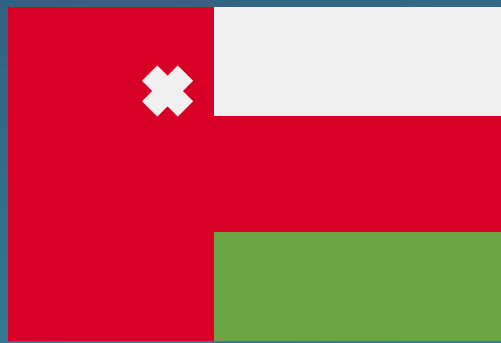




Oman



Country report card - under-5s

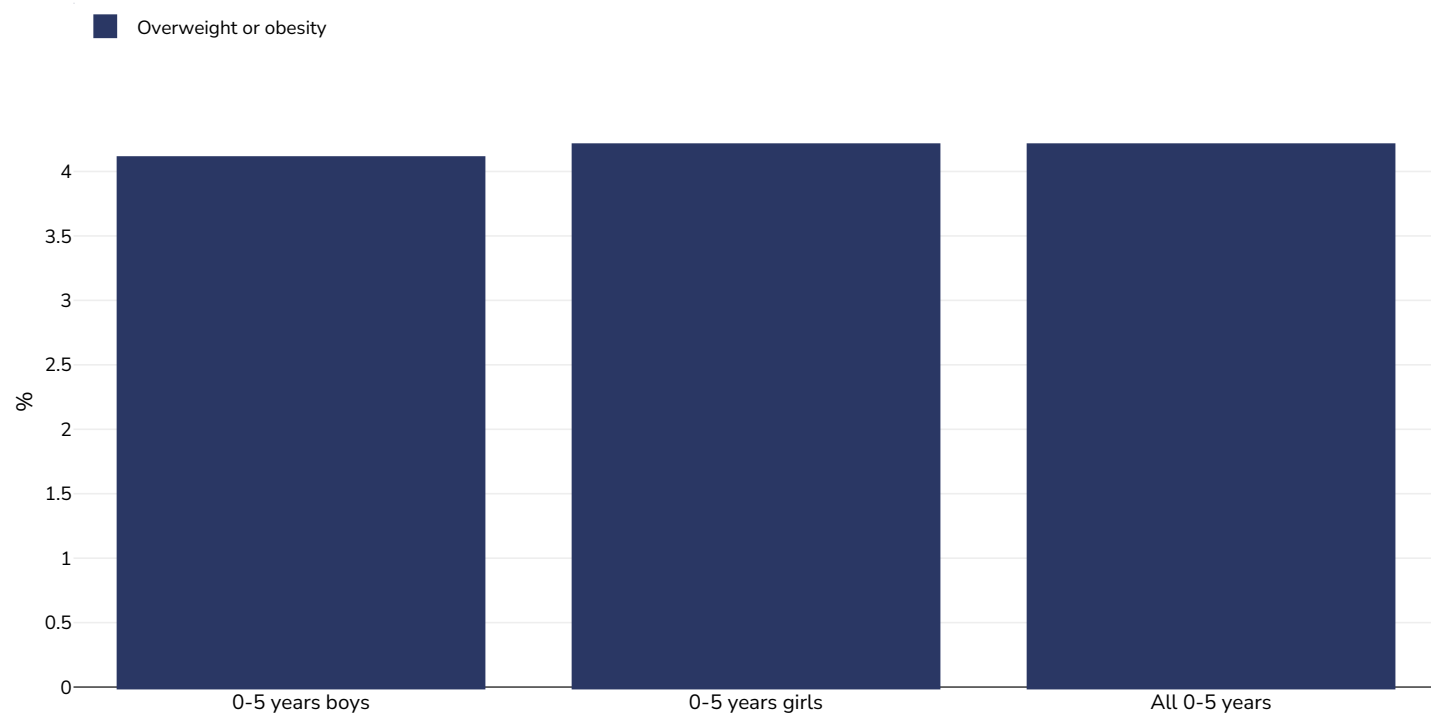
This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity for children under 5. Where available, data on common and relevant obesity drivers and comorbidities are also presented.

View the latest version of this report on the Global Obesity Observatory at <https://data.worldobesity.org/country/oman-165/>

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| Overweight/obesity by education | 4 |
| Overweight/obesity by socio-economic group | 5 |
| Double burden of underweight & overweight | 6 |
| % Infants exclusively breastfed 0-5 months | 7 |

Obesity prevalence

0-5 years, 2016-2017



Age: 0-5

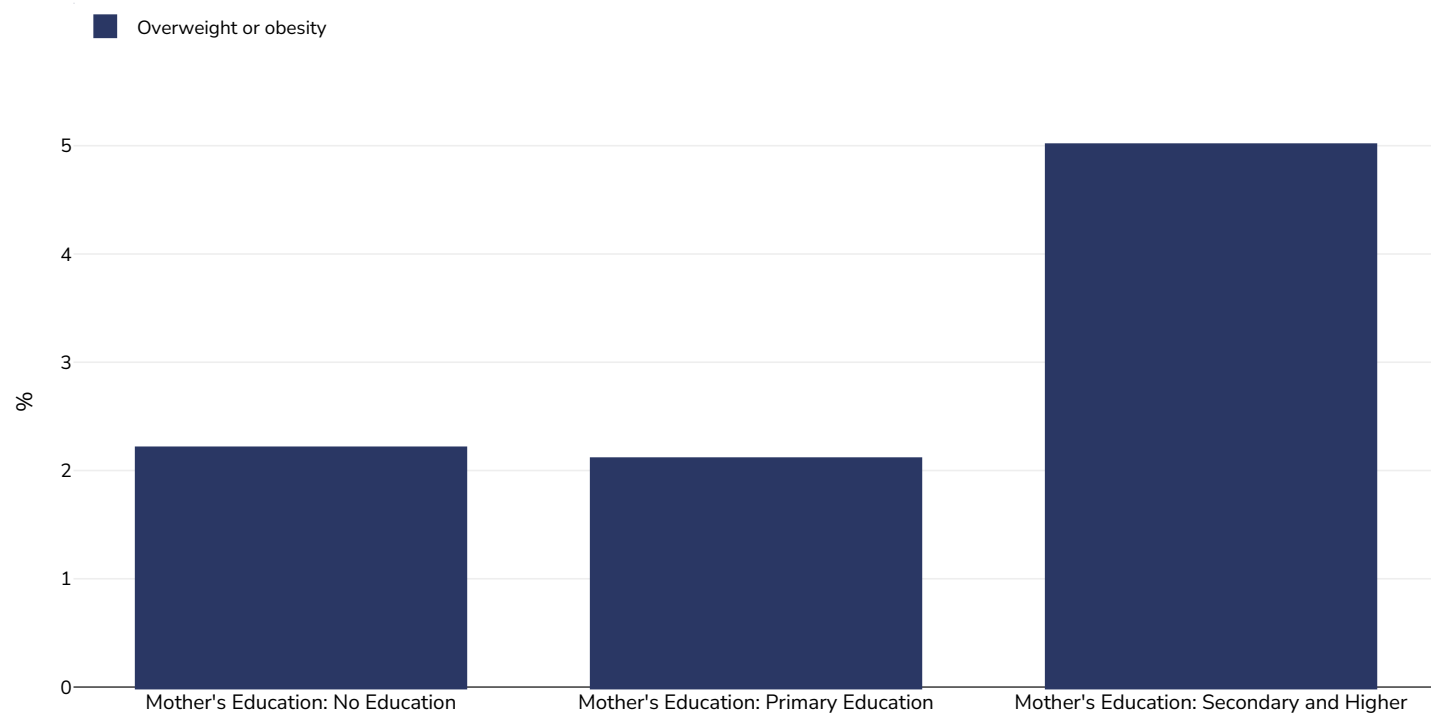
References: NNS: Oman National Nutrition Survey 2017. Muscat, Oman, 2018

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 education

0-5 years, 2016-2017



References:

NNS: Oman National Nutrition Survey 2017. Muscat, Oman, 2018

Notes:

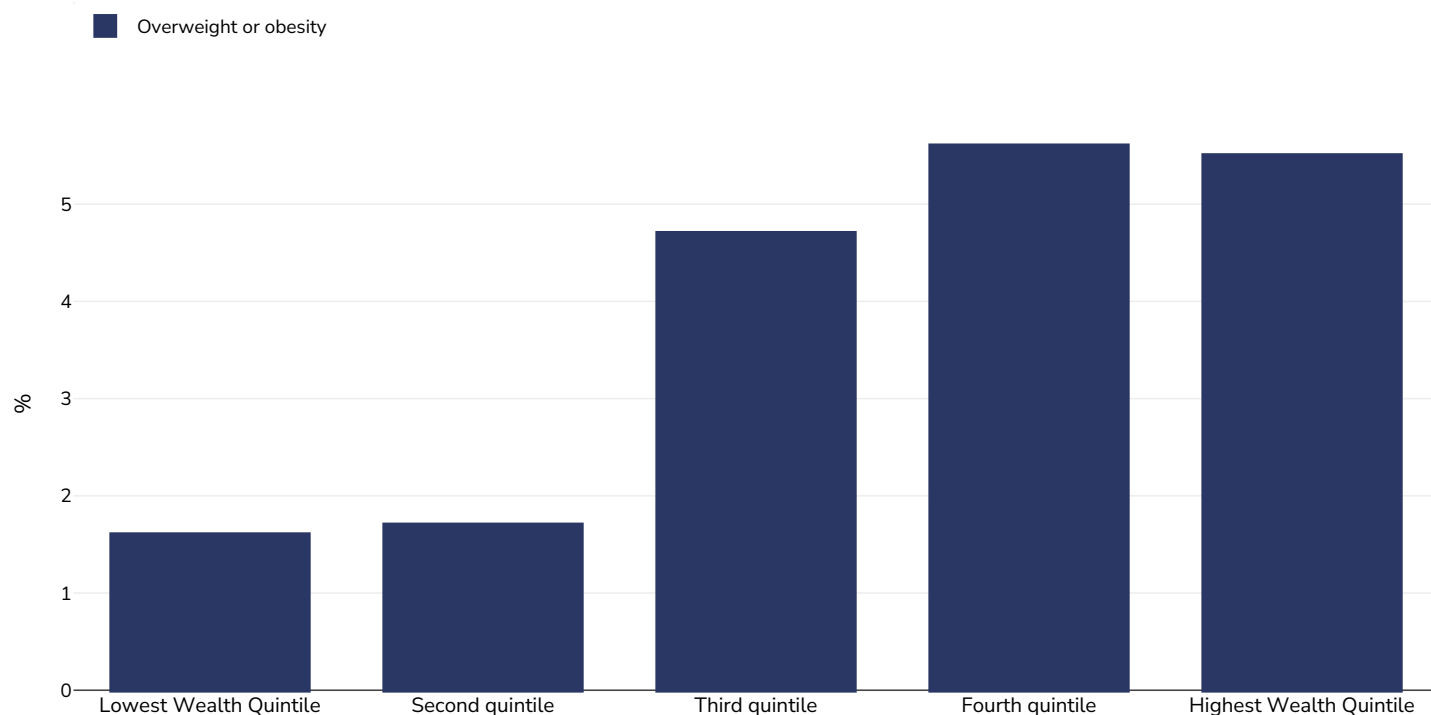
UNICEF/WHO/World Bank Joint Child Malnutrition Estimates Expanded Database: Overweight (Survey Estimates), May 2023, New York.
For more information about the methodology, please consult <https://data.unicef.org/resources/jme-2023-country-consultations/>
Percentage of children under 5 years of age falling 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, 2016-2017



References:

NNS: Oman National Nutrition Survey 2017. Muscat, Oman, 2018

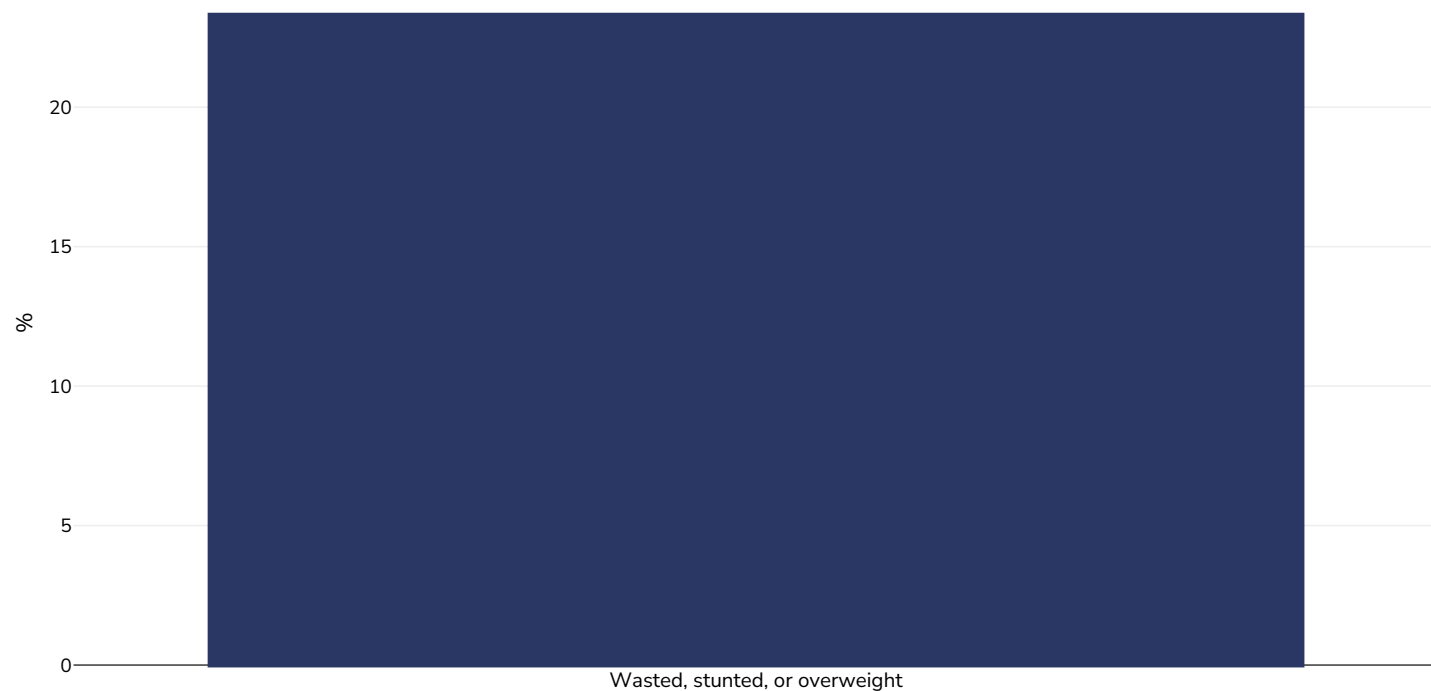
Notes: UNICEF/WHO/World Bank Joint Child Malnutrition Estimates Expanded Database: Overweight (Survey Estimates), May 2023, New York.
For more information about the methodology, please consult <https://data.unicef.org/resources/jme-2023-country-consultations/>
Percentage of children under 5 years of 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

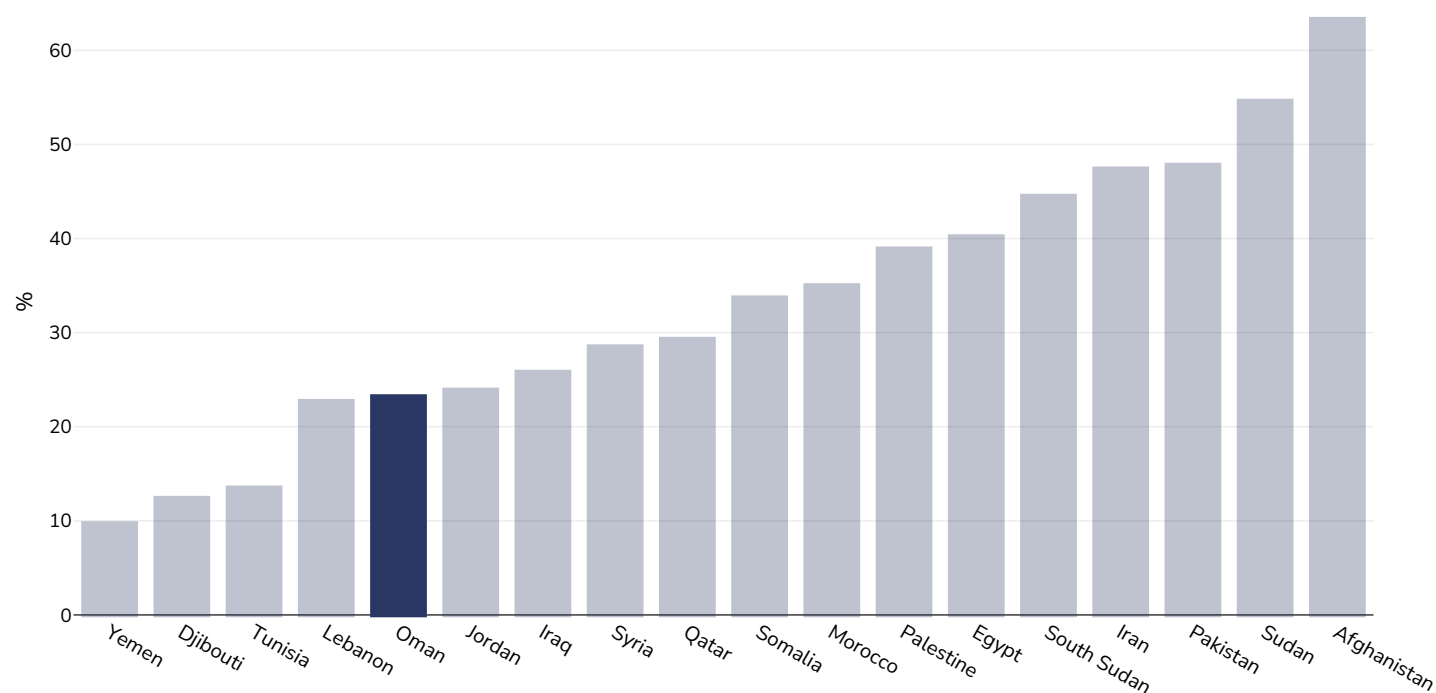
0-5 years, 1999



| | |
|--------------|---|
| 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: https://data.unicef.org/topic/nutrition/malnutrition/ [Accessed 06.08.25] |
| Notes: | Oman Protein-Energy Malnutrition Survey 1999. Muscat, Oman: Ministry of Health (Oman) |
| 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, 2010-2023



References:

Oman National Nutrition Survey 2017. Muscat, Oman, 2018

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 3, 2025