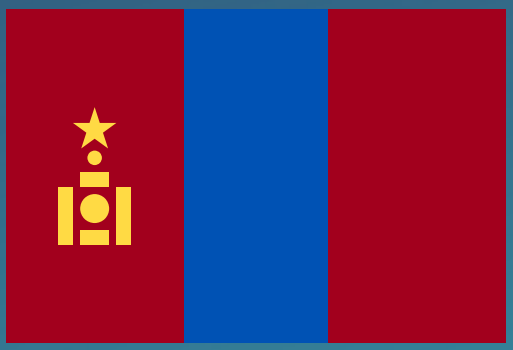
Mongolia



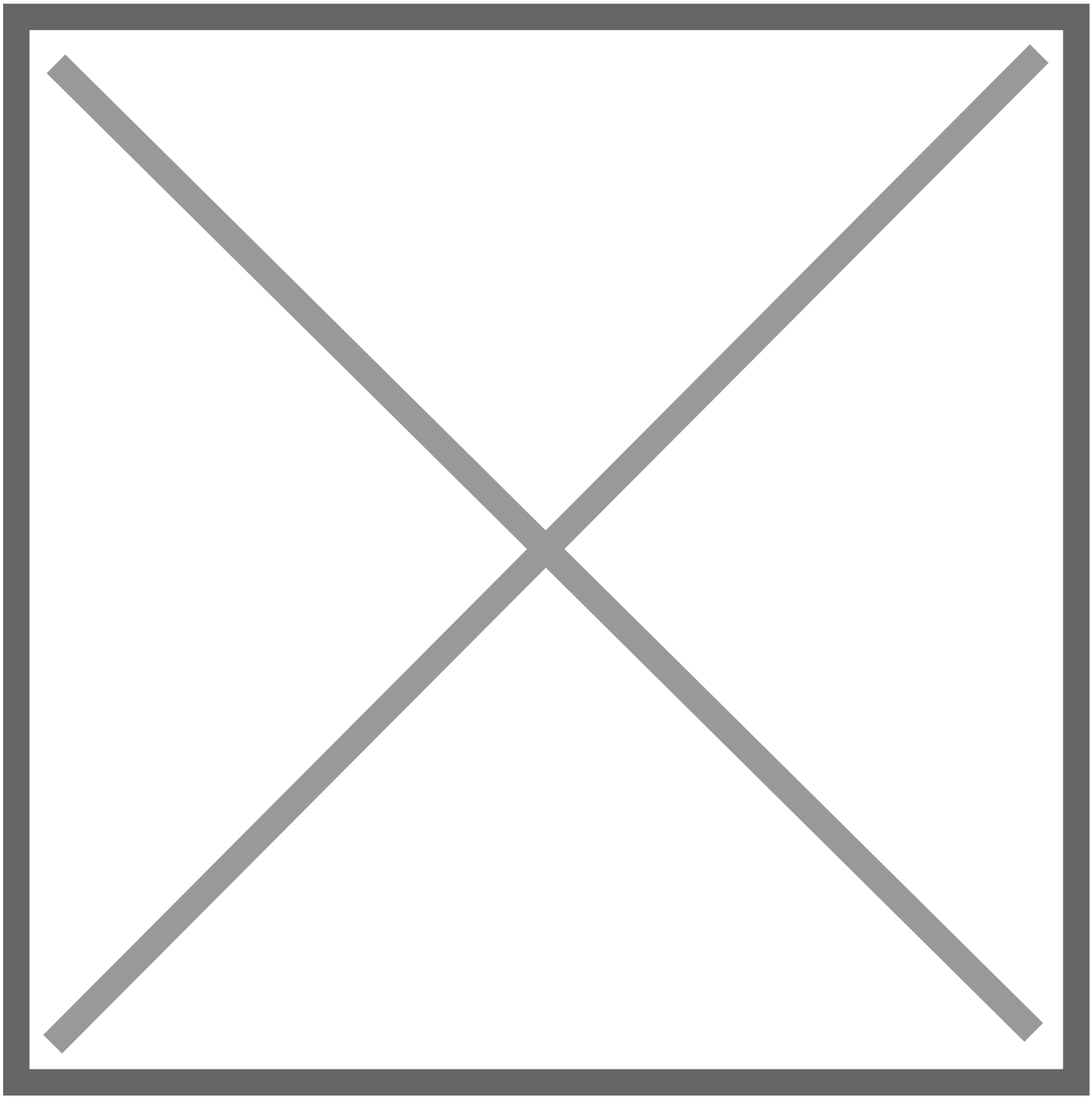
Country report card - children

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/mongolia-143/.

Obesity prevalence

Children, 2023

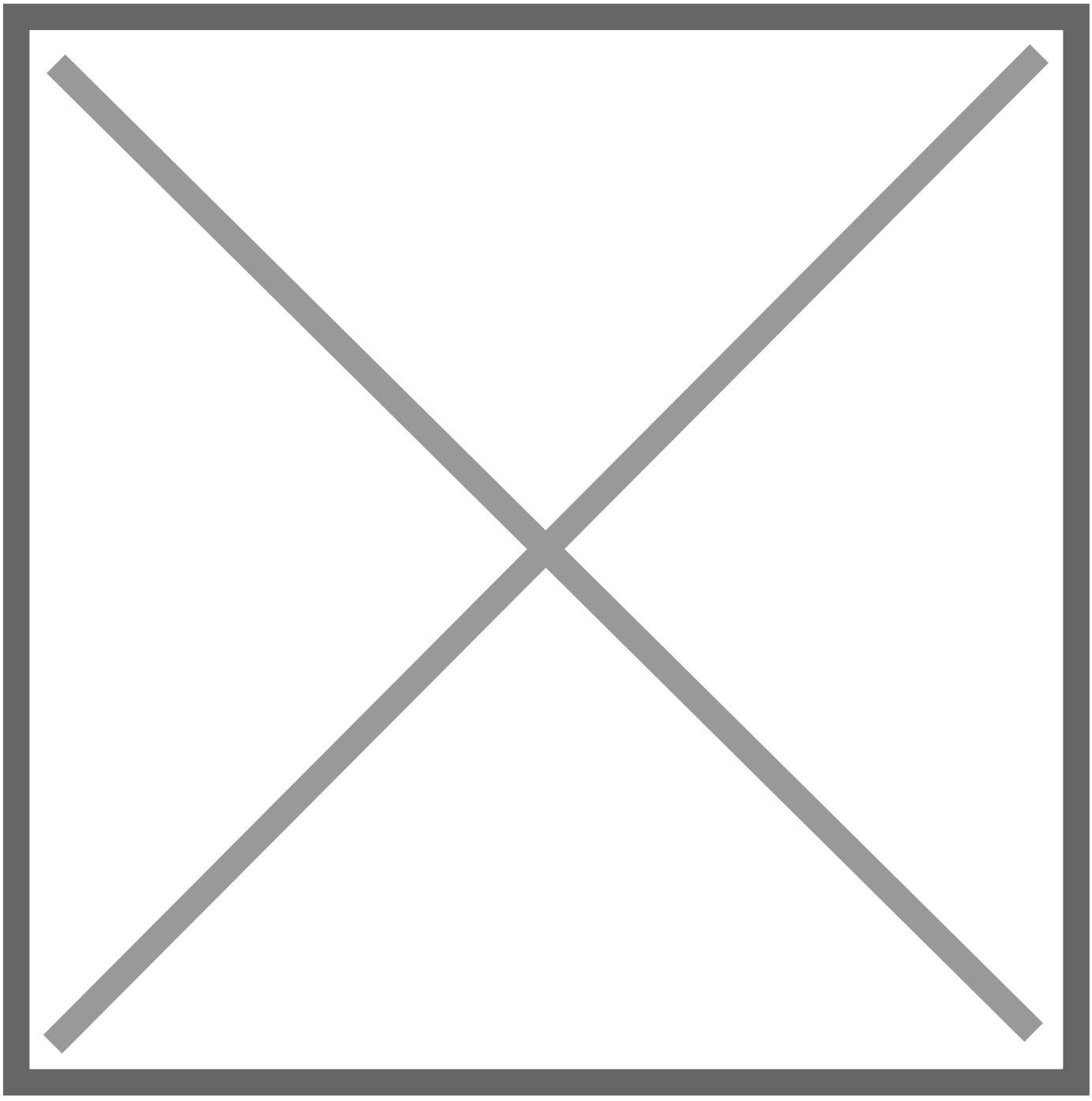


Survey type:	Measured
Age:	13-17
Sample size:	3311
Area covered:	National

Ð¡Ð¸Ð¾Ñ Ð¾Ð»Ð¸Ð¹ ÐµÑ Ð°Ñ Ñ Ñ :	Global School-Based Student Health Survey, Mongolia 2023: Youth's Health Behavior Among Secondary School Children, GSHS-2023. Ulaanbaatar; 2024. Available at: https://www.who.int/publications/m/item/2021-gshs-country-report-mongolia (Accessed: 13.06.25)
Cutoffs:	WHO

Overweight/obesity by age

Children, 2017-2018

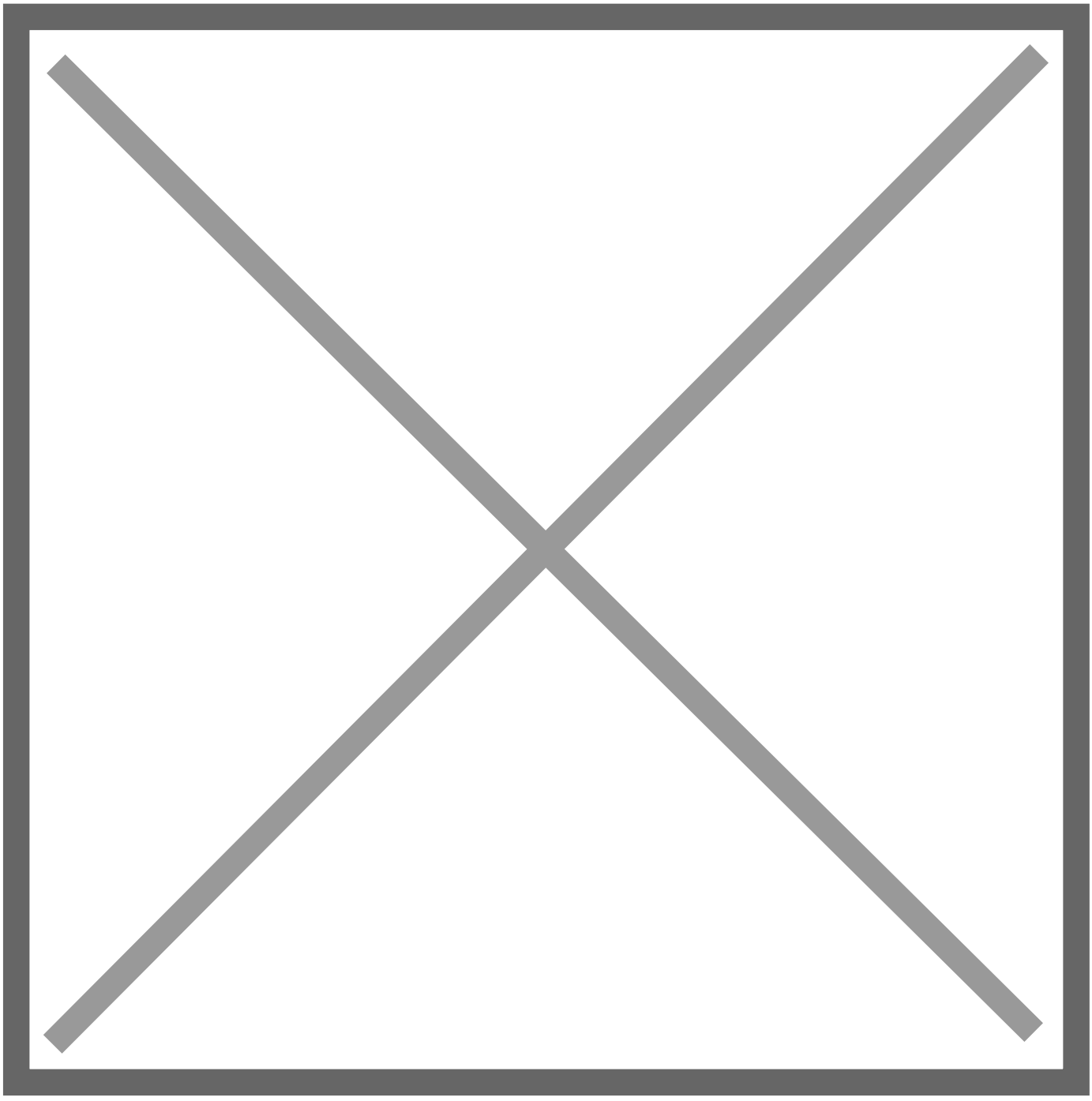


Survey type:	Measured
Sample size:	1750
Area covered:	National

Definitions:	Nutrition Status of the Population of Mongolia: Fifth National Nutrition Survey Report 2017. Available at: https://www.unicef.org/mongolia/media/1116/file/NNS_V_undsen_tailan_EN.pdf. Accessed 02.11.21.
Cutoffs:	WHO

Overweight/obesity by region

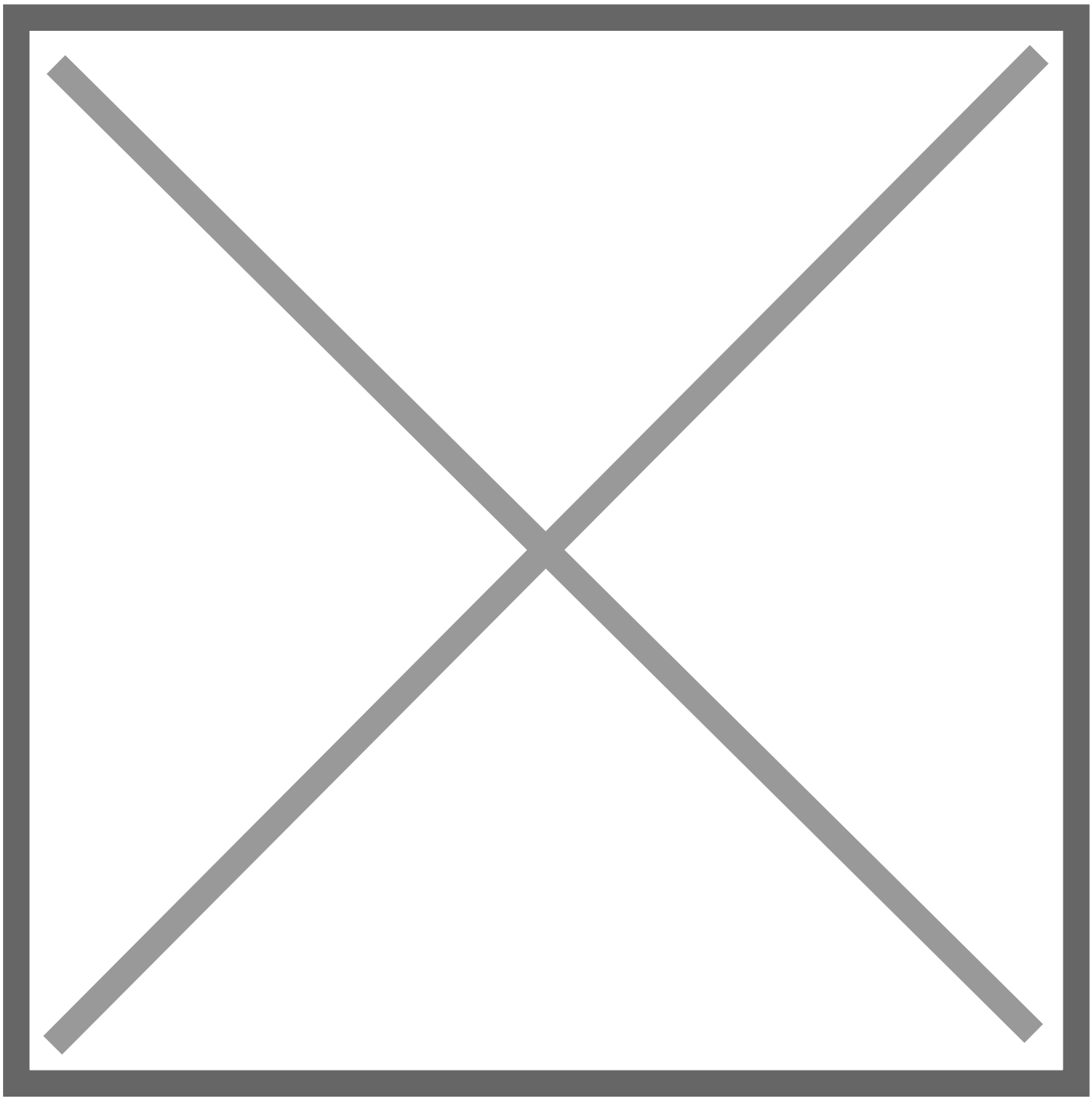
Children, 2023



Survey type:	Measured
Age:	13-17
Sample size:	3311
Area covered:	National

Ð¡Ð¸Ð¾Ð»Ð¾Ð³Ð¸Ð¹Ð½ ÐµÑ€Ó©Ð½Ñ…Ð¸Ð¹ Ñ‚Ð°Ð¹Ð»Ð°Ð½ :	Global School-Based Student Health Survey, Mongolia 2023: Youth's Health Behavior Among Secondary School Children, GSHS-2023. Ulaanbaatar; 2024. Available at: https://www.who.int/publications/m/item/2021-gshs-country-report-mongolia (Accessed: 13.06.25)
Cutoffs:	WHO 2007

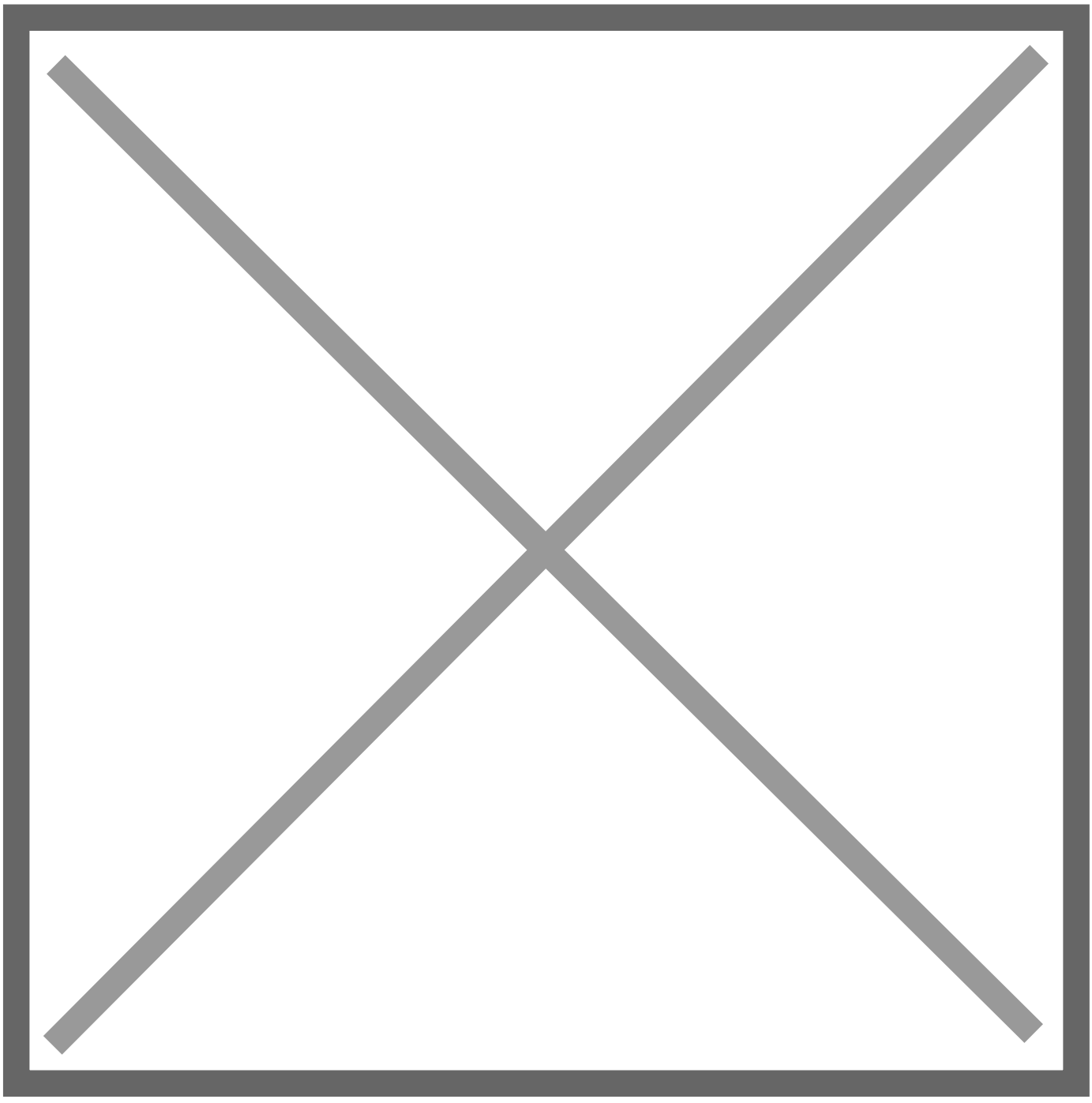
Boys, 2023



Survey type:	Measured
Age:	13-17
Sample size:	3311
Area covered:	National

Đ¡Đ¿Đ¸Ñ Đ¾Đº Đ»Đ¸Ñ ĐµÑ Đ°Ñ Ñ Ñ :	Global School-Based Student Health Survey, Mongolia 2023: Youth's Health Behavior Among Secondary School Children, GSHS-2023. Ulaanbaatar; 2024. Available at: https://www.who.int/publications/m/item/2021-gshs-country-report-mongolia (Accessed: 13.06.25)
Cutoffs:	WHO 2007

Girls, 2023



Survey type:	Measured
Age:	13-17
Sample size:	3311
Area covered:	National

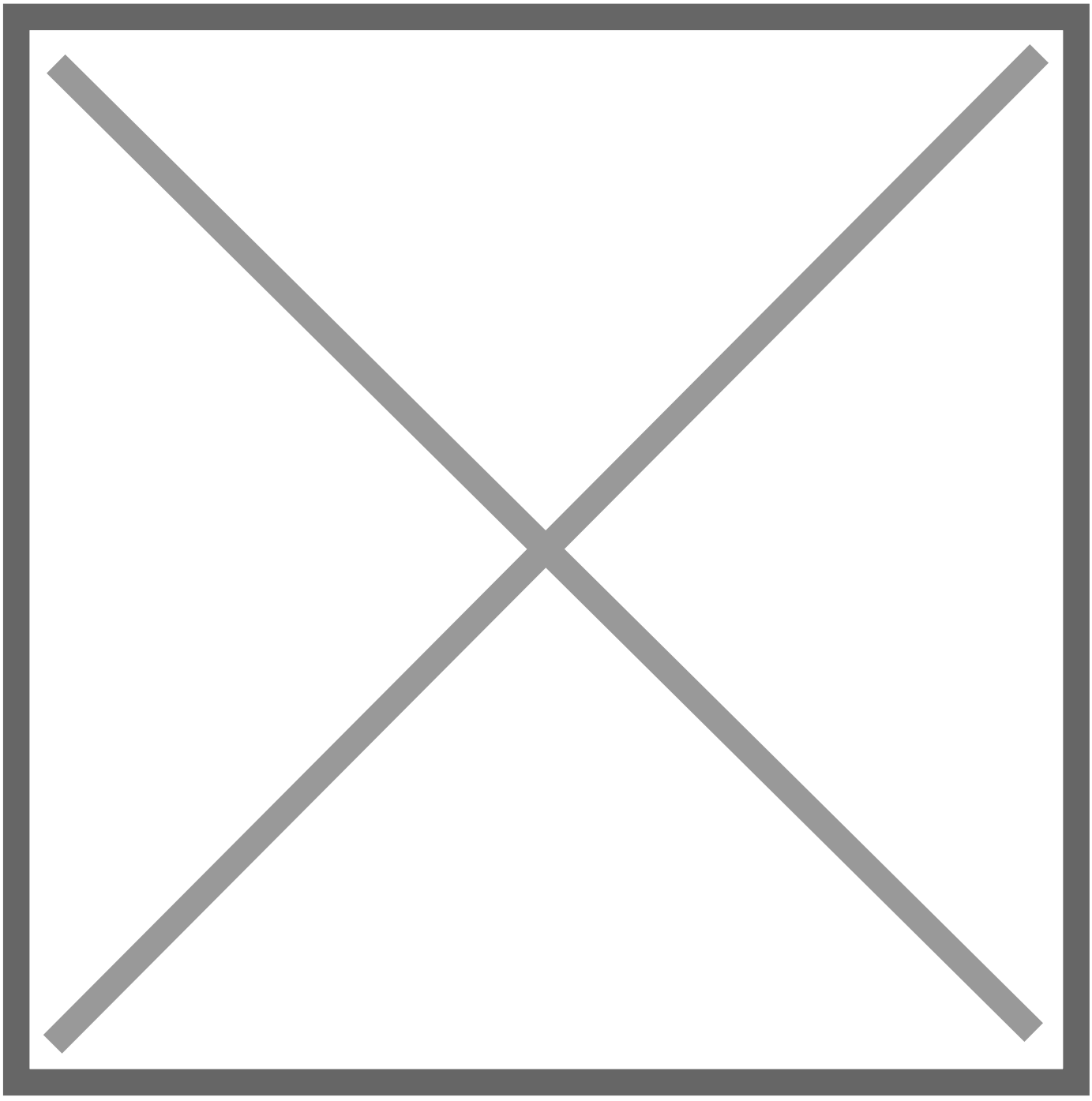
Ð¡Ð¸Ð¾Ð³Ð»Ð¸ÑÐ°Ð°Ñ Ñ Ñ :	Global School-Based Student Health Survey, Mongolia 2023: Youth's Health Behavior Among Secondary School Children, GSHS-2023. Ulaanbaatar; 2024. Available at: https://www.who.int/publications/m/item/2021-gshs-country-report-mongolia (Accessed: 13.06.25)
Cutoffs:	WHO 2007

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.

Double burden of underweight & obesity

Children, 2022

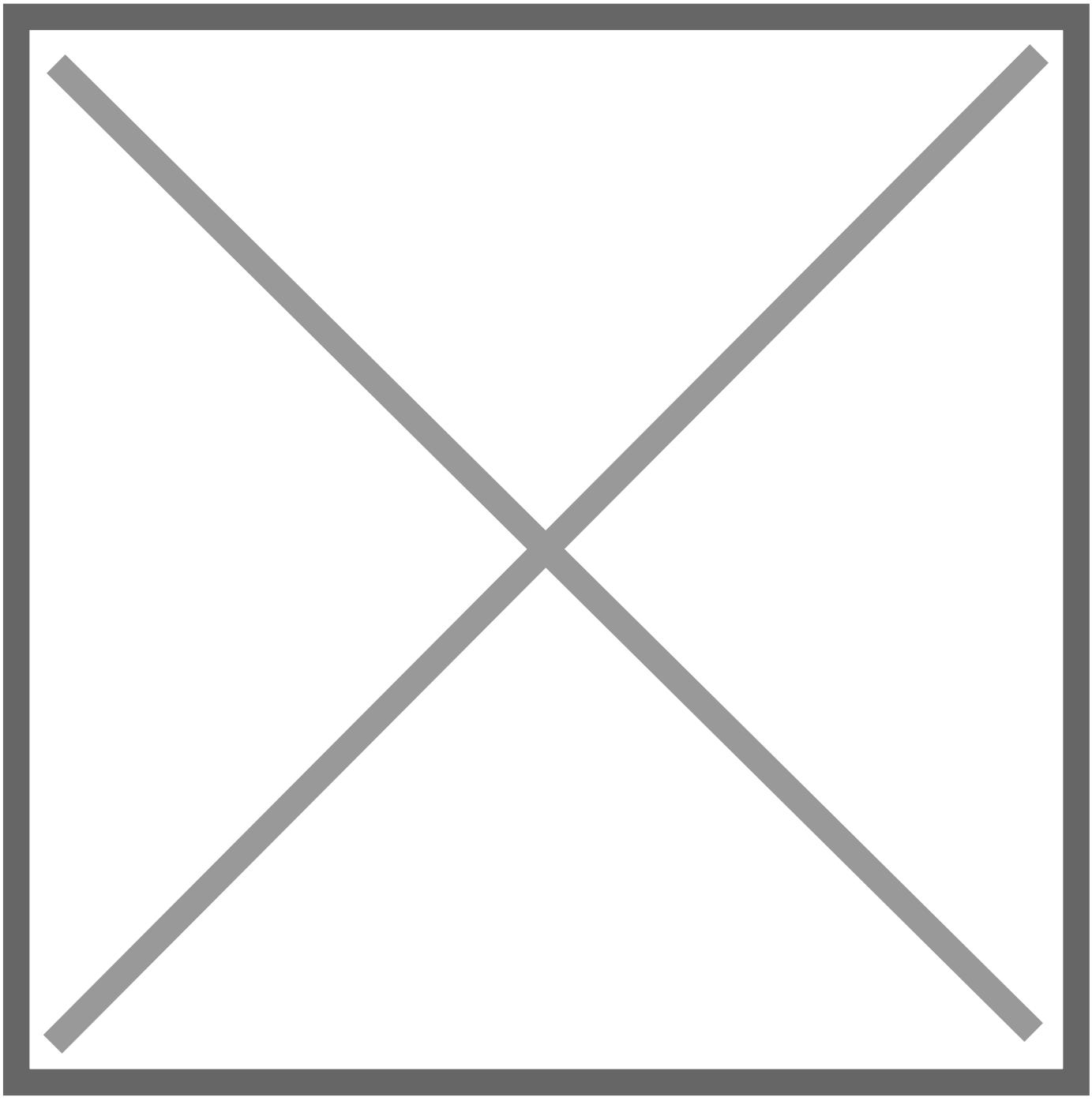


Survey type:	Measured
Age:	5-19
Đ¡Đ¿Đ¸Ñ□ Đ¾Đº Đ»Đ¸Ñ□ ĐµÑ□ Đ°Ñ□ Ñ□ Ñ□ Ñ□ :	NCD Risk Factor Collaboration (NCD-RisC). Worldwide trends in underweight and obesity from 1990 to 2022: a pooled analysis of 3663 population representative studies with 222 million children, adolescents, and adults. Lancet 2024; 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

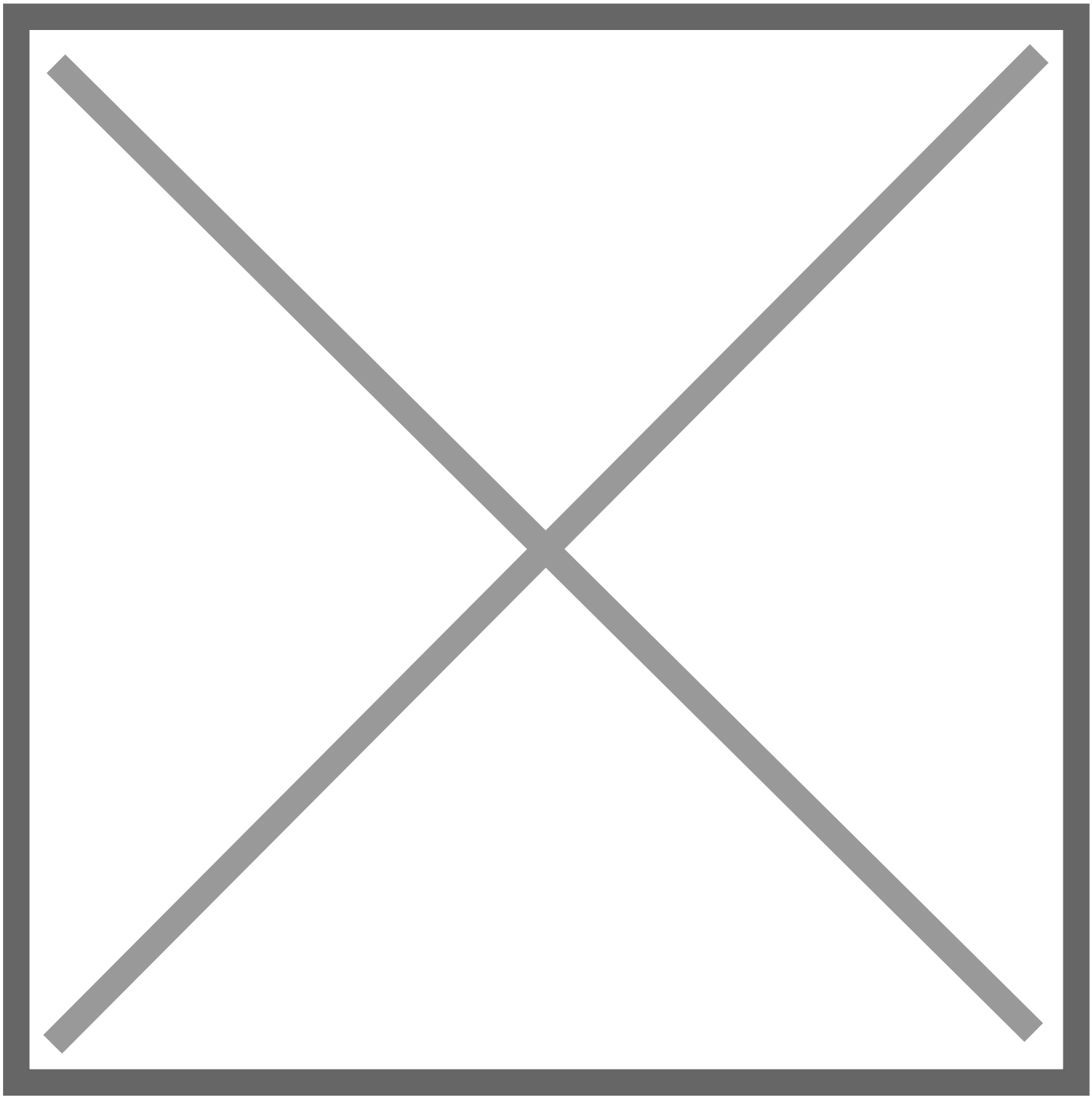
Children, 2016



Survey type:	Self-reported
Age:	11-17

Đ¡Đ¿Đ¸Ñ□ Đ¾Đº Đ»Đ¸Ñ □ ĐµÑ□ Đ°Ñ□ Ñ□ Ñ□ Ñ□ :	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)

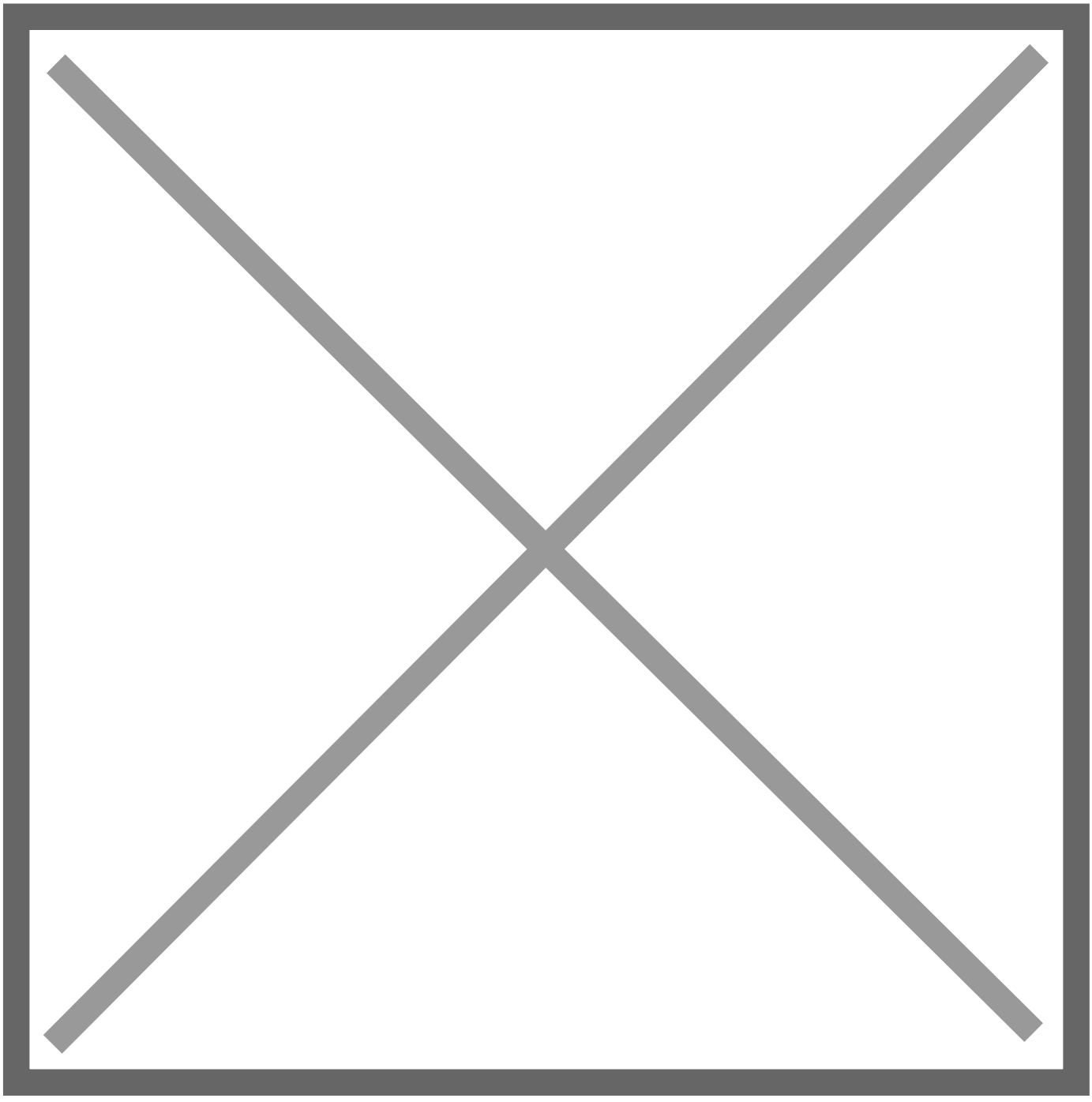
Boys, 2016



Survey type:	Self-reported
Age:	11-17
Đ¡Đ¿Đ¸Ñ□ Đ¾Đº Đ»Đ¸Ñ □ ĐµÑ□ Đ°Ñ□ Ñ□ Ñ□ Ñ□ :	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

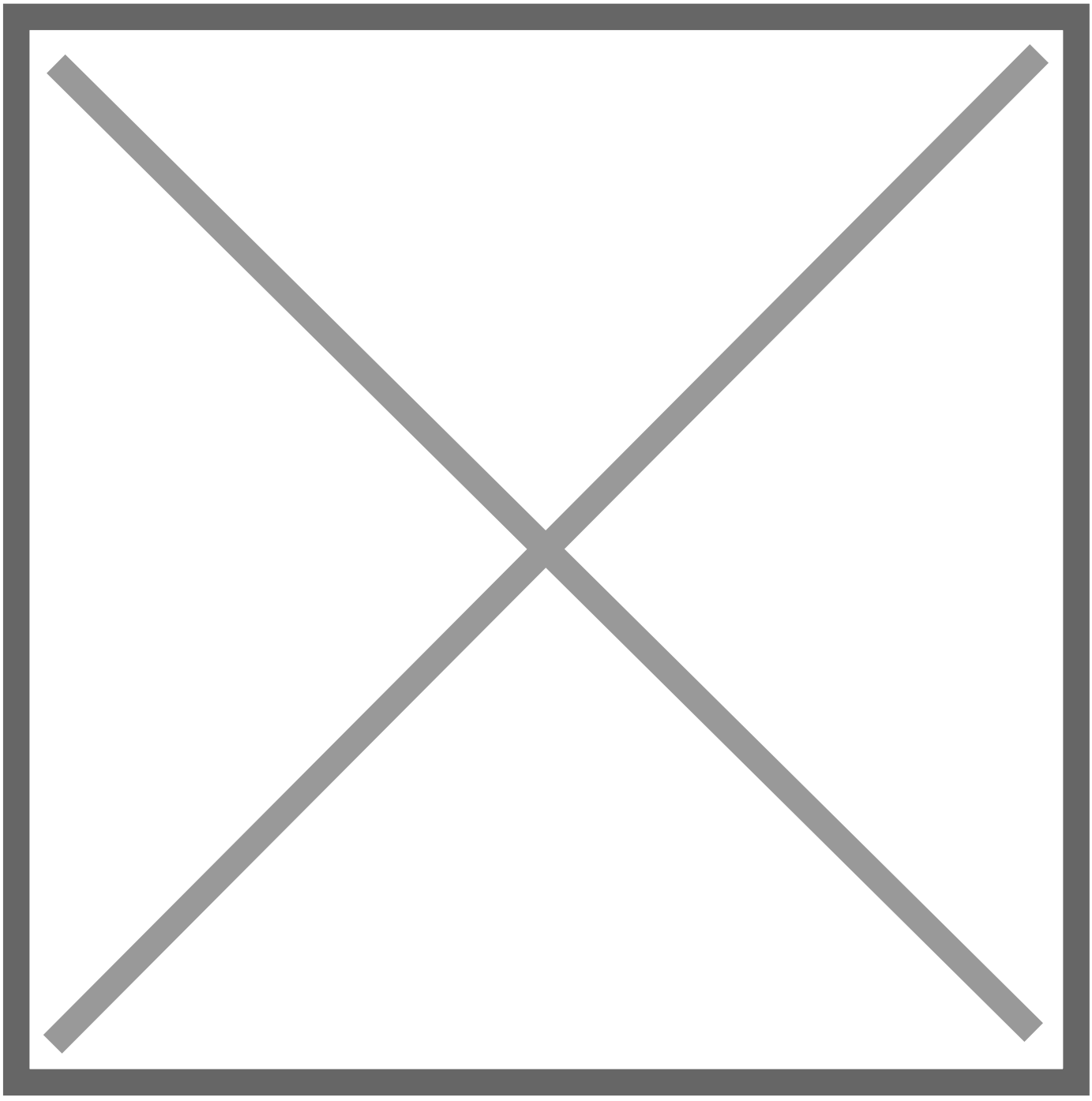


Survey type:	Self-reported
Age:	11-17
Ð¡Ð¸Ð¼Ð²Ð¾Ð» Ð»Ð¸Ñ Ð¼Ñ Ð°Ñ Ñ Ñ :	Global Health Observatory data repository, World Health Organisation, https://apps.who.int/gho/data/node.main.A893ADO?lang=en (last accessed 16.03.21)

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)

Average daily frequency of carbonated soft drink consumption

Children, 2010-2015

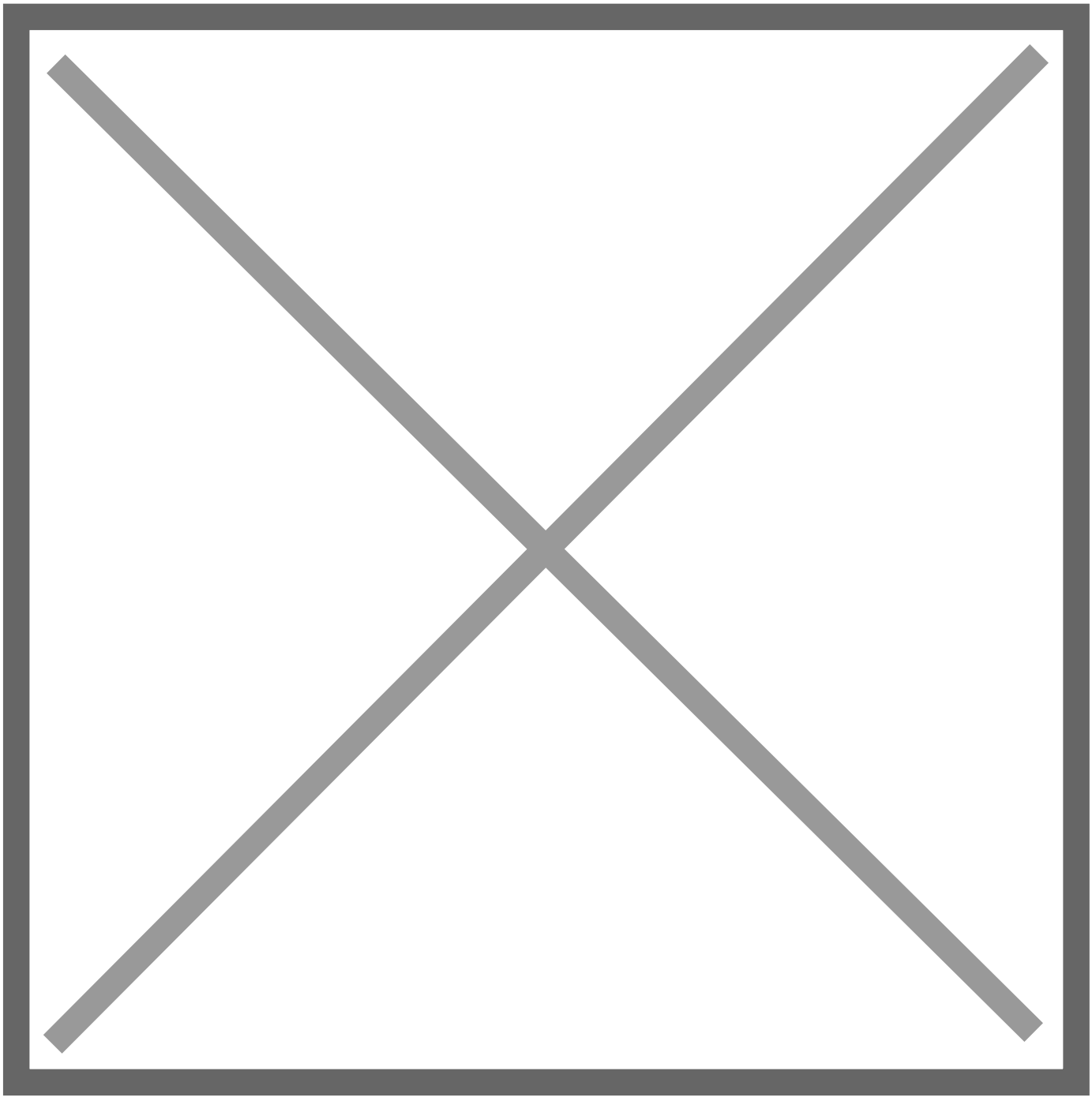


Survey type:	Measured
Age:	12-17

Đ¡Đ¿Đ¸Ñ Đ¾Đº Đ»Đ¸Ñ Đ¸Ñ Đ°Ñ Ñ Ñ Ñ :	Beal et al. (2019). Global Patterns of Adolescent Fruit, Vegetable, Carbonated Soft Drink, and Fast-food consumption: A meta-analysis of global school-based student health surveys. Food and Nutrition Bulletin. https://doi.org/10.1177/0379572119848287 sourced from Food Systems Dashboard http://www.foodsystemsdashboard.org/food-system

Prevalence of less than daily fruit consumption

Children, 2013

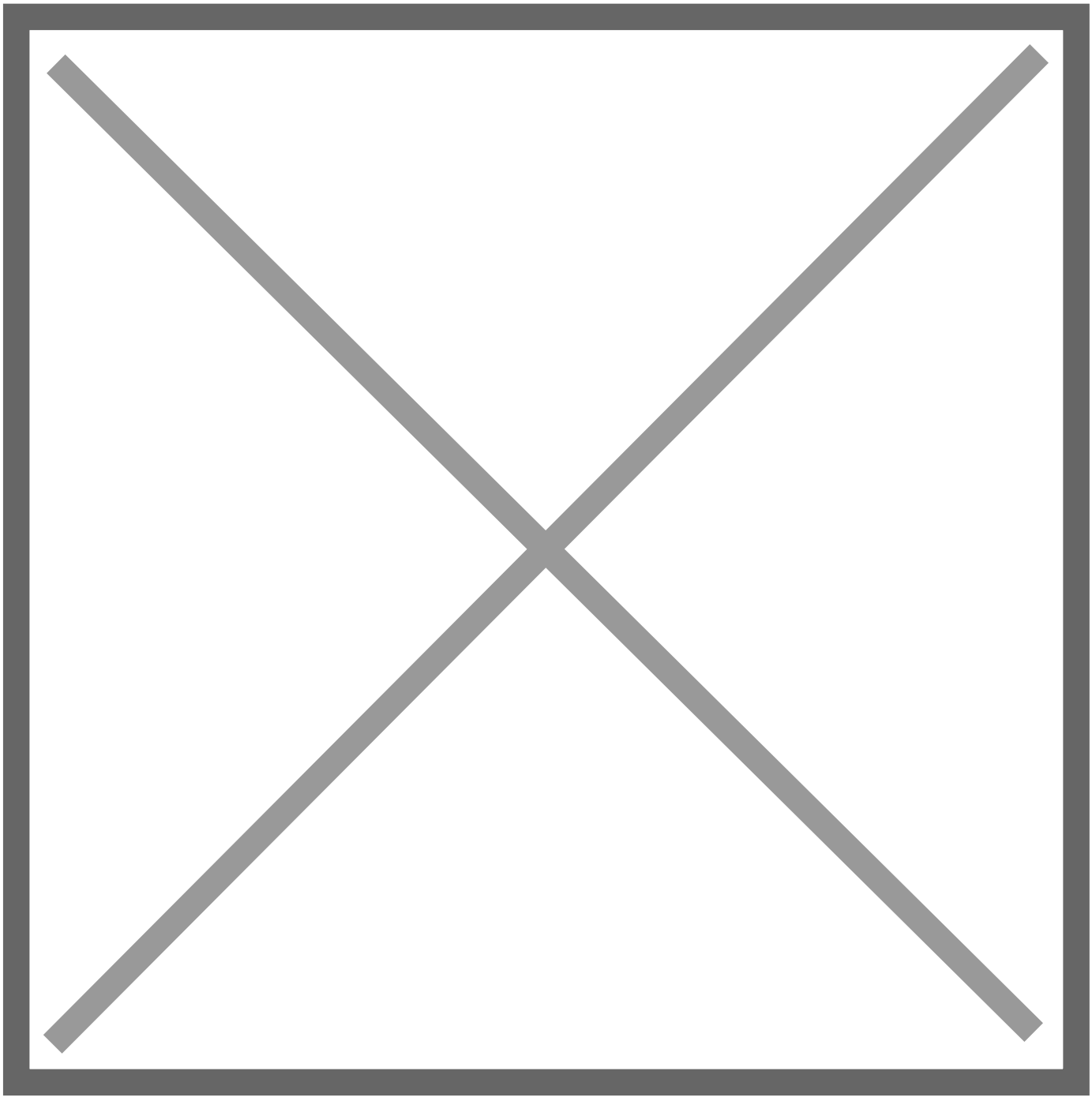


Survey type:	Self-reported
Age:	12-17
Area covered:	National

Đ¡Đ¿Đ¸Ñ Đ¾Đº Đ»Đ¸Ñ Đ¸Ñ Đ°Ñ Ñ Ñ Ñ :	Global School-based Student Health Surveys. Beal et al (2019). Global Patterns of Adolescent Fruit, Vegetable, Carbonated Soft Drink, and Fast-food consumption: A meta-analysis of global school-based student health surveys. Food and Nutrition Bulletin. https://doi.org/10.1177/0379572119848287. Sourced from Food Systems Dashboard http://www.foodsystemsdashboard.org/food-system
Definitions:	Prevalence of less-than-daily fruit consumption (% less-than-daily fruit consumption)

Prevalence of less than daily vegetable consumption

Children, 2013

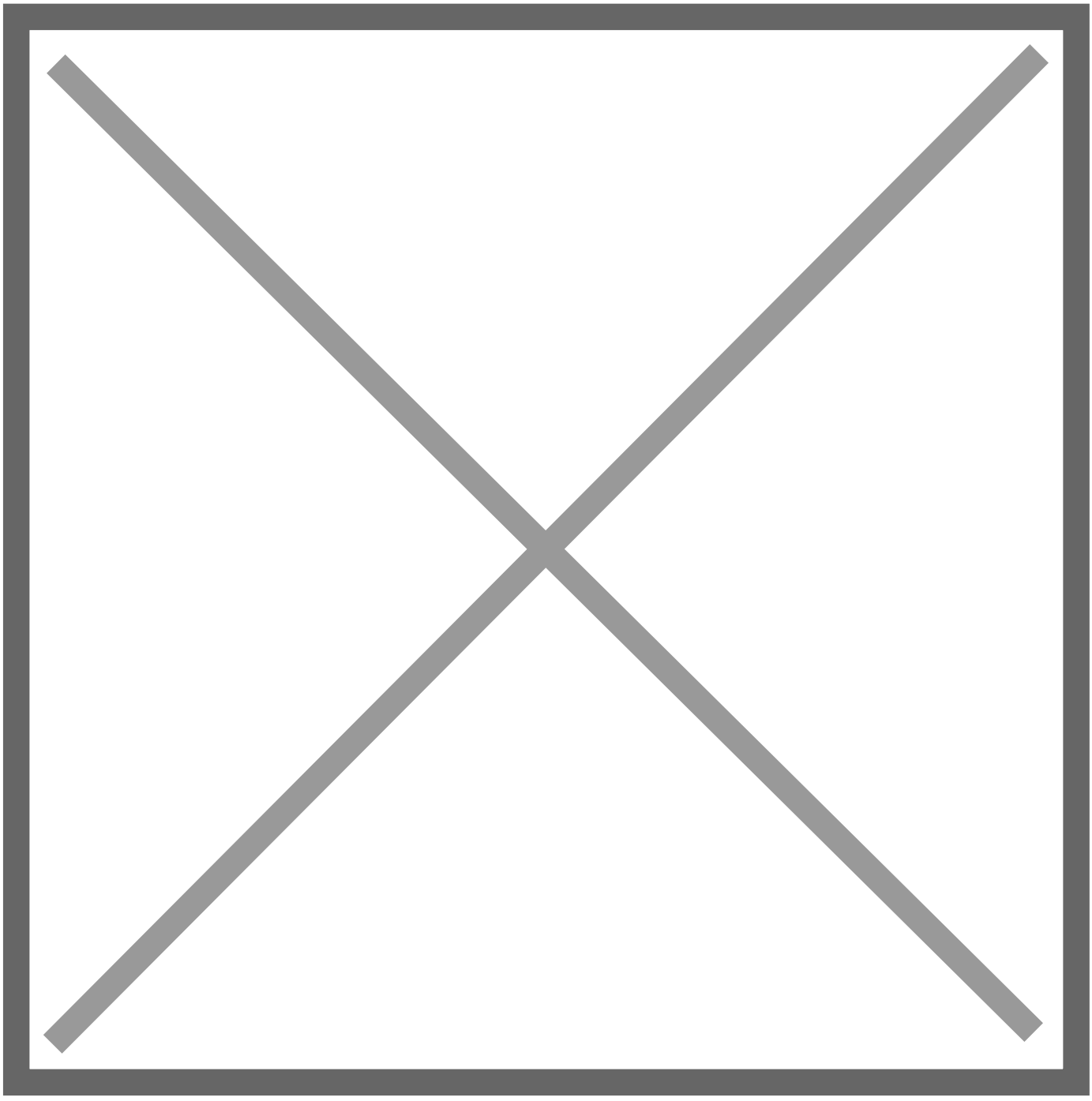


Survey type:	Self-reported
Age:	12-17
Area covered:	National

Đ¡Đ¿Đ¸Ñ Đ¾Đº Đ»Đ¸Ñ Đ¸ ĐµÑ Đ°Ñ Ñ Ñ :	Beal et al. (2019). Global Patterns of Adolescent Fruit, Vegetable, Carbonated Soft Drink, and Fast-food consumption: A meta-analysis of global school-based student health surveys. Food and Nutrition Bulletin. https://doi.org/10.1177/0379572119848287 sourced from Food Systems Dashboard http://www.foodsystemsdashboard.org/food-system
Definitions:	Prevalence of less-than-daily vegetable consumption (% less-than-daily vegetable consumption)

Mental health - depression disorders

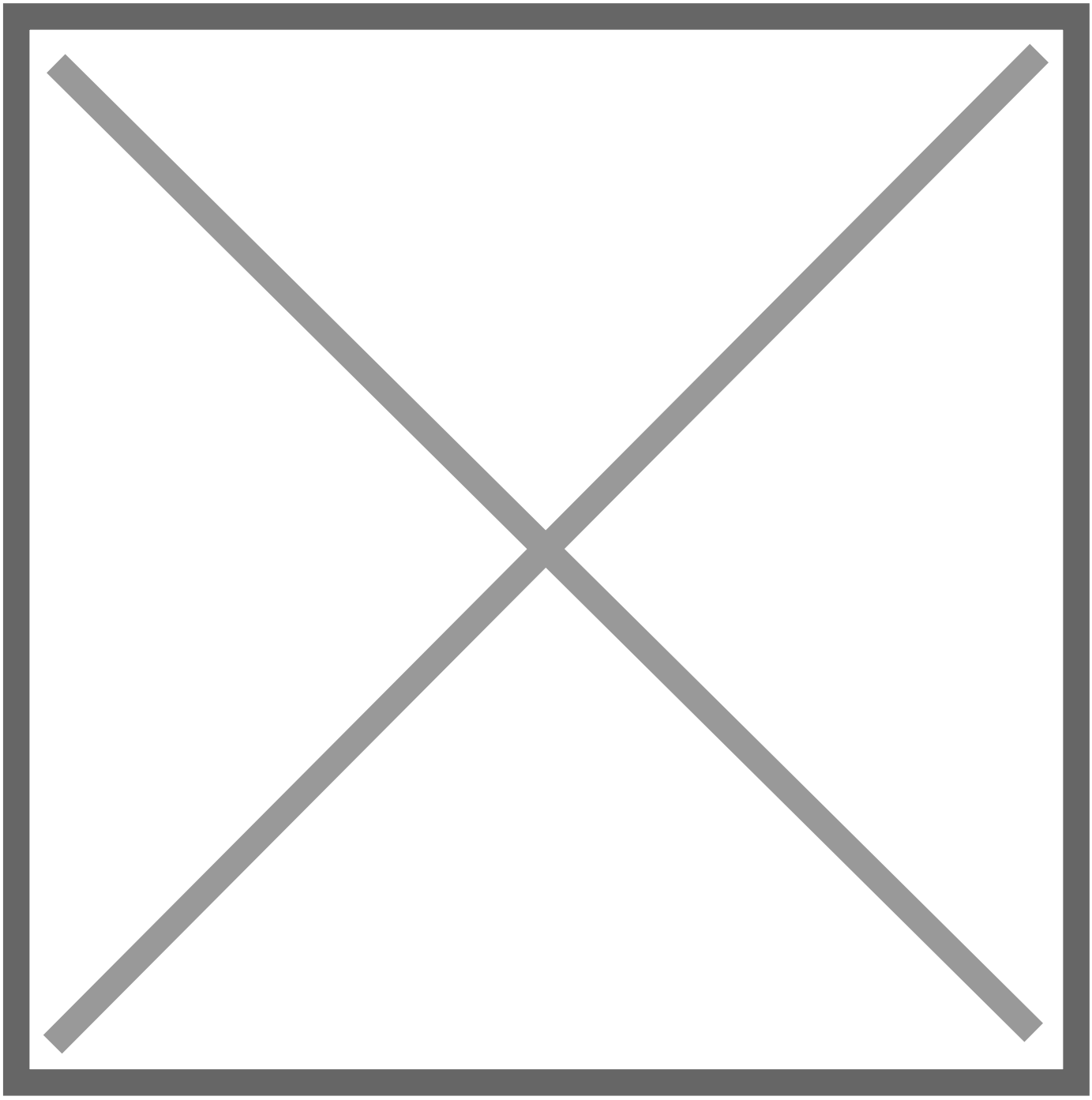
Children, 2023



Area covered:	National
Đ¡Đ¿Đ¸Ñ□ Đ¾Đº Đ»Đ¸Ñ□ ĐµÑ□ Đ°Ñ□ Ñ□ Ñ□ Ñ□ :	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]

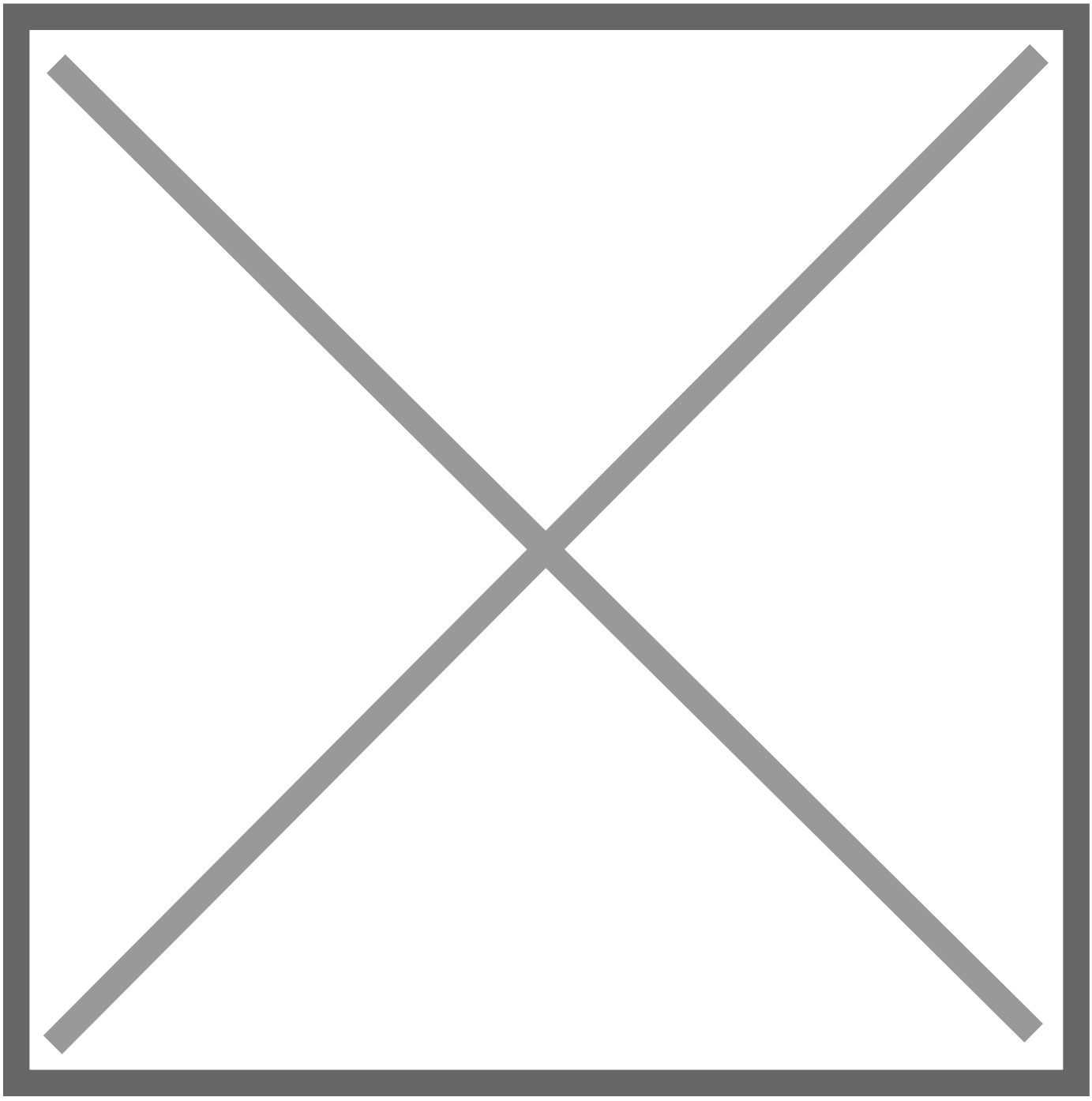
Definitions:	Estimated number living with depressive disorders per 100,000 population (under 20 years of age)

Boys, 2023



Area covered:	National
Đ¡Đ¿Đ¸Ñ□ Đ¾Đº Đ»Đ¸Ñ □ ĐµÑ□ Đ°Ñ□ Ñ□ Ñ□ Ñ□ :	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)

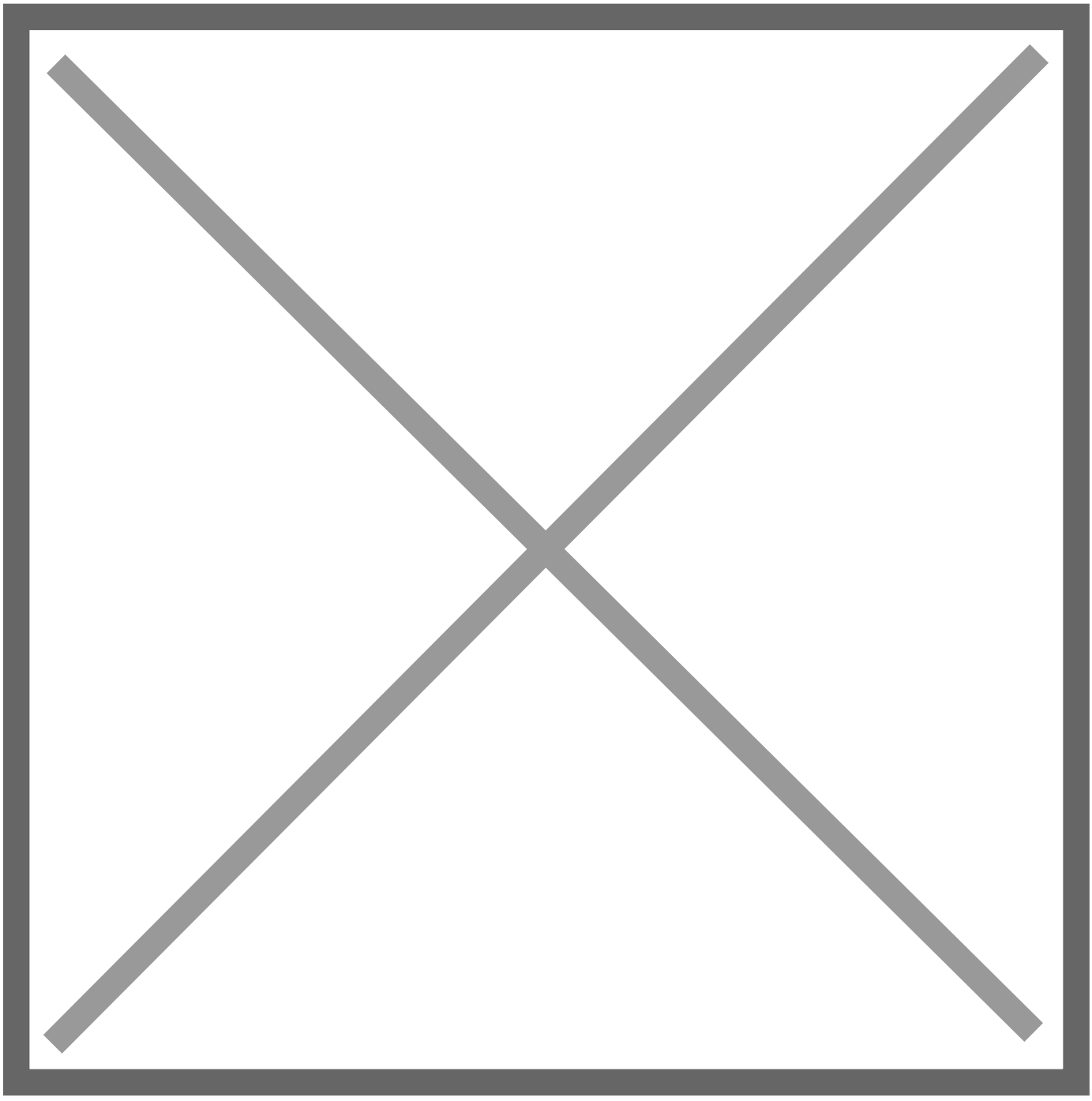
Girls, 2023



Area covered:	National
Ð¡Ð¸Ñ Ð¾Ñ Ð»Ð¸Ñ Ð¸ÑÑ Ð°Ñ Ñ Ñ :	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

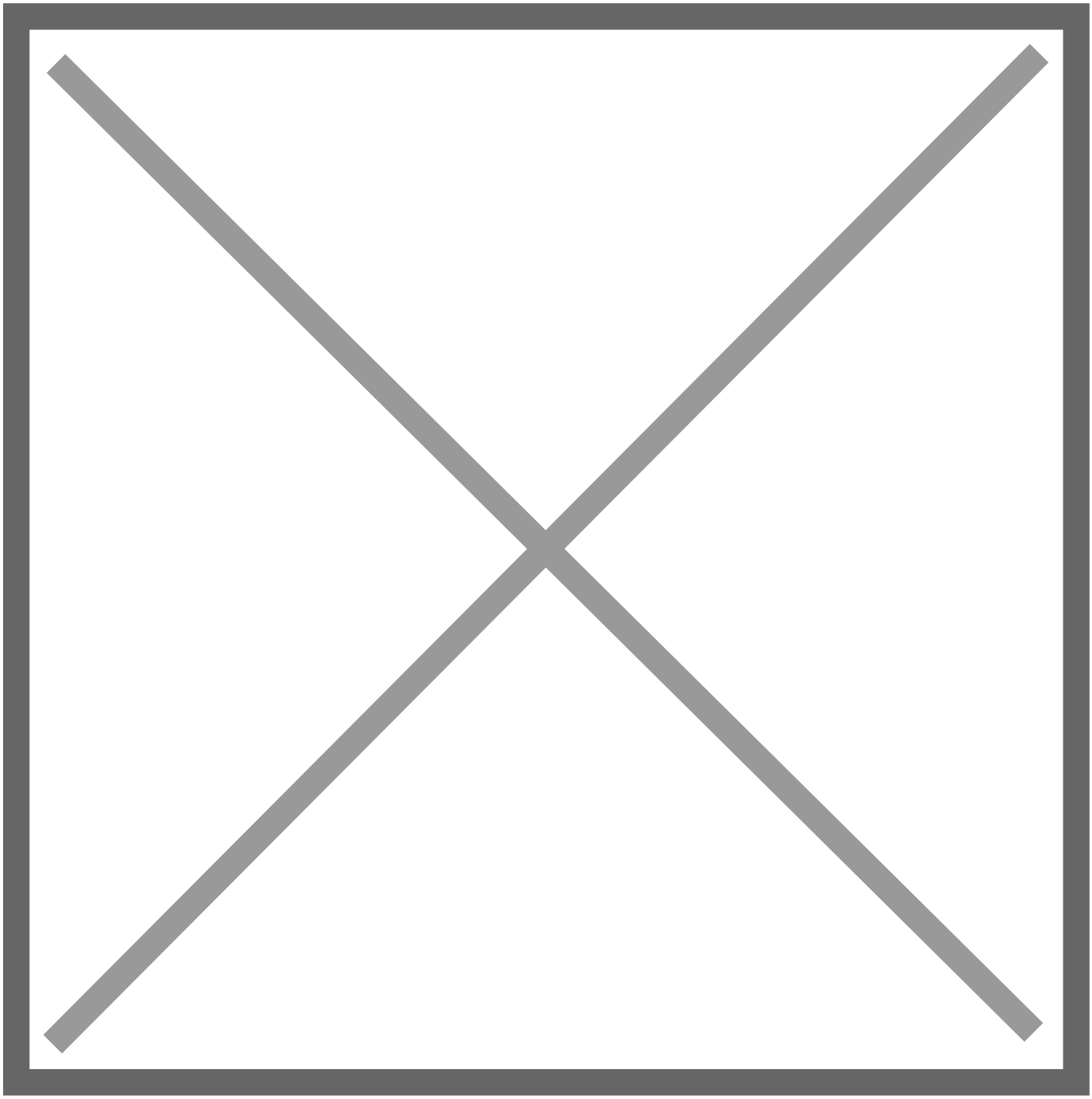
Children, 2023



Area covered:	National
Đ¡Đ¿Đ¸Ñ□ Đ¾Đº Đ»Đ¸Ñ□ ĐµÑ□ Đ°Ñ□ Ñ□ Ñ□ Ñ□ :	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]

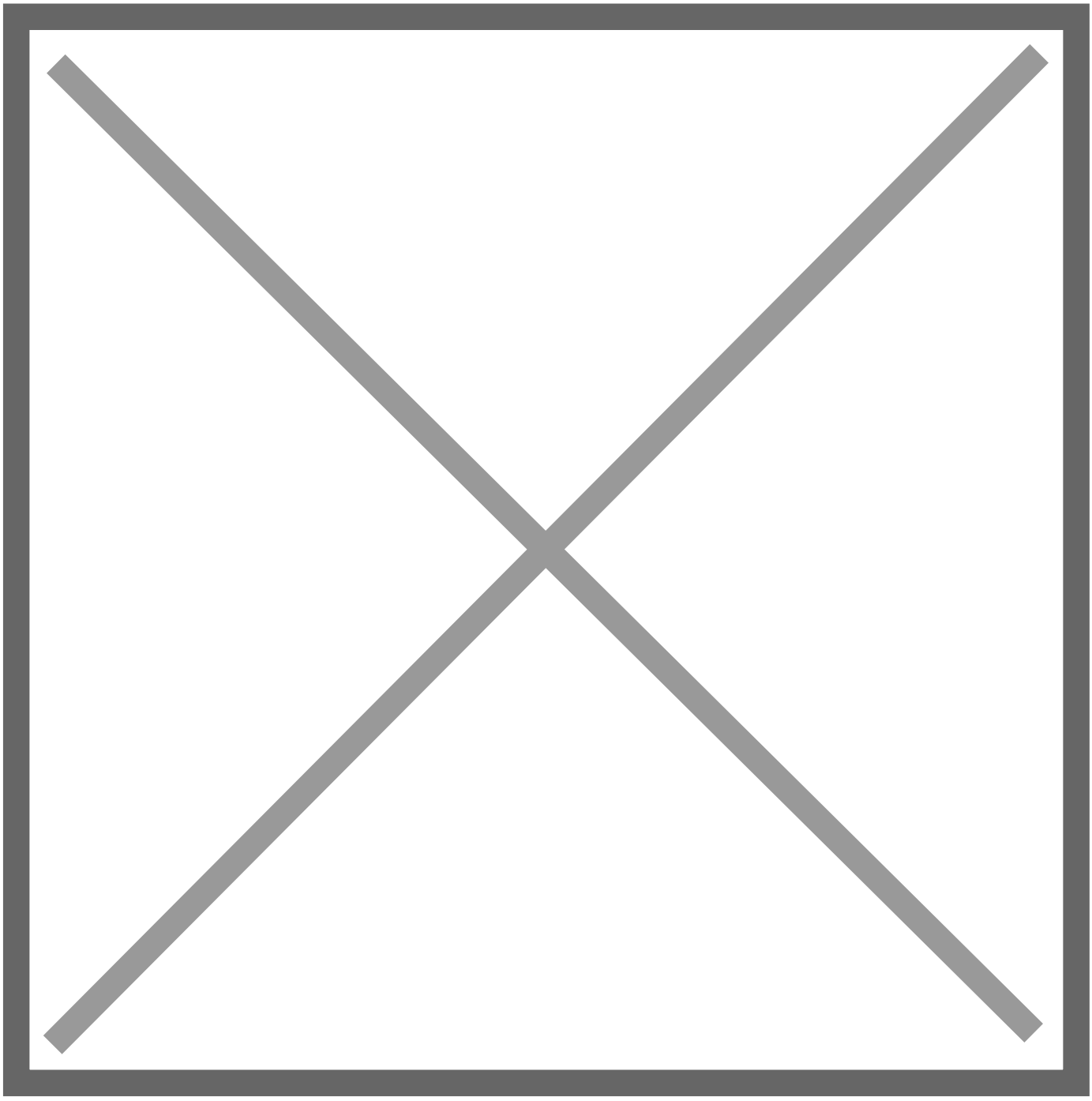
Definitions:	Estimated number living with anxiety disorders per 100,000 population (under 20 years of age)

Boys, 2023



Area covered:	National
Ð¡Ð¸Ð¾Ñ Ð¾Ð»Ð¸Ñ Ð¼Ñ Ð°Ñ Ñ Ñ :	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
Ð¡Ð¸Ñ Ð¾Ñ Ð»Ð¸Ñ Ðµ Ñ Ñ Ñ :	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)

PDF created on November 4, 2026