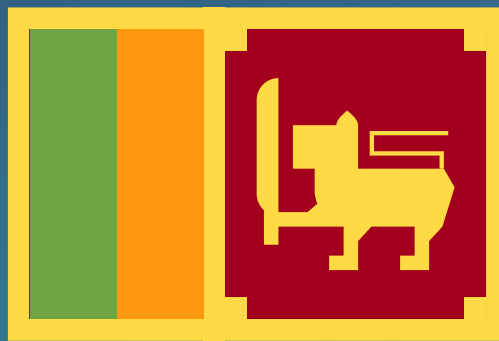




# Sri Lanka



## Country report card - under-5s

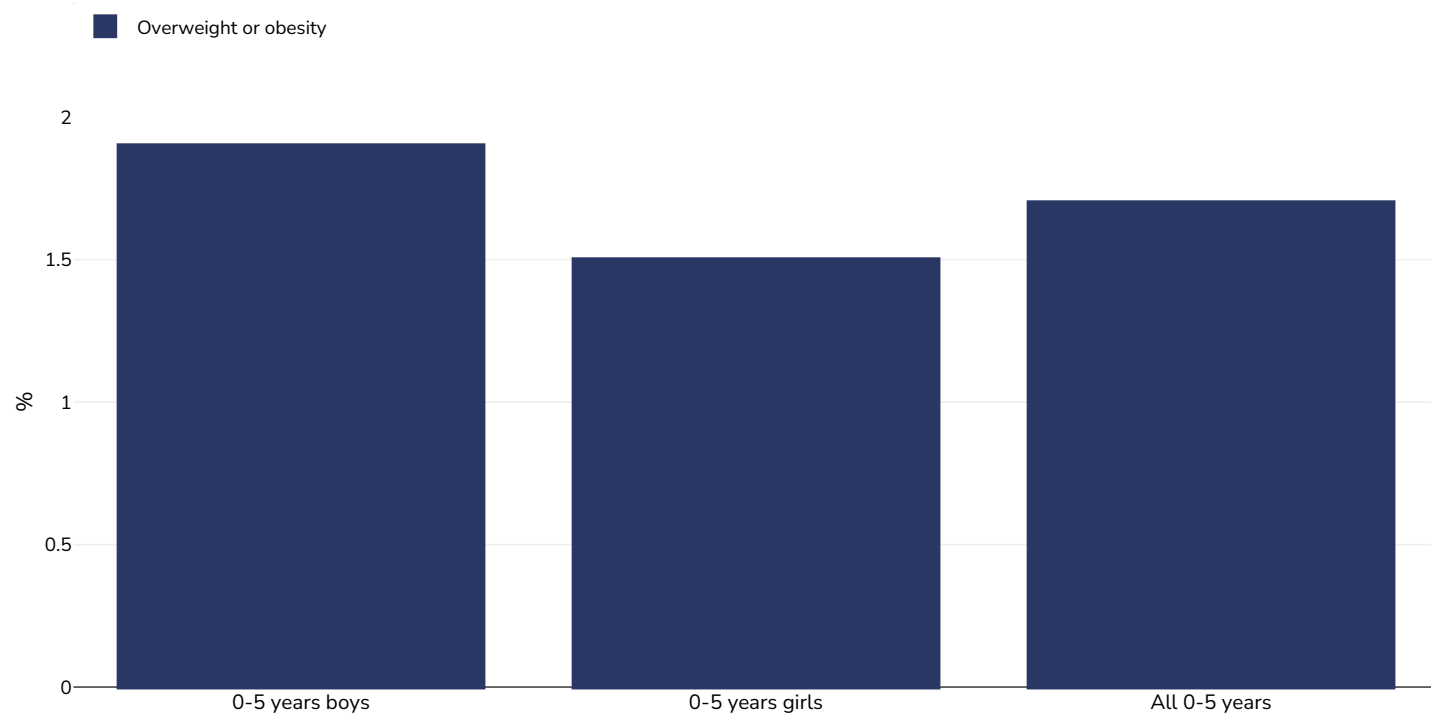
*This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity for children under 5. Where available, data on common and relevant obesity drivers and comorbidities are also presented.*

*View the latest version of this report on the Global Obesity Observatory at <https://data.worldobesity.org/country/sri-lanka-200/>.*

Contents	Page
Obesity prevalence	3
Overweight/obesity by education	4
Overweight/obesity by region	5
Overweight/obesity by socio-economic group	6
Double burden of underweight & overweight	7
% Infants exclusively breastfed 0-5 months	8

## Obesity prevalence

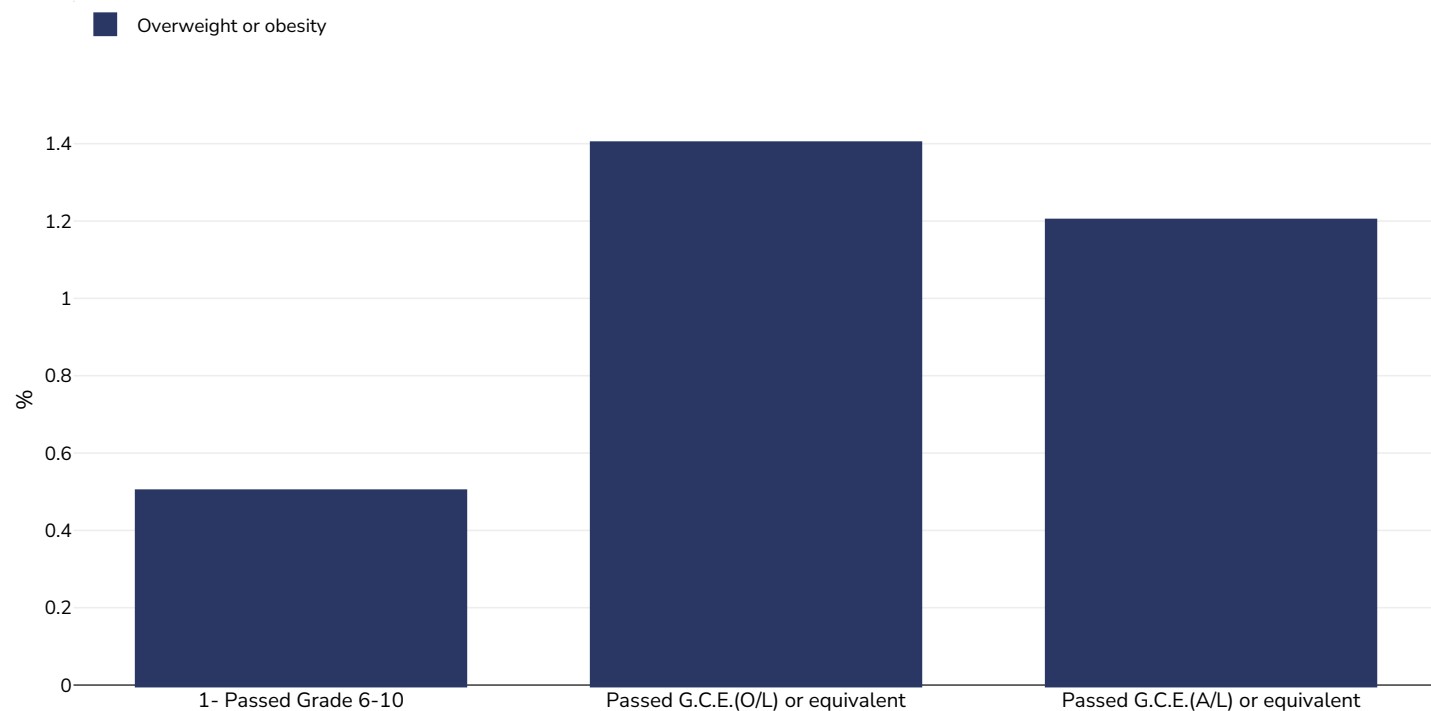
### 0-5 years, 2022



Survey type:	Measured
Age:	0-5
Sample size:	1346
Area covered:	National
References:	National Nutrition and Micronutrient Survey in Sri Lanka: 2022 <a href="https://www.mri.gov.lk/wp-content/uploads/2023/05/National-Nutrition-and-Micronutrient-Survey-Sri-Lanka-2022.pdf">https://www.mri.gov.lk/wp-content/uploads/2023/05/National-Nutrition-and-Micronutrient-Survey-Sri-Lanka-2022.pdf</a> (Accessed 26.09.23)
Cutoffs:	WHO

## Overweight/obesity by education

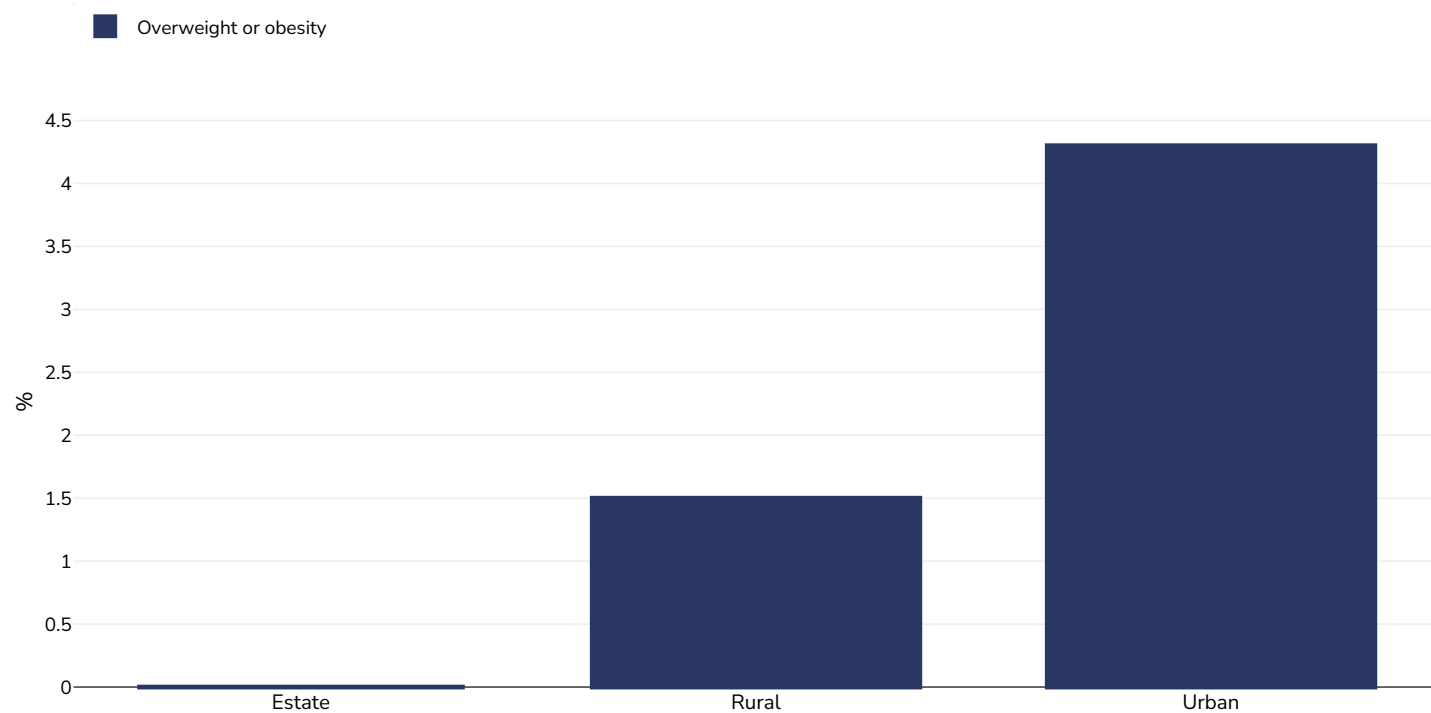
0-5 years, 2016



Survey type:	Measured
Sample size:	6978
Area covered:	National
References:	Department of Census and Statistics (DCS) and Ministry of Health, Nutrition and Indigenous Medicine 2017. Sri Lanka Demographic and Health Survey 2016 Sri Lanka. <a href="https://www.aidsdatahub.org/resource/sri-lanka-demographic-and-health-survey-2016">https://www.aidsdatahub.org/resource/sri-lanka-demographic-and-health-survey-2016</a> (Accessed 18.05.21)
Notes:	Infants.
Definitions:	Weight for Height. Overweight = >2SD
Cutoffs:	Other

## Overweight/obesity by region

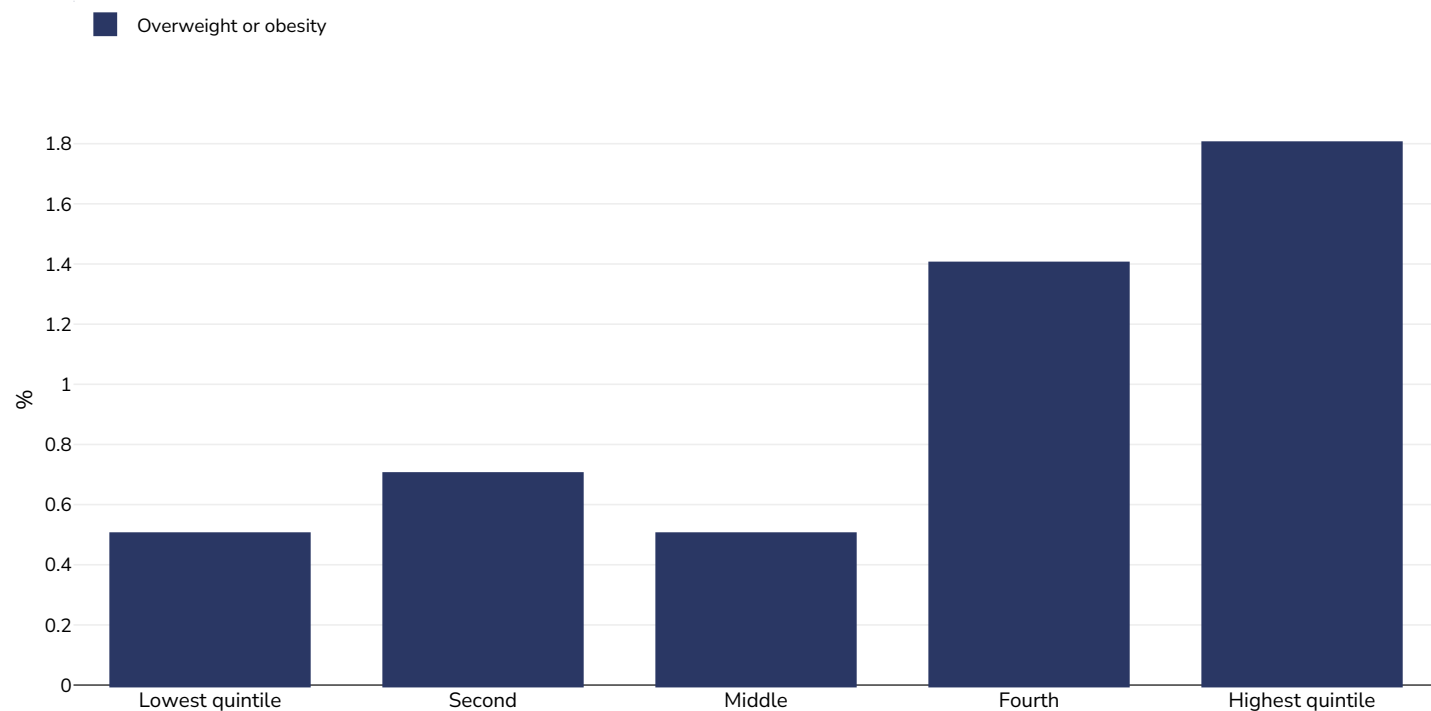
0-5 years, 2022



Survey type:	Measured
Sample size:	1346
Area covered:	National
References:	National Nutrition and Micronutrient Survey in Sri Lanka: 2022 <a href="https://www.mri.gov.lk/wp-content/uploads/2023/05/National-Nutrition-and-Micronutrient-Survey-Sri-Lanka-2022.pdf">https://www.mri.gov.lk/wp-content/uploads/2023/05/National-Nutrition-and-Micronutrient-Survey-Sri-Lanka-2022.pdf</a> (Accessed 26.09.23)
Cutoffs:	WHO

## Overweight/obesity by socio-economic group

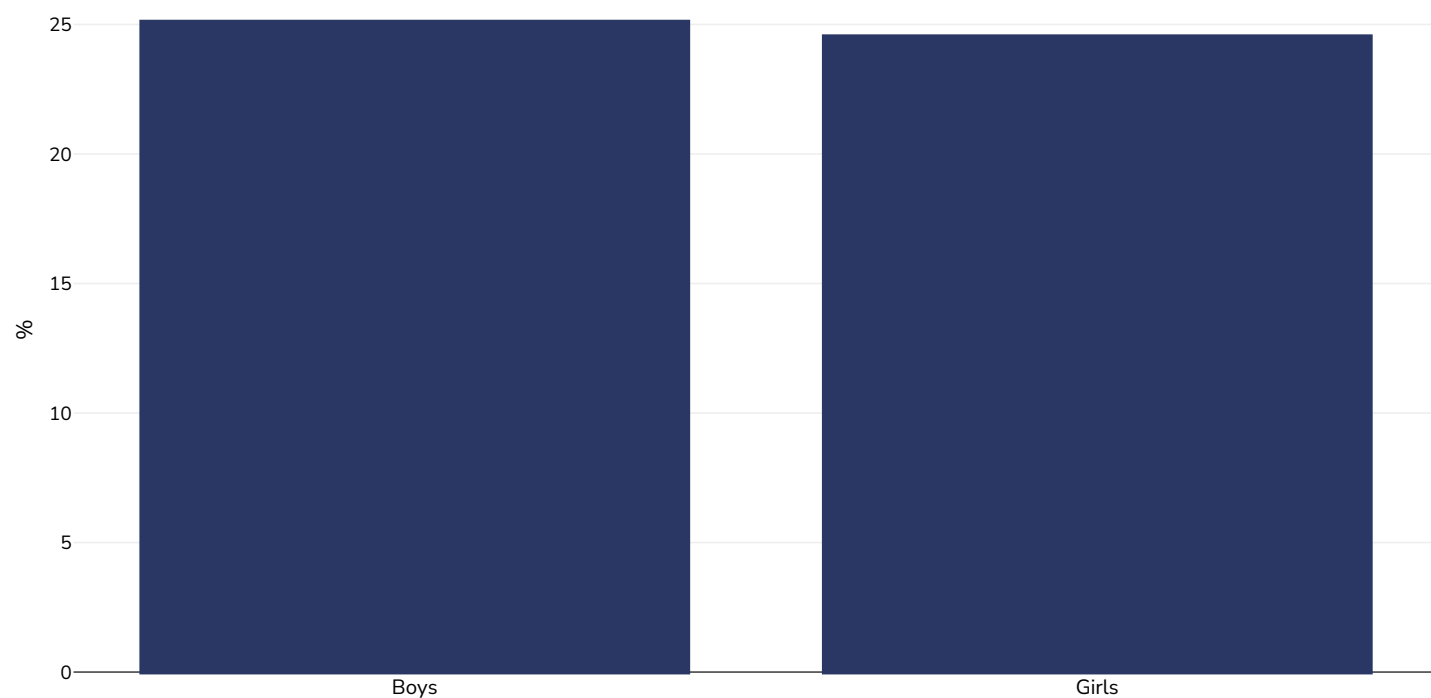
0-5 years, 2016



Survey type:	Measured
Sample size:	7908
Area covered:	National
References:	Department of Census and Statistics (DCS) and Ministry of Health, Nutrition and Indigenous Medicine 2017. Sri Lanka Demographic and Health Survey 2016 Sri Lanka. <a href="https://www.aidsdatahub.org/resource/sri-lanka-demographic-and-health-survey-2016">https://www.aidsdatahub.org/resource/sri-lanka-demographic-and-health-survey-2016</a> (Accessed 18.05.21)
Notes:	Infants
Definitions:	Weight for Height. Overweight = >2SD
Cutoffs:	Other

## Double burden of underweight & overweight

0-5 years, 2016-2016



Survey type: Measured

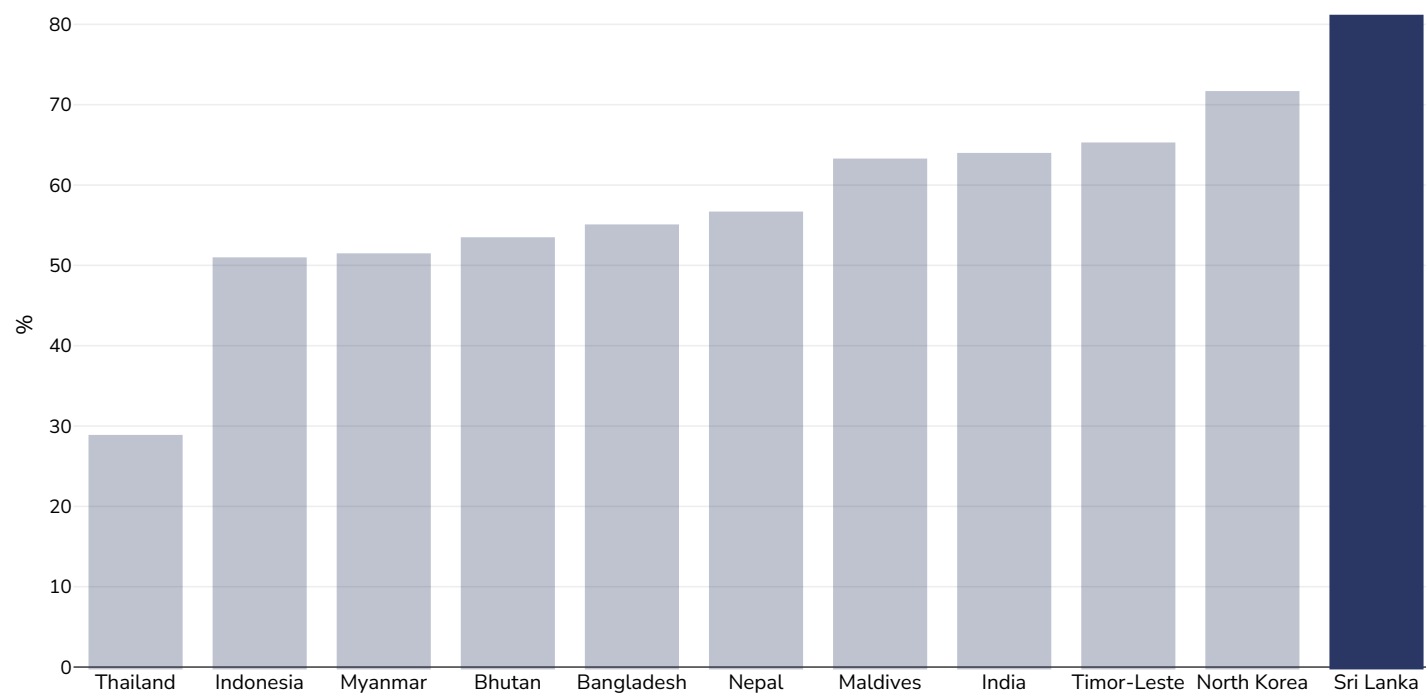
Age: 0-5

References: UNICEF data available at <https://data.unicef.org/topic/nutrition/malnutrition/> (last accessed 12.03.25)

Notes: Children under 5 falling below -2 standard deviations from the median height for age and falling at or above +2 standard deviations from the median weight-for-height of the reference population

## % Infants exclusively breastfed 0-5 months

0-5 years, 2015-2022



### References:

Sri Lanka Demographic and Health Survey 2016

### Notes:

Full details are available. Original citation United Nations Children's Fund, Division of Data, Analysis, Planning and Monitoring (2023).  
Global UNICEF Global Databases: Infant and Young Child Feeding: Exclusive breastfeeding, New York, October 2023.

PDF created on June 17, 2025