Kazakhstan has the national childhood obesity monitoring system. Tracking the prevalence of overweight and underweight among children is carried out through measurements and surveys that comply with international surveillance standards (COSI rounds) and are conducted every 3 years. This allows evaluating the effectiveness of systemic measures taken by the country.

In 2020, the National Center of Public Health under the Ministry of Health of the Republic of Kazakhstan (NCPH), with the support of the Ministry of Health of the Republic of Kazakhstan, the World Health Organization (WHO) and the United Nations Children’s Fund (UNICEF) conducted a survey as part of the WHO Childhood Obesity Surveillance Initiative (COSI). The first survey was conducted in 2015.

Prevalence of overweight and obesity in children aged 6-9 years was 20.6% (95% CI 18.7%-22.7%).

Children with obesity 6.6% (95% CI 5.7%-7.7%), including 1.6% of children with severe obesity (95% CI 1.3%-1.9%).

Overweight and obesity are more prevalent among boys – 23.6% and 8.7% accordingly, than among girls – 17.6% and 4.6%.

Weight status of children is determined according to the WHO Growth Reference 2007.
WHO European Childhood Obesity Surveillance Initiative (COSI) is a unique system for measuring trends in overweight and obesity among primary school children in more than 300,000 children from over 40 Member States of the WHO European Region. This data helps countries understand the scope of the problem, determine policy effectiveness and obesity-related priorities.


**Children's nutrition, unhealthy eating habits**

- 25.5% of children do not eat breakfast every day
- 63.1% of children do not eat fruit every day
- 67.0% of children do not eat vegetables every day
- 16.7% of children drink sugar-sweetened beverages every day
Physical activity and sports

69.9% of children do not attend sports or dance clubs

13.2% of children spend less than 1 hour a day in active movement or games

Routes to and from school

27.7% of parents noted that walking routes to and from school was extremely unsafe

Sedentary behaviour

33.9% of children spend 2 or more hours a day sitting in front of TV screens and electronic gadgets

Comparison of 2015 and 2020 indicators

Changes in the prevalence of underweight, overweight and obesity among boys and girls in COSI surveys of 2015 and 2020, Kazakhstan

The rates of overweight and obesity among girls remained almost the same and increased from 18.7% in 2015 to 24.2% in 2020 among boys.

In 2020, the prevalence of underweight in boys aged 8 years increased from 2.5% to 5.6% and in children of both genders from 3.0 in 2015 to 5.6% in 2020 respectively.
Unhealthy eating habits

In 2020, compared to 2015, the proportion of children who eat breakfast every day increased, while the proportion of children who do not eat fruit and vegetables every day remains high. Daily consumption of sugary drinks increased.

Physical activity and sedentary behavior

Healthy eating promotion in schools (% of schools)

Physical activity in school (% of schools)