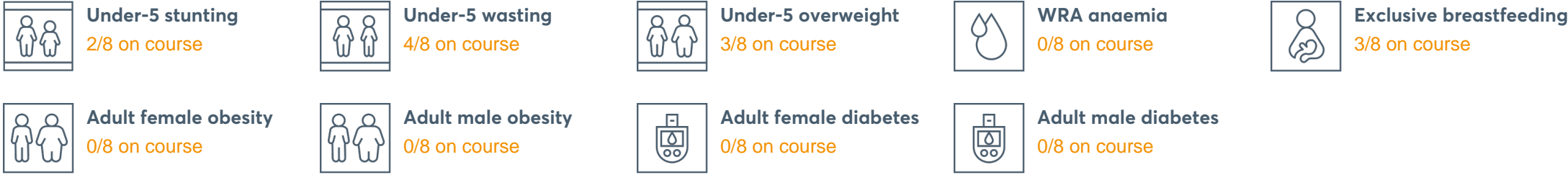




# Central America

## Overview

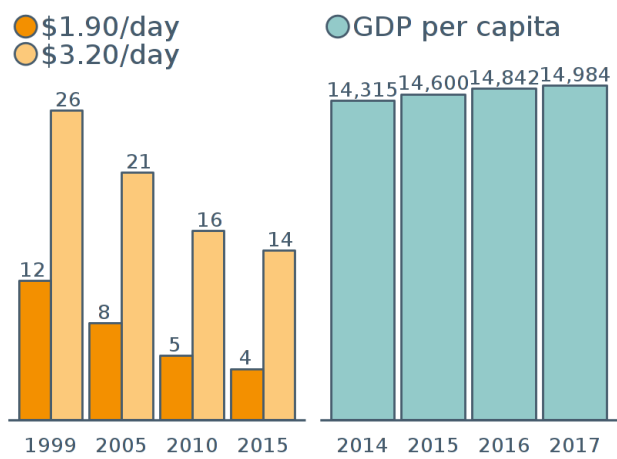
### Progress against global nutrition targets 2018



Sources: UNICEF/WHO/World Bank Group: Joint child malnutrition estimates, UNICEF global databases: Infant and Young Child Feeding, NCD Risk Factor Collaboration, WHO Global Health Observatory.  
Notes: The methodologies for tracking differ between targets. Data on the adult indicators are based on modelled estimates. See Appendix 1 of the 2018 Global Nutrition Report for details of the methods and sources used to assess progress towards global nutrition targets.

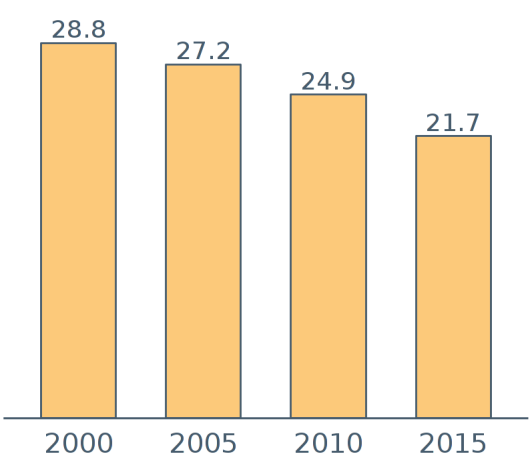
## Economics and demography

### Poverty rates (%) and GDP (PPP\$)



Source: World Bank 2018.  
Note: GDP = gross domestic product. PPP = purchasing power parity. n = 8 (poverty); n = 8 (GDP).

### Under-5 mortality (per 000 live births)



Source: UN Inter-agency Group for Child Mortality Estimation 2018.

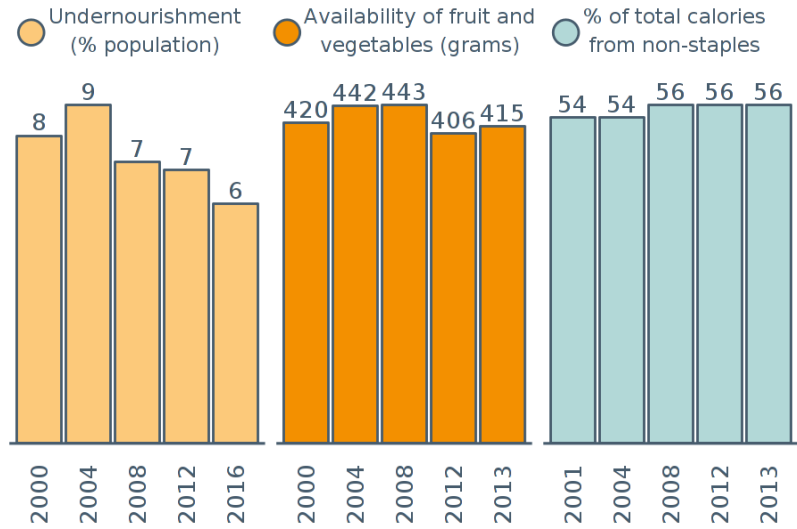
### Population

Population (millions)	177	2017
Under-5 population (millions)	16	2018
Rural (%)	26	2017
>65 years (millions)	12	2018

Source: UN Population Division 2017.  
Notes: n = 8 (rural only).

## Underlying determinants

### Food supply



Source: FAOSTAT 2018.

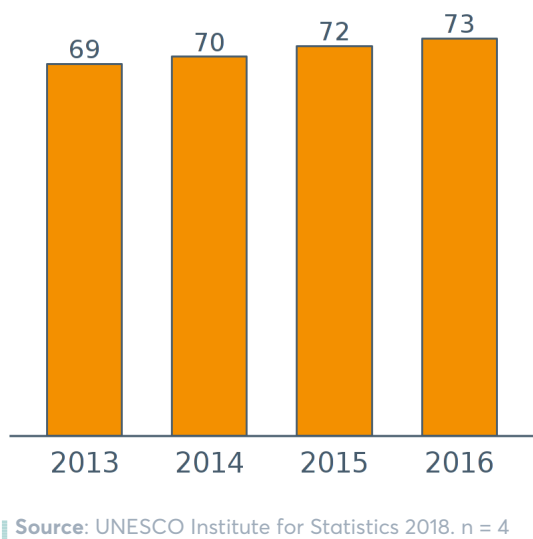
### Gender-related determinants

Early childbearing: births by age 18 (%)	35	2015
Population density of health workers per 1,000 people		
Physicians	1.92	2016
Nurses and midwives	2.24	2016
Community health workers	0.46	2016

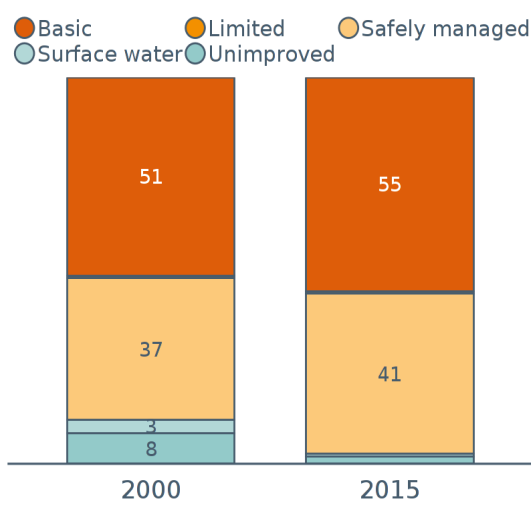
Source: UNICEF 2018.  
Note: n = 7.

Source: WHO's Global Health Workforce Statistics, OECD, supplemented by country data. n = 8

### Female secondary education enrolment (net, % population)

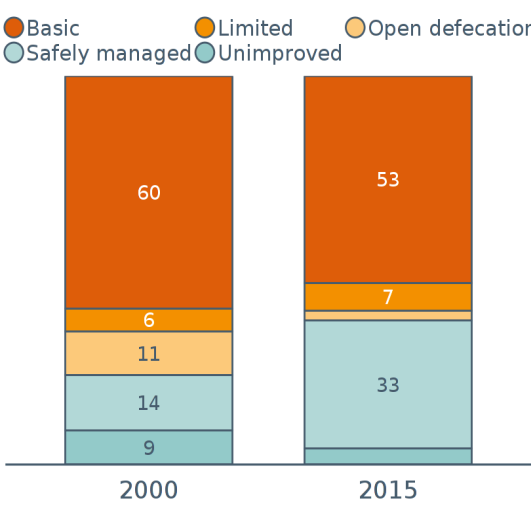


### Drinking water coverage (% population)



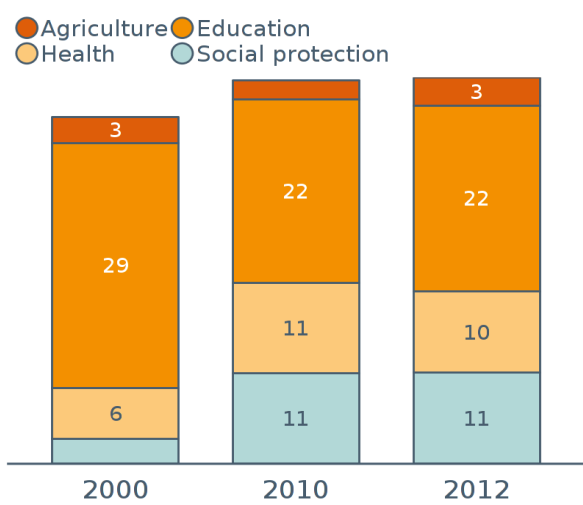
Source: WHO/UNICEF Joint Monitoring Programme 2017. n = 8

### Sanitation coverage (% population)



Source: WHO/UNICEF Joint Monitoring Programme 2017.  
Note: n = 8

### Government expenditures (% total)

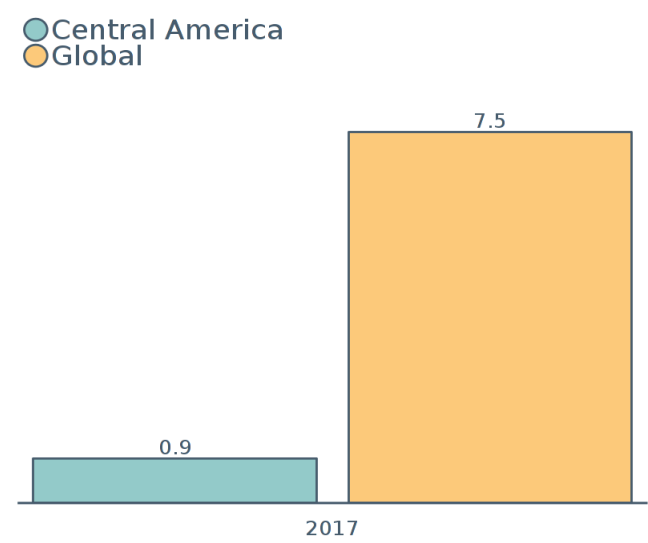


Source: IFPRI 2015. n = 5

# Central America

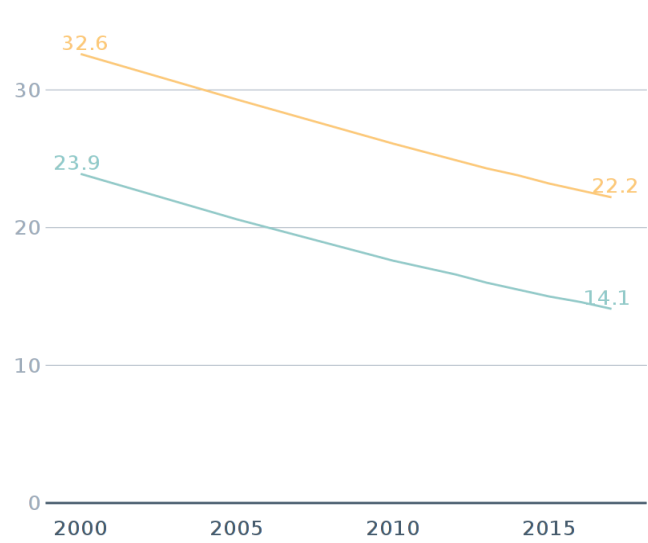
## Children (under 5) nutrition status

Under 5: wasting (%)

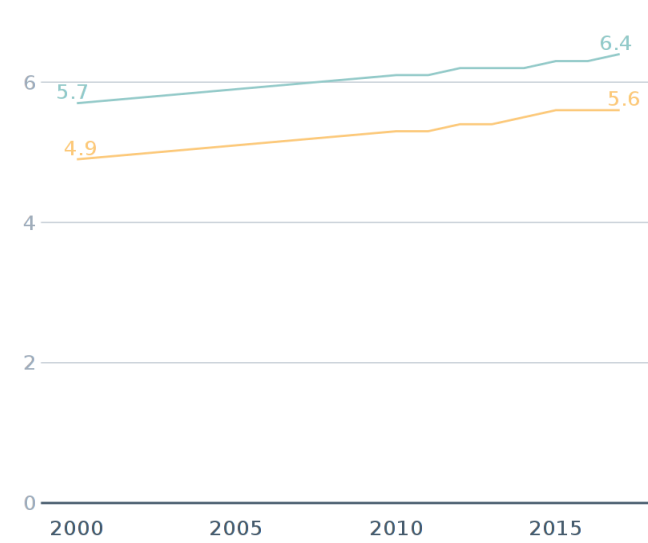


Sources: UNICEF/WHO/World Bank Group: Joint child malnutrition estimates.

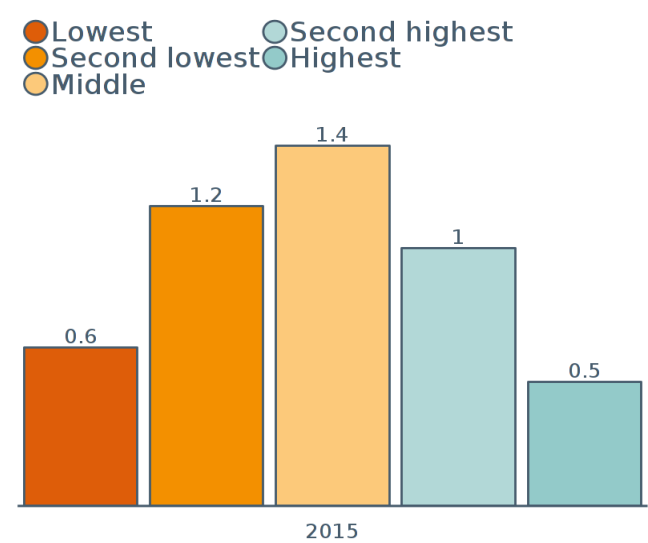
Under 5: stunting (%)



Under 5: overweight (%)

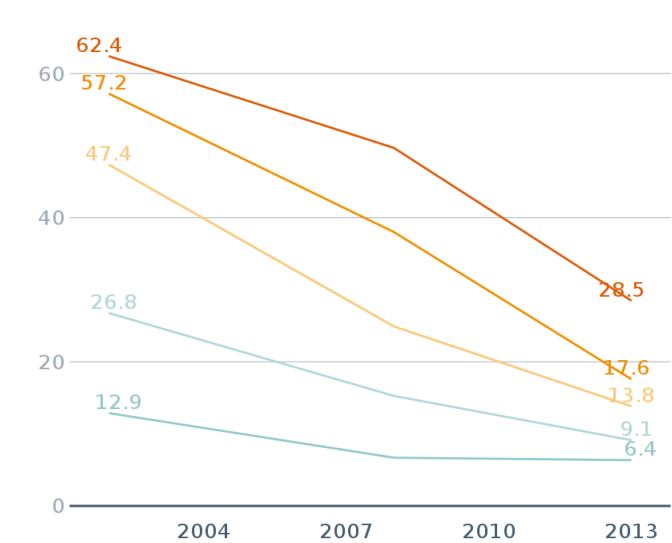


Under 5 by household income: wasting (%)

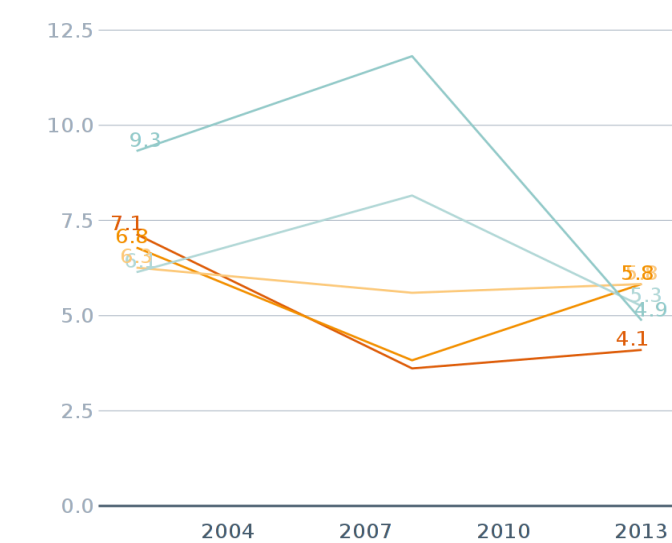


Sources: UNICEF/WHO/World Bank Group: Joint child malnutrition estimates. n = 2

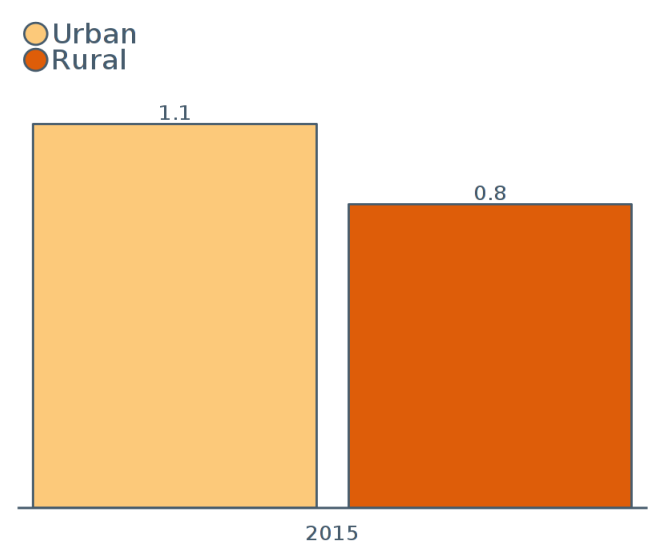
Under 5 by household income: stunting (%)



Under 5 by household income: overweight (%)

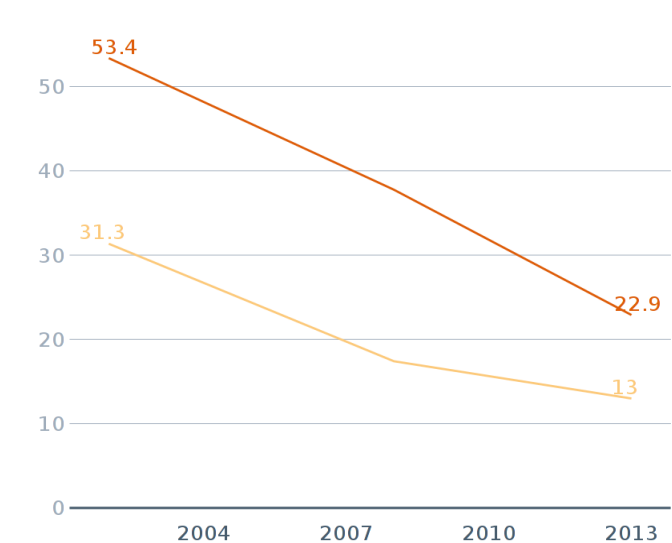


Under 5 by household location: wasting (%)

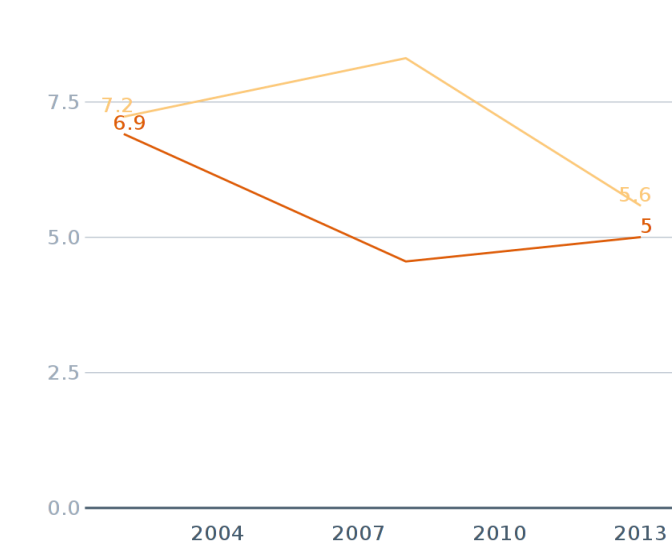


Sources: UNICEF/WHO/World Bank Group: Joint child malnutrition estimates. n = 2

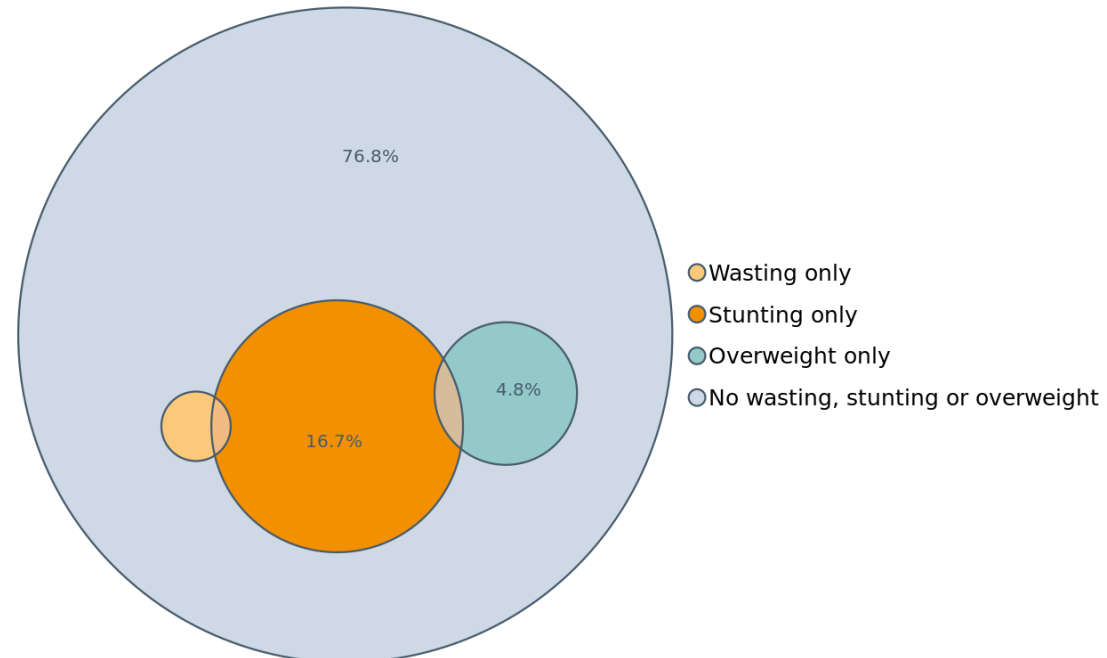
Under 5 by household location: stunting (%)



Under 5 by household location: overweight (%)

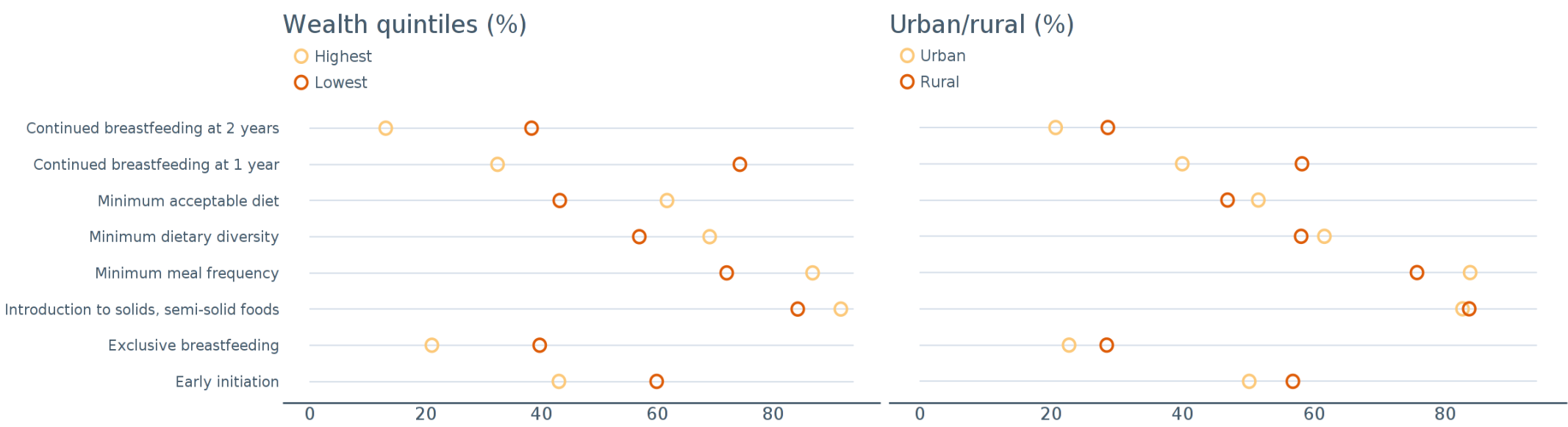


Under-5 coexistence of wasting, stunting and overweight



Sources: UNICEF, Division of Data Research and Policy (2018), Global UNICEF Global Databases: Overlapping Stunting, Wasting and Overweight, New York, May 2018.  
Notes: Percentage of children under 5 years of age who experience different and overlapping forms of malnutrition. n = 6

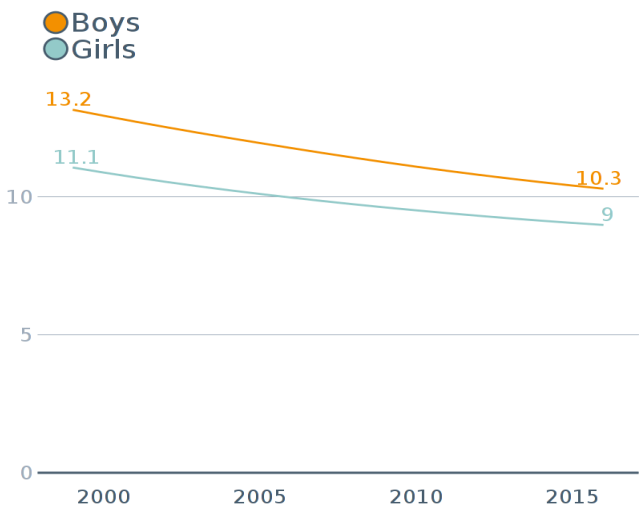
## Child feeding practices



Sources: UNICEF, Division of Data Research and Policy (2018), Global UNICEF Global Databases: Infant and Young Child Feeding, New York, May 2018. n = 7

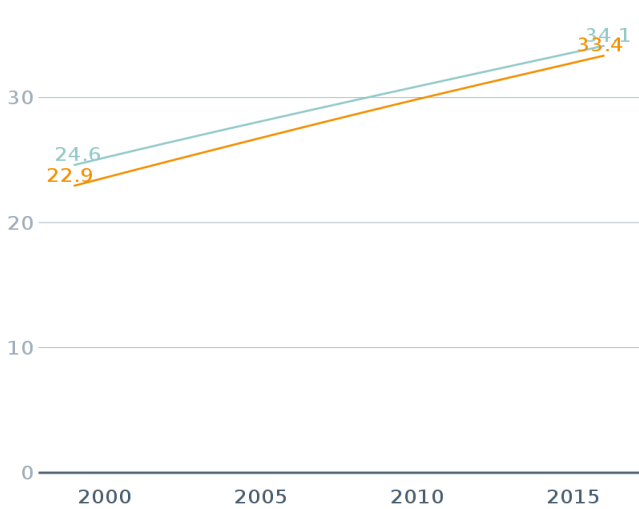
## Children and adolescent (aged 5–19) nutrition status

Ages 5–19 by gender: underweight (%)



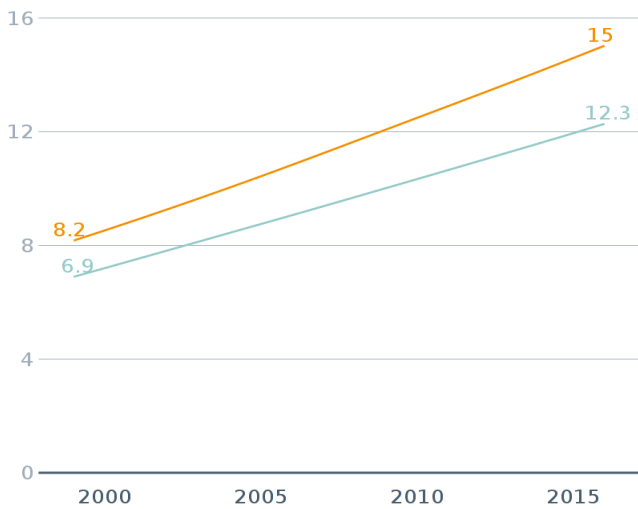
Source: NCD Risk Factor Collaboration. n = 8

Ages 5–19 by gender: overweight (%)



Source: NCD Risk Factor Collaboration. n = 8

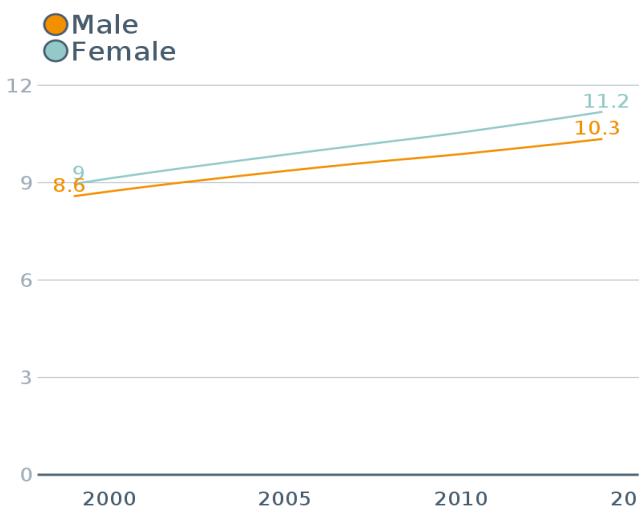
Ages 5–19 by gender: obesity (%)



Source: NCD Risk Factor Collaboration. n = 8

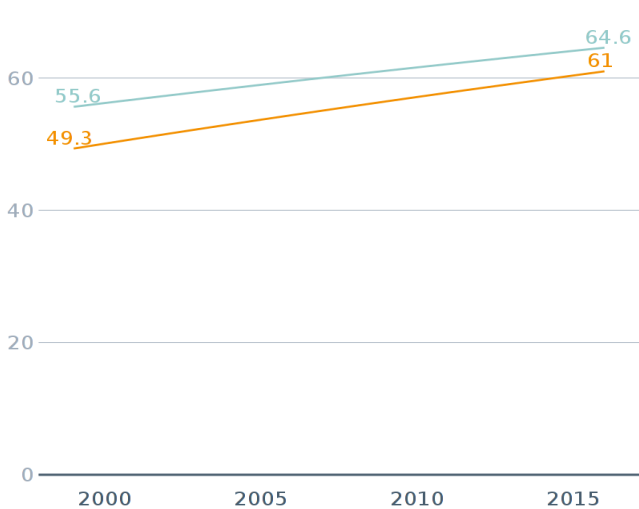
## Adult nutrition status

Adult by gender: diabetes (%)



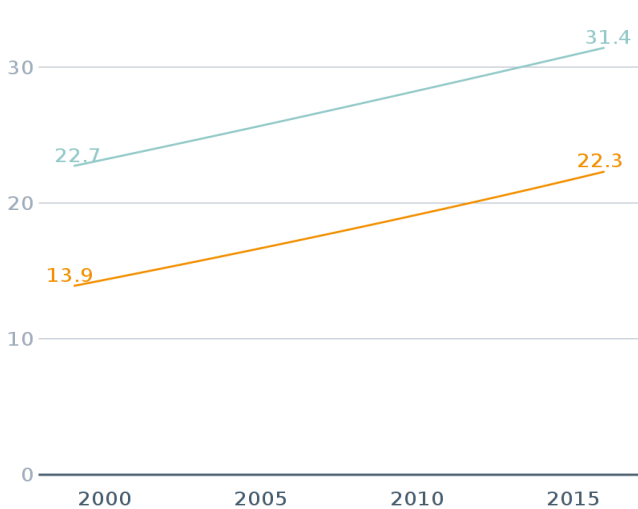
Source: NCD Risk Factor Collaboration. n = 8

Adult by gender: overweight (%)



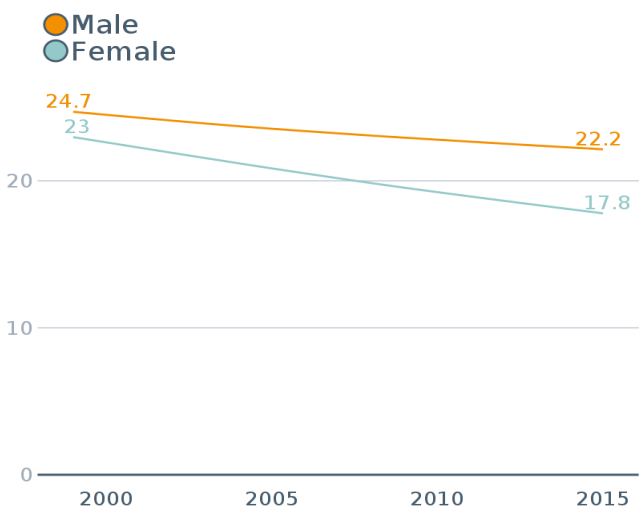
Source: NCD Risk Factor Collaboration. n = 8

Adult by gender: obesity (%)



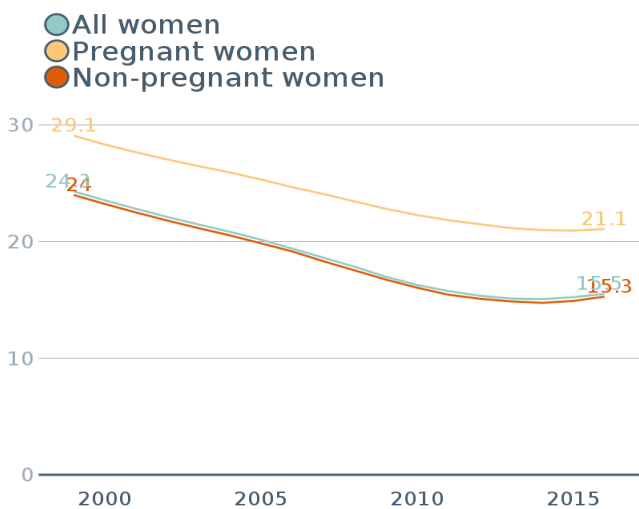
Source: NCD Risk Factor Collaboration. n = 8

Adult by gender: raised blood pressure (%)



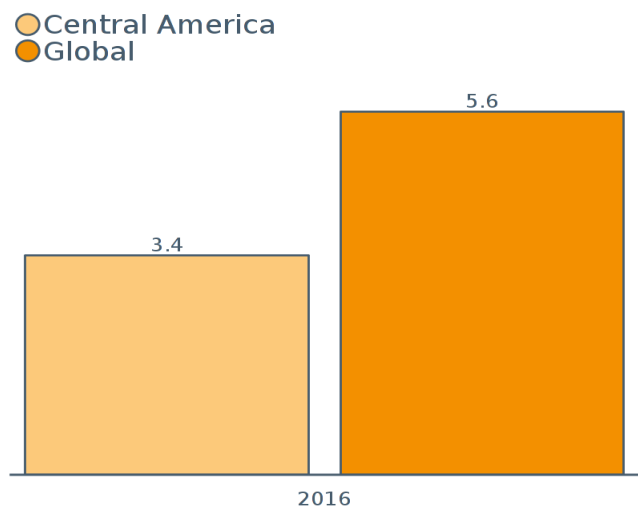
Source: NCD Risk Factor Collaboration. n = 8

Adult by gender: anaemia in WRA (%)



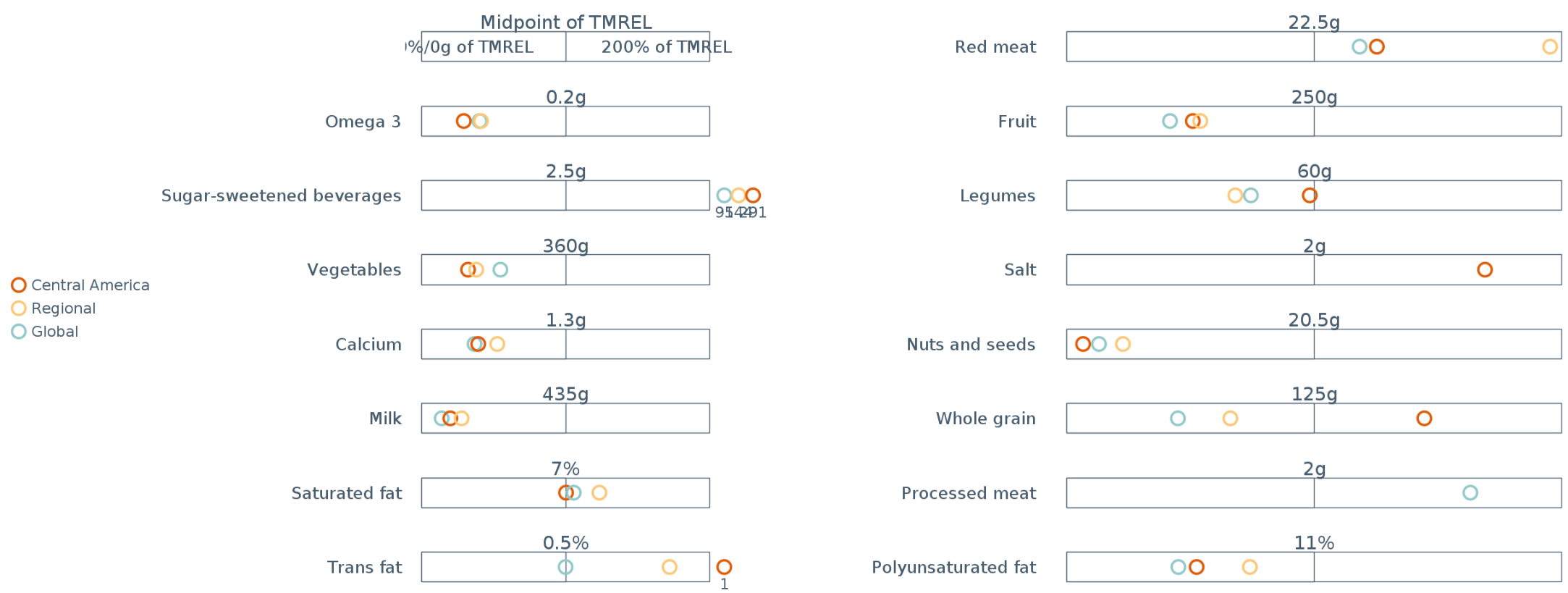
Source: WHO Global Health Observatory.  
Note: WRA = women of reproductive age. n = 8

Adult: sodium intake (grams per day)



Source: Global Burden of Disease, the Institute for Health Metrics and Evaluation. n = 8

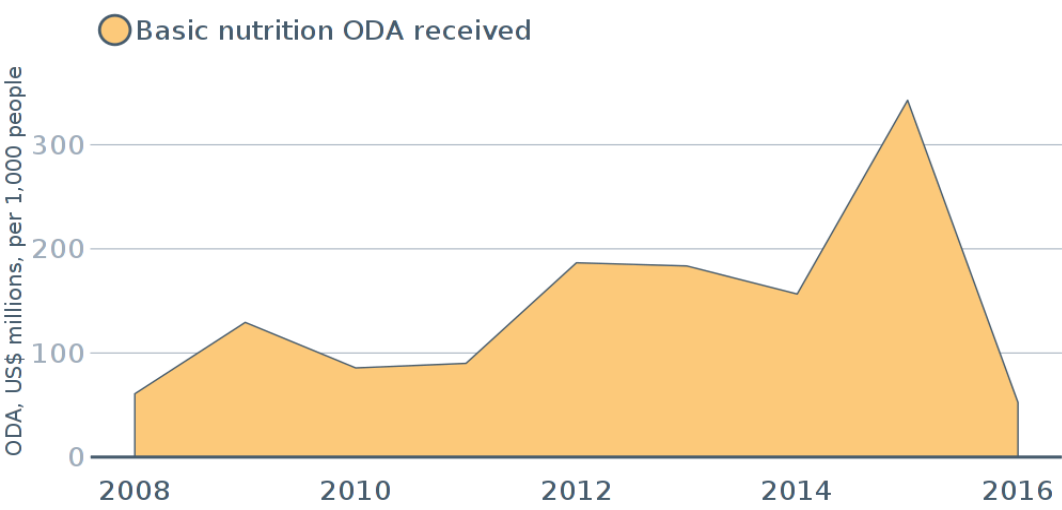
Dietary needs



Source: Global Burden of Disease, the Institute for Health Metrics and Evaluation.  
Notes: Men and women aged 25 and older. TMREL = theoretical minimum risk exposure level. n = 8

Financial resources and policy, legislation and institutional arrangements

Development assistance



Sources: Development Initiatives based on OECD Development Assistance Committee (DAC) Creditor Reporting System (CRS).  
Notes: ODA = official development assistance. Amounts based on gross ODA disbursements, constant 2016 prices. Figure includes ODA grants and loans, but excludes other official flows and private grants.

National policies

Mandatory legislation for salt iodisation	8/8
Sugar-sweetened beverage tax	1/8
Food-based dietary guidelines	7/8
Multisectoral comprehensive nutrition plan	5/8

Sources: Global Fortification Data Exchange 2018; Sugar-sweetened data prepared using data from the NOURISHING database, academic references and market reports; FAO 2018; WHO Global database on the Implementation of Nutrition Action (GINA), 2nd Global Nutrition Policy Review.

Targets included in national (nutrition or other) plan

Stunting	Anaemia	Low birth weight	Child overweight	Exclusive breastfeeding	Wasting	Salt intake	Overweight adults and adolescents
7/8	4/8	6/8	6/8	8/8	7/8	5/8	6/8

Sources: WHO Global database on the Implementation of Nutrition Action (GINA), 2nd Global Nutrition Policy Review.