

More children are obese than underweight

Obesity has overtaken underweight as the main form of malnutrition among children – with the steepest rise in low income countries – due to poor diets including ultra-processed foods and sugary drinks

OVERWEIGHT CHILDREN AND ADOLESCENTS

5-19 years

Underweight

9.2%

184m

Obese

9.4%

188m

Total
overweight
20%

All ages

North
America

31m

>15m

Middle
East,
North
Africa

52m

22m

Latin
America,
Caribbean

60m

26m

West,
Central
Africa

30m

>11m

Western Europe

22m

>9m

Eastern Europe,
Central Asia

22m

>7m

South
Asia

69m

25m

Southern,
Eastern
Africa

28m

8m

East
Asia,
Pacific

113m

51m

PERCENTAGE OVERWEIGHT BY AGE

0-4 years

5-9 years

10-14 years

15-19 years

3 3 4 7 8 8 8 9 10

13 14 12 27 26 35 39 38

13 12 10 28 25 36 39 45

10 10 9 20 16 18 32 30

39 30

Source: UNICEF

© GRAPHIC NEWS