# Report card
## WHO Africa region

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Obesity prevalence

Adults

Notes:
Different methodologies have been used to collect this data and so it is not strictly comparable.

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

Different methodologies have been used to collect this data and so it is not strictly comparable.

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

Survey type: Countries marked with a * are using self-reported data.

Notes: Different methodologies have been used to collect this data and so it is not strictly comparable.
Boys

Survey type: Countries marked with a * are using self-reported data.

Notes: Different methodologies have been used to collect this data and so it is not strictly comparable.
Girls

Survey type: Countries marked with a * are using self-reported data.

Notes: Different methodologies have been used to collect this data and so it is not strictly comparable.
Insufficient activity

Adults, 2016

Men, 2016

Women, 2016

Children, 2016

<table>
<thead>
<tr>
<th>Country</th>
<th>% insufficiently active</th>
</tr>
</thead>
<tbody>
<tr>
<td>Benin</td>
<td>80%</td>
</tr>
<tr>
<td>Tanzania</td>
<td>80%</td>
</tr>
<tr>
<td>Mauritius</td>
<td>80%</td>
</tr>
<tr>
<td>Seychelles</td>
<td>78%</td>
</tr>
<tr>
<td>Algeria</td>
<td>72%</td>
</tr>
<tr>
<td>Uganda</td>
<td>75%</td>
</tr>
<tr>
<td>Zimbabwe</td>
<td>80%</td>
</tr>
<tr>
<td>Kenya</td>
<td>80%</td>
</tr>
<tr>
<td>Mozambique</td>
<td>80%</td>
</tr>
<tr>
<td>Mauritania</td>
<td>80%</td>
</tr>
<tr>
<td>Namibia</td>
<td>80%</td>
</tr>
<tr>
<td>Botswana</td>
<td>80%</td>
</tr>
<tr>
<td>Ghana</td>
<td>80%</td>
</tr>
<tr>
<td>Senegal</td>
<td>80%</td>
</tr>
<tr>
<td>Zambia</td>
<td>80%</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Country</th>
<th>%</th>
<th>Country</th>
<th>%</th>
<th>Country</th>
<th>%</th>
<th>Country</th>
<th>%</th>
<th>Country</th>
<th>%</th>
<th>Country</th>
<th>%</th>
<th>Country</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Benin</td>
<td>88.1</td>
<td>Tanzania</td>
<td>89.8</td>
<td>Seychelles</td>
<td>90.7</td>
<td>Uganda</td>
<td>90.0</td>
<td>Ghana</td>
<td>90.8</td>
<td>Mauritius</td>
<td>90.8</td>
<td>Namibia</td>
<td>90.8</td>
</tr>
</tbody>
</table>

**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](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)
Average daily frequency of carbonated soft drink consumption

Children, 2009-2015

Survey type: Measured
Age: 12-17

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)
Prevalence of less-than-daily fruit consumption

Children, 2009-2015

Survey type: Measured
Age: 12-17


Definitions: Prevalence of less-than-daily fruit consumption (% less-than-daily fruit consumption)
Prevalence of less-than-daily vegetable consumption

Children, 2009-2015

Survey type: Measured
Age: 12-17


Definitions: Prevalence of less-than-daily vegetable consumption (% less-than-daily vegetable consumption)
Average weekly frequency of fast food consumption

Children, 2009-2015

Age: 12-17

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+
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
Oesophageal 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
Breast cancer

Women, 2020

Age: 20+

Area covered: National


Definitions: Age-standardized incidence rates per 100,000
Colorectal cancer

Men, 2020

Age: 20+

Area covered: National


Definitions: Age-standardized incidence rates 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

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
Incidence per 100,000

Age:

Area covered: National


Definitions: Age-standardized incidence rates per 100 000

Women, 2020
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

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


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


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

Adults, 2008

References:
Global Health Observatory data repository, World Health Organisation,
http://apps.who.int/gho/data/node.main.A885

Definitions:
% Raised total cholesterol (>= 5.0 mmol/L) (age-standardized estimate).
Men, 2008


Definitions: % Raised total cholesterol (>= 5.0 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


Definitions: Age Standardised % raised fasting blood glucose (≥ 7.0 mmol/L or on medication).
Diabetes prevalence

Adults, 2019-2021

Age: 20-79

Area covered: National


Definitions: Age-adjusted comparative prevalence of diabetes, %

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