



Tanzania



Country report card - under-5s

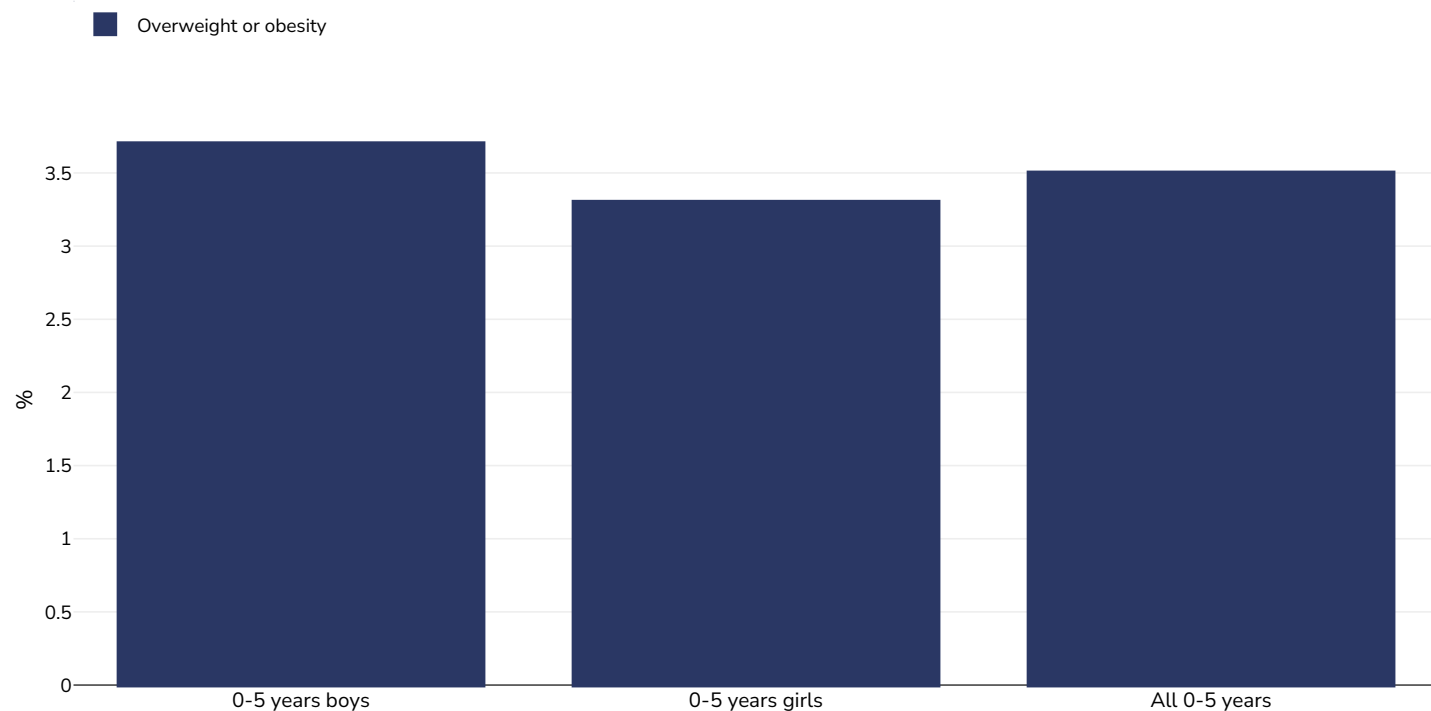
This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity for children under 5. Where available, data on common and relevant obesity drivers and comorbidities are also presented.

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

0-5 years, 2022



Age: 0-5

Sample size: 5485

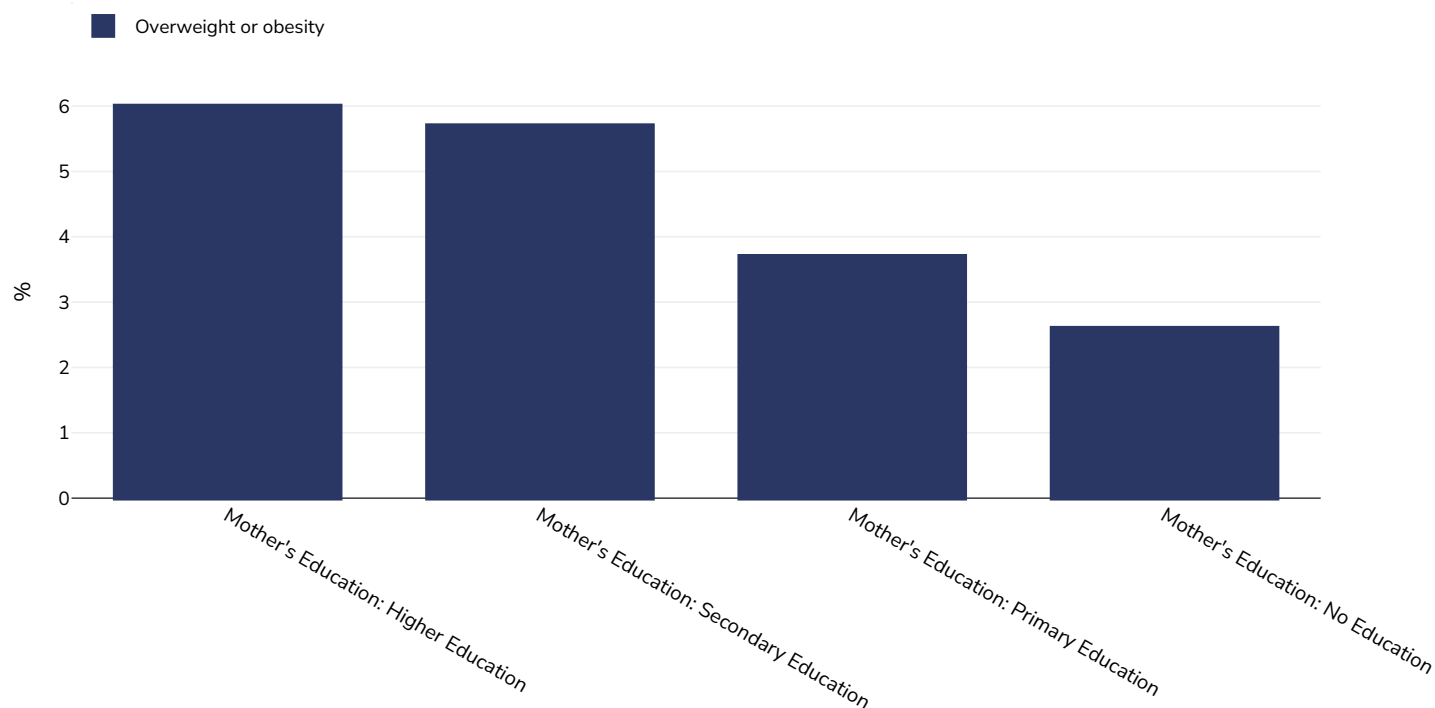
References: DHS: The 2022 Tanzania Demographic and Health Survey and Malaria Indicator Survey

Notes: UNICEF/WHO/World Bank Joint Child Malnutrition Estimates Expanded Database: Overweight (Survey Estimates), May 2023, New York.
For more information about the methodology, please consult <https://data.unicef.org/resources/jme-2023-country-consultations/>
Percentage of children under 5 years of age falling above 2 standard deviations (moderate and severe) from the median weight-for-height of the reference population.

Definitions: =>+2SD

Overweight/obesity by education

0-5 years, 2015-2016



Sample size: 9816

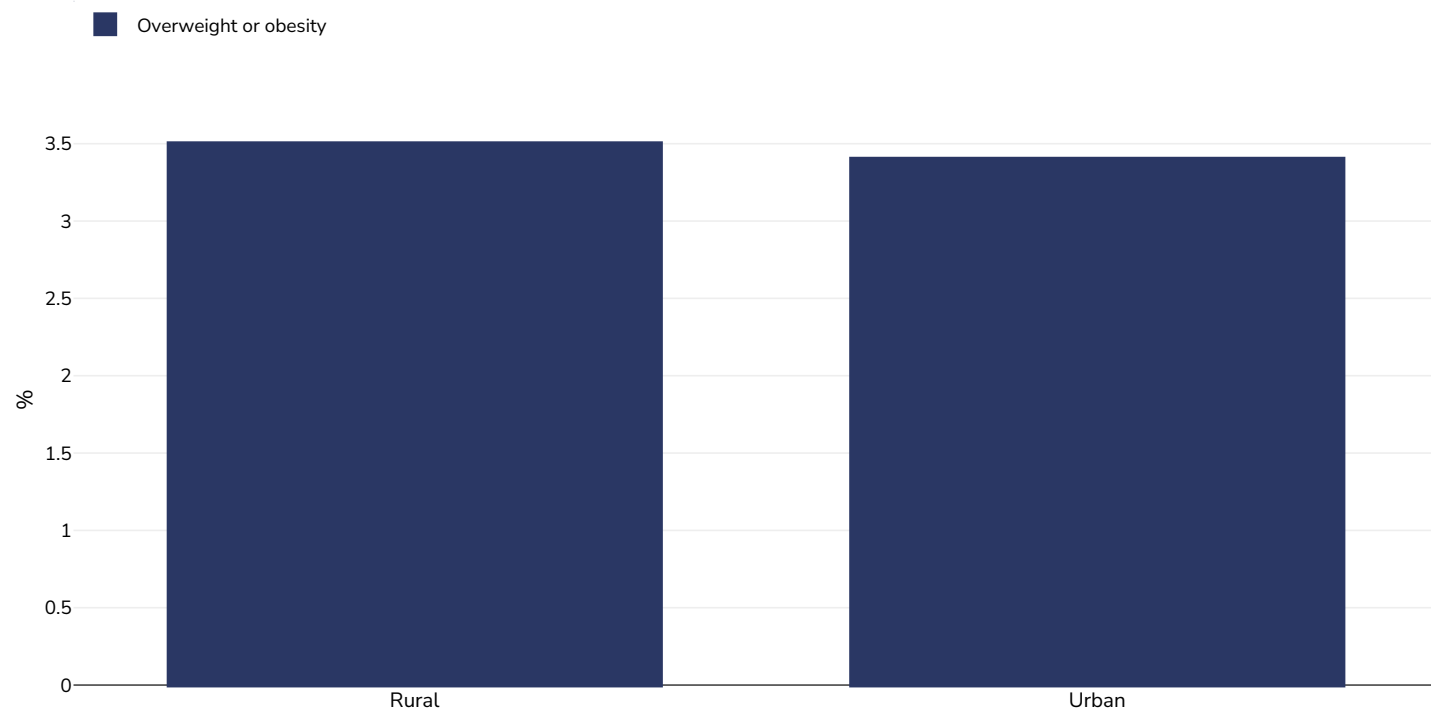
References: DHS: Tanzania demographic and health survey 2015-16. Demographic and Health Surveys. Dar es Salaam, Tanzania: NBS and ICF International, 2016

Notes: UNICEF/WHO/World Bank Joint Child Malnutrition Estimates Expanded Database: Overweight (Survey Estimates), May 2023, New York.
For more information about the methodology, please consult <https://data.unicef.org/resources/jme-2023-country-consultations/>
Percentage of children under 5 years of age falling above 2 standard deviations (moderate and severe) from the median weight-for-height of the reference population.

Definitions: =>+2SD

Overweight/obesity by region

0-5 years, 2022



Sample size: 5485

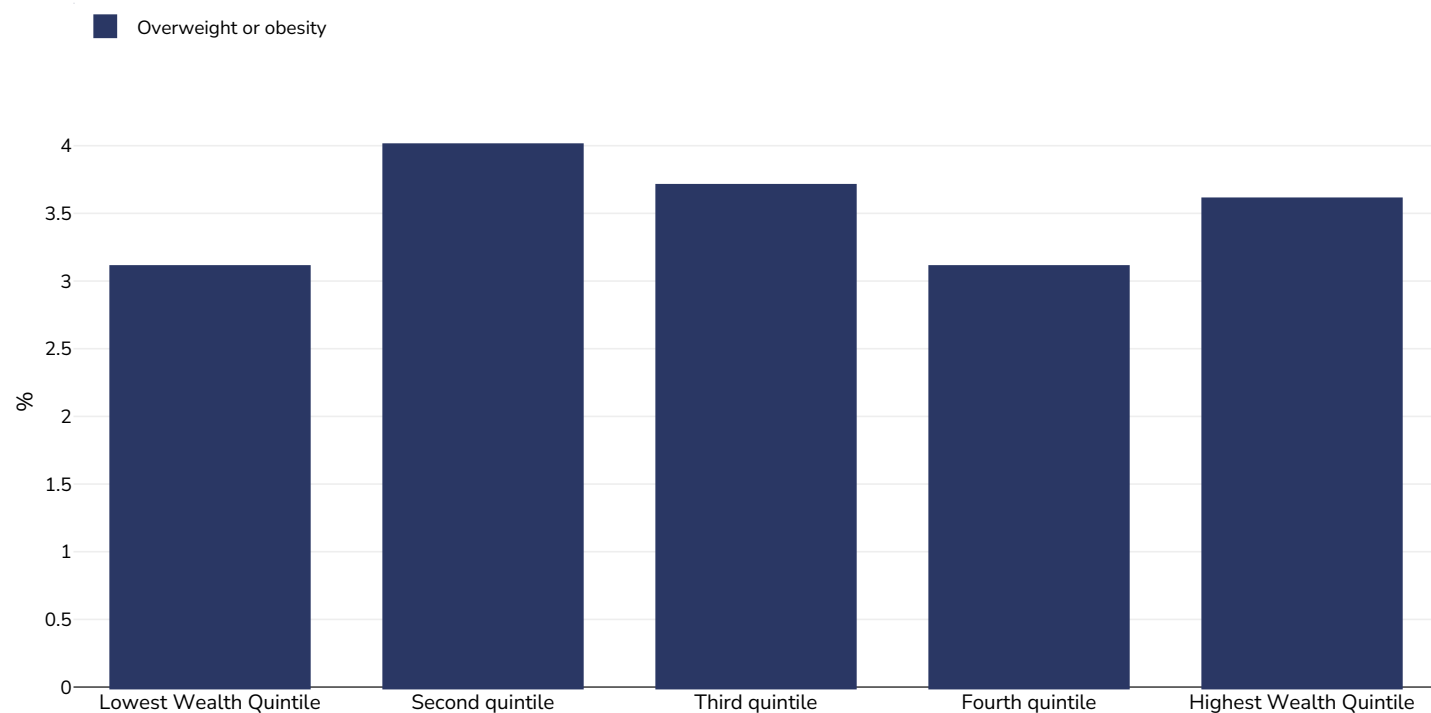
References: DHS: The 2022 Tanzania Demographic and Health Survey and Malaria Indicator Survey

Notes: UNICEF/WHO/World Bank Joint Child Malnutrition Estimates Expanded Database: Overweight (Survey Estimates), May 2023, New York.
For more information about the methodology, please consult <https://data.unicef.org/resources/jme-2023-country-consultations/>
Percentage of children under 5 years of age falling above 2 standard deviations (moderate and severe) from the median weight-for-height of the reference population.

Definitions: =>+2SD

Overweight/obesity by socio-economic group

0-5 years, 2022



Sample size: 5485

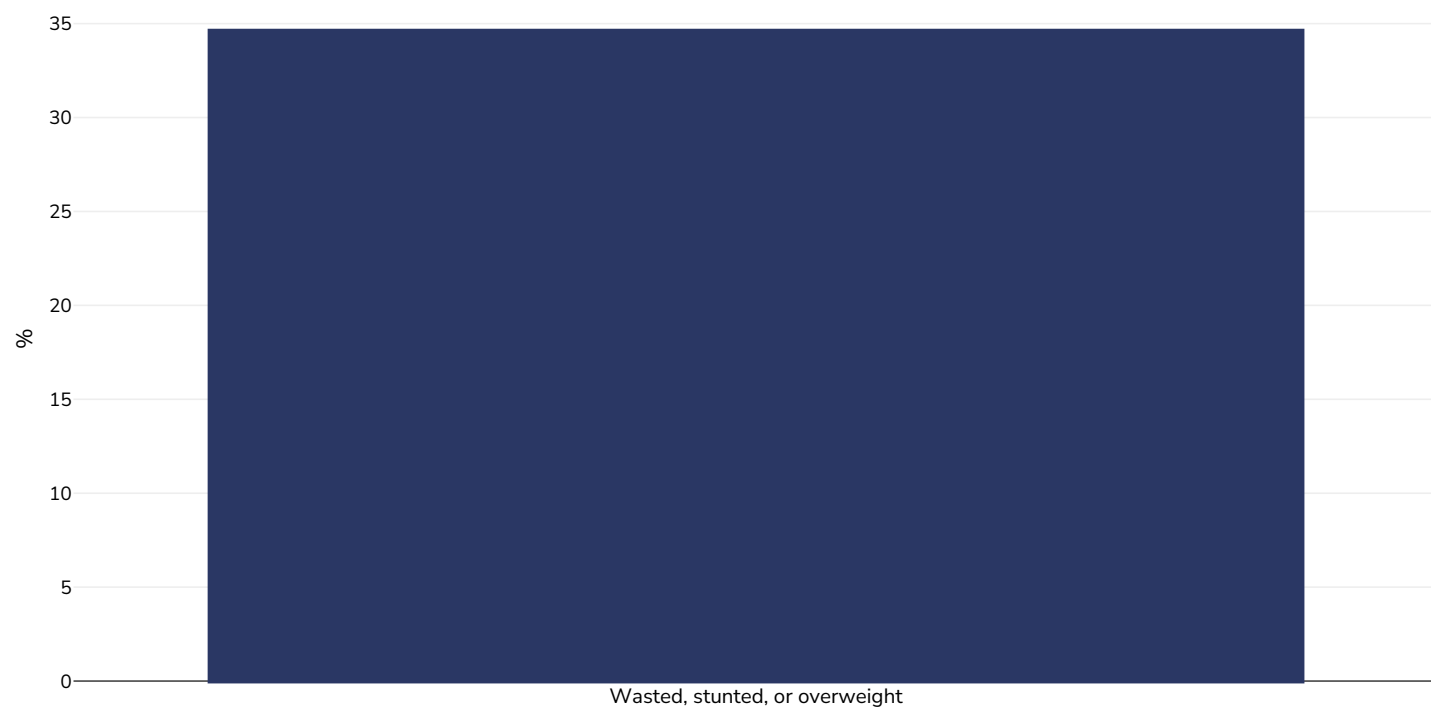
References: DHS: The 2022 Tanzania Demographic and Health Survey and Malaria Indicator Survey

Notes: UNICEF/WHO/World Bank Joint Child Malnutrition Estimates Expanded Database: Overweight (Survey Estimates), May 2023, New York.
For more information about the methodology, please consult <https://data.unicef.org/resources/jme-2023-country-consultations/>
Percentage of children under 5 years of age falling above 2 standard deviations (moderate and severe) from the median weight-for-height of the reference population.

Definitions: =>+2SD

Double burden of underweight & overweight

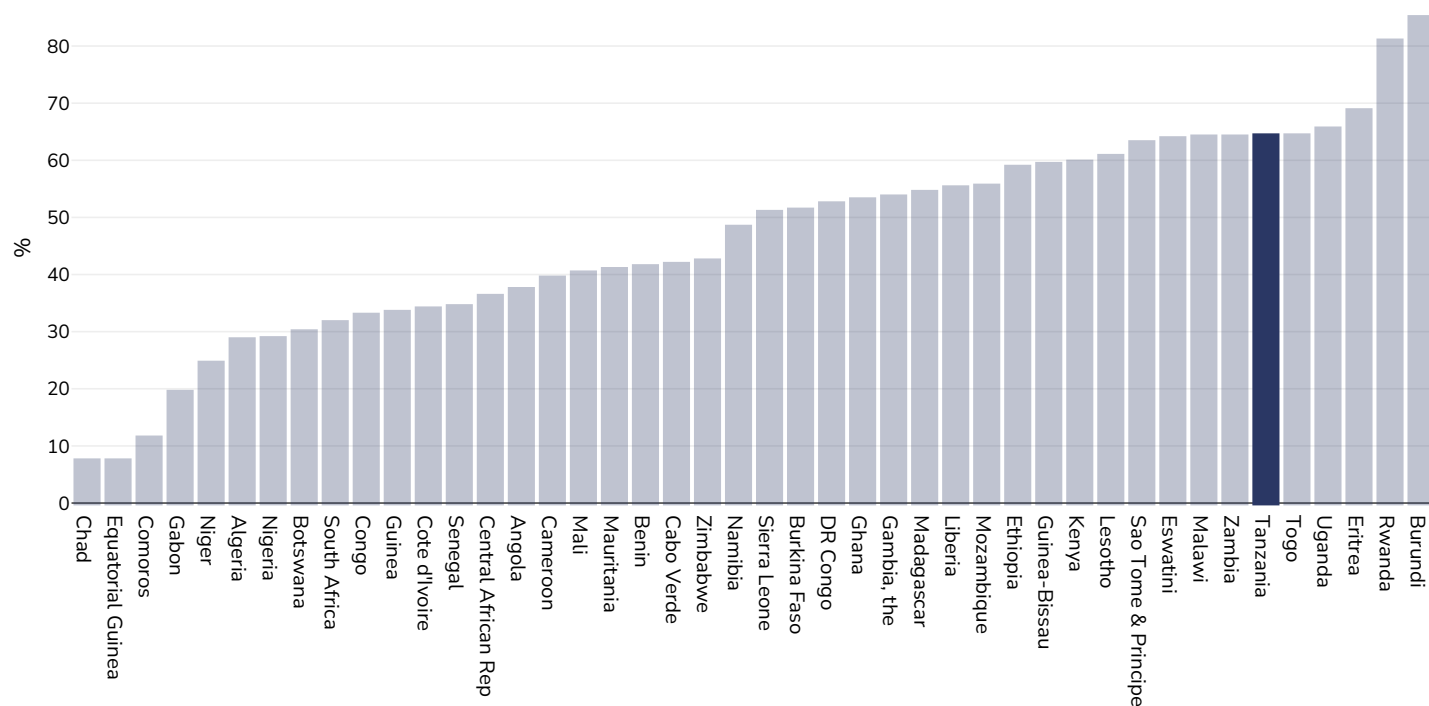
0-5 years, 2022



Survey type:	Measured
Age:	0-5
References:	United Nations Children's Fund, Division of Data, Analysis, Planning and Monitoring (2025). Global UNICEF Global Databases: Overlapping Stunting, Wasting and Overweight (Survey Estimates), 2025, New York. For more information, visit: https://data.unicef.org/topic/nutrition/malnutrition/ [Accessed 06.08.25]
Notes:	The 2022 Tanzania Demographic and Health Survey and Malaria Indicator Survey
Definitions:	Combined percentage of children under 5 years of age who are either wasted, stunted, or overweight (falling below -2 standard deviations from the median weight-for-height, falling below -2 standard deviations from the median height for age, or falling at or above +2 standard deviations from the median weight-for-height of the reference population)
Cutoffs:	WHZ <-2, HAZ <-2 and WHZ >+2

% Infants exclusively breastfed 0-5 months

0-5 years, 2010-2024



References: The 2022 Tanzania Demographic and Health Survey and Malaria Indicator Survey

Notes: Full details are available. Original citation United Nations Children's Fund, Division of Data, Analysis, Planning and Monitoring (2023).
Global UNICEF Global Databases: Infant and Young Child Feeding: Exclusive breastfeeding, New York, October 2023.

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