# Report card

## Ethiopia

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Obesity prevalence

Adults, 2016

Survey type: Measured
Sample size: 24586
Area covered: National


Notes: Demographic Health Survey data includes ever married women aged 15-49 years only and may include males aged 15-59. NB. Combined adult data estimated. These estimates were calculated by weighting male and female survey results. Weighting based on World Bank Population % total female 2019 (https://data.worldbank.org/indicator/SP.POP.TOTL.FE.ZS - accessed 30.09.20)

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m². obesity refers to a BMI greater than 30kg/m².
Children, 2016

Survey type: Measured
Age: 11-15
Sample size: 448
Area covered: Regional
Notes: Region: Dire Dawa (Eastern Ethiopia), Small sample size, n= 448
Cutoffs: CDC
Infants, 2019

Survey type: Measured
Age: 0-5
Sample size: 5338
Area covered: National


Notes: Infants.
Definitions: Children whose weight-for-height Z-score is more than two standard deviations (+2 SD) above the median of the reference population are considered overweight.
Cutoffs: Other
% Adults living with obesity in Ethiopia 2000-2016

Women

Survey type:

References:

Notes:
- Adults aged 15-49
- Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m². obesity refers to a BMI greater than 30kg/m².
- Different methodologies may have been used to collect this data and so data from different surveys may not be strictly comparable. Please check with original data sources for methodologies used.
% Adults living with overweight or obesity in Ethiopia 2000-2016

Women

Survey type: Measured

References:


Notes:

Adults aged 15-49

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m². Obesity refers to a BMI greater than 30kg/m².

Different methodologies may have been used to collect this data and so data from different surveys may not be strictly comparable. Please check with original data sources for methodologies used.
Overweight/obesity by education

Men, 2016

Survey type: Measured
Age: 15-49
Sample size: 25629
Area covered: National
Notes: Demographic Health Survey data includes ever married women aged 15-49 years only and may include males aged 15-59.

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
**Women, 2016**

Survey type: Measured  
Age: 15-49  
Sample size: 25629  
Area covered: National  


Notes: Demographic Health Survey data includes ever married women aged 15-49 years only and may include males aged 15-59.  

*Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m². obesity refers to a BMI greater than 30kg/m².*
Infants, 2019

<table>
<thead>
<tr>
<th>Mother's Education</th>
<th>Overweight or obesity</th>
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</thead>
<tbody>
<tr>
<td>Secondary and Higher Education</td>
<td>1.5%</td>
</tr>
<tr>
<td>Higher Education</td>
<td>2%</td>
</tr>
<tr>
<td>None and Primary Education</td>
<td>2%</td>
</tr>
<tr>
<td>Primary Education</td>
<td>1.5%</td>
</tr>
<tr>
<td>Secondary Education</td>
<td>1.5%</td>
</tr>
</tbody>
</table>

Sample size: 5301


Definitions: $\geq+2SD$
Overweight/obesity by age

Adults, 2016

Survey type: Measured
Sample size: 25586


Notes: Demographic Health Survey data includes ever married women aged 15-49 years only and may include males aged 15-59. Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
Children, 1987-1995

Survey type: Measured
Sample size: 1774
Area covered: National
Cutoffs: IOTF
Overweight/obesity by region

Men, 2016

Survey type: Measured
Age: 15-49
Sample size: 25629
Area covered: National


Notes: Demographic Health Survey data includes ever married women aged 15-49 years only and may include males aged 15-59.

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
Women, 2016

Survey type: Measured
Age: 15-49
Sample size: 25629
Area covered: National


Notes: Demographic Health Survey data includes ever married women aged 15-49 years only and may include males aged 15-59.

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m². obesity refers to a BMI greater than 30kg/m².
Infants, 2019

Survey type: Measured
Sample size: 5338
Area covered: National


Notes: Infants.

Definitions: Children whose weight-for-height Z-score is more than two standard deviations (+2 SD) above the median of the reference population are considered overweight.

Cutoffs: Other
Overweight/obesity by socio-economic group

Men, 2011

Survey type: Measured

Age: 15-49

Sample size: 27614


Notes: Demographic Health Survey data includes ever married women aged 15-49 years only and may include males aged 15-59.

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
Women, 2011

Survey type: Measured
Age: 15-49
Sample size: 27614


Notes: Demographic Health Survey data includes ever married women aged 15-49 years only and may include males aged 15-59.

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
**Children, 2016**

- **Survey type:** Measured
- **Age:** 11-15
- **Sample size:** 448
- **Area covered:** Regional - Dire Dawa


**Notes:** CDC Cut off SMALL SAMPLE

**Cutoffs:**

---

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Obesity</td>
<td>Overweight</td>
</tr>
<tr>
<td>15</td>
<td>35</td>
</tr>
</tbody>
</table>
Infants, 2019

Sample size: 5301


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](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
Insufficient physical activity

Adults, 2016

Men, 2016

Women, 2016

Estimated per capita fruit intake

Adults, 2017

Survey type: Measured
Age: 25+
References: Global Burden of Disease, the Institute for Health Metrics and Evaluation [http://ghdx.healthdata.org/]
Definitions: Estimated per-capita fruit intake (g/day)
Estimated per-capita processed meat intake

Adults, 2017

Survey type: Measured

Age: 25+

References: Global Burden of Disease, the Institute for Health Metrics and Evaluation [http://ghdx.healthdata.org/]

Definitions: Estimated per-capita processed meat intake (g per day)
Estimated per capita whole grains intake

Adults, 2017

Survey type: Measured
Age: 25+
References: Global Burden of Disease, the Institute for Health Metrics and Evaluation [http://ghdx.healthdata.org/]
Definitions: Estimated per-capita whole grains intake (g/day)
Mental health - depression disorders

Adults, 2015


Definitions: % of population with depression disorders
Mental health - anxiety disorders

Adults, 2015


Definitions: % of population with anxiety disorders
## % Infants exclusively breastfed 0-5 months

### Children, 2005-2020

<table>
<thead>
<tr>
<th>Area</th>
<th>National covered:</th>
</tr>
</thead>
</table>

### References:


### Definitions:

% exclusively breastfed 0-5 months
Oesophageal cancer

Men, 2020

Age: 20+
Area covered: National


Definitions: Age-standardized incidence rates per 100 000
Women, 2020

Age: 20+

Area covered: National


Definitions: Age-standardized incidence rates per 100 000
Colorectal cancer

Men, 2020

Age:

20+

Area covered:

National

References:


Definitions:

Age-standardized incidence rates per 100,000
Women, 2020

Age: 20+

Area covered: National


Definitions: Age-standardized incidence rates per 100 000
Pancreatic cancer

Men, 2020

Age: 20+

Area covered: National


Definitions: Age-standardized incidence rates per 100,000
**Women, 2020**

- **Age:** 20+
- **Area covered:** National

**References:**

**Definitions:**
Age-standardized incidence rates per 100 000
Gallbladder cancer

Men, 2020

Incidence per 100,000

Age: 20+
Area covered: National


Definitions: Age-standardized incidence rates per 100 000
Women, 2020

Incidence per 100,000

Age: 20+

Area covered: National


Definitions: Age-standardized incidence rates per 100,000
Kidney cancer

Men, 2020

Incidence per 100,000

Age: 20+

Area covered: National


Definitions: Age-standardized incidence rates per 100,000
### Women, 2020

#### Age:
20+

#### Area covered:
National

#### References:

#### Definitions:
Age-standardized incidence rates per 100 000
Cancer of the uterus

Women, 2020

Incidence per 100,000

Age: 20+

Area covered: National


Definitions: Age-standardized incidence rates per 100 000
Raised blood pressure

Adults, 2015


Definitions: Age Standardised estimated % Raised blood pressure 2015 (SBP>=140 OR DBP>=90).
Men, 2015

References:
Global Health Observatory data repository, World Health Organisation,
http://apps.who.int/gho/data/node.main.A875?lang=en

Definitions:
Age Standardised estimated % Raised blood pressure 2015 (SBP>=140 OR DBP>=90).

Definitions: Age Standardised estimated % Raised blood pressure 2015 (SBP>=140 OR DBP>=90).
Raised cholesterol

Adults, 2008


Definitions: % Raised total cholesterol (≥ 5.0 mmol/L) (age-standardized estimate).
Men, 2008

References: Global Health Observatory data repository, World Health Organisation, [http://apps.who.int/gho/data/node.main.A885](http://apps.who.int/gho/data/node.main.A885)

Definitions: % Raised total cholesterol (>= 5.0 mmol/L) (age-standardized estimate).
Women, 2008


Definitions: % Raised total cholesterol (>= 5.0 mmol/L) (age-standardized estimate).
Raised fasting blood glucose

Men, 2014


Definitions: Age Standardised % raised fasting blood glucose (>= 7.0 mmol/L or on medication).
Women, 2014


Definitions: Age Standardised % raised fasting blood glucose (>= 7.0 mmol/L or on medication).
Diabetes prevalence

Adults, 2021

Age: 20-79

Area covered: National


Definitions: Age-adjusted comparative prevalence of diabetes, %
Contextual factors

Disclaimer: These contextual factors should be interpreted with care. Results are updated as regularly as possible and use very specific criteria. The criteria used and full definitions are available for download at the bottom of this page.

Labelling

Is there mandatory nutrition labelling? 

Front-of-package labelling?

Back-of-pack nutrition declaration?

Color coding?

Warning label?
### Regulation and marketing

<table>
<thead>
<tr>
<th>Question</th>
<th>Status</th>
</tr>
</thead>
<tbody>
<tr>
<td>Are there fiscal policies on unhealthy products?</td>
<td>✔️</td>
</tr>
<tr>
<td>Tax on unhealthy foods?</td>
<td>✔️</td>
</tr>
<tr>
<td>Tax on unhealthy drinks?</td>
<td>✔️</td>
</tr>
<tr>
<td>Are there fiscal policies on healthy products?</td>
<td>✗</td>
</tr>
<tr>
<td>Subsidy on fruits?</td>
<td>✗</td>
</tr>
<tr>
<td>Subsidy on vegetables?</td>
<td>✗</td>
</tr>
<tr>
<td>Subsidy on other healthy products?</td>
<td>✗</td>
</tr>
<tr>
<td>Mandatory limit or ban of trans fat (all settings)?</td>
<td>✔️</td>
</tr>
<tr>
<td>Mandatory limit of trans fats in place (all settings)?</td>
<td>✔️</td>
</tr>
<tr>
<td>Ban on trans-fats or phos in place (all settings)?</td>
<td>✗</td>
</tr>
<tr>
<td>Are there any mandatory policies/marketing restrictions on the promotion of unhealthy food/drinks to children?</td>
<td>✗</td>
</tr>
<tr>
<td>Mandatory restriction on broadcast media?</td>
<td>✗</td>
</tr>
<tr>
<td>Mandatory restriction on non-broadcast media?</td>
<td>✗</td>
</tr>
<tr>
<td>Voluntary policies/marketing restrictions on the promotion of unhealthy food/drinks to children?</td>
<td>✗</td>
</tr>
<tr>
<td>Are there mandatory standards for food in schools?</td>
<td>✗</td>
</tr>
<tr>
<td>Are there any mandatory nutrient limits in any manufactured food products?</td>
<td>✔️</td>
</tr>
<tr>
<td>Nutrition standards for public sector procurement?</td>
<td>✗</td>
</tr>
</tbody>
</table>
### Political will and support

<table>
<thead>
<tr>
<th>Question</th>
<th>✔️</th>
<th>✗</th>
</tr>
</thead>
<tbody>
<tr>
<td>National obesity strategy or nutrition and physical activity national strategy?</td>
<td>✗</td>
<td>✔️</td>
</tr>
<tr>
<td>National obesity strategy?</td>
<td>✗</td>
<td>✗</td>
</tr>
<tr>
<td>National childhood obesity strategy?</td>
<td>✗</td>
<td>✗</td>
</tr>
<tr>
<td>Comprehensive nutrition strategy?</td>
<td>✔️</td>
<td>✗</td>
</tr>
<tr>
<td>Comprehensive physical activity strategy?</td>
<td>✗</td>
<td>✗</td>
</tr>
<tr>
<td>Evidence-based dietary guidelines and/or RDAs?</td>
<td>✔️</td>
<td>✗</td>
</tr>
<tr>
<td>National target(s) on reducing obesity?</td>
<td>✔️</td>
<td>✗</td>
</tr>
<tr>
<td>Guidelines/policy on obesity treatment?</td>
<td>✗</td>
<td>✗</td>
</tr>
<tr>
<td>Promotion of breastfeeding?</td>
<td>✗</td>
<td>✗</td>
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</tbody>
</table>

### Monitoring and surveillance

<table>
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<th>✔️</th>
<th>✗</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monitoring of the prevalence and incidence for the main obesity-related NCDs and risk factors?</td>
<td>✔️</td>
<td>✗</td>
</tr>
<tr>
<td>Within 5 years?</td>
<td>✗</td>
<td>✔️</td>
</tr>
</tbody>
</table>

### Governance and resource

<table>
<thead>
<tr>
<th>Question</th>
<th>❓</th>
</tr>
</thead>
<tbody>
<tr>
<td>Multi-sectoral national co-ordination mechanism for obesity or nutrition (including obesity)?</td>
<td>❓</td>
</tr>
</tbody>
</table>

### Key

- ✔️ Present
- ✗ Absent
- ✓ Unknown
- ✨ Present (voluntary)

_Last updated September 13, 2022_