Kazakhstan



Country report card - under-5s

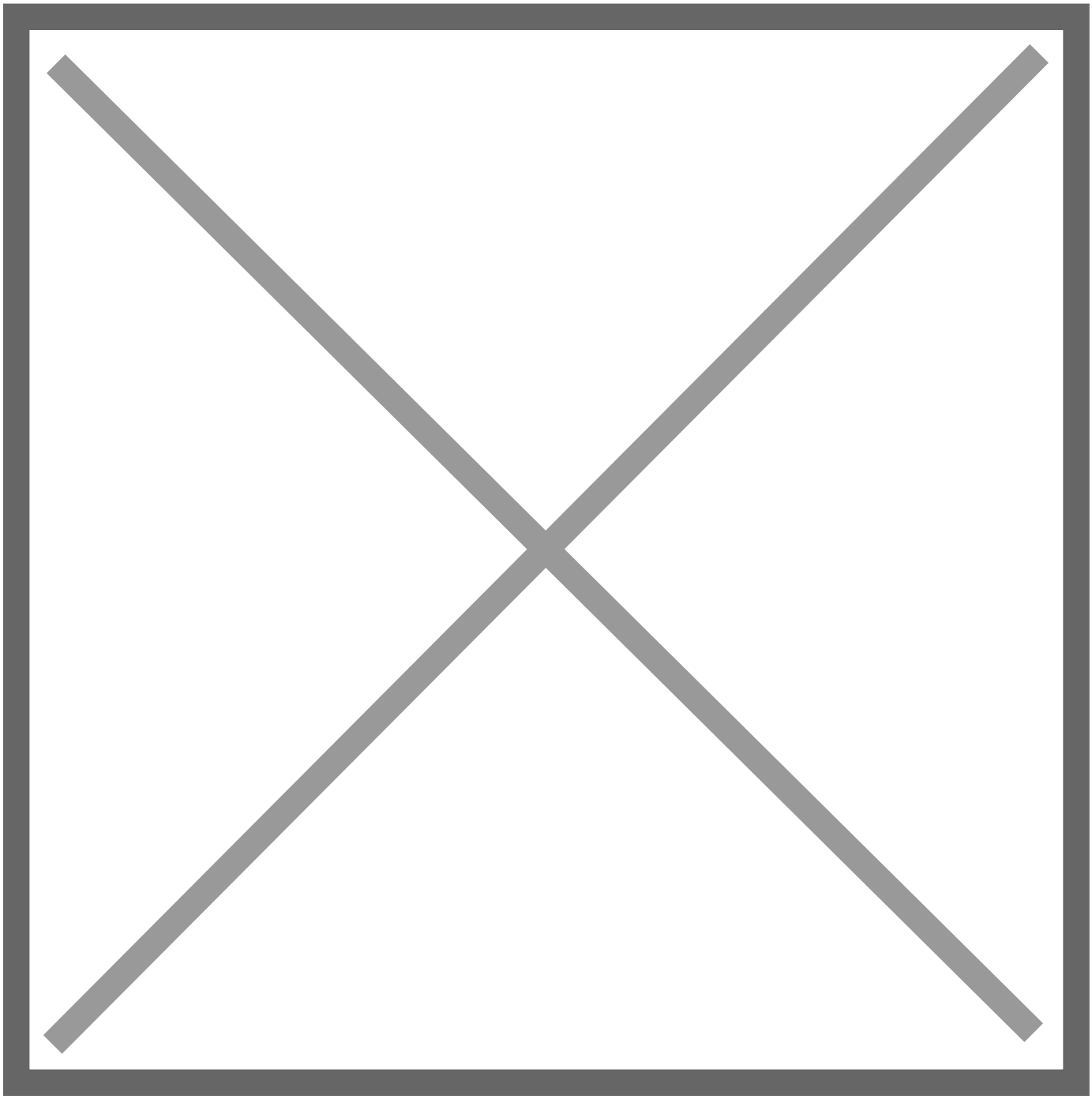
This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity for children under 5. Where available, data on common and relevant obesity drivers and comorbidities are also presented.

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

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
% Infants exclusively breastfed 0-5 months	24

Obesity prevalence

0-5 years, 2024

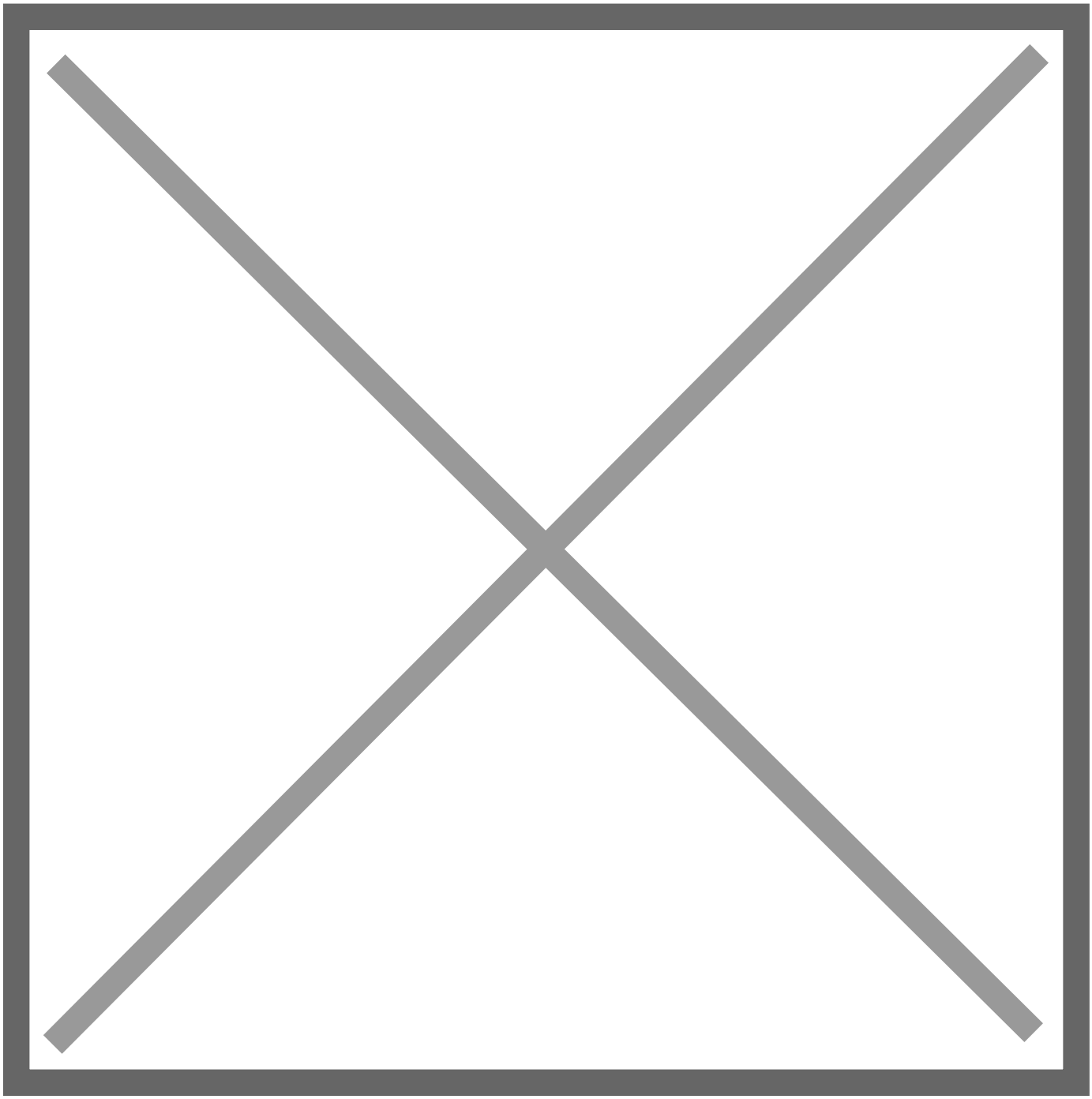


Survey type:	Measured
Age:	0-5
Sample size:	5868
Area covered:	National
References:	BNS and UNICEF. 2025. Kazakhstan Multiple Indicator Cluster Survey 2024, Survey Findings Report. Astana, Kazakhstan, the Bureau of National Statistic of the Agency for Strategic Planning and Reforms of the Republic of Kazakhstan and United Nations Children's Fund (UNICEF)

Notes:	=>+2SD
Definitions:	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.
Cutoffs:	Weight for height

Overweight/obesity by education

0-5 years, 2024

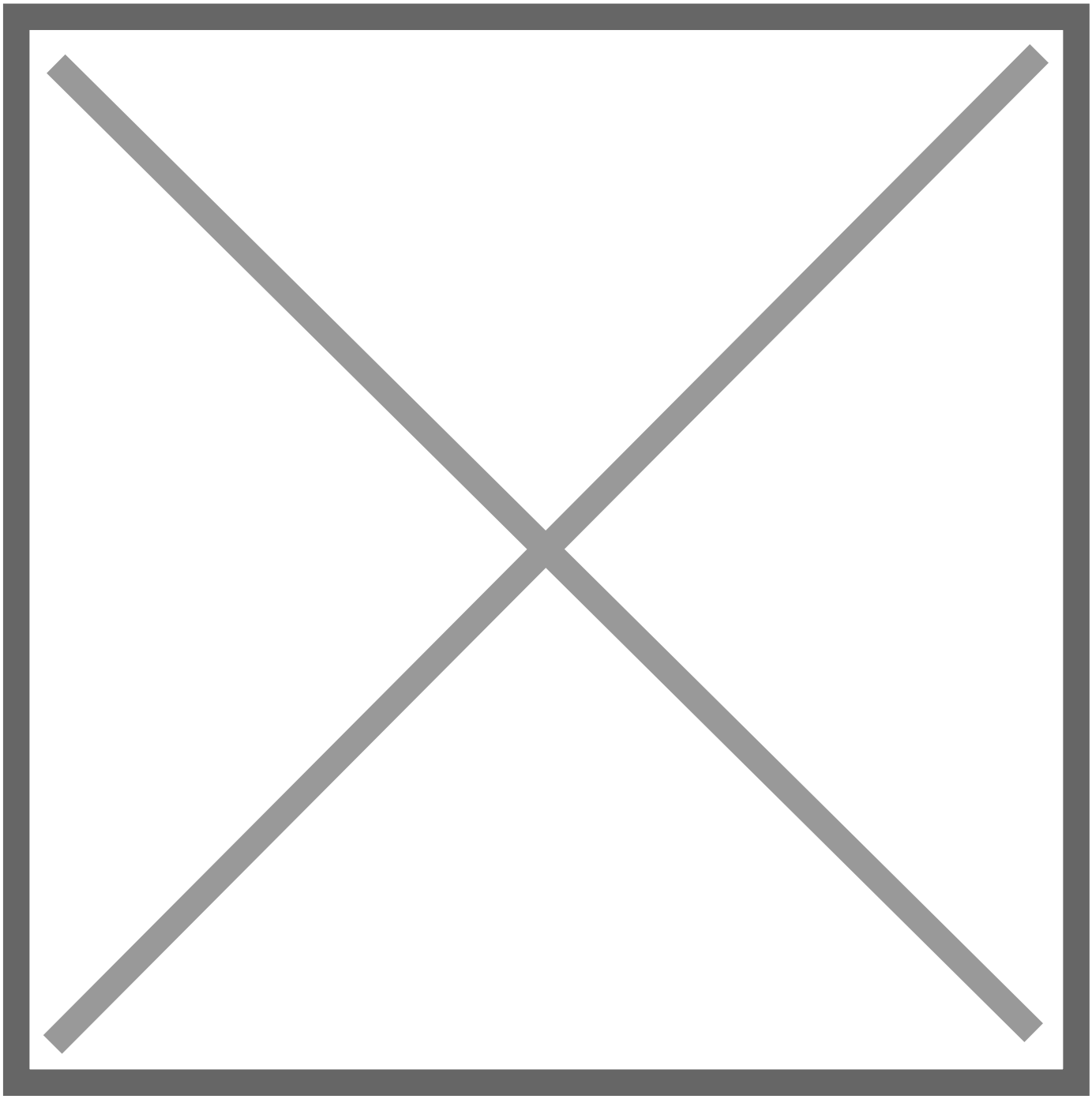


Survey type:	Measured
Sample size:	5868
Area covered:	National
References:	BNS and UNICEF. 2025. Kazakhstan Multiple Indicator Cluster Survey 2024, Survey Findings Report. Astana, Kazakhstan, the Bureau of National Statistic of the Agency for Strategic Planning and Reforms of the Republic of Kazakhstan and United Nations Children's Fund (UNICEF)

Notes:	Based on Mother's Education
Definitions:	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. =>+2SD
Cutoffs:	Weight for height

Overweight/obesity by age

0-5 years, 2010-2011

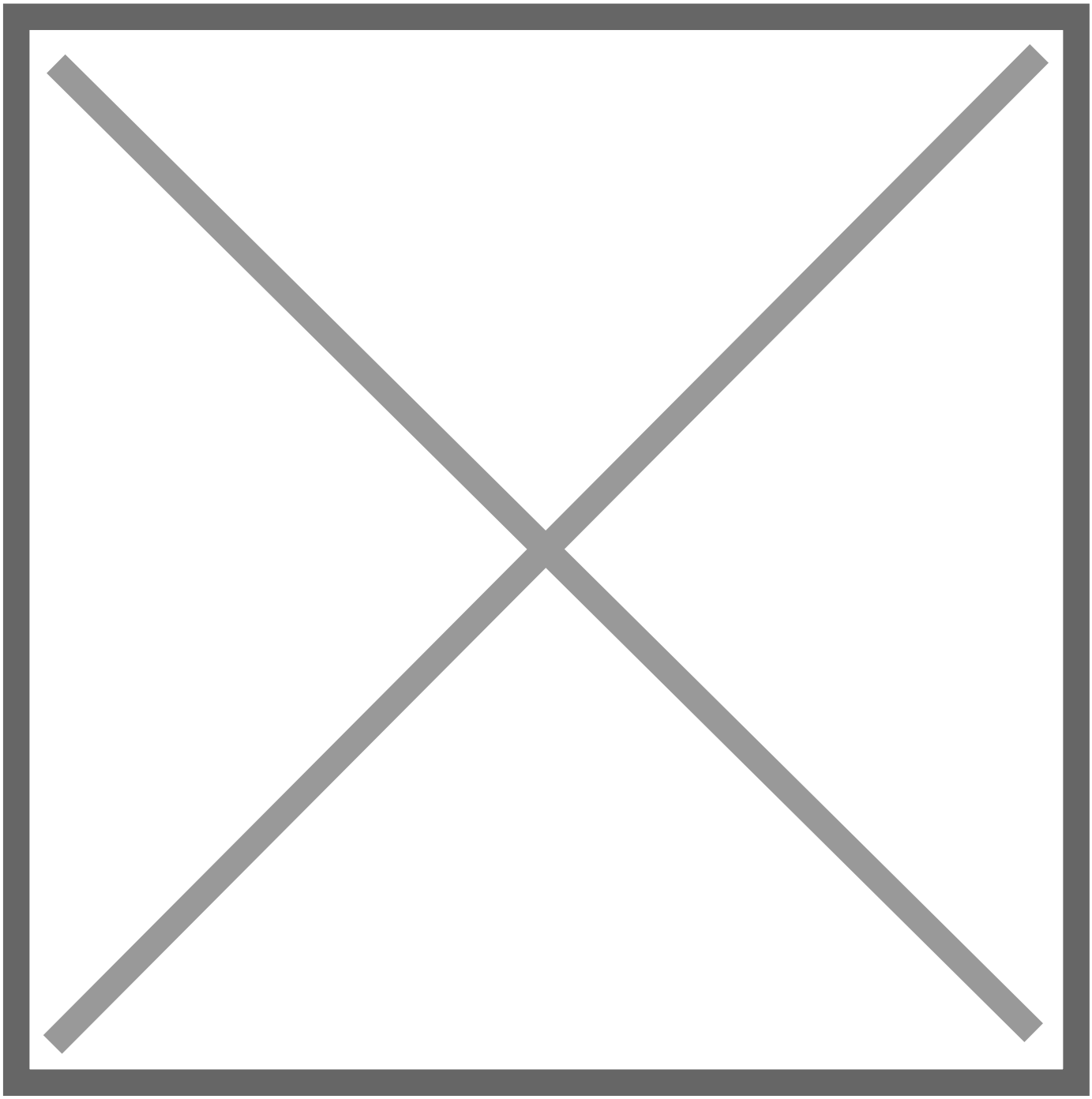


Survey type:	Measured
Sample size:	2939
Area covered:	National
References:	Kazakhstan MICS 2010-11 Survey - data analysed by R Jackson Leach, F Montague. World Obesity Federation
Notes:	IOTF International Monthly Cut Off's applied Age range 2-4.9yrs

Cutoffs:	IOTF

Overweight/obesity by region

0-5 years, 2024

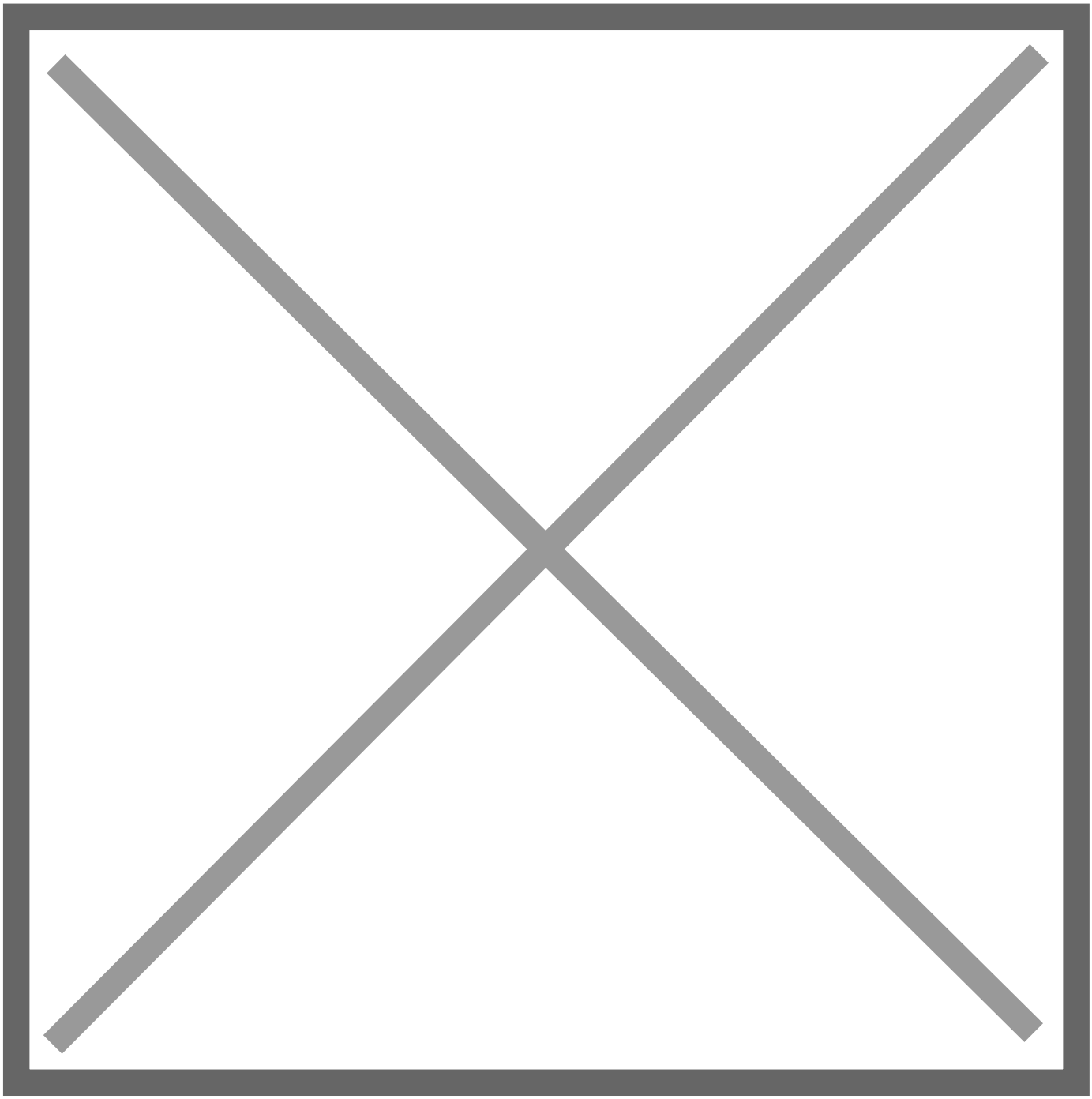


Survey type:	Measured
Sample size:	5868
Area covered:	National
References:	BNS and UNICEF. 2025. Kazakhstan Multiple Indicator Cluster Survey 2024, Survey Findings Report. Astana, Kazakhstan, the Bureau of National Statistic of the Agency for Strategic Planning and Reforms of the Republic of Kazakhstan and United Nations Children's Fund (UNICEF)

Notes:	=>+2SD
Definitions:	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.
Cutoffs:	Weight for height

Overweight/obesity by socio-economic group

0-5 years, 2024



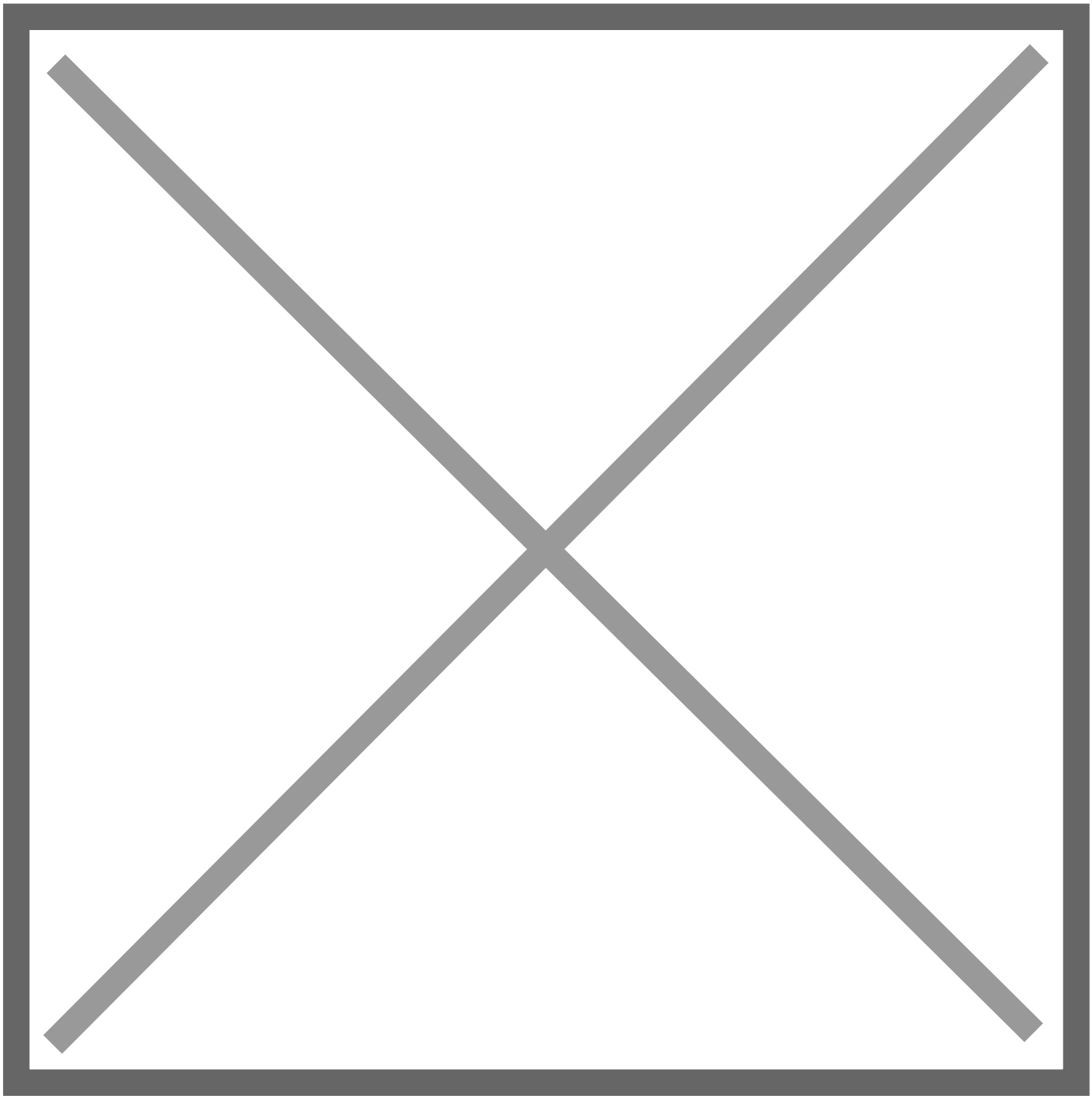
Survey type:	Measured
Sample size:	5868
Area covered:	National
References:	BNS and UNICEF. 2025. Kazakhstan Multiple Indicator Cluster Survey 2024, Survey Findings Report. Astana, Kazakhstan, the Bureau of National Statistic of the Agency for Strategic Planning and Reforms of the Republic of Kazakhstan and United Nations Children's Fund (UNICEF)

Notes:	=>+2SD
Definitions:	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.
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, 2024

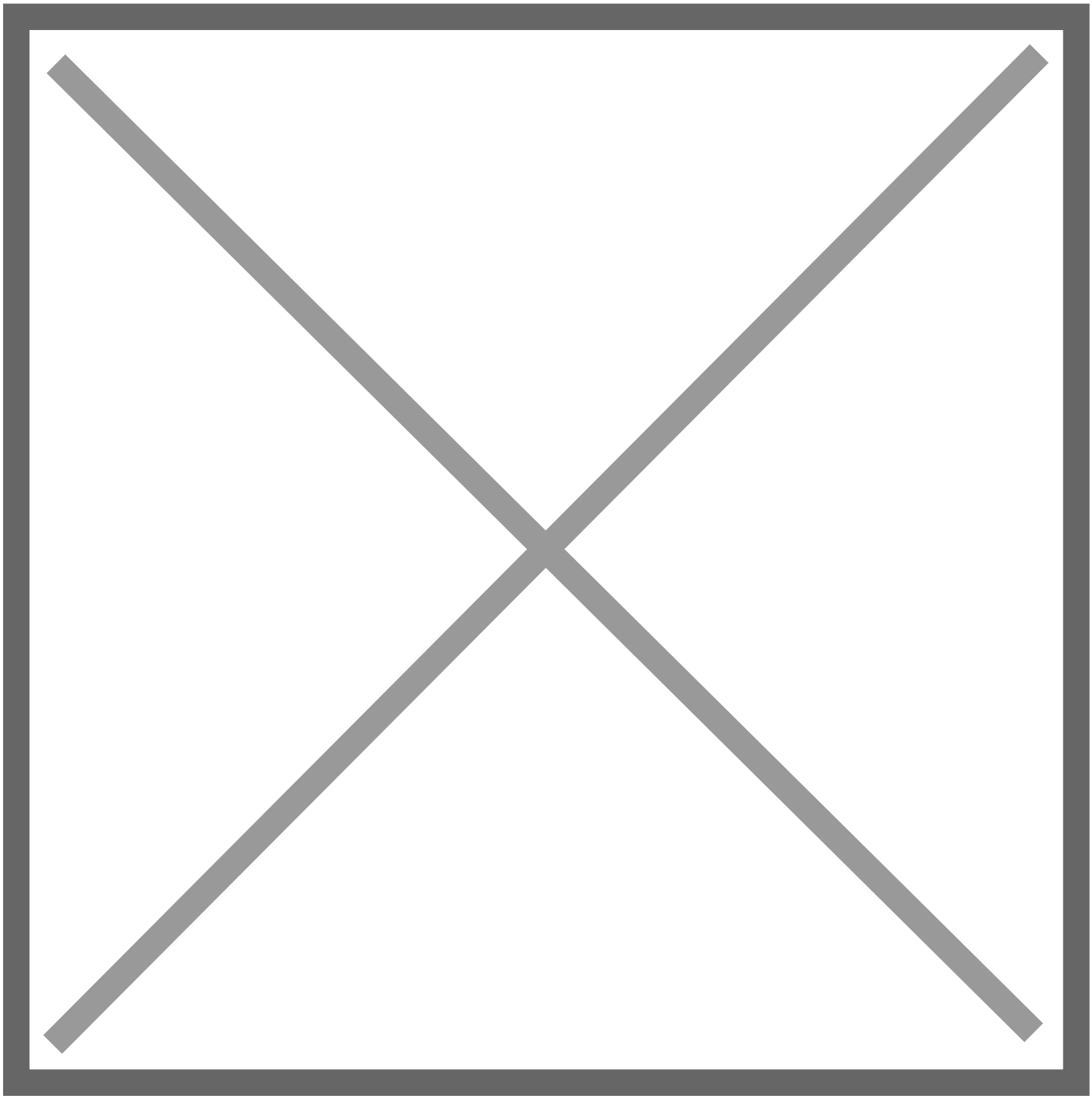


Survey type:	Measured
Sample size:	5868
Area covered:	National
References:	BNS and UNICEF. 2025. Kazakhstan Multiple Indicator Cluster Survey 2024, Survey Findings Report. Astana, Kazakhstan, the Bureau of National Statistic of the Agency for Strategic Planning and Reforms of the Republic of Kazakhstan and United Nations Children's Fund (UNICEF)

Notes:	=>+2SD
Definitions:	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.
Cutoffs:	Weight for height

Double burden of underweight & obesity

0-5 years, 2015

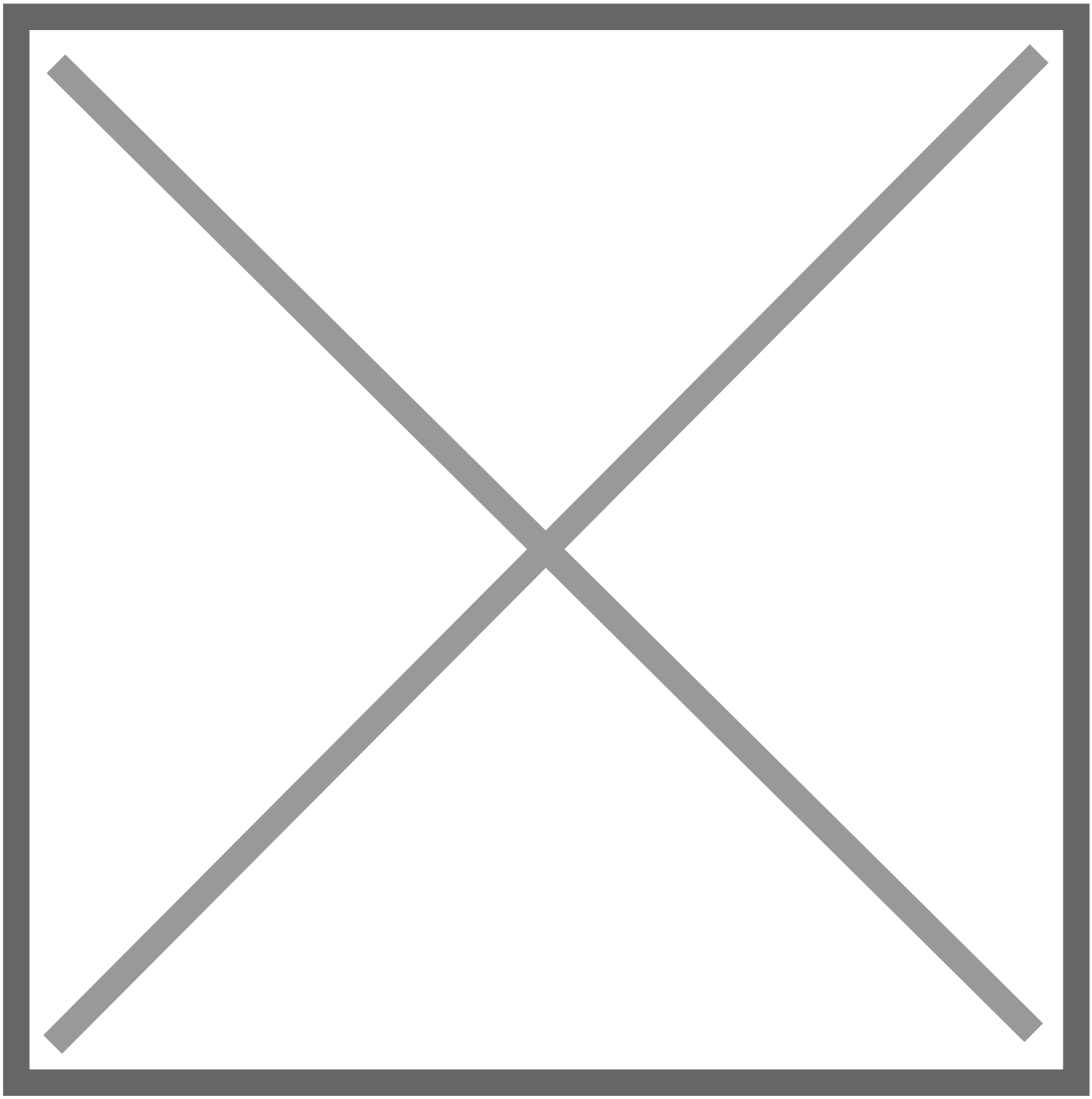


Survey type:	Measured
Age:	0-5
References:	United Nations Children's Fund, Division of Data, Analysis, Planning and Monitoring (2025). Global UNICEF Global Databases: Overlapping Stunting, Wasting and Overweight (Survey Estimates), 2025, New York. For more information, visit: https://data.unicef.org/topic/nutrition/malnutrition/ [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, 2011-2023



Area covered:	National
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 available at source: United Nations Children's Fund, Division of Data, Analysis, Planning and Monitoring (2025). Global UNICEF Global Databases: Infant and Young Child Feeding: Exclusive breastfeeding, New York, November 2025.

Definitions:	Infants 0-5 months of age who received only breast milk during the previous day. The definition allows for medicines, vitamins and oral re-hydration solution to have been given. These infants would not have received water-based liquids, milk based-liquids or food.

PDF created on October 12, 2026