Mozambique



Country report card - under-5s

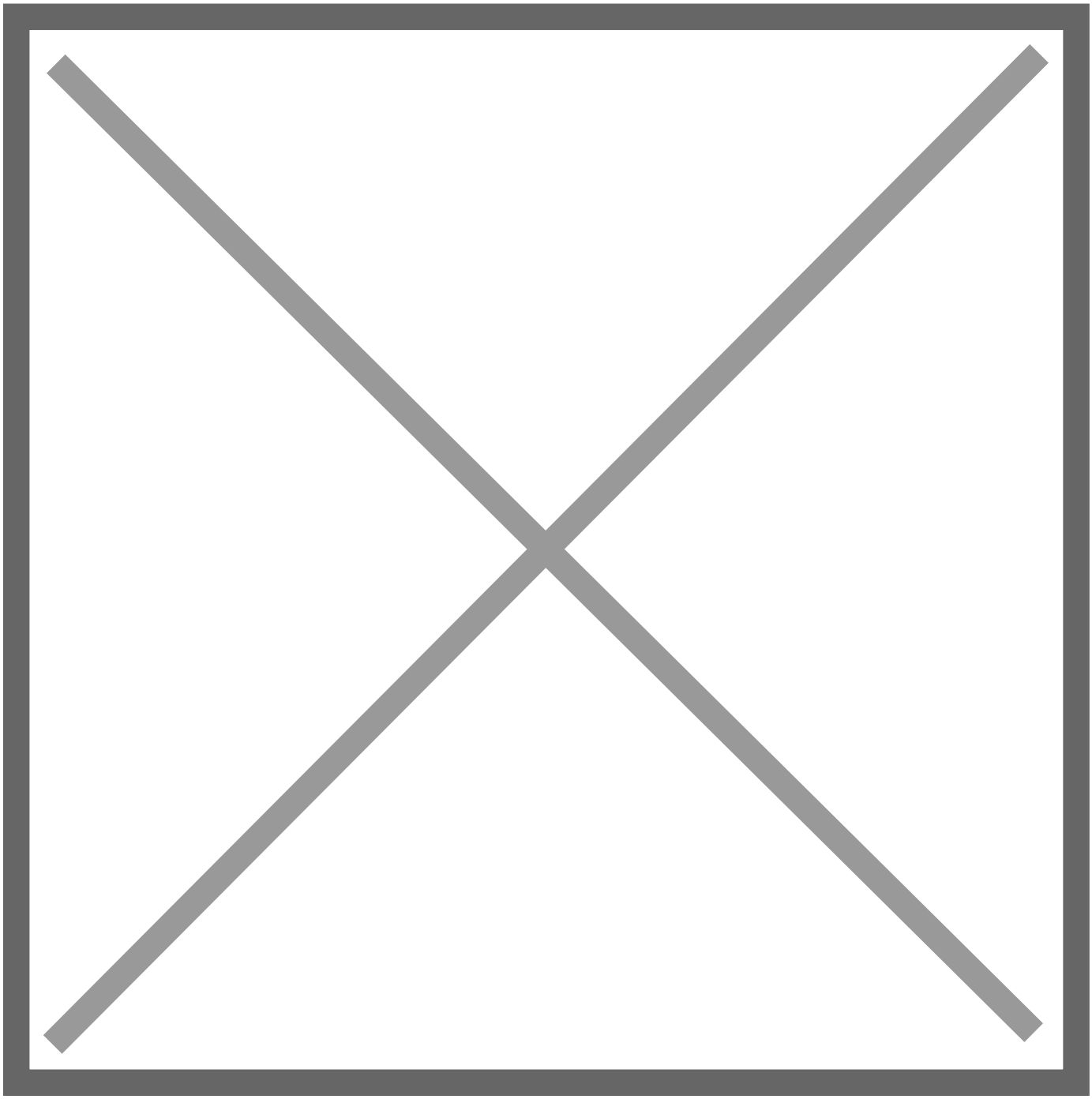
This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity for children under 5. Where available, data on common and relevant obesity drivers and comorbidities are also presented.

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

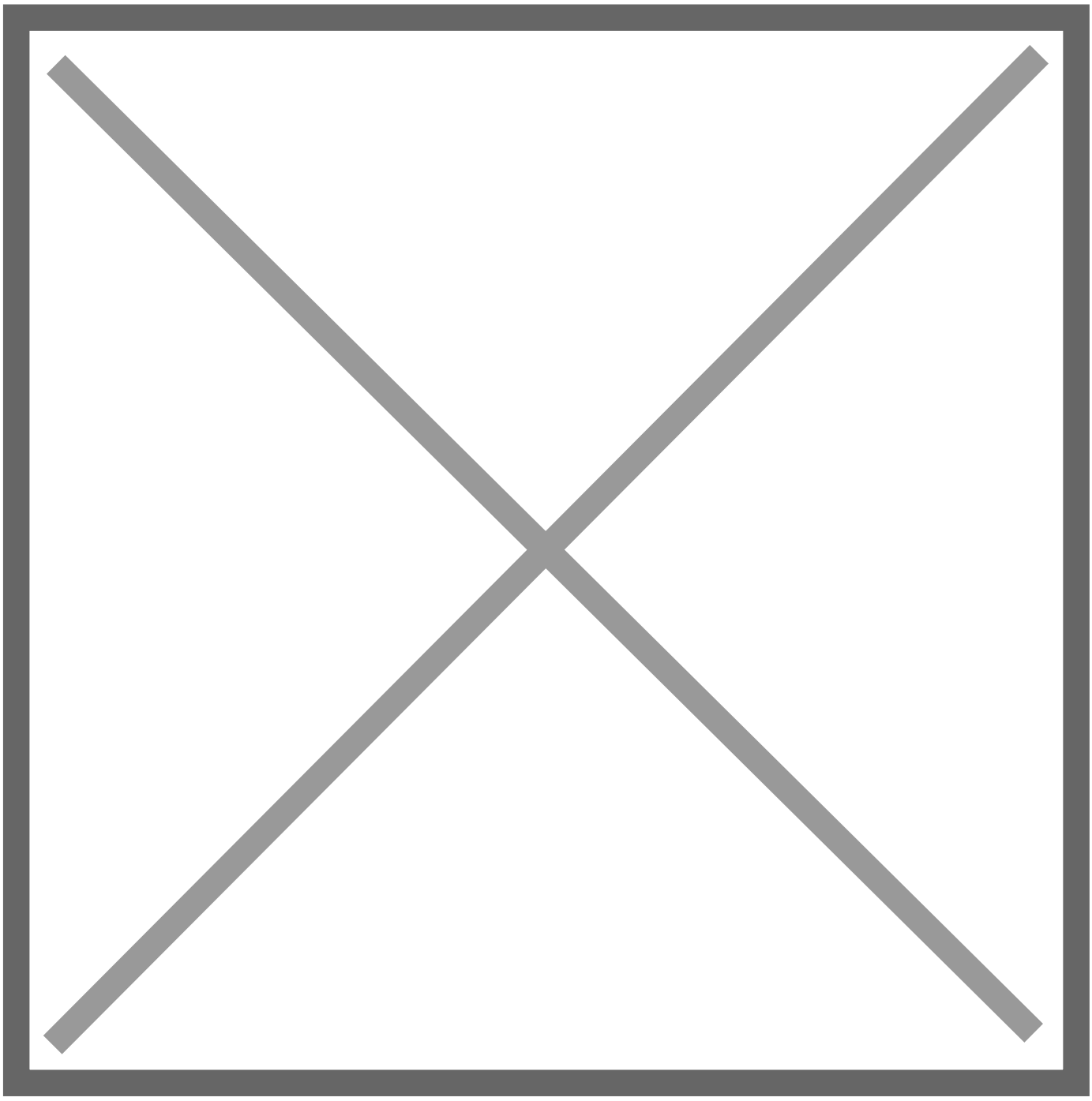
0-5 years, 2022-2023



Survey type:	Measured
Age:	0-5
Sample size:	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 https://data.unicef.org/resources/jme/.
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

% 0-5 years living with overweight or obesity, 1997-2020

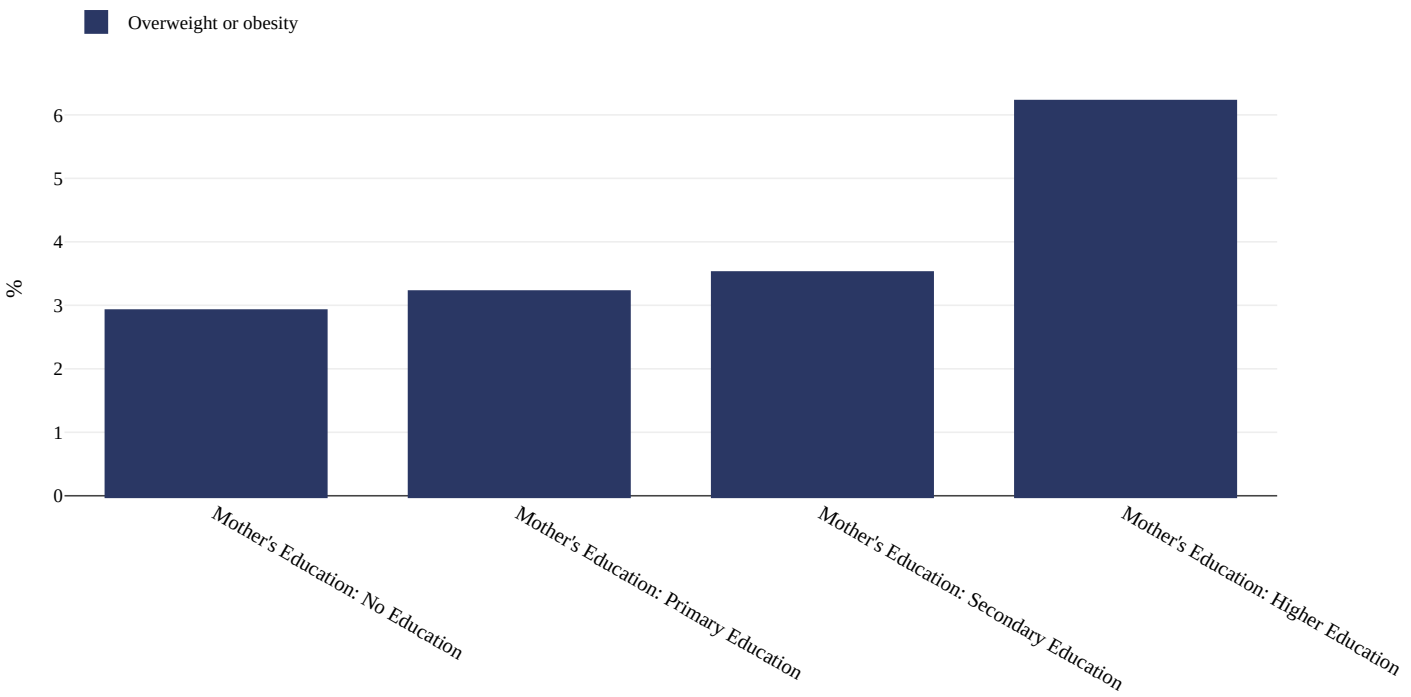


Survey type:	Measured
References:	1997: DHS: Moçambique inquérito demográfico e de saude 1997. Demographic and Health Surveys. Instituto Nacional de Estatistica. Maputo, Moçambique, 1998 2000: CWIQ: Questionario de indicadores basicos de bem-estar (QUIBB): Relatorio final. Maputo, Moçambique: Instituto Nacional de Estadisticas, 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

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

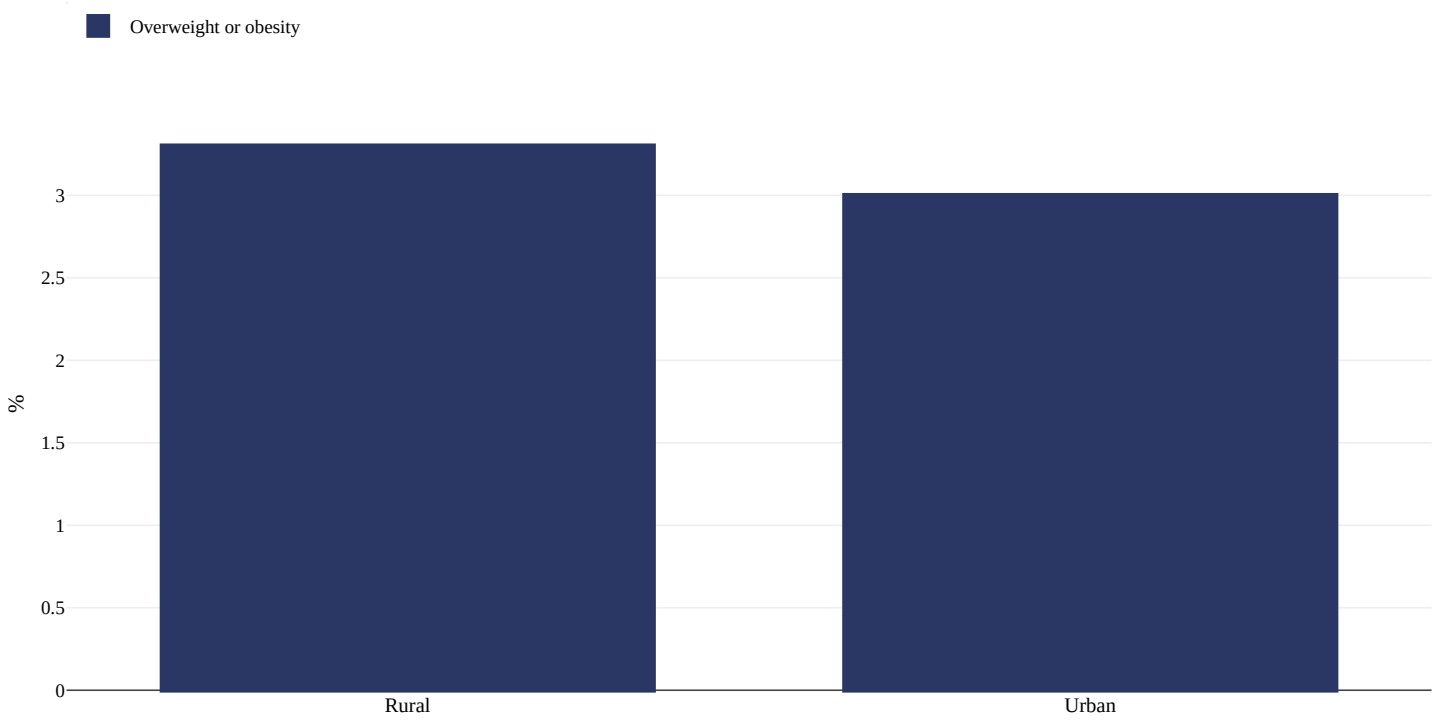
0-5 years, 2022-2023



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 https://data.unicef.org/resources/jme/.
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

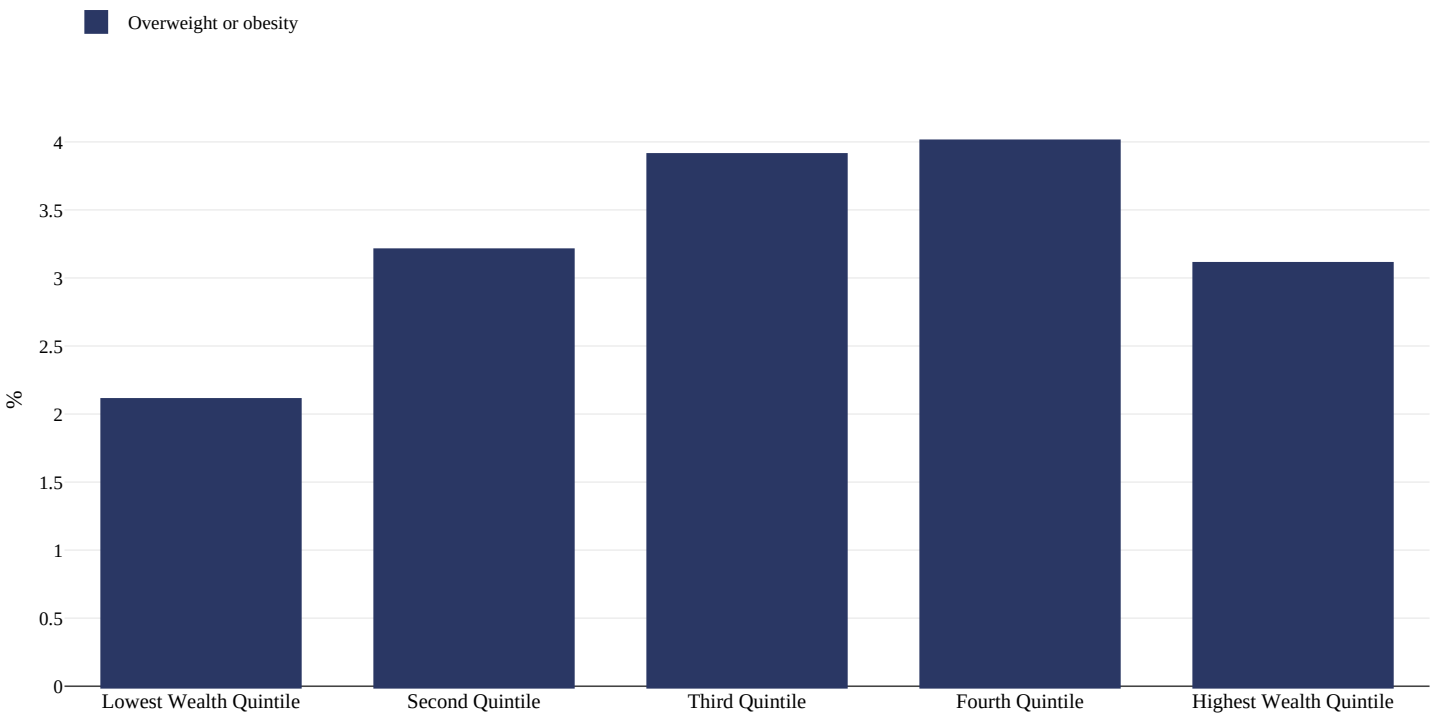
0-5 years, 2022-2023



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 https://data.unicef.org/resources/jme/.
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

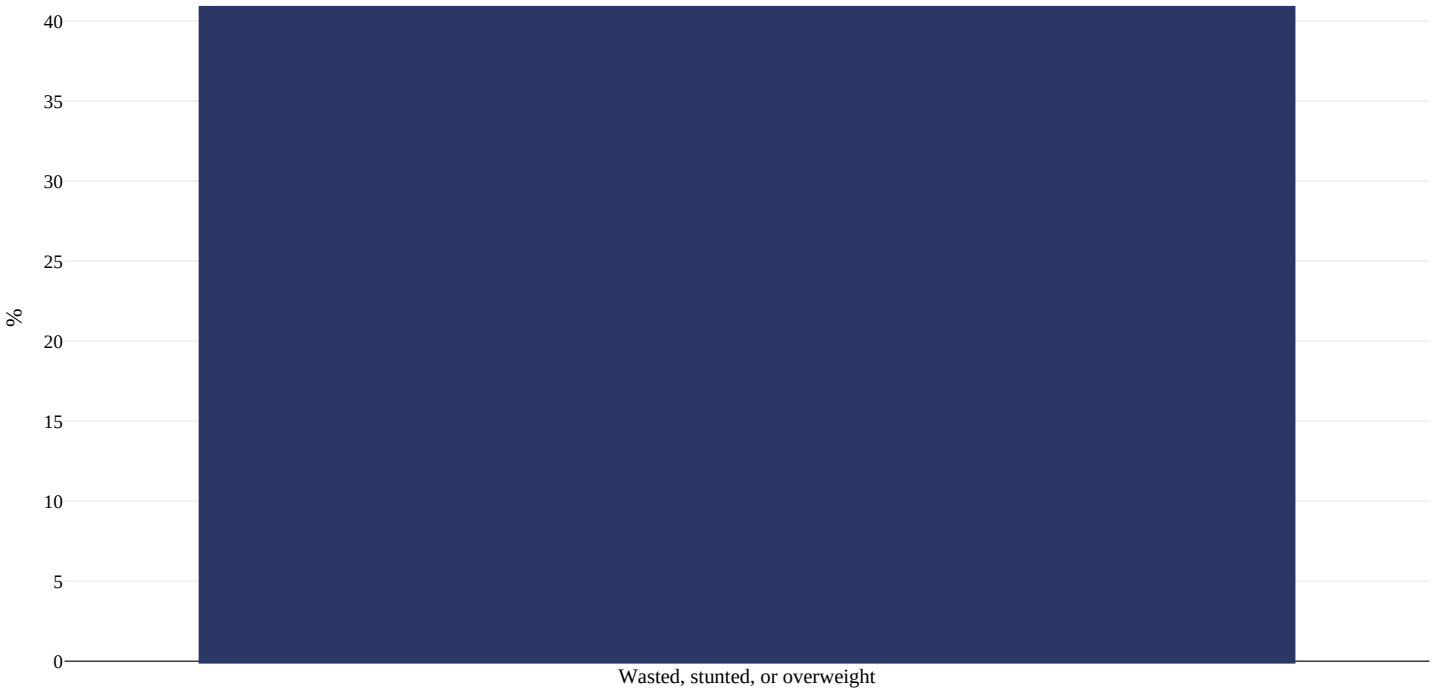
0-5 years, 2022-2023



Survey type:	Measured
Sample size:	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 https://data.unicef.org/resources/jme/.
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

Double burden of underweight & obesity

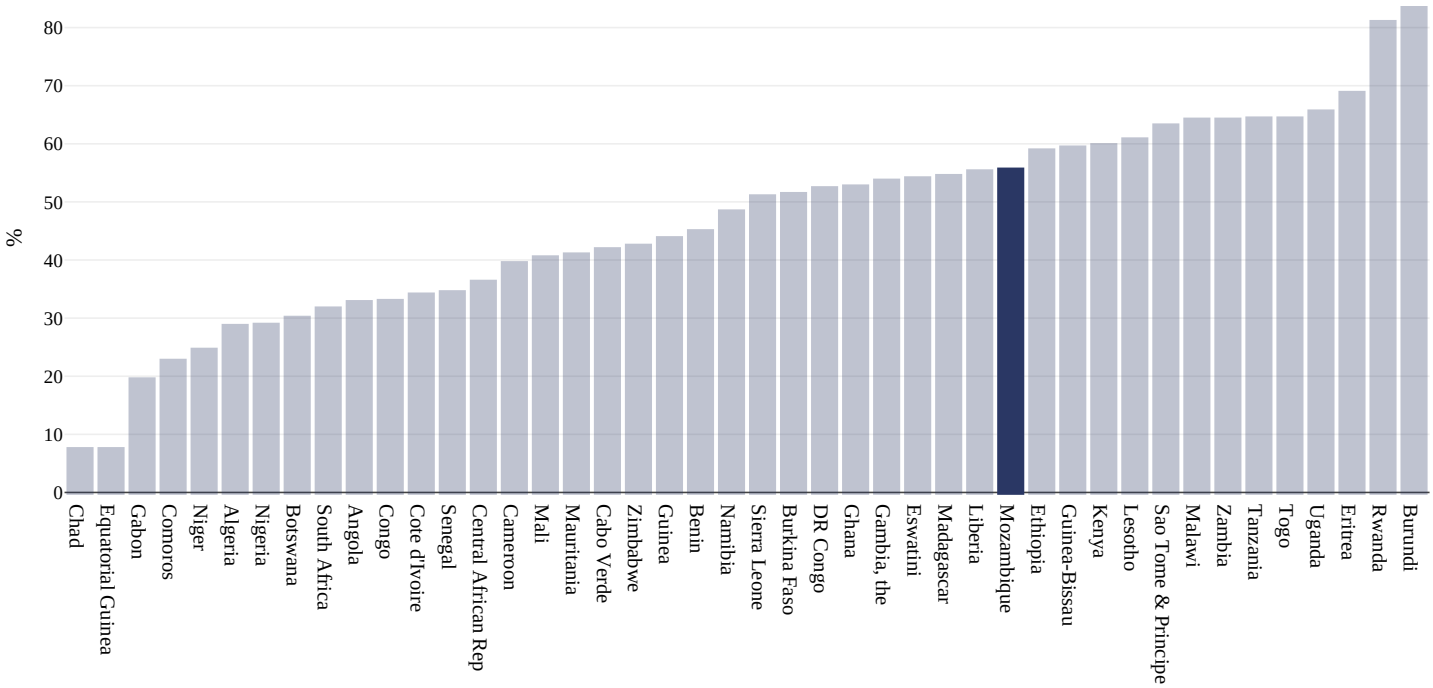
0-5 years, 2022-2023



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: https://data.unicef.org/topic/nutrition/malnutrition/ [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



Area covered:	National
References:	Inquérito Demográfico e de Saúde em Moçambique 2022–23
Notes:	Full details available at source: United Nations Children's Fund, Division of Data, Analysis, Planning and Monitoring (2025). Global UNICEF Global Databases: Infant and Young Child Feeding: Exclusive breastfeeding, New York, November 2025.
Definitions:	Infants 0-5 months of age who received only breast milk during the previous day. The definition allows for medicines, vitamins and oral re-hydration solution to have been given. These infants would not have received water-based liquids, milk based-liquids or food.

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