

Overview

Malnutrition status

Estonia is on course to meet the global target for low birth weight, but is off course to meet the targets for anaemia in women of reproductive age, male diabetes, female diabetes, male obesity, and female obesity. There is insufficient target data to assess Estonia’s progress for under-five overweight, under-five stunting, under-five wasting, and infant exclusive breastfeeding.

Estonia has no prevalence data available for under-five overweight, stunting, or wasting.

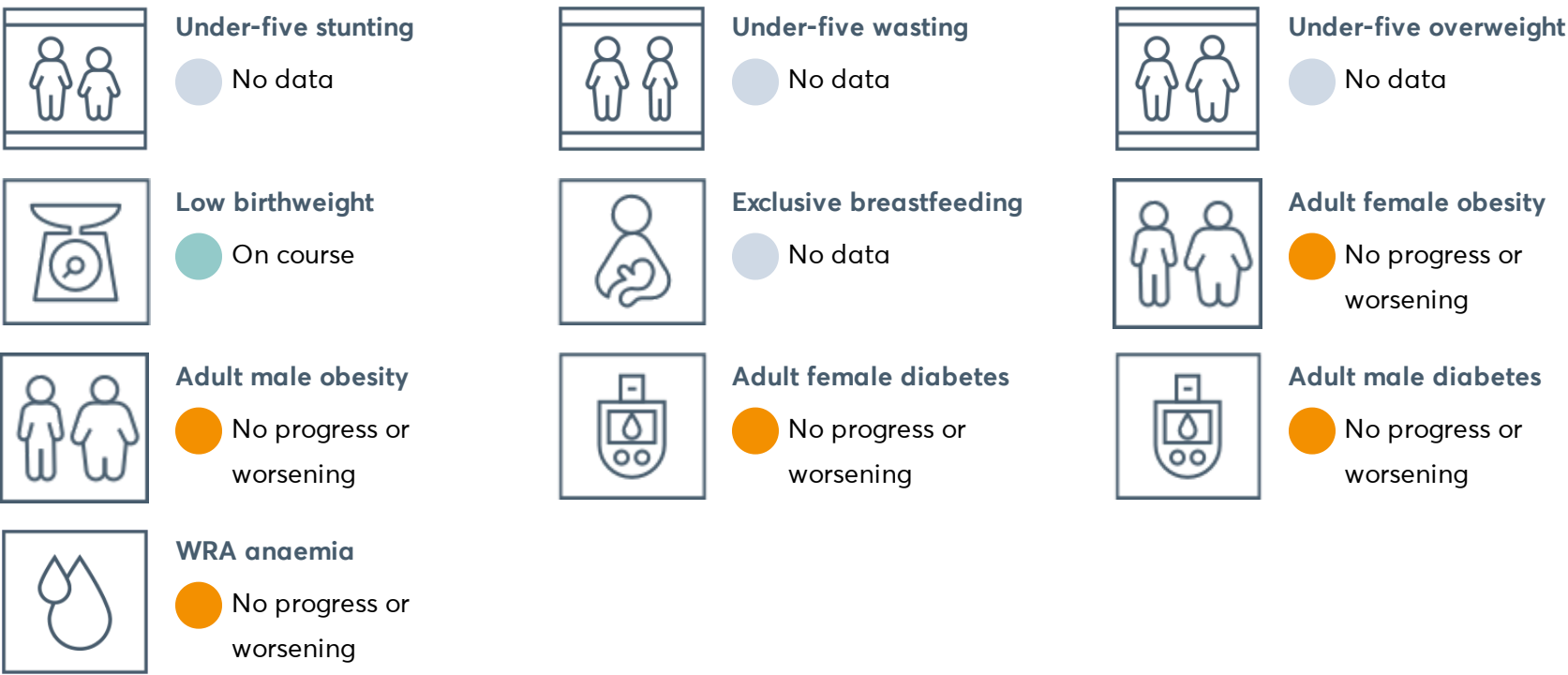
There is also insufficient data on exclusive breastfeeding among infants. Estonia’s 2015 low birth weight prevalence of 4.3% has decreased slightly from 4.4% in 2000.

Estonia’s adult population face a malnutrition burden. While there is no prevalence data available for anaemia among women of reproductive age, 7.7% of adult men suffer from diabetes, compared to 6.5% of women. Meanwhile, 21.8% of women and 20.3% of men suffer from obesity.

Sources: UNICEF/WHO/World Bank Group: Joint child malnutrition estimates, UNICEF/WHO Low birthweight estimates, NCD Risk Factor Collaboration, WHO Global Health Observatory.

Notes: Data on the adult indicators are based on modelled estimates.

Progress against global nutrition targets 2018

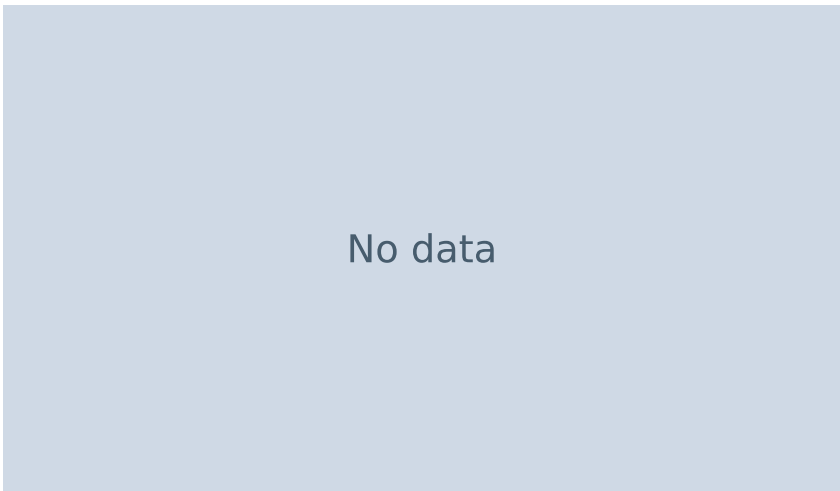


Sources: UNICEF global databases Infant and Young Child Feeding, UNICEF/WHO/World Bank Group: Joint child malnutrition estimates, NCD Risk Factor Collaboration, WHO Global Health Observatory and Global Burden of Disease, the Institute for Health Metrics and Evaluation.

Notes: WRA = Women of a reproductive age; NA = not applicable. The methodologies for tracking differ between targets. Data on the adult indicators are based on modelled estimates.

Child (under-five) nutrition status over time

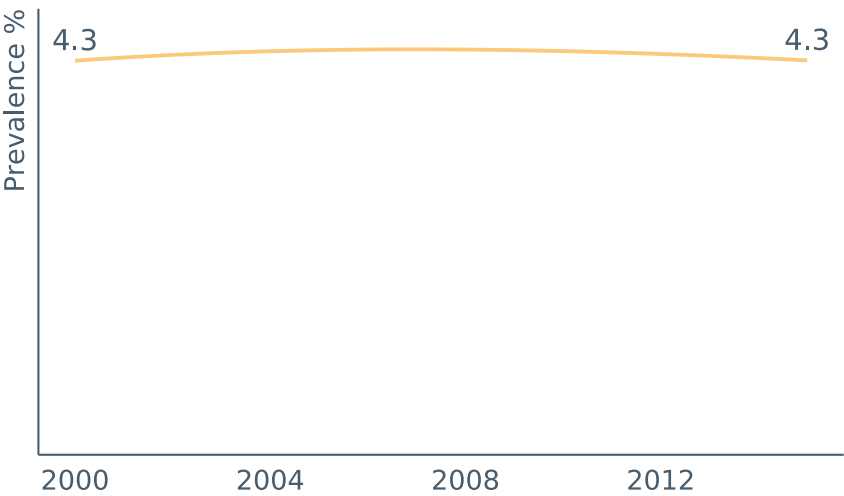
Coexistence of wasting, stunting and overweight



Sources: UNICEF, Division of Data Research and Policy (2019).
UNICEF Global Databases: Overlapping Stunting, Wasting and Overweight, January 2019, New York.

Notes: Percentage of children under-five years of age who experience different and overlapping forms of malnutrition.

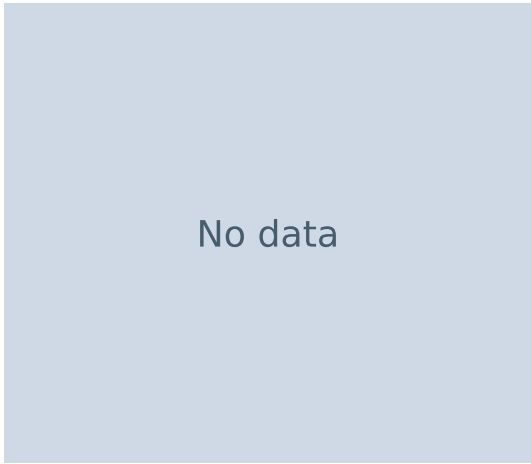
Low birth weight



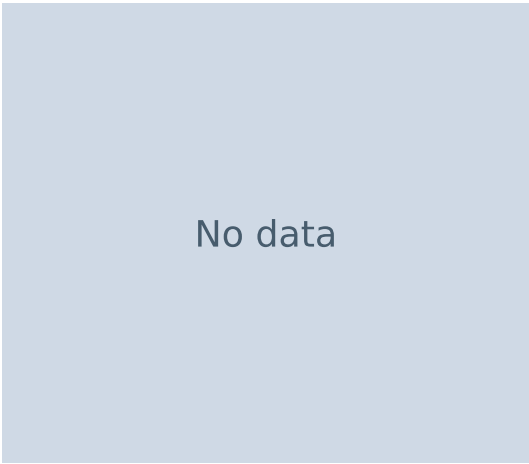
Source: UNICEF/WHO Low birthweight estimates, 2019 edition.

Child (under-five) nutrition status

Wasting by gender



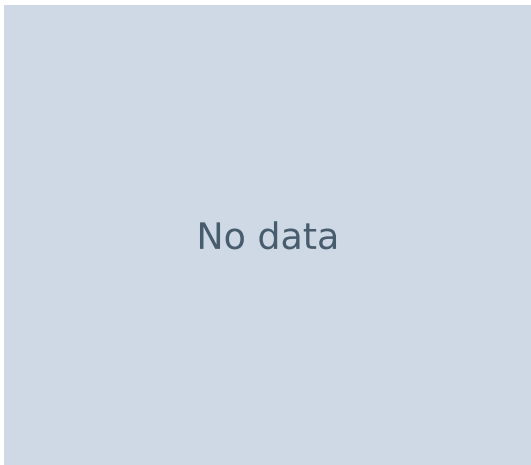
Stunting by gender



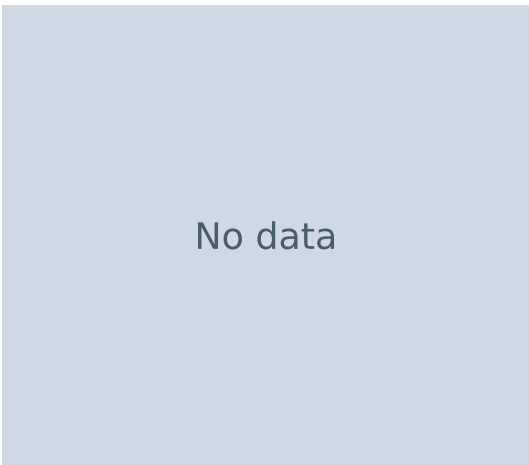
Overweight by gender



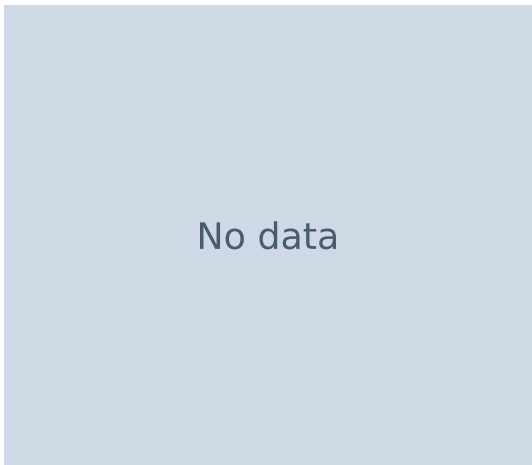
Wasting by location



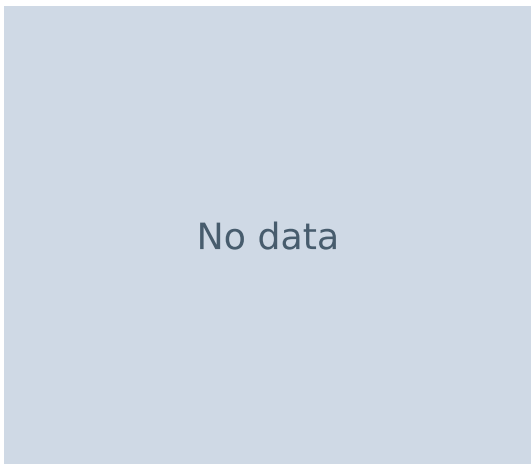
Stunting by location



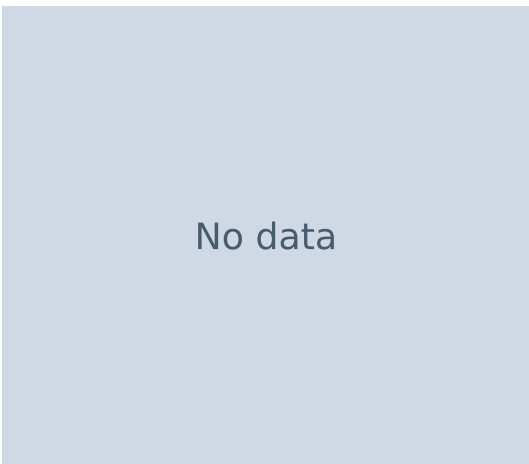
Overweight by location



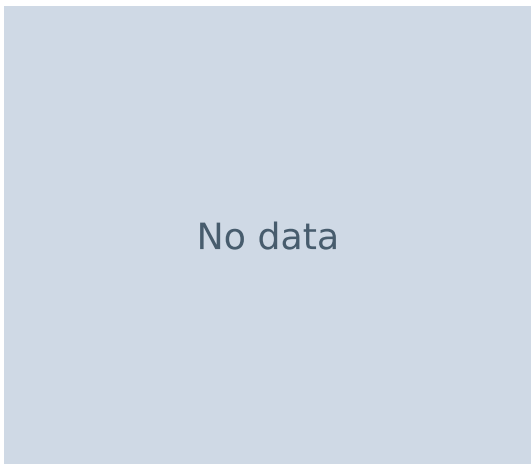
Wasting by income



Stunting by income



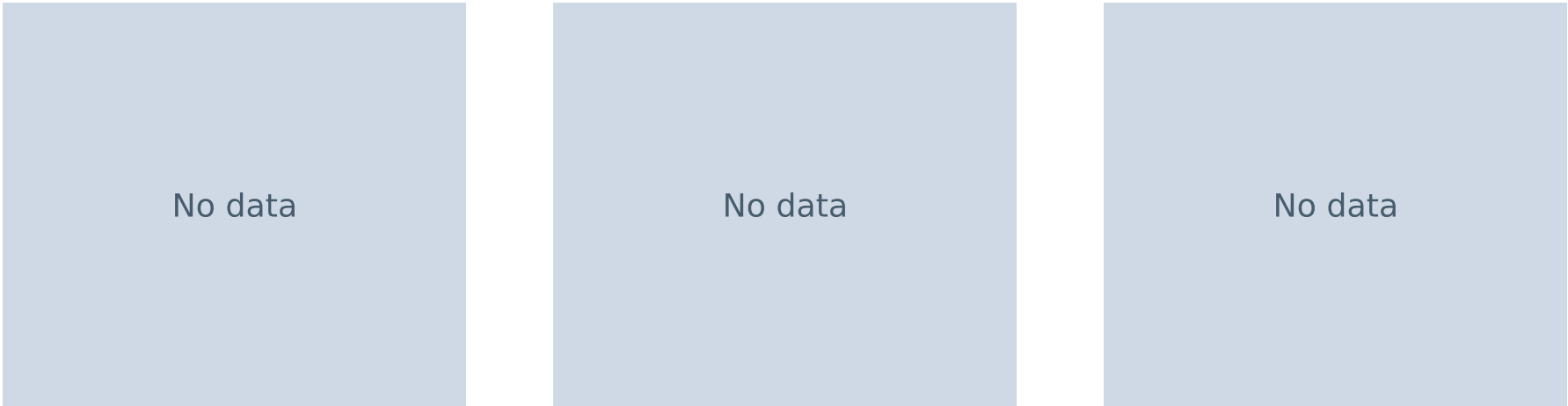
Overweight by income



Wasting by education

Stunting by education

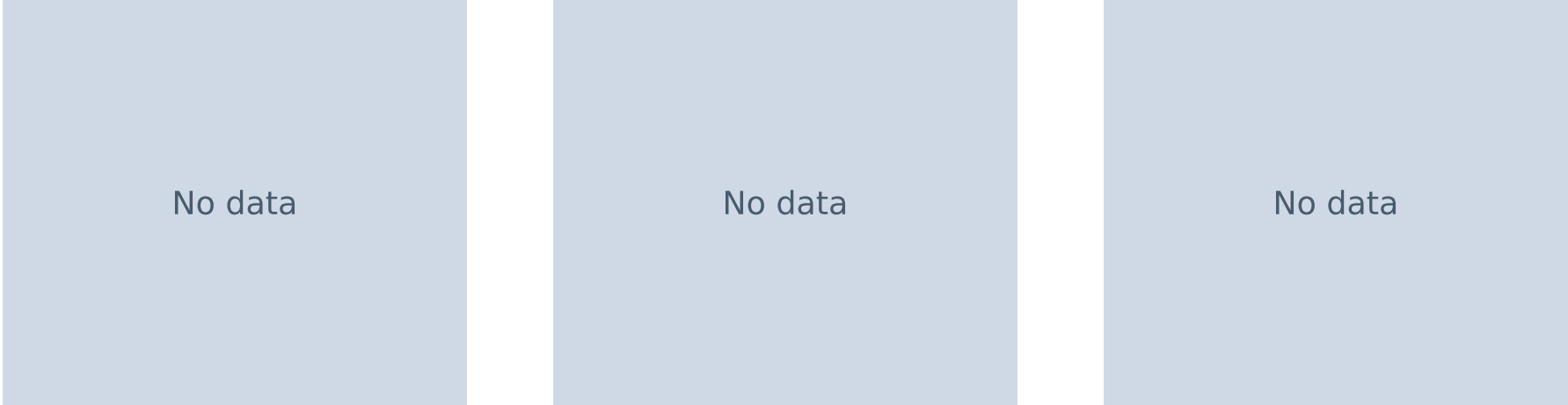
Overweight by education



Wasting by age

Stunting by age

Overweight by age



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

Infant and young child feeding over time

Exclusive
breastfeeding by
gender



Continued
breastfeeding at 1
year by gender



Minimum
acceptable diet by
gender



Introduction to
solid, semi-solid
or soft foods by
gender



Exclusive
breastfeeding by
location



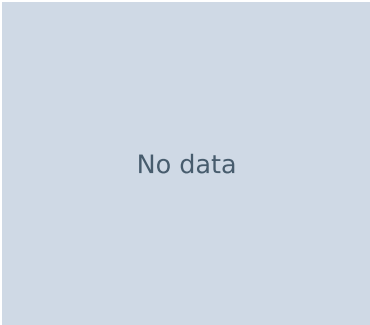
Continued
breastfeeding at 1
year by location



Minimum
acceptable diet by
location



Introduction to
solid, semi-solid
or soft foods by
location



Exclusive
breastfeeding by
income



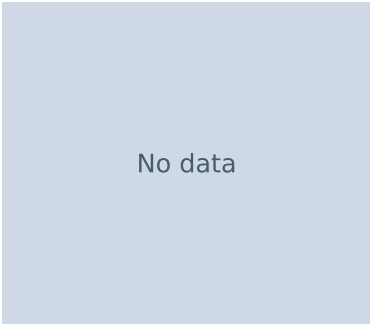
Continued
breastfeeding at 1
year by income



Minimum
acceptable diet by
income



Introduction to
solid, semi-solid
or soft foods by
income



| | | | |
|---|---|---|---|
| Exclusive breastfeeding by mother's education | Continued breastfeeding at 1 year by mother's education | Minimum acceptable diet by mother's education | Introduction to solid, semi-solid or soft foods by mother's education |
| No data | No data | No data | No data |
| Exclusive breastfeeding by age | Continued breastfeeding at 1 year by age | Minimum acceptable diet by age | Introduction to solid, semi-solid or soft foods by age |
| No data | No data | No data | No data |

Sources: UNICEF, Division of Data Research and Policy (2019). Global UNICEF Global Databases: Infant and Young Child Feeding, New York, May 2019.

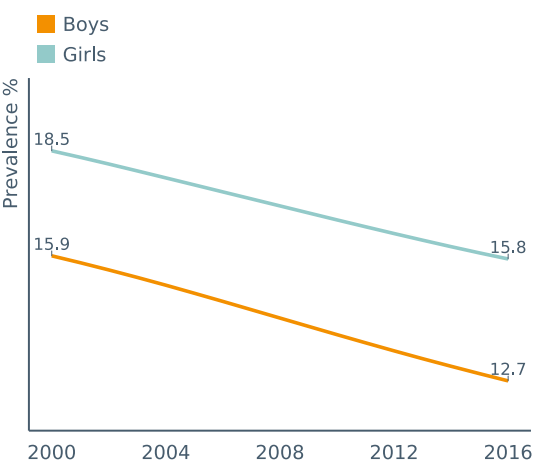
Infant and young child feeding

| | |
|---------|---------|
| No data | No data |
|---------|---------|

Sources: UNICEF, Division of Data Research and Policy (2019). Global UNICEF Global Databases: Infant and Young Child Feeding: Exclusive breastfeeding, Predominant breastfeeding, New York, May 2019.

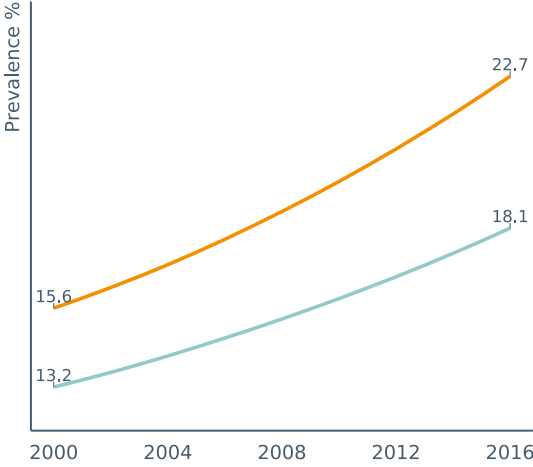
Child and adolescent (aged 5-19) nutrition status

Underweight by gender

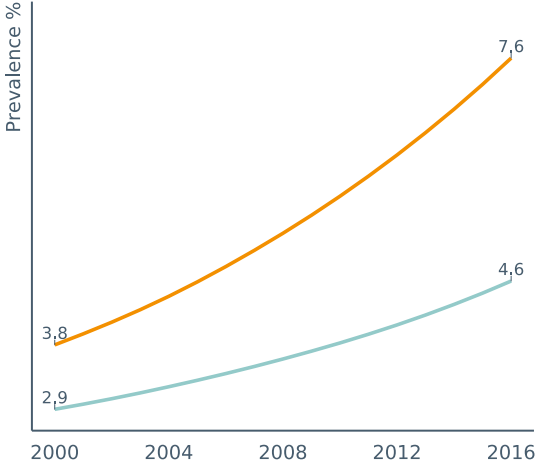


Sources: NCD Risk Factor Collaboration.

Overweight by gender

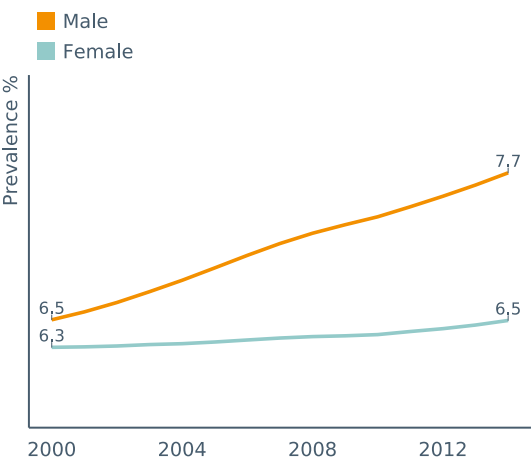


Obesity by gender



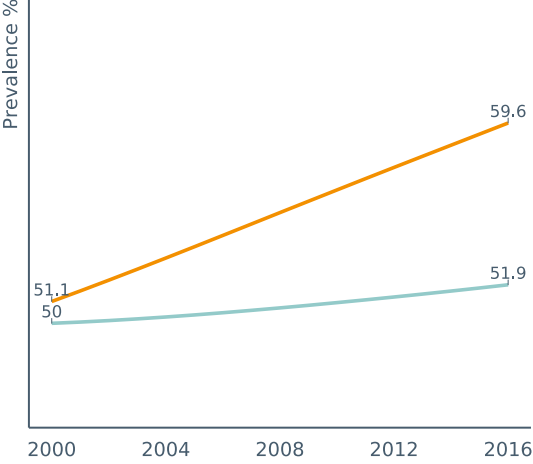
Adult nutrition status

Diabetes by gender

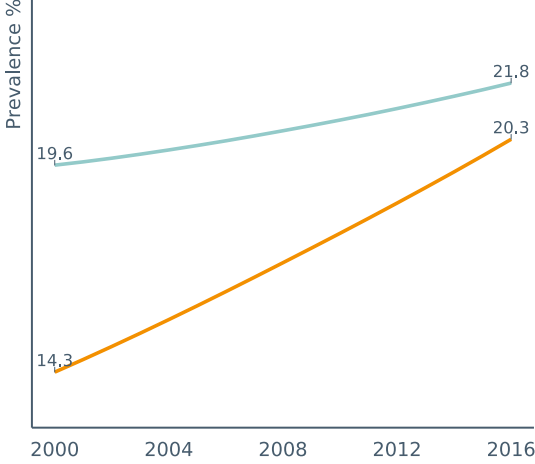


Sources: NCD Risk Factor Collaboration.

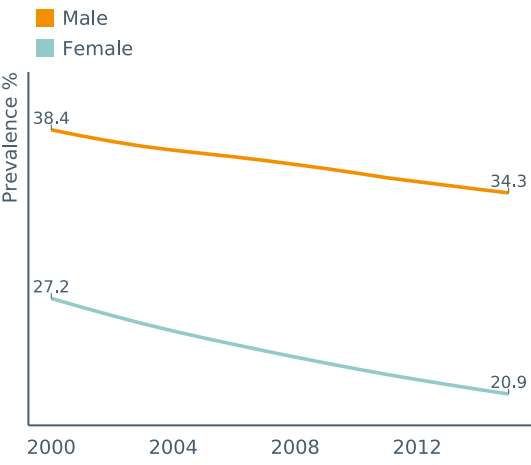
Overweight by gender



Obesity by gender

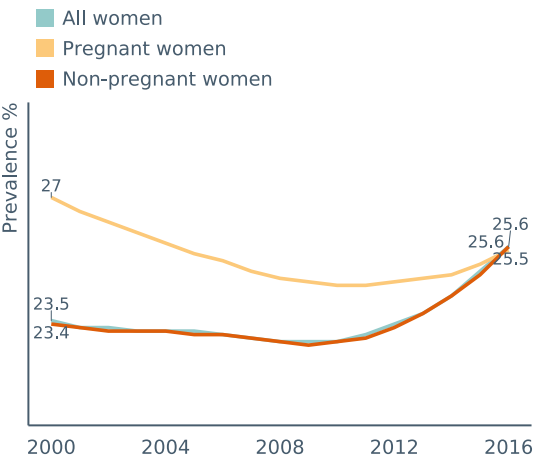


Raised blood pressure by gender



Sources: NCD Risk Factor Collaboration.

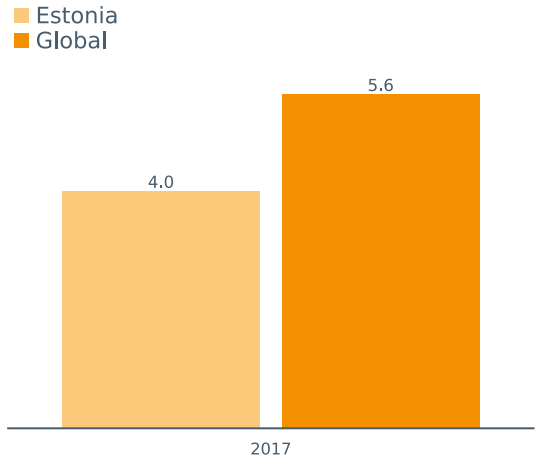
Anaemia in WRA



Source: WHO Global Health Observatory.

Notes: WRA = women of reproductive age.

Sodium intake (grams per day)



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

Dietary needs

Consumption of food groups and components, 2016



Sources: TMREL = theoretical minimum risk of exposure level. Global Burden of Disease, the Institute for Health Metrics and Evaluation.

Notes: Men and women aged 25 and older.

Intervention coverage

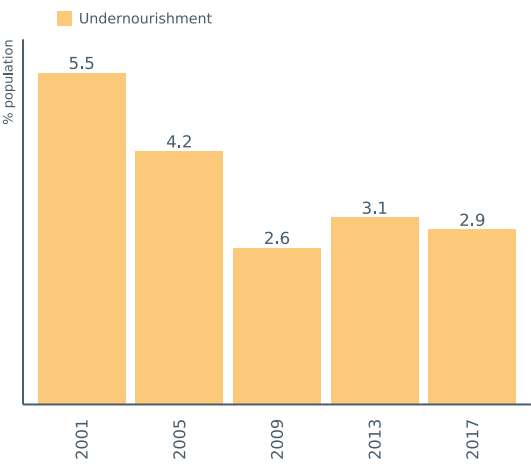
| Coverage/practice indicator | Total (%) | Boy (%) | Girl (%) | Year |
|---|-----------|---------|----------|---------|
| Children 0-59 months with diarrhoea who received zinc treatment | No data | No data | No data | No data |
| Children 6-59 months who received vitamin A supplements in last 6 months | No data | No data | No data | No data |
| Children 6-59 months given iron supplements in past 7 days | No data | No data | No data | No data |
| Women with a live birth in the five years preceding the survey who received iron tablets or syrup during antenatal care | No data | NA | NA | No data |
| Household consumption of any iodised salt | No data | NA | NA | No data |

Sources: Huestis A. and Kothari M., based on 2016 Global Nutrition Report and UNICEF global databases, 2019.

Notes: NA = not applicable. Data is compiled using STATcompiler and taken from country Demographic and Health Surveys for 2005-2018.

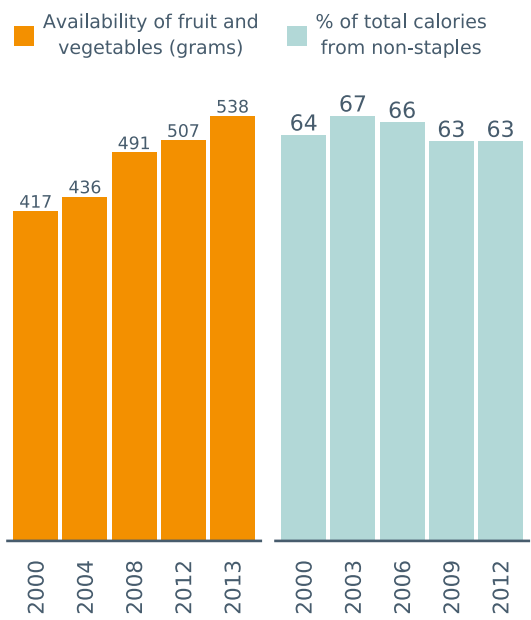
Determinants

Undernourishment



Source: FAOSTAT 2018.

Food supply



Source: FAOSTAT 2018.

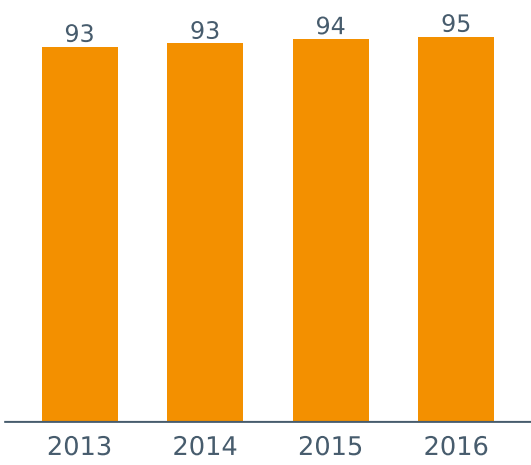
Gender-related determinants

| | | |
|--|---------|---------|
| Early childbearing births by age 18 (%) ¹ | No data | No data |
| Gender Inequality Index (score [*]) ² | 0.12 | 2017 |
| Gender Inequality Index (country rank) ² | 27 | 2017 |

Sources: ¹ UNICEF 2018; ² UNDP 2018.

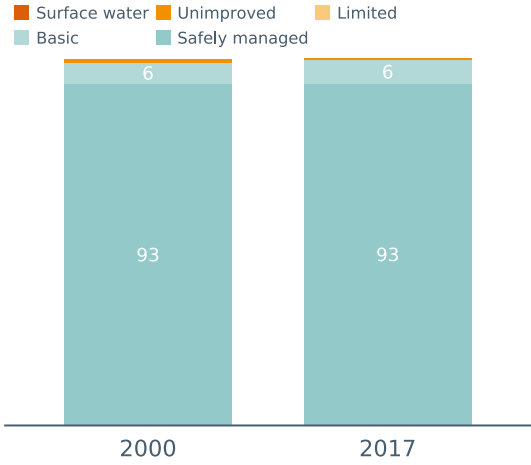
Notes: ^{*} 0 = low inequality, 1 = high inequality.

Female secondary education enrolment (net, % population)



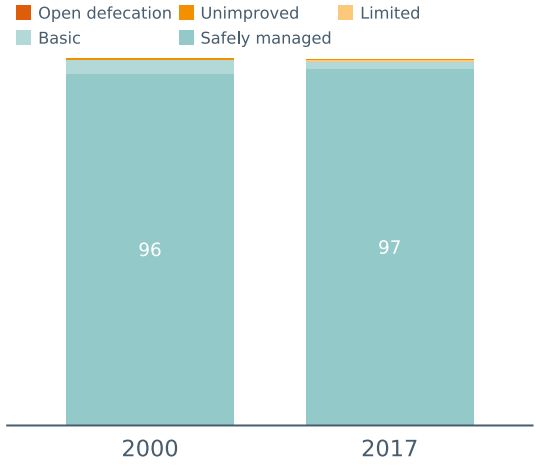
Source: UNESCO Institute for Statistics 2018.

Drinking water coverage (% population)



Source: WHO/UNICEF Joint Monitoring Programme 2019.

Sanitation coverage (% population)



Source: WHO/UNICEF Joint Monitoring Programme 2019.

Resources, policies and targets

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 2017 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 |
| Policy to reduce salt consumption | Yes |
| Operational policy, strategy or action plan to reduce unhealthy diet related to NCDs | Yes |
| Operational, multisectoral national NCD policy, strategy or action plan | No |
| Operational policy, strategy or action plan for diabetes | No |
| Policy to reduce the impact on children of marketing of foods and beverages high in saturated fats, trans-fatty acids, free sugars or salt | Yes |
| Policy to limit saturated fatty acids and virtually eliminate industrially produced trans-fats | 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](#), [WHO Global Health Observatory](#).

Notes: NA = not applicable; NCD = non-communicable disease.

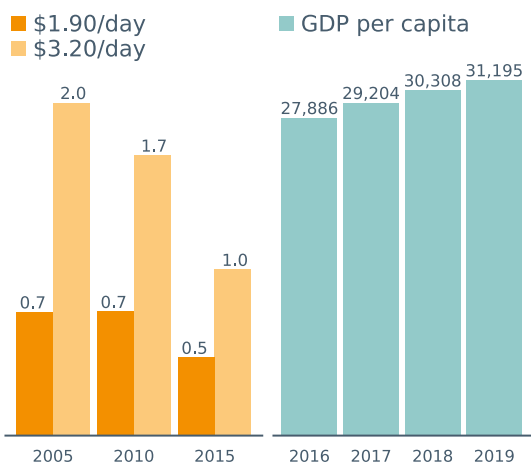
Targets included in national (nutrition or other) plan

| | |
|--|-----------------------------------|
| Stunting | Anaemia |
| No | No |
| Low birth weight | Child overweight |
| No | Yes |
| Exclusive breastfeeding | Wasting |
| No | No |
| Salt intake | Overweight adults and adolescents |
| Yes | Yes |
| Multisectoral comprehensive nutrition plan | |
| No | |

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

Economics and demography

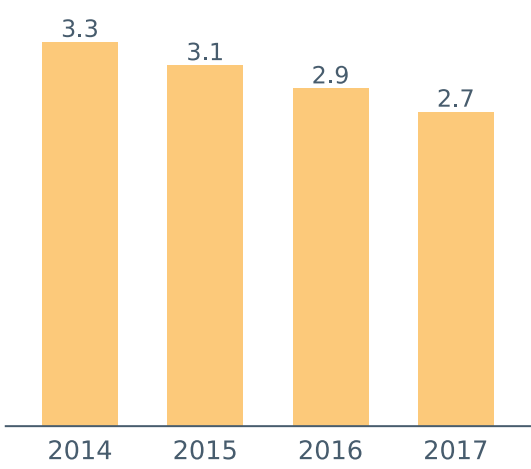
Poverty rates (%) and GDP (PPP\$)



Sources: World Bank 2019, IMF World Economic Outlook Database 2019.

Notes: PPP = purchasing power parity.

Under-five mortality (per 1,000 live births)



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

Government revenues (\$m)



Sources: IMF Article IV staff reports (country specific) and IMF World Economic Outlook Database (April 2019).

Income inequality

| Gini index score ¹ | Gini index rank ² | Year |
|-------------------------------|------------------------------|------|
| 33 | 40 | 2015 |

Sources: World Bank 2019.

Notes: ¹ 0 = perfect equality, 100 = perfect inequality.² Countries are ranked from most equal (1) to most unequal (120).

Population

| | | |
|-----------------------------------|-------|------|
| Population (thousands) | 1,321 | 2018 |
| Under-five population (thousands) | 69 | 2019 |
| Rural (%) | 31 | 2018 |
| >65 years (thousands) | 265 | 2019 |

Sources: World Bank 2019, UN Population Division Department of Economic and Social Affairs 2019.

Population density of health workers per 1,000 people

| | | |
|--------------------------|------|------|
| Physicians | 3.43 | 2015 |
| Nurses and midwives | 6.37 | 2015 |
| Community health workers | 0.03 | 2000 |

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