



Tanzania



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 de obesidad

Niños, 2022



Tipo de encuesta:	Medido
Edad:	15-19
Tamaño de la muestra:	2863

Zona abarcada:	Nacional
Referencias:	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

Sobrepeso/obesidad según nivel de estudios

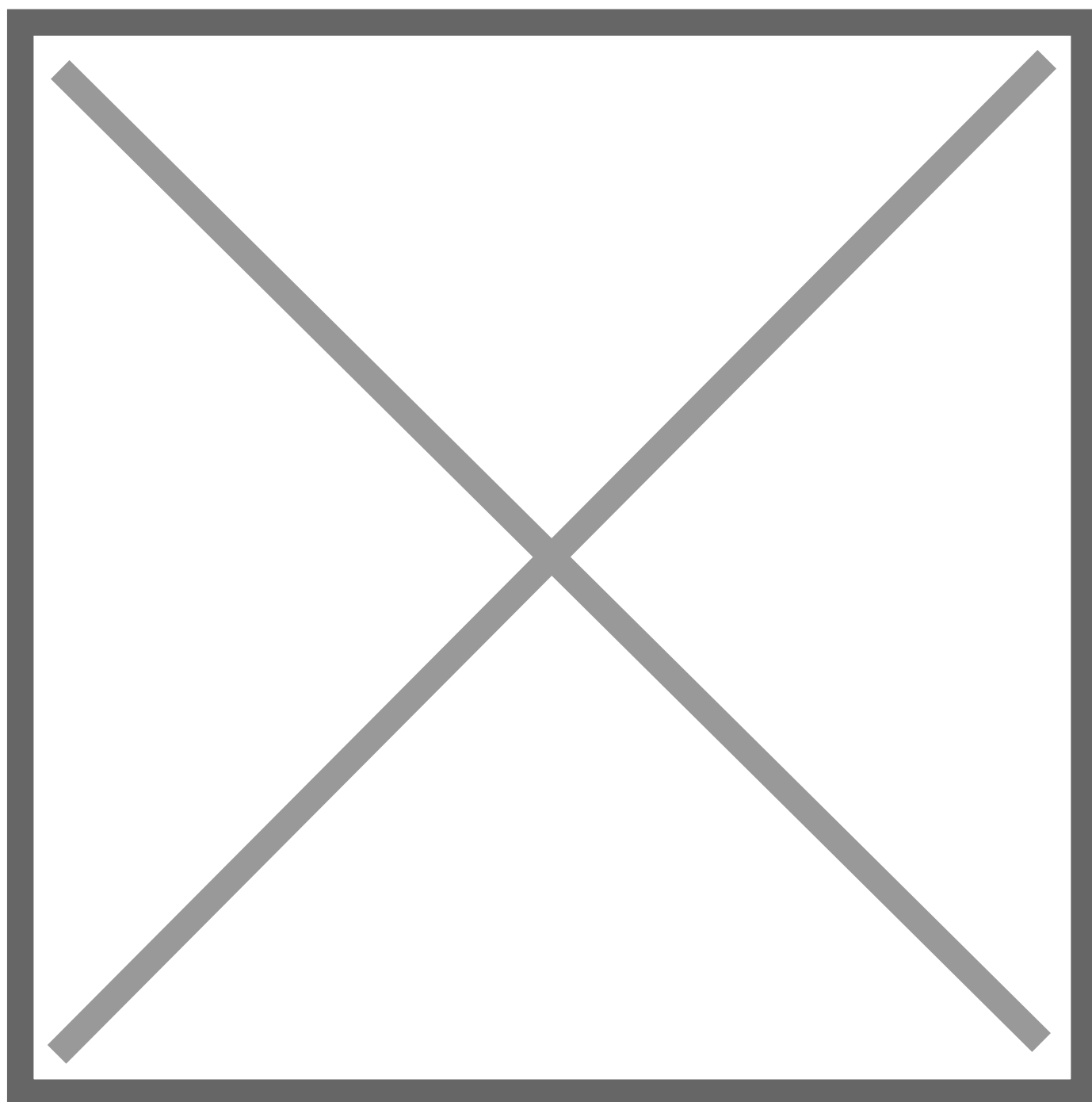
Chicos, 2022



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Cutoffs:	WHO

Chicas, 2022



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Referencias:

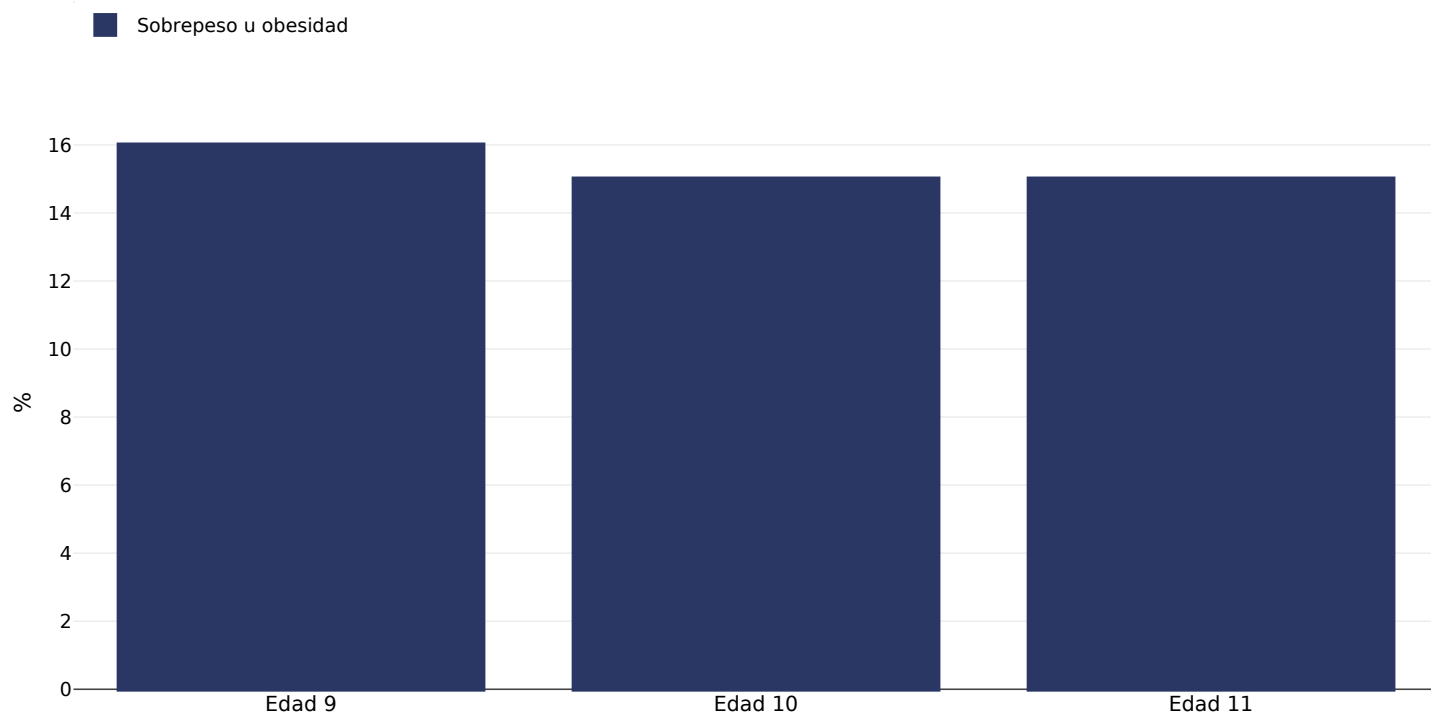
Ministry of Health (MoH) [Tanzania Mainland], Ministry of Health (MoH) [Zanzibar], National Bureau of Statistics (NBS), Office of the Chief Government Statistician (OCGS), and ICF. 2022. Tanzania Demographic and Health Survey and Malaria Indicator Survey 2022 Final Report. Dodoma, Tanzania, and Rockville,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

Cutoffs:

WHO

Sobrepeso/obesidad por edad

Niños, 2019



Tipo de encuesta:

Medido

Tamaño de la muestra:

1170

Zona abarcada:

Regional

Referencias:

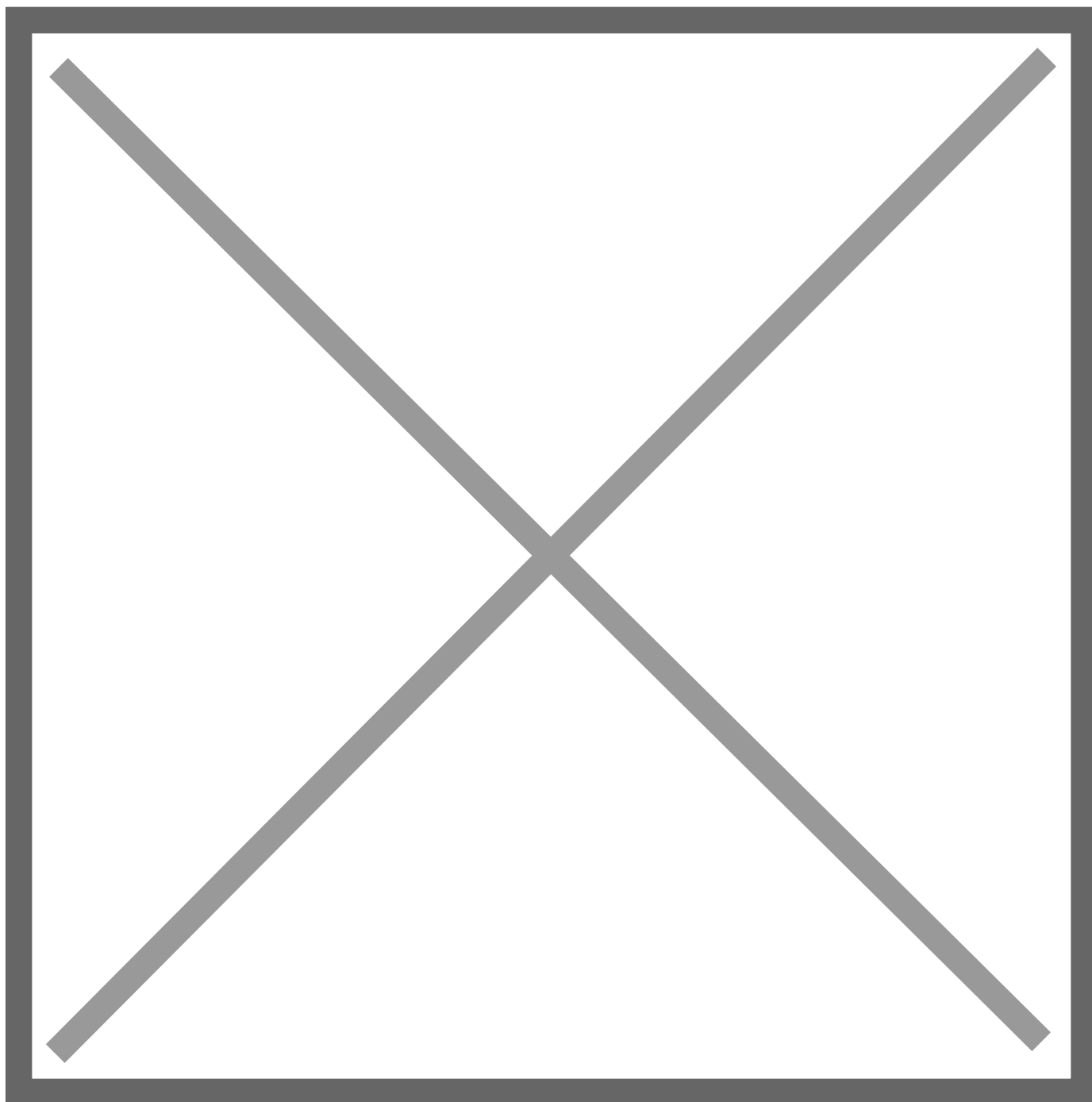
Mosha MV, Msuya SE, Kasagama E, Ayieko P, Todd J, Filteau S. Prevalence and correlates of overweight and obesity among primary school children in Kilimanjaro, Tanzania. PLoS One. 2021 Apr 22;16(4):e0249595. doi: 10.1371/journal.pone.0249595. PMID: 33886578; PMCID: PMC8061999.

Cutoffs:

WHO

Sobrepeso/obesidad por región³

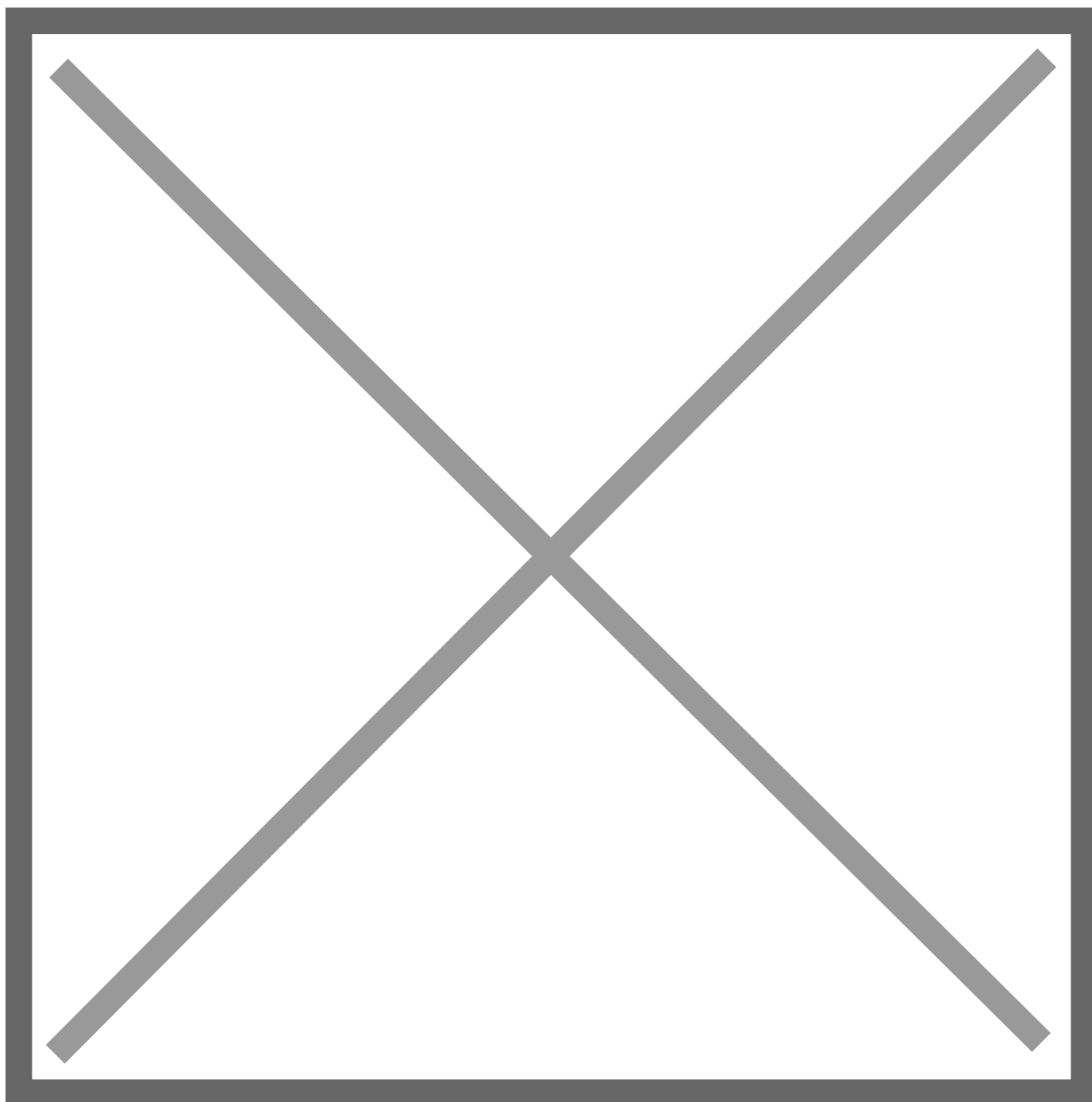
Chicos, 2022



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Cutoffs:	WHO

Chicas, 2022



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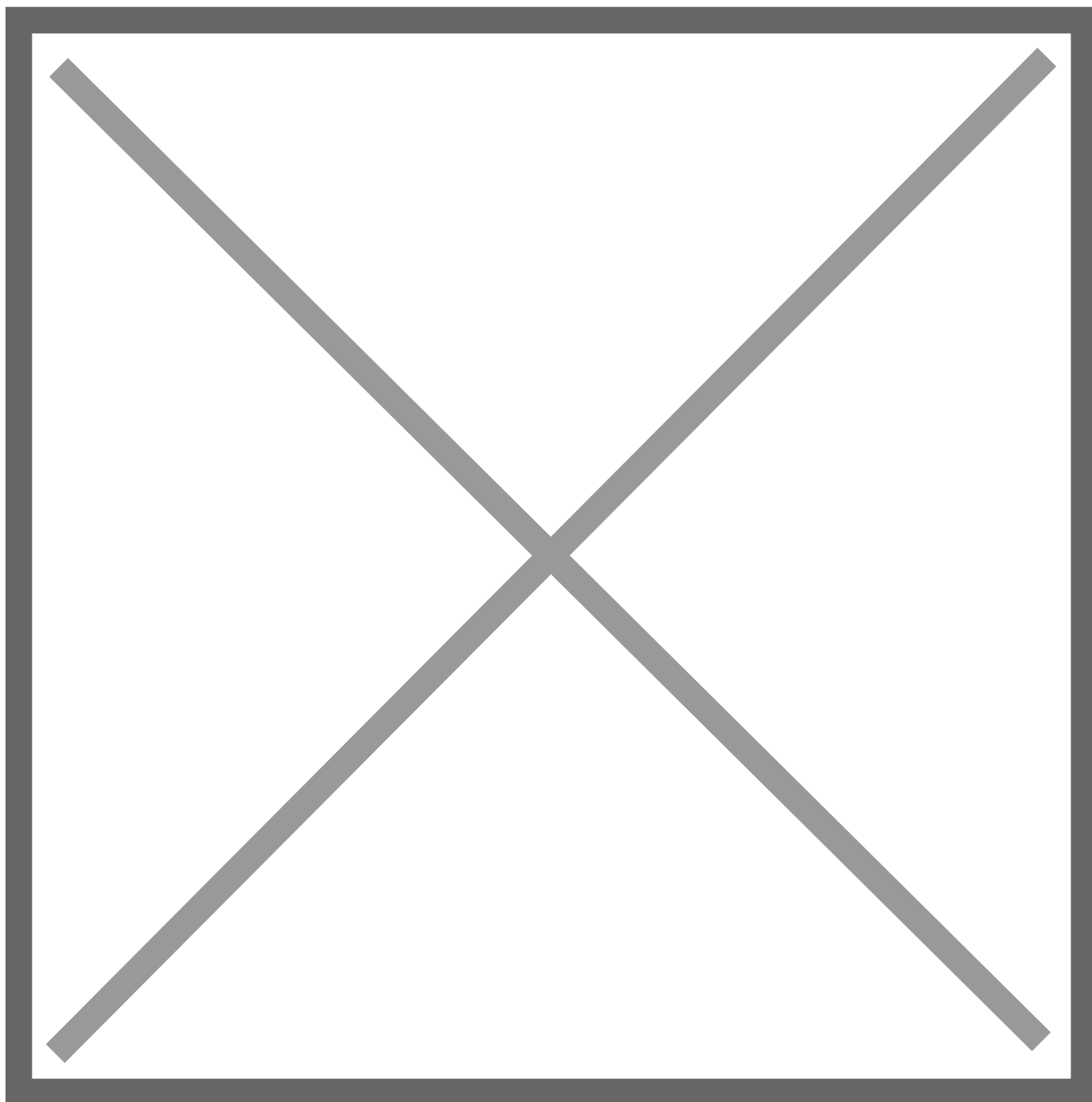
Ministry of Health (MoH) [Tanzania Mainland], Ministry of Health (MoH) [Zanzibar], National Bureau of Statistics (NBS), Office of the Chief Government Statistician (OCGS), and ICF. 2022. Tanzania Demographic and Health Survey and Malaria Indicator Survey 2022 Final Report. Dodoma, Tanzania, and Rockville,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

Cutoffs:

WHO

Sobrepeso/obesidad por nivel socioeconómico

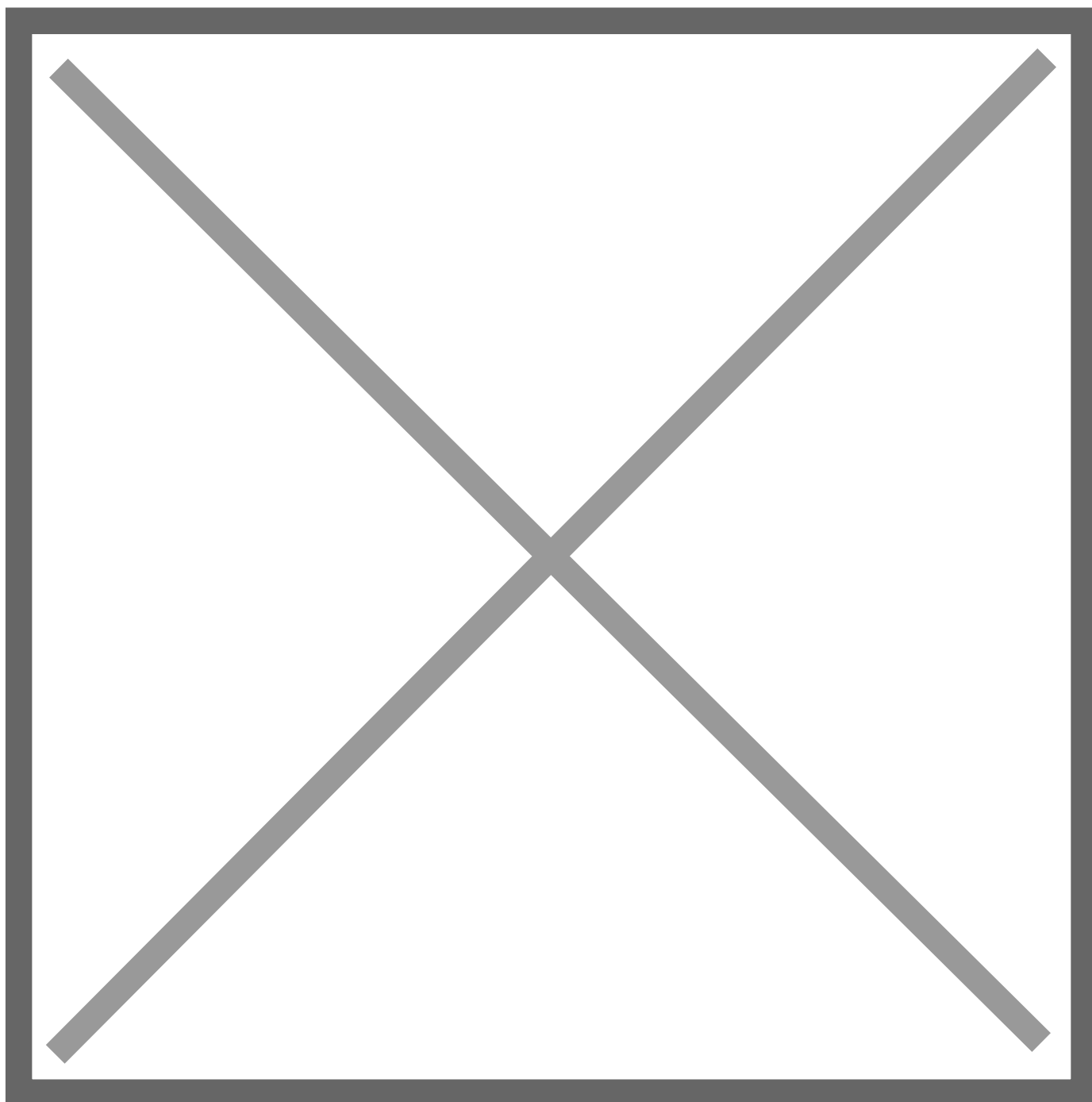
Chicos, 2022



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Chicas, 2022



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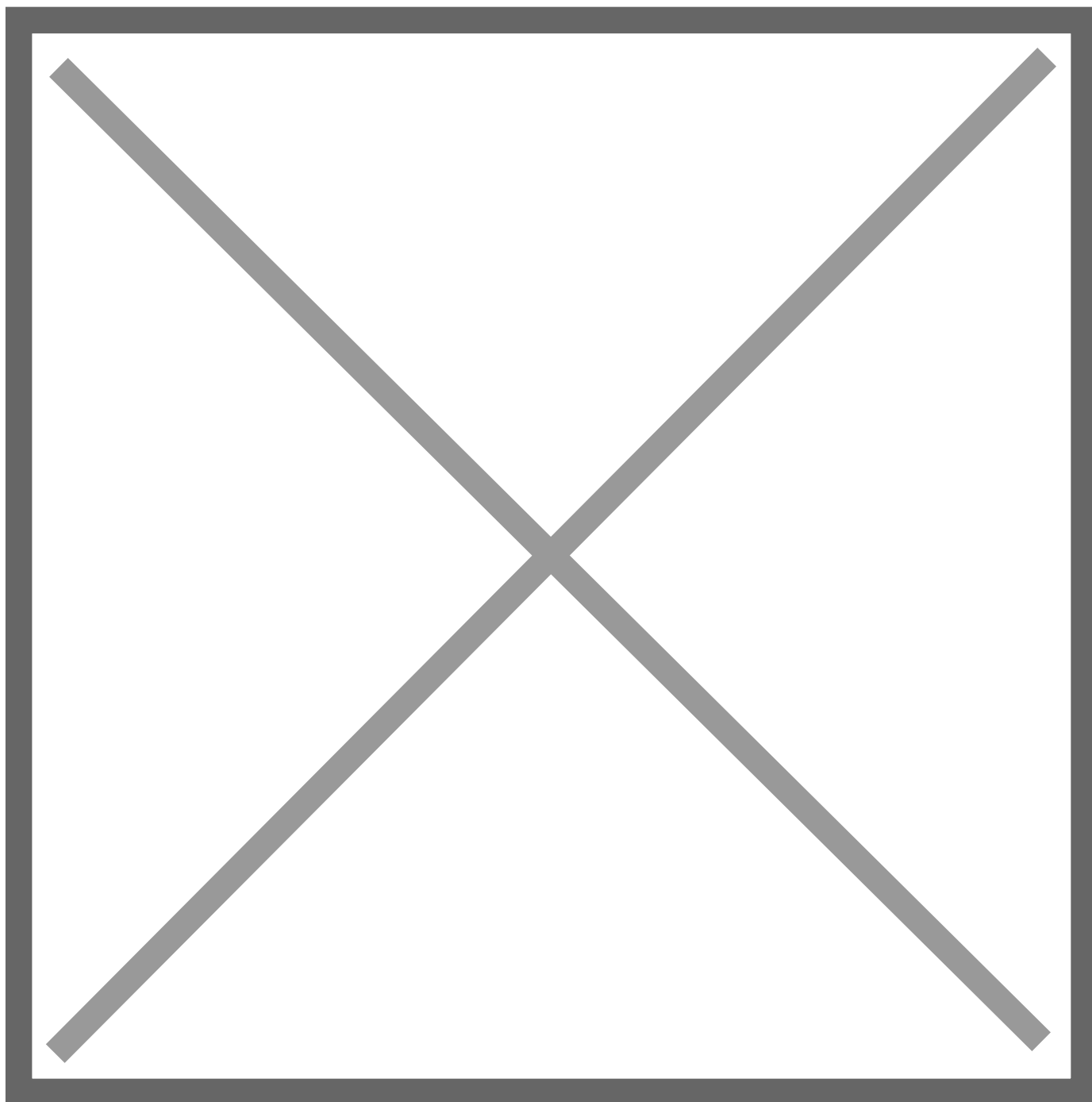
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Cutoffs:

WHO

Double burden of underweight & overweight

Niños, 2022

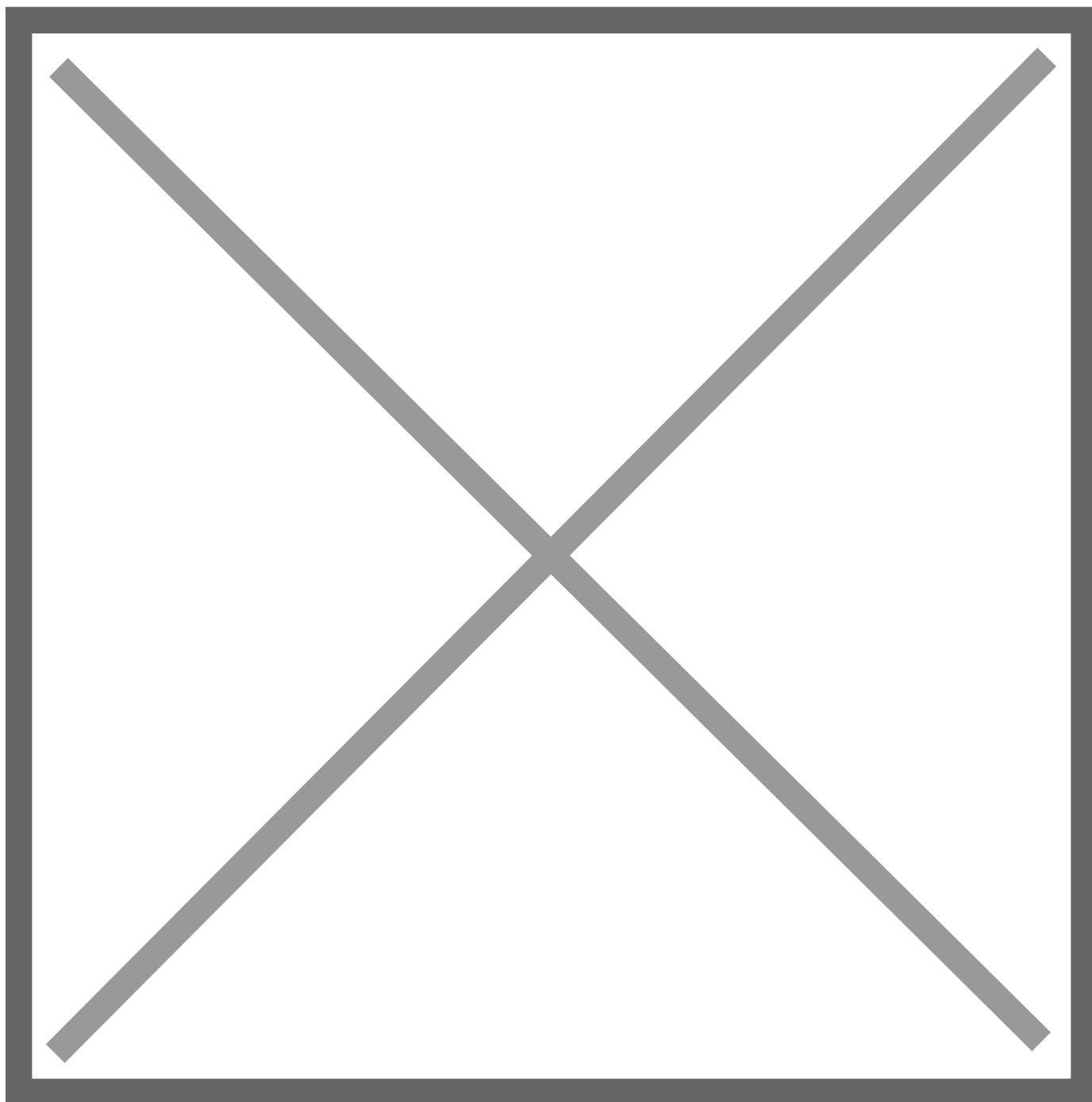


Tipo de encuesta:	Medido
Edad:	5-19
Referencias:	NCD Risk Factor Collaboration (NCD-RisC). Worldwide trends in underweight and obesity from 1990 to 2022: a pooled analysis of 3663 population representative studies with 222 million children, adolescents, and adults. Lancet 2024; published online Feb 29.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

Notas:	Age standardised estimates
Definiciones (solo disponible en inglés):	Combined prevalence of BMI < -2SD and BMI > 2SD (double burden of thinness and obesity)
Cutoffs:	BMI < -2SD and BMI > 2SD

Actividad f sica insuficiente

Ni os, 2016



Tipo de encuesta:

Autodeclarado

Edad:

11-17

Referencias:

Global Health Observatory data repository, World Health Organisation,
<https://apps.who.int/gho/data/node.main.A893ADO?lang=en> (last accessed 16.03.21)

Notas:

% 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.

**Definiciones
(solo
disponible en
ingl  s):**

% Adolescents insufficiently active (age standardised estimate)

Chicos, 2016



Tipo de encuesta: Autodeclarado

Edad: 11-17

Referencias: Global Health Observatory data repository, World Health Organisation, <https://apps.who.int/gho/data/node.main.A893ADO?lang=en> (last accessed 16.03.21)

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ingl  s):

% Adolescents insufficiently active (age standardised estimate)

Chicas, 2016



Tipo de encuesta: Autodeclarado

Edad: 11-17

Referencias: Global Health Observatory data repository, World Health Organisation, <https://apps.who.int/gho/data/node.main.A893ADO?lang=en> (last accessed 16.03.21)

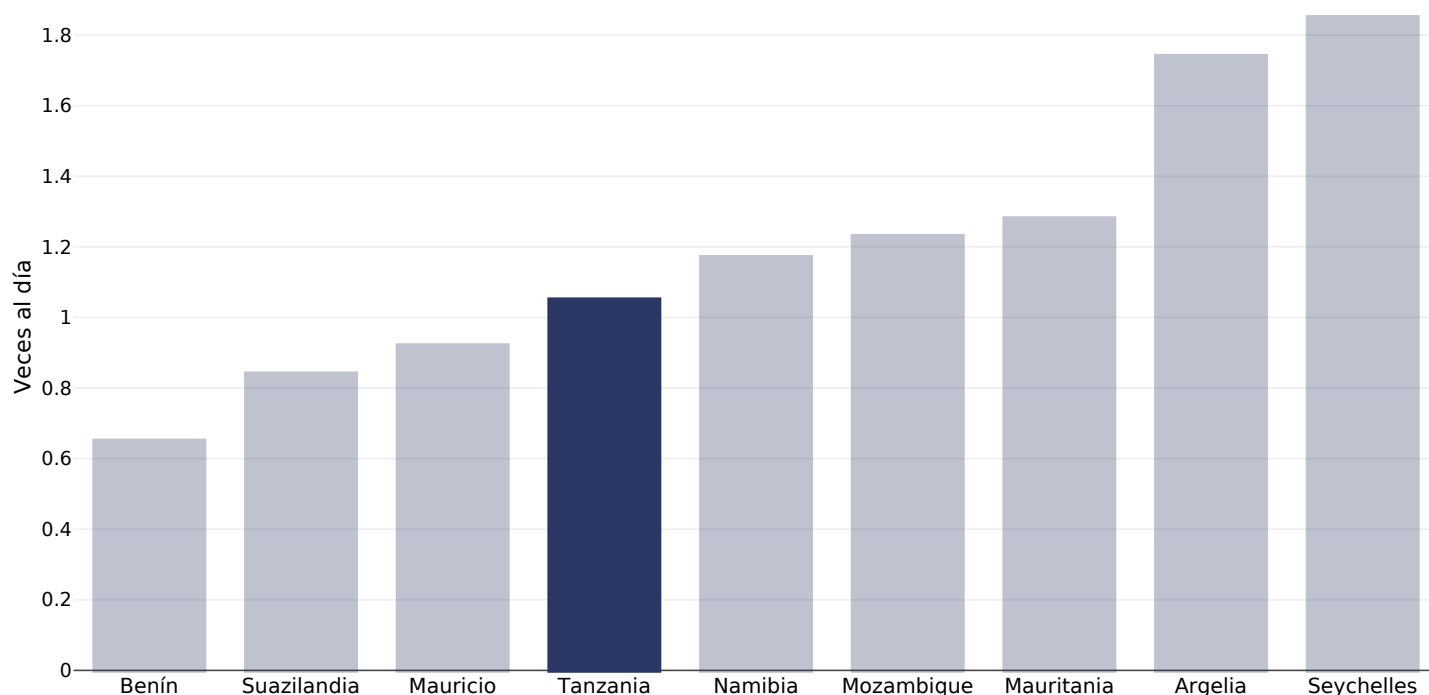
Notas: % of school going adolescents not meeting WHO recommendations on Physical Activity for Health, i.e. doing less than 60 minutes of moderate- to vigorous-intensity physical activity daily.

Definiciones
(solo
disponible en
ingl  s):

% Adolescents insufficiently active (age standardised estimate)

Frecuencia media diaria de consumo de refrescos carbonatados

Niños, 2009-2015



Tipo de encuesta:

Medido

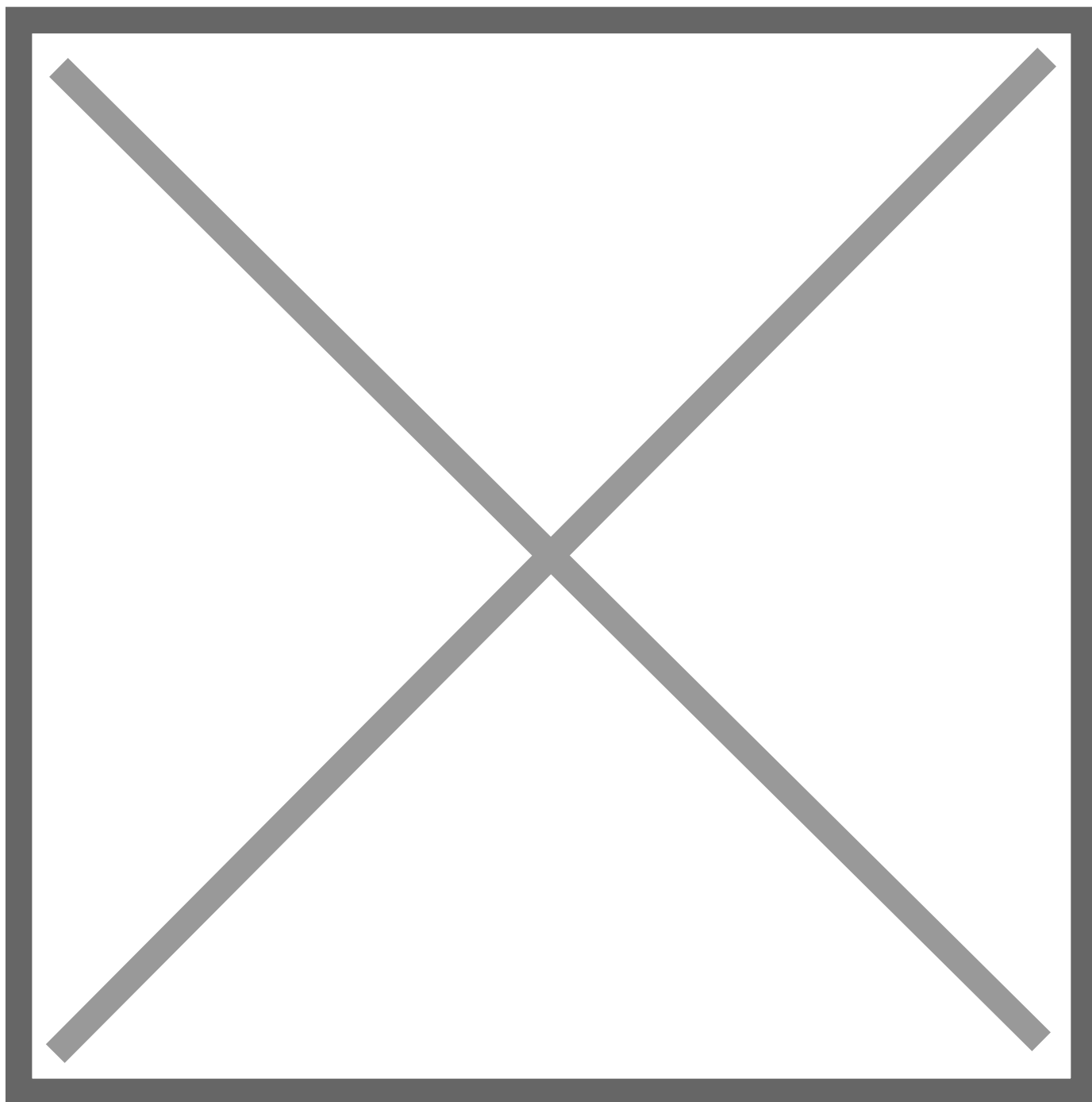
Edad:

12-17

Referencias:

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 del consumo de fruta menos de una vez al día Niños, 2009-2015



Tipo de encuesta:

Medido

Edad:

12-17

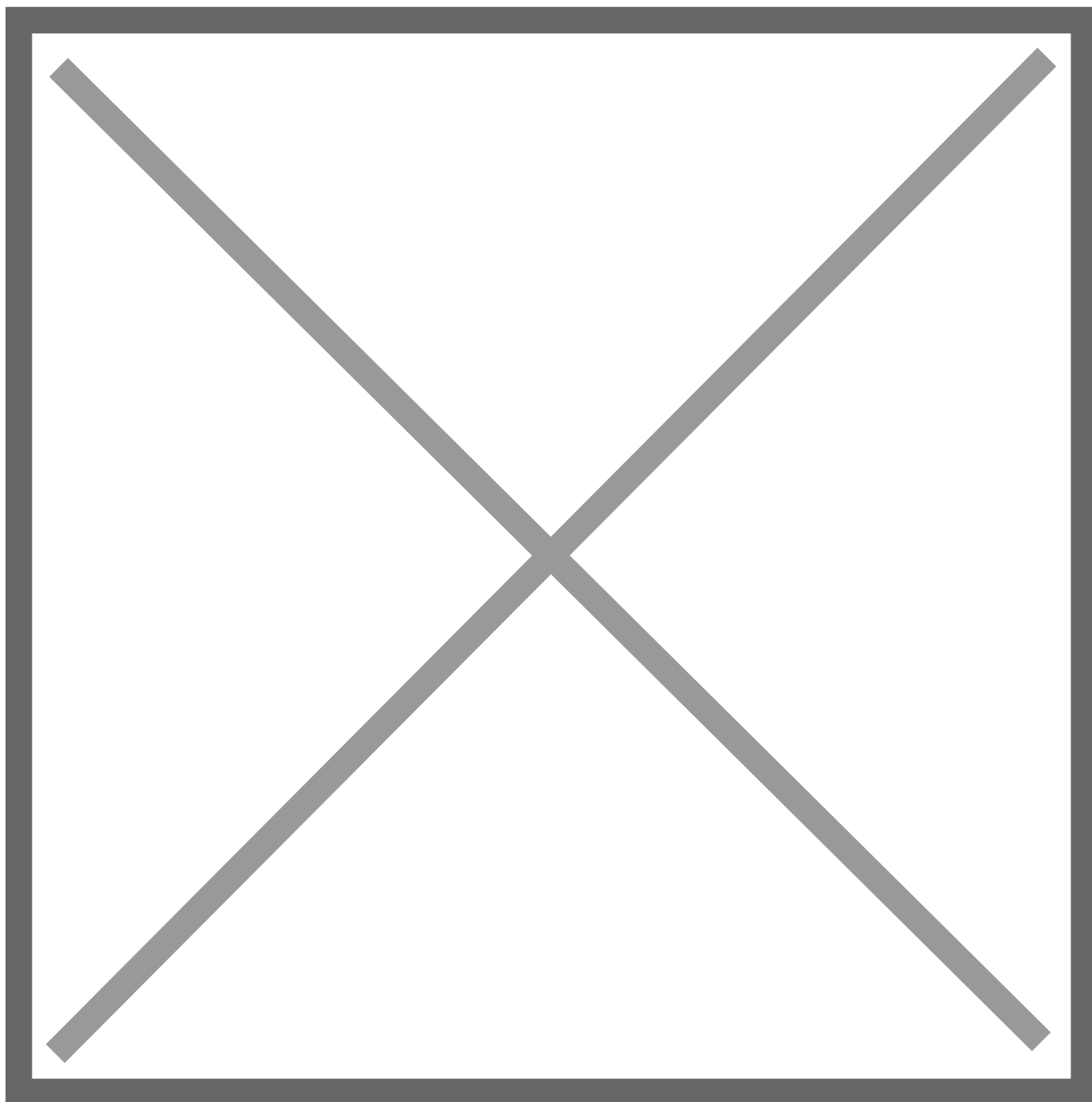
Referencias:

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>

**Definiciones
(solo
disponible en
ingl  s):**

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

Prevalencia del consumo de verdura menos de una vez al día Niños, 2009-2015



Tipo de encuesta:

Medido

Edad:

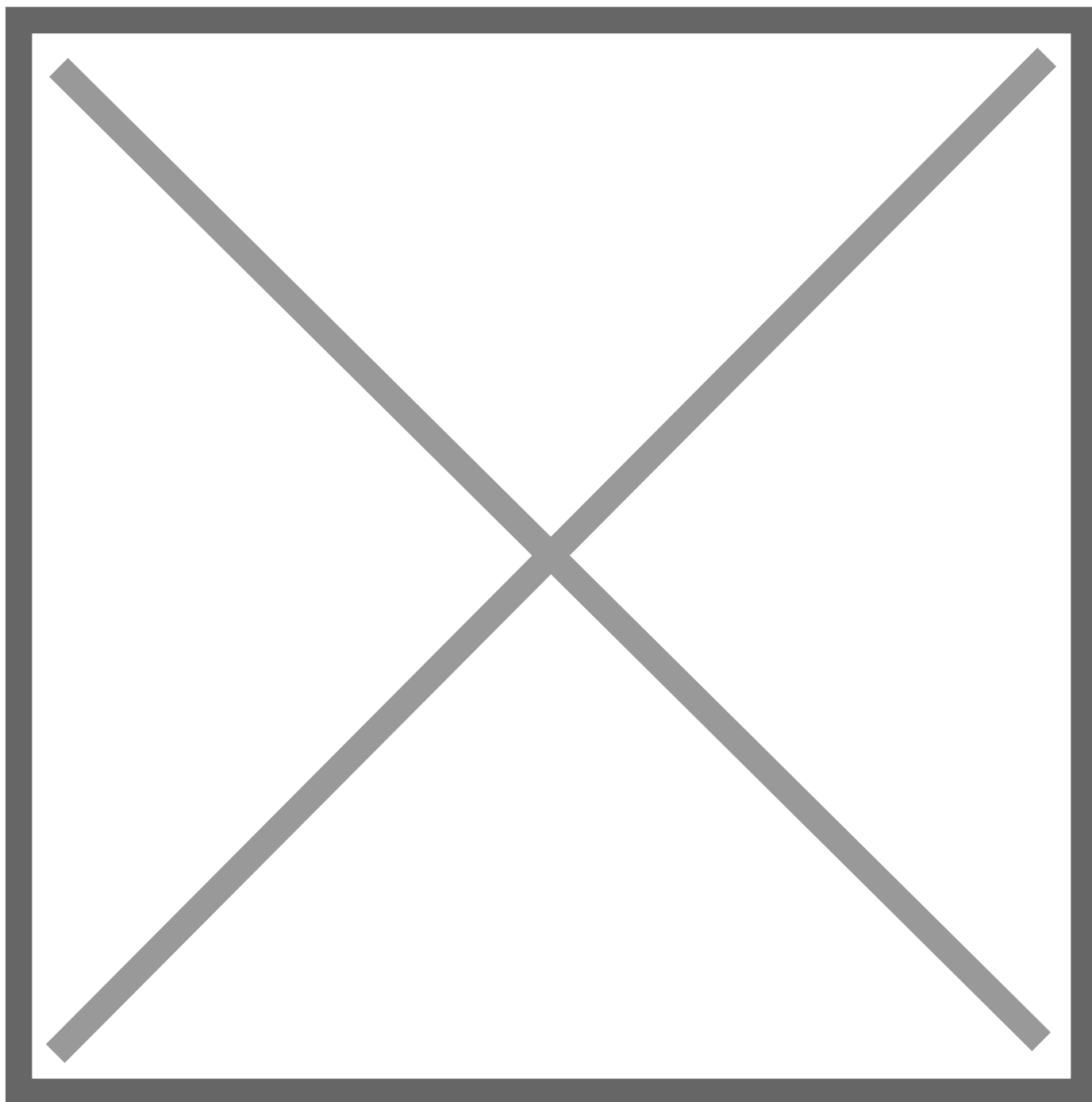
12-17

Referencias: 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>

Definiciones (solo disponible en inglés): Prevalence of less-than-daily vegetable consumption (% less-than-daily vegetable consumption)

Frecuencia media semanal de consumo de comida rápida

Niños, 2009-2015

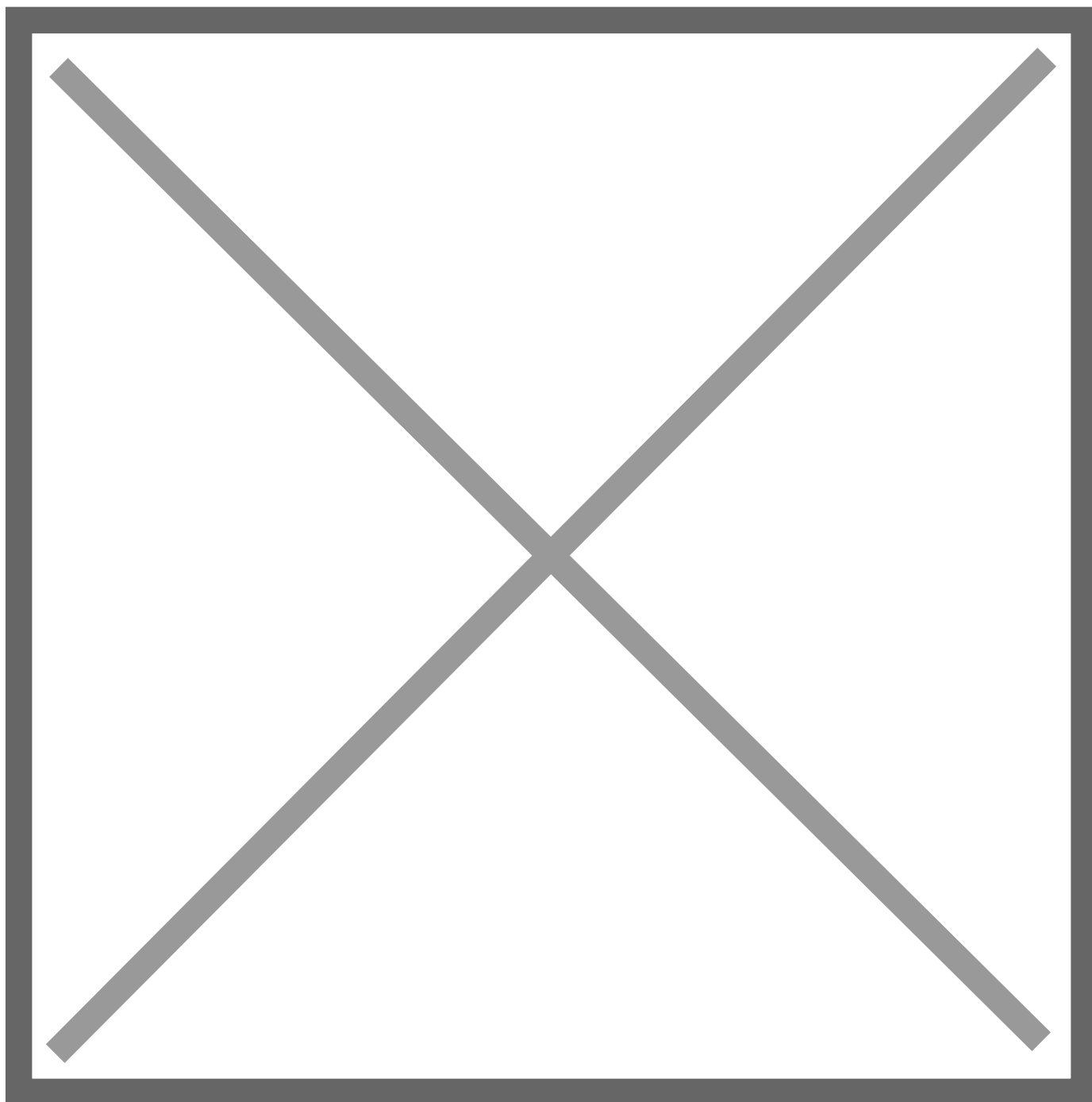


Edad: 12-17

Referencias: 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>

Salud mental: trastornos de depresi3n

Ni±os, 2021



**Zona
abarcada:**

Nacional

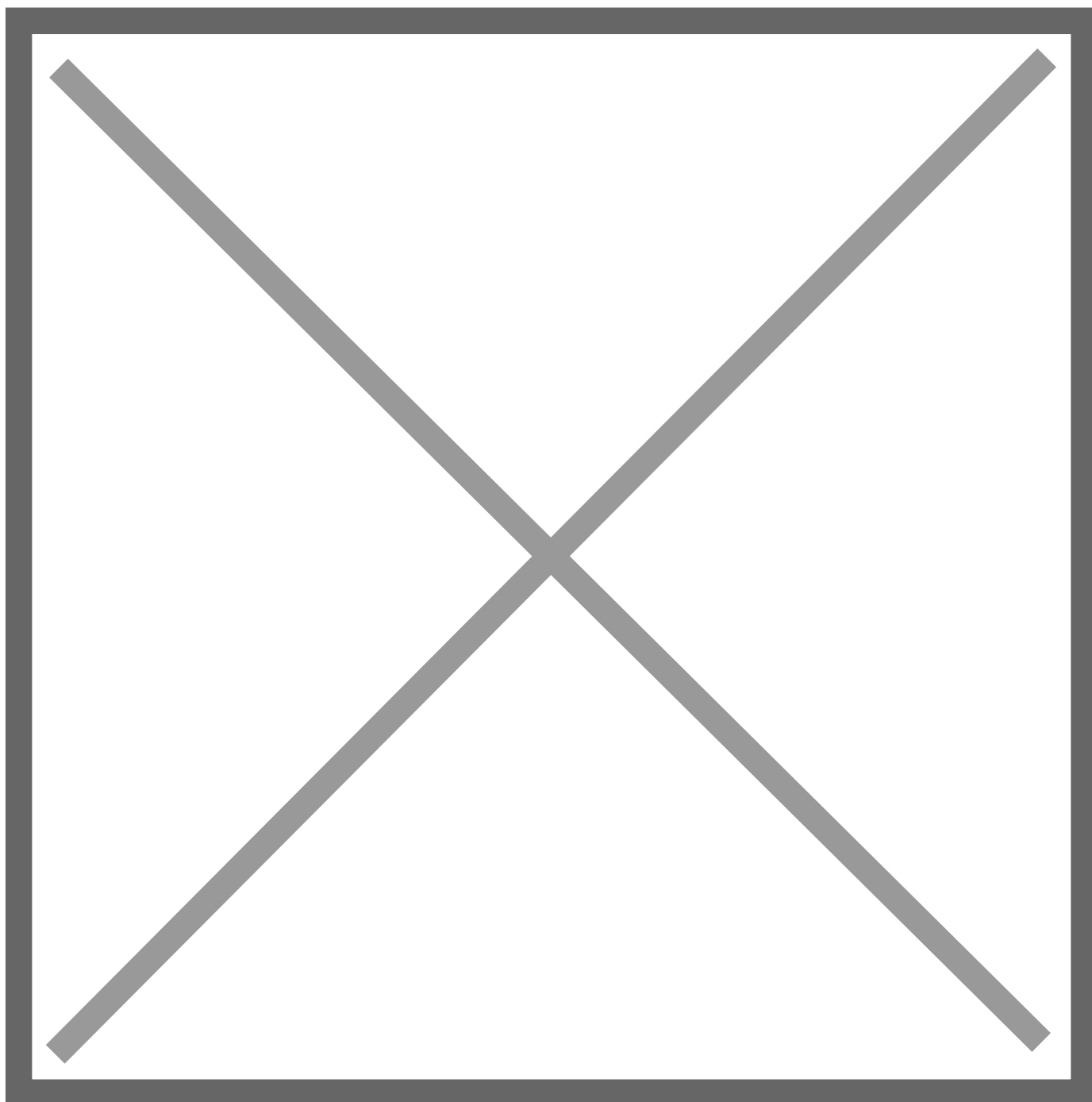
Referencias:

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)

**Definiciones
(solo
disponible en
ingl  s):**

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

Chicos, 2021



**Zona
abarcada:**

Nacional

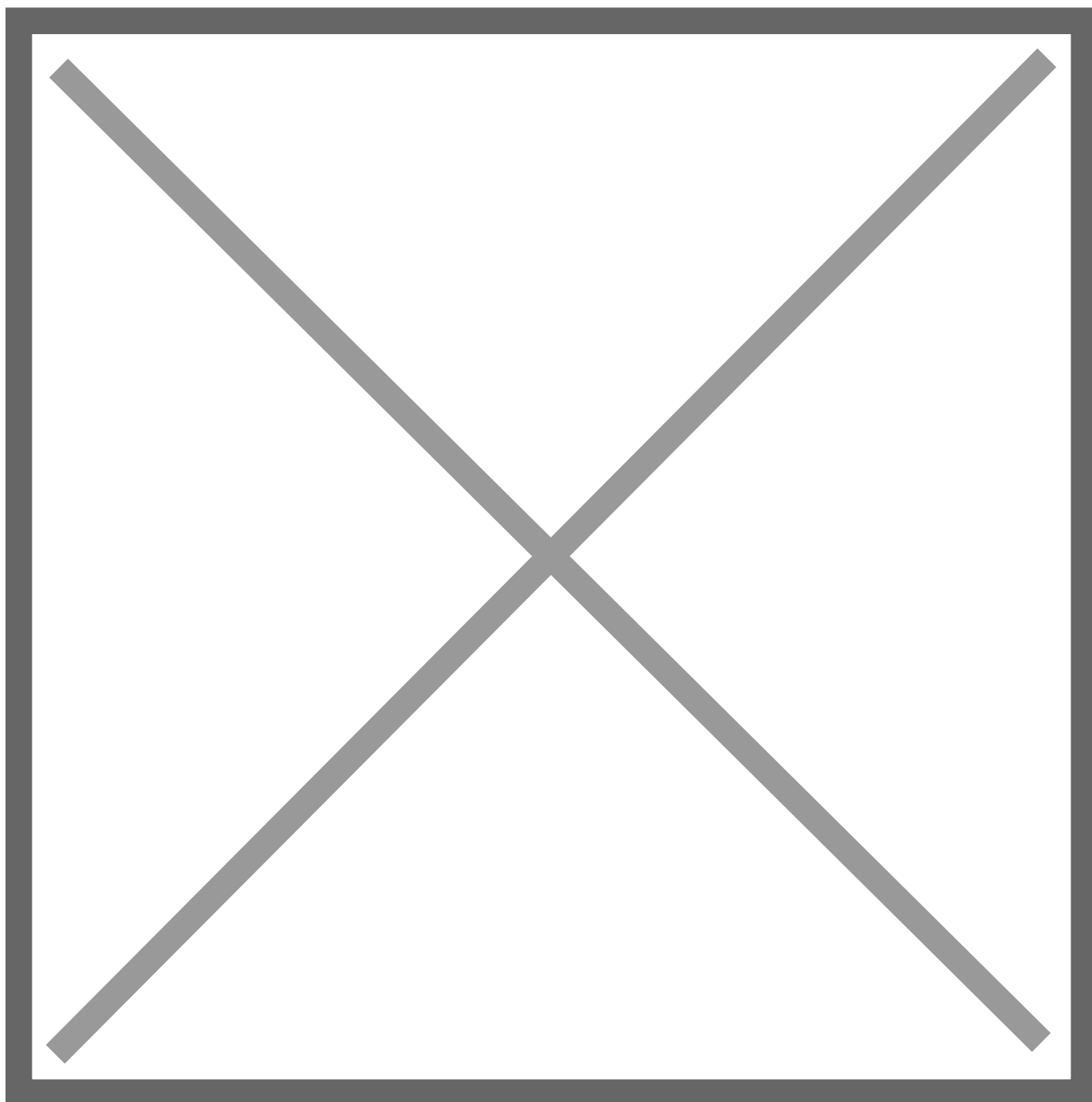
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Chicas, 2021



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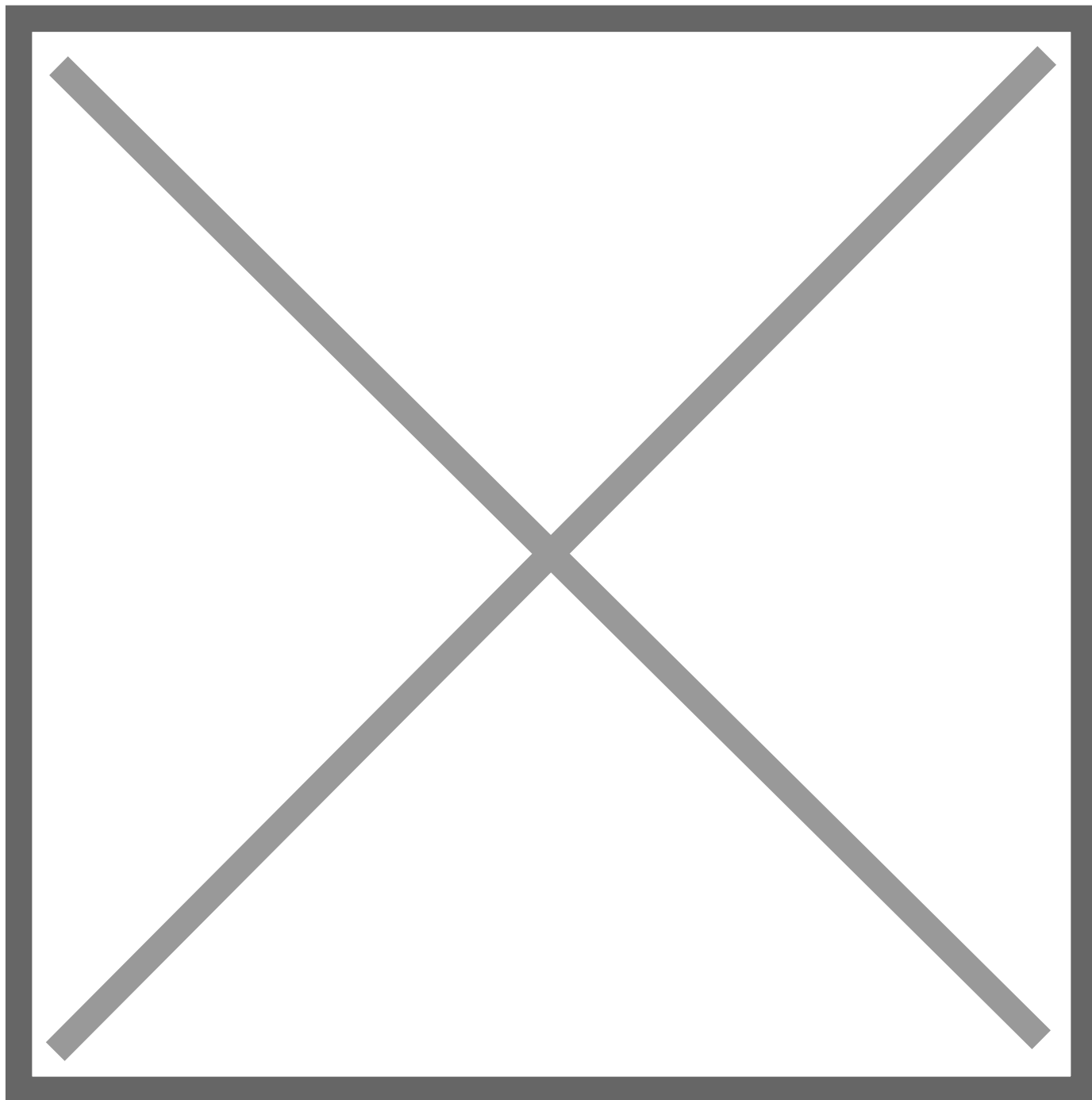
Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

**Definiciones
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ingl  s):**

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

Salud mental: trastornos de ansiedad

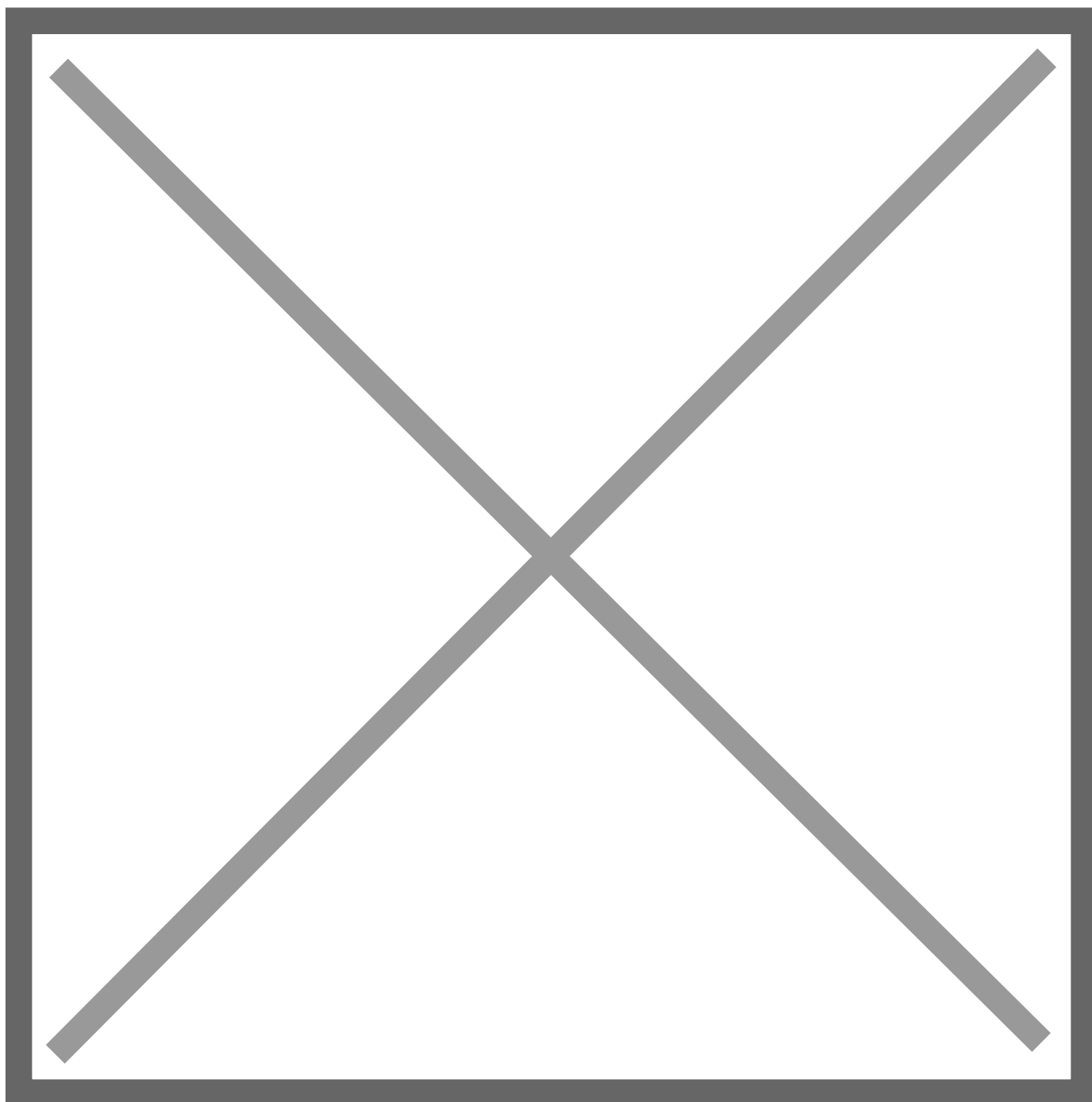
Niños, 2021



Referencias:

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)

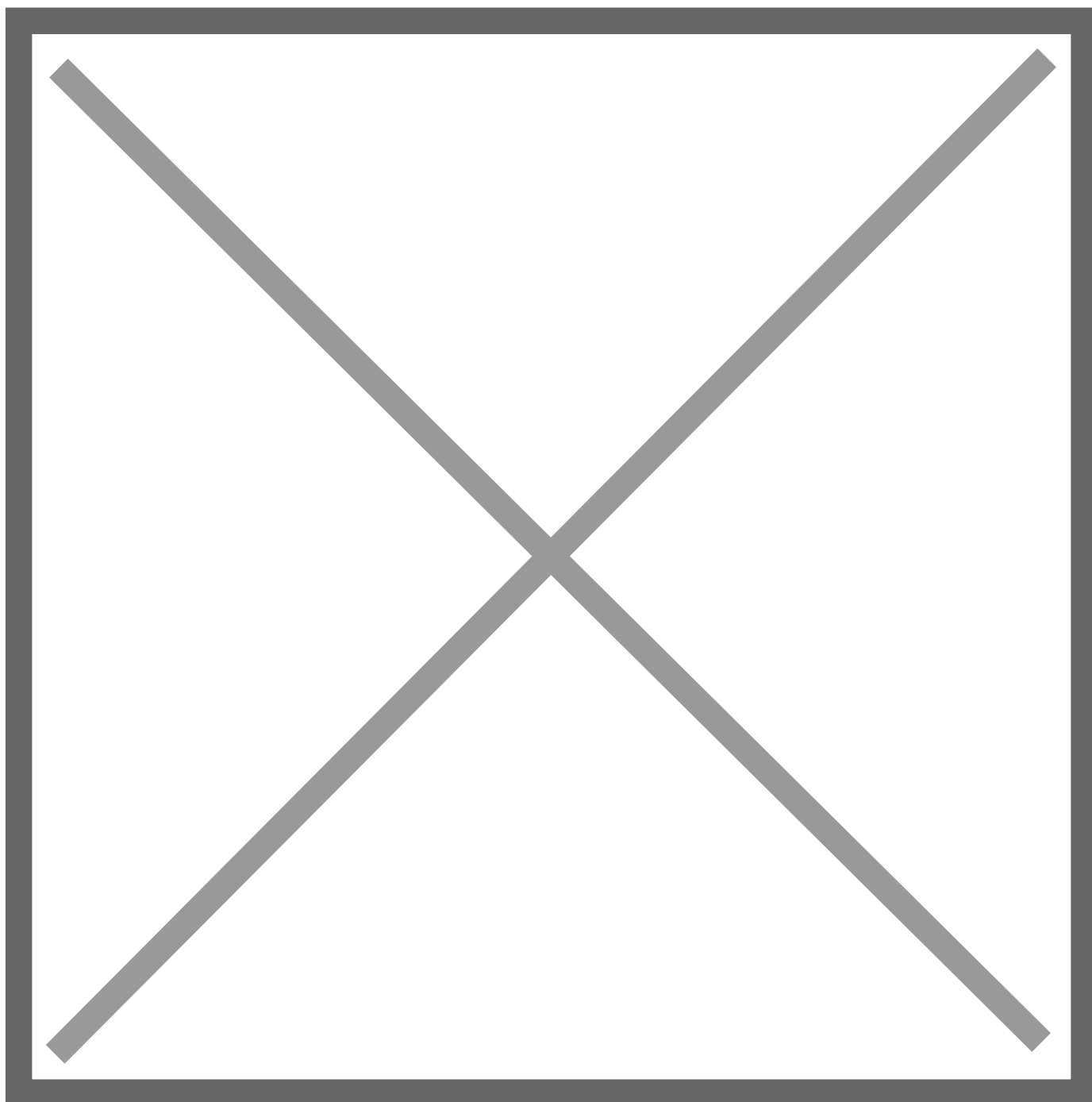
Chicos, 2021



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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)

Chicas, 2021



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PDF created on June 19, 2025