



# Gambia



## Country report card - under-5s

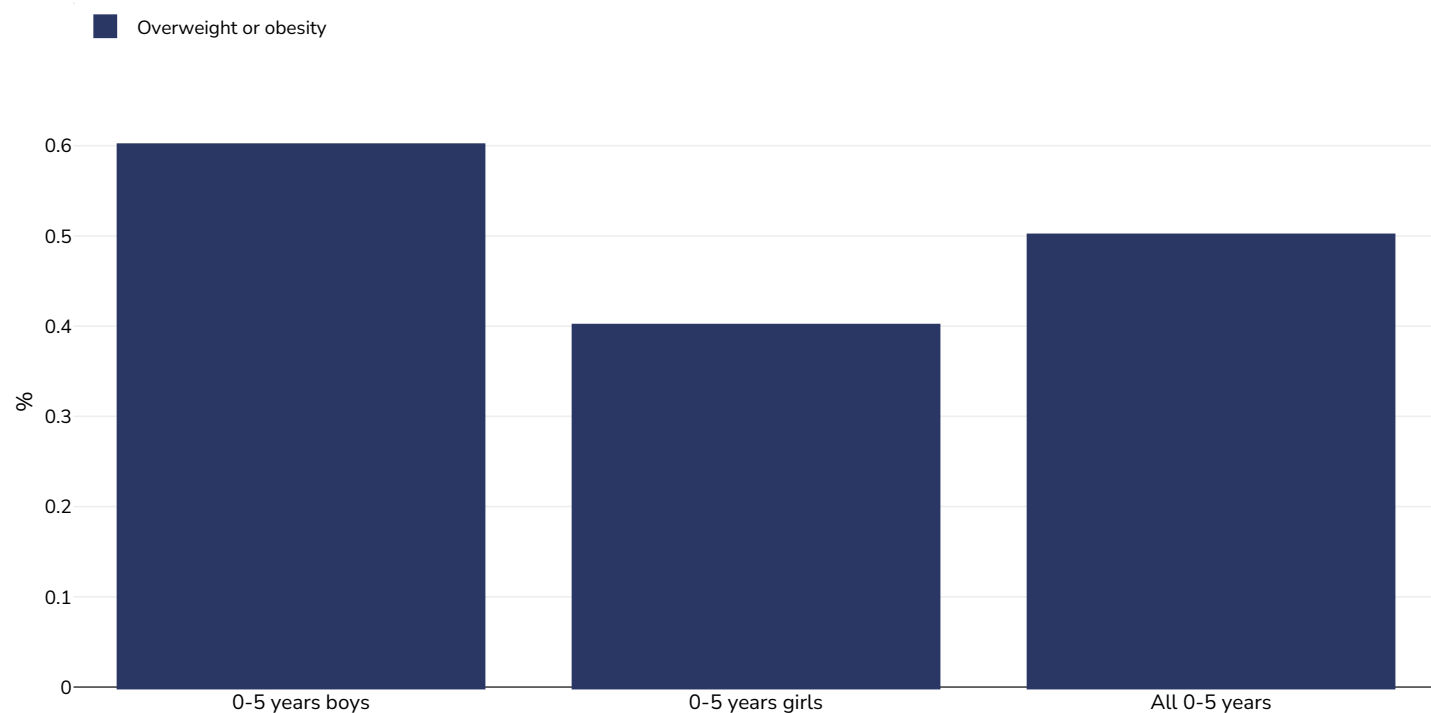
*This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity for children under 5. Where available, data on common and relevant obesity drivers and comorbidities are also presented.*

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

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

## Obesity prevalence

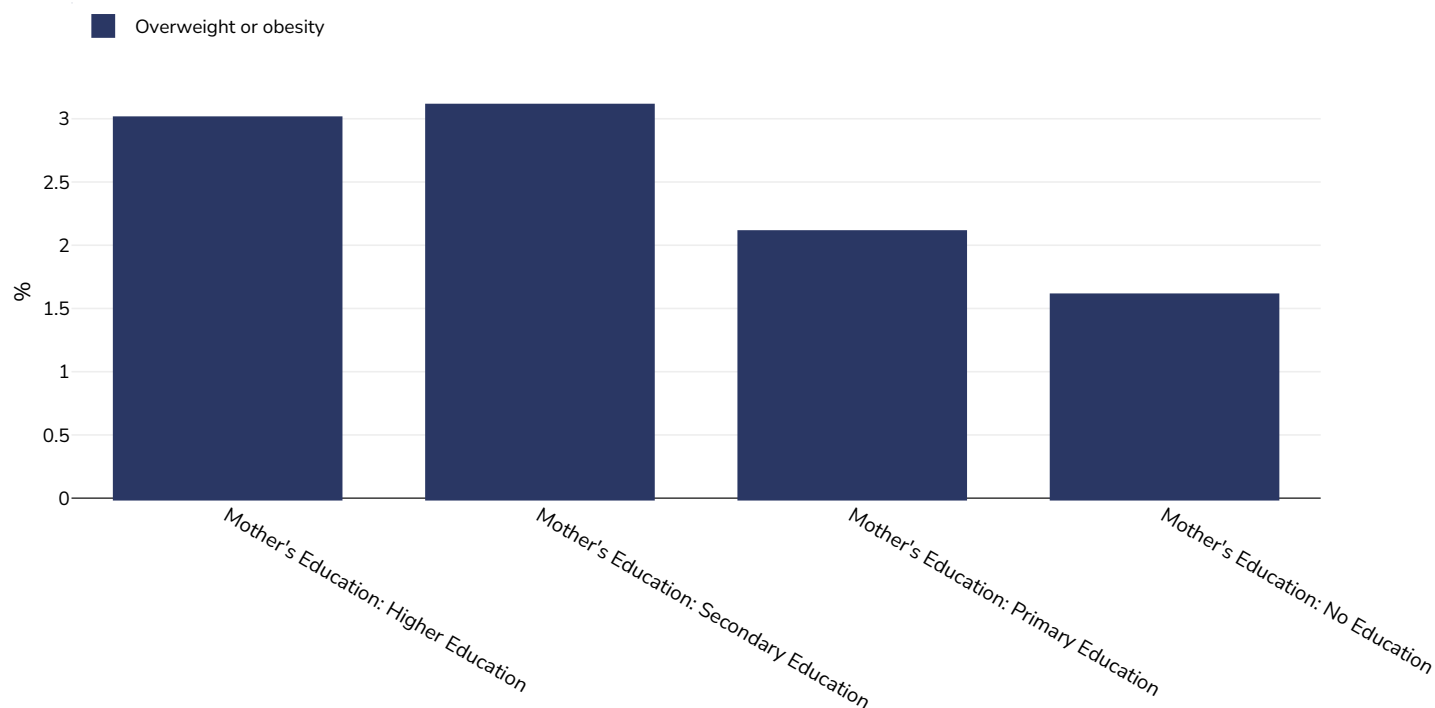
### 0-5 years, 2019-2020



Survey type:	Measured
Age:	0-5
Sample size:	3964
Area covered:	National
References:	Gambia Bureau of Statistics (GBoS) and ICF. 2021. The Gambia Demographic and Health Survey 2019- 20. Banjul, The Gambia and Rockville, Maryland, USA: GBoS and ICF. <a href="https://www.dhsprogram.com/pubs/pdf/FR369/FR369.pdf">https://www.dhsprogram.com/pubs/pdf/FR369/FR369.pdf</a> (last accessed 19.05.21)
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 education

0-5 years, 2019-2020



**Sample size:** 3944

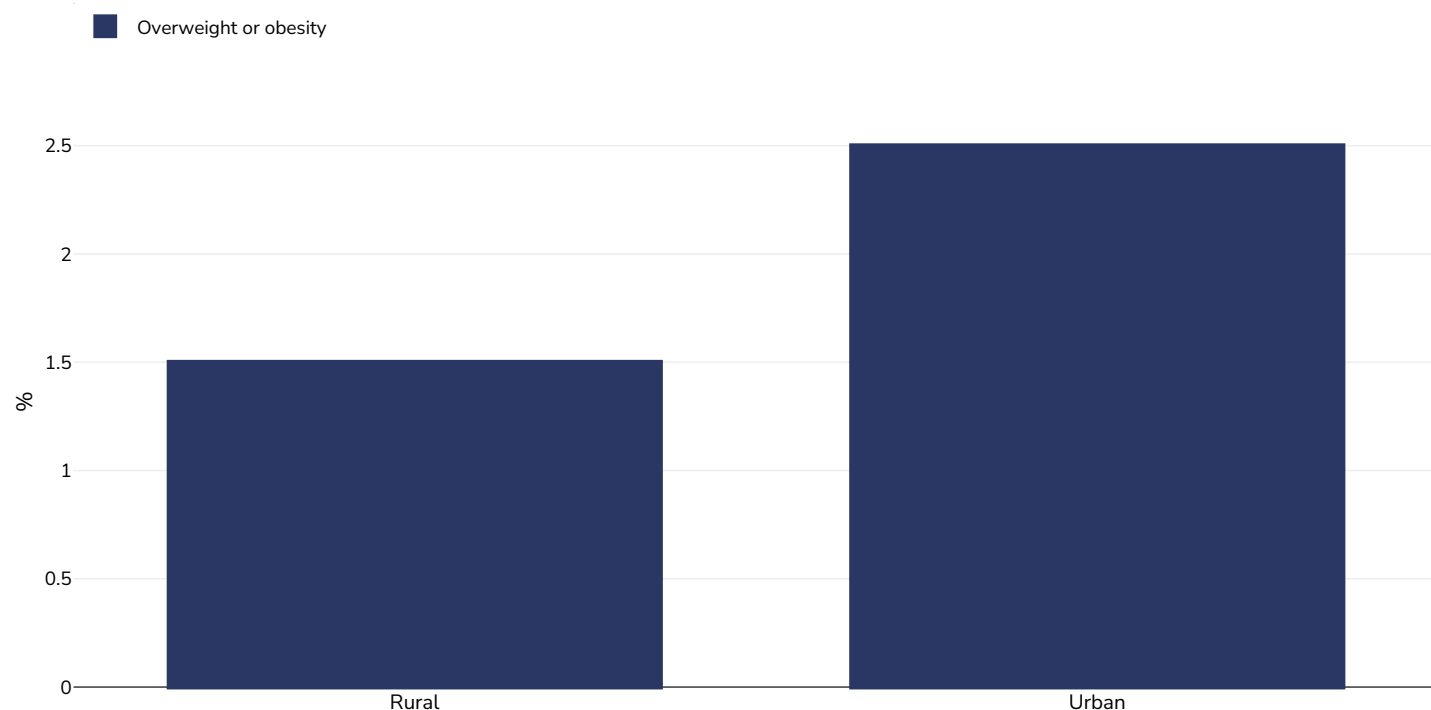
**References:** DHS: The Gambia Demographic and Health Survey 2019- 20. Banjul, The Gambia and Rockville, Maryland, USA: GBoS and ICF

**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 region

0-5 years, 2019-2020



**Sample size:** 3944

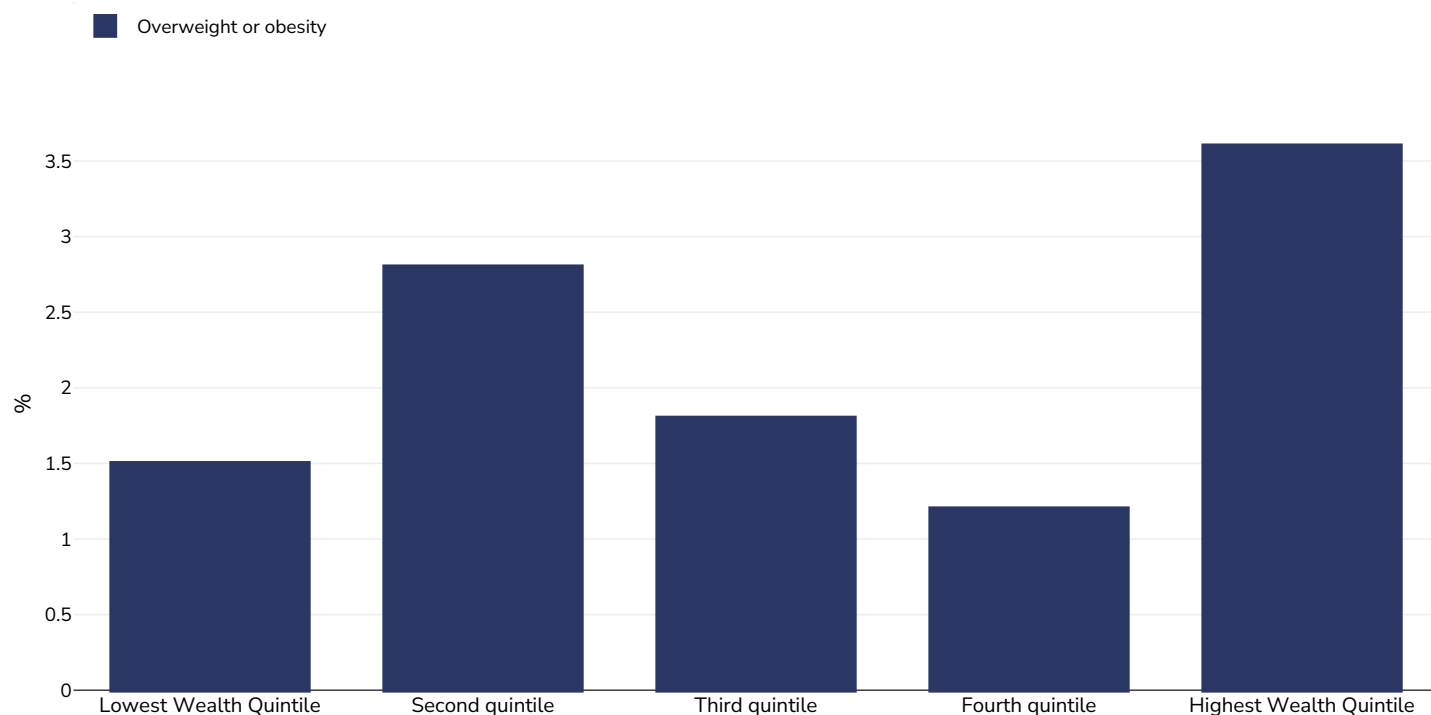
**References:** DHS: The Gambia Demographic and Health Survey 2019- 20. Banjul, The Gambia and Rockville, Maryland, USA: GBoS and ICF

**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 socio-economic group

0-5 years, 2019-2020



Sample size: 3944

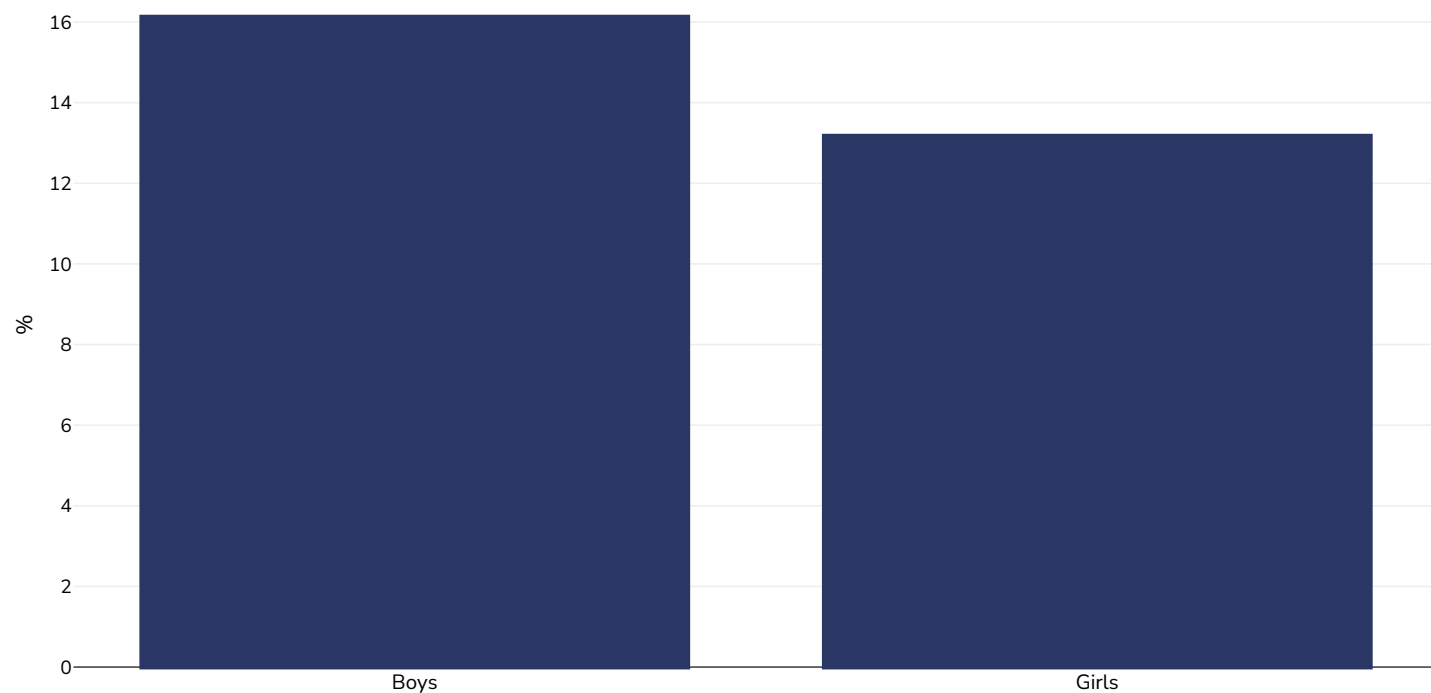
References: DHS: The Gambia Demographic and Health Survey 2019- 20. Banjul, The Gambia and Rockville, Maryland, USA: GBoS and ICF

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

## Double burden of underweight & overweight

0-5 years, 2019-2020



Survey type: Measured

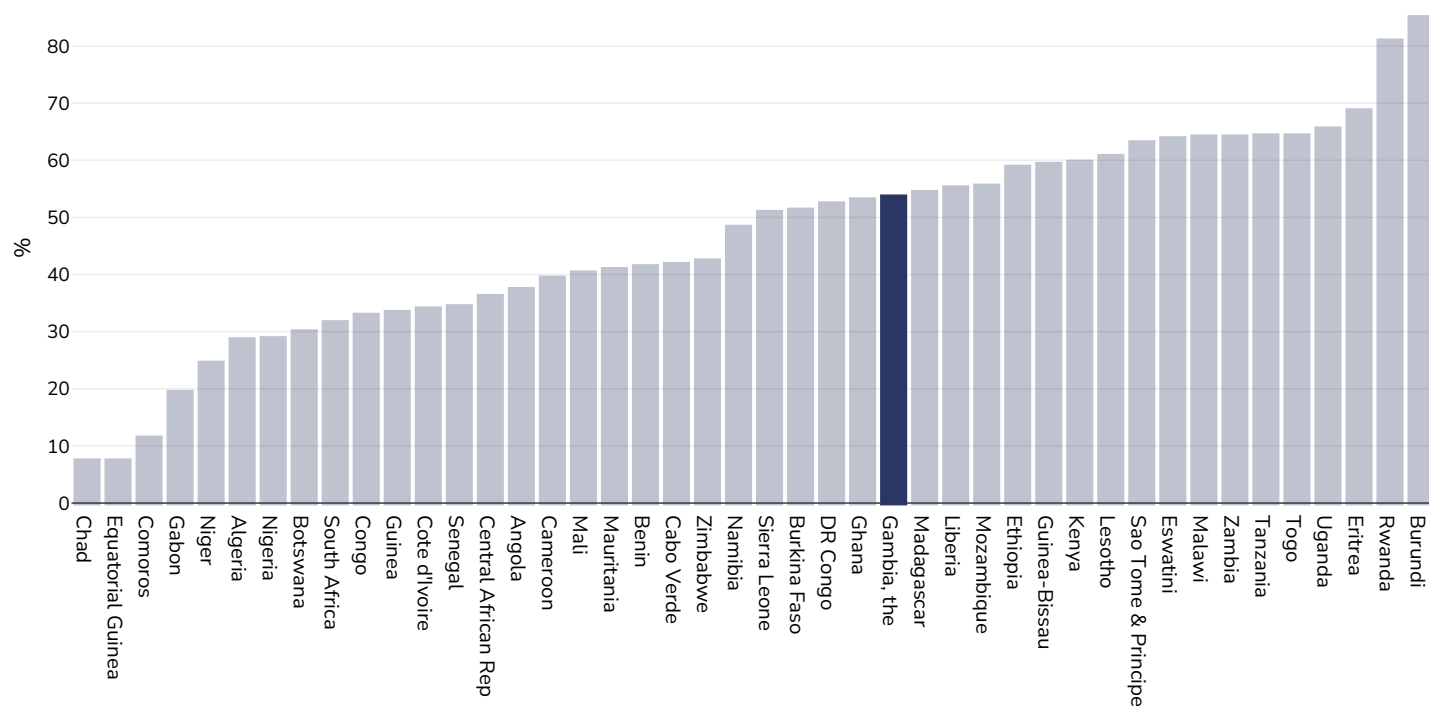
Age: 0-5

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:** The Gambia Demographic and Health Survey 2019- 20. Banjul, The Gambia and Rockville, Maryland, USA: GBoS and ICF

**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