Democratic Republic of Congo



Country report card - children

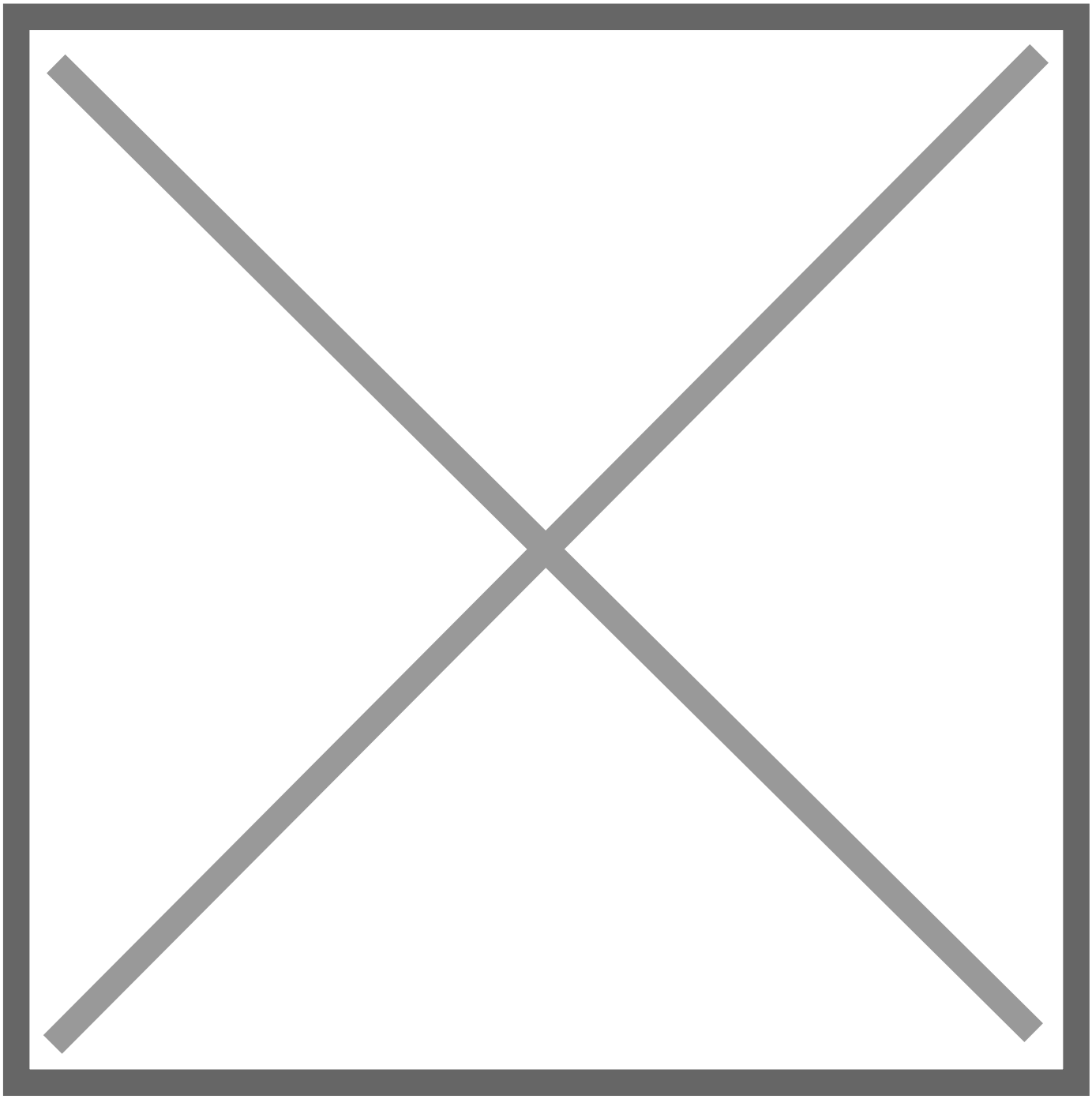
This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity for children, including adolescents (aged 5 to 18 years). Where available, data on common and relevant obesity drivers and comorbidities are also presented.

View the latest version of this report on the Global Obesity Observatory at https://data.worldobesity.org/country/democratic-republic-of-congo-48/.

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Obesity prevalence

Children, 2023-2024

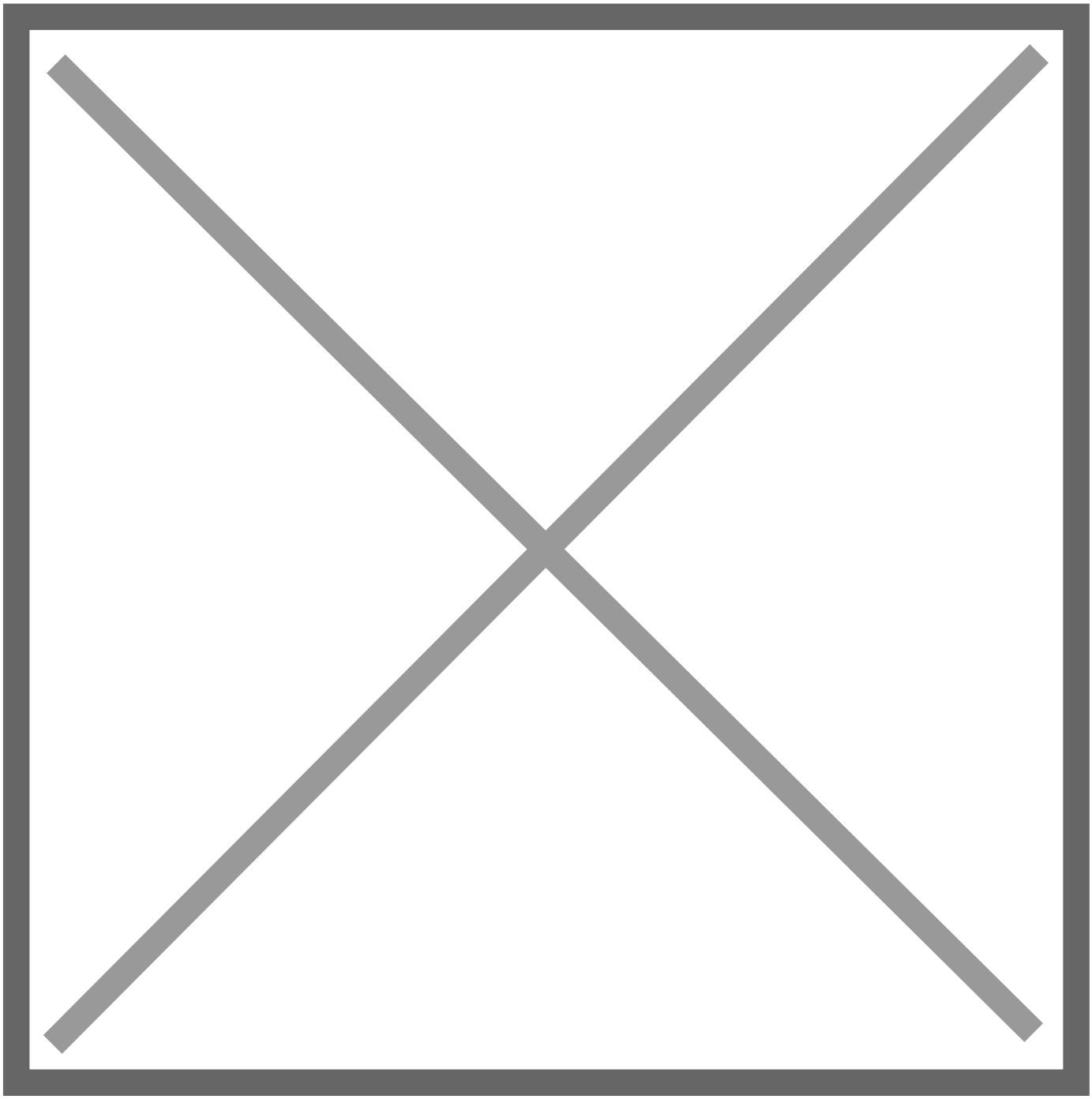


Survey type:	Measured
Age:	15-19
Sample size:	6,025
Area covered:	National
References:	RDC-Institut National de la Statistique, École de Santé Publique de Kinshasa et ICF. 2024. Enquête Démographique et de Santé de République Démocratique du Congo 2023–2024 : Rapport final. Kinshasa, RDC et Rockville, Maryland, USA : ICF. https://dhsprogram.com/publications/publication-FR393-DHS-Final-Reports.cfm [Accessed 21.08.25]

Notes:	NB. Combined data estimated. These estimates were calculated by weighting male and female survey results. Weighting based on World Bank Population % total female 2024 (https://data.worldbank.org/indicator/SP.POP.TOTL.FE.ZS - accessed 21.08.25)
Cutoffs:	WHO 2007

Overweight/obesity by education

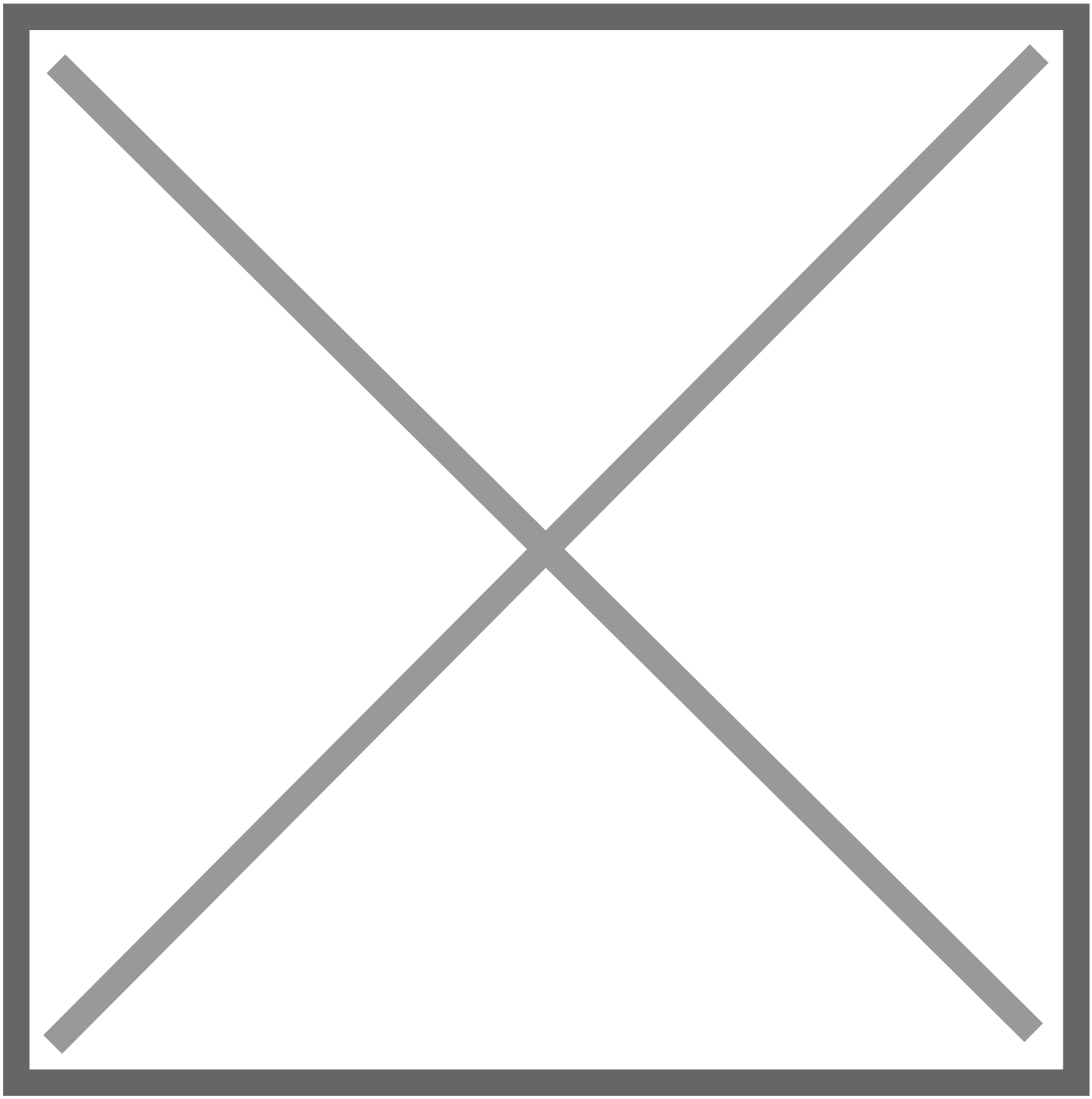
Boys, 2023-2024



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Sample size:	6,025
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References:	RDC-Institut National de la Statistique, École de Santé Publique de Kinshasa et ICF. 2024. Enquête Démographique et de Santé de République Démocratique du Congo 2023–2024 : Rapport final. Kinshasa, RDC et Rockville, Maryland, USA : ICF. https://dhsprogram.com/publications/publication-FR393-DHS-Final-Reports.cfm [Accessed 21.08.25]
Cutoffs:	WHO 2007

Girls, 2023-2024

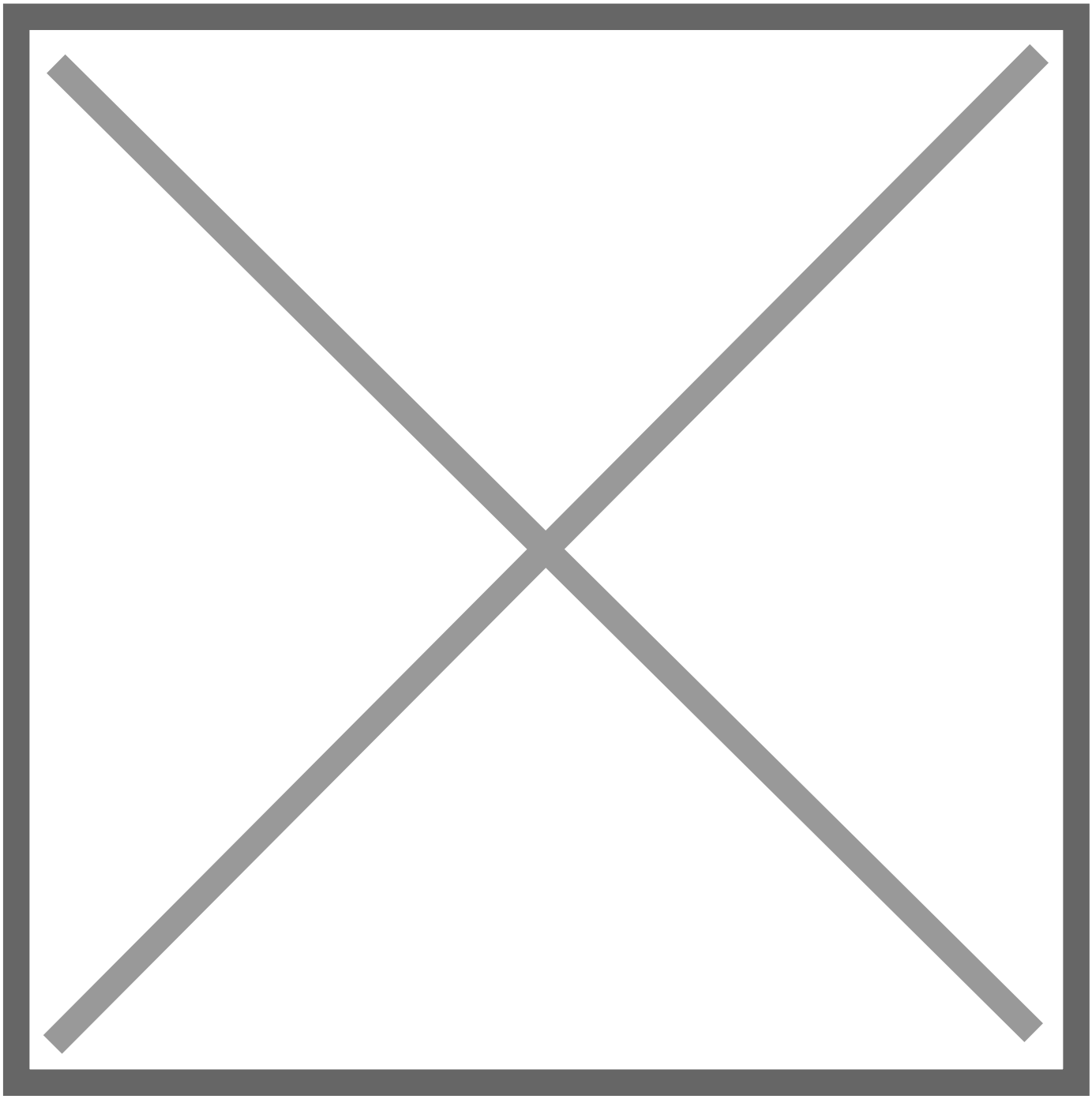


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Cutoffs:	WHO 2007

Overweight/obesity by region

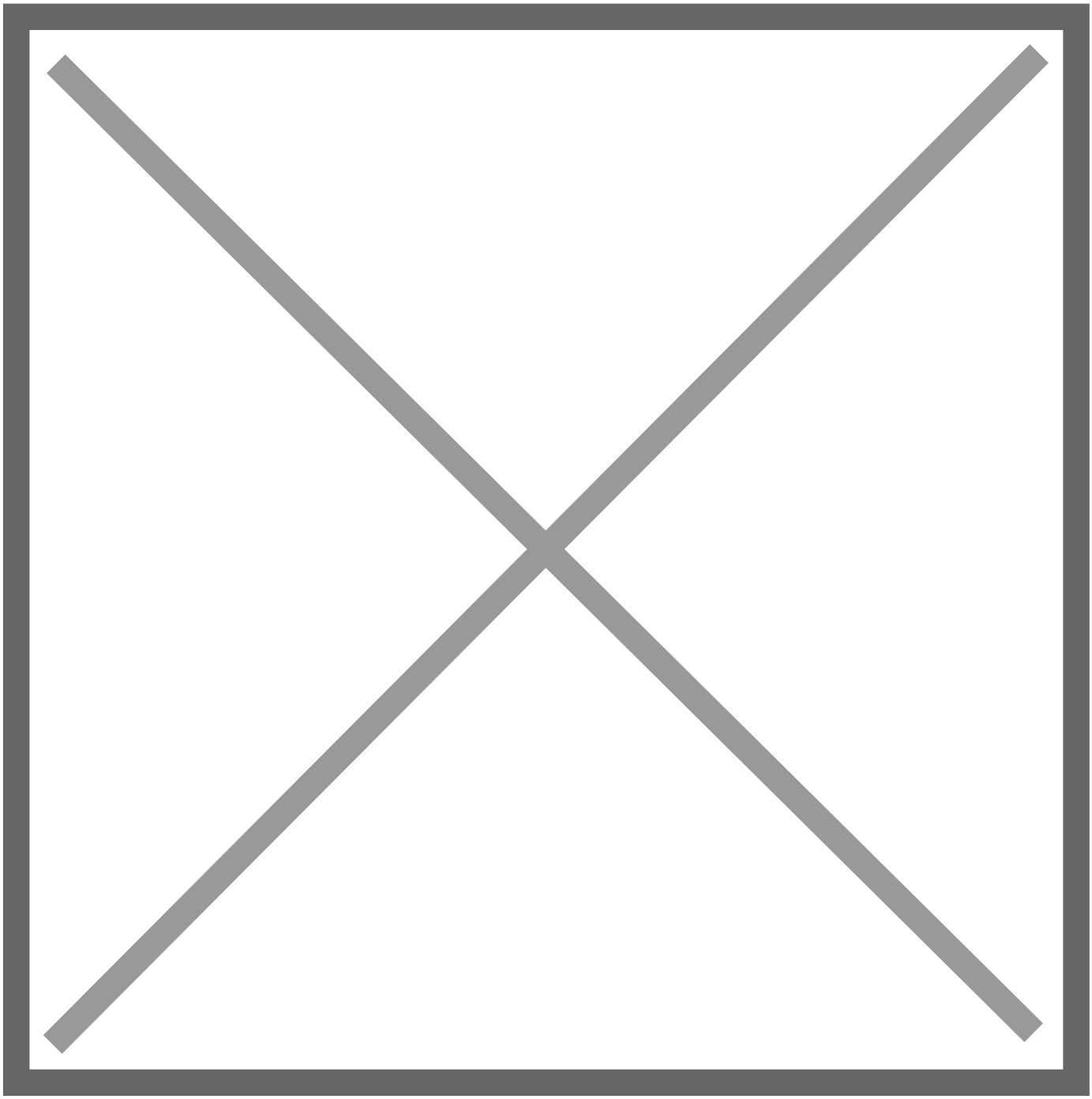
Boys, 2023-2024



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Cutoffs:	WHO 2007

Girls, 2023-2024

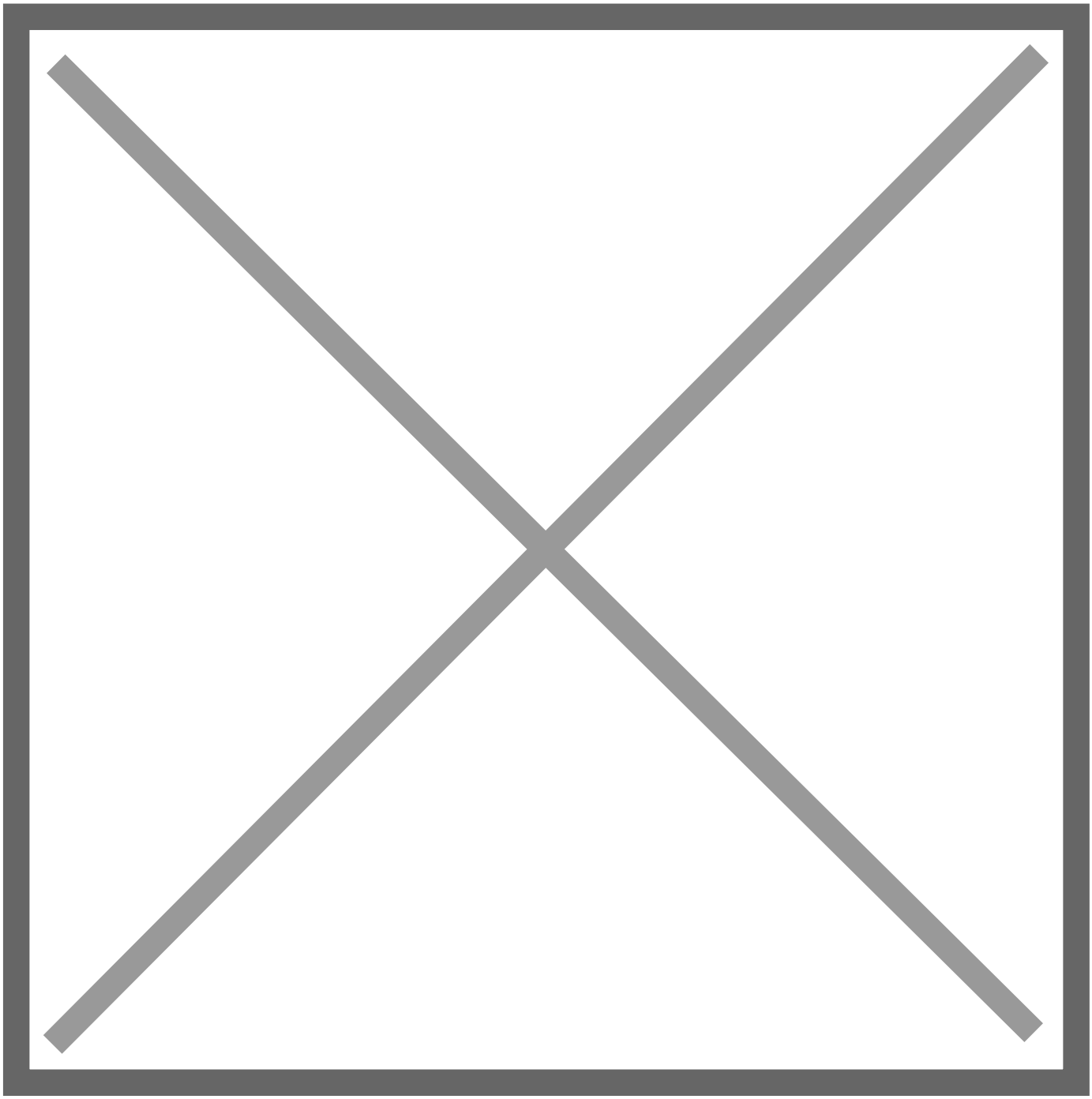


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Cutoffs:	WHO 2007

Overweight/obesity by socio-economic group

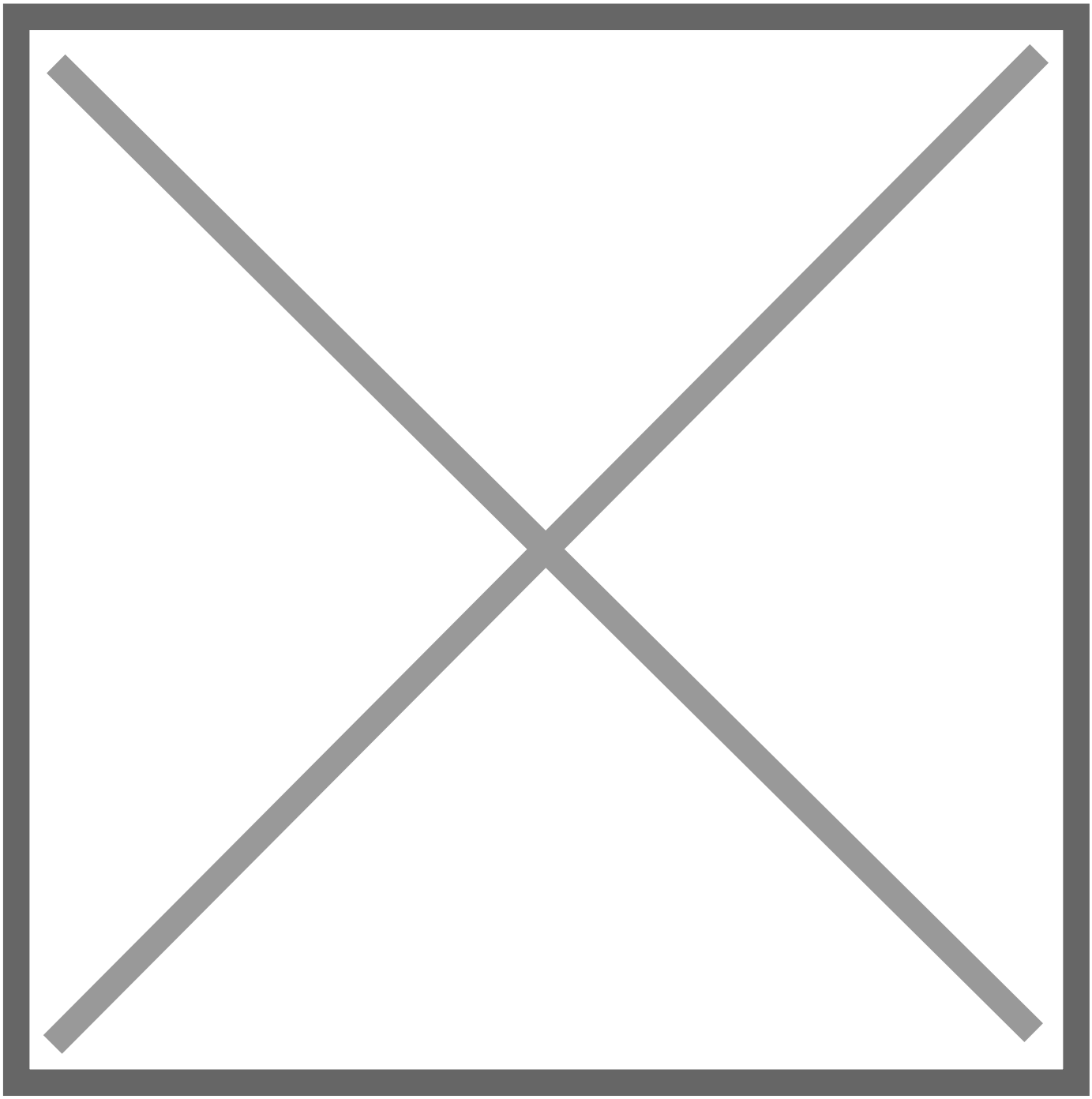
Boys, 2023-2024



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Cutoffs:	WHO 2007

Girls, 2023-2024

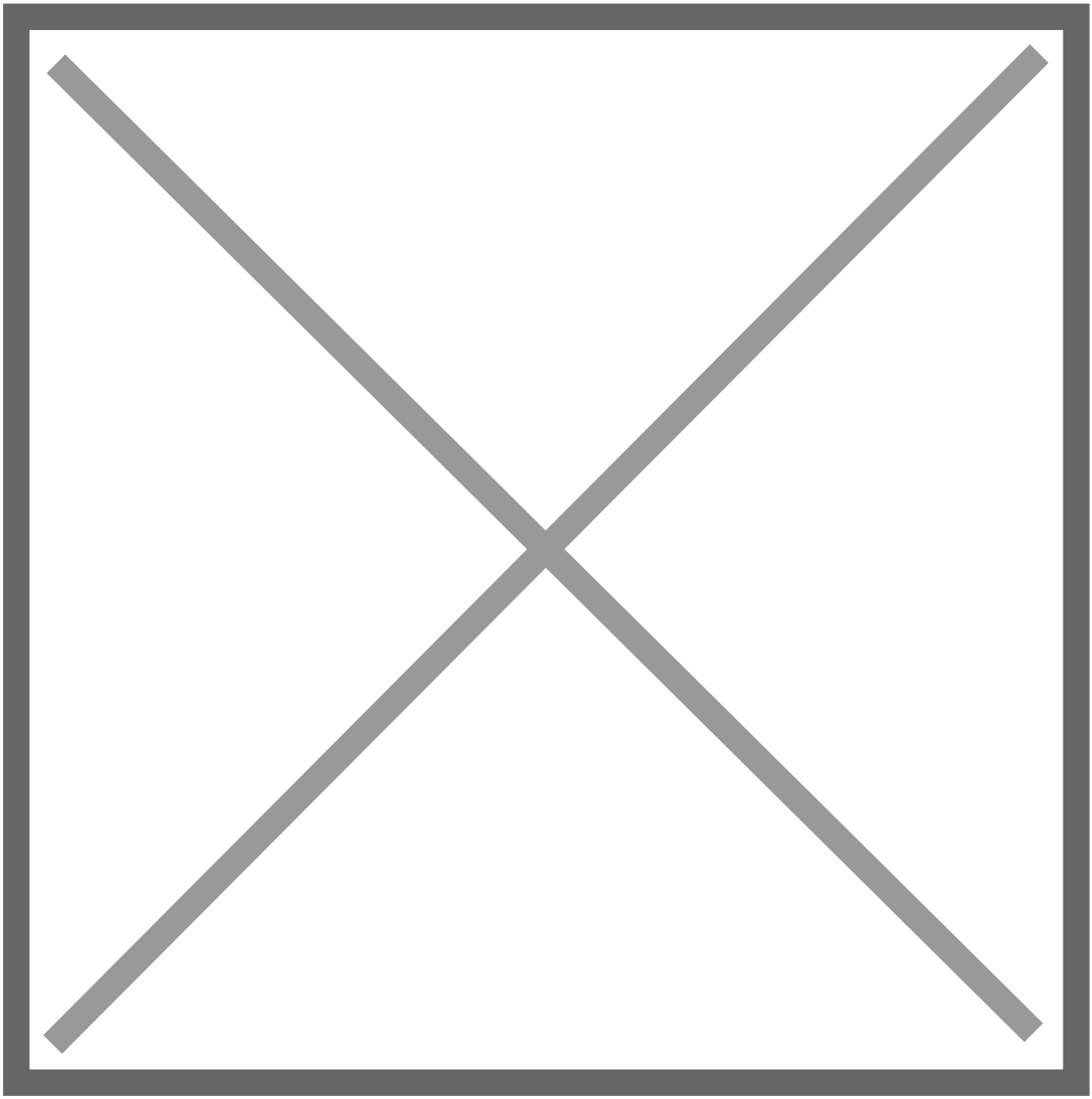


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Cutoffs:	WHO 2007

Double burden of underweight & obesity

Children, 2022

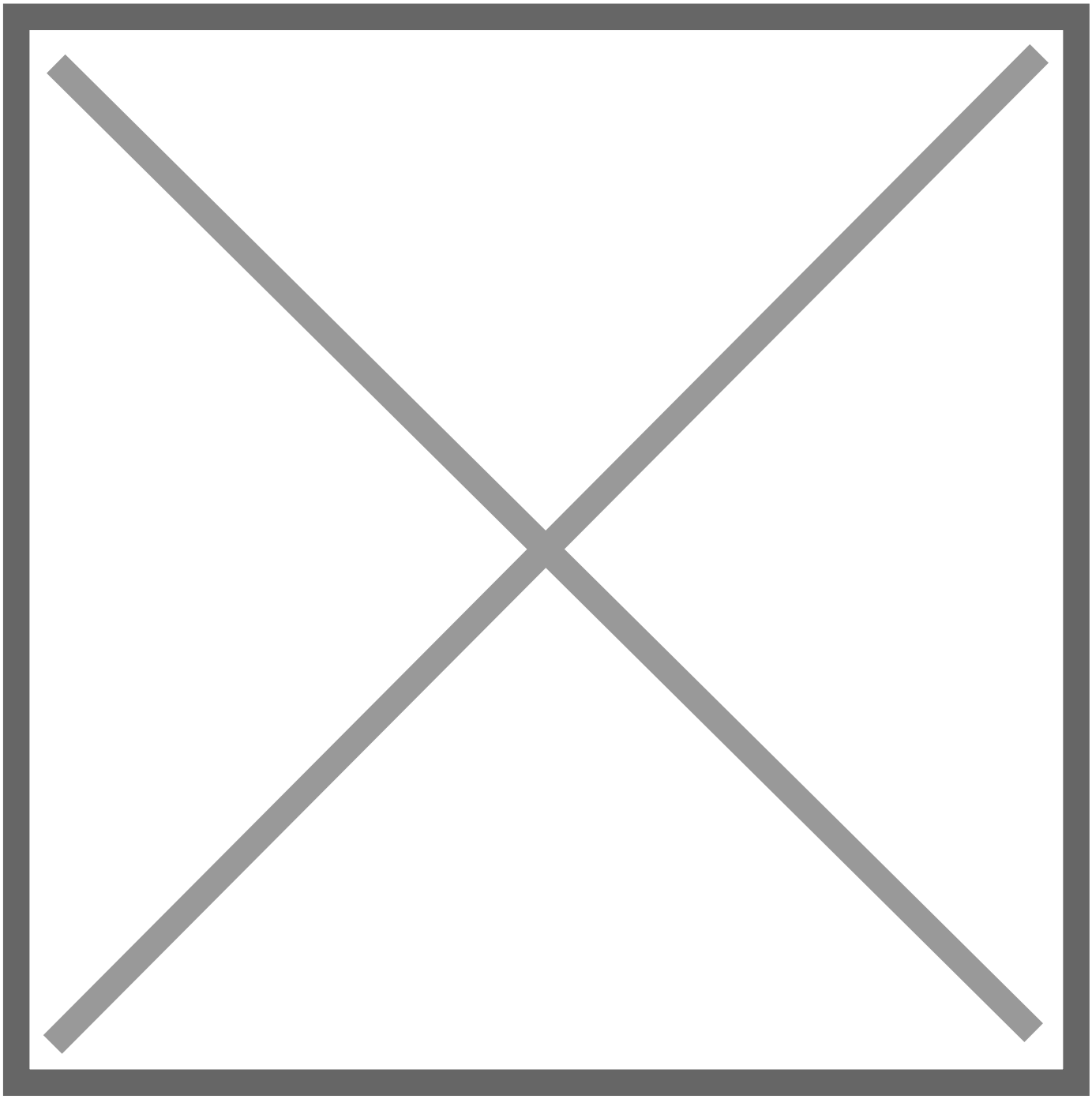


Survey type:	Measured
Age:	5-19
References:	NCD Risk Factor Collaboration (NCD-RisC). Worldwide trends in underweight and obesity from 1990 to 2022: a pooled analysis of 3663 population representative studies with 222 million children, adolescents, and adults. Lancet 2024; published online Feb 29. https://doi.org/10.1016/S0140-6736(23)02750-2.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

Definitions:	Combined prevalence of BMI < -2SD and BMI > 2SD (double burden of thinness and obesity)
Cutoffs:	BMI < -2SD and BMI > 2SD

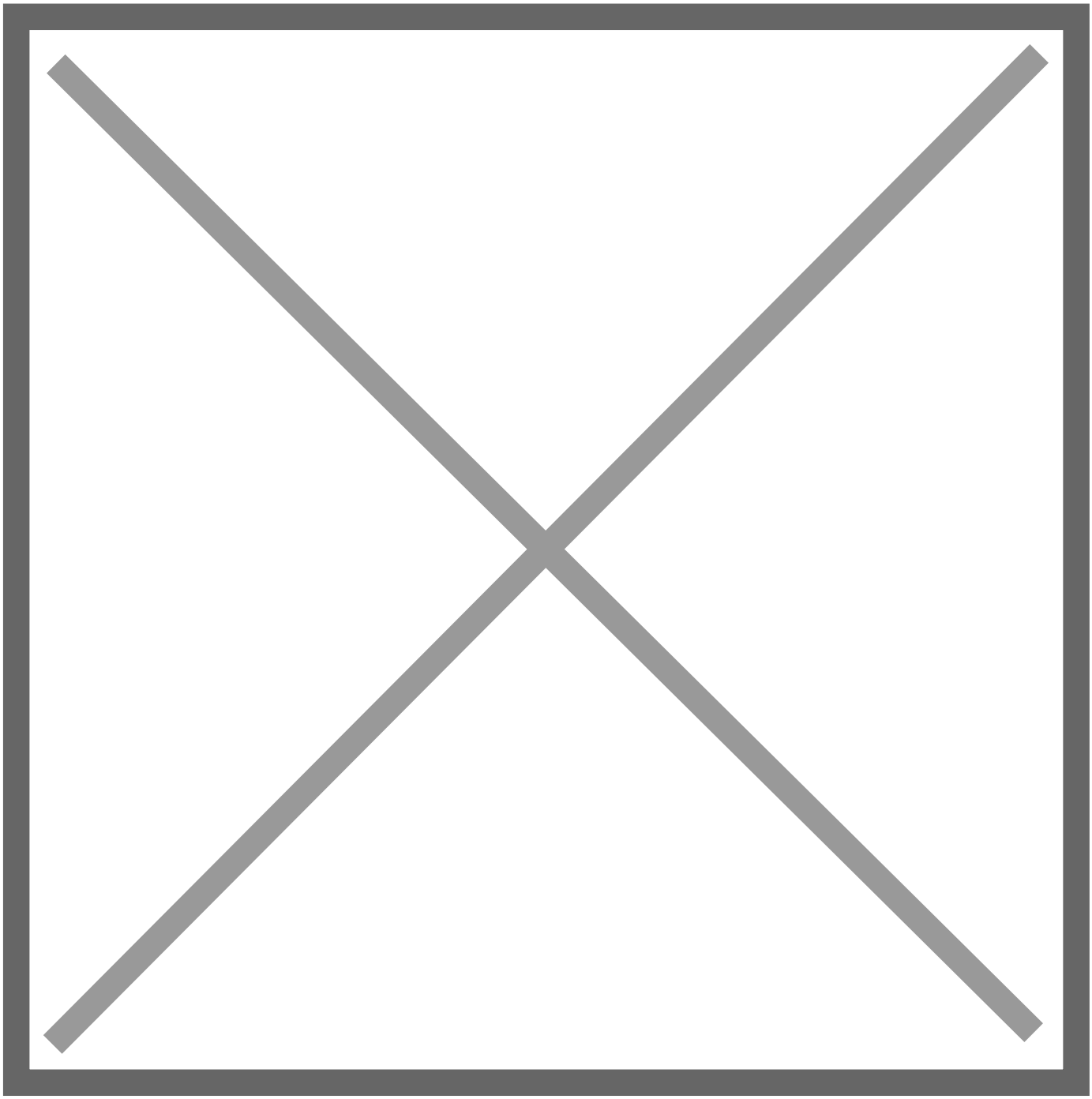
Mental health - depression disorders

Children, 2023



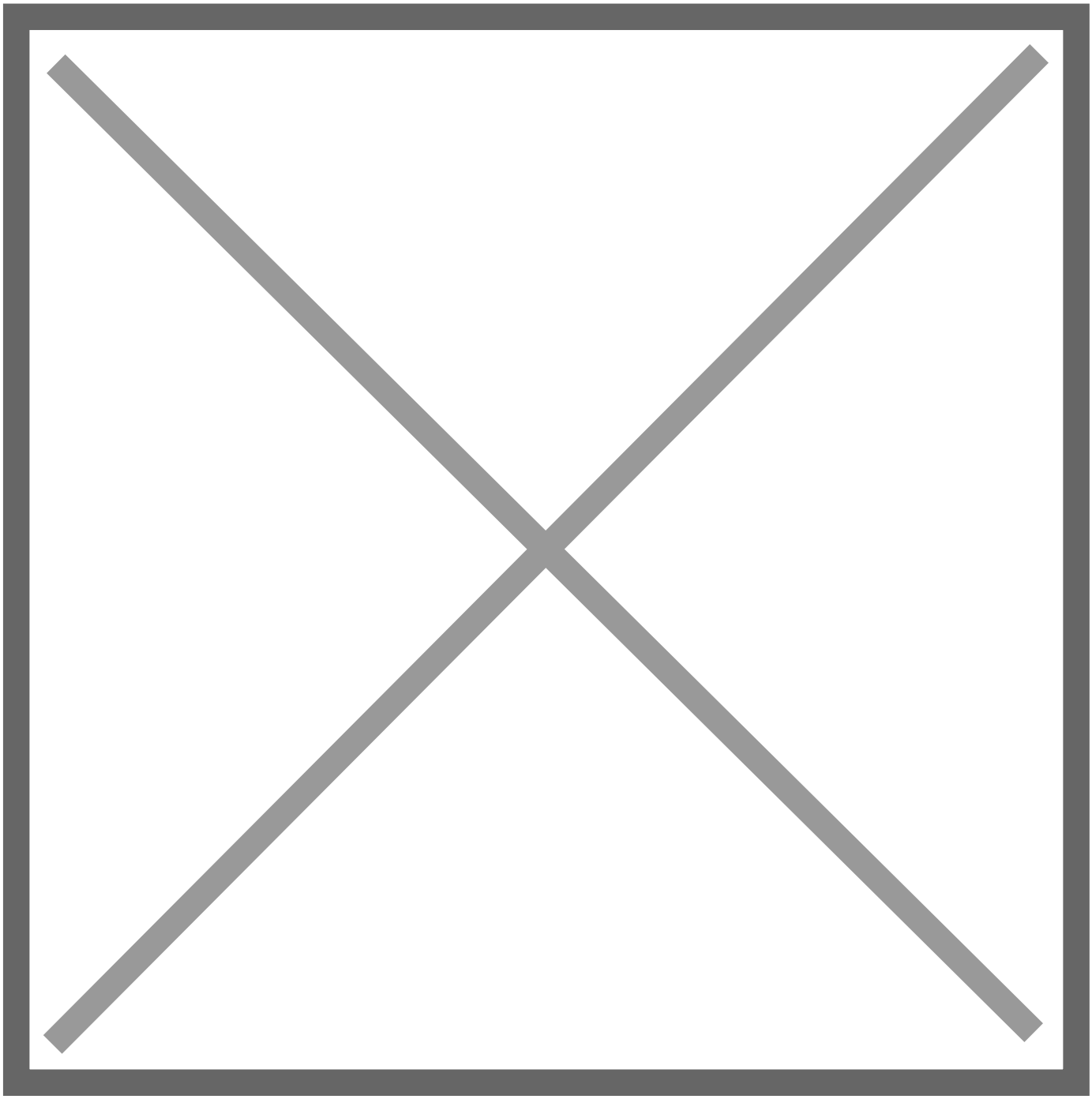
Area covered:	National
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from https://vizhub.healthdata.org/gbd-compare/ [Accessed 17.03.26]
Definitions:	Estimated number living with depressive disorders per 100,000 population (under 20 years of age)

Boys, 2023



Area covered:	National
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from https://vizhub.healthdata.org/gbd-compare/ [Accessed 17.03.26]
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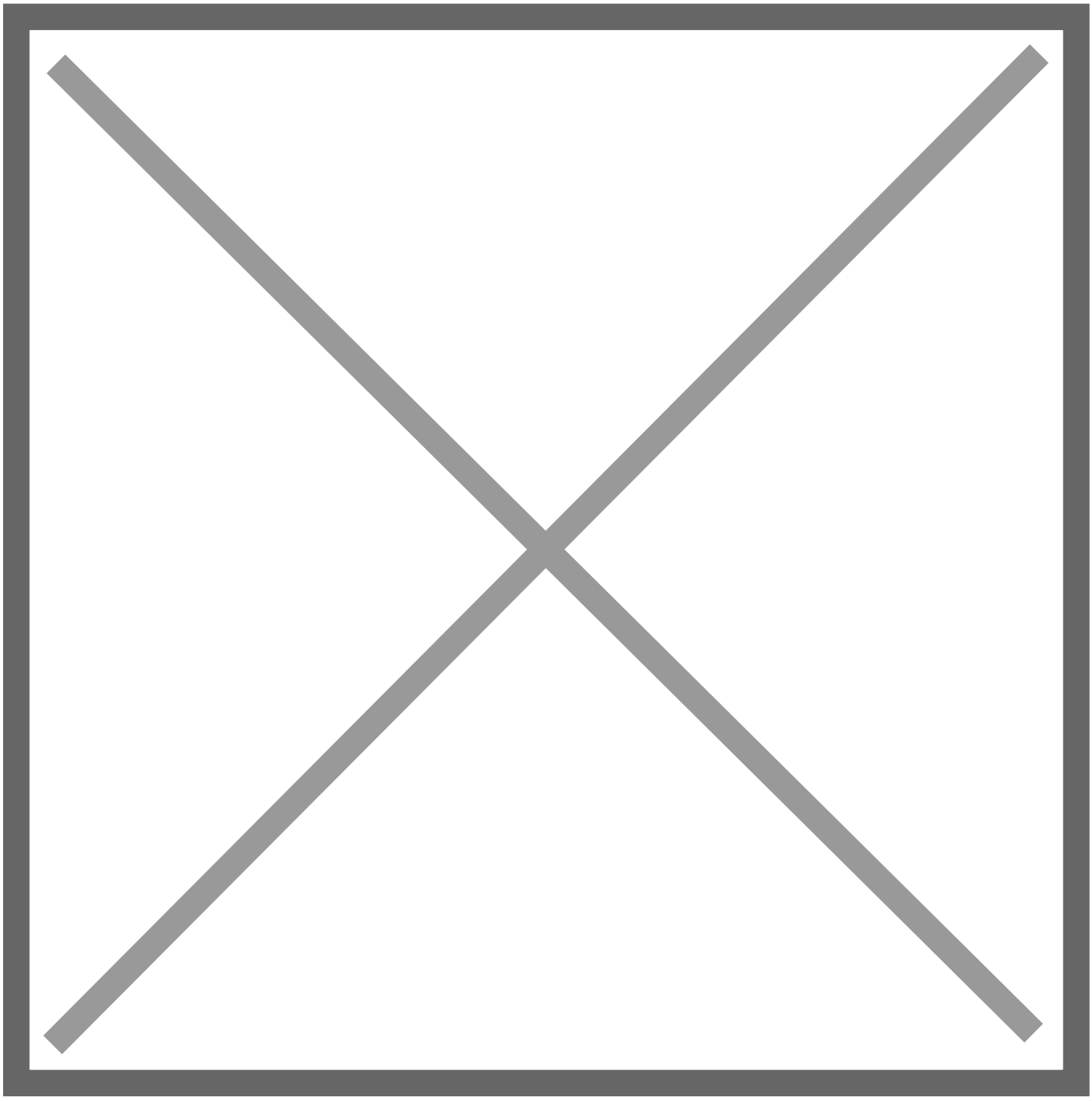
Girls, 2023



Area covered:	National
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from https://vizhub.healthdata.org/gbd-compare/ [Accessed 17.03.26]
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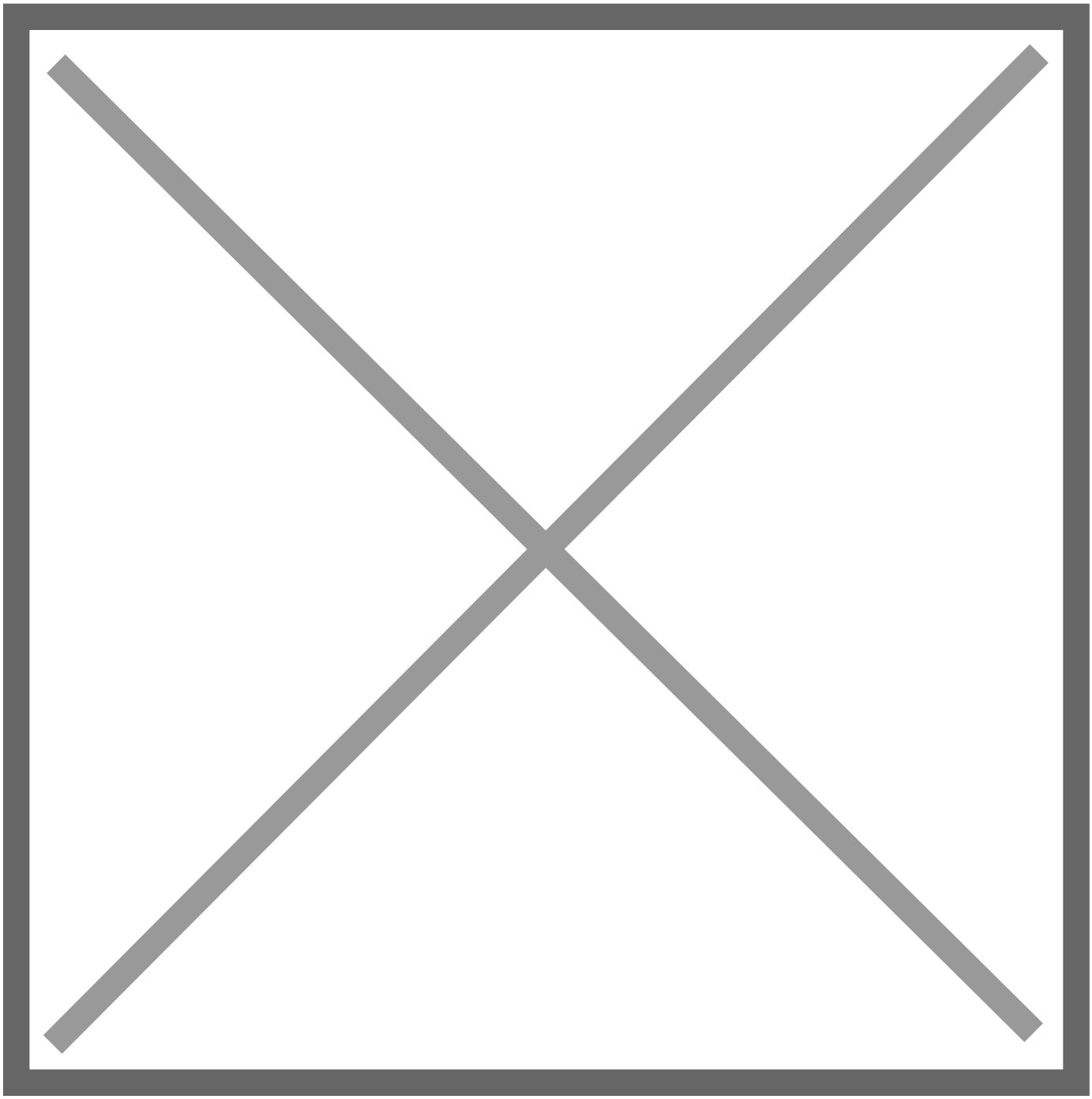
Mental health - anxiety disorders

Children, 2023



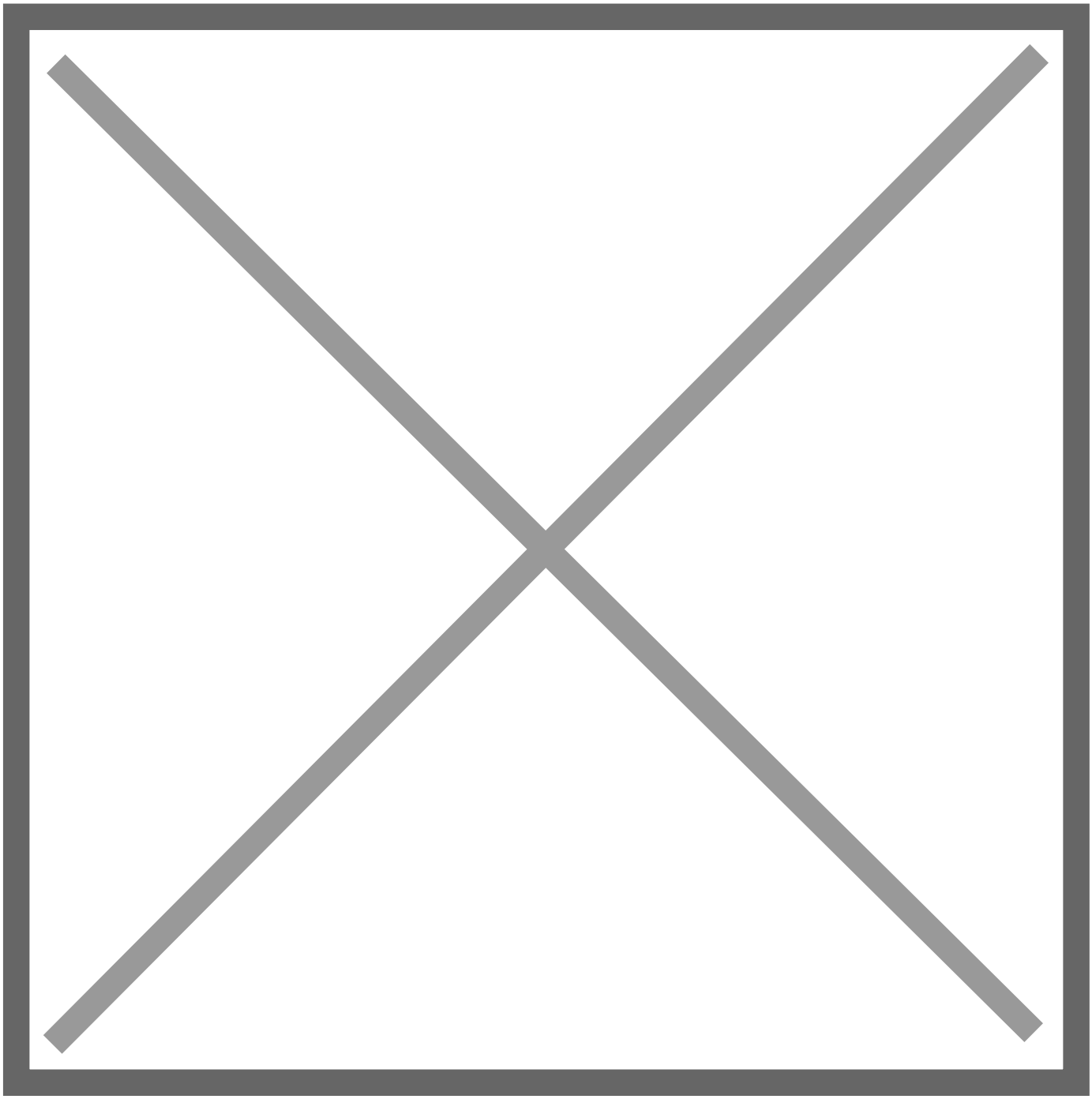
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Definitions:	Estimated number living with anxiety disorders per 100,000 population (under 20 years of age)

Boys, 2023



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Girls, 2023



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PDF created on November 4, 2026