



# Uzbekistan



## Country report card - children

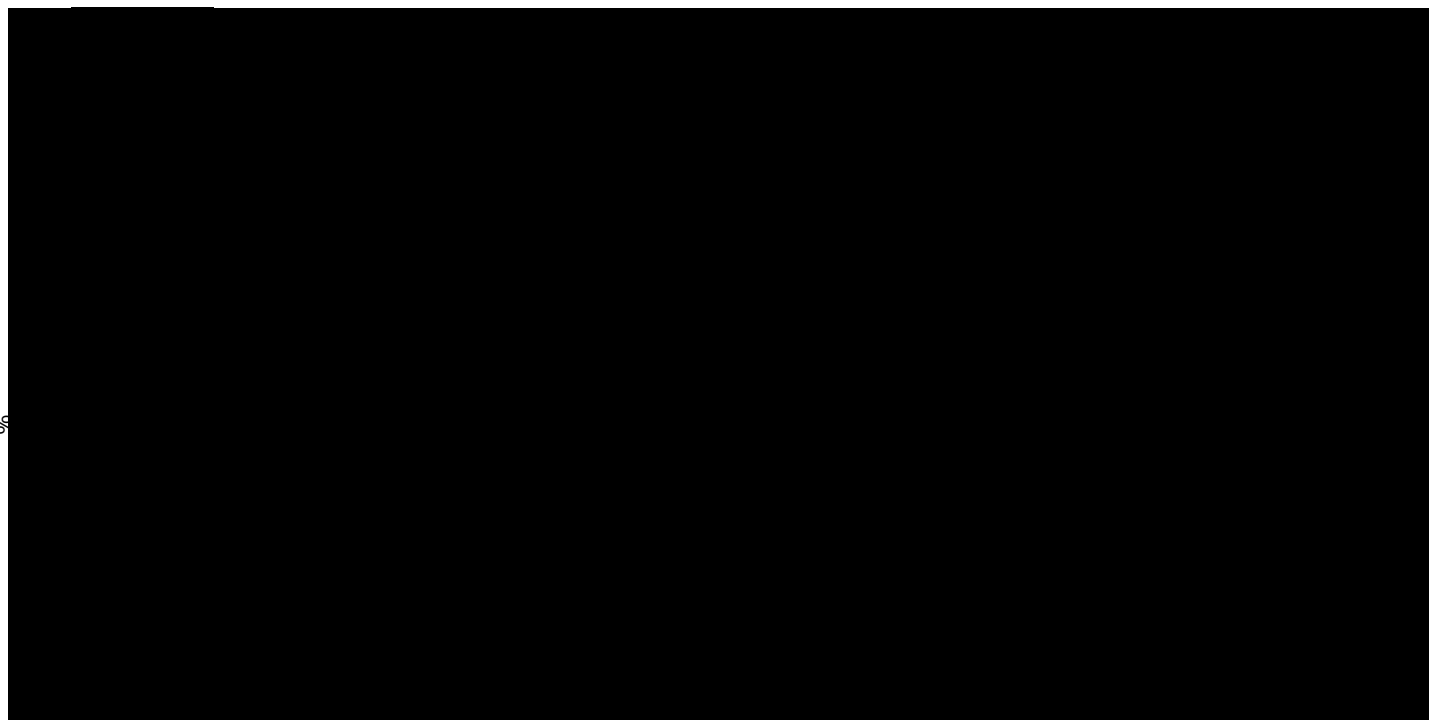
*This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity for children, including adolescents (aged 5 to 18 years). Where available, data on common and relevant obesity drivers and comorbidities are also presented.*

*View the latest version of this report on the Global Obesity Observatory at <https://data.worldobesity.org/country/uzbekistan-229/>.*

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## Obesity prevalence

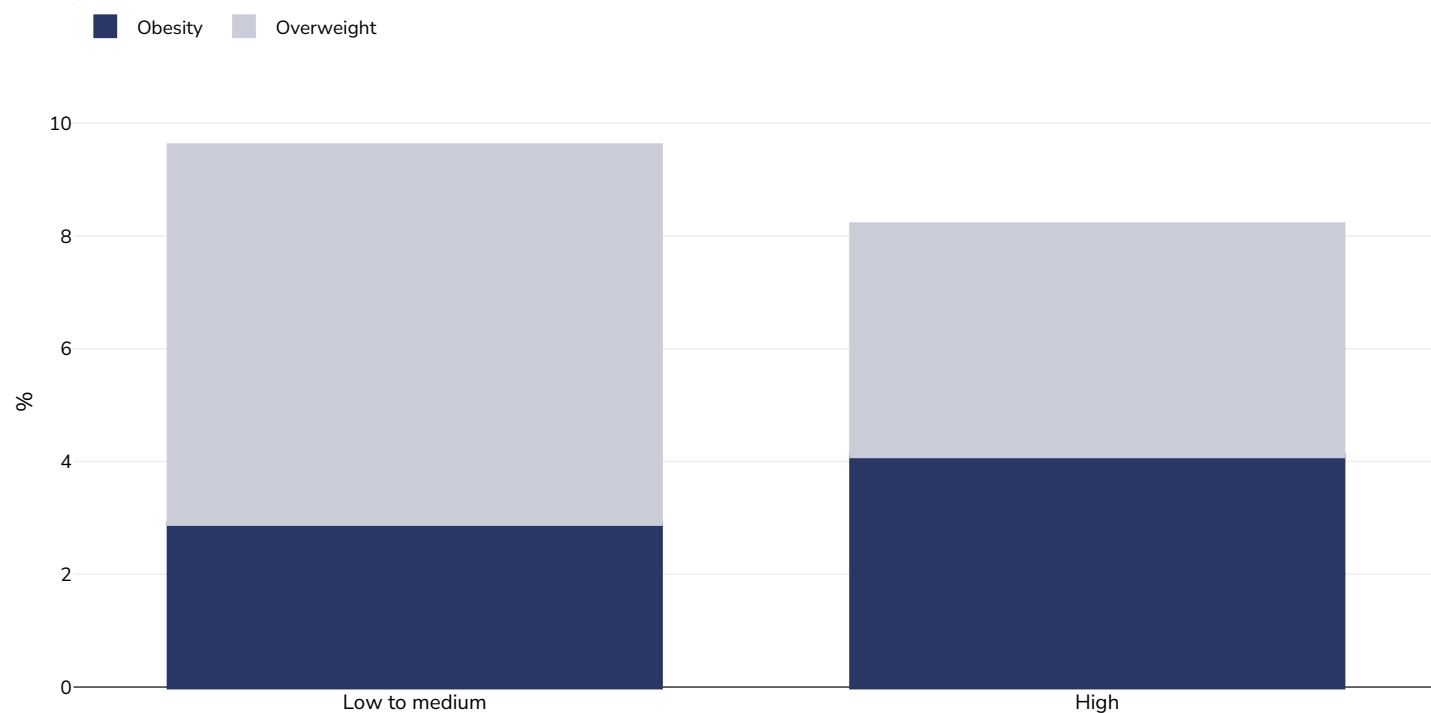
### Children, 2022-2024



	All children	Boys	Girls
Survey type:	Measured		
Age:	7		
Sample size:	3069		
Area covered:	National		
References:	WHO European Childhood Obesity Surveillance Initiative (COSI): report on the sixth round of data collection, 2022– 2024. Copenhagen: WHO Regional Office for Europe; 2025. Licence: CC BY-NC-SA 3.0 IGO.		
Cutoffs:	WHO 2007		

## Overweight/obesity by education

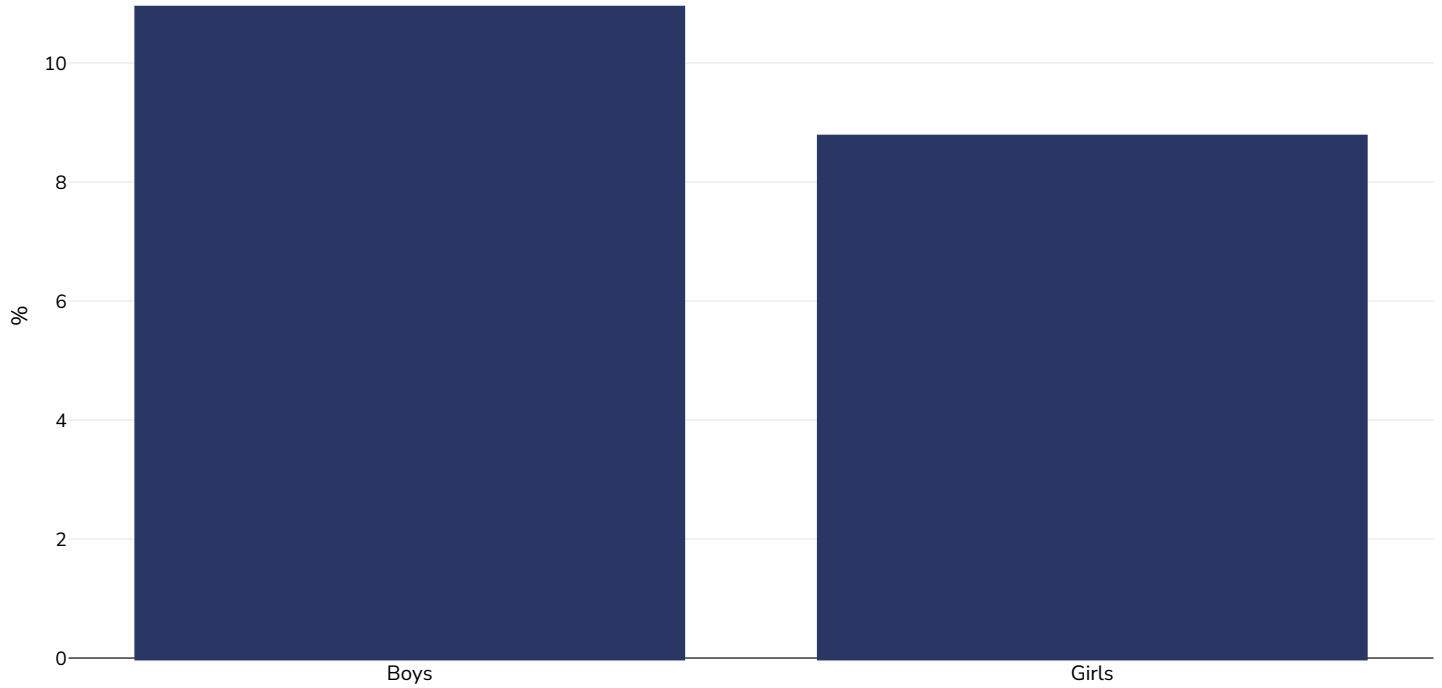
### Children, 2022-2024



<b>Survey type:</b>	Measured
<b>Age:</b>	6-9
<b>Sample size:</b>	3234
<b>Area covered:</b>	National
<b>References:</b>	WHO European Childhood Obesity Surveillance Initiative (COSI): report on the sixth round of data collection, 2022– 2024. Copenhagen: WHO Regional Office for Europe; 2025. Licence: CC BY-NC-SA 3.0 IGO.
<b>Definitions:</b>	Level of parental education: (i) low to medium, where both parents have lower education or one parent has lower education and the other has higher education; and (ii) high, where both parents have higher education. Lower education was defined as “primary school or less”, “lower secondary education”, or “upper secondary and post-secondary non-tertiary education”. Higher education included “short-cycle tertiary education or bachelor’s or equivalent level” and “master’s or doctoral or equivalent level”. In single-parent families, parental education was determined based on the educational attainment of the single parent.
<b>Cutoffs:</b>	WHO 2007

## Double burden of underweight & overweight

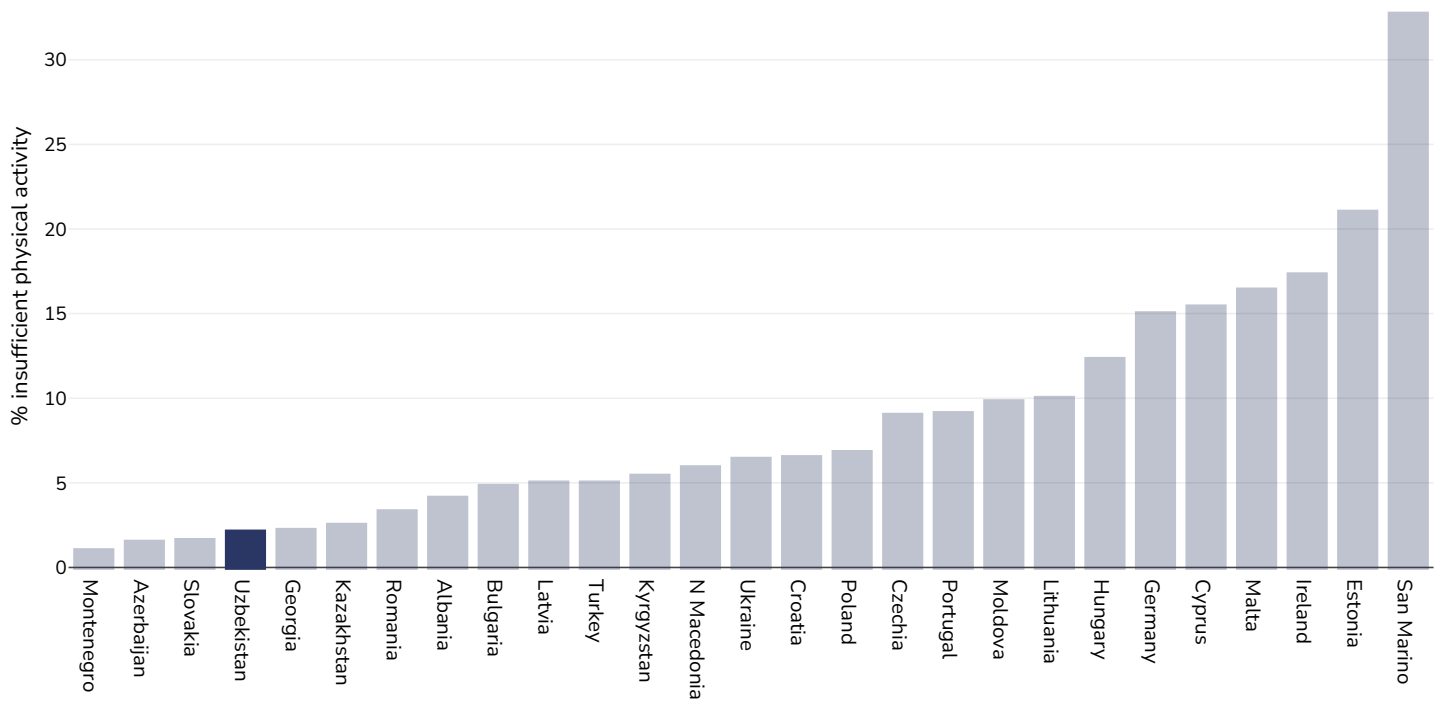
Children, 2022



<b>Survey type:</b>	Measured
<b>Age:</b>	5-19
<b>References:</b>	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. <a href="https://doi.org/10.1016/S0140-6736(23)02750-2">https://doi.org/10.1016/S0140-6736(23)02750-2</a> .
<b>Notes:</b>	Age standardised estimates
<b>Definitions:</b>	Combined prevalence of BMI < -2SD and BMI > 2SD (double burden of thinness and obesity)
<b>Cutoffs:</b>	BMI < -2SD and BMI > 2SD

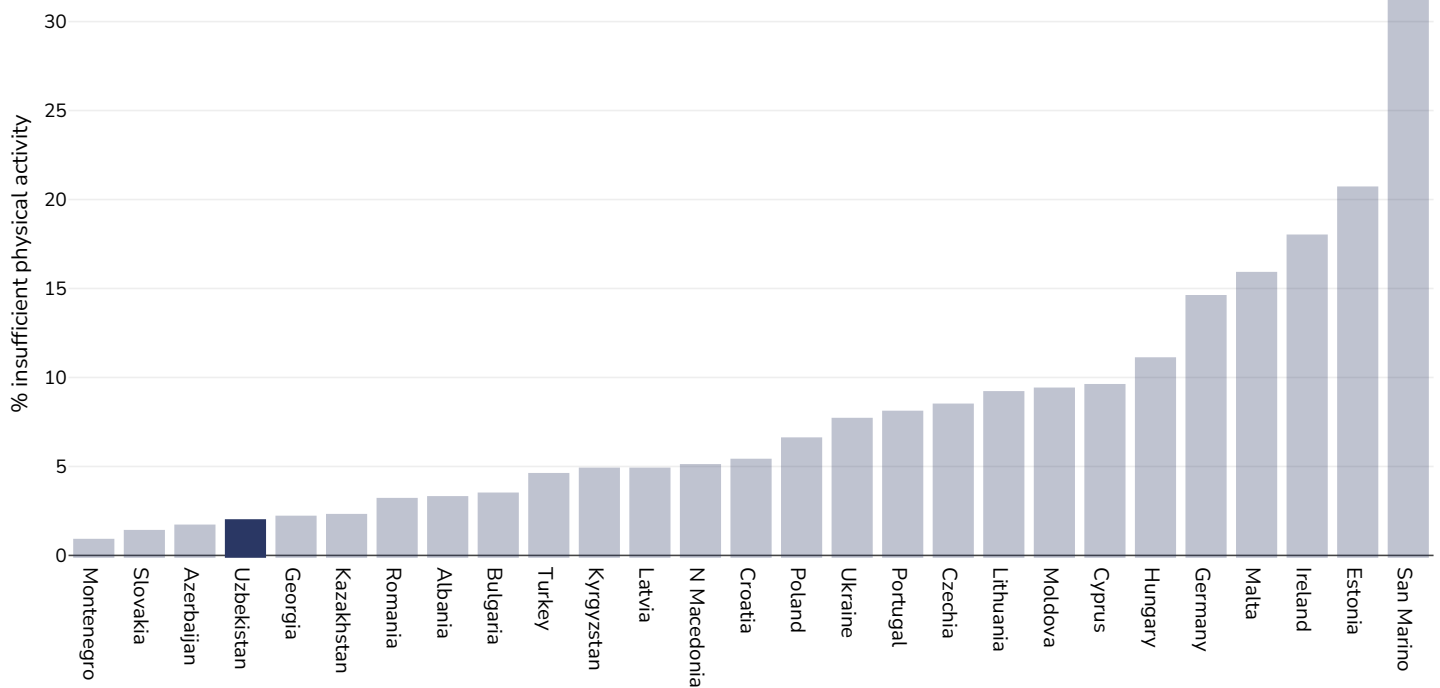
## Insufficient physical activity

### Children, 2022-2024



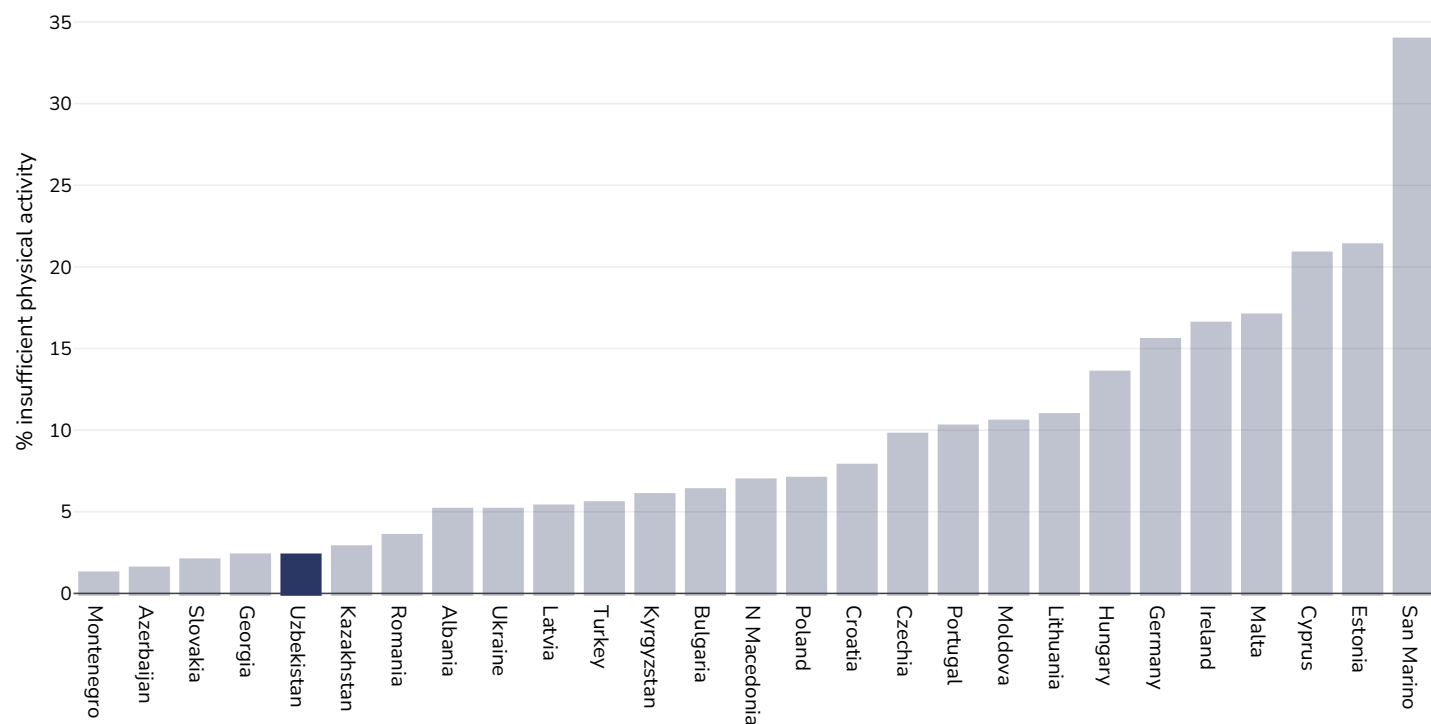
<b>Survey type:</b>	Self-reported
<b>Age:</b>	6-9
<b>Sample size:</b>	2820
<b>Area covered:</b>	National
<b>References:</b>	WHO European Childhood Obesity Surveillance Initiative (COSI): report on the sixth round of data collection, 2022– 2024. Copenhagen: WHO Regional Office for Europe; 2025. Licence: CC BY-NC-SA 3.0 IGO.
<b>Notes:</b>	National data excluding Germany (Bremen only) and Kazakhstan (Almaty only).
<b>Definitions:</b>	Percentage of children not meeting WHO recommendations for physical activity, i.e. not playing actively/vigorously for at least one hour a day on an average day, as reported by their parent

## Boys, 2022-2024



<b>Survey type:</b>	Self-reported
<b>Age:</b>	6-9
<b>Sample size:</b>	2820
<b>Area covered:</b>	National
<b>References:</b>	WHO European Childhood Obesity Surveillance Initiative (COSI): report on the sixth round of data collection, 2022– 2024. Copenhagen: WHO Regional Office for Europe; 2025. Licence: CC BY-NC-SA 3.0 IGO.
<b>Notes:</b>	National data excluding Germany (Bremen only) and Kazakhstan (Almaty only).
<b>Definitions:</b>	Percentage of children not meeting WHO recommendations for physical activity, i.e. not playing actively/vigorously for at least one hour a day on an average day, as reported by their parent

## Girls, 2022-2024



Survey type: Self-reported

Age: 6-9

Sample size: 2820

Area covered: National

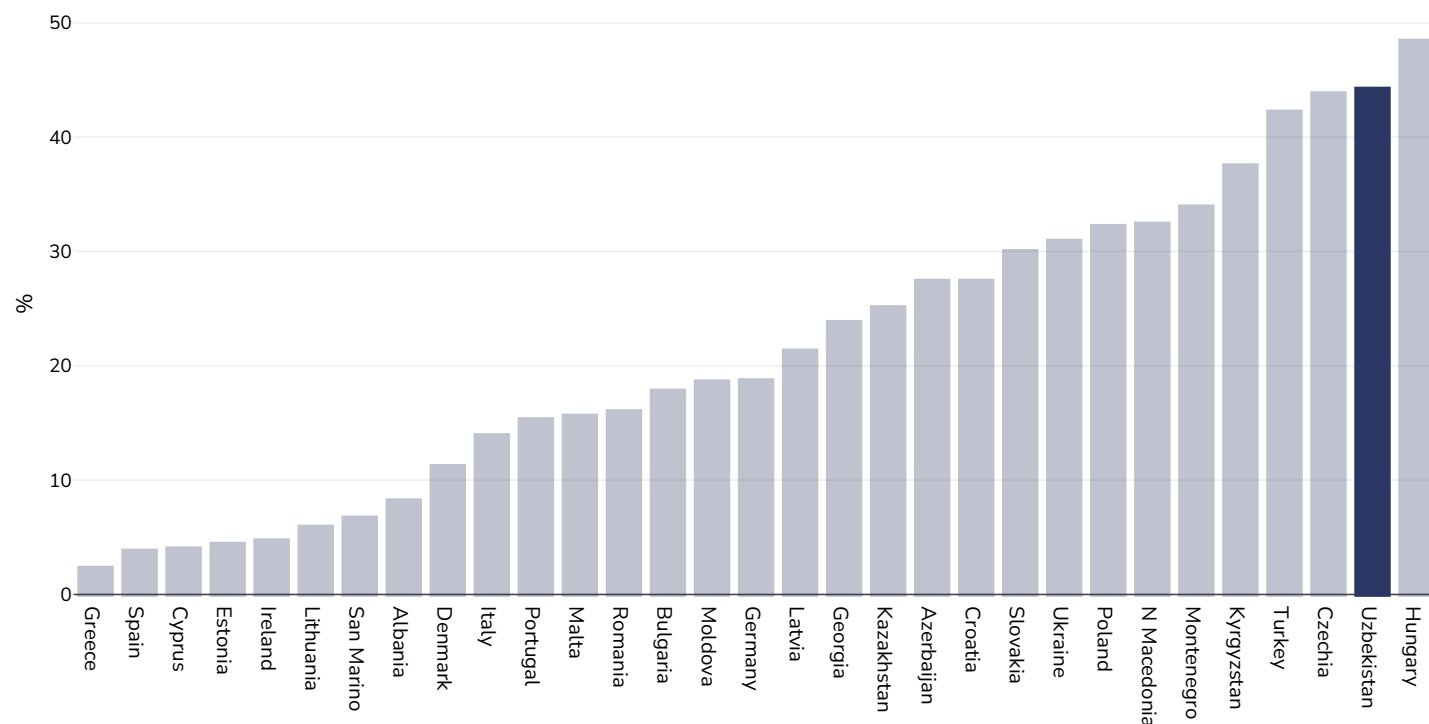
References: WHO European Childhood Obesity Surveillance Initiative (COSI): report on the sixth round of data collection, 2022– 2024. Copenhagen: WHO Regional Office for Europe; 2025. Licence: CC BY-NC-SA 3.0 IGO.

Notes: National data excluding Germany (Bremen only) and Kazakhstan (Almaty only).

Definitions: Percentage of children not meeting WHO recommendations for physical activity, i.e. not playing actively/vigorously for at least one hour a day on an average day, as reported by their parent

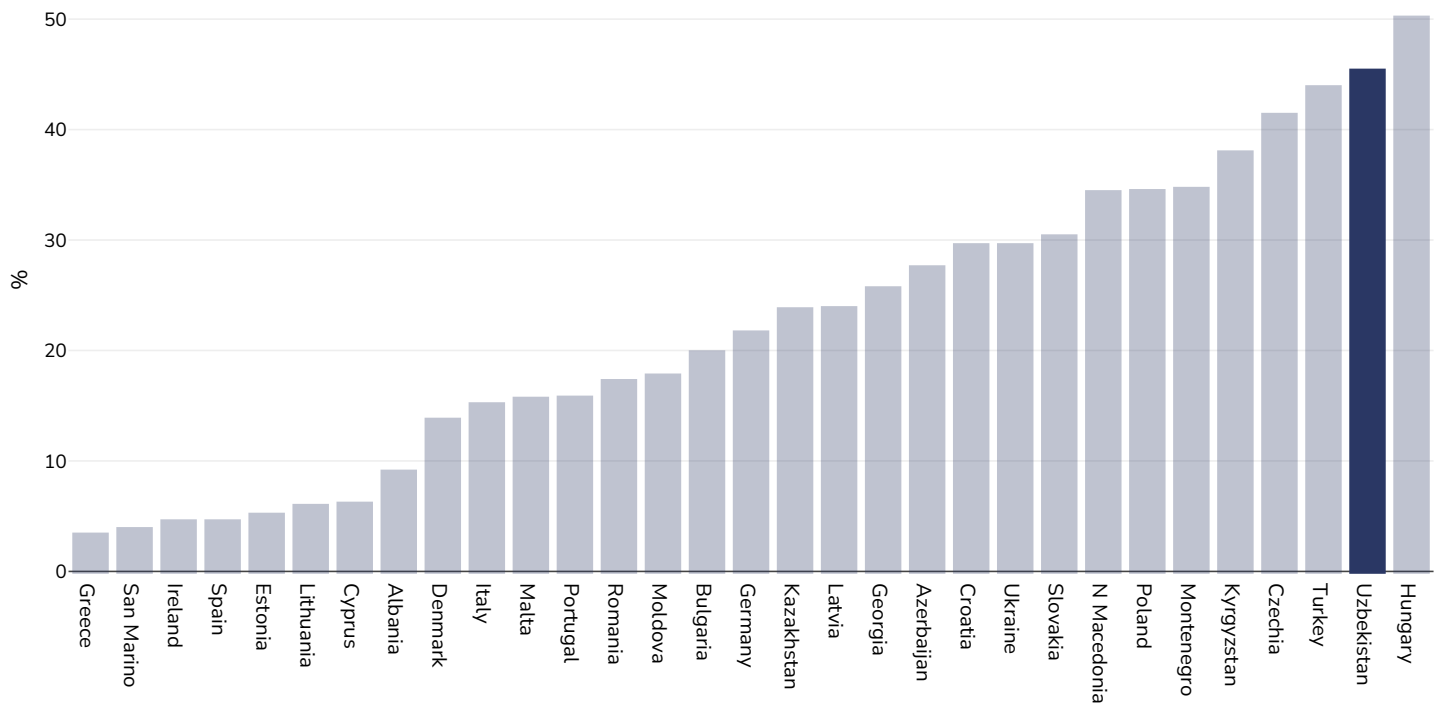
## Prevalence of at least daily soft drink consumption

### Children, 2022-2024



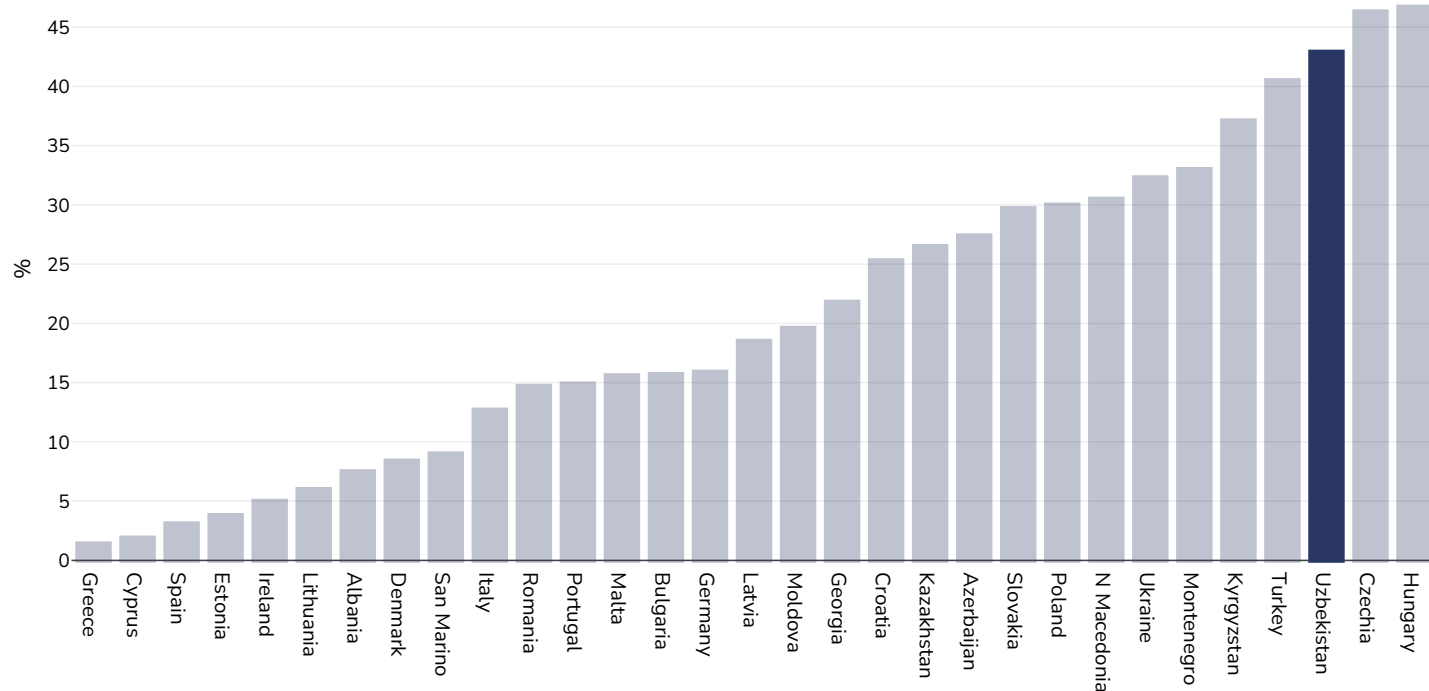
<b>Survey type:</b>	Self-reported
<b>Age:</b>	6-9
<b>Sample size:</b>	3332
<b>Area covered:</b>	National
<b>References:</b>	WHO European Childhood Obesity Surveillance Initiative (COSI): report on the sixth round of data collection, 2022– 2024. Copenhagen: WHO Regional Office for Europe; 2025. Licence: CC BY-NC-SA 3.0 IGO.
<b>Notes:</b>	National data excluding Germany (Bremen only) and Kazakhstan (Almaty only)
<b>Definitions:</b>	Prevalence of daily consumption of soft drinks containing sugar, as reported by the child's parent (%)

## Boys, 2022-2024



Survey type:	Self-reported
Age:	6-9
Sample size:	3332
Area covered:	National
References:	WHO European Childhood Obesity Surveillance Initiative (COSI): report on the sixth round of data collection, 2022– 2024. Copenhagen: WHO Regional Office for Europe; 2025. Licence: CC BY-NC-SA 3.0 IGO.
Notes:	National data excluding Germany (Bremen only) and Kazakhstan (Almaty only)
Definitions:	Prevalence of daily consumption of soft drinks containing sugar, as reported by the child's parent (%)

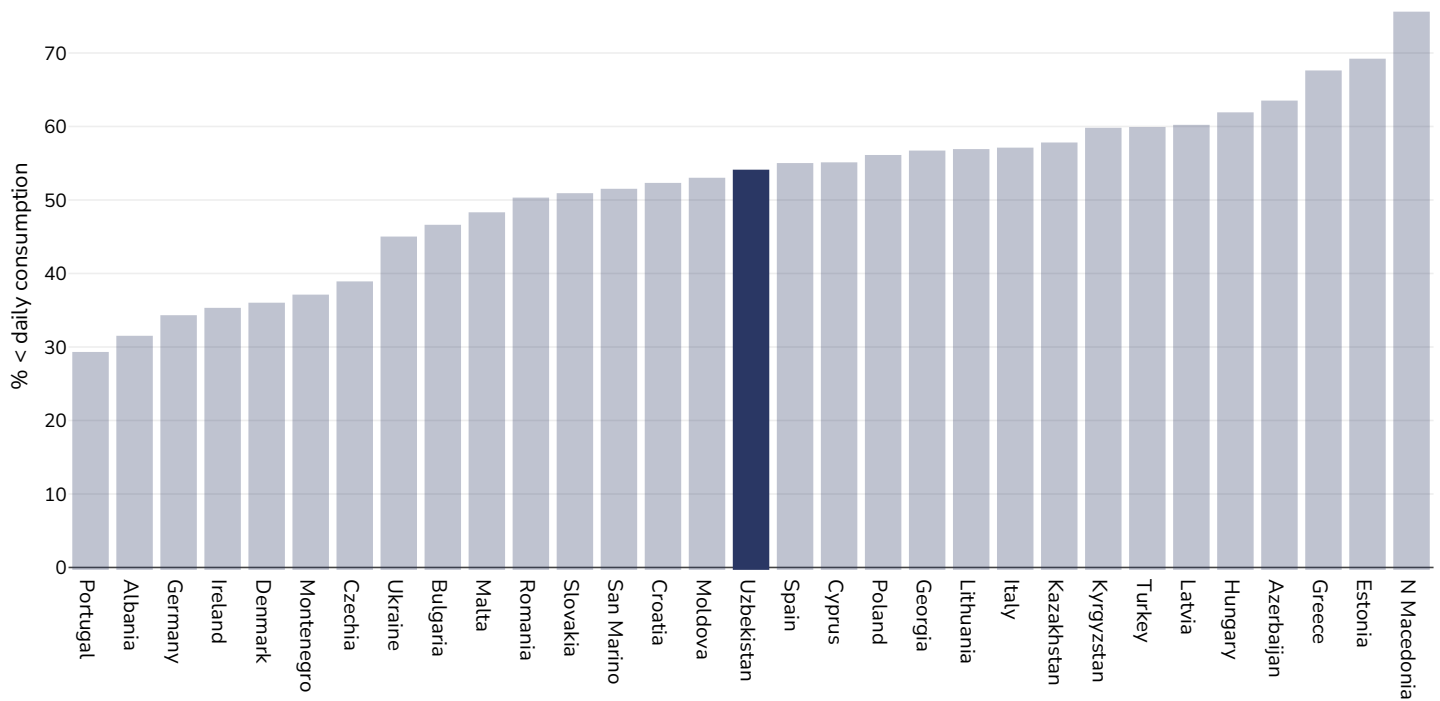
## Girls, 2022-2024



<b>Survey type:</b>	Self-reported
<b>Age:</b>	6-9
<b>Sample size:</b>	3332
<b>Area covered:</b>	National
<b>References:</b>	WHO European Childhood Obesity Surveillance Initiative (COSI): report on the sixth round of data collection, 2022– 2024. Copenhagen: WHO Regional Office for Europe; 2025. Licence: CC BY-NC-SA 3.0 IGO.
<b>Notes:</b>	National data excluding Germany (Bremen only) and Kazakhstan (Almaty only)
<b>Definitions:</b>	Prevalence of daily consumption of soft drinks containing sugar, as reported by the child's parent (%)

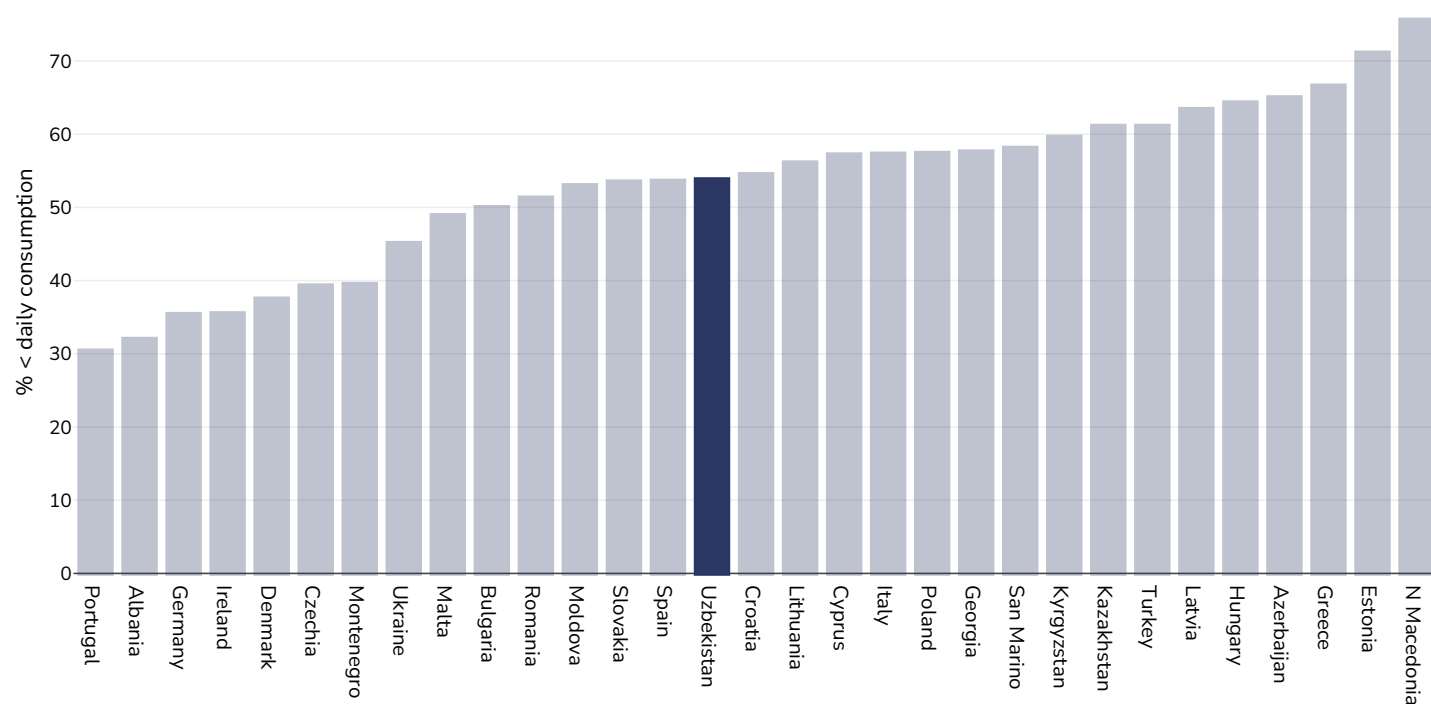
## Prevalence of less than daily fruit consumption

### Children, 2022-2024



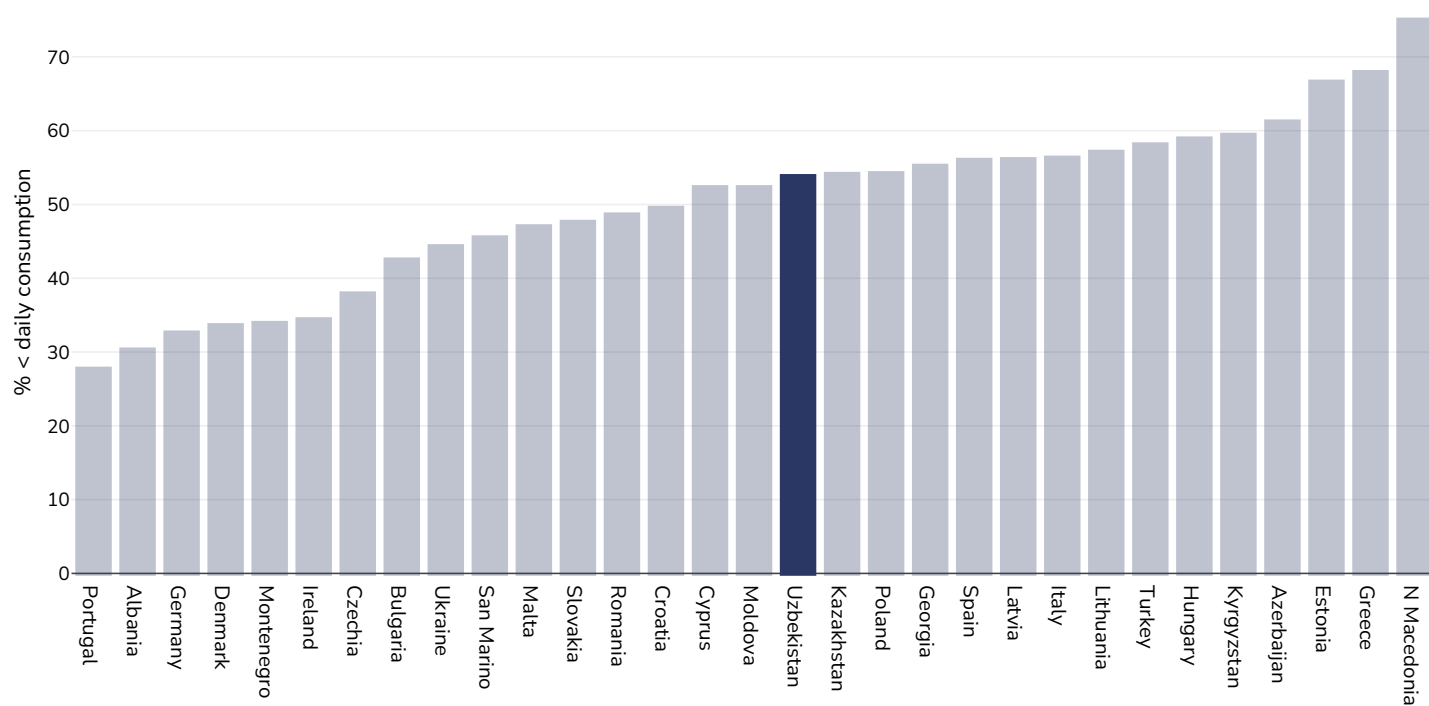
Survey type:	Self-reported
Age:	6-9
Sample size:	3524
Area covered:	National
References:	WHO European Childhood Obesity Surveillance Initiative (COSI): report on the sixth round of data collection, 2022– 2024. Copenhagen: WHO Regional Office for Europe; 2025. Licence: CC BY-NC-SA 3.0 IGO.
Notes:	National data excluding Germany (Bremen only) and Kazakhstan (Almaty only).
Definitions:	Proportion of children whose parents reported that their child consumes fruit less than daily

## Boys, 2022-2024



Survey type:	Self-reported
Age:	6-9
Sample size:	3524
Area covered:	National
References:	WHO European Childhood Obesity Surveillance Initiative (COSI): report on the sixth round of data collection, 2022– 2024. Copenhagen: WHO Regional Office for Europe; 2025. Licence: CC BY-NC-SA 3.0 IGO.
Notes:	National data excluding Germany (Bremen only) and Kazakhstan (Almaty only).
Definitions:	Proportion of children whose parents reported that their child consumes fruit less than daily

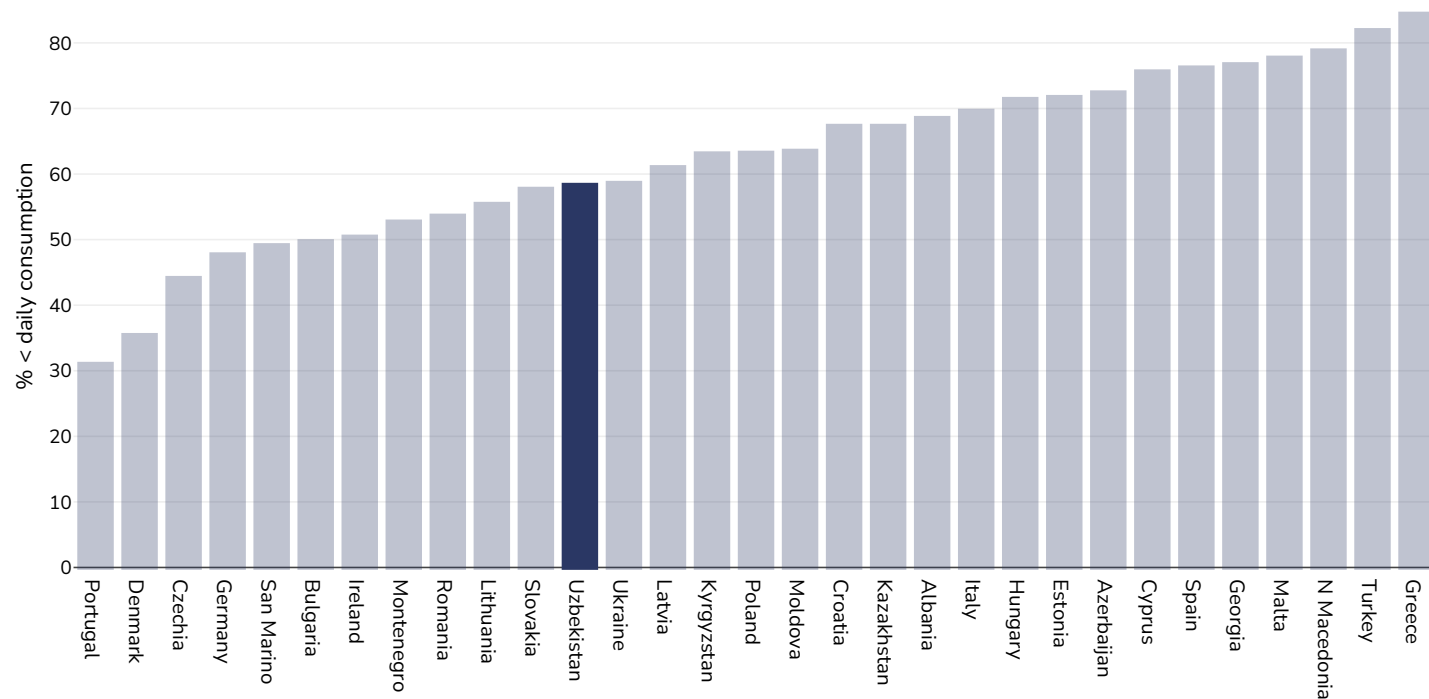
## Girls, 2022-2024



<b>Survey type:</b>	Self-reported
<b>Age:</b>	6-9
<b>Sample size:</b>	3524
<b>Area covered:</b>	National
<b>References:</b>	WHO European Childhood Obesity Surveillance Initiative (COSI): report on the sixth round of data collection, 2022– 2024. Copenhagen: WHO Regional Office for Europe; 2025. Licence: CC BY-NC-SA 3.0 IGO.
<b>Notes:</b>	National data excluding Germany (Bremen only) and Kazakhstan (Almaty only).
<b>Definitions:</b>	Proportion of children whose parents reported that their child consumes fruit less than daily

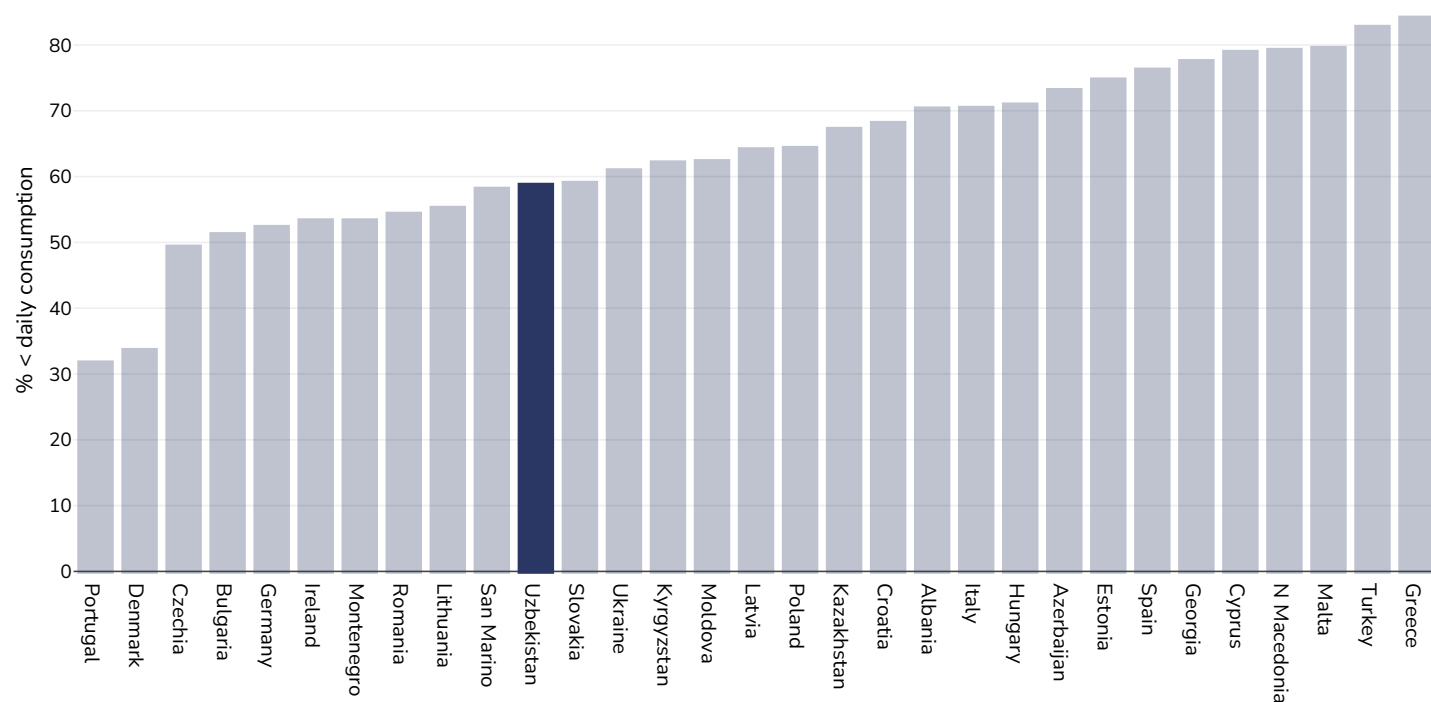
## Prevalence of less than daily vegetable consumption

### Children, 2022-2024



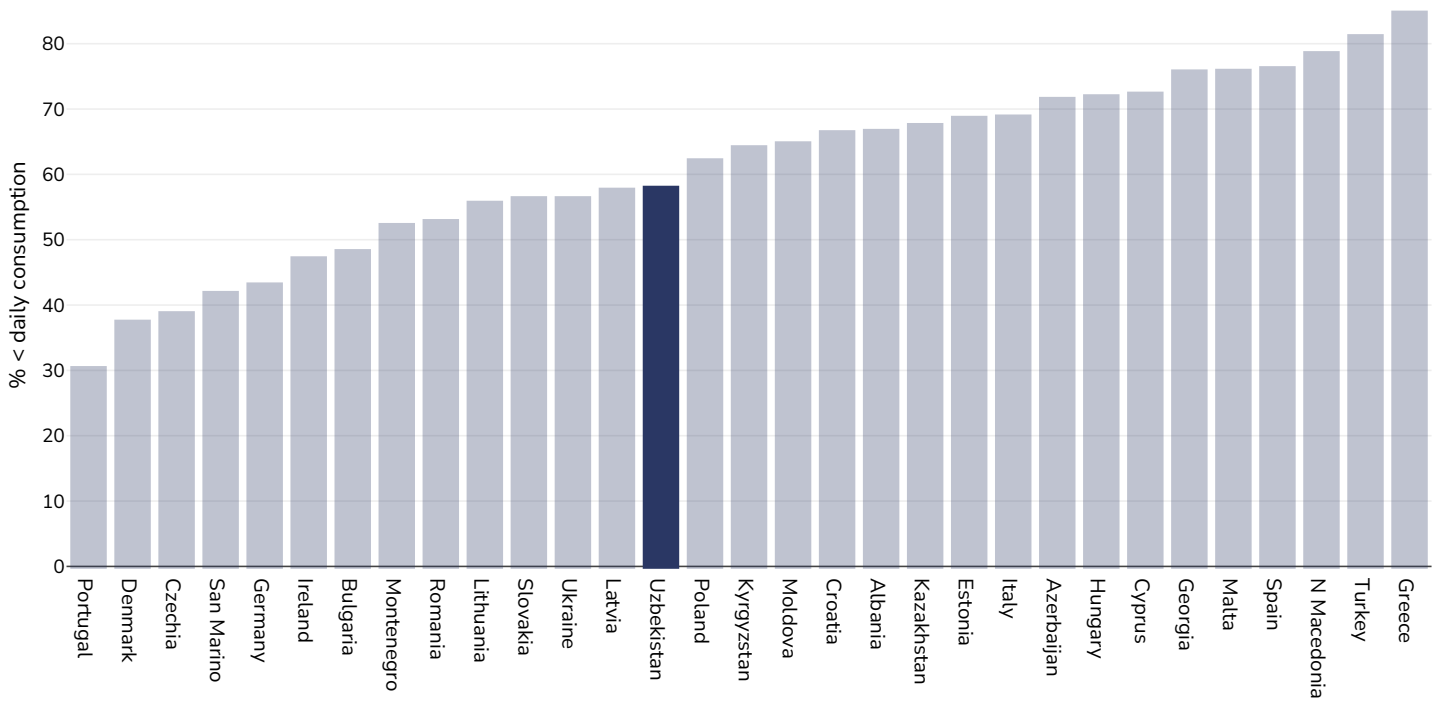
Survey type:	Self-reported
Age:	6-9
Sample size:	3404
Area covered:	National
References:	WHO European Childhood Obesity Surveillance Initiative (COSI): report on the sixth round of data collection, 2022– 2024. Copenhagen: WHO Regional Office for Europe; 2025. Licence: CC BY-NC-SA 3.0 IGO.
Notes:	National data excluding Germany (Bremen only) and Kazakhstan (Almaty only).
Definitions:	Proportion of children whose parents reported that their child consumes vegetables less than daily

## Boys, 2022-2024



<b>Survey type:</b>	Self-reported
<b>Age:</b>	6-9
<b>Sample size:</b>	3404
<b>Area covered:</b>	National
<b>References:</b>	WHO European Childhood Obesity Surveillance Initiative (COSI): report on the sixth round of data collection, 2022– 2024. Copenhagen: WHO Regional Office for Europe; 2025. Licence: CC BY-NC-SA 3.0 IGO.
<b>Notes:</b>	National data excluding Germany (Bremen only) and Kazakhstan (Almaty only).
<b>Definitions:</b>	Proportion of children whose parents reported that their child consumes vegetables less than daily

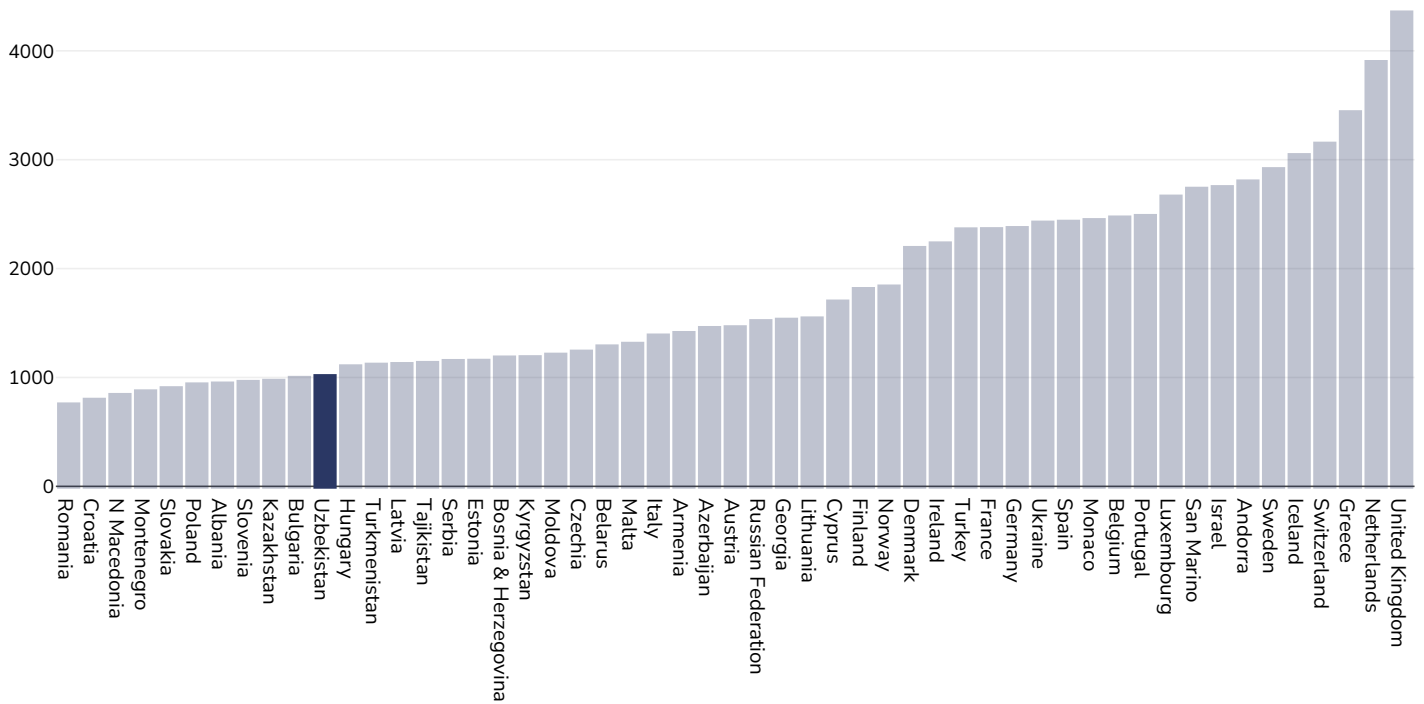
## Girls, 2022-2024



<b>Survey type:</b>	Self-reported
<b>Age:</b>	6-9
<b>Sample size:</b>	3404
<b>Area covered:</b>	National
<b>References:</b>	WHO European Childhood Obesity Surveillance Initiative (COSI): report on the sixth round of data collection, 2022– 2024. Copenhagen: WHO Regional Office for Europe; 2025. Licence: CC BY-NC-SA 3.0 IGO.
<b>Notes:</b>	National data excluding Germany (Bremen only) and Kazakhstan (Almaty only).
<b>Definitions:</b>	Proportion of children whose parents reported that their child consumes vegetables less than daily

## Mental health - depression disorders

### Children, 2023



Area covered:

National

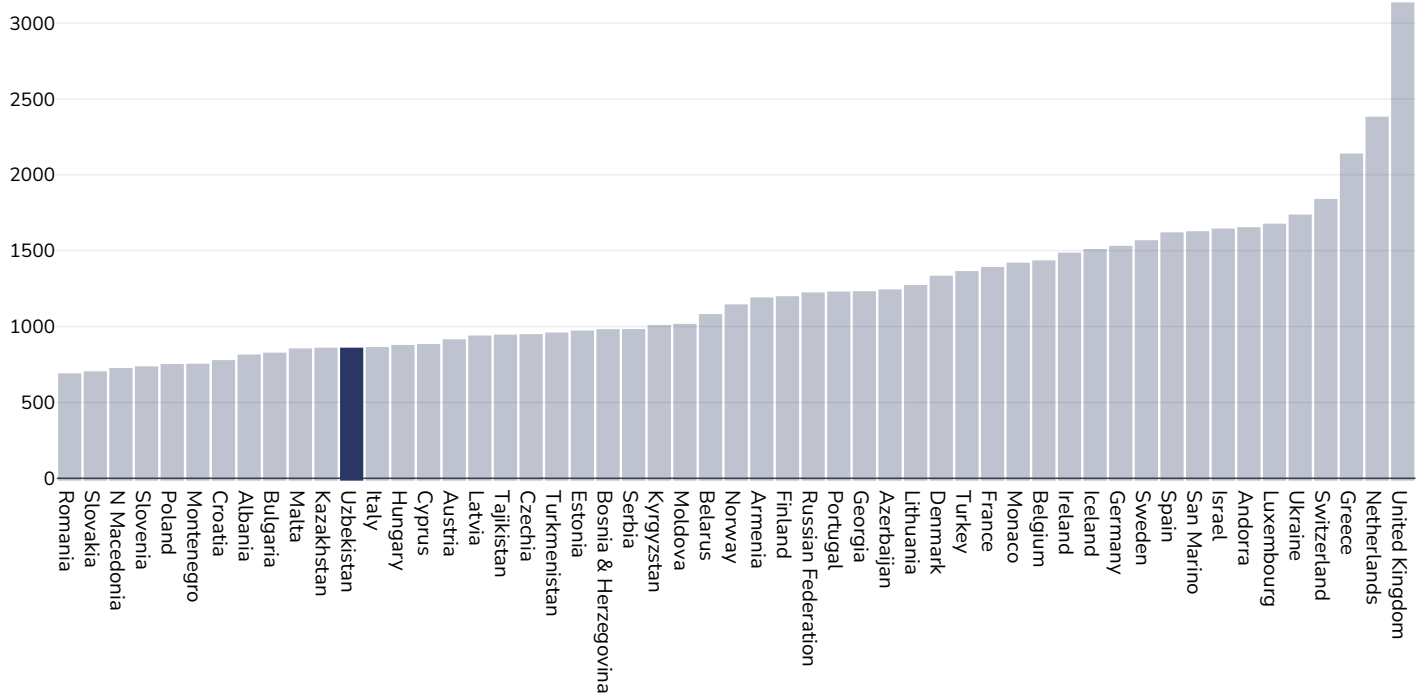
References:

Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from <https://vizhub.healthdata.org/gbd-compare/> [Accessed 17.03.26]

Definitions:

Estimated number living with depressive disorders per 100,000 population (under 20 years of age)

## Boys, 2023



Area covered:

National

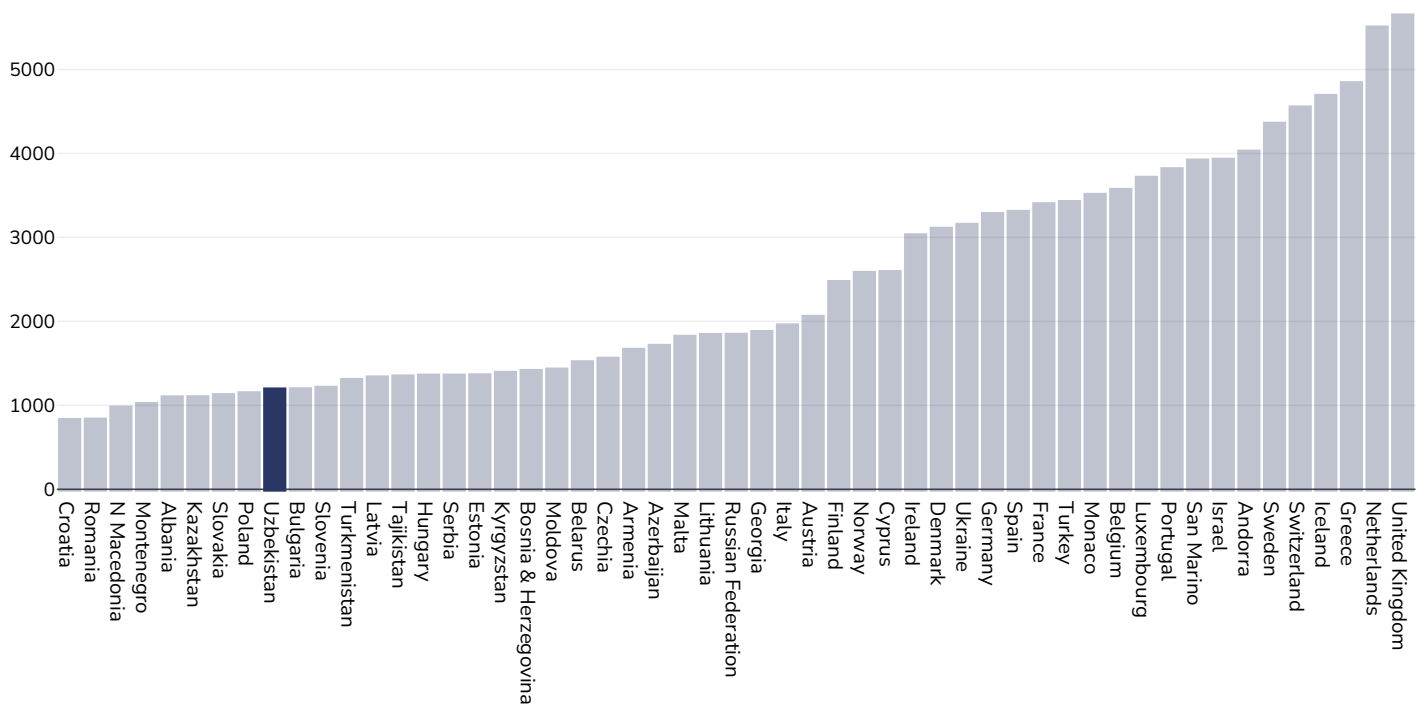
References:

Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from <https://vizhub.healthdata.org/gbd-compare/> [Accessed 17.03.26]

Definitions:

Estimated number living with depressive disorders per 100,000 population (under 20 years of age)

**Girls, 2023**



Area covered:

National

References:

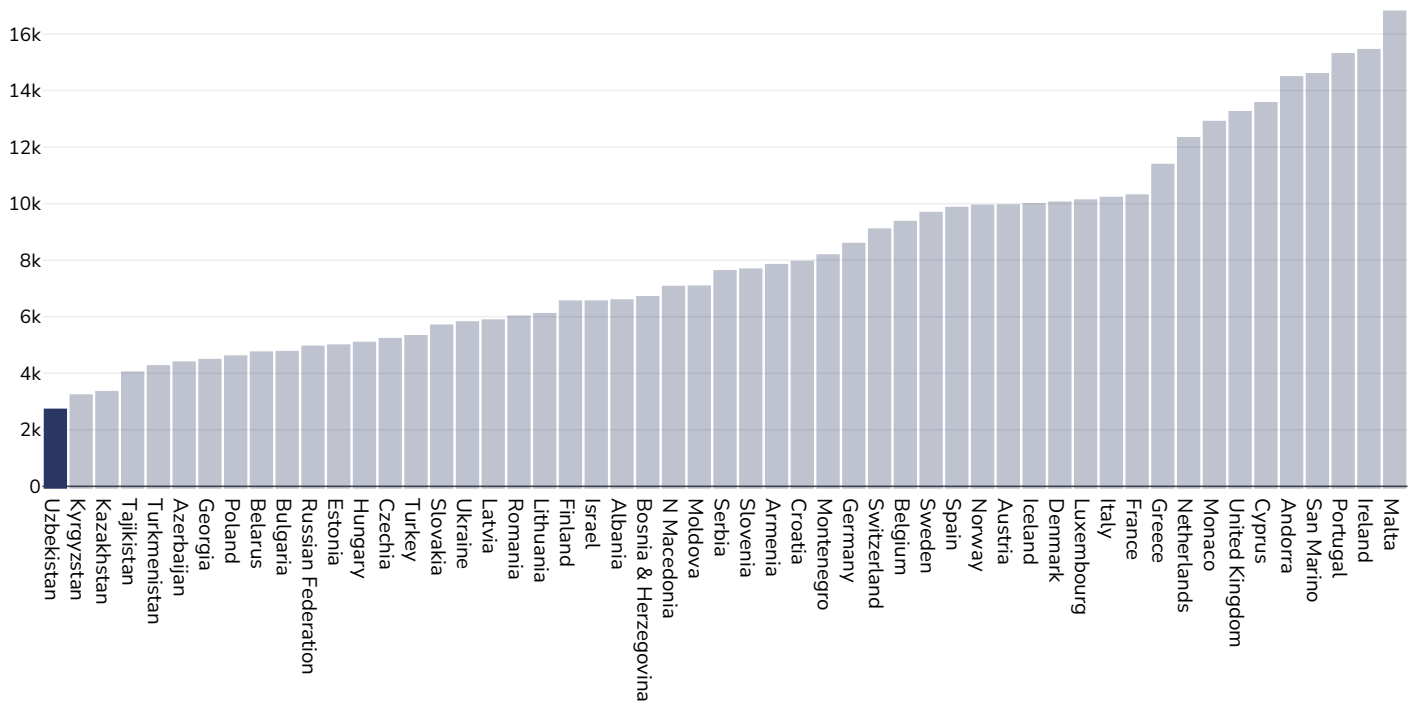
Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from <https://vizhub.healthdata.org/gbd-compare/> [Accessed 17.03.26]

Definitions:

Estimated number living with depressive disorders per 100,000 population (under 20 years of age)

## Mental health - anxiety disorders

### Children, 2023



Area covered:

National

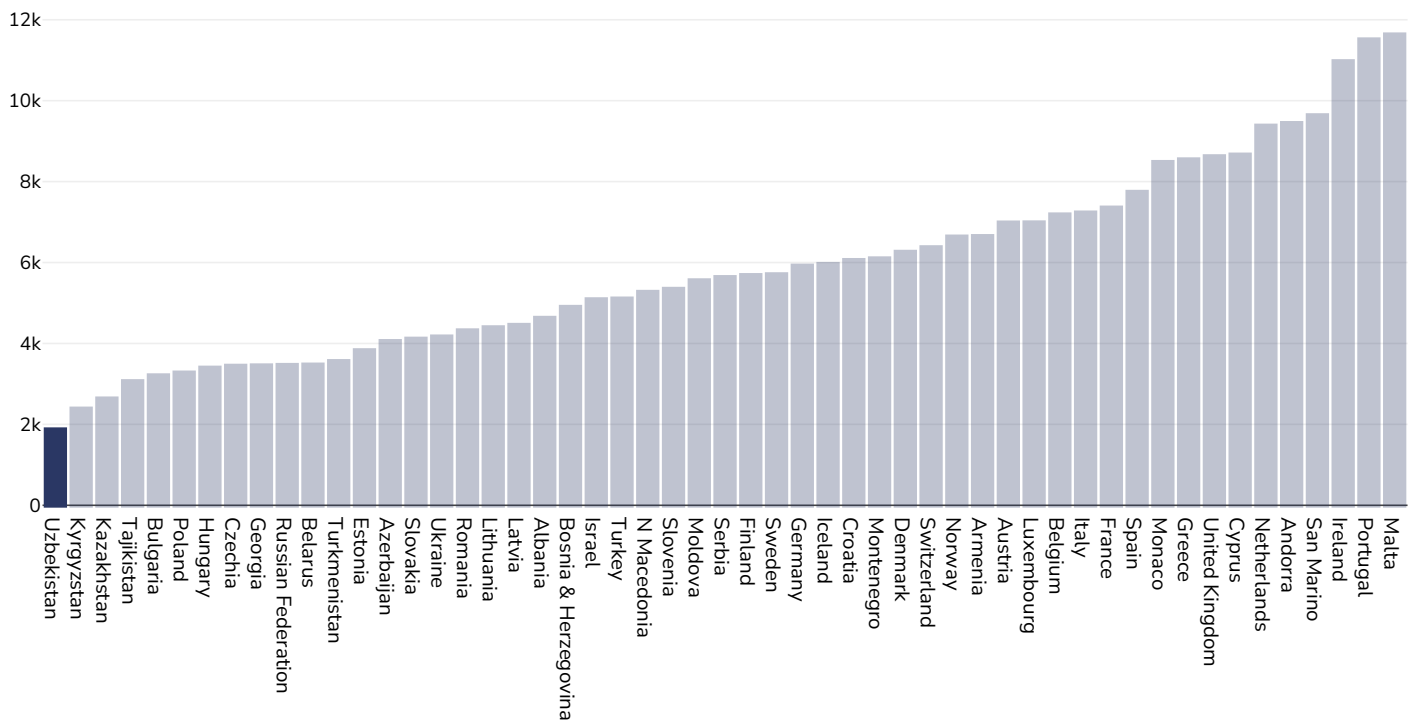
References:

Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from <https://vizhub.healthdata.org/gbd-compare/> [Accessed 17.03.26]

Definitions:

Estimated number living with anxiety disorders per 100,000 population (under 20 years of age)

## Boys, 2023



Area covered:

National

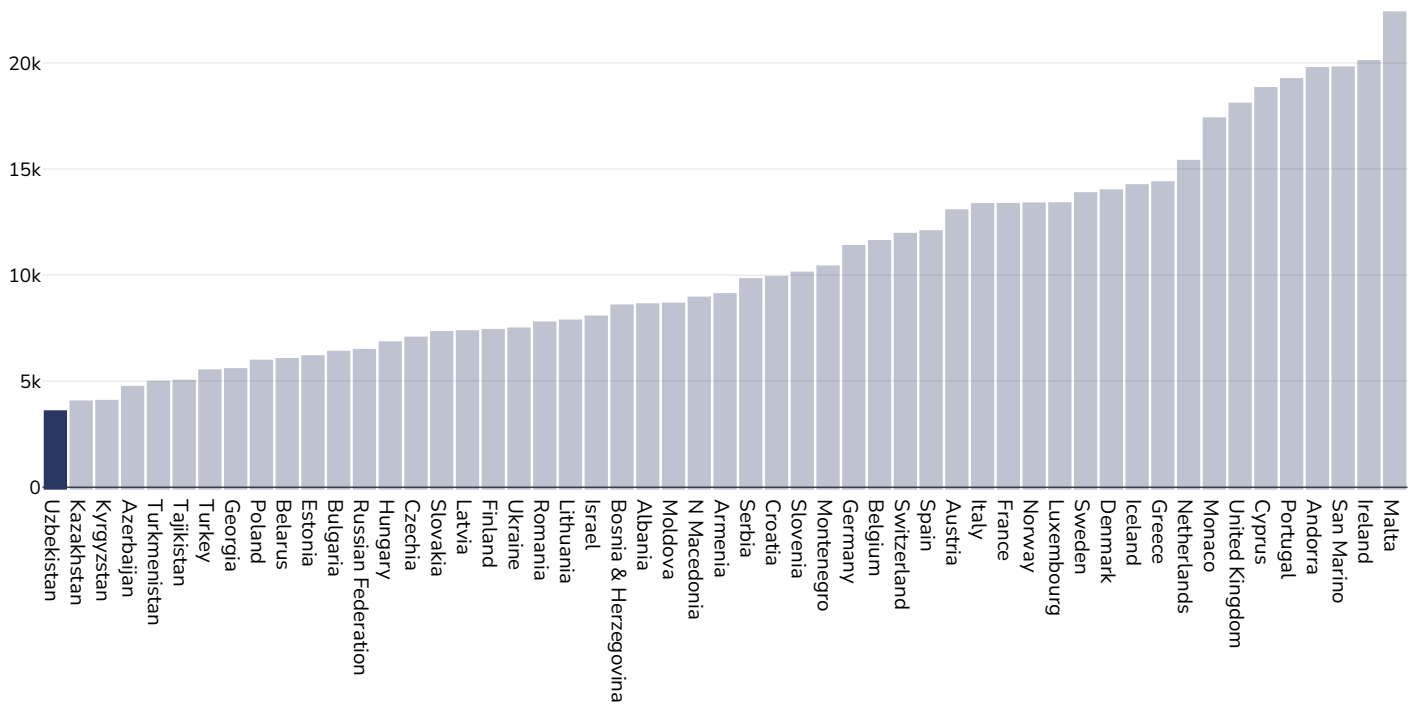
References:

Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from <https://vizhub.healthdata.org/gbd-compare/> [Accessed 17.03.26]

Definitions:

Estimated number living with anxiety disorders per 100,000 population (under 20 years of age)

**Girls, 2023**



Area covered:

National

References:

Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from <https://vizhub.healthdata.org/gbd-compare/> [Accessed 17.03.26]

Definitions:

Estimated number living with anxiety disorders per 100,000 population (under 20 years of age)

PDF created on May 19, 2026