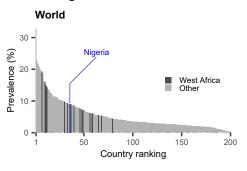
NCD-RisC factsheet | Obesity and underweight in Nigeria

Women (20+ years)

- 22 studies (7 are nationally representative)*
- Underweight was 9% (6-12) in 2022, a decrease of 5 (1-10) percentage points from 1990. Nigeria was ranked 7 in West Africa and 35 in the world.
- · Obesity was 17% (14-21) in 2022, an increase of 14 (10-17) percentage points from 1990. Nigeria was ranked 9 in West Africa and 145 in the world.

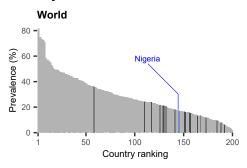
Underweight in 2022



West Africa

Niger (19%, 15-23)
Chad (16%, 11-22)
Senegal (15%, 11-20)
Burkina Faso (14%, 12-17)
Gambia (10%, 7-13)
Guinea Bissau (9%, 5-15)
Nigeria (9%, 6-12)
Guinea (9%, 6-12)
Togo (8%, 6-11)
Benin (8%, 5-11)
Sierra Leone (7%, 5-10)
Cote d'Ivoire (7%, 5-10)
Cameroon (6%, 4-9)
Sao Tome & Principe (6%, 4-9)
Ghana (6%, 4-8)
Liberia (5%, 4-7)
Mauritania (5%, 3-8)

Obesity in 2022



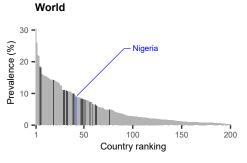
West Africa

Mauritania (36%, 31-41)
Sao Tome & Principe (24%, 20-29)
Cabo Verde (24%, 20-28)
Liberia (22%, 19-25)
Cameroon (21%, 18-25)
Gambia (21%, 18-25)
Gambia (21%, 18-24)
Togo (18%, 15-21)
Nigeria (17%, 14-21)
Cote d'Ivoire (16%, 13-20)
Senegal (16%, 12-21)
Benin (16%, 13-19)
Guinea Bissau (15%, 10-22)
Mali (13%, 10-17)
Gierra Leone (12%, 9-15)
Burkia Faso (10%, 8-11)
Niger (8%, 6-10)

Men (20+ years)

- 19 studies (3 are nationally representative)*
- Underweight was 9% (6-13) in 2022, a decrease of 7 (2-13) percentage points from 1990. Nigeria was ranked 10 in West Africa and 42 in the world.
- · Obesity was 9% (6-11) in 2022, an increase of 8 (5-10) percentage points from 1990. Nigeria was ranked 8 in West Africa and 155 in the world.

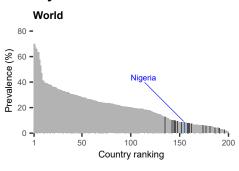
Underweight in 2022



West Africa

Senegal (18%, 12-26)
Niger (18%, 13-23)
Chad (14%, 6-25)
Guinea (11%, 5-19)
Burkina Faso (11%, 8-15)
Gambia (11%, 5-18)
Mauritania (11%, 4-20)
Guinea Bissau (10%, 3-20)
Benin (10%, 6-15)
Nigeria (9%, 6-13)
Togo (8%, 6-12)
Mali (8%, 4-15)
Cote d'Ivoire (8%, 3-15)
Sierra Leone (8%, 5-12)
Ghana (7%, 5-11)
Cameroon (7%, 3-11)
Liberia (6%, 4-9)
Sao Tome & Principe (6%, 3-10)
Cabo Verde (5%, 3-8)

Obesity in 2022



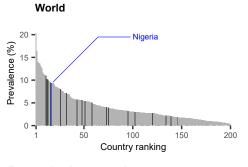
West Africa

Liberia (13%, 10-16)
Mali (10%, 6-16)
Sao Tome & Principe (10%, 7-13)
Gambia (10%, 6-15)
Cameroon (10%, 6-14)
Mauritania (9%, 4-16)
Cabo Verde (9%, 7-11)
Nigeria (9%, 6-11)
Cote d'Ivoire (8%, 4-13)
Guinea Bissau (8%, 3-16)
Chad (8%, 4-14)
Benin (7%, 5-11)
Guinea (6%, 3-11)
Togo (6%, 4-8)
Ghana (5%, 4-7)
Niger (5%, 3-6)
Burkina Faso (4%, 3-6)
Senegal (4%, 2-6)
Sierra Leone (3%, 2-4)

Girls (5-19 years)

- 12 studies (4 are nationally representative)*
- Thinness was 9% (5-15) in 2022, with no distinguishable change from 1990. Nigeria was ranked 5 in West Africa and 17 in the world.
- Obesity was 3% (1-7) in 2022, an increase of 3 (0-6) percentage points from 1990. Nigeria was ranked 12 in West Africa and 168 in the world.

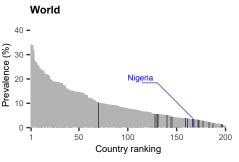
Thinness in 2022



West Africa

Senegal (11%, 5-19)
Niger (10%, 5-17)
Cabo Verde (10%, 4-19)
Gambia (9%, 6-14)
Nigeria (9%, 5-15)
Chad (8%, 4-14)
Ghana (7%, 5-10)
Mauritania (6%, 3-8)
Guinea (6%, 3-9)
Mali (5%, 2-9)
Mali (5%, 2-9)
Guinea Bissau (4%, 1-9)
Cote d'Ivoire (4%, 2-7)
Benin (3%, 1-6)
Togo (3%, 1-6)
Sierra Leone (3%, 1-5)
Cameroon (2%, 1-4)
Sao Tome & Principe (2%, 0-5)
Liberia (2%, 1-4)

Obesity in 2022



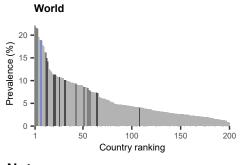
West Africa

Mauritania (10%, 6-16)
Ghana (6%, 3-8)
Mali (6%, 2-11)
Cabo Verde (6%, 2-12)
Liberia (5%, 2-10)
Cameroon (5%, 2-9)
Cote d'Ivoire (4%, 2-8)
Benin (4%, 1-8)
Gambia (4%, 2-7)
Guinea Bissau (3%, 1-9)
Guinea (3%, 1-7)
Sierra Leone (3%, 1-7)
Sierra Leone (3%, 1-7)
Senegal (2%, 0-6)
Chad (2%, 0-5)
Niger (1%, 0-4)

Boys (5-19 years)

- 8 studies (1 is nationally representative)*
- Thinness was 19% (12-28) in 2022, with no distinguishable change from 1990. Nigeria was ranked 3 in West Africa and 7 in the world.
- Obesity was 4% (1-9) in 2022, an increase of 4 (1-9) percentage points from 1990. Nigeria was ranked 12 in West Africa and 173 in the world.

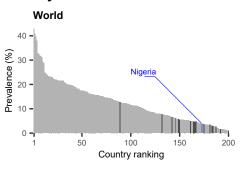
Thinness in 2022



West Africa

Niger (22%, 14-31)
Senegal (22%, 11-34)
Nigeria (19%, 12-28)
Burkina Faso (16%, 10-24)
Mali (15%, 6-26)
Mauritania (14%, 5-27)
Chad (11%, 3-24)
Gambia (11%, 3-24)
Guinea Hissau (11%, 3-24)
Guinea (11%, 4-21)
Cote d'Ivoire (10%, 5-20)
Liberia (10%, 5-17)
Ghana (9%, 6-13)
Benin (9%, 3-17)
Cabo Verde (8%, 3-17)
Togo (8%, 3-14)
Cameroon (7%, 2-16)
Sao Tome & Principe (7%, 3-1
Sierra Leone (4%, 2-7)

Obesity in 2022



West Africa

Liberia (13%, 6-22)
Ghana (8%, 5-11)
Benin (7%, 1-17)
Cote d'Ivoire (6%, 1-17)
Niger (6%, 1-13)
Mali (5%, 1-13)
Mali (5%, 0-15)
Gambia (5%, 0-15)
Sao Tome & Principe (5%, 1-13)
Chad (5%, 0-15)
Suorome & Principe (5%, 1-13)
Nigeria (4%, 1-9)
Cameroon (4%, 0-12)
Guinea (4%, 0-12)
Guinea (4%, 0-12)
Togo (3%, 0-8)
Cabo Verde (3%, 0-9)
Senegal (3%, 0-8)
Sierra Leone (2%, 0-4)
Burkina Faso (1%, 0-3)

Notes

- These estimates, and methodology for their generation, are as reported in NCD Risk Factor Collaboration "XXXXX"
- Estimates are informed both by data from Nigeria and by data from other countries, through a geographical hierarchy. See Methods of above.
- * For a full list of data sources please see Appendix Table 1 of publication above [[or link to Zenodo]].