



# Puerto Rico



## Country report card - children

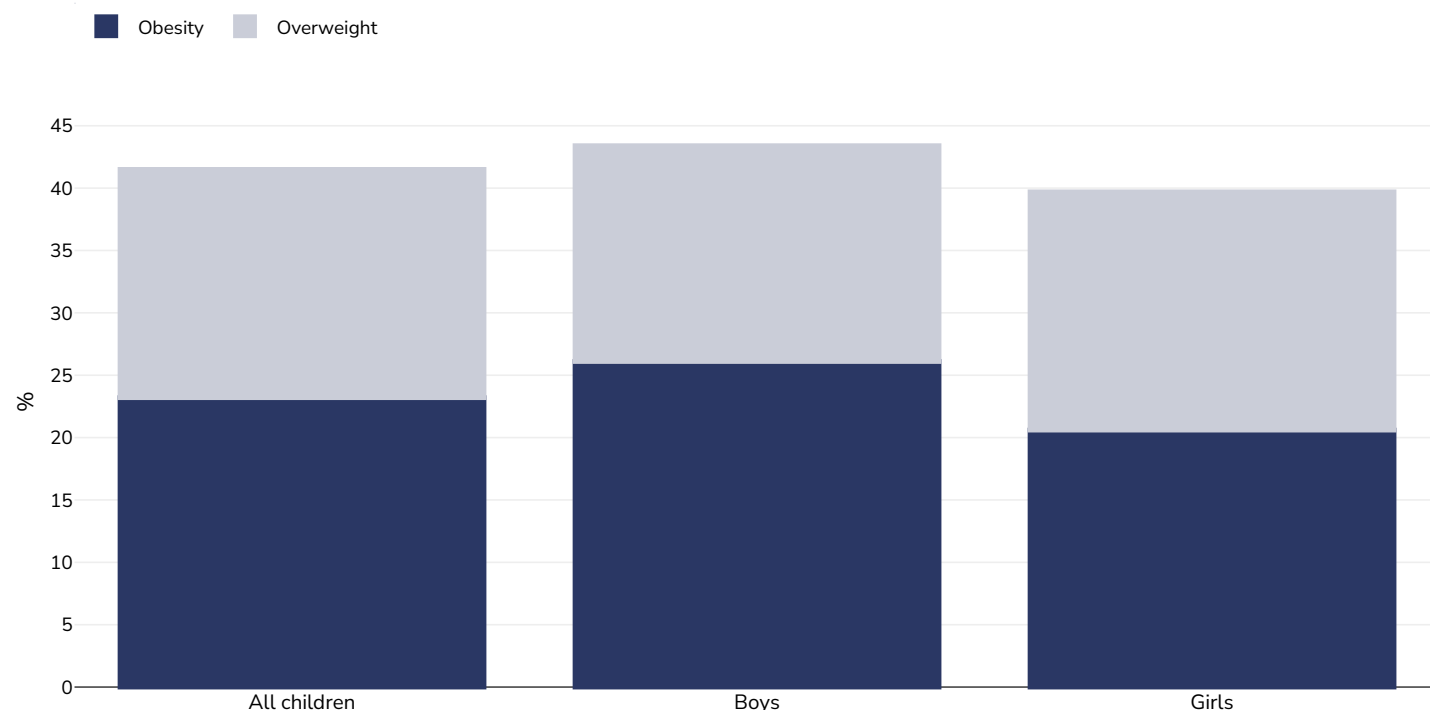
*This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity for children, including adolescents (aged 5 to 18 years). Where available, data on common and relevant obesity drivers and comorbidities are also presented.*

*View the latest version of this report on the Global Obesity Observatory at <https://data.worldobesity.org/country/puerto-rico-175/>.*

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## Obesity prevalence

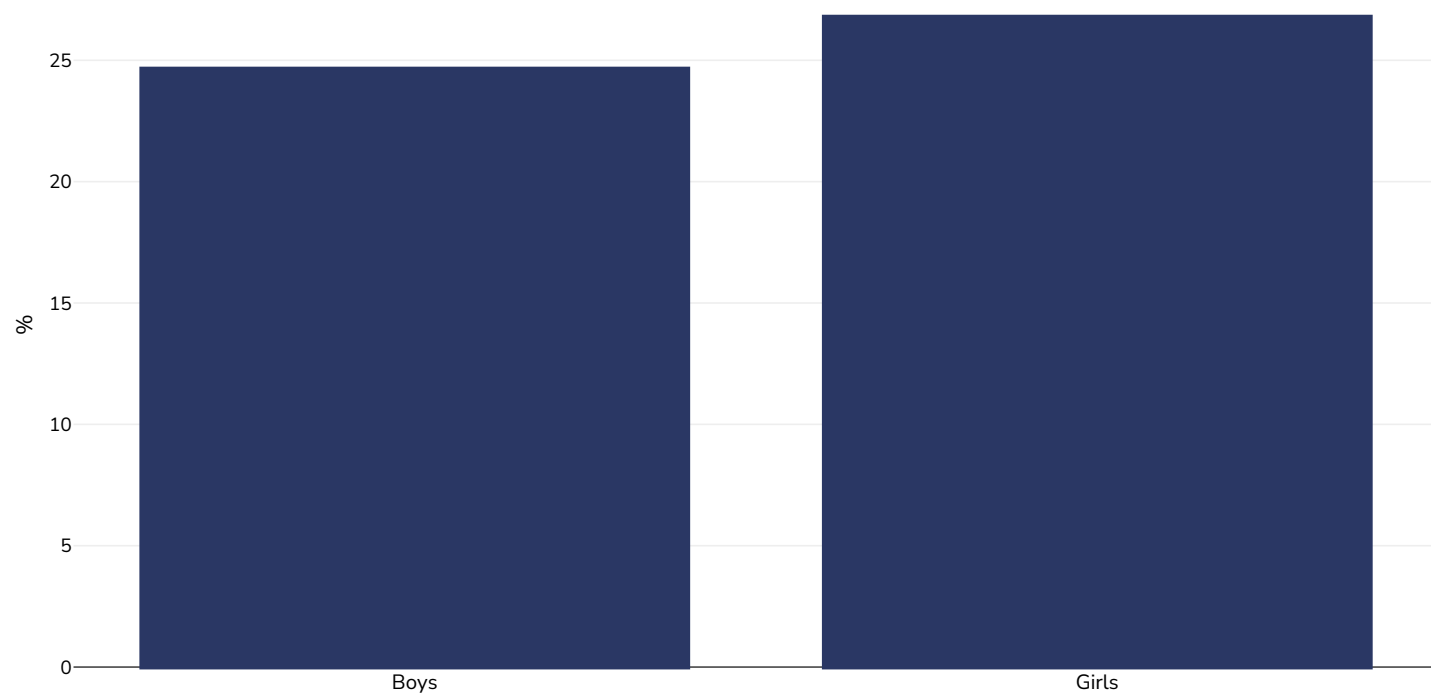
### Children, 2010-2011



|              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
|--------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Survey type: | Measured                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| Age:         | 12                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| Sample size: | 1582                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| References:  | Elías-Boneta AR, Toro MJ, García O, Torres R, Palacios C. High prevalence of overweight and obesity among a representative sample of Puerto Rican children. BMC Public Health. 2015 Mar 5;15:219. doi: 10.1186/s12889-015-1549-0. PMID: 25885462; PMCID: PMC4358900. Available at <a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4358900/">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4358900/</a> (last accessed 09.03.22)                                                                                            |
| Notes:       | A probabilistic sample of 133 schools was selected from a total of 1,843 schools. Ten boys and ten girls were randomly selected from each school using the official student lists provided by the school's administration. The required sample size was 2,600 children. A total of 1,734 children were contacted and invited to participate, however, some of the selected schools were inactive and others had merged. 152 children were excluded due to school absences and failure to obtain their parent's written consent. |
| Definitions: | Children were categorized as overweight, or obese using the Center for Disease Control and Prevention's age and gender specific growth charts.                                                                                                                                                                                                                                                                                                                                                                                  |
| Cutoffs:     | CDC                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |

## Double burden of underweight & overweight

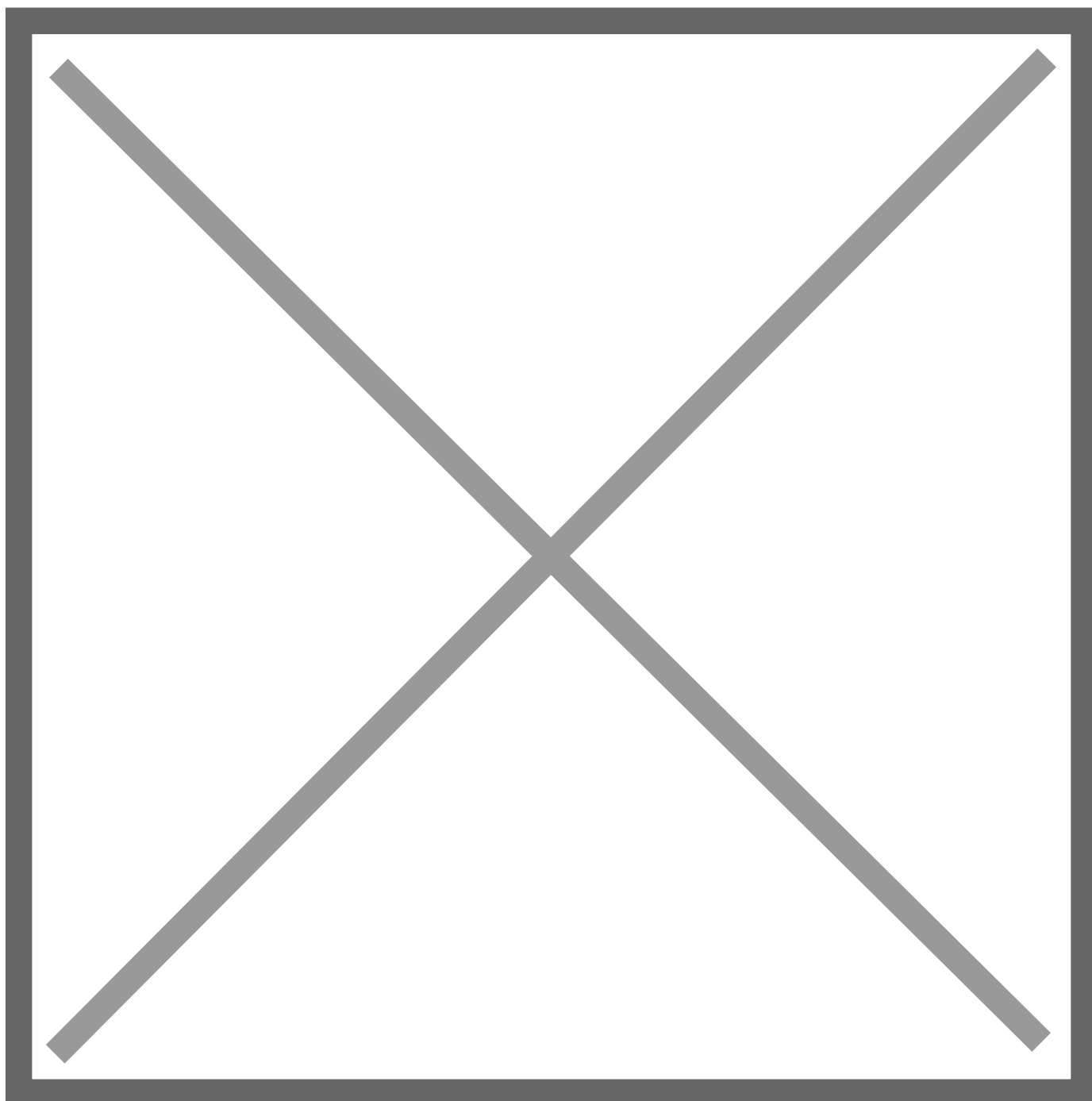
Children, 2022



|              |                                                                                                                                                                                                                                                                                                                                                                            |
|--------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 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. <a href="https://doi.org/10.1016/S0140-6736(23)02750-2">https://doi.org/10.1016/S0140-6736(23)02750-2</a> . |
| 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                                                                                                                                                                                                                                                                                                                                                   |

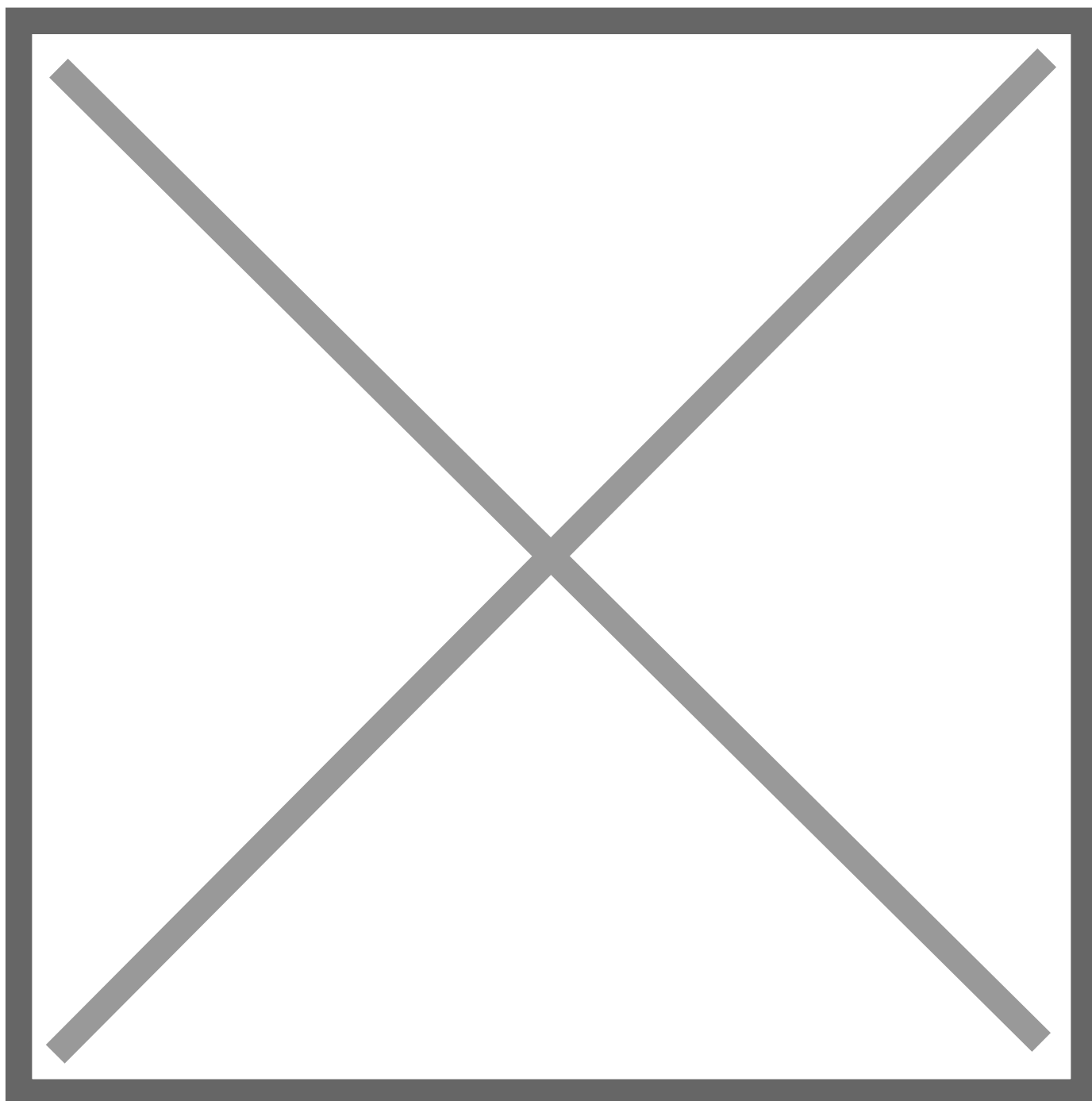
## Mental health - depression disorders

## Children, 2021



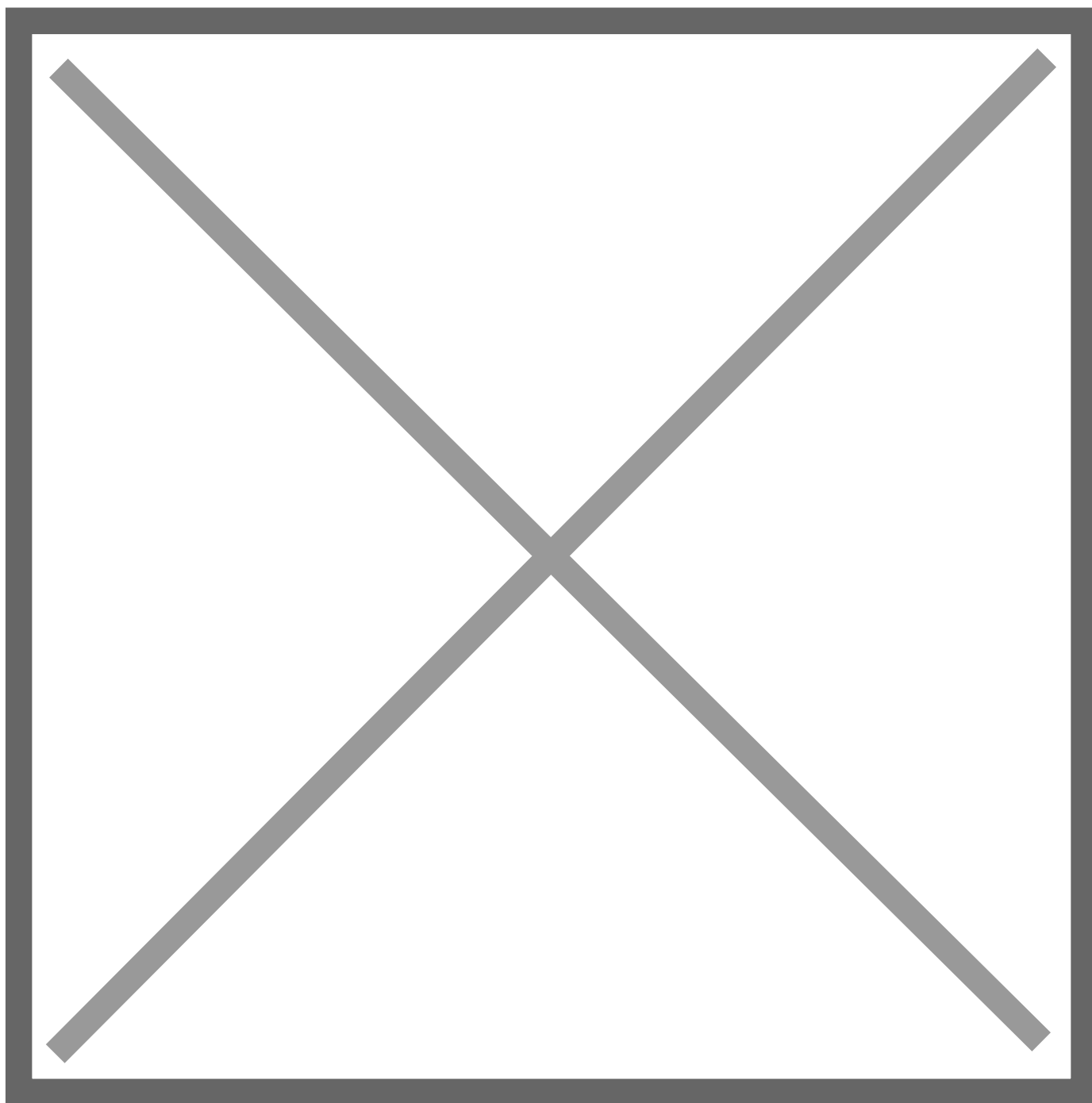
|               |                                                                                                                                                                                                                                                                                                                             |
|---------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 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 <a href="http://vizhub.healthdata.org/gbd-compare">http://vizhub.healthdata.org/gbd-compare</a> . (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 <a href="http://vizhub.healthdata.org/gbd-compare">http://vizhub.healthdata.org/gbd-compare</a> . (Last accessed 23.04.25) |
| Definitions:  | Number living with depressive disorder per 100,000 population (Under 20 years of age)                                                                                                                                                                                                                                       |

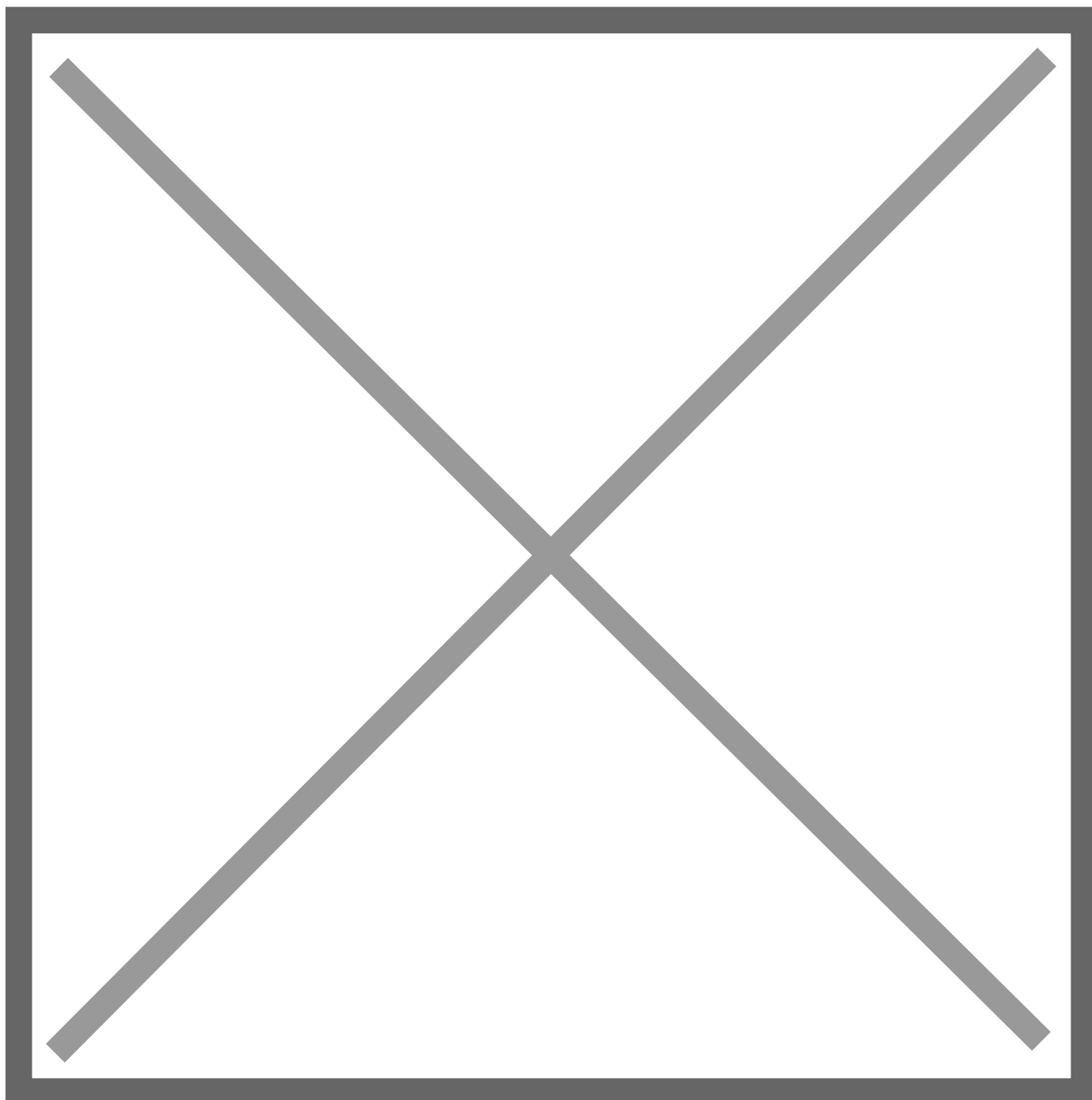
## Girls, 2021



|               |                                                                                                                                                                                                                                                                                                                             |
|---------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 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 <a href="http://vizhub.healthdata.org/gbd-compare">http://vizhub.healthdata.org/gbd-compare</a> . (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



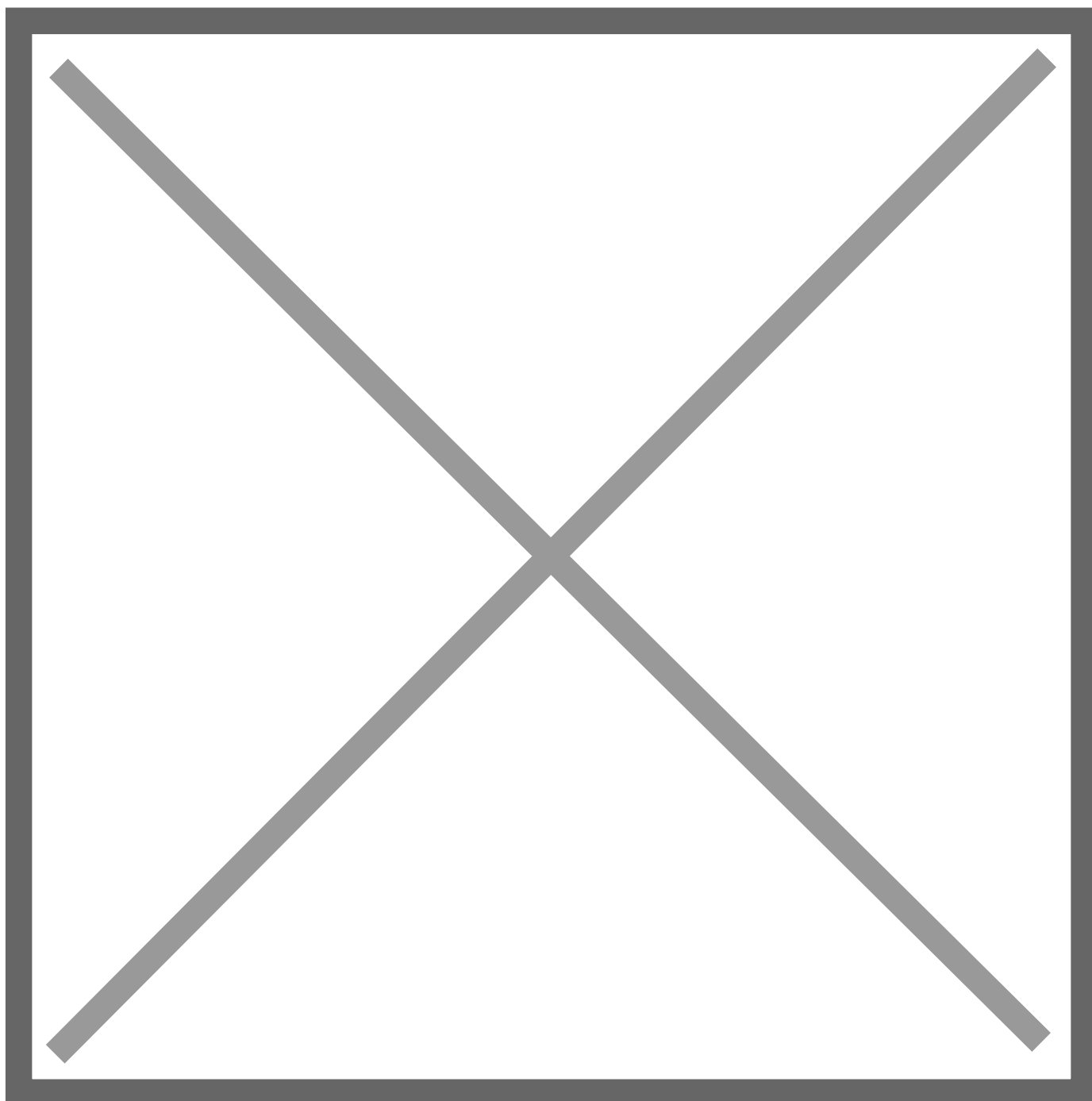
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**References:**

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)

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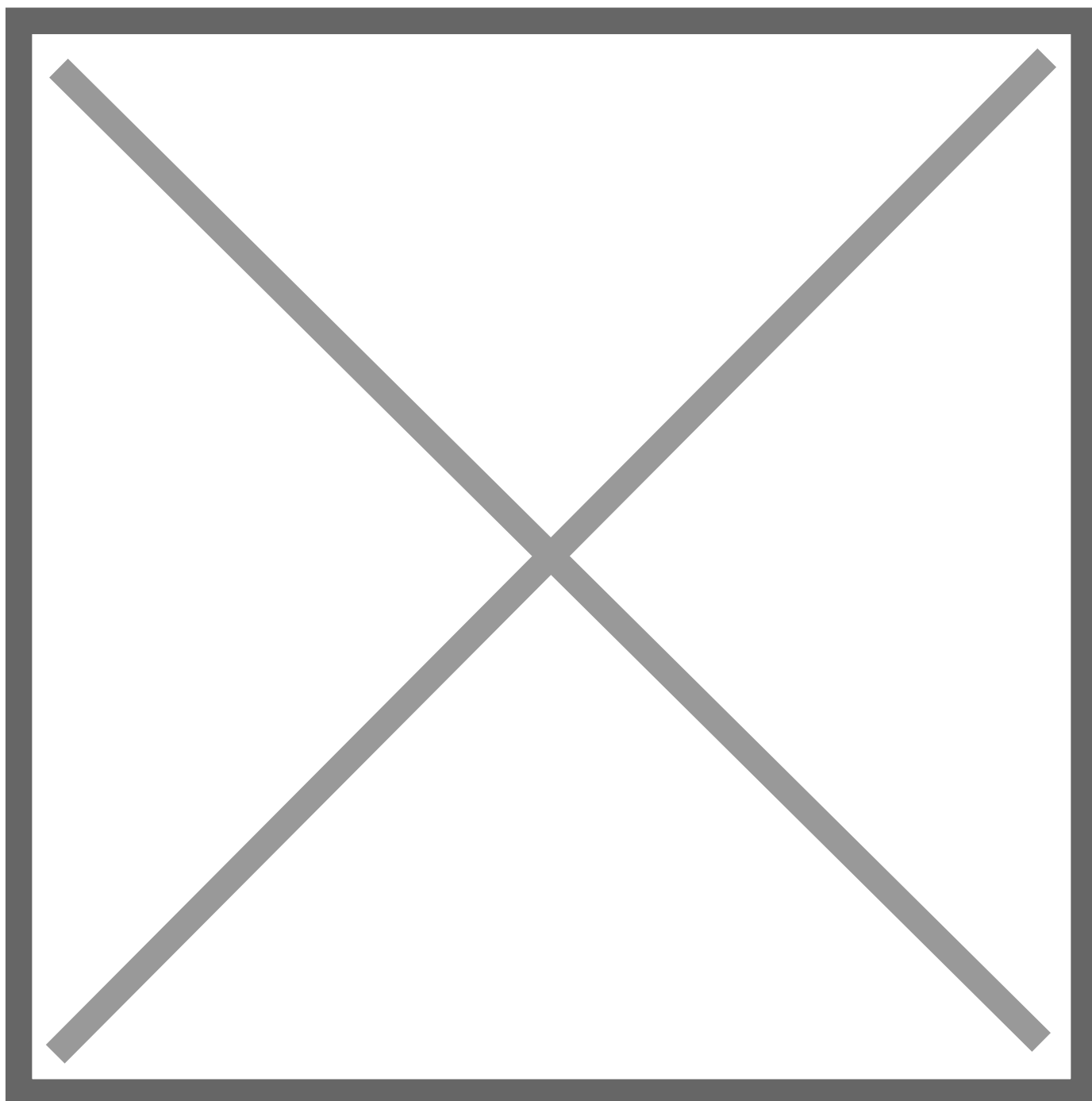
## Boys, 2021



### 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)

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