

Sudan



Country report card

This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity. Where available, data on common and relevant obesity drivers and comorbidities are also presented.



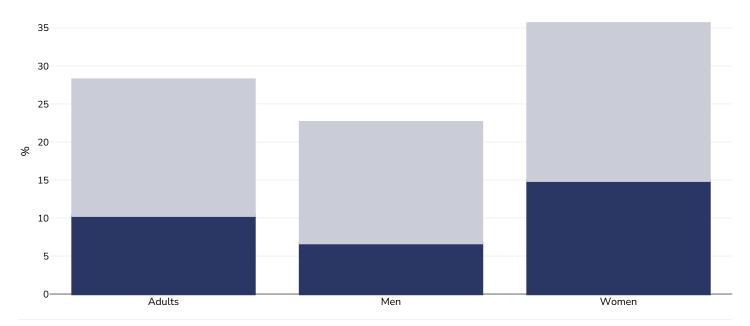
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Obesity prevalence

Adults, 2016



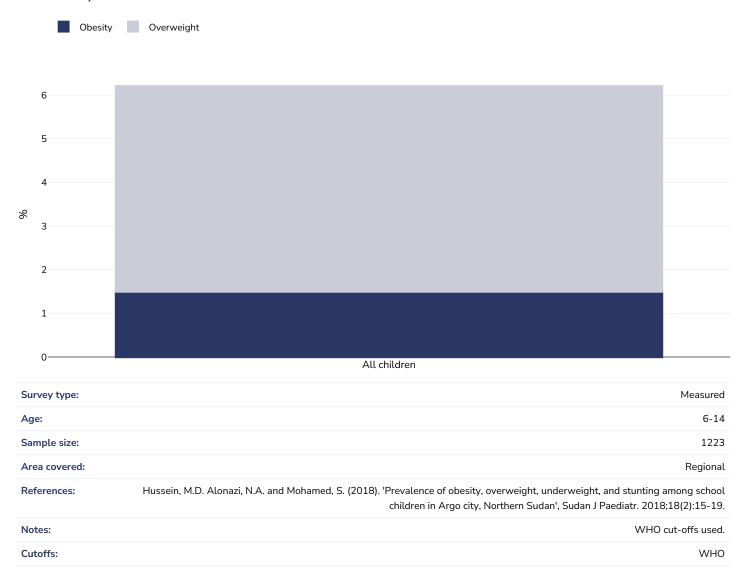


Survey type:	Measured
Age:	18-69
Sample size:	8145
Area covered:	National
References:	SUDAN STEPS 2016 FACTSHEET https://www.who.int/ncds/surveillance/steps/Sudan-2016-STEPS-factsheet.pdf?ua=1 (last accessed 05.11.19)

 $Unless \ otherwise \ noted, overweight \ refers \ to \ a \ BMI \ between \ 25kg \ and \ 29.9kg/m^2, obesity \ refers \ to \ a \ BMI \ greater \ than \ 30kg/m^2.$



Children, 2016

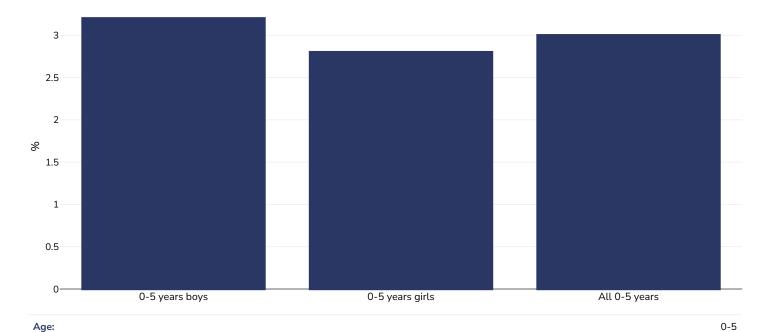


height of the reference population.



0-5 years, 2014

Overweight or obesity



Sample size: 12549

References: MICS: Multiple Indicator Cluster Survey 2014 of Sudan, Final Report. Khartoum, Sudan: UNICEF and Central Bureau of Statistics (CBS), February 2016.

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-

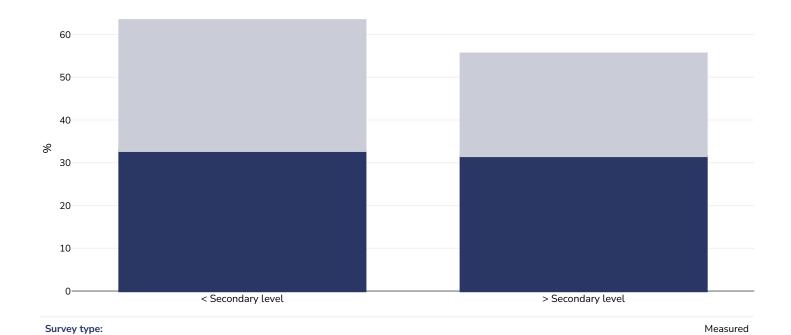
Definitions: =>+2SD



Overweight/obesity by education

Adults, 2018





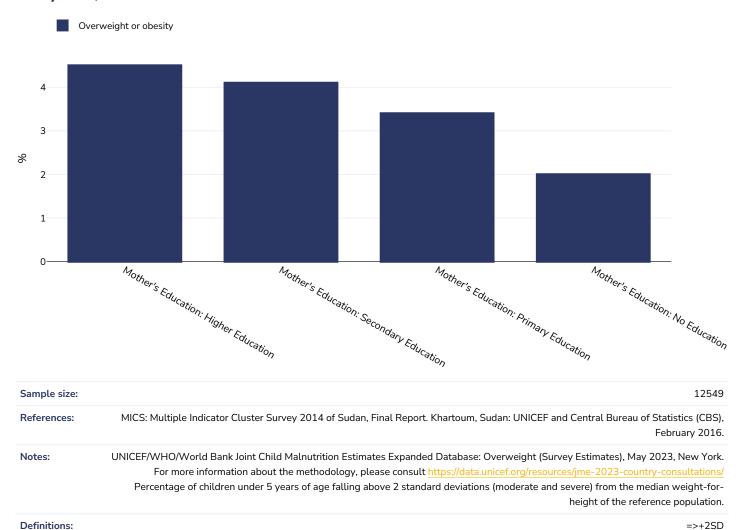
Age: 20+
Sample size: 594
Area covered: Gadarif

References: Prevalence and factors associated with overweight and central obesity among adults in the Eastern Sudan. https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0232624#sec005 (last accessed 07.06.2022)

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



0-5 years, 2014

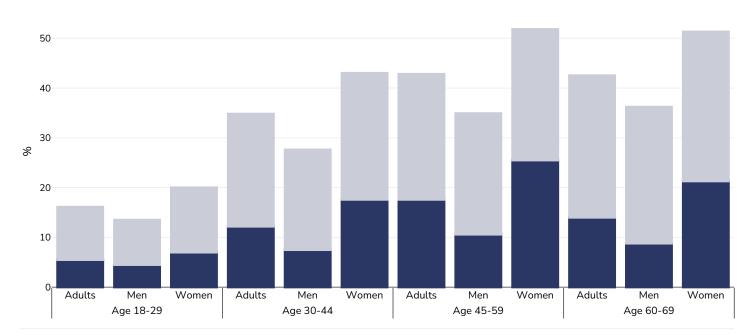




Overweight/obesity by age

Adults, 2016





 Survey type:
 Measured

 Sample size:
 7176

 Area covered:
 National

 References:
 Sudan STEPS survey 2016. https://cdn.who.int/media/docs/default-source/ncds/ncd-surveillance/data-reporting/sudan/steps/sudan-stepwise-survey-final-2016.pdf?sfvrsn=1965f5b3_4&download=true (last access 07.06.2022)

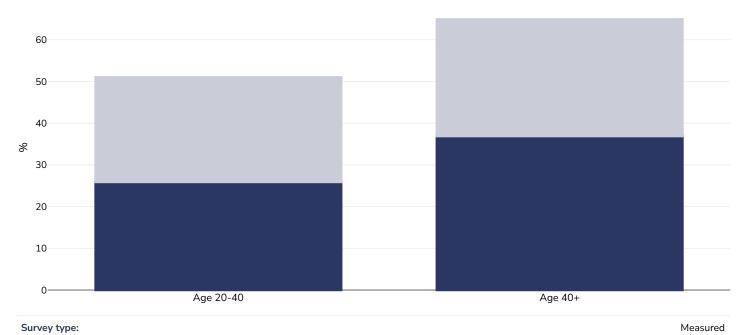
 $Unless \ otherwise \ noted, overweight \ refers \ to \ a \ BMI \ between \ 25kg \ and \ 29.9kg/m^2, obesity \ refers \ to \ a \ BMI \ greater \ than \ 30kg/m^2.$



Overweight/obesity by region

Adults, 2018





Sample size: 594

Area covered: Gadarif

References: Prevalence and factors associated with overweight and central obesity among adults in the Eastern Sudan. https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0232624#sec005 (last accessed 07.06.2022)

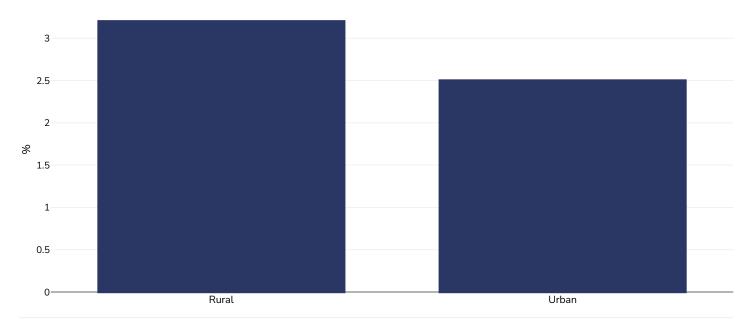
Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².

height of the reference population.



0-5 years, 2014

Overweight or obesity



Sample size:

References:

MICS: Multiple Indicator Cluster Survey 2014 of Sudan, Final Report. Khartoum, Sudan: UNICEF and Central Bureau of Statistics (CBS), February 2016.

Notes:

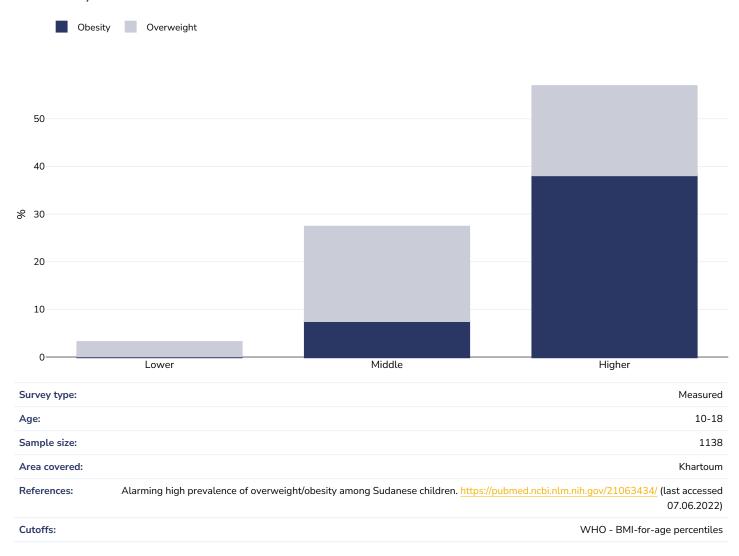
UNICEF/WHO/World Bank Joint Child Malnutrition Estimates Expanded Database: Overweight (Survey Estimates), May 2023, New York.
For more information about the methodology, please consult https://data.unicef.org/resources/jme-2023-country-consultations/
Percentage of children under 5 years of age falling above 2 standard deviations (moderate and severe) from the median weight-for-

Definitions: =>+2SD



Overweight/obesity by socio-economic group

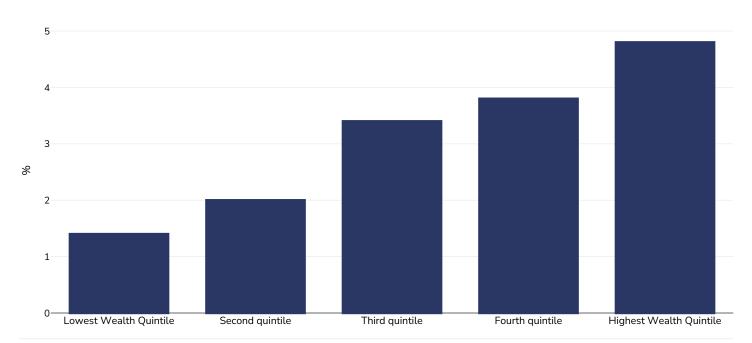
Children, 2010





0-5 years, 2014





Sample size: 12549

References:

MICS: Multiple Indicator Cluster Survey 2014 of Sudan, Final Report. Khartoum, Sudan: UNICEF and Central Bureau of Statistics (CBS), February 2016.

Notes:

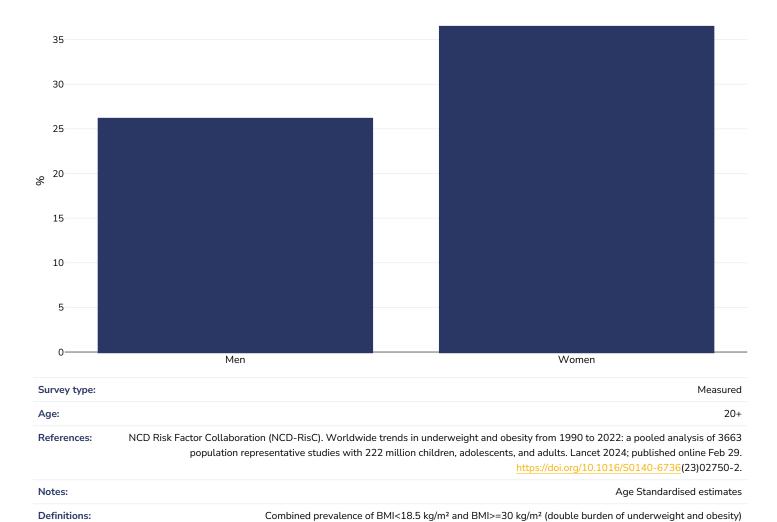
UNICEF/WHO/World Bank Joint Child Malnutrition Estimates Expanded Database: Overweight (Survey Estimates), May 2023, New York.

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-forheight of the reference population.

Definitions: =>+2SD

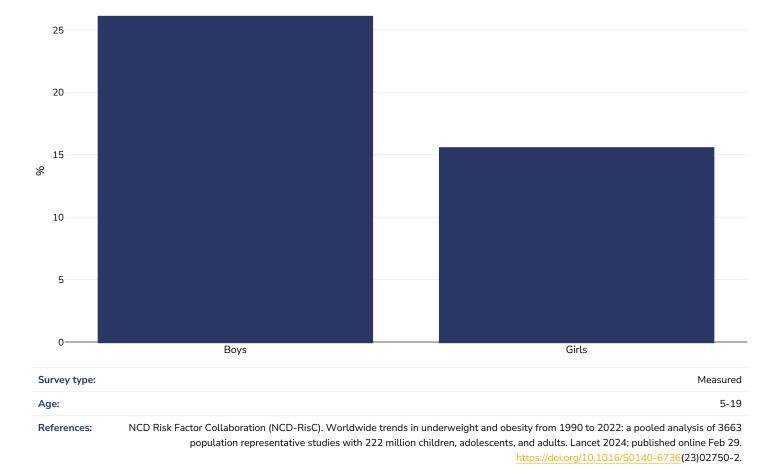


Double burden of underweight & overweight





Children, 2022



Notes: Age standardised estimates

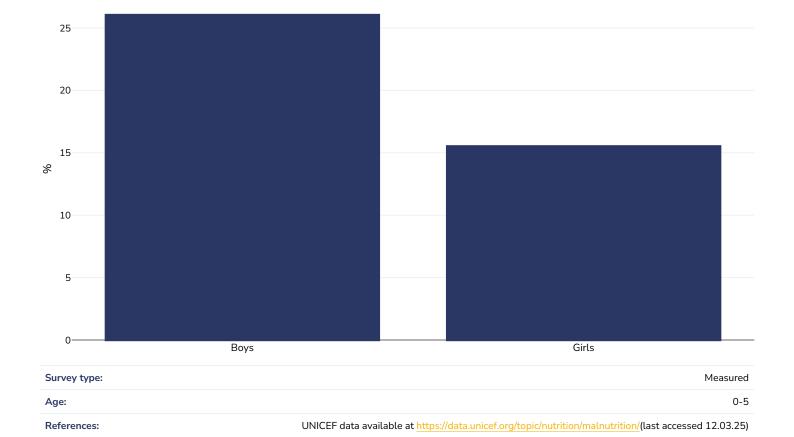
Definitions: Combined prevalence of BMI < -2SD and BMI > 2SD (double burden of thinness and obesity)

Cutoffs: BMI < -2SD and BMI > 2SD



Notes:

0-5 years, 2014-2014

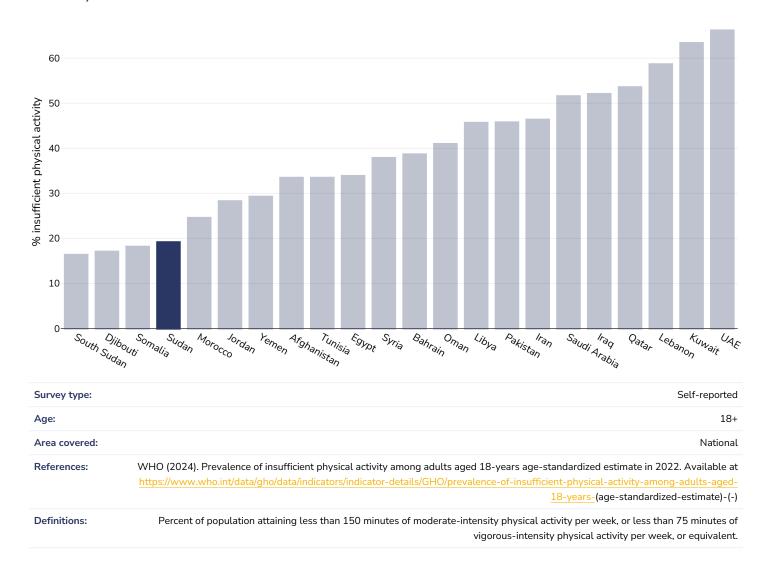


Children under 5 falling below -2 standard deviations from the median height for age and falling at or above +2 standard deviations

from the median weight-for-height of the reference population



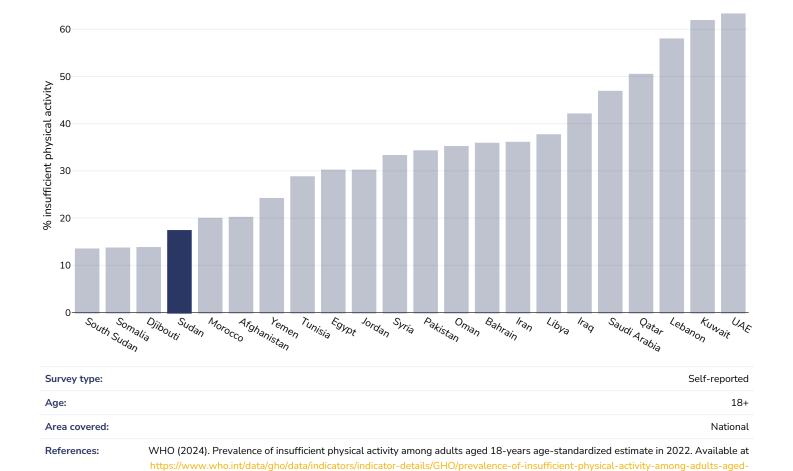
Insufficient physical activity



18-years-(age-standardized-estimate)-(-)



Men, 2022

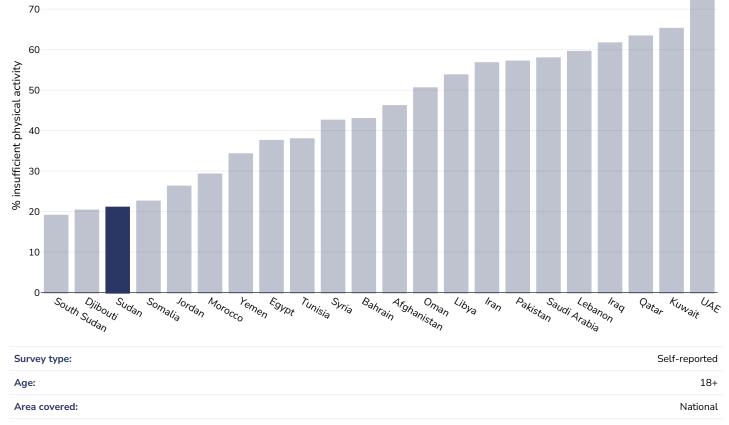


Definitions:

Percent of population attaining less than 150 minutes of moderate-intensity physical activity per week, or less than 75 minutes of vigorous-intensity physical activity per week, or equivalent.



Women, 2022



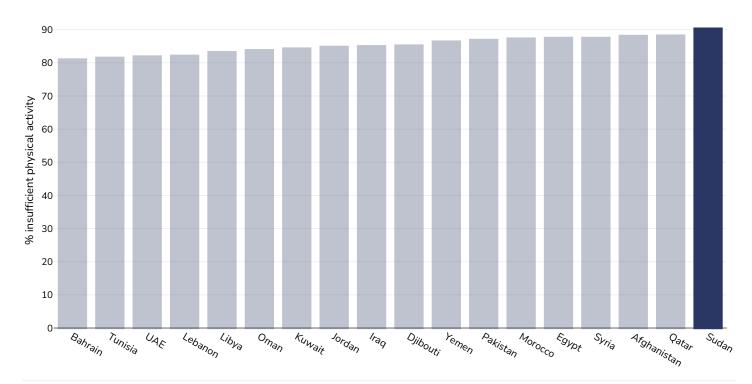
References: WHO (2024). Prevalence of insufficient physical activity among adults aged 18-years age-standardized estimate in 2022. Available at <a href="https://www.who.int/data/gho/data/indicators/indicator-details/GHO/prevalence-of-insufficient-physical-activity-among-adults-aged-data/indicators/indicator-details/GHO/prevalence-of-insufficient-physical-activity-among-adults-aged-data/indicators/indicat

18-years-(age-standardized-estimate)-(-)

Definitions: Percent of population attaining less than 150 minutes of moderate-intensity physical activity per week, or less than 75 minutes of vigorous-intensity physical activity per week, or equivalent.



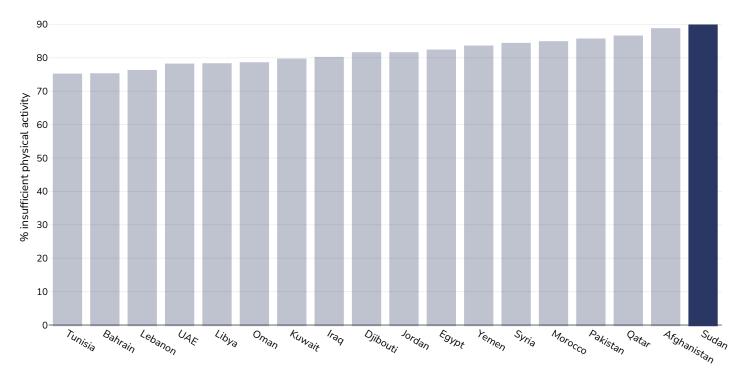
Children, 2016



Survey type:	Self-reported
Age:	11-17
References:	Global Health Observatory data repository, World Health Organisation, https://apps.who.int/gho/data/node.main.A893ADO?lang=en (last accessed 16.03.21)
Notes:	% of school going adolescents not meeting WHO recommendations on Physical Activity for Health, i.e. doing less than 60 minutes of moderate- to vigorous-intensity physical activity daily.
Definitions:	% Adolescents insufficiently active (age standardised estimate)



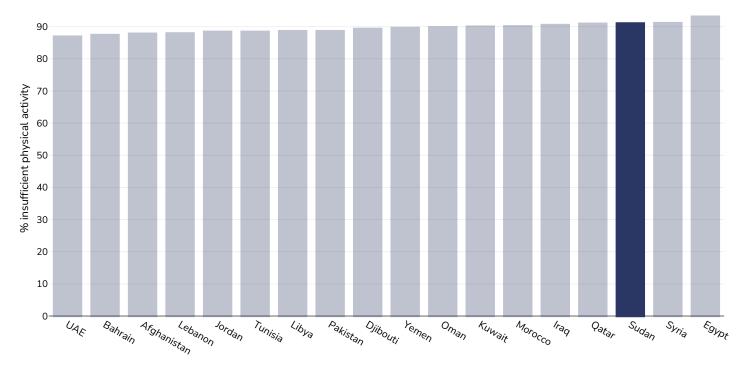
Boys, 2016



Survey type:	Self-reported
Age:	11-17
References:	Global Health Observatory data repository, World Health Organisation, https://apps.who.int/gho/data/node.main.A893ADO?lang=en (last accessed 16.03.21)
Notes:	% of school going adolescents not meeting WHO recommendations on Physical Activity for Health, i.e. doing less than 60 minutes of moderate- to vigorous-intensity physical activity daily.
Definitions:	% Adolescents insufficiently active (age standardised estimate)



Girls, 2016

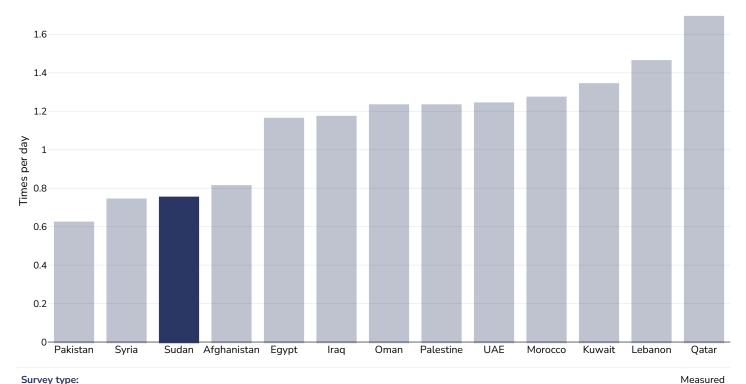


Survey type:	Self-reported
Age:	11-17
References:	Global Health Observatory data repository, World Health Organisation, https://apps.who.int/gho/data/node.main.A893ADO?lang=en (last accessed 16.03.21)
Notes:	% of school going adolescents not meeting WHO recommendations on Physical Activity for Health, i.e. doing less than 60 minutes of moderate- to vigorous-intensity physical activity daily.
Definitions:	% Adolescents insufficiently active (age standardised estimate)



Average daily frequency of carbonated soft drink consumption

Children, 2009-2015



Survey type:

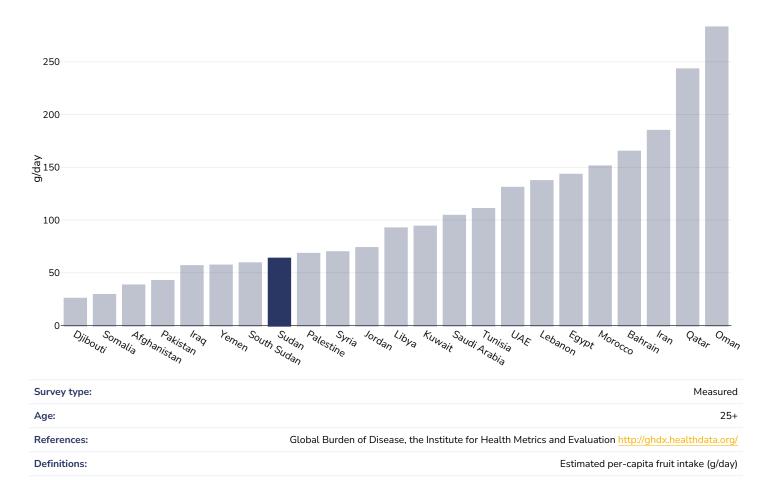
12-17 Age:

References:

Beal et al. (2019). Global Patterns of Adolescent Fruit, Vegetable, Carbonated Soft Drink, and Fast-food consumption: A meta-analysis of global school-based student health surveys. Food and Nutrition Bulletin. https://doi.org/10.1177/0379572119848287 sourced from Food Systems Dashboard http://www.foodsystemsdashboard.org/food-system



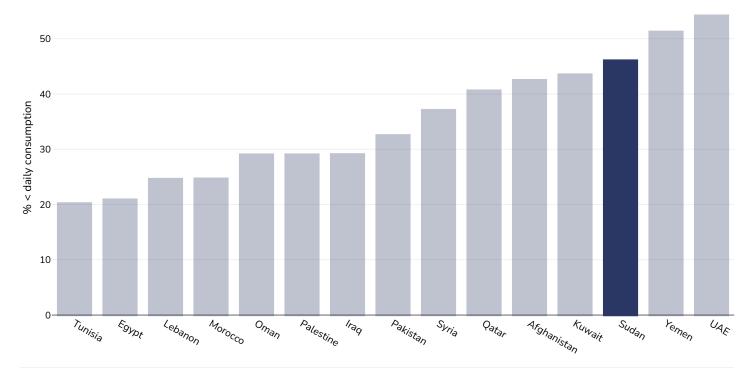
Estimated per capita fruit intake





Prevalence of less than daily fruit consumption

Children, 2008-2015



Measured Survey type:

12-17

References:

Global School-based Student Health Surveys. Beal et al (2019). Global Patterns of Adolescent Fruit, Vegetable, Carbonated Soft Drink, and Fast-food consumption: A meta-analysis of global school-based student health surveys. Food and Nutrition Bulletin. https://doi.org/10.1177/0379572119848287. Sourced from Food Systems Dashboard http://www.foodsystemsdashboard.org/food-

system

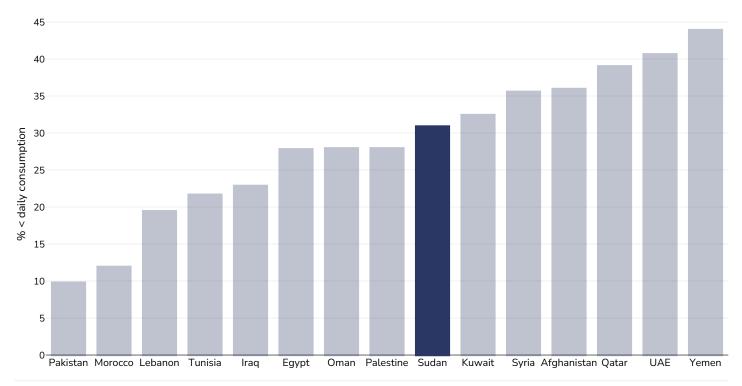
Definitions:

Prevalence of less-than-daily fruit consumption (% less-than-daily fruit consumption)



Prevalence of less than daily vegetable consumption

Children, 2008-2015



Survey type: Measured

Age: 12-17

References:

Beal et al. (2019). Global Patterns of Adolescent Fruit, Vegetable, Carbonated Soft Drink, and Fast-food consumption: A meta-analysis of global school-based student health surveys. Food and Nutrition Bulletin. https://doi.org/10.1177/0379572119848287 sourced from Food Systems Dashboard https://www.foodsystemsdashboard.org/food-system

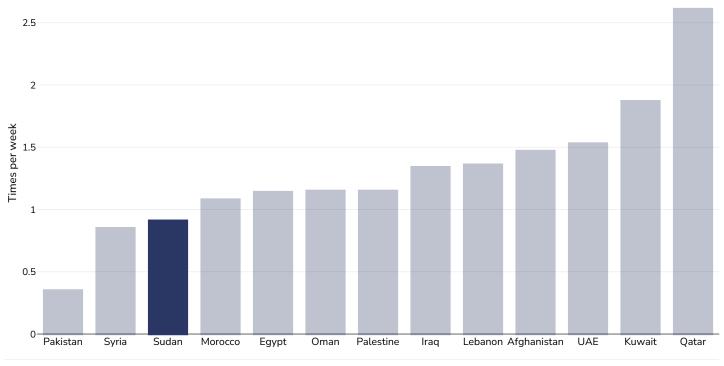
Definitions:

Prevalence of less-than-daily vegetable consumption (% less-than-daily vegetable consumption)



Average weekly frequency of fast food consumption

Children, 2009-2015



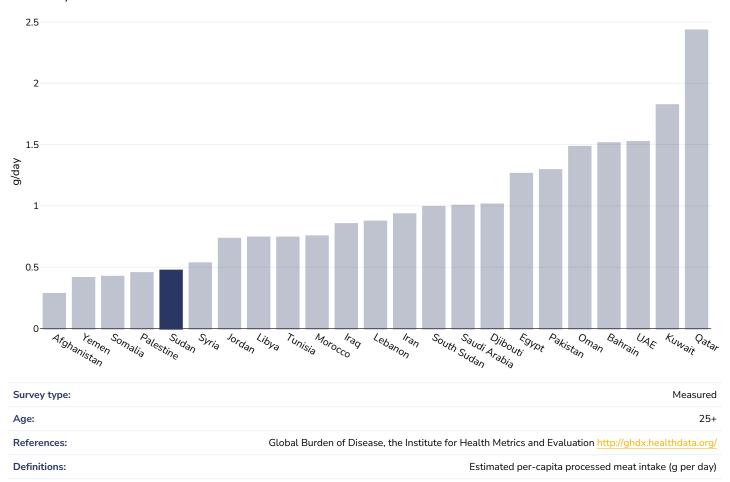
Age: 12-17

References:

Beal et al. (2019). Global Patterns of Adolescent Fruit, Vegetable, Carbonated Soft Drink, and Fast-food consumption: A meta-analysis of global school-based student health surveys. Food and Nutrition Bulletin. https://doi.org/10.1177/0379572119848287 sourced from Food Systems Dashboard https://www.foodsystemsdashboard.org/food-systems

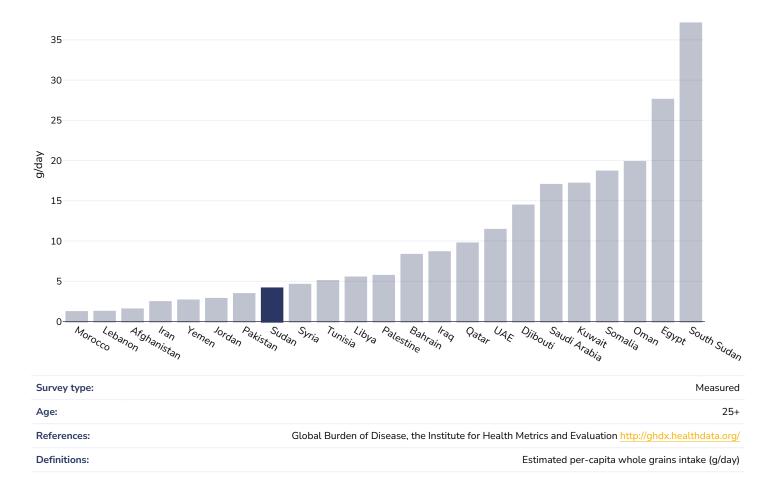


Estimated per-capita processed meat intake





Estimated per capita whole grains intake





Mental health - depression disorders



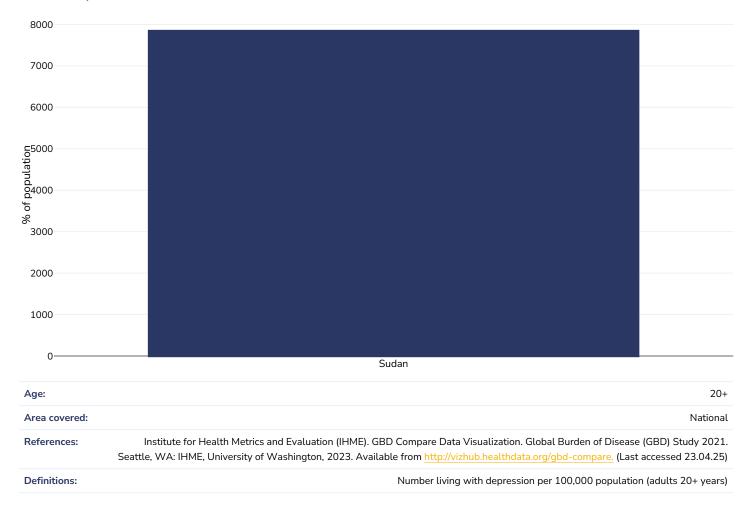


Men, 2021



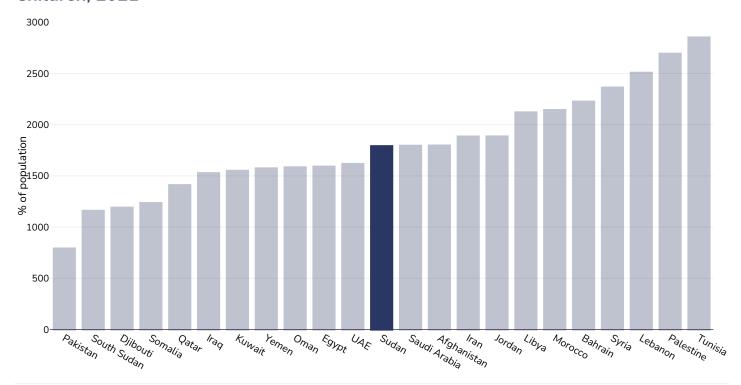


Women, 2021





Children, 2021



Area covered: National

References:

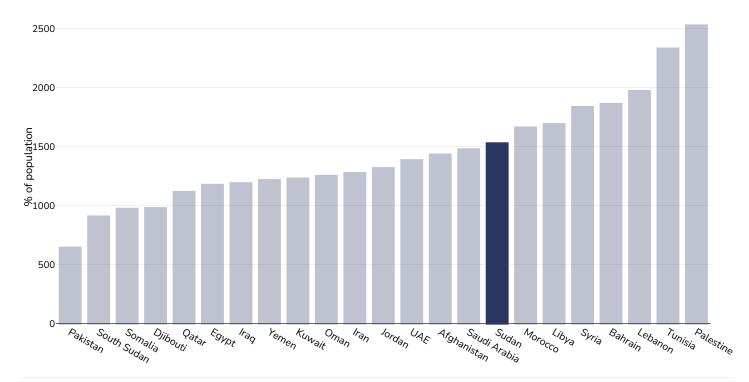
Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from http://vizhub.healthdata.org/gbd-compare. (Last accessed 23.04.25)

Definitions:

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



Boys, 2021



Area covered: National

References:

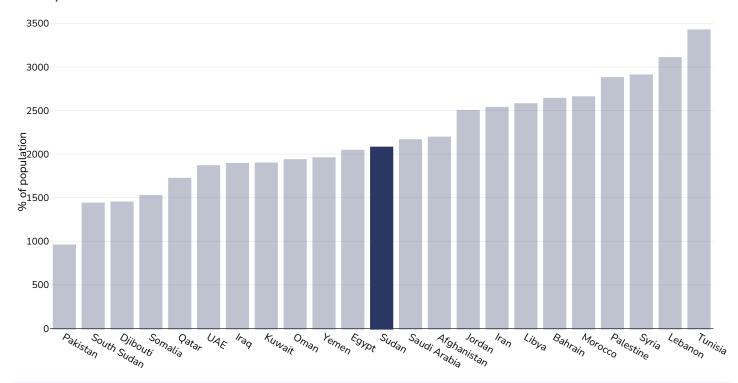
Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from http://vizhub.healthdata.org/gbd-compare. (Last accessed 23.04.25)

Definitions:

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



Girls, 2021



Area covered: National

References:

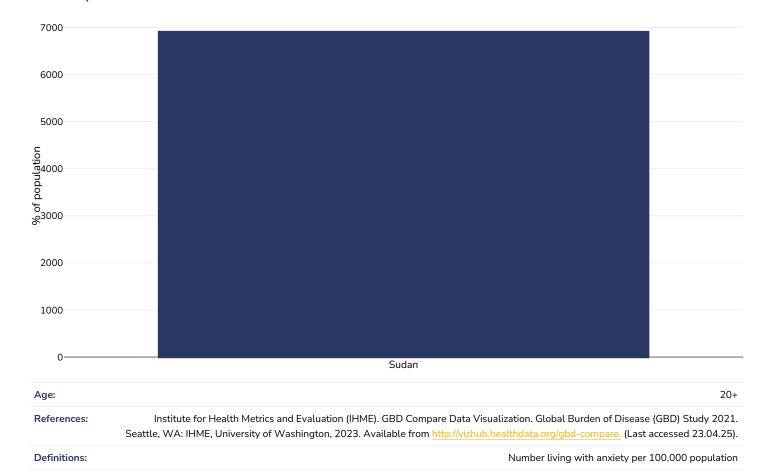
Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from http://vizhub.healthdata.org/gbd-compare. (Last accessed 23.04.25)

Definitions:

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



Mental health - anxiety disorders





Men, 2021



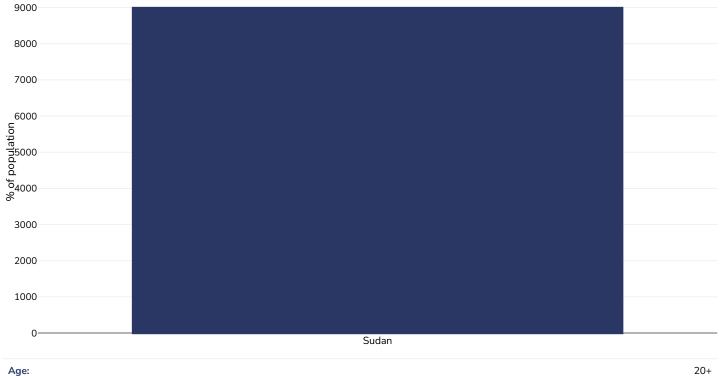
References:

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).

Definitions:

Number living with anxiety per 100,000 population





Age:

References:

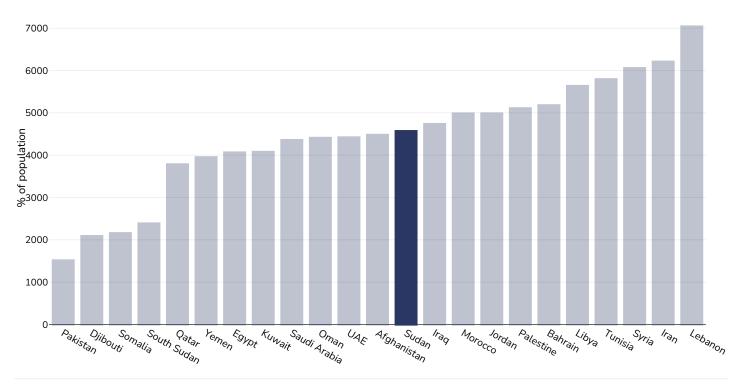
Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from http://vizhub.healthdata.org/gbd-compare. (Last accessed 23.04.25).

Definitions:

Number living with anxiety per 100,000 population



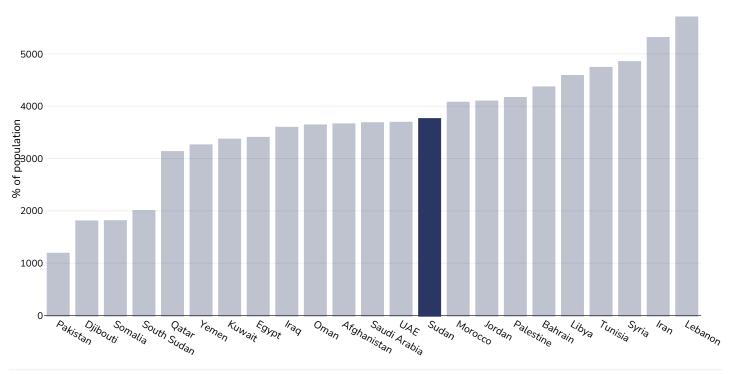
Children, 2021



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

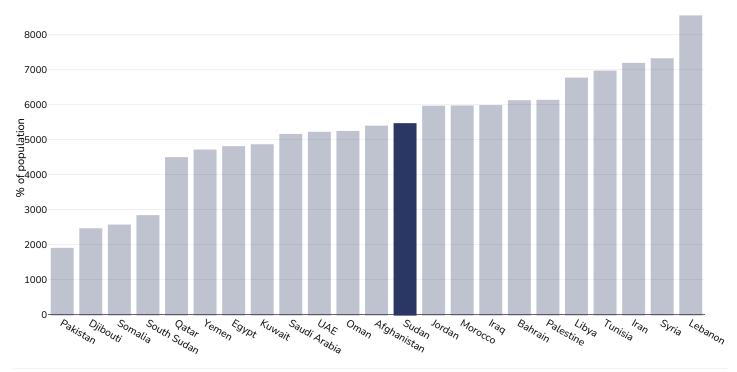


References:

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



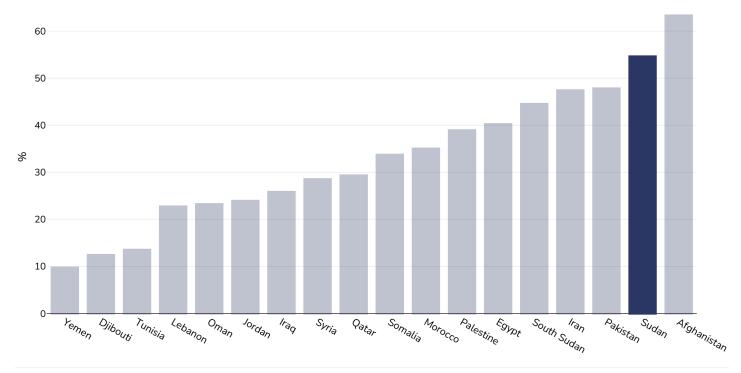
References: Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021.

Seattle, WA: IHME, University of Washington, 2023. Available from http://vizhub.healthdata.org/gbd-compare. (Last accessed 23.04.25)



% Infants exclusively breastfed 0-5 months

0-5 years, 2010-2023



References:

Multiple Indicator Cluster Survey 2014 of Sudan, Final Report. Khartoum, Sudan: UNICEF and Central Bureau of Statistics (CBS),

Notes:

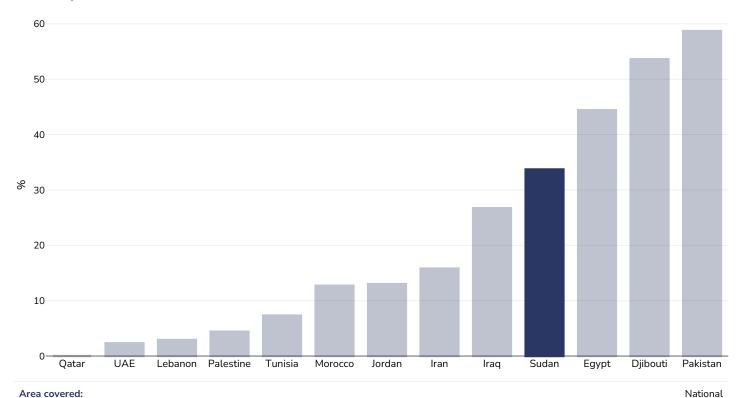
Full details are available. Original citation United Nations Children's Fund, Division of Data, Analysis, Planning and Monitoring (2023).

Global UNICEF Global Databases: Infant and Young Child Feeding: Exclusive breastfeeding, New York, October 2023.



Percent of population who cannot afford a healthy diet

Adults, 2022



Area covered:

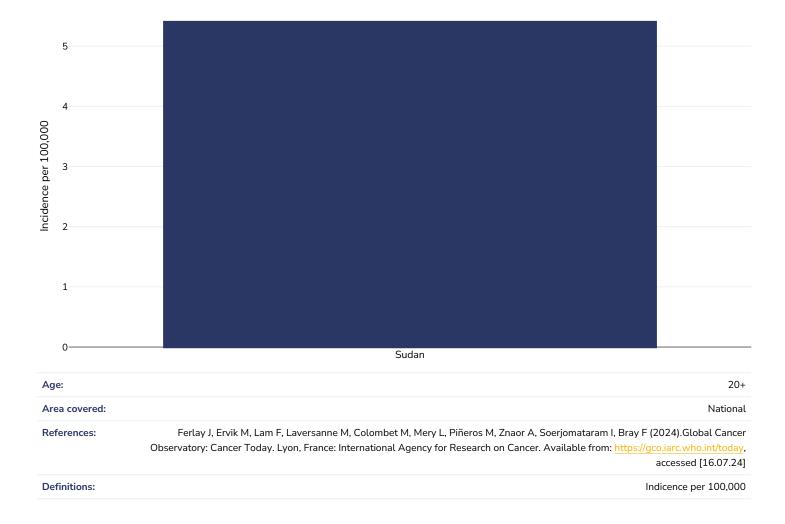
References:

The Food Systems Dashboard. The Global Alliance for Improved Nutrition (GAIN), The Columbia Climate School, and Cornell University College of Agriculture and Life Sciences. 2024. Geneva, Switzerland. https://www.foodsystemsdashboard.org. DOI: https://doi.org/10.36072/db.

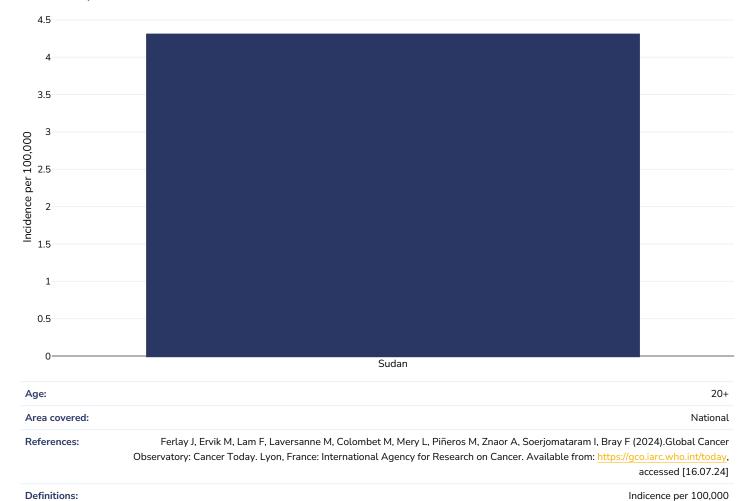


Oesophageal cancer

Men, 2022





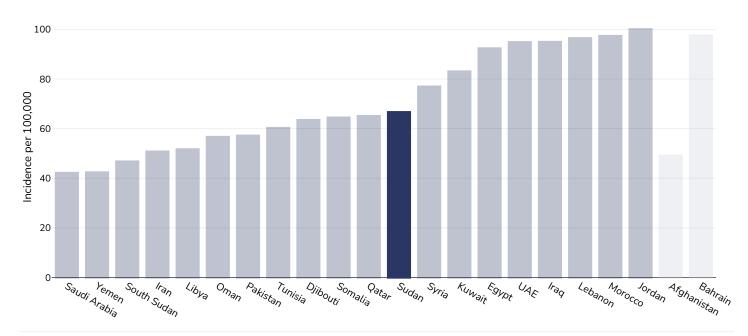




Breast cancer

Women, 2022





Area covered: National

References:

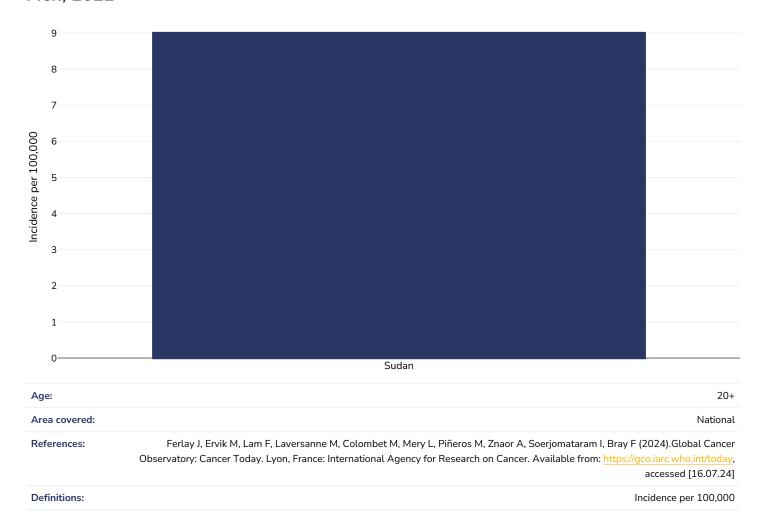
Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]

Definitions: Incidence per 100,000



Colorectal cancer

Men, 2022



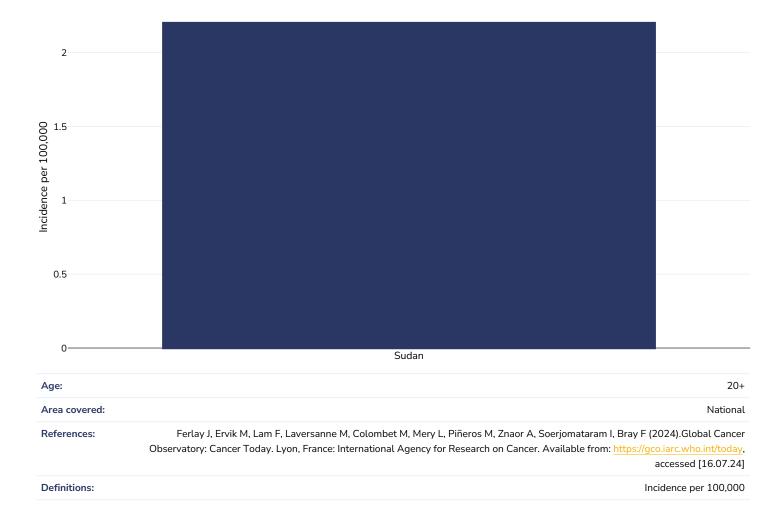




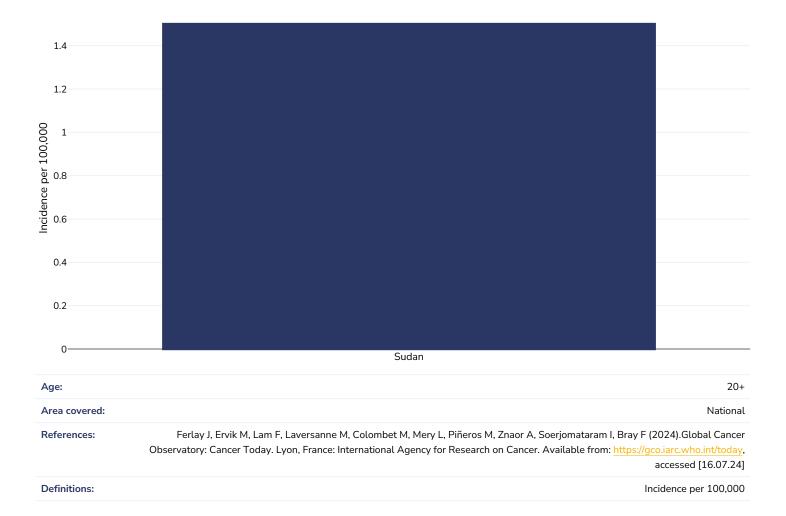


Pancreatic cancer

Men, 2022







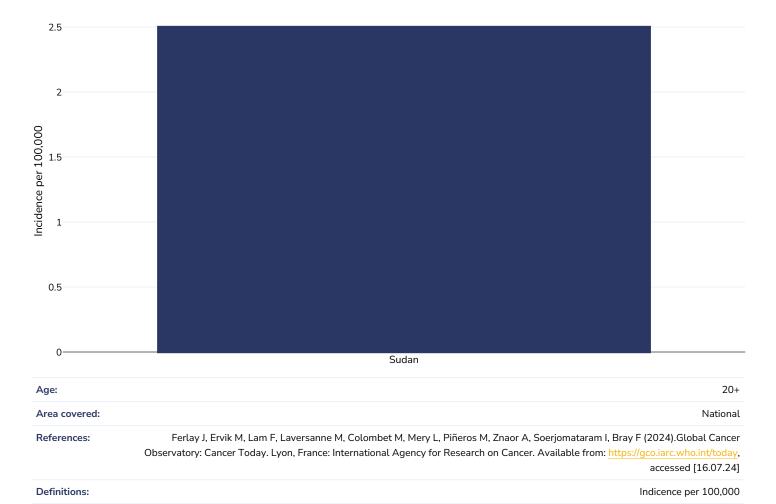


Gallbladder cancer

Men, 2022



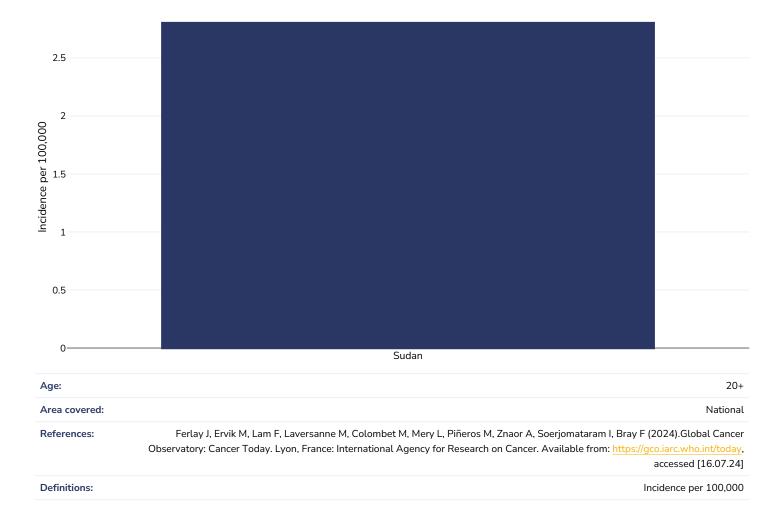




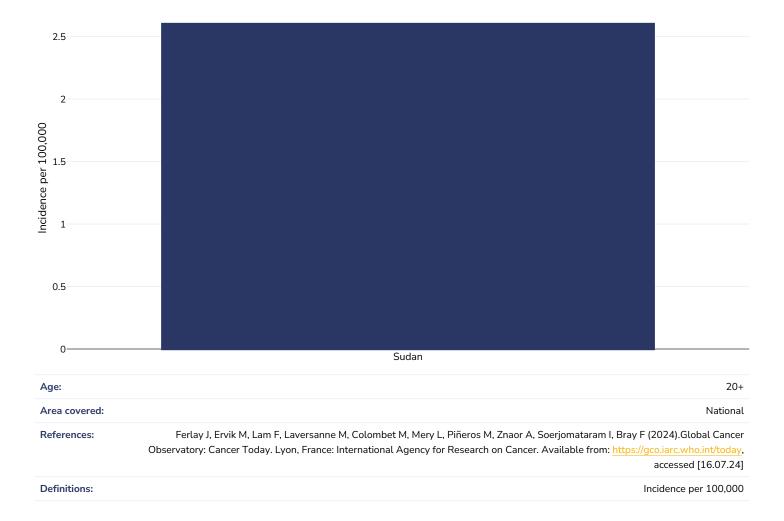


Kidney cancer

Men, 2022



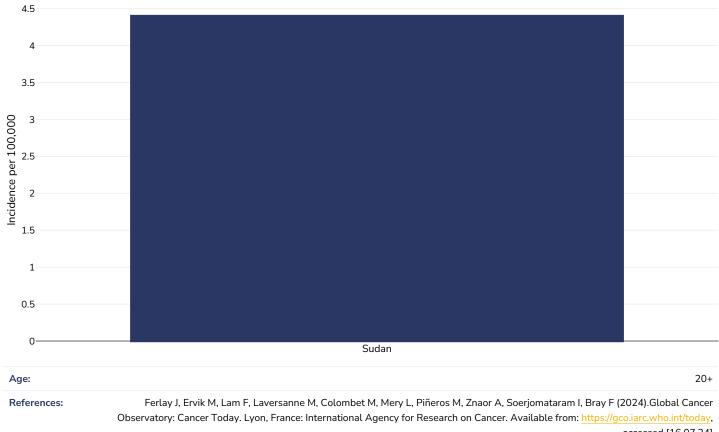






Cancer of the uterus

Women, 2022



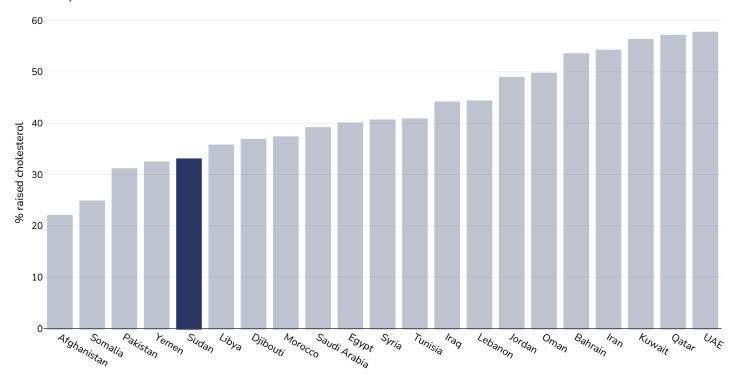
accessed [16.07.24]

Definitions: Incidence per 100,000



Raised cholesterol

Adults, 2008



References:

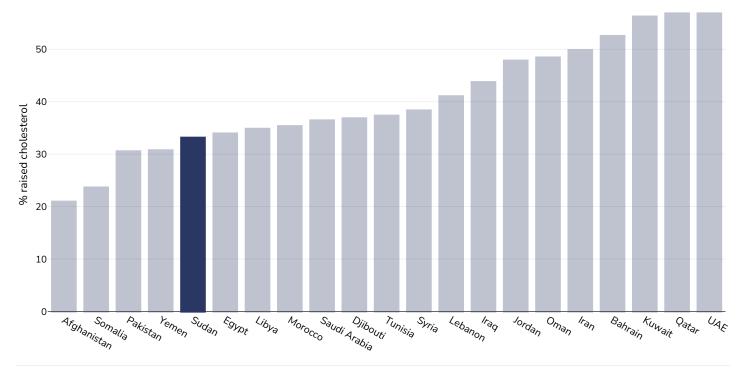
Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A885

Definitions:

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



Men, 2008



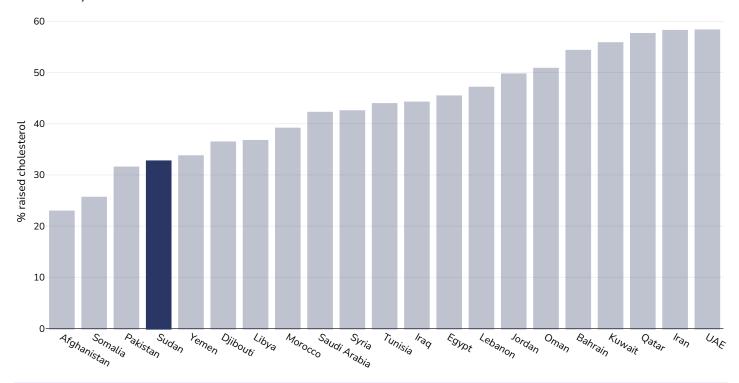
References:

 ${\bf Global\ Health\ Observatory\ data\ repository,\ World\ Health\ Organisation,\ \underline{http://apps.who.int/gho/data/node.main.A885}}$

Definitions:

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





References:

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

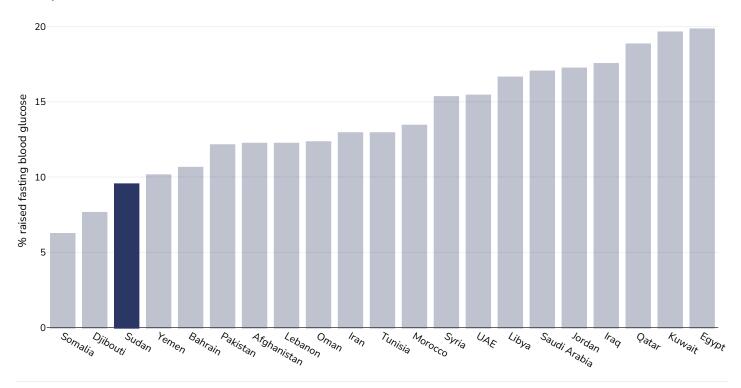
Definitions:

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



Raised fasting blood glucose

Men, 2014



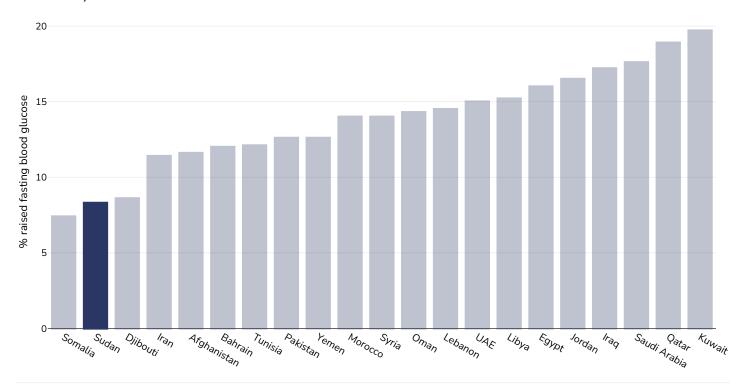
References:

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).





References:

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

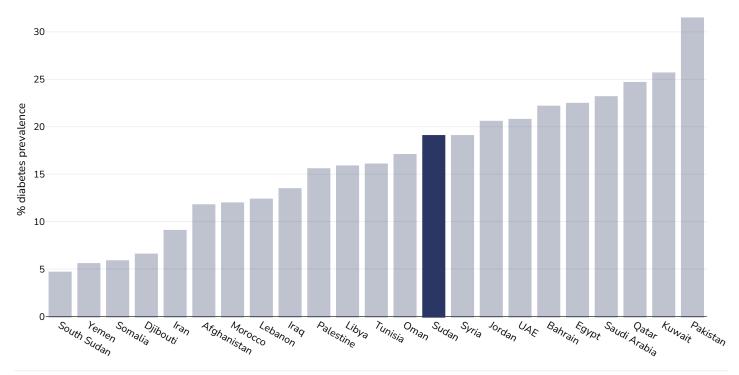
Definitions:

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



Diabetes prevalence

Adults, 2024



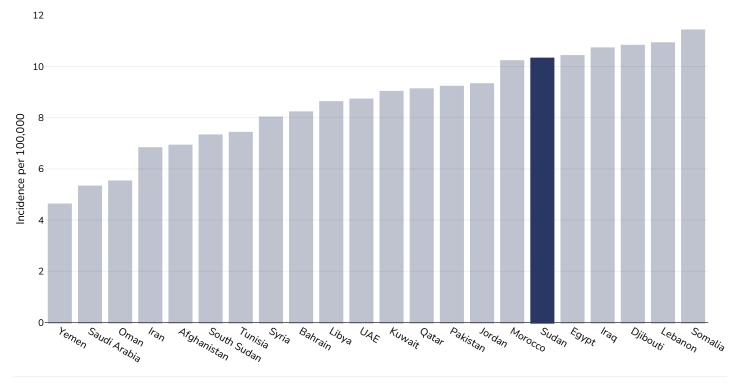
References:

Reproduced with kind permission International Diabetes Federation. IDF Diabetes Atlas, 11th edn. Brussels, Belgium:International Diabetes Federation, 2025. http://www.diabetesatlas.org



Ovarian Cancer

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



Leukemia

Men, 2022							
4							
3							
2							
1							
0							
⁻¹ 1	0	1	2	3	4	5	6
Age: Area covered:							20+ National
References:					Znaor A, Soerjomataran n Cancer. Available fror		bal Cancer o.int/today,
Definitions:						Incidence pe	
	Unless oti	herwise noted, overw	eight refers to a BMI	between 25kg and 29	9.9kg/m², obesity refers	to a BMI greater thar	1 30kg/m².

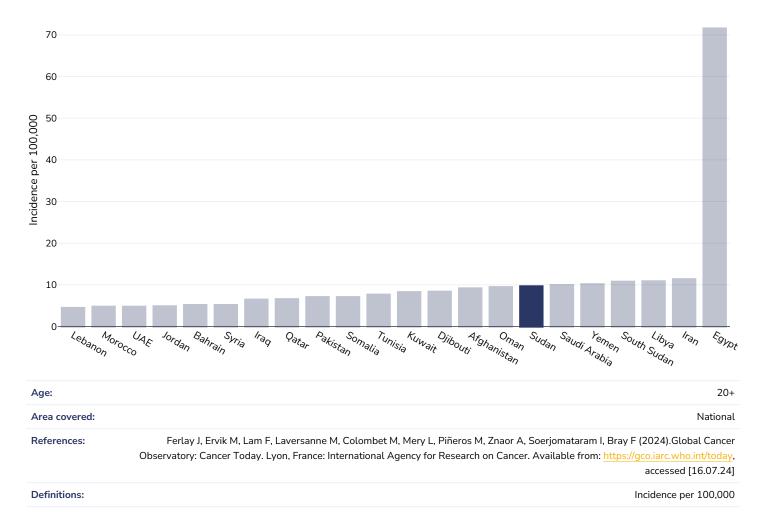


Women, 20	22						
4							
3							
2							
1							
0———							
⁻¹ 1	0	1	2	3	4	5	6
Age:							20+
Area covered:							National
References:					'naor A, Soerjomataram 1 Cancer. Available fron	n: https://gco.iarc.who	
Definitions:						Incidence pe	er 100,000
	Unless othe	rwise noted, overwe	eight refers to a BMI b	petween 25kg and 29	0.9kg/m², obesity refers	to a BMI greater tha	n 30kg/m².

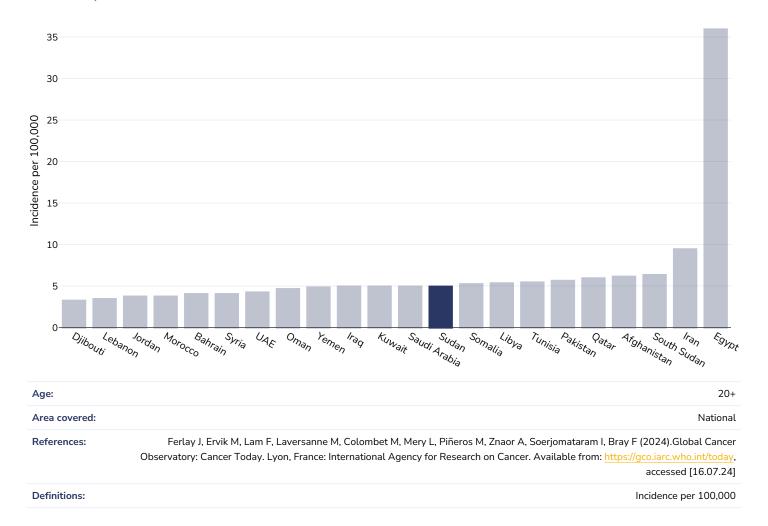


Liver and intrahepatic bile duct Cancer

Men, 2022



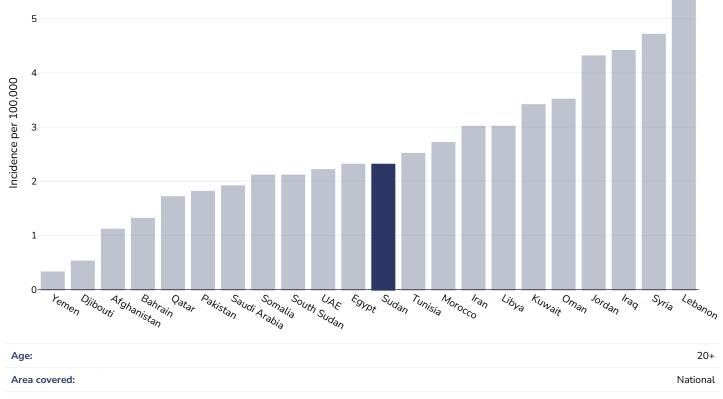






Multiple Myeloma

Men, 2022



References:

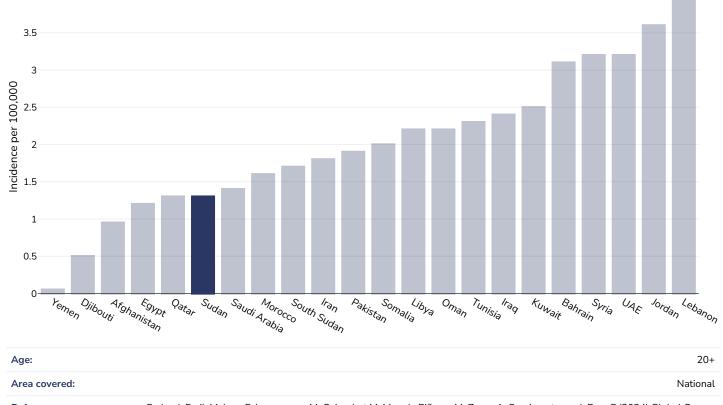
Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]

Definitions: Indicence per 100,000

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



4



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]

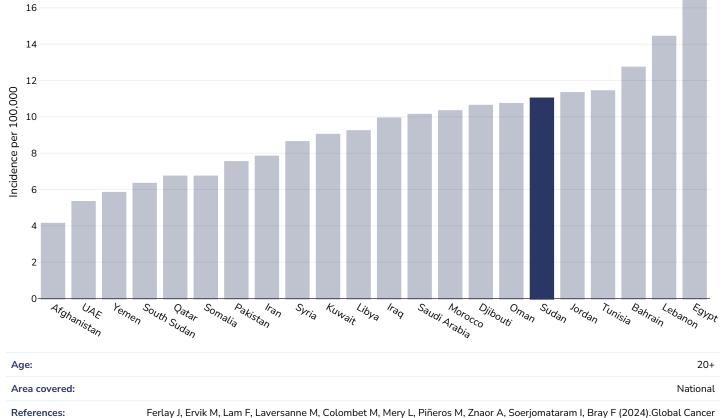
Definitions: Indicence per 100,000

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



Non Hodgkin Lymphoma

Men, 2022



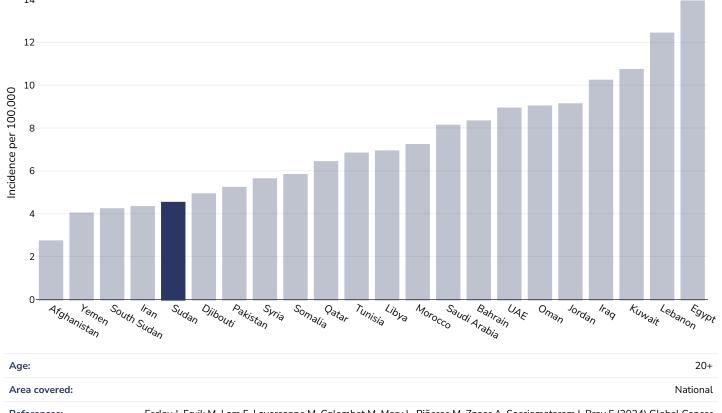
Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]

Definitions:

Incidence per 100,000

 $Unless \ otherwise \ noted, overweight \ refers \ to \ a \ BMI \ between \ 25kg \ and \ 29.9kg/m^2, obesity \ refers \ to \ a \ BMI \ greater \ than \ 30kg/m^2.$





Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer References:

> 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

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

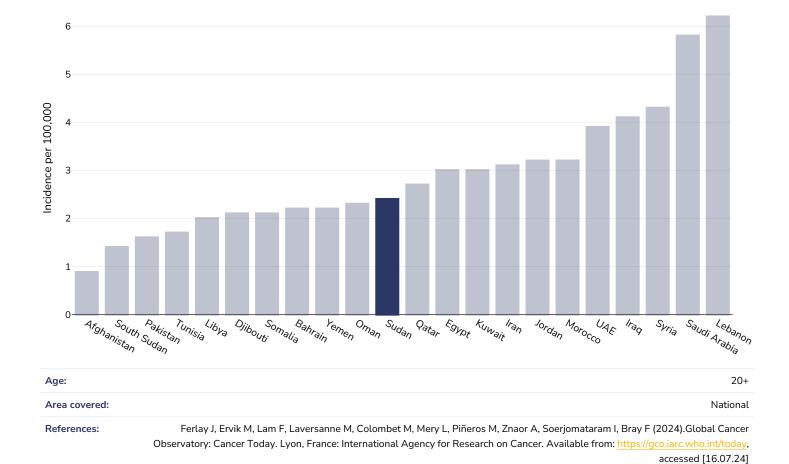
Incidence per 100,000



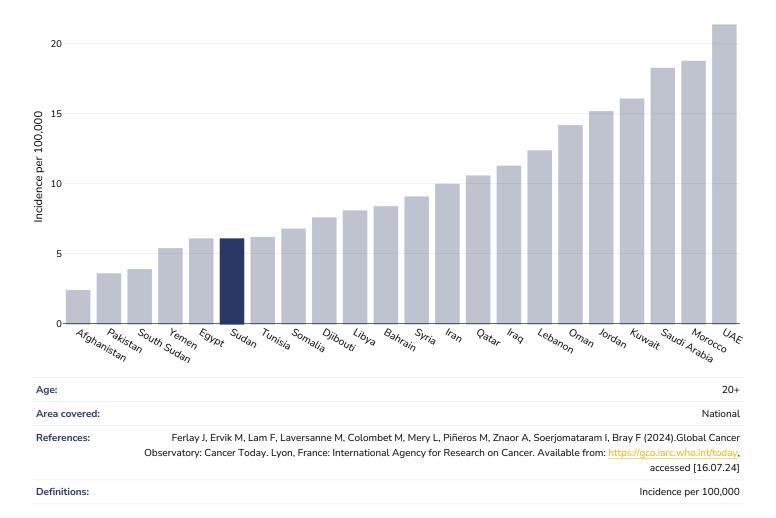
Thyroid Cancer

Men, 2022

Definitions:







PDF created on June 17, 2025