# Drivers

## Mozambique

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<td>% Infants exclusively breastfed 0-5 months</td>
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Insufficient physical activity

Adults, 2016

Men, 2016

Women, 2016

References:
Average daily frequency of carbonated soft drink consumption

Children, 2009-2015

Survey type: Measured
Age: 12-17

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)
Prevalence of less than daily fruit consumption

Children, 2009-2015

Survey type: Measured
Age: 12-17


Definitions: Prevalence of less-than-daily fruit consumption (% less-than-daily fruit consumption)
Prevalence of less than daily vegetable consumption

Children, 2009-2015

<table>
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<tr>
<th>Country</th>
<th>% &lt; daily consumption</th>
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<td>Mauritius</td>
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<td>Malawi</td>
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<td>Eswatini</td>
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<td>Tanzania</td>
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<td>Seychelles</td>
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<td>Mozambique</td>
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<td>Mauritania</td>
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<td>Benin</td>
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<td>Namibia</td>
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Survey type: Measured
Age: 12-17


Definitions: Prevalence of less-than-daily vegetable consumption (% less-than-daily vegetable consumption)
Average weekly frequency of fast food consumption

Children, 2009-2015

References:
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

Infants, 2019-2023

References:

Inquérito Demográfico e de Saúde 2022–23 Relatório de Indicadores-Chave

Notes:
