



Kazakhstan



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/kazakhstan-111/>.

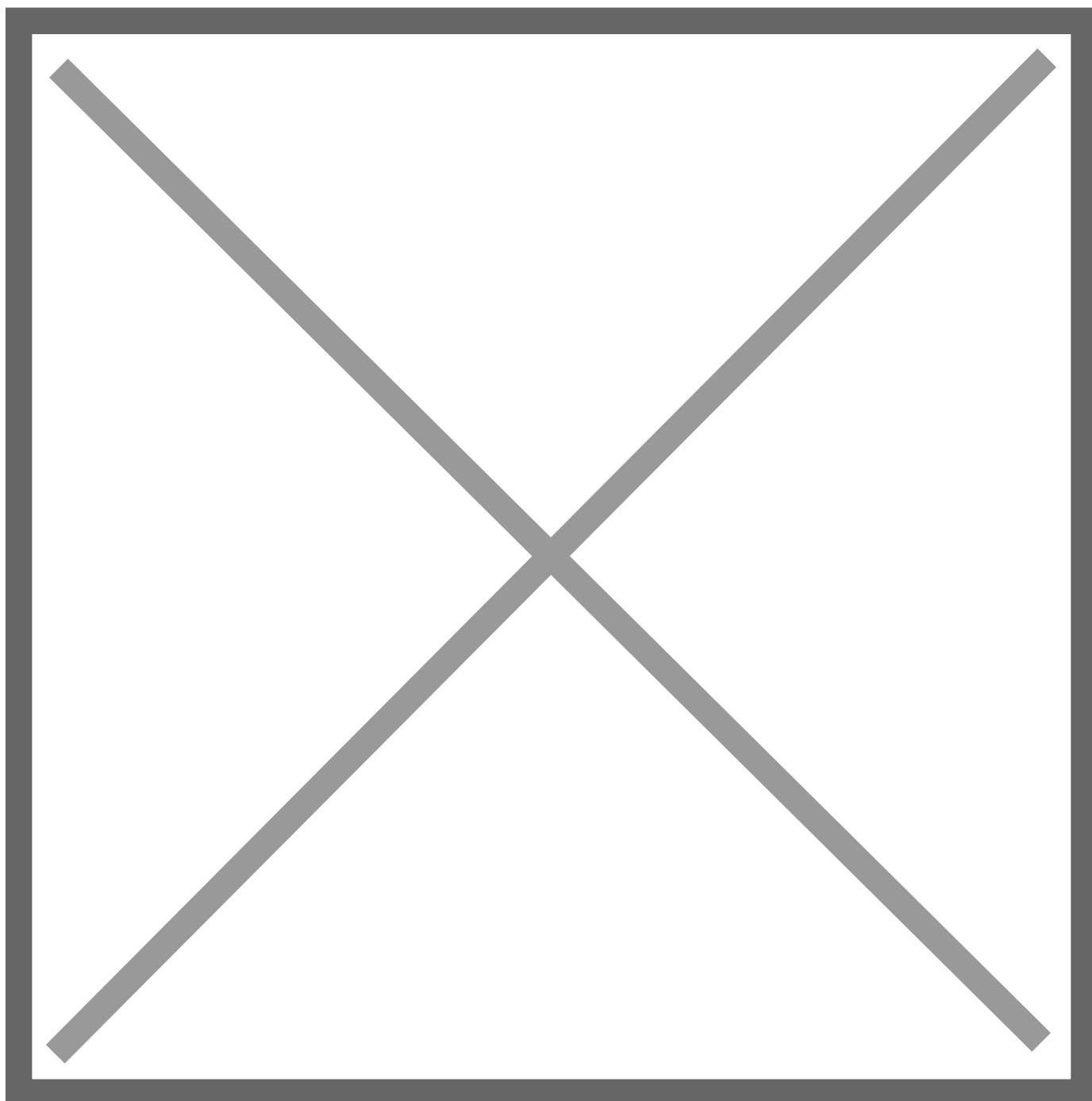
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National obesity risk *7/10 This is a composite "obesity risk" score (out of 10, the highest risk) based on obesity prevalence, rate of increase, likelihood of meeting the 2025 target, treatment indicator and childhood stunting levels. **Childhood obesity risk *5.5/11** This is a "risk score" for each country's likelihood of having or acquiring a major childhood obesity problem during the 2020s, taking account of current prevalence levels and risk for future obesity (based on stunting among infants, maternal obesity, maternal smoking, and breastfeeding rates).

* Based on estimated data. For more information see [Publications](#)

Obesity prevalence

0-5 years, 2015



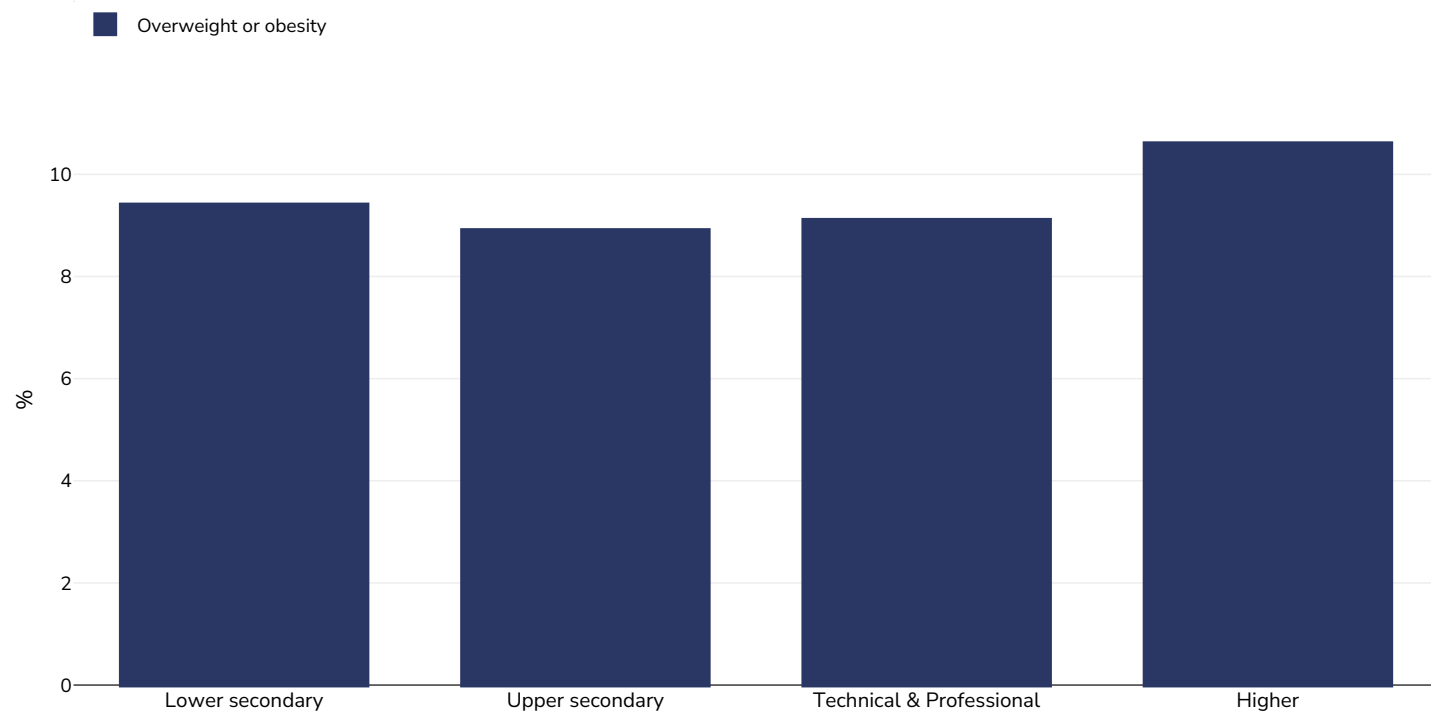
Age:	0-5
Sample size:	5218
References:	MICS: 2015 Kazakhstan Multiple Indicator Cluster Survey, Final Report. Astana, Kazakhstan: The Statistics Committee of the Ministry of National Economy of the Republic of Kazakhstan, 2016.
Notes:	UNICEF/WHO/World Bank Joint Child Malnutrition Estimates Expanded Database: Overweight (Survey Estimates), May 2023, New York. For more information about the methodology, please consult https://data.unicef.org/resources/jme-2023-country-consultations/ Percentage of children under 5 years of age falling above 2 standard deviations (moderate and severe) from the median weight-for-height of the reference population.

Definitions:

=>+2SD

Overweight/obesity by education

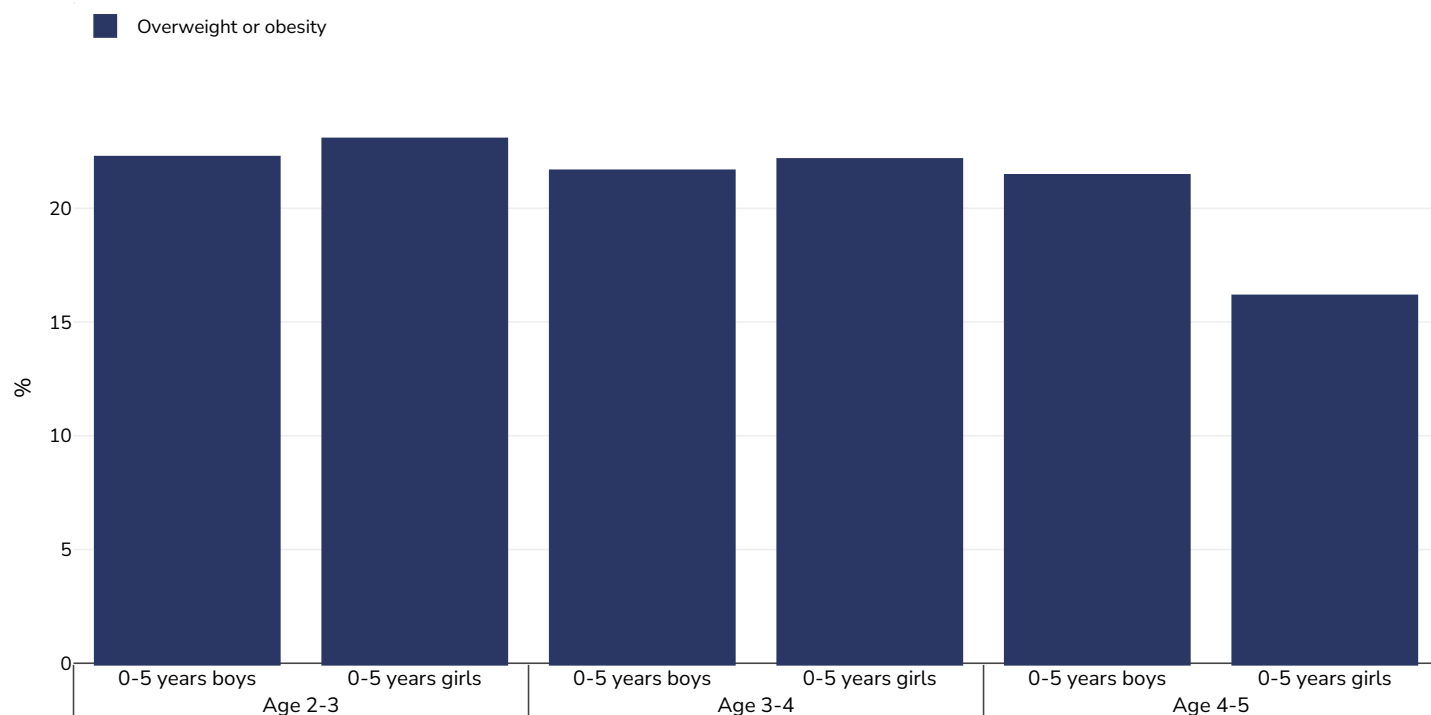
0-5 years, 2015



Survey type:	Measured
Sample size:	5218
Area covered:	National
References:	The Statistics Committee of the Ministry of National Economy of the Republic of Kazakhstan (Statistics Committee of the MNE RK), the United Nations Children's Fund (UNICEF), the United Nations Population Fund (UNFPA). 2015 Kazakhstan Multiple Indicator Cluster Survey, Final Report. Astana, Kazakhstan: The Statistics Committee of the MNE RK, UNICEF and UNFPA, 2016. https://mics-surveys-prod.s3.amazonaws.com/MICS5/Europe%20and%20Central%20Asia/Kazakhstan/2015/Final/Kazakhstan%202015%20MICS_English.pdf (last accessed 11.05.21)
Notes:	Infants
Definitions:	Weight for Height +2SD
Cutoffs:	Other

Overweight/obesity by age

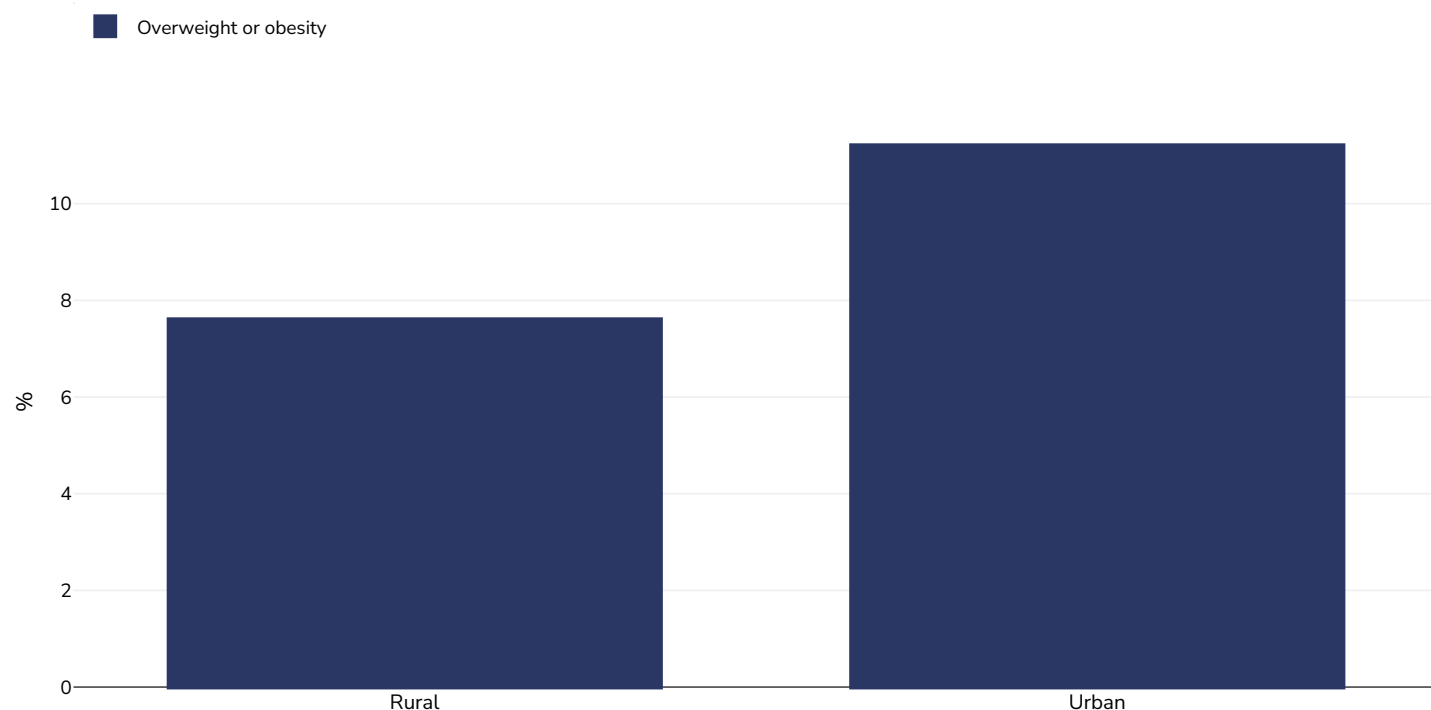
0-5 years, 2010-2011



Survey type:	Measured
Sample size:	2939
Area covered:	National
References:	Kazakhstan MICS 2010-11 Survey - data analysed by R Jackson Leach, F Montague. World Obesity Federation
Notes:	IOTF International Monthly Cut Off's applied Age range 2-4.9yrs
Cutoffs:	IOTF

Overweight/obesity by region

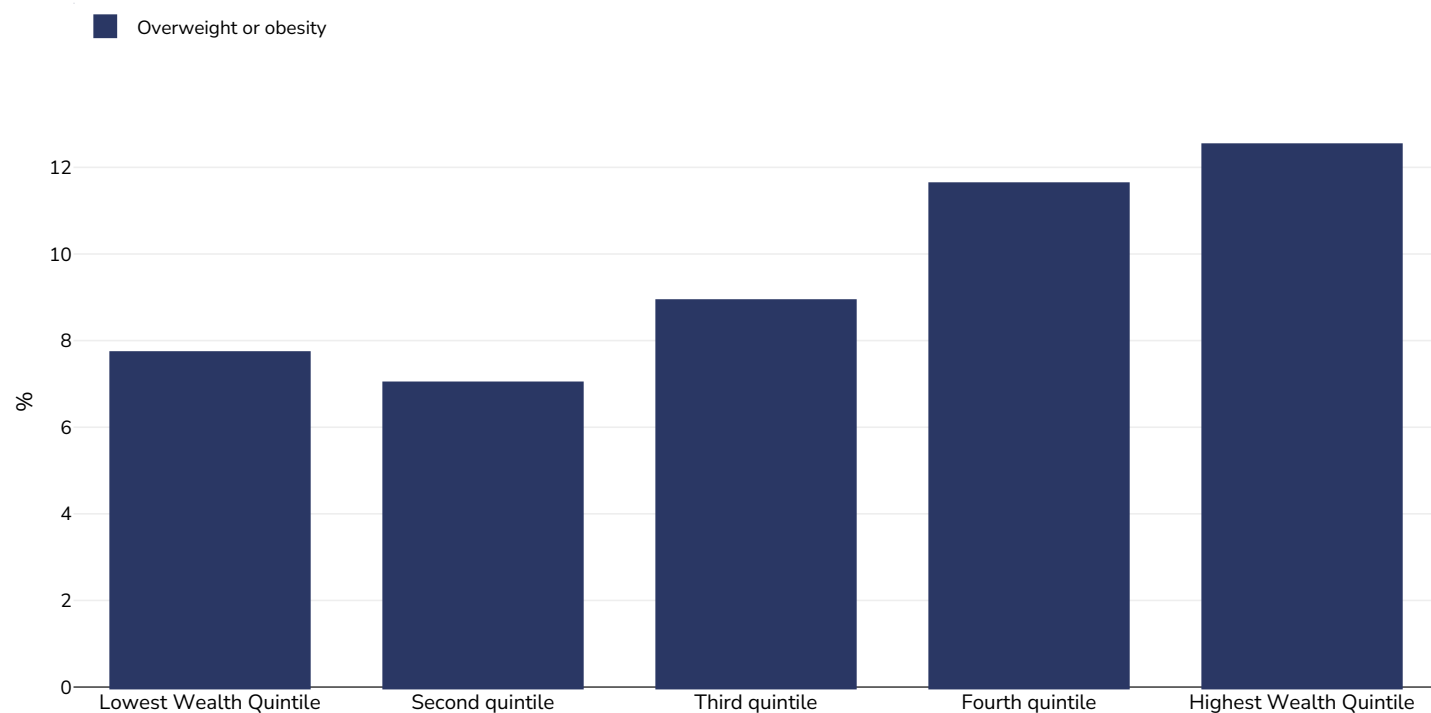
0-5 years, 2015



Survey type:	Measured
Sample size:	5218
Area covered:	National
References:	The Statistics Committee of the Ministry of National Economy of the Republic of Kazakhstan (Statistics Committee of the MNE RK), the United Nations Children's Fund (UNICEF), the United Nations Population Fund (UNFPA). 2015 Kazakhstan Multiple Indicator Cluster Survey, Final Report. Astana, Kazakhstan: The Statistics Committee of the MNE RK, UNICEF and UNFPA, 2016. https://mics-surveys-prod.s3.amazonaws.com/MICS5/Europe%20and%20Central%20Asia/Kazakhstan/2015/Final/Kazakhstan%202015%20MICS_English.pdf (last accessed 11.05.21)
Notes:	Infants
Definitions:	Weight for Height +2SD
Cutoffs:	Other

Overweight/obesity by socio-economic group

0-5 years, 2015



Sample size: 5218

References: MICS: 2015 Kazakhstan Multiple Indicator Cluster Survey, Final Report. Astana, Kazakhstan: The Statistics Committee of the Ministry of National Economy of the Republic of Kazakhstan, 2016.

Notes: UNICEF/WHO/World Bank Joint Child Malnutrition Estimates Expanded Database: Overweight (Survey Estimates), May 2023, New York.
For more information about the methodology, please consult <https://data.unicef.org/resources/jme-2023-country-consultations/>
Percentage of children under 5 years of age falling above 2 standard deviations (moderate and severe) from the median weight-for-height of the reference population.

Definitions: =>+2SD

Double burden of underweight & overweight

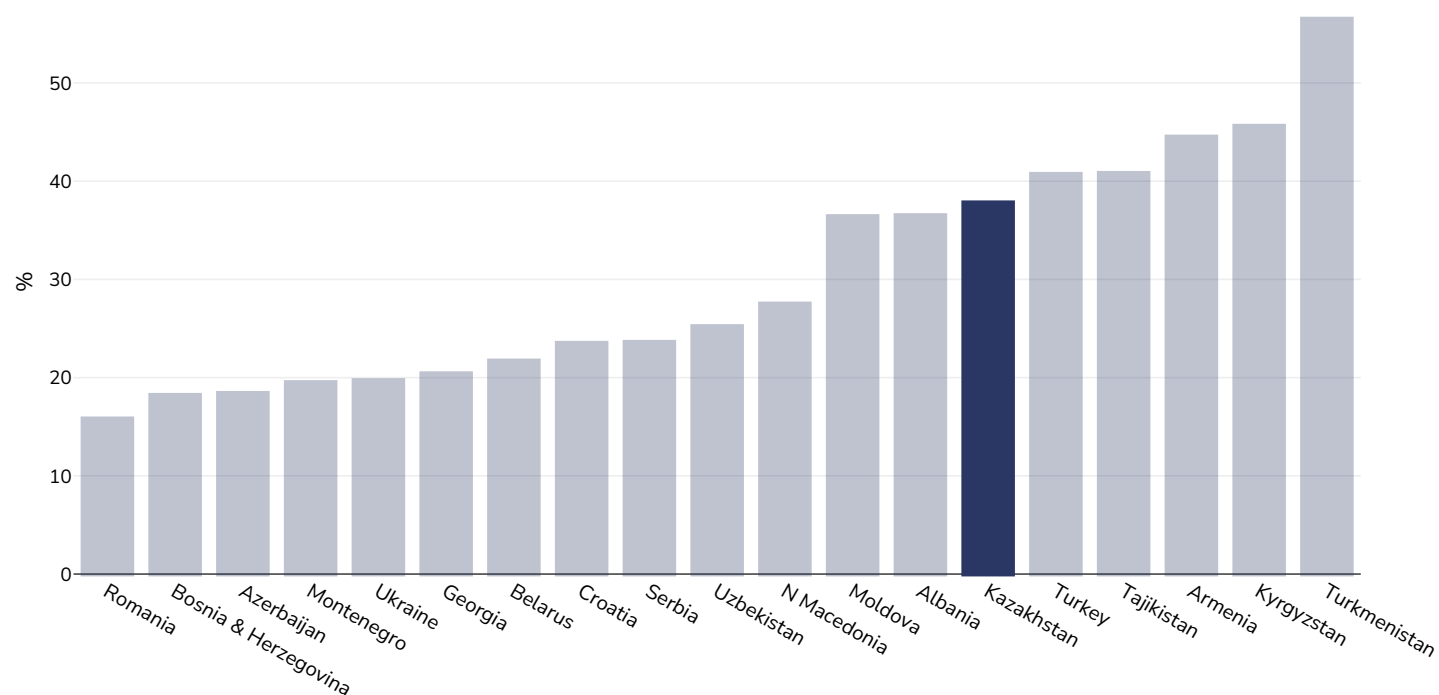
0-5 years, 2015



Survey type:	Measured
Age:	0-5
References:	United Nations Children's Fund, Division of Data, Analysis, Planning and Monitoring (2025). Global UNICEF Global Databases: Overlapping Stunting, Wasting and Overweight (Survey Estimates), 2025, New York. For more information, visit: https://data.unicef.org/topic/nutrition/malnutrition/ [Accessed 06.08.25]
Notes:	2015 Kazakhstan Multiple Indicator Cluster Survey, Final Report. Astana, Kazakhstan: The Statistics Committee of the Ministry of National Economy of the Republic of Kazakhstan, 2016.
Definitions:	Combined percentage of children under 5 years of age who are either wasted, stunted, or overweight (falling below -2 standard deviations from the median weight-for-height, falling below -2 standard deviations from the median height for age, or falling at or above +2 standard deviations from the median weight-for-height of the reference population)
Cutoffs:	WHZ <-2, HAZ <-2 and WHZ >+2

% Infants exclusively breastfed 0-5 months

0-5 years, 1996-2023



References: 2015 Kazakhstan Multiple Indicator Cluster Survey, Final Report. Astana, Kazakhstan: The Statistics Committee of the Ministry of National Economy of the Republic of Kazakhstan, 2016.

Notes: Full details are available. Original citation United Nations Children's Fund, Division of Data, Analysis, Planning and Monitoring (2023). Global UNICEF Global Databases: Infant and Young Child Feeding: Exclusive breastfeeding, New York, October 2023.

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