Nigeria



Country report card - children

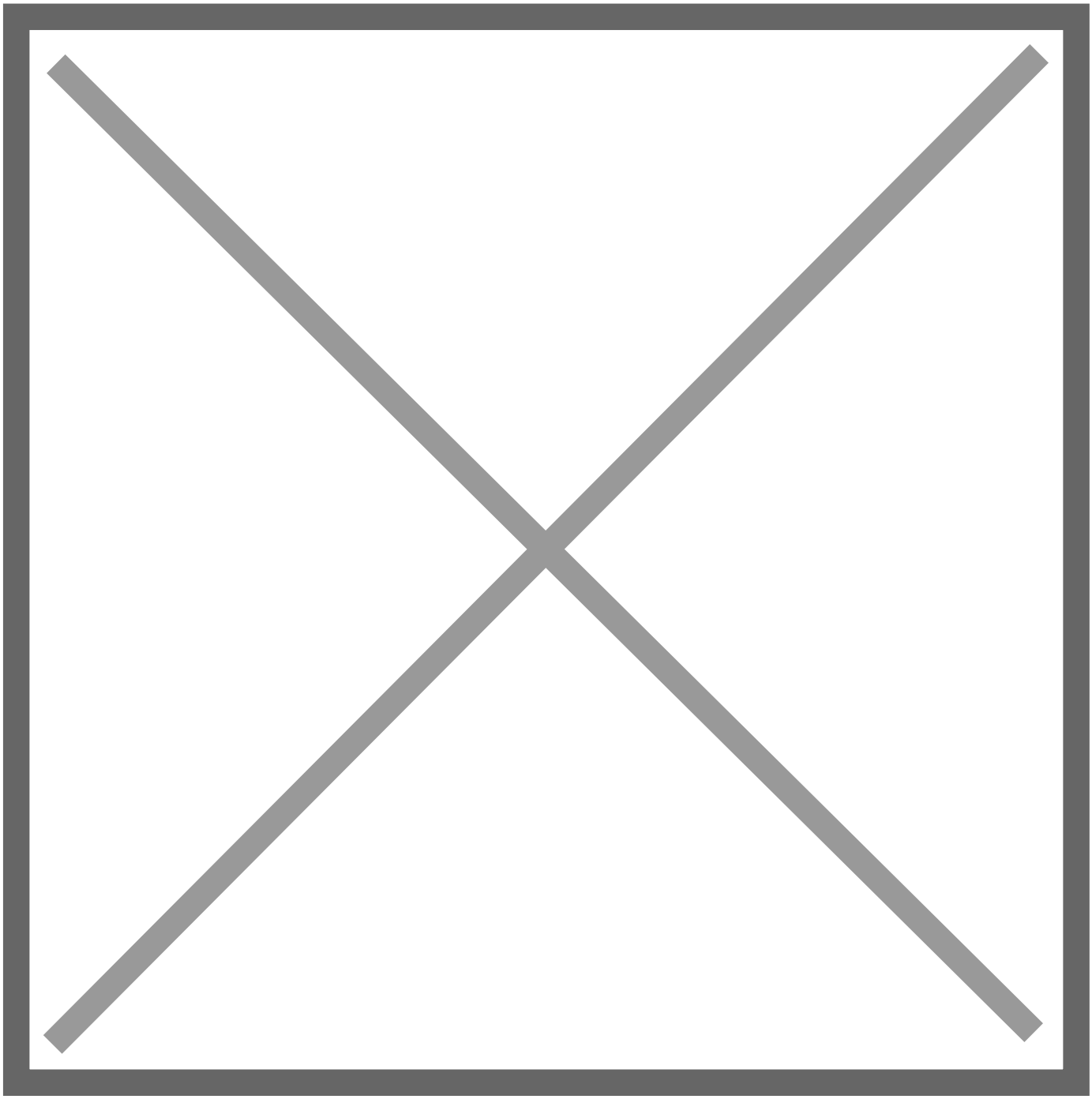
This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity for children, including adolescents (aged 5 to 18 years). Where available, data on common and relevant obesity drivers and comorbidities are also presented.

View the latest version of this report on the Global Obesity Observatory at https://data.worldobesity.org/country/nigeria-158/.

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Obesity prevalence

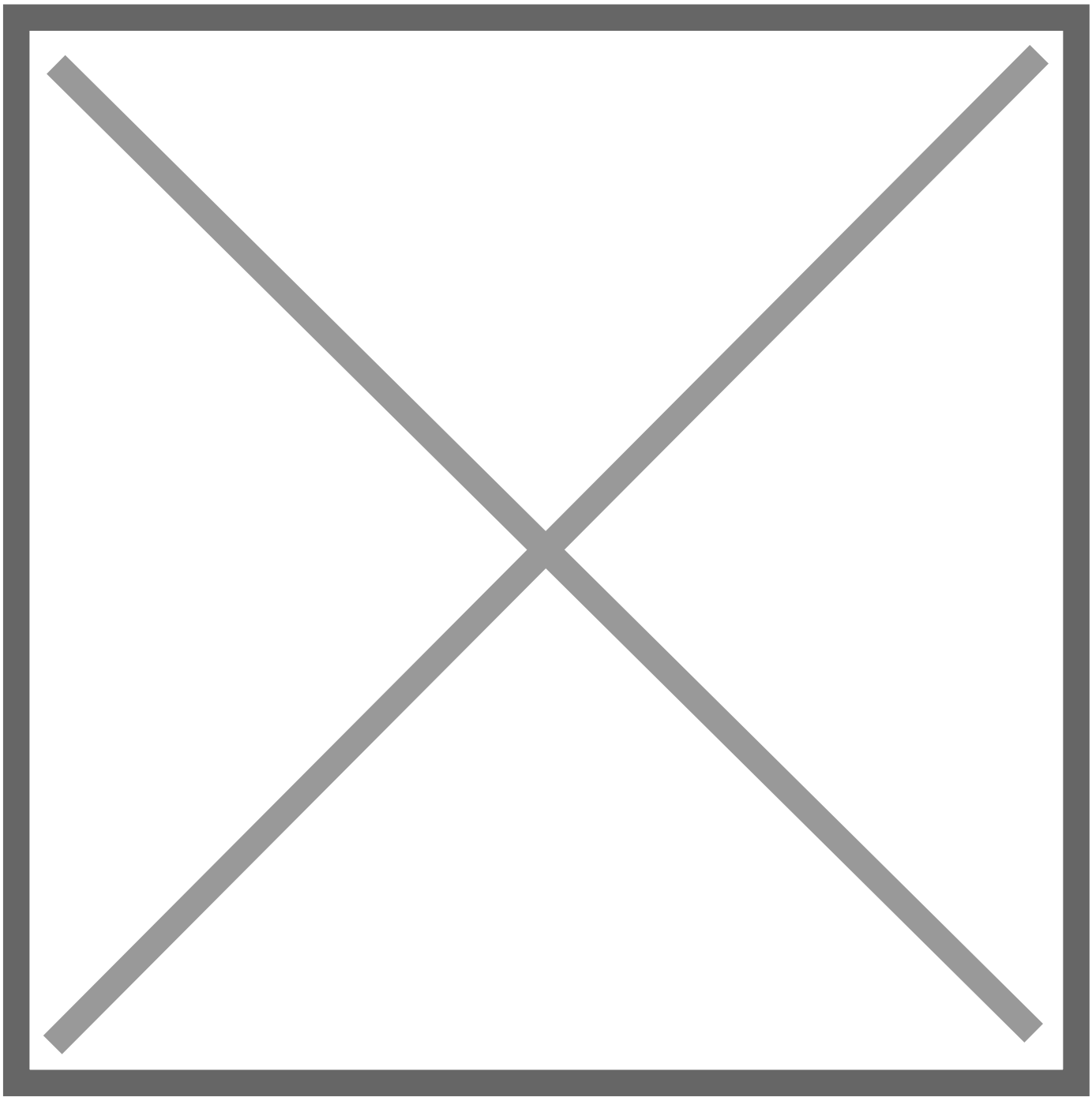
Children, 2025



Survey type:	Self-reported
Age:	13-17
Sample size:	3,686
Area covered:	National
References:	Global School-based Student Health Survey: Nigeria. 2025 Fact Sheet. https://www.who.int/publications/m/item/2025-gshs-fact-sheet-nigeria [Accessed 12.10.26]

Cutoffs:	WHO 2007

% Adolescents (15-19) living with overweight or obesity, 2013-2024

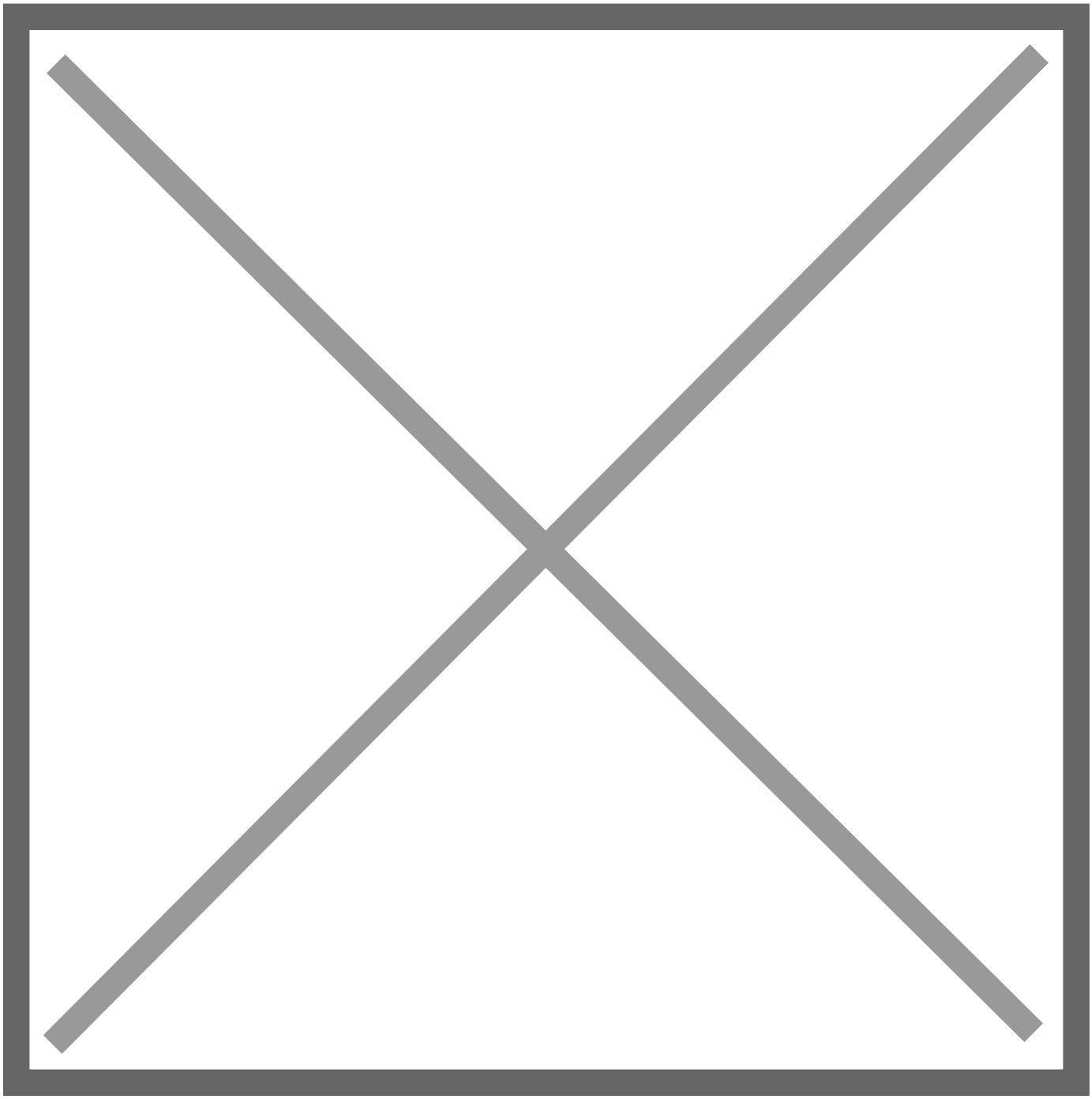


Survey type:	Measured
References:	2013: Benedict, Rukundo K., Allison Schmale, and Sorrel Namaste. 2018. Adolescent Nutrition 2000-2017: DHS Data on Adolescents Age 15-19. DHS Comparative Report No. 47. Rockville, Maryland, USA: ICF. National Population Commission - NPC/Nigeria and ICF International. 2014. Nigeria Demographic and Health Survey 2013. Abuja, Nigeria: NPC/Nigeria and ICF International. 2018: Adeomi, A.A. and Lawal, N.O.O. (2024). Overweight and obesity among female adolescents in Nigeria; an emerging, but under-reported epidemic. BMC Women's Health, [online] 24(1). https://doi.org/10.1186/s12905-024-03146-4 [Accessed 07.10.25] 2021: Federal Government of Nigeria (FGoN) and the International Institute of Tropical Agriculture (IITA). 2024. National Food Consumption and Micronutrient Survey 2021. Final Report. Abuja and Ibadan, Nigeria: FGoN and IITA. 550 pp. https://www.unicef.org/nigeria/reports/national-food-consumption-and-micronutrient-survey-2021 [Accessed 07.10.25] 2023: Federal Ministry of Health and Social Welfare of Nigeria (FMoHSW), National Population Commission (NPC) [Nigeria], and ICF. 2025. Nigeria Demographic and Health Survey 2024. Abuja, Nigeria, and Rockville, Maryland, USA: FMoHSW, NPC, and ICF.

Notes:	WHO 2007 cutoffs
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

Girls, 2023-2024

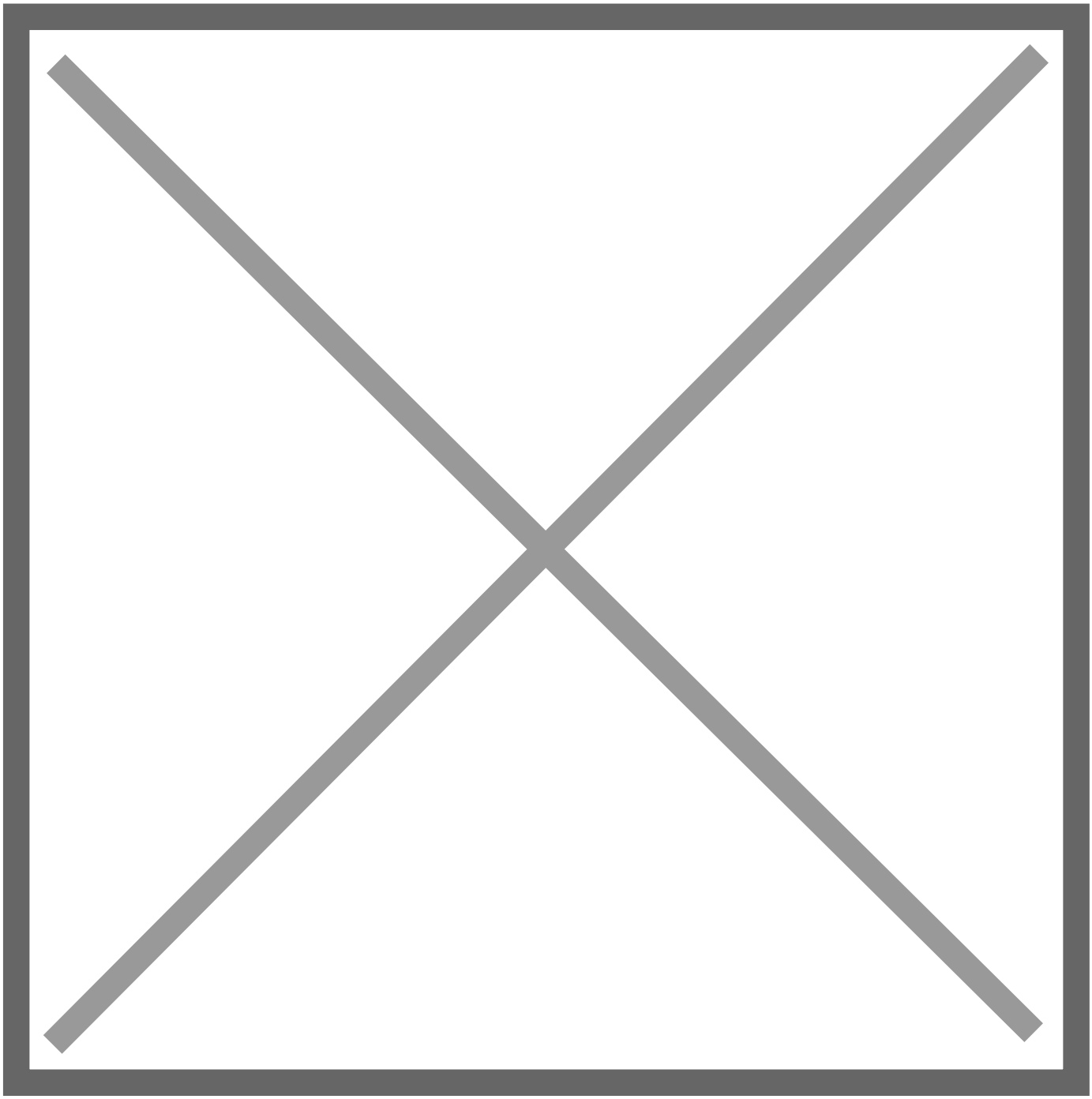


Survey type:	Measured
Age:	15-19
Sample size:	2,763
Area covered:	National
References:	Federal Ministry of Health and Social Welfare of Nigeria (FMoHSW), National Population Commission (NPC) [Nigeria], and ICF. 2025. Nigeria Demographic and Health Survey 2024. Abuja, Nigeria, and Rockville, Maryland, USA: FMoHSW, NPC, and ICF.

Cutoffs:	WHO 2007

Overweight/obesity by age

Girls, 2021

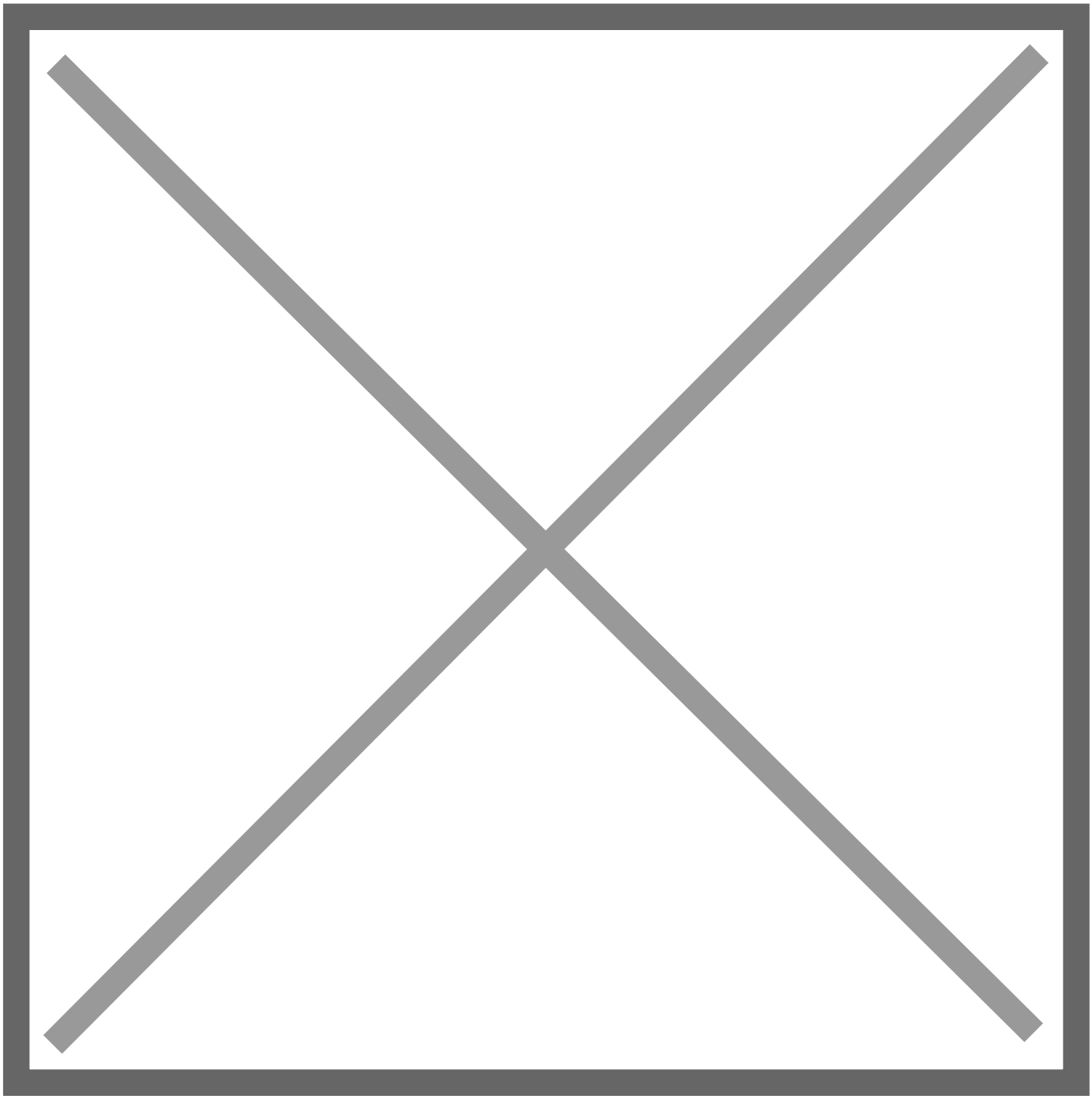


Survey type:	Measured
Sample size:	995
Area covered:	National
References:	Federal Government of Nigeria (FGoN) and the International Institute of Tropical Agriculture (IITA). 2024. National Food Consumption and Micronutrient Survey 2021. Final Report. Abuja and Ibadan, Nigeria: FGoN and IITA. 550 pp. https://www.unicef.org/nigeria/reports/national-food-consumption-and-micronutrient-survey-2021 [Accessed 07.10.25]

Cutoffs:	WHO 2007

Overweight/obesity by region

Girls, 2023-2024

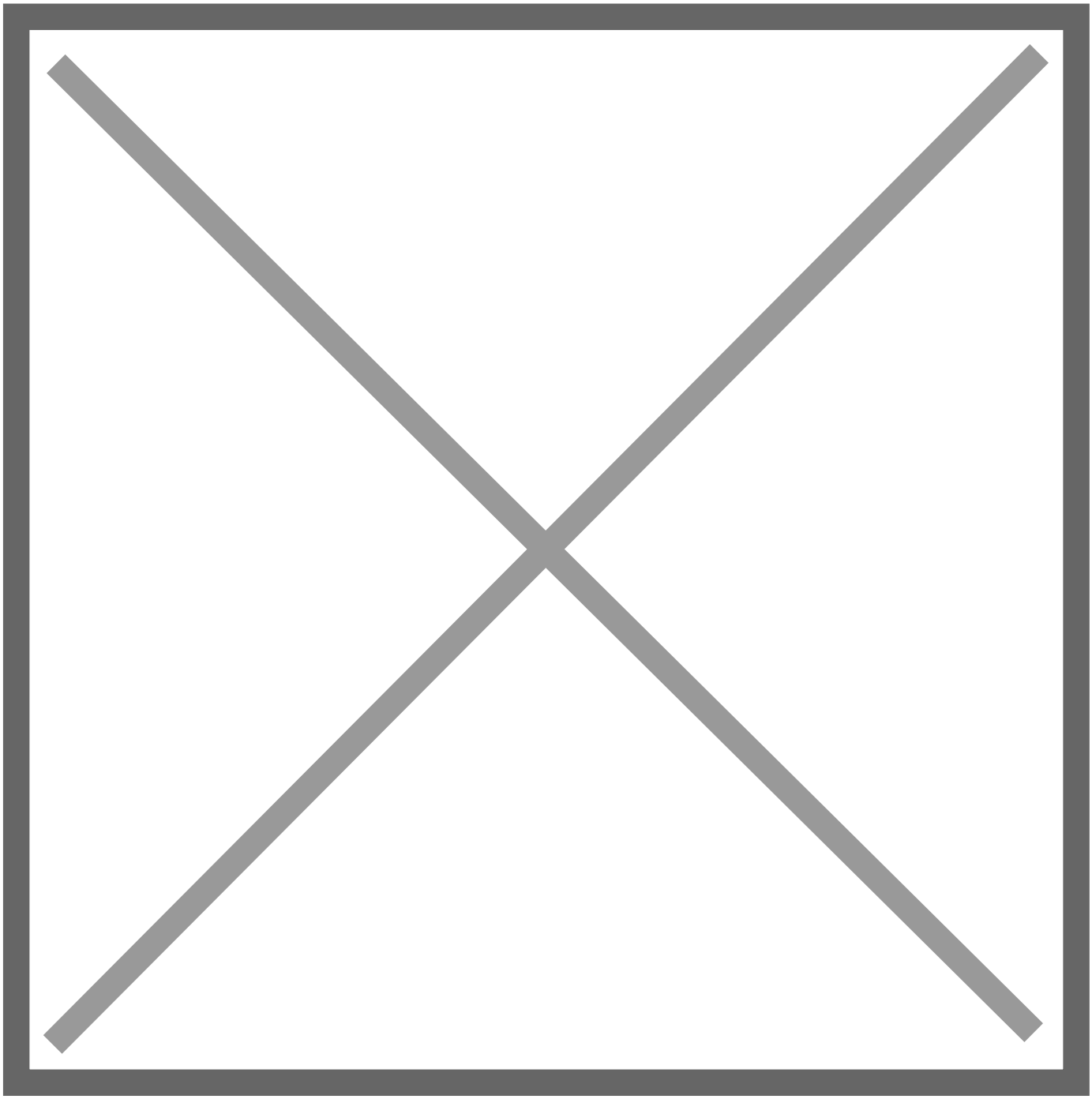


Survey type:	Measured
Age:	15-19
Sample size:	2,763
Area covered:	National
References:	Federal Ministry of Health and Social Welfare of Nigeria (FMoHSW), National Population Commission (NPC) [Nigeria], and ICF. 2025. Nigeria Demographic and Health Survey 2024. Abuja, Nigeria, and Rockville, Maryland, USA: FMoHSW, NPC, and ICF.

Cutoffs:	WHO 2007

Overweight/obesity by socio-economic group

Girls, 2023-2024



Survey type:	Measured
Age:	15-19
Sample size:	2,763
Area covered:	National
References:	Federal Ministry of Health and Social Welfare of Nigeria (FMoHSW), National Population Commission (NPC) [Nigeria], and ICF. 2025. Nigeria Demographic and Health Survey 2024. Abuja, Nigeria, and Rockville, Maryland, USA: FMoHSW, NPC, and ICF.

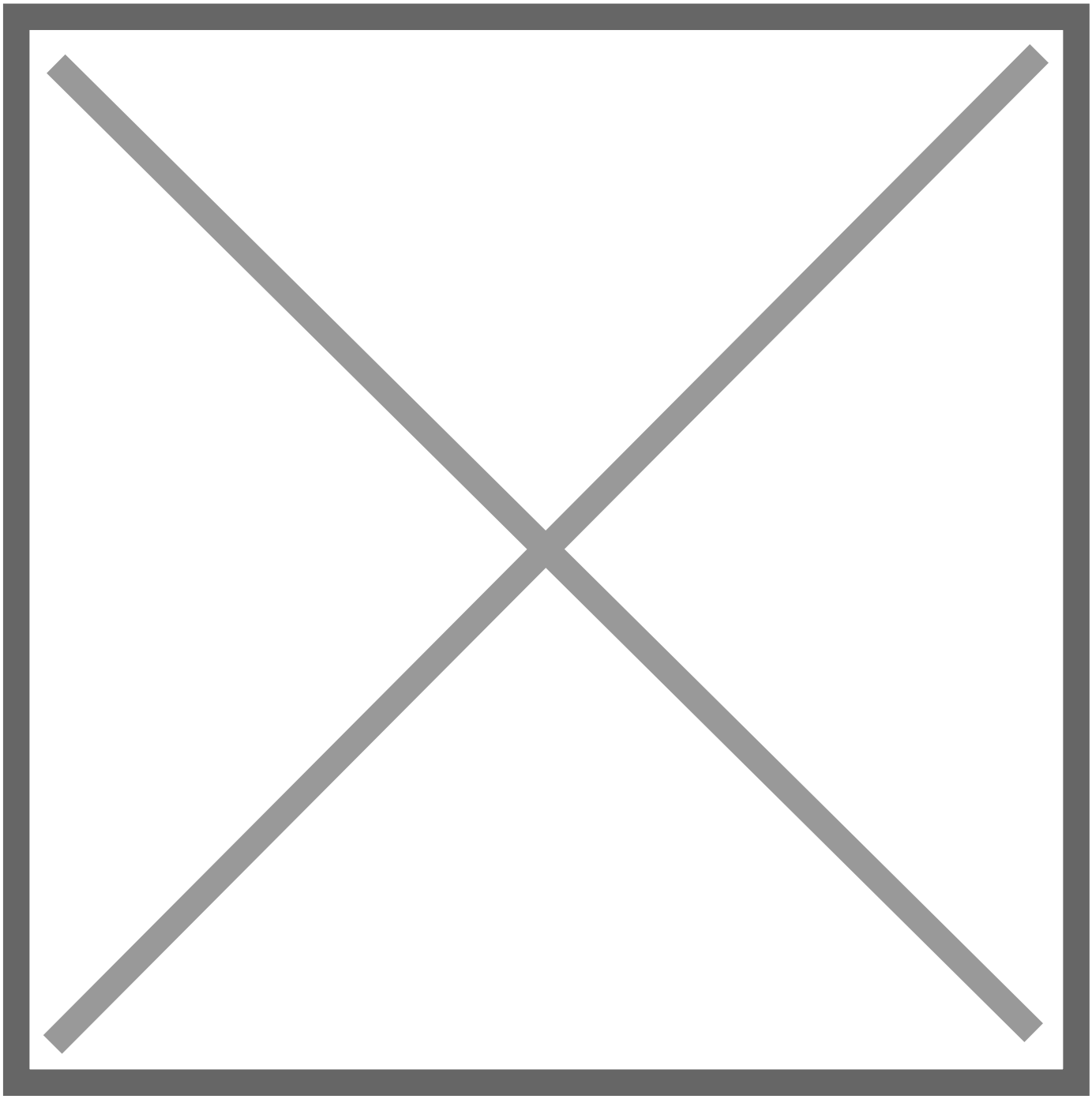
Cutoffs:	WHO 2007

Overweight/obesity by ethnicity

Ethnic groups are as defined by publication of origin and are not as defined by WOF. In some instances ethnicity is conflated with nationality and/or race.

Double burden of underweight & obesity

Children, 2022

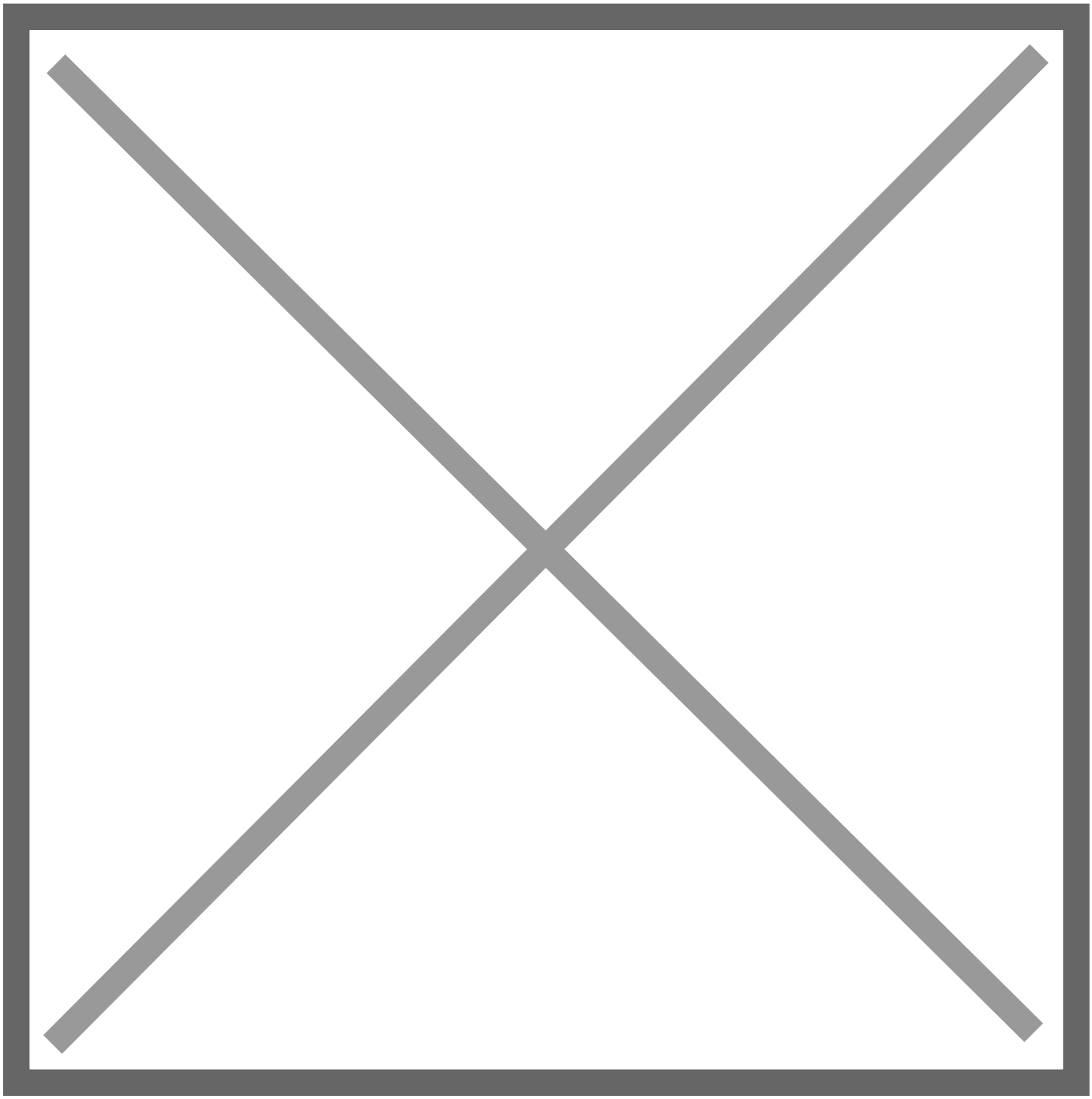


Survey type:	Measured
Age:	5-19
References:	NCD Risk Factor Collaboration (NCD-RisC). Worldwide trends in underweight and obesity from 1990 to 2022: a pooled analysis of 3663 population representative studies with 222 million children, adolescents, and adults. Lancet 2024; published online Feb 29. https://doi.org/10.1016/S0140-6736(23)02750-2.
Notes:	Age standardised estimates

Definitions:	Combined prevalence of BMI < -2SD and BMI > 2SD (double burden of thinness and obesity)
Cutoffs:	BMI < -2SD and BMI > 2SD

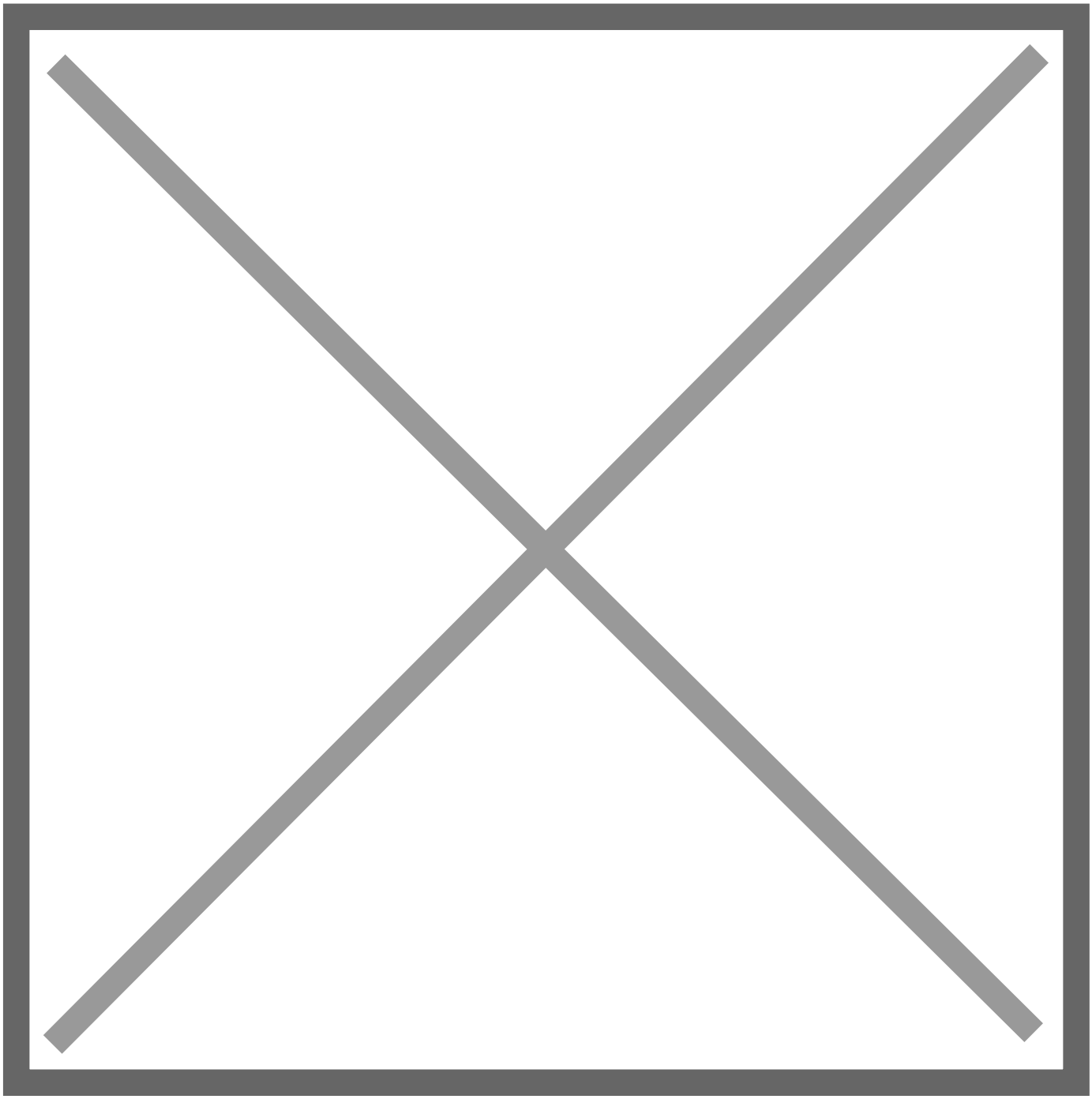
Mental health - depression disorders

Children, 2023



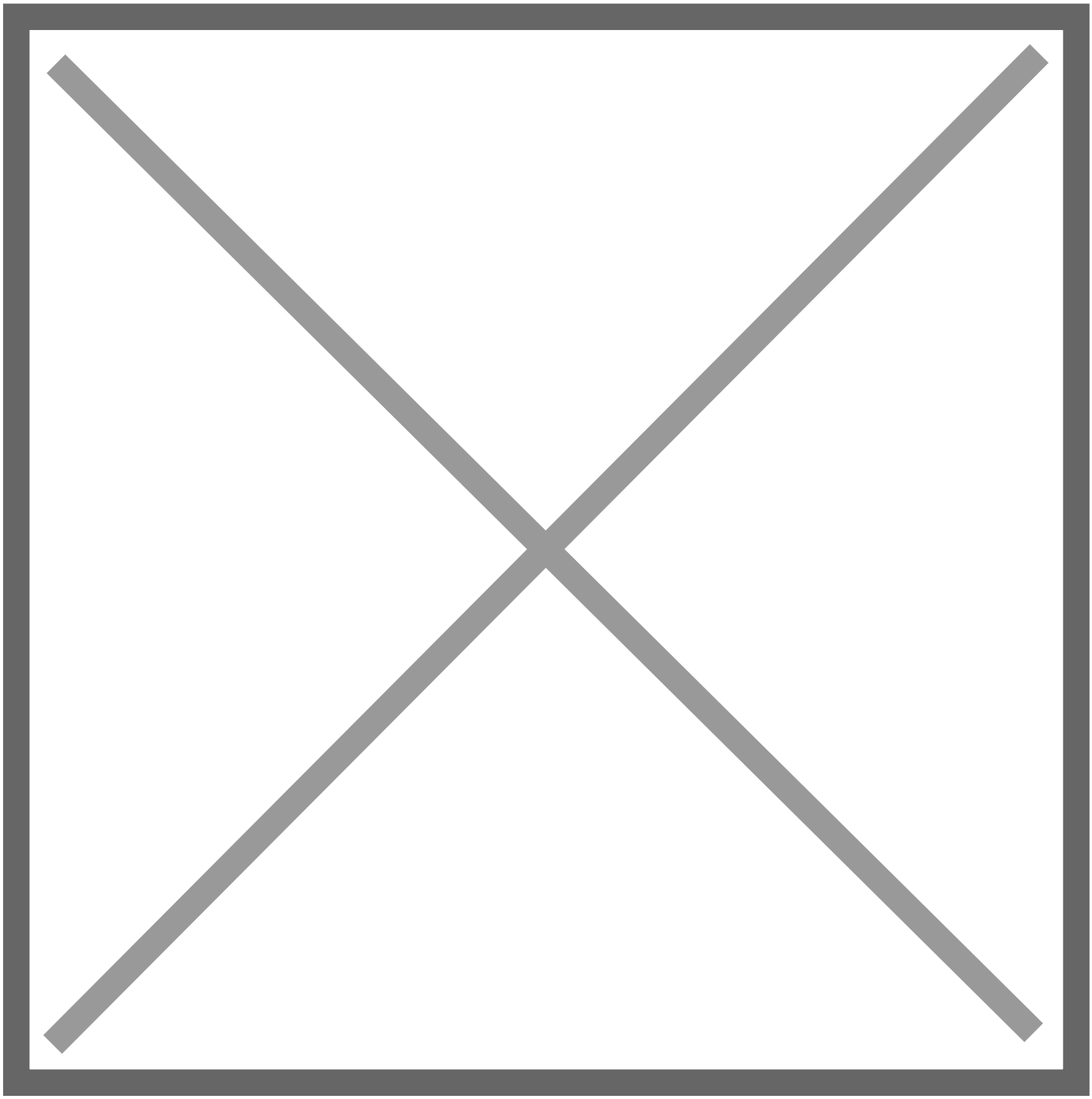
Area covered:	National
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from https://vizhub.healthdata.org/gbd-compare/ [Accessed 17.03.26]
Definitions:	Estimated number living with depressive disorders per 100,000 population (under 20 years of age)

Boys, 2023



Area covered:	National
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from https://vizhub.healthdata.org/gbd-compare/ [Accessed 17.03.26]
Definitions:	Estimated number living with depressive disorders per 100,000 population (under 20 years of age)

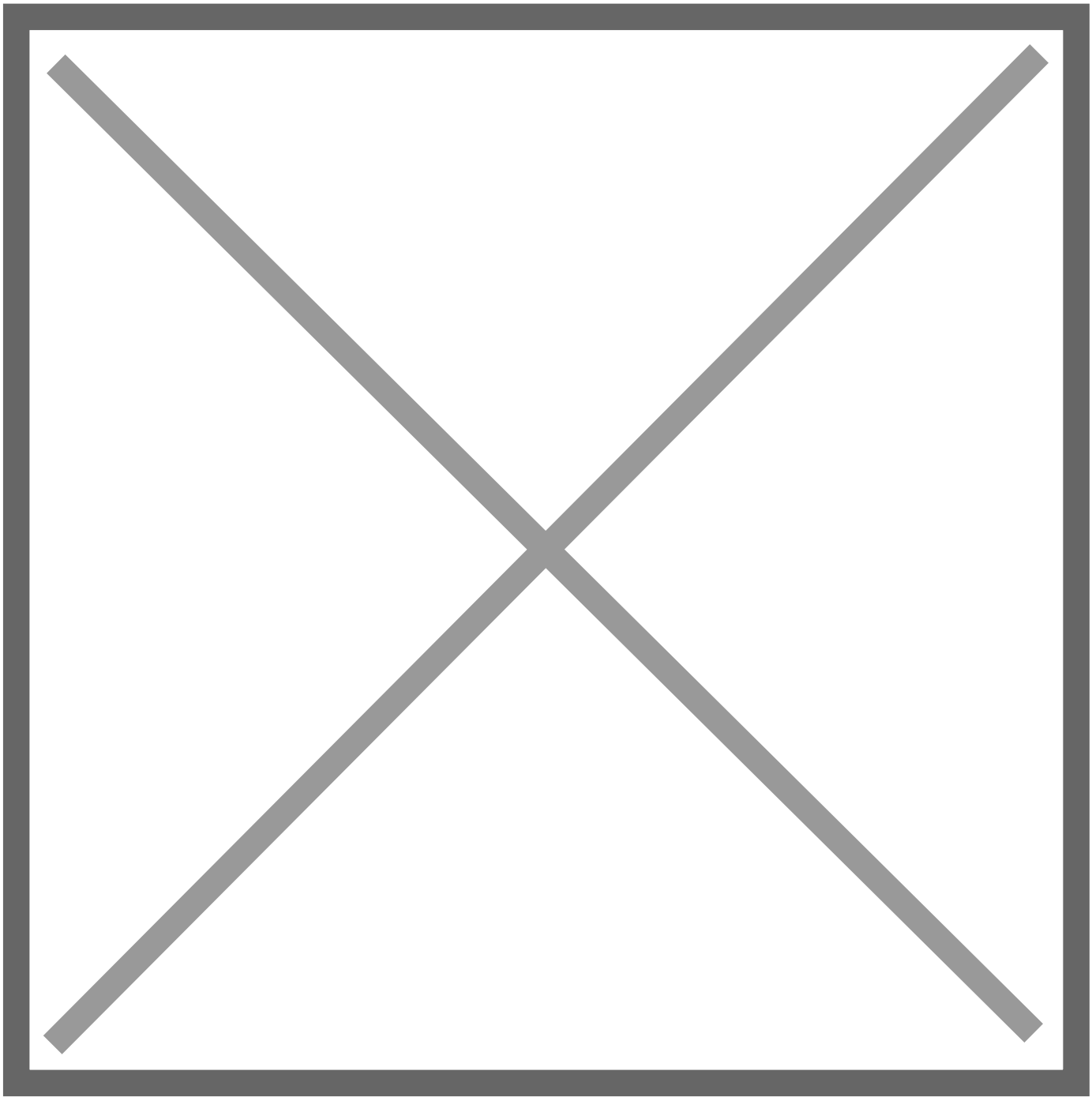
Girls, 2023



Area covered:	National
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from https://vizhub.healthdata.org/gbd-compare/ [Accessed 17.03.26]
Definitions:	Estimated number living with depressive disorders per 100,000 population (under 20 years of age)

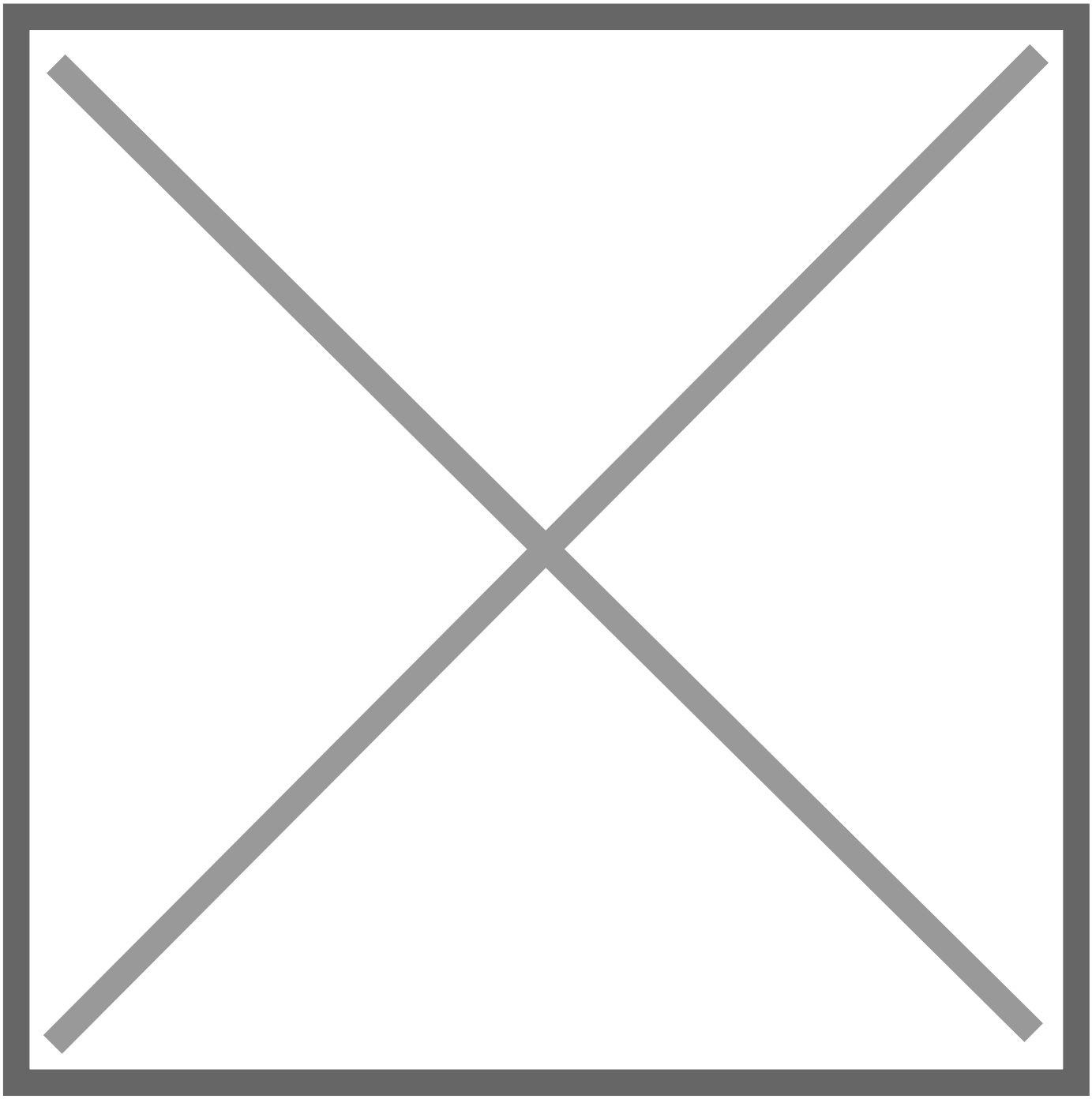
Mental health - anxiety disorders

Children, 2023



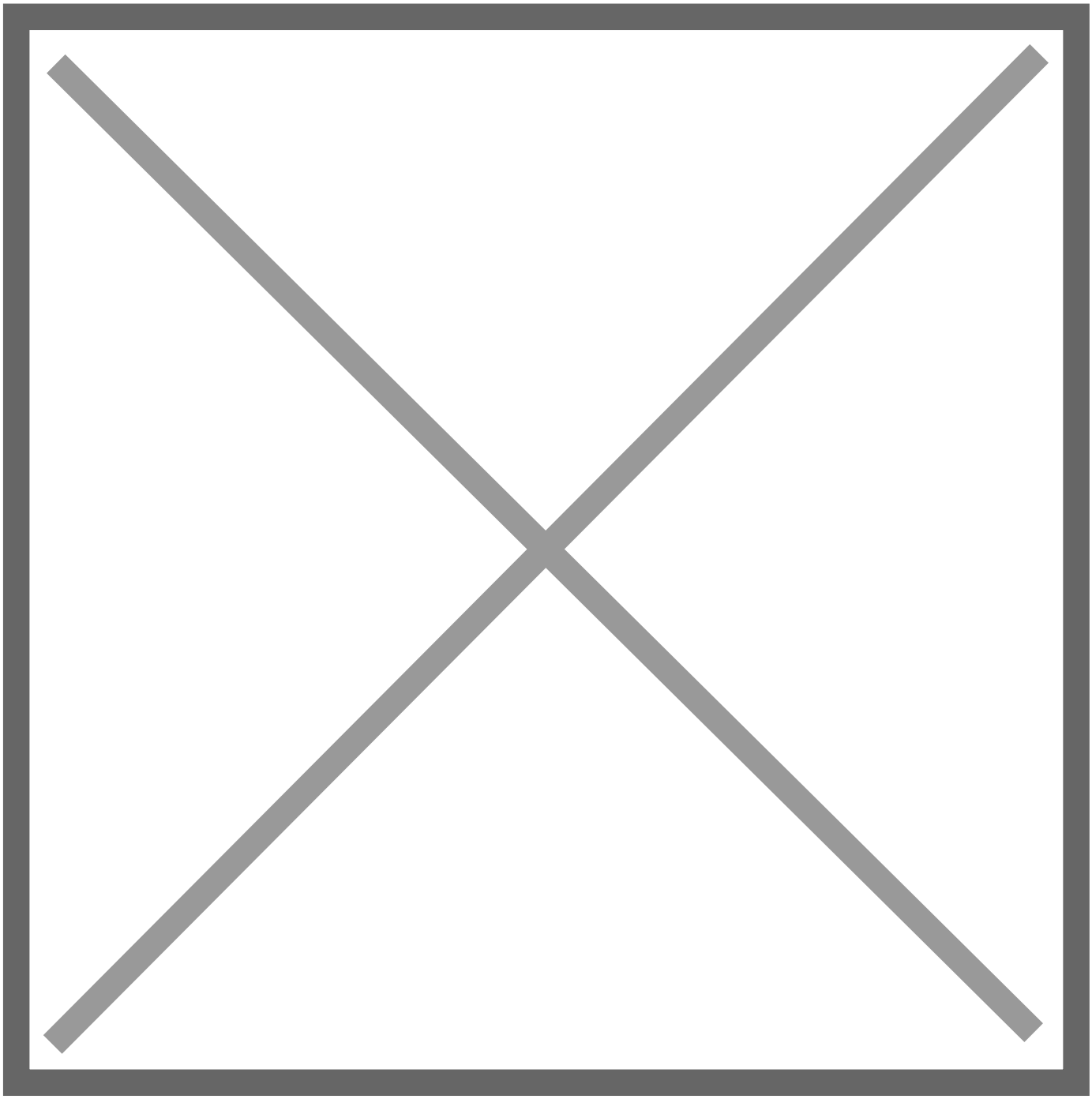
Area covered:	National
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from https://vizhub.healthdata.org/gbd-compare/ [Accessed 17.03.26]
Definitions:	Estimated number living with anxiety disorders per 100,000 population (under 20 years of age)

Boys, 2023



Area covered:	National
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from https://vizhub.healthdata.org/gbd-compare/ [Accessed 17.03.26]
Definitions:	Estimated number living with anxiety disorders per 100,000 population (under 20 years of age)

Girls, 2023



Area covered:	National
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from https://vizhub.healthdata.org/gbd-compare/ [Accessed 17.03.26]
Definitions:	Estimated number living with anxiety disorders per 100,000 population (under 20 years of age)

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