# Report card

## South Africa

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Obesity prevalence

Adults, 2016

Survey type: Measured
Age: 15+
Sample size: 7767
Area covered: National

References: National Department of Health (NDoH), Statistics South Africa (Stats SA), South African Medical Research Council (SAMRC), and ICF. 2019. South Africa Demographic and Health Survey 2016. Pretoria, South Africa, and Rockville, Maryland, USA: NDoH, Stats SA, SAMRC, and ICF.

Notes: 3105 Men 4662 Women

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m². obesity refers to a BMI greater than 30kg/m².
Children, 2012

Survey type: Measured
Age: 2-14
Sample size: 4278
Area covered: National
Cutoffs: IOTF
% Adults living with obesity, 1998-2016

Men

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.
Women

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, 1998-2016

Men

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.
Women

- Overweight or obesity

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

Men, 2016

Survey type: Measured
Age: 15+
Sample size: 7767
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.
Women, 2016

Survey type: Measured
Age: 15+
Sample size: 7767
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 age

Adults, 2016

Survey type: Measured
Sample size: 3105 Men, 4662 Women
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

#### Men, 2016

<table>
<thead>
<tr>
<th>Region</th>
<th>Overweight</th>
<th>Obesity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rural</td>
<td>25%</td>
<td>10%</td>
</tr>
<tr>
<td>Urban</td>
<td>30%</td>
<td>25%</td>
</tr>
</tbody>
</table>

**Survey type:** Measured  
**Age:** 15+  
**Sample size:** 3105 Men, 4662 Women  
**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.
Women, 2016

Survey type: Measured
Age: 15+
Sample size: 3105 Men 4662 Women
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.
Boys, 2012

Survey type: Measured
Age: 2-14
Sample size: 4278
Area covered: National


Notes: Sample size for all 2-14yrs
Cutoffs: IOTF
Girls, 2012

<table>
<thead>
<tr>
<th>Survey type:</th>
<th>Measured</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age:</td>
<td>2-14</td>
</tr>
<tr>
<td>Sample size:</td>
<td>4278</td>
</tr>
<tr>
<td>Area covered:</td>
<td>National</td>
</tr>
<tr>
<td>Notes:</td>
<td>Sample size for all 2-14yrs</td>
</tr>
<tr>
<td>Cutoffs:</td>
<td>IOTF</td>
</tr>
</tbody>
</table>
Overweight/obesity by socio-economic group

Men, 2016

Survey type: Measured
Age: 15+
Sample size: 7767
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.
Women, 2016

Survey type: Measured
Age: 15+
Sample size: 7767
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.
Children, 2013

Survey type: Measured
Age: 9
Sample size: 574
Area covered: Regional


Notes: NB VERY SMALL SAMPLE SIZE North West Province

Cutoffs: IOTF
Insufficient physical activity

Adults, 2016

Men, 2016

References:
Women, 2016

## Estimated per capita fruit intake

### Adults, 2017

<table>
<thead>
<tr>
<th>Country</th>
<th>Estimated per-capita fruit intake (g/day)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Burkina Faso</td>
<td></td>
</tr>
<tr>
<td>Gambia, the</td>
<td></td>
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<tr>
<td>Ethiopia</td>
<td></td>
</tr>
<tr>
<td>Togo</td>
<td></td>
</tr>
<tr>
<td>Chad</td>
<td></td>
</tr>
<tr>
<td>Zambia</td>
<td></td>
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<tr>
<td>Mauritania</td>
<td></td>
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<tr>
<td>Zambia</td>
<td></td>
</tr>
<tr>
<td>Niger</td>
<td></td>
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<tr>
<td>Burundi</td>
<td></td>
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<tr>
<td>Mozambique</td>
<td></td>
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<tr>
<td>Namibia</td>
<td></td>
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<tr>
<td>Eritrea</td>
<td></td>
</tr>
<tr>
<td>Mali</td>
<td></td>
</tr>
<tr>
<td>DR Congo</td>
<td></td>
</tr>
<tr>
<td>Comoros</td>
<td></td>
</tr>
<tr>
<td>Sao Tome &amp; Principe</td>
<td></td>
</tr>
<tr>
<td>Sierra Leone</td>
<td></td>
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<tr>
<td>South Africa</td>
<td></td>
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<tr>
<td>Benin</td>
<td></td>
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<tr>
<td>Central African Rep</td>
<td></td>
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<tr>
<td>Libya</td>
<td></td>
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<tr>
<td>Maldives</td>
<td></td>
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<tr>
<td>Botswana</td>
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<tr>
<td>Mauritius</td>
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<tr>
<td>Kenya</td>
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<tr>
<td>Congo</td>
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<tr>
<td>Madagascar</td>
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<tr>
<td>Malawi</td>
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<tr>
<td>Nigeria</td>
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<tr>
<td>Cote d’Ivoire</td>
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<tr>
<td>Cape Verde</td>
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<tr>
<td>Chile</td>
<td></td>
</tr>
<tr>
<td>Equatorial Guinea</td>
<td></td>
</tr>
<tr>
<td>Sao Tome &amp; Principe</td>
<td></td>
</tr>
<tr>
<td>Cameroon</td>
<td></td>
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<tr>
<td>Equatorial Guinea</td>
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<tr>
<td>Suriname</td>
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<tr>
<td>Uganda</td>
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<tr>
<td>Rwanda</td>
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<tr>
<td>Eritrea</td>
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<tr>
<td>Gabon</td>
<td></td>
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<tr>
<td>Senegal</td>
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<tr>
<td>Central African Rep</td>
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<tr>
<td>Ghana</td>
<td></td>
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<tr>
<td>Guinea</td>
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<tr>
<td>Seychelles</td>
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<tr>
<td>Cameroon</td>
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<tr>
<td>Equatorial Guinea</td>
<td></td>
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<tr>
<td>Equatorial Guinea</td>
<td></td>
</tr>
<tr>
<td>Comoros</td>
<td></td>
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<tr>
<td>South Africa</td>
<td></td>
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<tr>
<td>Benin</td>
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<tr>
<td>Central African Rep</td>
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<tr>
<td>Libya</td>
<td></td>
</tr>
<tr>
<td>Maldives</td>
<td></td>
</tr>
</tbody>
</table>

**Survey type:** Measured

**Age:** 25+

**References:** Global Burden of Disease, the Institute for Health Metrics and Evaluation [http://ghdx.healthdata.org/](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:
South Africa Demographic and Health Survey 2016. Pretoria, South Africa, and Rockville, Maryland, USA: NDoH, Stats SA, SAMRC, and ICF

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

Age: 20+

Area covered: National


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

Women, 2020

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
Women, 2020

Age: 20+

Area covered: National


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

Men, 2020

Age: 20+
Area covered: National


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

<table>
<thead>
<tr>
<th>Age:</th>
<th>20+</th>
</tr>
</thead>
<tbody>
<tr>
<td>Area covered:</td>
<td>National</td>
</tr>
<tr>
<td>Definitions:</td>
<td>Age-standardized incidence rates per 100 000</td>
</tr>
</tbody>
</table>

---

**Definitions:**

Age-standardized incidence rates per 100,000

**References:**

Gallbladder 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
Kidney 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
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

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


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


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

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

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


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.

<table>
<thead>
<tr>
<th>Labelling</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Is there mandatory nutrition labelling?</strong></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>
<tr>
<td>Regulation and marketing</td>
<td></td>
</tr>
<tr>
<td>--------------------------------------------------------------</td>
<td>---</td>
</tr>
<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>Question</th>
<th>Status</th>
</tr>
</thead>
<tbody>
<tr>
<td>National obesity strategy or nutrition and physical activity national strategy?</td>
<td>▶️ ▶️</td>
</tr>
<tr>
<td>National obesity strategy?</td>
<td>▶️ ▶️</td>
</tr>
<tr>
<td>National childhood obesity strategy?</td>
<td>▼</td>
</tr>
<tr>
<td>Comprehensive nutrition strategy?</td>
<td>▶️</td>
</tr>
<tr>
<td>Comprehensive physical activity strategy?</td>
<td>▶️</td>
</tr>
<tr>
<td>Evidence-based dietary guidelines and/or RDAs?</td>
<td>▶️</td>
</tr>
<tr>
<td>National target(s) on reducing obesity?</td>
<td>▶️</td>
</tr>
<tr>
<td>Guidelines/policy on obesity treatment?</td>
<td>▼</td>
</tr>
<tr>
<td>Promotion of breastfeeding?</td>
<td>▼</td>
</tr>
</tbody>
</table>

### Monitoring and surveillance

<table>
<thead>
<tr>
<th>Question</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>▶️</td>
</tr>
<tr>
<td>Within 5 years?</td>
<td>▶️</td>
</tr>
</tbody>
</table>

### Governance and resource

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

### Key

- ▶️ Present
- ▶️ Present (voluntary)
- ▶️ Incoming
- ▼ Absent
- ? Unknown

Last updated September 13, 2022