Report card
Nigeria

Contents

<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Obesity prevalence</td>
<td>2</td>
</tr>
<tr>
<td>Trend: % Adults living with obesity, 2003-2018</td>
<td>4</td>
</tr>
<tr>
<td>Trend: % Adults living with overweight or obesity, 2003-2018</td>
<td>5</td>
</tr>
<tr>
<td>Overweight/obesity by education</td>
<td>6</td>
</tr>
<tr>
<td>Overweight/obesity by age</td>
<td>8</td>
</tr>
<tr>
<td>Overweight/obesity by region</td>
<td>9</td>
</tr>
<tr>
<td>Overweight/obesity by socio-economic group</td>
<td>11</td>
</tr>
<tr>
<td>Insufficient physical activity</td>
<td>13</td>
</tr>
<tr>
<td>Estimated per capita fruit intake</td>
<td>16</td>
</tr>
<tr>
<td>Estimated per-capita processed meat intake</td>
<td>17</td>
</tr>
<tr>
<td>Estimated per capita whole grains intake</td>
<td>18</td>
</tr>
<tr>
<td>Mental health - depression disorders</td>
<td>19</td>
</tr>
<tr>
<td>Mental health - anxiety disorders</td>
<td>20</td>
</tr>
<tr>
<td>% Infants exclusively breastfed 0-5 months</td>
<td>21</td>
</tr>
<tr>
<td>Oesophageal cancer</td>
<td>22</td>
</tr>
<tr>
<td>Breast cancer</td>
<td>24</td>
</tr>
<tr>
<td>Colorectal cancer</td>
<td>25</td>
</tr>
<tr>
<td>Pancreatic cancer</td>
<td>27</td>
</tr>
<tr>
<td>Gallbladder cancer</td>
<td>29</td>
</tr>
<tr>
<td>Kidney cancer</td>
<td>31</td>
</tr>
<tr>
<td>Cancer of the uterus</td>
<td>33</td>
</tr>
<tr>
<td>Raised blood pressure</td>
<td>34</td>
</tr>
<tr>
<td>Raised cholesterol</td>
<td>37</td>
</tr>
<tr>
<td>Raised fasting blood glucose</td>
<td>40</td>
</tr>
<tr>
<td>Diabetes prevalence</td>
<td>42</td>
</tr>
<tr>
<td>Contextual factors</td>
<td>43</td>
</tr>
</tbody>
</table>
## Obesity prevalence

### Women, 2018

<table>
<thead>
<tr>
<th>Survey type:</th>
<th>Measured</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age:</td>
<td>15-49</td>
</tr>
<tr>
<td>Sample size:</td>
<td>12728</td>
</tr>
<tr>
<td>Area covered:</td>
<td>National</td>
</tr>
</tbody>
</table>


**Notes:** Demographic Health Survey data includes ever married women aged 15-49 years only and may include males aged 15-59. Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
Girls, 2013

Overweight or obesity

Survey type: Measured
Age: 15-19
Sample size: 6039
Area covered: National


Definitions: BMI for age: between +1 SD and +2 SD is overweight and greater than +2 SD is obesity

Cutoffs: WHO 2007
% Adults living with obesity, 2003-2018

Survey type: Measured

References: For full details of references visit https://data.worldobesity.org/

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².

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.
% Adults living with overweight or obesity, 2003-2018

Survey type: Measured

References: For full details of references visit https://data.worldobesity.org/

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².

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

Women, 2018

Survey type: Measured
Age: 15-49
Sample size: 12728
Area covered: National
Notes: Demographic Health Survey data includes ever married women aged 15-49 years only and may include males aged 15-59.

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
Girls, 2013

Survey type: Measured

Age: 15-19

Sample size: 6041

Area covered: National

References:

Definitions:
BMI for age: between +1 SD and +2 SD is overweight and greater than +2 SD is obesity

Cutoffs:
WHO 2007
Overweight/obesity by age

Women, 2018

Survey type: Measured
Sample size: 12728
Area covered: National
Notes: Demographic Health Survey data includes ever married women aged 15-49 years only and may include males aged 15-59.

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m². obesity refers to a BMI greater than 30kg/m².
Overweight/obesity by region

Women, 2018

Survey type: Measured
Age: 15-49
Sample size: 12728
Area covered: National


Notes: Demographic Health Survey data includes ever married women aged 15-49 years only and may include males aged 15-59.

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
Girls, 2013

Survey type: Measured
Age: 15-19
Sample size: 6039
Area covered: National
Definitions: BMI for age: between +1 SD and +2 SD is overweight and greater than +2 SD is obesity
Cutoffs: WHO 2007
Overweight/obesity by socio-economic group

Women, 2018

Survey type: Measured
Age: 15-49
Sample size: 12728
Area covered: National


Notes: Demographic Health Survey data includes ever married women aged 15-49 years only and may include males aged 15-59.

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
Girls, 2013

Survey type: Measured
Age: 15-19
Sample size: 6039
Area covered: National

References:

Definitions: BMI for age: between +1 SD and +2 SD is overweight and greater than +2 SD is obesity

Cutoffs: WHO 2007
Insufficient physical activity

Adults, 2016

Men, 2016

Women, 2016

Estimated per capita fruit intake

Adults, 2017

Survey type: Measured
Age: 25+
References: Global Burden of Disease, the Institute for Health Metrics and Evaluation http://ghdx.healthdata.org/
Definitions: Estimated per-capita fruit intake (g/day)
Estimated per-capita processed meat intake

Adults, 2017

Survey type: Measured
Age: 25+
References: Global Burden of Disease, the Institute for Health Metrics and Evaluation [http://ghdx.healthdata.org/]
Definitions: Estimated per-capita processed meat intake (g per day)
Estimated per capita whole grains intake

Adults, 2017

Survey type: Measured
Age: 25+
References: Global Burden of Disease, the Institute for Health Metrics and Evaluation [http://ghdx.healthdata.org/]
Definitions: Estimated per-capita whole grains intake (g/day)
Mental health - depression disorders

Adults, 2015


Definitions: % of population with depression disorders
Mental health - anxiety disorders

Adults, 2015


Definitions: % of population with anxiety disorders
% Infants exclusively breastfed 0-5 months

Children, 2005-2020

Area covered:
National

References:
Nigeria Demographic and Health Survey 2018. Abuja, Nigeria, and Rockville, Maryland, USA: NPC and ICF. 2019

Notes:

Definitions:
% exclusively breastfed 0-5 months
Oesophageal cancer

Men, 2020

Age: 20+

Area covered: National


Definitions: Age-standardized incidence rates per 100,000
**Women, 2020**

**Incidence per 100,000**

**Age:** 20+

**Area covered:** National


**Definitions:** Age-standardized incidence rates per 100,000
Breast cancer

Women, 2020

Incidence per 100,000

Age: 20+

Area covered: National


Definitions: Age-standardized incidence rates per 100 000
Colorectal cancer

Men, 2020

Age: 20+

Area covered: National


Definitions: Age-standardized incidence rates per 100 000
Age: 20+

Area covered: National


Definitions: Age-standardized incidence rates per 100,000
Pancreatic cancer

Men, 2020

Incidence per 100,000

Age: 20+

Area covered: National


Definitions: Age-standardized incidence rates per 100 000
Women, 2020

Incidence per 100,000

Age: 20+

Area covered: National


Definitions: Age-standardized incidence rates per 100,000
Gallbladder cancer

Men, 2020

Age:

20+

Area covered:

National


Definitions: Age-standardized incidence rates per 100,000
**Women, 2020**

- **Incidence per 100,000**
  - **Age:** 20+
  - **Area covered:** National

**References:**

**Definitions:**
Age-standardized incidence rates per 100 000
Kidney cancer

Men, 2020

Incidence per 100,000

Age: 20+

Area covered: National


Definitions: Age-standardized incidence rates per 100,000
Women, 2020

Age: 20+

Area covered: National


Definitions: Age-standardized incidence rates per 100,000
Cancer of the uterus

Women, 2020

Incidence per 100,000

Age: 20+

Area covered: National


Definitions: Age-standardized incidence rates per 100 000
Raised blood pressure

Adults, 2015

% raised blood pressure

References:

Definitions:
Age Standardised estimated % Raised blood pressure 2015 (SBP>=140 OR DBP>=90).
Men, 2015


Definitions: Age Standardised estimated % Raised blood pressure 2015 (SBP>=140 OR DBP>=90).

Definitions: Age Standardised estimated % Raised blood pressure 2015 (SBP>=140 OR DBP>=90).
Raised cholesterol

Adults, 2008


Definitions: % Raised total cholesterol (>= 5.0 mmol/L) (age-standardized estimate).
Men, 2008

References:

Definitions:
% Raised total cholesterol (>= 5.0 mmol/L) (age-standardized estimate).
Women, 2008


Definitions: % Raised total cholesterol (>= 5.0 mmol/L) (age-standardized estimate).
Raised fasting blood glucose

Men, 2014


Definitions: Age Standardised % raised fasting blood glucose (>= 7.0 mmol/L or on medication).

Definitions: Age Standardised % raised fasting blood glucose (>= 7.0 mmol/L or on medication).
Diabetes prevalence

Adults, 2021

Age: 20-79
Area covered: National


Definitions: Age-adjusted comparative prevalence of diabetes, %
Contextual factors

Disclaimer: These contextual factors should be interpreted with care. Results are updated as regularly as possible and use very specific criteria. The criteria used and full definitions are available for download at the bottom of this page.

### Labelling

<table>
<thead>
<tr>
<th>Question</th>
<th>Answer</th>
</tr>
</thead>
<tbody>
<tr>
<td>Is there mandatory nutrition labelling?</td>
<td>☒</td>
</tr>
<tr>
<td>Front-of-package labelling?</td>
<td>☒</td>
</tr>
<tr>
<td>Back-of-pack nutrition declaration?</td>
<td>✔</td>
</tr>
<tr>
<td>Color coding?</td>
<td>☒</td>
</tr>
<tr>
<td>Warning label?</td>
<td>☒</td>
</tr>
</tbody>
</table>
## Regulation and marketing

<table>
<thead>
<tr>
<th>Question</th>
<th>Result</th>
</tr>
</thead>
<tbody>
<tr>
<td>Are there fiscal policies on unhealthy products?</td>
<td>✓</td>
</tr>
<tr>
<td>Tax on unhealthy foods?</td>
<td>✗</td>
</tr>
<tr>
<td>Tax on unhealthy drinks?</td>
<td>✓</td>
</tr>
<tr>
<td>Are there fiscal policies on healthy products?</td>
<td>✗</td>
</tr>
<tr>
<td>Subsidy on fruits?</td>
<td>✗</td>
</tr>
<tr>
<td>Subsidy on vegetables?</td>
<td>✗</td>
</tr>
<tr>
<td>Subsidy on other healthy products?</td>
<td>✗</td>
</tr>
<tr>
<td>Mandatory limit or ban of trans fat (all settings)?</td>
<td>✓</td>
</tr>
<tr>
<td>Mandatory limit of trans fats in place (all settings)?</td>
<td>✓</td>
</tr>
<tr>
<td>Ban on trans-fats or phos in place (all settings)?</td>
<td>✗</td>
</tr>
<tr>
<td>Are there any mandatory policies/marketing restrictions on the promotion of unhealthy food/drinks to children?</td>
<td>✗</td>
</tr>
<tr>
<td>Mandatory restriction on broadcast media?</td>
<td>✗</td>
</tr>
<tr>
<td>Mandatory restriction on non-broadcast media?</td>
<td>✗</td>
</tr>
<tr>
<td>Voluntary policies/marketing restrictions on the promotion of unhealthy food/drinks to children?</td>
<td>✗</td>
</tr>
<tr>
<td>Are there mandatory standards for food in schools?</td>
<td>✗</td>
</tr>
<tr>
<td>Are there any mandatory nutrient limits in any manufactured food products?</td>
<td>✓</td>
</tr>
<tr>
<td>Nutrition standards for public sector procurement?</td>
<td>✗</td>
</tr>
</tbody>
</table>
### Political will and support

<table>
<thead>
<tr>
<th>Policy Area</th>
<th>Status</th>
</tr>
</thead>
<tbody>
<tr>
<td>National obesity strategy or nutrition and physical activity national strategy?</td>
<td>Absent</td>
</tr>
<tr>
<td>National obesity strategy?</td>
<td>Absent</td>
</tr>
<tr>
<td>National childhood obesity strategy?</td>
<td>Absent</td>
</tr>
<tr>
<td>Comprehensive nutrition strategy?</td>
<td>Absent</td>
</tr>
<tr>
<td>Comprehensive physical activity strategy?</td>
<td>Absent</td>
</tr>
<tr>
<td>Evidence-based dietary guidelines and/or RDAs?</td>
<td>Present</td>
</tr>
<tr>
<td>National target(s) on reducing obesity?</td>
<td>Present</td>
</tr>
<tr>
<td>Guidelines/policy on obesity treatment?</td>
<td>Absent</td>
</tr>
<tr>
<td>Promotion of breastfeeding?</td>
<td>Absent</td>
</tr>
</tbody>
</table>

### Monitoring and surveillance

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Status</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monitoring of the prevalence and incidence for the main obesity-related NCDs and risk factors?</td>
<td>Present</td>
</tr>
<tr>
<td>Within 5 years?</td>
<td>Present</td>
</tr>
</tbody>
</table>

### Governance and resource

<table>
<thead>
<tr>
<th>Governance and resource</th>
<th>Status</th>
</tr>
</thead>
<tbody>
<tr>
<td>Multi-sectoral national co-ordination mechanism for obesity or nutrition (including obesity)?</td>
<td>Unknown</td>
</tr>
</tbody>
</table>

### Key

- **Present**
- **Present (voluntary)**
- **Incoming**
- **Absent**
- **Unknown**

Last updated September 13, 2022