Drivers
Kenya

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Insufficient physical activity

Adults, 2016

Men, 2016

Women, 2016

% insufficient physical activity

Children, 2016

Survey type: Self-reported
Age: 11-17


Notes: % of school going adolescents not meeting WHO recommendations on Physical Activity for Health, i.e. doing less than 60 minutes of moderate- to vigorous-intensity physical activity daily.

Definitions: % Adolescents insufficiently active (age standardised estimate)
Boys, 2016

Survey type: Self-reported
Age: 11-17


Notes: % of school going adolescents not meeting WHO recommendations on Physical Activity for Health, i.e. doing less than 60 minutes of moderate- to vigorous-intensity physical activity daily.

Definitions: % Adolescents insufficiently active (age standardised estimate)
<table>
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<th>Country</th>
<th>% Insufficient Physical Activity</th>
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<tr>
<td>Benin</td>
<td>86.5</td>
</tr>
<tr>
<td>Tanzania</td>
<td>84.2</td>
</tr>
<tr>
<td>Seychelles</td>
<td>82.9</td>
</tr>
<tr>
<td>Uganda</td>
<td>81.6</td>
</tr>
<tr>
<td>Ghana</td>
<td>80.4</td>
</tr>
<tr>
<td>Mauritius</td>
<td>79.2</td>
</tr>
<tr>
<td>Namibia</td>
<td>78.0</td>
</tr>
<tr>
<td>Zimbabwe</td>
<td>76.8</td>
</tr>
<tr>
<td>Botswana</td>
<td>75.6</td>
</tr>
<tr>
<td>Kenya</td>
<td>74.4</td>
</tr>
<tr>
<td>Zambia</td>
<td>73.2</td>
</tr>
<tr>
<td>Algeria</td>
<td>72.0</td>
</tr>
<tr>
<td>Mozambique</td>
<td>70.8</td>
</tr>
<tr>
<td>Mauritania</td>
<td>69.6</td>
</tr>
<tr>
<td>Senegal</td>
<td>68.4</td>
</tr>
</tbody>
</table>

Survey type: Self-reported
Age: 11-17


Notes: % of school-going adolescents not meeting WHO recommendations on Physical Activity for Health, i.e. doing less than 60 minutes of moderate- to vigorous-intensity physical activity daily.

Definitions: % Adolescents insufficiently active (age standardised estimate)
Estimated per capita fruit intake

Adults, 2017

Survey type: Measured
Age: 25+
References: Global Burden of Disease, the Institute for Health Metrics and Evaluation [http://ghdx.healthdata.org/]
Definitions: Estimated per-capita fruit intake (g/day)
Estimated per-capita processed meat intake

Adults, 2017

Survey type: Measured
Age: 25+
References: Global Burden of Disease, the Institute for Health Metrics and Evaluation [http://ghdx.healthdata.org/]
Definitions: Estimated per-capita processed meat intake (g per day)
Estimated per capita whole grains intake

Adults, 2017

Survey type: Measured
Age: 25+
References: Global Burden of Disease, the Institute for Health Metrics and Evaluation [http://ghdx.healthdata.org/]
Definitions: Estimated per-capita whole grains intake (g/day)
Mental health - depression disorders

Adults, 2015


Definitions: % of population with depression disorders
Mental health - anxiety disorders

Adults, 2015


Definitions: % of population with anxiety disorders
% Infants exclusively breastfed 0-5 months

Children, 2005-2020

Area covered:


References:


Definitions:

% exclusively breastfed 0-5 months

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