



# Mozambique



## Country report card - under-5s

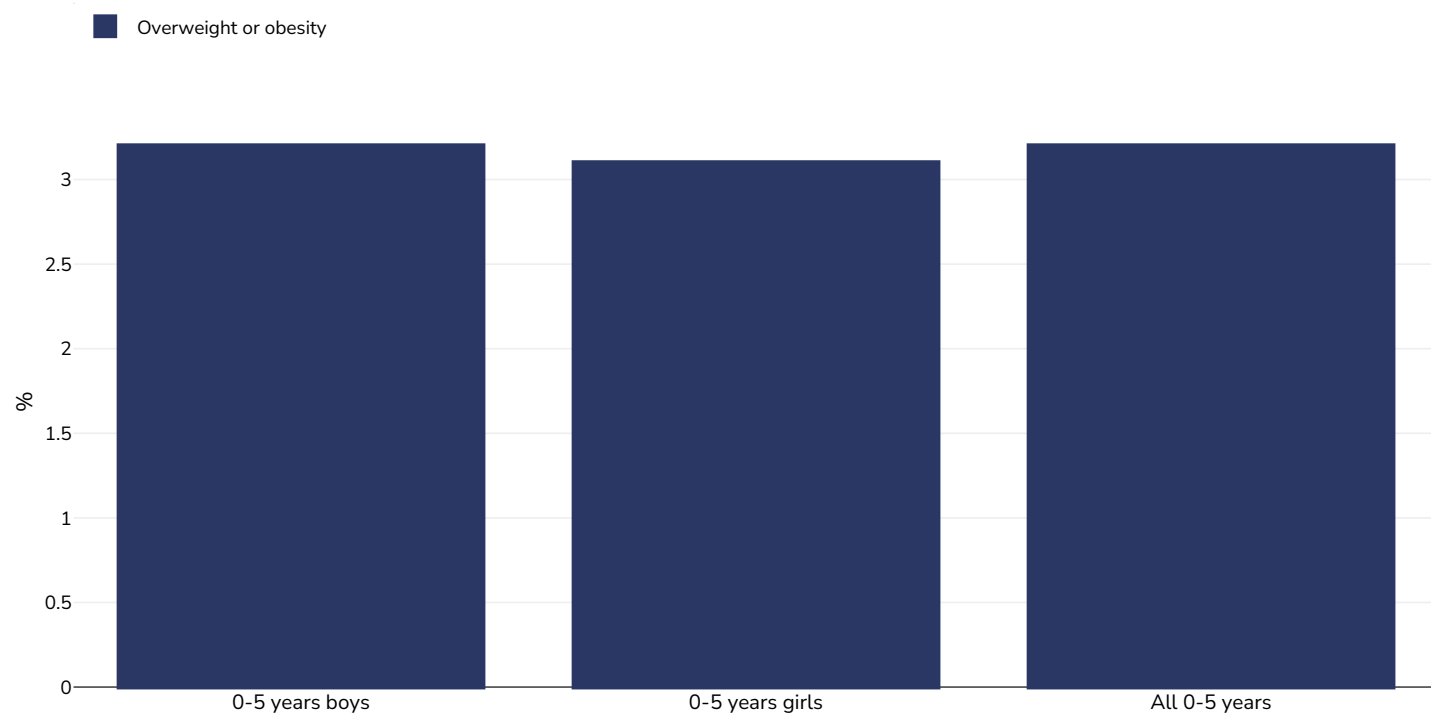
*This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity for children under 5. Where available, data on common and relevant obesity drivers and comorbidities are also presented.*

*View the latest version of this report on the Global Obesity Observatory at <https://data.worldobesity.org/country/mozambique-147/>.*

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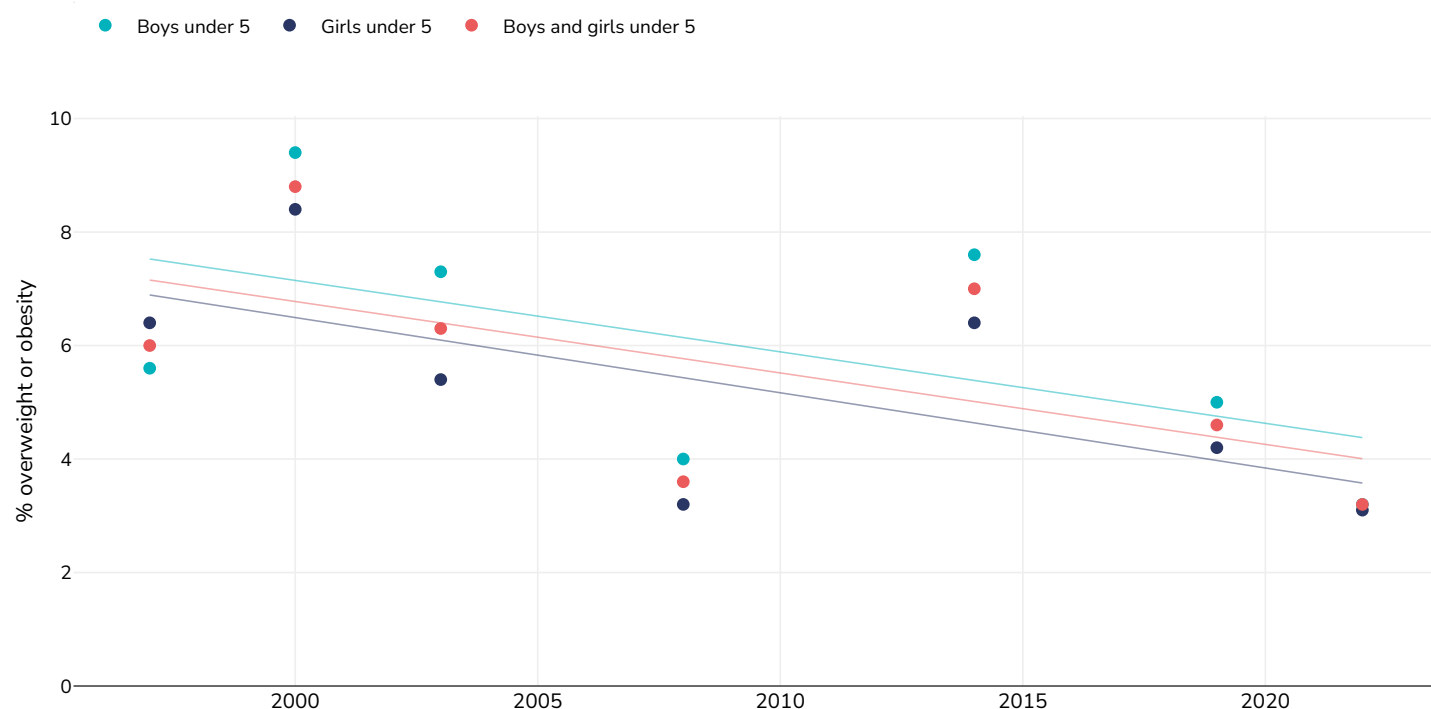
## Obesity prevalence

### 0-5 years, 2022-2023



|               |                                                                                                                                                                        |
|---------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Survey type:  | Measured                                                                                                                                                               |
| Age:          | 0-5                                                                                                                                                                    |
| Sample size:  | 4284                                                                                                                                                                   |
| Area covered: | National                                                                                                                                                               |
| References:   | Instituto Nacional de Estatística (INE) e ICF. 2024. Inquérito Demográfico e de Saúde em Moçambique 2022–23. Maputo, Moçambique e Rockville, Maryland, EUA: INE e ICF. |
| 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:      | WHO                                                                                                                                                                    |

## % 0-5 years living with overweight or obesity, 1997-2023



Survey type:

Measured

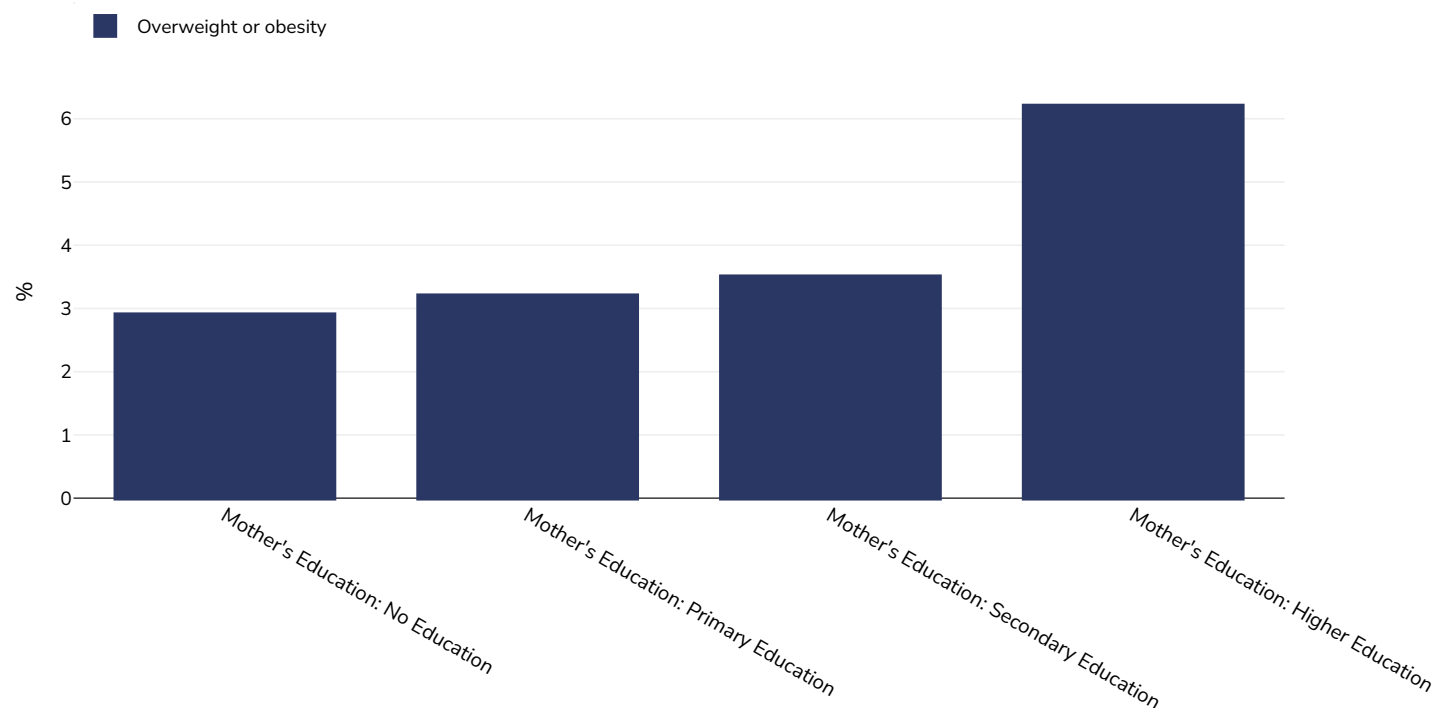
References:

- 1997: DHS: Moçambique inquérito demográfico e de saúde 1997. Demographic and Health Surveys. Instituto Nacional de Estatística. Maputo, Moçambique, 1998
- 2000: CWIQ: Questionario de indicadores basicos de bem-estar (QUIBB): Relatorio final. Maputo, Moçambique: Instituto Nacional de Estadísticas, 2001
- 2003: DHS: Moçambique inquérito demográfico e de saúde 2003. Demographic and Health Surveys. Calverton, Maryland, USA: Instituto Nacional de Estatística, Ministério da Saúde and ORC Macro, 2005
- 2008: MICS: Mozambique multiple indicator cluster survey 2008 (MICS). Maputo, Mozambique: INE, 2009
- 2014: Other: Relatório final do Inquérito ao Orçamento Familiar - IOF, 2014/15
- 2019: Other: Relatório final do Inquérito ao Orçamento Familiar - IOF, 2019/20
- 2022: Instituto Nacional de Estatística (INE) e ICF. 2024. Inquérito Demográfico e de Saúde em Moçambique 2022–23. Maputo, Moçambique e Rockville, Maryland, EUA: INE e ICF.

*Different methodologies may have been used to collect this data and so data from different surveys may not be strictly comparable. Please check with original data sources for methodologies used.*

## Overweight/obesity by education

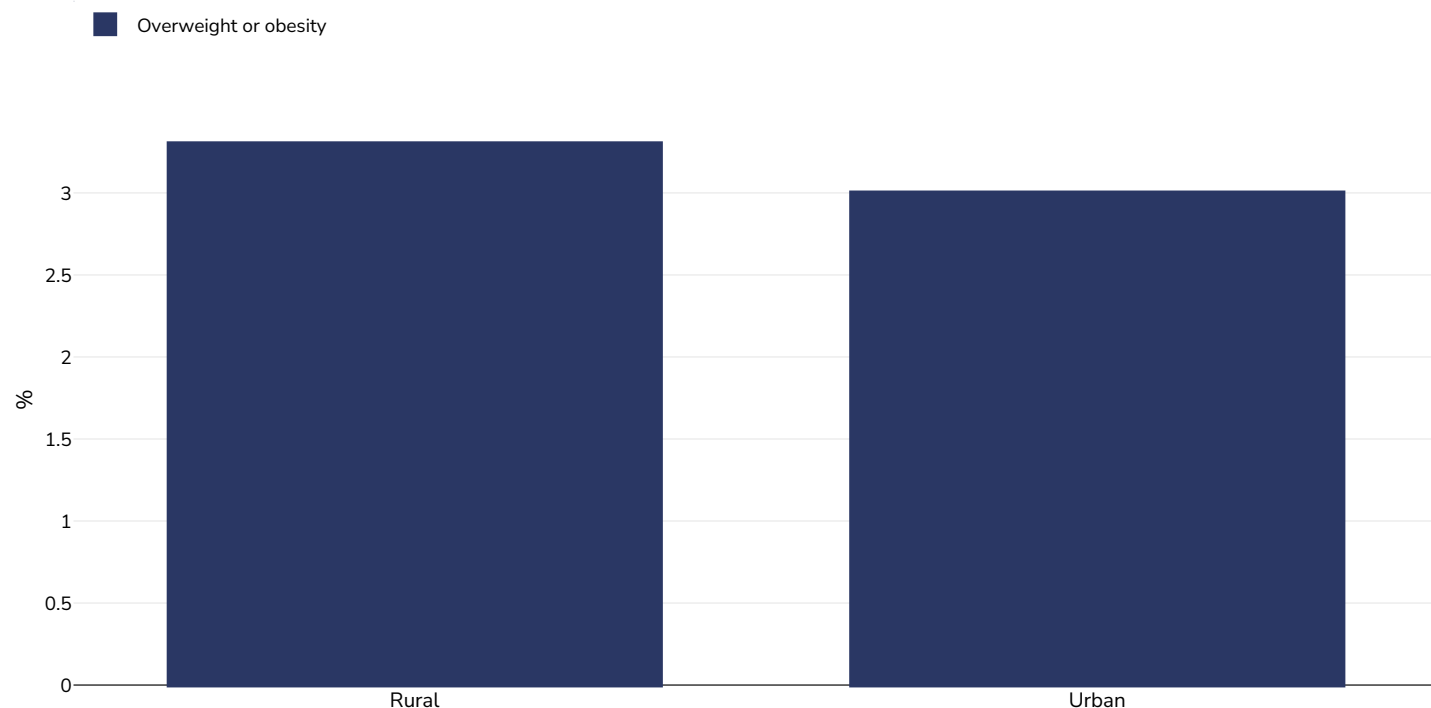
0-5 years, 2022-2023



|               |                                                                                                                                                                                                                                                                                                             |
|---------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Survey type:  | Measured                                                                                                                                                                                                                                                                                                    |
| Sample size:  | 4217                                                                                                                                                                                                                                                                                                        |
| Area covered: | National                                                                                                                                                                                                                                                                                                    |
| References:   | Inquérito Demográfico e de Saúde em Moçambique 2022–23                                                                                                                                                                                                                                                      |
| 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 <a href="https://data.unicef.org/resources/jme/">https://data.unicef.org/resources/jme/</a> . |
| 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

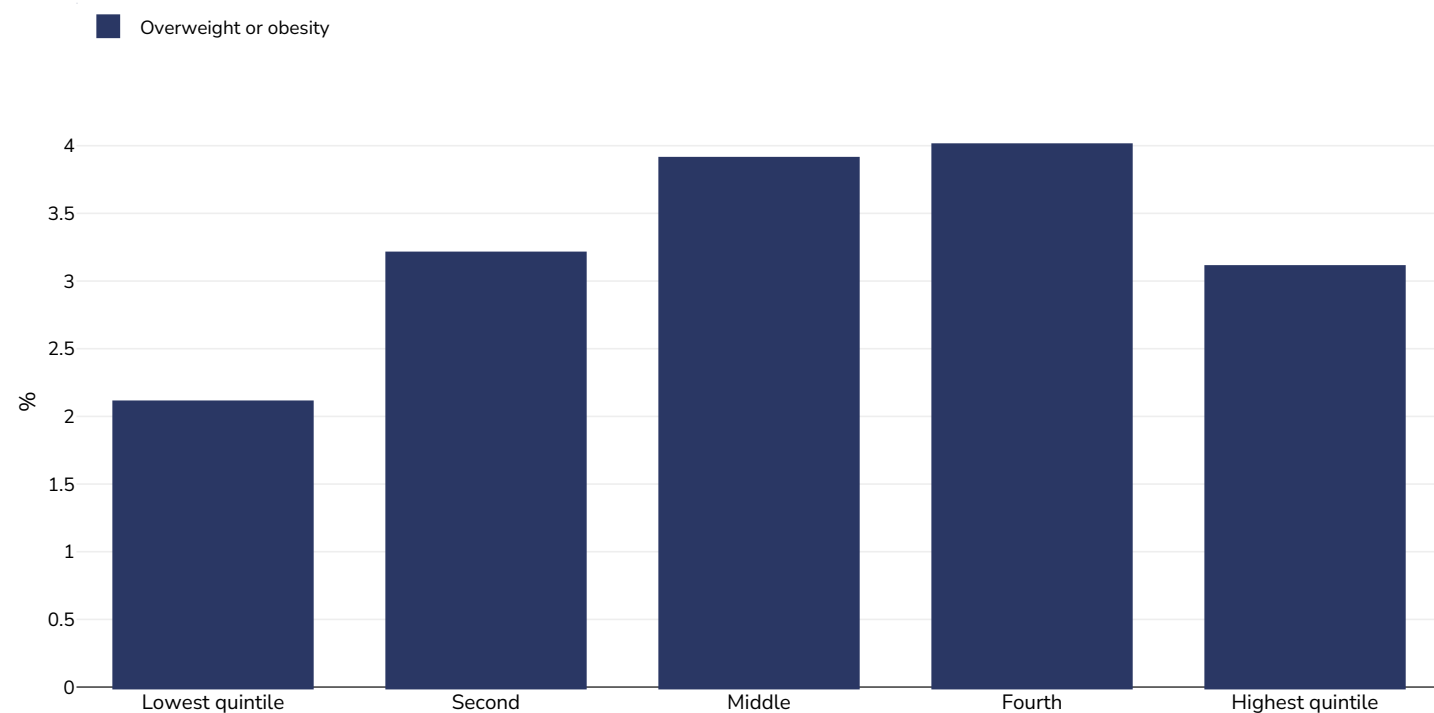
0-5 years, 2022-2023



|               |                                                                                                                                                                                                                                                                                                             |
|---------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Survey type:  | Measured                                                                                                                                                                                                                                                                                                    |
| Sample size:  | 4545                                                                                                                                                                                                                                                                                                        |
| Area covered: | National                                                                                                                                                                                                                                                                                                    |
| References:   | Inquérito Demográfico e de Saúde em Moçambique 2022–23                                                                                                                                                                                                                                                      |
| 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 <a href="https://data.unicef.org/resources/jme/">https://data.unicef.org/resources/jme/</a> . |
| 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

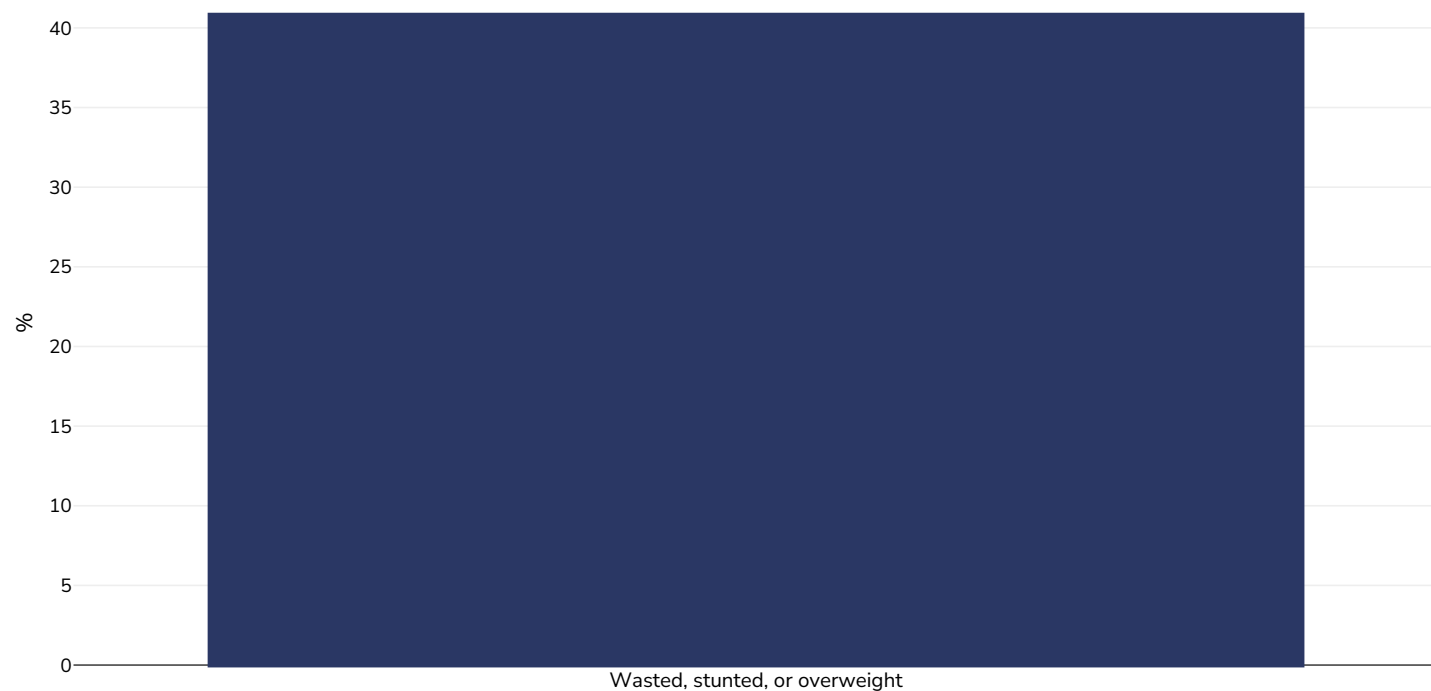
0-5 years, 2022-2023



|               |                                                                                                                                                                        |
|---------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Survey type:  | Measured                                                                                                                                                               |
| Sample size:  | 4284                                                                                                                                                                   |
| Area covered: | National                                                                                                                                                               |
| References:   | Instituto Nacional de Estatística (INE) e ICF. 2024. Inquérito Demográfico e de Saúde em Moçambique 2022–23. Maputo, Moçambique e Rockville, Maryland, EUA: INE e ICF. |
| 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:      | WHO                                                                                                                                                                    |

## Double burden of underweight & overweight

0-5 years, 2022-2023

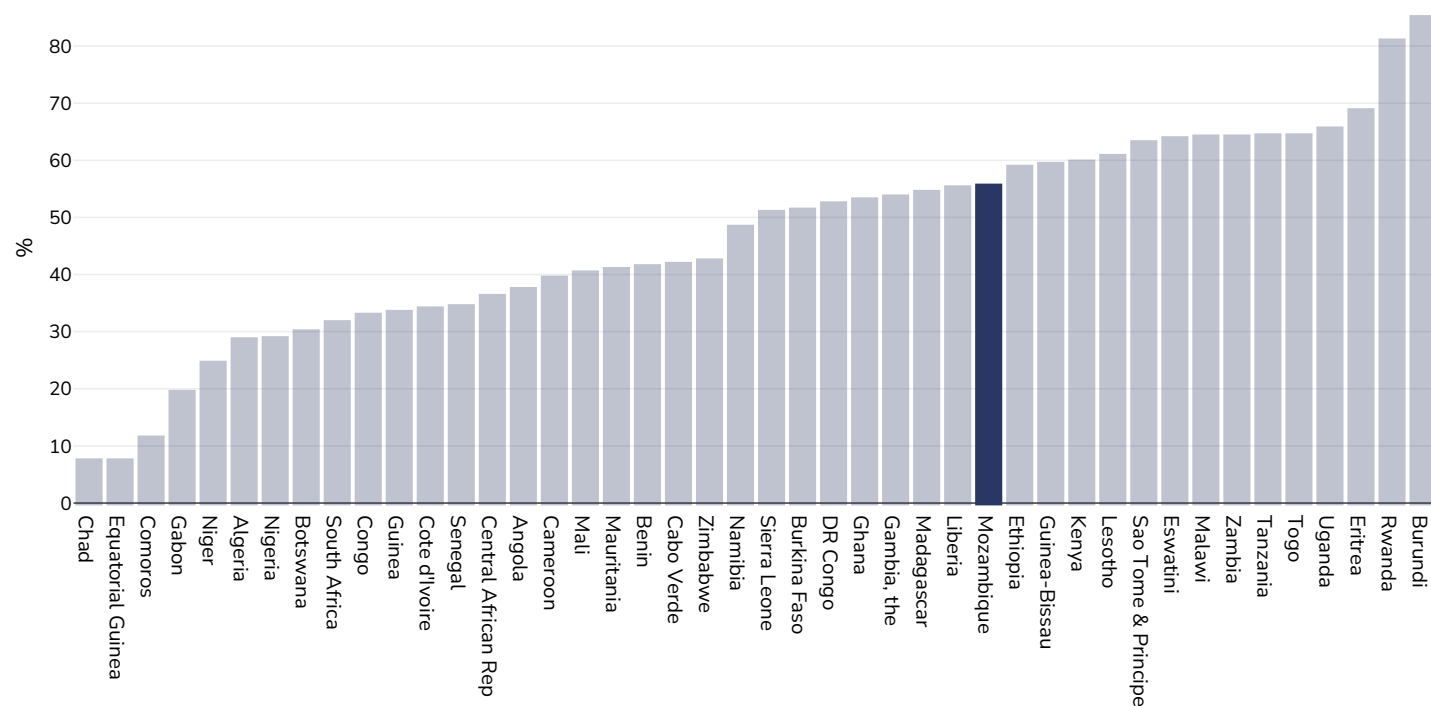


|              |                                                                                                                                                                                                                                                                                                                                                                                         |
|--------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 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: <a href="https://data.unicef.org/topic/nutrition/malnutrition/">https://data.unicef.org/topic/nutrition/malnutrition/</a> [Accessed 06.08.25] |
| Notes:       | Inquérito Demográfico e de Saúde em Moçambique 2022–23                                                                                                                                                                                                                                                                                                                                  |
| 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



**References:**

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

**Notes:**

Full details are available. Original citation United Nations Children's Fund, Division of Data, Analysis, Planning and Monitoring (2023).  
Global UNICEF Global Databases: Infant and Young Child Feeding: Exclusive breastfeeding, New York, October 2023.

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