## Underweight and obesity in Costa Rica, 2022

Risk Factor Collaboration

## Underweight in Women

| (highest prevalence) |  | (lowest prevalence) | Central Latin Americ |
| :---: | :---: | :---: | :---: |
| 1 | 100 | 200 | Country (prevalence; gl |
| I | $\bigcirc$ |  | Venezuela (5\%; 77th) |
| , |  | - | Honduras (2\%; 149th) |
| , |  | - | Colombia ( $2 \%$; 150th) |
| , |  | - | Nicaragua (2\%; 153rd) |
| ! |  | $\bigcirc$ | El Salvador (2\%; 161st) |
| ! |  | - | Panama (2\%; 166th) |
|  |  | - | Guatemala (2\%; 173rd) |
| , |  |  | Costa Rica ( $2 \%$; 177th) |
|  |  | $\rightarrow$ | Mexico (1\%; 186th) |

- 32,000 women with underweight
- $1.8 \%$ prevalence, a decrease of 3.7 percentage points from 1990.

Underweight in Men
(highest (lowest
prevalence) prevalence) 100 prevalence)
$\square$
$\square$
$\square$
$\square$
$\square$

## Obesity in Women



-480,000 men with obesity.
25.6\% prevalence, an increase of 16.0 percentage points from 1990.

## Obesity in Girls

## (highest

Thinness in Girls


Central Latin America
Country (prevalence; global ranking)
Venezuela (3\%; 110th)
El Salvador (2\%; 127th)
Costa Rica (2\%; 131st)
Honduras (2\%; 135th)
Mexico (2\%; 148th)
Panama (2\%; 150th)
Colombia (2\%; 154th)
Guatemala ( $2 \%$; 158th)
Nicaragua (1\%; 167th)

- 12,000 girls with thinness
- $2.3 \%$ prevalence, with no detectable change from 1990.


## Thinness in Boys

(highest
prevalence)
(lowest
prevalence)
100

Central Latin America
Country (prevalence; global ranking) El Salvador (4\%; 116th)

Nicaragua (3\%; 127th) Honduras (3\%; 128th)
Costa Rica (3\%; 129th)
Panama (3\%; 142nd)
Guatemala (3\%; 144th)
Mexico (3\%; 146th)
Colombia (2\%; 157th)
Venezuela (2\%; 167th)

- 18,000 boys with thinness
- $3.2 \%$ prevalence, with no detectable change from 1990
(highest (highest $100 \begin{array}{r}\text { (lowest } \\ \text { prevalence) } \\ 200\end{array}$ Central Latin America Country (prevalence; global ranking)
Mexico ( $15 \%$; 45th)
Panama (14\%; 53rd)
Venezuela (14\%; 56th)
Costa Rica ( $13 \%$; 59th)
Colombia (12\%; 63rd)
El Salvador (12\%; 64th)
Nicaragua (11\%; 68th)
Honduras ( $11 \%$; 69th)
Guatemala (7\%; 108th)
-69,000 girls with obesity.
- $13.2 \%$ prevalence, an increase of 9.5 percentage points from 1990.


## Obesity in Boys

| $\begin{array}{r}\text { (highest } \\ \text { prevalence) }\end{array}$ | $100 \begin{array}{r}\text { (Iowest } \\ \text { prevalence) }\end{array}$ |
| ---: | ---: |
| 2000 |  | \(\begin{gathered}Central Latin America <br>

Country (prevalence; global ranking)\end{gathered}\)
Mexico ( $20 \%$; 34th)
Venezuela ( $16 \% ; 58$ th $)$
Nicaragua ( $15 \%$; 74th)
Honduras ( $15 \%$; 76th)
Costa Rica (14\%; 78th)
Panama (14\%; 81st)
El Salvador (12\%; 100th)
Colombia ( $9 \%$; 116th)
Guatemala (8\%; 126th)

- 78,000 boys with obesity.
- $14.3 \%$ prevalence, an increase of 10.2 percentage points from 1990.
- Results are from NCD Risk Factor Collaboration "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" The Lancet, 2024.
- Women and men are aged 20+ years and girls and boys are aged 5-19 years.
- Costa Rica had 10 studies for women, 9 for men, 3 for girls, and 3 for boys.
- Prevalences presented here are age-standardised using the WHO Standard Population.
- Complete results are available at www.ncdrisc.org.

