# Ghana



## Country report card - under-5s

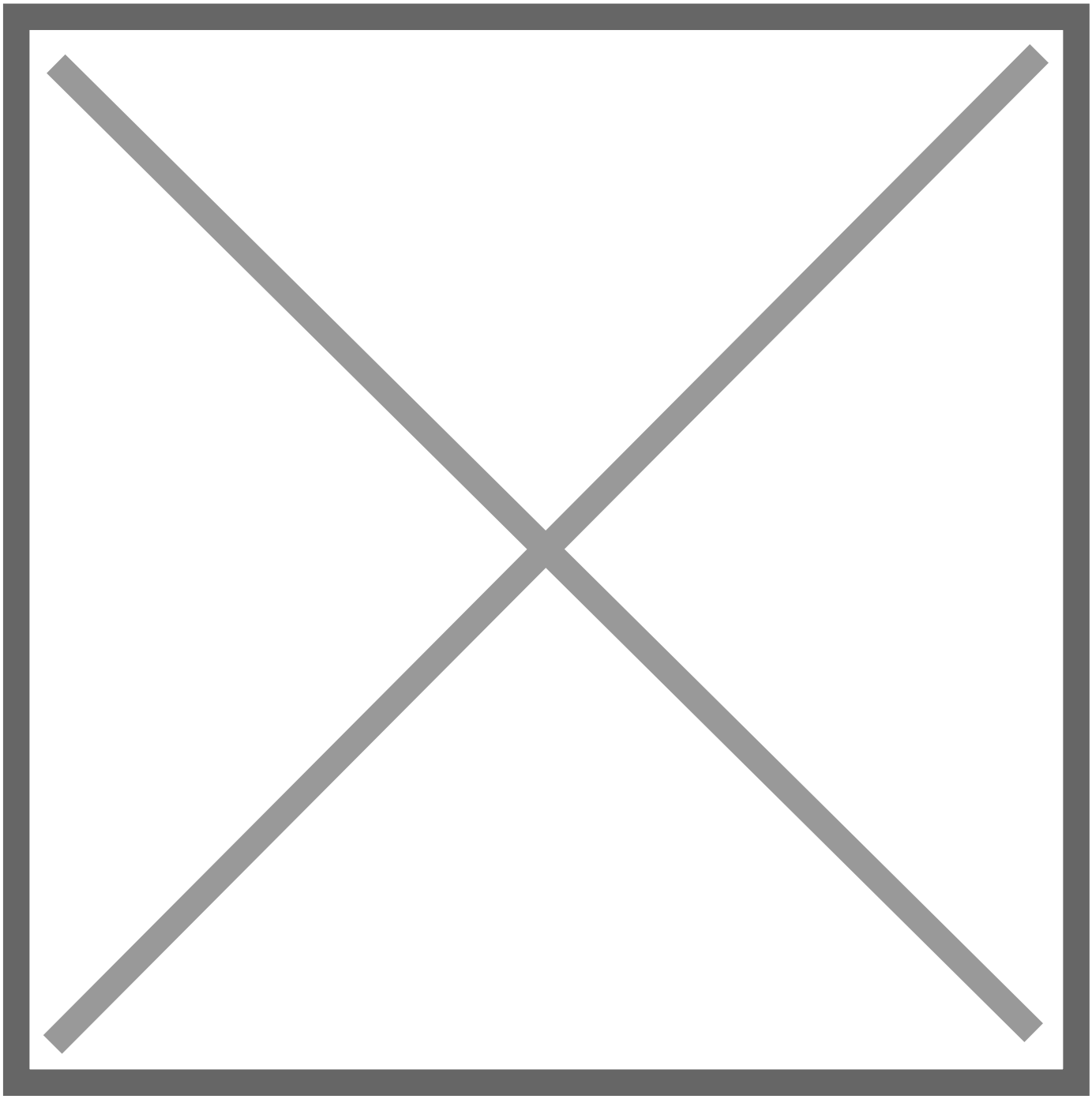
*This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity for children under 5. Where available, data on common and relevant obesity drivers and comorbidities are also presented.*

*View the latest version of this report on the Global Obesity Observatory at https://data.worldobesity.org/country/ghana-77/.*

| Contents | Page |
|---|---|
| Obesity prevalence | 3 |
| Overweight/obesity by education | 6 |
| Overweight/obesity by region | 9 |
| Overweight/obesity by socio-economic group | 12 |
| Double burden of underweight & obesity | 15 |
| % Infants exclusively breastfed 0-5 months | 18 |

## Obesity prevalence

## 0-5 years, 2022-2023

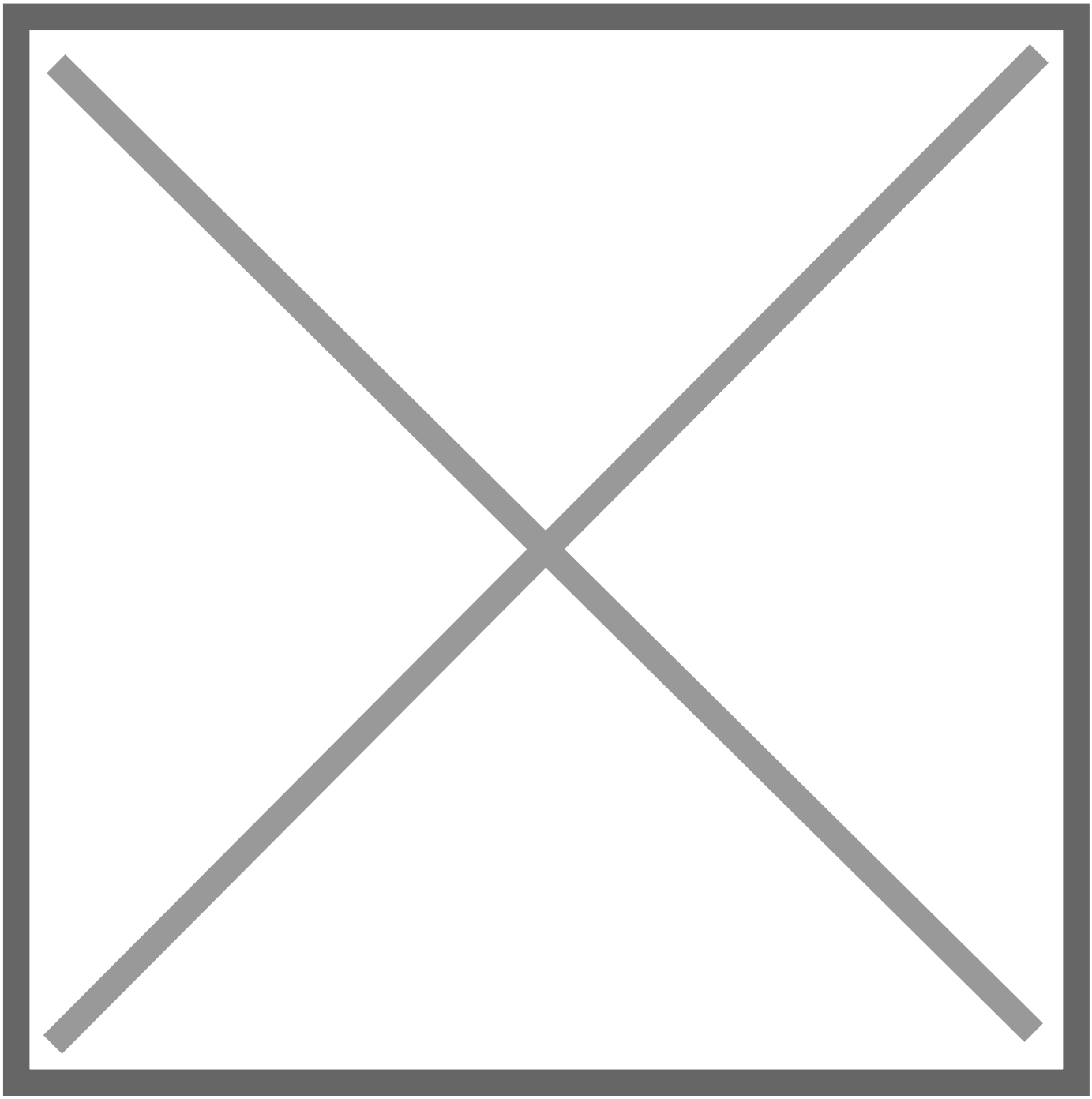


| | |
|---|---|
| **Survey type:** | Measured |
| **Age:** | 0-5 |
| **Sample size:** | 4288 |
| **Area covered:** | National |
| **References:** | Ghana Demographic and Health Survey 2022 |

| | |
|---|---|
| **Notes:** | UNICEF/WHO/World Bank Joint Child Malnutrition Estimates Expanded Database: Overweight estimates: National and Disaggregated, July 2025, New York. Weighted sample size. For more information, please consult https://data.unicef.org/resources/jme/. |
| **Definitions:** | 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. |
| **Cutoffs:** | =>+2SD |

## Overweight/obesity by education

## 0-5 years, 2022-2023

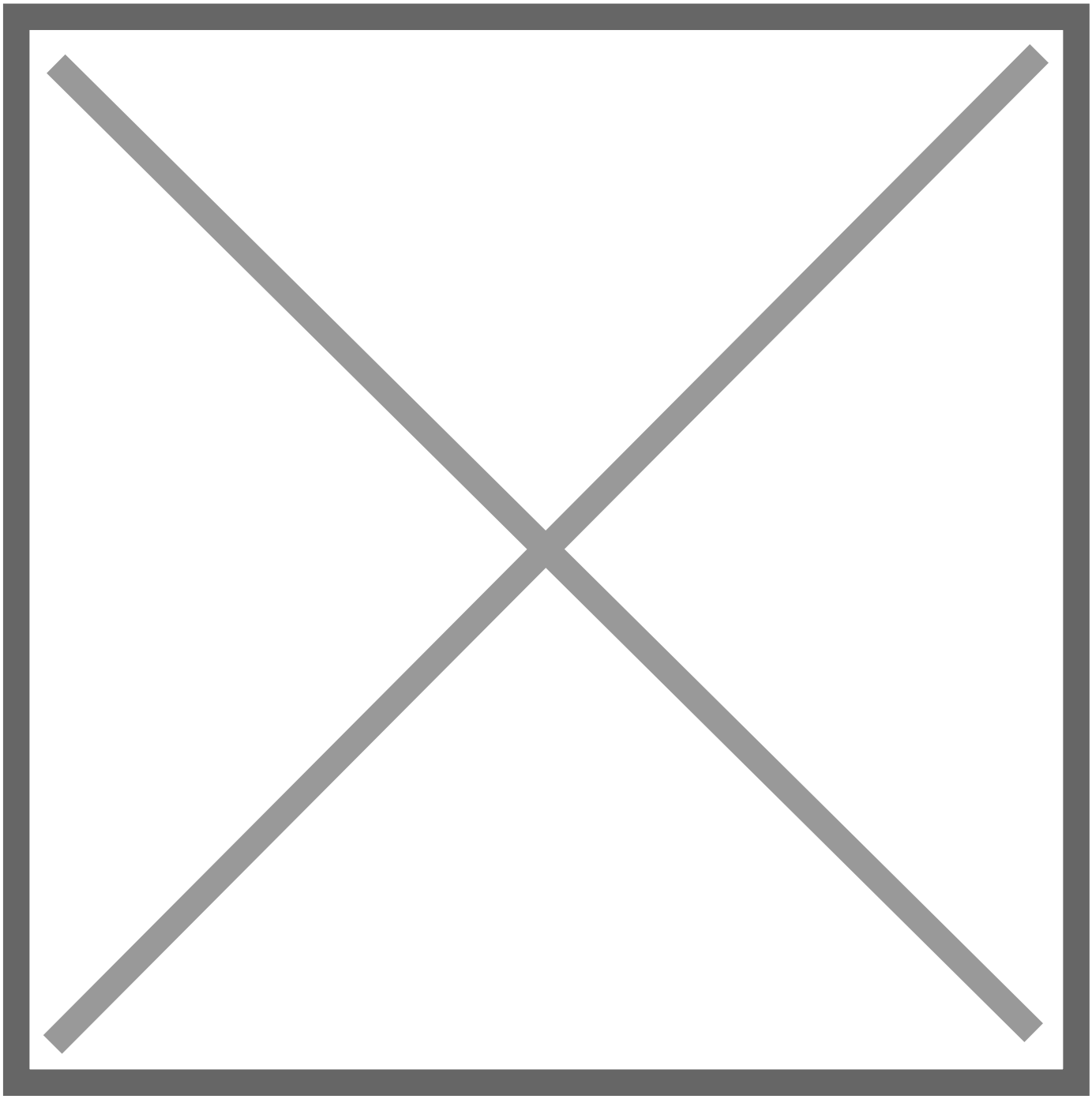


| | |
|---|---|
| **Survey type:** | Measured |
| **Sample size:** | 3942 |
| **Area covered:** | National |
| **References:** | Ghana Demographic and Health Survey 2022 |
| **Notes:** | UNICEF/WHO/World Bank Joint Child Malnutrition Estimates Expanded Database: Overweight estimates: National and Disaggregated, July 2025, New York. Weighted sample size. For more information, please consult https://data.unicef.org/resources/jme/. |

| | |
|---|---|
| **Definitions:** | 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. |
| **Cutoffs:** | =>+2SD |

## Overweight/obesity by region

## 0-5 years, 2022-2023

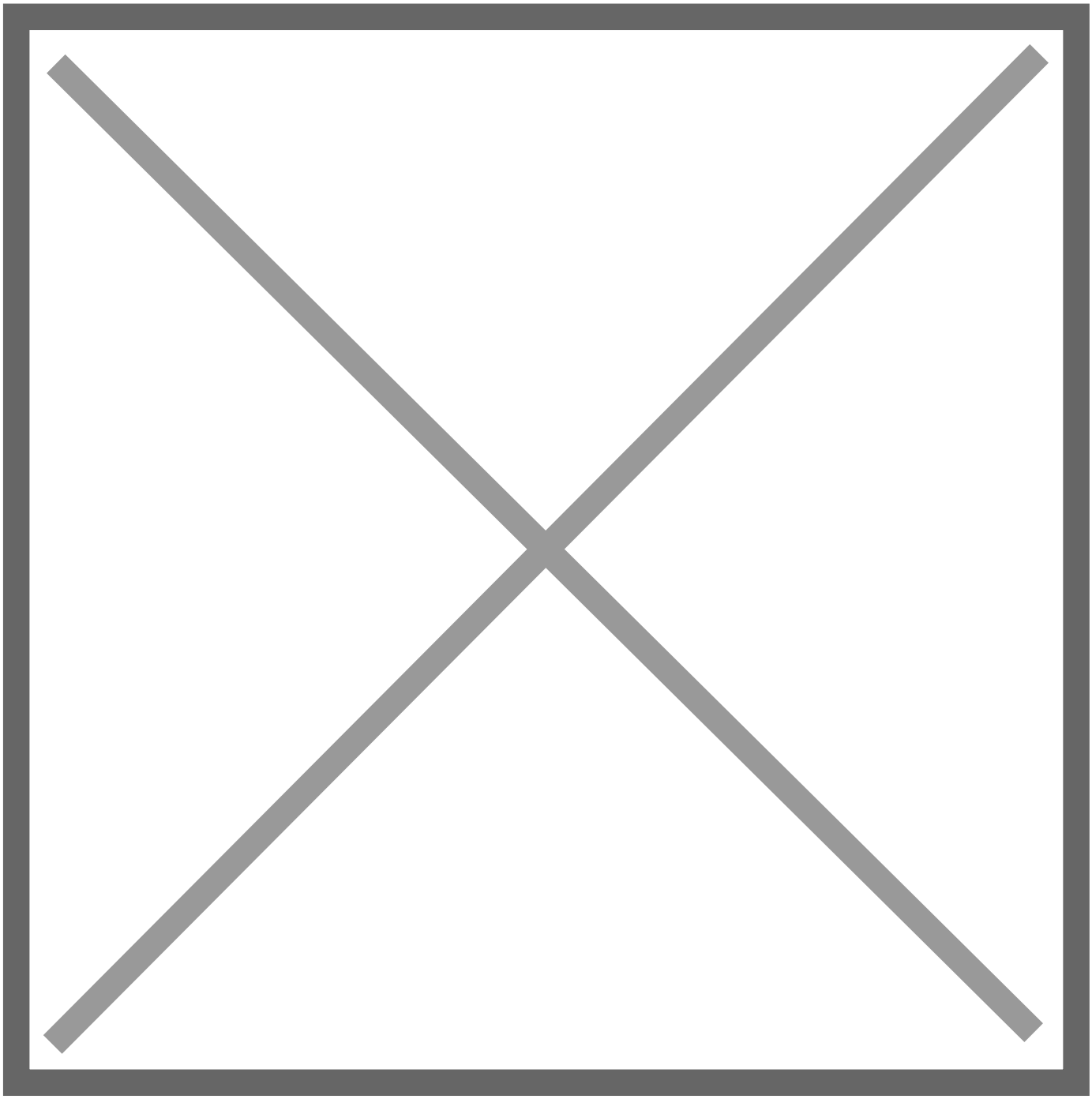


| | |
|---|---|
| **Survey type:** | Measured |
| **Sample size:** | 4288 |
| **Area covered:** | National |
| **References:** | Ghana Demographic and Health Survey 2022 |
| **Notes:** | UNICEF/WHO/World Bank Joint Child Malnutrition Estimates Expanded Database: Overweight estimates: National and Disaggregated, July 2025, New York. Weighted sample size. For more information, please consult https://data.unicef.org/resources/jme/. |

| | |
|---|---|
| **Definitions:** | 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. |
| **Cutoffs:** | =>+2SD |

## Overweight/obesity by socio-economic group

## 0-5 years, 2022-2023

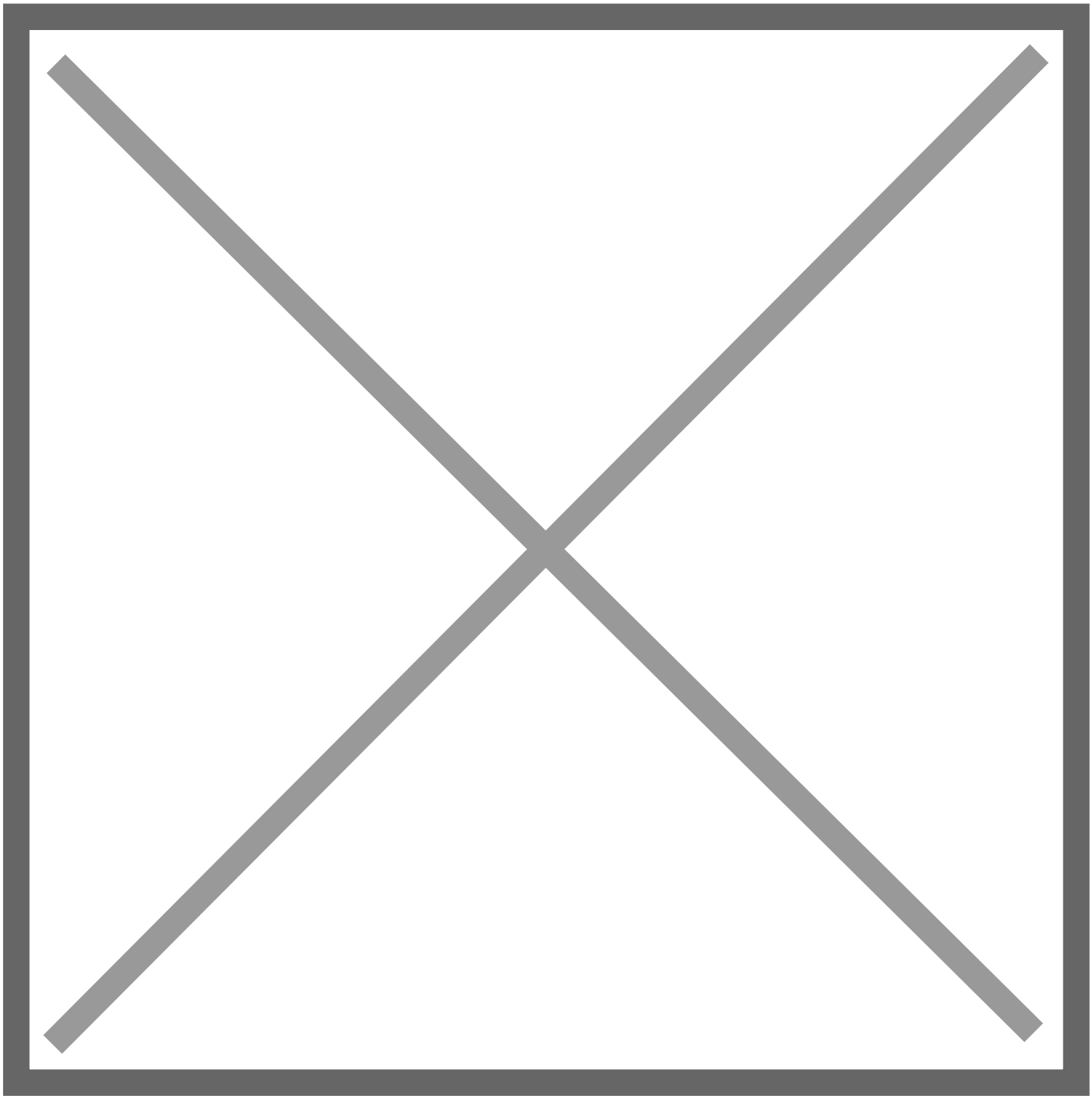


| | |
|---|---|
| **Survey type:** | Measured |
| **Sample size:** | 4288 |
| **Area covered:** | National |
| **References:** | Ghana Demographic and Health Survey 2022 |
| **Notes:** | UNICEF/WHO/World Bank Joint Child Malnutrition Estimates Expanded Database: Overweight estimates: National and Disaggregated, July 2025, New York. Weighted sample size. For more information, please consult https://data.unicef.org/resources/jme/. |

| | |
|---|---|
| **Definitions:** | 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. |
| **Cutoffs:** | =>+2SD |

## Double burden of underweight & obesity

## 0-5 years, 2022-2023

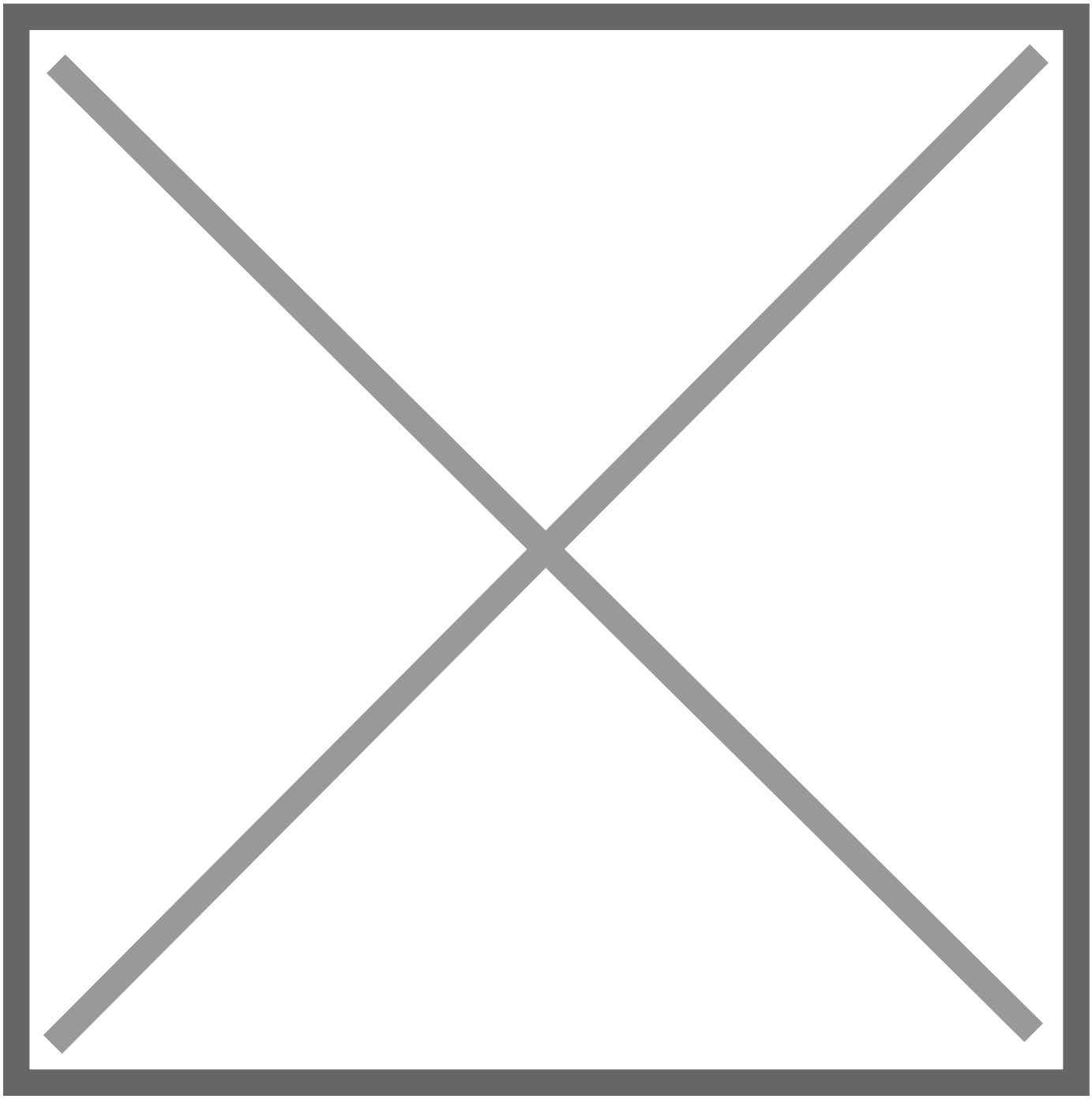


| | |
|---|---|
| **Survey type:** | Measured |
| **Age:** | 0-5 |
| **References:** | United Nations Children's Fund, Division of Data, Analysis, Planning and Monitoring (2025). Global UNICEF Global Databases: Overlapping Stunting, Wasting and Overweight (Survey Estimates), 2025, New York. For more information, visit: https://data.unicef.org/topic/nutrition/malnutrition/ [Accessed 06.08.25] |
| **Notes:** | Ghana Demographic and Health Survey 2022 |

| | |
|---|---|
| **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:** | Ghana Demographic and Health Survey 2022 |
| **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. |

*PDF created on November 4, 2026*