



# Benin



## Country report card - children

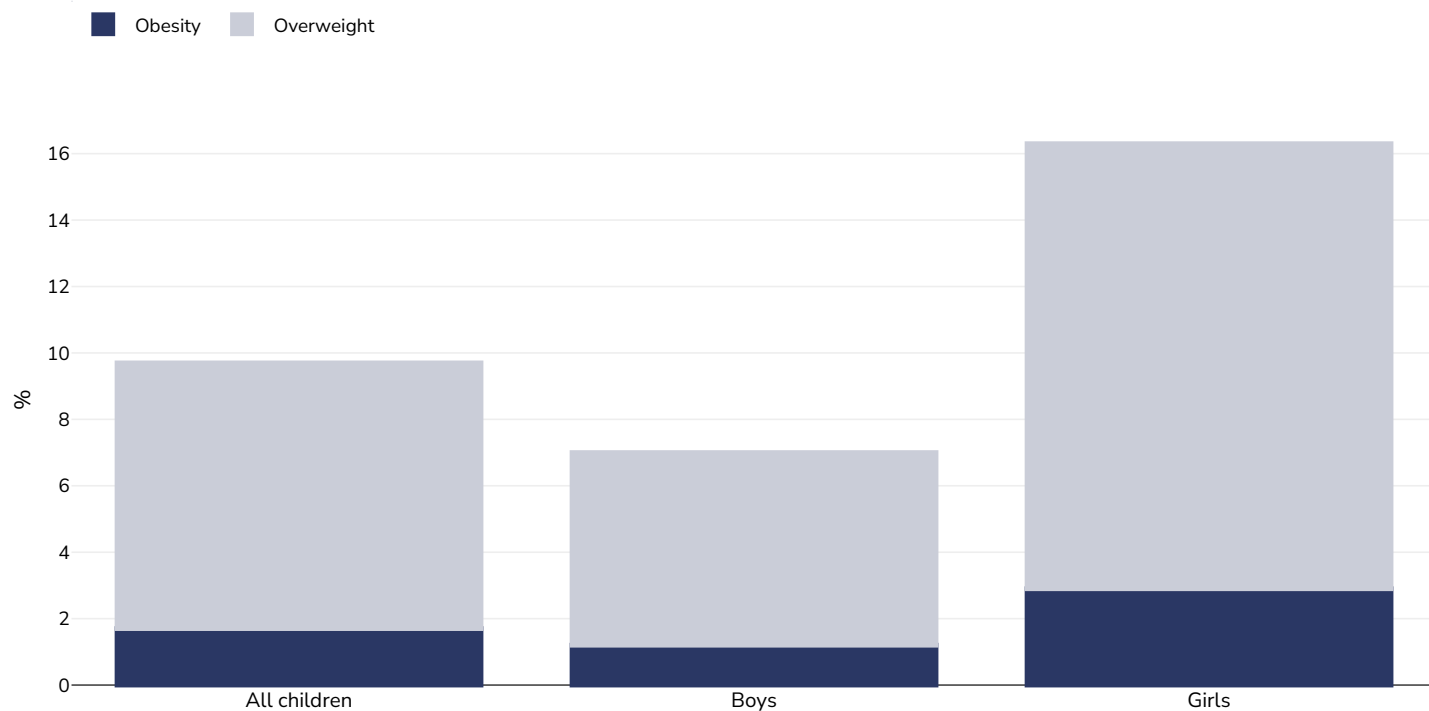
*This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity for children, including adolescents (aged 5 to 18 years). Where available, data on common and relevant obesity drivers and comorbidities are also presented.*

*View the latest version of this report on the Global Obesity Observatory at <https://data.worldobesity.org/country/benin-21/>.*

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## Obesity prevalence

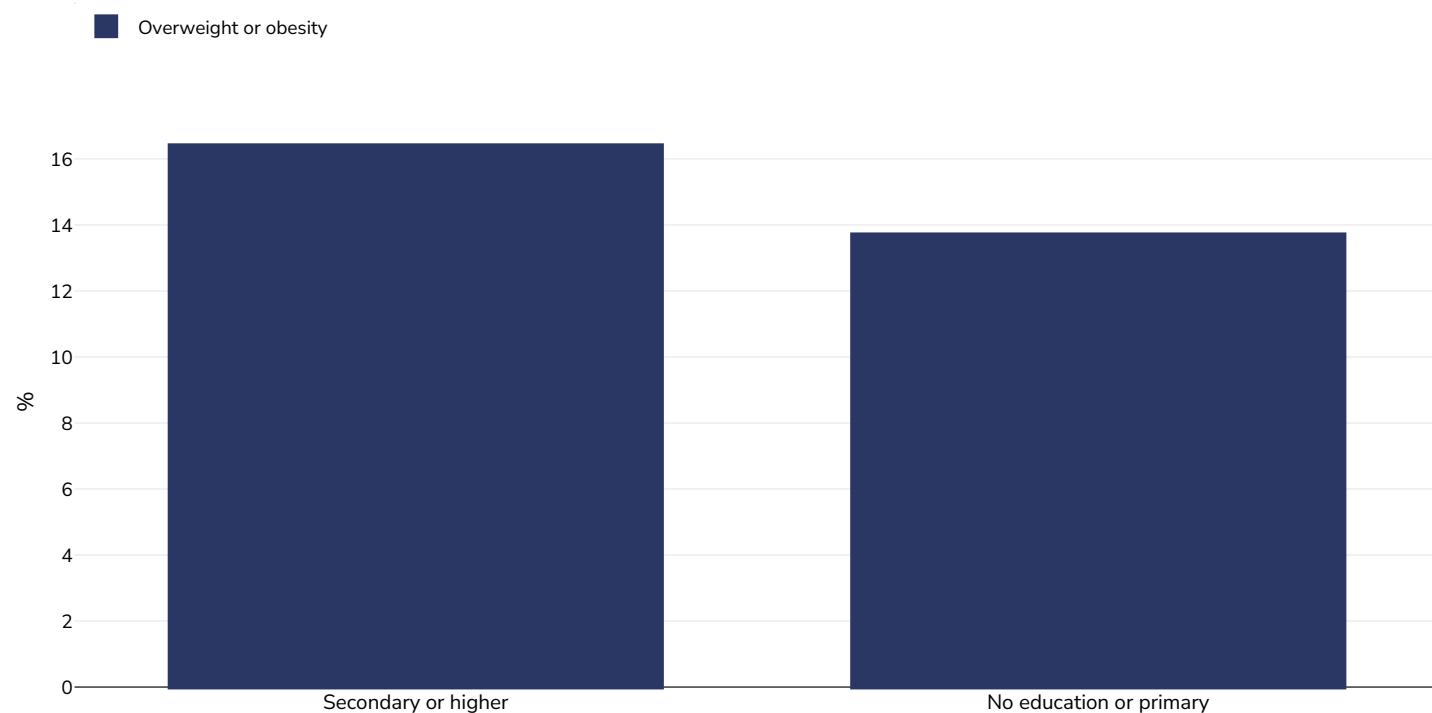
### Children, 2016



Survey type:	Self-reported
Age:	13-17
Sample size:	2536
Area covered:	National
References:	Benin - Global School-Based Student Health Survey 2016 <a href="https://www.who.int/ncds/surveillance/gshs/gshs_fs_benin_2016.pdf?ua=1">https://www.who.int/ncds/surveillance/gshs/gshs_fs_benin_2016.pdf?ua=1</a> (last accessed 24.11.20)
Cutoffs:	WHO

## Overweight/obesity by education

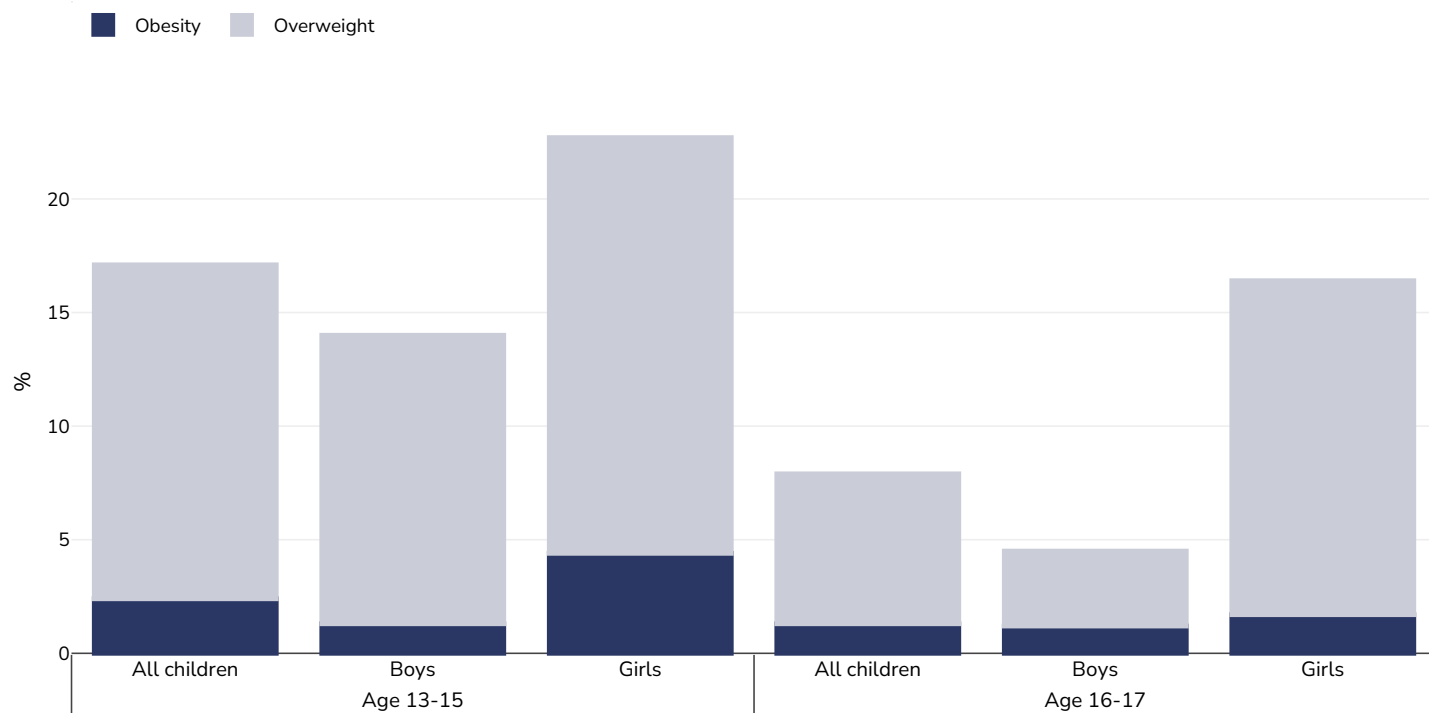
### Girls, 2011-2012



<b>Survey type:</b>	Measured
<b>Age:</b>	15-19
<b>Sample size:</b>	2283
<b>Area covered:</b>	National
<b>References:</b>	Benedict, Rukundo K., Allison Schmale, and Sorrel Namaste. 2018. Adolescent Nutrition 2000-2017: DHS Data on Adolescents Age 15-19. DHS Comparative Report No. 47. Rockville, Maryland, USA: ICF. Institut National de la Statistique et de l'Analyse Économique - INSAE/Bénin and ICF International. 2013. Enquête Démographique et de Santé du Bénin 2011-2012. Calverton, Maryland, USA: INSAE and ICF International.
<b>Definitions:</b>	BMI for age: between +1 SD and +2 SD is overweight and greater than +2 SD is obesity
<b>Cutoffs:</b>	WHO 2007

## Overweight/obesity by age

### Children, 2016



Survey type: Measured

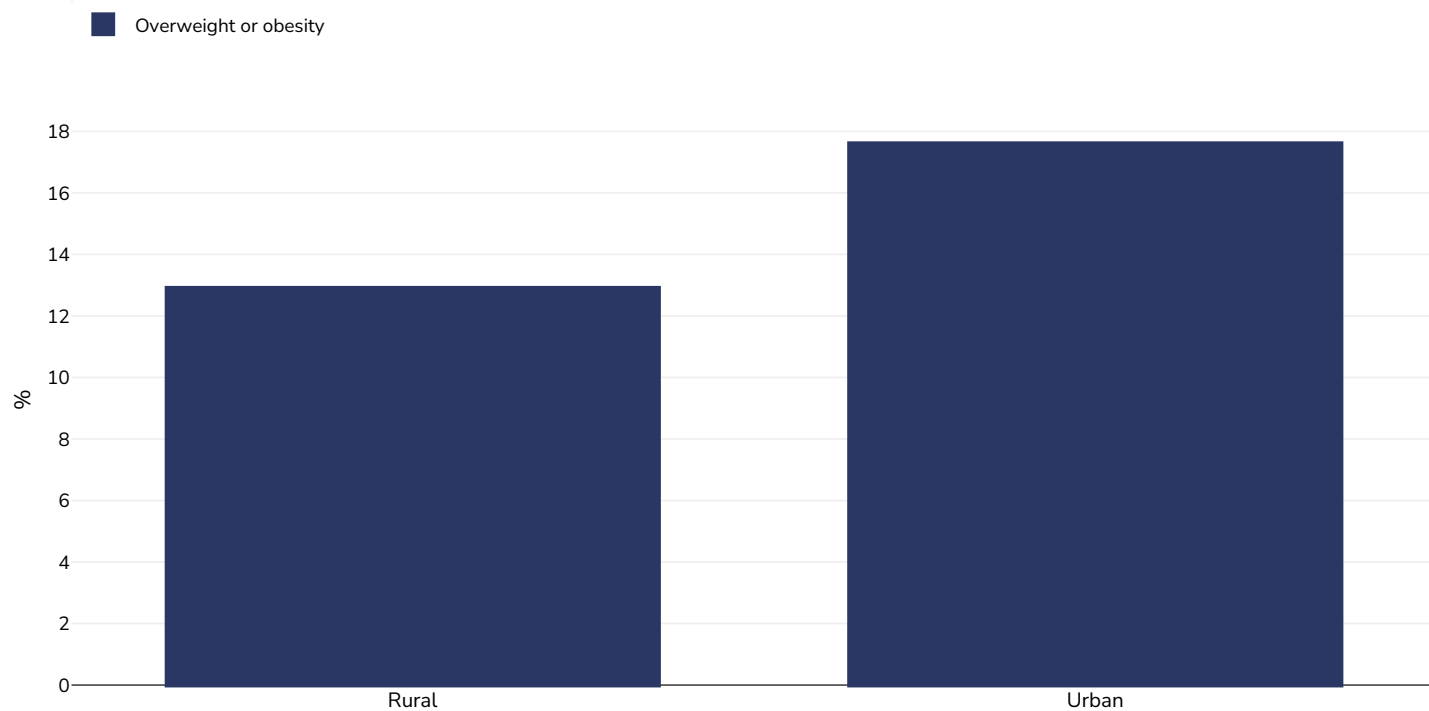
Sample size: 2536

Area covered: National

References: 2016 GSHS Fact Sheet Benin Available at: [https://cdn.who.int/media/docs/default-source/ncds/ncd-surveillance/data-reporting/benin/gshs/gshs-fs-benin-2016.pdf?sfvrsn=e2b29fcc\\_2&download=true](https://cdn.who.int/media/docs/default-source/ncds/ncd-surveillance/data-reporting/benin/gshs/gshs-fs-benin-2016.pdf?sfvrsn=e2b29fcc_2&download=true) (last accessed 9-2-23)

## Overweight/obesity by region

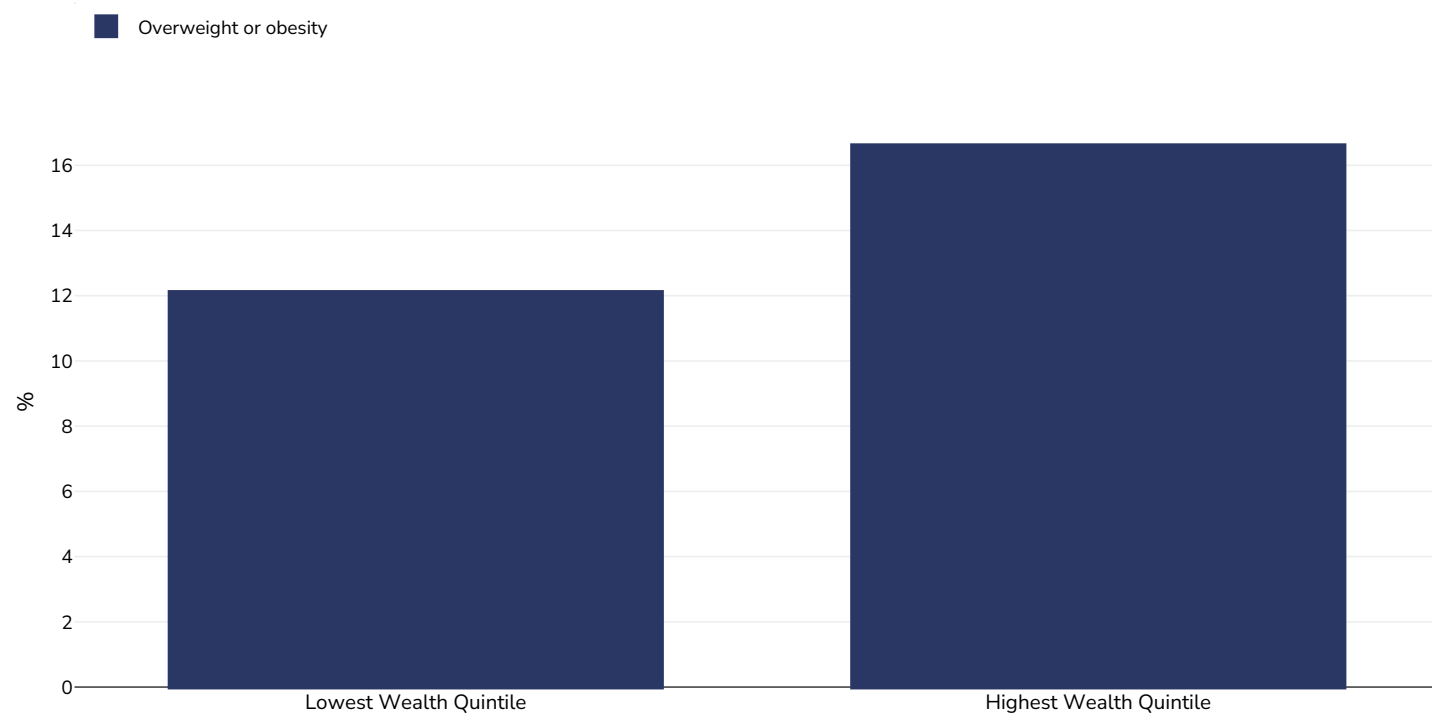
### Girls, 2011-2012



<b>Survey type:</b>	Measured
<b>Age:</b>	15-19
<b>Sample size:</b>	2282
<b>Area covered:</b>	National
<b>References:</b>	Benedict, Rukundo K., Allison Schmale, and Sorrel Namaste. 2018. Adolescent Nutrition 2000-2017: DHS Data on Adolescents Age 15-19. DHS Comparative Report No. 47. Rockville, Maryland, USA: ICF. Institut National de la Statistique et de l'Analyse Économique - INSAE/Bénin and ICF International. 2013. Enquête Démographique et de Santé du Bénin 2011-2012. Calverton, Maryland, USA: INSAE and ICF International.
<b>Definitions:</b>	BMI for age: between +1 SD and +2 SD is overweight and greater than +2 SD is obesity
<b>Cutoffs:</b>	WHO 2007

## Overweight/obesity by socio-economic group

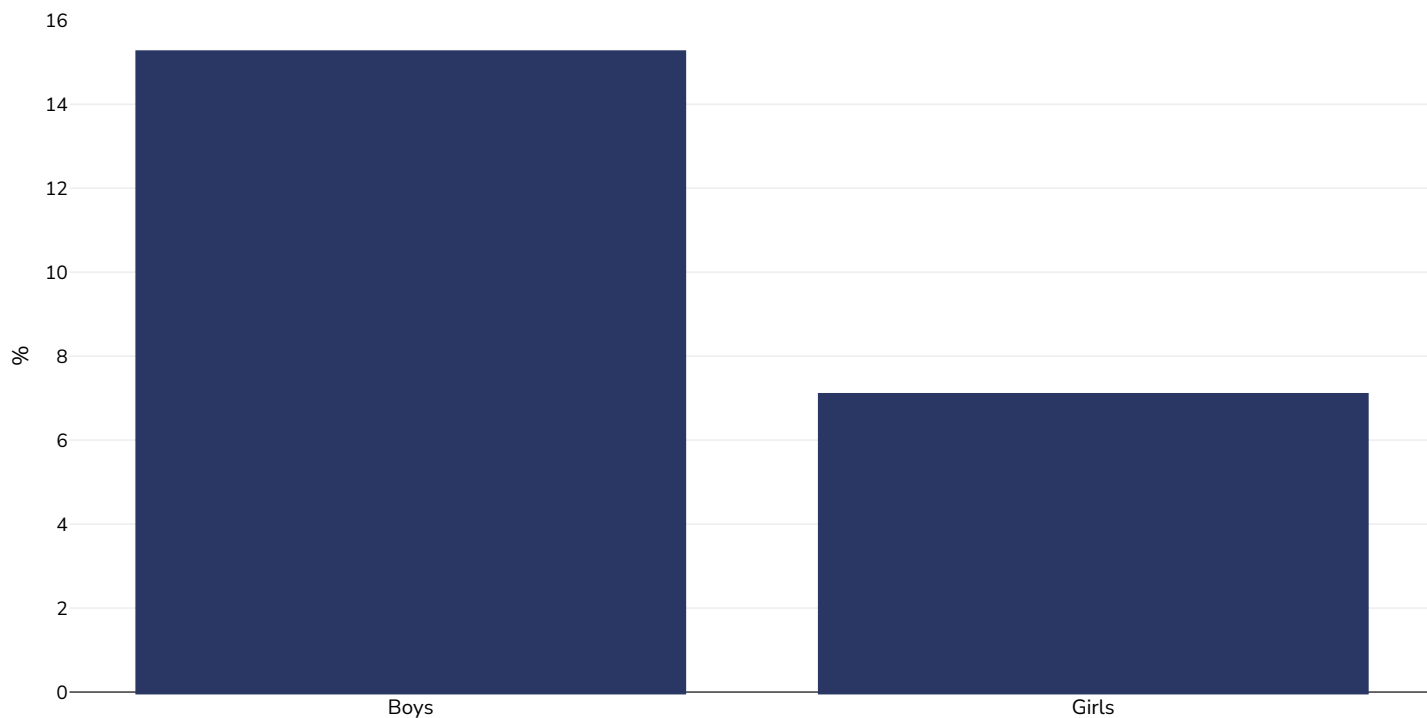
### Girls, 2011-2012



<b>Survey type:</b>	Measured
<b>Age:</b>	15-19
<b>Sample size:</b>	2282
<b>Area covered:</b>	National
<b>References:</b>	Benedict, Rukundo K., Allison Schmale, and Sorrel Namaste. 2018. Adolescent Nutrition 2000-2017: DHS Data on Adolescents Age 15-19. DHS Comparative Report No. 47. Rockville, Maryland, USA: ICF. Institut National de la Statistique et de l'Analyse Économique - INSAE/Bénin and ICF International. 2013. Enquête Démographique et de Santé du Bénin 2011-2012. Calverton, Maryland, USA: INSAE and ICF International.
<b>Definitions:</b>	BMI for age: between +1 SD and +2 SD is overweight and greater than +2 SD is obesity
<b>Cutoffs:</b>	WHO 2007

## Double burden of underweight & overweight

### Children, 2022

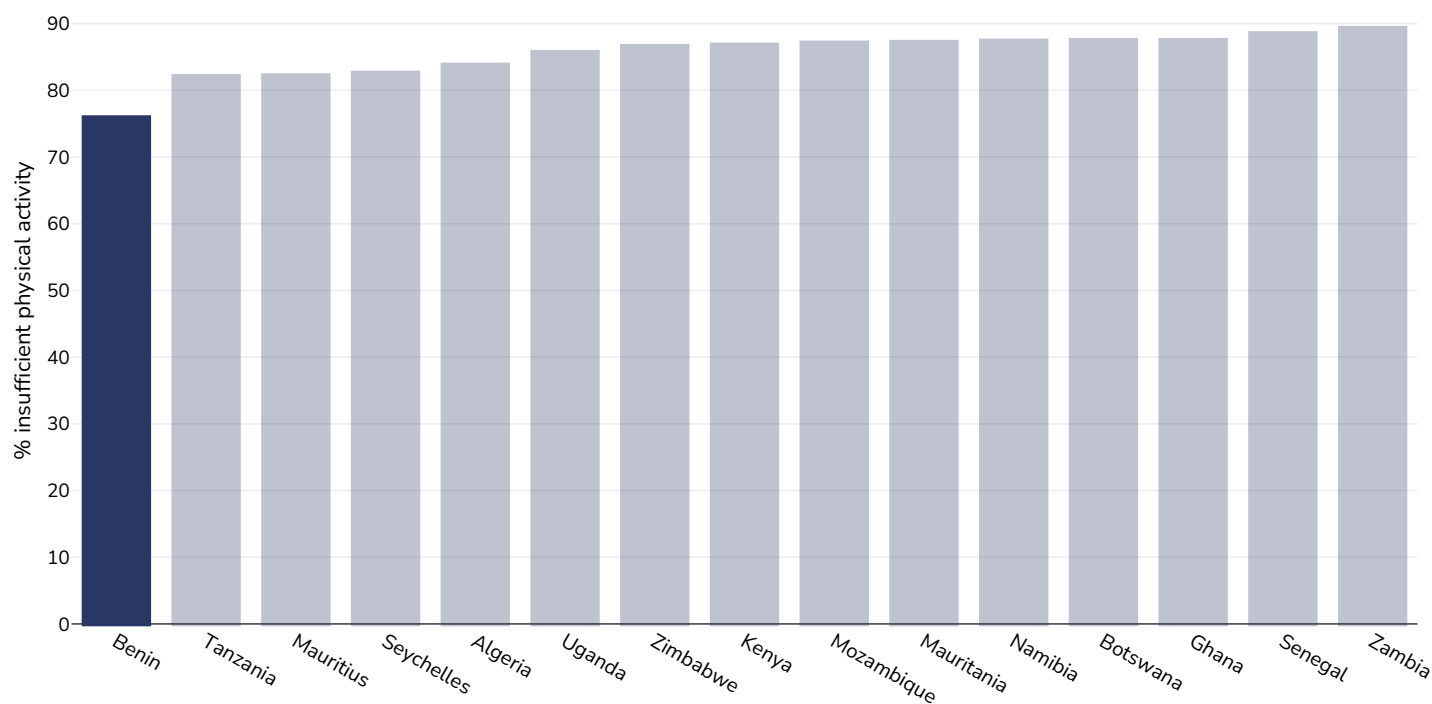


<b>Survey type:</b>	Measured
<b>Age:</b>	5-19
<b>References:</b>	NCD Risk Factor Collaboration (NCD-RisC). Worldwide trends in underweight and obesity from 1990 to 2022: a pooled analysis of 3663 population representative studies with 222 million children, adolescents, and adults. Lancet 2024; published online Feb 29. <a href="https://doi.org/10.1016/S0140-6736(23)02750-2">https://doi.org/10.1016/S0140-6736(23)02750-2</a> .
<b>Notes:</b>	Age standardised estimates
<b>Definitions:</b>	Combined prevalence of BMI < -2SD and BMI > 2SD (double burden of thinness and obesity)
<b>Cutoffs:</b>	BMI < -2SD and BMI > 2SD



## Insufficient physical activity

### Children, 2016



Survey type: Self-reported

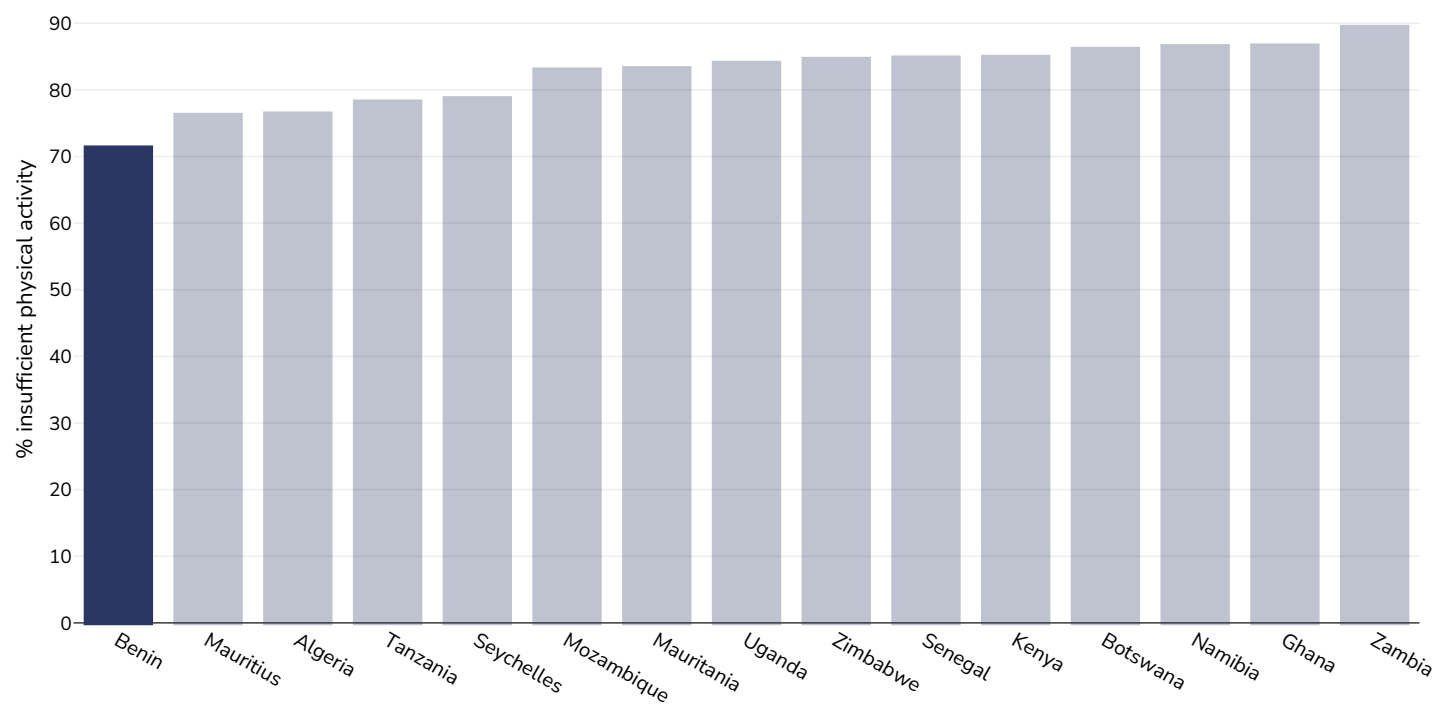
Age: 11-17

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

Notes: % 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.

Definitions: % Adolescents insufficiently active (age standardised estimate)

## Boys, 2016



Survey type: Self-reported

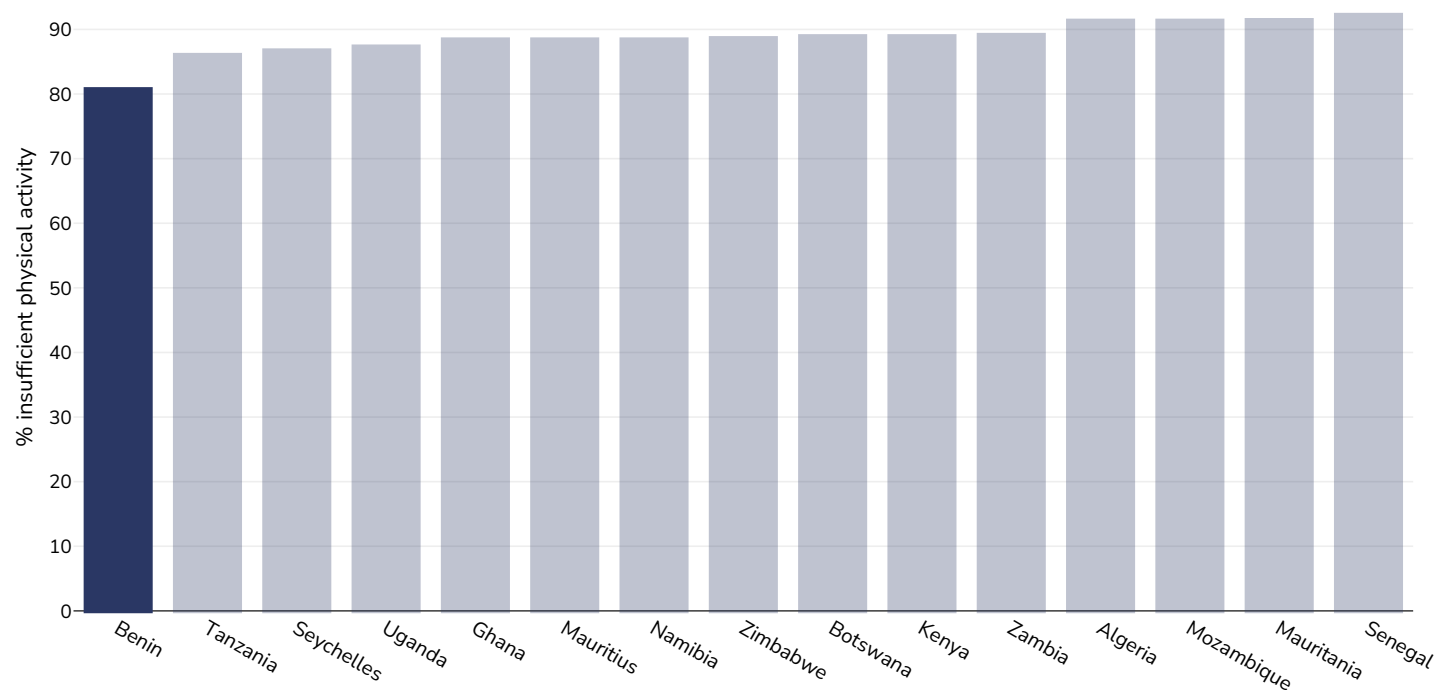
Age: 11-17

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

Notes: % 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.

Definitions: % Adolescents insufficiently active (age standardised estimate)

## Girls, 2016



Survey type: Self-reported

Age: 11-17

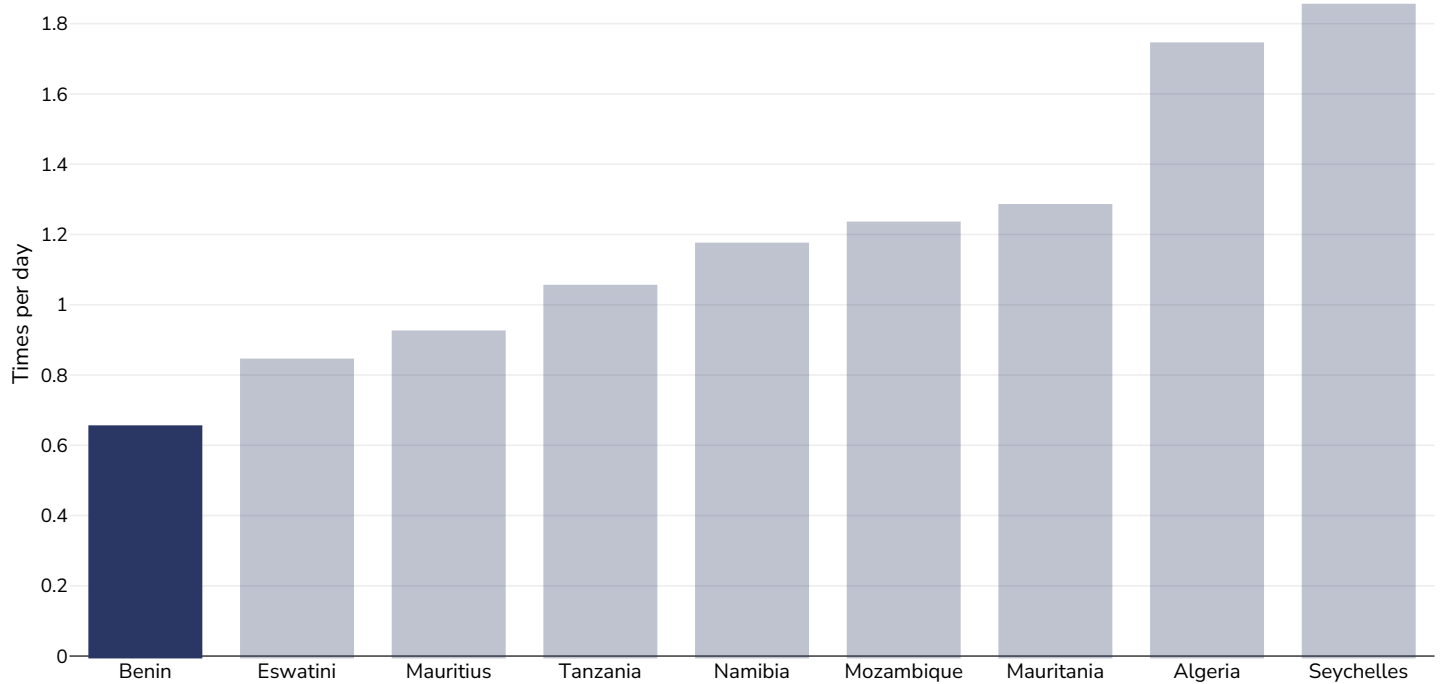
References: Global Health Observatory data repository, World Health Organisation, <https://apps.who.int/gho/data/node.main.A893ADO?lang=en> (last accessed 16.03.21)

Notes: % 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.

Definitions: % Adolescents insufficiently active (age standardised estimate)

## Average daily frequency of carbonated soft drink consumption

### Children, 2009-2015



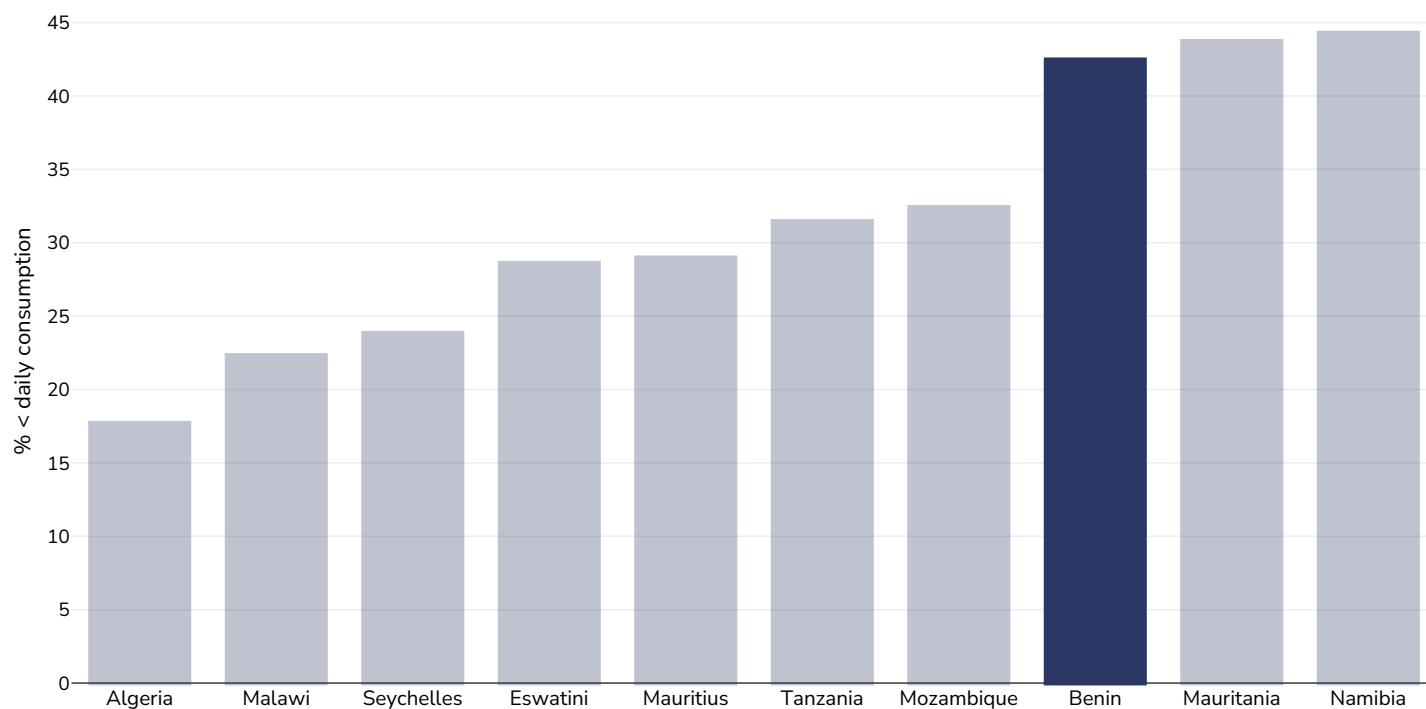
Survey type: Measured

Age: 12-17

References: 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>

## Prevalence of less than daily fruit consumption

### Children, 2009-2015



Survey type: Measured

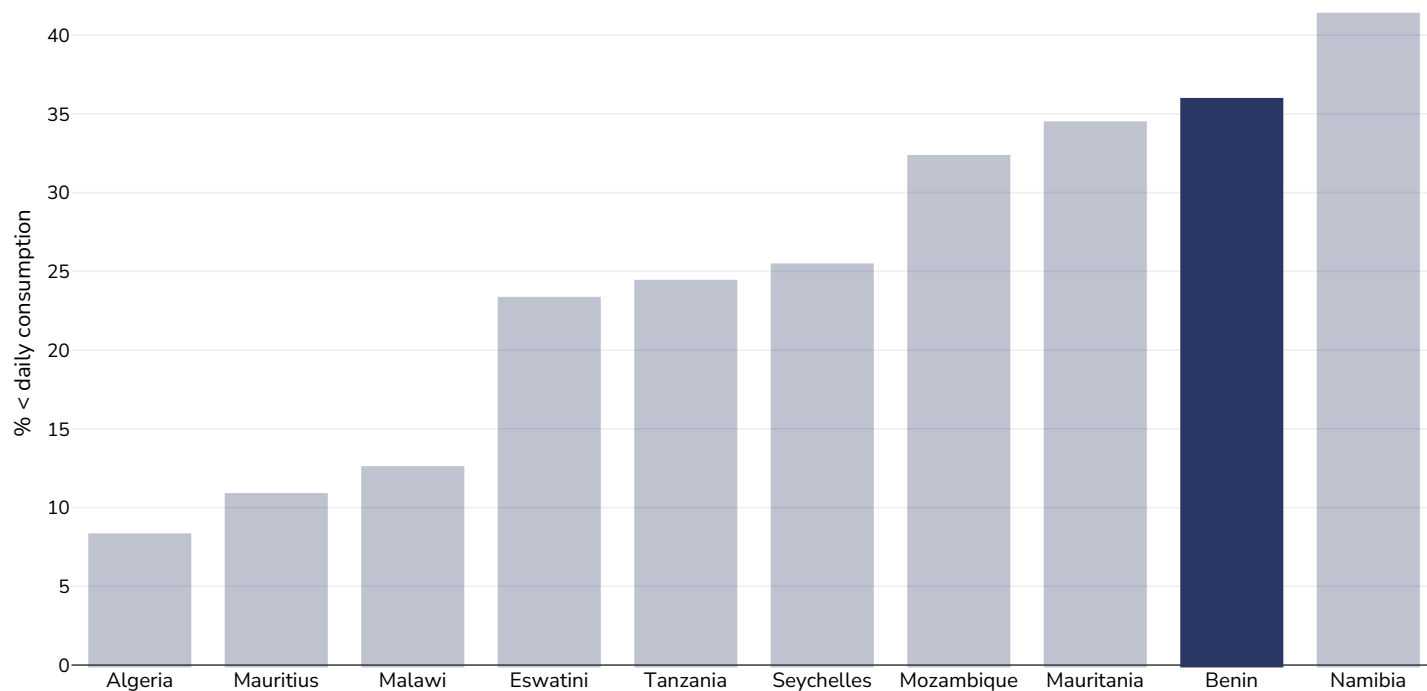
Age: 12-17

References: 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>

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

## Prevalence of less than daily vegetable consumption

### Children, 2009-2015



Survey type: Measured

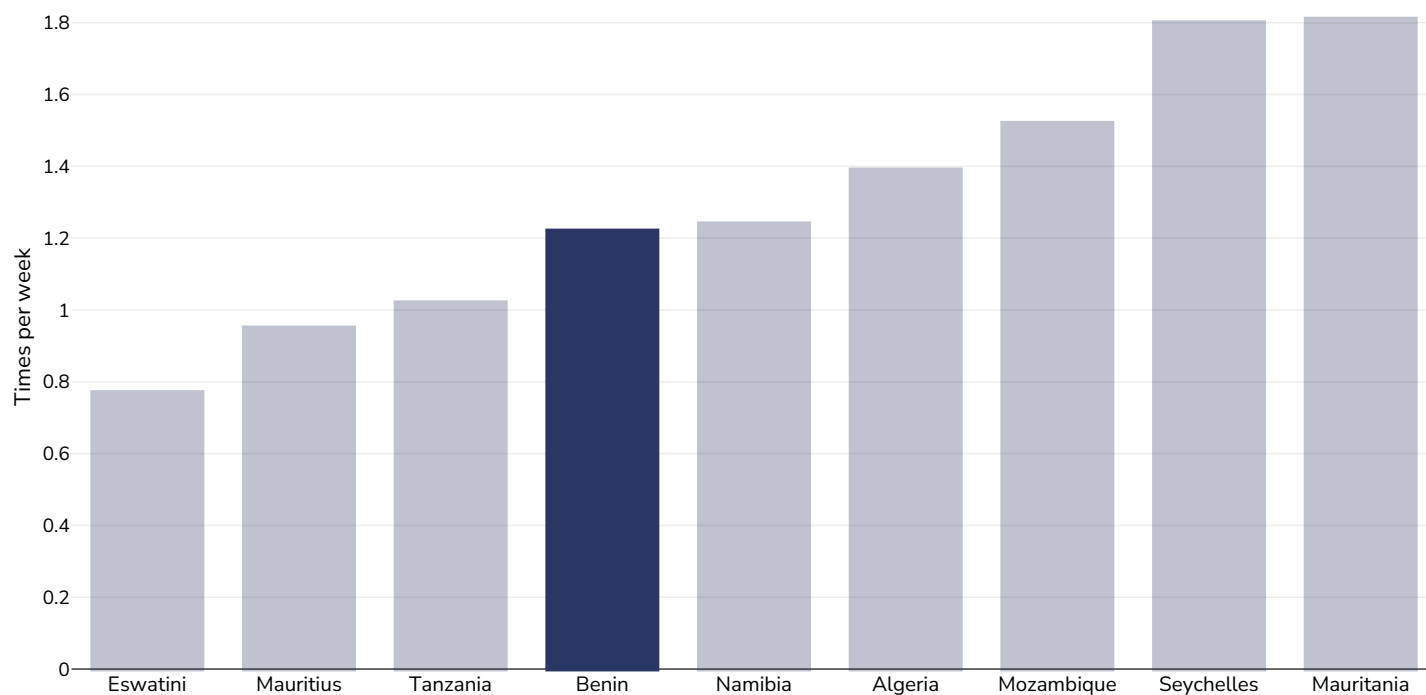
Age: 12-17

References: 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>

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

## Average weekly frequency of fast food consumption

### Children, 2009-2015



Age:

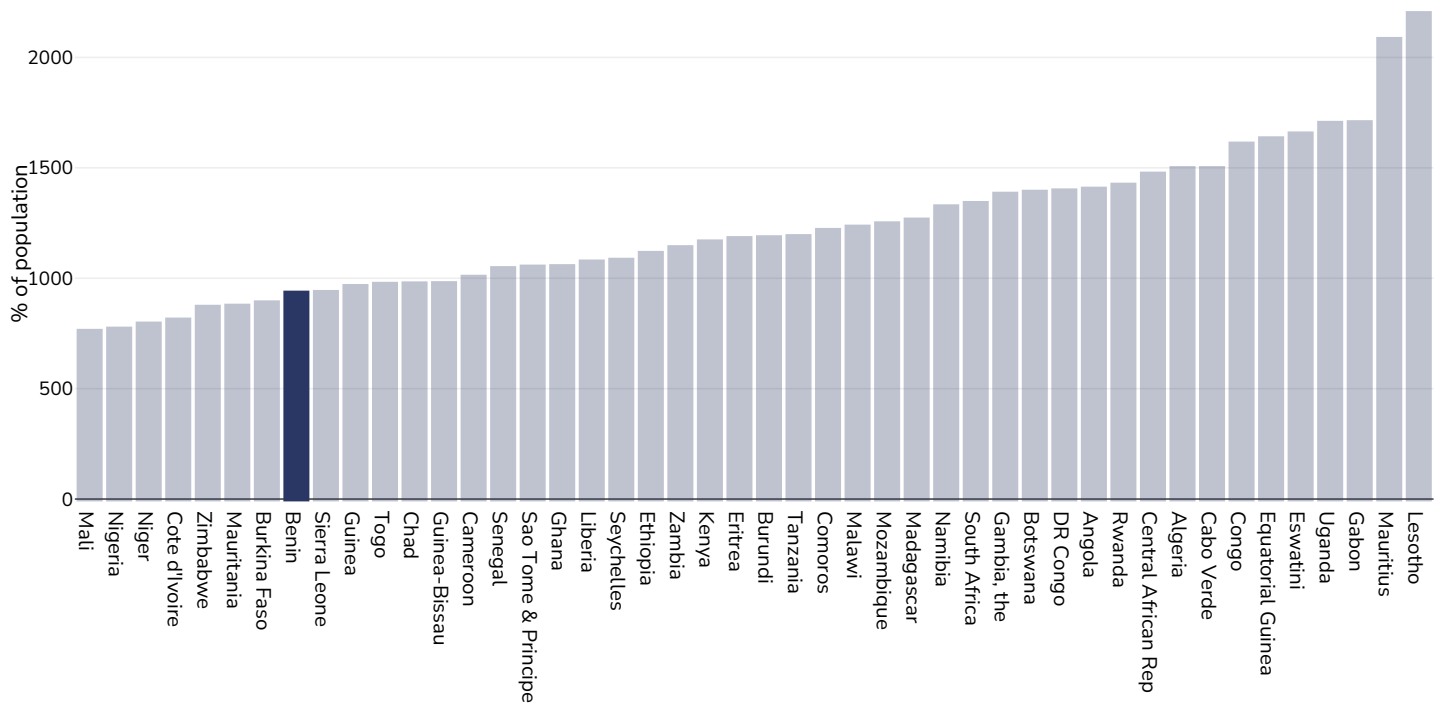
12-17

**References:**

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>

## Mental health - depression disorders

### Children, 2021



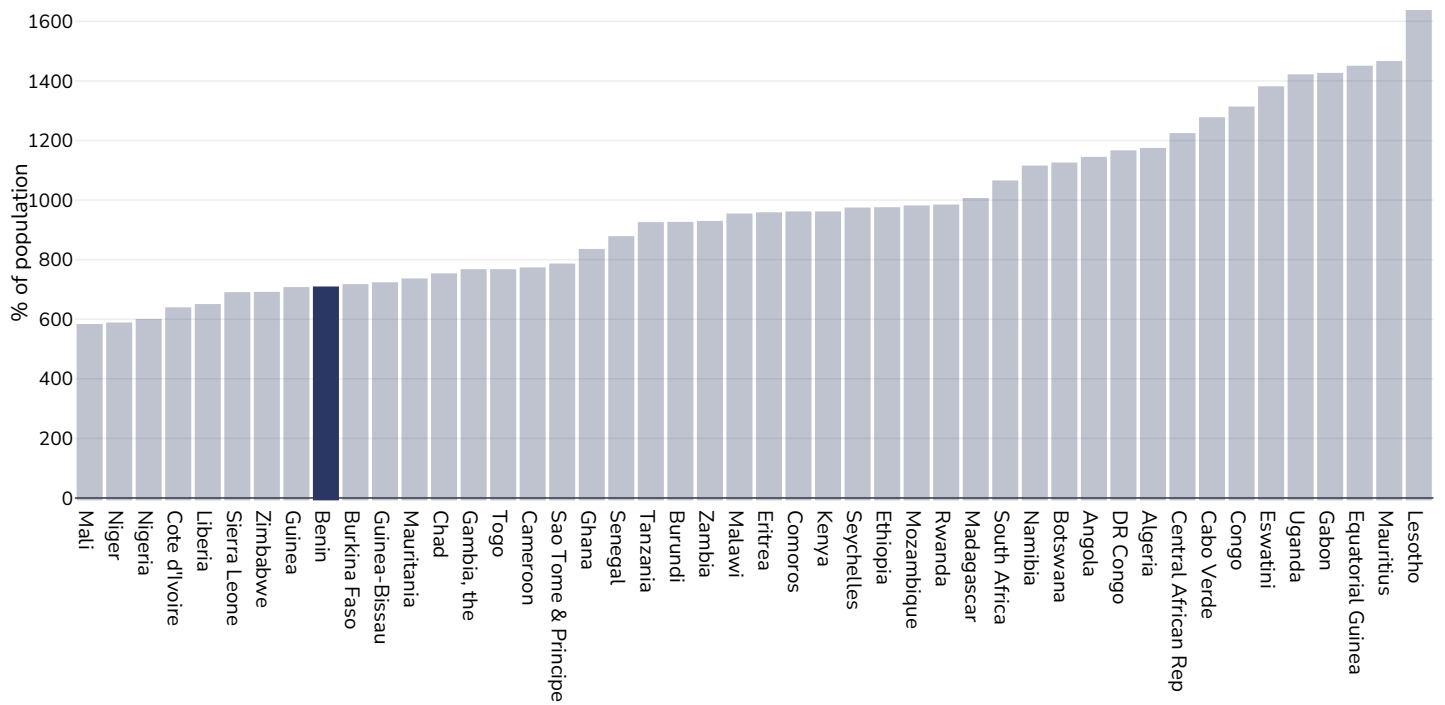
Area covered: National

References: 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)

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



## Boys, 2021



Area covered:

National

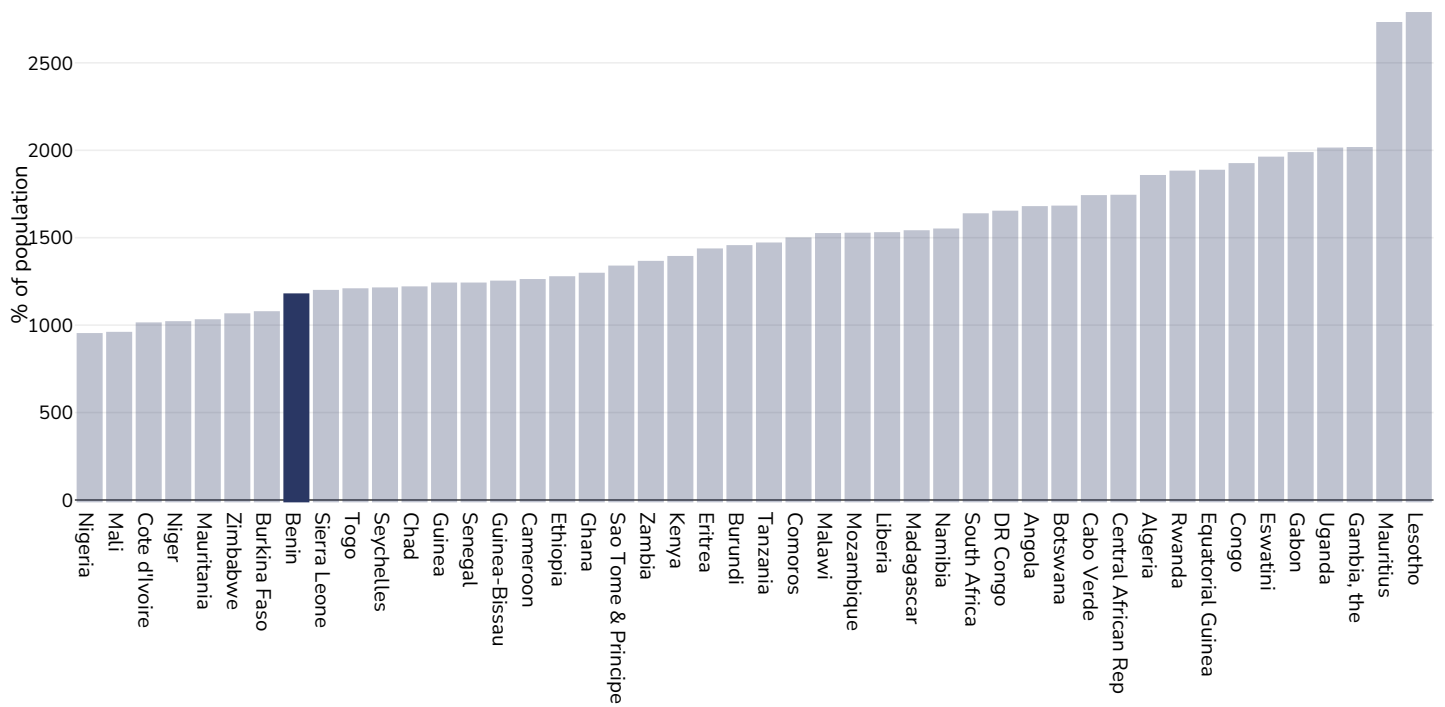
References:

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)

Definitions:

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

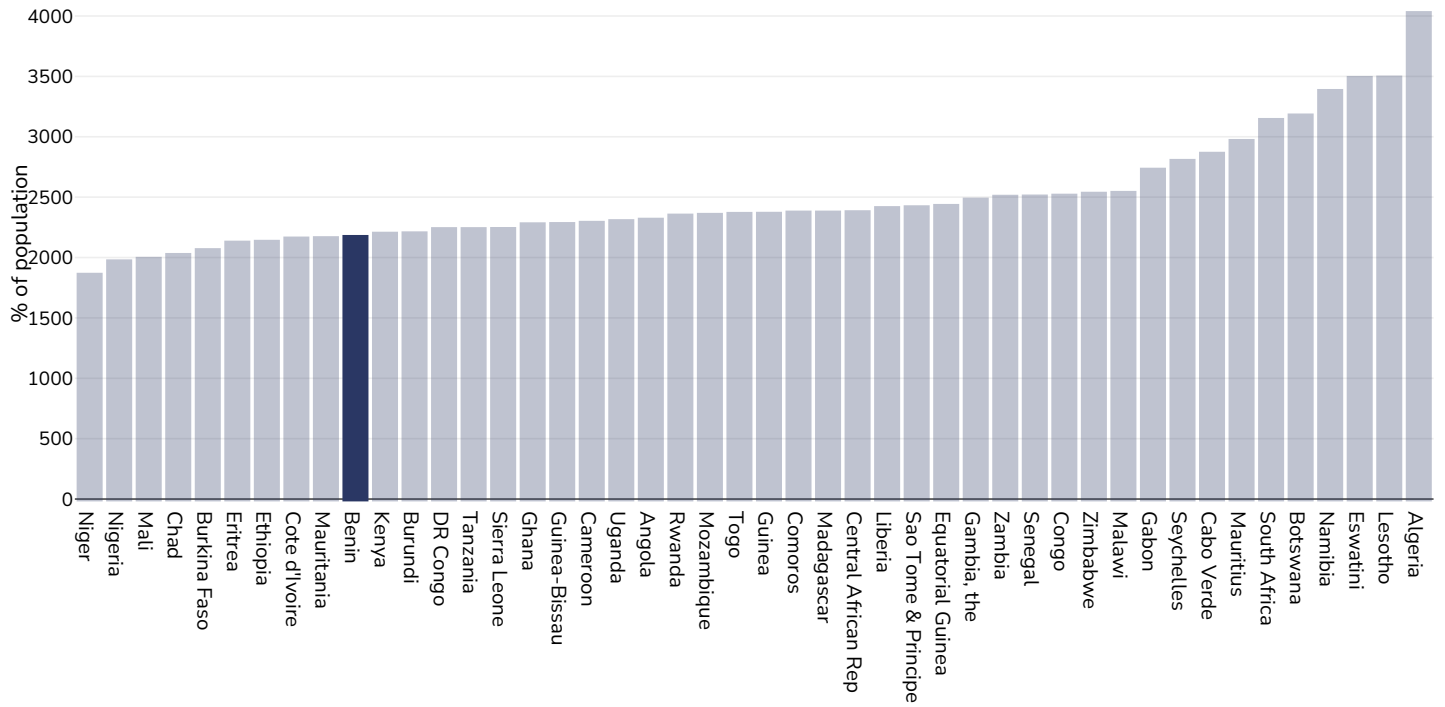
**Girls, 2021**



<b>Area covered:</b>	National
<b>References:</b>	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 <a href="http://vizhub.healthdata.org/gbd-compare">http://vizhub.healthdata.org/gbd-compare</a> . (Last accessed 23.04.25)
<b>Definitions:</b>	Number living with depressive disorder per 100,000 population (Under 20 years of age)

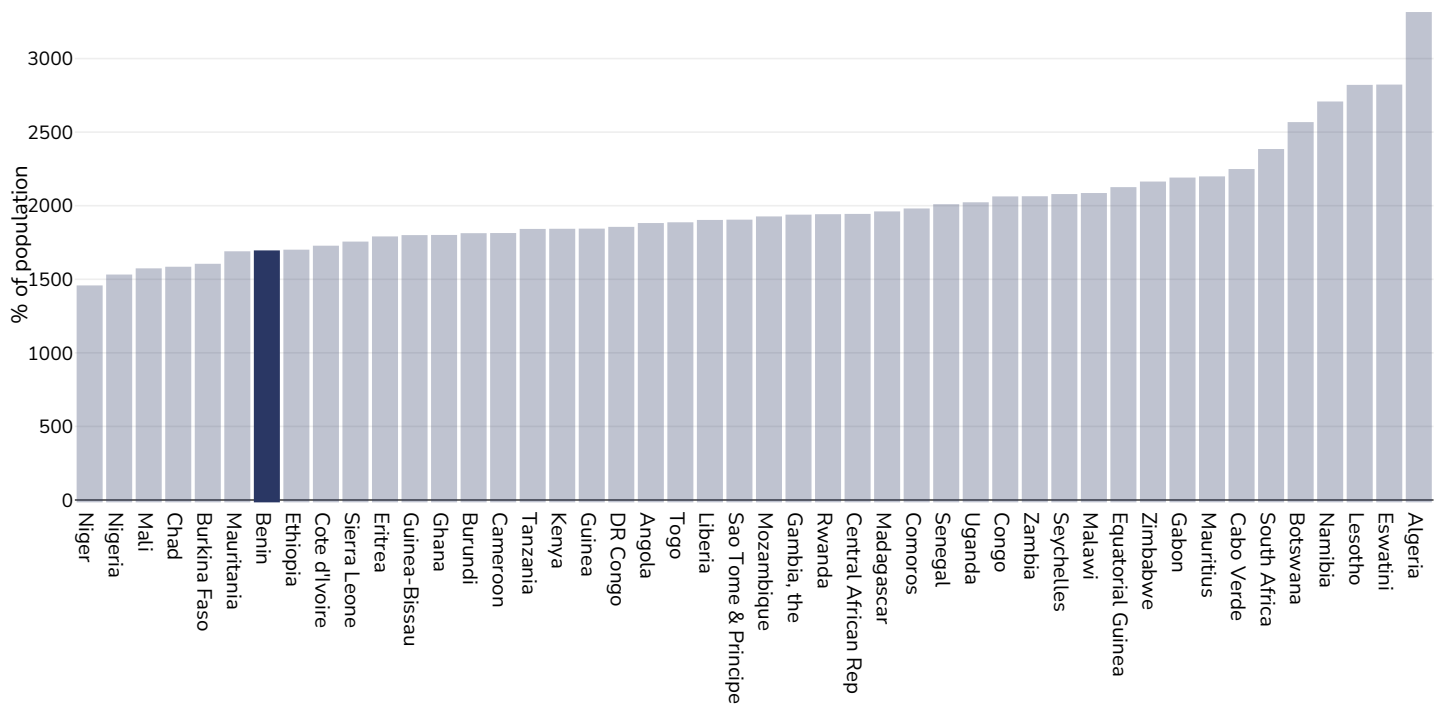
## Mental health - anxiety disorders

### Children, 2021



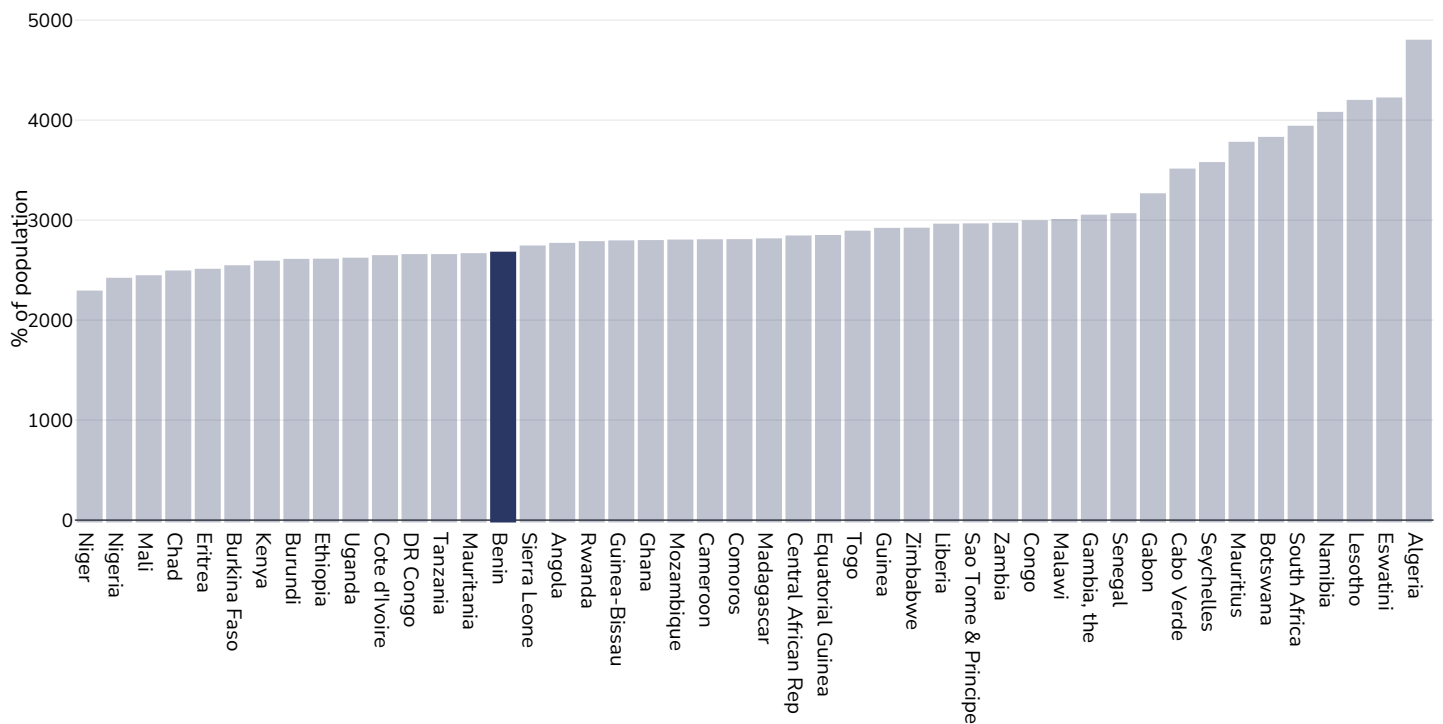
**References:** Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

## Boys, 2021



References: 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)

## Girls, 2021



References: 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)

*PDF created on June 17, 2025*