Congo



Country report card - under-5s

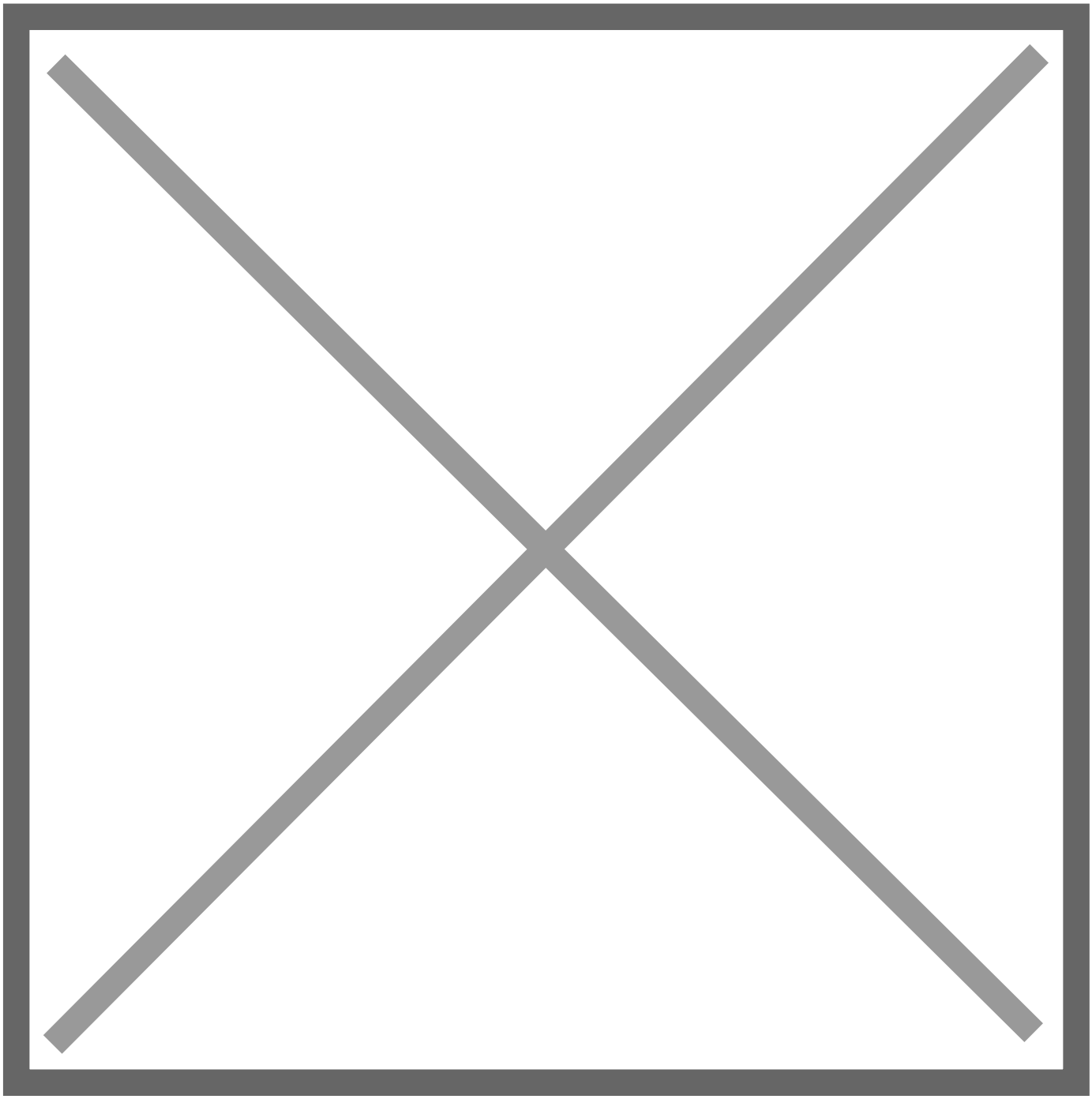
This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity for children under 5. Where available, data on common and relevant obesity drivers and comorbidities are also presented.

View the latest version of this report on the Global Obesity Observatory at https://data.worldobesity.org/country/congo-45/.

Contents	Page
Obesity prevalence	3
Overweight/obesity by education	6
Overweight/obesity by region	□
Overweight/obesity by socio-economic group	12
Double burden of underweight & obesity	15
% Infants exclusively breastfed 0-5 months	18

Obesity prevalence

0-5 years, 2014-2015

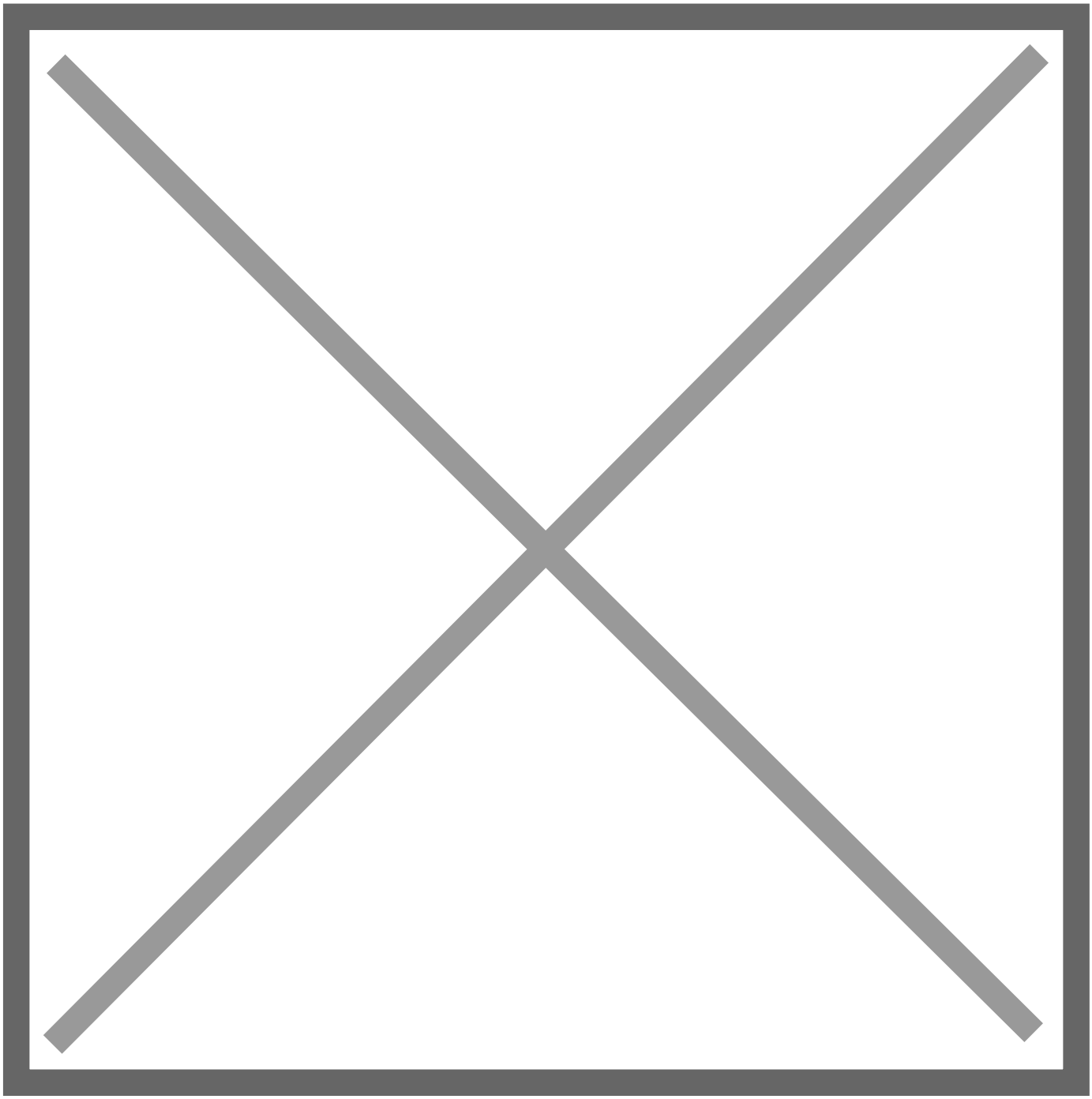


Age:	0-5
Sample size:	8601
References:	MICS: Enquête par grappes à indicateurs multiples (MICS5 2014-2015), Rapport final. Brazzaville, Congo : Institut National de la Statistique et UNICEF.
Notes:	UNICEF/WHO/World Bank Joint Child Malnutrition Estimates Expanded Database: Overweight (Survey Estimates), 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

0-5 years, 2014-2015

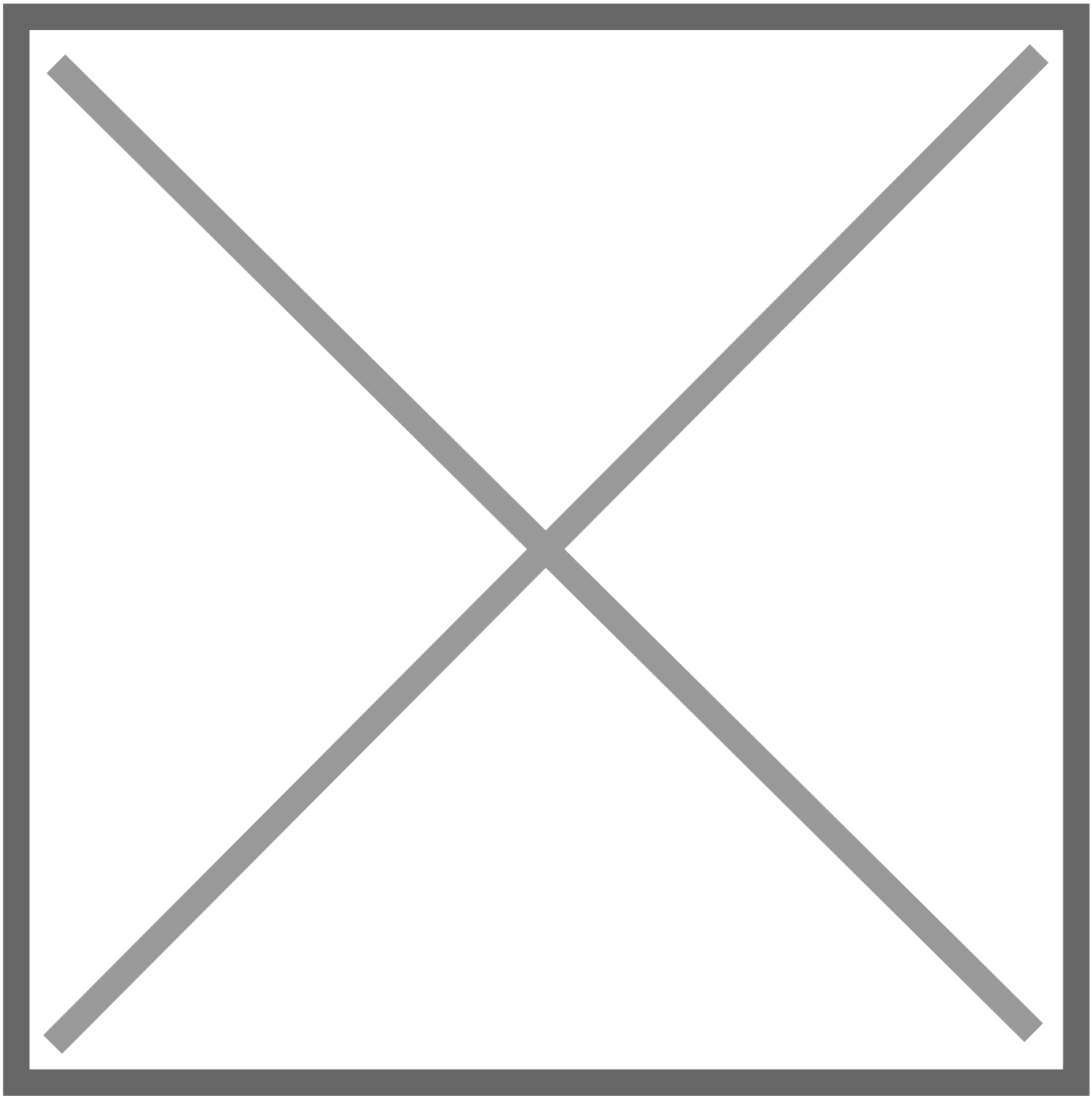


Sample size:	8601
References:	MICS: Enquête par grappes à indicateurs multiples (MICS5 2014-2015), Rapport final. Brazzaville, Congo : Institut National de la Statistique et UNICEF.
Notes:	UNICEF/WHO/World Bank Joint Child Malnutrition Estimates Expanded Database: Overweight (Survey Estimates), May 2023, 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, 2014-2015

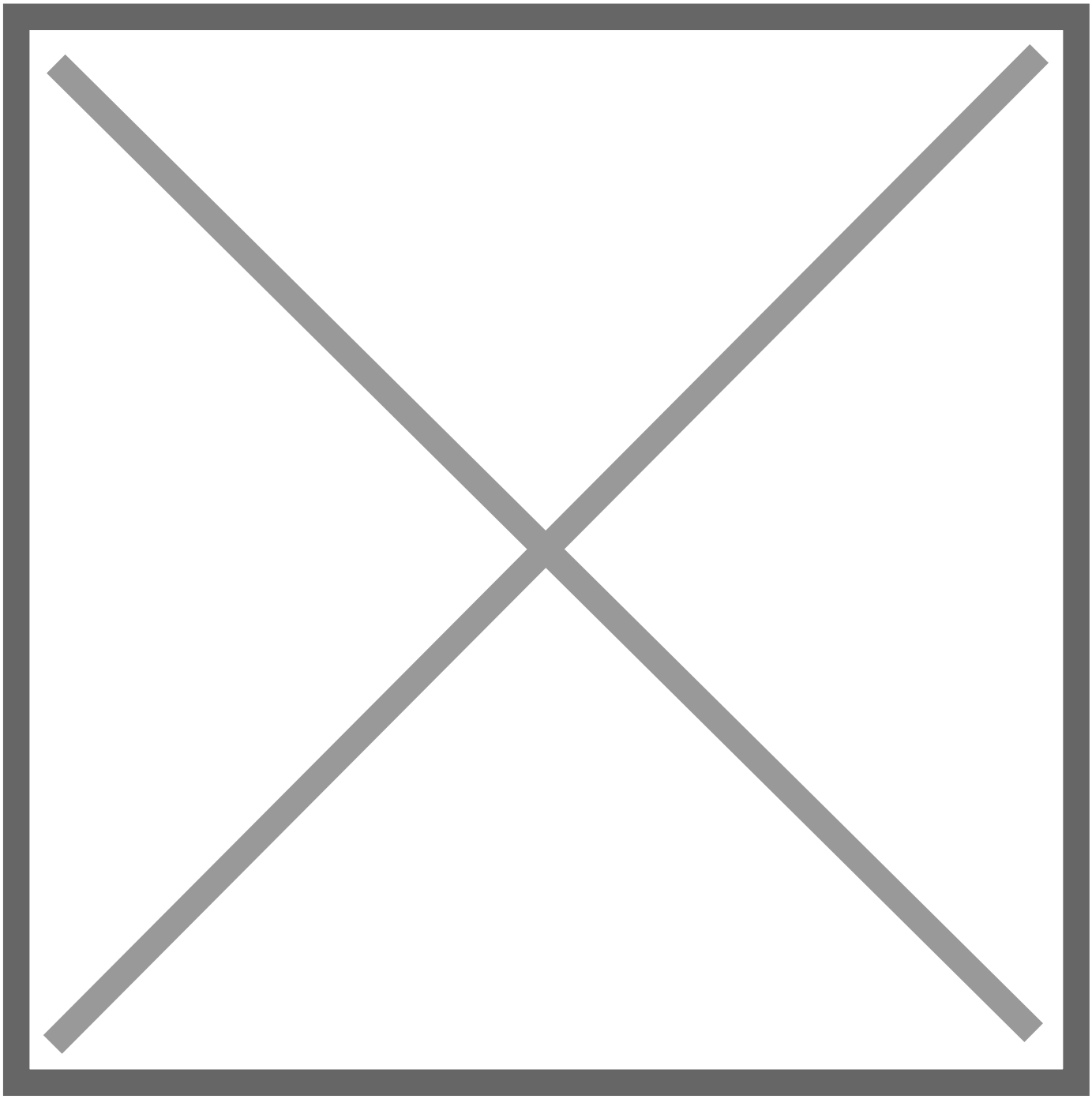


Sample size:	8601
References:	MICS: Enquête par grappes à indicateurs multiples (MICS5 2014-2015), Rapport final. Brazzaville, Congo : Institut National de la Statistique et UNICEF.
Notes:	UNICEF/WHO/World Bank Joint Child Malnutrition Estimates Expanded Database: Overweight (Survey Estimates), May 2023, 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

0-5 years, 2014-2015

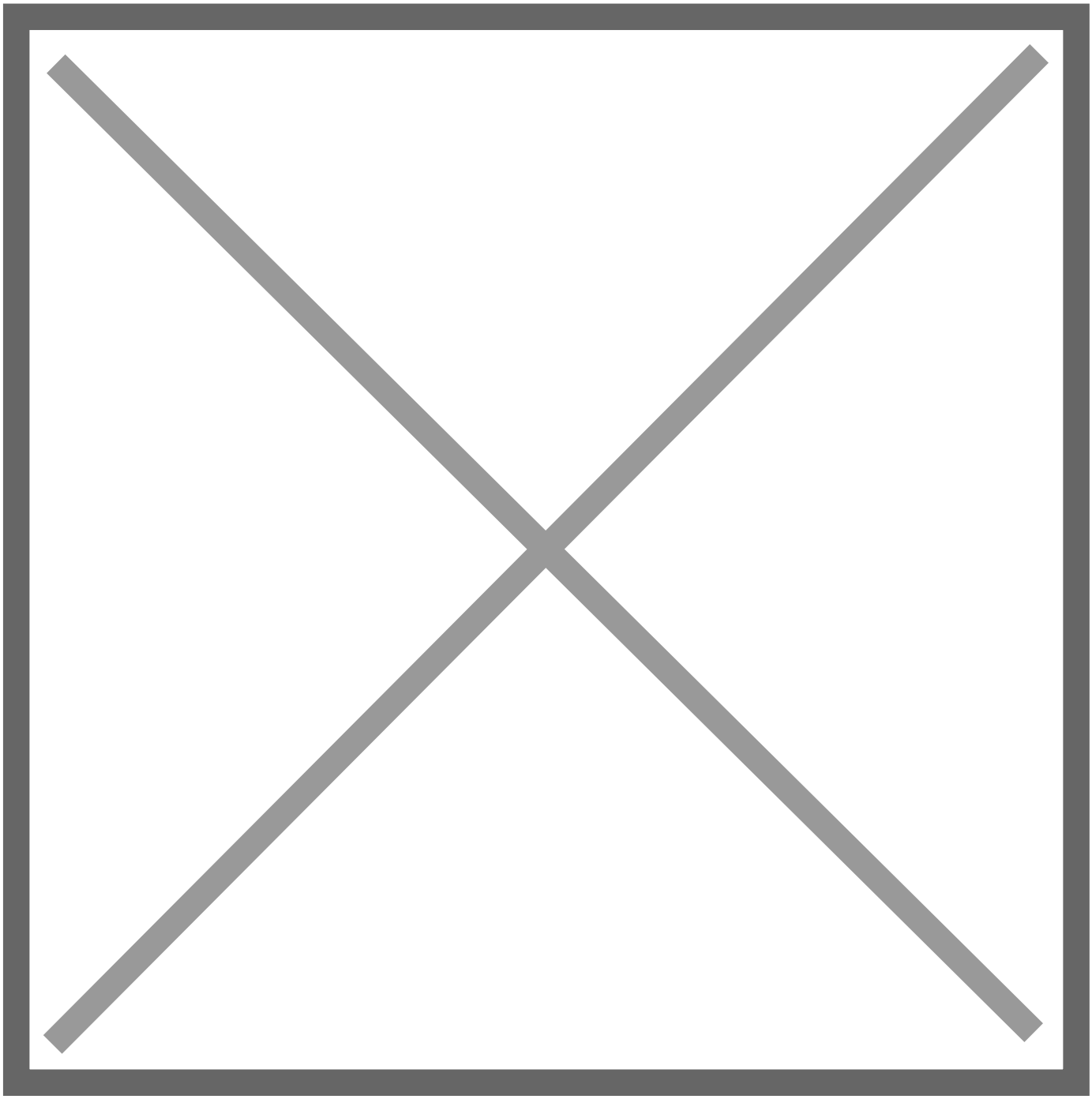


Sample size:	8601
References:	MICS: Enquête par grappes à indicateurs multiples (MICS5 2014-2015), Rapport final. Brazzaville, Congo : Institut National de la Statistique et UNICEF.
Notes:	UNICEF/WHO/World Bank Joint Child Malnutrition Estimates Expanded Database: Overweight (Survey Estimates), May 2023, 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

Double burden of underweight & obesity

0-5 years, 2014-2015

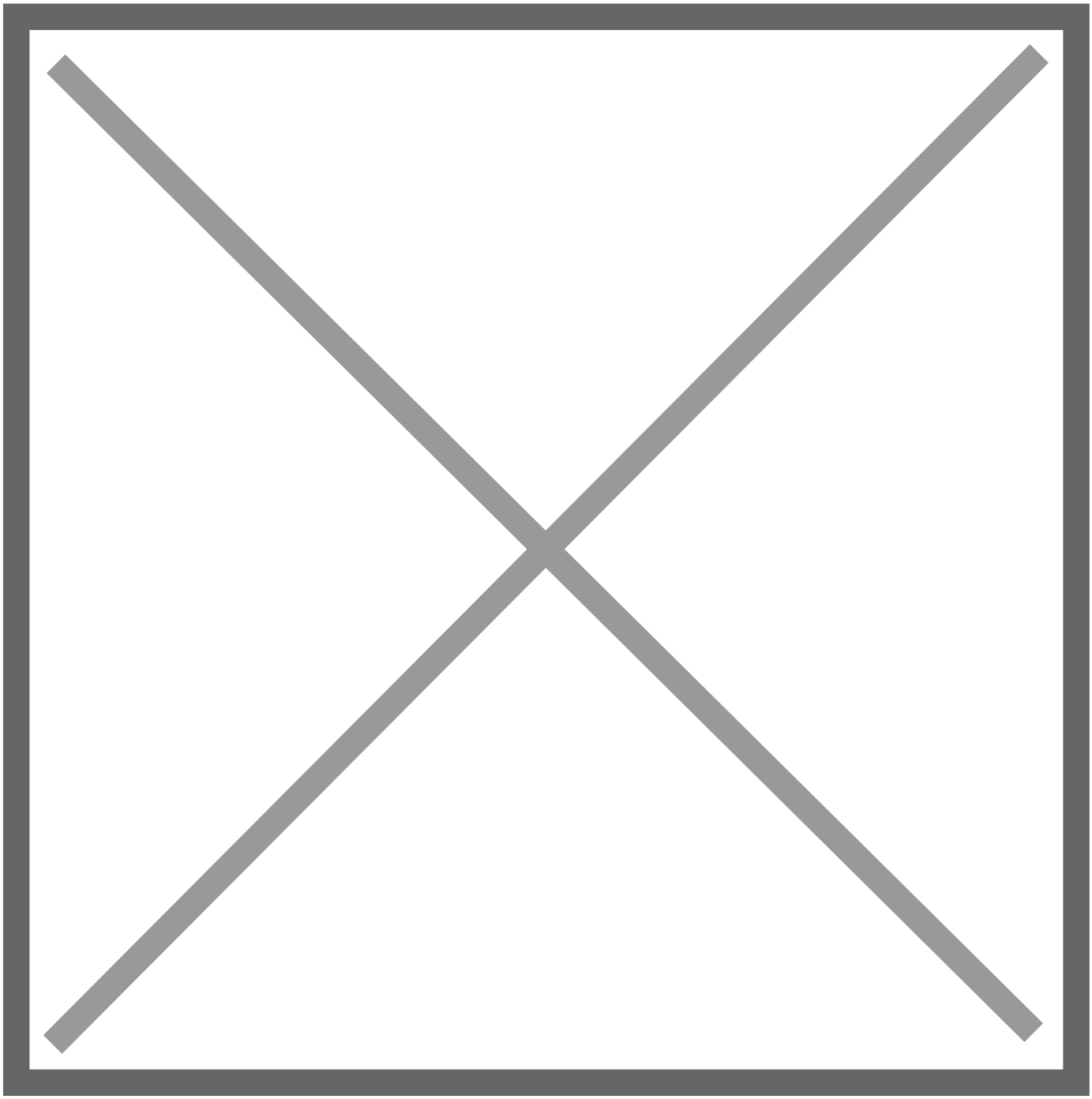


Survey type:	Measured
Age:	0-5
References:	United Nations Children's Fund, Division of Data, Analysis, Planning and Monitoring (2025). Global UNICEF Global Databases: Overlapping Stunting, Wasting and Overweight (Survey Estimates), 2025, New York. For more information, visit: https://data.unicef.org/topic/nutrition/malnutrition/ [Accessed 06.08.25]
Notes:	Enquête par grappes à indicateurs multiples (MICS5 2014-2015), Rapport final. Brazzaville, Congo : Institut National de la Statistique et UNICEF.

Definitions:	Combined percentage of children under 5 years of age who are either wasted, stunted, or overweight (falling below -2 standard deviations from the median weight-for-height, falling below -2 standard deviations from the median height for age, or falling at or above +2 standard deviations from the median weight-for-height of the reference population)
Cutoffs:	WHZ <-2, HAZ <-2 and WHZ >+2

% Infants exclusively breastfed 0-5 months

0-5 years, 2010-2024



Area covered:	National
References:	Enquête par grappes à indicateurs multiples (MICS5 2014-2015), Rapport final. Brazzaville, Congo : Institut National de la Statistique et UNICEF.
Notes:	Full details available at source: United Nations Children's Fund, Division of Data, Analysis, Planning and Monitoring (2025). Global UNICEF Global Databases: Infant and Young Child Feeding: Exclusive breastfeeding, New York, November 2025.

Definitions:	Infants 0-5 months of age who received only breast milk during the previous day. The definition allows for medicines, vitamins and oral re-hydration solution to have been given. These infants would not have received water-based liquids, milk based-liquids or food.

PDF created on October 12, 2026