

TANZANIA

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 between 2012 and 2022 but remained *very high* in 2022.
- Rates in Tanzania are extremely close to the UN regional average for Eastern Africa.
- Rates are projected to fall from *very high* to *high* by 2025, but Tanzania remains considerably off-track from the WHA target for child stunting, with a **gap of 12.2** between projection and target.

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

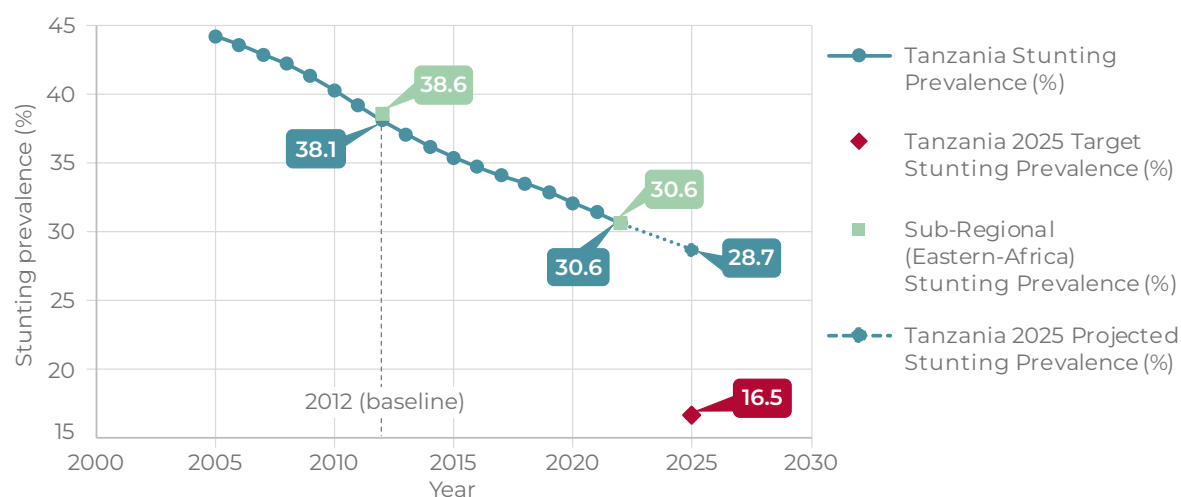


Table 1: Under-five (U5) Stunting Data Profile, Tanzania

Key Indicator	Value
Baseline Prevalence 2012 (%)	38.1
Baseline U5 Population 2012 (millions)	8.1
Baseline Stunting Burden 2012 (millions)	3.1
Current Prevalence 2022 (%)	30.6
Current U5 Population 2022 (millions)	10.6
U5 Population Growth Rate 2012-2022 (%)	30.8
Current AARR* (2012-2022)	2.1
Projected Prevalence 2025 (%)	28.7
Target Stunting Burden 2025 (millions)	1.9
Projected U5 Population 2025 (millions)	11.2
Target Prevalence 2025 (%)	16.5
Required AARR (2012-25)	6.4
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 grew very slightly between 2012 and 2014, after which it remained steady. Levels are *low*.
- Rates in Tanzania remain above the UN regional average for Eastern Africa.
- Tanzania is nevertheless on-track to meet the WHA target for child overweight given UNICEF's methodology and its current AARR. There remains a small **gap of 0.1** between projection and target.

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

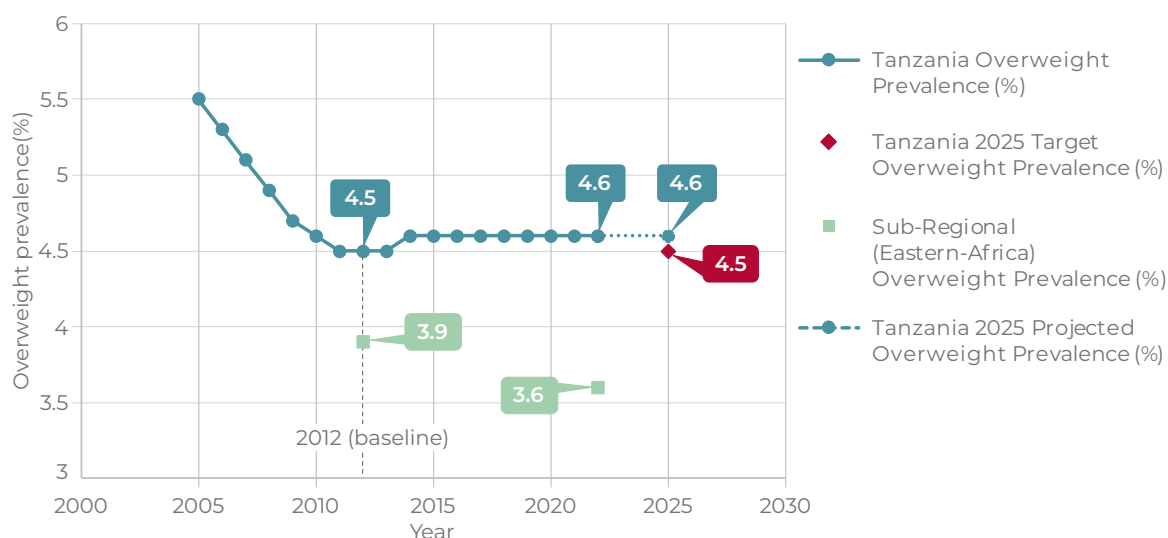


Table 2: Under-five (U5) Overweight Data Profile, Tanzania

Key Indicator	Value
Baseline Prevalence 2012 (%)	4.5
Current Prevalence 2022 (%)	4.6
Current AARR* (2012-2022)	-0.2
Projected Prevalence 2025 (%)	4.6
Target Prevalence 2025 (%)	4.5
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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GAIN Tanzania

3rd Floor, Wing A, Golden Heights Building,
Plot No 1826/17 Msasani Peninsula,
Chole Road, Dar es Salaam,
Tanzania

🌐 www.gainhealth.org
✉ @gain_alliance
✉ [@GAINalliance](https://twitter.com/GAINalliance)
☎ +255 752 57 82 50

