Tanzánia



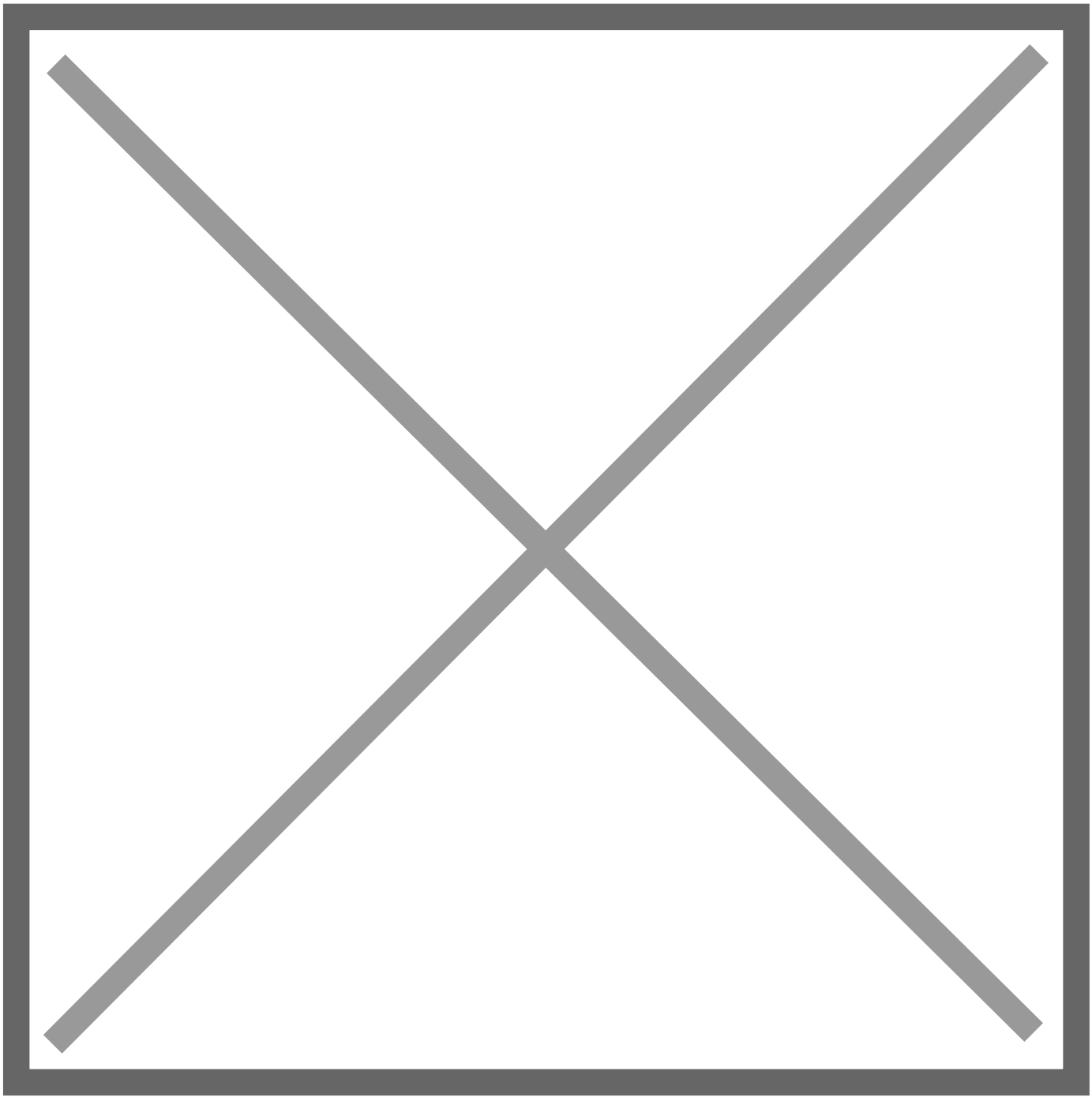
Country report card - children

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 https://data.worldobesity.org/country/tanzania-213/.

Prevalencia obezity

Deti, 2022

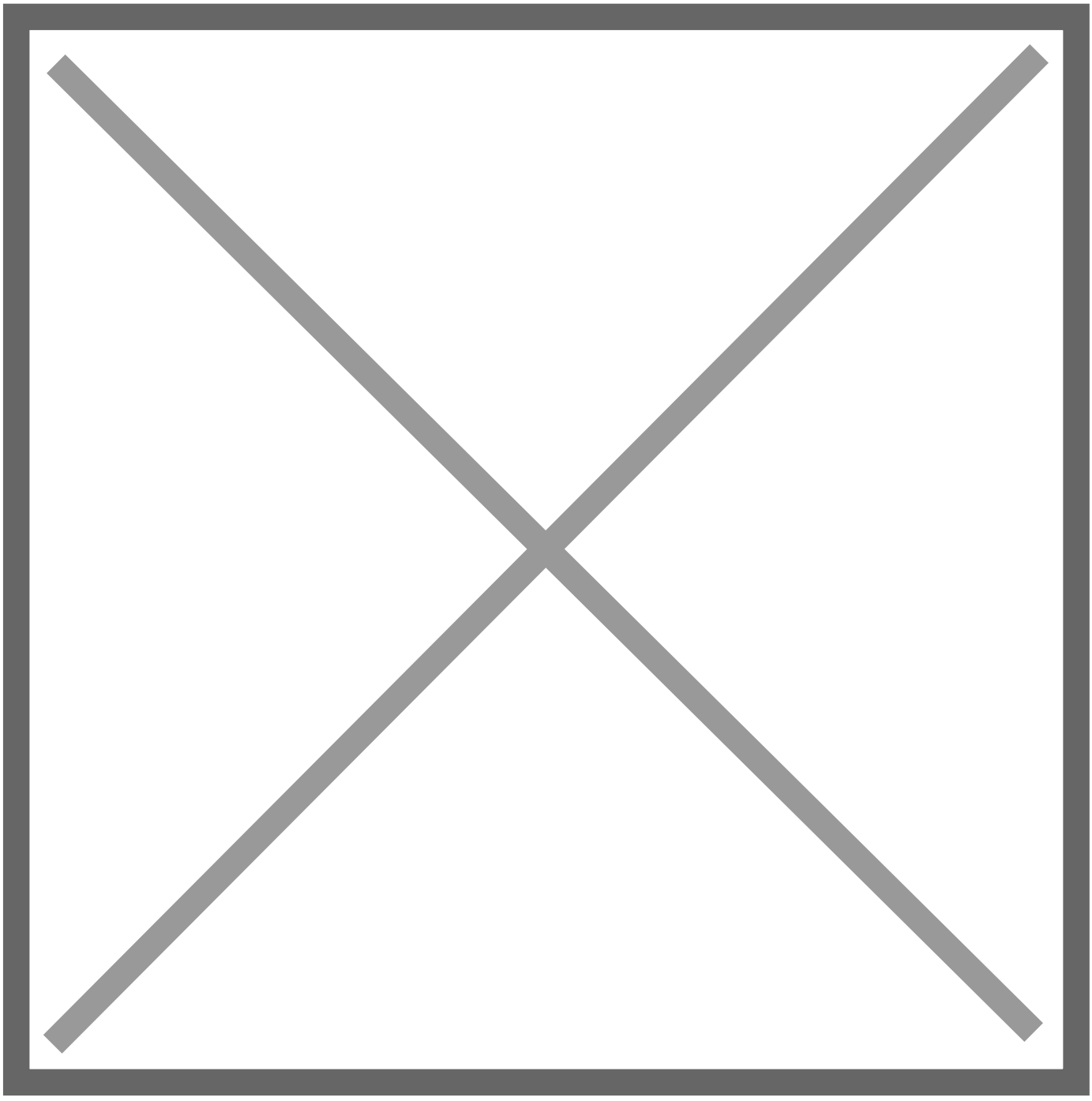


Typ prieskumu:	NameranÃ¡ hodnota
Vek:	15-19
VeÄ¾kosÅ¥ vzorky:	2863

DotknutÃ¡ oblasÅ¥:	NÃ¡rodnÃ½
Odkazy:	Ministry of Health (MoH) [Tanzania Mainland], Ministry of Health (MoH) [Zanzibar], National Bureau of Statistics (NBS), Office of the Chief Government Statistician (OCGS), and ICF. 2022. Tanzania Demographic and Health Survey and Malaria Indicator Survey 2022 Final Report. Dodoma, Tanzania, and Rockville, Maryland, USA: MoH, NBS, OCGS, and ICF. Available at https://dhsprogram.com/pubs/pdf/FR382/FR382.pdf (last accessed 17.04.24)
Cutoffs:	WHO

NadvÃ¡ha/obezita podÄ¾a vzdelania

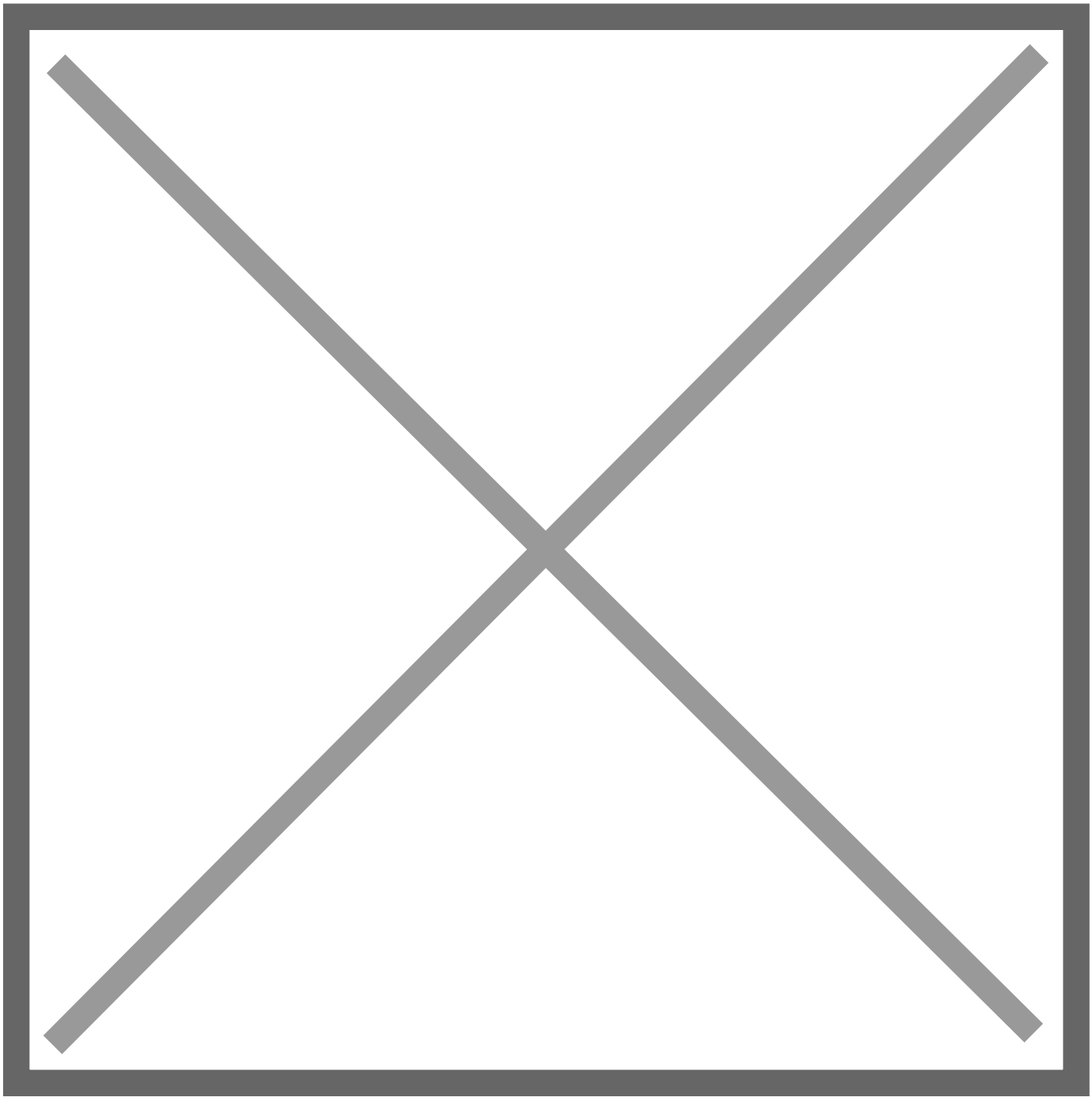
Chlapci, 2022



Typ prieskumu:	NameranÃ¡ hodnota
Vek:	15-19
VeÄ¾kosÅ¥ vzorky:	2863

DotknutÃ¡ oblasÅ¥:	NÃ¡rodnÃ½
Odkazy:	Ministry of Health (MoH) [Tanzania Mainland], Ministry of Health (MoH) [Zanzibar], National Bureau of Statistics (NBS), Office of the Chief Government Statistician (OCGS), and ICF. 2022. Tanzania Demographic and Health Survey and Malaria Indicator Survey 2022 Final Report. Dodoma, Tanzania, and Rockville, Maryland, USA: MoH, NBS, OCGS, and ICF. Available at https://dhsprogram.com/pubs/pdf/FR382/FR382.pdf (last accessed 17.04.24)
Cutoffs:	WHO

DievÄ atÃ¡, 2022

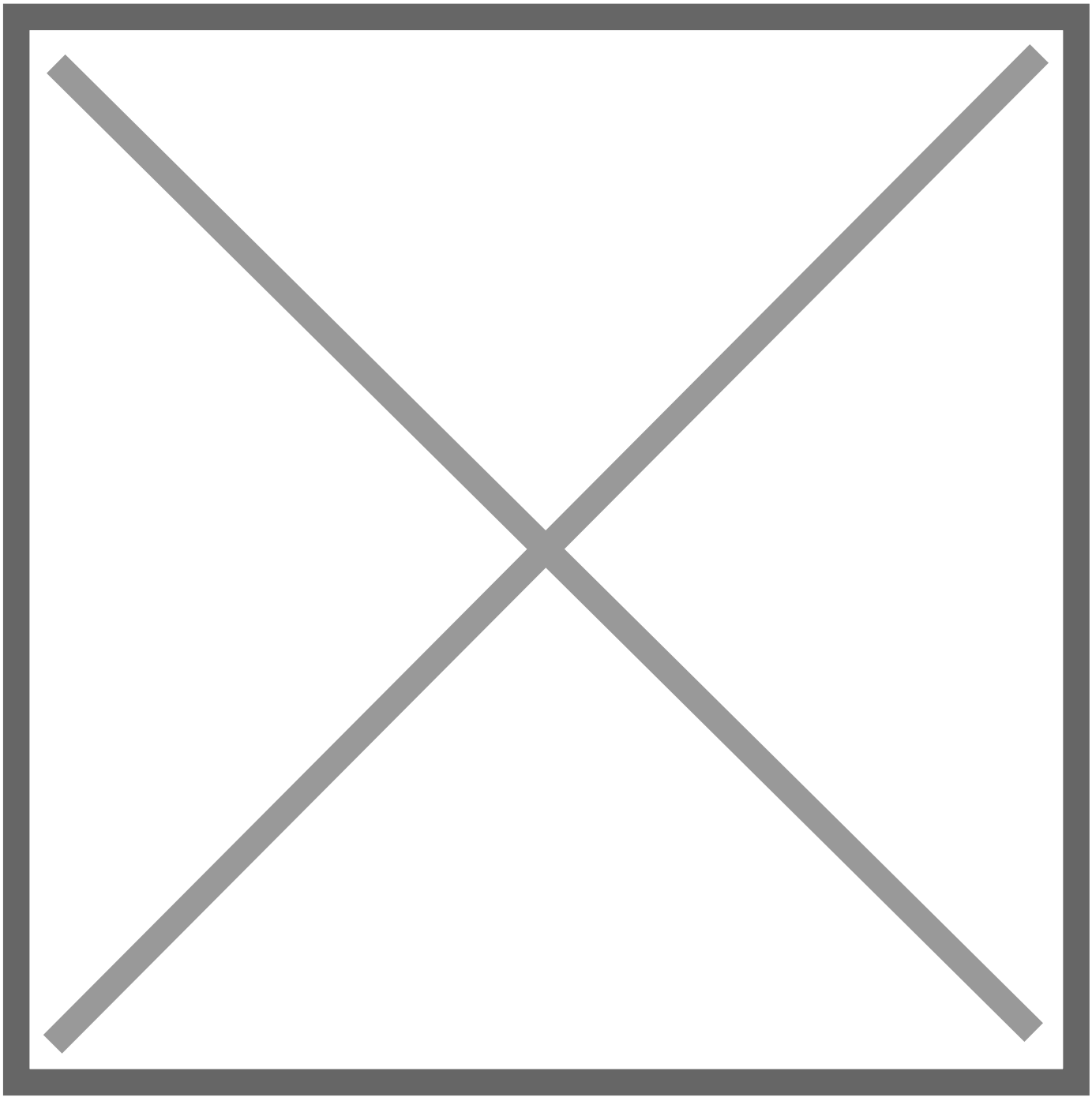


Typ prieskumu:	NameranÃ¡ hodnota
Vek:	15-19
VeÄ¾kosÅ¥ vzorky:	2863
DotknutÃ¡ oblasÅ¥:	NÃ¡rodnÃ½

Odkazy:	Ministry of Health (MoH) [Tanzania Mainland], Ministry of Health (MoH) [Zanzibar], National Bureau of Statistics (NBS), Office of the Chief Government Statistician (OCGS), and ICF. 2022. Tanzania Demographic and Health Survey and Malaria Indicator Survey 2022 Final Report. Dodoma, Tanzania, and Rockville, Maryland, USA: MoH, NBS, OCGS, and ICF. Available at https://dhsprogram.com/pubs/pdf/FR382/FR382.pdf (last accessed 17.04.24)
Cutoffs:	WHO

NadvÃ¡ha/obezita podÄ¾a veku

Deti, 2019

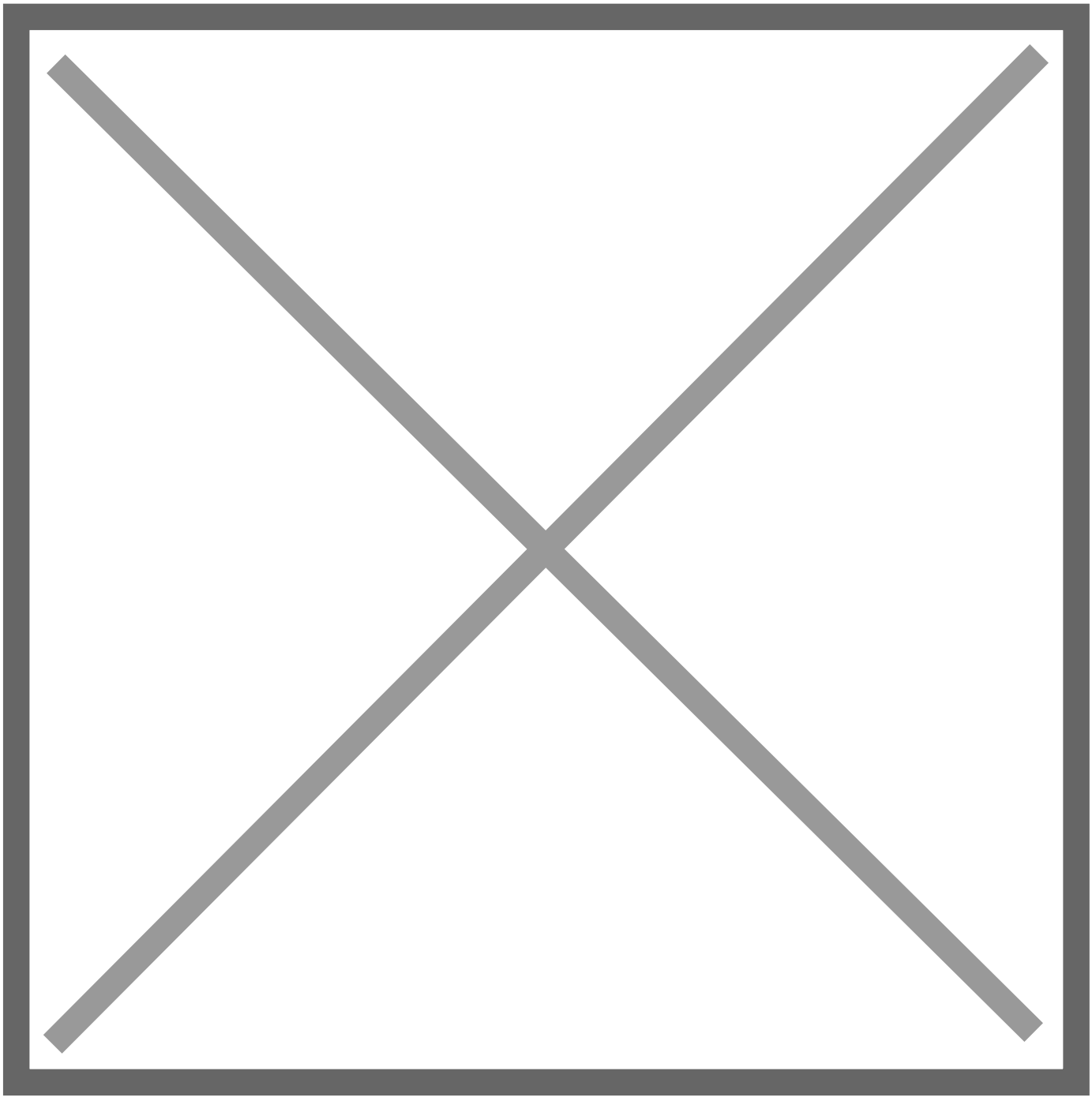


Typ prieskumu:	NameranÃ¡ hodnota
VeÄ¾kosÅ¥ vzorky:	1170

DotknutÃ¡ oblasÅ¥:	RegionÃ¡lne
Odkazy:	Mosha MV, Msuya SE, Kasagama E, Ayieko P, Todd J, Filteau S. Prevalence and correlates of overweight and obesity among primary school children in Kilimanjaro, Tanzania. PLoS One. 2021 Apr 22;16(4):e0249595. doi: 10.1371/journal.pone.0249595. PMID: 33886578; PMCID: PMC8061999.
Cutoffs:	WHO

NadvÃ¡ha/obezita podÄ¾a regiÃ³nu

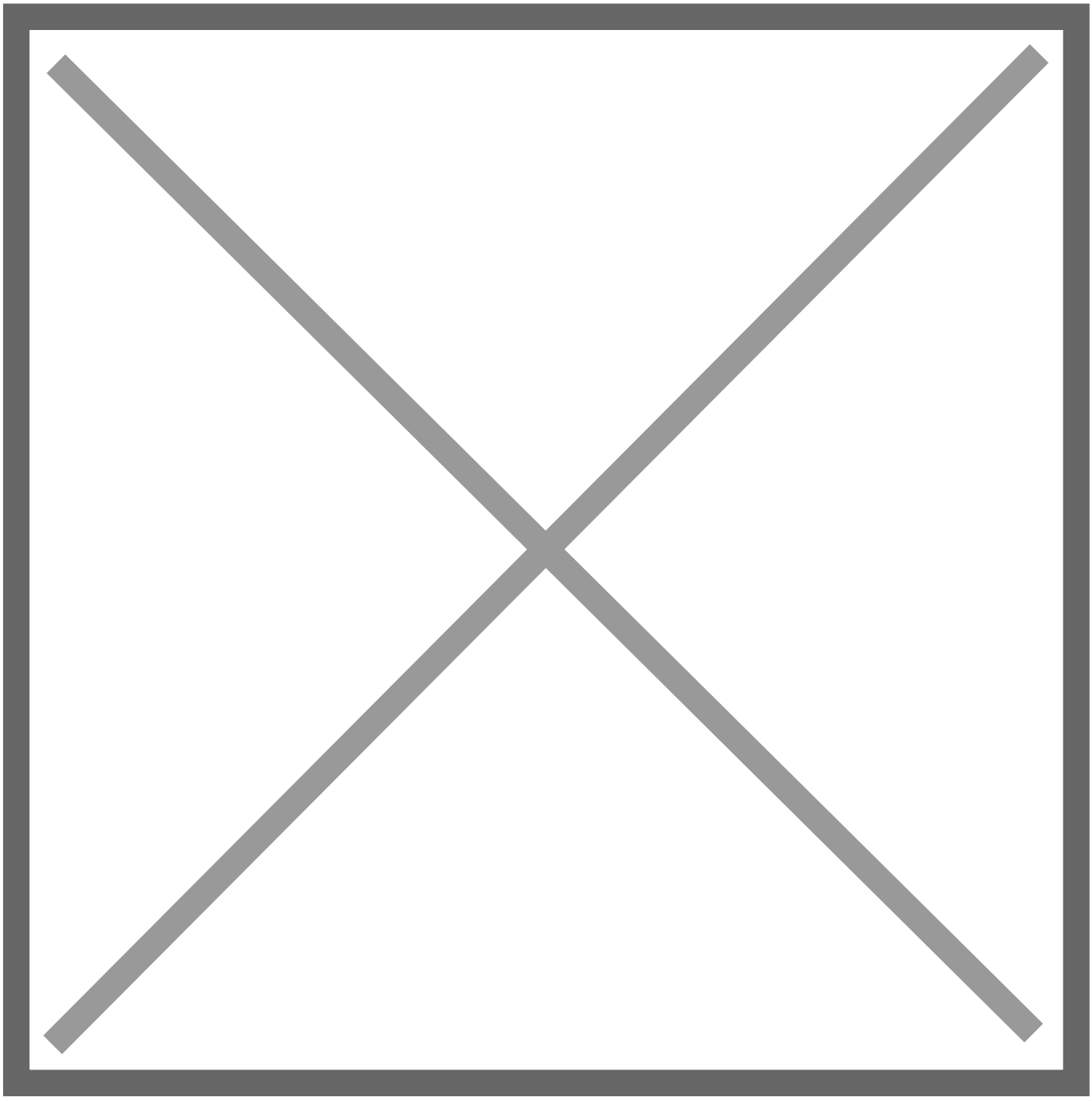
Chlapci, 2022



Typ prieskumu:	NameranÃ¡ hodnota
Vek:	15-19
VeÄ¾kosÅ¥ vzorky:	2863

DotknutÃ¡ oblasÅ¥:	NÃ¡rodnÃ½
Odkazy:	Ministry of Health (MoH) [Tanzania Mainland], Ministry of Health (MoH) [Zanzibar], National Bureau of Statistics (NBS), Office of the Chief Government Statistician (OCGS), and ICF. 2022. Tanzania Demographic and Health Survey and Malaria Indicator Survey 2022 Final Report. Dodoma, Tanzania, and Rockville, Maryland, USA: MoH, NBS, OCGS, and ICF. Available at https://dhsprogram.com/pubs/pdf/FR382/FR382.pdf (last accessed 17.04.24)
Cutoffs:	WHO

DievÄ atÃ¡, 2022

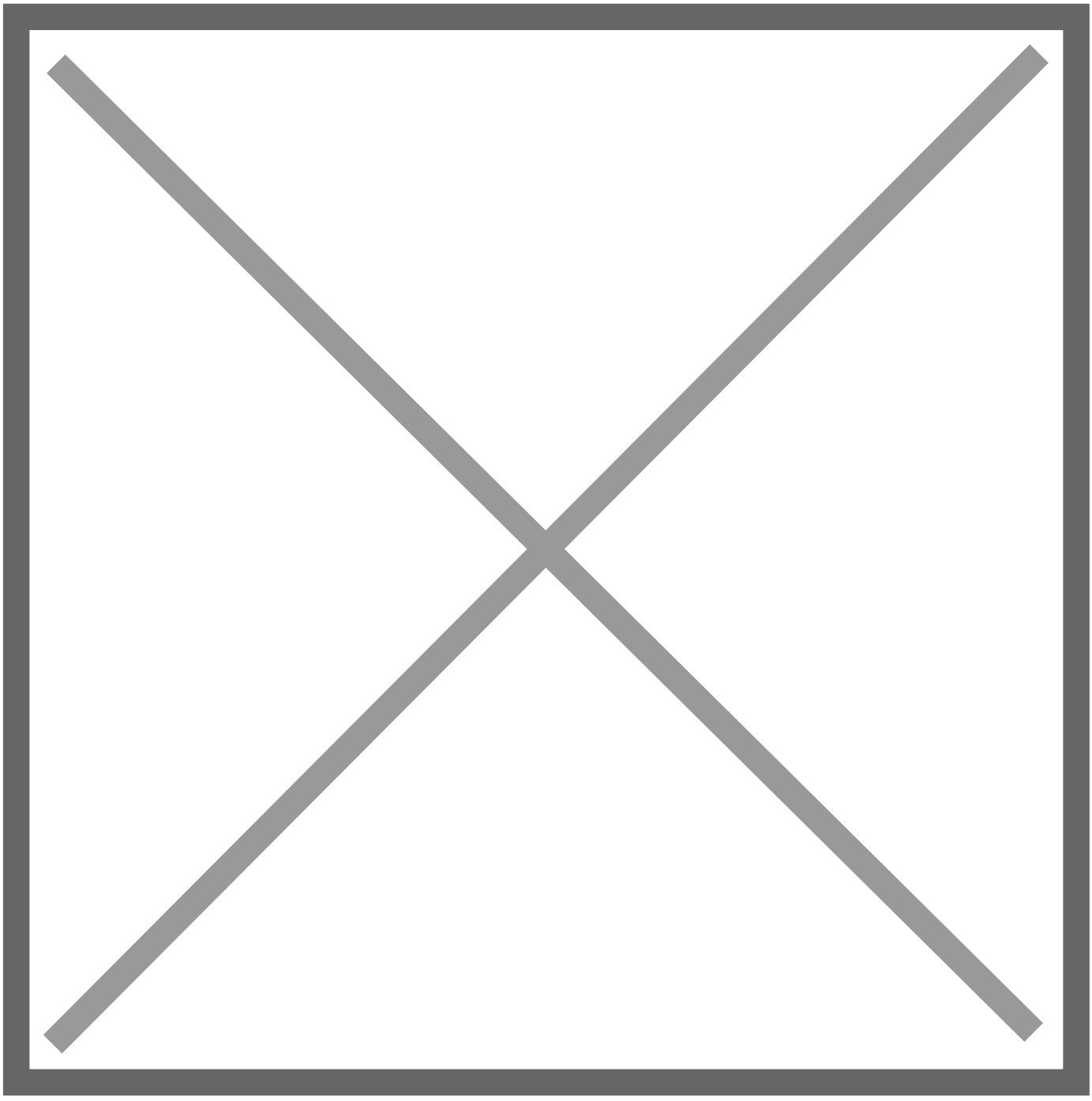


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Vek:	15-19
VeÄ¾kosÅ¥ vzorky:	2863
DotknutÃ¡ oblasÅ¥:	NÃ¡rodnÃ½

Odkazy:	Ministry of Health (MoH) [Tanzania Mainland], Ministry of Health (MoH) [Zanzibar], National Bureau of Statistics (NBS), Office of the Chief Government Statistician (OCGS), and ICF. 2022. Tanzania Demographic and Health Survey and Malaria Indicator Survey 2022 Final Report. Dodoma, Tanzania, and Rockville, Maryland, USA: MoH, NBS, OCGS, and ICF. Available at https://dhsprogram.com/pubs/pdf/FR382/FR382.pdf (last accessed 17.04.24)
Cutoffs:	WHO

NadvÃ¡ha/obezita podÄ¾a sociÃ¡lno-ekonomickej skupiny

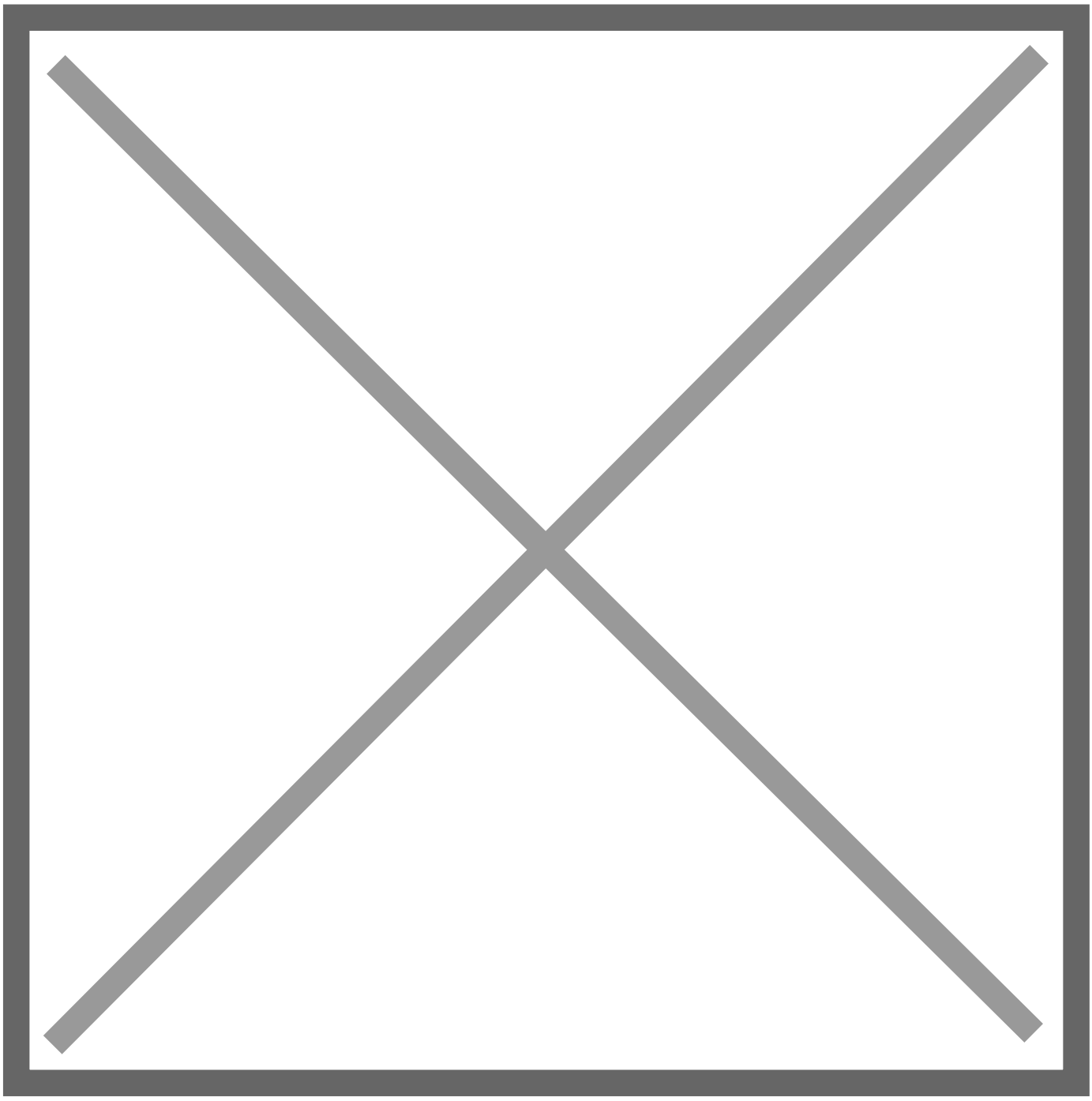
Chlapci, 2022



Typ prieskumu:	NameranÃ¡ hodnota
Vek:	15-19
VeÄ¾kosÅ¥ vzorky:	2863

DotknutÃ¡ oblasÅ¥:	NÃ¡rodnÃ½
Odkazy:	Ministry of Health (MoH) [Tanzania Mainland], Ministry of Health (MoH) [Zanzibar], National Bureau of Statistics (NBS), Office of the Chief Government Statistician (OCGS), and ICF. 2022. Tanzania Demographic and Health Survey and Malaria Indicator Survey 2022 Final Report. Dodoma, Tanzania, and Rockville, Maryland, USA: MoH, NBS, OCGS, and ICF. Available at https://dhsprogram.com/pubs/pdf/FR382/FR382.pdf (last accessed 17.04.24)
Cutoffs:	WHO

DievÄ atÃ¡, 2022

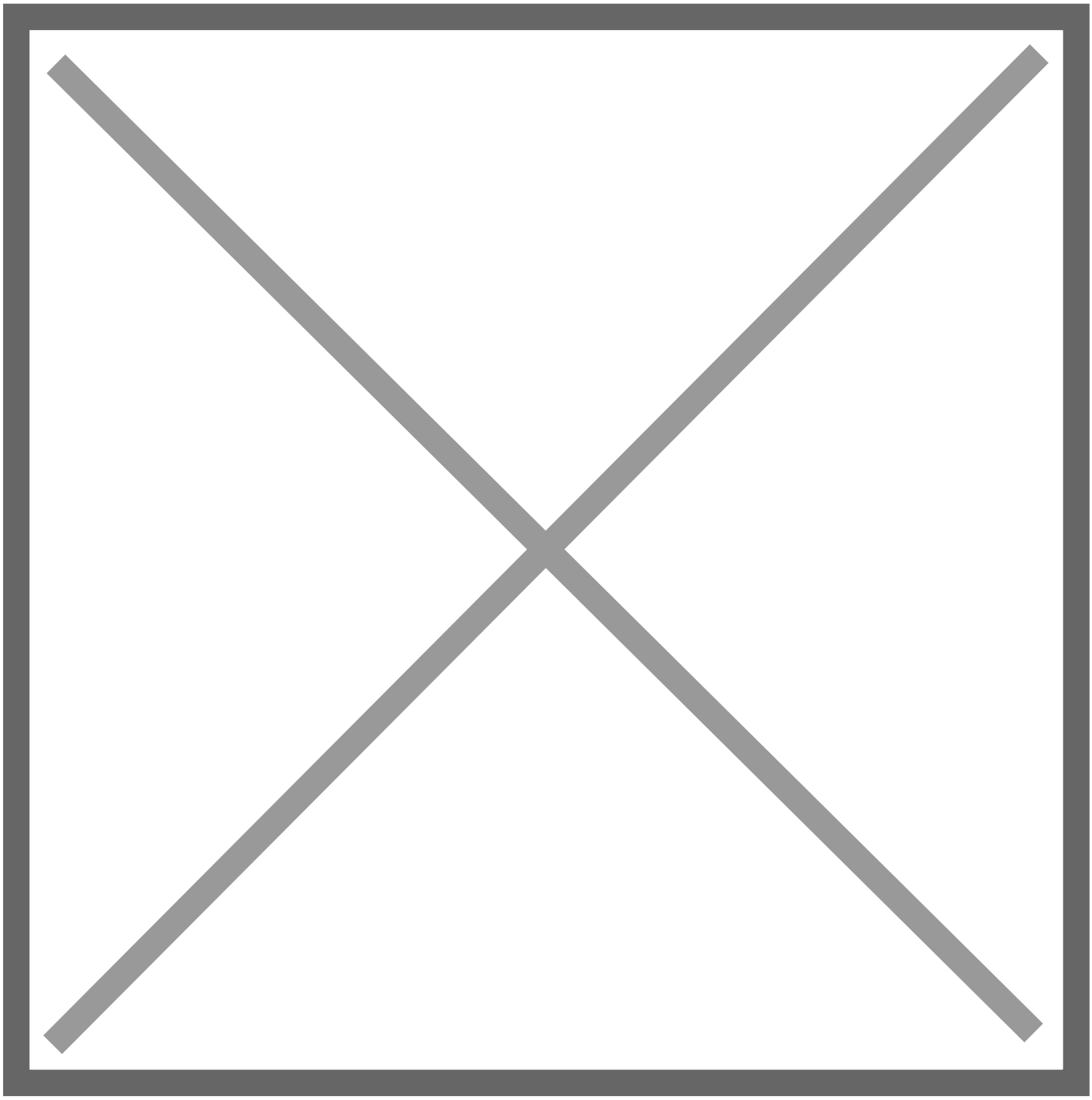


Typ prieskumu:	NameranÃ¡ hodnota
Vek:	15-19
VeÄ¾kosÅ¥ vzorky:	2863
DotknutÃ¡ oblasÅ¥:	NÃ¡rodnÃ½

Odkazy:	Ministry of Health (MoH) [Tanzania Mainland], Ministry of Health (MoH) [Zanzibar], National Bureau of Statistics (NBS), Office of the Chief Government Statistician (OCGS), and ICF. 2022. Tanzania Demographic and Health Survey and Malaria Indicator Survey 2022 Final Report. Dodoma, Tanzania, and Rockville, Maryland, USA: MoH, NBS, OCGS, and ICF. Available at https://dhsprogram.com/pubs/pdf/FR382/FR382.pdf (last accessed 17.04.24)
Cutoffs:	WHO

Double burden of underweight & obesity

Deti, 2022

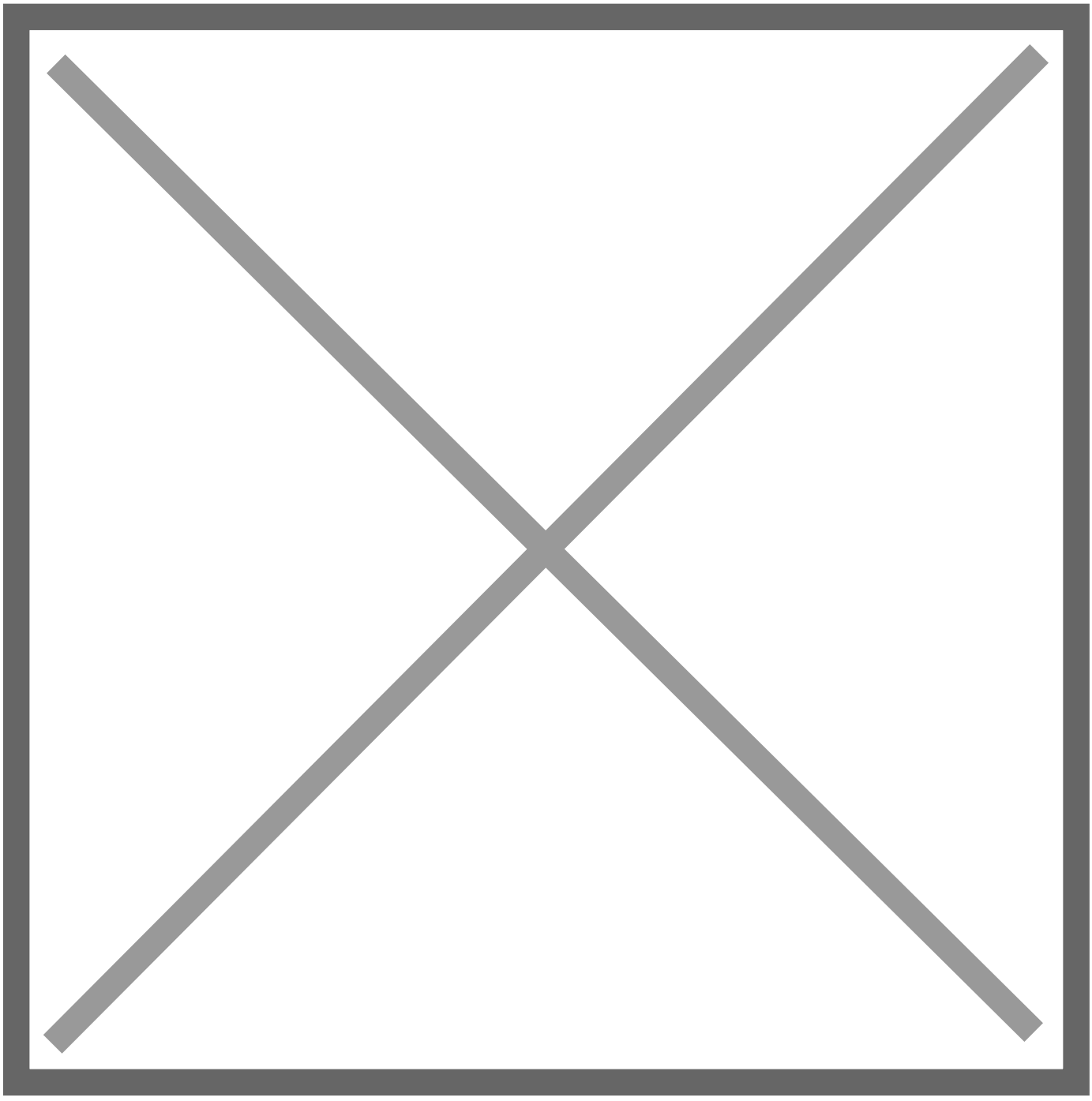


Typ prieskumu:	NameranÃ¡ hodnota
Vek:	5-19
Odkazy:	NCD Risk Factor Collaboration (NCD-RisC). Worldwide trends in underweight and obesity from 1990 to 2022: a pooled analysis of 3663 population representative studies with 222 million children, adolescents, and adults. Lancet 2024; published online Feb 29. https://doi.org/10.1016/S0140-6736(23)02750-2.

PoznÃ¡mky (k dispozÃcii iba v angliÄ tine):	Age standardised estimates
DefinÃcie (k dispozÃcii iba v angliÄ tine):	Combined prevalence of BMI < -2SD and BMI > 2SD (double burden of thinness and obesity)
Cutoffs:	BMI < -2SD and BMI > 2SD

NedostatoÄ nÃ¡ fyzickÃ¡ aktivita

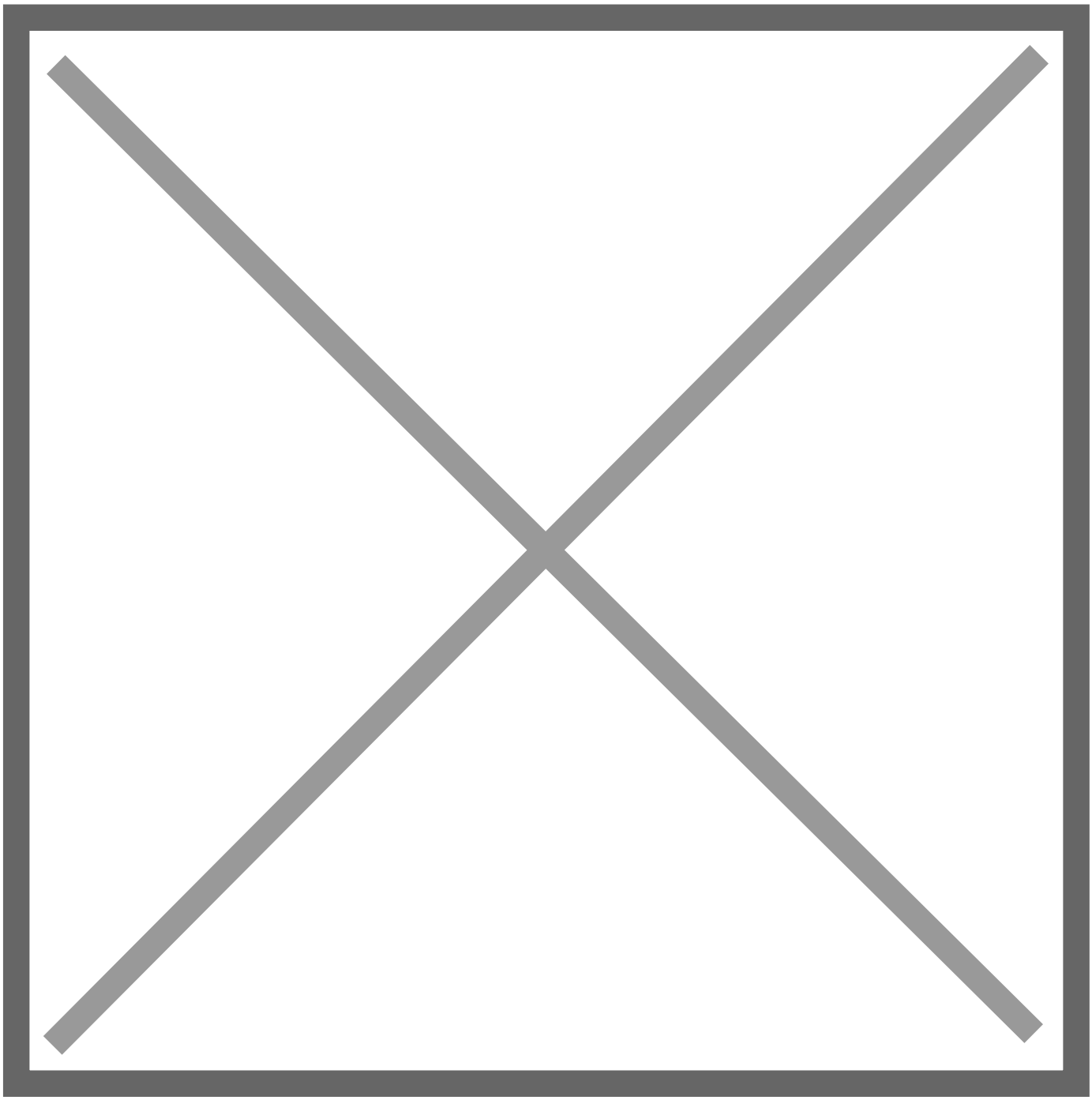
Deti, 2016



Typ prieskumu:	VlastnÃ© hlÃ¡senie
Vek:	11-17

Odkazy:	Global Health Observatory data repository, World Health Organisation, https://apps.who.int/gho/data/node.main.A893ADO?lang=en (last accessed 16.03.21)
PoznÃ¡mky (k dispozÃcii iba v angliÄ tine):	% 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.
DefinÃcie (k dispozÃcii iba v angliÄ tine):	% Adolescents insufficiently active (age standardised estimate)

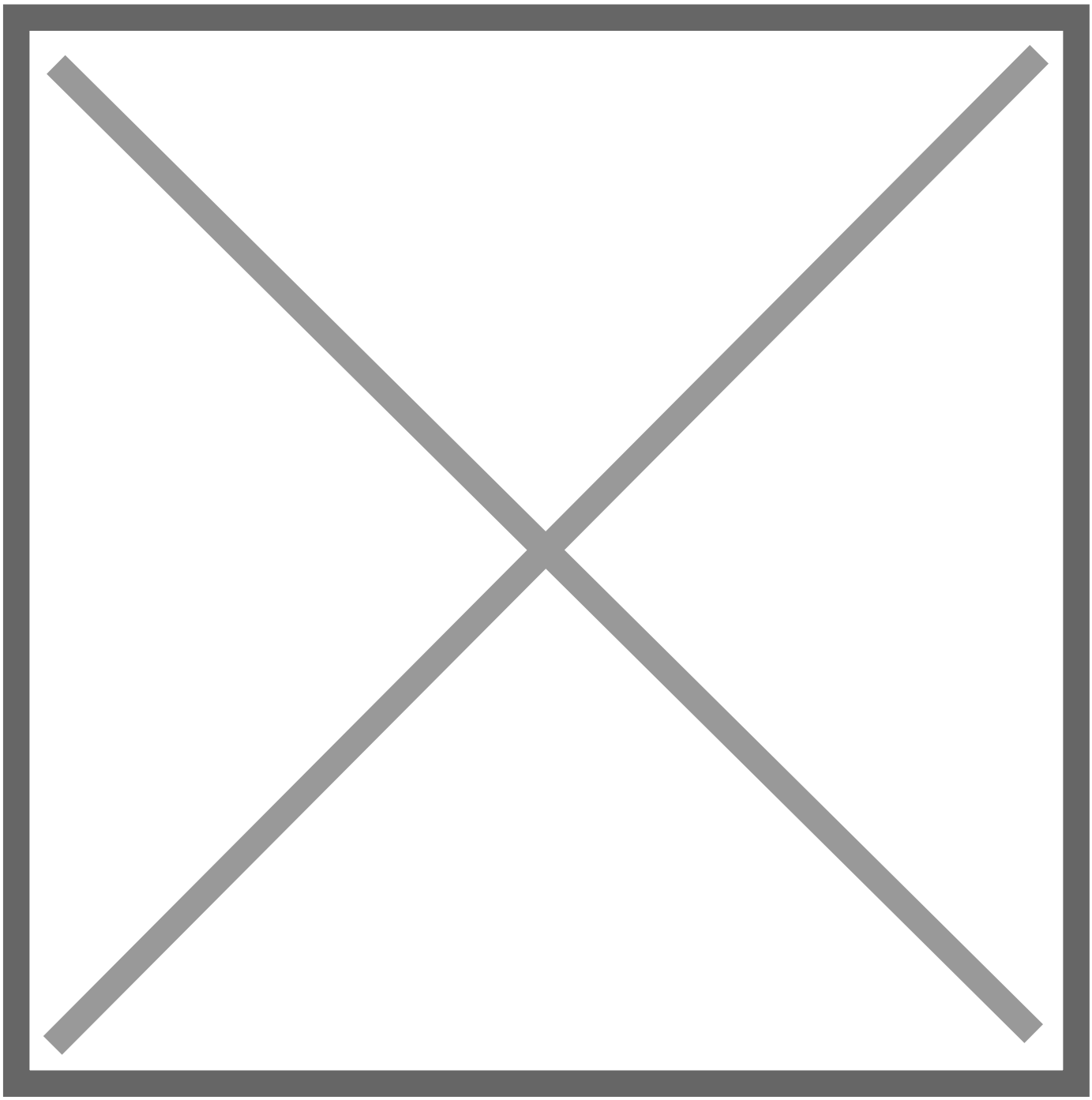
Chlapci, 2016



Typ prieskumu:	VlastnÃ© hlÃ¡senie
Vek:	11-17
Odkazy:	Global Health Observatory data repository, World Health Organisation, https://apps.who.int/gho/data/node.main.A893ADO?lang=en (last accessed 16.03.21)

PoznÃ¡mky (k dispozÃcii iba v angliÄ tine):	% 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.
DefinÃcie (k dispozÃcii iba v angliÄ tine):	% Adolescents insufficiently active (age standardised estimate)

DievÄ atÃ¡, 2016

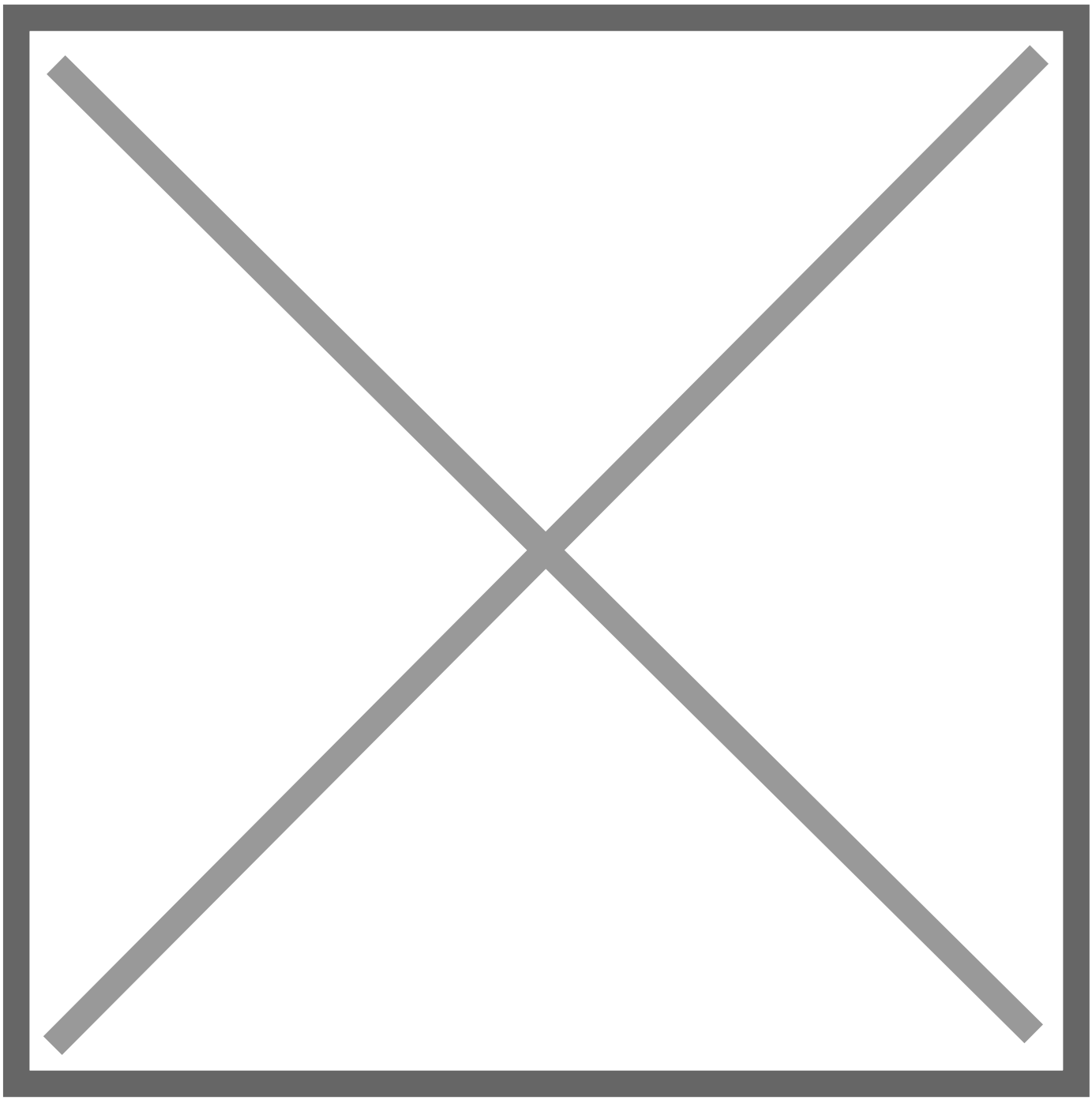


Typ prieskumu:	VlastnÃ© hlÃ¡senie
Vek:	11-17
Odkazy:	Global Health Observatory data repository, World Health Organisation, https://apps.who.int/gho/data/node.main.A893ADO?lang=en (last accessed 16.03.21)

PoznÃ¡mky (k dispozÃcii iba v angliÄ tine):	% 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.
DefinÃcie (k dispozÃcii iba v angliÄ tine):	% Adolescents insufficiently active (age standardised estimate)

PriemernÃ¡ dennÃ¡ frekvencia spotreby sÃ½tenÃ½ch nealkoholickÃ½ch nÃ¡pojov

Deti, 2009-2015

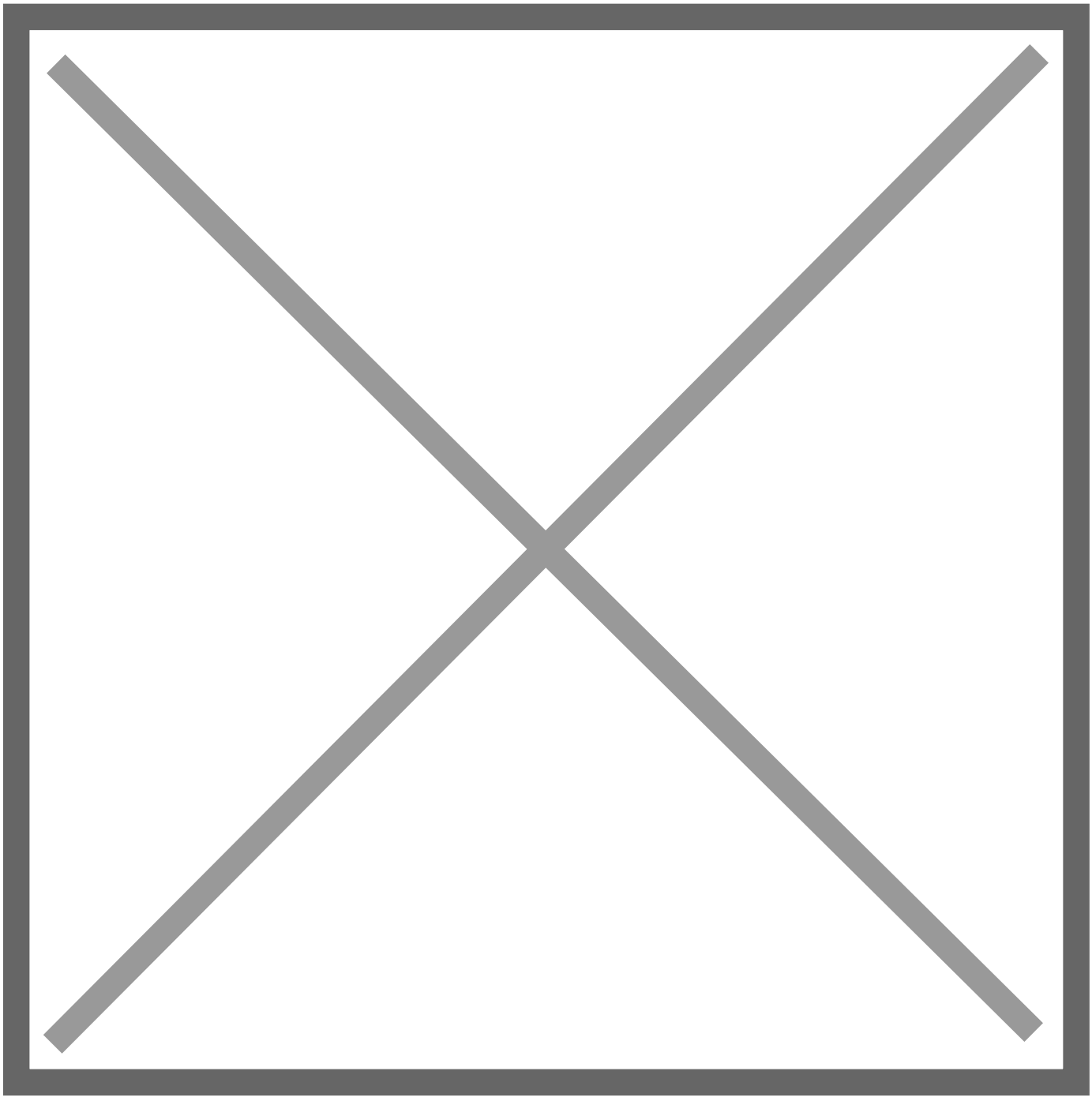


Typ prieskumu:	NameranÃ¡ hodnota
Vek:	12-17

Odkazy: 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

Prevalencia konzumácie menej ako jedného kusu ovocia denne

Deti, 2014

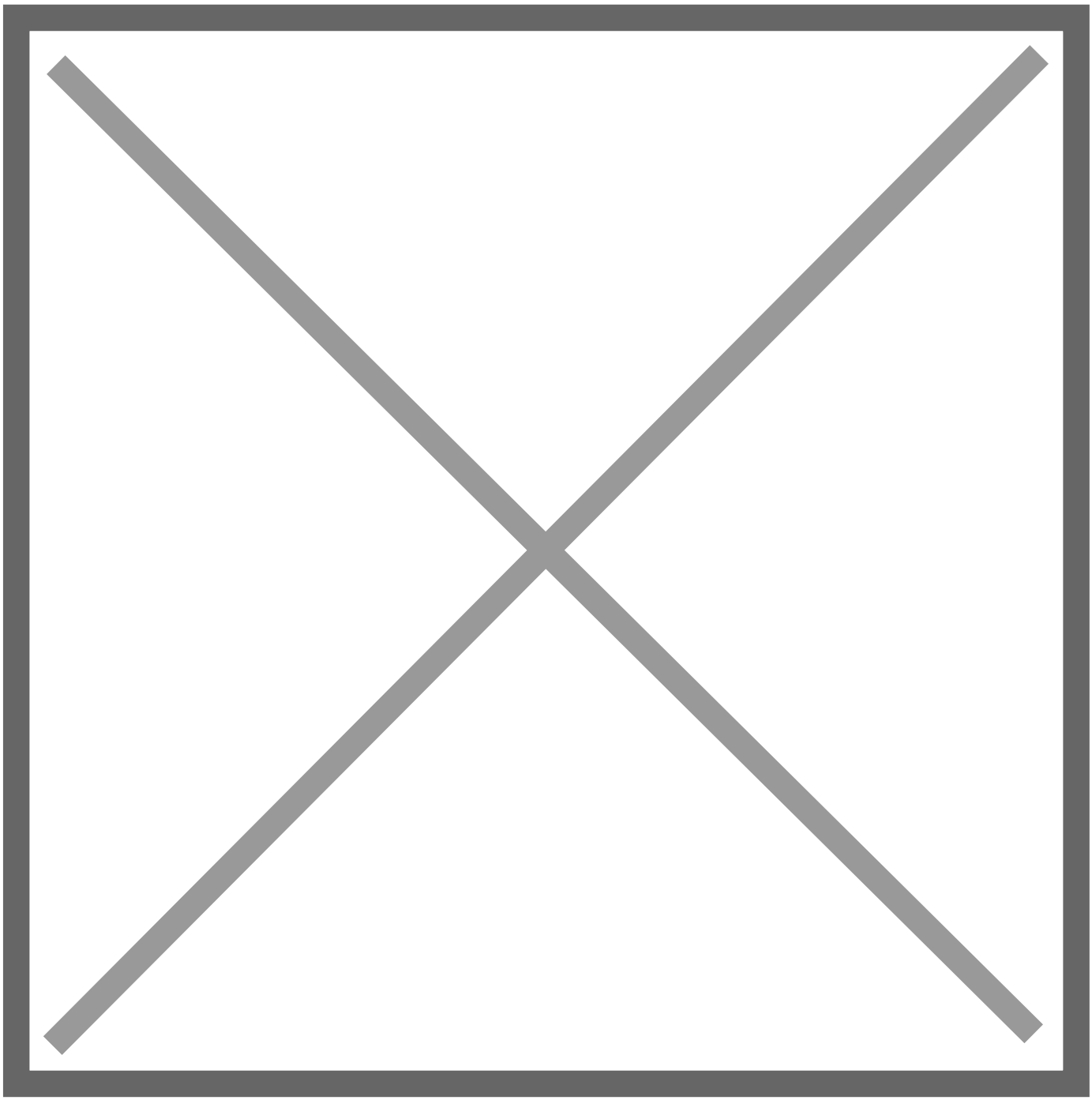


Typ prieskumu:	VlastnÃ© hlÃ¡senie
Vek:	12-17

DotknutÃ¡ oblasÅ¥:	NÃ¡rodnÃ½
Odkazy:	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
DefinÃcie (k dispozÃcii iba v angliÄ tine):	Prevalence of less-than-daily fruit consumption (% less-than-daily fruit consumption)

Prevalencia konzumácie menej ako jedného kusu zeleniny denne

Deti, 2014

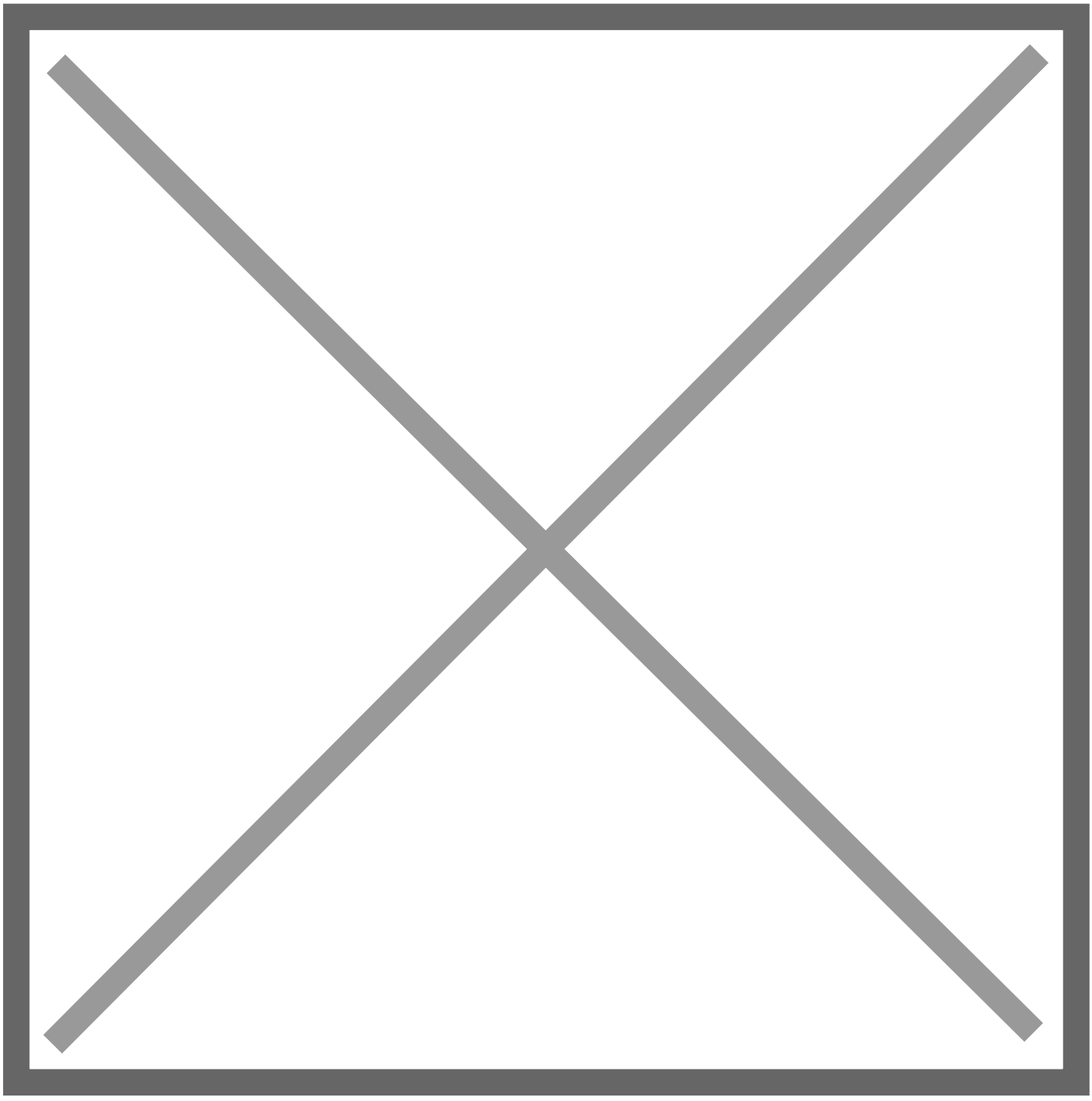


Typ prieskumu:	VlastnÃ© hlÃ¡senie
Vek:	12-17

DotknutÃ¡ oblasÅ¥:	NÃ¡rodnÃ½
Odkazy:	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
DefinÃcie (k dispozÃcii iba v angliÄ tine):	Prevalence of less-than-daily vegetable consumption (% less-than-daily vegetable consumption)

DuÅ¡evnÃ© zdravie - poruchy depresie

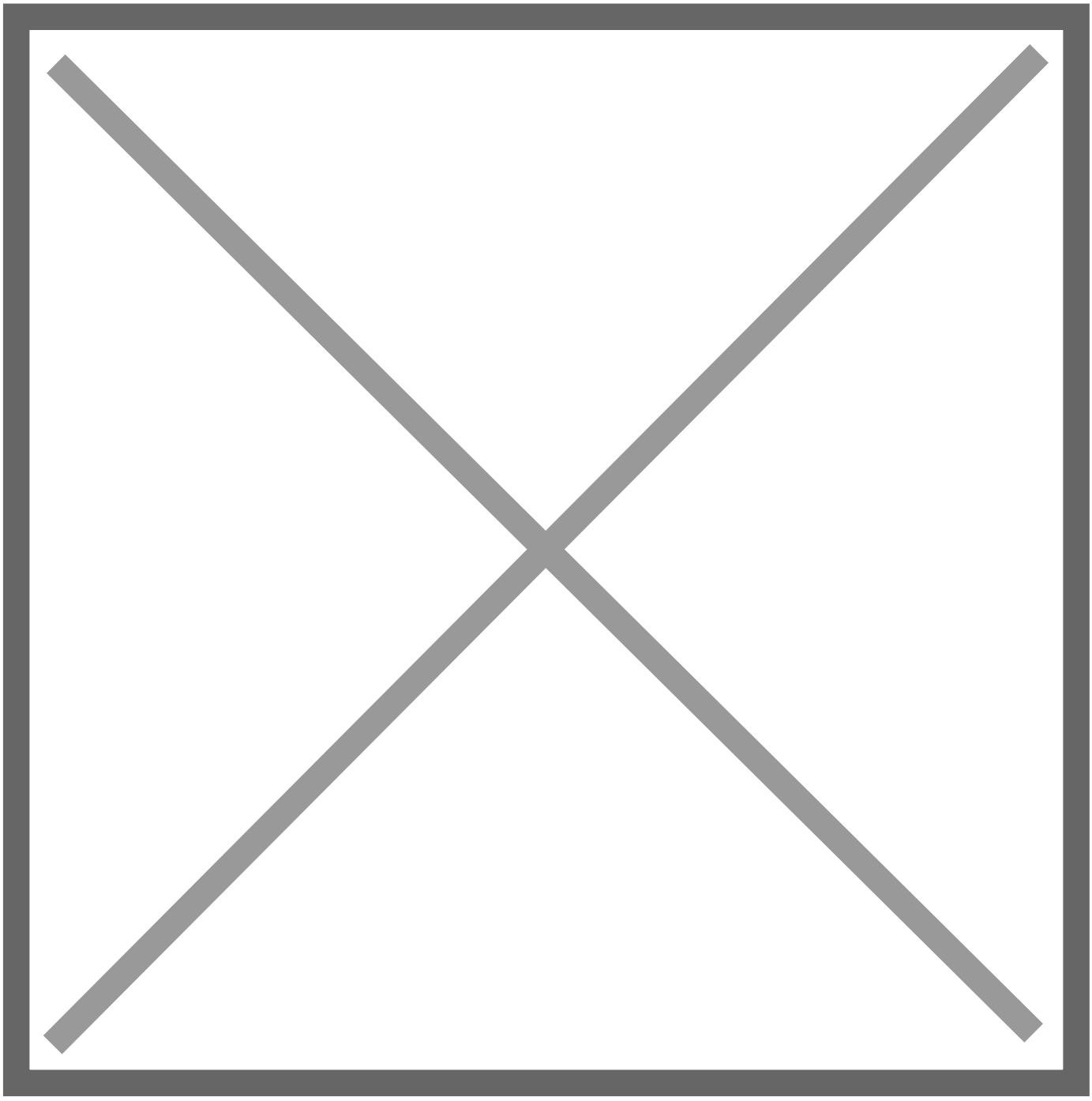
Deti, 2023



DotknutÃ¡ oblasÅ¥:	NÃ¡rodnÃ½
Odkazy:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from https://vizhub.healthdata.org/gbd-compare/ [Accessed 17.03.26]

DefinÃcie (k dispozÃcii iba v angliÄ tine):	Estimated number living with depressive disorders per 100,000 population (under 20 years of age)

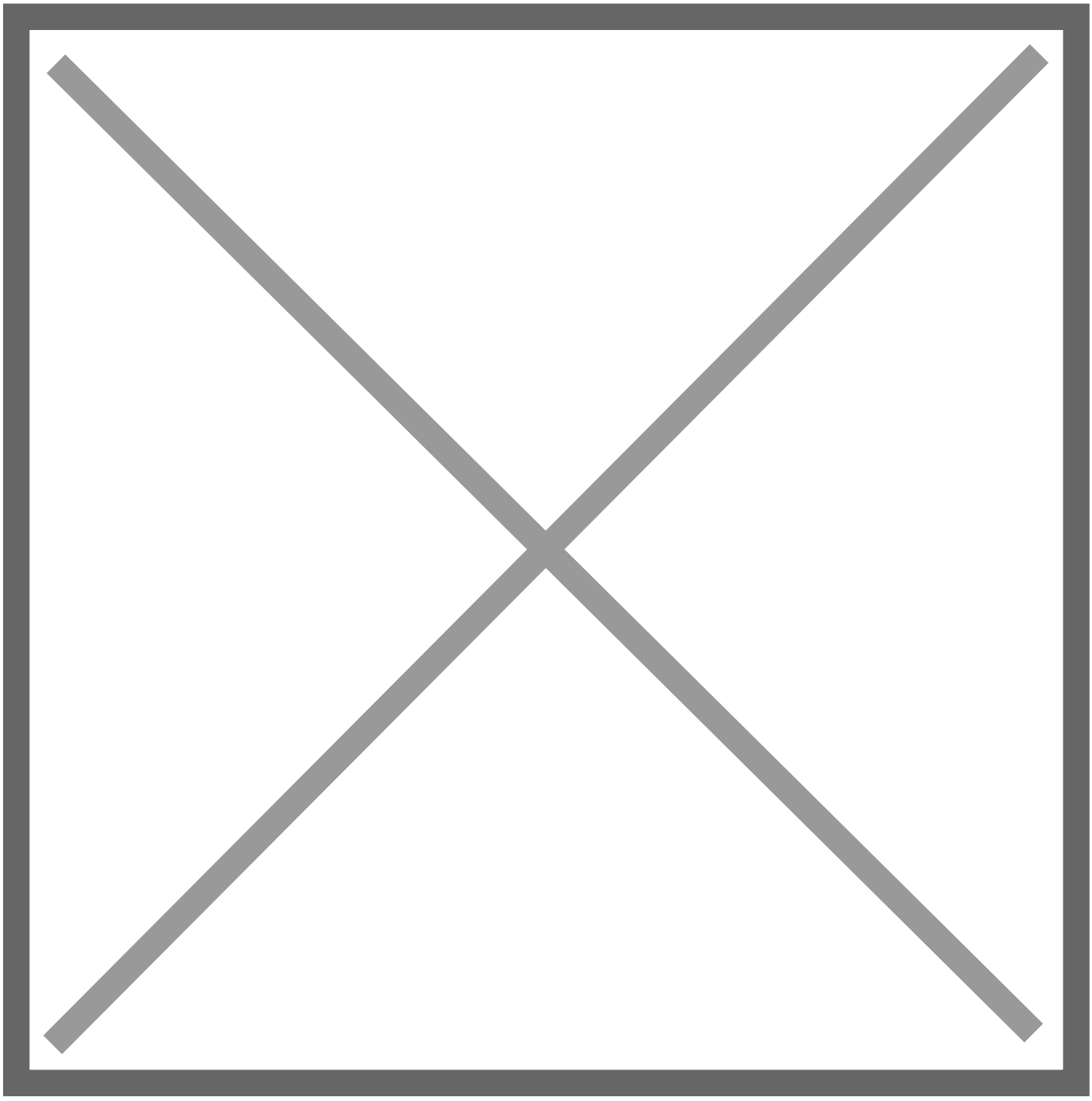
Chlapci, 2023



DotknutÃ¡ oblasÅ¥:	NÃ¡rodnÃ½
Odkazy:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from https://vizhub.healthdata.org/gbd-compare/ [Accessed 17.03.26]

DefinÃcie (k dispozÃcii iba v angliÄ tine):	Estimated number living with depressive disorders per 100,000 population (under 20 years of age)

DievÄ atÃ¡, 2023

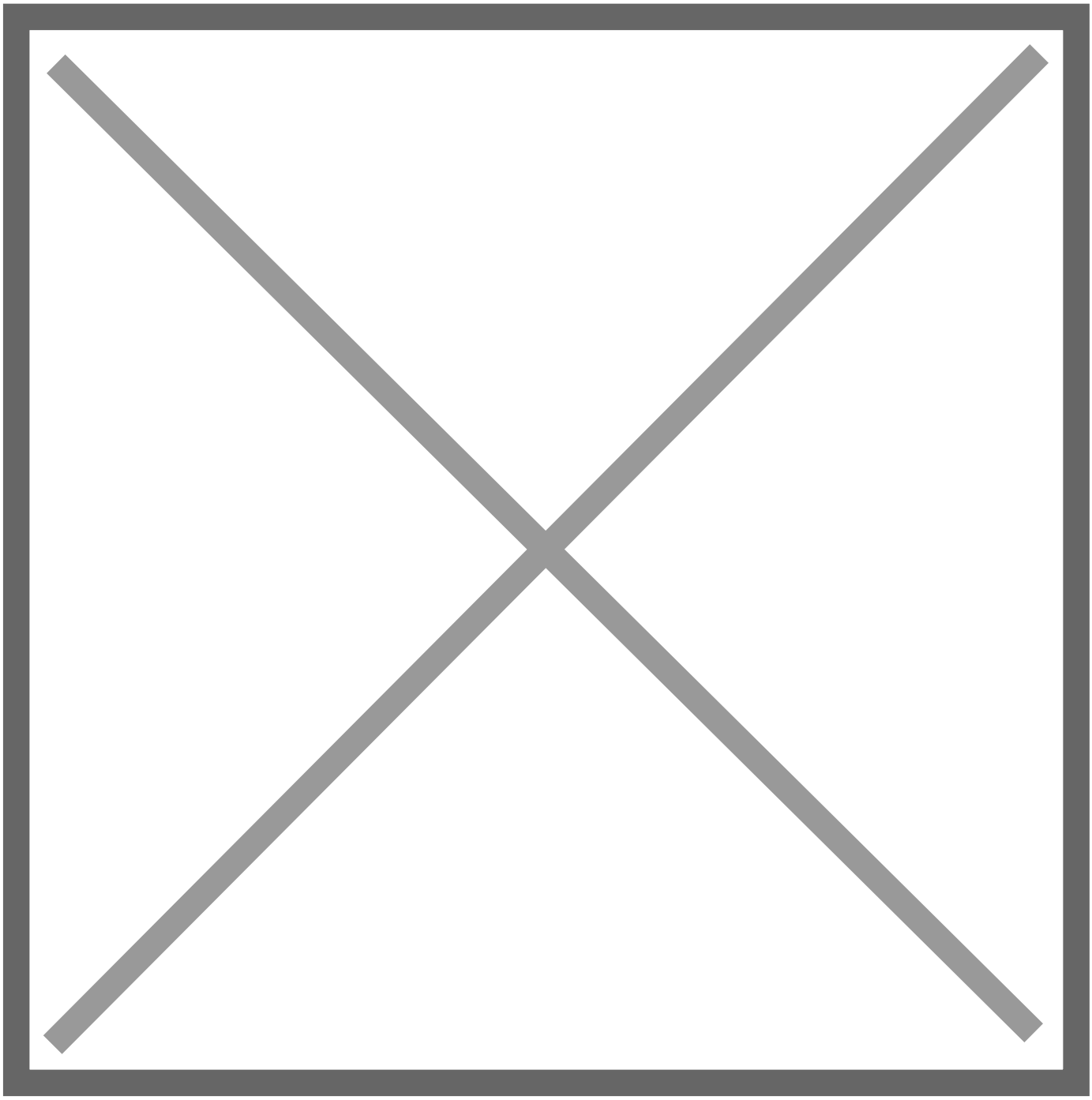


DotknutÃ¡ oblasÅ¥:	NÃ¡rodnÃ½
Odkazy:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from https://vizhub.healthdata.org/gbd-compare/ [Accessed 17.03.26]

DefinÃcie (k dispozÃcii iba v angliÄ tine):	Estimated number living with depressive disorders per 100,000 population (under 20 years of age)

DuÅ¡evnÃ© zdravie - ÃºzkostnÃ© poruchy

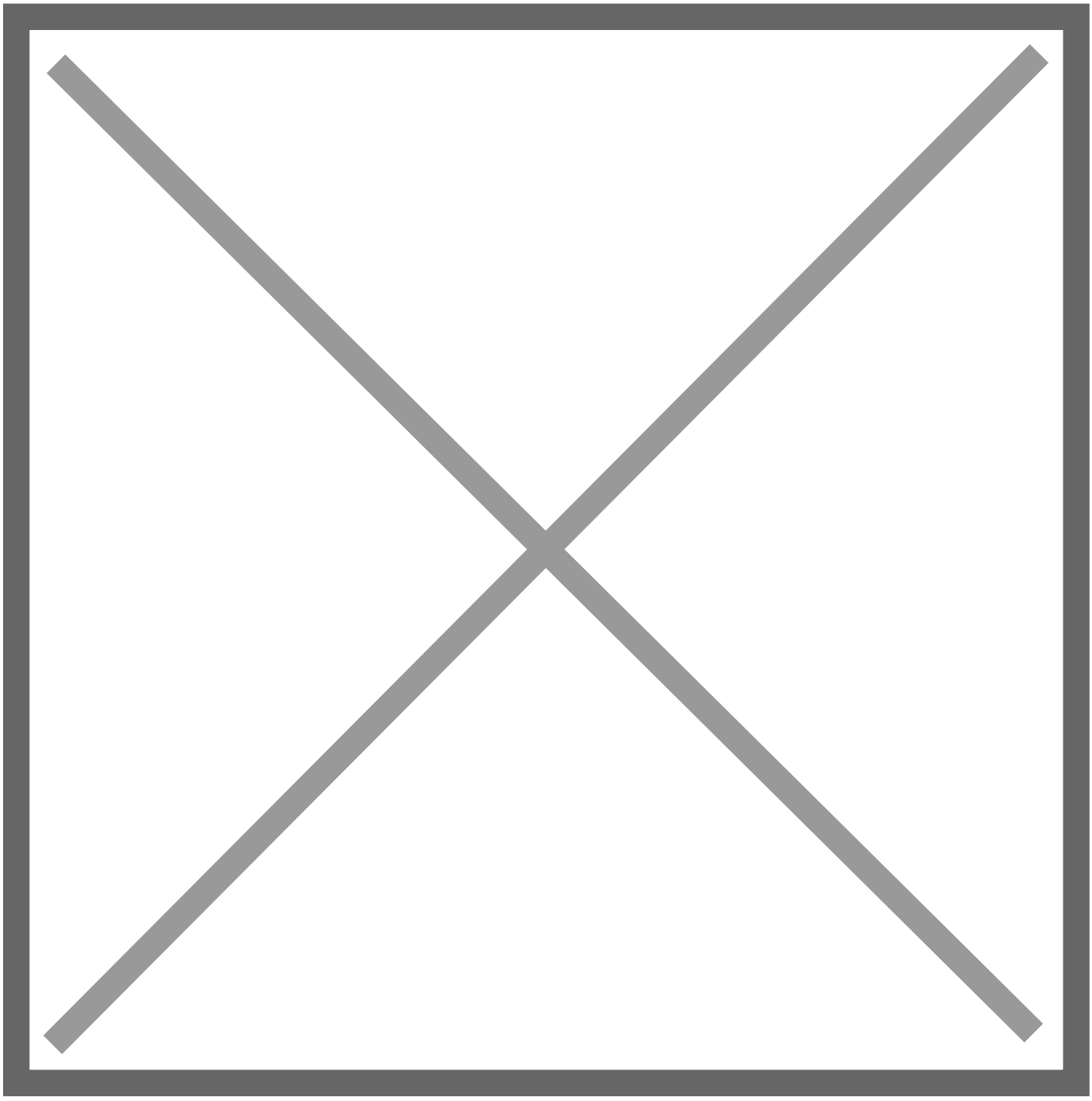
Deti, 2023



DotknutÃ¡ oblasÅ¥:	NÃ¡rodnÃ½
Odkazy:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from https://vizhub.healthdata.org/gbd-compare/ [Accessed 17.03.26]

DefinÃcie (k dispozÃcii iba v angliÄ tine):	Estimated number living with anxiety disorders per 100,000 population (under 20 years of age)

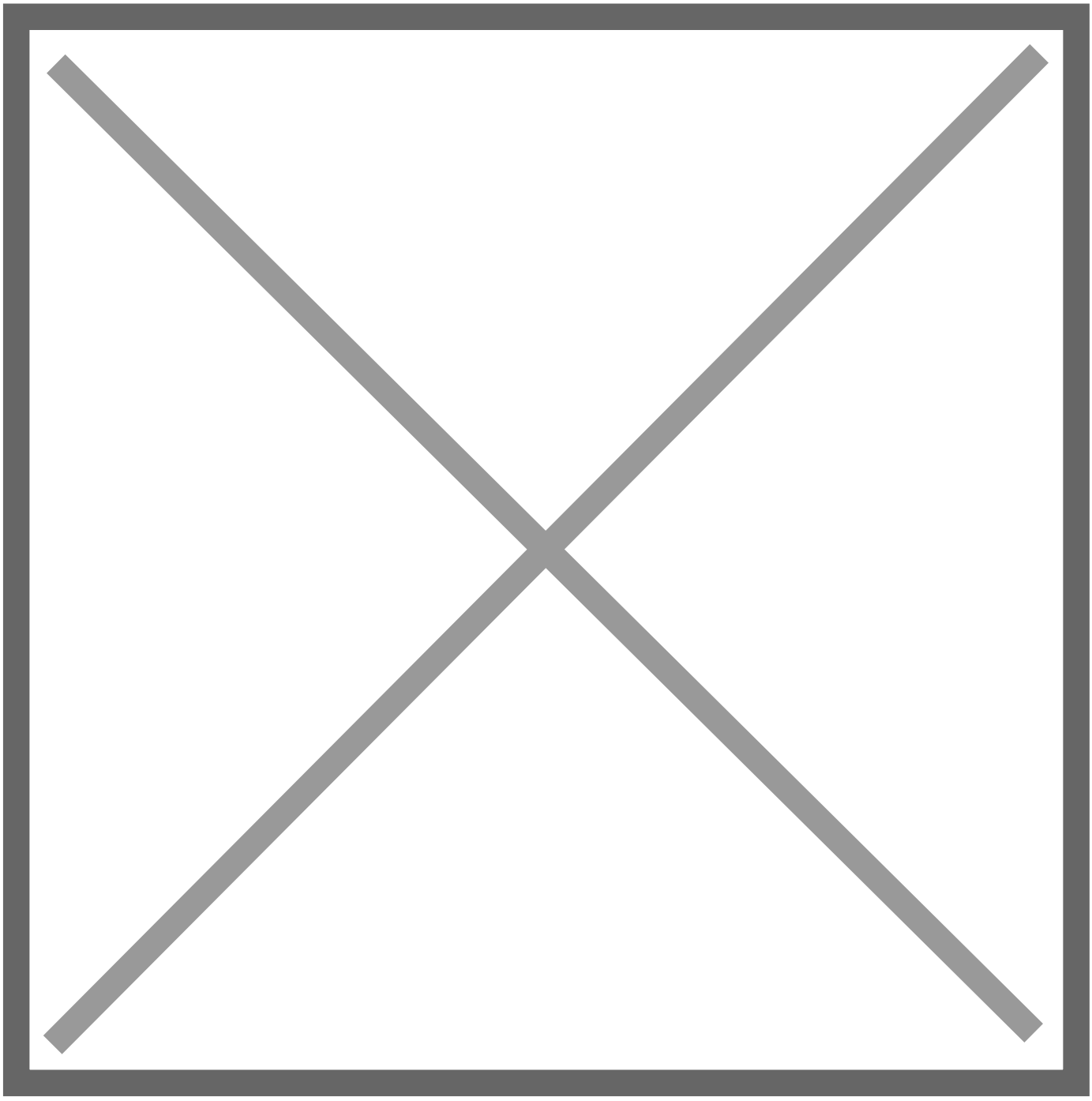
Chlapci, 2023



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DievÄ atÃ¡, 2023



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PDF created on November 4, 2026