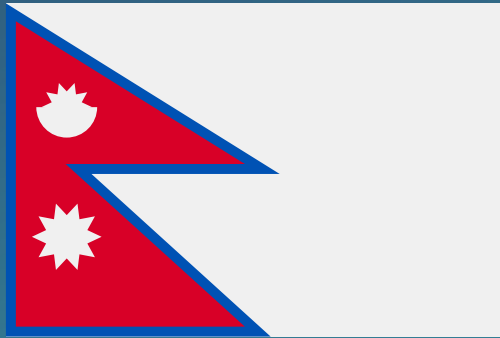




Nepal



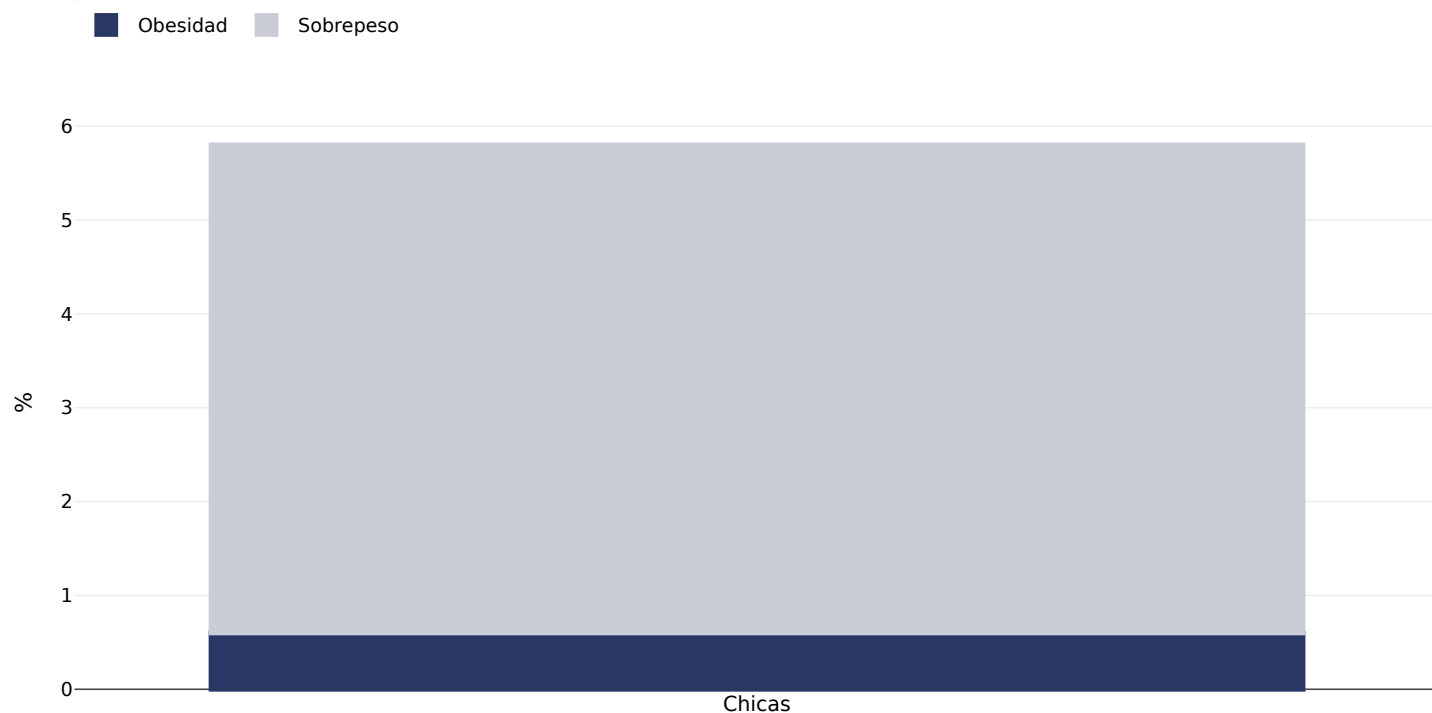
Country report card - children

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/>.

Prevalencia de obesidad

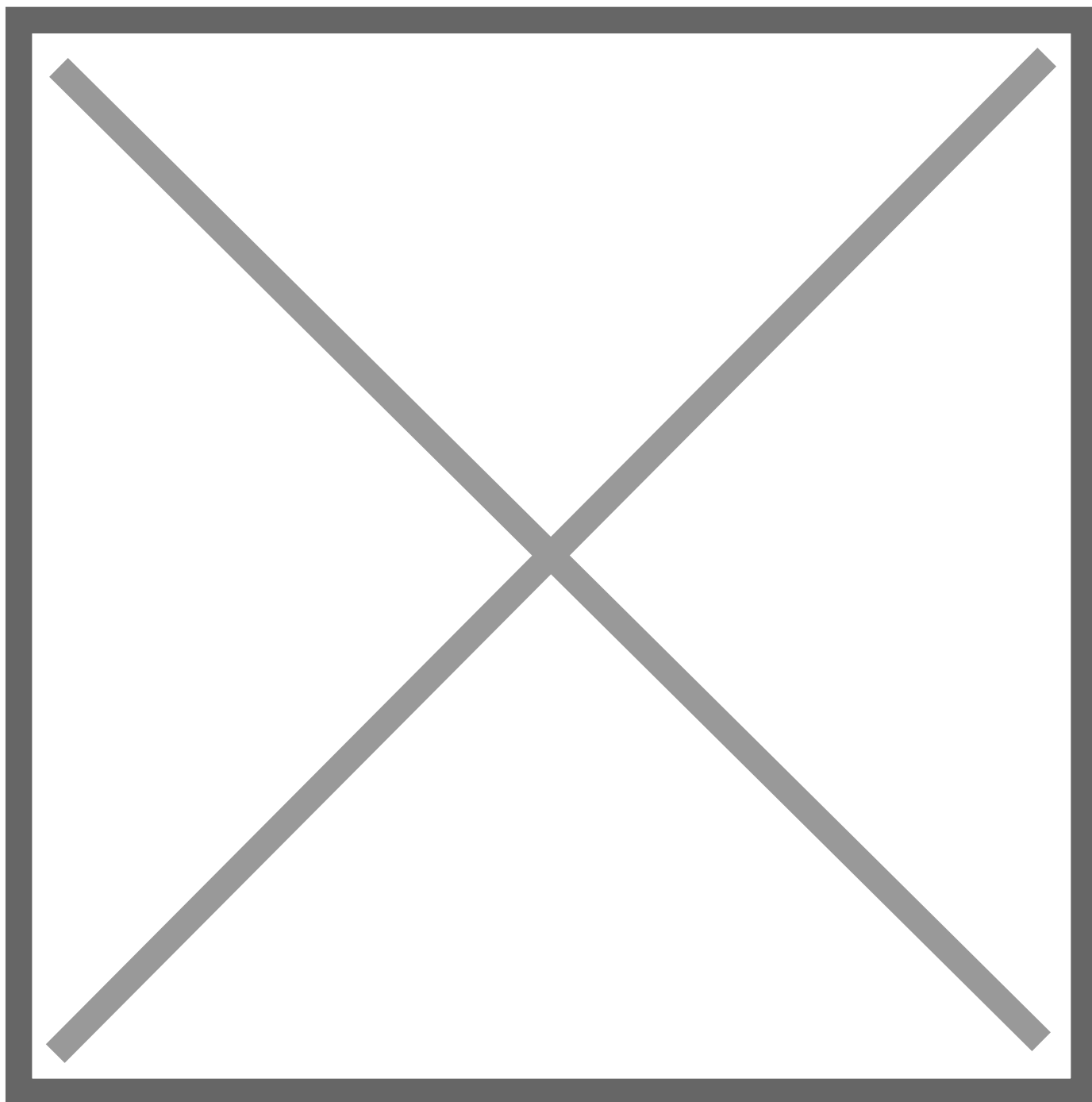
Chicas, 2022



Tipo de encuesta:	Medido
Edad:	15-19
Tamaño de la muestra:	1230
Zona abarcada:	Nacional
Referencias:	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

Sobrepeso/obesidad según nivel de estudios

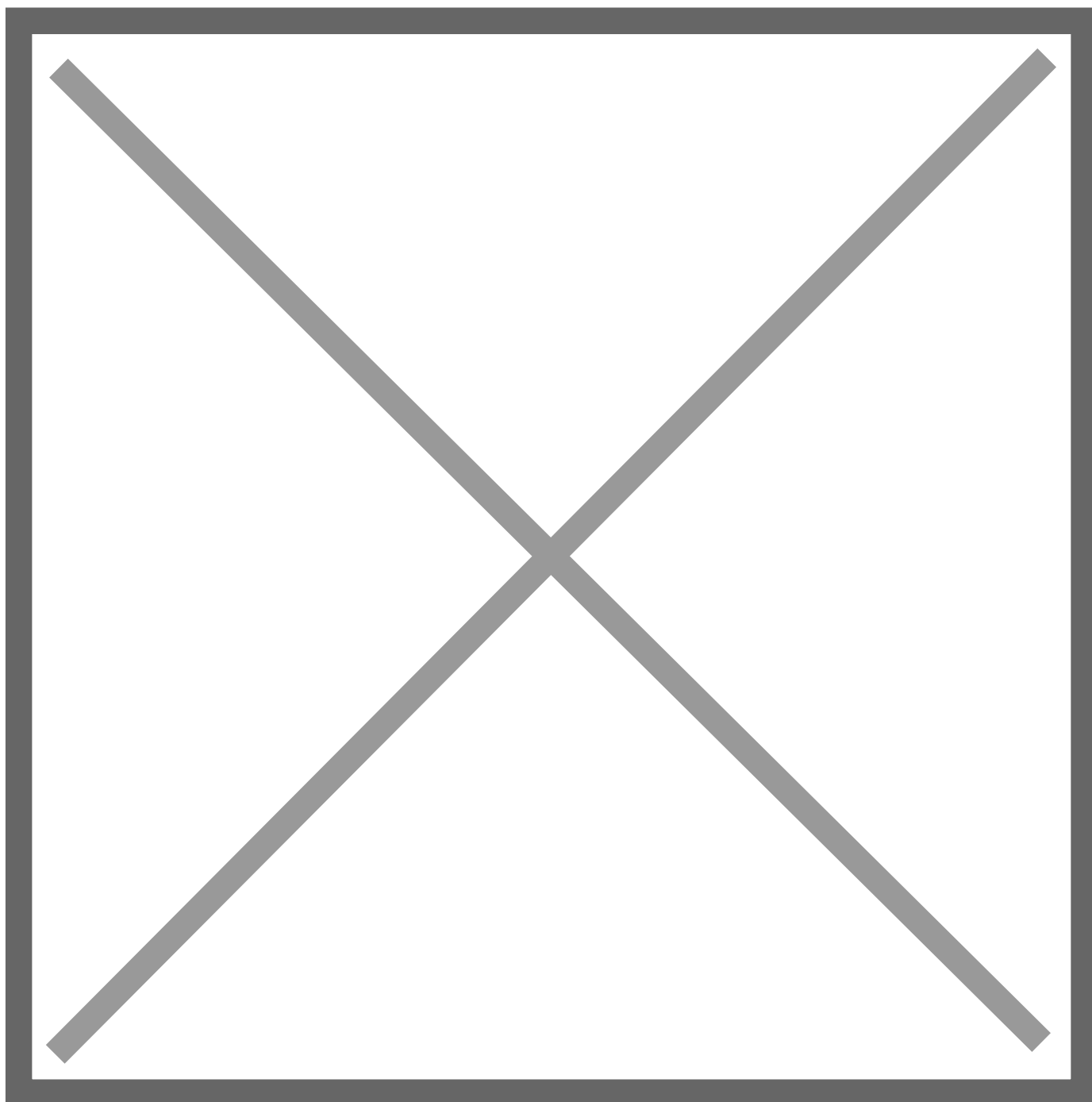
Chicos, 2017



Tipo de encuesta:	Medido
Edad:	6-13
Tamaño de la muestra:	575

Zona abarcada:	Lalitpur Metropolitan City
Referencias:	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

Chicas, 2017



Tipo de encuesta:	Medido
Edad:	6-13
Tamaño de la muestra:	575
Zona abarcada:	Lalitpur Metropolitan City

Referencias:

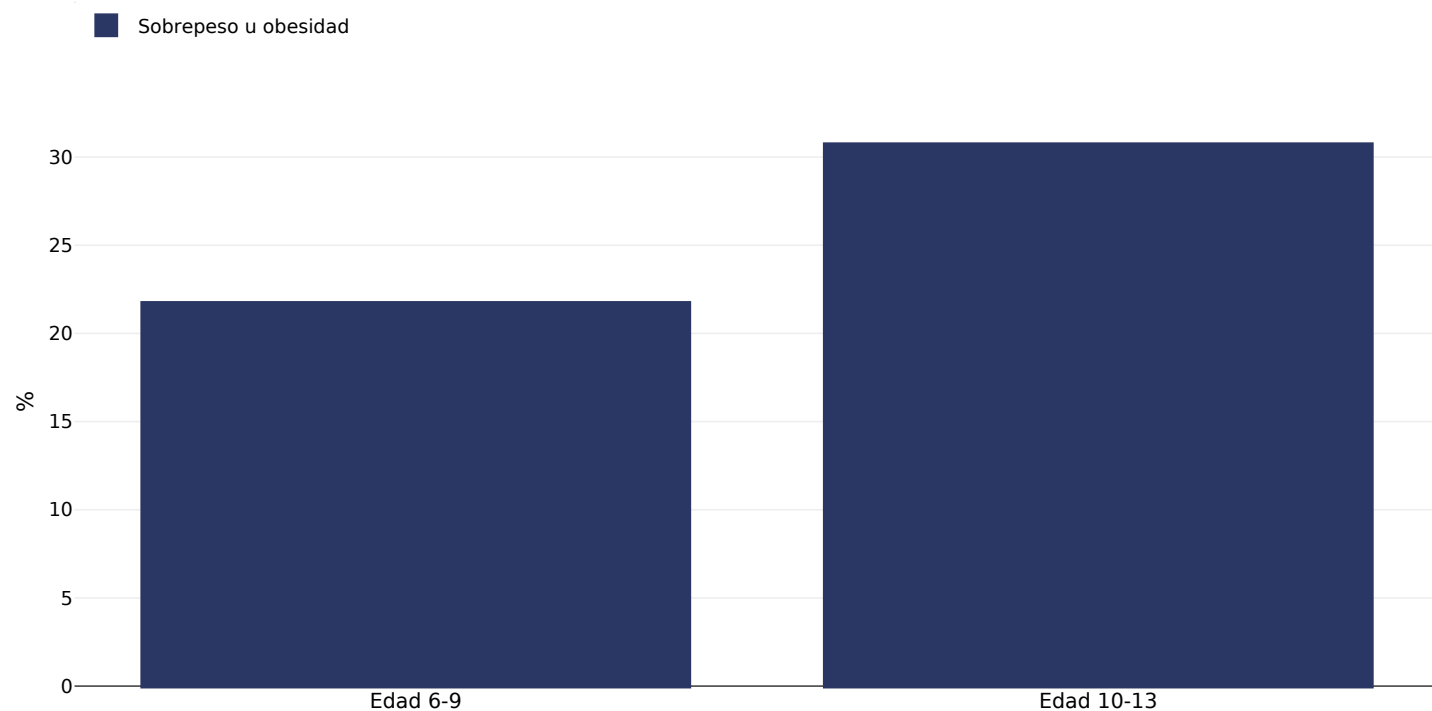
Prevalence and associated factors of childhood overweight/obesity among primary school children in urban Nepal.
Available at: <https://bmcpublichealth.biomedcentral.com/articles/10.1186/s12889-019-7406-9>

Cutoffs:

BMI-for-age-sex

Sobrepeso/obesidad por edad

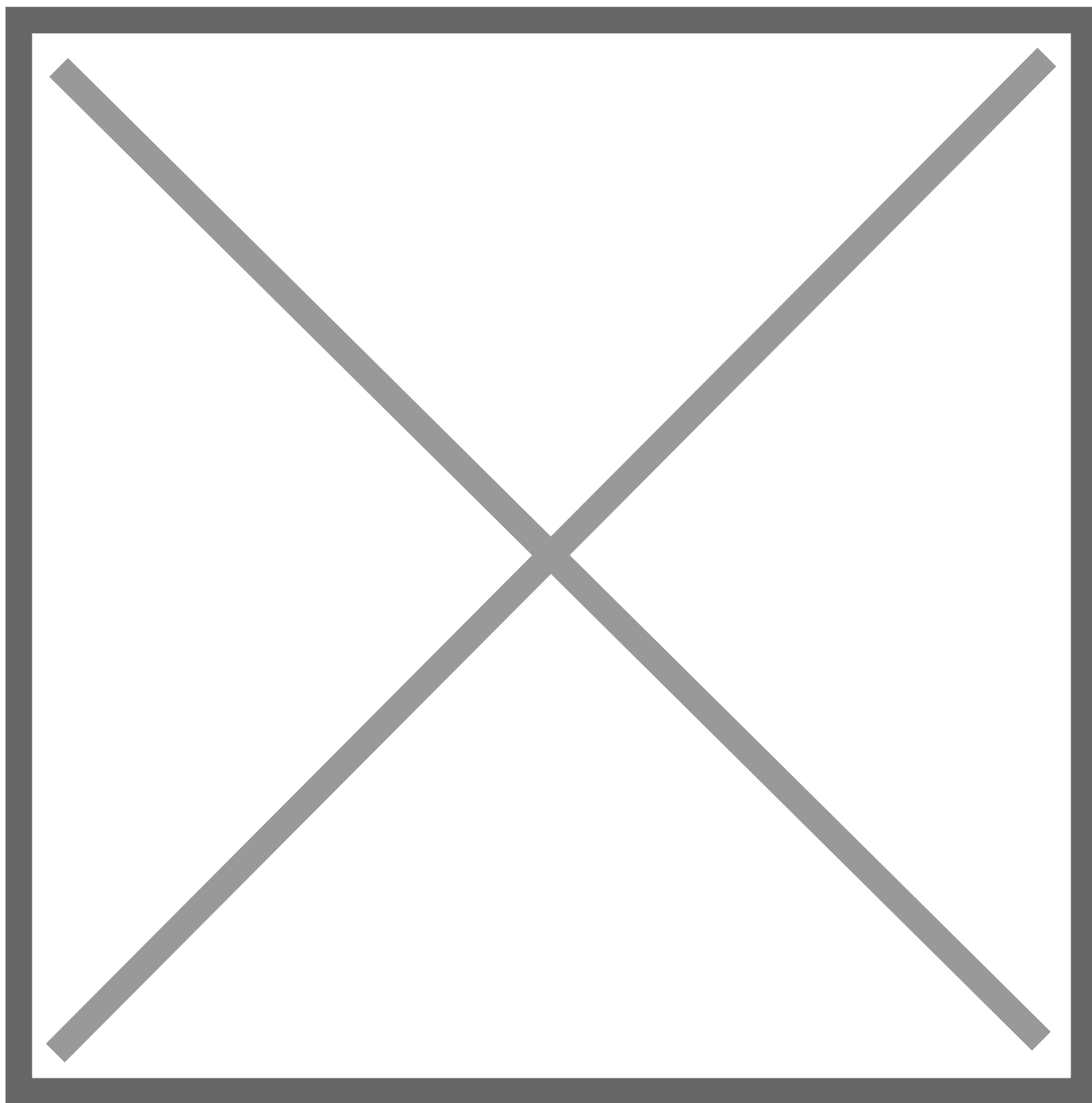
Niños, 2017



Tipo de encuesta:	Medido
Tamaño de la muestra:	575
Zona abarcada:	Urbano
Referencias:	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

Sobrepeso/obesidad por región³

Chicas, 2022



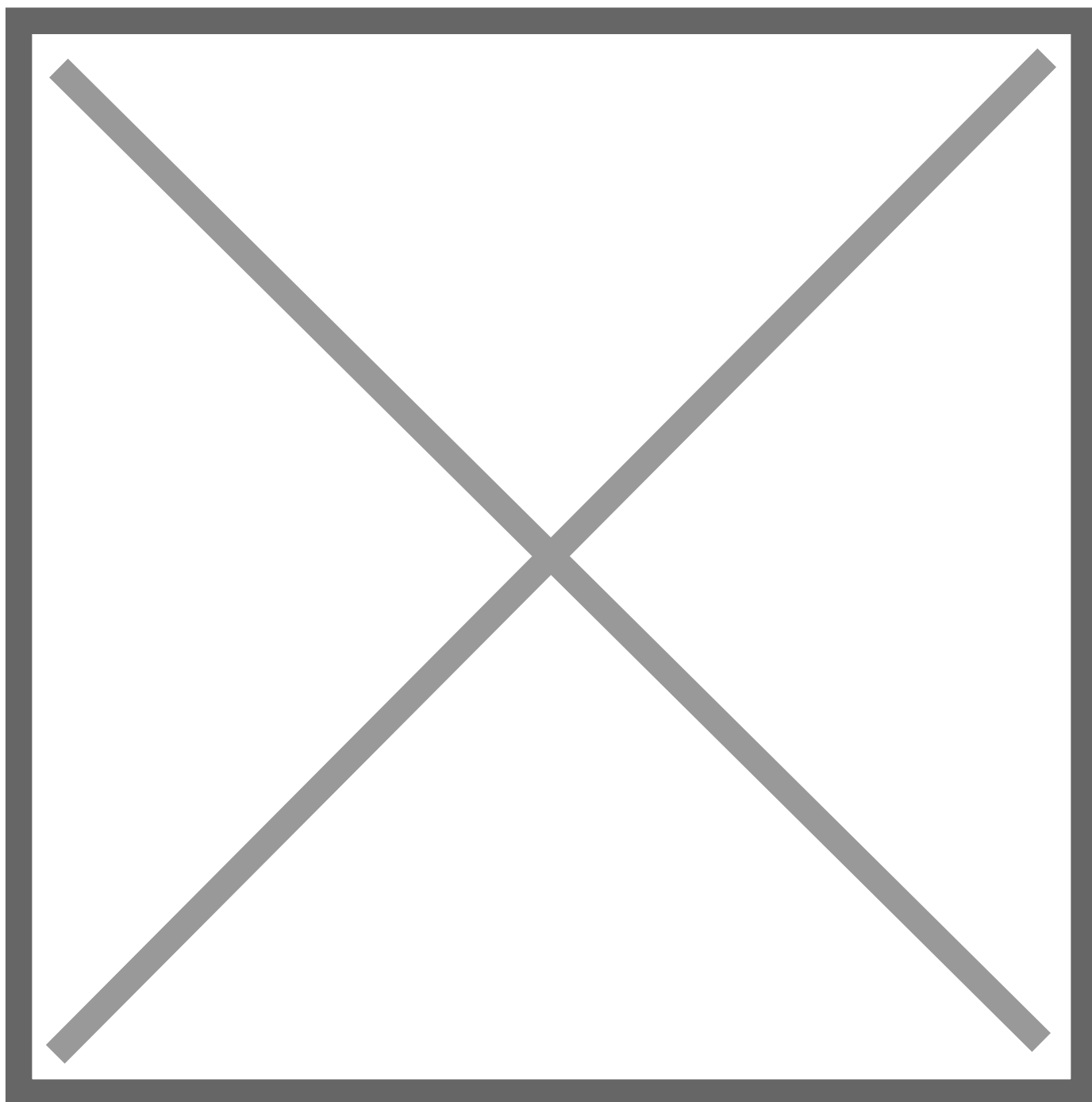
Tipo de encuesta:	Medido
Edad:	15-19
Tamaño de la muestra:	1230

Zona abarcada:	Nacional
Referencias:	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

Sobrepeso/obesidad 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.

Chicas, 2022

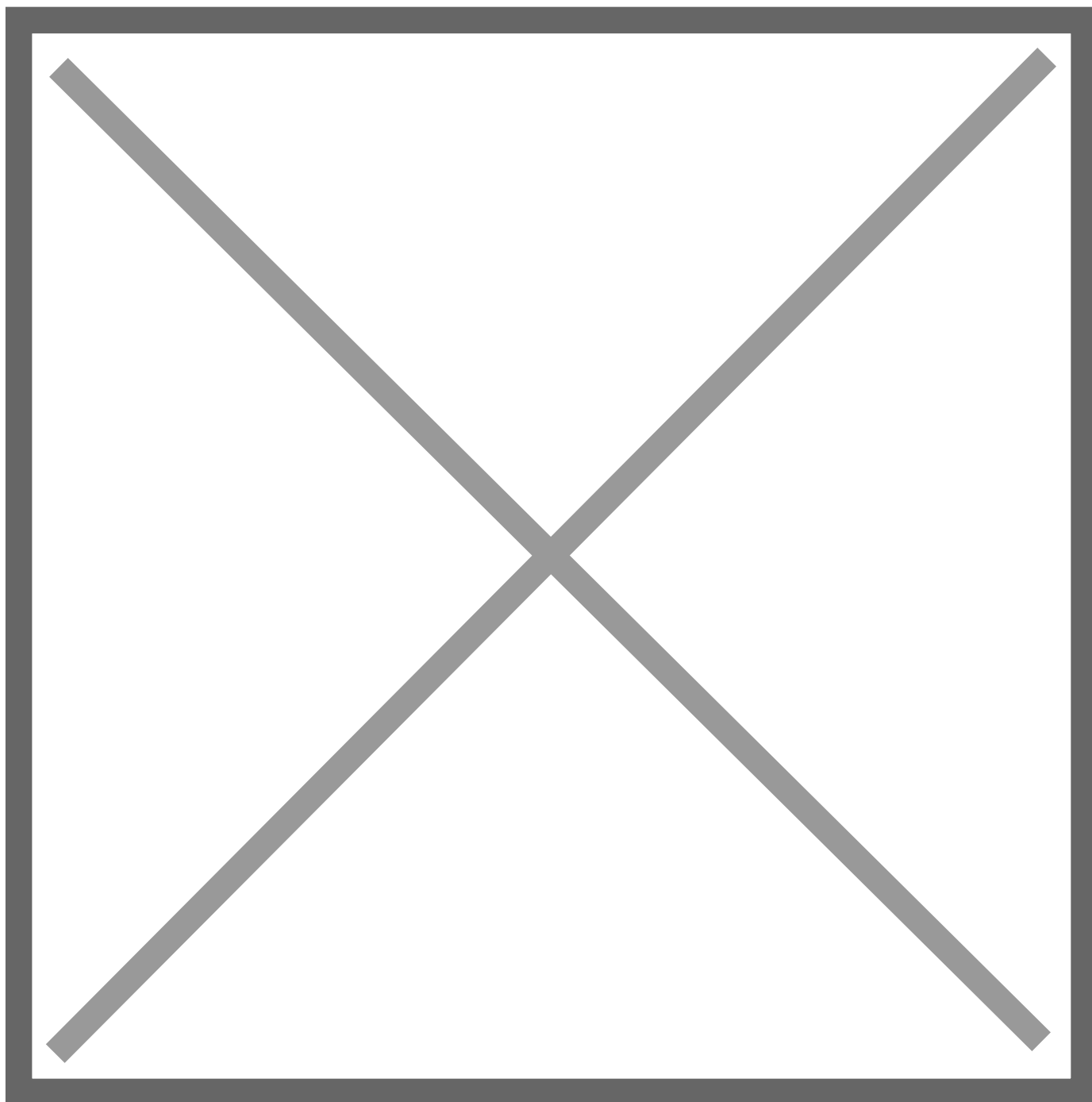


Tipo de encuesta:	Medido
Edad:	15-19
Tamaño de la muestra:	1230
Zona abarcada:	Nacional

Referencias:	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

Niños, 2022



Tipo de encuesta:

Medido

Edad:

5-19

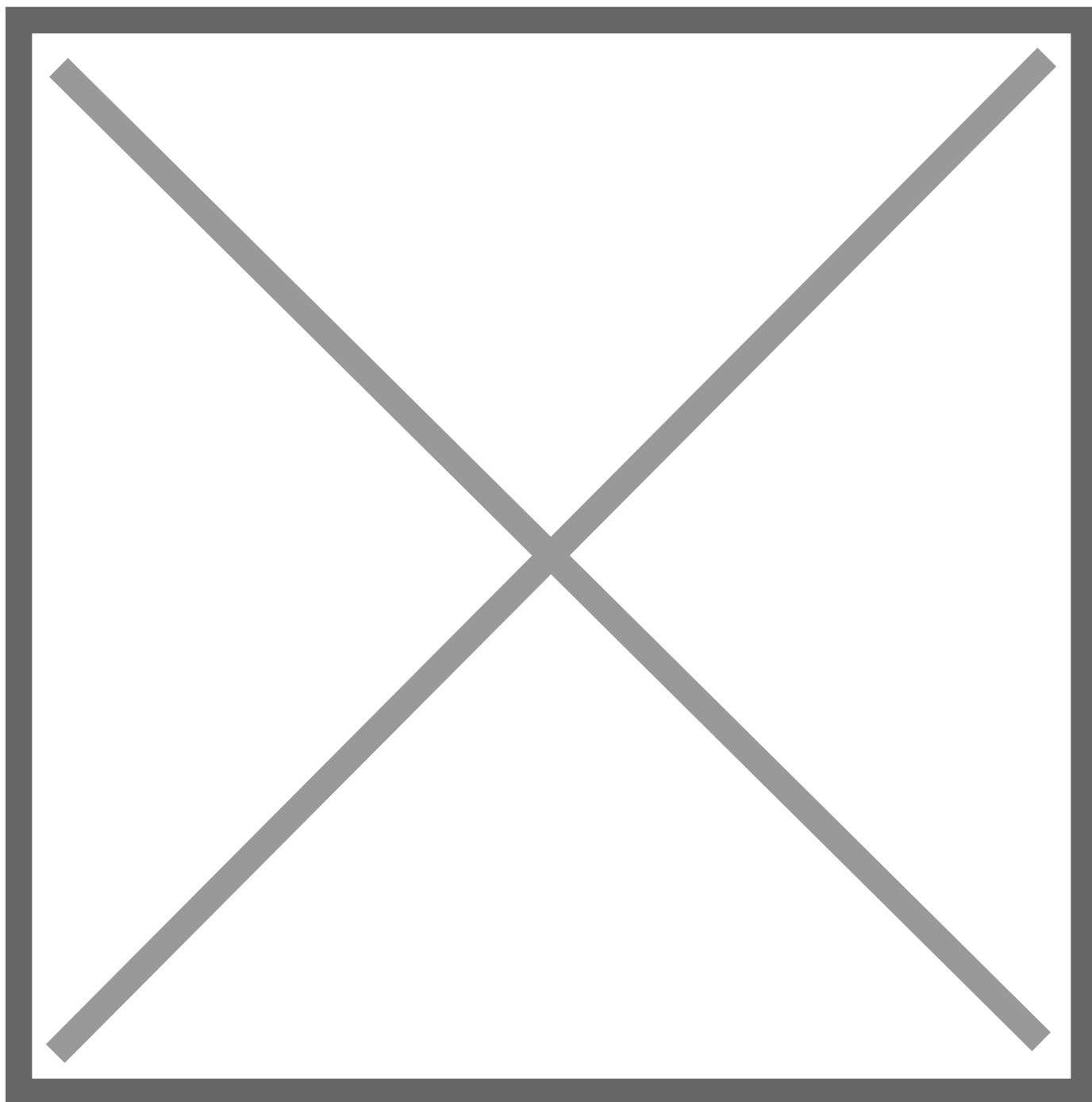
Referencias:

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
Definiciones (solo disponible en inglés):	Combined prevalence of BMI < -2SD and BMI > 2SD (double burden of thinness and obesity)
Cutoffs:	BMI < -2SD and BMI > 2SD

Actividad física insuficiente

Niños, 2016



Tipo de encuesta:

Autodeclarado

Edad:

11-17

Referencias:

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

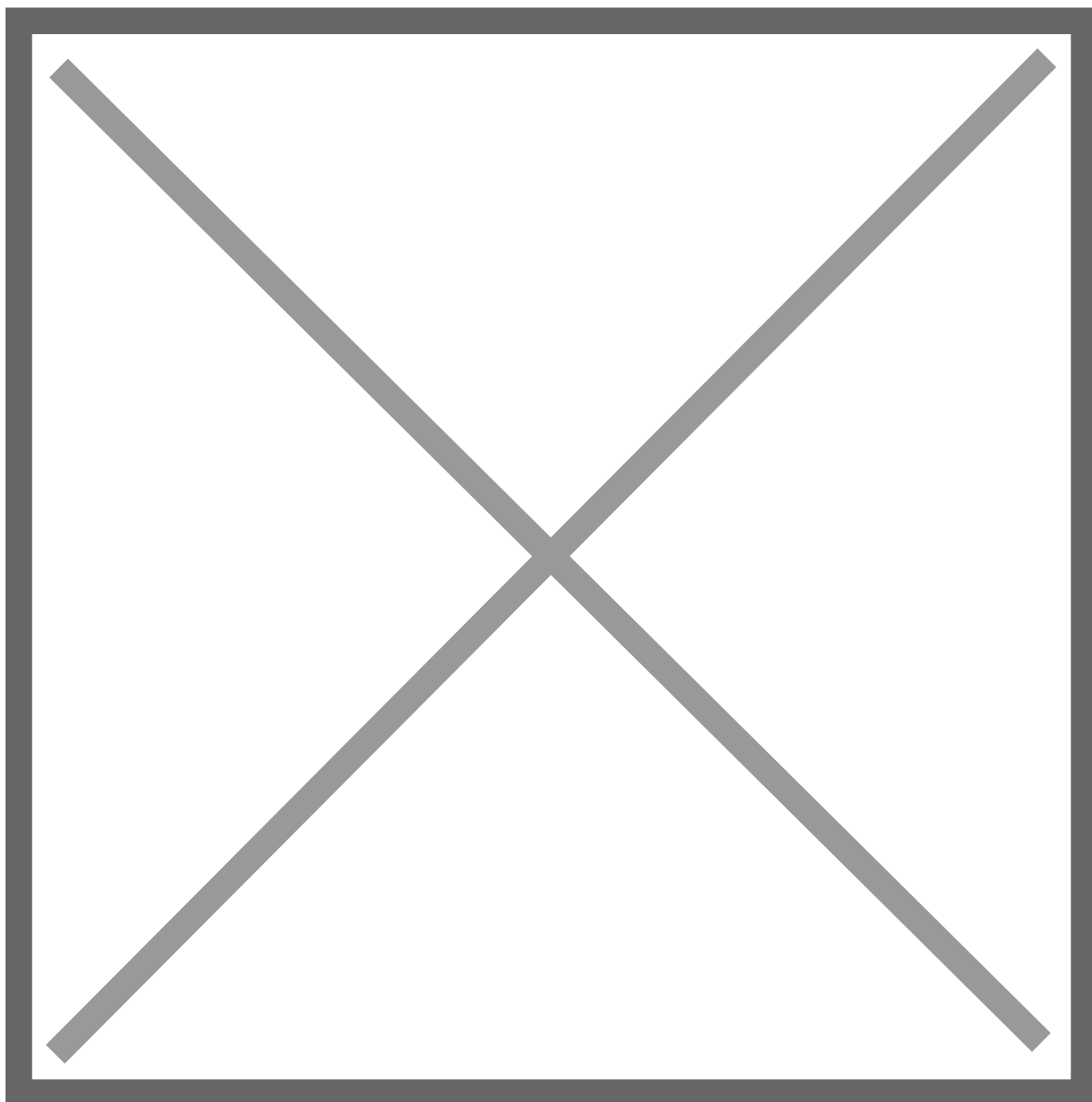
Notas:

% 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.

**Definiciones
(solo
disponible en
ingl  s):**

% Adolescents insufficiently active (age standardised estimate)

Chicos, 2016



Tipo de encuesta: Autodeclarado

Edad: 11-17

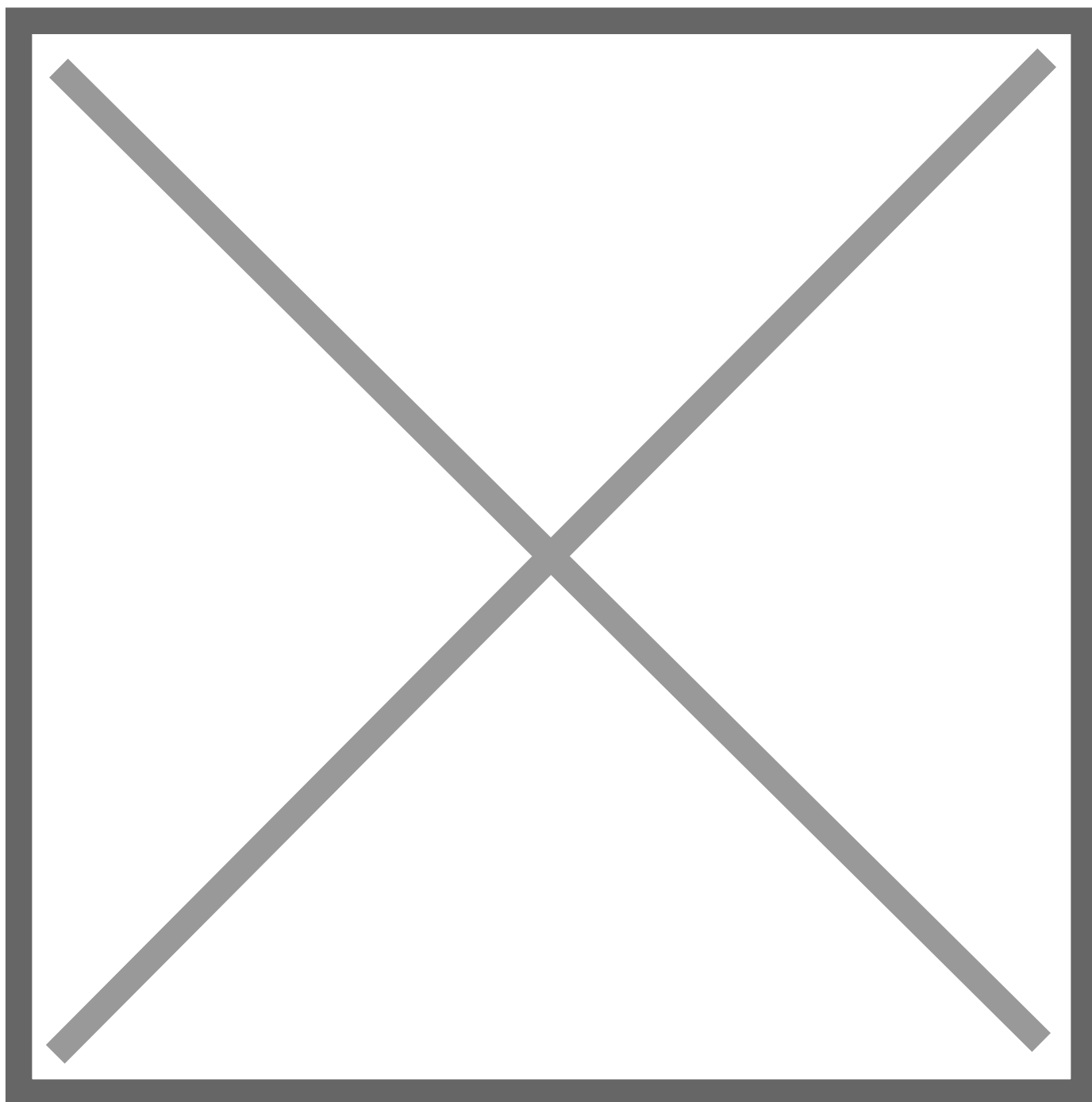
Referencias: Global Health Observatory data repository, World Health Organisation, <https://apps.who.int/gho/data/node.main.A893ADO?lang=en> (last accessed 16.03.21)

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.

Definiciones
(solo
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% Adolescents insufficiently active (age standardised estimate)

Chicas, 2016



Tipo de encuesta:

Autodeclarado

Edad:

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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:

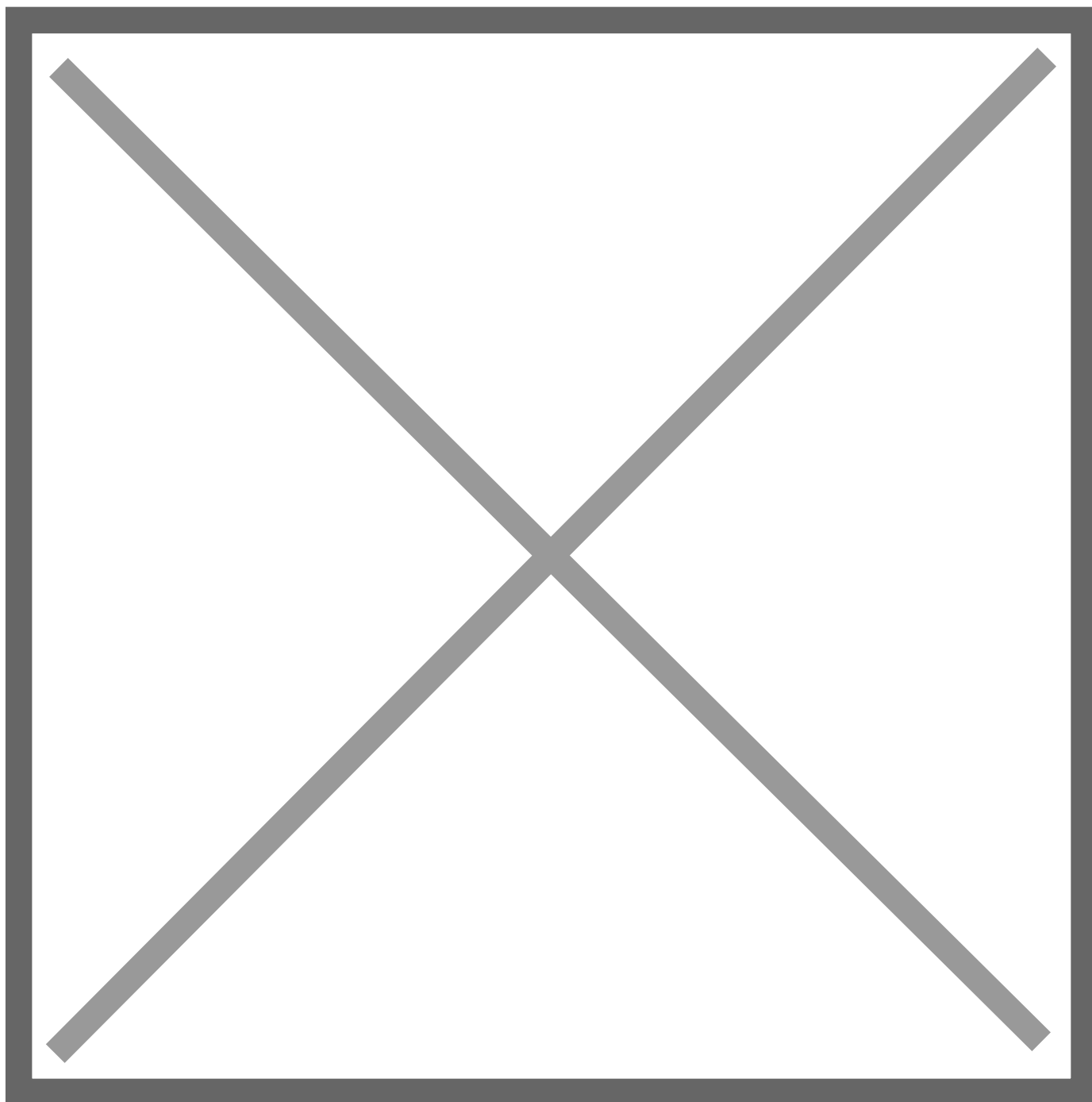
% of school going adolescents not meeting WHO recommendations on Physical Activity for Health, i.e. doing less than 60 minutes of moderate- to vigorous-intensity physical activity daily.

**Definiciones
(solo
disponible en
ingl  s):**

% Adolescents insufficiently active (age standardised estimate)

Salud mental: trastornos de depresi3n

Ni±os, 2021



**Zona
abarcada:**

Nacional

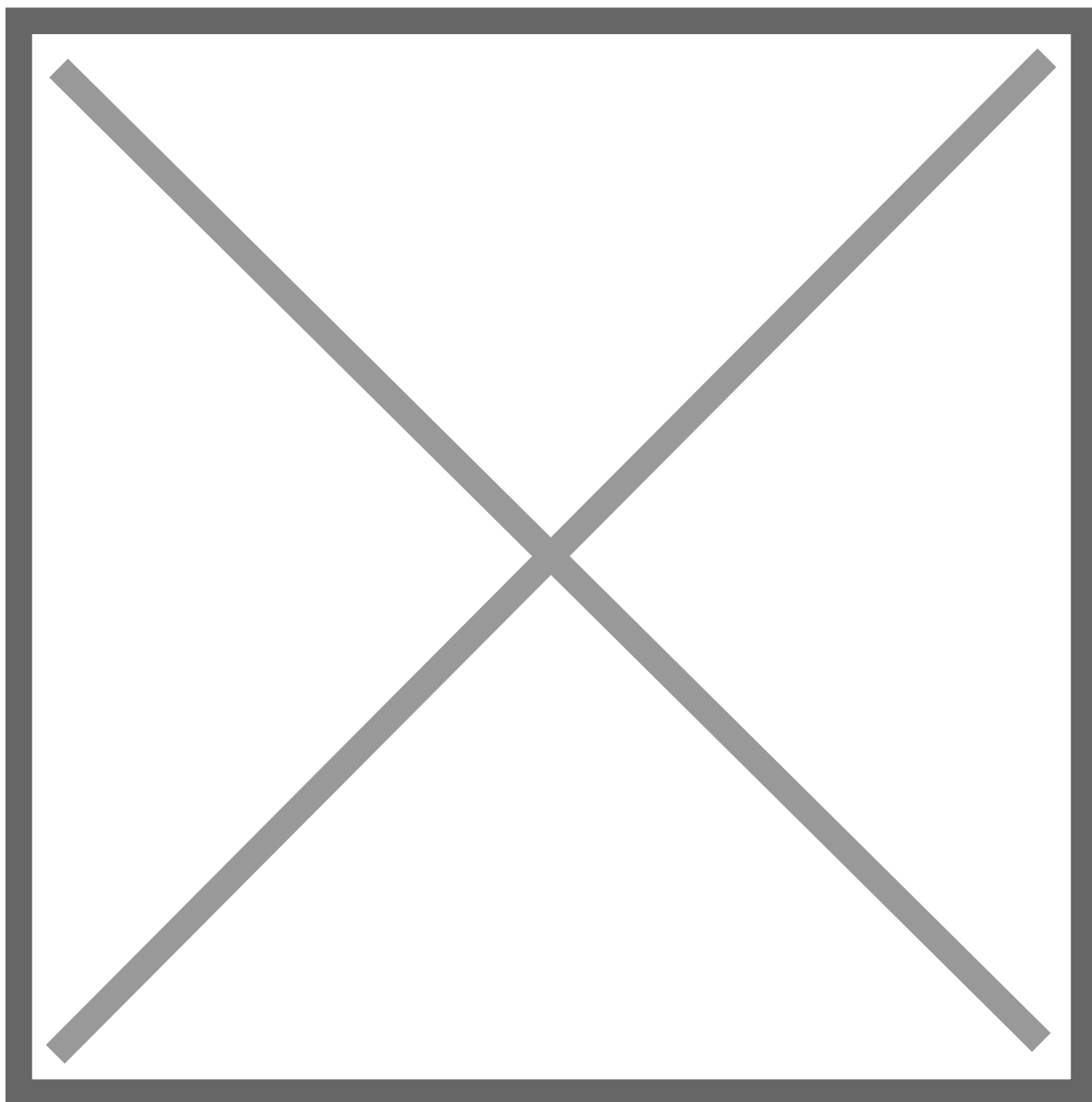
Referencias:

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)

**Definiciones
(solo
disponible en
ingl  s):**

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

Chicos, 2021



**Zona
abarcada:**

Nacional

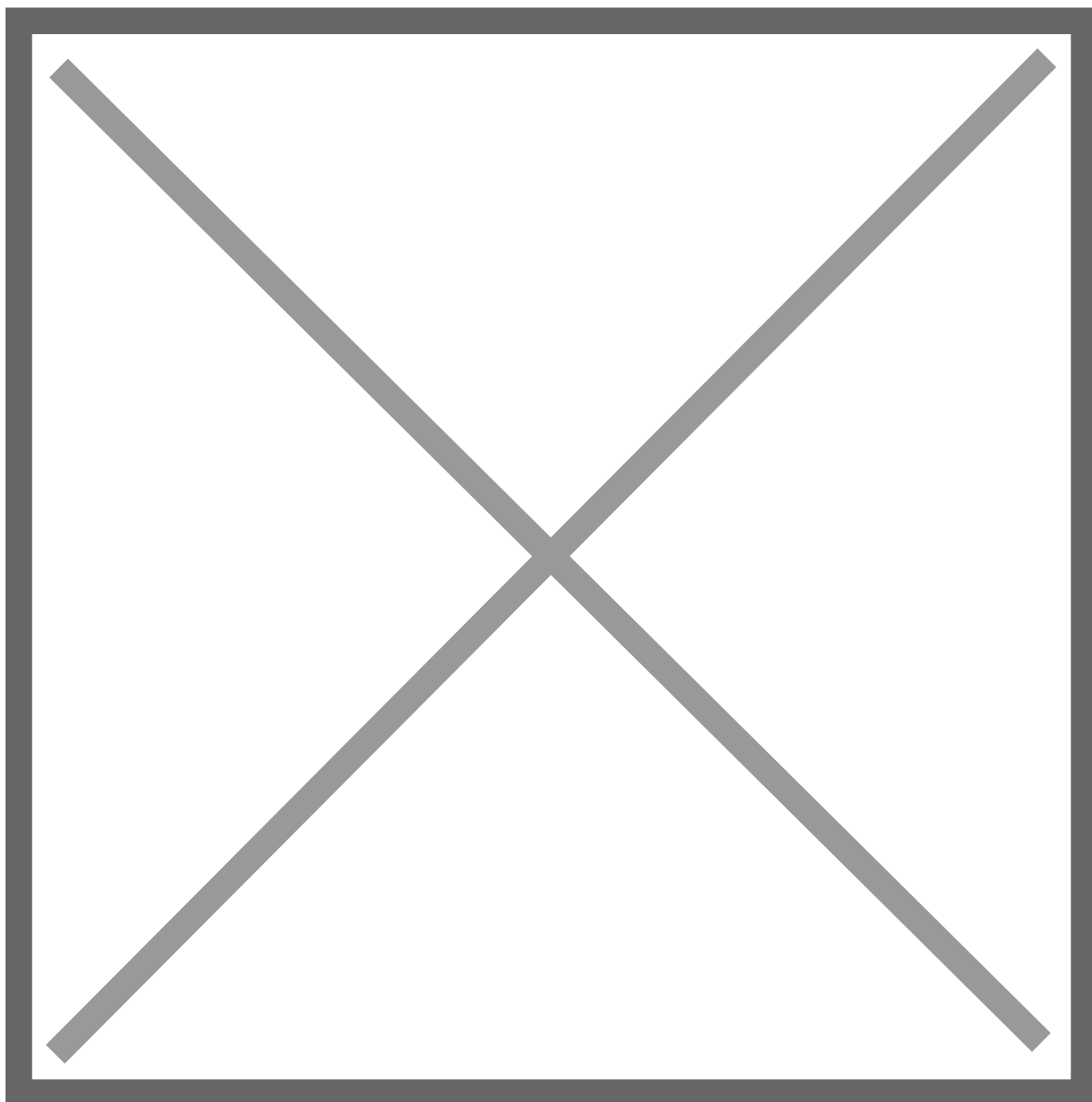
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**Definiciones
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Number living with depressive disorder per 100,000 population (Under 20 years of age)

Chicas, 2021



**Zona
abarcada:**

Nacional

Referencias:

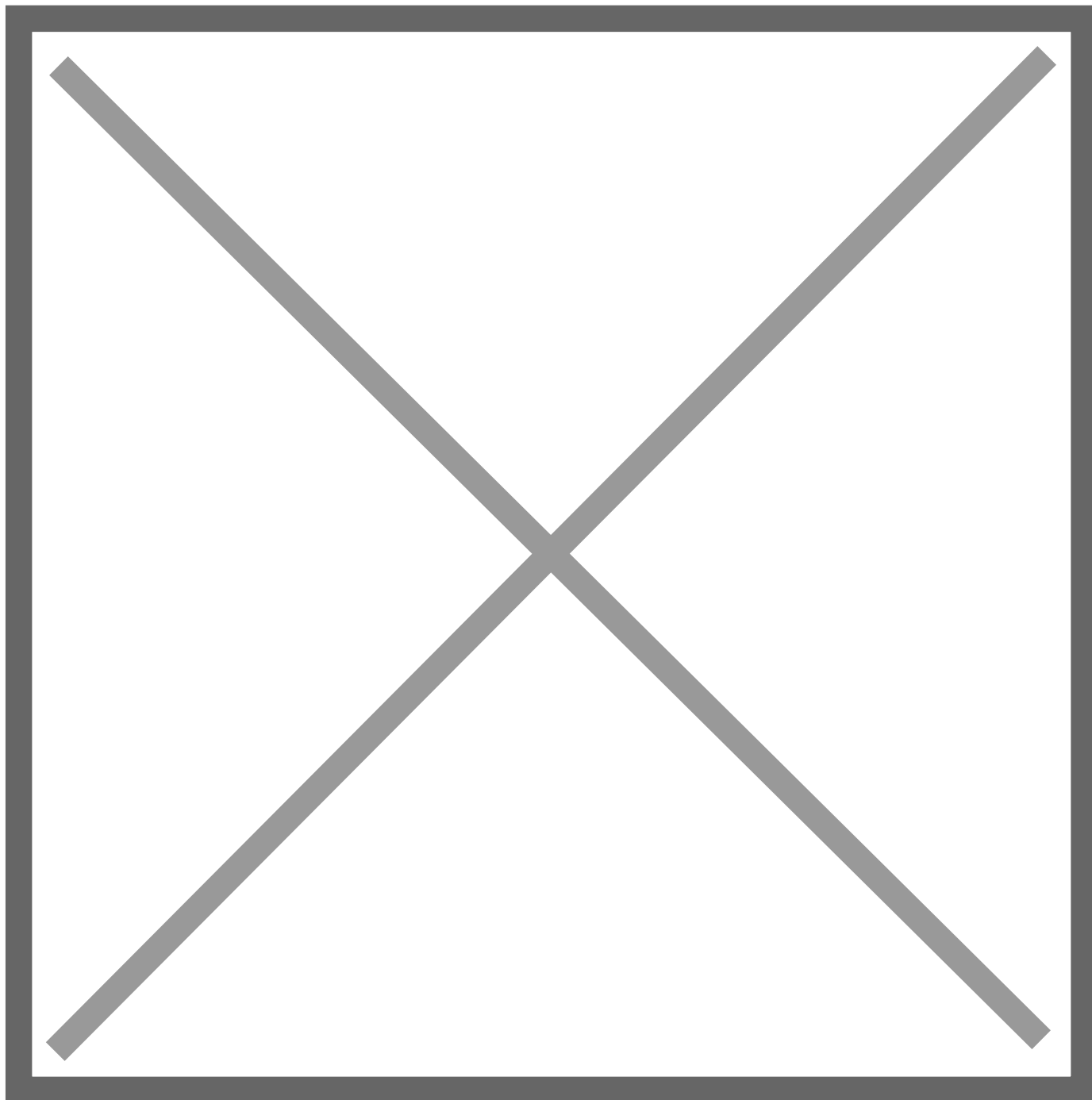
Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

**Definiciones
(solo
disponible en
ingl  s):**

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

Salud mental: trastornos de ansiedad

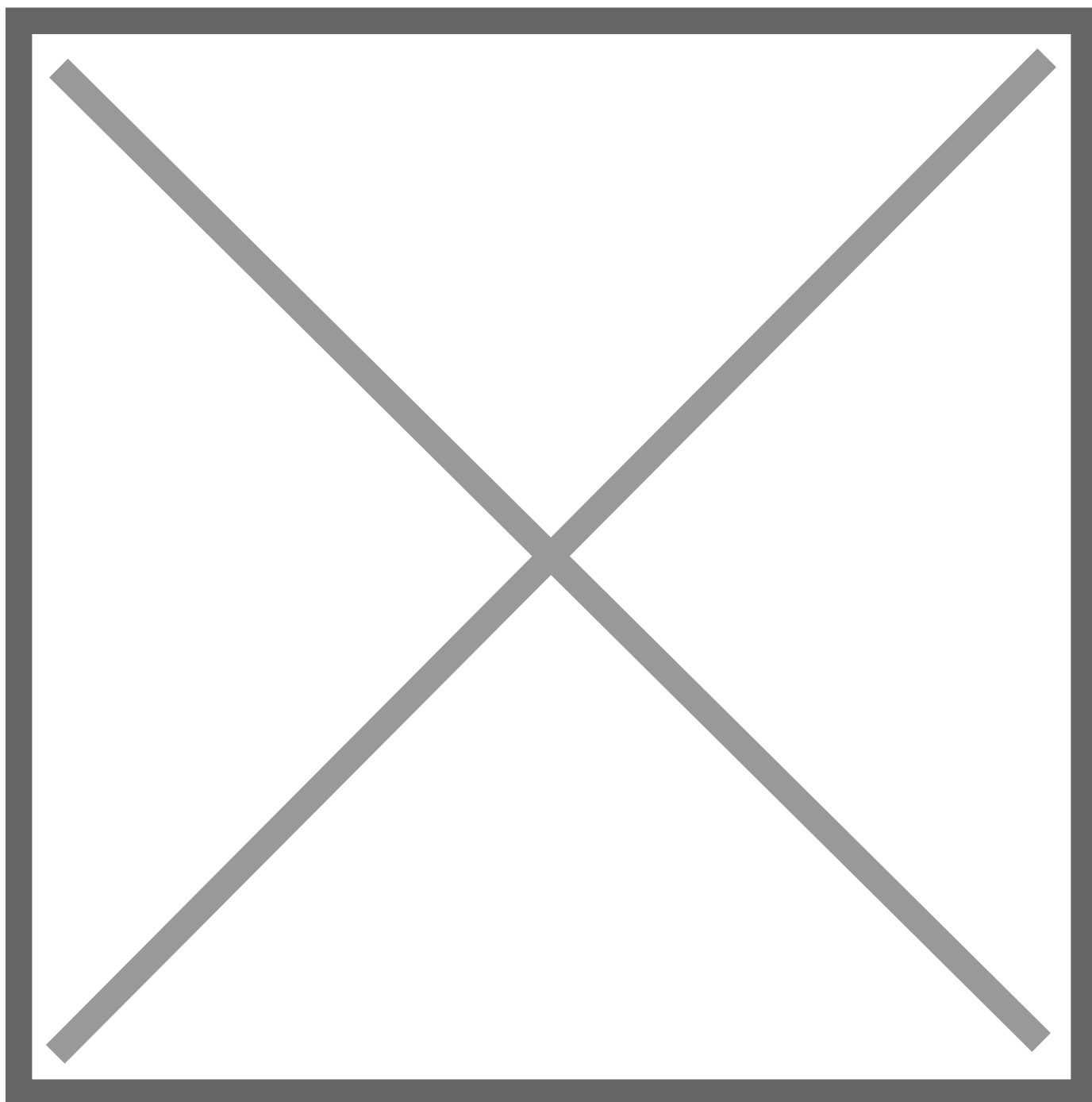
Niños, 2021



Referencias:

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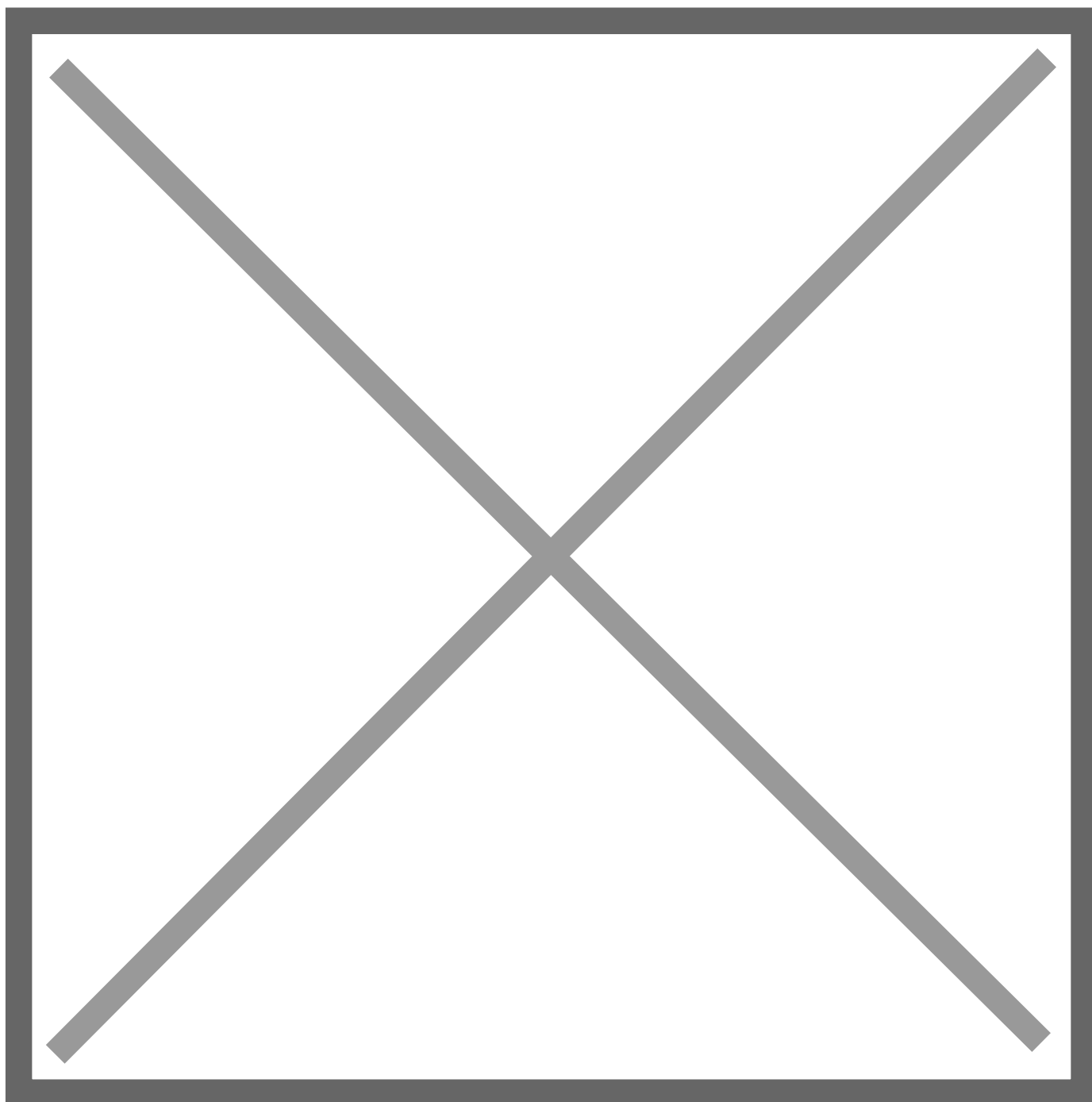
Chicos, 2021



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Chicas, 2021



Referencias:

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