Gambia



Country report card - children

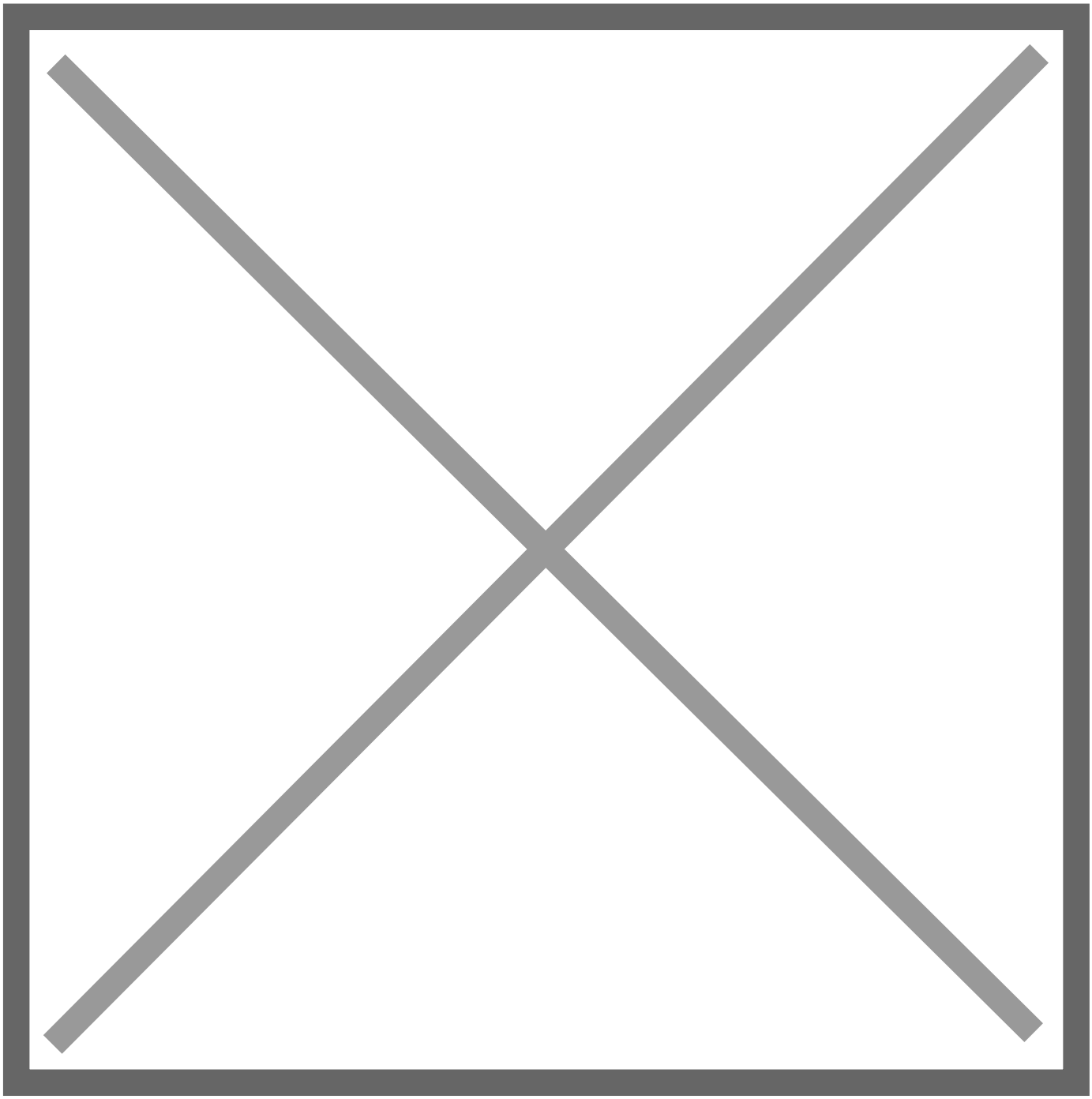
This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity for children, including adolescents (aged 5 to 18 years). Where available, data on common and relevant obesity drivers and comorbidities are also presented.

View the latest version of this report on the Global Obesity Observatory at https://data.worldobesity.org/country/gambia-74/.

Contents	Page
Obesity prevalence	3
Overweight/obesity by socio-economic group	6
Double burden of underweight & obesity	11
Mental health - depression disorders	14
Mental health - anxiety disorders	18

Obesity prevalence

Children, 2014

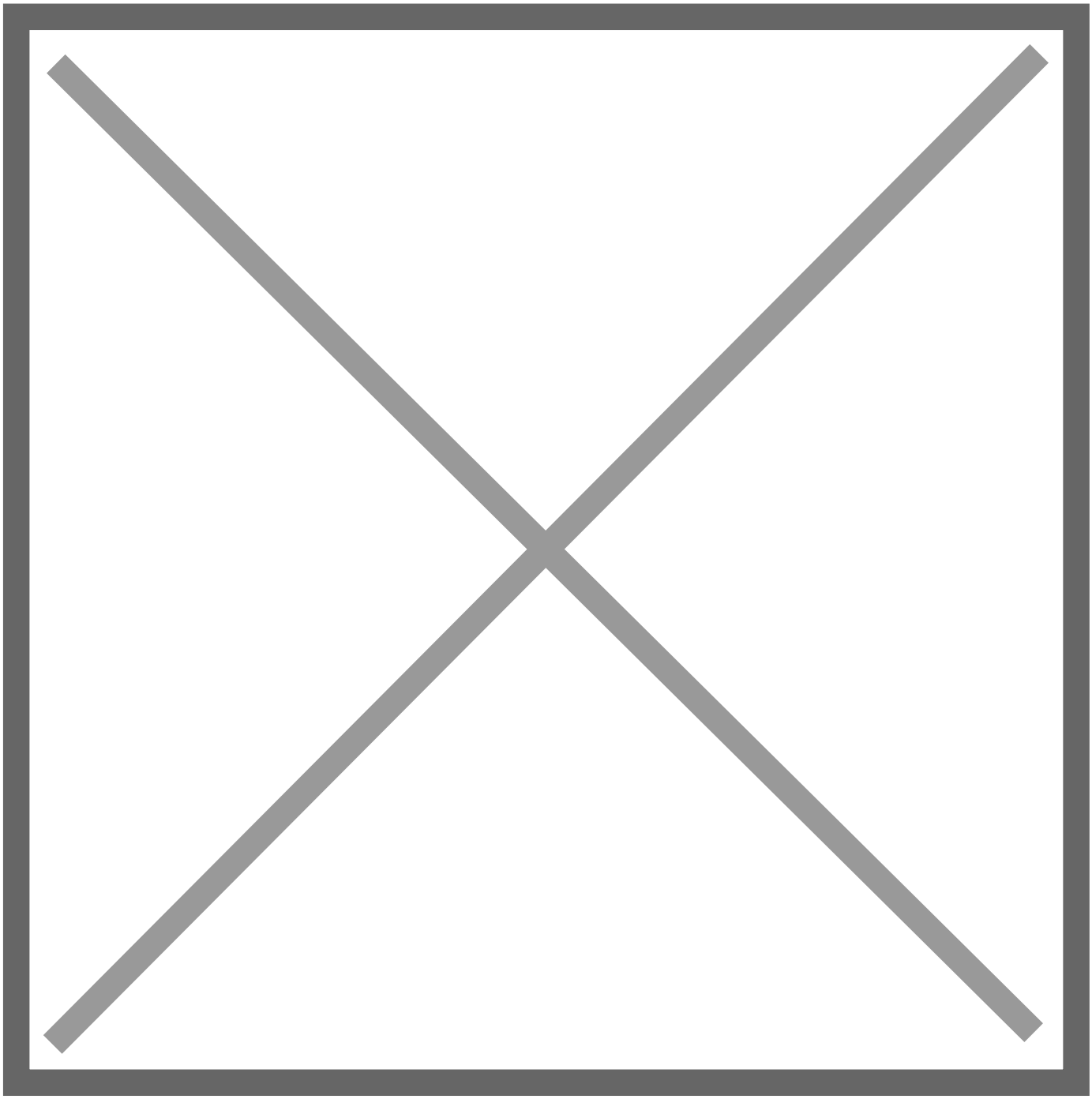


Survey type:	Measured
Age:	13-15
Sample size:	960
Area covered:	Urban
References:	Juwara A, Huang N, Chien LY, Chen HJ. Stunting and weight statuses of adolescents differ between public and private schools in urban Gambia. Int J Public Health. 2016 Jul;61(6):717-726. doi: 10.1007/s00038-016-0836-6. Epub 2016 May 24. PMID: 27220546.

Notes:	Please note these figures are based on children attending urban public schools in Gambia. Currently no nationally representative data are available to us.
Cutoffs:	CDC

Overweight/obesity by socio-economic group

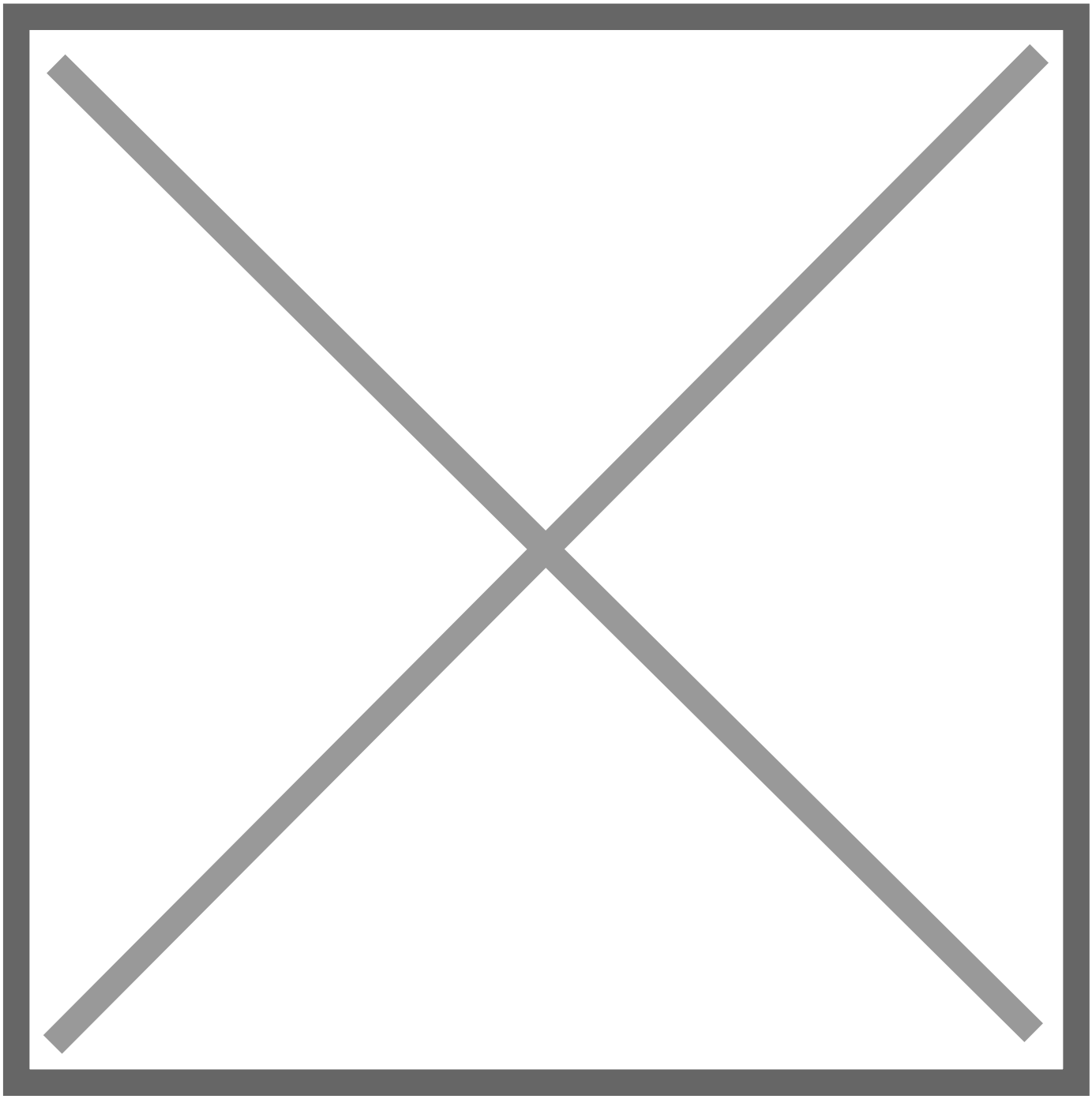
Boys, 2014



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Cutoffs:	CDC

Girls, 2014

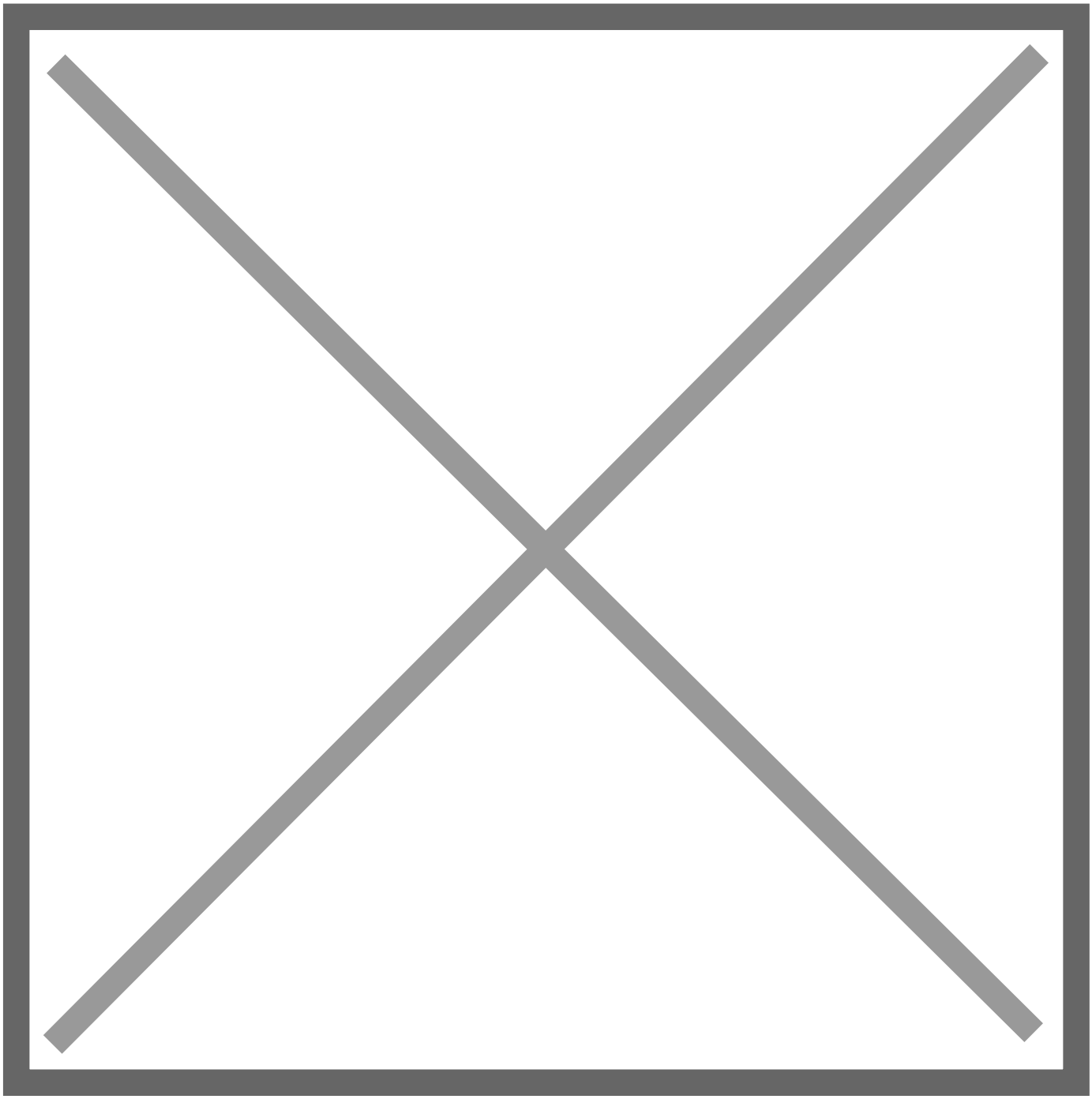


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Cutoffs:	CDC

Double burden of underweight & obesity

Children, 2022

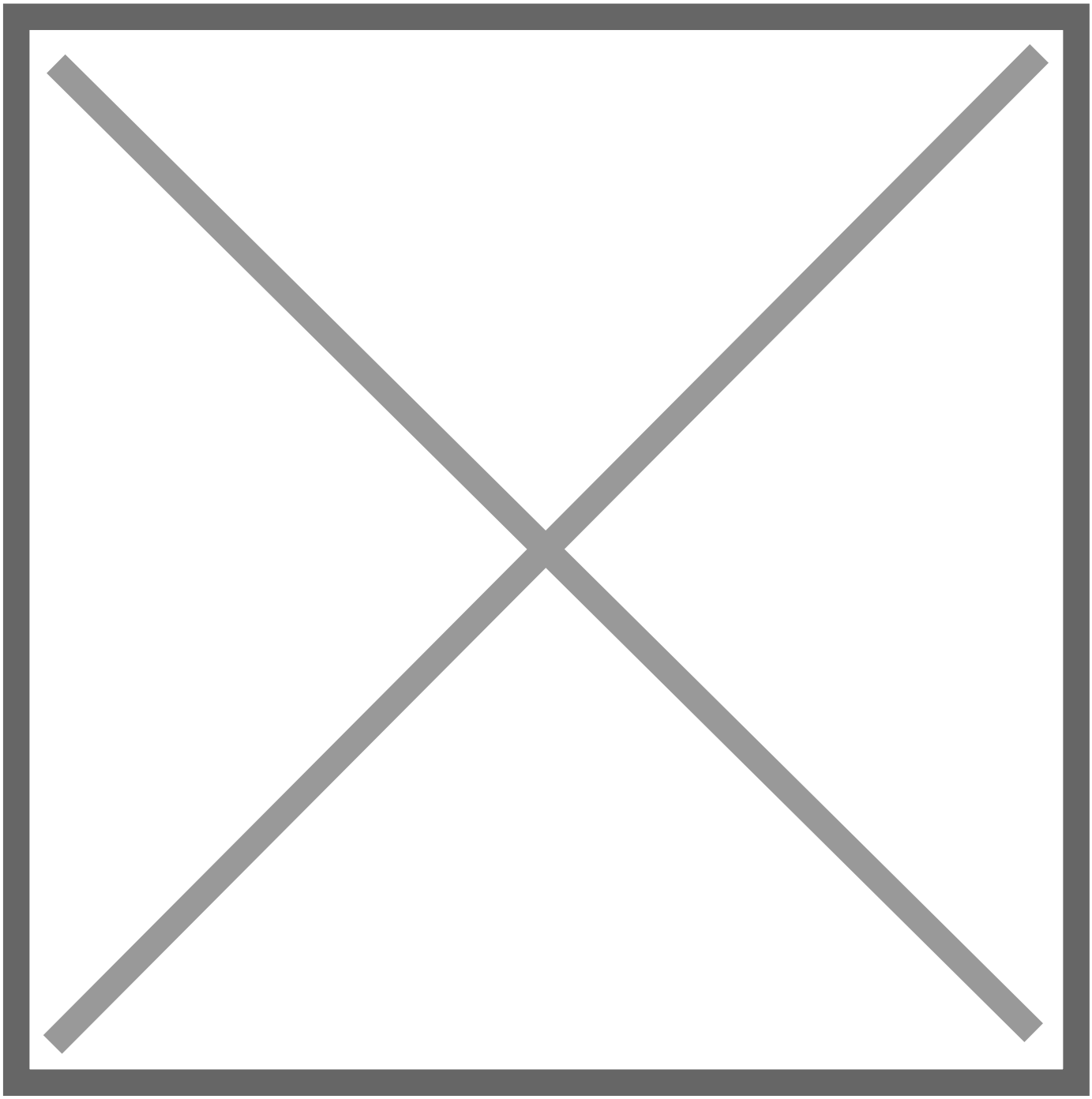


Survey type:	Measured
Age:	5-19
References:	NCD Risk Factor Collaboration (NCD-RisC). Worldwide trends in underweight and obesity from 1990 to 2022: a pooled analysis of 3663 population representative studies with 222 million children, adolescents, and adults. Lancet 2024; published online Feb 29. https://doi.org/10.1016/S0140-6736(23)02750-2.
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

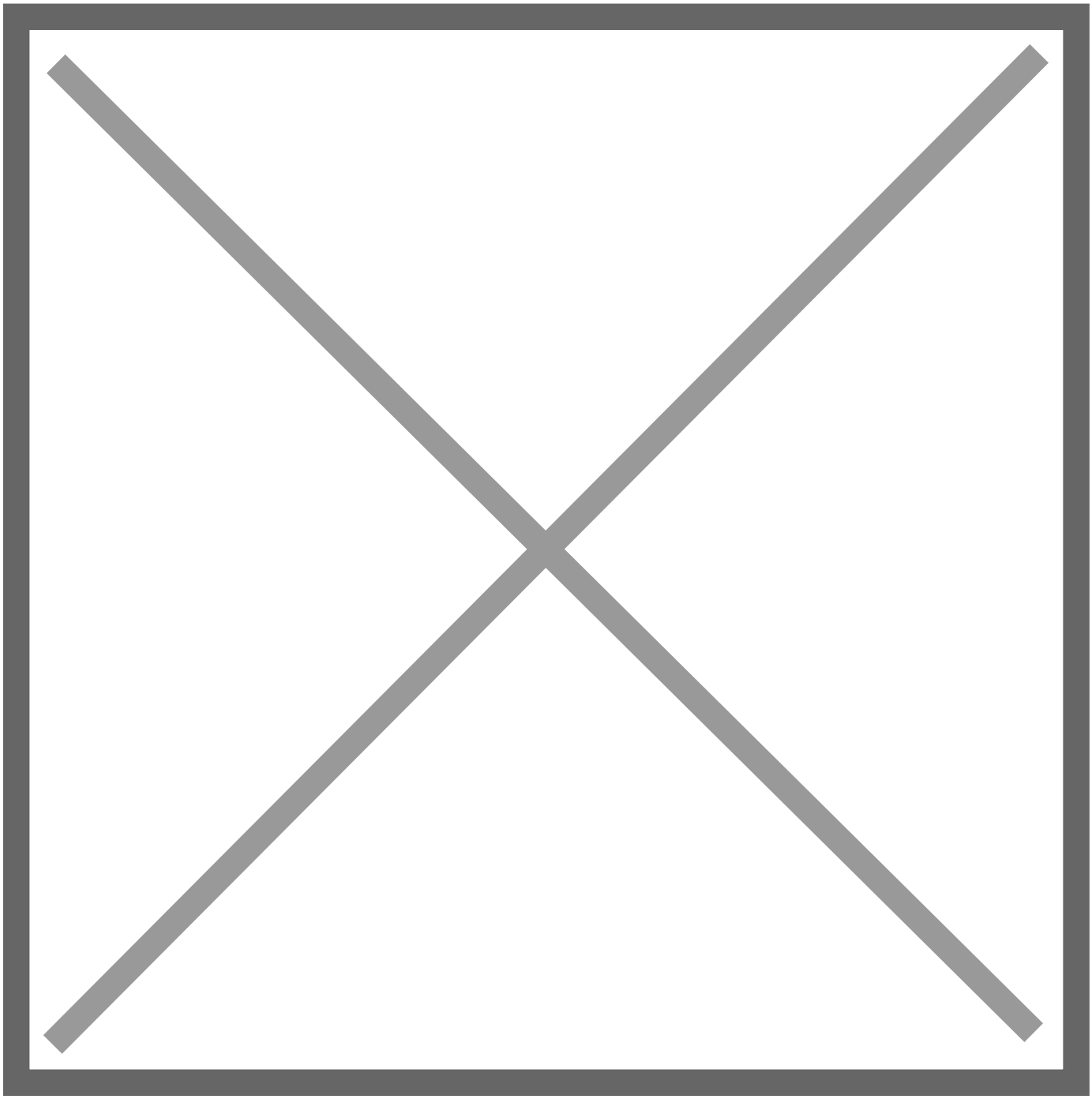
Mental health - depression disorders

Children, 2023



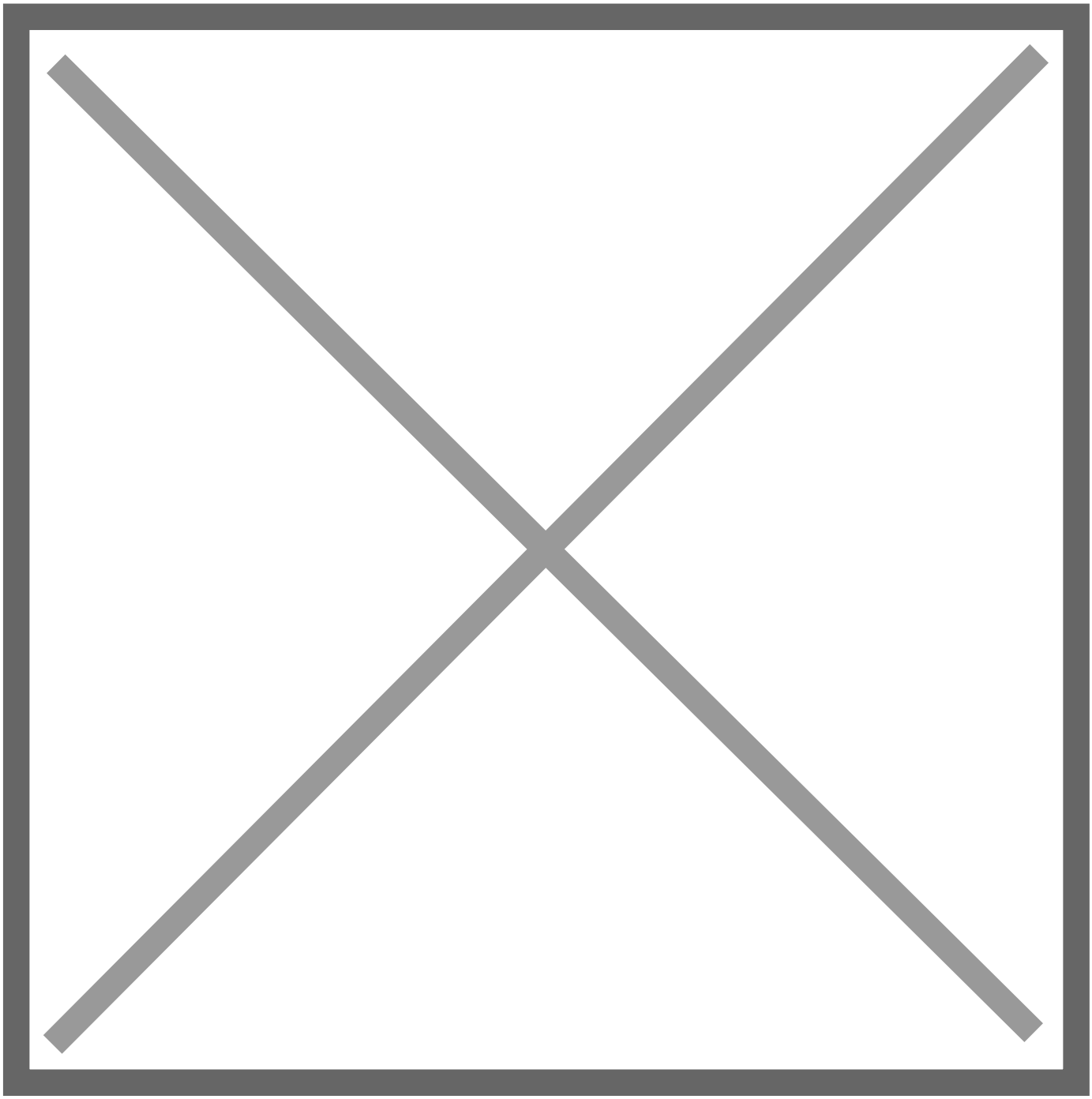
Area covered:	National
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from https://vizhub.healthdata.org/gbd-compare/ [Accessed 17.03.26]
Definitions:	Estimated number living with depressive disorders per 100,000 population (under 20 years of age)

Boys, 2023



Area covered:	National
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from https://vizhub.healthdata.org/gbd-compare/ [Accessed 17.03.26]
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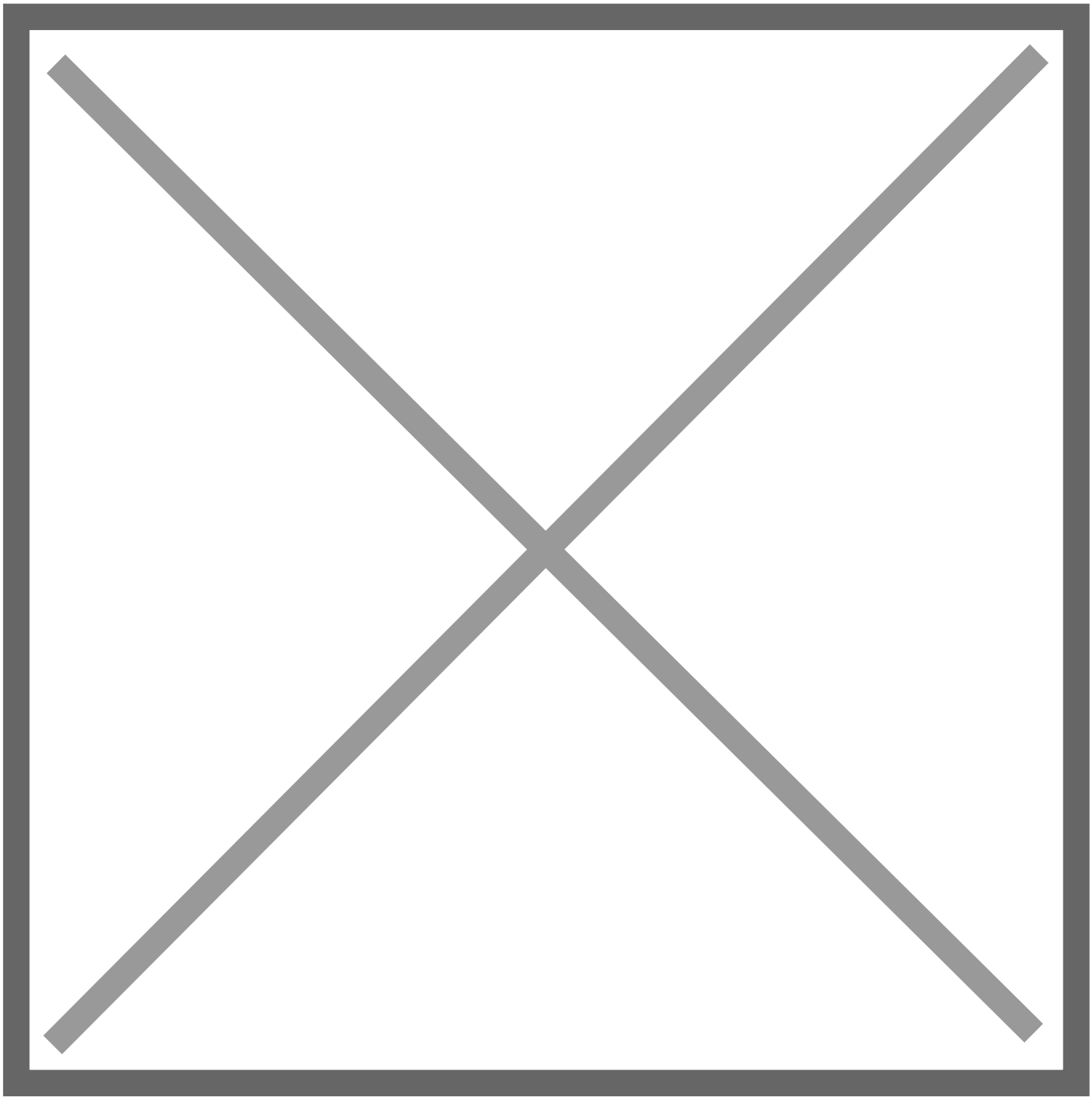
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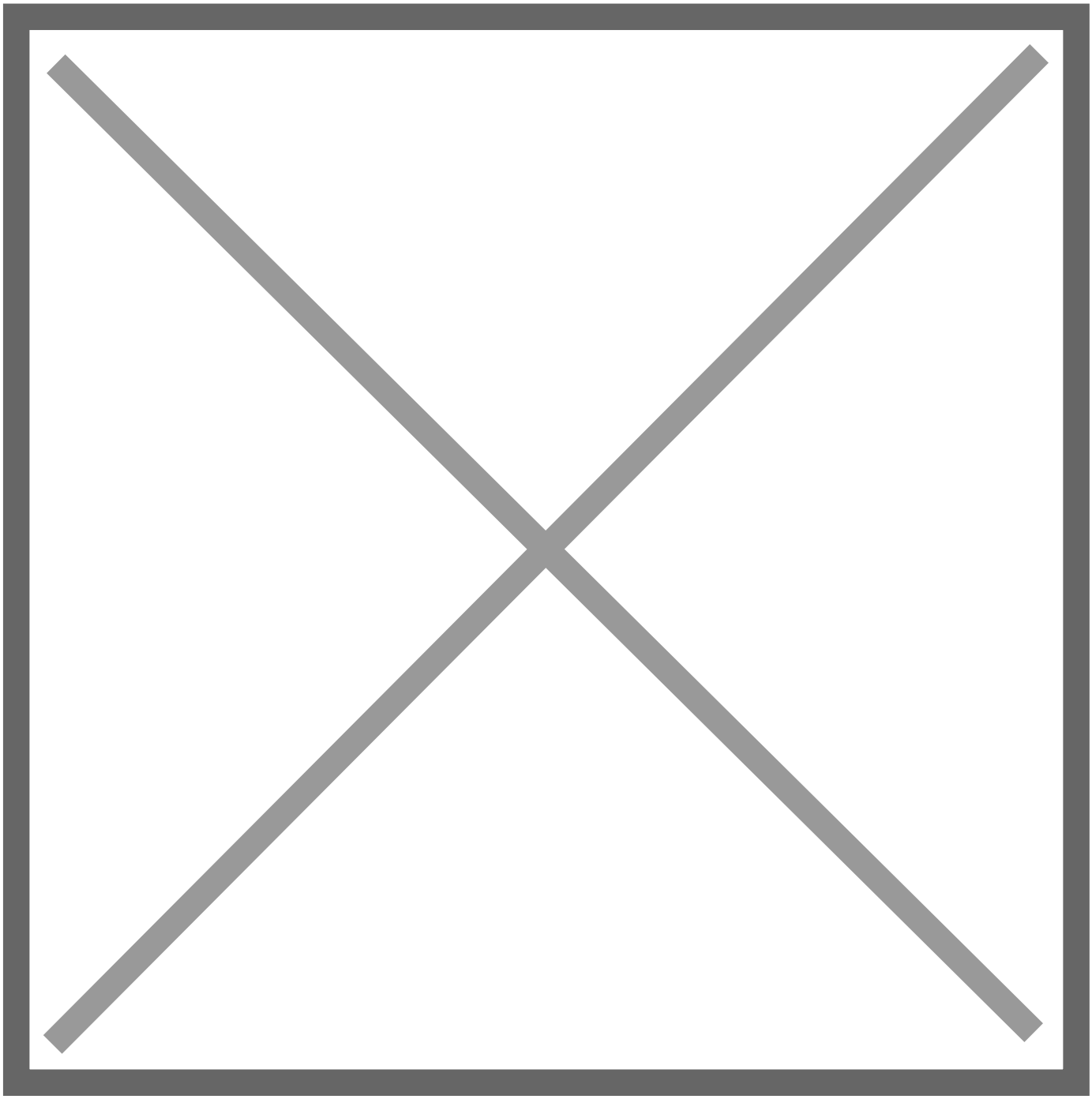
Mental health - anxiety disorders

Children, 2023



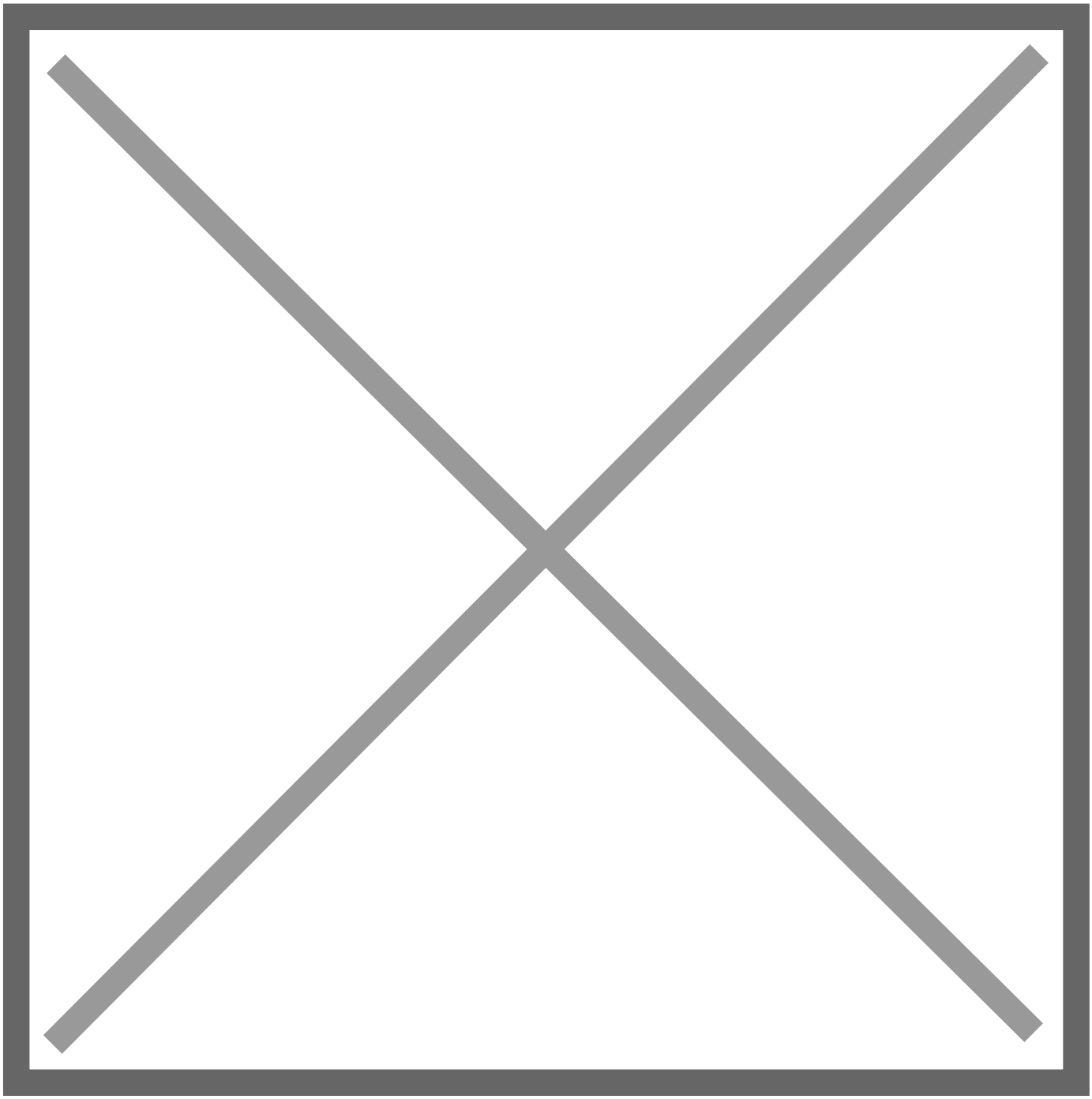
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