



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/>

Contents	Page
Obesity prevalence	3
Trend: % Adolescents (15-19) living with overweight or obesity, 2013-2024	4
Overweight/obesity by education	5
Overweight/obesity by age	6
Overweight/obesity by region	7
Overweight/obesity by socio-economic group	8
Overweight/obesity by ethnicity	9
Double burden of underweight & overweight	10
Mental health - depression disorders	11
Mental health - anxiety disorders	14

National obesity risk *7.5/10 This is a composite ??obesity risk?? score (out of 10, the highest risk) based on obesity prevalence, rate of increase, likelihood of meeting the 2025 target, treatment indicator and childhood stunting levels. **Childhood obesity risk *3/11** This is a ??risk score?? for each country??s likelihood of having or acquiring a major childhood obesity problem during the 2020s, taking account of current prevalence levels and risk for future obesity (based on stunting among infants, maternal obesity, maternal smoking, and breastfeeding rates).

* Based on estimated data. For more information see Publications

Obesity prevalence

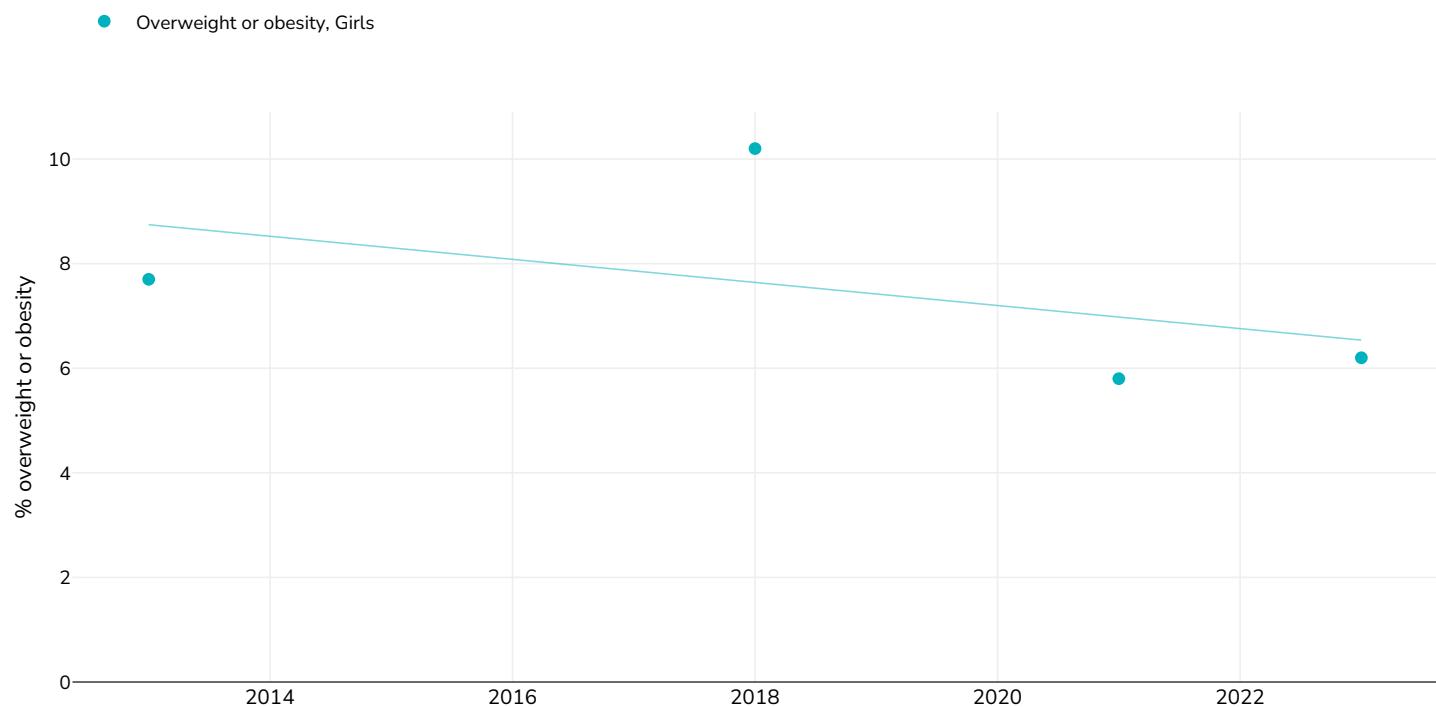
Girls, 2023-2024

■ Obesity ■ Overweight



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

% 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:

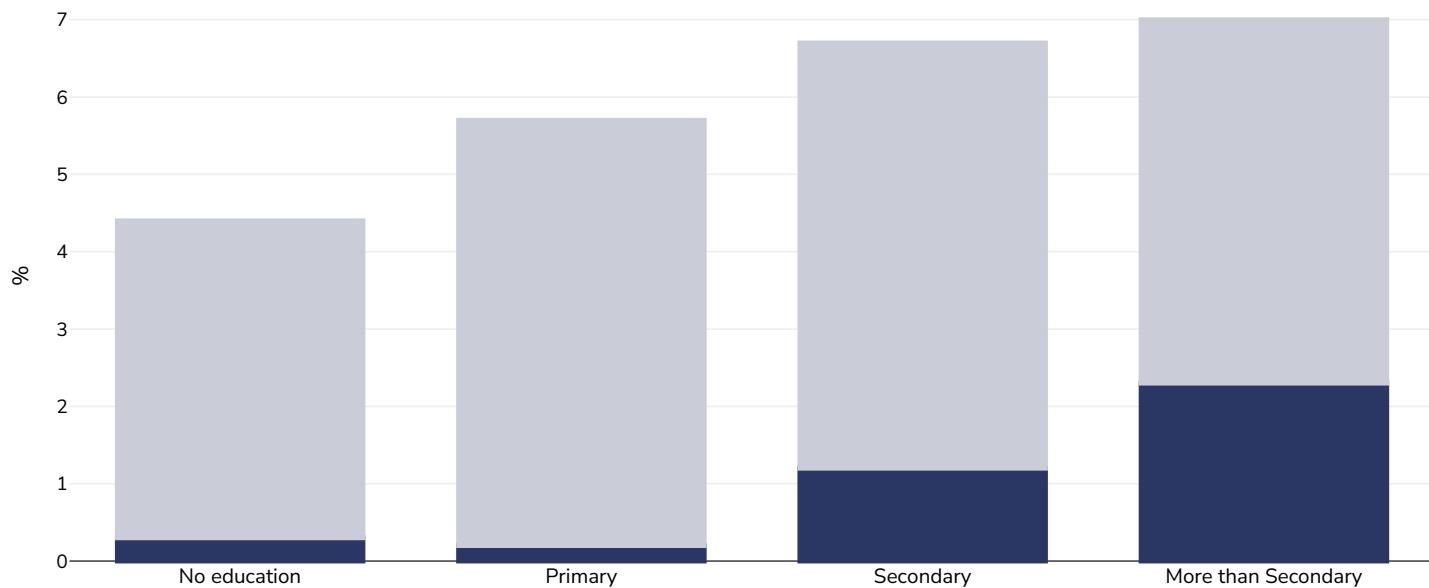
WHO 2007 cutoffs

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

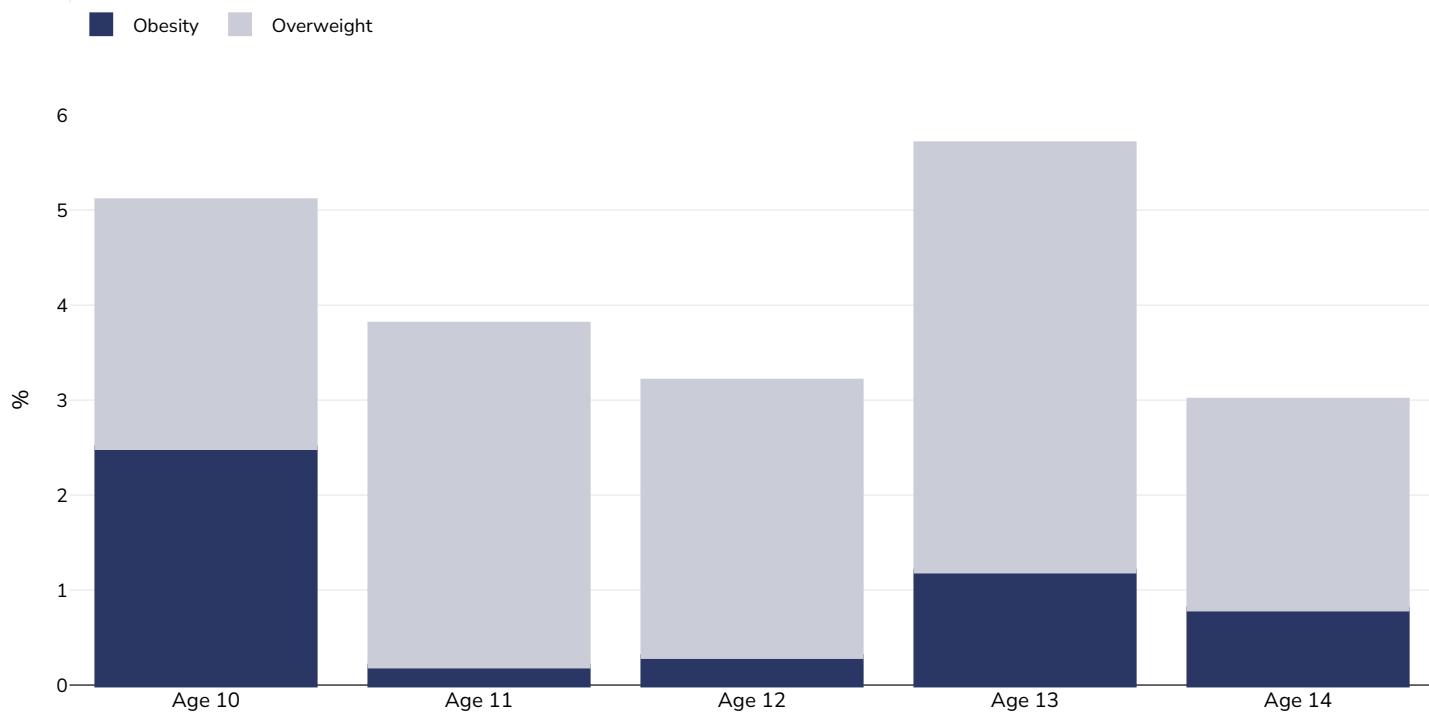
■ Obesity ■ Overweight



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

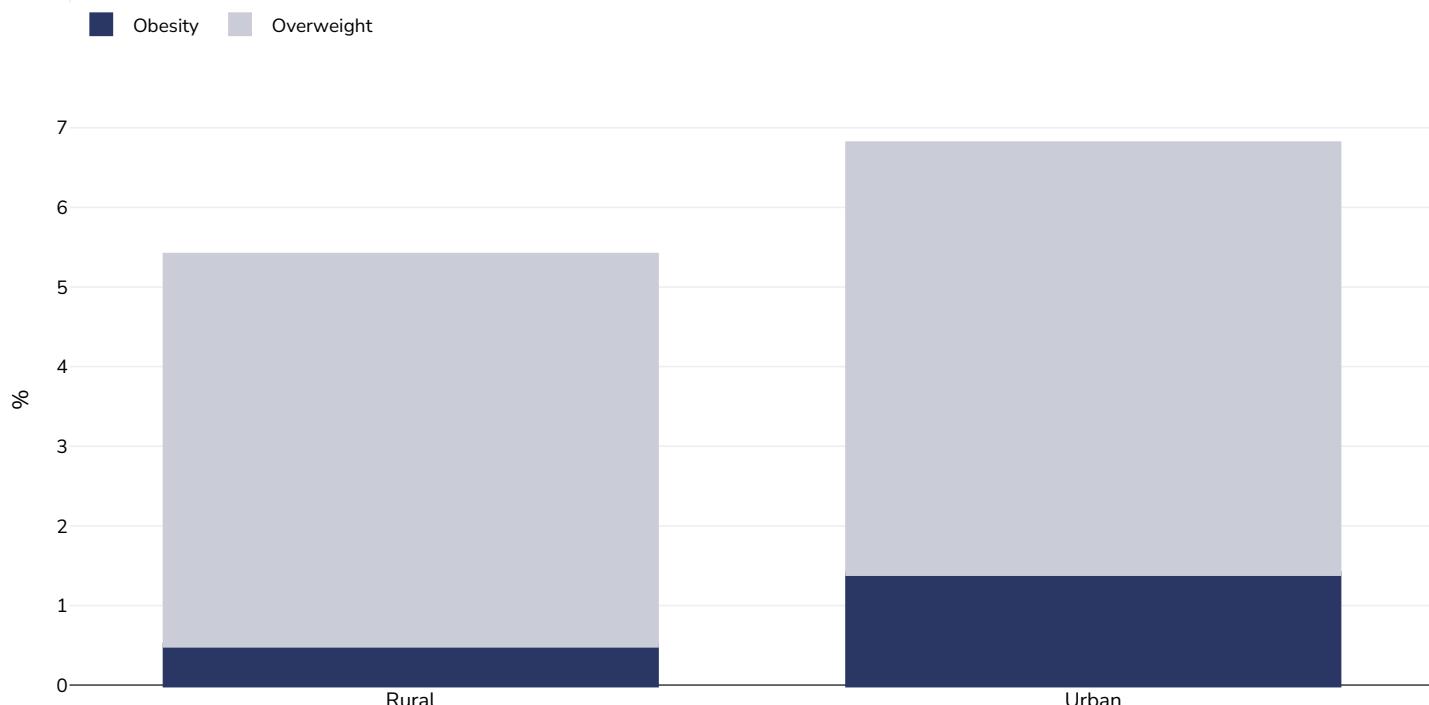
Girls, 2021



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

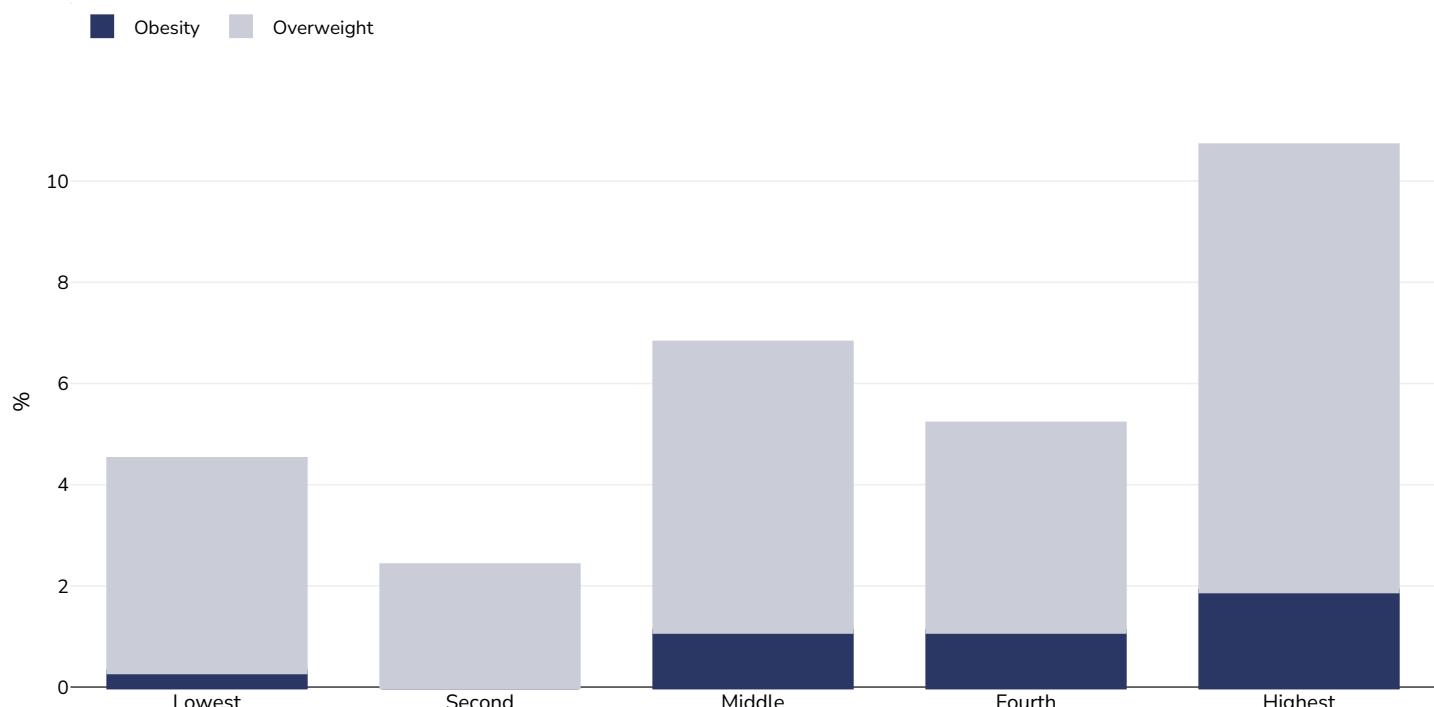
Girls, 2023-2024



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



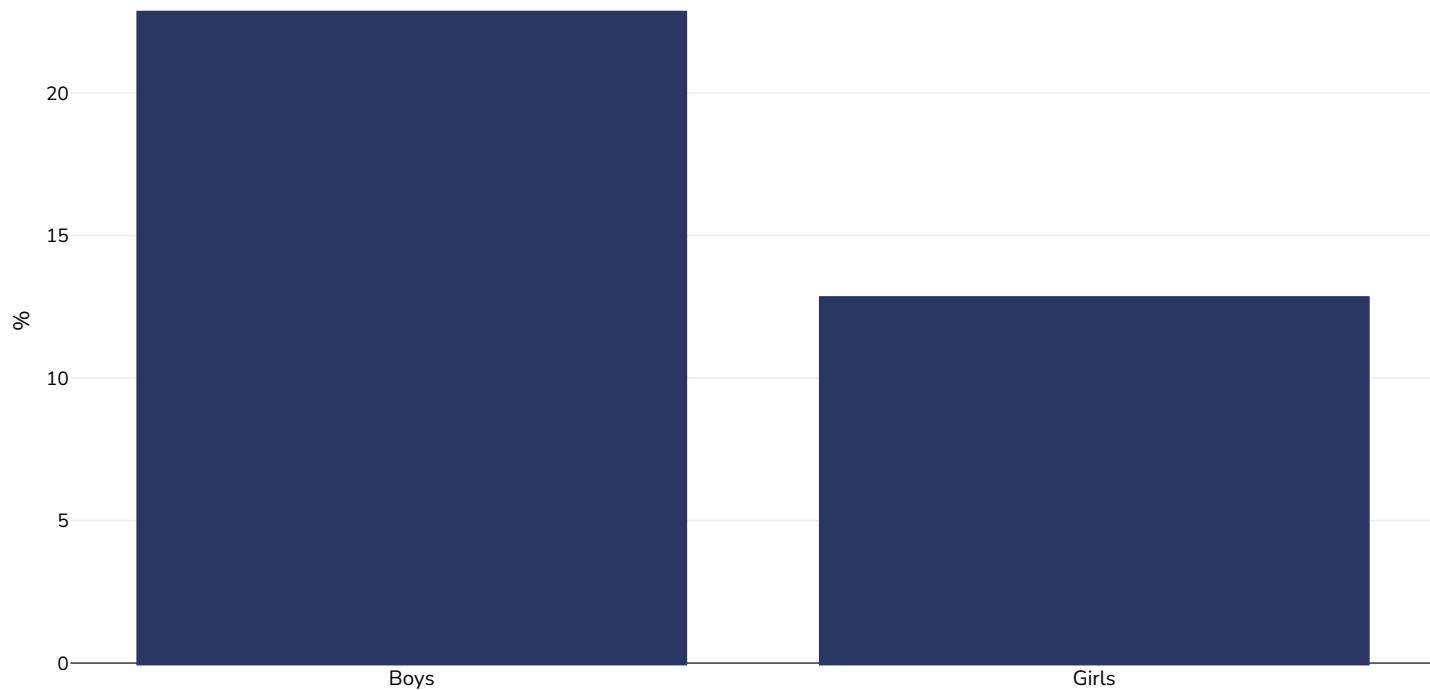
Survey type:	Measured
Age:	15-19
Sample size:	2,763
Area covered:	National
References:	Federal Ministry of Health and Social Welfare of Nigeria (FMoHSW), National Population Commission (NPC) [Nigeria], and ICF. 2025. Nigeria Demographic and Health Survey 2024. Abuja, Nigeria, and Rockville, Maryland,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

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](https://doi.org/10.1016/S0140-6736(23)02750-2).

Notes:

Age standardised estimates

Definitions:

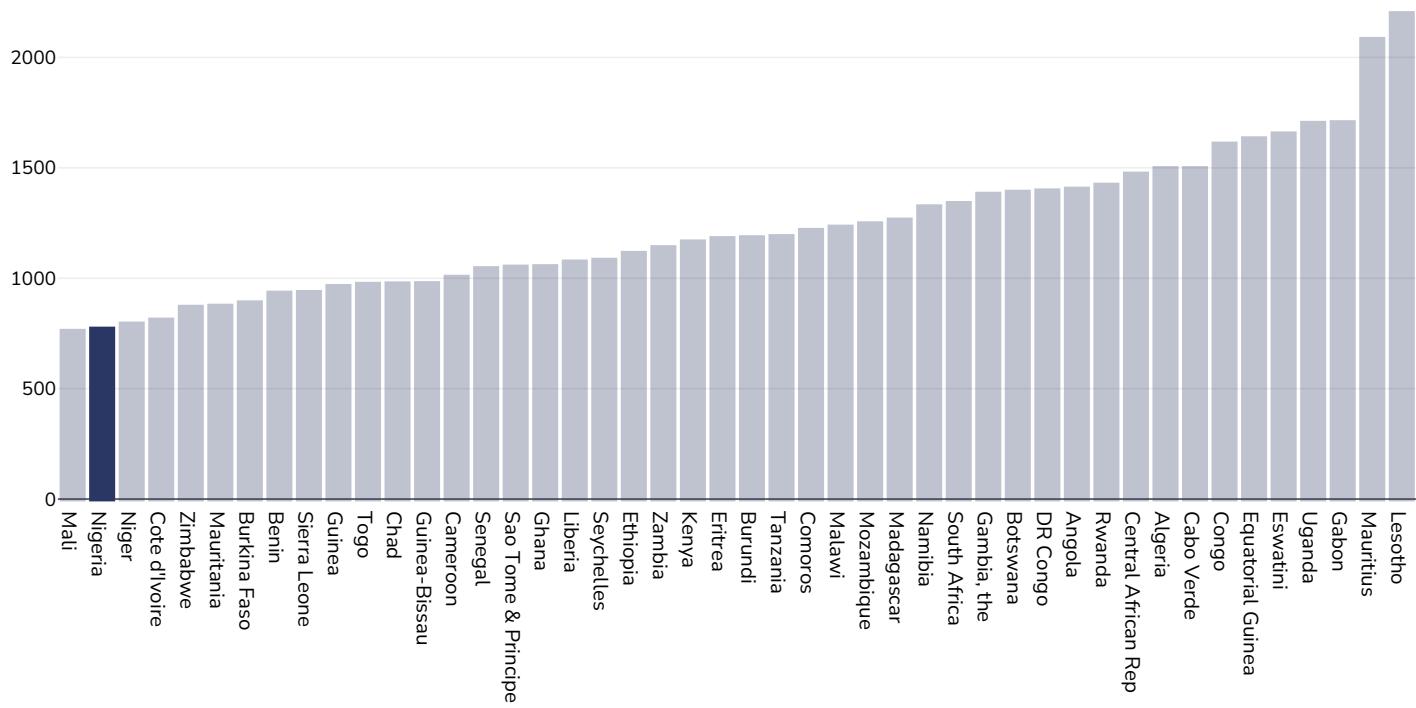
Combined prevalence of BMI < -2SD and BMI > 2SD (double burden of thinness and obesity)

Cutoffs:

BMI < -2SD and BMI > 2SD

Mental health - depression disorders

Children, 2021



Area covered:

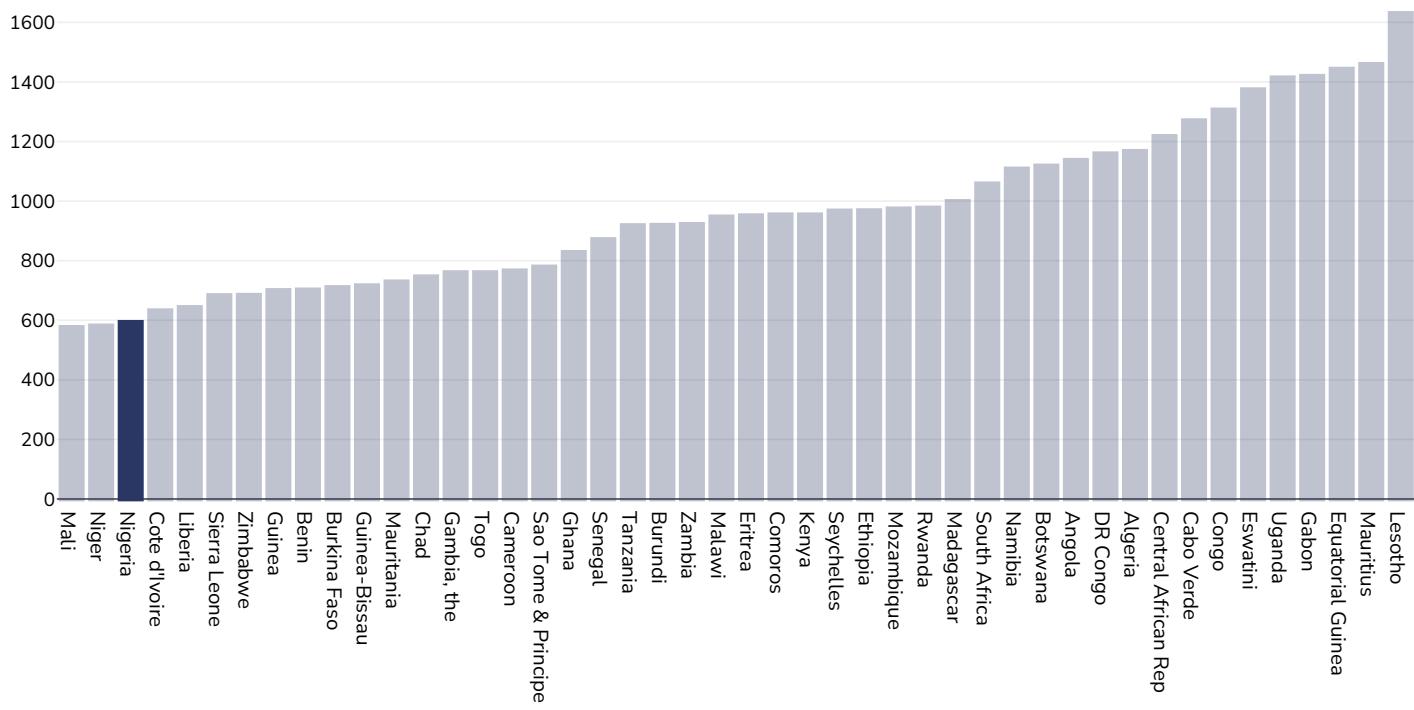
National

References:

Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

Definitions:

Number living with depressive disorder per 100,000 population (Under 20 years of age)

Boys, 2021

Area covered:

National

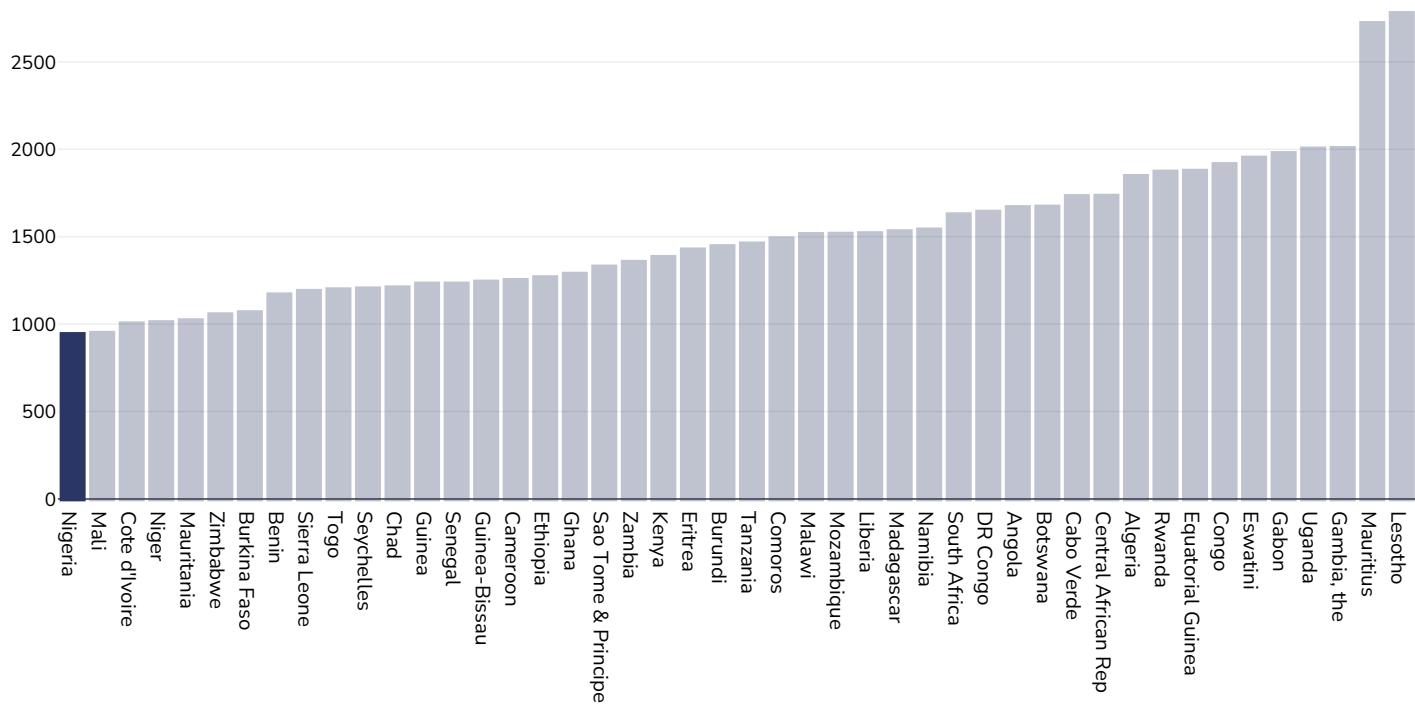
References:

 Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

Definitions:

Number living with depressive disorder per 100,000 population (Under 20 years of age)

Girls, 2021



Area covered:

National

References:

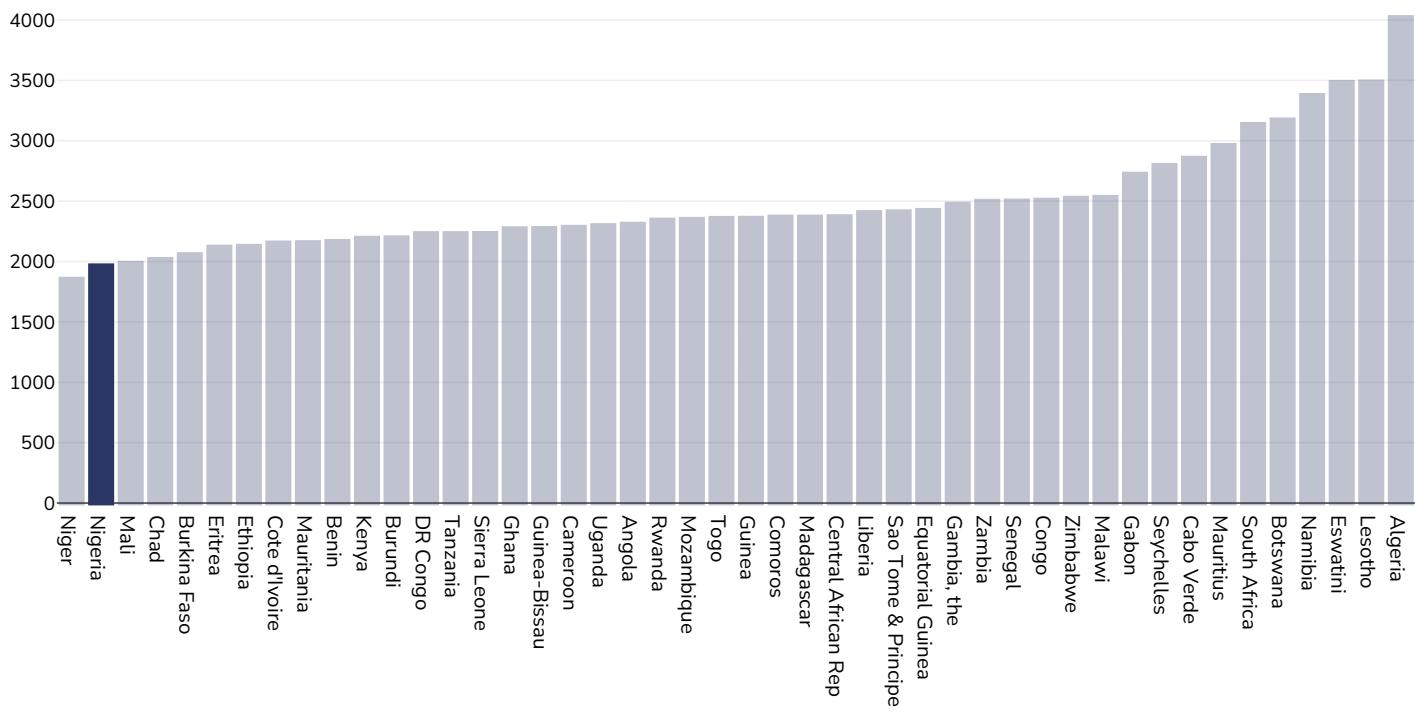
Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

Definitions:

Number living with depressive disorder per 100,000 population (Under 20 years of age)

Mental health - anxiety disorders

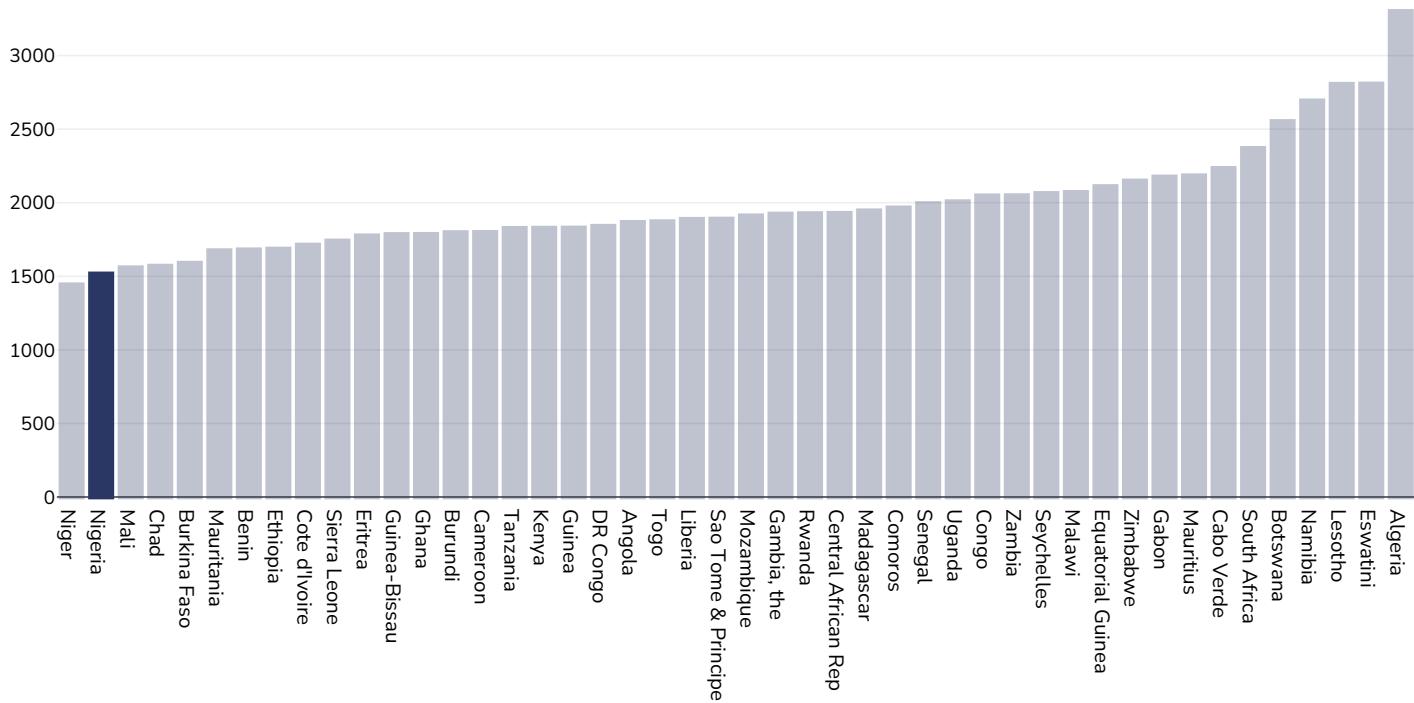
Children, 2021



References:

Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

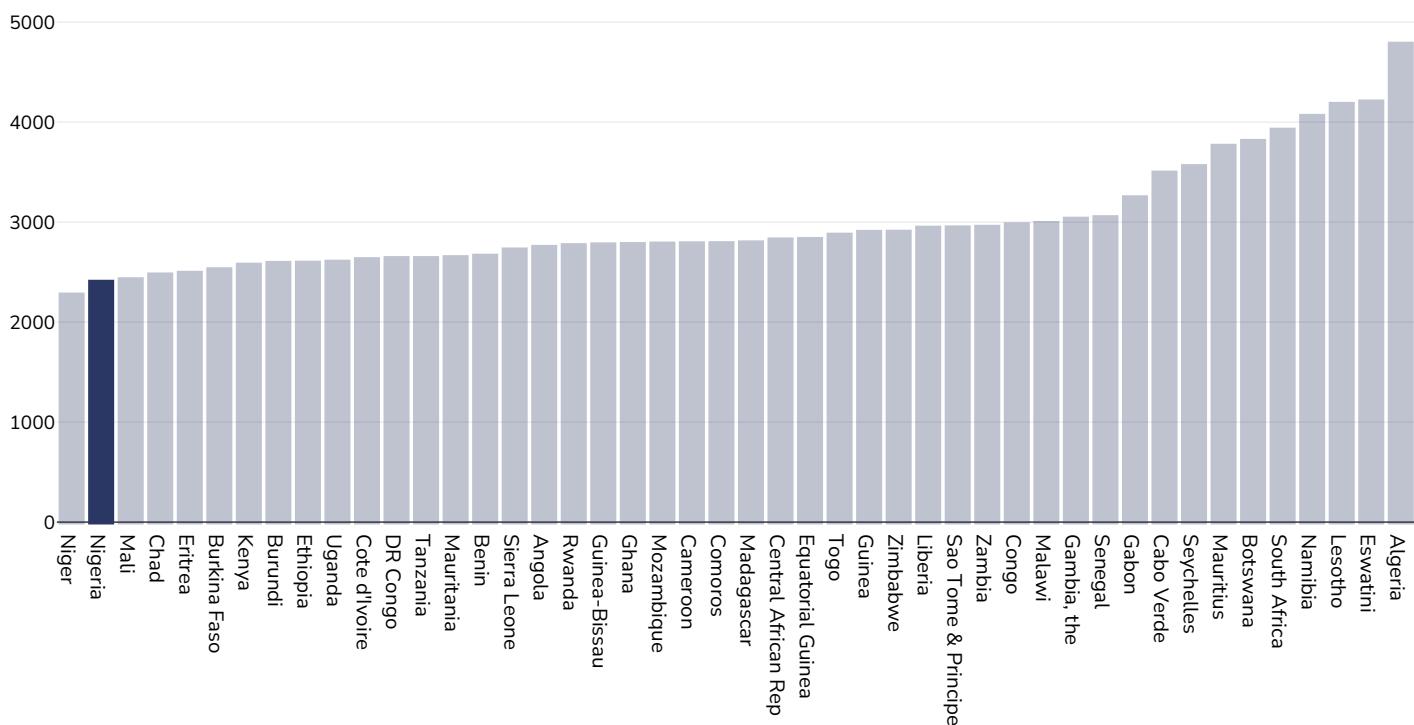
Boys, 2021



References:

Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

Girls, 2021



References:

Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

PDF created on January 16, 2026