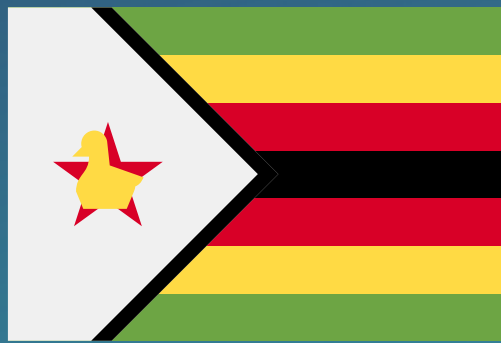




Zimbabwe



Country report card - children

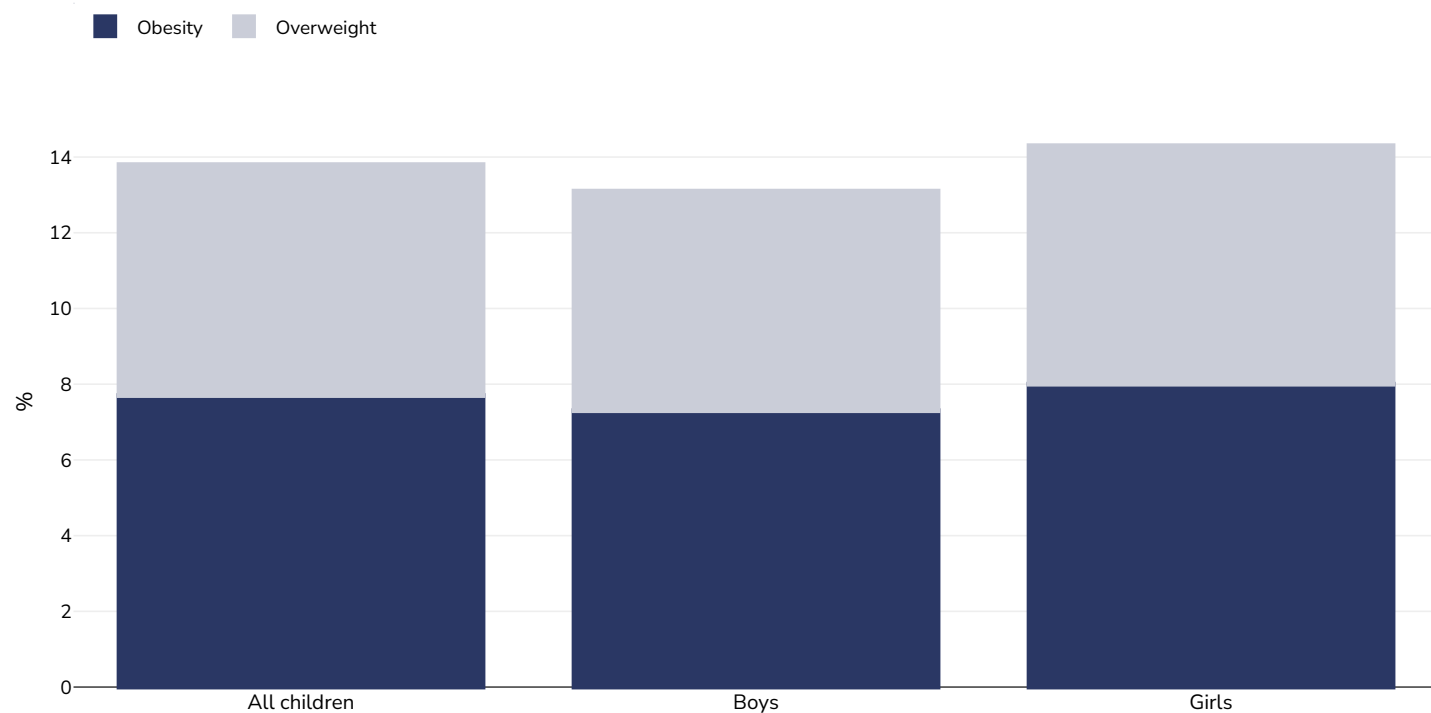
This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity for children, including adolescents (aged 5 to 18 years). Where available, data on common and relevant obesity drivers and comorbidities are also presented.

View the latest version of this report on the Global Obesity Observatory at <https://data.worldobesity.org/country/zimbabwe-238/>.

Contents	Page
Obesity prevalence	3
Overweight/obesity by education	4
Overweight/obesity by age	5
Overweight/obesity by region	6
Overweight/obesity by socio-economic group	7
Double burden of underweight & overweight	8
Insufficient physical activity	9
Mental health - depression disorders	12
Mental health - anxiety disorders	16

Obesity prevalence

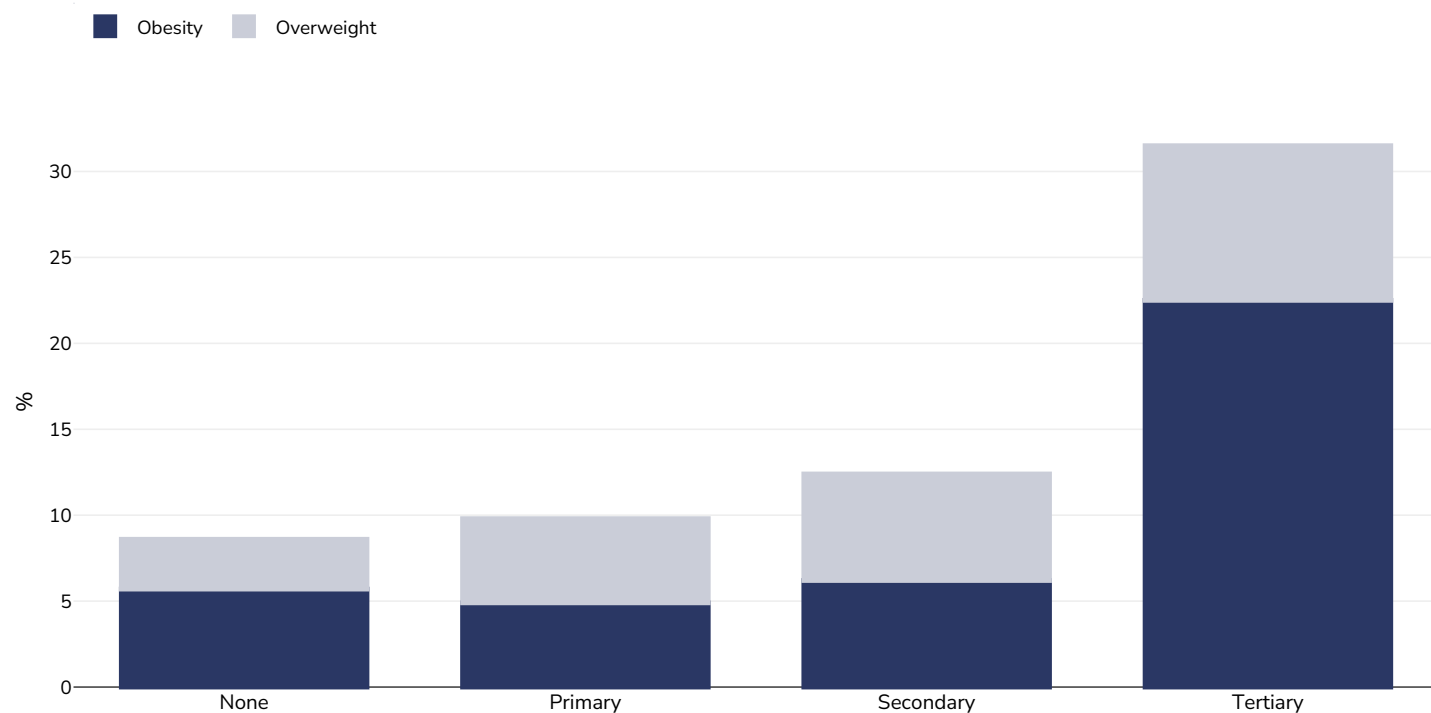
Children, 2015



Survey type:	Measured
Age:	6-12
Sample size:	974
Area covered:	Regional
References:	Kambondo G, Sartorius B. Risk Factors for Obesity and Overfat among Primary School Children in Mashonaland West Province, Zimbabwe. Int J Environ Res Public Health. 2018 Feb 2;15(2):249. doi: 10.3390/ijerph15020249. PMID: 29393863; PMCID: PMC5858318.
Notes:	Mashonaland West Province, Zimbabwe
Cutoffs:	IOTF

Overweight/obesity by education

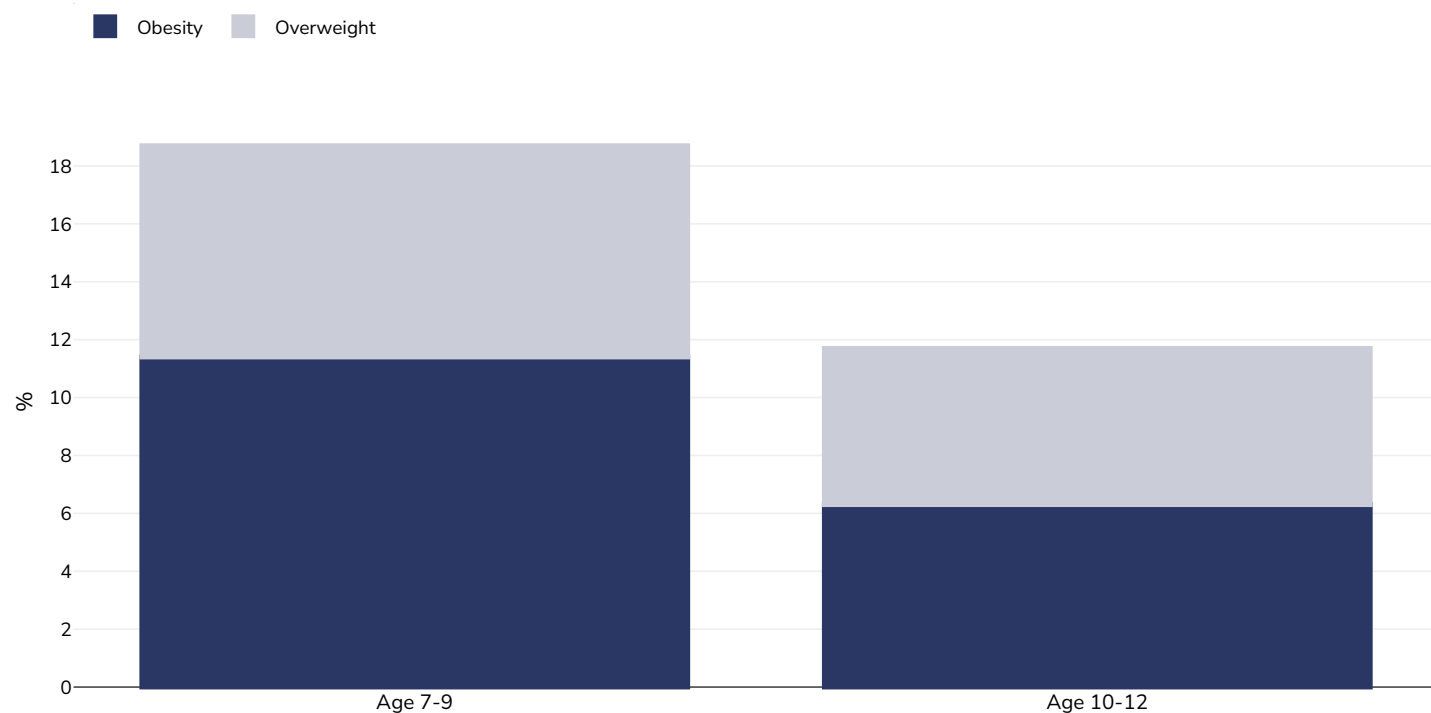
Children, 2015



Survey type:	Measured
Age:	6-12
Sample size:	955
Area covered:	Regional
References:	Kambondo G, Sartorius B. Risk Factors for Obesity and Overfat among Primary School Children in Mashonaland West Province, Zimbabwe. Int J Environ Res Public Health. 2018 Feb 2;15(2):249. doi: 10.3390/ijerph15020249. PMID: 29393863; PMCID: PMC5858318.
Cutoffs:	IOTF

Overweight/obesity by age

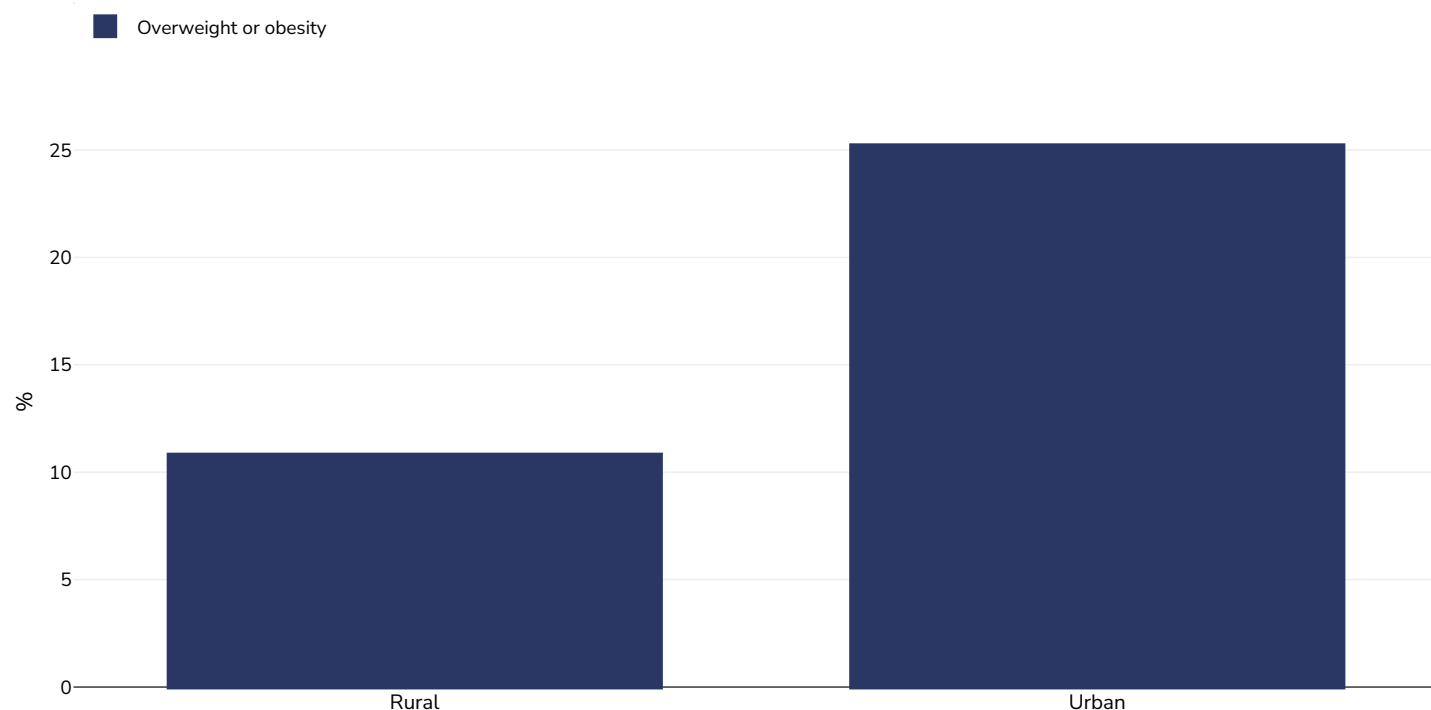
Children, 2015



Survey type:	Measured
Sample size:	955
Area covered:	Regional
References:	Kambondo G, Sartorius B. Risk Factors for Obesity and Overfat among Primary School Children in Mashonaland West Province, Zimbabwe. Int J Environ Res Public Health. 2018 Feb 2;15(2):249. doi: 10.3390/ijerph15020249. PMID: 29393863; PMCID: PMC5858318.
Notes:	Age 6 Years Small removed as too small
Cutoffs:	IOTF

Overweight/obesity by region

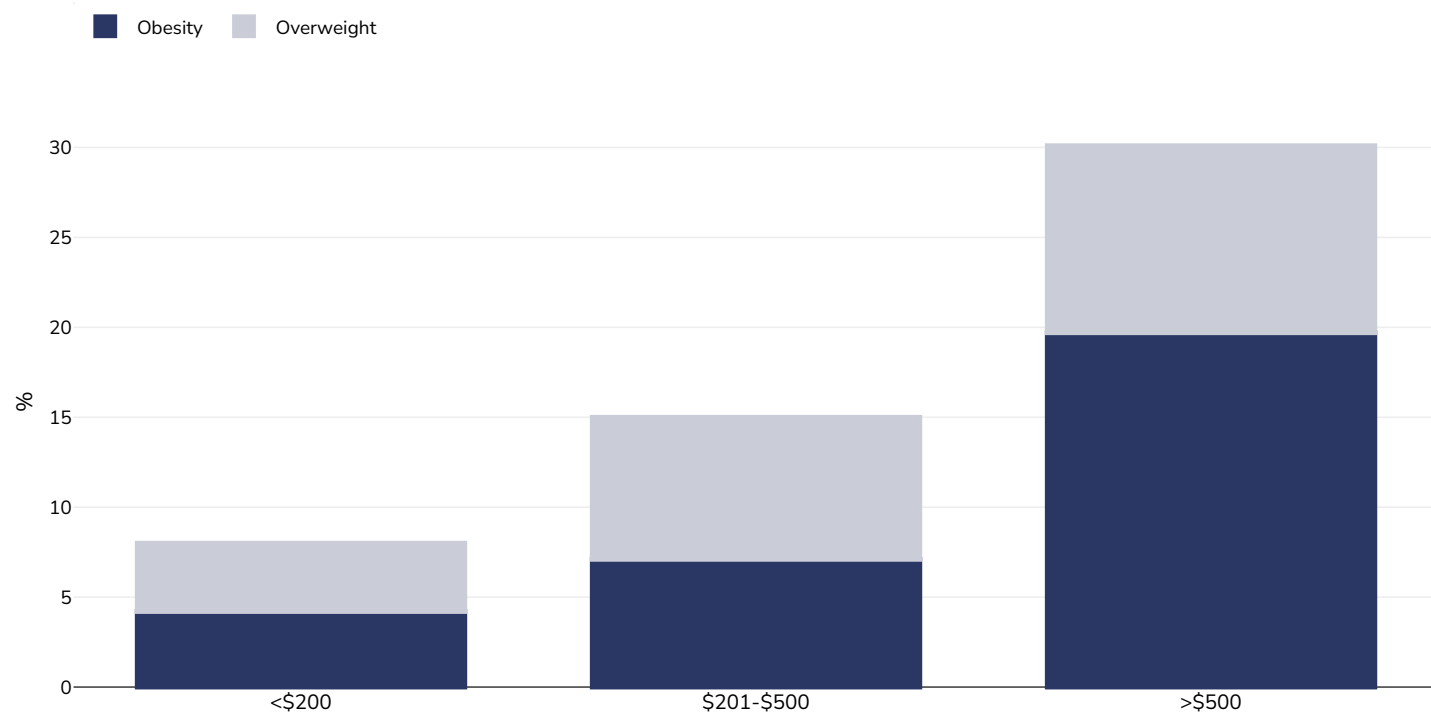
Girls, 2015



Survey type:	Measured
Age:	15-19
Sample size:	1667
Area covered:	National
References:	Benedict, Rukundo K., Allison Schmale, and Sorrel Namaste. 2018. Adolescent Nutrition 2000-2017: DHS Data on Adolescents Age 15-19. DHS Comparative Report No. 47. Rockville, Maryland, USA: ICF. Zimbabwe National Statistics Agency and ICF International. 2016. Zimbabwe Demographic and Health Survey 2015: Final Report. Rockville, Maryland, USA: Zimbabwe National Statistics Agency (ZIMSTAT) and ICF International.
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 socio-economic group

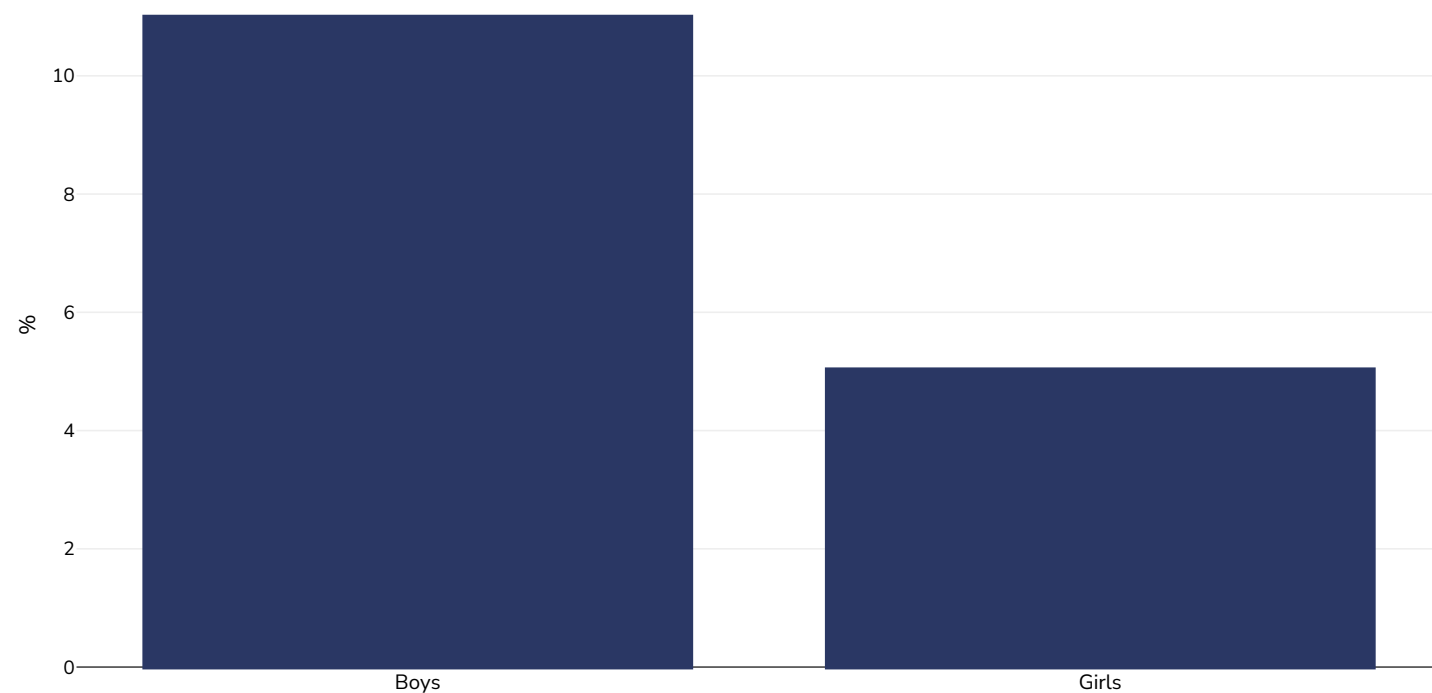
Children, 2015



Survey type:	Measured
Age:	6-12
Sample size:	974
Area covered:	Regional
References:	Kambondo G, Sartorius B. Risk Factors for Obesity and Overfat among Primary School Children in Mashonaland West Province, Zimbabwe. Int J Environ Res Public Health. 2018 Feb 2;15(2):249. doi: 10.3390/ijerph15020249. PMID: 29393863; PMCID: PMC5858318.
Cutoffs:	IOTF

Double burden of underweight & overweight

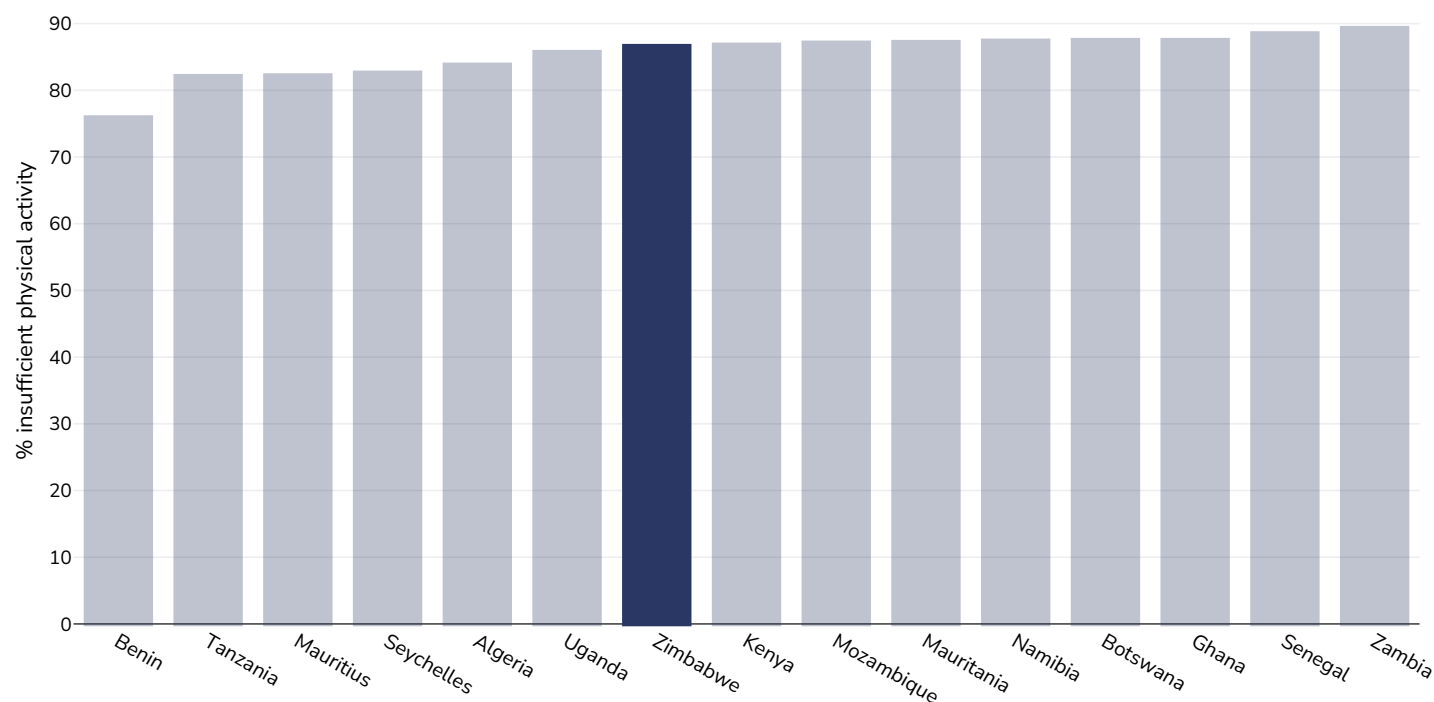
Children, 2022



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. https://doi.org/10.1016/S0140-6736(23)02750-2 .
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

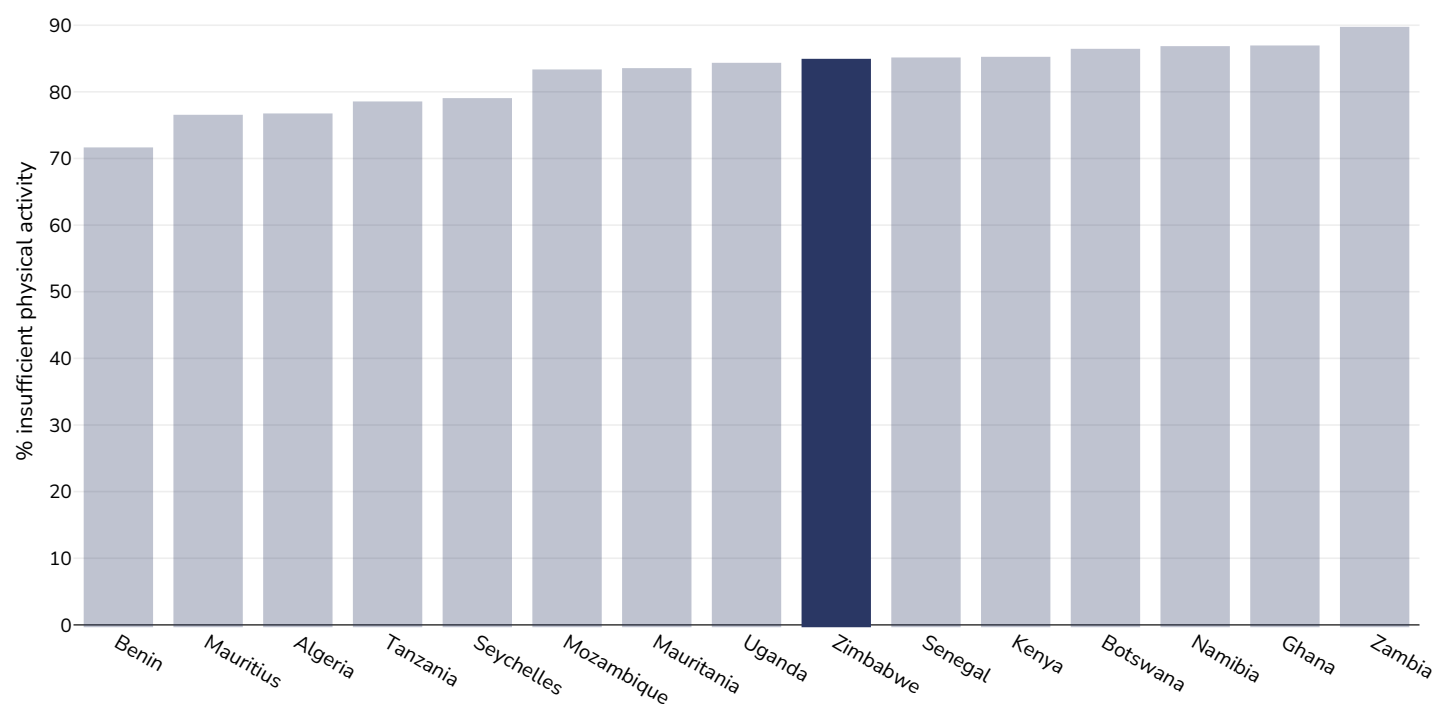
Age: 11-17

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

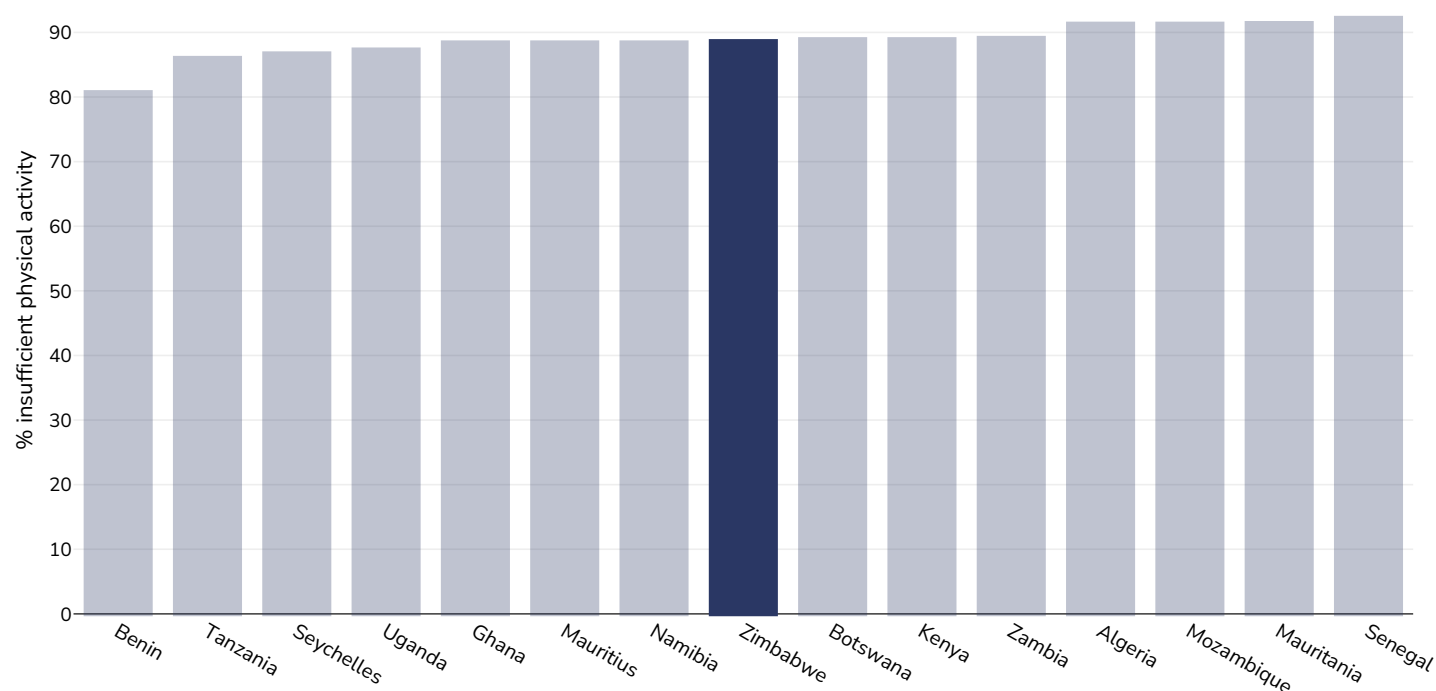
Age: 11-17

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

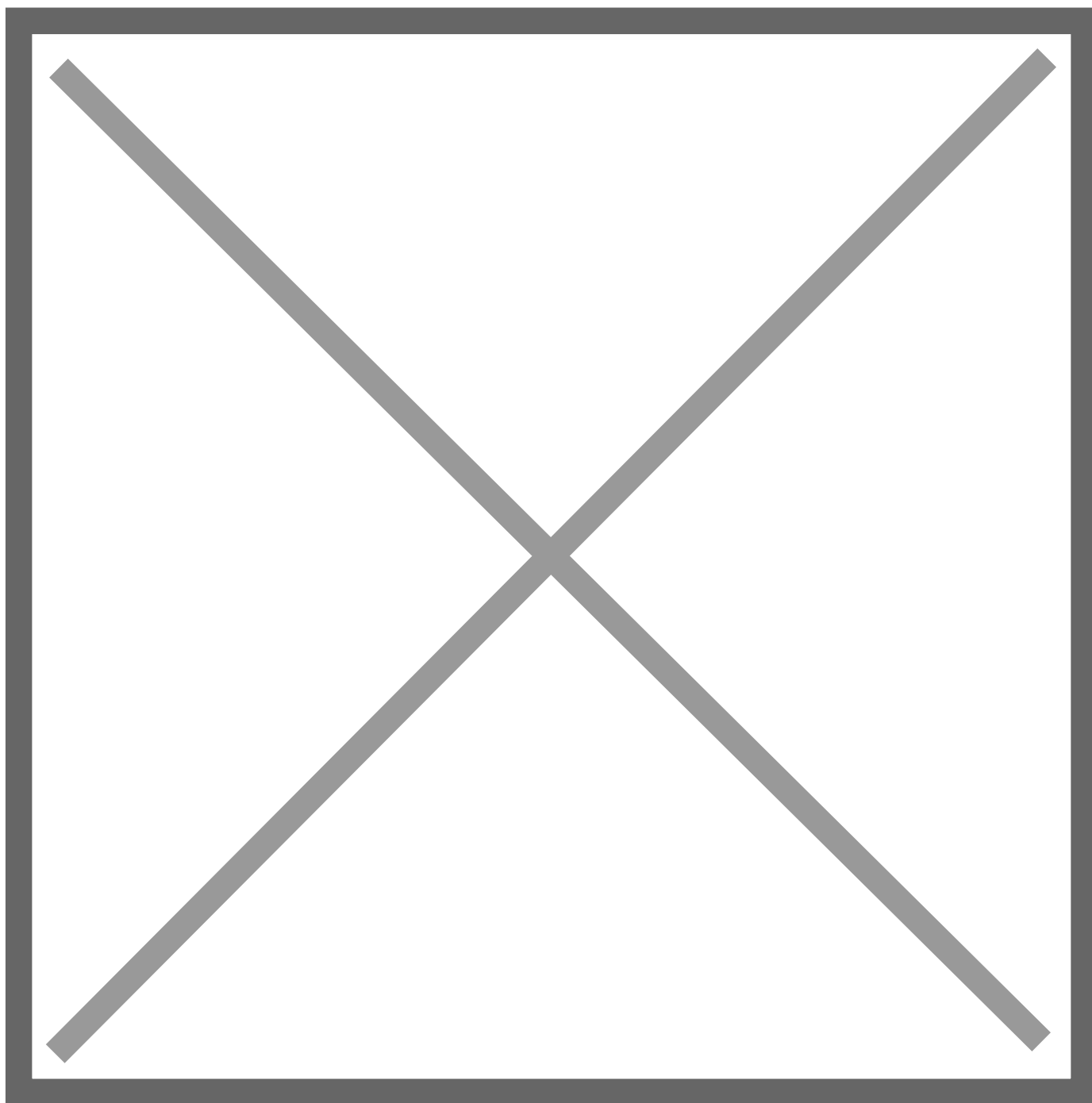
References: Global Health Observatory data repository, World Health Organisation, <https://apps.who.int/gho/data/node.main.A893ADO?lang=en> (last accessed 16.03.21)

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)

Mental health - depression disorders

Children, 2021



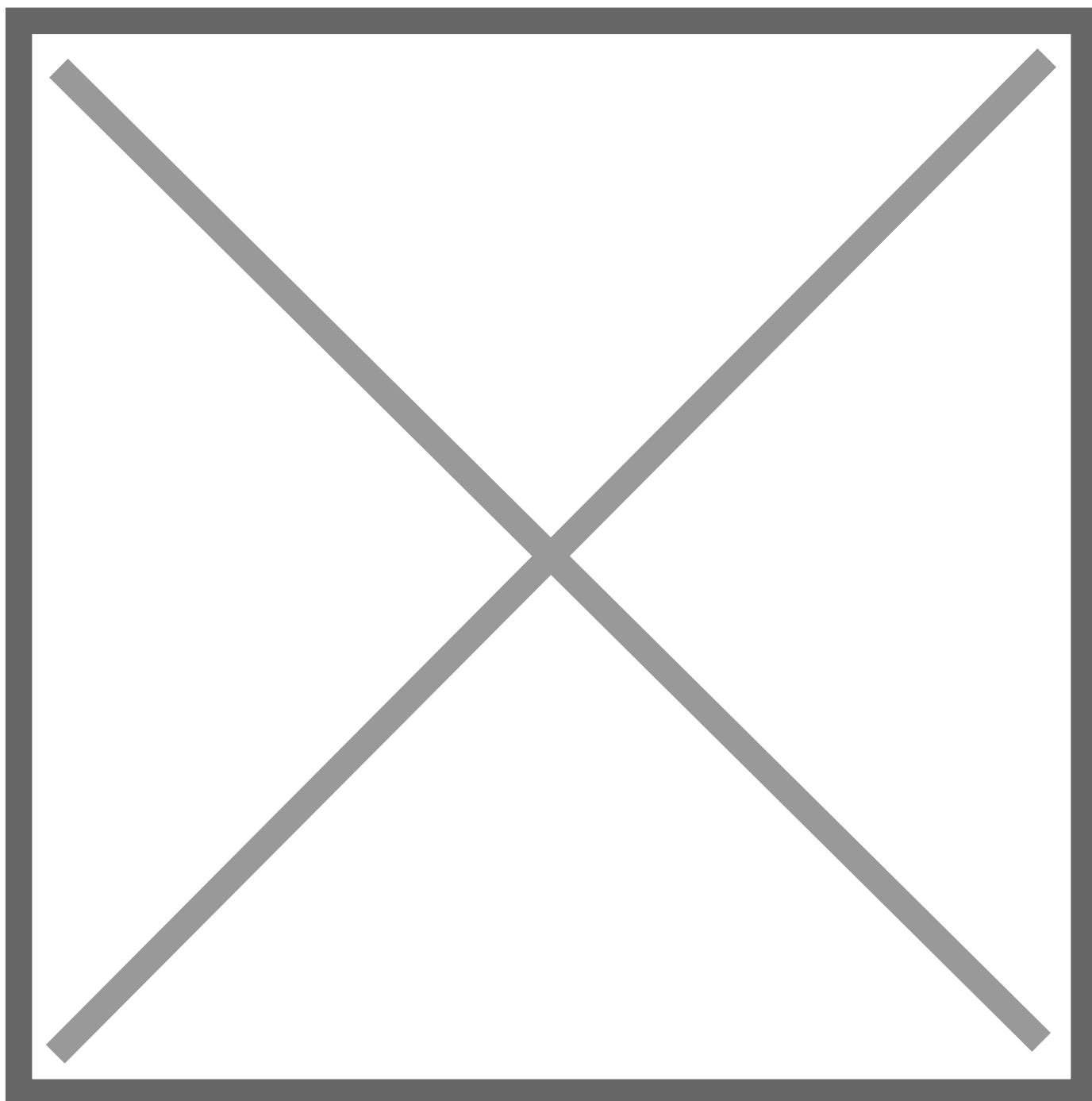
Area covered:	National
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from http://vizhub.healthdata.org/gbd-compare . (Last accessed 23.04.25)
Definitions: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

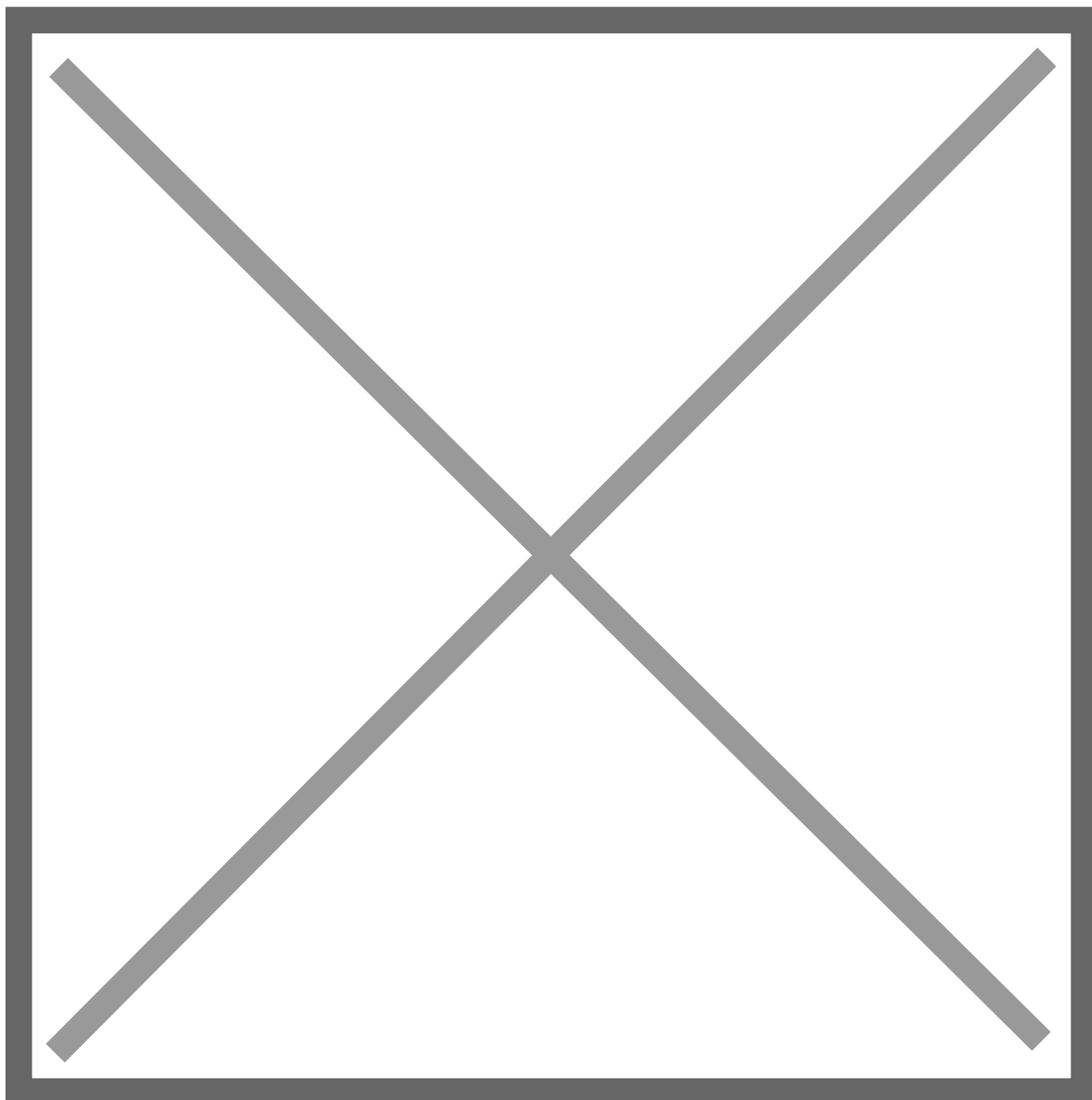
Girls, 2021



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 September 9, 2025