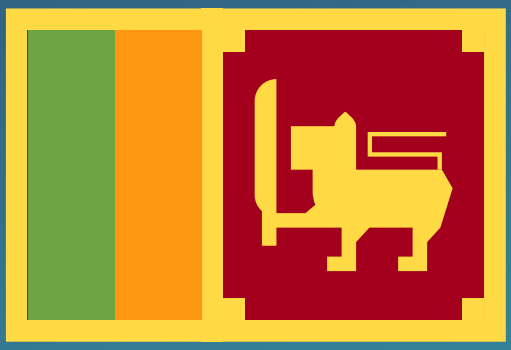
Sri Lanka



Country report card - under-5s

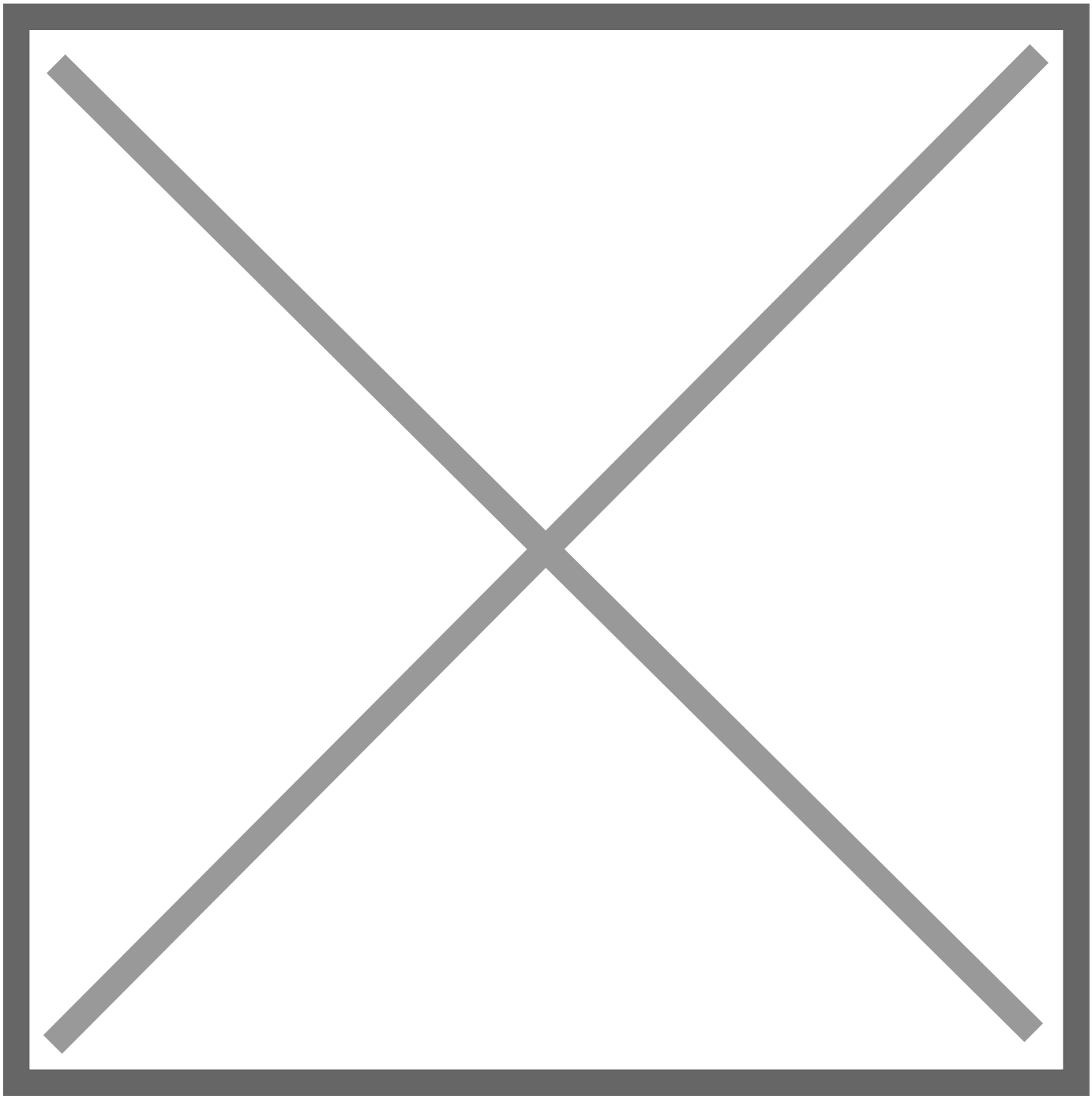
This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity for children under 5. Where available, data on common and relevant obesity drivers and comorbidities are also presented.

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

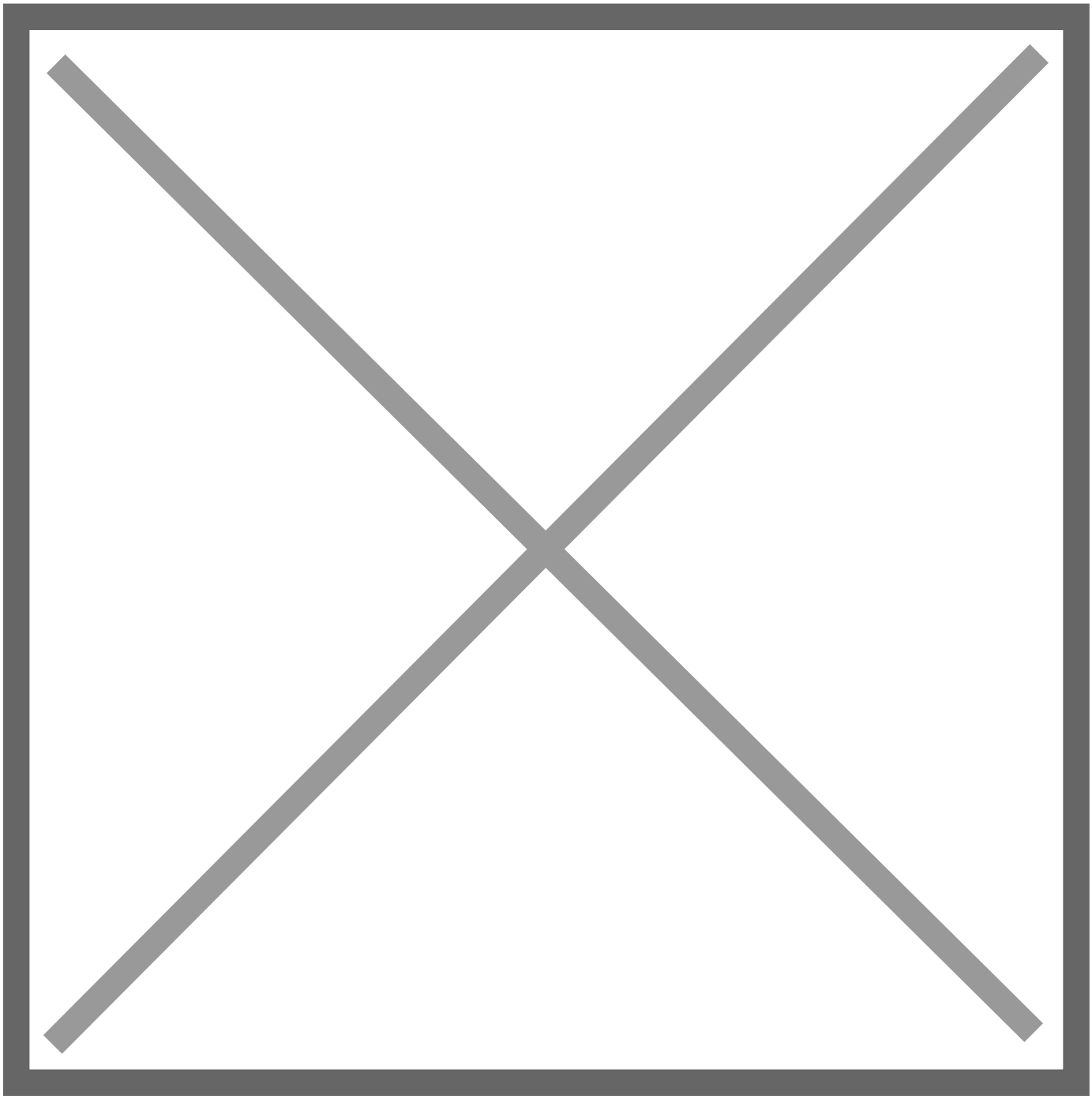


Survey type:	Measured
Age:	0-5
Area covered:	National
References:	Sri Lanka 2024 Nutrition Month Survey
Notes:	UNICEF/WHO/World Bank Joint Child Malnutrition Estimates Expanded Database: Overweight estimates: National and Disaggregated, July 2025, New York. Weighted sample size. For more information, please consult https://data.unicef.org/resources/jme/.

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

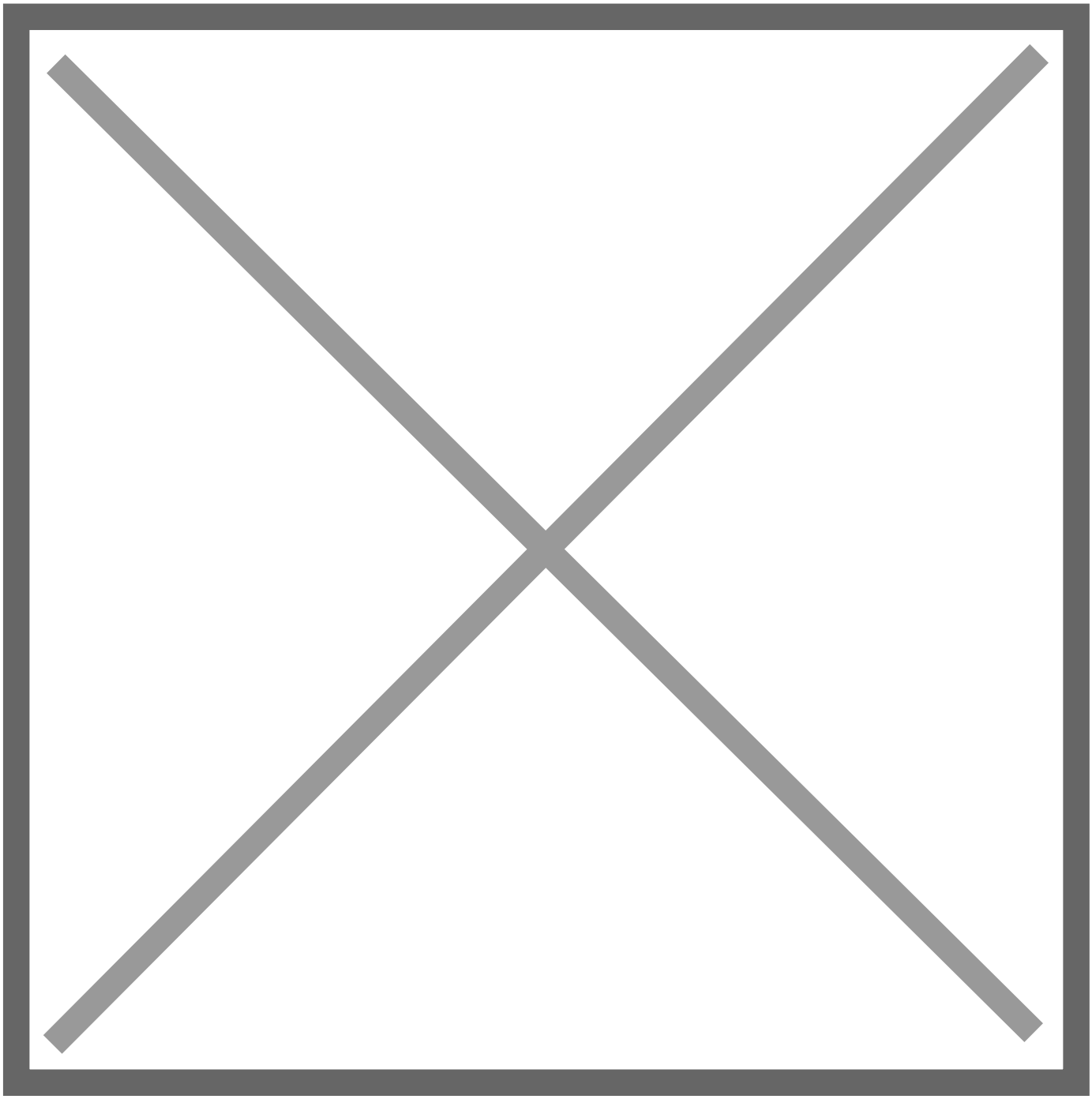


Survey type:	Measured
Sample size:	6978
Area covered:	National
References:	Department of Census and Statistics (DCS) and Ministry of Health, Nutrition and Indigenous Medicine 2017. Sri Lanka Demographic and Health Survey 2016 Sri Lanka. https://www.aidsdatahub.org/resource/sri-lanka-demographic-and-health-survey-2016 (Accessed 18.05.21)

Notes:	Infants.
Definitions:	Weight for Height. Overweight = >2SD
Cutoffs:	Other

Overweight/obesity by region

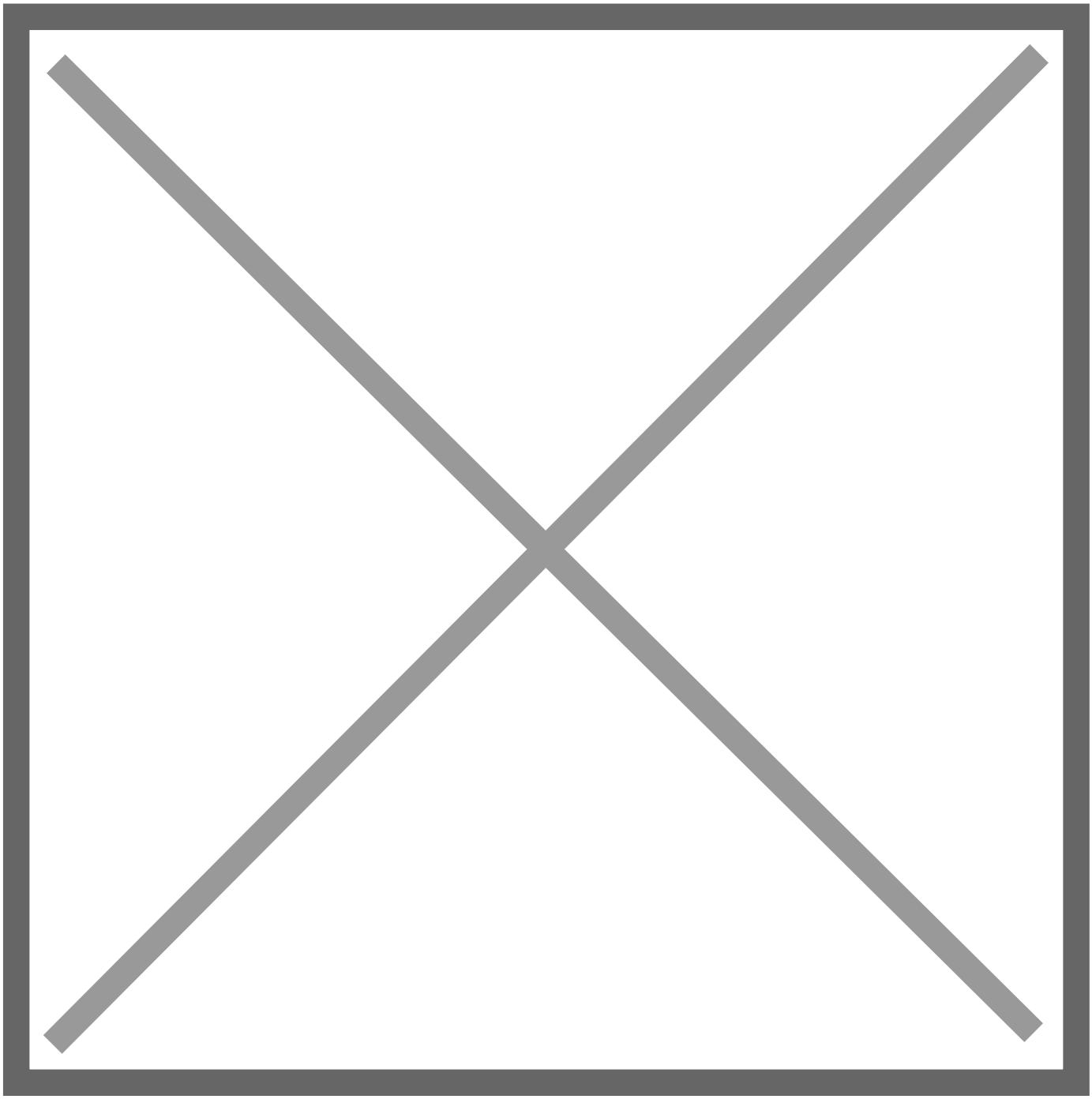
0-5 years, 2022



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

Overweight/obesity by socio-economic group

0-5 years, 2016

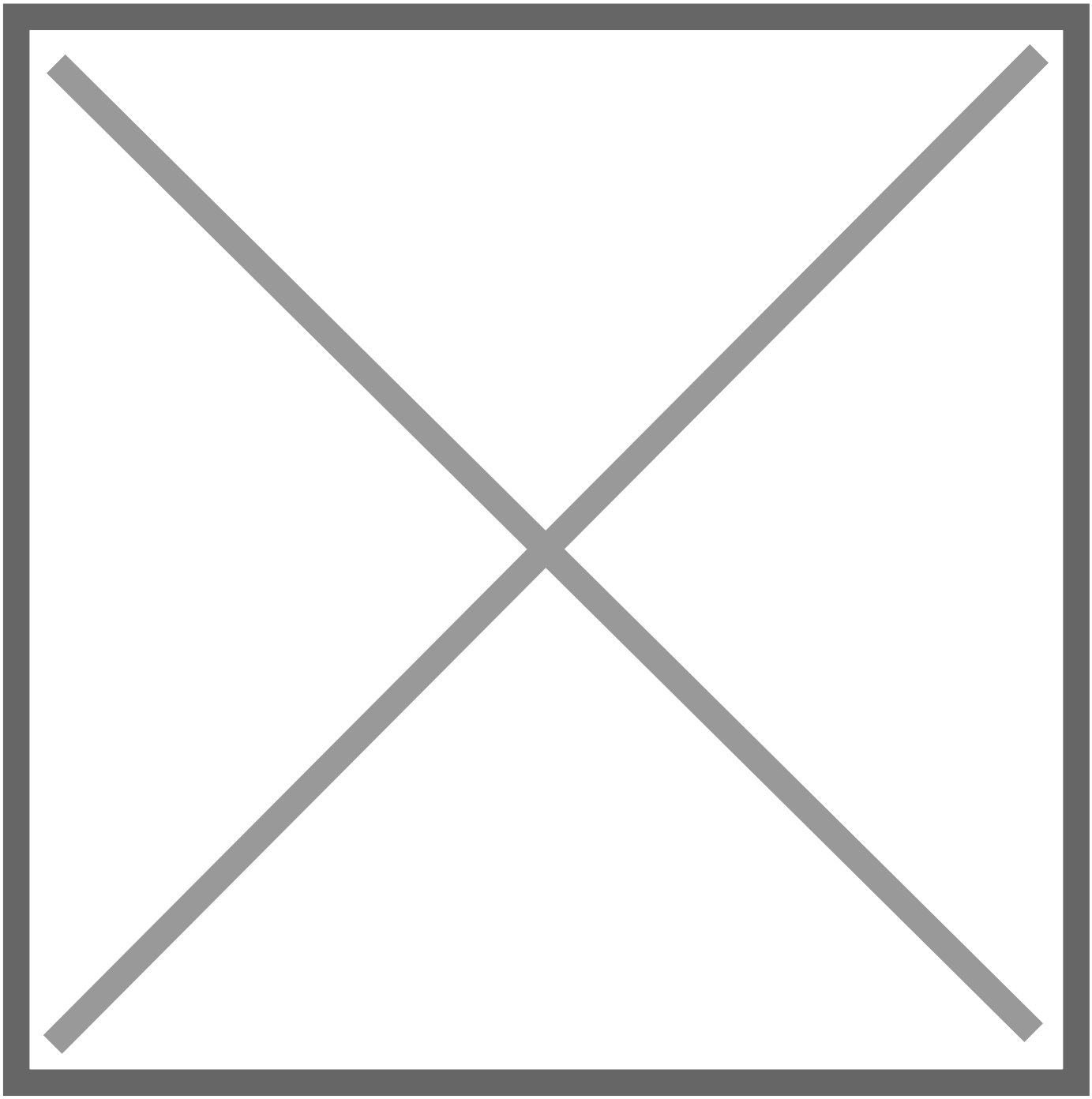


Sample size:	7823
References:	DHS-Style: Sri Lanka Demographic and Health Survey 2016
Notes:	UNICEF/WHO/World Bank Joint Child Malnutrition Estimates Expanded Database: Overweight (Survey Estimates), May 2023, New York. For more information about the methodology, please consult https://data.unicef.org/resources/jme-2023-country-consultations/ 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.

Definitions:	=>+2SD

Double burden of underweight & obesity

0-5 years, 2022

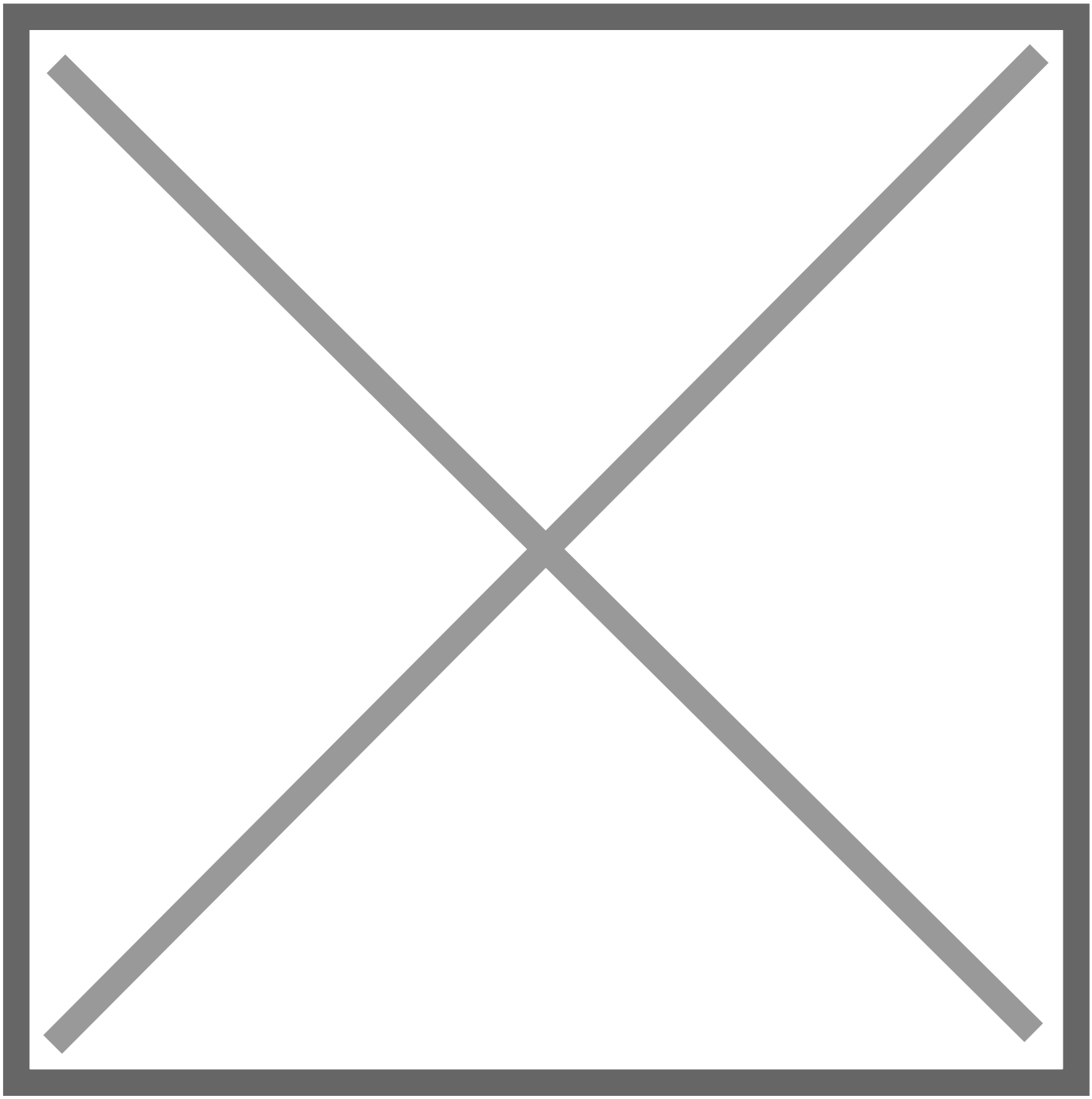


Survey type:	Measured
Age:	0-5
References:	United Nations Children's Fund, Division of Data, Analysis, Planning and Monitoring (2025). Global UNICEF Global Databases: Overlapping Stunting, Wasting and Overweight (Survey Estimates), 2025, New York. For more information, visit: https://data.unicef.org/topic/nutrition/malnutrition/ [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, 2015-2023



Area covered:	National
References:	Sri Lanka Demographic and Health Survey 2016
Notes:	Full details available at source: United Nations Children's Fund, Division of Data, Analysis, Planning and Monitoring (2025). Global UNICEF Global Databases: Infant and Young Child Feeding: Exclusive breastfeeding, New York, November 2025.
Definitions:	Infants 0-5 months of age who received only breast milk during the previous day. The definition allows for medicines, vitamins and oral re-hydration solution to have been given. These infants would not have received water-based liquids, milk based-liquids or food.

PDF created on November 7, 2026