

# Ghana



Country report card - adults

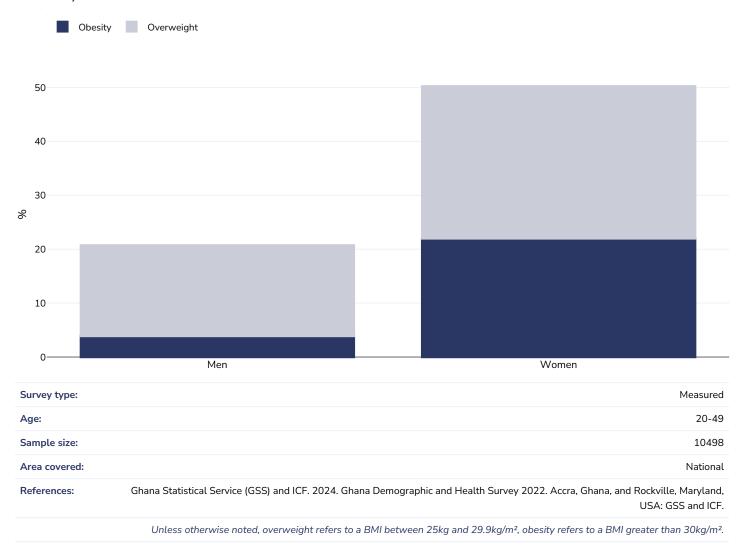
This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity for adults. Where available, data on common and relevant obesity drivers and comorbidities are also presented.



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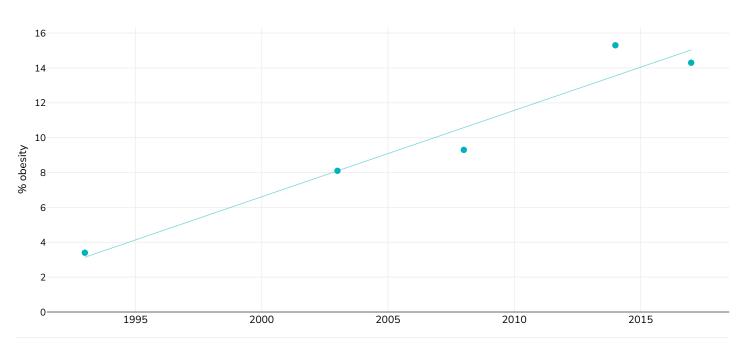
# **Obesity prevalence**





#### % Adults living with obesity in Ghana 1993-2017

Obesity, Women



Survey type: Measured

References:

1993: Martorell R, Khan LK, Hughes ML, Grummer Strawn LM. Obesity in women from developing countries. EJCN (2000) 54;247-252 2003: Ghana Statistical Service - GSS, Noguchi Memorial Institute for Medical Research - NMIMR/Ghana, and ORC Macro. 2004. Ghana Demographic and Health Survey 2003. Calverton, Maryland: GSS, NMIMR, and ORC Macro.

2008: Ghana Statistical Service - GSS, Ghana Health Service - GHS, and ICF Macro. 2009. Ghana Demographic and Health Survey 2008.

Accra, Ghana: GSS, GHS, and ICF Macro.

2014: Ghana Statistical Service - GSS, Ghana Health Service - GHS, and ICF International. 2015. Ghana Demographic and Health Survey 2014. Rockville, Maryland, USA: GSS, GHS, and ICF International. Available at <a href="http://www.dhsprogram.com/publications-publica

FR307-DHS-Final-Reports.cfm (last accessed 11th April 2016)

2017: University of Ghana, GroundWork, University of Wisconsin-Madison, KEMRI-Wellcome Trust, UNICEF. Ghana Micronutrient
Survey 2017. Accra, Ghana; 2017

Notes: Adults 15-49

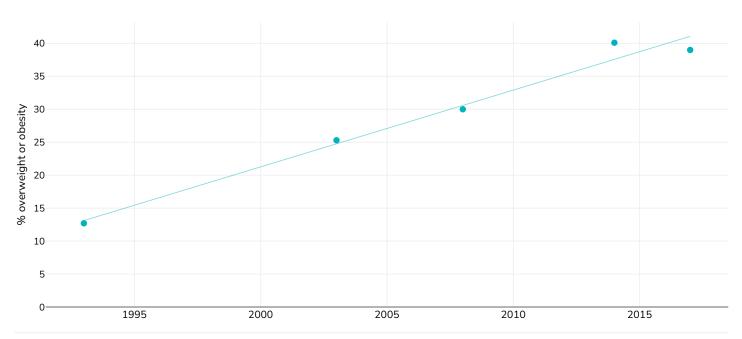
Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².

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 Ghana 1993-2017

Overweight or obesity, Women



Survey type: Measured

References:

1993: Martorell R, Khan LK, Hughes ML, Grummer Strawn LM. Obesity in women from developing countries. EJCN (2000) 54;247-252 2003: Ghana Statistical Service - GSS, Noguchi Memorial Institute for Medical Research - NMIMR/Ghana, and ORC Macro. 2004. Ghana Demographic and Health Survey 2003. Calverton, Maryland: GSS, NMIMR, and ORC Macro.

2008: Ghana Statistical Service - GSS, Ghana Health Service - GHS, and ICF Macro. 2009. Ghana Demographic and Health Survey 2008.

Accra, Ghana: GSS, GHS, and ICF Macro.

2014: Ghana Statistical Service - GSS, Ghana Health Service - GHS, and ICF International. 2015. Ghana Demographic and Health Survey 2014. Rockville, Maryland, USA: GSS, GHS, and ICF International. Available at <a href="http://www.dhsprogram.com/publications/publica

2017: University of Ghana, GroundWork, University of Wisconsin-Madison, KEMRI-Wellcome Trust, UNICEF. Ghana Micronutrient
Survey 2017. Accra, Ghana; 2017

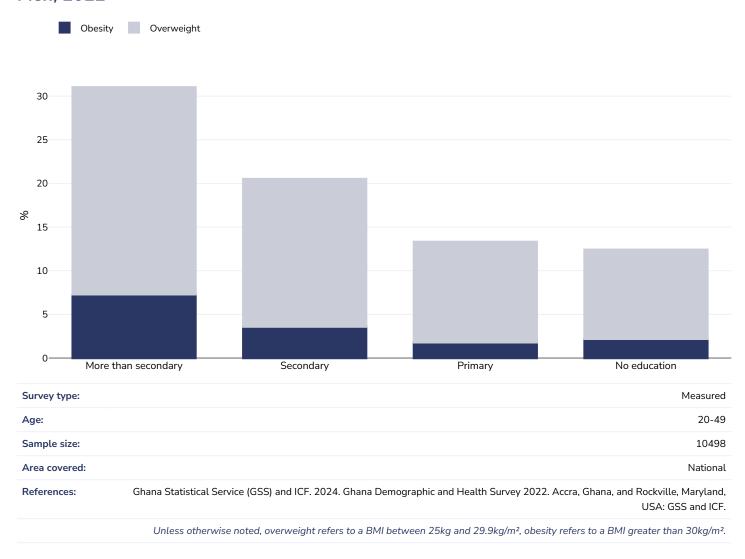
Notes: Adults 15-49

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.

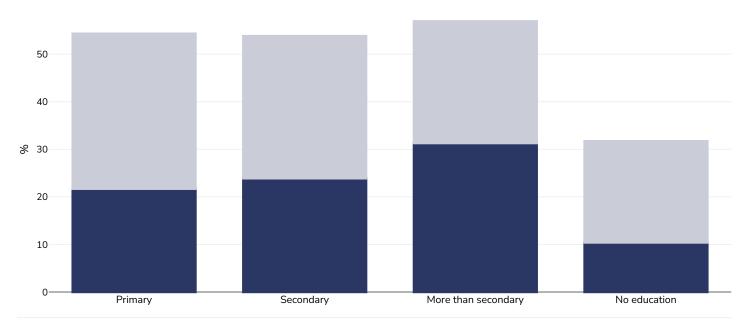


# Overweight/obesity by education









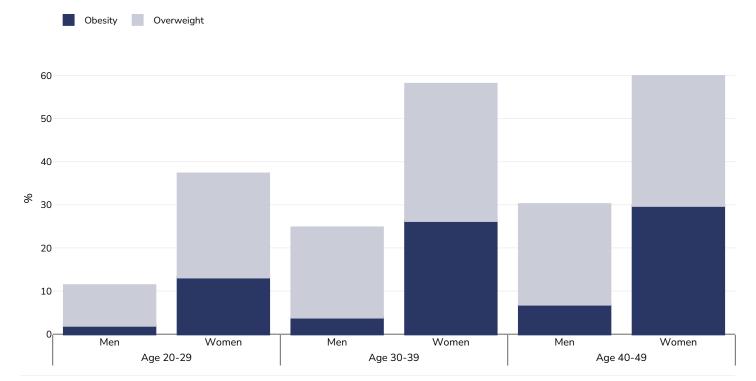
Survey type:	Measured
Age:	20-49
Sample size:	10498
Area covered:	National
References:	Ghana Statistical Service (GSS) and ICF. 2024. Ghana Demographic and Health Survey 2022. Accra, Ghana, and Rockville, Maryland, USA: GSS and ICF.

 $Unless \ otherwise \ noted, overweight \ refers \ to \ a \ BMI \ between \ 25kg \ and \ 29.9kg/m^2, obesity \ refers \ to \ a \ BMI \ greater \ than \ 30kg/m^2.$ 



# Overweight/obesity by age

# Adults, 2022



Survey type: Measured
Sample size: 10498
Area covered: National
References: Ghana Statistical Service (GSS) and ICF. 2024. Ghana Demographic and Health Survey 2022. Accra, Ghana, and Rockville, Maryland, USA: GSS and ICF.

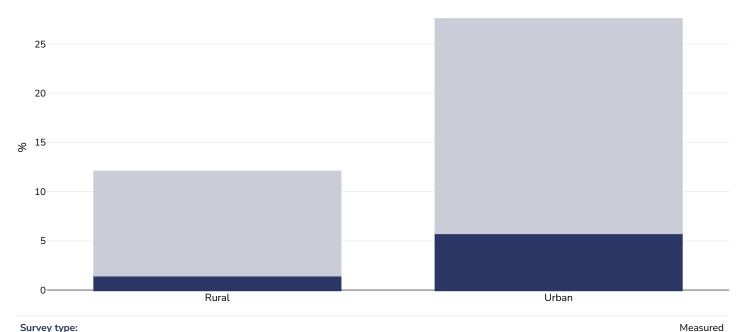
 $Unless \ otherwise \ noted, overweight \ refers \ to \ a \ BMI \ between \ 25kg \ and \ 29.9kg/m^2, obesity \ refers \ to \ a \ BMI \ greater \ than \ 30kg/m^2.$ 



# Overweight/obesity by region

#### Men, 2022





 Survey type:
 Measured

 Age:
 20-49

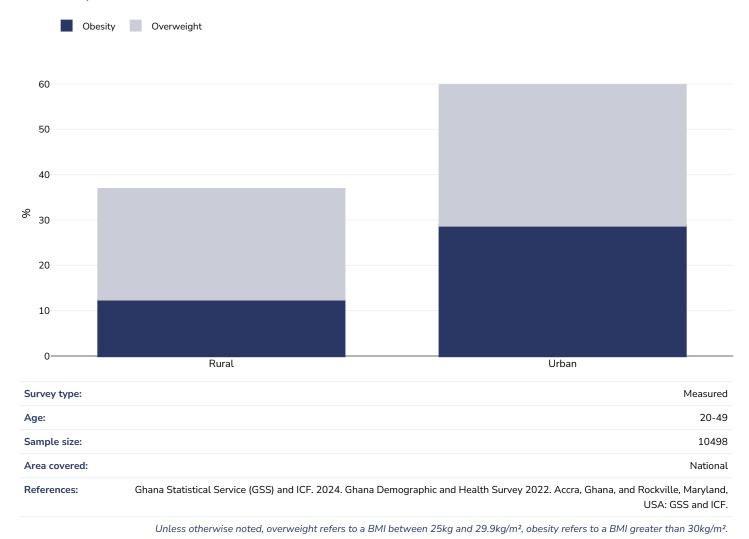
 Sample size:
 10498

 Area covered:
 National

 References:
 Ghana Statistical Service (GSS) and ICF. 2024. Ghana Demographic and Health Survey 2022. Accra, Ghana, and Rockville, Maryland, USA: GSS and ICF.

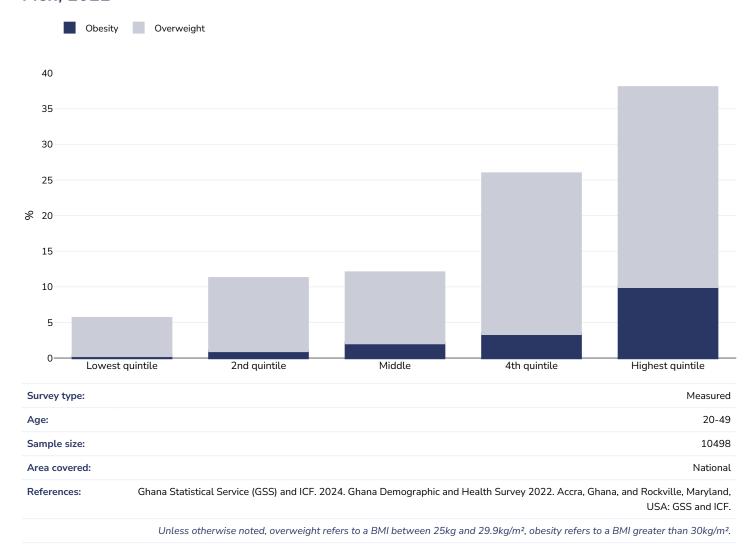
 $Unless \ otherwise \ noted, \ overweight \ refers \ to \ a \ BMI \ between \ 25kg \ and \ 29.9kg/m^2, \ obesity \ refers \ to \ a \ BMI \ greater \ than \ 30kg/m^2.$ 



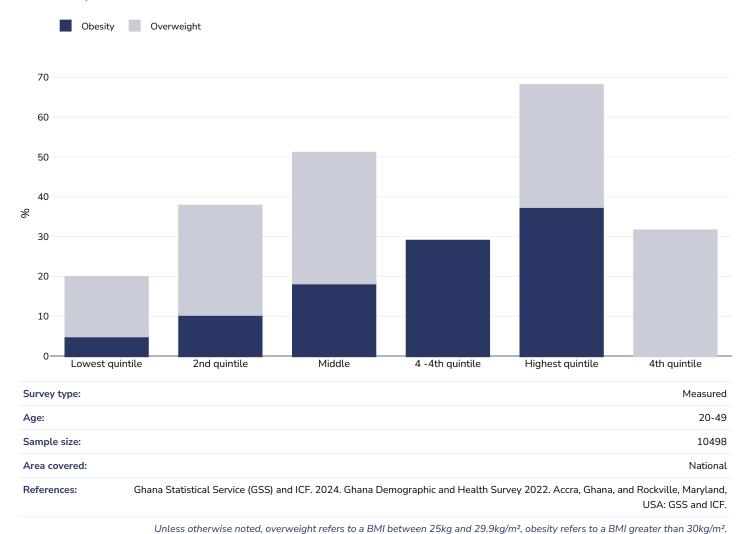




# Overweight/obesity by socio-economic group

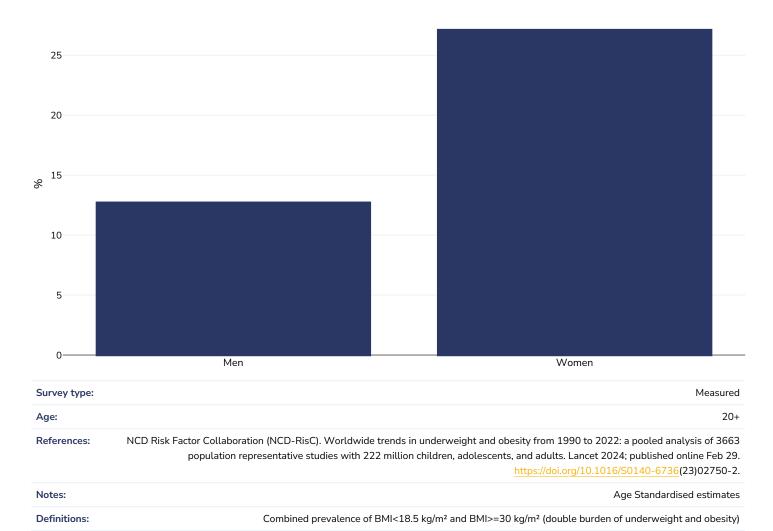






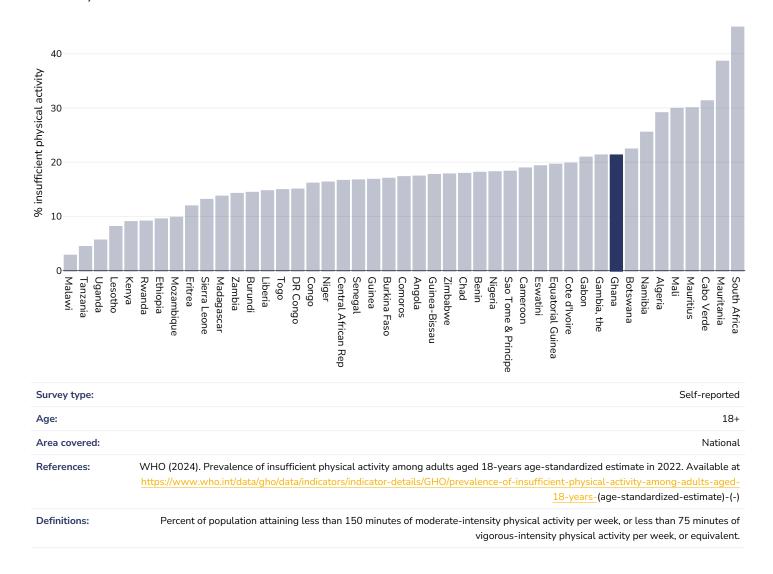


# Double burden of underweight & overweight





### Insufficient physical activity



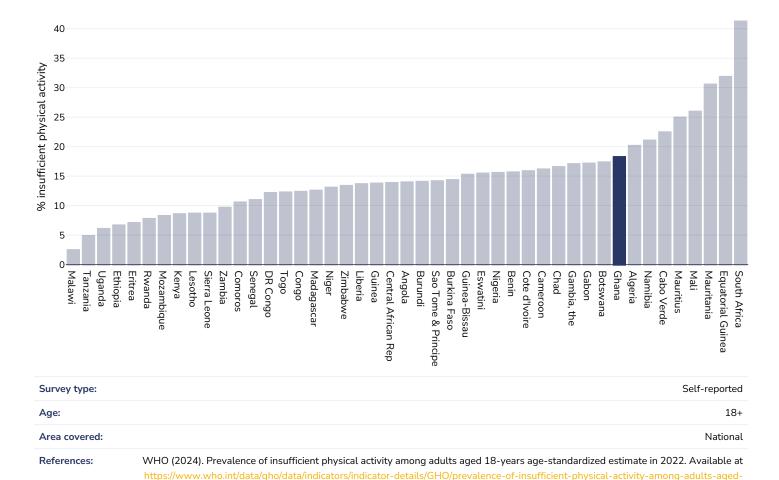
18-years-(age-standardized-estimate)-(-)

vigorous-intensity physical activity per week, or equivalent.



#### Men, 2022

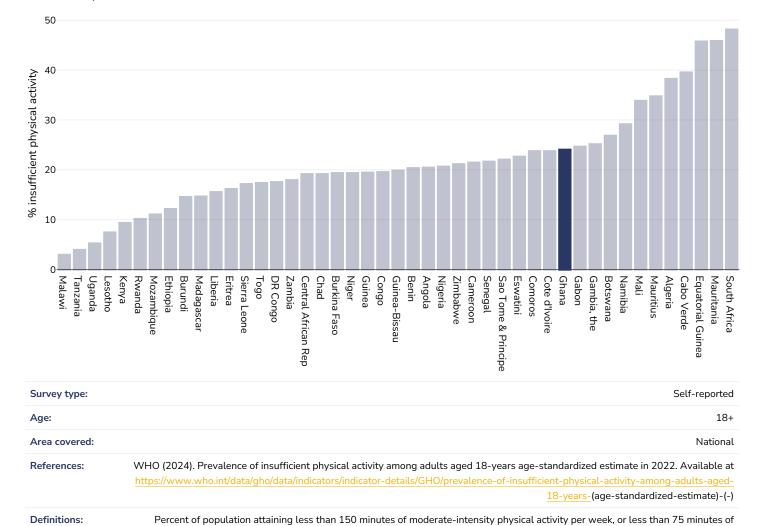
**Definitions:** 



Percent of population attaining less than 150 minutes of moderate-intensity physical activity per week, or less than 75 minutes of

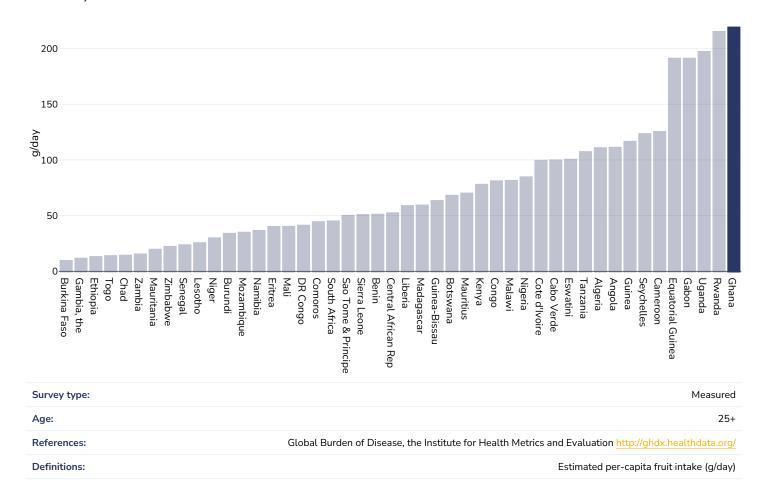
vigorous-intensity physical activity per week, or equivalent.





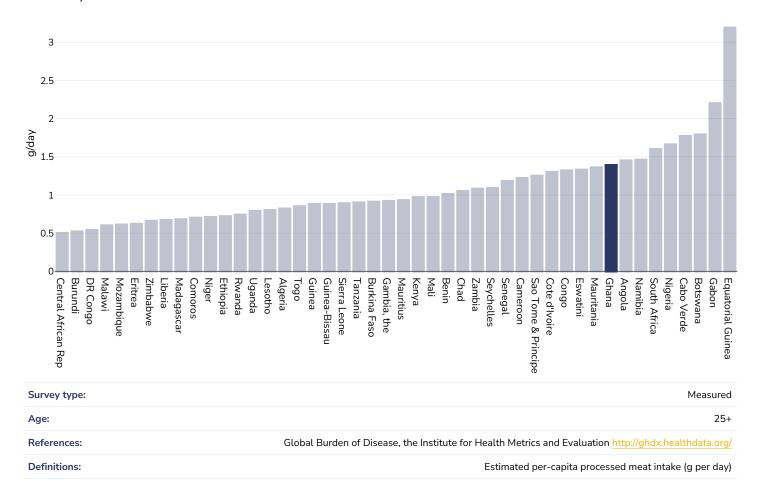


# Estimated per capita fruit intake



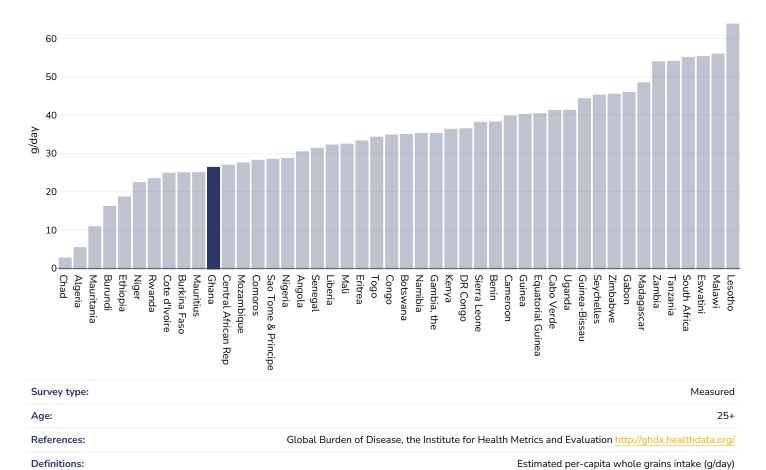


# Estimated per-capita processed meat intake



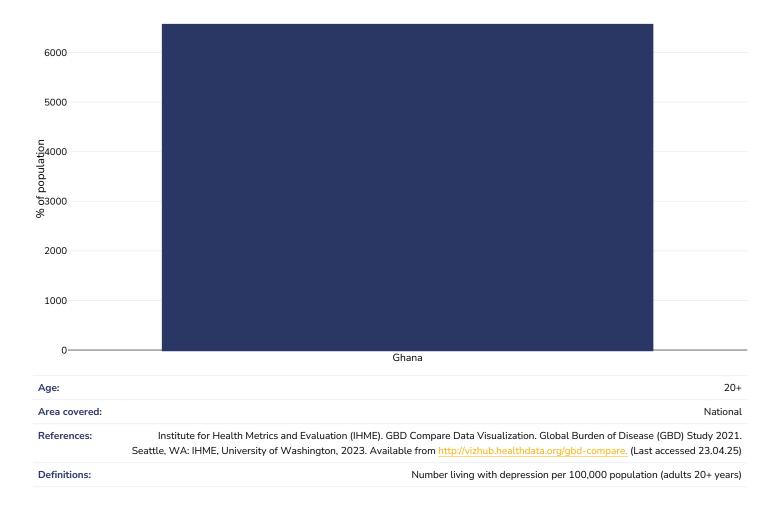


# Estimated per capita whole grains intake

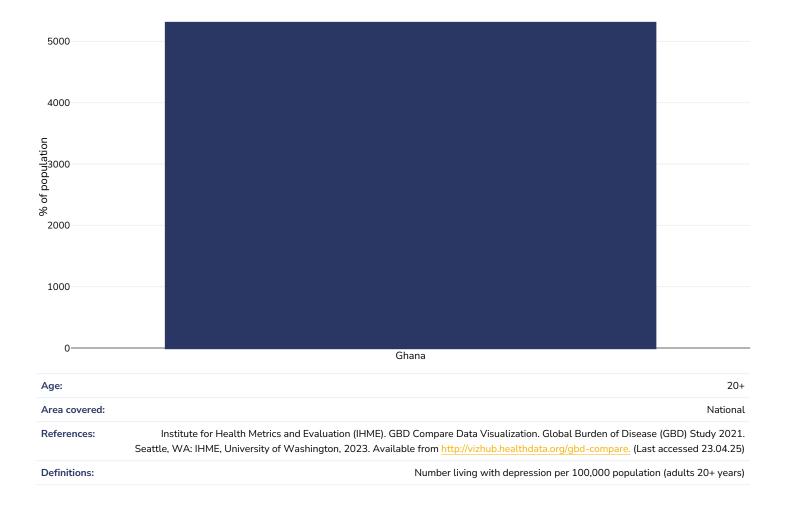




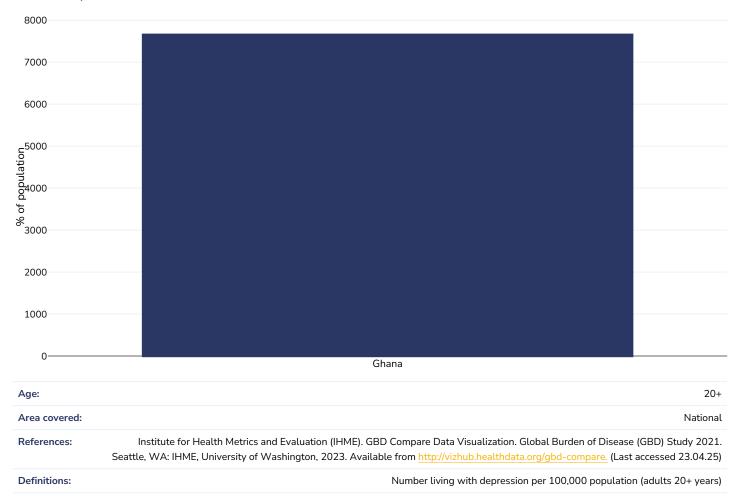
# Mental health - depression disorders







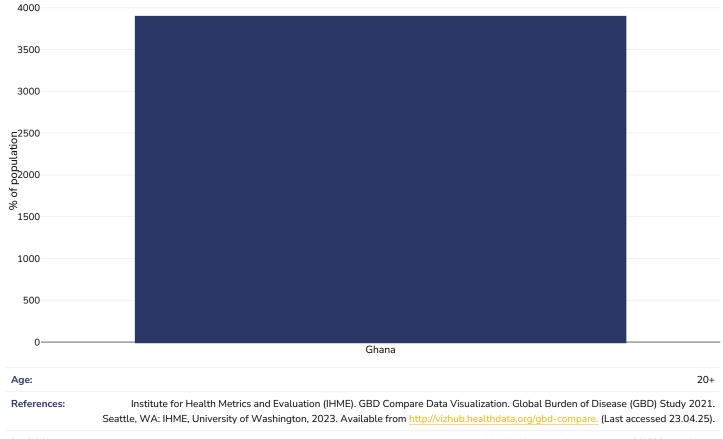






# Mental health - anxiety disorders

#### Adults, 2021

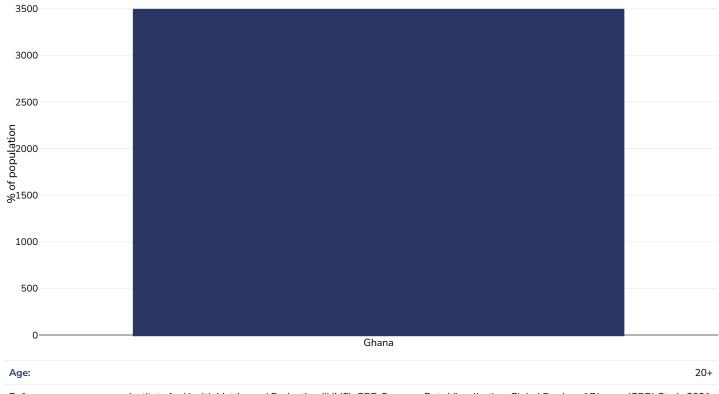


Definitions:

Number living with anxiety per 100,000 population



### Men, 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 <a href="http://vizhub.healthdata.org/gbd-compare">http://vizhub.healthdata.org/gbd-compare</a>. (Last accessed 23.04.25).

Definitions:

Number living with anxiety per 100,000 population





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).

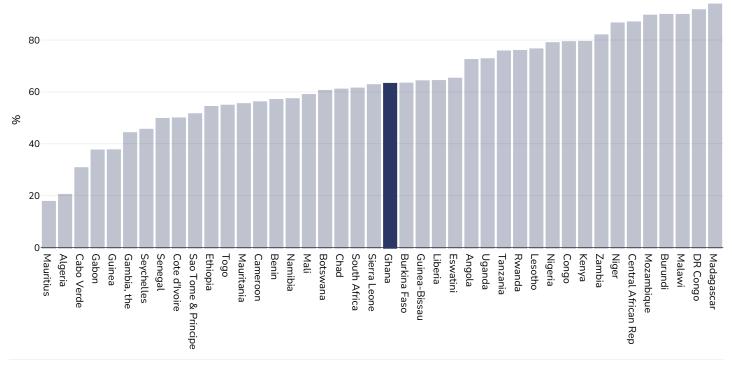
Definitions:

Number living with anxiety per 100,000 population



### Percent of population who cannot afford a healthy diet

#### Adults, 2022



Area covered: National

References:

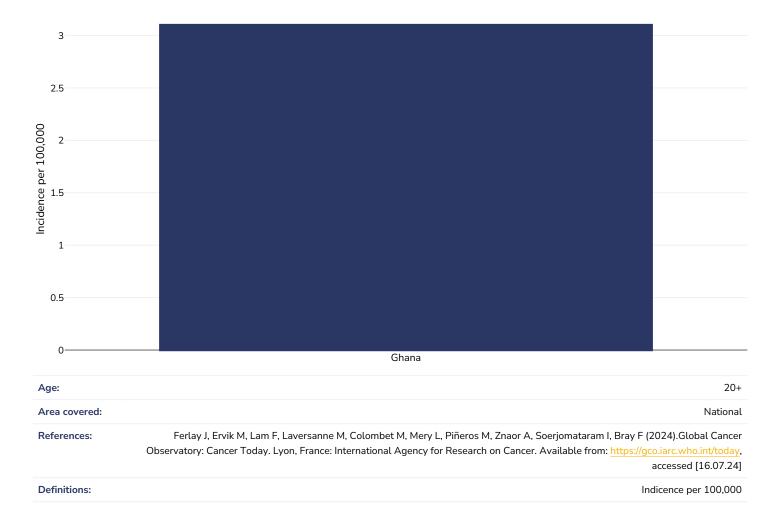
The Food Systems Dashboard. The Global Alliance for Improved Nutrition (GAIN), The Columbia Climate School, and Cornell University

College of Agriculture and Life Sciences. 2024. Geneva, Switzerland. <a href="https://www.foodsystemsdashboard.org">https://www.foodsystemsdashboard.org</a>. DOI:

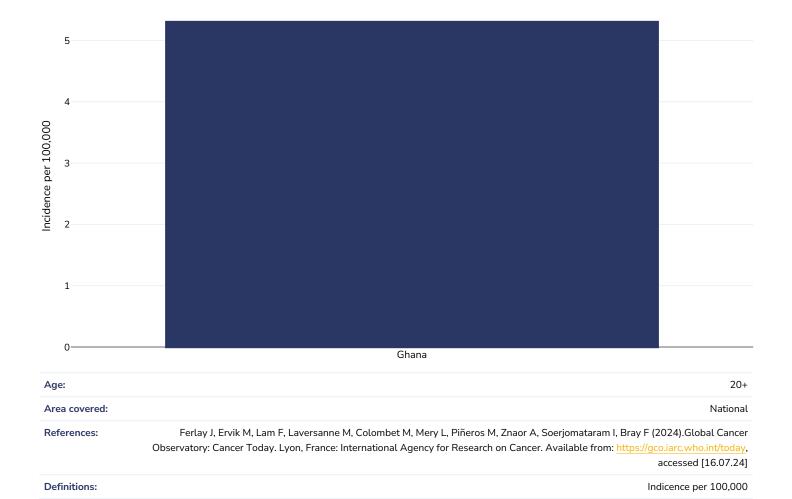
<a href="https://doi.org/10.36072/db">https://doi.org/10.36072/db</a>.



# Oesophageal cancer



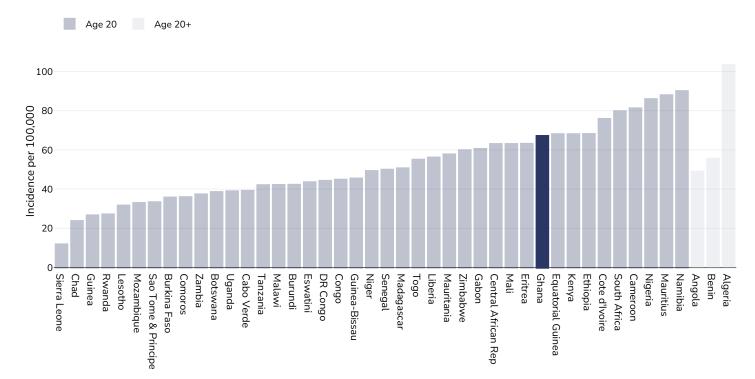






#### **Breast cancer**

#### Women, 2022



Area covered: National

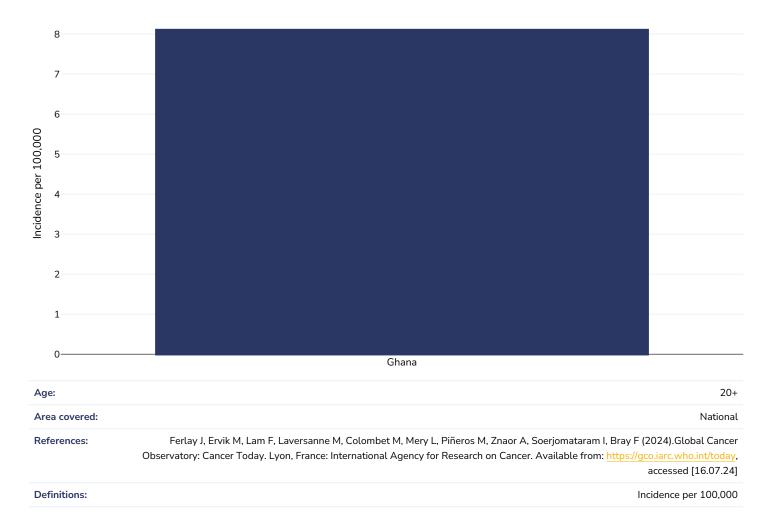
References:

Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <a href="https://gco.iarc.who.int/today">https://gco.iarc.who.int/today</a>, accessed [16.07.24]

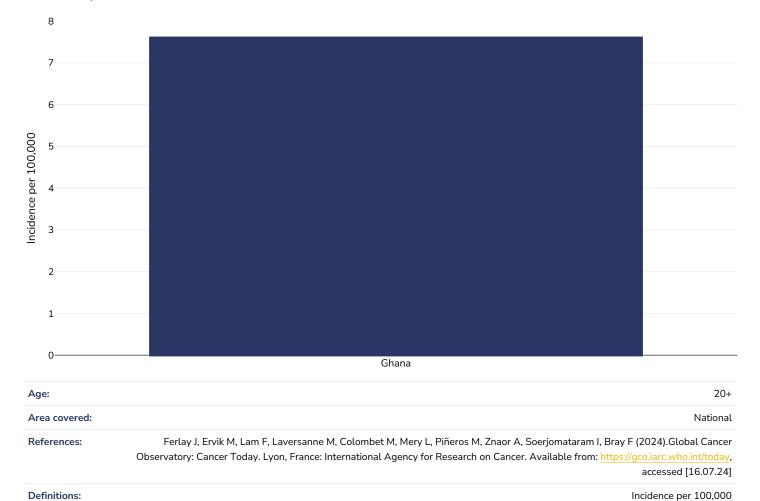
Definitions: Incidence per 100,000



#### **Colorectal cancer**

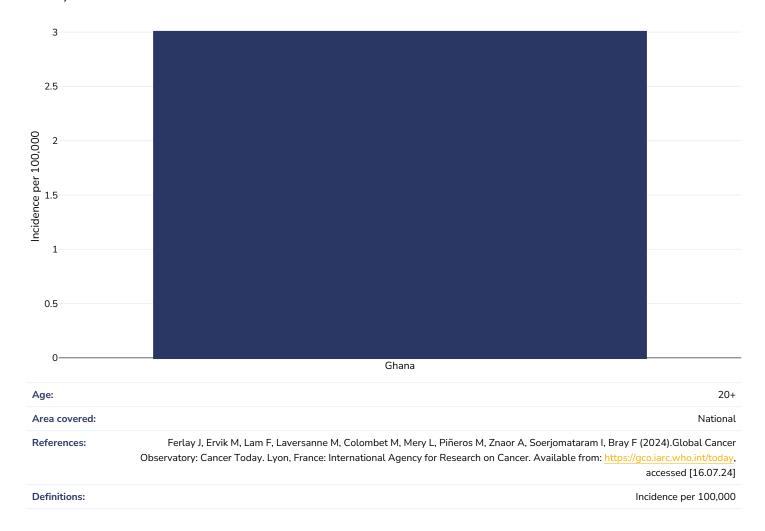




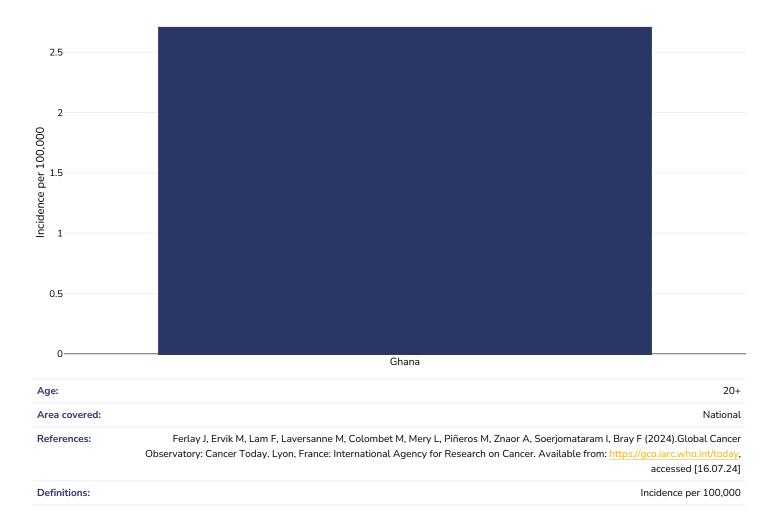




### Pancreatic cancer

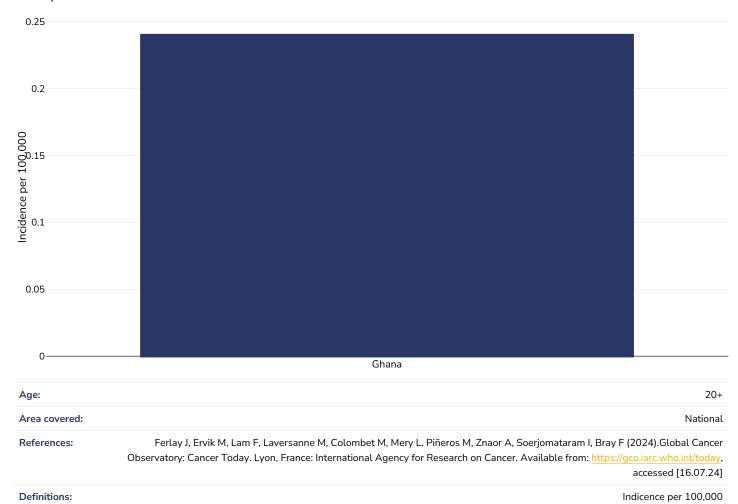




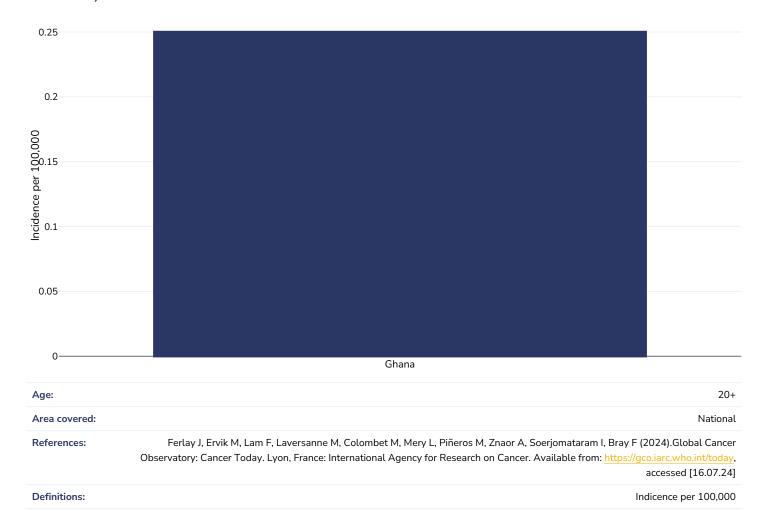




#### Gallbladder cancer

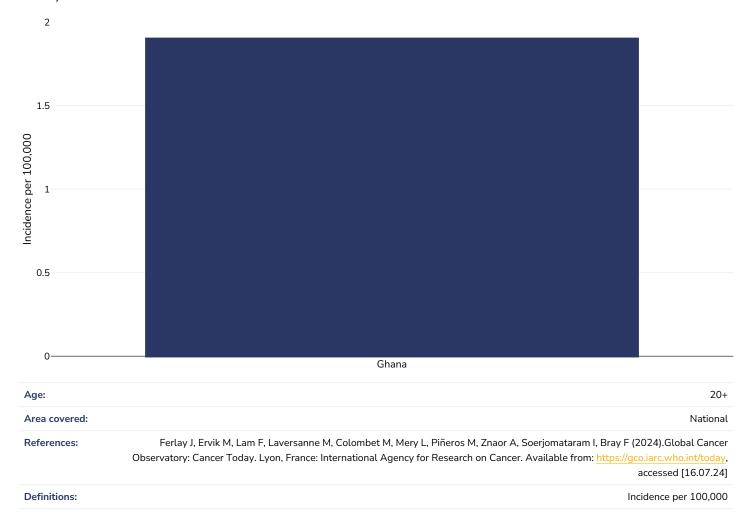




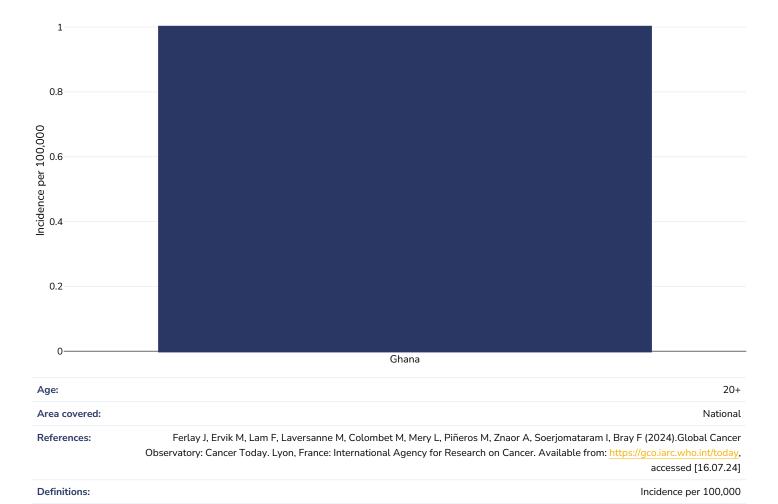




### Kidney cancer



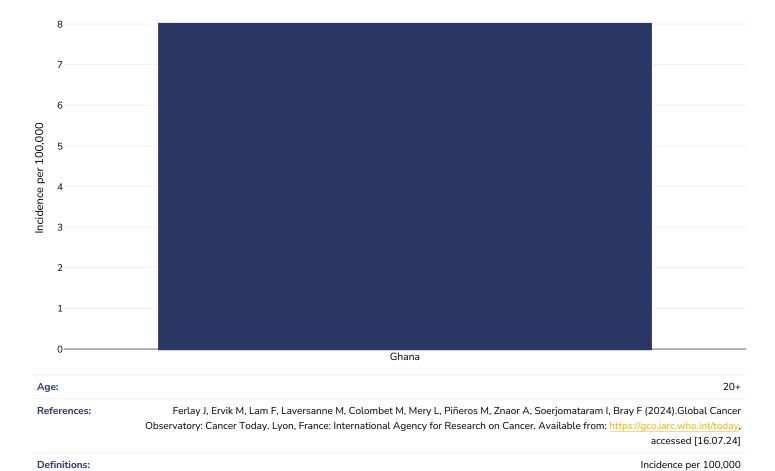






#### Cancer of the uterus

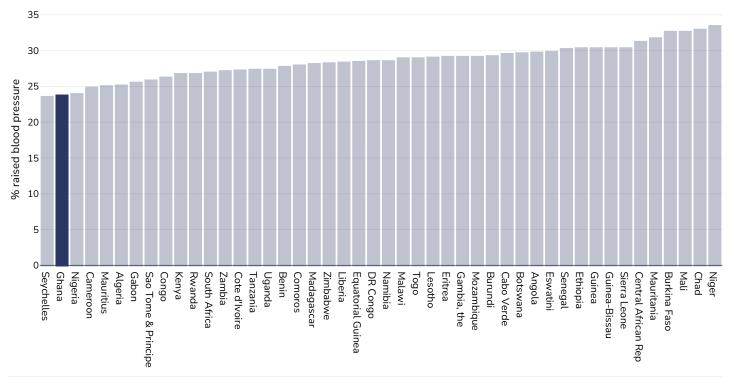
## Women, 2022





## Raised blood pressure

#### Adults, 2015



References:

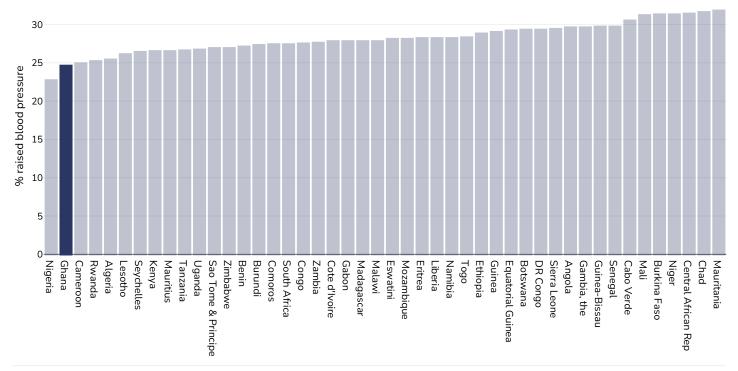
Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A875?lang=en

Definitions:

 $\label{eq:Age Standardised estimated \% Raised blood pressure 2015 (SBP>=140 \ OR \ DBP>=90).$ 



#### Men, 2015



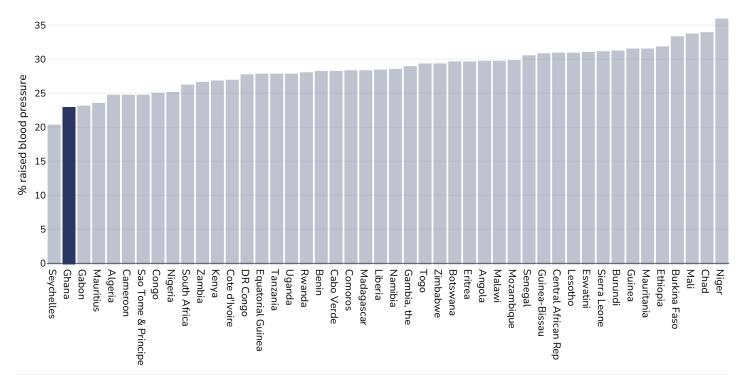
References:

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).





References:

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

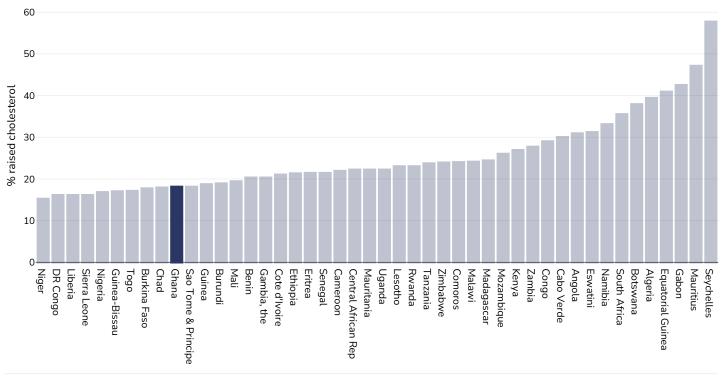
Definitions:

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



#### Raised cholesterol

#### Adults, 2008



References:

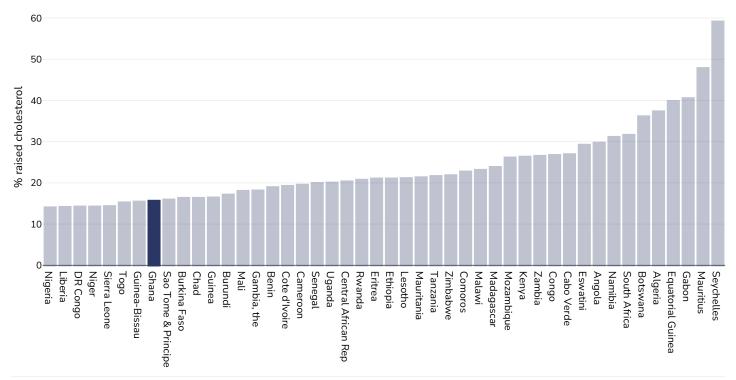
Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A885

Definitions:

% Raised total cholesterol (>= 5.0 mmol/L) (age-standardized estimate).



#### Men, 2008



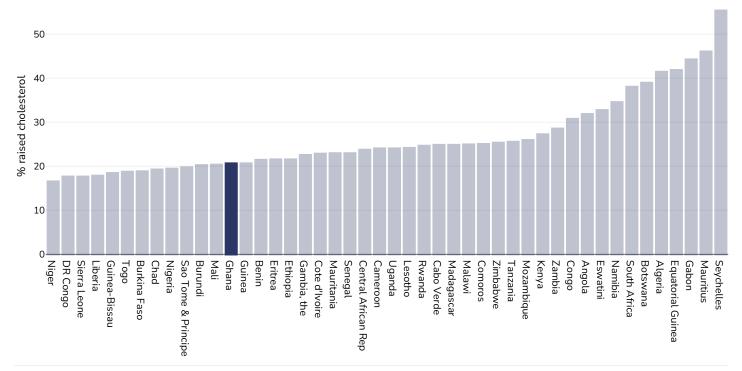
References:

Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A885

Definitions:

% Raised total cholesterol (>= 5.0 mmol/L) (age-standardized estimate).





References:

 ${\sf Global\ Health\ Observatory\ data\ repository,\ World\ Health\ Organisation,\ } \underline{{\sf http://apps.who.int/gho/data/node.main.} A885}$ 

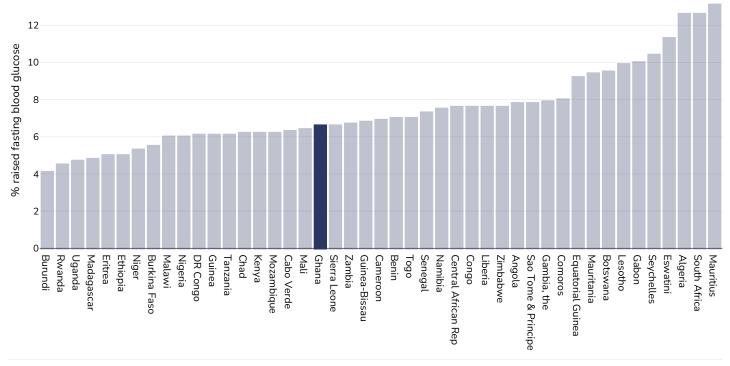
Definitions:

% Raised total cholesterol (>= 5.0 mmol/L) (age-standardized estimate).



## Raised fasting blood glucose

#### Men, 2014



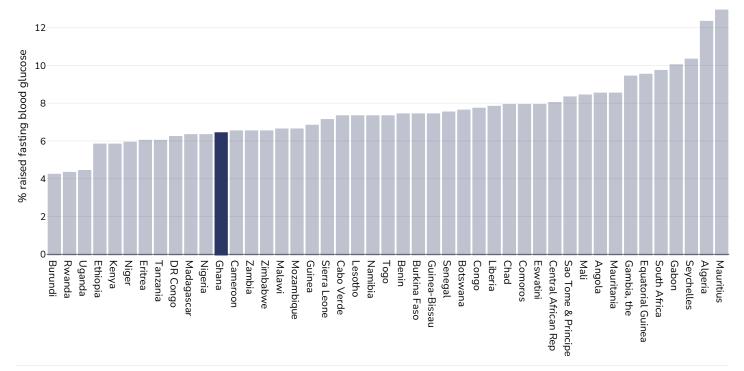
References:

Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A869?lang=en

Definitions:

Age Standardised % raised fasting blood glucose (>= 7.0 mmoVL or on medication).





References:

Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A869?lang=en

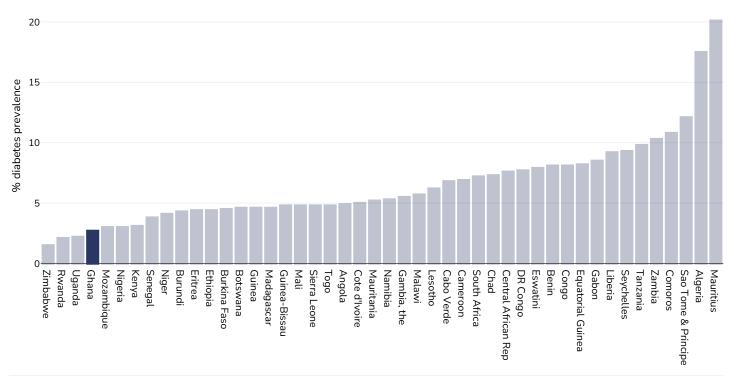
Definitions:

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



## Diabetes prevalence

#### Adults, 2024



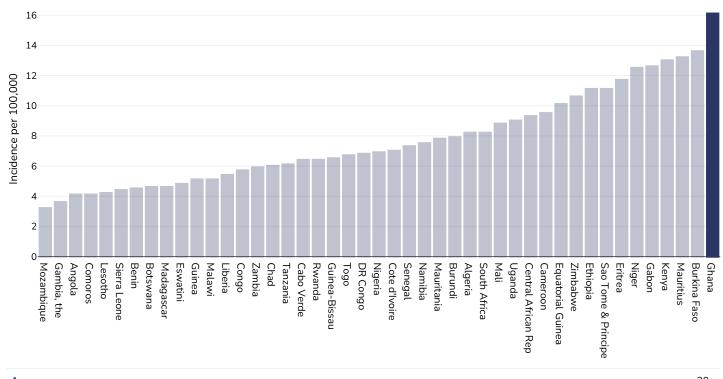
References:

Reproduced with kind permission International Diabetes Federation. IDF Diabetes Atlas, 11th edn. Brussels, Belgium:International Diabetes Federation, 2025. <a href="http://www.diabetesatlas.org">http://www.diabetesatlas.org</a>



## **Ovarian Cancer**

#### Women, 2022



Age: 20+

References:

Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <a href="https://gco.iarc.who.int/today">https://gco.iarc.who.int/today</a>, accessed [16.07.24]

Definitions: Incidence per 100,000



# Leukemia

Men, 2022											
4											
3											
2											
1											
0											
<sup>-1</sup> 1	0	1	2	3	4	5	6				
Age:							20+				
Area covered:							National				
References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <a href="https://gco.iarc.who.int/today">https://gco.iarc.who.int/today</a> , accessed [16.07.24]										
Definitions:						Incidence pe	r 100,000				
	Unless ot	herwise noted, overw	reight refers to a BMI	between 25kg and 29	0.9kg/m², obesity refers	to a BMI greater thar	30kg/m².				

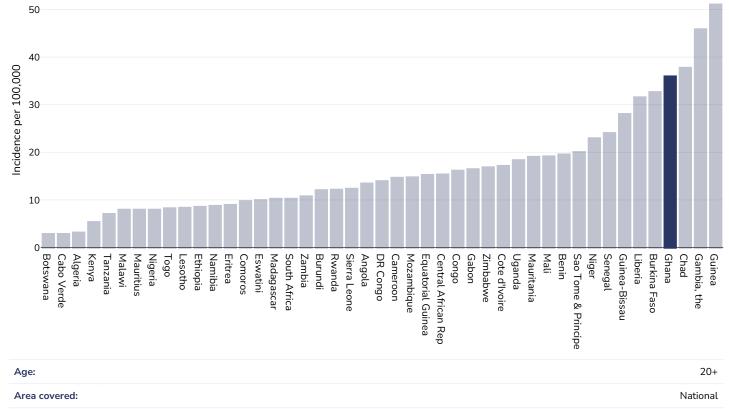


Women, 20	022										
4											
3											
2											
1											
0———											
<sup>-1</sup> 1	0	1	2	3	4	5	6				
Age:							20+				
Area covered:							National				
References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <a href="https://gco.iarc.who.int/today">https://gco.iarc.who.int/today</a> , accessed [16.07.24]										
Definitions:						Incidence pe	er 100,000				
	Unless oth	erwise noted, overw	reight refers to a BMI l	petween 25kg and 29	.9kg/m², obesity refers	s to a BMI greater than	n 30kg/m².				



## Liver and intrahepatic bile duct Cancer

#### Men, 2022



References:

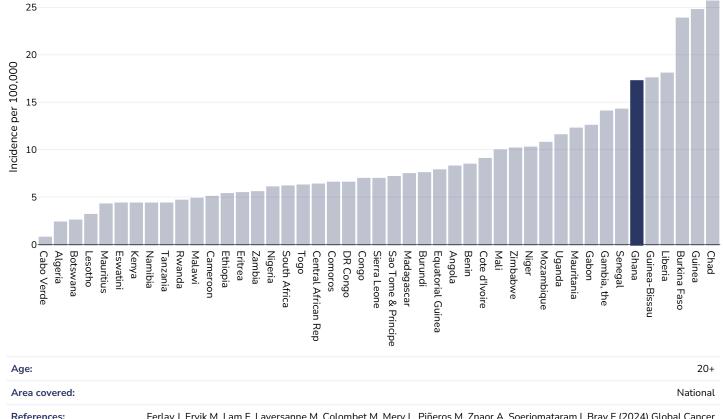
Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <a href="https://gco.iarc.who.int/today">https://gco.iarc.who.int/today</a>, accessed [16.07.24]

Definitions: Incidence per 100,000

accessed [16.07.24]



#### Women, 2022



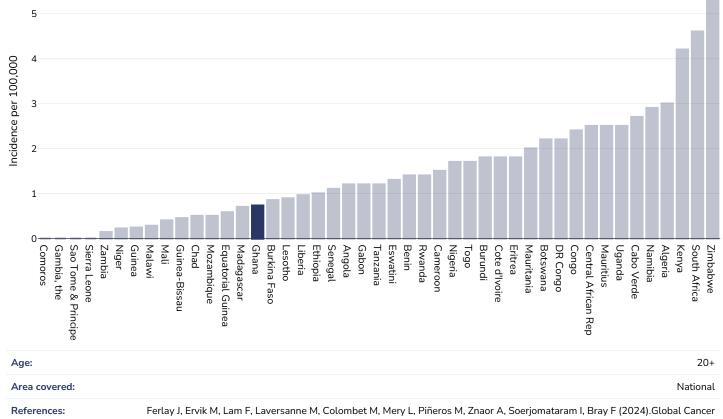
References: Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today,

Definitions: Incidence per 100,000



## Multiple Myeloma

#### Men, 2022

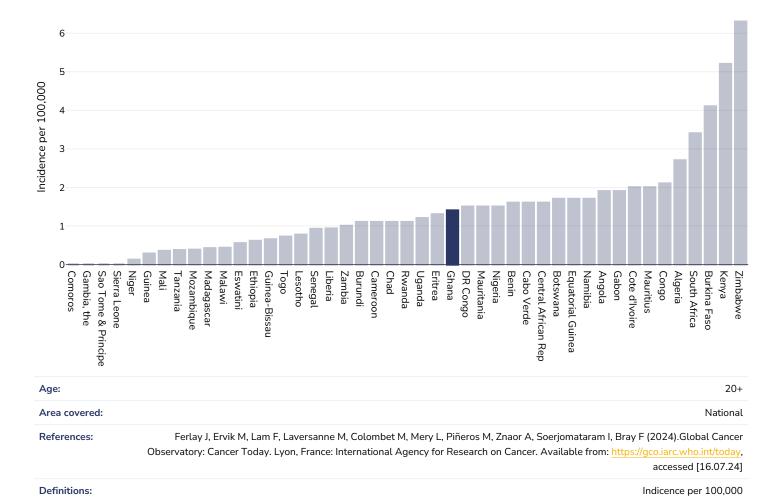


Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <a href="https://gco.iarc.who.int/today">https://gco.iarc.who.int/today</a>, accessed [16.07.24]

Definitions: Indicence per 100,000

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





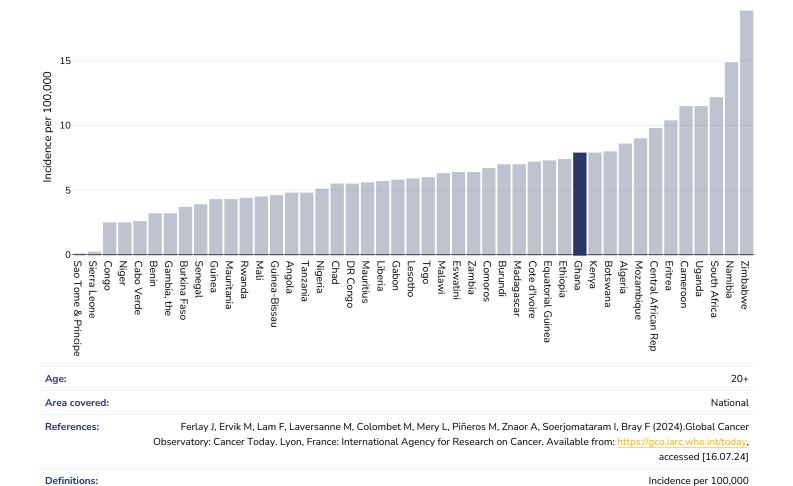
 $Unless \ otherwise \ noted, overweight \ refers \ to \ a \ BMI \ between \ 25kg \ and \ 29.9kg/m^2, obesity \ refers \ to \ a \ BMI \ greater \ than \ 30kg/m^2.$ 

Incidence per 100,000



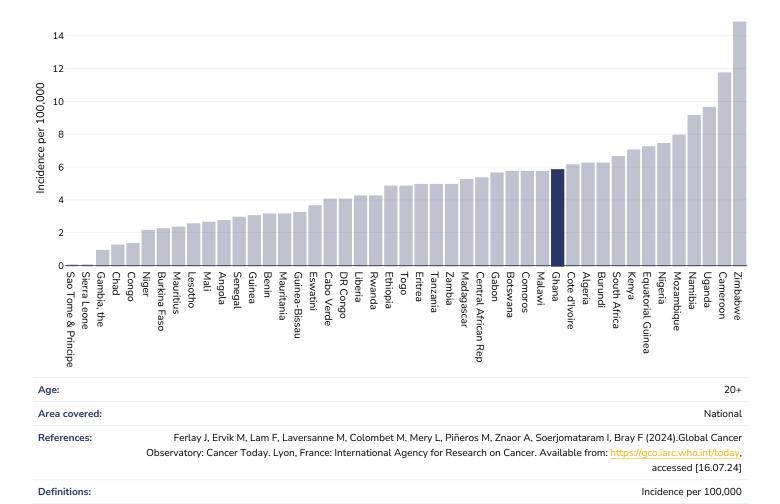
## Non Hodgkin Lymphoma

#### Men, 2022



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



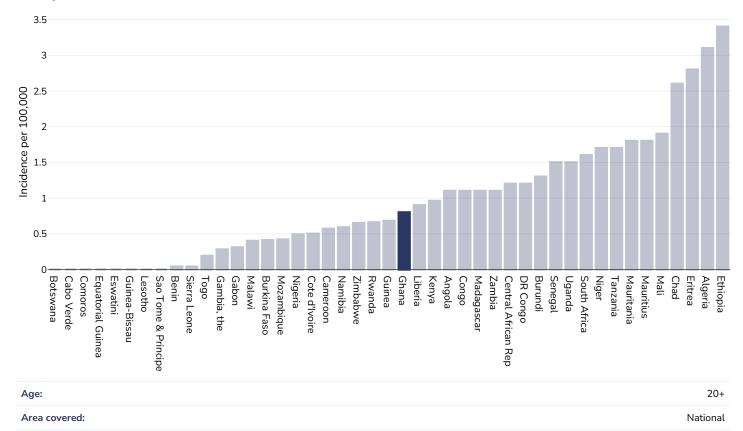


 $Unless \ otherwise \ noted, overweight \ refers \ to \ a \ BMI \ between \ 25kg \ and \ 29.9kg/m^2, \ obesity \ refers \ to \ a \ BMI \ greater \ than \ 30kg/m^2.$ 



## **Thyroid Cancer**

#### Men, 2022

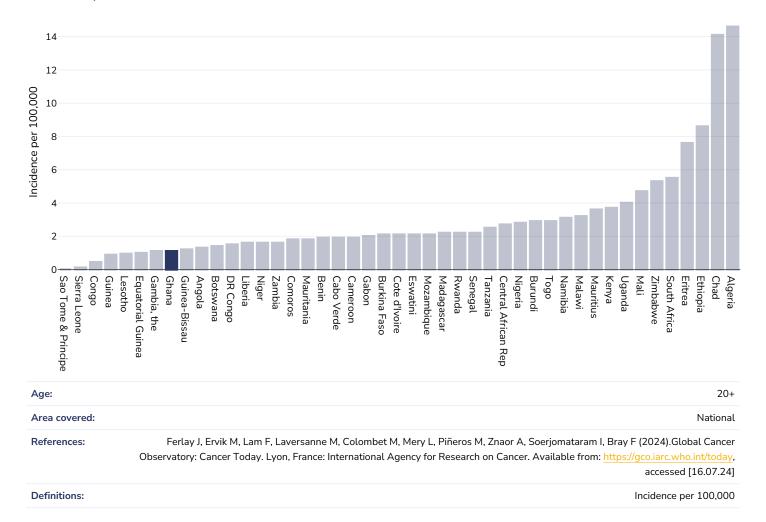


References:

Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <a href="https://gco.iarc.who.int/today">https://gco.iarc.who.int/today</a>, accessed [16.07.24]

Definitions: Incidence per 100,000





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