Mexico



Country report card - children

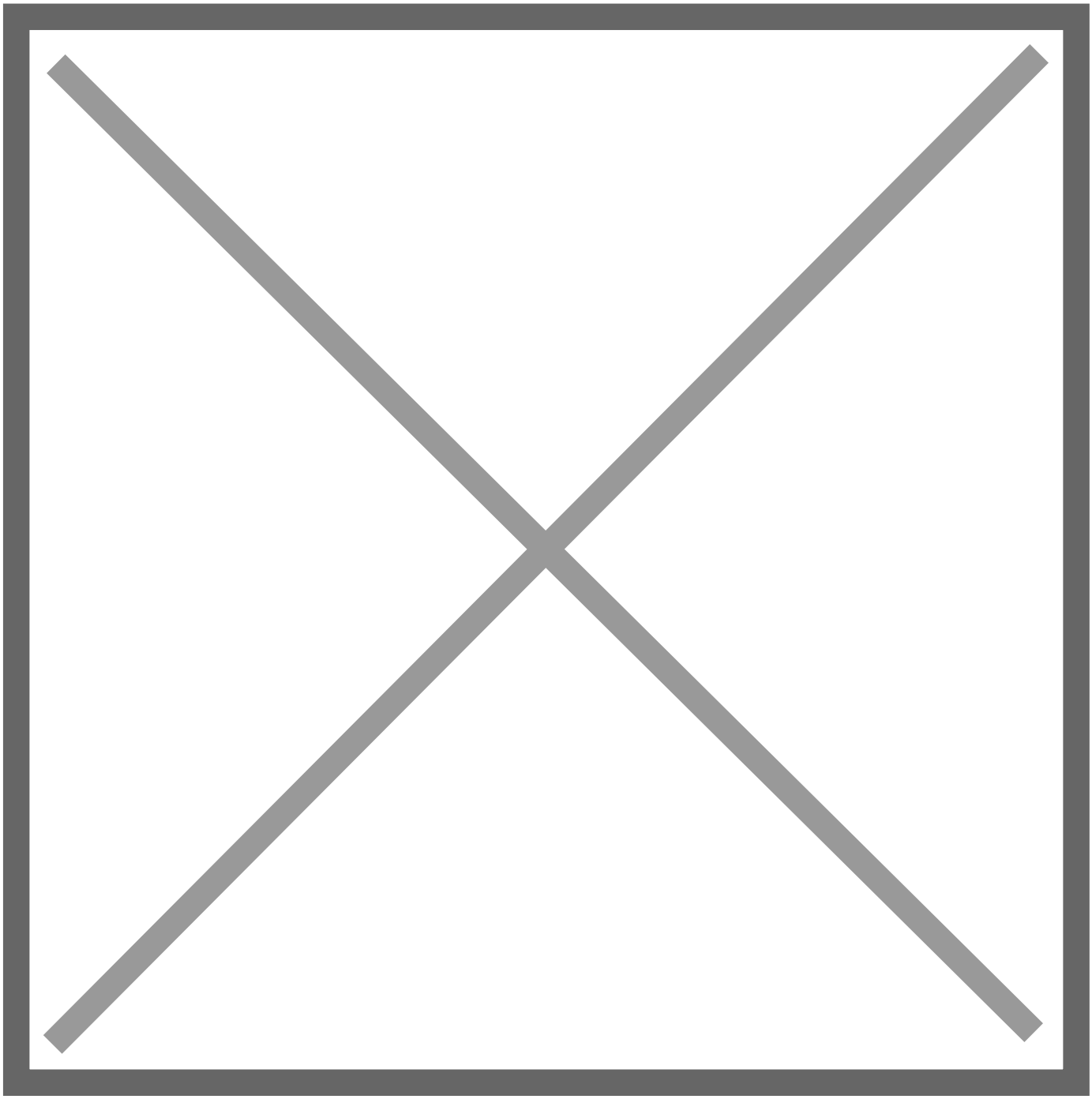
This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity for children, including adolescents (aged 5 to 18 years). Where available, data on common and relevant obesity drivers and comorbidities are also presented.

View the latest version of this report on the Global Obesity Observatory at https://data.worldobesity.org/country/mexico-139/.

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Obesity prevalence

Children, 2023

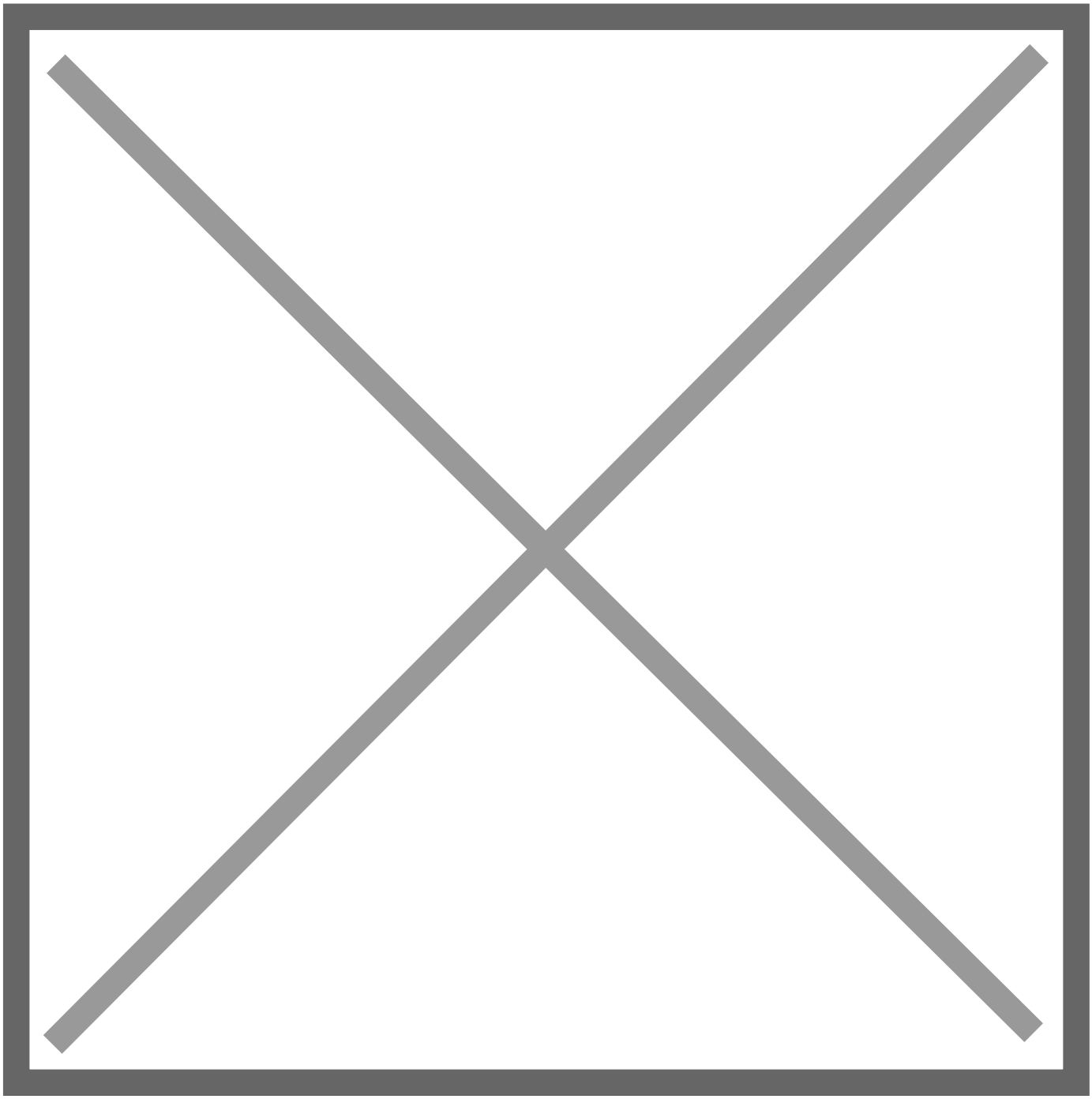


Survey type:	Measured
Age:	12-19
Sample size:	1303
Area covered:	National
References:	Shamah-Levy T, Lazcano-Ponce EC, Cuevas-Nasu L, Romero-Martínez M, Gaona-Pineda EB, Gómez-Acosta LM, Mendoza-Alvarado LR, Méndez-Gómez-Humarán I. Encuesta Nacional de Salud y Nutrición Continua 2023. Resultados Nacionales. Cuernavaca, México: Instituto Nacional de Salud Pública, 2024.

Cutoffs:	WHO

% 12-19 year old children living with overweight or obesity in Mexico 2012-2023

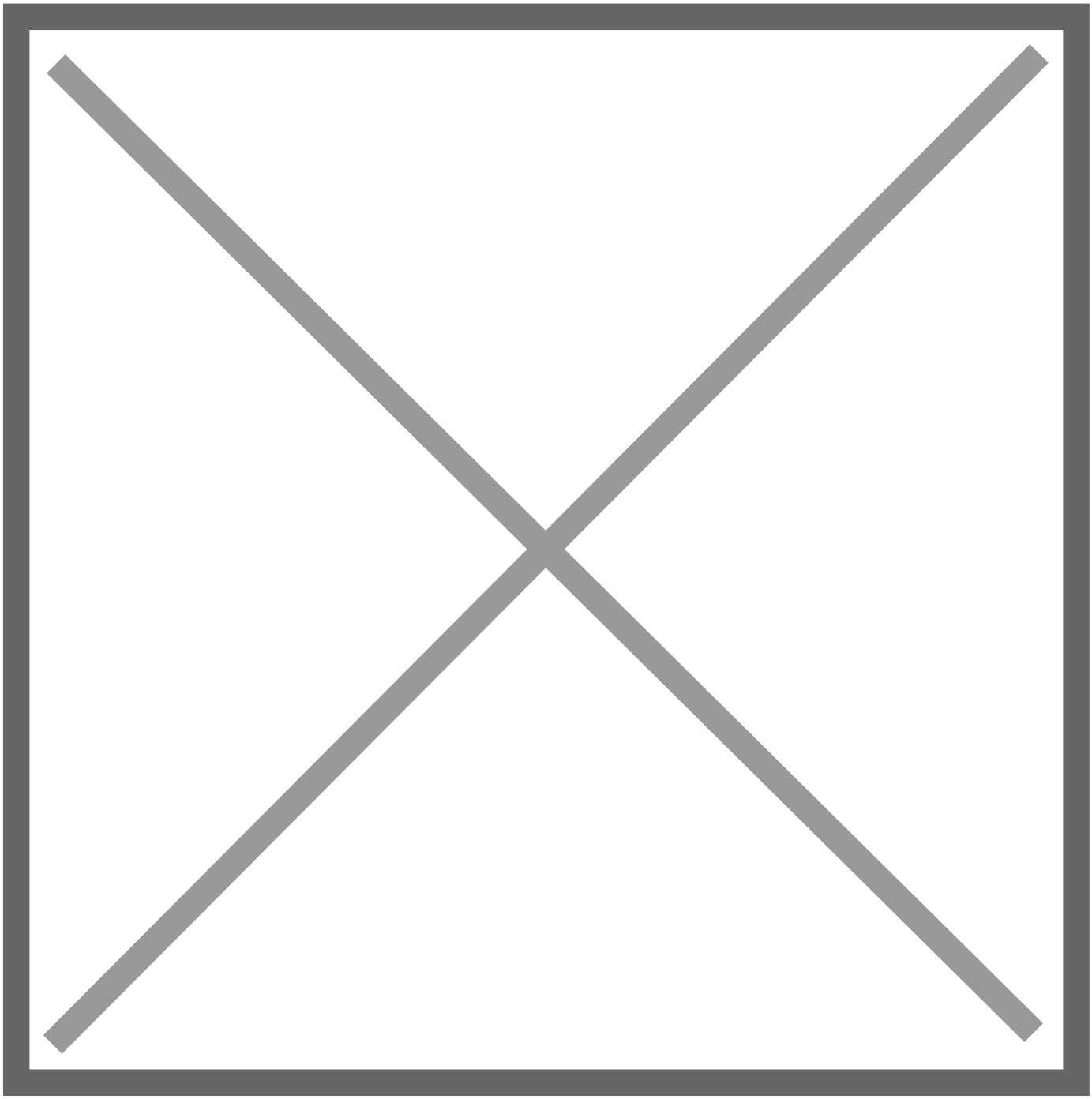
Boys



Survey type:	Measured
References:	2012: ENSANUT 2012, https://ensanut.insp.mx/encuestas/ensanut2012/doctos/informes/ENSANUT2012ResultadosNacionales.pdf (Accessed 15.12.20) 2016: Shamah-Levy T, Cuevas-Nasu L, Gaona-Pineda EB,Gómez-Acosta LM, Morales-Ruán MC,Hernández-Ávila M, Rivera-Dommarco JA. Overweight and obesity in children and adolescents,2016 Halfway National Health and Nutrition Survey update. Salud Publica Mex 2018;60:244-253. 2018: Encuesta Nacional de Salud y Nutrición 2018. https://ensanut.insp.mx/encuestas/ensanut2018/informes.php (Accessed 15.12.20) 2020: Shamah-Levy T, Romero-Martínez M, Barrientos-Gutiérrez T, Cuevas-Nasu L, Bautista-Arredondo S, Colchero MA, GaonaPineda EB, Lazcano-Ponce E, Martínez-Barnetche J, Alpuche-Arana C, Rivera-Dommarco J. Encuesta Nacional de Salud y Nutrición 2020 sobre Covid-19. Resultados nacionales. Cuernavaca, México: Instituto Nacional de Salud Pública, 2021.

Notes:	Aged 12-19
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.	

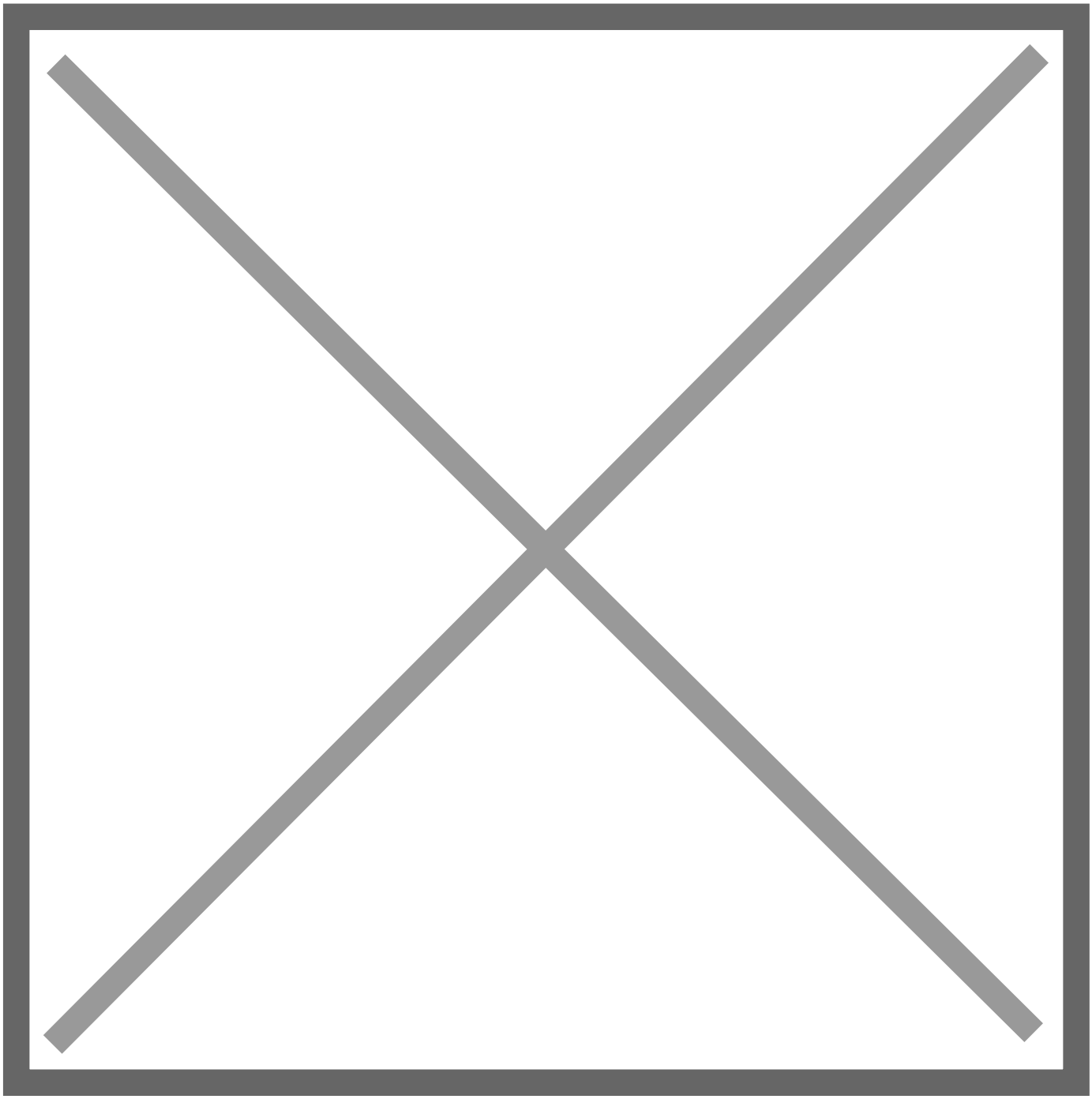
Girls



Survey type:	Measured
References:	2012: ENSANUT 2012, https://ensanut.insp.mx/encuestas/ensanut2012/doctos/informes/ENSANUT2012ResultadosNacionales.pdf (Accessed 15.12.20) 2016: Shamah-Levy T, Cuevas-Nasu L, Gaona-Pineda EB,Gómez-Acosta LM, Morales-Ruán MC,Hernández-Ávila M, Rivera-Dommarco JA. Overweight and obesity in children and adolescents,2016 Halfway National Health and Nutrition Survey update. Salud Publica Mex 2018;60:244-253. 2018: Encuesta Nacional de Salud y Nutrición 2018. https://ensanut.insp.mx/encuestas/ensanut2018/informes.php (Accessed 15.12.20) 2020: Shamah-Levy T, Romero-Martínez M, Barrientos-Gutiérrez T, Cuevas-Nasu L, Bautista-Arredondo S, Colchero MA, GaonaPineda EB, Lazcano-Ponce E, Martínez-Barnetche J, Alpuche-Arana C, Rivera-Dommarco J. Encuesta Nacional de Salud y Nutrición 2020 sobre Covid-19. Resultados nacionales. Cuernavaca, México: Instituto Nacional de Salud Pública, 2021.

Notes:	Aged 12-19
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Boys and girls

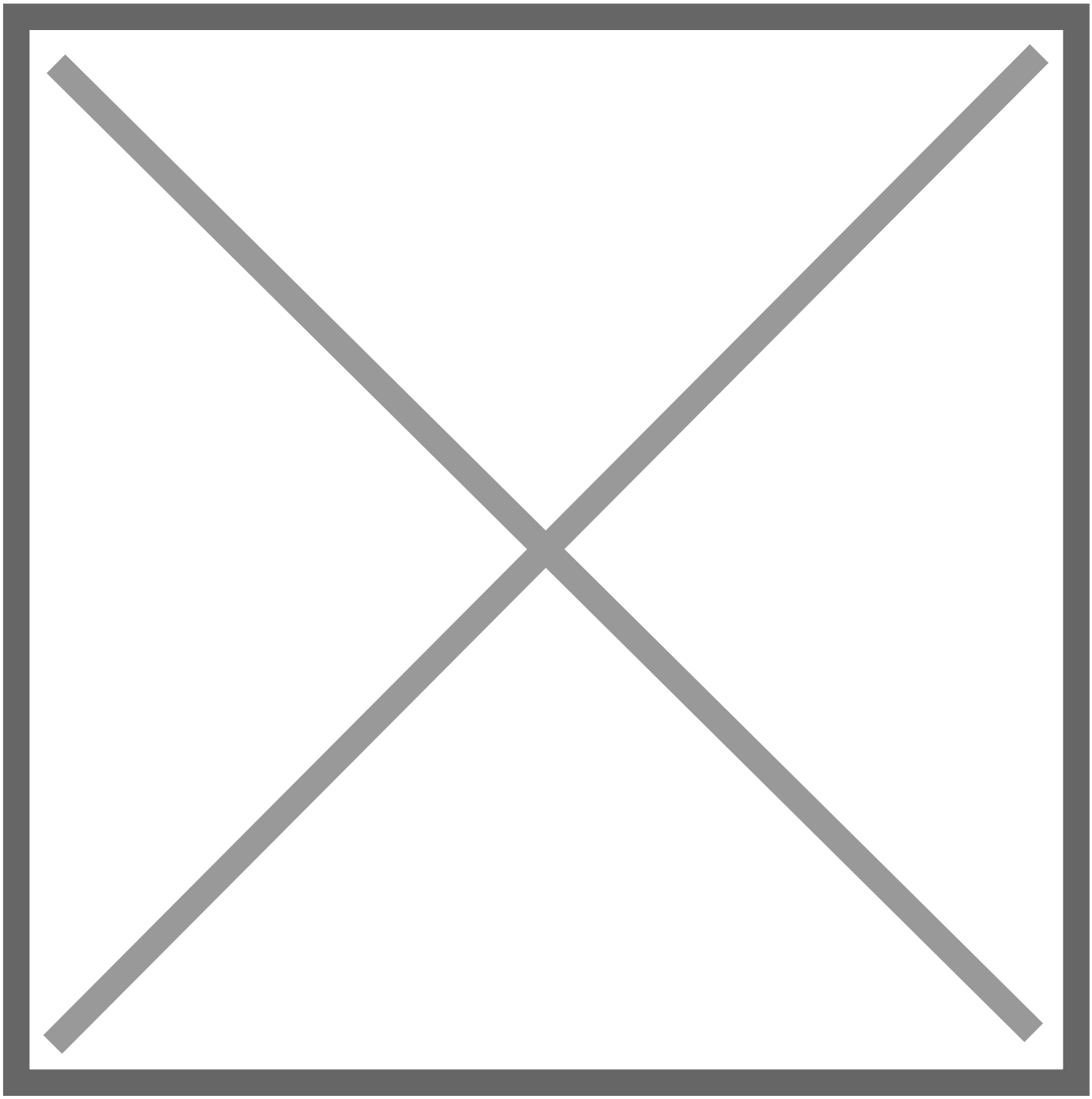


Survey type:	Measured
References:	2012: ENSANUT 2012, https://ensanut.insp.mx/encuestas/ensanut2012/doctos/informes/ENSANUT2012ResultadosNacionales.pdf (Accessed 15.12.20) 2016: Shamah-Levy T, Cuevas-Nasu L, Gaona-Pineda EB,Gómez-Acosta LM, Morales-Ruán MC,Hernández-Ávila M, Rivera-Dommarco JA. Overweight and obesity in children and adolescents,2016 Halfway National Health and Nutrition Survey update. Salud Publica Mex 2018;60:244-253. 2018: Encuesta Nacional de Salud y Nutrición 2018. https://ensanut.insp.mx/encuestas/ensanut2018/informes.php (Accessed 15.12.20) 2020: Shamah-Levy T, Romero-Martínez M, Barrientos-Gutiérrez T, Cuevas-Nasu L, Bautista-Arredondo S, Colchero MA, GaonaPineda EB, Lazcano-Ponce E, Martínez-Barnetche J, Alpuche-Arana C, Rivera-Dommarco J. Encuesta Nacional de Salud y Nutrición 2020 sobre Covid-19. Resultados nacionales. Cuernavaca, México: Instituto Nacional de Salud Pública, 2021.

Notes:	Aged 12-19
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.	

% 5-11 year old children living with overweight or obesity in Mexico 2012-2023

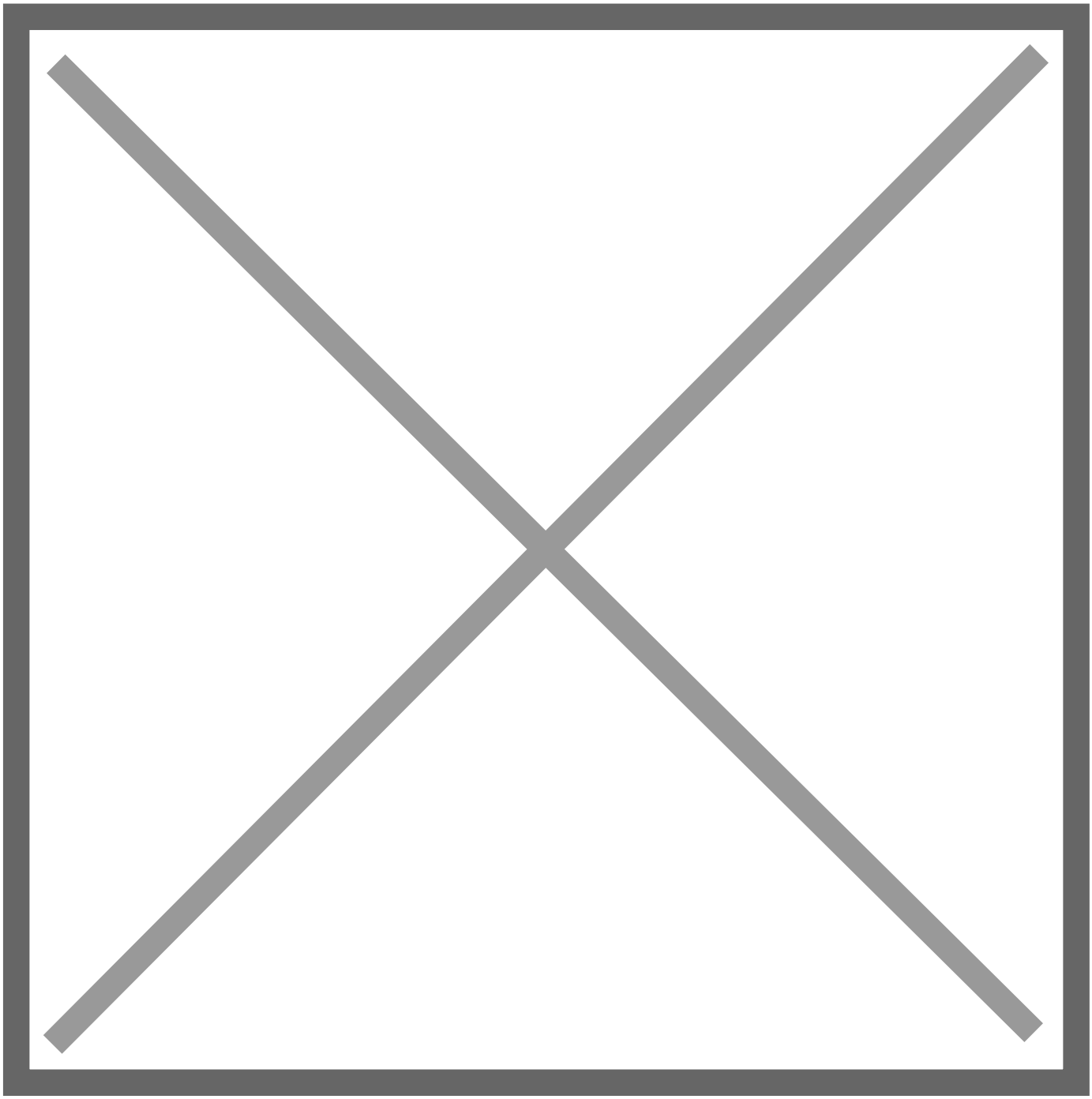
Boys



Survey type:	Measured
References:	2012: ENSANUT 2012 http://ensanut.insp.mx/informes/ENSANUT2012ResultadosNacionales.pdf accessed 25th June 2014 2020: Shamah-Levy T, Romero-Martínez M, Barrientos-Gutiérrez T, Cuevas-Nasu L, Bautista-Arredondo S, Colchero MA, GaonaPineda EB, Lazcano-Ponce E, Martínez-Barnetche J, Alpuche-Arana C, Rivera-Dommarco J. Encuesta Nacional de Salud y Nutrición 2020 sobre Covid-19. Resultados nacionales. Cuernavaca, México: Instituto Nacional de Salud Pública, 2021. https://ensanut.insp.mx/encuestas/ensanutcontinua2020/doctos/informes/ensanutCovid19ResultadosNacionales.pdf (Accessed 11.01.2022) 2021: Shamah-Levy T, Romero-Martínez M, Barrientos-Gutiérrez T, Cuevas-Nasu L, Bautista-Arredondo S, Colchero MA, Gaona-Pineda EB, Lazcano-Ponce E,Martínez-Barnetche J, Alpuche-Arana C, Rivera-Dommarco J. Encuesta Nacional de Salud y Nutrición 2021 sobre Covid-19. Resultados nacionales. Cuernavaca, México: Instituto Nacional de Salud Pública, 2022.

Notes:	Aged 5-11
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.	

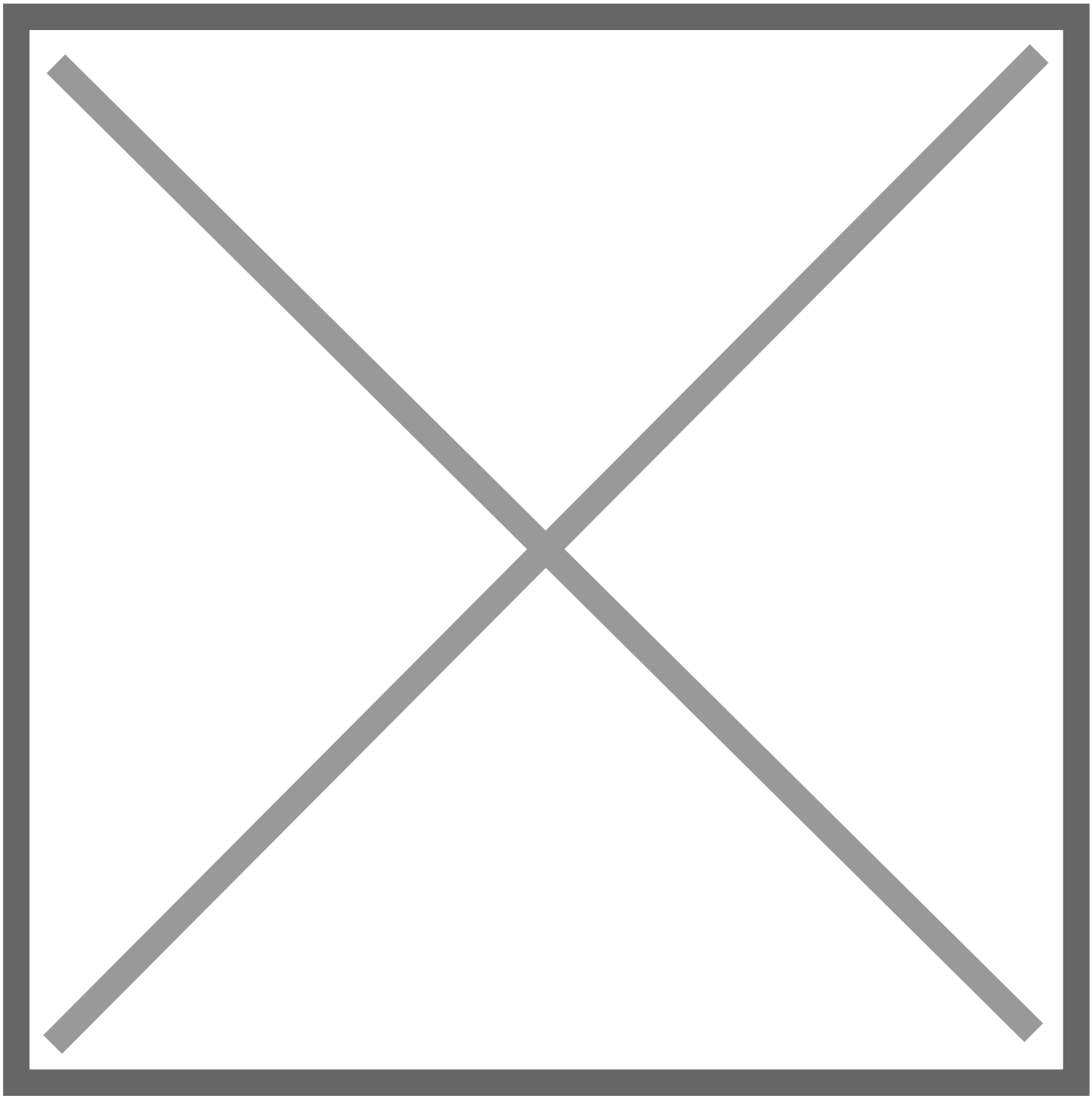
Girls



Survey type:	Measured
References:	2012: ENSANUT 2012 http://ensanut.insp.mx/informes/ENSANUT2012ResultadosNacionales.pdf accessed 25th June 2014 2020: Shamah-Levy T, Romero-Martínez M, Barrientos-Gutiérrez T, Cuevas-Nasu L, Bautista-Arredondo S, Colchero MA, GaonaPineda EB, Lazcano-Ponce E, Martínez-Barnetche J, Alpuche-Arana C, Rivera-Dommarco J. Encuesta Nacional de Salud y Nutrición 2020 sobre Covid-19. Resultados nacionales. Cuernavaca, México: Instituto Nacional de Salud Pública, 2021. https://ensanut.insp.mx/encuestas/ensanutcontinua2020/doctos/informes/ensanutCovid19ResultadosNacionales.pdf (Accessed 11.01.2022) 2021: Shamah-Levy T, Romero-Martínez M, Barrientos-Gutiérrez T, Cuevas-Nasu L, Bautista-Arredondo S, Colchero MA, Gaona-Pineda EB, Lazcano-Ponce E,Martínez-Barnetche J, Alpuche-Arana C, Rivera-Dommarco J. Encuesta Nacional de Salud y Nutrición 2021 sobre Covid-19. Resultados nacionales. Cuernavaca, México: Instituto Nacional de Salud Pública, 2022.

Notes:	Aged 5-11
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.	

Boys and girls

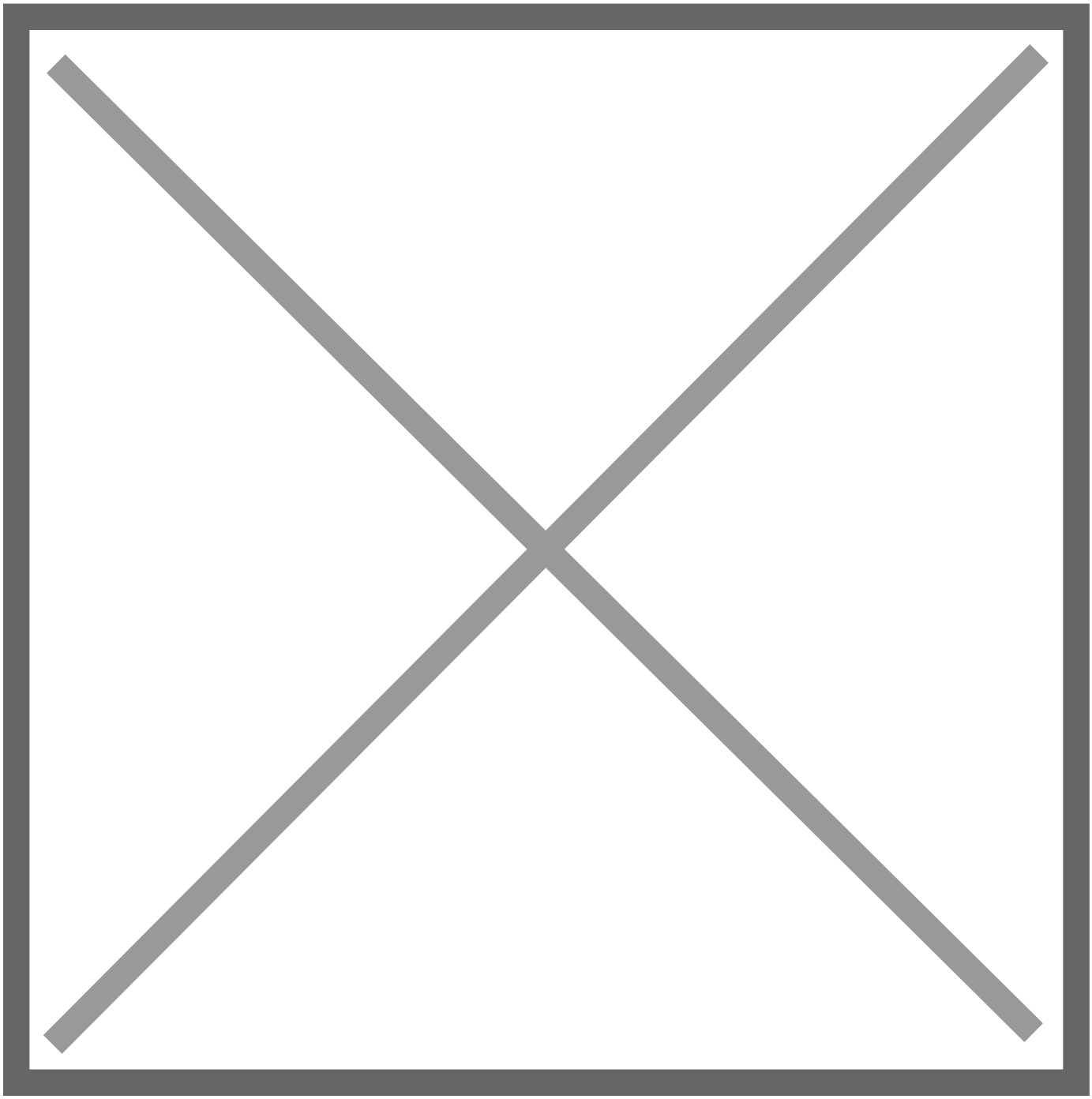


Survey type:	Measured
References:	2012: ENSANUT 2012 http://ensanut.insp.mx/informes/ENSANUT2012ResultadosNacionales.pdf accessed 25th June 2014 2020: Shamah-Levy T, Romero-Martínez M, Barrientos-Gutiérrez T, Cuevas-Nasu L, Bautista-Arredondo S, Colchero MA, GaonaPineda EB, Lazcano-Ponce E, Martínez-Barnetche J, Alpuche-Arana C, Rivera-Dommarco J. Encuesta Nacional de Salud y Nutrición 2020 sobre Covid-19. Resultados nacionales. Cuernavaca, México: Instituto Nacional de Salud Pública, 2021. https://ensanut.insp.mx/encuestas/ensanutcontinua2020/doctos/informes/ensanutCovid19ResultadosNacionales.pdf (Accessed 11.01.2022) 2021: Shamah-Levy T, Romero-Martínez M, Barrientos-Gutiérrez T, Cuevas-Nasu L, Bautista-Arredondo S, Colchero MA, Gaona-Pineda EB, Lazcano-Ponce E,Martínez-Barnetche J, Alpuche-Arana C, Rivera-Dommarco J. Encuesta Nacional de Salud y Nutrición 2021 sobre Covid-19. Resultados nacionales. Cuernavaca, México: Instituto Nacional de Salud Pública, 2022.

Notes:	Aged 5-11
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

Children, 2020-2024

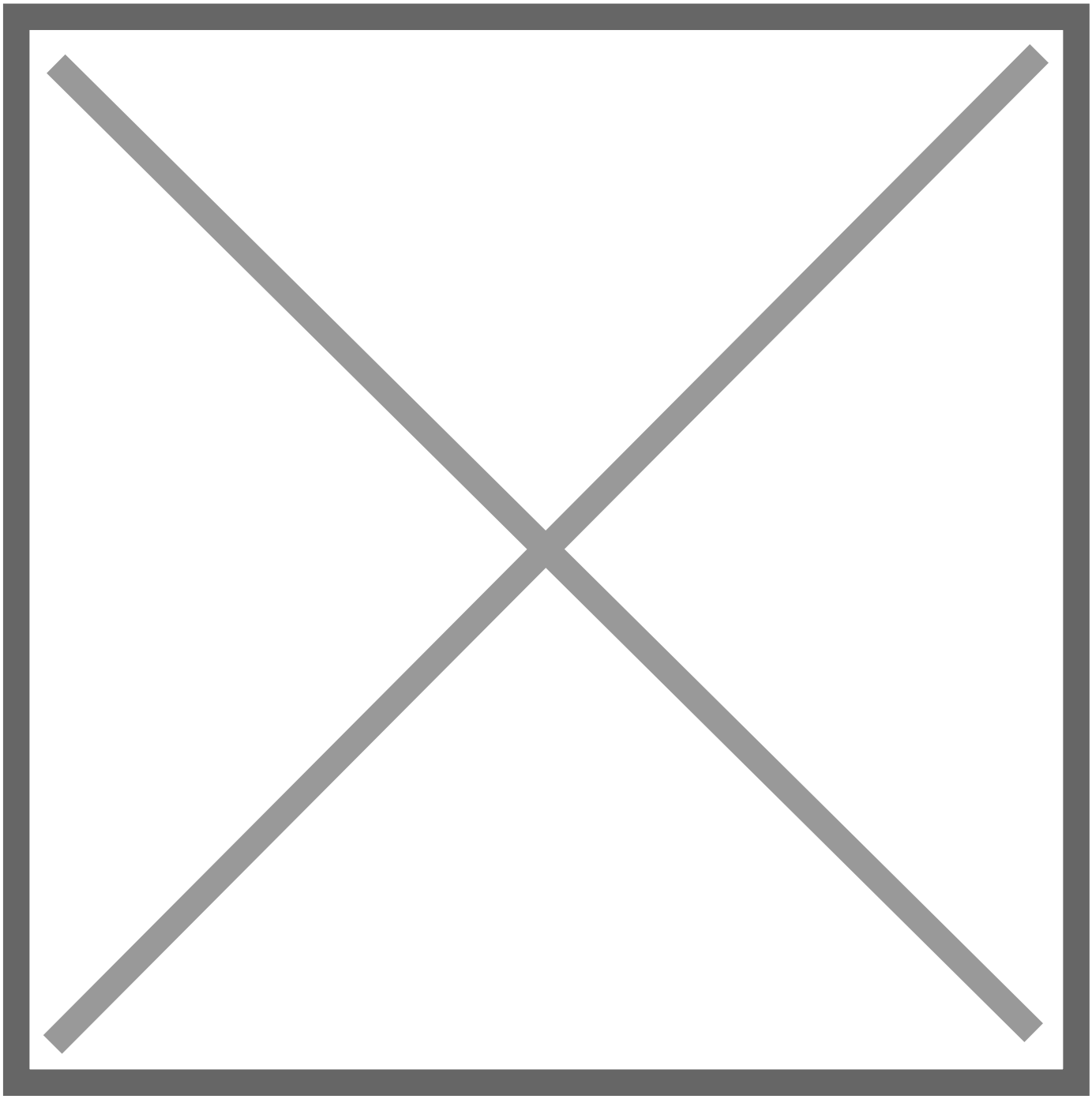


Survey type:	Measured
Age:	5-11
Sample size:	10,979
Area covered:	National

References:	Shamah-Levy T, Gaona-Pineda EB, Cuevas-Nasu L, Méndez-Gómez-Humarán I, Rodríguez-Ramírez S, Ávila-Arcos MA, Morales-Ruan C, Valenzuela-Bravo DG. National and state prevalence of overweight and obesity in Mexican school-age and adolescent population, and its associated factors. Salud Publica Mex. 2025;67:609-621. https://doi.org/10.21149/17311 [Accessed 15.01.26]
Definitions:	Mother's education
Cutoffs:	WHO 2007

Overweight/obesity by age

Children, 2023

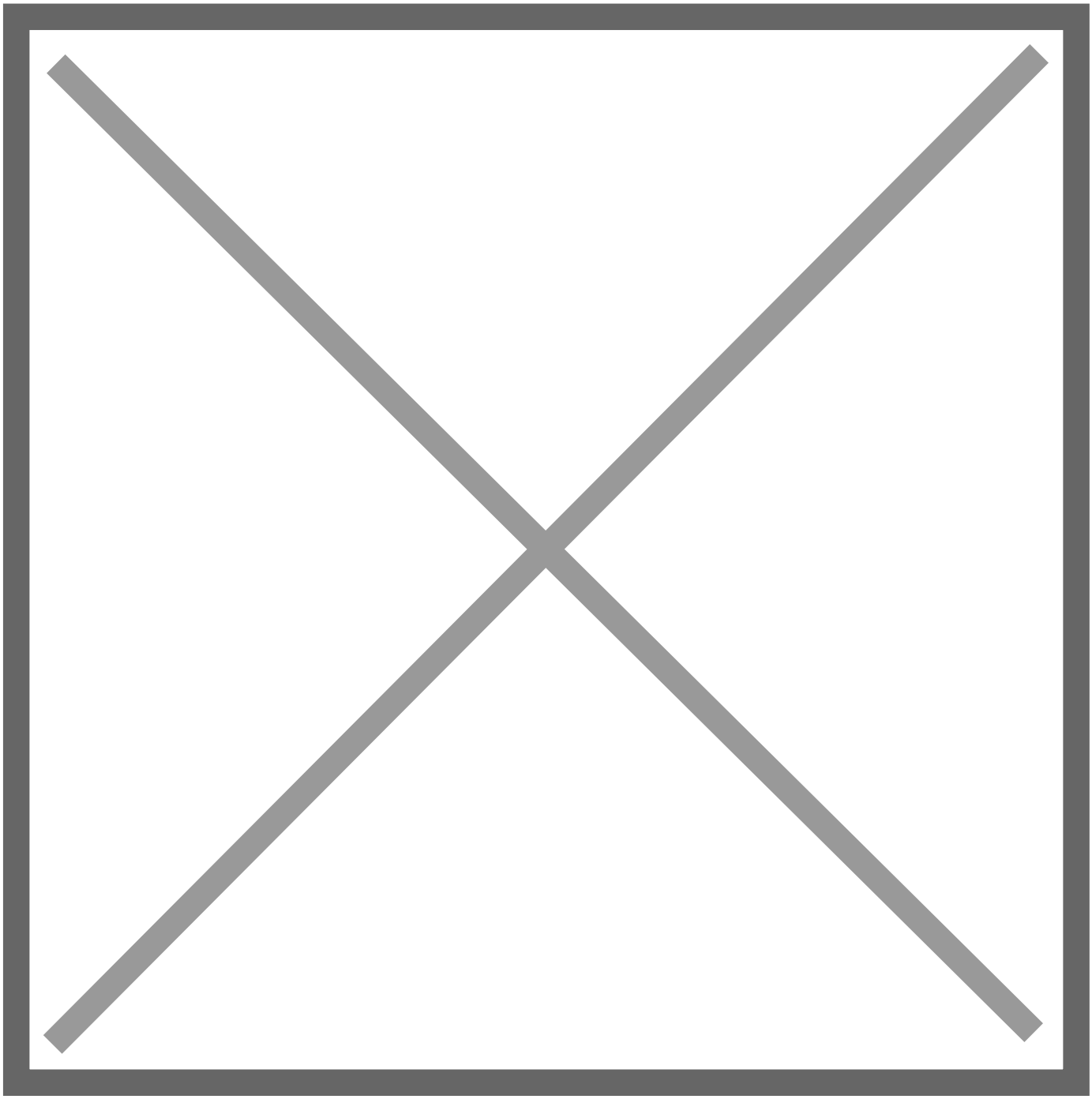


Survey type:	Measured
Sample size:	2716
Area covered:	National
References:	Shamah-Levy T, Lazcano-Ponce EC, Cuevas-Nasu L, Romero-Martínez M, Gaona-Pineda EB, Gómez-Acosta LM, Mendoza-Alvarado LR, Méndez-Gómez-Humarán I. Encuesta Nacional de Salud y Nutrición Continua 2023. Resultados Nacionales. Cuernavaca, México: Instituto Nacional de Salud Pública, 2024.

Cutoffs:	WHO

Overweight/obesity by region

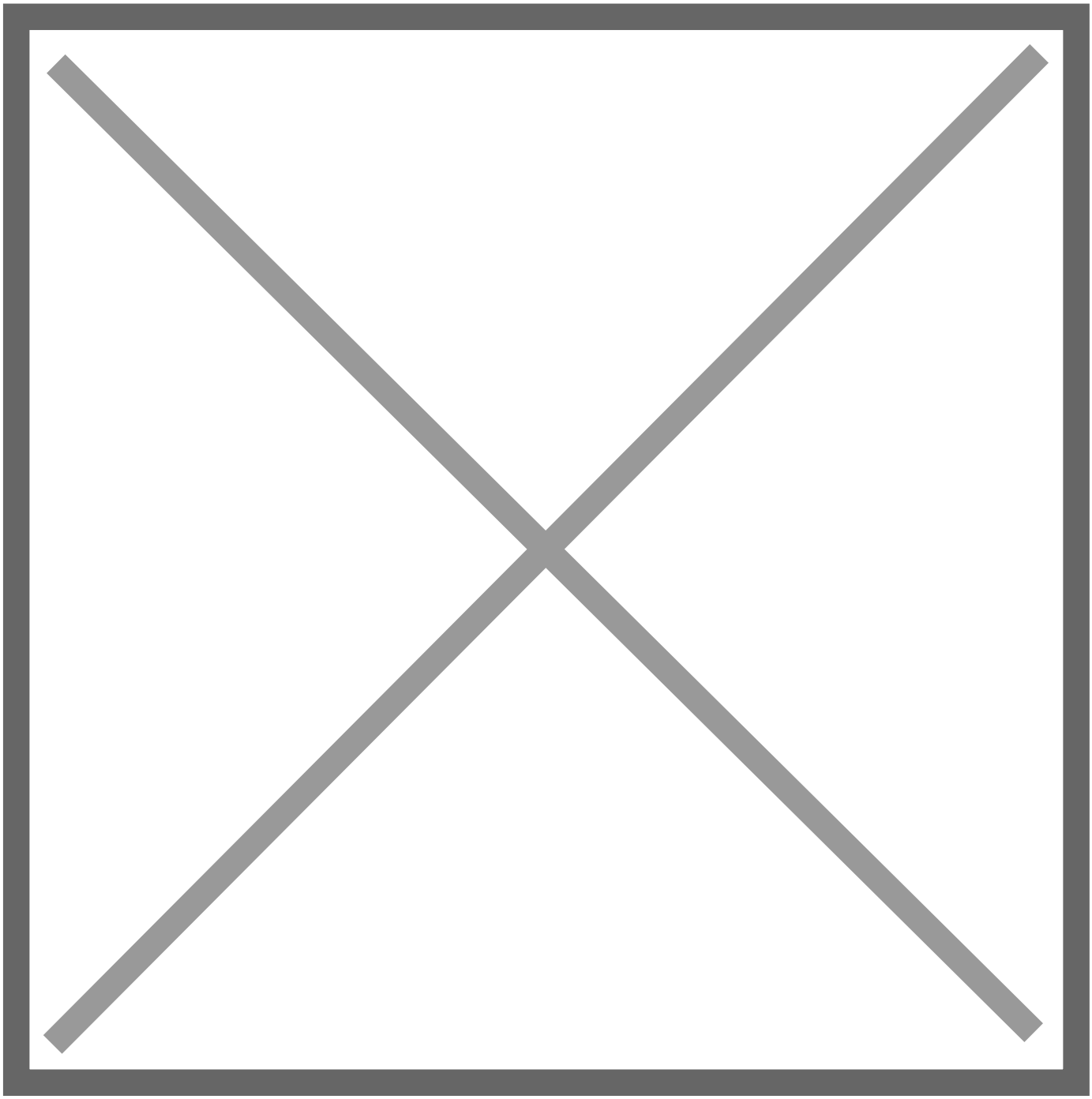
Children, 2023



Survey type:	Measured
Age:	5-11
Sample size:	1413
Area covered:	National

References:	Shamah-Levy T, Lazcano-Ponce EC, Cuevas-Nasu L, Romero-Martínez M, Gaona-Pineda EB, Gómez-Acosta LM, Mendoza-Alvarado LR, Méndez-Gómez-Humarán I. Encuesta Nacional de Salud y Nutrición Continua 2023. Resultados Nacionales. Cuernavaca, México: Instituto Nacional de Salud Pública, 2024.
Cutoffs:	WHO

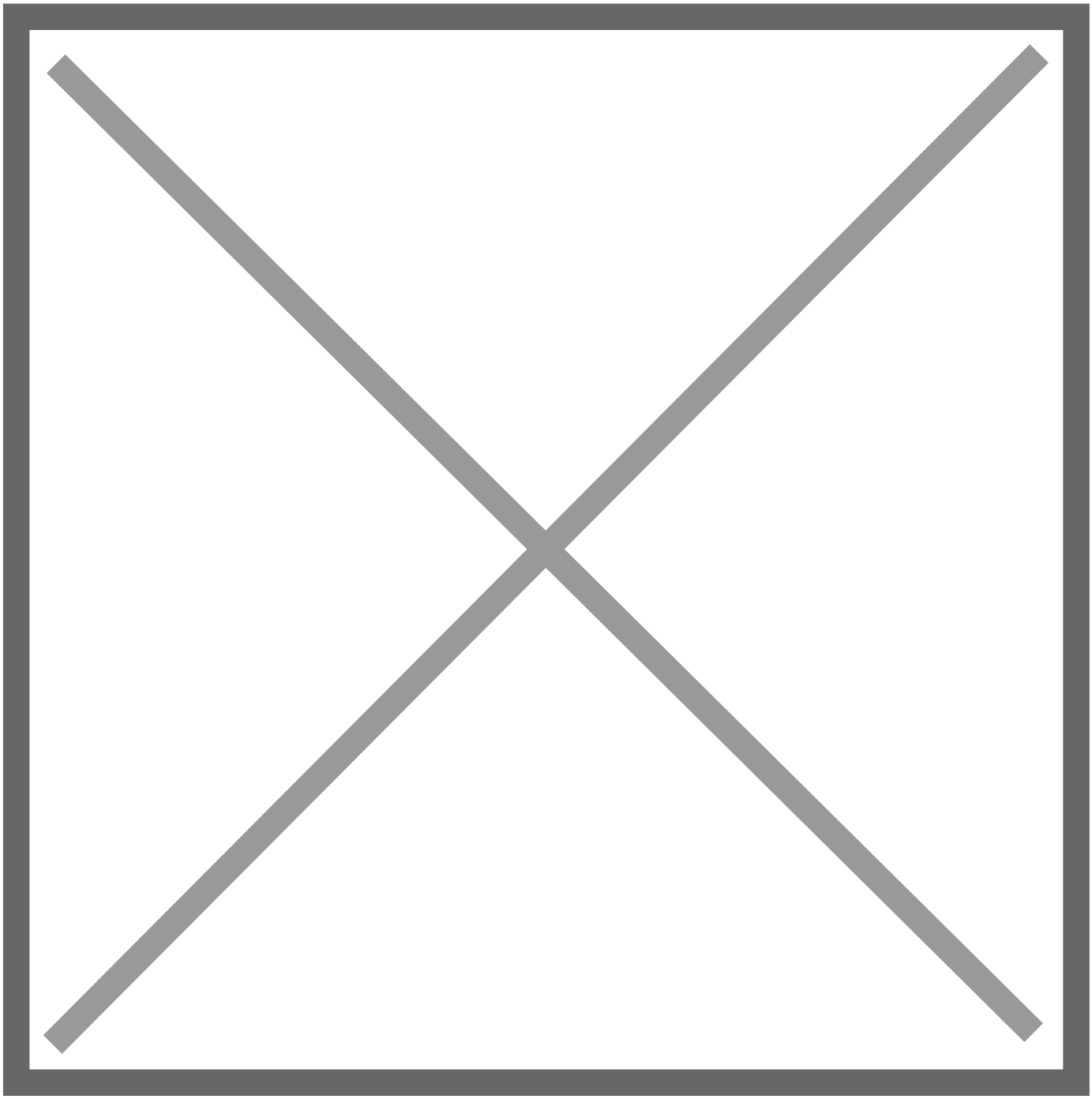
Boys, 2023



Survey type:	Measured
Age:	5-11
Sample size:	1413
Area covered:	National

References:	Shamah-Levy T, Lazcano-Ponce EC, Cuevas-Nasu L, Romero-Martínez M, Gaona-Pineda EB, Gómez-Acosta LM, Mendoza-Alvarado LR, Méndez-Gómez-Humarán I. Encuesta Nacional de Salud y Nutrición Continua 2023. Resultados Nacionales. Cuernavaca, México: Instituto Nacional de Salud Pública, 2024.
Cutoffs:	WHO

Girls, 2023

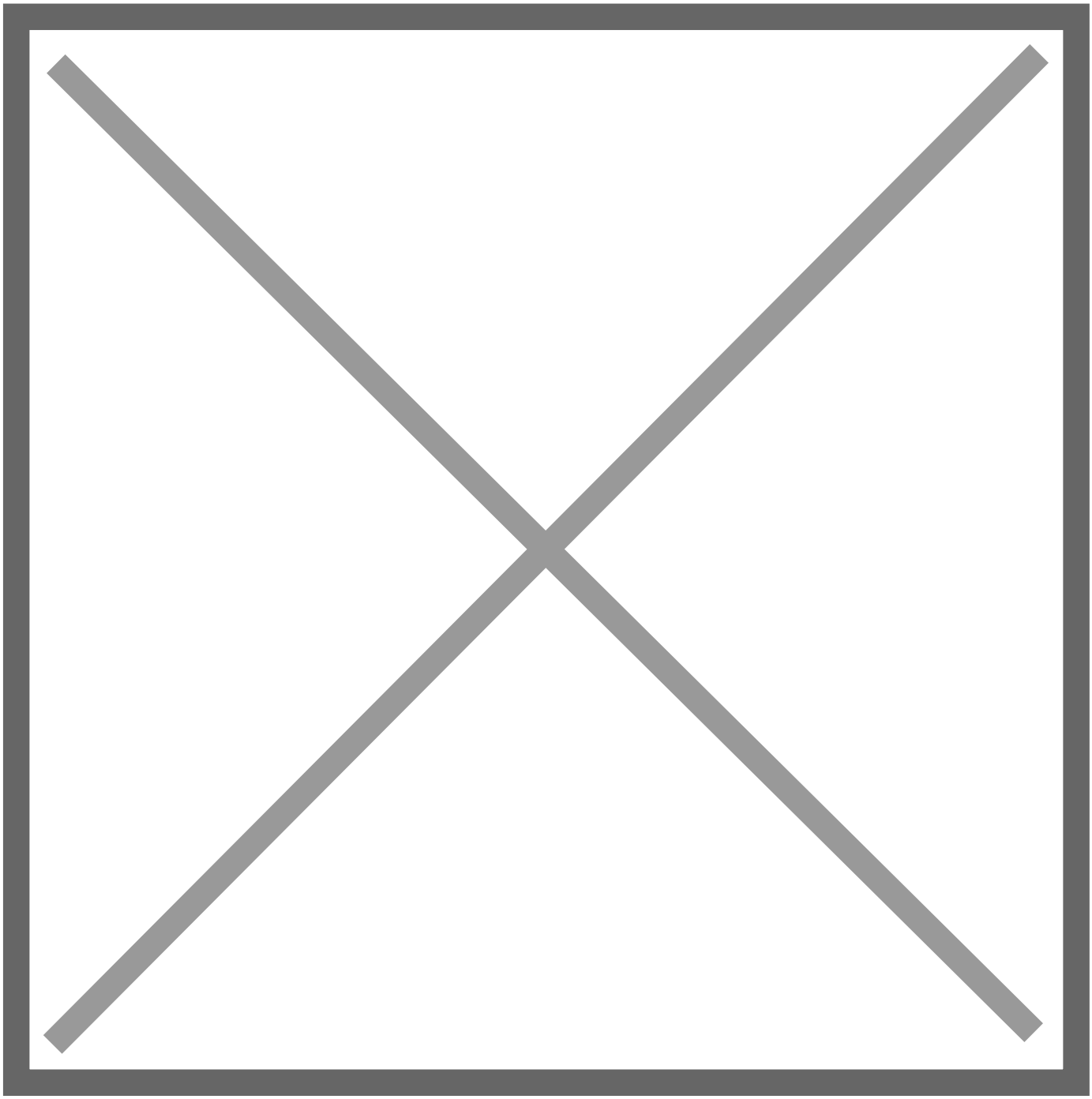


Survey type:	Measured
Age:	5-11
Sample size:	1413
Area covered:	National

References:	Shamah-Levy T, Lazcano-Ponce EC, Cuevas-Nasu L, Romero-Martínez M, Gaona-Pineda EB, Gómez-Acosta LM, Mendoza-Alvarado LR, Méndez-Gómez-Humarán I. Encuesta Nacional de Salud y Nutrición Continua 2023. Resultados Nacionales. Cuernavaca, México: Instituto Nacional de Salud Pública, 2024.
Cutoffs:	WHO

Overweight/obesity by socio-economic group

Children, 2020-2022



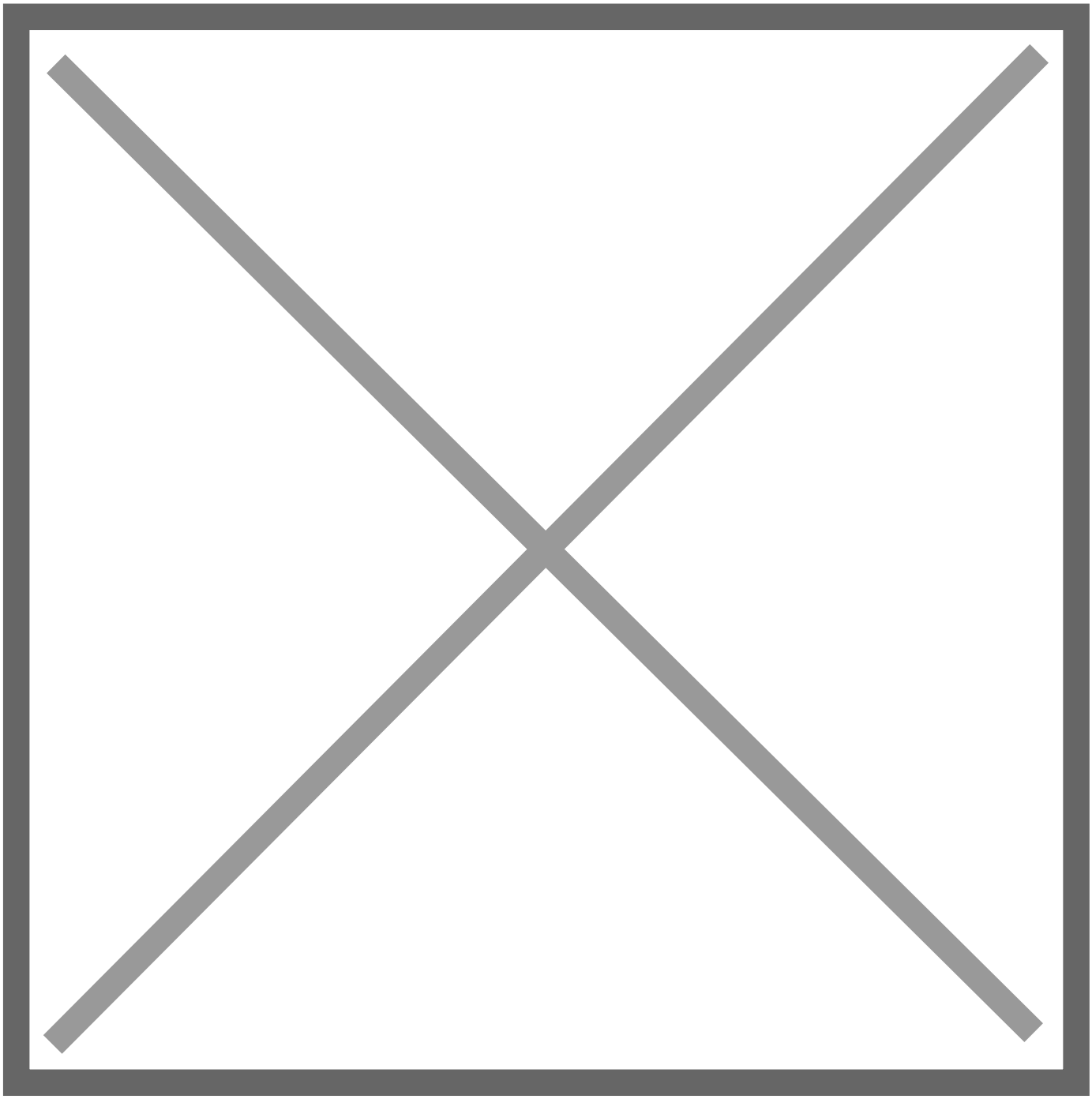
Survey type:	Measured
Sample size:	12371
Area covered:	National
References:	Shamah-Levy T, Gaona-Pineda EB, Cuevas-Nasu L, Morales-Ruan C, Valenzuela-Bravo DG, Méndez-Gómez Humaran I, Ávila-Arcos MA. Prevalence of overweight and obesity in the school-age and adolescent population in Mexico. Ensanut Continua 2020-2022. Salud Publica Mex [Internet]. June 14, 2023;65:s218-s224. Available from: https://saludpublica.mx/index.php/spm/article/view/14762 (Accessed 15.05.25)

Notes:	Age 5-11: 6,950, Age 12-19: 5,421
Definitions:	Socioeconomic status refers to welfare condition which is based on housing characteristics and goods and services available in the home, as in previous Ensanut surveys. Low = tertile 1, middle = tertile 2, high = tertile 3.
Cutoffs:	WHO 2007

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.

Children, 2020-2024

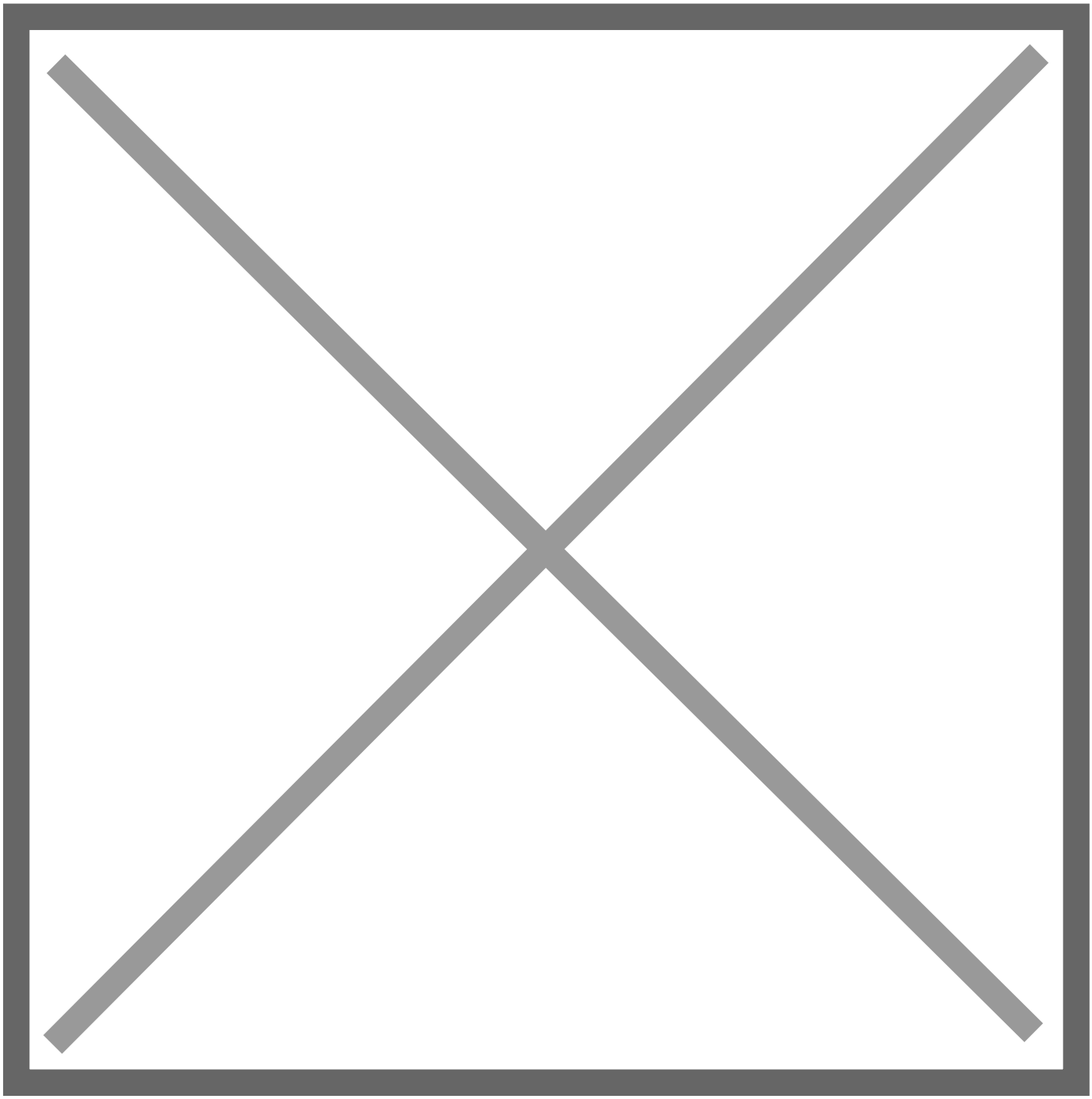


Survey type:	Measured
Age:	5-11
Sample size:	10,979
Area covered:	National

References:	Shamah-Levy T, Gaona-Pineda EB, Cuevas-Nasu L, Méndez-Gómez-Humarán I, Rodríguez-Ramírez S, Ávila-Arcos MA, Morales-Ruan C, Valenzuela-Bravo DG. National and state prevalence of overweight and obesity in Mexican school-age and adolescent population, and its associated factors. Salud Publica Mex. 2025;67:609-621. https://doi.org/10.21149/17311 [Accessed 15.01.26]
Definitions:	Ethnicity of the household
Cutoffs:	WHO 2007

Double burden of underweight & obesity

Children, 2022

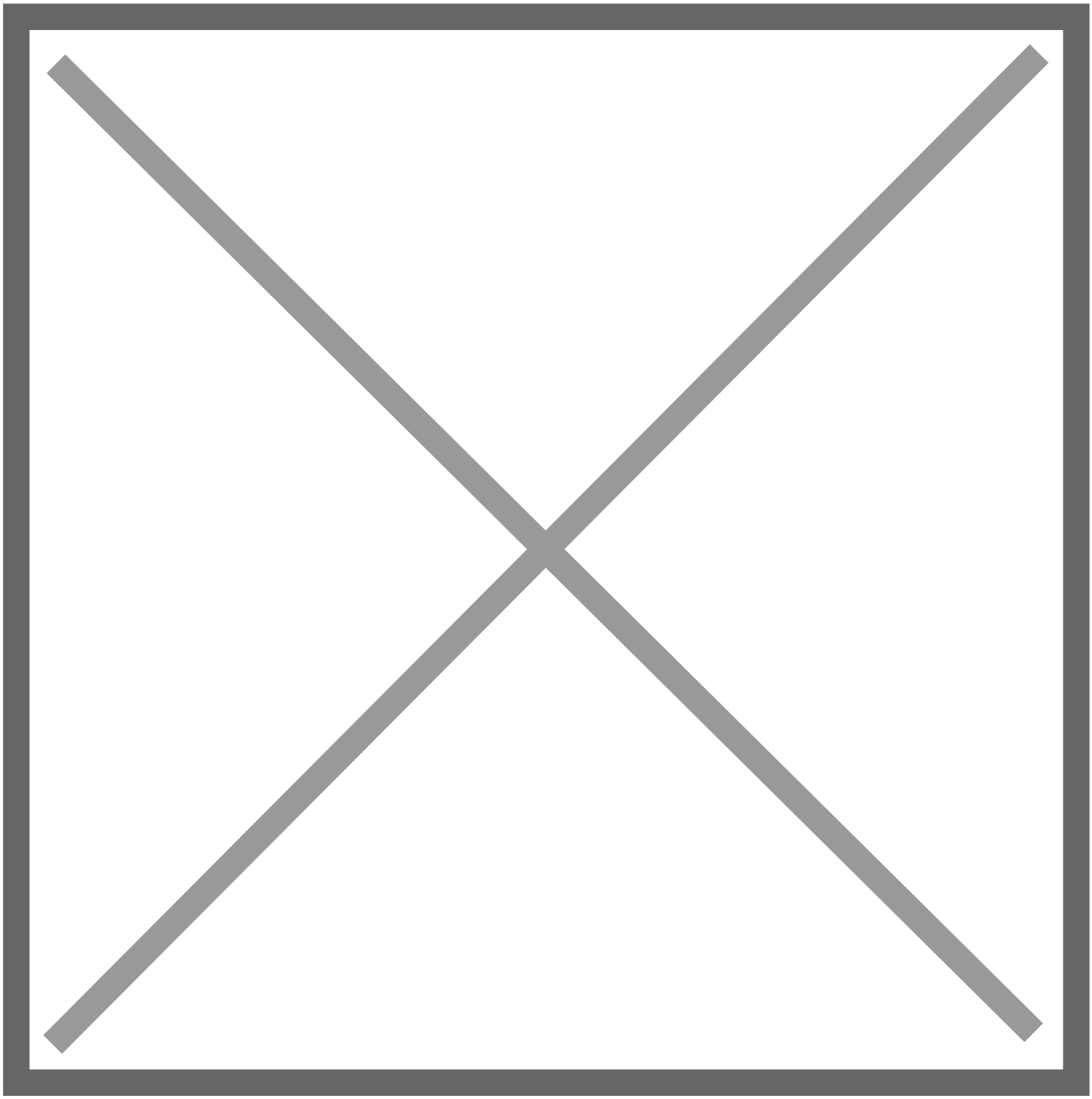


Survey type:	Measured
Age:	5-19
References:	NCD Risk Factor Collaboration (NCD-RisC). Worldwide trends in underweight and obesity from 1990 to 2022: a pooled analysis of 3663 population representative studies with 222 million children, adolescents, and adults. Lancet 2024; published online Feb 29. https://doi.org/10.1016/S0140-6736(23)02750-2.
Notes:	Age standardised estimates

Definitions:	Combined prevalence of BMI < -2SD and BMI > 2SD (double burden of thinness and obesity)
Cutoffs:	BMI < -2SD and BMI > 2SD

Insufficient physical activity

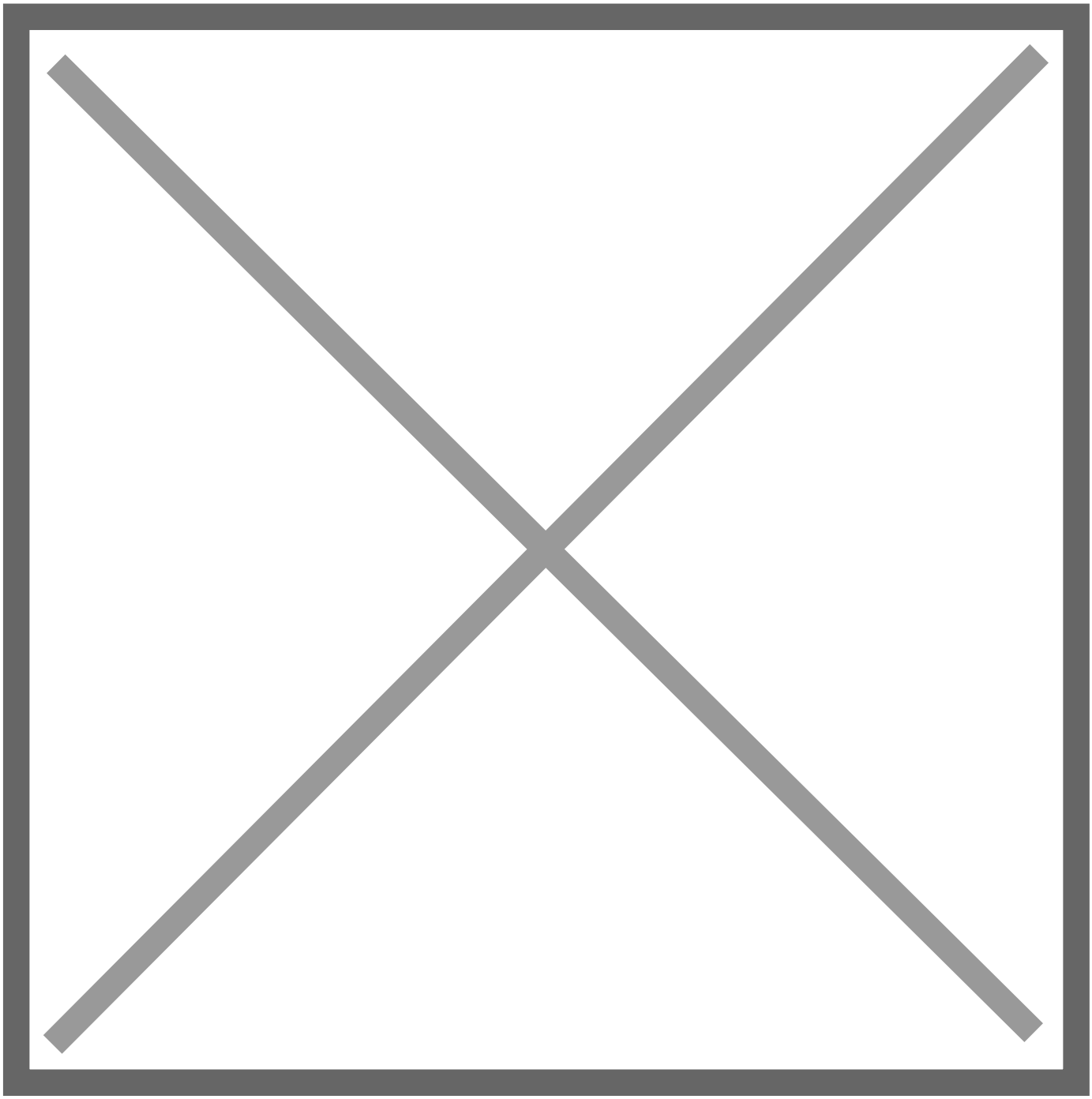
Children, 2016



Survey type:	Self-reported
Age:	11-17
References:	Global Health Observatory data repository, World Health Organisation, https://apps.who.int/gho/data/node.main.A893ADO?lang=en (last accessed 16.03.21)
Notes:	% of school going adolescents not meeting WHO recommendations on Physical Activity for Health, i.e. doing less than 60 minutes of moderate- to vigorous-intensity physical activity daily.

Definitions:	% Adolescents insufficiently active (age standardised estimate)

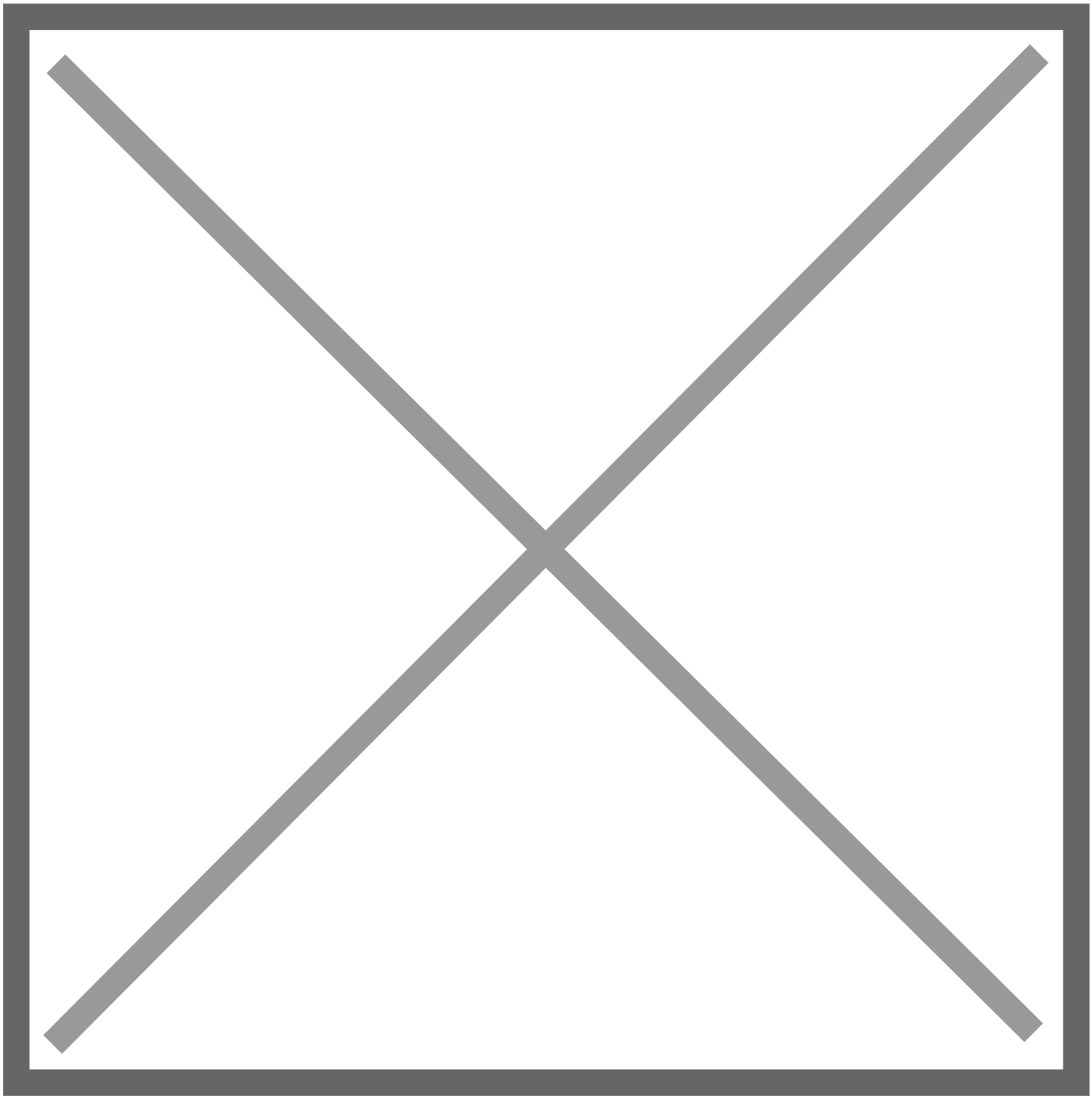
Boys, 2016



Survey type:	Self-reported
Age:	11-17
References:	Global Health Observatory data repository, World Health Organisation, https://apps.who.int/gho/data/node.main.A893ADO?lang=en (last accessed 16.03.21)
Notes:	% of school going adolescents not meeting WHO recommendations on Physical Activity for Health, i.e. doing less than 60 minutes of moderate- to vigorous-intensity physical activity daily.

Definitions:	% Adolescents insufficiently active (age standardised estimate)

Girls, 2016

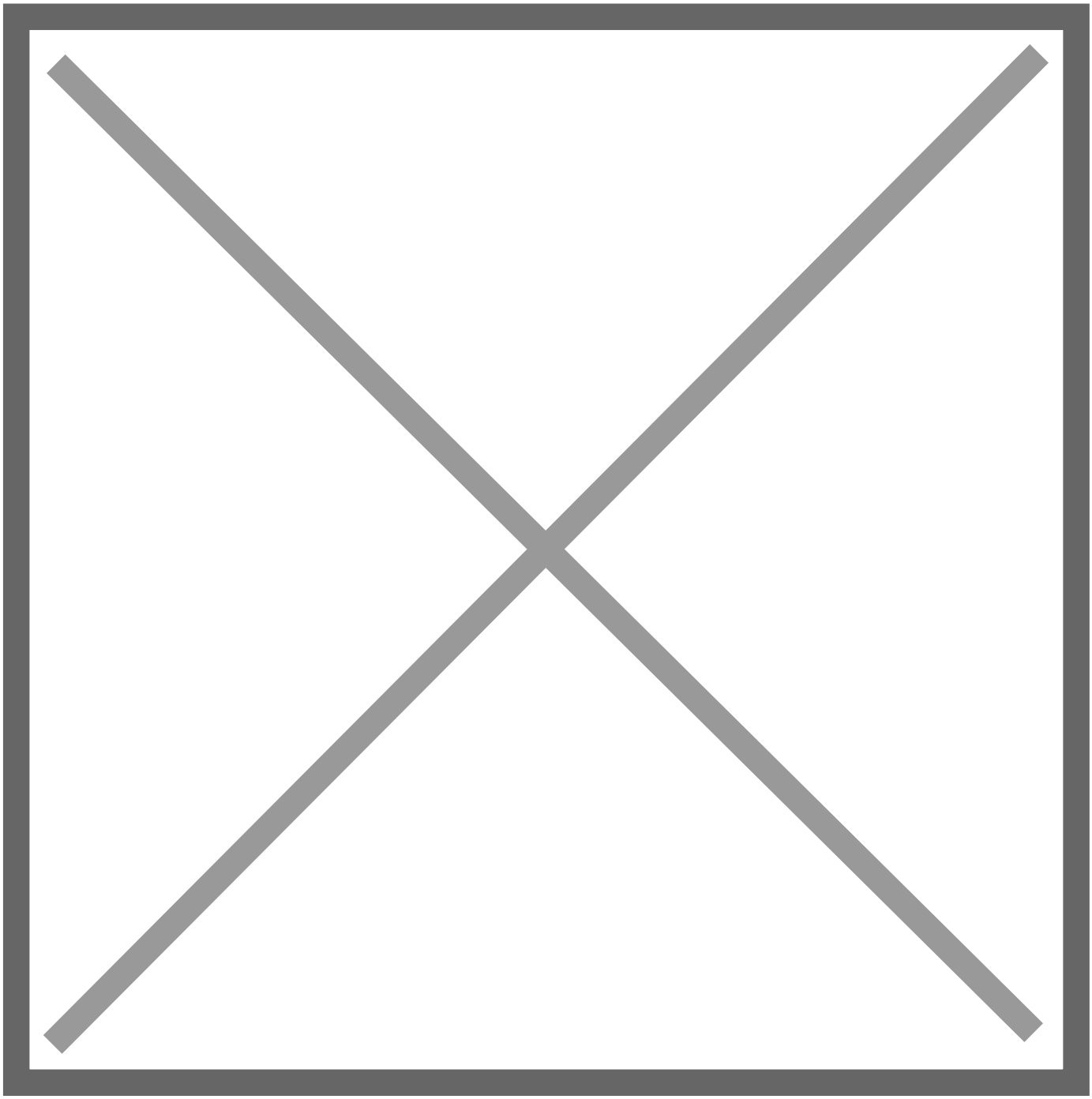


Survey type:	Self-reported
Age:	11-17
References:	Global Health Observatory data repository, World Health Organisation, https://apps.who.int/gho/data/node.main.A893ADO?lang=en (last accessed 16.03.21)
Notes:	% of school going adolescents not meeting WHO recommendations on Physical Activity for Health, i.e. doing less than 60 minutes of moderate- to vigorous-intensity physical activity daily.

Definitions:	% Adolescents insufficiently active (age standardised estimate)

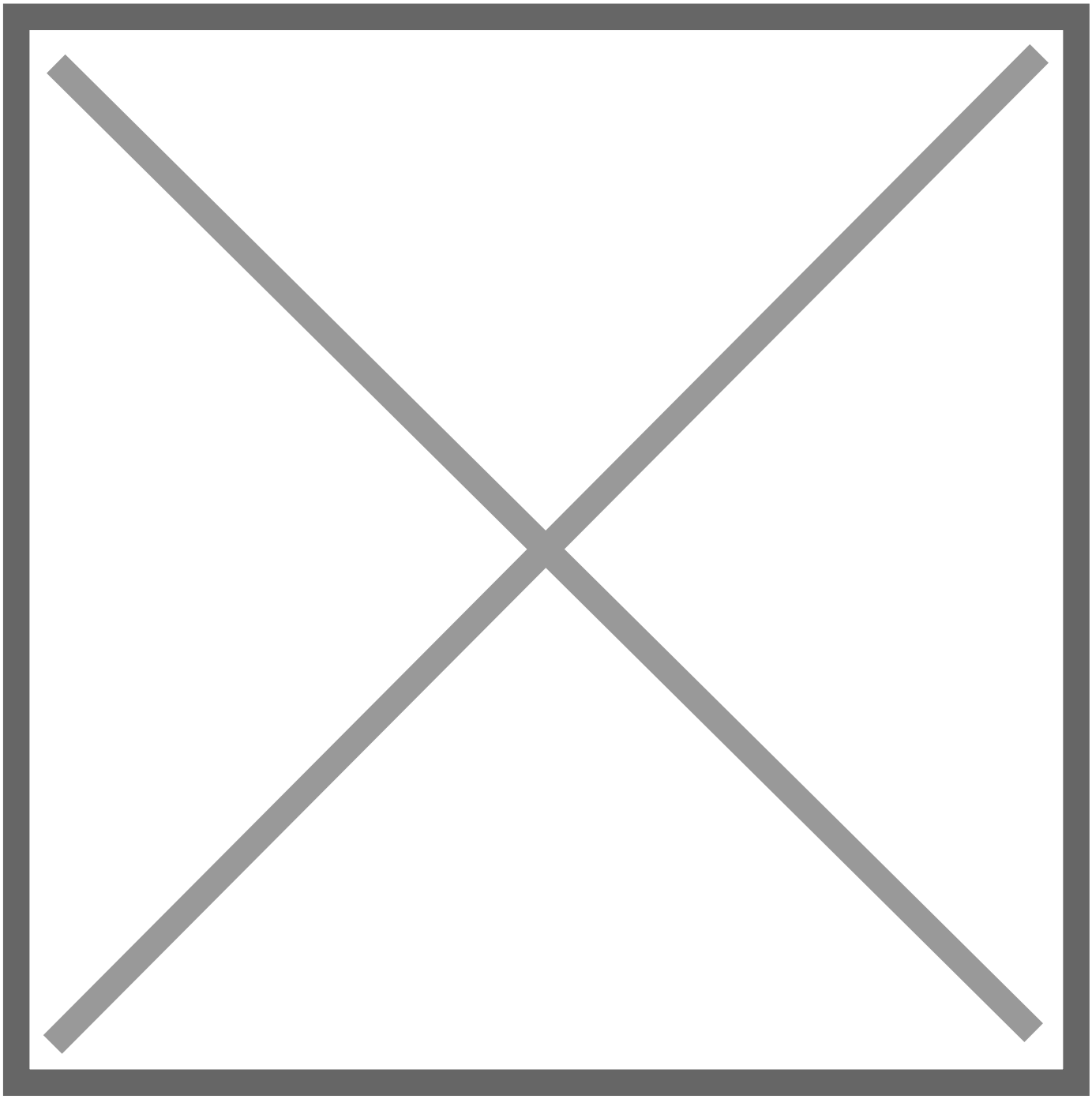
Mental health - depression disorders

Children, 2023



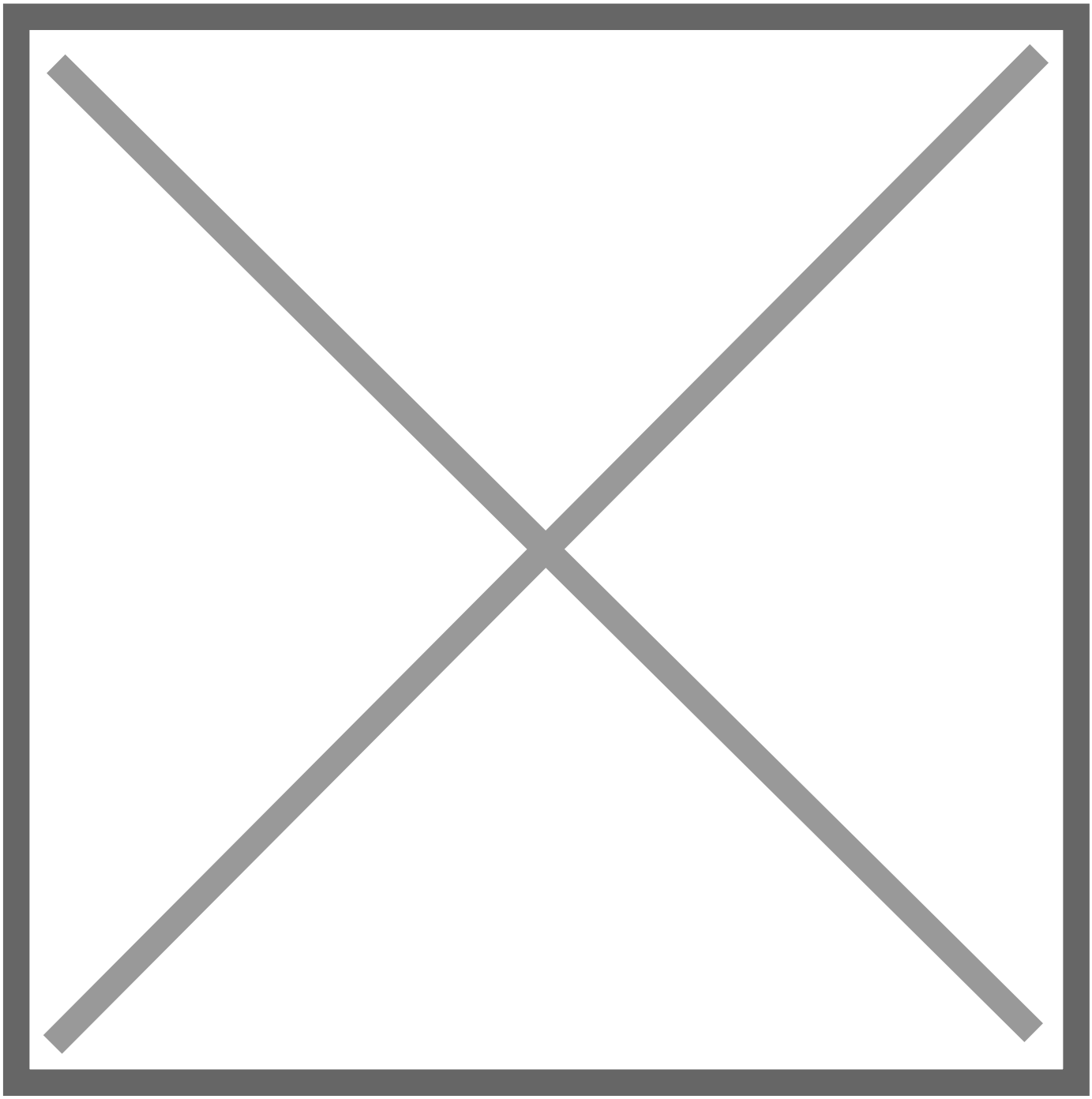
Area covered:	National
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from https://vizhub.healthdata.org/gbd-compare/ [Accessed 17.03.26]
Definitions:	Estimated number living with depressive disorders per 100,000 population (under 20 years of age)

Boys, 2023



Area covered:	National
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from https://vizhub.healthdata.org/gbd-compare/ [Accessed 17.03.26]
Definitions:	Estimated number living with depressive disorders per 100,000 population (under 20 years of age)

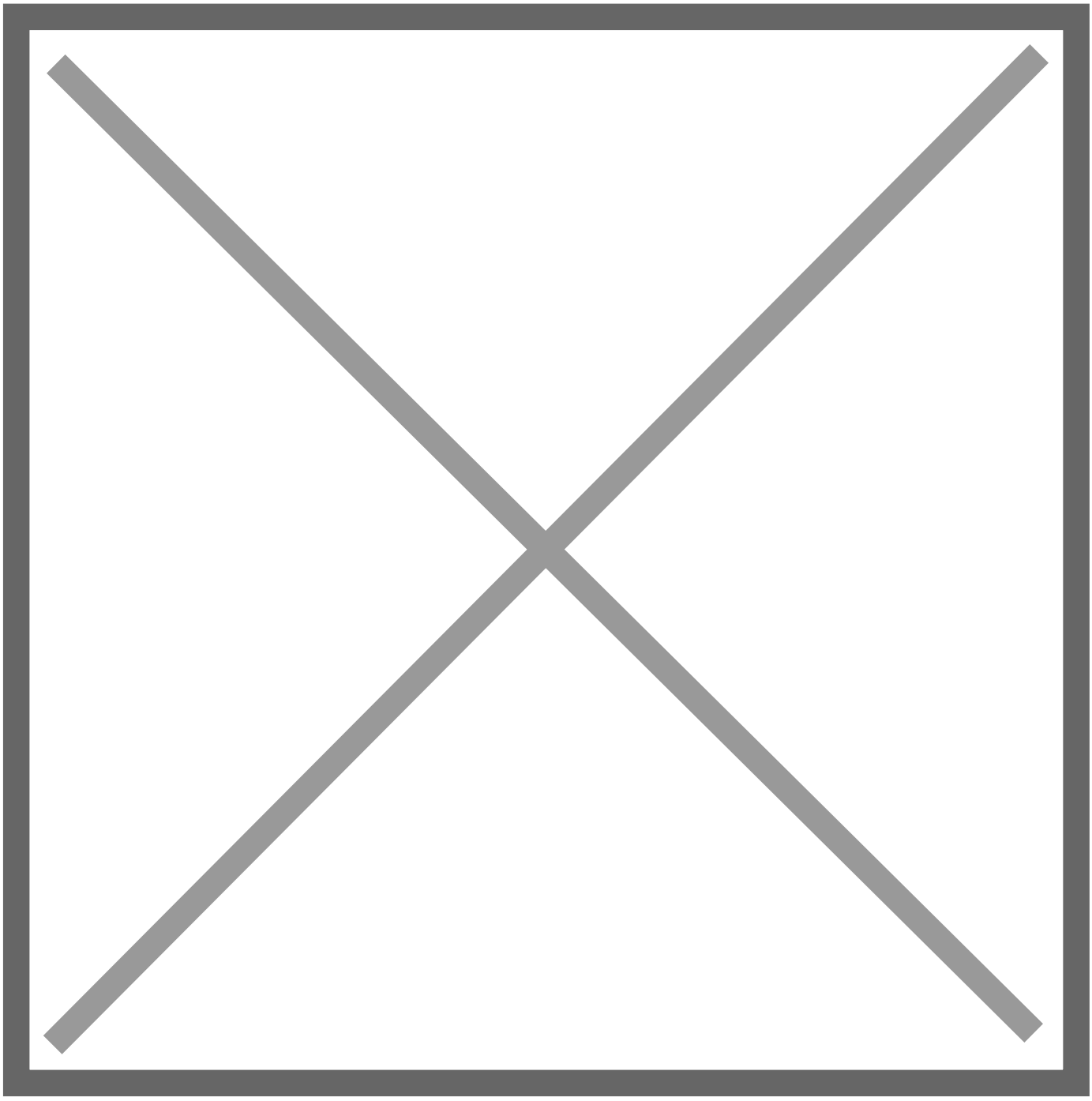
Girls, 2023



Area covered:	National
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from https://vizhub.healthdata.org/gbd-compare/ [Accessed 17.03.26]
Definitions:	Estimated number living with depressive disorders per 100,000 population (under 20 years of age)

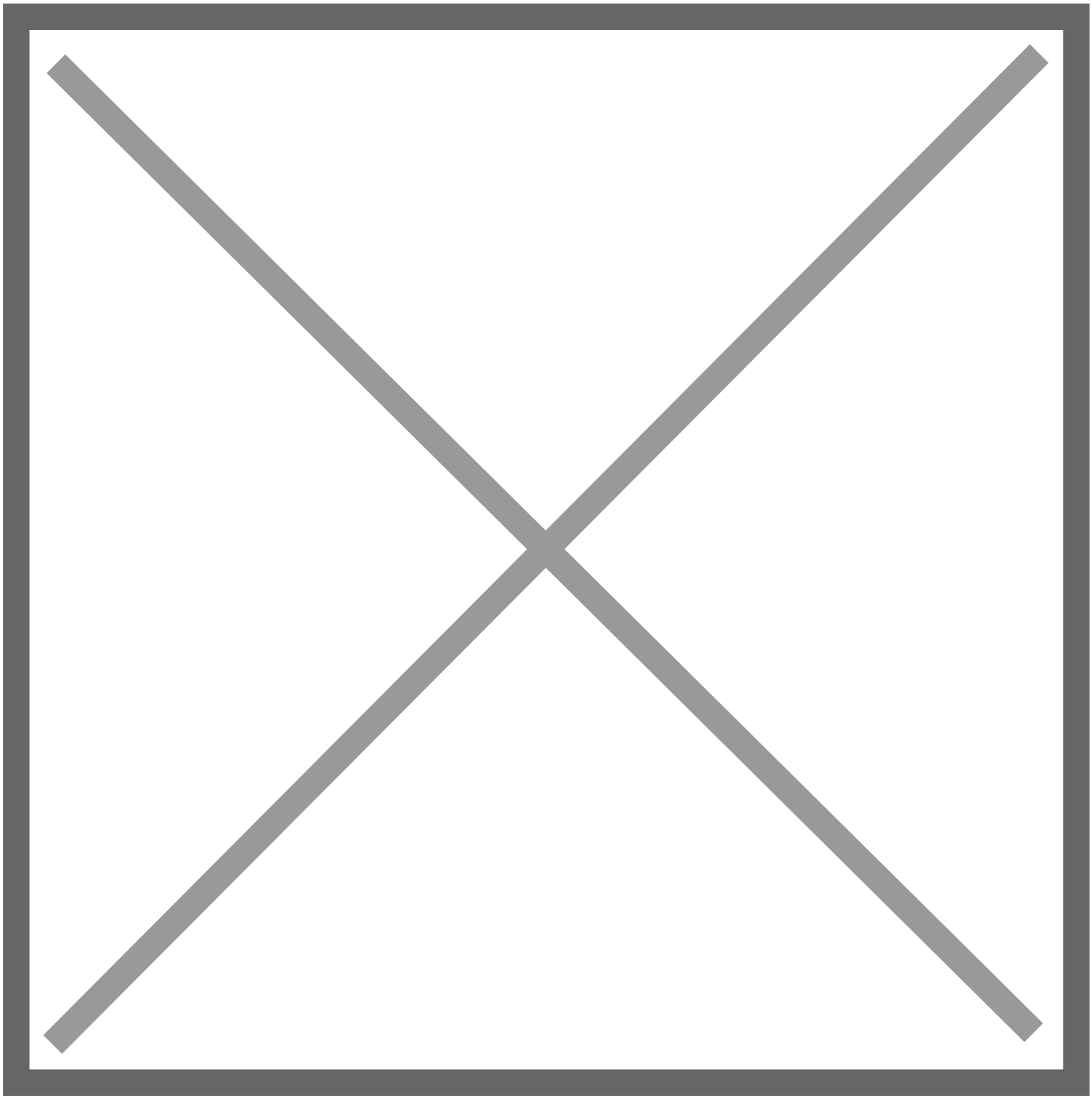
Mental health - anxiety disorders

Children, 2023



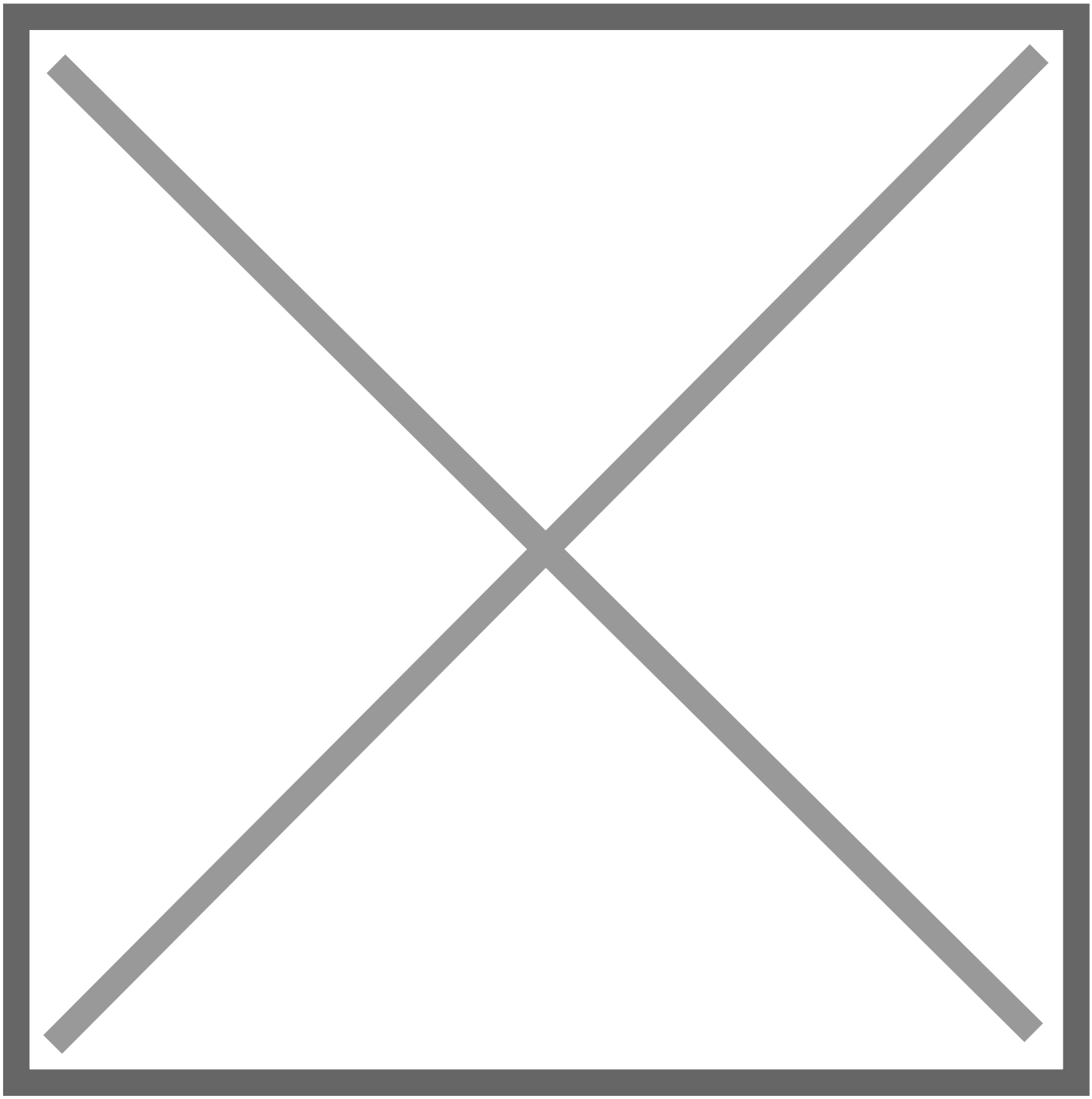
Area covered:	National
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from https://vizhub.healthdata.org/gbd-compare/ [Accessed 17.03.26]
Definitions:	Estimated number living with anxiety disorders per 100,000 population (under 20 years of age)

Boys, 2023



Area covered:	National
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from https://vizhub.healthdata.org/gbd-compare/ [Accessed 17.03.26]
Definitions:	Estimated number living with anxiety disorders per 100,000 population (under 20 years of age)

Girls, 2023



Area covered:	National
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from https://vizhub.healthdata.org/gbd-compare/ [Accessed 17.03.26]
Definitions:	Estimated number living with anxiety disorders per 100,000 population (under 20 years of age)

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