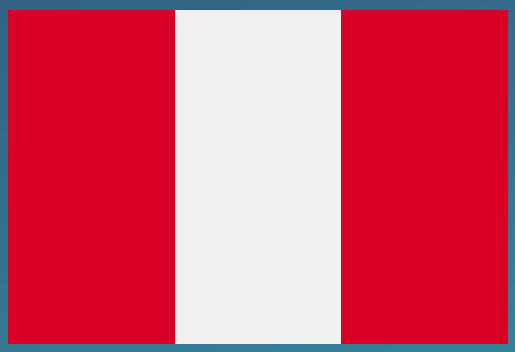
# Peru



## Country report card - children

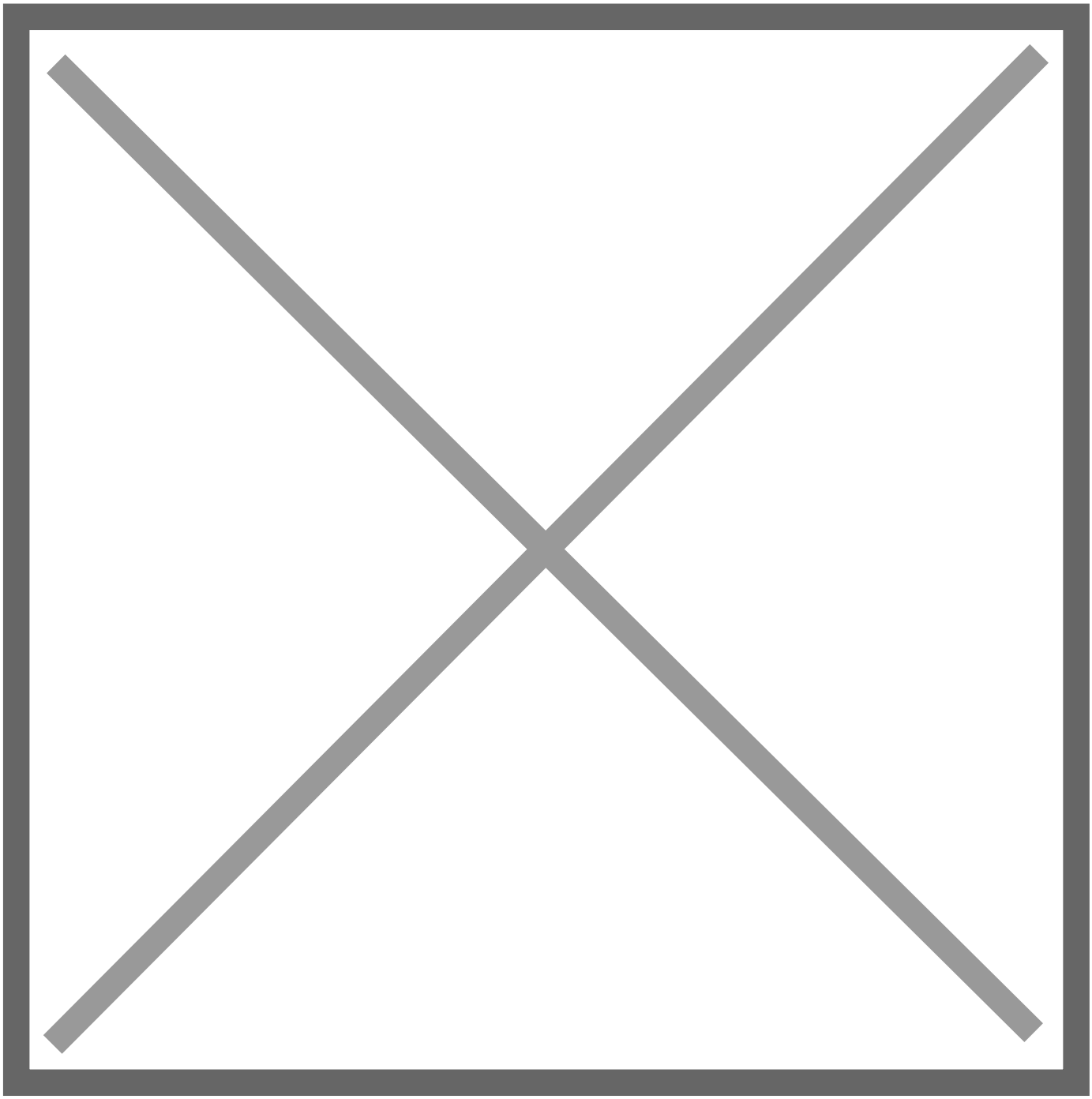
*This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity for children, including adolescents (aged 5 to 18 years). Where available, data on common and relevant obesity drivers and comorbidities are also presented.*

*View the latest version of this report on the Global Obesity Observatory at https://data.worldobesity.org/country/peru-171/.*

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| **Overweight/obesity by age** | 9 |
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## Obesity prevalence

## Children, 2017-2018

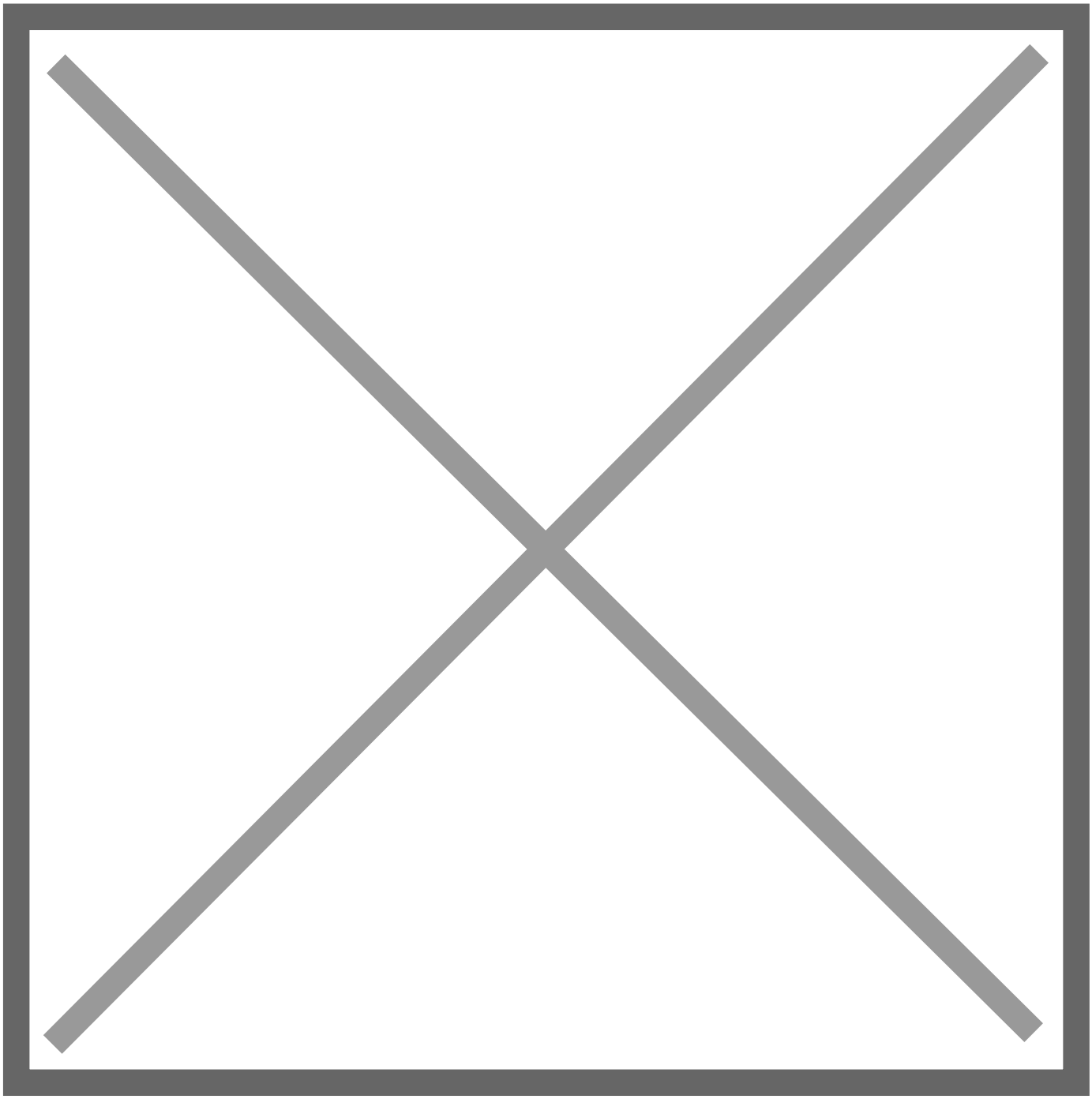


| | |
|---|---|
| **Survey type:** | Measured |
| **Age:** | 6-13 |
| **Sample size:** | 1062 |
| **Area covered:** | National |
| **References:** | Instituto Nacional de Salud. (2023). Informe Técnico: Estado Nutricional en niños de 6 a 13 años - VIANEV 2017-2018. https://www.gob.pe/institucion/ins/informes-publicaciones/4202391-informe-tecnico-estado-nutricional-en-ninos-de-6-a-13-anos-vianev-2017-2018 [Accessed 25.08.25] |

| | |
|---|---|
| **Cutoffs:** | WHO 2007 |

## Overweight/obesity by education

## Children, 2013-2014

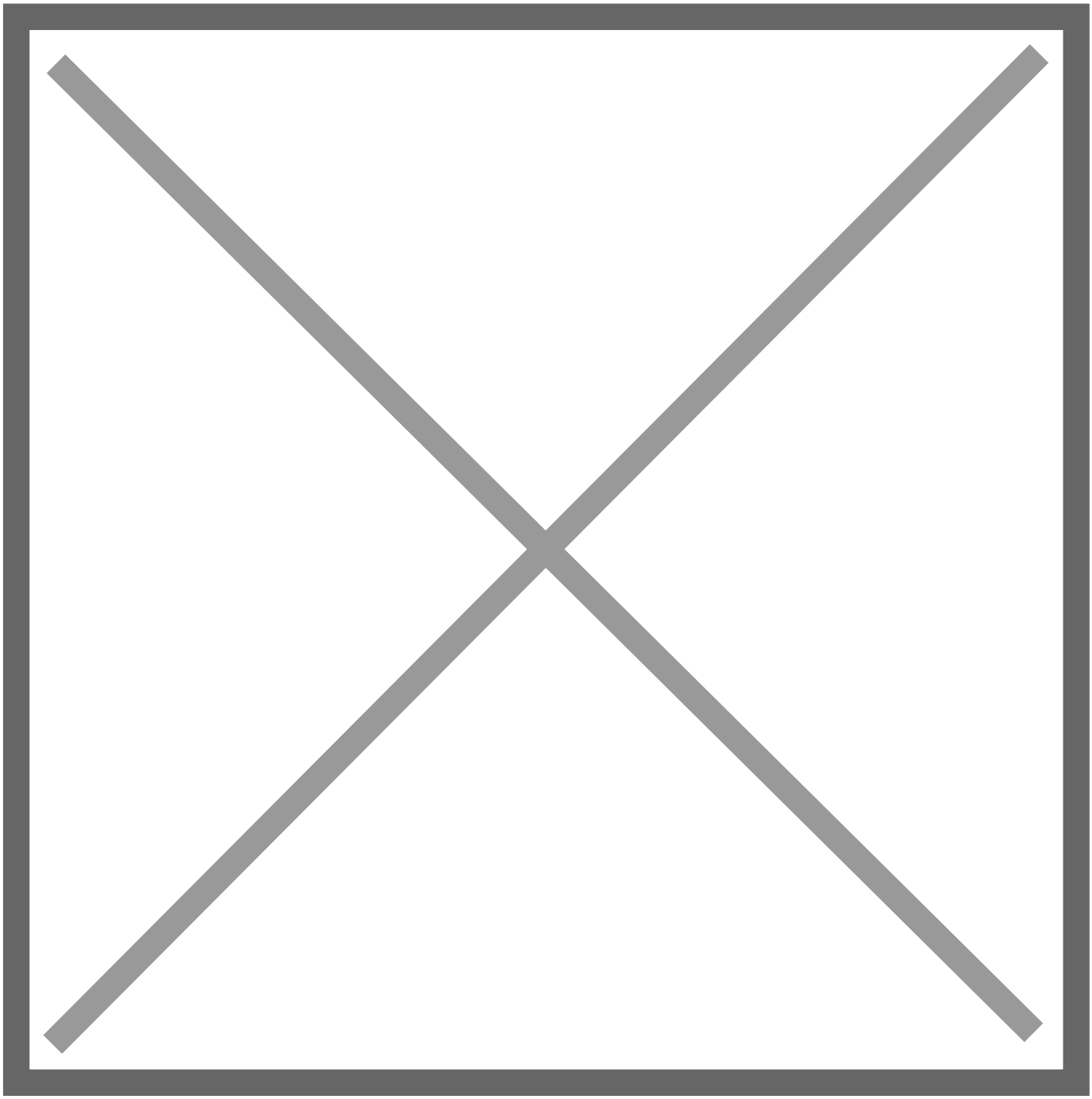


| | |
|---|---|
| **Survey type:** | Measured |
| **Age:** | 5-13 |
| **Sample size:** | 2801 |
| **Area covered:** | National |
| **References:** | Carolina Tarqui-Mamani, Doris Alvarez-Dongo, Paula Espinoza-Oriundo. Prevalence and factors associated with overweight and obesity in Peruvian primary school children. Rev. salud pública 20 (2) Mar-Apr 2018 ¬ï https://doi.org/10.15446/rsap.V20n2.68082 |

| | |
|---|---|
| **Notes:** | WHO Cut Off Points Used Education based on Parental educational status |
| **Cutoffs:** | WHO |

## Overweight/obesity by age

## Children, 2017-2018

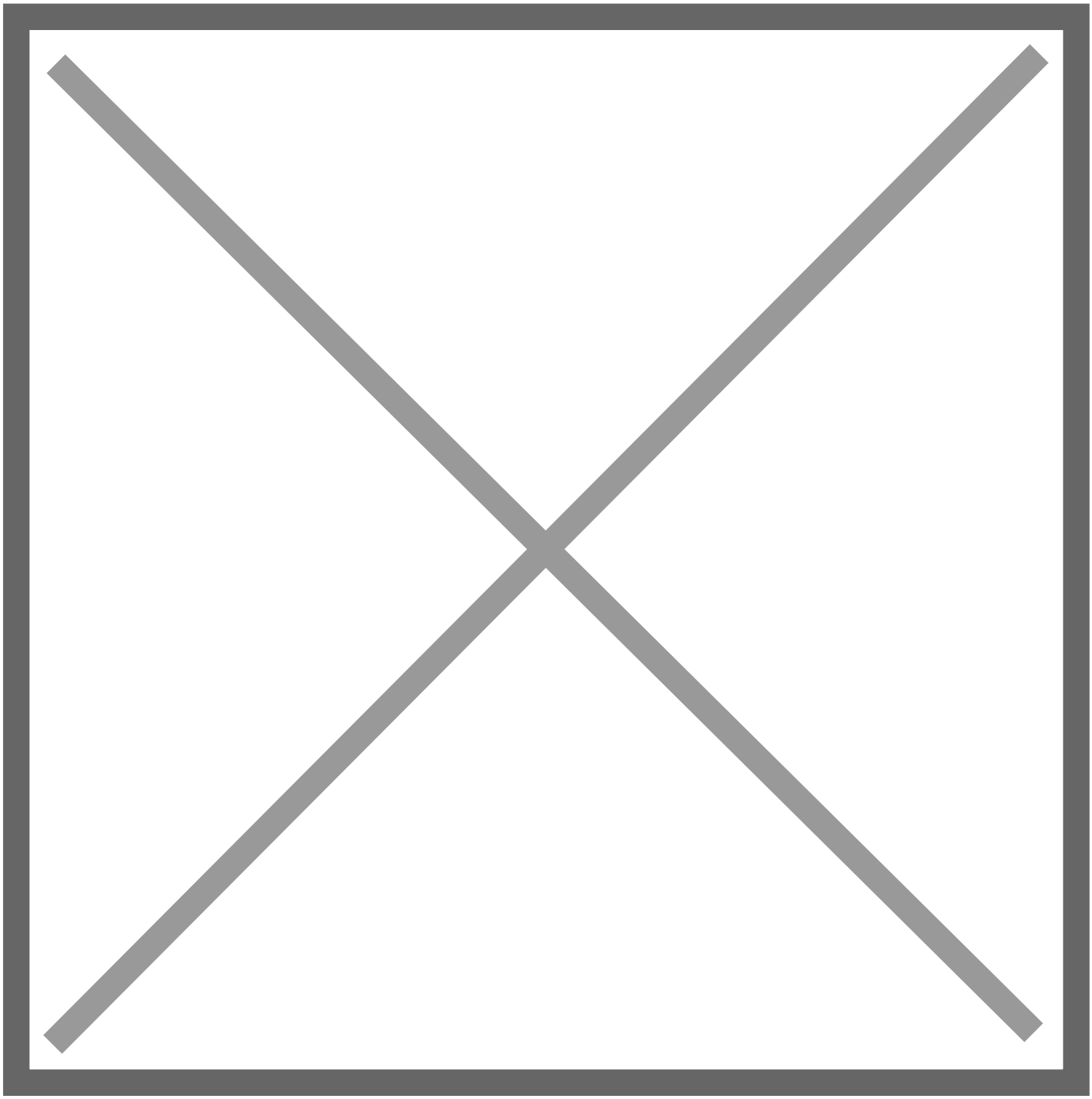


| | |
|---|---|
| **Survey type:** | Measured |
| **Sample size:** | 1062 |
| **Area covered:** | National |
| **References:** | Instituto Nacional de Salud. (2023). Informe Técnico: Estado Nutricional en niños de 6 a 13 años - VIANEV 2017-2018. https://www.gob.pe/institucion/ins/informes-publicaciones/4202391-informe-tecnico-estado-nutricional-en-ninos-de-6-a-13-anos-vianev-2017-2018 [Accessed 25.08.25] |

| | |
|---|---|
| **Cutoffs:** | WHO 2007 |

## Overweight/obesity by region

## Children, 2017-2018

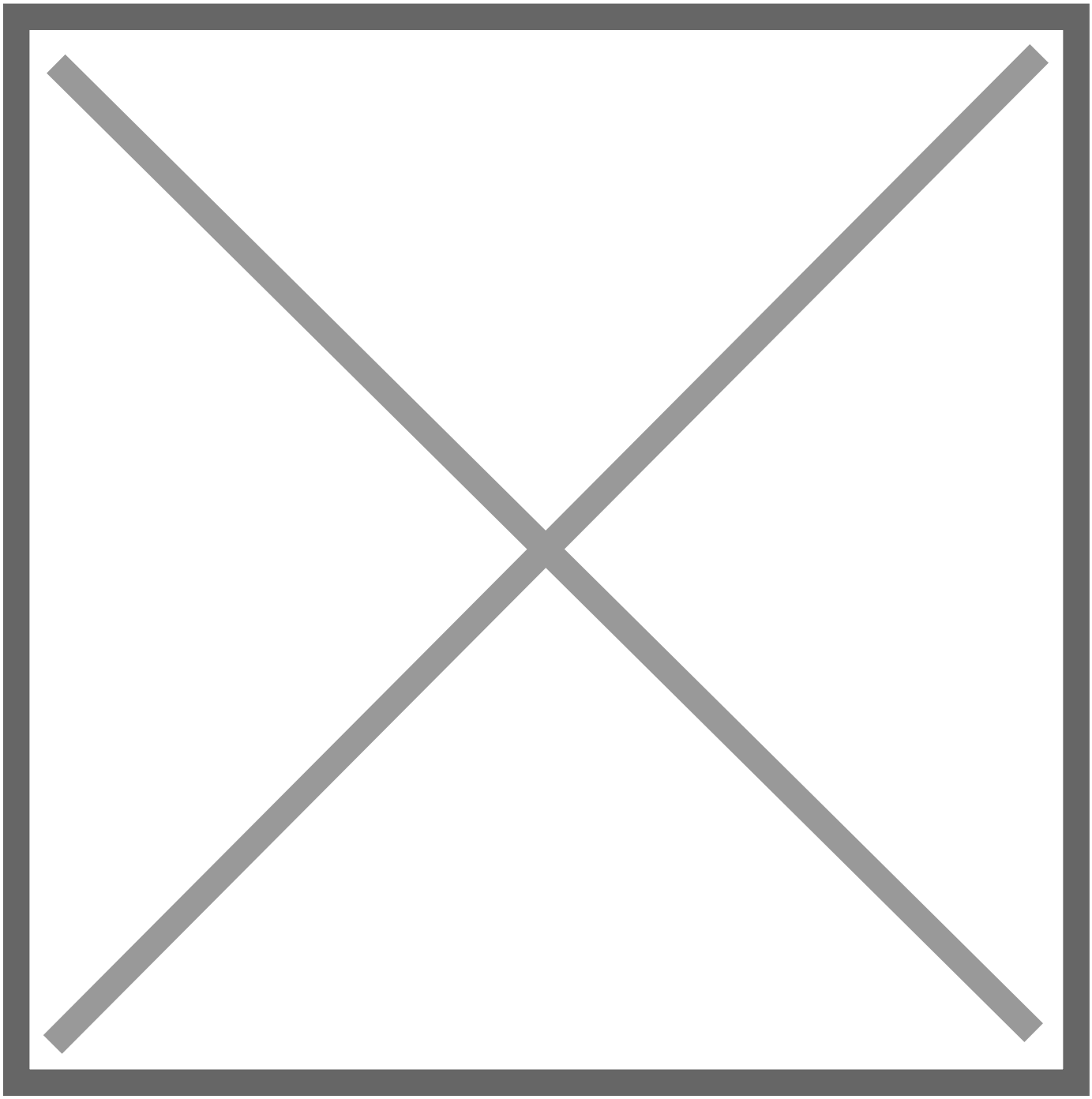


| | |
|---|---|
| **Survey type:** | Measured |
| **Age:** | 6-13 |
| **Sample size:** | 1062 |
| **Area covered:** | National |

| | |
|---|---|
| **References:** | Instituto Nacional de Salud. (2023). Informe Técnico: Estado Nutricional en niños de 6 a 13 años - VIANEV 2017-2018. https://www.gob.pe/institucion/ins/informes-publicaciones/4202391-informe-tecnico-estado-nutricional-en-ninos-de-6-a-13-anos-vianev-2017-2018 [Accessed 25.08.25] |
| **Cutoffs:** | WHO 2007 |

## Overweight/obesity by socio-economic group

## Children, 2013-2014



| | |
|---|---|
| **Survey type:** | Measured |
| **Age:** | 5-13 |
| **Sample size:** | 2801 |
| **Area covered:** | National |
| **References:** | Carolina Tarqui-Mamani, Doris Alvarez-Dongo, Paula Espinoza-Oriundo. Prevalence and factors associated with overweight and obesity in Peruvian primary school children. Rev. salud pública 20 (2) Mar-Apr 2018 Ã?Â¬Ã?Â¯ https://doi.org/10.15446/rsap.V20n2.68082 |

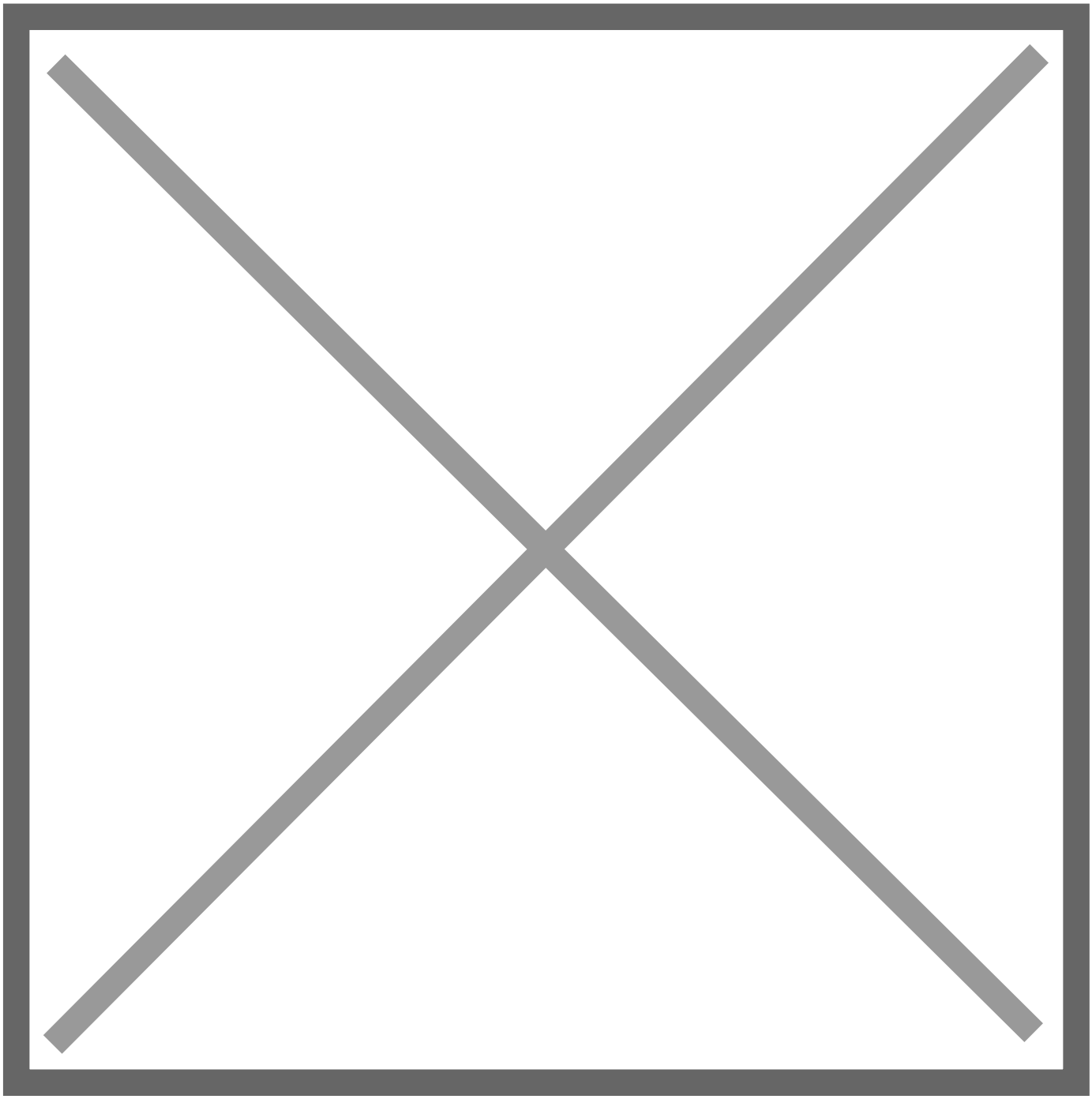
| | |
|---|---|
| **Notes:** | WHO Cut Off Points Used |
| **Cutoffs:** | WHO |

## 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.*

## Double burden of underweight & obesity

## Children, 2022

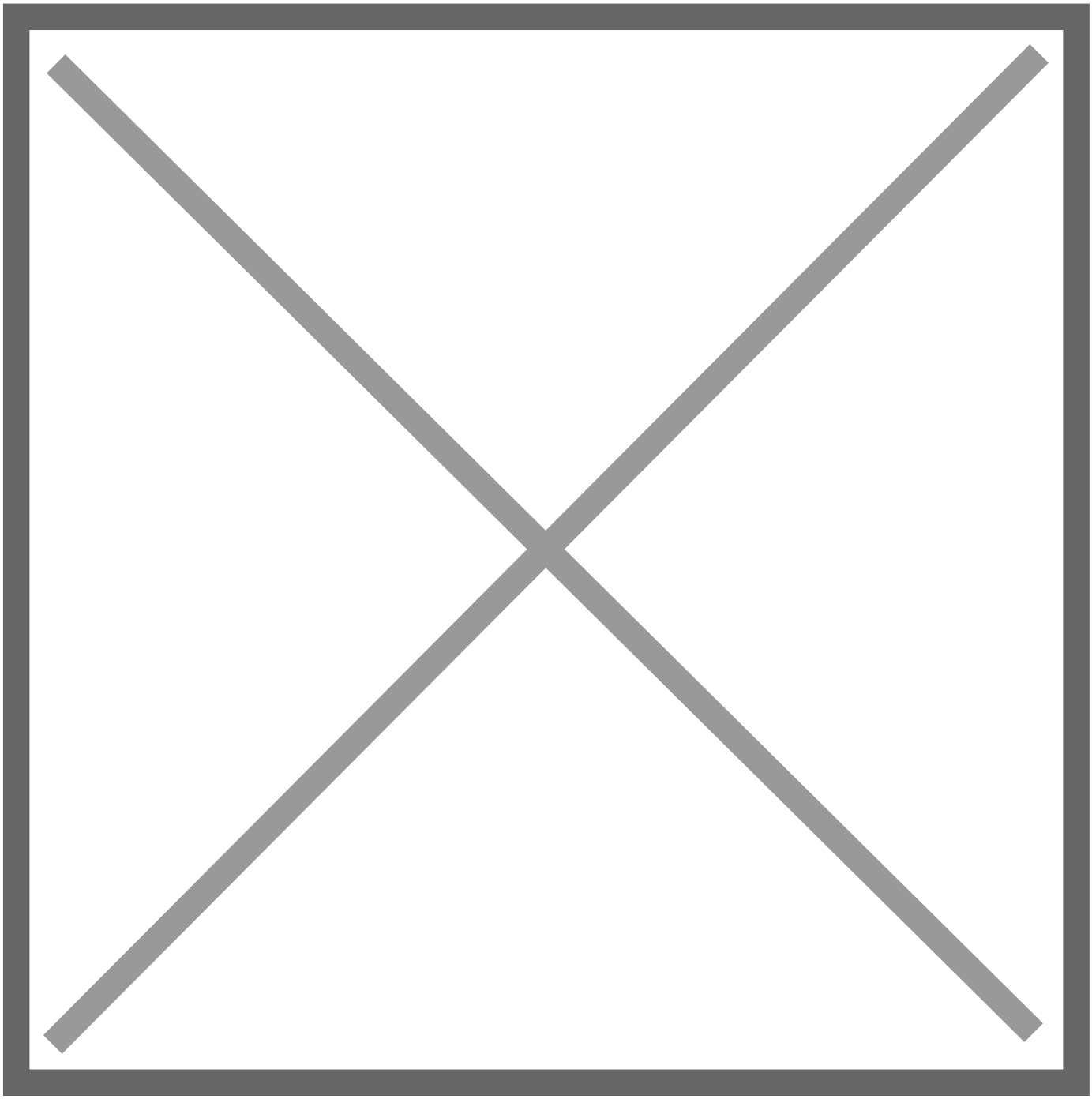


| | |
|---|---|
| **Survey type:** | Measured |
| **Age:** | 5-19 |
| **References:** | NCD Risk Factor Collaboration (NCD-RisC). Worldwide trends in underweight and obesity from 1990 to 2022: a pooled analysis of 3663 population representative studies with 222 million children, adolescents, and adults. Lancet 2024; published online Feb 29. https://doi.org/10.1016/S0140-6736(23)02750-2. |
| **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

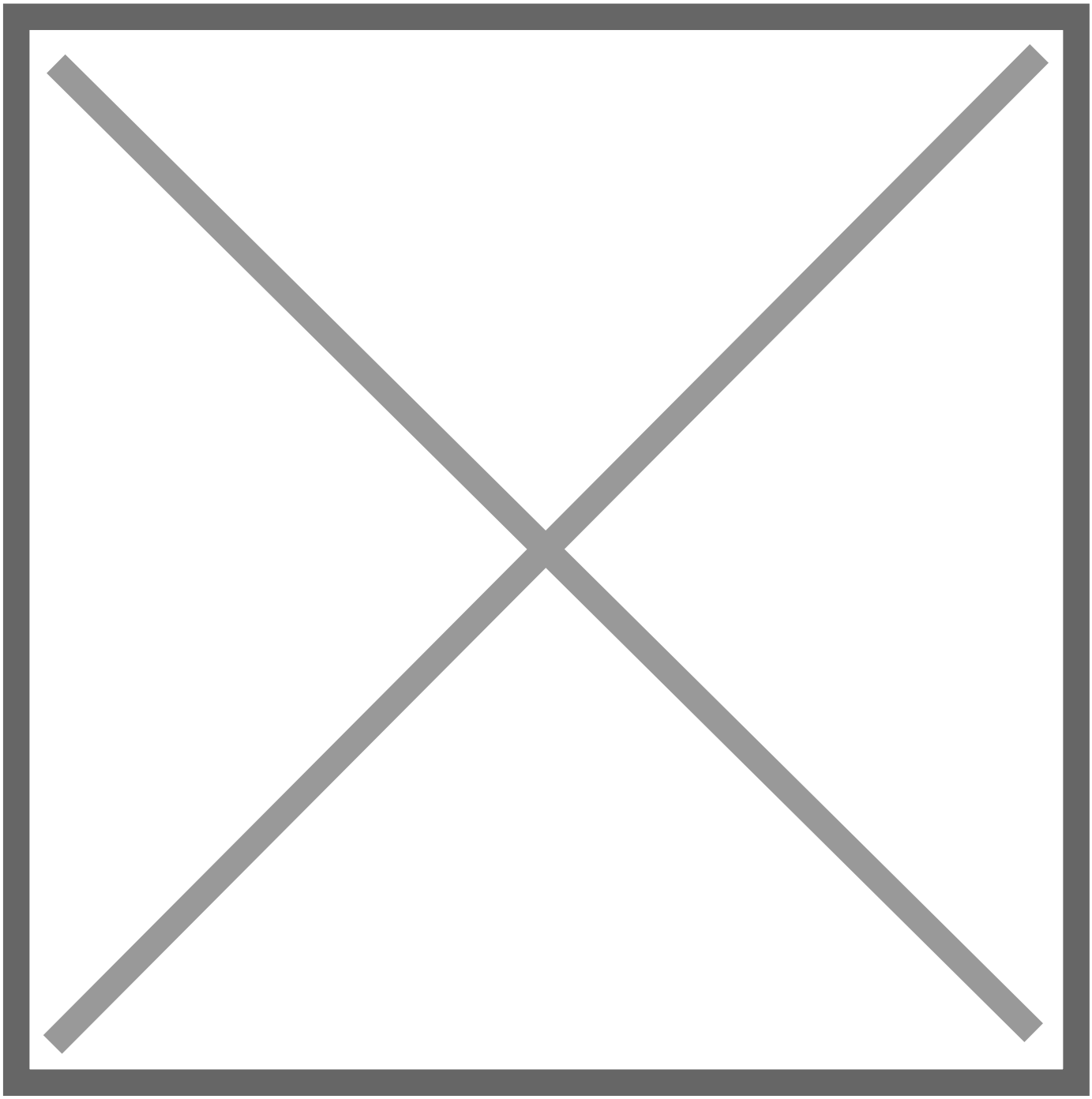
## Children, 2025



| | |
|---|---|
| **Survey type:** | Self-reported |
| **Age:** | 11-17 |
| **Area covered:** | National |
| **References:** | World Health Organization. (2026). Physical activity among adolescents, no active days in the past week, prevalence (%). Global Health Observatory. Available at: https://www.who.int/data/gho/data/indicators/indicator-details/GHO/gho-physical-activity-among-adolescents-no-active-days-in-the-past-week-prevalence [Accessed 06.11.26] |

| | |
|---|---|
| **Notes:** | An active day is a day on which an adolescent reports at least 60 minutes of moderate-to-vigorous physical activity (MVPA). |
| **Definitions:** | Percentage of adolescents aged 11–17 years who reported no active day in the past 7 days (0 active days per week). |

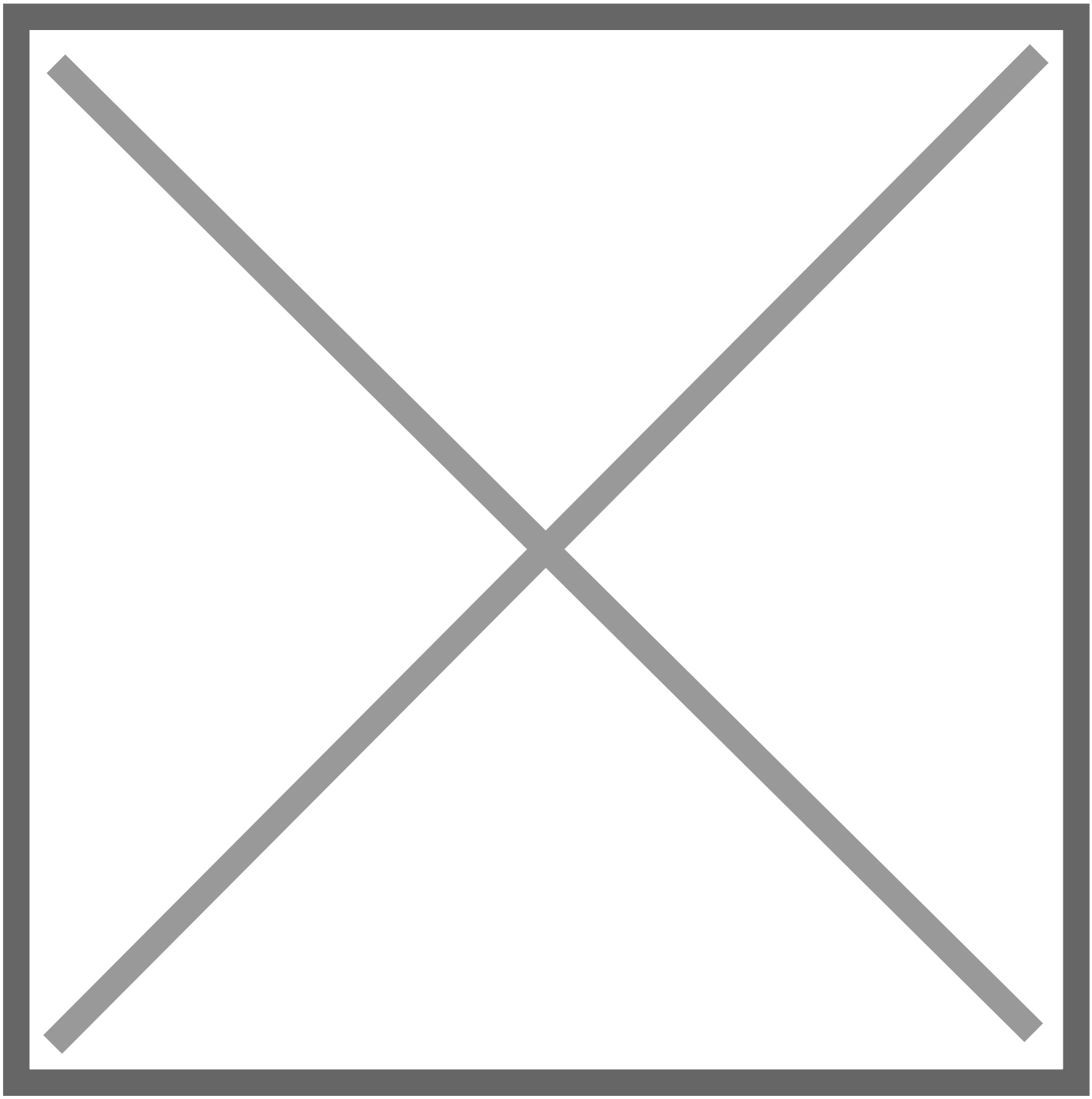
## Boys, 2025



| | |
|---|---|
| **Survey type:** | Self-reported |
| **Age:** | 11-17 |
| **Area covered:** | National |
| **References:** | World Health Organization. (2026). Physical activity among adolescents, no active days in the past week, prevalence (%). Global Health Observatory. Available at: https://www.who.int/data/gho/data/indicators/indicator-details/GHO/gho-physical-activity-among-adolescents-no-active-days-in-the-past-week-prevalence [Accessed 06.11.26] |

| | |
|---|---|
| **Notes:** | An active day is a day on which an adolescent reports at least 60 minutes of moderate-to-vigorous physical activity (MVPA). |
| **Definitions:** | Percentage of adolescents aged 11–17 years who reported no active day in the past 7 days (0 active days per week). |

## Girls, 2025

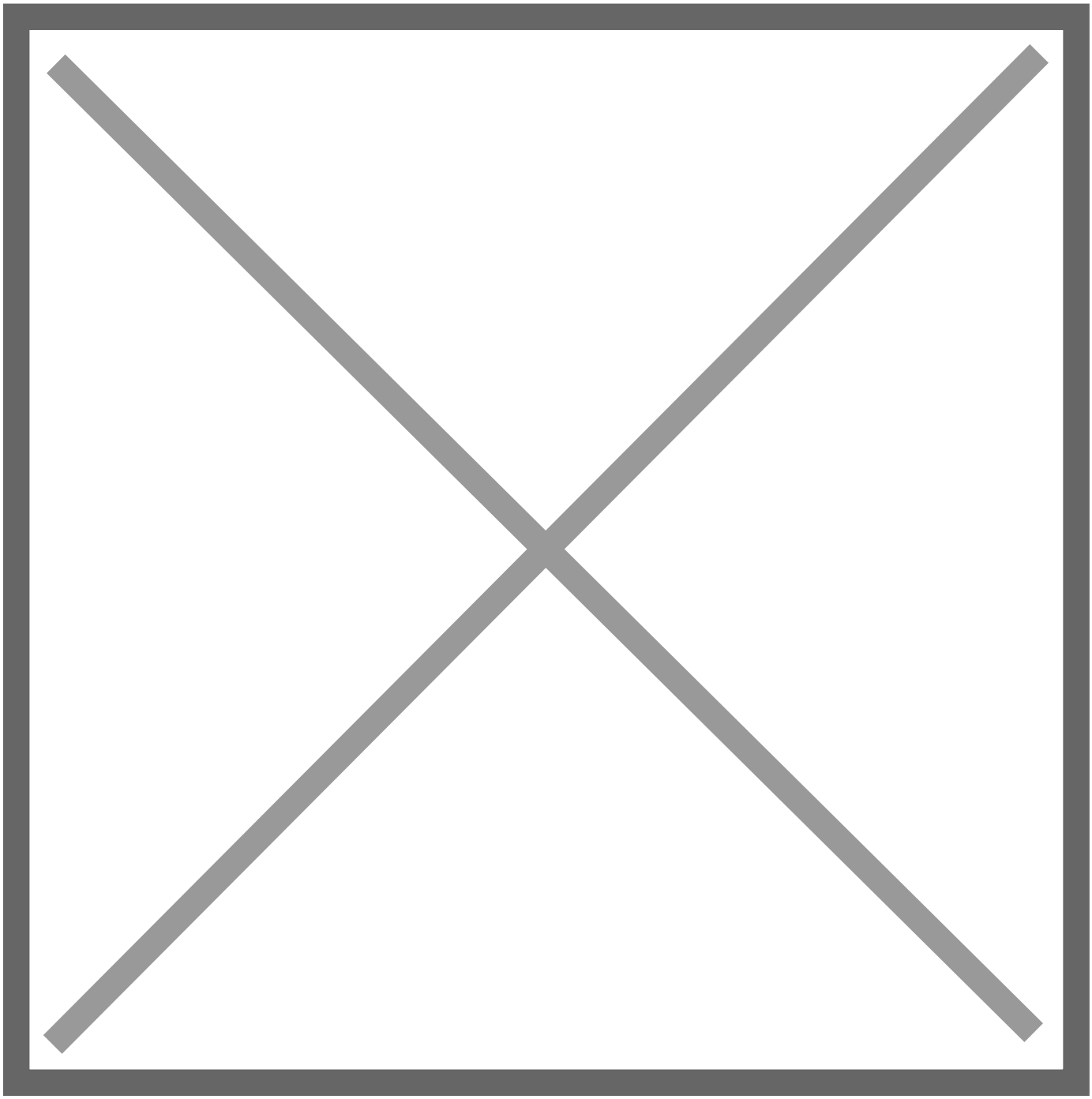


| | |
|---|---|
| **Survey type:** | Self-reported |
| **Age:** | 11-17 |
| **Area covered:** | National |
| **References:** | World Health Organization. (2026). Physical activity among adolescents, no active days in the past week, prevalence (%). Global Health Observatory. Available at: https://www.who.int/data/gho/data/indicators/indicator-details/GHO/gho-physical-activity-among-adolescents-no-active-days-in-the-past-week-prevalence [Accessed 06.11.26] |

| | |
|---|---|
| **Notes:** | An active day is a day on which an adolescent reports at least 60 minutes of moderate-to-vigorous physical activity (MVPA). |
| **Definitions:** | Percentage of adolescents aged 11–17 years who reported no active day in the past 7 days (0 active days per week). |

## Average daily frequency of carbonated soft drink consumption

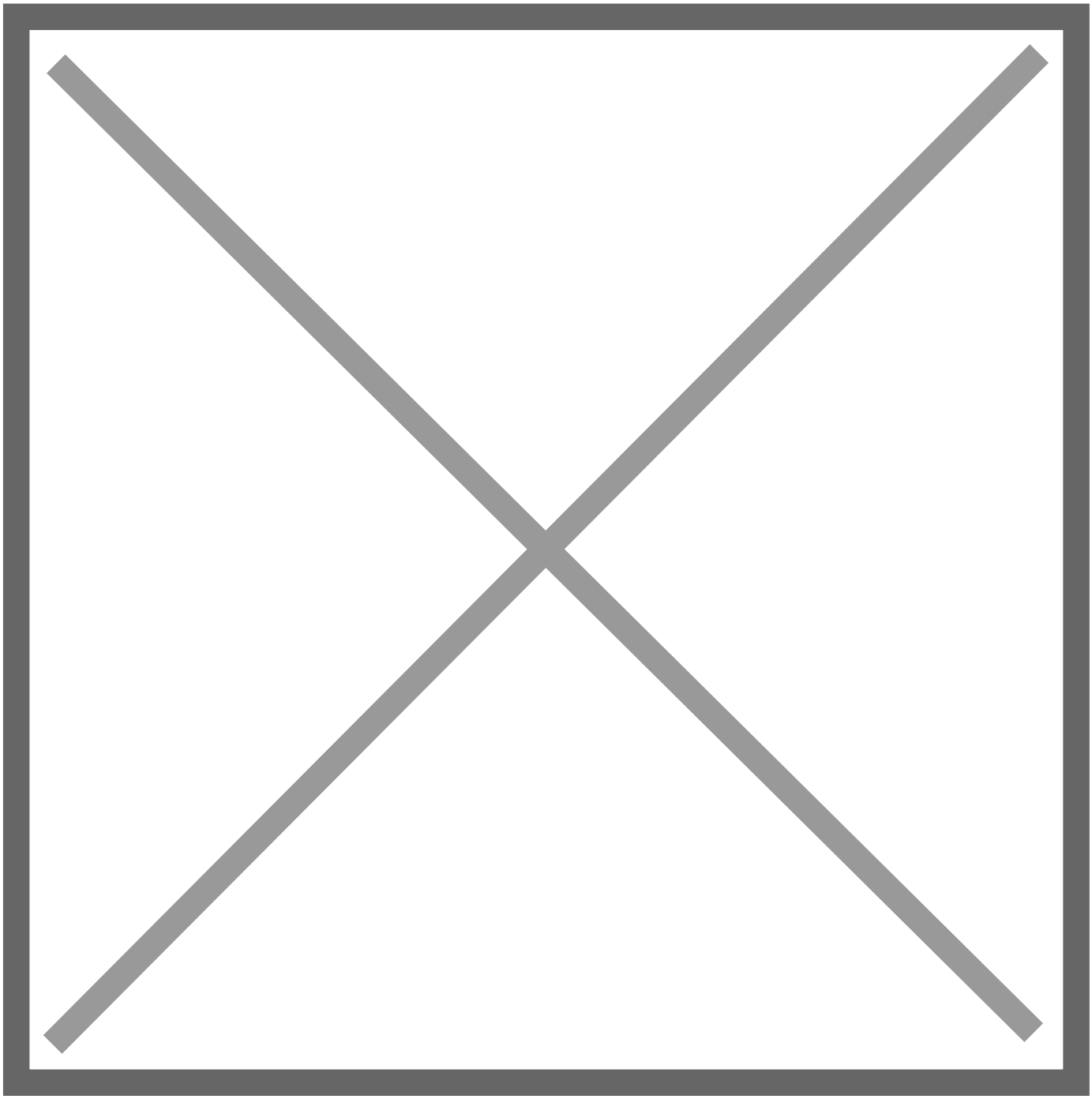
## Children, 2009-2015



| | |
|---|---|
| **Survey type:** | Measured |
| **Age:** | 12-17 |
| **References:** | Beal et al. (2019). Global Patterns of Adolescent Fruit, Vegetable, Carbonated Soft Drink, and Fast-food consumption: A meta-analysis of global school-based student health surveys. Food and Nutrition Bulletin. https://doi.org/10.1177/0379572119848287 sourced from Food Systems Dashboard http://www.foodsystemsdashboard.org/food-system |

## Prevalence of less than daily fruit consumption

## Children, 2010

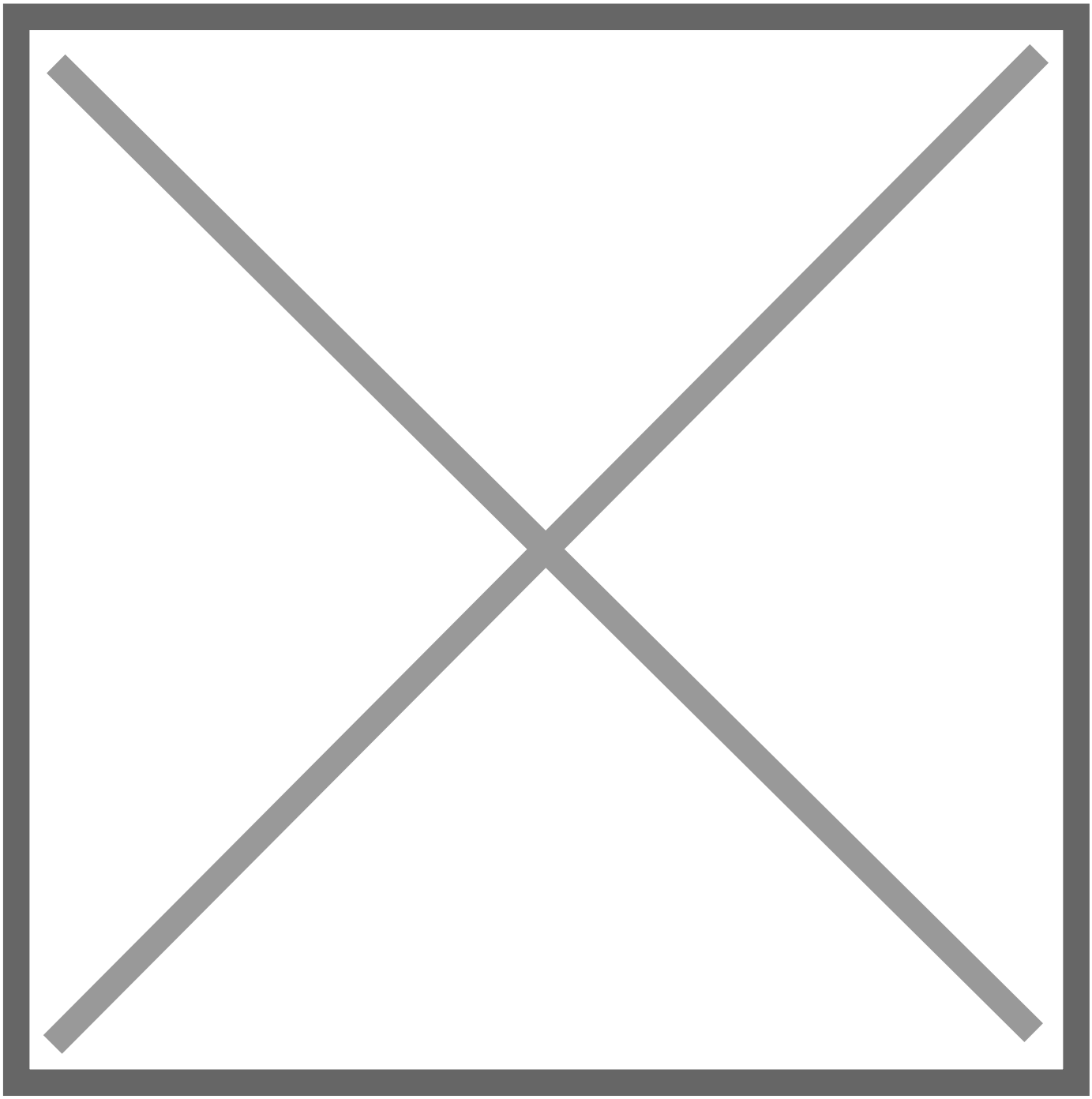


| | |
|---|---|
| **Survey type:** | Self-reported |
| **Age:** | 12-17 |
| **Area covered:** | National |
| **References:** | Global School-based Student Health Surveys. Beal et al (2019). Global Patterns of Adolescent Fruit, Vegetable, Carbonated Soft Drink, and Fast-food consumption: A meta-analysis of global school-based student health surveys. Food and Nutrition Bulletin. https://doi.org/10.1177/0379572119848287. Sourced from Food Systems Dashboard http://www.foodsystemsdashboard.org/food-system |

| | |
|---|---|
| **Definitions:** | Prevalence of less-than-daily fruit consumption (% less-than-daily fruit consumption) |

## Prevalence of less than daily vegetable consumption

## Children, 2010

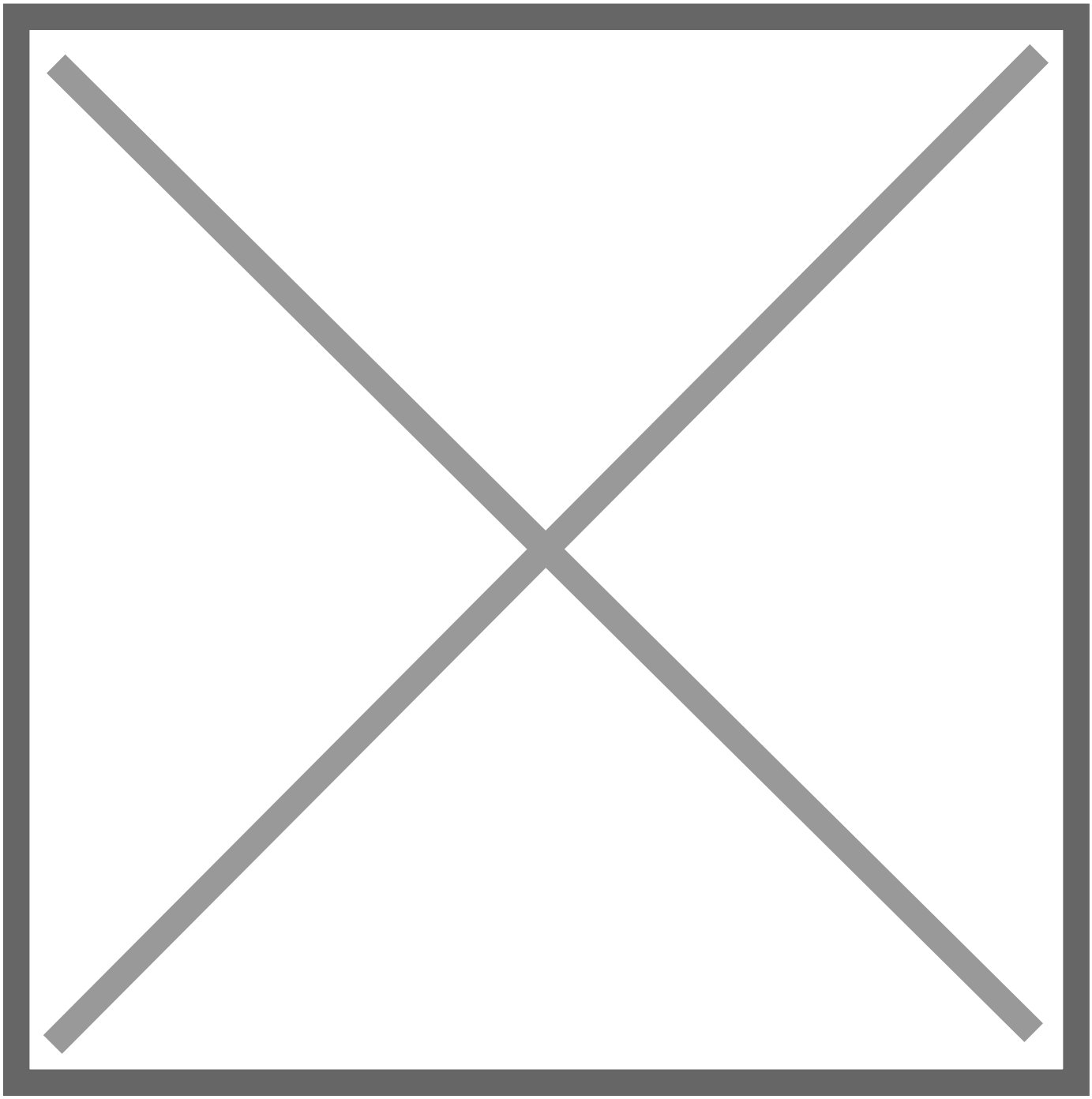


| | |
|---|---|
| **Survey type:** | Self-reported |
| **Age:** | 12-17 |
| **Area covered:** | National |
| **References:** | Beal et al. (2019). Global Patterns of Adolescent Fruit, Vegetable, Carbonated Soft Drink, and Fast-food consumption: A meta-analysis of global school-based student health surveys. Food and Nutrition Bulletin. https://doi.org/10.1177/0379572119848287 sourced from Food Systems Dashboard http://www.foodsystemsdashboard.org/food-system |

| | |
|---|---|
| **Definitions:** | Prevalence of less-than-daily vegetable consumption (% less-than-daily vegetable consumption) |

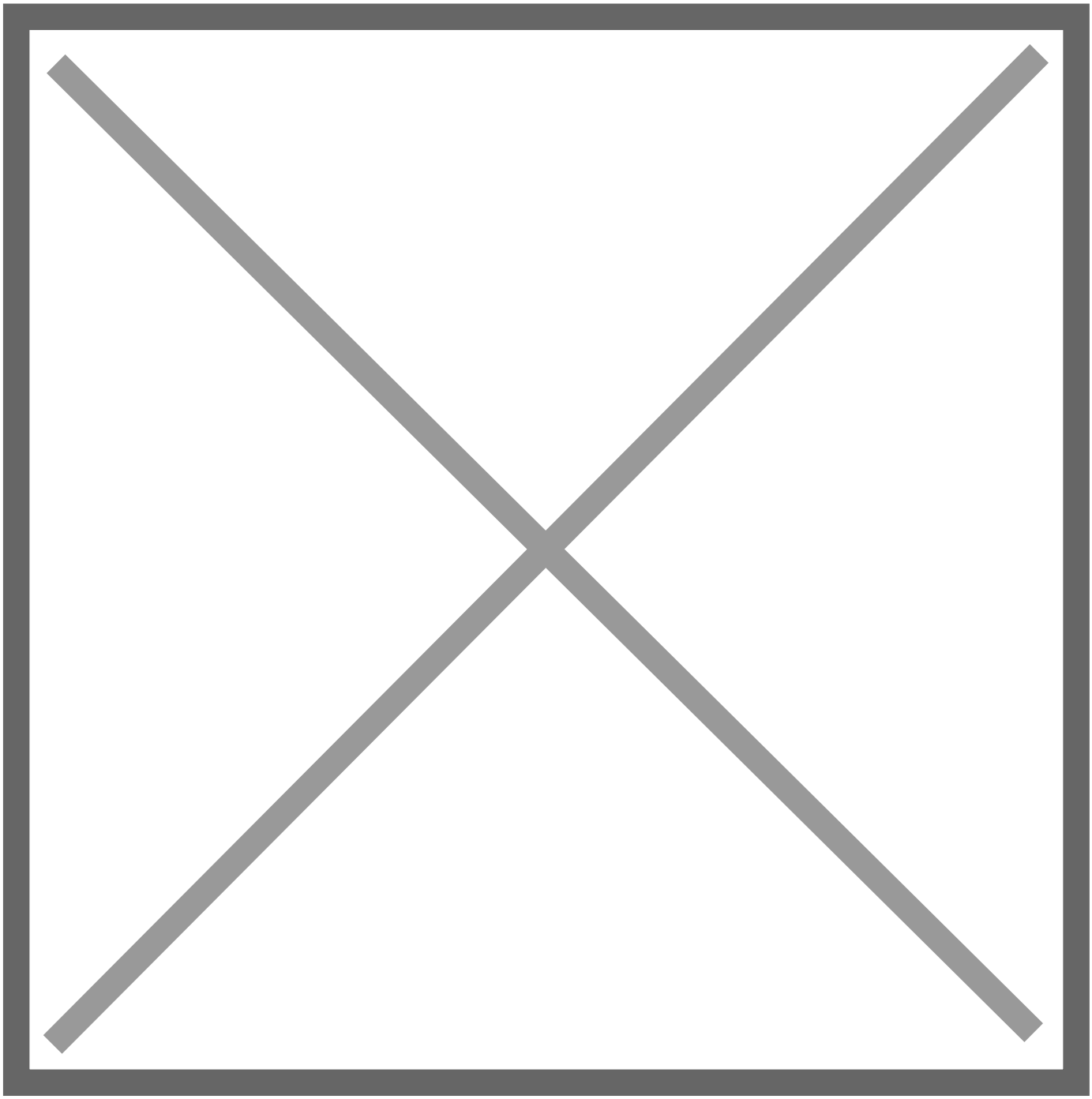
## Mental health - depression disorders

## Children, 2023



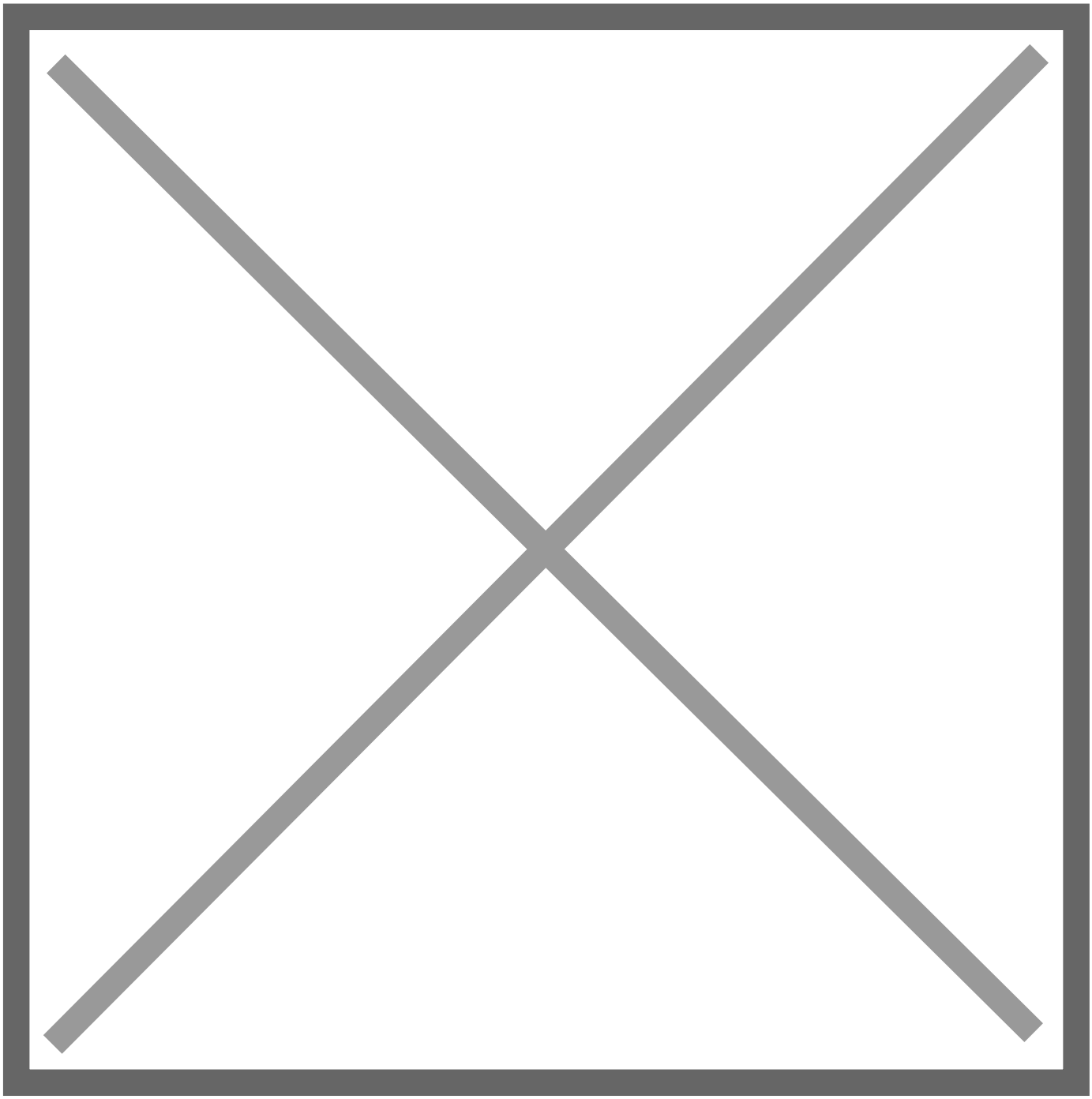
| | |
|---|---|
| **Area covered:** | National |
| **References:** | Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from https://vizhub.healthdata.org/gbd-compare/ [Accessed 17.03.26] |
| **Definitions:** | Estimated number living with depressive disorders per 100,000 population (under 20 years of age) |

## Boys, 2023



| | |
|---|---|
| **Area covered:** | National |
| **References:** | Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from https://vizhub.healthdata.org/gbd-compare/ [Accessed 17.03.26] |
| **Definitions:** | Estimated number living with depressive disorders per 100,000 population (under 20 years of age) |

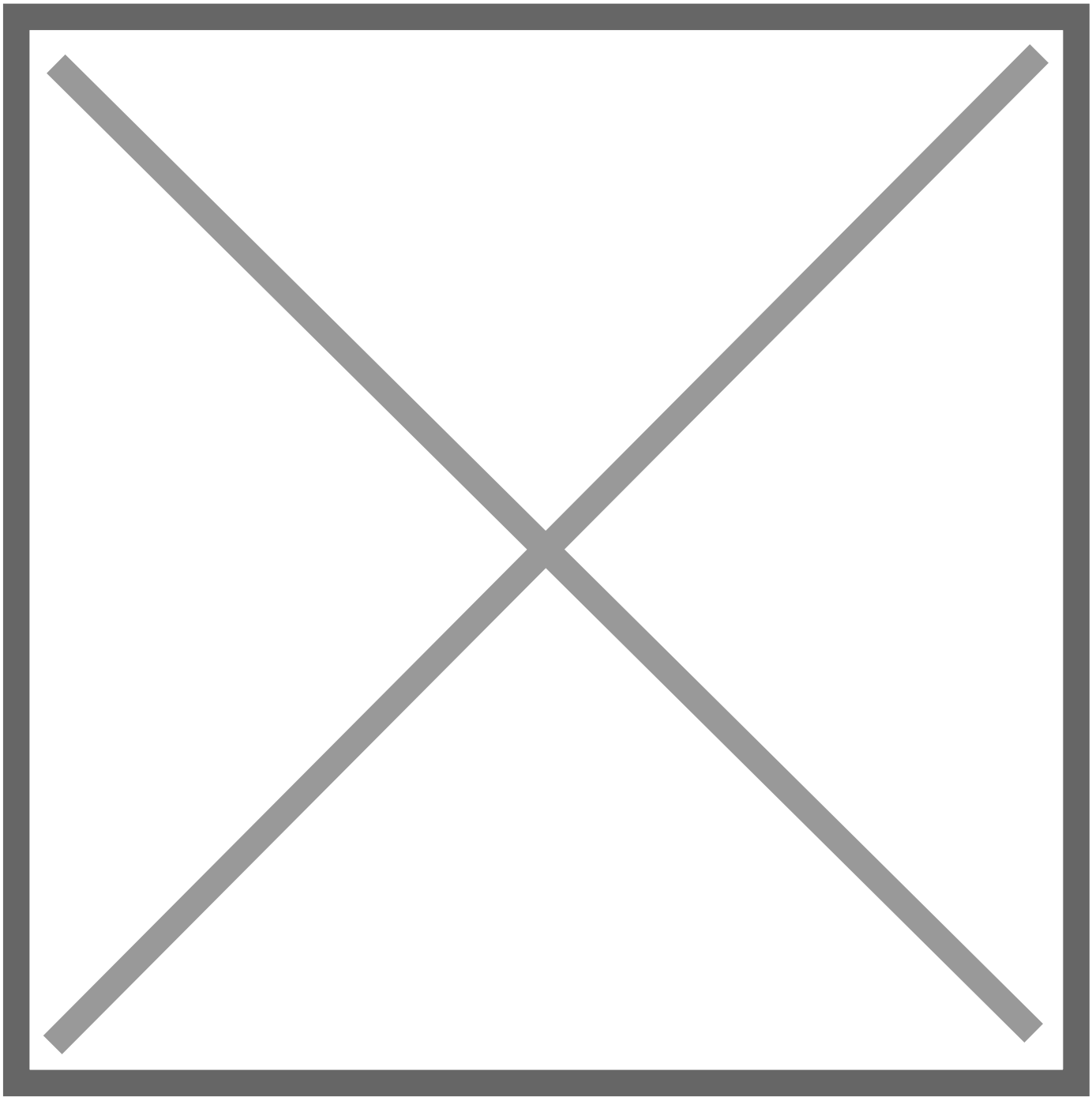
## Girls, 2023



| | |
|---|---|
| **Area covered:** | National |
| **References:** | Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from https://vizhub.healthdata.org/gbd-compare/ [Accessed 17.03.26] |
| **Definitions:** | Estimated number living with depressive disorders per 100,000 population (under 20 years of age) |

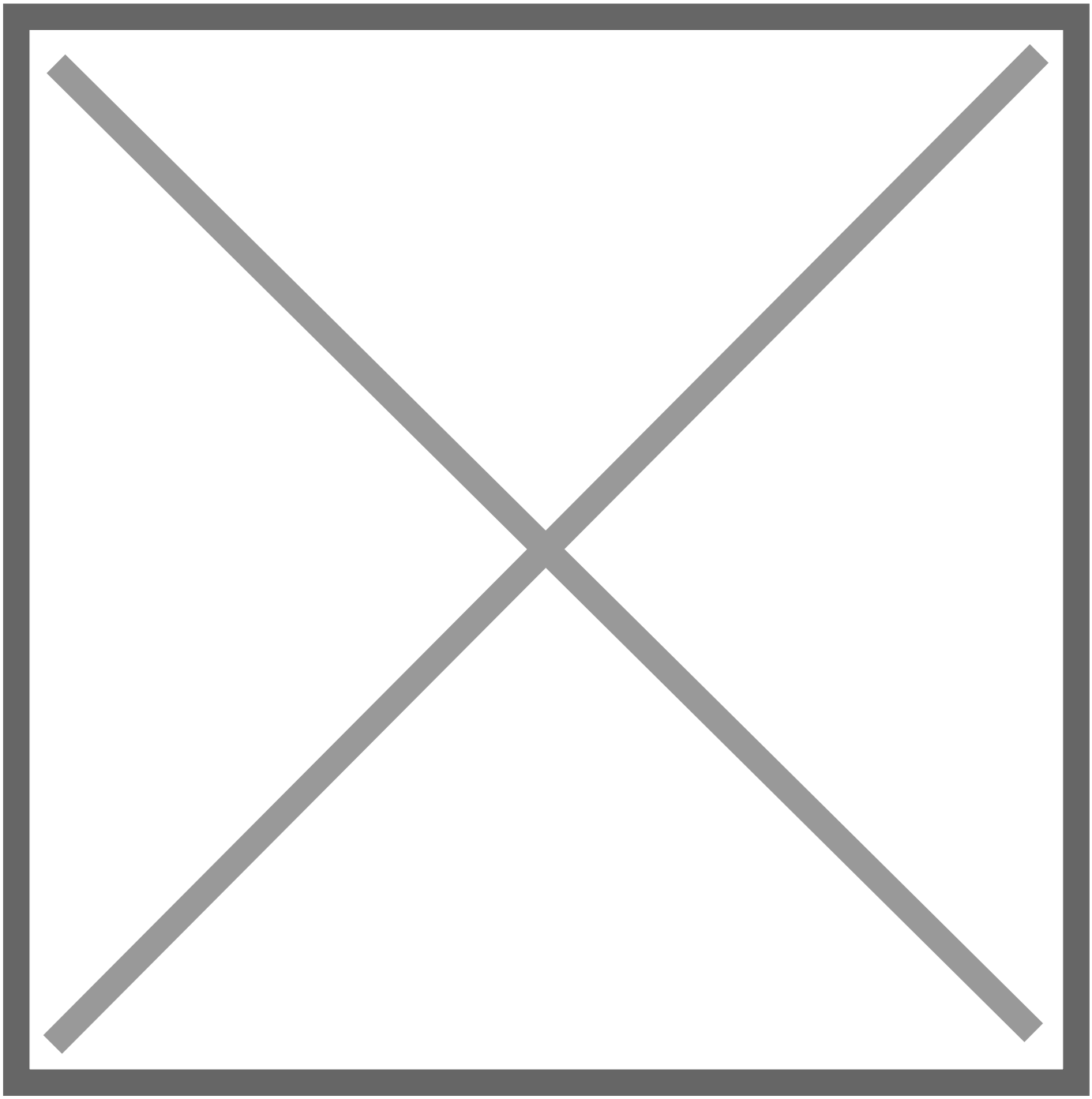
# Mental health - anxiety disorders

## Children, 2023



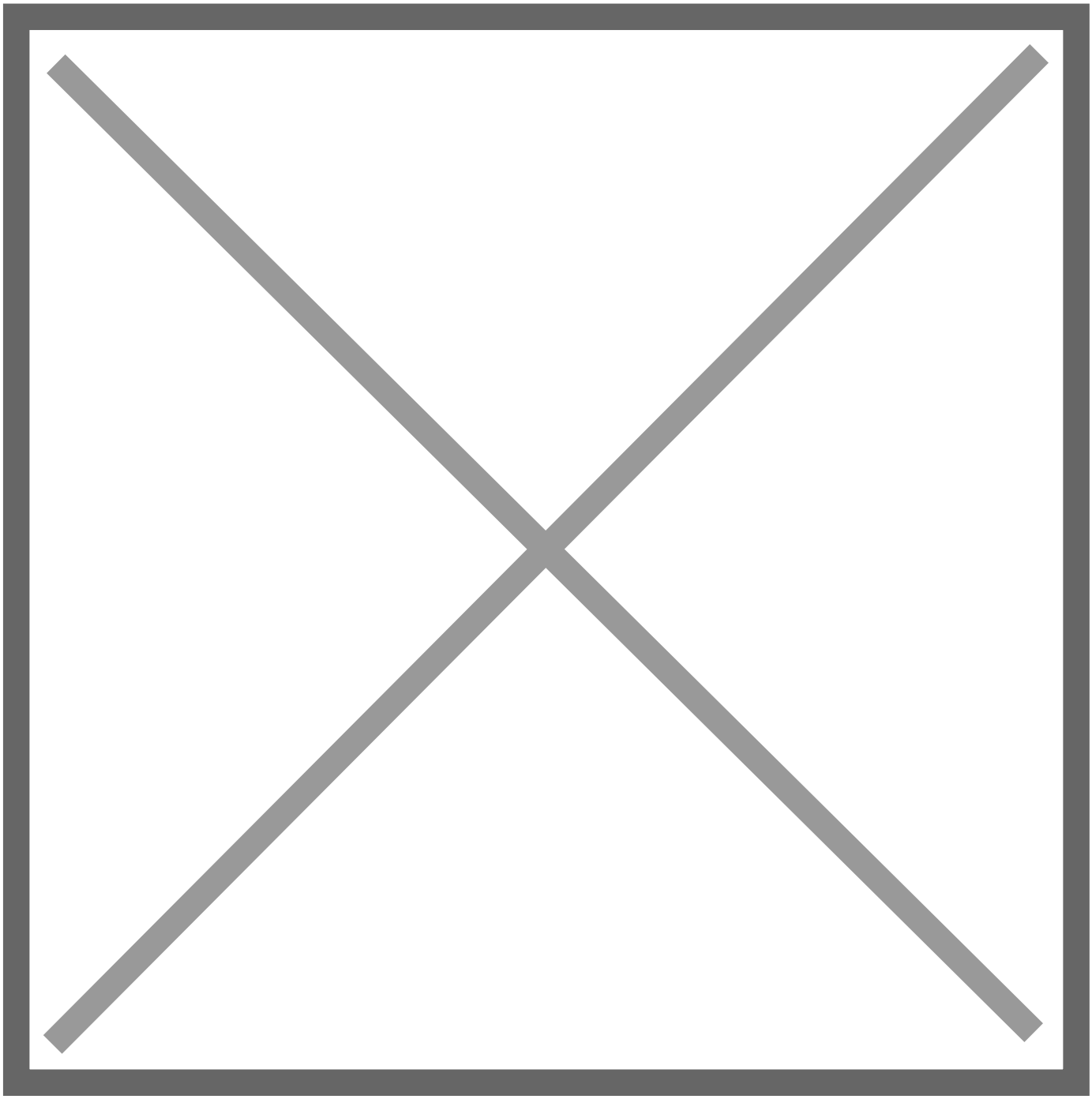
| | |
|---|---|
| **Area covered:** | National |
| **References:** | Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from https://vizhub.healthdata.org/gbd-compare/ [Accessed 17.03.26] |
| **Definitions:** | Estimated number living with anxiety disorders per 100,000 population (under 20 years of age) |

## Boys, 2023



| | |
|---|---|
| **Area covered:** | National |
| **References:** | Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from https://vizhub.healthdata.org/gbd-compare/ [Accessed 17.03.26] |
| **Definitions:** | Estimated number living with anxiety disorders per 100,000 population (under 20 years of age) |

## Girls, 2023



| | |
|---|---|
| **Area covered:** | National |
| **References:** | Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from https://vizhub.healthdata.org/gbd-compare/ [Accessed 17.03.26] |
| **Definitions:** | Estimated number living with anxiety disorders per 100,000 population (under 20 years of age) |

*PDF created on November 7, 2026*