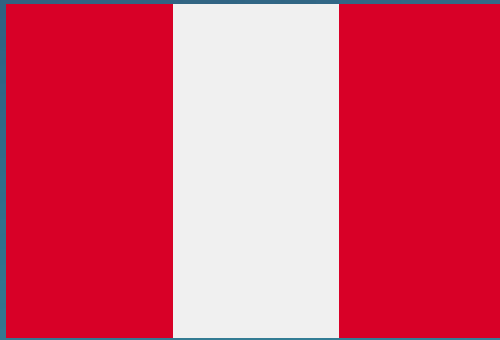




Peru



Country report card - under-5s

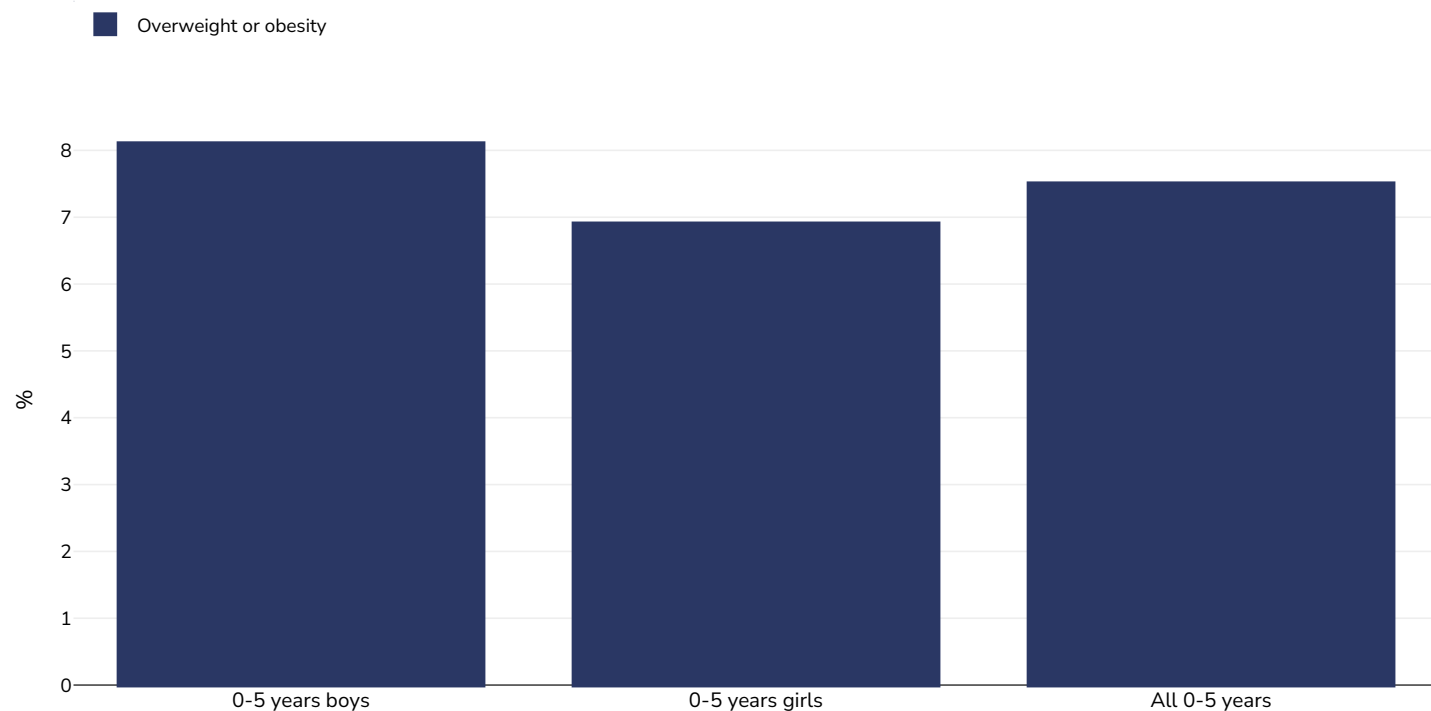
This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity for children under 5. Where available, data on common and relevant obesity drivers and comorbidities are also presented.

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

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Obesity prevalence

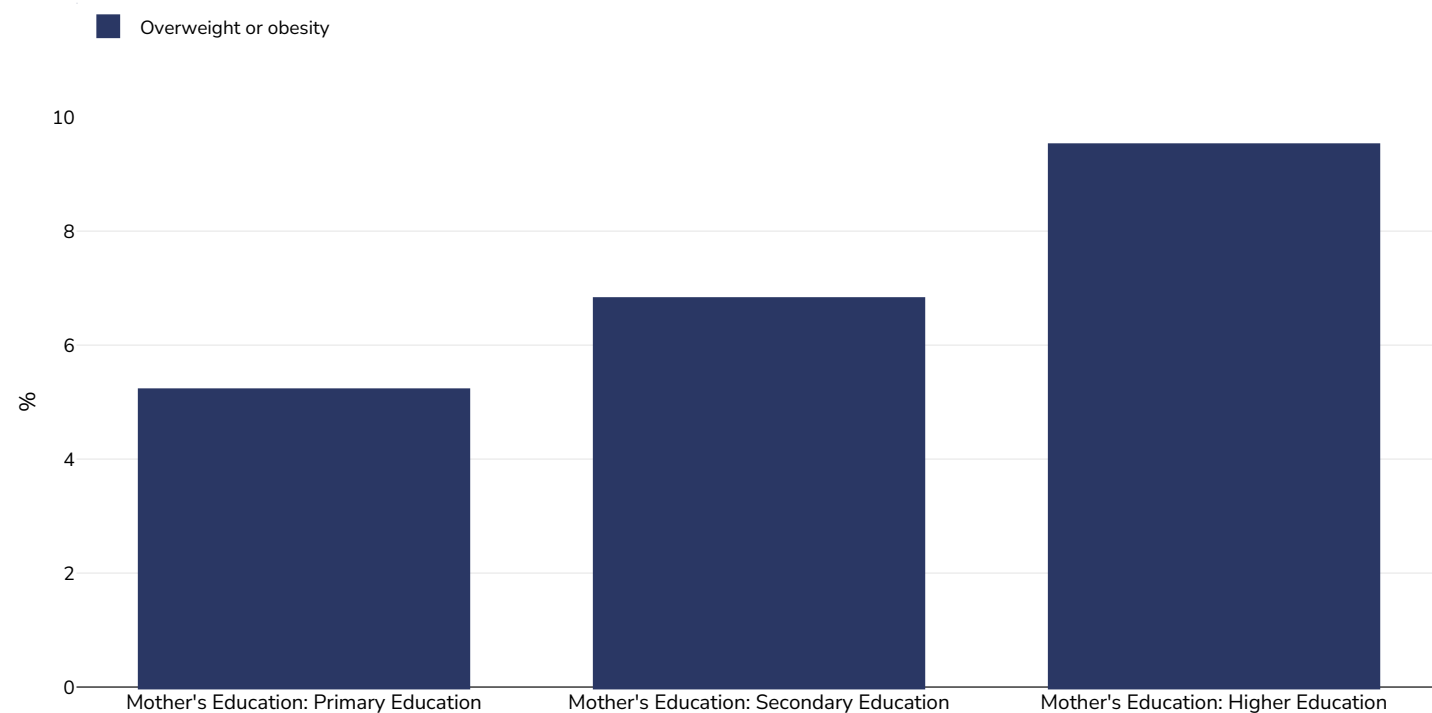
0-5 years, 2023



Survey type:	Measured
Age:	0-5
Sample size:	6933
Area covered:	National
References:	Peru Encuesta Demográfica y de Salud Familiar-ENDES 2023 Nacional y Departamental
Notes:	UNICEF/WHO/World Bank Joint Child Malnutrition Estimates Expanded Database: Overweight estimates: National and Disaggregated, July 2025, New York. Weighted sample size. For more information, please consult https://data.unicef.org/resources/jme/ .
Definitions:	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.
Cutoffs:	=>+2SD

Overweight/obesity by education

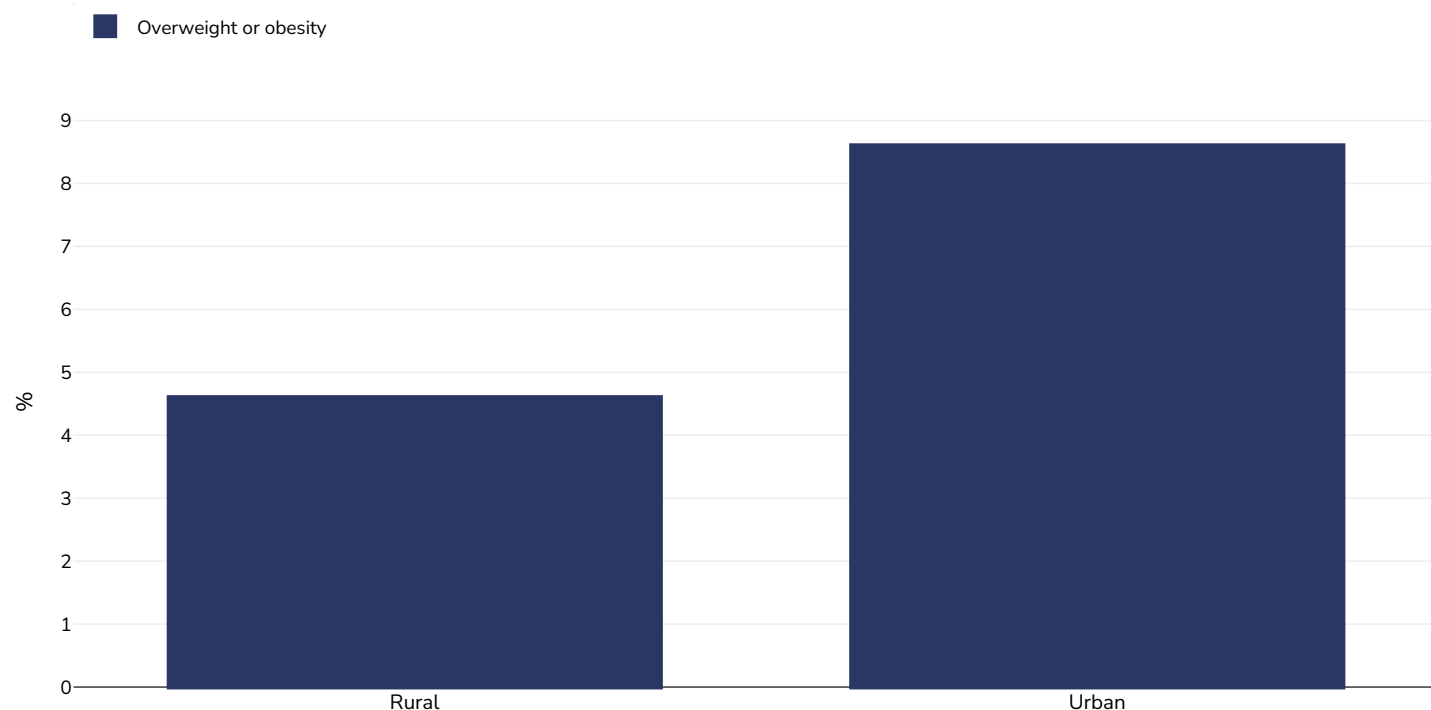
0-5 years, 2023



Survey type:	Measured
Sample size:	6868
Area covered:	National
References:	Peru Encuesta Demográfica y de Salud Familiar-ENDES 2023 Nacional y Departamental
Notes:	UNICEF/WHO/World Bank Joint Child Malnutrition Estimates Expanded Database: Overweight estimates: National and Disaggregated, July 2025, New York. Weighted sample size. For more information, please consult https://data.unicef.org/resources/jme/ .
Definitions:	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.
Cutoffs:	=>+2SD

Overweight/obesity by region

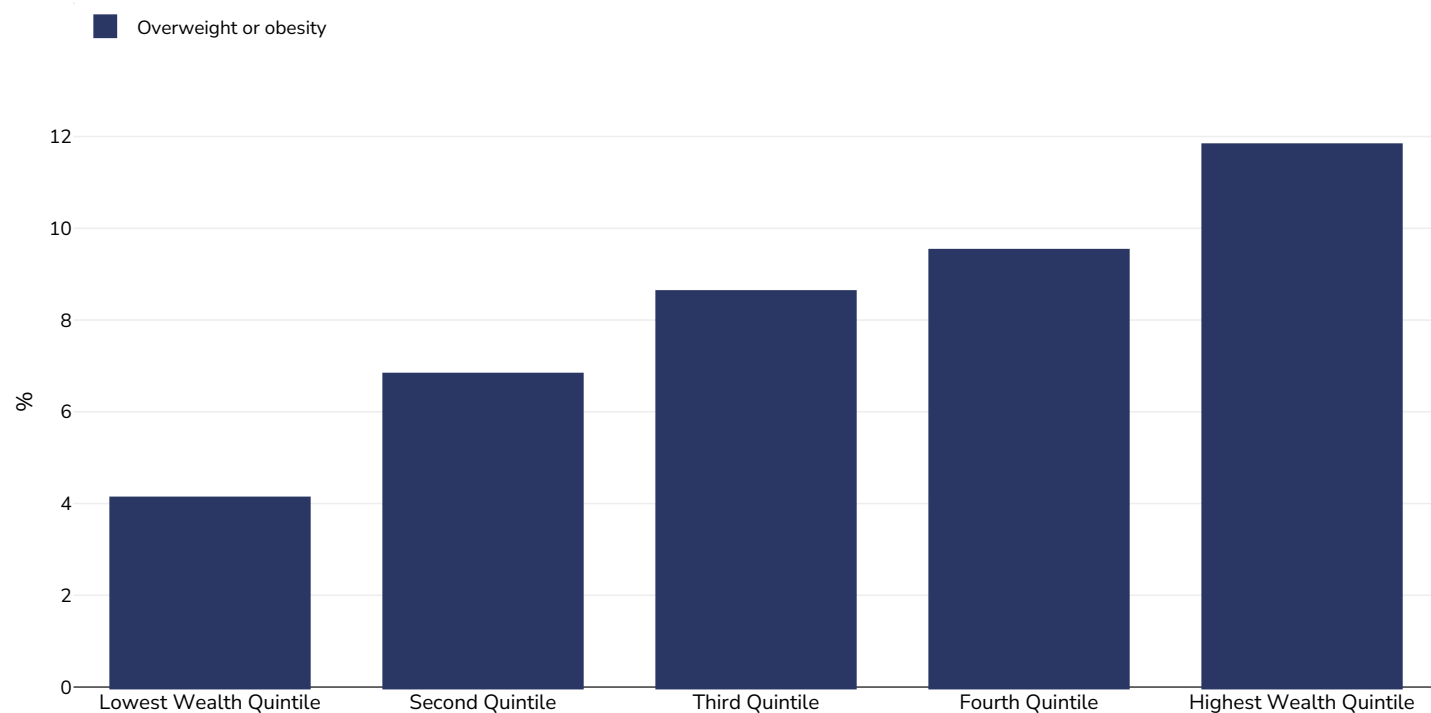
0-5 years, 2023



Survey type:	Measured
Sample size:	6933
Area covered:	National
References:	Peru Encuesta Demográfica y de Salud Familiar-ENDES 2023 Nacional y Departamental
Notes:	UNICEF/WHO/World Bank Joint Child Malnutrition Estimates Expanded Database: Overweight estimates: National and Disaggregated, July 2025, New York. Weighted sample size. For more information, please consult https://data.unicef.org/resources/jme/ .
Definitions:	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.
Cutoffs:	=>+2SD

Overweight/obesity by socio-economic group

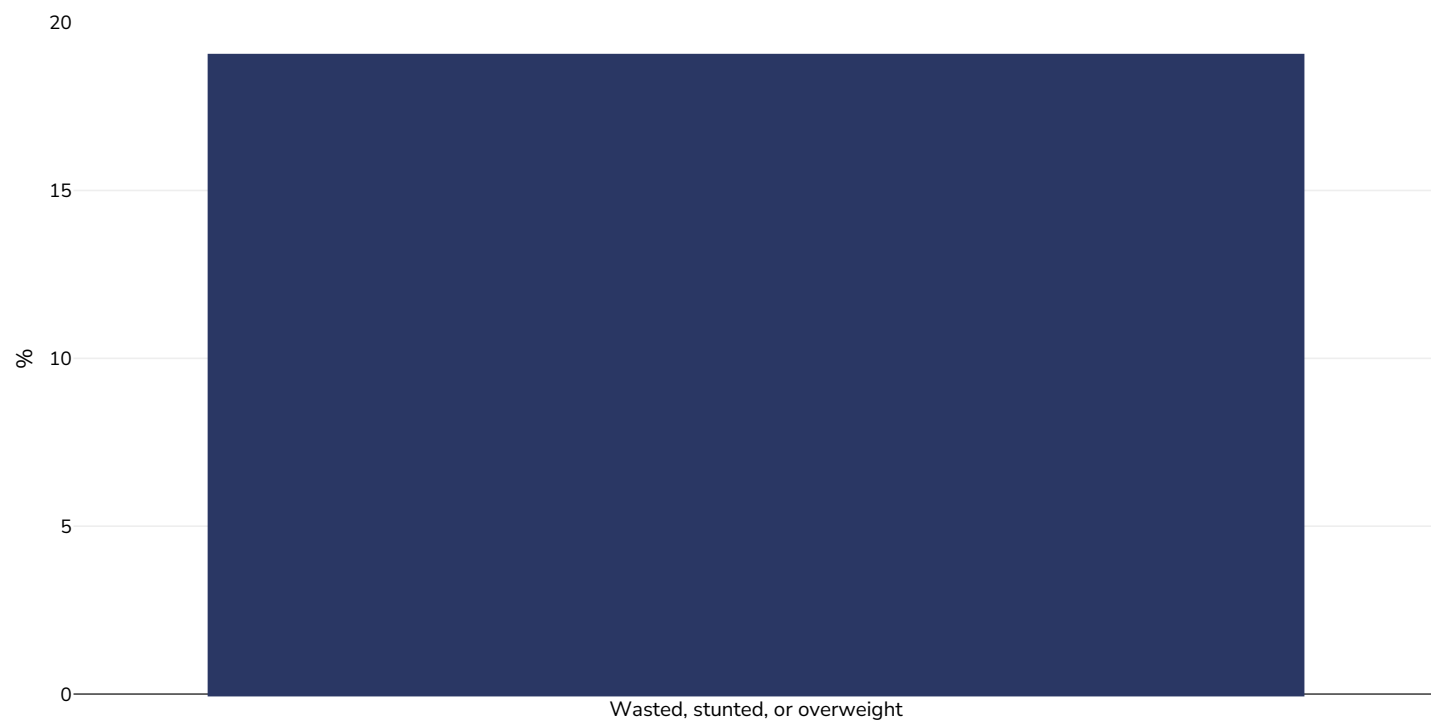
0-5 years, 2023



Survey type:	Measured
Sample size:	6933
Area covered:	National
References:	Peru Encuesta Demográfica y de Salud Familiar-ENDES 2023 Nacional y Departamental
Notes:	UNICEF/WHO/World Bank Joint Child Malnutrition Estimates Expanded Database: Overweight estimates: National and Disaggregated, July 2025, New York. Weighted sample size. For more information, please consult https://data.unicef.org/resources/jme/ .
Definitions:	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.
Cutoffs:	=>+2SD

Double burden of underweight & overweight

0-5 years, 2023



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:	Peru Encuesta Demográfica y de Salud Familiar-ENDES 2023 Nacional y Departamental
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: Peru Encuesta Demográfica y de Salud Familiar-ENDES 2023 Nacional y Departamental

Notes: Full details are available. Original citation: United Nations Children's Fund, Division of Data, Analysis, Planning and Monitoring (2024).
Global UNICEF Global Databases: Infant and Young Child Feeding: Exclusive breastfeeding, New York, December 2024.

PDF created on September 9, 2025