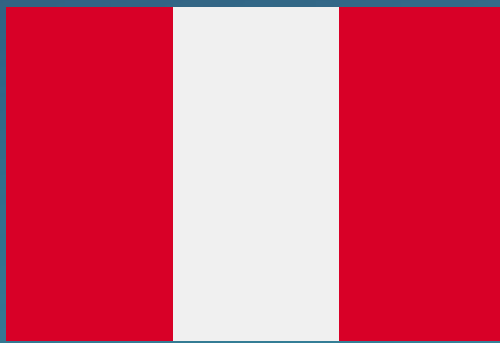




# Peru



## Country report card - children

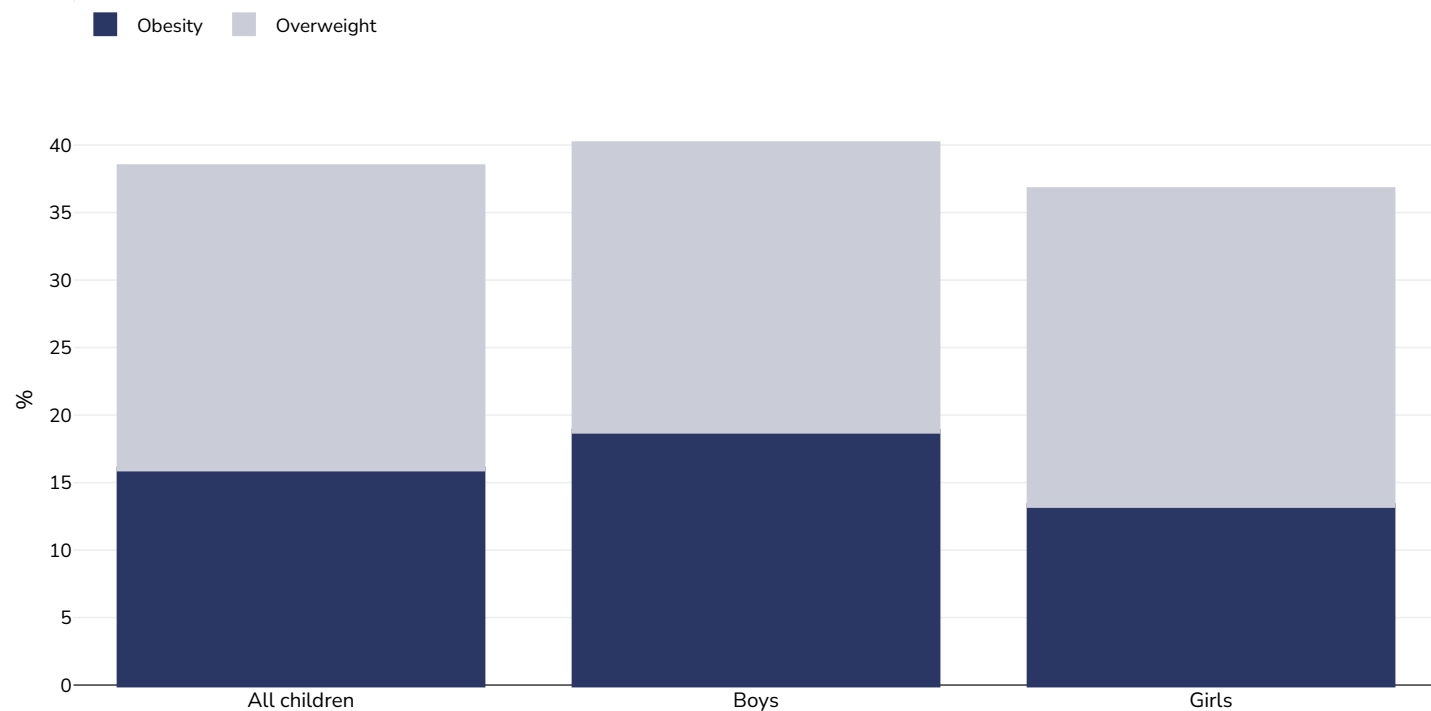
*This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity for children, including adolescents (aged 5 to 18 years). Where available, data on common and relevant obesity drivers and comorbidities are also presented.*

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

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## Obesity prevalence

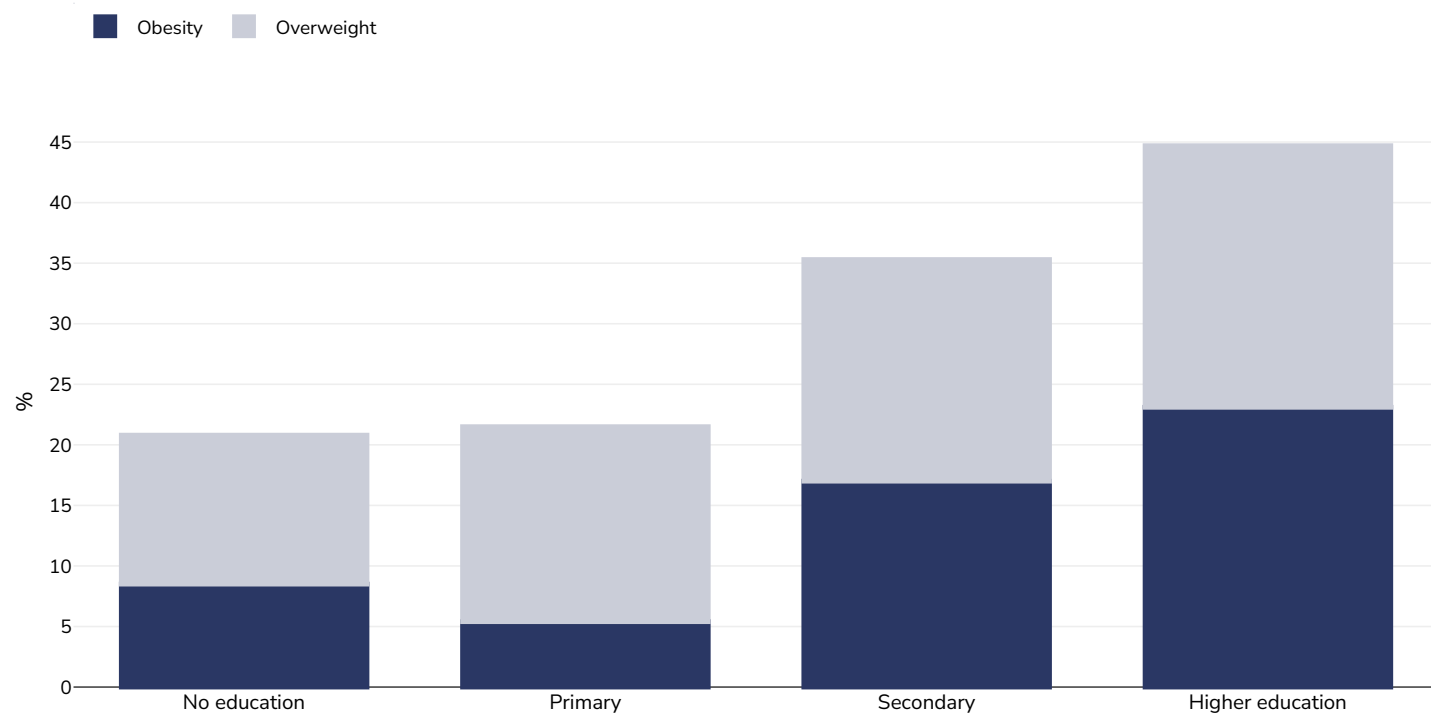
### Children, 2017-2018



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. <a href="https://www.gob.pe/institucion/ins/informes-publicaciones/4202391-informe-tecnico-estado-nutricional-en-ninos-de-6-a-13-anos-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</a> [Accessed 25.08.25]
Cutoffs:	WHO 2007

## Overweight/obesity by education

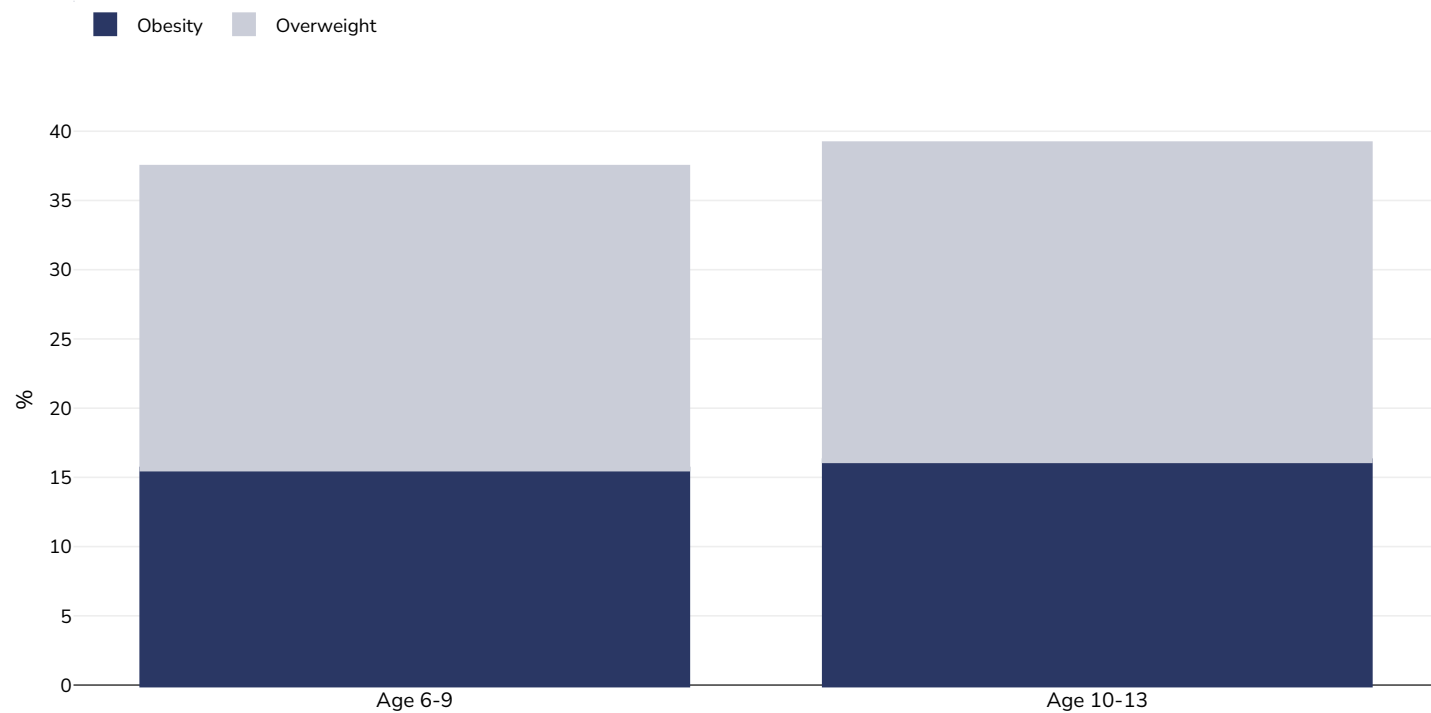
### Children, 2013-2014



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 -i <a href="https://doi.org/10.15446/rsap.V20n2.68082">https://doi.org/10.15446/rsap.V20n2.68082</a>
Notes:	WHO Cut Off Points Used Education based on Parental educational status
Cutoffs:	WHO

## Overweight/obesity by age

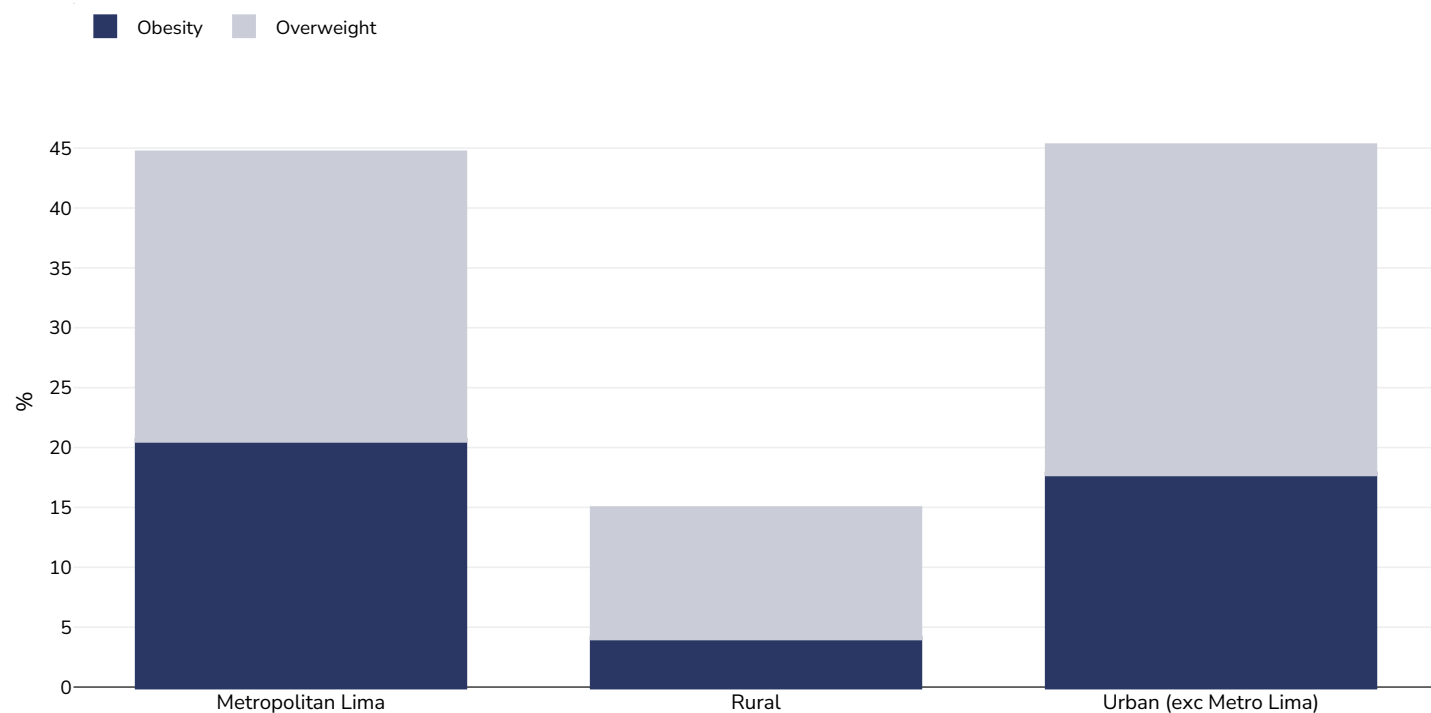
### Children, 2017-2018



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. <a href="https://www.gob.pe/institucion/ins/informes-publicaciones/4202391-informe-tecnico-estado-nutricional-en-ninos-de-6-a-13-anos-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</a> [Accessed 25.08.25]
Cutoffs:	WHO 2007

## Overweight/obesity by region

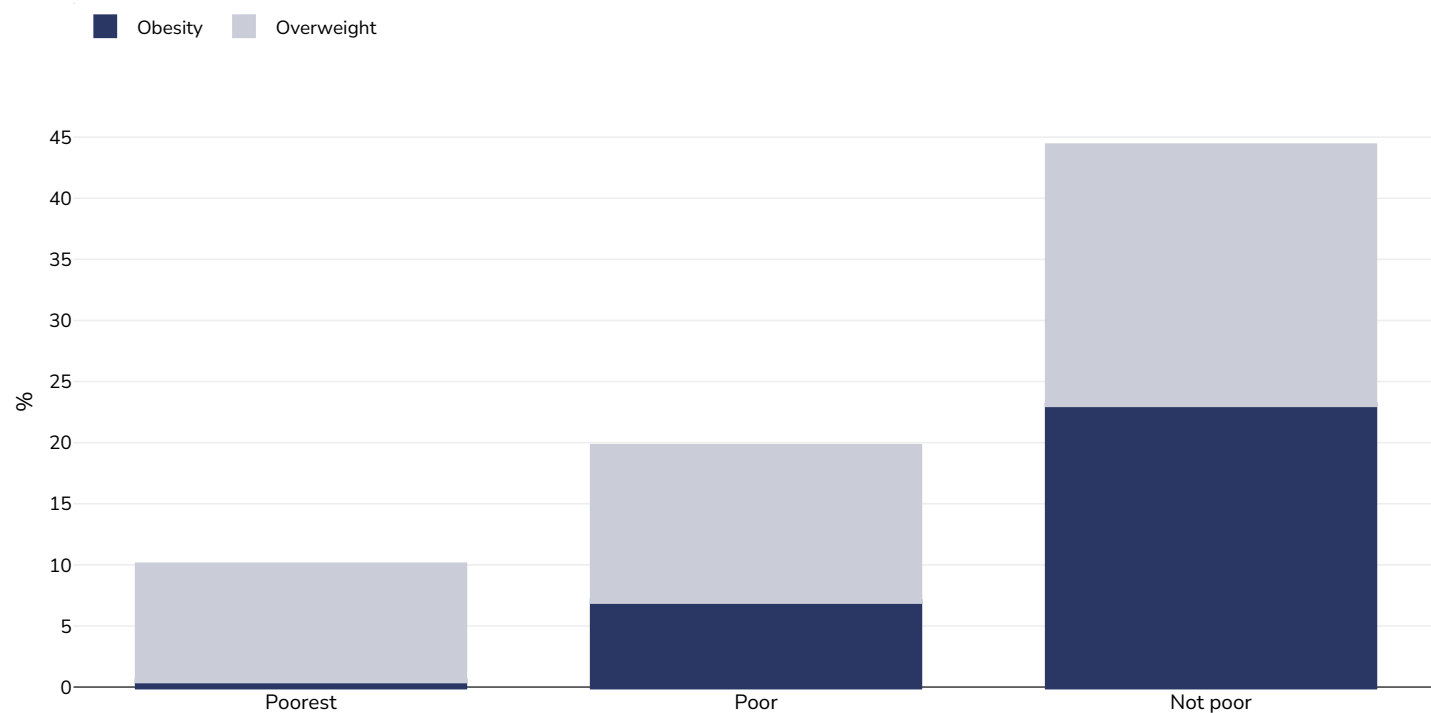
### Children, 2017-2018



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. <a href="https://www.gob.pe/institucion/ins/informes-publicaciones/4202391-informe-tecnico-estado-nutricional-en-ninos-de-6-a-13-anos-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</a> [Accessed 25.08.25]
Cutoffs:	WHO 2007

## Overweight/obesity by socio-economic group

### Children, 2013-2014



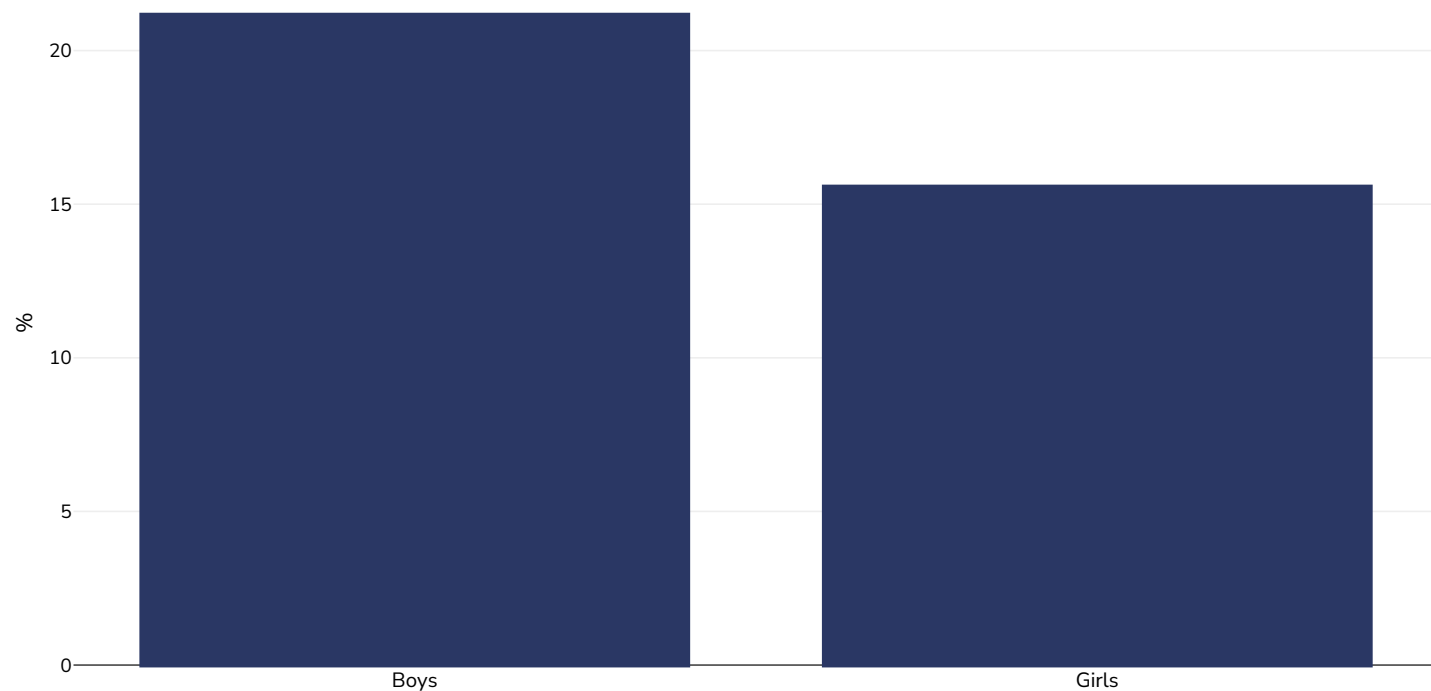
Survey type:	Measured
Age:	5-13
Sample size:	2801
Area covered:	National
References:	Carolina Tarqui-Mamani, Doris Alvarez-Dongo, Paula Espinoza-Oriundo. Prevalence and factors associated with overweight and obesity in Peruvian primary school children. Rev. salud pública 20 (2) Mar-Apr 2018 <a href="https://doi.org/10.15446/rsap.V20n2.68082">https://doi.org/10.1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

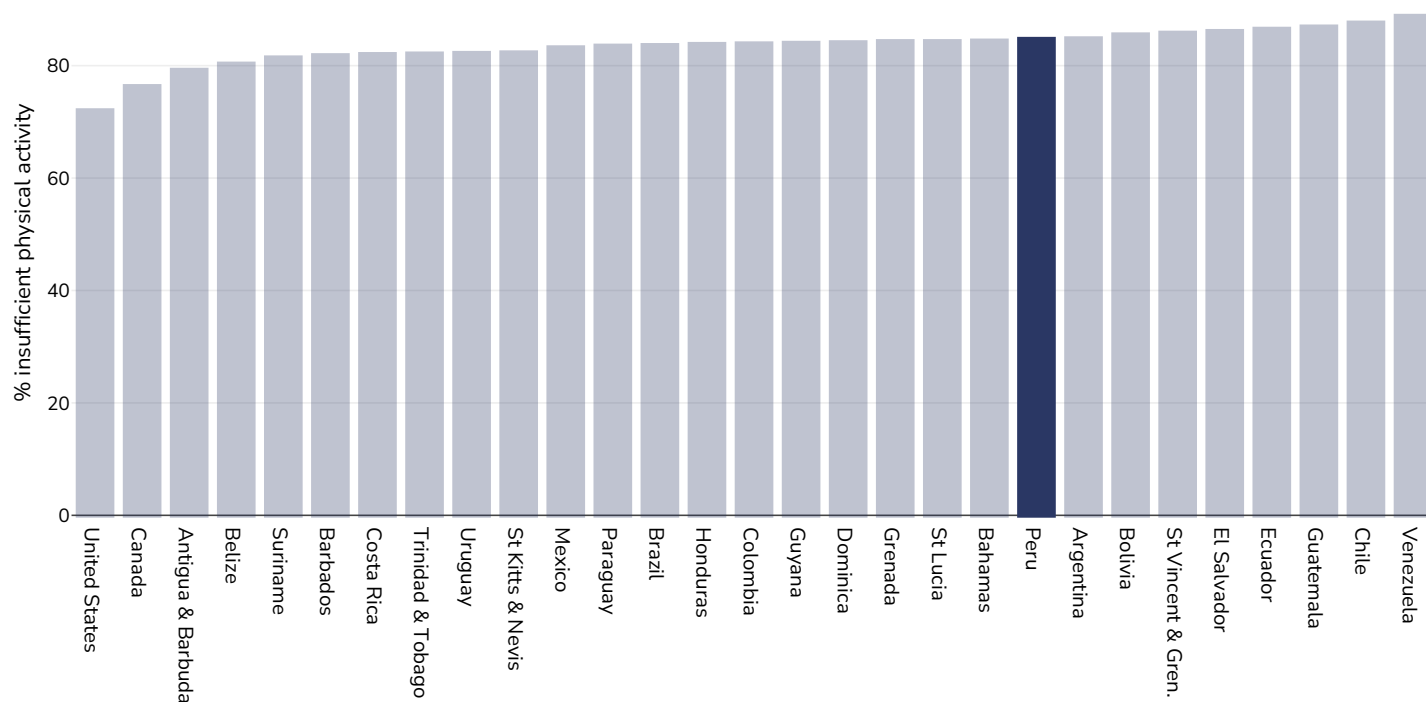
### Children, 2022



<b>Survey type:</b>	Measured
<b>Age:</b>	5-19
<b>References:</b>	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> .
<b>Notes:</b>	Age standardised estimates
<b>Definitions:</b>	Combined prevalence of BMI < -2SD and BMI > 2SD (double burden of thinness and obesity)
<b>Cutoffs:</b>	BMI < -2SD and BMI > 2SD

## Insufficient physical activity

### Children, 2016



Survey type: Self-reported

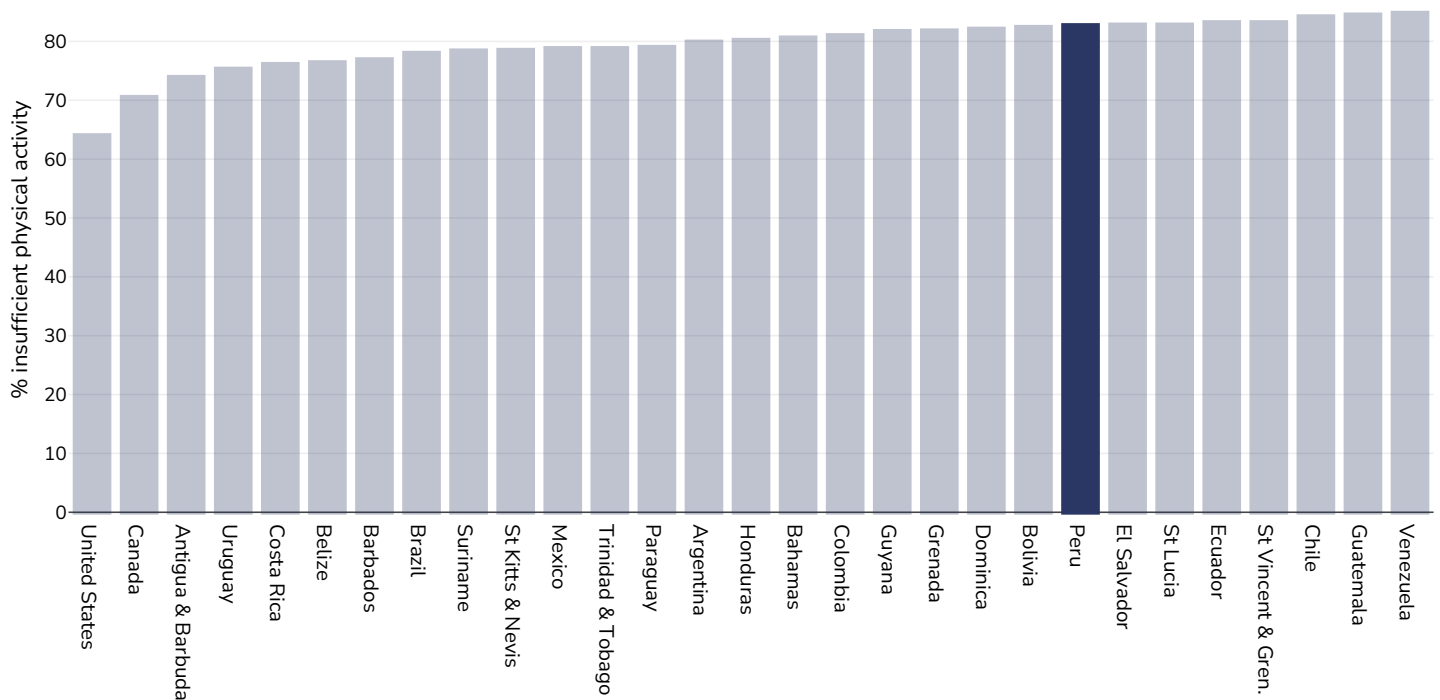
Age: 11-17

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.

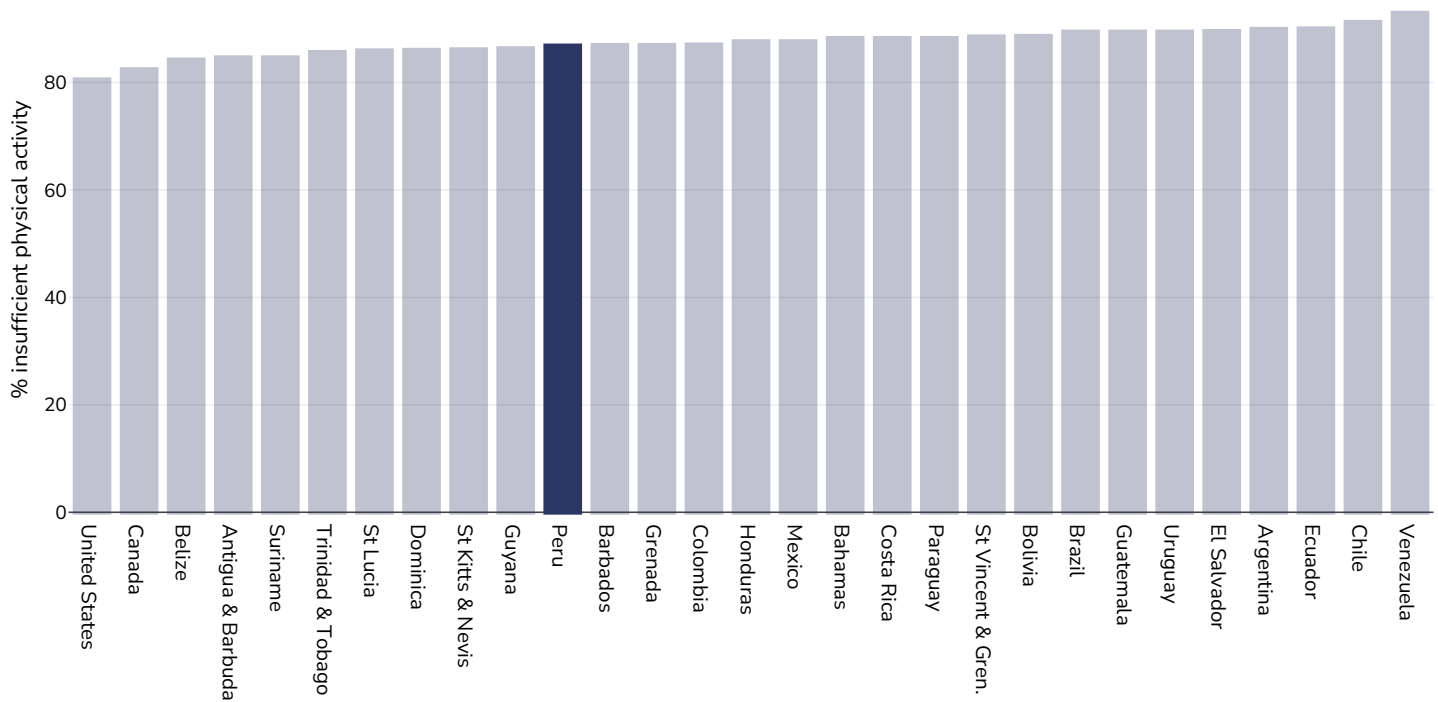
Definitions: % Adolescents insufficiently active (age standardised estimate)

## Boys, 2016



<b>Survey type:</b>	Self-reported
<b>Age:</b>	11-17
<b>References:</b>	Global Health Observatory data repository, World Health Organisation, <a href="https://apps.who.int/gho/data/node.main.A893ADO?lang=en">https://apps.who.int/gho/data/node.main.A893ADO?lang=en</a> (last accessed 16.03.21)
<b>Notes:</b>	% 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.
<b>Definitions:</b>	% Adolescents insufficiently active (age standardised estimate)

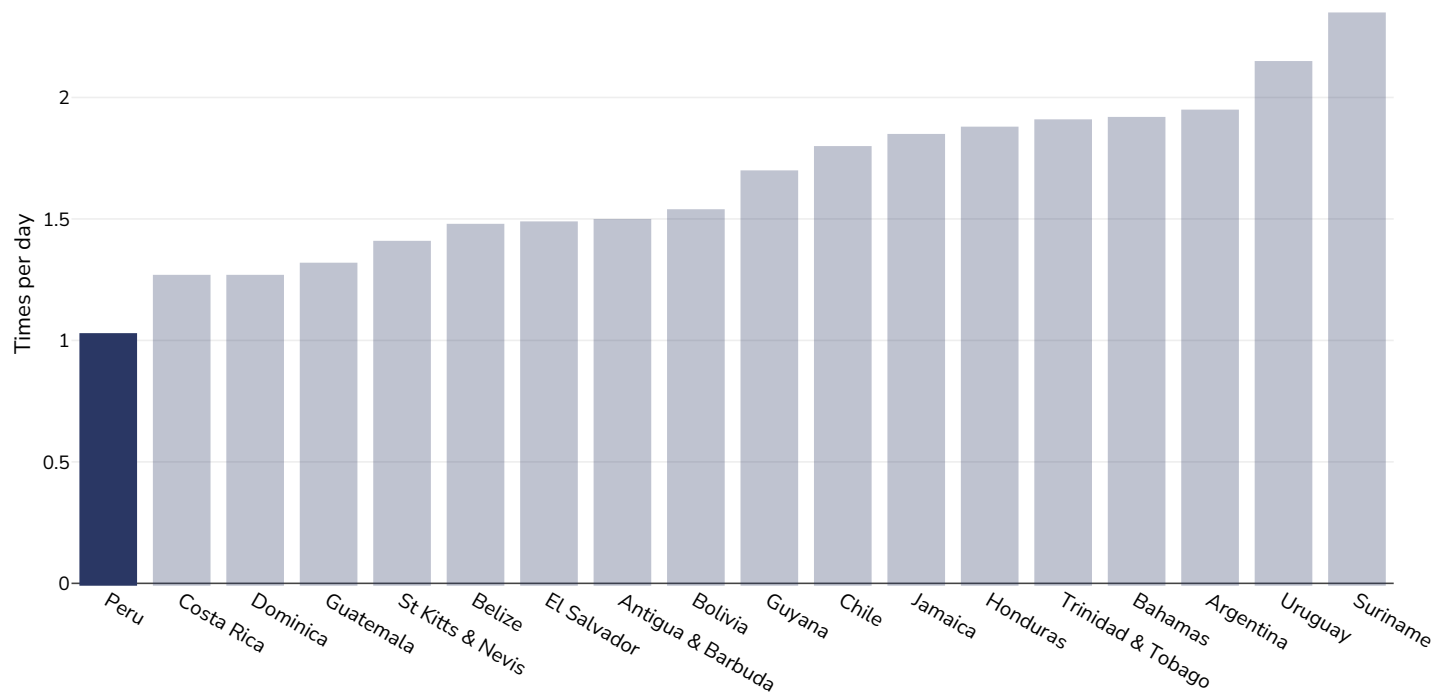
**Girls, 2016**



<b>Survey type:</b>	Self-reported
<b>Age:</b>	11-17
<b>References:</b>	Global Health Observatory data repository, World Health Organisation, <a href="https://apps.who.int/gho/data/node.main.A893ADO?lang=en">https://apps.who.int/gho/data/node.main.A893ADO?lang=en</a> (last accessed 16.03.21)
<b>Notes:</b>	% 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.
<b>Definitions:</b>	% Adolescents insufficiently active (age standardised estimate)

## Average daily frequency of carbonated soft drink consumption

### Children, 2009-2015



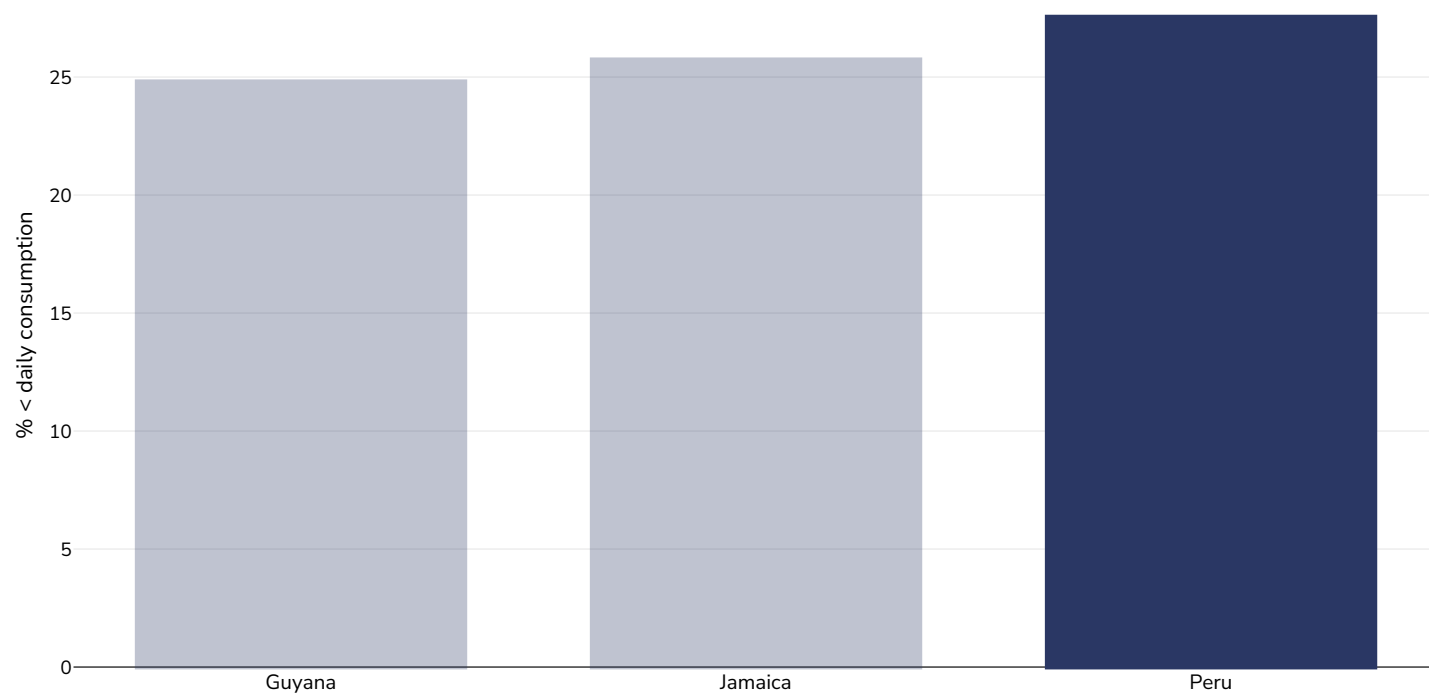
Survey type: Measured

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, 2010



Survey type: Self-reported

Age: 12-17

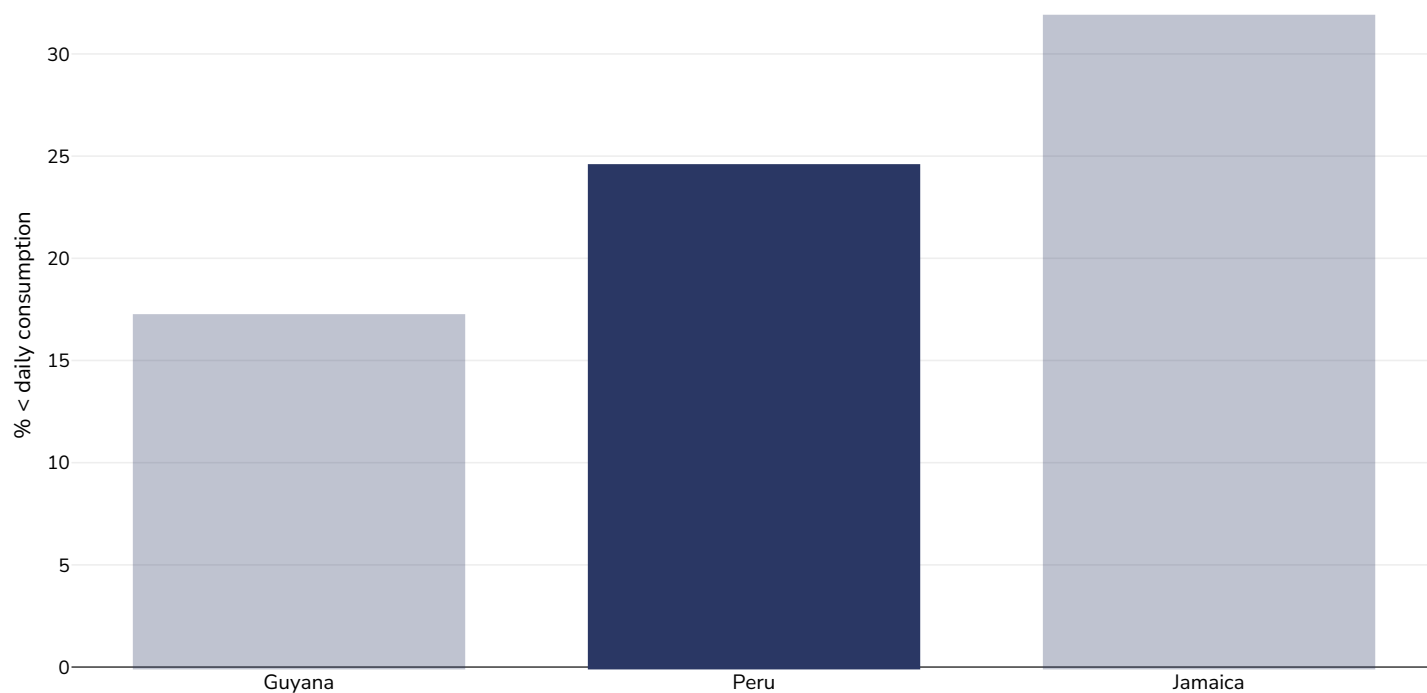
Area covered: National

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

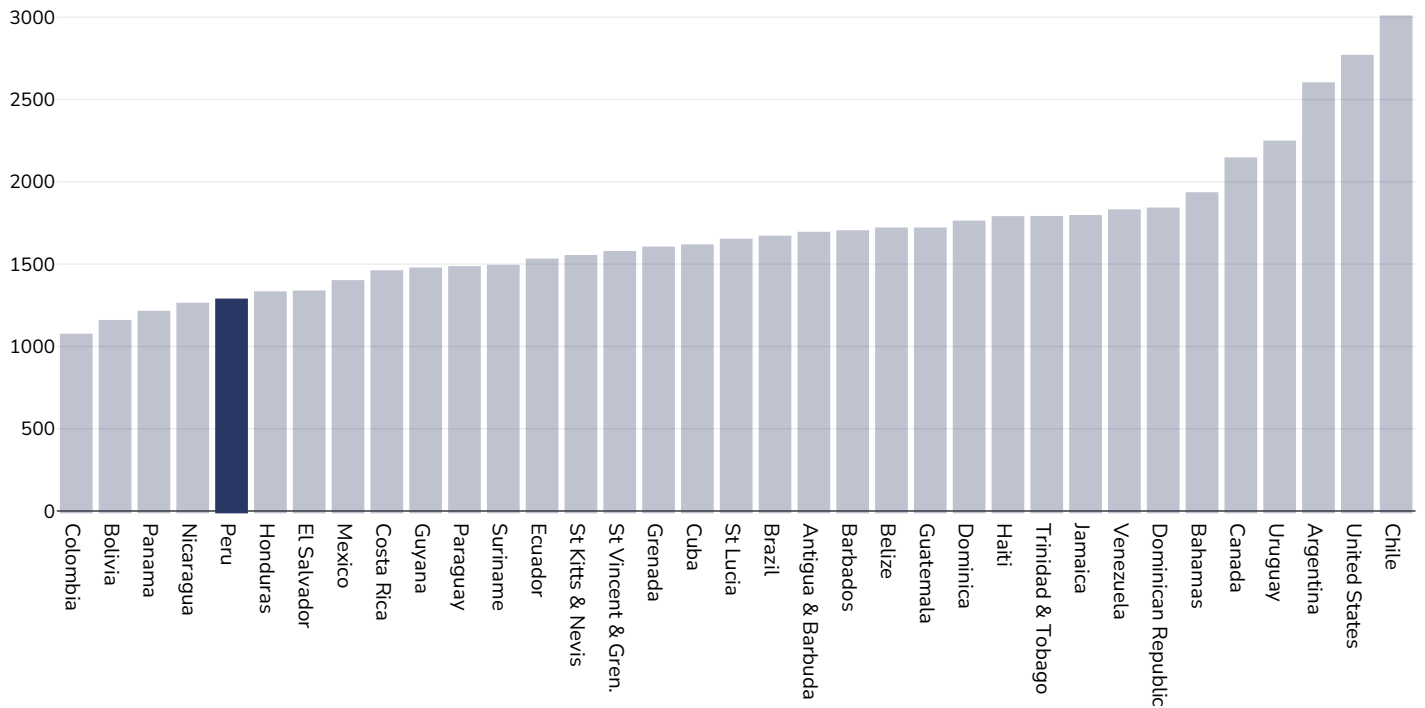
Area covered: National

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

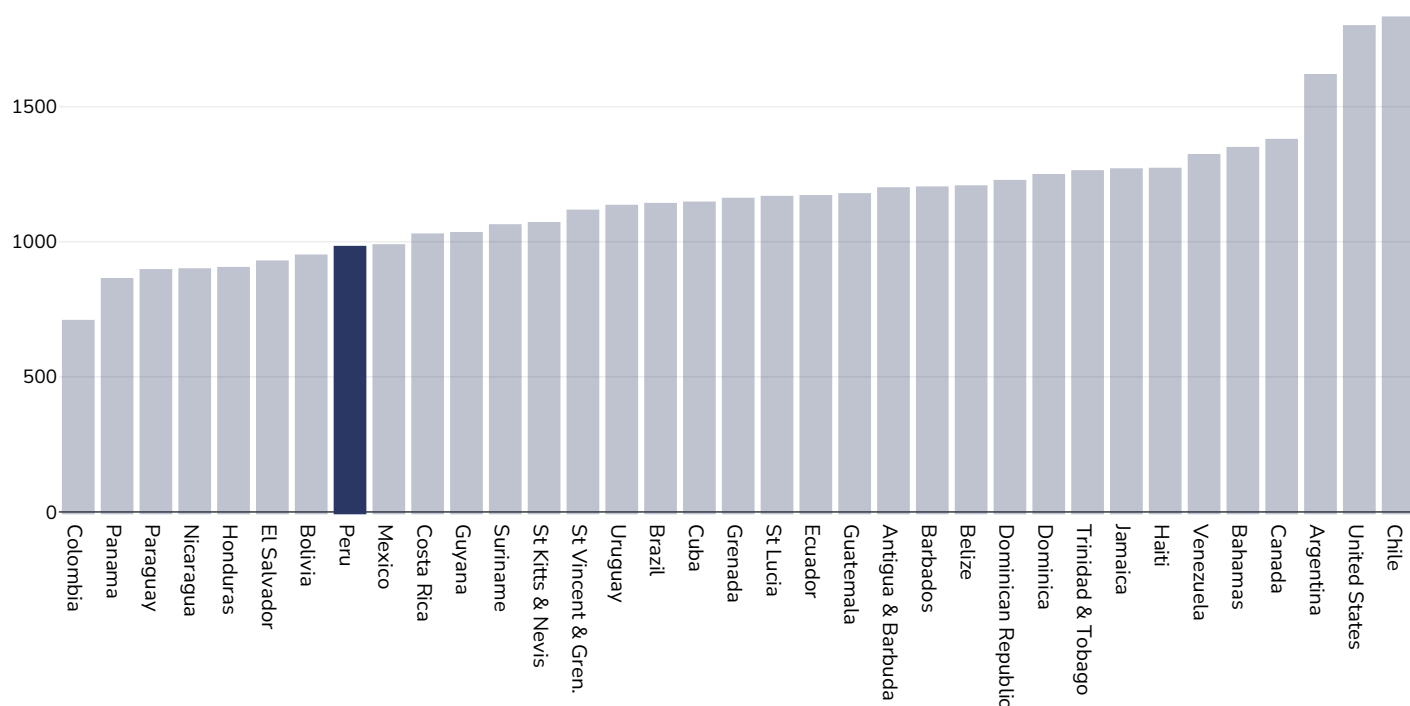


Area covered: National

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

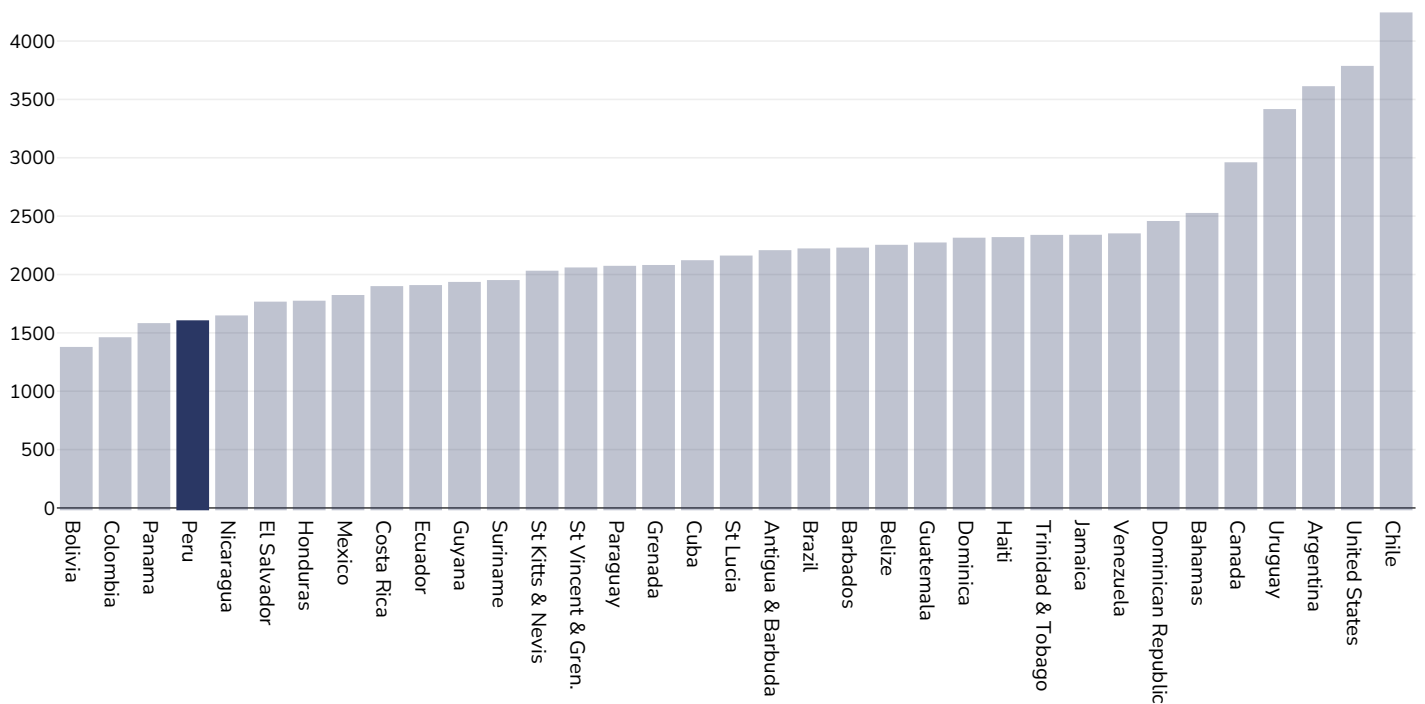
References:

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:

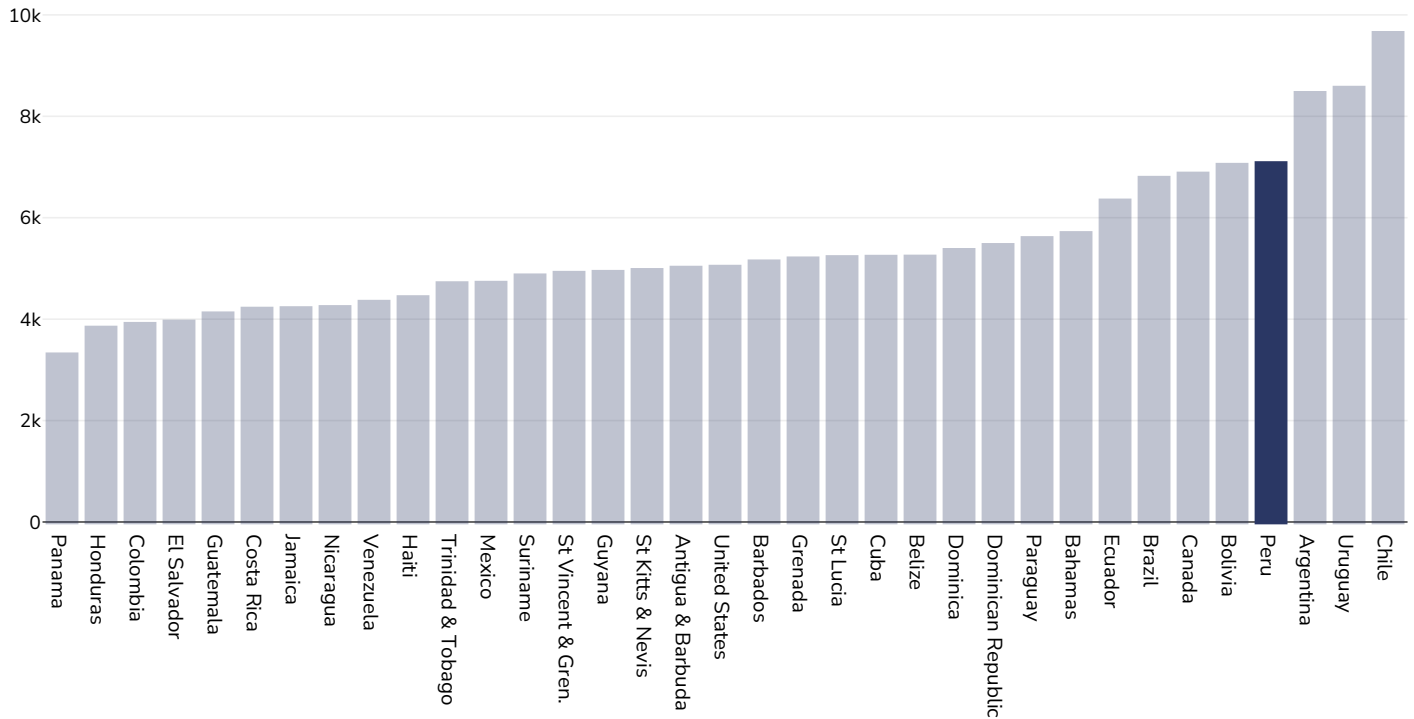
Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from <https://vizhub.healthdata.org/gbd-compare/> [Accessed 17.03.26]

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

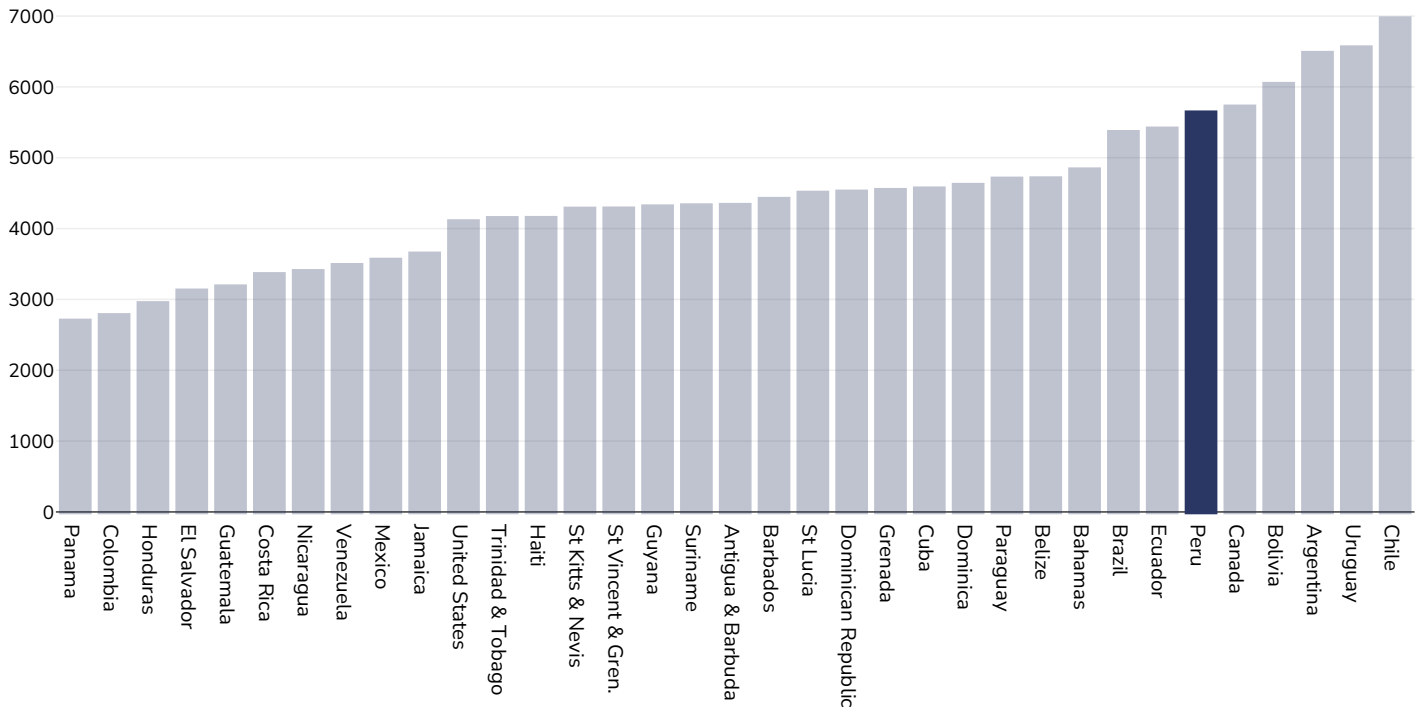
References:

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

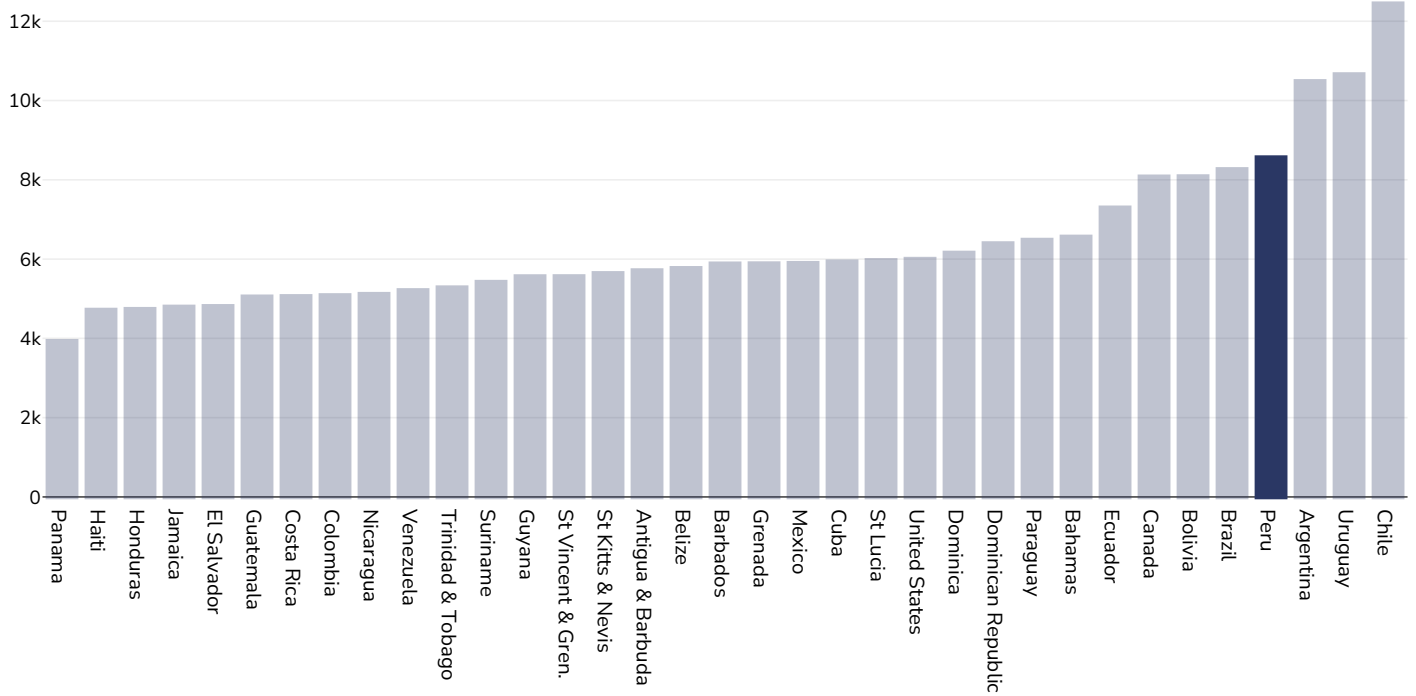
References:

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



<b>Area covered:</b>	National
<b>References:</b>	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 <a href="https://vizhub.healthdata.org/gbd-compare/">https://vizhub.healthdata.org/gbd-compare/</a> [Accessed 17.03.26]
<b>Definitions:</b>	Estimated number living with anxiety disorders per 100,000 population (under 20 years of age)

PDF created on May 20, 2026