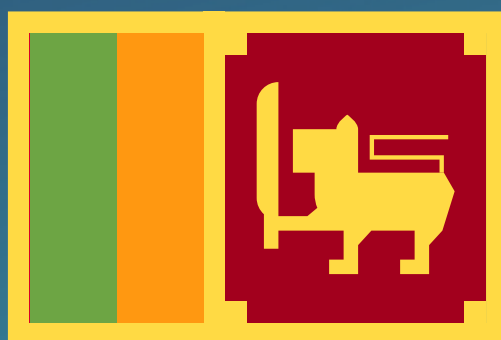




# Sri Lanka



## 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/>.*

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# Obesity prevalence

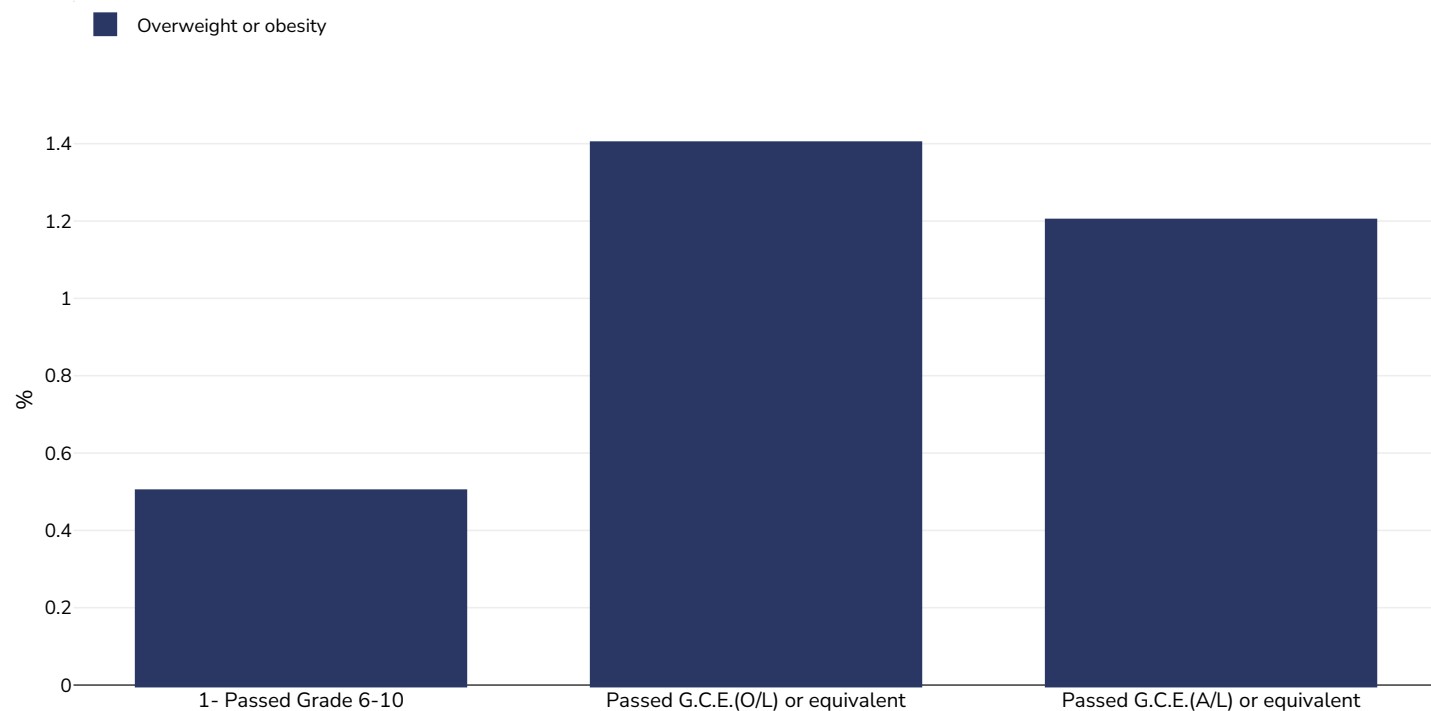
## 0-5 years, 2024



Survey type:	Measured
Age:	0-5
Area covered:	National
References:	Sri Lanka 2024 Nutrition Month Survey
Notes:	UNICEF/WHO/World Bank Joint Child Malnutrition Estimates Expanded Database: Overweight estimates: National and Disaggregated, July 2025, New York. Weighted sample size. For more information, please consult <a href="https://data.unicef.org/resources/jme/">https://data.unicef.org/resources/jme/</a> .
Definitions:	Percentage of children under 5 years of age falling above 2 standard deviations (moderate and severe) from the median weight-for-height of the reference population.
Cutoffs:	=>+2SD

## Overweight/obesity by education

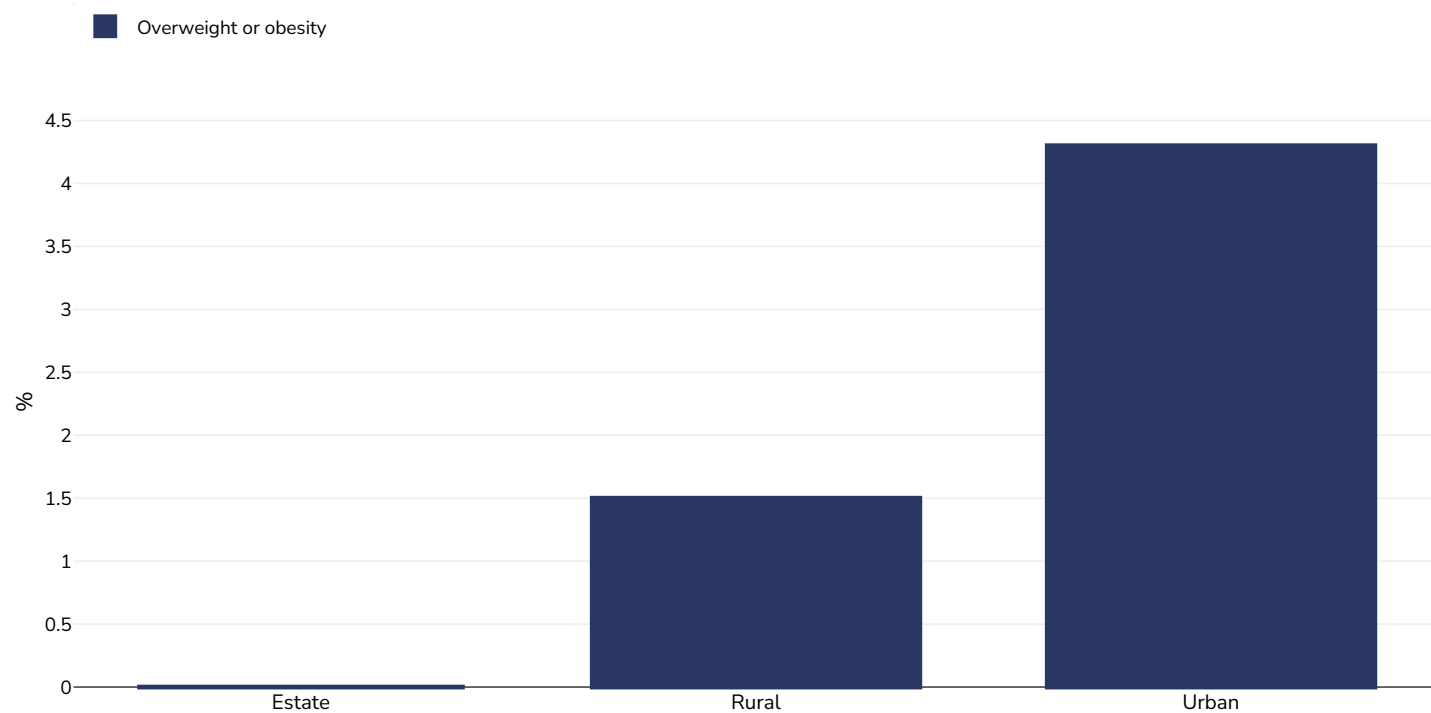
0-5 years, 2016



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

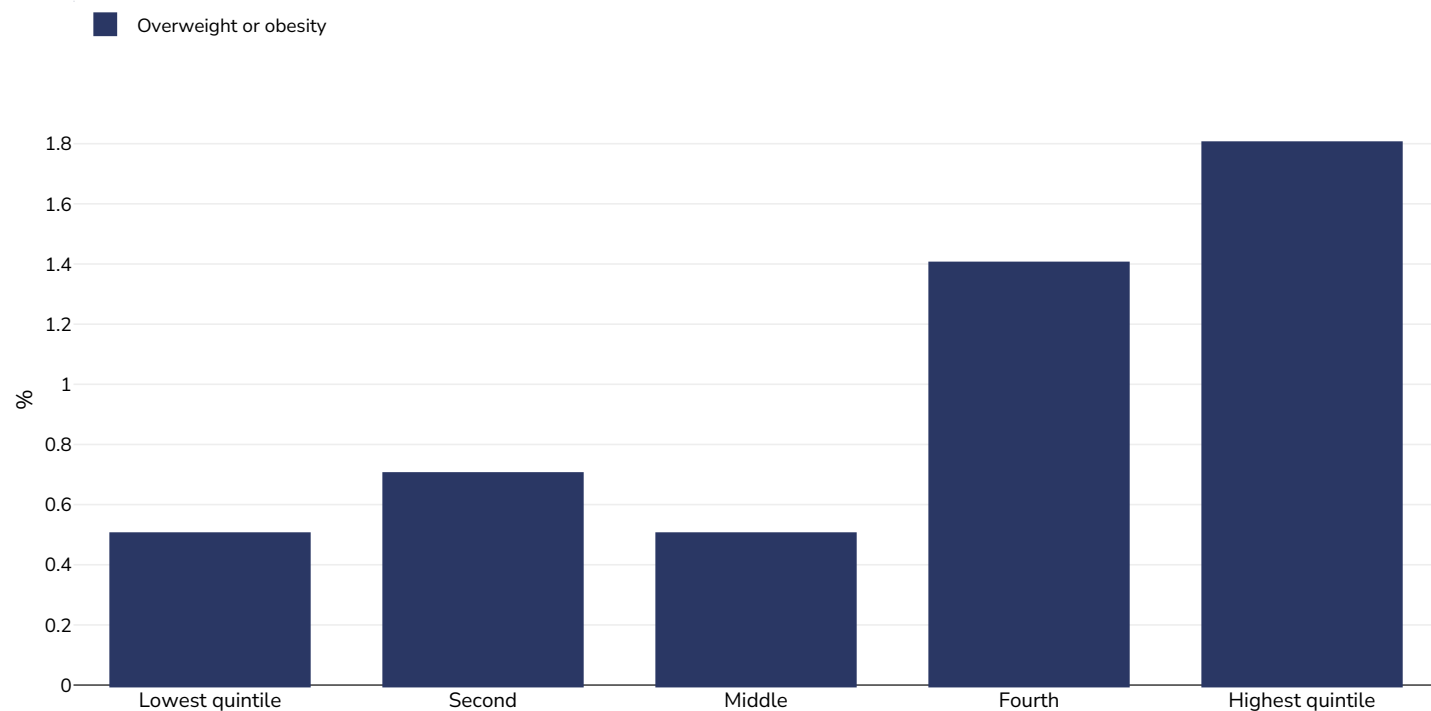
0-5 years, 2022



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

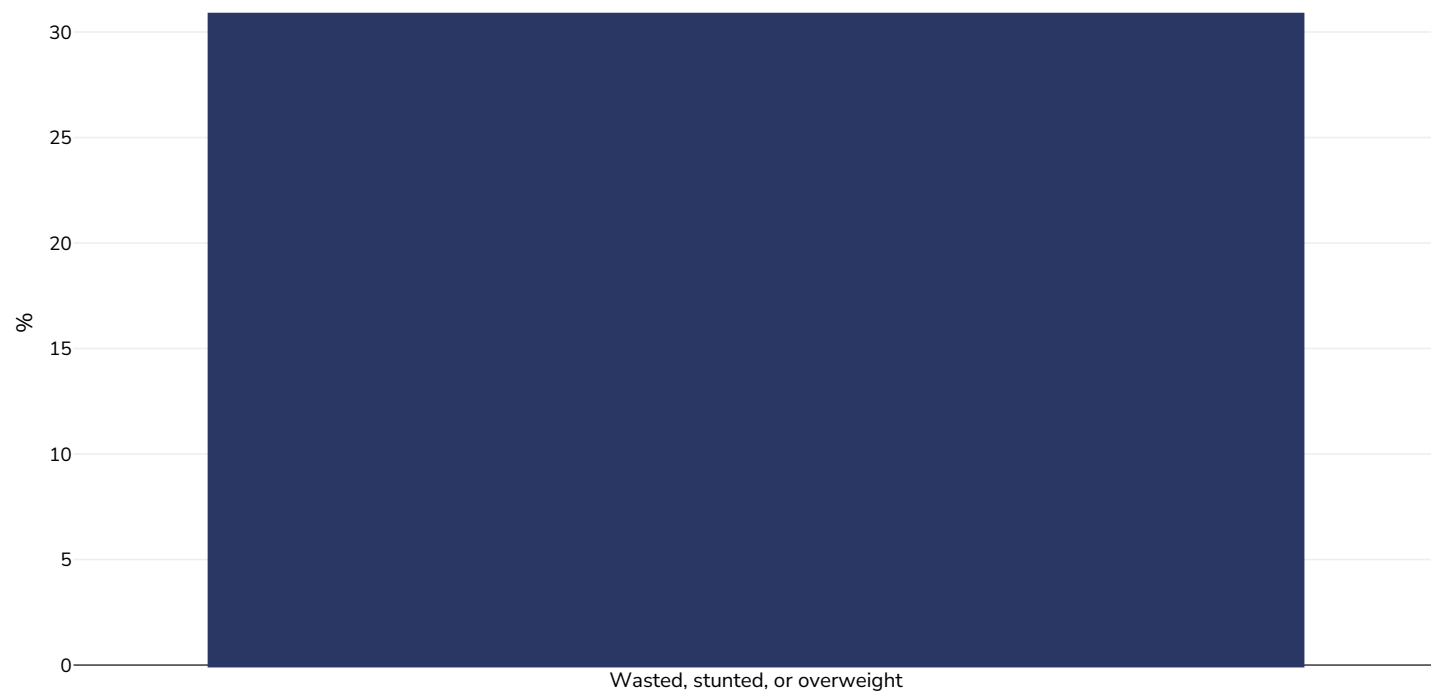
0-5 years, 2016



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

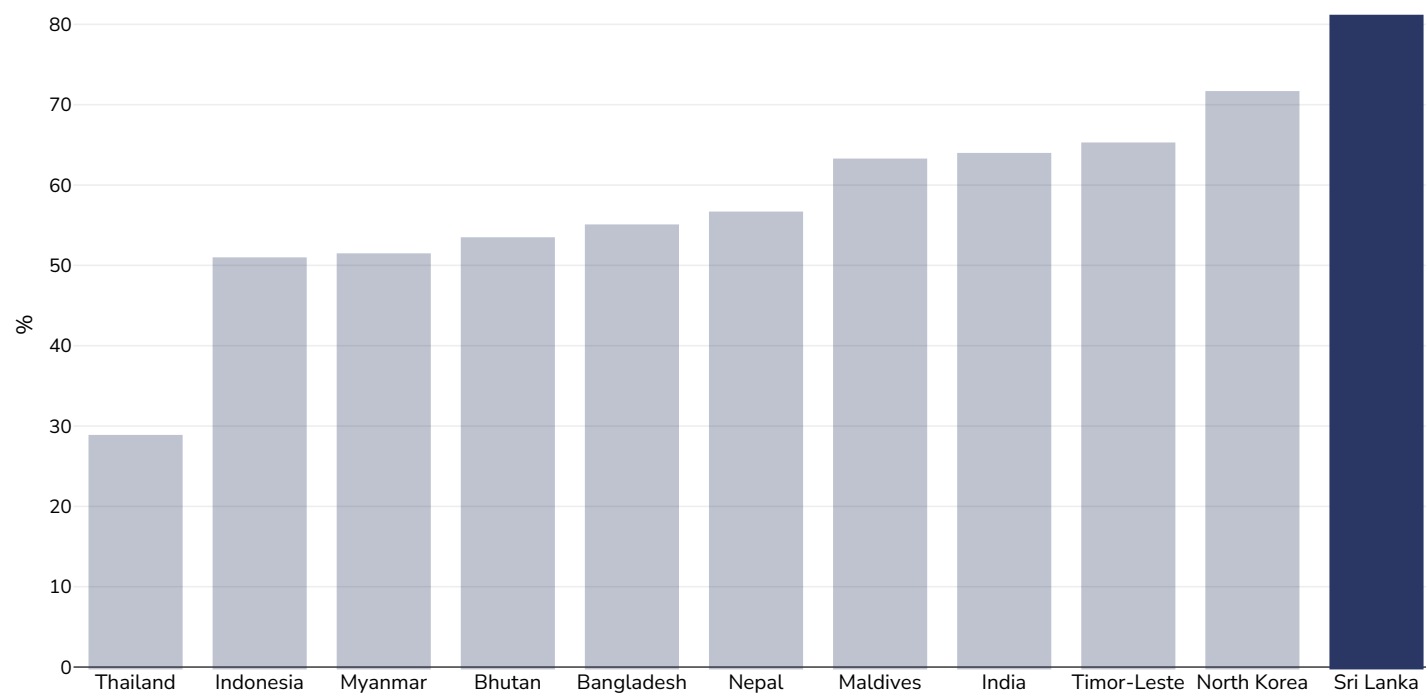
0-5 years, 2022



Survey type:	Measured
Age:	0-5
References:	United Nations Children's Fund, Division of Data, Analysis, Planning and Monitoring (2025). Global UNICEF Global Databases: Overlapping Stunting, Wasting and Overweight (Survey Estimates), 2025, New York. For more information, visit: <a href="https://data.unicef.org/topic/nutrition/malnutrition/">https://data.unicef.org/topic/nutrition/malnutrition/</a> [Accessed 06.08.25]
Notes:	National Nutrition and Micronutrient Survey in Sri Lanka: 2022
Definitions:	Combined percentage of children under 5 years of age who are either wasted, stunted, or overweight (falling below -2 standard deviations from the median weight-for-height, falling below -2 standard deviations from the median height for age, or falling at or above +2 standard deviations from the median weight-for-height of the reference population)
Cutoffs:	WHZ <-2, HAZ <-2 and WHZ >+2

## % 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.

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