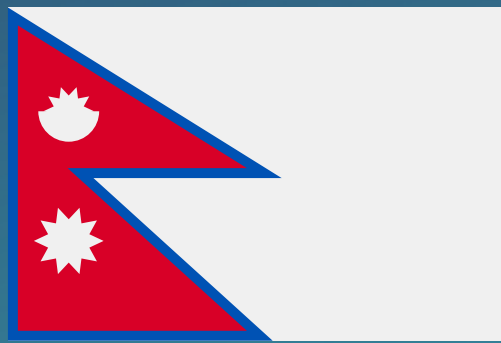




# Nepal



## Country report card - children

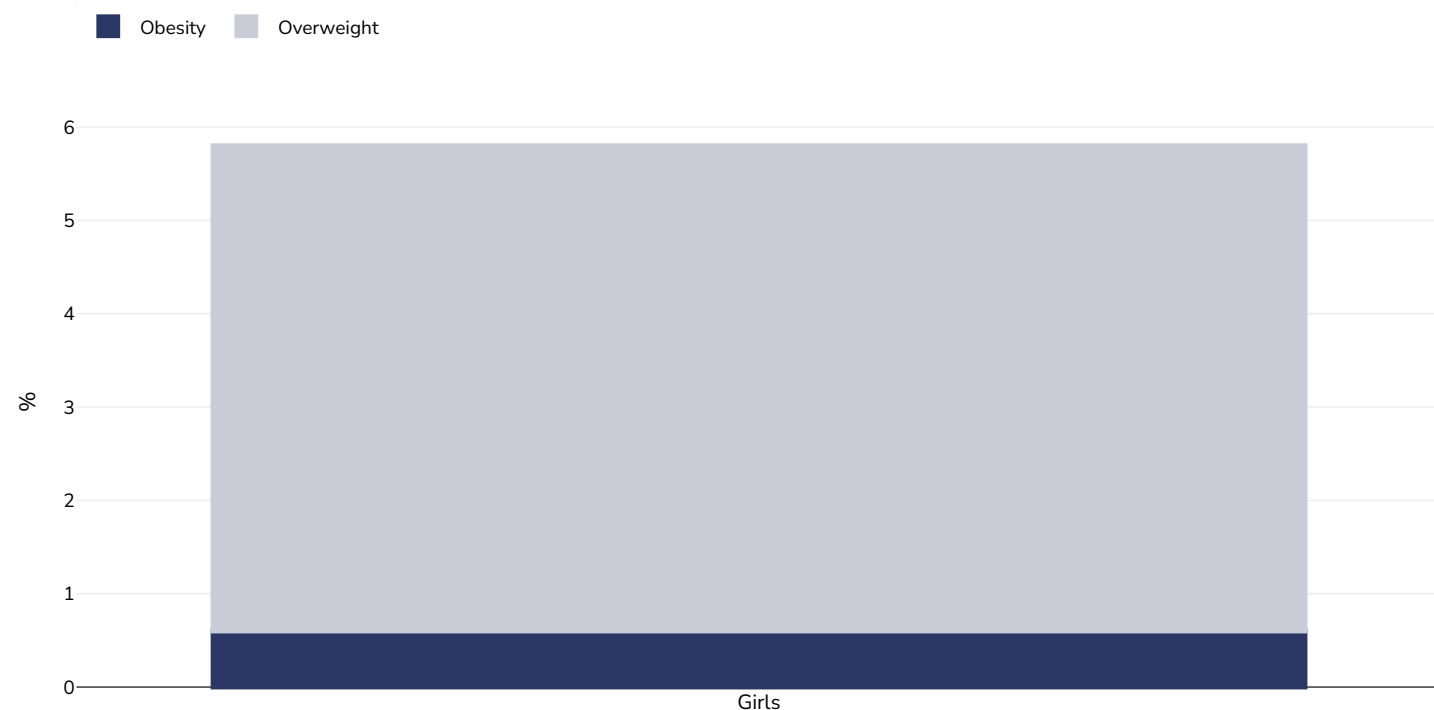
*This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity for children, including adolescents (aged 5 to 18 years). Where available, data on common and relevant obesity drivers and comorbidities are also presented.*

*View the latest version of this report on the Global Obesity Observatory at <https://data.worldobesity.org/country/nepal-151/>.*

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## Obesity prevalence

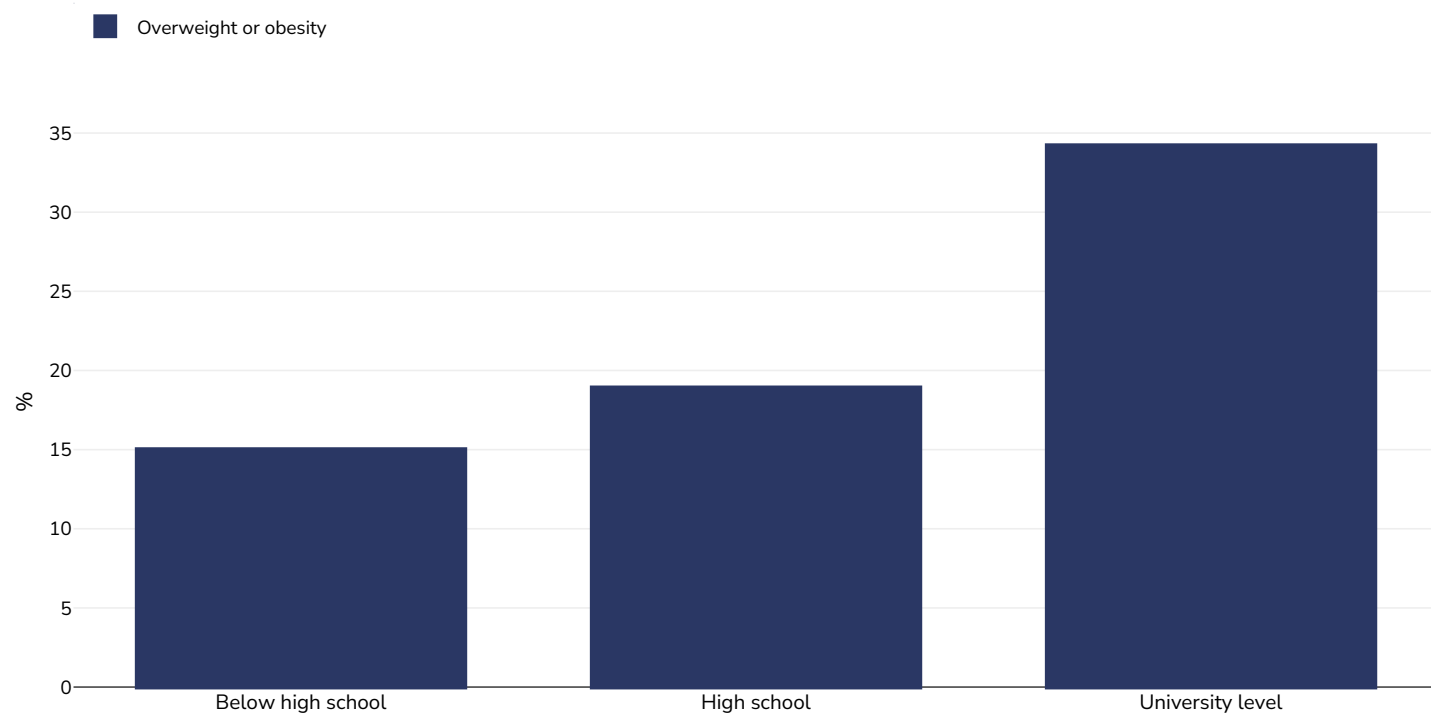
### Girls, 2022



|               |                                                                                                                                                                                                |
|---------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Survey type:  | Measured                                                                                                                                                                                       |
| Age:          | 15-19                                                                                                                                                                                          |
| Sample size:  | 1230                                                                                                                                                                                           |
| Area covered: | National                                                                                                                                                                                       |
| References:   | 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                                                                                                                                                                                       |

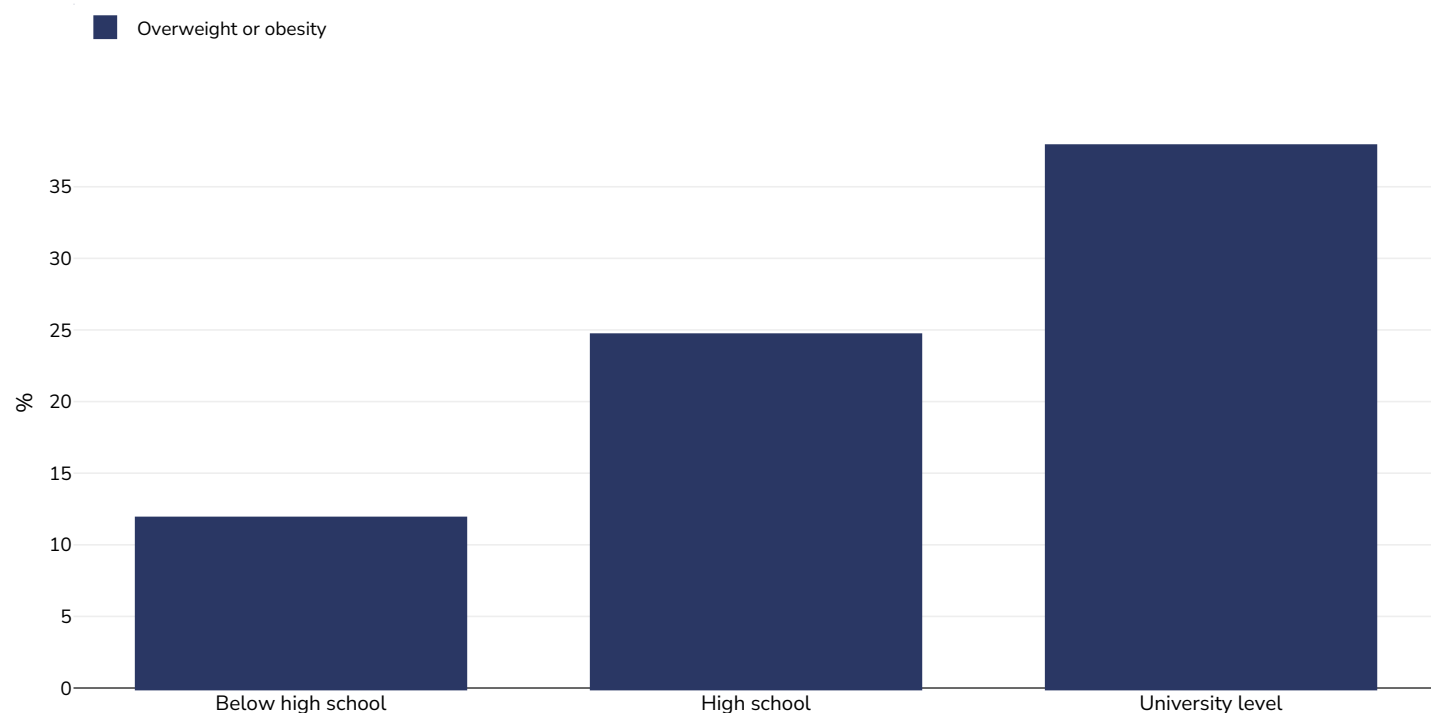
## Overweight/obesity by education

### Boys, 2017



|               |                                                                                                                                                                                                                                                                                                       |
|---------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Survey type:  | Measured                                                                                                                                                                                                                                                                                              |
| Age:          | 6-13                                                                                                                                                                                                                                                                                                  |
| Sample size:  | 575                                                                                                                                                                                                                                                                                                   |
| Area covered: | Lalitpur Metropolitan City                                                                                                                                                                                                                                                                            |
| References:   | Prevalence and associated factors of childhood overweight/obesity among primary school children in urban Nepal. Available at: <a href="https://bmcpublichealth.biomedcentral.com/articles/10.1186/s12889-019-7406-9">https://bmcpublichealth.biomedcentral.com/articles/10.1186/s12889-019-7406-9</a> |
| Cutoffs:      | BMI-for-age-sex                                                                                                                                                                                                                                                                                       |

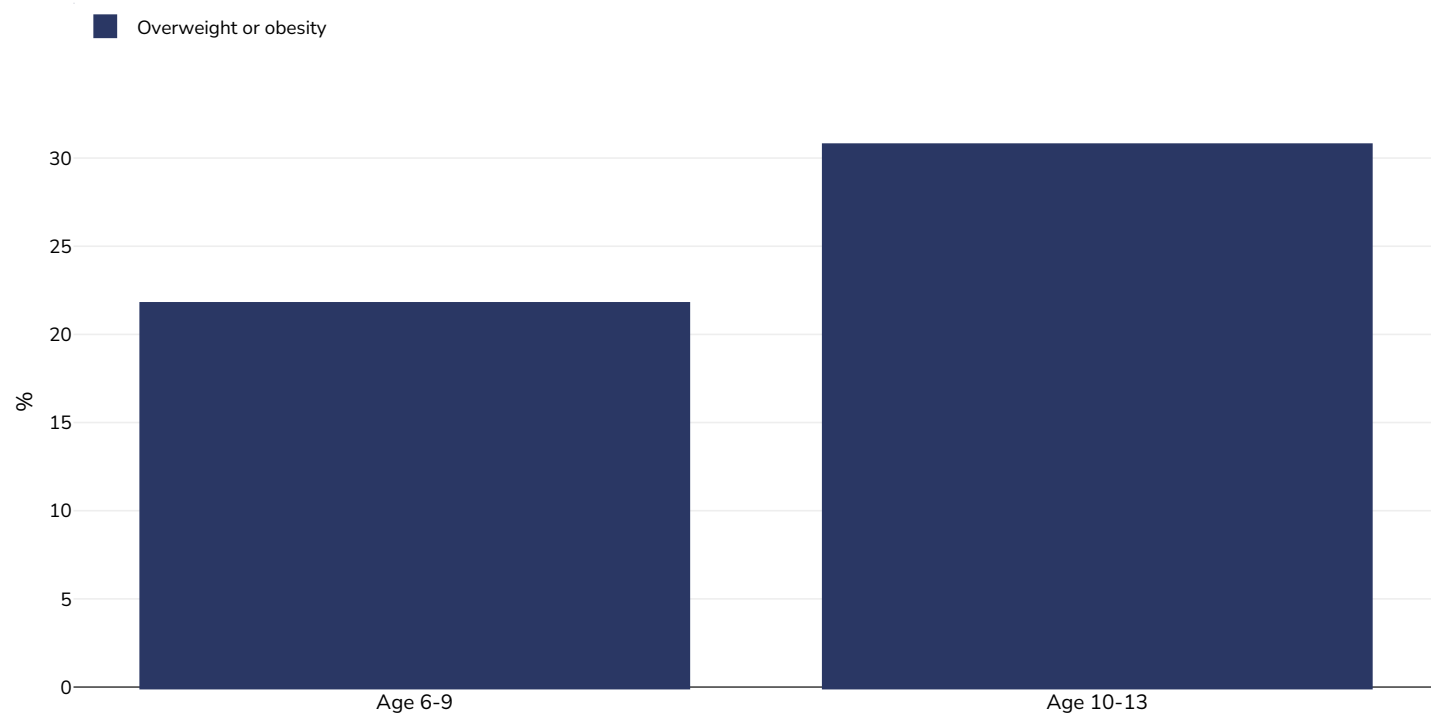
## Girls, 2017



|               |                                                                                                                                                                                                                                                                                                       |
|---------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Survey type:  | Measured                                                                                                                                                                                                                                                                                              |
| Age:          | 6-13                                                                                                                                                                                                                                                                                                  |
| Sample size:  | 575                                                                                                                                                                                                                                                                                                   |
| Area covered: | Lalitpur Metropolitan City                                                                                                                                                                                                                                                                            |
| References:   | Prevalence and associated factors of childhood overweight/obesity among primary school children in urban Nepal. Available at: <a href="https://bmcpublichealth.biomedcentral.com/articles/10.1186/s12889-019-7406-9">https://bmcpublichealth.biomedcentral.com/articles/10.1186/s12889-019-7406-9</a> |
| Cutoffs:      | BMI-for-age-sex                                                                                                                                                                                                                                                                                       |

## Overweight/obesity by age

### Children, 2017



Survey type: Measured

Sample size: 575

Area covered: Urban

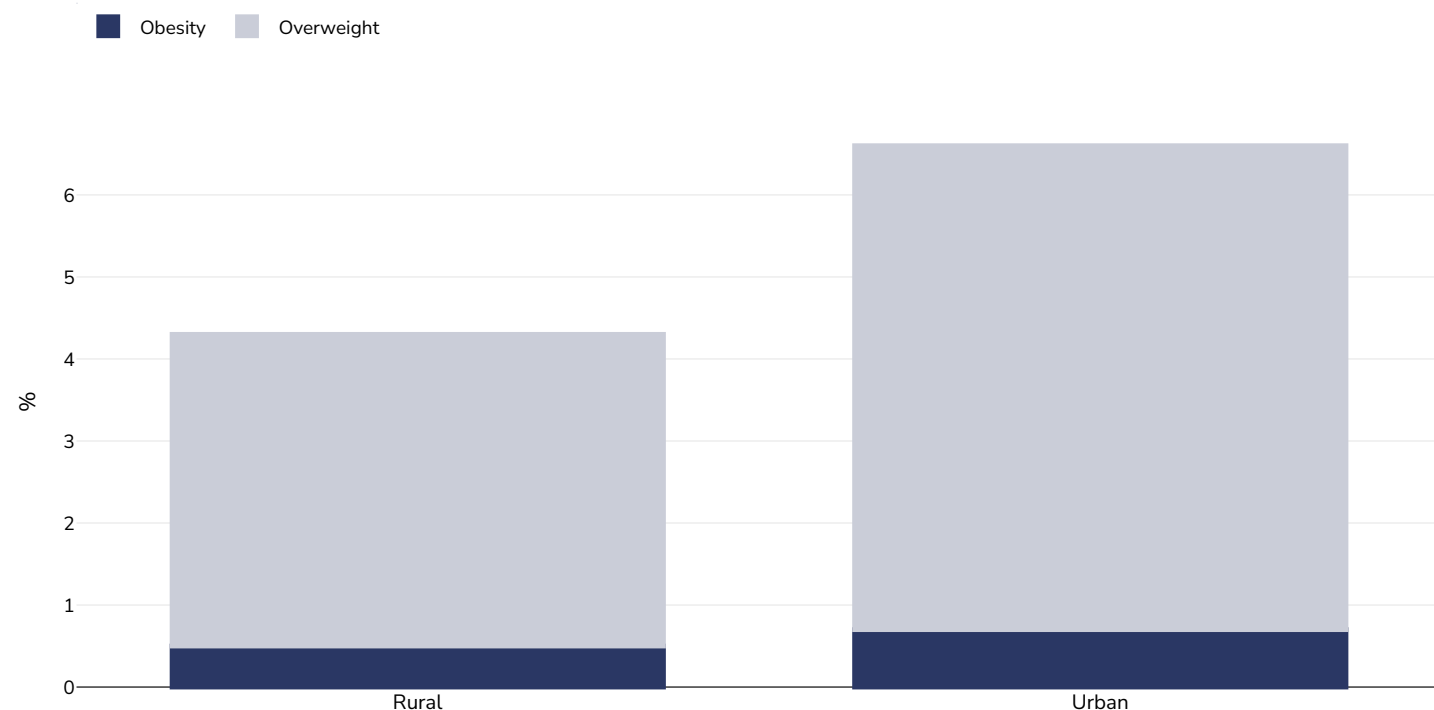
References: Prevalence and associated factors of childhood overweight/obesity among primary school children in urban Nepal. Available at: <https://bmcpublichealth.biomedcentral.com/articles/10.1186/s12889-019-7406-9>

Notes: 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

## Overweight/obesity by region

### Girls, 2022

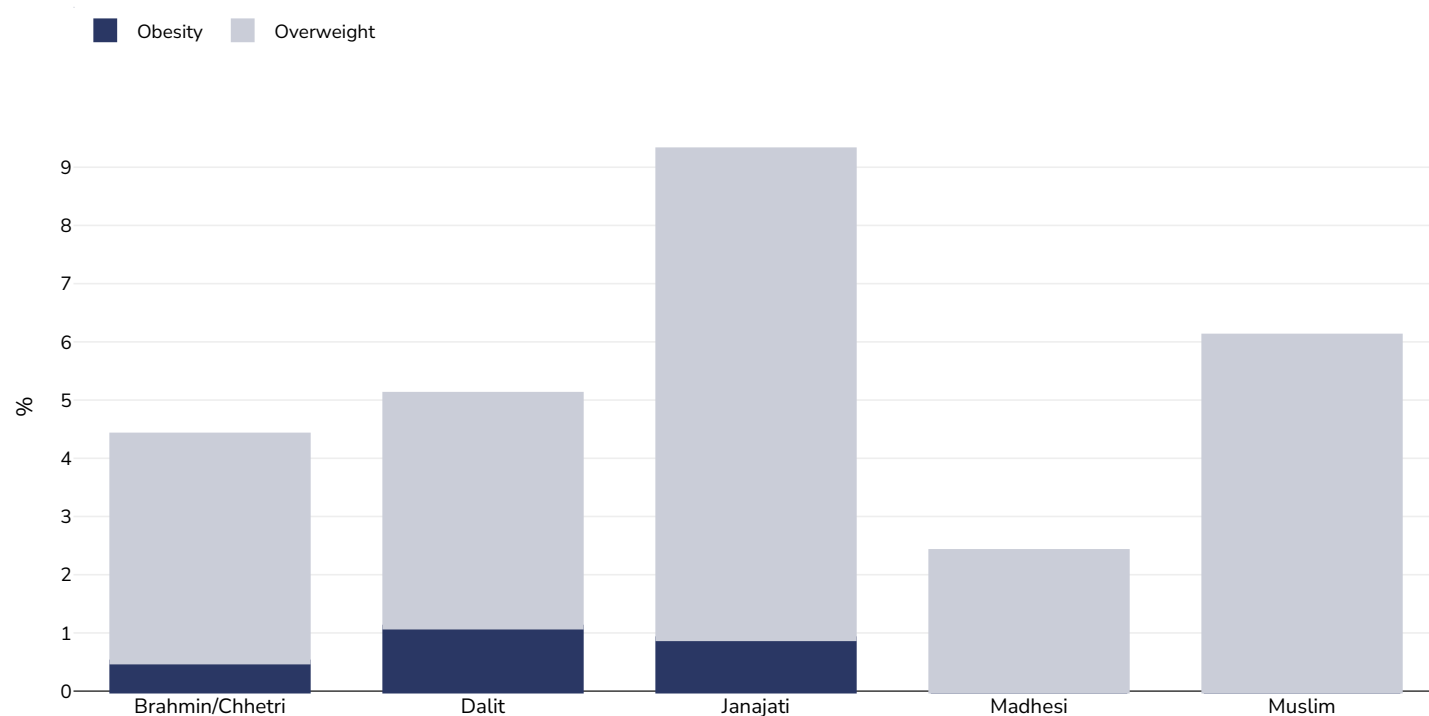


|               |                                                                                                                                                                                                |
|---------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Survey type:  | Measured                                                                                                                                                                                       |
| Age:          | 15-19                                                                                                                                                                                          |
| Sample size:  | 1230                                                                                                                                                                                           |
| Area covered: | National                                                                                                                                                                                       |
| References:   | 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                                                                                                                                                                                       |

## 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.

### Girls, 2022

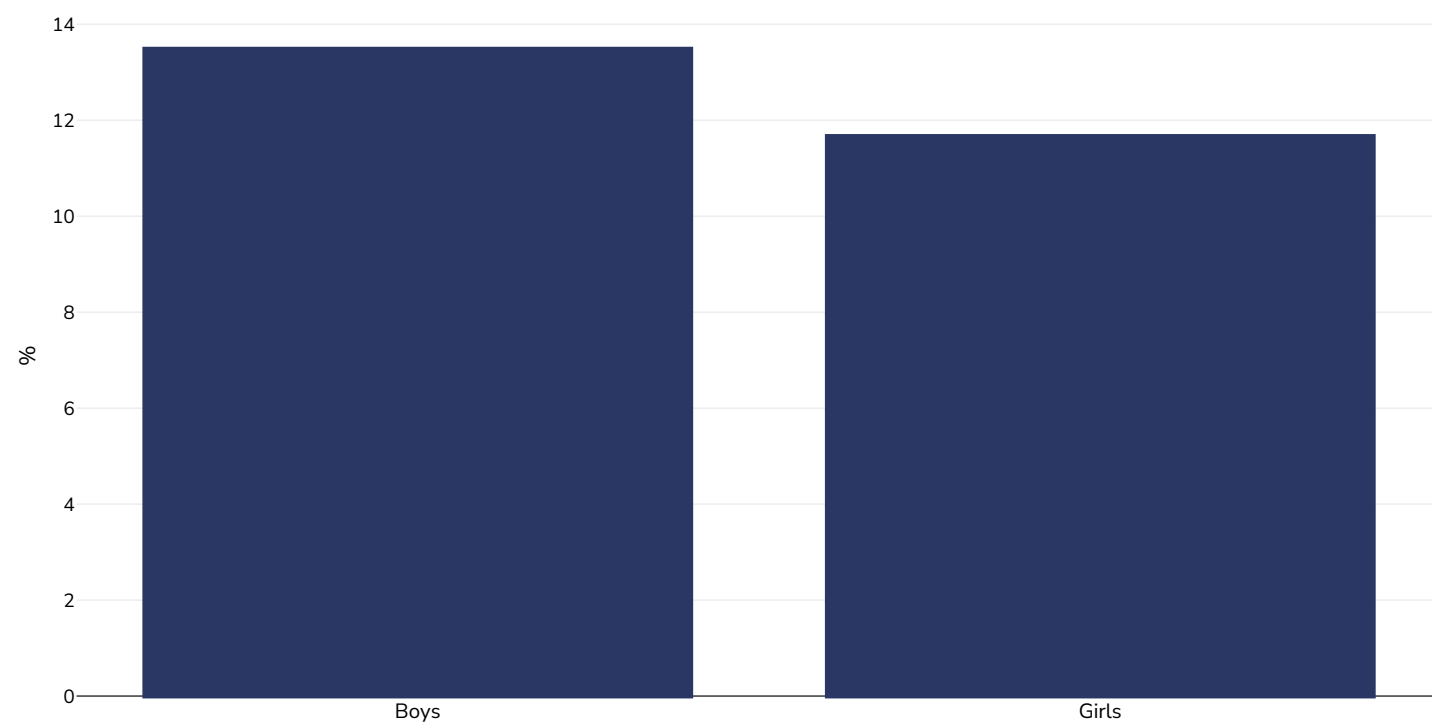


|               |                                                                                                                                                                                                |
|---------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Survey type:  | Measured                                                                                                                                                                                       |
| Age:          | 15-19                                                                                                                                                                                          |
| Sample size:  | 1230                                                                                                                                                                                           |
| Area covered: | National                                                                                                                                                                                       |
| References:   | 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

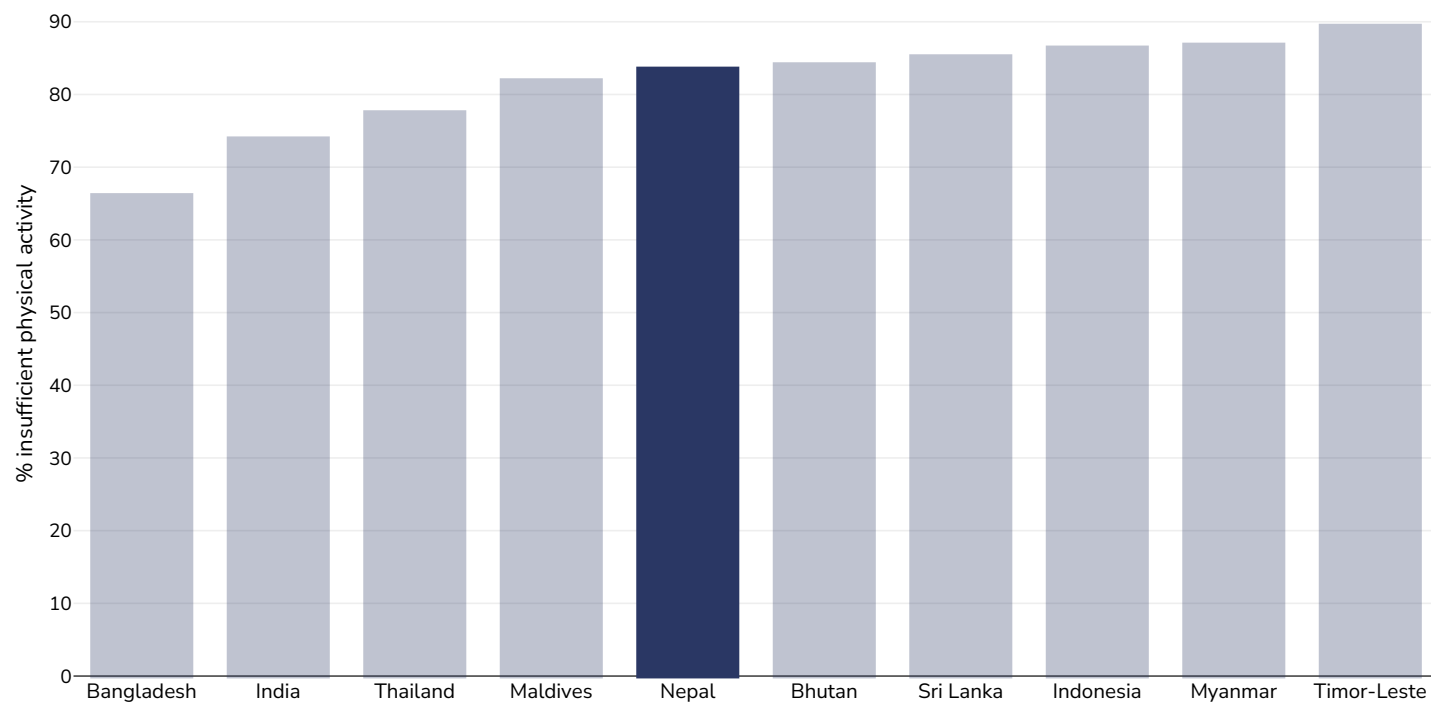
### Children, 2022



|              |                                                                                                                                                                                                                                                                                                                                                                            |
|--------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 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

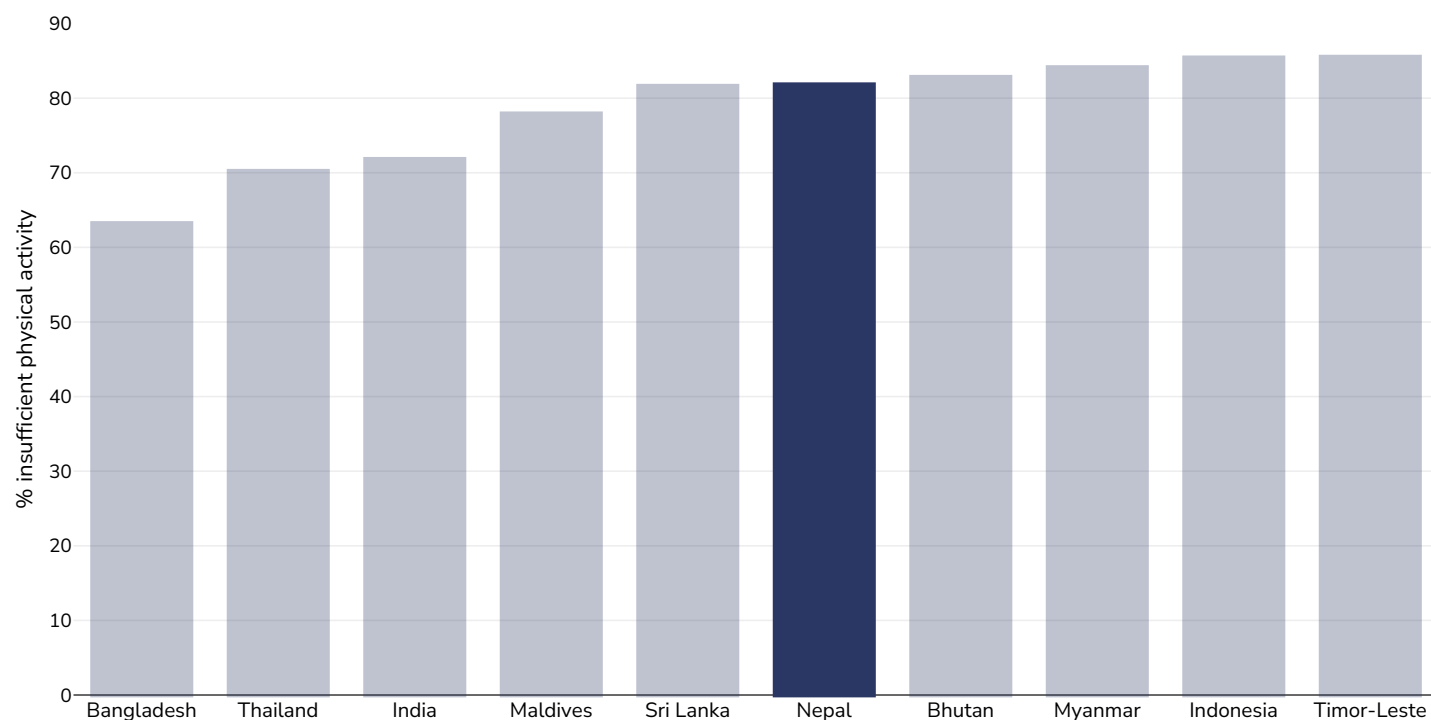
Age: 11-17

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

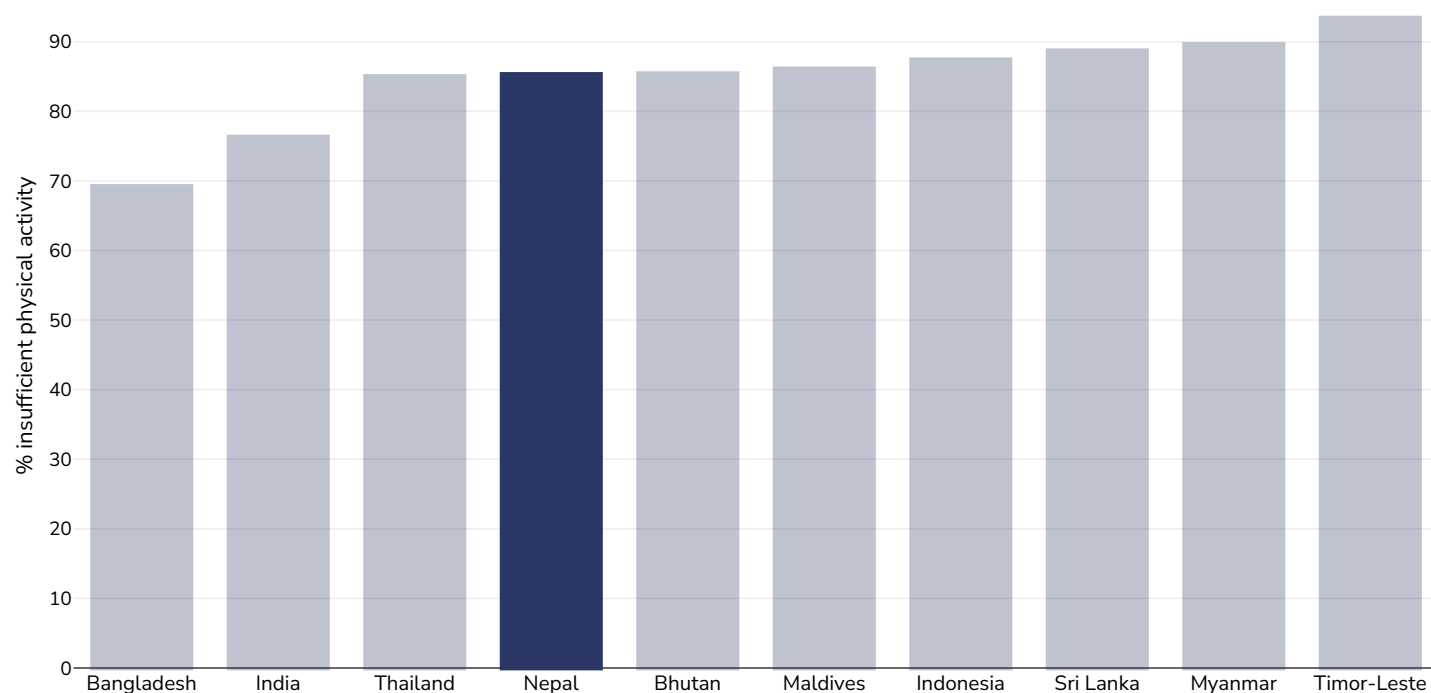
Age: 11-17

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

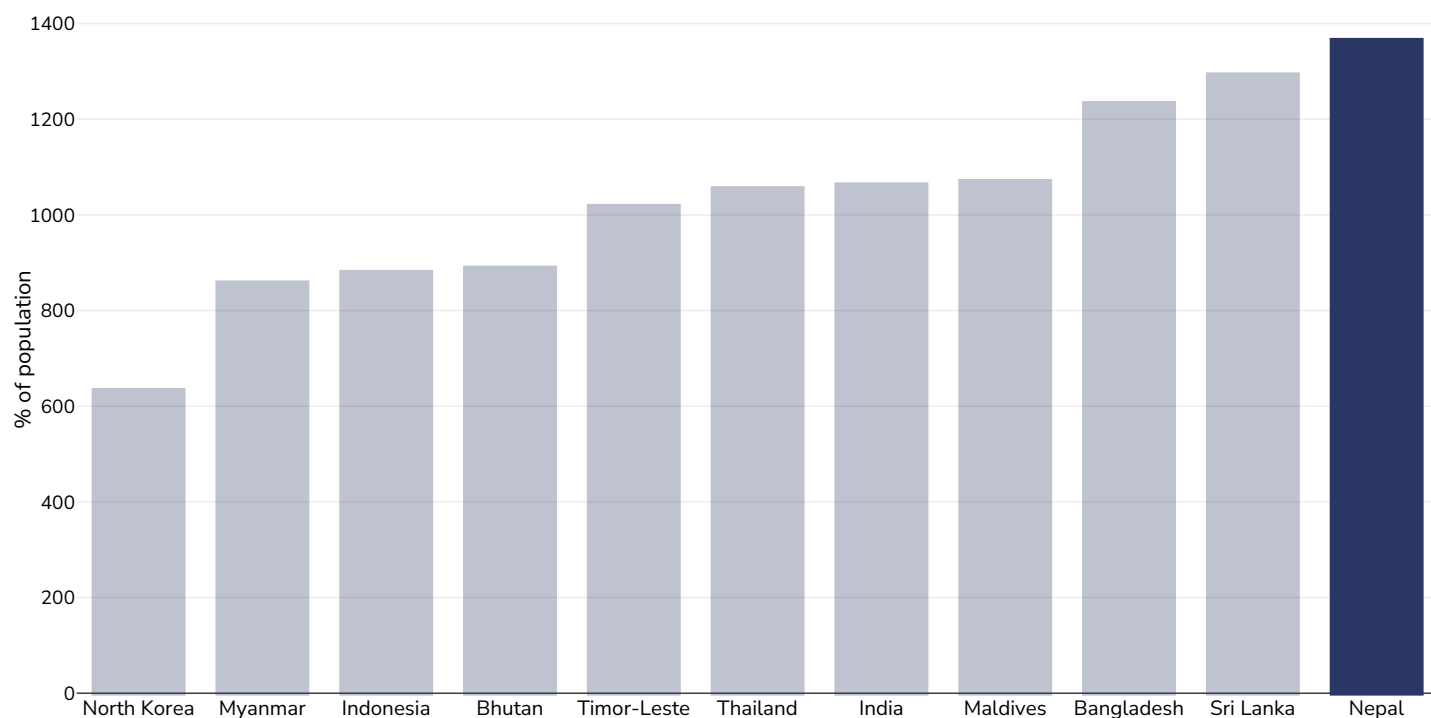
References: Global Health Observatory data repository, World Health Organisation, <https://apps.who.int/gho/data/node.main.A893ADO?lang=en> (last accessed 16.03.21)

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)

## Mental health - depression disorders

### Children, 2021



Area covered:

National

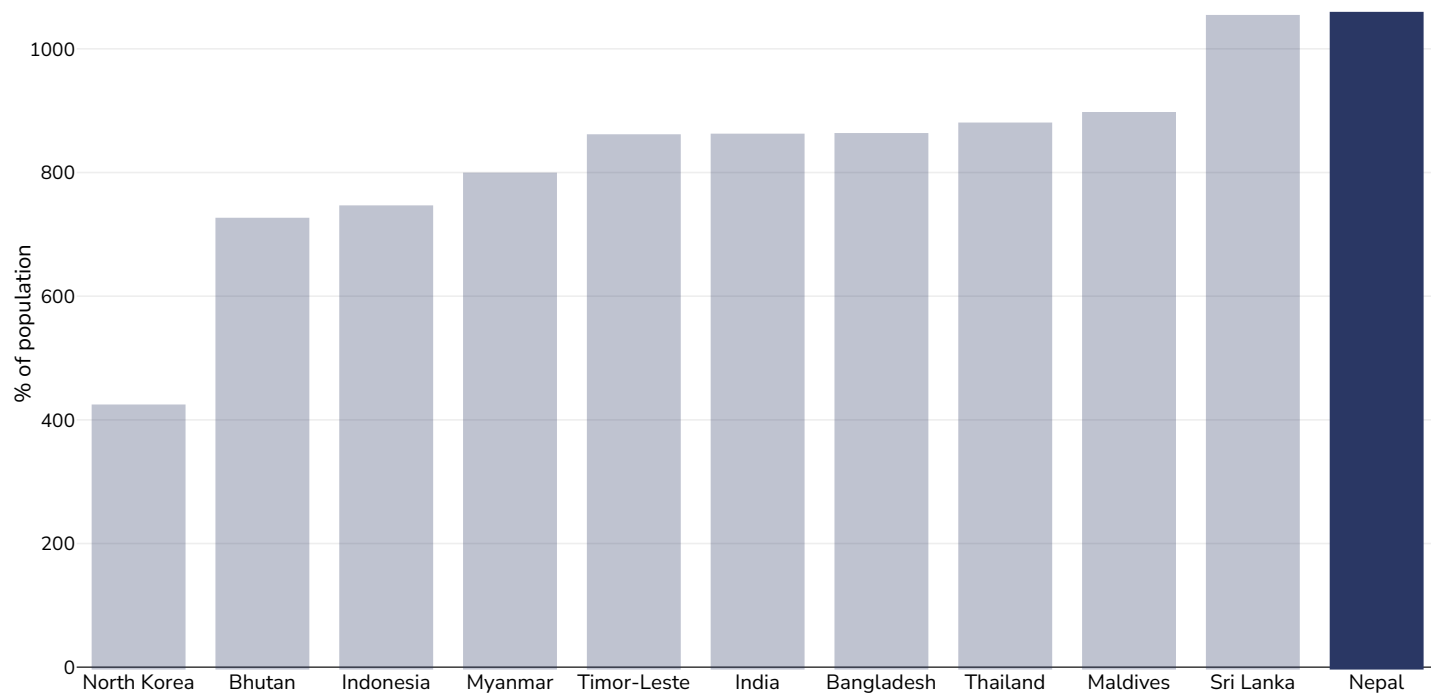
References:

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

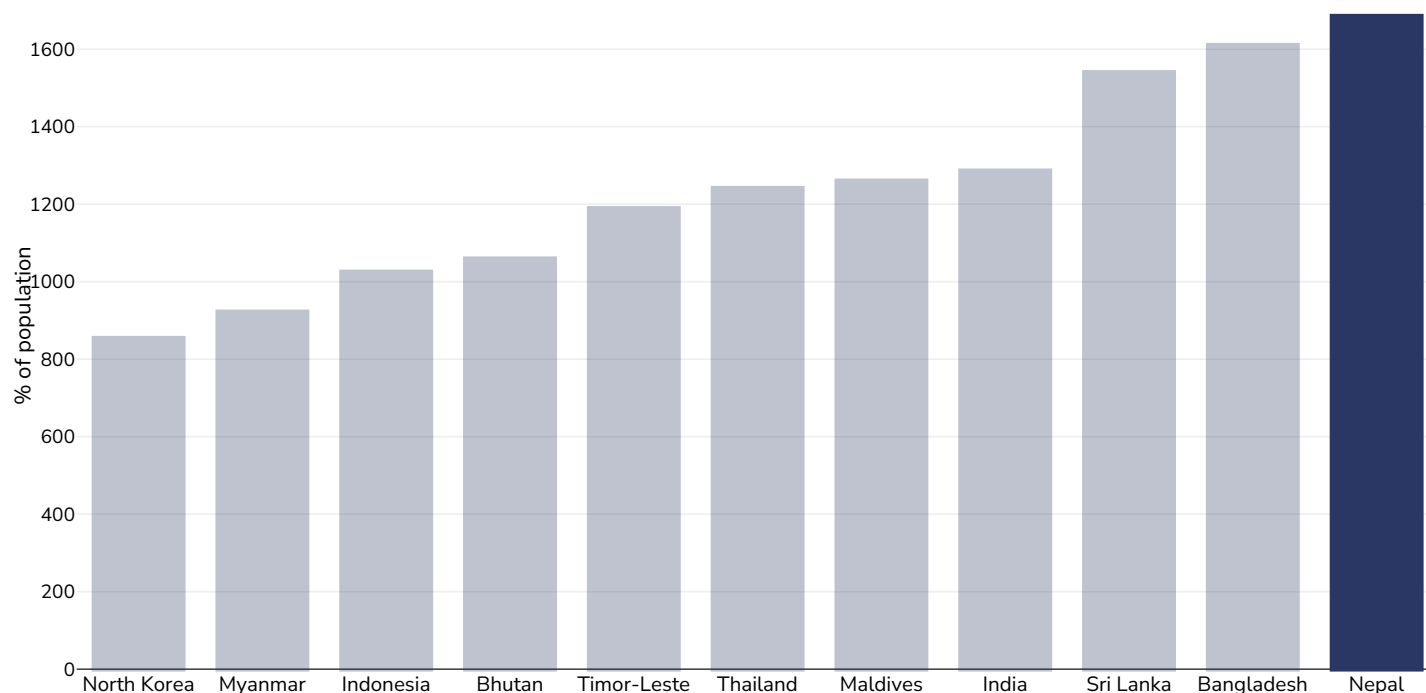
References:

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:

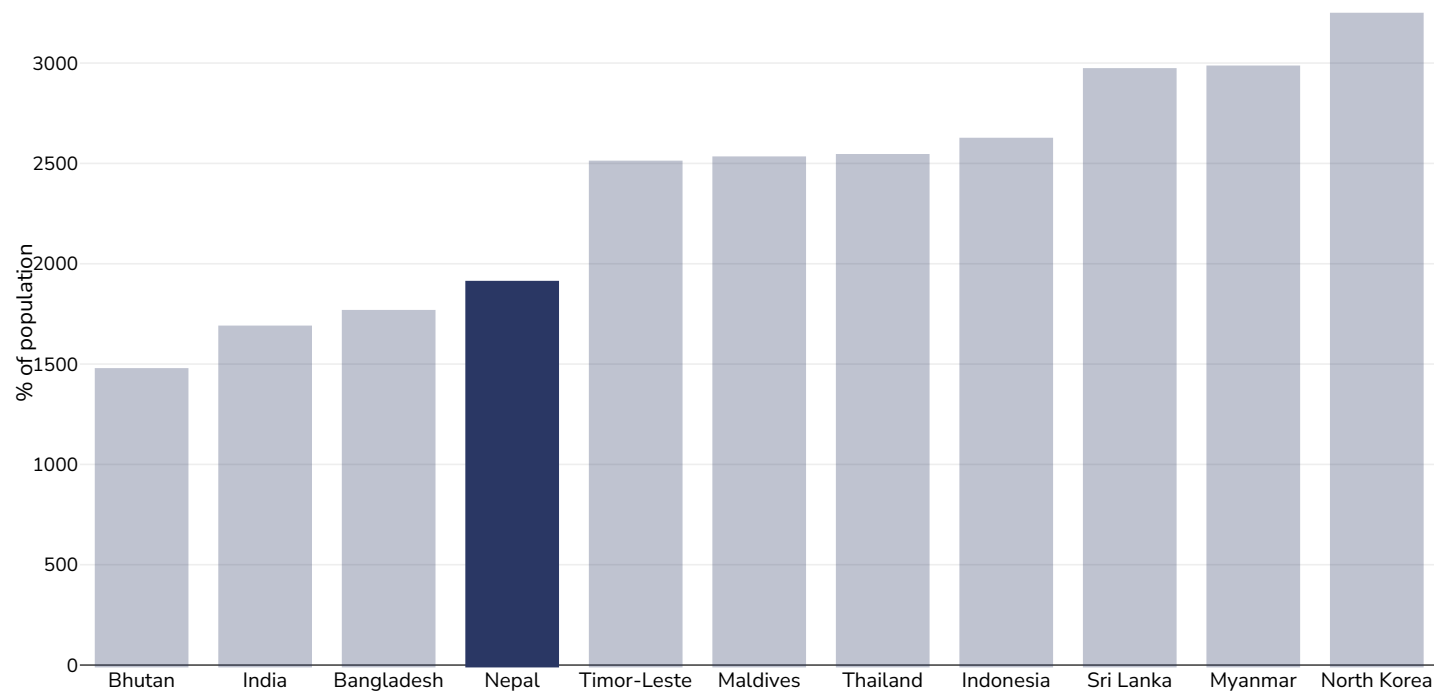
Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

Definitions:

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

## Mental health - anxiety disorders

### Children, 2021

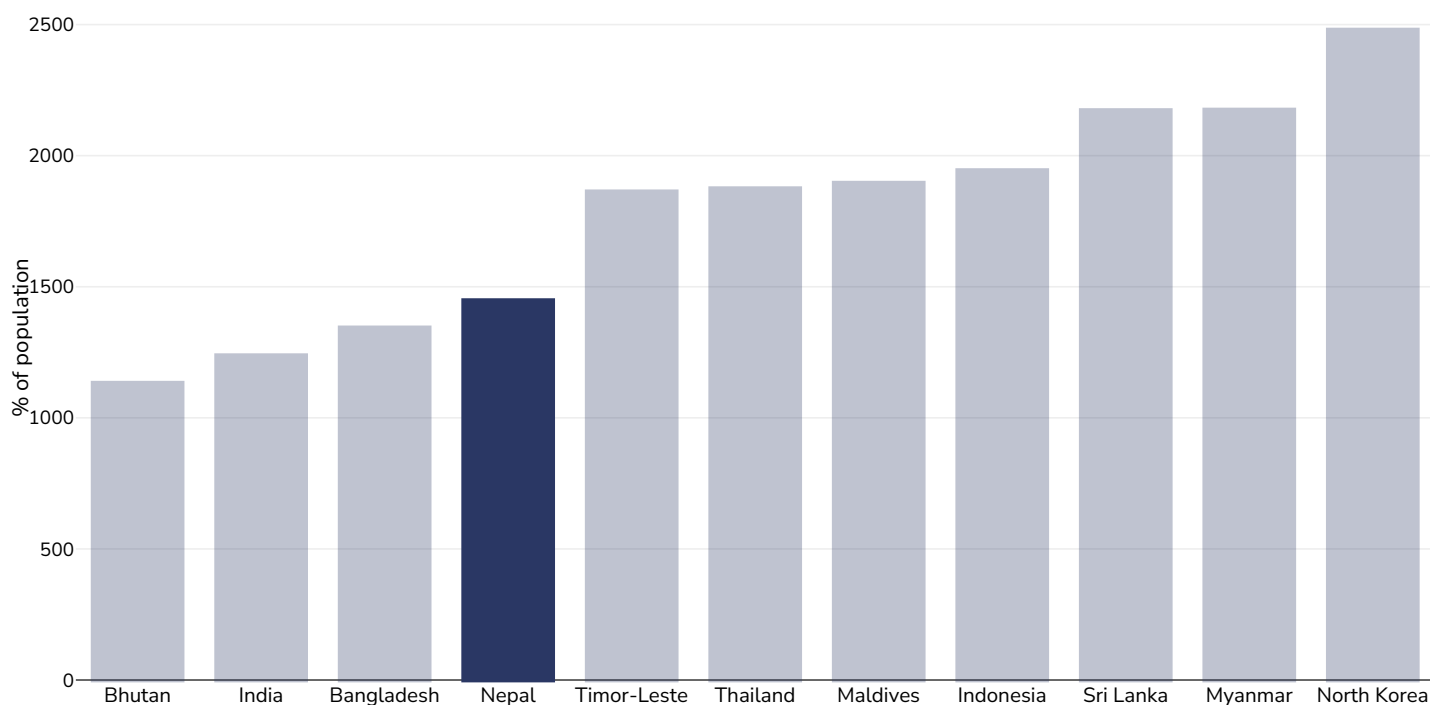


**References:**

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)



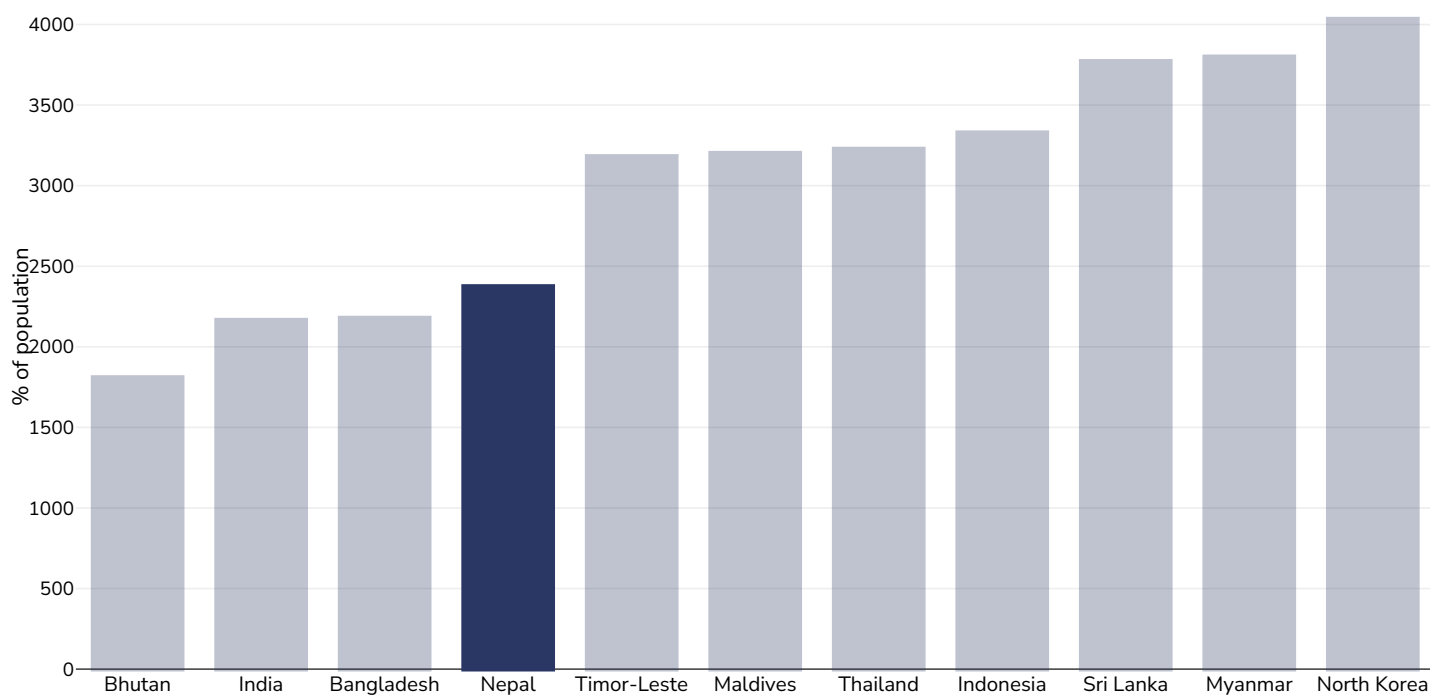
## Boys, 2021



### 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)

*PDF created on July 14, 2025*