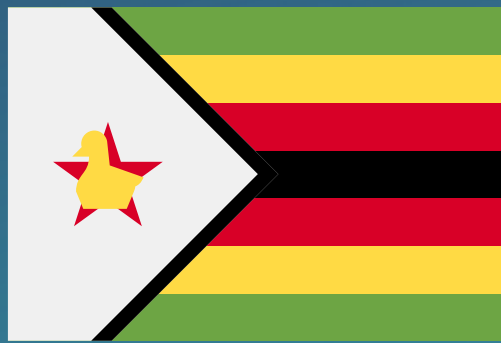




# Zimbabwe



## Country report card - under-5s

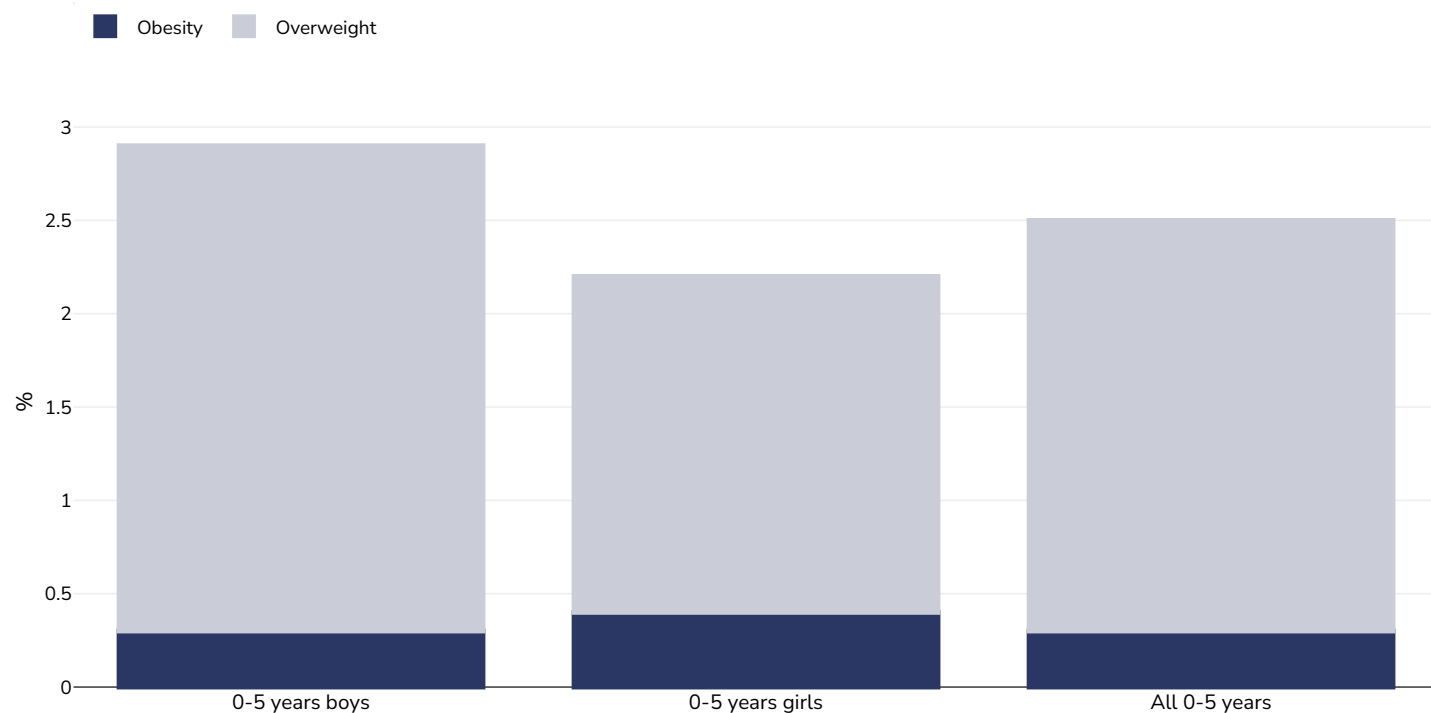
*This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity for children under 5. Where available, data on common and relevant obesity drivers and comorbidities are also presented.*

*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

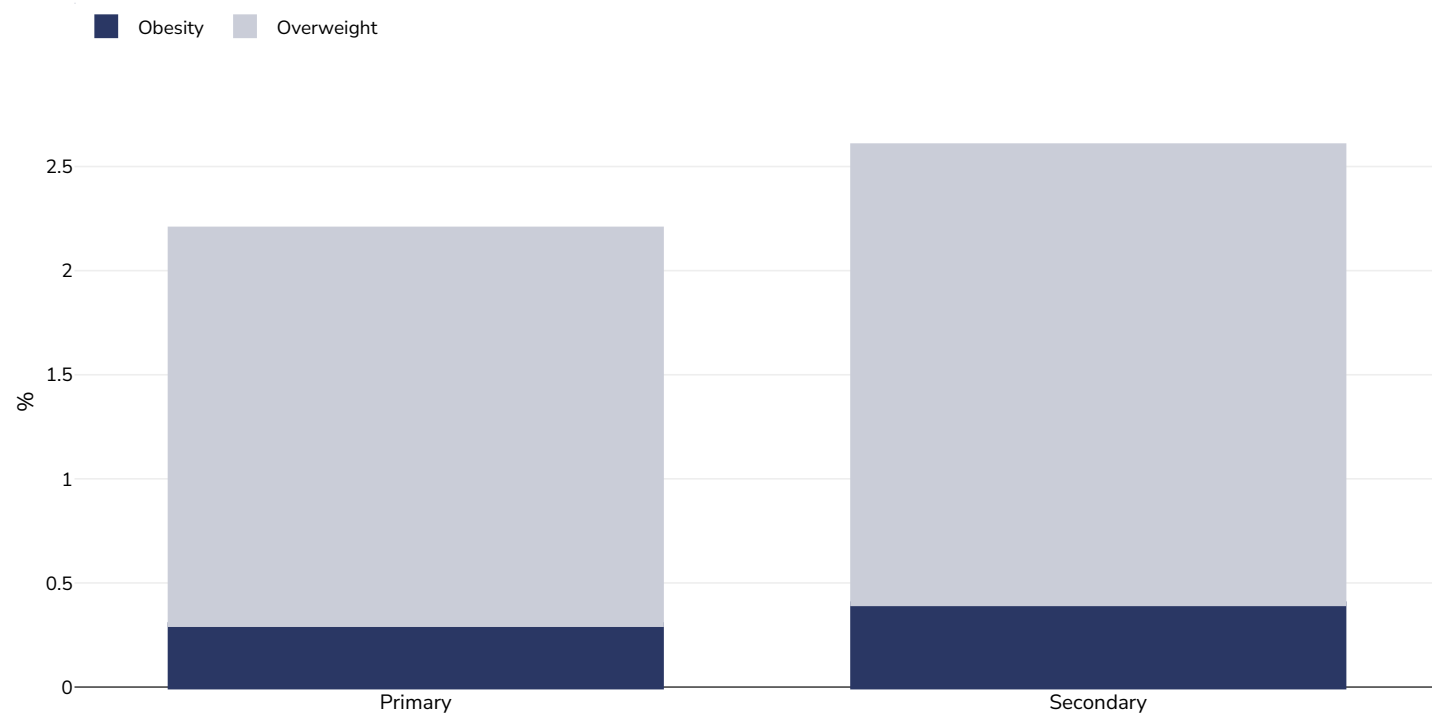
### 0-5 years, 2019



Survey type:	Measured
Age:	0-5
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. <a href="https://www.unicef.org/zimbabwe/media/2536/file/Zimbabwe%202019%20MICS%20Survey%20Findings%20Report-31012020_English.pdf">https://www.unicef.org/zimbabwe/media/2536/file/Zimbabwe%202019%20MICS%20Survey%20Findings%20Report-31012020_English.pdf</a> (Last accessed 17.05.21)
Notes:	Infants
Definitions:	Weight for Height. Overweight = 2SD-3SD, Obesity = > 3SD
Cutoffs:	Other

## Overweight/obesity by education

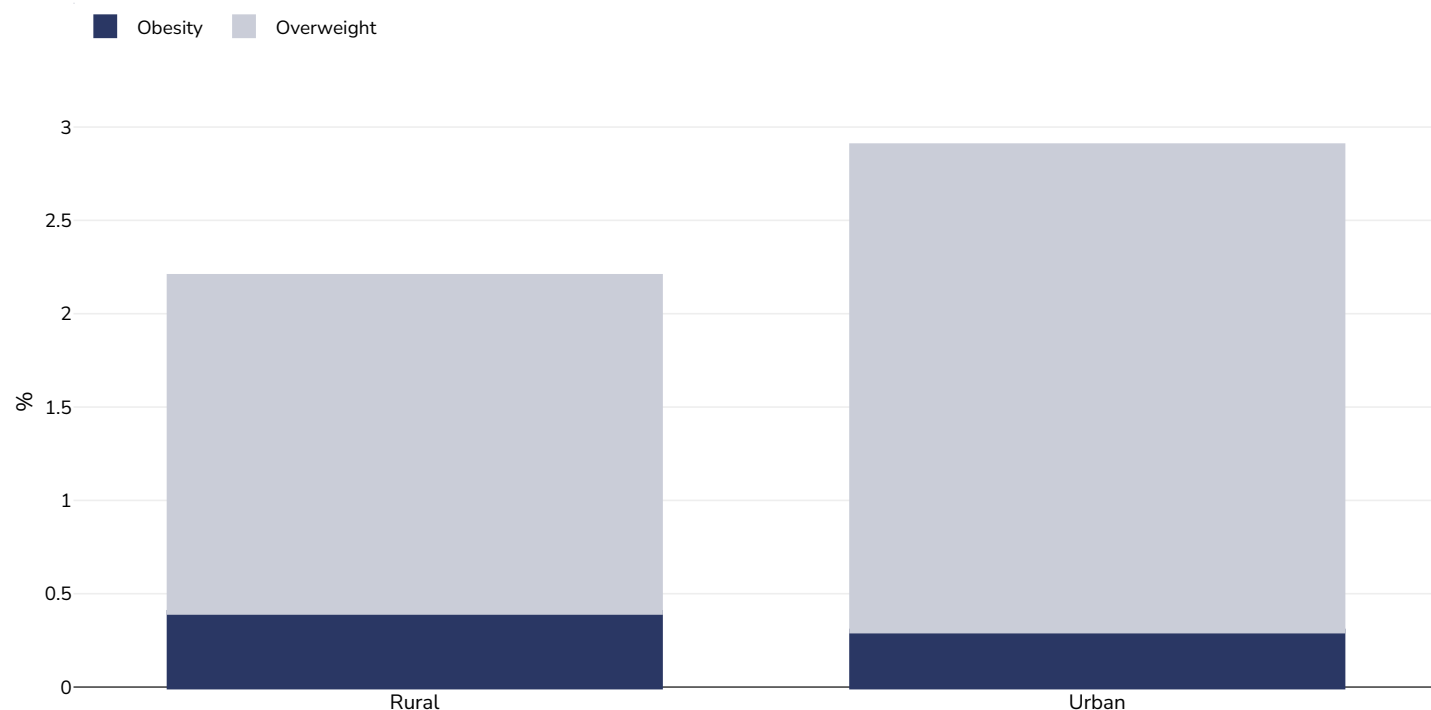
0-5 years, 2019



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. <a href="https://www.unicef.org/zimbabwe/media/2536/file/Zimbabwe%202019%20MICS%20Survey%20Findings%20Report-31012020_English.pdf">https://www.unicef.org/zimbabwe/media/2536/file/Zimbabwe%202019%20MICS%20Survey%20Findings%20Report-31012020_English.pdf</a> (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

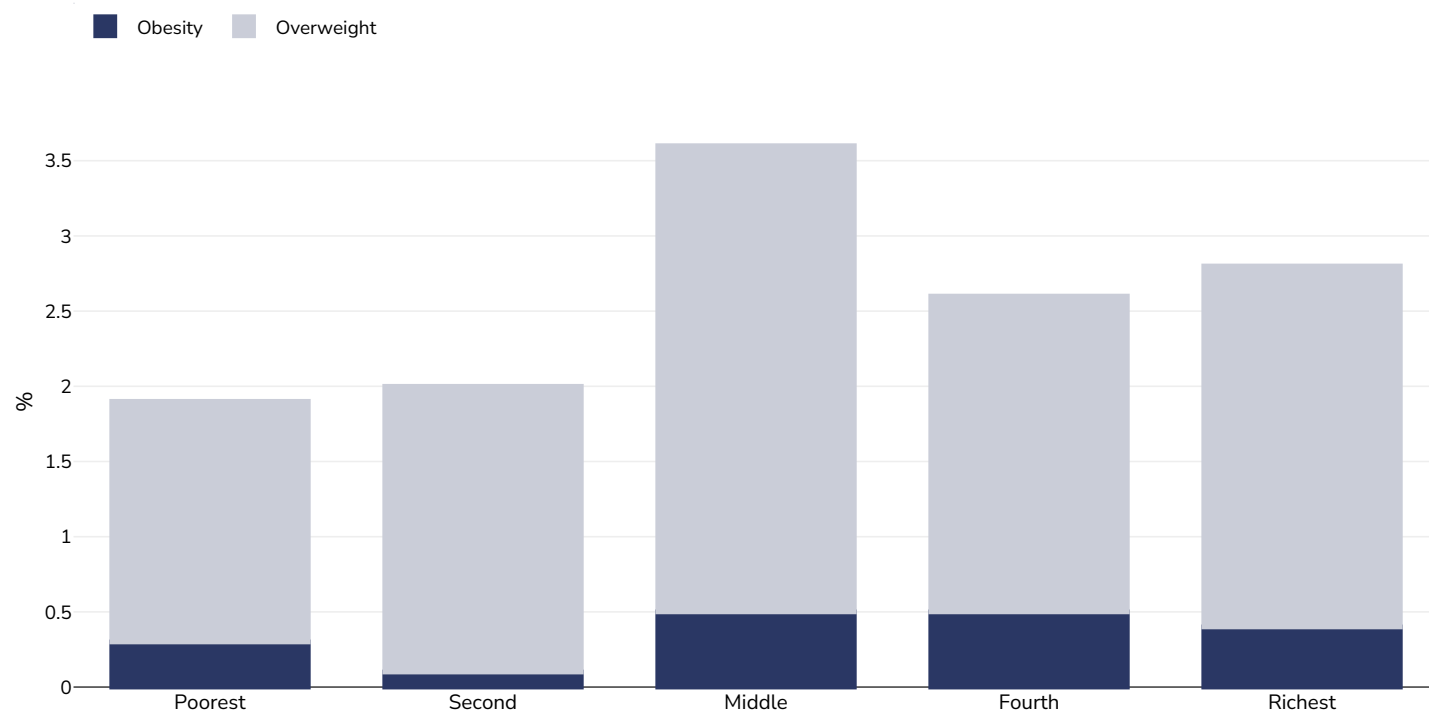
0-5 years, 2019



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. <a href="https://www.unicef.org/zimbabwe/media/2536/file/Zimbabwe%202019%20MICS%20Survey%20Findings%20Report-31012020_English.pdf">https://www.unicef.org/zimbabwe/media/2536/file/Zimbabwe%202019%20MICS%20Survey%20Findings%20Report-31012020_English.pdf</a> (Last accessed 17.05.21)
Notes:	Infants
Definitions:	Weight for Height. Overweight = 2SD-3SD, Obesity = > 3SD
Cutoffs:	Other

## Overweight/obesity by socio-economic group

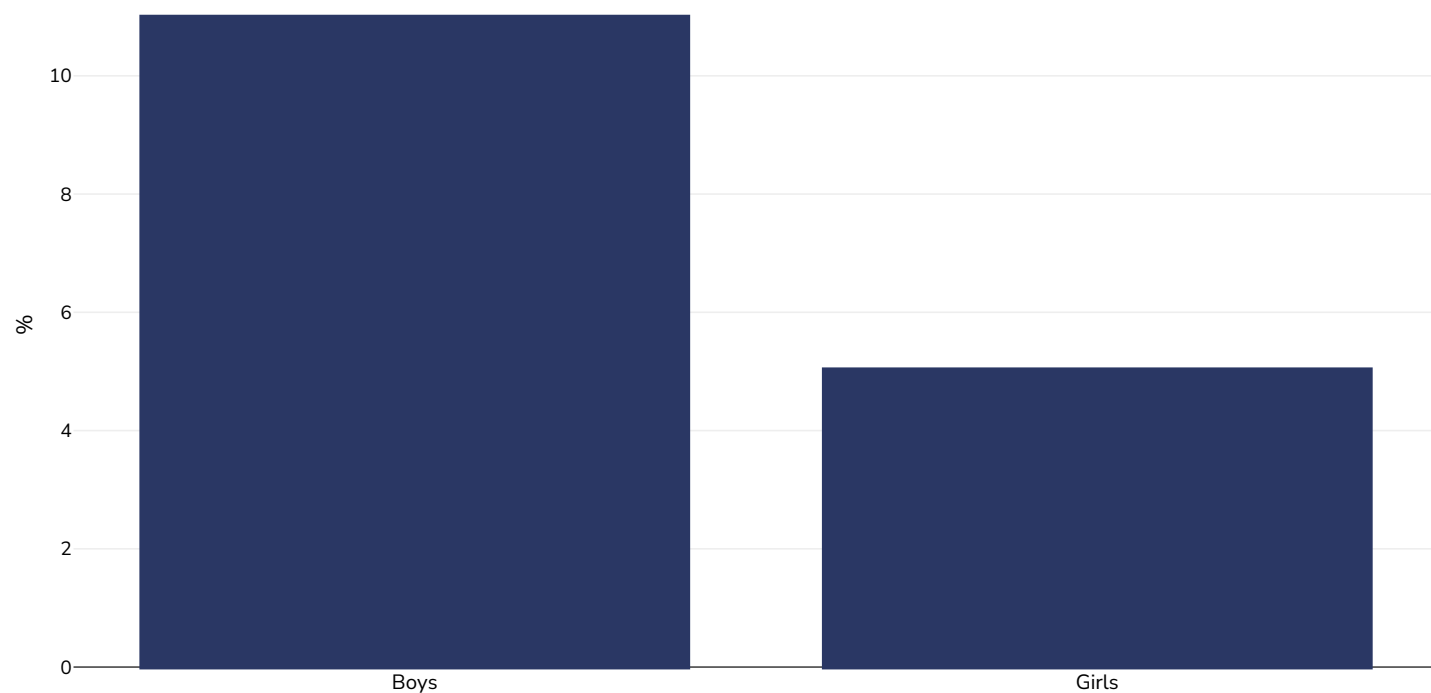
0-5 years, 2019



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. <a href="https://www.unicef.org/zimbabwe/media/2536/file/Zimbabwe%202019%20MICS%20Survey%20Findings%20Report-31012020_English.pdf">https://www.unicef.org/zimbabwe/media/2536/file/Zimbabwe%202019%20MICS%20Survey%20Findings%20Report-31012020_English.pdf</a> (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, 2019-2019



Survey type: Measured

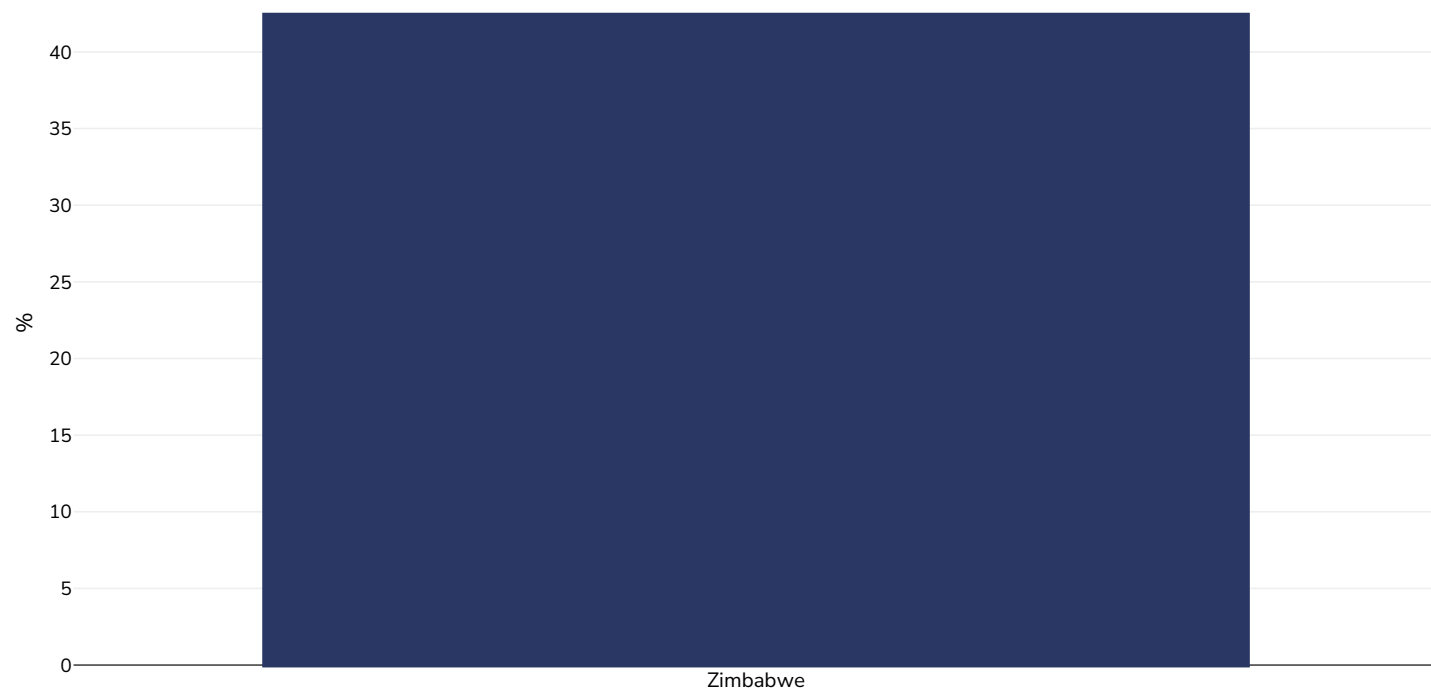
Age: 0-5

References: UNICEF data available at <https://data.unicef.org/topic/nutrition/malnutrition/> (last accessed 12.03.25)

Notes: Children under 5 falling below -2 standard deviations from the median height for age and falling at or above +2 standard deviations from the median weight-for-height of the reference population

## % 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 July 18, 2025