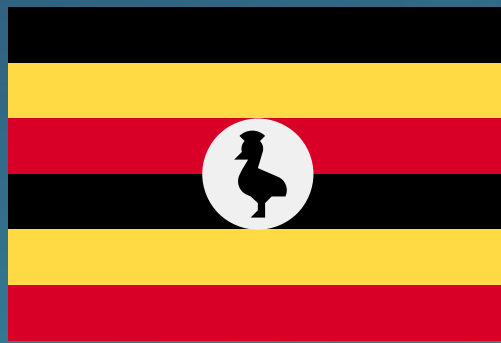




# Uganda



## Country report card - under-5s

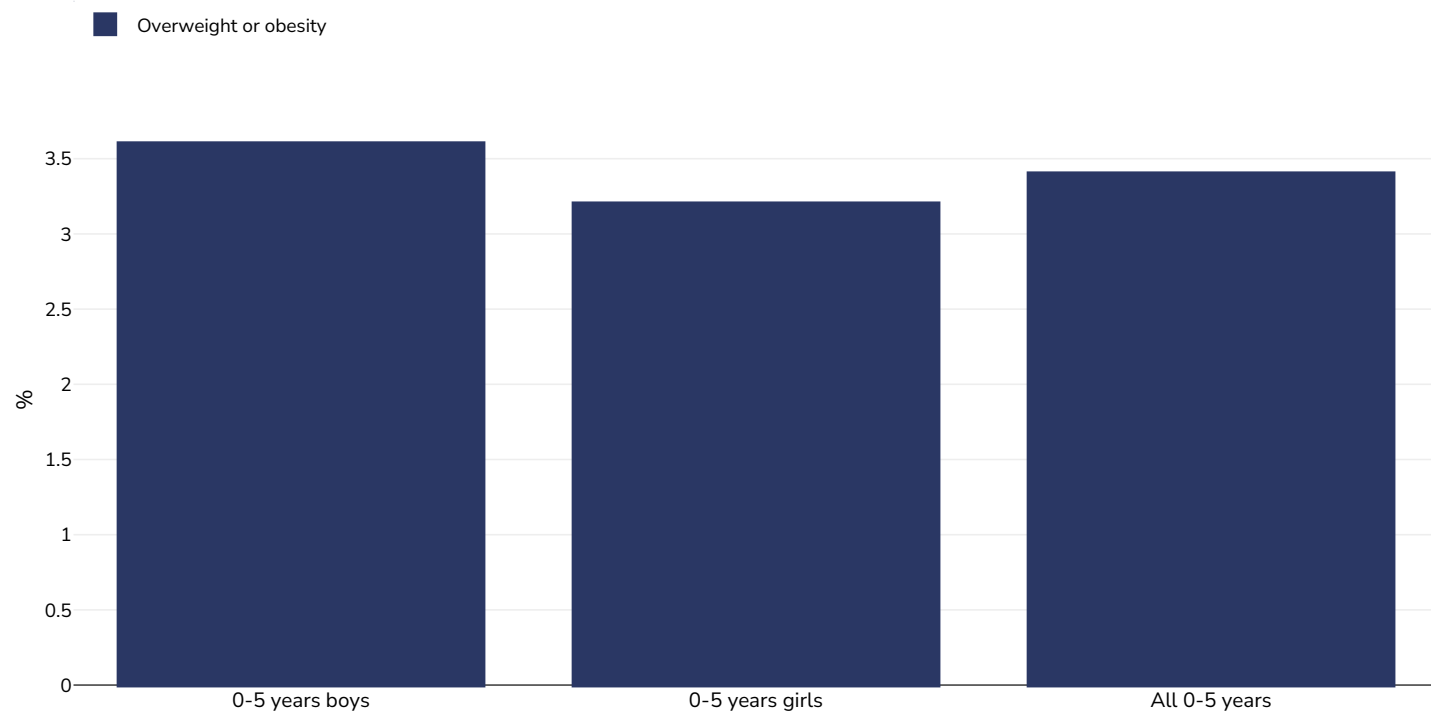
*This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity for children under 5. Where available, data on common and relevant obesity drivers and comorbidities are also presented.*

*View the latest version of this report on the Global Obesity Observatory at <https://data.worldobesity.org/country/uganda-223/>*

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## Obesity prevalence

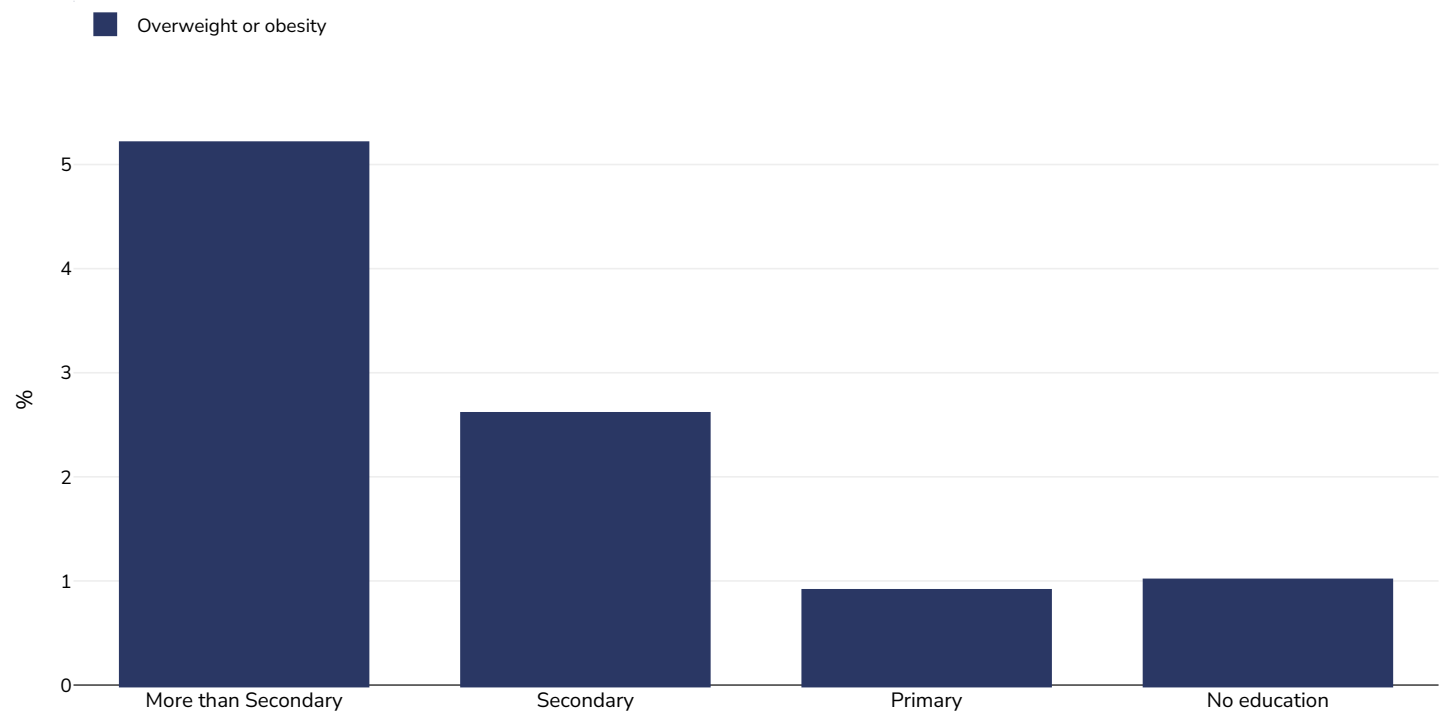
0-5 years, 2022



Survey type:	Measured
Age:	0-5
Sample size:	5031
Area covered:	National
References:	Uganda Demographic and Health Survey 2022. Kampala, Uganda: UBOS. 2023
Notes:	UNICEF/WHO/World Bank Joint Child Malnutrition Estimates Expanded Database: Overweight estimates: National and Disaggregated, July 2025, New York. Weighted sample size. For more information, please consult <a href="https://data.unicef.org/resources/jme/">https://data.unicef.org/resources/jme/</a> .
Definitions:	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.
Cutoffs:	=>+2SD

## Overweight/obesity by education

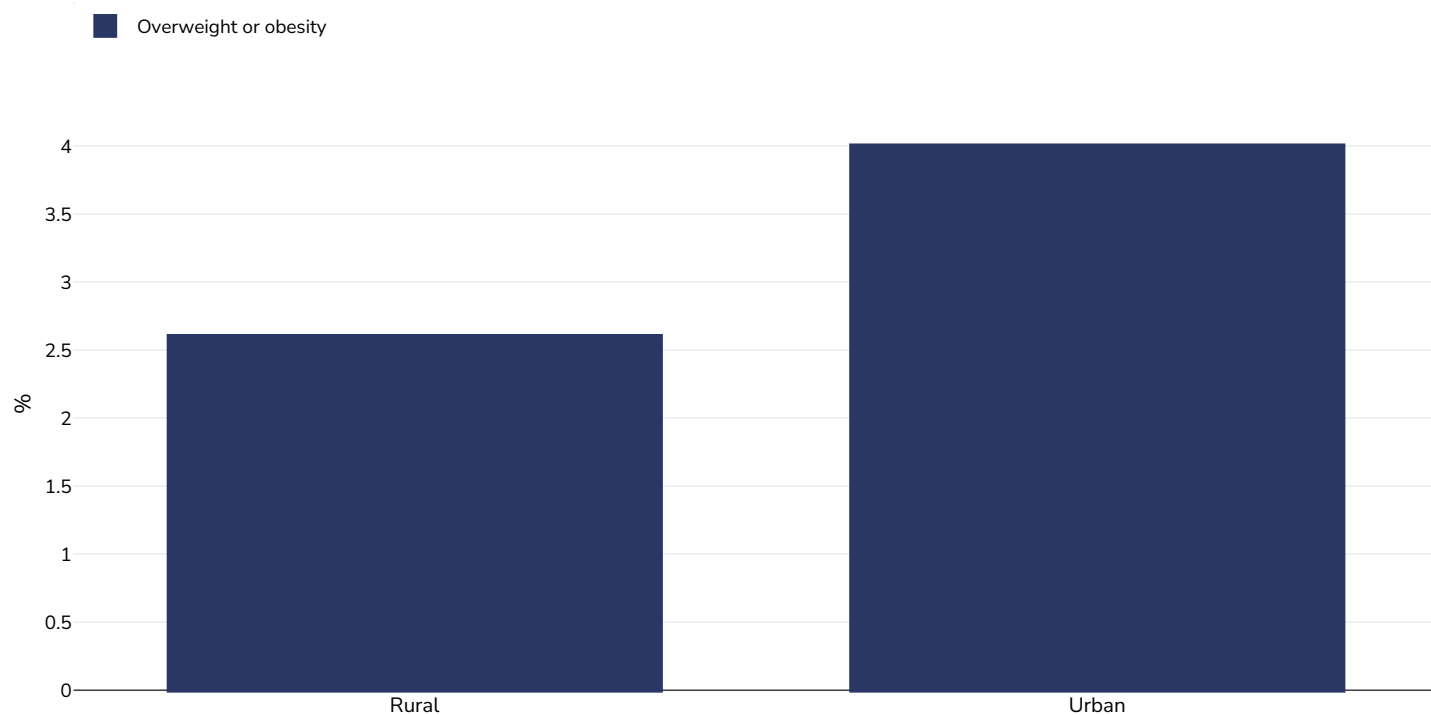
0-5 years, 2016



Survey type:	Measured
Sample size:	5136
Area covered:	National
References:	Uganda Bureau of Statistics - UBOS and ICF. 2018. Uganda Demographic and Health Survey 2016. Kampala, Uganda and Rockville, Maryland, USA: UBOS and ICF.. <a href="https://www.dhsprogram.com/publications/publication-fr333-dhs-final-reports.cfm">https://www.dhsprogram.com/publications/publication-fr333-dhs-final-reports.cfm</a> (last accessed 18.05.21)
Notes:	Infants. Based on Mother's education.
Definitions:	Weight for Height. Overweight = >2SD
Cutoffs:	Other

## Overweight/obesity by region

0-5 years, 2019-2020



Sample size: 4664972

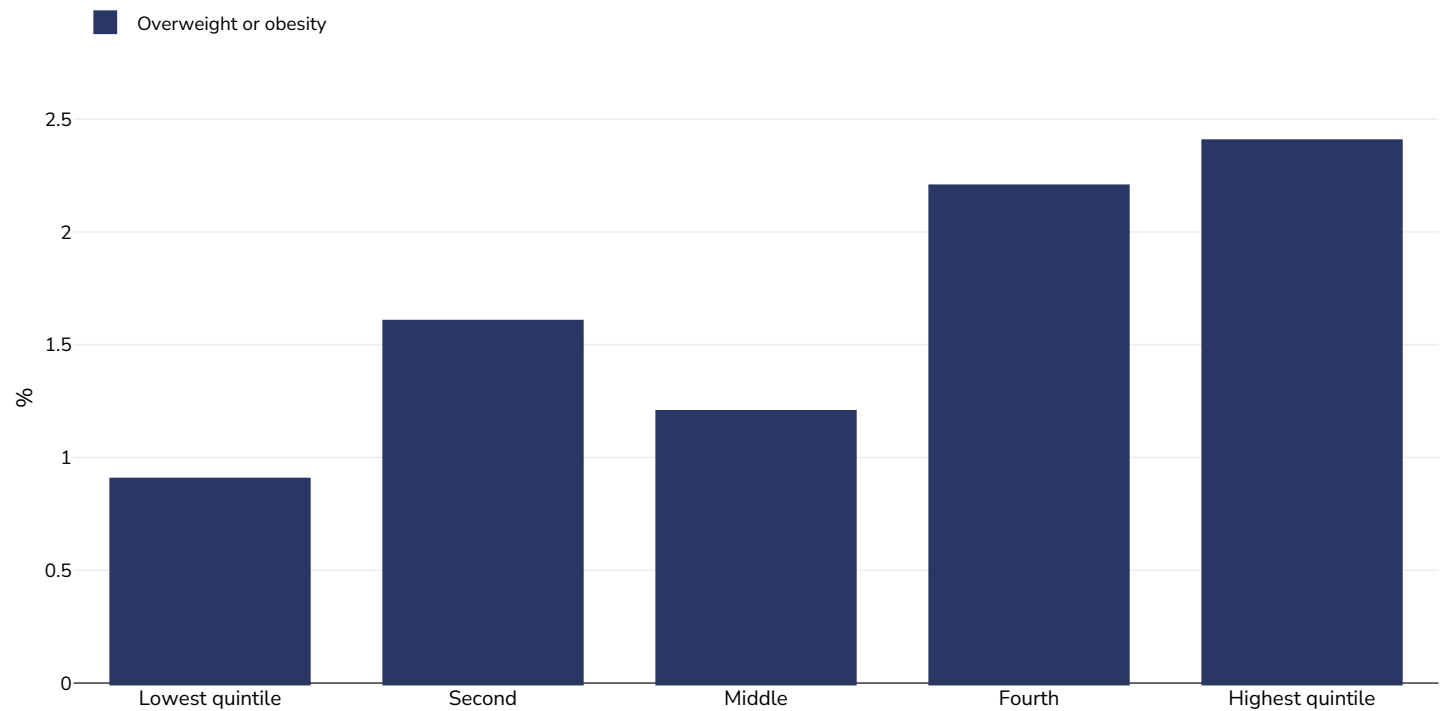
References: LSMS: Uganda National Panel Survey 2019-2020

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

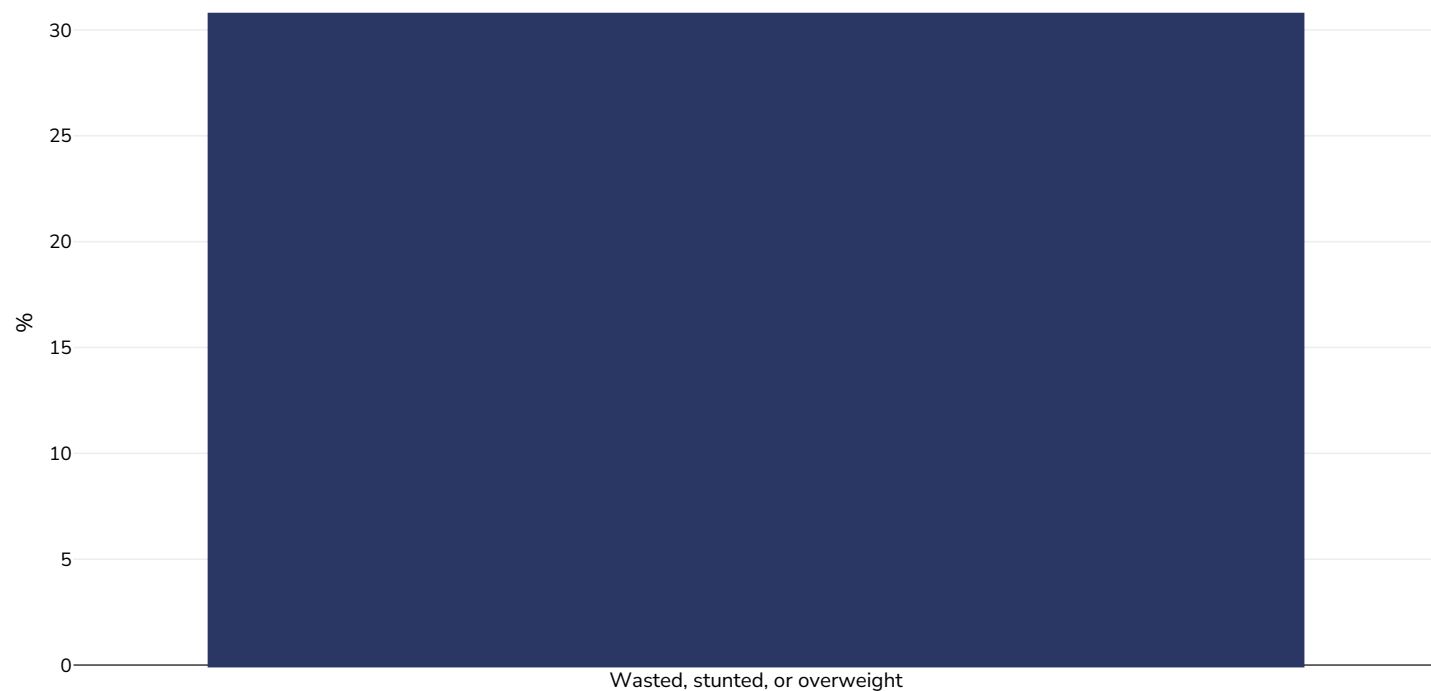
0-5 years, 2016



Survey type:	Measured
Sample size:	5136
Area covered:	National
References:	Uganda Bureau of Statistics - UBOS and ICF. 2018. Uganda Demographic and Health Survey 2016. Kampala, Uganda and Rockville, Maryland, USA: UBOS and ICF.. <a href="https://www.dhsprogram.com/publications/publication-fr333-dhs-final-reports.cfm">https://www.dhsprogram.com/publications/publication-fr333-dhs-final-reports.cfm</a> (last accessed 18.05.21)
Notes:	Infants.
Definitions:	Weight for Height. Overweight = >2SD
Cutoffs:	Other

## Double burden of underweight & overweight

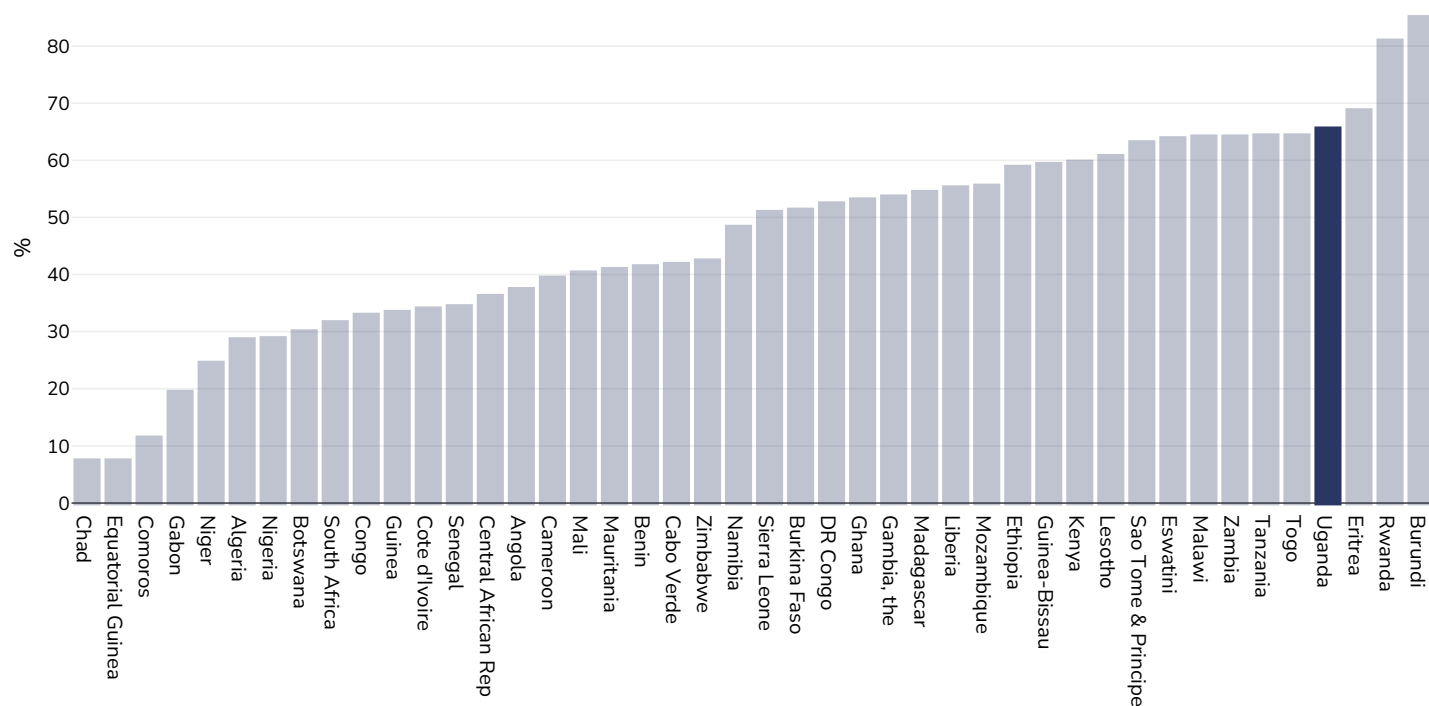
0-5 years, 2019-2020



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: <a href="https://data.unicef.org/topic/nutrition/malnutrition/">https://data.unicef.org/topic/nutrition/malnutrition/</a> [Accessed 06.08.25]
Notes:	Uganda National Panel Survey 2019-2020
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:** Uganda Demographic and Health Survey 2016. Kampala, Uganda and Rockville, Maryland, USA: UBOS and ICF. 2018

**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.

PDF created on August 19, 2025