



# Nicaragua



## 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/nicaragua-156/>.*

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## Obesity prevalence

## 0-5 years, 2011-2012



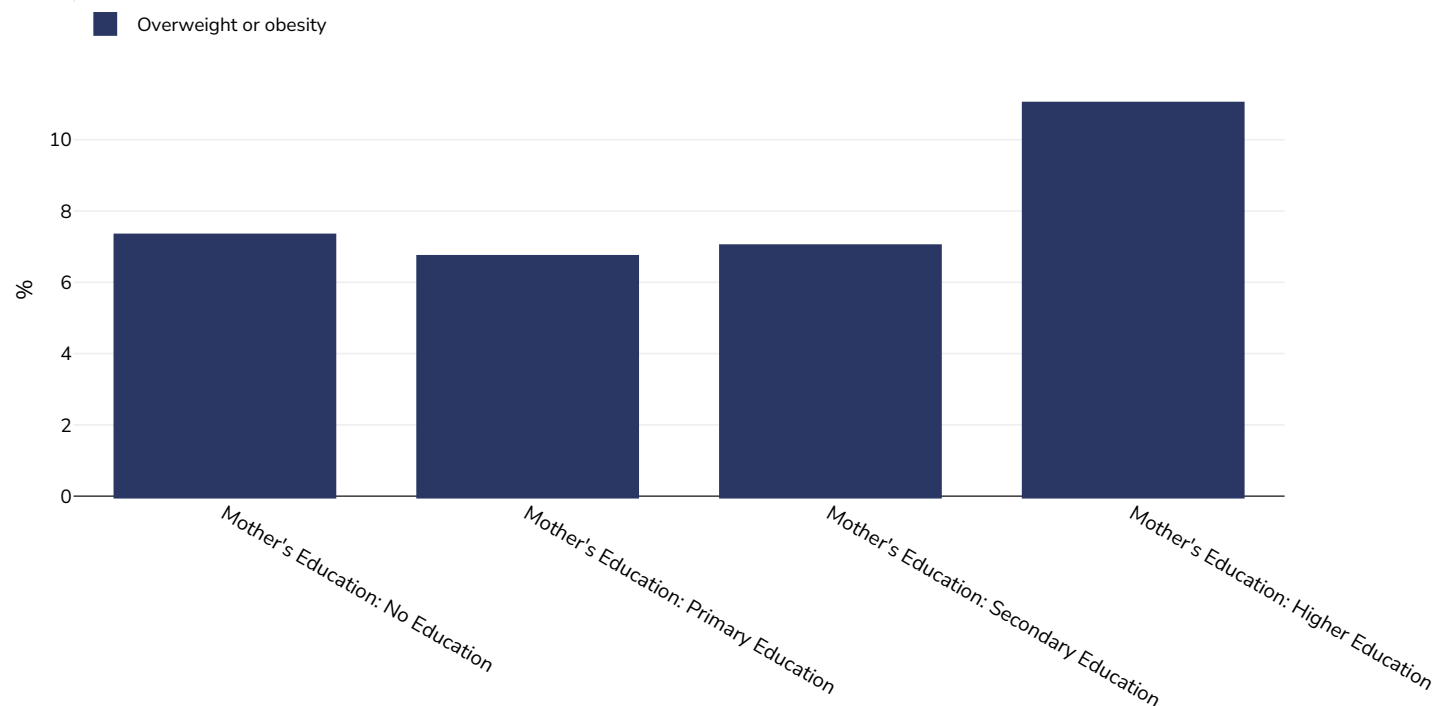
Age:	0-5
Sample size:	10137
References:	Other: Encuesta Nicaragüense de Demografía y Salud 2011/12 - Informe Final
Notes:	<p>UNICEF/WHO/World Bank Joint Child Malnutrition Estimates Expanded Database: Overweight (Survey Estimates), May 2023, New York.</p> <p>For more information about the methodology, please consult <a href="https://data.unicef.org/resources/jme-2023-country-consultations/">https://data.unicef.org/resources/jme-2023-country-consultations/</a></p> <p>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.</p>

Definitions:

=>+2SD

## Overweight/obesity by education

0-5 years, 2001



**Sample size:** 5557

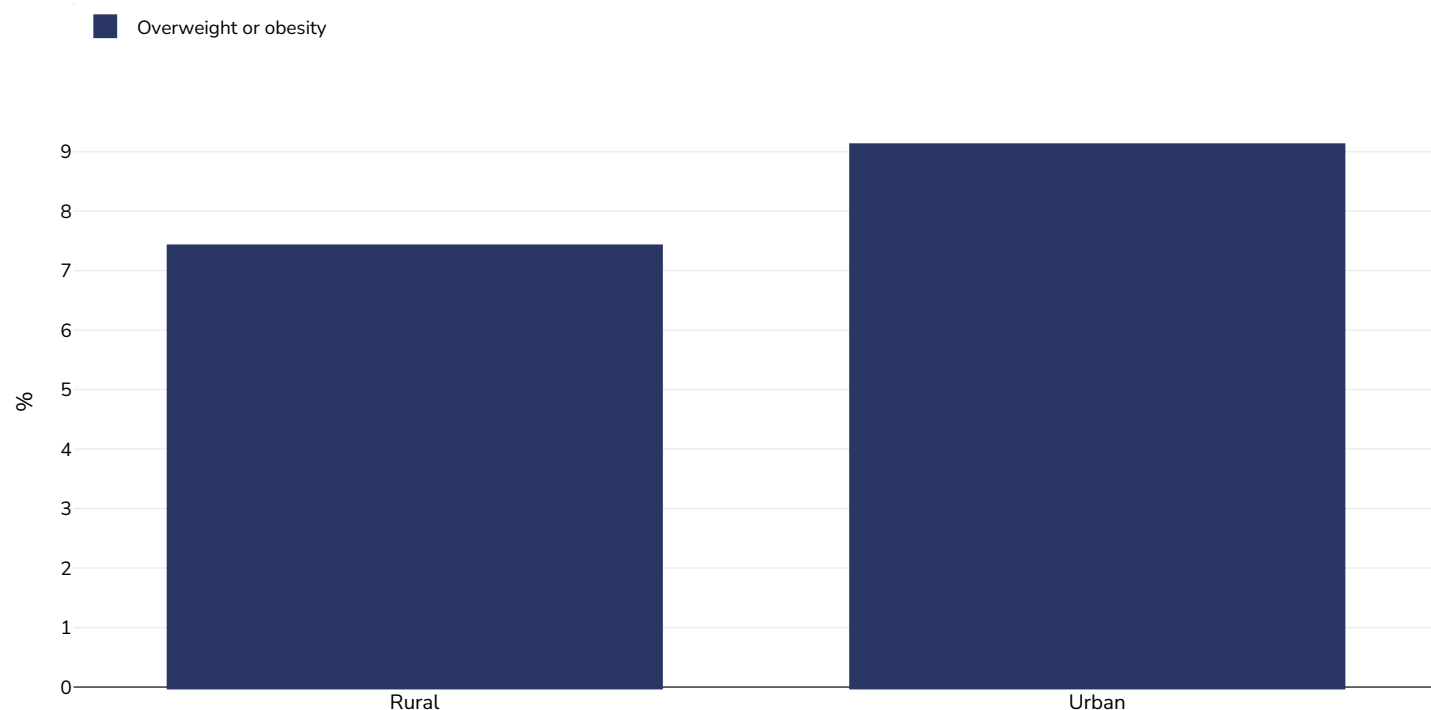
**References:** DHS: Encuesta nicaragüense de demografía y salud 2001. Demographic and Health Surveys. Calverton, Maryland, USA: INEC, MINSA, and ORC Macro, 2002

**Notes:** UNICEF/WHO/World Bank Joint Child Malnutrition Estimates Expanded Database: Overweight (Survey Estimates), May 2023, New York.  
For more information about the methodology, please consult <https://data.unicef.org/resources/jme-2023-country-consultations/>  
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.

**Definitions:** =>+2SD

## Overweight/obesity by region

0-5 years, 2011-2012



Sample size: 10137

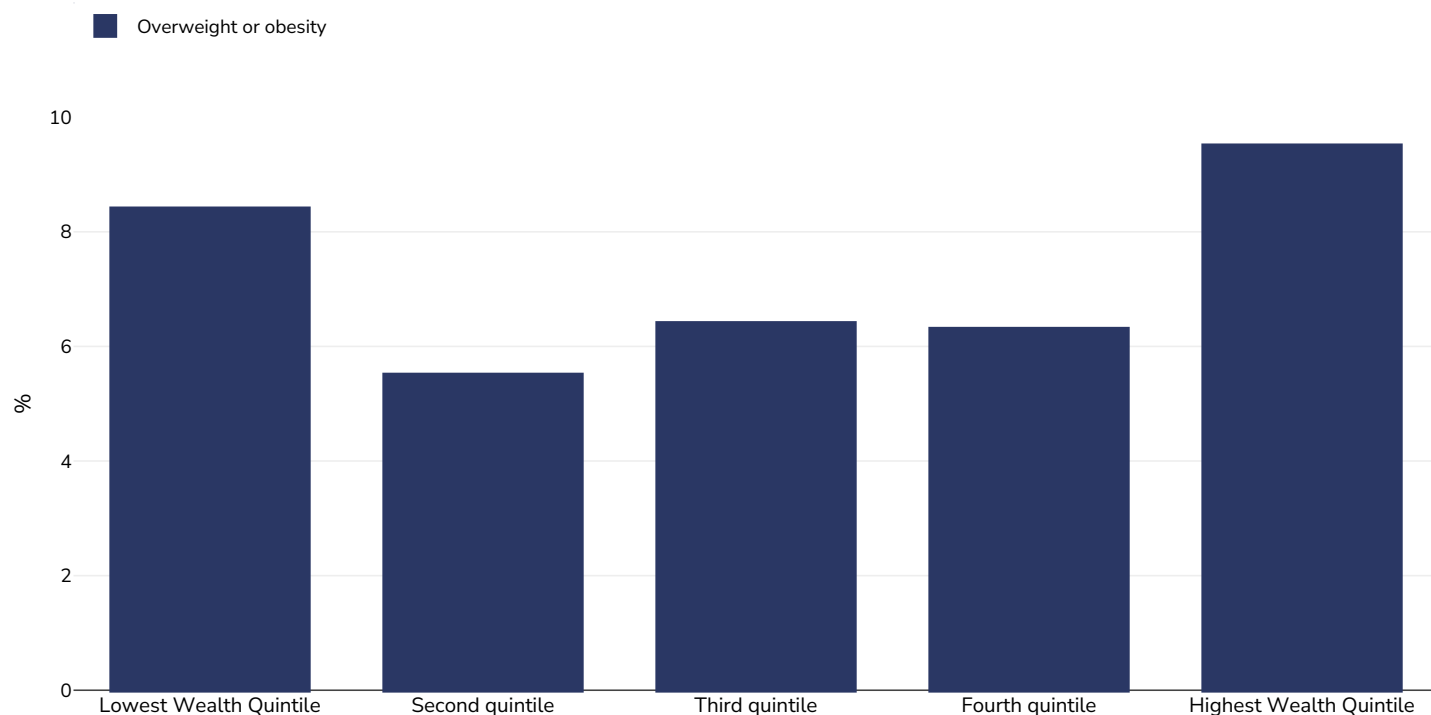
References: Other: Encuesta Nicaragüense de Demografía y Salud 2011/12 - Informe Final

Notes: UNICEF/WHO/World Bank Joint Child Malnutrition Estimates Expanded Database: Overweight (Survey Estimates), May 2023, New York.  
For more information about the methodology, please consult <https://data.unicef.org/resources/jme-2023-country-consultations/>  
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.

Definitions: =>+2SD

## Overweight/obesity by socio-economic group

0-5 years, 2001



**Sample size:** 5557

**References:** DHS: Encuesta nicaragüense de demografía y salud 2001. Demographic and Health Surveys. Calverton, Maryland, USA: INEC, MINSA, and ORC Macro, 2002

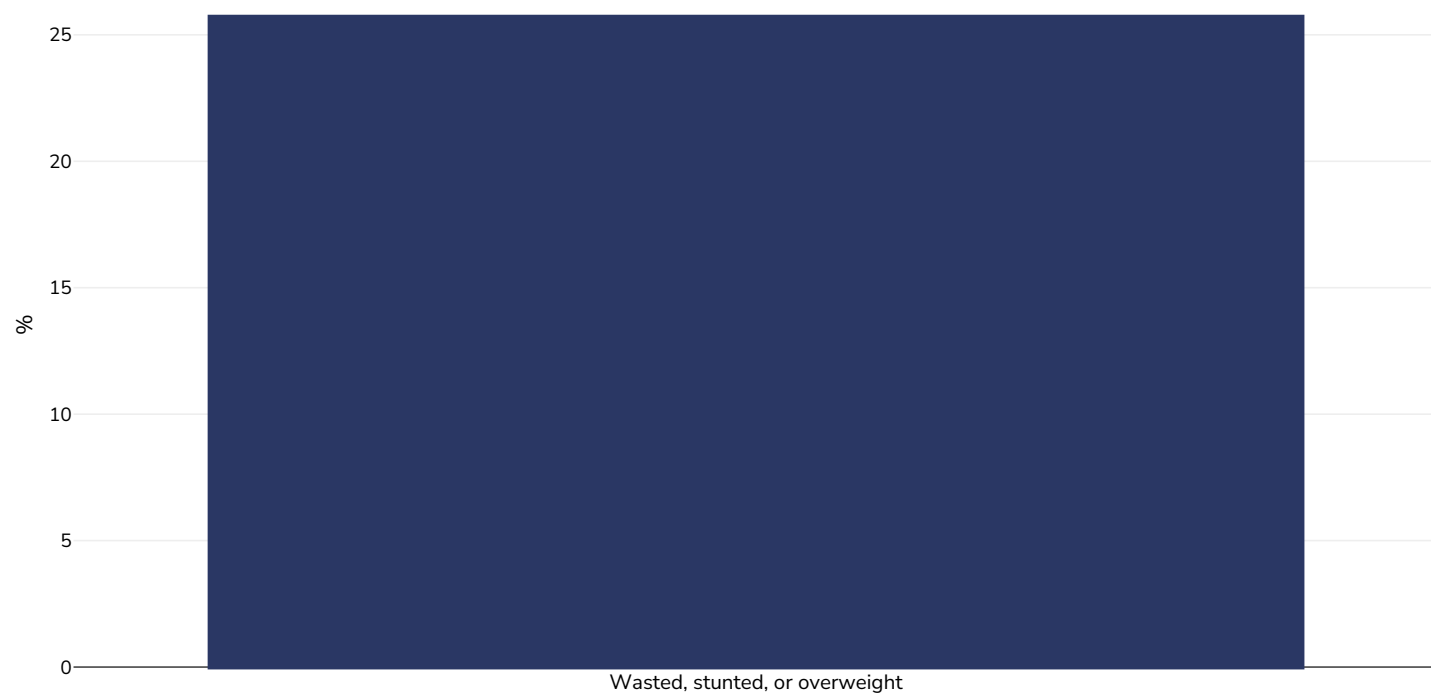
**Notes:** UNICEF/WHO/World Bank Joint Child Malnutrition Estimates Expanded Database: Overweight (Survey Estimates), May 2023, New York.  
For more information about the methodology, please consult <https://data.unicef.org/resources/jme-2023-country-consultations/>  
Percentage of children under 5 years of age falling above 2 standard deviations (moderate and severe) from the median weight-for-height of the reference population.

**Definitions:** =>+2SD



## Double burden of underweight & overweight

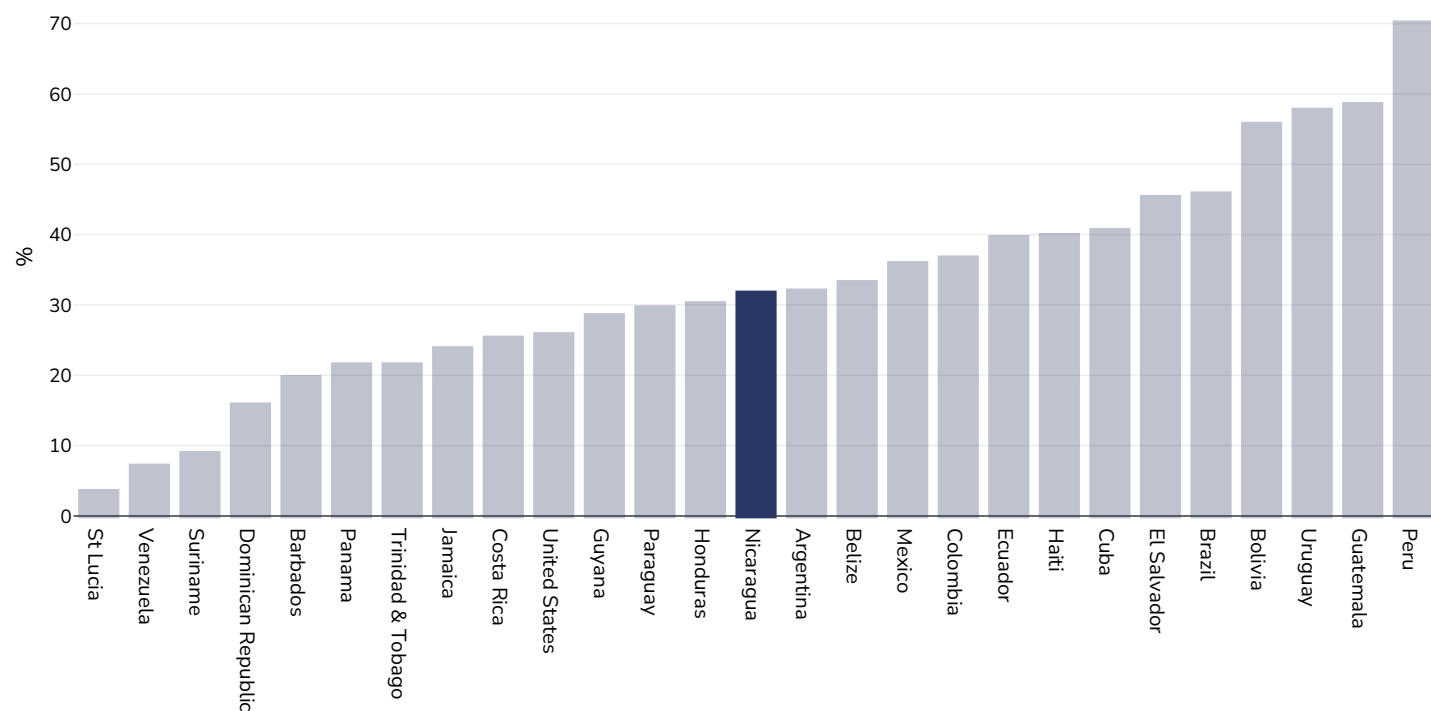
0-5 years, 2011-2012



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: <a href="https://data.unicef.org/topic/nutrition/malnutrition/">https://data.unicef.org/topic/nutrition/malnutrition/</a> [Accessed 06.08.25]
Notes:	Encuesta Nicaragüense de Demografía y Salud 2011/12 - Informe Final
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, 1998-2023



### References:

Encuesta Nicaragüense de Demografía y Salud 2011/12 - Informe Final

### Notes:

Full details are available. Original citation United Nations Children's Fund, Division of Data, Analysis, Planning and Monitoring (2023).  
Global UNICEF Global Databases: Infant and Young Child Feeding: Exclusive breastfeeding, New York, October 2023.

PDF created on September 17, 2025