

# KENYA

## Child Stunting and Overweight

### Key figures and trends

MAY 2025

### STUNTING

Progress towards World Health Assembly (WHA)  
Global Nutrition **stunting target**.

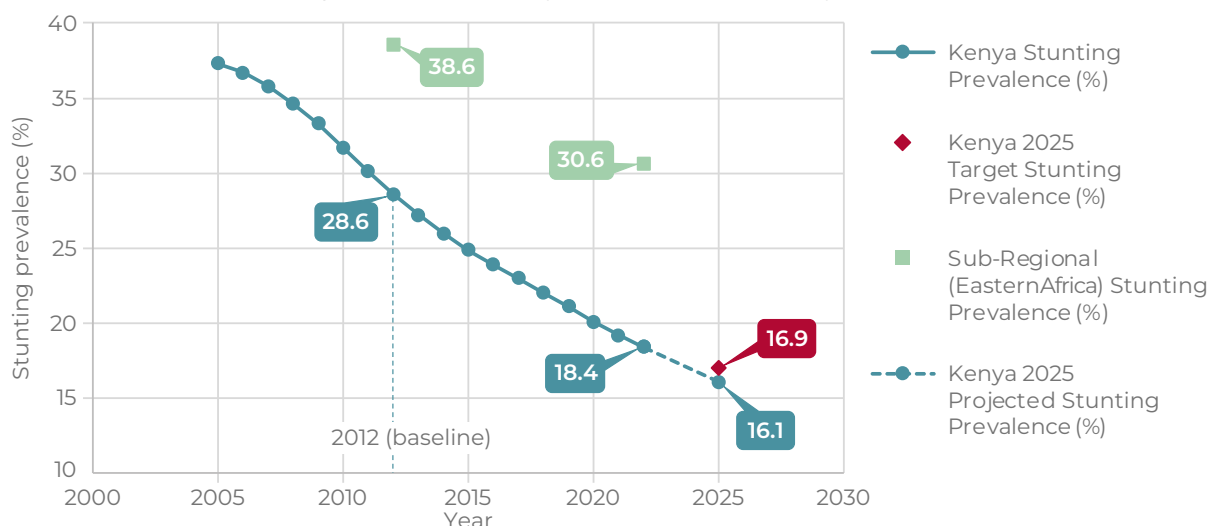


#### WHA Global Nutrition Stunting Target 2012-2025

Achieve a **40%** reduction  
in the number of children  
under-5 who are stunted

- Prevalence of stunting among children under five years old has fallen rapidly from *high* to *medium* since 2012.
- Rates in Kenya are much better than the UN regional average for Eastern Africa.
- Kenya is on-track to meet the WHA target for child stunting, and even to exceed it, **with projection 0.8 above target**.

**Figure 1: Under-five stunting prevalence, Kenya, 2005-2022 and projected to 2025**



**Table 1: Under-five (U5) Stunting Data Profile, Kenya**

Key Indicator	Value
Baseline Prevalence 2012 (%)	28.6
Baseline U5 Population 2012 (millions)	7.1
Baseline Stunting Burden 2012 (millions)	2.0
Current Prevalence 2022 (%)	18.4
Current U5 Population 2022 (millions)	7.0
U5 Population Growth Rate 2012-2022 (%)	-1.7
Current AARR* (2012-2022)	4.3
Projected Prevalence 2025 (%)	16.1
Target Stunting Burden 2025 (millions)	1.2
Projected U5 Population 2025 (millions)	7.2
Target Prevalence 2025 (%)	16.9
Required AARR (2012-25)	3.2
Classification of Country's Progress	On track

\*AARR = Average Annual Rate of Reduction

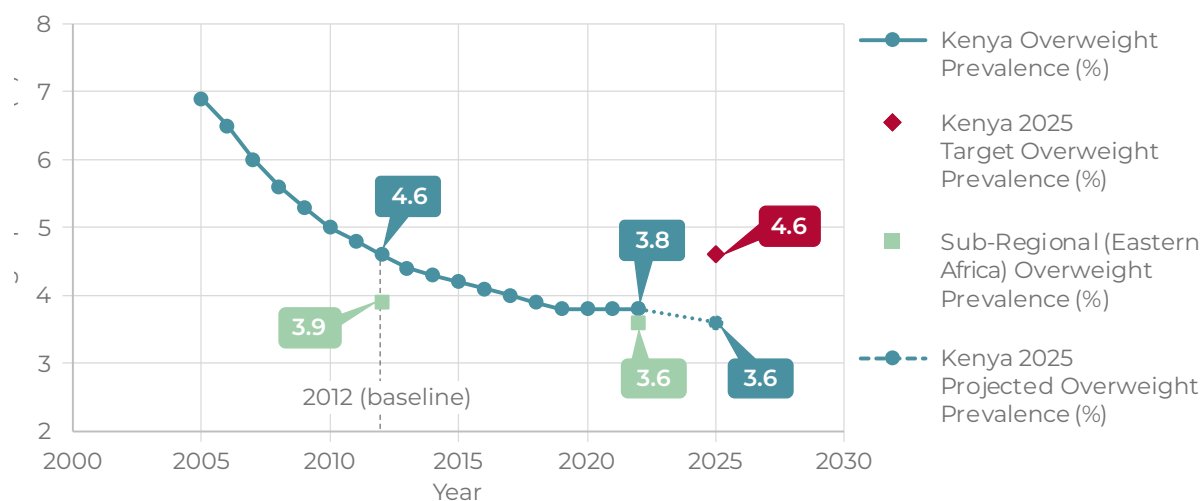
# OVERWEIGHT

Progress towards World Health Assembly (WHA) Global Nutrition **overweight target**.



- Prevalence of overweight among children under five years old is *low* in Kenya. It fell slightly between 2012 and 2022.
- Rates in Kenya are now very close to the UN regional average for Eastern Africa.
- Kenya is on-track to meet the WHA target for child overweight, with a projection **1 percentage point** better than target.

**Figure 2: Under-five overweight prevalence, Kenya, 2005-2022 and projected to 2025**



**Table 2: Under-five (U5) Overweight Data Profile, Kenya**

Key Indicator	Value
Baseline Prevalence 2012 (%)	4.6
Current Prevalence 2022 (%)	3.8
Current AARR* (2012-2022)	1.9
Projected Prevalence 2025 (%)	3.6
Target Prevalence 2025 (%)	4.6
Required AARR (2012-25)	0.0
Classification of Progress	On track

\*AARR = Average Annual Rate of Reduction

Data sources: Joint Malnutrition Estimates for stunting and overweight prevalences. Population from United Nations World Population Prospects. Classifications of progress are aligned with UNICEF methodology and determined by current AARR thresholds.

For more detail please see: Aggarwal, A, and Mishra NR. Progress on Selected World Health Assembly Nutrition Targets in Twelve Countries. Global Alliance for Improved Nutrition (GAIN). Working Paper #52. Geneva, Switzerland, 2025. DOI: <https://doi.org/10.36072/wp.52>

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### GAIN Kenya

197 Lenana Place 3rd Floor  
Lenana Road  
P.O Box 13733-00800  
Nairobi, Kenya

🌐 [www.gainhealth.org](http://www.gainhealth.org)  
✉ [@gain\\_alliance](mailto:@gain_alliance)  
✉ [@GAINalliance](mailto:@GAINalliance)  
☎ +254 773572103

