

# South Africa



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 <a href="https://data.worldobesity.org/country/south-africa-197/">https://data.worldobesity.org/country/south-africa-197/</a>.



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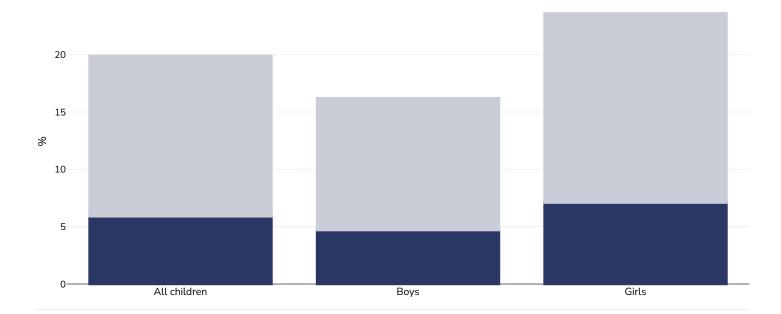
Measured



## **Obesity prevalence**

### Children, 2012





Age:	2-14
Sample size:	4278
Area covered:	National
Paference:	NHANES South Africa http://www.herc.ac.za/en/research-outputs/view/6493

References:

Notes:

Survey type:

IOTF Cut off. Reference: Cole TJ, Bellizzi MC, Flegal KM, Dietz WH. Establishing a standard definition for child overweight and obesity worldwide: International survey. BMJ. 2000 May 6;320(7244):1240-3 NB. Combined child data estimated. These estimates were calculated by weighting male and female survey results. Weighting based on World Bank Population % total female 2019 (

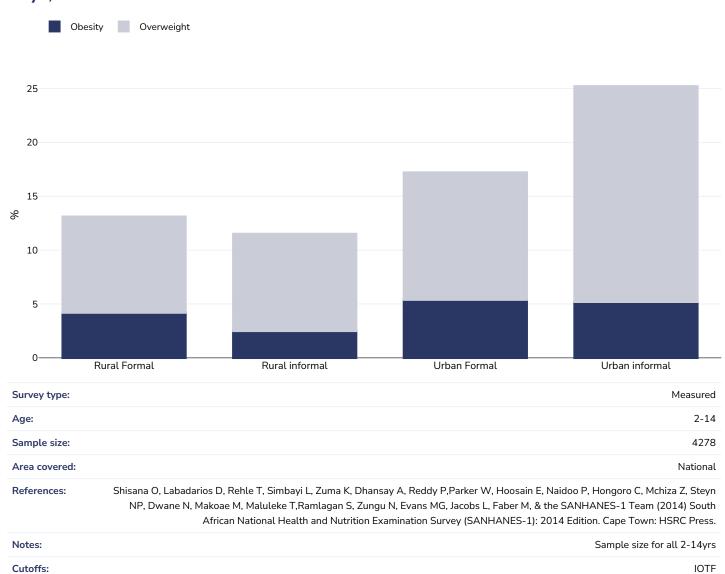
<a href="https://data.worldbank.org/indicator/SP.POP.TOTL.FE.ZS">https://data.worldbank.org/indicator/SP.POP.TOTL.FE.ZS</a> - accessed 20.11.20)

Cutoffs: IOTF



## Overweight/obesity by region

### Boys, 2012

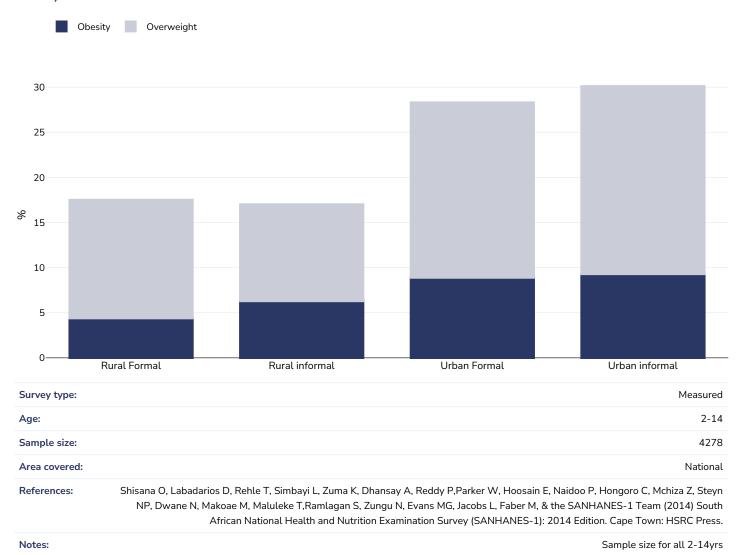


IOTF



### Girls, 2012

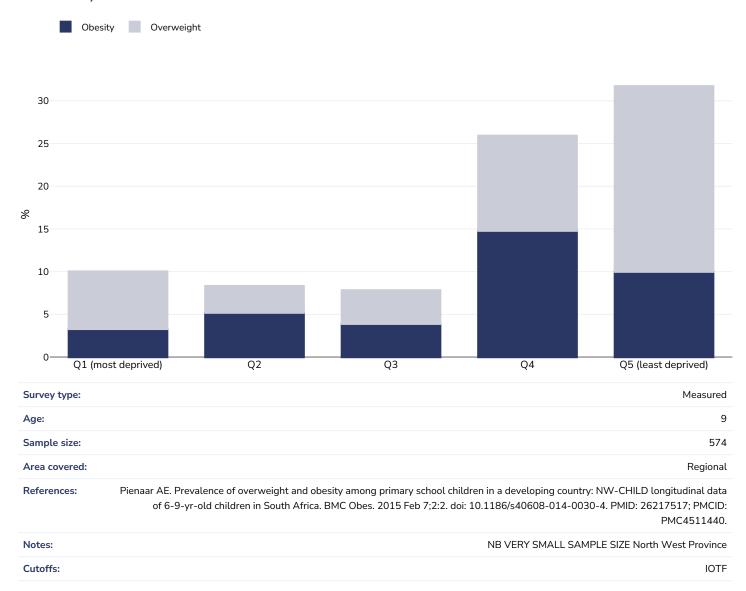
**Cutoffs:** 





## Overweight/obesity by socio-economic group

### Children, 2013



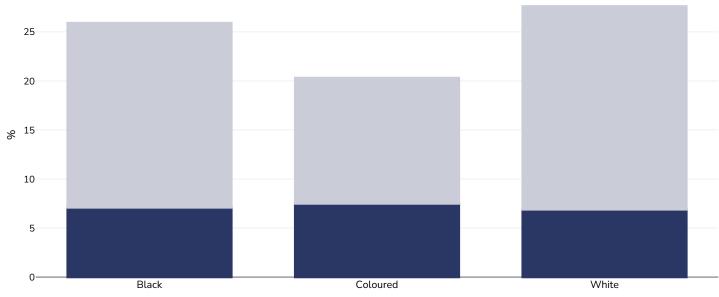


## Overweight/obesity by ethnicity

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.

### Children, 2007-2008





	Black	Cotoured	vvince
Survey type:			Measured
Age:			7-18
Sample size:			1559
Area covered:			Regional - Western Cape
References:	3 3,	, Matsha, T.E., Peer, N., Erasmus, R.T. and Kengne, A.P. (2 ender and population group among school learners in Sc [online] 4(1). doi: <u>https://doi.org/10</u>	,
Definitions:	, , , , , ,	eviously defined official South African population groups White descent and describe people of mixed ancestry. T W	3 1 1 1
Cutoffs:			IOTF

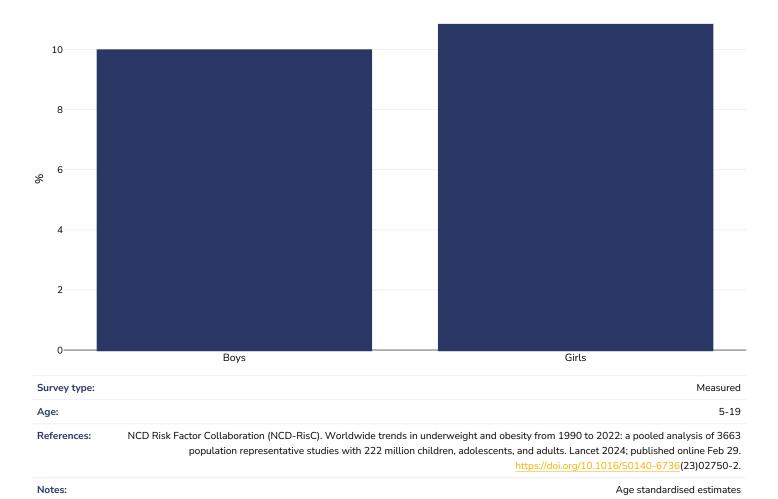


## Double burden of underweight & overweight

### Children, 2022

**Definitions:** 

**Cutoffs:** 



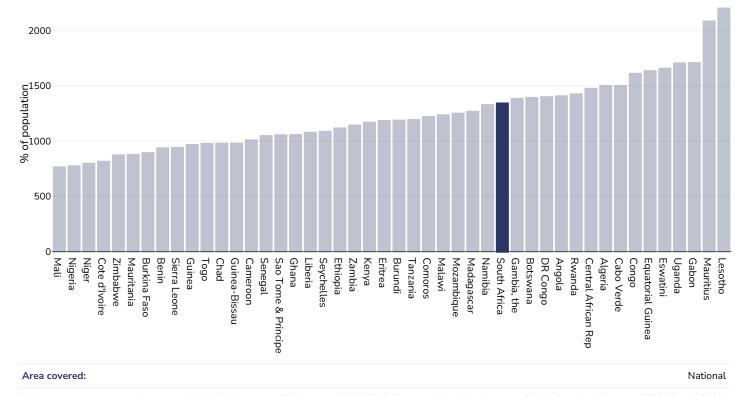
Combined prevalence of BMI < -2SD and BMI > 2SD (double burden of thinness and obesity)

BMI < -2SD and BMI > 2SD



### Mental health - depression disorders

### Children, 2021



References:

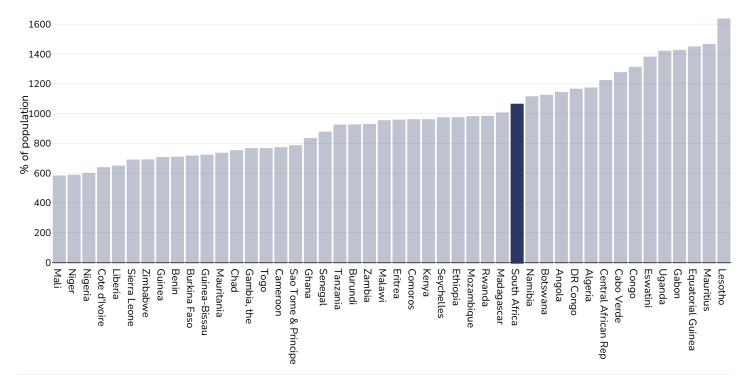
Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <a href="http://vizhub.healthdata.org/gbd-compare">http://vizhub.healthdata.org/gbd-compare</a>. (Last accessed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

**Definitions:** 

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



### Boys, 2021



Area covered: National

References:

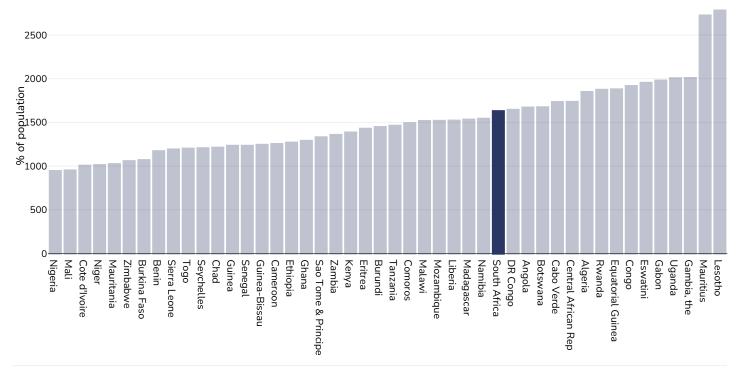
Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <a href="http://vizhub.healthdata.org/gbd-compare">http://vizhub.healthdata.org/gbd-compare</a>. (Last accessed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

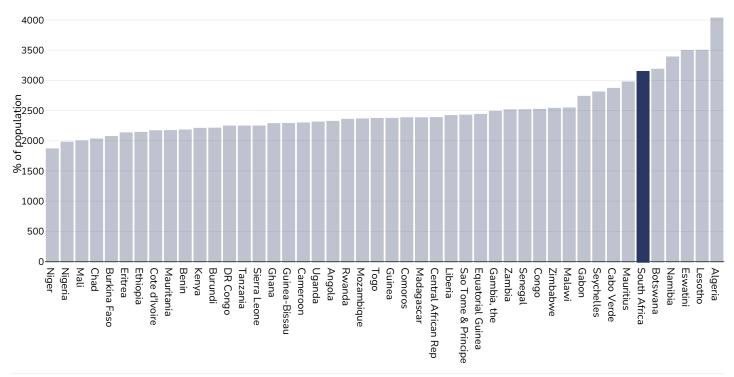
Definitions:

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



### Mental health - anxiety disorders

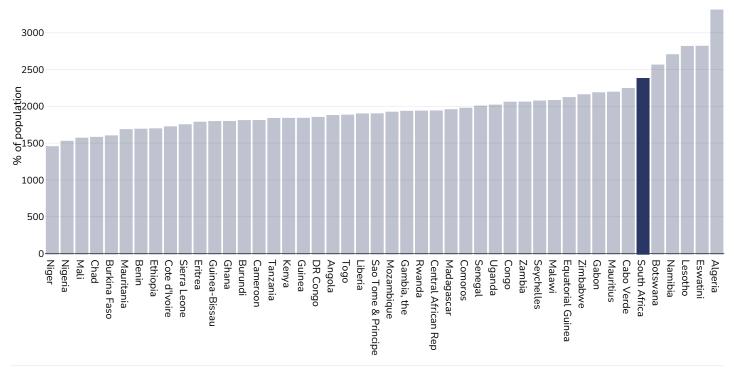
## Children, 2021



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 <a href="http://vizhub.healthdata.org/gbd-compare">http://vizhub.healthdata.org/gbd-compare</a>. (Last accessed 23.04.25)



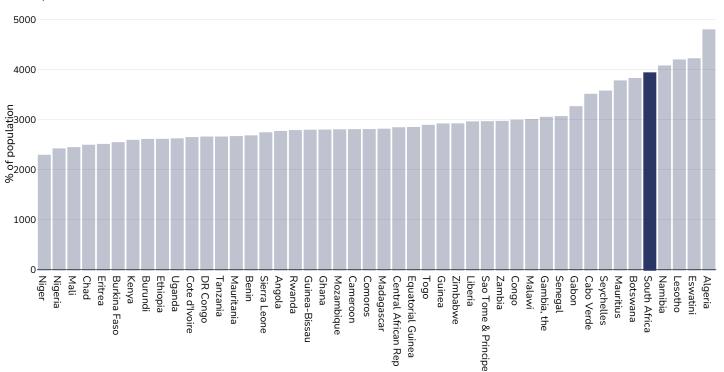
#### Boys, 2021



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 <a href="http://vizhub.healthdata.org/gbd-compare">http://vizhub.healthdata.org/gbd-compare</a>. (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 <a href="http://vizhub.healthdata.org/gbd-compare">http://vizhub.healthdata.org/gbd-compare</a>. (Last accessed 23.04.25)



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