Japan

GLOBAL NUTRITION REPORT

Overview

Burden classification

The Global Nutrition Report classifies this country as experiencing one form of malnutrition – anaemia only

Sources: UNICEF/WHO/World Bank Group: Joint child malnutrition estimates, NCD Risk Factor Collaboration, WHO Global Health Observatory.
Notes: Thresholds for a country having the form or not: stunting in children aged under 5 years ≥20%; anaemia in women of reproductive age ≥20%; overweight (body mass index ≥25) in adult women aged ≥18 years ≥35%.
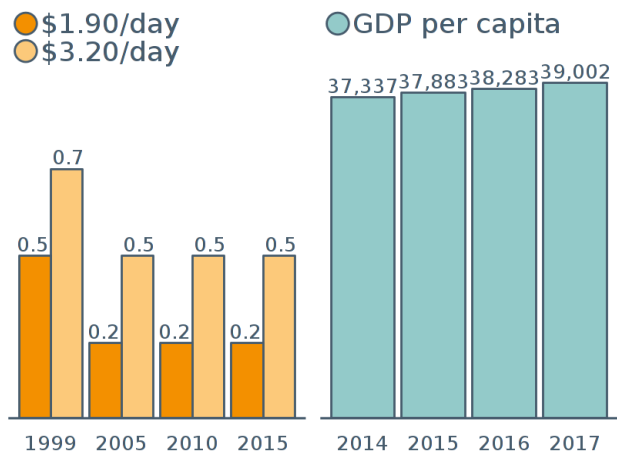
Progress against global nutrition targets 2018

Under-5 stunting NA	**Under-5 wasting** NA
Under-5 overweight NA	**WRA anaemia** No progress or worsening
Exclusive breastfeeding NA	
Adult female obesity No progress or worsening	**Adult male obesity** No progress or worsening
Adult female diabetes On course	**Adult male diabetes** No progress or worsening

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.
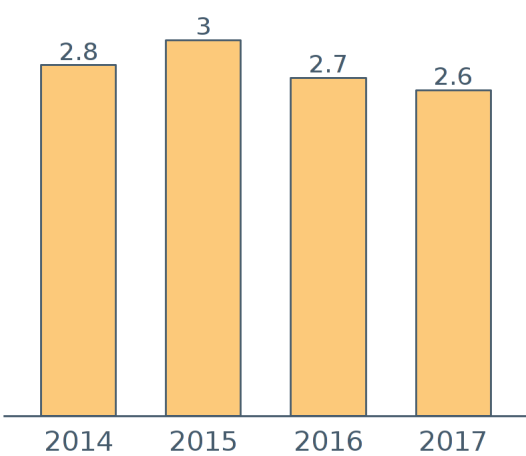
Economics and demography

Poverty rates (%) and GDP (PPP$)

- $1.90/day
- $3.20/day
- GDP per capita

GDP per capita: 37,337 (2014), 37,883 (2015), 38,283 (2016), 39,002 (2017)

Poverty: 1999: 0.5, 0.7; 2005: 0.2, 0.5; 2010: 0.2, 0.5; 2015: 0.2, 0.5

Source: World Bank 2018.
Note: GDP = gross domestic product. PPP = purchasing power parity.

Under-5 mortality (per 000 live births)

2014: 2.8; 2015: 3; 2016: 2.7; 2017: 2.6

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

Income inequality

Gini index score[1]	Gini index rank[2]	Year
32	33	2008

Source: World Bank 2018.
Notes: 0 = perfect equality, 100 = perfect inequality.[1] Countries are ranked from most equal (1) to most unequal (155).[2]
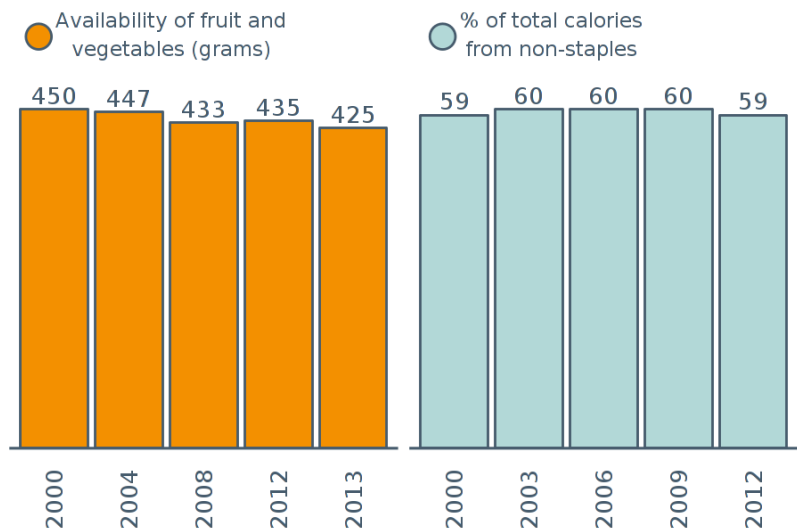
Population

Population (000)	127,484	2017
Under-5 population (000)	5,245	2018
Rural (%)	8	2017
>65 years (000)	34,944	2018

Source: UN Population Division 2017.

Underlying determinants

Food supply

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

Availability of fruit and vegetables (grams): 2000: 450, 2004: 447, 2008: 433, 2012: 435, 2013: 425

% of total calories from non-staples: 2000: 59, 2003: 60, 2006: 60, 2009: 60, 2012: 59

Source: FAOSTAT 2018.

Gender-related determinants

|		
Early childbearing: births by age 18 (%)[1]	NA	NA
Gender Inequality Index (score*)[2]	0.1	2017
Gender Inequality Index (country rank)[2]	22	2017

Sources: UNICEF 2018;[1] UNDP 2018.[2]
Note: *0 = low inequality, 1 = high inequality.

Population density of health workers per 1,000 people

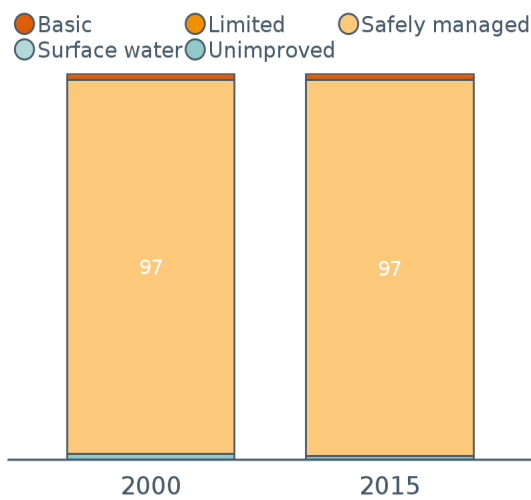|		
Physicians	2.37	2014
Nurses and midwives	11.24	2014
Community health workers	NA	NA

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

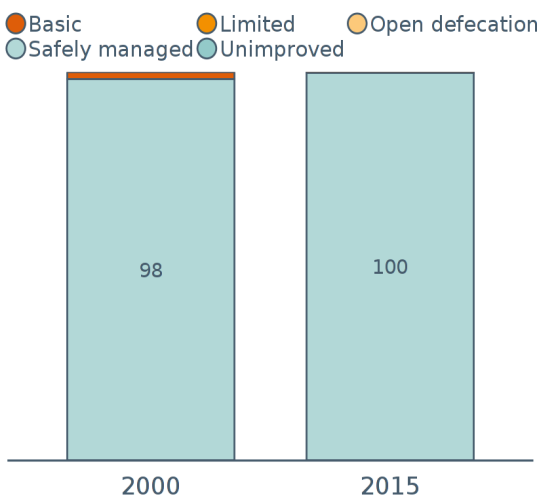### Female secondary education enrolment (net, % population)

2012: 99, 2013: 99, 2014: 99, 2015: 100
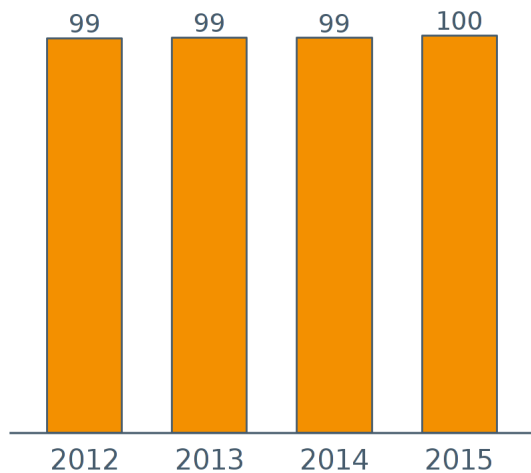
Source: UNESCO Institute for Statistics 2018.

Drinking water coverage (% population)

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

2000: 97; 2015: 97

Source: WHO/UNICEF Joint Monitoring Programme 2017.

Sanitation coverage (% population)

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

2000: 98; 2015: 100

Source: WHO/UNICEF Joint Monitoring Programme 2017.

Government expenditures (% total)

- Agriculture
- Education
- Health
- Social protection

2000: 8, 22; 2010: 6, 30; 2012: 6, 31

Source: IFPRI 2015.

Japan
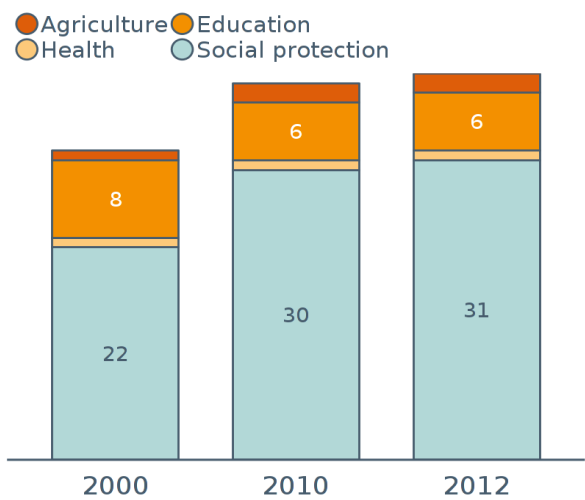
Children (under 5) nutrition status

Under 5 by gender: wasting (%)
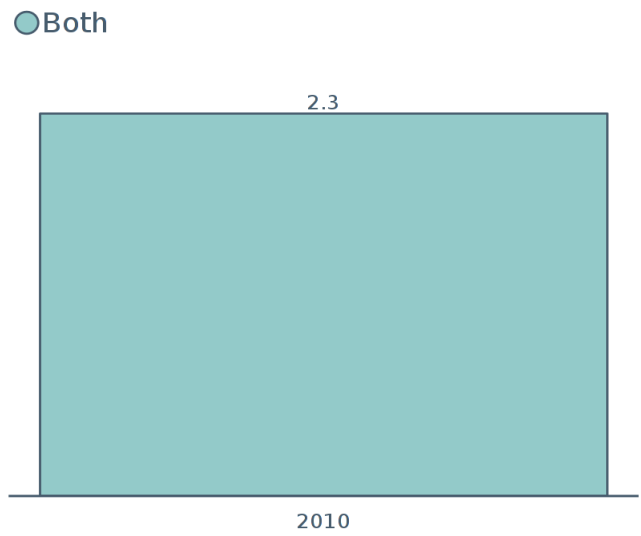
◯ Both

2.3

2010

Under 5 by gender: stunting (%)

7.1

6

4

2

0

2010   2010   2010   2010   2010
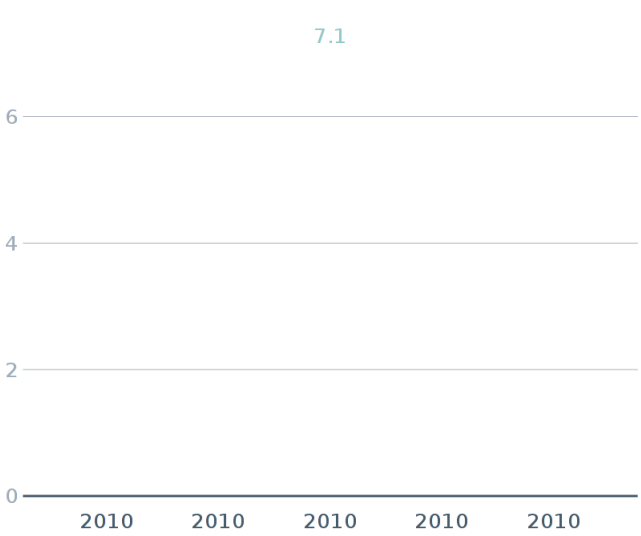
Under 5 by gender: overweight (%)

1.6

1.5

1.2

0.8

0.4

0.0

2010   2010   2010   2010   2010
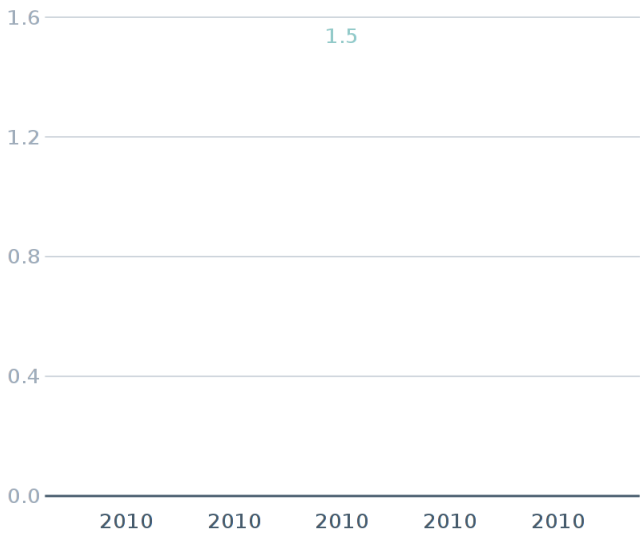
Under 5 by household income: wasting (%)
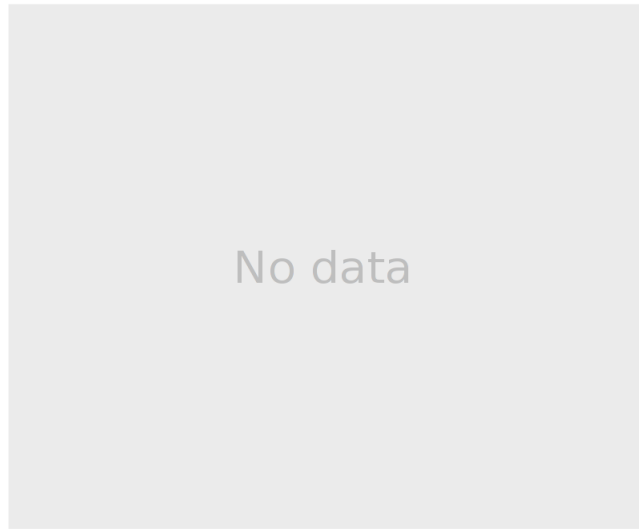
No data

Under 5 by household income: stunting (%)

No data
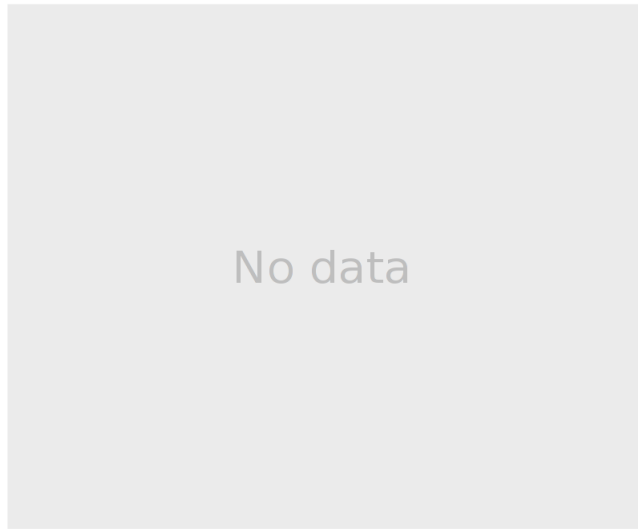
Under 5 by household income: overweight (%)

No data
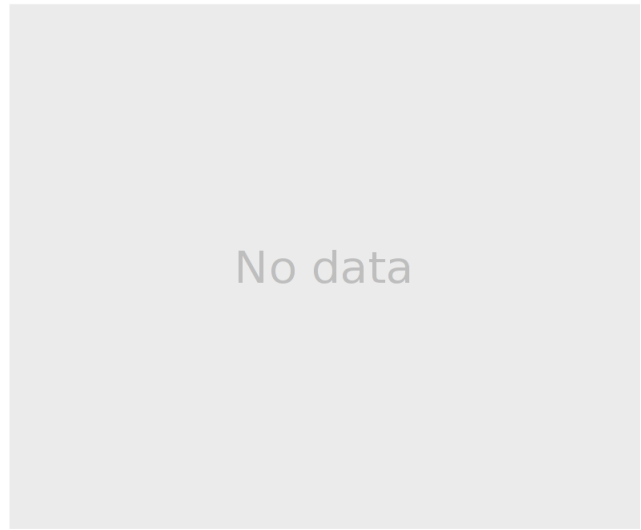
Under 5 by household location: wasting (%)
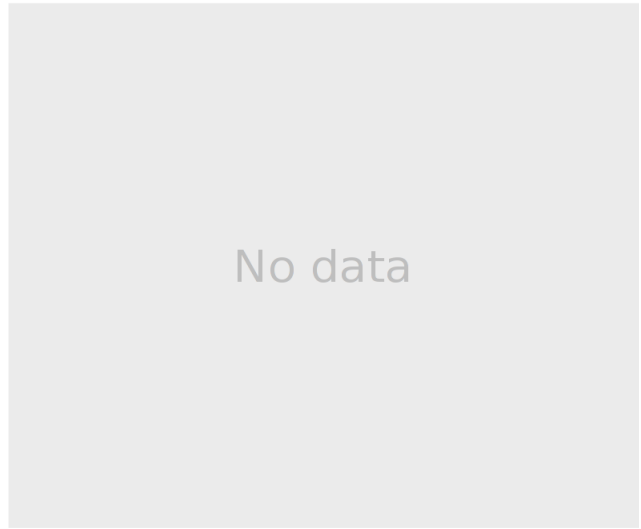
No data

Under 5 by household location: stunting (%)

No data
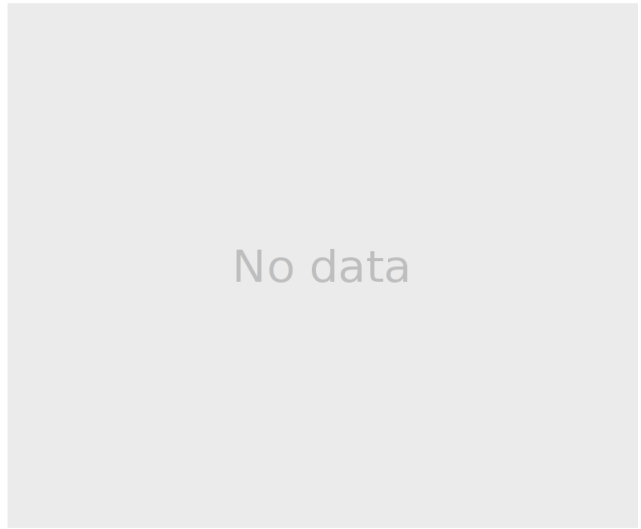
Under 5 by household location: overweight (%)

No data
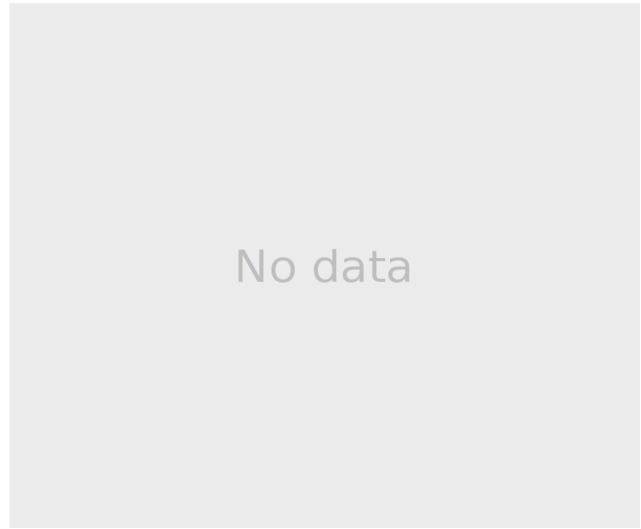
Under-5 coexistence of wasting, stunting and overweight
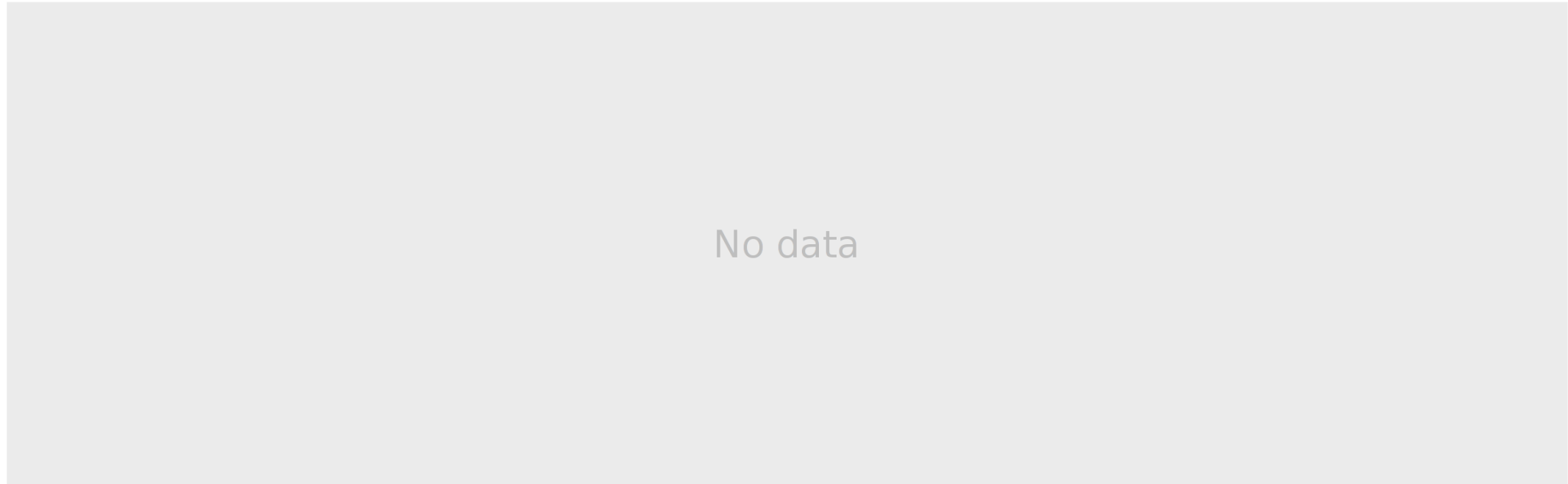
No data

Japan

Child feeding practices

No data

Children and adolescent (aged 5–19) nutrition status

Ages 5–19 by gender: underweight (%)

- Boys
- Girls

16 → 16.6
13.7 → 14.2
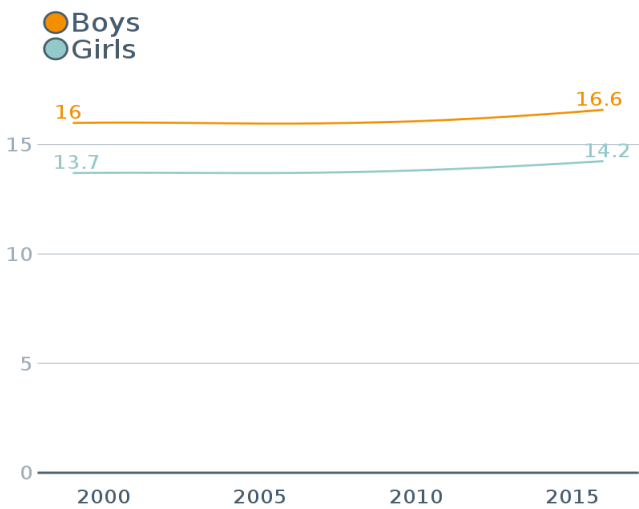
Ages 5–19 by gender: overweight (%)

16.6 → 16.8
10.9 → 12
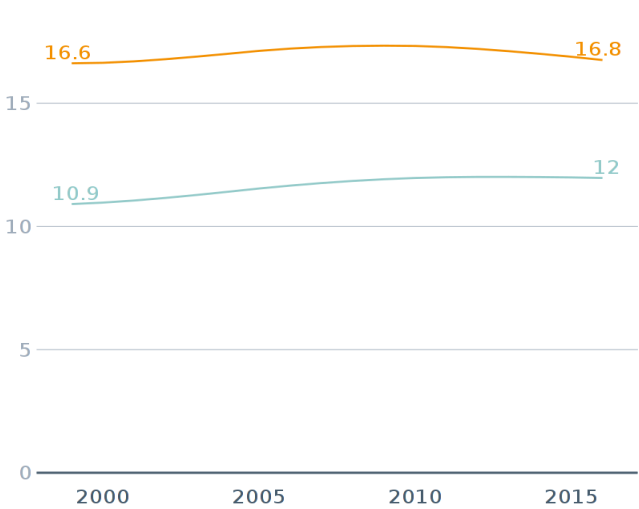
Ages 5–19 by gender: obesity (%)

4.3 → 5
1.6 → 1.7
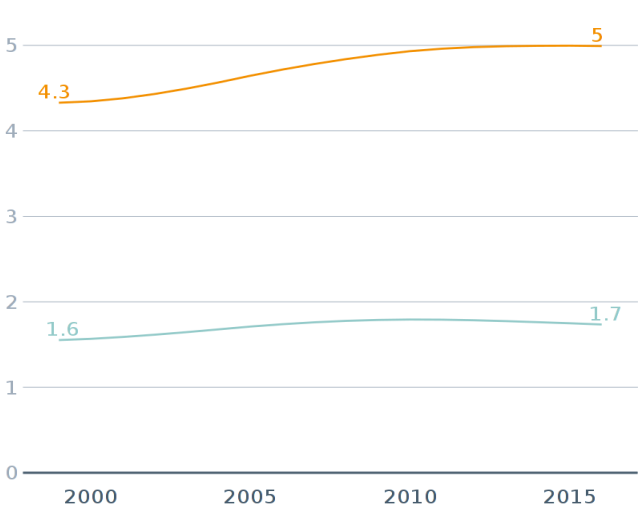
Adult nutrition status

Adult by gender: diabetes (%)

- Male
- Female

7.3 → 8.4
5.6 → 5
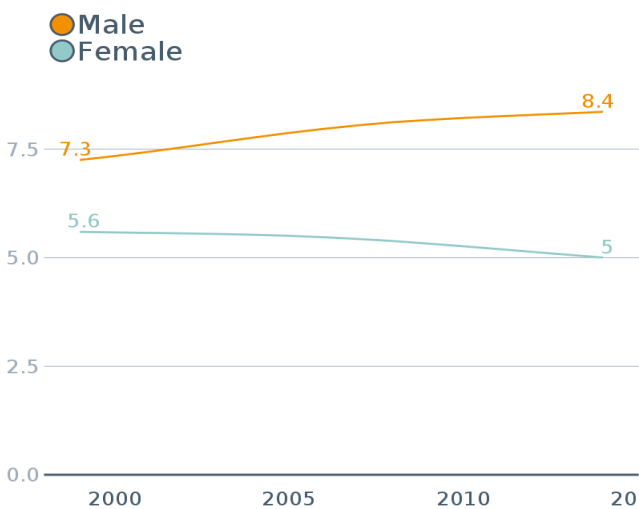
Adult by gender: overweight (%)

22.7 → 32.5
18.2 → 21.8
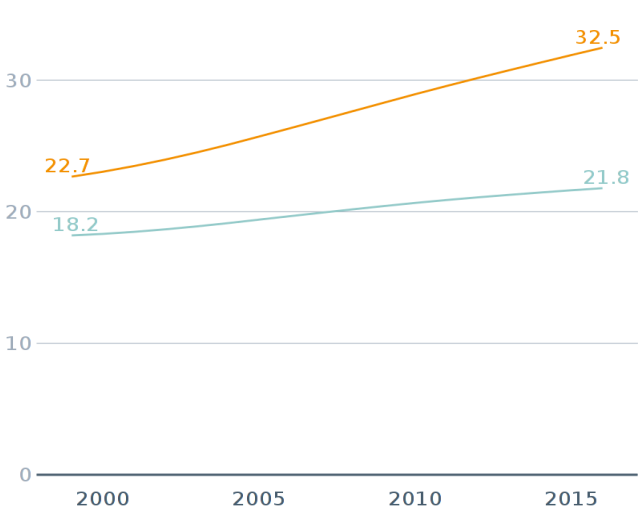
Adult by gender: obesity (%)

1.8 → 4.8
2.2 → 3.7
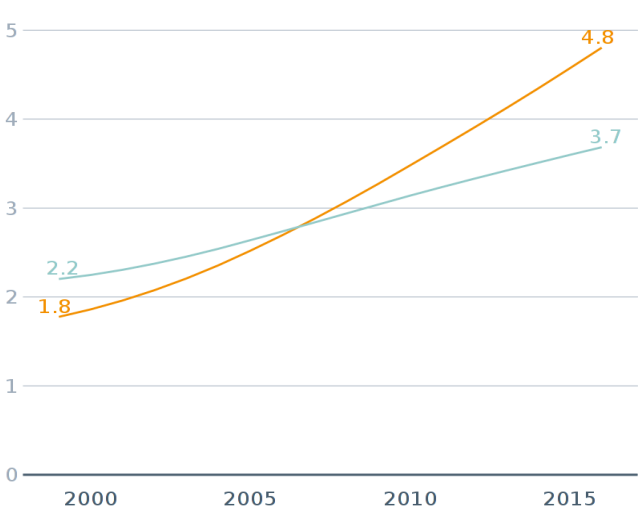
Adult by gender: raised blood pressure (%)

- Male
- Female

27.7 → 22.5
17.5 → 12.6
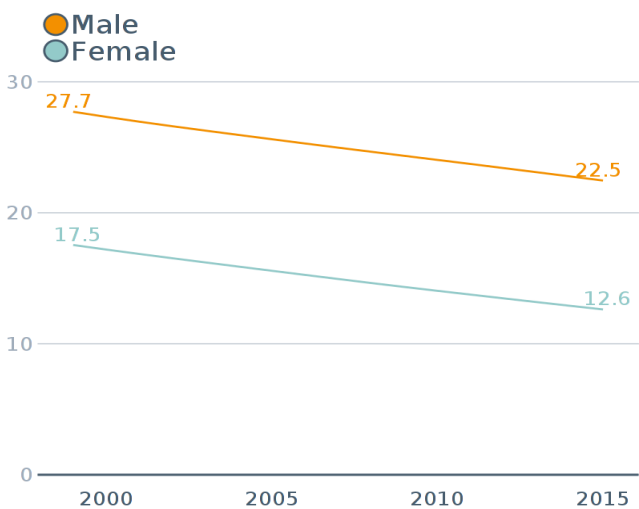
Adult by gender: anaemia in WRA (%)
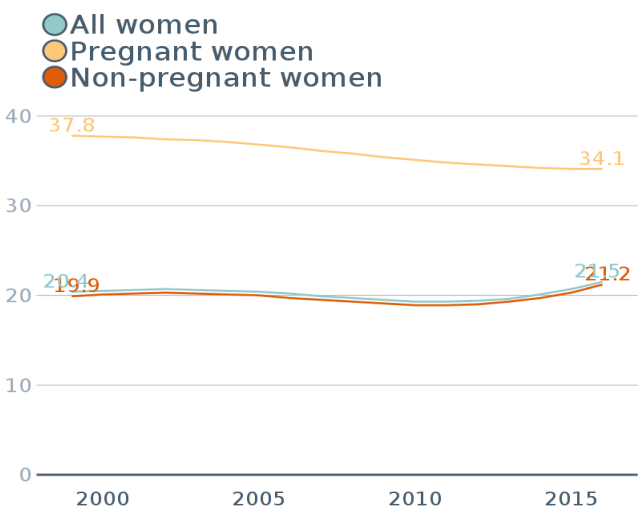
- All women
- Pregnant women
- Non-pregnant women

37.8 → 34.1
20.9 19.9 → 22.1 21.2

Adult: sodium intake (grams per day)

- Japan
- Global

5.9
5.6

2016

Japan

Dietary needs

	Midpoint of TMREL	
	0%/0g of TMREL	200% of TMREL

Calcium — 1.3g

Fruit — 250g

Legumes — 60g

Milk — 435g

Nuts and seeds — 20.5g

Omega 3 — 0.3g (2)

Polyunsaturated fat — 11%

Processed meat — 2g (13)

Red meat — 22.5g

Salt — 2g (5 5 6)

Saturated fat — 7%

Sugar-sweetened beverages — 2.5g (29 84 95)

Trans fat — 0.5%

Vegetables — 360g

Whole grain — 125g

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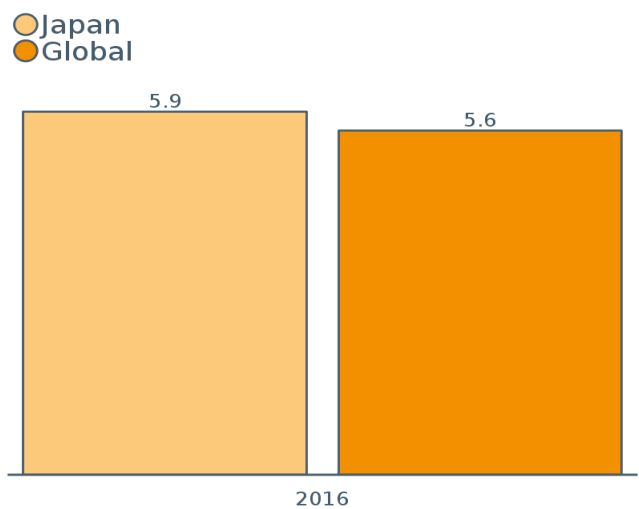
Source: Global Burden of Disease, the Institute for Health Metrics and Evaluation.
Notes: Men and women aged 25 and older. TMREL = theoretical minimum risk exposure level.

Financial resources and policy, legislation and institutional arrangements

Development assistance

— % of total ODA

○ Basic nutrition ODA disbursed
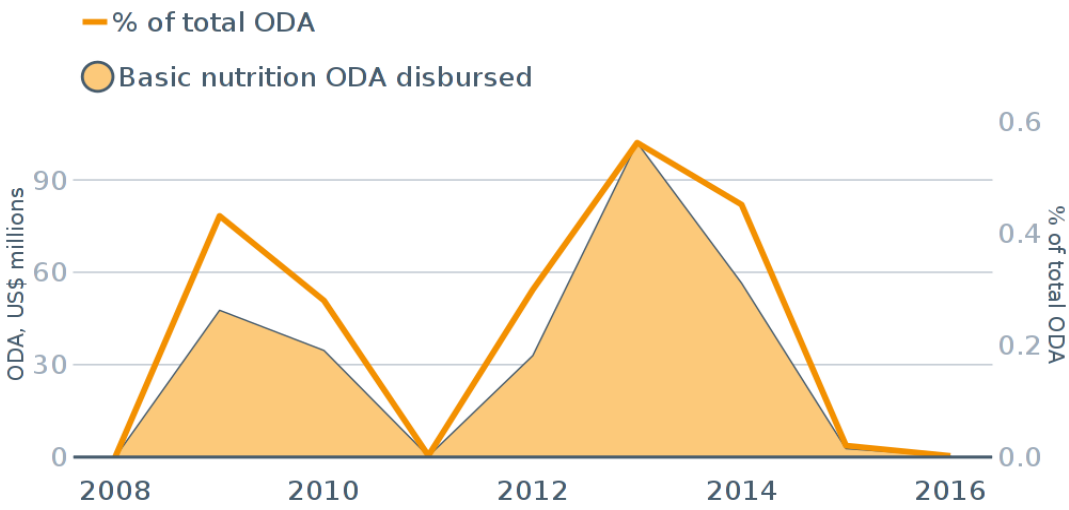

Sources: Development Initiatives based on OECD Development Assistance Committee (DAC) Creditor Reporting System (CRS).
Notes: ODA = official development assistance. Amounts based on gross ODA disbursements, constant 2016 prices. Figure includes ODA grants and loans, but excludes other official flows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

National policies

Mandatory legislation for salt iodisation	No
Sugar-sweetened beverage tax	No
Food-based dietary guidelines	Yes
Multisectoral comprehensive nutrition plan	Yes

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
No	No	Yes	Yes	No	No	Yes	Yes

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

Intervention coverage

Coverage/practice indicator	%	Male	Female	Year
Children 0–59 months with diarrhoea who received zinc treatment	NA	NA	NA	NA
Children 6–59 months who received vitamin A supplements in last 6 months	NA	NA	NA	NA
Children 6–59 months given iron supplements in past 7 days	NA	NA	NA	NA
Women with a birth in last five years who received iron and folic acid during their most recent pregnancy	NA		NA	NA
Household consumption of any iodised salt	NA	NA	NA	NA

Sources: Kothari M. and Huestis A., based on *2016 Global Nutrition Report* and UNICEF global databases, 2018.
Notes: Data is compiled using STATcompiler and taken from country Demographic and Health Surveys for 2005–2017.