



Egypt



Country report card - under-5s

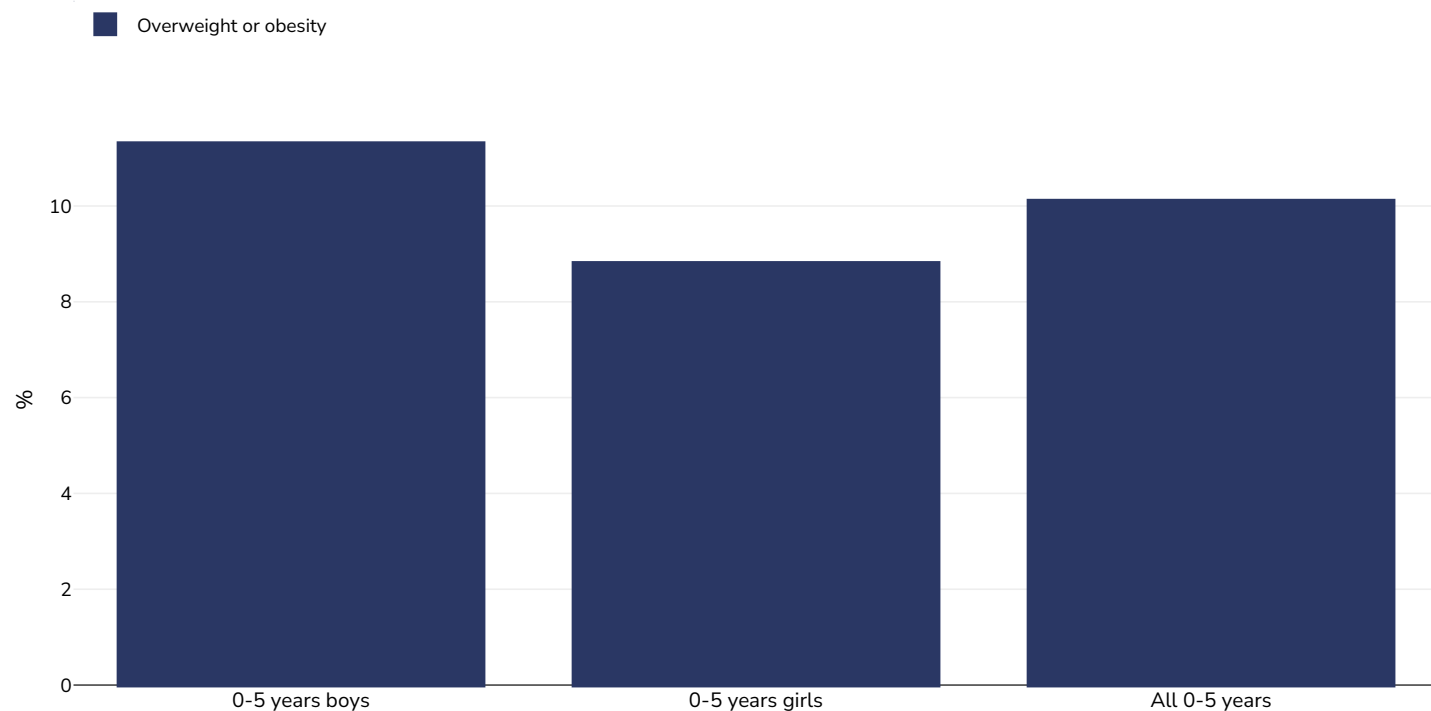
This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity for children under 5. Where available, data on common and relevant obesity drivers and comorbidities are also presented.

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

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Obesity prevalence

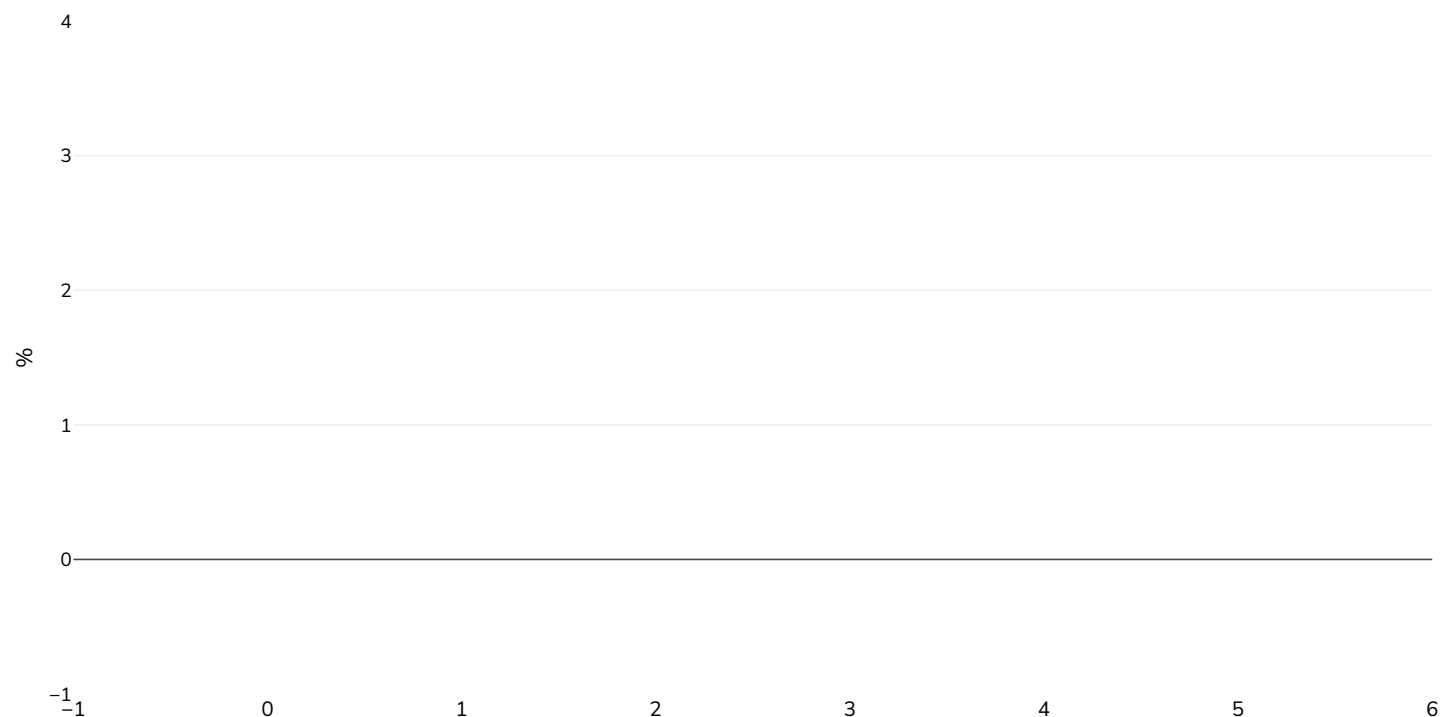
0-5 years, 2021



Survey type:	Measured
Age:	0-5
Sample size:	9542
Area covered:	National
References:	Egypt Family Health Survey (EFHS) 2021
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/ . NB. Excludes North Sinai
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

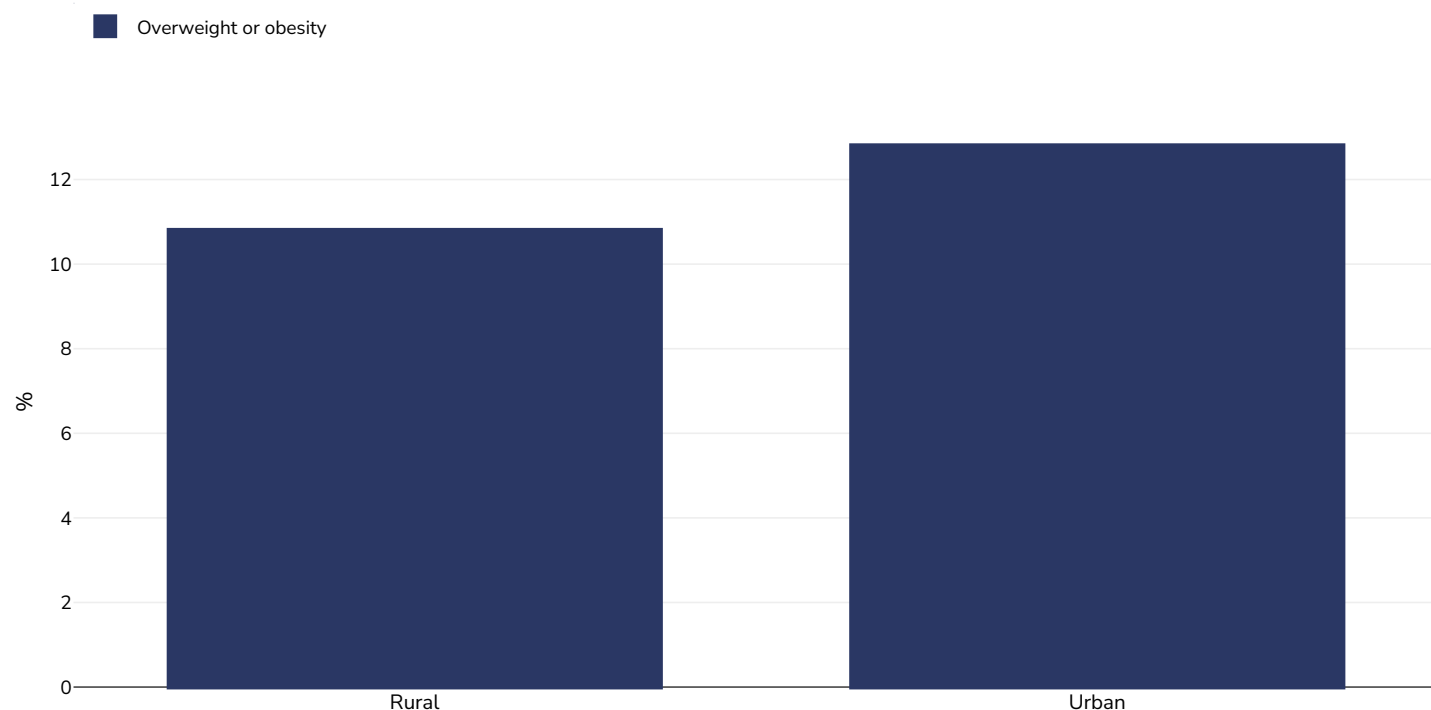
0-5 years, 2021



Survey type:	Measured
Sample size:	9483
Area covered:	National
References:	Egypt Family Health Survey (EFHS) 2021
Notes:	excludes North Sinai
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 region

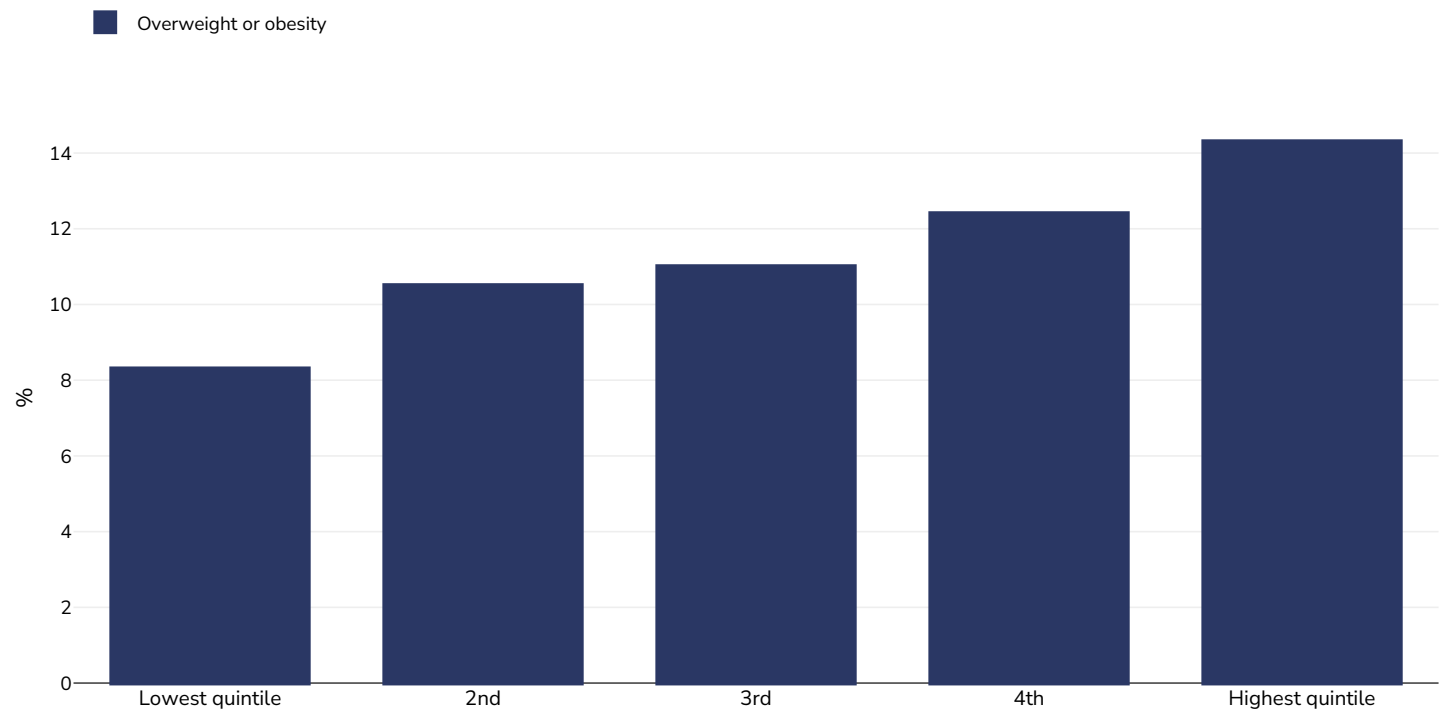
0-5 years, 2021-2022



Survey type:	Measured
Sample size:	9694
Area covered:	National
References:	Central Agency for public mobilization and statistics (CAPMAS) (2022): Egypt Family Health Survey 2021: Cairo-CAPMAS-December 2022.
Notes:	Boys = 4,911, Girls = 4,783
Definitions:	Weight-for-height =>+2SD

Overweight/obesity by socio-economic group

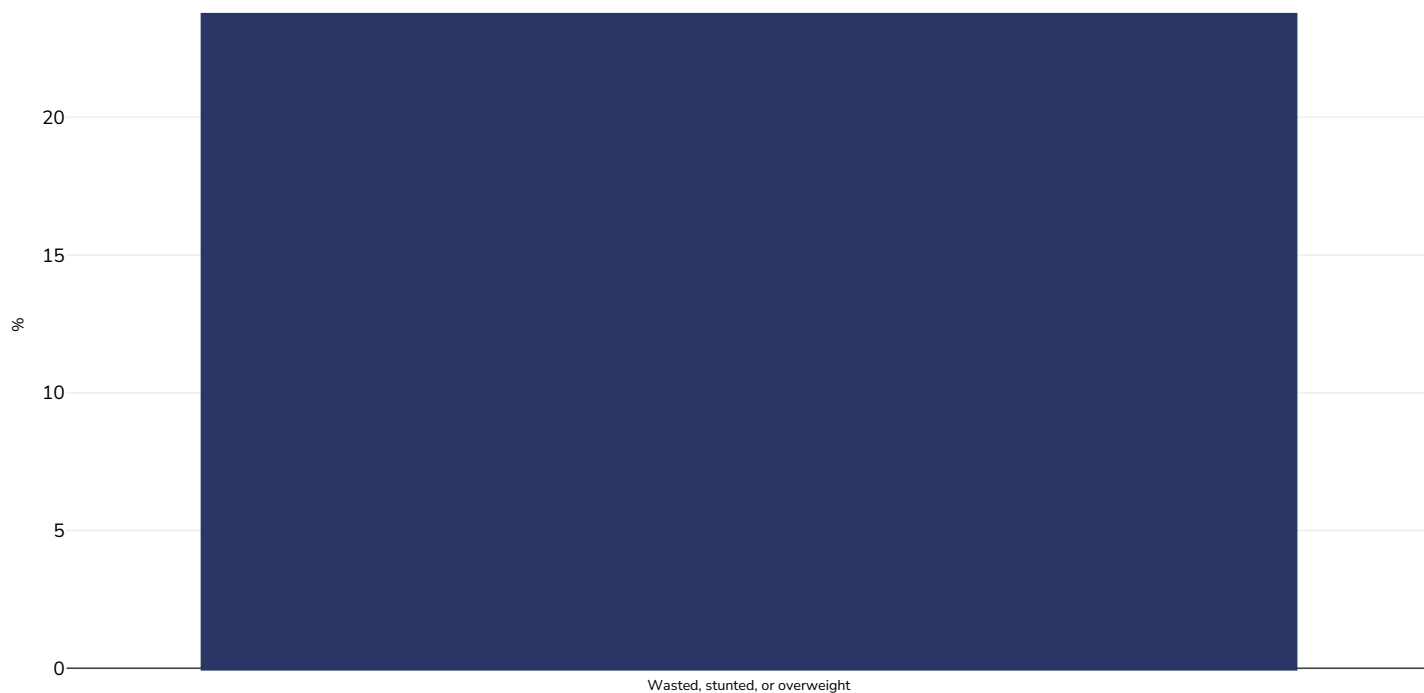
0-5 years, 2021-2022



Survey type:	Measured
Sample size:	9694
Area covered:	National
References:	Central Agency for public mobilization and statistics (CAPMAS) (2022): Egypt Family Health Survey 2021: Cairo-CAPMAS-December 2022.
Notes:	Boys = 4,911, Girls = 4,783.
Definitions:	Weight-for-height =>+2SD

Double burden of underweight & overweight

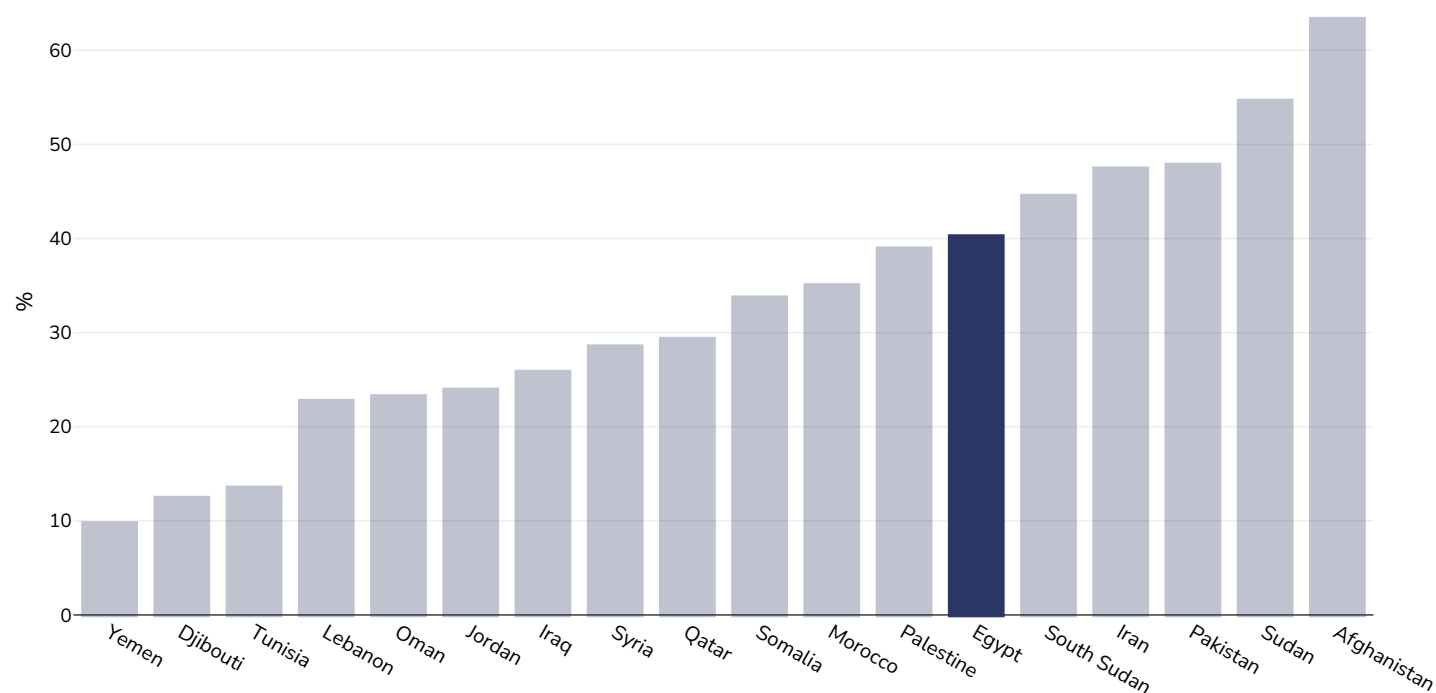
0-5 years, 2021



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:	Egypt Family Health Survey (EFHS) 2021
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, 2010-2023



References:

Egypt Family Health Survey (EFHS) 2021

Notes:

Full details are available. Original citation United Nations Children's Fund, Division of Data, Analysis, Planning and Monitoring (2023).
Global UNICEF Global Databases: Infant and Young Child Feeding: Exclusive breastfeeding, New York, October 2023.

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