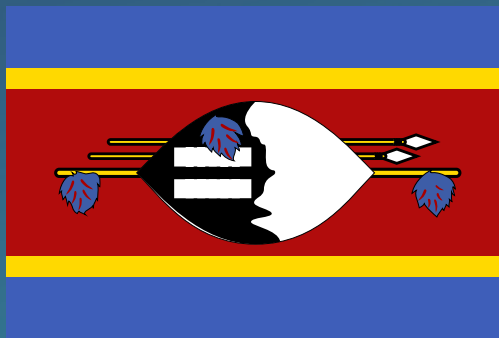




Eswatini



Country report card - under-5s

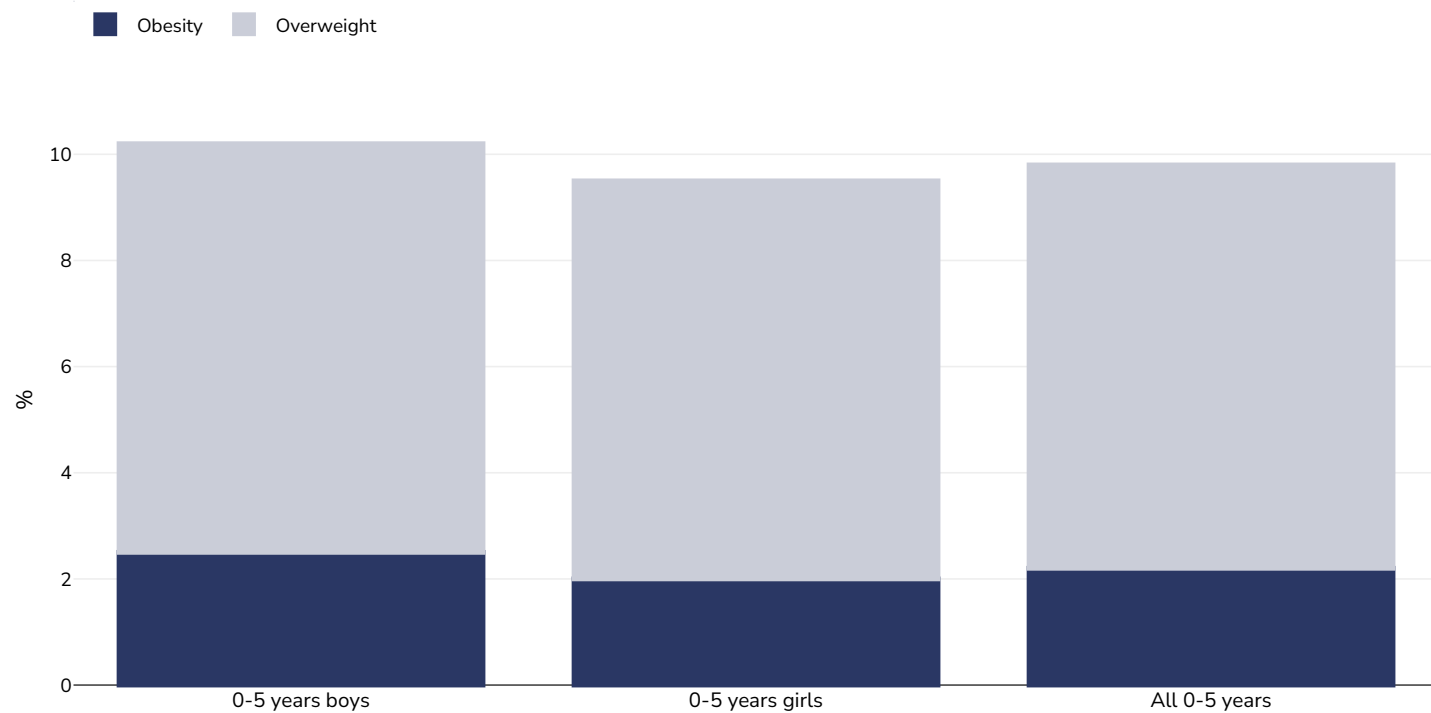
This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity for children under 5. Where available, data on common and relevant obesity drivers and comorbidities are also presented.

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

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% Infants exclusively breastfed 0-5 months	□

Obesity prevalence

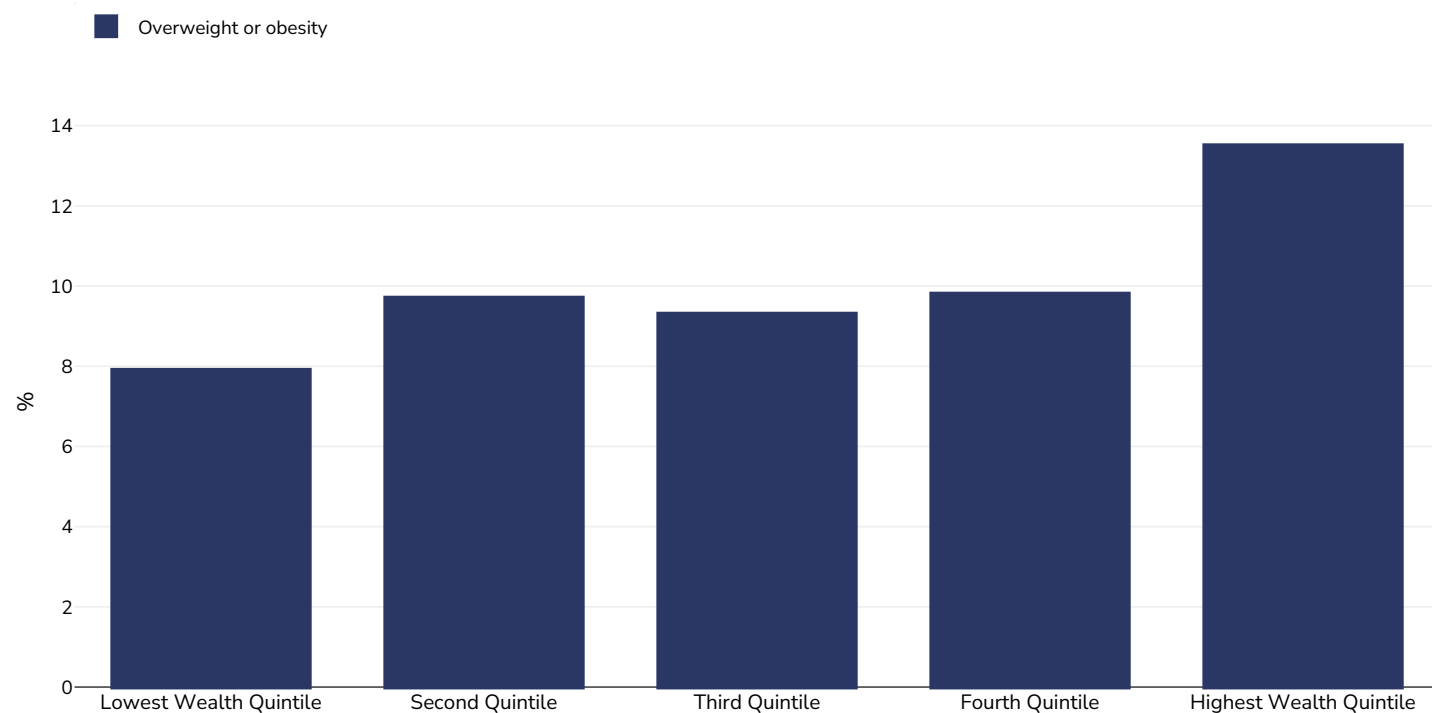
0-5 years, 2021-2022



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

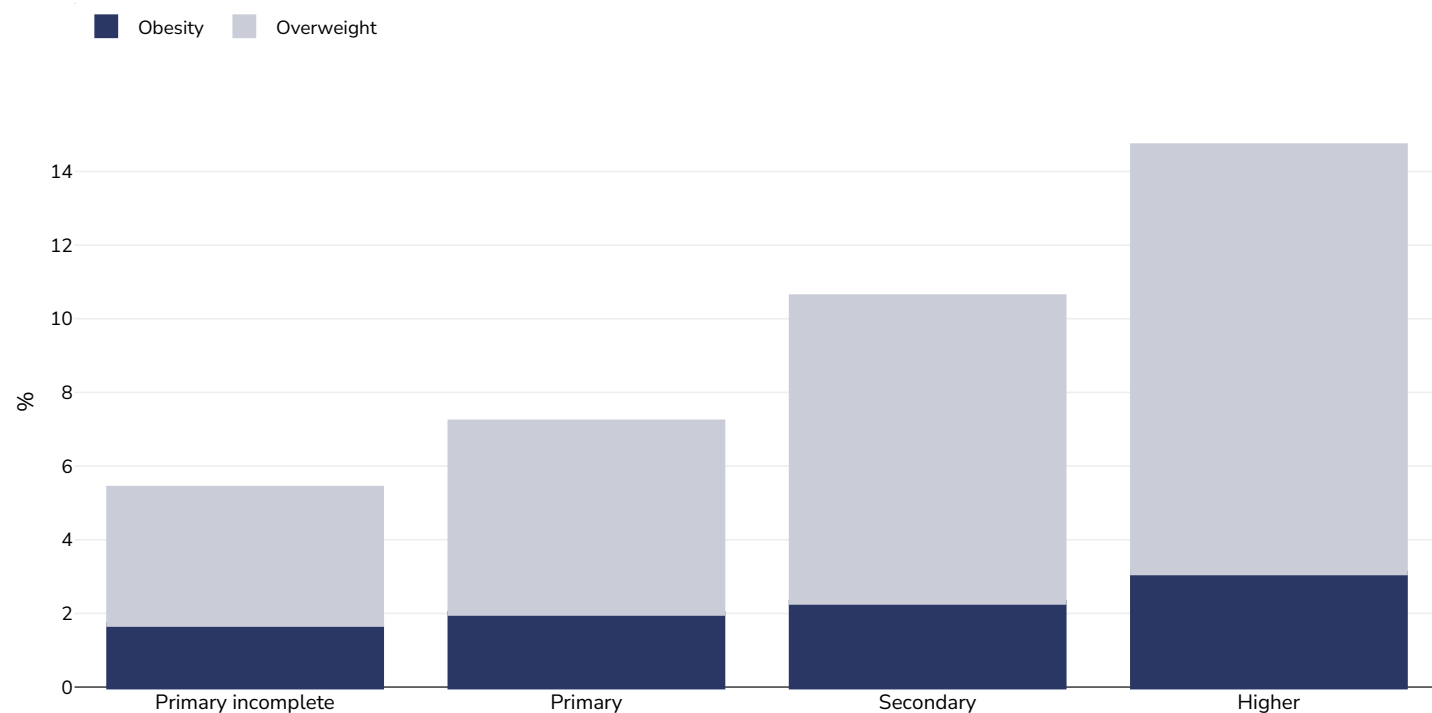
0-5 years, 2021-2022



Survey type:	Measured
Sample size:	2171
Area covered:	National
References:	Eswatini Multiple Indicator Cluster Survey 2021-2022
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 age

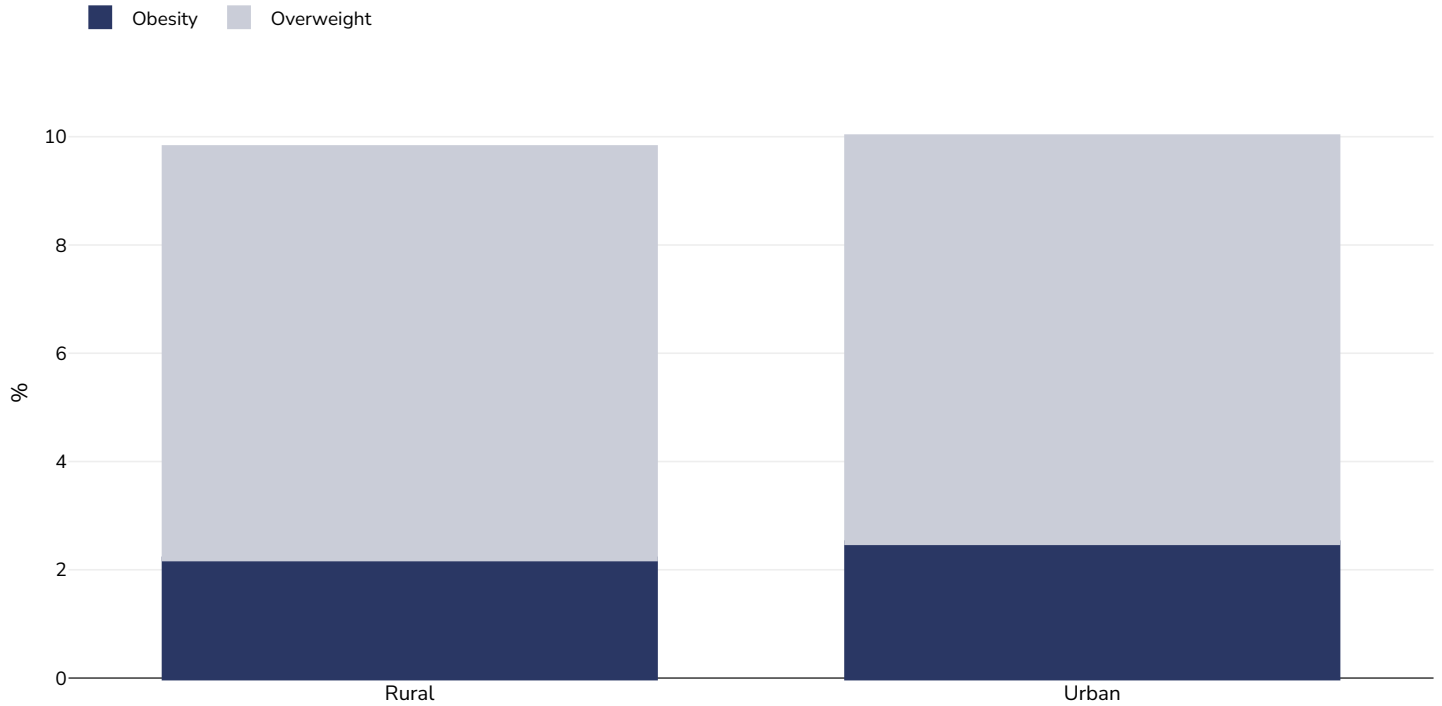
0-5 years, 2021-2022



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

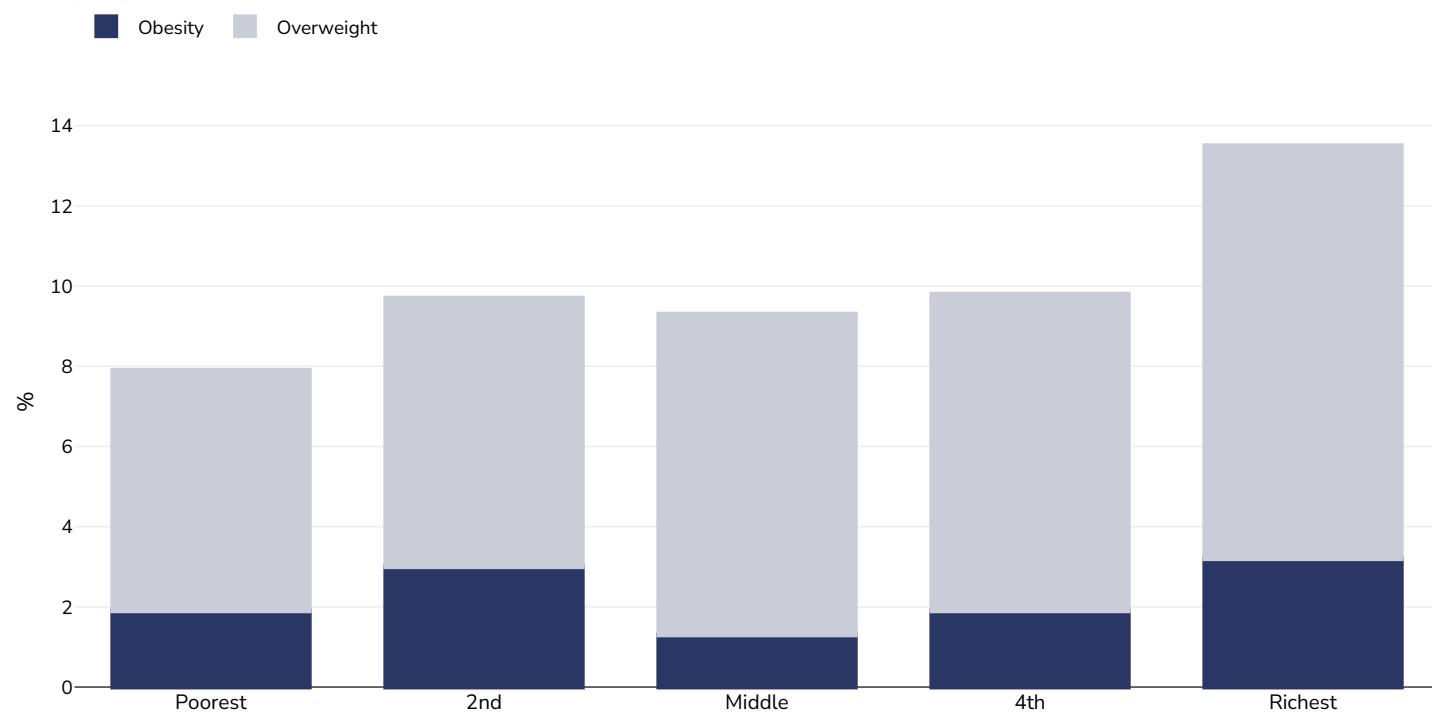
0-5 years, 2021-2022



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

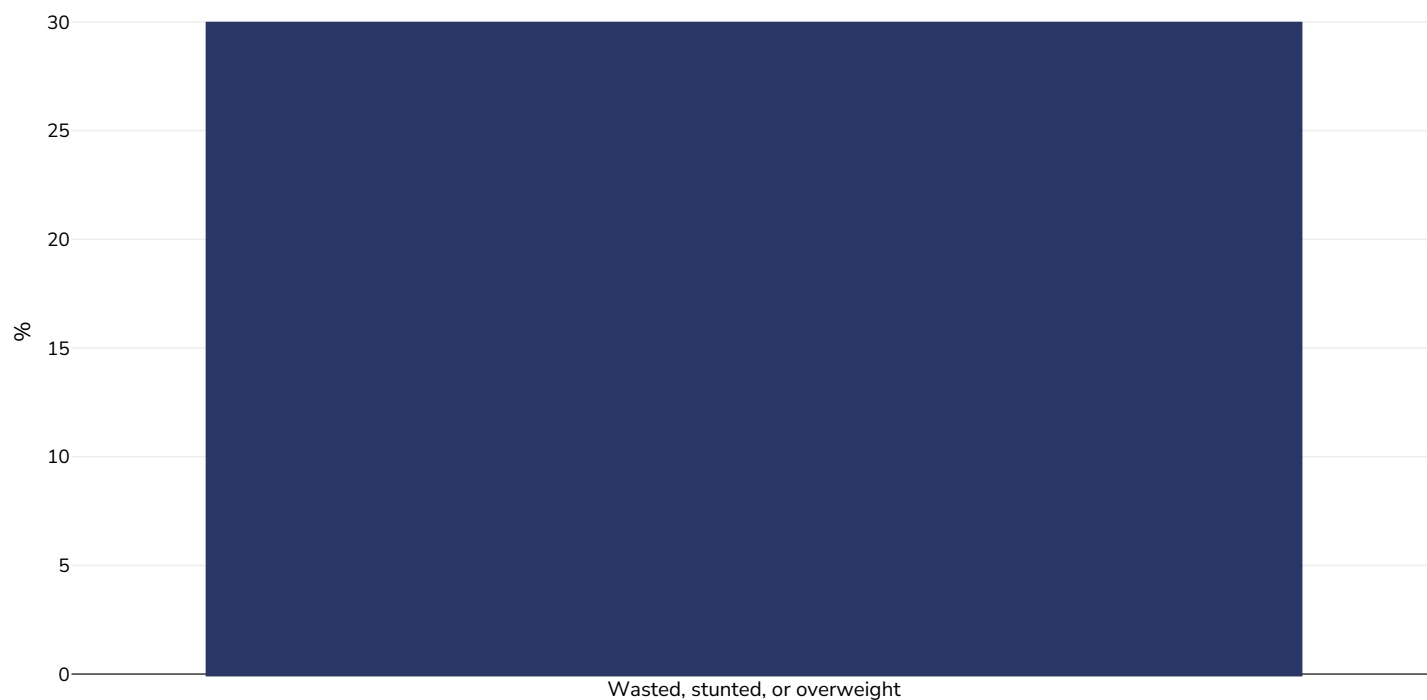
0-5 years, 2021-2022



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

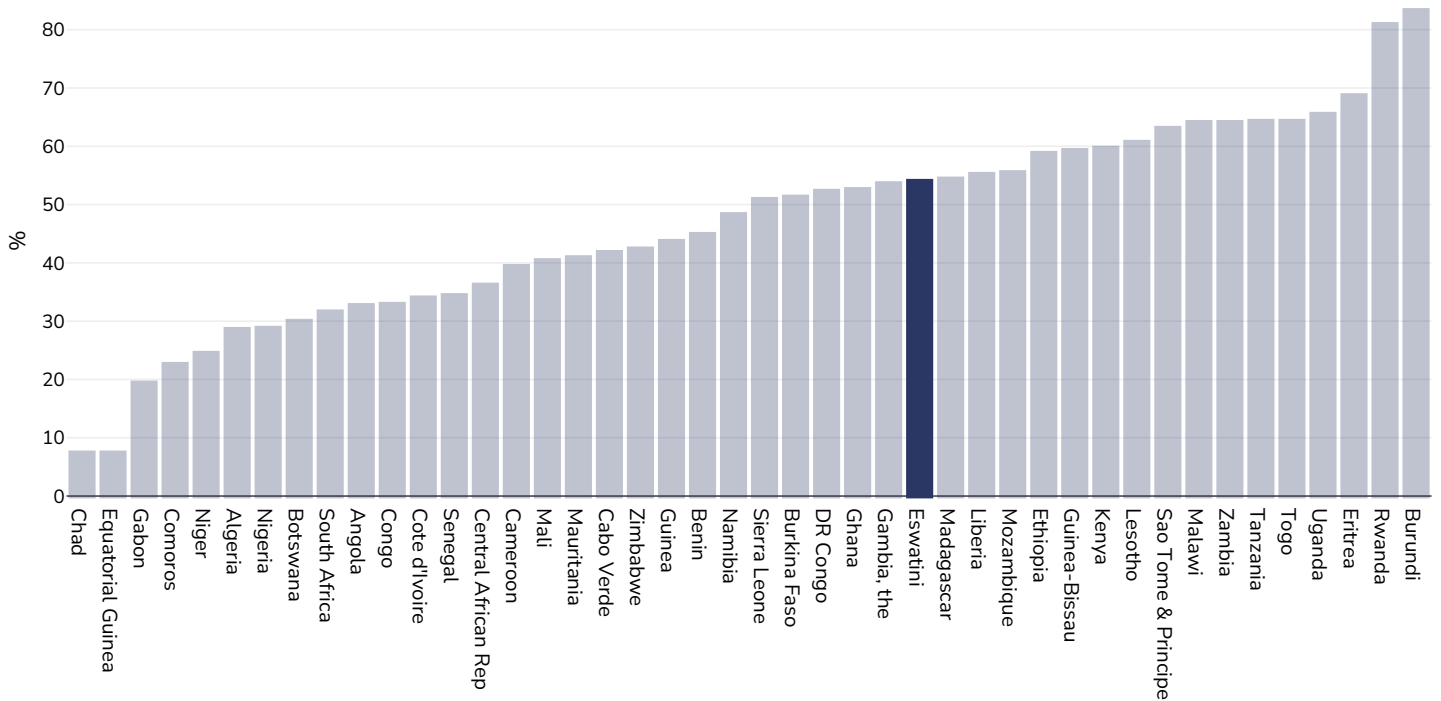
0-5 years, 2021-2022



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:	Eswatini Multiple Indicator Cluster Survey 2021-2022
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:	Eswatini Multiple Indicator Cluster Survey 2021-2022
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.

PDF created on May 5, 2026