Report card
Somalia

Contents	Page

Obesity prevalence

Women, 2019

Legend: ■ Obesity ■ Overweight

Survey type:	Measured
Age:	15-49
Sample size:	803
Area covered:	National
References:	Ministry of Health FGS, FMS, Somaliland, UNICEF, Brandpro, GroundWork. Somalia Micronutrient Survey 2019. Mogadishu, Somalia; 2020. https://www.unicef.org/somalia/media/1681/file/Somalia-Micronutient-Survey-2019.pdf (Accessed 29.09.20)
Notes:	Small sample size. Non-pregnant women.

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

Infants, 2009

■ Overweight or obesity

Age:	0-5
Sample size:	1122
References:	Other: National Micronutrient and Anthropometric Survey Somalia 2009
Notes:	UNICEF/WHO/World Bank Joint Child Malnutrition Estimates Expanded Database: Overweight (Survey Estimates), May 2023, New York. For more information about the methodology, please consult https://data.unicef.org/resources/jme-2023-country-consultations/ 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.
Definitions:	=>+2SD

Overweight/obesity by education

Women, 2019

Legend: ■ Obesity ■ Overweight

Survey type:	Measured
Age:	15-49
Sample size:	803
Area covered:	National
References:	Ministry of Health FGS, FMS, Somaliland, UNICEF, Brandpro, GroundWork. Somalia Micronutrient Survey 2019. Mogadishu, Somalia; 2020. https://www.unicef.org/somalia/media/1681/file/Somalia-Micronutient-Survey-2019.pdf (Accessed 29.09.20)
Notes:	Small sample size. Non-pregnant women.

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
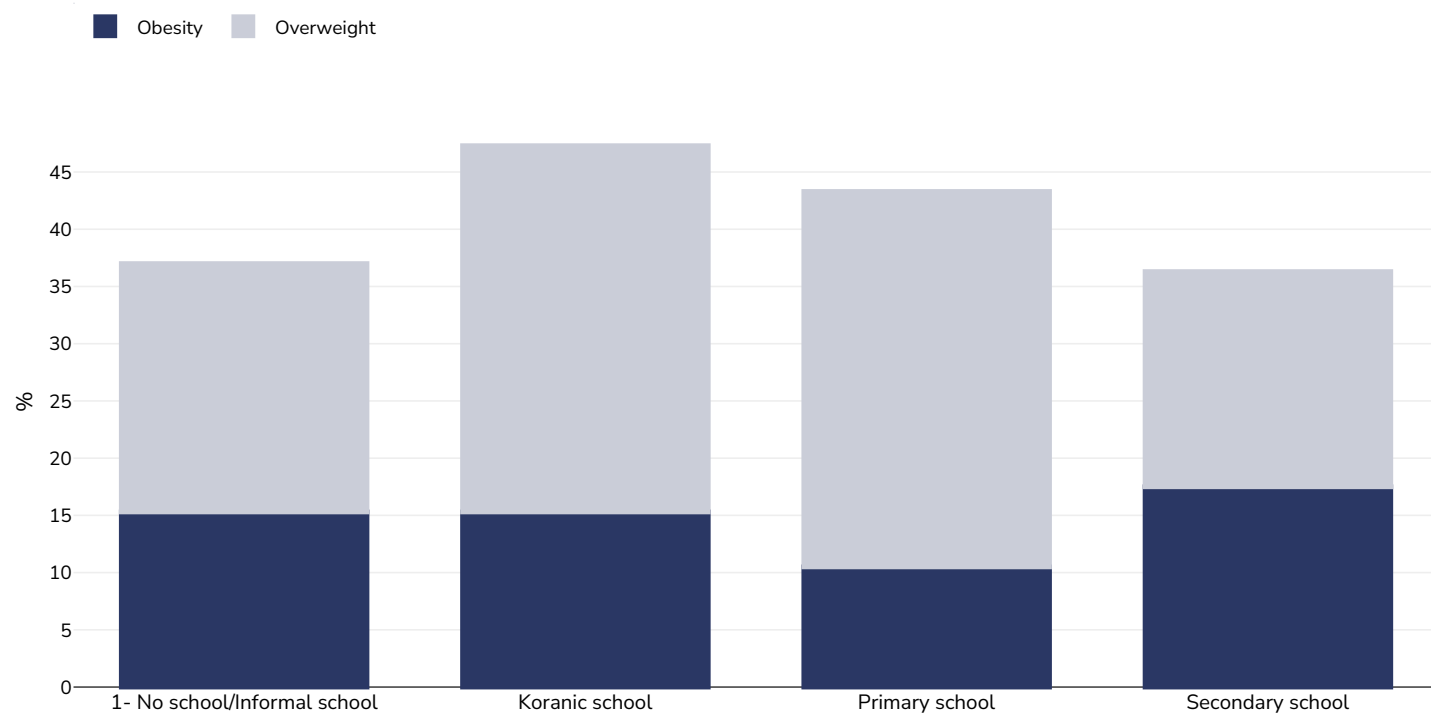
Infants, 2006

■ ■ Overweight or obesity

Sample size:	5676
References:	MICS: Monitoring the situation of women and children. Somalia multiple indicator cluster survey 2006. New York: UNICEF, 2007.
Notes:	UNICEF/WHO/World Bank Joint Child Malnutrition Estimates Expanded Database: Overweight (Survey Estimates), May 2023, New York. For more information about the methodology, please consult https://data.unicef.org/resources/jme-2023-country-consultations/ 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.
Definitions:	=>+2SD

Overweight/obesity by age

Women, 2019

Obesity ■ **Overweight** ◻

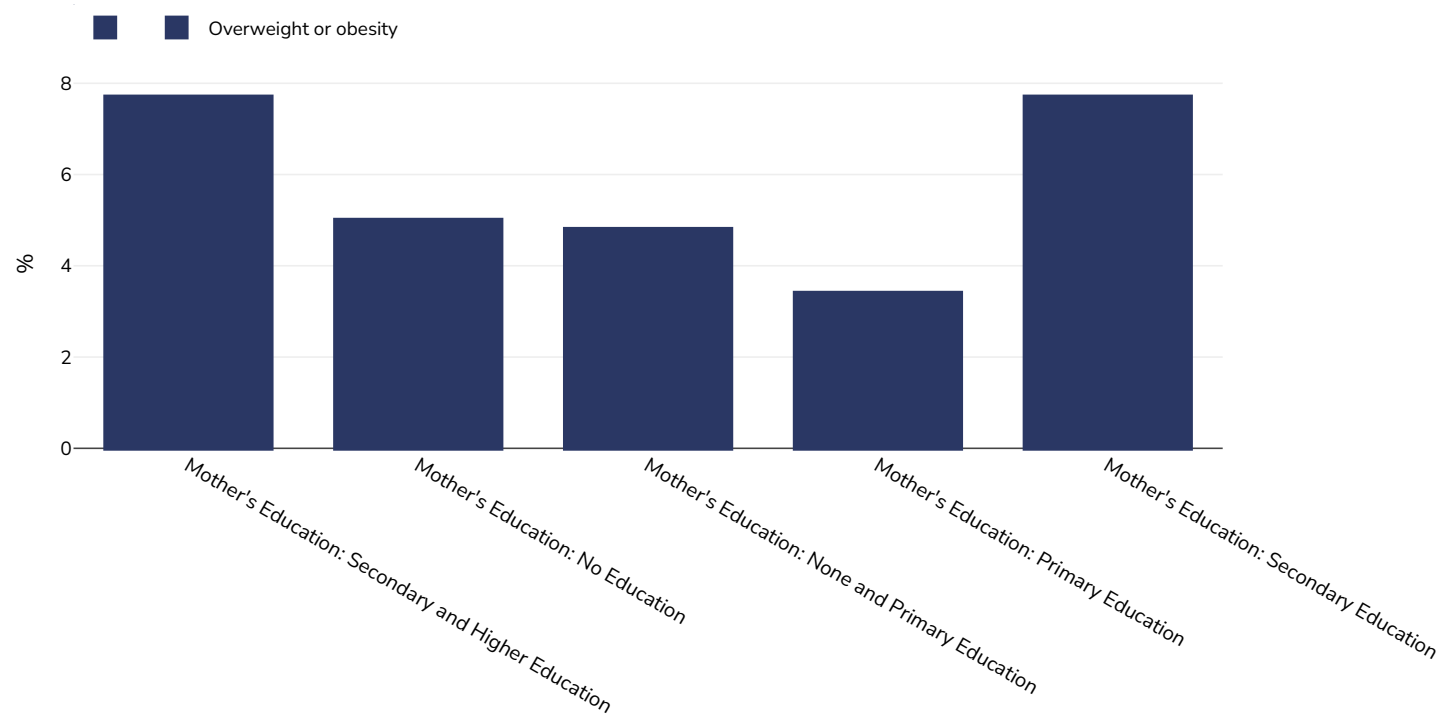|	
Survey type:	Measured
Sample size:	803
Area covered:	National
References:	Ministry of Health FGS, FMS, Somaliland, UNICEF, Brandpro, GroundWork. Somalia Micronutrient Survey 2019. Mogadishu, Somalia; 2020. https://www.unicef.org/somalia/media/1681/file/Somalia-Micronutient-Survey-2019.pdf (Accessed 29.09.20)
Notes:	Small sample size. Non-pregnant women.

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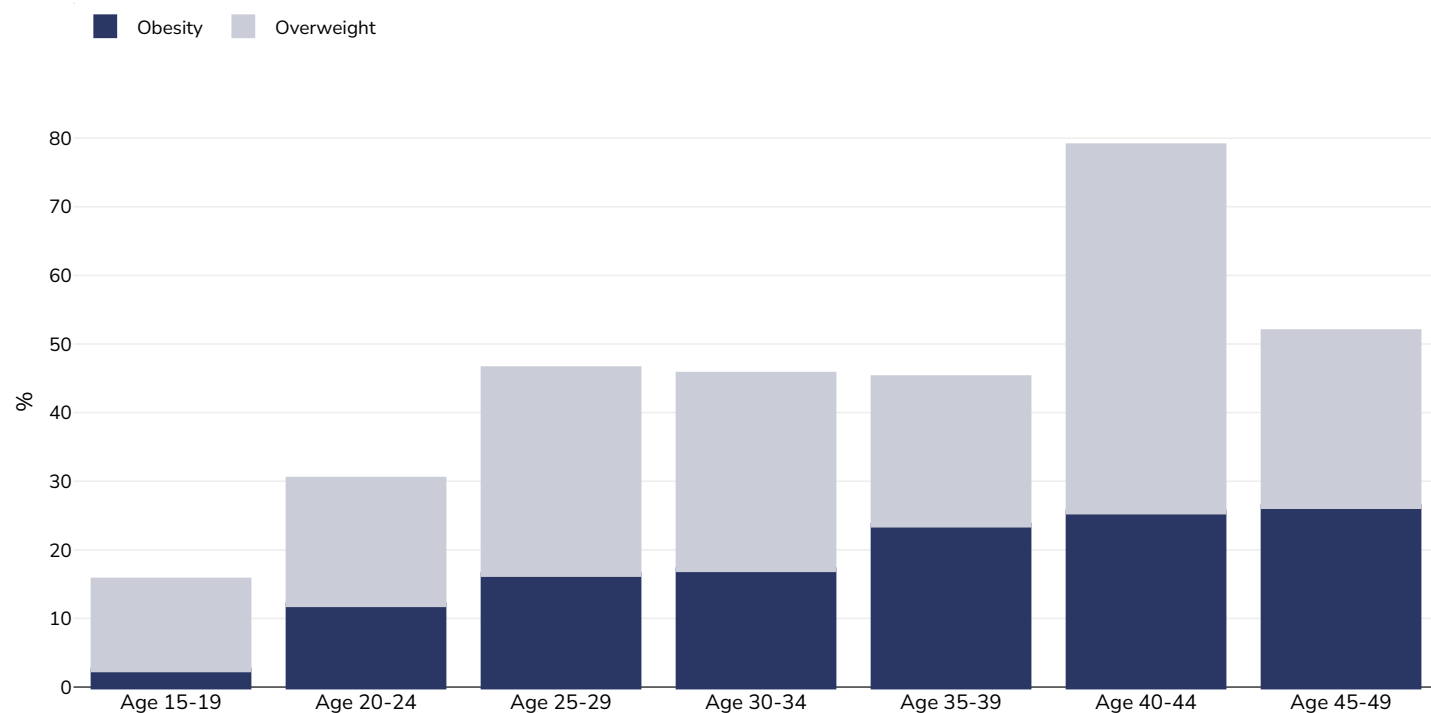
Overweight/obesity by region

Women, 2019

Legend: ■ Obesity ■ Overweight

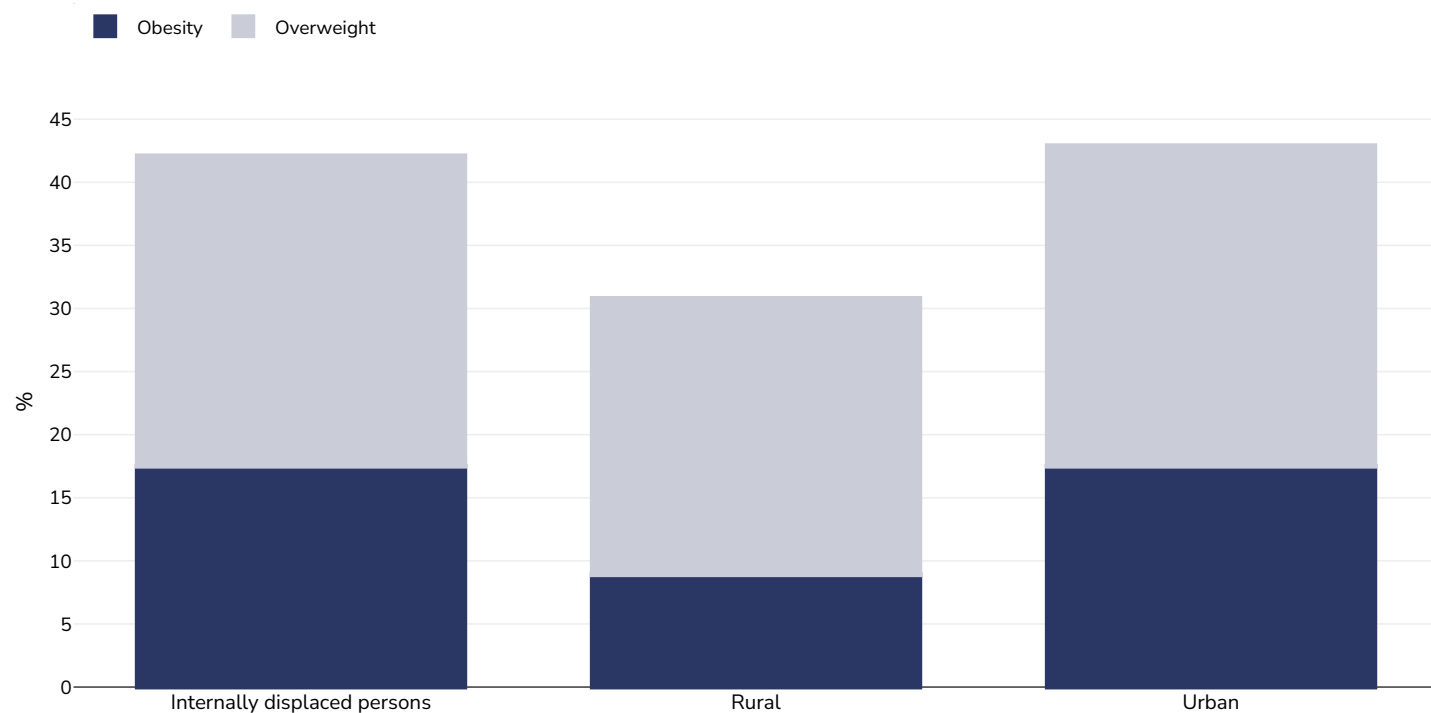| Survey type:	Measured
Age:	15-49
Sample size:	803
Area covered:	National
References:	Ministry of Health FGS, FMS, Somaliland, UNICEF, Brandpro, GroundWork. Somalia Micronutrient Survey 2019. Mogadishu, Somalia; 2020. https://www.unicef.org/somalia/media/1681/file/Somalia-Micronutient-Survey-2019.pdf (Accessed 29.09.20)
Notes:	Small sample size. Non-pregnant women.

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

Infants, 2009

■ Overweight or obesity

Sample size:	1122
References:	Other: National Micronutrient and Anthropometric Survey Somalia 2009
Notes:	UNICEF/WHO/World Bank Joint Child Malnutrition Estimates Expanded Database: Overweight (Survey Estimates), May 2023, New York. For more information about the methodology, please consult https://data.unicef.org/resources/jme-2023-country-consultations/ 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.
Definitions:	=>+2SD

Overweight/obesity by socio-economic group

Women, 2019

■ Obesity ▨ Overweight

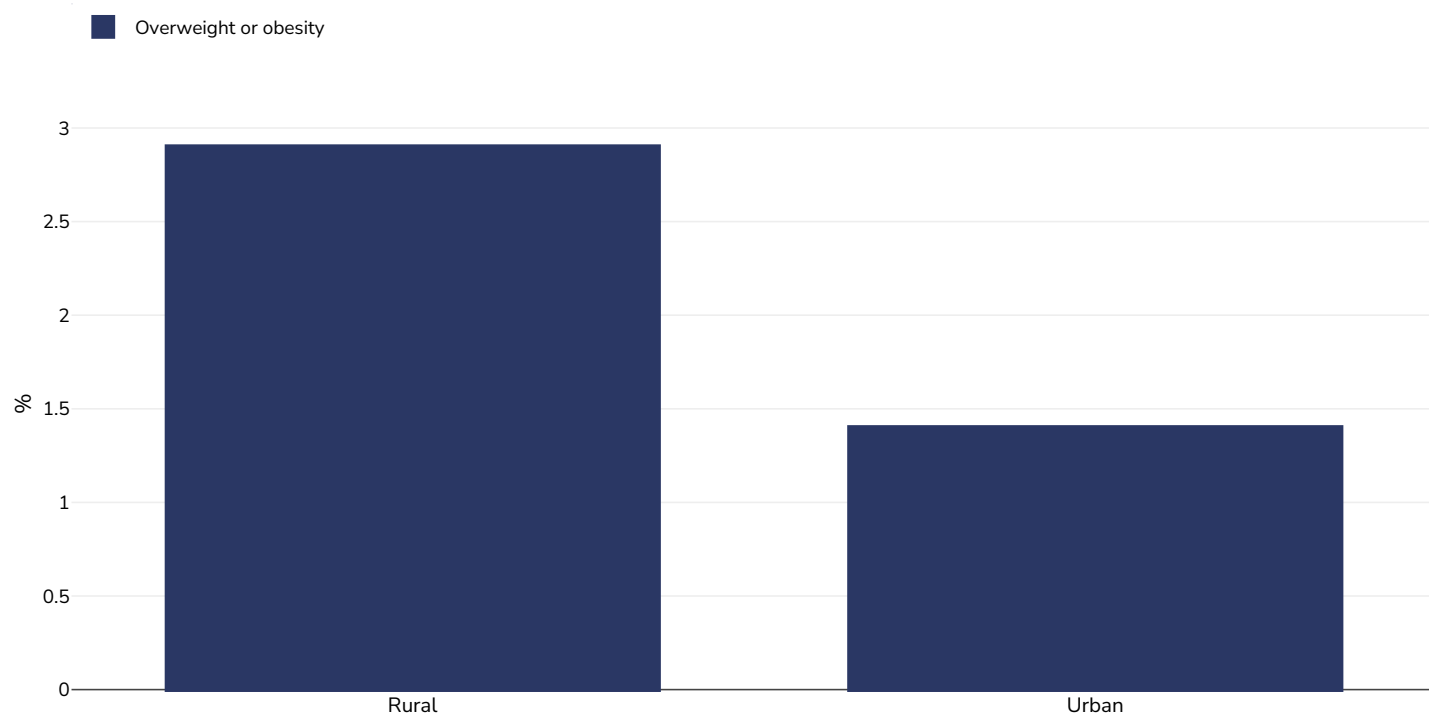| Survey type:	Measured
Age:	15-49
Sample size:	803
Area covered:	National
References:	Ministry of Health FGS, FMS, Somaliland, UNICEF, Brandpro, GroundWork. Somalia Micronutrient Survey 2019. Mogadishu, Somalia; 2020. https://www.unicef.org/somalia/media/1681/file/Somalia-Micronutient-Survey-2019.pdf (Accessed 29.09.20)
Notes:	Small sample size. Non-pregnant women.

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
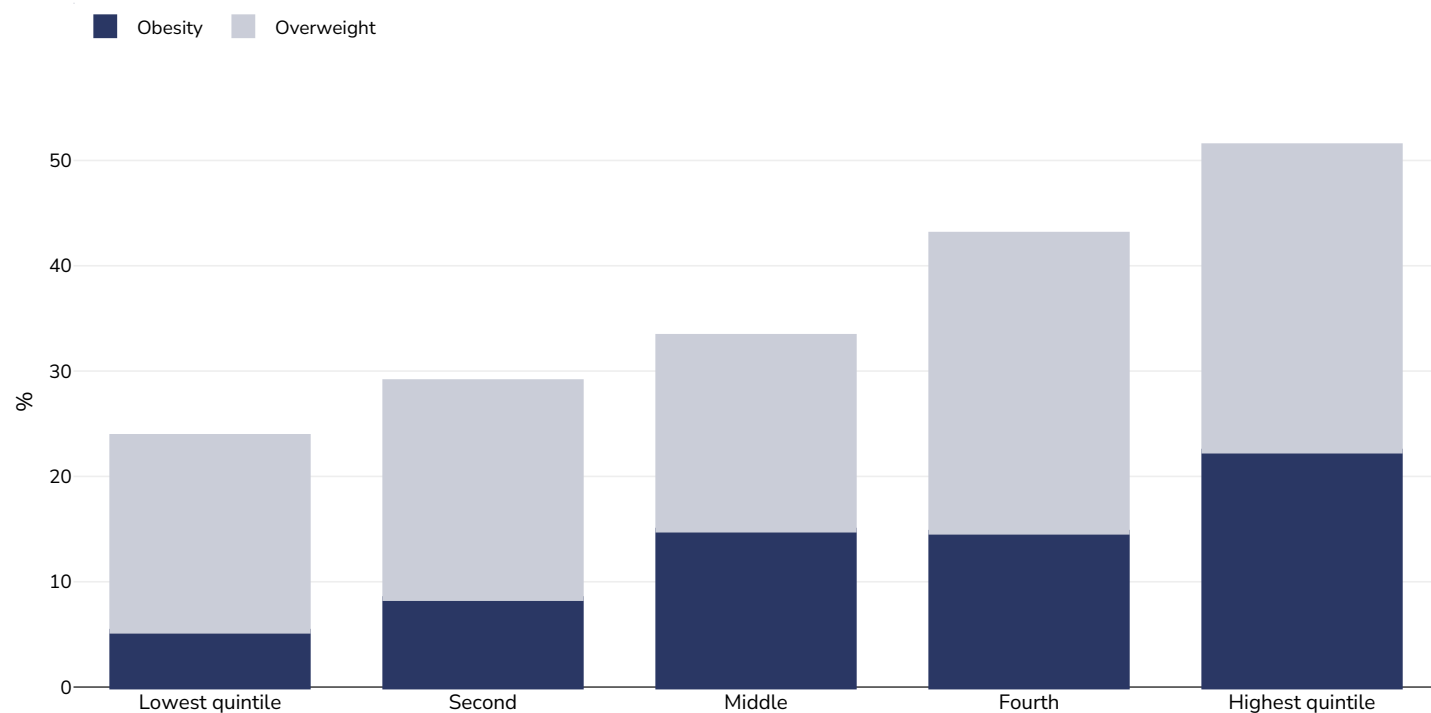
Infants, 2006

■ Overweight or obesity

Sample size:	5676
References:	MICS: Monitoring the situation of women and children. Somalia multiple indicator cluster survey 2006. New York: UNICEF, 2007.
Notes:	UNICEF/WHO/World Bank Joint Child Malnutrition Estimates Expanded Database: Overweight (Survey Estimates), May 2023, New York. For more information about the methodology, please consult https://data.unicef.org/resources/jme-2023-country-consultations/ 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.
Definitions:	=>+2SD

Estimated per capita fruit intake

Adults, 2017
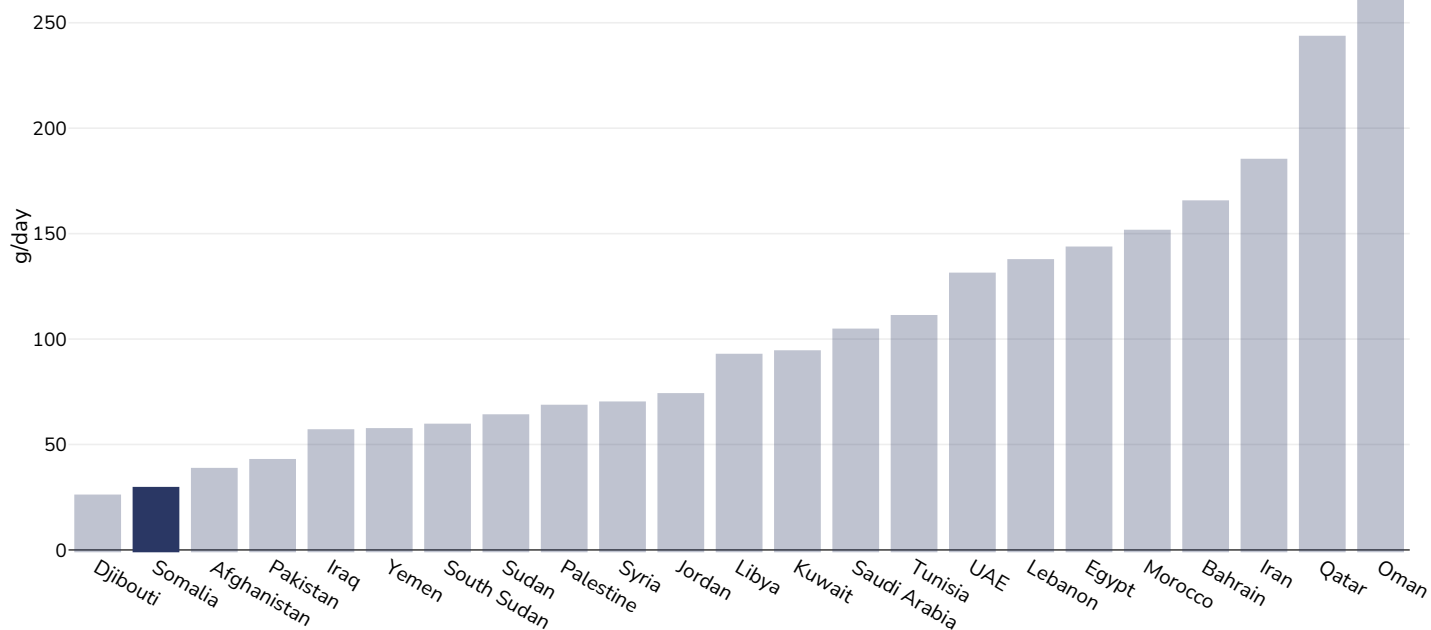
Survey type:	Measured
Age:	25+
References:	Global Burden of Disease, the Institute for Health Metrics and Evaluation http://ghdx.healthdata.org/
Definitions:	Estimated per-capita fruit intake (g/day)

Estimated per-capita processed meat intake

Adults, 2017
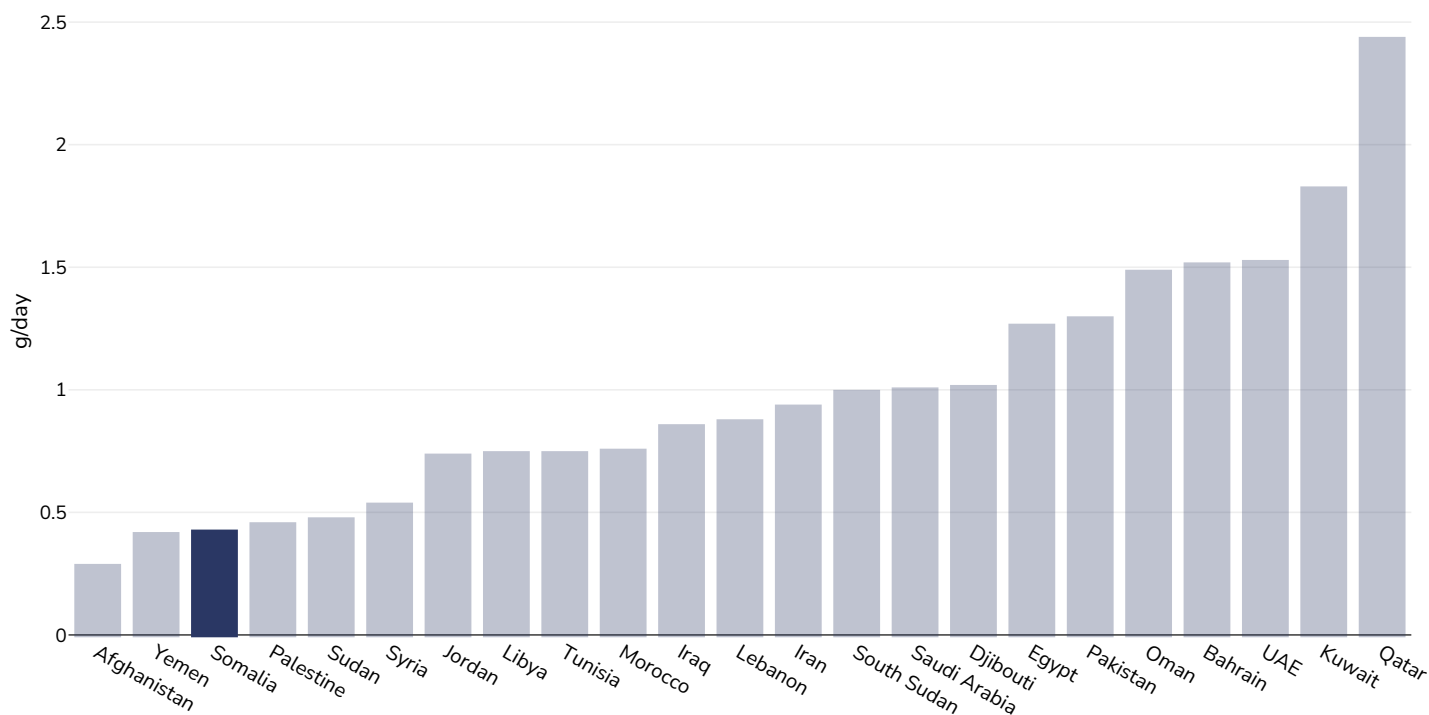
Survey type:	Measured
Age:	25+
References:	Global Burden of Disease, the Institute for Health Metrics and Evaluation http://ghdx.healthdata.org/
Definitions:	Estimated per-capita processed meat intake (g per day)

Estimated per capita whole grains intake

Adults, 2017
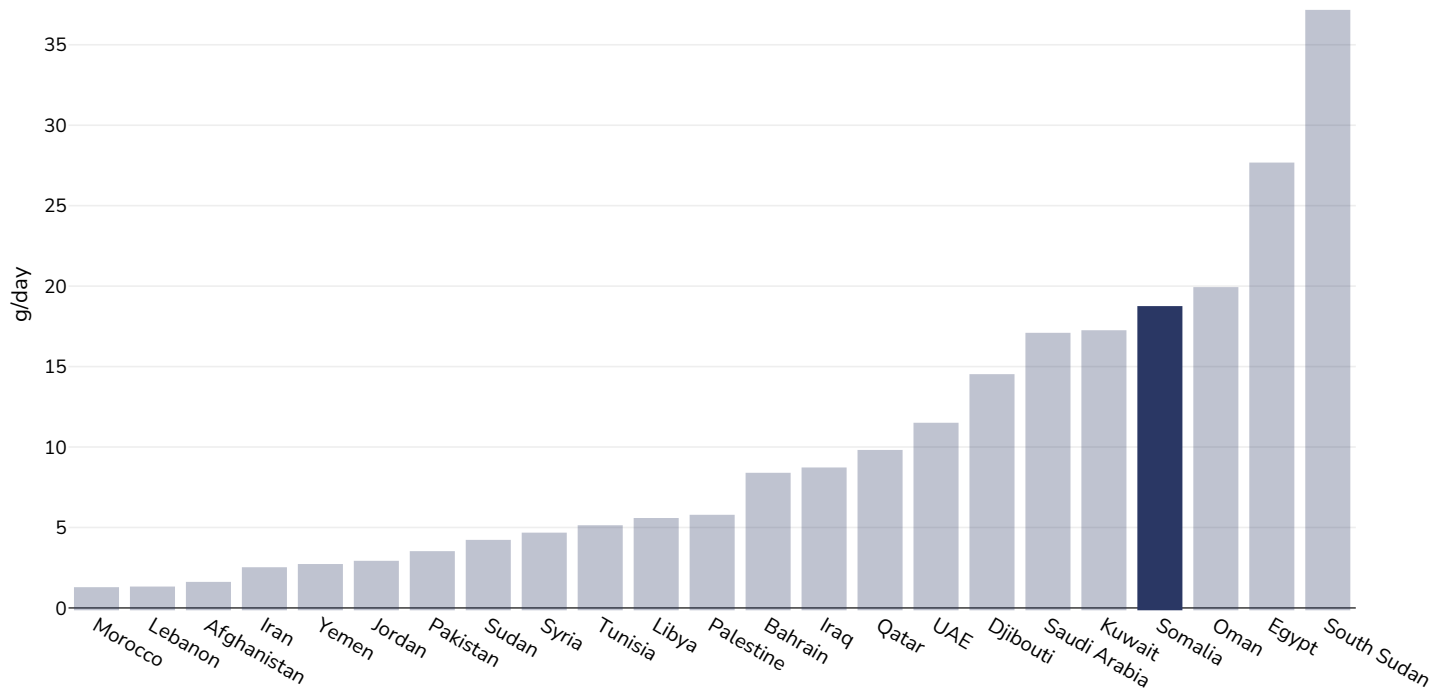
Survey type:	Measured
Age:	25+
References:	Global Burden of Disease, the Institute for Health Metrics and Evaluation http://ghdx.healthdata.org/
Definitions:	Estimated per-capita whole grains intake (g/day)

Mental health - depression disorders

Adults, 2015
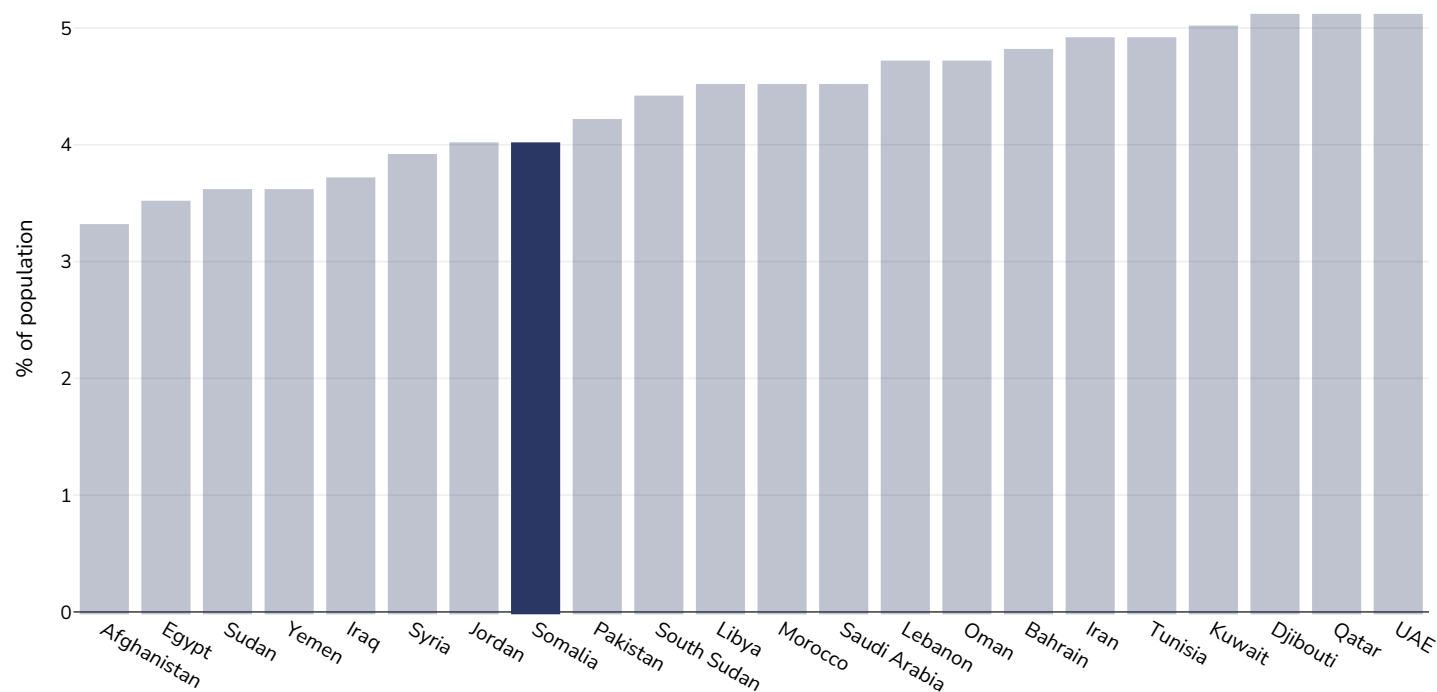
% of population (y-axis)

Countries (left to right): Afghanistan, Egypt, Sudan, Yemen, Iraq, Syria, Jordan, Somalia, Pakistan, South Sudan, Libya, Morocco, Saudi Arabia, Lebanon, Oman, Bahrain, Iran, Tunisia, Kuwait, Djibouti, Qatar, UAE

References: Prevalence data from Global Burden of Disease study 2015 (http://ghdx.healthdata.org) published in: Depression and Other Common Mental Disorders: Global Health Estimates. Geneva:World Health Organization; 2017. Licence: CC BY-NC-SA 3.0 IGO.

Definitions: % of population with depression disorders

Mental health - anxiety disorders

Adults, 2015
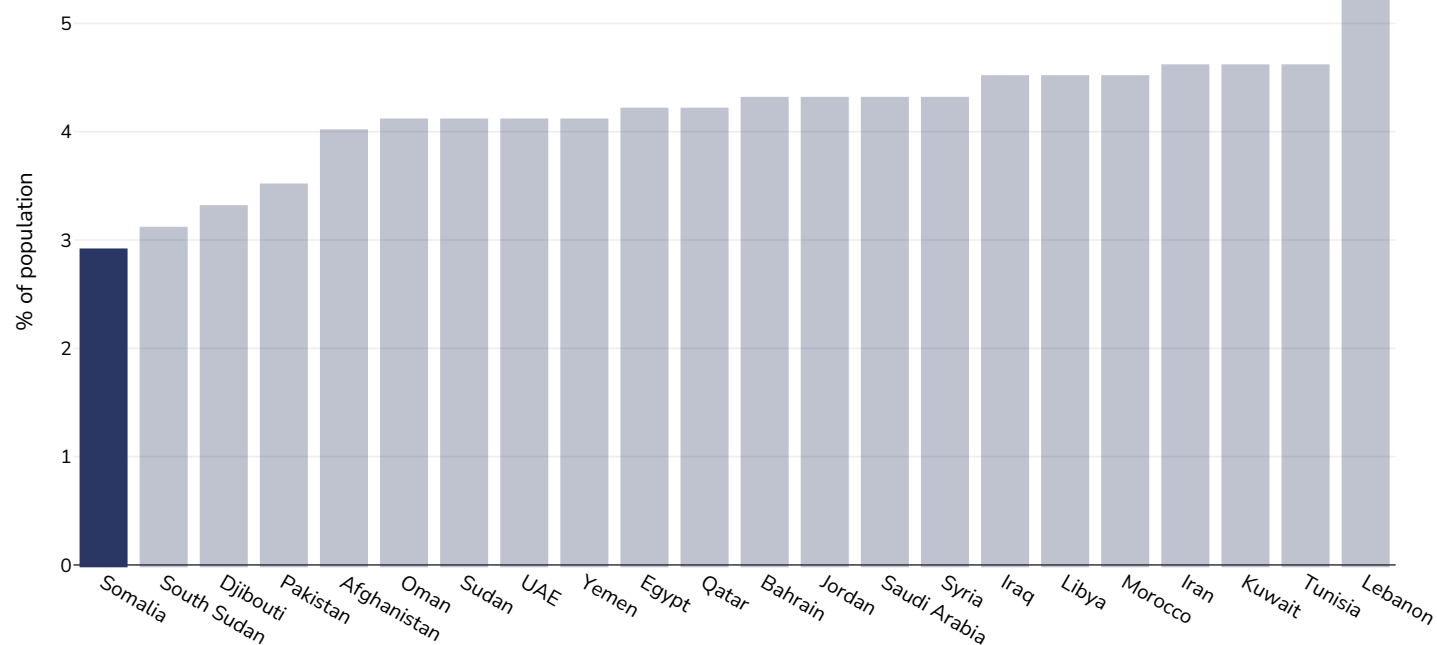
Chart: % of population with anxiety disorders by country (Adults, 2015). Countries shown from lowest to highest: Somalia, South Sudan, Djibouti, Pakistan, Afghanistan, Oman, Sudan, UAE, Yemen, Egypt, Qatar, Bahrain, Jordan, Saudi Arabia, Syria, Iraq, Libya, Morocco, Iran, Kuwait, Tunisia, Lebanon.

References: Prevalence data from Global Burden of Disease study 2015 (http://ghdx.healthdata.org) published in: Depression and Other Common Mental Disorders: Global Health Estimates. Geneva:World Health Organization; 2017. Licence: CC BY-NC-SA 3.0 IGO.

Definitions: % of population with anxiety disorders

% Infants exclusively breastfed 0-5 months

Infants, 2010-2023
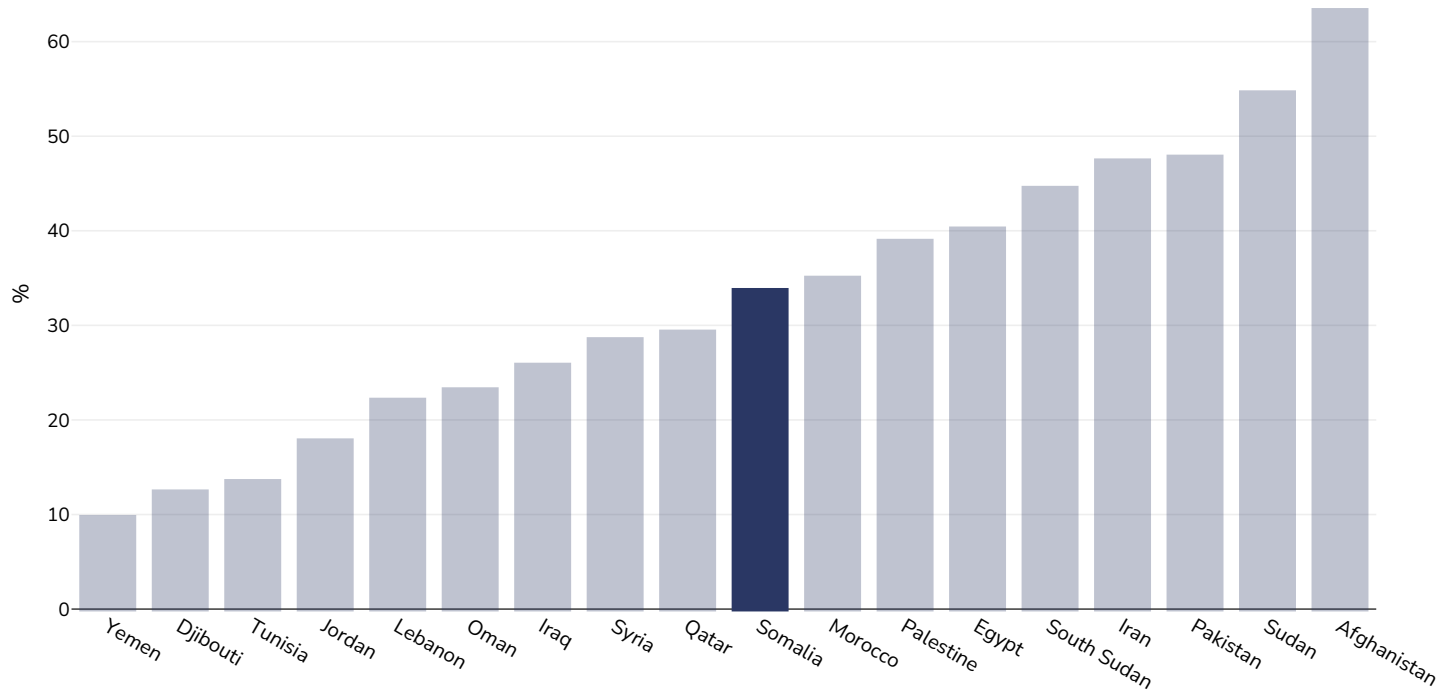
References: The Somali Health and Demographic Survey 2020

Notes: Full details are available. Original citation United Nations Children's Fund, Division of Data, Analysis, Planning and Monitoring (2023). Global UNICEF Global Databases: Infant and Young Child Feeding: Exclusive breastfeeding, New York, October 2023.

Oesophageal cancer

Men, 2022

Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]
Definitions:	Indicence per 100,000

Women, 2022

Incidence per 100,000

Somalia

Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]
Definitions:	Indicence per 100,000

Breast cancer

Women, 2022

Legend: Age 20 | Age 20+

Y-axis: Incidence per 100,000 (0 to 100)

Countries (left to right): Saudi Arabia, Yemen, South Sudan, Iran, Libya, Oman, Pakistan, Tunisia, Djibouti, Somalia, Qatar, Sudan, Syria, Kuwait, Egypt, UAE, Iraq, Lebanon, Morocco, Jordan, Afghanistan, Bahrain

Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]
Definitions:	Incidence per 100,000

Colorectal cancer

Men, 2022

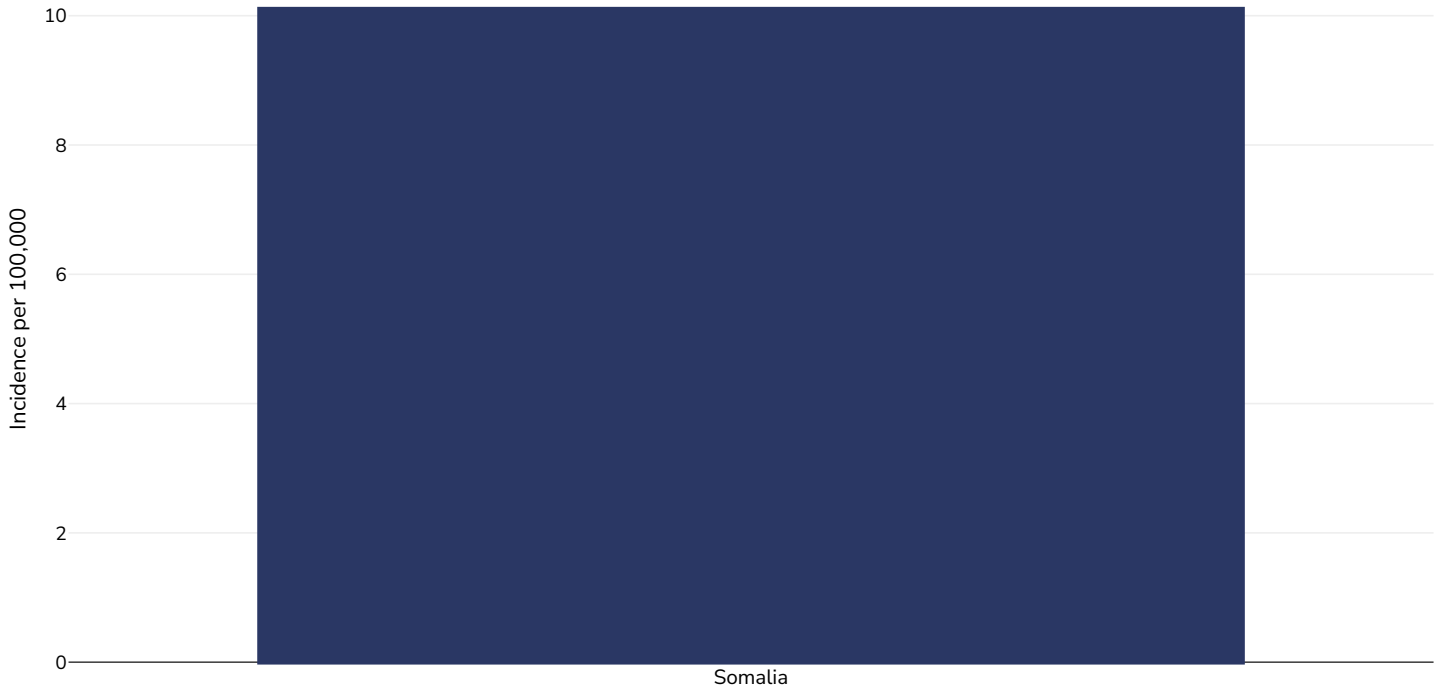Incidence per 100,000 — Somalia: ~16

Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]
Definitions:	Incidence per 100,000

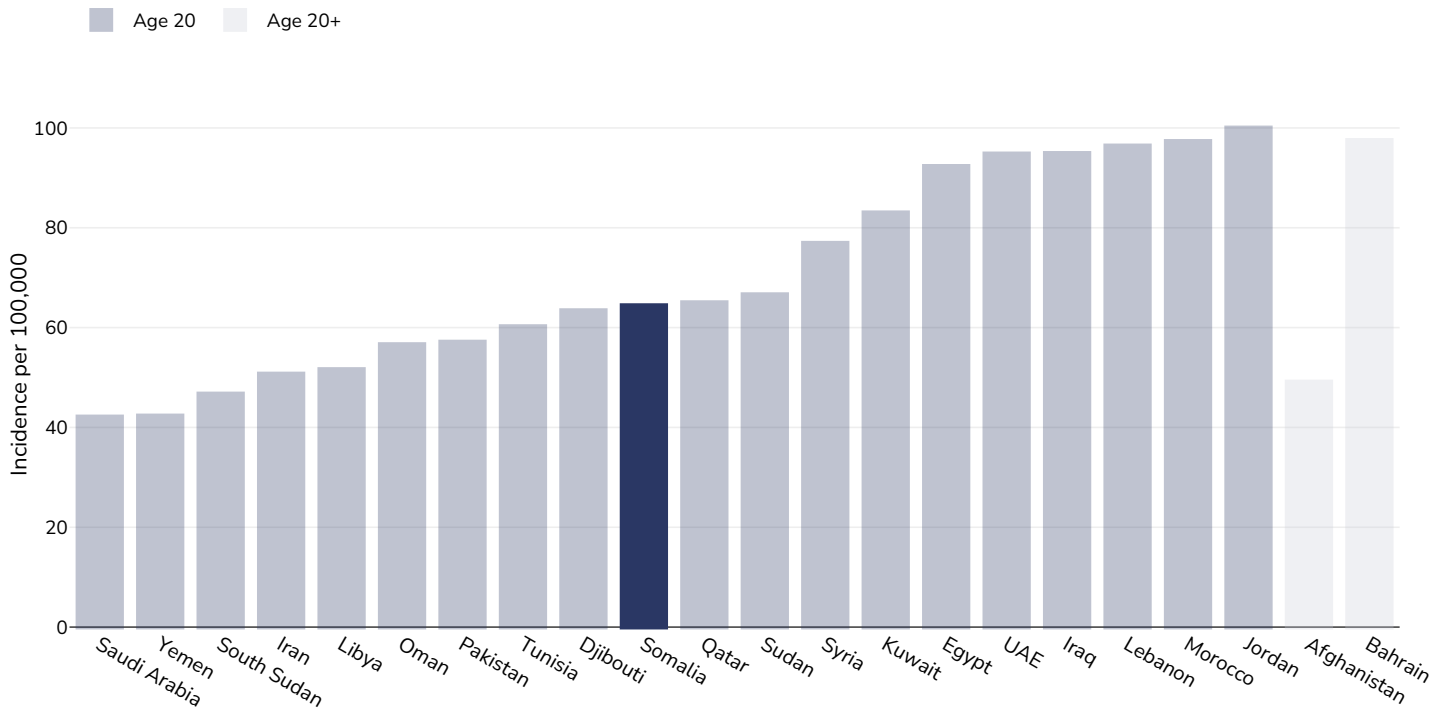# Women, 2022

Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]
Definitions:	Incidence per 100,000

Pancreatic cancer

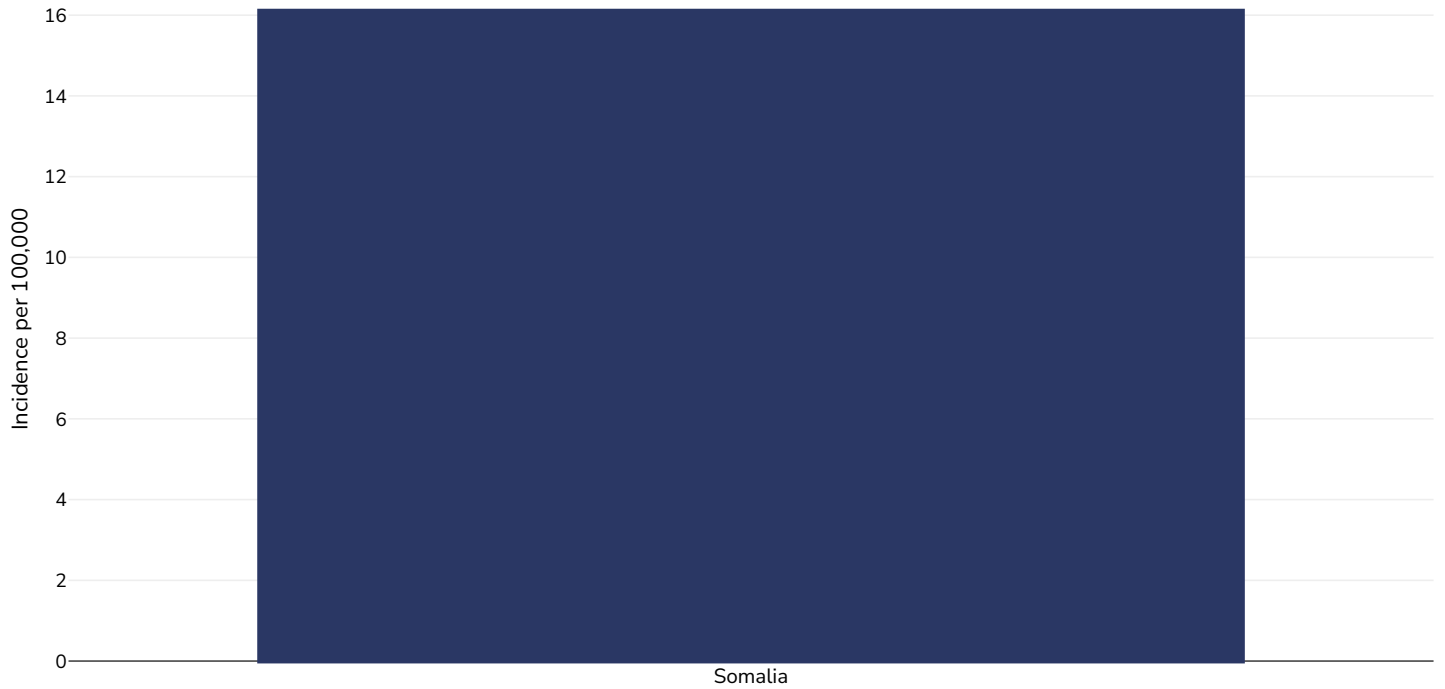## Men, 2022

Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]
Definitions:	Incidence per 100,000

Women, 2022

Incidence per 100,000

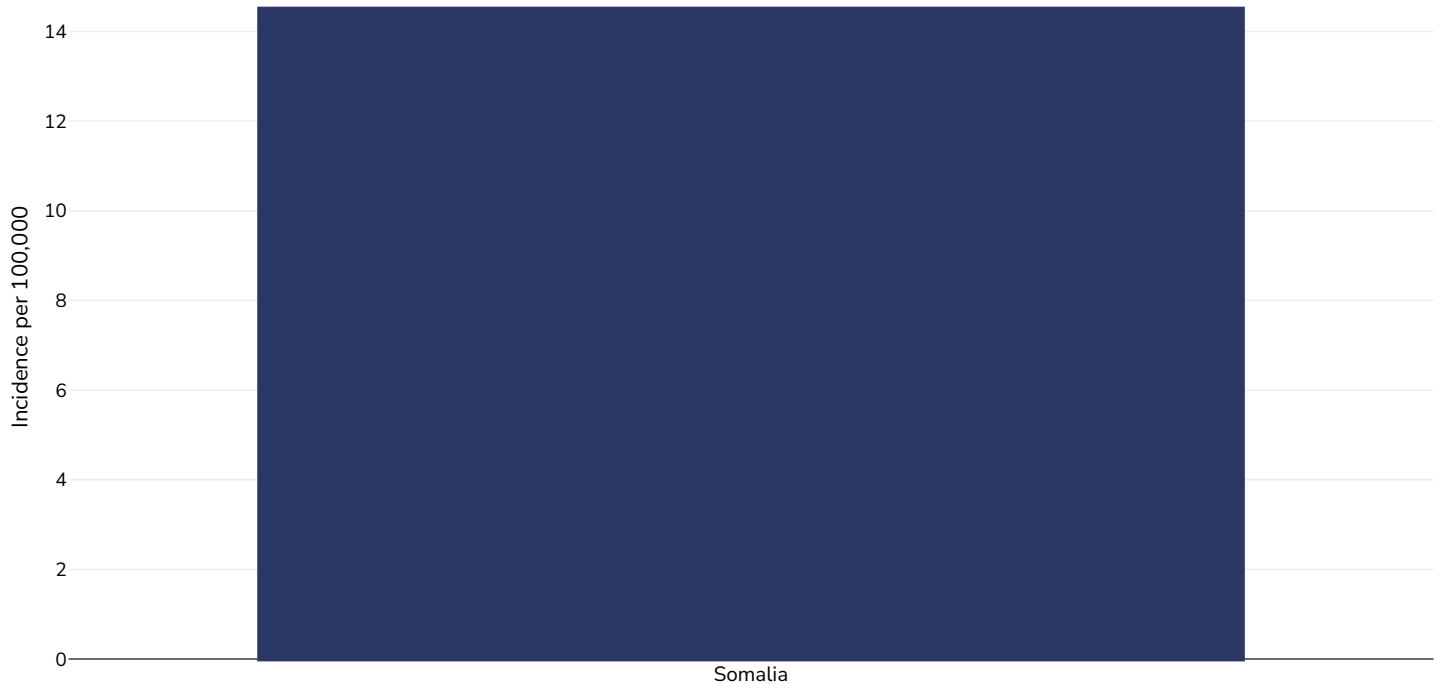|	
3	
2.5	
2	
1.5	
1	
0.5	
0	

Somalia

Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]
Definitions:	Incidence per 100,000

Gallbladder cancer
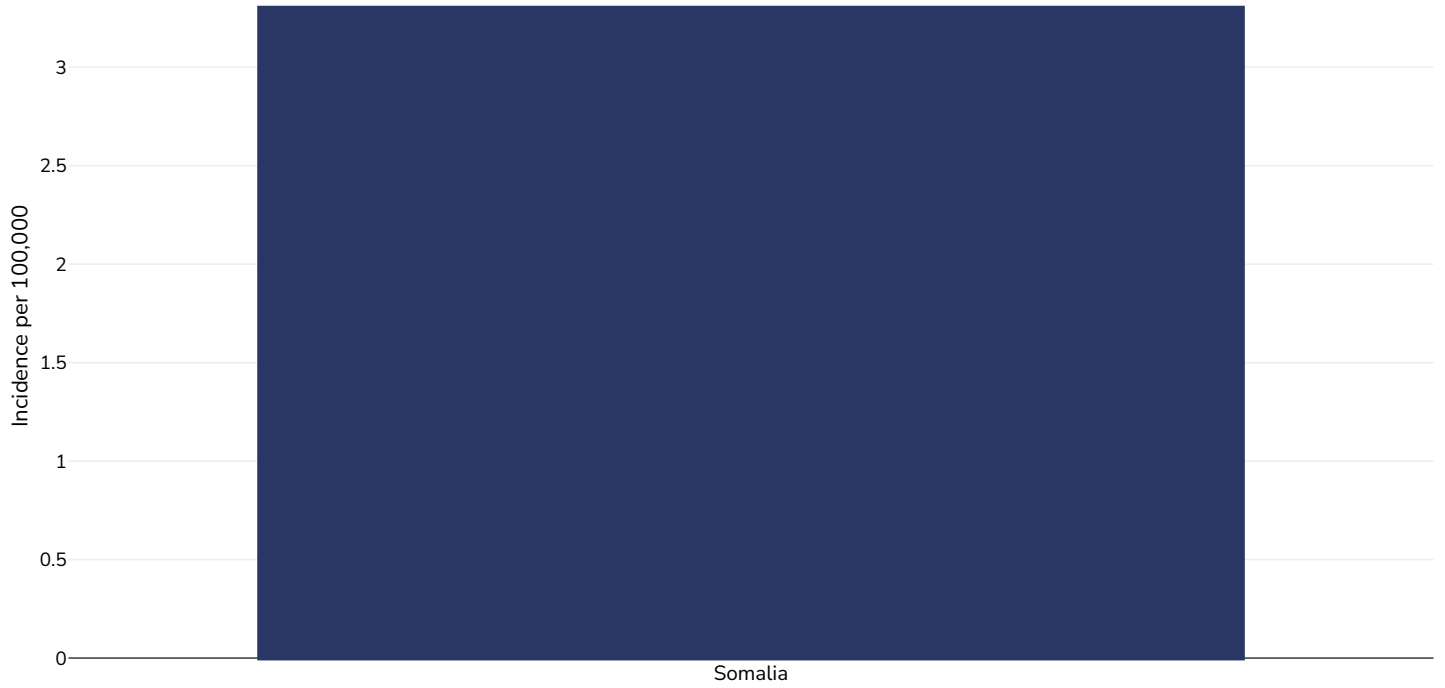
Men, 2022

Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]
Definitions:	Indicence per 100,000

Women, 2022

Incidence per 100,000

2	
1.5	
1	
0.5	
0	

Somalia

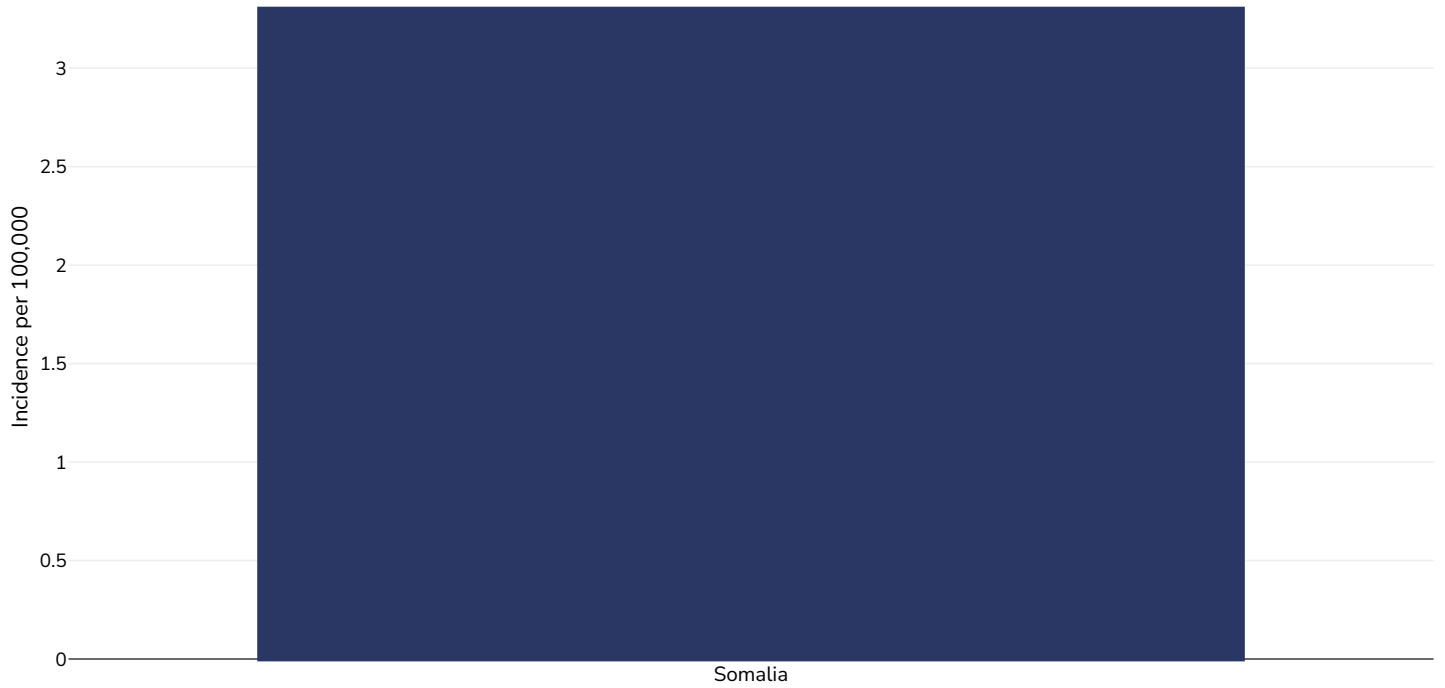|	
Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]
Definitions:	Indicence per 100,000

Kidney cancer

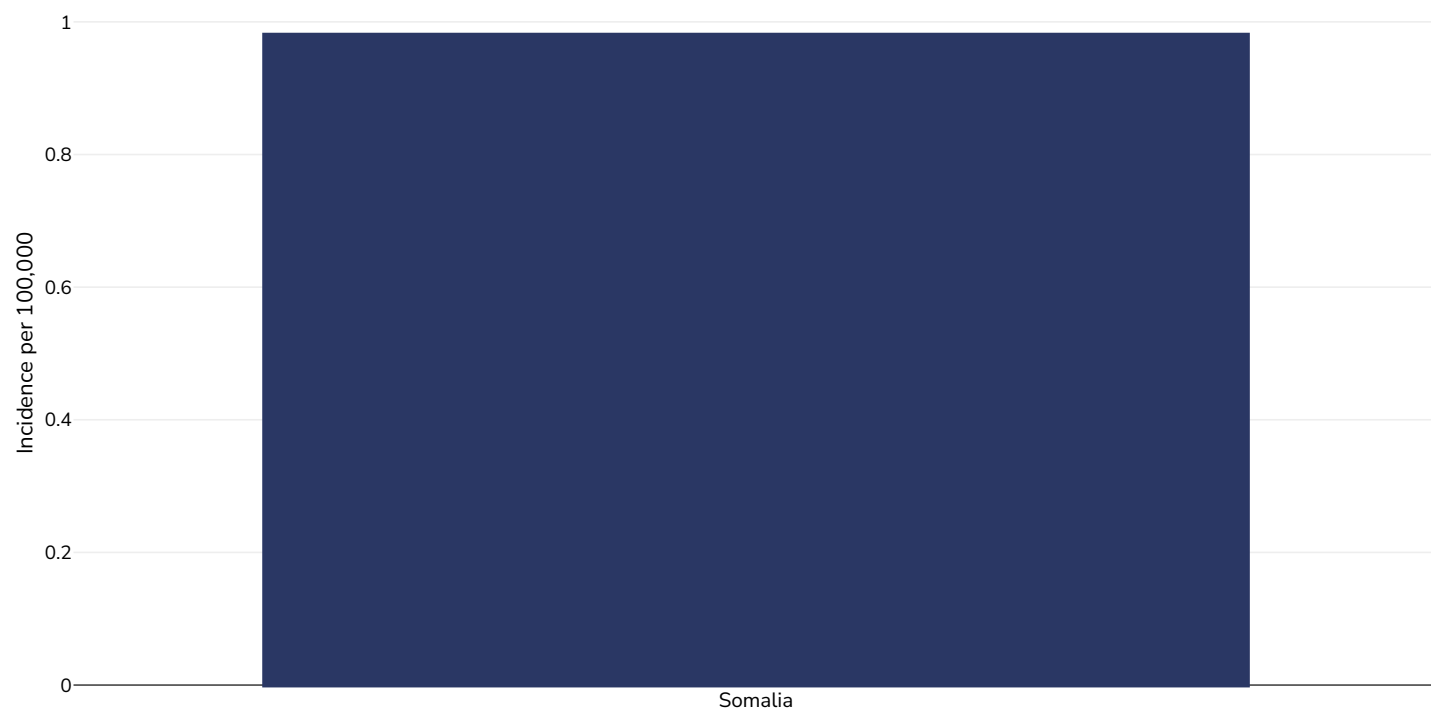## Men, 2022

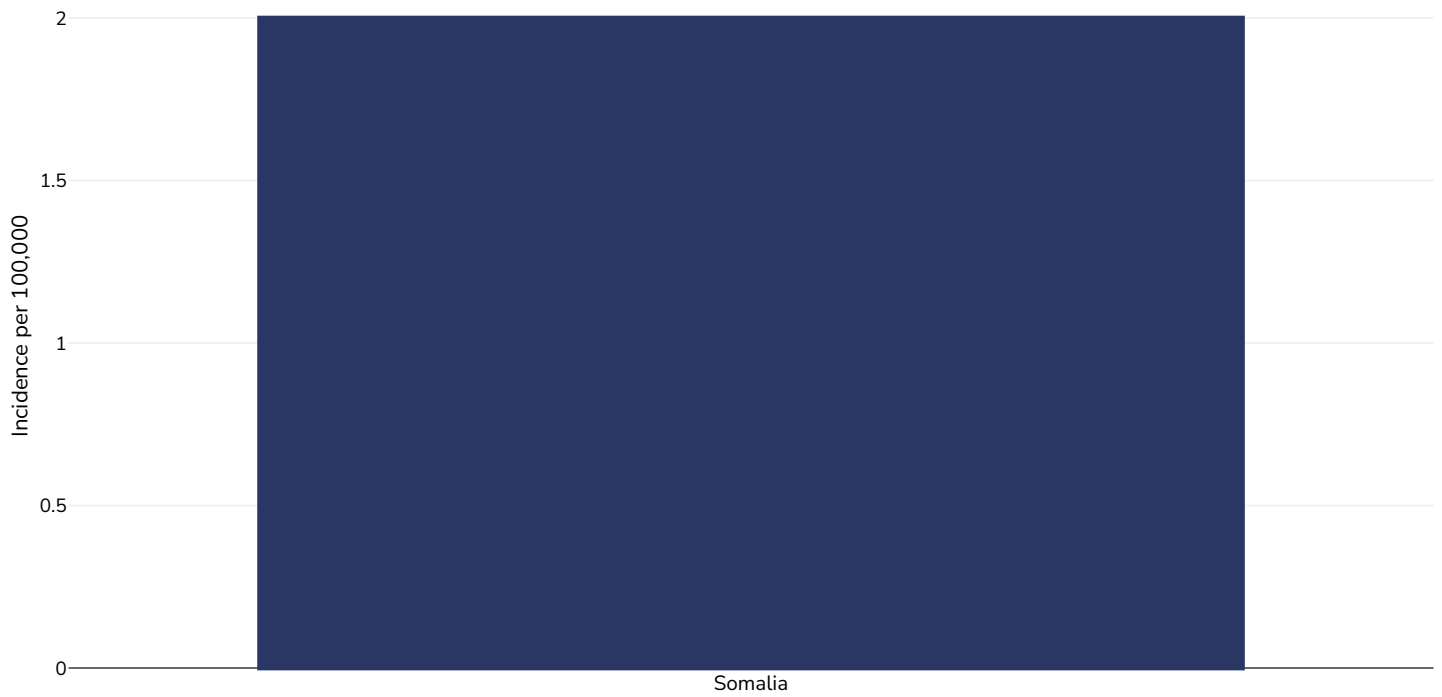|	
Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]
Definitions:	Incidence per 100,000

Women, 2022
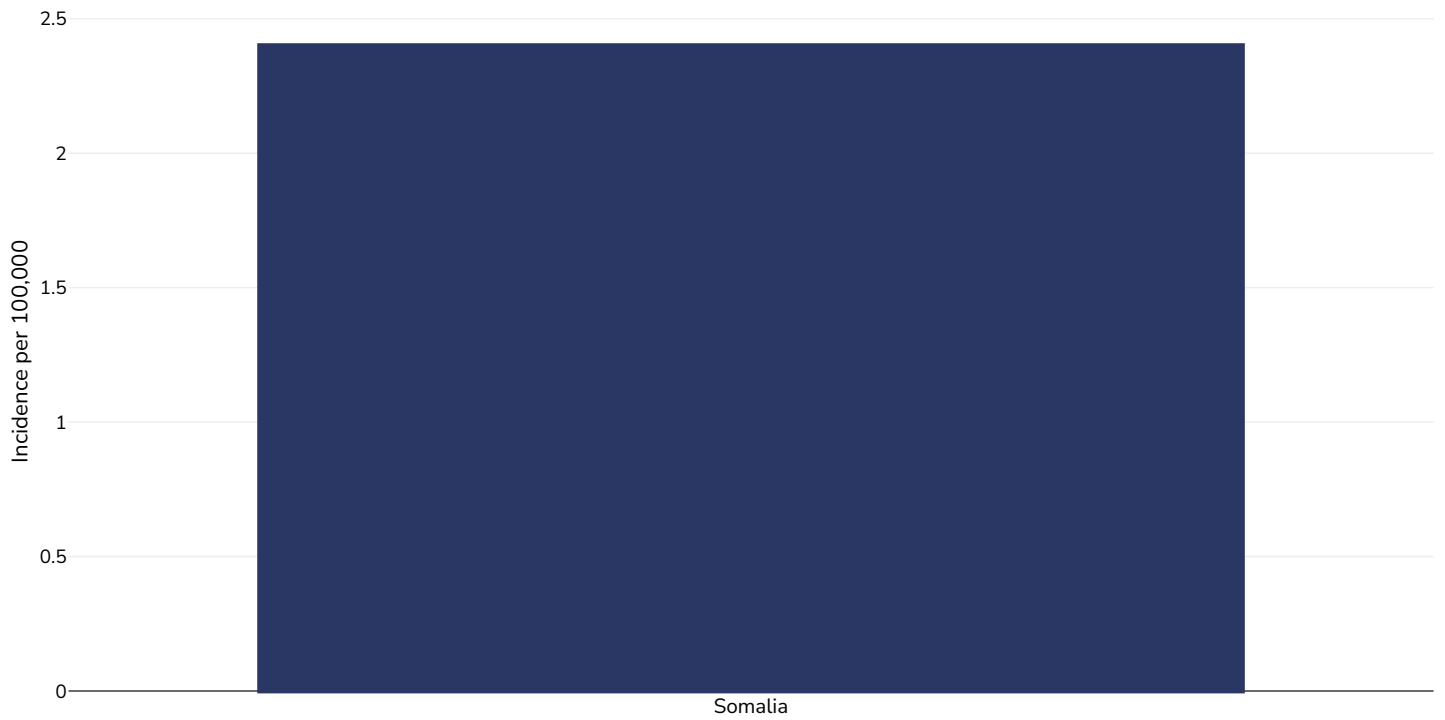
Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]
Definitions:	Incidence per 100,000

Cancer of the uterus

Women, 2022

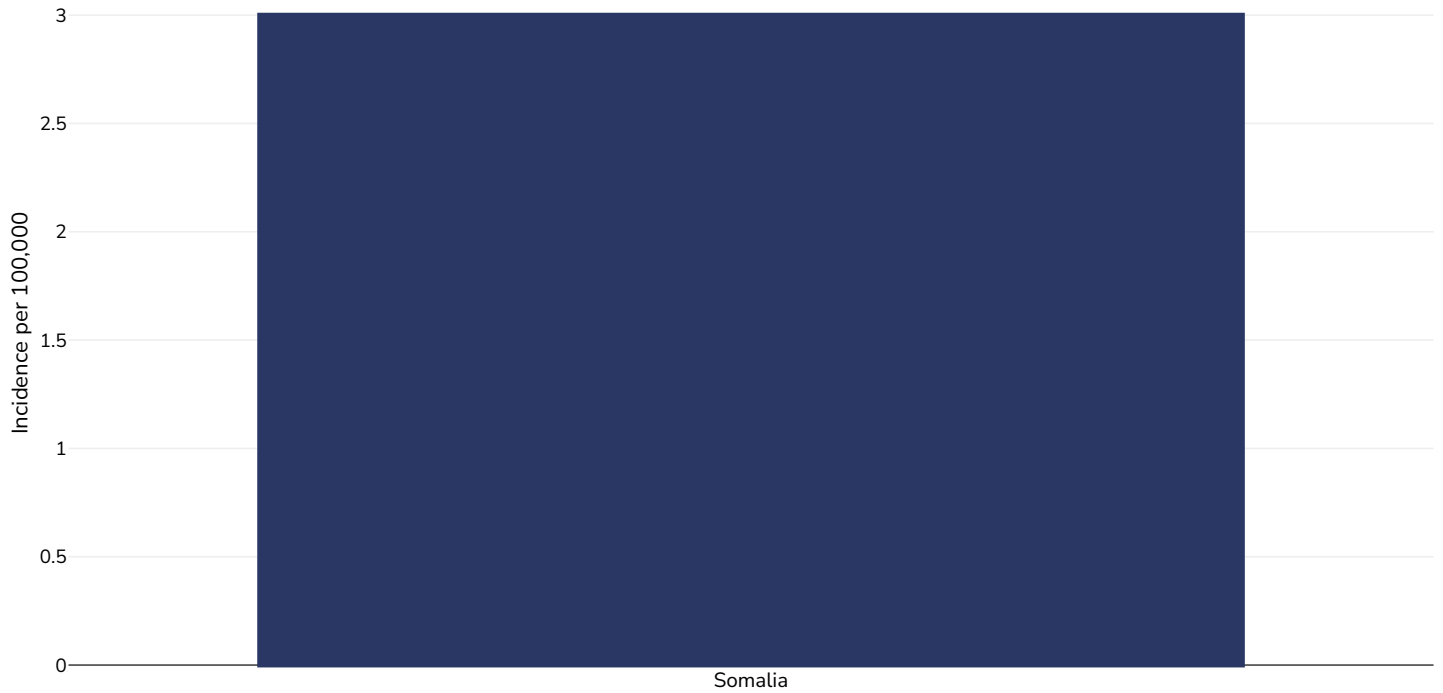Age: 20+

References: Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global
                   Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from:
                   https://gco.iarc.who.int/today, accessed [16.07.24]

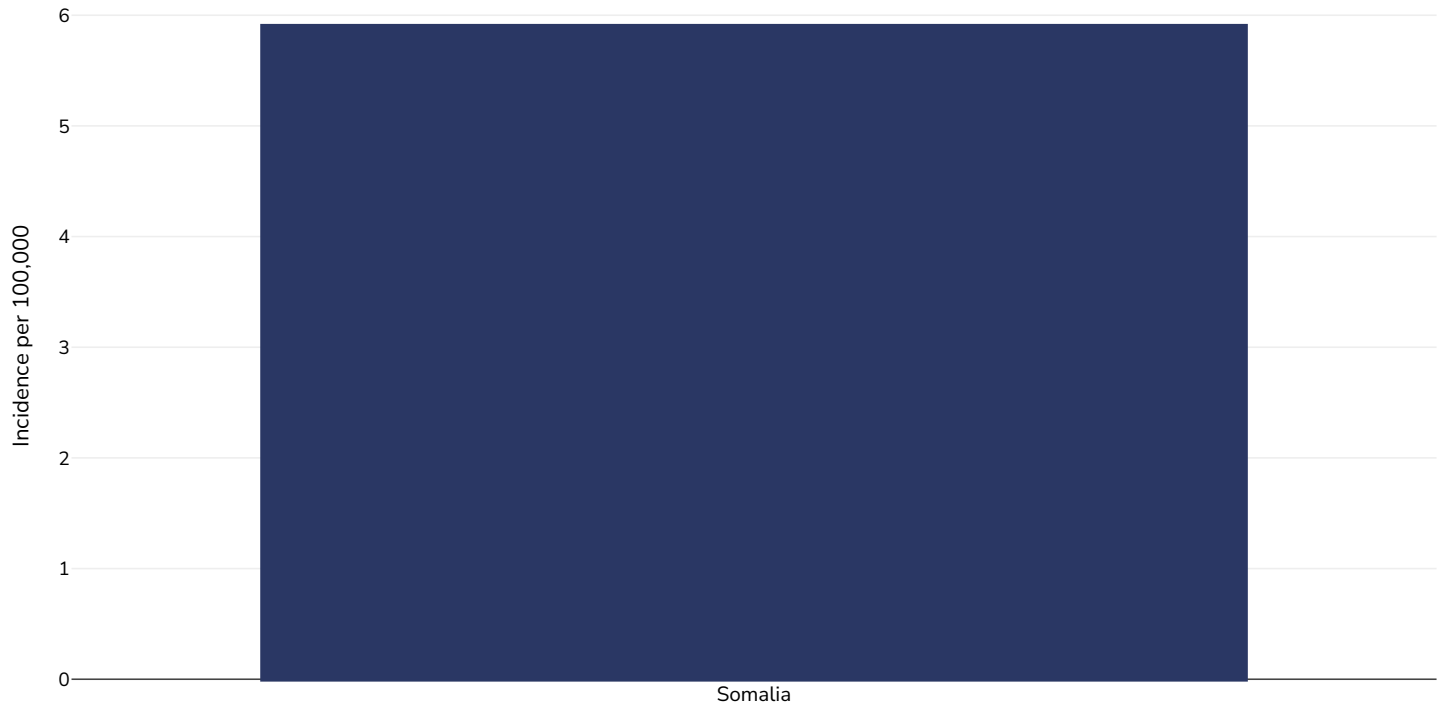Definitions: Incidence per 100,000

Raised blood pressure

Adults, 2015
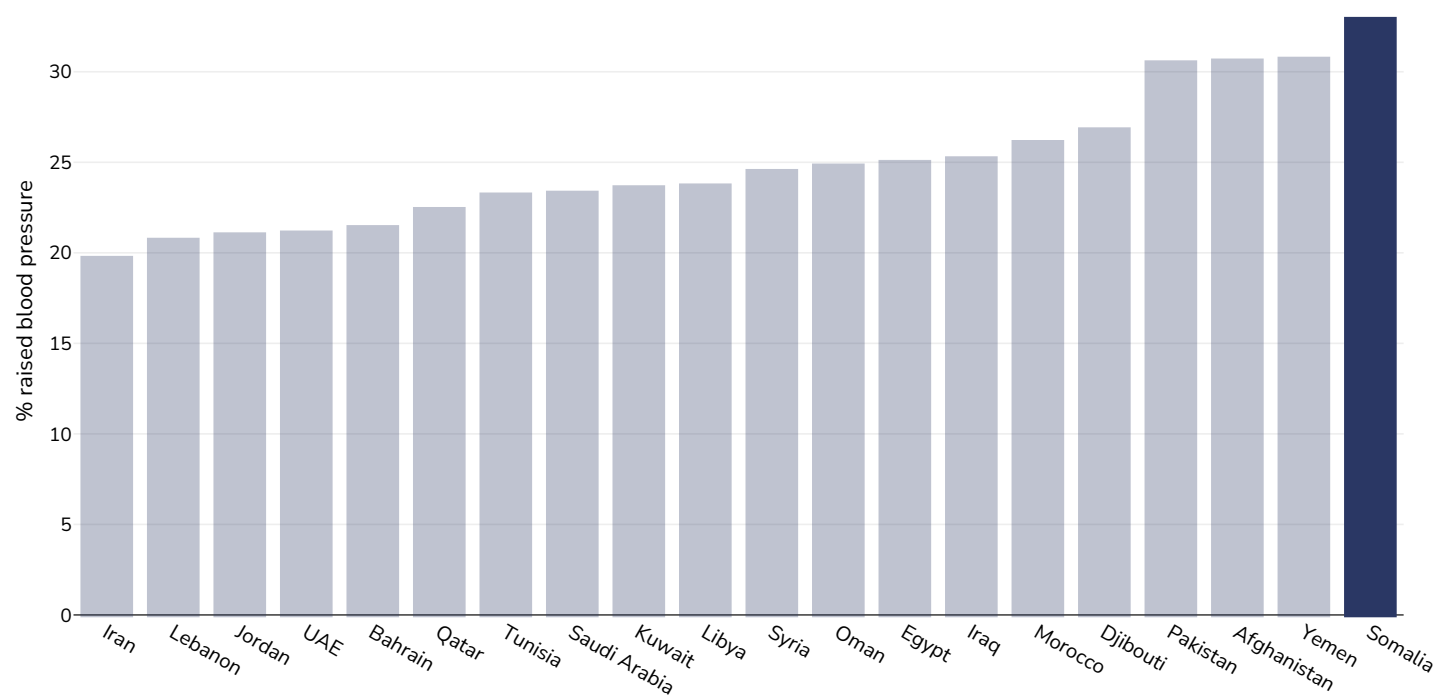
Chart: % raised blood pressure by country. Y-axis "% raised blood pressure" from 0 to 30.

Country	% raised blood pressure
Iran	19.9
Lebanon	20.9
Jordan	21.2
UAE	21.3
Bahrain	21.6
Qatar	22.5
Tunisia	23.4
Saudi Arabia	23.5
Kuwait	23.8
Libya	23.9
Syria	24.6
Oman	25.0
Egypt	25.1
Iraq	25.3
Morocco	26.3
Djibouti	27.0
Pakistan	30.6
Afghanistan	30.7
Yemen	30.8
Somalia	33.0

References:	Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A875?lang=en
Definitions:	Age Standardised estimated % Raised blood pressure 2015 (SBP>=140 OR DBP>=90).

Men, 2015
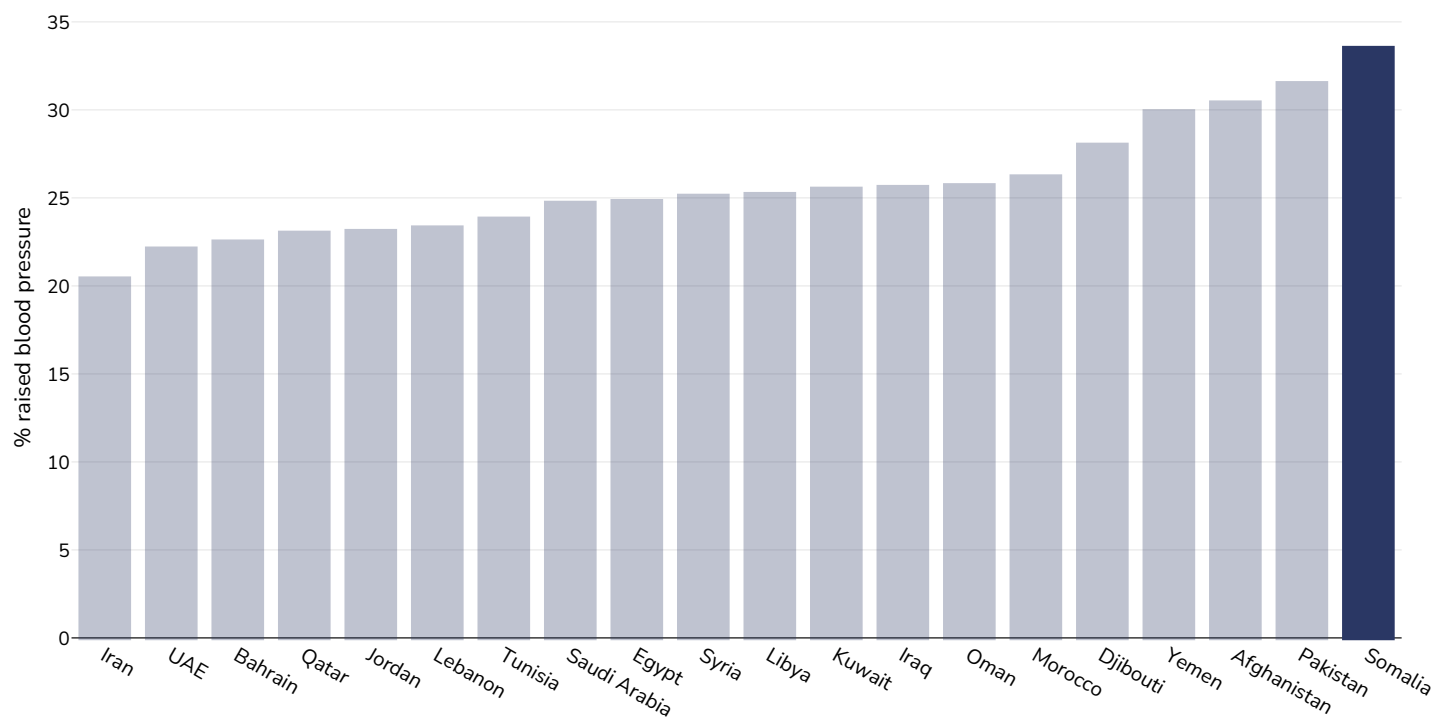
Chart: % raised blood pressure by country (Men, 2015)

Country	% raised blood pressure
Iran	20.5
UAE	22.2
Bahrain	22.6
Qatar	23.1
Jordan	23.2
Lebanon	23.4
Tunisia	23.9
Saudi Arabia	24.8
Egypt	25.0
Syria	25.3
Libya	25.4
Kuwait	25.6
Iraq	25.7
Oman	25.8
Morocco	26.3
Djibouti	28.2
Yemen	30.1
Afghanistan	30.5
Pakistan	31.7
Somalia	33.7

References: Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A875?lang=en

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

Women, 2015
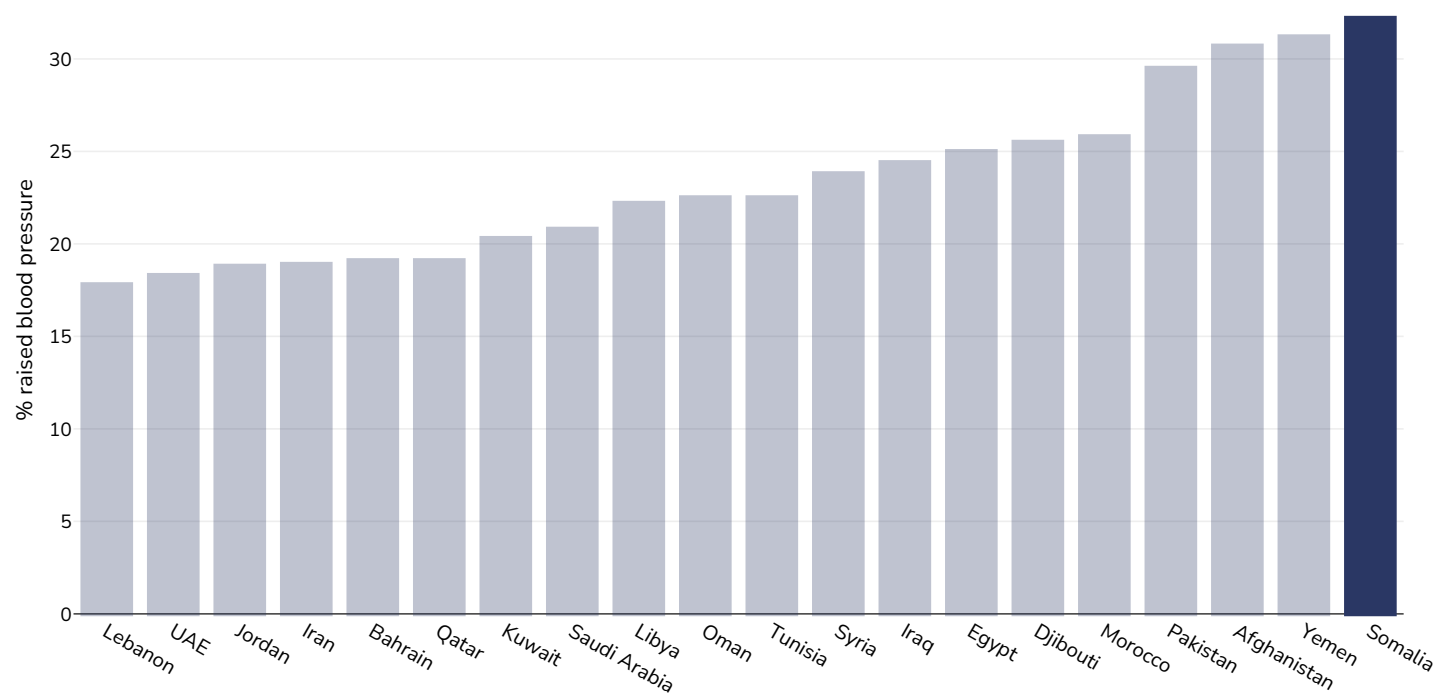
% raised blood pressure

Lebanon, UAE, Jordan, Iran, Bahrain, Qatar, Kuwait, Saudi Arabia, Libya, Oman, Tunisia, Syria, Iraq, Egypt, Djibouti, Morocco, Pakistan, Afghanistan, Yemen, Somalia

References: Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A875?lang=en

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

Raised cholesterol

Adults, 2008
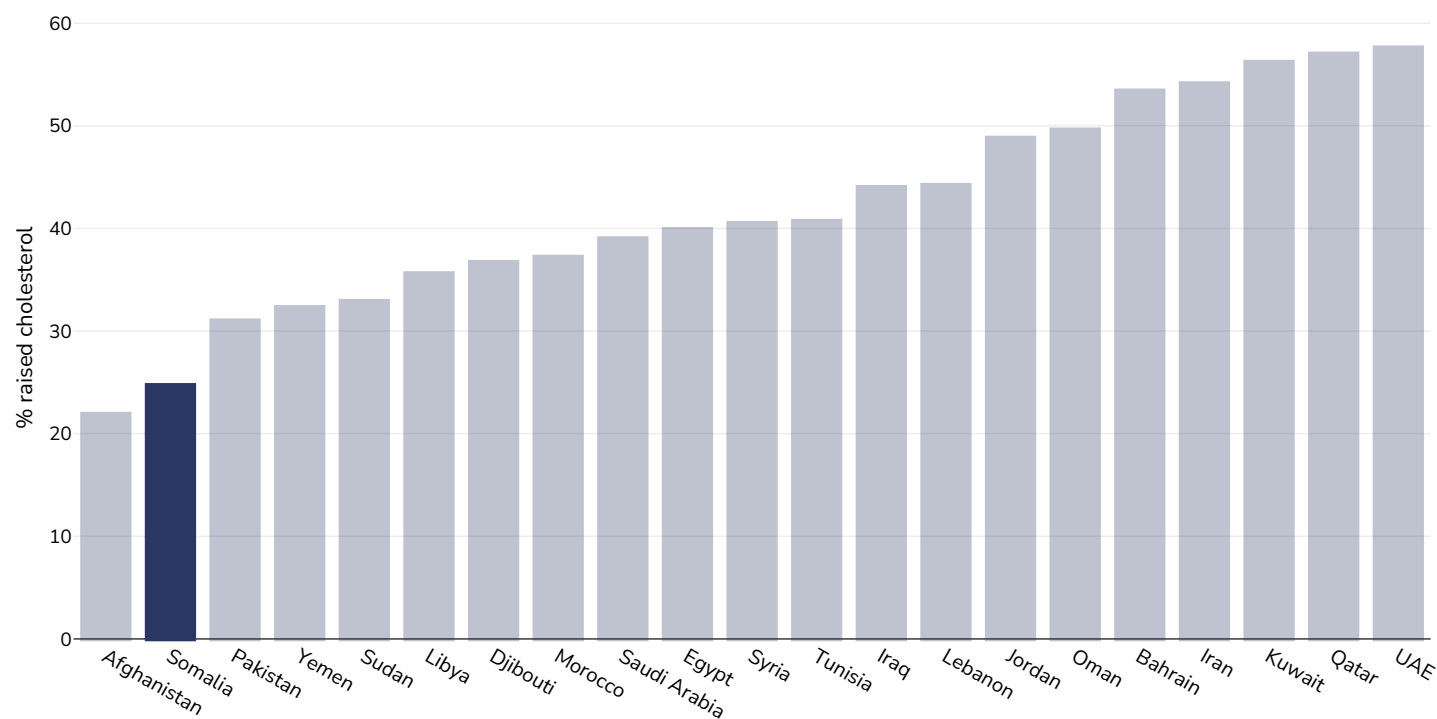
% raised cholesterol (y-axis, 0 to 60)

Countries (x-axis): Afghanistan, Somalia, Pakistan, Yemen, Sudan, Libya, Djibouti, Morocco, Saudi Arabia, Egypt, Syria, Tunisia, Iraq, Lebanon, Jordan, Oman, Bahrain, Iran, Kuwait, Qatar, UAE

References:	Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A885
Definitions:	% Raised total cholesterol (>= 5.0 mmol/L) (age-standardized estimate).

Men, 2008
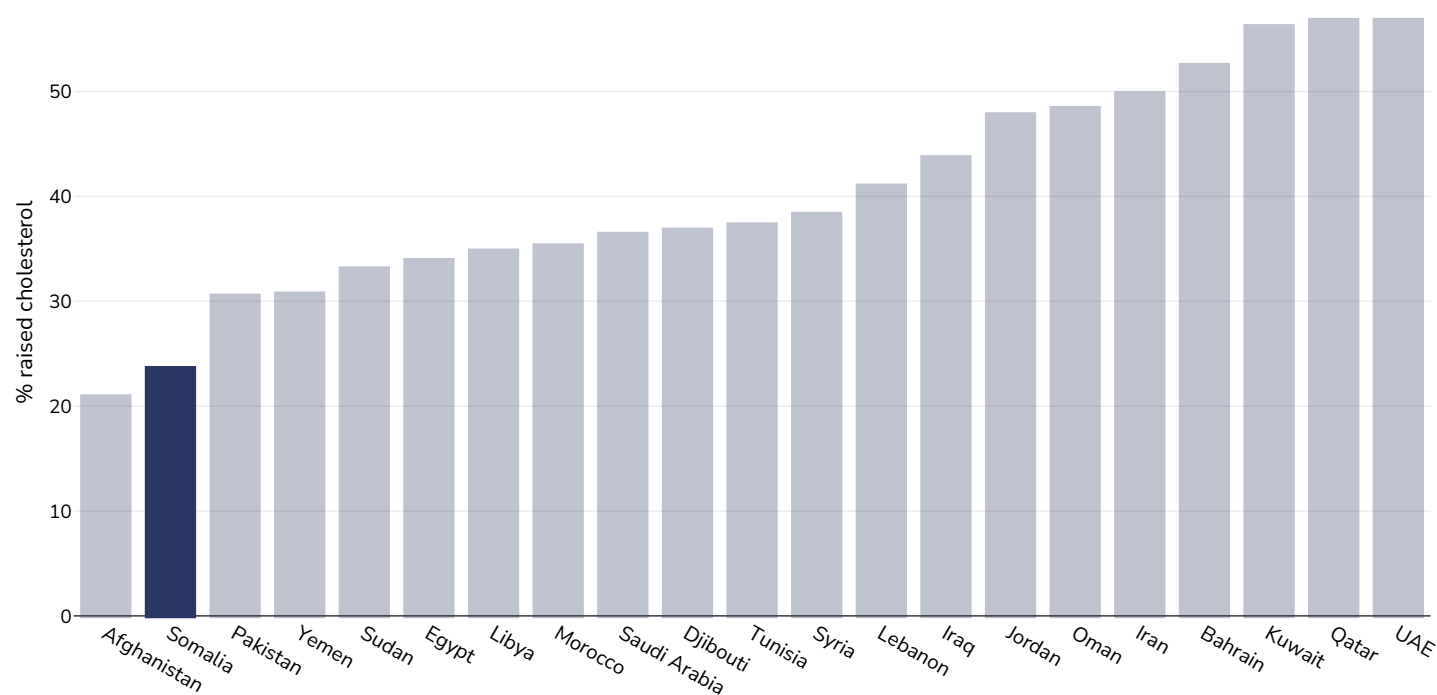
% raised cholesterol

Country	Value
Afghanistan	21
Somalia	23.5
Pakistan	30.7
Yemen	31
Sudan	33.3
Egypt	34.2
Libya	35
Morocco	35.5
Saudi Arabia	36.5
Djibouti	37
Tunisia	37.5
Syria	38.5
Lebanon	41.3
Iraq	44
Jordan	48
Oman	48.7
Iran	50
Bahrain	52.7
Kuwait	56
Qatar	57
UAE	57

References: Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A885

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

Women, 2008
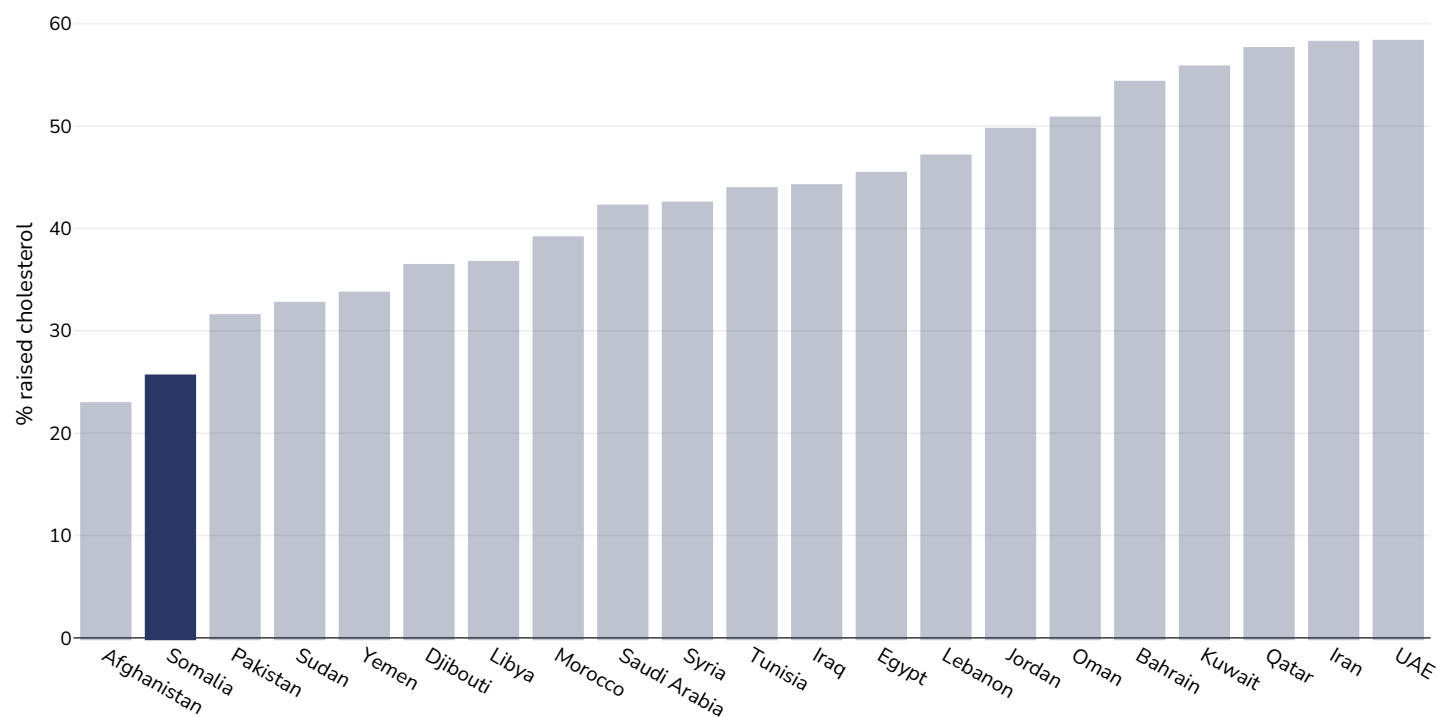
% raised cholesterol

Afghanistan, Somalia, Pakistan, Sudan, Yemen, Djibouti, Libya, Morocco, Saudi Arabia, Syria, Tunisia, Iraq, Egypt, Lebanon, Jordan, Oman, Bahrain, Kuwait, Qatar, Iran, UAE

References:	Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A885
Definitions:	% Raised total cholesterol (>= 5.0 mmol/L) (age-standardized estimate).

Raised fasting blood glucose

Men, 2014
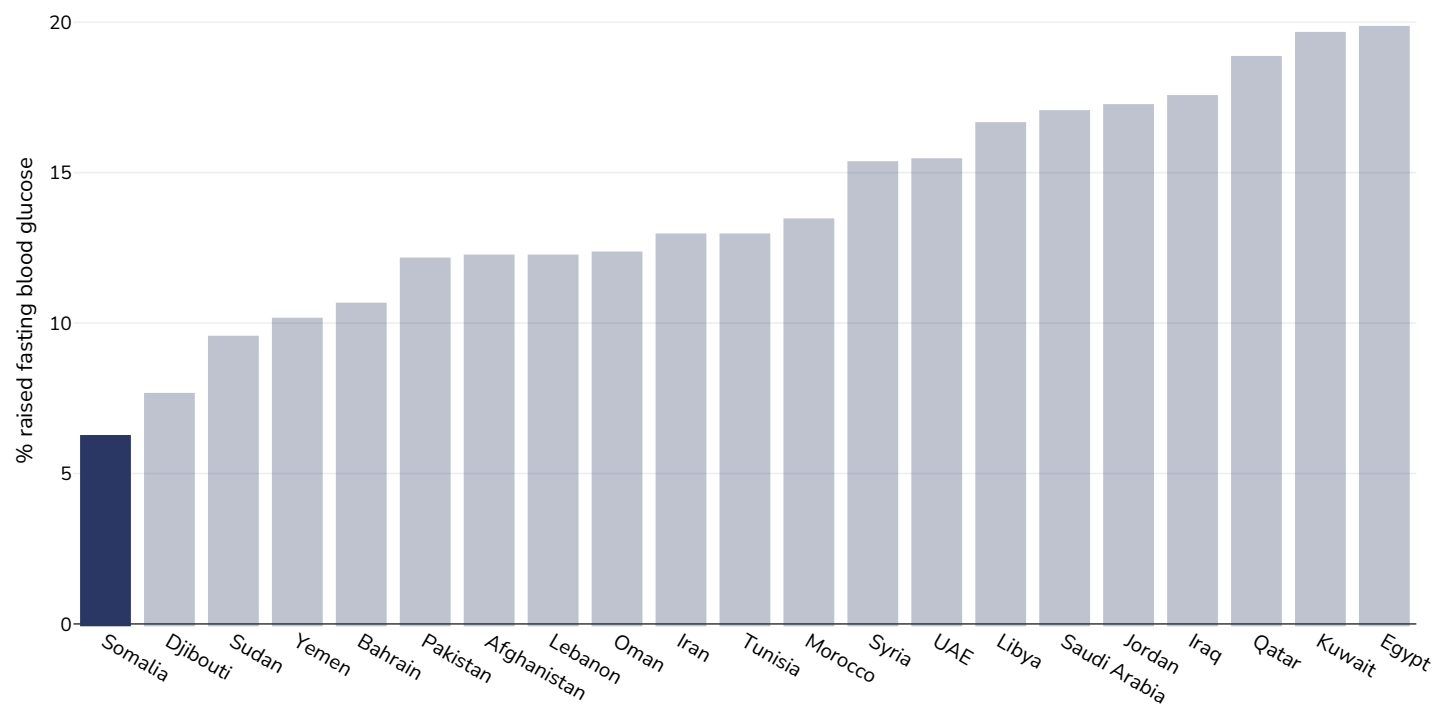
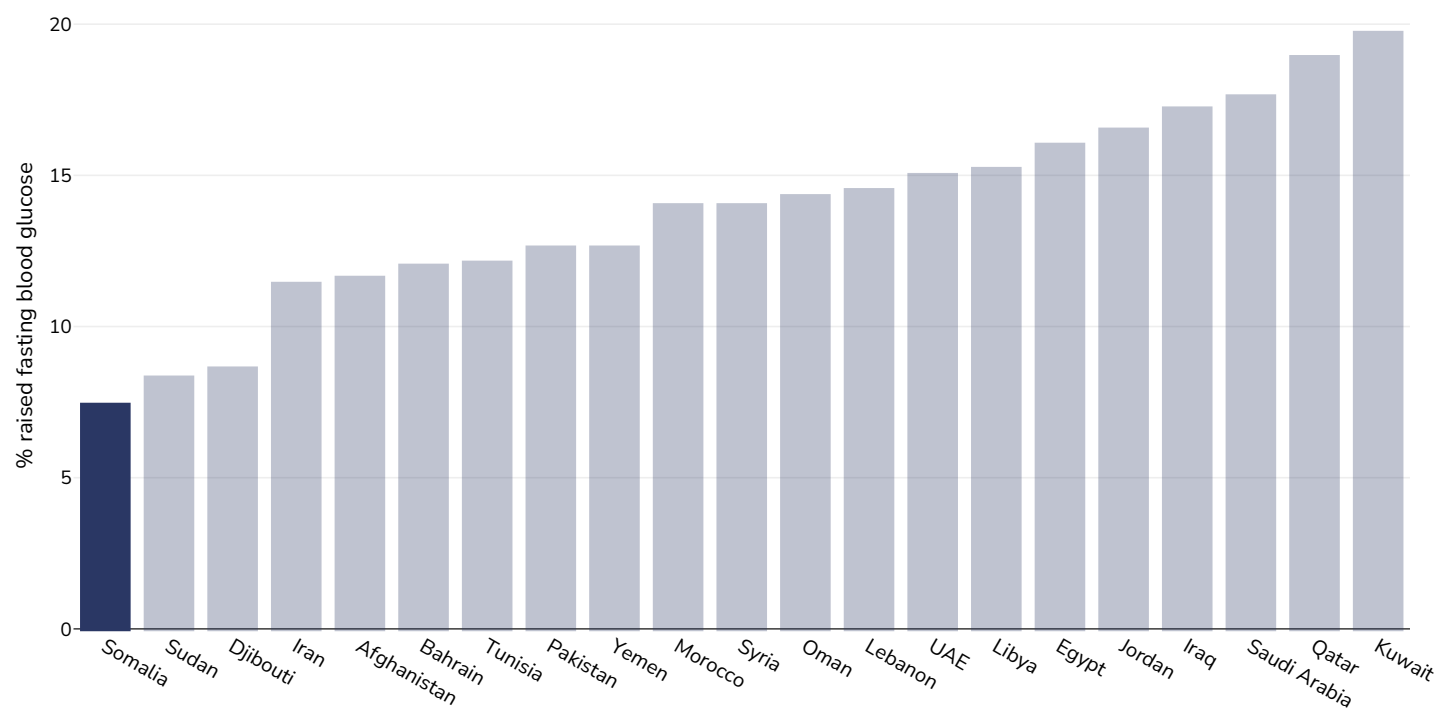References: Global Health Observatory data repository, World Health Organisation,
http://apps.who.int/gho/data/node.main.A869?lang=en

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

Women, 2014

% raised fasting blood glucose

Countries (left to right): Somalia, Sudan, Djibouti, Iran, Afghanistan, Bahrain, Tunisia, Pakistan, Yemen, Morocco, Syria, Oman, Lebanon, UAE, Libya, Egypt, Jordan, Iraq, Saudi Arabia, Qatar, Kuwait

References: Global Health Observatory data repository, World Health Organisation,

http://apps.who.int/gho/data/node.main.A869?lang=en

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

Diabetes prevalence

Adults, 2021
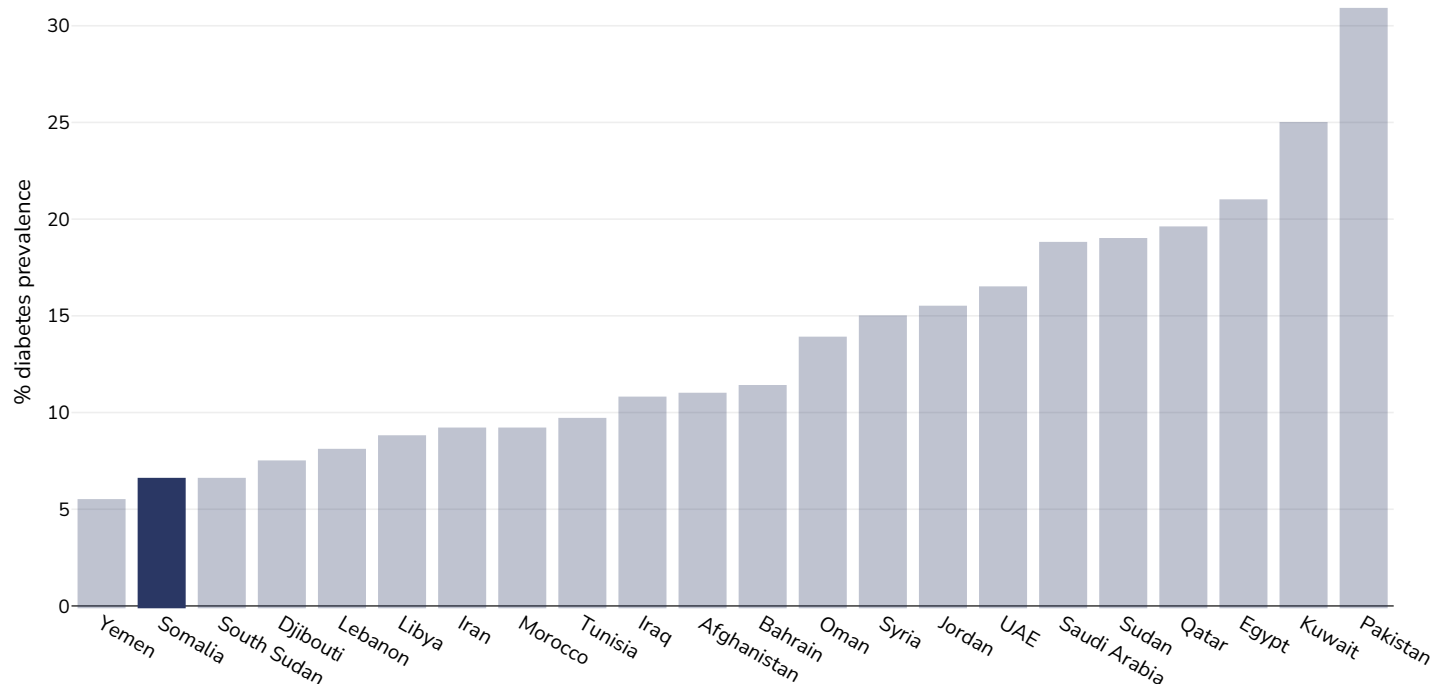
Age: 20-79

Area covered: National

References: Reproduced with kind permission International Diabetes Federation. IDF Diabetes Atlas, 10th edn. Brussels, Belgium:International Diabetes Federation, 2021. http://www.diabetesatlas.org

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

Is there mandatory nutrition labelling?	✖
Front-of-package labelling?	✖
Back-of-pack nutrition declaration?	✖
Color coding?	✖
Warning label?	✖

Regulation and marketing

Are there fiscal policies on unhealthy products?	✖
Tax on unhealthy foods?	✖
Tax on unhealthy drinks?	✖
Are there fiscal policies on healthy products?	✖
Subsidy on fruits?	✖
Subsidy on vegetables?	✖
Subsidy on other healthy products?	✖
Mandatory limit or ban of trans fat (all settings)?	✖
Mandatory limit of trans fats in place (all settings)?	✖
Ban on trans-fats or phos in place (all settings)?	✖
Are there any mandatory policies/marketing restrictions on the promotion of unhealthy food/drinks to children?	✖
Mandatory restriction on broadcast media?	✖
Mandatory restriction on non-broadcast media?	✖
Voluntary policies/marketing restrictions on the promotion of unhealthy food/drinks to children?	✖
Are there mandatory standards for food in schools?	✖
Are there any mandatory nutrient limits in any manufactured food products?	✖
Nutrition standards for public sector procurement?	✖

Political will and support

National obesity strategy or nutrition and physical activity national strategy?	✖
National obesity strategy?	✖
National childhood obesity strategy?	✖
Comprehensive nutrition strategy?	✔
Comprehensive physical activity strategy?	✖
Evidence-based dietary guidelines and/or RDAs?	✖
National target(s) on reducing obesity?	✖
Guidelines/policy on obesity treatment?	✖
Promotion of breastfeeding?	✔

Monitoring and surveillance

Monitoring of the prevalence and incidence for the main obesity-related NCDs and risk factors?	✔
Within 5 years?	✔

Governance and resource

Multi-sectoral national co-ordination mechanism for obesity or nutrition (including obesity)?	✔

Key

✔ Present   ✔v Present (voluntary)   ✔ Incoming   ✖ Absent   ? Unknown

Last updated September 13, 2022

PDF created on August 14, 2024