Report card
Tanzania

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Obesity prevalence

Women, 2015-2016

Survey type: Measured
Age: 15-49
Sample size: 11634
Area covered: National


Notes: Demographic Health Survey data includes ever married women aged 15-49 years only and may include males aged 15-59.

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
Survey type: Measured
Age: 9-11
Sample size: 1170
Area covered: Regional
Cutoffs: WHO
% Adults living with obesity, 1991-2016

Survey type: Measured

References:

Dar es Salaam, Tanzania: NBS/Tanzania and ICF Macro.

2015: Ministry of Health, Community Development, Gender, Elderly and Children - MoHCDGEC/Tanzania Mainland,

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².

Different methodologies may have been used to collect this data and so data from different surveys may not be strictly comparable. Please check with original data sources for methodologies used.
% Adults living with overweight or obesity, 1991-2016

Survey type: Measured

References:


Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².

Different methodologies may have been used to collect this data and so data from different surveys may not be strictly comparable. Please check with original data sources for methodologies used.
Overweight/obesity by education

Women, 2015-2016

Survey type: Measured
Age: 15-49
Sample size: 11635
Area covered: National


Notes: Demographic Health Survey data includes ever married women aged 15-49 years only and may include males aged 15-59. Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
Girls, 2015-2016

Survey type: Measured
Age: 15-19
Sample size: 2158
Area covered: National


Definitions: BMI for age: between +1 SD and +2 SD is overweight and greater than +2 SD is obesity

Cutoffs: WHO 2007
Overweight/obesity by age

Women, 2015-2016

Survey type: Measured
Sample size: 11635
Area covered: National


Notes: Demographic Health Survey data includes ever married women aged 15-49 years only and may include males aged 15-59. Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
Children, 2019

Survey type: Measured
Sample size: 1170
Area covered: Regional

Cutoffs: WHO
## Overweight/obesity by region

### Women, 2015-2016

![Chart showing overweight/obesity by region for women, 2015-2016](chart.png)

<table>
<thead>
<tr>
<th>Survey type:</th>
<th>Measured</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age:</td>
<td>15-49</td>
</tr>
<tr>
<td>Sample size:</td>
<td>11635</td>
</tr>
<tr>
<td>Area covered:</td>
<td>National</td>
</tr>
</tbody>
</table>

### References:

### Notes:
- Demographic Health Survey data includes ever married women aged 15-49 years only and may include males aged 15-59.

- Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
**Survey type:** Measured

**Age:** 9-11

**Sample size:** 1170

**Area covered:** Regional

# Overweight/obesity by socio-economic group

## Women, 2015-2016

<table>
<thead>
<tr>
<th>Quintile</th>
<th>Obesity</th>
<th>Overweight</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lowest Quintile</td>
<td>0%</td>
<td>5%</td>
</tr>
<tr>
<td>2nd quintile</td>
<td>5%</td>
<td>15%</td>
</tr>
<tr>
<td>3rd quintile</td>
<td>10%</td>
<td>10%</td>
</tr>
<tr>
<td>4th quintile</td>
<td>15%</td>
<td>20%</td>
</tr>
<tr>
<td>Highest Quintile</td>
<td>20%</td>
<td>25%</td>
</tr>
</tbody>
</table>

**Survey type:** Measured  
**Age:** 15-49  
**Sample size:** 11635  
**Area covered:** National  


**Notes:** Demographic Health Survey data includes ever married women aged 15-49 years only and may include males aged 15-59.  
Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
### Children, 2019

#### Overweight or obesity

<table>
<thead>
<tr>
<th></th>
<th>Poorer</th>
<th>Richer</th>
</tr>
</thead>
<tbody>
<tr>
<td>%</td>
<td>5</td>
<td>25</td>
</tr>
</tbody>
</table>

#### Survey type:
- Measured

#### Age:
- 9-11

#### Sample size:
- 1170

#### Area covered:
- Regional

#### References:

#### Notes:
- Type of School has been used to classify wealth. Privately educated are classified as Richer, Government educated Poorer

#### Cutoffs:
- WHO
Insufficient physical activity

Adults, 2016

Men, 2016

Women, 2016

### 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](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


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


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

Estimated per capita fruit intake

Adults, 2017

Survey type: Measured
Age: 25+
References: Global Burden of Disease, the Institute for Health Metrics and Evaluation [http://ghdx.healthdata.org/]
Definitions: Estimated per-capita fruit intake (g/day)
Prevalence of less than daily fruit consumption

Children, 2009-2015

Survey type: Measured
Age: 12-17


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
Definitions: Prevalence of less-than-daily vegetable consumption (% less-than-daily vegetable consumption)
Average weekly frequency of fast food consumption

Children, 2009-2015

References:
Estimated per-capita processed meat intake

Adults, 2017

Survey type: Measured
Age: 25+
References: Global Burden of Disease, the Institute for Health Metrics and Evaluation [http://ghdx.healthdata.org/]
Definitions: Estimated per-capita processed meat intake (g per day)
Estimated per capita whole grains intake

Adults, 2017

Survey type: Measured
Age: 25+
References: Global Burden of Disease, the Institute for Health Metrics and Evaluation [http://ghdx.healthdata.org/]
Definitions: Estimated per-capita whole grains intake (g/day)
Mental health - depression disorders

Adults, 2015


Definitions: % of population with depression disorders
Mental health - anxiety disorders

Adults, 2015


Definitions: % of population with anxiety disorders
% Infants exclusively breastfed 0-5 months

Children, 2005-2020

Area covered: National


Definitions: % exclusively breastfed 0-5 months
Oesophageal cancer

Men, 2020

Age: 20+

Area covered: National


Definitions: Age-standardized incidence rates per 100,000
Women, 2020

Incidence per 100,000

Age: 20+

Area covered: National


Definitions: Age-standardized incidence rates per 100 000
Breast cancer

Women, 2020

Age: 20+

Area covered: National


Definitions: Age-standardized incidence rates per 100 000
Colorectal cancer

Men, 2020

Incidence per 100,000

Age: 20+

Area covered: National


Definitions: Age-standardized incidence rates per 100 000
Women, 2020

Incidence per 100,000

Age: 20+

Area covered: National


Definitions: Age-standardized incidence rates per 100,000
Pancreatic cancer

Men, 2020

Incidence per 100,000

Age: 20+

Area covered: National


Definitions: Age-standardized incidence rates per 100 000
Women, 2020

Age: 20+

Area covered: National


Definitions: Age-standardized incidence rates per 100,000
Gallbladder cancer

Men, 2020

Incidence per 100,000

Age: 20+

Area covered: National


Definitions: Age-standardized incidence rates per 100 000
Women, 2020

Incidence per 100,000

Age: 20+

Area covered: National


Definitions: Age-standardized incidence rates per 100,000
Kidney cancer

Men, 2020

Age: 20+

Area covered: National


Definitions: Age-standardized incidence rates per 100 000
Women, 2020

Incidence per 100,000

Age: 20+

Area covered: National


Definitions: Age-standardized incidence rates per 100,000
Cancer of the uterus

Women, 2020

<table>
<thead>
<tr>
<th>Country</th>
<th>Incidence per 100,000</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sao Tome &amp; Principe</td>
<td></td>
</tr>
<tr>
<td>Gambia</td>
<td></td>
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<tr>
<td>Malawi</td>
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<tr>
<td>Rwanda</td>
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<tr>
<td>Guinea</td>
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<tr>
<td>Comoros</td>
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<tr>
<td>DR Congo</td>
<td></td>
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<tr>
<td>Central African Rep</td>
<td></td>
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<tr>
<td>Madagascar</td>
<td></td>
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<tr>
<td>Mauritania</td>
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<tr>
<td>Algeria</td>
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<tr>
<td>Nigeria</td>
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<tr>
<td>Mauritania</td>
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<tr>
<td>Mali</td>
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<tr>
<td>Libya</td>
<td></td>
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<tr>
<td>Equatorial Guinea</td>
<td></td>
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<tr>
<td>Uganda</td>
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<tr>
<td>Benin</td>
<td></td>
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<tr>
<td>Gabon</td>
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<tr>
<td>Ghana</td>
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<tr>
<td>Botswana</td>
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<tr>
<td>Cote d'Ivoire</td>
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<tr>
<td>Kenya</td>
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<tr>
<td>Zimbabwe</td>
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<tr>
<td>Burkina Faso</td>
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<tr>
<td>South Africa</td>
<td></td>
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<tr>
<td>Mauritius</td>
<td></td>
</tr>
</tbody>
</table>

Age: 20+

Area covered: National


Definitions: Age-standardized incidence rates per 100 000
Raised blood pressure

Adults, 2015

References:

Definitions:
Age Standardised estimated % Raised blood pressure 2015 (SBP>=140 OR DBP>=90).
Men, 2015


Definitions: Age Standardised estimated % Raised blood pressure 2015 (SBP≥140 OR DBP≥90).
Women, 2015

References:
Global Health Observatory data repository, World Health Organisation,
http://apps.who.int/gho/data/node.main.A875?lang=en

Definitions:
Age Standardised estimated % Raised blood pressure 2015 (SBP>=140 OR DBP>=90).
Raised cholesterol

Adults, 2008

References:
Global Health Observatory data repository, World Health Organisation,
http://apps.who.int/gho/data/node.main.A885

Definitions:
% Raised total cholesterol (≥ 5.0 mmol/L) (age-standardized estimate).
Men, 2008

% raised cholesterol


Definitions: % Raised total cholesterol (>= 5.0 mmol/L) (age-standardized estimate).
Women, 2008

References: Global Health Observatory data repository, World Health Organisation, [http://apps.who.int/gho/data/node.main.A885](http://apps.who.int/gho/data/node.main.A885)

Definitions: % Raised total cholesterol (≥ 5.0 mmol/L) (age-standardized estimate).
Raised fasting blood glucose

Men, 2014

References:
Global Health Observatory data repository, World Health Organisation,
http://apps.who.int/gho/data/node.main.A869?lang=en

Definitions:
Age Standardised % raised fasting blood glucose (>= 7.0 mmol/L or on medication).
Women, 2014


Definitions: Age Standardised % raised fasting blood glucose (>= 7.0 mmol/L or on medication).
Diabetes prevalence

Adults, 2021

Age: 20-79

Area covered: National


Definitions: Age-adjusted comparative prevalence of diabetes, %
Contextual factors

Disclaimer: These contextual factors should be interpreted with care. Results are updated as regularly as possible and use very specific criteria. The criteria used and full definitions are available for download at the bottom of this page.

<table>
<thead>
<tr>
<th>Labelling</th>
</tr>
</thead>
<tbody>
<tr>
<td>Is there mandatory nutrition labelling?</td>
</tr>
<tr>
<td>Front-of-package labelling?</td>
</tr>
<tr>
<td>Back-of-pack nutrition declaration?</td>
</tr>
<tr>
<td>Color coding?</td>
</tr>
<tr>
<td>Warning label?</td>
</tr>
</tbody>
</table>
### Regulation and marketing

<table>
<thead>
<tr>
<th>Question</th>
<th>Answer</th>
</tr>
</thead>
<tbody>
<tr>
<td>Are there fiscal policies on unhealthy products?</td>
<td>✗</td>
</tr>
<tr>
<td>Tax on unhealthy foods?</td>
<td>✗</td>
</tr>
<tr>
<td>Tax on unhealthy drinks?</td>
<td>✗</td>
</tr>
<tr>
<td>Are there fiscal policies on healthy products?</td>
<td>✗</td>
</tr>
<tr>
<td>Subsidy on fruits?</td>
<td>✗</td>
</tr>
<tr>
<td>Subsidy on vegetables?</td>
<td>✗</td>
</tr>
<tr>
<td>Subsidy on other healthy products?</td>
<td>✗</td>
</tr>
<tr>
<td>Mandatory limit or ban of trans fat (all settings)?</td>
<td>✔️</td>
</tr>
<tr>
<td>Mandatory limit of trans fats in place (all settings)?</td>
<td>✔️</td>
</tr>
<tr>
<td>Ban on trans-fats or phos in place (all settings)?</td>
<td>✗</td>
</tr>
<tr>
<td>Are there any mandatory policies/marketing restrictions on the promotion of unhealthy food/drinks to children?</td>
<td>✗</td>
</tr>
<tr>
<td>Mandatory restriction on broadcast media?</td>
<td>✗</td>
</tr>
<tr>
<td>Mandatory restriction on non-broadcast media?</td>
<td>✗</td>
</tr>
<tr>
<td>Voluntary policies/marketing restrictions on the promotion of unhealthy food/drinks to children?</td>
<td>✗</td>
</tr>
<tr>
<td>Are there mandatory standards for food in schools?</td>
<td>✗</td>
</tr>
<tr>
<td>Are there any mandatory nutrient limits in any manufactured food products?</td>
<td>✔️</td>
</tr>
<tr>
<td>Nutrition standards for public sector procurement?</td>
<td>✗</td>
</tr>
</tbody>
</table>
### Political will and support

- National obesity strategy or nutrition and physical activity national strategy? ✗
- National obesity strategy? ✗
- National childhood obesity strategy? ✗
- Comprehensive nutrition strategy? ✓
- Comprehensive physical activity strategy? ❓
- Evidence-based dietary guidelines and/or RDAs? ✗
- National target(s) on reducing obesity? ✓
- Guidelines/policy on obesity treatment? ✗
- Promotion of breastfeeding? ✓

### Monitoring and surveillance

- Monitoring of the prevalence and incidence for the main obesity-related NCDs and risk factors? ✓
- Within 5 years? ✓

### Governance and resource

- Multi-sectoral national co-ordination mechanism for obesity or nutrition (including obesity)? ✓

### Key

- Present ✓
- Present (voluntary) ✓
- Incoming ✓
- Absent ✗
- Unknown ❓

Last updated September 13, 2022