## Report card

### Burundi

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Obesity prevalence

Women, 2016-2017

Survey type: Measured
Age: 15-49
Sample size: 7715
Area covered: National


Notes: Demographic Health Survey data includes ever married women aged 15-49 years only and may include males aged 15-59.

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
Girls, 2010-2011

Survey type: Measured
Age: 15-19
Sample size: 952
Area covered: National

References:

Notes: Small sample size
Definitions: BMI for age: between +1 SD and +2 SD is overweight and greater than +2 SD is obesity
Cutoffs: WHO 2007
Infants, 2020

- Overweight or obesity

Age: 0-5
Sample size: 27067

References: SMART: Enquete Nationale sur la Situation Nutritionnelle et Mortalite au Burundi (ENSNMB), Edition 2020

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 education

Women, 2016-2017

Survey type: Measured
Age: 15-49
Sample size: 7715
Area covered: National


Notes: Demographic Health Survey data includes ever married women aged 15-49 years only and may include males aged 15-59. Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
Infants, 2016-2017

Overweight or obesity

Sample size: 6453

References: DHS: Troisième Enquête Démographique et de Santé, Bujumbura, Burundi: ISTEEBU, MSPLS, 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 age**

**Women, 2016-2017**

Survey type: Measured

Sample size: 7715

Area covered: National


Troisième Enquête Démographique et de Santé au Burundi. Bujumbura, Burundi : ISTEEBU, MSPLS, and ICF.

Notes: Demographic Health Survey data includes ever married women aged 15-49 years only and may include males aged 15-59.

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
Overweight/obesity by region

Women, 2016-2017

Survey type: Measured
Age: 15-49
Sample size: 7715
Area covered: National


Notes: Demographic Health Survey data includes ever married women aged 15-49 years only and may include males aged 15-59. Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
Infants, 2016-2017

Overweight or obesity

Sample size: 6453


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 socio-economic group

Women, 2016-2017

Survey type: Measured
Age: 15-49
Sample size: 7715
Area covered: National


Notes: Demographic Health Survey data includes ever married women aged 15-49 years only and may include males aged 15-59.

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
Infants, 2016-2017

Overweight or obesity

Sample size: 6453


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: $>+2SD$
Estimated per capita fruit intake

Adults, 2017

Survey type: Measured
Age: 25+
References: Global Burden of Disease, the Institute for Health Metrics and Evaluation [http://ghdx.healthdata.org/]
Definitions: Estimated per-capita fruit intake (g/day)
Estimated per-capita processed meat intake

Adults, 2017

Survey type: Measured

Age: 25+

References: Global Burden of Disease, the Institute for Health Metrics and Evaluation [http://ghdx.healthdata.org/]

Definitions: Estimated per-capita processed meat intake (g per day)
Estimated per capita whole grains intake

Adults, 2017

Survey type: Measured

Age: 25+

References: Global Burden of Disease, the Institute for Health Metrics and Evaluation [http://ghdx.healthdata.org/]

Definitions: Estimated per-capita whole grains intake (g/day)
Mental health - depression disorders

Adults, 2015


Definitions: % of population with depression disorders
Mental health - anxiety disorders

Adults, 2015


Definitions: % of population with anxiety disorders
% Infants exclusively breastfed 0-5 months

Children, 2005-2020

Area covered:

<table>
<thead>
<tr>
<th>Area covered</th>
<th>National</th>
</tr>
</thead>
<tbody>
<tr>
<td>Enquete Nationale sur la Situation Nutritionnelle et la Securite Alimentaire au Burundi (ENSNSAB), Decembre 2018</td>
<td></td>
</tr>
</tbody>
</table>

Notes:

Definitions:
% exclusively breastfed 0-5 months
Oesophageal cancer

Men, 2020

Incidence per 100,000

Age: 20+

Area covered: National

References:

Definitions:
Age-standardized incidence rates per 100 000
Women, 2020

Incidence per 100,000 and above

Age: 20+
Area covered: National


Definitions: Age-standardized incidence rates per 100 000
Breast cancer
Women, 2020

Incidence per 100,000

Age: 20+
Area covered: National


Definitions: Age-standardized incidence rates per 100,000
Colorectal cancer

Men, 2020

Age: 20+

Area covered: National


Definitions: Age-standardized incidence rates per 100,000
Women, 2020

Age: 20+

Area covered: National


Definitions: Age-standardized incidence rates per 100 000
Pancreatic cancer

Men, 2020

Age: 20+

Area covered: National


Definitions: Age-standardized incidence rates per 100,000
Women, 2020

- Sao Tome & Principe
- Comoros
- Mozambique
- Rwanda
- Botswana
- Lesotho
- Cameroon
- Guinea
- Guinea-Bissau
- Malawi
- Angola
- Namibia
- Central African Rep
- Eswatini
- Eritrea
- Sierra Leone
- Zambia
- Togo
- Zambia
- Chad
- Congo
- DR Congo
- Ethiopia
- Madagascar
- Nigeria
- Senegal
- Mauritania
- Liberia
- Niger
- Ghana
- Uganda
- Zimbabwe
- Camo de Vioe
- Mali
- Benin
- South Africa
- Mauritius
- Kenya
- Burkina Faso
- Cote d'Ivoire
- Mali

Incidence per 100,000
Age: 20+
Area covered: National


Definitions: Age-standardized incidence rates per 100,000
Gallbladder cancer

Men, 2020

Incidence per 100,000

Age: 20+

Area covered: National


Definitions: Age-standardized incidence rates per 100 000
Women, 2020

Incidence per 100,000

Age: 20+
Area covered: National


Definitions: Age-standardized incidence rates per 100,000
Kidney cancer

Men, 2020

Age: 20+

Area covered: National


Definitions: Age-standardized incidence rates per 100 000
Women, 2020

Age: 20+

Area covered: National


Definitions: Age-standardized incidence rates per 100 000
Cancer of the uterus

Women, 2020

Age: 20+

Area covered: National


Definitions: Age-standardized incidence rates per 100 000
## Raised blood pressure

### Adults, 2015

<table>
<thead>
<tr>
<th>Country</th>
<th>% Raised blood pressure</th>
</tr>
</thead>
<tbody>
<tr>
<td>Seychelles</td>
<td>31.2%</td>
</tr>
<tr>
<td>Ghana</td>
<td>30.9%</td>
</tr>
<tr>
<td>Nigeria</td>
<td>30.0%</td>
</tr>
<tr>
<td>Mauritius</td>
<td>29.9%</td>
</tr>
<tr>
<td>Algeria</td>
<td>29.8%</td>
</tr>
<tr>
<td>Gabon</td>
<td>29.3%</td>
</tr>
<tr>
<td>Congo</td>
<td>29.0%</td>
</tr>
<tr>
<td>Kenya</td>
<td>28.5%</td>
</tr>
<tr>
<td>Rwanda</td>
<td>28.4%</td>
</tr>
<tr>
<td>Zambia</td>
<td>28.3%</td>
</tr>
<tr>
<td>Comoros</td>
<td>28.2%</td>
</tr>
<tr>
<td>Madagascar</td>
<td>28.2%</td>
</tr>
<tr>
<td>Benin</td>
<td>28.0%</td>
</tr>
<tr>
<td>Cameroon</td>
<td>27.7%</td>
</tr>
<tr>
<td>Mozambique</td>
<td>27.6%</td>
</tr>
<tr>
<td>Guinea</td>
<td>27.5%</td>
</tr>
<tr>
<td>Guinea-Bissau</td>
<td>27.4%</td>
</tr>
<tr>
<td>Sierra Leone</td>
<td>27.3%</td>
</tr>
<tr>
<td>Angola</td>
<td>27.2%</td>
</tr>
<tr>
<td>Botswana</td>
<td>27.1%</td>
</tr>
<tr>
<td>Equatorial Guine</td>
<td>27.0%</td>
</tr>
<tr>
<td>DR Congo</td>
<td>27.0%</td>
</tr>
<tr>
<td>Libera</td>
<td>27.0%</td>
</tr>
<tr>
<td>Zambia</td>
<td>27.0%</td>
</tr>
<tr>
<td>Ethiopia</td>
<td>27.0%</td>
</tr>
<tr>
<td>Guinea</td>
<td>27.0%</td>
</tr>
<tr>
<td>Guinea-Bissau</td>
<td>27.0%</td>
</tr>
<tr>
<td>Sierra Leone</td>
<td>27.0%</td>
</tr>
<tr>
<td>Angola</td>
<td>27.0%</td>
</tr>
<tr>
<td>Botswana</td>
<td>27.0%</td>
</tr>
<tr>
<td>DR Congo</td>
<td>27.0%</td>
</tr>
<tr>
<td>Liberia</td>
<td>27.0%</td>
</tr>
<tr>
<td>Zambia</td>
<td>27.0%</td>
</tr>
<tr>
<td>Ethiopia</td>
<td>27.0%</td>
</tr>
</tbody>
</table>

### References:

### Definitions:
Age Standardised estimated % Raised blood pressure 2015 (SBP>=140 OR DBP>=90).
Men, 2015


Definitions: Age Standardised estimated % Raised blood pressure 2015 (SBP>=140 OR DBP>=90).
Women, 2015

References:
Global Health Observatory data repository, World Health Organisation,
http://apps.who.int/gho/data/node.main.A875?lang=en

Definitions:
Age Standardised estimated % Raised blood pressure 2015 (SBP>=140 OR DBP>=90).
Raised cholesterol

Adults, 2008


Definitions: % Raised total cholesterol (>= 5.0 mmol/L) (age-standardized estimate).
Men, 2008

References: Global Health Observatory data repository, World Health Organisation, [http://apps.who.int/gho/data/node.main.A885](http://apps.who.int/gho/data/node.main.A885)

Definitions: % Raised total cholesterol (≥ 5.0 mmol/L) (age-standardized estimate).
Women, 2008

References:
Global Health Observatory data repository, World Health Organisation, [http://apps.who.int/gho/data/node.main.A885](http://apps.who.int/gho/data/node.main.A885)

Definitions:
% Raised total cholesterol (≥ 5.0 mmol/L) (age-standardized estimate).
Raised fasting blood glucose

Men, 2014

References:
Global Health Observatory data repository, World Health Organisation,
http://apps.who.int/gho/data/node.main.A869?lang=en

Definitions:
Age Standardised % raised fasting blood glucose (>= 7.0 mmol/L or on medication).
Women, 2014

% raised fasting blood glucose


Definitions: Age Standardised % raised fasting blood glucose (>= 7.0 mmol/L or on medication).
Diabetes prevalence

Adults, 2021

Age: 20-79

Area covered: National


Definitions: Age-adjusted comparative prevalence of diabetes, %
# Contextual factors

**Disclaimer:** These contextual factors should be interpreted with care. Results are updated as regularly as possible and use very specific criteria. The criteria used and full definitions are available for download at the bottom of this page.

## Labelling

<table>
<thead>
<tr>
<th>Question</th>
<th>Result</th>
</tr>
</thead>
<tbody>
<tr>
<td>Is there mandatory nutrition labelling?</td>
<td>✗</td>
</tr>
<tr>
<td>Front-of-package labelling?</td>
<td>✗</td>
</tr>
<tr>
<td>Back-of-pack nutrition declaration?</td>
<td>✗</td>
</tr>
<tr>
<td>Color coding?</td>
<td>✗</td>
</tr>
<tr>
<td>Warning label?</td>
<td>✗</td>
</tr>
</tbody>
</table>
## Regulation and marketing

<table>
<thead>
<tr>
<th>Question</th>
<th>Status</th>
</tr>
</thead>
<tbody>
<tr>
<td>Are there fiscal policies on unhealthy products?</td>
<td>No</td>
</tr>
<tr>
<td>Tax on unhealthy foods?</td>
<td>No</td>
</tr>
<tr>
<td>Tax on unhealthy drinks?</td>
<td>No</td>
</tr>
<tr>
<td>Are there fiscal policies on healthy products?</td>
<td>No</td>
</tr>
<tr>
<td>Subsidy on fruits?</td>
<td>No</td>
</tr>
<tr>
<td>Subsidy on vegetables?</td>
<td>No</td>
</tr>
<tr>
<td>Subsidy on other healthy products?</td>
<td>No</td>
</tr>
<tr>
<td>Mandatory limit or ban of trans fat (all settings)?</td>
<td>No</td>
</tr>
<tr>
<td>Mandatory limit of trans fats in place (all settings)?</td>
<td>No</td>
</tr>
<tr>
<td>Ban on trans-fats or phos in place (all settings)?</td>
<td>No</td>
</tr>
<tr>
<td>Are there any mandatory policies/marketing restrictions on the promotion of unhealthy food/drinks to children?</td>
<td>No</td>
</tr>
<tr>
<td>Mandatory restriction on broadcast media?</td>
<td>No</td>
</tr>
<tr>
<td>Mandatory restriction on non-broadcast media?</td>
<td>No</td>
</tr>
<tr>
<td>Voluntary policies/marketing restrictions on the promotion of unhealthy food/drinks to children?</td>
<td>No</td>
</tr>
<tr>
<td>Are there mandatory standards for food in schools?</td>
<td>No</td>
</tr>
<tr>
<td>Are there any mandatory nutrient limits in any manufactured food products?</td>
<td>No</td>
</tr>
<tr>
<td>Nutrition standards for public sector procurement?</td>
<td>No</td>
</tr>
</tbody>
</table>
### Political will and support

<table>
<thead>
<tr>
<th>Description</th>
<th>Status</th>
</tr>
</thead>
<tbody>
<tr>
<td>National obesity strategy or nutrition and physical activity national strategy?</td>
<td>✗</td>
</tr>
<tr>
<td>National obesity strategy?</td>
<td>✗</td>
</tr>
<tr>
<td>National childhood obesity strategy?</td>
<td>✗</td>
</tr>
<tr>
<td>Comprehensive nutrition strategy?</td>
<td>✗</td>
</tr>
<tr>
<td>Comprehensive physical activity strategy?</td>
<td>✗</td>
</tr>
<tr>
<td>Evidence-based dietary guidelines and/or RDAs?</td>
<td>✗</td>
</tr>
<tr>
<td>National target(s) on reducing obesity?</td>
<td>✓</td>
</tr>
<tr>
<td>Guidelines/policy on obesity treatment?</td>
<td>✗</td>
</tr>
<tr>
<td>Promotion of breastfeeding?</td>
<td>✓</td>
</tr>
</tbody>
</table>

### Monitoring and surveillance

<table>
<thead>
<tr>
<th>Description</th>
<th>Status</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monitoring of the prevalence and incidence for the main obesity-related NCDs and risk factors?</td>
<td>✓</td>
</tr>
<tr>
<td>Within 5 years?</td>
<td>✓</td>
</tr>
</tbody>
</table>

### Governance and resource

<table>
<thead>
<tr>
<th>Description</th>
<th>Status</th>
</tr>
</thead>
<tbody>
<tr>
<td>Multi-sectoral national co-ordination mechanism for obesity or nutrition (including obesity)?</td>
<td>✓</td>
</tr>
</tbody>
</table>

### Key

- ✓ Present
- ✗ Absent
- ✚ Incoming
- ❓ Unknown

(voluntary)

*Last updated September 13, 2022*