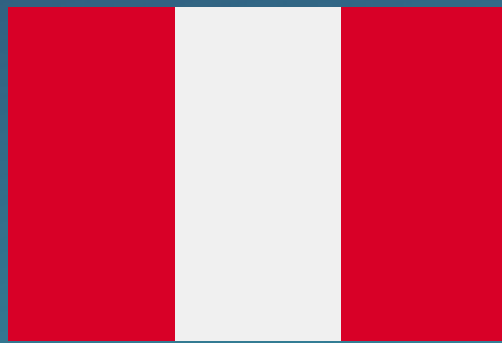




Peru



Country report card - children

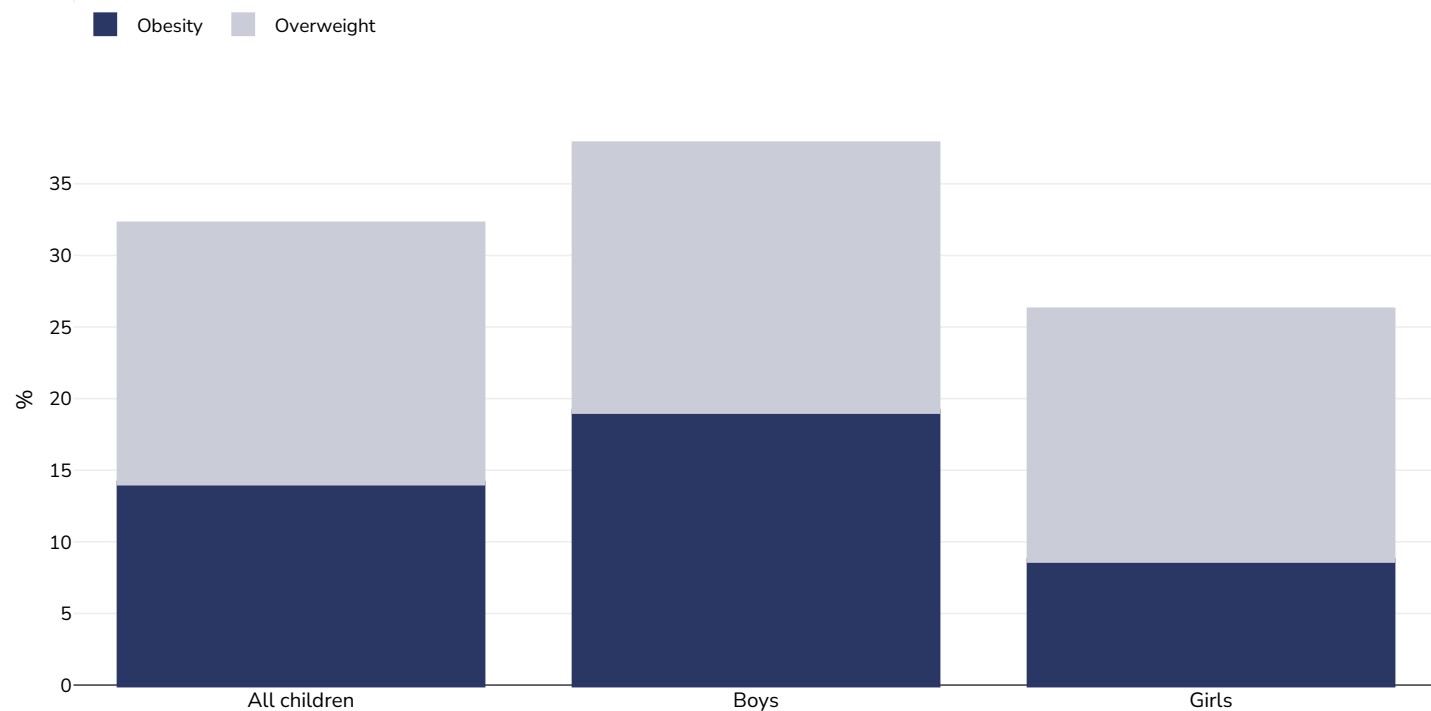
This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity for children, including adolescents (aged 5 to 18 years). Where available, data on common and relevant obesity drivers and comorbidities are also presented.

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

| Contents | Page |
|--|------|
| Obesity prevalence | 3 |
| Overweight/obesity by education | 4 |
| Overweight/obesity by age | 5 |
| Overweight/obesity by region | 6 |
| Overweight/obesity by socio-economic group | 7 |
| Double burden of underweight & overweight | 8 |
| Insufficient physical activity | 9 |
| Average daily frequency of carbonated soft drink consumption | 12 |
| Prevalence of less than daily fruit consumption | 13 |
| Prevalence of less than daily vegetable consumption | 14 |
| Average weekly frequency of fast food consumption | 15 |
| Mental health - depression disorders | 16 |
| Mental health - anxiety disorders | 19 |

Obesity prevalence

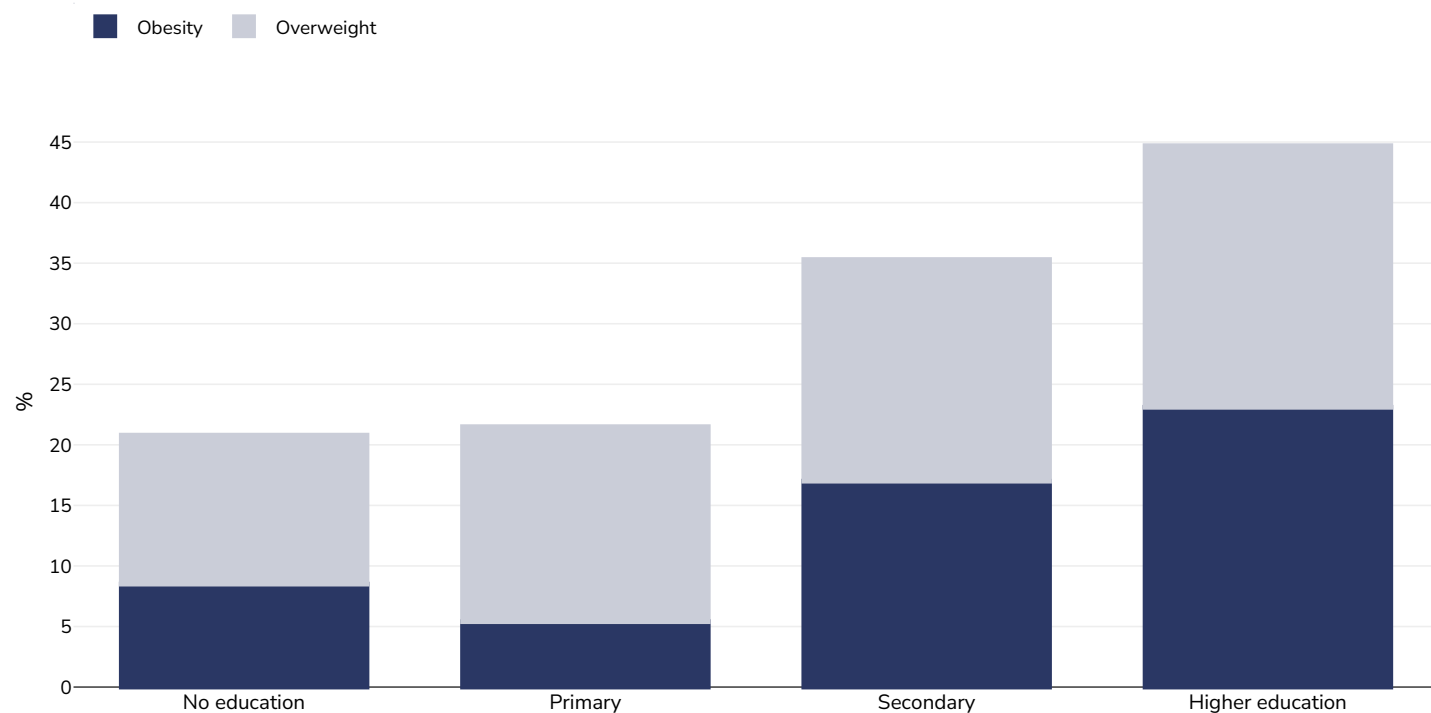
Children, 2013-2014



| | |
|---------------|---|
| 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 -i https://doi.org/10.15446/rsap.V20n2.68082 |
| Notes: | WHO Cut off Used |
| Cutoffs: | WHO |

Overweight/obesity by education

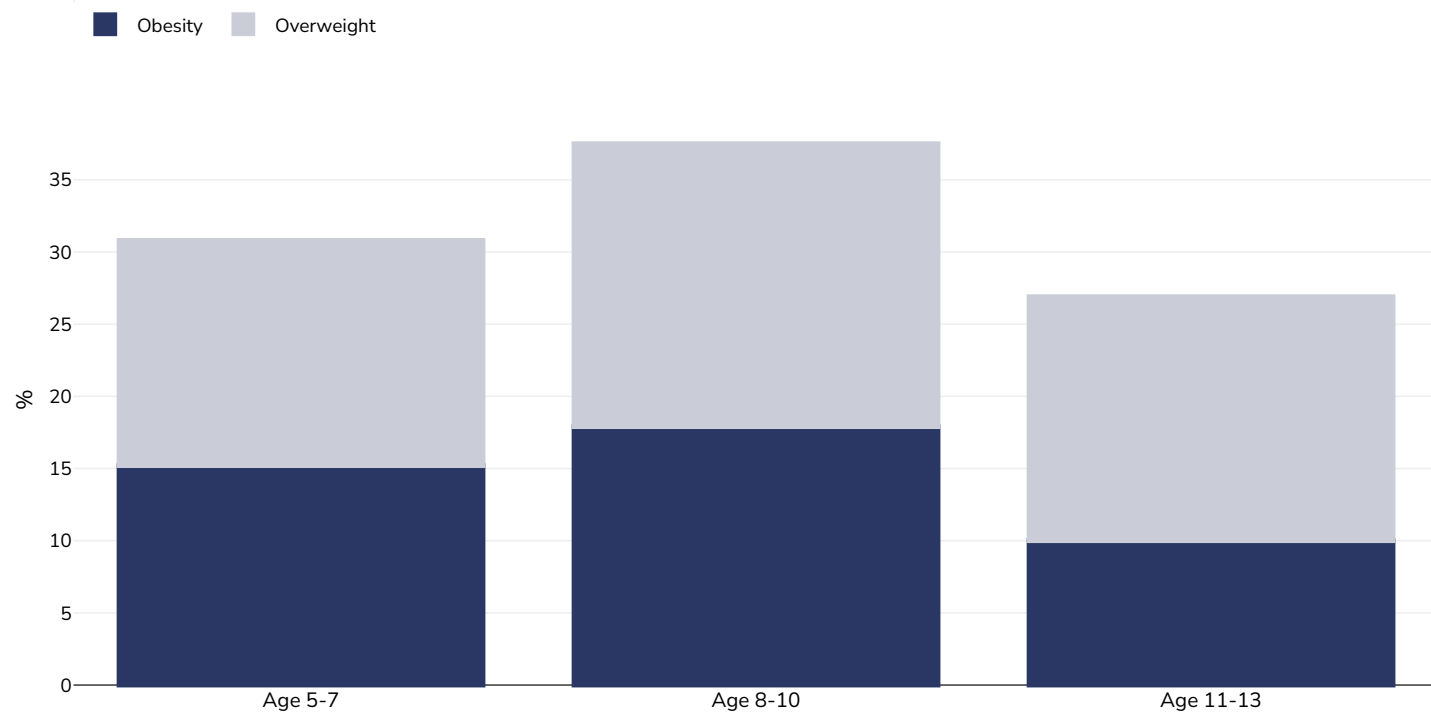
Children, 2013-2014



| | |
|---------------|---|
| 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 -i 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

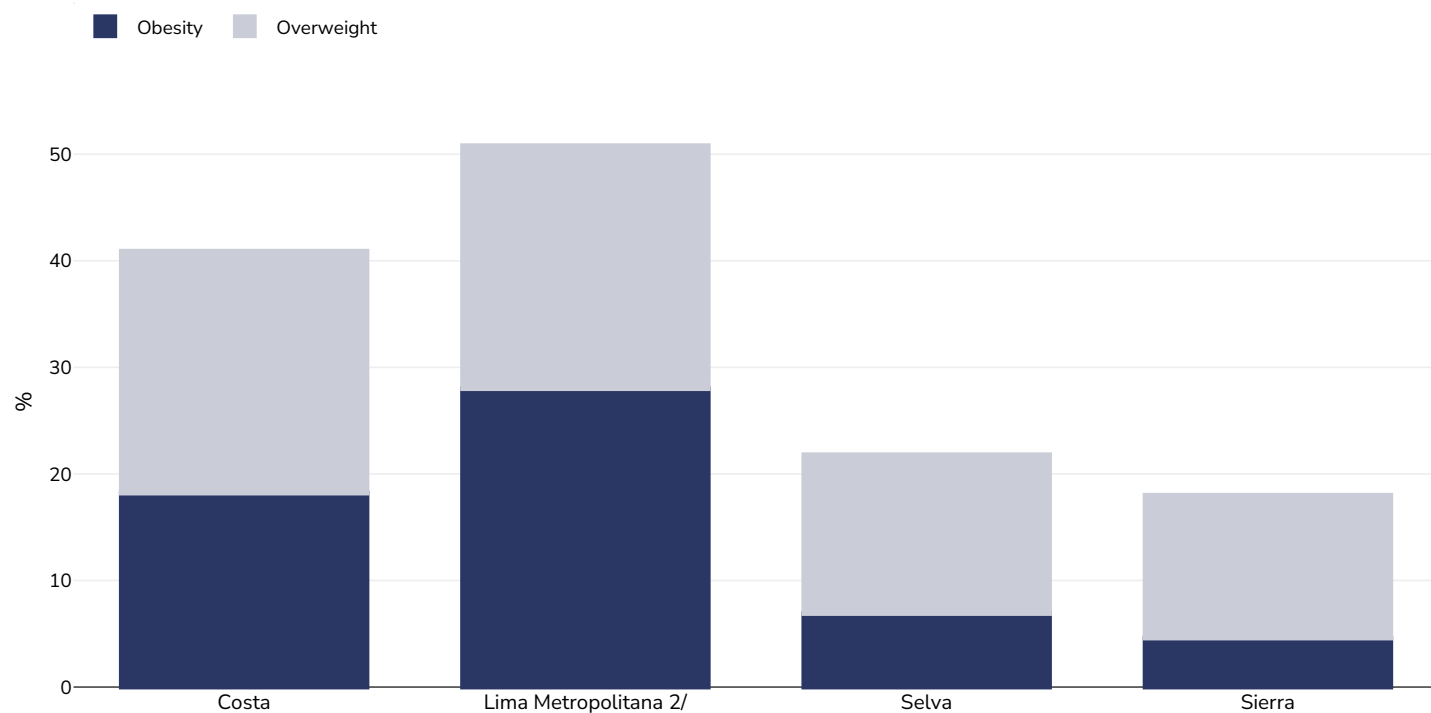
Children, 2013-2014



| | |
|---------------|--|
| Survey type: | Measured |
| 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 https://doi.org/10.15446/rsap.V20n2.68082 |
| Notes: | WHO Cut Off Points Used |
| Cutoffs: | WHO |

Overweight/obesity by region

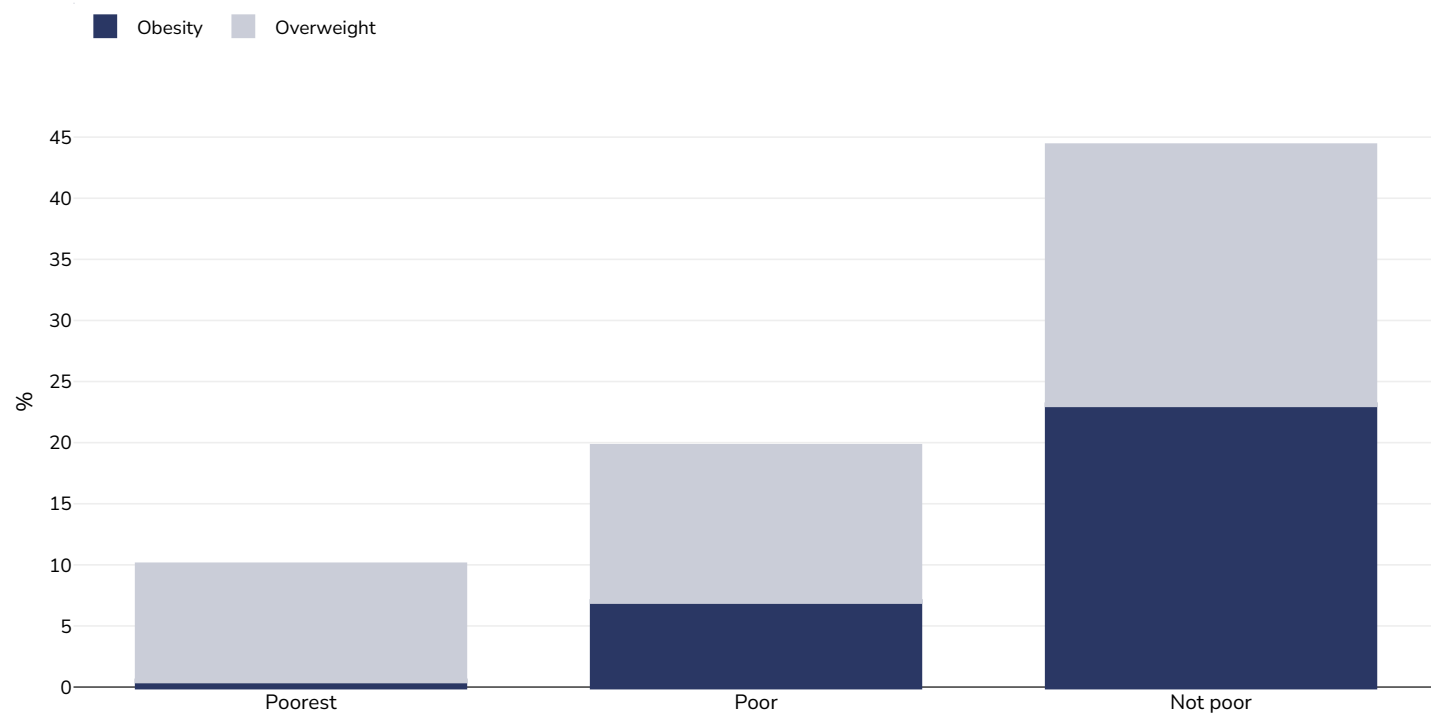
Children, 2013-2014



| | |
|---------------|--|
| 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 https://doi.org/10.15446/rsap.V20n2.68082 |
| Notes: | WHO Cut Off Points Used |
| Cutoffs: | WHO |

Overweight/obesity by socio-economic group

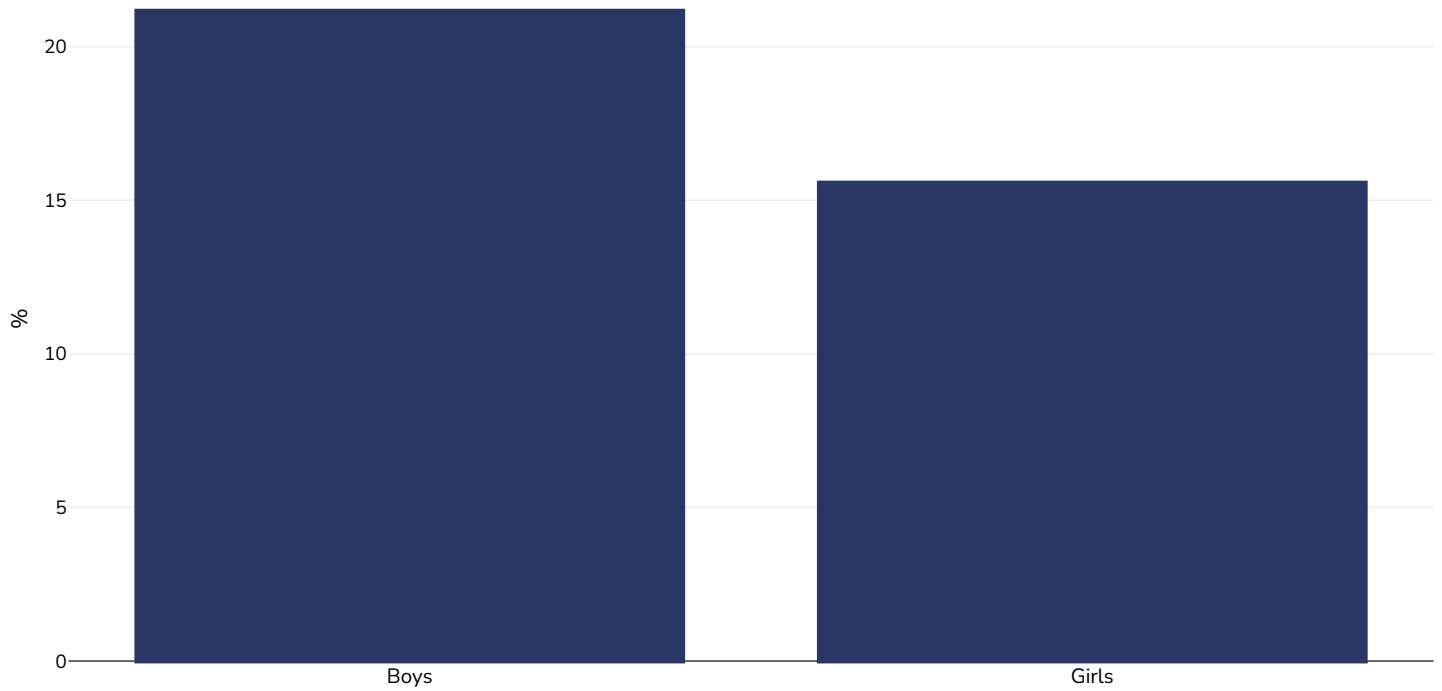
Children, 2013-2014



| | |
|---------------|--|
| 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 https://doi.org/10.15446/rsap.V20n2.68082 |
| Notes: | WHO Cut Off Points Used |
| Cutoffs: | WHO |

Double burden of underweight & overweight

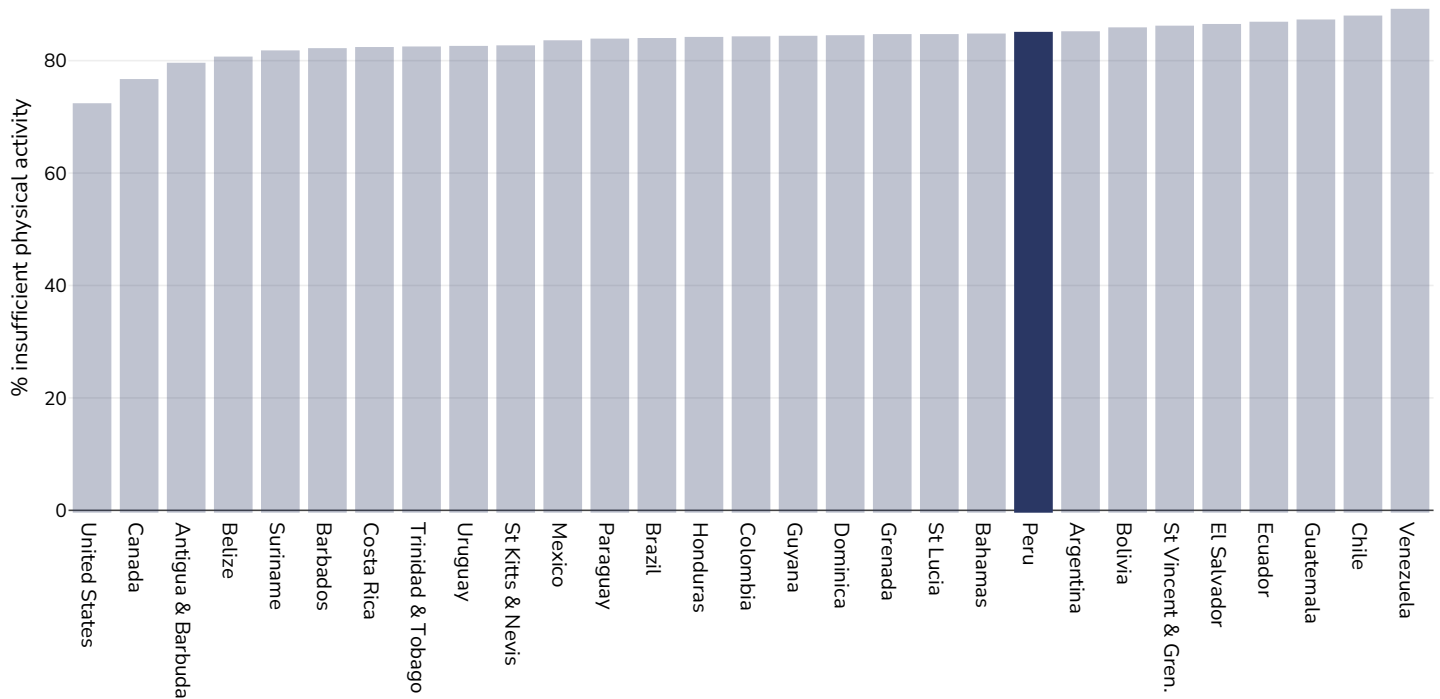
Children, 2022



| | |
|---------------------|--|
| 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. 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, 2016



Survey type: Self-reported

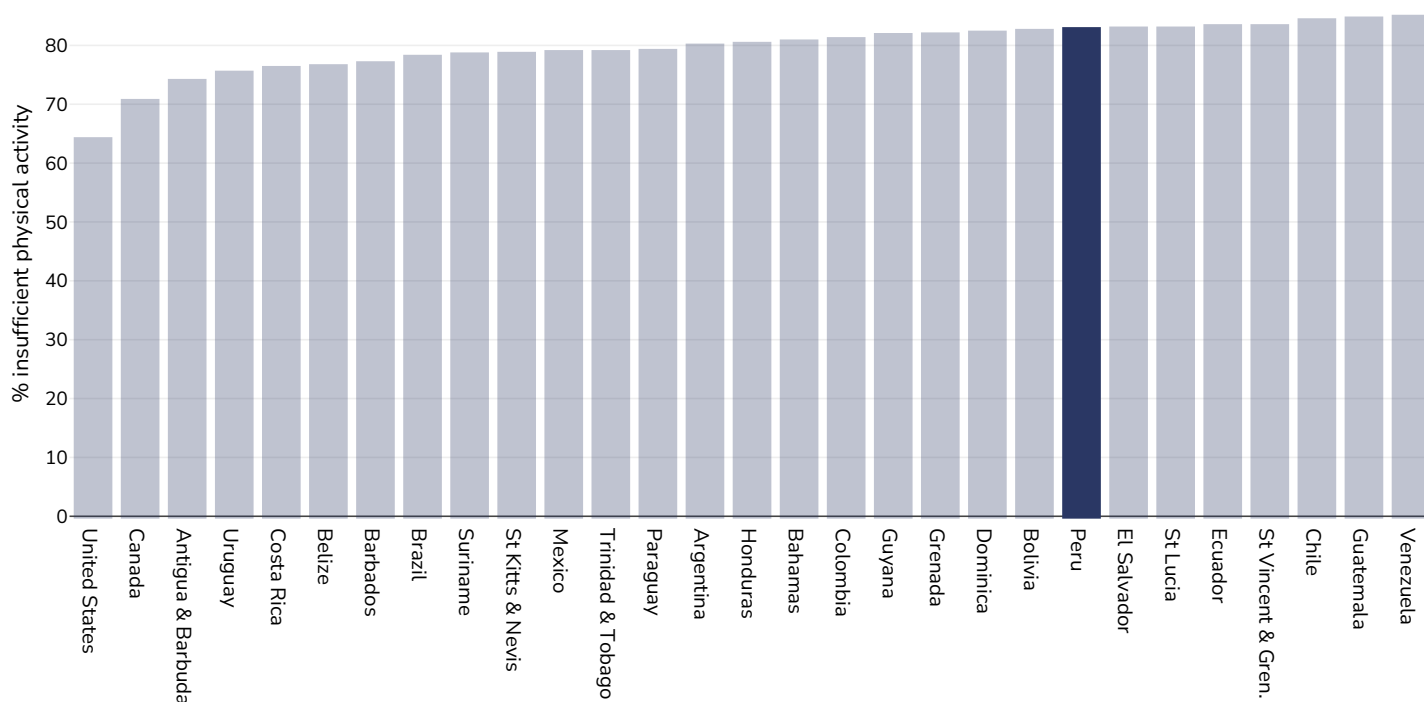
Age: 11-17

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

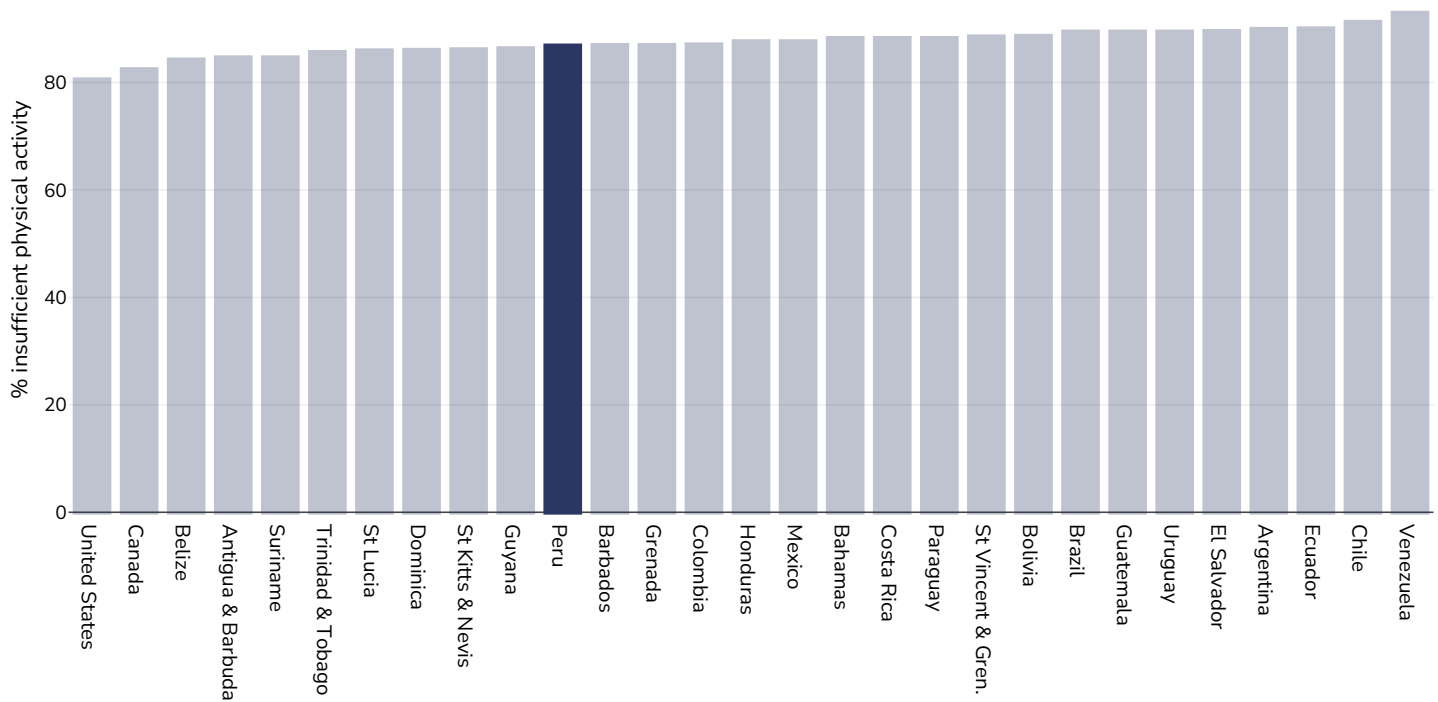
Age: 11-17

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)

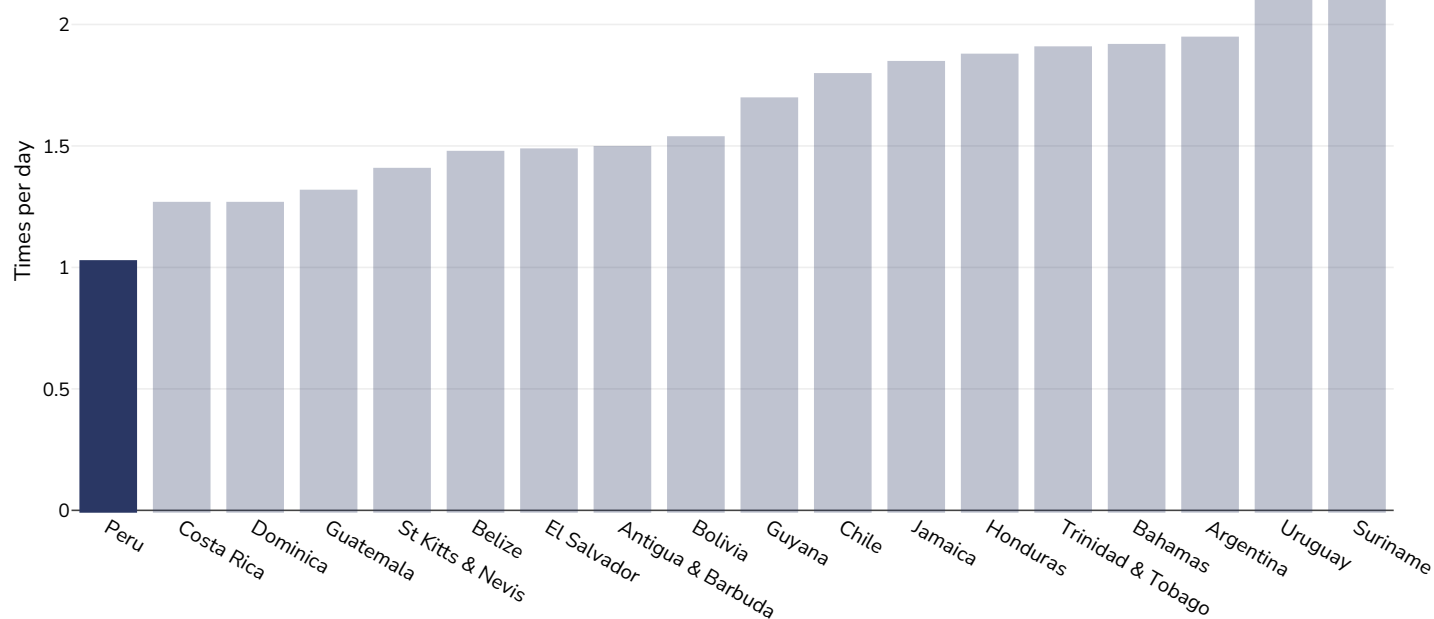
Girls, 2016



| | |
|---------------------|--|
| 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) |

Average daily frequency of carbonated soft drink consumption

Children, 2009-2015



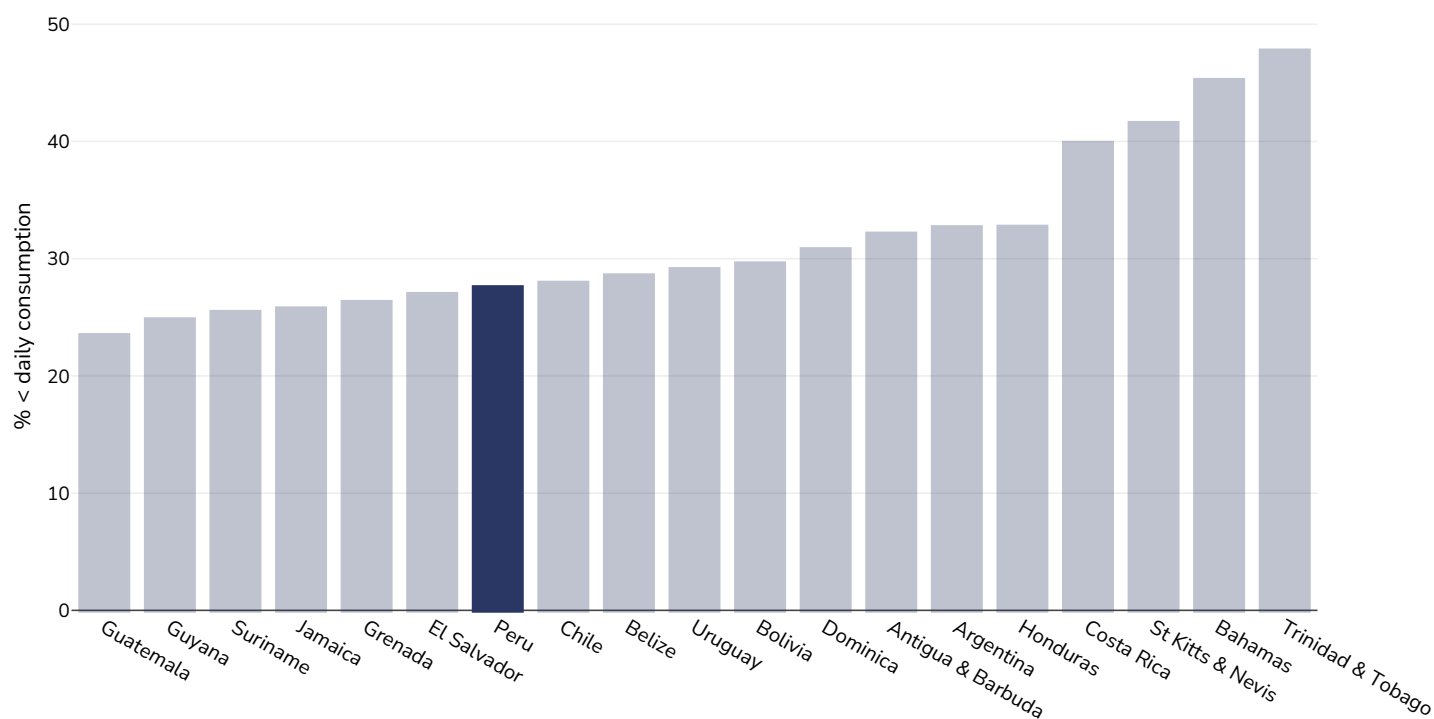
Survey type: Measured

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, 2009-2015



Survey type: Measured

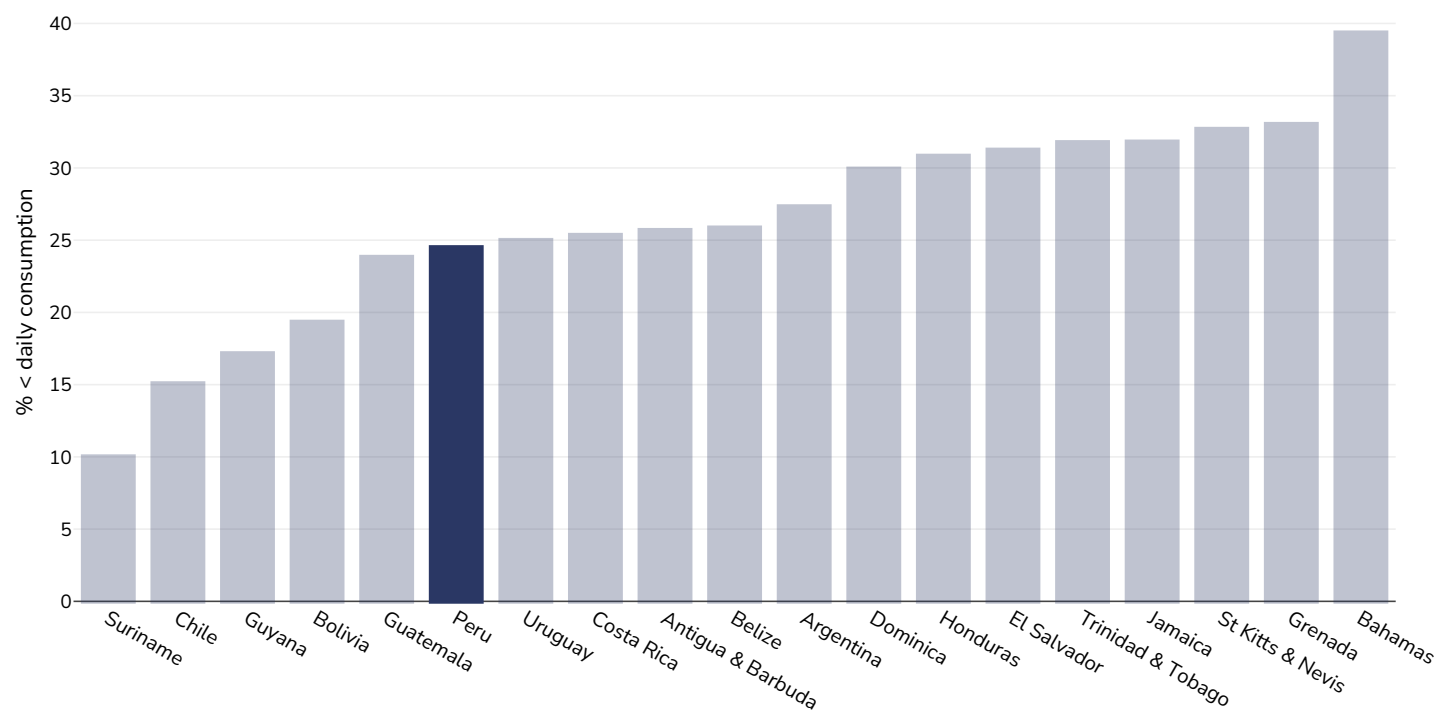
Age: 12-17

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, 2009-2015



Survey type: Measured

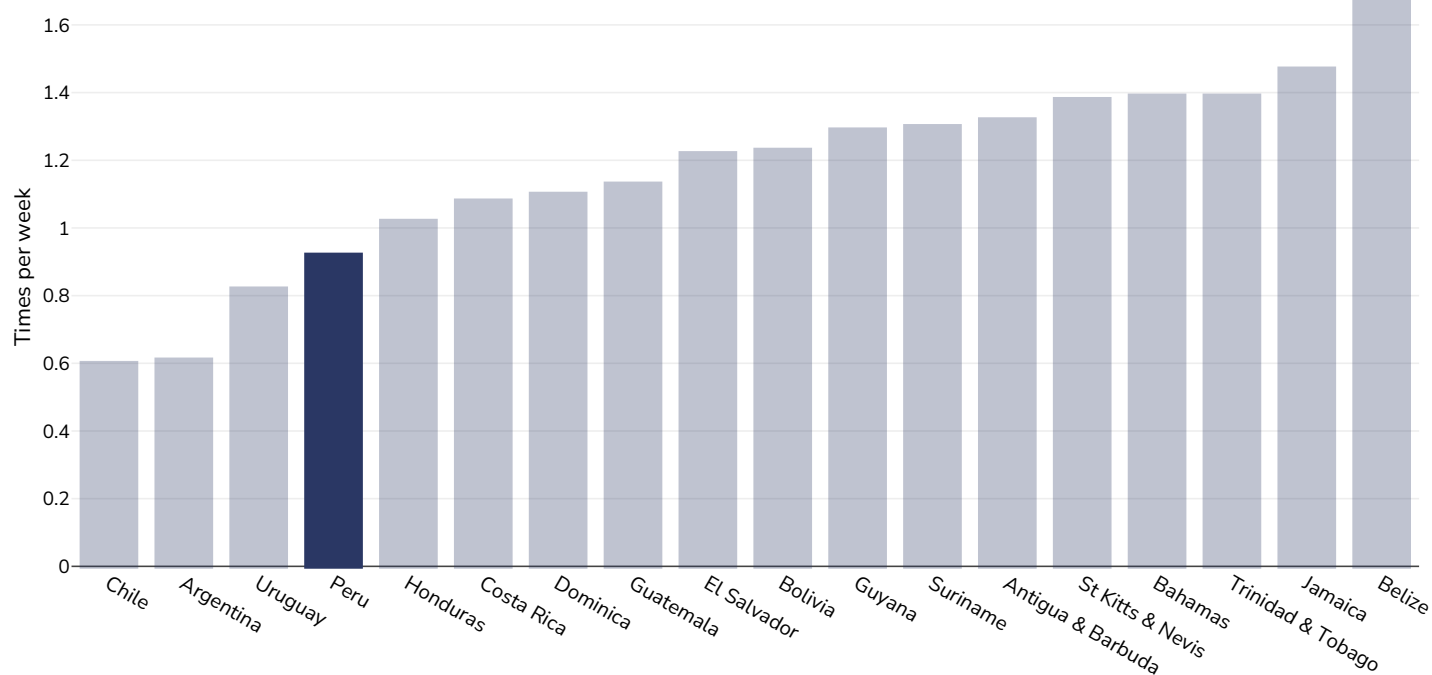
Age: 12-17

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>

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

Average weekly frequency of fast food consumption

Children, 2009-2015

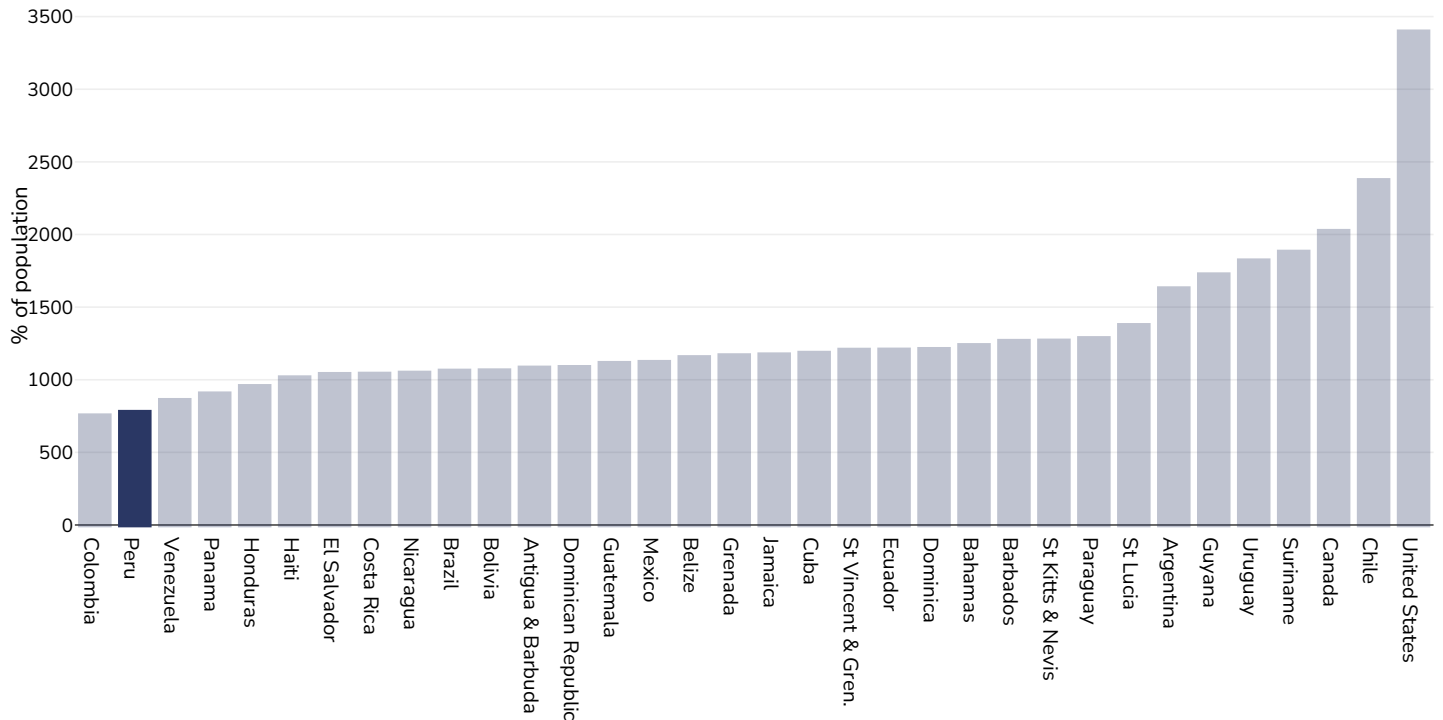


Age: 12-17

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>

Mental health - depression disorders

Children, 2021



Area covered:

National

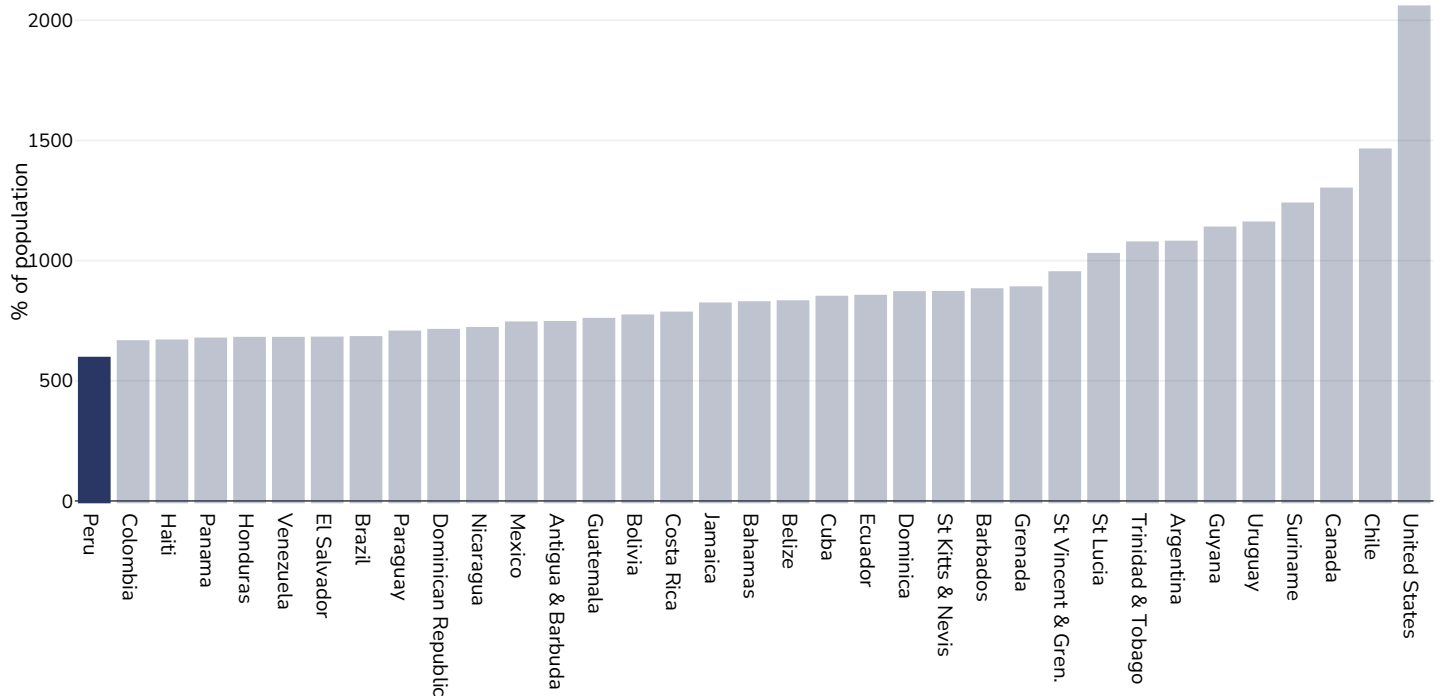
References:

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

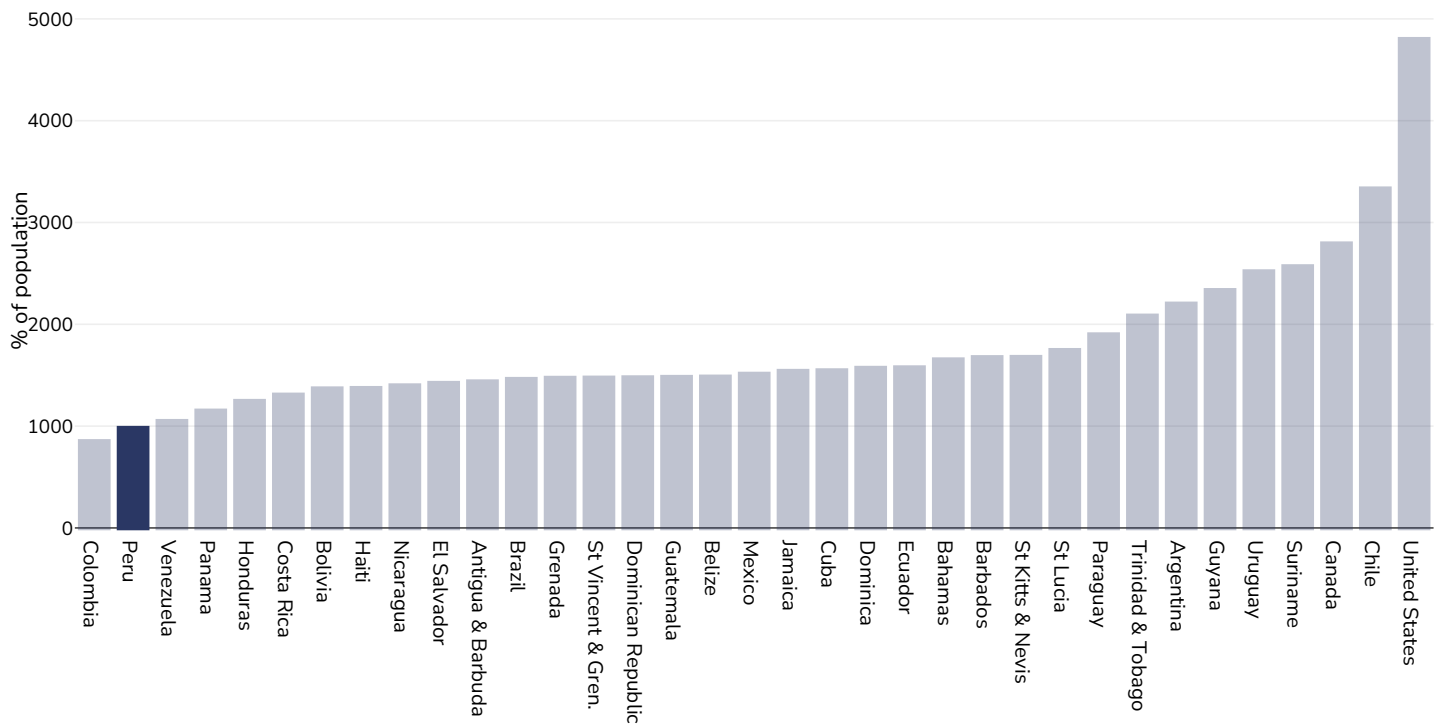
References:

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:

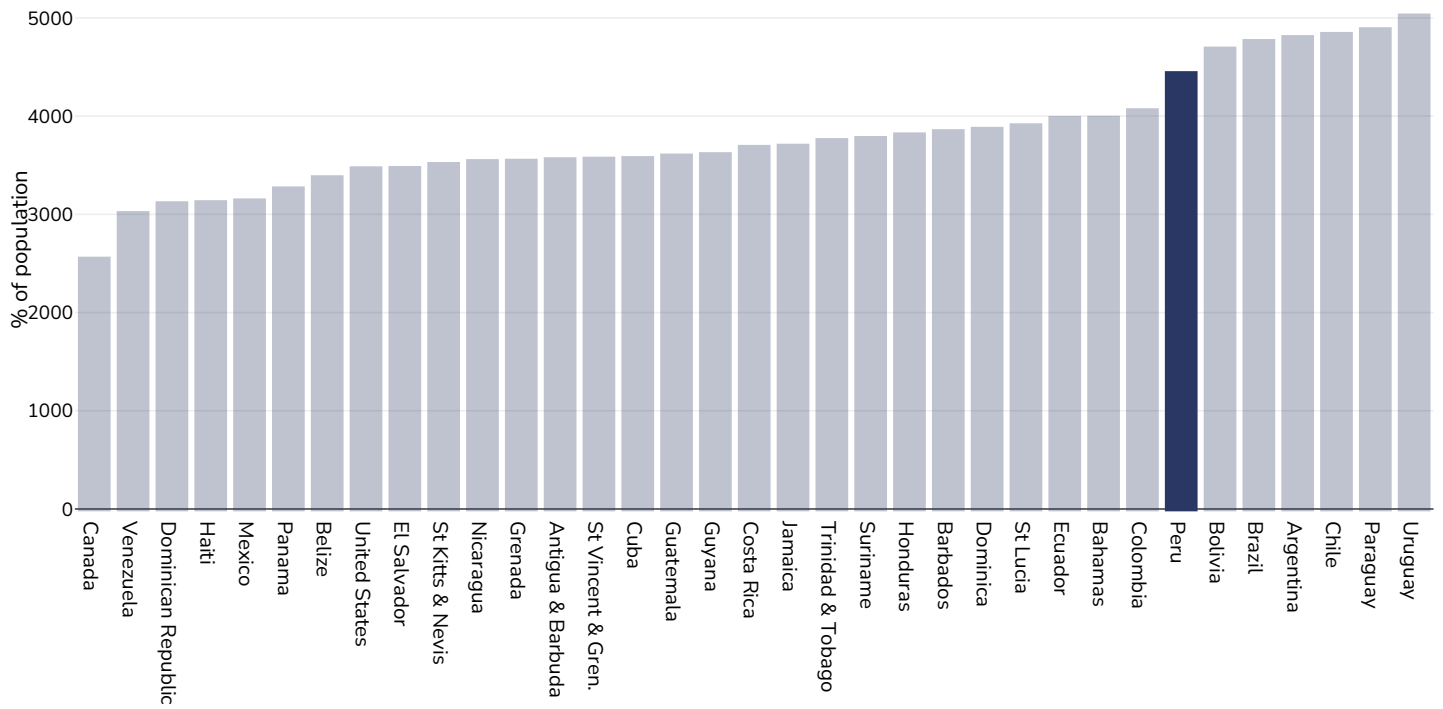
Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

Definitions:

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

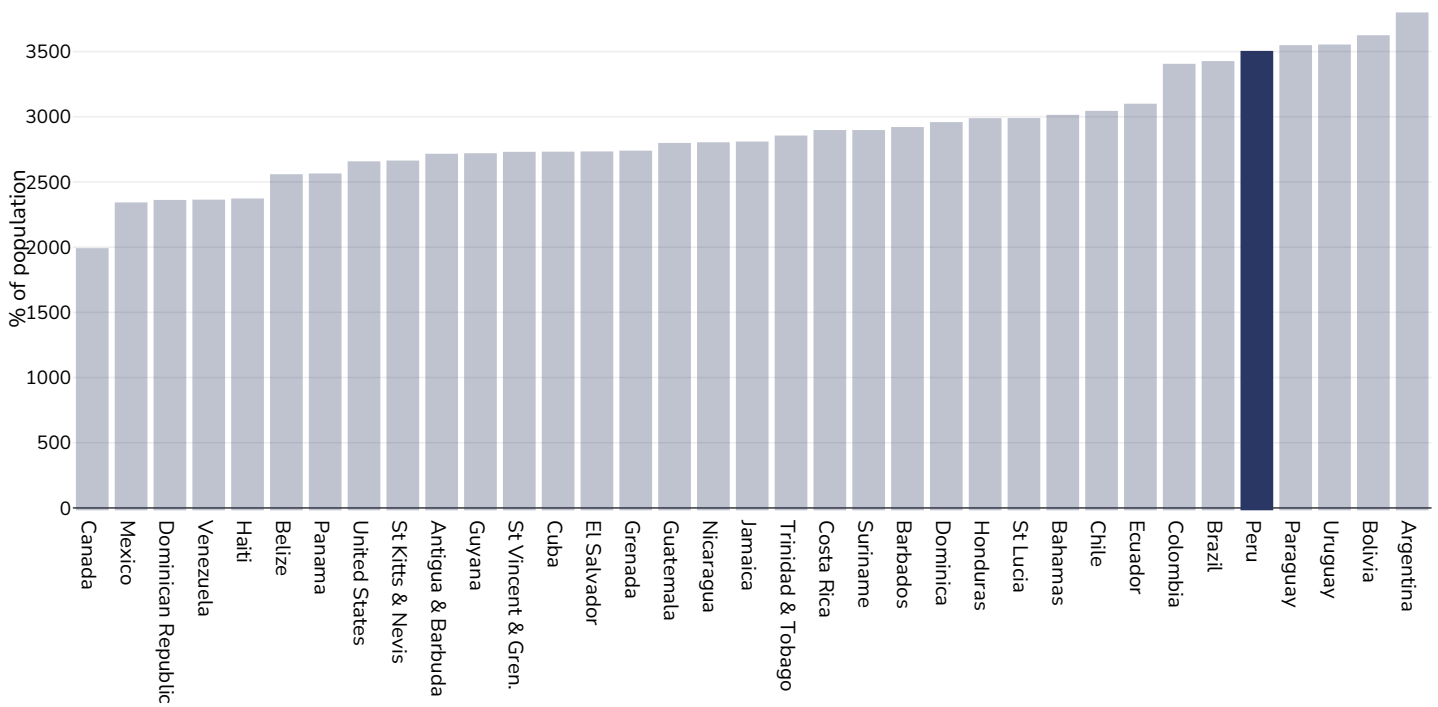
Mental health - anxiety disorders

Children, 2021



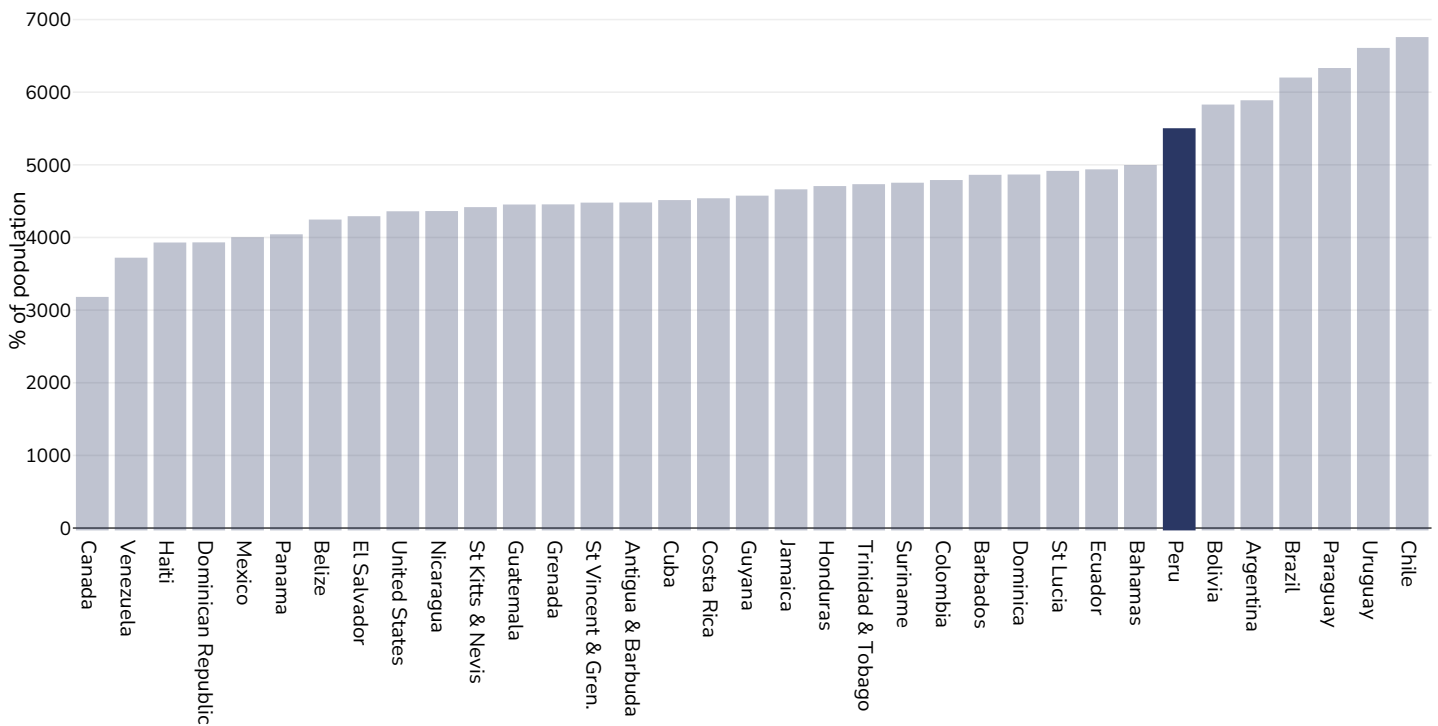
References: Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

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 18, 2025