



# Latvia



## Country report card - under-5s

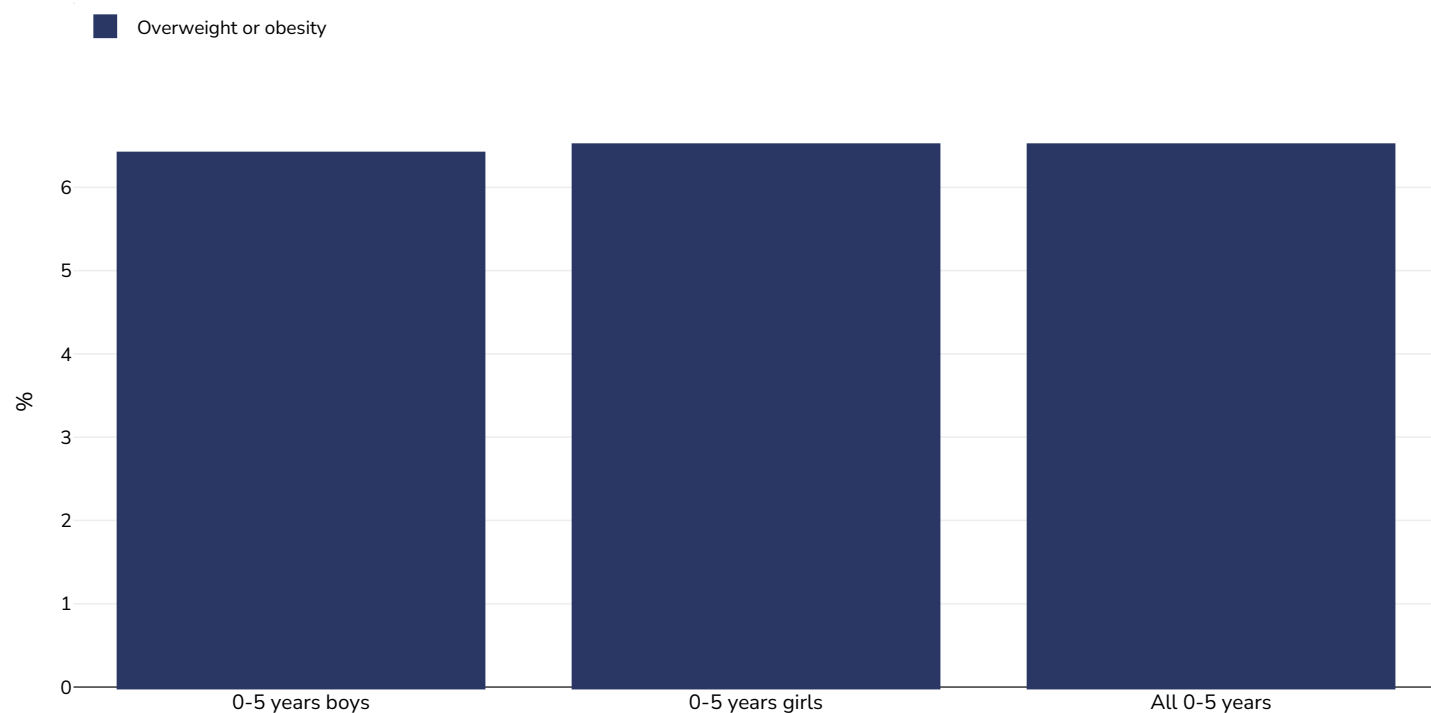
*This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity for children under 5. Where available, data on common and relevant obesity drivers and comorbidities are also presented.*

*View the latest version of this report on the Global Obesity Observatory at <https://data.worldobesity.org/country/latvia-118/>.*

Contents	Page
Obesity prevalence	3
Overweight/obesity by region	4
Double burden of underweight & overweight	5

## Obesity prevalence

### 0-5 years, 2020-2021



Age: 0-5

Sample size: 185

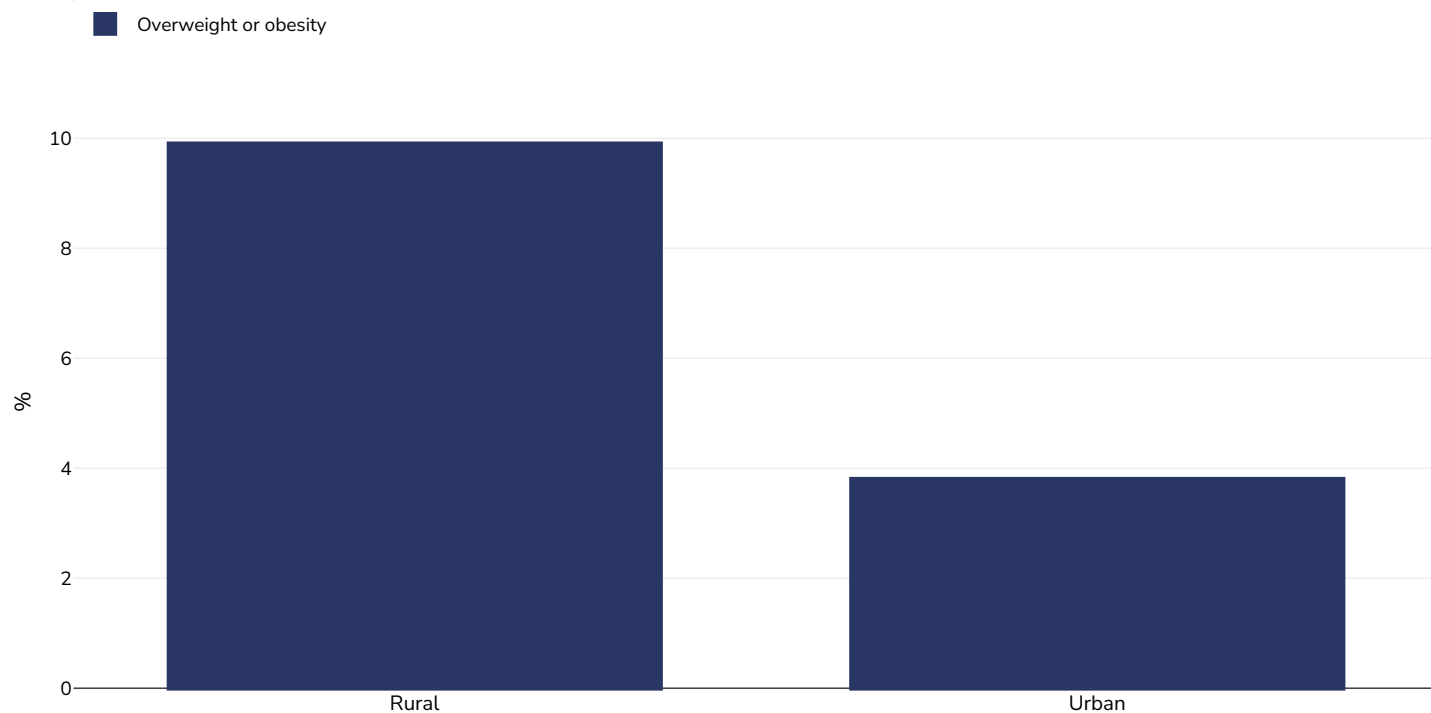
References: Other: P?T?JUMS PAR FIZISKO AKTIVIT?TI, UZTURA PARADUMIEM UN ?ERME?A MASAS INDEKSU 5-6 GAD?GIEM PIRMSSKOLAS VECUMA B?RNIEM LATVIJ?

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 region

0-5 years, 2020-2021



**Sample size:** 185

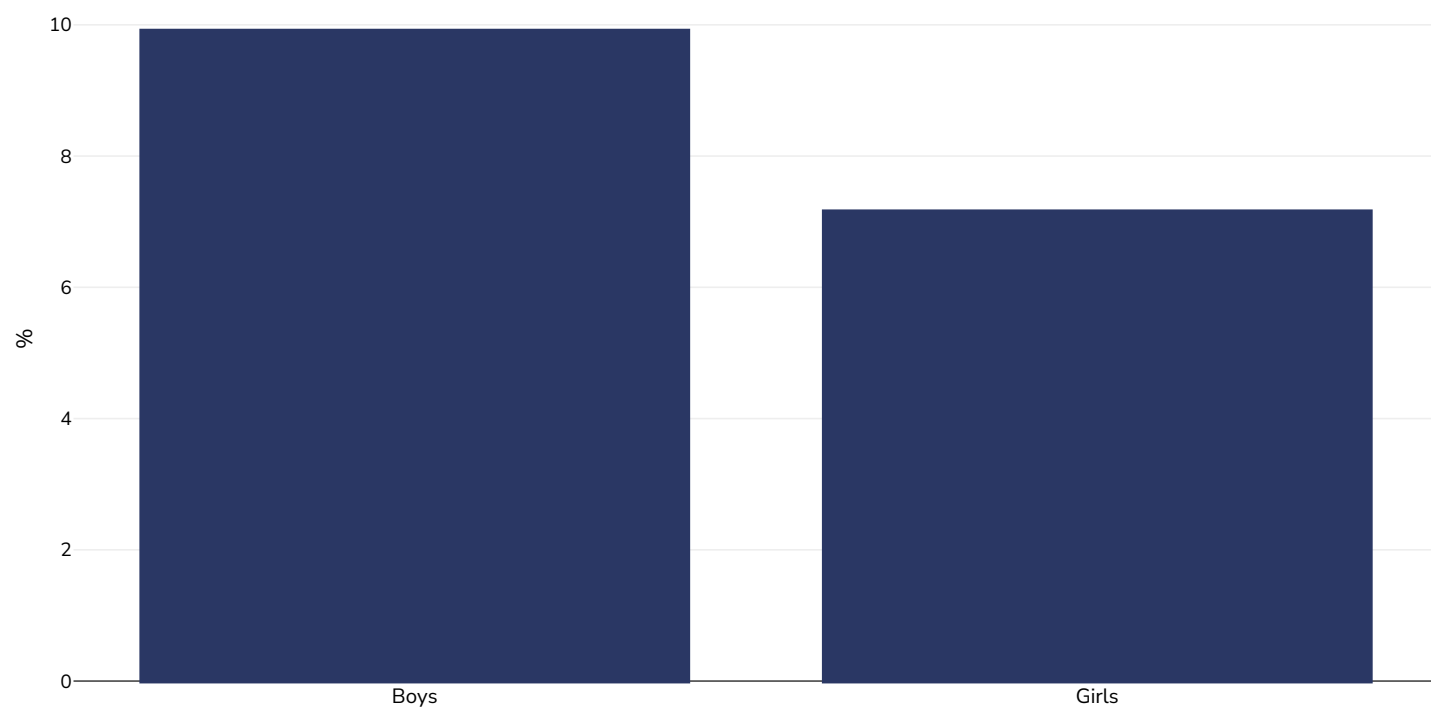
**References:** Other: P?T?JUMS PAR FIZISKO AKTIVIT?TI, UZTURA PARADUMIEM UN ?ERME?A MASAS INDEKSU 5-6 GAD?GIEM PIRMSSKOLAS VECUMA B?RNIEM LATVIJ?

**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, 2020-2021



Survey type:	Measured
Age:	0-5
References:	UNICEF data available at <a href="https://data.unicef.org/topic/nutrition/malnutrition/">https://data.unicef.org/topic/nutrition/malnutrition/</a> (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

PDF created on June 25, 2025