



Saint Kitts and Nevis



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/saint-kitts-and-nevis-181/>.

Prevalência de obesidade

Crianças, 2011



Tipo de inquérito:	Autorreportado
Idade:	13-15
Tamanho da amostra:	1740

Área abrangida:	Nacional
Referências:	Global School-based Student Health Survey (GSHS), available at https://www.who.int/ncds/surveillance/gshs/2011_GSHS_FS_Saint_Kitts_Nevis.pdf?ua=1 (last accessed 25.11.20)
Notas:	WHO cutoffs.
Cutoffs:	WHO

Double burden of underweight & overweight

Crianças, 2022



**Tipo de
inquérito:**

Medido

Idade:

5-19

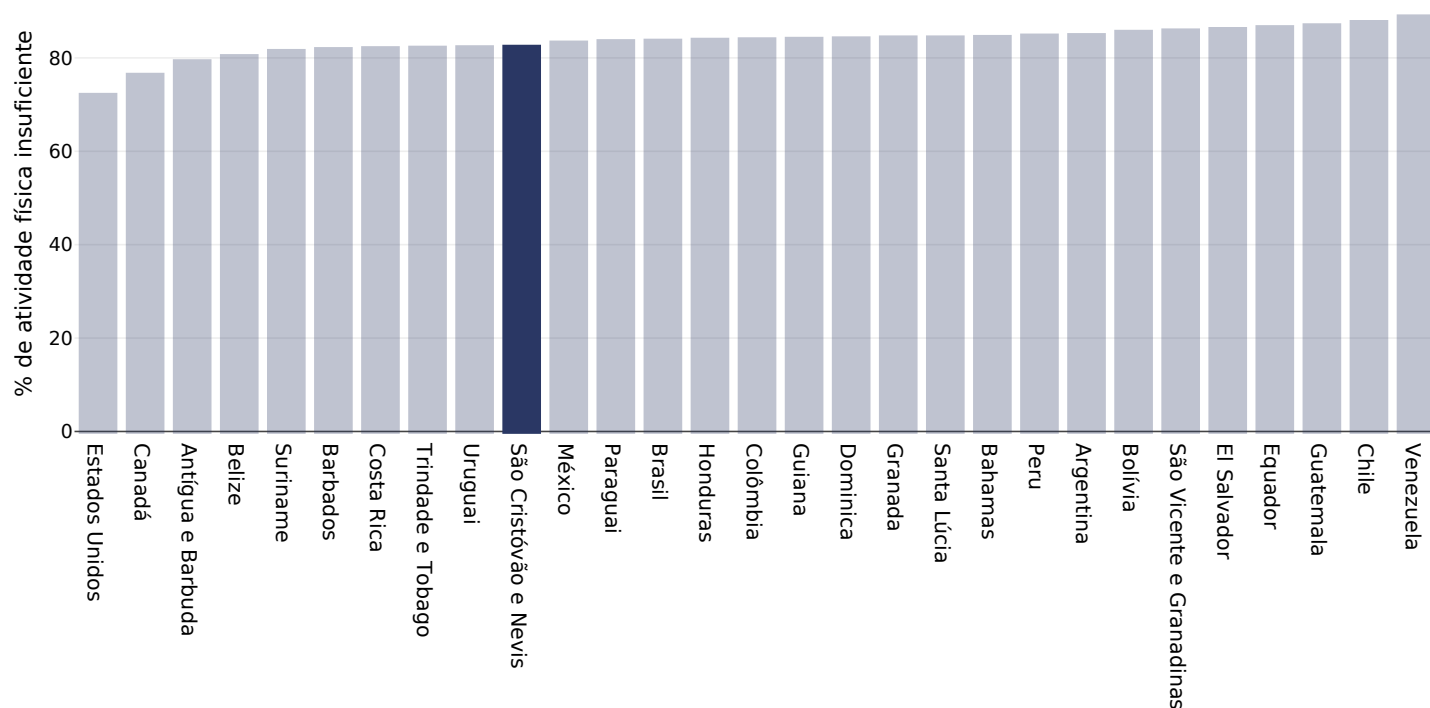
Referências:

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](https://doi.org/10.1016/S0140-6736(23)02750-2).

Notas:	Age standardised estimates
Definições (disponível apenas em inglês):	Combined prevalence of BMI < -2SD and BMI > 2SD (double burden of thinness and obesity)
Cutoffs:	BMI < -2SD and BMI > 2SD

Atividade física insuficiente

Crianças, 2016



Tipo de
inquérito:

Autorreportado

Idade:

11-17

Referências:

Global Health Observatory data repository, World Health Organisation,
<https://apps.who.int/gho/data/node.main.A893ADO?lang=en> (last accessed 16.03.21)

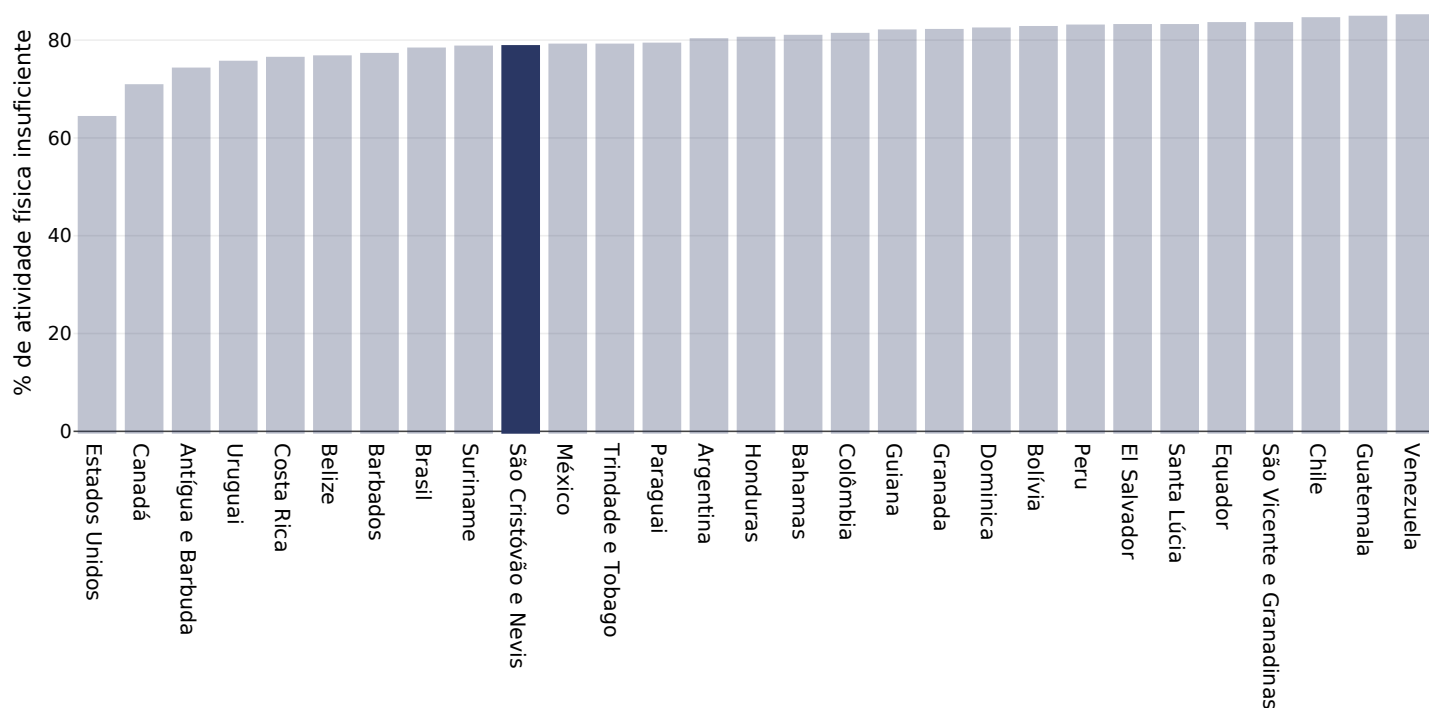
Notas:

% 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.

Definições
(disponível
apenas em
inglês):

% Adolescents insufficiently active (age standardised estimate)

Rapazes, 2016



Tipo de inquérito:

Autorreportado

Idade:

11-17

Referências:

Global Health Observatory data repository, World Health Organisation, <https://apps.who.int/gho/data/node.main.A893ADO?lang=en> (last accessed 16.03.21)

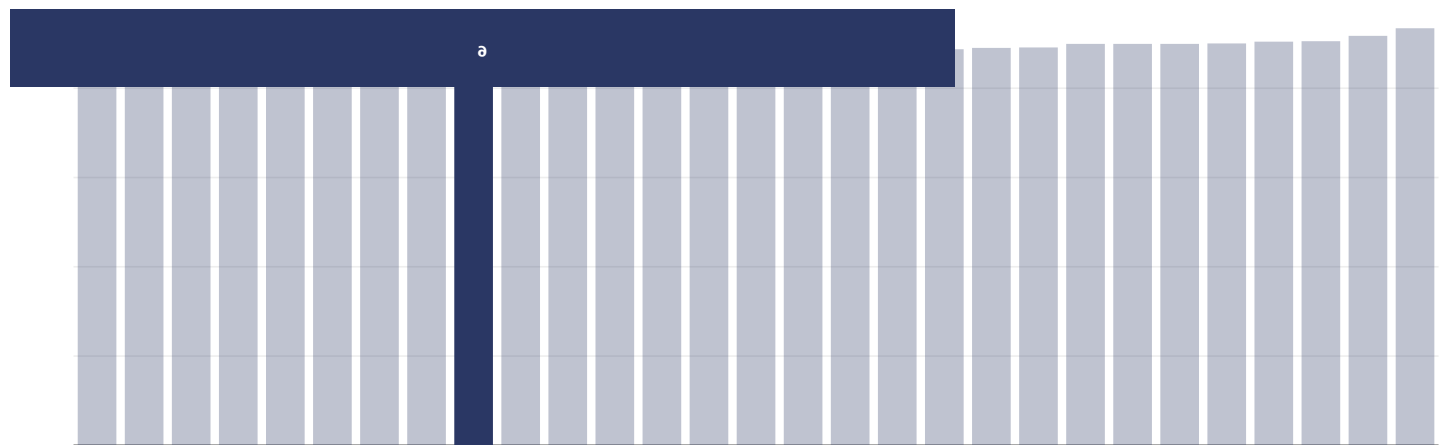
Notas:

% 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.

Definições (disponível apenas em inglês):

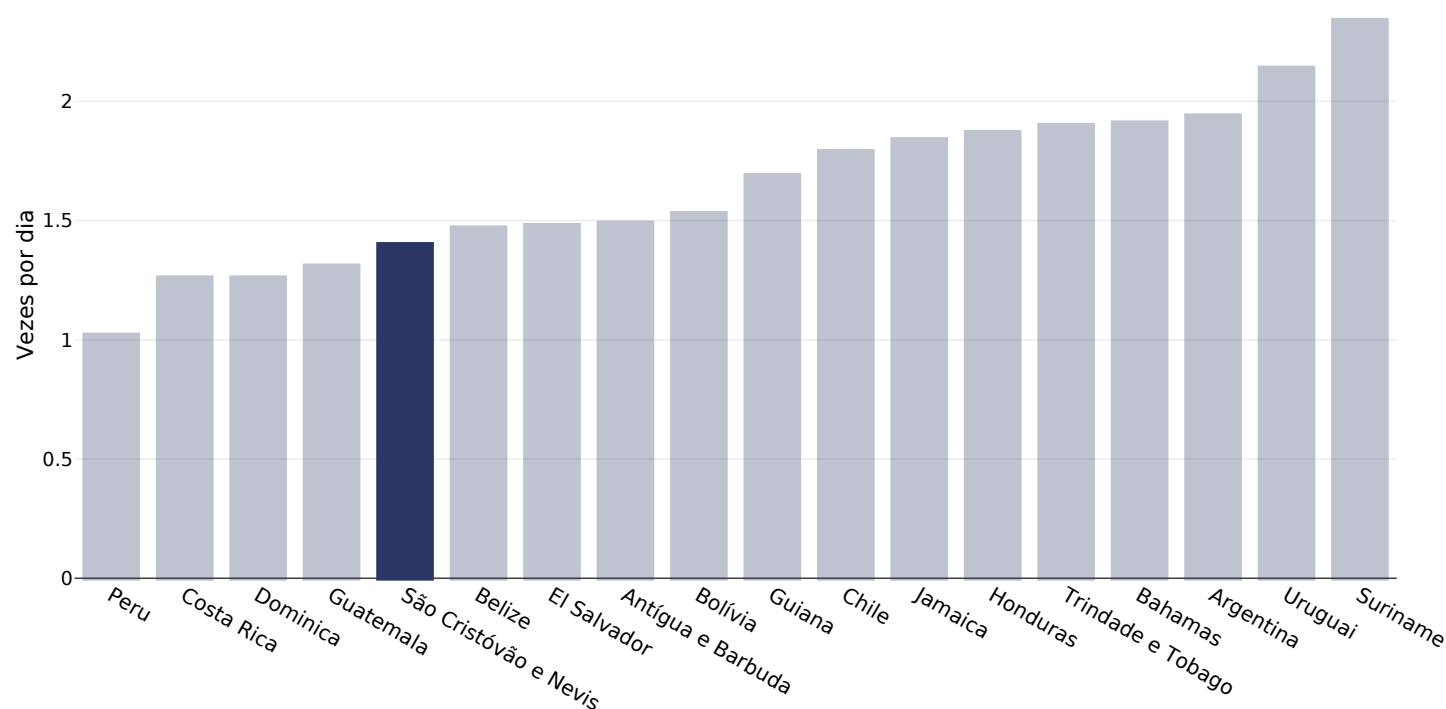
% Adolescents insufficiently active (age standardised estimate)

Raparigas, 2016

[illegible]

Frequência média diária de consumo de refrigerantes

Crianças, 2009-2015



**Tipo de
inquérito:**

Medido

Idade:

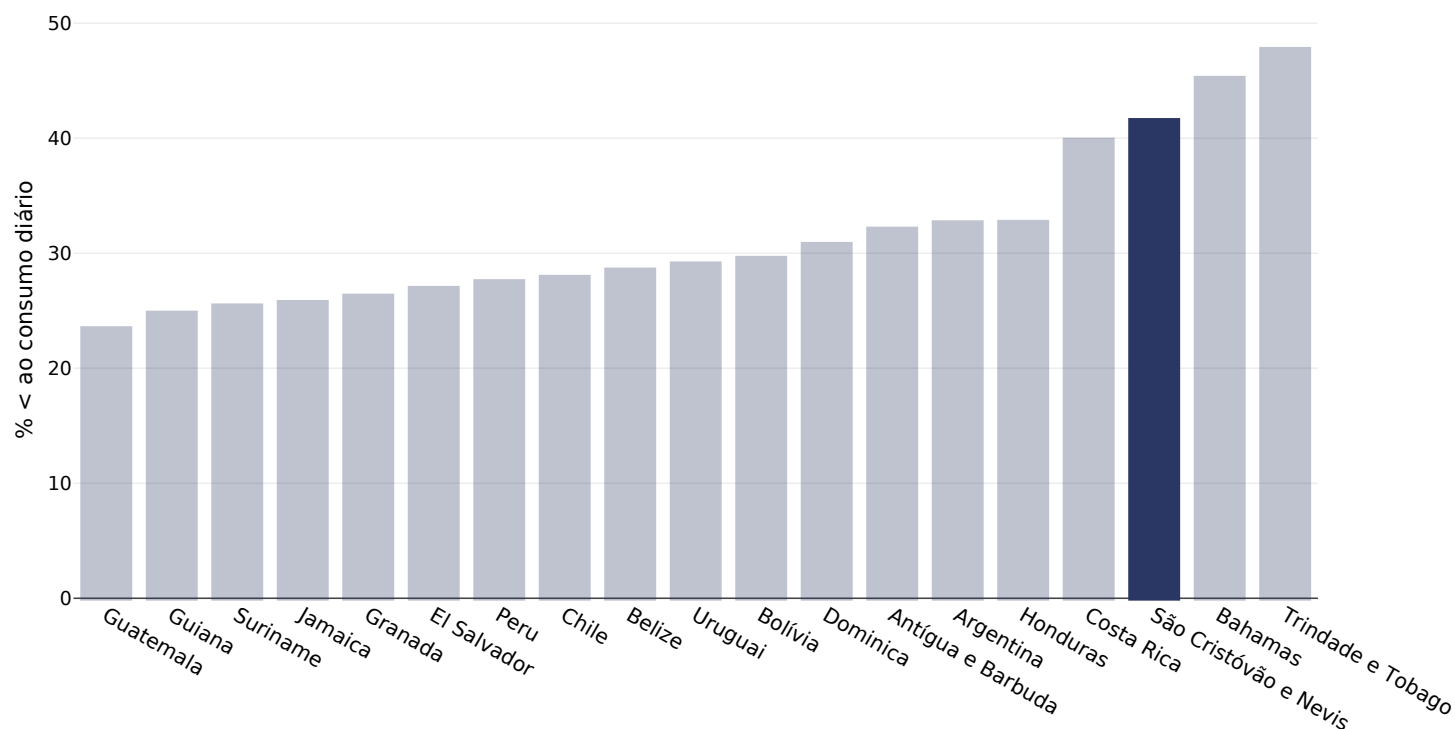
12-17

Referências:

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>

Prevalência inferior ao consumo diário de fruta

Crianças, 2009-2015

Tipo de
inquérito:

Medido

Idade:

12-17

Referências:

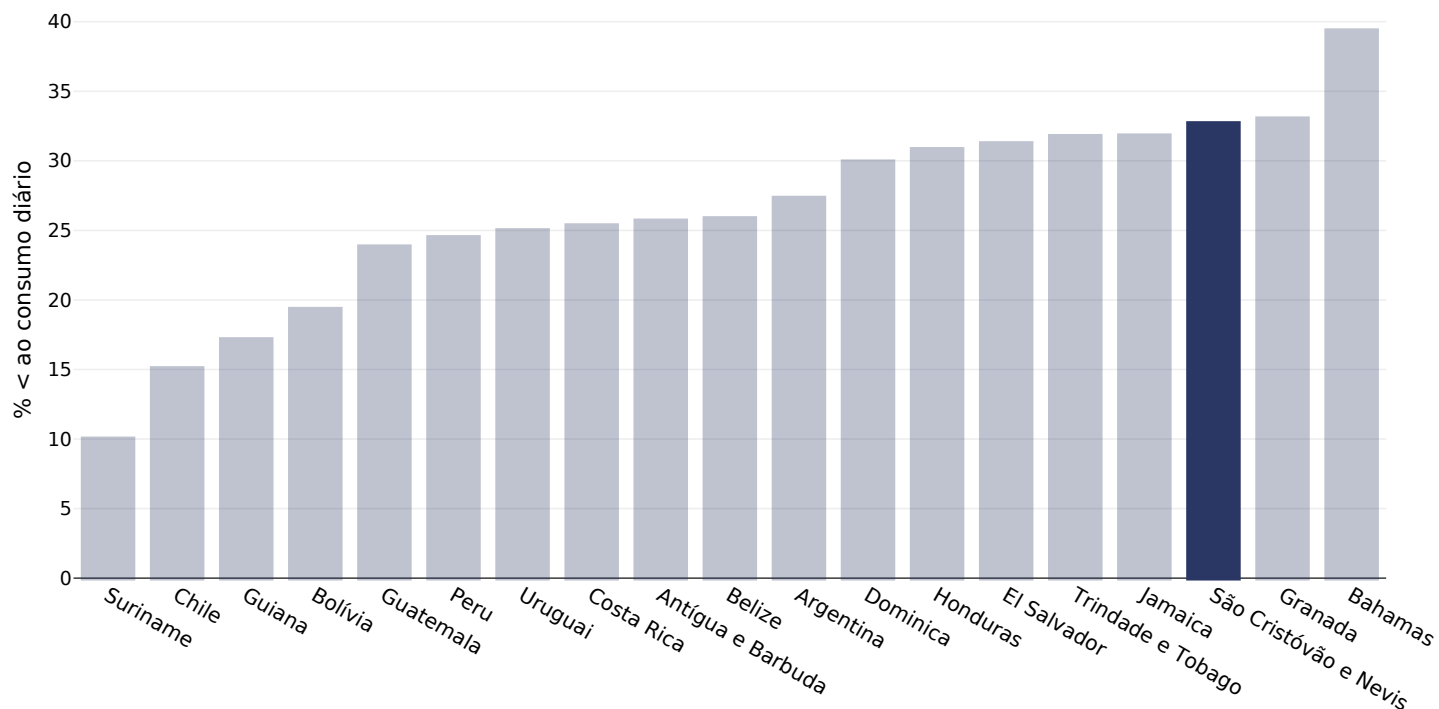
Global School-based Student Health Surveys. Beal et al (2019). Global Patterns of Adolescent Fruit, Vegetable, Carbonated Soft Drink, and Fast-food consumption: A meta-analysis of global school-based student health surveys. Food and Nutrition Bulletin. <https://doi.org/10.1177/0379572119848287>. Sourced from Food Systems Dashboard <http://www.foodsystemsdashboard.org/food-system>

Definições
(disponível
apenas em
inglês):

Prevalence of less-than-daily fruit consumption (% less-than-daily fruit consumption)

Prevalência inferior ao consumo diário de vegetais

Crianças, 2009-2015



**Tipo de
inquérito:**

Medido

Idade:

12-17

Referências:

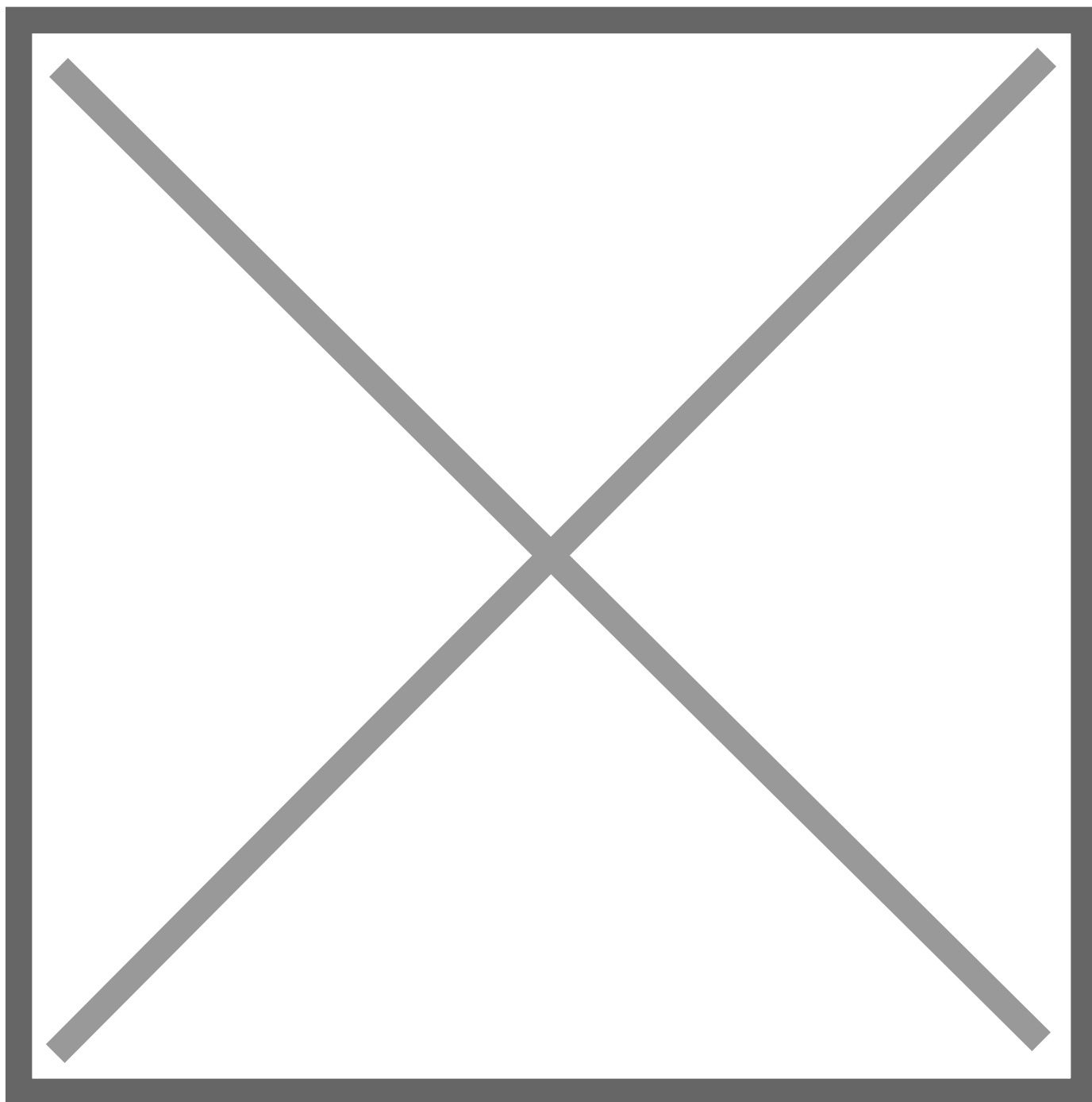
Beal et al. (2019). Global Patterns of Adolescent Fruit, Vegetable, Carbonated Soft Drink, and Fast-food consumption: A meta-analysis of global school-based student health surveys. Food and Nutrition Bulletin. <https://doi.org/10.1177/0379572119848287> sourced from Food Systems Dashboard <http://www.foodsystemsdashboard.org/food-system>

**Definições
(disponível
apenas em
inglês):**

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

Frequência semanal média de consumo de comida rápida

Crianças, 2009-2015



Idade:

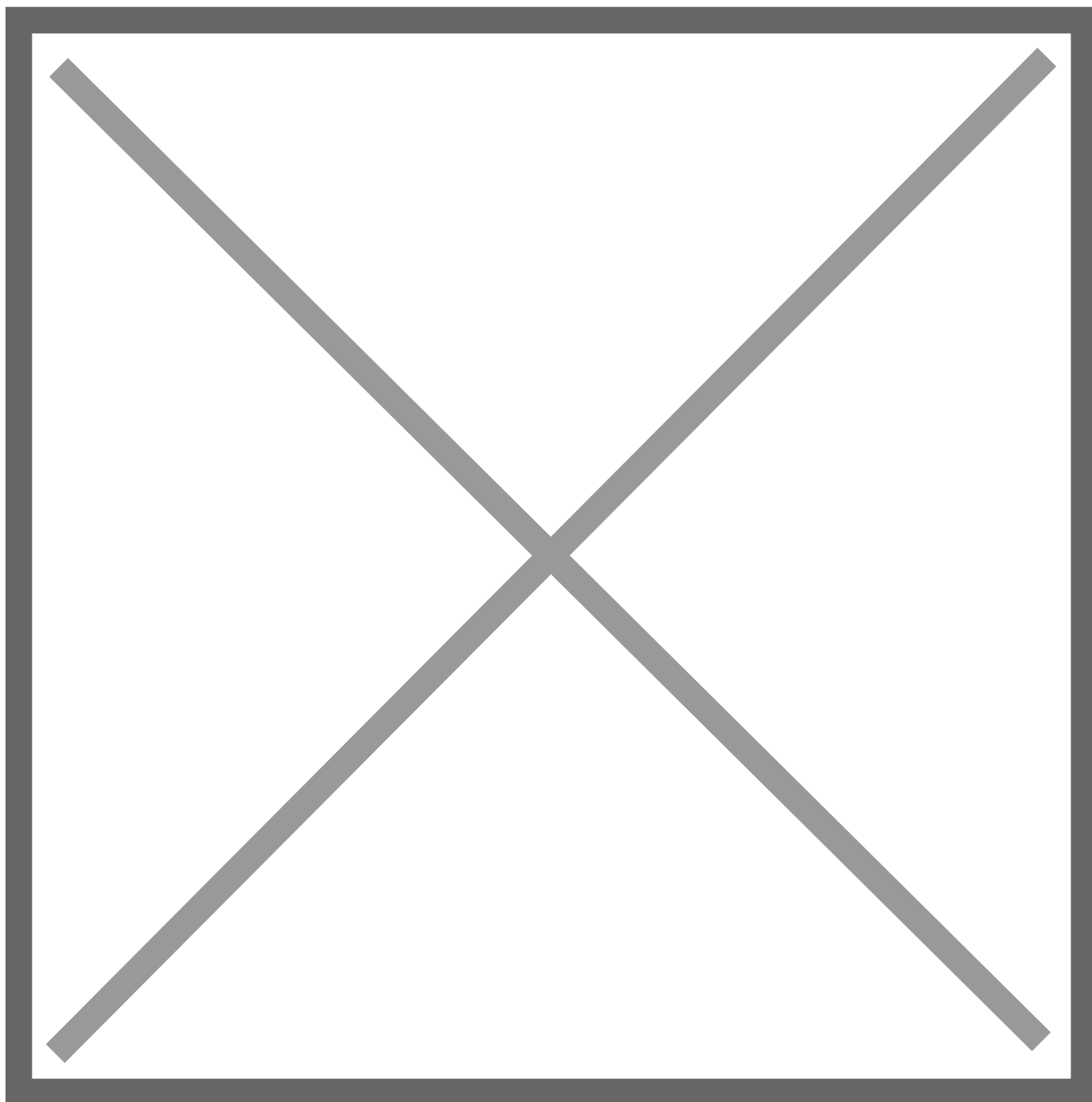
12-17

Referências:

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>

Saúde mental - transtornos depressivos

Crianças, 2021



Área
abrangida:

Nacional

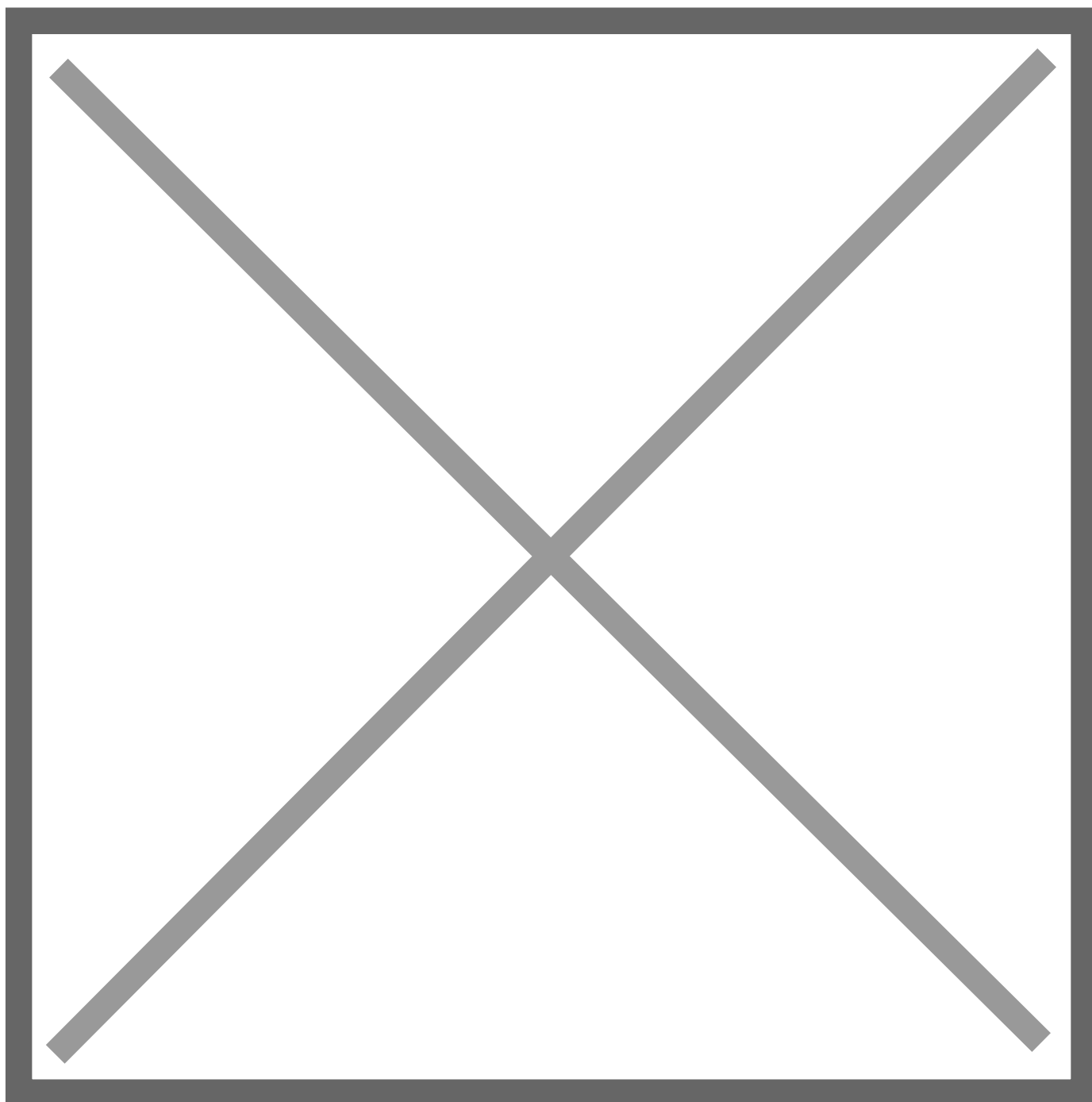
Referências:

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)

Definições
(disponíveis
apenas em
inglês):

Number living with depressive disorder per 100,000 population (Under 20 years of age)

Rapazes, 2021



Área
abrangida:

Nacional

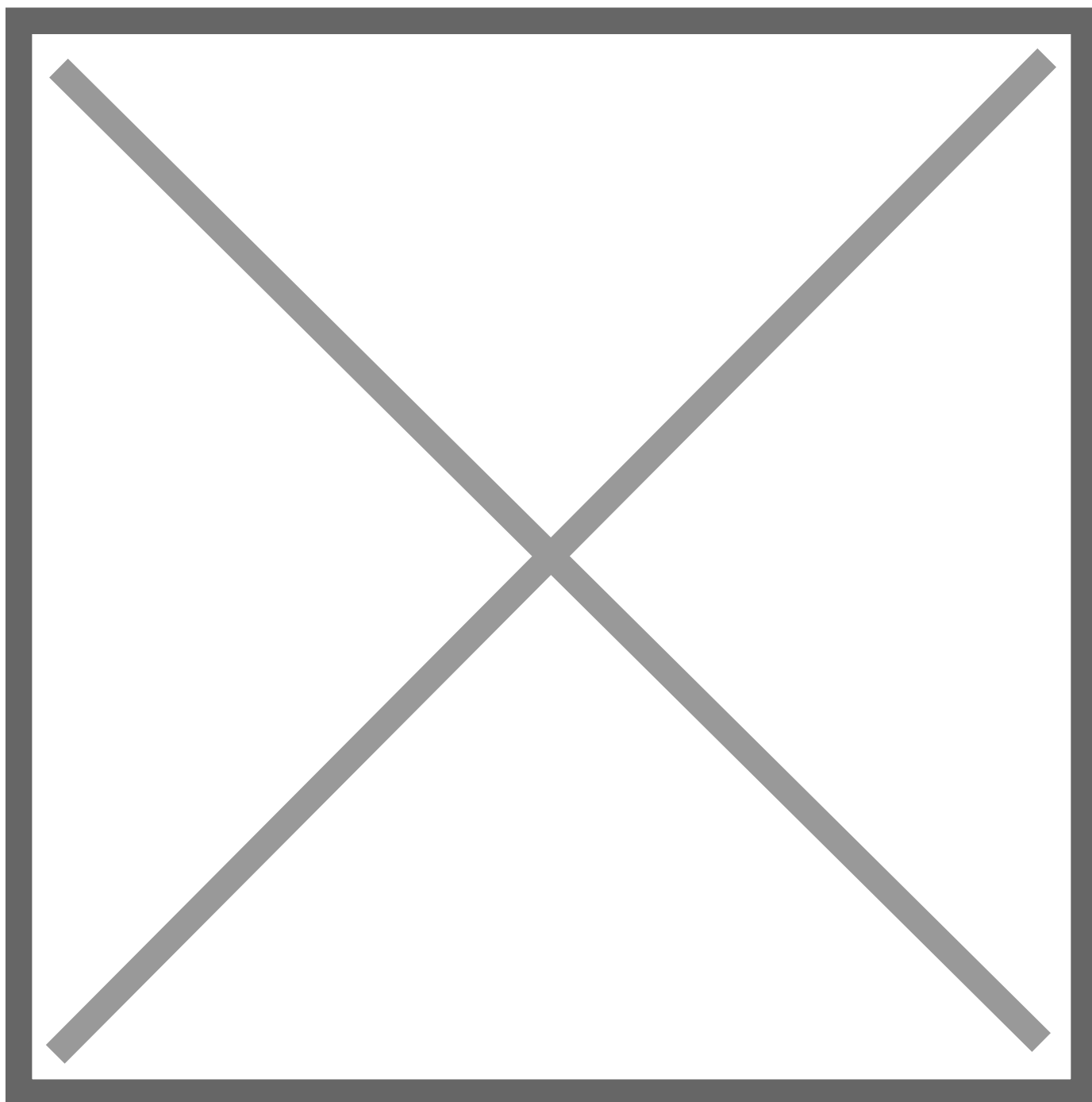
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(disponíveis
apenas em
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Raparigas, 2021



Área
abrangida:

Nacional

Referências:

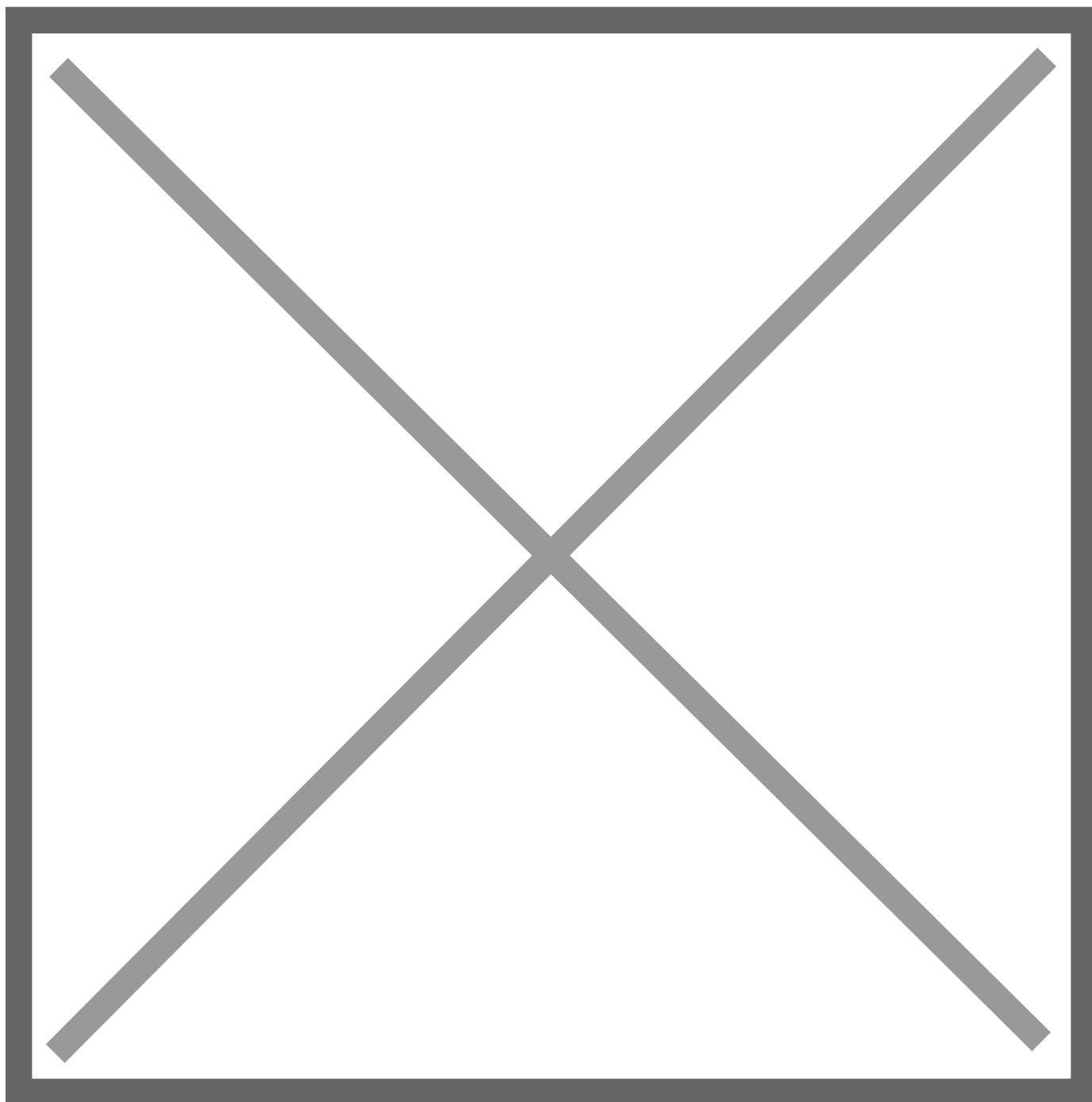
Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

Definições
(disponíveis
apenas em
inglês):

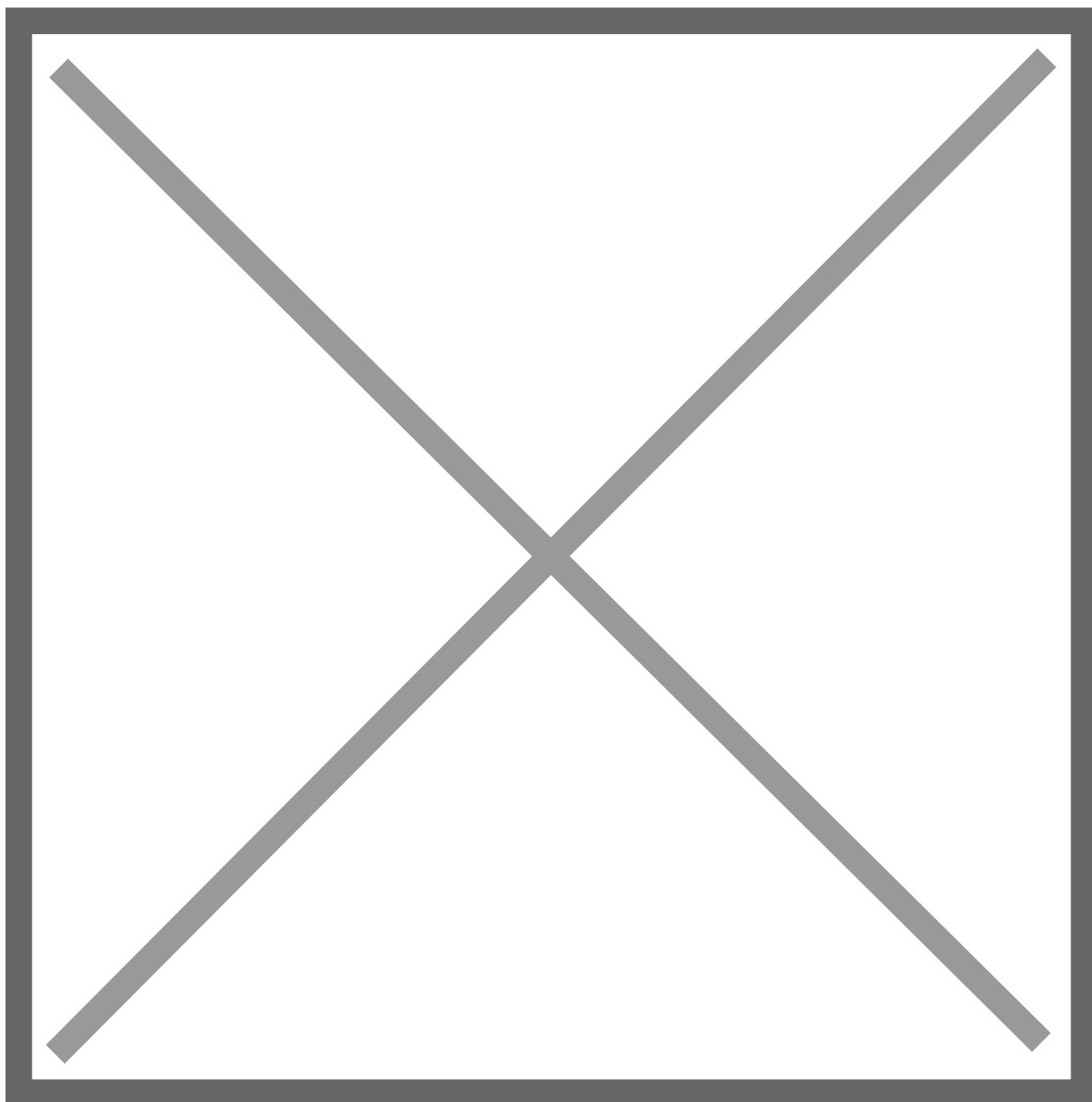
Number living with depressive disorder per 100,000 population (Under 20 years of age)

Saúde mental - transtornos de ansiedade

Crianças, 2021

**Referências:**

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)

Rapazes, 2021**Referências:**

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)

Raparigas, 2021



Referências:

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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