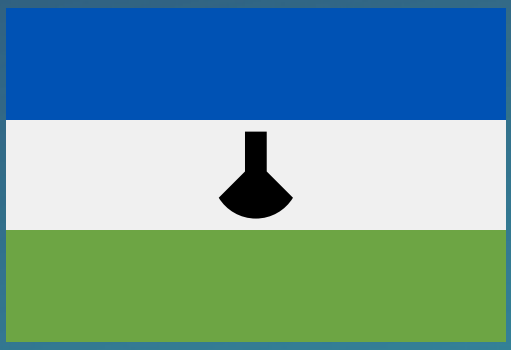
Lesotho



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/lesotho-120/
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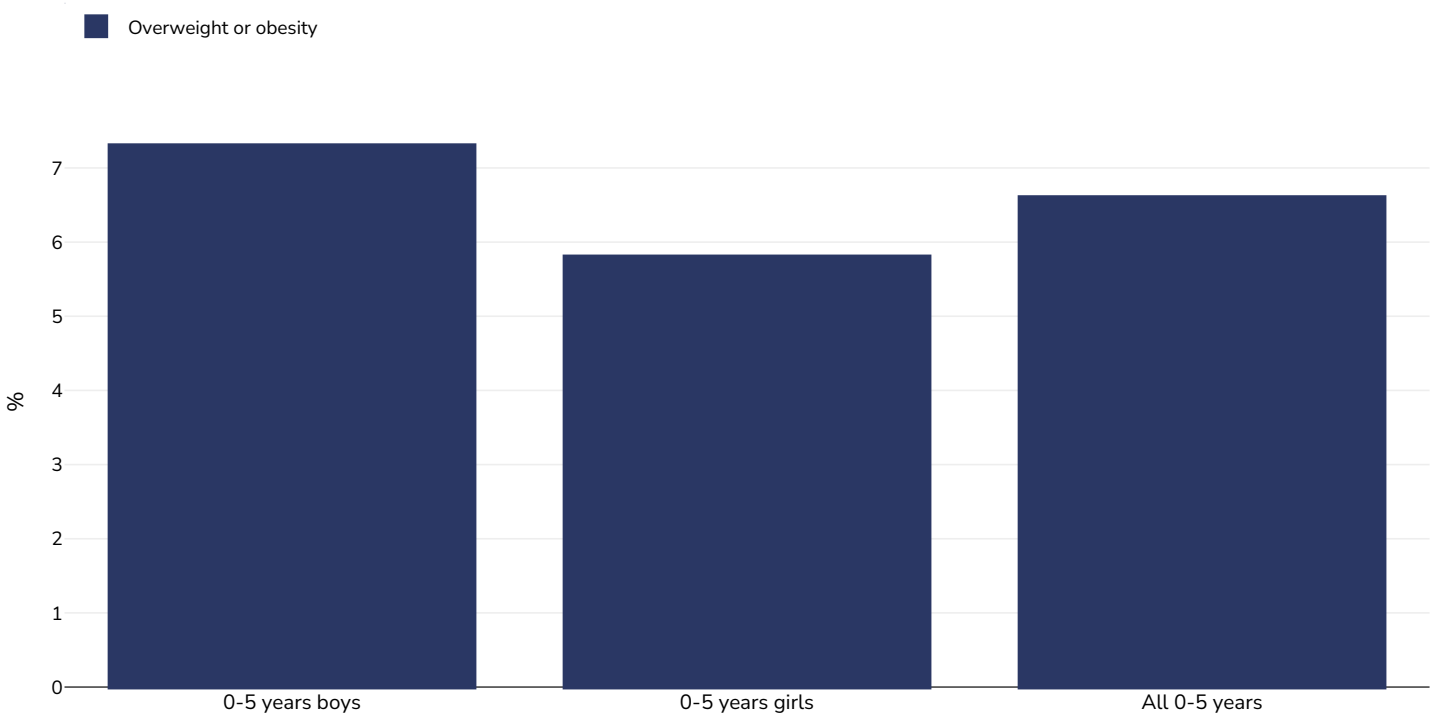
% Infants exclusively breastfed 0-5 months	8

Obesity prevalence

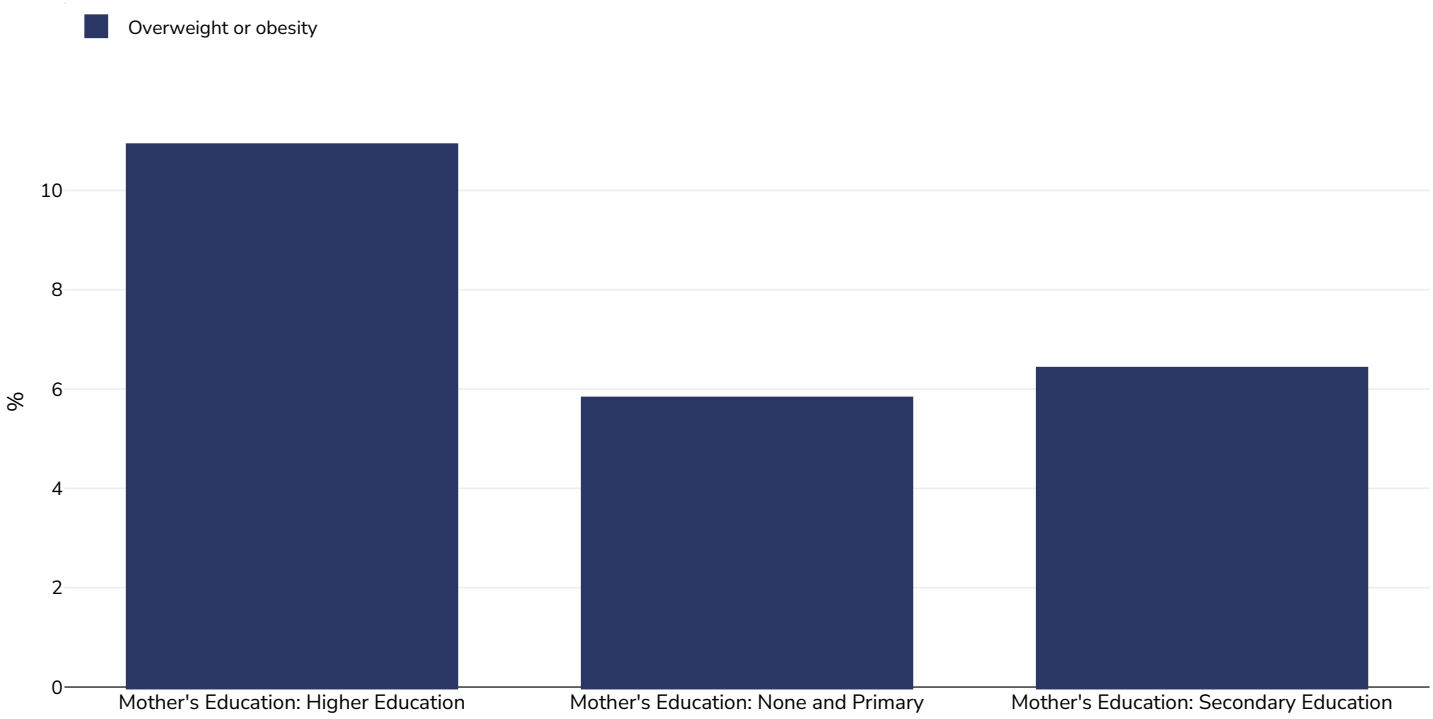
0-5 years, 2018



Age:	0-5
Sample size:	3151
References:	MICS: Lesotho Multiple Indicator Cluster Survey 2018, Survey Findings Report. Maseru, Lesotho: Bureau of Statistics.
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 education

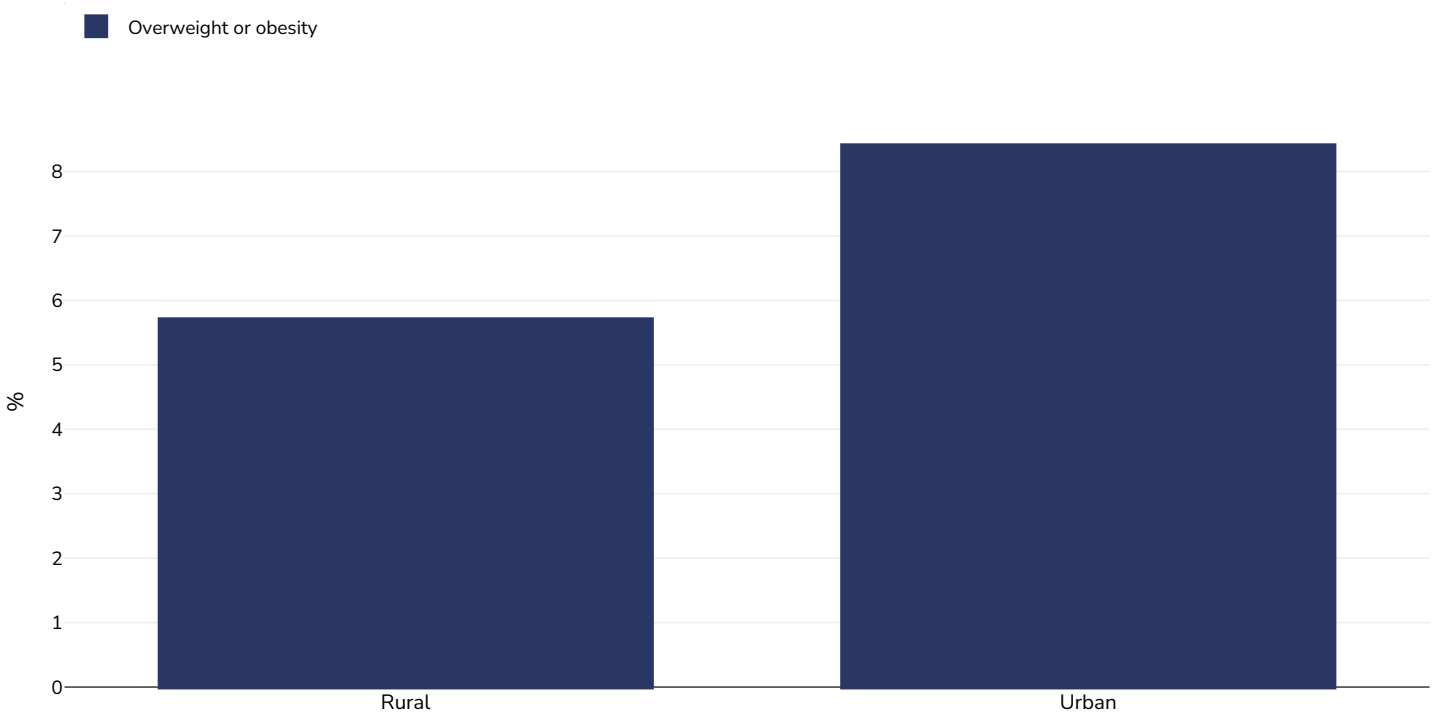
0-5 years, 2018



Sample size:	3151
References:	MICS: Lesotho Multiple Indicator Cluster Survey 2018, Survey Findings Report. Maseru, Lesotho: Bureau of Statistics.
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

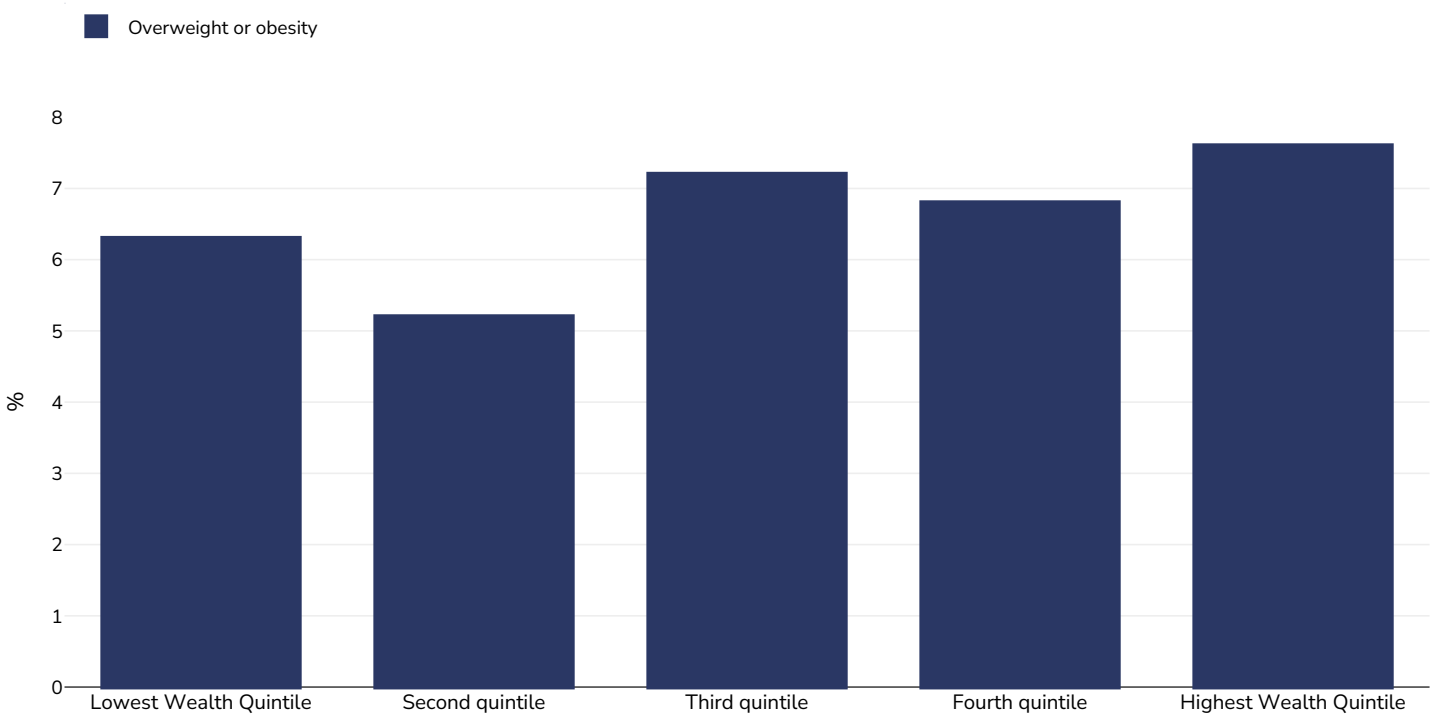
0-5 years, 2018



Sample size:	3151
References:	MICS: Lesotho Multiple Indicator Cluster Survey 2018, Survey Findings Report. Maseru, Lesotho: Bureau of Statistics.
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 socio-economic group

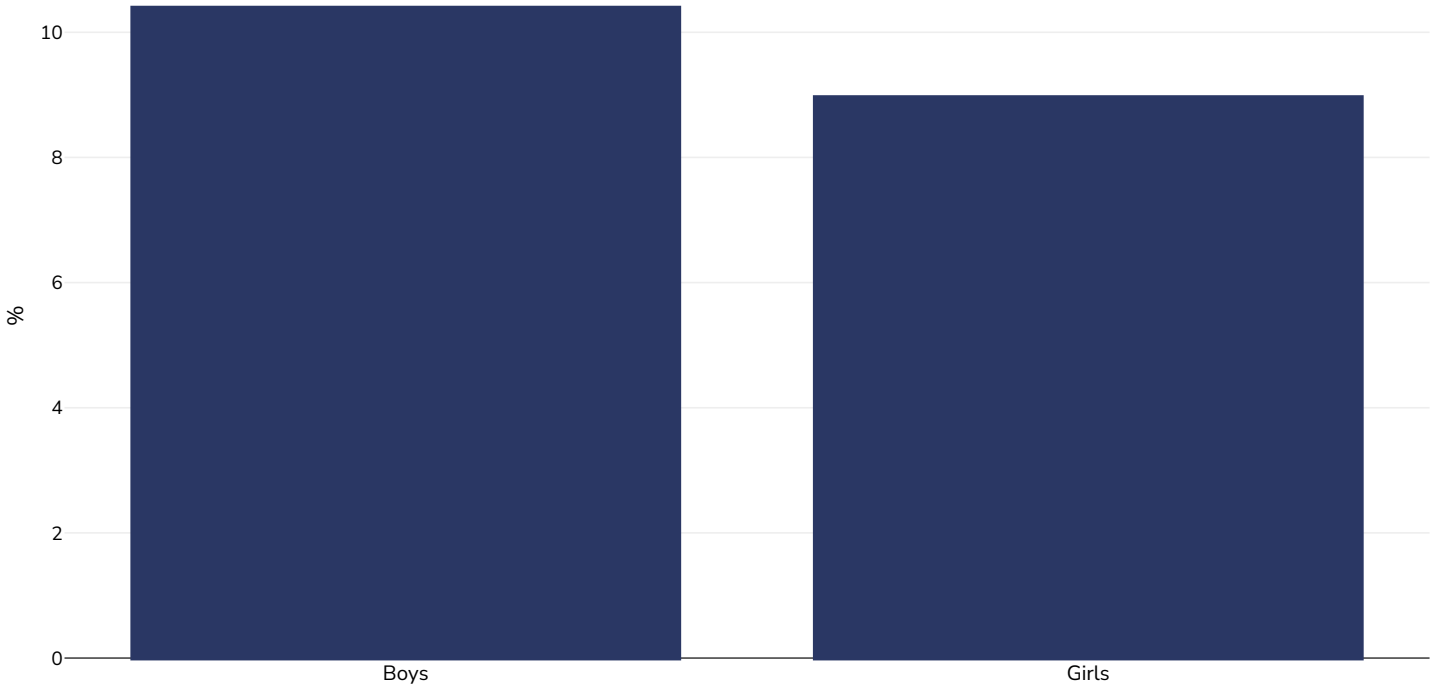
0-5 years, 2018



Sample size:	3151
References:	MICS: Lesotho Multiple Indicator Cluster Survey 2018, Survey Findings Report. Maseru, Lesotho: Bureau of Statistics.
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

Double burden of underweight & overweight

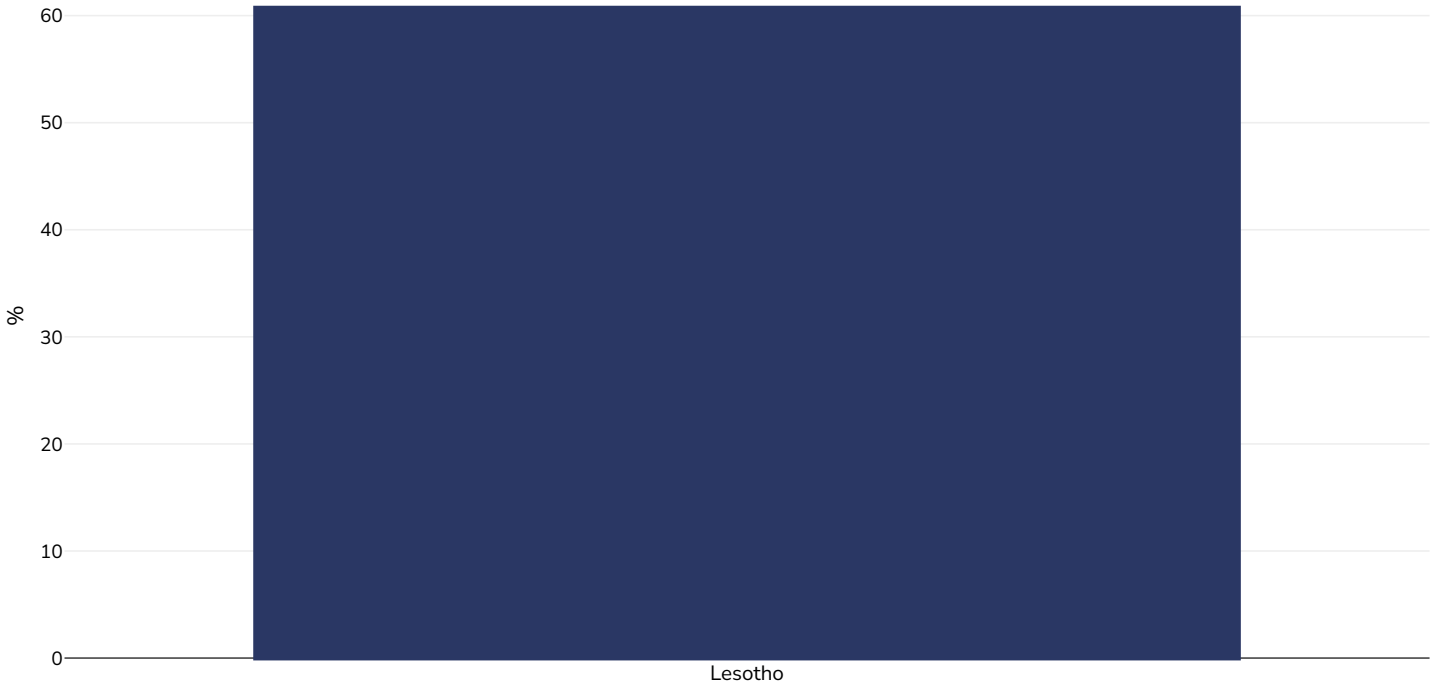
0-5 years, 2018-2018



Survey type:	Measured
Age:	0-5
References:	UNICEF data available at https://data.unicef.org/topic/nutrition/malnutrition/(last accessed 12.03.25)
Notes:	Children under 5 falling below -2 standard deviations from the median height for age and falling at or above +2 standard deviations from the median weight-for-height of the reference population

% Infants exclusively breastfed 0-5 months

0-5 years, 2010-2024



References:	Lesotho Demograhic and Health Survey 2023-24
Notes:	Full details are available. Original citation: United Nations Children's Fund, Division of Data, Analysis, Planning and Monitoring (2024). Global UNICEF Global Databases: Infant and Young Child Feeding: Exclusive breastfeeding, New York, December 2024.

PDF created on June 17, 2025