



Vereinigte Arabische Emirate



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/united-arab-emirates-225/>.

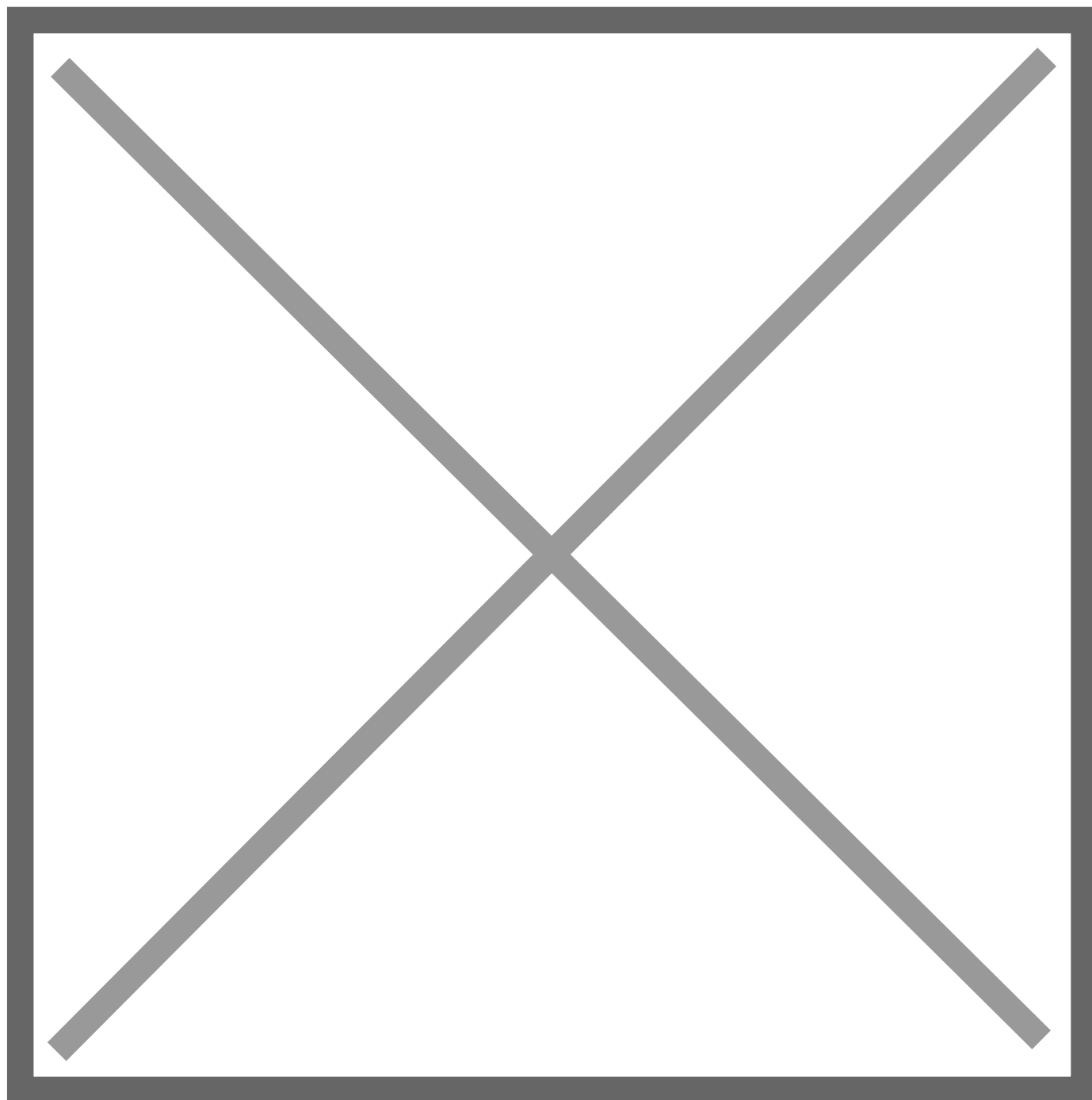
Nationales Adipositasrisiko *7/10 This is a composite "obesity risk" score (out of 10, the highest risk) based on obesity prevalence, rate of increase, likelihood of meeting the 2025 target, treatment indicator and childhood stunting levels.

Adipositasrisiko bei Kindern *8,5/11 This is a "risk score" for each country's likelihood of having or acquiring a major childhood obesity problem during the 2020s, taking account of current prevalence levels and risk for future obesity (based on stunting among infants, maternal obesity, maternal smoking, and breastfeeding rates).

*Basierend auf geschätzten Daten. Weitere Informationen finden Sie in den Veröffentlichungen

Adipositasprävalenz

Kinder, 2018-2019

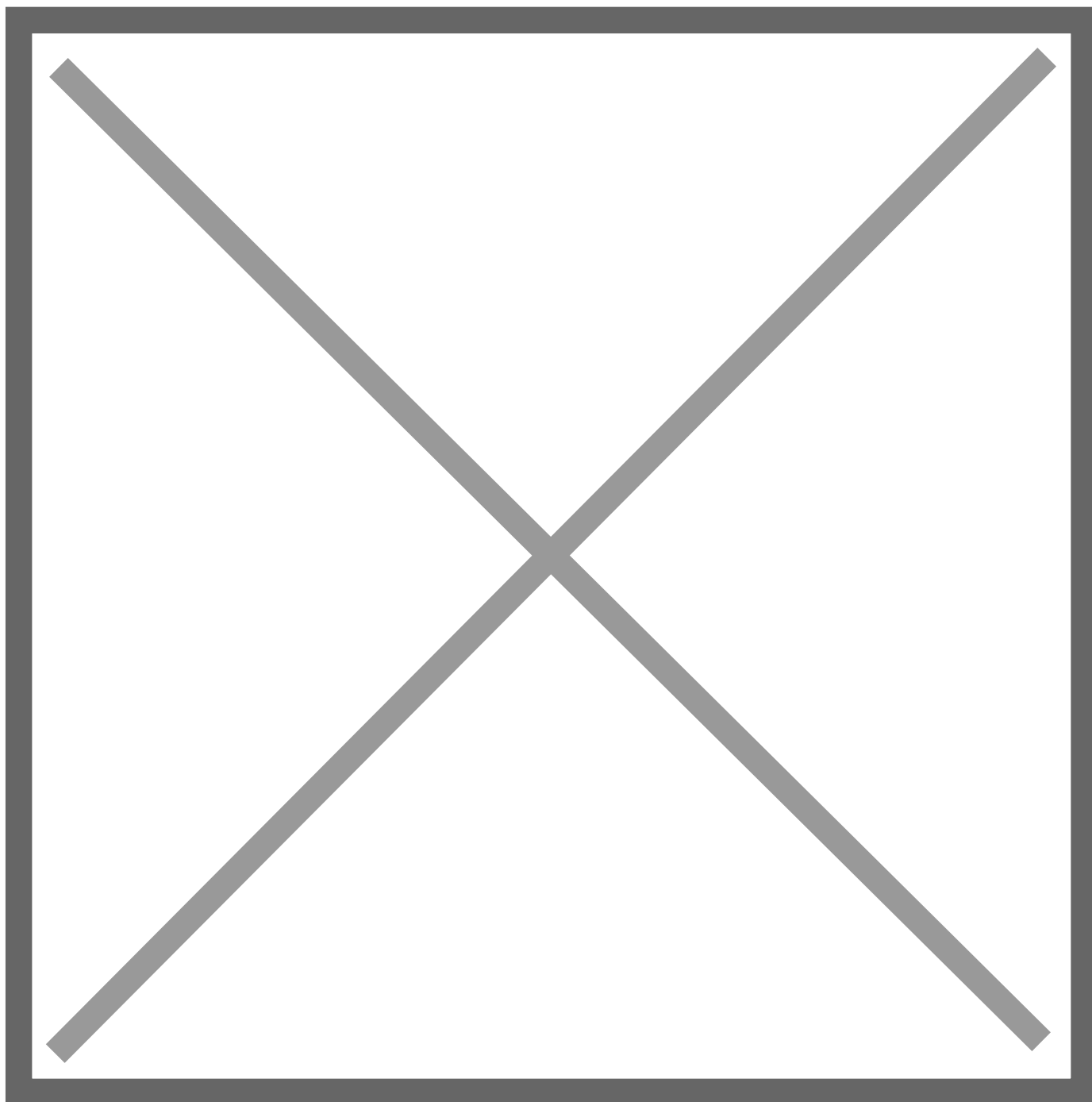


Umfragetyp:	Gemessen
Alter:	13-19
Stichprobengröße:	932
Geltungsbereich:	National

Referenzen:	Baniissa W, Radwan H, Rossiter R, et al. Prevalence and determinants of overweight/ obesity among school-aged adolescents in the United Arab Emirates: a crosssectional study of private and public schools. BMJ Open 2020;10:e038667. doi:10.1136/ bmjopen-2020-038667
Anmerkungen (nur in englischer Sprache verfÄ¼gbar):	Small sample size. Convenience sampling was used to select classes. Students with chronic diseases (eg, type 2 diabetes, cancer and mental health conditions) based on information from students' school records where excluded.
Definitionen (nur in englischer Sprache verfÄ¼gbar):	A BMI at or above the 85th percentile for adolescents was adopted to classify participants as either overweight/obese
Cutoffs:	CDC

Äbergewicht/Adipositas nach Alter

Kinder, 2014-2015



Umfragetyp:	Gemessen
Stichprobengröße:	27113
Geltungsbereich:	Regional

Referenzen:

AlBlooshi, A., Shaban, S., AlTunaiji, M., Fares, N., AlShehhi, L., AlShehhi, H., AlMazrouei, A., and Soud, A.-K. (2016) Increasing obesity rates in school children in United Arab Emirates. Obesity Science & Practice, 2: 196–202. doi: 10.1002/osp4.37.

**Anmerkungen
(nur in englischer
Sprache
verfügbar):**

International IOTF Cut Off

Cutoffs:

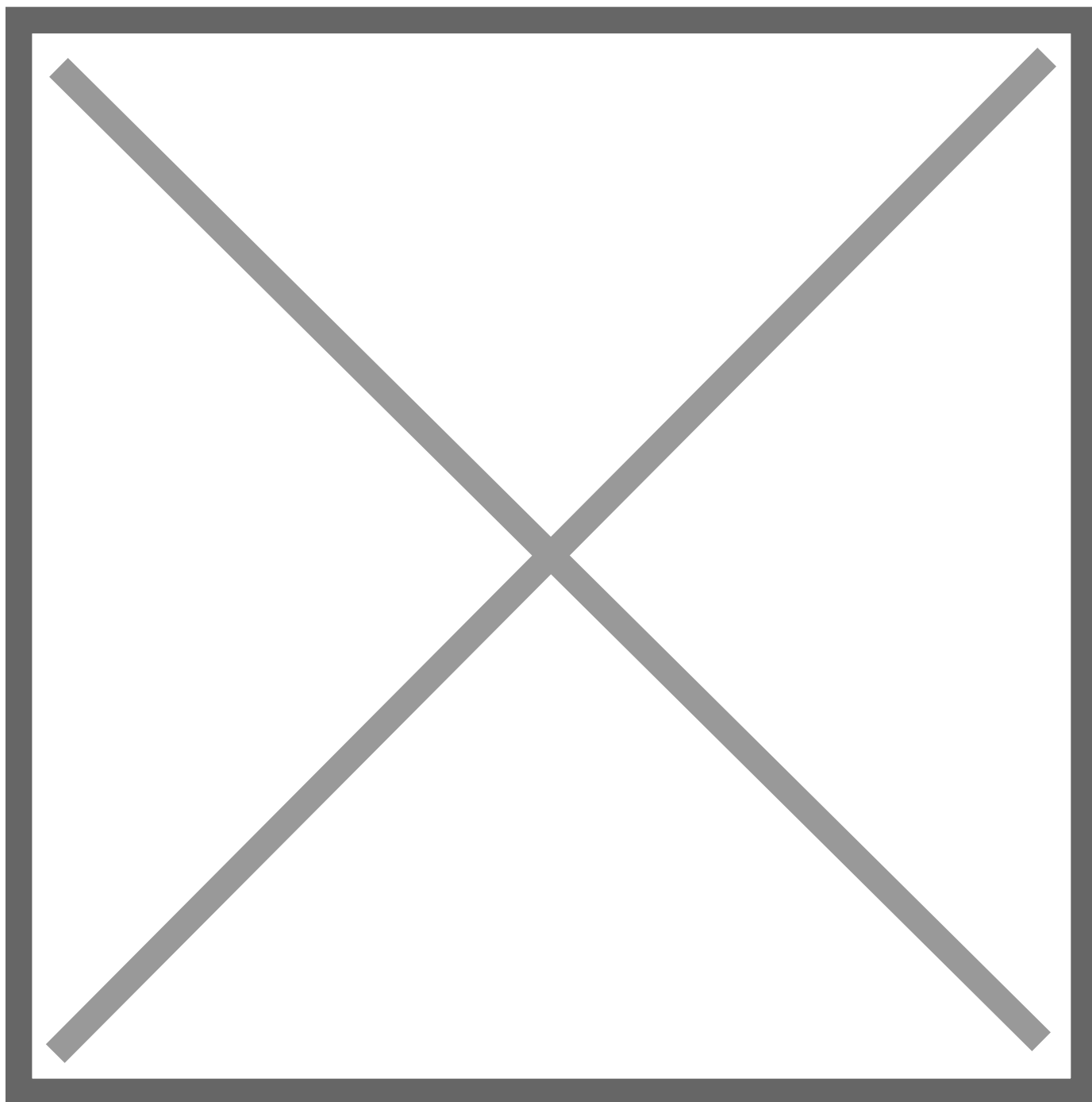
IOTF

Äbergewicht/Adipositas nach ethnischer Zugehörigkeit

Ethnic groups are as defined by publication of origin and are not as defined by WOF. In some instances ethnicity is conflated with nationality and/or race.

Double burden of underweight & overweight

Kinder, 2022



Umfragetyp:

Gemessen

Alter:

5-19

Referenzen:

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](https://doi.org/10.1016/S0140-6736(23)02750-2).

Anmerkungen
(nur in
englischer
Sprache
verfügbar):

Age standardised estimates

Definitionen
(nur in
englischer
Sprache
verfügbar):

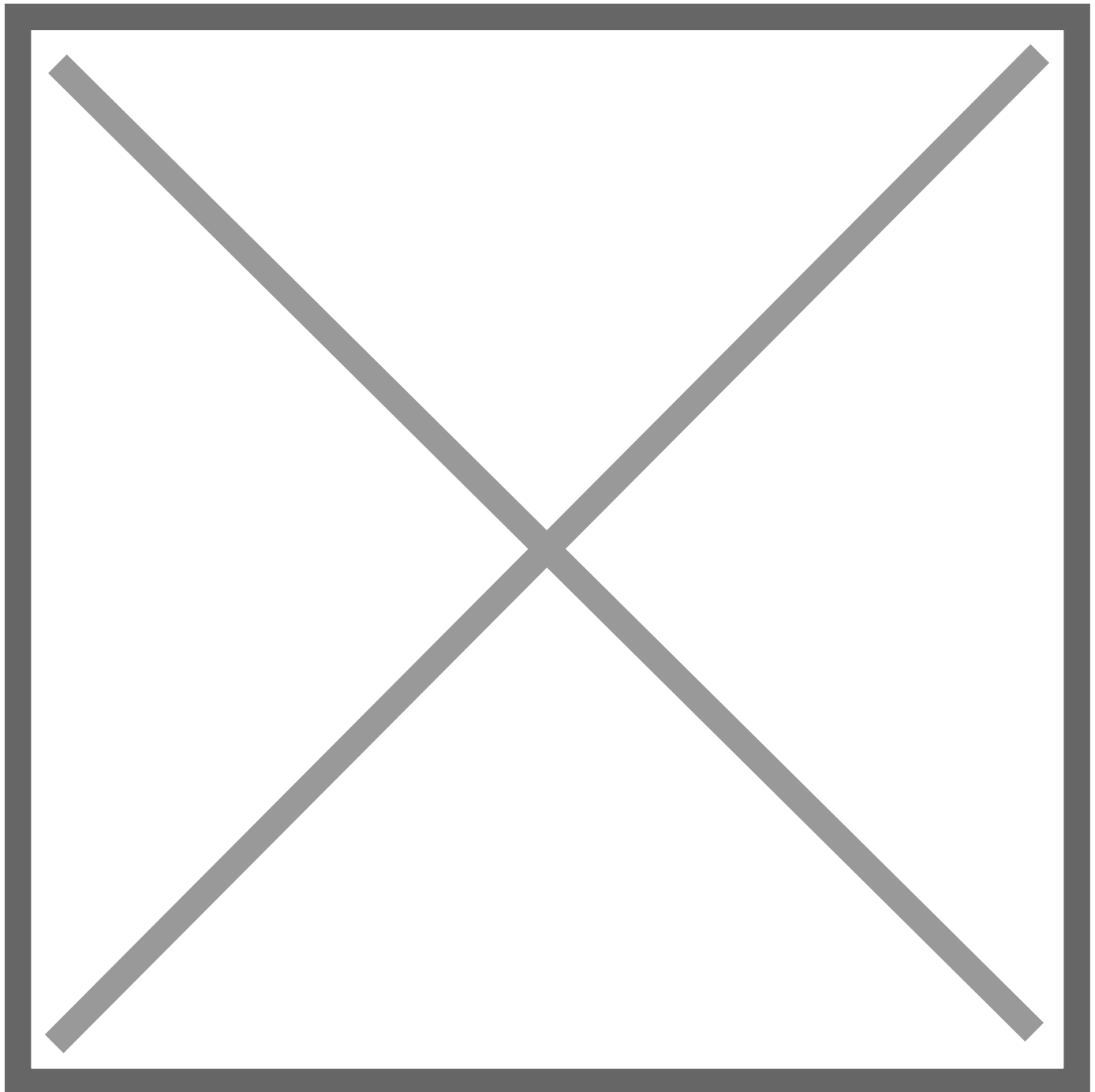
Combined prevalence of BMI < -2SD and BMI > 2SD (double burden of thinness and obesity)

Cutoffs:

BMI < -2SD and BMI > 2SD

Unzureichende körperliche Aktivität

Kinder, 2016

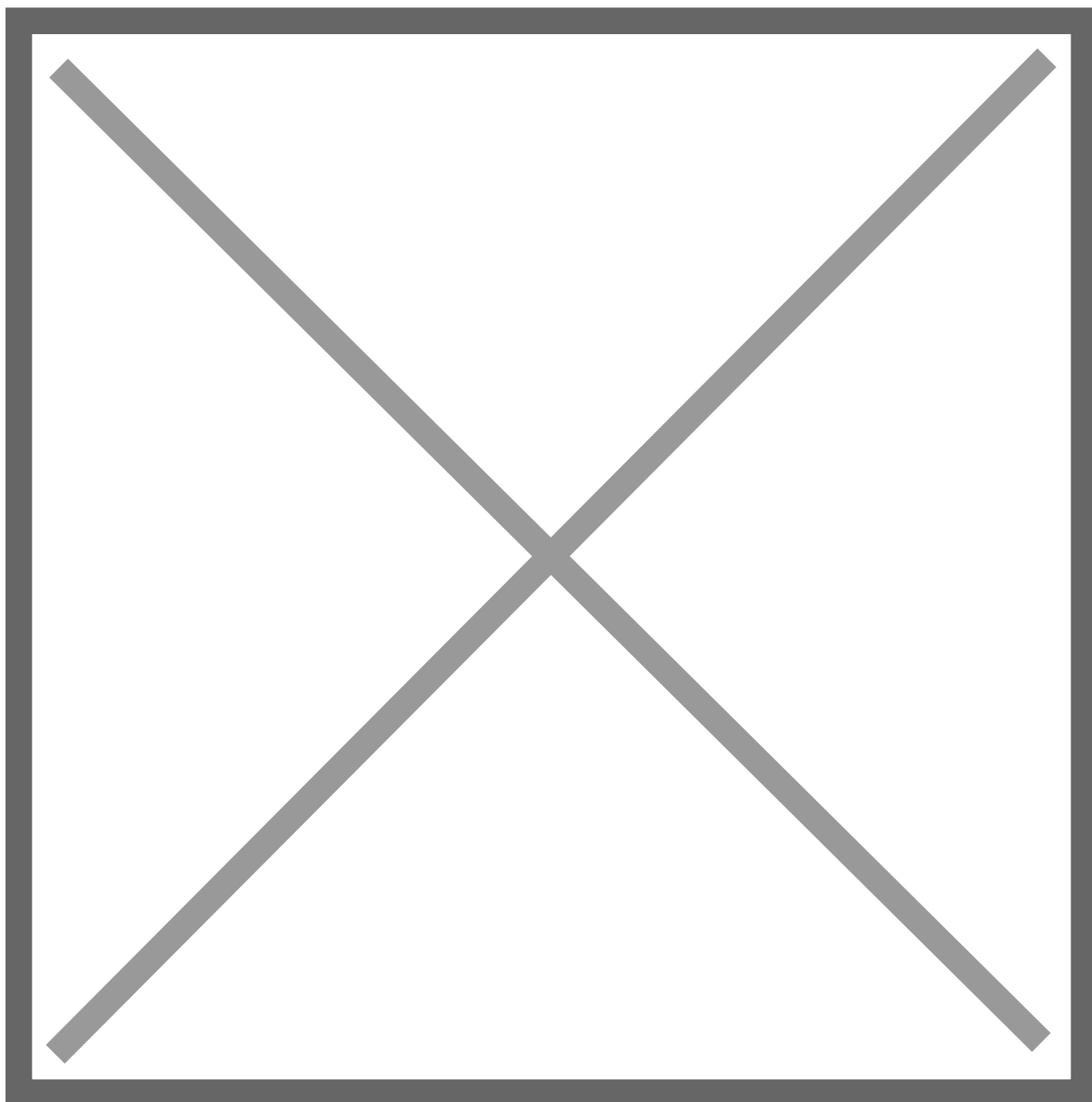


Umfragetyp:	Selbst berichtet
Alter:	11-17
Referenzen:	Global Health Observatory data repository, World Health Organisation, https://apps.who.int/gho/data/node.main.A893ADO?lang=en (last accessed 16.03.21)

Anmerkungen % of school going adolescents not meeting WHO recommendations on Physical Activity for Health, i.e. doing less than 60 minutes of moderate- to vigorous-intensity physical activity daily.
(nur in
englischer
Sprache
verfÄ¼gbar):

Definitionen % Adolescents insufficiently active (age standardised estimate)
(nur in
englischer
Sprache
verfÄ¼gbar):

Jungen, 2016



Umfragetyp:

Selbst berichtet

Alter:

11-17

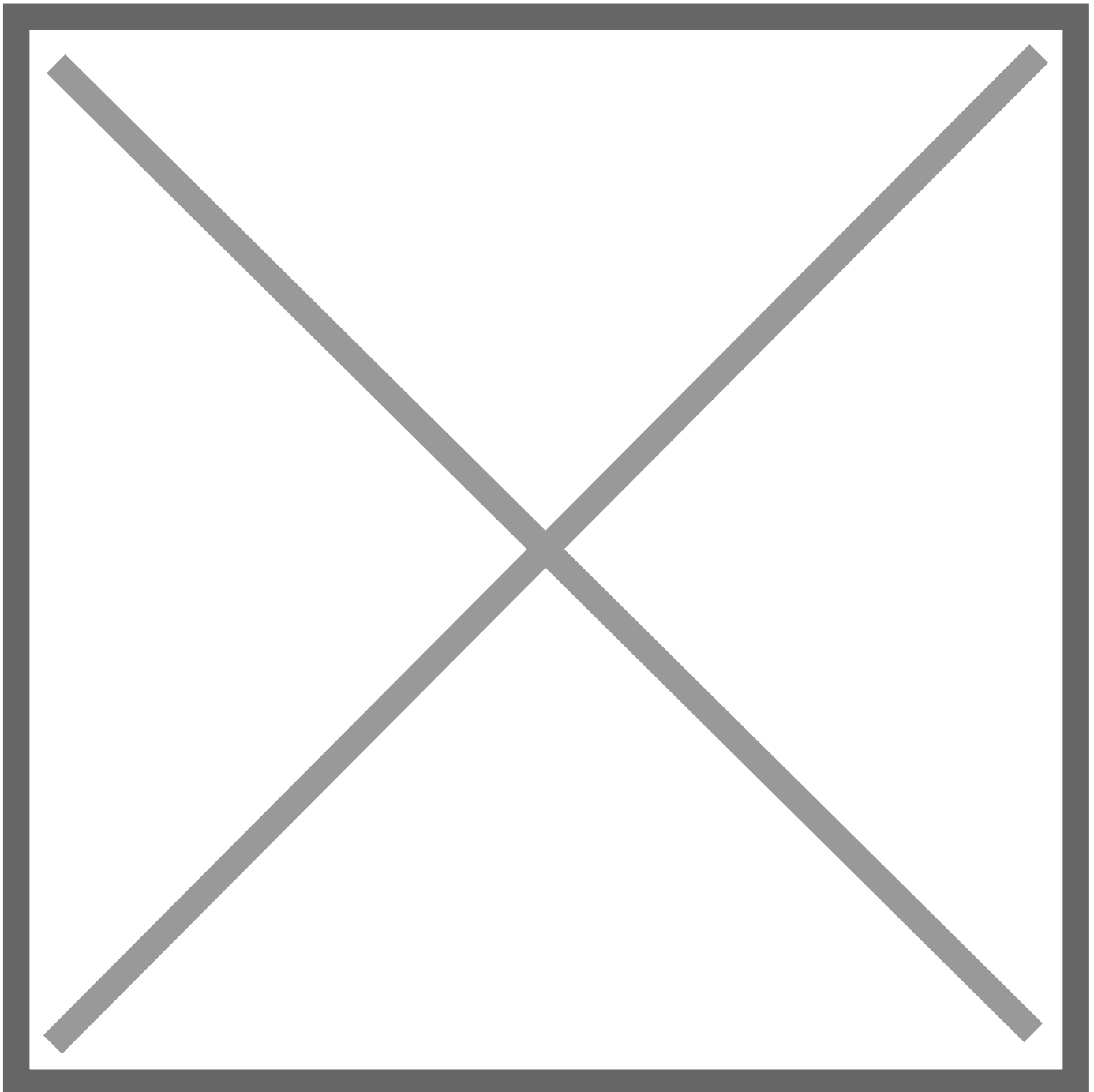
Referenzen:

Global Health Observatory data repository, World Health Organisation,
<https://apps.who.int/gho/data/node.main.A893ADO?lang=en> (last accessed 16.03.21)

Anmerkungen % of school going adolescents not meeting WHO recommendations on Physical Activity for Health, i.e. doing less than 60 minutes of moderate- to vigorous-intensity physical activity daily.
(nur in
englischer
Sprache
verf  gbar):

Definitionen % Adolescents insufficiently active (age standardised estimate)
(nur in
englischer
Sprache
verf  gbar):

Mädchen, 2016



Umfragetyp:

Selbst berichtet

Alter:

11-17

Referenzen:

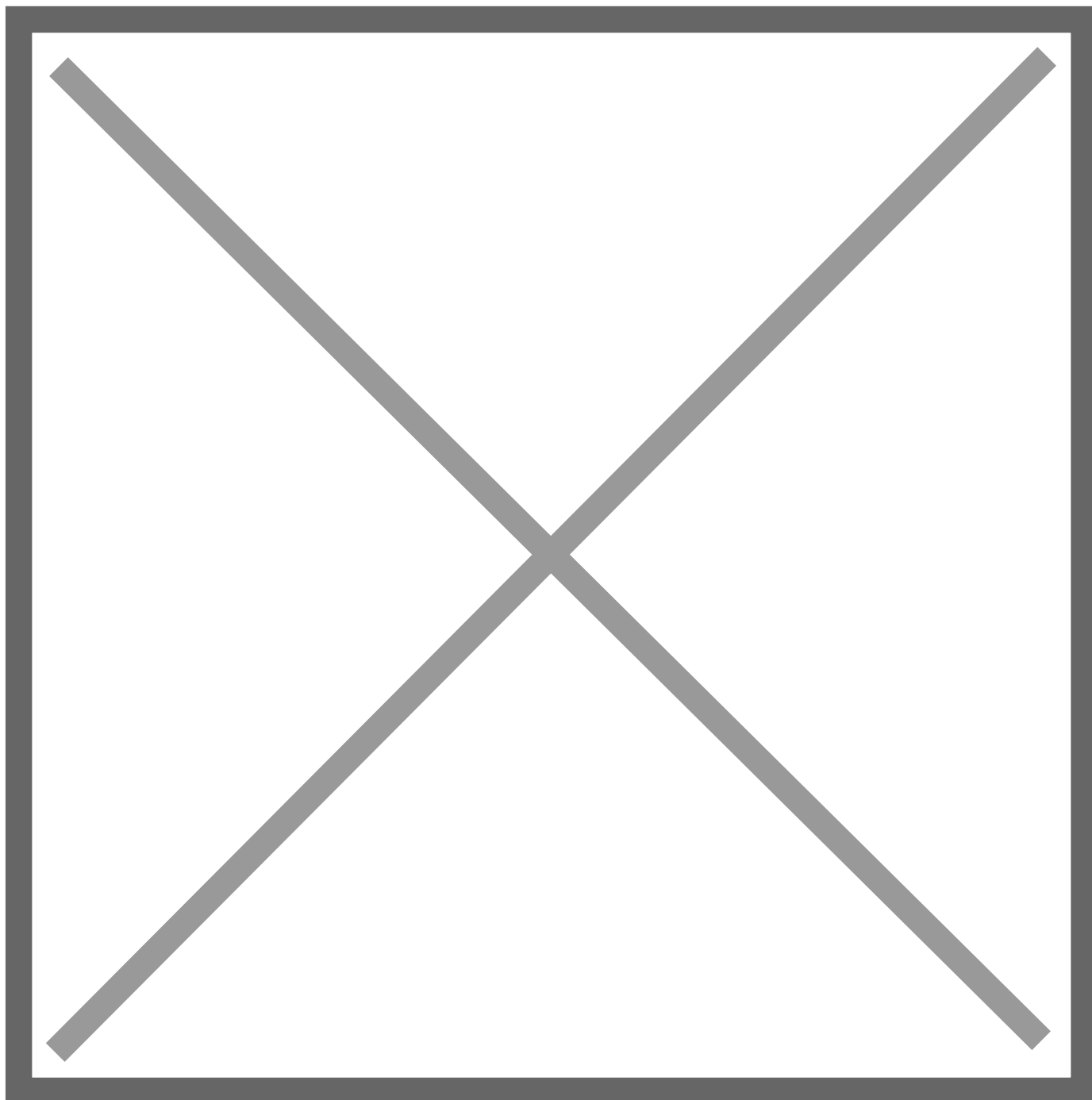
Global Health Observatory data repository, World Health Organisation,
<https://apps.who.int/gho/data/node.main.A893ADO?lang=en> (last accessed 16.03.21)

Anmerkungen % of school going adolescents not meeting WHO recommendations on Physical Activity for Health, i.e. doing less than 60 minutes of moderate- to vigorous-intensity physical activity daily.
(nur in
englischer
Sprache
verf  gbar):

Definitionen % Adolescents insufficiently active (age standardised estimate)
(nur in
englischer
Sprache
verf  gbar):

Durchschnittliche Häufigkeit des täglichen Konsums von kohlensäurehaltigen Erfrischungsgetränken

Kinder, 2009-2015



Umfragetyp:

Gemessen

Alter:

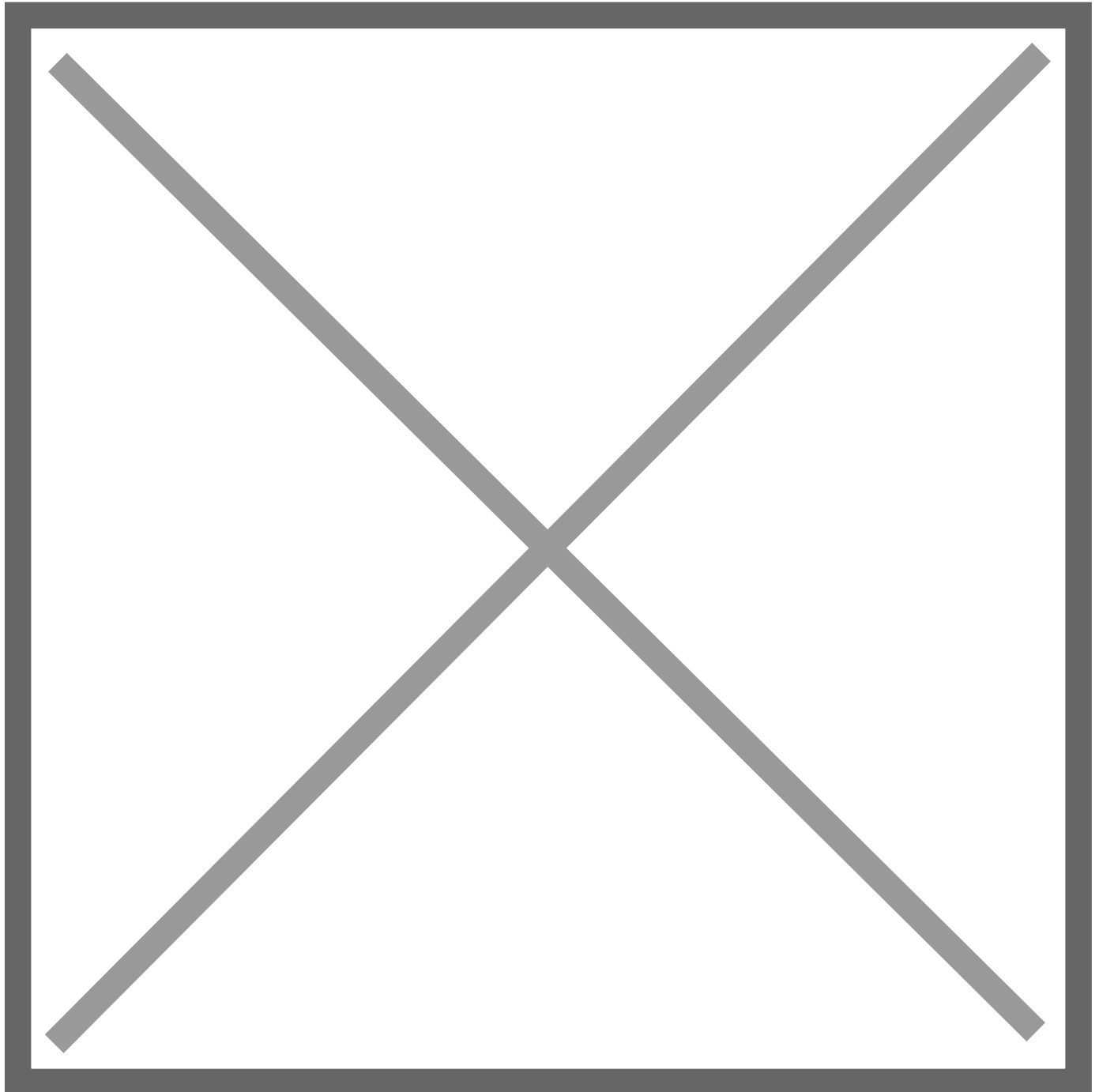
12-17

Referenzen:

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>

Prävalenz von weniger als täglichem Obstkonsum

Kinder, 2008-2015



Umfragetyp:

Gemessen

Alter:

12-17

Referenzen:

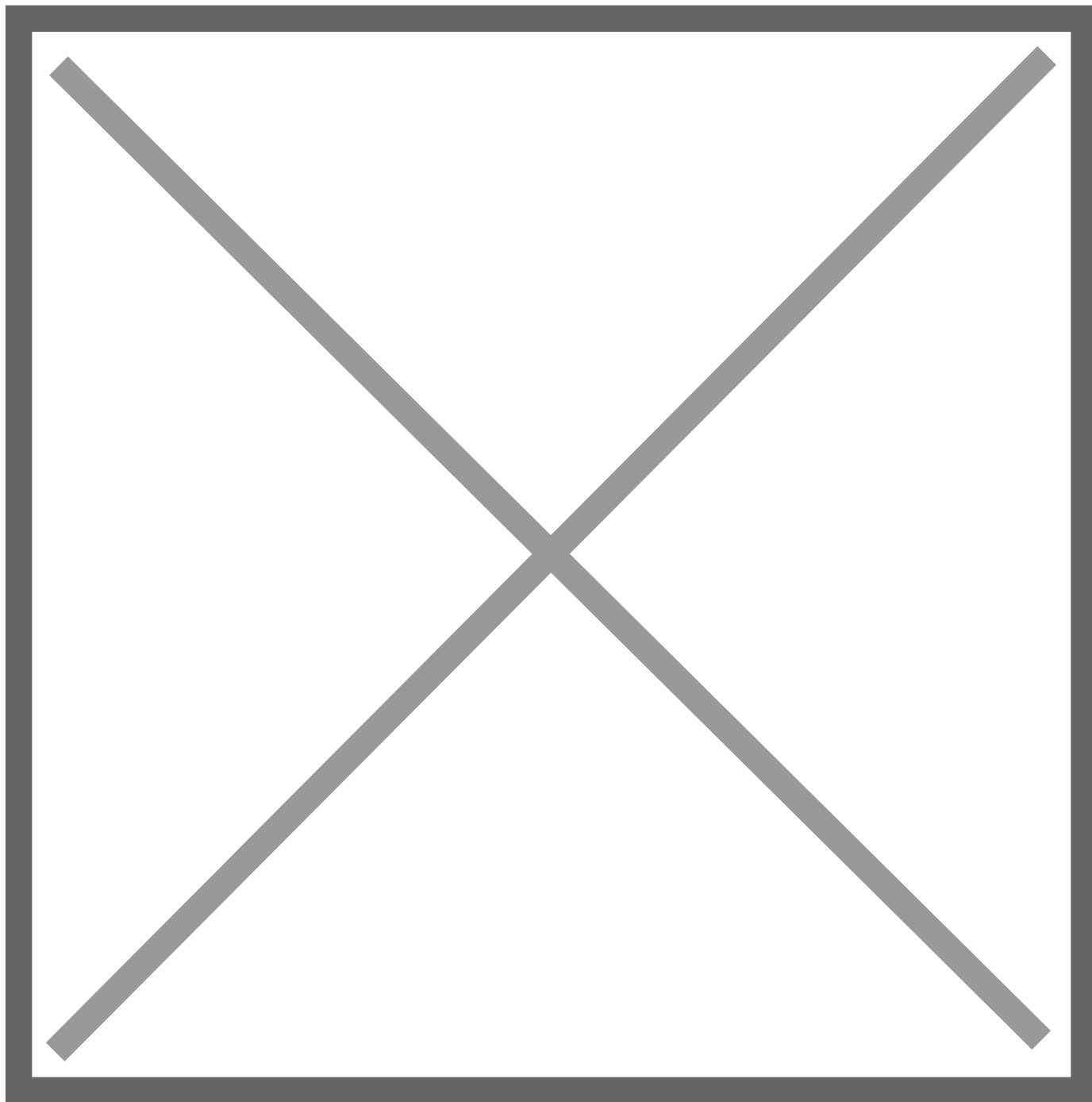
Global School-based Student Health Surveys. Beal et al (2019). Global Patterns of Adolescent Fruit, Vegetable, Carbonated Soft Drink, and Fast-food consumption: A meta-analysis of global school-based student health surveys. Food and Nutrition Bulletin. <https://doi.org/10.1177/0379572119848287>. Sourced from Food Systems Dashboard <http://www.foodsystemsdashboard.org/food-system>

**Definitionen
(nur in
englischer
Sprache
verfügbar):**

Prevalence of less-than-daily fruit consumption (% less-than-daily fruit consumption)

Prävalenz von weniger als täglichem Gemüsekonsum

Kinder, 2008-2015



Umfragetyp:

Gemessen

Alter:

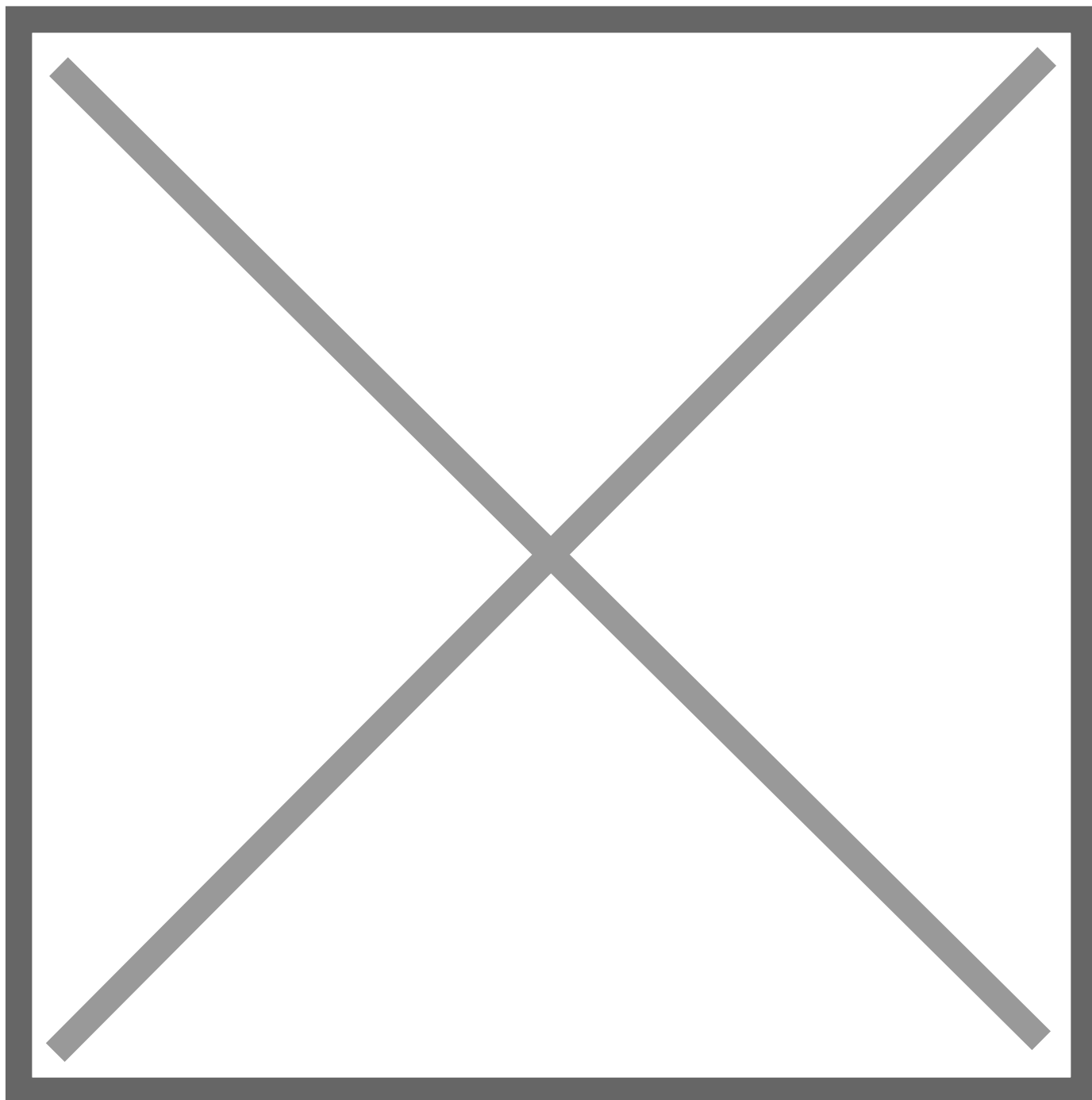
12-17

Referenzen: 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>

**Definitionen
(nur in
englischer
Sprache
verfÄ¼gbar):** Prevalence of less-than-daily vegetable consumption (% less-than-daily vegetable consumption)

Durchschnittliche wöchentliche Häufigkeit des Konsums von Fast-Food

Kinder, 2009-2015



Alter:

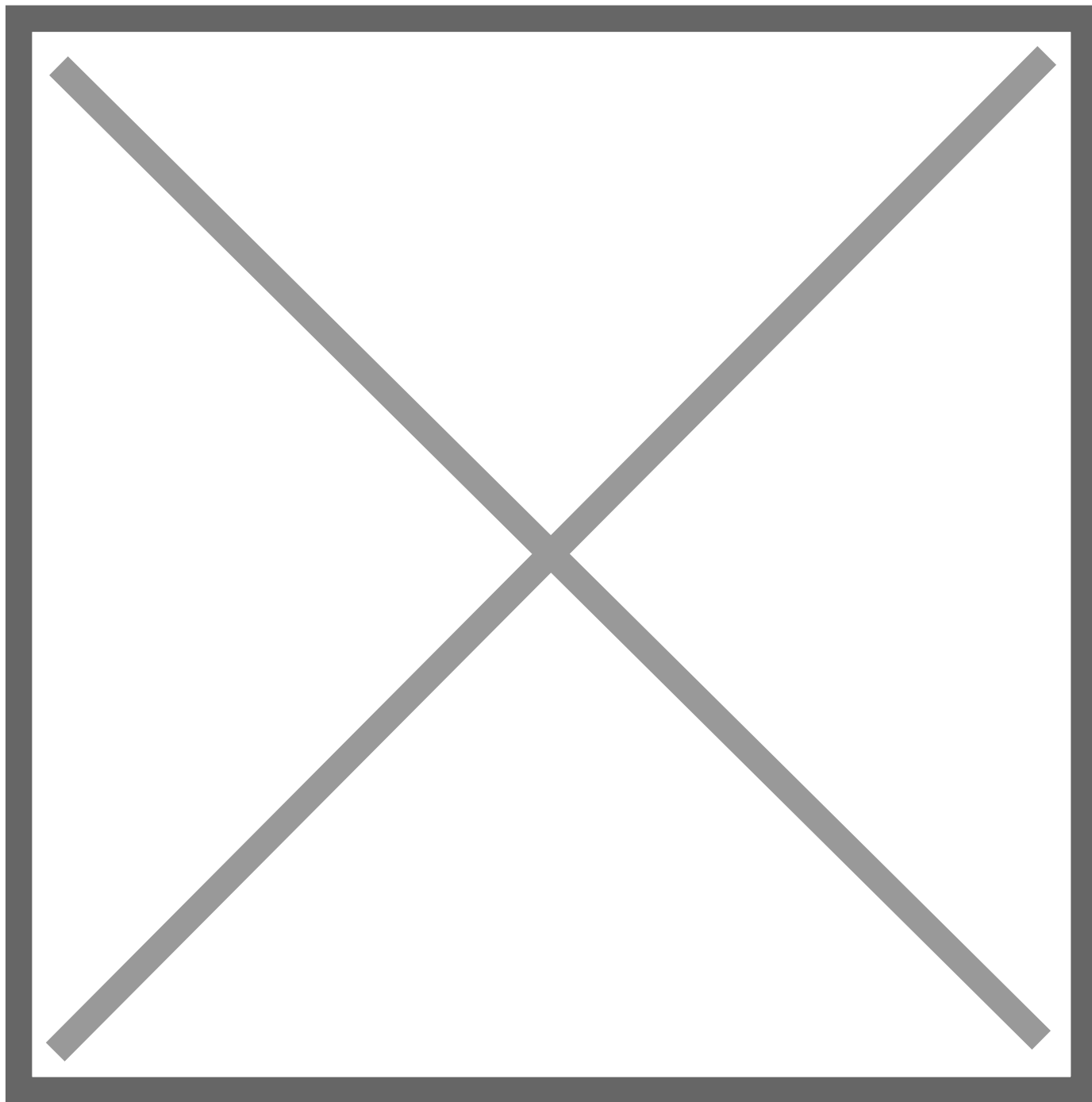
12-17

Referenzen:

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>

Psychische Gesundheit â Depressionen

Kinder, 2021



Geltungsbereich:

National

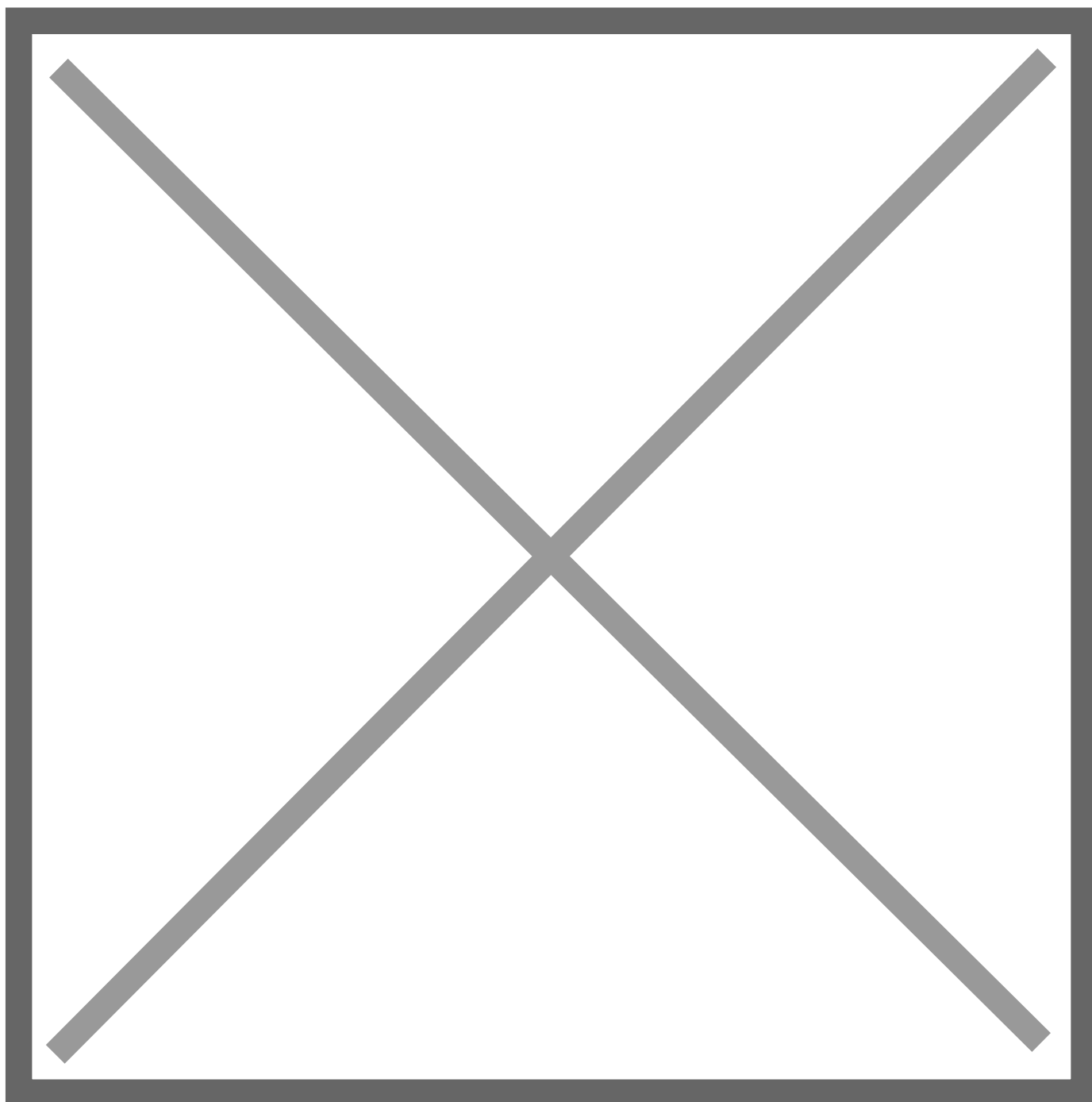
Referenzen:

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)

Definitionen
(nur in
englischer
Sprache
verfügbar):

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

Jungen, 2021



Geltungsbereich:

National

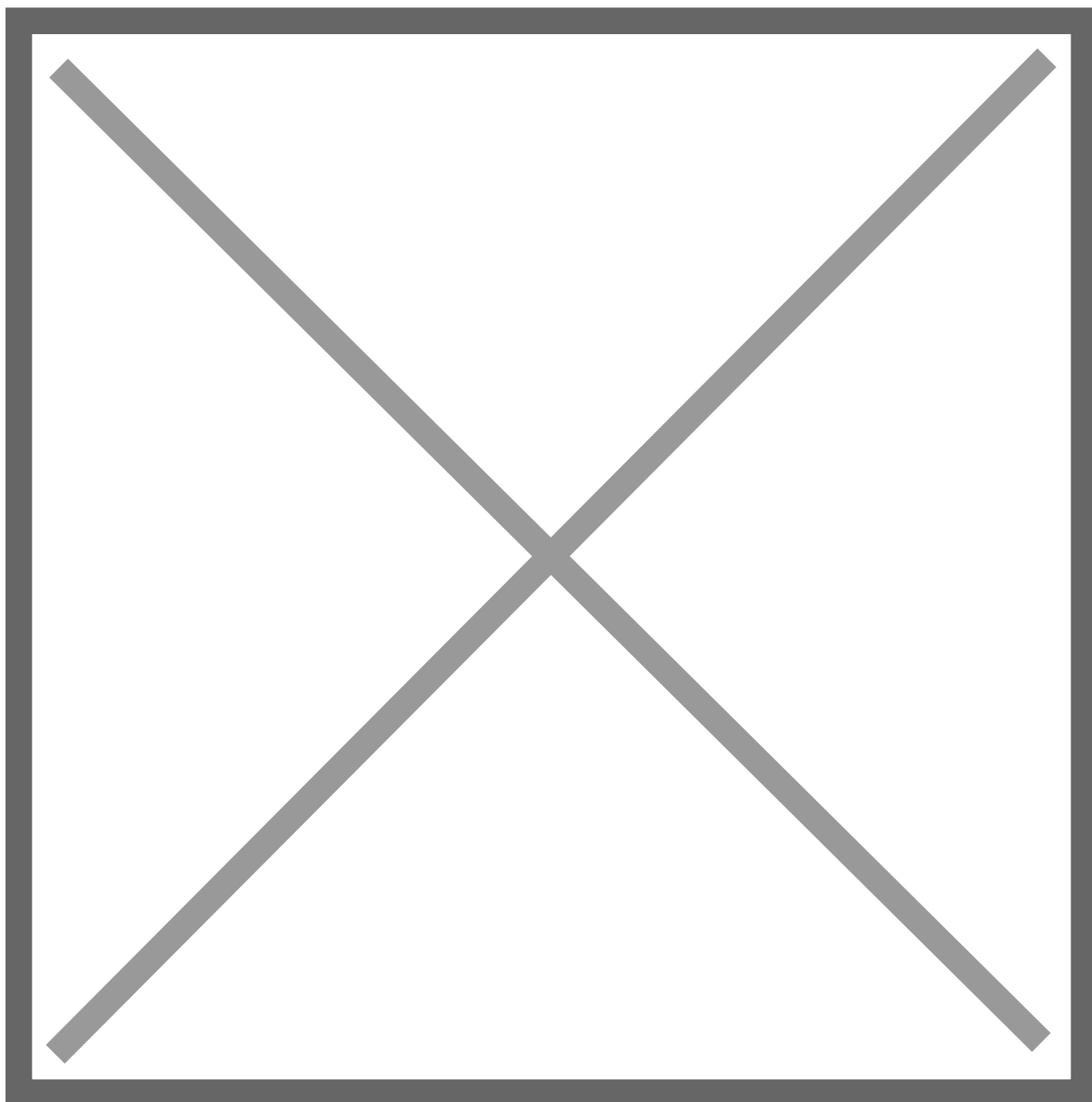
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Definitionen
(nur in
englischer
Sprache
verfügbar):

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

Mädchen, 2021



Geltungsbereich:

National

Referenzen:

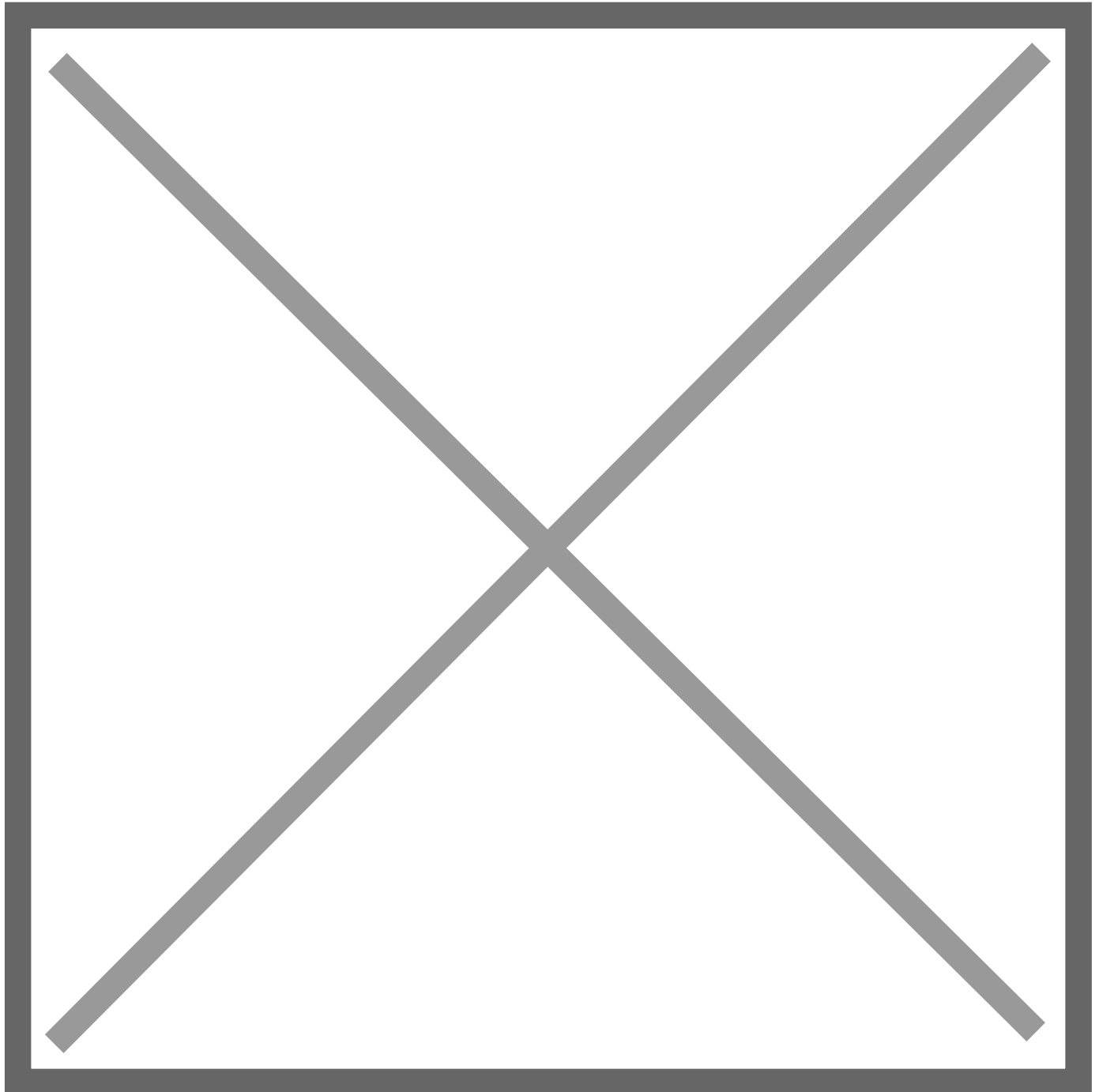
Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

Definitionen
(nur in
englischer
Sprache
verfügbar):

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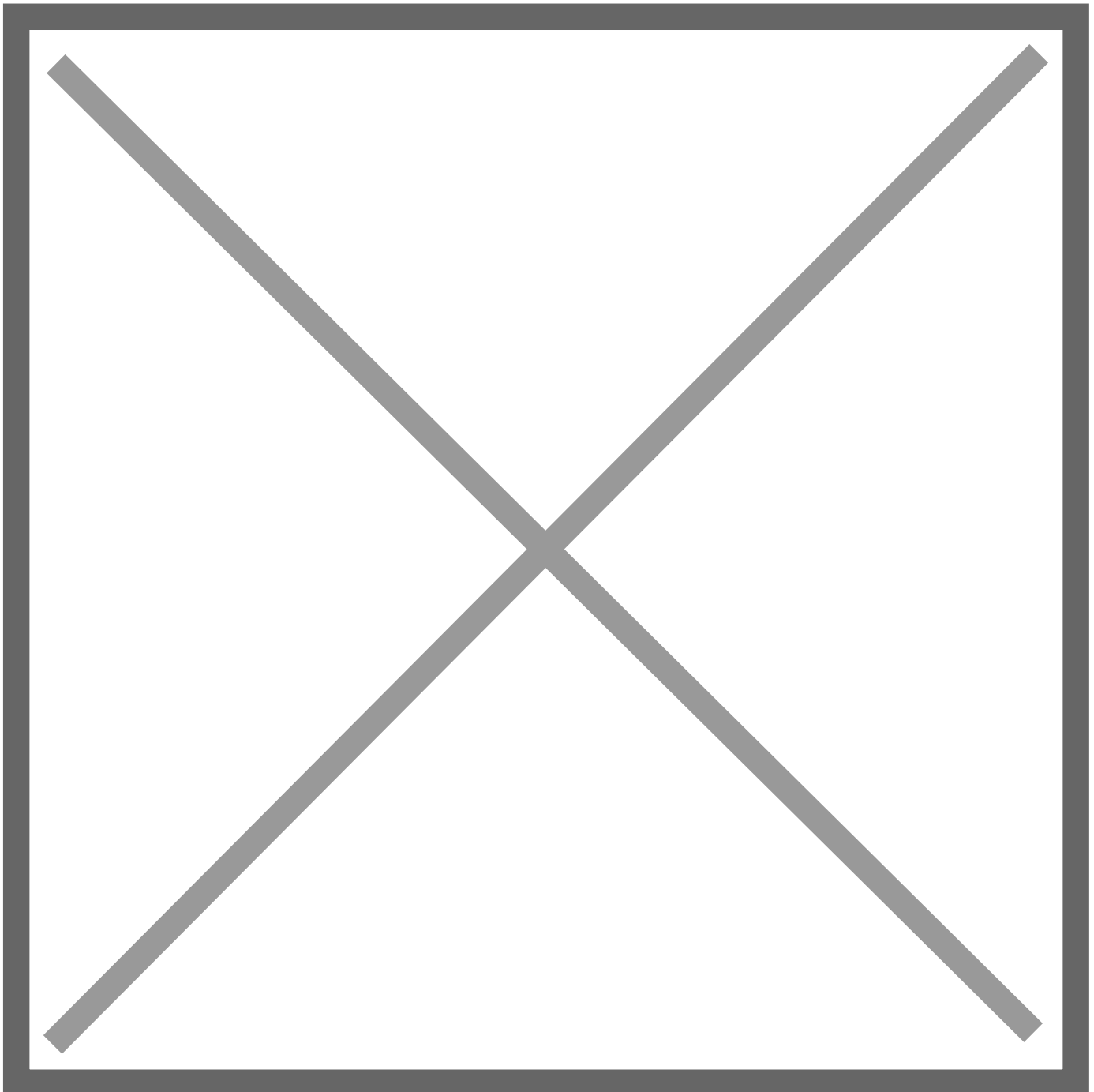
Psychische Gesundheit â¸ AngststÃ¶rungen

Kinder, 2021

**Referenzen:**

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)

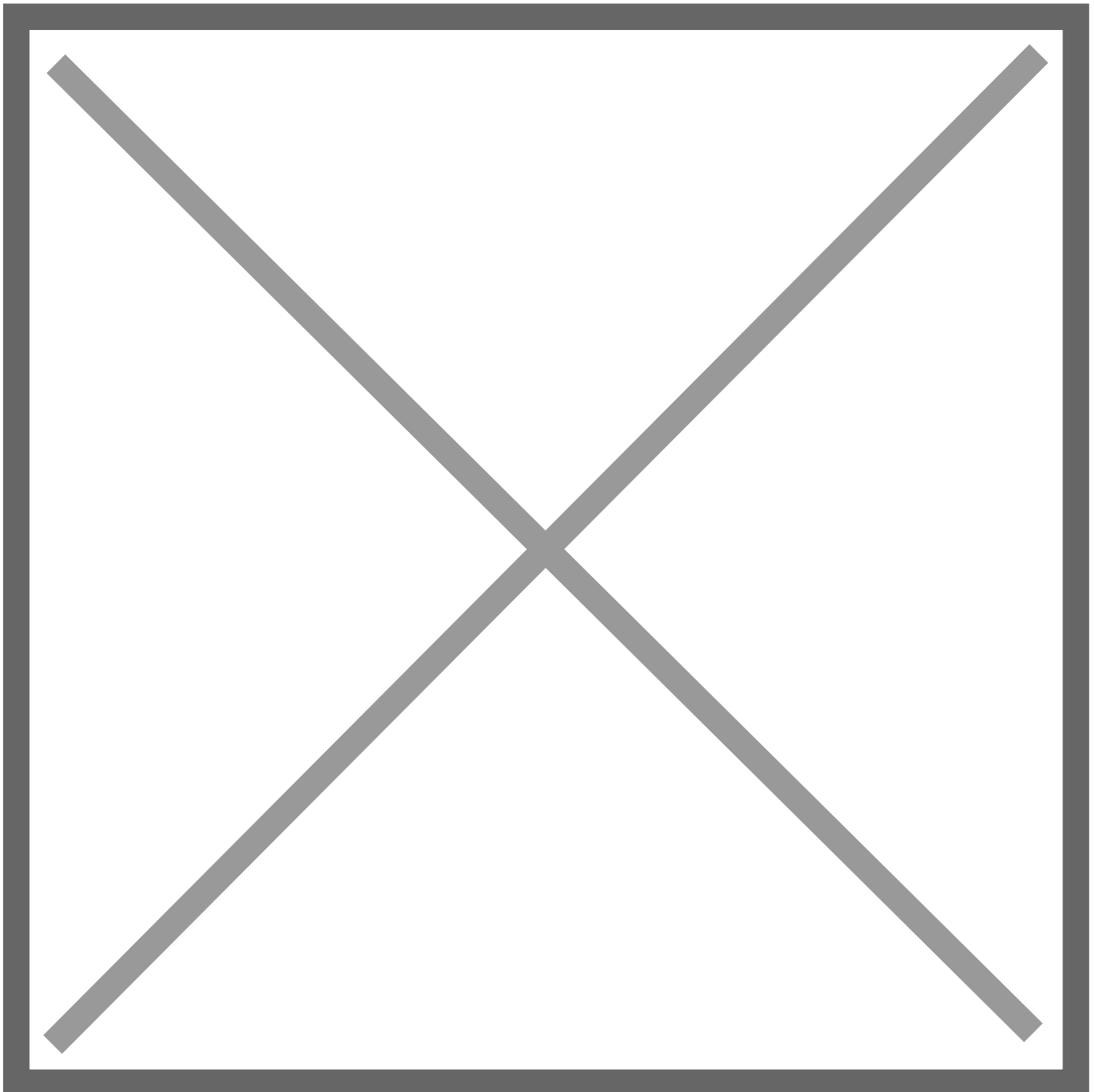
Jungen, 2021



Referenzen:

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)

Mädchen, 2021



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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)

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