



# Sierra Leone



## Country report card - children

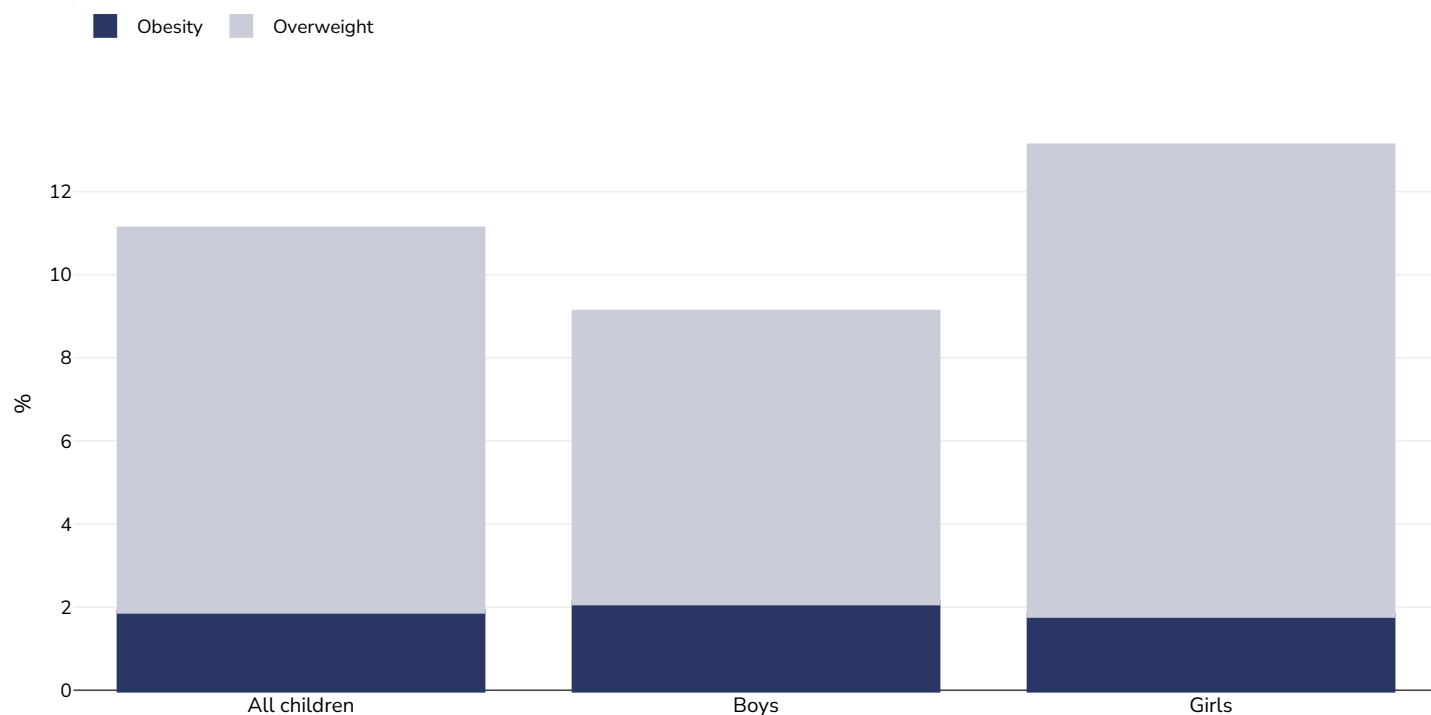
*This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity for children, including adolescents (aged 5 to 18 years). Where available, data on common and relevant obesity drivers and comorbidities are also presented.*

*View the latest version of this report on the Global Obesity Observatory at <https://data.worldobesity.org/country/sierra-leone-191/>.*

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## Obesity prevalence

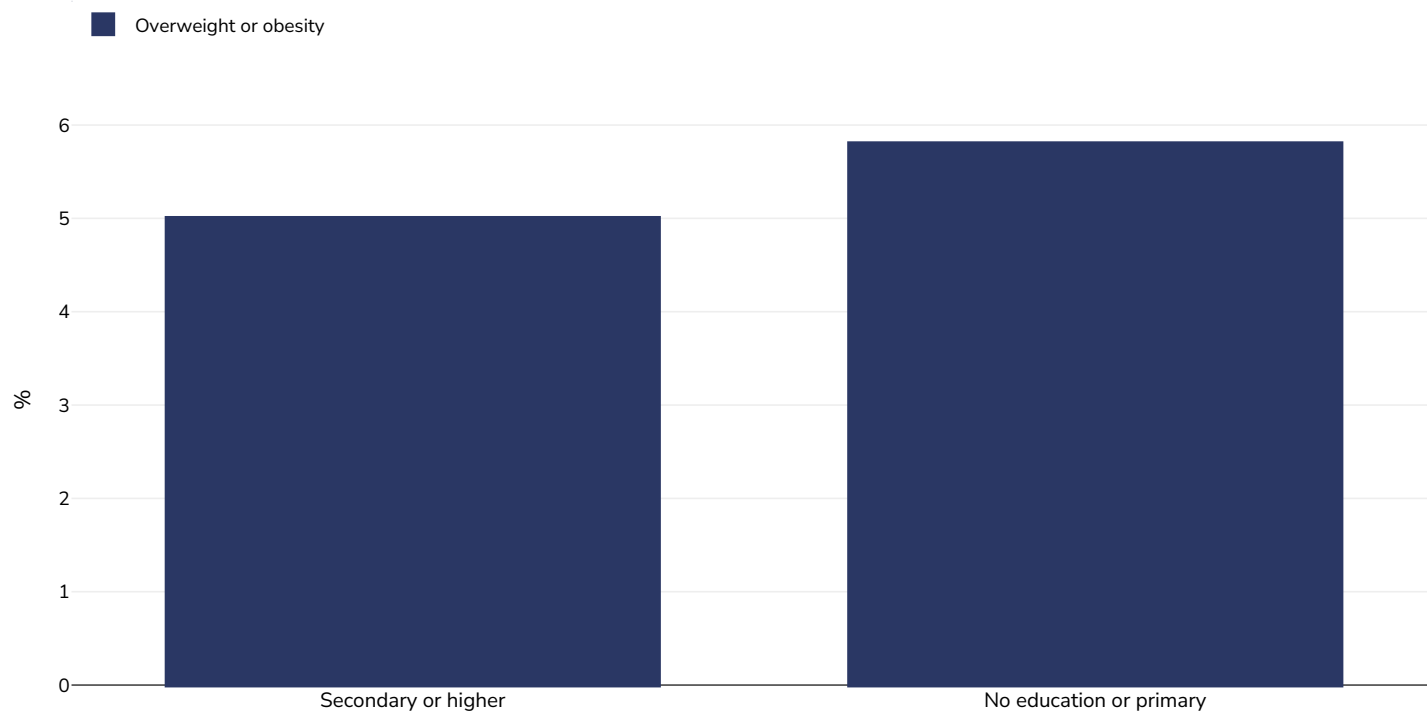
### Children, 2017



Survey type:	Self-reported
Age:	13-17
Sample size:	2798
Area covered:	National
References:	Global School-based Student Health Survey (GSHS), available at <a href="https://extranet.who.int/ncdsmicrodata/index.php/catalog/772/download/5393">https://extranet.who.int/ncdsmicrodata/index.php/catalog/772/download/5393</a> (last accessed 10.08.23)
Cutoffs:	WHO

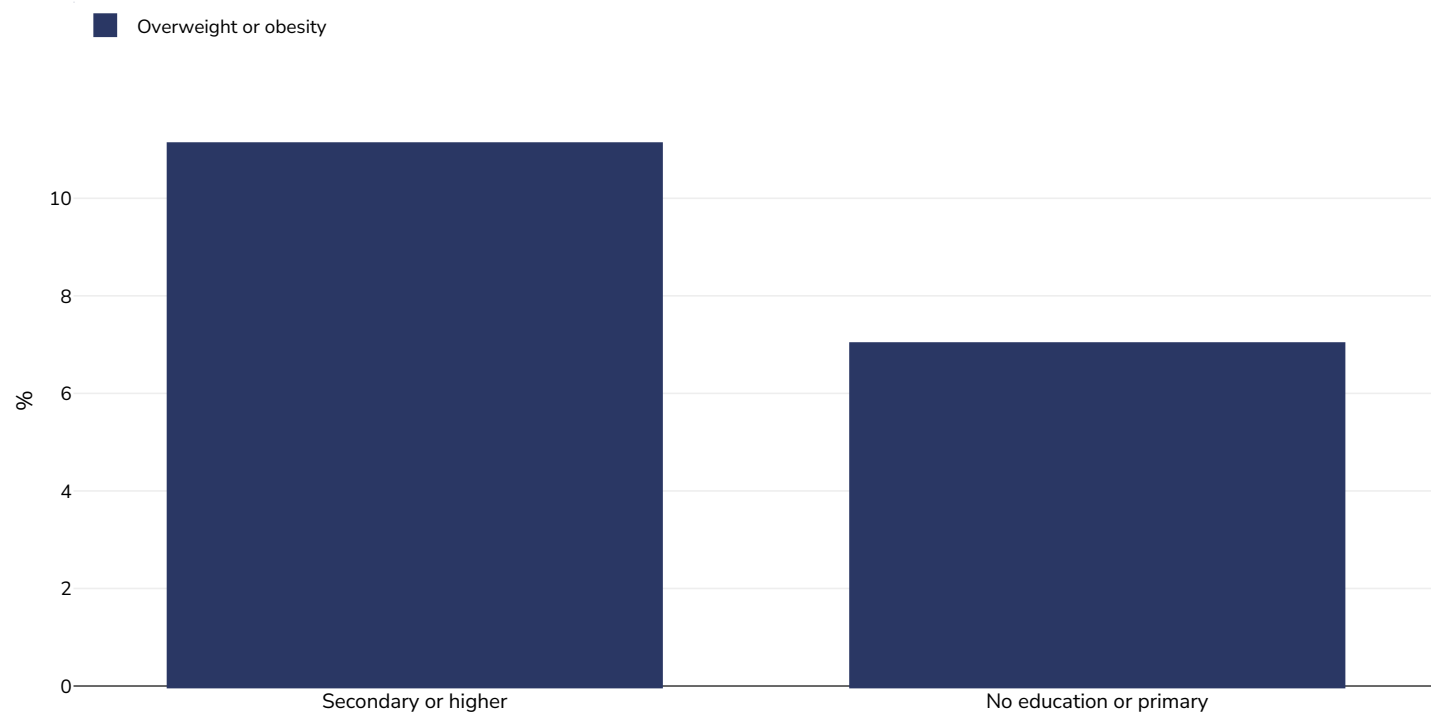
## Overweight/obesity by education

### Boys, 2013



<b>Survey type:</b>	Measured
<b>Age:</b>	15-19
<b>Sample size:</b>	2546
<b>Area covered:</b>	National
<b>References:</b>	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. Statistics Sierra Leone - SSL and ICF International. 2014. Sierra Leone Demographic and Health Survey 2013. Freetown, Sierra Leone: SSL and ICF International.
<b>Notes:</b>	1346 girls and 1200 boys
<b>Definitions:</b>	BMI for age: between +1 SD and +2 SD is overweight and greater than +2 SD is obesity
<b>Cutoffs:</b>	WHO 2007

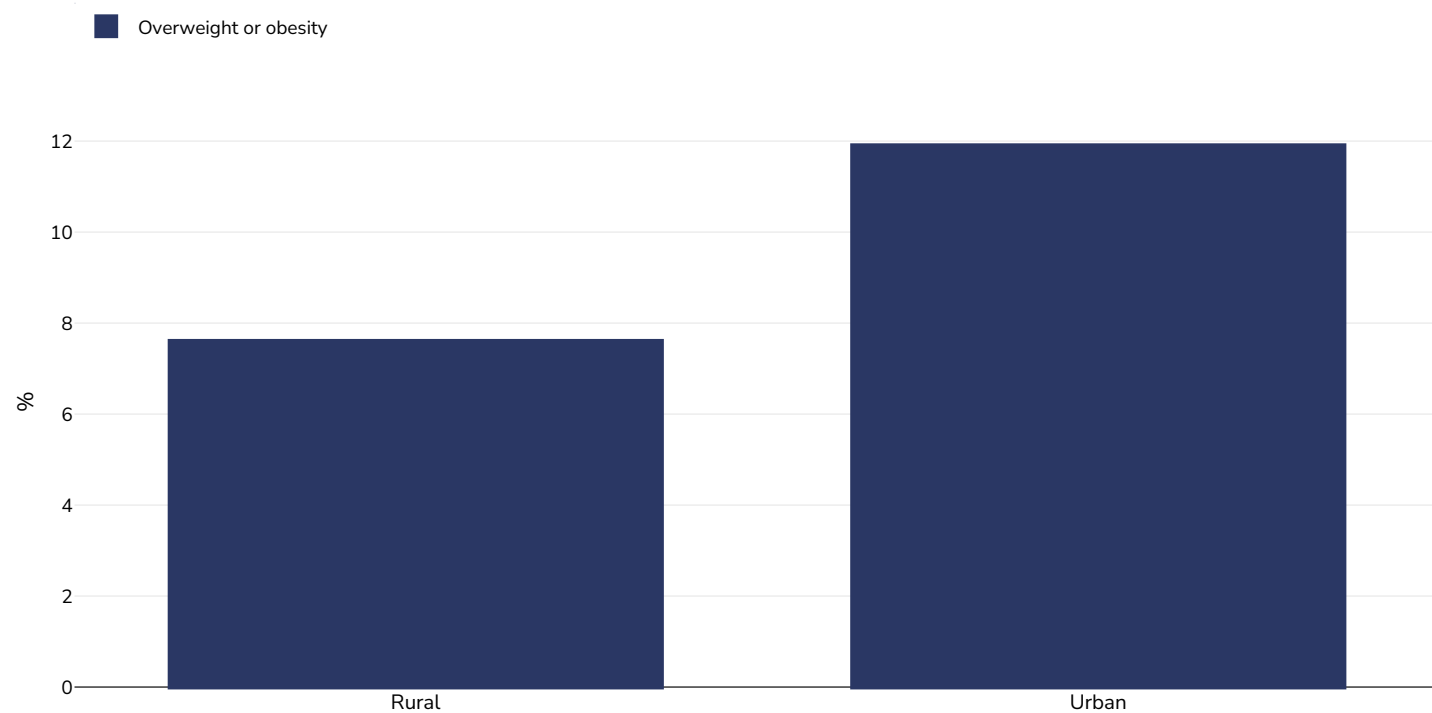
## Girls, 2013



<b>Survey type:</b>	Measured
<b>Age:</b>	15-19
<b>Sample size:</b>	2546
<b>Area covered:</b>	National
<b>References:</b>	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. Statistics Sierra Leone - SSL and ICF International. 2014. Sierra Leone Demographic and Health Survey 2013. Freetown, Sierra Leone: SSL and ICF International.
<b>Notes:</b>	1346 girls and 1200 boys
<b>Definitions:</b>	BMI for age: between +1 SD and +2 SD is overweight and greater than +2 SD is obesity
<b>Cutoffs:</b>	WHO 2007

## Overweight/obesity by region

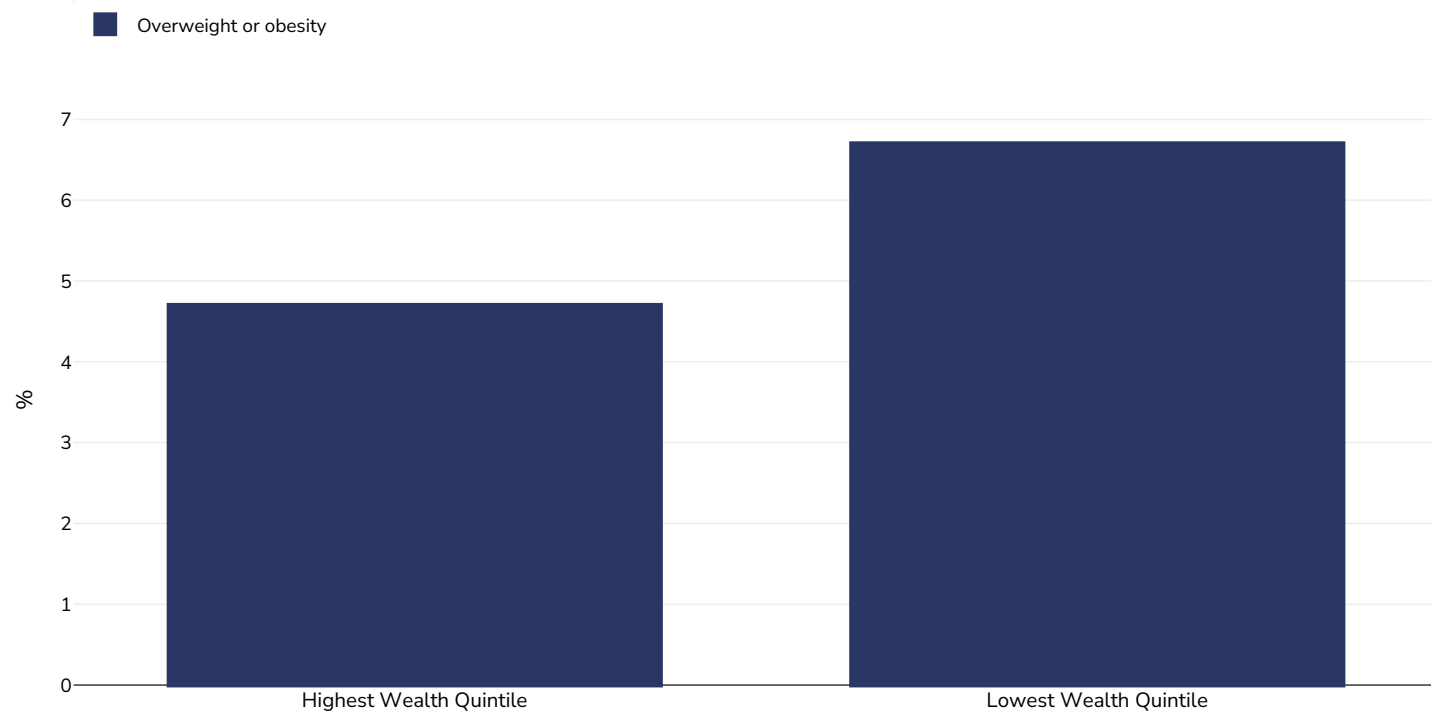
### Girls, 2012



<b>Survey type:</b>	Measured
<b>Age:</b>	15-19
<b>Sample size:</b>	1346
<b>Area covered:</b>	National
<b>References:</b>	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. Statistics Sierra Leone - SSL and ICF International. 2014. Sierra Leone Demographic and Health Survey 2013. Freetown, Sierra Leone: SSL and ICF International.
<b>Definitions:</b>	BMI for age: between +1 SD and +2 SD is overweight and greater than +2 SD is obesity
<b>Cutoffs:</b>	WHO 2007

## Overweight/obesity by socio-economic group

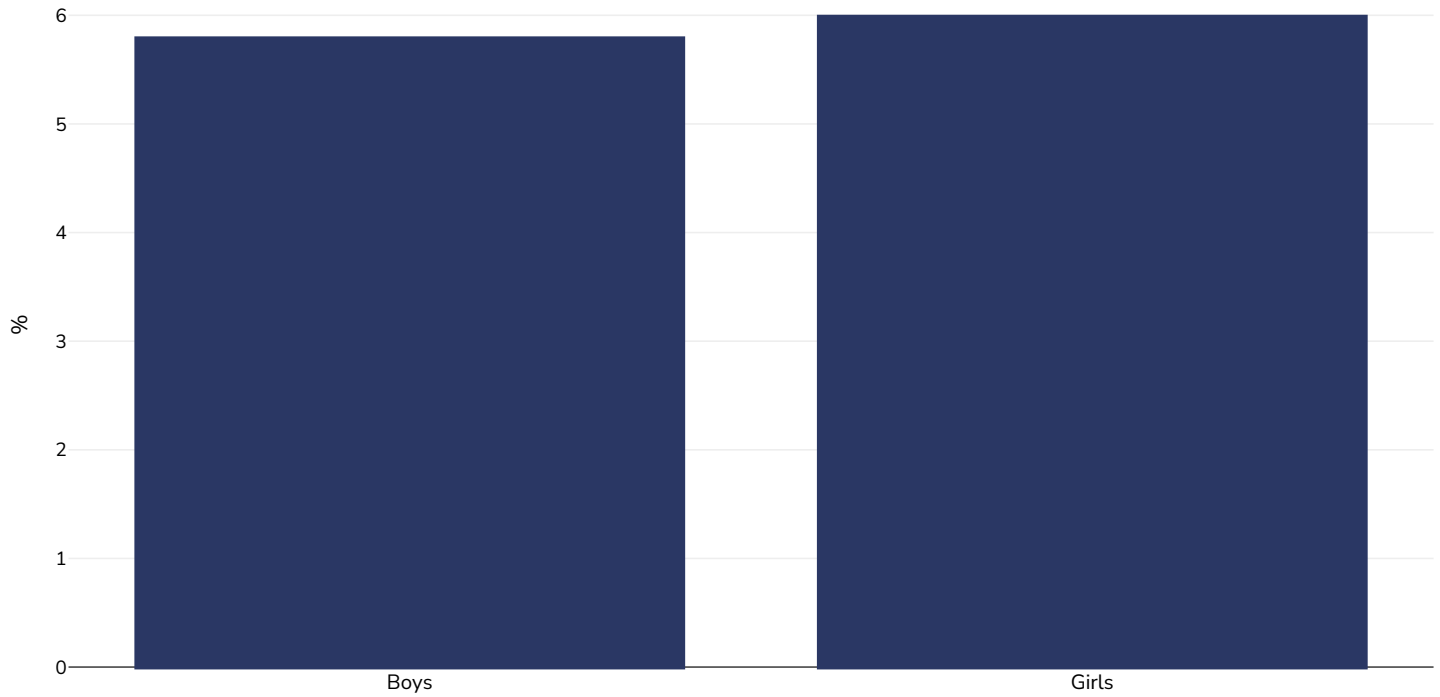
### Boys, 2013



<b>Survey type:</b>	Measured
<b>Age:</b>	15-19
<b>Sample size:</b>	1200
<b>Area covered:</b>	National
<b>References:</b>	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. Statistics Sierra Leone - SSL and ICF International. 2014. Sierra Leone Demographic and Health Survey 2013. Freetown, Sierra Leone: SSL and ICF International.
<b>Definitions:</b>	BMI for age: between +1 SD and +2 SD is overweight and greater than +2 SD is obesity
<b>Cutoffs:</b>	WHO 2007

## Double burden of underweight & overweight

### Children, 2022

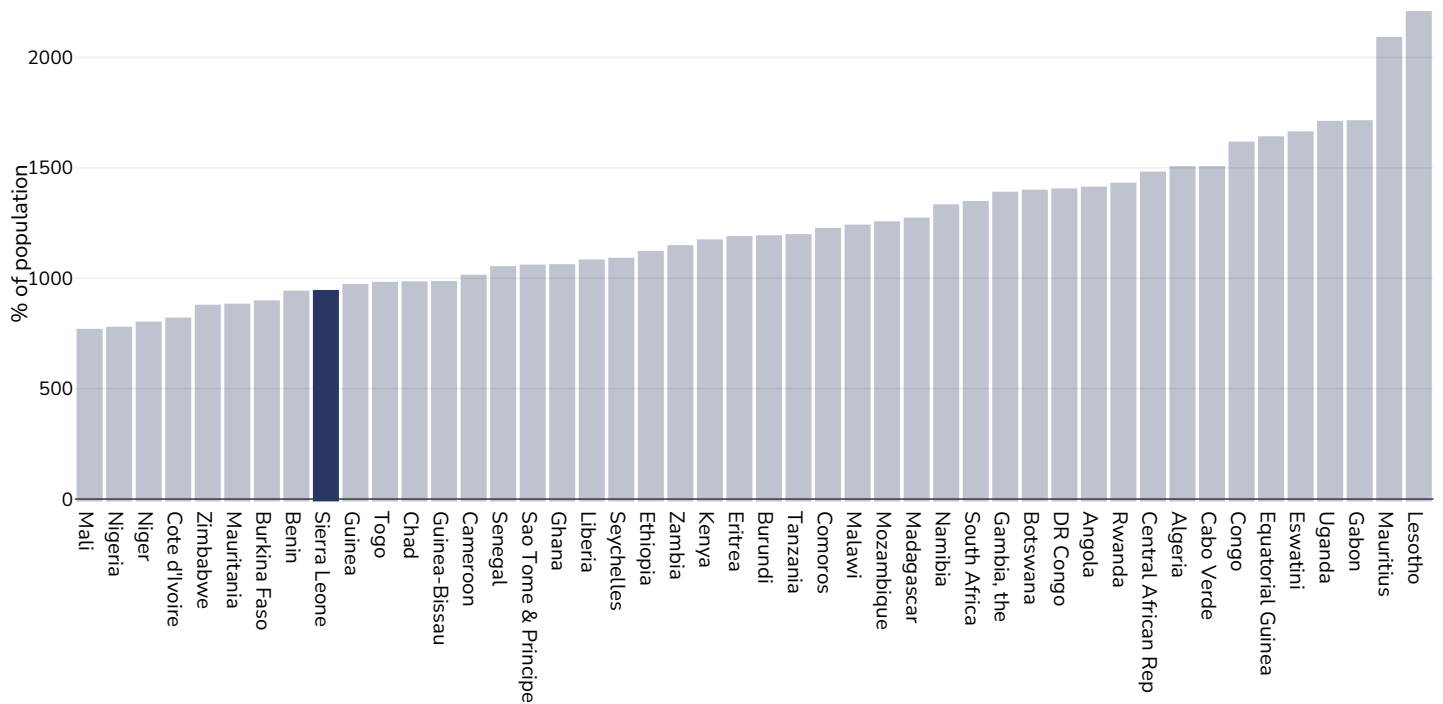


<b>Survey type:</b>	Measured
<b>Age:</b>	5-19
<b>References:</b>	NCD Risk Factor Collaboration (NCD-RisC). Worldwide trends in underweight and obesity from 1990 to 2022: a pooled analysis of 3663 population representative studies with 222 million children, adolescents, and adults. Lancet 2024; published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



## Mental health - depression disorders

### Children, 2021

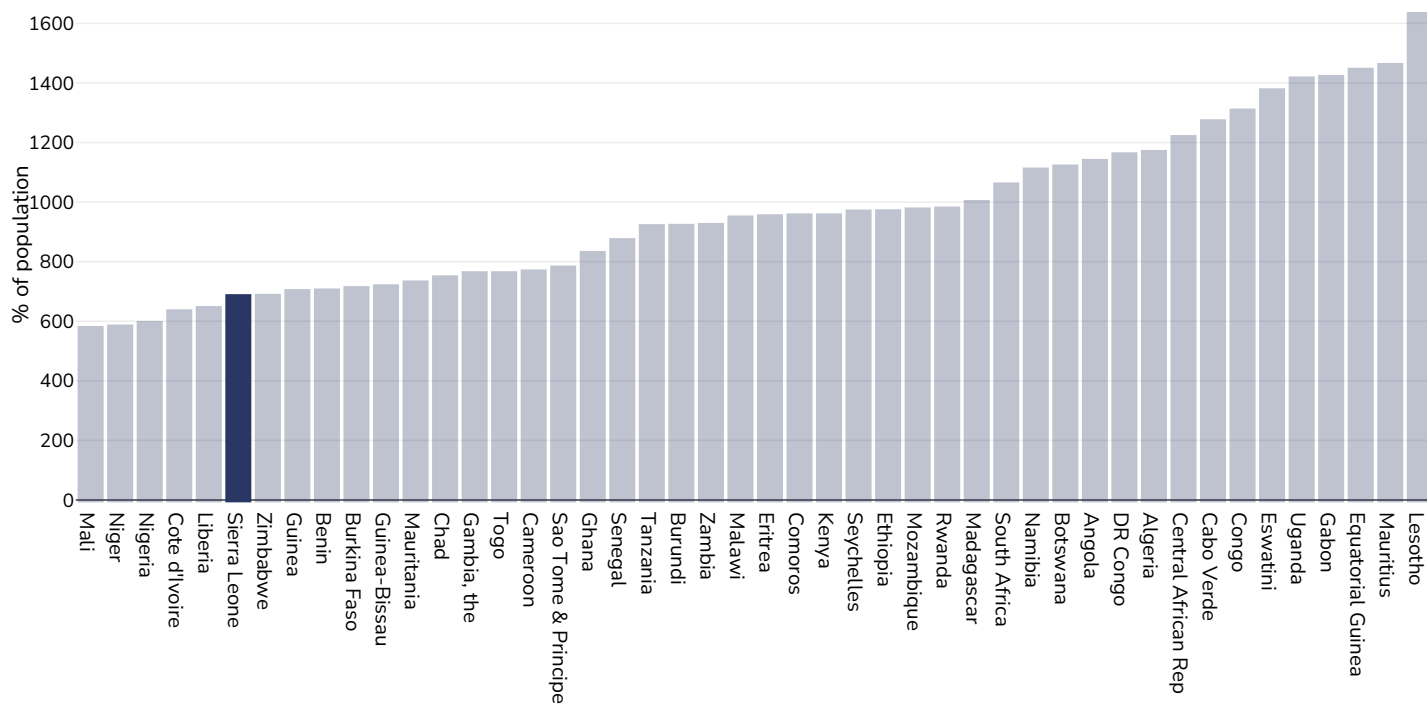


Area covered: National

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

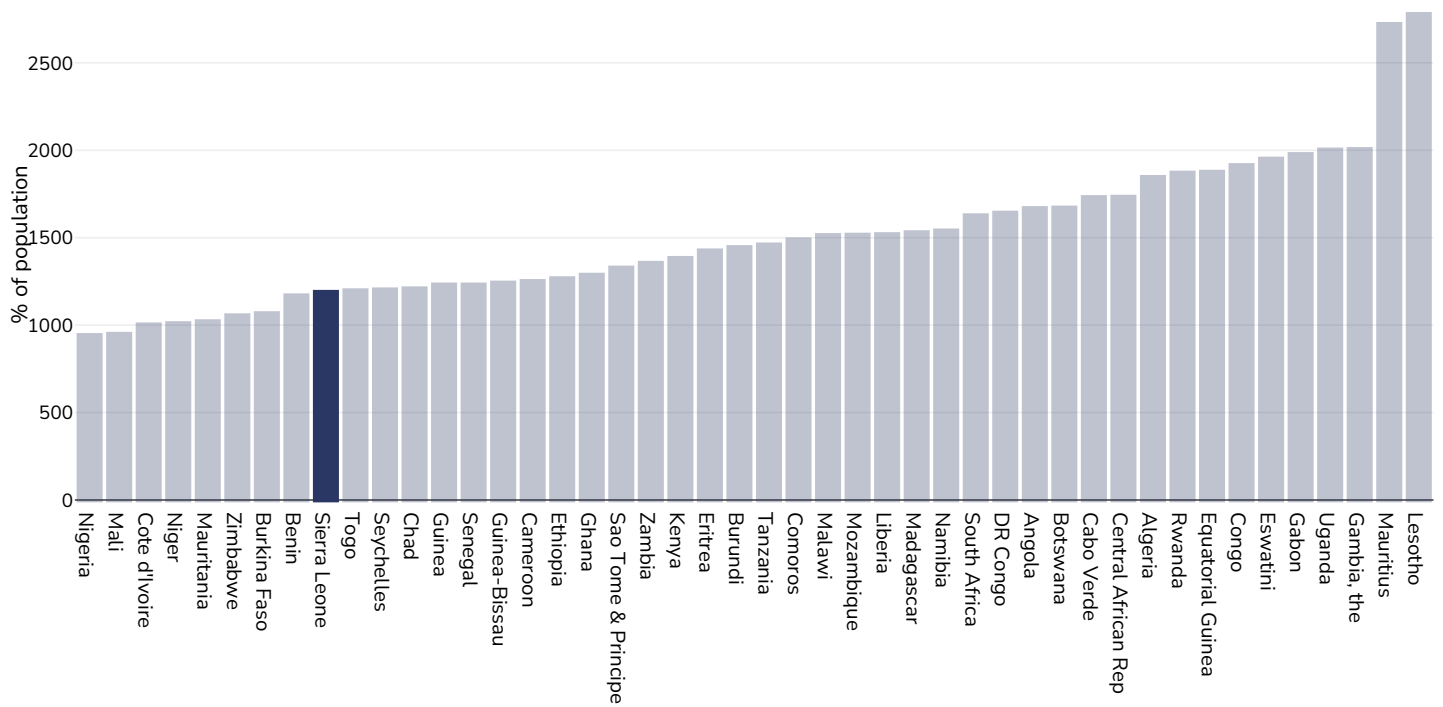
References:

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:

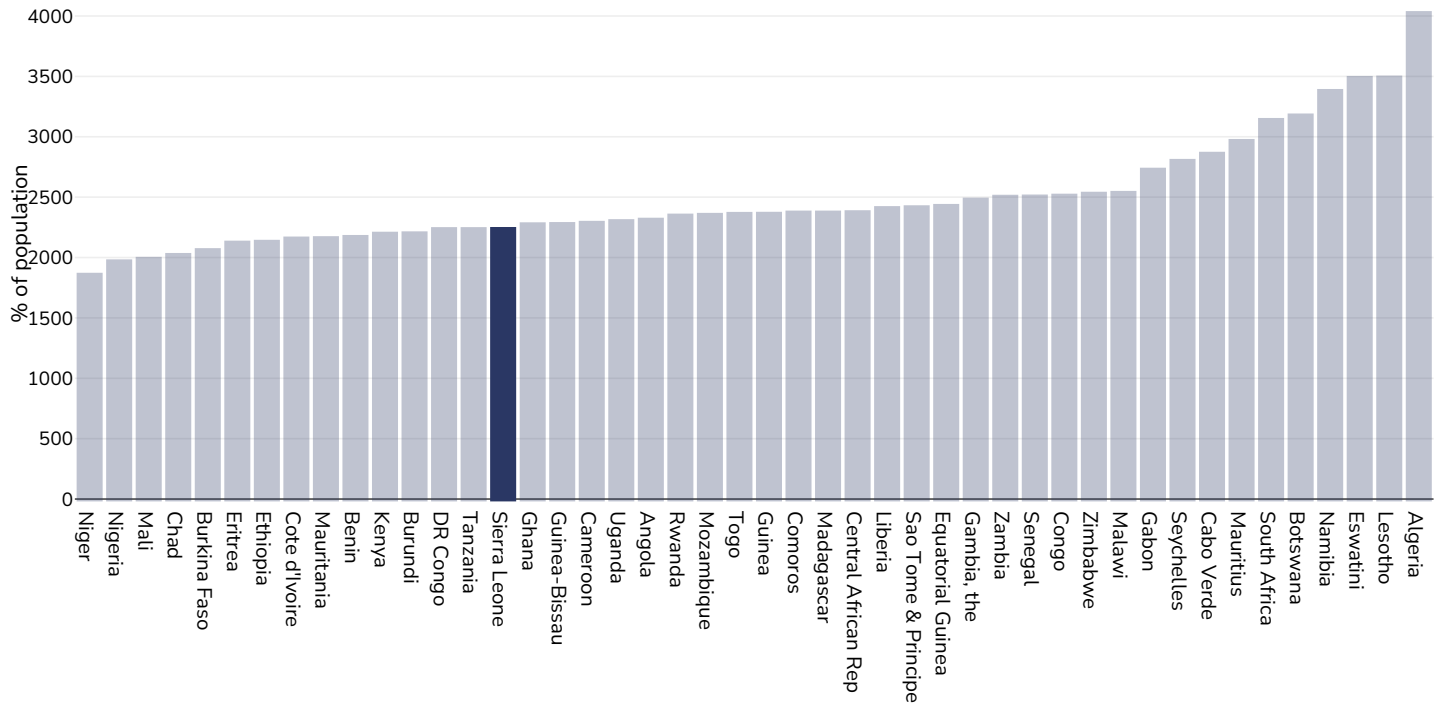
Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

Definitions:

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

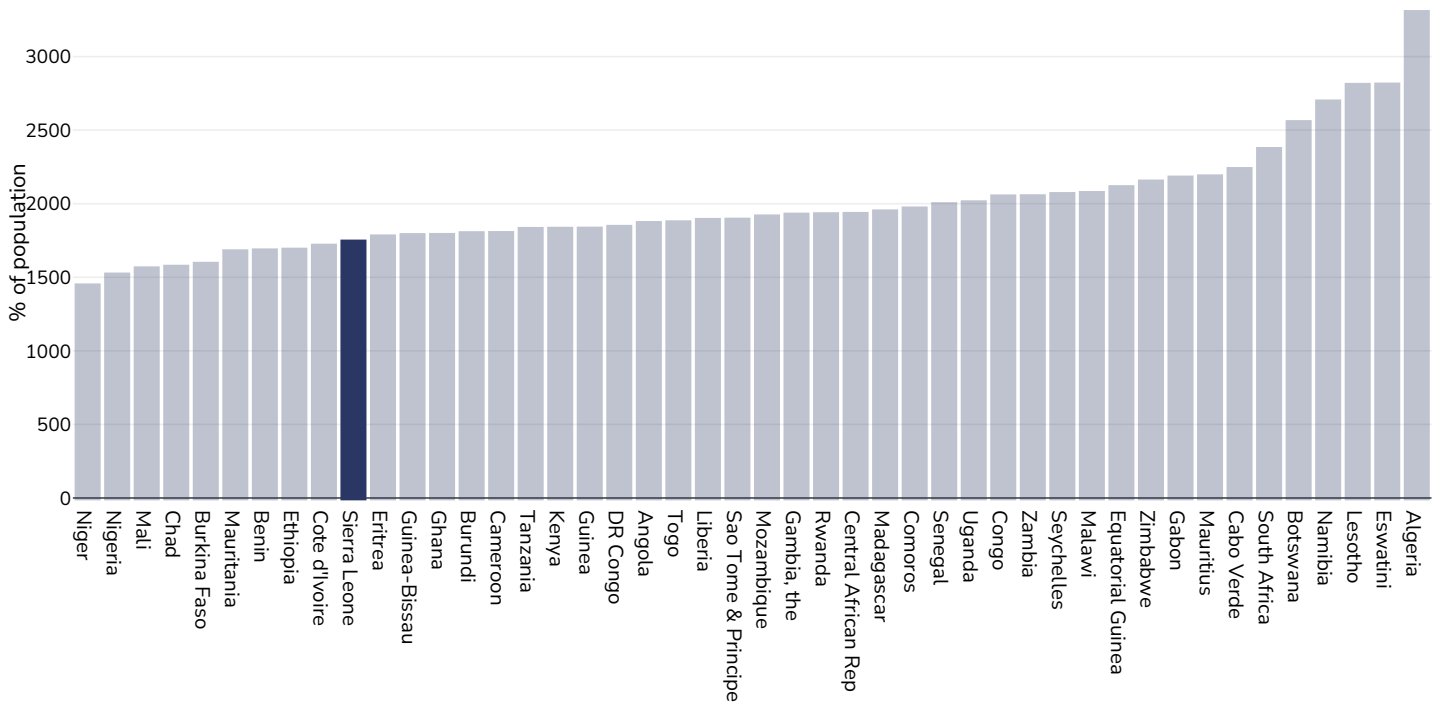
## Mental health - anxiety disorders

### Children, 2021



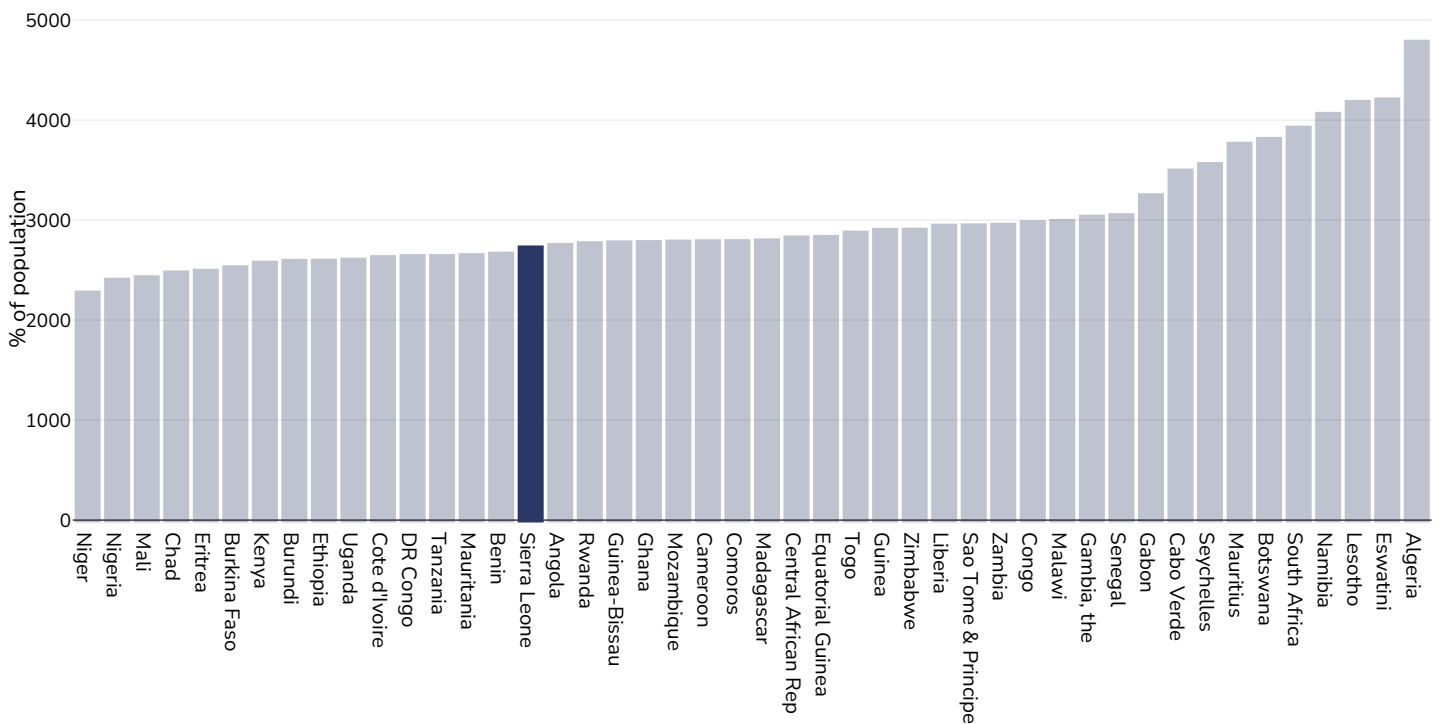
**References:** Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

## 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)

