Gambia



Country report card - under-5s

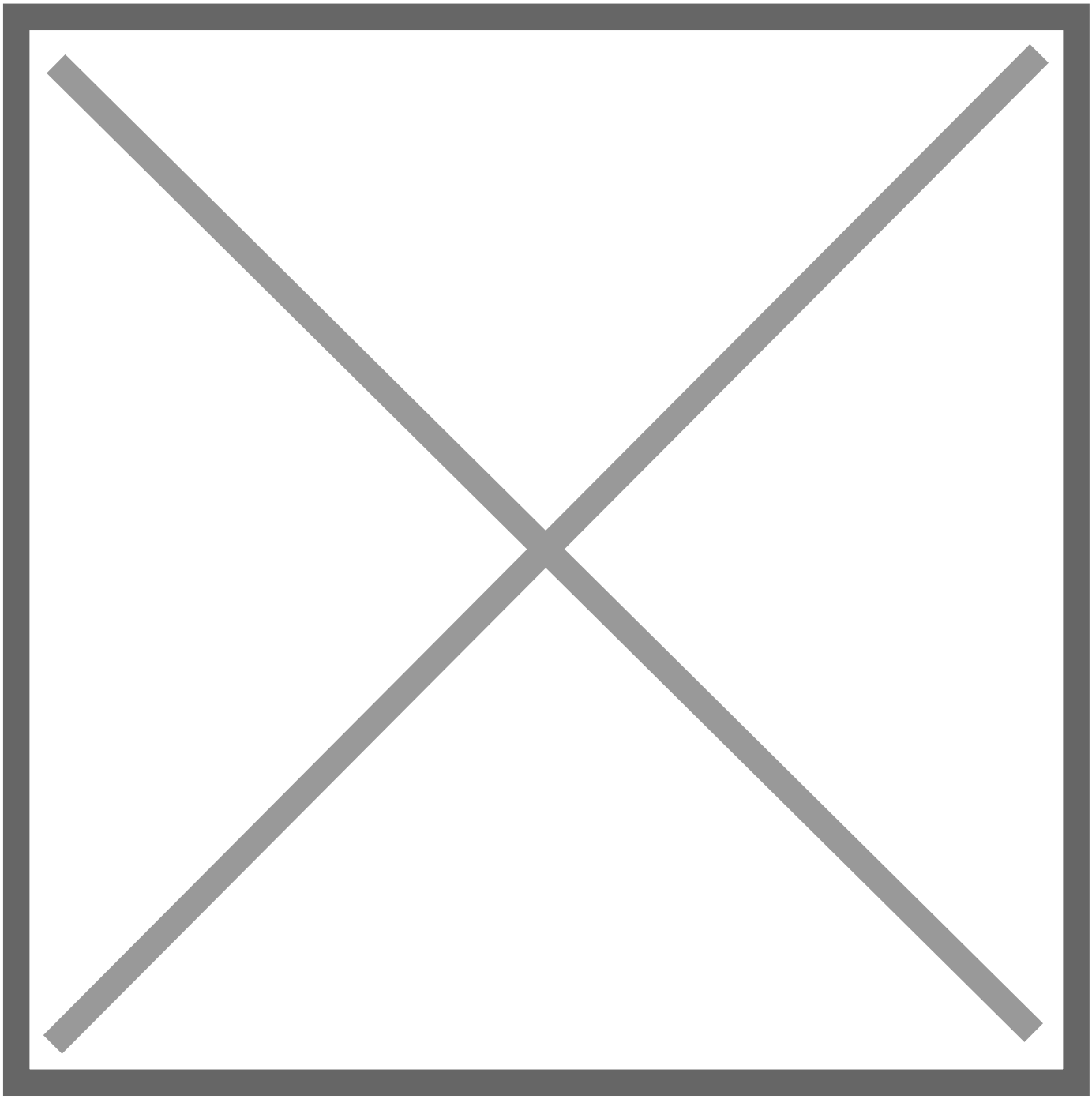
This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity for children under 5. Where available, data on common and relevant obesity drivers and comorbidities are also presented.

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

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Obesity prevalence

0-5 years, 2019-2020

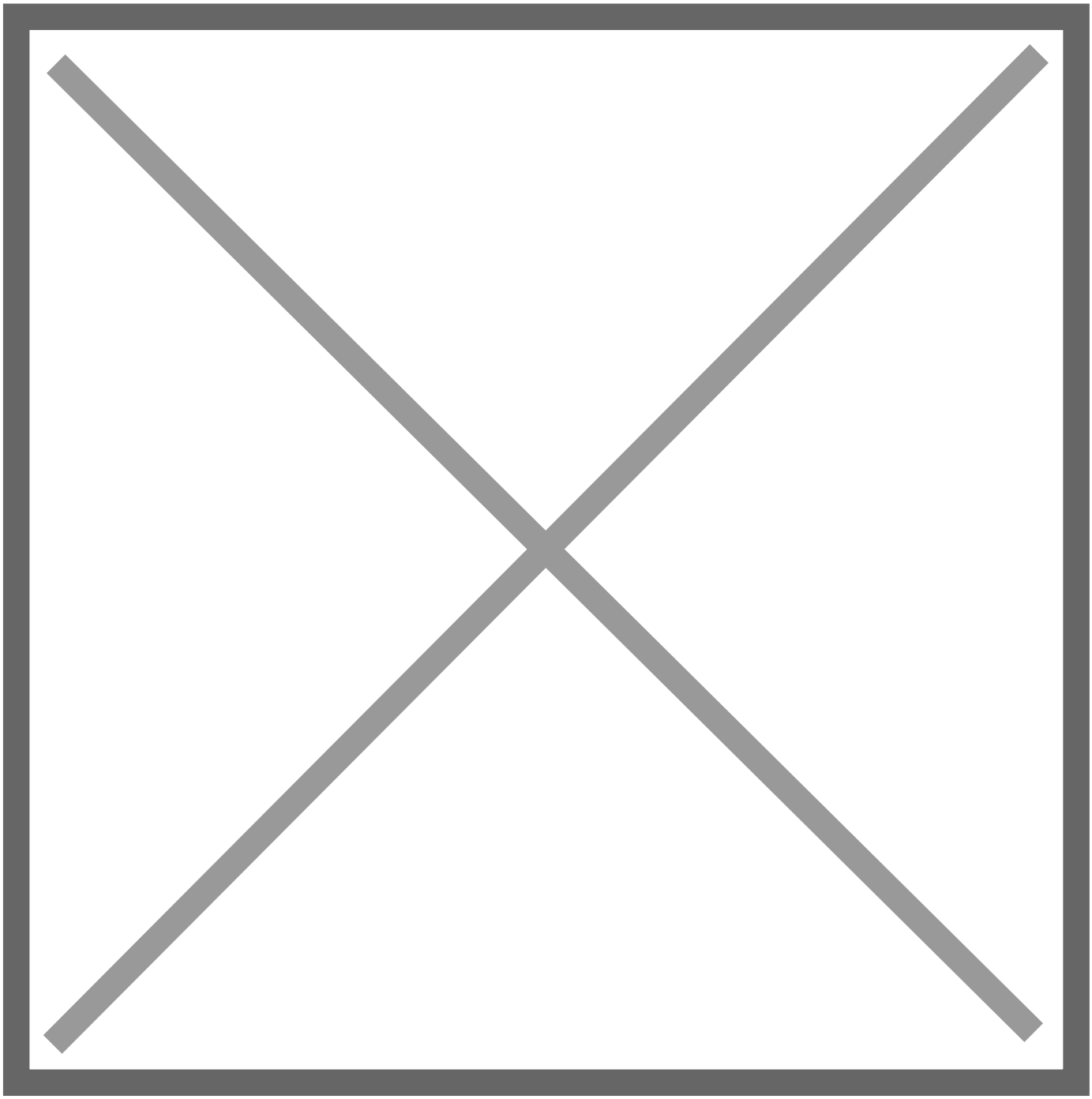


Survey type:	Measured
Age:	0-5
Sample size:	3964
Area covered:	National
References:	Gambia Bureau of Statistics (GBoS) and ICF. 2021. The Gambia Demographic and Health Survey 2019- 20. Banjul, The Gambia and Rockville, Maryland, USA: GBoS and ICF. https://www.dhsprogram.com/pubs/pdf/FR369/FR369.pdf (last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

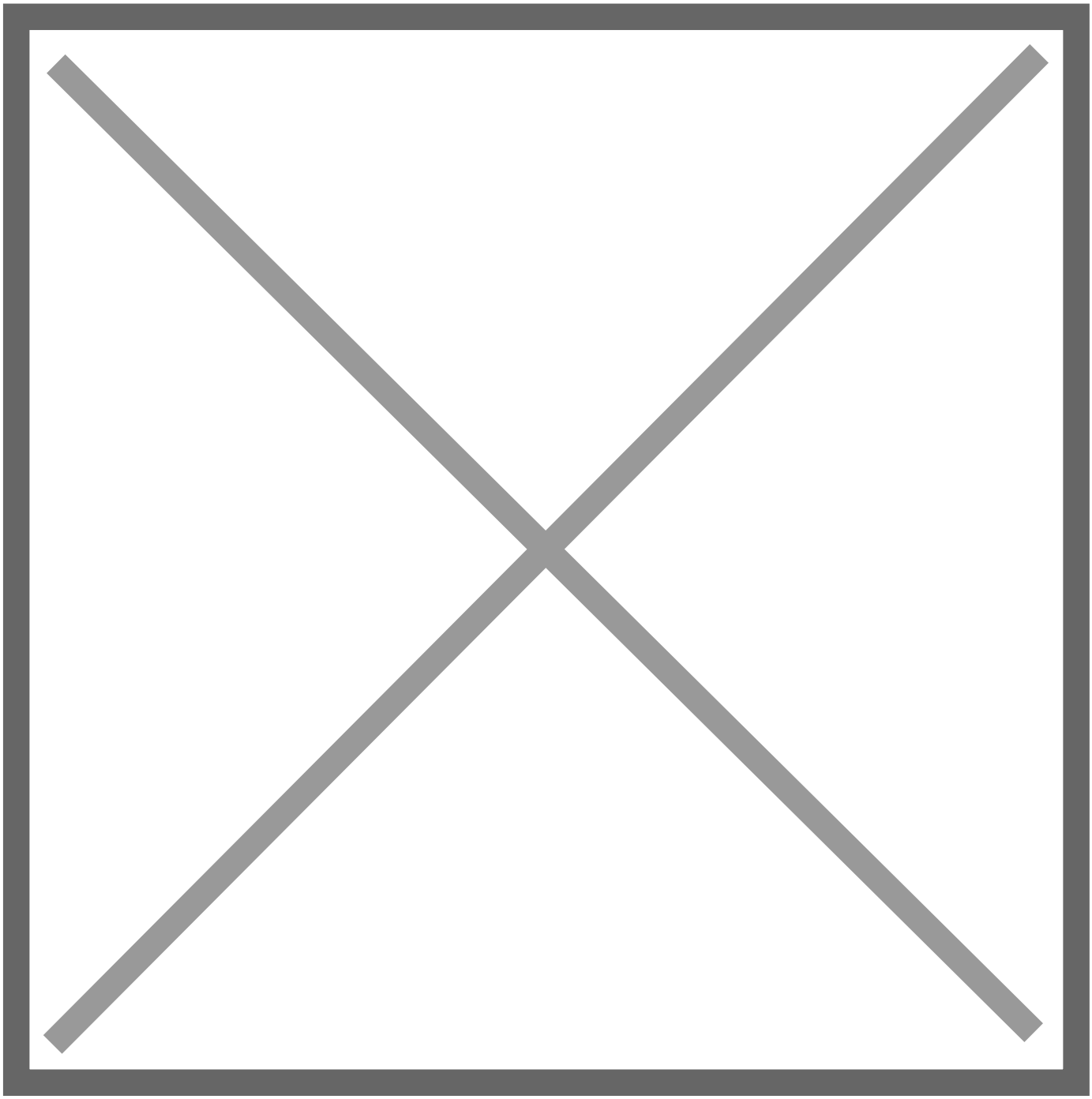


Sample size:	3944
References:	DHS: The Gambia Demographic and Health Survey 2019- 20. Banjul, The Gambia and Rockville, Maryland, USA: GBoS and ICF
Notes:	UNICEF/WHO/World Bank Joint Child Malnutrition Estimates Expanded Database: Overweight (Survey Estimates), May 2023, New York. For more information 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

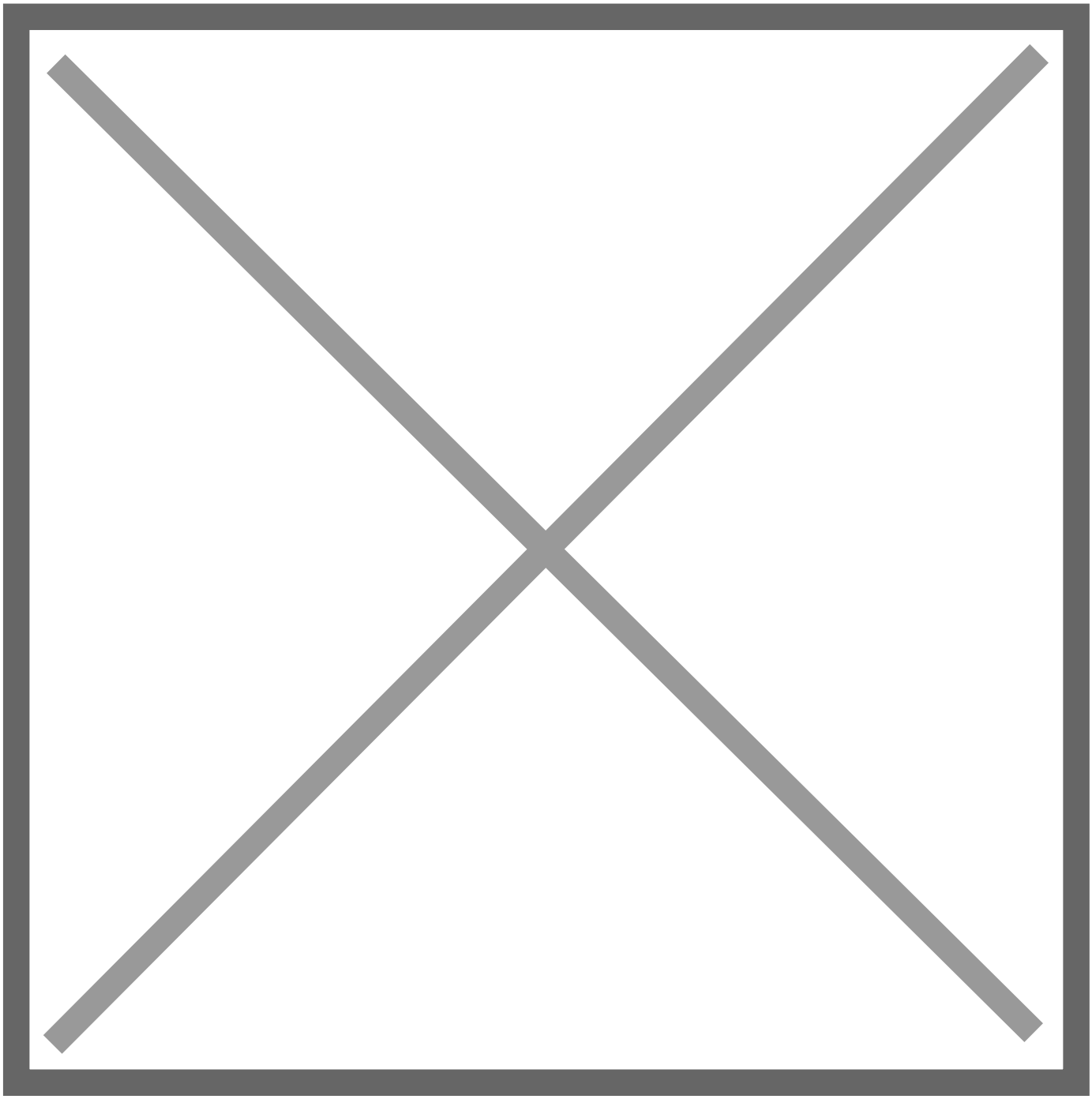


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Notes:	Infants.

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

0-5 years, 2019-2020

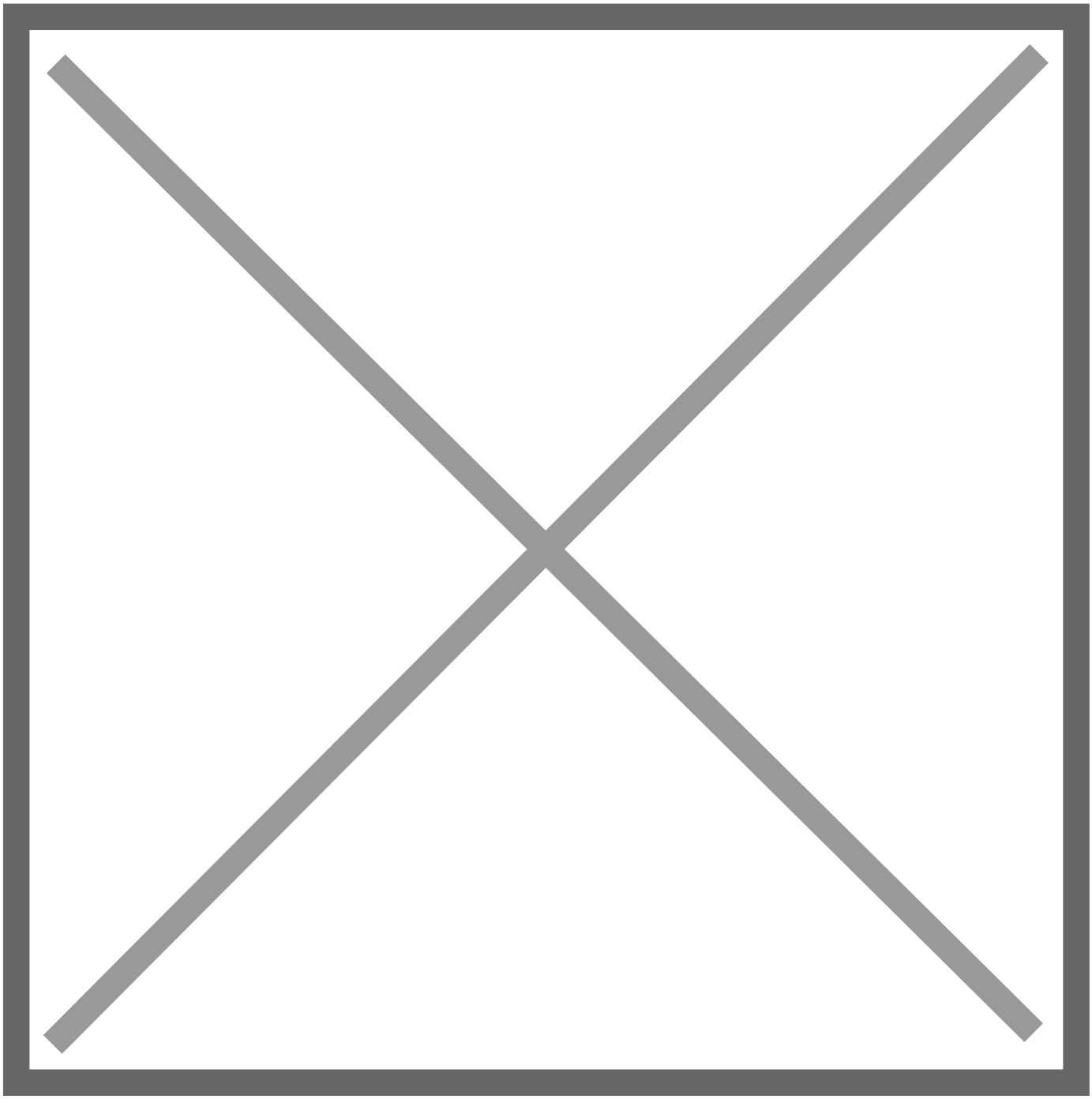


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Definitions:	=>+2SD

Double burden of underweight & obesity

0-5 years, 2019-2020

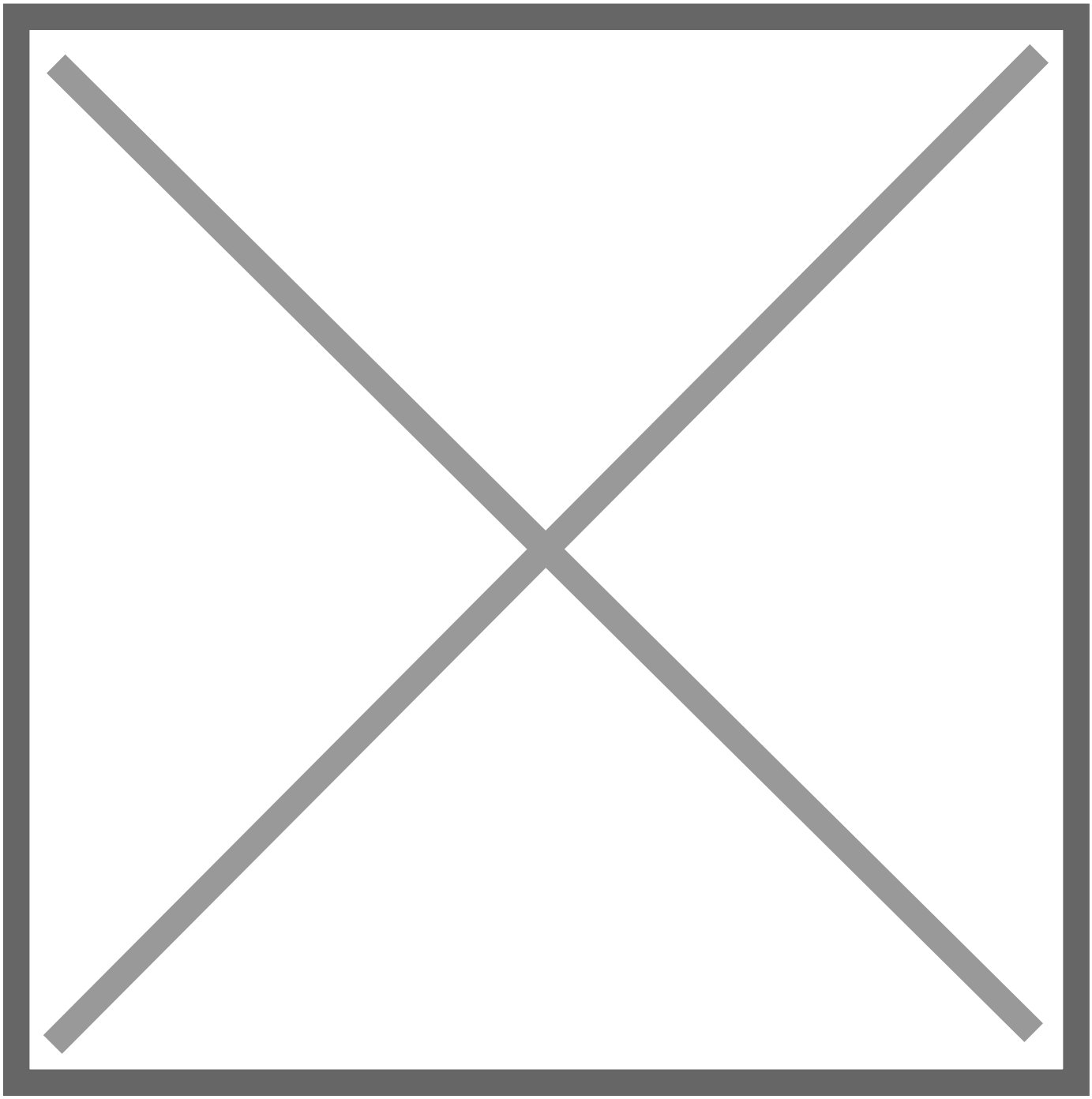


Survey type:	Measured
Age:	0-5
References:	United Nations Children's Fund, Division of Data, Analysis, Planning and Monitoring (2025). Global UNICEF Global Databases: Overlapping Stunting, Wasting and Overweight (Survey Estimates), 2025, New York. For more information, visit: https://data.unicef.org/topic/nutrition/malnutrition/ [Accessed 06.08.25]
Notes:	The Gambia Demographic and Health Survey 2019- 20. Banjul, The Gambia and Rockville, Maryland, USA: GBoS and ICF

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

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