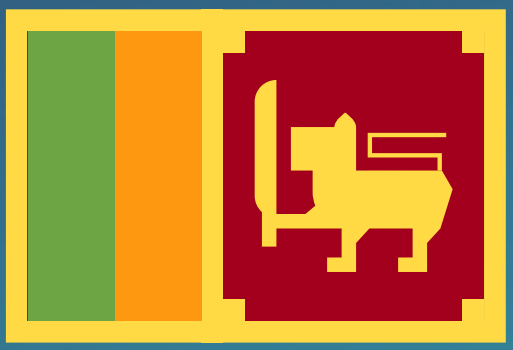
Шри Ланка



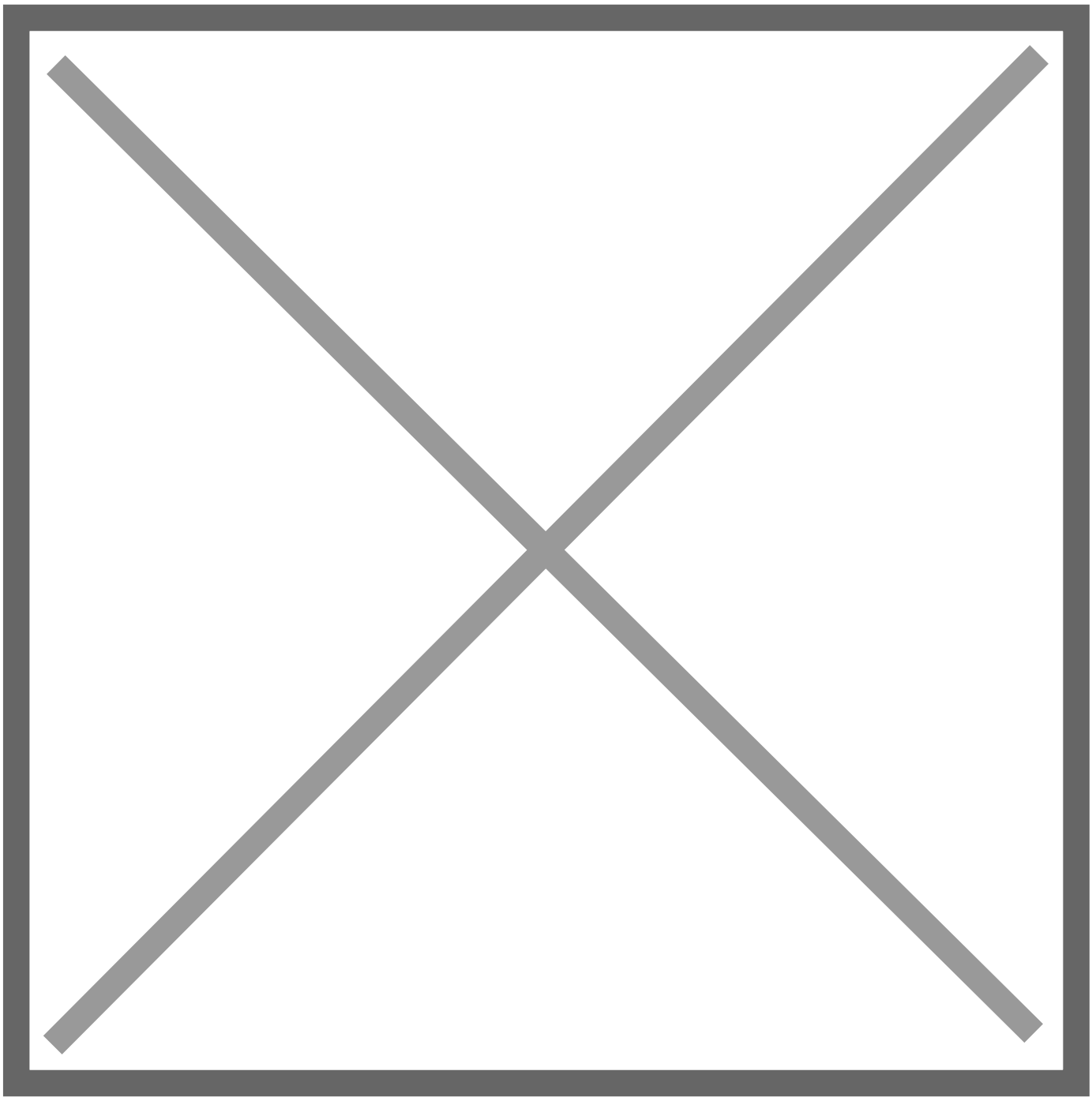
Country report card - children

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/sri-lanka-200/.

Ð Ð°Ð·Ð¿Ñ Ð¾Ñ Ñ Ð°Ð½ÐµÐ½Ð¸Ð¸ Ð½Ð° Ð·Ð°Ñ Ñ Ñ Ñ Ð²Ð°Ð½Ñ Ð¾

Ð Ðµ Ñ Ð°, 2024

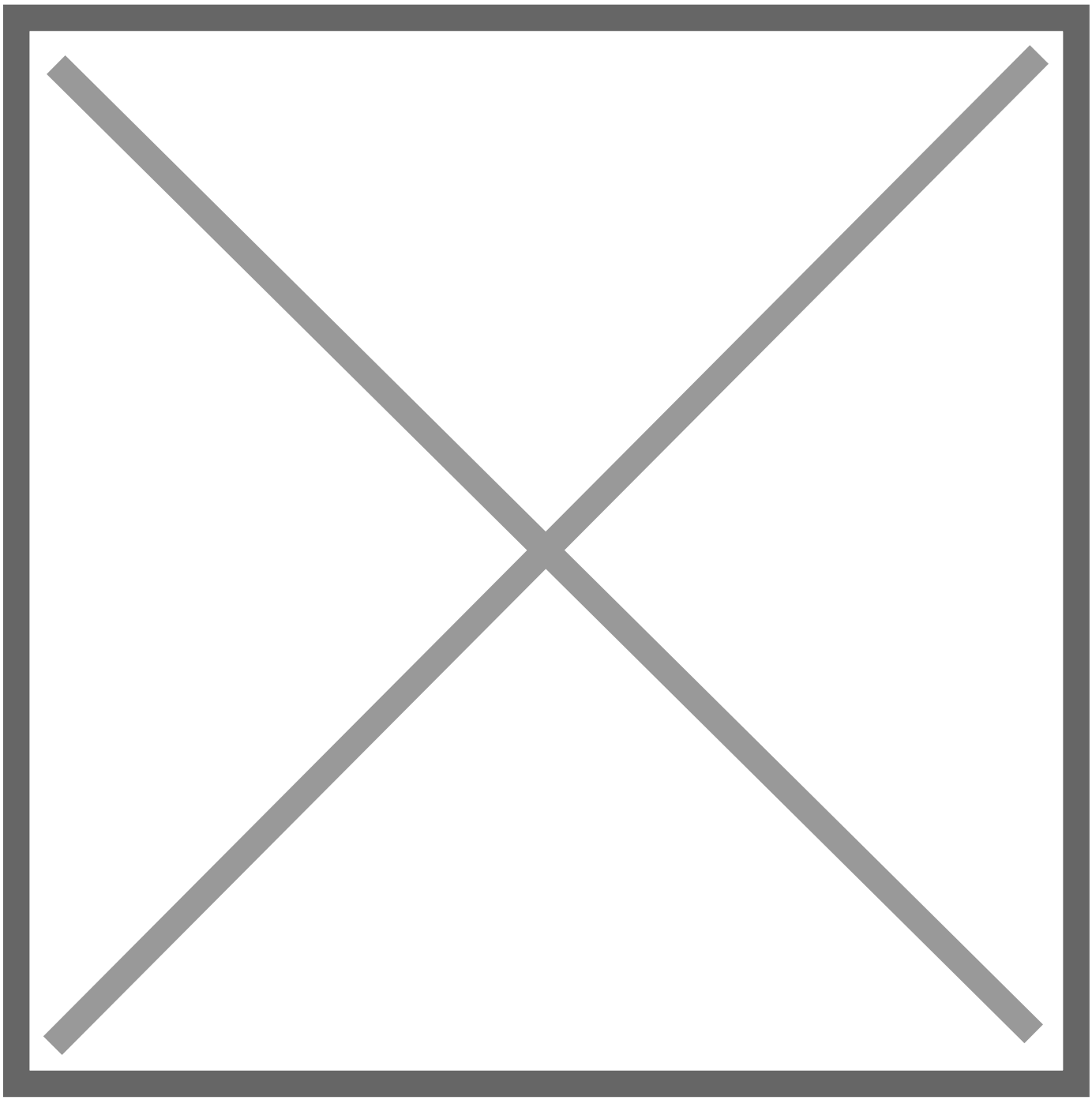


Ð¢Ð¸Ð¿ Ð°Ð½ÐºÐµÑ Ð°:	Ð¡Ð°Ð¼Ð¾Ð¾Ñ Ñ Ð¸Ñ Ð°Ð½Ðµ
Ð Ñ Ð·Ñ Ð°Ñ Ñ :	13-17

Đ Đ¾Đ»Đ¸Ñ Đ¼Ñ Ñ Đ²Đ¾ Đ½Đ° Đ¿Ñ Đ¾Đ±Đ¸Ñ Đ¼:	2912
Đ Đ±Ñ Đ²Đ°Đ½Đ°Ñ Đ° Đ·Đ¾Đ½Đ°:	Đ Đ°Ñ Đ¸Đ¾Đ½Đ°Đ»Đ½Đ¾
Đ ĐµÑ ĐµÑ Đ½Đ½Ñ Đ¸Đ¸:	Global School-based Student Health Survey, Sri Lanka 2024 Fact Sheet. Available at: https://www.who.int/publications/m/item/2024-gshs-fact-sheet-sri-lanka (Accessed: 12.06.25)
Cutoffs:	WHO 2007

Đ Đ°Đ´Đ½Đ¾Ñ Đ¼ĐµĐ½Đ¾ Ñ ĐµĐ³Đ»Đ¾/Đ·Đ°Ñ Đ»Ñ Ñ Ñ Ñ Đ²Đ°Đ½Đµ Đ¿Đ¾ Đ¾Đ±Ñ Đ°Đ·Đ¾Đ²Đ°Đ½Đ¸Đµ

Đ ĐµÑ Đ°, 2017



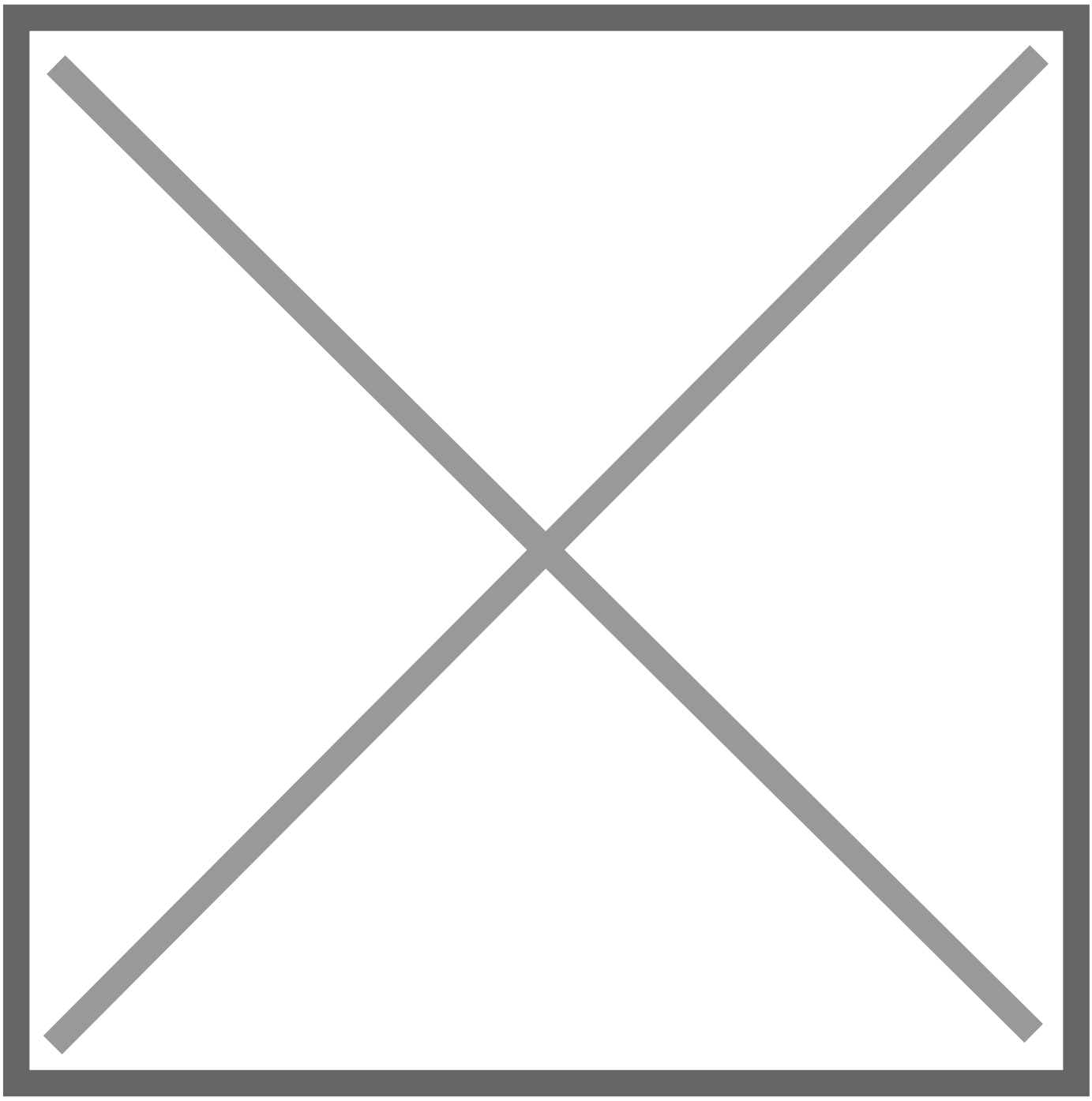
Đ¢Đ¸Đ¿ Đ°Đ½ĐºĐµÑ Đ°:

Đ Đ·Đ¼ĐµÑ ĐµĐ½Đ¾

Đ Ñ Đ·Ñ Đ°Ñ Ñ :	6-12
Đ Đ¾Đ»Đ¸Ñ Đ µÑ Ñ Đ²Đ¾ Đ½Đ° Đ¿Ñ Đ¾Đ±Đ¸Ñ Đµ:	8405
Đ Đ±Ñ Đ²Đ°Đ½Đ°Ñ Đ° Đ·Đ¾Đ½Đ°:	Đ Đ°Ñ Đ¸Đ¾Đ½Đ°Đ»Đ½Đ¾
Đ Đ µÑ Đ½Đ¸Ñ Đ µ Đ¸Đ½Đ¸Đ¾Đ½Đ¸:	2017 Nutritional Status, Dietary Practices and Pattern of Physical Activity Among School Children Aged 6-12 Years https://www.mri.gov.lk/assets/Nutrition/2017-NUTRITIONAL-STATUS-DIETARY-PRACTICES-AND-PATTERN-OF-PHYSICAL-ACTIVITY-A....pdf (accessed 29.09.23)
Cutoffs:	WHO 2007

Đ Đ°Đ´Đ½Đ¾Ñ Đ¼ĐµĐ½Đ¾ Ñ ĐµĐ³Đ»Đ¾/Đ·Đ°Ñ Đ»Ñ Ñ Ñ Ñ Đ²Đ°Đ½Đµ Đ¿Đ¾ Đ²Ñ Đ·Ñ Đ°Ñ Ñ

Đ ĐµÑ Đ°, 2024



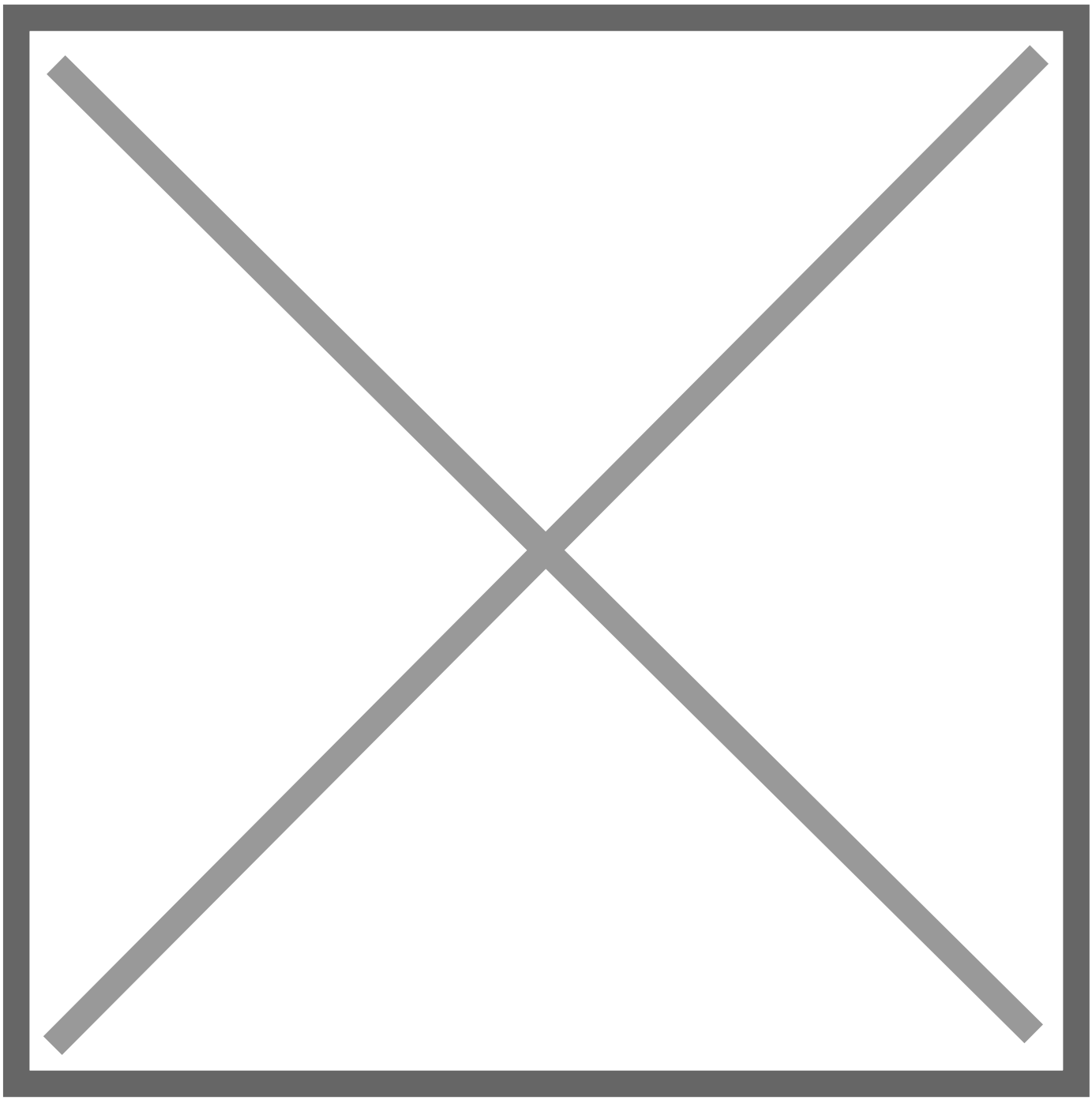
Đ¢Đ¸Đ¿ Đ°Đ½ĐºĐµÑ Đ°:

Đ¡Đ°Đ¼Đ¾Ñ Ñ Đ¸Ñ Đ°Đ½Đµ

Đ Đ¾Đ»Đ¸Ñ Đ¼Ñ Ñ Đ²Đ¾ Đ½Đ° Đ¿Ñ Đ¾Đ±Đ¸Ñ Đ¼:	2912
Đ Đ±Ñ Đ²Đ°Đ½Đ°Ñ Đ° Đ·Đ¾Đ½Đ°:	Đ Đ°Ñ Đ¸Đ¾Đ½Đ°Đ»Đ½Đ¾
Đ ĐµÑ ĐµÑ Đ¼Đ½Ñ Đ¸Đ¸:	Global School-based Student Health Survey Sri Lanka 2024. Family Health Bureau of the Ministry of Health and Mass Media & Ministry of Education, Higher Education and Vocational Education. WHO: Sri Lanka.
Cutoffs:	WHO 2007

Đ Đ°Đ´Đ½Đ¾Ñ Đ¼ĐµĐ½Đ¾ Ñ ĐµĐ³Đ»Đ¾/Đ·Đ°Ñ Đ»Ñ Ñ Ñ Ñ Đ²Đ°Đ½Đµ Đ¿Đ¾ Ñ ĐµĐ³Đ¸Đ¾Đ½

Đ ĐµÑ Đ°, 2017

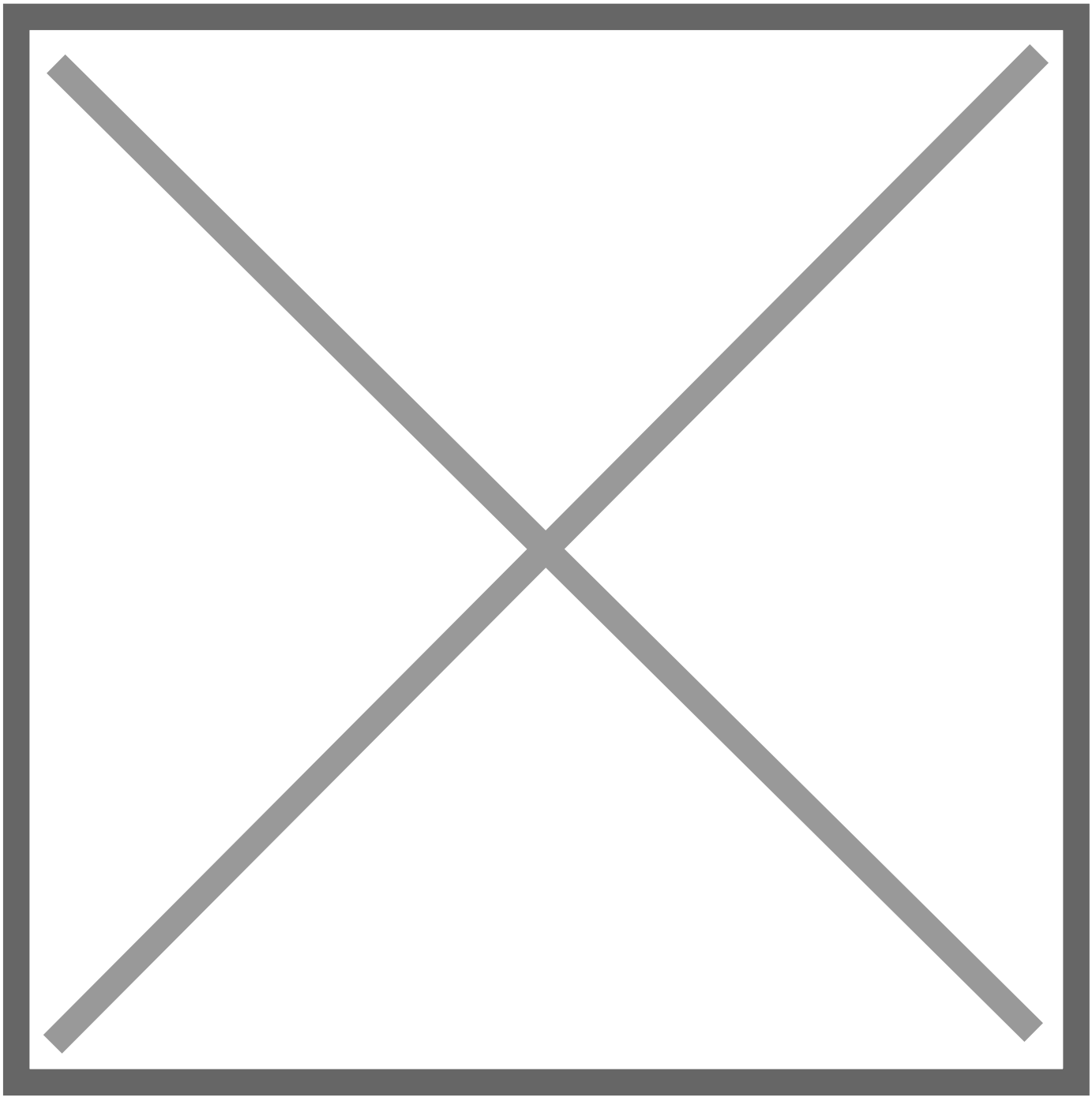


Đ¢Đ¸Đ¿ Đ°Đ½ĐºĐµÑ Đ°:	Đ Đ·Đ¼ĐµÑ ĐµĐ½Đ¾
Đ Ñ Đ·Ñ Đ°Ñ Ñ :	10-18

Đ Đ¾Đ»Đ¸Ñ ĐµÑ Ñ Đ²Đ¾ Đ½Đ° Đ¿Ñ Đ¾Đ±Đ¸Ñ Đµ:	2570
Đ Đ±Ñ Đ²Đ°Đ½Đ°Ñ Đ° Đ·Đ¾Đ½Đ°:	Đ Đ°Ñ Đ¸Đ¾Đ½Đ°Đ»Đ½Đ¾
Đ ĐµÑ ĐµÑ ĐµĐ½Ñ Đ¸Đ¸:	Jayatissa R, Fervando D.N, Perera A, De Alwis N, National Nutrition and Micronutrient Survey among school adolescents aged 10-18 years in Sri Lanka 2017. Medical research Institute, Ministry of Health, Colombo 2019
Đ Đ¿Ñ ĐµĐ´ĐµĐ»ĐµĐ½Đ¸Ñ :	BMI-for-age-sex between 1 SD and 2SD as overweight and BMI-for-age-sex >2SD as obesity.
Cutoffs:	WHO

Double burden of underweight & obesity

Đ Đ¼Ñ Đ°, 2022

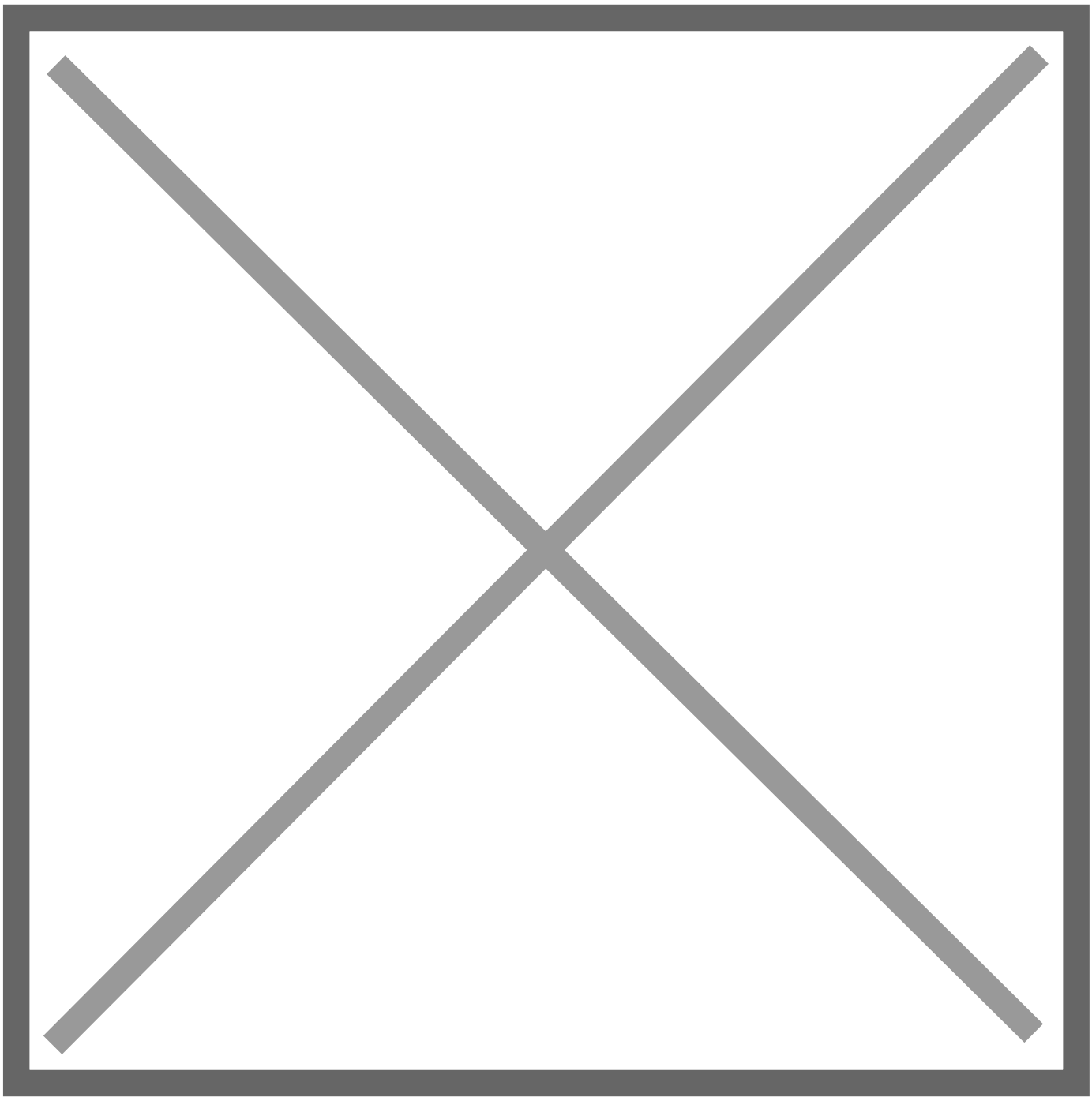


Đ¢Đ¸Đ¿ Đ°Đ½ĐºĐµÑ Đ°:	Đ Đ·Đ¼ĐµÑ ĐµĐ½Đ¾
Đ Ñ Đ·Ñ Đ°Ñ Ñ :	5-19

Ð ÐµÑ ÐµÑ ÐµÐ½Ñ Ð¸Ð¸:	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.
Ð Ð°Ð±ÐµÐ»ÐµÐ¶ÐºÐ¸:	Age standardised estimates
Ð Ð¿Ñ ÐµÐ´ÐµÐ»Ð½Ð¸Ñ :	Combined prevalence of BMI < -2SD and BMI > 2SD (double burden of thinness and obesity)
Cutoffs:	BMI < -2SD and BMI > 2SD

Đ Đ¼Đ´Đ¾Ñ Ñ Đ°Ñ Ñ Ñ Đ½Đ° Ñ Đ¸Đ·Đ¸Ñ ĐµÑ ĐºĐ° Đ°ĐºÑ Đ¸Đ²Đ½Đ¾Ñ Ñ

Đ ĐµÑ Đ°, 2025

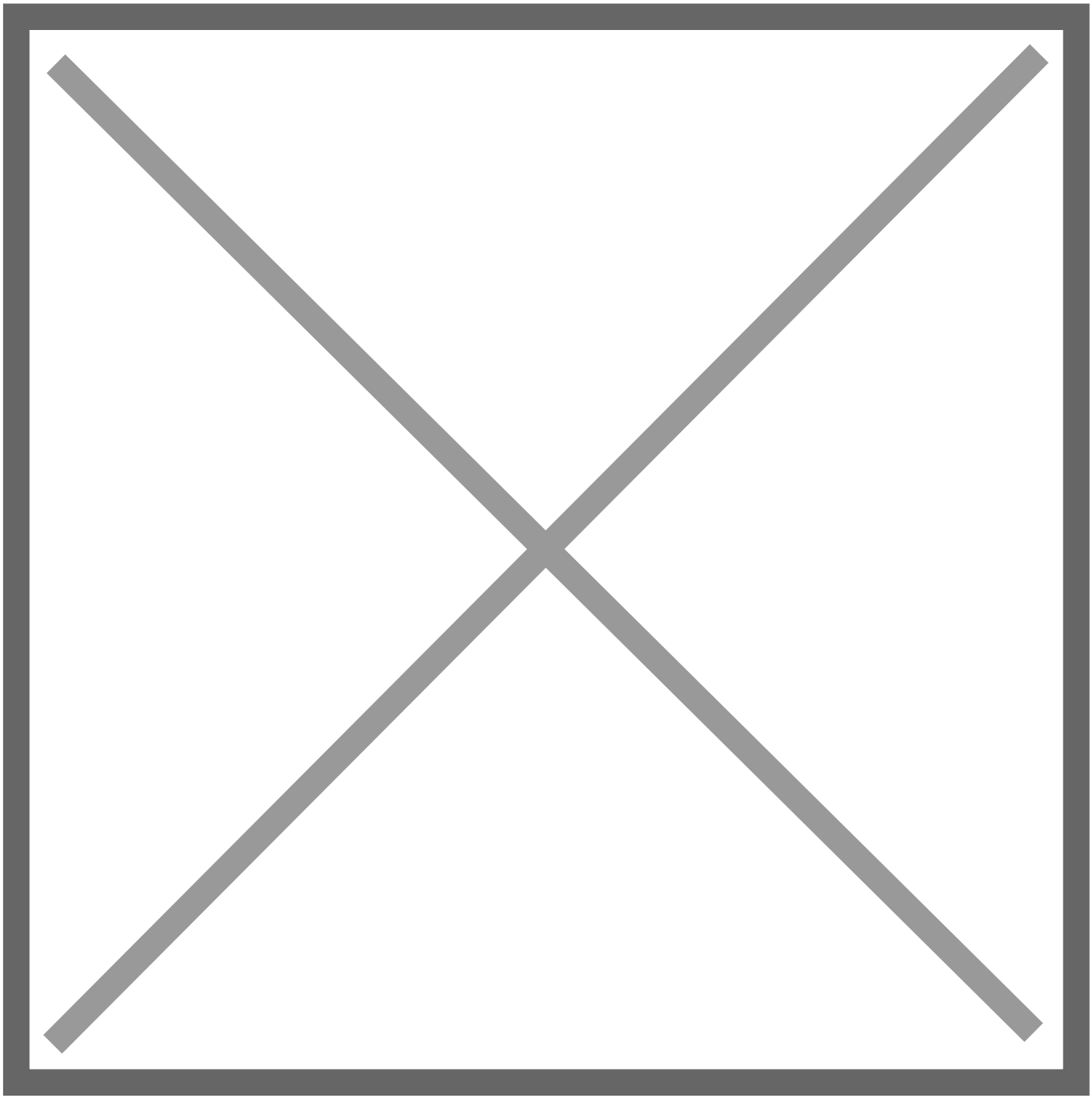


Đ¢Đ¸Đ¿ Đ°Đ½ĐºĐµÑ Đ°:

Đ¡Đ°Đ¼Đ¾Ñ Ñ Đ¸Ñ Đ°Đ½Đµ

Đ Ñ Đ·Ñ Đ°Ñ Ñ :	11-17
Đ Đ±Ñ Đ²Đ°Đ½Đ°Ñ Đ° Đ·Đ¾Đ½Đ°:	Đ Đ°Ñ Đ¸Đ¾Đ½Đ°Đ»Đ½Đ¾
Đ ĐµÑ ĐµÑ ĐµĐ½Ñ Đ¸Đ¸:	World Health Organization. (2026). Physical activity among adolescents, no active days in the past week, prevalence (%). Global Health Observatory. Available at: https://www.who.int/data/gho/data/indicators/indicator-details/GHO/gho-physical-activity-among-adolescents-no-active-days-in-the-past-week-prevalence [Accessed 06.11.26]
Đ Đ°Đ±ĐµĐ»ĐµĐ¶ĐºĐ¸:	An active day is a day on which an adolescent reports at least 60 minutes of moderate-to-vigorous physical activity (MVPA).
Đ Đ¿Ñ ĐµĐ´ĐµĐ»ĐµĐ½Đ¸Ñ :	Percentage of adolescents aged 11–17 years who reported no active day in the past 7 days (0 active days per week).

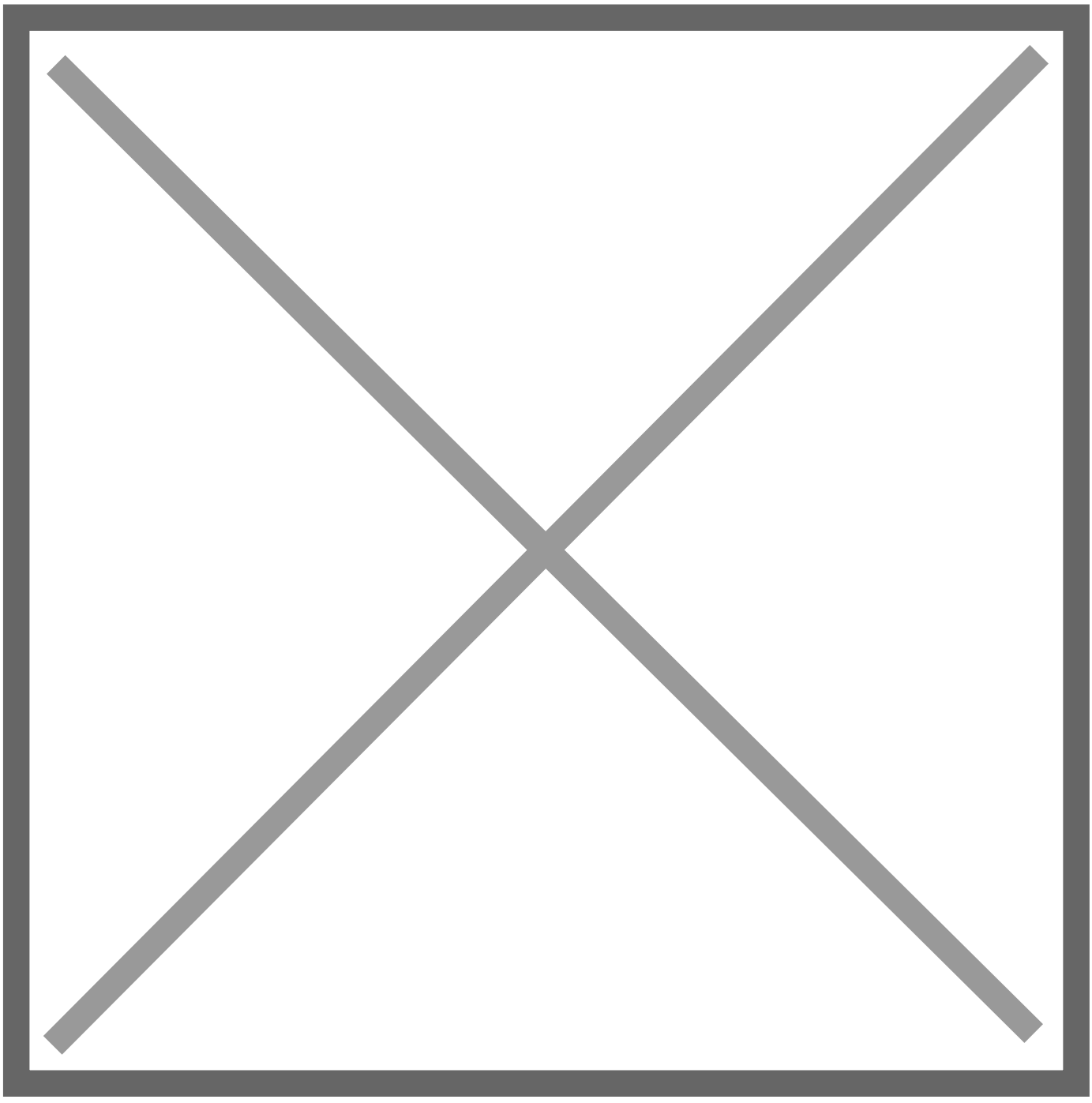
Đ Đ¾Đ¼Ñ ĐµÑ Đ°, 2025



Đ¢Đ¸Đ¿ Đ°Đ½ĐºĐµÑ Đ°:	Đ¡Đ°Đ¼Đ¾Ñ Ñ Đ¸Ñ Đ°Đ½Đµ
Đ Ñ Đ·Ñ Đ°Ñ Ñ :	11-17
Đ Đ±Ñ Đ²Đ°Đ½Đ°Ñ Đ° Đ·Đ¾Đ½Đ°:	Đ Đ°Ñ Đ¸Đ¾Đ½Đ°Đ»Đ½Đ¾

Ð ÐµÑ ÐµÑ ÐµÐ½Ñ Ð¸Ð¸:	World Health Organization. (2026). Physical activity among adolescents, no active days in the past week, prevalence (%). Global Health Observatory. Available at: https://www.who.int/data/gho/data/indicators/indicator-details/GHO/gho-physical-activity-among-adolescents-no-active-days-in-the-past-week-prevalence [Accessed 06.11.26]
Ð Ð°Ð±ÐµÐ»ÐµÐºÐ¸:	An active day is a day on which an adolescent reports at least 60 minutes of moderate-to-vigorous physical activity (MVPA).
Ð Ð¿Ñ ÐµÐ´ÐµÐ»Ð½Ð¸Ñ :	Percentage of adolescents aged 11–17 years who reported no active day in the past 7 days (0 active days per week).

Đ Đ¾Đ¼Đ¸Ñ ĐµÑ Đ°, 2025



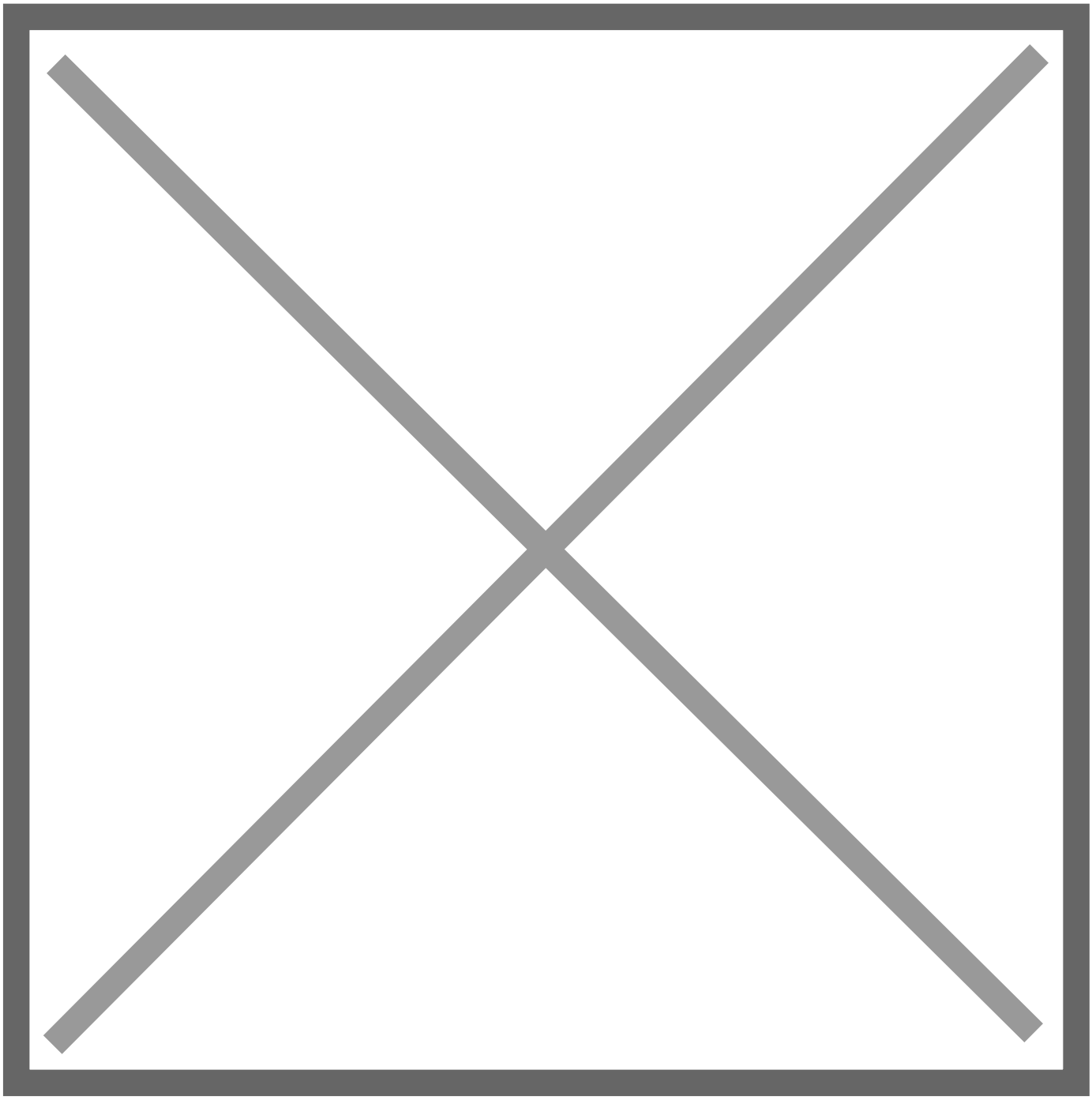
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Đ Ñ Đ·Ñ Đ°Ñ Ñ :	11-17
Đ Đ±Ñ Đ²Đ°Đ½Đ°Ñ Đ° Đ·Đ¾Đ½Đ°:	Đ Đ°Ñ Đ¸Đ¾Đ½Đ°Đ»Đ½Đ¾

Ð ÐµÑ ÐµÑ ÐµÐ½Ñ Ð¸Ð¸:	World Health Organization. (2026). Physical activity among adolescents, no active days in the past week, prevalence (%). Global Health Observatory. Available at: https://www.who.int/data/gho/data/indicators/indicator-details/GHO/gho-physical-activity-among-adolescents-no-active-days-in-the-past-week-prevalence [Accessed 06.11.26]
Ð Ð°Ð±ÐµÐ»ÐµÐºÐ¸:	An active day is a day on which an adolescent reports at least 60 minutes of moderate-to-vigorous physical activity (MVPA).
Ð Ð¿Ñ ÐµÐ´ÐµÐ»Ð¸Ñ :	Percentage of adolescents aged 11–17 years who reported no active day in the past 7 days (0 active days per week).

Đ Ñ ĐµĐ¾Đ±Đ»Đ°Đ´Đ°Đ²Đ°Đ½Đµ Đ½Đ° Đ¿Đ¾-Đ¼Đ°Đ»ĐºĐ¾ Đ¾Ñ Đ´Đ½ĐµĐ²Đ½Đ° ĐºĐ¾Đ½Ñ Ñ Đ¼Đ°Ñ Đ¸Ñ

Ð½Ð° Ð¿Ð»Ð¾Ð´Ð¾Ð²Ðµ

Ð Ðµ Ñ Ð°, 2008



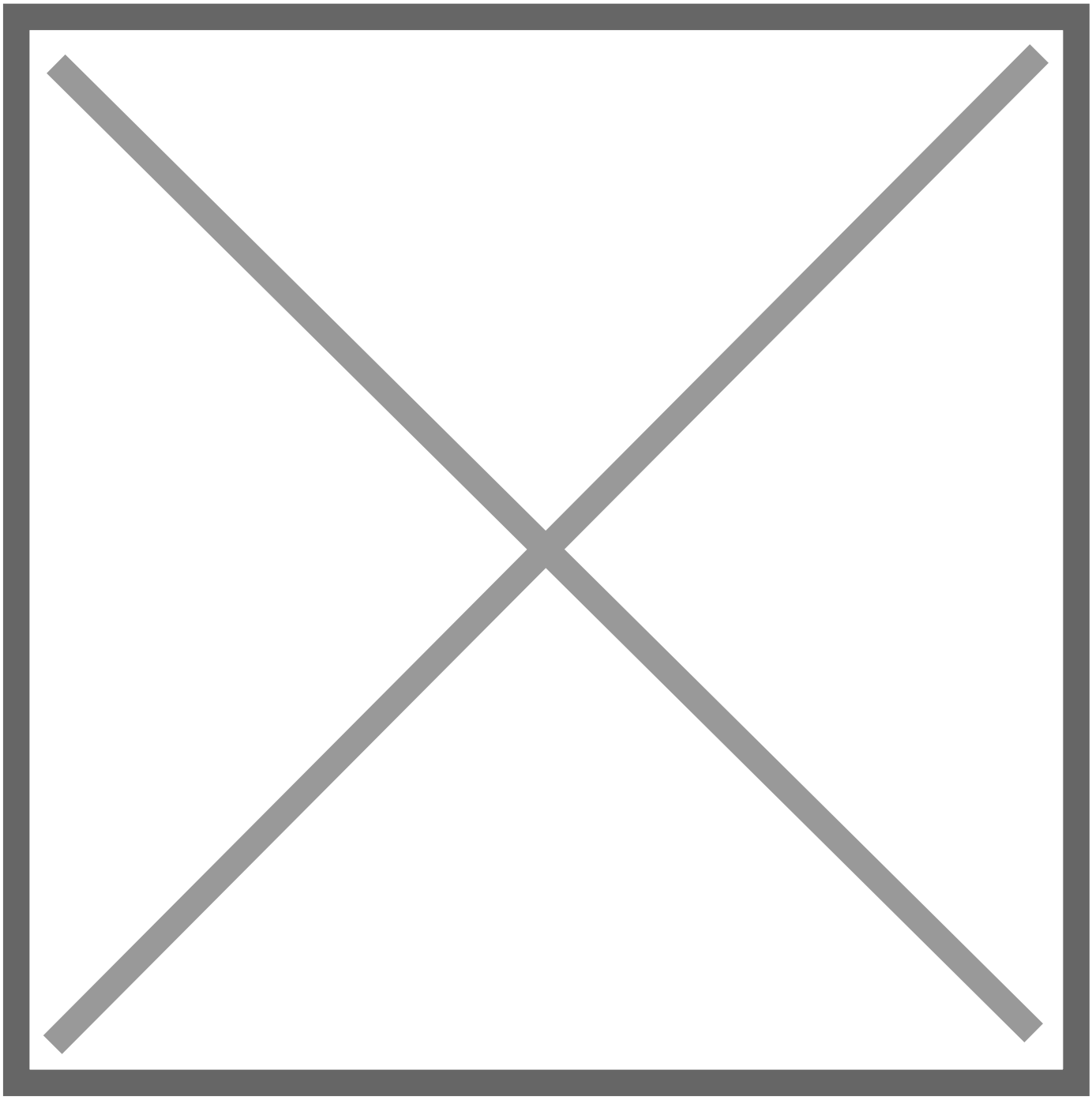
Ð¢Ð¸Ð¿ Ð°Ð½ÐºÐµÑ Ð°:	Ð¡Ð¼Ð¾Ð¾Ñ Ñ Ð¸Ñ Ð°Ð½Ðµ
Ð Ñ Ð·Ñ Ð°Ñ Ñ :	12-17

Đ± Ð²Ð°Ð½Ð°Ñ Ð° Ð·Ð¾Ð½Ð°:	Đ Ð°Ñ Ð¸Ð¾Ð½Ð°Ð»Ð½Ð¾
Ð ÐµÑ ÐµÑ ÐµÐ½Ð Ð¸:	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
Ð Ð¿Ñ ÐµÐ´ÐµÐ»ÐµÐ½Ð¸Ñ :	Prevalence of less-than-daily fruit consumption (% less-than-daily fruit consumption)

Đ Ñ ĐµĐ¾Đ±Đ»Đ°Đ´Đ°Đ²Đ°Đ½Đµ Đ½Đ° Đ¿Đ¾-Đ¼Đ°Đ»ĐºĐ¾ Đ¾Ñ Đ´Đ½ĐµĐ²Đ½Đ° ĐºĐ¾Đ½Ñ Ñ Đ¼Đ°Ñ Đ¸Ñ Đ½Đ° Đ·ĐµĐ»ĐµĐ½Ñ Ñ Ñ

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Ð□ ÐµÑ□ Ð°, 2008

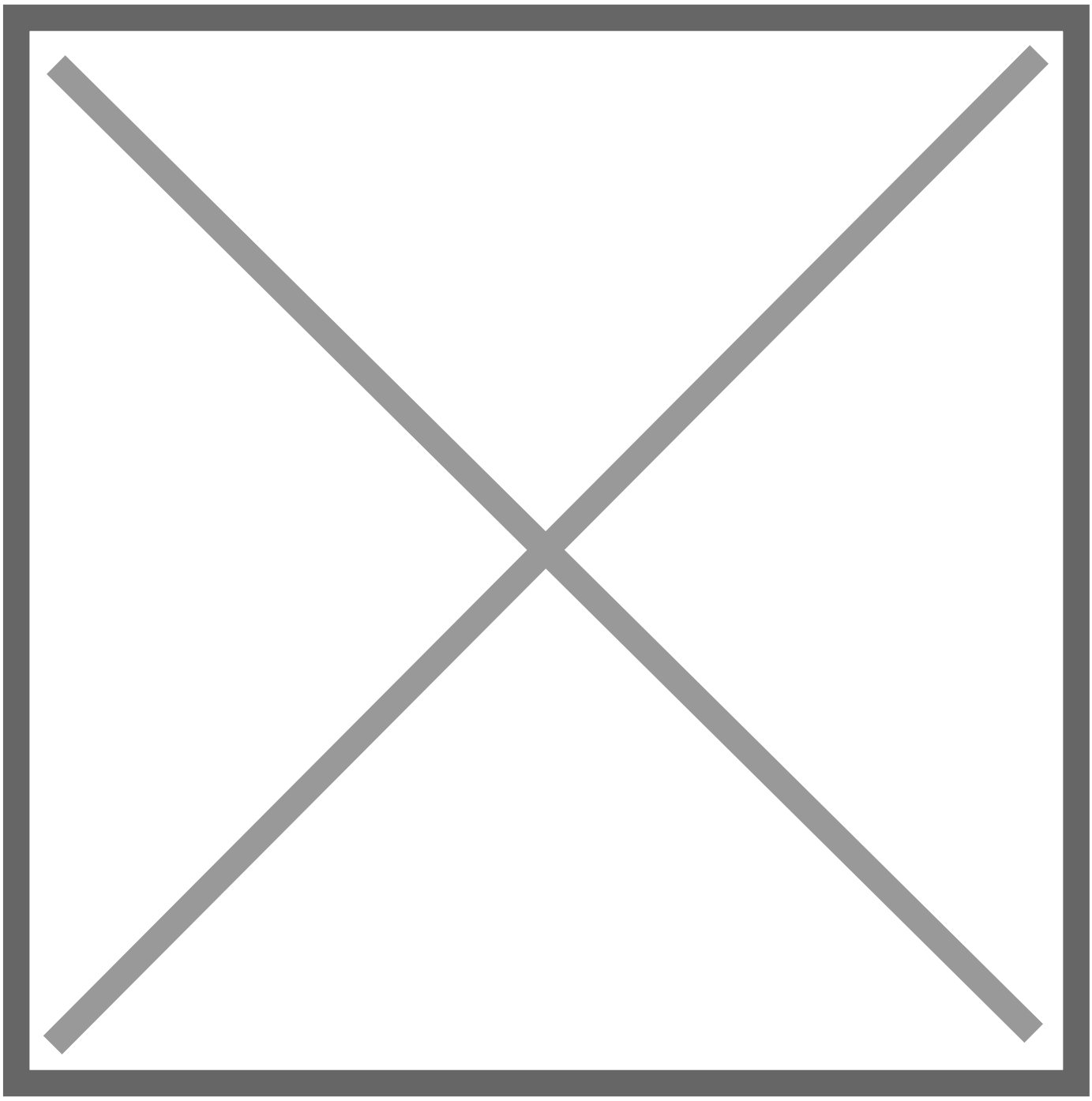


Ð¢Ð¸Ð¿ Ð°Ð½ÐºÐµÑ□ Ð°:	Ð¡Ð¾Ð¾Ð¾Ñ□ Ñ□ Ð¸Ñ□ Ð°Ð½Ðµ
Ð□ Ñ□ Ð·Ñ□ Ð°Ñ□ Ñ□ :	12-17

Đ± Ñ Đ²Đ°Đ½Đ°Ñ Đ° Đ·Đ¾Đ½Đ°:	Đ Đ°Ñ Đ¸Đ¾Đ½Đ°Đ»Đ½Đ¾
Đ ĐµÑ ĐµÑ ĐµĐ½Ñ Đ¸Đ¸:	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
Đ Đ¿Ñ ĐµĐ´ĐµĐ»ĐµĐ½Đ¸Ñ :	Prevalence of less-than-daily vegetable consumption (% less-than-daily vegetable consumption)

Ð Ñ Ð¸Ñ Ð¸Ñ Ð½Ð¾ Ð·Ð´Ñ Ð°Ð²Ðµ â Ð´ÐµÐ¿Ñ Ðµ Ð¸Ð²Ð½Ð¸ Ñ Ñ Ð¾Ð·Ñ Ñ Ñ Ð¾Ñ Ñ Ð²Ð°

Ð ÐµÑ Ð°, 2023

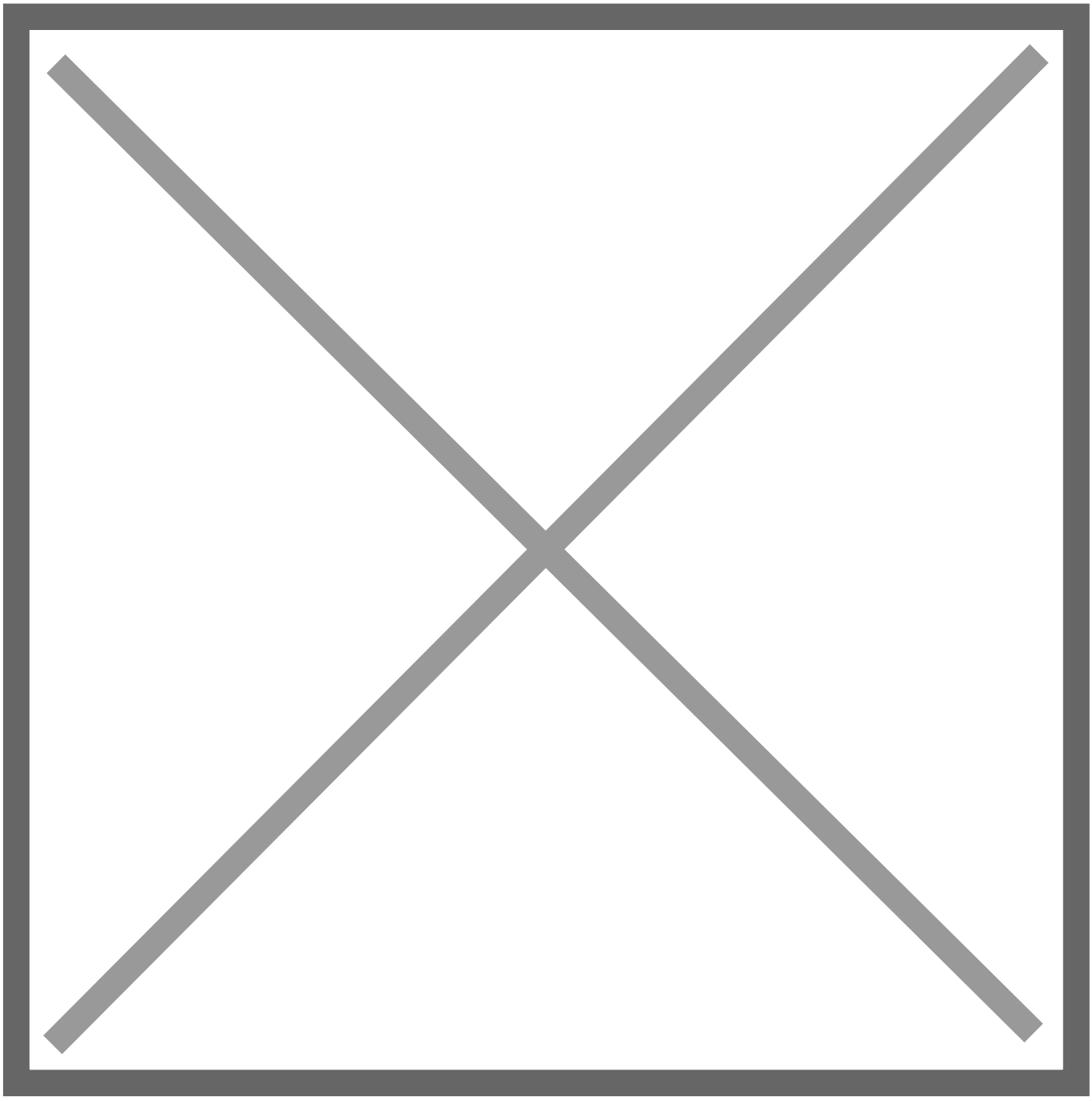


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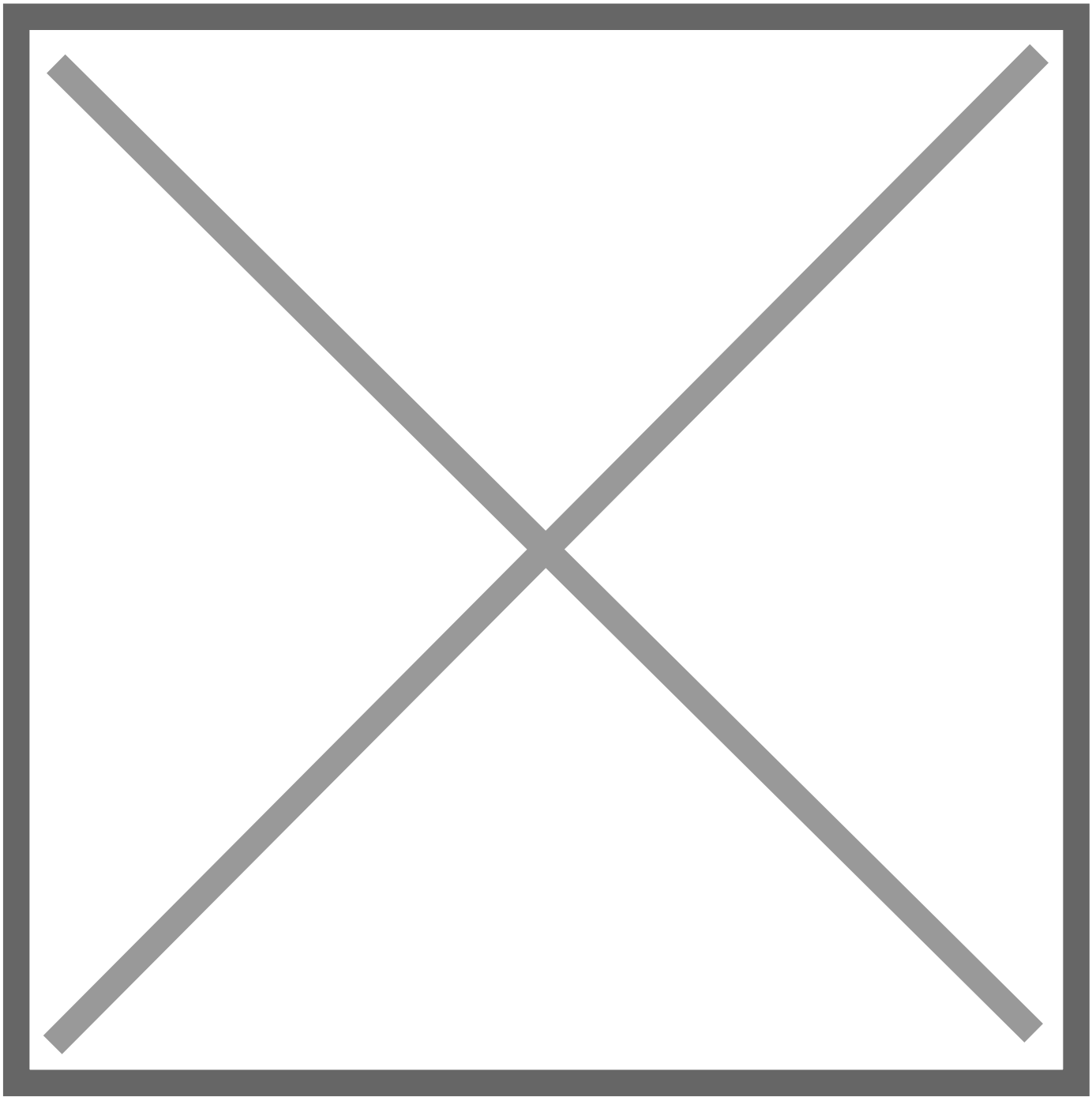
Ð ÐµÑ ÐµÑ ÐµÐ½Ñ Ð¸Ð¸:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from https://vizhub.healthdata.org/gbd-compare/ [Accessed 17.03.26]
Ð¿Ñ ÐµÐ´ÐµÐ»Ð¸Ð½Ð¸ :	Estimated number living with depressive disorders per 100,000 population (under 20 years of age)

Đ Đ¾Đ¼Ñ ĐµÑ Đ°, 2023



Đ±Ñ Đ²Đ°Đ½Đ°Ñ Đ° Đ·Đ¾Đ½Đ°:	Đ Đ°Ñ Đ¸Đ¾Đ½Đ°Đ»Đ½Đ¾
Đ ĐµÑ ĐµÑ ĐµĐ½Ñ Đ¸Đ¸:	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]
Đ Đ¿Ñ ĐµĐ´ĐµĐ»ĐµĐ½Đ¸Ñ :	Estimated number living with depressive disorders per 100,000 population (under 20 years of age)

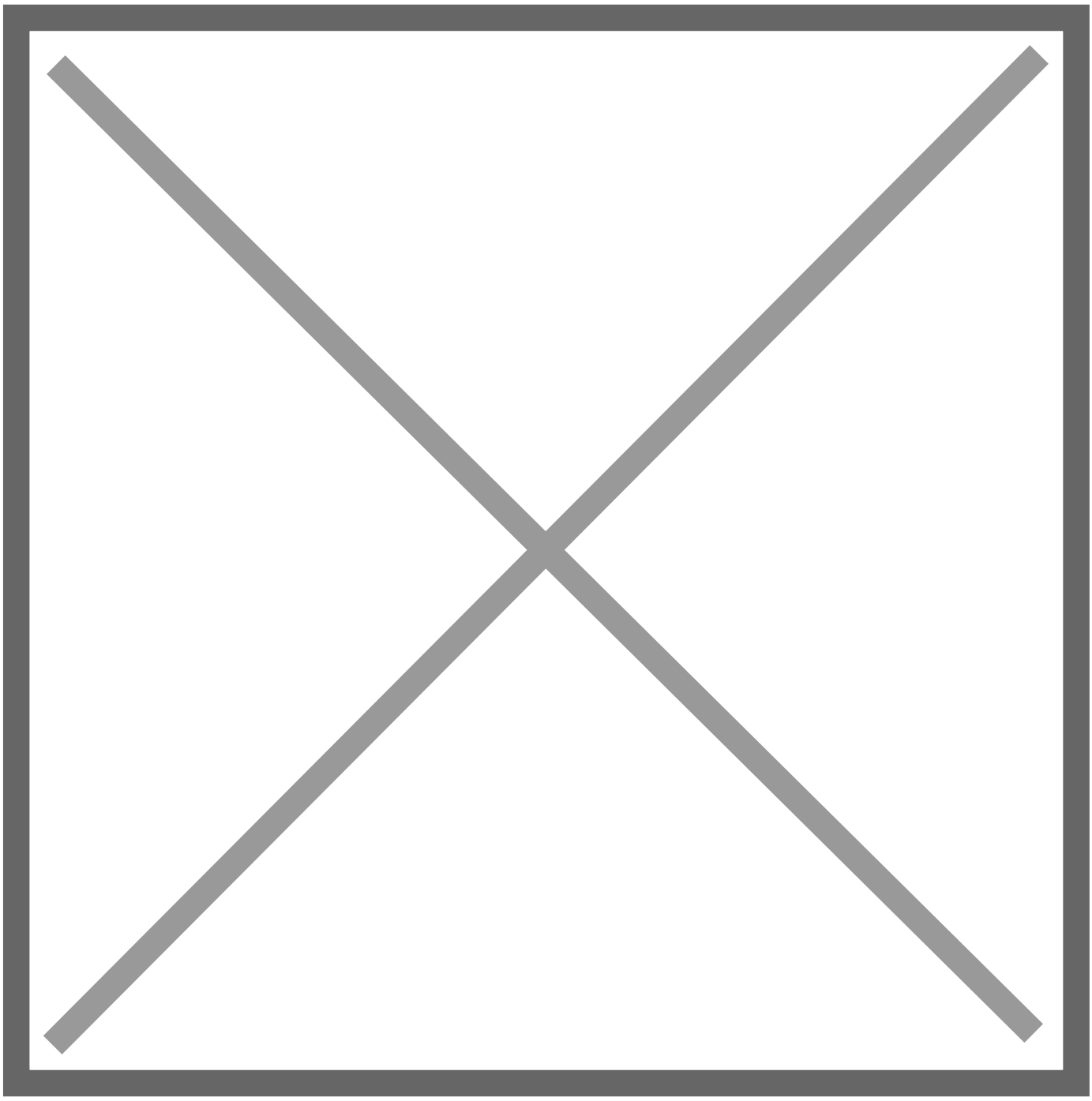
Đ Đ¾Đ¼Đ¸Ñ ĐµÑ Đ°, 2023



Đ±Ñ Đ²Đ°Đ½Đ°Ñ Đ° Đ·Đ¾Đ½Đ°:	Đ Đ°Ñ Đ¸Đ¾Đ½Đ°Đ»Đ½Đ¾
Đ ĐµÑ ĐµÑ ĐµĐ½Ñ Đ¸Đ¸:	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]
Đ Đ¿Ñ ĐµĐ´ĐµĐ»ĐµĐ½Đ¸Ñ :	Estimated number living with depressive disorders per 100,000 population (under 20 years of age)

Ð Ñ Ð¸Ñ Ð¸Ñ Ð½Ð¾ Ð·Ð´Ñ Ð°Ð²Ðµ â Ñ Ñ ÐµÐ²Ð¾Ð¶Ð½Ð¸ Ñ Ð°Ð·Ñ Ñ Ñ Ð¾Ð¹Ñ Ñ Ð²Ð°

Ð ÐµÑ Ð°, 2023

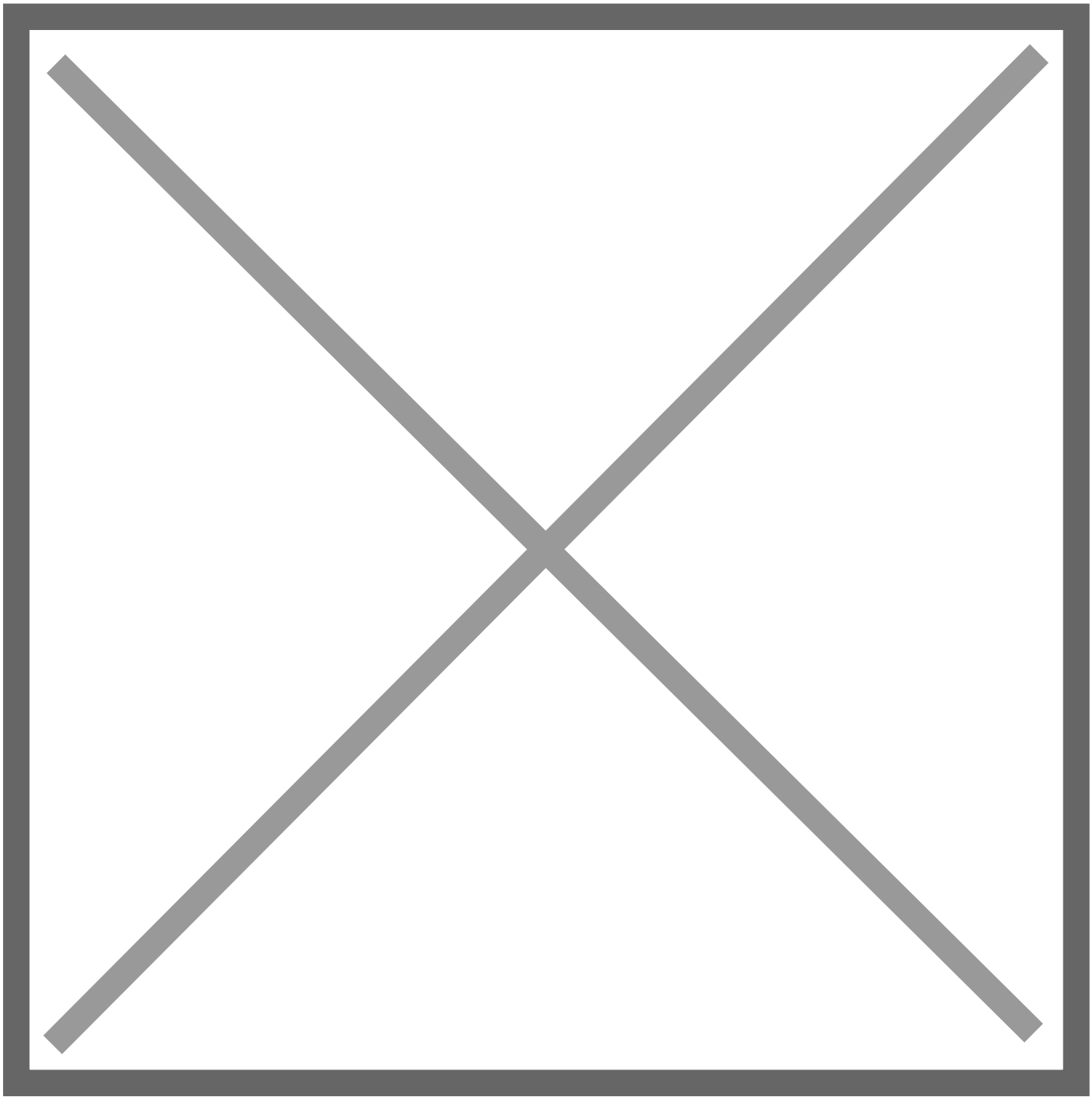


Ð ÐµÐ±Ñ Ð²Ð°Ð½Ð°Ñ
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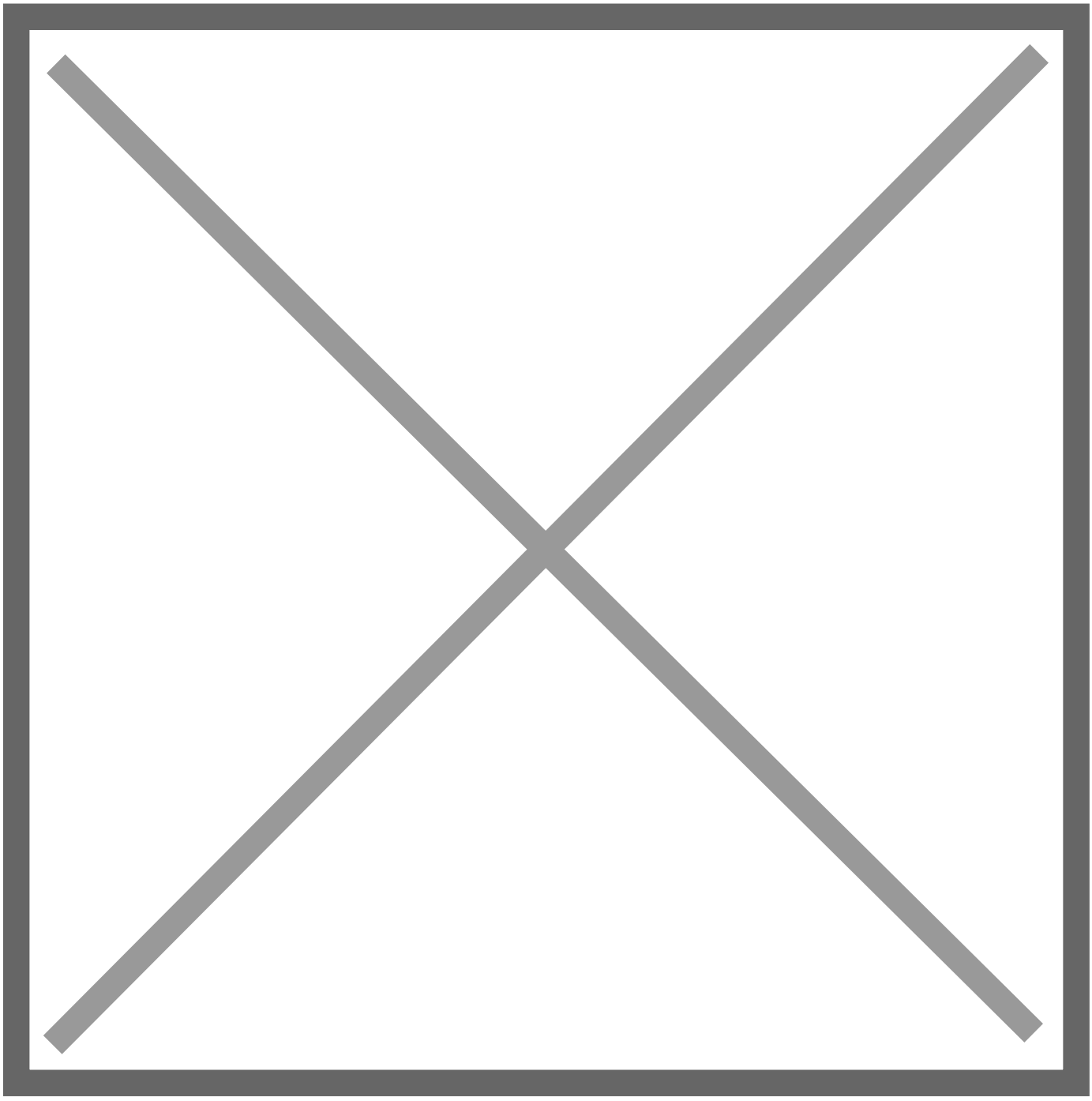
Đ ĐµÑ ĐµÑ ĐµĐ½Ñ Đ¸Đ¸:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from https://vizhub.healthdata.org/gbd-compare/ [Accessed 17.03.26]
Đ Đ¿Ñ ĐµĐ´ĐµĐ»ĐµĐ½Đ¸Ñ :	Estimated number living with anxiety disorders per 100,000 population (under 20 years of age)

Đ Đ¾Đ¼Ñ ĐµÑ Đ°, 2023



Đ±Ñ Đ²Đ°Đ½Đ°Ñ Đ° Đ·Đ¾Đ½Đ°:	Đ Đ°Ñ Đ¸Đ¾Đ½Đ°Đ»Đ½Đ¾
Đ ĐµÑ ĐµÑ ĐµĐ½Ñ Đ¸Đ¸:	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]
Đ Đ¿Ñ ĐµĐ´ĐµĐ»ĐµĐ½Đ¸Ñ :	Estimated number living with anxiety disorders per 100,000 population (under 20 years of age)

Đ Đ¾Đ¼Đ¸Ñ ĐµÑ Đ°, 2023



Đ±Ñ Đ²Đ°Đ½Đ°Ñ Đ° Đ·Đ¾Đ½Đ°:	Đ Đ°Ñ Đ¸Đ¾Đ½Đ°Đ»Đ½Đ¾
Đ ĐµÑ ĐµÑ ĐµĐ½Ñ Đ¸Đ¸:	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]
Đ Đ¿Ñ ĐµĐ´ĐµĐ»ĐµĐ½Đ¸Ñ :	Estimated number living with anxiety disorders per 100,000 population (under 20 years of age)

PDF created on November 7, 2026