



# Egypt



## Country report card - children

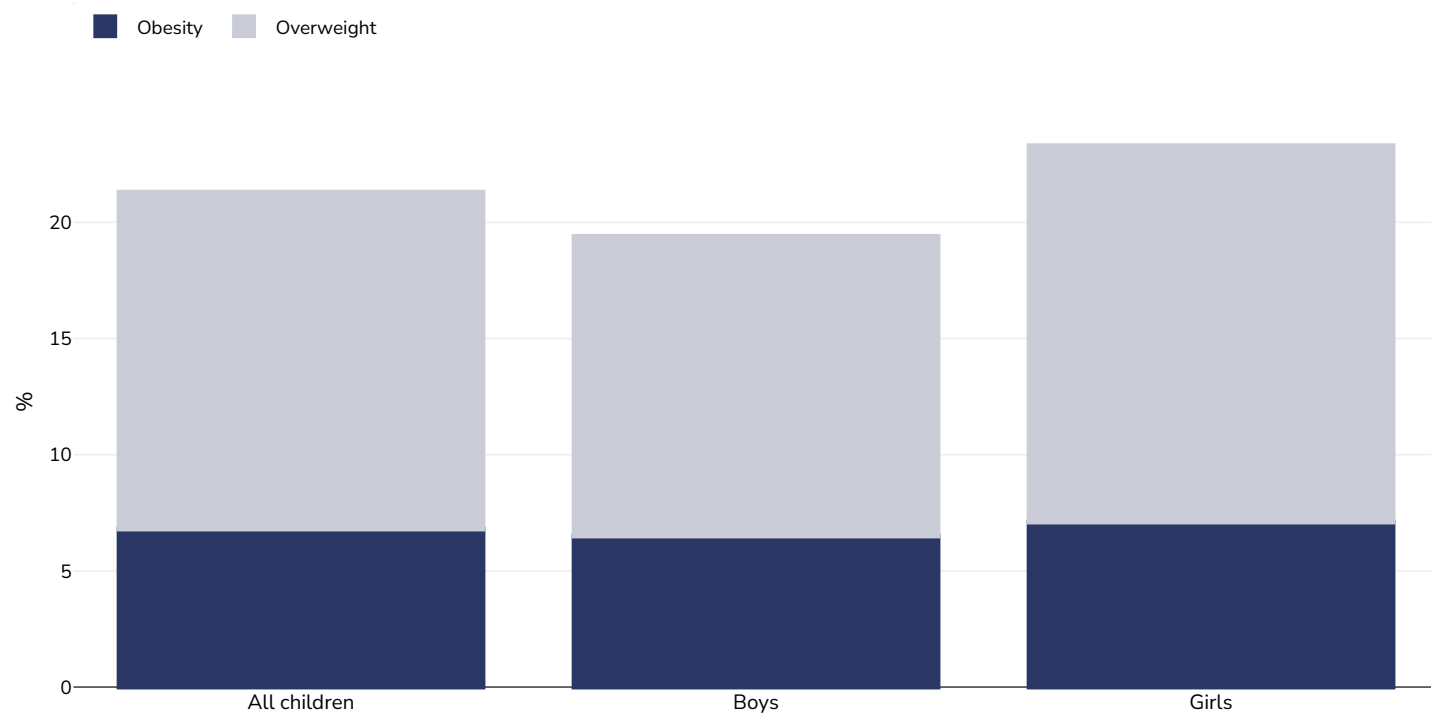
*This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity for children, including adolescents (aged 5 to 18 years). Where available, data on common and relevant obesity drivers and comorbidities are also presented.*

*View the latest version of this report on the Global Obesity Observatory at <https://data.worldobesity.org/country/egypt-60/>*

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## Obesity prevalence

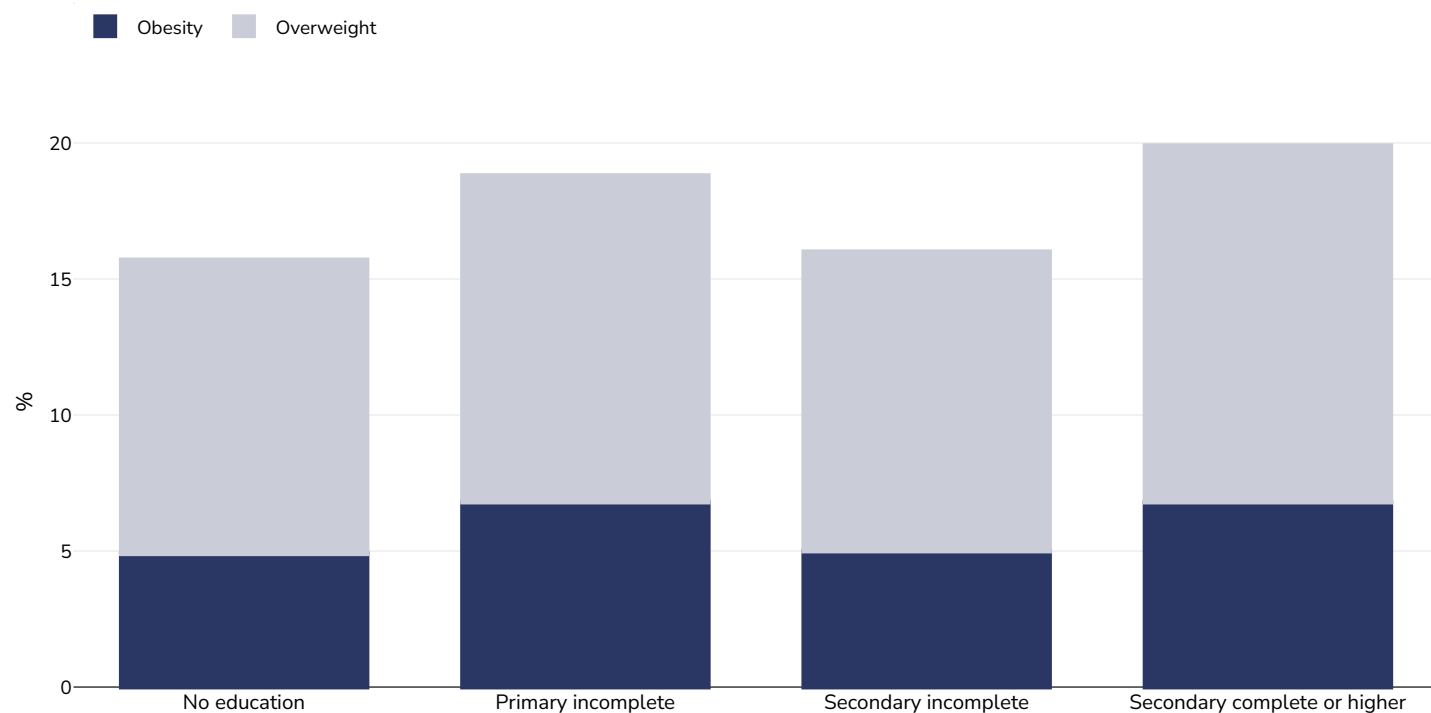
### Children, 2021-2022



|               |                                                                                                                                     |
|---------------|-------------------------------------------------------------------------------------------------------------------------------------|
| Survey type:  | Measured                                                                                                                            |
| Age:          | 5-19                                                                                                                                |
| Sample size:  | 22499                                                                                                                               |
| Area covered: | National                                                                                                                            |
| References:   | Central Agency for public mobilization and statistics (CAPMAS) (2022): Egypt Family Health Survey 2021: Cairo-CAPMAS-December 2022. |
| Notes:        | Never-married youth aged 5-19. Boys = 10,830, Girls = 11,669.                                                                       |
| Cutoffs:      | WHO                                                                                                                                 |

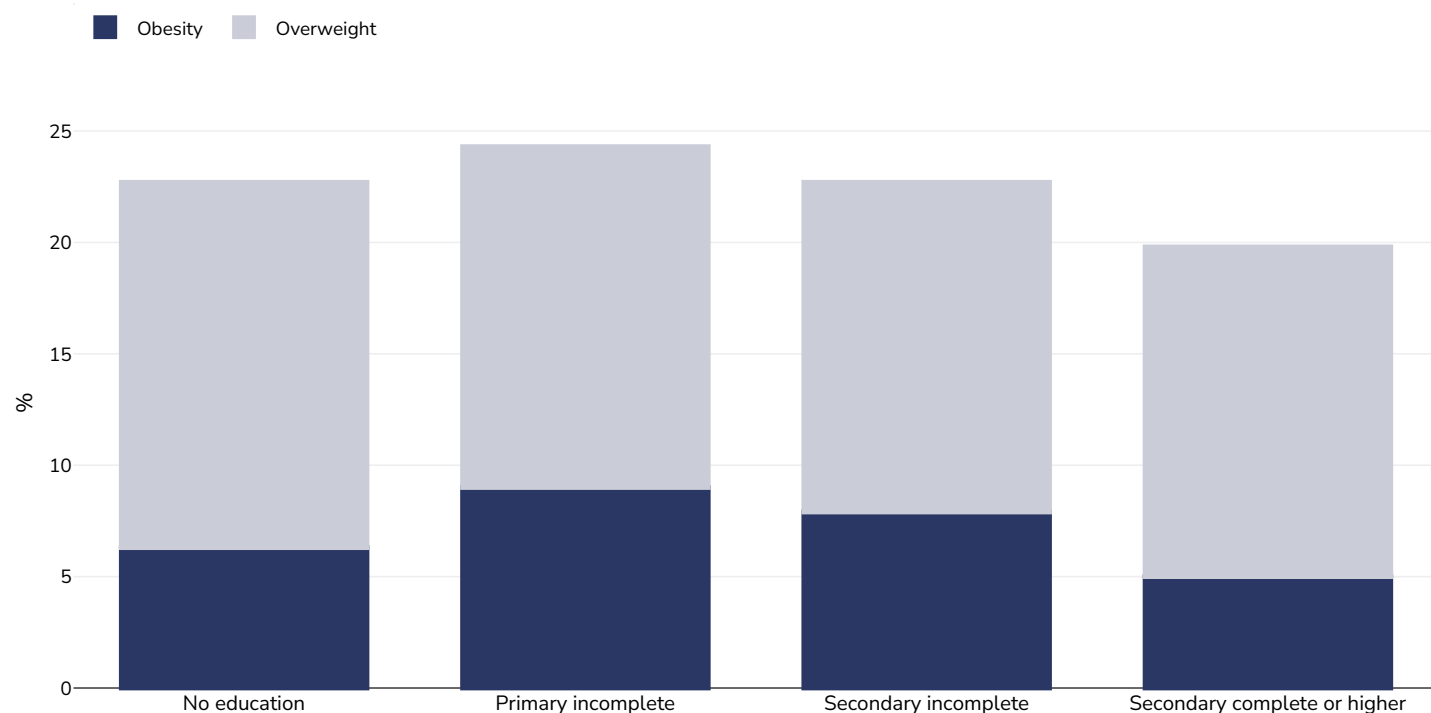
## Overweight/obesity by education

### Boys, 2021-2022



|               |                                                                                                                                     |
|---------------|-------------------------------------------------------------------------------------------------------------------------------------|
| Survey type:  | Measured                                                                                                                            |
| Age:          | 5-19                                                                                                                                |
| Sample size:  | 22499                                                                                                                               |
| Area covered: | National                                                                                                                            |
| References:   | Central Agency for public mobilization and statistics (CAPMAS) (2022): Egypt Family Health Survey 2021: Cairo-CAPMAS-December 2022. |
| Notes:        | Never-married youth aged 5-19. Boys = 10,830, Girls = 11,669. Mother not present in household, not identified or missing = 2,922    |
| Definitions:  | Mother's Education                                                                                                                  |
| Cutoffs:      | WHO                                                                                                                                 |

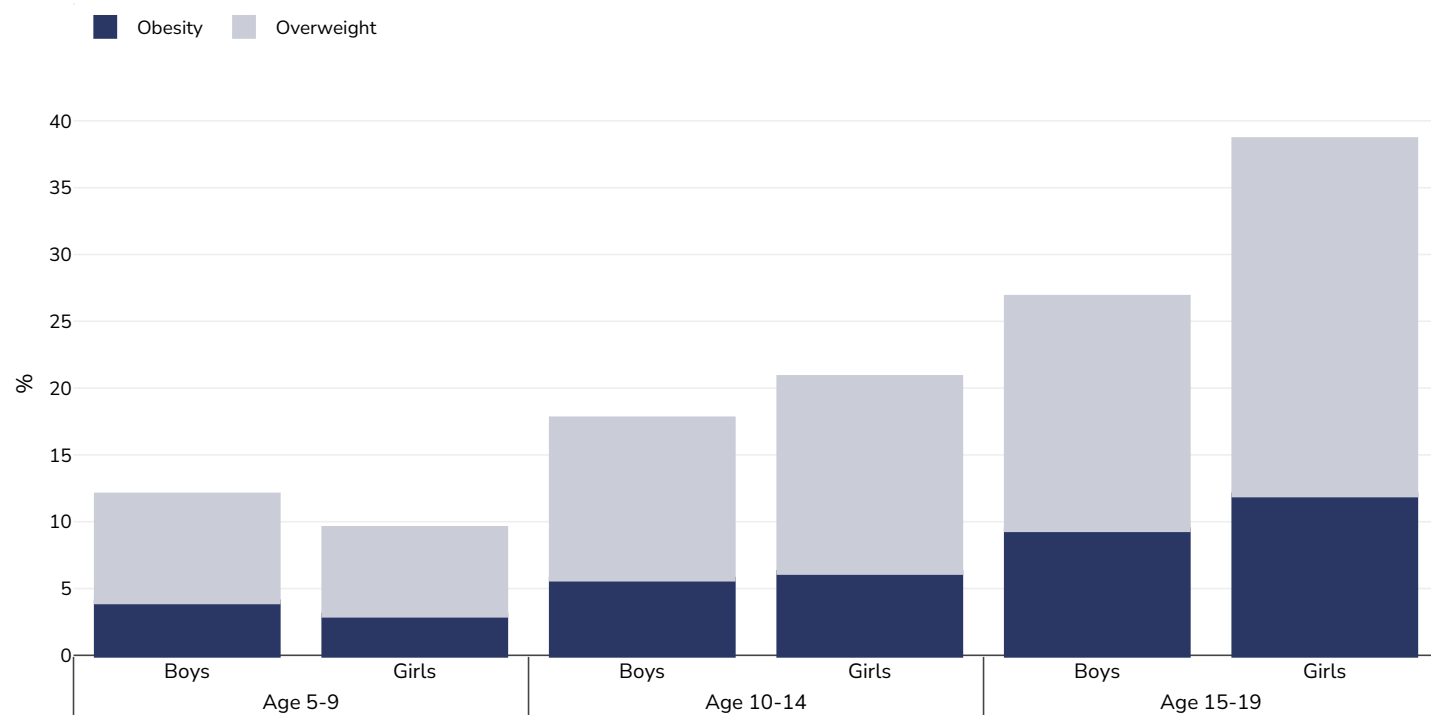
## Girls, 2021-2022



|               |                                                                                                                                     |
|---------------|-------------------------------------------------------------------------------------------------------------------------------------|
| Survey type:  | Measured                                                                                                                            |
| Age:          | 5-19                                                                                                                                |
| Sample size:  | 22499                                                                                                                               |
| Area covered: | National                                                                                                                            |
| References:   | Central Agency for public mobilization and statistics (CAPMAS) (2022): Egypt Family Health Survey 2021: Cairo-CAPMAS-December 2022. |
| Notes:        | Never-married youth aged 5-19. Boys = 10,830, Girls = 11,669. Mother not present in household, not identified or missing = 2,922    |
| Definitions:  | Mother's Education                                                                                                                  |
| Cutoffs:      | WHO                                                                                                                                 |

## Overweight/obesity by age

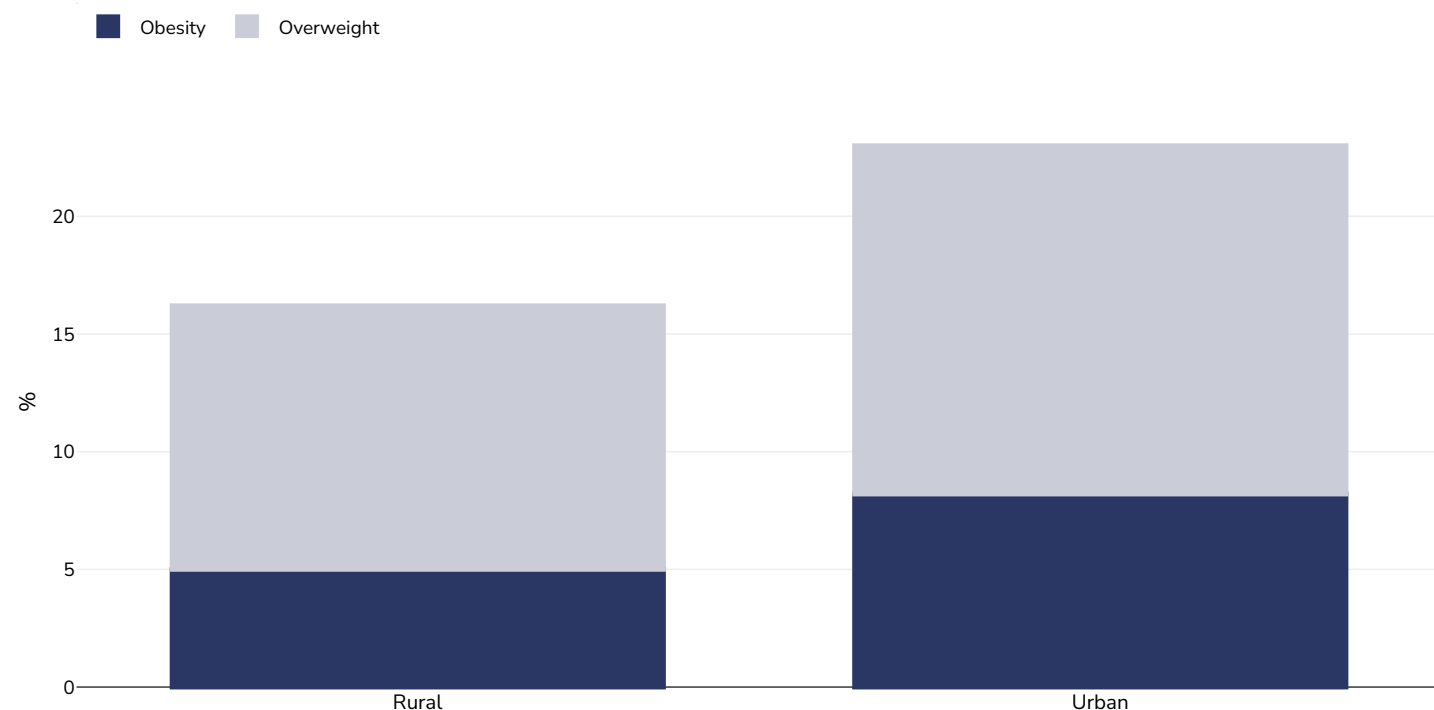
### Children, 2021-2022



|               |                                                                                                                                     |
|---------------|-------------------------------------------------------------------------------------------------------------------------------------|
| Survey type:  | Measured                                                                                                                            |
| Sample size:  | 22499                                                                                                                               |
| Area covered: | National                                                                                                                            |
| References:   | Central Agency for public mobilization and statistics (CAPMAS) (2022): Egypt Family Health Survey 2021: Cairo-CAPMAS-December 2022. |
| Cutoffs:      | WHO                                                                                                                                 |

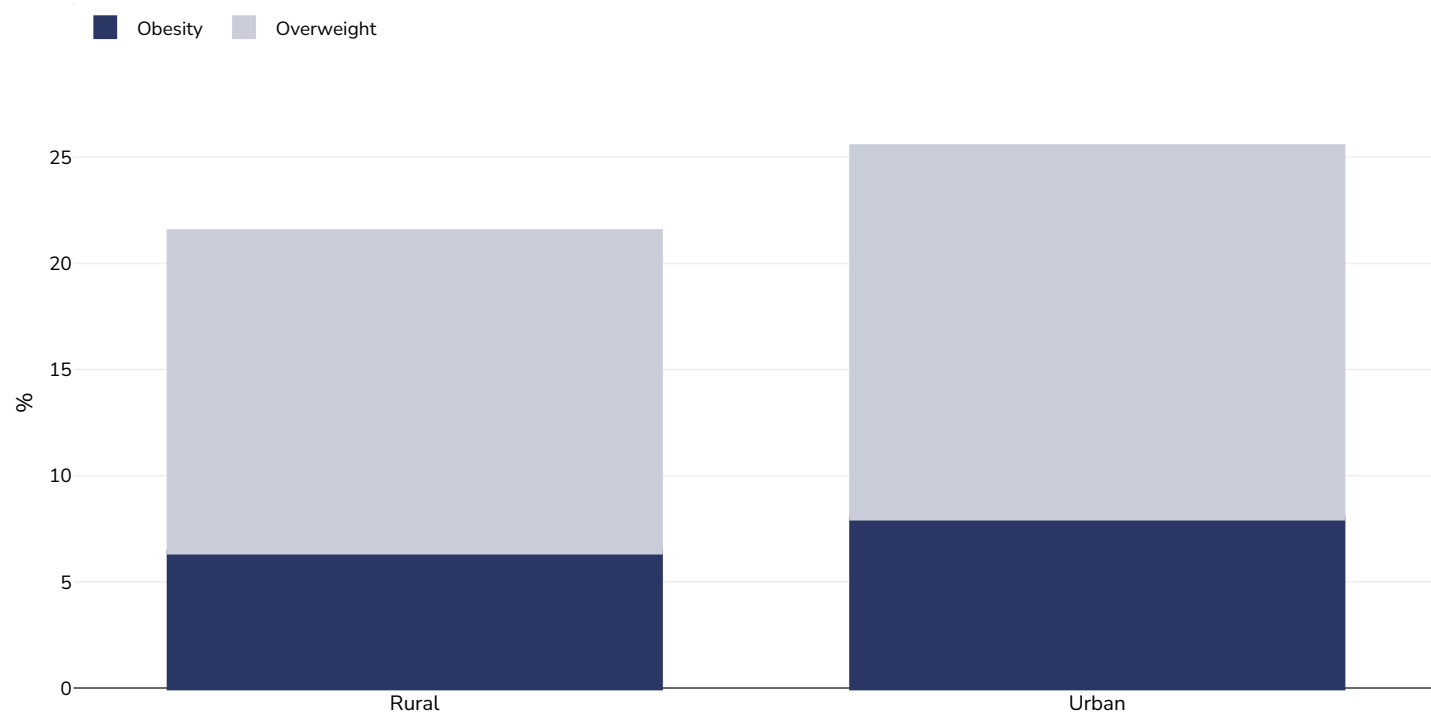
## Overweight/obesity by region

### Boys, 2021-2022



|               |                                                                                                                                     |
|---------------|-------------------------------------------------------------------------------------------------------------------------------------|
| Survey type:  | Measured                                                                                                                            |
| Age:          | 5-19                                                                                                                                |
| Sample size:  | 22499                                                                                                                               |
| Area covered: | National                                                                                                                            |
| References:   | Central Agency for public mobilization and statistics (CAPMAS) (2022): Egypt Family Health Survey 2021: Cairo-CAPMAS-December 2022. |
| Notes:        | Never-married youth aged 5-19. Boys = 10,830, Girls = 11,669.                                                                       |
| Cutoffs:      | WHO                                                                                                                                 |

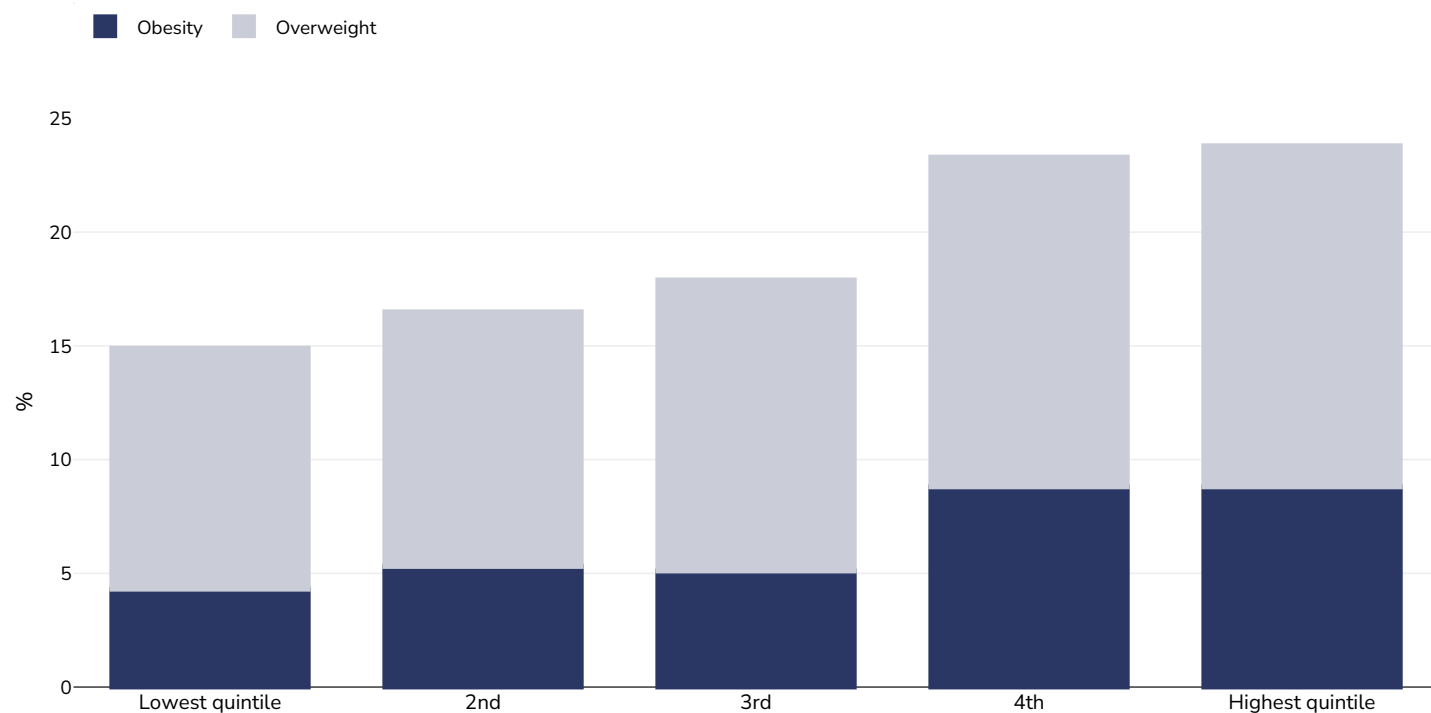
## Girls, 2021-2022



|               |                                                                                                                                     |
|---------------|-------------------------------------------------------------------------------------------------------------------------------------|
| Survey type:  | Measured                                                                                                                            |
| Age:          | 5-19                                                                                                                                |
| Sample size:  | 22499                                                                                                                               |
| Area covered: | National                                                                                                                            |
| References:   | Central Agency for public mobilization and statistics (CAPMAS) (2022): Egypt Family Health Survey 2021: Cairo-CAPMAS-December 2022. |
| Notes:        | Never-married youth aged 5-19. Boys = 10,830, Girls = 11,669.                                                                       |
| Cutoffs:      | WHO                                                                                                                                 |

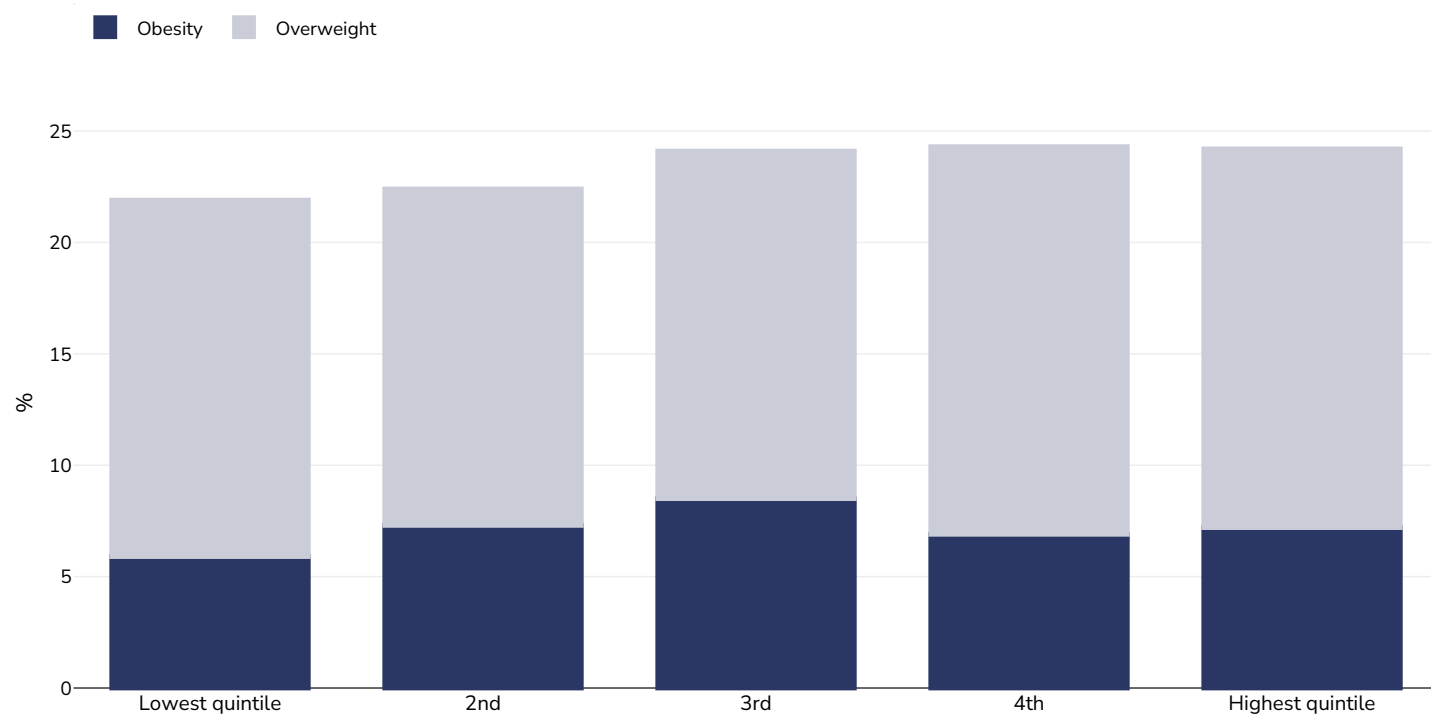
## Overweight/obesity by socio-economic group

### Boys, 2021-2022



|               |                                                                                                                                     |
|---------------|-------------------------------------------------------------------------------------------------------------------------------------|
| Survey type:  | Measured                                                                                                                            |
| Age:          | 5-19                                                                                                                                |
| Sample size:  | 22499                                                                                                                               |
| Area covered: | National                                                                                                                            |
| References:   | Central Agency for public mobilization and statistics (CAPMAS) (2022): Egypt Family Health Survey 2021: Cairo-CAPMAS-December 2022. |
| Notes:        | Never-married youth aged 5-19. Boys = 10,830, Girls = 11,669.                                                                       |
| Cutoffs:      | WHO                                                                                                                                 |

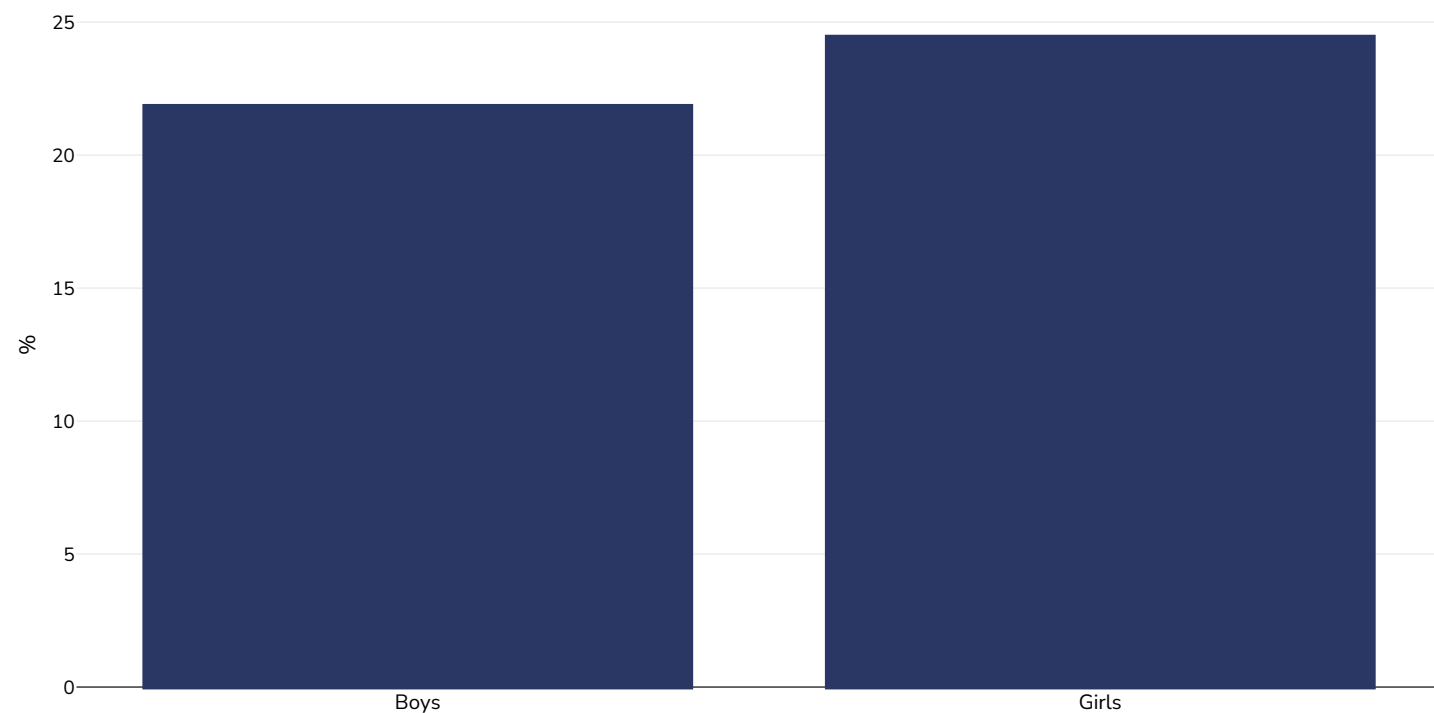
## Girls, 2021-2022



|               |                                                                                                                                     |
|---------------|-------------------------------------------------------------------------------------------------------------------------------------|
| Survey type:  | Measured                                                                                                                            |
| Age:          | 5-19                                                                                                                                |
| Sample size:  | 22499                                                                                                                               |
| Area covered: | National                                                                                                                            |
| References:   | Central Agency for public mobilization and statistics (CAPMAS) (2022): Egypt Family Health Survey 2021: Cairo-CAPMAS-December 2022. |
| Notes:        | Never-married youth aged 5-19. Boys = 10,830, Girls = 11,669.                                                                       |
| Cutoffs:      | WHO                                                                                                                                 |

## Double burden of underweight & overweight

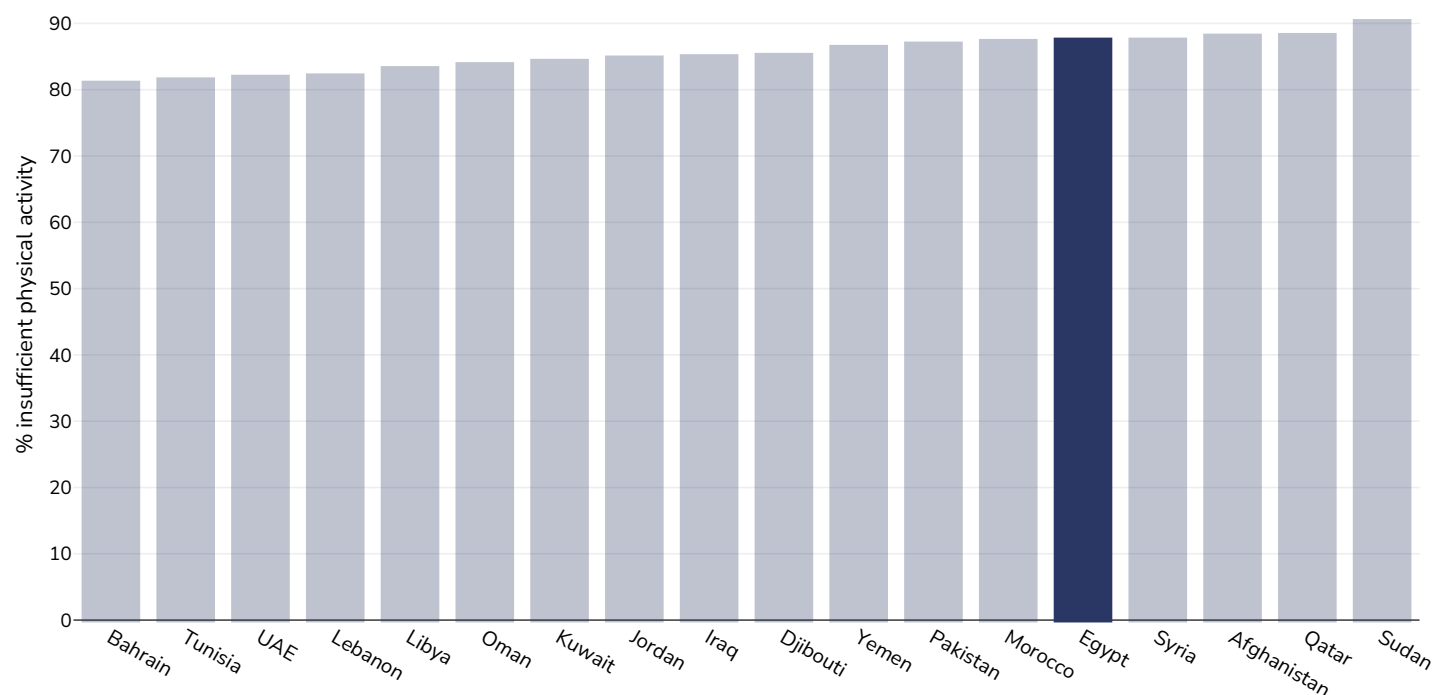
### Children, 2022



|              |                                                                                                                                                                                                                                                                                                                                                                            |
|--------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 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. <a href="https://doi.org/10.1016/S0140-6736(23)02750-2">https://doi.org/10.1016/S0140-6736(23)02750-2</a> . |
| 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                                                                                                                                                                                                                                                                                                                                                   |

## Insufficient physical activity

### Children, 2016



Survey type: Self-reported

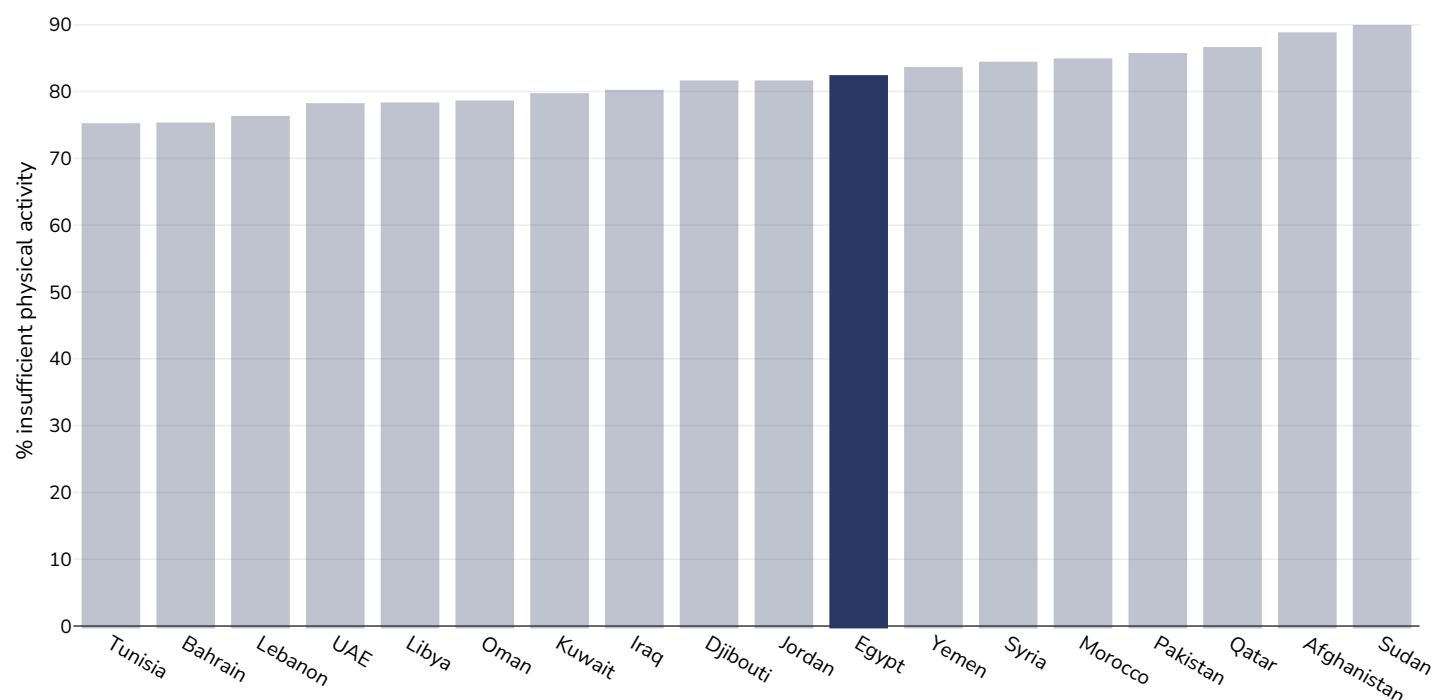
Age: 11-17

References: Global Health Observatory data repository, World Health Organisation, <https://apps.who.int/gho/data/node.main.A893ADO?lang=en> (last accessed 16.03.21)

Notes: % of school going adolescents not meeting WHO recommendations on Physical Activity for Health, i.e. doing less than 60 minutes of moderate- to vigorous-intensity physical activity daily.

Definitions: % Adolescents insufficiently active (age standardised estimate)

## Boys, 2016



**Survey type:** Self-reported

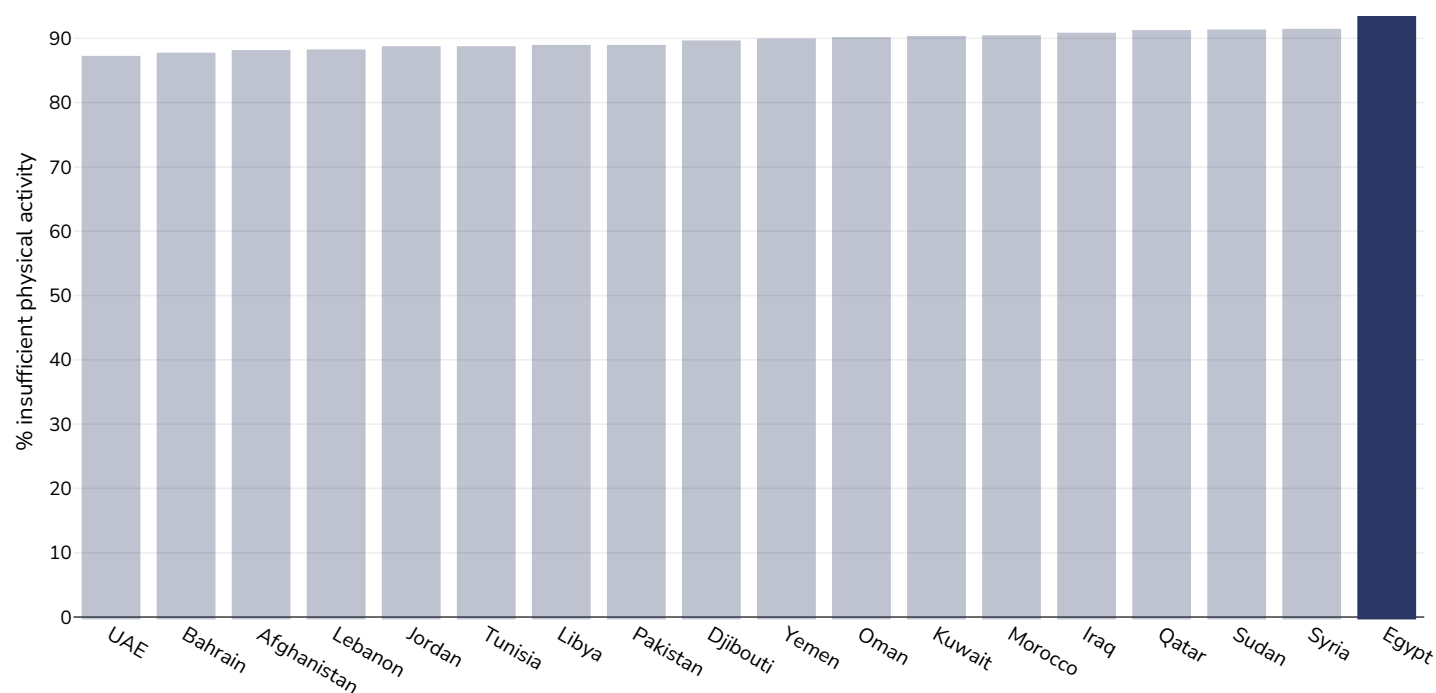
**Age:** 11-17

**References:** Global Health Observatory data repository, World Health Organisation, <https://apps.who.int/gho/data/node.main.A893ADO?lang=en> (last accessed 16.03.21)

**Notes:** % of school going adolescents not meeting WHO recommendations on Physical Activity for Health, i.e. doing less than 60 minutes of moderate- to vigorous-intensity physical activity daily.

**Definitions:** % Adolescents insufficiently active (age standardised estimate)

## Girls, 2016



**Survey type:** Self-reported

**Age:** 11-17

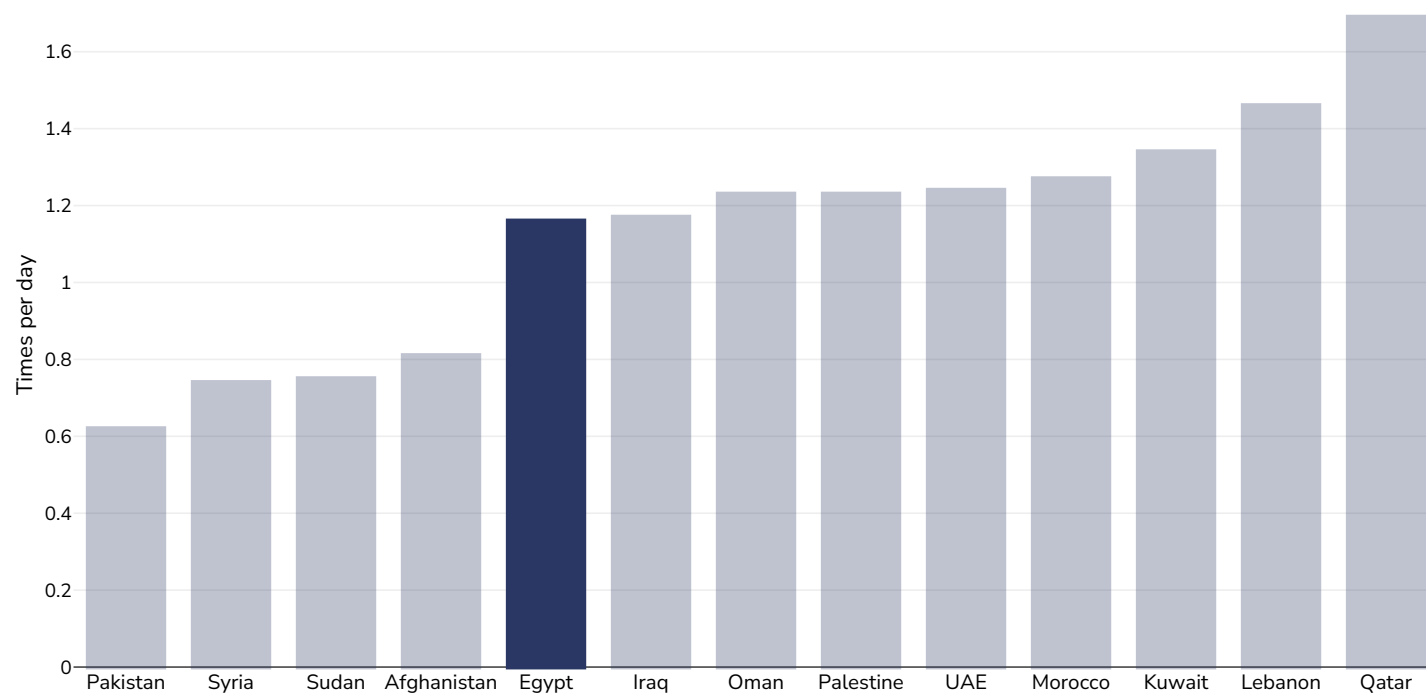
**References:** Global Health Observatory data repository, World Health Organisation, <https://apps.who.int/gho/data/node.main.A893ADO?lang=en> (last accessed 16.03.21)

**Notes:** % of school going adolescents not meeting WHO recommendations on Physical Activity for Health, i.e. doing less than 60 minutes of moderate- to vigorous-intensity physical activity daily.

**Definitions:** % Adolescents insufficiently active (age standardised estimate)

## Average daily frequency of carbonated soft drink consumption

Children, 2009-2015



Survey type:

Measured

Age:

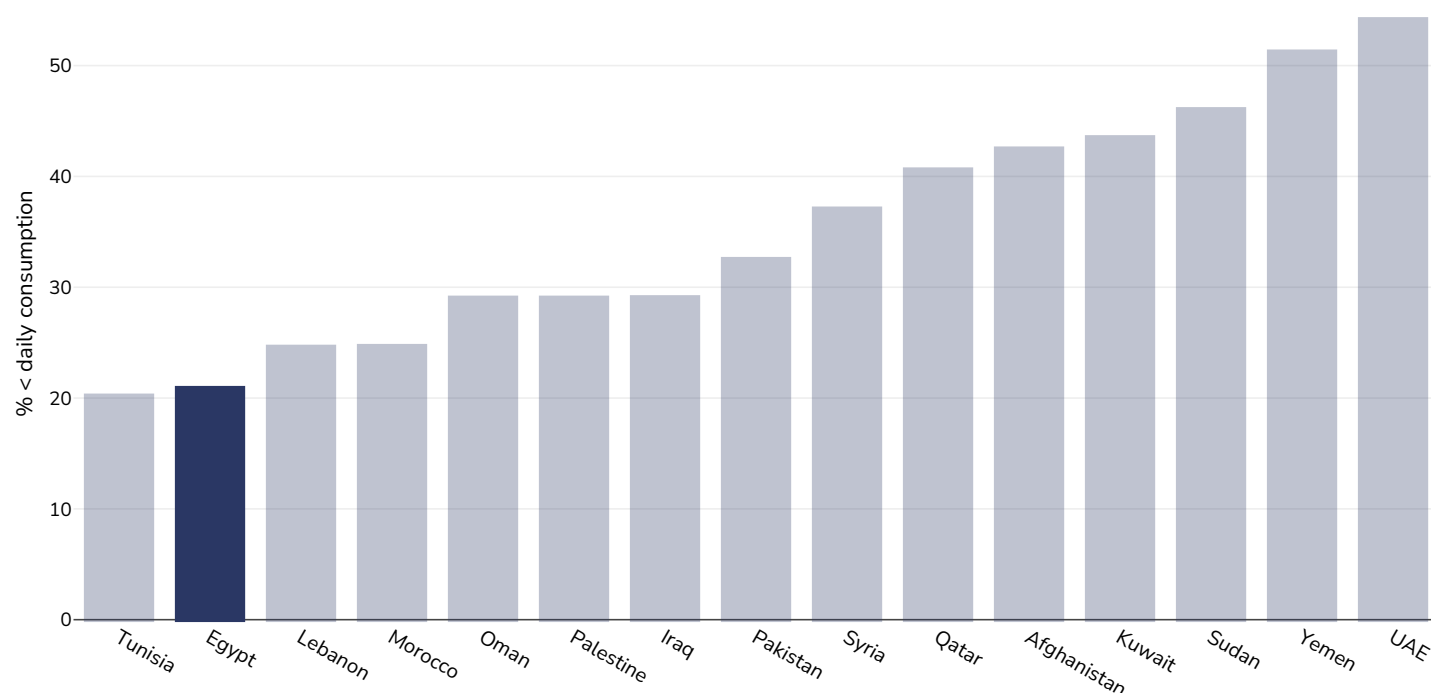
12-17

References:

Beal et al. (2019). Global Patterns of Adolescent Fruit, Vegetable, Carbonated Soft Drink, and Fast-food consumption: A meta-analysis of global school-based student health surveys. Food and Nutrition Bulletin. <https://doi.org/10.1177/0379572119848287> sourced from Food Systems Dashboard <http://www.foodsystemsdashboard.org/food-system>

## Prevalence of less than daily fruit consumption

Children, 2008-2015



Survey type: Measured

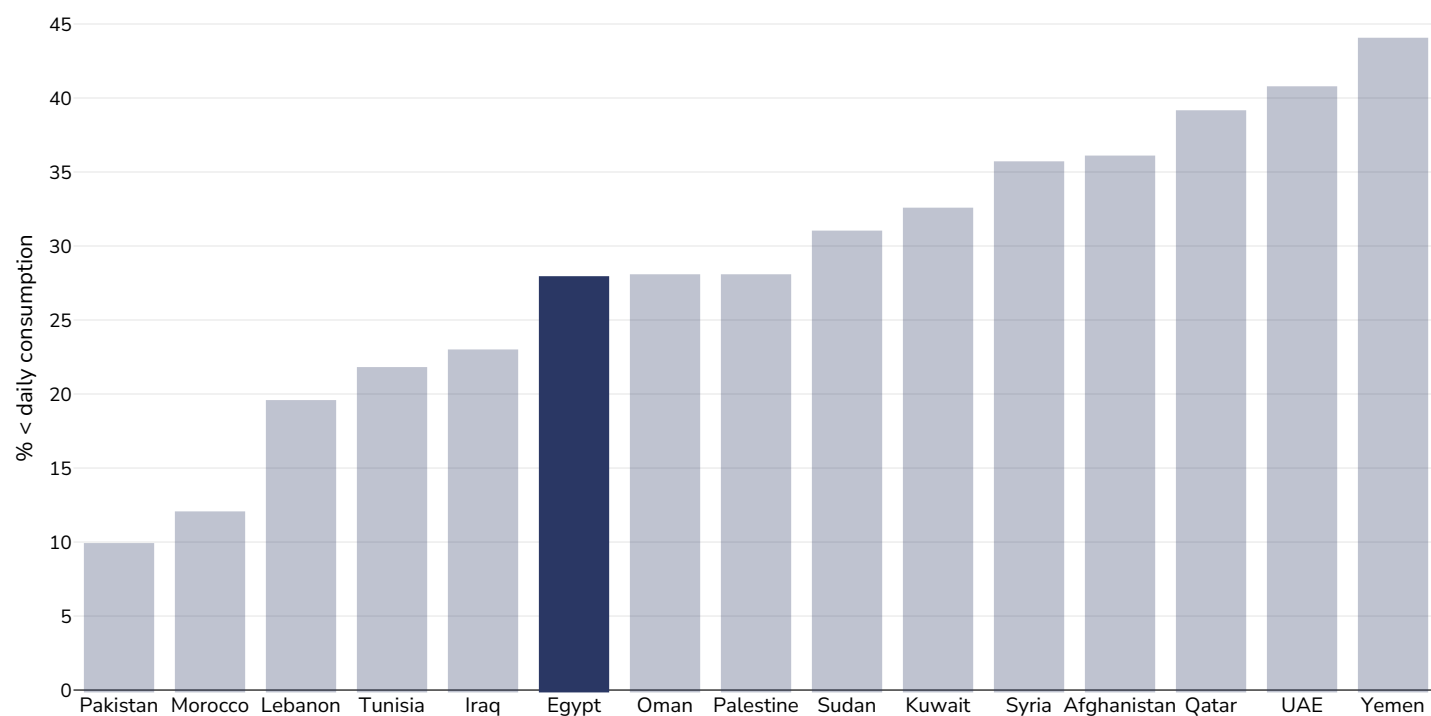
Age: 12-17

References: Global School-based Student Health Surveys. Beal et al (2019). Global Patterns of Adolescent Fruit, Vegetable, Carbonated Soft Drink, and Fast-food consumption: A meta-analysis of global school-based student health surveys. Food and Nutrition Bulletin. <https://doi.org/10.1177/0379572119848287>. Sourced from Food Systems Dashboard <http://www.foodsystemsdashboard.org/food-system>

Definitions: Prevalence of less-than-daily fruit consumption (% less-than-daily fruit consumption)

## Prevalence of less than daily vegetable consumption

### Children, 2008-2015



Survey type: Measured

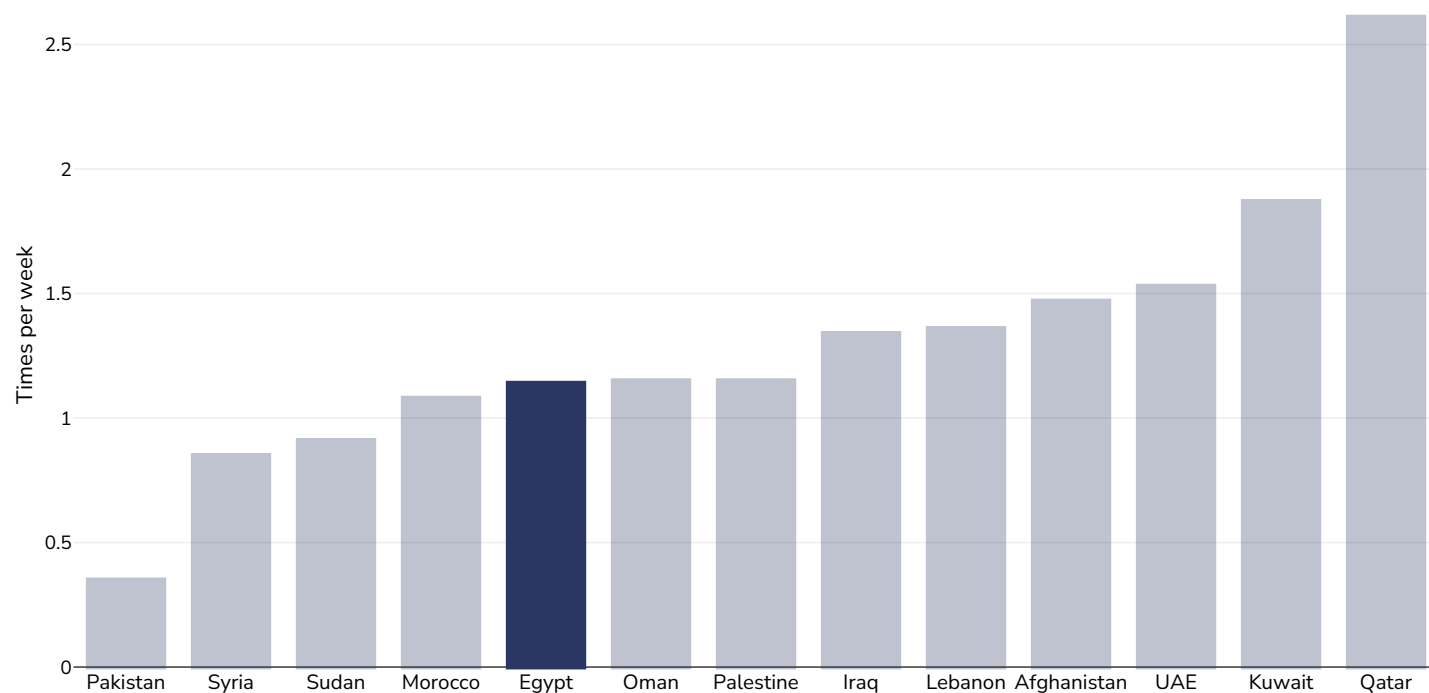
Age: 12-17

References: Beal et al. (2019). Global Patterns of Adolescent Fruit, Vegetable, Carbonated Soft Drink, and Fast-food consumption: A meta-analysis of global school-based student health surveys. Food and Nutrition Bulletin. <https://doi.org/10.1177/0379572119848287> sourced from Food Systems Dashboard <http://www.foodsystemsdashboard.org/food-system>

Definitions: Prevalence of less-than-daily vegetable consumption (% less-than-daily vegetable consumption)

## Average weekly frequency of fast food consumption

### Children, 2009-2015



Age:

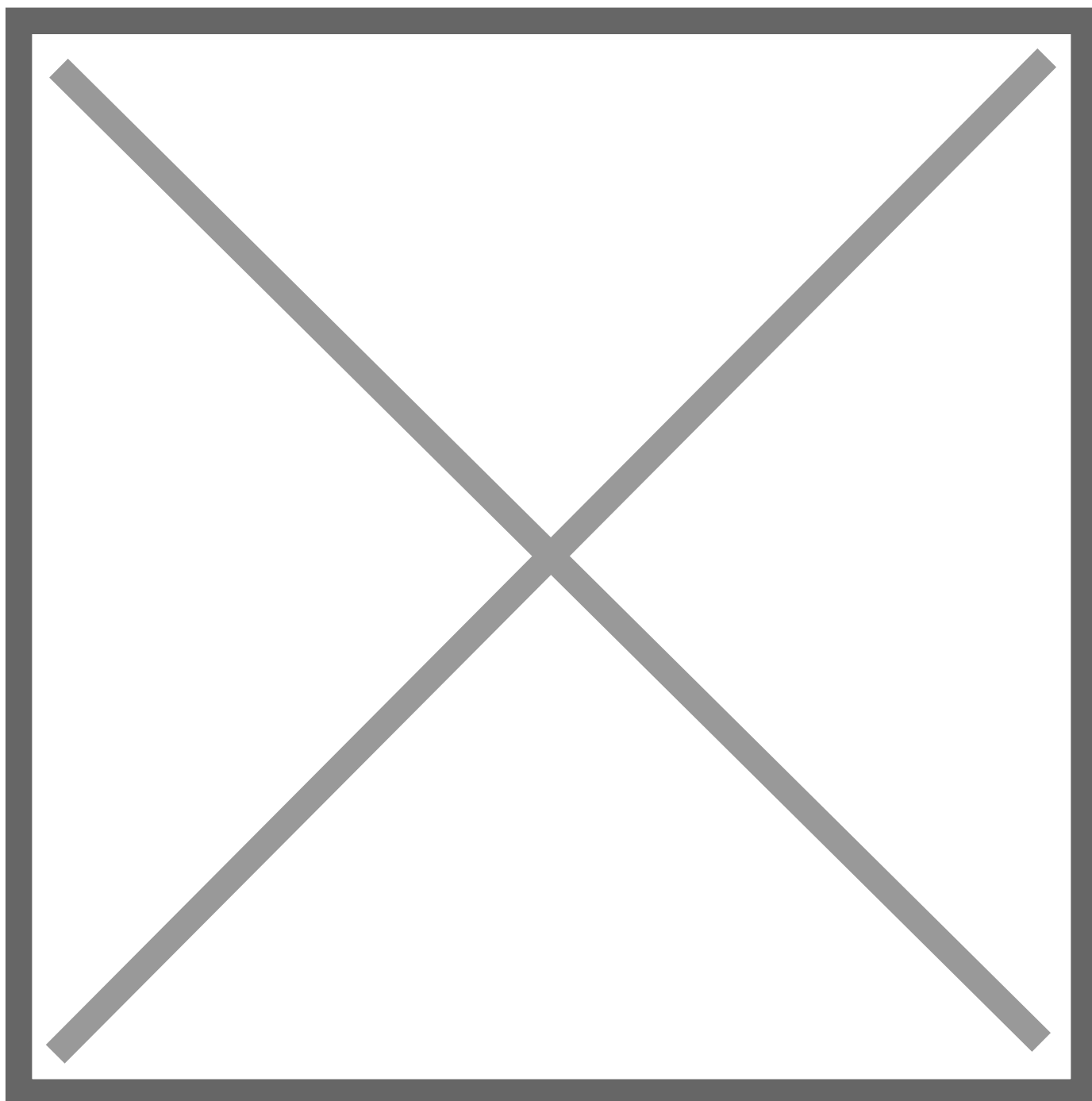
12-17

**References:**

Beal et al. (2019). Global Patterns of Adolescent Fruit, Vegetable, Carbonated Soft Drink, and Fast-food consumption: A meta-analysis of global school-based student health surveys. Food and Nutrition Bulletin. <https://doi.org/10.1177/0379572119848287> sourced from Food Systems Dashboard <http://www.foodsystemsdashboard.org/food-system>

## Mental health - depression disorders

## Children, 2021



|               |                                                                                                                                                                                                                                                                                                                             |
|---------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Area covered: | National                                                                                                                                                                                                                                                                                                                    |
| References:   | Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <a href="http://vizhub.healthdata.org/gbd-compare">http://vizhub.healthdata.org/gbd-compare</a> . (Last accessed 23.04.25) |
| Definitions:  | Number living with depressive disorder per 100,000 population (Under 20 years of age)                                                                                                                                                                                                                                       |

## Boys, 2021



|               |                                                                                                                                                                                                                                                                                                                             |
|---------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Area covered: | National                                                                                                                                                                                                                                                                                                                    |
| References:   | Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <a href="http://vizhub.healthdata.org/gbd-compare">http://vizhub.healthdata.org/gbd-compare</a> . (Last accessed 23.04.25) |
| Definitions:  | Number living with depressive disorder per 100,000 population (Under 20 years of age)                                                                                                                                                                                                                                       |

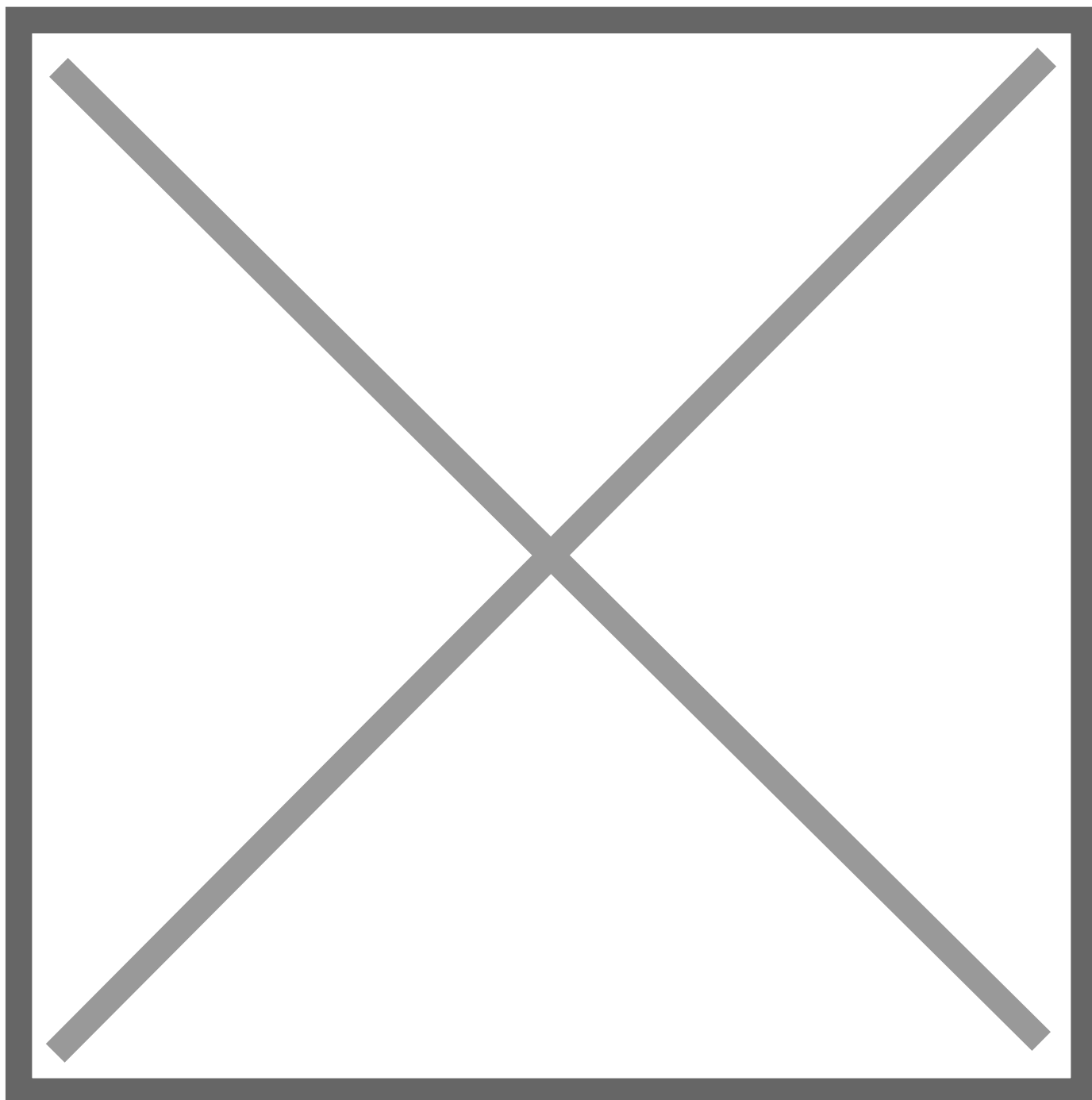
## Girls, 2021



|               |                                                                                                                                                                                                                                                                                                                             |
|---------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Area covered: | National                                                                                                                                                                                                                                                                                                                    |
| References:   | Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <a href="http://vizhub.healthdata.org/gbd-compare">http://vizhub.healthdata.org/gbd-compare</a> . (Last accessed 23.04.25) |
| Definitions:  | Number living with depressive disorder per 100,000 population (Under 20 years of age)                                                                                                                                                                                                                                       |

## Mental health - anxiety disorders

Children, 2021



### References:

Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

## Boys, 2021



### References:

Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

## Girls, 2021



### References:

Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

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