



Vietnam



Country report card - under-5s

This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity for children under 5. 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/>.

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Obesity prevalence

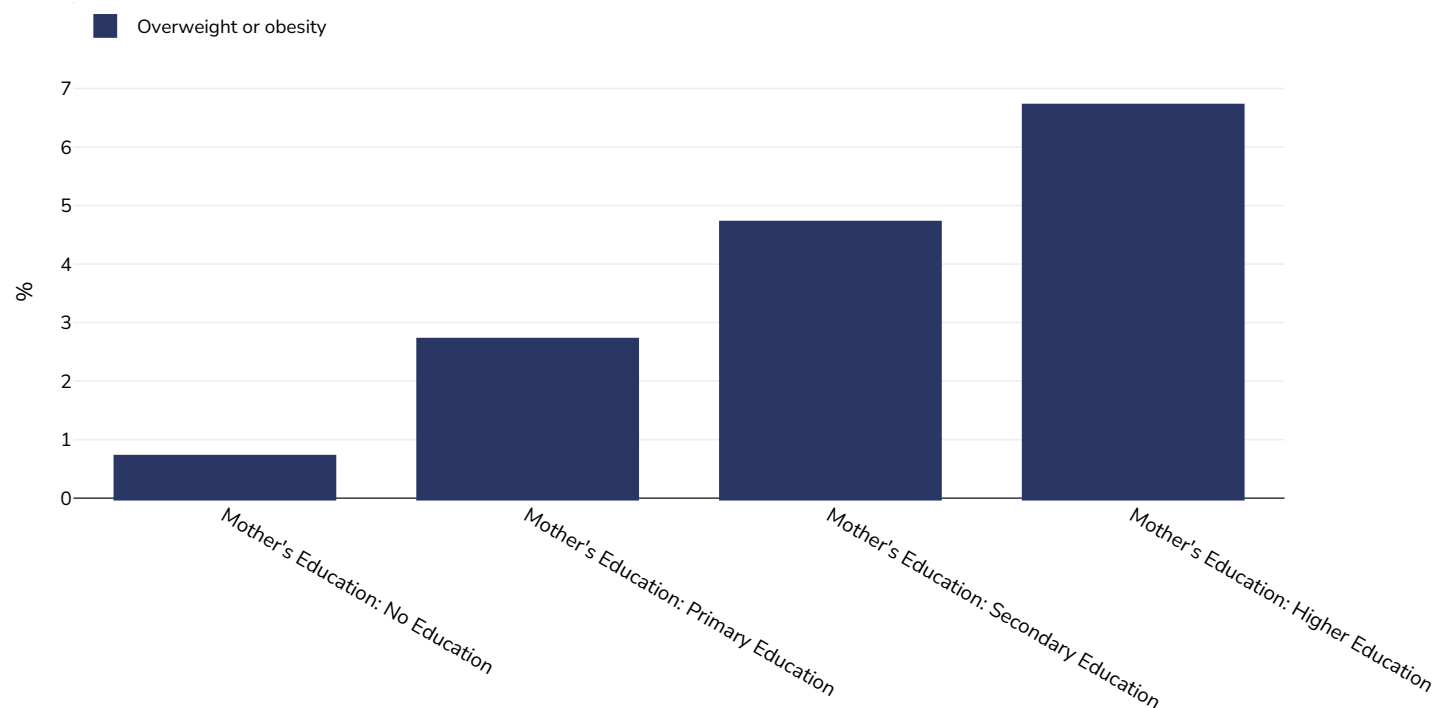
0-5 years, 2020



Age:	0-5
Sample size:	97920
References:	Surveillance: Viet Nam National Nutrition Surveillance Network, 2020
Notes:	<p>UNICEF/WHO/World Bank Joint Child Malnutrition Estimates Expanded Database: Overweight (Survey Estimates), May 2023, New York.</p> <p>For more information about the methodology, please consult https://data.unicef.org/resources/jme-2023-country-consultations/</p> <p>Percentage of children under 5 years of age falling above 2 standard deviations (moderate and severe) from the median weight-for-height of the reference population.</p>
Definitions:	=>+2SD

Overweight/obesity by education

0-5 years, 2010-2011



Sample size: 3568

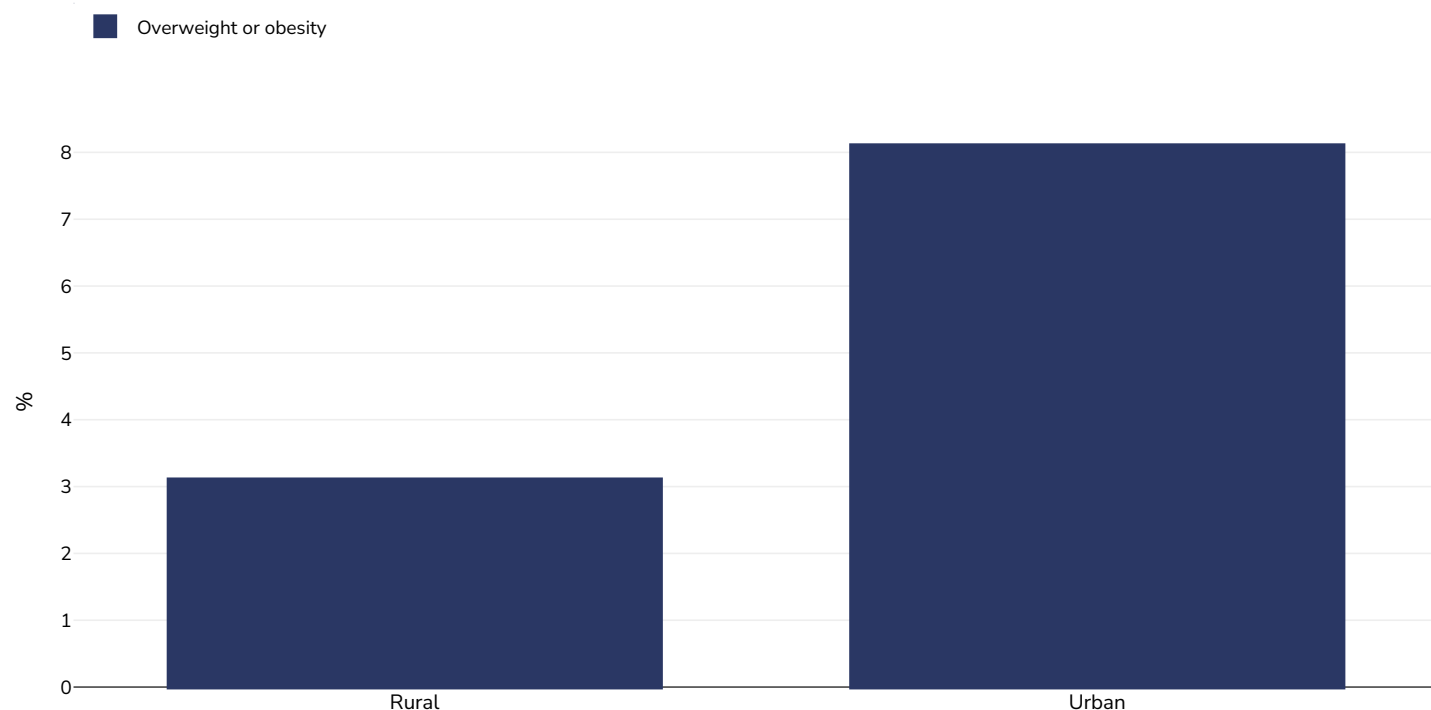
References: MICS: Viet Nam multiple indicator cluster survey 2011 (MICS), final report. Ha Noi, Viet Nam, 2011

Notes: UNICEF/WHO/World Bank Joint Child Malnutrition Estimates Expanded Database: Overweight (Survey Estimates), May 2023, New York.
For more information about the methodology, please consult <https://data.unicef.org/resources/jme-2023-country-consultations/>
Percentage of children under 5 years of age falling above 2 standard deviations (moderate and severe) from the median weight-for-height of the reference population.

Definitions: =>+2SD

Overweight/obesity by region

0-5 years, 2010-2011



Sample size: 3568

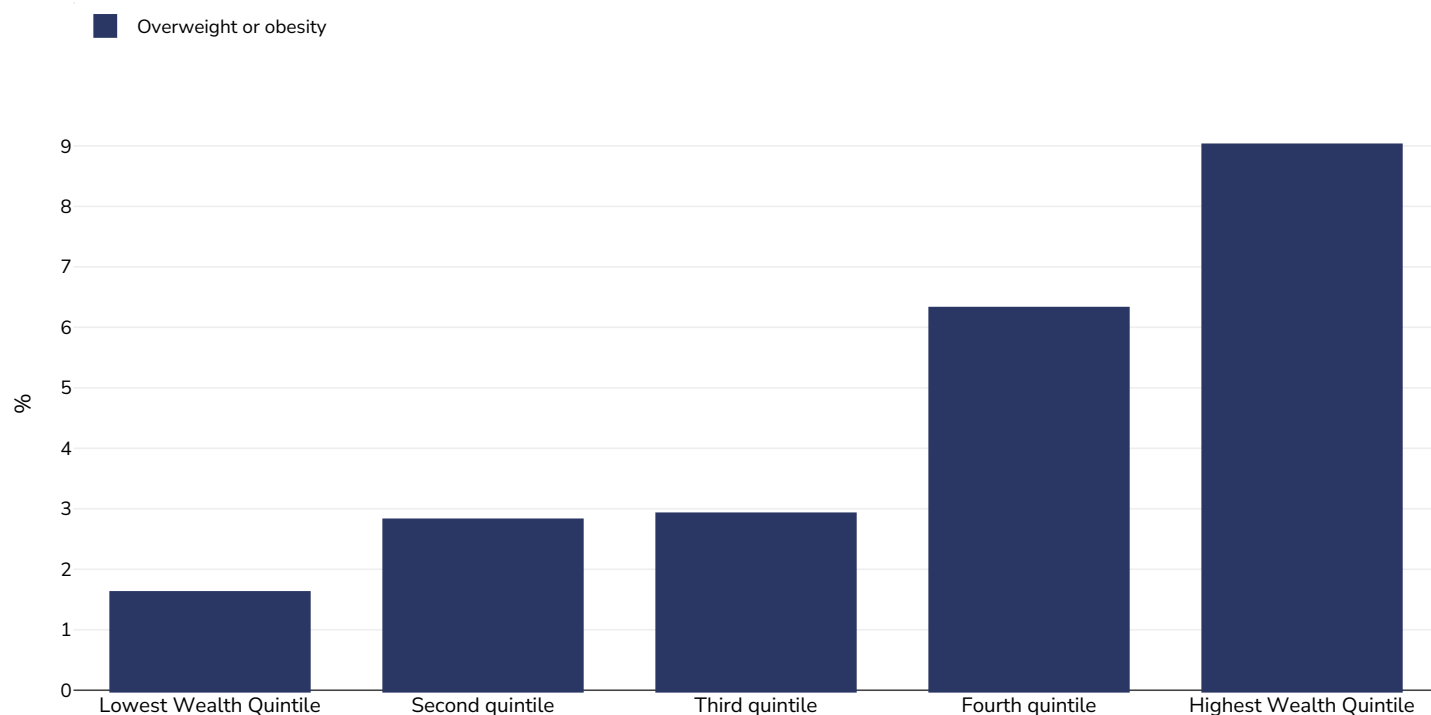
References: MICS: Viet Nam multiple indicator cluster survey 2011 (MICS), final report. Ha Noi, Viet Nam, 2011

Notes: UNICEF/WHO/World Bank Joint Child Malnutrition Estimates Expanded Database: Overweight (Survey Estimates), May 2023, New York.
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Percentage of children under 5 years of age falling above 2 standard deviations (moderate and severe) from the median weight-for-height of the reference population.

Definitions: =>+2SD

Overweight/obesity by socio-economic group

0-5 years, 2010-2011



Sample size: 3568

References: MICS: Viet Nam multiple indicator cluster survey 2011 (MICS), final report. Ha Noi, Viet Nam, 2011

Notes: UNICEF/WHO/World Bank Joint Child Malnutrition Estimates Expanded Database: Overweight (Survey Estimates), May 2023, New York.
For more information about the methodology, please consult <https://data.unicef.org/resources/jme-2023-country-consultations/>
Percentage of children under 5 years of age falling above 2 standard deviations (moderate and severe) from the median weight-for-height of the reference population.

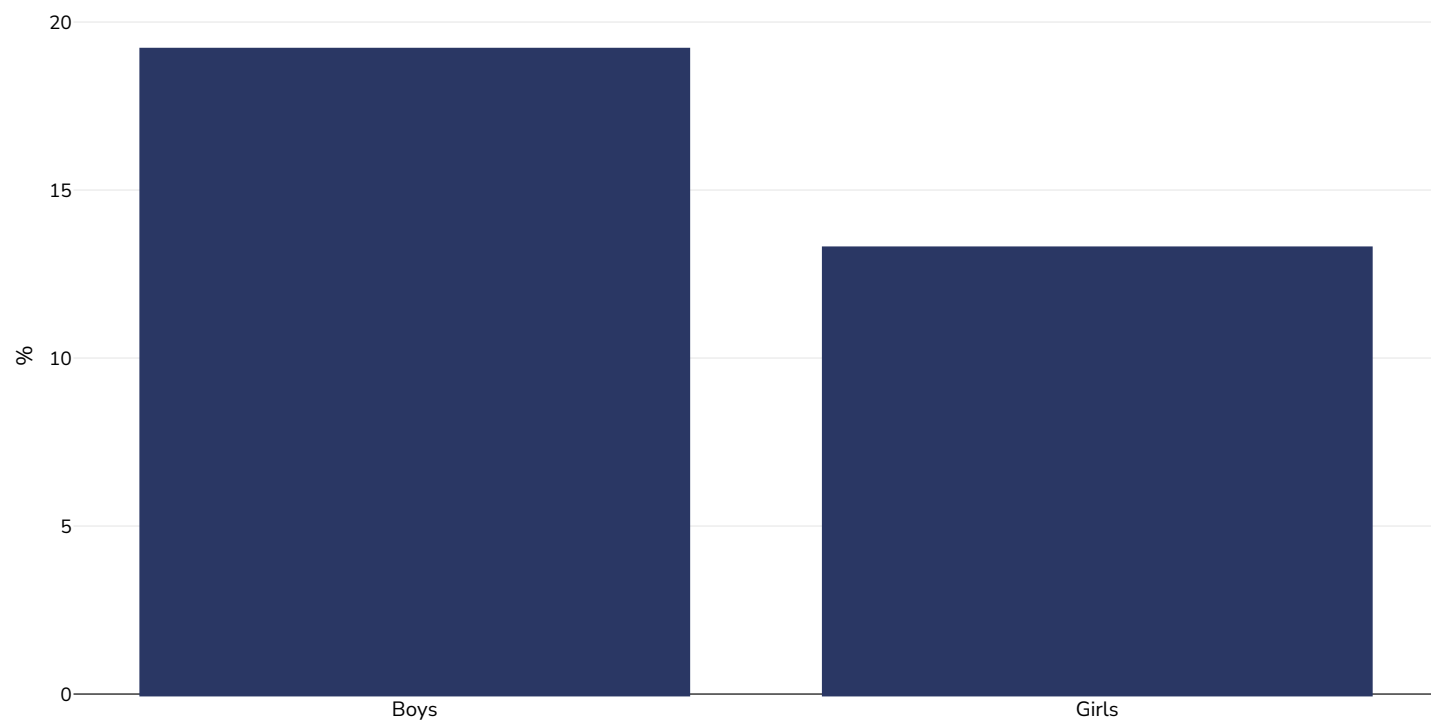
Definitions: =>+2SD

Overweight/obesity by ethnicity

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

0-5 years, 2010-2011



Survey type: Measured

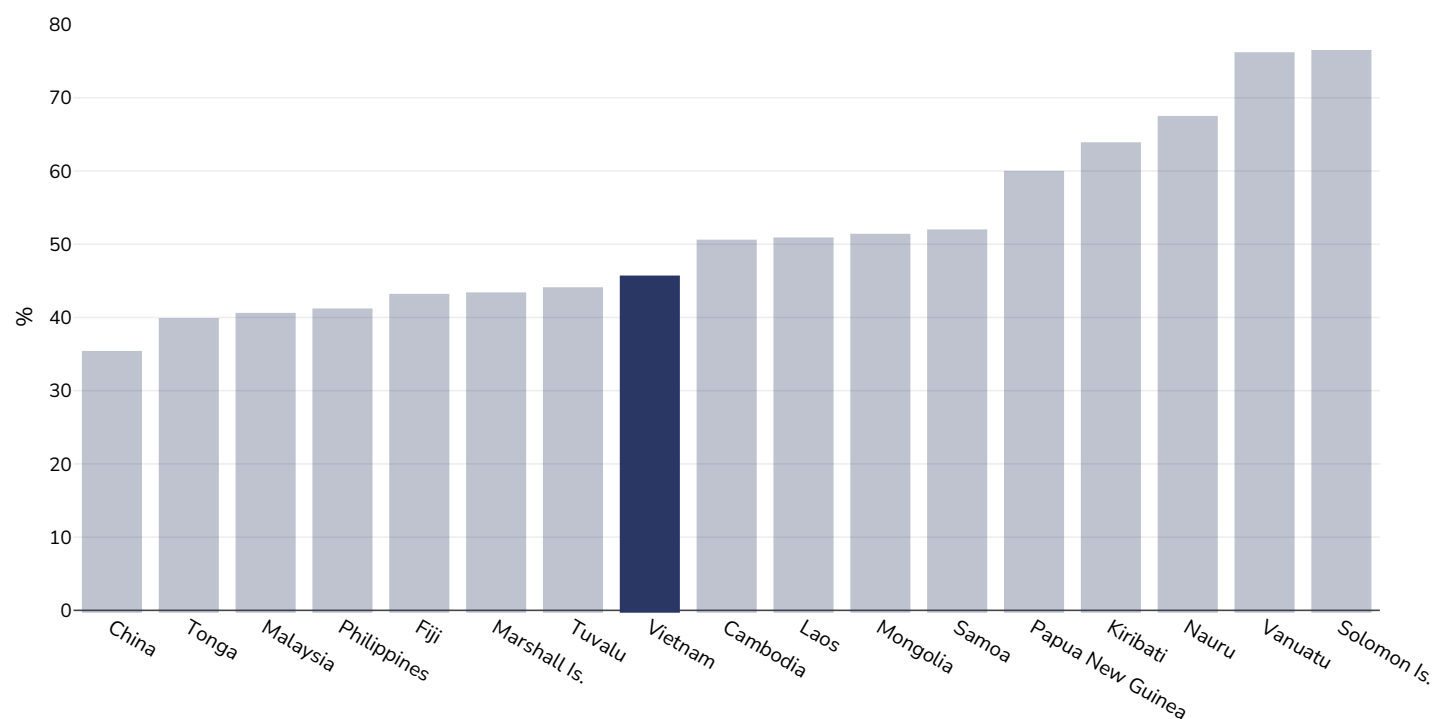
Age: 0-5

References: UNICEF data available at <https://data.unicef.org/topic/nutrition/malnutrition/> (last accessed 12.03.25)

Notes: Children under 5 falling below -2 standard deviations from the median height for age and falling at or above +2 standard deviations from the median weight-for-height of the reference population

% Infants exclusively breastfed 0-5 months

0-5 years, 2007-2023



References: Survey measuring Viet Nam Sustainable Development Goal indicators on Children and Women 2020-2021, Survey Findings Report. Ha Noi, Viet Nam: General Statistics Office

Notes: Full details are available. Original citation United Nations Children's Fund, Division of Data, Analysis, Planning and Monitoring (2023). Global UNICEF Global Databases: Infant and Young Child Feeding: Exclusive breastfeeding, New York, October 2023.

PDF created on July 18, 2025