Africa

GLOBAL NUTRITION REPORT

Overview

Progress against global nutrition targets 2018

Under-5 stunting
7/54 on course

Under-5 wasting
13/54 on course

Under-5 overweight
20/54 on course

WRA anaemia
0/54 on course

Exclusive breastfeeding
21/54 on course

Adult female obesity
0/54 on course

Adult male obesity
0/54 on course

Adult female diabetes
0/54 on course

Adult male diabetes
0/54 on course
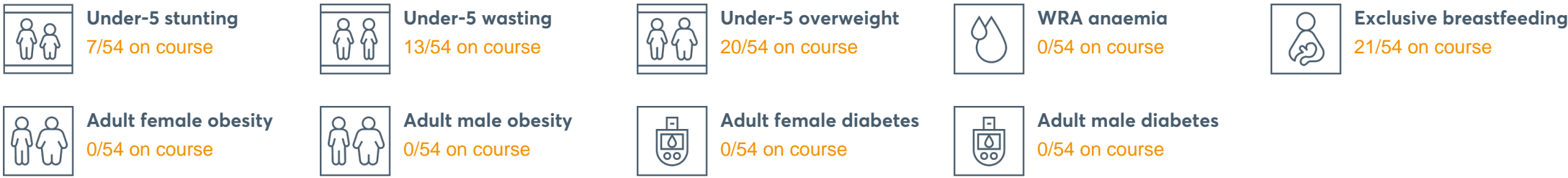
Sources: UNICEF/WHO/World Bank Group: Joint child malnutrition estimates, UNICEF global databases: Infant and Young Child Feeding, NCD Risk Factor Collaboration, WHO Global Health Observatory.
Notes: The methodologies for tracking differ between targets. Data on the adult indicators are based on modelled 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$)

- $1.90/day
- $3.20/day
- GDP per capita (thousands)

Year	$1.90/day	$3.20/day
1999	48	69
2005	43	66
2010	39	63
2015	35	58

Year	GDP per capita
2014	4.63
2015	4.67
2016	4.65
2017	4.72
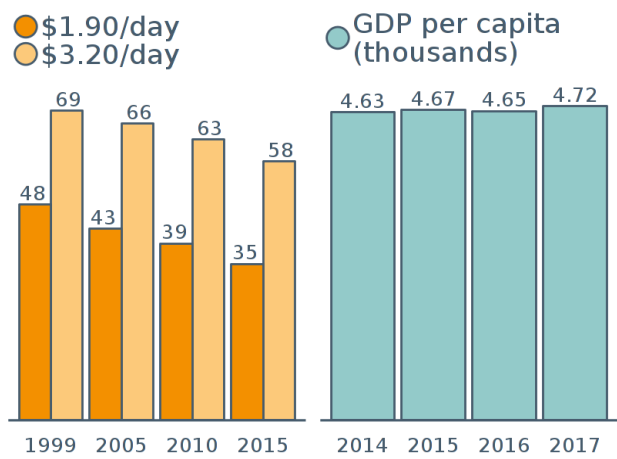
Source: World Bank 2018.
Note: GDP = gross domestic product. PPP = purchasing power parity. n = 48 (poverty); n = 50 (GDP).

Under-5 mortality (per 000 live births)

Year	Value
2000	129.1
2005	105.6
2010	86.9
2015	75.3
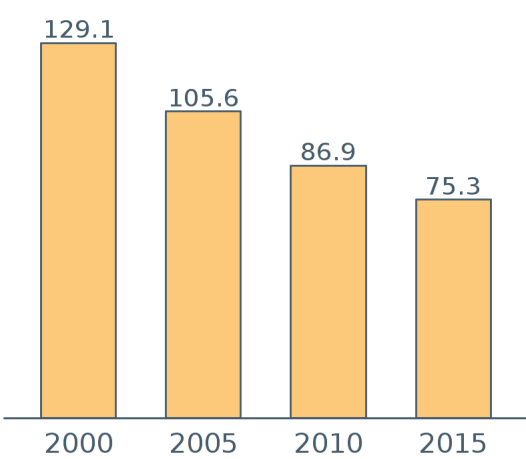
Source: UN Inter-agency Group for Child Mortality Estimation 2018.

Population

Population (millions)	1,255	2017
Under-5 population (millions)	196	2018
Rural (%)	58	2017
≥65 years (millions)	46	2018

Source: UN Population Division 2017.
Notes: n = 54 (rural only).

Underlying determinants

Food supply

- Undernourishment (% population)
- Availability of fruit and vegetables (grams)
- % of total calories from non-staples

Year	Undernourishment
2000	24
2004	22
2008	20
2012	19
2016	20

Year	Availability of fruit and vegetables
2000	321
2004	352
2008	351
2012	373
2013	366

Year	% of total calories from non-staples
2001	42
2004	43
2008	44
2012	43
2013	45
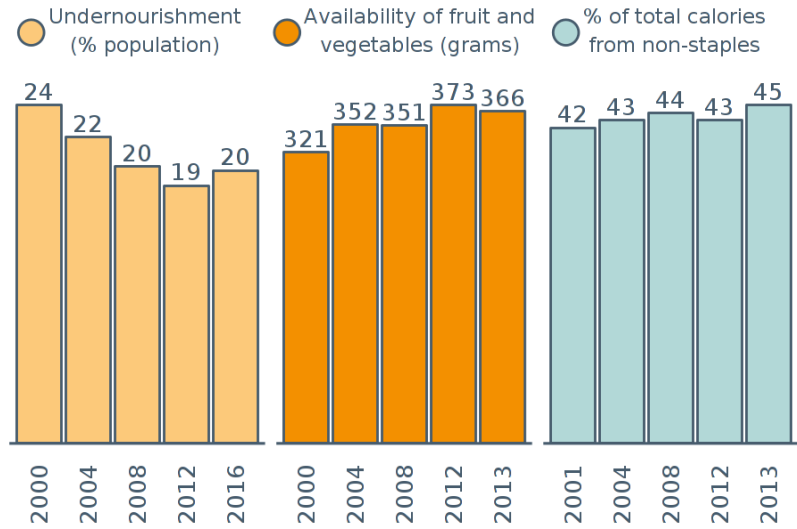
Source: FAOSTAT 2018.

Gender-related determinants

Early childbearing: births by age 18 (%)	24	2015

Source: UNICEF 2018.
Note: n = 47.

Population density of health workers per 1,000 people

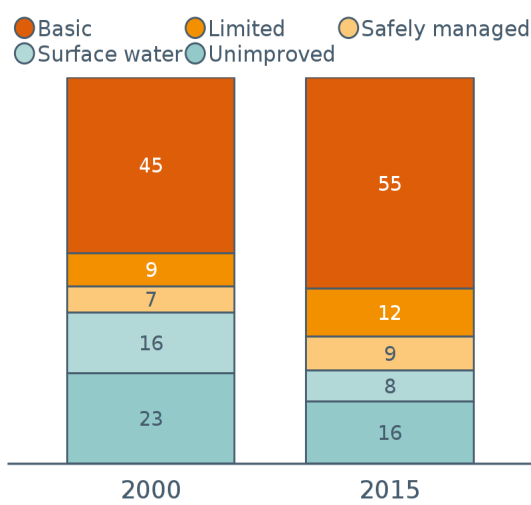|		
Physicians	0.31	2016
Nurses and midwives	1.22	2016
Community health workers	0.23	2016

Source: WHO's Global Health Workforce Statistics, OECD, supplemented by country data. n = 53

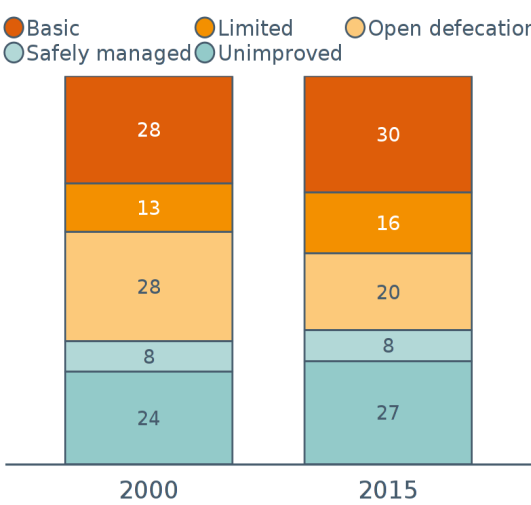### Female secondary education enrolment (net, % population)

Year	Value
2013	32
2014	41
2015	35
2016	51
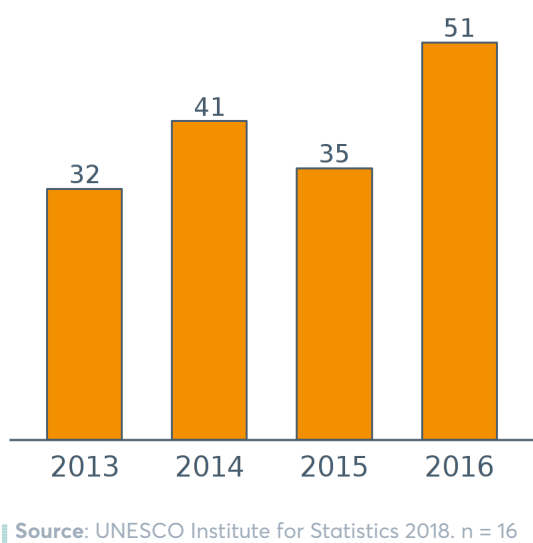
Source: UNESCO Institute for Statistics 2018. n = 16

Drinking water coverage (% population)

- Basic
- Limited
- Safely managed
- Surface water
- Unimproved

	2000	2015
Basic	45	55
Limited	9	12
Safely managed	7	9
Unimproved	16	8
Surface water	23	16

Source: WHO/UNICEF Joint Monitoring Programme 2017. n = 52

Sanitation coverage (% population)

- Basic
- Limited
- Open defecation
- Safely managed
- Unimproved

	2000	2015
Basic	28	30
Limited	13	16
Open defecation	28	20
Unimproved	8	8
Safely managed	24	27

Source: WHO/UNICEF Joint Monitoring Programme 2017.
Note: n = 53

Government expenditures (% total)

- Agriculture
- Education
- Health
- Social protection

	2000	2010	2012
Agriculture	4	5	4
Education	15	12	12
Health	4	5	6
Social protection	7	12	10
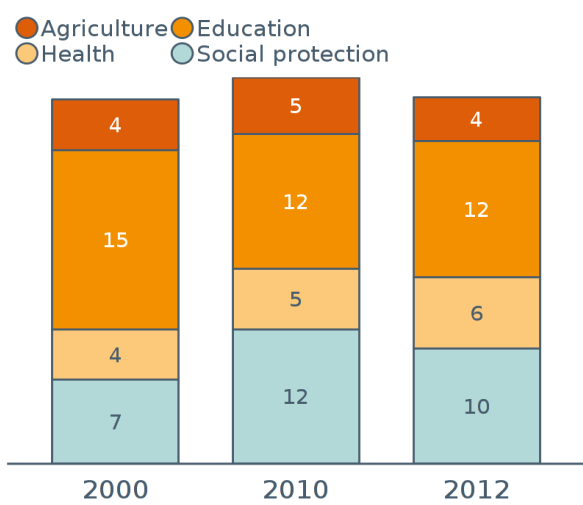
Source: IFPRI 2015. n = 34

Africa

Children (under 5) nutrition status

Under 5: wasting (%)

Global
Africa

7.5   7.1

2017
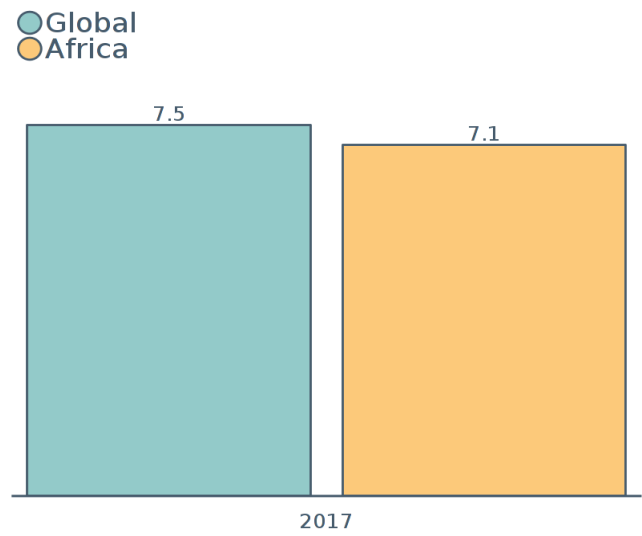
Sources: UNICEF/WHO/World Bank Group: Joint child malnutrition estimates.

Under 5: stunting (%)

40
38.3
32.6
30
30.3
20
22.2
10
0
2000   2004   2008   2012   2016
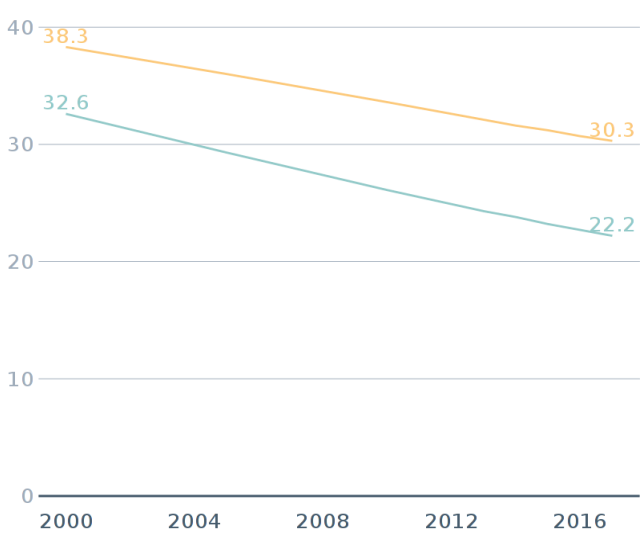
Sources: UNICEF/WHO/World Bank Group: Joint child malnutrition estimates.

Under 5: overweight (%)

6

5.6
5
4.9
5
4

2
0
2000   2004   2008   2012   2016
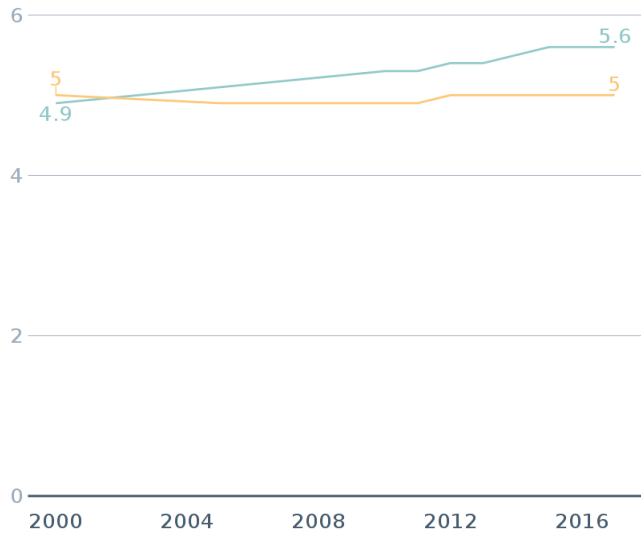
Sources: UNICEF/WHO/World Bank Group: Joint child malnutrition estimates.

Under 5 by household income: wasting (%)

Lowest   Second highest
Second lowest   Highest
Middle

8.8   7.6   7.0   7.2   6.1

2014
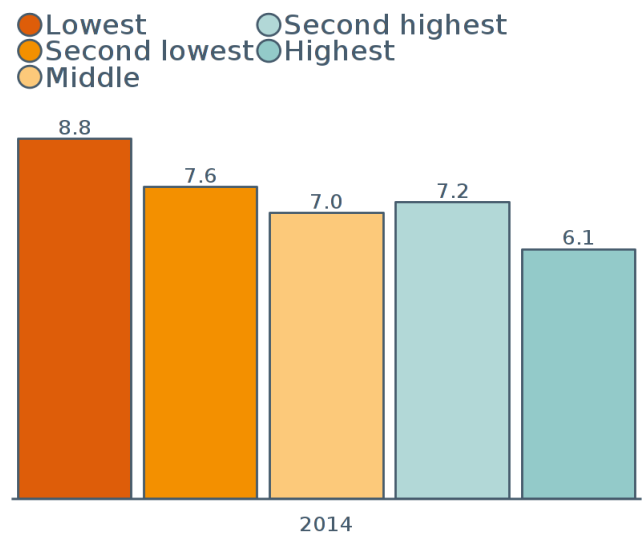
Sources: UNICEF/WHO/World Bank Group: Joint child malnutrition estimates. n = 19

Under 5 by household income: stunting (%)
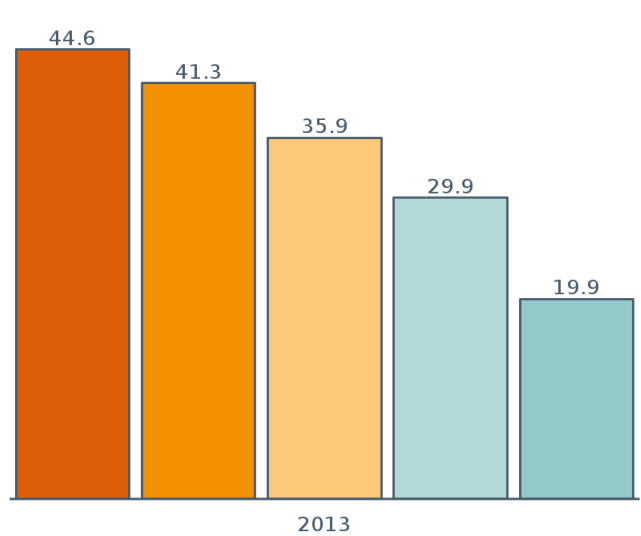
44.6   41.3   35.9   29.9   19.9

2013

Sources: UNICEF/WHO/World Bank Group: Joint child malnutrition estimates. n = 41

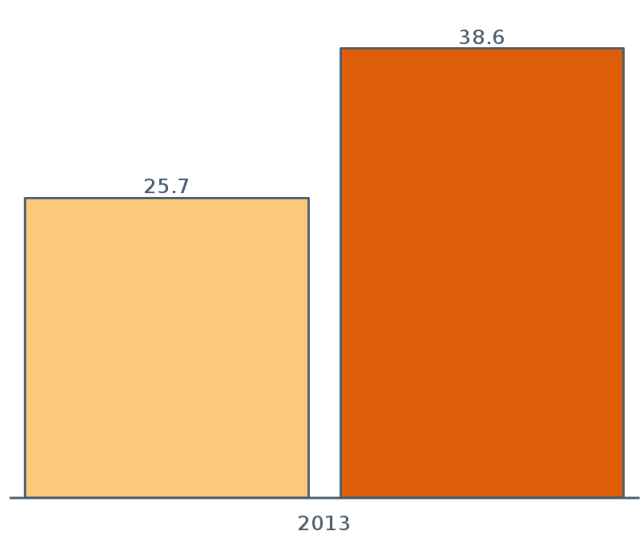### Under 5 by household income: overweight (%)
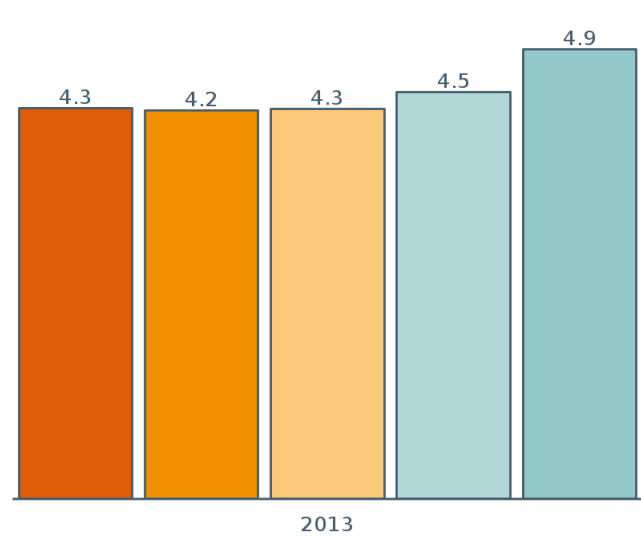
4.3   4.2   4.3   4.5   4.9

2013

Sources: UNICEF/WHO/World Bank Group: Joint child malnutrition estimates. n = 41
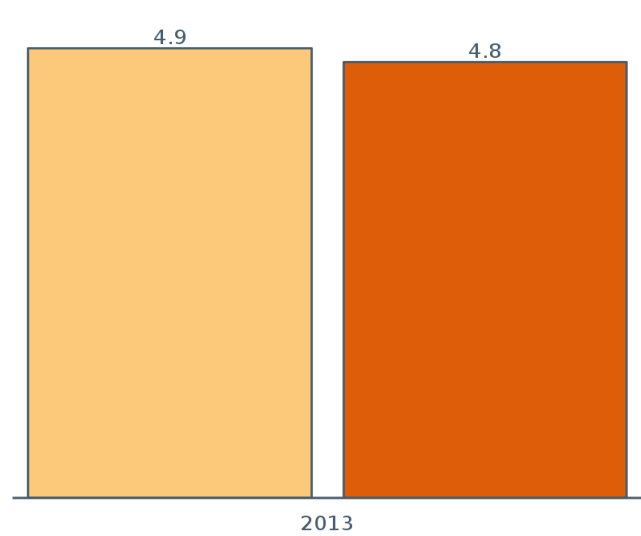
Under 5 by household location: wasting (%)

Urban
Rural

6.8   7.9

2014
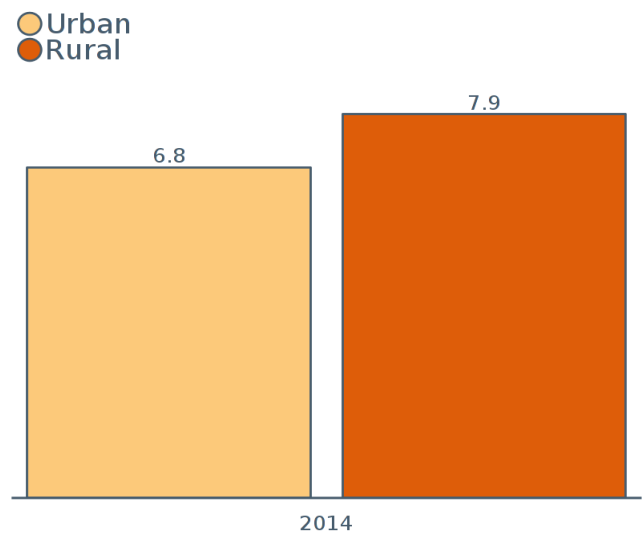
Sources: UNICEF/WHO/World Bank Group: Joint child malnutrition estimates. n = 21

Under 5 by household location: stunting (%)

25.7   38.6

2013
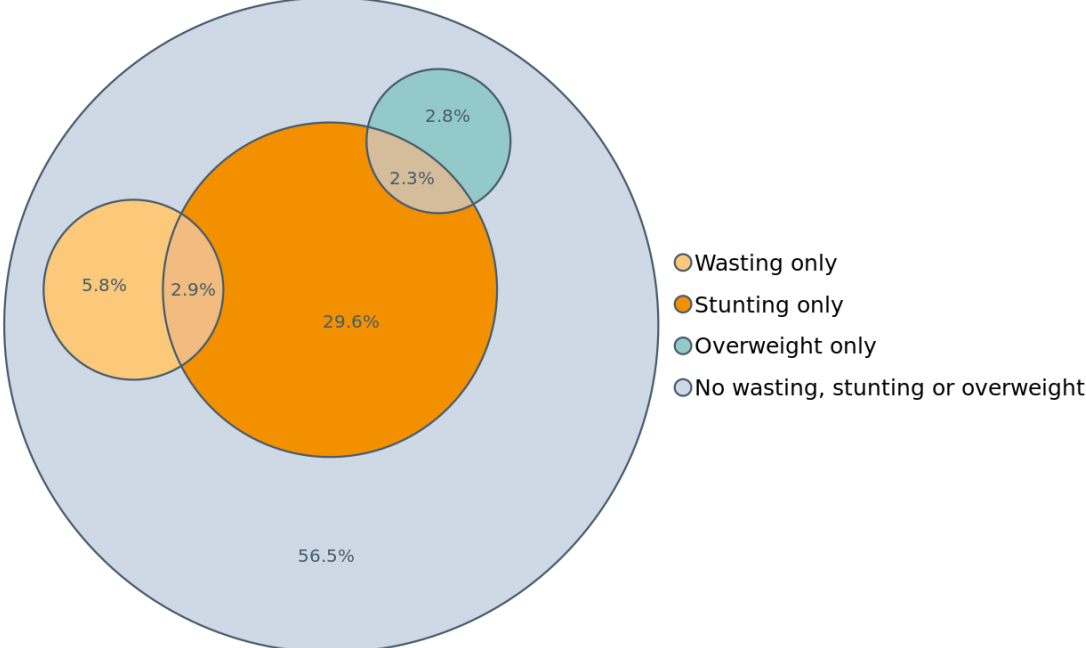
Sources: UNICEF/WHO/World Bank Group: Joint child malnutrition estimates. n = 43

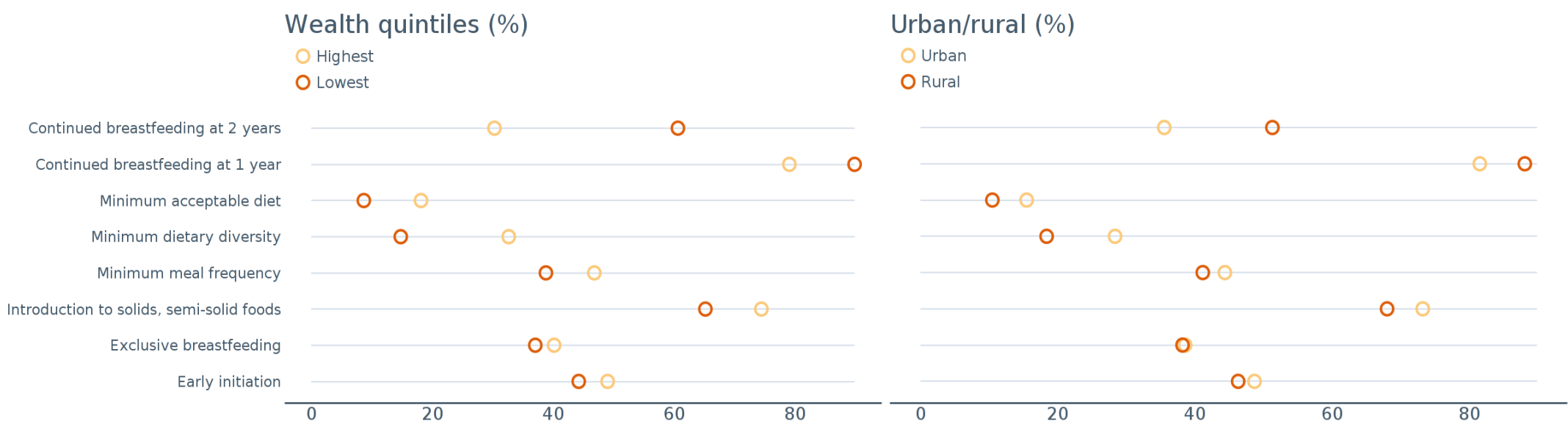### Under 5 by household location: overweight (%)

4.9   4.8

2013

Sources: UNICEF/WHO/World Bank Group: Joint child malnutrition estimates. n = 43

Under-5 coexistence of wasting, stunting and overweight

2.8%
2.3%
5.8%   2.9%
29.6%
56.5%

Wasting only
Stunting only
Overweight only
No wasting, stunting or 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 = 50
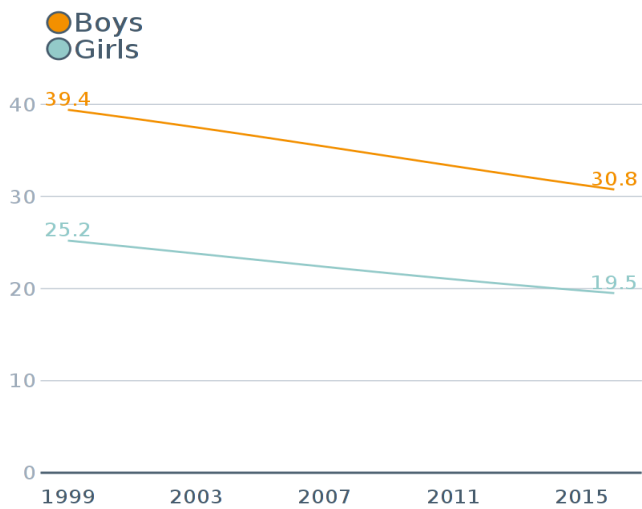
Africa

Child feeding practices

Wealth quintiles (%)

- ○ Highest
- ○ Lowest

Continued breastfeeding at 2 years	
Continued breastfeeding at 1 year	
Minimum acceptable diet	
Minimum dietary diversity	
Minimum meal frequency	
Introduction to solids, semi-solid foods	
Exclusive breastfeeding	
Early initiation	

Urban/rural (%)

- ○ Urban
- ○ Rural

Children and adolescent (aged 5–19) nutrition status

Ages 5–19 by gender: underweight (%)

- ● Boys
- ● Girls

39.4
30.8
25.2
19.5

1999 2003 2007 2011 2015

Ages 5–19 by gender: overweight (%)

17.8
11.1
9.3
4.9

1999 2003 2007 2011 2015
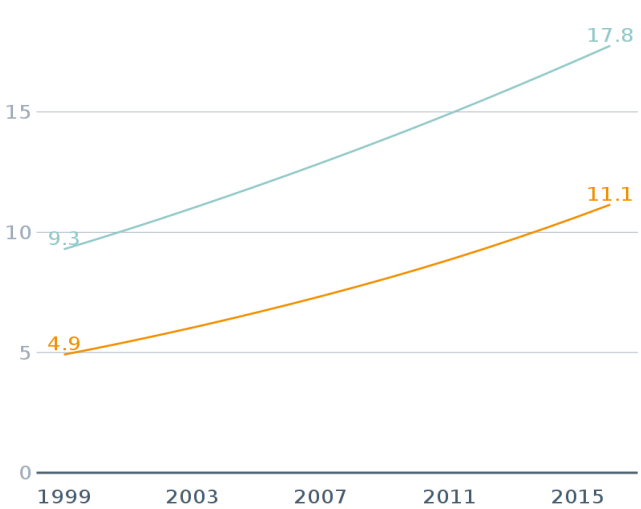
Ages 5–19 by gender: obesity (%)

5.2
3.7
1.9
1.3

1999 2003 2007 2011 2015
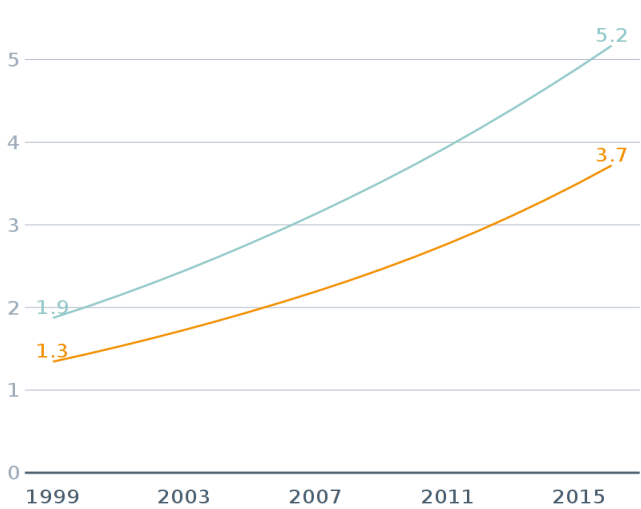
Adult nutrition status

Adult by gender: diabetes (%)

- ● Male
- ● Female

8.2
7.9
6.1
5.6

1999 2003 2007 2011
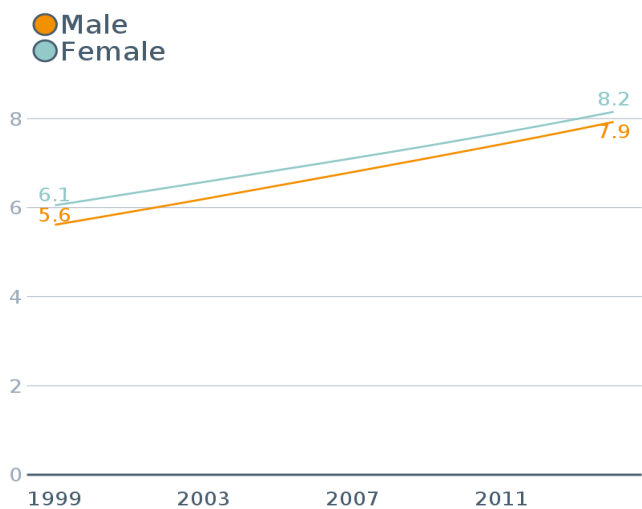
Adult by gender: overweight (%)

41.1
31.2
25.8
19.1

1999 2003 2007 2011 2015
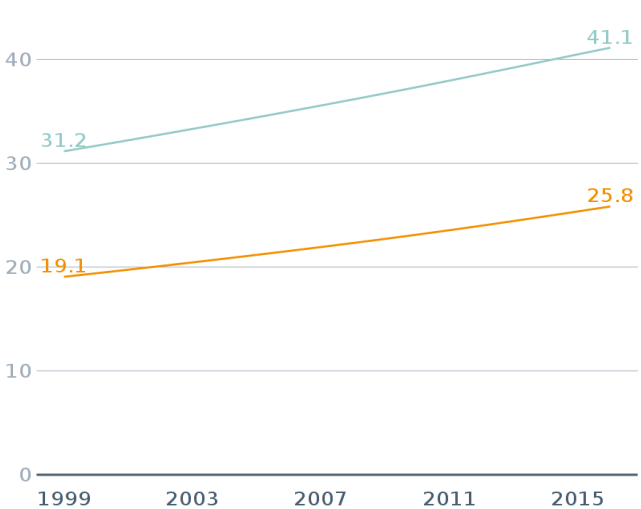
Adult by gender: obesity (%)

17
10.8
7
3.6

1999 2003 2007 2011 2015
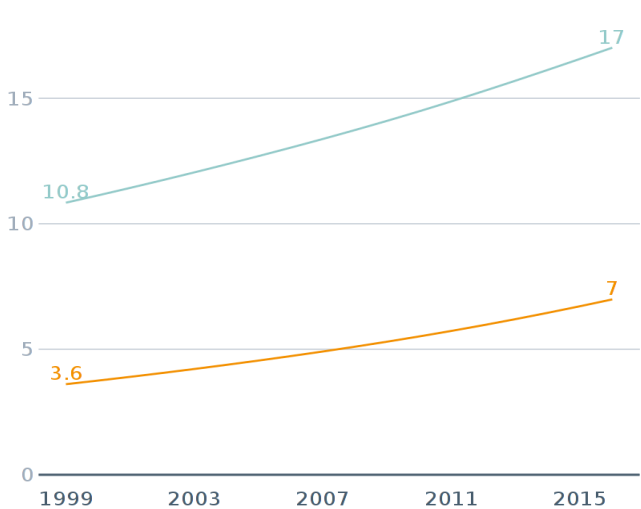
Adult by gender: raised blood pressure (%)

- ● Male
- ● Female

28.7
28.6
27.6
26.9

1999 2003 2007 2011 2015
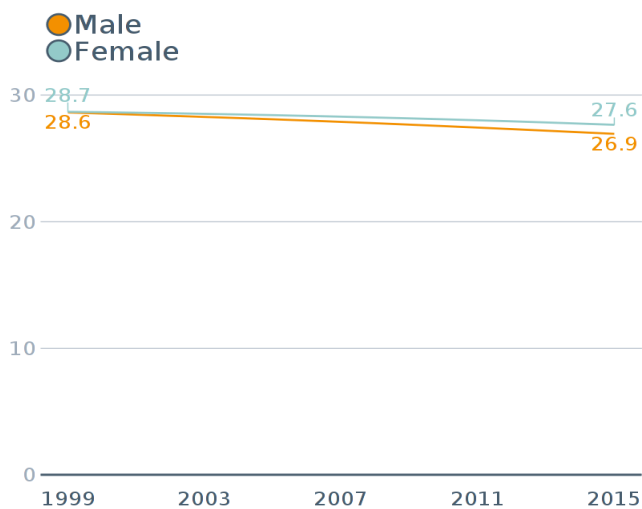
Adult by gender: anaemia in WRA (%)
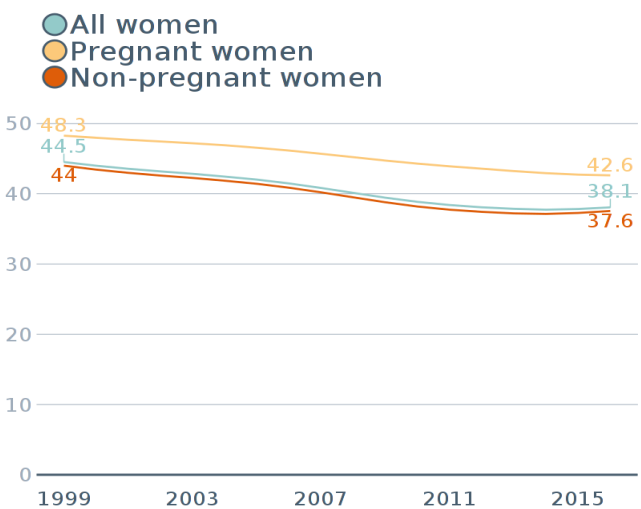
- ● All women
- ● Pregnant women
- ● Non-pregnant women

48.3
44.5
44
42.6
38.1
37.6

1999 2003 2007 2011 2015

Adult: sodium intake (grams per day)
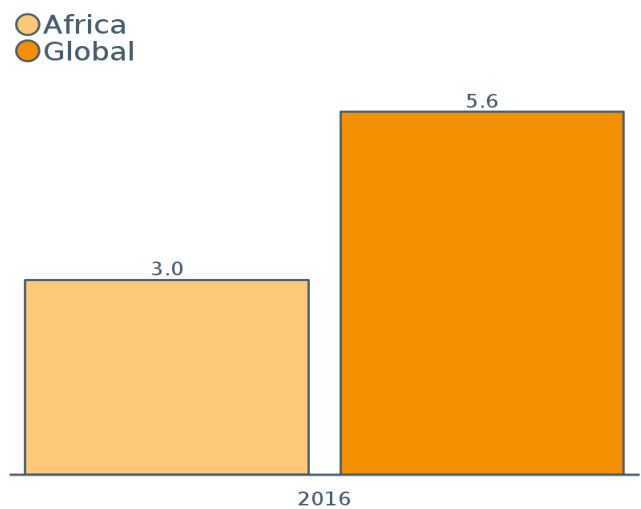
- ● Africa
- ● Global

5.6
3.0

2016

Africa

Dietary needs

Midpoint of TMREL

0%/0g of TMREL	200% of TMREL

Calcium — 1.3g

Fruit — 250g

Legumes — 60g

○ Africa
○ Global

Milk — 435g

Nuts and seeds — 20.5g

Omega 3 — 0.3g

Polyunsaturated fat — 11%

Processed meat — 2g

Red meat — 22.5g

Salt — 2g | 5

Saturated fat — 7%

Sugar-sweetened beverages — 2.5g | 87 95

Trans fat — 0.5%

Vegetables — 360g

Whole grain — 125g

Financial resources and policy, legislation and institutional arrangements

Development assistance

● Basic nutrition ODA received

ODA, US$, per 1,000 people

| 2008 | 2010 | 2012 | 2014 | 2016 |

National policies

Mandatory legislation for salt iodisation	36/54
Sugar-sweetened beverage tax	3/54
Food-based dietary guidelines	7/54
Multisectoral comprehensive nutrition plan	32/54

Targets included in national (nutrition or other) plan

Stunting	Anaemia	Low birth weight	Child overweight	Exclusive breastfeeding	Wasting	Salt intake	Overweight adults and adolescents
47/54	35/54	36/54	31/54	46/54	46/54	21/54	37/54