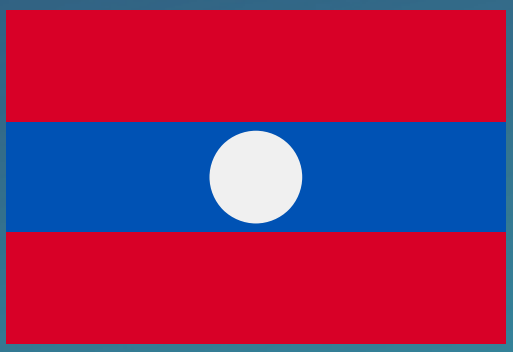
Laos



Country report card - under-5s

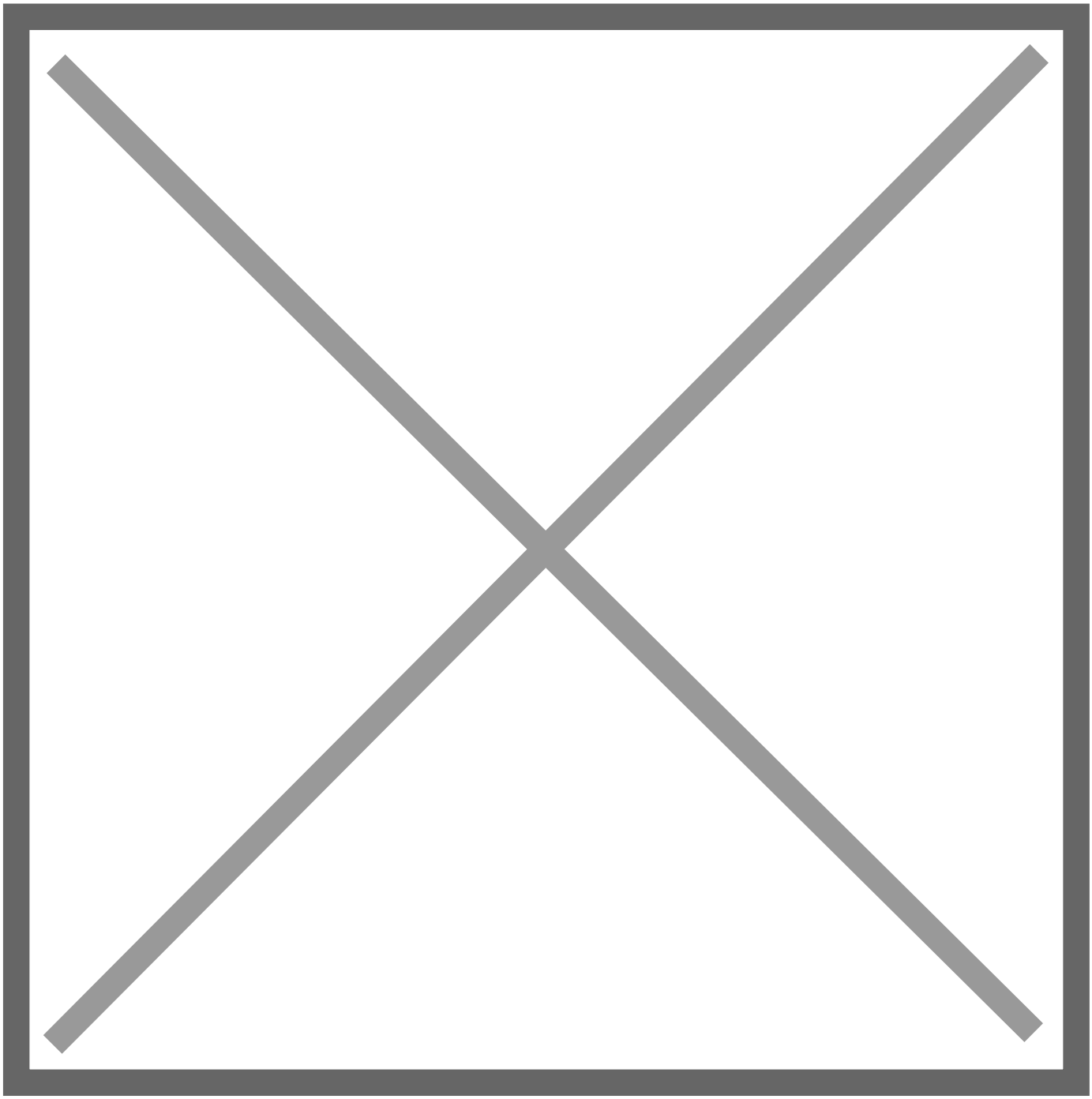
This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity for children under 5. Where available, data on common and relevant obesity drivers and comorbidities are also presented.

View the latest version of this report on the Global Obesity Observatory at https://data.worldobesity.org/country/laos-117/.

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Obesity prevalence

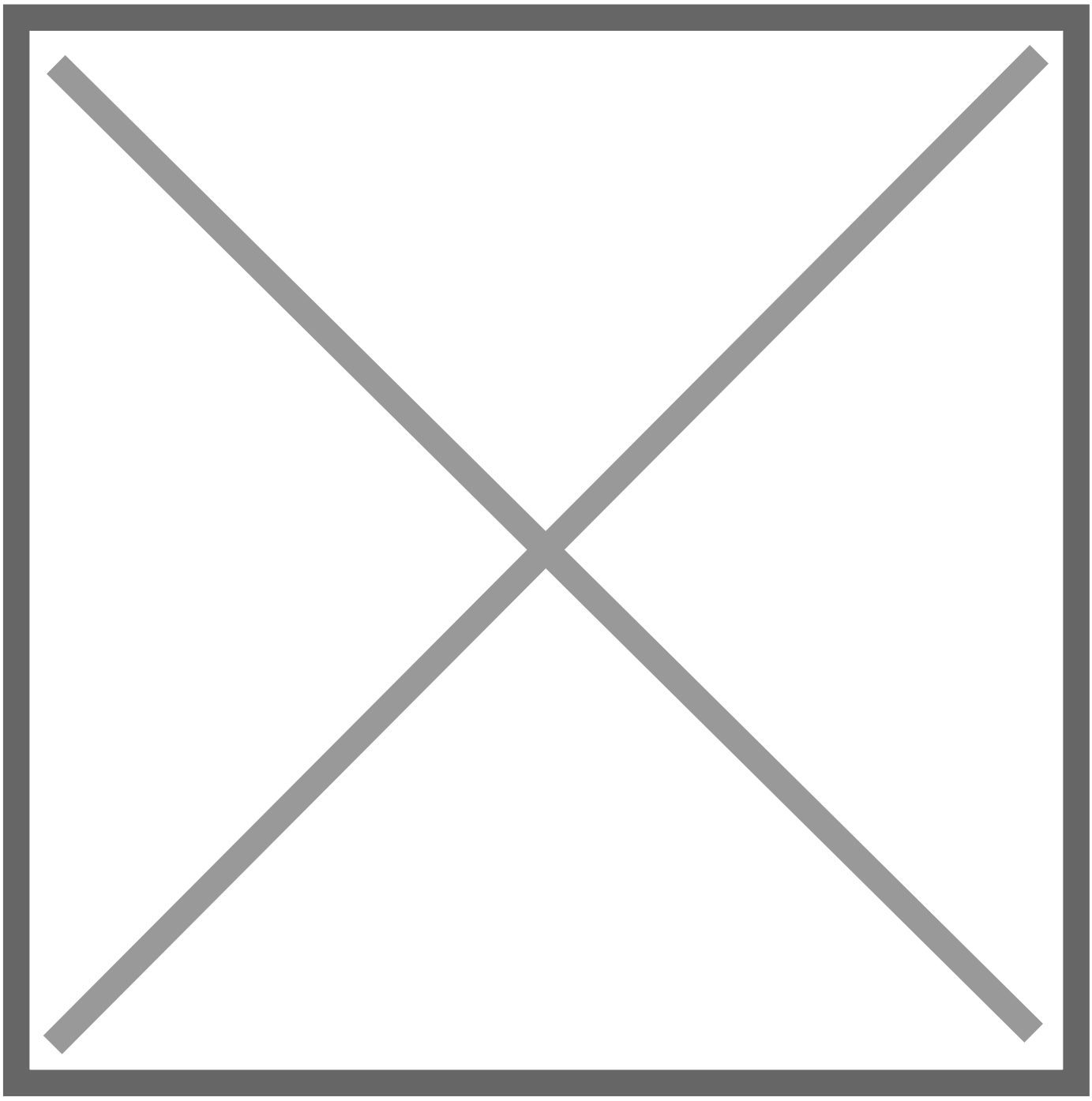
0-5 years, 2023



Survey type:	Measured
Age:	0-5
Sample size:	9063
Area covered:	National
References:	Lao Social Indicator Survey III-2023 (MICS)

Notes:	UNICEF/WHO/World Bank Joint Child Malnutrition Estimates Expanded Database: Overweight estimates: National and Disaggregated, July 2025, New York. Weighted sample size. For more information, please consult https://data.unicef.org/resources/jme/.
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:	=>+2SD

% of 0-5 year olds living with overweight or obesity

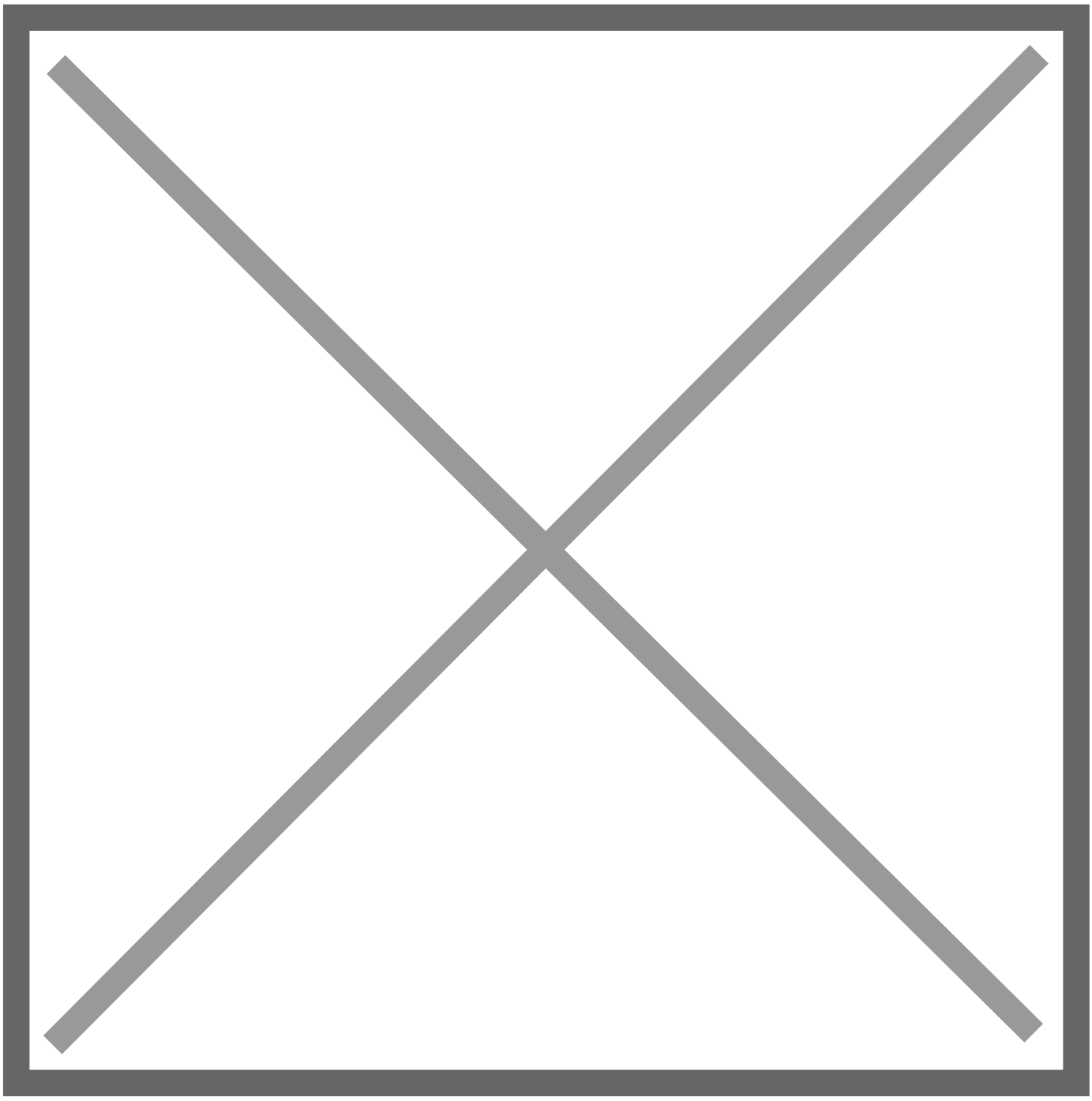


Survey type:	Measured
References:	2006: MICS: Lao PDR multiple indicator cluster survey 2006, final report. Vientiane, Lao PDR: Department of Statistics and UNICEF, 2008 2011: MICS-DHS: Lao social indicator survey LSIS (MICS/DHS). Vientiane, Lao PDR: MoH and LSB, 2012 2015: Other: Lao Child Anthropometry Assessment Survey: Add-On to the 2015 National Immunization Survey, Final Report, February 2016 2017: MICS-DHS: Lao Social Indicator Survey II 2017, Survey Findings Report. Vientiane, Lao PDR: Lao Statistics Bureau and UNICEF

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².

Different methodologies may have been used to collect this data and so data from different surveys may not be strictly comparable. Please check with original data sources for methodologies used.

% of 0-5 year olds living with overweight or obesity by region, 2000-2023

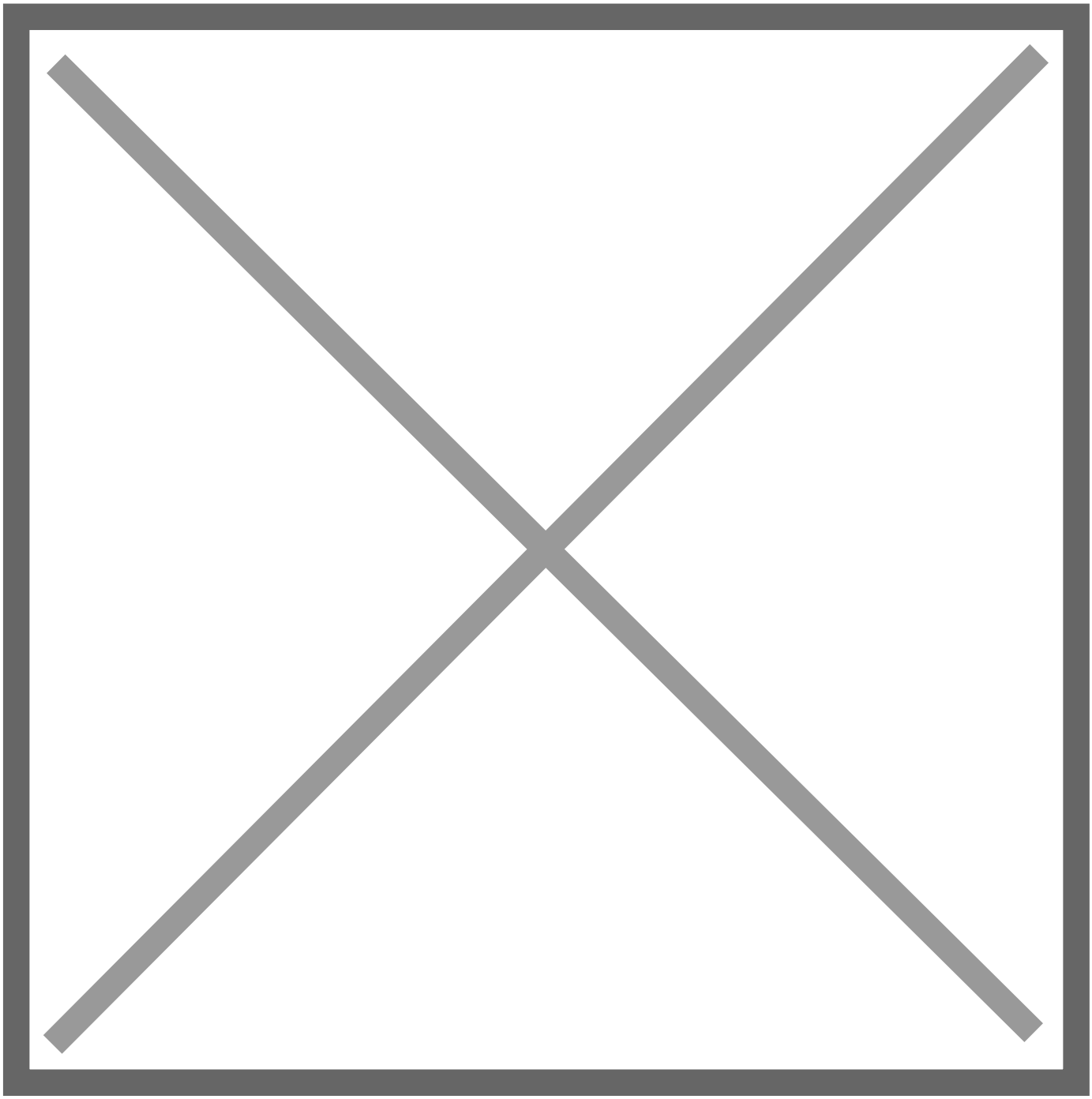


Survey type:	Measured
References:	2000: MICS: Laos Multiple Indicator Cluster Survey 2000. New York, United States: United Nations Children's Fund (UNICEF). 2006: MICS: Lao PDR multiple indicator cluster survey 2006, final report. Vientiane, Lao PDR: Department of Statistics and UNICEF, 2008 2011: MICS-DHS: Lao social indicator survey LSIS (MICS/DHS). Vientiane, Lao PDR: MoH and LSB, 2012 2015: Other: Lao Child Anthropometry Assessment Survey: Add-On to the 2015 National Immunization Survey, Final Report, February 2016 2017: MICS-DHS: Lao Social Indicator Survey II 2017, Survey Findings Report. Vientiane, Lao PDR: Lao Statistics Bureau and UNICEF 2023: Lao Statistics Bureau and United Nations Children's Fund (UNICEF). 2025. Lao Social Indicator Survey III, 2023, Survey Findings Report. Vientiane, Lao PDR: Lao Statistics Bureau and UNICEF.

Different methodologies may have been used to collect this data and so data from different surveys may not be strictly comparable. Please check with original data sources for methodologies used.

Overweight/obesity by education

0-5 years, 2023

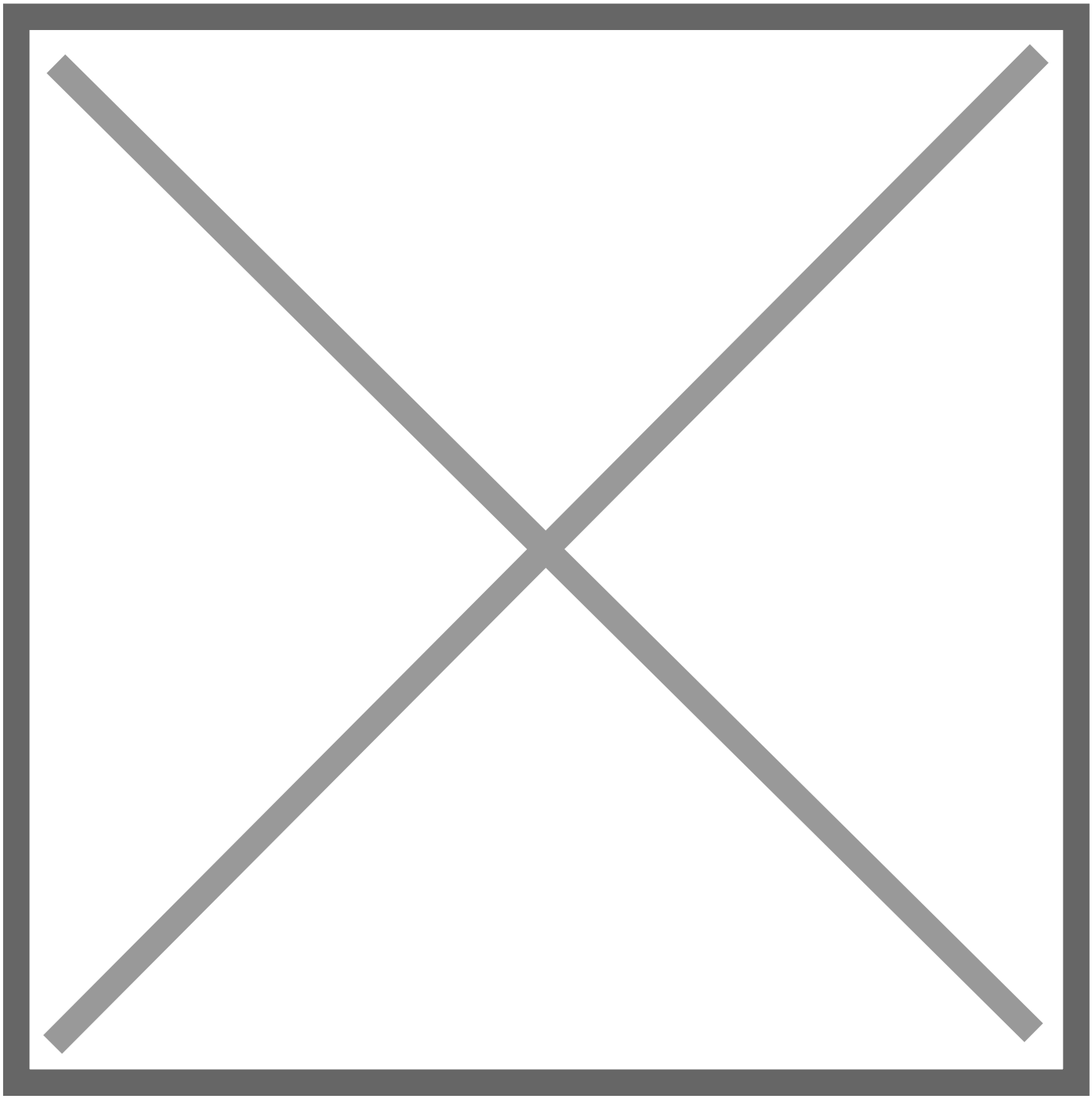


Survey type:	Measured
Sample size:	8063
Area covered:	National
References:	Lao Statistics Bureau and United Nations Children's Fund (UNICEF). 2025. Lao Social Indicator Survey III, 2023, Survey Findings Report. Vientiane, Lao PDR: Lao Statistics Bureau and UNICEF.

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:	=>+2SD

Overweight/obesity by region

0-5 years, 2023

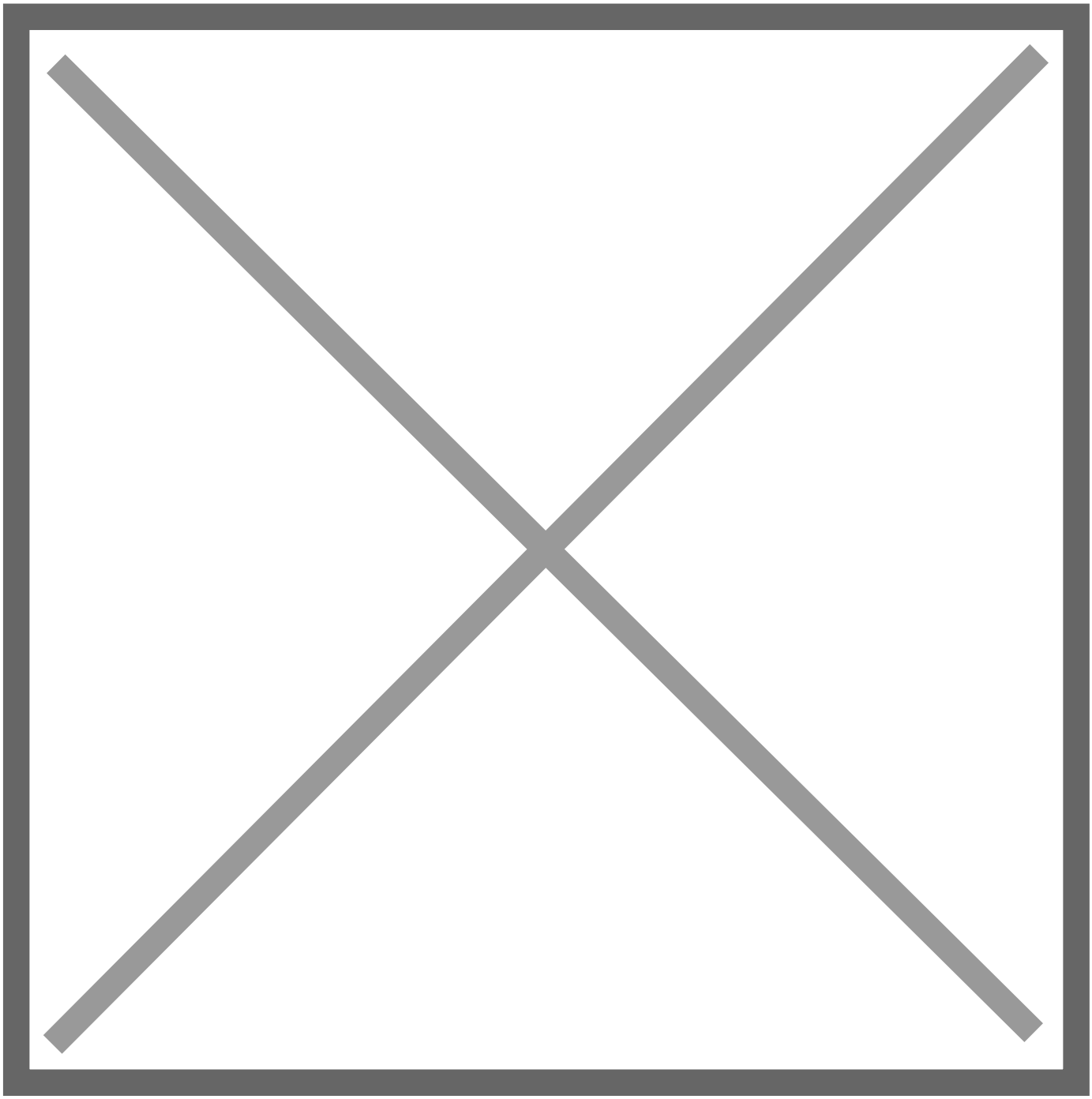


Survey type:	Measured
Sample size:	8063
Area covered:	National
References:	Lao Statistics Bureau and United Nations Children's Fund (UNICEF). 2025. Lao Social Indicator Survey III, 2023, Survey Findings Report. Vientiane, Lao PDR: Lao Statistics Bureau and UNICEF.

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:	=>+2SD

Overweight/obesity by socio-economic group

0-5 years, 2023

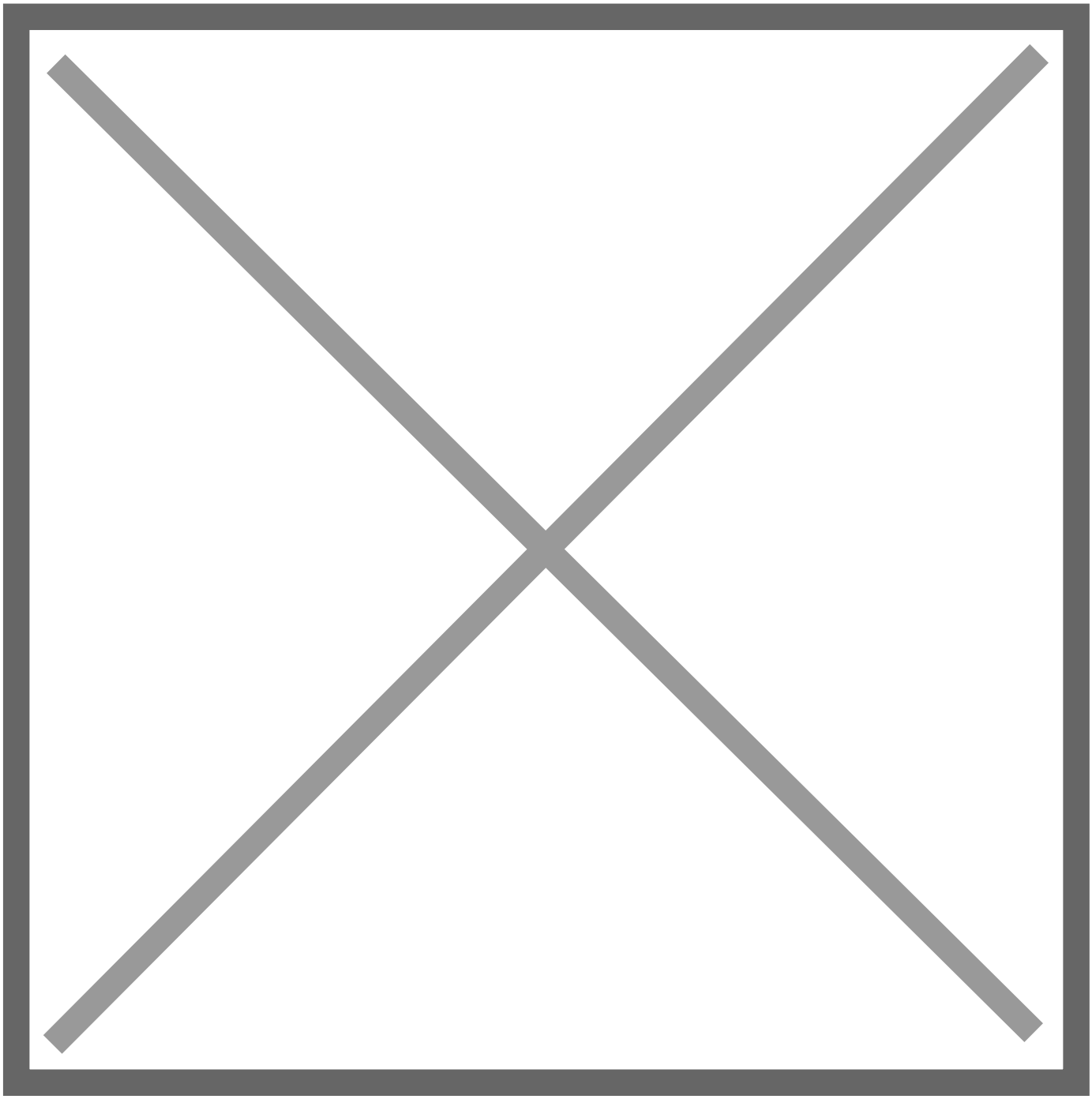


Survey type:	Measured
Sample size:	8063
Area covered:	National
References:	Lao Statistics Bureau and United Nations Children's Fund (UNICEF). 2025. Lao Social Indicator Survey III, 2023, Survey Findings Report. Vientiane, Lao PDR: Lao Statistics Bureau and UNICEF.

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:	=>+2SD

Double burden of underweight & obesity

0-5 years, 2017

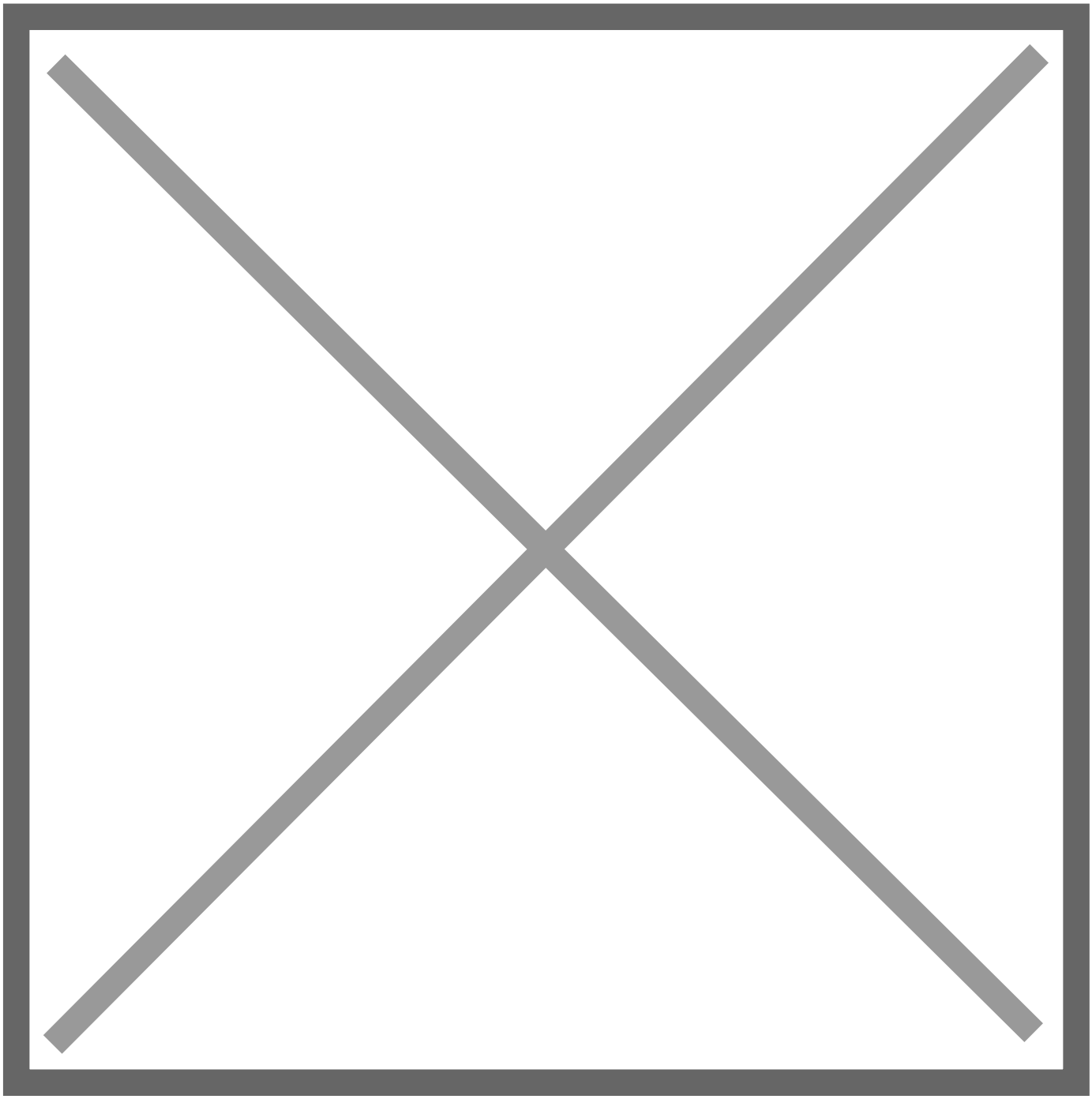


Survey type:	Measured
Age:	0-5
References:	United Nations Children's Fund, Division of Data, Analysis, Planning and Monitoring (2025). Global UNICEF Global Databases: Overlapping Stunting, Wasting and Overweight (Survey Estimates), 2025, New York. For more information, visit: https://data.unicef.org/topic/nutrition/malnutrition/ [Accessed 06.08.25]
Notes:	Lao Social Indicator Survey II 2017, Survey Findings Report. Vientiane, Lao PDR: Lao Statistics Bureau and UNICEF

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, 2015-2023



Area covered:	National
References:	Lao Social Indicator Survey III-2023 (MICS)
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 November 3, 2026