

# MOZAMBIQUE

## Child Stunting and Overweight

### Key figures and trends

MAY 2025

### STUNTING

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

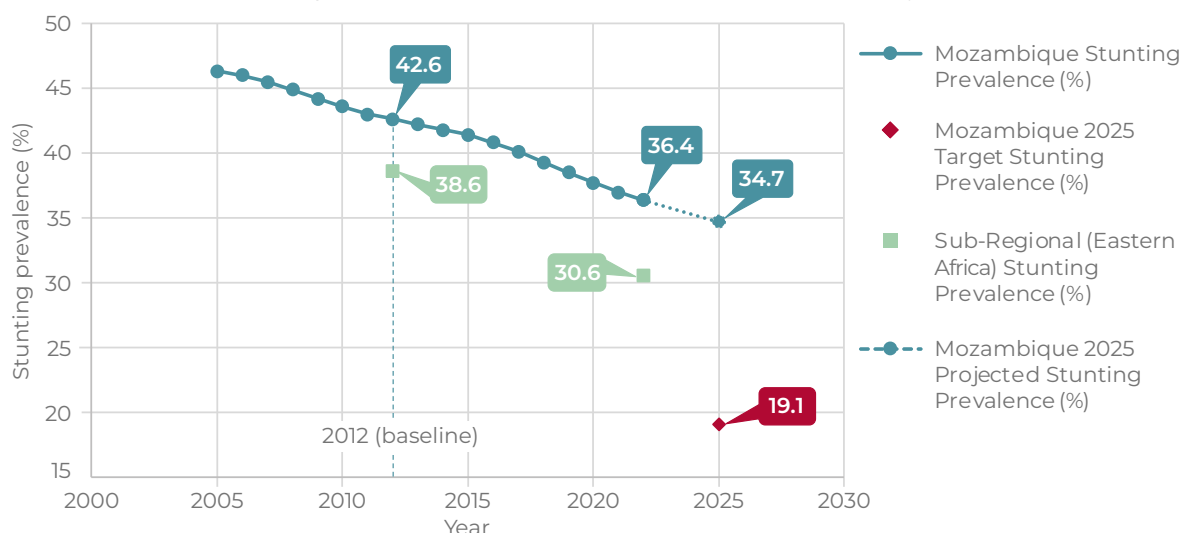


#### WHA Global Nutrition Stunting Target 2012-2025

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

- Prevalence of stunting among children under five years fell slightly between 2012 and 2022 but remains *very high*.
- Rates in Mozambique are well above the UN regional average for Eastern Africa.
- Despite some progress, Mozambique remains far off-track from the WHA target for child stunting, with a **gap of 15.6** between projection and target.

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



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

Key Indicator	Value
Baseline Prevalence 2012 (%)	42.6
Baseline U5 Population 2012 (millions)	4.4
Baseline Stunting Burden 2012 (millions)	1.9
Current Prevalence 2022 (%)	36.4
Current U5 Population 2022 (millions)	5.5
U5 Population Growth Rate 2012-2022 (%)	26.2
Current AARR* (2012-2022)	1.6
Projected Prevalence 2025 (%)	34.7
Target Stunting Burden 2025 (millions)	1.1
Projected U5 Population 2025 (millions)	5.9
Target Prevalence 2025 (%)	19.1
Required AARR (2012-25)	6.2
Classification of Country's Progress	Off track – some progress

\*AARR = Average Annual Rate of Reduction

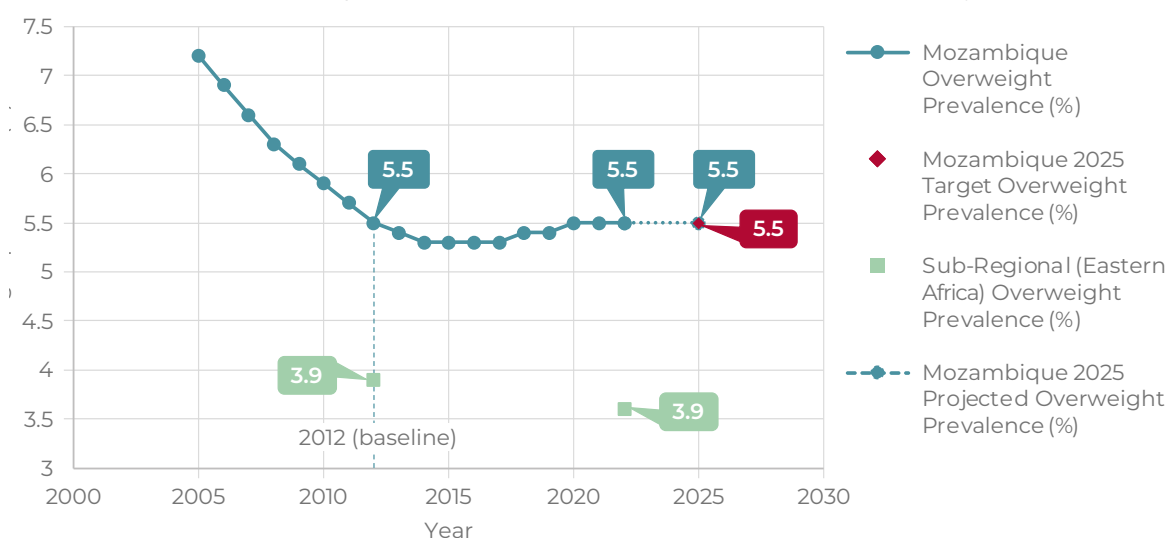
# OVERWEIGHT

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



- Prevalence of overweight among children under five years old is *medium* in Mozambique, with little change over the years between 2012 and 2022.
- Rates in Mozambique are above the UN regional average for Eastern Africa, which is *low*.
- Mozambique is on-track to meet the WHA target for child overweight, with projected and target levels the same.

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



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

Key Indicator	Value
Baseline Prevalence 2012 (%)	5.5
Current Prevalence 2022 (%)	5.5
Current AARR* (2012-2022)	-0.2
Projected Prevalence 2025 (%)	5.5
Target Prevalence 2025 (%)	5.5
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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