



# Nauru



## Country report card - children

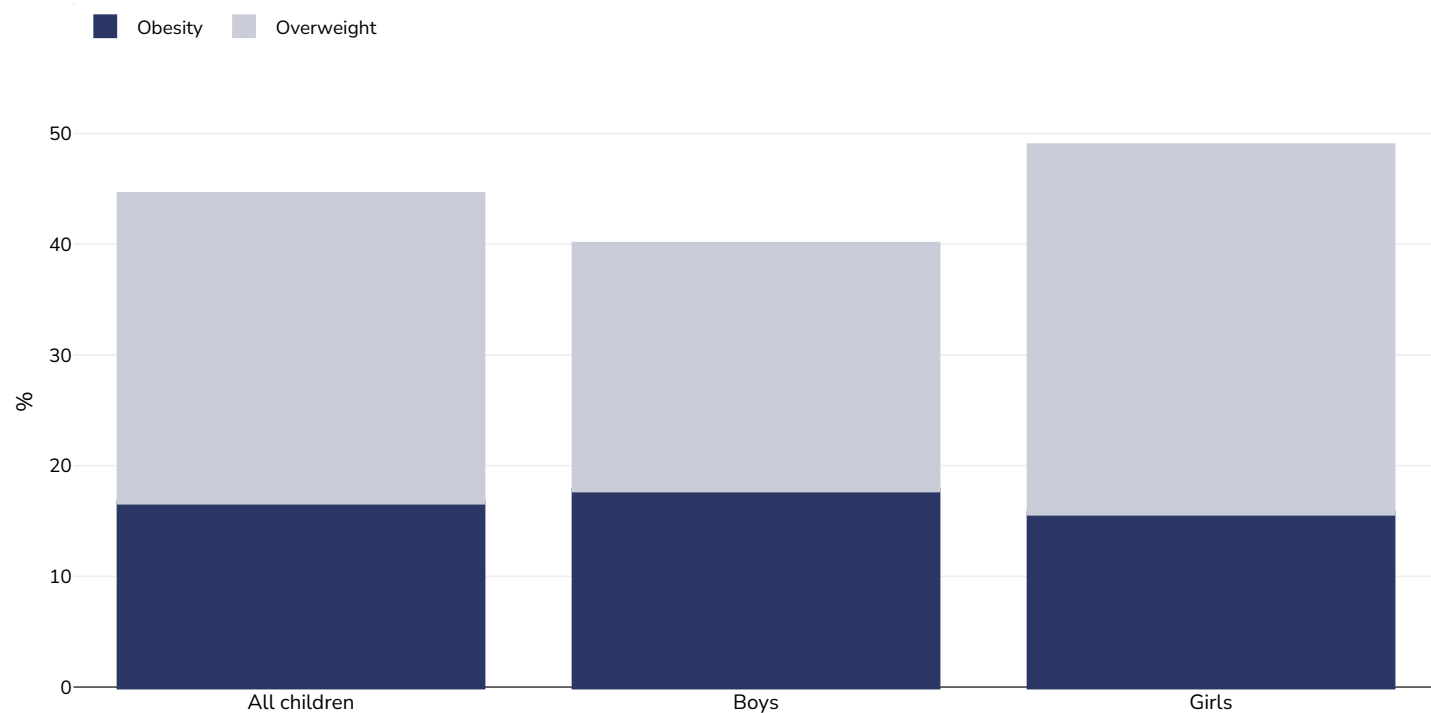
*This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity for children, including adolescents (aged 5 to 18 years). Where available, data on common and relevant obesity drivers and comorbidities are also presented.*

*View the latest version of this report on the Global Obesity Observatory at <https://data.worldobesity.org/country/nauru-150/>*

| Contents                                            | Page |
|-----------------------------------------------------|------|
| Obesity prevalence                                  | 3    |
| Double burden of underweight & overweight           | 4    |
| Insufficient physical activity                      | 5    |
| Prevalence of less than daily fruit consumption     | 8    |
| Prevalence of less than daily vegetable consumption | 9    |
| Mental health - depression disorders                | 10   |
| Mental health - anxiety disorders                   | 13   |

## Obesity prevalence

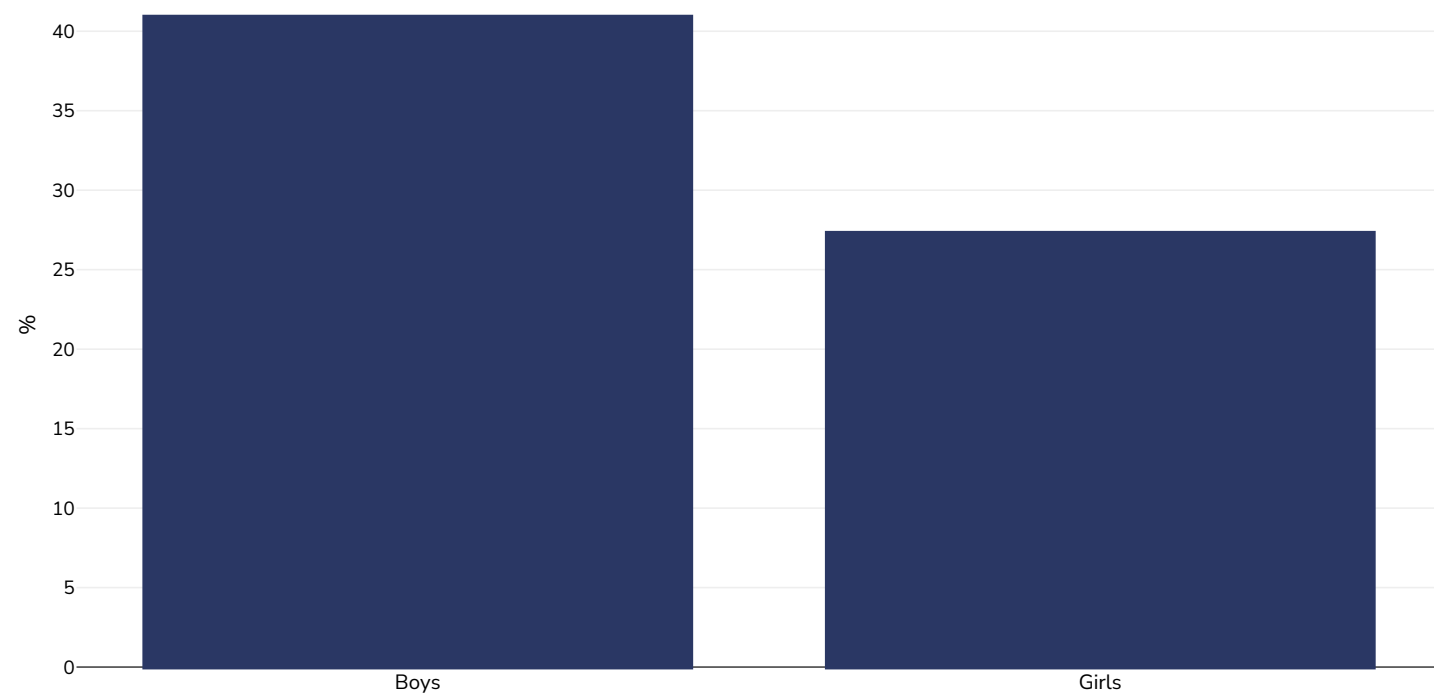
### Children, 2011



|               |                                                                                                                                                                                                                                                     |
|---------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Survey type:  | Self-reported                                                                                                                                                                                                                                       |
| Age:          | 13-15                                                                                                                                                                                                                                               |
| Sample size:  | 578                                                                                                                                                                                                                                                 |
| Area covered: | National                                                                                                                                                                                                                                            |
| References:   | Global School-based Student Health Survey (GSHS), available at <a href="https://www.who.int/ncds/surveillance/gshs/Nauru_GSHS_FS_2011.pdf?ua=1">https://www.who.int/ncds/surveillance/gshs/Nauru_GSHS_FS_2011.pdf?ua=1</a> (last accessed 14.12.20) |
| Notes:        | NB. Small sample size                                                                                                                                                                                                                               |
| Cutoffs:      | WHO                                                                                                                                                                                                                                                 |

## Double burden of underweight & overweight

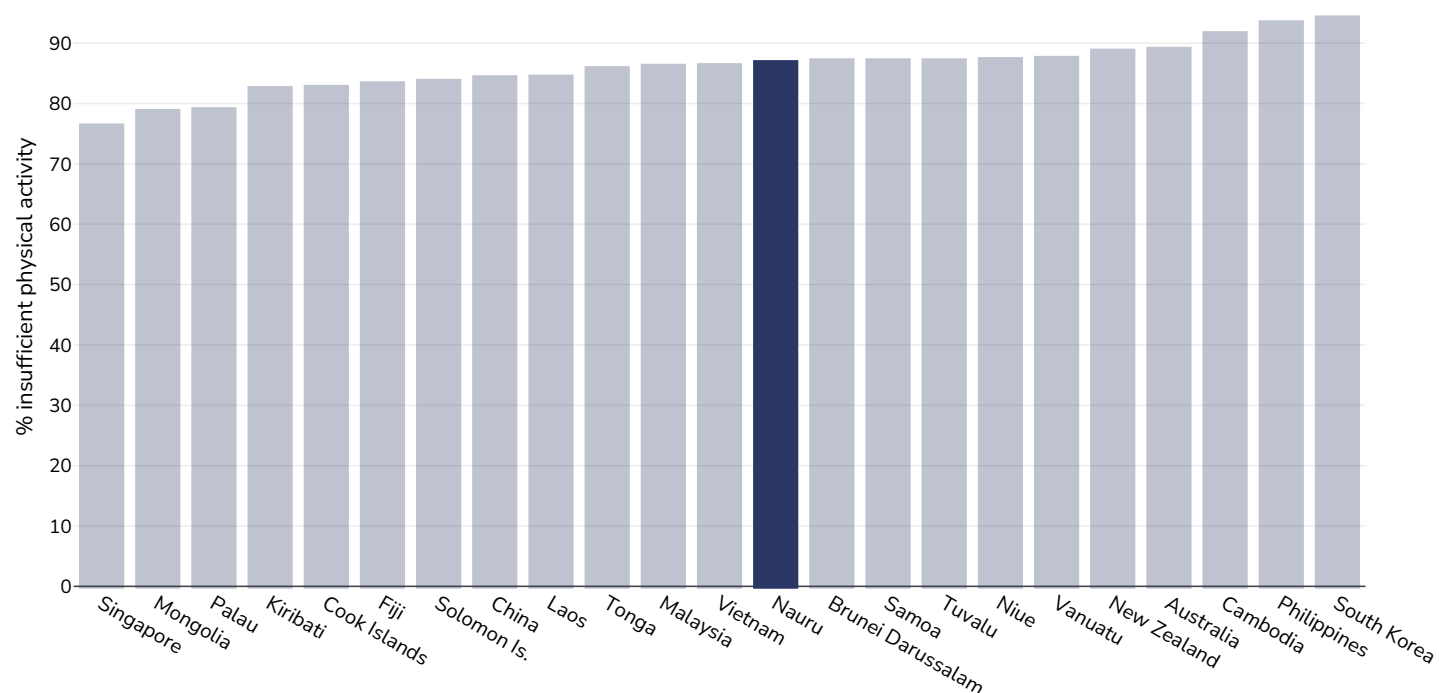
### Children, 2022



|              |                                                                                                                                                                                                                                                                                                                                                                            |
|--------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 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. <a href="https://doi.org/10.1016/S0140-6736(23)02750-2">https://doi.org/10.1016/S0140-6736(23)02750-2</a> . |
| 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                                                                                                                                                                                                                                                                                                                                                   |

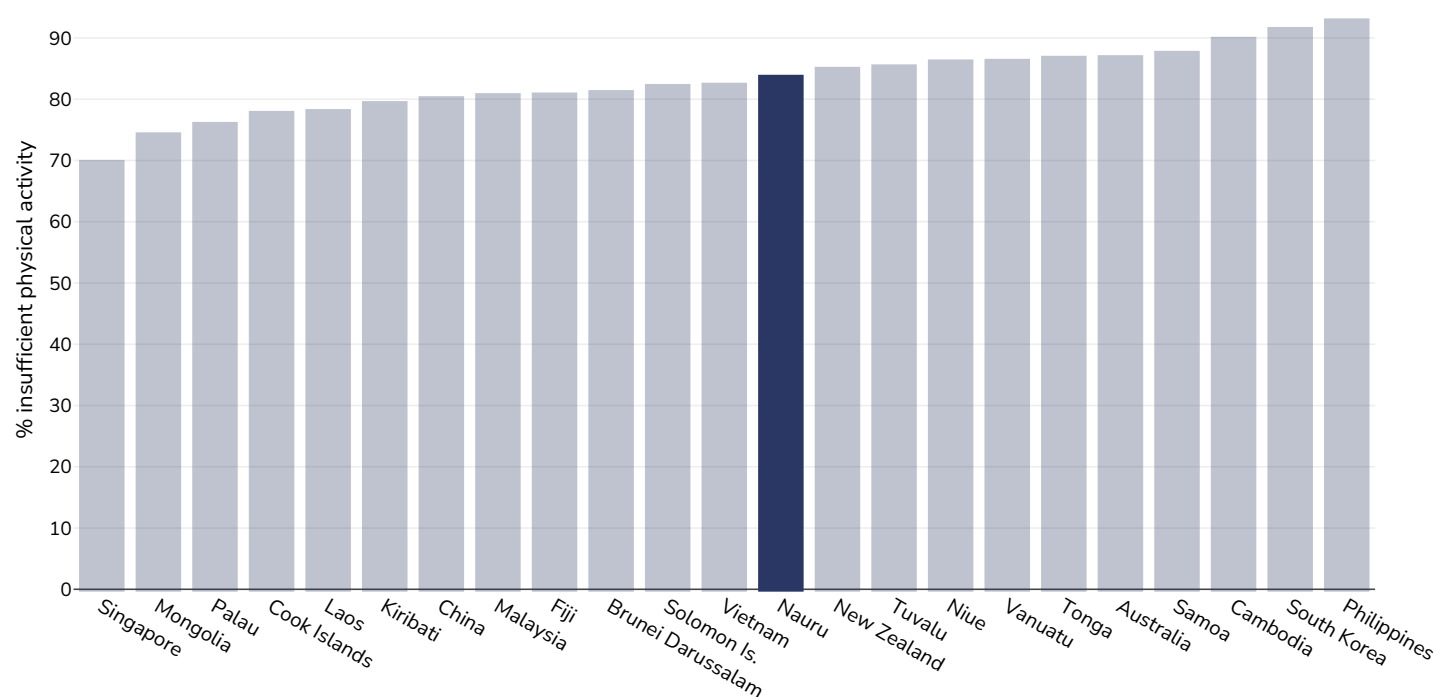
## Insufficient physical activity

### Children, 2016



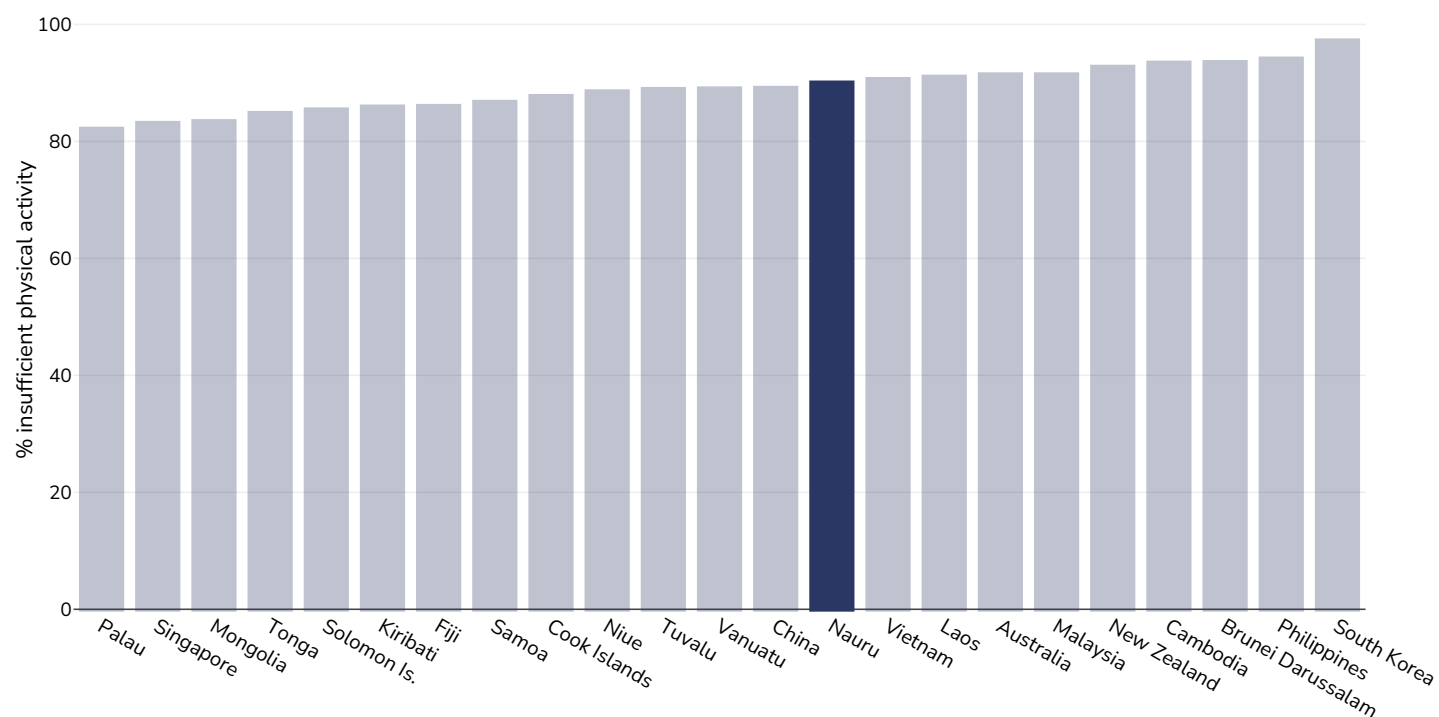
|              |                                                                                                                                                                                                                              |
|--------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Survey type: | Self-reported                                                                                                                                                                                                                |
| Age:         | 11-17                                                                                                                                                                                                                        |
| References:  | Global Health Observatory data repository, World Health Organisation, <a href="https://apps.who.int/gho/data/node.main.A893ADO?lang=en">https://apps.who.int/gho/data/node.main.A893ADO?lang=en</a> (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, <a href="https://apps.who.int/gho/data/node.main.A893ADO?lang=en">https://apps.who.int/gho/data/node.main.A893ADO?lang=en</a> (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)                                                                                                                                                              |

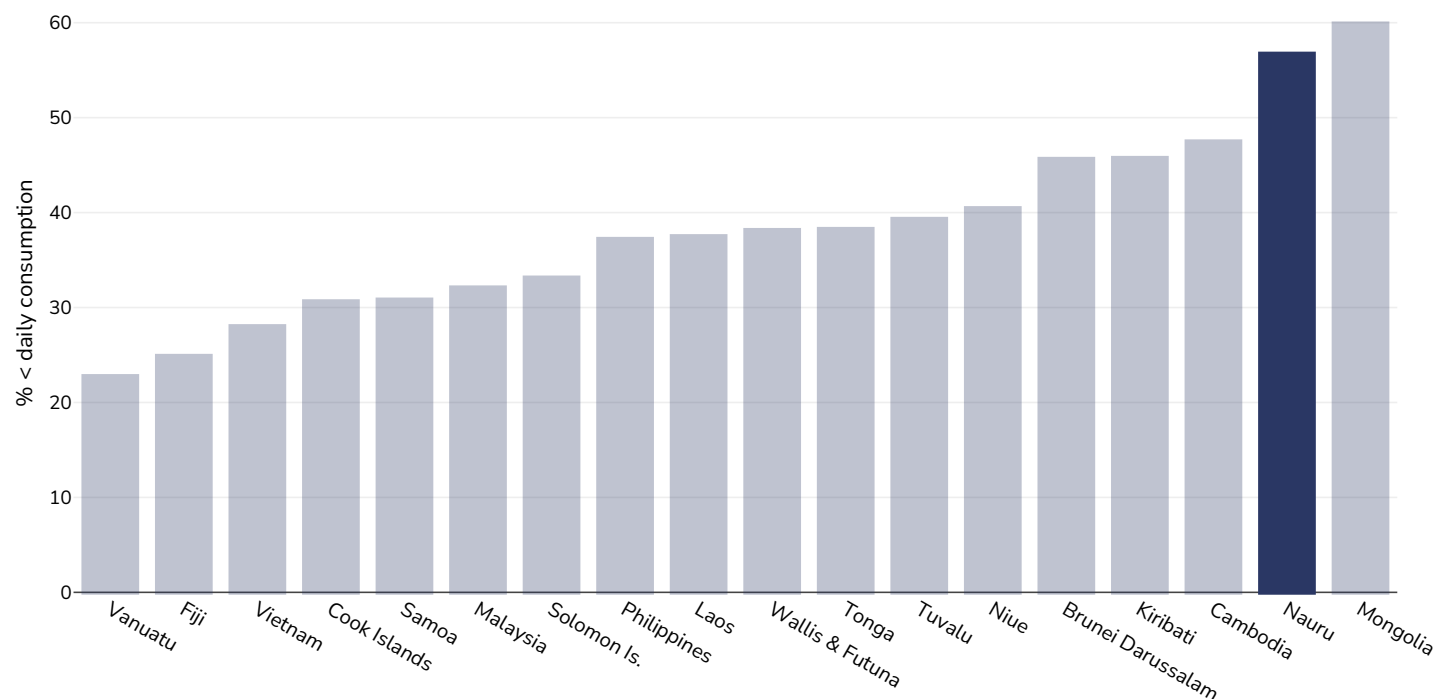
## Girls, 2016



|              |                                                                                                                                                                                                                              |
|--------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Survey type: | Self-reported                                                                                                                                                                                                                |
| Age:         | 11-17                                                                                                                                                                                                                        |
| References:  | Global Health Observatory data repository, World Health Organisation, <a href="https://apps.who.int/gho/data/node.main.A893ADO?lang=en">https://apps.who.int/gho/data/node.main.A893ADO?lang=en</a> (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)                                                                                                                                                              |

## Prevalence of less than daily fruit consumption

### Children, 2010-2015



**Survey type:** Measured

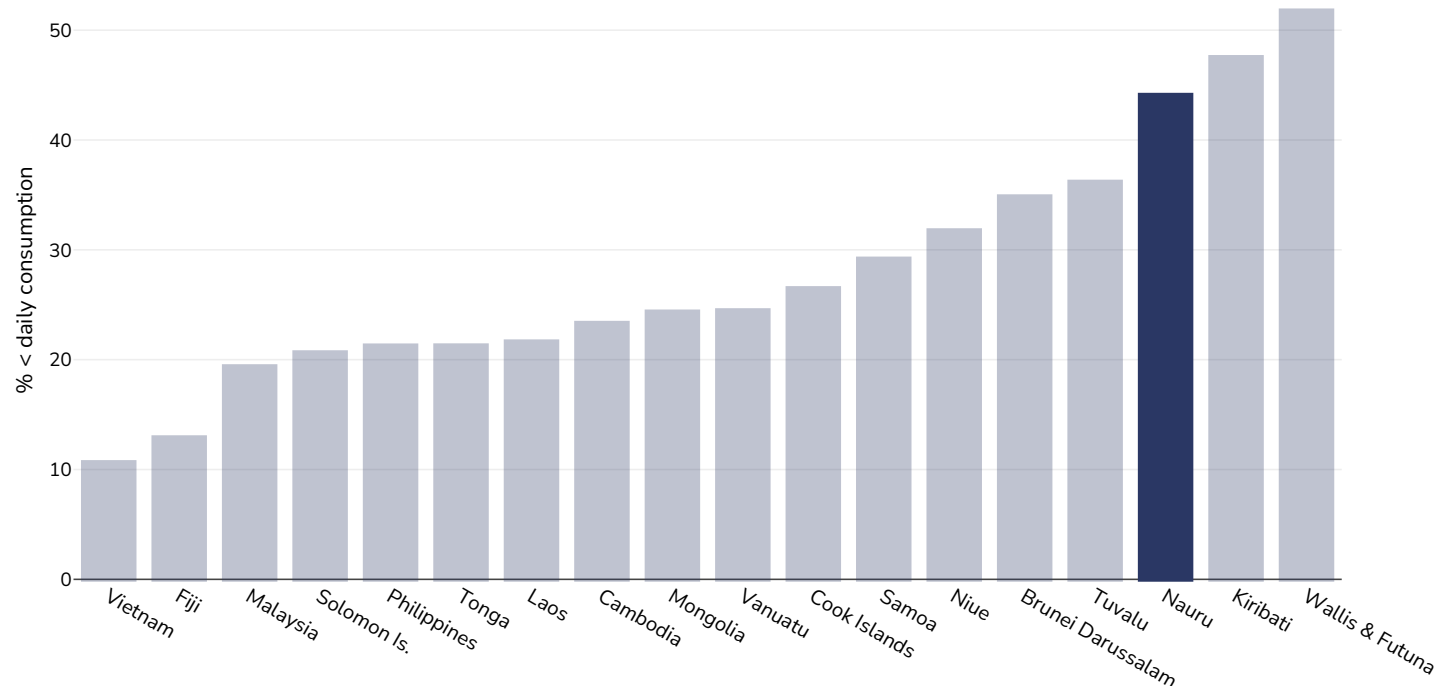
**Age:** 12-17

**References:** 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, 2010-2015



Survey type: Measured

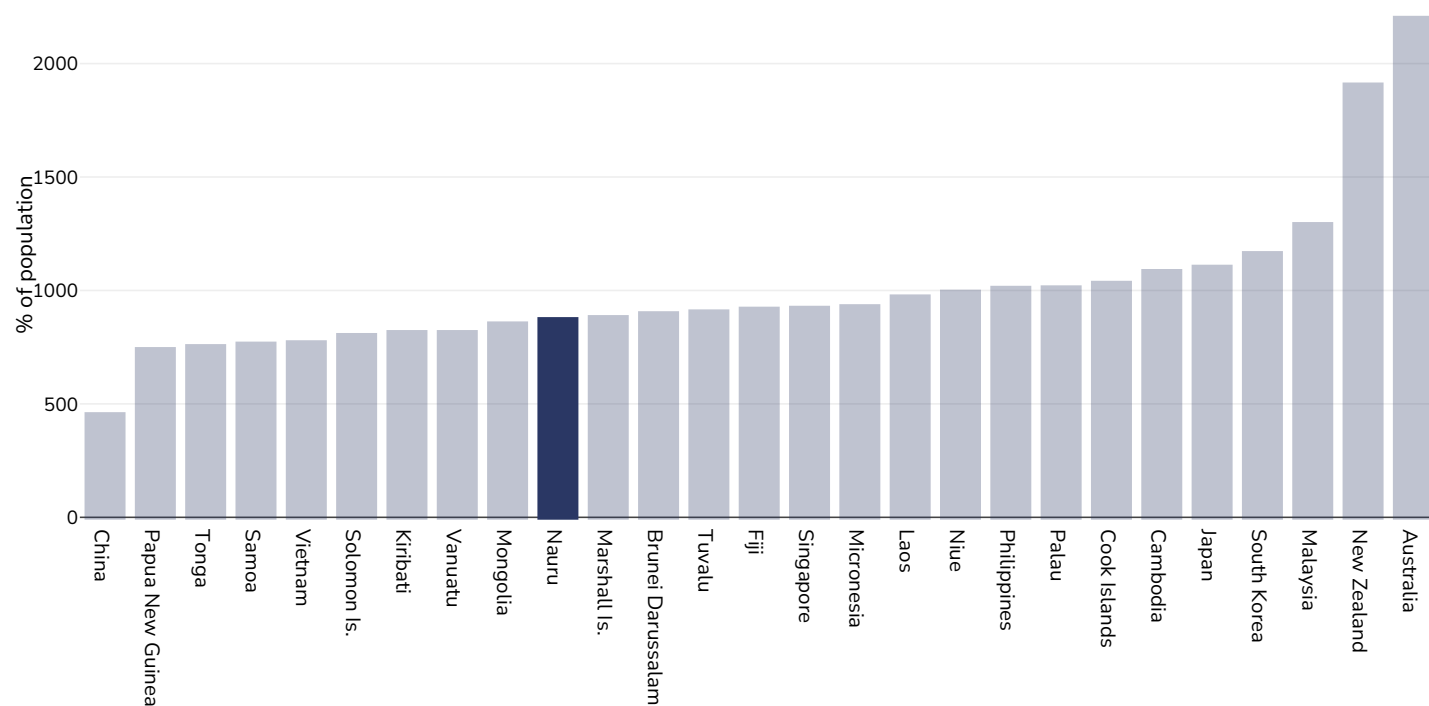
Age: 12-17

References: 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, 2021



Area covered:

National

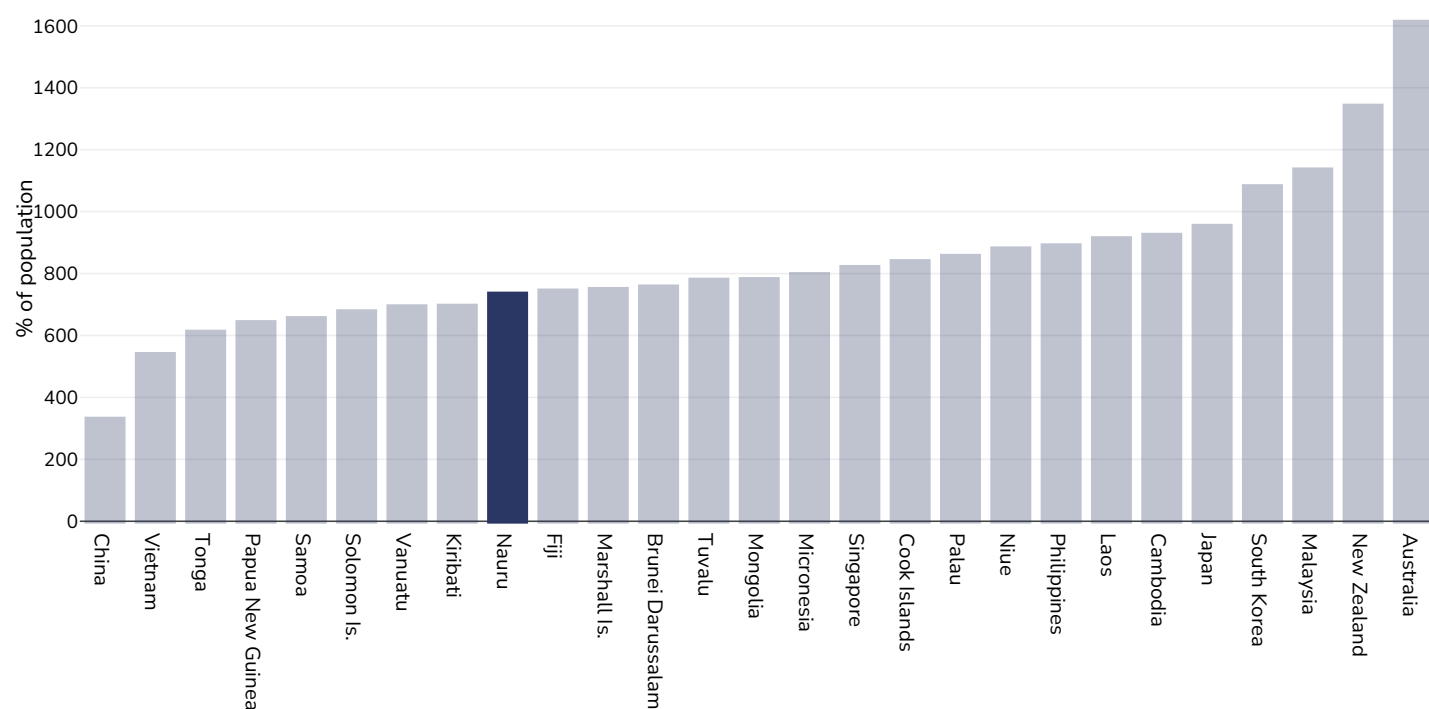
References:

Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

Definitions:

Number living with depressive disorder per 100,000 population (Under 20 years of age)

## Boys, 2021



Area covered:

National

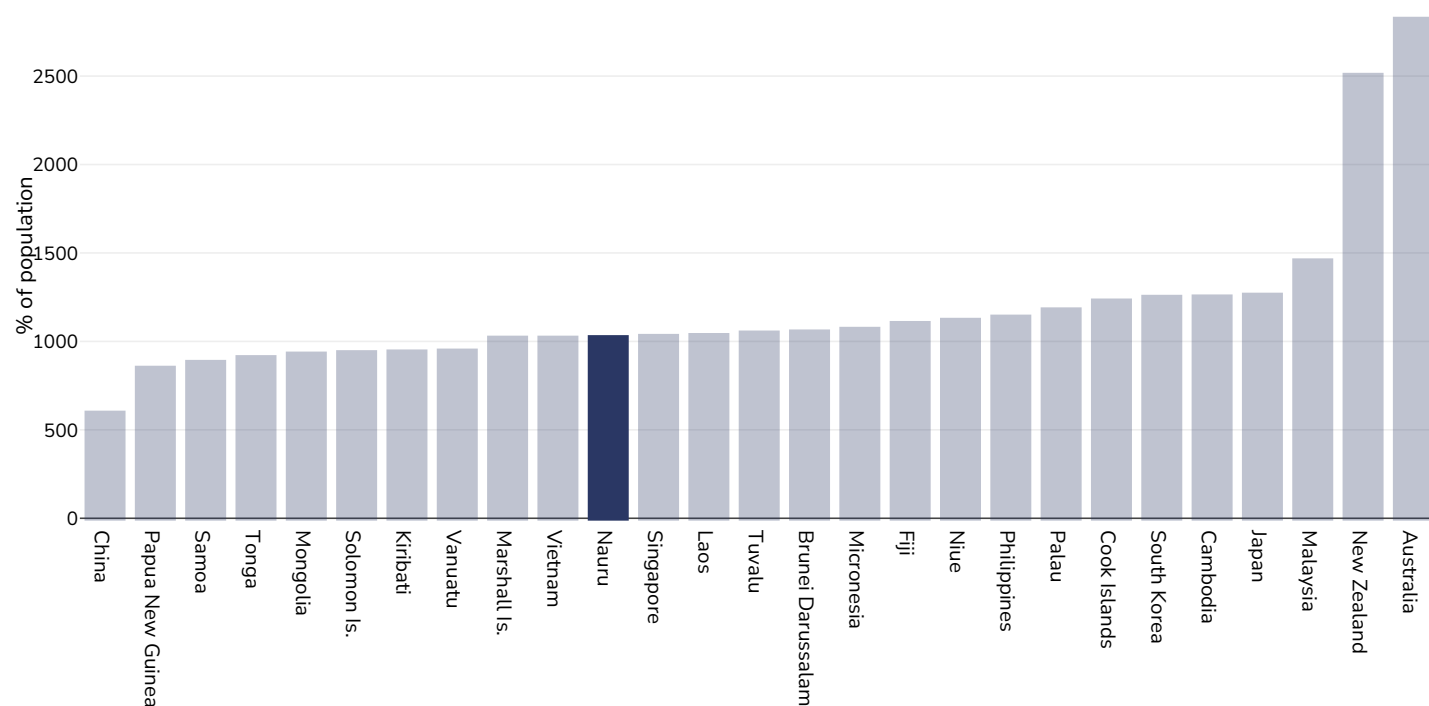
References:

Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

Definitions:

Number living with depressive disorder per 100,000 population (Under 20 years of age)

## Girls, 2021



Area covered:

National

References:

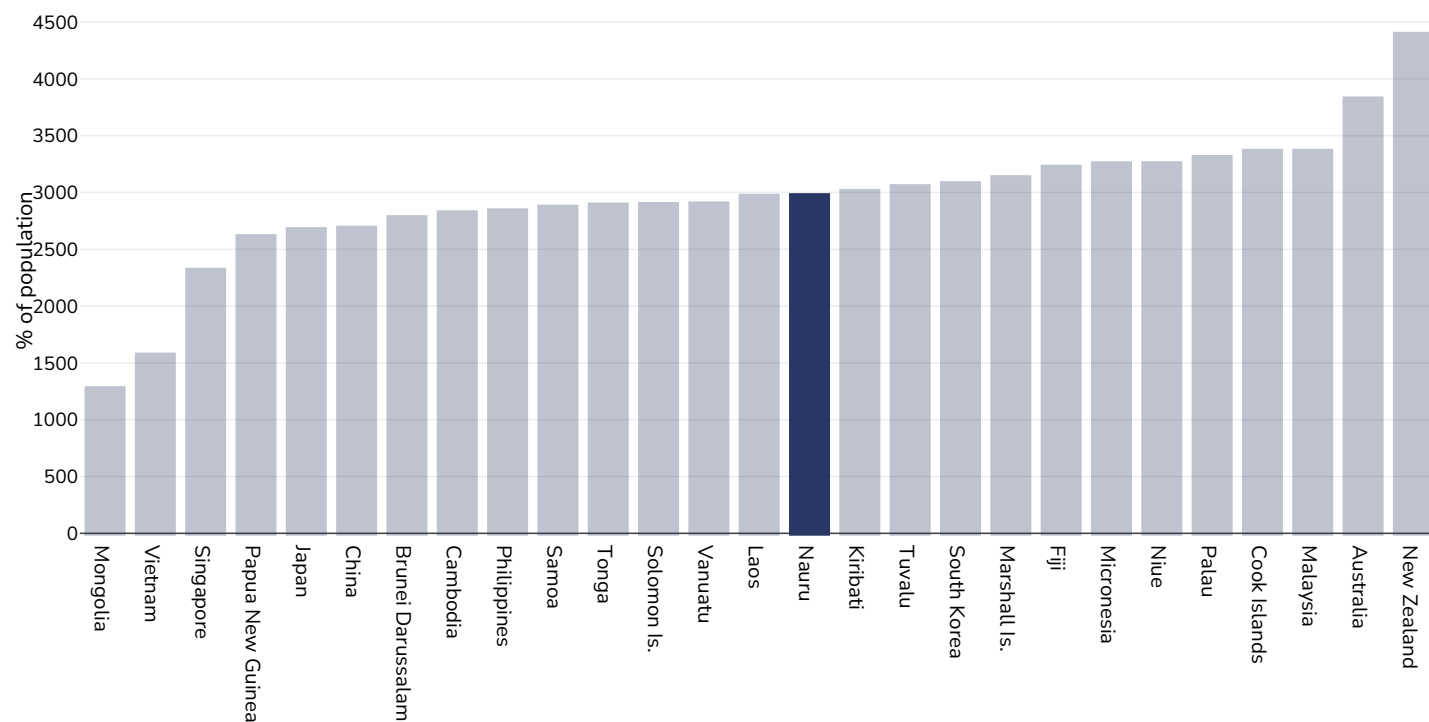
Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

Definitions:

Number living with depressive disorder per 100,000 population (Under 20 years of age)

## Mental health - anxiety disorders

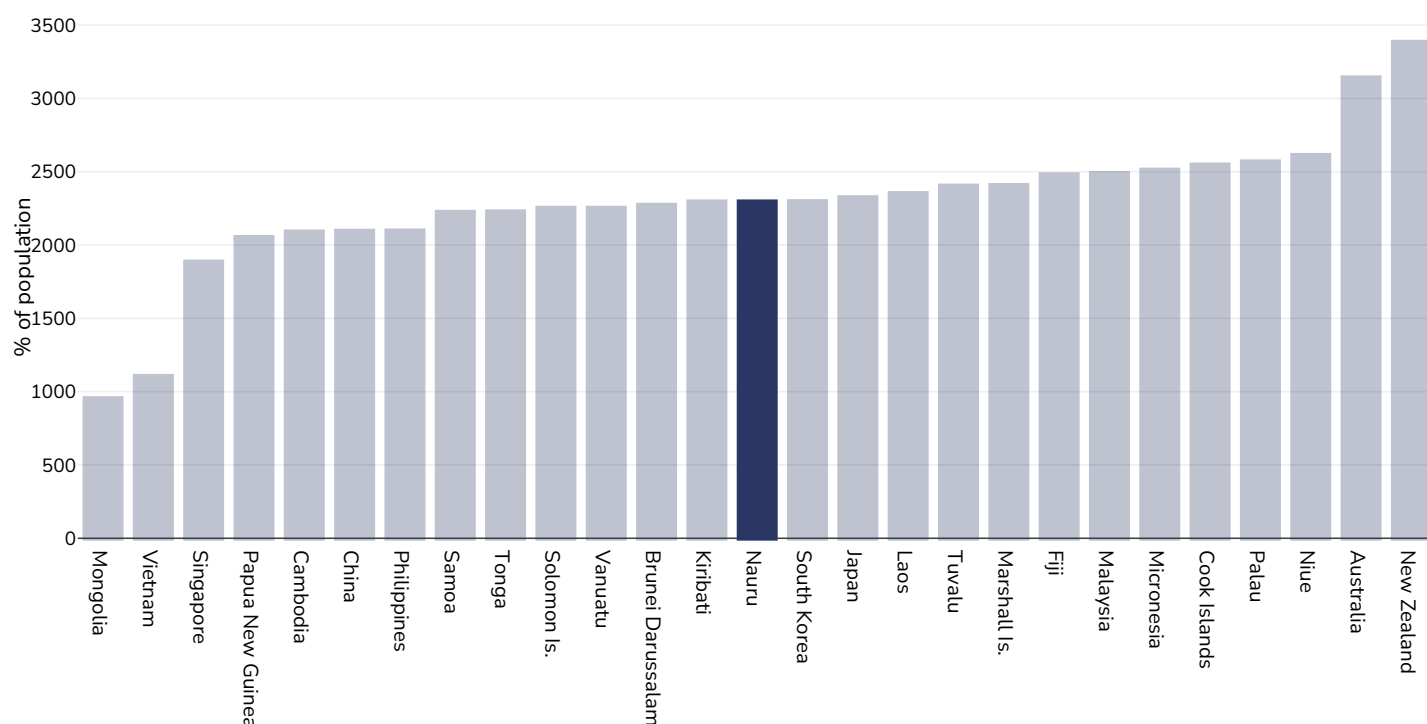
### Children, 2021



**References:**

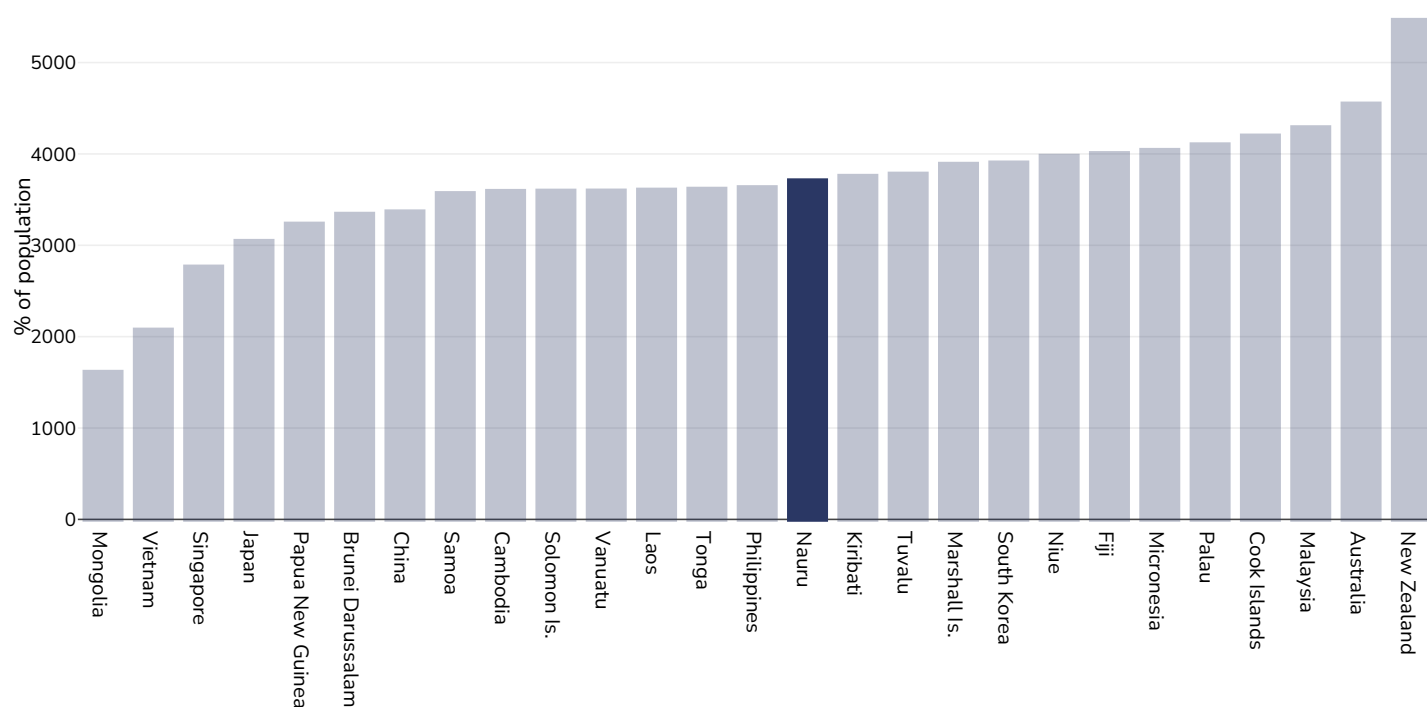
Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

## Boys, 2021



**References:** Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

## Girls, 2021



**References:** Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

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