



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/>.

FedmeprÃ|valens

BÃ_rn, 2020-2021



UndersÃ_gelsestype:	MÃ¥lt
Alder:	7-11
PrÃ_vens stÃ_rrelse:	1584
Area covered:	National

Referencer:	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]
Definitioner (kun tilgængelig på engelsk):	Overweight: BMI-for-age z-scores >1 to ≤2 sd. Obesity: BMI-for-age z-scores >2 sd
Cutoffs:	WHO

Overv gt/fedme efter alder

B rn, 2018



Unders�gelsestype:	M�lt
Pr�vens st�rrelse:	2788
Area covered:	National

Referencer:	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.
Noter (kun tilgængelige på engelsk):	WHO cut-offs available in the study.
Cutoffs:	IOTF

Overv gt/fedme efter region

B rn, 2020



Unders�gelsestype:	M�lt
Alder:	5-9
Pr�vens st�rrelse:	2277
Area covered:	National

Referencer:

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.

**Noter (kun
tilgængelige på
engelsk):**

Article is preprint.

Cutoffs:

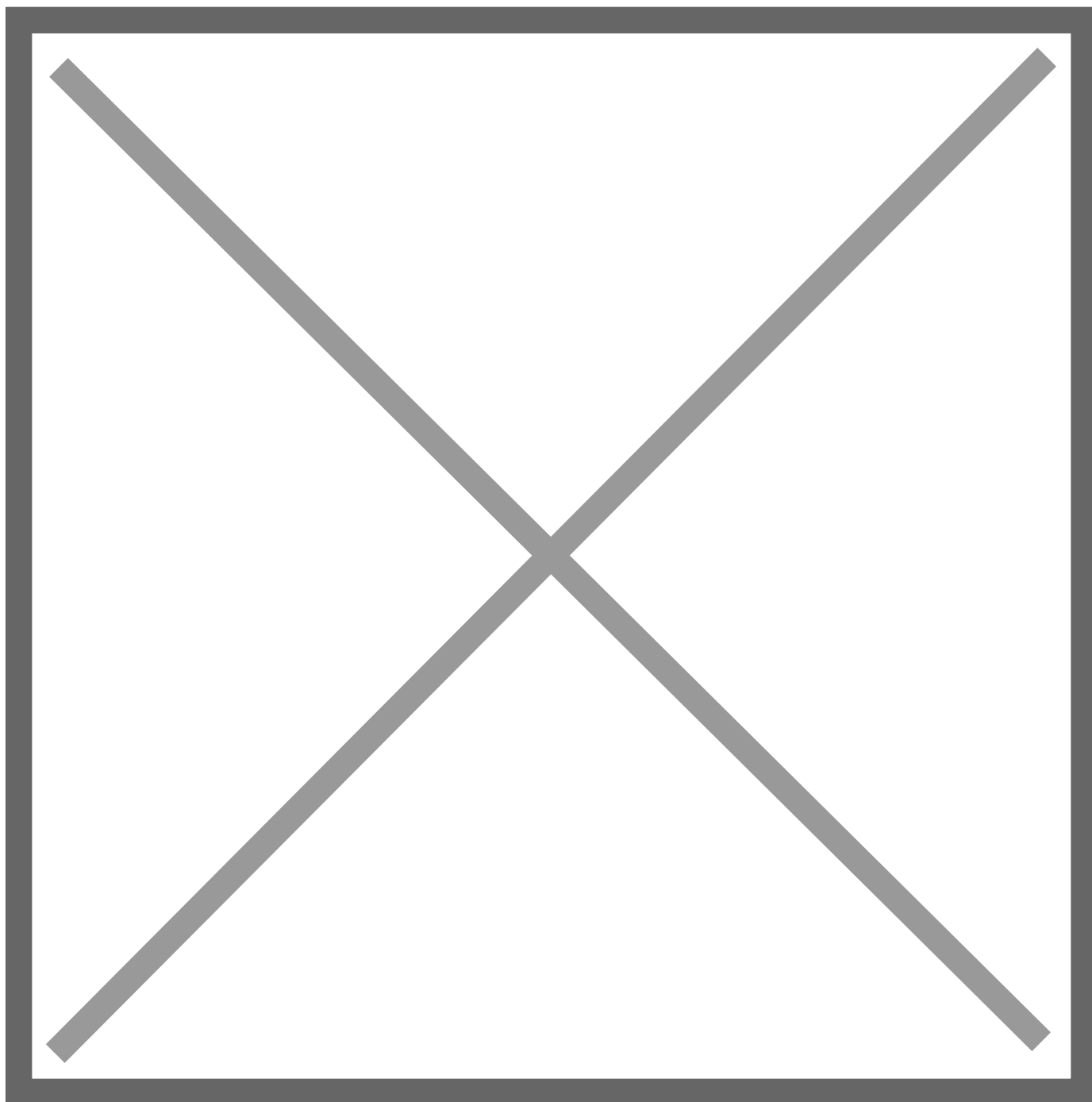
WHO

Overv>/fedme efter etnicitet

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

Bar chart, 2022



Underweight type:

Malnutrition

Ages:

5-19

Reference:

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).

**Noter (kun
tilgængelige på
engelsk):**

Age standardised estimates

**Definitioner (kun
tilgængelig på
engelsk):**

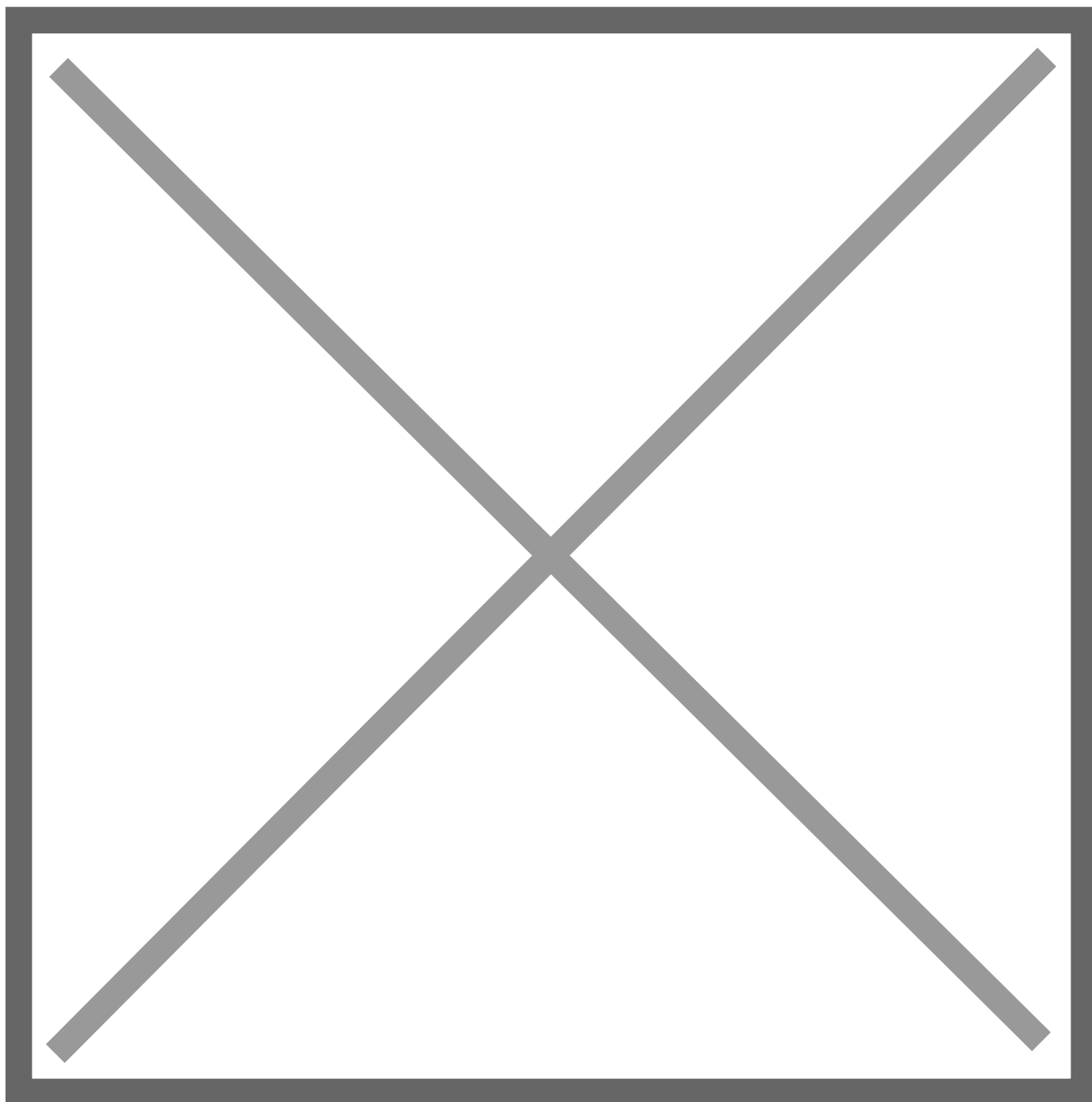
Combined prevalence of BMI < -2SD and BMI > 2SD (double burden of thinness and obesity)

Cutoffs:

BMI < -2SD and BMI > 2SD

Utilstr kkelig fysisk aktivitet

B rn, 2016



Unders gelsestype:

Selvrapporteret

Alder:

11-17

Referencer:

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

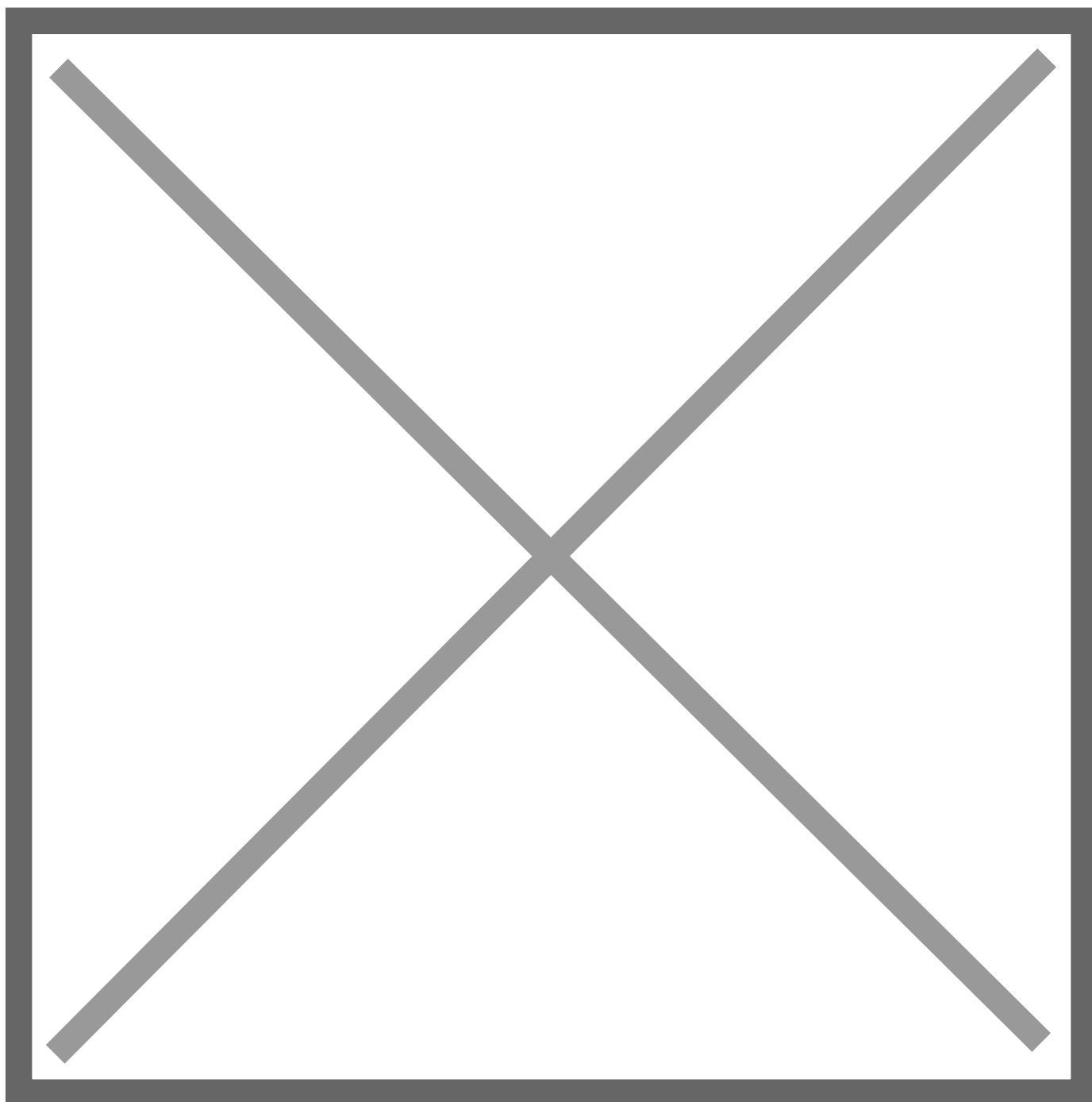
**Noter (kun
tilgængelige på
engelsk):**

% 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.

**Definitioner (kun
tilgængelig på
engelsk):**

% Adolescents insufficiently active (age standardised estimate)

Drenge, 2016



Undersølgelsestype:

Selvrapporteret

Alder:

11-17

Referencer:

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

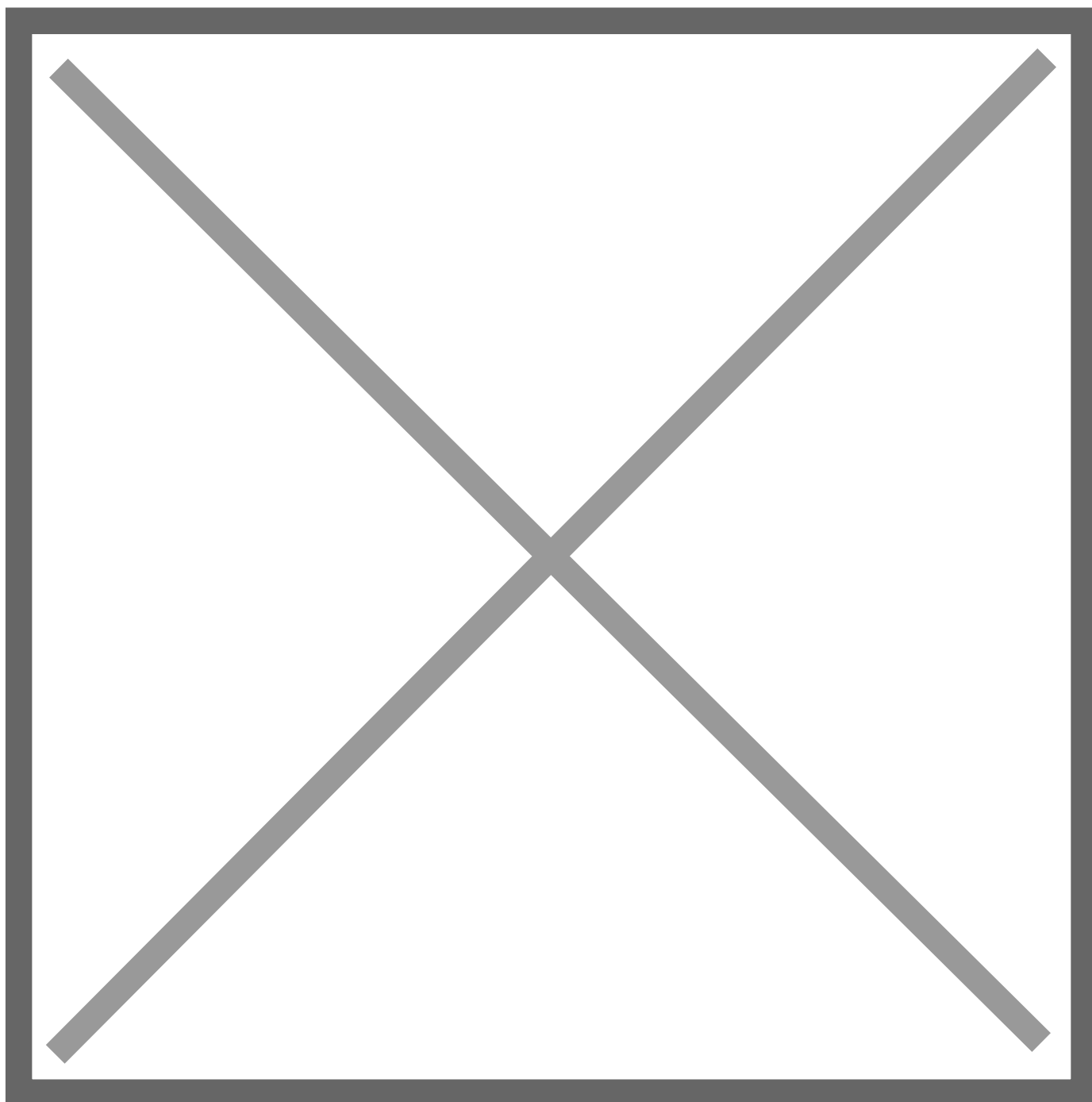
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**Definitioner (kun
tilgængelig på
engelsk):**

% Adolescents insufficiently active (age standardised estimate)

Piger, 2016



Undersølgelsestype:

Selvrapporteret

Alder:

11-17

Referencer:

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

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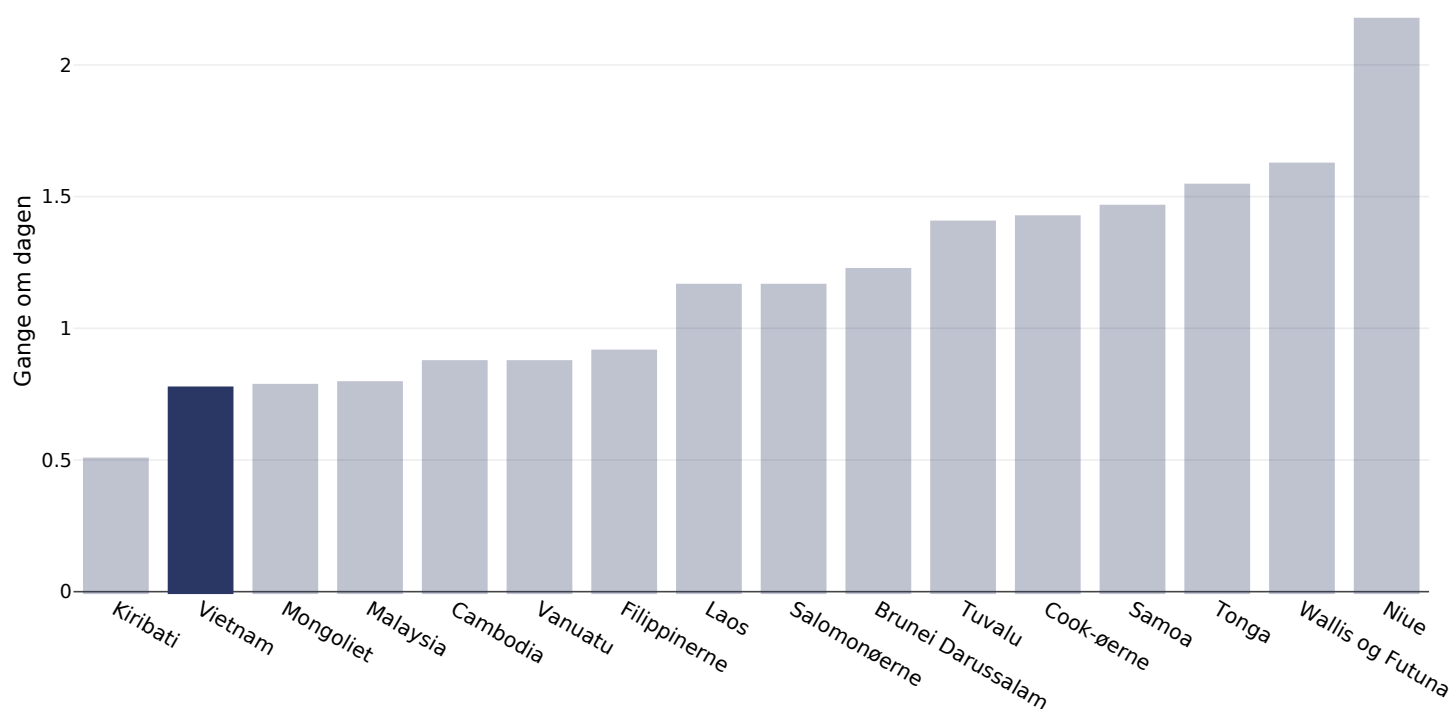
% of school going adolescents not meeting WHO recommendations on Physical Activity for Health, i.e. doing less than 60 minutes of moderate- to vigorous-intensity physical activity daily.

**Definitioner (kun
tilgængelig på
engelsk):**

% Adolescents insufficiently active (age standardised estimate)

Gennemsnitlig daglig hyppighed af indtagelse af kulsyreholdige læskedrikke

Børn, 2010-2015



Undersøgelsestype:

Målt

Alder:

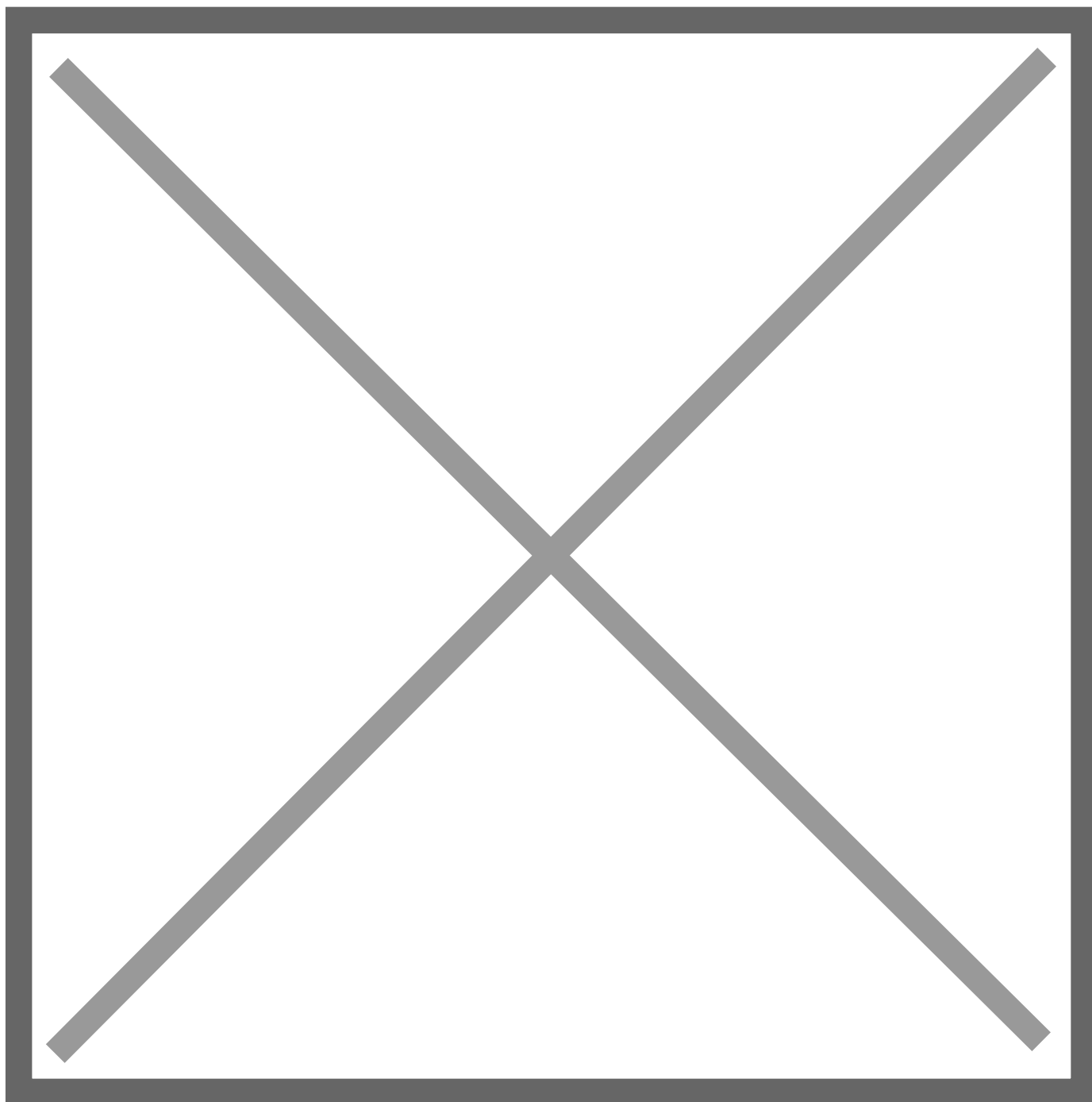
12-17

Referencer:

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>

Forekomst af indtag af frugt mindre end dagligt

Børn, 2010-2015



Undersøgelsestype:

MÅlt

Alder:

12-17

Referencer:

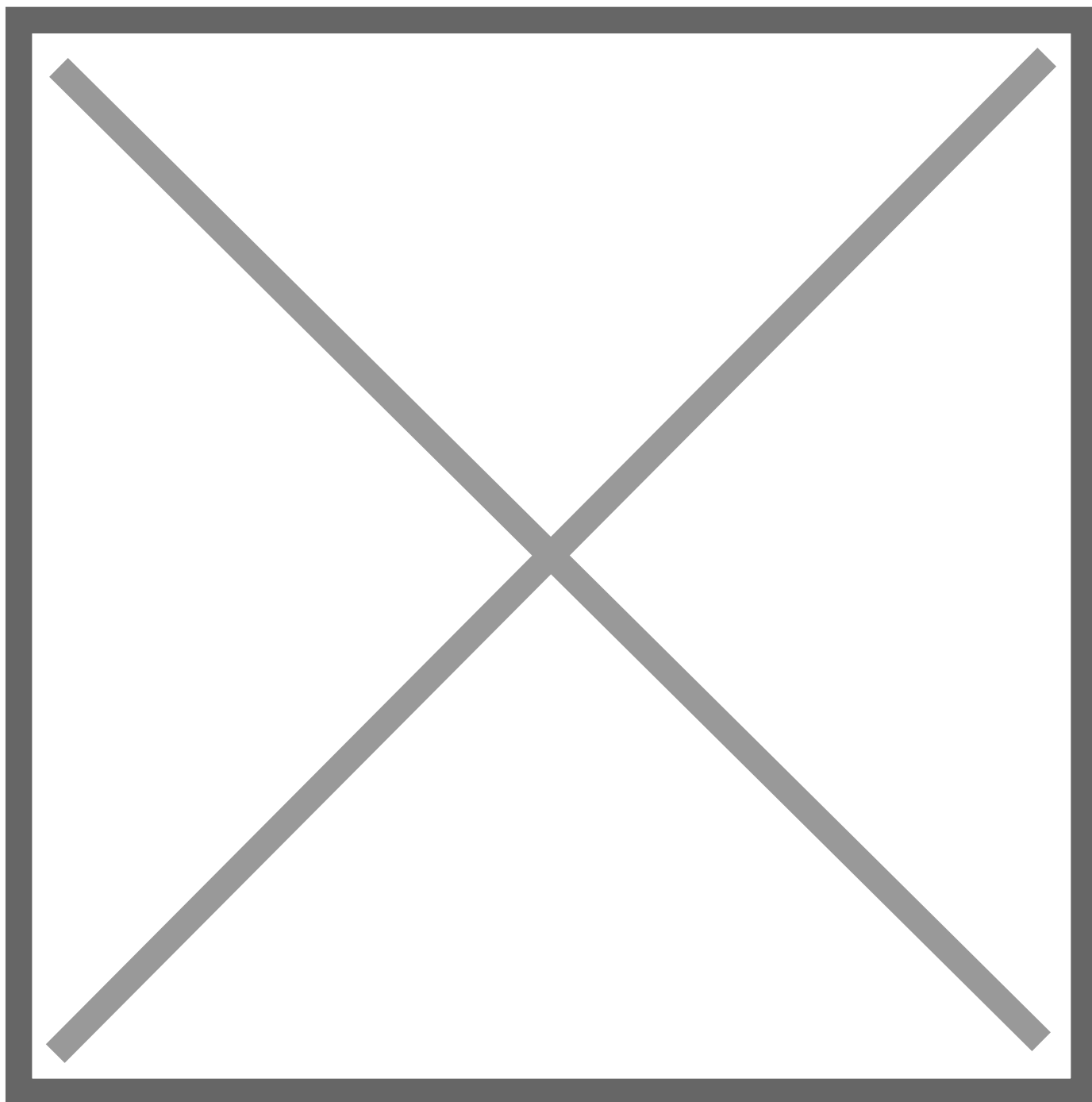
Global School-based Student Health Surveys. Beal et al (2019). Global Patterns of Adolescent Fruit, Vegetable, Carbonated Soft Drink, and Fast-food consumption: A meta-analysis of global school-based student health surveys. Food and Nutrition Bulletin. <https://doi.org/10.1177/0379572119848287>. Sourced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

**Definitioner (kun
tilgængelig på
engelsk):**

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

Forekomst af indtag af grĂ¸ntsager mindre end dagligt

BĂ¸rn, 2010-2015



UndersĂ¸gelsestype:

MĂ¸lt

Alder:

12-17

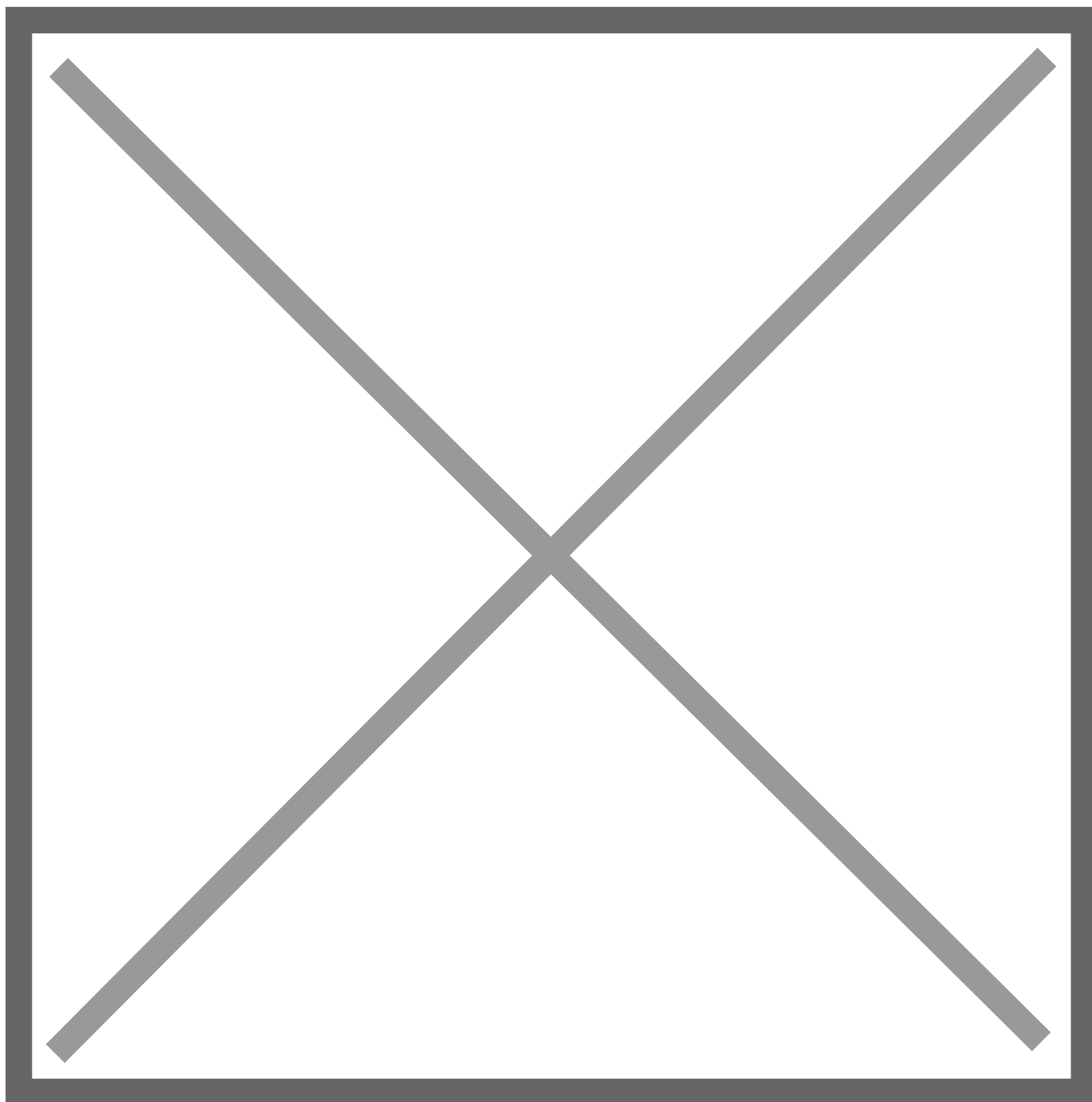
Referencer:

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>

**Definitioner (kun
tilgængelig på
engelsk):**

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

Gennemsnitlig ugentlig hyppighed af indtagelse af fastfood Børn, 2010-2015

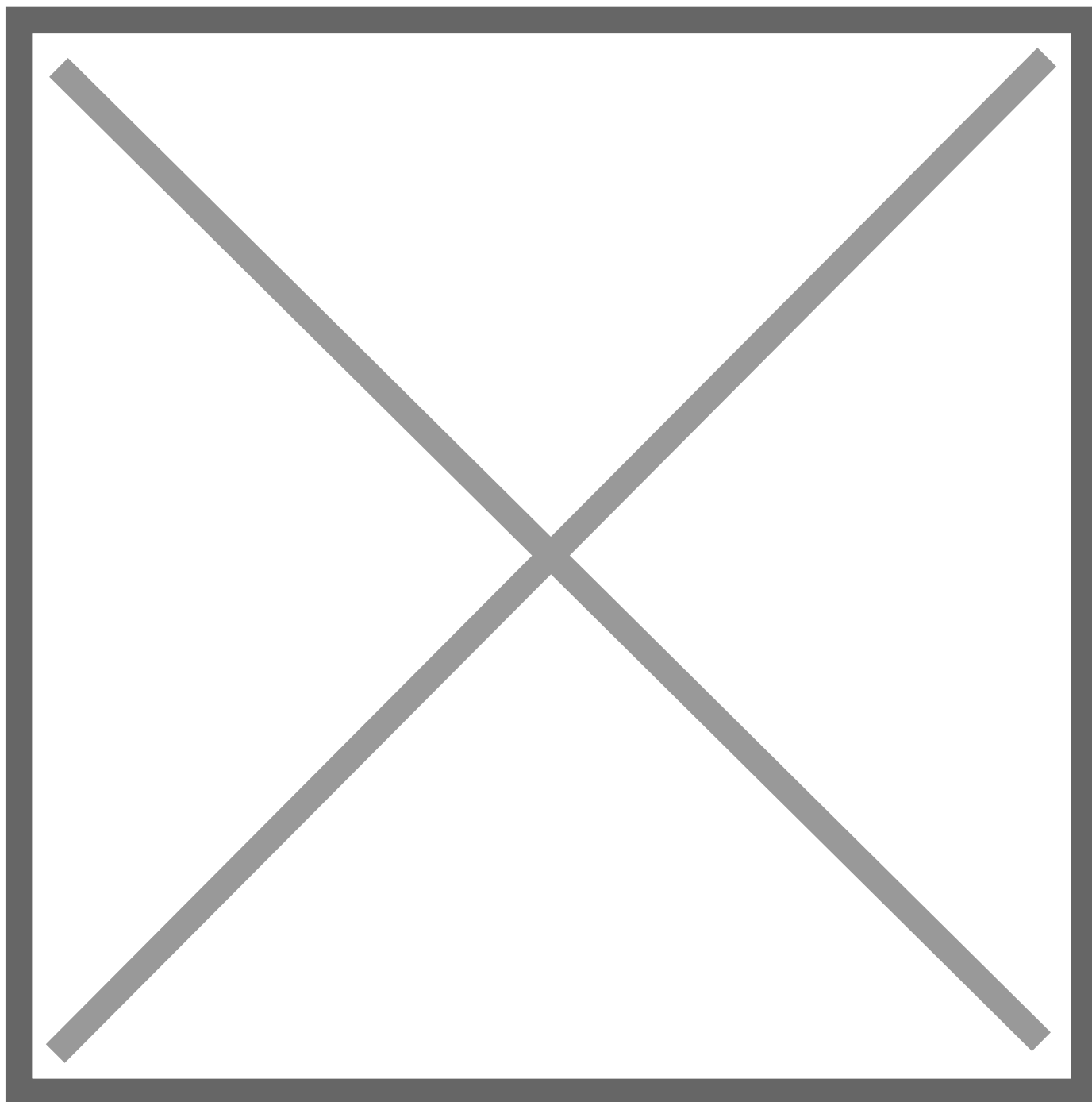


Alder: 12-17

Referencer: 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>

Psyisk sundhed og depressioner

Barn, 2021



Area covered:

National

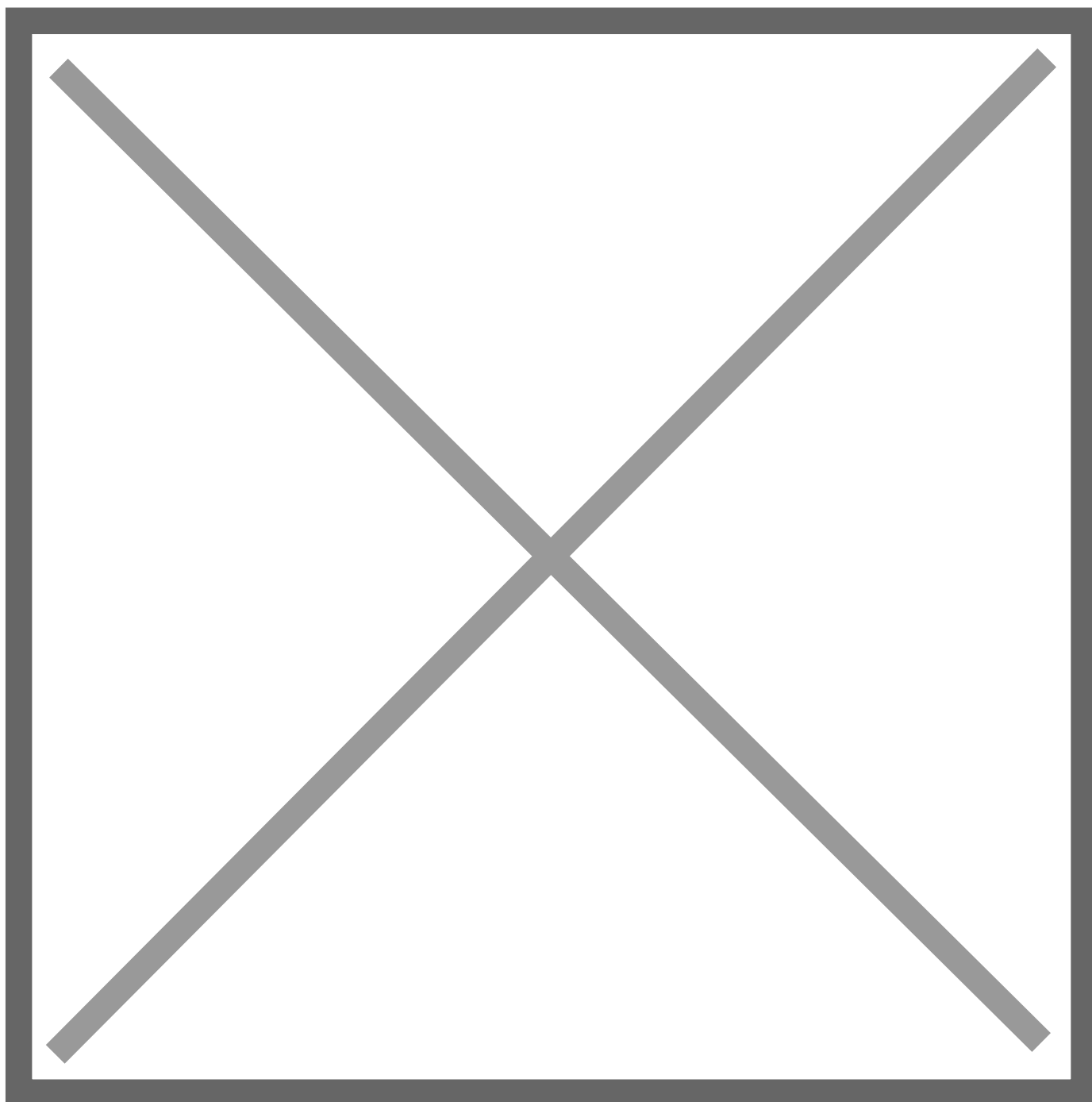
Referencer:

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)

Definitioner
(kun
tilgængelig
på engelsk):

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

Drenge, 2021

**Area covered:**

National

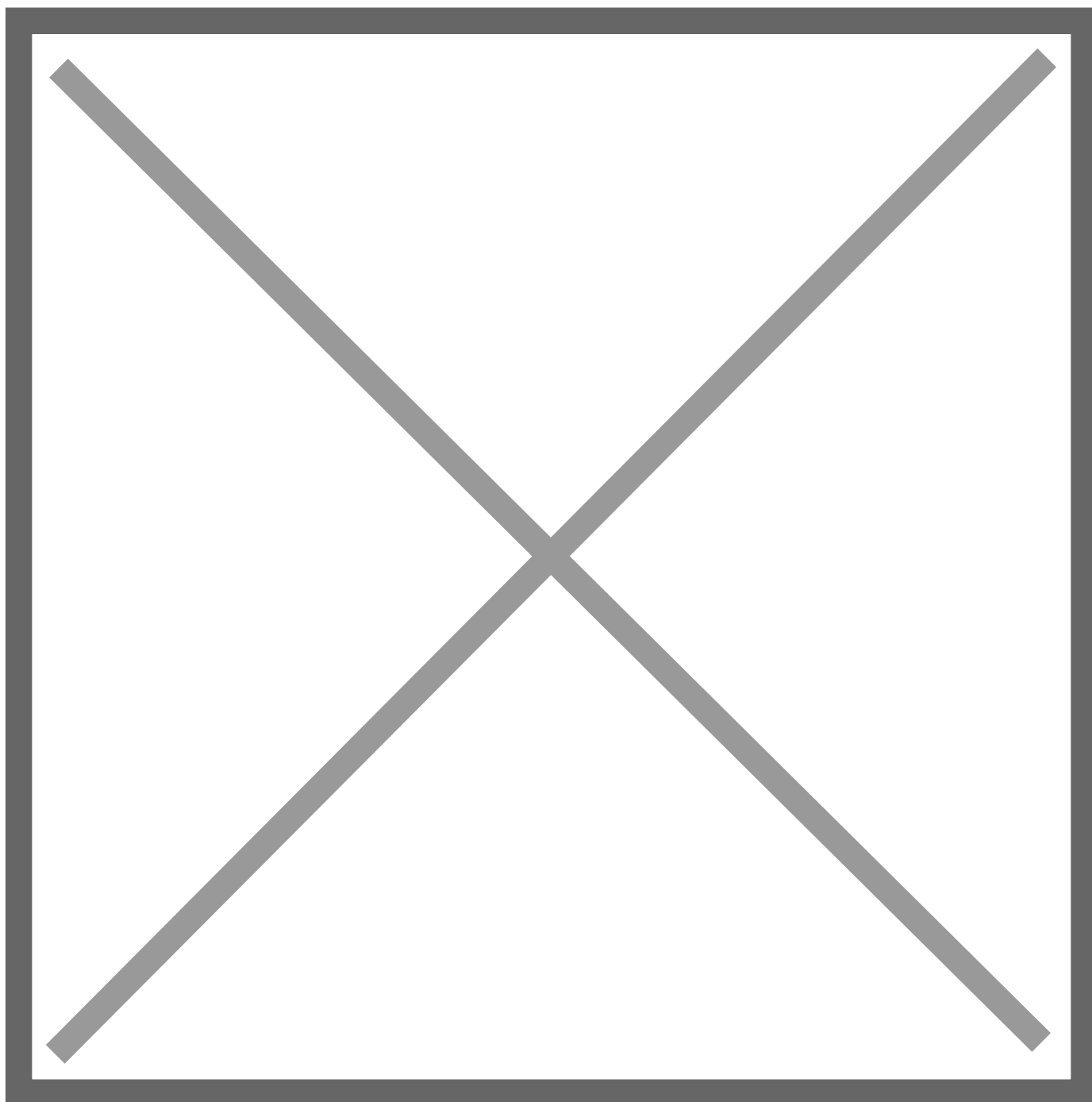
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Definitioner
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tilgængelig
på engelsk):

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

Piger, 2021



Area covered:

National

Referencer:

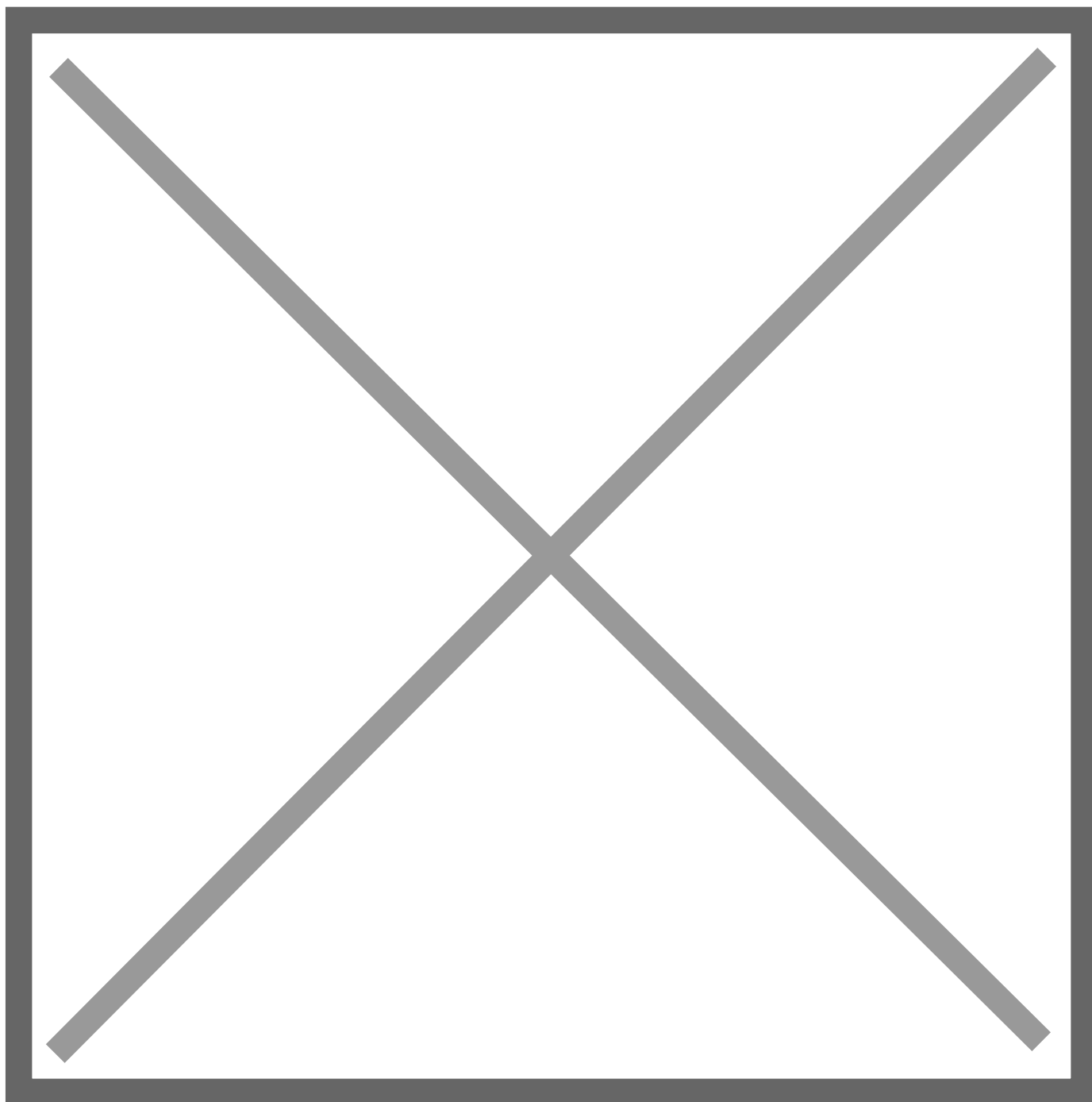
Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

Definitioner
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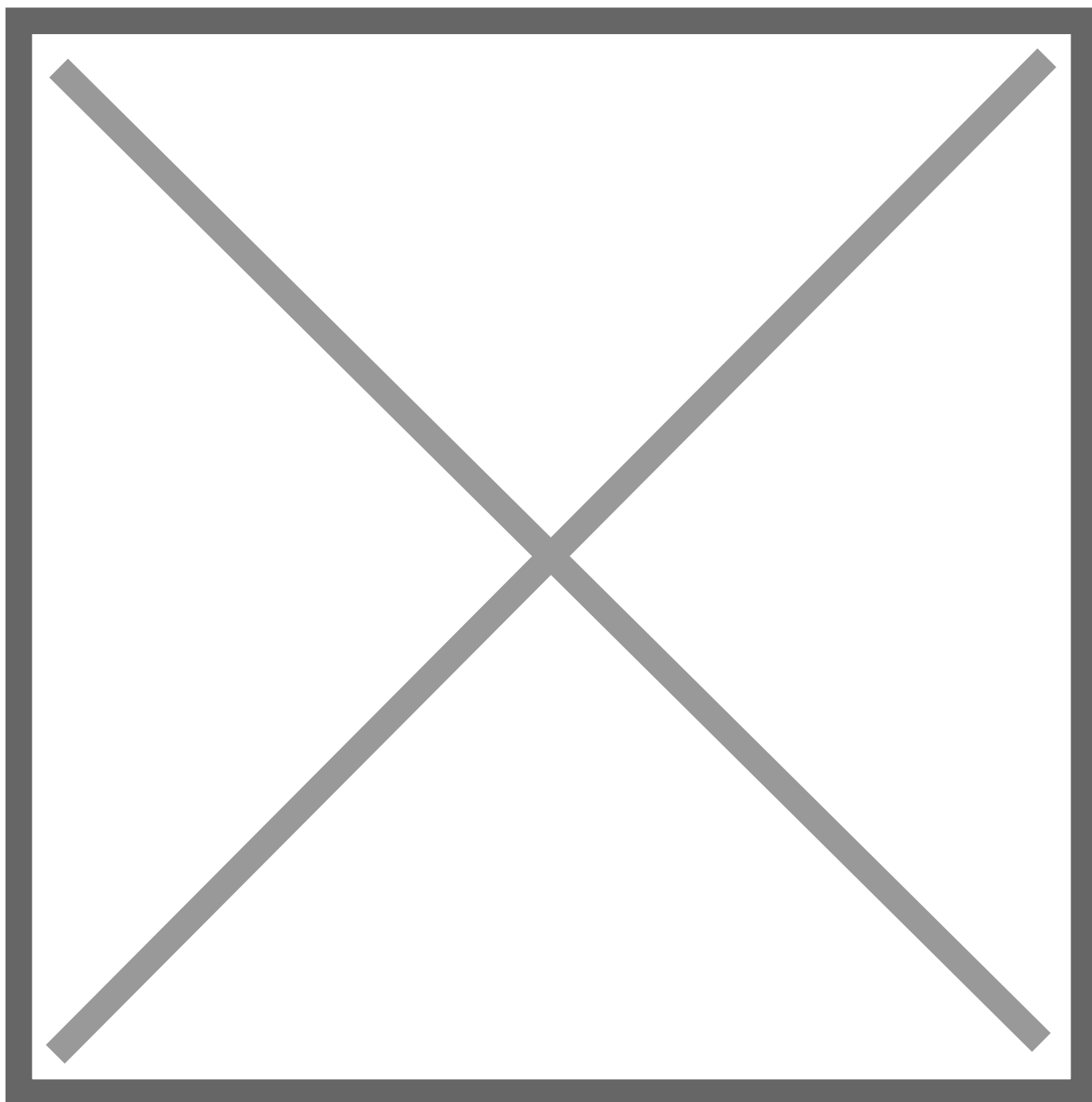
Psyisk sundhed og angstlidelser

Børn, 2021

**Referencer:**

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)

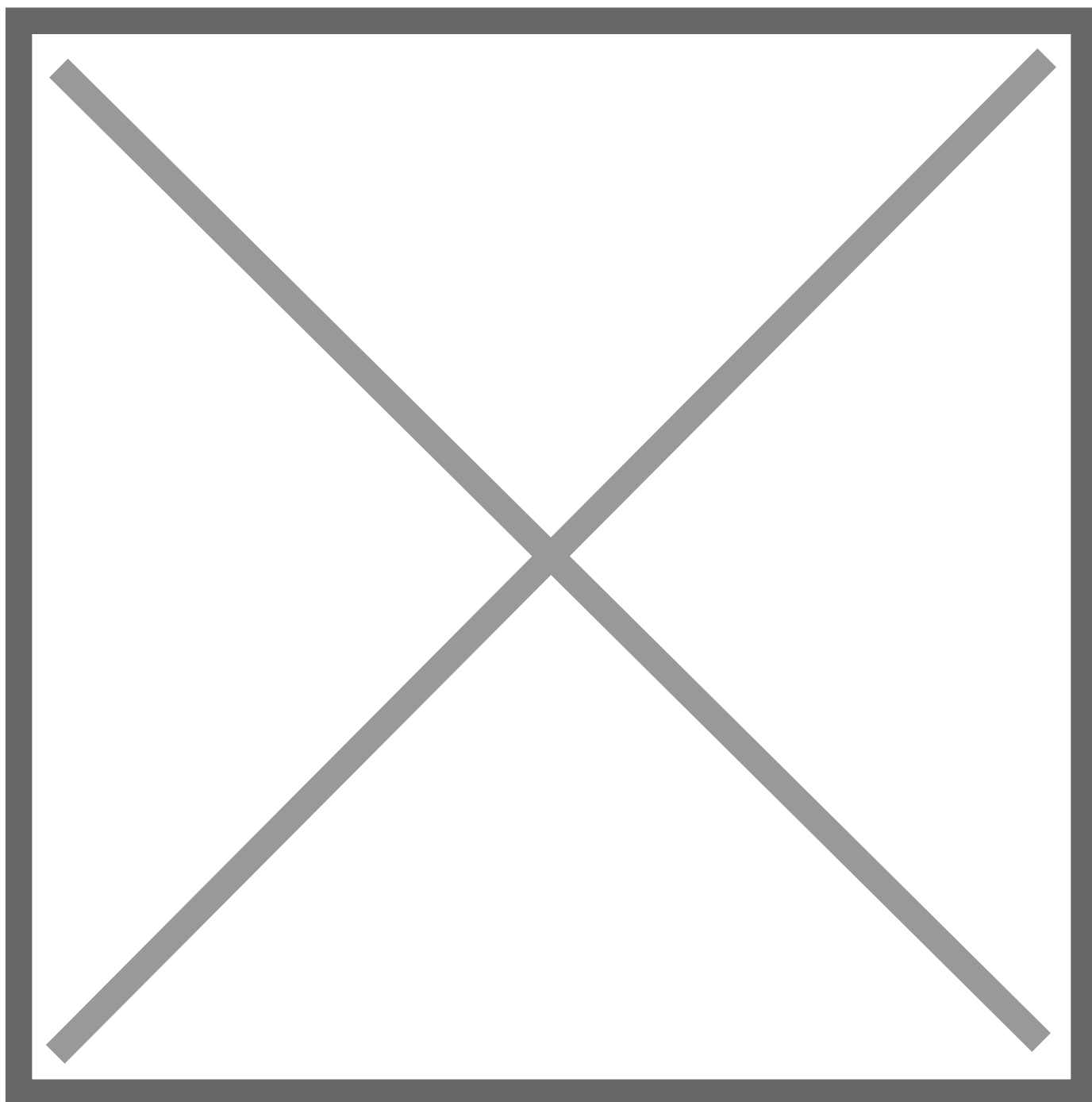
Drenge, 2021



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Piger, 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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