



# Vietnam



## 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/vietnam-232/>.*



## Obesitasprevalentie

Kinderen, 2020-2021



Type  
onderzoek:

Gemeten

Leeftijd:

7-11

Monstergrootte:

1584

**In aanmerking  
komend gebied:**

Nationaal

**Referenties:**

Tran, N.T., Tran, V.K., Tran, D.T., Tran, T., Nguyen, S.D., Nguyen, H.T., Nguyen, T.S., Thanh, V., Thi, P., Dang, H.T., Le, H.A. and Khouw, I. (2024). Triple burden of malnutrition among Vietnamese 0-5-11-year-old children in 2020-2021: results of SEANUTS II Vietnam. Public Health Nutrition, [online] pp.1-37. doi: <https://doi.org/10.1017/s1368980024001186> [Accessed 08.07.25]

**Definities  
(alleen  
beschikbaar in  
het Engels):**

Overweight: BMI-for-age z-scores  $>1$  to  $\leq 2$  sd. Obesity: BMI-for-age z-scores  $>2$  sd

**Cutoffs:**

WHO

## Overgewicht / obesitas, naar leeftijd

**Kinderen, 2018**



|                              |           |
|------------------------------|-----------|
| Type onderzoek:              | Gemeten   |
| Monstergrootte:              | 2788      |
| In aanmerking komend gebied: | Nationaal |

**Referenties:** Phan, H.D., Nguyen, T.N.P., Bui, P.L., Pham, T.T., Doan, T.V., Nguyen, D.T. and Van Minh, H., 2020. Overweight and obesity among Vietnamese school-aged children: National prevalence estimates based on the World Health Organization and International Obesity Task Force definition. PloS one, 15(10), p.e0240459.

**Notities (alleen beschikbaar in het Engels):** WHO cut-offs available in the study.

**Cutoffs:** IOTF

## Overgewicht / obesitas, per regio

Kinderen, 2020



Type  
onderzoek:

Gemeten

Leeftijd:

5-9

Monstergrootte:

2277

**In aanmerking  
komend gebied:**

Nationaal

**Referenties:**

Tan, P.Y., Som, S.V., Nguyen, S.D., Tan, X., Tran, D.T., Tran, N.T., Tran, V.K., Dye, L., Moore, J.B., Caton, S. and Ensaff, H., 2024. Demographic variation and socioeconomic inequalities associated with the triple burden of malnutrition in Vietnamese children aged 6 months to 9 years old: Findings from the Vietnamese General Nutrition Survey 2020. medRxiv, pp.2024-03.

**Notities (alleen  
beschikbaar in  
het Engels):**

Article is preprint.

**Cutoffs:**

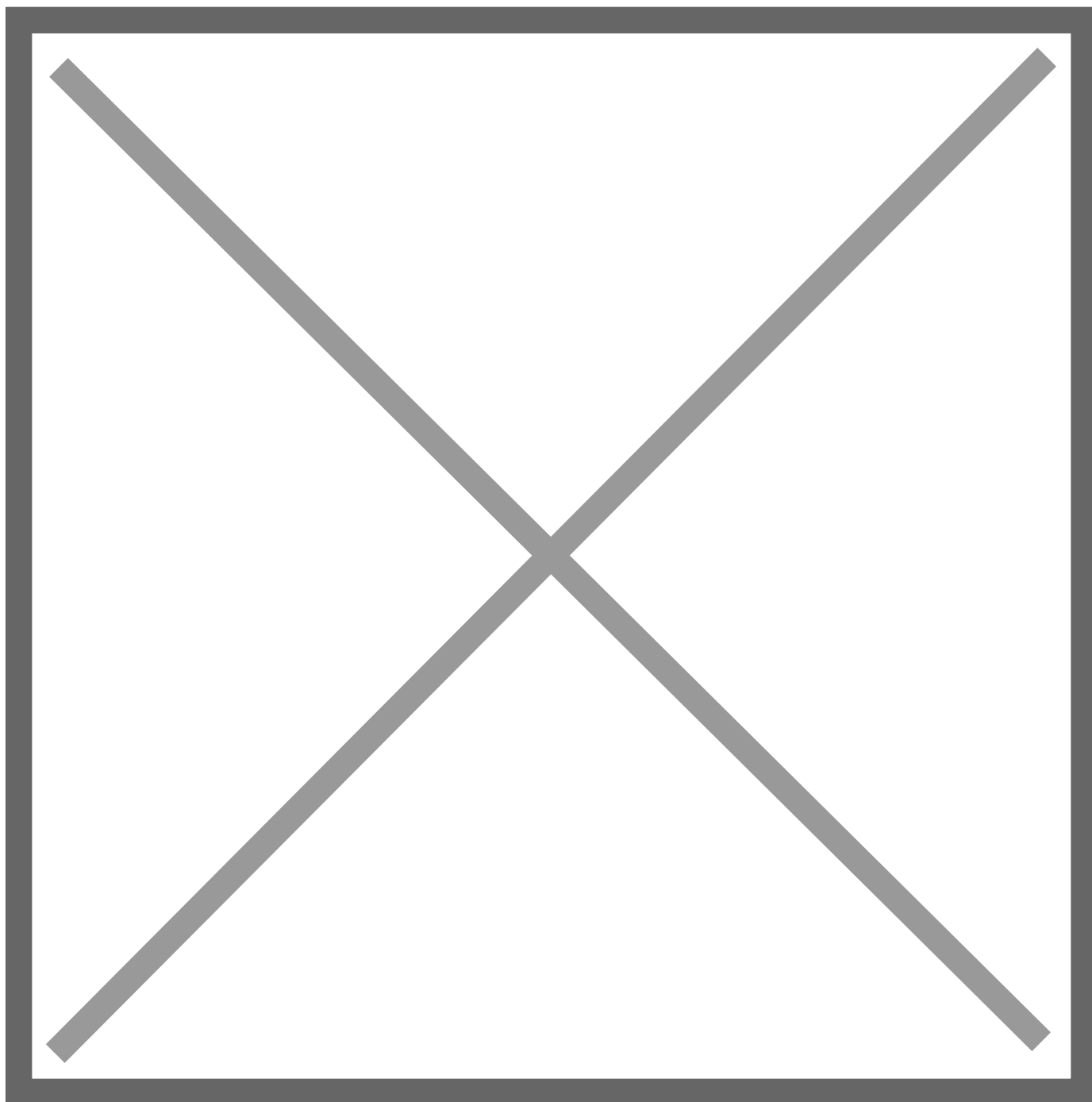
WHO

## Overgewicht/ obesitas, naar etniciteit

*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

Kinderen, 2022



Type  
onderzoek:

Gemeten

Leeftijd:

5-19

Referenties:

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).

**Notities  
(alleen  
beschikbaar  
in het  
Engels):**

Age standardised estimates

**Definities  
(alleen  
beschikbaar  
in het  
Engels):**

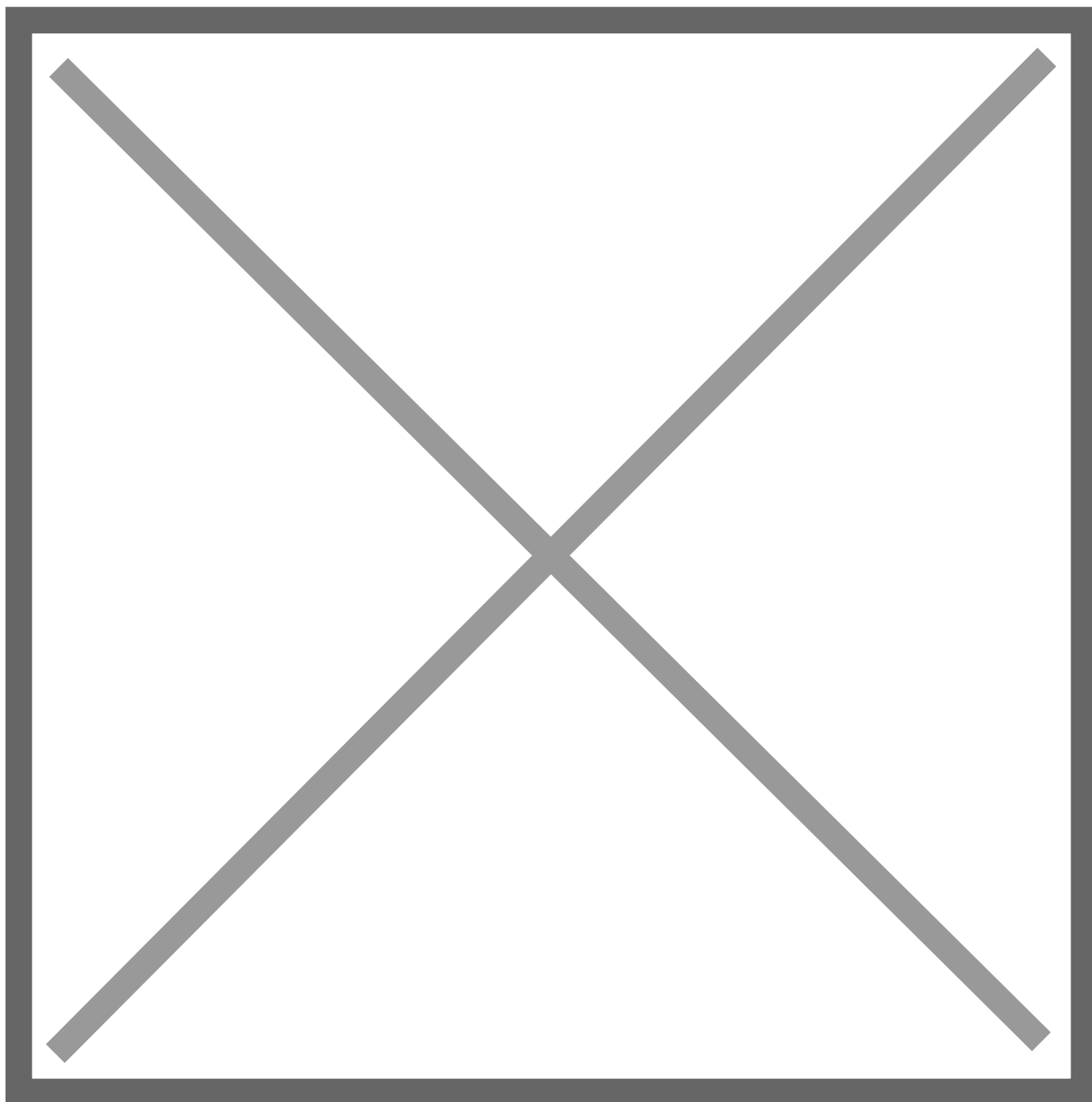
Combined prevalence of BMI < -2SD and BMI > 2SD (double burden of thinness and obesity)

**Cutoffs:**

BMI < -2SD and BMI > 2SD

## Onvoldoende lichaamsbeweging

**Kinderen, 2016**



Type  
onderzoek:

Zelfgerapporteerd

Leeftijd:

11-17

**Referenties:**

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

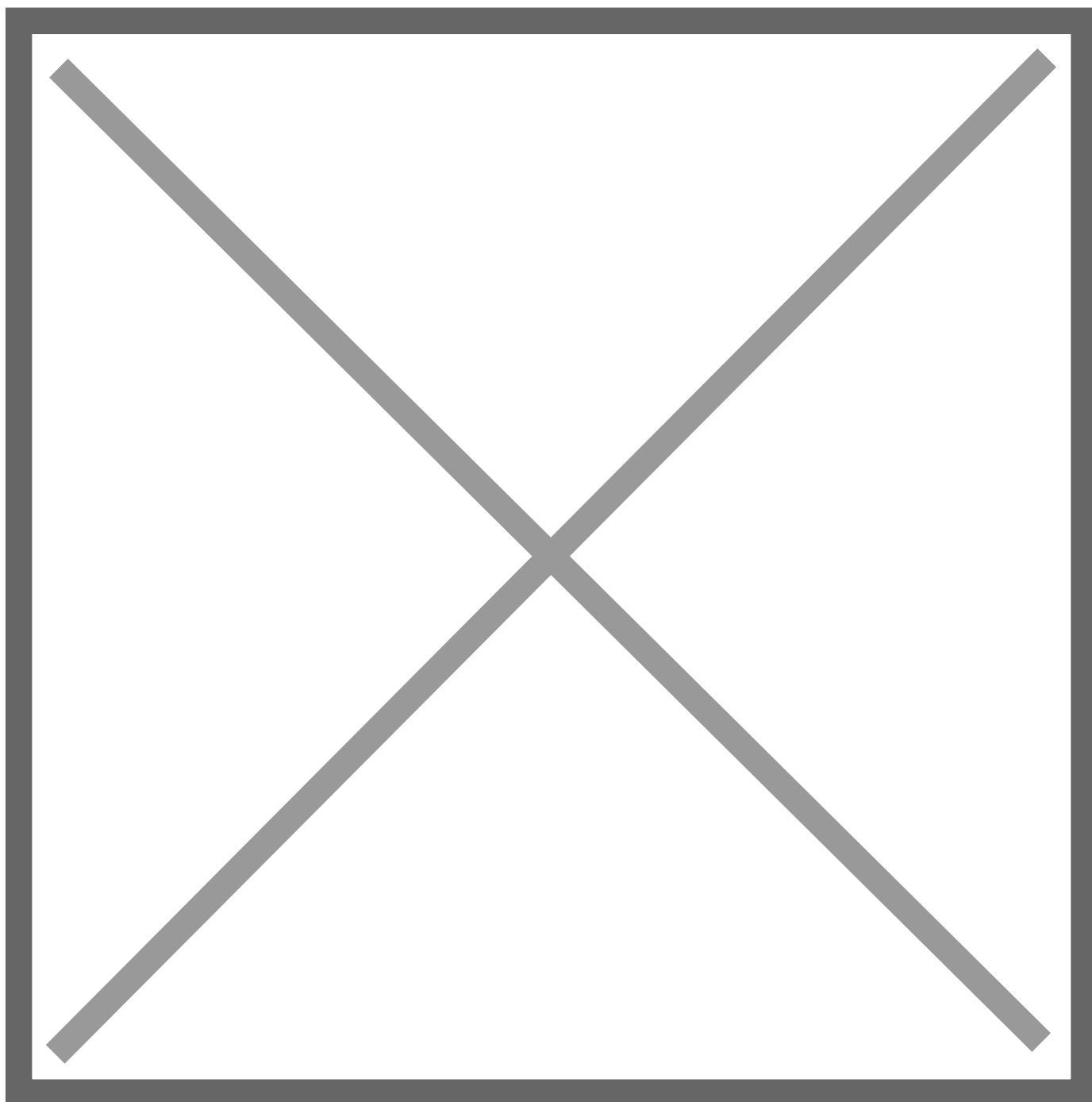
**Notities  
(alleen  
beschikbaar  
in het  
Engels):**

% 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.

**Definities  
(alleen  
beschikbaar  
in het  
Engels):**

% Adolescents insufficiently active (age standardised estimate)

## Jongens, 2016



**Type  
onderzoek:**

Zelfgerapporteerd

**Leeftijd:**

11-17

**Referenties:**

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

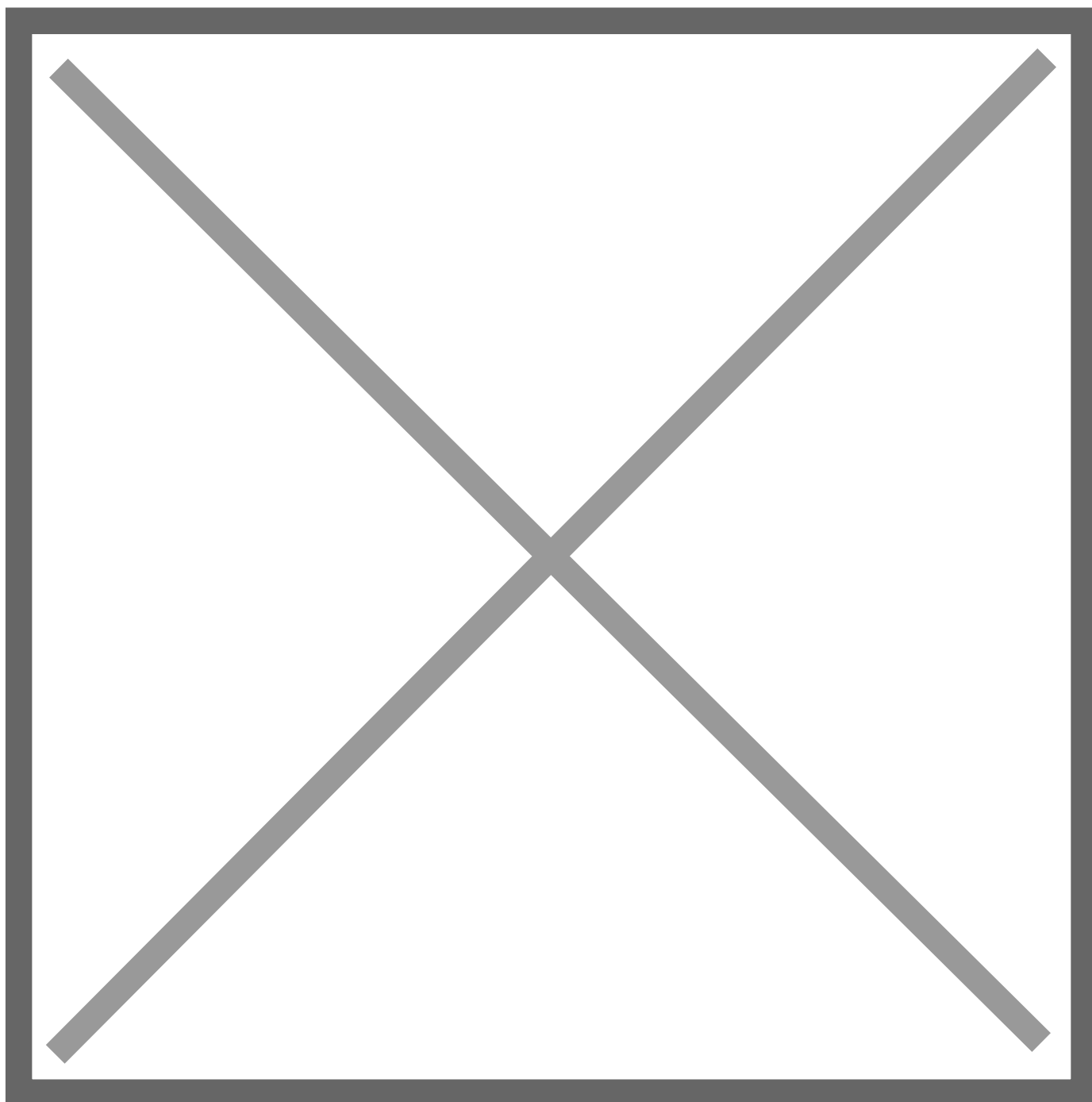
**Notities  
(alleen  
beschikbaar  
in het  
Engels):**

% 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.

**Definities  
(alleen  
beschikbaar  
in het  
Engels):**

% Adolescents insufficiently active (age standardised estimate)

## Meisjes, 2016



**Type  
onderzoek:**

Zelfgerapporteerd

**Leeftijd:**

11-17

**Referenties:**

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

**Notities  
(alleen  
beschikbaar  
in het  
Engels):**

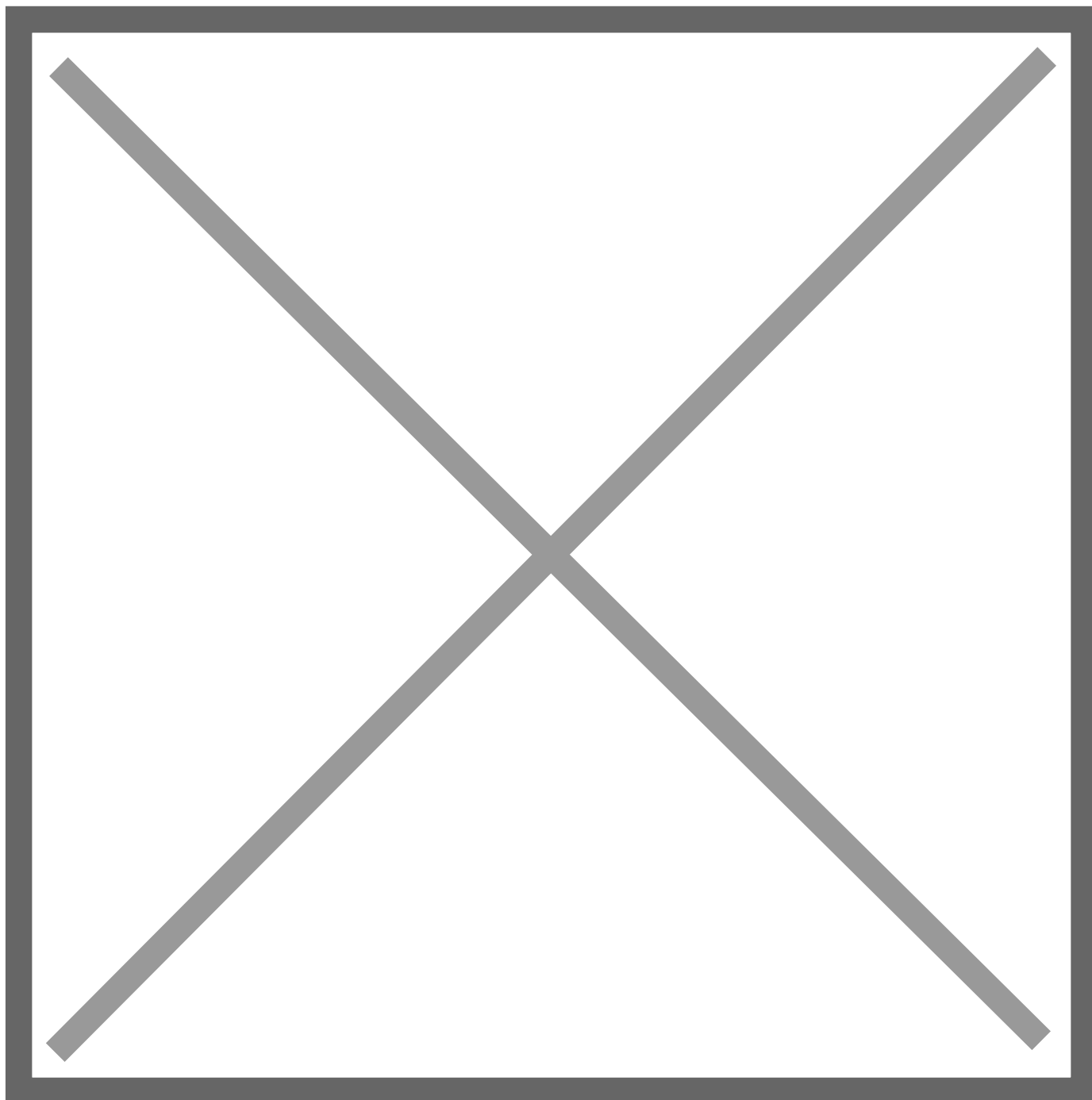
% of school going adolescents not meeting WHO recommendations on Physical Activity for Health, i.e. doing less than 60 minutes of moderate- to vigorous-intensity physical activity daily.

**Definities  
(alleen  
beschikbaar  
in het  
Engels):**

% Adolescents insufficiently active (age standardised estimate)

## Gemiddelde dagelĳkse consumptie van koolzuurhoudende frisdranken

**Kinderen, 2010-2015**



Type  
onderzoek:

Gemeten

Leeftijd:

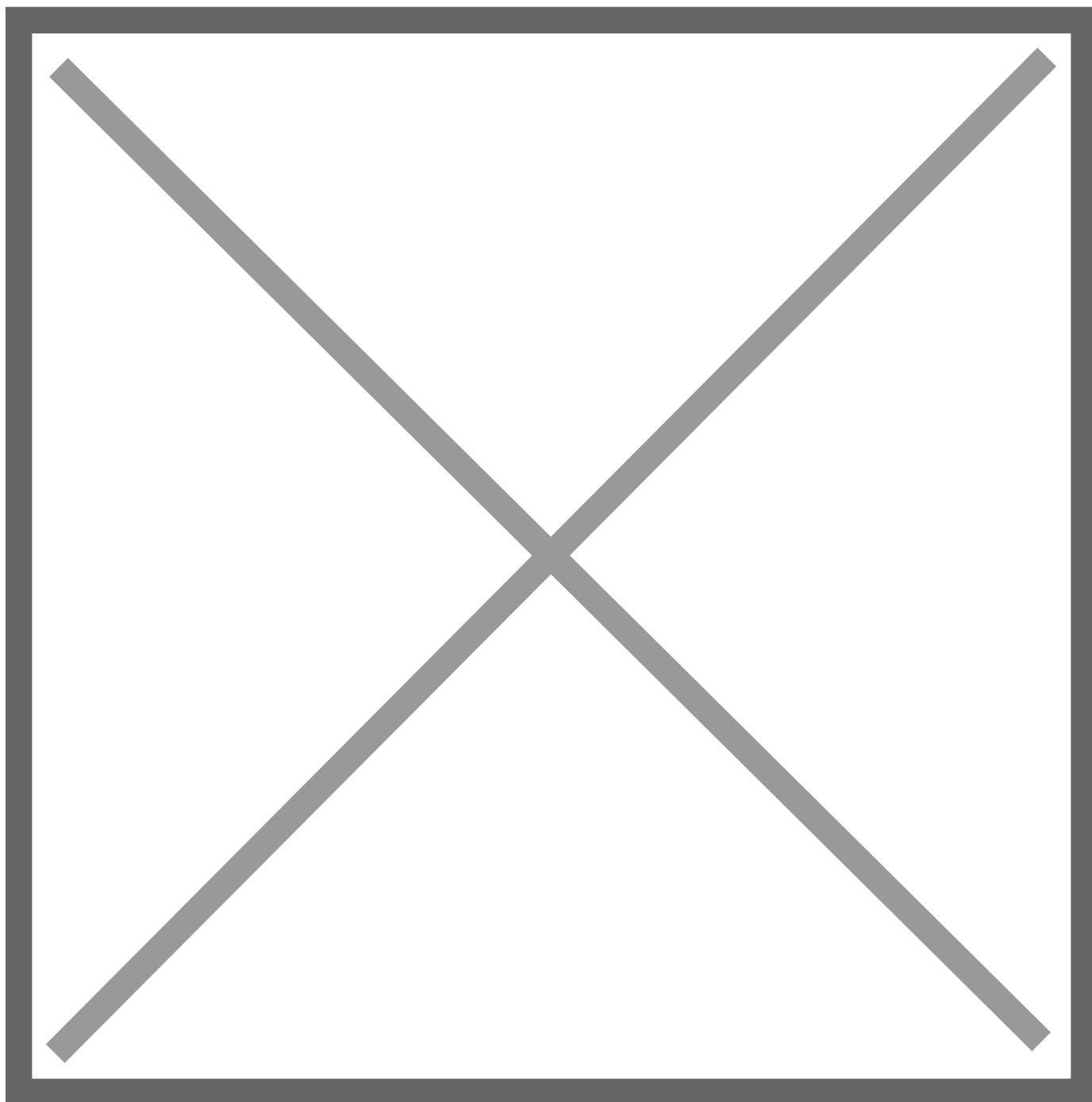
12-17

**Referenties:**

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>

## Prevalentie van minder dan dagelijkse fruitconsumptie

**Kinderen, 2010-2015**



Type  
onderzoek:

Gemeten

Leeftijd:

12-17

**Referenties:**

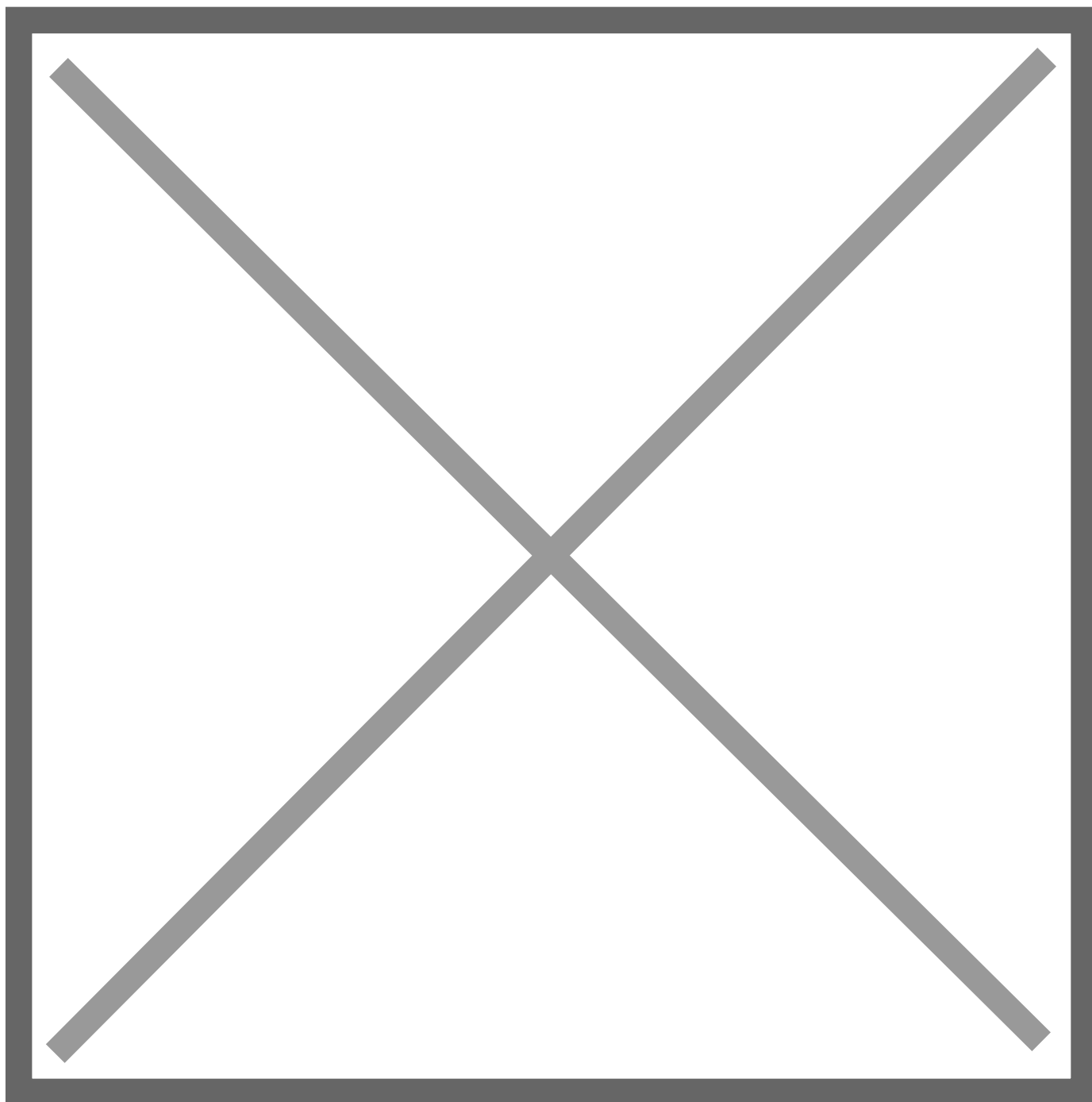
Global School-based Student Health Surveys. Beal et al (2019). Global Patterns of Adolescent Fruit, Vegetable, Carbonated Soft Drink, and Fast-food consumption: A meta-analysis of global school-based student health surveys. Food and Nutrition Bulletin. <https://doi.org/10.1177/0379572119848287>. Sourced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

**Definities  
(alleen  
beschikbaar  
in het  
Engels):**

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

## Prevalentie van minder dan dagelijkse groenteconsumptie

### Kinderen, 2010-2015



Type  
onderzoek:

Gemeten

Leeftijd:

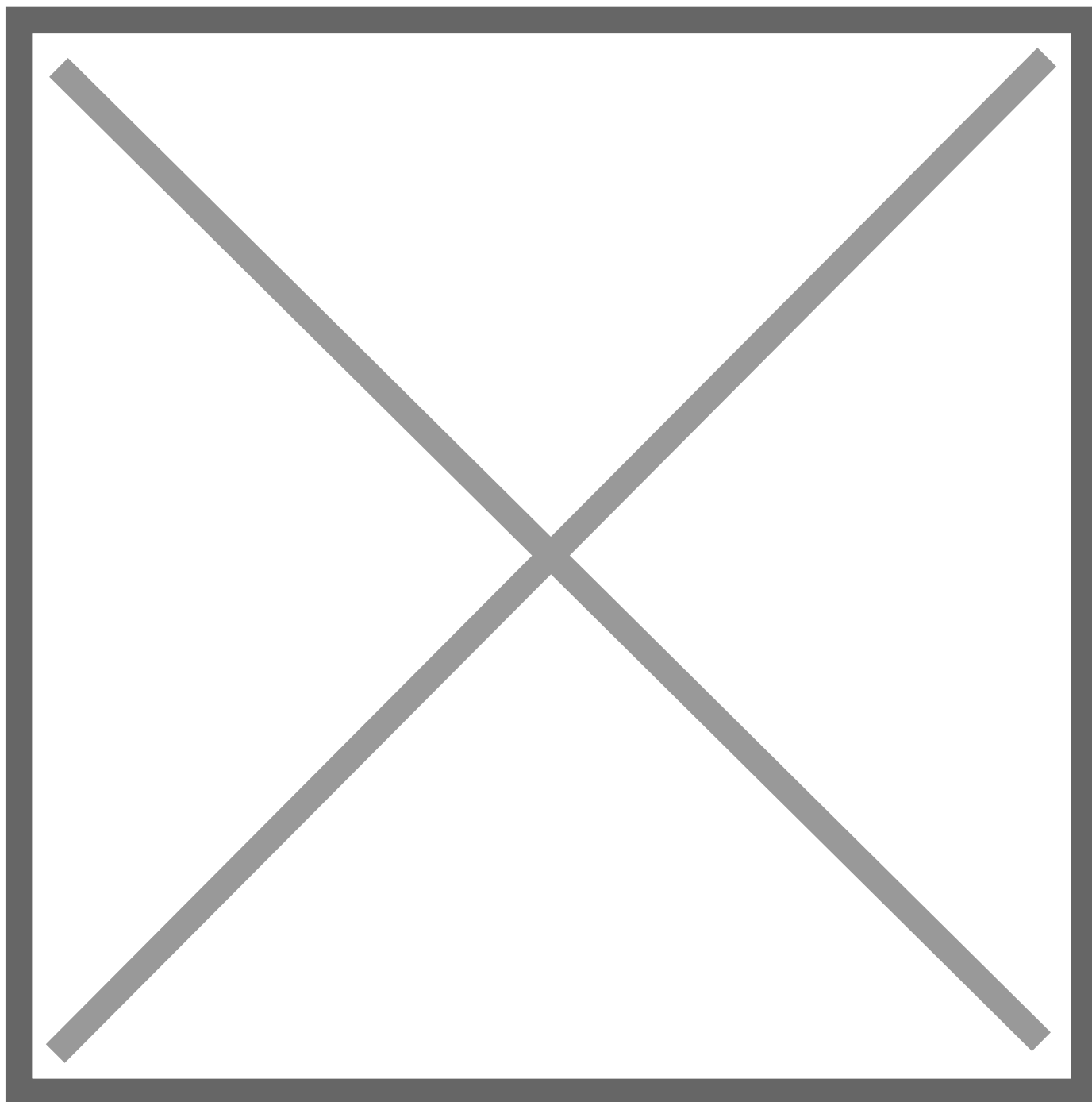
12-17

**Referenties:** 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>

**Definities (alleen beschikbaar in het Engels):** Prevalence of less-than-daily vegetable consumption (% less-than-daily vegetable consumption)

## Gemiddelde wekelijkse consumptie van fastfood

**Kinderen, 2010-2015**

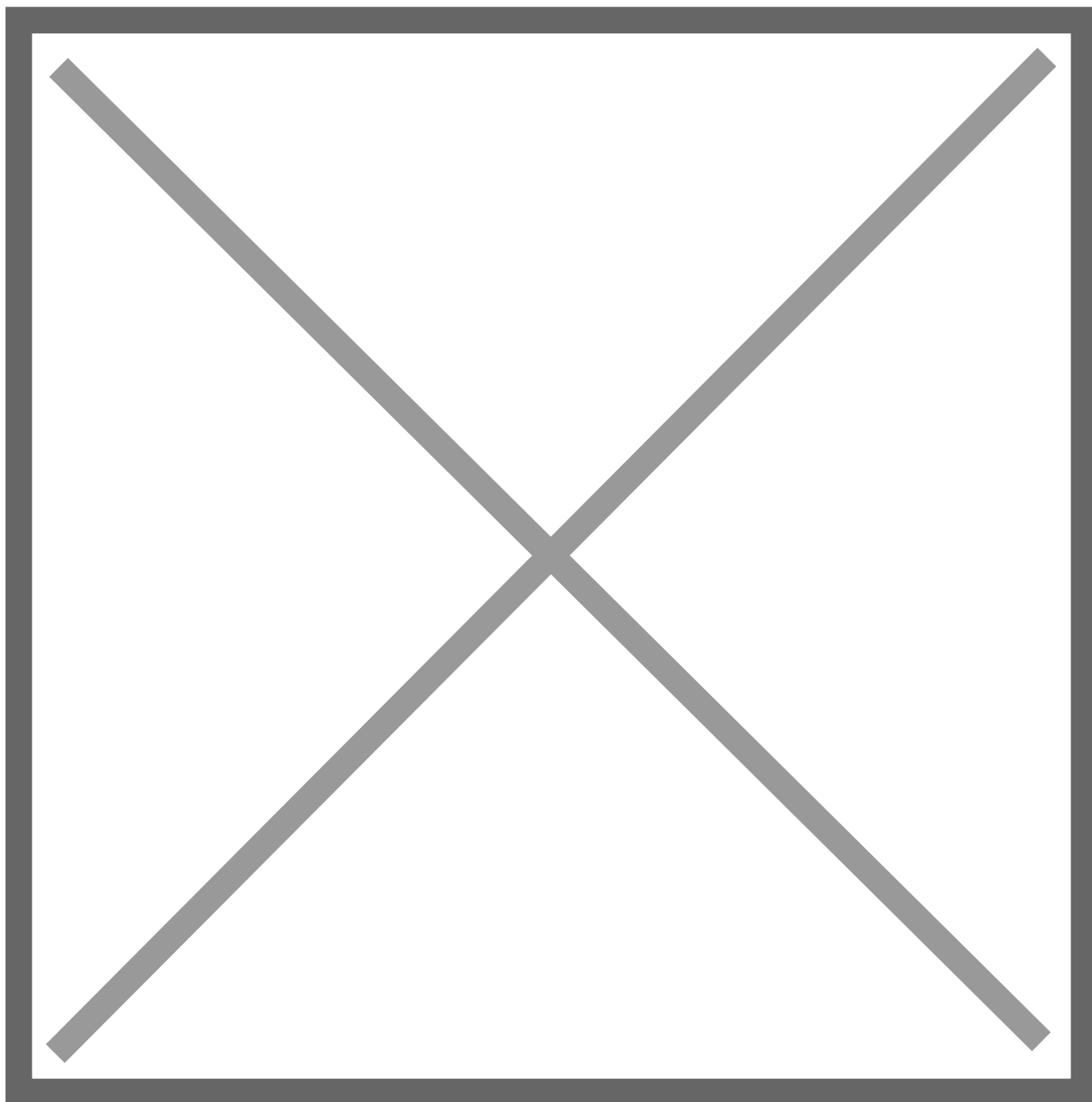


**Leeftijd:** 12-17

**Referenties:** 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>

## Geestelijke gezondheid - depressiestoornissen

**Kinderen, 2021**



In  
aanmerking  
komend  
gebied:

Nationaal

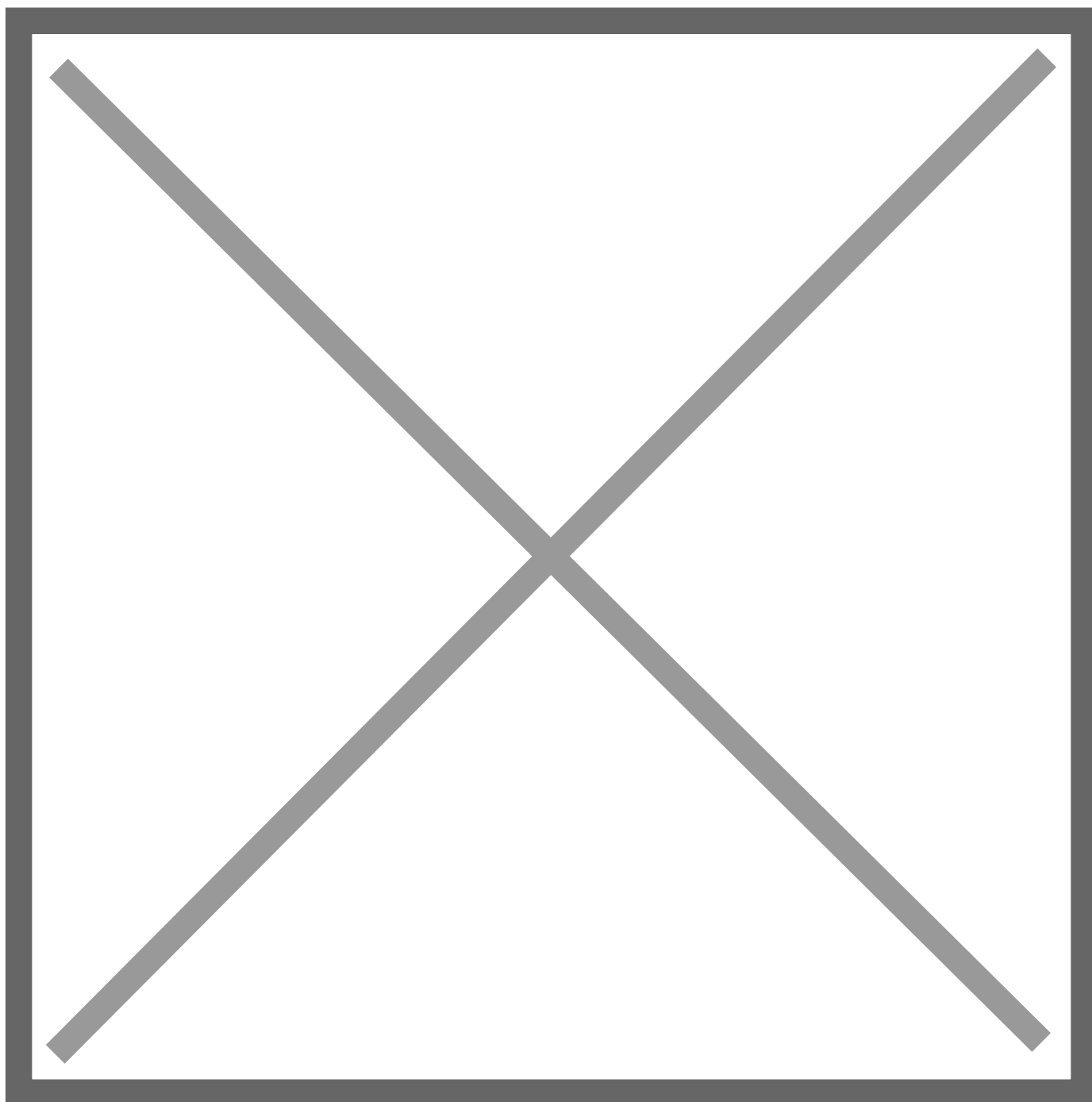
**Referenties:**

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)

**Definities  
(alleen  
beschikbaar  
in het  
Engels):**

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

## Jongens, 2021



In  
aanmerking  
komend  
gebied:

Nationaal

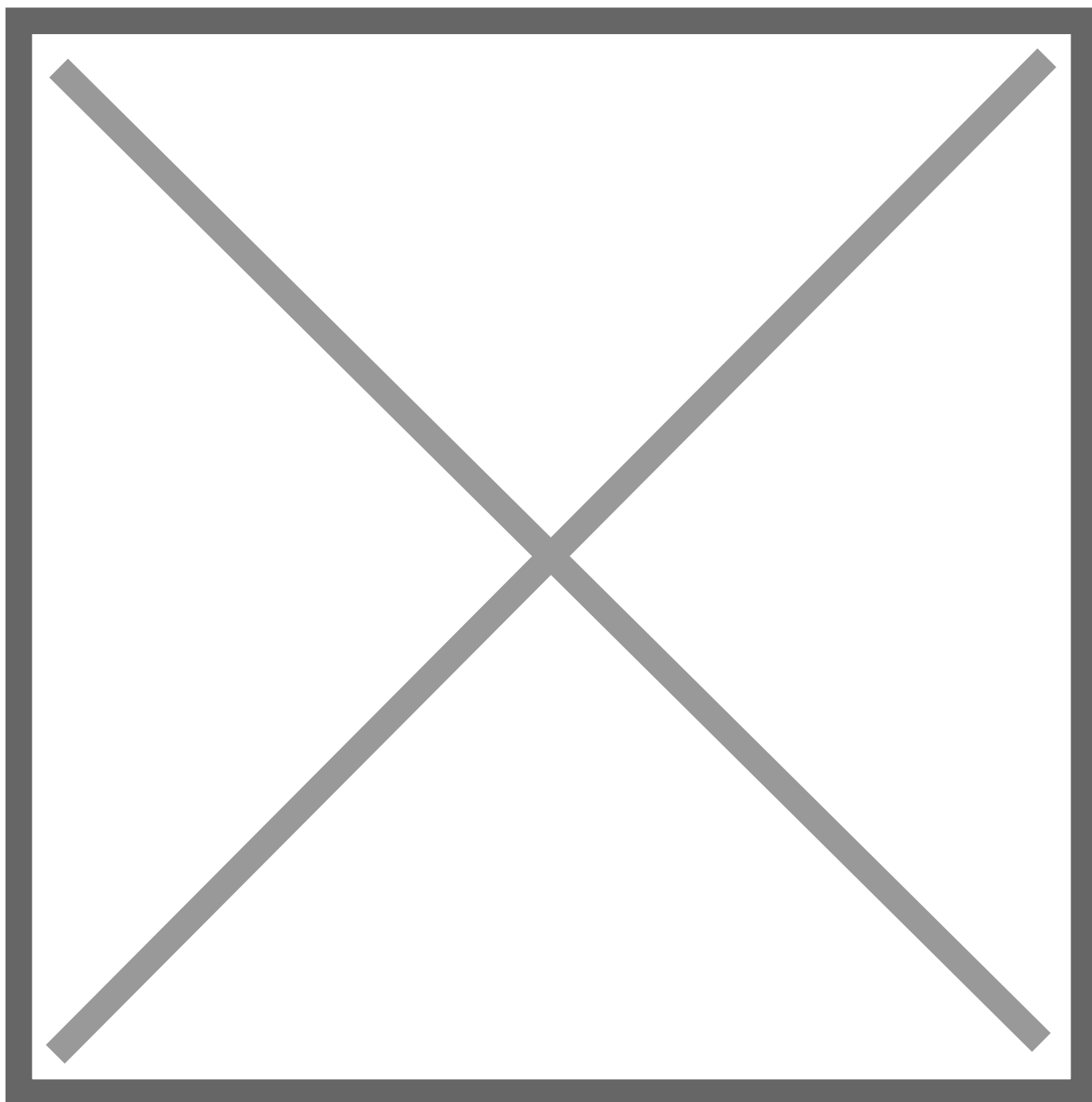
**Referenties:**

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**Definities  
(alleen  
beschikbaar  
in het  
Engels):**

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

## Meisjes, 2021



In  
aanmerking  
komend  
gebied:

Nationaal

### Referenties:

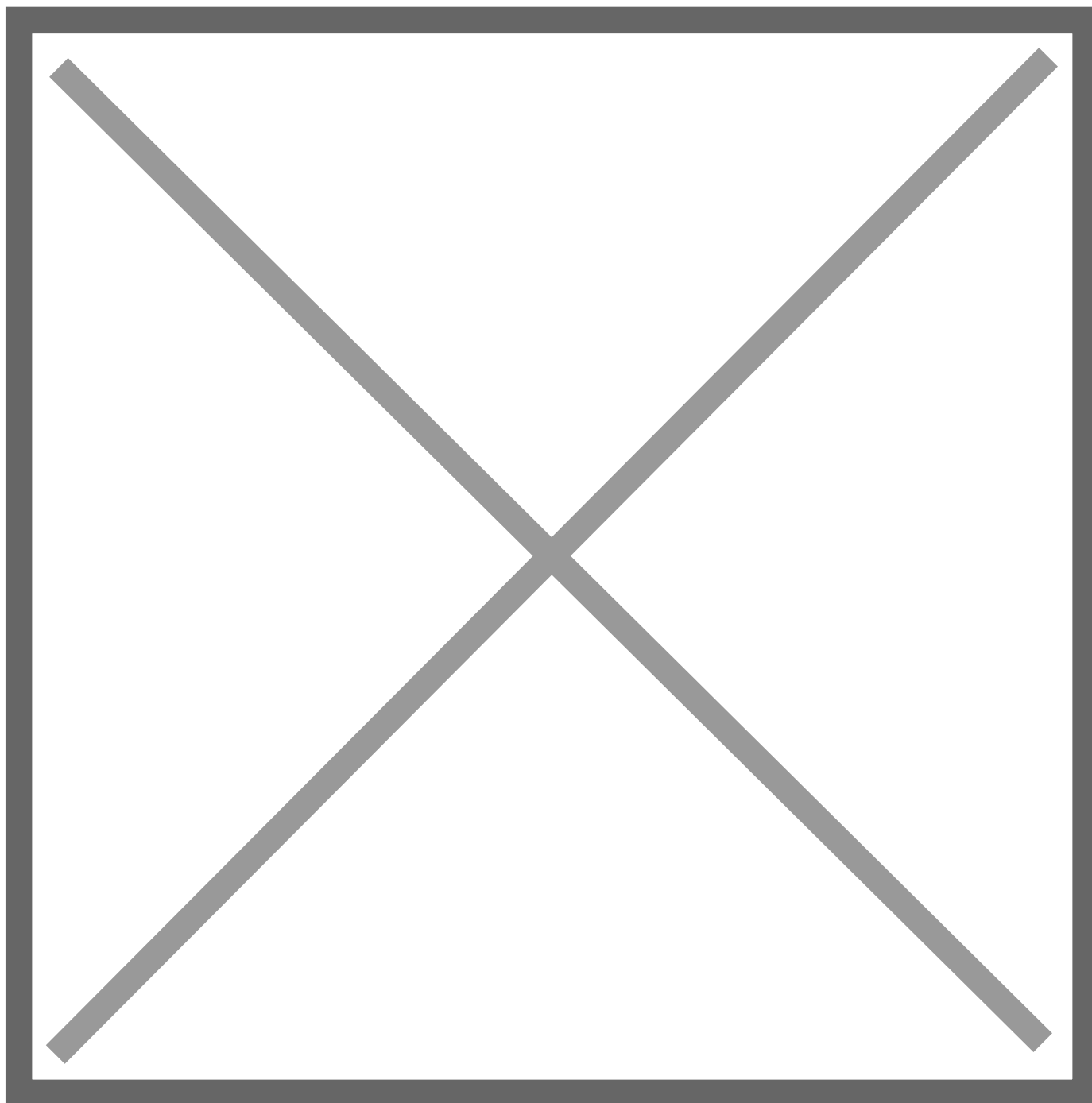
Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

**Definities  
(alleen  
beschikbaar  
in het  
Engels):**

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

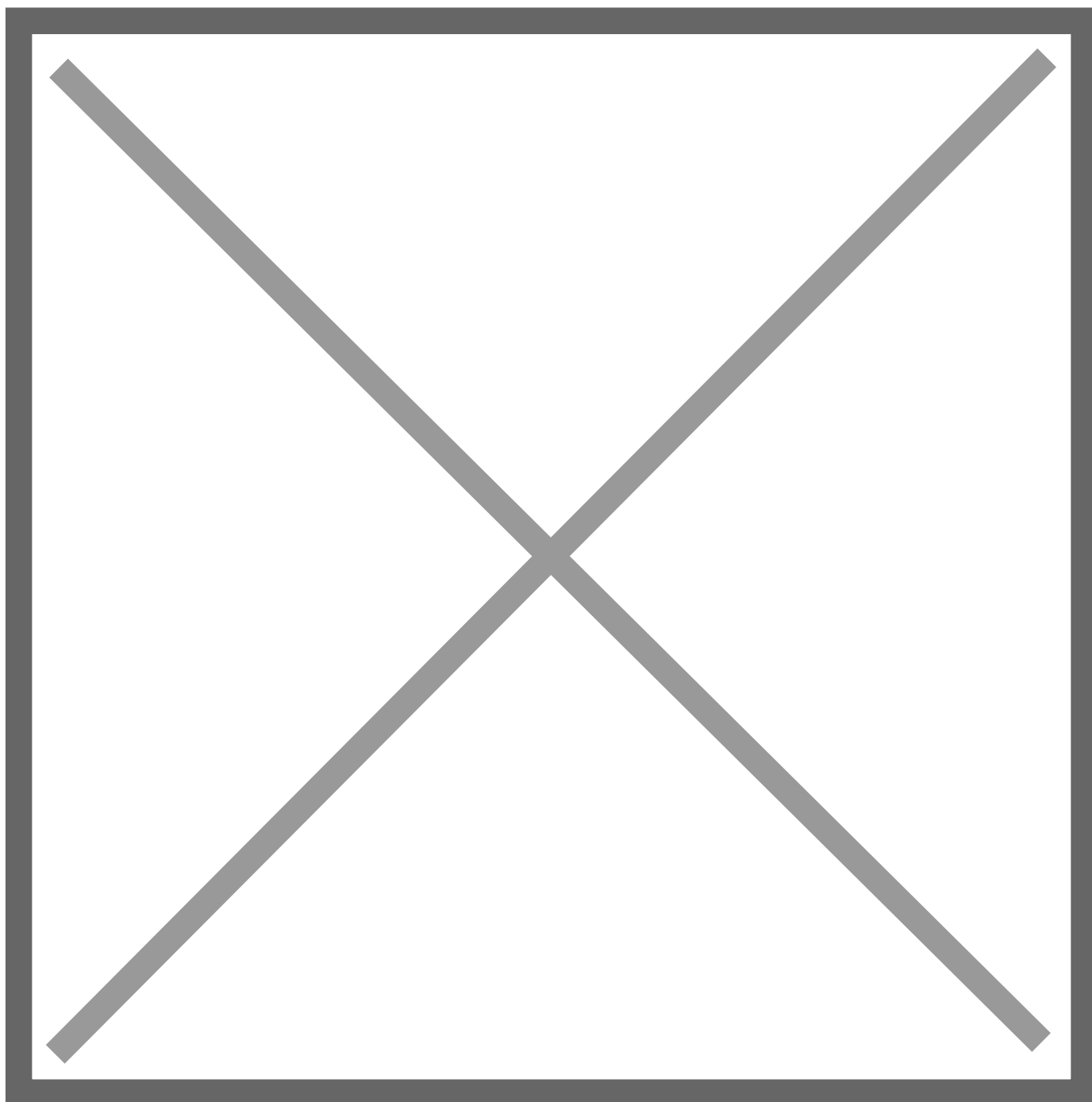
## Geestelijke gezondheid - angststoornissen

Kinderen, 2021

**Referenties:**

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)

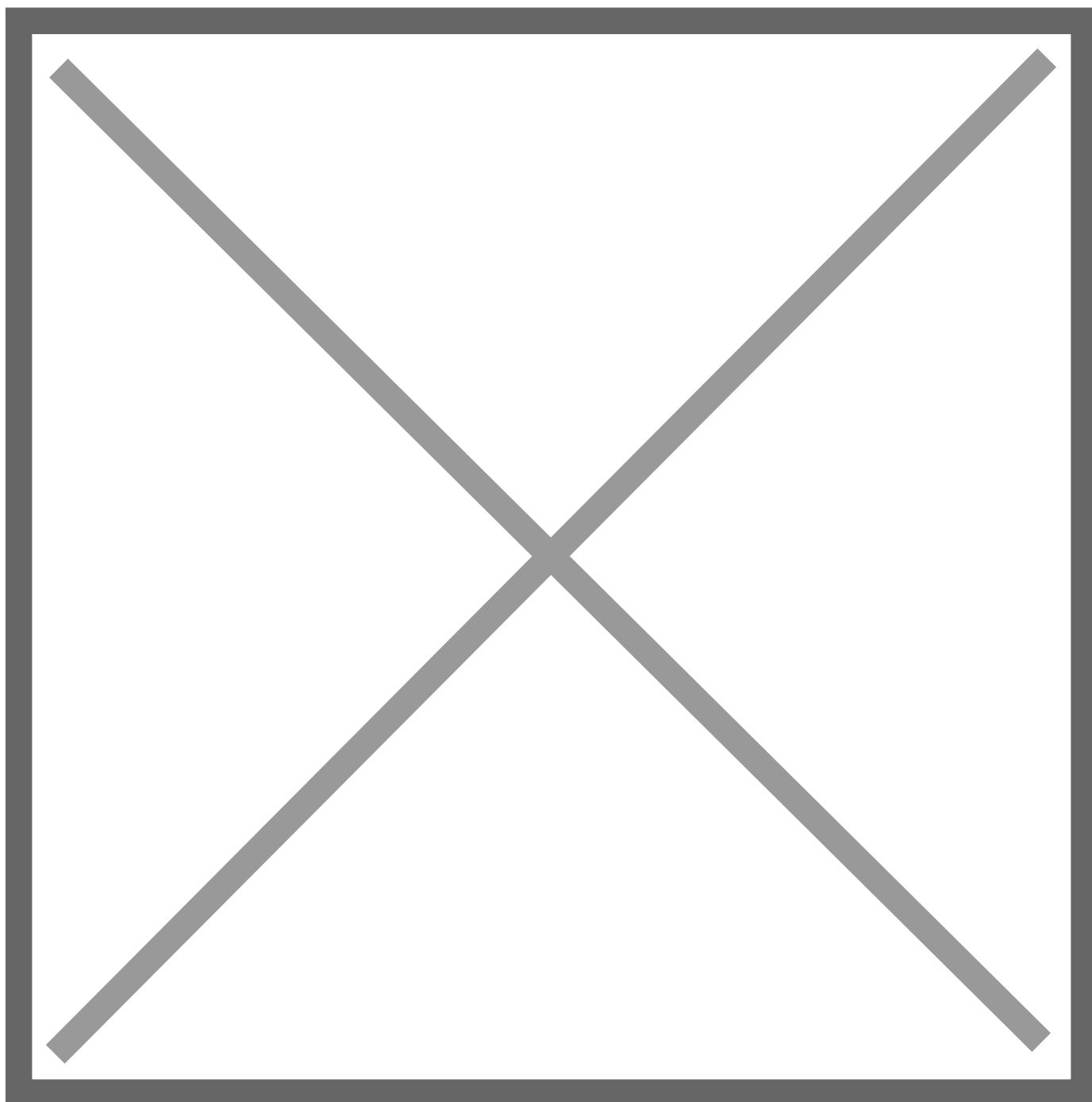
## Jongens, 2021



### Referenties:

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)

## Meisjes, 2021



### Referenties:

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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