



Benin



Country report card - under-5s

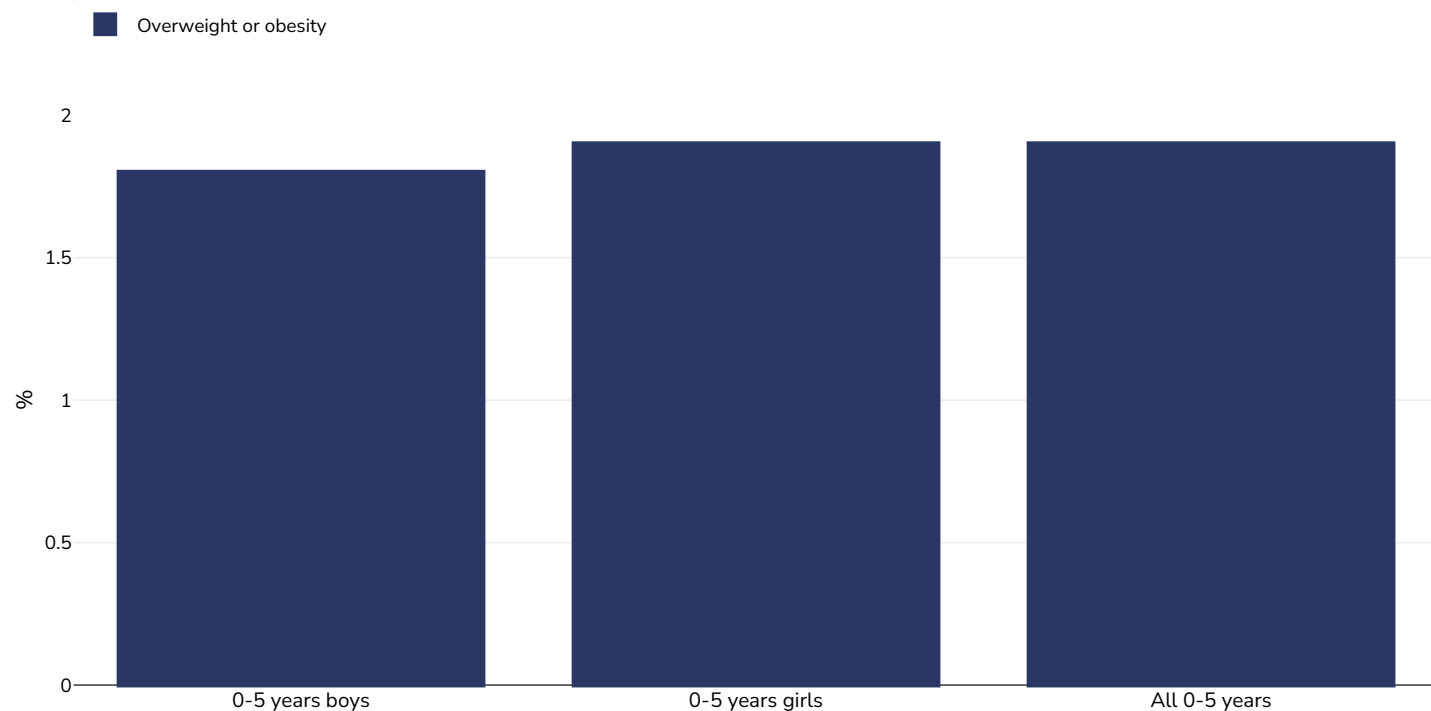
This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity for children under 5. Where available, data on common and relevant obesity drivers and comorbidities are also presented.

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

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Obesity prevalence

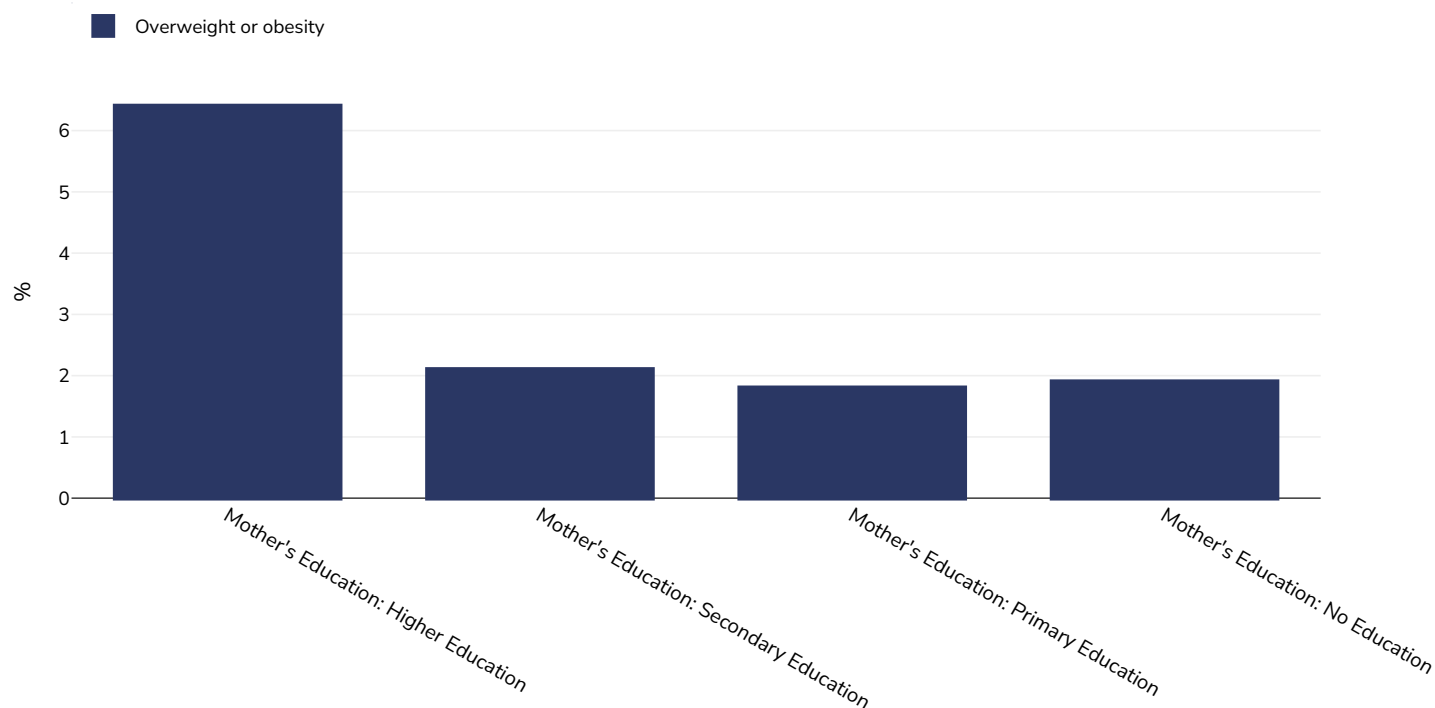
0-5 years, 2017-2018



Survey type:	Measured
Age:	0-5
Sample size:	12832
Area covered:	National
References:	Institut National de la Statistique et de l'Analyse Économique INSAE and ICF. 2019. Enquête Démographique et de Santé au Bénin, 2017-2018. Cotonou, Bénin and Rockville, Maryland, USA : INSAE and ICF. https://www.dhsprogram.com/pubs/pdf/FR350/FR350.pdf (last accessed 10.08.22)
Notes:	Infants.
Definitions:	Weight for height. Overweight or obesity = $\geq +2SD$
Cutoffs:	Other

Overweight/obesity by education

0-5 years, 2017-2018



Sample size: 13260

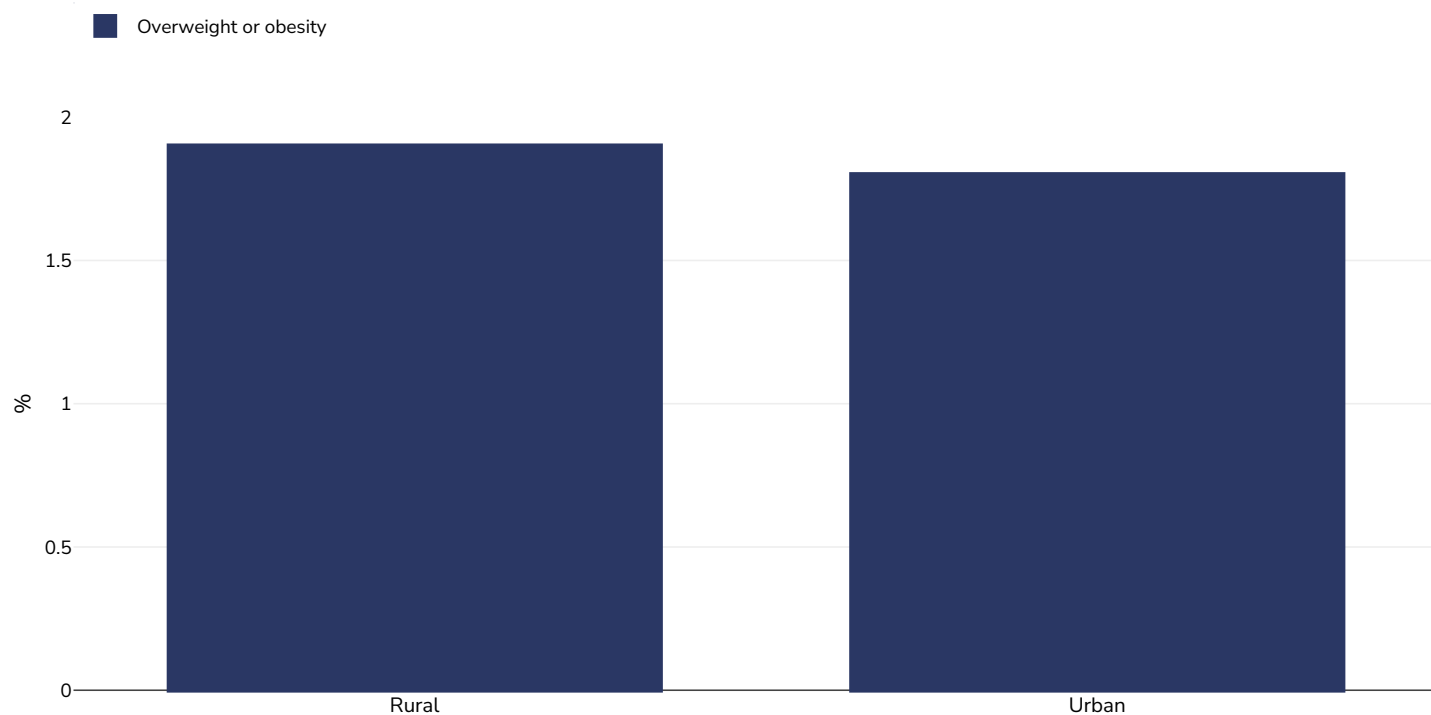
References: DHS: Enquête Démographique et de Santé au Bénin, 2017-2018. Cotonou, Bénin et Rockville, Maryland, USA : INSAE et ICF

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, 2017-2018



Sample size: 13260

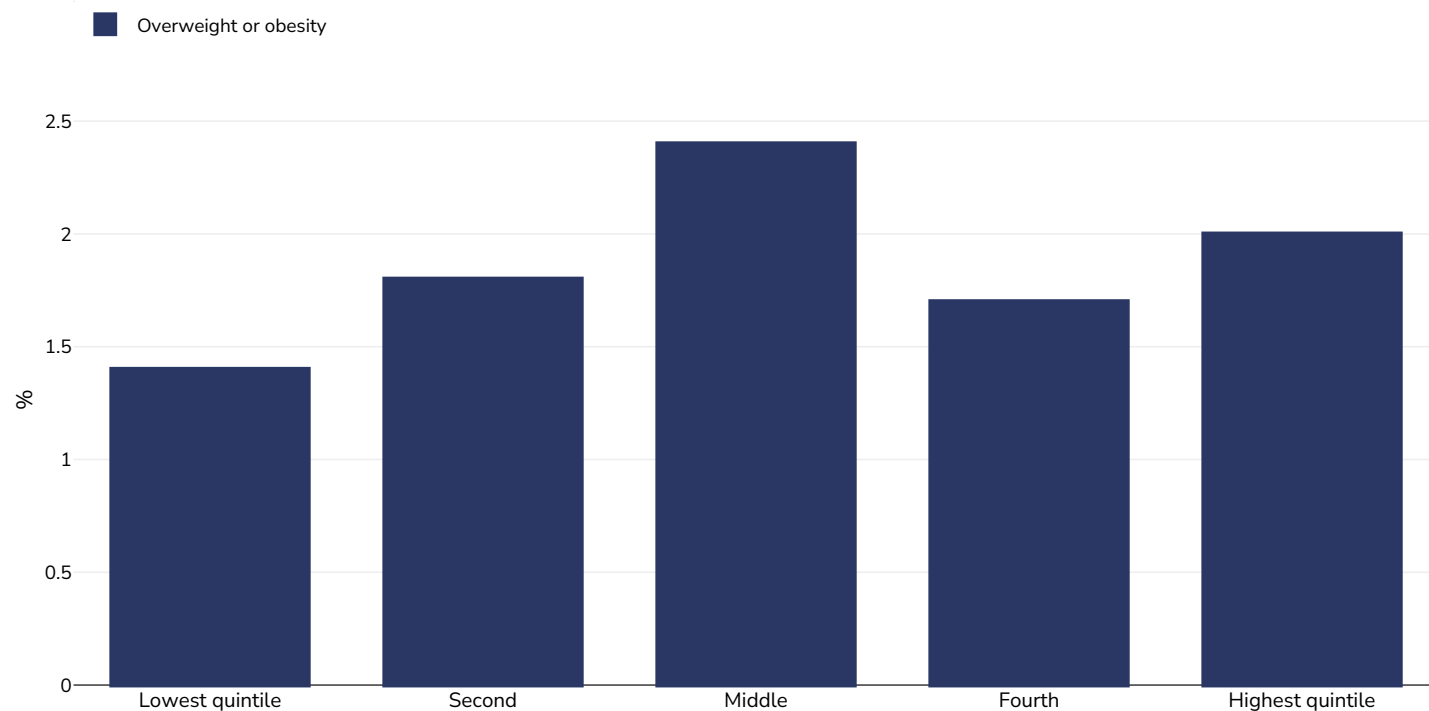
References: DHS: Enquête Démographique et de Santé au Bénin, 2017-2018. Cotonou, Bénin et Rockville, Maryland, USA : INSAE et ICF

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

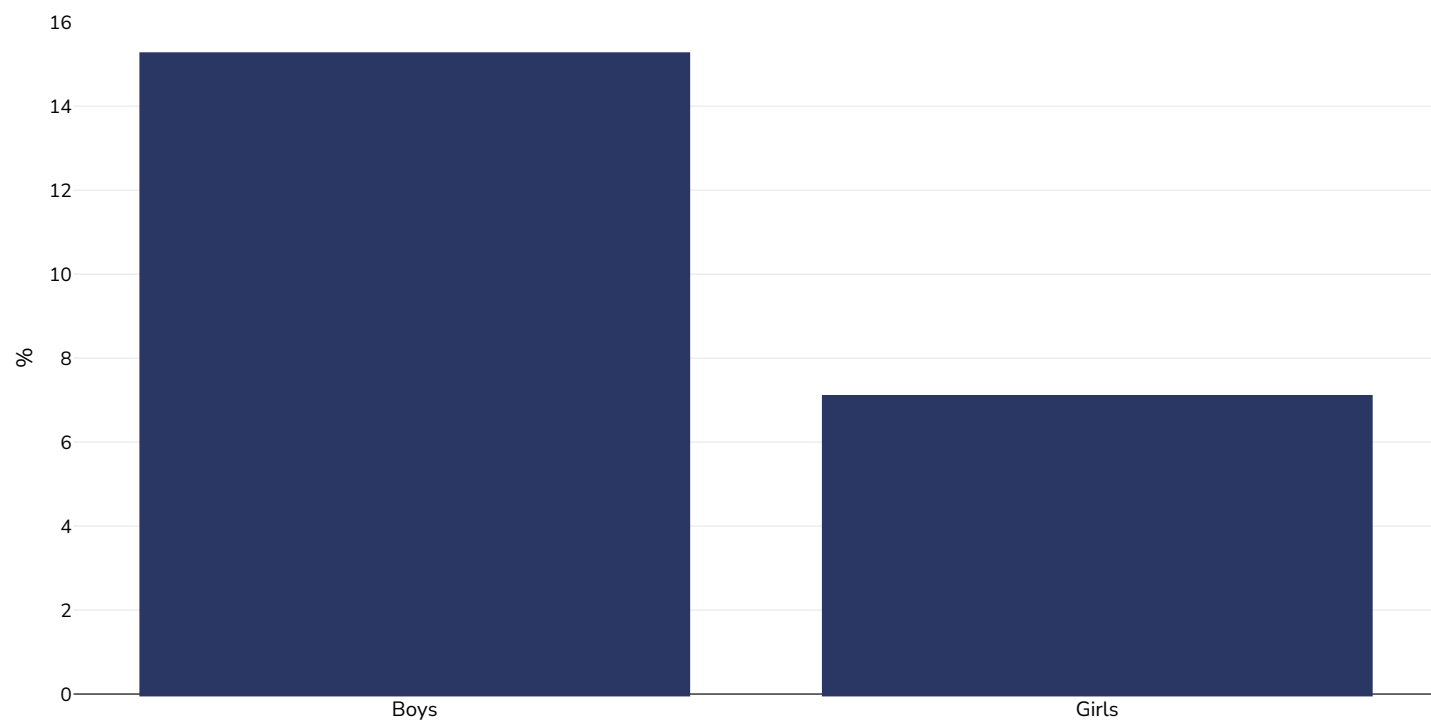
0-5 years, 2017-2018



Survey type:	Measured
Sample size:	12832
Area covered:	National
References:	Institut National de la Statistique et de l'Analyse Économique INSAE and ICF. 2019. Enquête Démographique et de Santé au Bénin, 2017-2018. Cotonou, Bénin and Rockville, Maryland, USA : INSAE and ICF. https://www.dhsprogram.com/pubs/pdf/FR350/FR350.pdf
Notes:	Infants.
Definitions:	Weight for height. Overweight or obesity = $\geq +2SD$
Cutoffs:	Other

Double burden of underweight & overweight

0-5 years, 2017-2018



Survey type: Measured

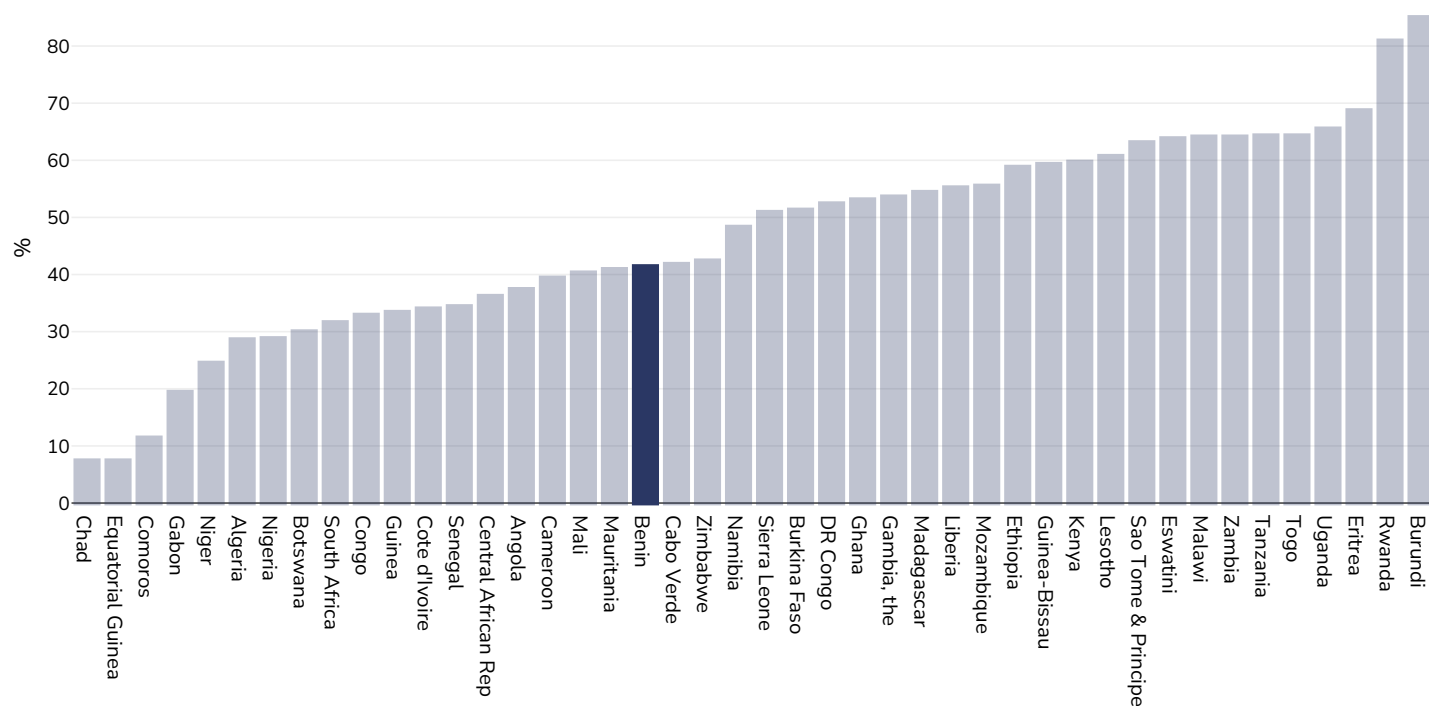
Age: 0-5

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, 2010-2024



References: Enquête Démographique et de Santé au Bénin, 2017-2018. Cotonou, Bénin et Rockville, Maryland, USA : INSAE et ICF

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.

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