



Tanzania



Country report card - children

This report card contains the latest data available on the GlobalObesityObservatory 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/>.

Ryzyko otyłości w skali kraju *7,5/10 This is a composite 'obesity risk' score (out of 10, the highest risk) based on obesity prevalence, rate of increase, likelihood of meeting the 2025 target, treatment indicator and childhood stunting levels. Ryzyko otyłości u dzieci *4,5/11 This is a 'risk score' for each country's likelihood of having or acquiring a major childhood obesity problem during the 2020s, taking account of current prevalence levels and risk for future obesity (based on stunting among infants, maternal obesity, maternal smoking, and breastfeeding rates).

* Na podstawie danych szacunkowych. Aby uzyskać więcej informacji, zobacz Publikacje

Występowanie otyłości

Dzieci, 2022



Typ ankiety:	Dane obserwowane
Wiek:	15-19
Liczebność prby:	2863

**Objęty
obszar:**

Krajowe

Bibliografia:

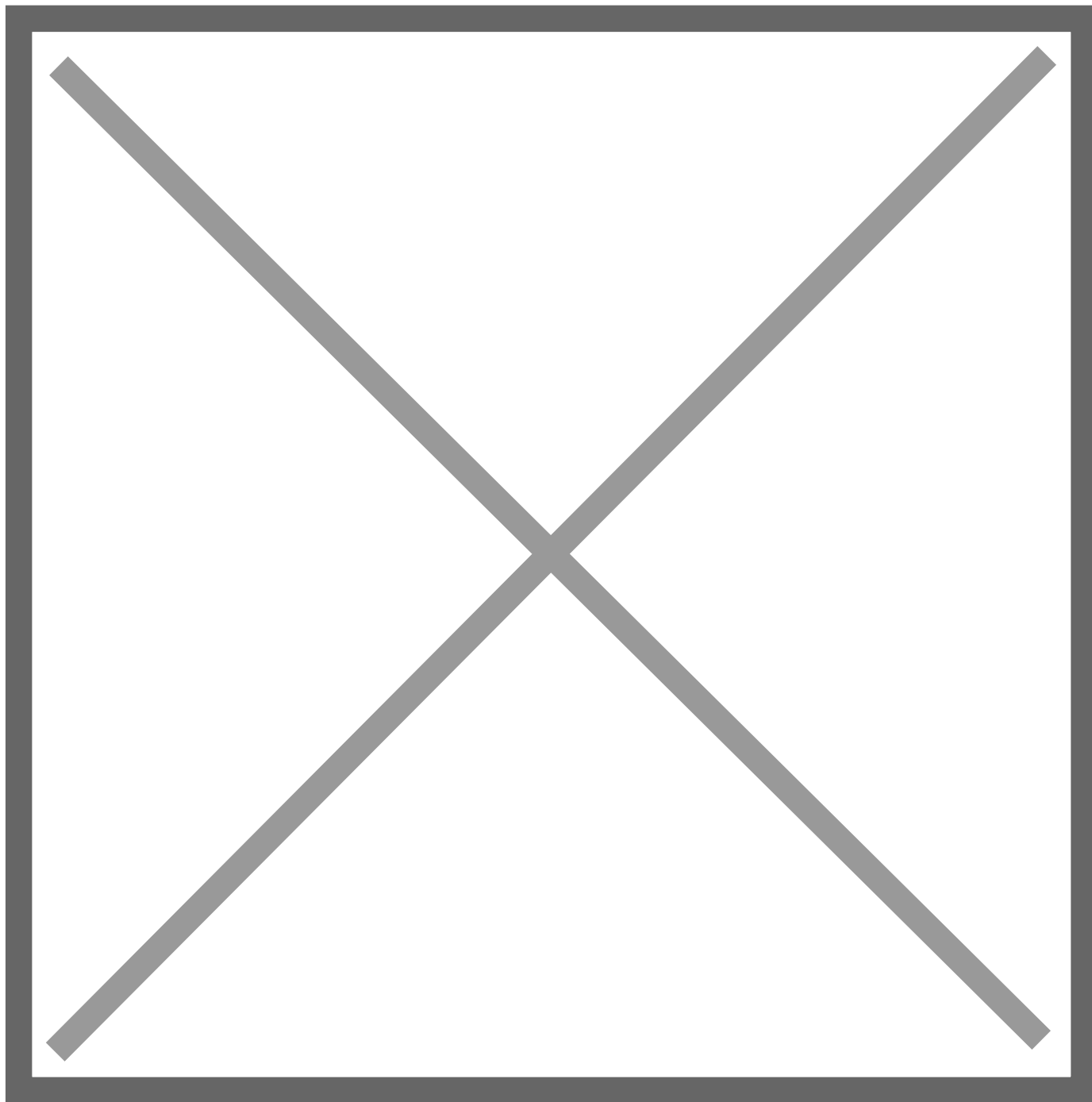
Ministry of Health (MoH) [Tanzania Mainland], Ministry of Health (MoH) [Zanzibar], National Bureau of Statistics (NBS), Office of the Chief Government Statistician (OCGS), and ICF. 2022. Tanzania Demographic and Health Survey and Malaria Indicator Survey 2022 Final Report. Dodoma, Tanzania, and Rockville,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

Cutoffs:

WHO

Nadwaga/otyłość według wykształcenia

Chłopcy, 2022



Typ ankiety:

Dane obserwowane

Wiek:

15-19

Liczebność
prób:

2863

**Objęty
obszar:**

Krajowe

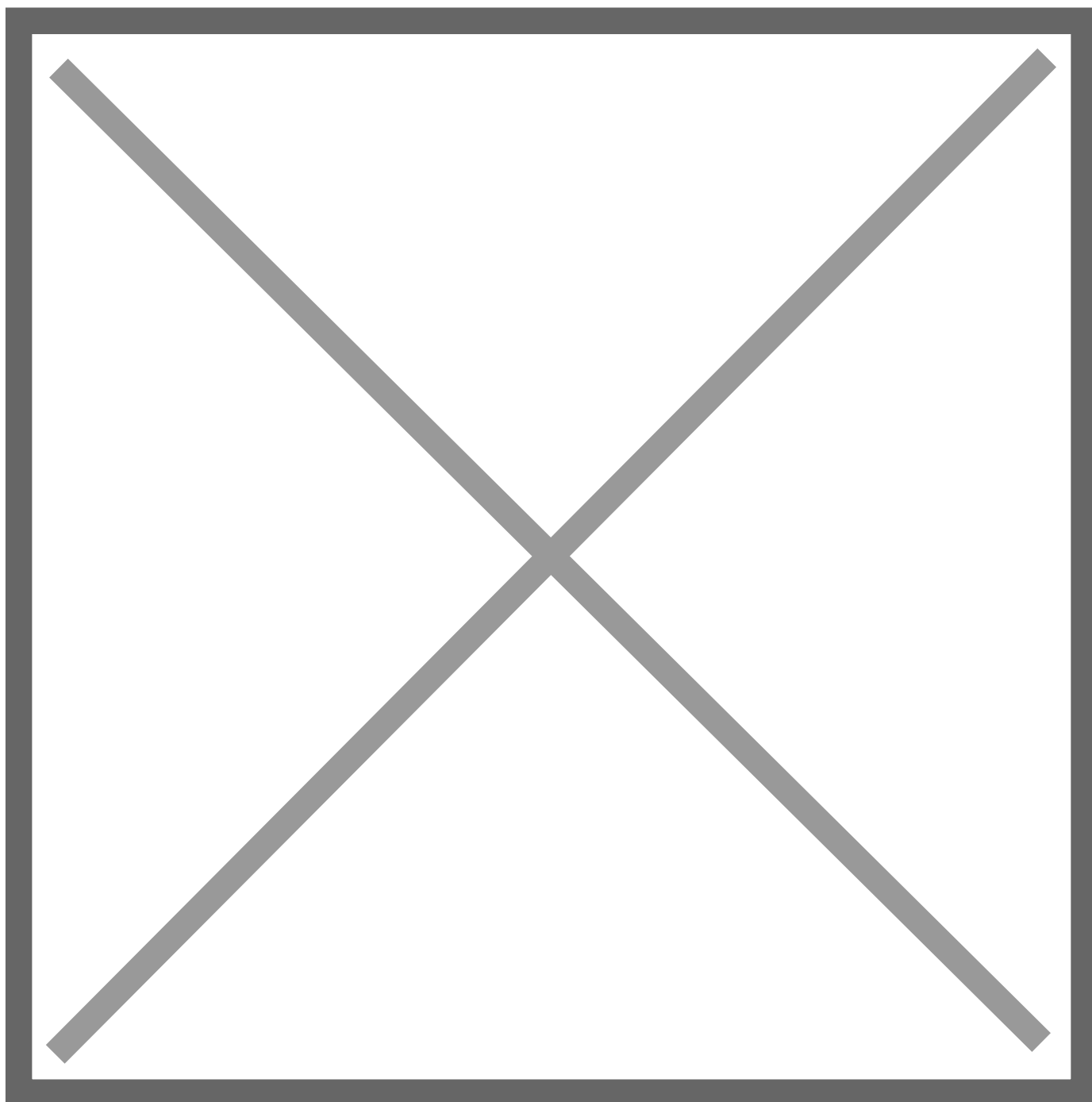
Bibliografia:

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

Dziewczęta, 2022



Typ ankiety:	Dane obserwowane
Wiek:	15-19
Liczebność próby:	2863
Objęty obszar:	Krajowe

Bibliografia:

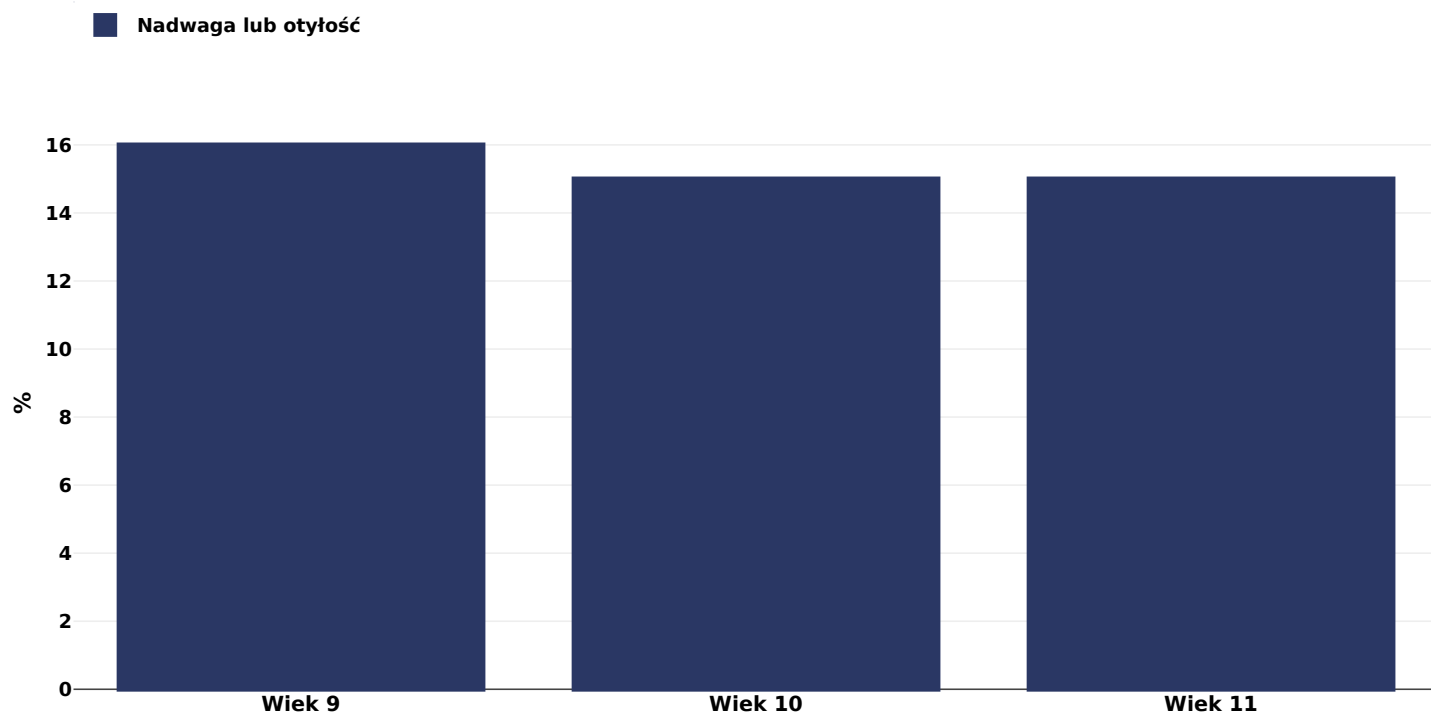
Ministry of Health (MoH) [Tanzania Mainland], Ministry of Health (MoH) [Zanzibar], National Bureau of Statistics (NBS), Office of the Chief Government Statistician (OCGS), and ICF. 2022. Tanzania Demographic and Health Survey and Malaria Indicator Survey 2022 Final Report. Dodoma, Tanzania, and Rockville,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

Cutoffs:

WHO

Nadwaga/otyłość według wieku

Dzieci, 2019

**Typ ankiety:**

Dane obserwowane

**Liczebność
prób:**

1170

**Objęty
obszar:**

Regionalne

Bibliografia:

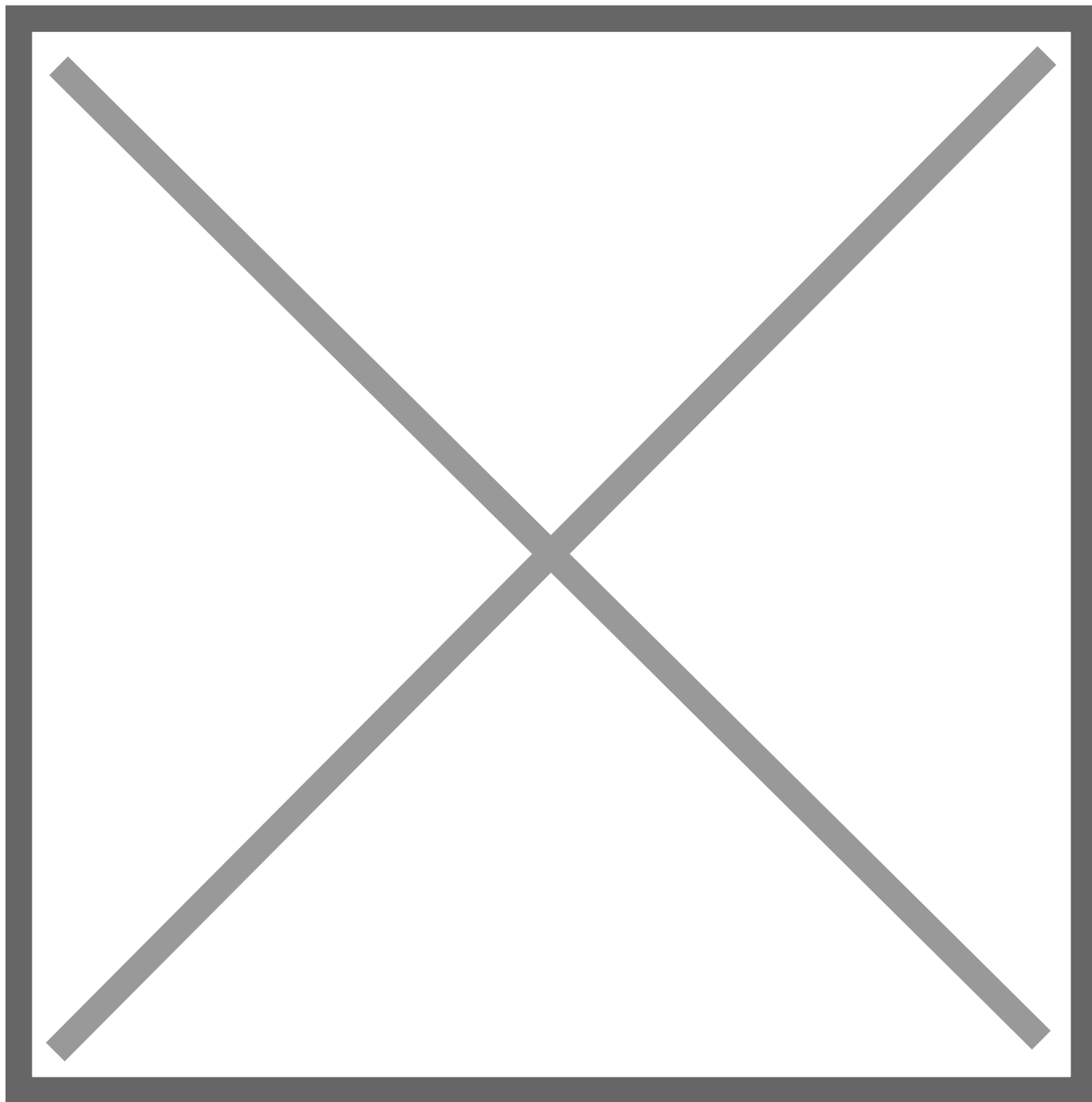
Mosha MV, Msuya SE, Kasagama E, Ayieko P, Todd J, Filteau S. Prevalence and correlates of overweight and obesity among primary school children in Kilimanjaro, Tanzania. PLoS One. 2021 Apr 22;16(4):e0249595. doi: 10.1371/journal.pone.0249595. PMID: 33886578; PMCID: PMC8061999.

Cutoffs:

WHO

Nadwaga/otyłość według regionu

Chłopcy, 2022



Typ ankiety:	Dane obserwowane
Wiek:	15-19
Liczebność prób:	2863

**Objęty
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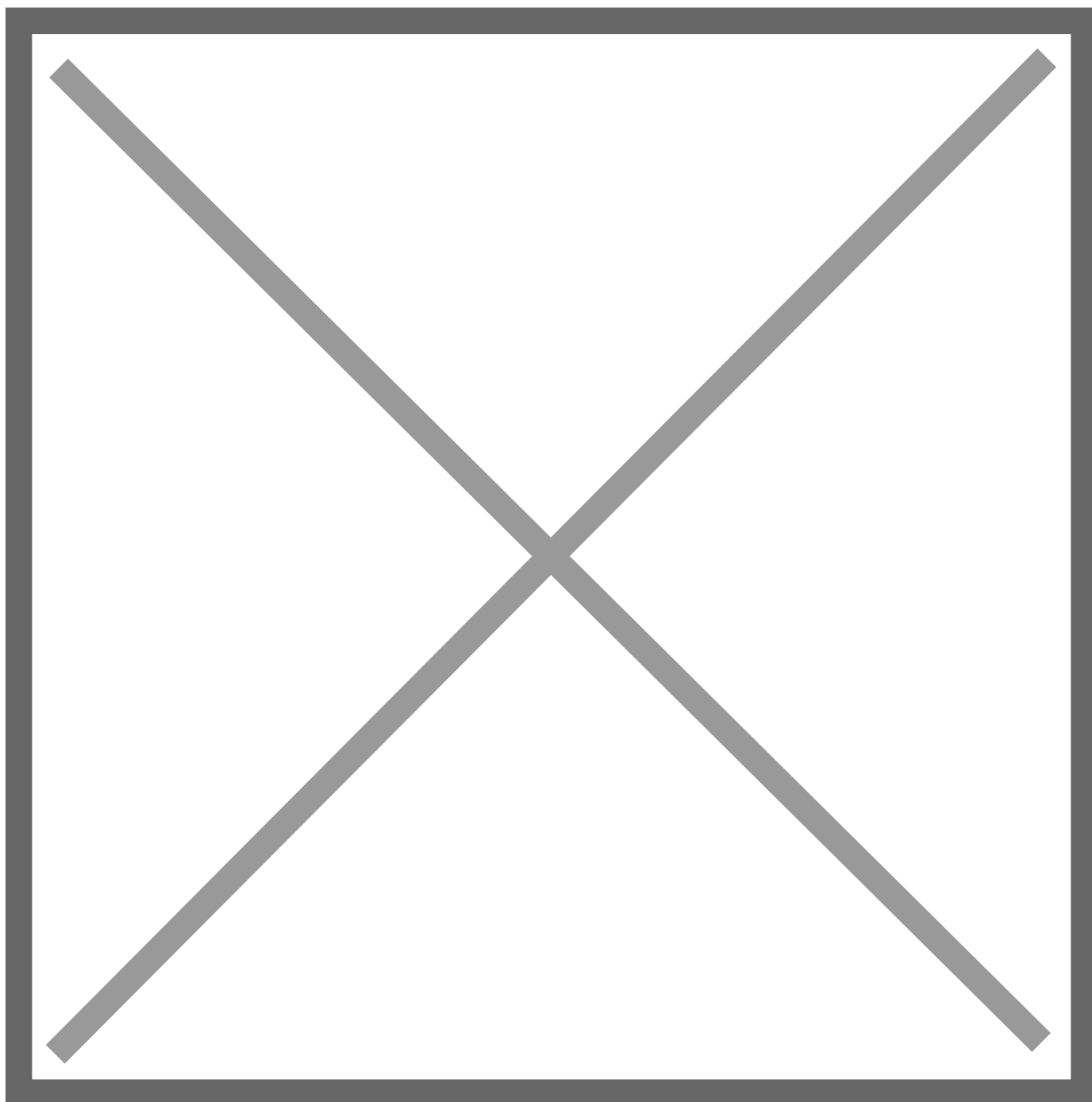
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Cutoffs:

WHO

Dziewczęta, 2022



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Liczebność próby:	2863
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Bibliografia:

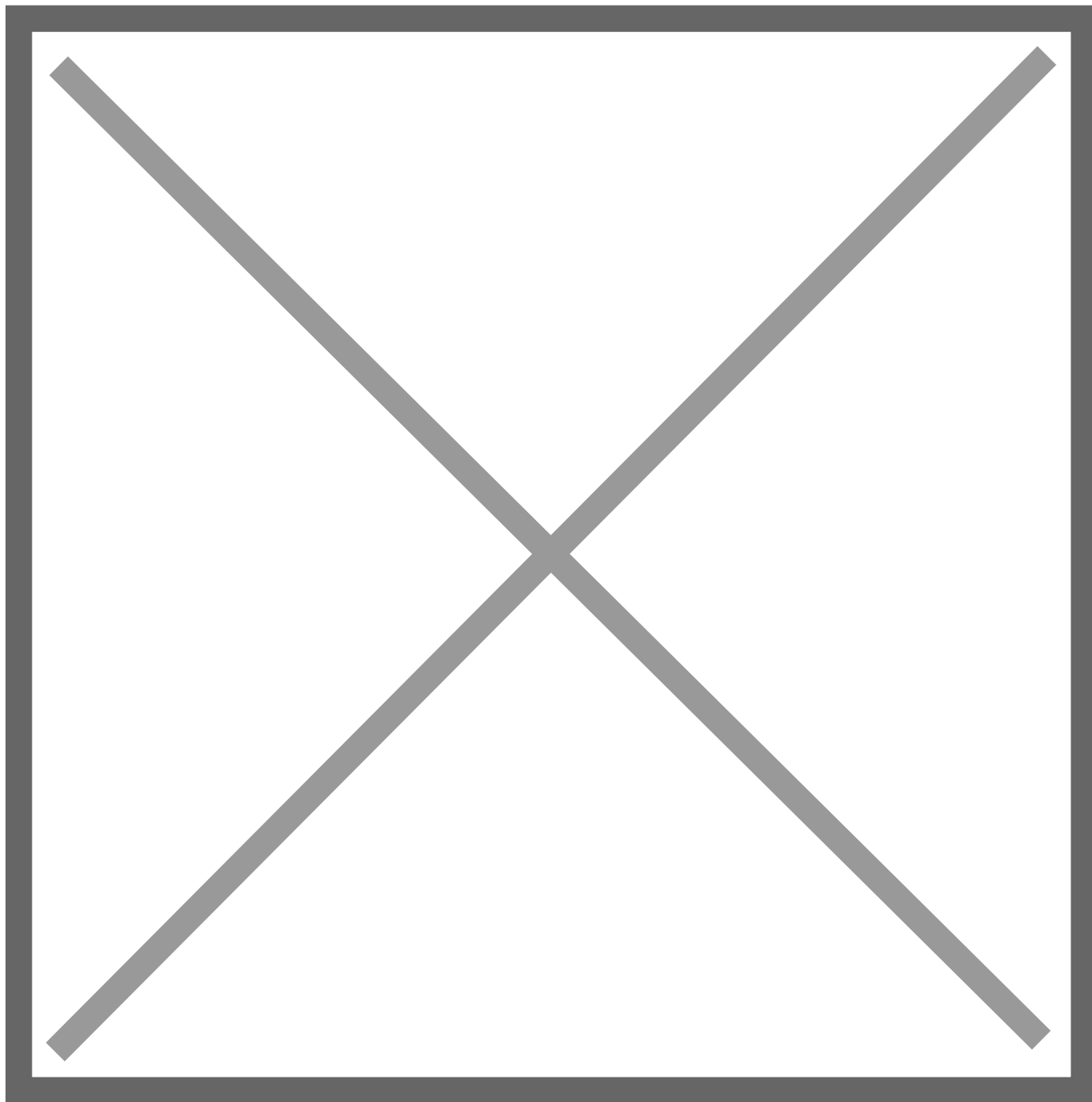
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Cutoffs:

WHO

Nadwaga/otyłość według grupy społeczno-ekonomicznej

Chłopcy, 2022



Typ ankiety:	Dane obserwowane
Wiek:	15-19
Liczebność prby:	2863

Objęty
obszar:

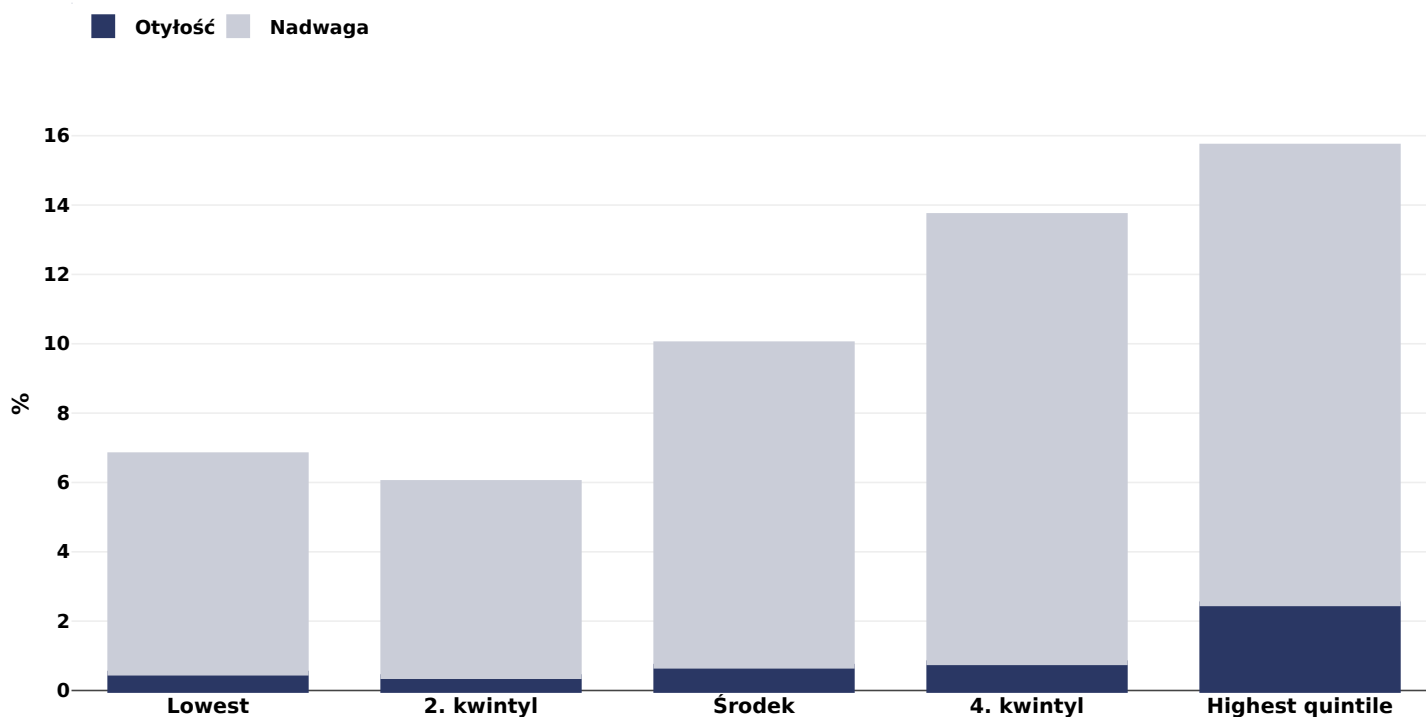
Krajowe

Bibliografia: 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

Dziewczęta, 2022



Typ ankiety:

Dane obserwowane

Wiek:

15-19

Liczebność
prby:

2863

Objęty
obszar:

Krajowe

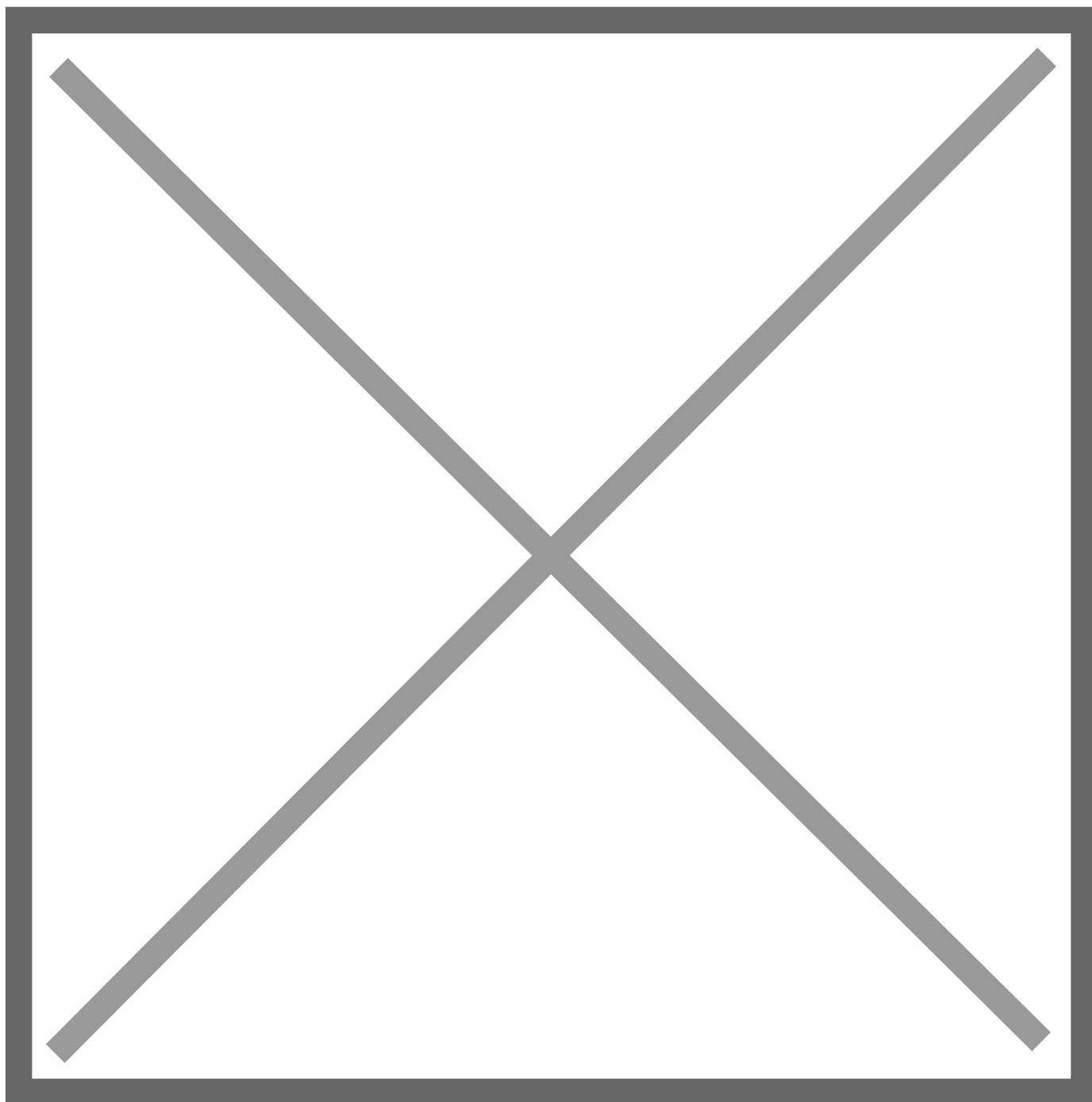
Bibliografia: Ministry of Health (MoH) [Tanzania Mainland], Ministry of Health (MoH) [Zanzibar], National Bureau of Statistics (NBS), Office of the Chief Government Statistician (OCGS), and ICF. 2022. Tanzania Demographic and Health Survey and Malaria Indicator Survey 2022 Final Report. Dodoma, Tanzania, 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 & overweight

Dzieci, 2022



Typ ankiety:

Dane obserwowane

Wiek:

5-19

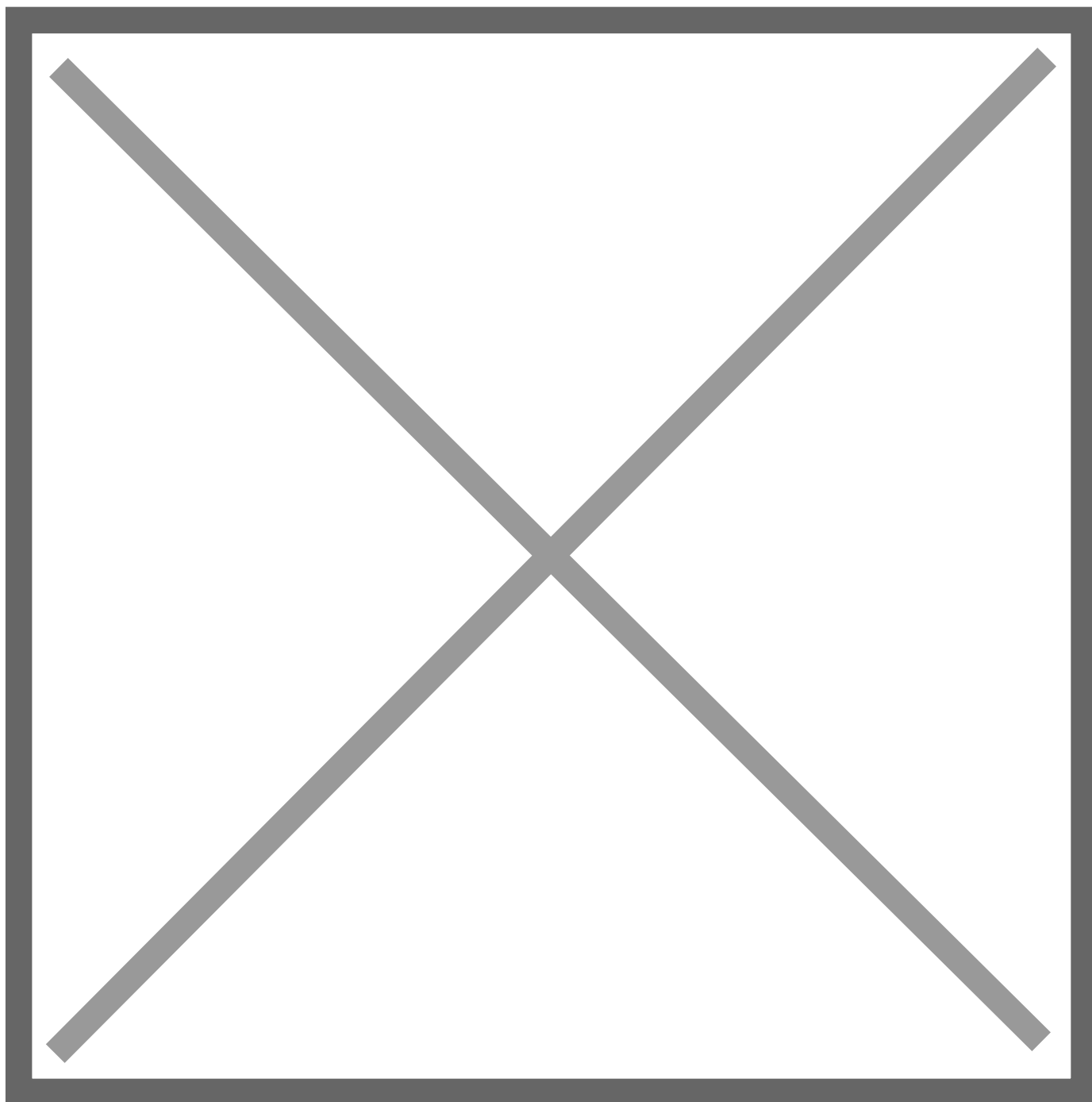
Bibliografia:

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](https://doi.org/10.1016/S0140-6736(23)02750-2).

Uwagi:	Age standardised estimates
Definicje (dostępne tylko w języku angielskim):	Combined prevalence of BMI < -2SD and BMI > 2SD (double burden of thinness and obesity)
Cutoffs:	BMI < -2SD and BMI > 2SD

Niewystarczająca aktywność fizyczna

Dzieci, 2016



Typ ankiety:

Dane deklarowane

Wiek:

11-17

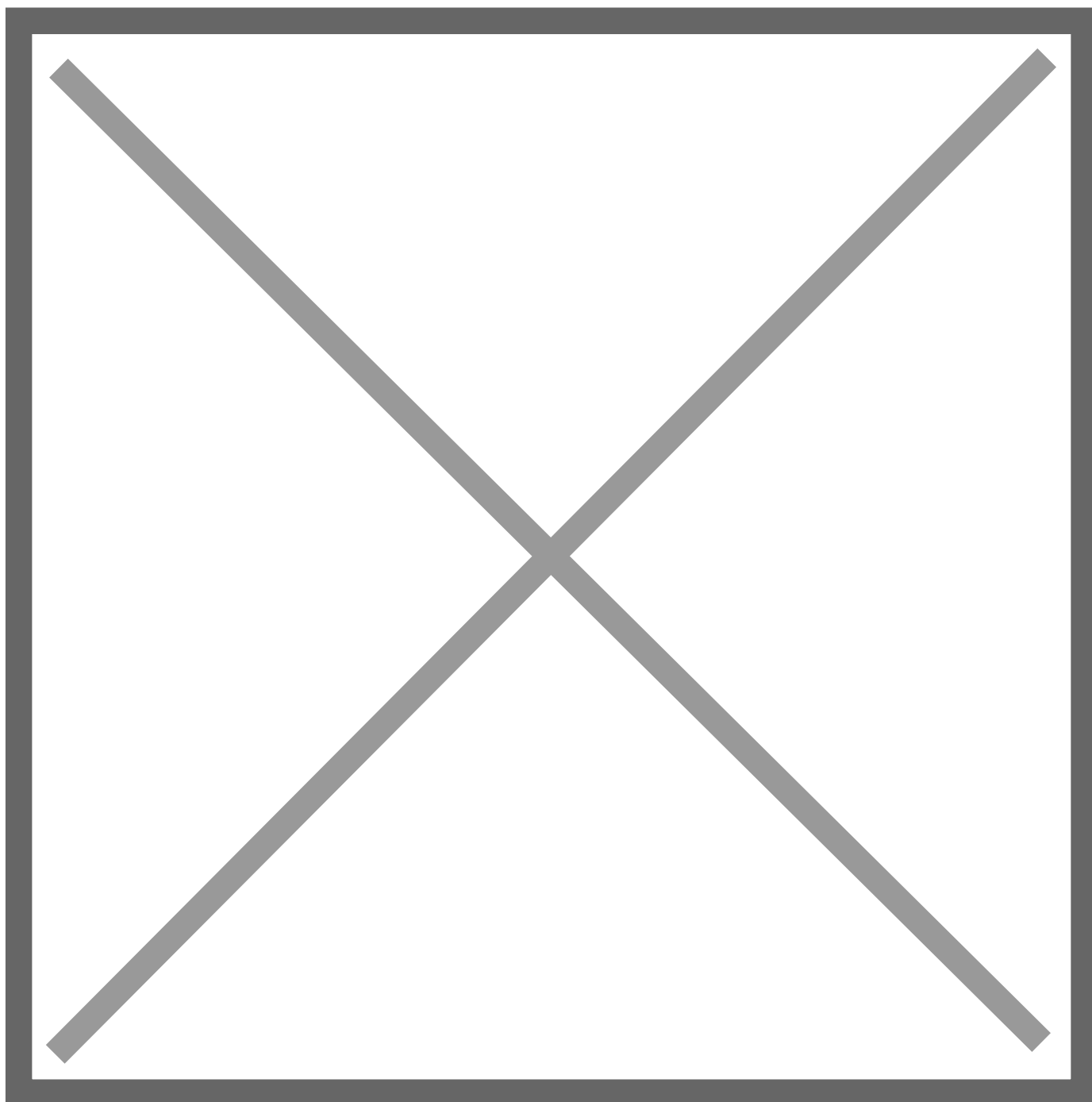
Bibliografia:

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

Uwagi: % 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.

Definicje (dostępne tylko w języku angielskim): % Adolescents insufficiently active (age standardised estimate)

Chłopcy, 2016



Typ ankiety:

Dane deklarowane

Wiek:

11-17

Bibliografia:

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

Uwagi:

% 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.

**Definicje
(dostępne
tylko w
języku
angielskim):**

% Adolescents insufficiently active (age standardised estimate)

Dziewczęta, 2016



Typ ankiety:

Dane deklarowane

Wiek:

11-17

Bibliografia:

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

Uwagi:

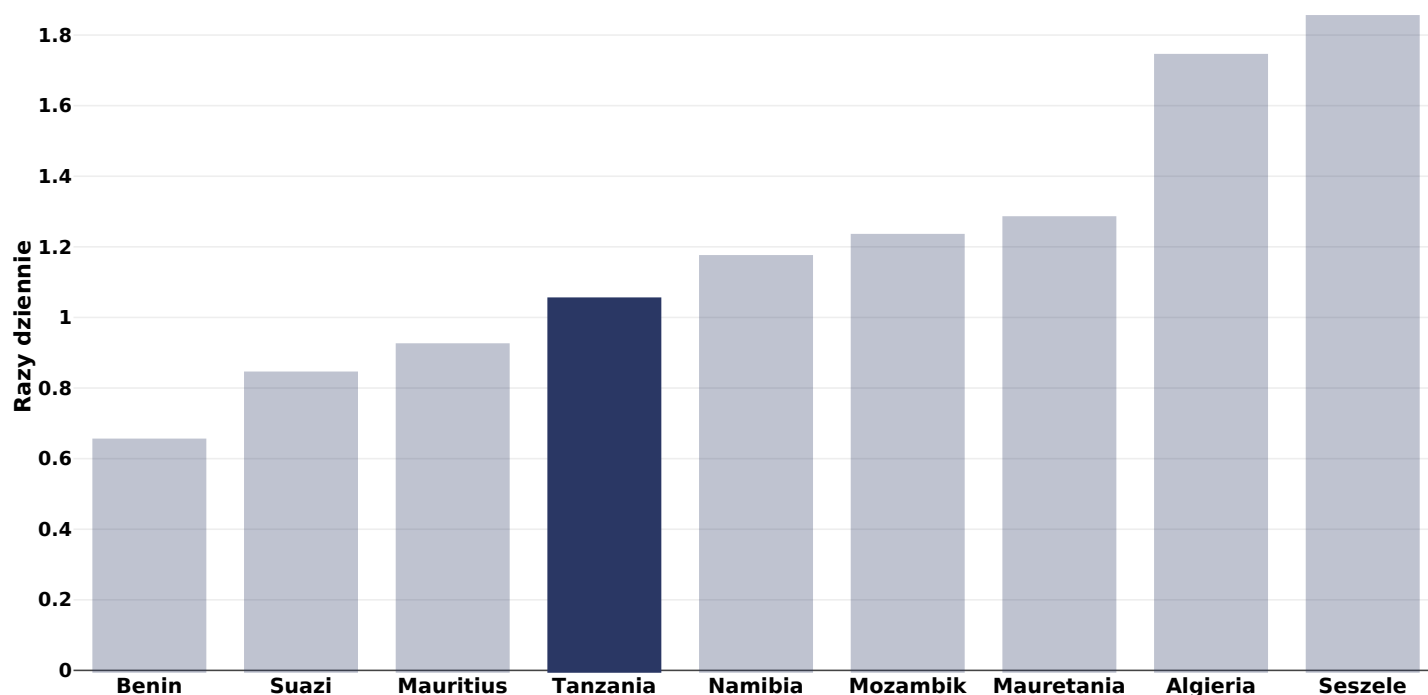
% of school going adolescents not meeting WHO recommendations on Physical Activity for Health, i.e. doing less than 60 minutes of moderate- to vigorous-intensity physical activity daily.

**Definicje
(dostępne
tylko w
języku
angielskim):**

% Adolescents insufficiently active (age standardised estimate)

Średnia dzienna częstotliwość spożycia gazowanych napojów bezalkoholowych

Dzieci, 2009-2015



Typ ankiety:

Dane obserwowane

Wiek:

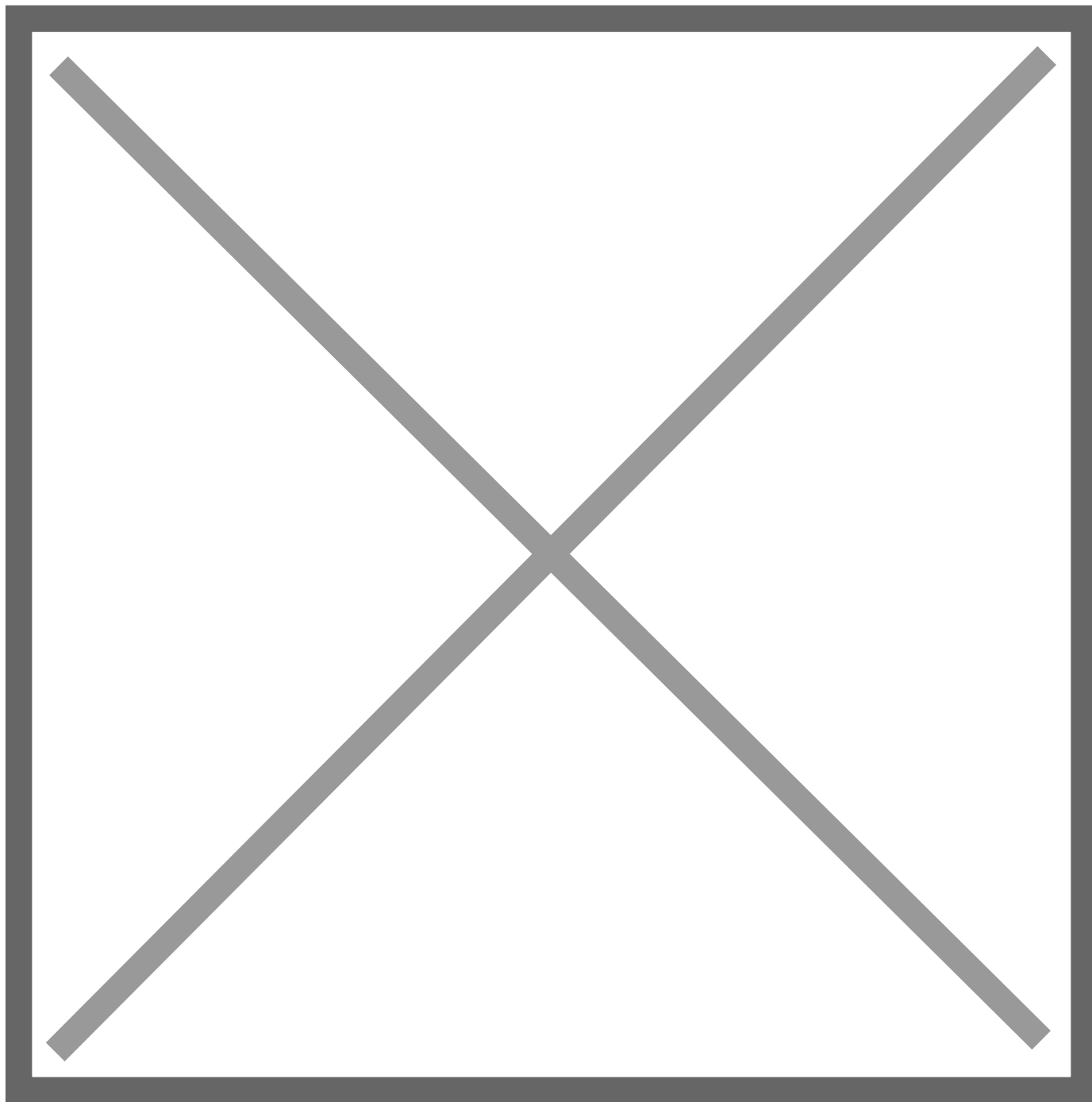
12-17

Bibliografia:

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>

Liczba osb spożywających owoce rzadziej niż raz dziennie

Dzieci, 2014



Typ ankiety:

Dane deklarowane

Wiek:

12-17

**Objęty
obszar:**

Krajowe

Bibliografia:

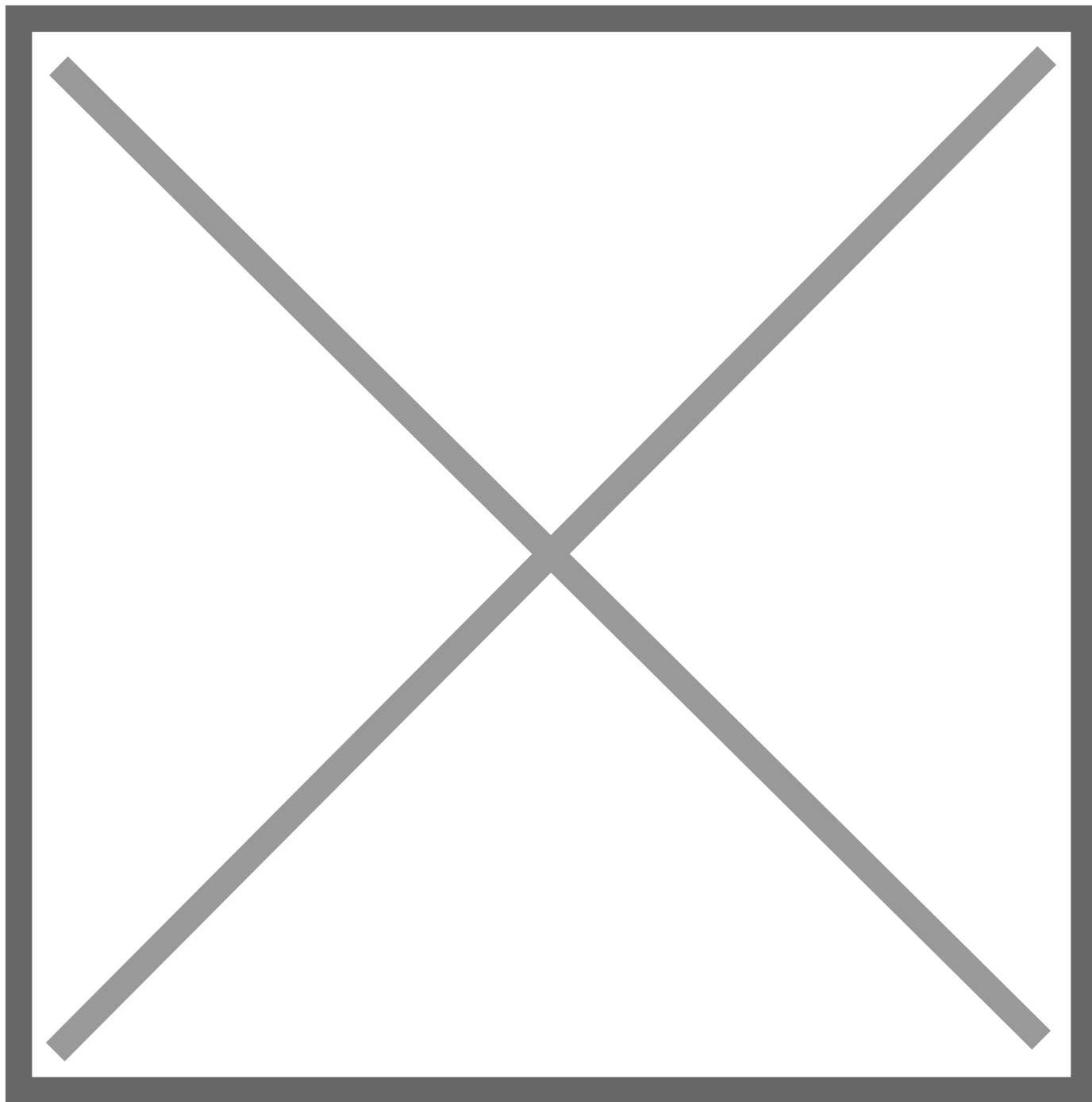
Global School-based Student Health Surveys. Beal et al (2019). Global Patterns of Adolescent Fruit, Vegetable, Carbonated Soft Drink, and Fast-food consumption: A meta-analysis of global school-based student health surveys. Food and Nutrition Bulletin. <https://doi.org/10.1177/0379572119848287>. Sourced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

**Definicje
(dostępne
tylko w
języku
angielskim):**

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

Liczba osb spożywających warzywa rzadziej niż raz dziennie

Dzieci, 2014



Typ ankiety:

Dane deklarowane

Wiek:

12-17

Objęty
obszar:

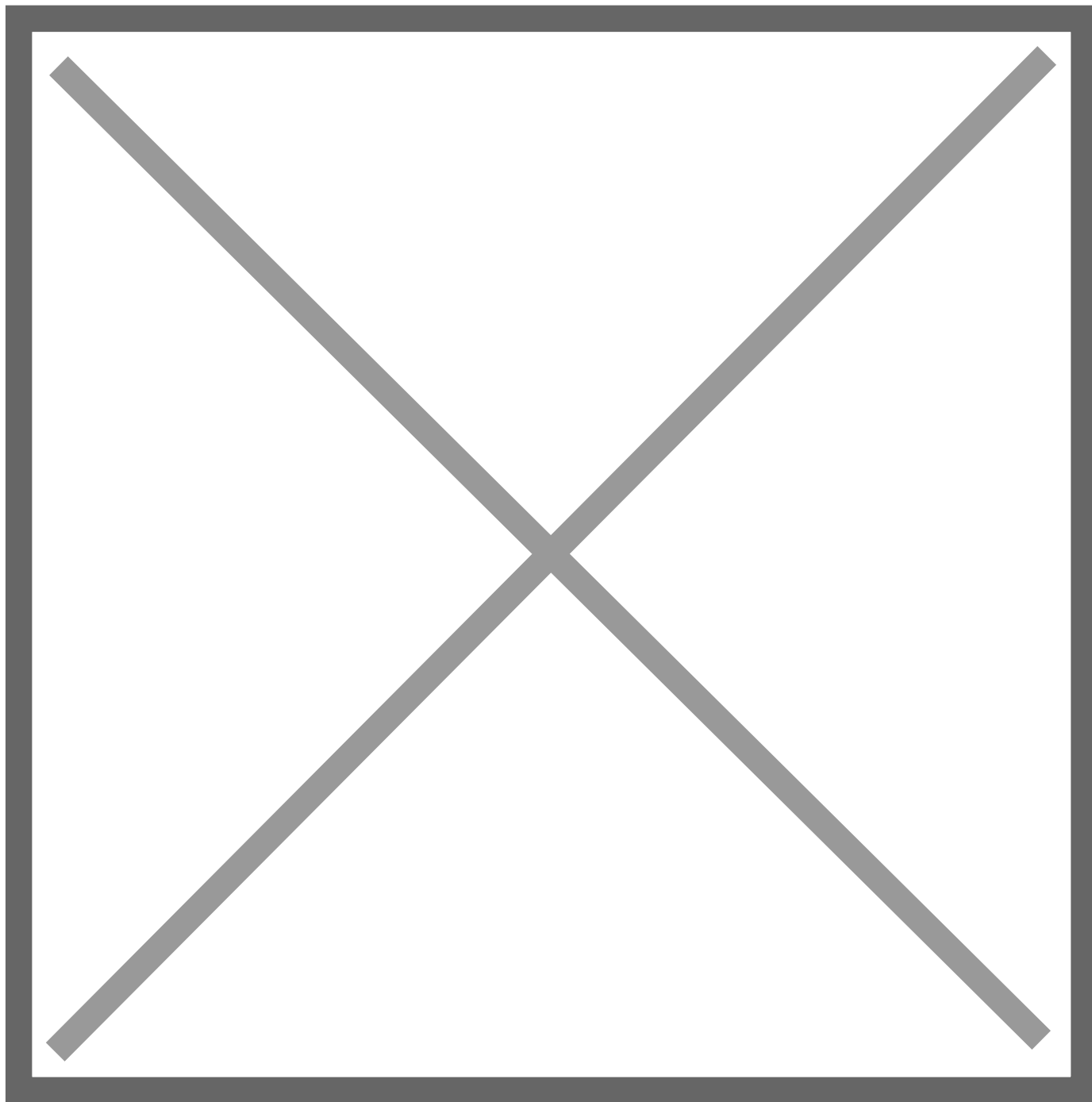
Krajowe

Bibliografia: 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>

Definicje (dostępne tylko w języku angielskim): Prevalence of less-than-daily vegetable consumption (% less-than-daily vegetable consumption)

Średnia tygodniowa częstotliwość spożywania fast foodów

Dzieci, 2009-2015

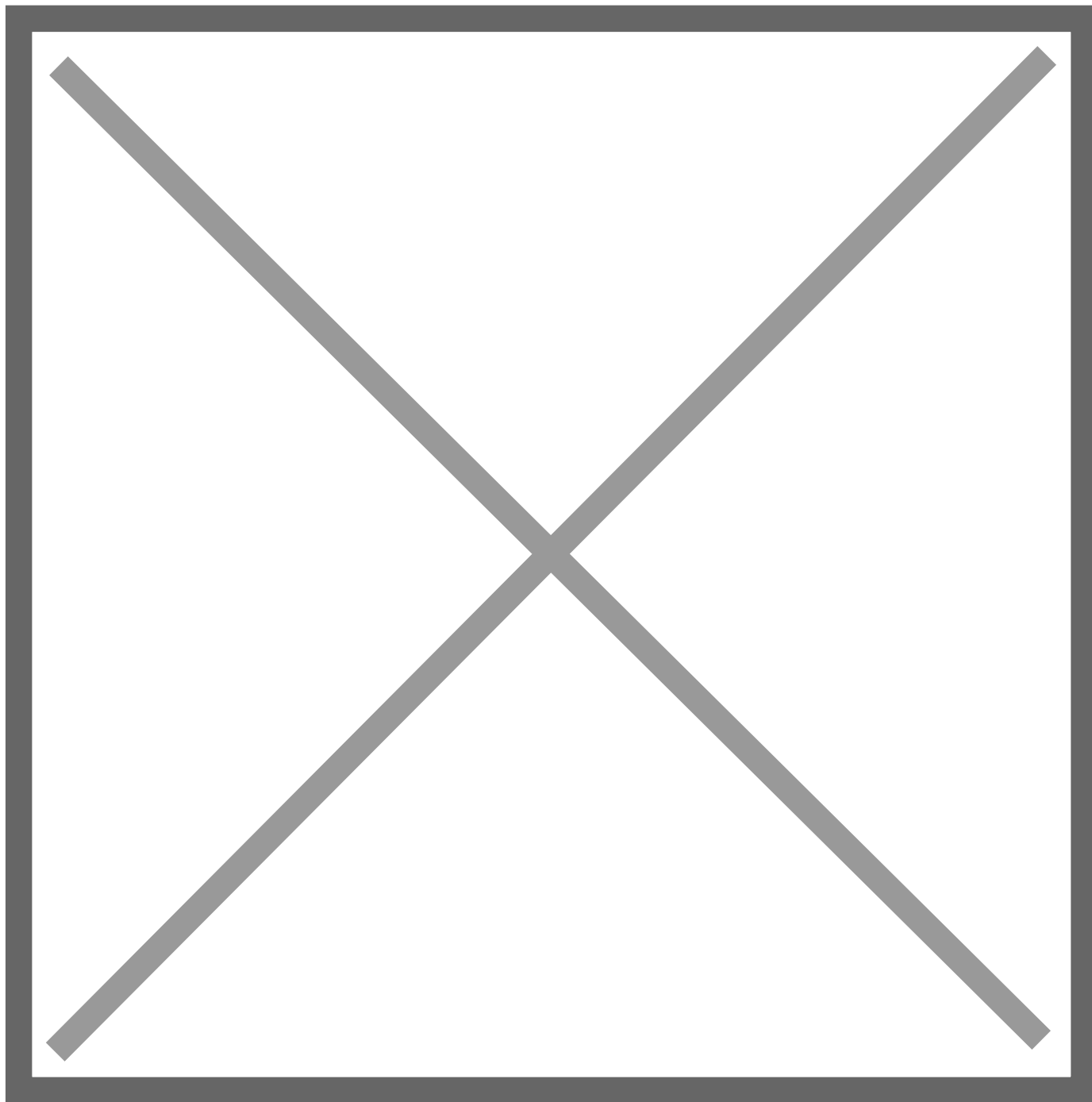


Wiek: 12-17

Bibliografia: 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>

Zdrowie psychiczne - zaburzenia depresyjne

Dzieci, 2021



Objęty
obszar:

Krajowe

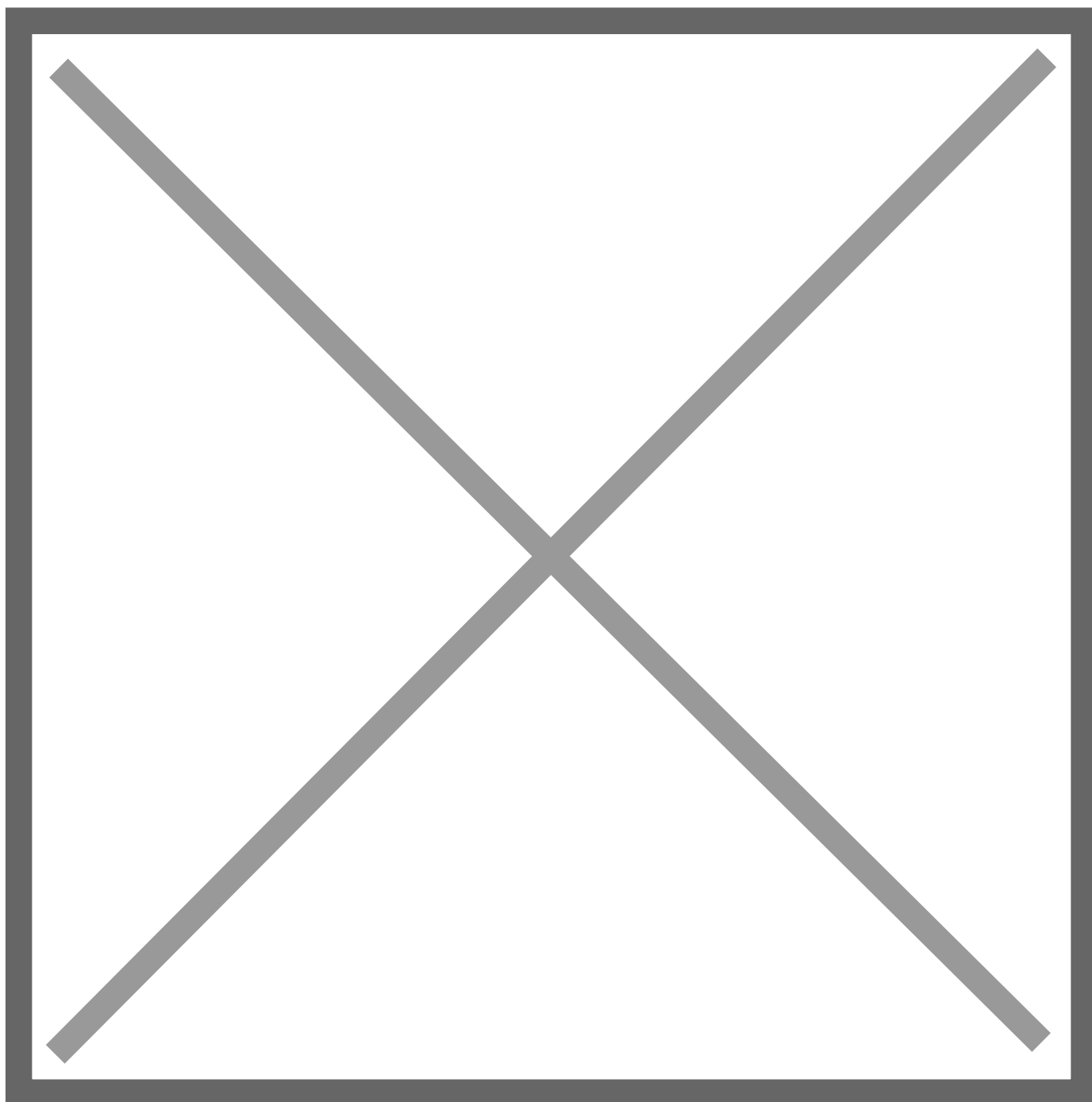
Bibliografia:

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)

**Definicje
(dostępne
tylko w
języku
angielskim):**

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

Chłopcy, 2021

**Objęty
obszar:**

Krajowe

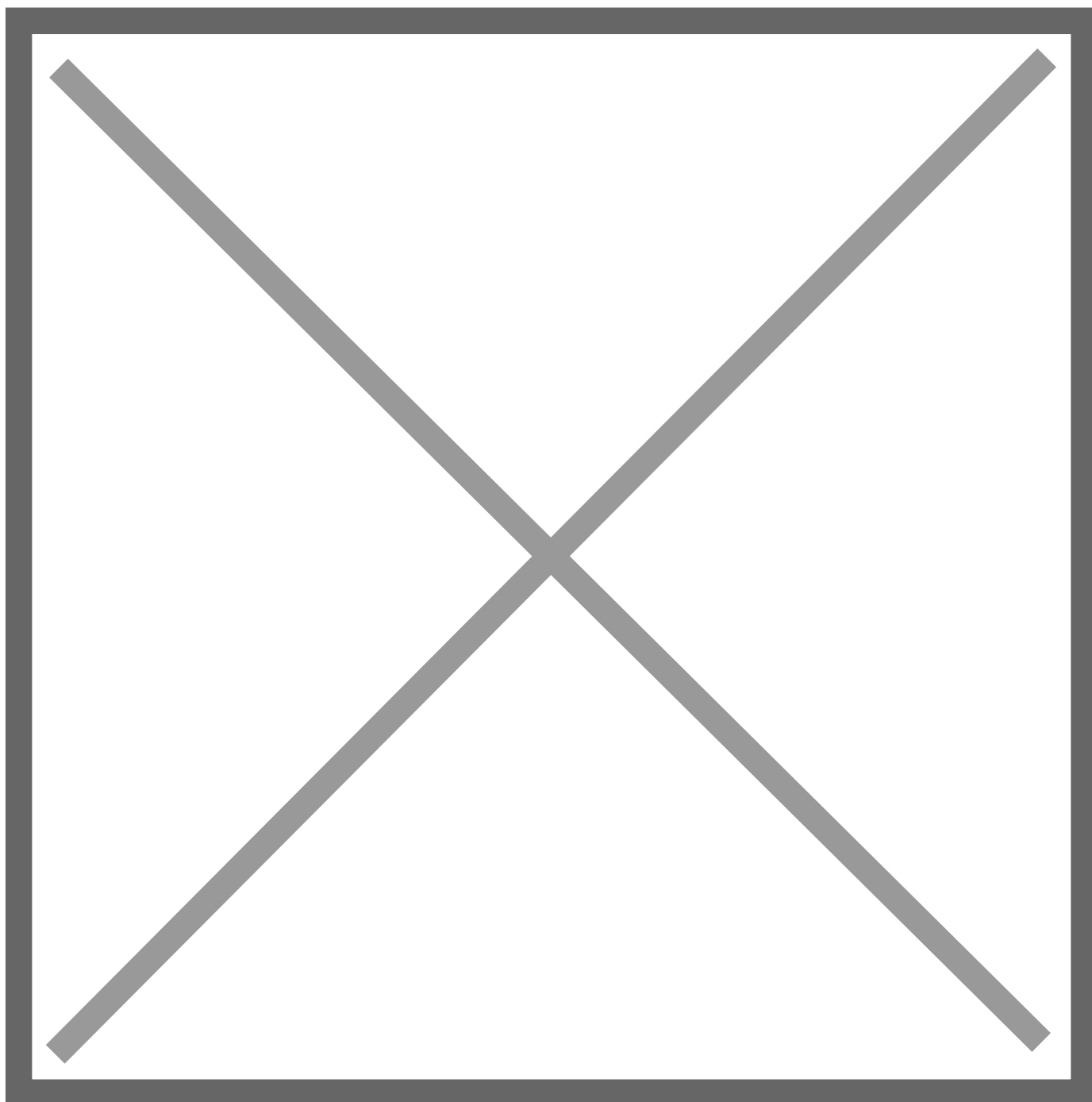
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**Definicje
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tylko w
języku
angielskim):**

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

Dziewczęta, 2021



Objęty
obszar:

Krajowe

Bibliografia:

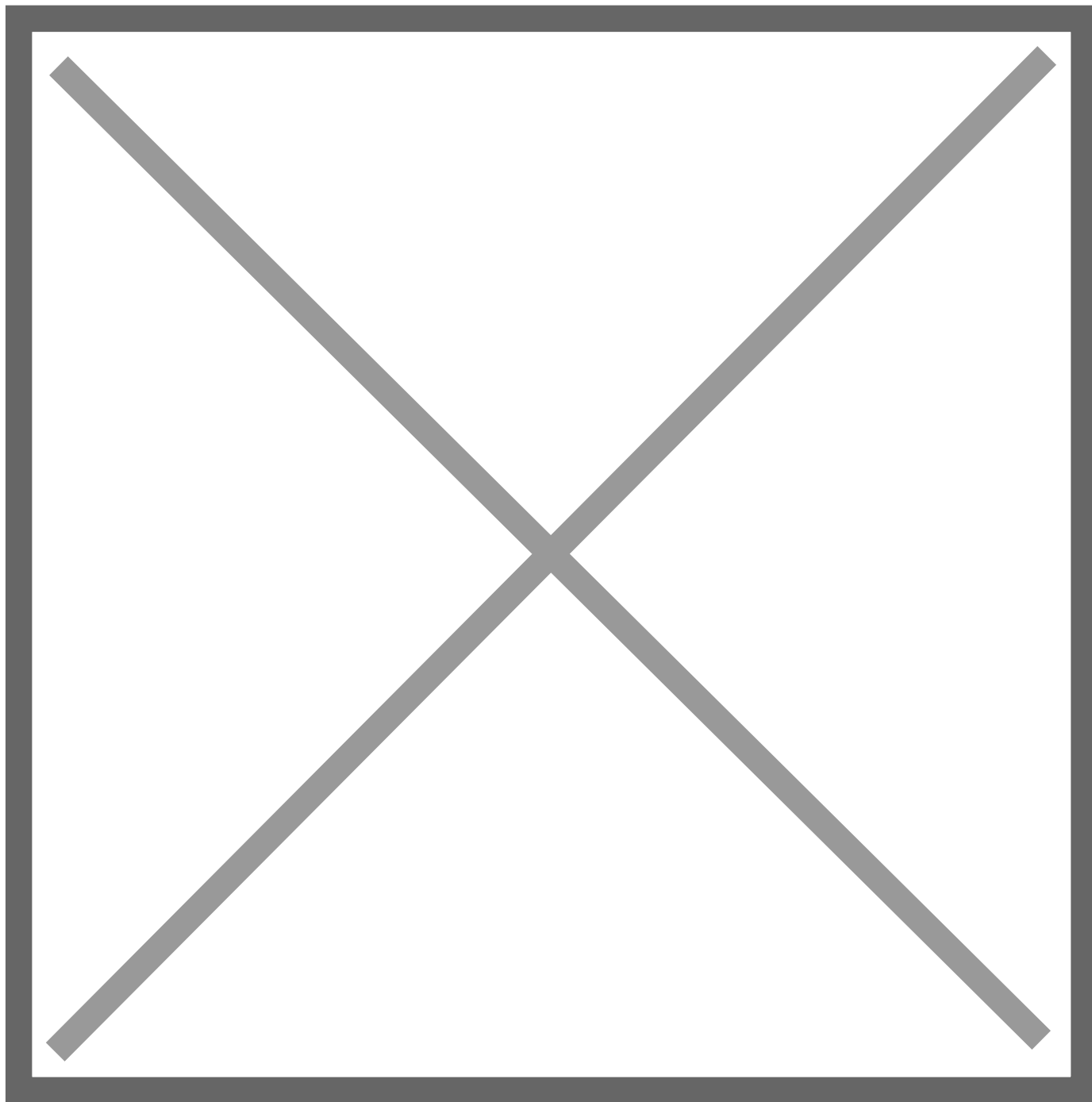
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Number living with depressive disorder per 100,000 population (Under 20 years of age)

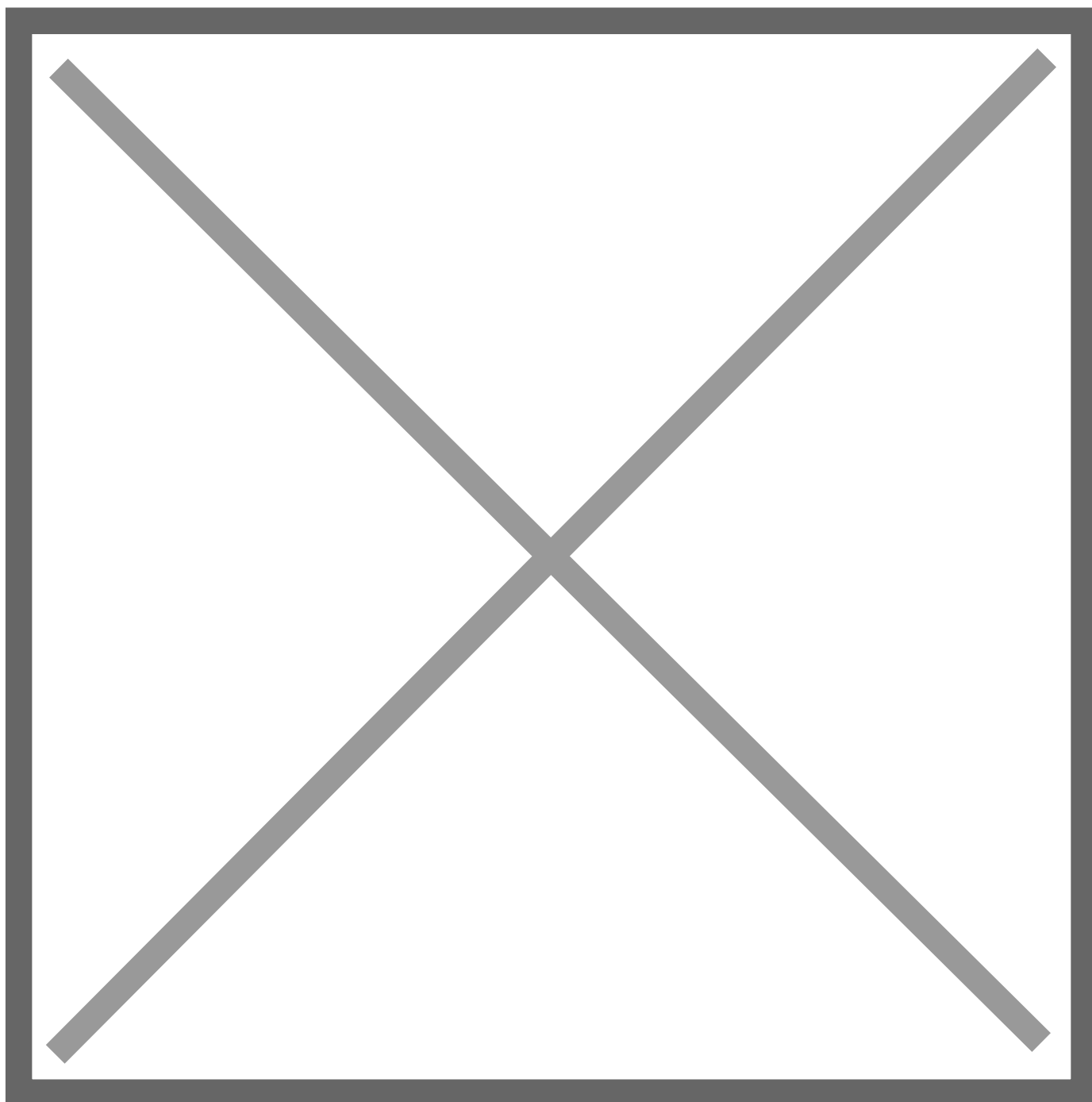
Zdrowie psychiczne - zaburzenia lękowe

Dzieci, 2021

**Bibliografia:**

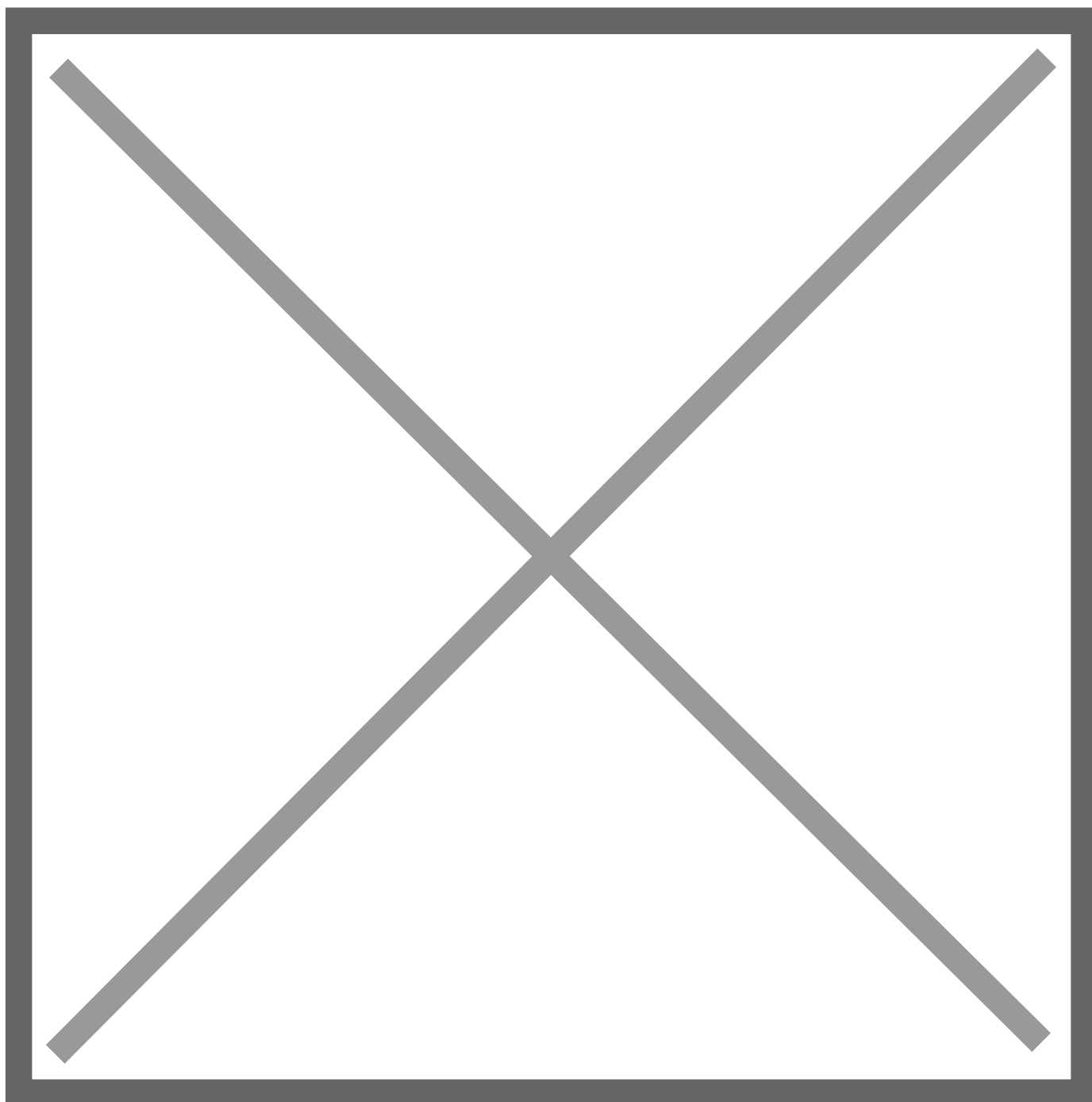
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