



# Ethiopia



## Country report card - children

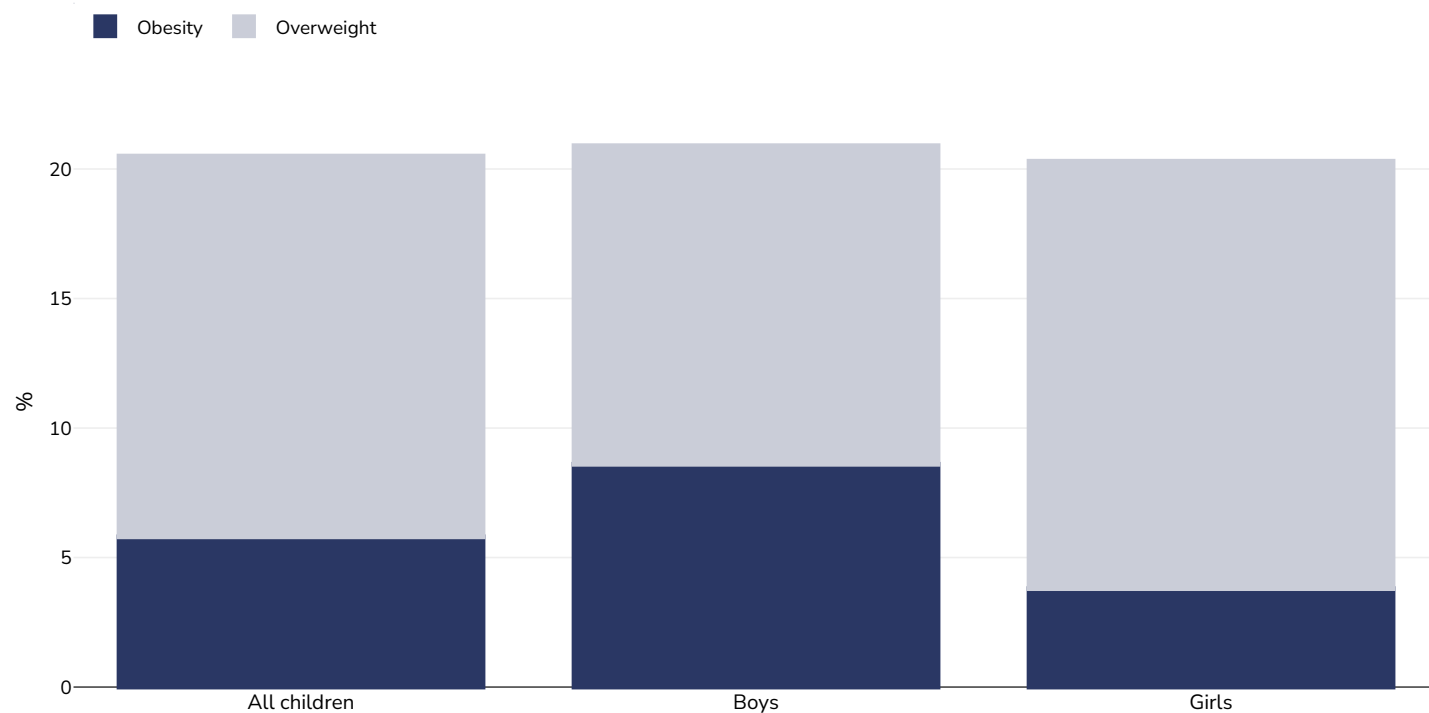
*This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity for children, including adolescents (aged 5 to 18 years). Where available, data on common and relevant obesity drivers and comorbidities are also presented.*

*View the latest version of this report on the Global Obesity Observatory at <https://data.worldobesity.org/country/ethiopia-65/>.*

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## Obesity prevalence

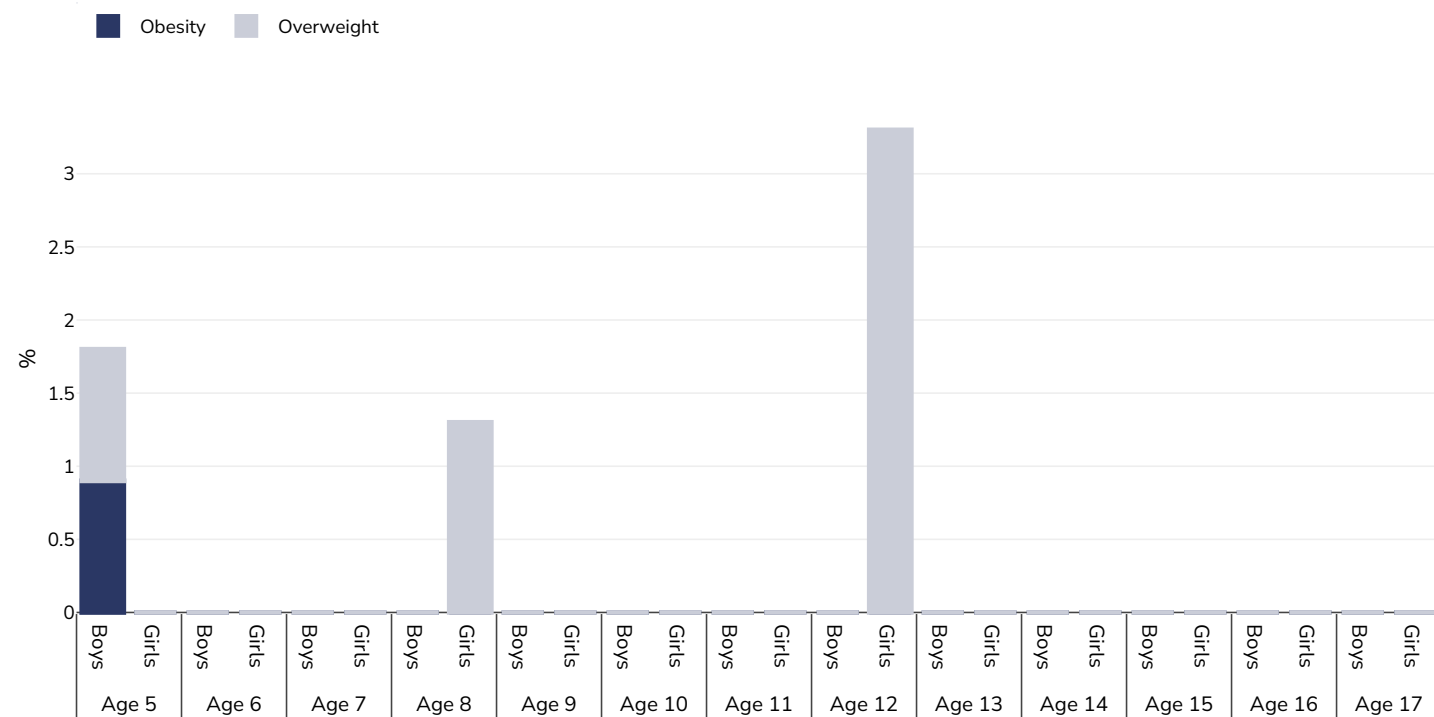
### Children, 2016



|               |                                                                                                                                                                                                                                                           |
|---------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Survey type:  | Measured                                                                                                                                                                                                                                                  |
| Age:          | 11-15                                                                                                                                                                                                                                                     |
| Sample size:  | 448                                                                                                                                                                                                                                                       |
| Area covered: | Regional                                                                                                                                                                                                                                                  |
| References:   | Desalew A, Mandesh A, Semahegn A. Childhood overweight, obesity and associated factors among primary school children in dire dawa, eastern Ethiopia; a cross-sectional study.BMC Obes. 2017 Jun 1;4:20. doi: 10.1186/s40608-017-0156-2. eCollection 2017. |
| Notes:        | Region: Dire Dawa (Eastern Ethiopia), Small sample size, n= 448                                                                                                                                                                                           |
| Cutoffs:      | CDC                                                                                                                                                                                                                                                       |

## Overweight/obesity by age

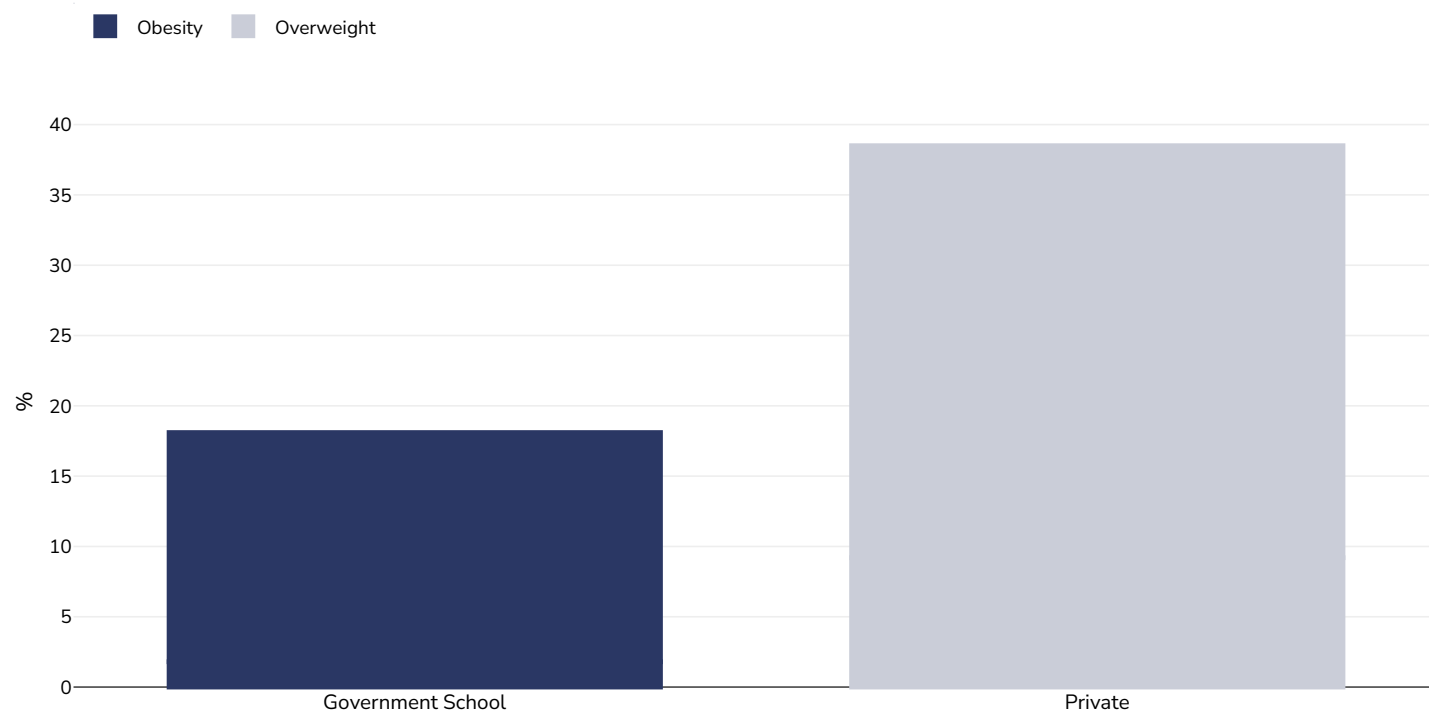
### Children, 1987-1995



|               |                                                                                                                  |
|---------------|------------------------------------------------------------------------------------------------------------------|
| Survey type:  | Measured                                                                                                         |
| Sample size:  | 1774                                                                                                             |
| Area covered: | National                                                                                                         |
| References:   | Ferro-Luzzi A, National Institute for Food and Nutrition Research, Rome, Italy. Unpublished data reanalysed 2001 |
| Cutoffs:      | IOTF                                                                                                             |

## Overweight/obesity by socio-economic group

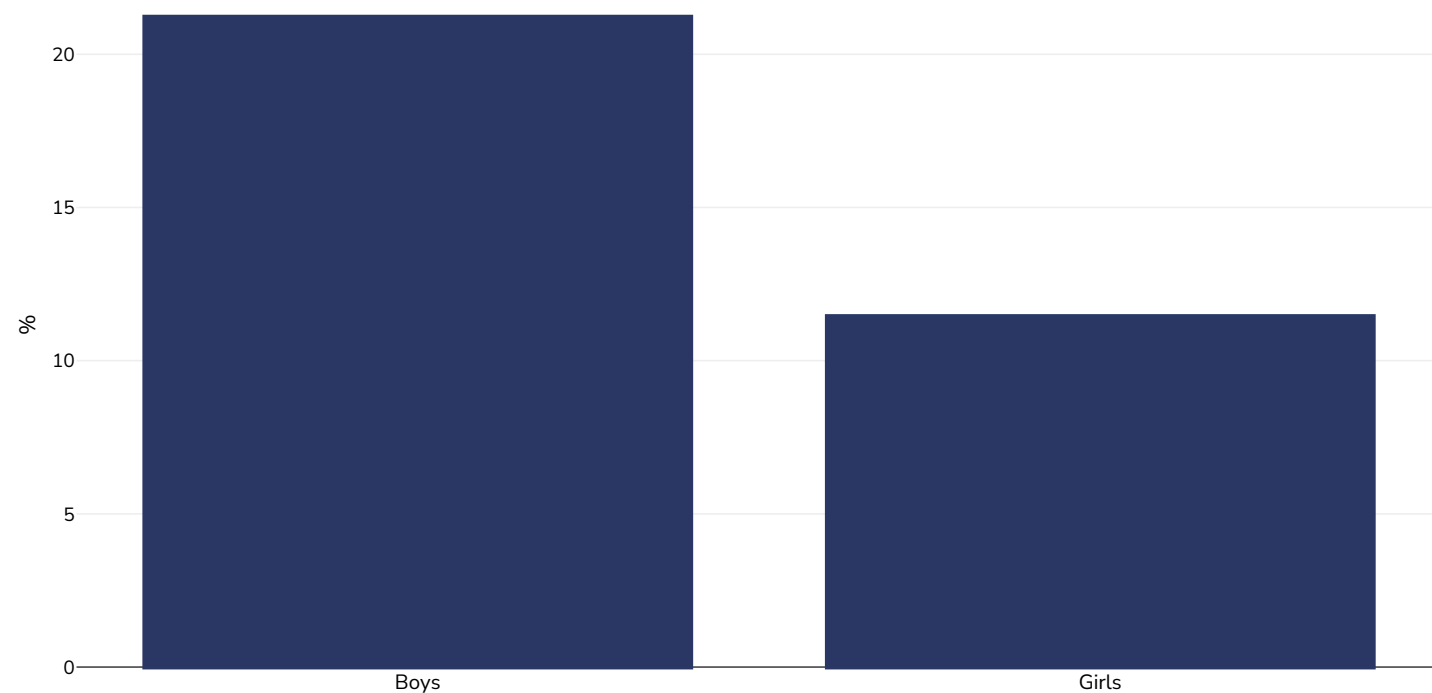
### Children, 2016



|               |                                                                                                                                                                                                                                                           |
|---------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Survey type:  | Measured                                                                                                                                                                                                                                                  |
| Age:          | 11-15                                                                                                                                                                                                                                                     |
| Sample size:  | 448                                                                                                                                                                                                                                                       |
| Area covered: | Regional - Dire Dawa                                                                                                                                                                                                                                      |
| References:   | Desalew A, Mandesh A, Semahegn A. Childhood overweight, obesity and associated factors among primary school children in dire dawa, eastern Ethiopia; a cross-sectional study.BMC Obes. 2017 Jun 1;4:20. doi: 10.1186/s40608-017-0156-2. eCollection 2017. |
| Notes:        | CDC Cut off SMALL SAMPLE                                                                                                                                                                                                                                  |
| Cutoffs:      | CDC                                                                                                                                                                                                                                                       |

## Double burden of underweight & overweight

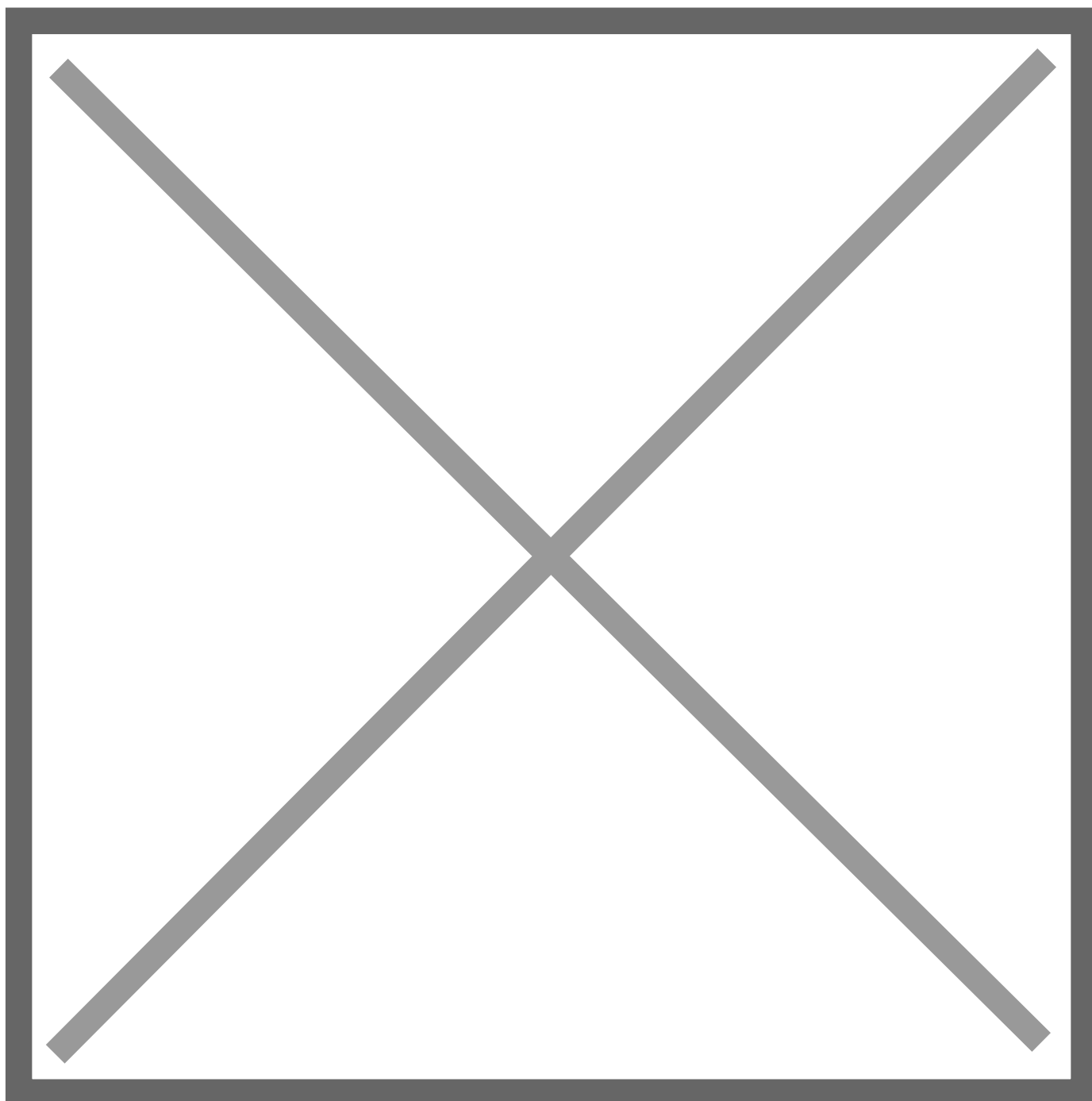
Children, 2022



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

## Mental health - depression disorders

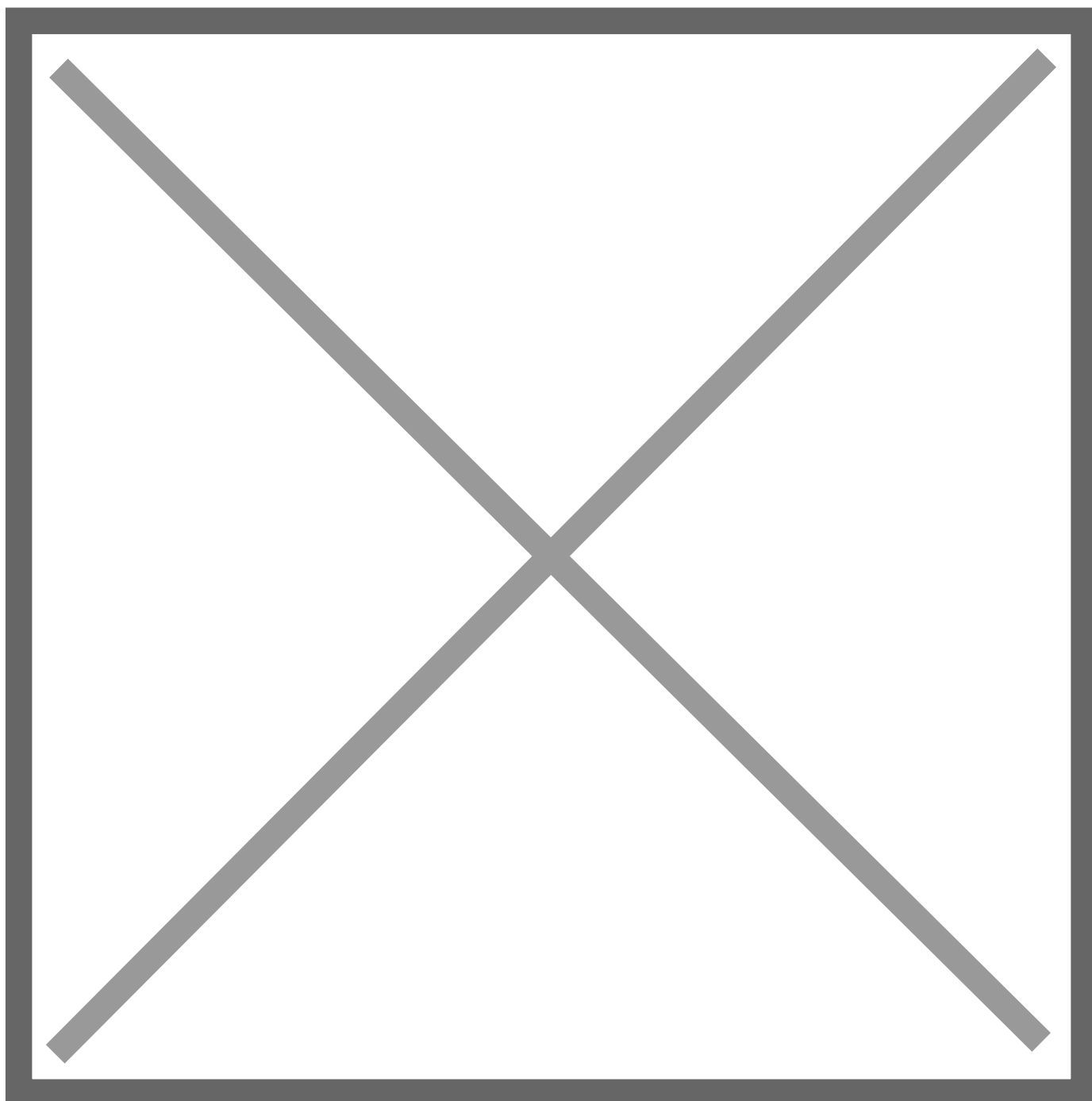
## Children, 2021



|               |                                                                                                                                                                                                                                                                                                                             |
|---------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 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)                                                                                                                                                                                                                                       |

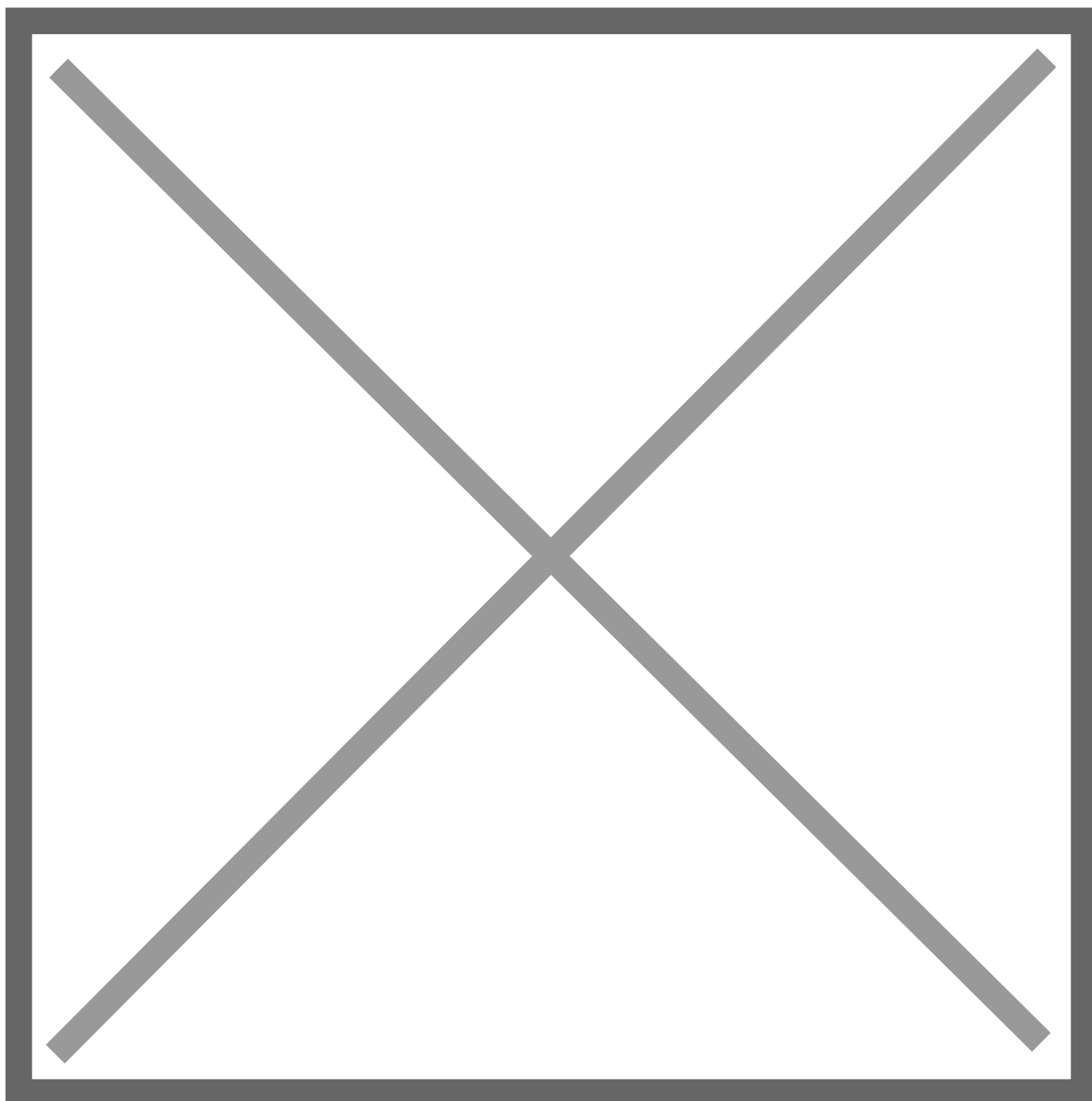


## Boys, 2021



|               |                                                                                                                                                                                                                                                                                                                             |
|---------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 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)                                                                                                                                                                                                                                       |

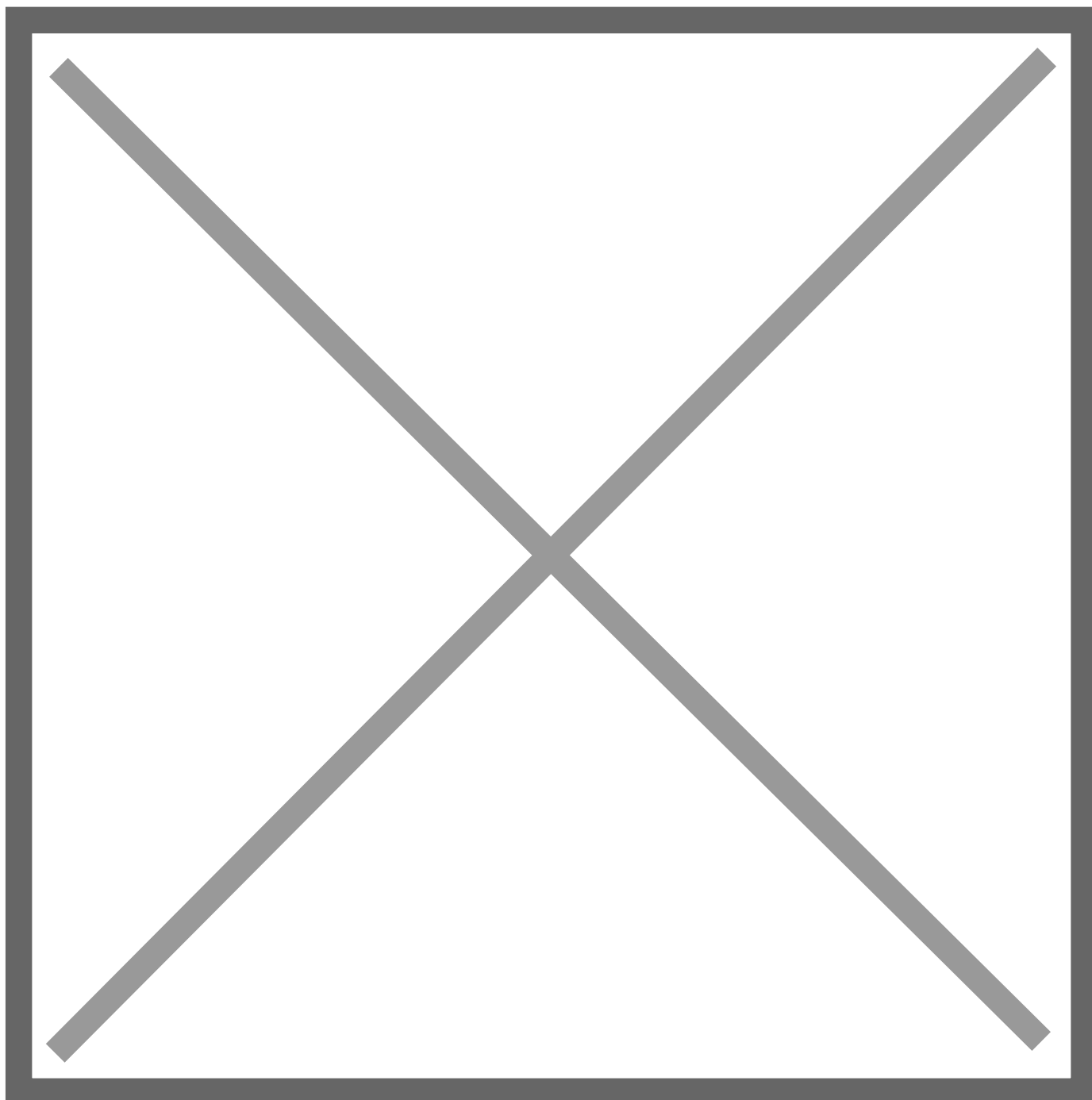
## Girls, 2021



|               |                                                                                                                                                                                                                                                                                                                             |
|---------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 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)                                                                                                                                                                                                                                       |

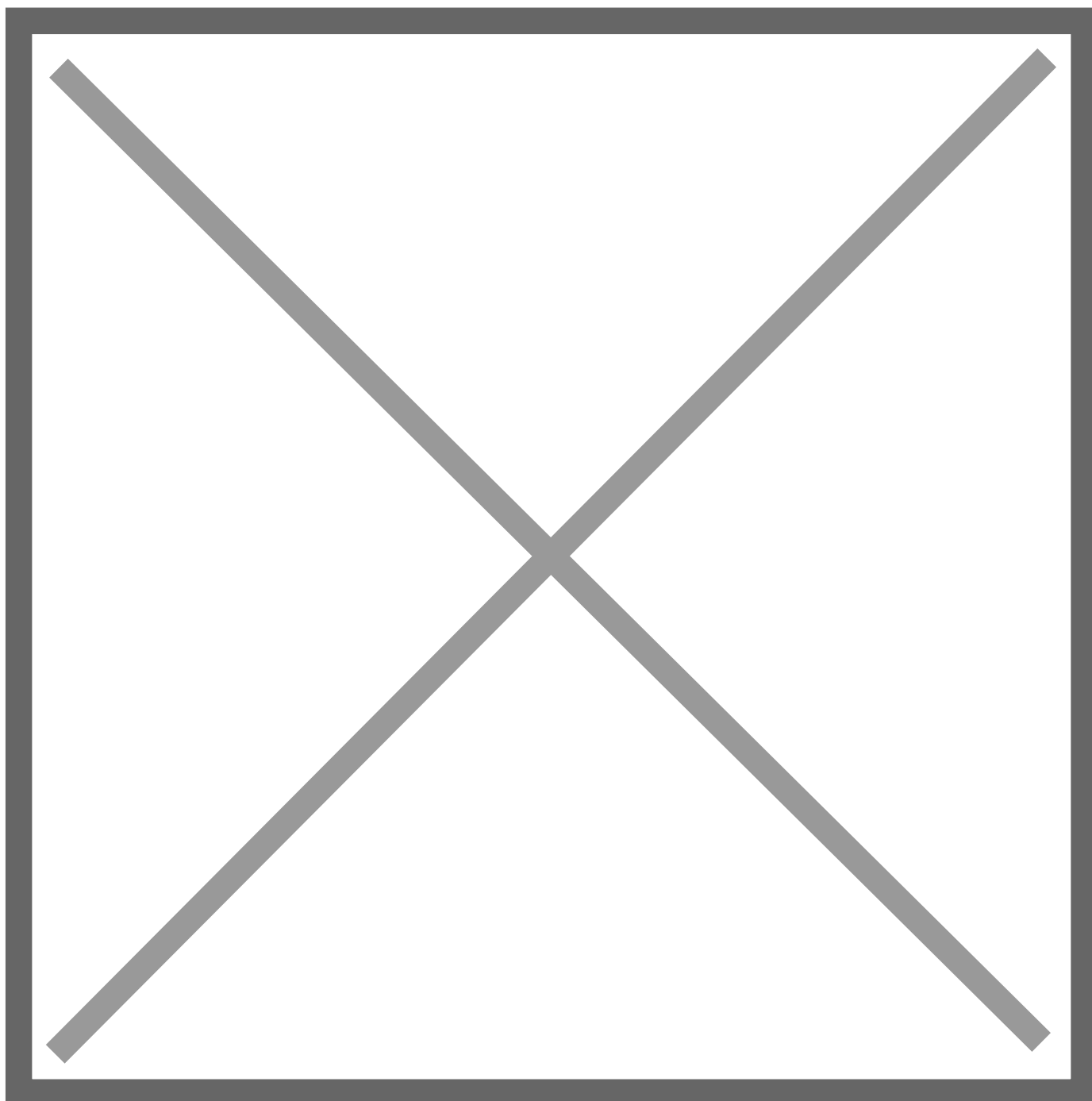
## Mental health - anxiety disorders

Children, 2021

**References:**

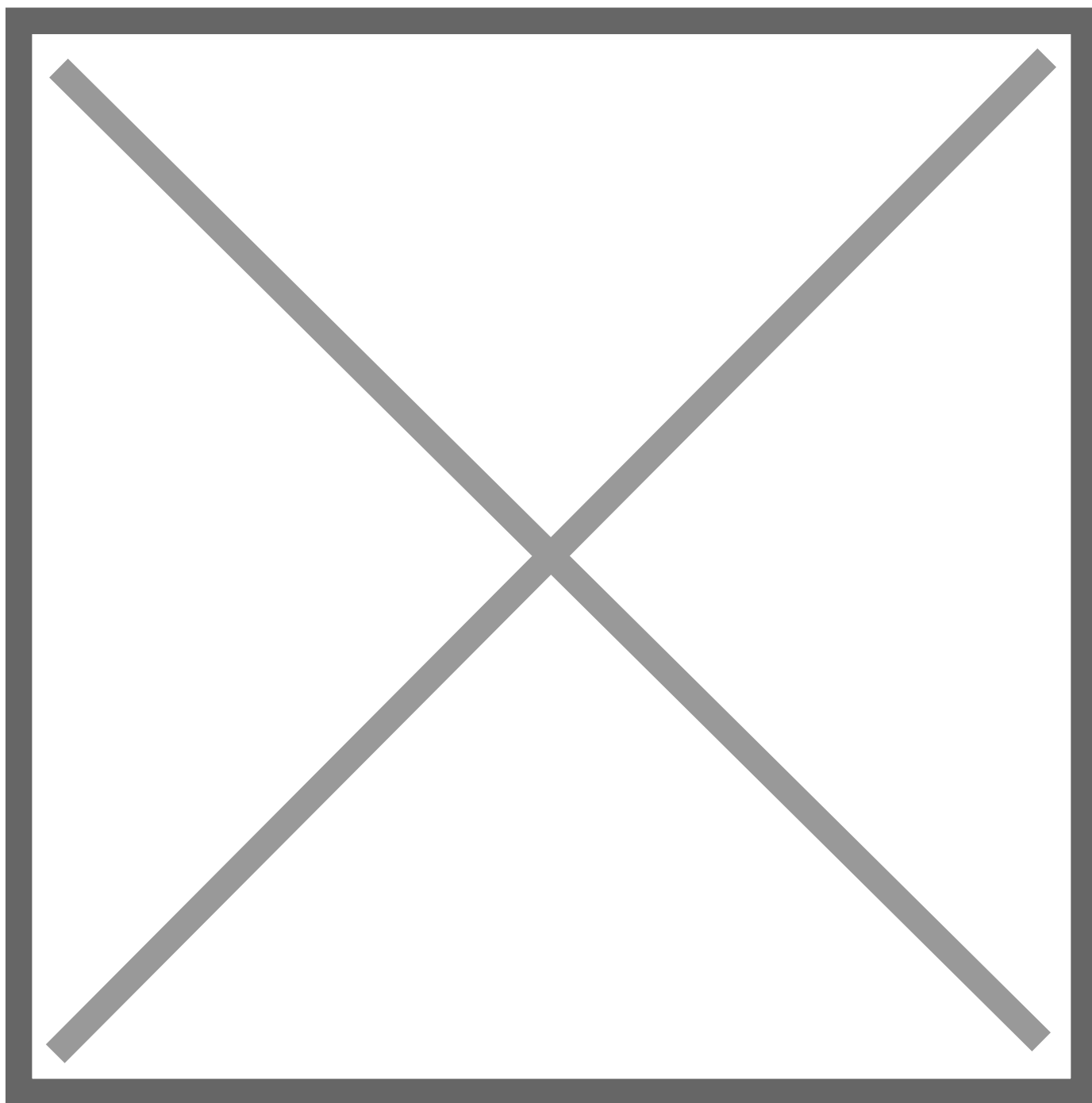
Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

## 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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