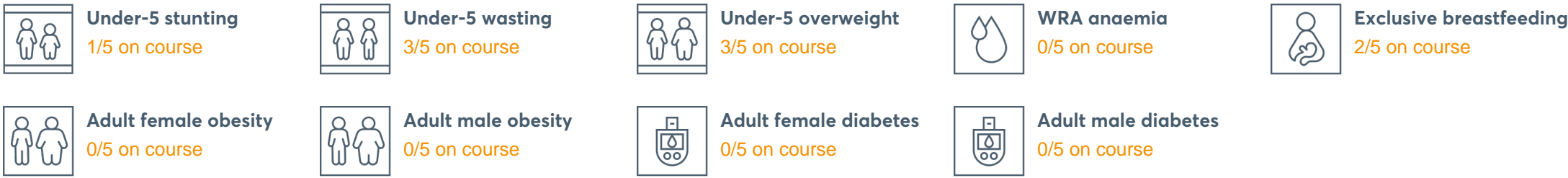




# Southern Africa

## Overview

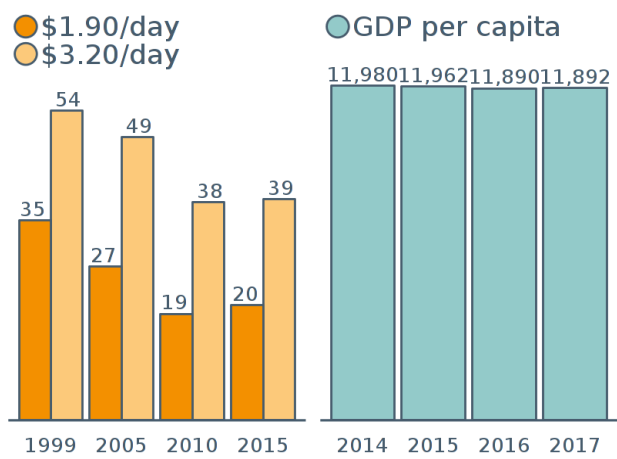
### Progress against global nutrition targets 2018



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.

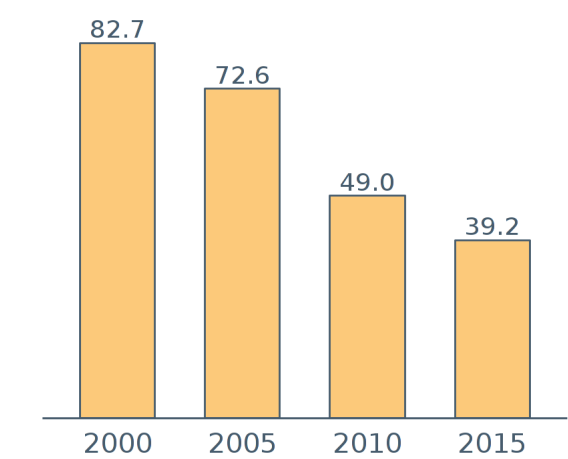
## Economics and demography

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



Source: World Bank 2018.  
Note: GDP = gross domestic product. PPP = purchasing power parity. n = 5 (poverty); n = 5 (GDP).

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



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

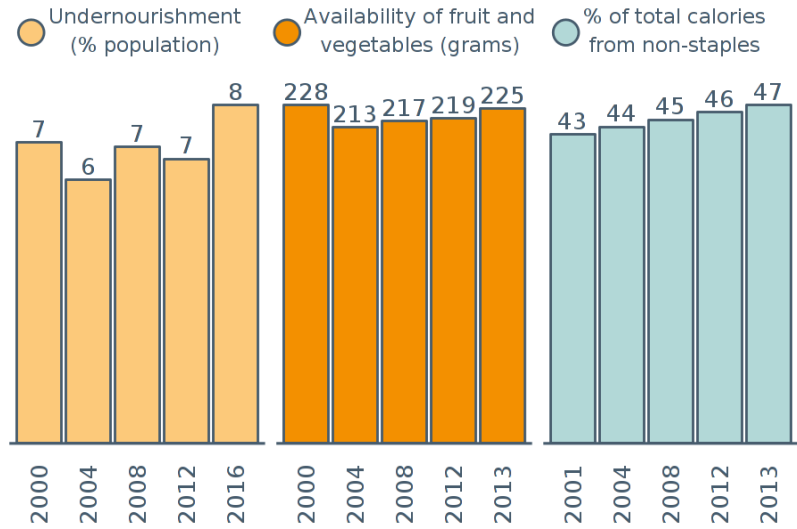
### Population

Population (millions)	65	2017
Under-5 population (millions)	7	2018
Rural (%)	37	2017
>65 years (millions)	3	2018

Source: UN Population Division 2017.  
Notes: n = 5 (rural only).

## Underlying determinants

### Food supply



Source: FAOSTAT 2018.

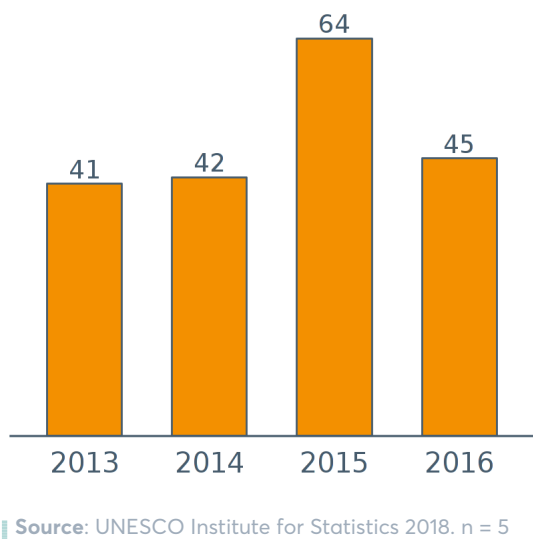
### Gender-related determinants

Early childbearing: births by age 18 (%)	15	2015
Population density of health workers per 1,000 people		
Physicians	0.75	2016
Nurses and midwives	4.85	2016
Community health workers	0.26	2016

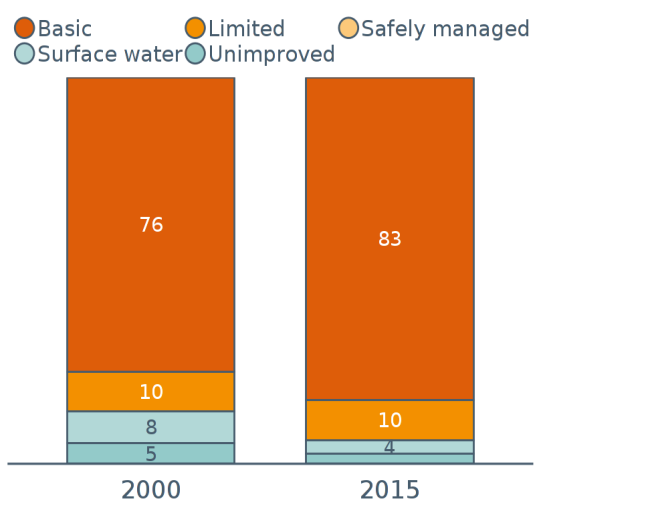
Source: UNICEF 2018.  
Note: n = 4.

Source: WHO's Global Health Workforce Statistics, OECD, supplemented by country data. n = 5

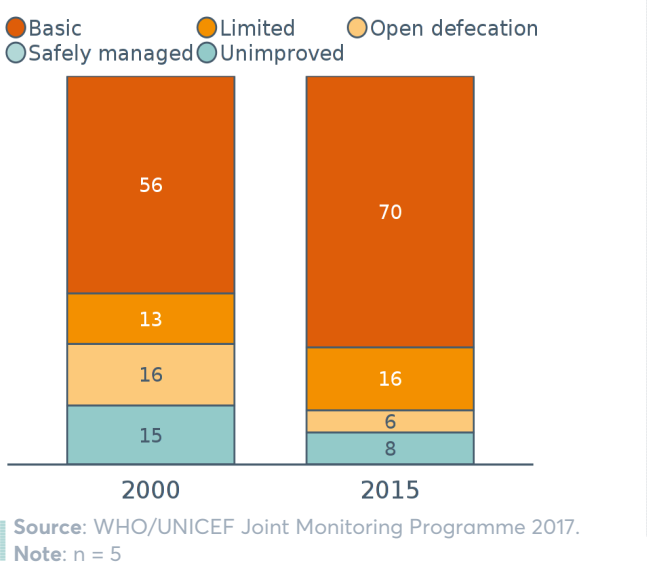
### Female secondary education enrolment (net, % population)



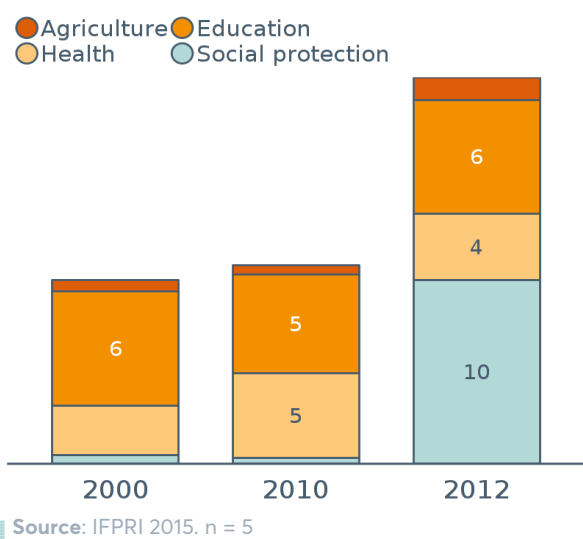
### Drinking water coverage (% population)



### Sanitation coverage (% population)



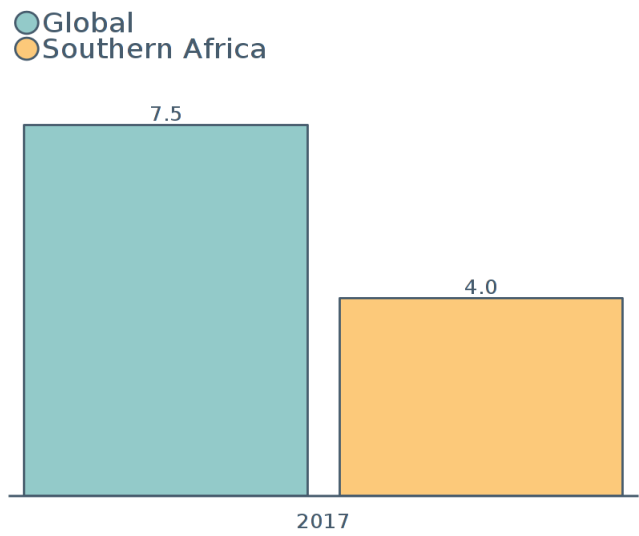
### Government expenditures (% total)



# Southern Africa

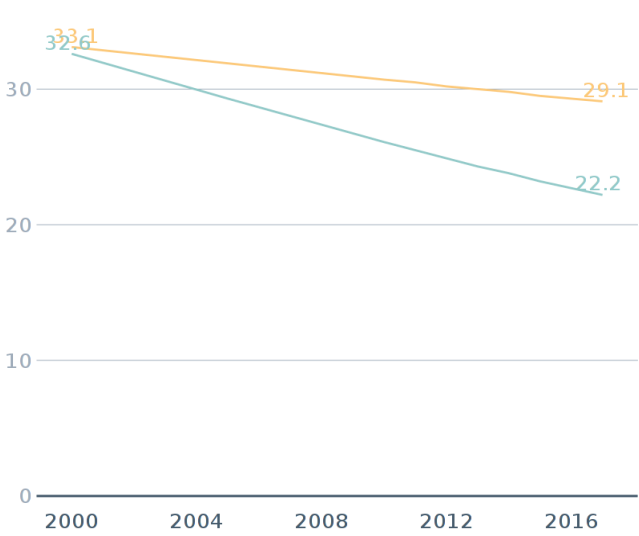
## Children (under 5) nutrition status

Under 5: wasting (%)

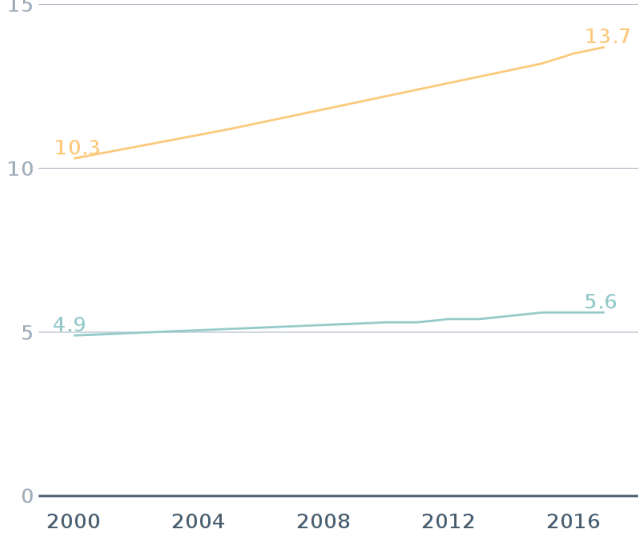


Sources: UNICEF/WHO/World Bank Group: Joint child malnutrition estimates.

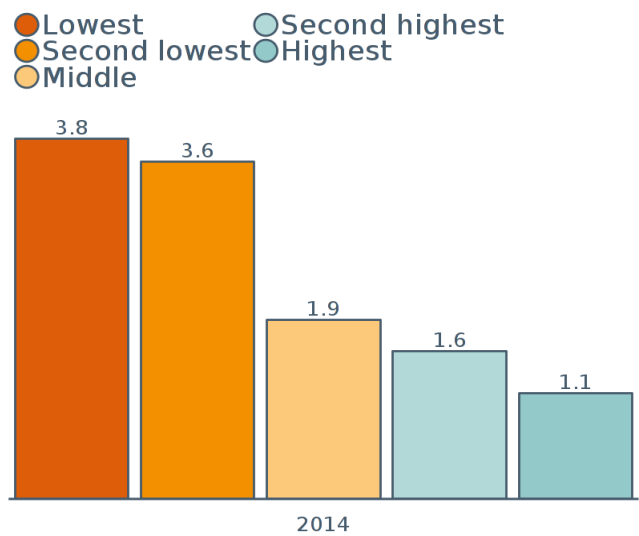
Under 5: stunting (%)



Under 5: overweight (%)

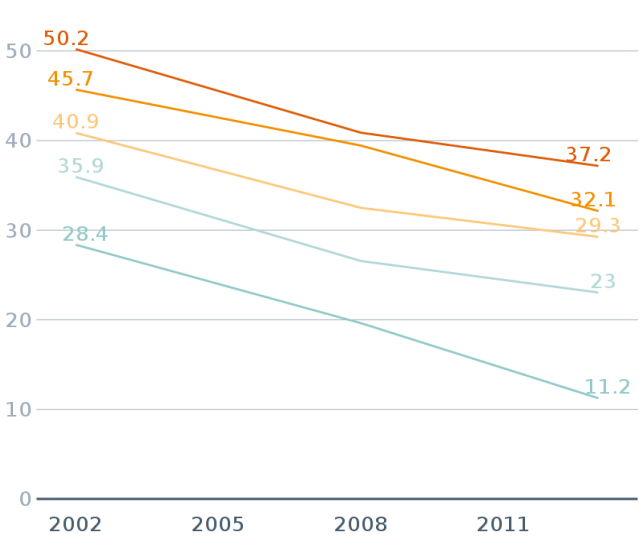


Under 5 by household income: wasting (%)

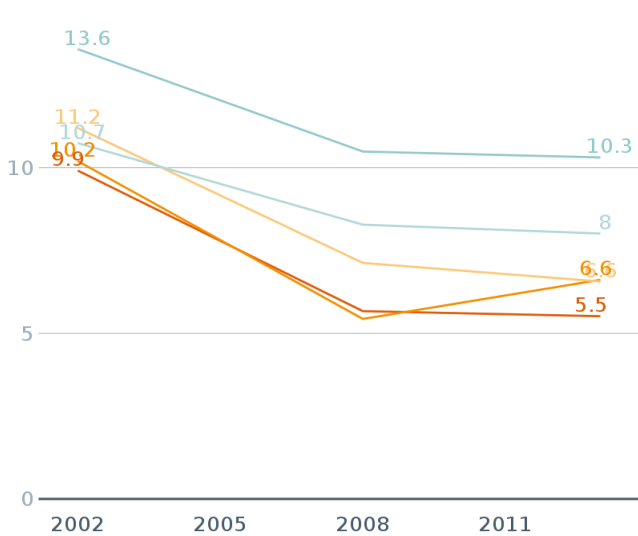


Sources: UNICEF/WHO/World Bank Group: Joint child malnutrition estimates. n = 3

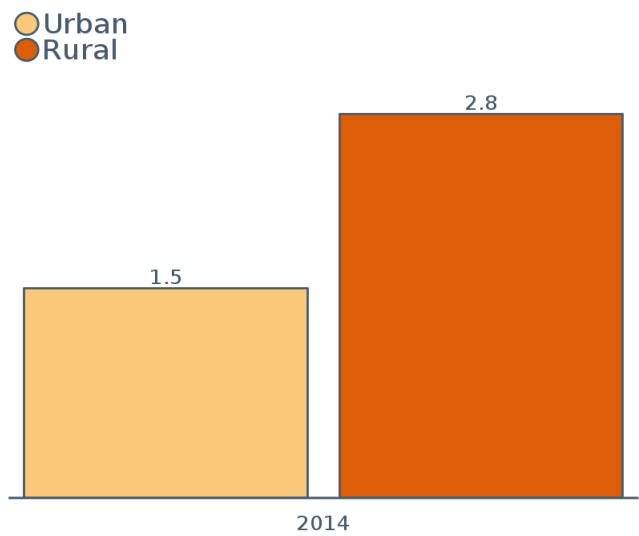
Under 5 by household income: stunting (%)



Under 5 by household income: overweight (%)

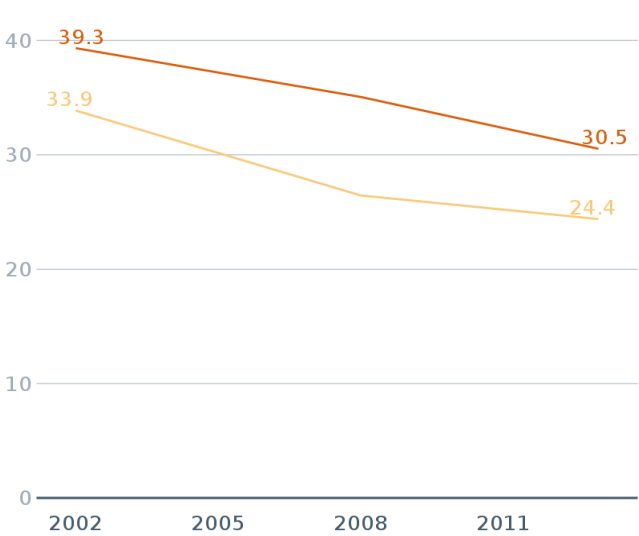


Under 5 by household location: wasting (%)

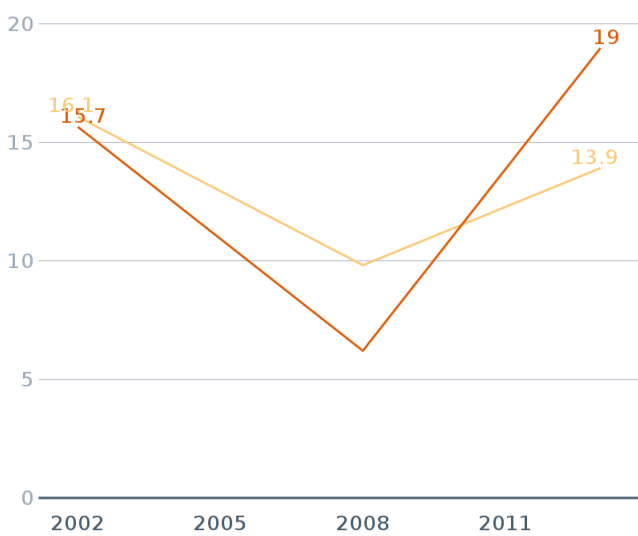


Sources: UNICEF/WHO/World Bank Group: Joint child malnutrition estimates. n = 5

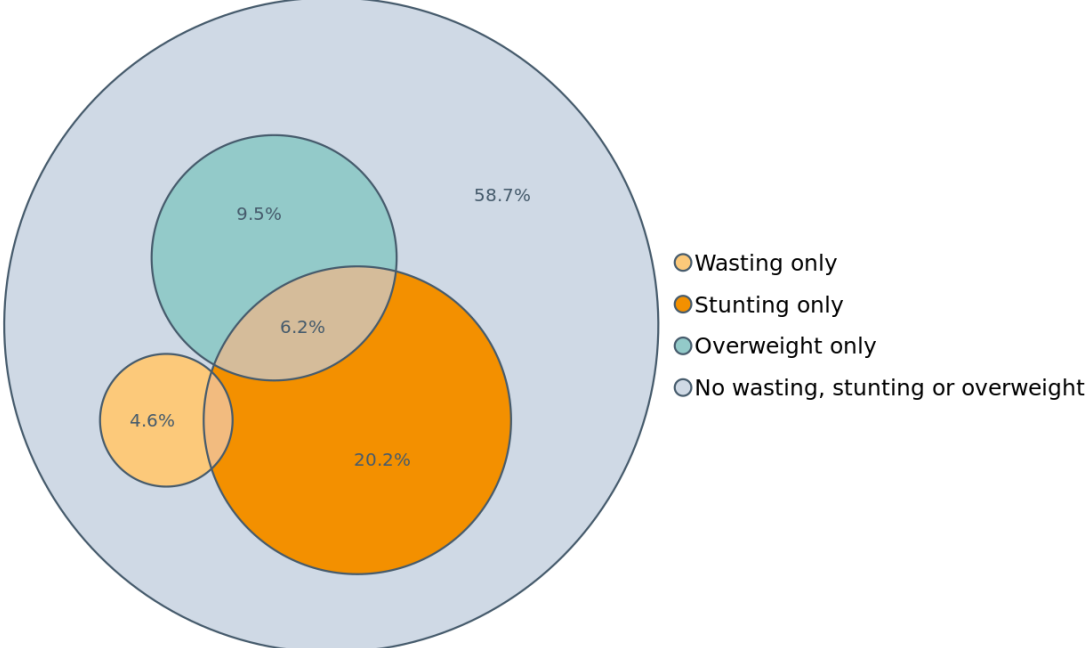
Under 5 by household location: stunting (%)



Under 5 by household location: overweight (%)



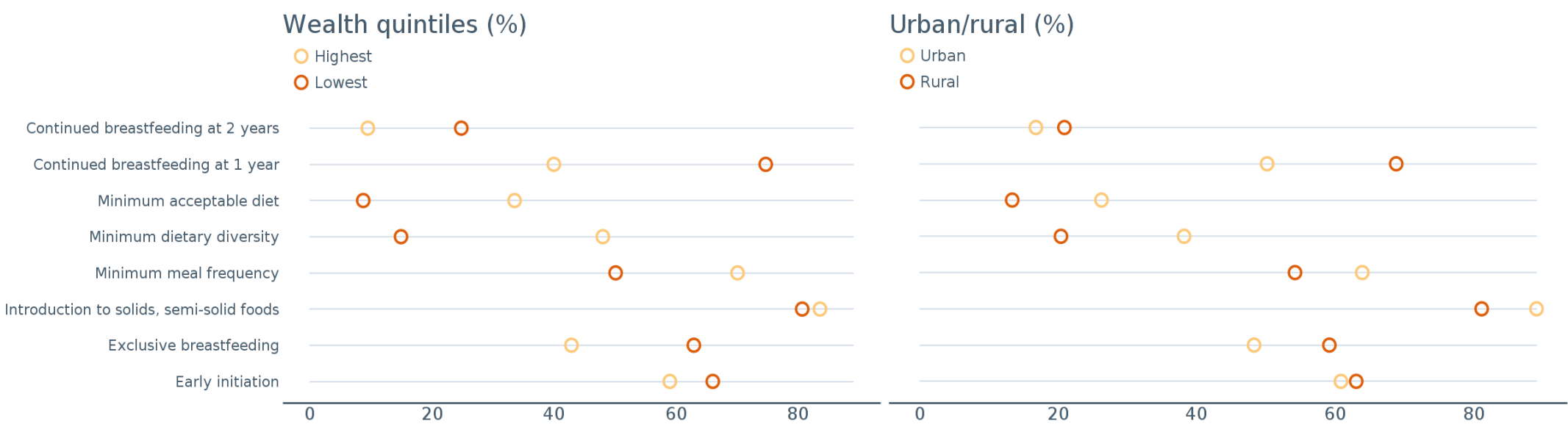
Under-5 coexistence of wasting, stunting and overweight



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 = 5

# Southern Africa

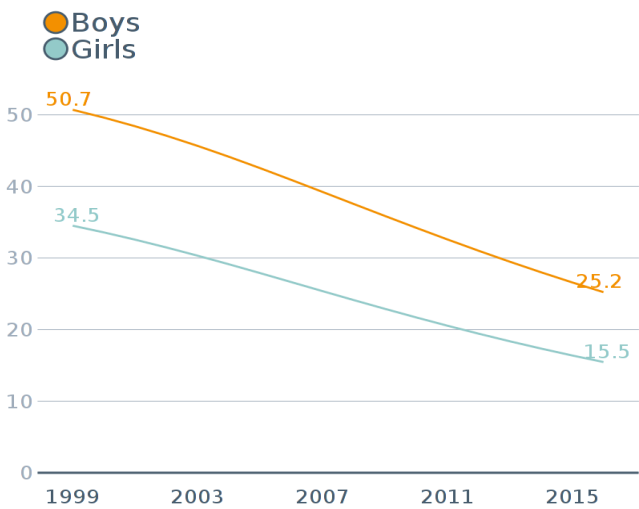
## Child feeding practices



Sources: UNICEF, Division of Data Research and Policy (2018), Global UNICEF Global Databases: Infant and Young Child Feeding, New York, May 2018. n = 3

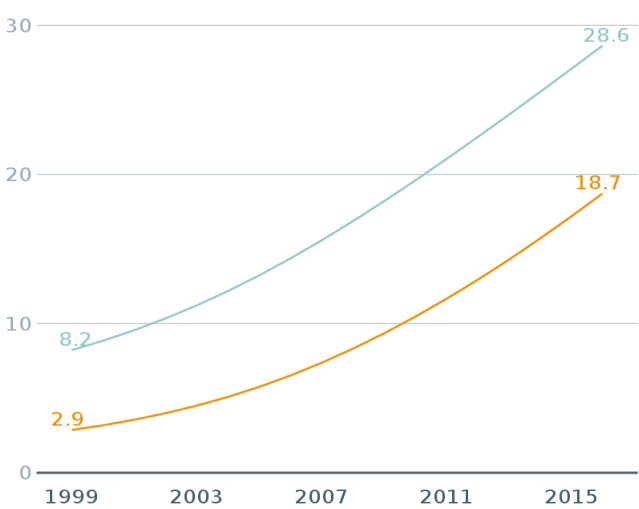
## Children and adolescent (aged 5–19) nutrition status

Ages 5–19 by gender: underweight (%)



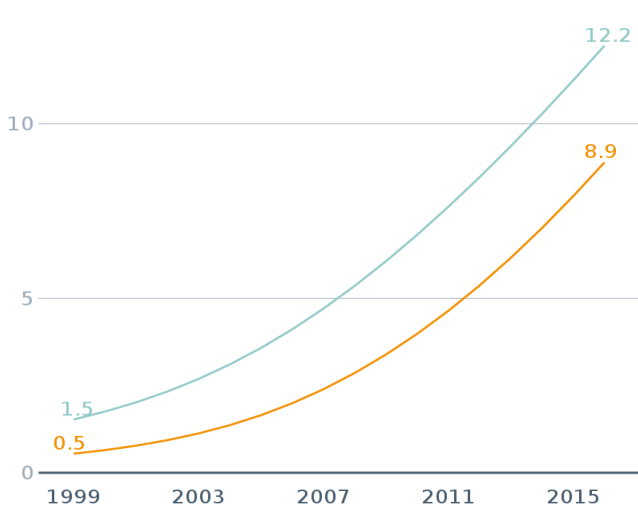
Source: NCD Risk Factor Collaboration. n = 5

Ages 5–19 by gender: overweight (%)



Source: NCD Risk Factor Collaboration. n = 5

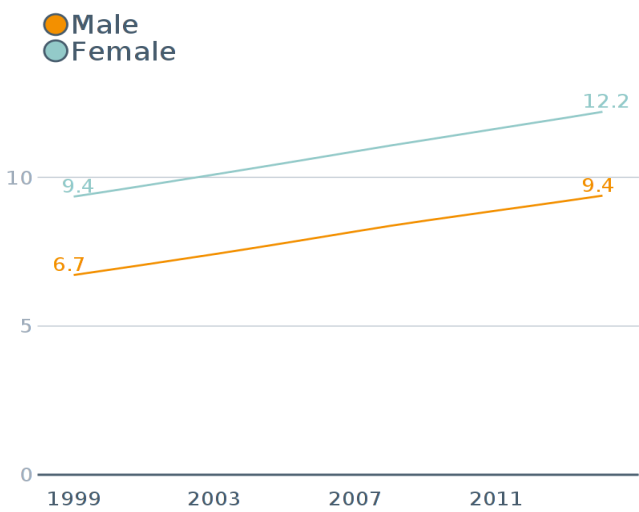
Ages 5–19 by gender: obesity (%)



Source: NCD Risk Factor Collaboration. n = 5

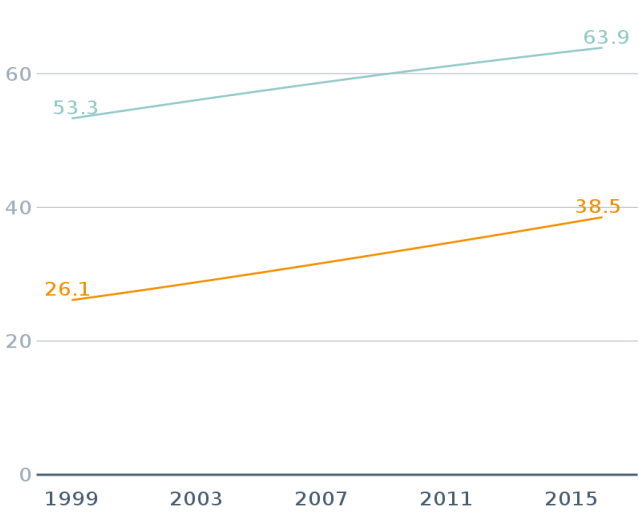
## Adult nutrition status

Adult by gender: diabetes (%)



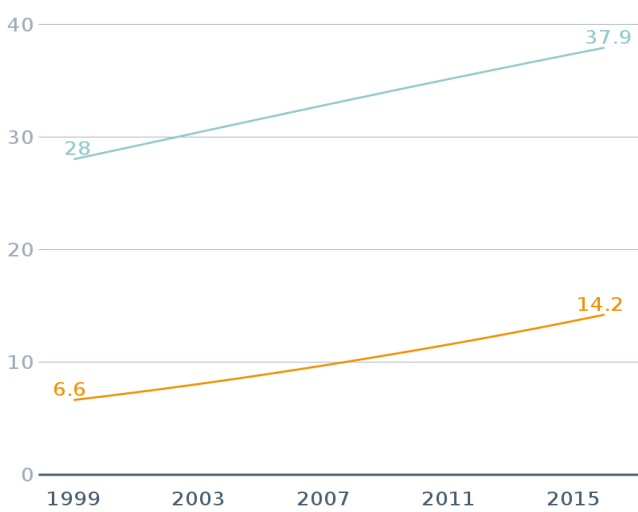
Source: NCD Risk Factor Collaboration. n = 5

Adult by gender: overweight (%)



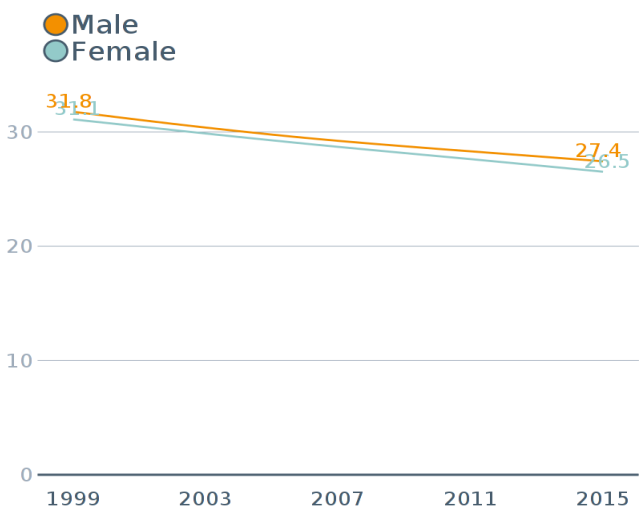
Source: NCD Risk Factor Collaboration. n = 5

Adult by gender: obesity (%)



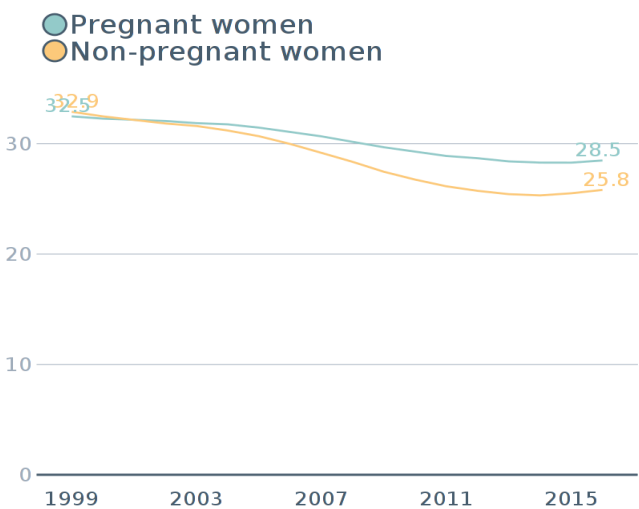
Source: NCD Risk Factor Collaboration. n = 5

Adult by gender: raised blood pressure (%)



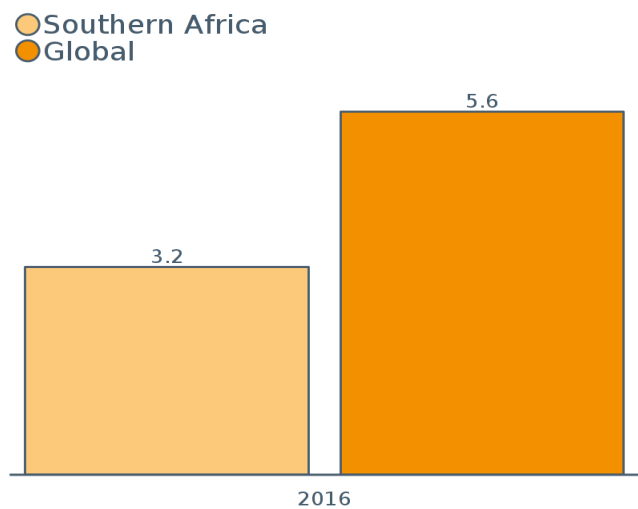
Source: NCD Risk Factor Collaboration. n = 5

Adult by gender: anaemia in WRA (%)



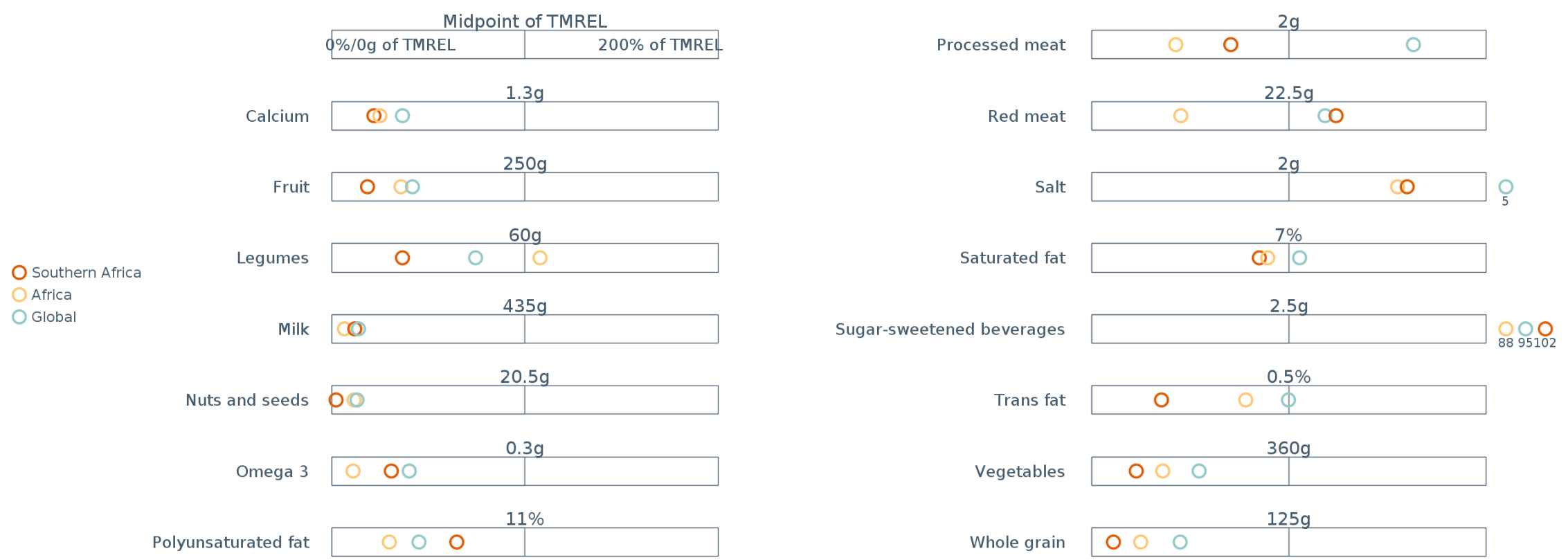
Source: WHO Global Health Observatory.  
Note: WRA = women of reproductive age. n = 5

Adult: sodium intake (grams per day)



Source: Global Burden of Disease, the Institute for Health Metrics and Evaluation. n = 5

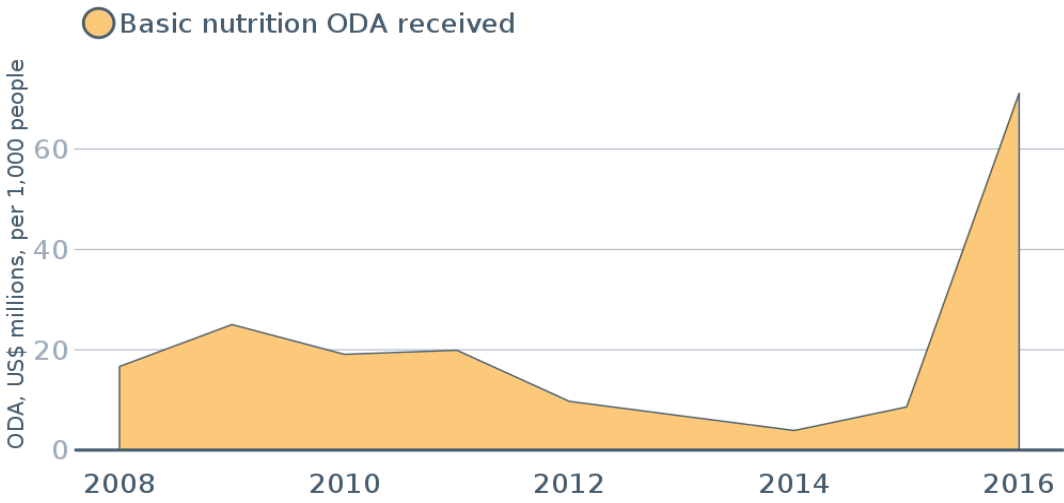
## Dietary needs



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 = 5

## 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	2/5
Sugar-sweetened beverage tax	1/5
Food-based dietary guidelines	2/5
Multisectoral comprehensive nutrition plan	3/5

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
4/5	4/5	4/5	5/5	4/5	4/5	3/5	5/5

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