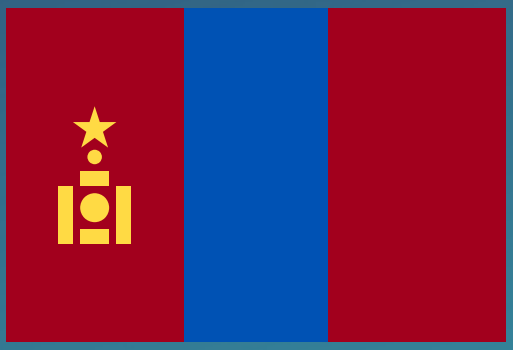
Mongolia



Country report card - under-5s

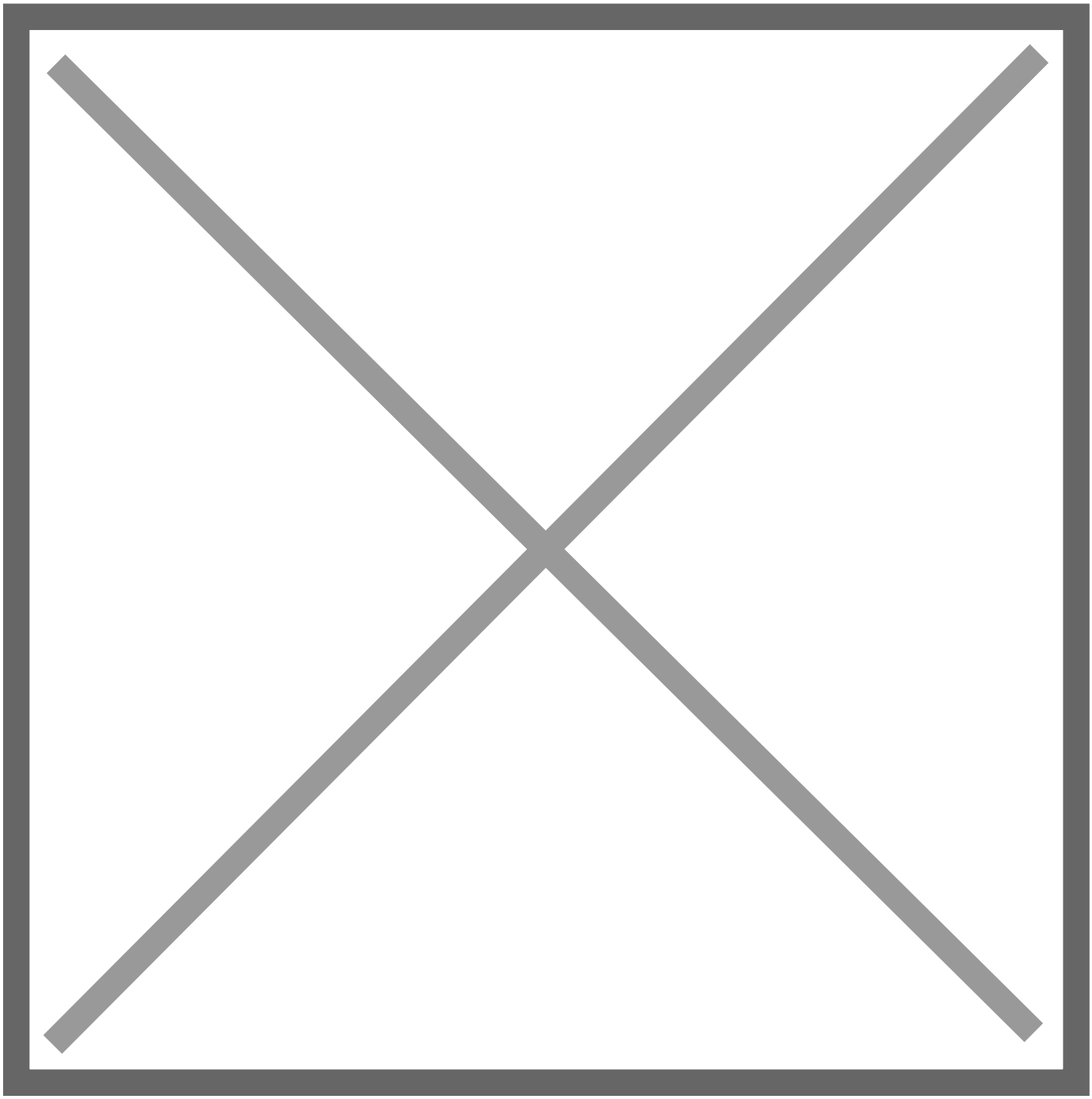
This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity for children under 5. Where available, data on common and relevant obesity drivers and comorbidities are also presented.

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

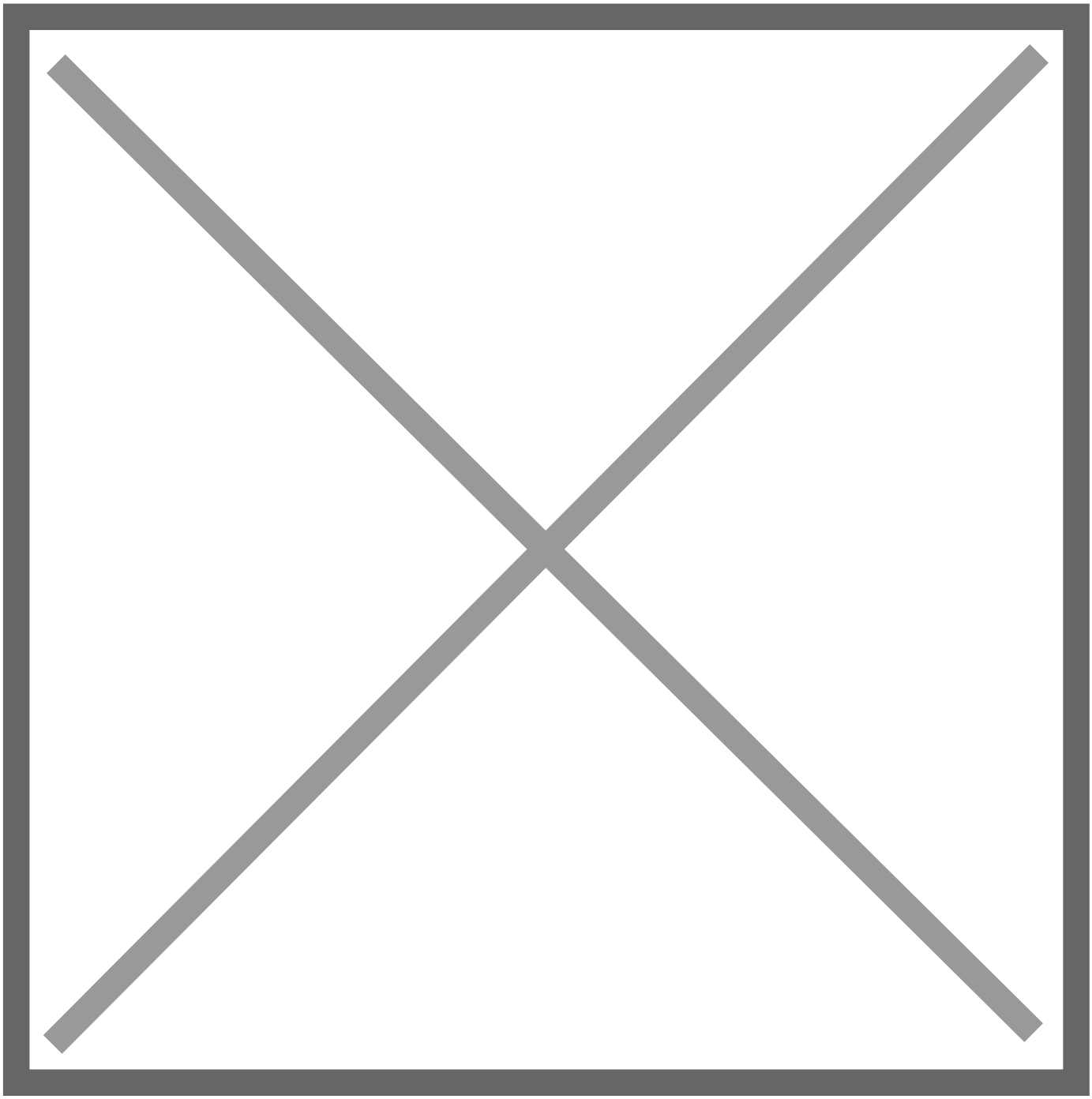


Survey type:	Measured
Age:	0-5
Sample size:	5117
Area covered:	National
References:	Mongolia Multiple Indicator Cluster Survey 2023

Notes:	UNICEF/WHO/World Bank Joint Child Malnutrition Estimates Expanded Database: Overweight estimates: National and Disaggregated, July 2025, New York. Weighted sample size. For more information, please consult https://data.unicef.org/resources/jme/.
Definitions:	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.
Cutoffs:	=>+2SD

Overweight/obesity by education

0-5 years, 2018

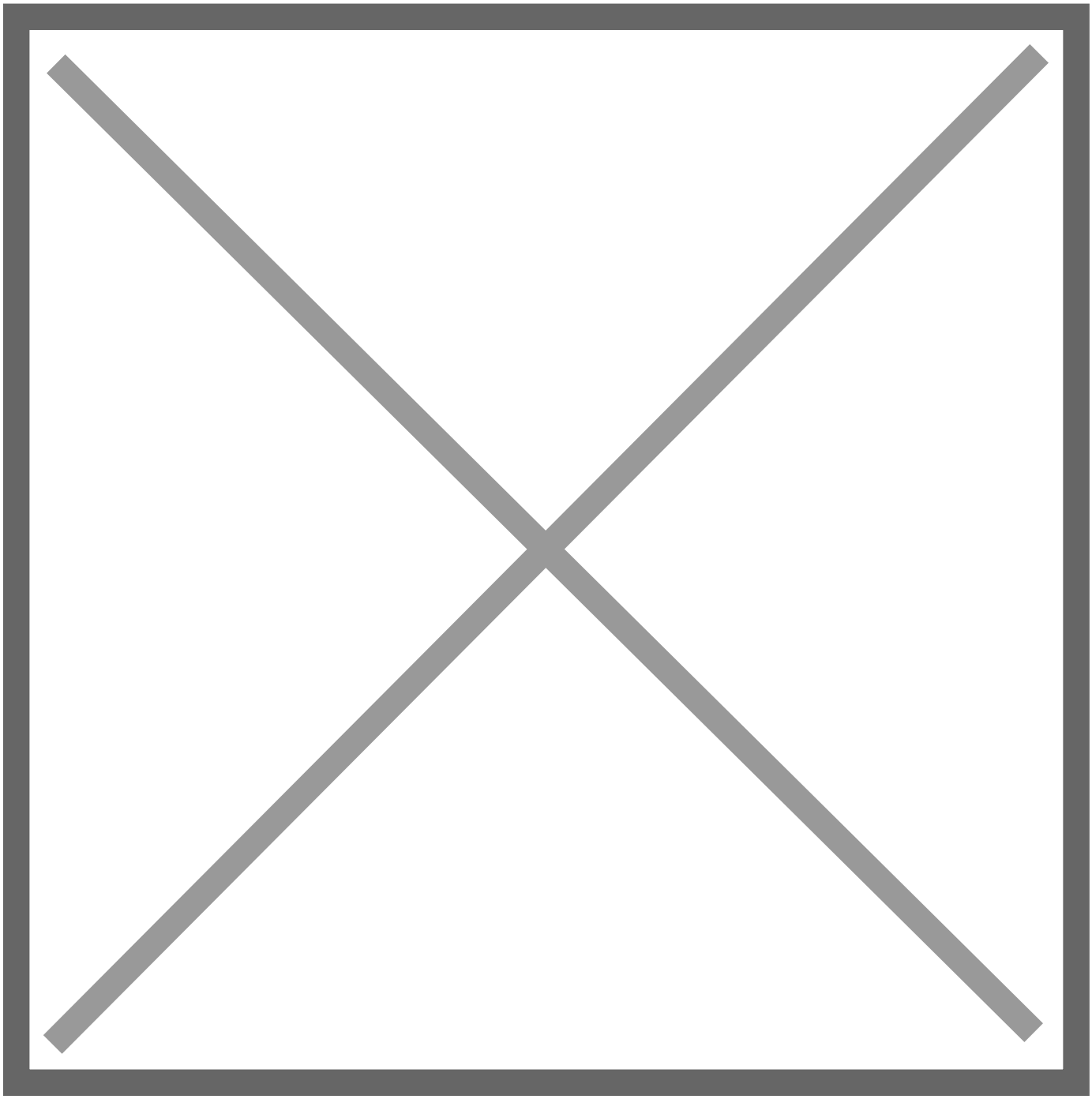


Survey type:	Measured
Sample size:	5,882
Area covered:	National
References:	NSO. 2019. Social Indicator Sample Survey-2018, Survey Findings Report. Ulaanbaatar, Mongolia: National Statistical Office of Mongolia. https://washdata.org/sites/default/files/documents/reports/2019-10/Mongolia-2018-MICS-report.pdf
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

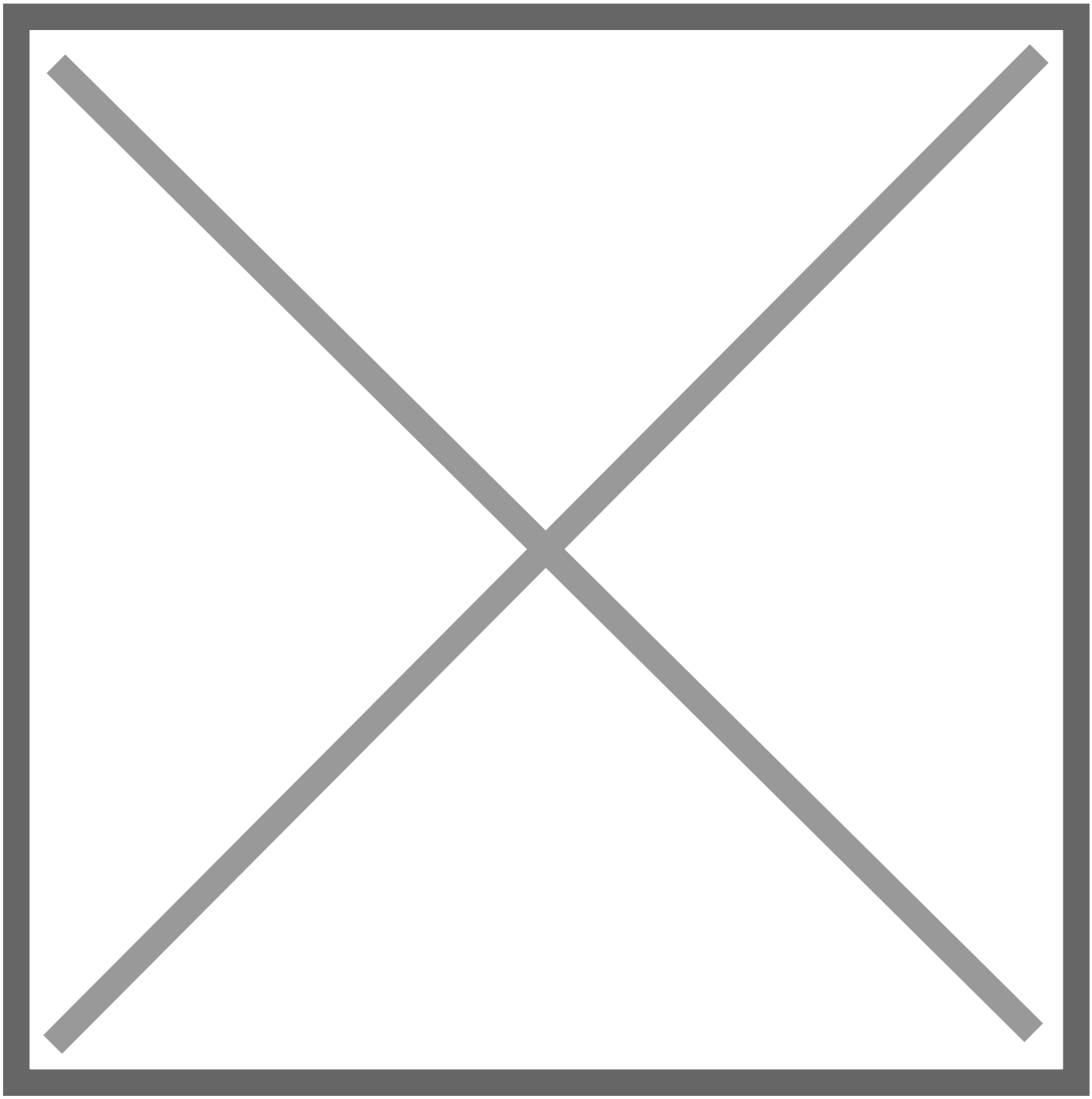


Survey type:	Measured
Sample size:	3404
Area covered:	National
References:	Mongolia MICS 2013 Survey - data analysed by R Jackson Leach, F Montague. World Obesity Federation
Notes:	IOTF monthly cut offs

Cutoffs:	IOTF

Overweight/obesity by region

0-5 years, 2023

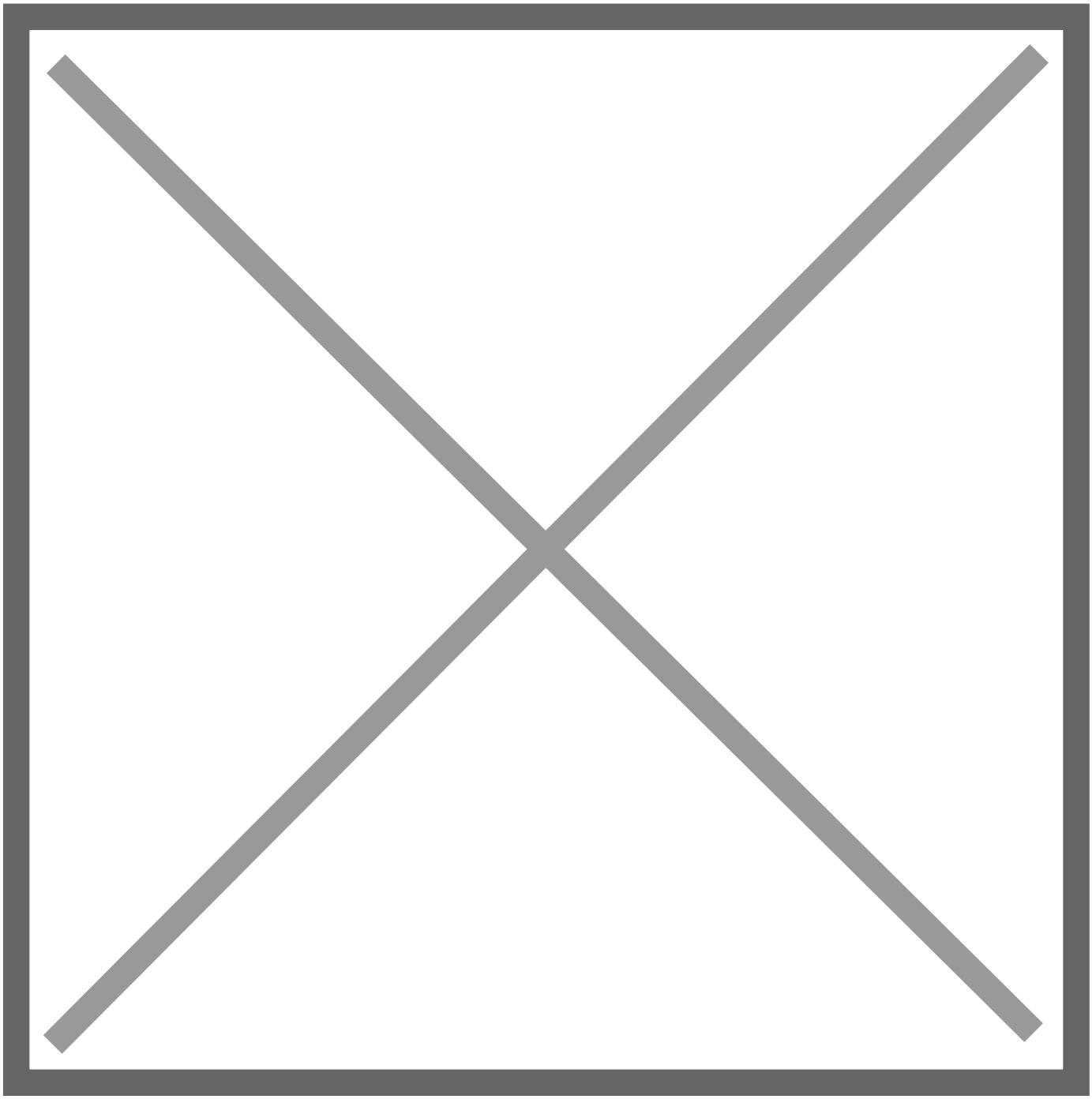


Survey type:	Measured
Sample size:	5117
Area covered:	National
References:	UNICEF (2023) MONGOLIA Social Indicator Sample Survey-2023 KEY INDICATORS REPORT. Available at (https://mics.unicef.org/sites/mics/files/2024-07/Mongolia%202023%20SISS-MICS%20Key%20Indicators%20Report_English.pdf last accessed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

Cutoffs:	>2SD <3 SD, =>3SD

Overweight/obesity by socio-economic group

0-5 years, 2018



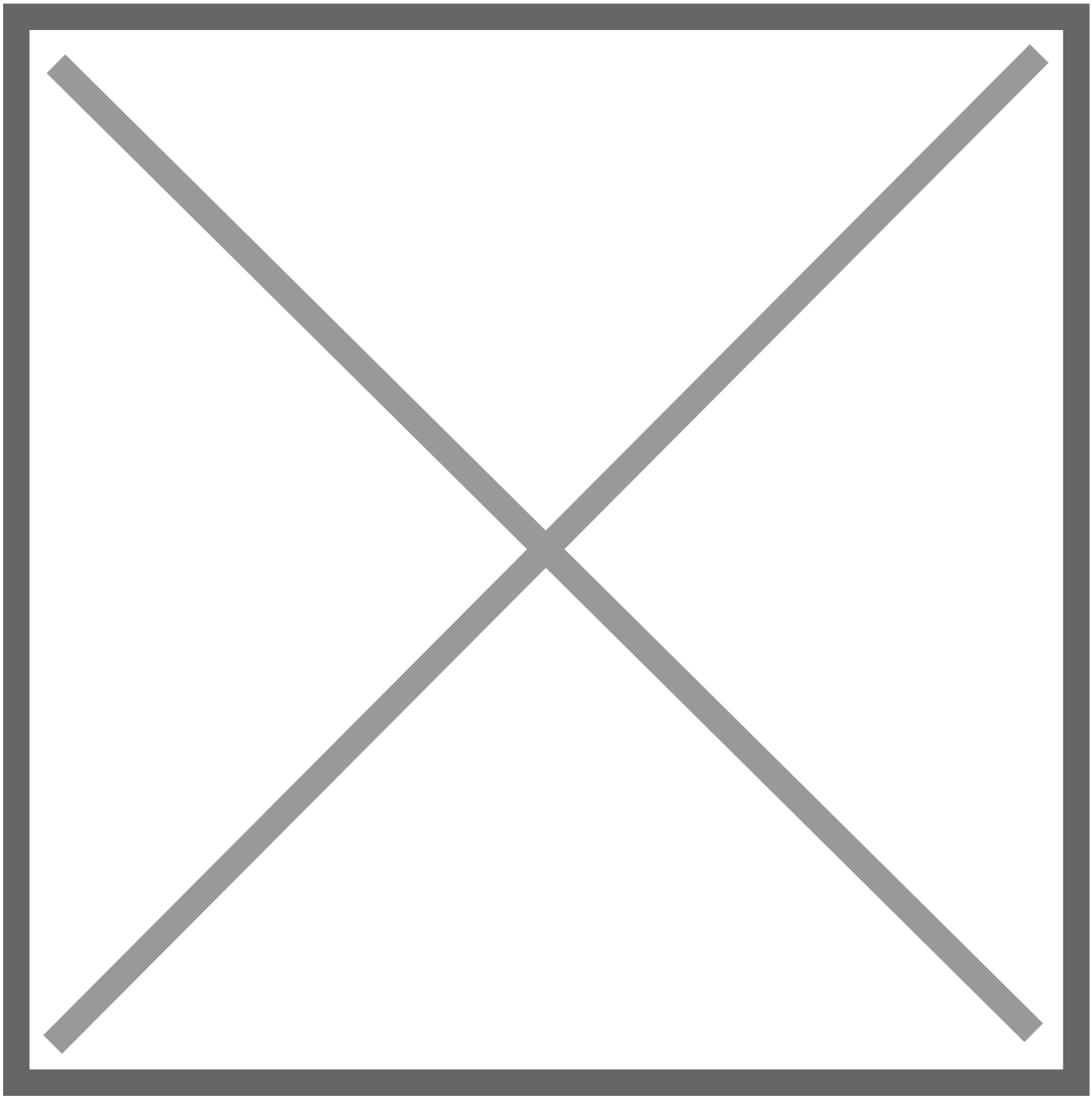
Survey type:	Measured
Sample size:	5882
Area covered:	National
References:	NSO. 2019. Social Indicator Sample Survey-2018, Survey Findings Report. Ulaanbaatar, Mongolia: National Statistical Office of Mongolia. https://washdata.org/sites/default/files/documents/reports/2019-10/Mongolia-2018-MICS-report.pdf (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

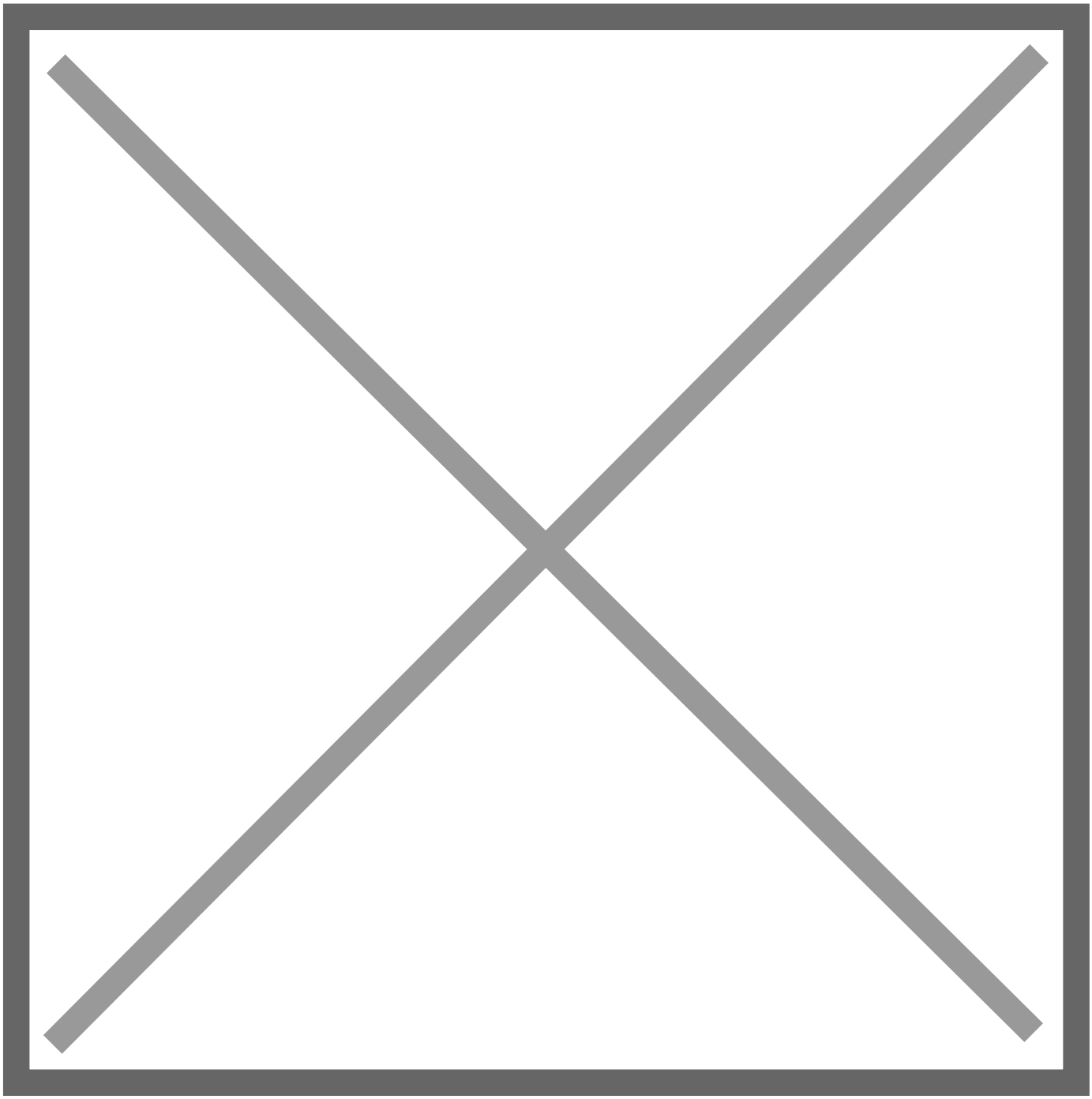


Survey type:	Measured
Sample size:	5,882
Area covered:	National
References:	NSO. 2019. Social Indicator Sample Survey-2018, Survey Findings Report. Ulaanbaatar, Mongolia: National Statistical Office of Mongolia. https://washdata.org/sites/default/files/documents/reports/2019-10/Mongolia-2018-MICS-report.pdf
Notes:	Ethnicity of household head

Definitions:	Weight for height. Overweight = Between +2SD and +3SD. Obesity = >+3SD
Cutoffs:	Other

Double burden of underweight & obesity

0-5 years, 2018

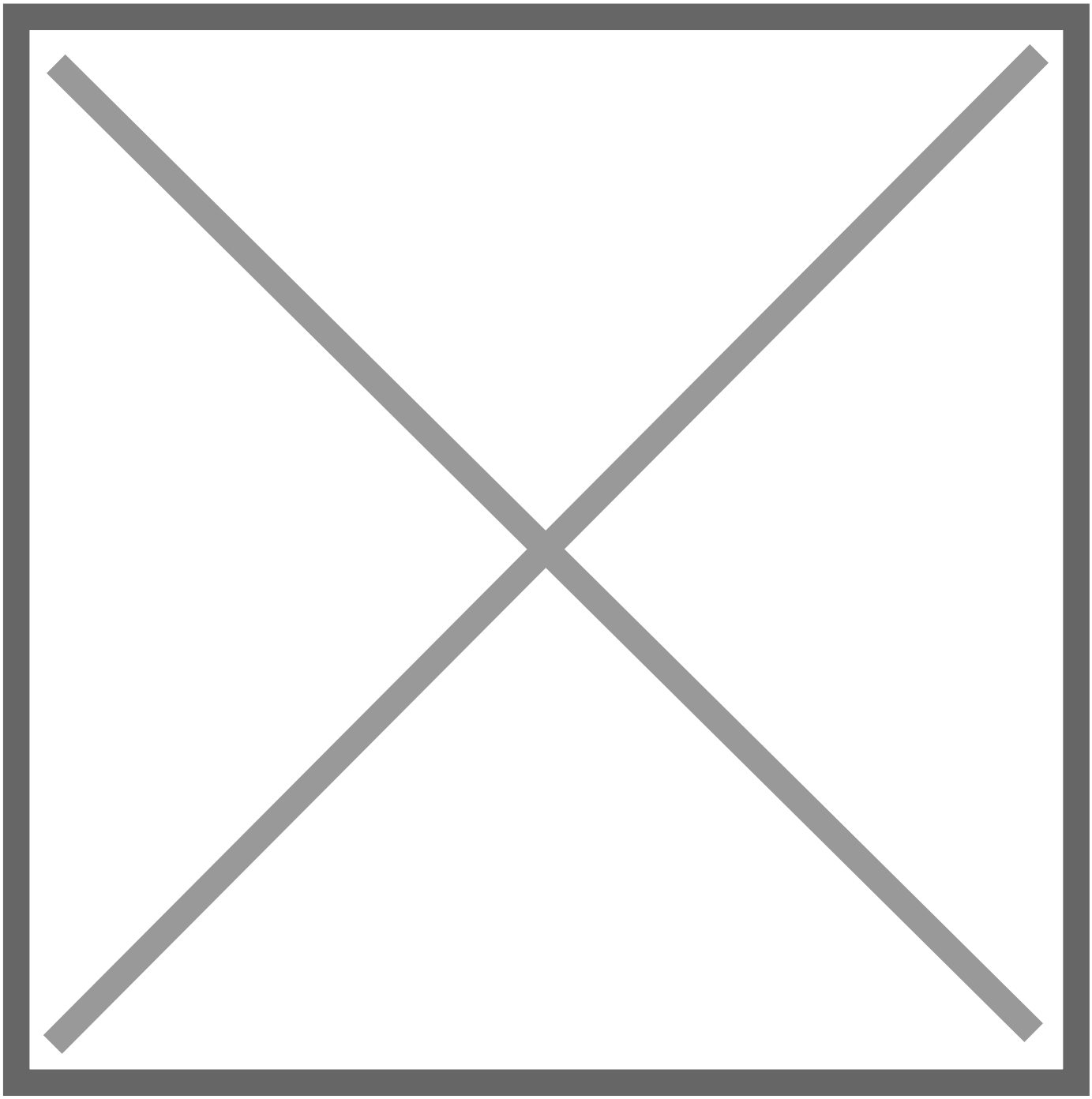


Survey type:	Measured
Age:	0-5
References:	United Nations Children's Fund, Division of Data, Analysis, Planning and Monitoring (2025). Global UNICEF Global Databases: Overlapping Stunting, Wasting and Overweight (Survey Estimates), 2025, New York. For more information, visit: https://data.unicef.org/topic/nutrition/malnutrition/ [Accessed 06.08.25]
Notes:	Social Indicator Sample Survey-2018, Survey Findings Report. Ulaanbaatar, Mongolia: National Statistical Office of Mongolia

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

% Infants exclusively breastfed 0-5 months

0-5 years, 2015-2023



Area covered:	National
References:	Mongolia Multiple Indicator Cluster Survey 2023
Notes:	Full details available at source: United Nations Children's Fund, Division of Data, Analysis, Planning and Monitoring (2025). Global UNICEF Global Databases: Infant and Young Child Feeding: Exclusive breastfeeding, New York, November 2025.
Definitions:	Infants 0-5 months of age who received only breast milk during the previous day. The definition allows for medicines, vitamins and oral re-hydration solution to have been given. These infants would not have received water-based liquids, milk based-liquids or food.

PDF created on November 4, 2026