



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/>.

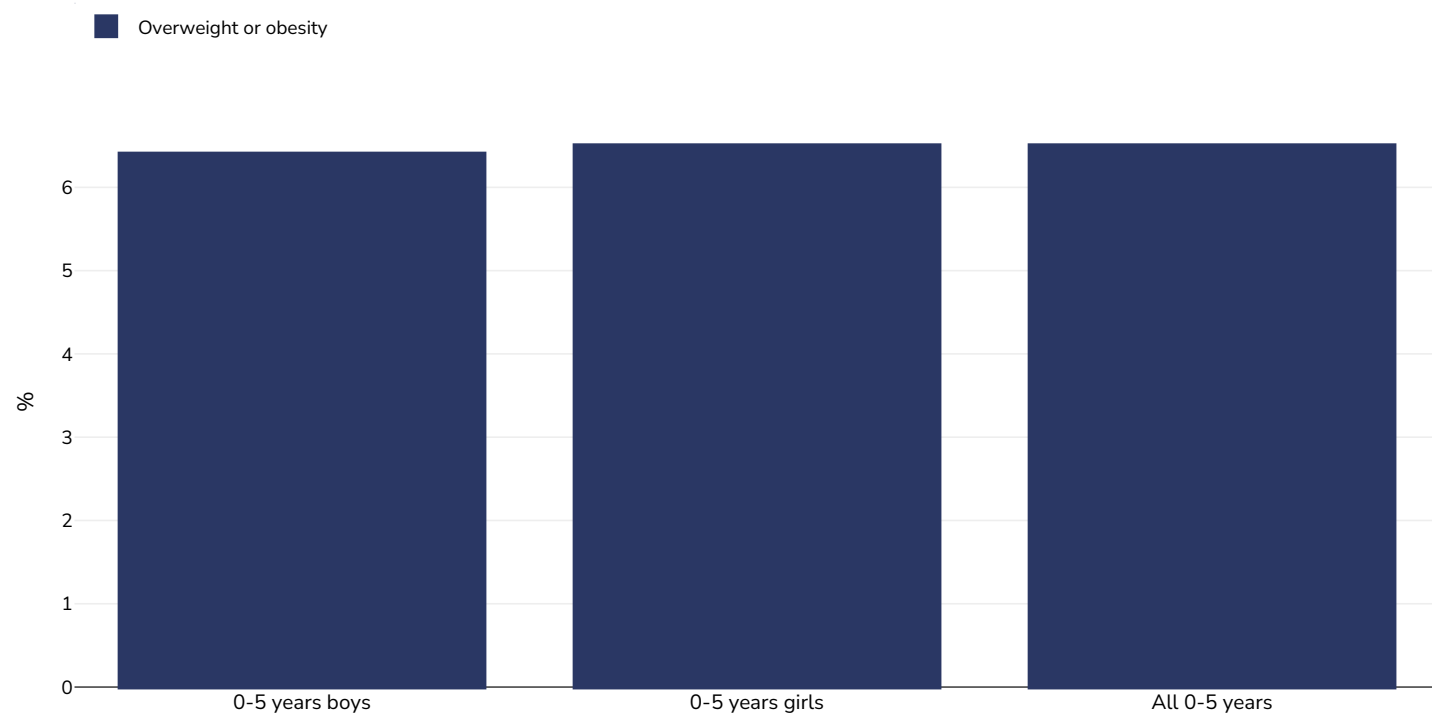
Contents	Page
Obesity prevalence	3
Overweight/obesity by region	4
Double burden of underweight & overweight	5

National obesity risk *6.5/10 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 *7/11 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

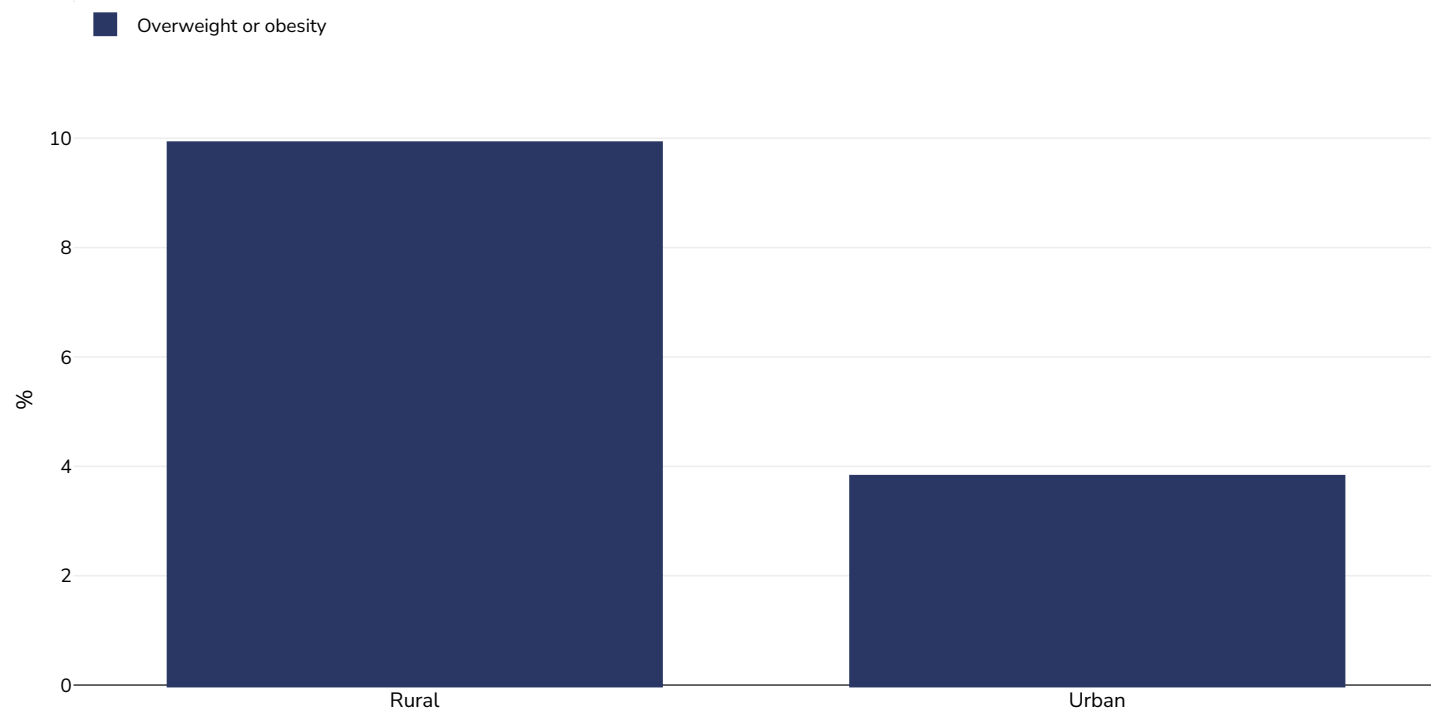
0-5 years, 2020-2021



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

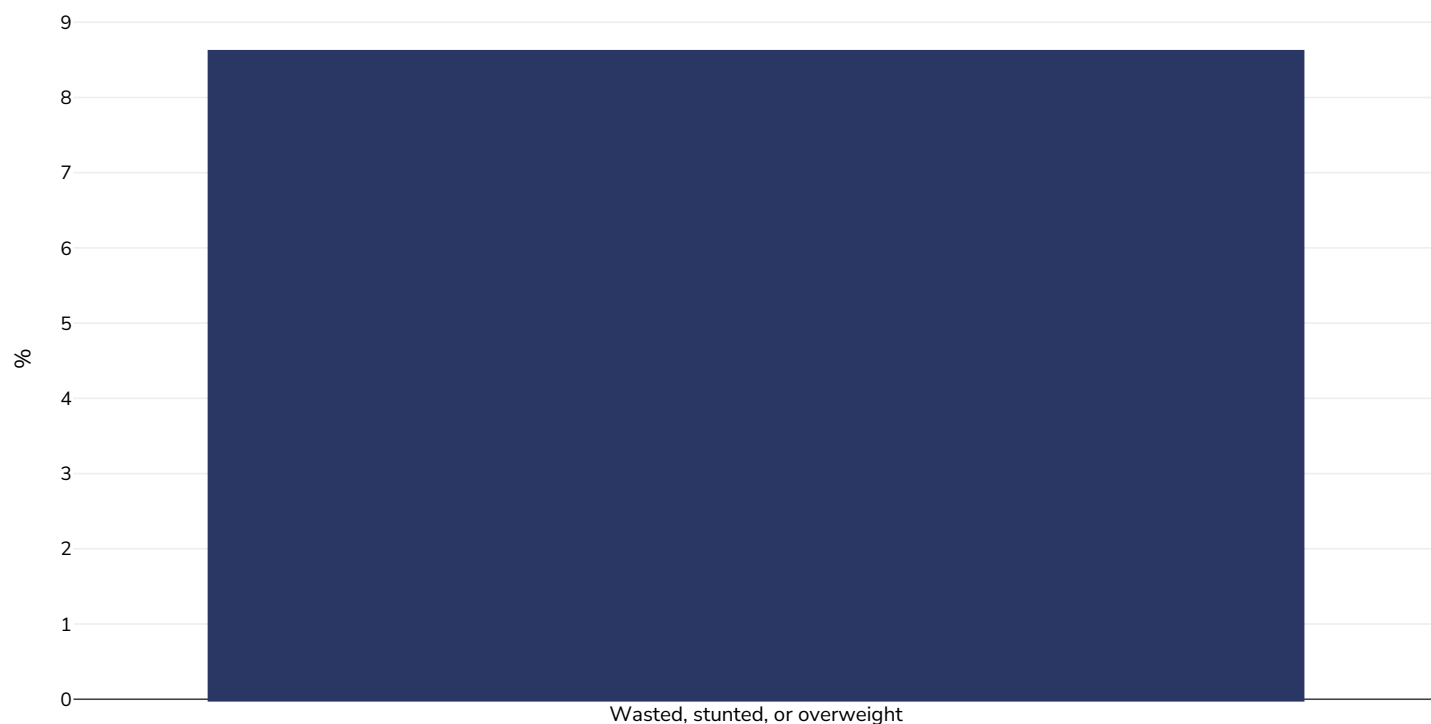
References: Other: P?T?JUMS PAR FIZISKO AKTIVIT?TI, UZTURA PARADUMIEM UN ?ERME?A MASAS INDEKSU 5-6 GAD?GIEM PIRMSSKOLAS VECUMA B?RNIEM LATVIJ?

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:	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:	PĀŅĀJUMS PAR FIZISKO AKTIVITĀTI, UZTURA PARADUMIEM UN ĀĶĒRMEĀ A MASAS INDEKSU 5-6 GADĀĢIEM PIRMSSKOLAS VECUMA BĒŅNIEM LATVIJĀ?
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

PDF created on September 24, 2025