



Mozambique



Country report card - under-5s

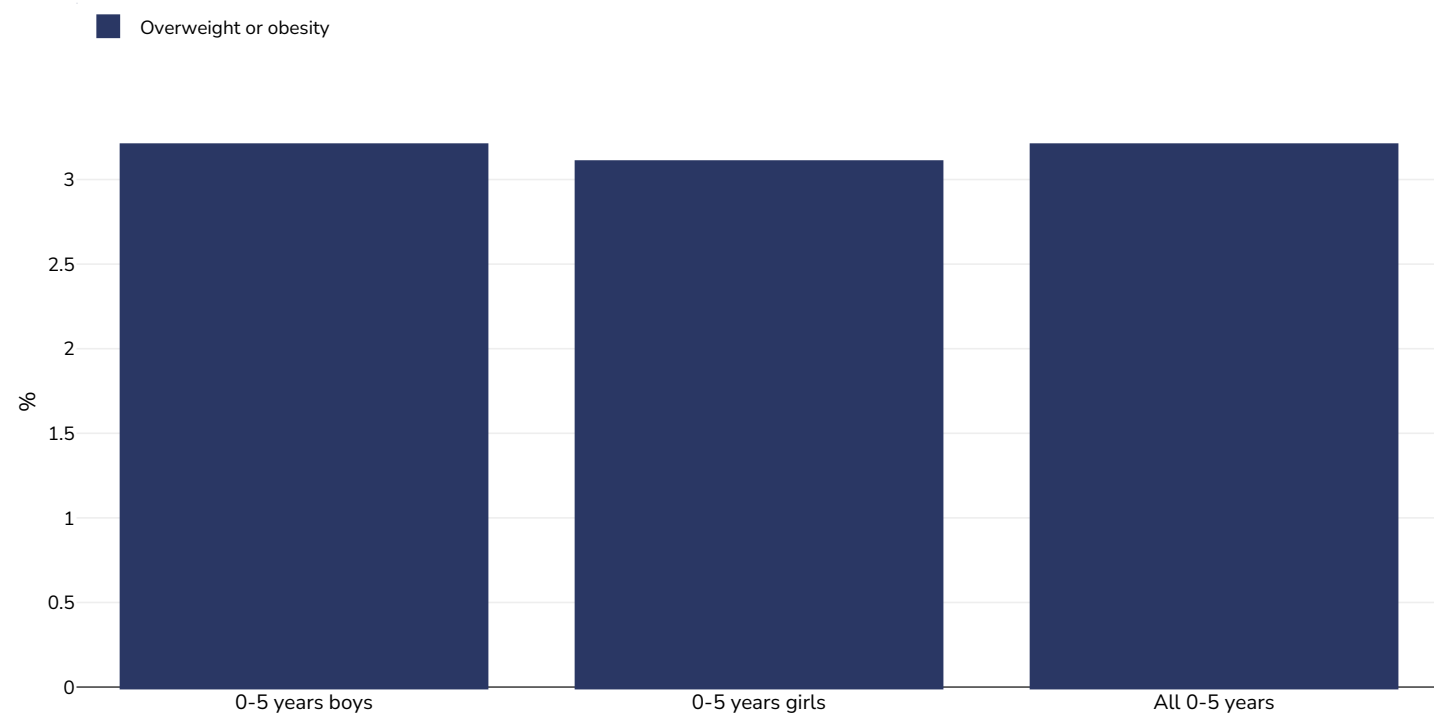
This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity for children under 5. Where available, data on common and relevant obesity drivers and comorbidities are also presented.

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

Contents	Page
Obesity prevalence	3
Trend: % 0-5 years living with overweight or obesity, 1997-2023	4
Overweight/obesity by education	5
Overweight/obesity by region	6
Overweight/obesity by socio-economic group	7
Double burden of underweight & overweight	8
% Infants exclusively breastfed 0-5 months	9

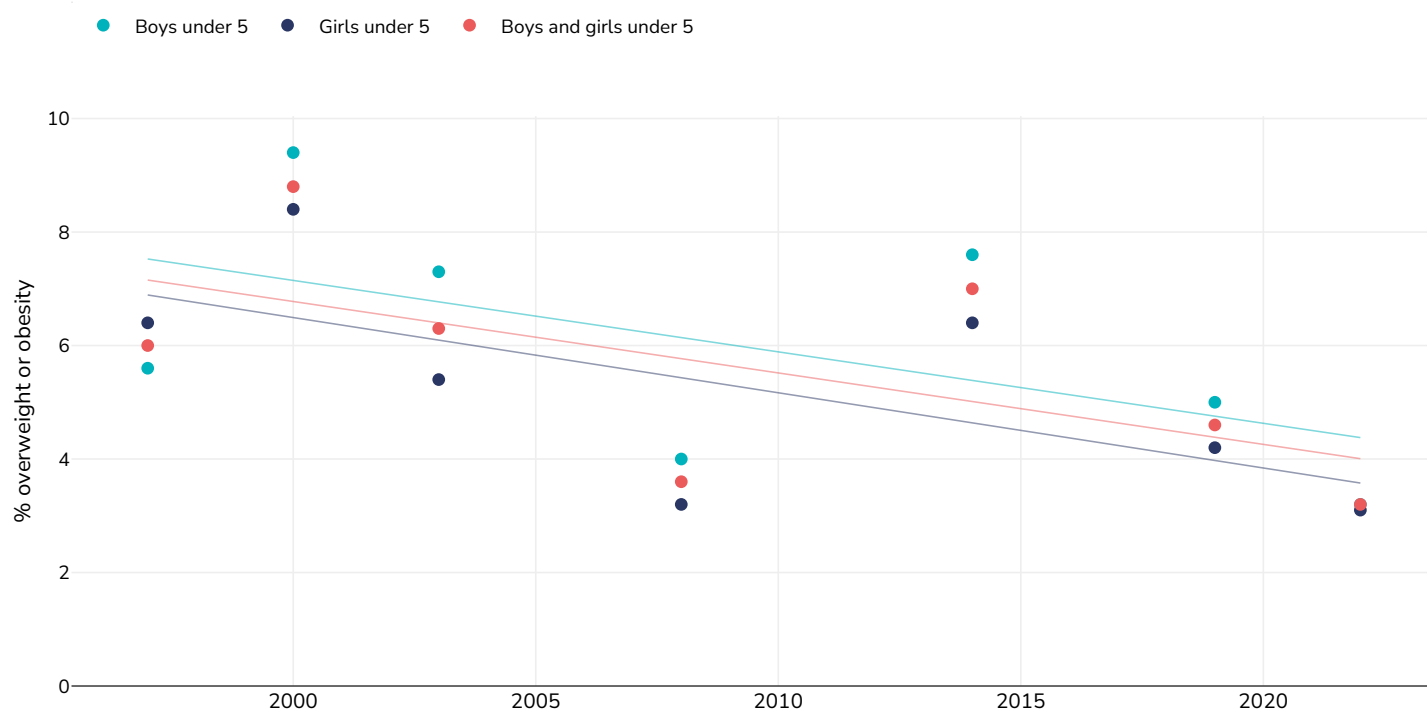
Obesity prevalence

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

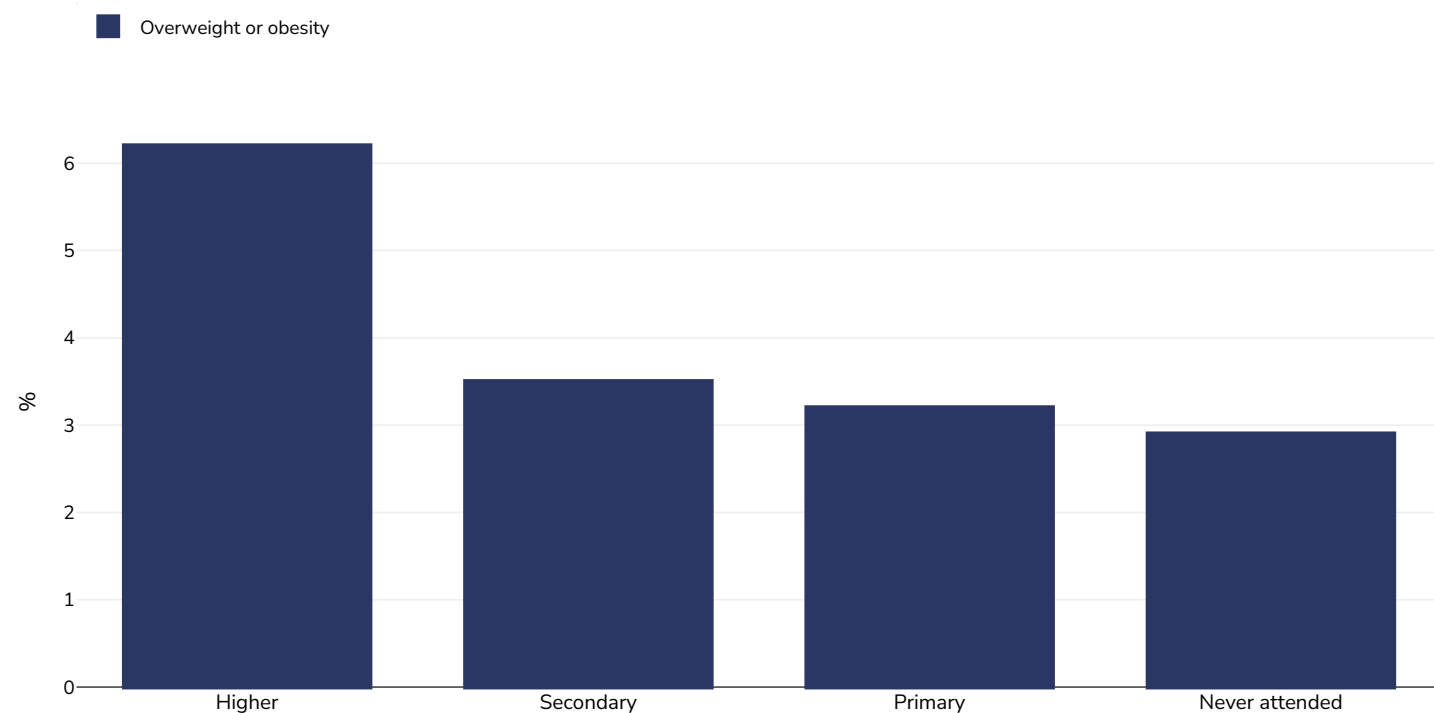
References:

- 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

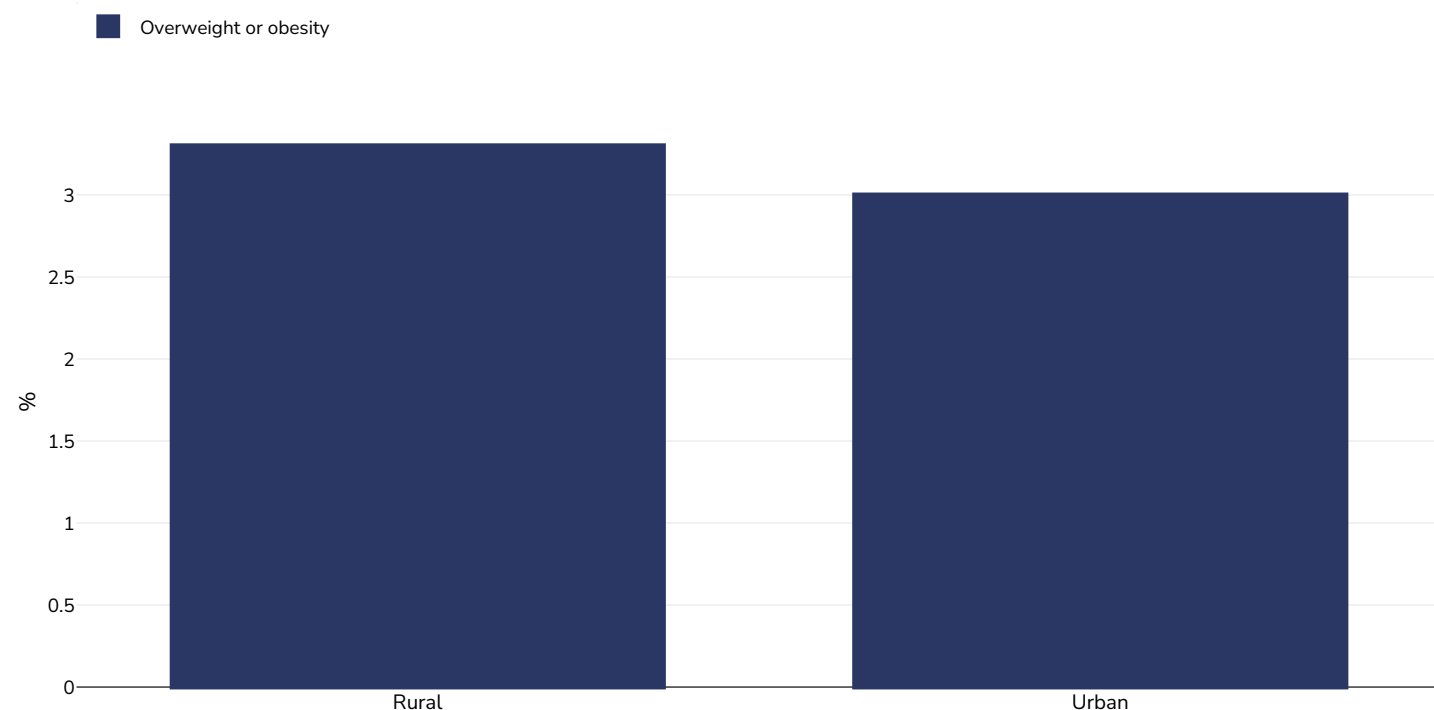
0-5 years, 2022-2023



Survey type:	Measured
Sample size:	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.
Notes:	Mother's education
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

Overweight/obesity by region

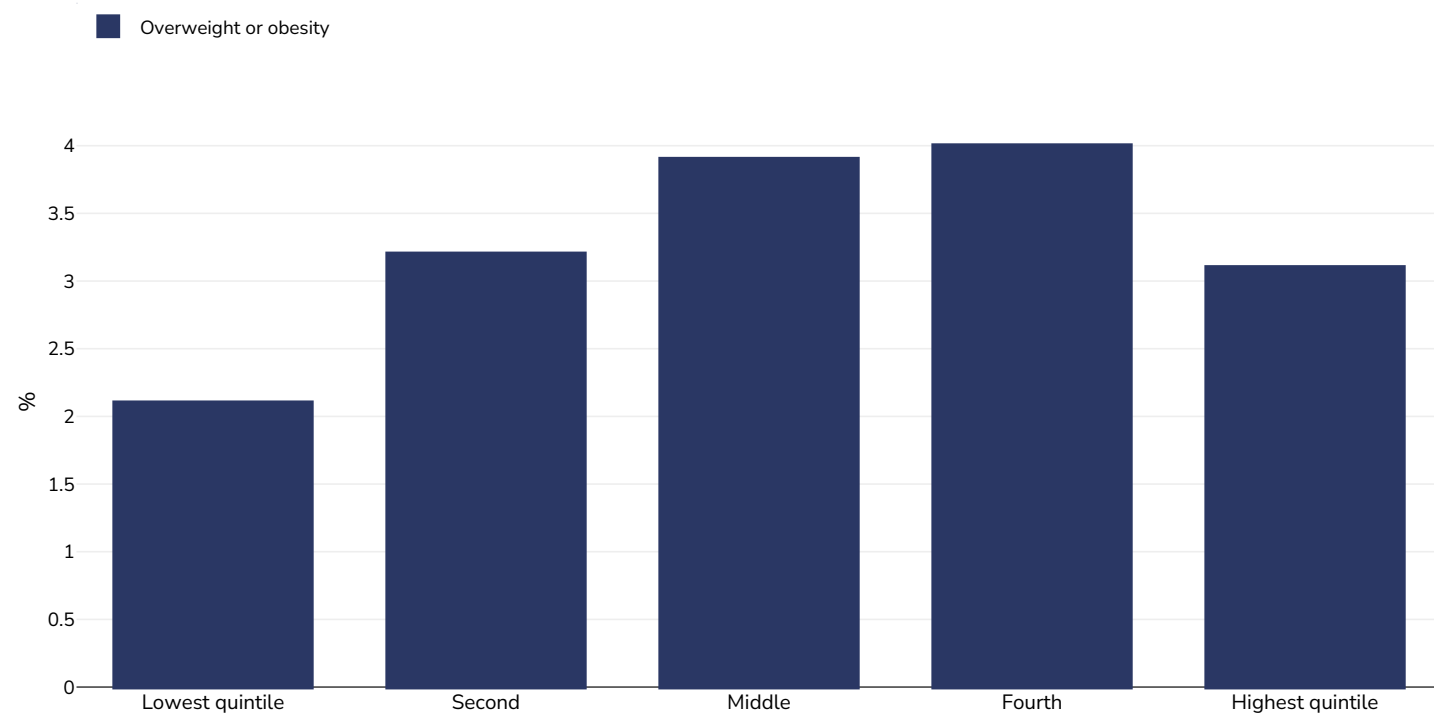
0-5 years, 2022-2023



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

Overweight/obesity by socio-economic group

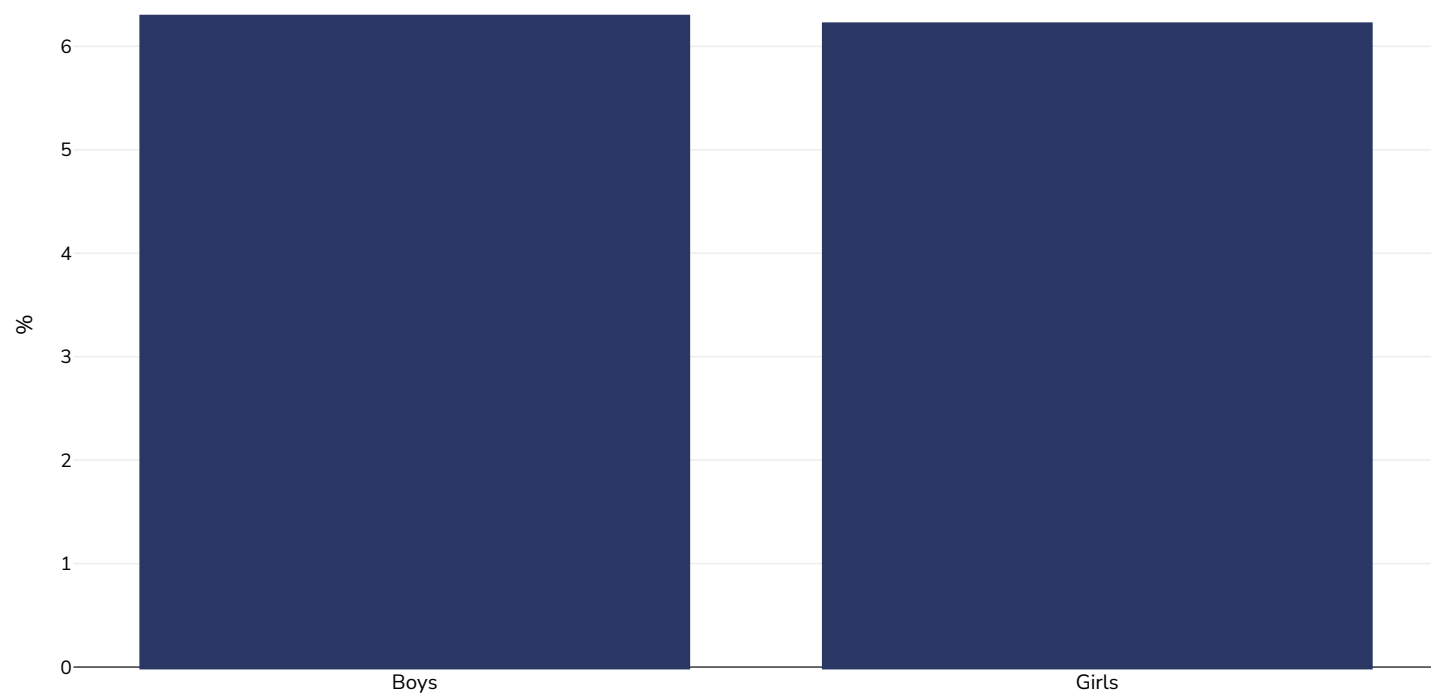
0-5 years, 2022-2023



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, 2019-2020



Survey type: Measured

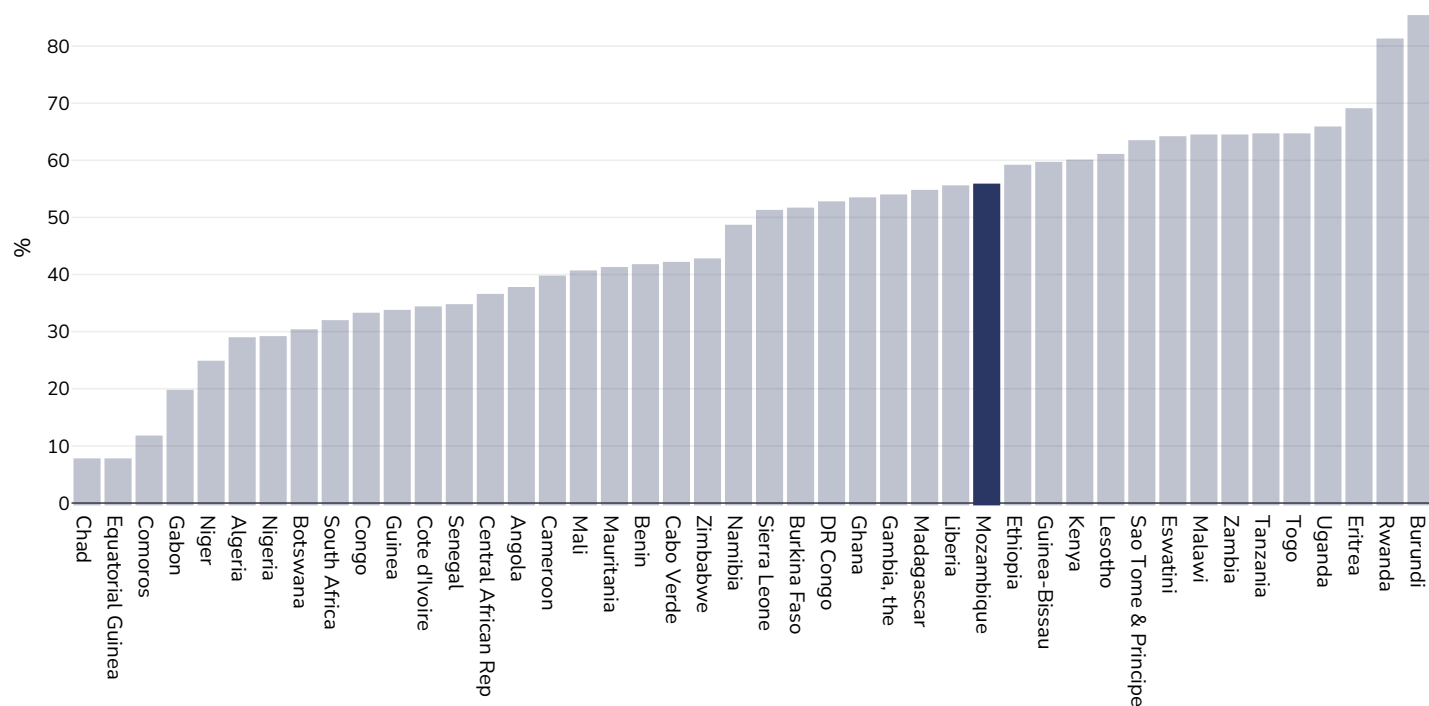
Age: 0-5

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:

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.

PDF created on June 17, 2025