



# Eswatini



## Country report card - children

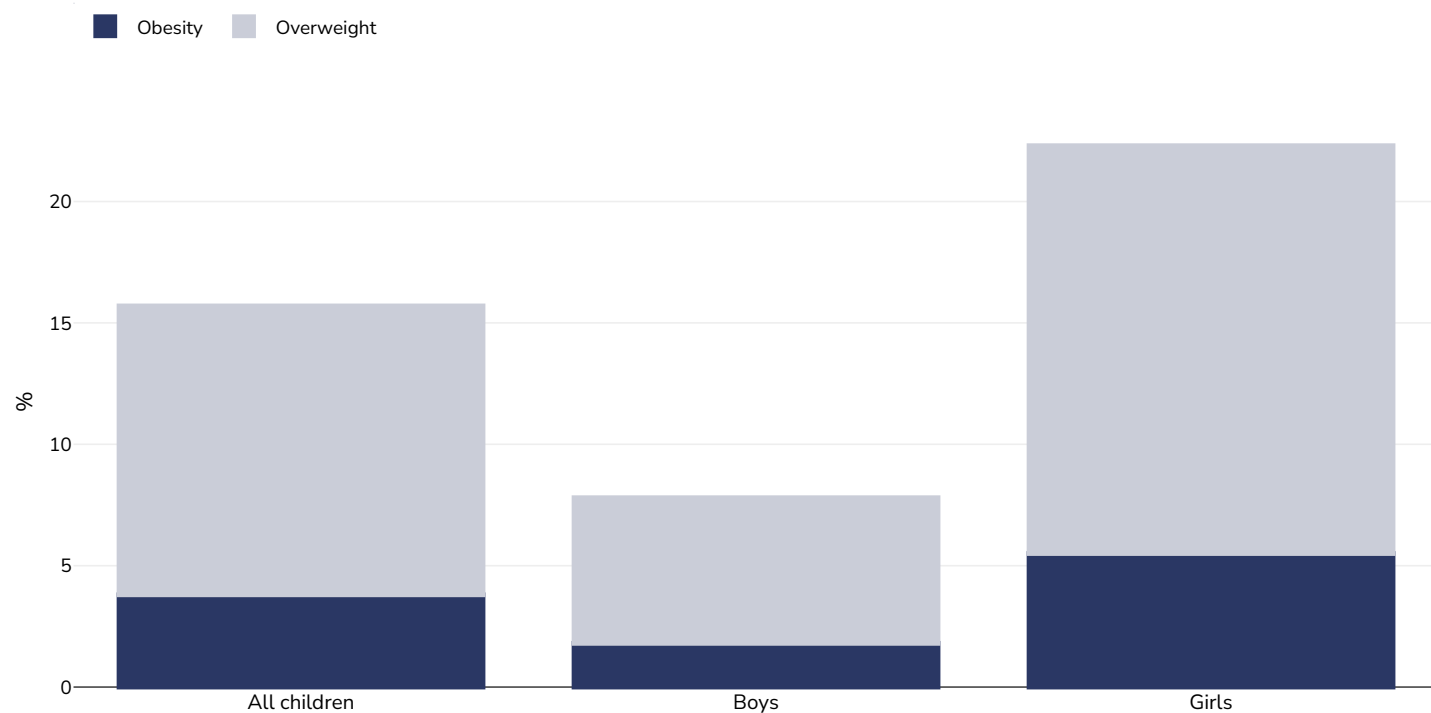
*This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity for children, including adolescents (aged 5 to 18 years). Where available, data on common and relevant obesity drivers and comorbidities are also presented.*

*View the latest version of this report on the Global Obesity Observatory at <https://data.worldobesity.org/country/eswatini-206/>.*

| Contents                                                     | Page |
|--------------------------------------------------------------|------|
| Obesity prevalence                                           | 3    |
| Overweight/obesity by education                              | 4    |
| Overweight/obesity by region                                 | 5    |
| Overweight/obesity by socio-economic group                   | 6    |
| Double burden of underweight & overweight                    | 7    |
| Average daily frequency of carbonated soft drink consumption | 8    |
| Prevalence of less than daily fruit consumption              | 9    |
| Prevalence of less than daily vegetable consumption          | 10   |
| Average weekly frequency of fast food consumption            | 11   |
| Mental health - depression disorders                         | 12   |
| Mental health - anxiety disorders                            | 15   |

## Obesity prevalence

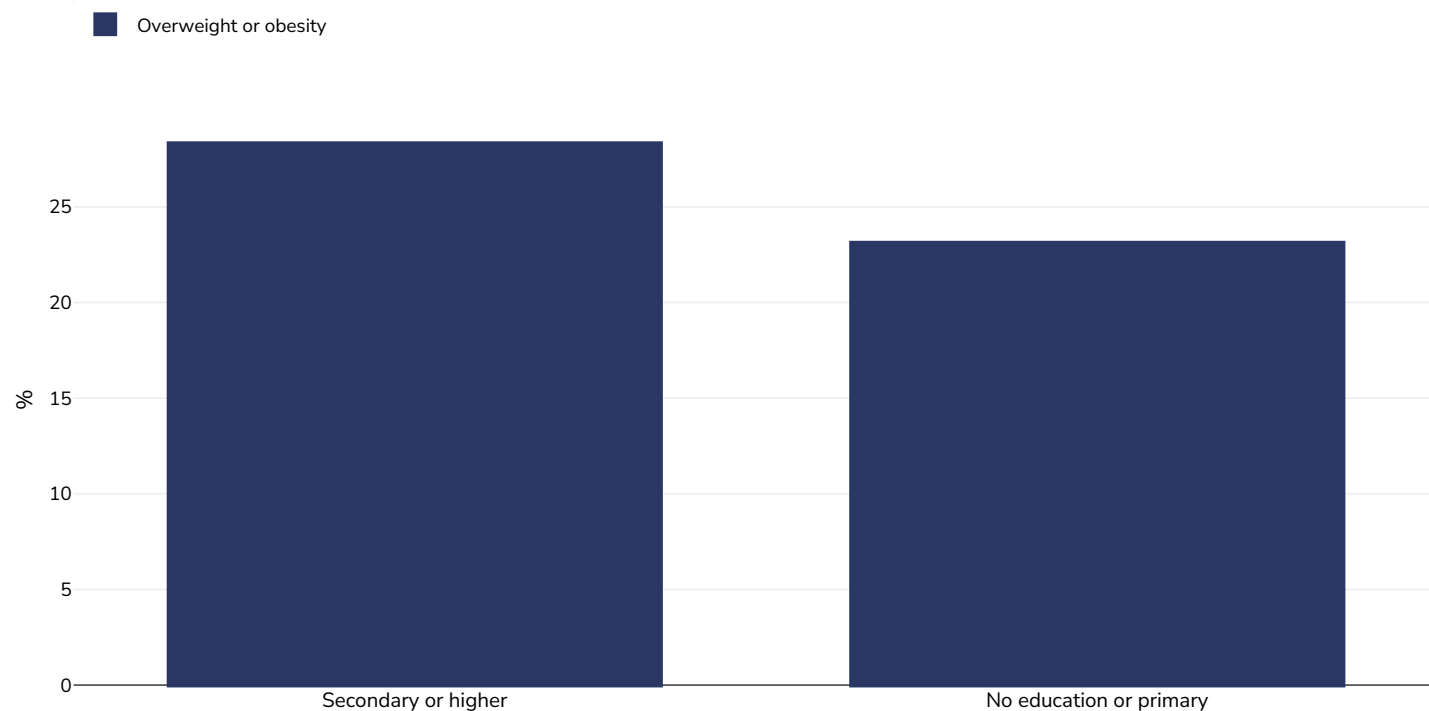
### Children, 2013



|               |                                                                                                                                                                                                                                                   |
|---------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Survey type:  | Self-reported                                                                                                                                                                                                                                     |
| Age:          | 13-17                                                                                                                                                                                                                                             |
| Sample size:  | 3680                                                                                                                                                                                                                                              |
| Area covered: | National                                                                                                                                                                                                                                          |
| References:   | Global School-based Student Health Survey (GSHS), available at <a href="https://www.who.int/ncds/surveillance/gshs/2013_Swaziland_GSHS_FS.pdf">https://www.who.int/ncds/surveillance/gshs/2013_Swaziland_GSHS_FS.pdf</a> (last accessed 09.11.20) |
| Cutoffs:      | WHO                                                                                                                                                                                                                                               |

## Overweight/obesity by education

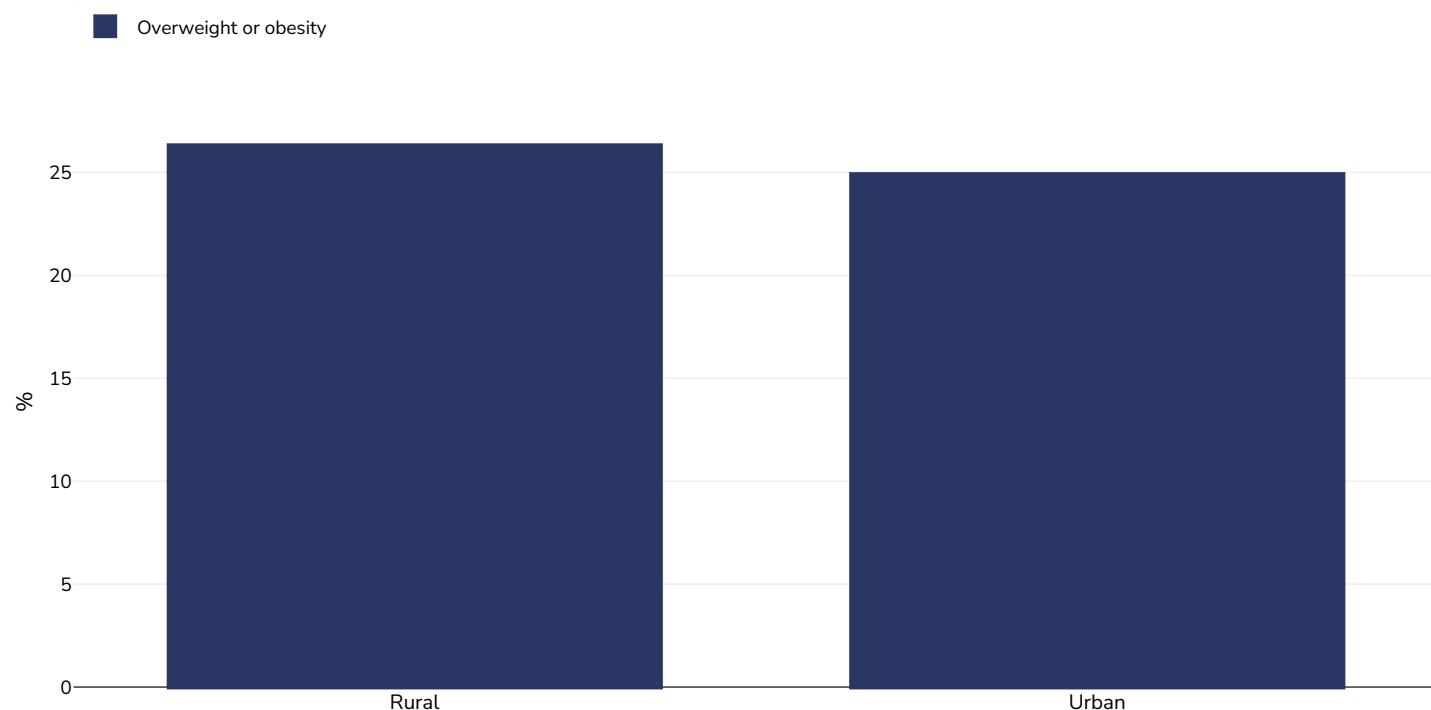
### Girls, 2006-2007



|               |                                                                                                                                                                                                                                                                                                                                                                                                                 |
|---------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Survey type:  | Measured                                                                                                                                                                                                                                                                                                                                                                                                        |
| Age:          | 15-19                                                                                                                                                                                                                                                                                                                                                                                                           |
| Sample size:  | 979                                                                                                                                                                                                                                                                                                                                                                                                             |
| Area covered: | National                                                                                                                                                                                                                                                                                                                                                                                                        |
| References:   | Benedict, Rukundo K., Allison Schmale, and Sorrel Namaste. 2018. Adolescent Nutrition 2000-2017: DHS Data on Adolescents Age 15-19. DHS Comparative Report No. 47. Rockville, Maryland, USA: ICF. Central Statistical Office (CSO) [Swaziland], and Macro International Inc. 2008. Swaziland Demographic and Health Survey 2006-07. Mbabane, Swaziland: Central Statistical Office and Macro International Inc. |
| Definitions:  | BMI for age: between +1 SD and +2 SD is overweight and greater than +2 SD is obesity                                                                                                                                                                                                                                                                                                                            |
| Cutoffs:      | WHO 2007                                                                                                                                                                                                                                                                                                                                                                                                        |

## Overweight/obesity by region

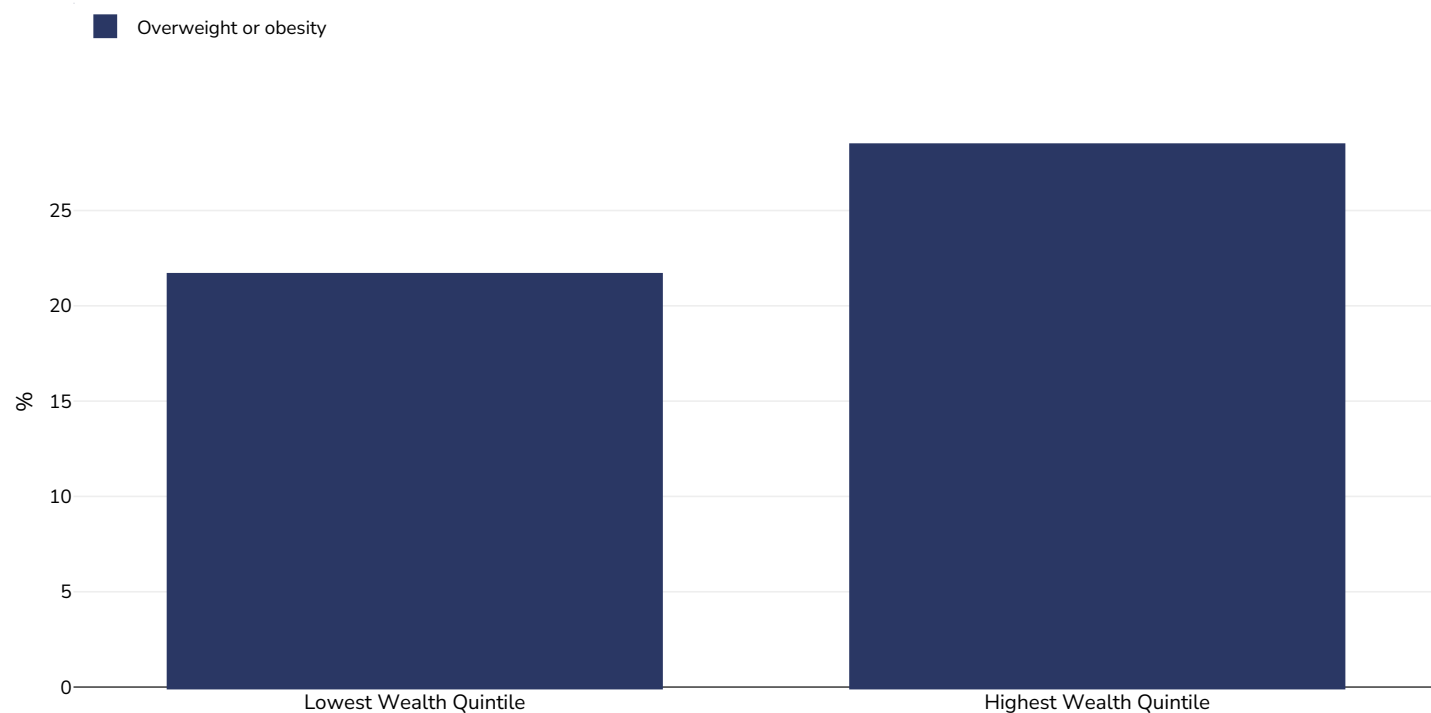
### Girls, 2006-2007



|               |                                                                                                                                                                                                                                                                                                                                                                                                                 |
|---------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Survey type:  | Measured                                                                                                                                                                                                                                                                                                                                                                                                        |
| Age:          | 15-19                                                                                                                                                                                                                                                                                                                                                                                                           |
| Sample size:  | 979                                                                                                                                                                                                                                                                                                                                                                                                             |
| Area covered: | National                                                                                                                                                                                                                                                                                                                                                                                                        |
| References:   | Benedict, Rukundo K., Allison Schmale, and Sorrel Namaste. 2018. Adolescent Nutrition 2000-2017: DHS Data on Adolescents Age 15-19. DHS Comparative Report No. 47. Rockville, Maryland, USA: ICF. Central Statistical Office (CSO) [Swaziland], and Macro International Inc. 2008. Swaziland Demographic and Health Survey 2006-07. Mbabane, Swaziland: Central Statistical Office and Macro International Inc. |
| Definitions:  | BMI for age: between +1 SD and +2 SD is overweight and greater than +2 SD is obesity                                                                                                                                                                                                                                                                                                                            |
| Cutoffs:      | WHO 2007                                                                                                                                                                                                                                                                                                                                                                                                        |

## Overweight/obesity by socio-economic group

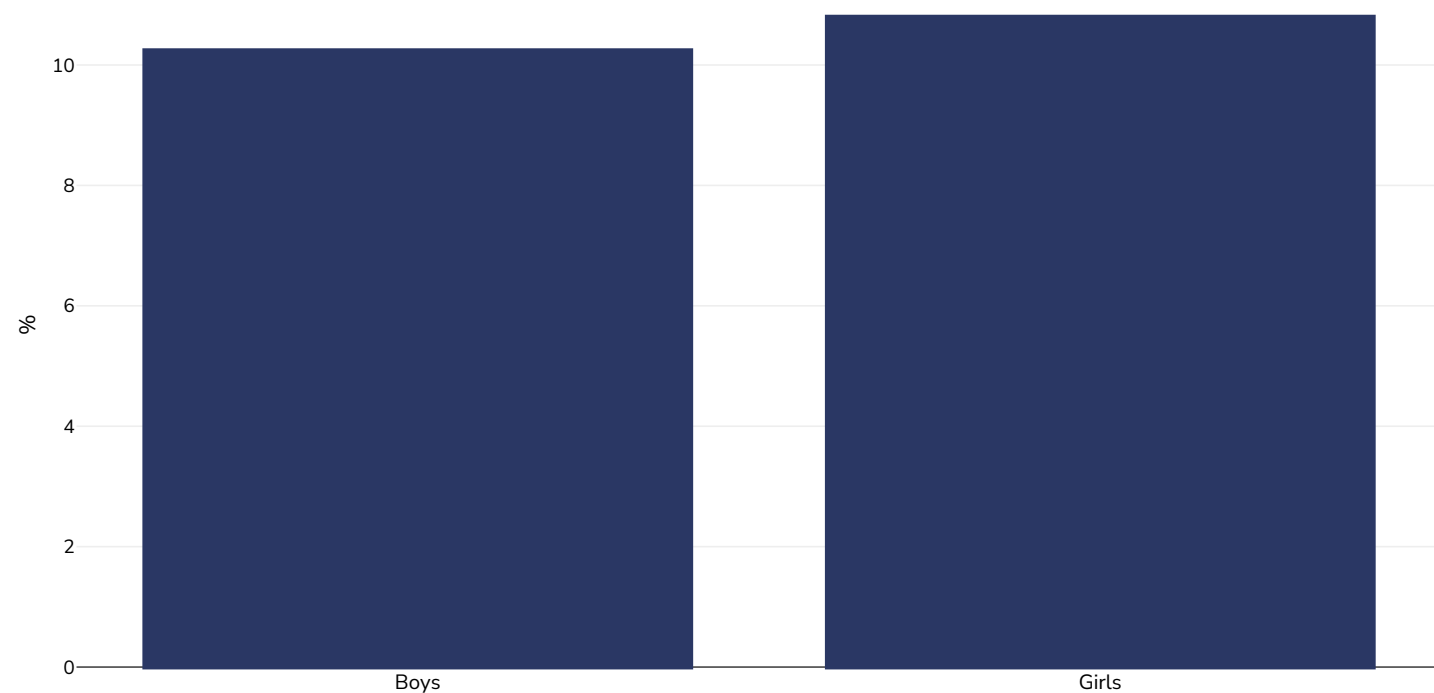
### Girls, 2006-2007



|               |                                                                                                                                                                                                                                                                                                                                                                                                                 |
|---------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Survey type:  | Measured                                                                                                                                                                                                                                                                                                                                                                                                        |
| Age:          | 15-19                                                                                                                                                                                                                                                                                                                                                                                                           |
| Sample size:  | 979                                                                                                                                                                                                                                                                                                                                                                                                             |
| Area covered: | National                                                                                                                                                                                                                                                                                                                                                                                                        |
| References:   | Benedict, Rukundo K., Allison Schmale, and Sorrel Namaste. 2018. Adolescent Nutrition 2000-2017: DHS Data on Adolescents Age 15-19. DHS Comparative Report No. 47. Rockville, Maryland, USA: ICF. Central Statistical Office (CSO) [Swaziland], and Macro International Inc. 2008. Swaziland Demographic and Health Survey 2006-07. Mbabane, Swaziland: Central Statistical Office and Macro International Inc. |
| Definitions:  | BMI for age: between +1 SD and +2 SD is overweight and greater than +2 SD is obesity                                                                                                                                                                                                                                                                                                                            |
| Cutoffs:      | WHO 2007                                                                                                                                                                                                                                                                                                                                                                                                        |

## Double burden of underweight & overweight

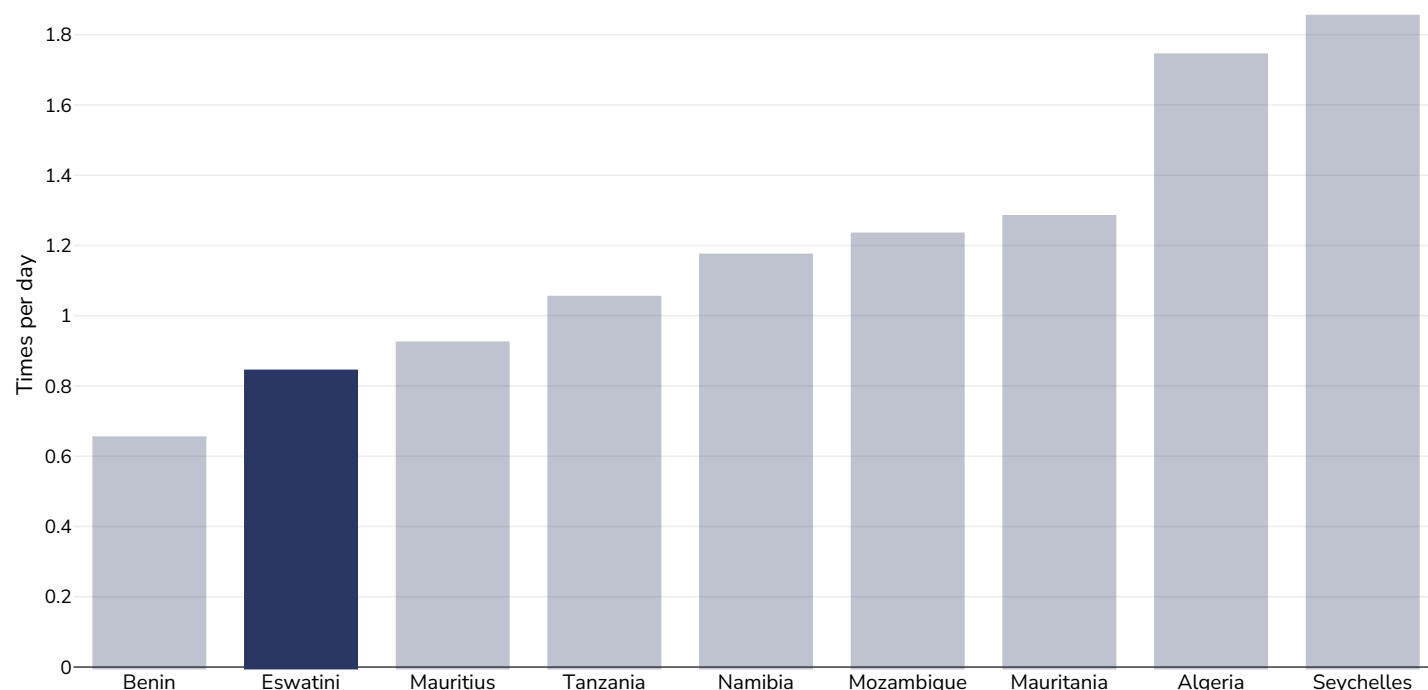
Children, 2022



|              |                                                                                                                                                                                                                                                                                                                                                                            |
|--------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 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                                                                                                                                                                                                                                                                                                                                                   |

## Average daily frequency of carbonated soft drink consumption

### Children, 2009-2015



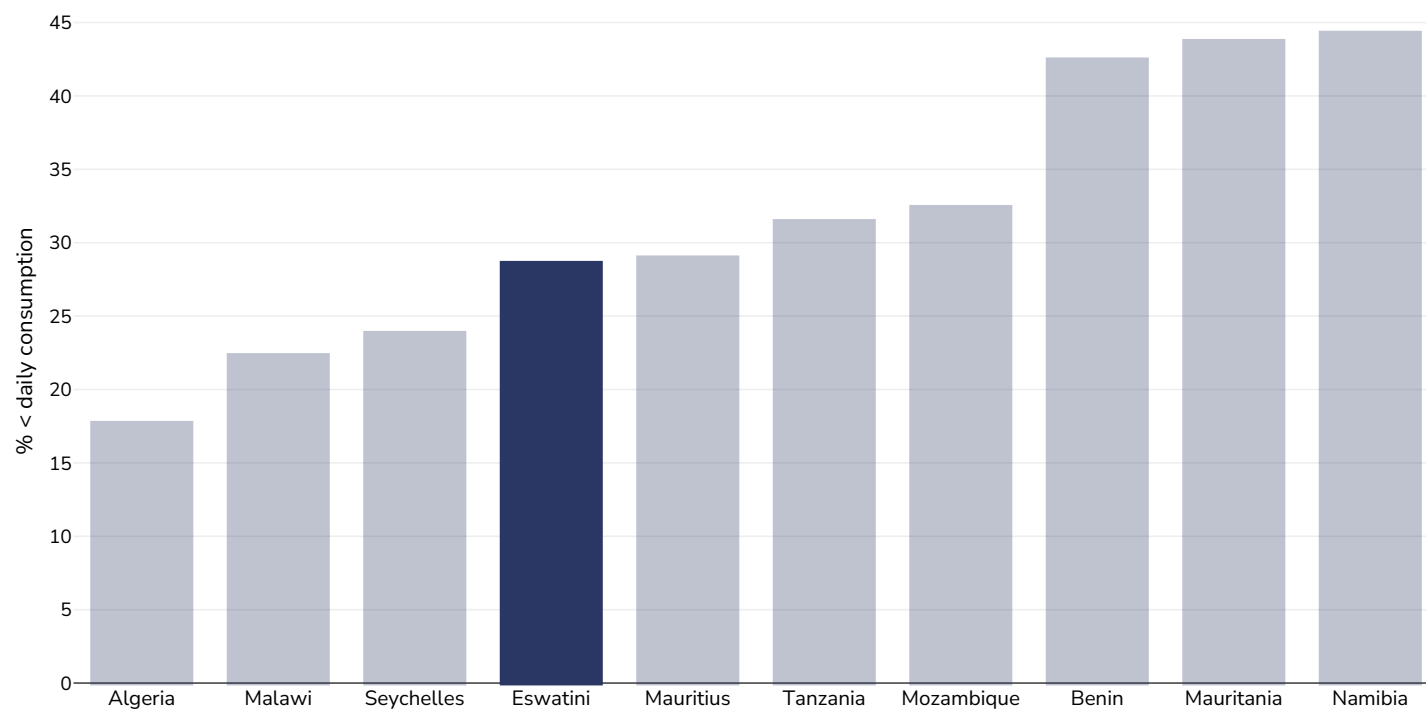
Survey type: Measured

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, 2009-2015



Survey type: Measured

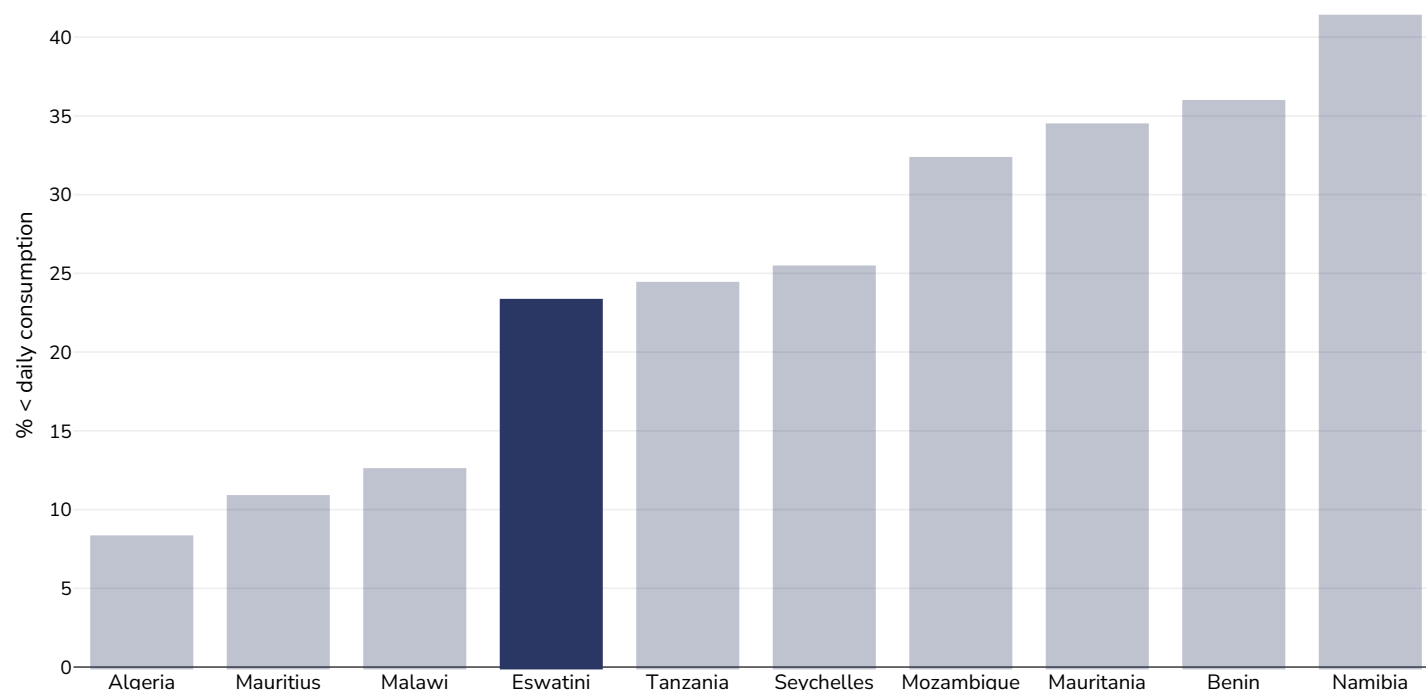
Age: 12-17

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, 2009-2015



Survey type: Measured

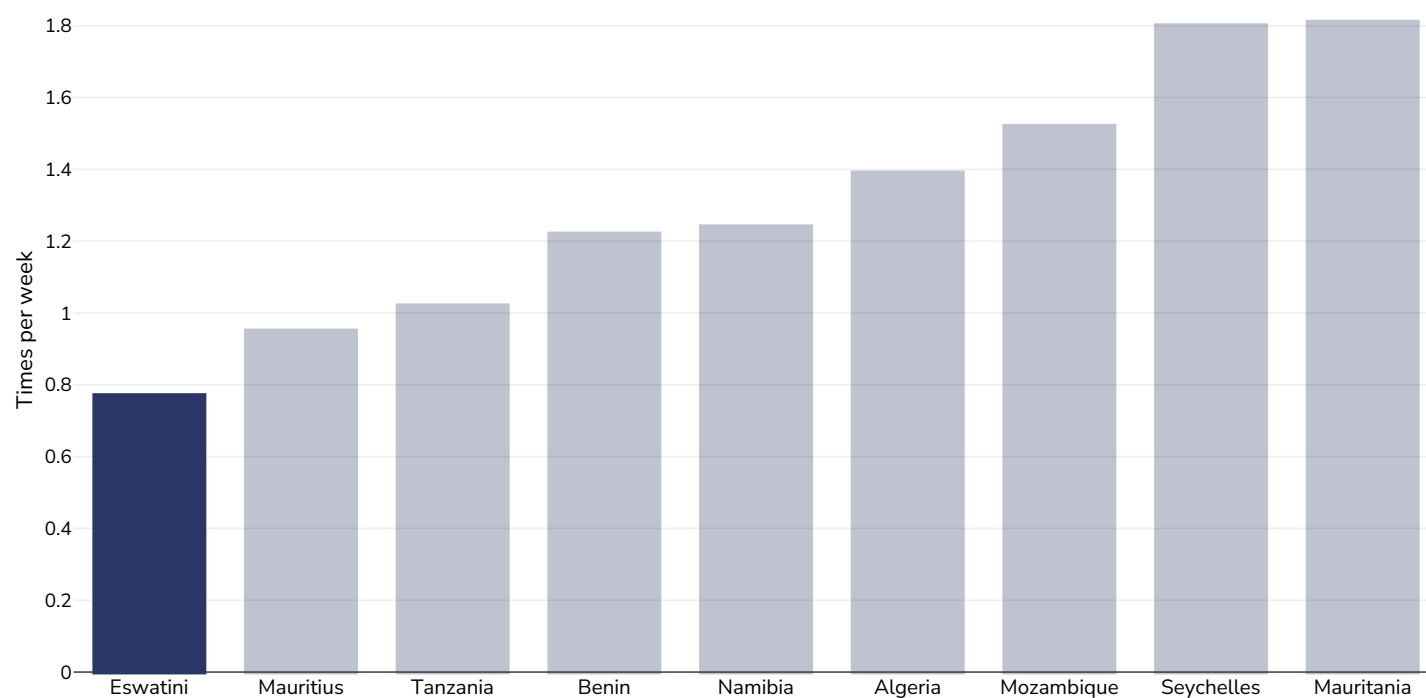
Age: 12-17

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>

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

## Average weekly frequency of fast food consumption

### Children, 2009-2015



Age:

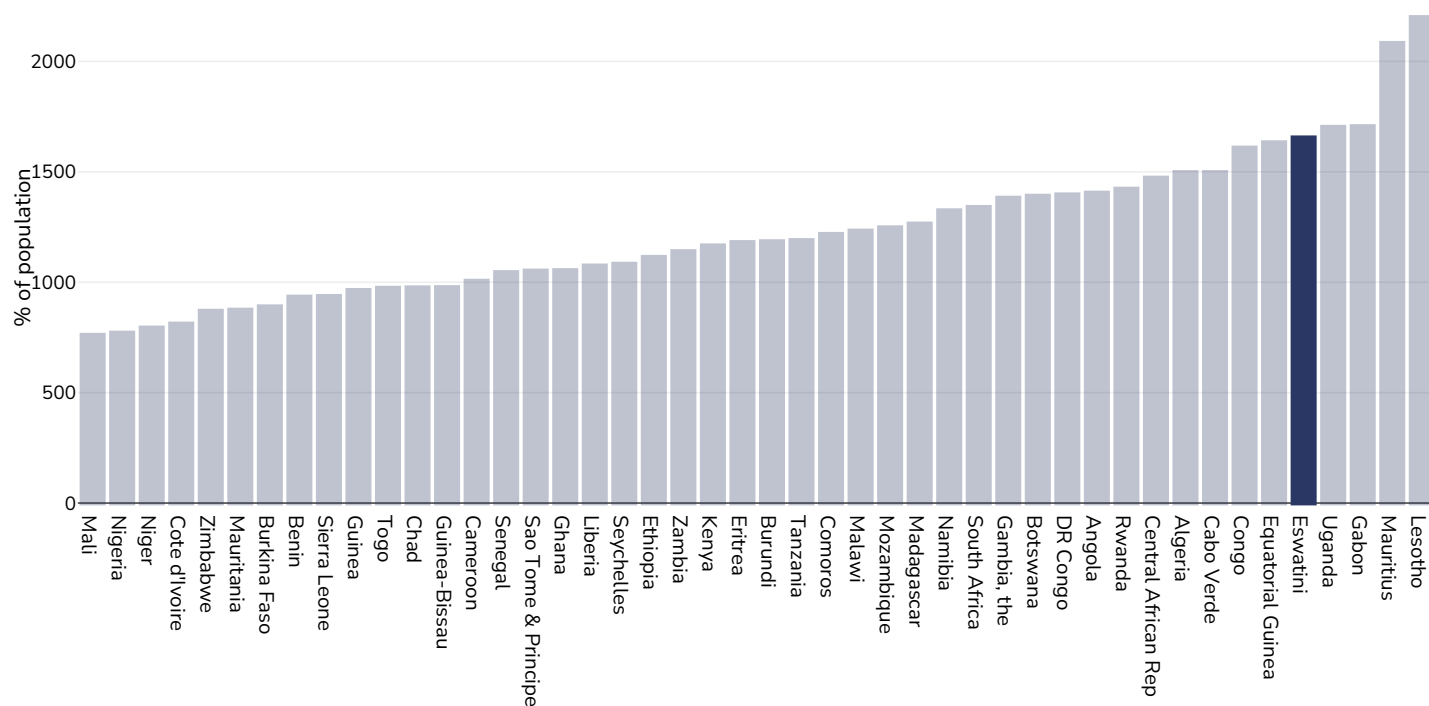
12-17

**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

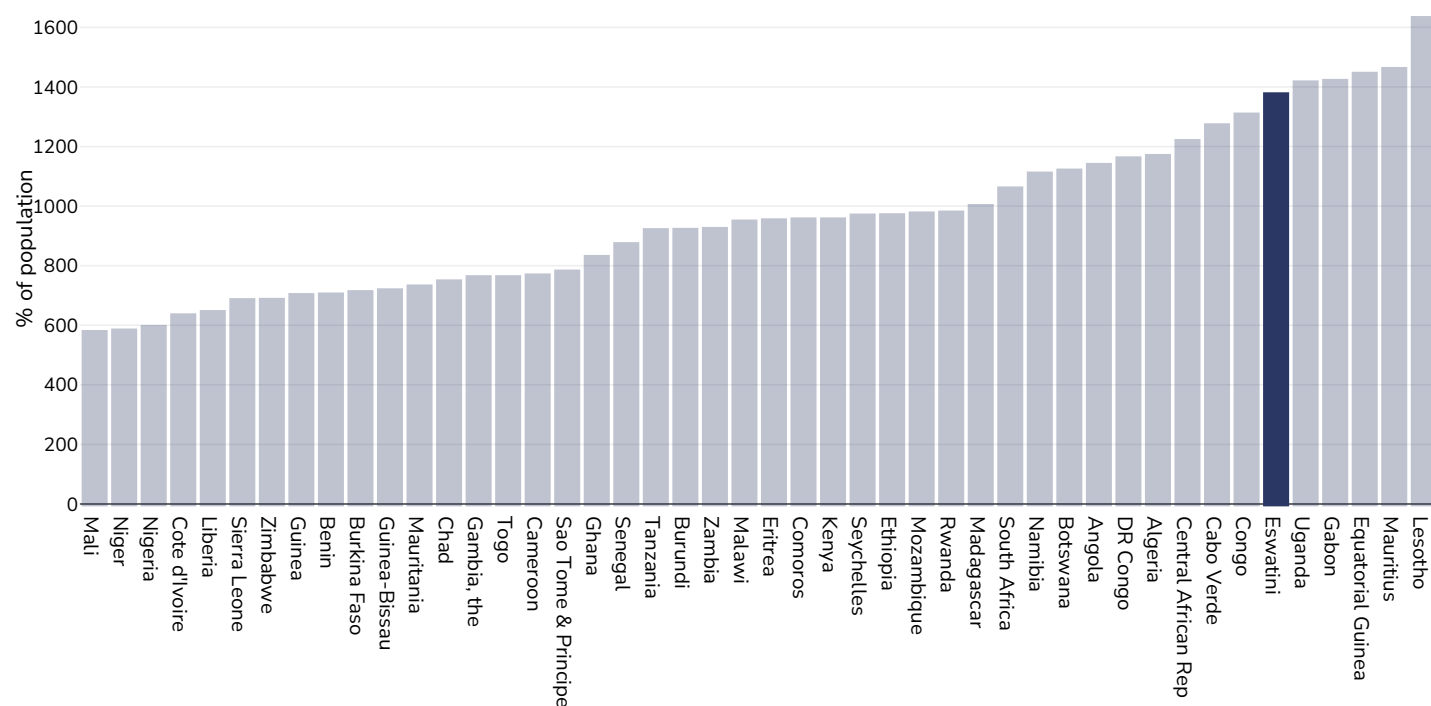
References:

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 <http://vizhub.healthdata.org/gbd-compare>. (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

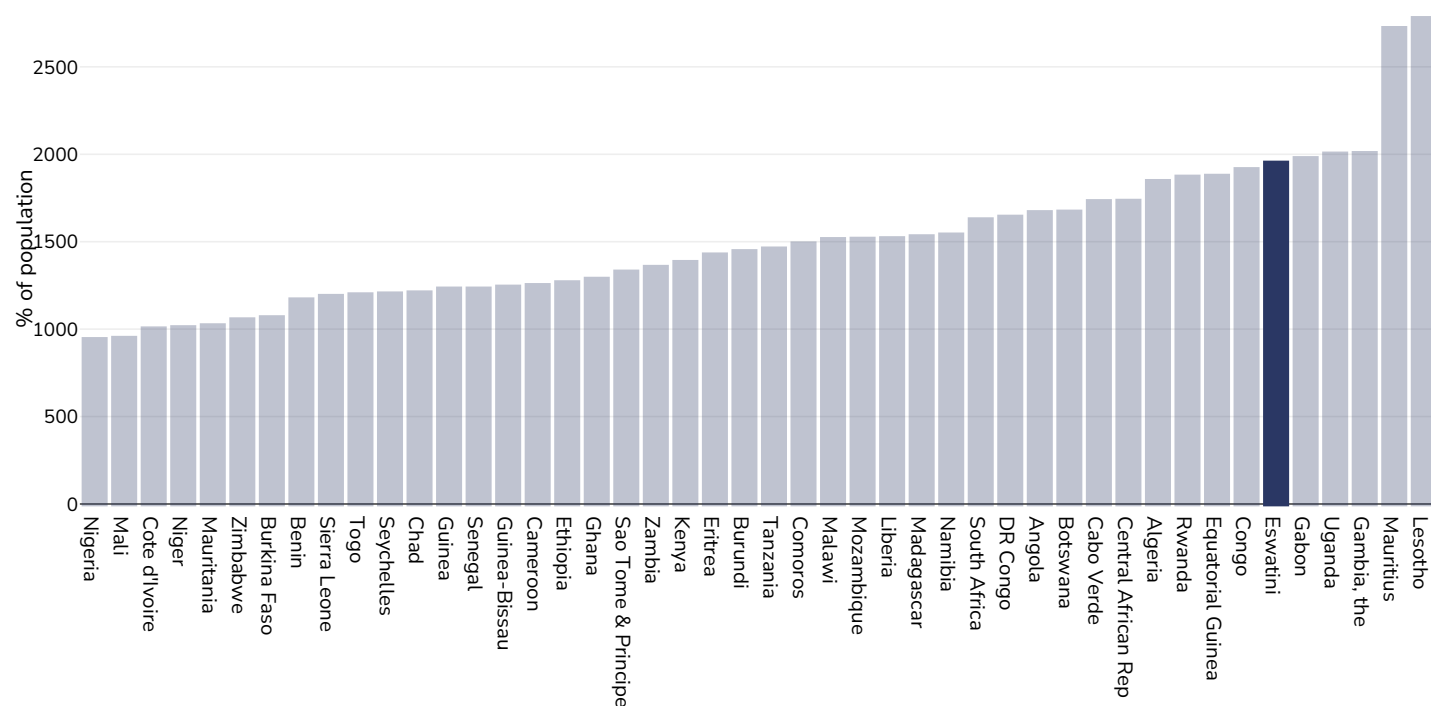
References:

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 <http://vizhub.healthdata.org/gbd-compare>. (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:

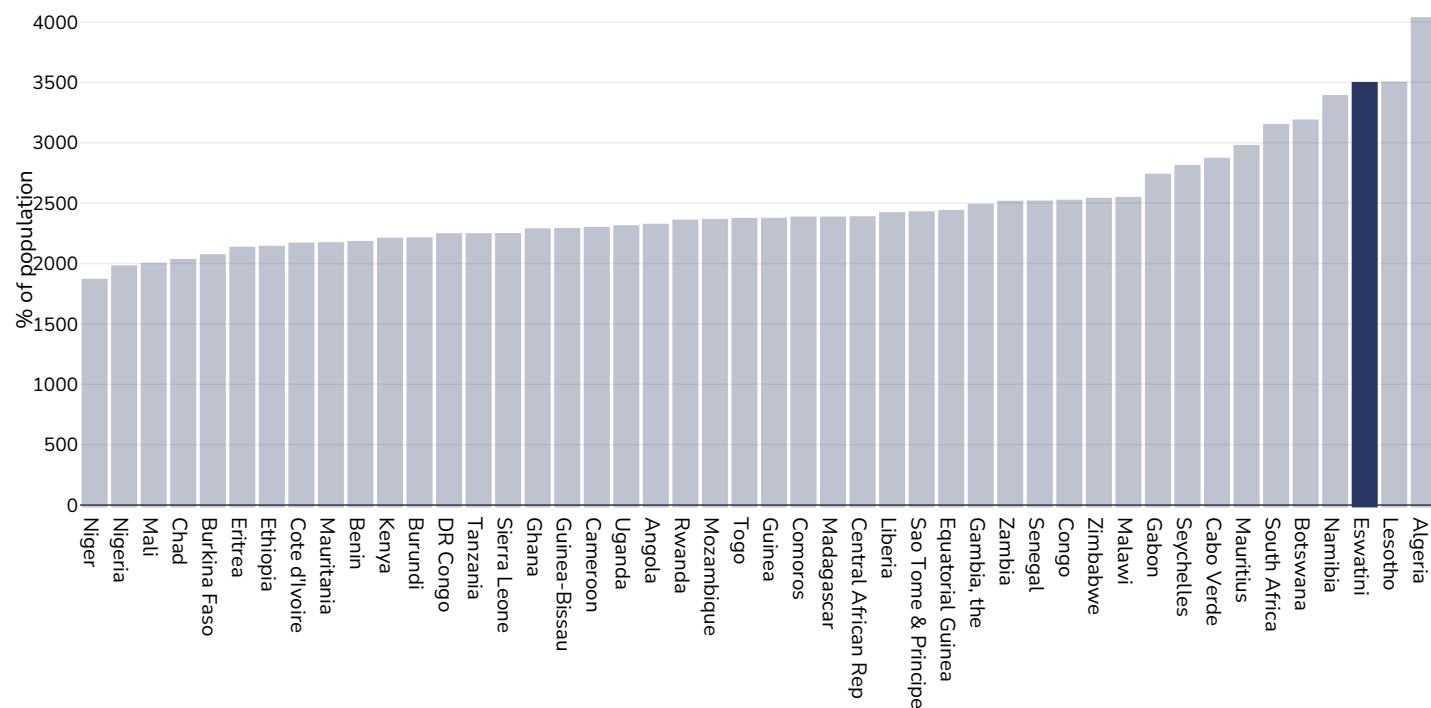
Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

Definitions:

Number living with depressive disorder per 100,000 population (Under 20 years of age)

## Mental health - anxiety disorders

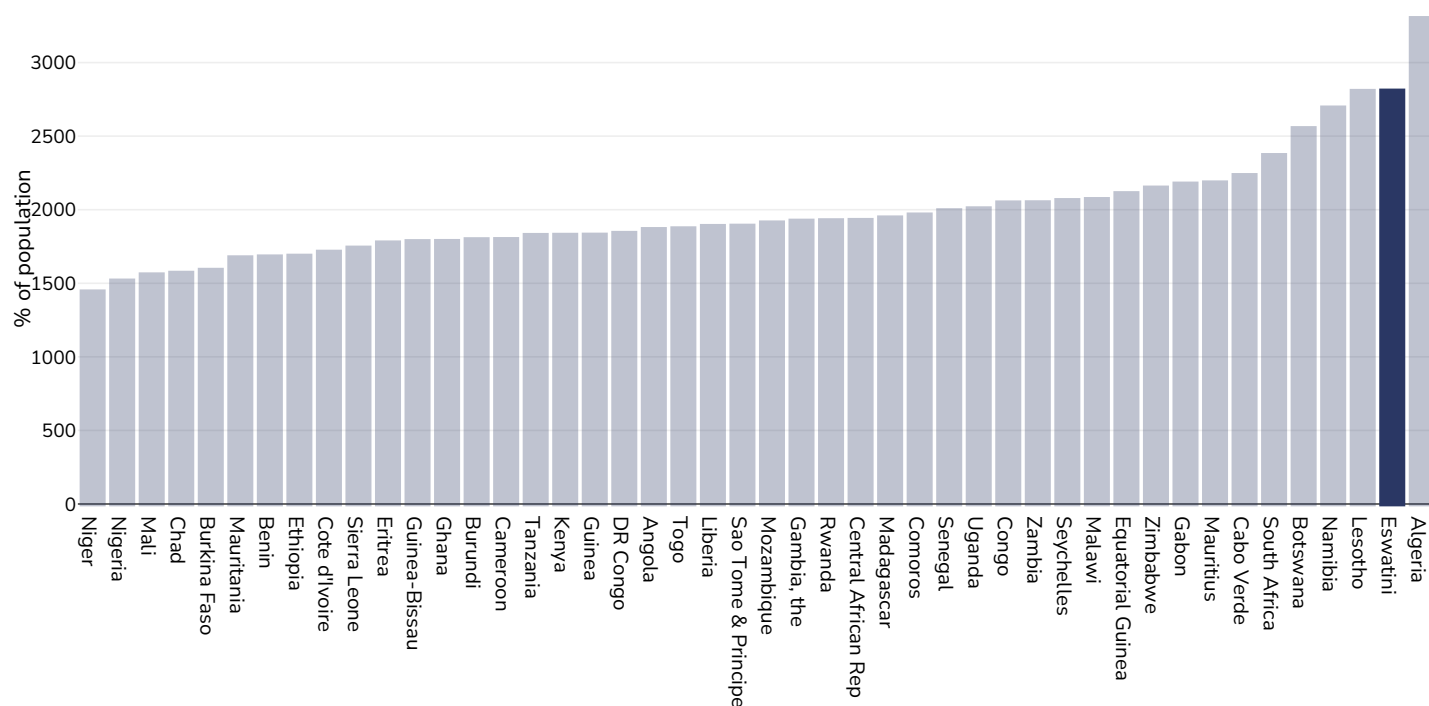
### Children, 2021



#### References:

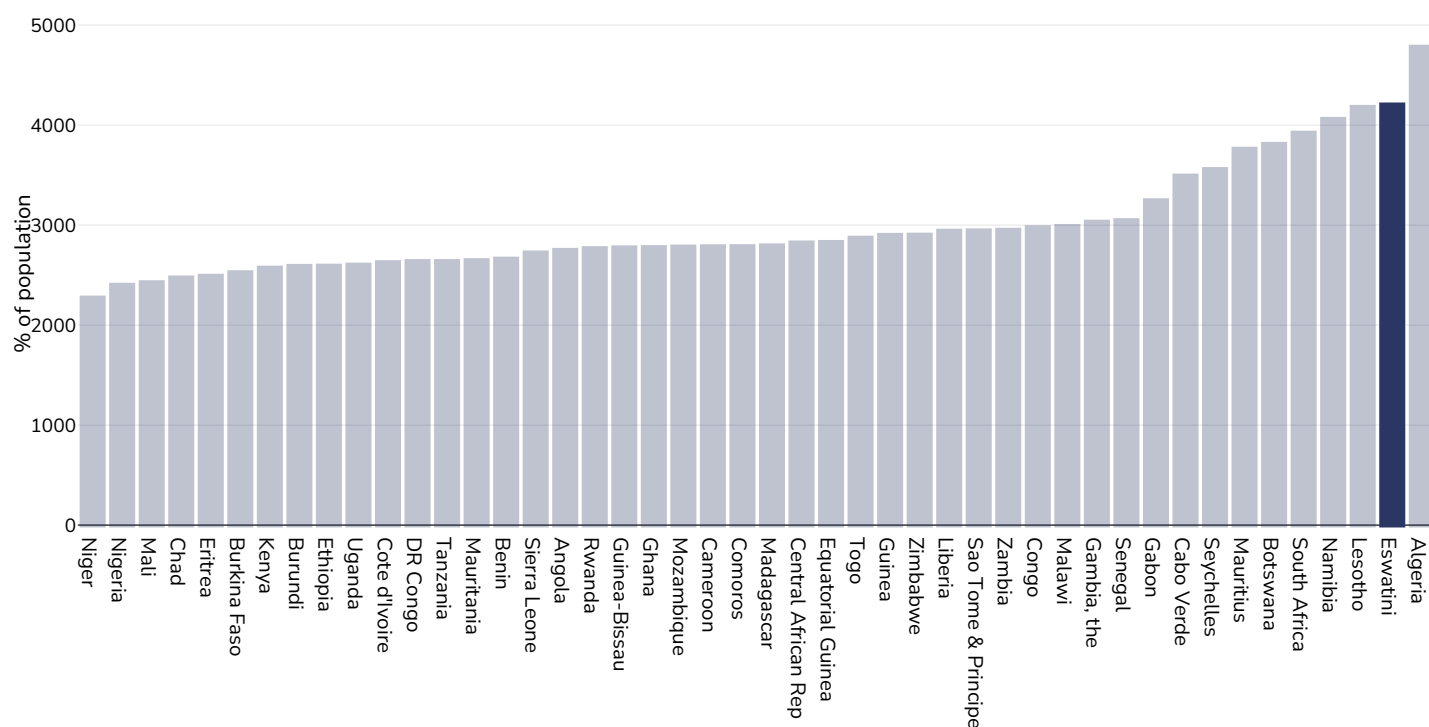
Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

## 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)

*PDF created on June 17, 2025*