Drivers
Tanzania

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Insufficient physical activity

Adults, 2016

Men, 2016

Children, 2016

Survey type: Self-reported
Age: 11-17


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)
% insufficient physical activity

Survey type: Self-reported
Age: 11-17
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


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: Measured
Age: 12-17
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)
## Prevalence of less than daily fruit consumption

### Children, 2009-2015

<table>
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<th>Country</th>
<th>% &lt; daily consumption</th>
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<td>Algeria</td>
<td>15</td>
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<td>Malawi</td>
<td>20</td>
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<td>Seychelles</td>
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<td>Eswatini</td>
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<td>Mauritius</td>
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<td>Tanzania</td>
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<td>Mozambique</td>
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<tr>
<td>Benin</td>
<td>42</td>
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<tr>
<td>Mauritania</td>
<td>43</td>
</tr>
<tr>
<td>Namibia</td>
<td>45</td>
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</tbody>
</table>

**Survey type:** Measured  
**Age:** 12-17  
**Definitions:** Prevalence of less-than-daily fruit consumption (% less-than-daily fruit consumption)
Prevalence of less than daily vegetable consumption

Children, 2009-2015

Survey type: Measured
Age: 12-17


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

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


Definitions: % exclusively breastfed 0-5 months

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