



Mongolia



Country report card - under-5s

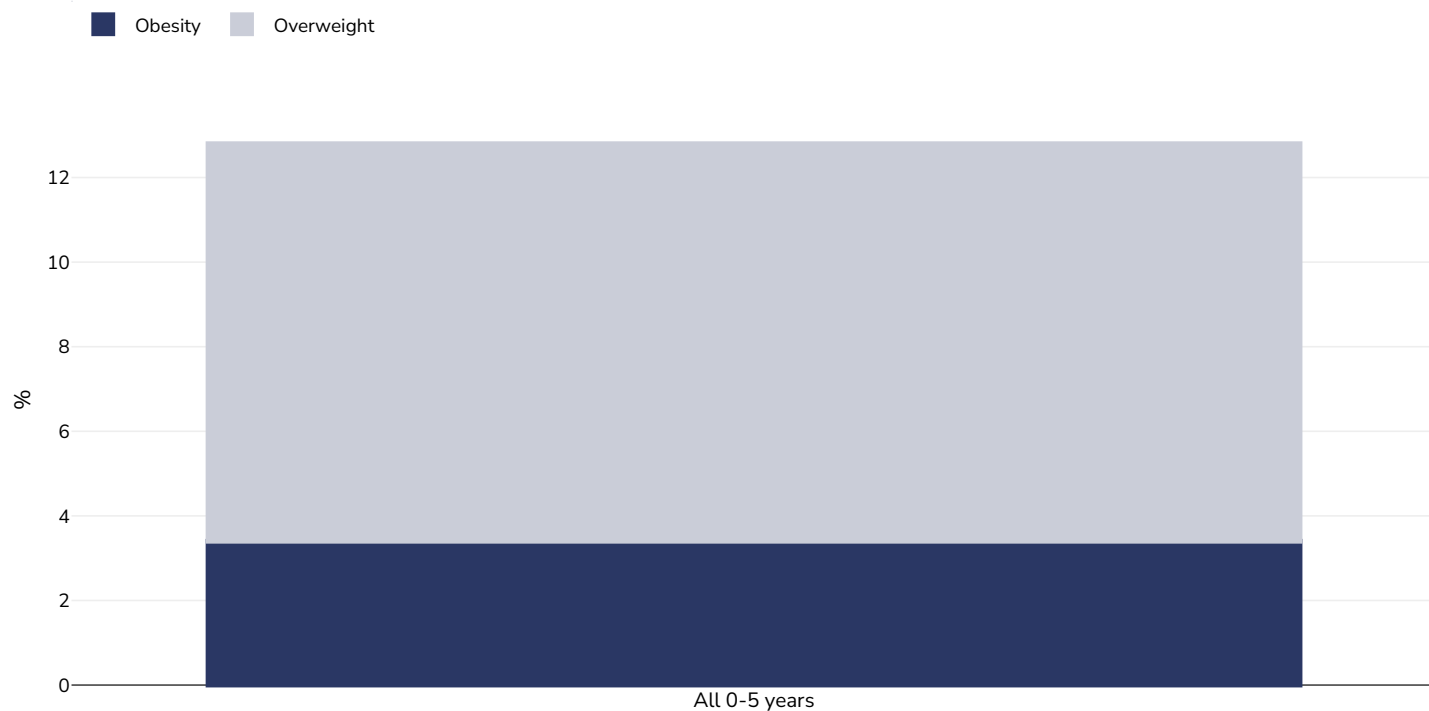
This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity for children under 5. Where available, data on common and relevant obesity drivers and comorbidities are also presented.

View the latest version of this report on the Global Obesity Observatory at <https://data.worldobesity.org/country/mongolia-143/>.

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Obesity prevalence

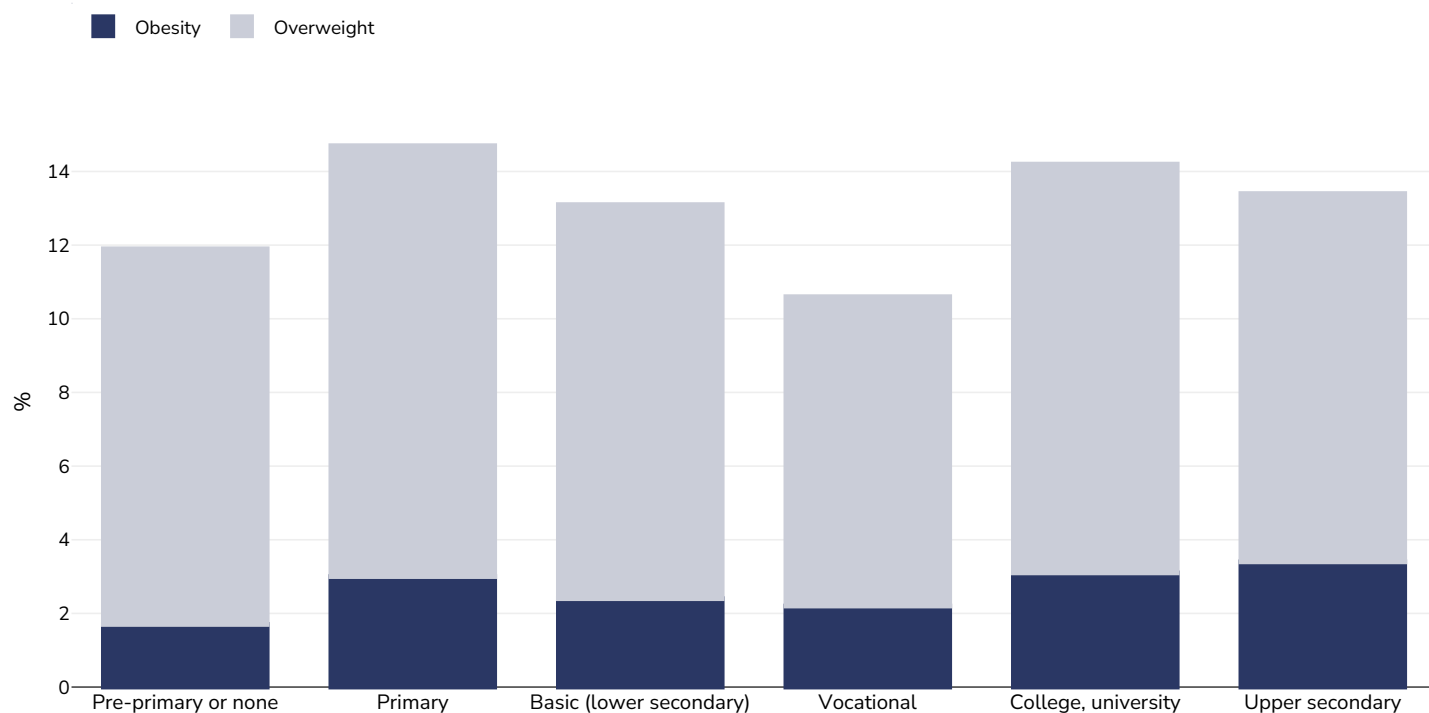
0-5 years, 2023



Survey type:	Measured
Age:	0-5
Sample size:	5117
Area covered:	National
References:	UNICEF (2023) MONGOLIA Social Indicator Sample Survey-2023 KEY INDICATORS REPORT. Available at (https://mics.unicef.org/sites/mics/files/2024-07/Mongolia%202023%20SISS-MICS%20Key%20Indicators%20Report_English.pdf last accessed 11.06.25)
Cutoffs:	>2SD <3 SD, =>3SD

Overweight/obesity by education

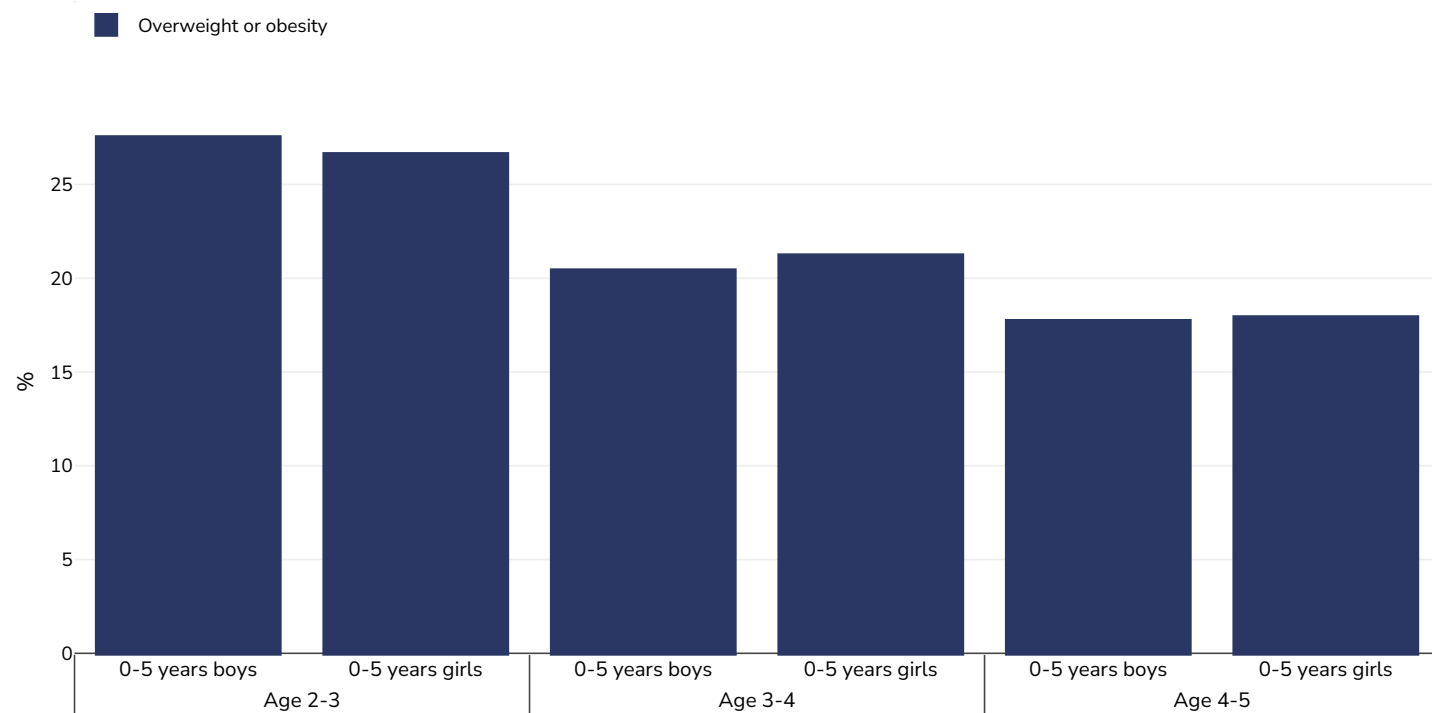
0-5 years, 2018



Survey type:	Measured
Sample size:	5,882
Area covered:	National
References:	NSO. 2019. Social Indicator Sample Survey-2018, Survey Findings Report. Ulaanbaatar, Mongolia: National Statistical Office of Mongolia. https://washdata.org/sites/default/files/documents/reports/2019-10/Mongolia-2018-MICS-report.pdf
Notes:	Mother's education
Definitions:	Weight for height. Overweight = Between +2SD and +3SD. Obesity = >+3SD
Cutoffs:	Other

Overweight/obesity by age

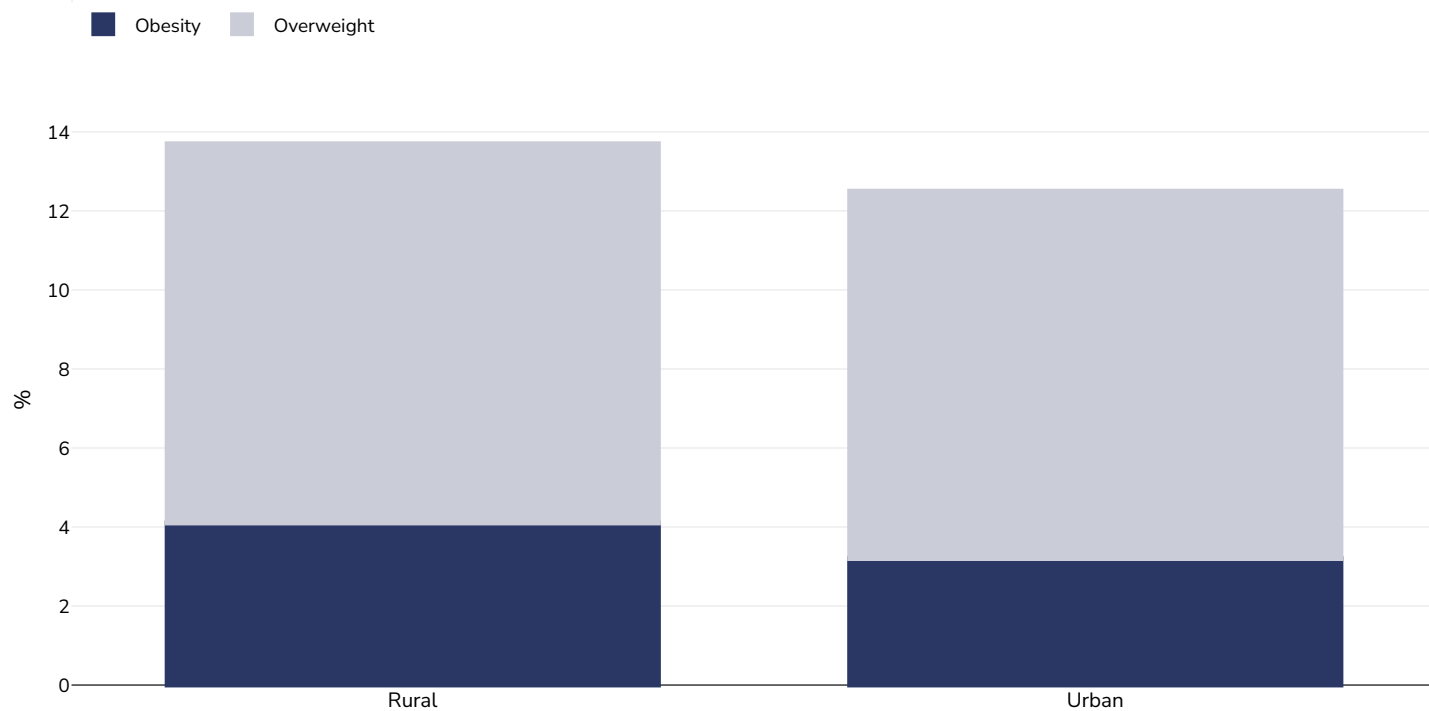
0-5 years, 2013



Survey type:	Measured
Sample size:	3404
Area covered:	National
References:	Mongolia MICS 2013 Survey - data analysed by R Jackson Leach, F Montague. World Obesity Federation
Notes:	IOTF monthly cut offs
Cutoffs:	IOTF

Overweight/obesity by region

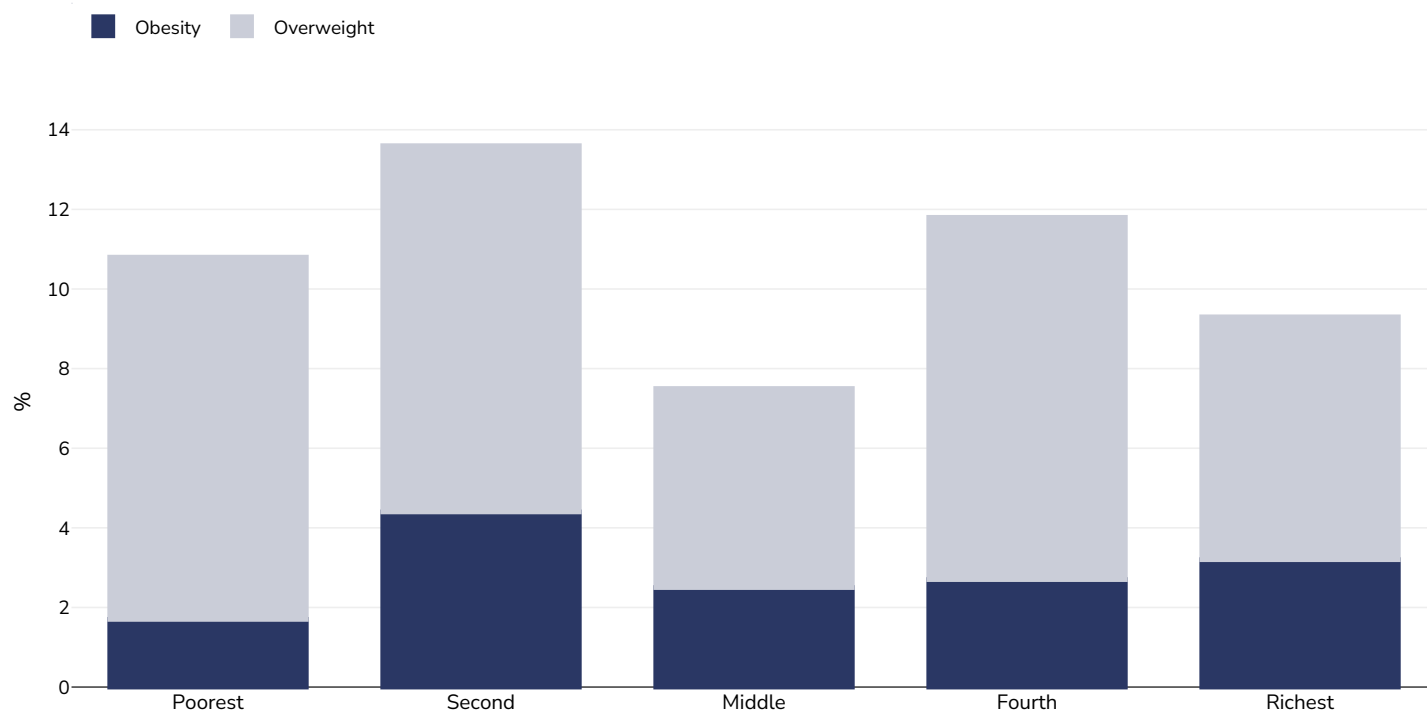
0-5 years, 2023



Survey type:	Measured
Sample size:	5117
Area covered:	National
References:	UNICEF (2023) MONGOLIA Social Indicator Sample Survey-2023 KEY INDICATORS REPORT. Available at (https://mics.unicef.org/sites/mics/files/2024-07/Mongolia%202023%20SISS-MICS%20Key%20Indicators%20Report_English.pdf last accessed 11.06.25)
Cutoffs:	>2SD <3 SD, =>3SD

Overweight/obesity by socio-economic group

0-5 years, 2018

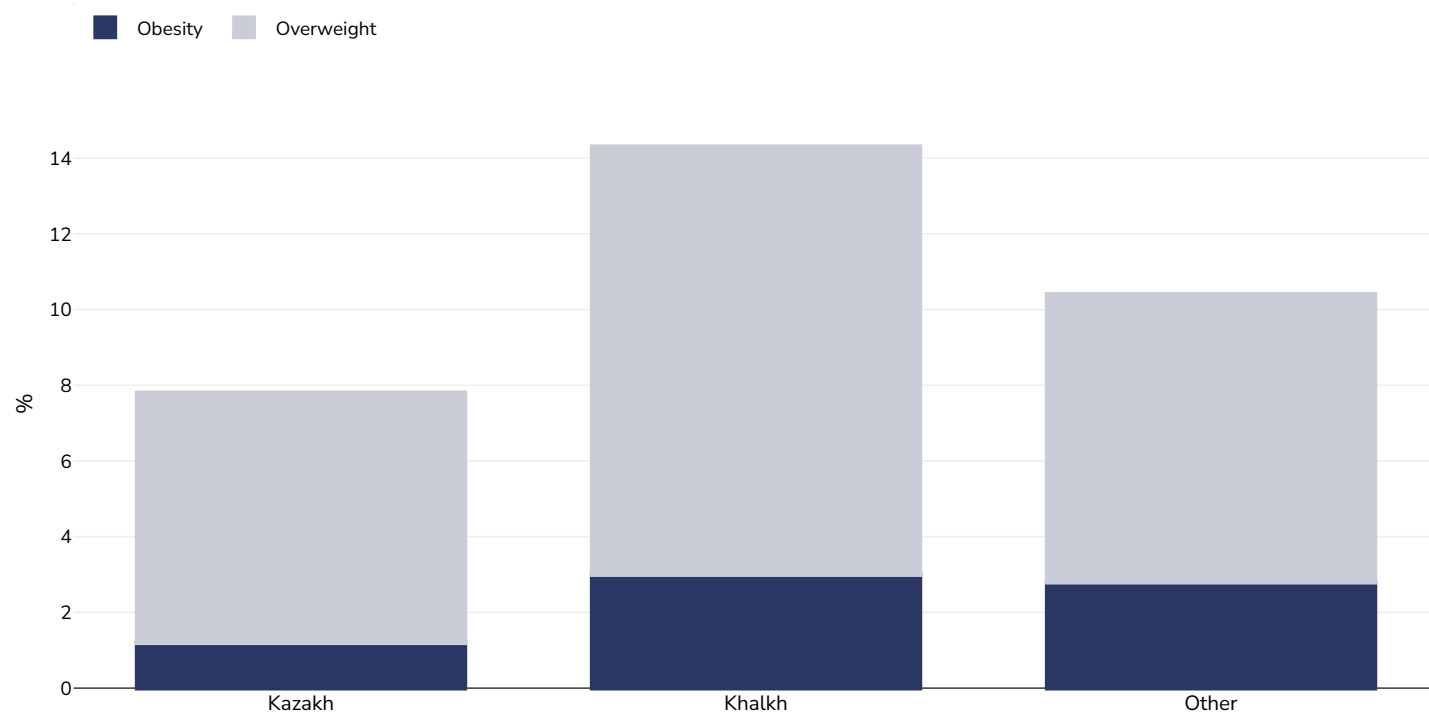


Survey type:	Measured
Sample size:	5882
Area covered:	National
References:	NSO. 2019. Social Indicator Sample Survey-2018, Survey Findings Report. Ulaanbaatar, Mongolia: National Statistical Office of Mongolia. https://washdata.org/sites/default/files/documents/reports/2019-10/Mongolia-2018-MICS-report.pdf (Accessed 24.06.21)
Notes:	Infants.
Definitions:	Weight for height. Overweight = Between +2SD and +3SD. Obesity = >+3SD
Cutoffs:	Other

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.

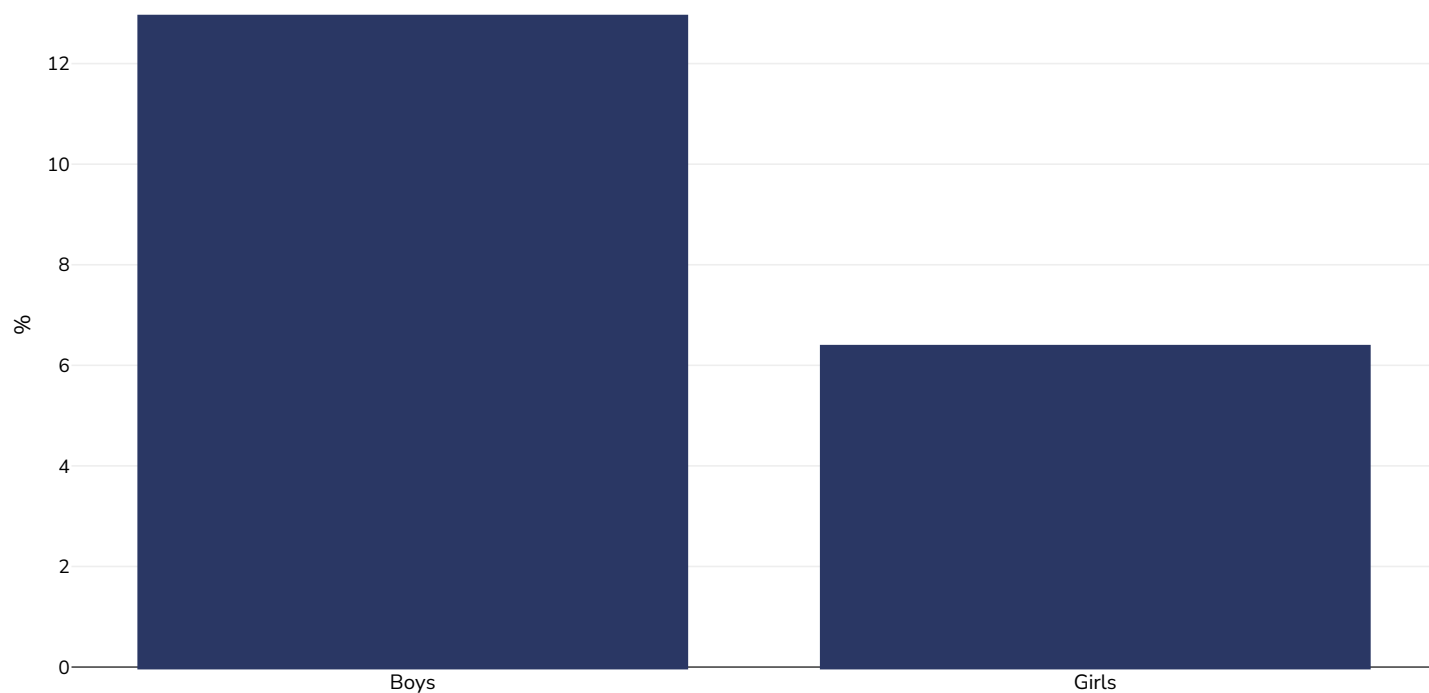
0-5 years, 2018



Survey type:	Measured
Sample size:	5,882
Area covered:	National
References:	NSO. 2019. Social Indicator Sample Survey-2018, Survey Findings Report. Ulaanbaatar, Mongolia: National Statistical Office of Mongolia. https://washdata.org/sites/default/files/documents/reports/2019-10/Mongolia-2018-MICS-report.pdf
Notes:	Ethnicity of household head
Definitions:	Weight for height. Overweight = Between +2SD and +3SD. Obesity = >+3SD
Cutoffs:	Other

Double burden of underweight & overweight

0-5 years, 2018-2018



Survey type: Measured

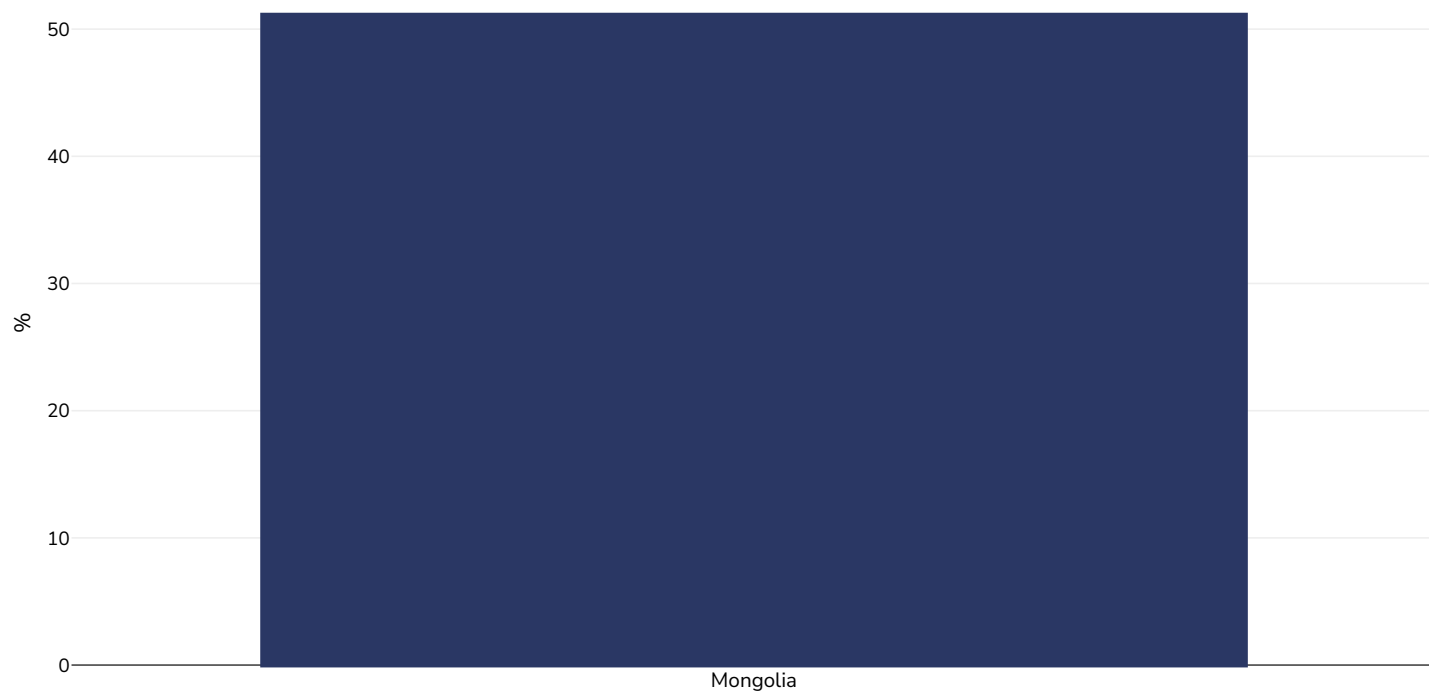
Age: 0-5

References: UNICEF data available at <https://data.unicef.org/topic/nutrition/malnutrition/> (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

% Infants exclusively breastfed 0-5 months

0-5 years, 2007-2023



References:

Mongolia Multiple Indicator Cluster Survey 2023

Notes: Full details are available. Original citation: United Nations Children’s Fund, Division of Data, Analysis, Planning and Monitoring (2024).
Global UNICEF Global Databases: Infant and Young Child Feeding: Exclusive breastfeeding, New York, December 2024.

PDF created on July 7, 2025