Democratic Republic of Congo



Country report card - under-5s

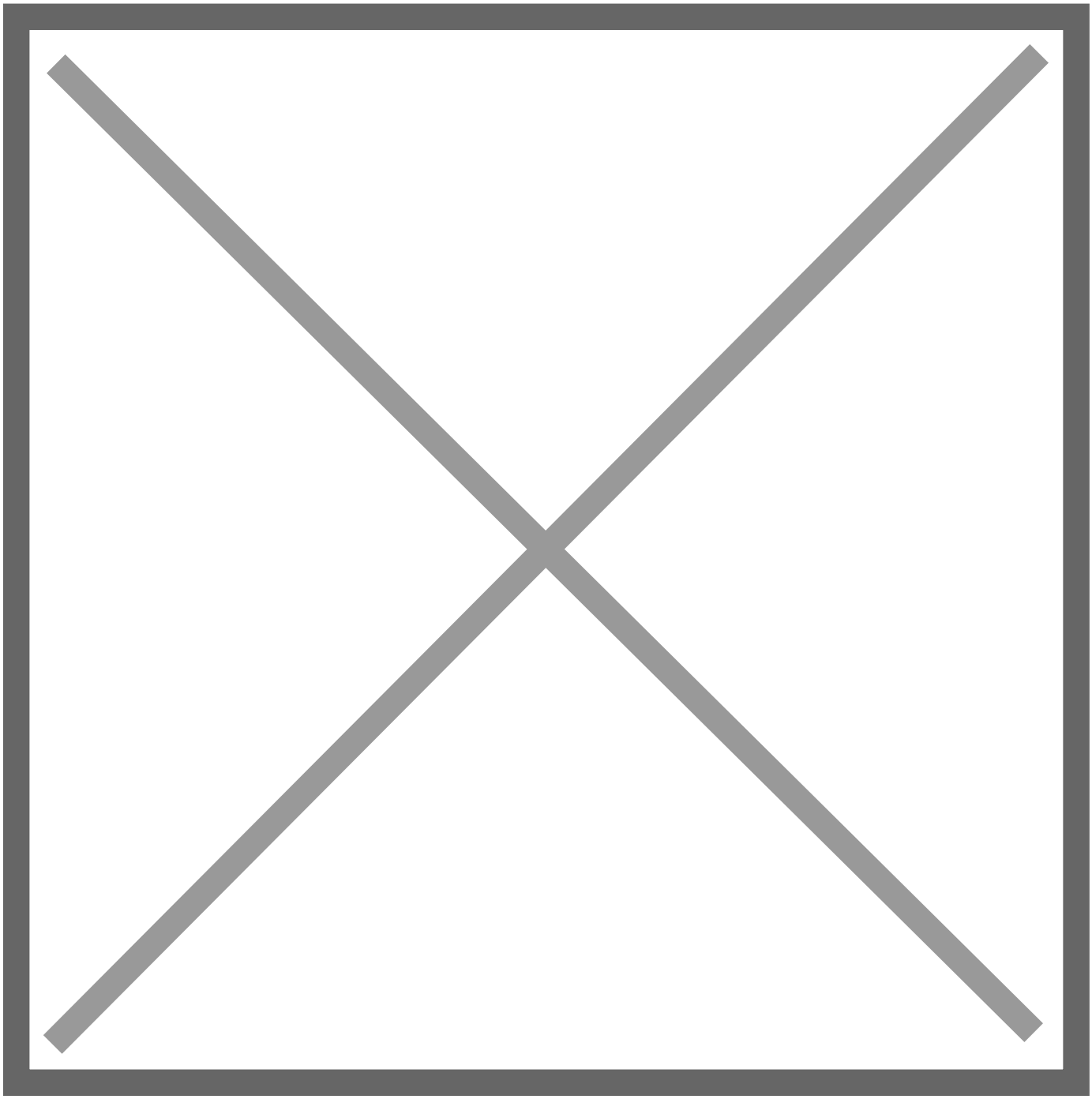
This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity for children under 5. Where available, data on common and relevant obesity drivers and comorbidities are also presented.

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

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Obesity prevalence

0-5 years, 2023-2024

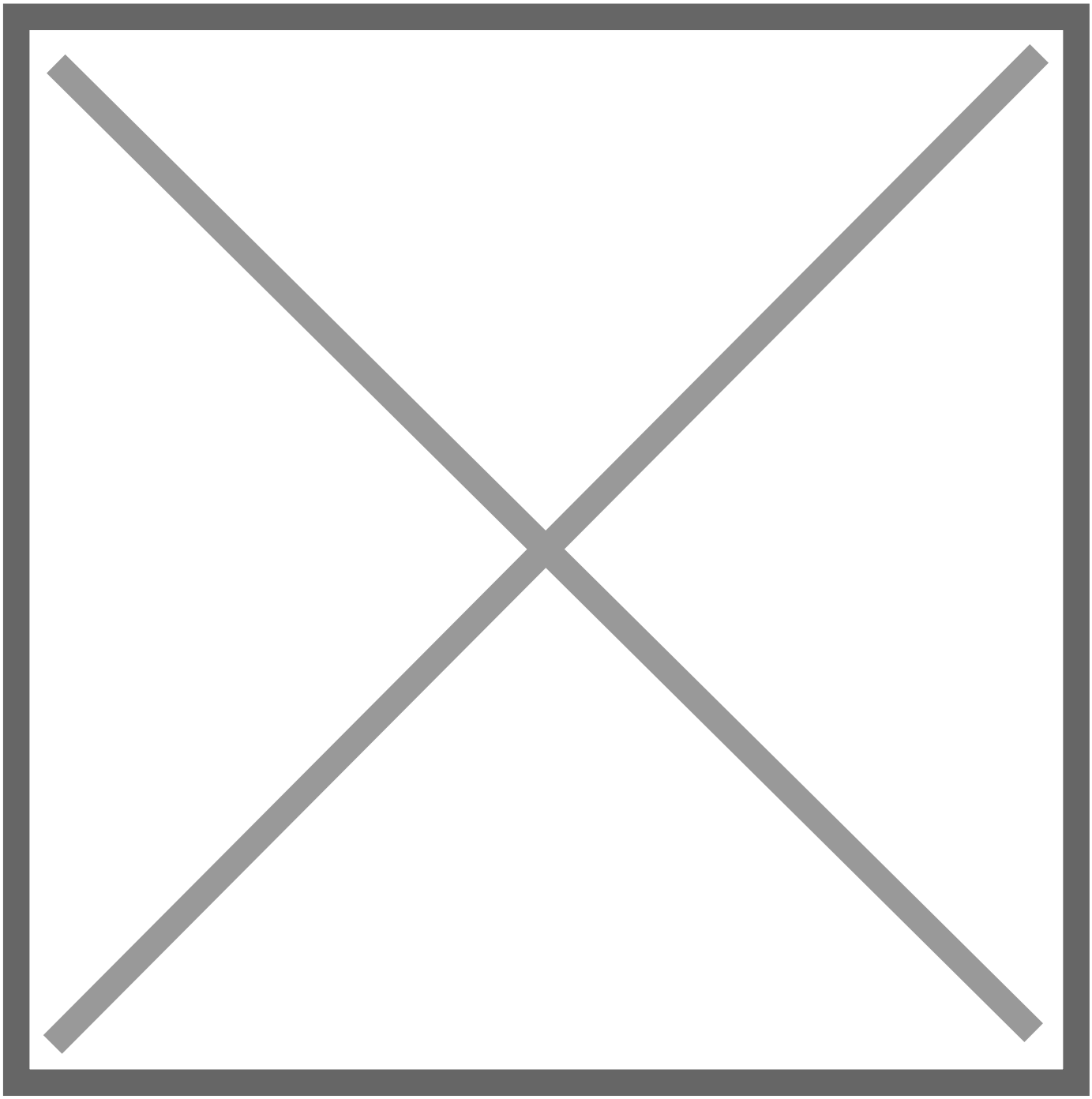


Survey type:	Measured
Age:	0-5
Sample size:	11523
Area covered:	National
References:	Enquête Démographique et de Santé EDS-RDC III 2023–24

Notes:	UNICEF/WHO/World Bank Joint Child Malnutrition Estimates Expanded Database: Overweight estimates: National and Disaggregated, July 2025, New York. Weighted sample size. For more information, please consult https://data.unicef.org/resources/jme/.
Definitions:	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.
Cutoffs:	=>+2SD

Overweight/obesity by education

0-5 years, 2017-2018

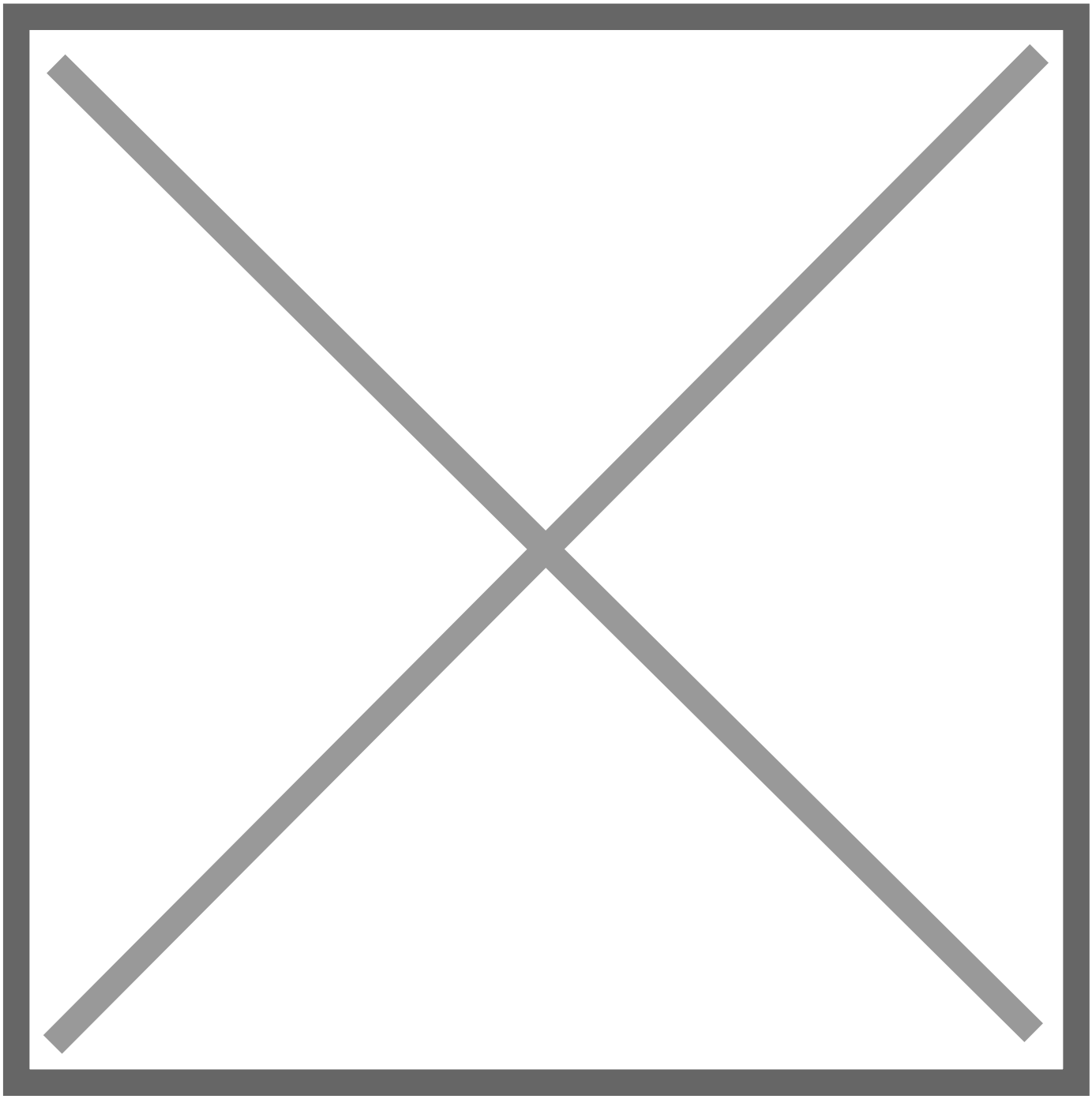


Survey type:	Measured
Sample size:	21147
Area covered:	National
References:	INS, Enquete par grappes a indicateurs mulitiples, 2017-18, rapport de resultats de l'enquete. Kinshasa, Republique Democratigue du Congo
Notes:	Infants Only

Definitions:	+2SD, +3SD Overweight presented does not include obesity
Cutoffs:	Other

Overweight/obesity by region

0-5 years, 2017-2018

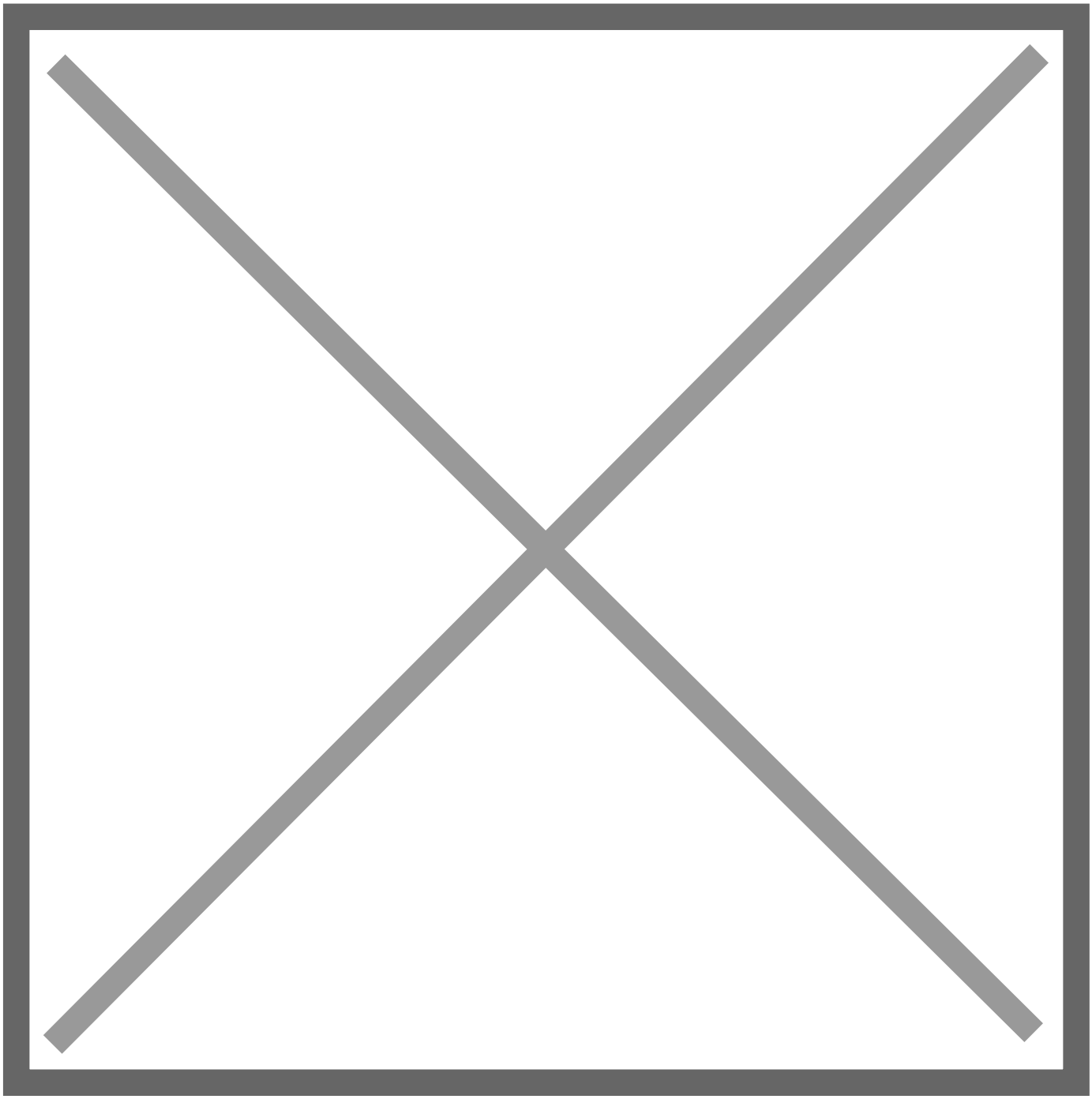


Survey type:	Measured
Sample size:	21147
Area covered:	National
References:	INS, Enquete par grappes a indicateurs mulitiples, 2017-18, rapport de resultats de l'enquete. Kinshasa, Republique Democratigue du Congo
Notes:	Infants only

Definitions:	2+SD, 3+SD Overweight displayed excludes obesity
Cutoffs:	Other

Overweight/obesity by socio-economic group

0-5 years, 2017-2018

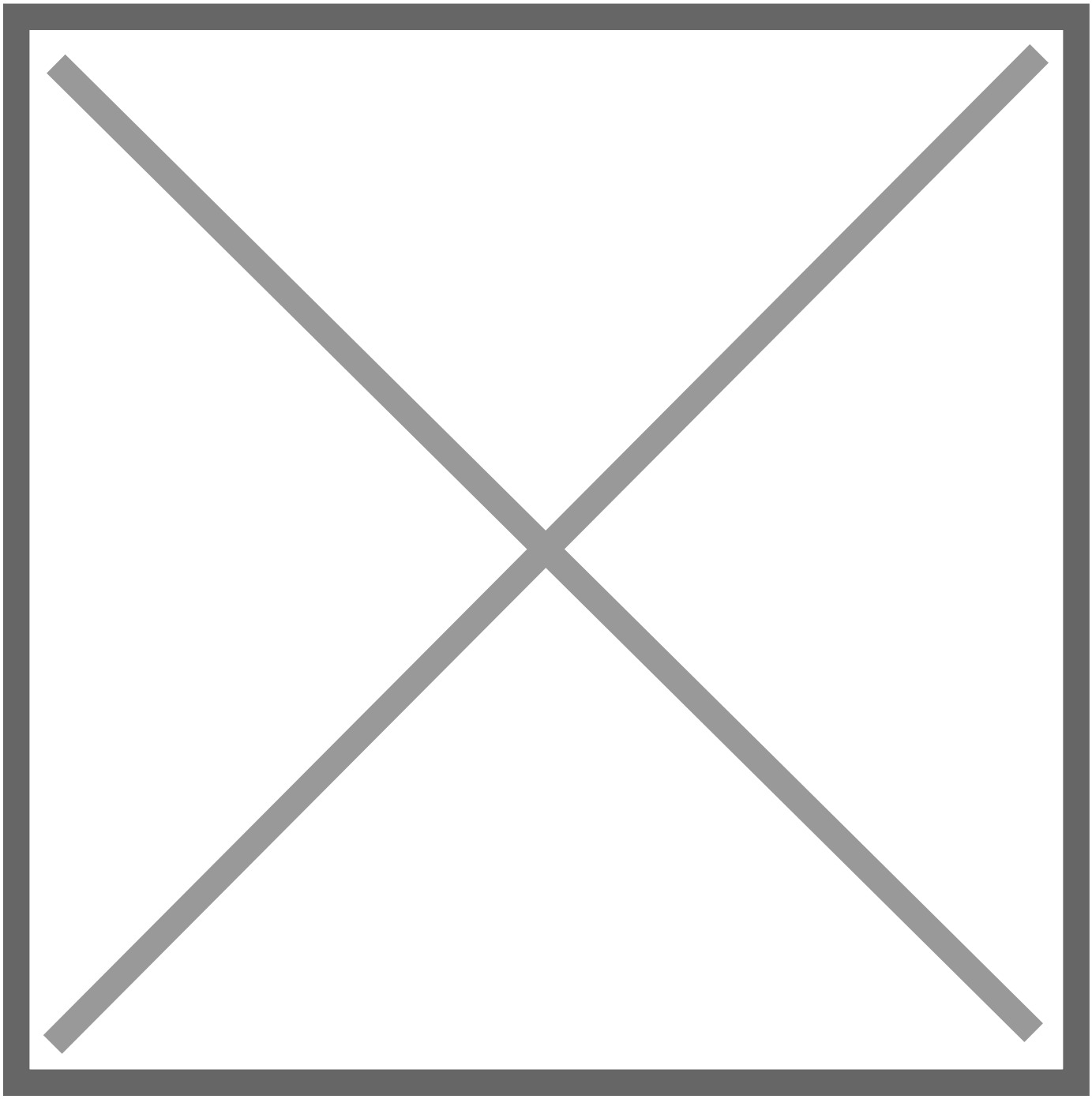


Sample size:	21147
References:	MICS: Enquête par grappes à indicateurs multiples, 2017-2018, rapport de résultats de l'enquête. Kinshasa, République Démocratique du Congo
Notes:	UNICEF/WHO/World Bank Joint Child Malnutrition Estimates Expanded Database: Overweight (Survey Estimates), May 2023, New York. 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, 2017-2018

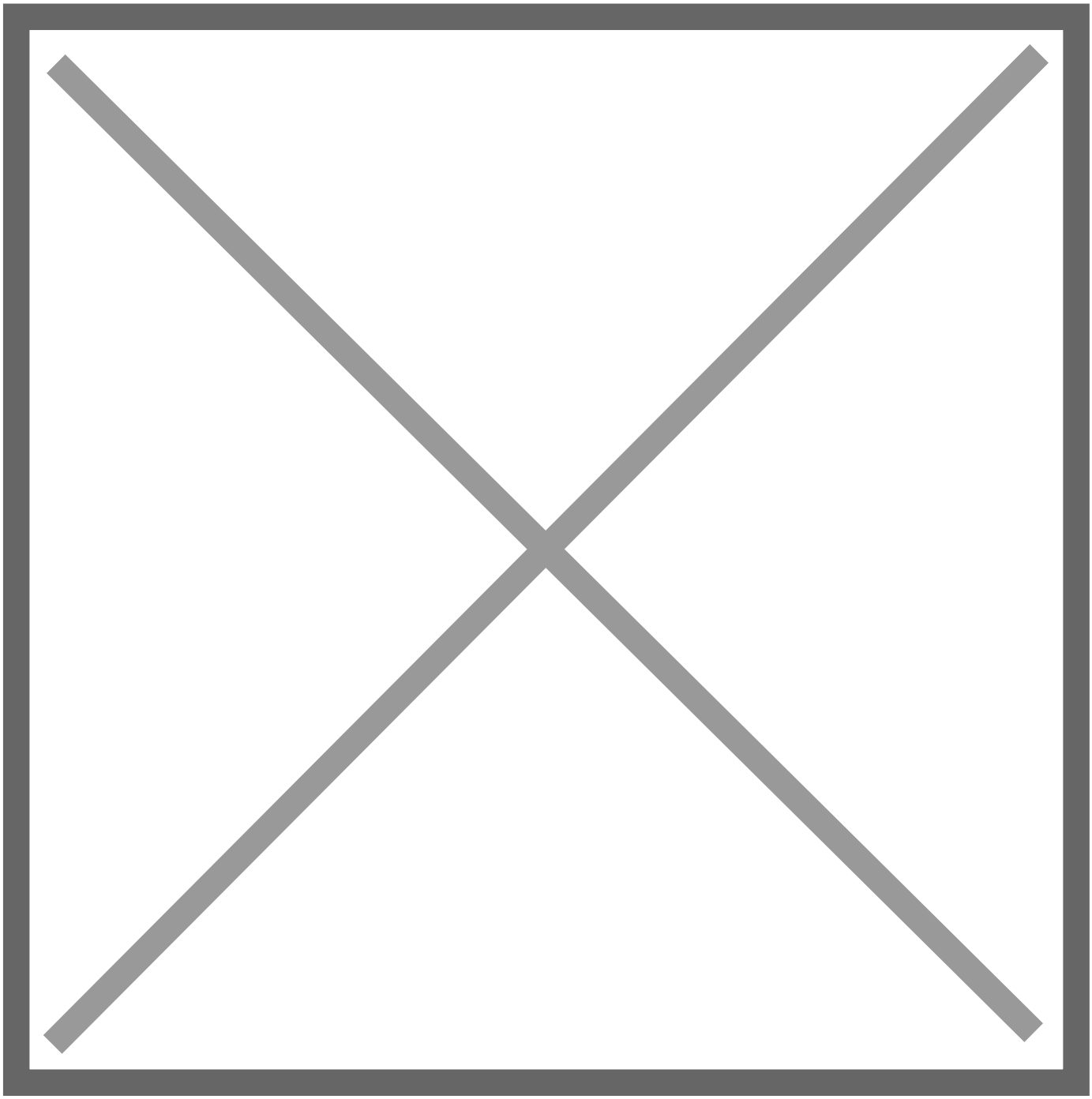


Survey type:	Measured
Age:	0-5
References:	United Nations Children's Fund, Division of Data, Analysis, Planning and Monitoring (2025). Global UNICEF Global Databases: Overlapping Stunting, Wasting and Overweight (Survey Estimates), 2025, New York. For more information, visit: https://data.unicef.org/topic/nutrition/malnutrition/ [Accessed 06.08.25]
Notes:	Enquête par grappes à indicateurs multiples, 2017-2018, rapport de résultats de l'enquête. Kinshasa, République Démocratique du Congo

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 Démographique et de Santé EDS-RDC III 2023–24
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.

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