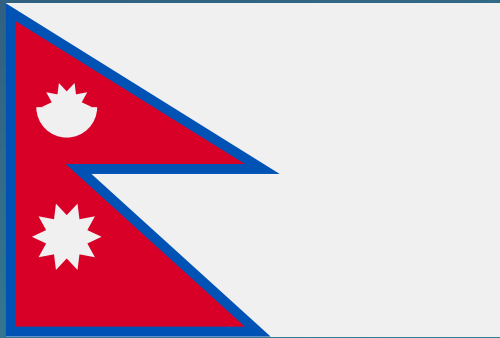




Nepal



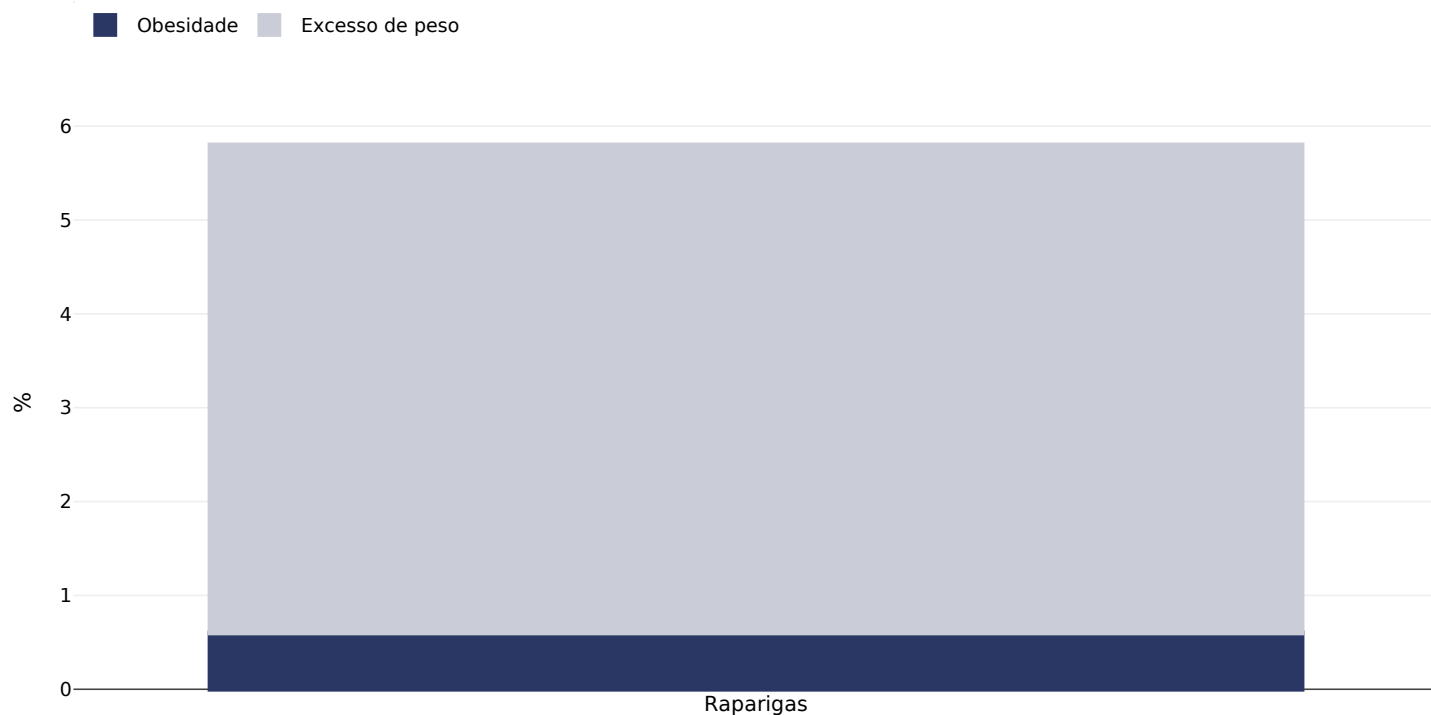
Country report card - children

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/nepal-151/>.

Prevalência de obesidade

Raparigas, 2022



Tipo de
inquérito:

Medido

Idade:

15-19

Tamanho da
amostra:

1230

Área
abrangida:

Nacional

Referências:

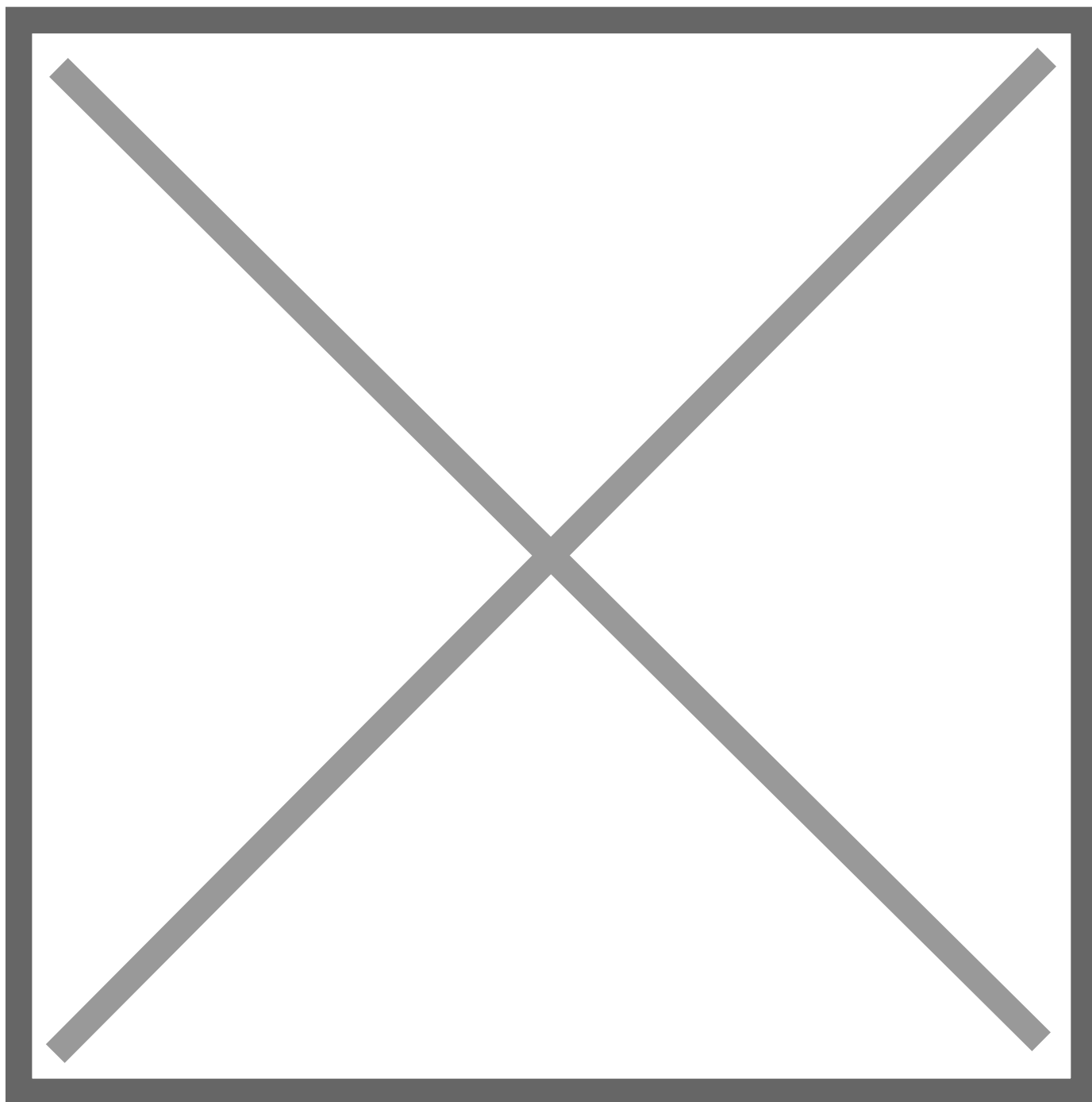
Ministry of Health and Population, Nepal; New ERA; and ICF. 2022. Nepal Demographic and Health Survey 2022: Key Indicators Report. Kathmandu, Nepal: Ministry of Health and Population, Nepal.

Cutoffs:

WHO 2007

Excesso de peso/obesidade por educação

Rapazes, 2017



Tipo de inquérito:	Medido
Idade:	6-13
Tamanho da amostra:	575

Área
abrangida:

Lalitpur Metropolitan City

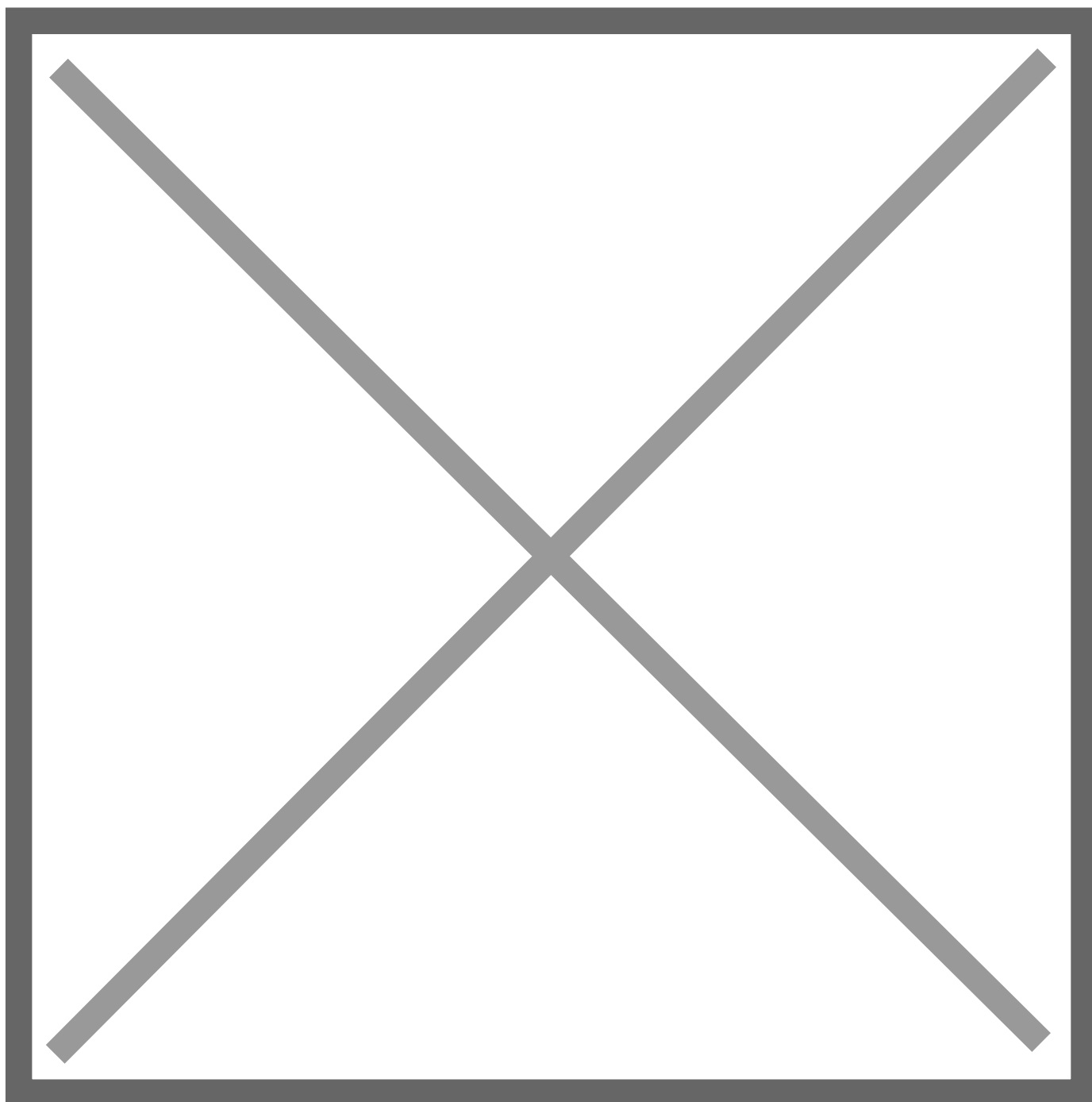
Referências:

Prevalence and associated factors of childhood overweight/obesity among primary school children in urban Nepal.
Available at: <https://bmcpublichealth.biomedcentral.com/articles/10.1186/s12889-019-7406-9>

Cutoffs:

BMI-for-age-sex

Raparigas, 2017



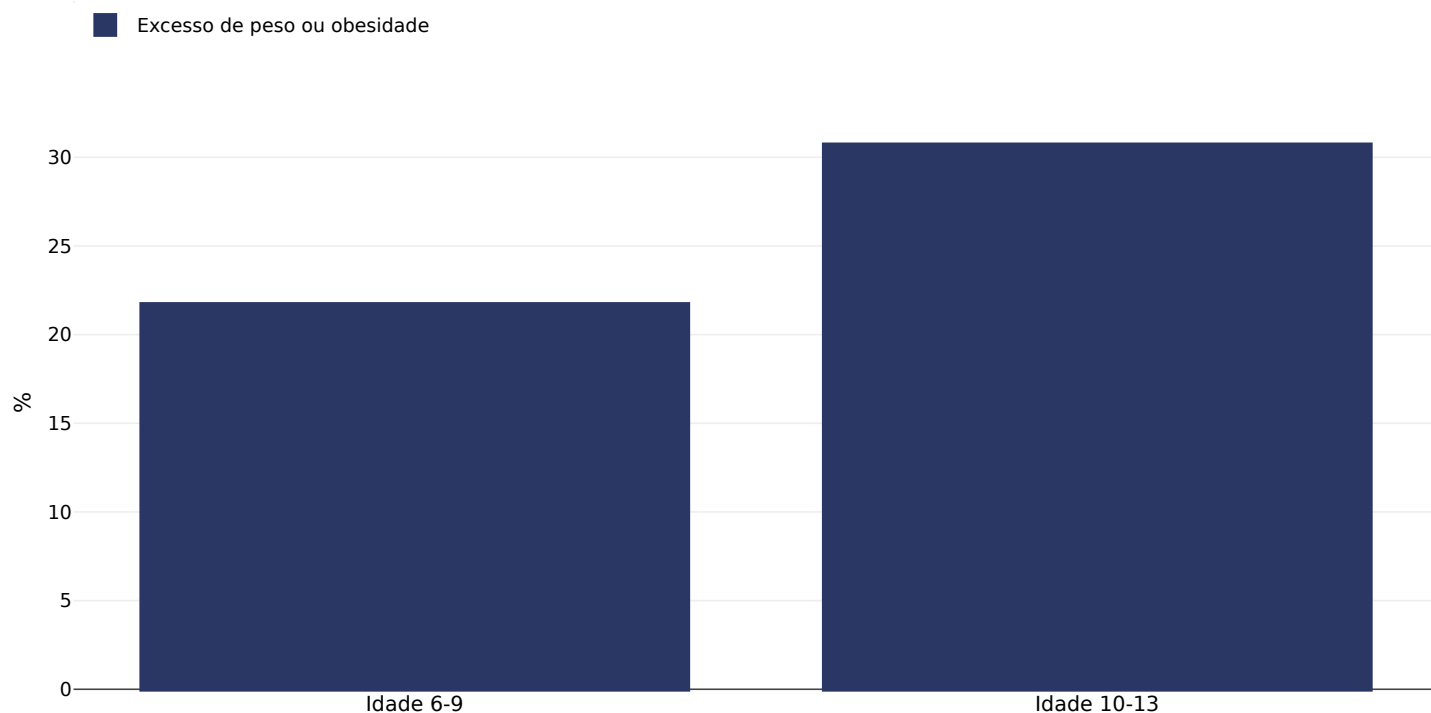
Tipo de inquérito:	Medido
Idade:	6-13
Tamanho da amostra:	575
Área abrangida:	Lalitpur Metropolitan City

Referências: Prevalence and associated factors of childhood overweight/obesity among primary school children in urban Nepal.
Available at: <https://bmcpublichealth.biomedcentral.com/articles/10.1186/s12889-019-7406-9>

Cutoffs: BMI-for-age-sex

Excesso de peso/obesidade por idade

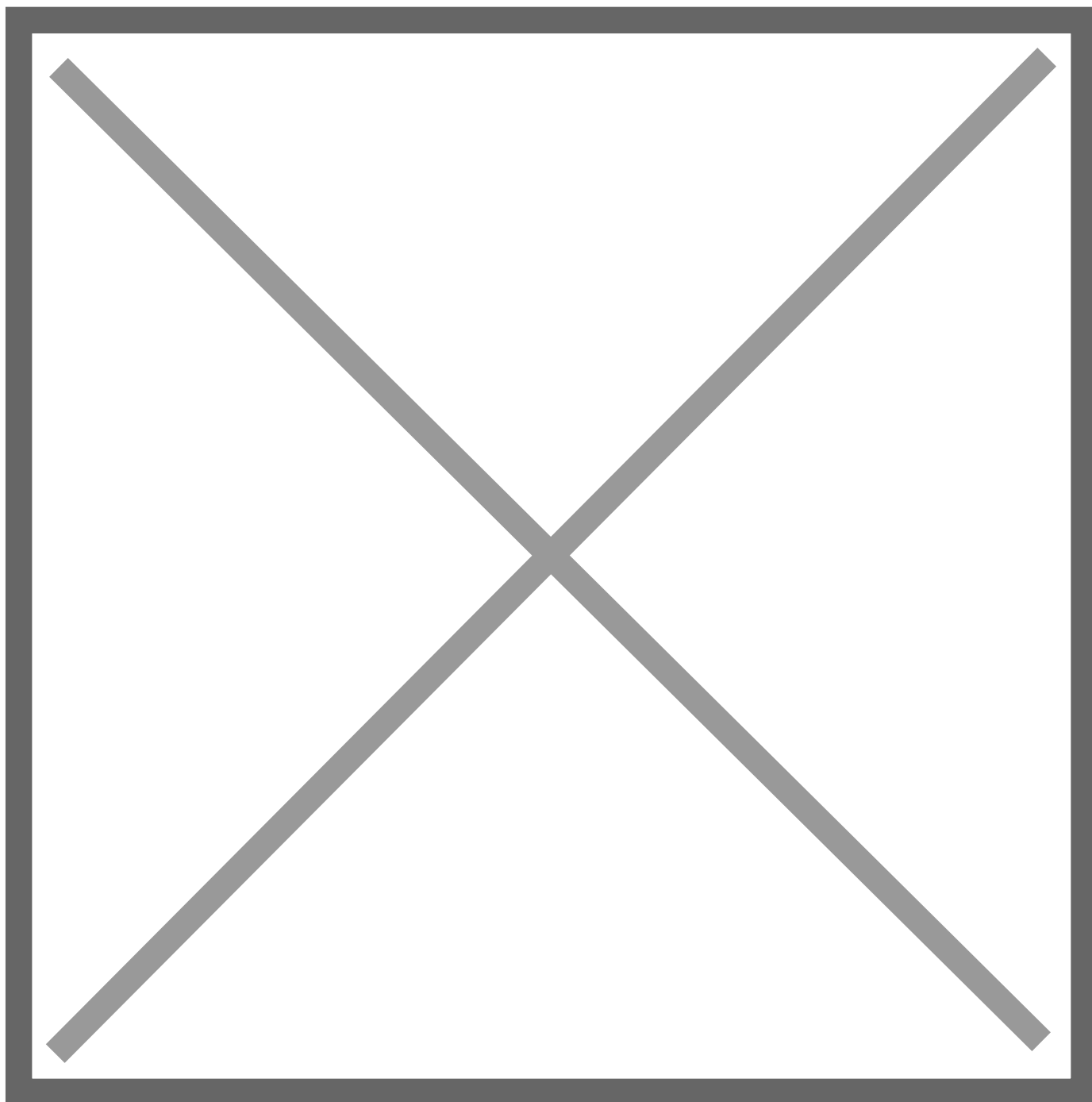
Crianças, 2017



Tipo de inquérito:	Medido
Tamanho da amostra:	575
Área abrangida:	Urbano
Referências:	Prevalence and associated factors of childhood overweight/obesity among primary school children in urban Nepal. Available at: https://bmcpublichealth.biomedcentral.com/articles/10.1186/s12889-019-7406-9
Notas:	A cross-sectional survey was conducted from May to October of 2017. Behavioral data were collected using a structured self-administered questionnaire with parents of children aged 6–13 years old in grades 1–5 studying in private schools of Lalitpur district in Nepal. Children with amputated body parts, or any acute or chronic health condition were excluded from the study as these conditions could affect their body weight. Those staying in a hostel away from their parents were also excluded as the questionnaire had to be filled out by a parent.
Cutoffs:	BMI-for-age-sex was calculated using WHO AnthroPlus

Excesso de peso/obesidade por região

Raparigas, 2022



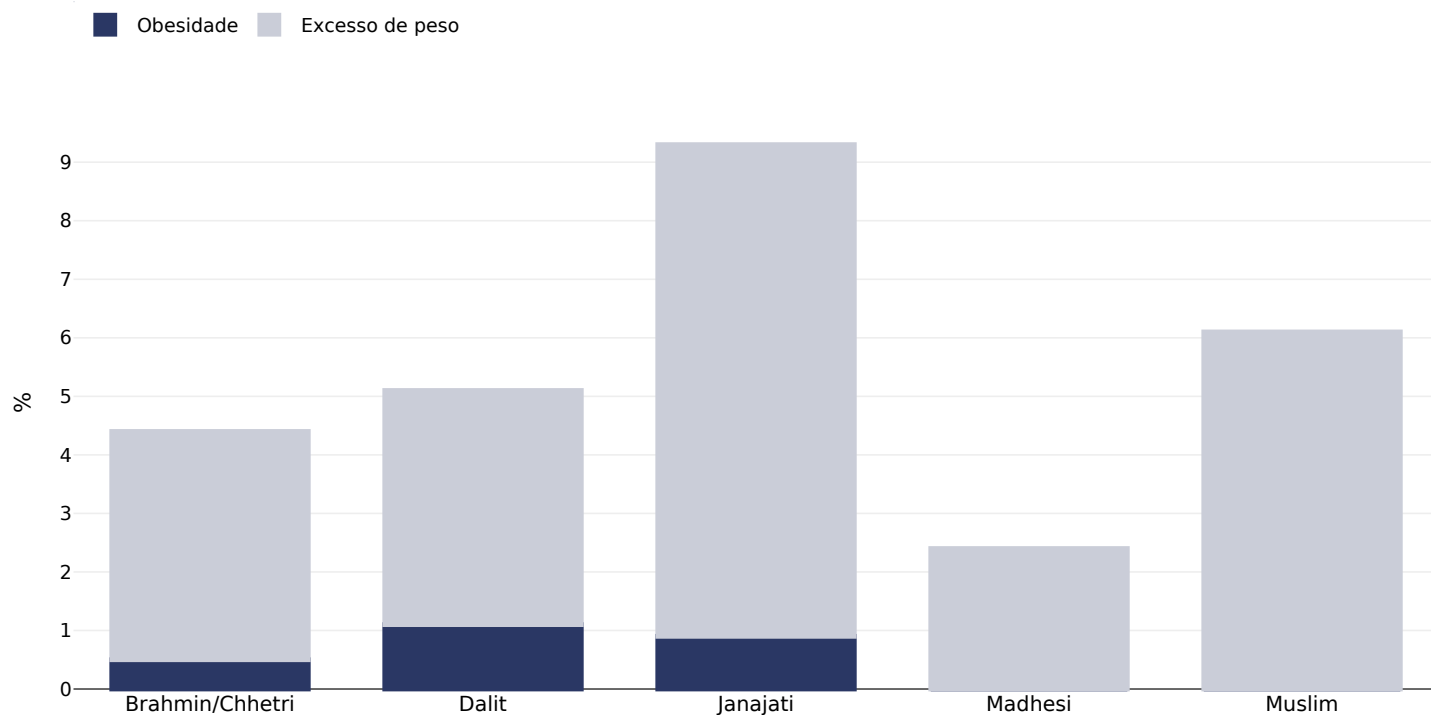
Tipo de inquérito:	Medido
Idade:	15-19
Tamanho da amostra:	1230

Área abrangida:	Nacional
Referências:	Ministry of Health and Population, Nepal; New ERA; and ICF. 2022. Nepal Demographic and Health Survey 2022: Key Indicators Report. Kathmandu, Nepal: Ministry of Health and Population, Nepal.
Cutoffs:	WHO 2007

Excesso de peso/obesidade por etnia

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.

Raparigas, 2022



Tipo de
inquérito:

Medido

Idade:

15-19

Tamanho da
amostra:

1230

Área
abrangida:

Nacional

Referências:

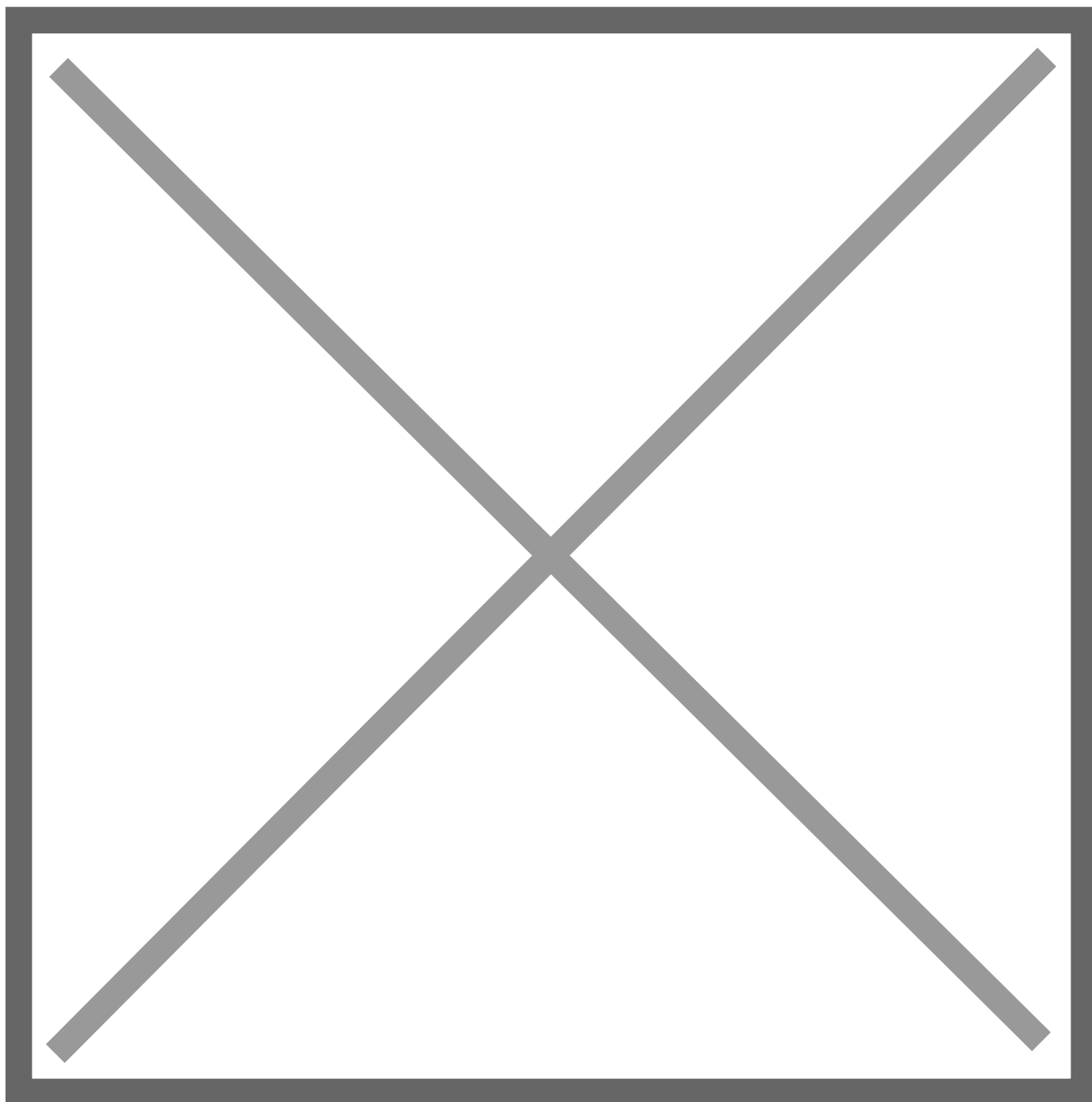
Ministry of Health and Population, Nepal; New ERA; and ICF. 2022. Nepal Demographic and Health Survey 2022: Key Indicators Report. Kathmandu, Nepal: Ministry of Health and Population, Nepal.

Cutoffs:

WHO 2007

Double burden of underweight & overweight

Crianças, 2022



**Tipo de
inquérito:**

Medido

Idade:

5-19

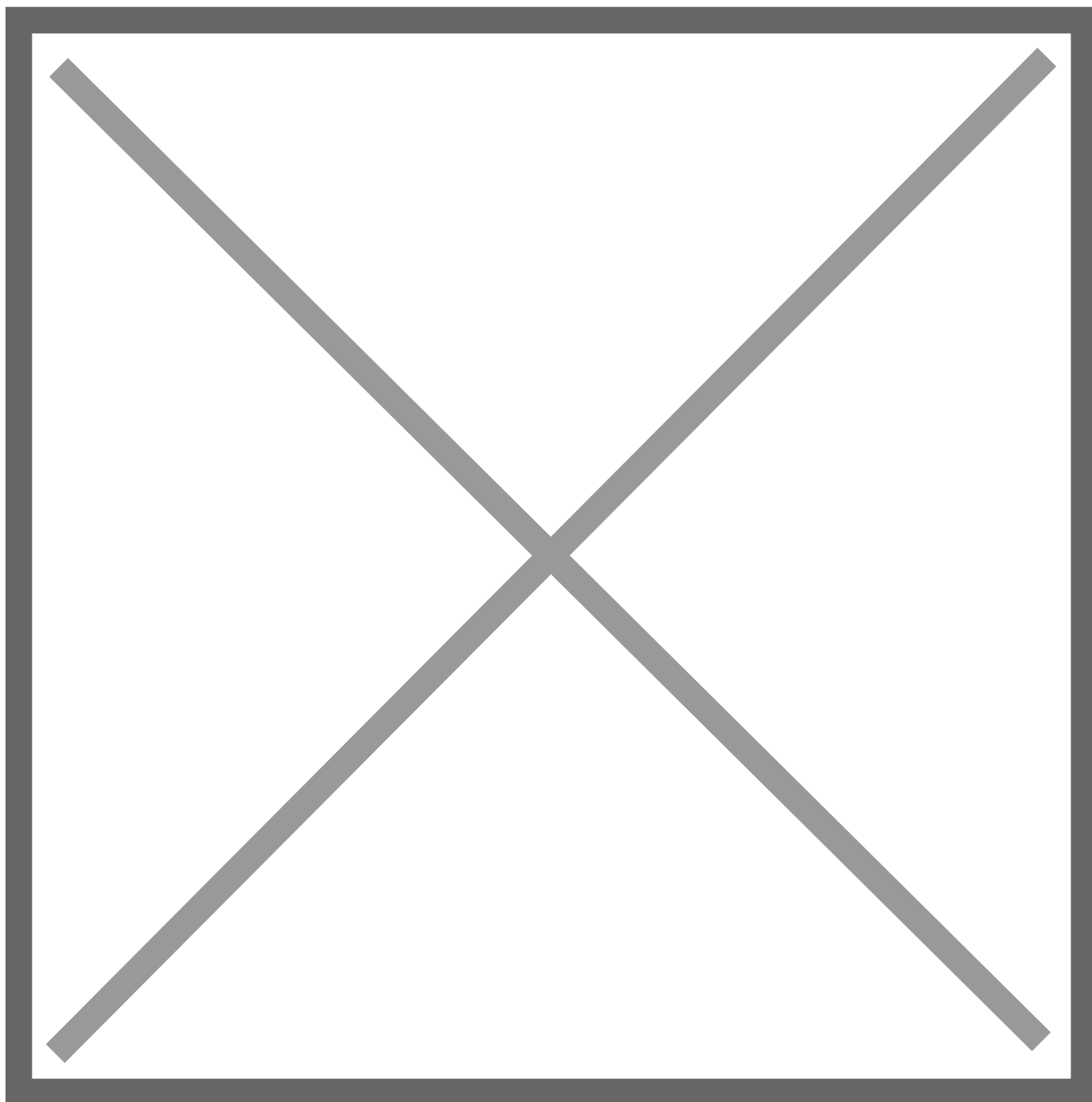
Referências:

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](https://doi.org/10.1016/S0140-6736(23)02750-2).

Notas:	Age standardised estimates
Definições (disponíveis apenas em inglês):	Combined prevalence of BMI < -2SD and BMI > 2SD (double burden of thinness and obesity)
Cutoffs:	BMI < -2SD and BMI > 2SD

Atividade f sica insuficiente

Crian as, 2016



**Tipo de
inqu rito:**

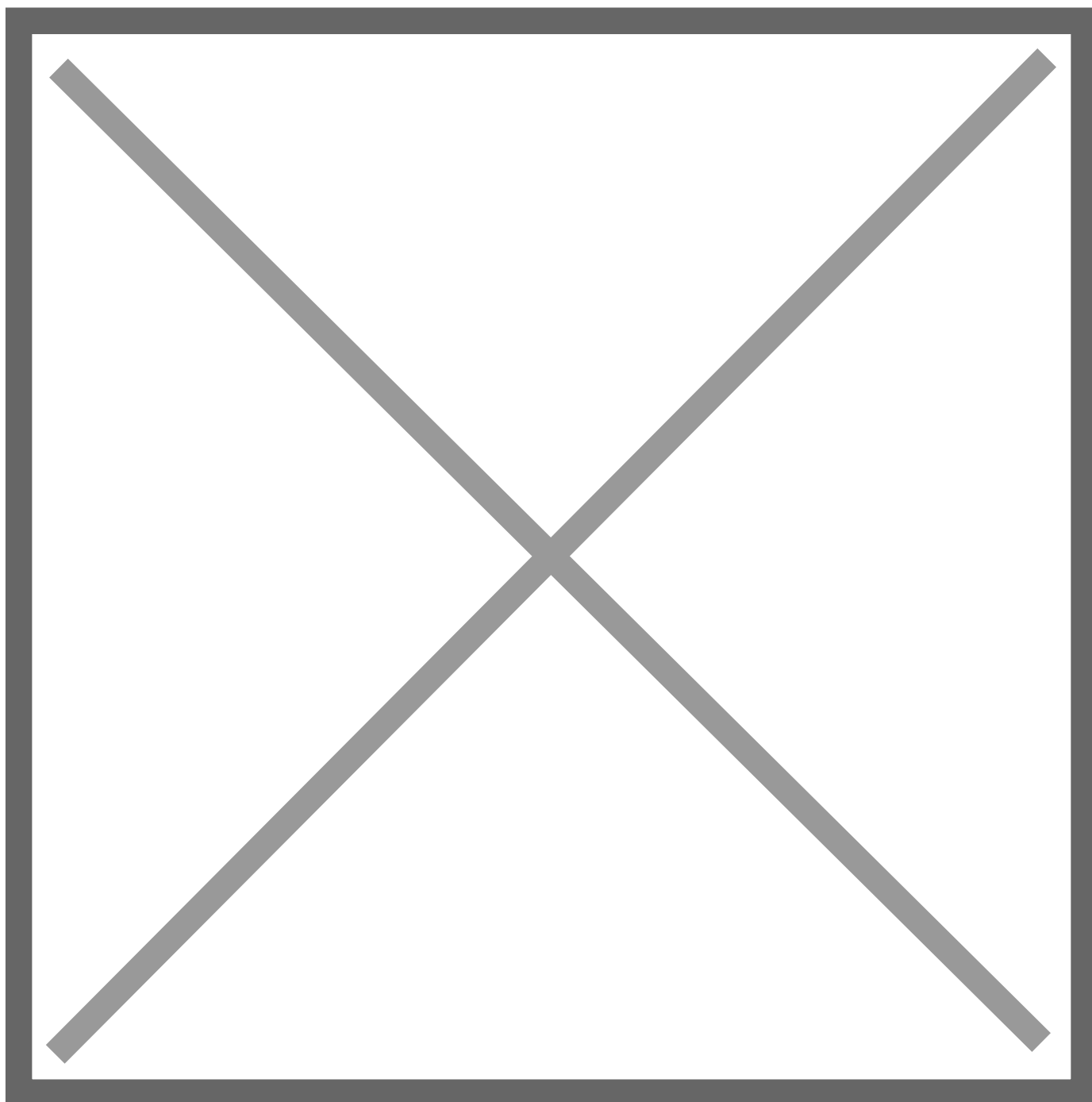
Autorreportado

Idade:

11-17

Referências:	Global Health Observatory data repository, World Health Organisation, https://apps.who.int/gho/data/node.main.A893ADO?lang=en (last accessed 16.03.21)
Notas:	% 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.
Definições (disponível apenas em inglês):	% Adolescents insufficiently active (age standardised estimate)

Rapazes, 2016



**Tipo de
inquérito:**

Autorreportado

Idade:

11-17

Referências:

Global Health Observatory data repository, World Health Organisation,
<https://apps.who.int/gho/data/node.main.A893ADO?lang=en> (last accessed 16.03.21)

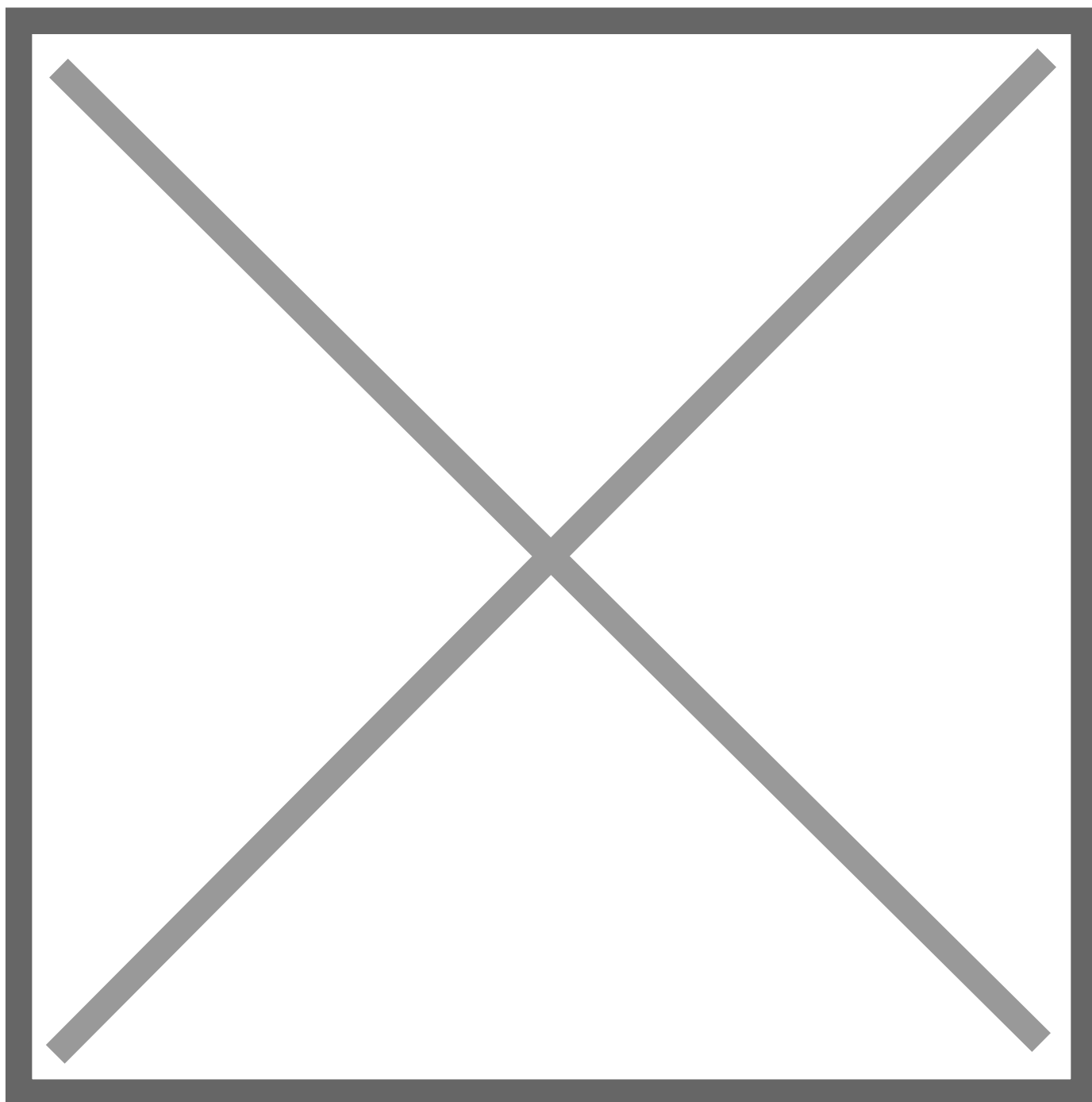
Notas:

% 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.

Definições
(disponíveis
apenas em
inglês):

% Adolescents insufficiently active (age standardised estimate)

Raparigas, 2016



**Tipo de
inquérito:**

Autorreportado

Idade:

11-17

Referências:

Global Health Observatory data repository, World Health Organisation,
<https://apps.who.int/gho/data/node.main.A893ADO?lang=en> (last accessed 16.03.21)

Notas:

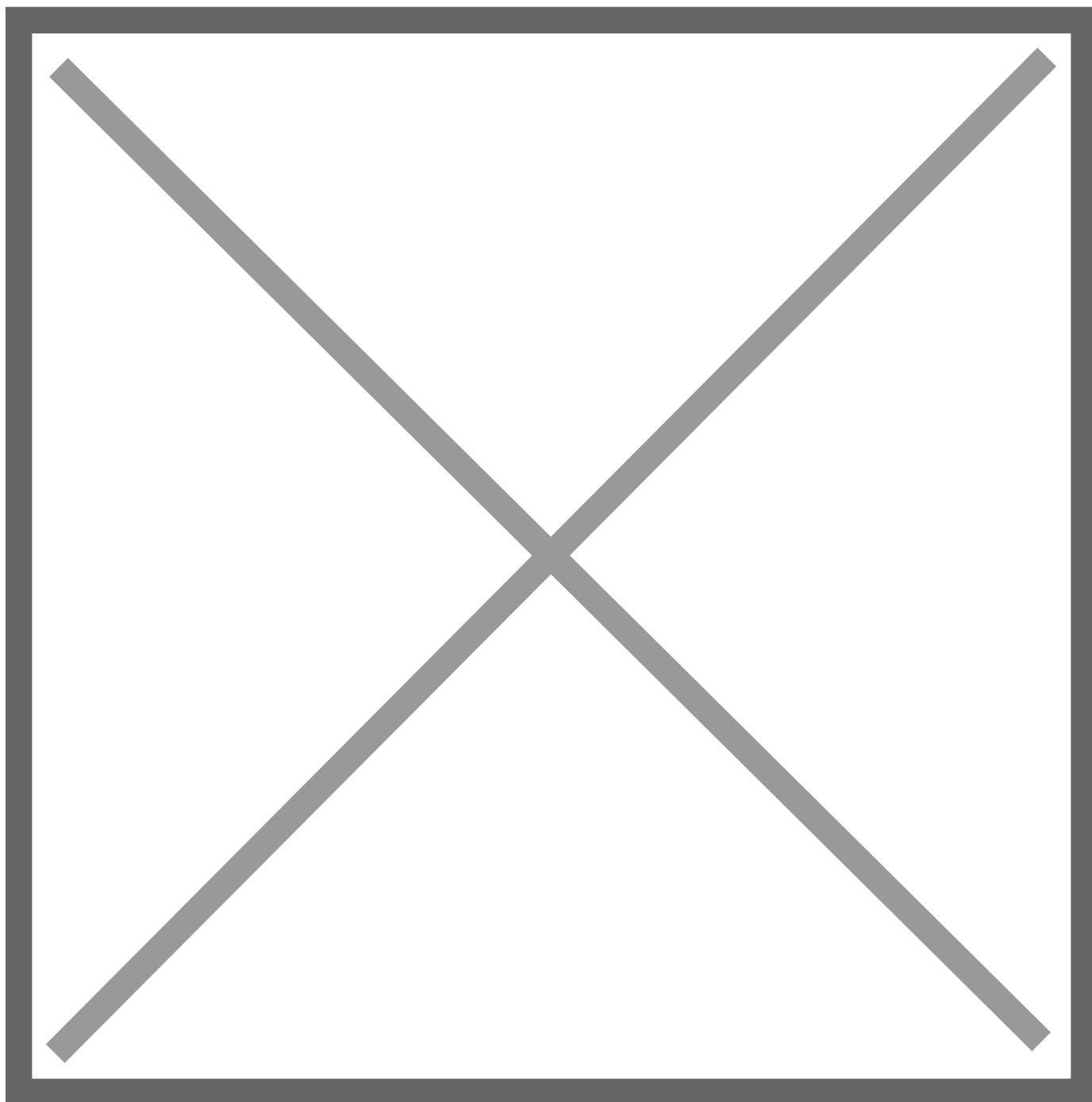
% of school going adolescents not meeting WHO recommendations on Physical Activity for Health, i.e. doing less than 60 minutes of moderate- to vigorous-intensity physical activity daily.

Definições
(disponíveis
apenas em
inglês):

% Adolescents insufficiently active (age standardised estimate)

Saúde mental - transtornos depressivos

Crianças, 2021



Área
abrangida:

Nacional

Referências:

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)

Definições
(disponíveis
apenas em
inglês):

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

Rapazes, 2021



Área
abrangida:

Nacional

Referências:

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)

Definições
(disponíveis
apenas em
inglês):

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

Raparigas, 2021



Área
abrangida:

Nacional

Referências:

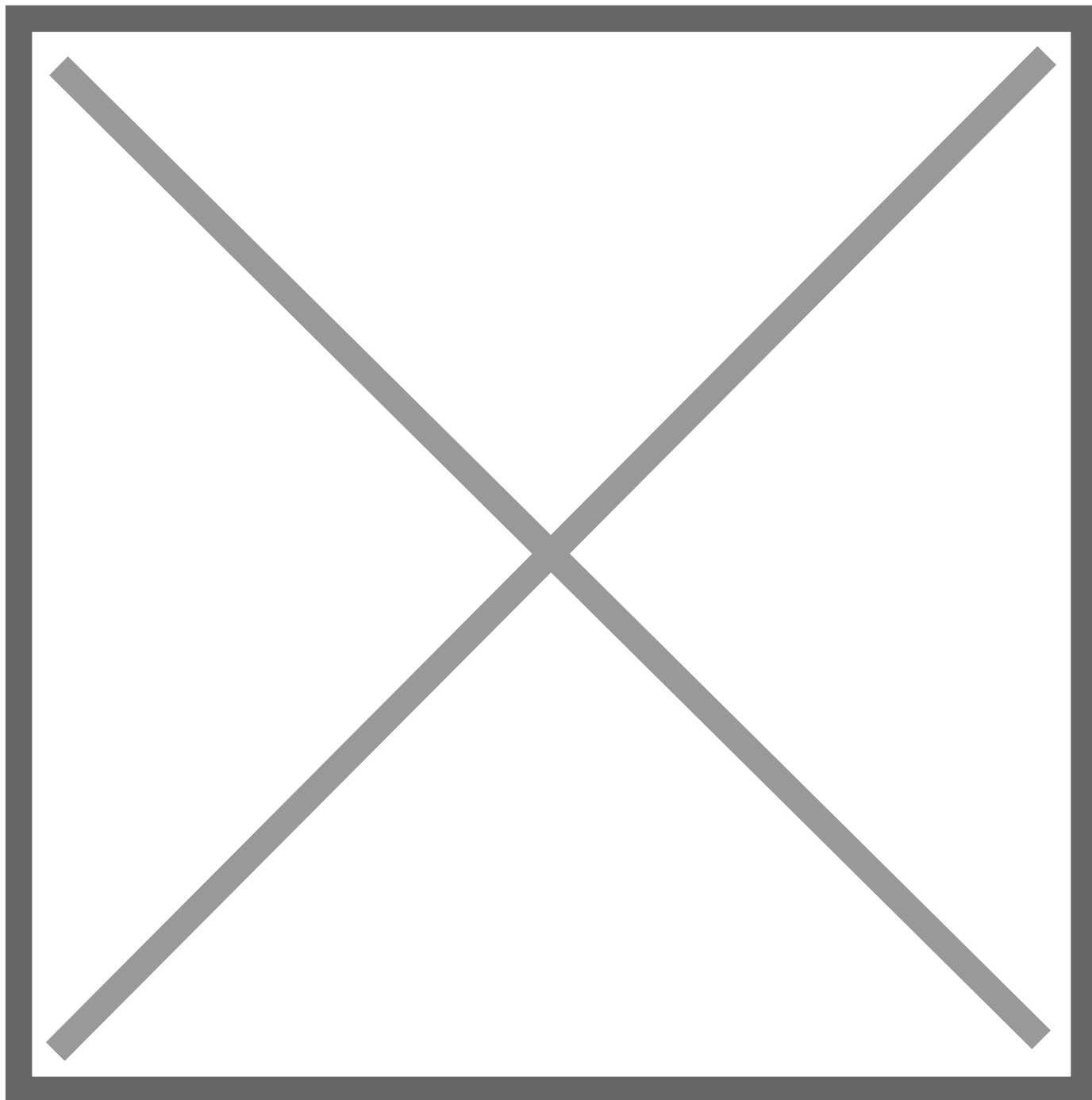
Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

Definições
(disponíveis
apenas em
inglês):

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

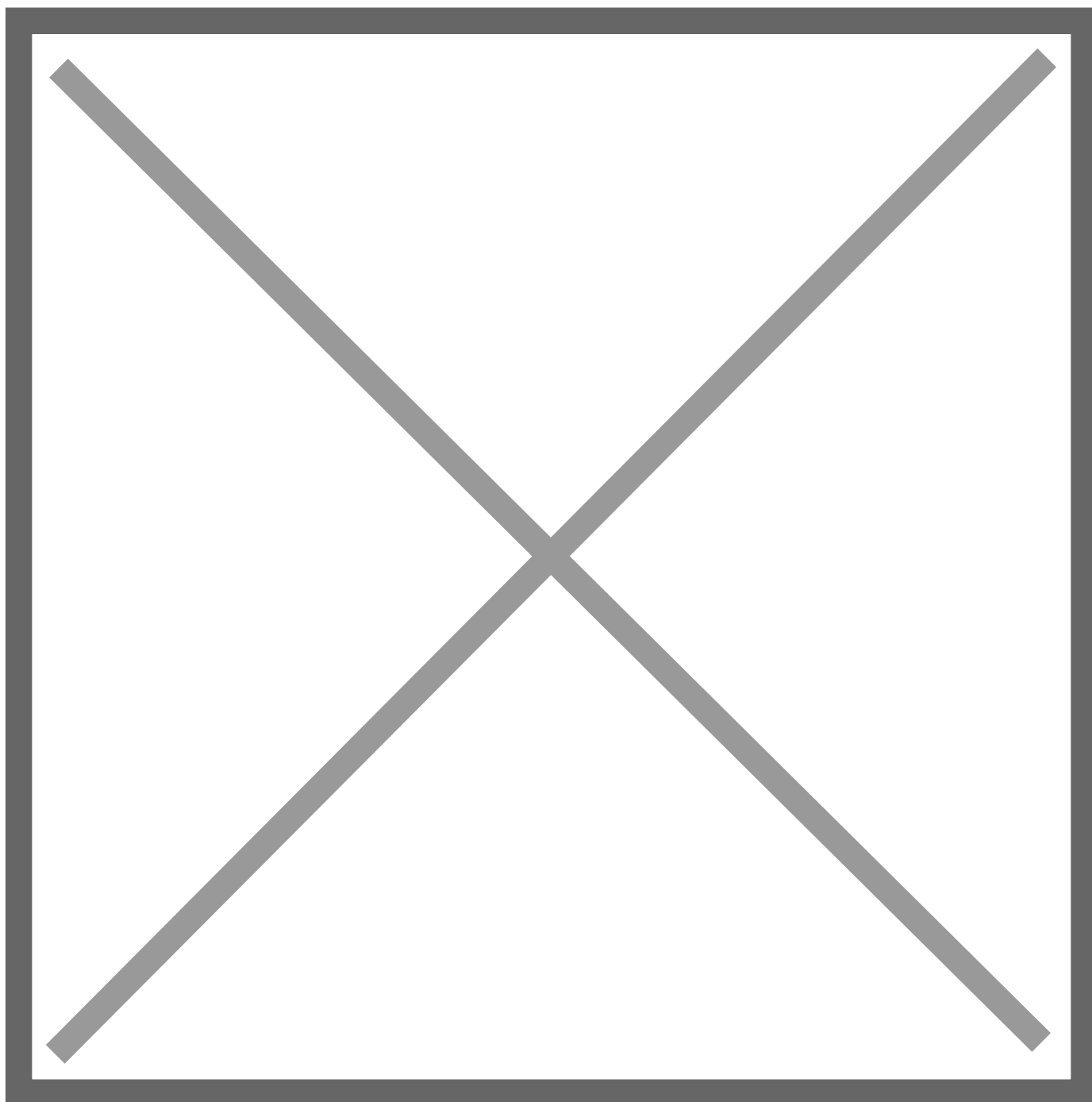
Saúde mental - transtornos de ansiedade

Crianças, 2021

**Referências:**

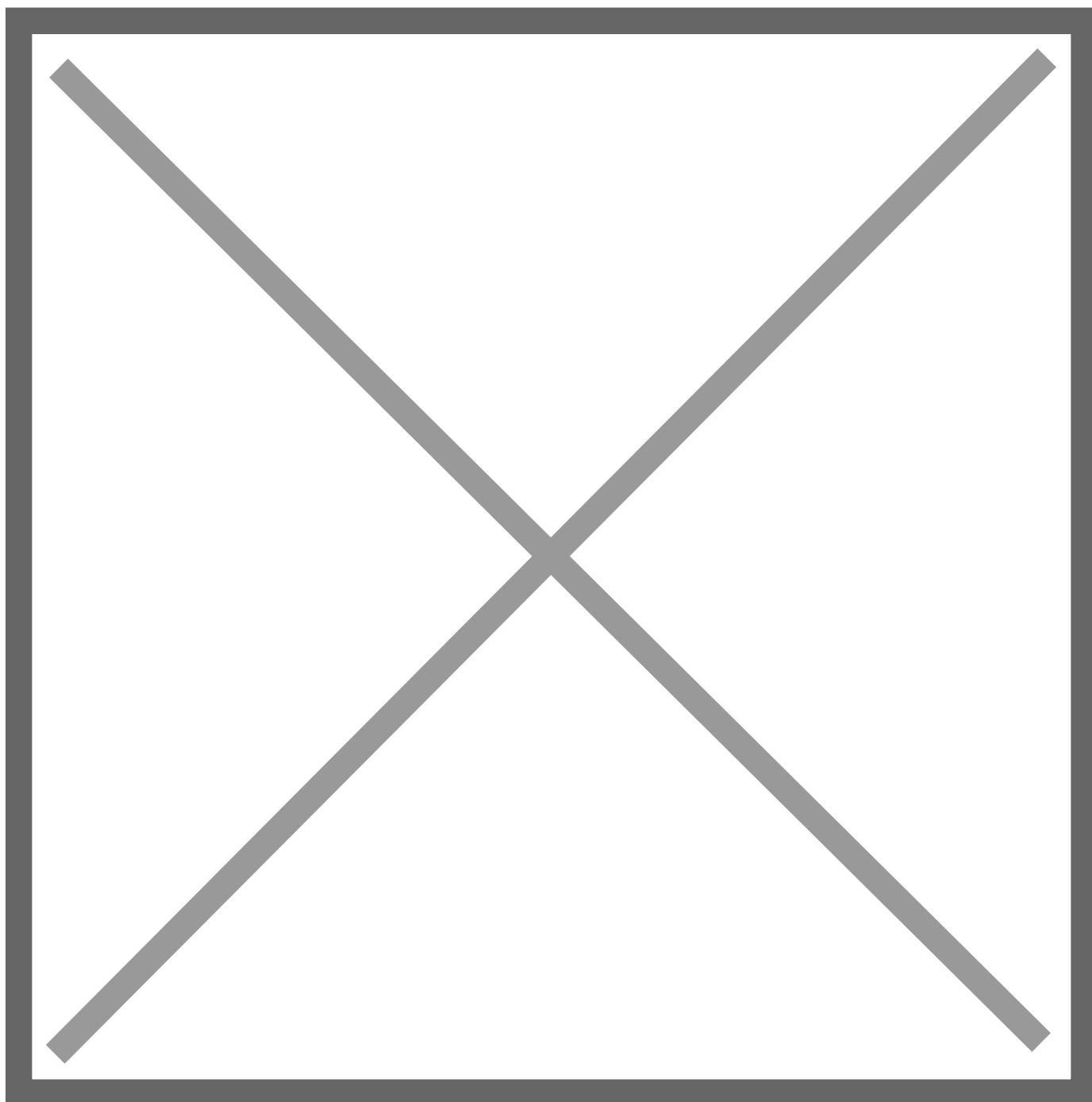
Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

Rapazes, 2021

**Referências:**

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)

Raparigas, 2021

**Referências:**

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)

PDF created on July 16, 2025