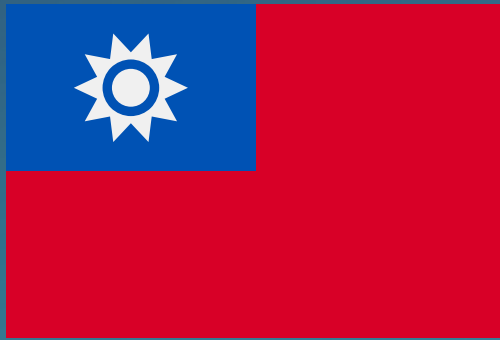




Taiwan



Country report card - children

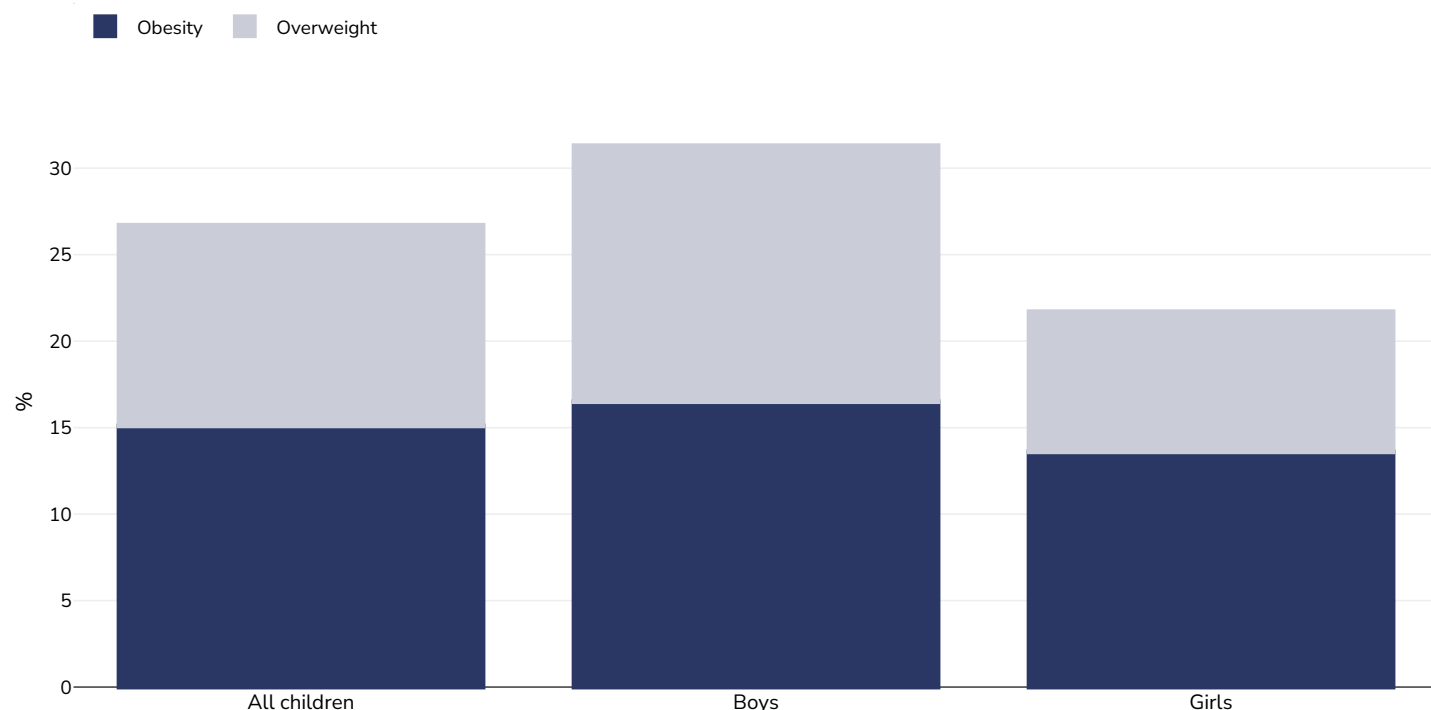
This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity for children, including adolescents (aged 5 to 18 years). Where available, data on common and relevant obesity drivers and comorbidities are also presented.

View the latest version of this report on the Global Obesity Observatory at <https://data.worldobesity.org/country/taiwan-211/>.

Contents	Page
Obesity prevalence	3
Overweight/obesity by age	4
Double burden of underweight & overweight	5
Mental health - depression disorders	6
Mental health - anxiety disorders	9

Obesity prevalence

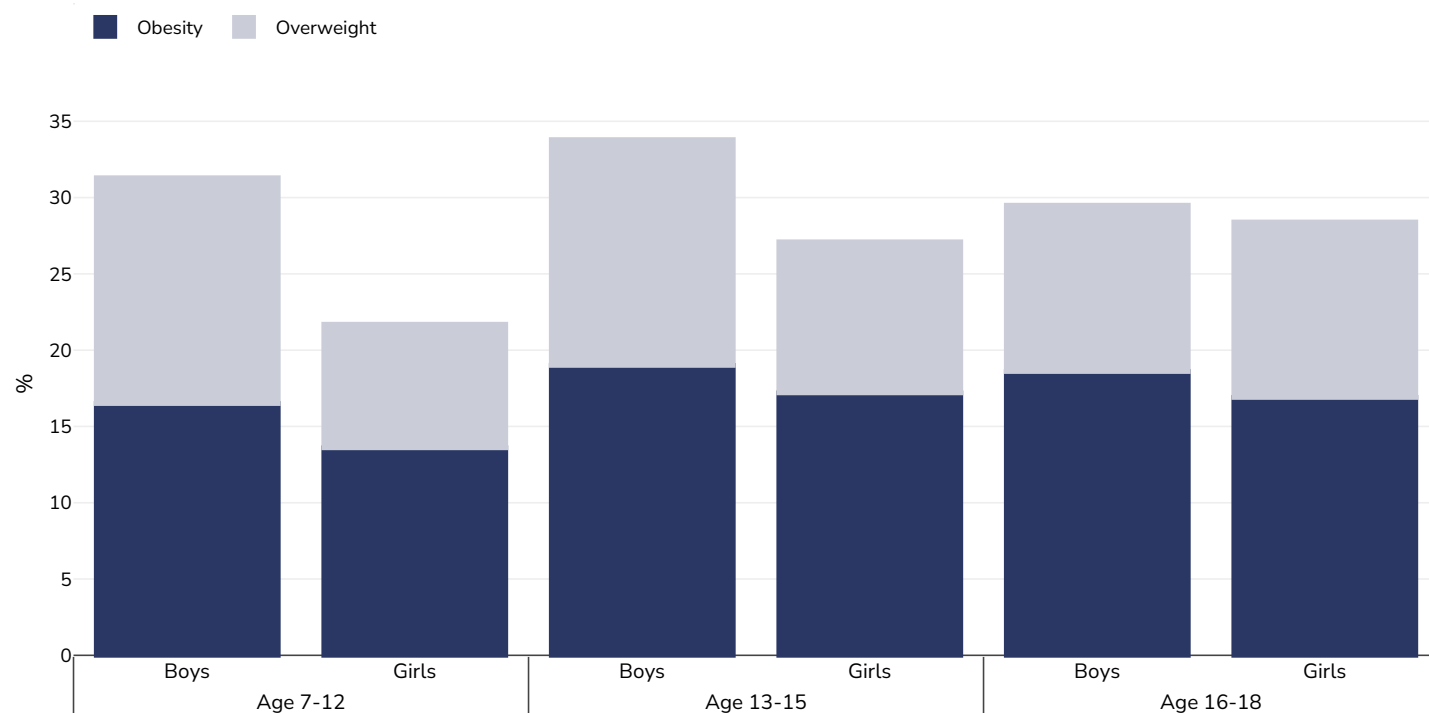
Children, 2017-2020



Survey type:	Measured
Age:	7-12
Sample size:	1198
Area covered:	National
References:	Nutrition and Health Survey in Taiwan (NAHSIT) 2017-2020: Results Report, https://www.hpa.gov.tw/EngPages/Detail.aspx?nodeid=1077&pid=6201 [Accessed 01.08.25]
Definitions:	Child overweight and obesity assessed using the Ministry of Health and Welfare's "Recommended Body Mass Index (BMI) for Children and Adolescents", based on 1997 data from students in Taiwan and Fujian. Overweight: BMI-for-age >85th percentile, Obese: BMI-for-age >95th percentile. https://www.hpa.gov.tw/Pages/Detail.aspx?nodeid=542&pid=9547
Cutoffs:	Taiwan Ministry of Health and Welfare

Overweight/obesity by age

Children, 2017-2020



Survey type: Measured

Sample size: 2214

Area covered: National

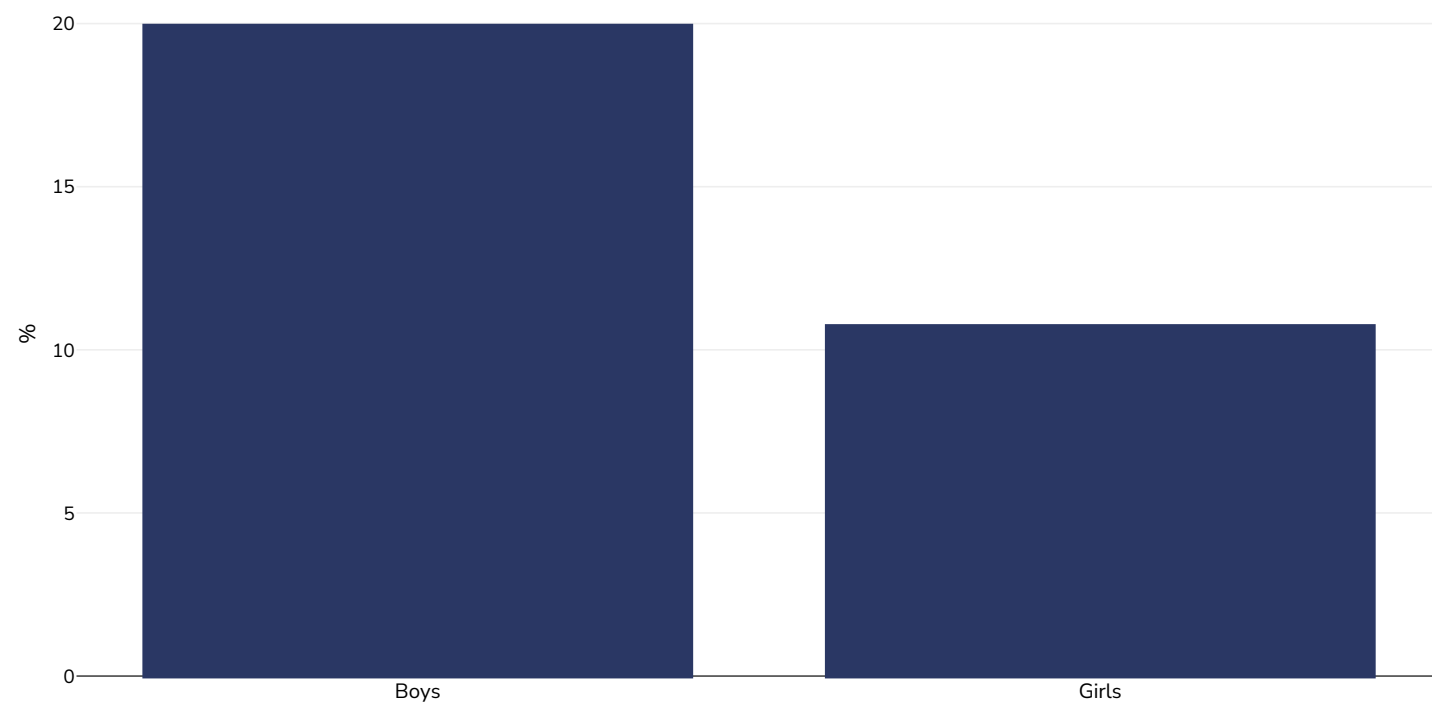
References: Nutrition and Health Survey in Taiwan (NAHSIT) 2017-2020: Results Report, <https://www.hpa.gov.tw/EngPages/Detail.aspx?nodeid=1077&pid=6201> [Accessed 01.08.25]

Definitions: Child overweight and obesity assessed using the Ministry of Health and Welfare's "Recommended Body Mass Index (BMI) for Children and Adolescents", based on 1997 data from students in Taiwan and Fujian. Overweight: BMI-for-age >85th percentile, Obese: BMI-for-age >95th percentile. <https://www.hpa.gov.tw/Pages/Detail.aspx?nodeid=542&pid=9547>

Cutoffs: Taiwan Ministry of Health and Welfare

Double burden of underweight & overweight

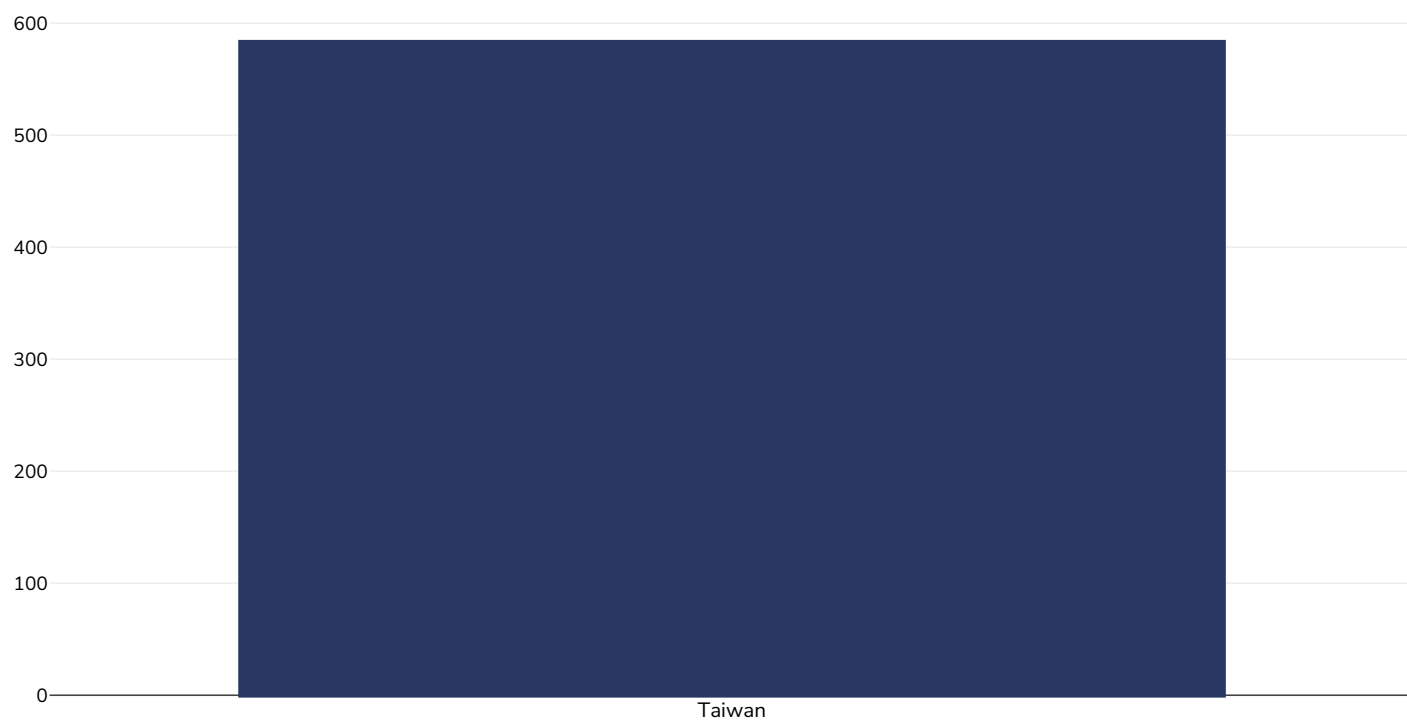
Children, 2022



Survey type:	Measured
Age:	5-19
References:	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 .
Notes:	Age standardised estimates
Definitions:	Combined prevalence of BMI < -2SD and BMI > 2SD (double burden of thinness and obesity)
Cutoffs:	BMI < -2SD and BMI > 2SD

Mental health - depression disorders

Children, 2021



Area covered:

National

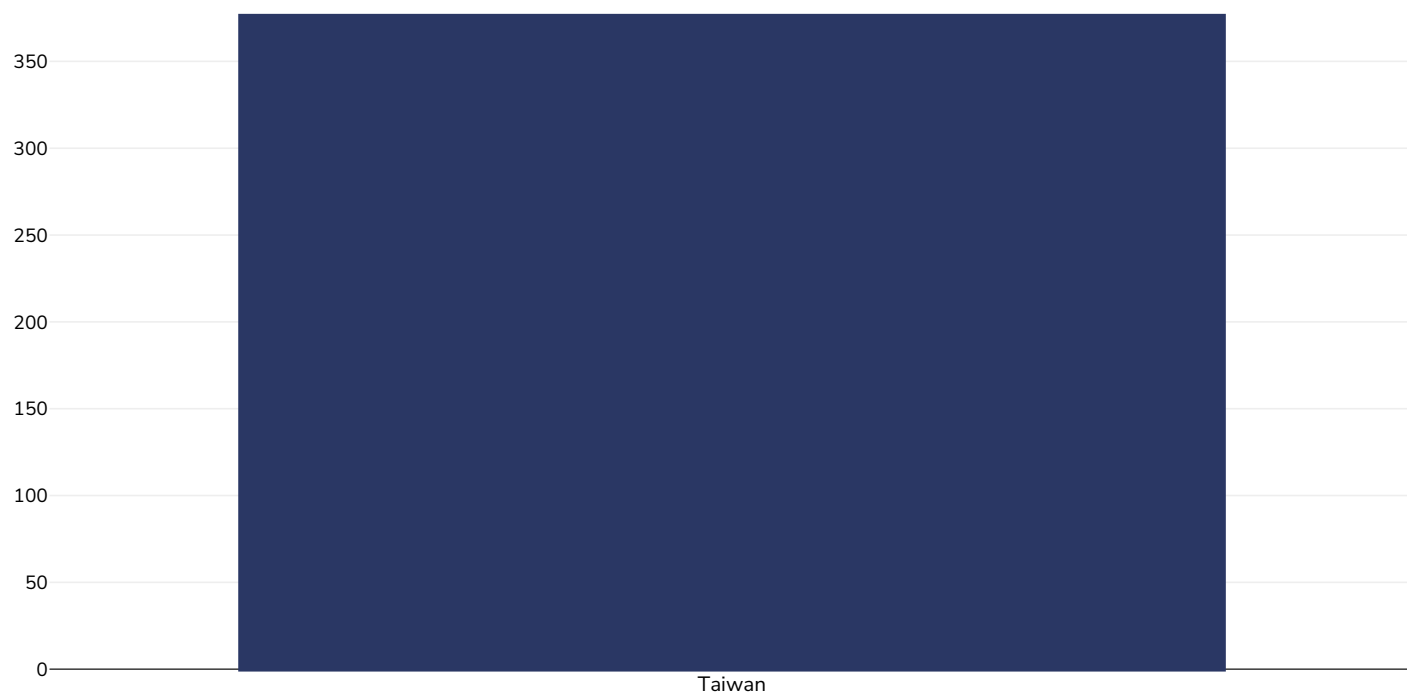
References:

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)

Definitions:

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

Boys, 2021



Area covered:

National

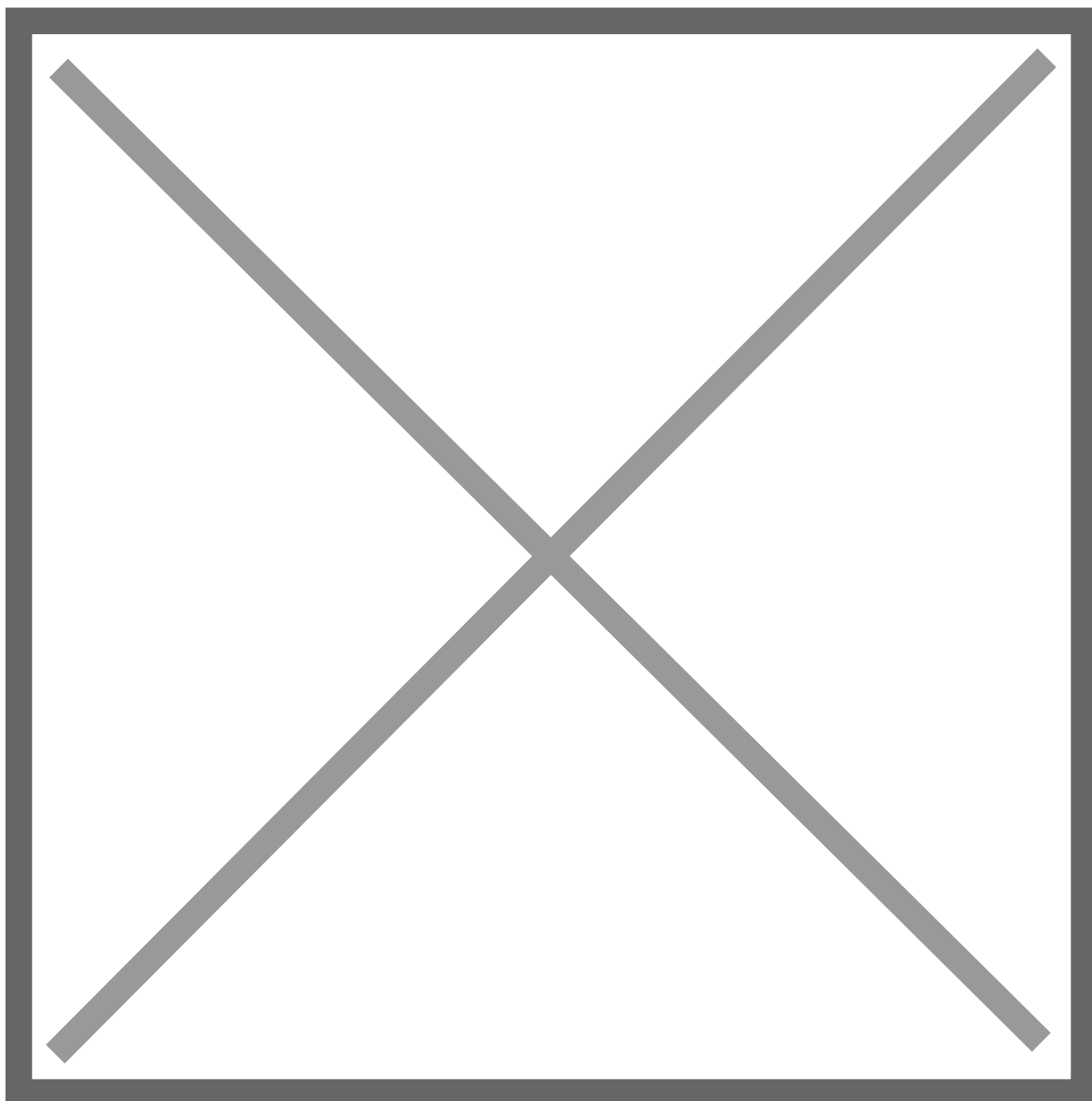
References:

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)

Definitions:

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

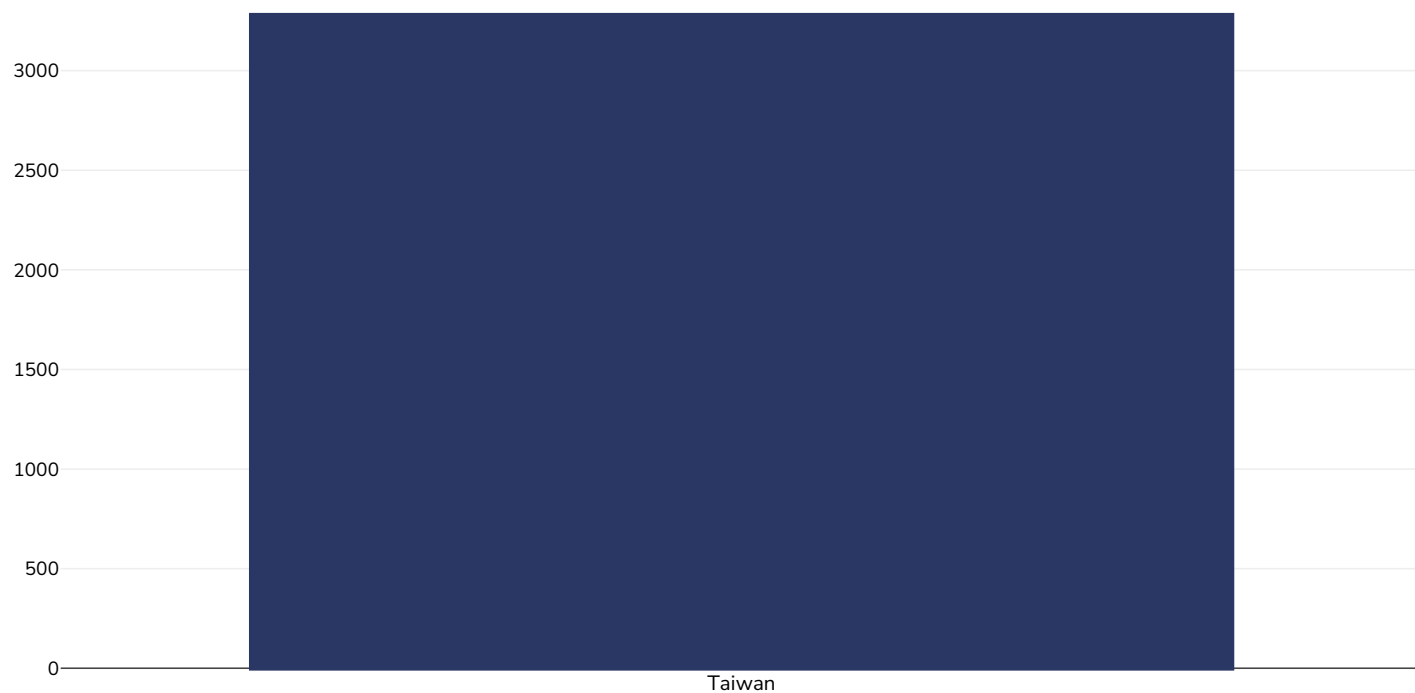
Girls, 2021



Area covered:	National
References:	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)
Definitions:	Number living with depressive disorder per 100,000 population (Under 20 years of age)

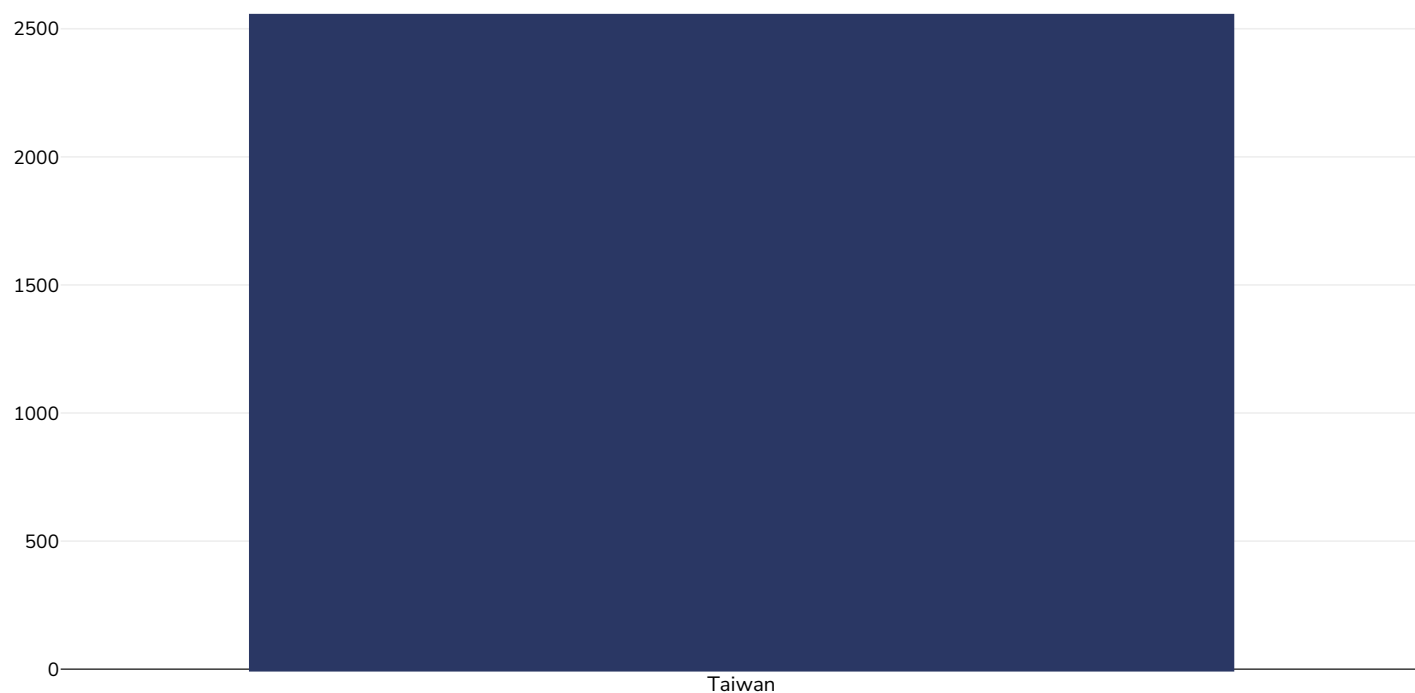
Mental health - anxiety disorders

Children, 2021

**References:**

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)

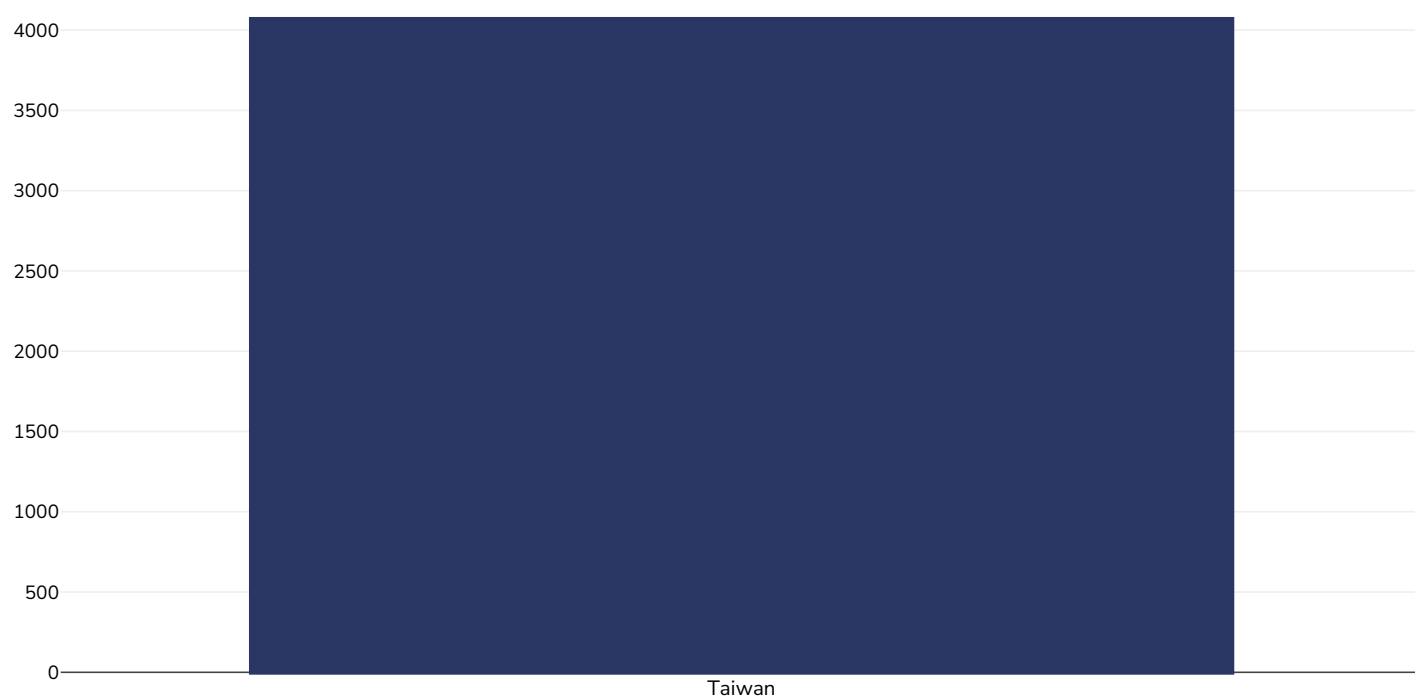
Boys, 2021



References:

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)

Girls, 2021



References:

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)

PDF created on September 9, 2025