

Overall

Girls/ Adolescents 15-19 yrs: 13%

Boys, adolescents 15-19yrs: 2%

Women 20-49 yrs: 45%

Men 20-49 yrs: 19%

Urban Areas:

Women: 53%

Men: 25%

Rural Areas:

Women: 39%

Men: 14%

County Distribution

Women: Kirinyaga County has the highest proportion of overweight/obese women: 65%

Men: Kajiado County has the highest proportion of overweight/obese men: 31%

Source: Kenya Demographic and Health Survey, 2022:

<https://www.knbs.or.ke/wp-content/uploads/2023/08/Kenya-Demographic-and-Health-Survey-KDHS-2022-Summary-Report.pdf>