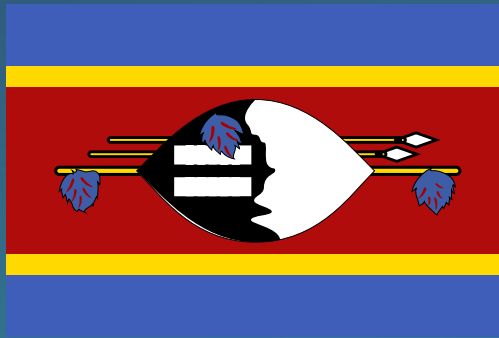




Eswatini



Country report card - under-5s

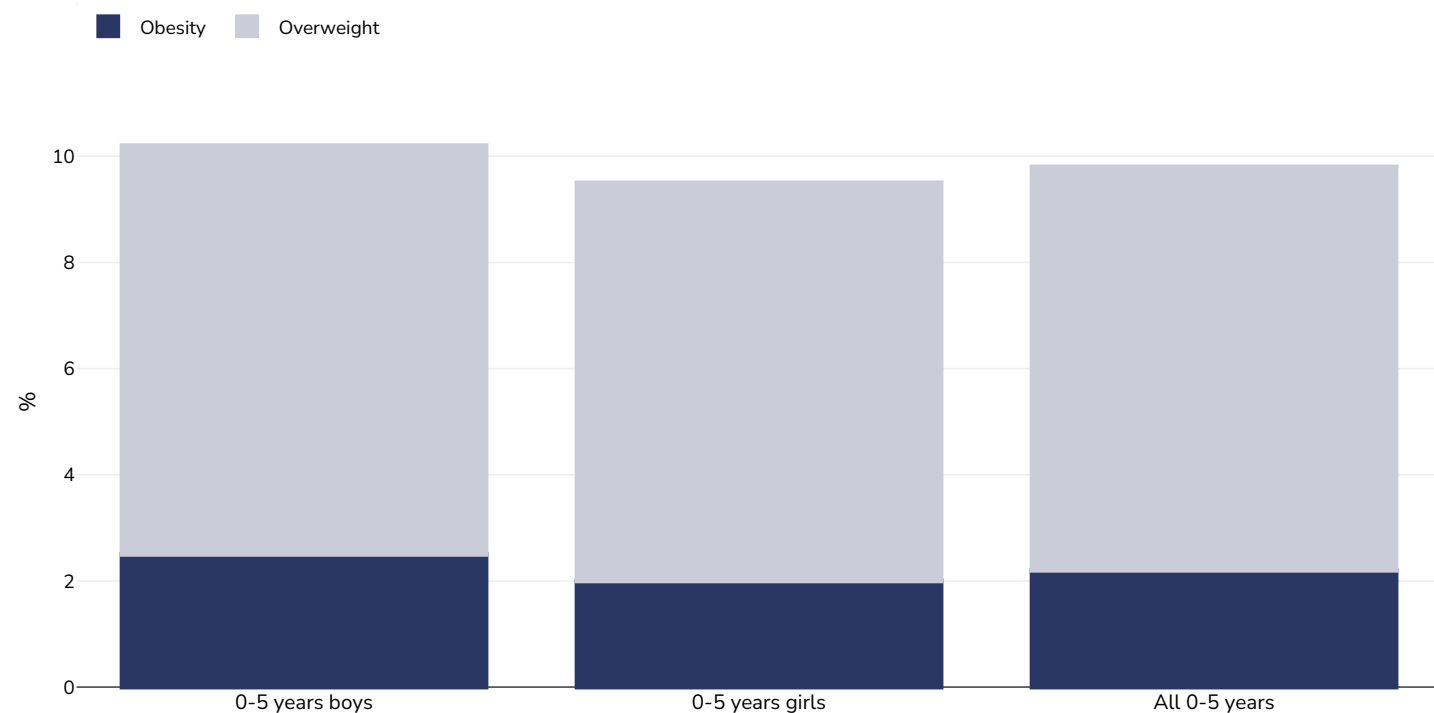
This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity for children under 5. Where available, data on common and relevant obesity drivers and comorbidities are also presented.

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

Contents	Page
Obesity prevalence	3
Overweight/obesity by education	4
Overweight/obesity by age	5
Overweight/obesity by region	6
Overweight/obesity by socio-economic group	7
Double burden of underweight & overweight	8
% Infants exclusively breastfed 0-5 months	□

Obesity prevalence

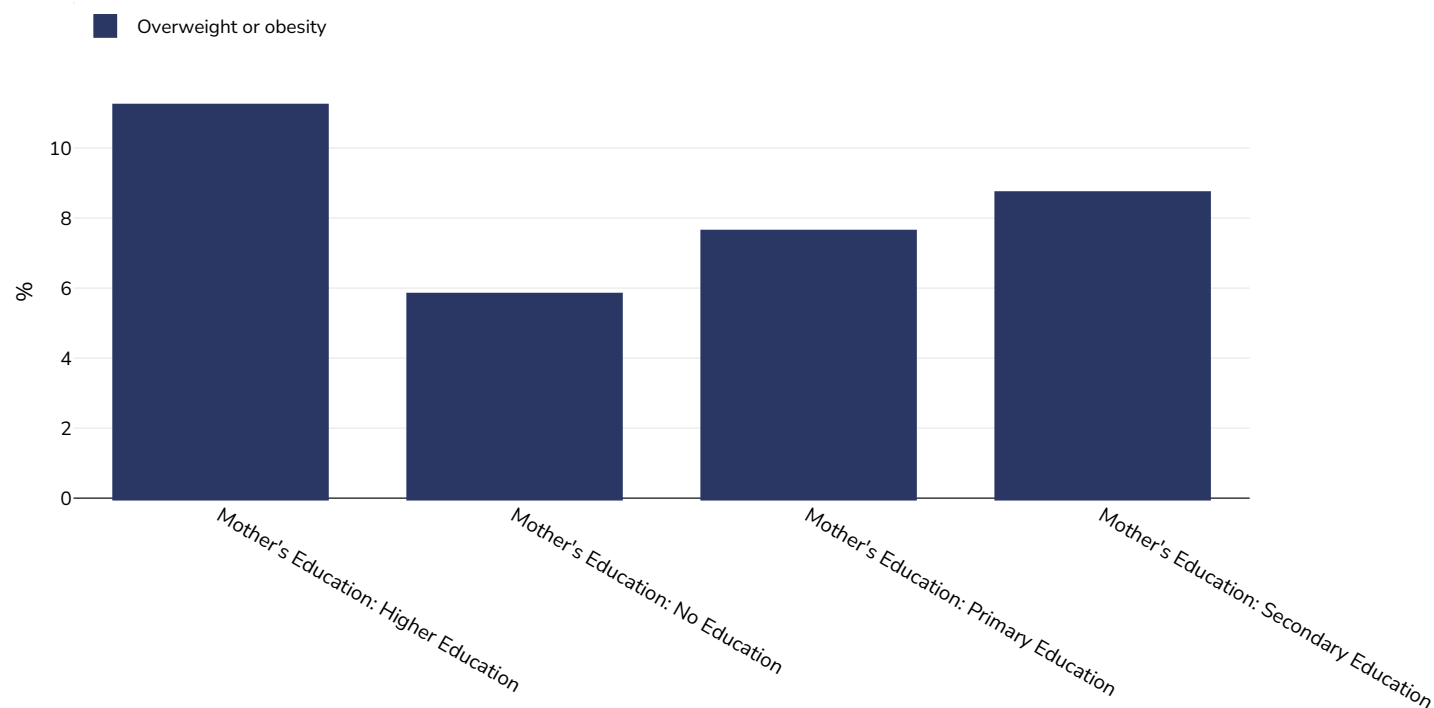
0-5 years, 2021-2022



Survey type:	Measured
Age:	0-5
Sample size:	2171
Area covered:	National
References:	Central Statistical Office (CSO). 2024. Eswatini Multiple Indicator Cluster Survey 2021-2022, Survey Findings Report. Mbabane, Eswatini: Central Statistical Office (CSO).
Notes:	< 5 years of age
Cutoffs:	+2/+3 SD

Overweight/obesity by education

0-5 years, 2014



Sample size: 2623

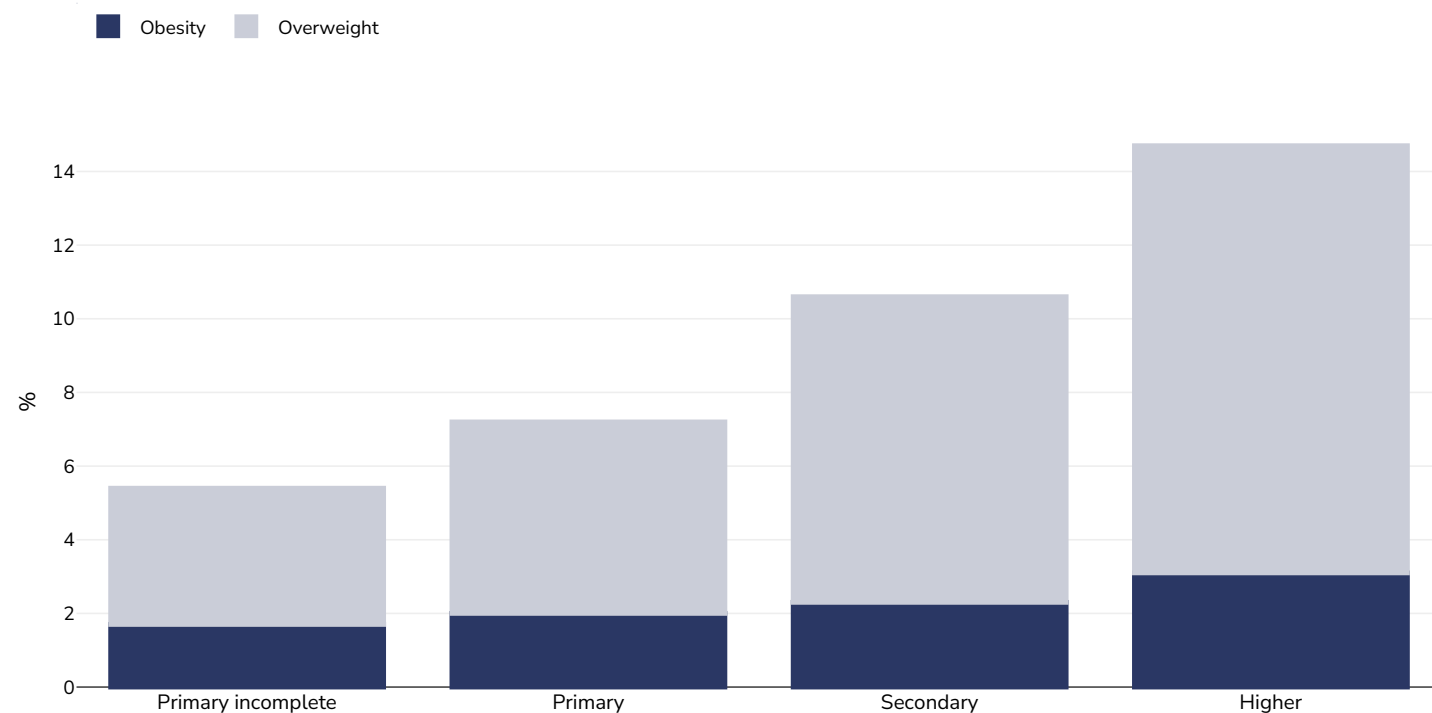
References: MICS: Swaziland Multiple Indicator Cluster Survey 2014. Final Report. Mbabane, Swaziland, Central Statistical Office and UNICEF

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

Overweight/obesity by age

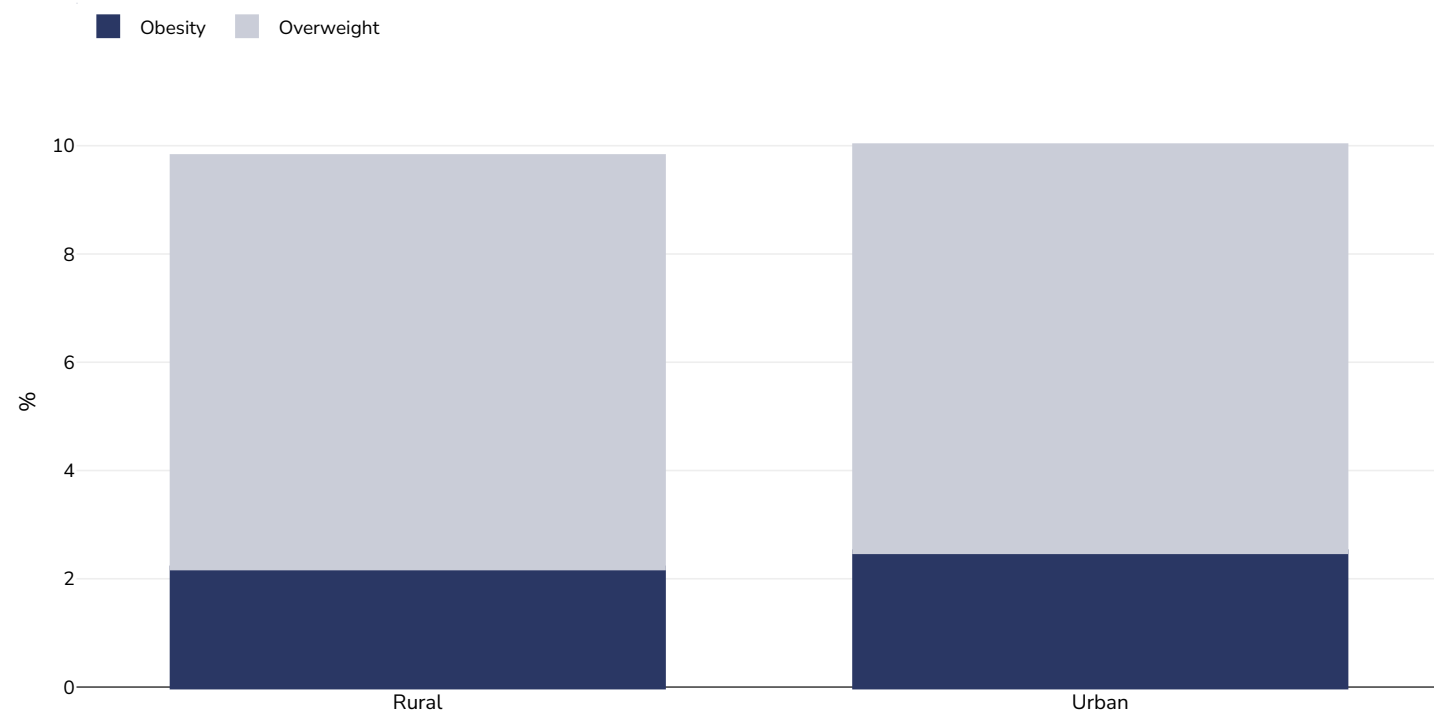
0-5 years, 2021-2022



Survey type:	Measured
Age:	0-5
Sample size:	2171
Area covered:	National
References:	Central Statistical Office (CSO). 2024. Eswatini Multiple Indicator Cluster Survey 2021-2022, Survey Findings Report. Mbabane, Eswatini: Central Statistical Office (CSO)
Notes:	Infants < 5 years of age Based on mothers educational status
Cutoffs:	+2/+3 SD

Overweight/obesity by region

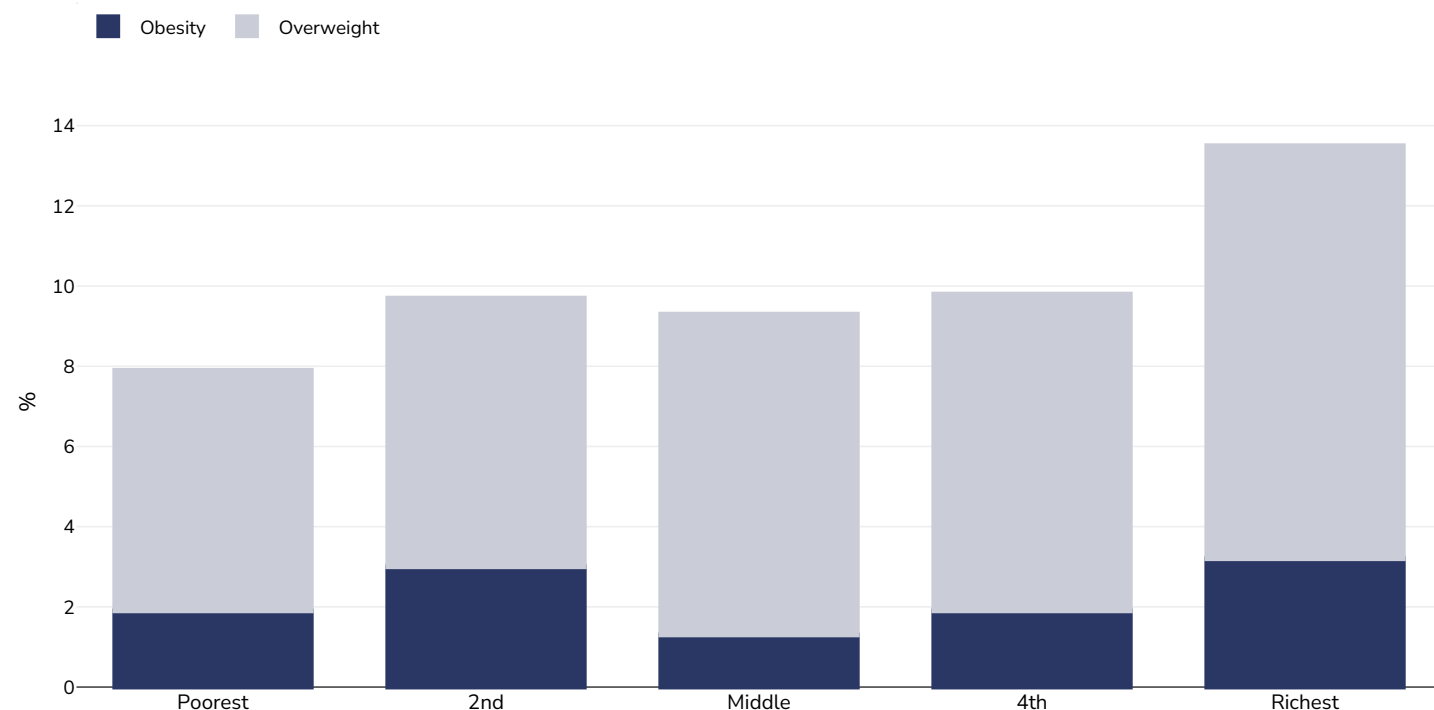
0-5 years, 2021-2022



Survey type:	Measured
Sample size:	2171
Area covered:	National
References:	Central Statistical Office (CSO). 2024. Eswatini Multiple Indicator Cluster Survey 2021-2022, Survey Findings Report. Mbabane, Eswatini: Central Statistical Office (CSO)
Notes:	Infants < 5 years of age

Overweight/obesity by socio-economic group

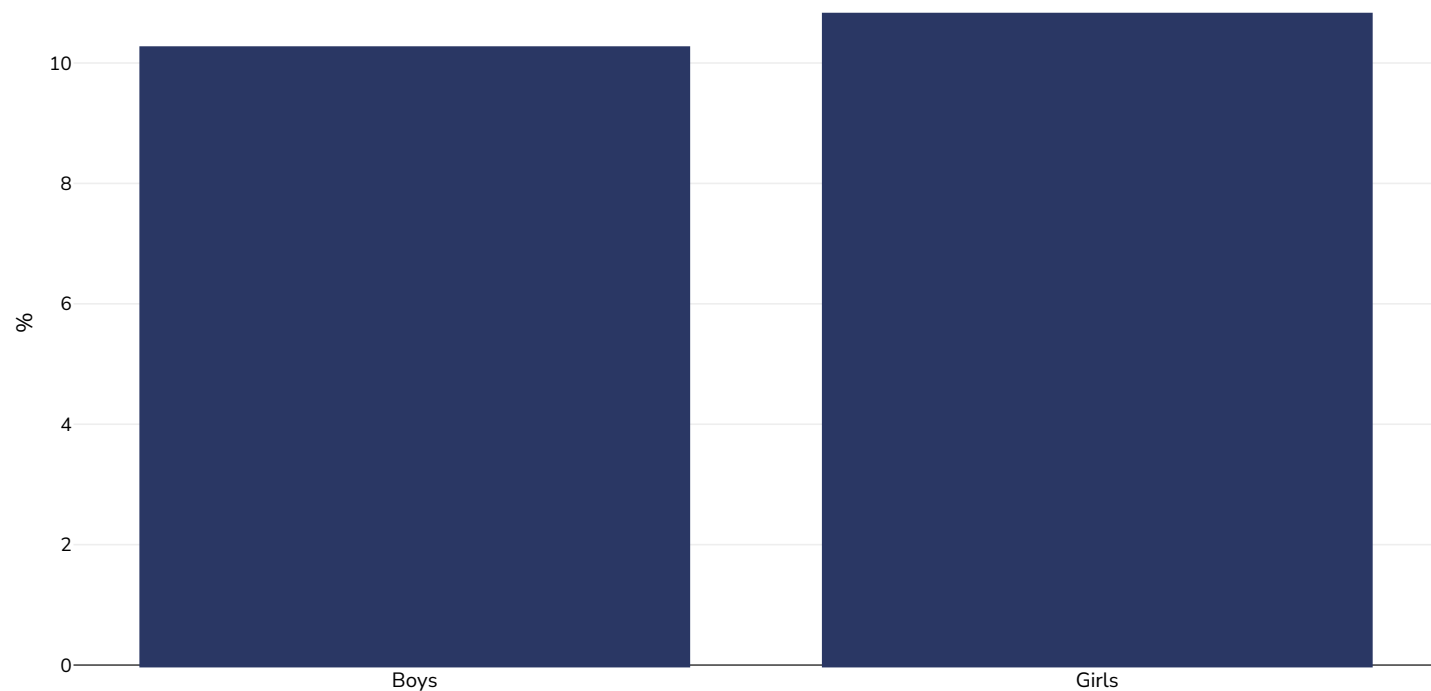
0-5 years, 2021-2022



Survey type:	Measured
Sample size:	2171
Area covered:	National
References:	Central Statistical Office (CSO). 2024. Eswatini Multiple Indicator Cluster Survey 2021-2022, Survey Findings Report. Mbabane, Eswatini: Central Statistical Office (CSO)
Notes:	Infants < 5 years of age
Cutoffs:	+2/+3 SD

Double burden of underweight & overweight

0-5 years, 2014-2014



Survey type: Measured

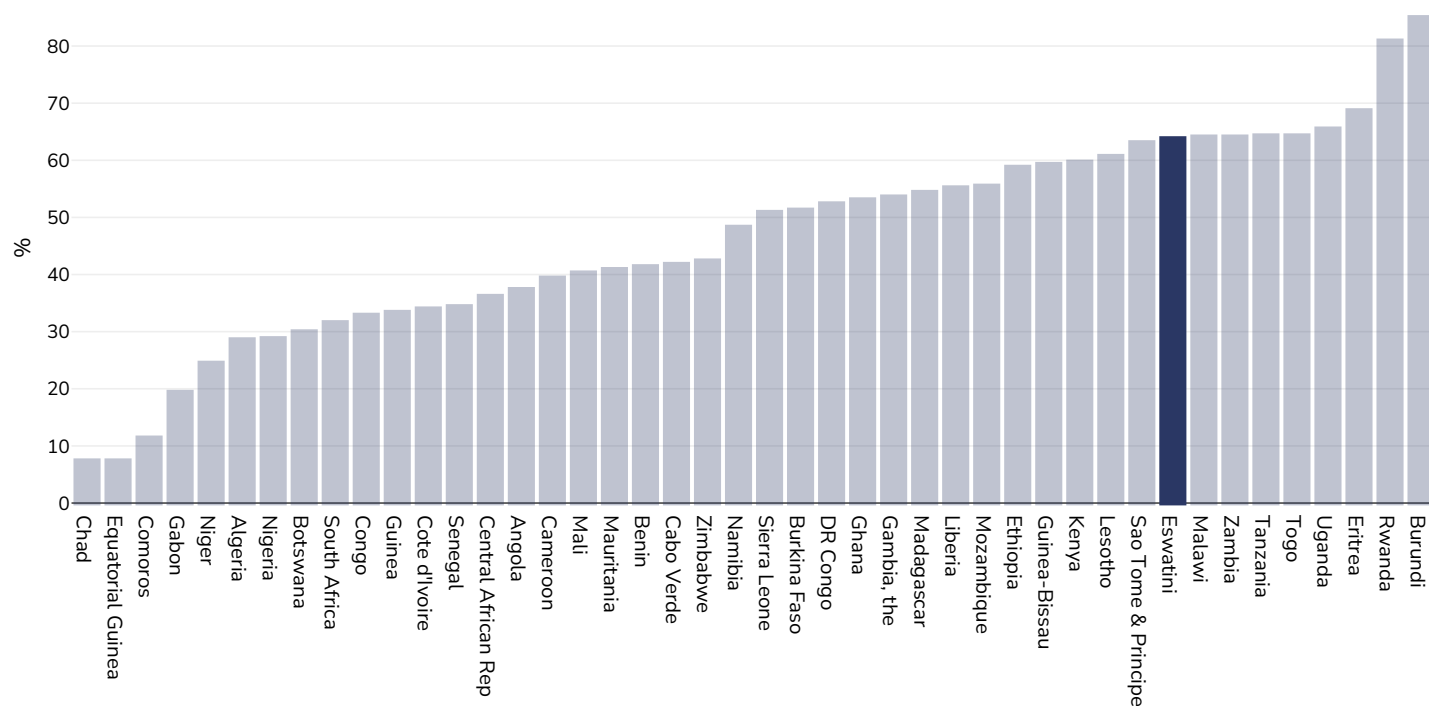
Age: 0-5

References: UNICEF data available at <https://data.unicef.org/topic/nutrition/malnutrition/> (last accessed 12.03.25)

Notes: Children under 5 falling below -2 standard deviations from the median height for age and falling at or above +2 standard deviations from the median weight-for-height of the reference population

% Infants exclusively breastfed 0-5 months

0-5 years, 2010-2024



References: Swaziland Multiple Indicator Cluster Survey 2014. Final Report. Mbabane, Swaziland, Central Statistical Office and UNICEF

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.

PDF created on June 17, 2025