2025. Licence: CC BY-NC-SA 3.0 IGO.
Notes:	National data excluding Germany (Bremen only) and Kazakhstan (Almaty only).
Definitions:	Percentage of children not meeting WHO recommendations for physical activity, i.e. not playing actively/vigorously for at least one hour a day on an average day, as reported by their parent

Girls, 2022-2024

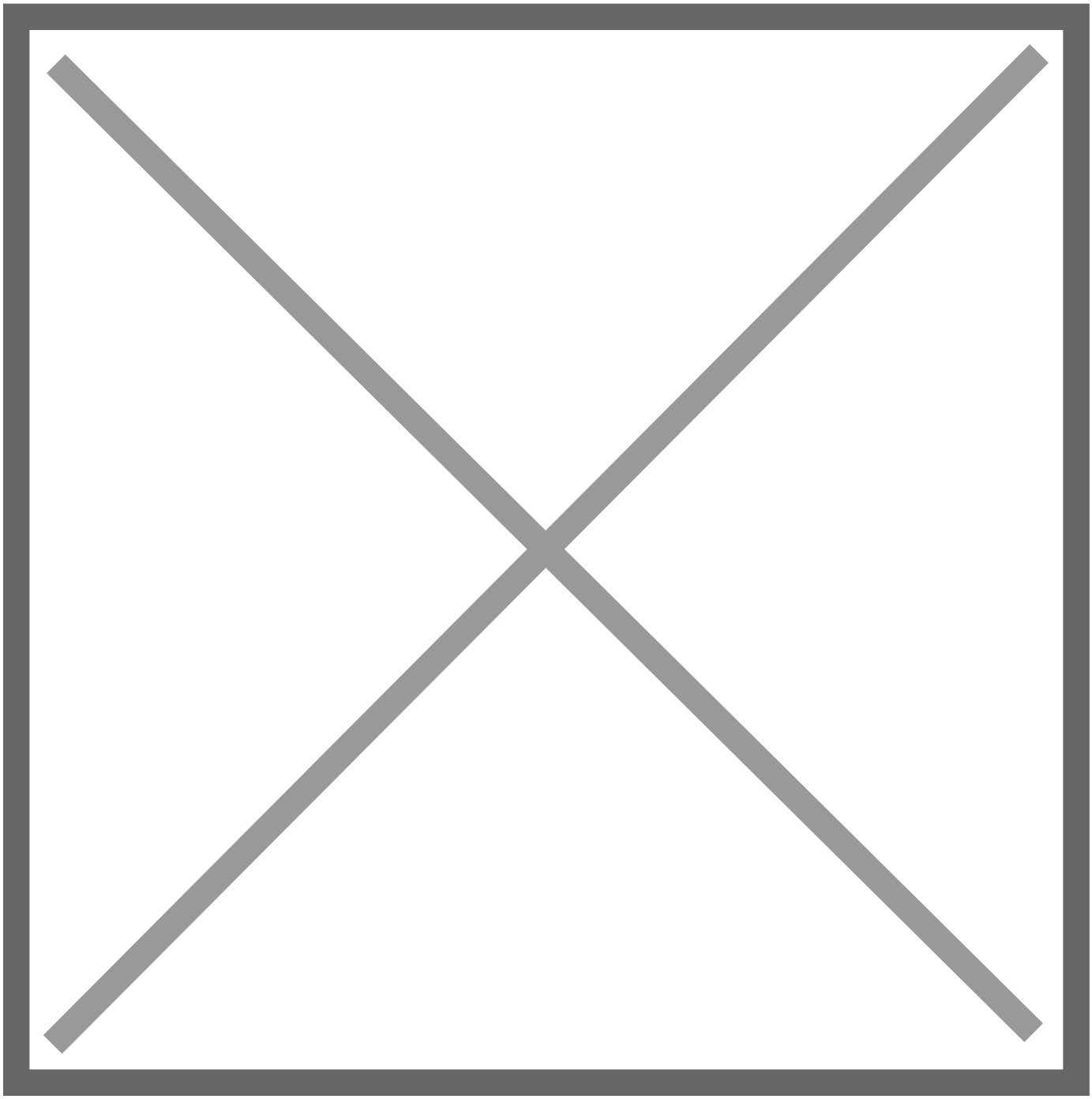


Survey type:	Self-reported
Age:	6-9
Sample size:	1287
Area covered:	Subnational - Almaty

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Notes:	National data excluding Germany (Bremen only) and Kazakhstan (Almaty only).
Definitions:	Percentage of children not meeting WHO recommendations for physical activity, i.e. not playing actively/vigorously for at least one hour a day on an average day, as reported by their parent

Prevalence of at least daily soft drink consumption

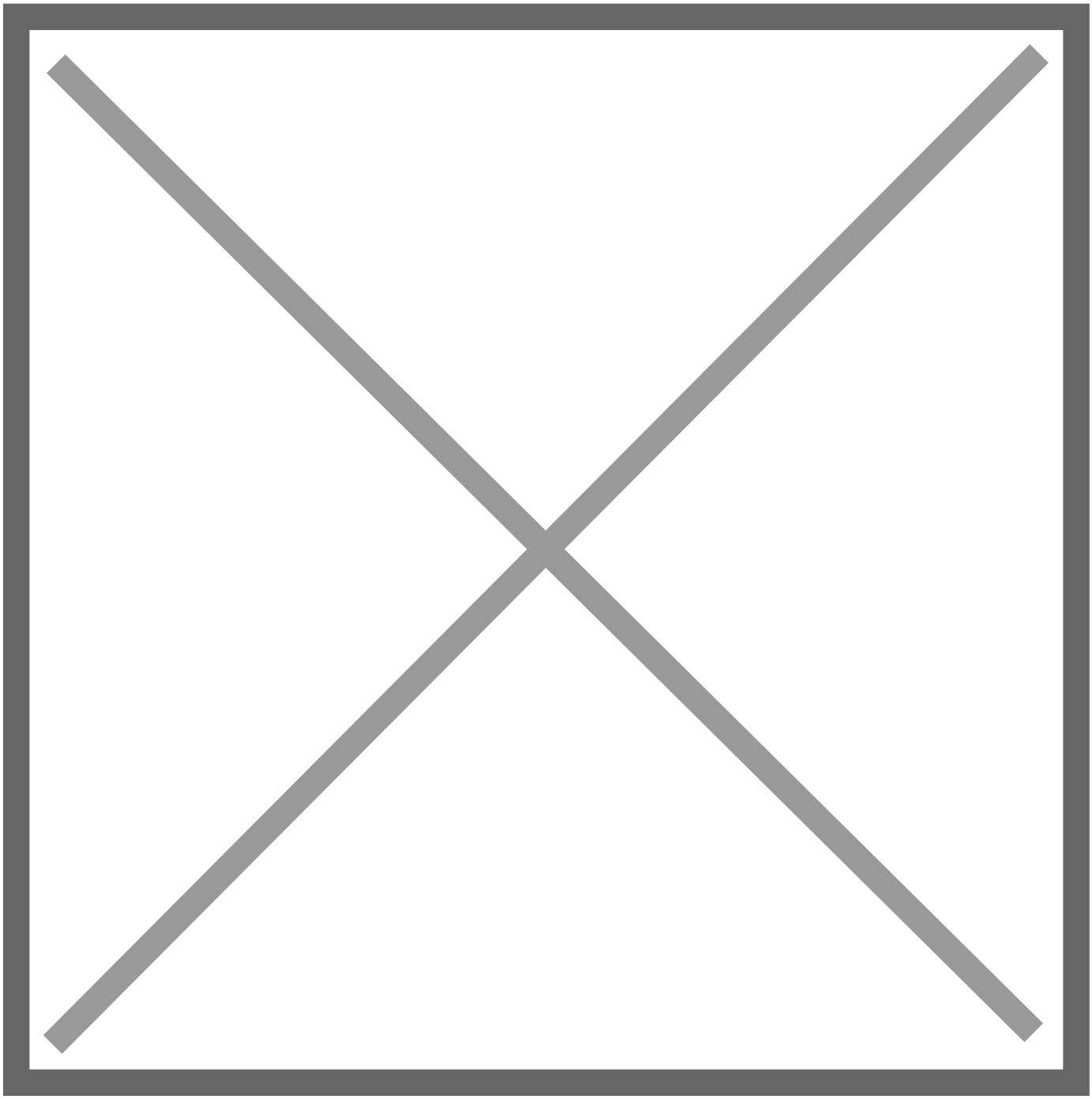
Children, 2022-2024



Survey type:	Self-reported
Age:	6-9
Sample size:	1622
Area covered:	Subnational - Almaty

References:	WHO European Childhood Obesity Surveillance Initiative (COSI): report on the sixth round of data collection, 2022– 2024. Copenhagen: WHO Regional Office for Europe; 2025. Licence: CC BY-NC-SA 3.0 IGO.
Notes:	National data excluding Germany (Bremen only) and Kazakhstan (Almaty only)
Definitions:	Prevalence of daily consumption of soft drinks containing sugar, as reported by the child's parent (%)

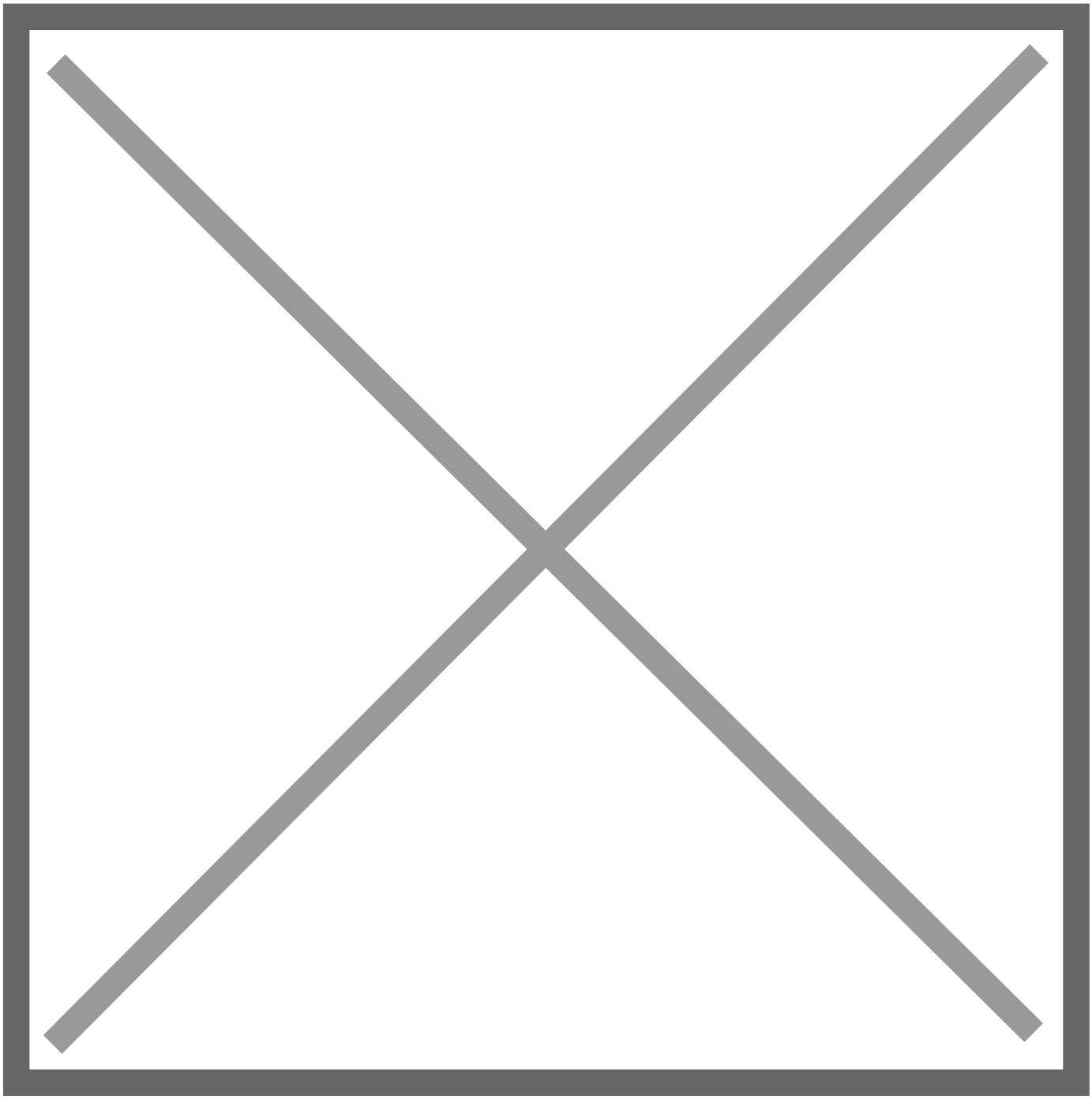
Boys, 2022-2024



Survey type:	Self-reported
Age:	6-9
Sample size:	1622
Area covered:	Subnational - Almaty

References:	WHO European Childhood Obesity Surveillance Initiative (COSI): report on the sixth round of data collection, 2022– 2024. Copenhagen: WHO Regional Office for Europe; 2025. Licence: CC BY-NC-SA 3.0 IGO.
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Girls, 2022-2024

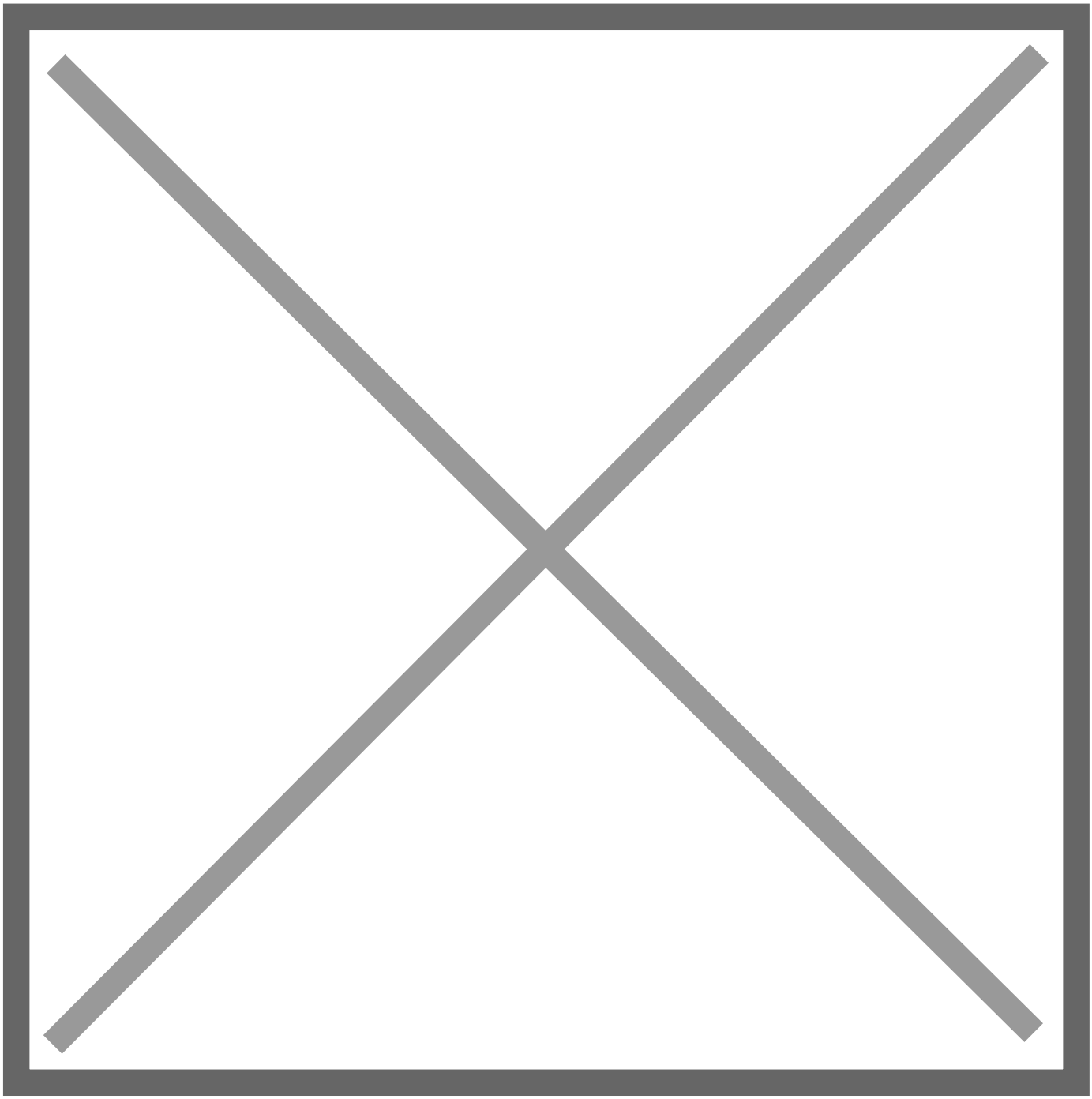


Survey type:	Self-reported
Age:	6-9
Sample size:	1622
Area covered:	Subnational - Almaty

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Prevalence of less than daily fruit consumption

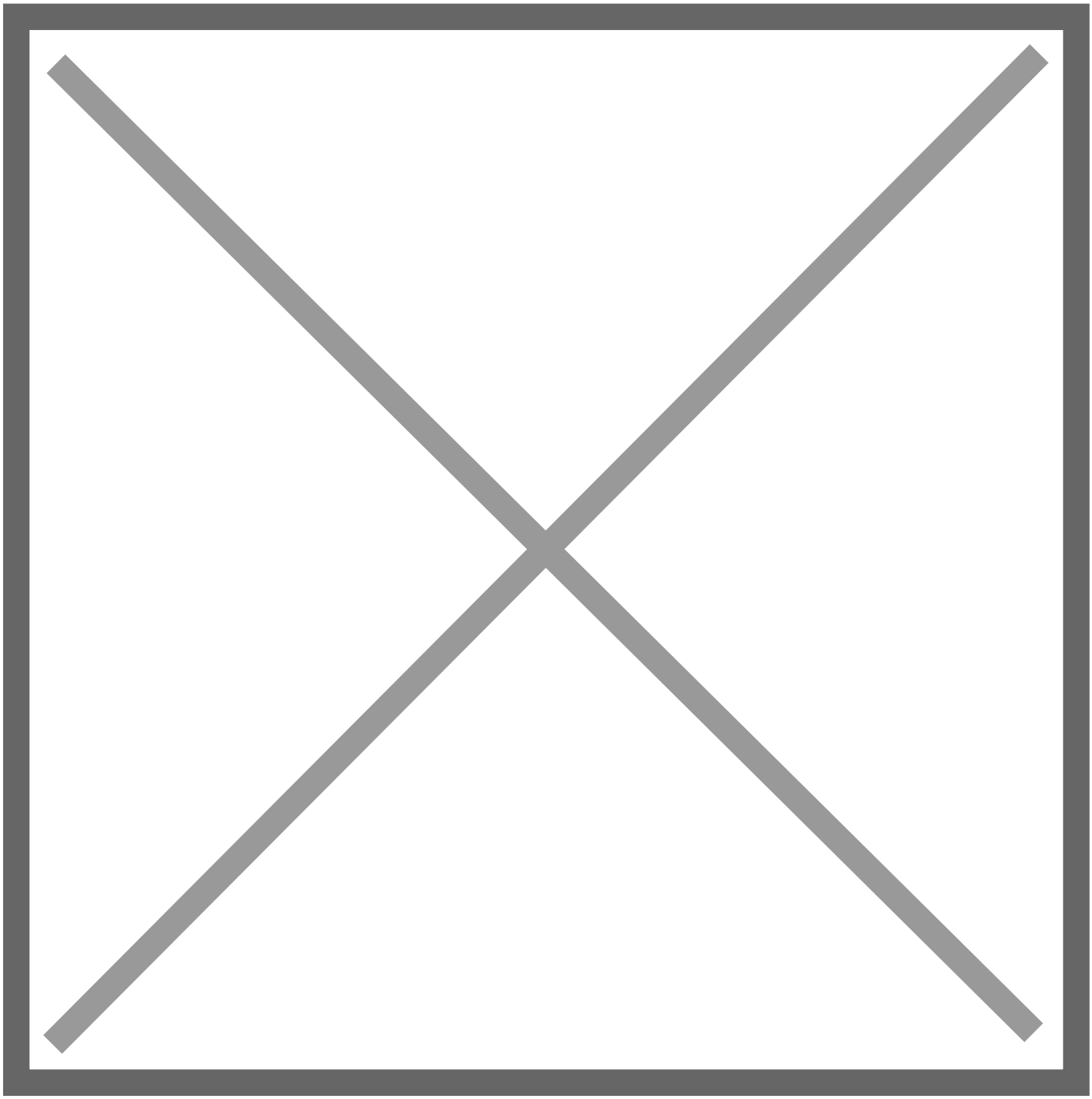
Children, 2022-2024



Survey type:	Self-reported
Age:	6-9
Sample size:	1643
Area covered:	Subnational - Almaty

References:	WHO European Childhood Obesity Surveillance Initiative (COSI): report on the sixth round of data collection, 2022– 2024. Copenhagen: WHO Regional Office for Europe; 2025. Licence: CC BY-NC-SA 3.0 IGO.
Notes:	National data excluding Germany (Bremen only) and Kazakhstan (Almaty only).
Definitions:	Proportion of children whose parents reported that their child consumes fruit less than daily

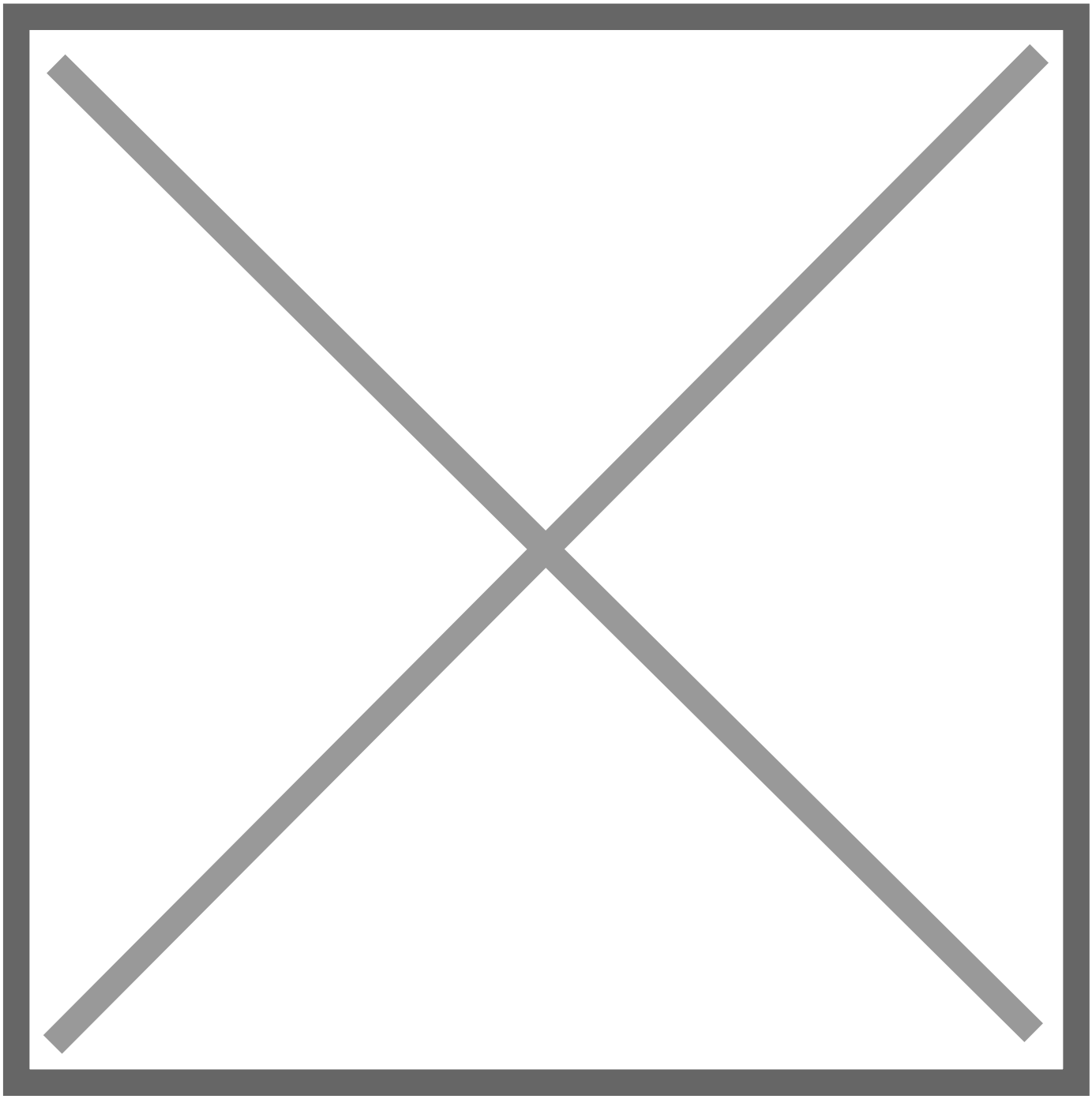
Boys, 2022-2024



Survey type:	Self-reported
Age:	6-9
Sample size:	1643
Area covered:	Subnational - Almaty

References:	WHO European Childhood Obesity Surveillance Initiative (COSI): report on the sixth round of data collection, 2022– 2024. Copenhagen: WHO Regional Office for Europe; 2025. Licence: CC BY-NC-SA 3.0 IGO.
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Definitions:	Proportion of children whose parents reported that their child consumes fruit less than daily

Girls, 2022-2024

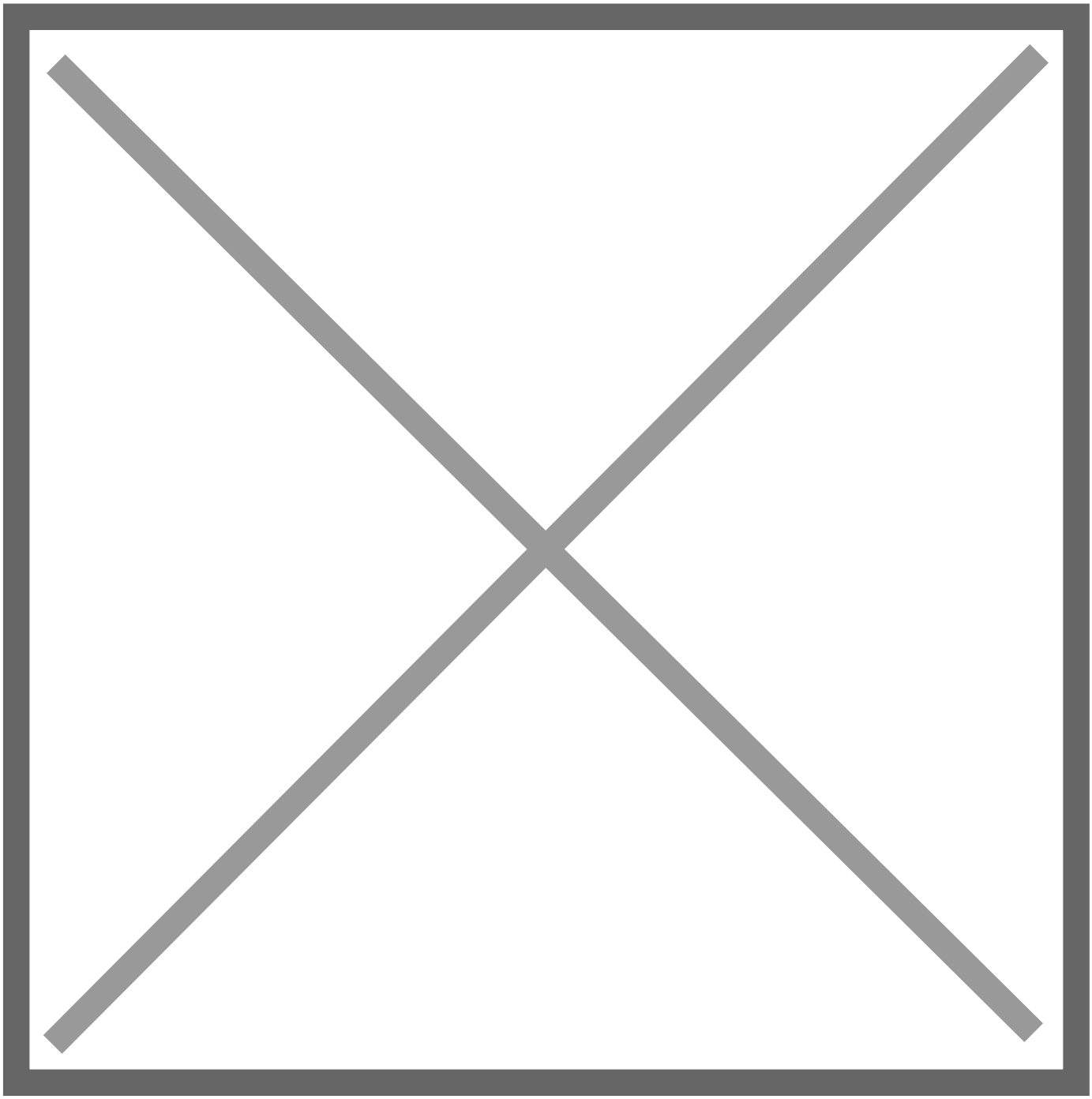


Survey type:	Self-reported
Age:	6-9
Sample size:	1643
Area covered:	Subnational - Almaty

References:	WHO European Childhood Obesity Surveillance Initiative (COSI): report on the sixth round of data collection, 2022– 2024. Copenhagen: WHO Regional Office for Europe; 2025. Licence: CC BY-NC-SA 3.0 IGO.
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Definitions:	Proportion of children whose parents reported that their child consumes fruit less than daily

Prevalence of less than daily vegetable consumption

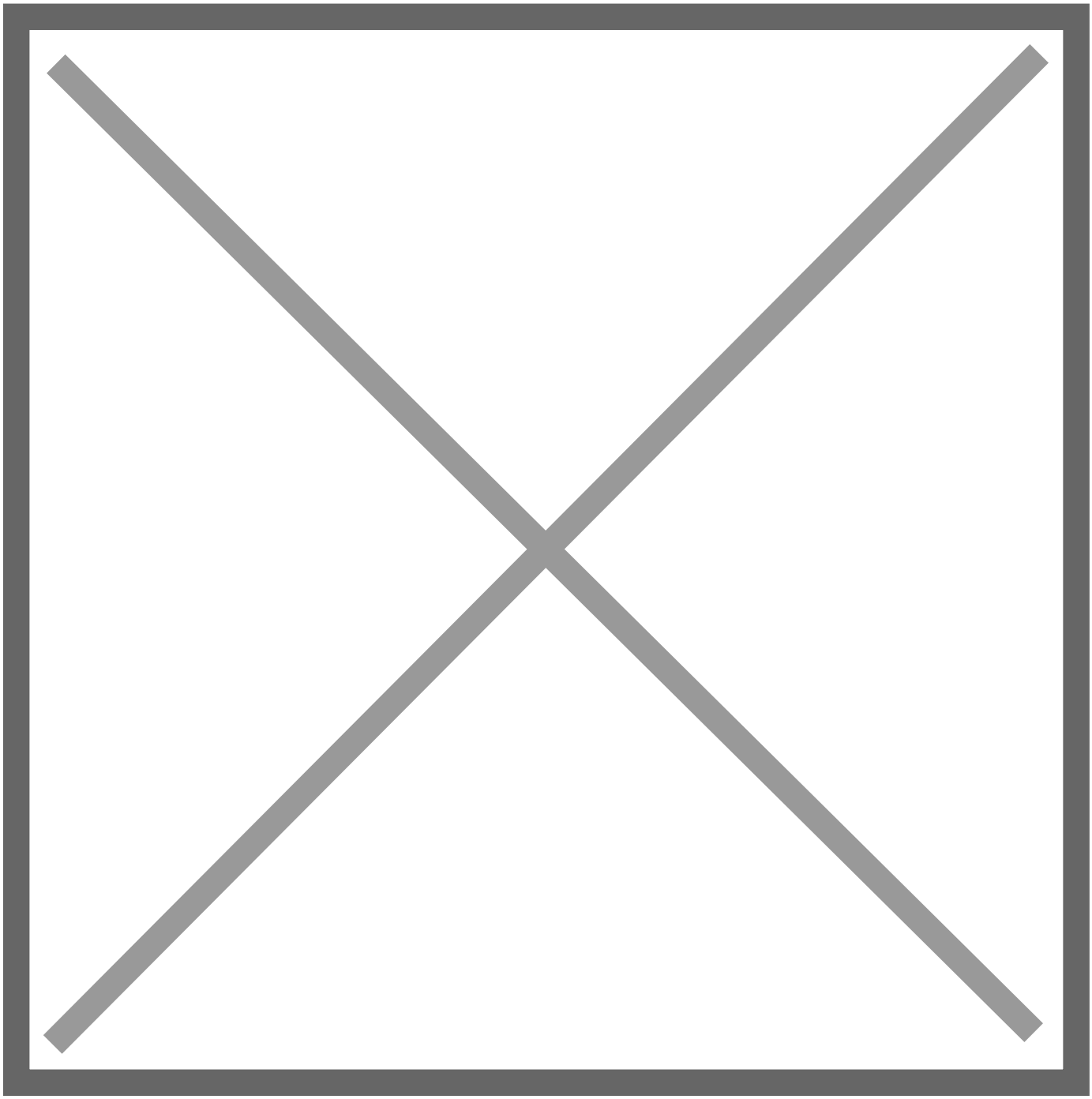
Children, 2022-2024



Survey type:	Self-reported
Age:	6-9
Sample size:	1631
Area covered:	Subnational - Almaty

References:	WHO European Childhood Obesity Surveillance Initiative (COSI): report on the sixth round of data collection, 2022– 2024. Copenhagen: WHO Regional Office for Europe; 2025. Licence: CC BY-NC-SA 3.0 IGO.
Notes:	National data excluding Germany (Bremen only) and Kazakhstan (Almaty only).
Definitions:	Proportion of children whose parents reported that their child consumes vegetables less than daily

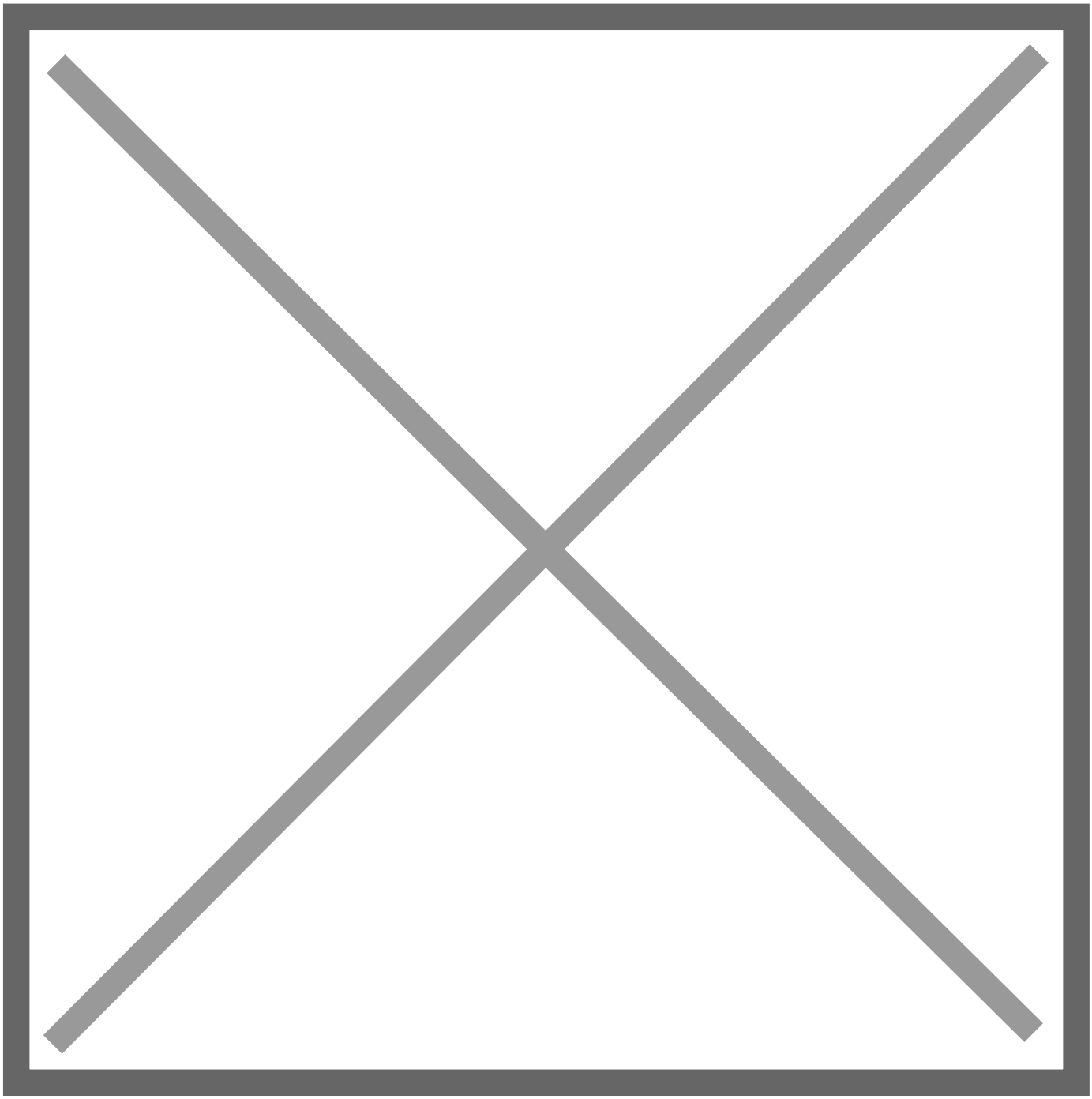
Boys, 2022-2024



Survey type:	Self-reported
Age:	6-9
Sample size:	1631
Area covered:	Subnational - Almaty

References:	WHO European Childhood Obesity Surveillance Initiative (COSI): report on the sixth round of data collection, 2022– 2024. Copenhagen: WHO Regional Office for Europe; 2025. Licence: CC BY-NC-SA 3.0 IGO.
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Girls, 2022-2024

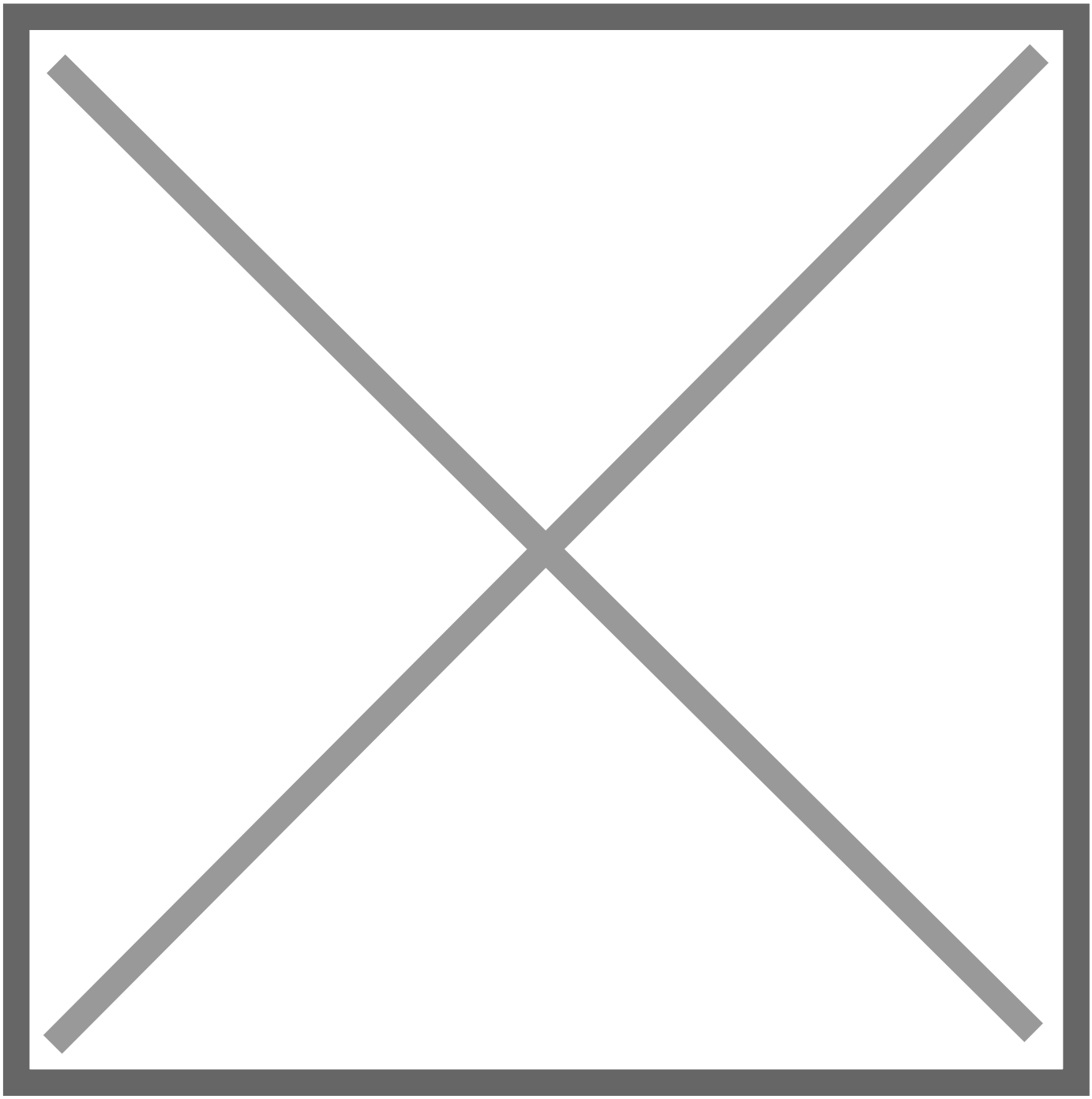


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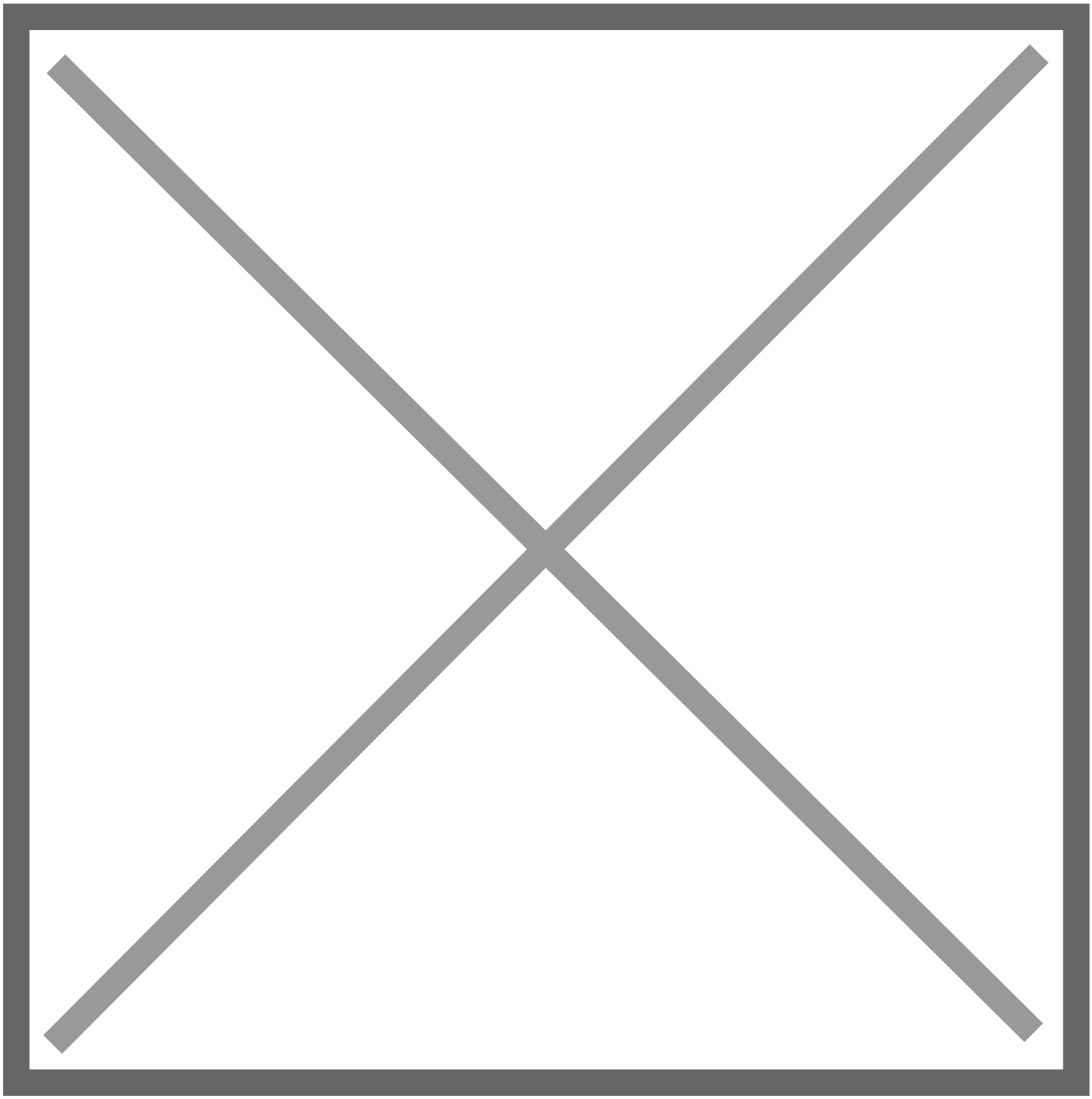
Mental health - depression disorders

Children, 2023



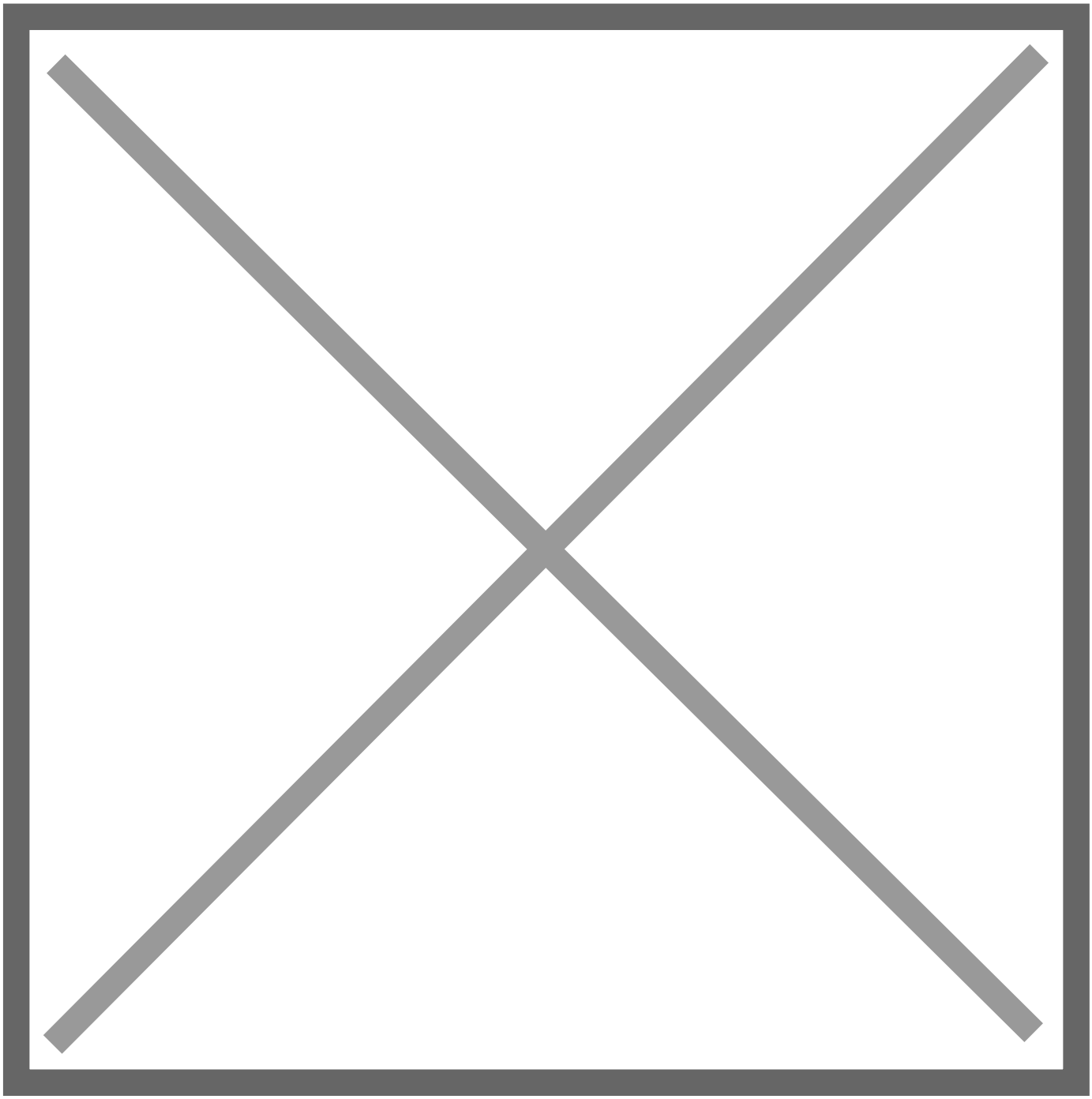
Area covered:	National
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from https://vizhub.healthdata.org/gbd-compare/ [Accessed 17.03.26]
Definitions: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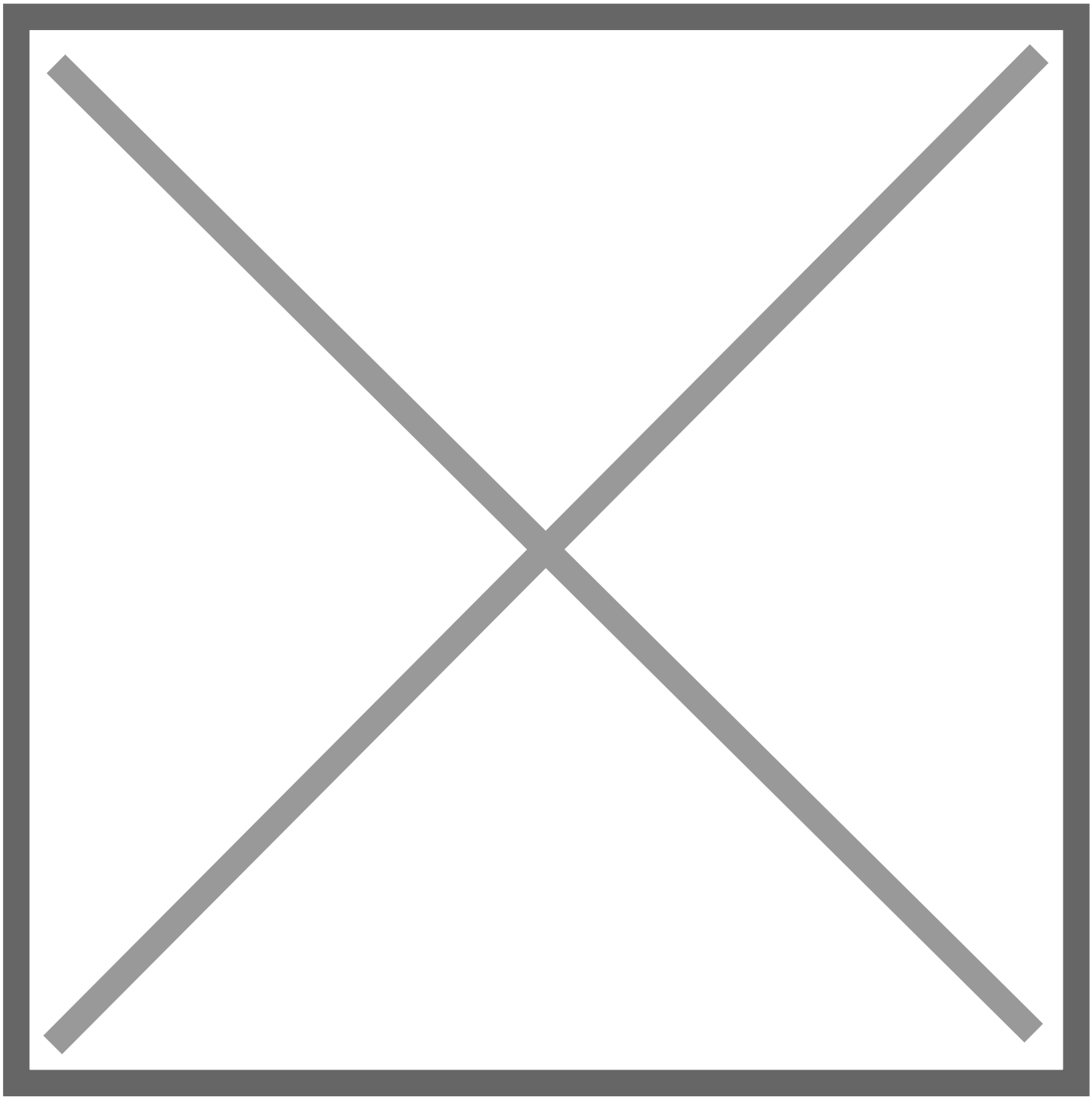
Girls, 2023



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)

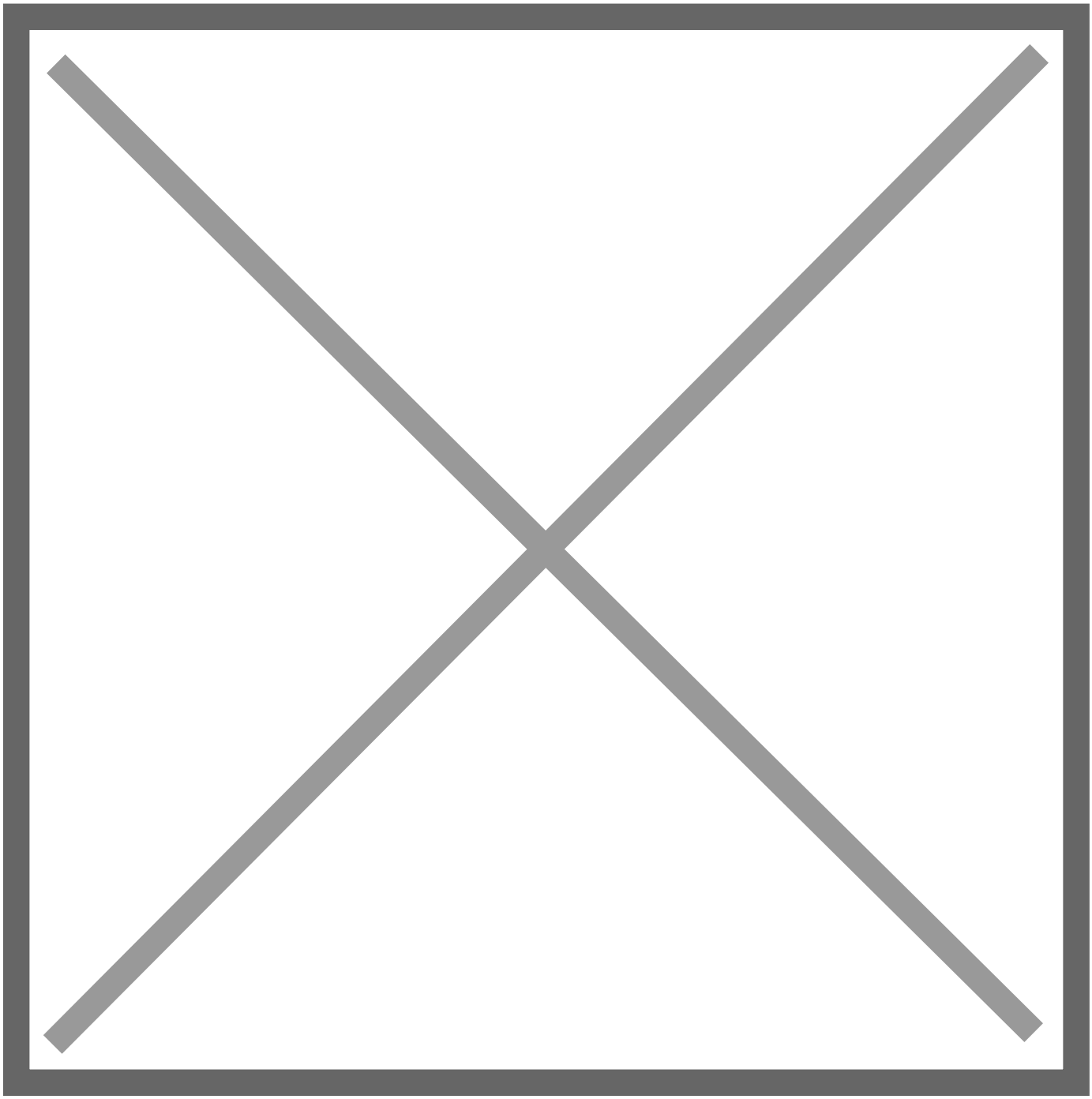
Mental health - anxiety disorders

Children, 2023



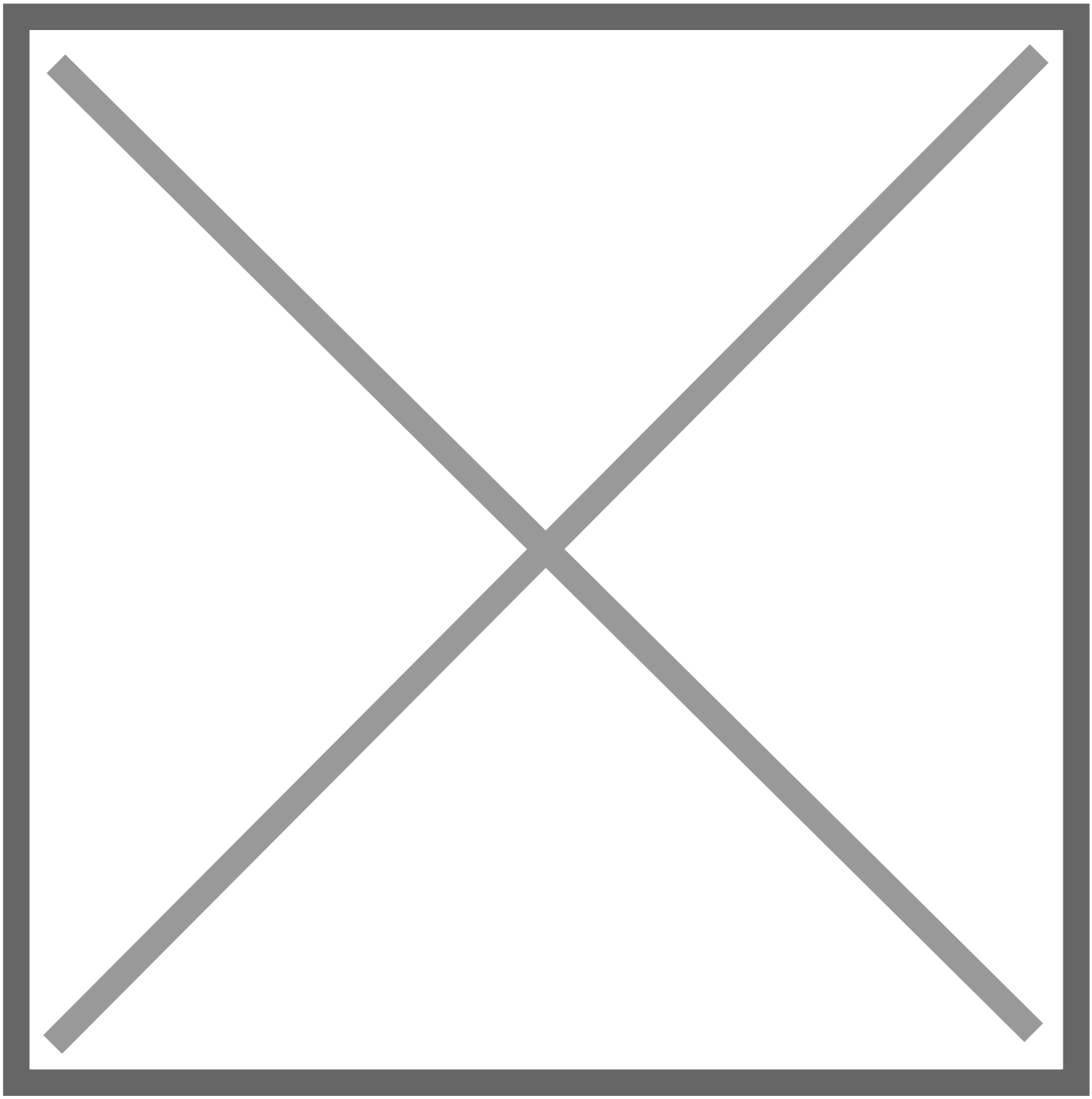
Area covered:	National
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from https://vizhub.healthdata.org/gbd-compare/ [Accessed 17.03.26]
Definitions:	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 October 12, 2026