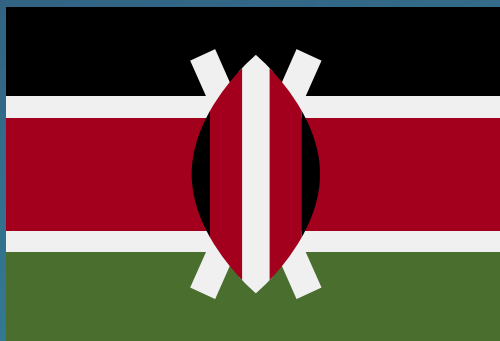




# Kenya



## Country report card - children

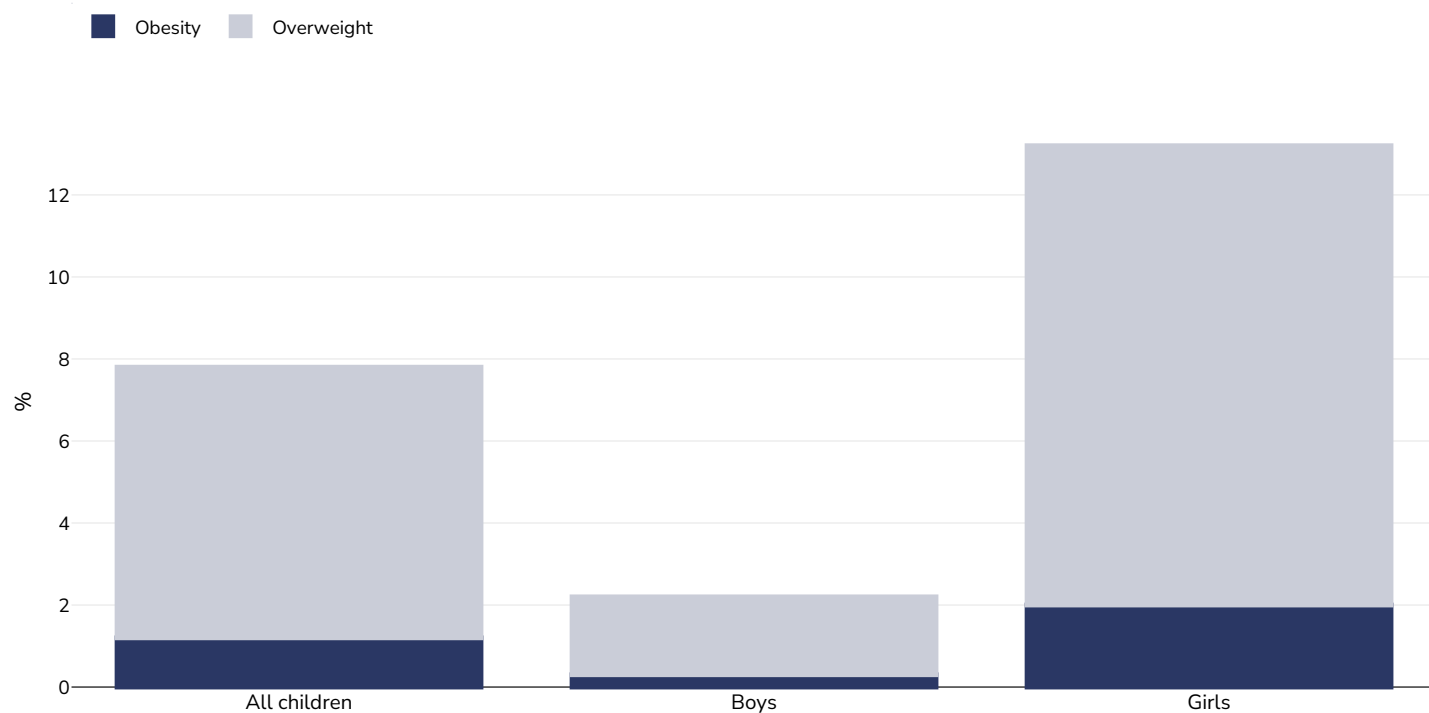
*This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity for children, including adolescents (aged 5 to 18 years). Where available, data on common and relevant obesity drivers and comorbidities are also presented.*

*View the latest version of this report on the Global Obesity Observatory at <https://data.worldobesity.org/country/kenya-113/>*

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## Obesity prevalence

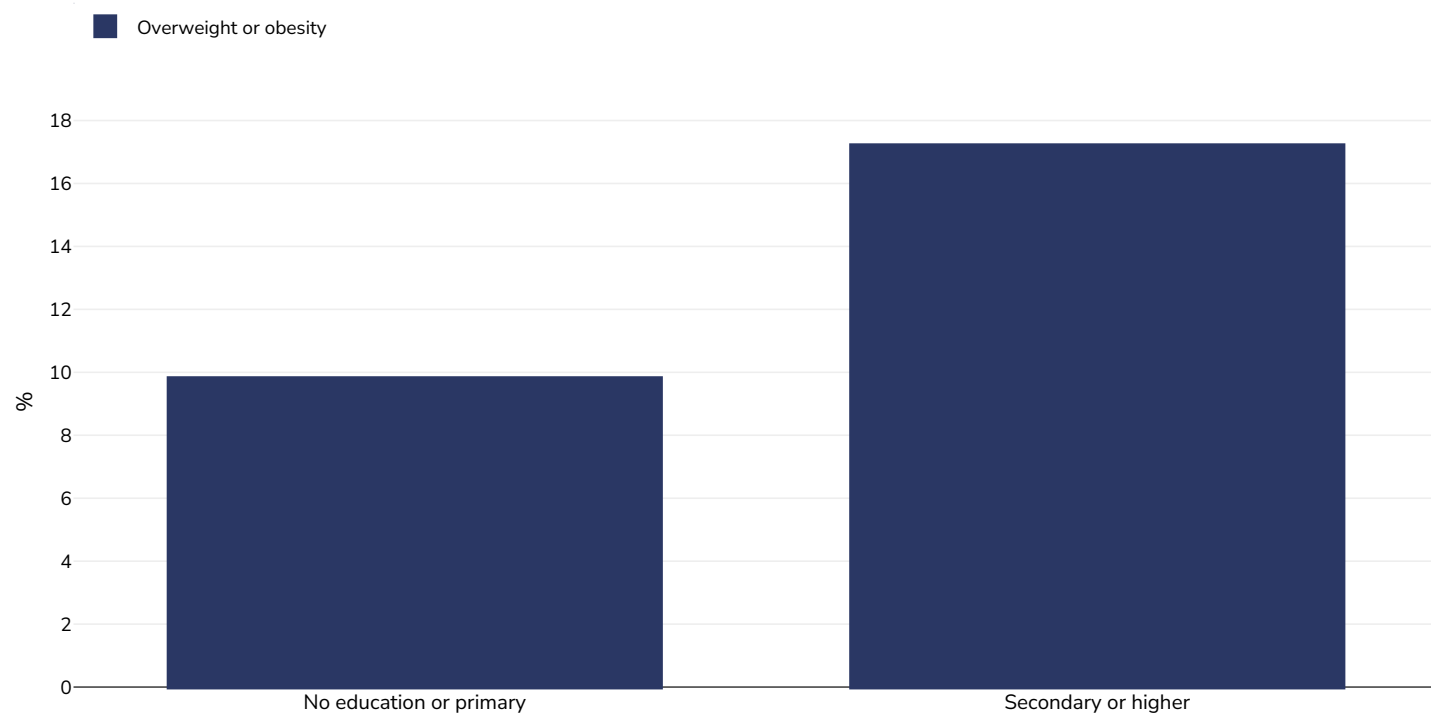
### Children, 2022



Survey type:	Measured
Age:	15-19
Sample size:	6066
Area covered:	National
References:	KNBS and ICF. 2023. Kenya Demographic and Health Survey 2022. Nairobi, Kenya, and Rockville, Maryland, USA: KNBS and ICF
Notes:	2960 girls and 3106 boys. Combined adult data estimated. These estimates were calculated by weighting male and female survey results. Weighting based on World Bank Population % total female 2020 ( <a href="https://data.worldbank.org/indicator/SP.POP.TOTL.FE.ZS">https://data.worldbank.org/indicator/SP.POP.TOTL.FE.ZS</a> - accessed 04.07.2023)
Cutoffs:	WHO 2007

## Overweight/obesity by education

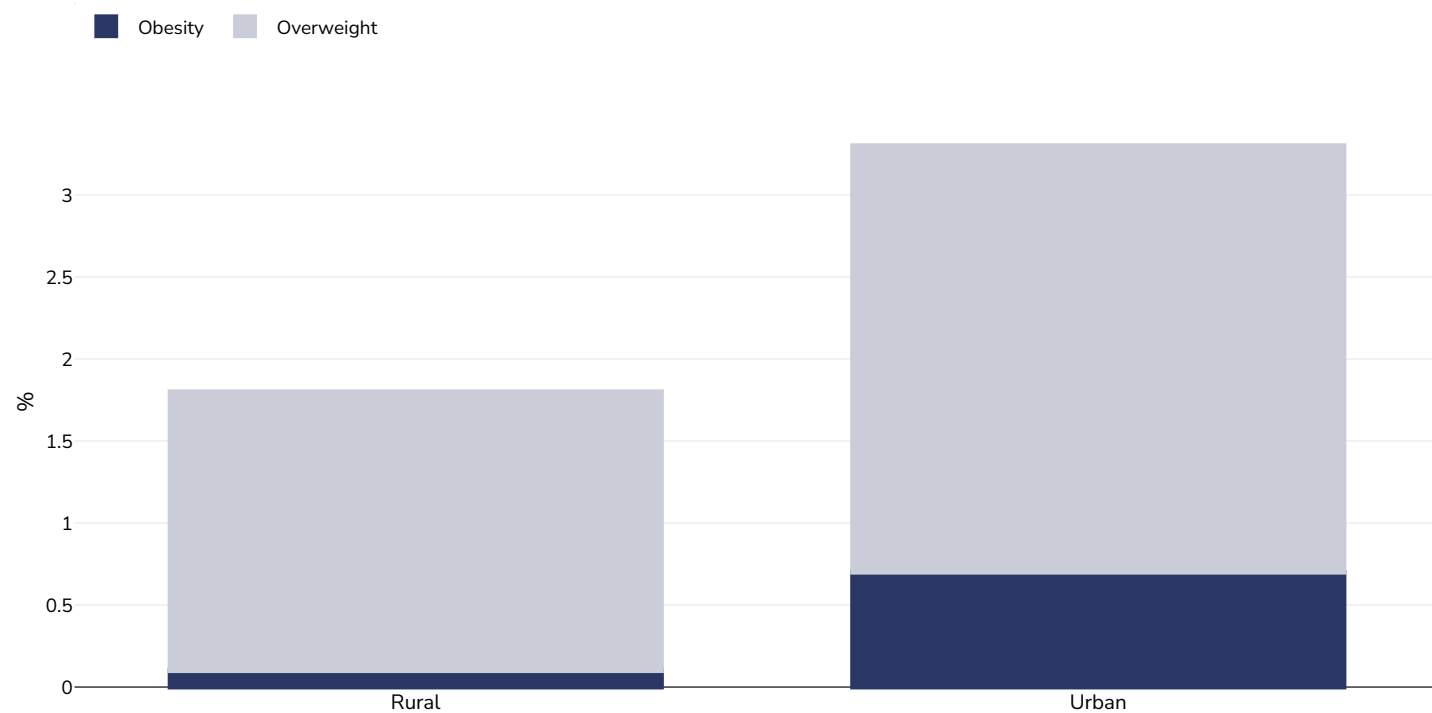
### Girls, 2014



<b>Survey type:</b>	Measured
<b>Age:</b>	15-19
<b>Sample size:</b>	2051
<b>Area covered:</b>	National
<b>References:</b>	Benedict, Rukundo K., Allison Schmale, and Sorrel Namaste. 2018. Adolescent Nutrition 2000-2017: DHS Data on Adolescents Age 15-19. DHS Comparative Report No. 47. Rockville, Maryland, USA: ICF. Kenya National Bureau of Statistics, Ministry of Health/Kenya, National AIDS Control Council/Kenya, Kenya Medical Research Institute, National Council for Population and Development/Kenya, and ICF International. 2015. Kenya Demographic and Health Survey 2014. Rockville, MD, USA: Kenya National Bureau of Statistics, Ministry of Health/Kenya, National AIDS Control Council/Kenya, Kenya Medical Research Institute, National Council for Population and Development/Kenya, and ICF International.
<b>Definitions:</b>	BMI for age: between +1 SD and +2 SD is overweight and greater than +2 SD is obesity
<b>Cutoffs:</b>	WHO 2007

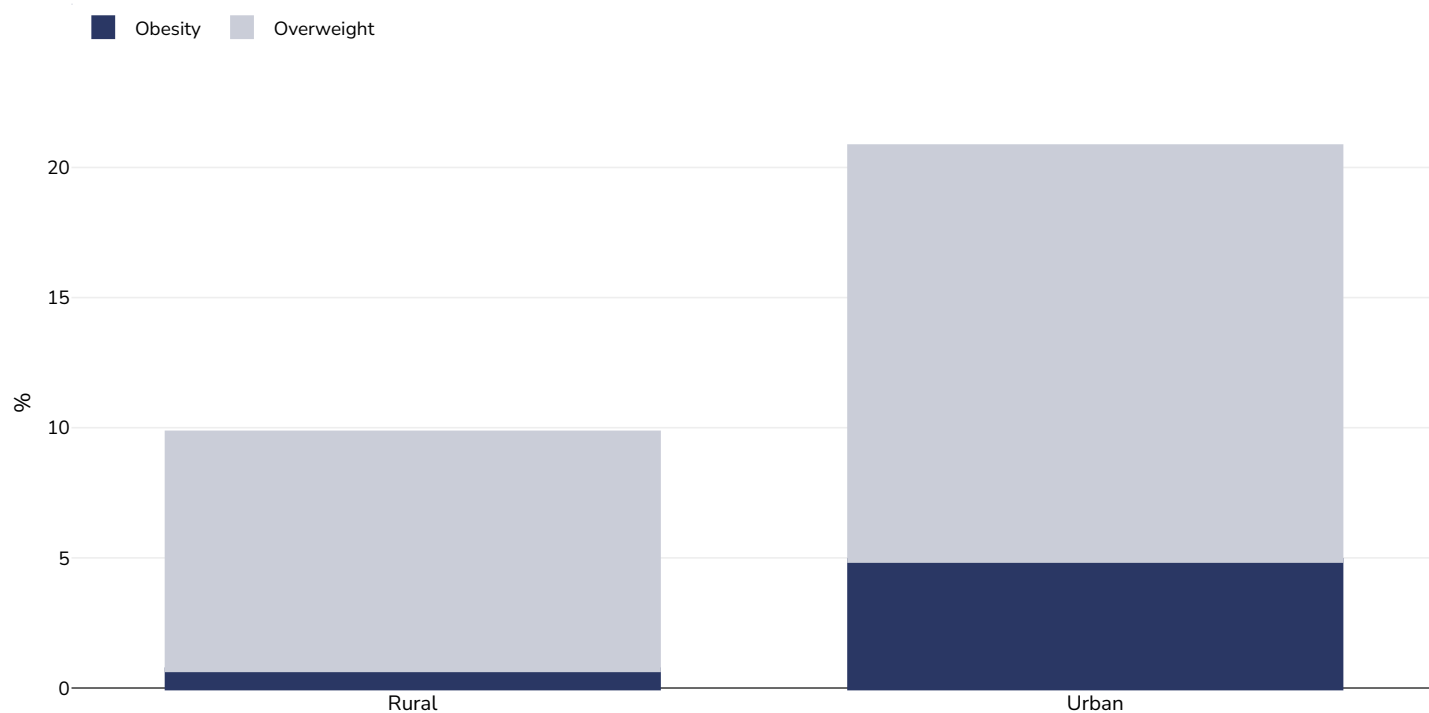
## Overweight/obesity by region

### Boys, 2022



Survey type:	Measured
Age:	15-19
Sample size:	6066
Area covered:	National
References:	KNBS and ICF. 2023. Kenya Demographic and Health Survey 2022. Nairobi, Kenya, and Rockville, Maryland, USA: KNBS and ICF
Notes:	2960 girls and 3106 boys.
Cutoffs:	WHO 2007

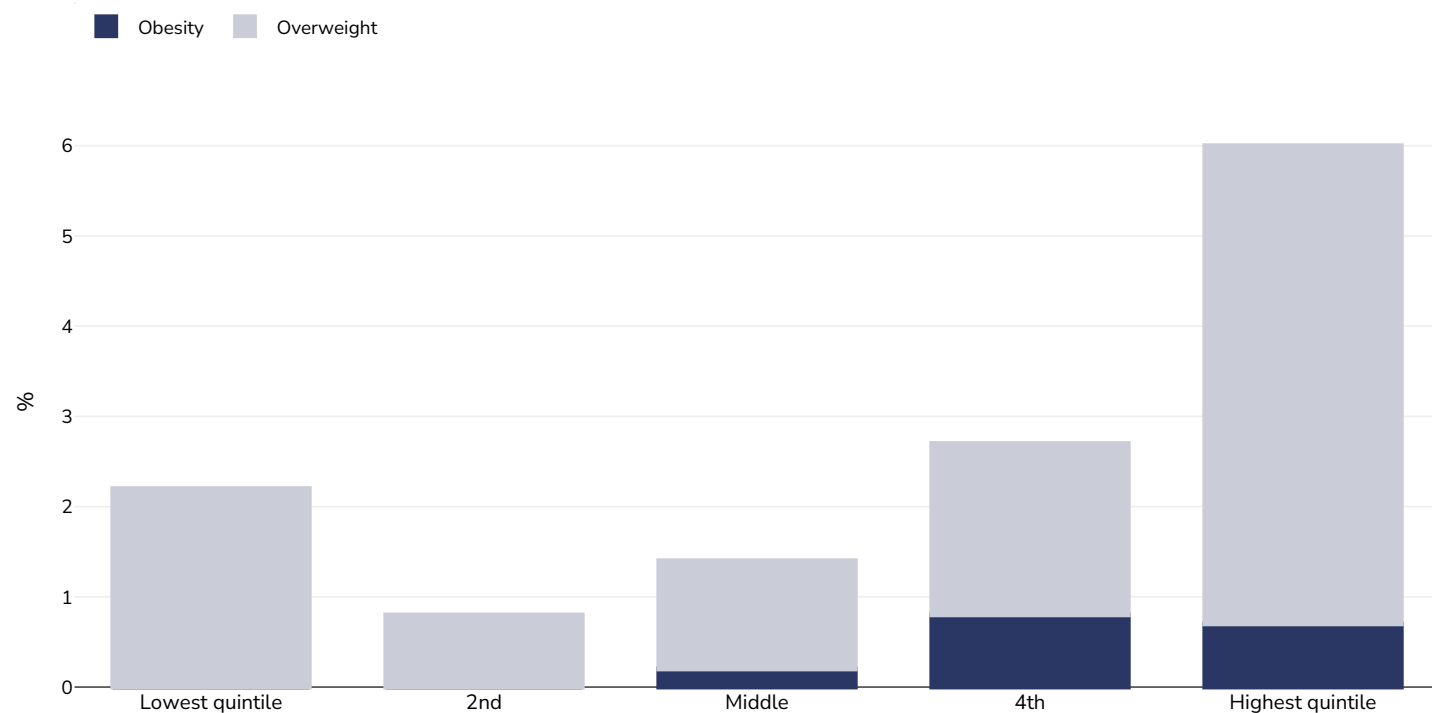
## Girls, 2022



Survey type:	Measured
Age:	15-19
Sample size:	6066
Area covered:	National
References:	KNBS and ICF. 2023. Kenya Demographic and Health Survey 2022. Nairobi, Kenya, and Rockville, Maryland, USA: KNBS and ICF
Notes:	2960 girls and 3106 boys.
Cutoffs:	WHO 2007

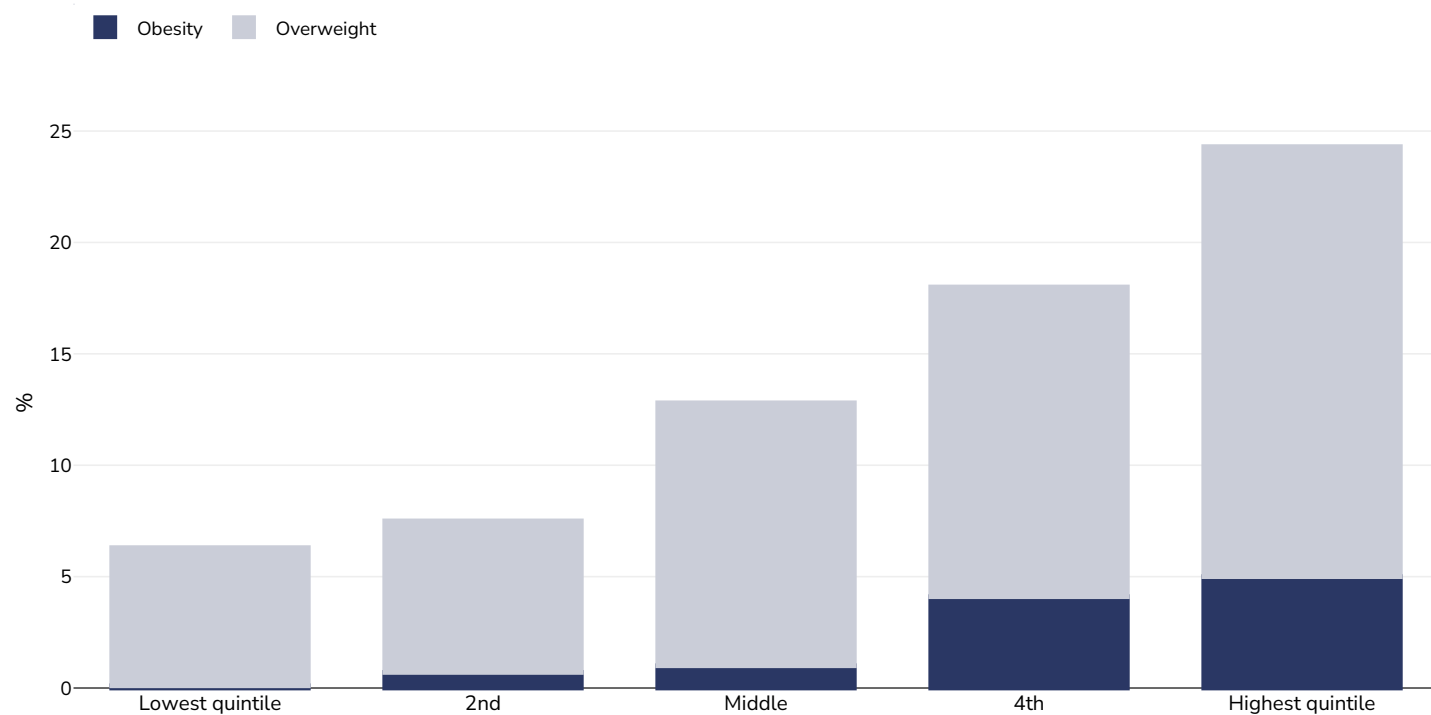
## Overweight/obesity by socio-economic group

### Boys, 2022



Survey type:	Measured
Age:	15-19
Sample size:	6066
Area covered:	National
References:	KNBS and ICF. 2023. Kenya Demographic and Health Survey 2022. Nairobi, Kenya, and Rockville, Maryland, USA: KNBS and ICF
Notes:	2960 girls and 3106 boys.
Cutoffs:	WHO 2007

## Girls, 2022



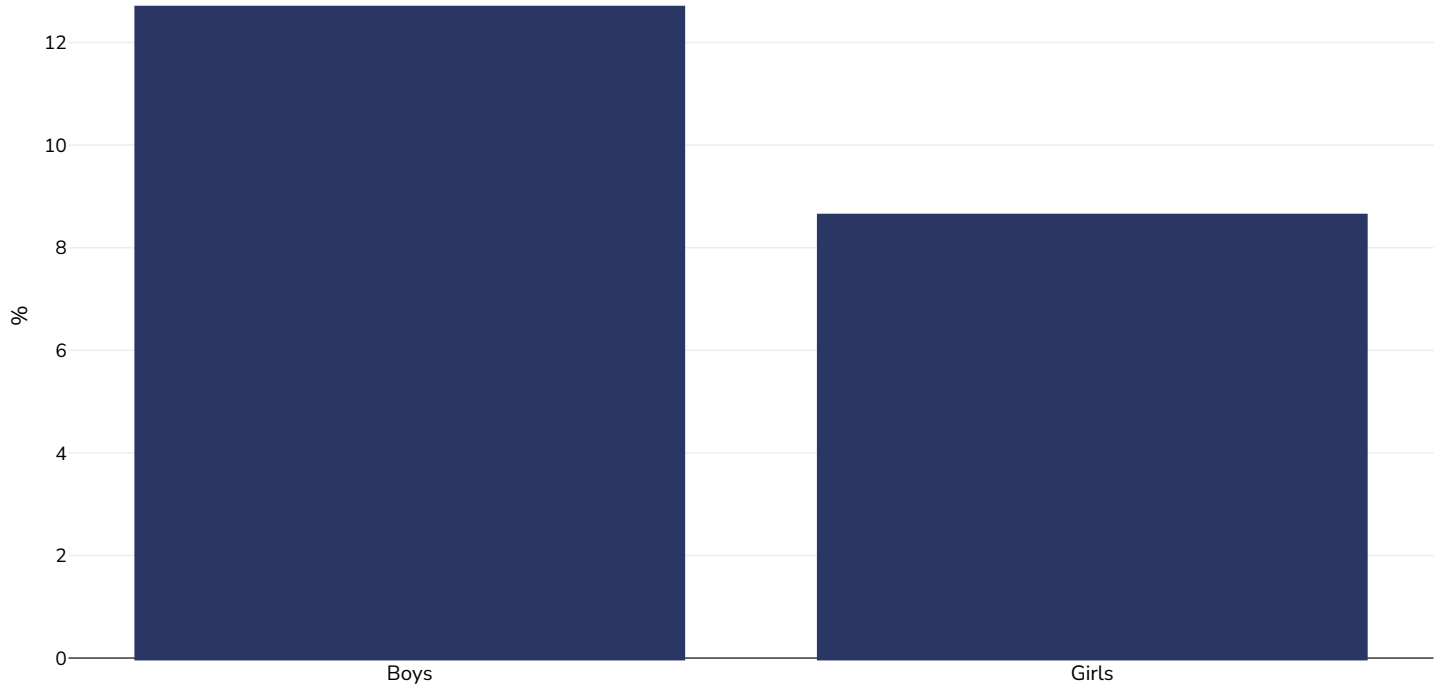
Survey type:	Measured
Age:	15-19
Sample size:	6066
Area covered:	National
References:	KNBS and ICF. 2023. Kenya Demographic and Health Survey 2022. Nairobi, Kenya, and Rockville, Maryland, USA: KNBS and ICF
Notes:	2960 girls and 3106 boys.
Cutoffs:	WHO 2007

## Overweight/obesity by ethnicity

*Ethnic groups are as defined by publication of origin and are not as defined by WOF. In some instances ethnicity is conflated with nationality and/or race.*

## Double burden of underweight & overweight

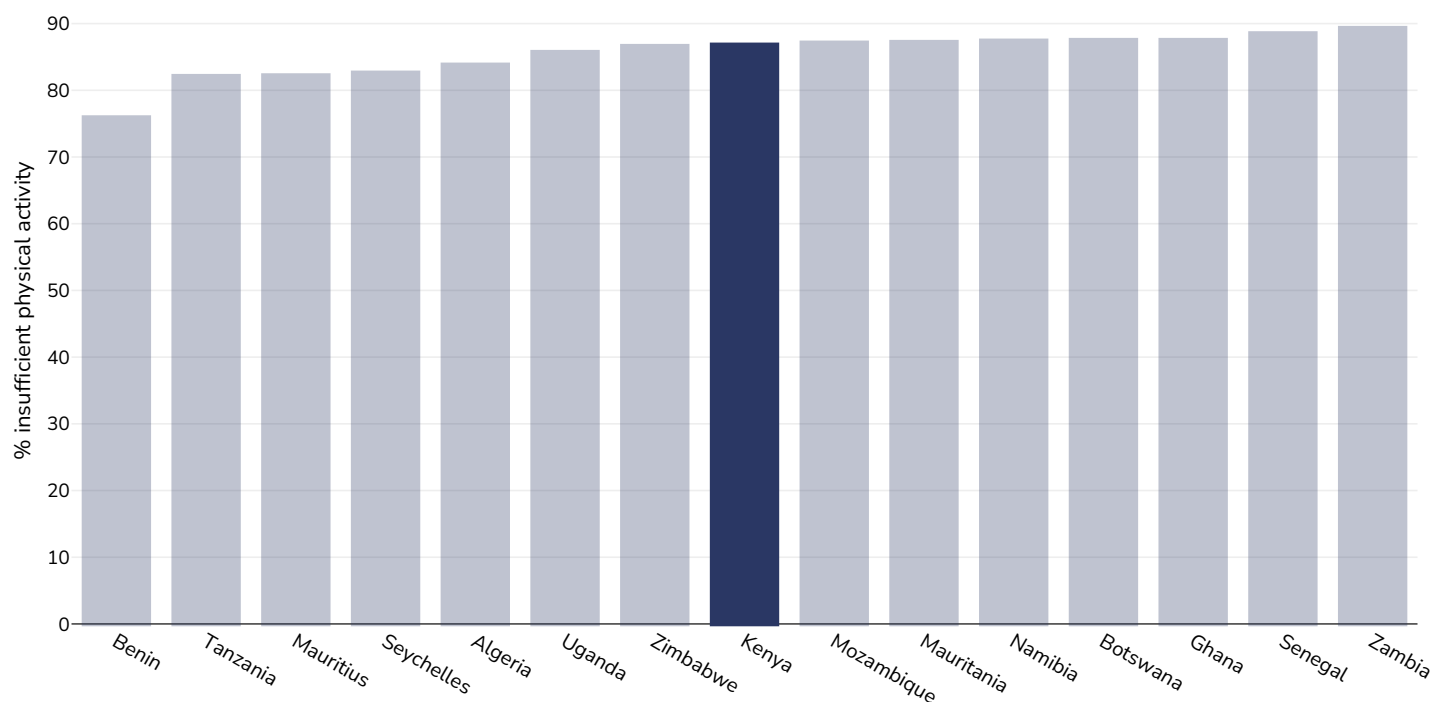
### Children, 2022



<b>Survey type:</b>	Measured
<b>Age:</b>	5-19
<b>References:</b>	NCD Risk Factor Collaboration (NCD-RisC). Worldwide trends in underweight and obesity from 1990 to 2022: a pooled analysis of 3663 population representative studies with 222 million children, adolescents, and adults. Lancet 2024; published online Feb 29. <a href="https://doi.org/10.1016/S0140-6736(23)02750-2">https://doi.org/10.1016/S0140-6736(23)02750-2</a> .
<b>Notes:</b>	Age standardised estimates
<b>Definitions:</b>	Combined prevalence of BMI < -2SD and BMI > 2SD (double burden of thinness and obesity)
<b>Cutoffs:</b>	BMI < -2SD and BMI > 2SD

## Insufficient physical activity

### Children, 2016



Survey type: Self-reported

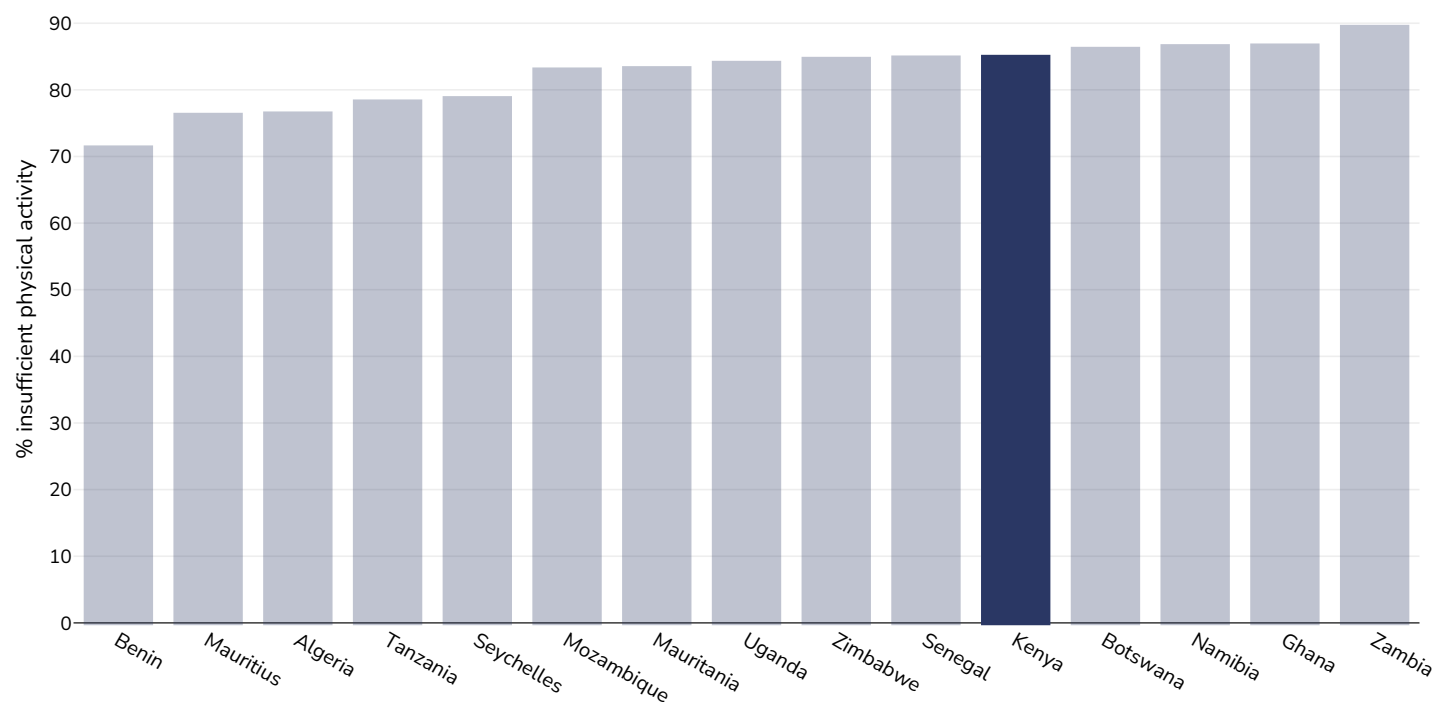
Age: 11-17

References: Global Health Observatory data repository, World Health Organisation, <https://apps.who.int/gho/data/node.main.A893ADO?lang=en> (last accessed 16.03.21)

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

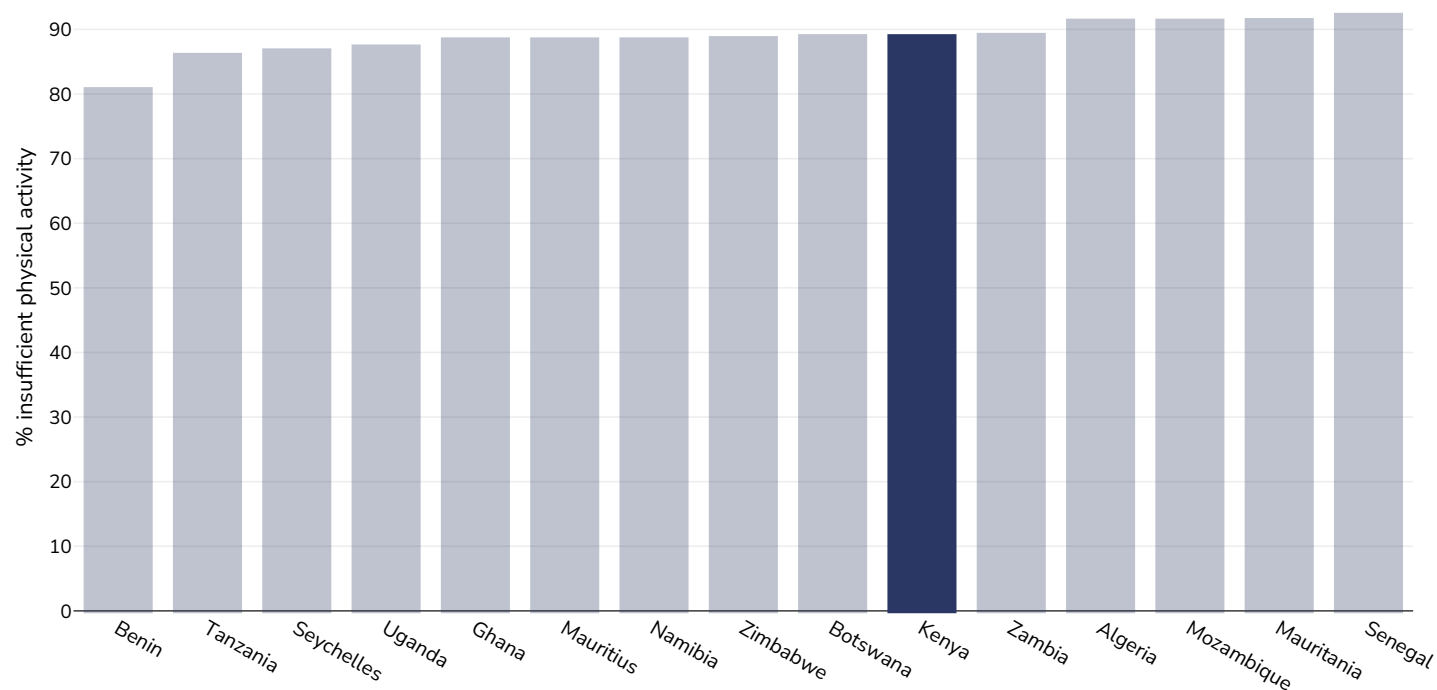
Age: 11-17

References: Global Health Observatory data repository, World Health Organisation, <https://apps.who.int/gho/data/node.main.A893ADO?lang=en> (last accessed 16.03.21)

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)

## Girls, 2016



Survey type: Self-reported

Age: 11-17

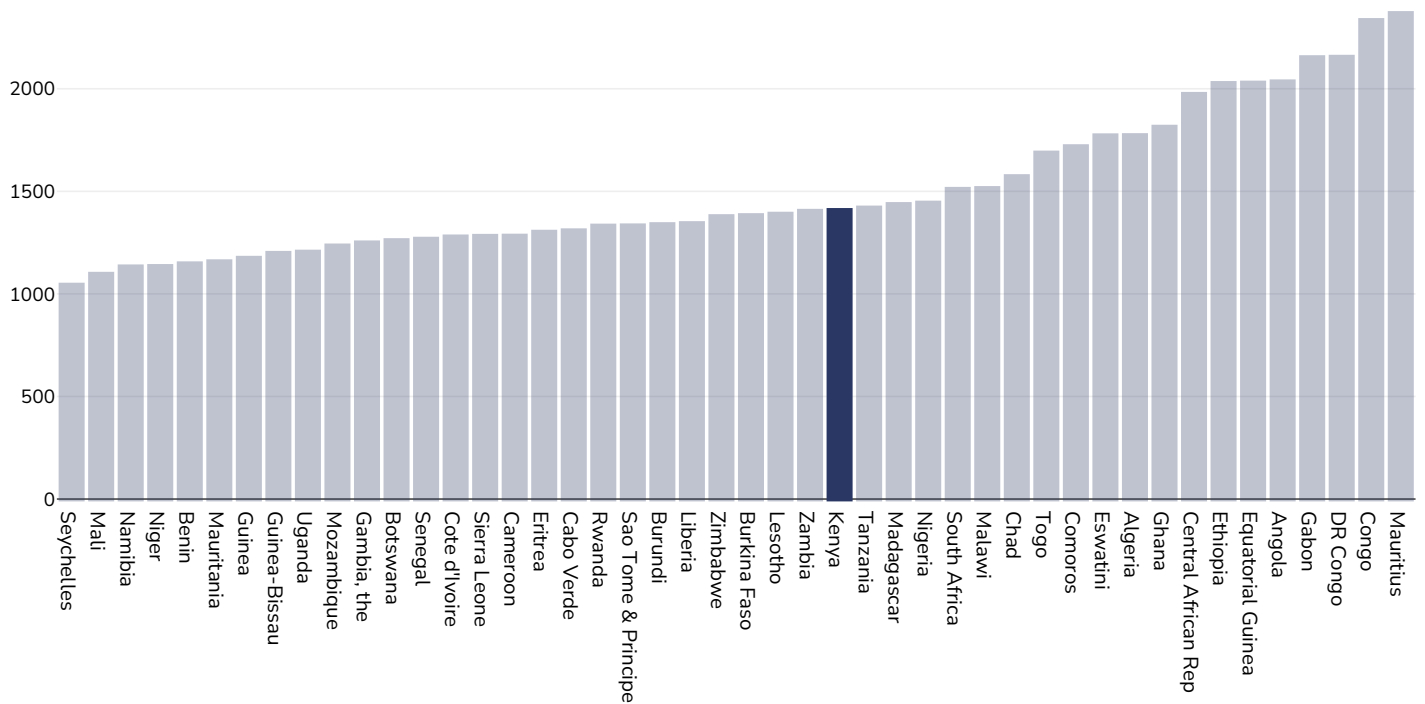
References: Global Health Observatory data repository, World Health Organisation, <https://apps.who.int/gho/data/node.main.A893ADO?lang=en> (last accessed 16.03.21)

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)

## Mental health - depression disorders

### Children, 2023

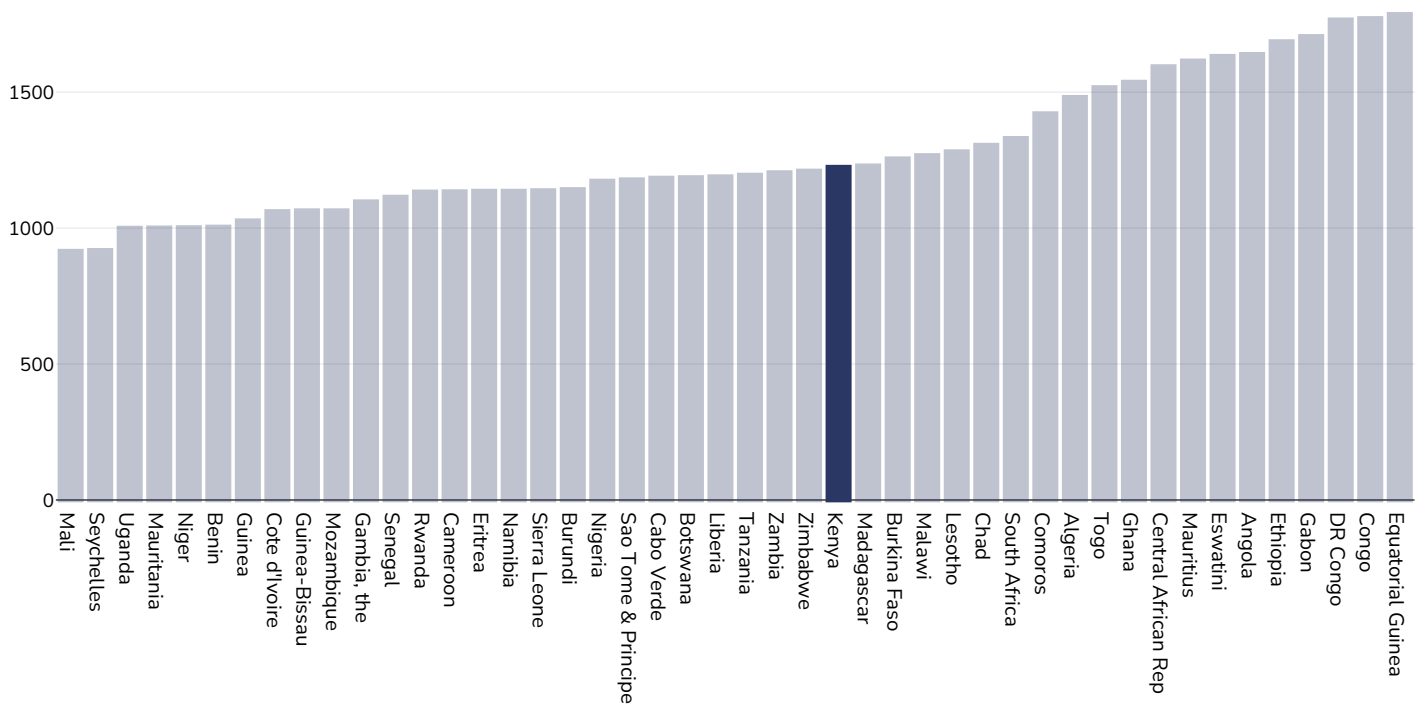


Area covered: National

References: Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from <https://vizhub.healthdata.org/gbd-compare/> [Accessed 17.03.26]

Definitions: Estimated number living with depressive disorders per 100,000 population (under 20 years of age)

## Boys, 2023



Area covered:

National

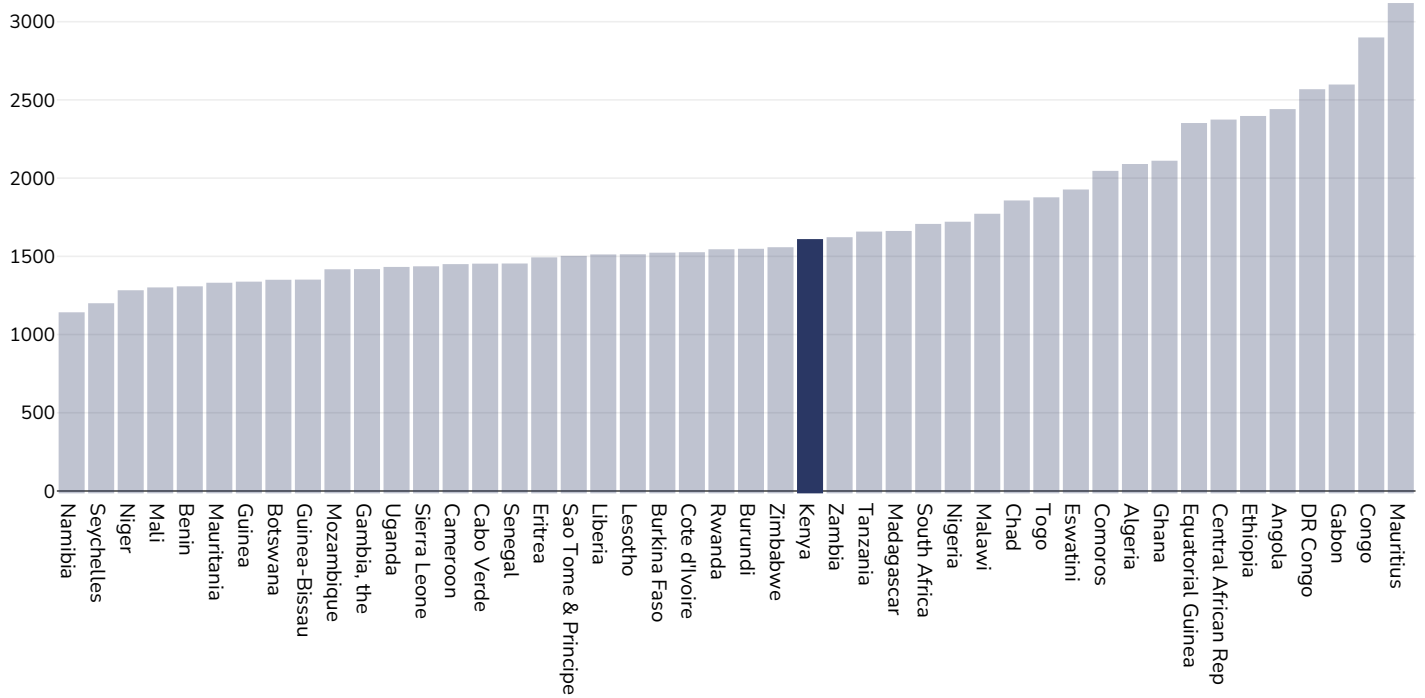
References:

Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from <https://vizhub.healthdata.org/gbd-compare/> [Accessed 17.03.26]

Definitions:

Estimated number living with depressive disorders per 100,000 population (under 20 years of age)

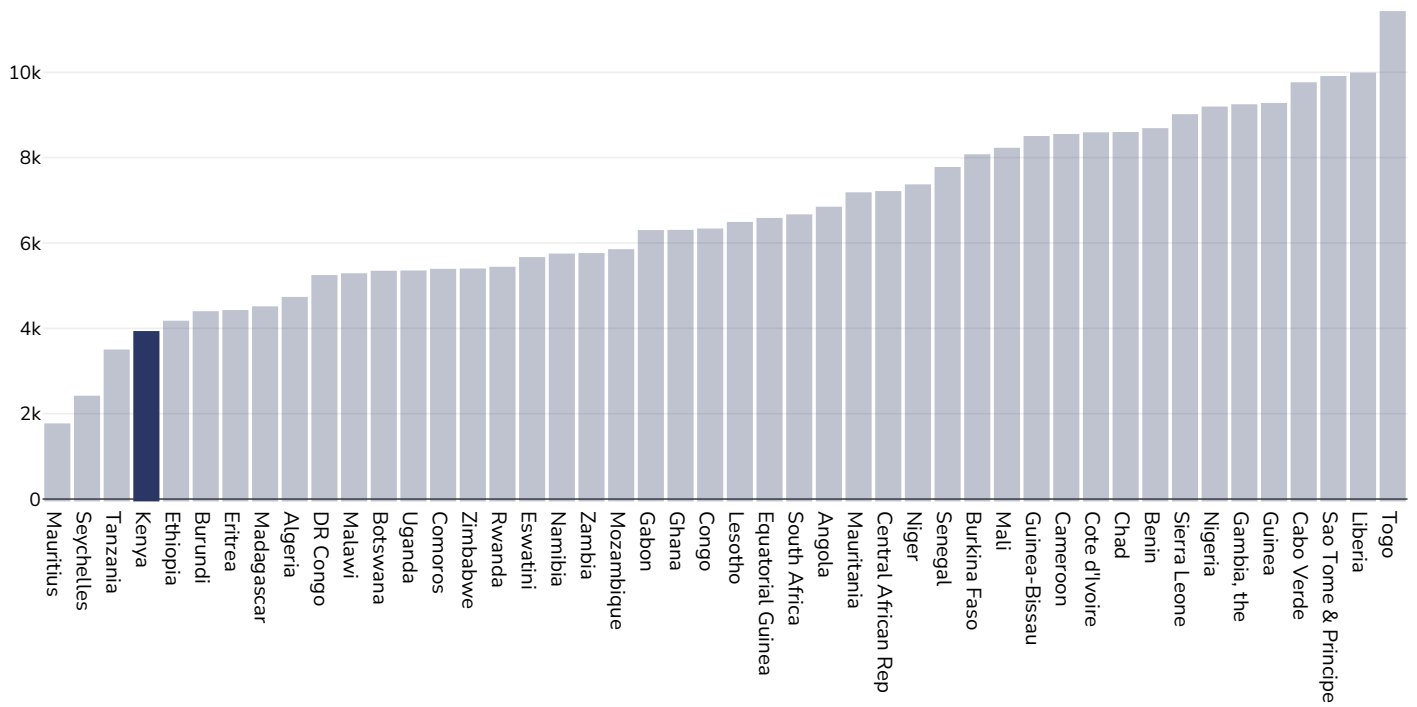
## Girls, 2023



<b>Area covered:</b>	National
<b>References:</b>	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from <a href="https://vizhub.healthdata.org/gbd-compare/">https://vizhub.healthdata.org/gbd-compare/</a> [Accessed 17.03.26]
<b>Definitions:</b>	Estimated number living with depressive disorders per 100,000 population (under 20 years of age)

## Mental health - anxiety disorders

### Children, 2023



Area covered:

National

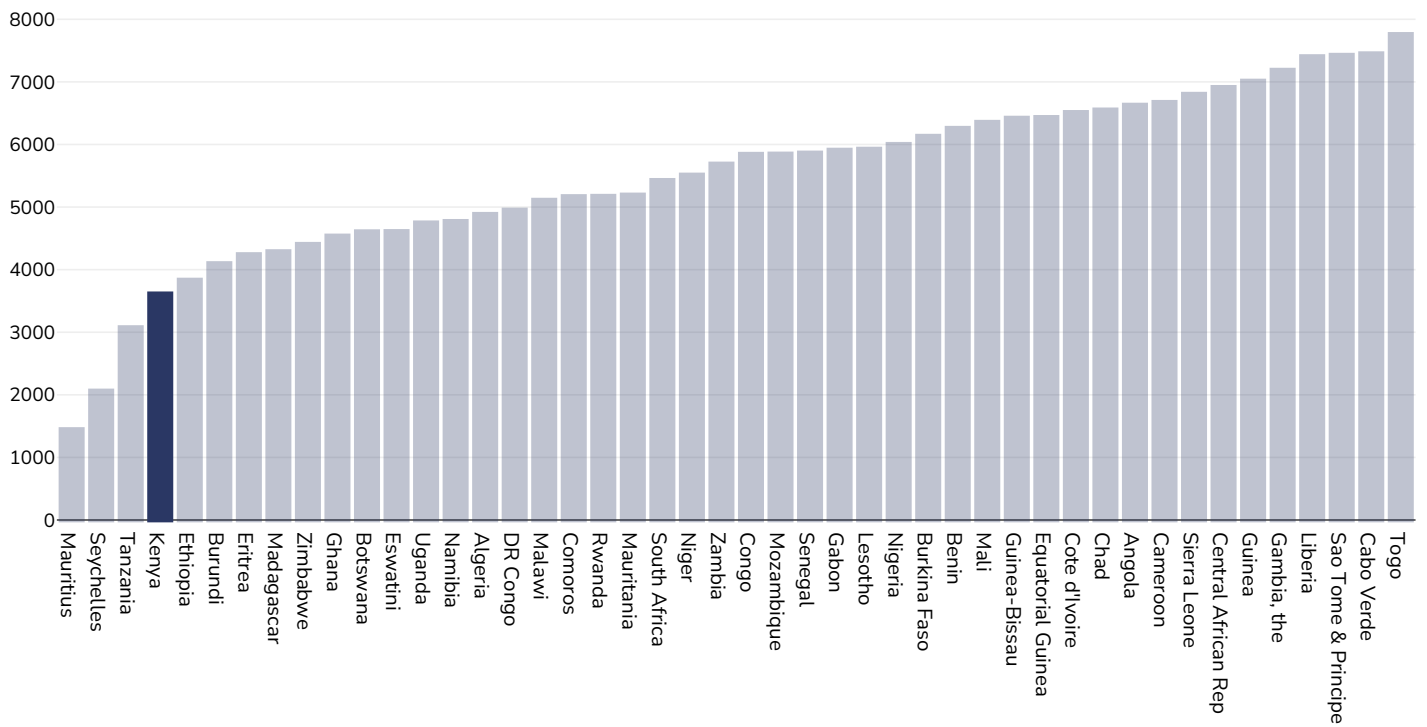
References:

Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from <https://vizhub.healthdata.org/gbd-compare/> [Accessed 17.03.26]

Definitions:

Estimated number living with anxiety disorders per 100,000 population (under 20 years of age)

## Boys, 2023



Area covered:

National

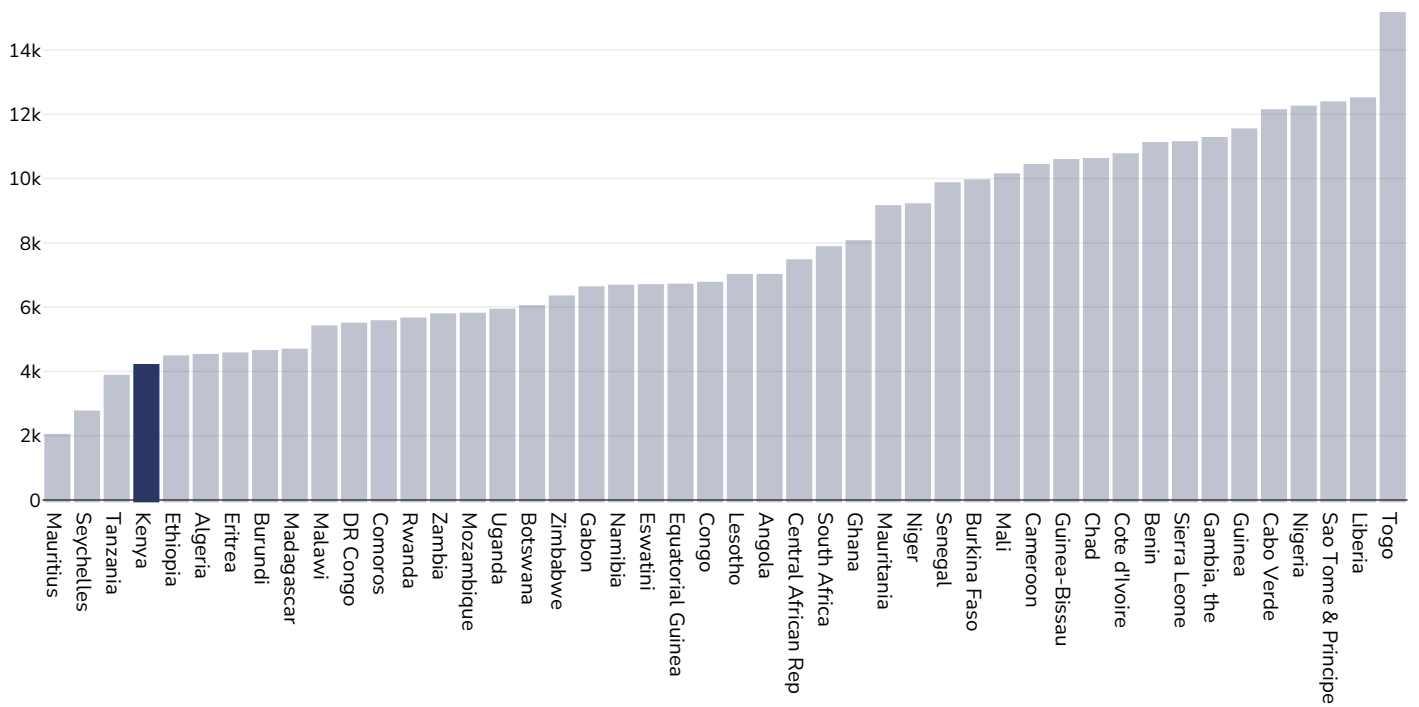
References:

Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from <https://vizhub.healthdata.org/gbd-compare/> [Accessed 17.03.26]

Definitions:

Estimated number living with anxiety disorders per 100,000 population (under 20 years of age)

## Girls, 2023



Area covered:

National

References:

Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from <https://vizhub.healthdata.org/gbd-compare/> [Accessed 17.03.26]

Definitions:

Estimated number living with anxiety disorders per 100,000 population (under 20 years of age)

PDF created on May 18, 2026