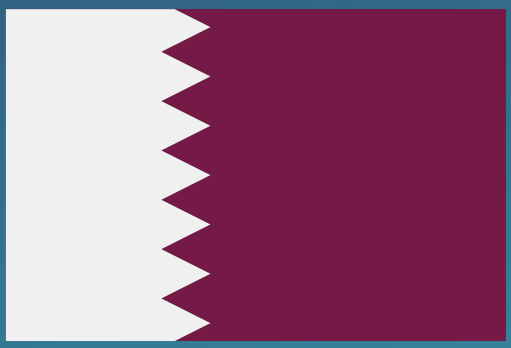
Qatar



Country report card - children

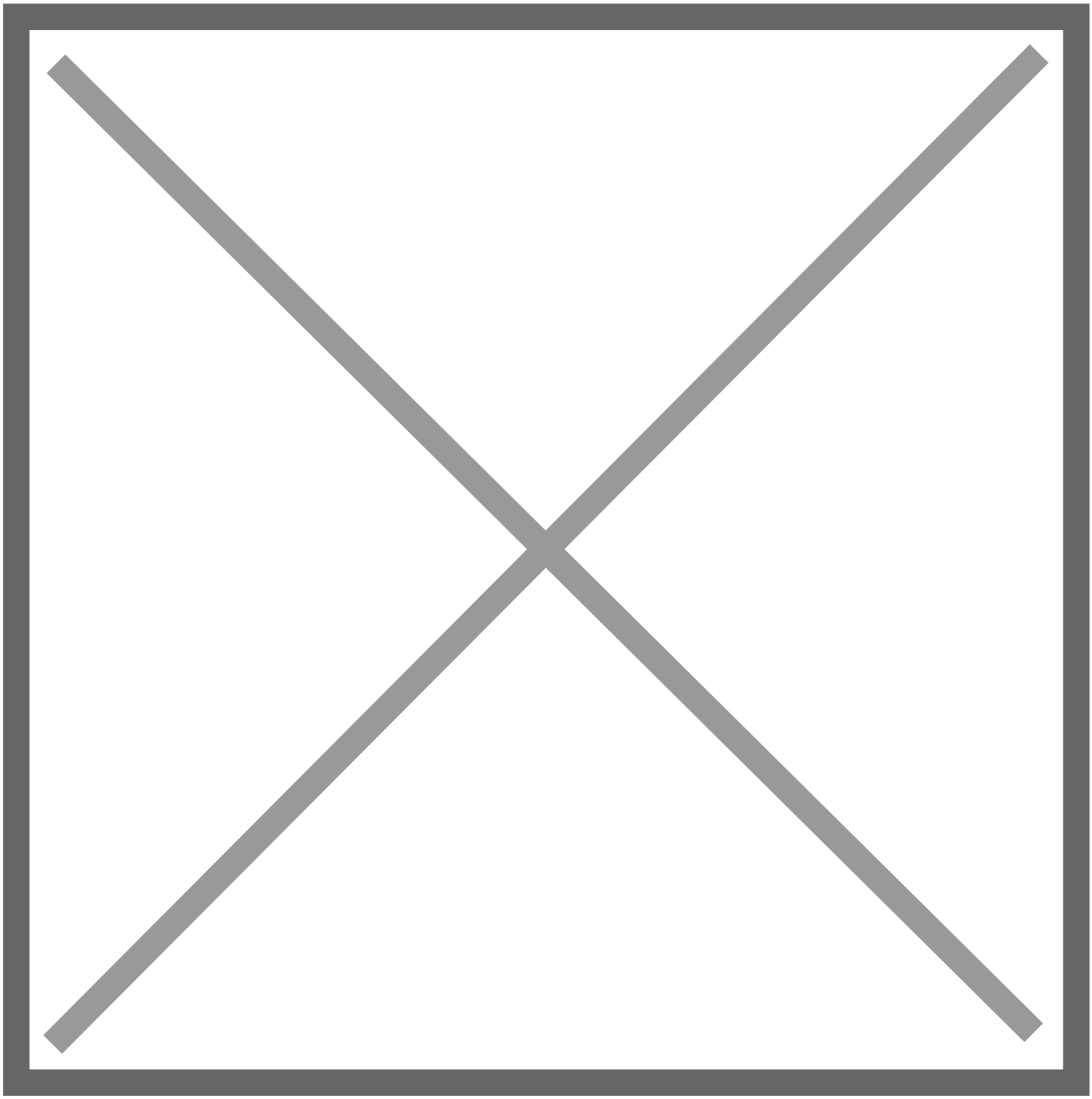
This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity for children, including adolescents (aged 5 to 18 years). Where available, data on common and relevant obesity drivers and comorbidities are also presented.

View the latest version of this report on the Global Obesity Observatory at https://data.worldobesity.org/country/qatar-176/.

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Obesity prevalence

Children, 2019-2020

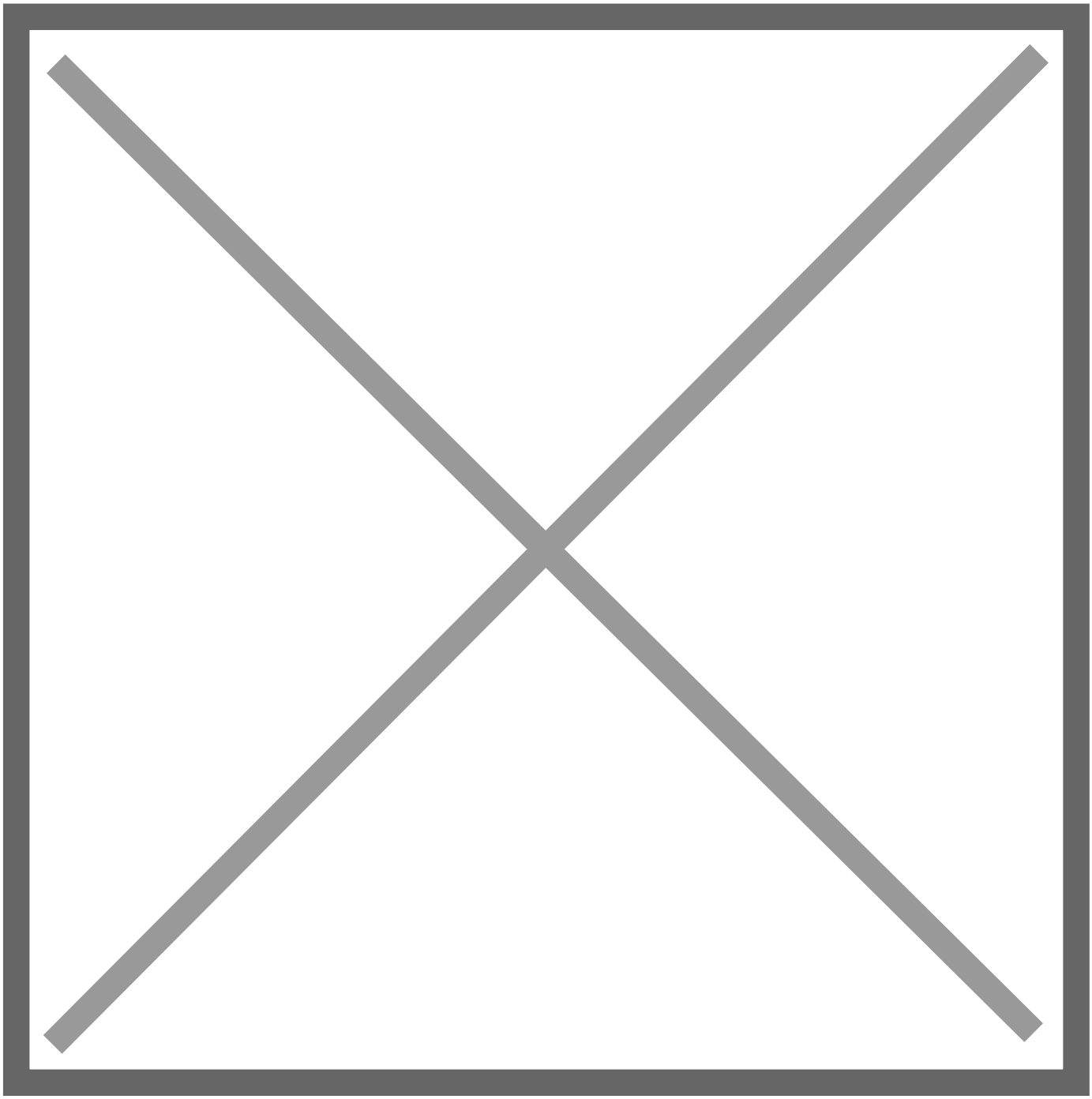


Survey type:	Measured
Age:	5-14
Sample size:	7514
Area covered:	National
References:	Alâ?Thani, M.H., Alyafei, S.A., Alâ?Mutawa, K.A., Khalifa, H., Mishra, A., Poovelil, B.V., Abdellatif, A.A., Toumi, A.A. and Kokku, S.B. (2023). School children growth monitoring program in the state of Qatar: Observations from two survey rounds in 2016–17 and 2019–20. Public Health Challenges, [online] 2(1). doi:https://doi.org/10.1002/puh2.52 [Accessed 18.08.25]

Notes:	Retrospective analysis of school growth monitoring survey
Cutoffs:	WHO

Overweight/obesity by education

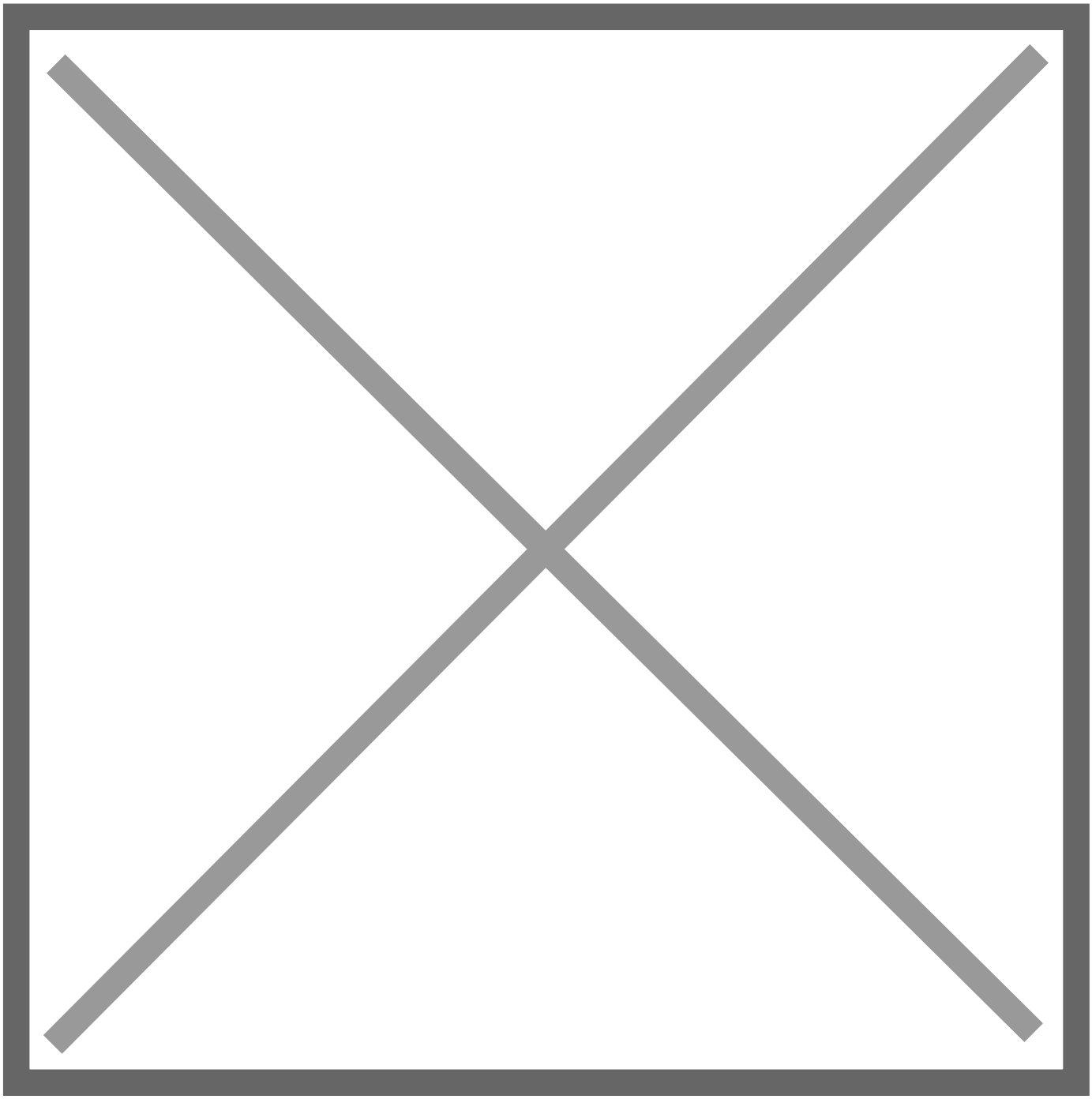
Boys, 2003-2004



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:	Father's education

Girls, 2003-2004



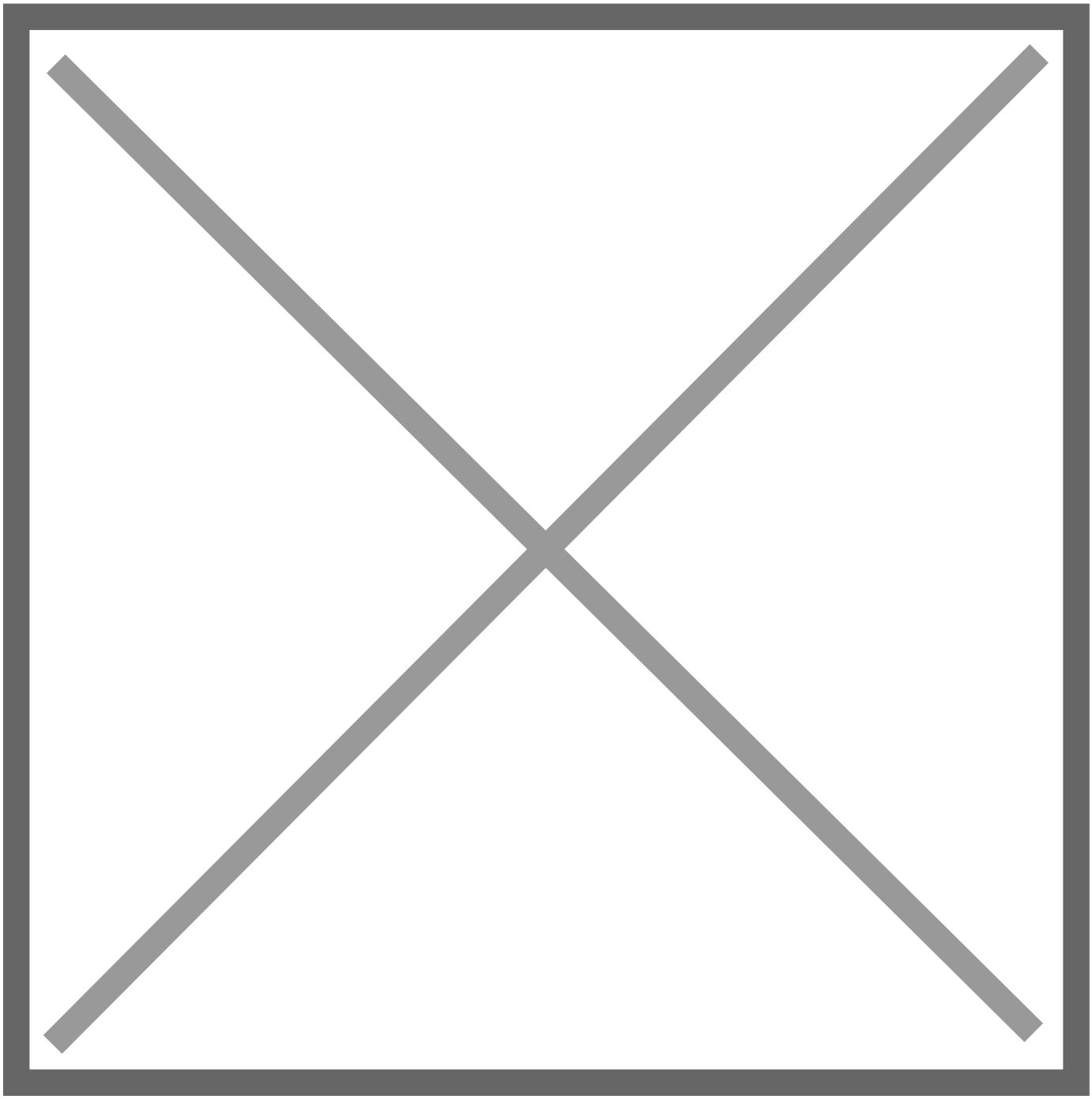
Survey type:	Measured
Age:	12-17
Sample size:	3923
Area covered:	Urban and Semi-urban
References:	Prevalence of obesity, overweight, and underweight in Qatari adolescents. https://pubmed.ncbi.nlm.nih.gov/16572718/ (last accessed 06.06.2022)

Notes:

Father's education

Overweight/obesity by age

Children, 2019-2020



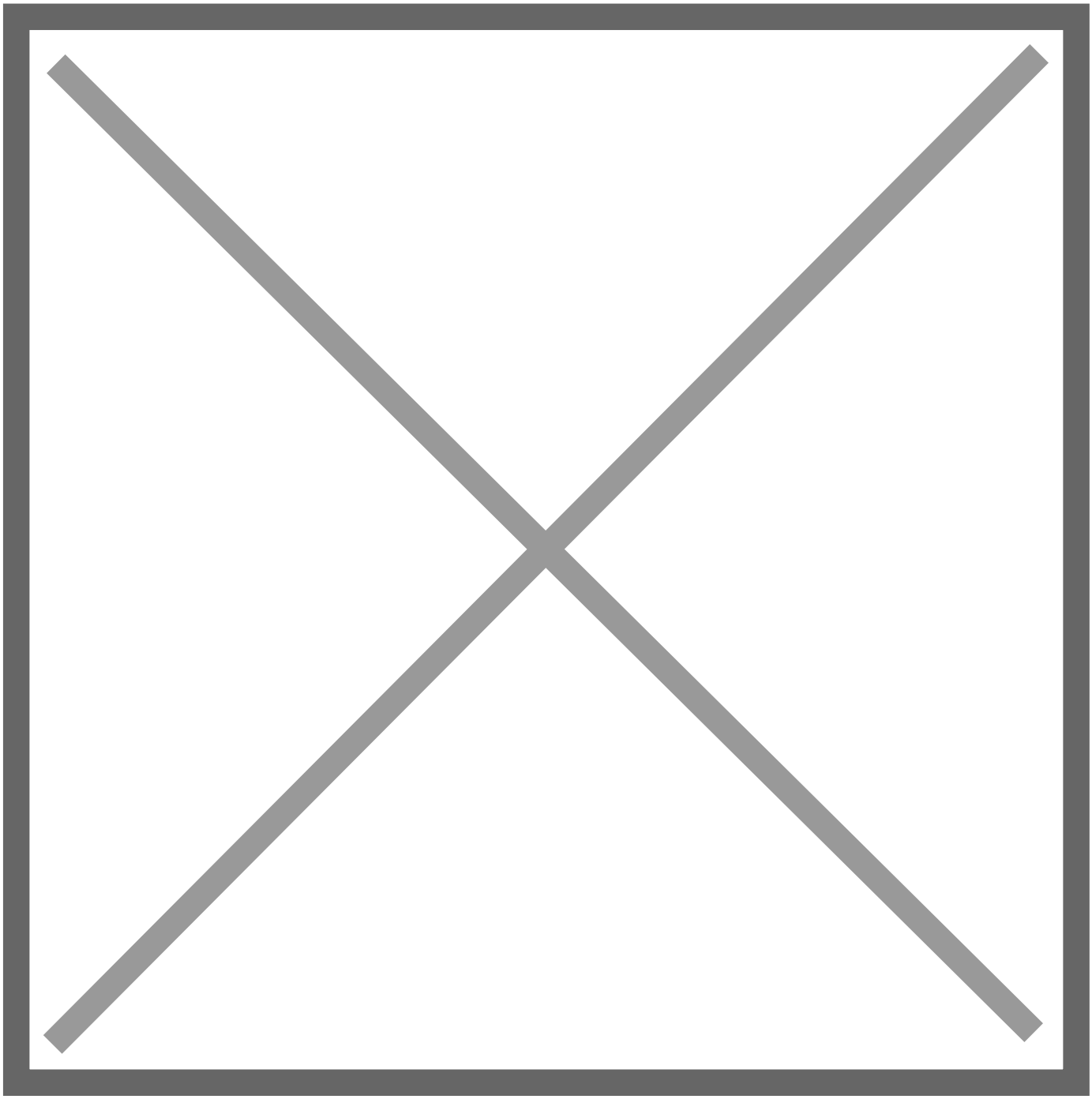
Survey type:	Measured
Sample size:	7514
Area covered:	National
References:	Alâ?Thani, M.H., Alyafei, S.A., Alâ?Mutawa, K.A., Khalifa, H., Mishra, A., Poovelil, B.V., Abdellatif, A.A., Toumi, A.A. and Kokku, S.B. (2023). School children growth monitoring program in the state of Qatar: Observations from two survey rounds in 2016–17 and 2019–20. Public Health Challenges, [online] 2(1). doi:https://doi.org/10.1002/puh2.52 [Accessed 18.08.25]

Notes:	Retrospective analysis of school growth monitoring survey
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.

Children, 2019-2020

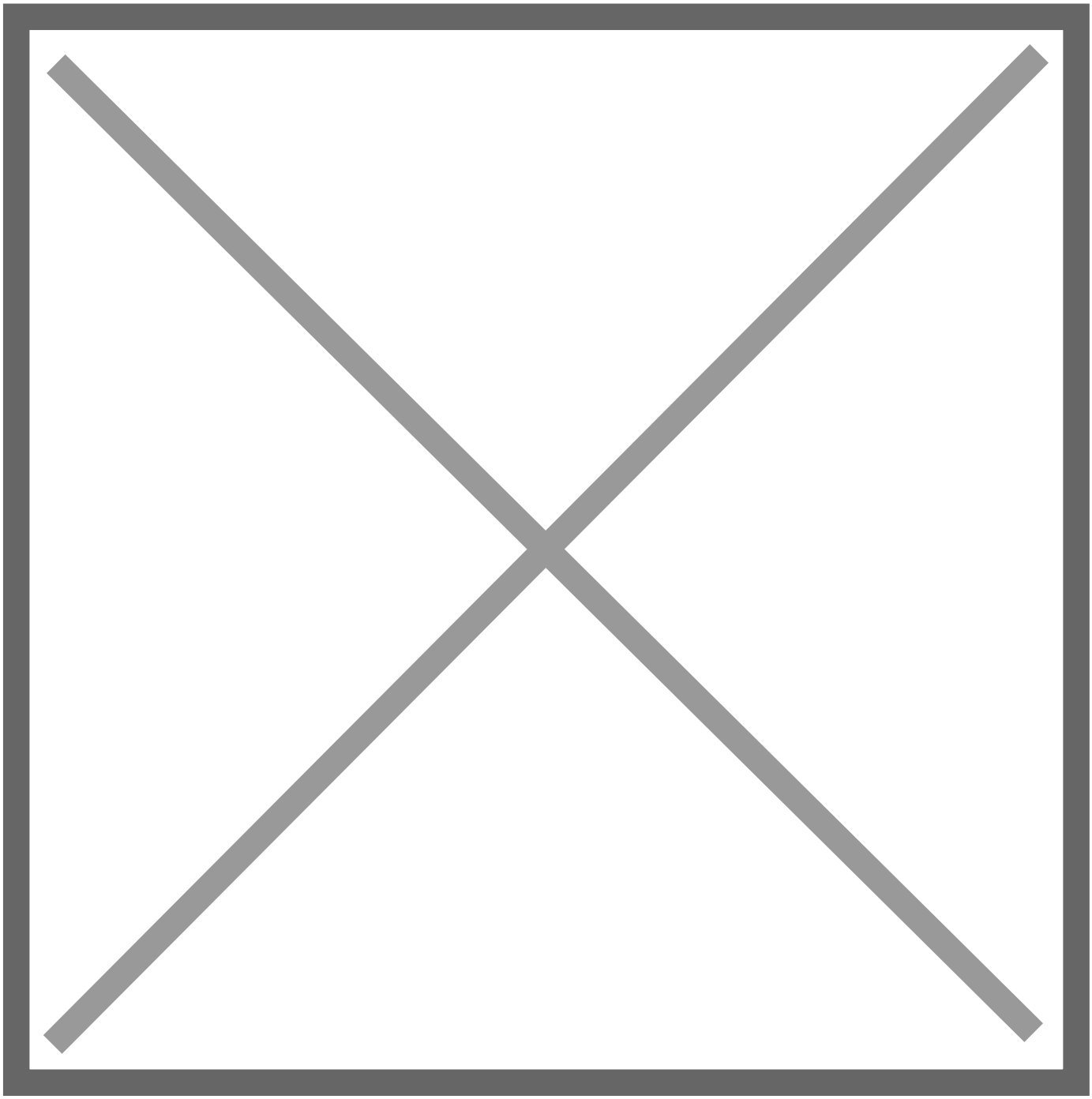


Survey type:	Measured
Age:	5-14
Sample size:	7514
Area covered:	National

References:	Alâ?Thani, M.H., Alyafei, S.A., Alâ?Mutawa, K.A., Khalifa, H., Mishra, A., Poovelil, B.V., Abdellatif, A.A., Toumi, A.A. and Kokku, S.B. (2023). School children growth monitoring program in the state of Qatar: Observations from two survey rounds in 2016–17 and 2019–20. Public Health Challenges, [online] 2(1). doi:https://doi.org/10.1002/puh2.52 [Accessed 18.08.25]
Notes:	Retrospective analysis of school growth monitoring survey
Cutoffs:	WHO

Double burden of underweight & obesity

Children, 2022

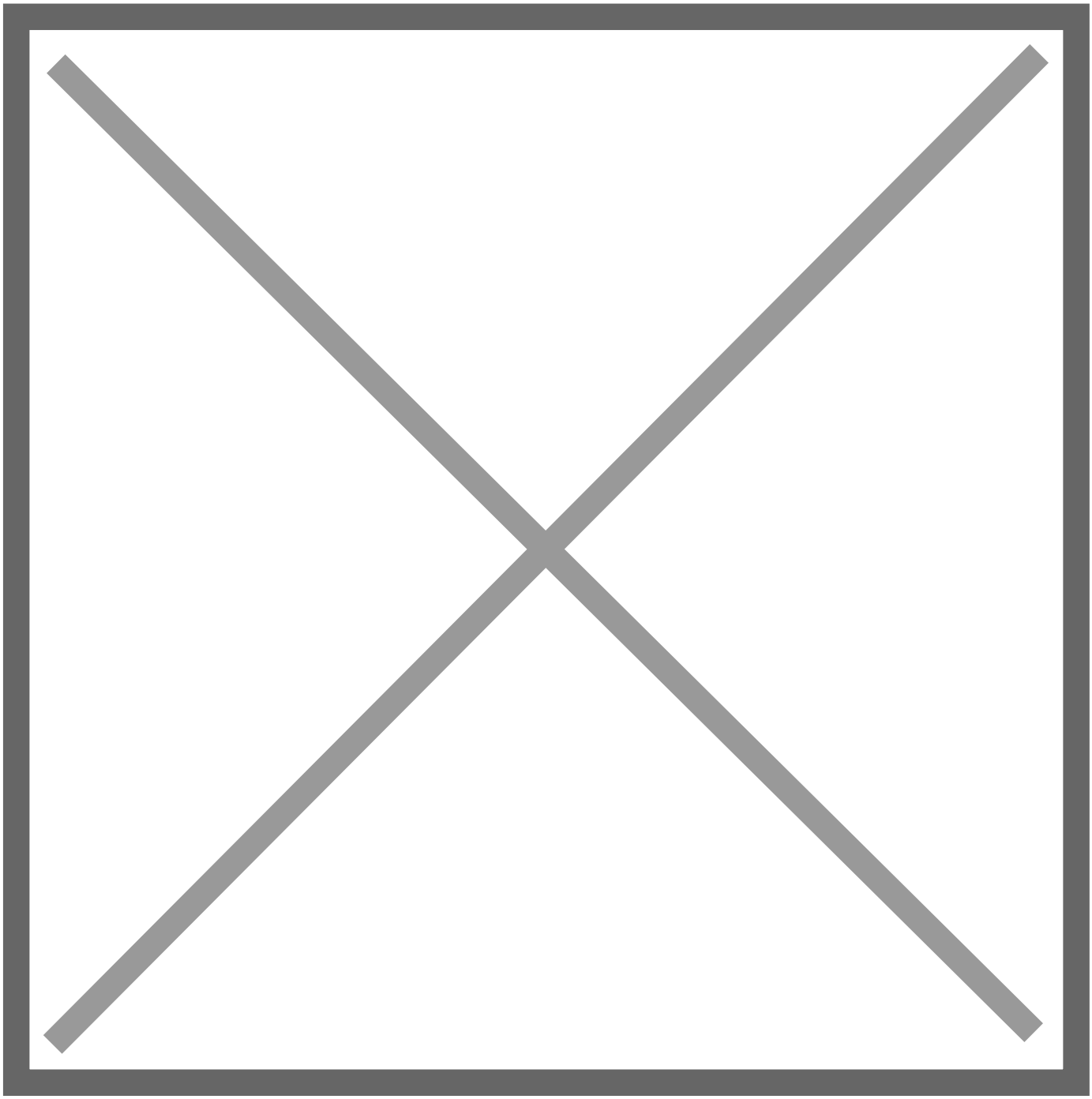


Survey type:	Measured
Age:	5-19
References:	NCD Risk Factor Collaboration (NCD-RisC). Worldwide trends in underweight and obesity from 1990 to 2022: a pooled analysis of 3663 population representative studies with 222 million children, adolescents, and adults. Lancet 2024; published online Feb 29. https://doi.org/10.1016/S0140-6736(23)02750-2.
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

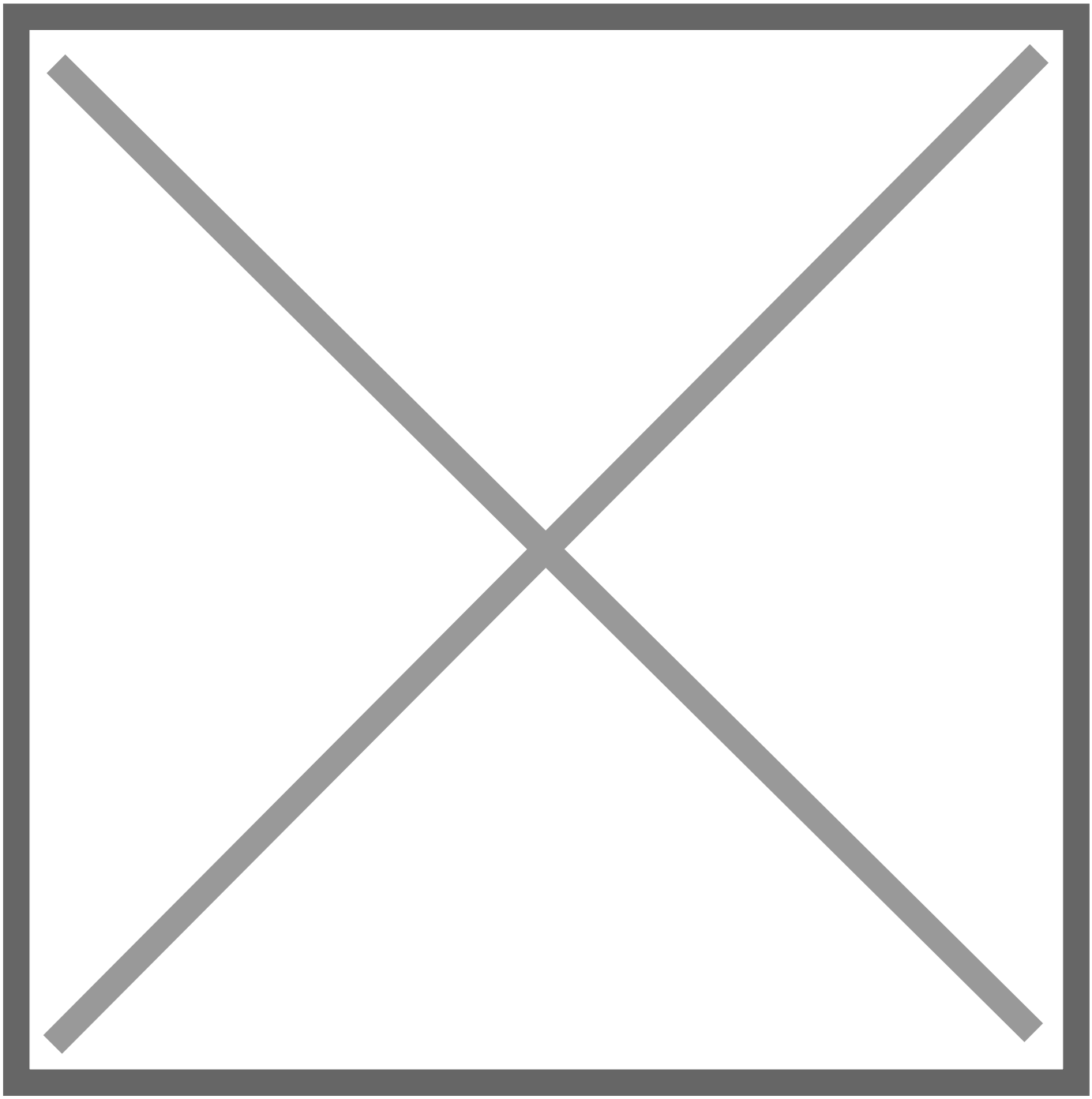
Children, 2016



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)

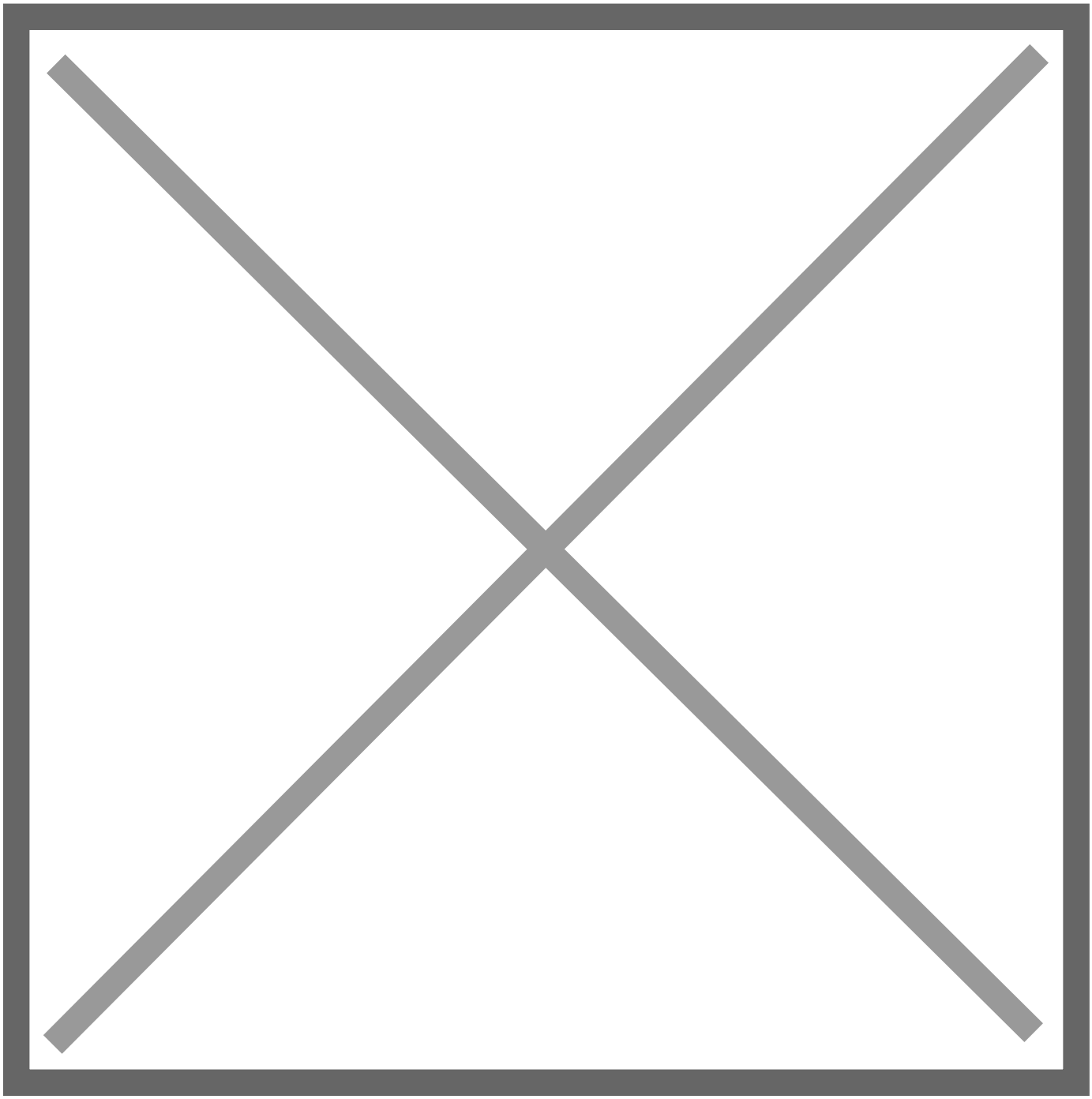
Boys, 2016



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

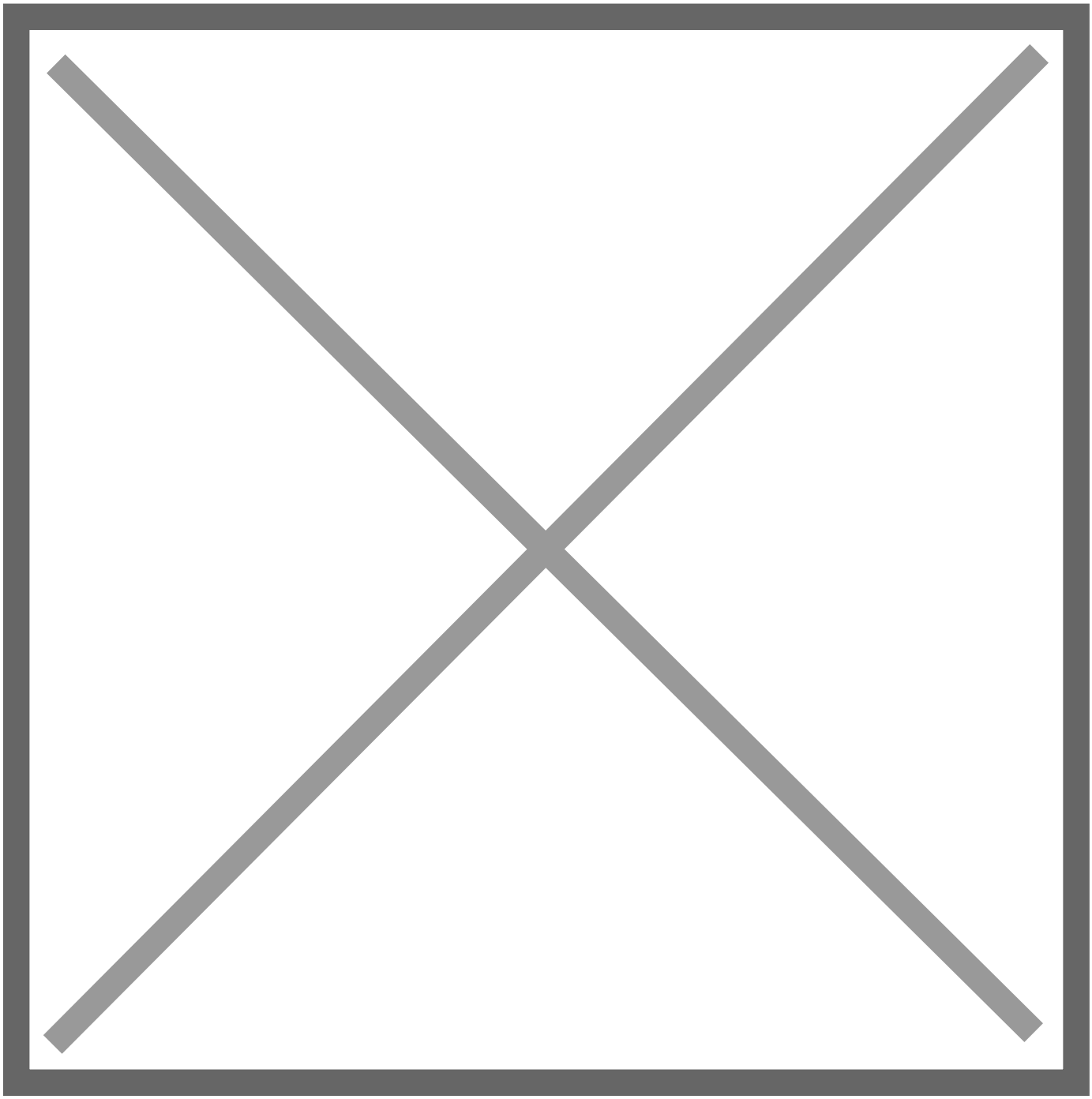


Survey type:	Self-reported
Age:	11-17
References:	Global Health Observatory data repository, World Health Organisation, https://apps.who.int/gho/data/node.main.A893ADO?lang=en (last accessed 16.03.21)
Notes:	% of school going adolescents not meeting WHO recommendations on Physical Activity for Health, 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

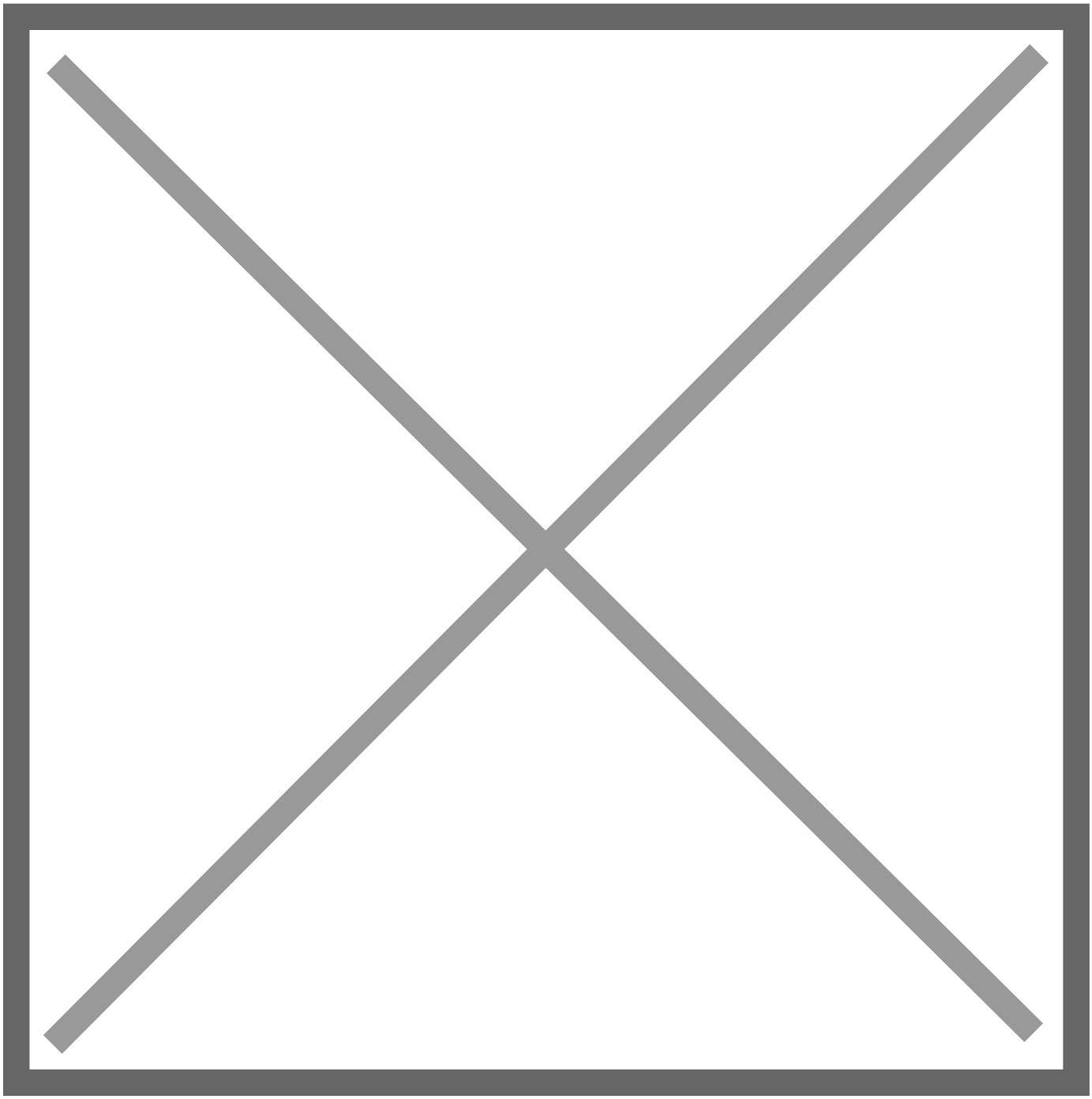
Children, 2009-2015



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, 2011

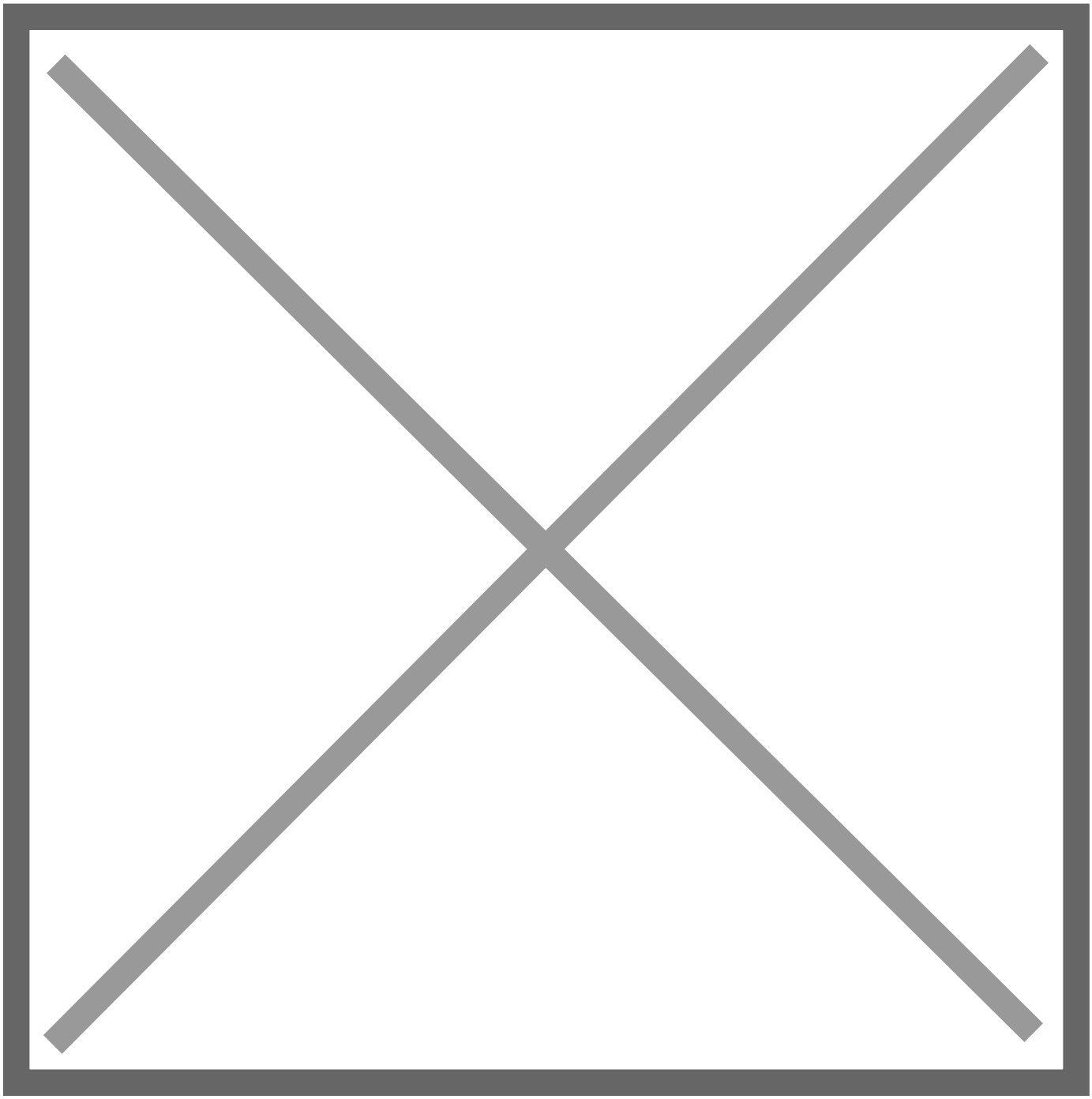


Survey type:	Self-reported
Age:	12-17
Area covered:	National
References:	Global School-based Student Health Surveys. Beal et al (2019). Global Patterns of Adolescent Fruit, Vegetable, Carbonated Soft Drink, and Fast-food consumption: A meta-analysis of global school-based student health surveys. Food 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, 2011

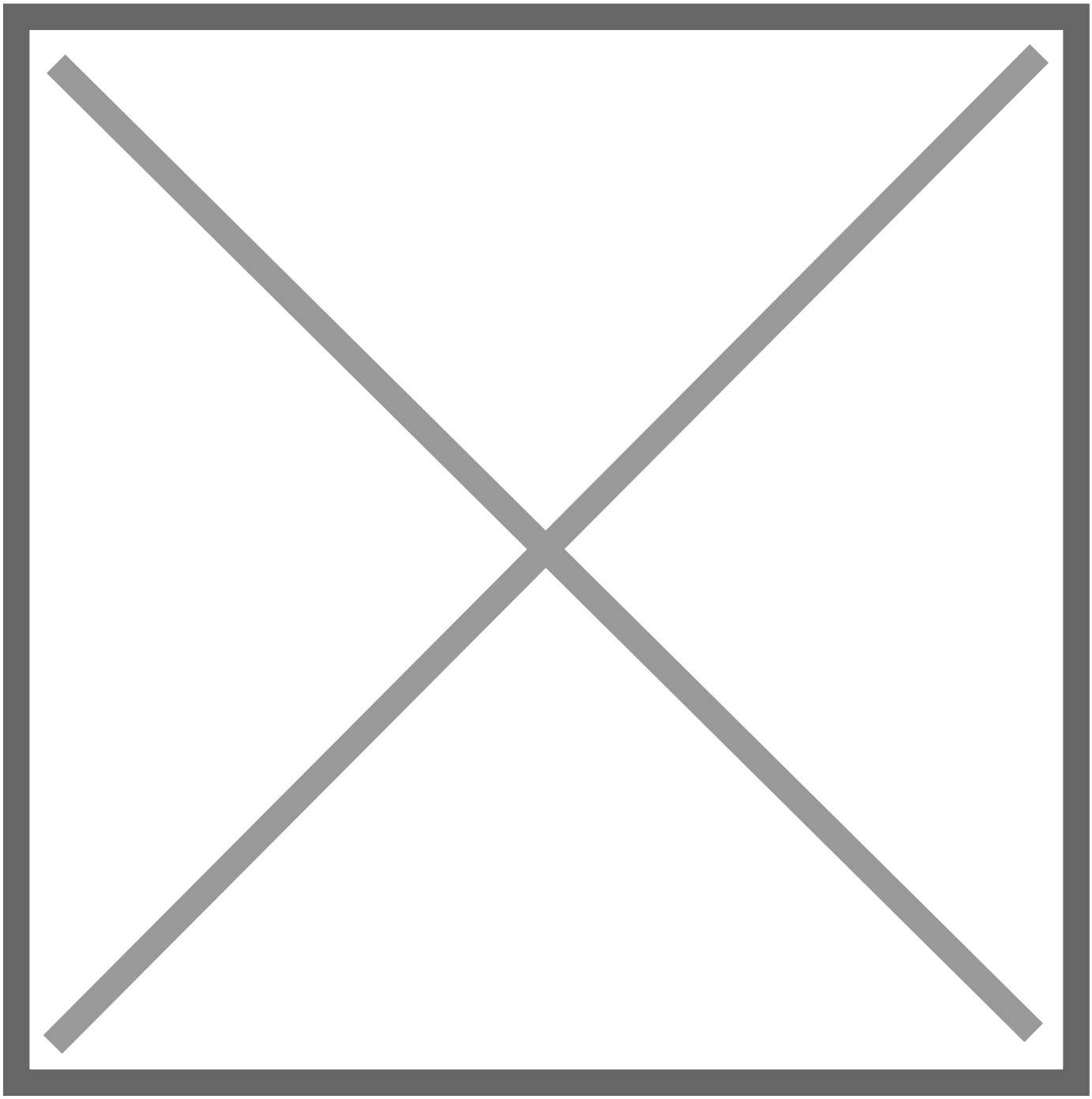


Survey type:	Self-reported
Age:	12-17
Area covered:	National
References:	Beal et al. (2019). Global Patterns of Adolescent Fruit, Vegetable, Carbonated Soft Drink, and Fast-food consumption: A meta-analysis of global school-based student health surveys. Food and Nutrition Bulletin. https://doi.org/10.1177/0379572119848287 sourced from Food Systems Dashboard http://www.foodsystemsdashboard.org/food-system

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

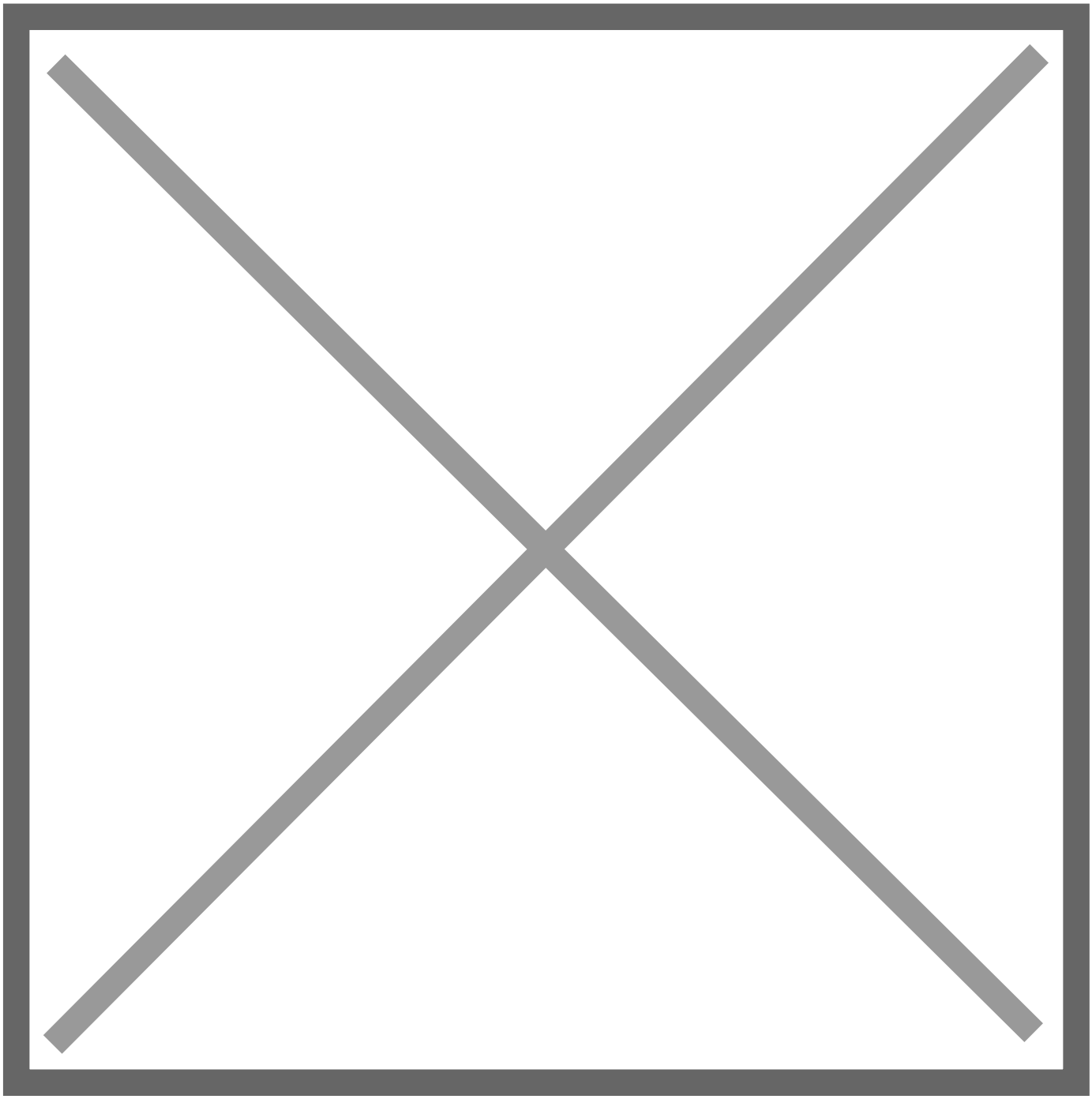
Mental health - depression disorders

Children, 2023



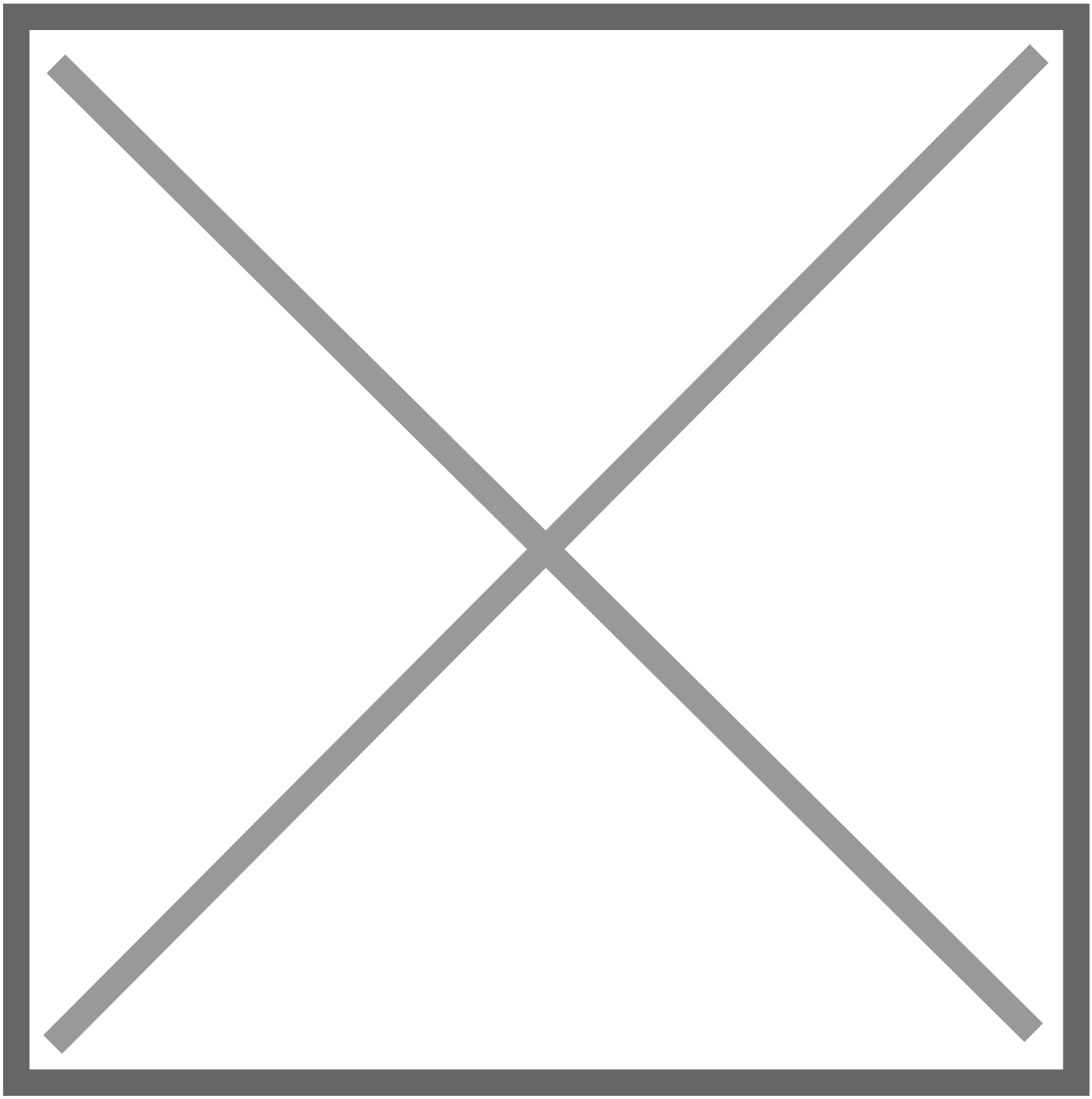
Area covered:	National
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from https://vizhub.healthdata.org/gbd-compare/ [Accessed 17.03.26]
Definitions: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

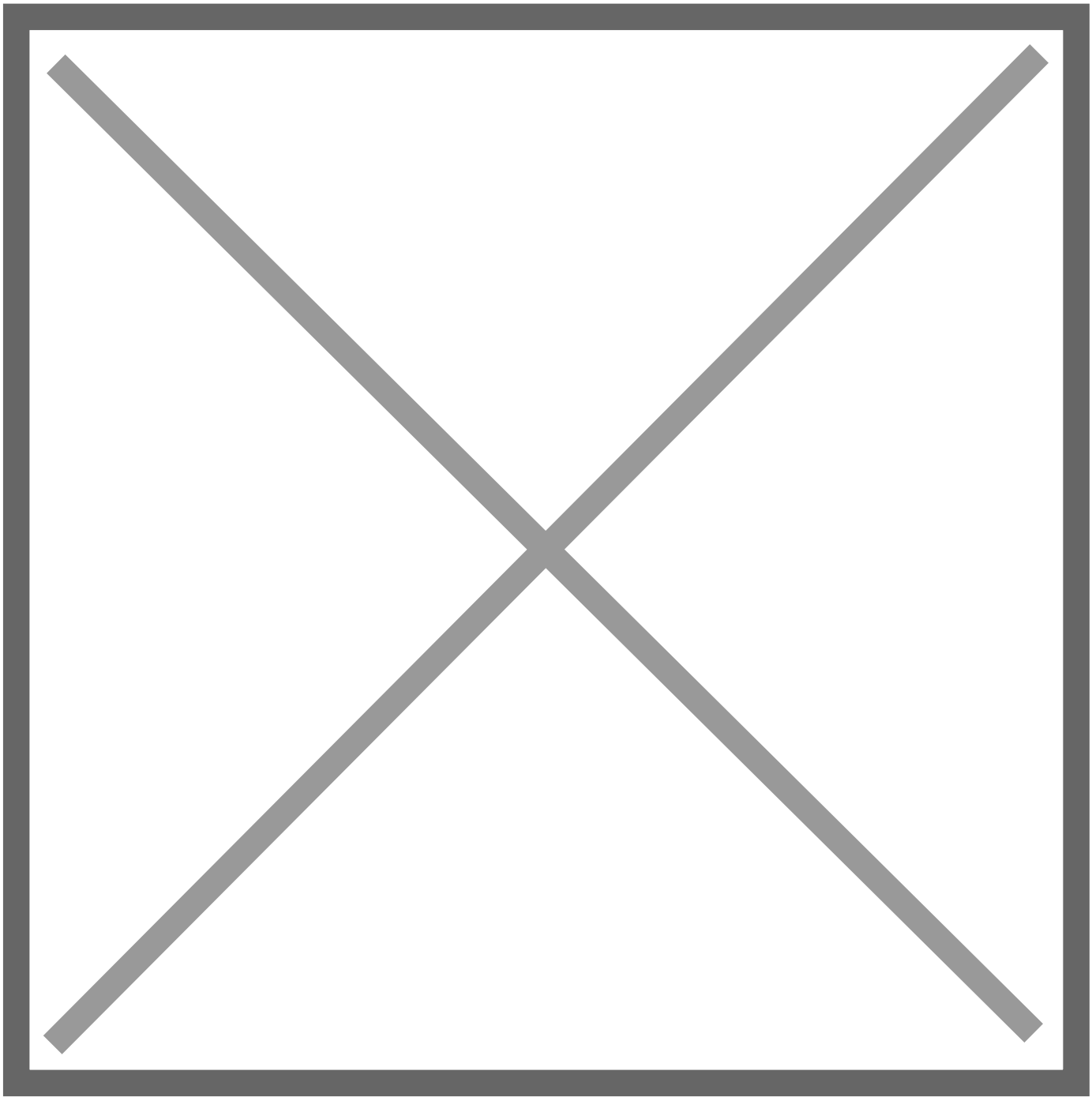
Girls, 2023



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)

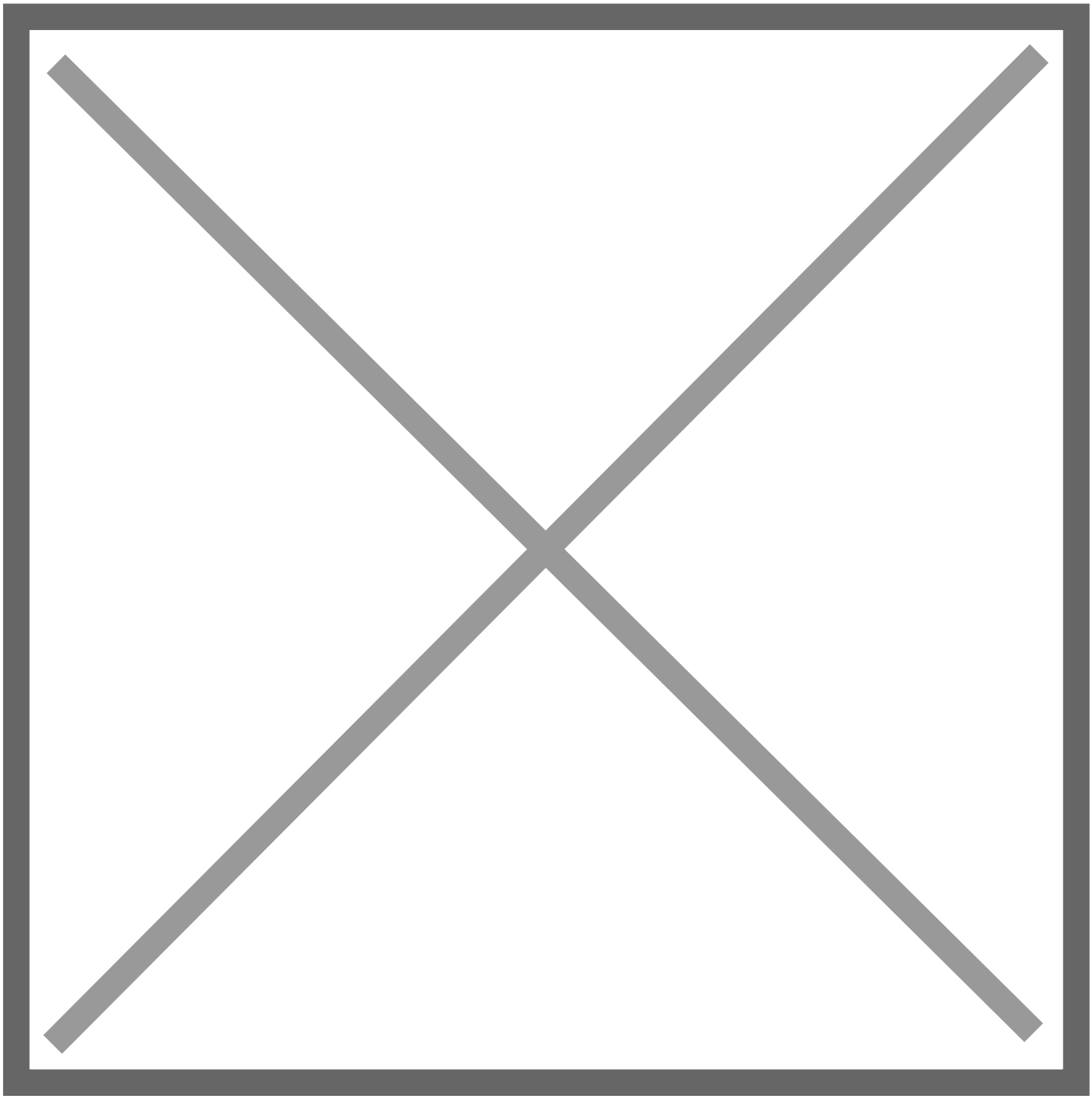
Mental health - anxiety disorders

Children, 2023



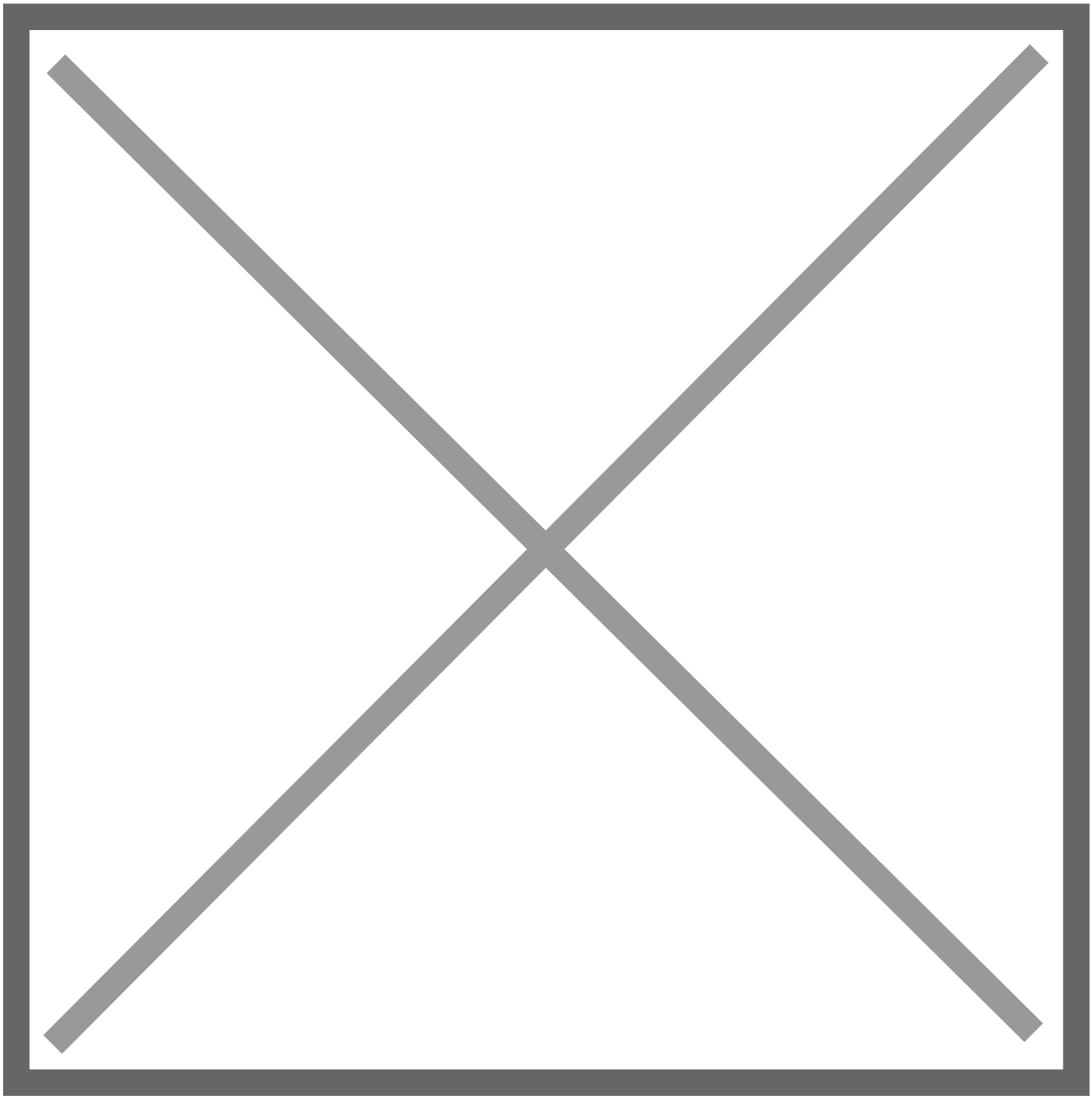
Area covered:	National
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from https://vizhub.healthdata.org/gbd-compare/ [Accessed 17.03.26]
Definitions: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



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)

PDF created on October 12, 2026