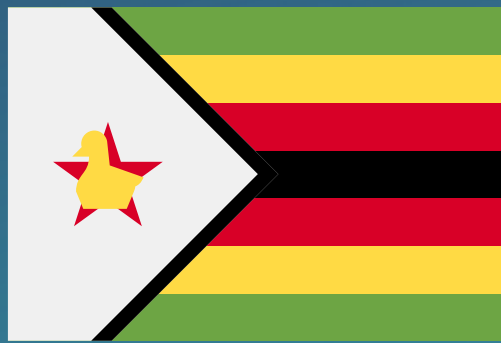




Zimbabwe



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/zimbabwe-238/>.

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Obesity prevalence

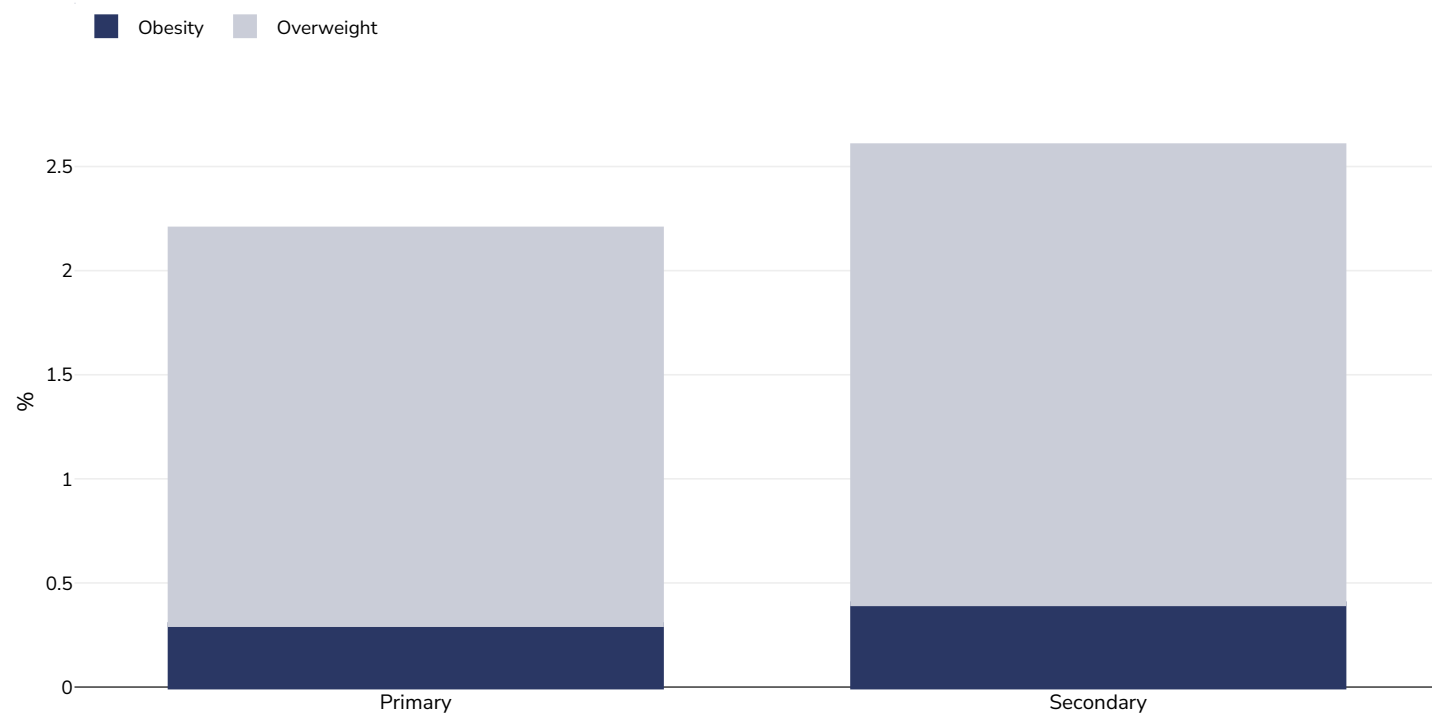
0-5 years, 2024



Survey type:	Measured
Age:	0-5
Area covered:	National
References:	Zimbabwe 2024 Rural Livelihoods Assessment Report and Zimbabwe 2024 Urban Nutrition Assessment Report
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 https://data.unicef.org/resources/jme/ . NB. Weighted analysis using urban/rural distribution in 2019 MICS
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

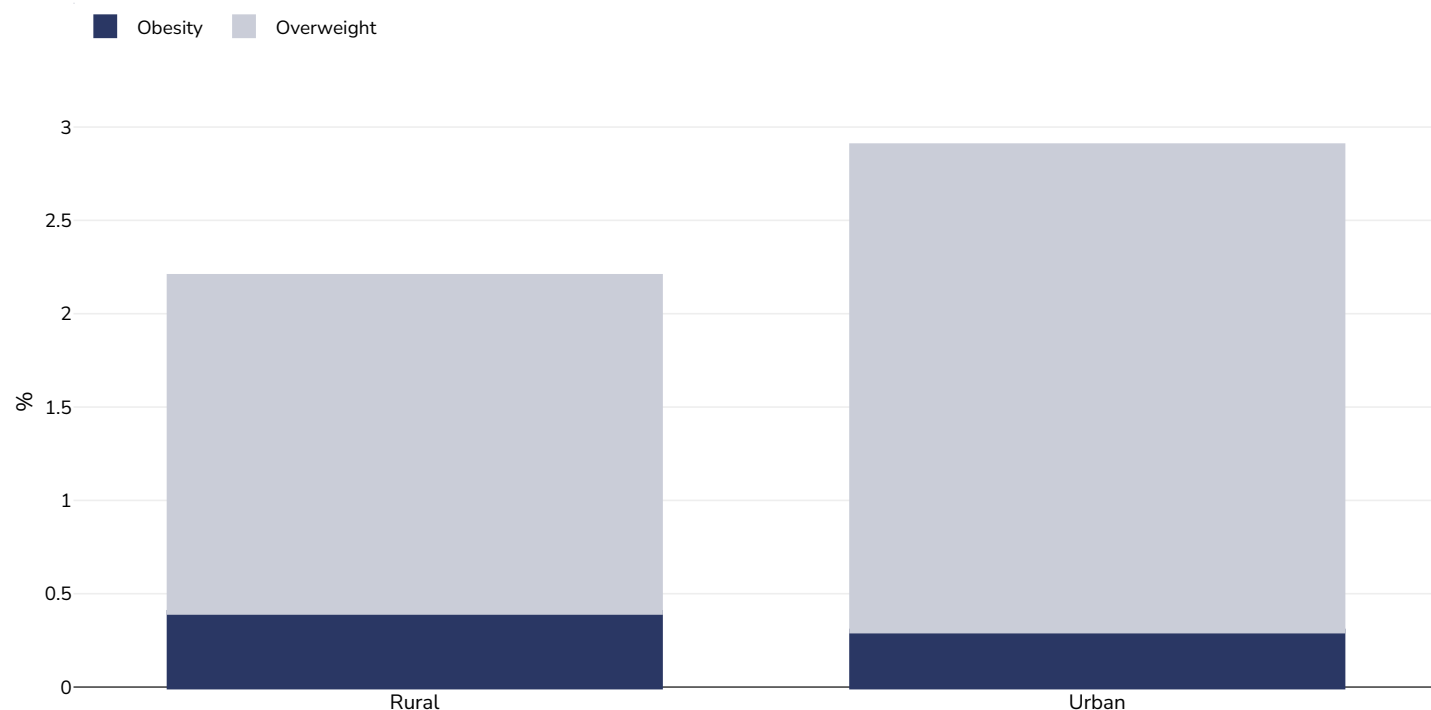
0-5 years, 2019



Survey type:	Measured
Sample size:	5387
Area covered:	National
References:	Zimbabwe National Statistics Agency (ZIMSTAT) and UNICEF (2019). Zimbabwe Multiple Indicator Cluster Survey 2019, Survey Findings Report. Harare, Zimbabwe: ZIMSTAT and UNICEF. https://www.unicef.org/zimbabwe/media/2536/file/Zimbabwe%202019%20MICS%20Survey%20Findings%20Report-31012020_English.pdf (Last accessed 17.05.21)
Notes:	Infants. Based on Mother's education. Pre-Primary and Higher categories were excluded as sample sizes too small.
Definitions:	Weight for Height. Overweight = 2SD-3SD, Obesity = > 3SD
Cutoffs:	Other

Overweight/obesity by region

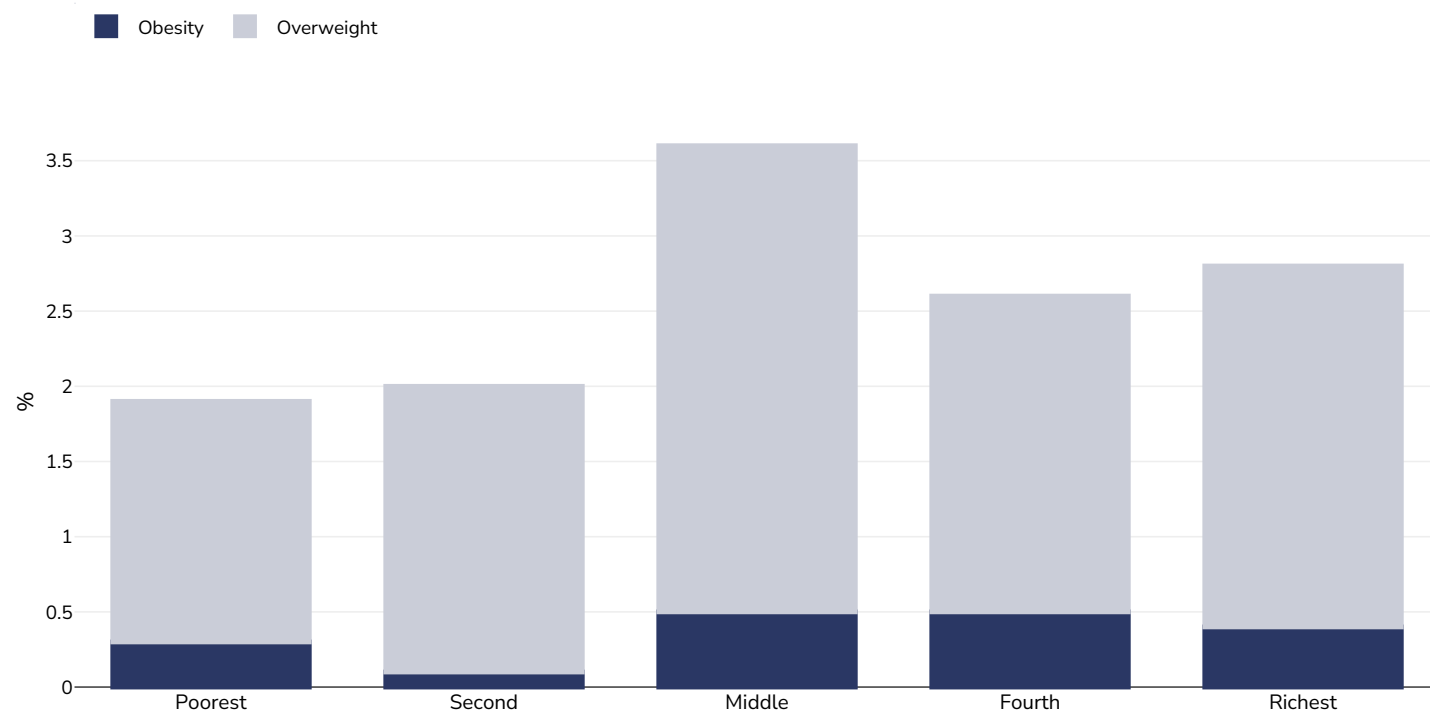
0-5 years, 2019



Survey type:	Measured
Sample size:	5968
Area covered:	National
References:	Zimbabwe National Statistics Agency (ZIMSTAT) and UNICEF (2019). Zimbabwe Multiple Indicator Cluster Survey 2019, Survey Findings Report. Harare, Zimbabwe: ZIMSTAT and UNICEF. https://www.unicef.org/zimbabwe/media/2536/file/Zimbabwe%202019%20MICS%20Survey%20Findings%20Report-31012020_English.pdf (Last accessed 17.05.21)
Notes:	Infants
Definitions:	Weight for Height. Overweight = 2SD-3SD, Obesity = > 3SD
Cutoffs:	Other

Overweight/obesity by socio-economic group

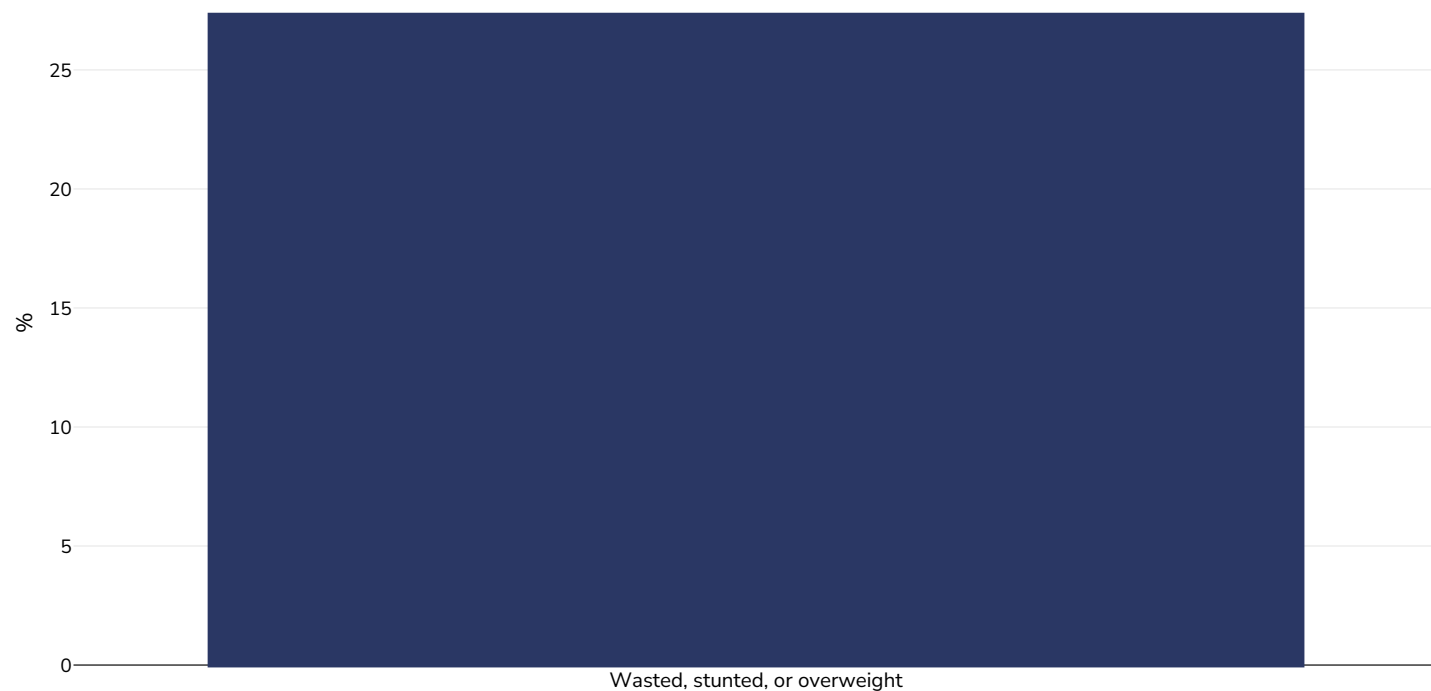
0-5 years, 2019



Survey type:	Measured
Sample size:	5968
Area covered:	National
References:	Zimbabwe National Statistics Agency (ZIMSTAT) and UNICEF (2019). Zimbabwe Multiple Indicator Cluster Survey 2019, Survey Findings Report. Harare, Zimbabwe: ZIMSTAT and UNICEF. https://www.unicef.org/zimbabwe/media/2536/file/Zimbabwe%202019%20MICS%20Survey%20Findings%20Report-31012020_English.pdf (Last accessed 17.05.21)
Notes:	Infants.
Definitions:	Weight for Height. Overweight = 2SD-3SD, Obesity = > 3SD
Cutoffs:	Other

Double burden of underweight & overweight

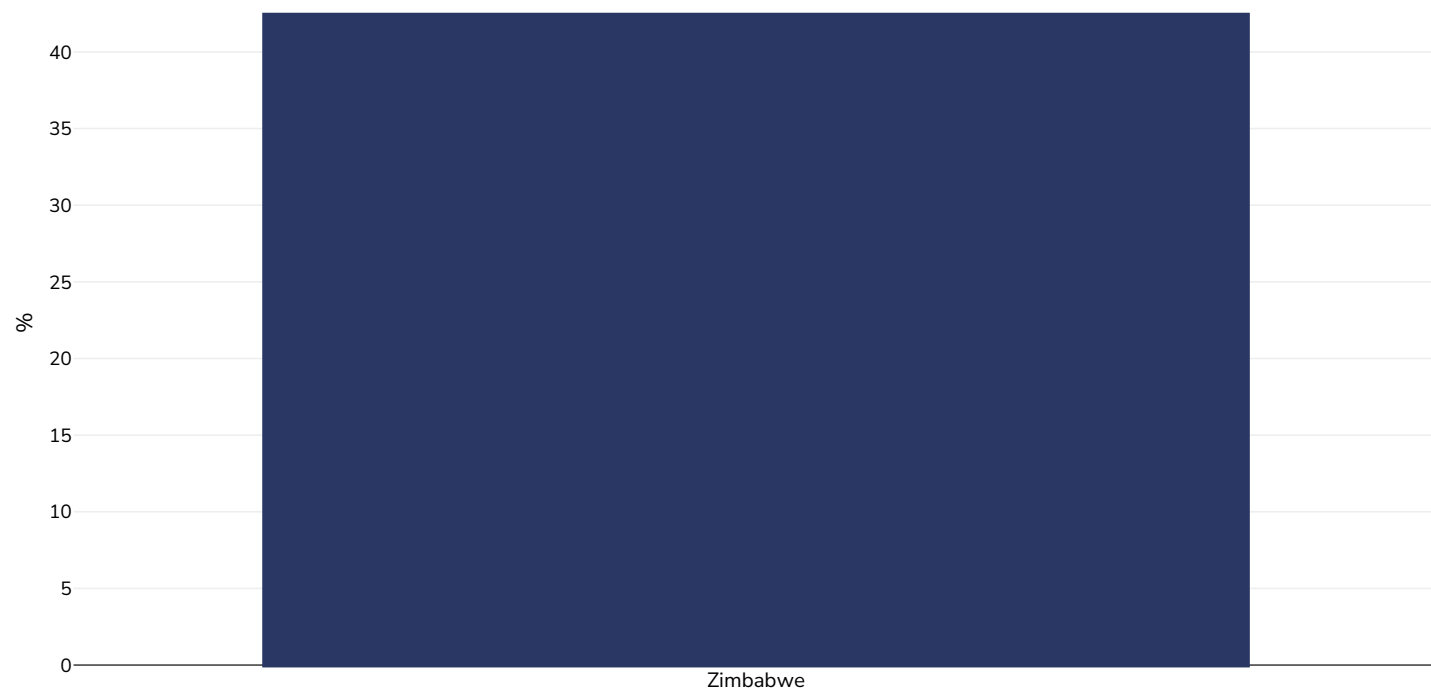
0-5 years, 2019



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:	Zimbabwe Multiple Indicator Cluster Survey 2019, Survey Findings Report. Harare, Zimbabwe: ZIMSTAT and UNICEF
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:

Zimbabwe Demographic and Health Survey 2023–24

Notes:

Full details are available. Original citation: United Nations Children's Fund, Division of Data, Analysis, Planning and Monitoring (2024).
Global UNICEF Global Databases: Infant and Young Child Feeding: Exclusive breastfeeding, New York, December 2024.

PDF created on September 9, 2025