

UGANDA

Child Stunting and Overweight

Key figures and trends

MAY 2025

STUNTING

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



- Prevalence of stunting among children under five years fell from very high in 2012 to high in 2022.
- Rates in Uganda are well below the UN regional average for Eastern Africa.
- Despite progress, Uganda remains off-track from the WHA target for child stunting, with a gap of 5.3 between projection and target.

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

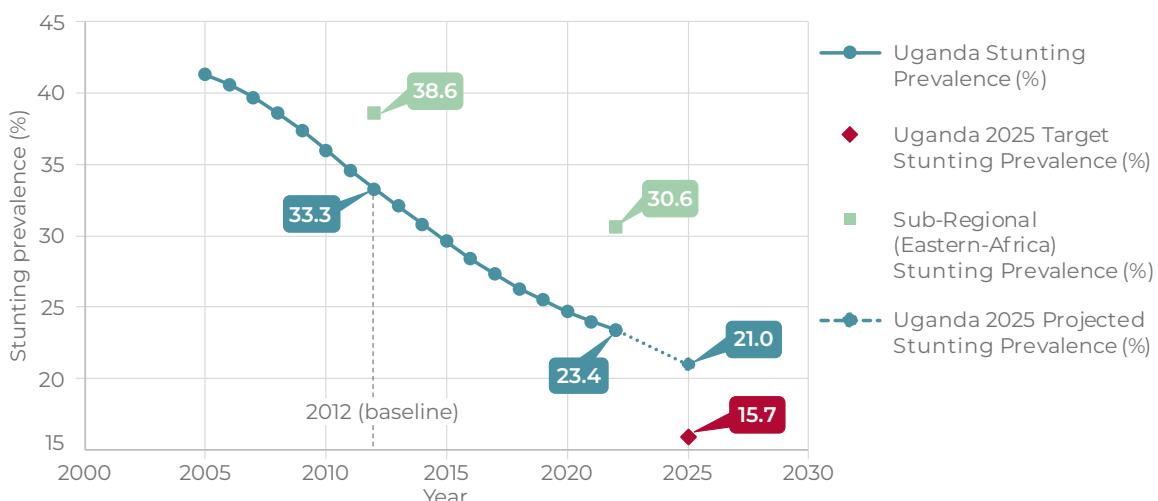


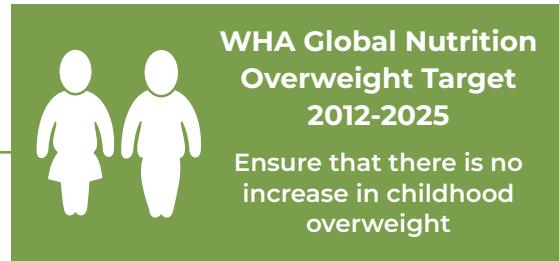
Table 1: Under-five (U5) Stunting Data Profile, Uganda

Key Indicator	Value
Baseline Prevalence 2012 (%)	33.3
Baseline U5 Population 2012 (millions)	6.4
Baseline Stunting Burden 2012 (millions)	2.1
Current Prevalence 2022 (%)	23.4
Current U5 Population 2022 (millions)	7.8
U5 Population Growth Rate 2012-2022 (%)	21.5
Current AARR* (2012-2022)	3.5
Projected Prevalence 2025 (%)	21.0
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 remained low with a slight fall between 2012 and 2022.
- Rates in Uganda are very close to the UN regional average for Eastern Africa.
- Uganda is on-track to meet the WHA target for child overweight, with projected 2025 rate **0.5 below** target.

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

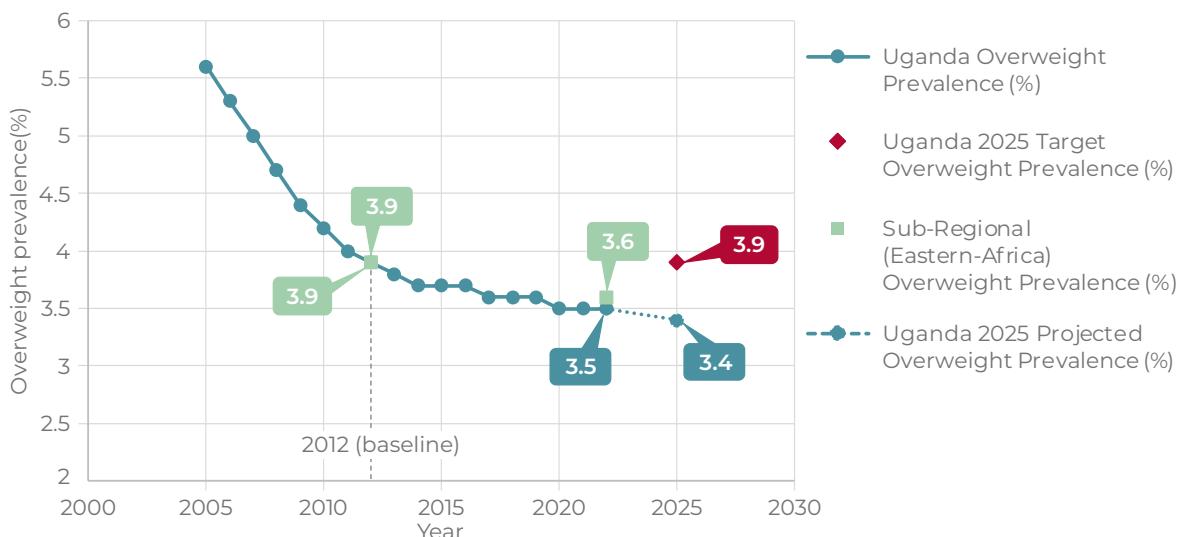


Table 2: Under-five (U5) Overweight Data Profile, Uganda

Key Indicator	Value
Baseline Prevalence 2012 (%)	3.9
Current Prevalence 2022 (%)	3.5
Current AARR* (2012-2022)	1.0
Projected Prevalence 2025 (%)	3.4
Target Prevalence 2025 (%)	3.9
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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