



# Tanzania



## Country report card - children

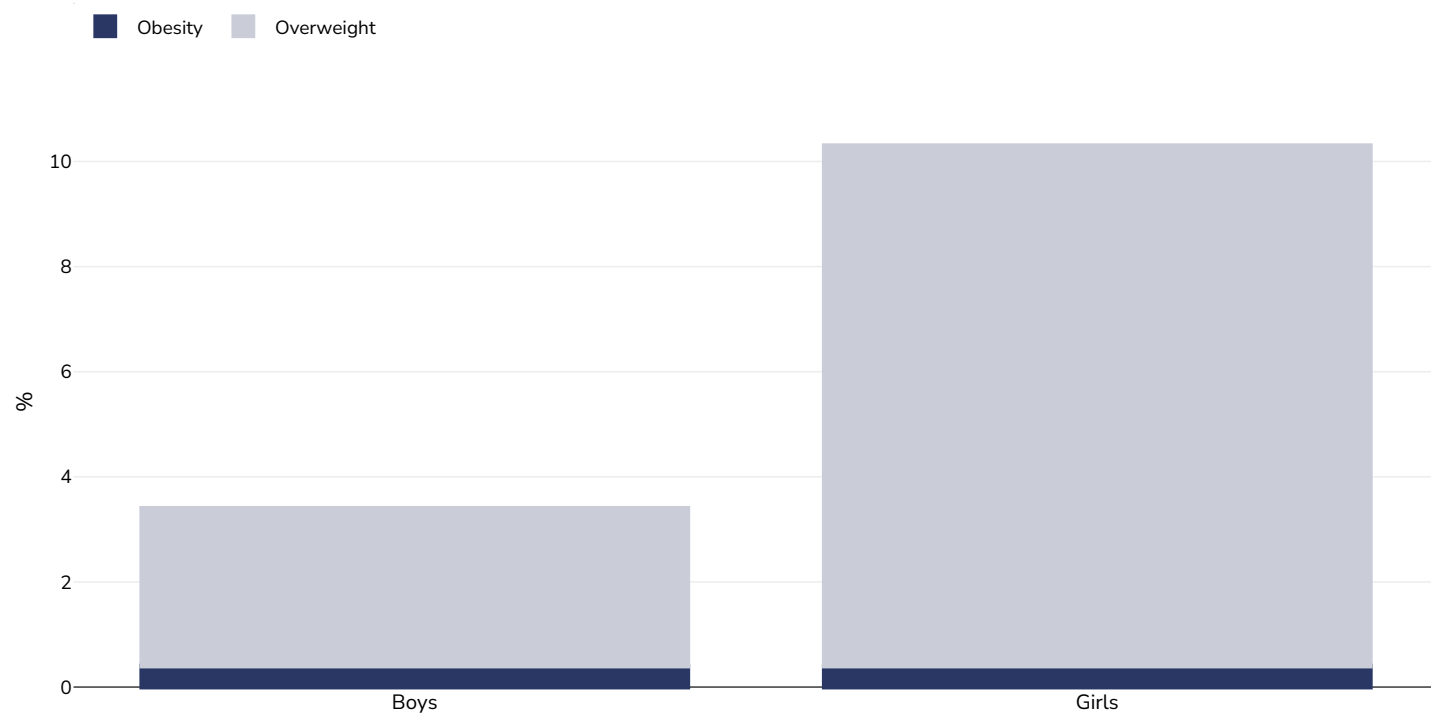
*This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity for children, including adolescents (aged 5 to 18 years). Where available, data on common and relevant obesity drivers and comorbidities are also presented.*

*View the latest version of this report on the Global Obesity Observatory at <https://data.worldobesity.org/country/tanzania-213/>.*

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## Obesity prevalence

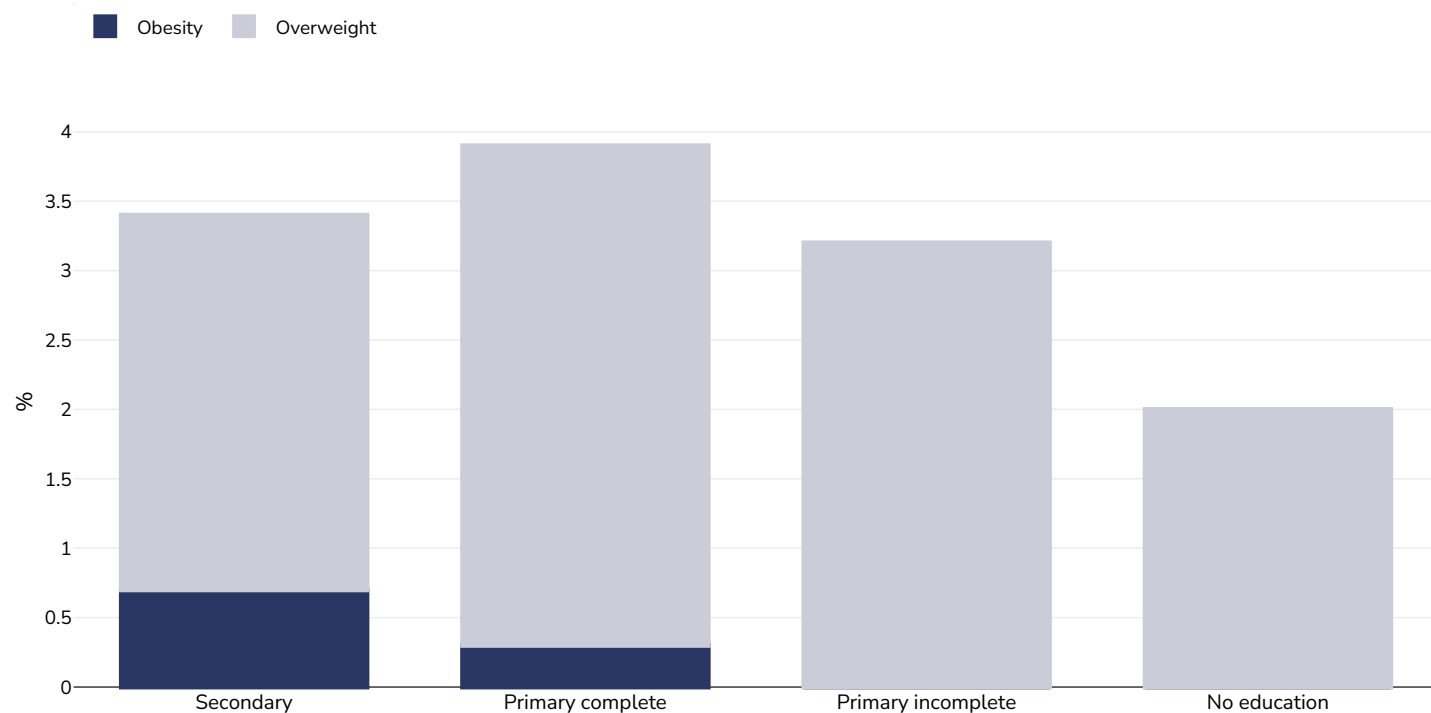
### Children, 2022



|               |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
|---------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Survey type:  | Measured                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| Age:          | 15-19                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| Sample size:  | 2863                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| Area covered: | National                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| References:   | 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 <a href="https://dhsprogram.com/pubs/pdf/FR382/FR382.pdf">https://dhsprogram.com/pubs/pdf/FR382/FR382.pdf</a> (last accessed 17.04.24) |
| Cutoffs:      | WHO                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |

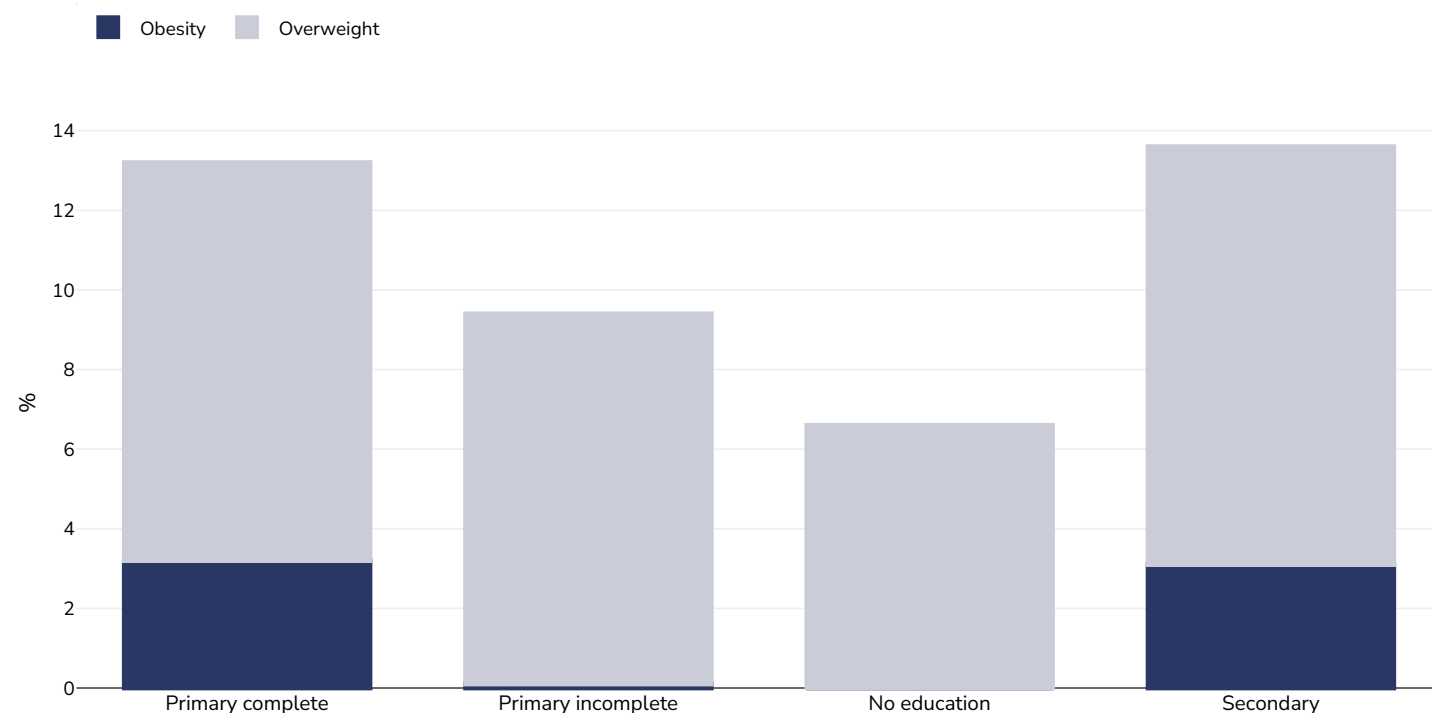
## Overweight/obesity by education

### Boys, 2022



|               |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
|---------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Survey type:  | Measured                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| Age:          | 15-19                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| Sample size:  | 2863                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| Area covered: | National                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| References:   | 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 <a href="https://dhsprogram.com/pubs/pdf/FR382/FR382.pdf">https://dhsprogram.com/pubs/pdf/FR382/FR382.pdf</a> (last accessed 17.04.24) |
| Cutoffs:      | WHO                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |

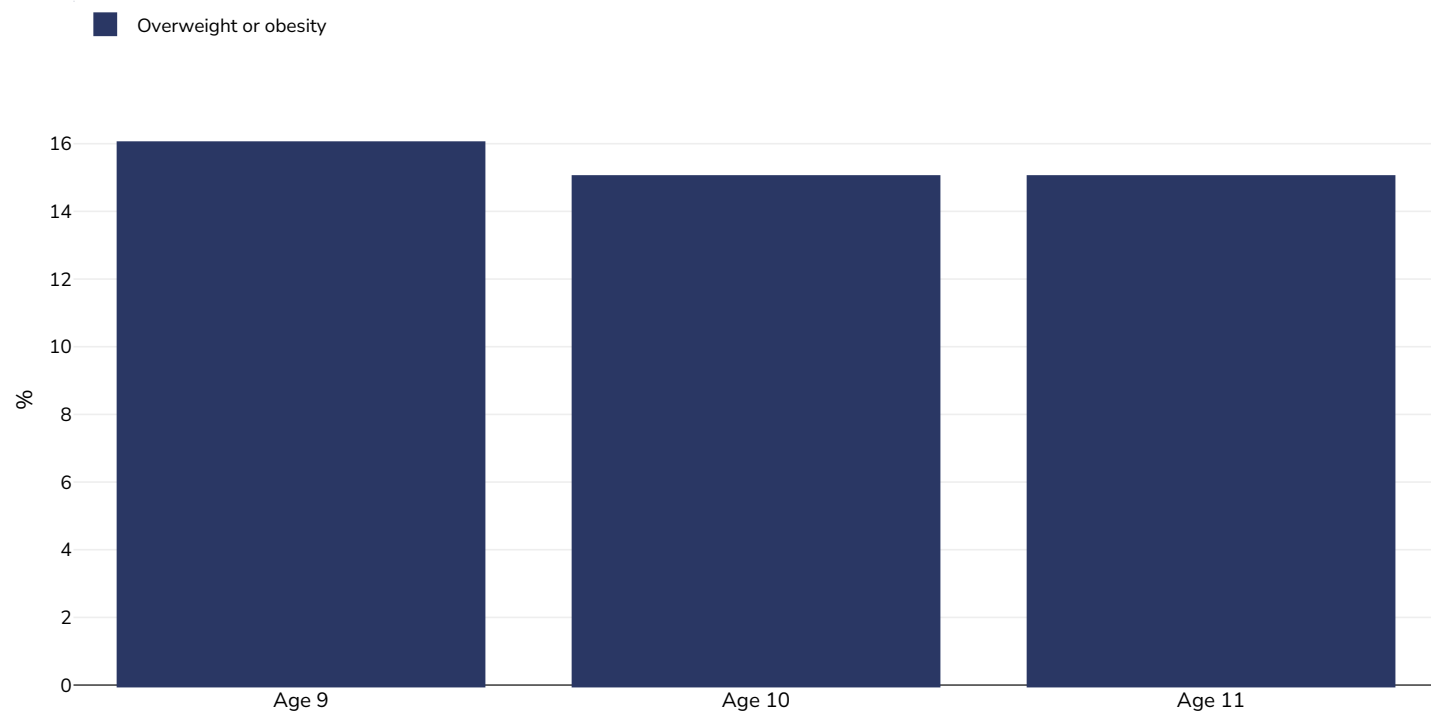
## Girls, 2022



|               |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
|---------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Survey type:  | Measured                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| Age:          | 15-19                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| Sample size:  | 2863                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| Area covered: | National                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| References:   | 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 <a href="https://dhsprogram.com/pubs/pdf/FR382/FR382.pdf">https://dhsprogram.com/pubs/pdf/FR382/FR382.pdf</a> (last accessed 17.04.24) |
| Cutoffs:      | WHO                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |

## Overweight/obesity by age

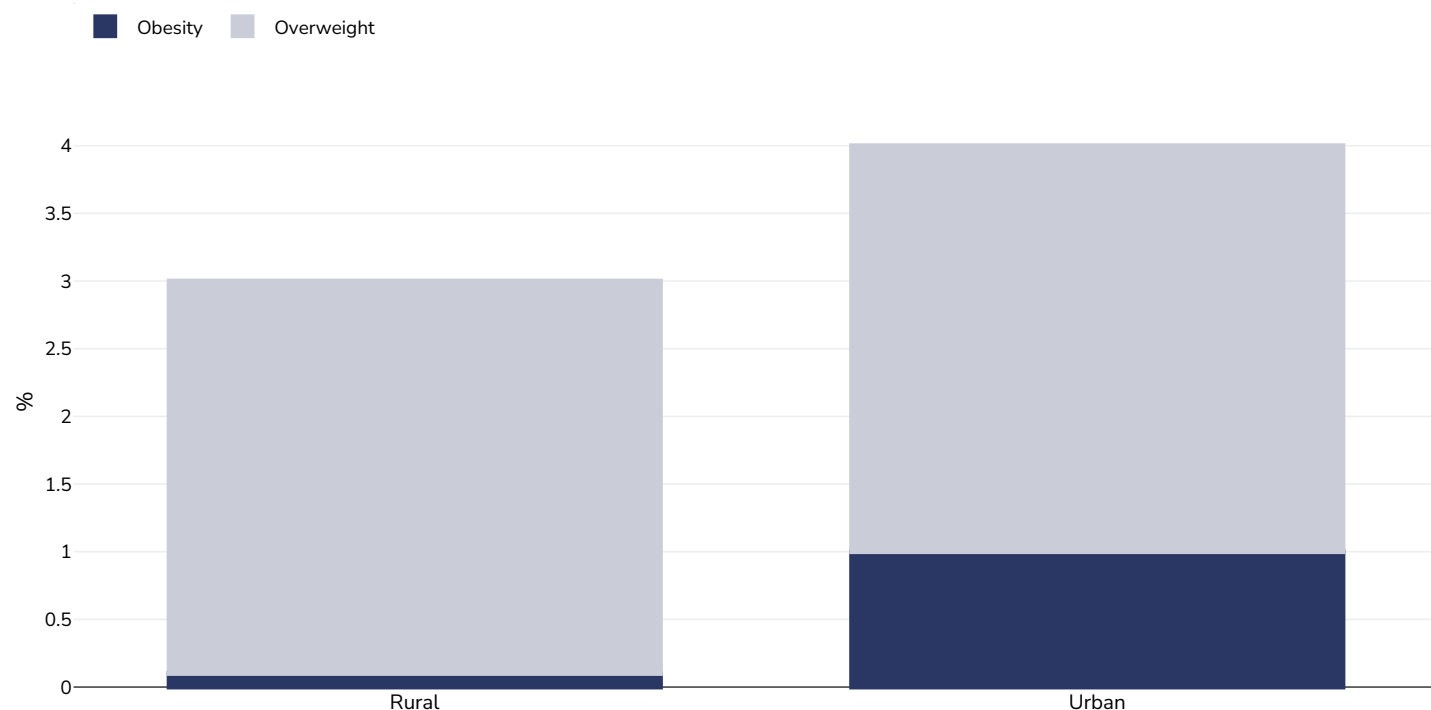
### Children, 2019



|               |                                                                                                                                                                                                                                                                                      |
|---------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Survey type:  | Measured                                                                                                                                                                                                                                                                             |
| Sample size:  | 1170                                                                                                                                                                                                                                                                                 |
| Area covered: | Regional                                                                                                                                                                                                                                                                             |
| References:   | 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                                                                                                                                                                                                                                                                                  |

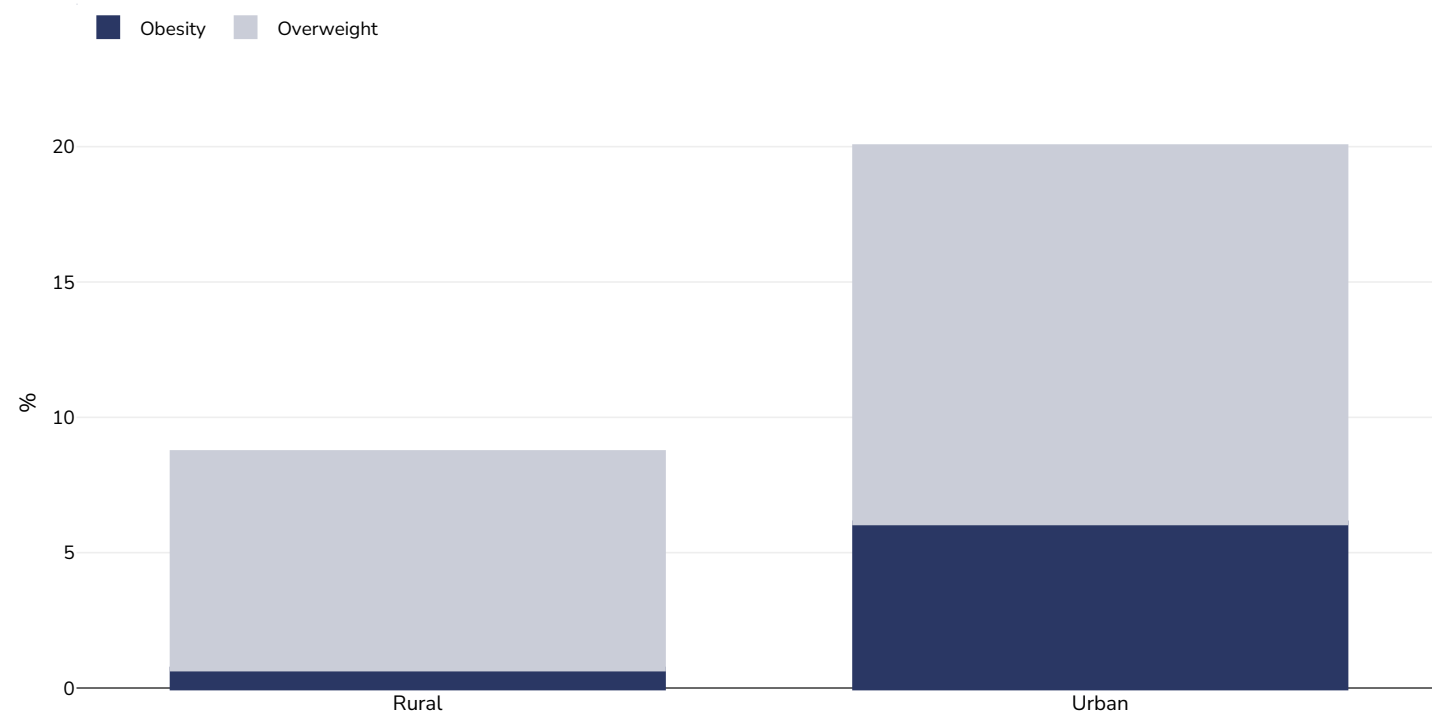
## Overweight/obesity by region

### Boys, 2022



|               |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
|---------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Survey type:  | Measured                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| Age:          | 15-19                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| Sample size:  | 2863                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| Area covered: | National                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| References:   | 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 <a href="https://dhsprogram.com/pubs/pdf/FR382/FR382.pdf">https://dhsprogram.com/pubs/pdf/FR382/FR382.pdf</a> (last accessed 17.04.24) |
| Cutoffs:      | WHO                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |

## Girls, 2022

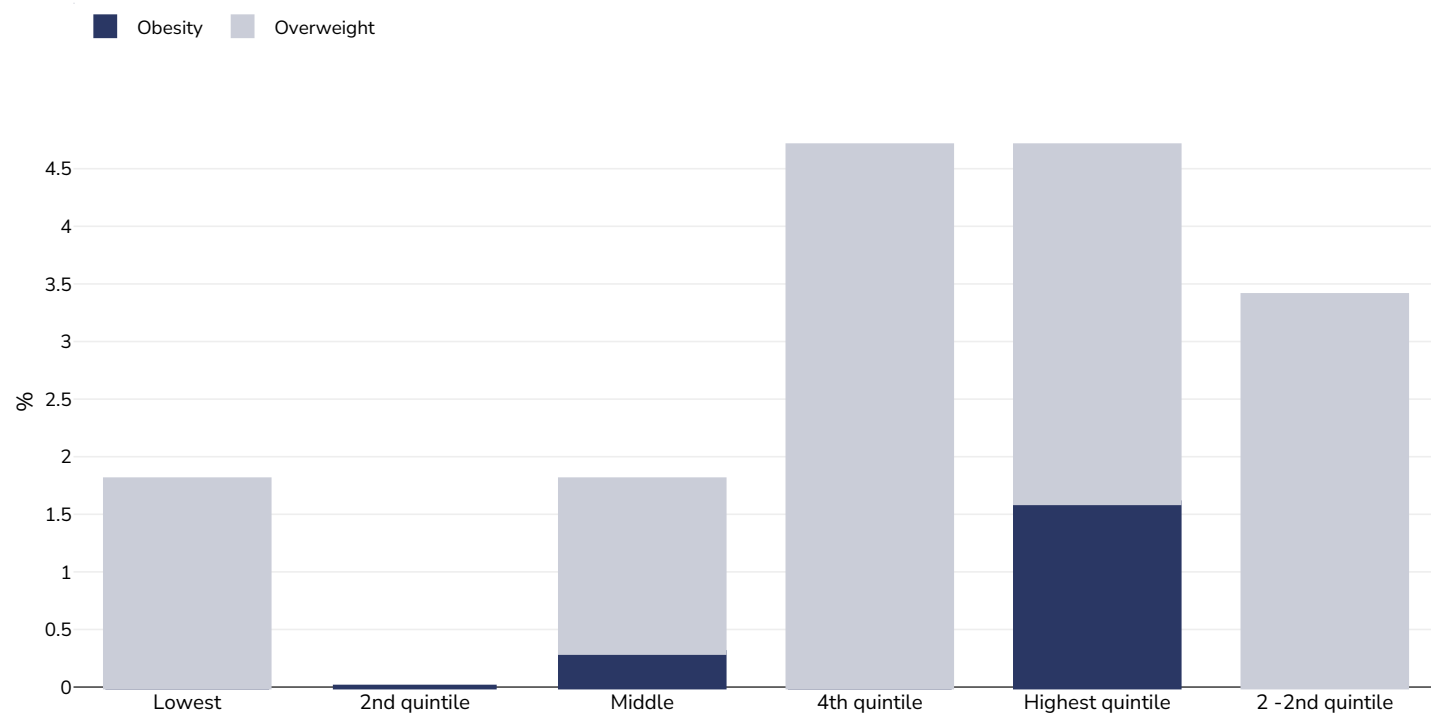


|               |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
|---------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Survey type:  | Measured                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| Age:          | 15-19                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| Sample size:  | 2863                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| Area covered: | National                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| References:   | 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 <a href="https://dhsprogram.com/pubs/pdf/FR382/FR382.pdf">https://dhsprogram.com/pubs/pdf/FR382/FR382.pdf</a> (last accessed 17.04.24) |
| Cutoffs:      | WHO                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |



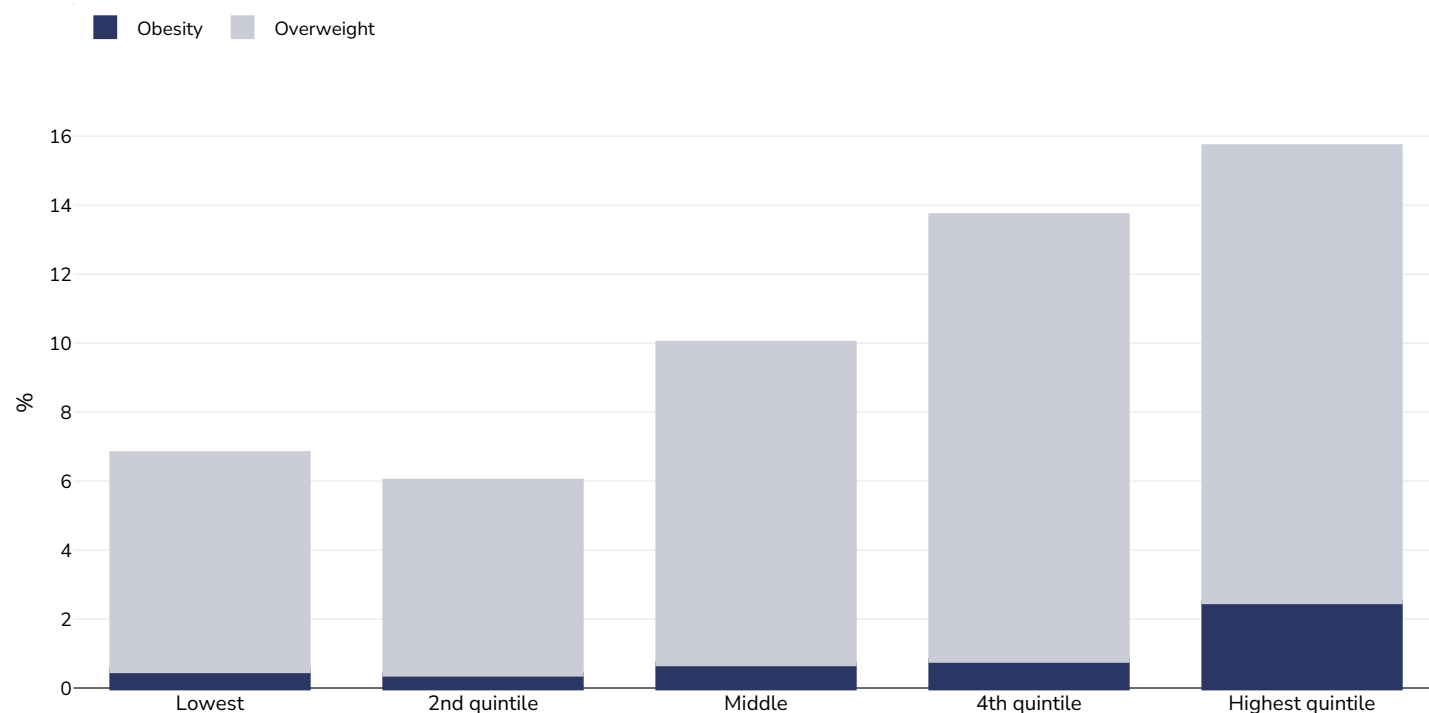
## Overweight/obesity by socio-economic group

### Boys, 2022



|               |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
|---------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Survey type:  | Measured                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| Age:          | 15-19                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| Sample size:  | 2863                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| Area covered: | National                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| References:   | 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 <a href="https://dhsprogram.com/pubs/pdf/FR382/FR382.pdf">https://dhsprogram.com/pubs/pdf/FR382/FR382.pdf</a> (last accessed 17.04.24) |
| Cutoffs:      | WHO                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |

## Girls, 2022



Survey type: Measured

Age: 15-19

Sample size: 2863

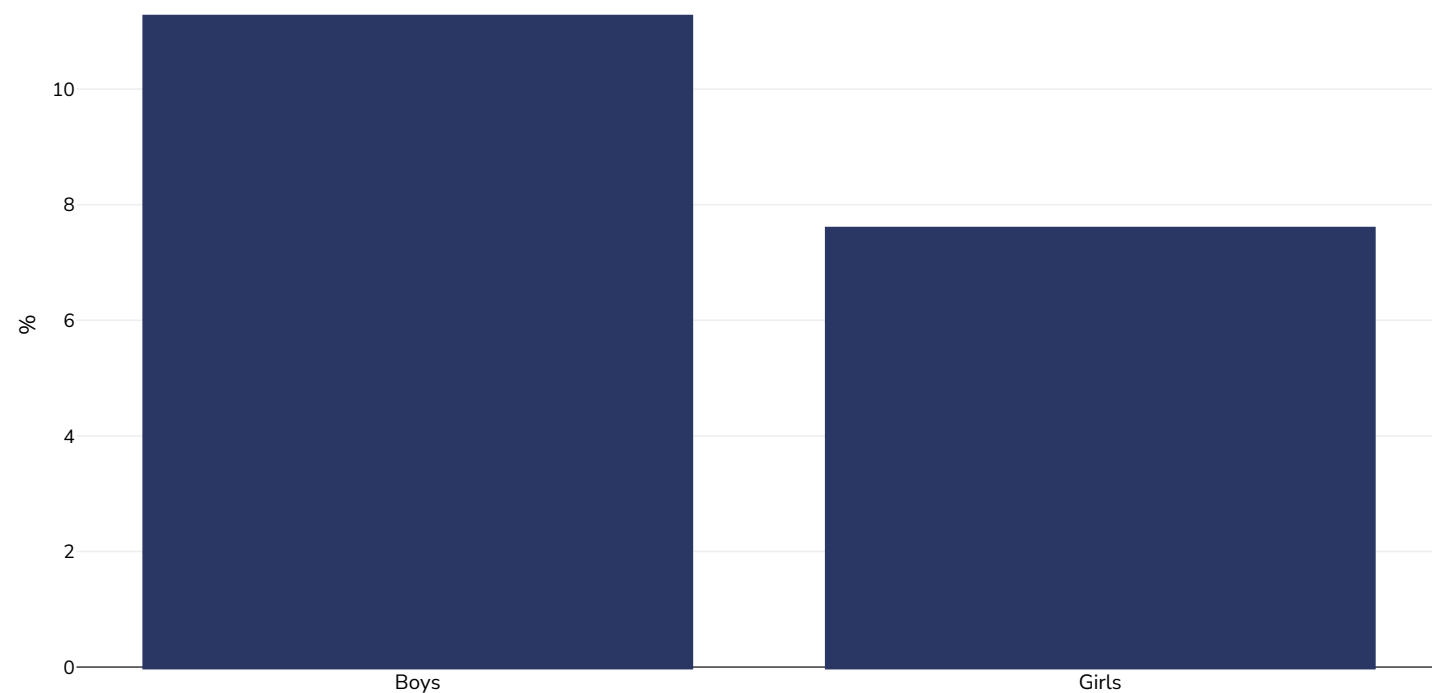
Area covered: National

References: 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

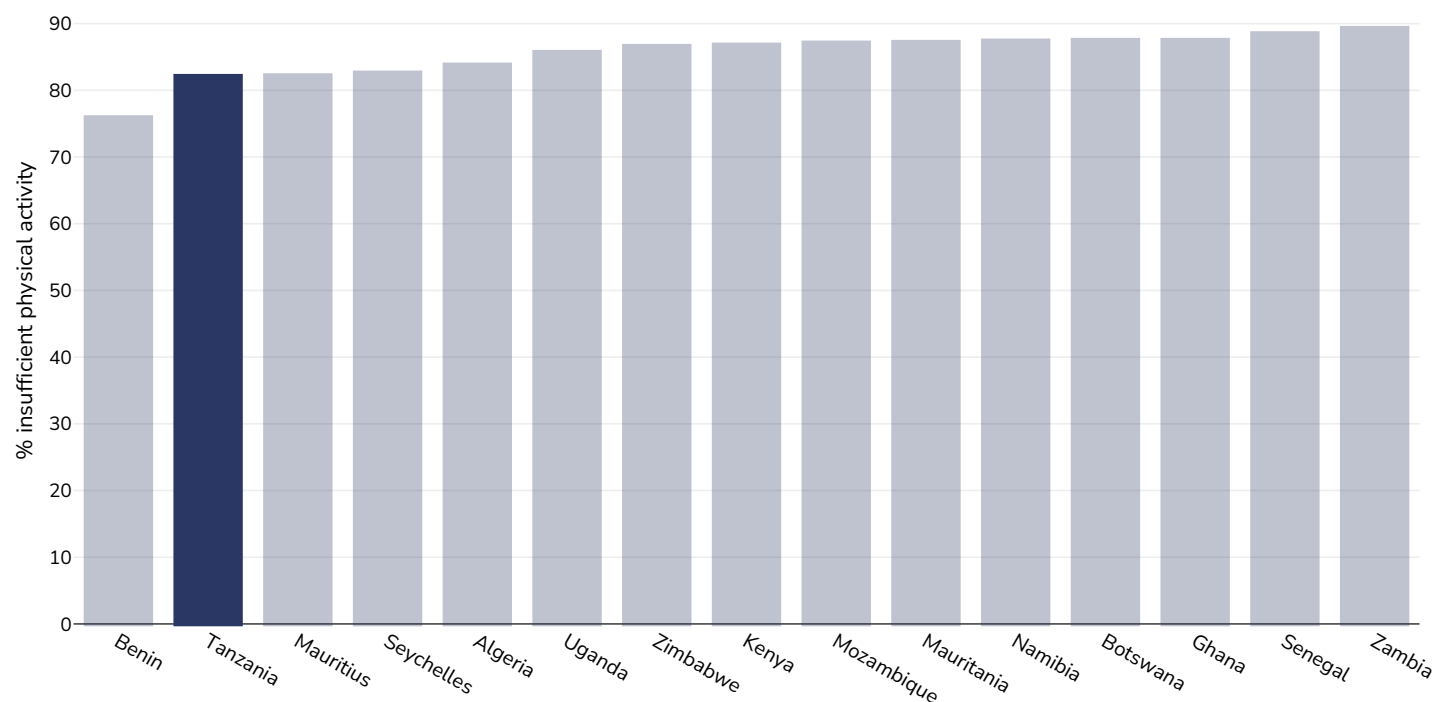
Children, 2022



|              |                                                                                                                                                                                                                                                                                                                                                                            |
|--------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Survey type: | Measured                                                                                                                                                                                                                                                                                                                                                                   |
| Age:         | 5-19                                                                                                                                                                                                                                                                                                                                                                       |
| References:  | 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. <a href="https://doi.org/10.1016/S0140-6736(23)02750-2">https://doi.org/10.1016/S0140-6736(23)02750-2</a> . |
| 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                                                                                                                                                                                                                                                                                                                                                   |

## Insufficient physical activity

### Children, 2016



Survey type: Self-reported

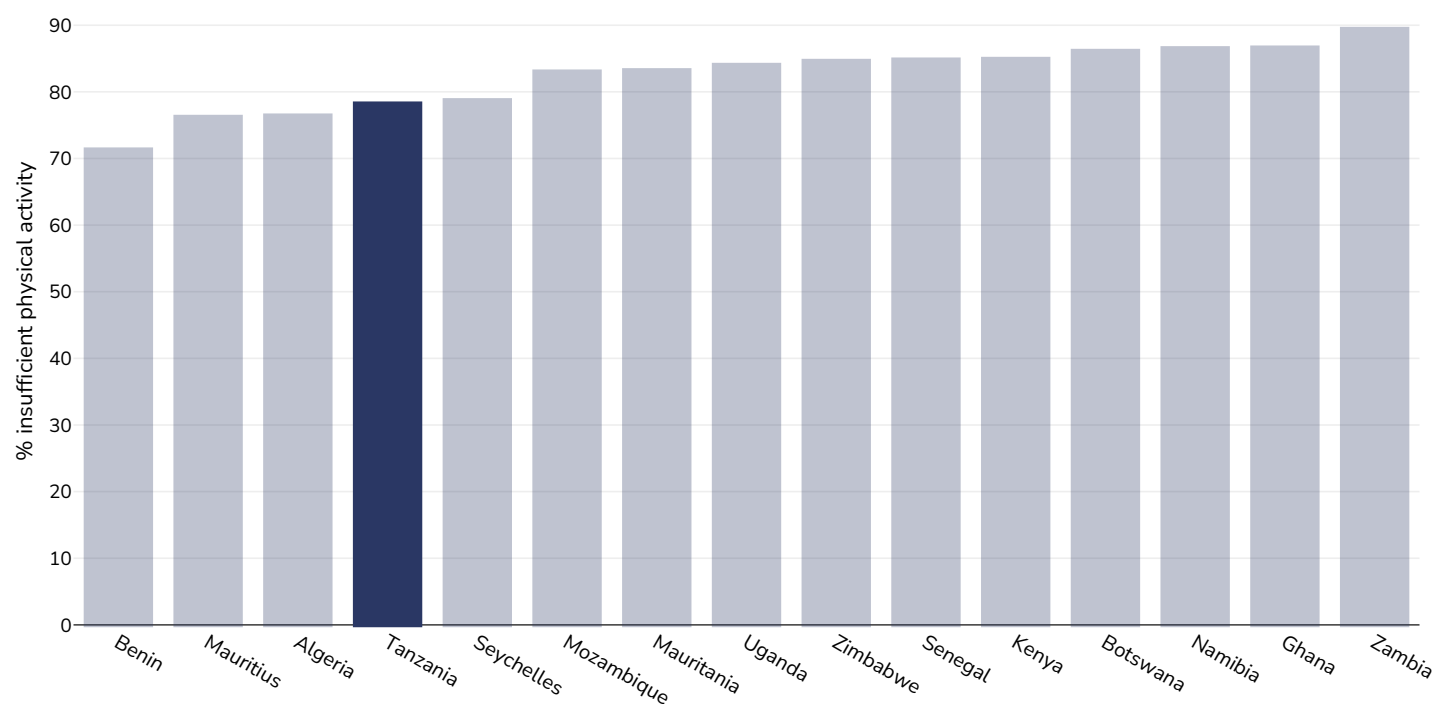
Age: 11-17

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

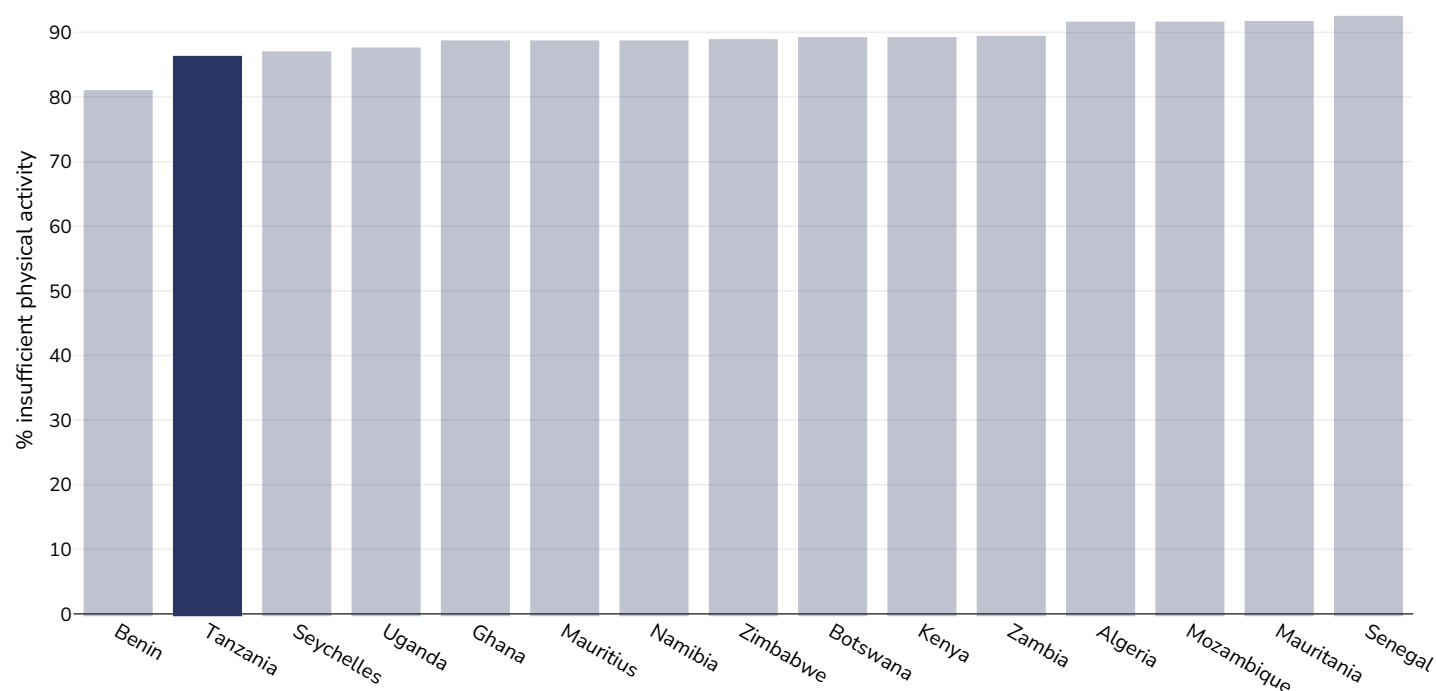
**Age:** 11-17

**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

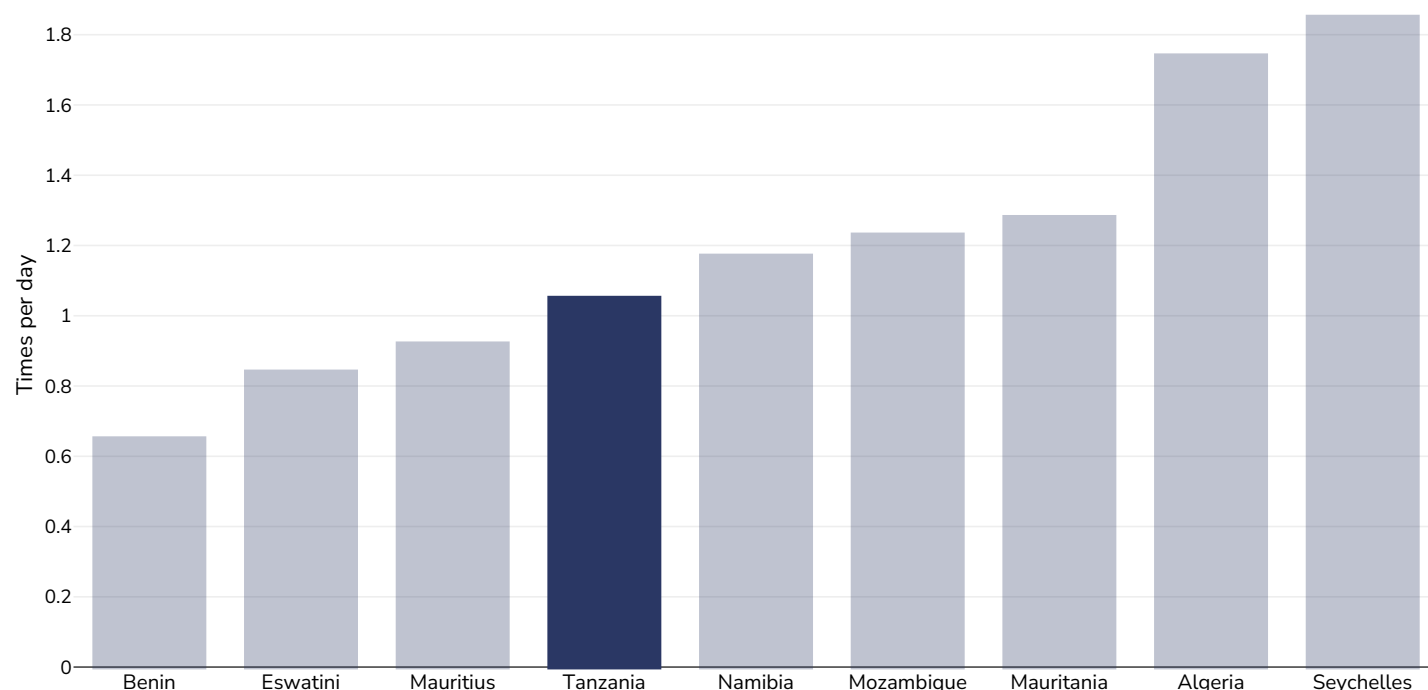
**References:** Global Health Observatory data repository, World Health Organisation, <https://apps.who.int/gho/data/node.main.A893ADO?lang=en> (last accessed 16.03.21)

**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



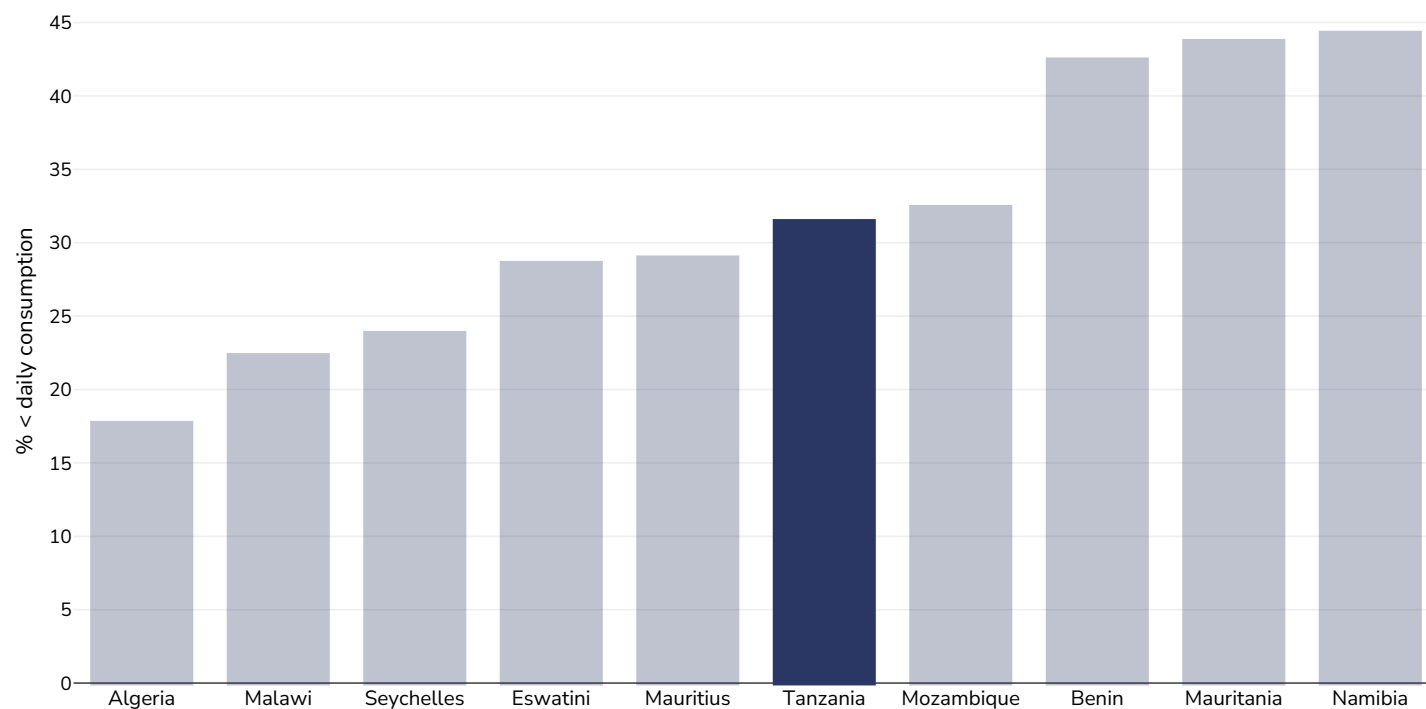
Survey type: Measured

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 <http://www.foodsystemsdashboard.org/food-system>

## Prevalence of less than daily fruit consumption

### Children, 2009-2015



Survey type: Measured

Age: 12-17

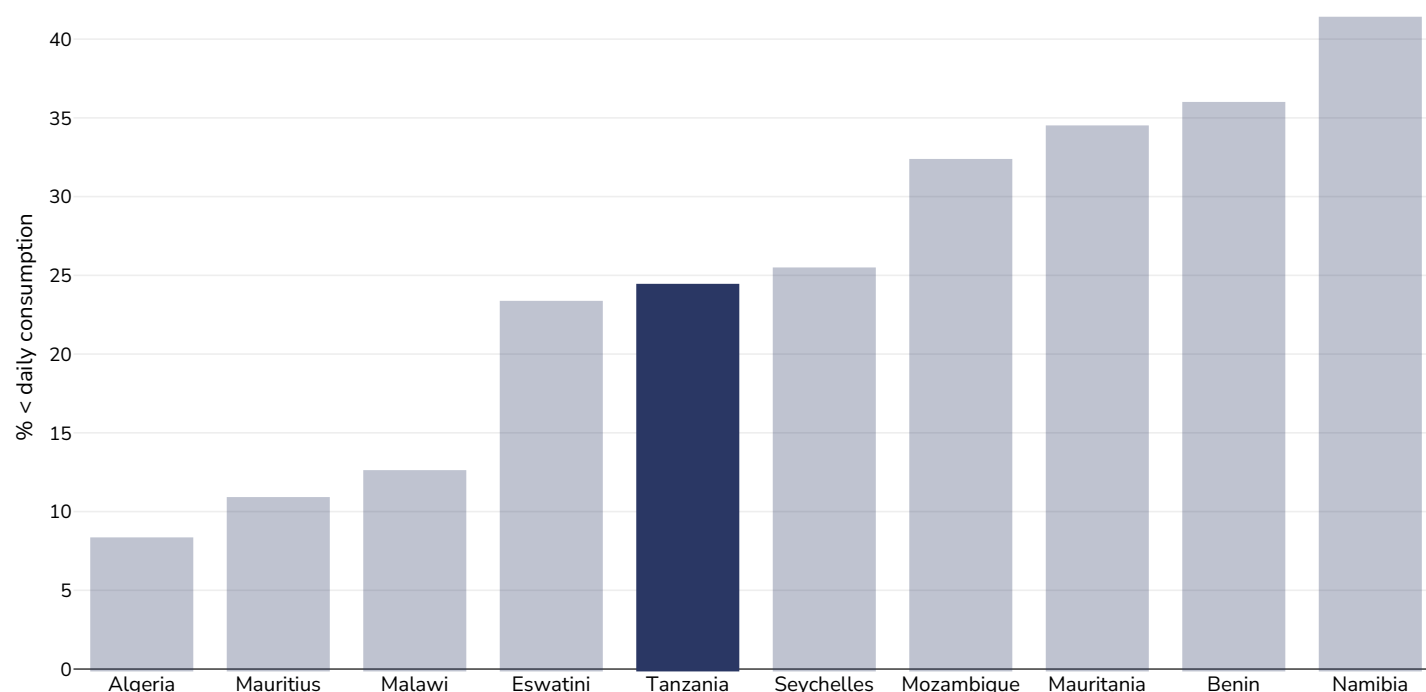
References: Global School-based Student Health Surveys. Beal et al (2019). Global Patterns of Adolescent Fruit, Vegetable, Carbonated Soft Drink, and Fast-food consumption: A meta-analysis of global school-based student health surveys. Food and Nutrition Bulletin. <https://doi.org/10.1177/0379572119848287>. 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, 2009-2015



Survey type: Measured

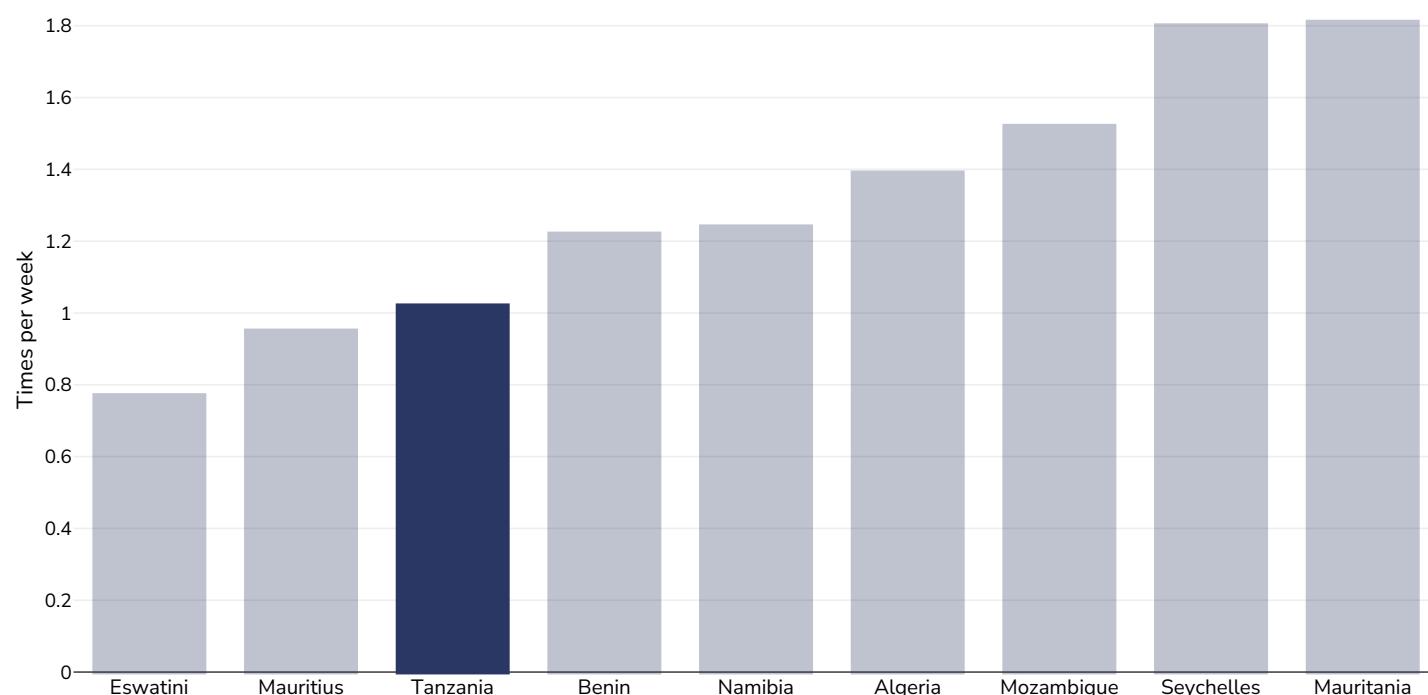
Age: 12-17

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 <http://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:

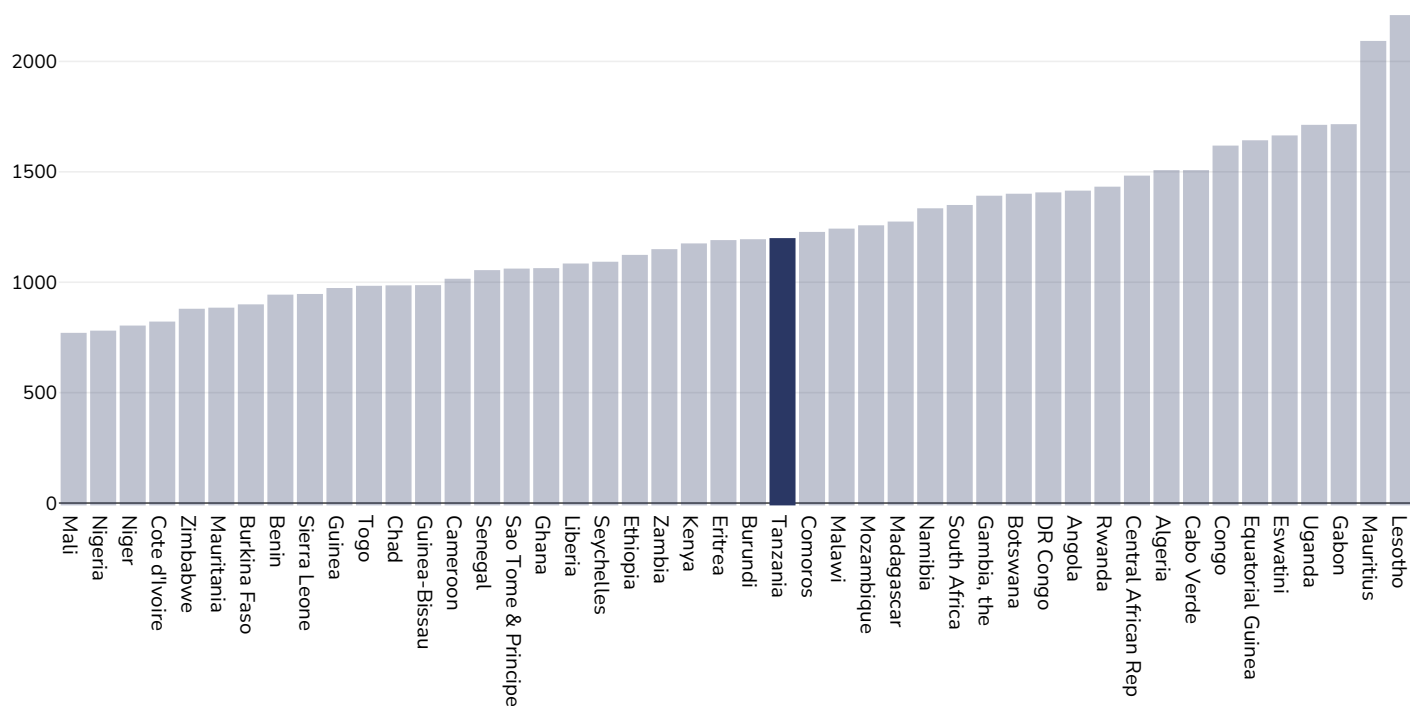
12-17

**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 <http://www.foodsystemsdashboard.org/food-system>

## Mental health - depression disorders

### Children, 2021



Area covered:

National

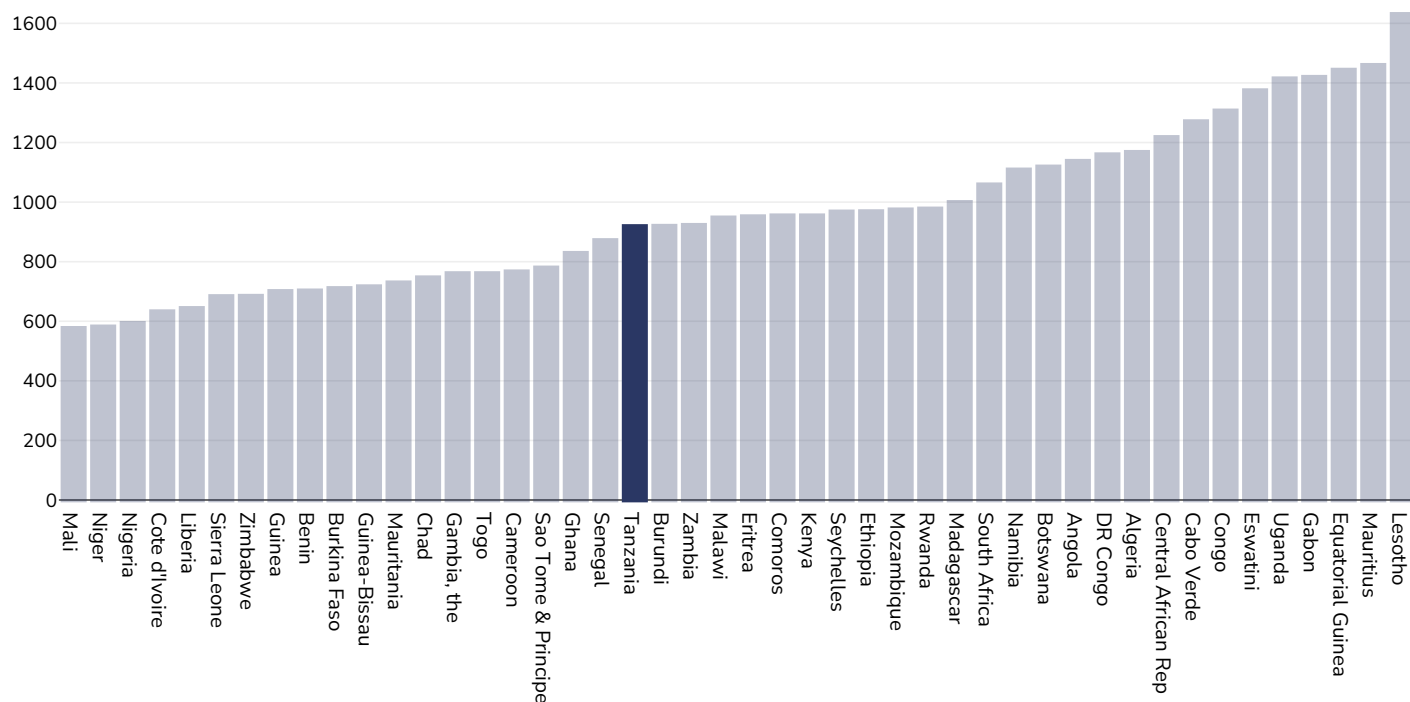
References:

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

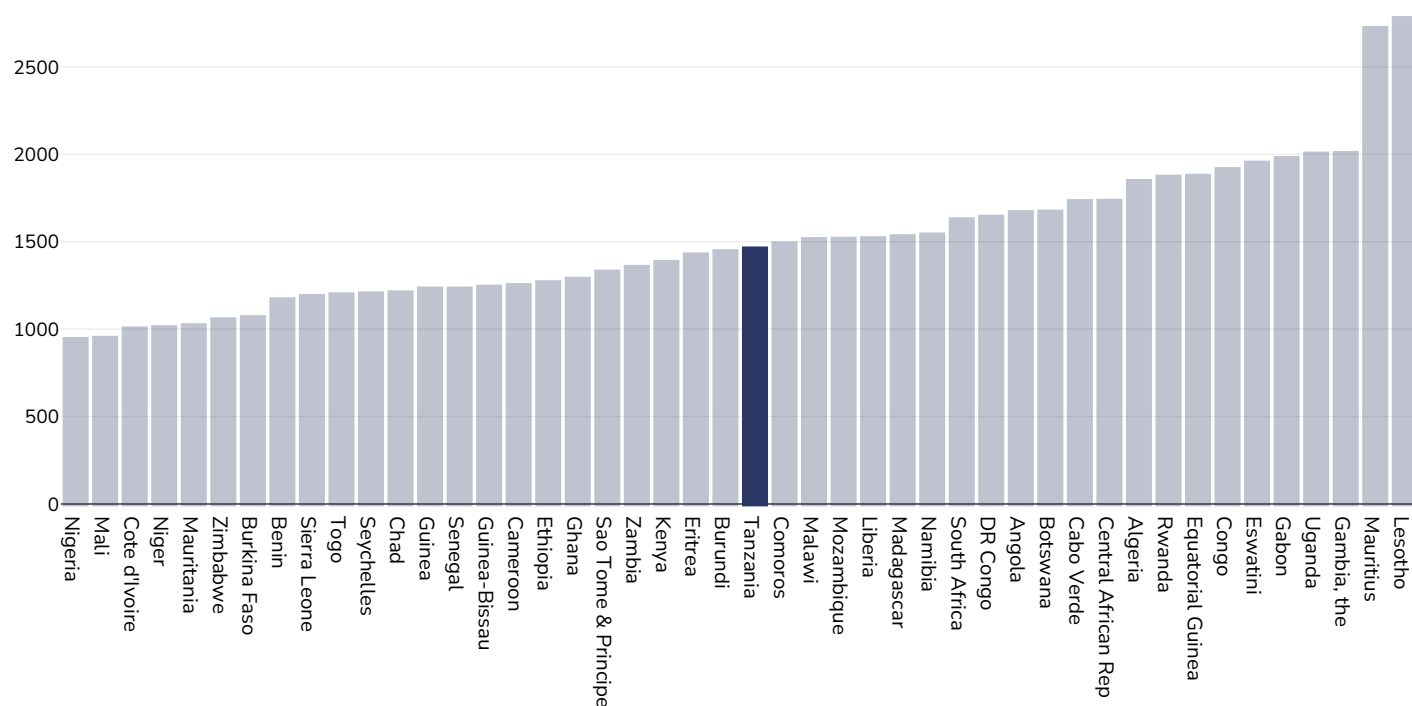
References:

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:

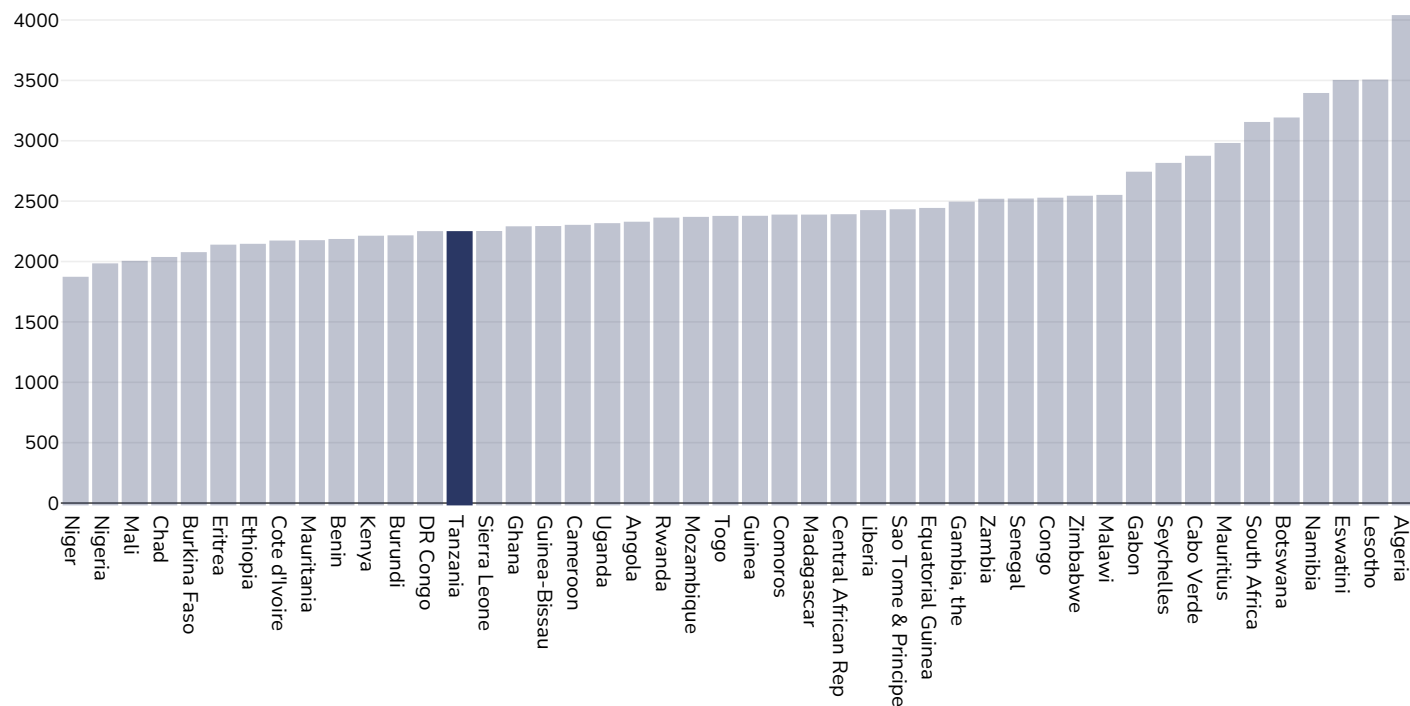
Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

Definitions:

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

## Mental health - anxiety disorders

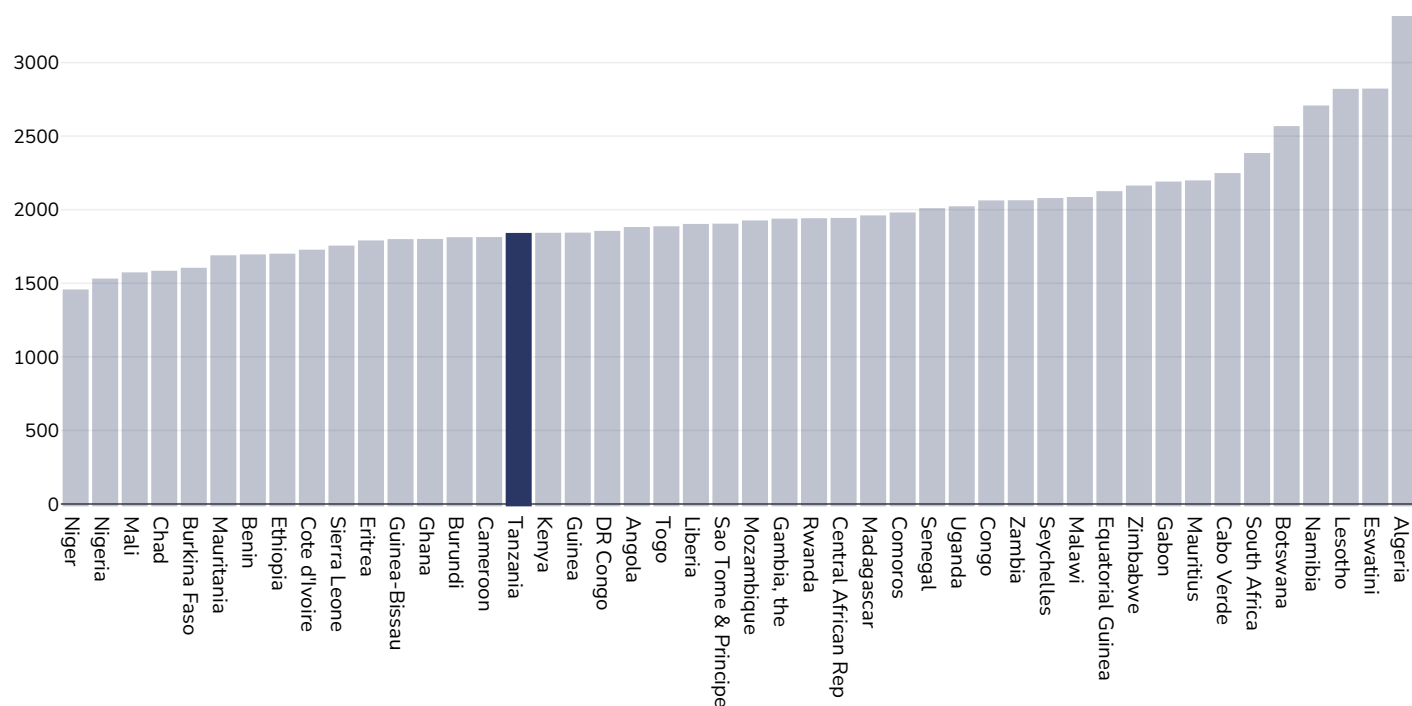
### Children, 2021



**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)

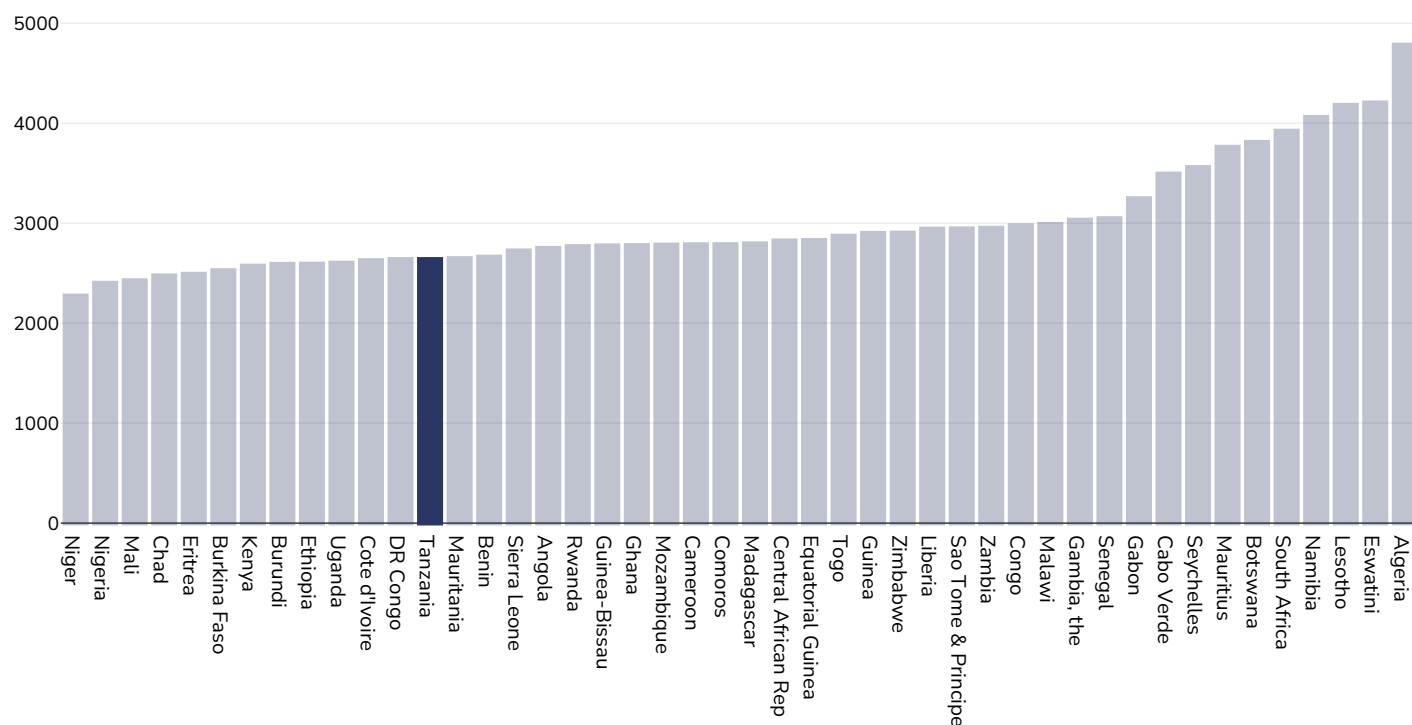
## Boys, 2021



### 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)

*PDF created on August 19, 2025*