

## 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 <u>https://data.worldobesity.org/country/south-africa-197/.</u>



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#### **Obesity prevalence**

#### Children, 2012

Obesity Overweight





#### Overweight/obesity by region



Cutoffs:



IOTF



2-14

4278

#### Girls, 2012



Shisana O, Labadarios D, Rehle T, Simbayi L, Zuma K, Dhansay A, Reddy P, Parker W, Hoosain E, Naidoo P, Hongoro C, Mchiza Z, Steyn NP, Dwane N, Makoae M, Maluleke T, Ramlagan S, Zungu N, Evans MG, Jacobs L, Faber M, & the SANHANES-1 Team (2014) South African National Health and Nutrition Examination Survey (SANHANES-1): 2014 Edition. Cape Town: HSRC Press.

Notes:	Sample size for all 2-14yrs
Cutoffs:	IOTF



IOTF

#### Overweight/obesity by socio-economic group

#### Children, 2013

Obesity Overweight



Age:	5
Sample size:	574
Area covered:	Regional
References:	Pienaar AE. Prevalence of overweight and obesity among primary school children in a developing country: NW-CHILD longitudinal data of 6-9-yr-old children in South Africa. BMC Obes. 2015 Feb 7;2:2. doi: 10.1186/s40608-014-0030-4. PMID: 26217517; PMCID: PMC4511440.
Notes:	NB VERY SMALL SAMPLE SIZE North West Province

NB VERY SMALL SAMPLE SIZE North West Province Cutoffs:



#### 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

Obesity Overweight







#### Double burden of underweight & overweight

#### Children, 2022







#### Mental health - depression disorders

#### Children, 2021



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#### Boys, 2021





#### Girls, 2021







#### Mental health - anxiety disorders

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



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