WORLD OBESITY

Qatar

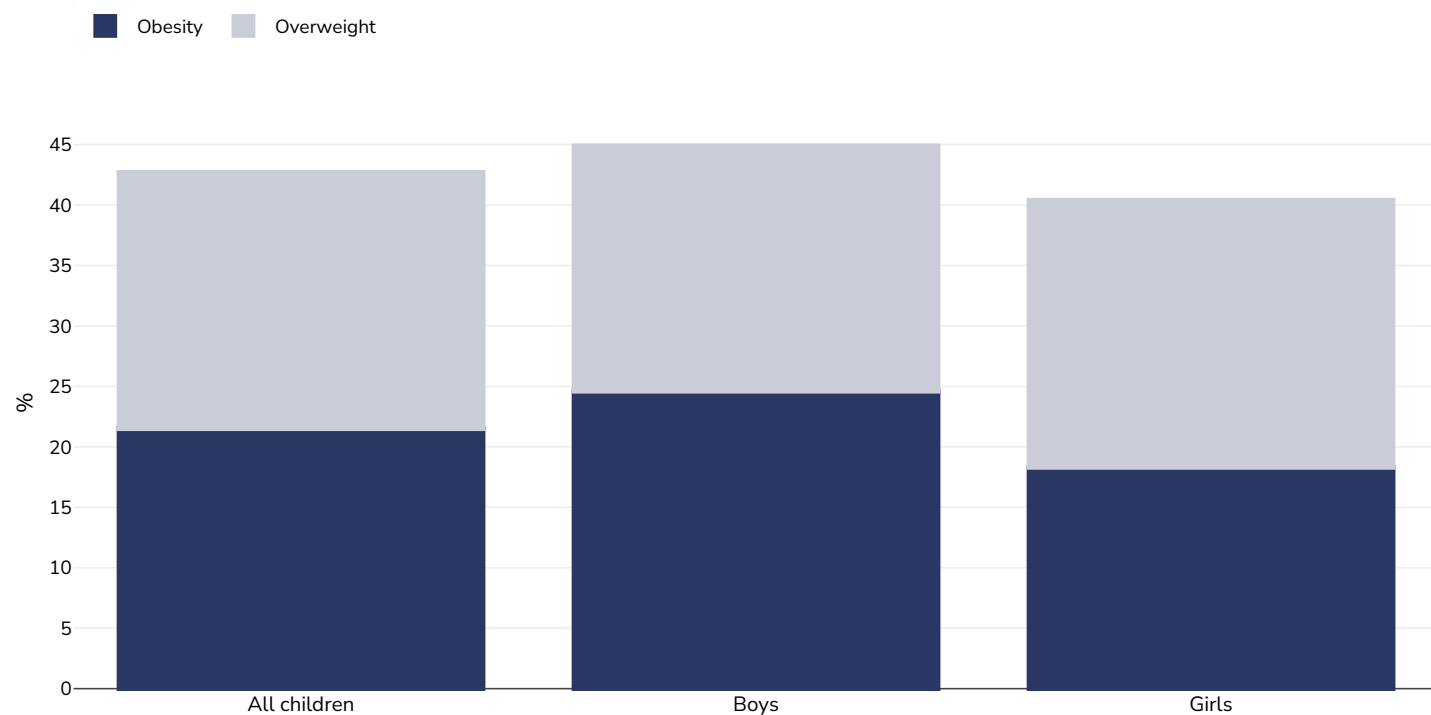## Country report card - children

Contents	Page

Obesity prevalence

Children, 2015-2016

■ Obesity   ■ Overweight

Survey type:	Measured
Age:	5-19
Sample size:	168011
Area covered:	National
References:	M. Al-Thani, A. Al-Thani, S. Alyafei, W. Al-Chetachi, S.E. Khalifa, A. Ahmed, A. Ahmad, B. Vinodson, H. Akram, The prevalence and characteristics of overweight and obesity among students in Qatar. Public Health(2018);160:143-149 ISSN 0033-3506
Notes:	WHO Cut Off
Cutoffs:	WHO

Overweight/obesity by education

Boys, 2003-2004

■ Obesity ■ Overweight

Survey type:	Measured
Age:	12-17
Sample size:	3923
Area covered:	Urban and Semi-urban
References:	Prevalence of obesity, overweight, and underweight in Qatari adolescents. https://pubmed.ncbi.nlm.nih.gov/16572718/ (last accessed 06.06.2022)
Notes:	Mother's education

Girls, 2003-2004

■ Obesity   ■ Overweight

Survey type:	Measured
Age:	12-17
Sample size:	3923
Area covered:	Urban and Semi-urban
References:	Prevalence of obesity, overweight, and underweight in Qatari adolescents. https://pubmed.ncbi.nlm.nih.gov/16572718/ (last accessed 06.06.2022)
Notes:	Mother's education

Overweight/obesity by age

Children, 2015-2016

■ Obesity   ■ Overweight

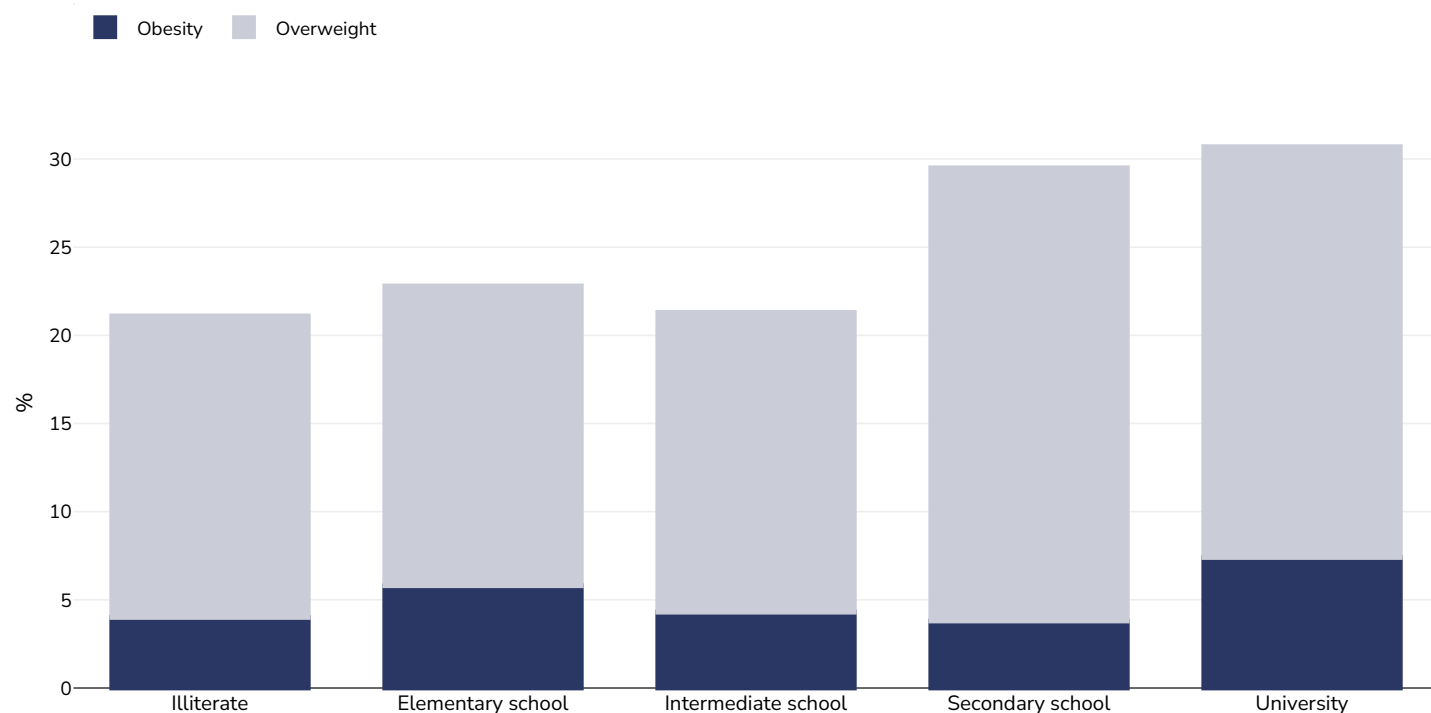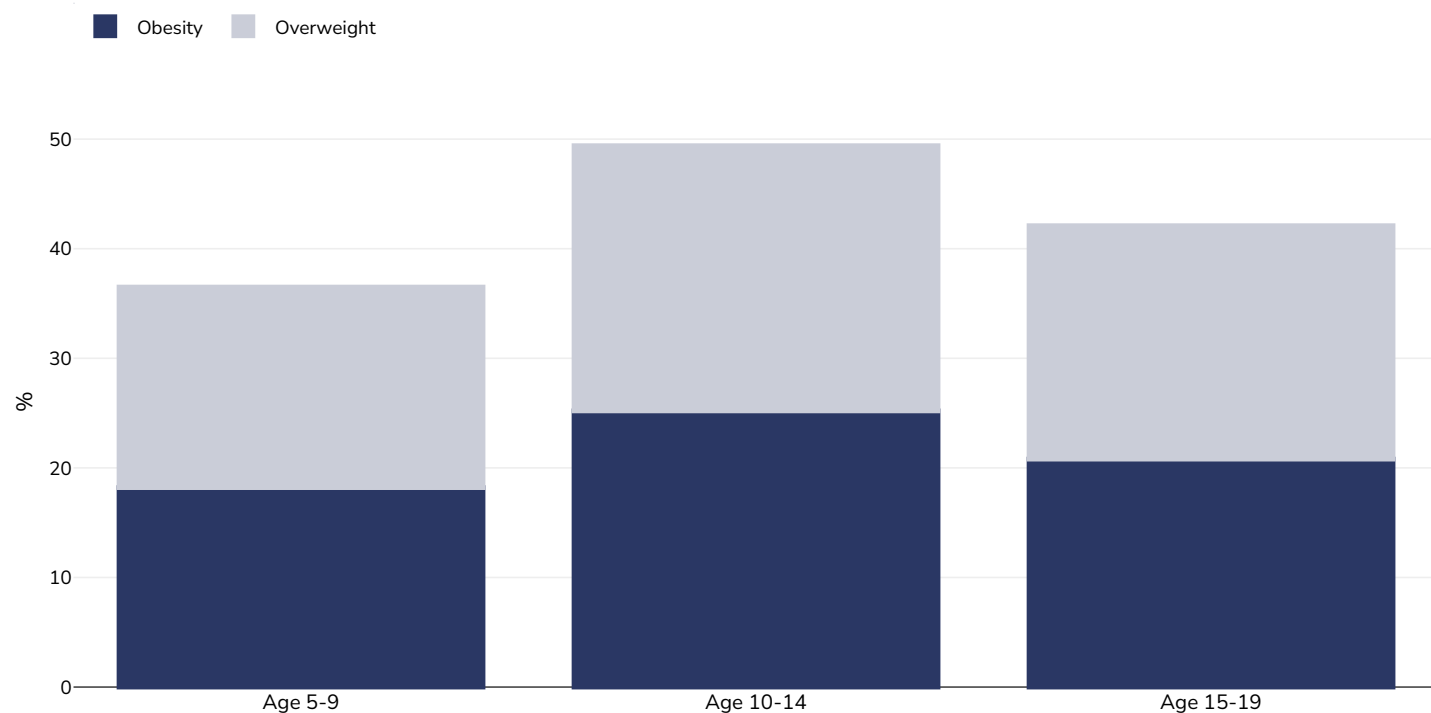|	
Survey type:	Measured
Sample size:	168011
Area covered:	National
References:	M. Al-Thani, A. Al-Thani, S. Alyafei, W. Al-Chetachi, S.E. Khalifa, A. Ahmed, A. Ahmad, B. Vinodson, H. Akram, The prevalence and characteristics of overweight and obesity among students in Qatar. Public Health;160:143-149 ISSN 0033-3506
Notes:	WHO Cut Off
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
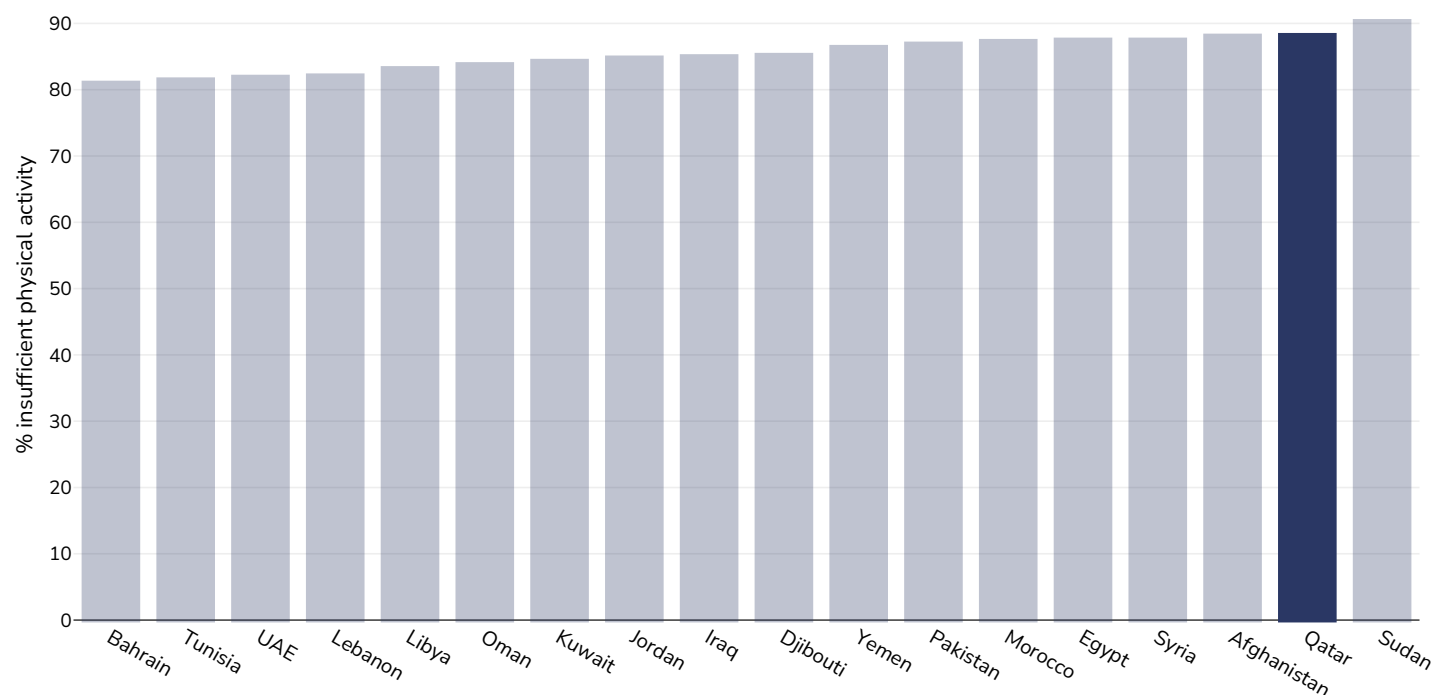
Survey type:	Self-reported
Age:	11-17
References:	Global Health Observatory data repository, World Health Organisation, https://apps.who.int/gho/data/node.main.A893ADO?lang=en (last accessed 16.03.21)
Notes:	% of school going adolescents not meeting WHO recommendations on Physical Activity for Health, i.e. doing less than 60 minutes of moderate- to vigorous-intensity physical activity daily.
Definitions:	% Adolescents insufficiently active (age standardised estimate)

Boys, 2016
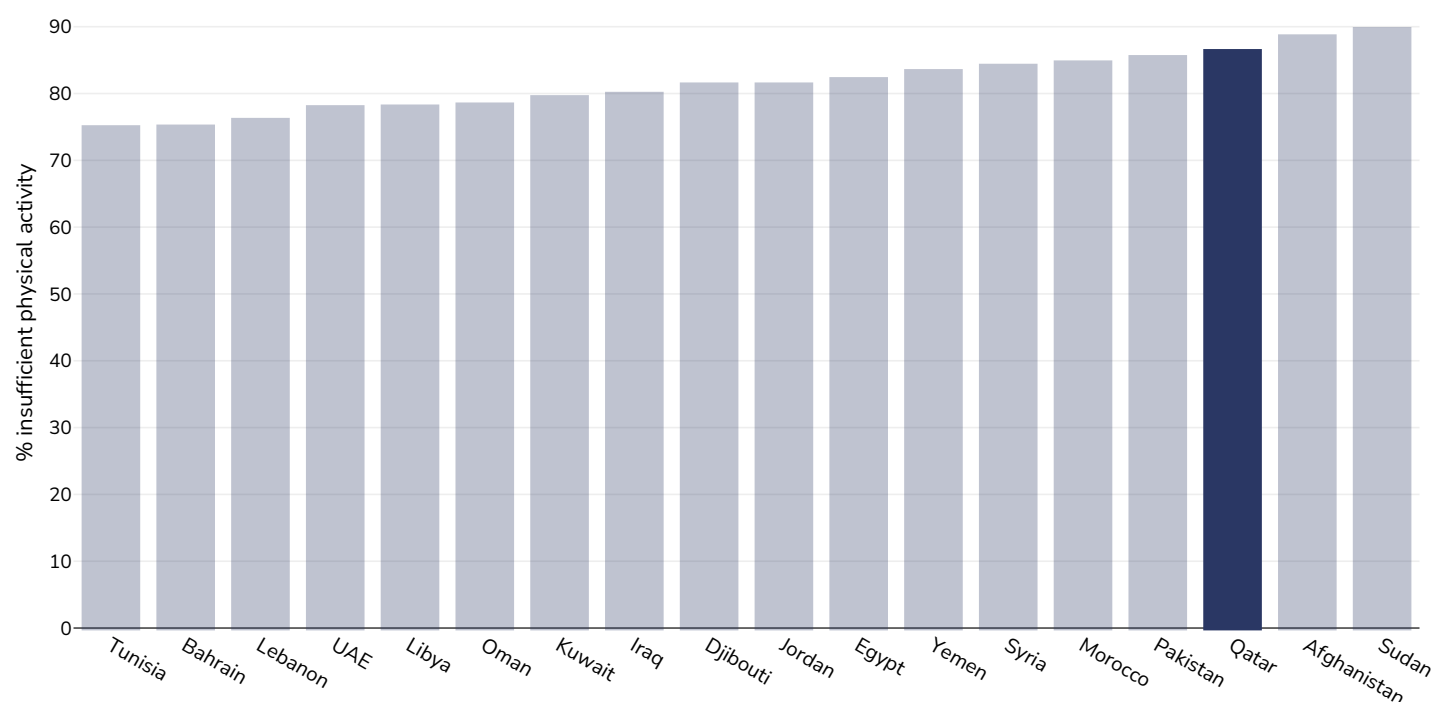
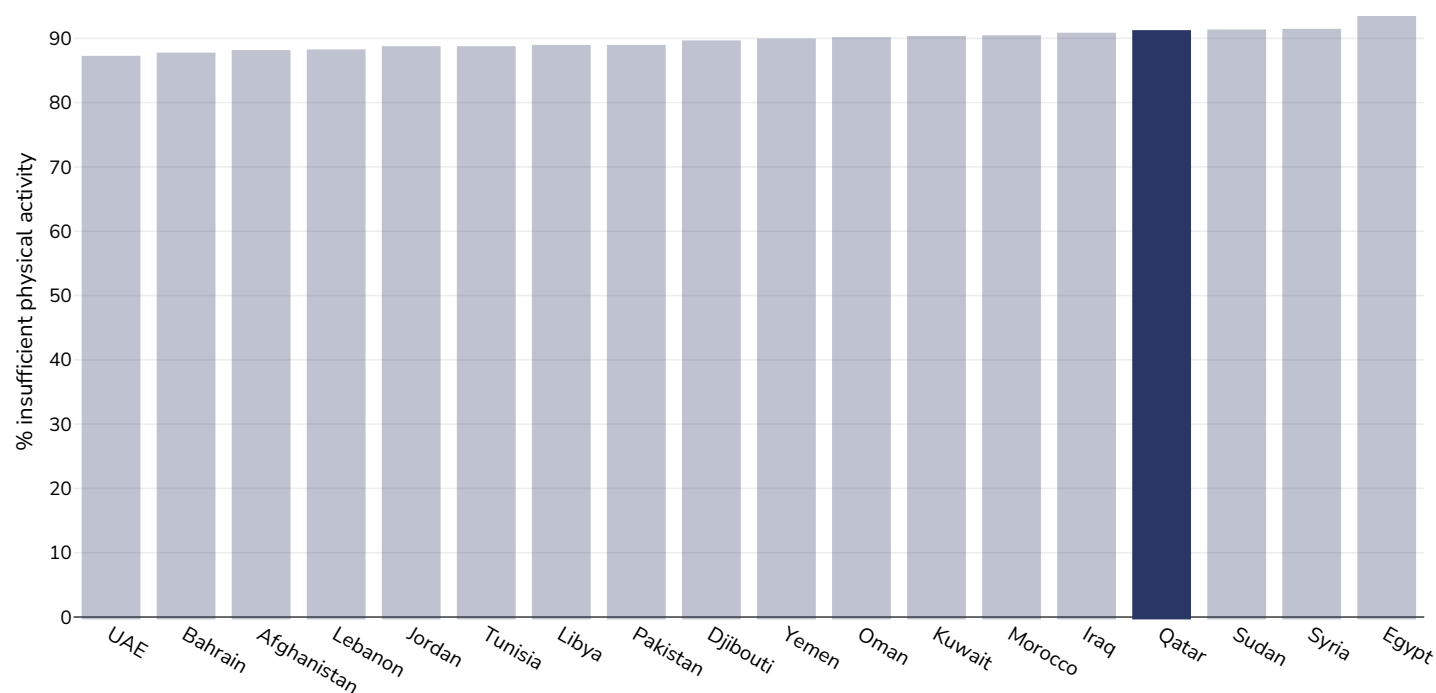| Survey type:	Self-reported
Age:	11-17
References:	Global Health Observatory data repository, World Health Organisation, https://apps.who.int/gho/data/node.main.A893ADO?lang=en (last accessed 16.03.21)
Notes:	% of school going adolescents not meeting WHO recommendations on Physical Activity for Health, 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
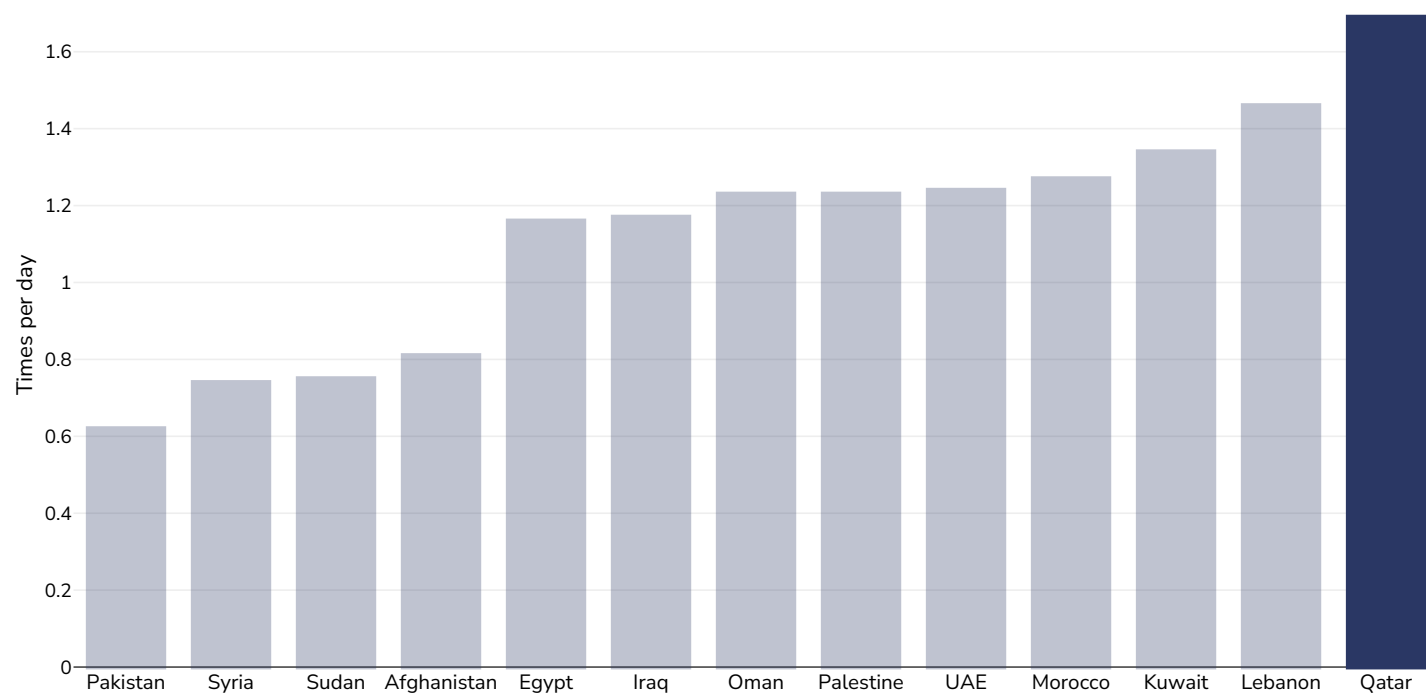
Survey type:	Measured
Age:	12-17
References:	Beal et al. (2019). Global Patterns of Adolescent Fruit, Vegetable, Carbonated Soft Drink, and Fast-food consumption: A meta-analysis of global school-based student health surveys. Food and Nutrition Bulletin. https://doi.org/10.1177/0379572119848287 sourced from Food Systems Dashboard http://www.foodsystemsdashboard.org/food-system

Prevalence of less than daily fruit consumption

Children, 2008-2015

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, 2008-2015
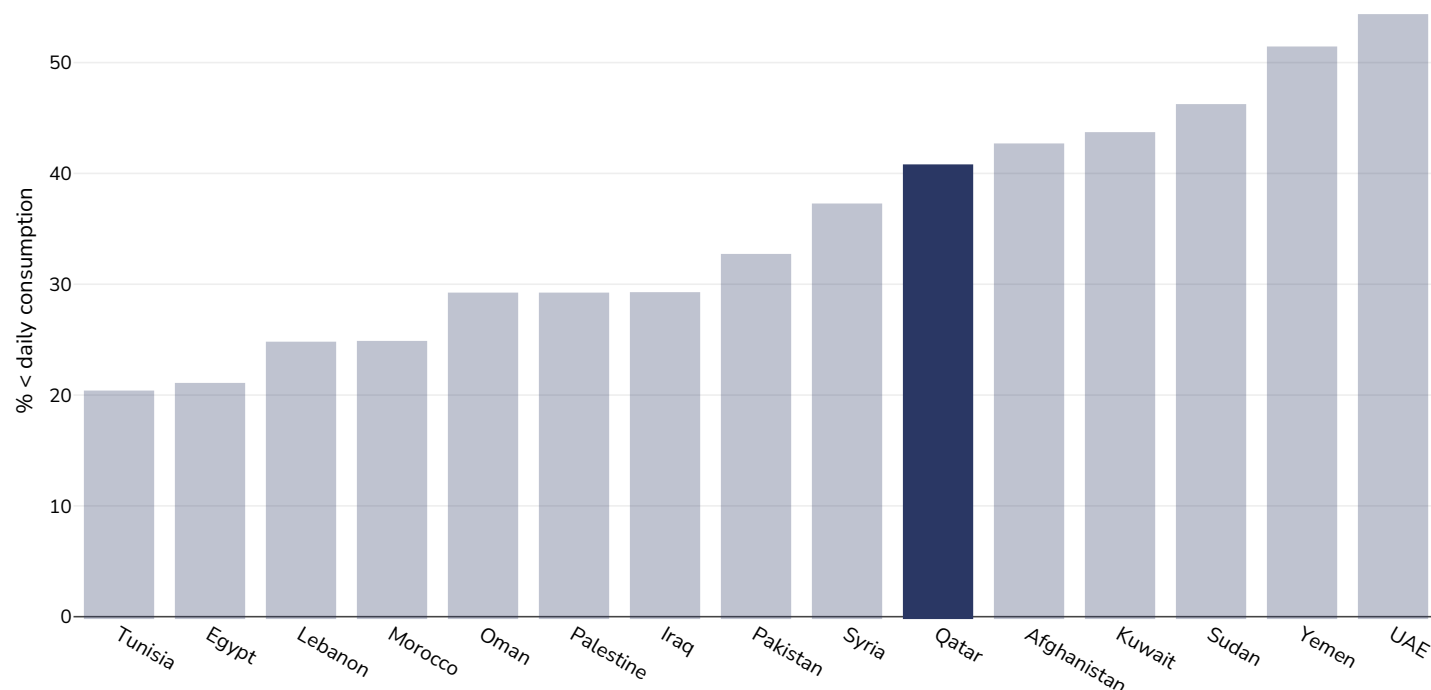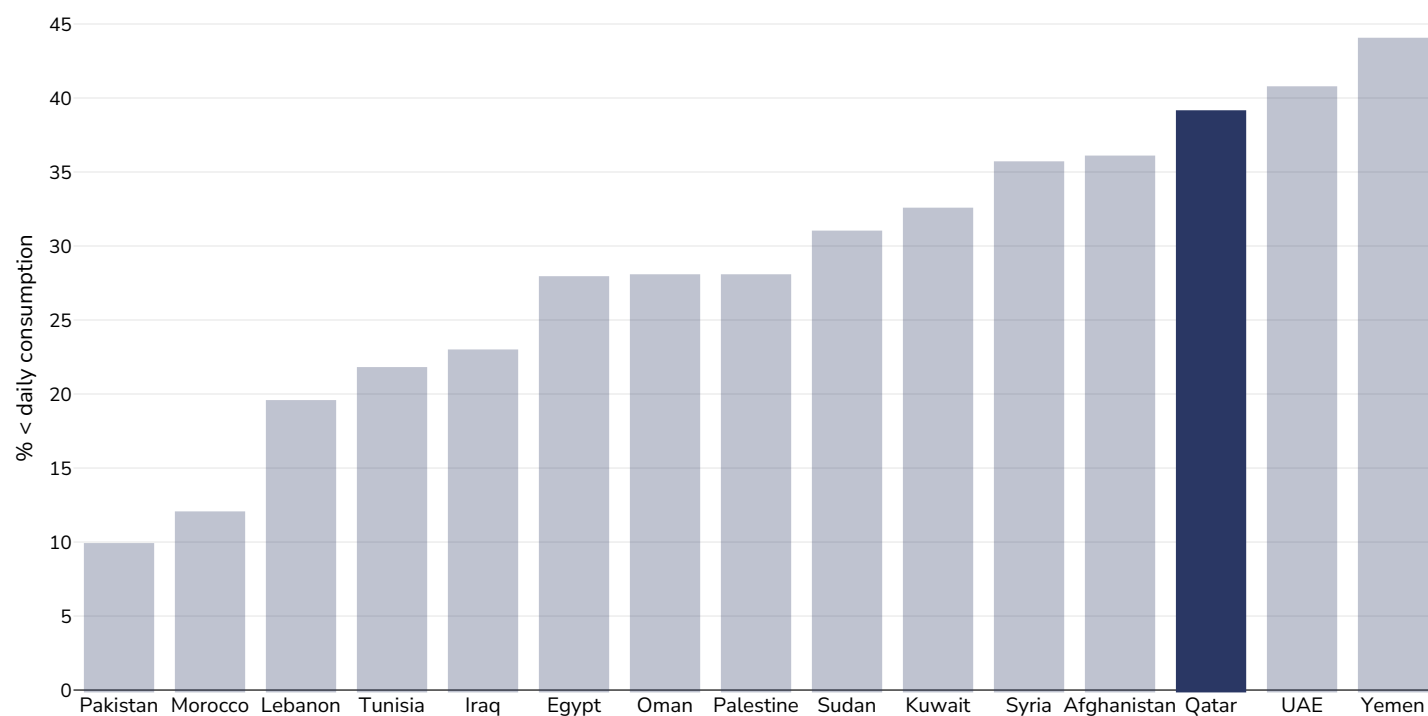

Survey type:	Measured
Age:	12-17
References:	Beal et al. (2019). Global Patterns of Adolescent Fruit, Vegetable, Carbonated Soft Drink, and Fast-food consumption: A meta-analysis of global school-based student health surveys. Food and Nutrition Bulletin. https://doi.org/10.1177/0379572119848287 sourced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

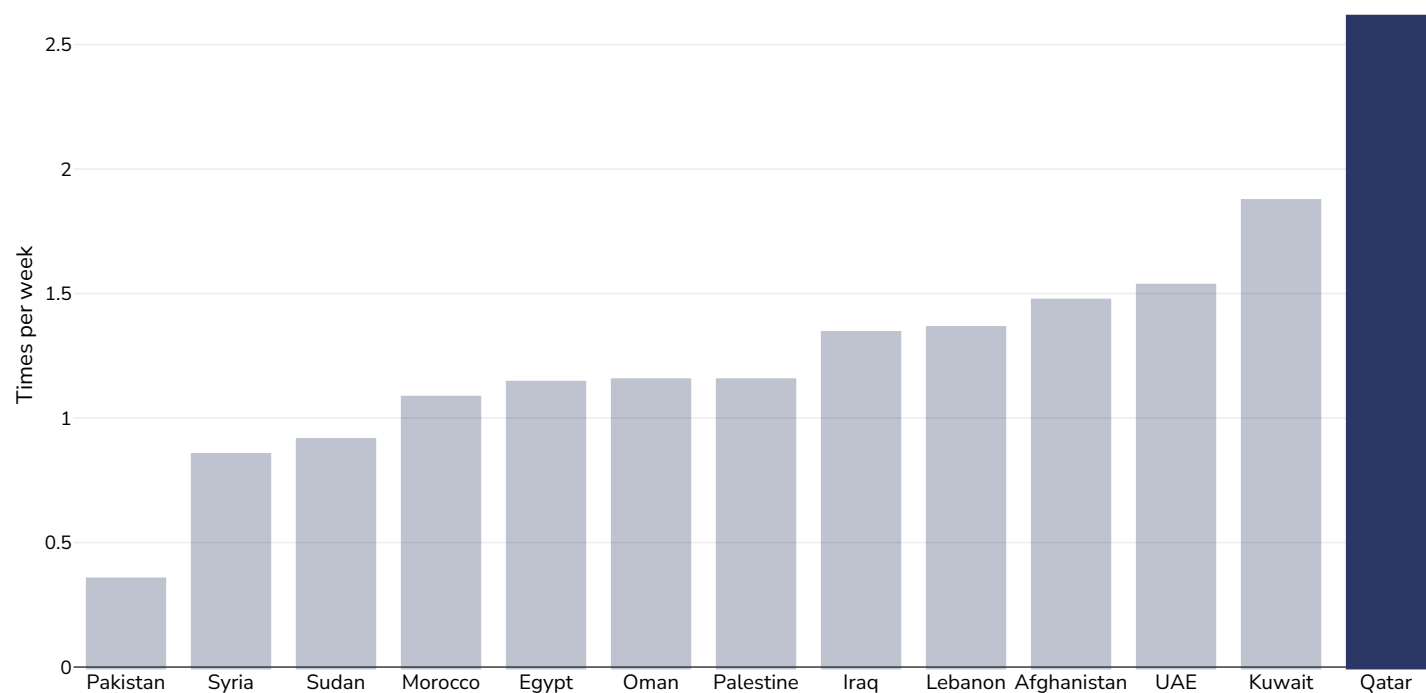## Children, 2009-2015

Times per week

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
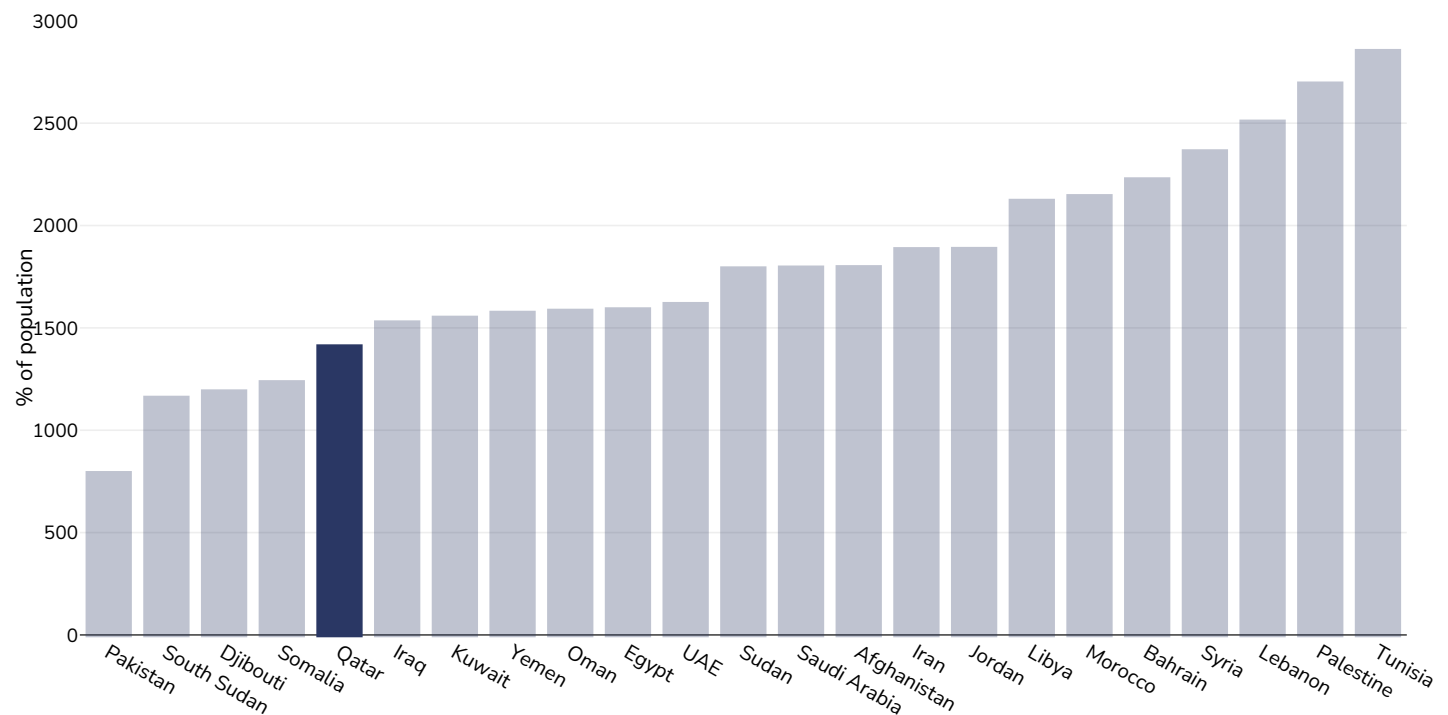
Area covered:	National
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from http://vizhub.healthdata.org/gbd-compare. (Last accessed 23.04.25)
Definitions:	Number living with depressive disorder per 100,000 population (Under 20 years of age)

Boys, 2021

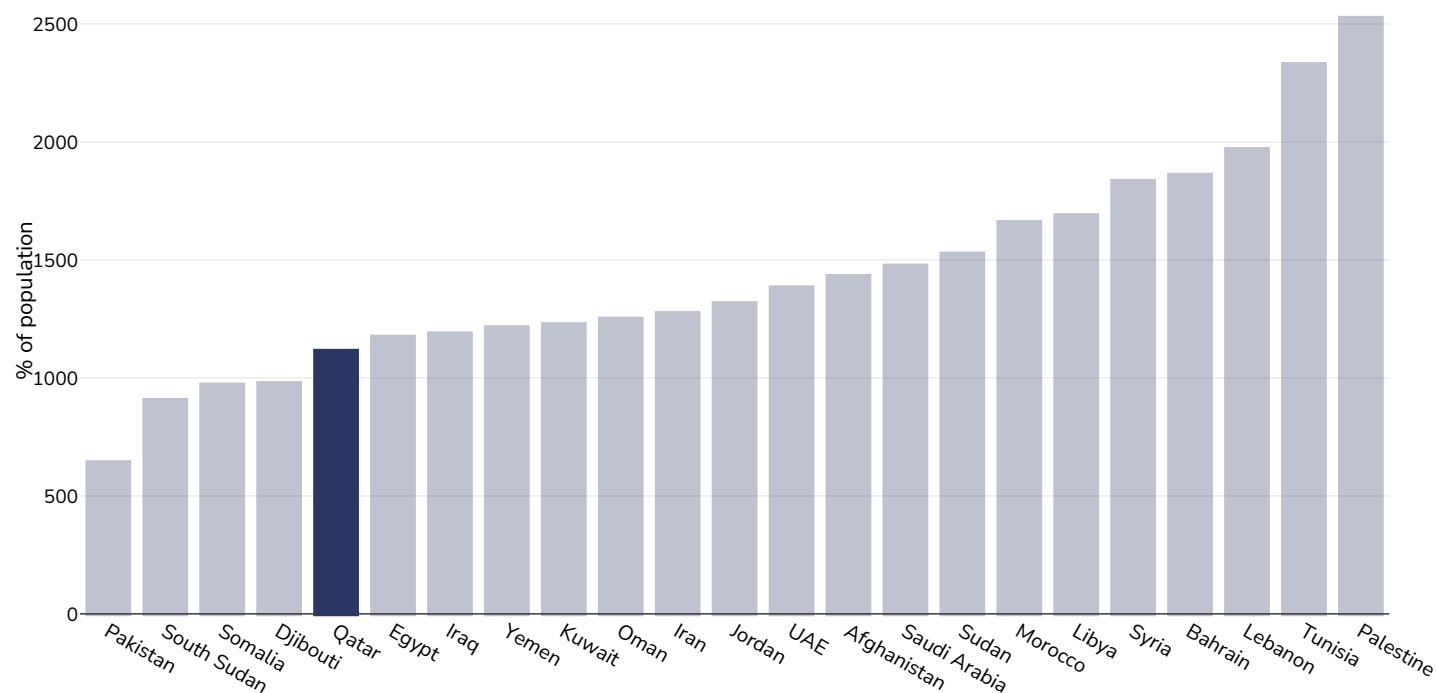| Area covered:	National
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from http://vizhub.healthdata.org/gbd-compare. (Last accessed 23.04.25)
Definitions:	Number living with depressive disorder per 100,000 population (Under 20 years of age)

Girls, 2021

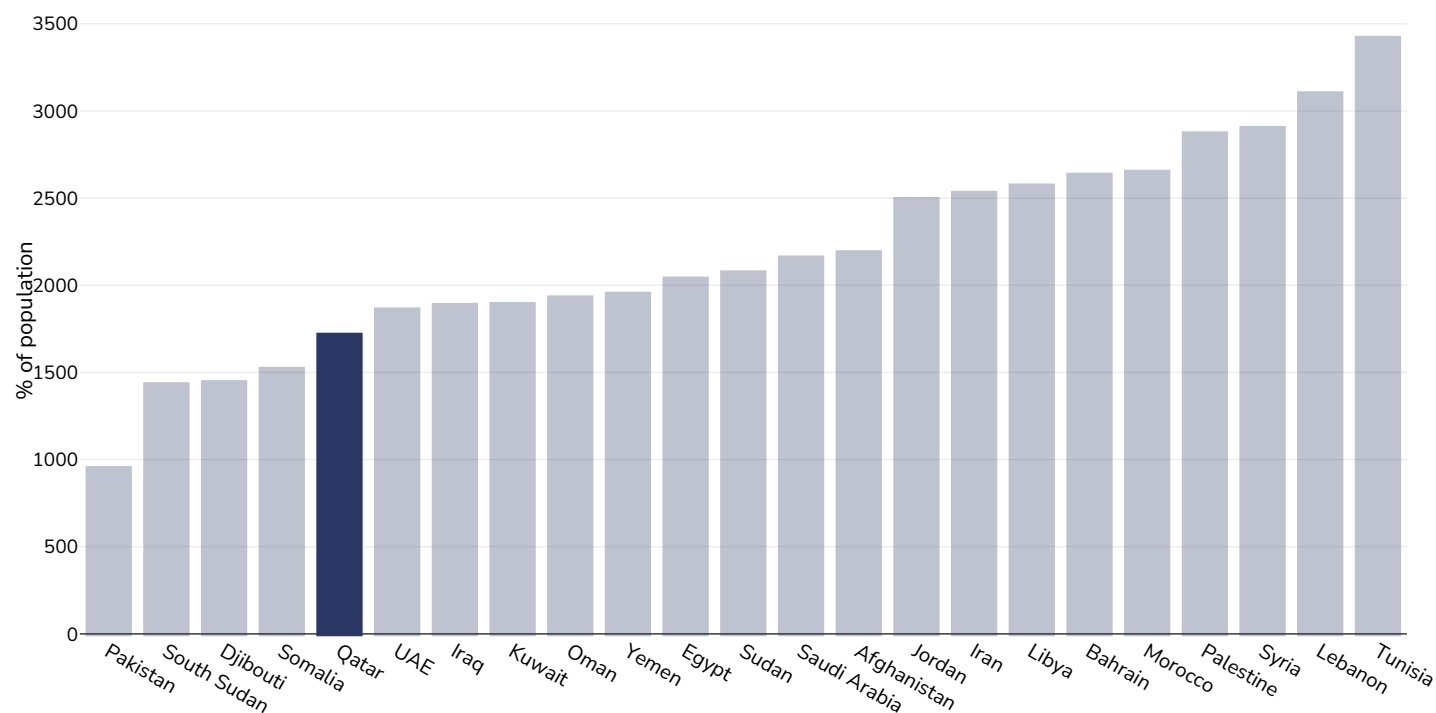| Area covered:	National
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from http://vizhub.healthdata.org/gbd-compare. (Last accessed 23.04.25)
Definitions:	Number living with depressive disorder per 100,000 population (Under 20 years of age)

Mental health - anxiety disorders
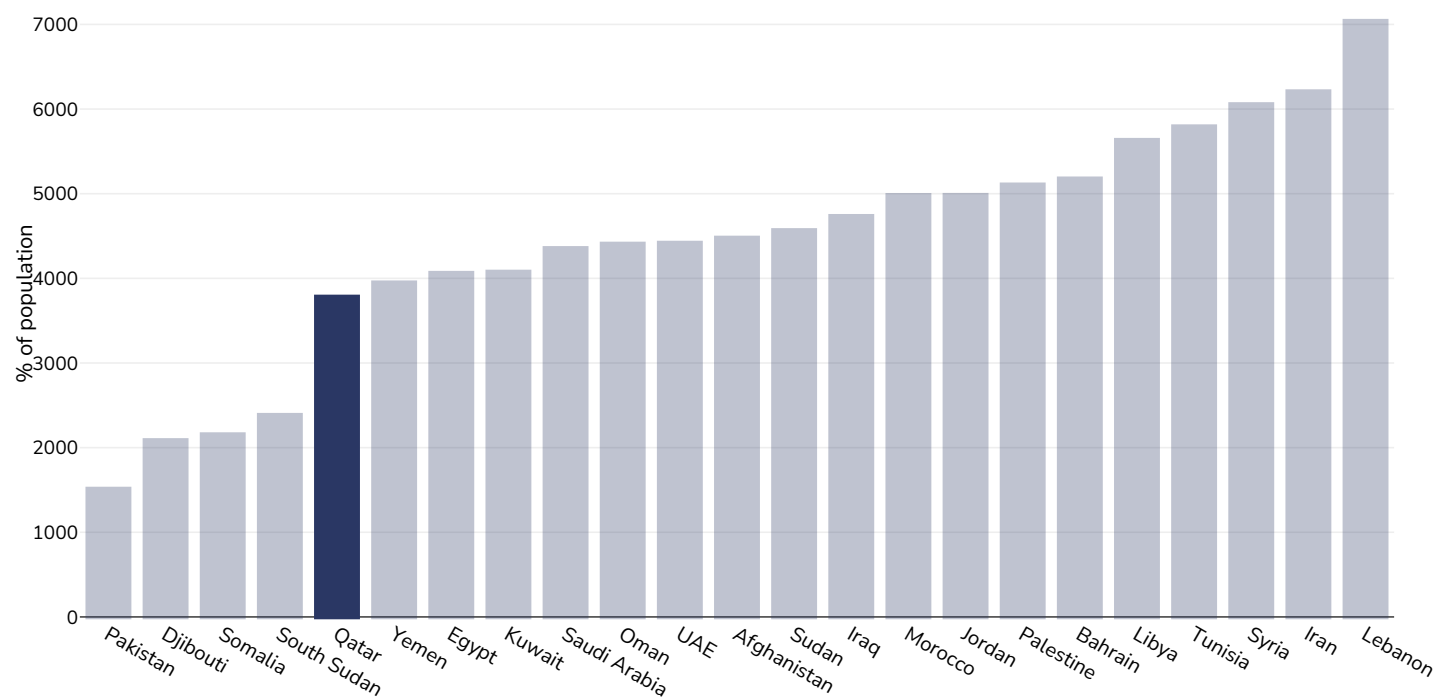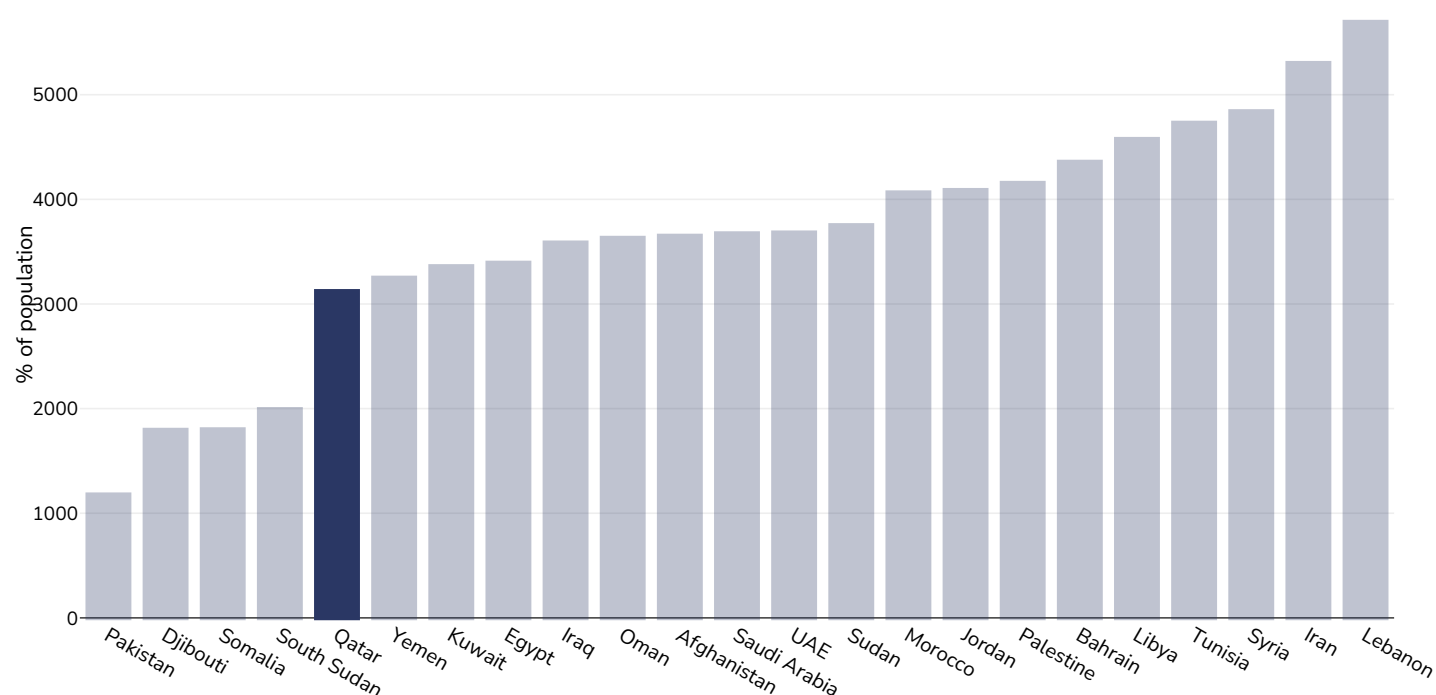
Children, 2021

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

y-axis: % of population

Countries (left to right): Pakistan, Djibouti, Somalia, South Sudan, Qatar, Yemen, Kuwait, Egypt, Iraq, Oman, Afghanistan, Saudi Arabia, UAE, Sudan, Morocco, Jordan, Palestine, Bahrain, Libya, Tunisia, Syria, Iran, Lebanon

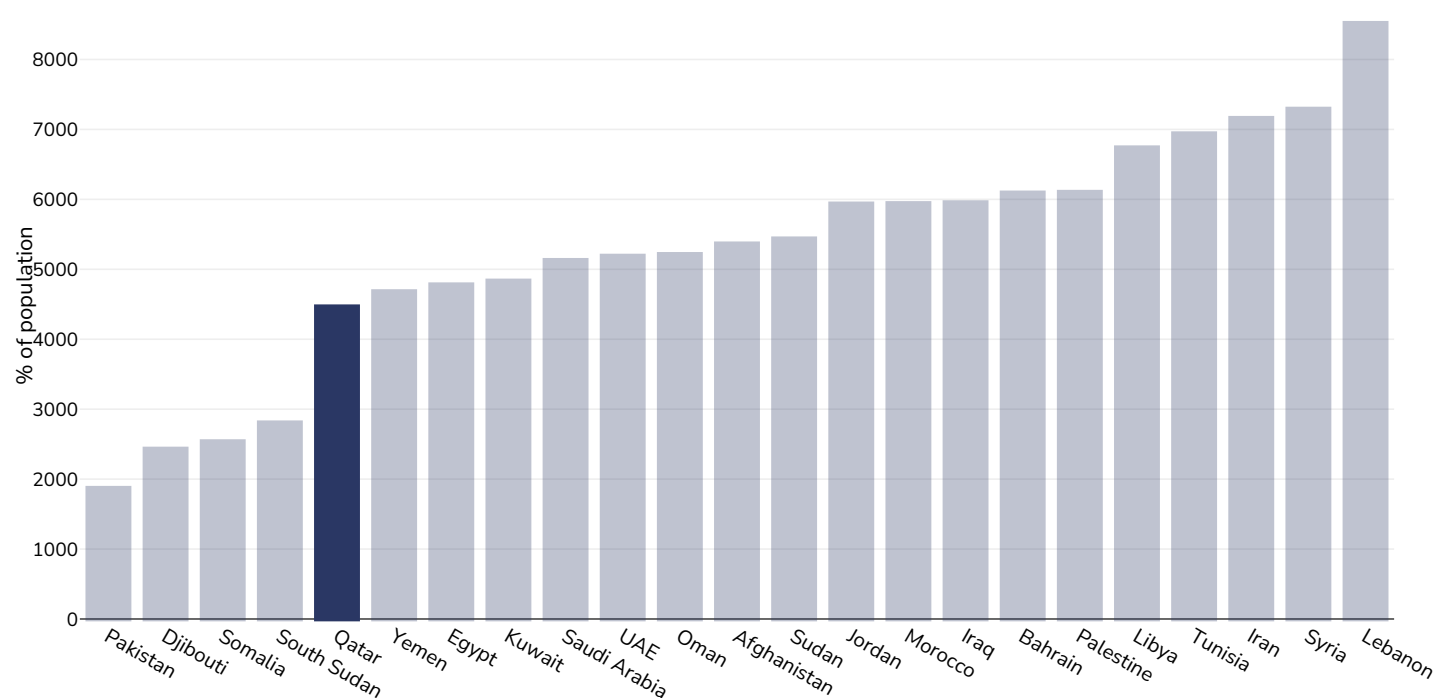**References:** Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from http://vizhub.healthdata.org/gbd-compare. (Last accessed 23.04.25)

Girls, 2021

y-axis: % of population

Countries (left to right): Pakistan, Djibouti, Somalia, South Sudan, Qatar, Yemen, Egypt, Kuwait, Saudi Arabia, UAE, Oman, Afghanistan, Sudan, Jordan, Morocco, Iraq, Bahrain, Palestine, Libya, Tunisia, Iran, Syria, Lebanon

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 June 17, 2025