# Report card
## Uganda

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Obesity prevalence

Adults, 2023

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<tr>
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</table>

Survey type: Measured

Age: 18-69

Sample size: 3466

Area covered: National


Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
Children, 2011

Survey type: Measured
Age: 15-19
Sample size: 970
Area covered: National


Notes: 502 girls and 468 boys. Small sample size

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

Cutoffs: WHO 2007
Infants, 2019-2020

Overweight or obesity

Age: 0-5
Sample size: 4664972
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
% Adults living with obesity in Uganda 1995-2016

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.
% Adults living with overweight or obesity in Uganda 1995-2016

Survey type:

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

Men, 2016

Survey type: Measured
Age: 15-49
Sample size: 10123
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.
Women, 2016

Survey type: Measured
Age: 15-49
Sample size: 10123
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.
Infants, 2016

Overweight or obesity

Sample size: 5191

References: DHS: Uganda Demographic and Health Survey 2016. Kampala, Uganda and Rockville, Maryland, USA: UBOS and ICF. 2018

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 age

Adults, 2023

Survey type: Measured
Sample size: 3466
Area covered: National


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

Men, 2016

Survey type: Measured
Age: 15-49
Sample size: 10123 (15-49yrs)
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.
Women, 2016

Survey type: Measured
Age: 15-49
Sample size: 10123 (15-49yrs)
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.
**Boys, 2003**

Survey type: Self-reported  
Age: 13-15  
Sample size: 3215  
Area covered: National  
Notes: WHO cut-offs used and based on Self-reported data.
Girls, 2003

Survey type: Self-reported
Age: 13-15
Sample size: 3215
Area covered: National


Notes: WHO cut-offs used and based on Self-reported data.

Cutoffs: WHO
Infants, 2019-2020

Sample size: 4664972


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

Men, 2016

Survey type: Measured
Age: 15-49
Sample size: 10123
Area covered: National


Notes: Demographic Health Survey data includes ever married women aged 15-49 years only and may include males aged 15-59. Sample size = 10123 (4893 Men and 5230 Women)

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
Women, 2016

Survey type: Measured
Age: 15-49
Sample size: 10123
Area covered: National


Notes: Demographic Health Survey data includes ever married women aged 15-49 years only and may include males aged 15-59. Sample size = 10123 (4893 Men and 5230 Women)

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m². obesity refers to a BMI greater than 30kg/m².
Infants, 2016

Sample size: 5191

References: DHS: Uganda Demographic and Health Survey 2016. Kampala, Uganda and Rockville, Maryland, USA: UBOS and ICF. 2018

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
Insufficient physical activity

Adults, 2016

Men, 2016

Women, 2016

Children, 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)
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)
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)
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:

References: Uganda Demographic and Health Survey 2016. Kampala, Uganda and Rockville, Maryland, USA: UBOS and ICF. 2018


Definitions: % exclusively breastfed 0-5 months
Oesophageal cancer

Men, 2020

Age: 20+

Area covered: National


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

Area covered:


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

Women, 2020

Incidence per 100,000

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

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
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

References:

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**

Age: 20+

Area covered: National


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

Women, 2020

Incidence per 100,000

Age: 20+

Area covered: National


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

Adults, 2015


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

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

Adults, 2008


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

Definitions: % Raised total cholesterol (\(\geq 5.0 \text{ mmol/L}\)) (age-standardized estimate).
Women, 2008


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

Men, 2014


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

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<th>Labelling</th>
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<td>Is there mandatory nutrition labelling?</td>
<td>✗</td>
</tr>
<tr>
<td>Front-of-package labelling?</td>
<td>✗</td>
</tr>
<tr>
<td>Back-of-pack nutrition declaration?</td>
<td>✓</td>
</tr>
<tr>
<td>Color coding?</td>
<td>✗</td>
</tr>
<tr>
<td>Warning label?</td>
<td>✗</td>
</tr>
<tr>
<td>Regulation and marketing</td>
<td></td>
</tr>
<tr>
<td>--------------------------</td>
<td></td>
</tr>
<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>
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</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>
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<td>Nutrition standards for public sector procurement?</td>
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### Political will and support

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<th>Status</th>
</tr>
</thead>
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<tr>
<td>National obesity strategy or nutrition and physical activity national strategy?</td>
<td>✗</td>
</tr>
<tr>
<td>National obesity strategy?</td>
<td>✗</td>
</tr>
<tr>
<td>National childhood obesity strategy?</td>
<td>✗</td>
</tr>
<tr>
<td>Comprehensive nutrition strategy?</td>
<td>✓</td>
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<td>Comprehensive physical activity strategy?</td>
<td>✗</td>
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<tr>
<td>Evidence-based dietary guidelines and/or RDAs?</td>
<td>✗</td>
</tr>
<tr>
<td>National target(s) on reducing obesity?</td>
<td>✓</td>
</tr>
<tr>
<td>Guidelines/policy on obesity treatment?</td>
<td>✗</td>
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<tr>
<td>Promotion of breastfeeding?</td>
<td>✓</td>
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### Monitoring and surveillance

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<th>Status</th>
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<tbody>
<tr>
<td>Monitoring of the prevalence and incidence for the main obesity-related NCDs and risk factors?</td>
<td>✓</td>
</tr>
<tr>
<td>Within 5 years?</td>
<td>✗</td>
</tr>
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### Governance and resource

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<th>Resource</th>
<th>Status</th>
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</thead>
<tbody>
<tr>
<td>Multi-sectoral national co-ordination mechanism for obesity or nutrition (including obesity)?</td>
<td>✓</td>
</tr>
</tbody>
</table>

### Key

- Present
- Incoming
- Absent
- Unknown

*(voluntary)*

_Last updated September 13, 2022_