# Report card
## Cameroon

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Obesity prevalence

Women, 2018

Survey type: Measured
Age: 15-49
Sample size: 6088
Area covered: National
References: Demographic Health Survey, Cameroon, 2018 (in french)
Notes: Includes ever married women age 15-49 years

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
Children, 2013

Survey type: Measured
Age: 3-13
Sample size: 1343
Area covered: Regional
Notes: Urban only with a focus on socioeconomic groups, see paper for survey design
Cutoffs: IOTF
% Adults living with obesity, 1998-2018

Survey type: Measured

References: For full details of references visit https://data.worldobesity.org/

Notes: Adults aged 15-49

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

Different methodologies may have been used to collect this data and so data from different surveys may not be strictly comparable. Please check with original data sources for methodologies used.
% Adults living with overweight or obesity, 1998-2018

Survey type: Measured

References: For full details of references visit https://data.worldobesity.org/

Notes: Adults aged 15-49

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m². Different methodologies may have been used to collect this data and so data from different surveys may not be strictly comparable. Please check with original data sources for methodologies used.
### Overweight/obesity by education

#### Women, 2018

<table>
<thead>
<tr>
<th>Education Level</th>
<th>Obesity</th>
<th>Overweight</th>
</tr>
</thead>
<tbody>
<tr>
<td>No education</td>
<td></td>
<td>4%</td>
</tr>
<tr>
<td>Primary</td>
<td>13%</td>
<td>39%</td>
</tr>
<tr>
<td>Secondary incomplete</td>
<td>14%</td>
<td>47%</td>
</tr>
<tr>
<td>Secondary complete</td>
<td>16%</td>
<td>48%</td>
</tr>
<tr>
<td>Higher</td>
<td>21%</td>
<td>55%</td>
</tr>
</tbody>
</table>

**Survey type:** Measured  
**Age:** 15-49  
**Sample size:** 6088  
**References:** Institut National de la Statistique (INS) et ICF. 2020. Enquête Démographique et de Santé du Cameroun 2018. Yaoundé, Cameroun et Rockville, Maryland, USA : INS et ICF.  
**Notes:** Ever married women aged 15-49 years

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

- **Survey type:** Measured
- **Age:** 15-19
- **Sample size:** 1418
- **Area covered:** National

**References:**

**Definitions:** BMI for age: between +1 SD and +2 SD is overweight and greater than +2 SD is obesity

**Cutoffs:** WHO 2007
Overweight/obesity by age

Women, 2018

Survey type: Measured
Sample size: 6088
Notes: Ever married women aged 15-49 years

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
Children, 2013

Survey type: Measured
Sample size: 1343
Area covered: Subnational

Notes: WHO cut-offs used
Cutoffs: WHO
Overweight/obesity by region

Women, 2018

Survey type: Measured
Age: 15-49
Sample size: 6088
Notes: Ever married women aged 15-49 years

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

Survey type: Measured
Age: 15-19
Sample size: 1413
Area covered: National

References:

Definitions:
BMI for age: between +1 SD and +2 SD is overweight and greater than +2 SD is obesity

Cutoffs:
WHO 2007
**Overweight/obesity by socio-economic group**

**Women, 2018**

![Graph showing overweight and obesity by socio-economic group]

- **Survey type:** Measured
- **Age:** 15-49
- **Sample size:** 6088
- **References:** Institut National de la Statistique (INS) et ICF. 2020. Enquête Démographique et de Santé du Cameroun 2018. Yaoundé, Cameroun et Rockville, Maryland, USA : INS et ICF.
- **Notes:** Ever married women aged 15-49 years

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
### Children, 2013

**Survey type:** Measured

**Age:** 3-13

**Sample size:** 1343

**Area covered:** Urban only


**Notes:** Urban only HSES/LSES High/Low Socio Economic Status

**Cutoffs:** Other
Insufficient physical activity

Adults, 2016

Men, 2016

% insufficient physical activity

Women, 2016

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:
National

References:
Enquête Démographique et de Santé du Cameroun 2018. Yaoundé, Cameroun et Rockville, Maryland, USA : INS et ICF. 2020

Notes:

Definitions:
% exclusively breastfed 0-5 months
Oesophageal 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
Breast cancer

Women, 2020

Incidence per 100,000

Age:

20+

Area covered:

National

References:


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

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

References:

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


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


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

Men, 2014

% raised fasting blood glucose

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).

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>
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<tr>
<th>Question</th>
<th>Yes/No</th>
</tr>
</thead>
<tbody>
<tr>
<td>Is there mandatory nutrition labelling?</td>
<td>No</td>
</tr>
<tr>
<td>Front-of-package labelling?</td>
<td>No</td>
</tr>
<tr>
<td>Back-of-pack nutrition declaration?</td>
<td>No</td>
</tr>
<tr>
<td>Color coding?</td>
<td>No</td>
</tr>
<tr>
<td>Warning label?</td>
<td>No</td>
</tr>
</tbody>
</table>
## Regulation and marketing

<table>
<thead>
<tr>
<th>Question</th>
<th>Answer</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

National obesity strategy or nutrition and physical activity national strategy? ❌
National obesity strategy? ❌
National childhood obesity strategy? ❌
Comprehensive nutrition strategy? ✓
Comprehensive physical activity strategy? ❌

Evidence-based dietary guidelines and/or RDAs? ❌

National target(s) on reducing obesity? ✓
Guidelines/policy on obesity treatment? ❌
Promotion of breastfeeding? ✓

Monitoring and surveillance

Monitoring of the prevalence and incidence for the main obesity-related NCDs and risk factors? ✓
Within 5 years? ❌

Governance and resource

Multi-sectoral national co-ordination mechanism for obesity or nutrition (including obesity)? ❌

Key

Present ✓ Present (voluntary) ✓✓ Incoming ✓✓ Absent ❌ Absent ❌ Absent ❌ unknown ❌

Last updated September 13, 2022