

Subregional overview

Malnutrition burden

In the Western Europe subregion, there has been some progress towards achieving global nutrition targets. The global target for female diabetes has seven countries on course to meet it, while male diabetes has one country on course. However, not a single country in the subregion is on course to meet the targets for under-five overweight, under-five stunting, under-five wasting, infant exclusive breastfeeding, anaemia in women of reproductive age, low birth weight, male obesity, and female obesity. Nine countries in the subregion have insufficient data to comprehensively assess their progress towards these global targets.

The Western Europe subregion has no prevalence data available for under-five overweight, stunting, or wasting.

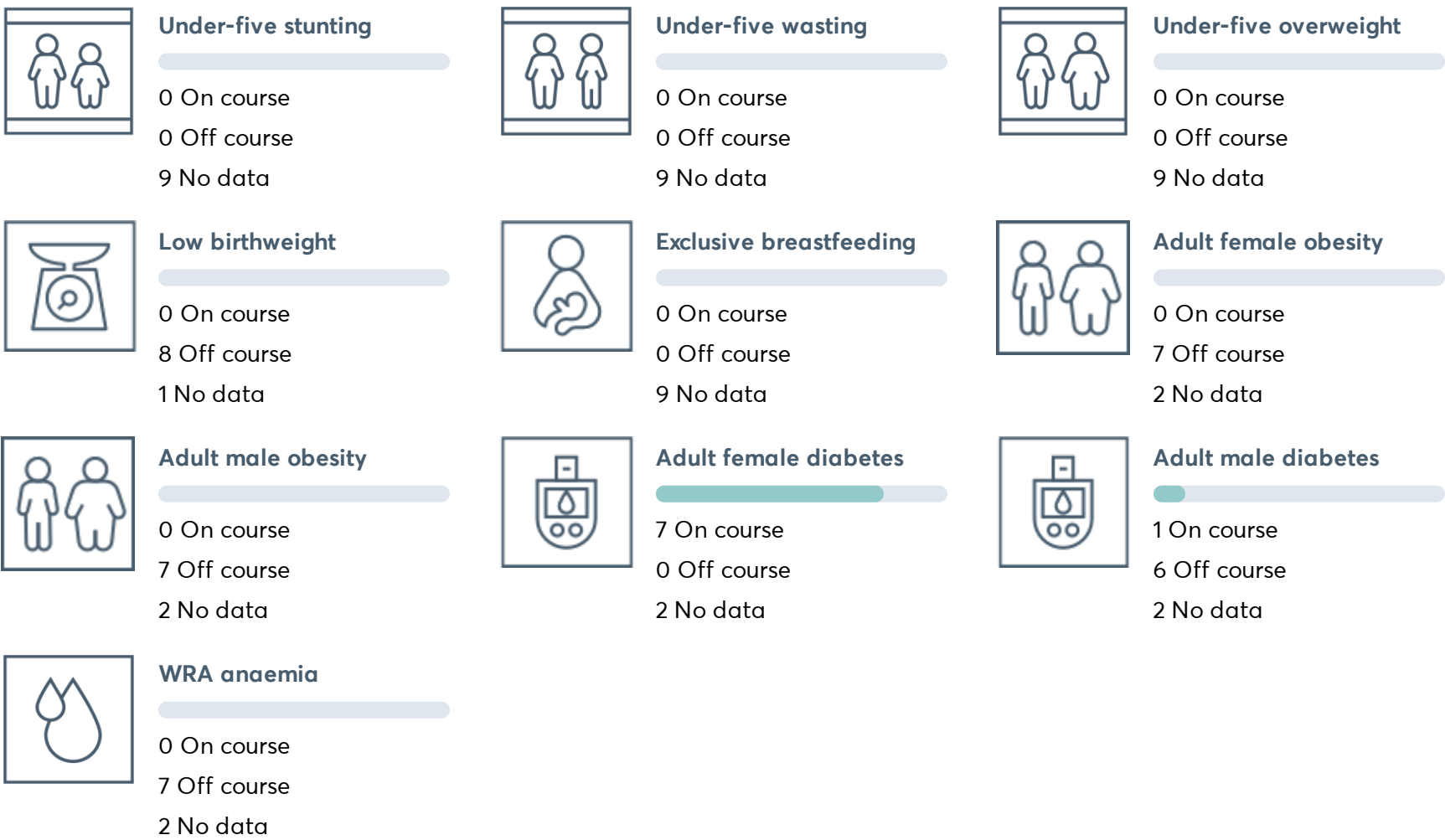
There is also insufficient data on exclusive breastfeeding among infants, while the subregion's average low birth weight prevalence of 6.9% is less than the global average of 14.6%.

The Western Europe subregion's adult population face a malnutrition burden. An average of 17% of women of reproductive age have anaemia, and 6.4% of adult men have diabetes, compared to 3.9% of women. Meanwhile, 22.9% of men and 20.4% of women have obesity.

Sources: UNICEF global databases Infant and Young Child Feeding, 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

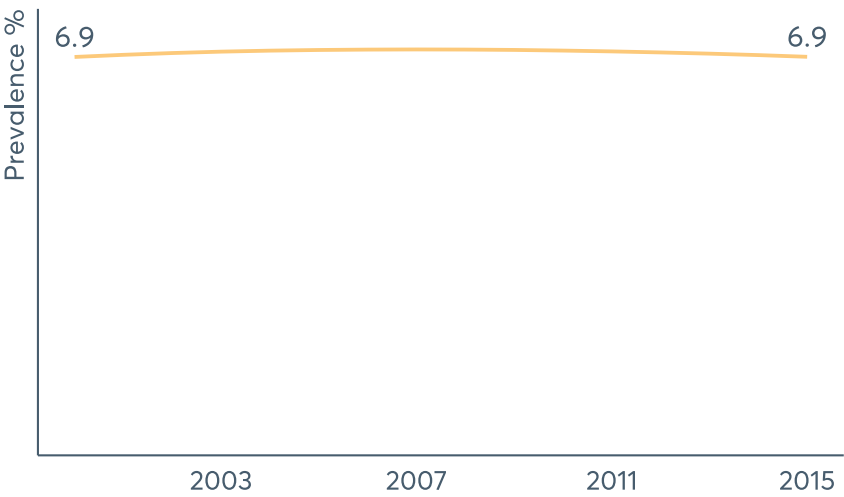
Coexistence of wasting, stunting and overweight



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.

Notes: Based on population weighted means of 8 countries.

Child (under-five) nutrition status over time

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 mother's education



Stunting by mother's education



Overweight by mother's education



Wasting by age



Stunting by age



Overweight by age



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

Notes: Disaggregated data (coloured lines/bars in charts) is based on population weighted means. Estimates are presented only where available data represents at least 50% of the regional population.

Infant and young child feeding over time

| | | | |
|-------------------------------------|---|-------------------------------------|---|
| Exclusive breastfeeding by gender | Continued breastfeeding at 1 year by gender | Minimum acceptable diet by gender | Intro. to solid, semi-solid, soft foods by gender |
| No data | No data | No data | No data |
| Exclusive breastfeeding by location | Continued breastfeeding at 1 year by location | Minimum acceptable diet by location | Intro. to solid, semi-solid, soft foods by location |
| No data | No data | No data | No data |
| Exclusive breastfeeding by income | Continued breastfeeding at 1 year by income | Minimum acceptable diet by income | Intro. to solid, semi-solid, soft foods by income |
| No data | No data | No data | No data |

| | | | |
|---|---|---|---|
| Exclusive breastfeeding by mother's education | Continued breastfeeding at 1 year by mother's education | Minimum acceptable diet by mother's education | Intro. to solid, semi-solid, 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 | Intro. to solid, semi-solid, 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.

Notes: Disaggregated data (coloured lines/bars in charts) is based on population weighted means. Estimates are presented only where available data represents at least 50% of the regional population.

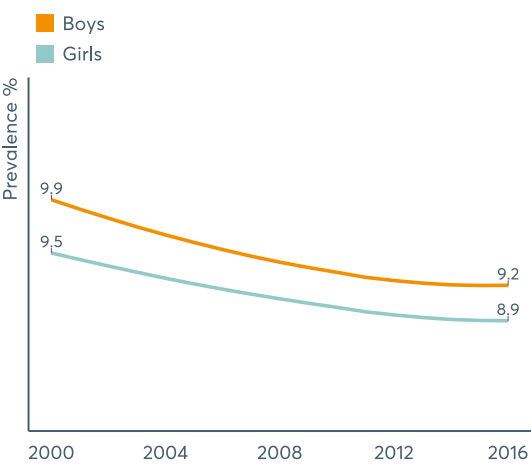
Infant and young child feeding

| | |
|---------|---------|
| 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.

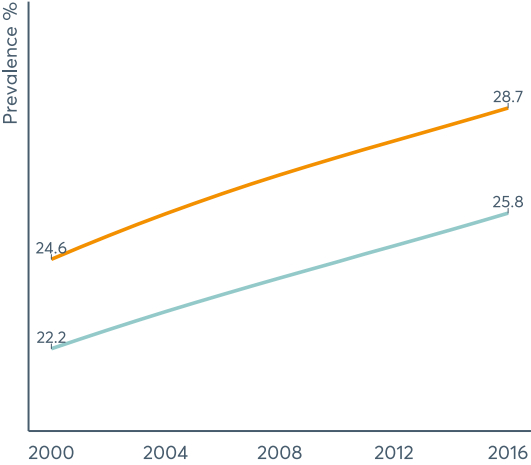
Child and adolescent (aged 5-19) nutrition status

Underweight by gender



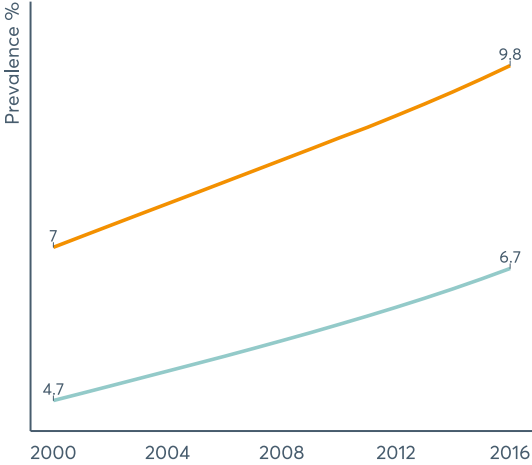
Sources: NCD Risk Factor Collaboration.
Notes: Based on population weighted means of 7 countries.

Overweight by gender



Notes: Based on population weighted means of 7 countries.

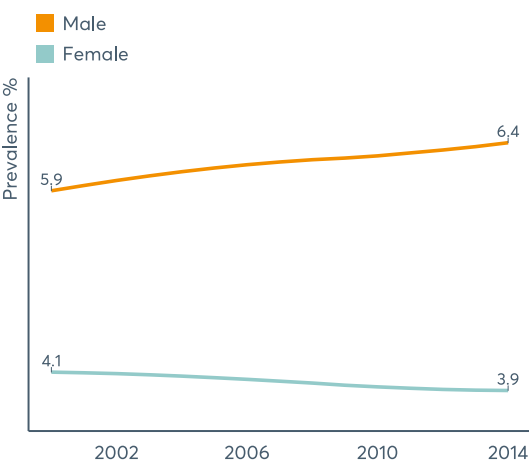
Obesity by gender



Notes: Based on population weighted means of 7 countries.

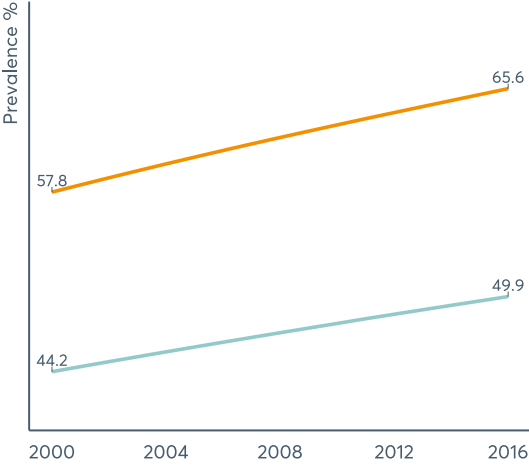
Adult nutrition status

Diabetes by gender



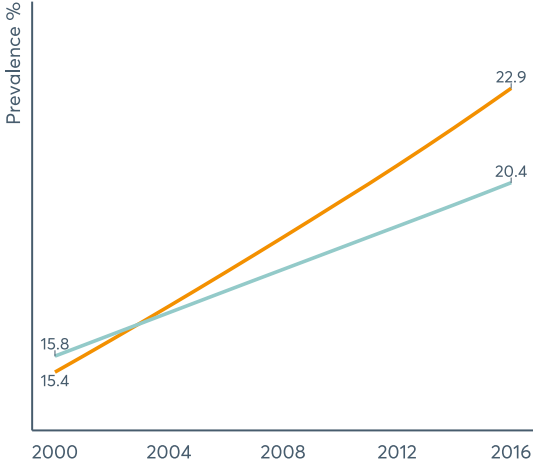
Sources: NCD Risk Factor Collaboration.
Notes: Based on population weighted means of 7 countries.

Overweight by gender



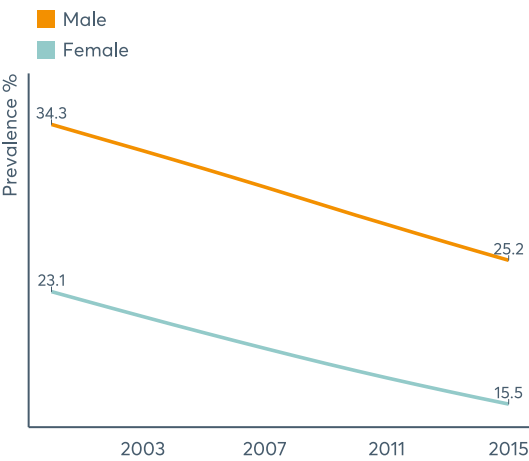
Notes: Based on population weighted means of 7 countries.

Obesity by gender



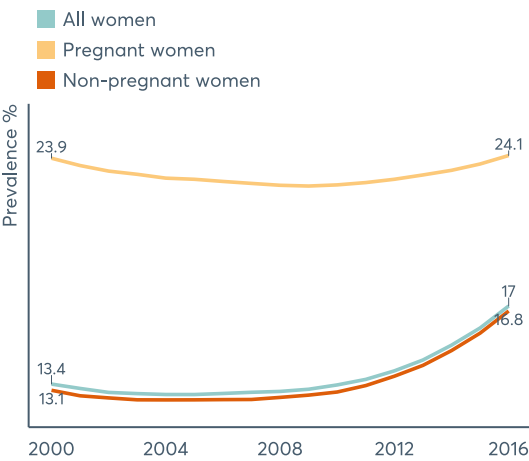
Notes: Based on population weighted means of 7 countries.

Raised blood pressure by gender



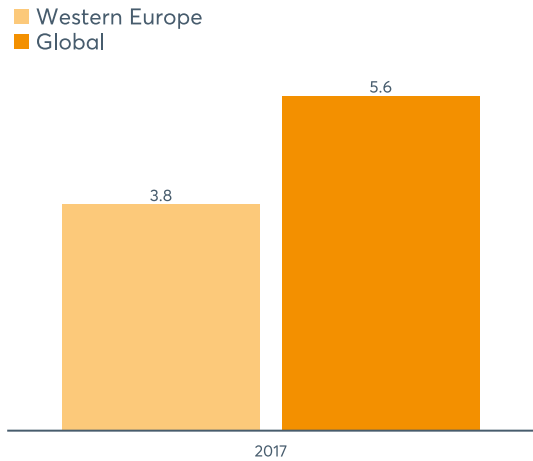
Sources: NCD Risk Factor Collaboration.
Notes: Based on population weighted means of 7 countries.

Anaemia in WRA



Source: WHO Global Health Observatory.
Notes: WRA = women of reproductive age. Based on population weighted means of 7 countries.

Salt intake (grams per day)



Source: Global Burden of Disease, the Institute for Health Metrics and Evaluation.
Notes: Based on population weighted means of 7 countries.

Dietary needs

Consumption of food groups and components, 2016



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

Notes: TMREL = theoretical minimum risk of exposure level. Men and women aged 25 and older. Based on population weighted means of 7 countries.

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 |

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

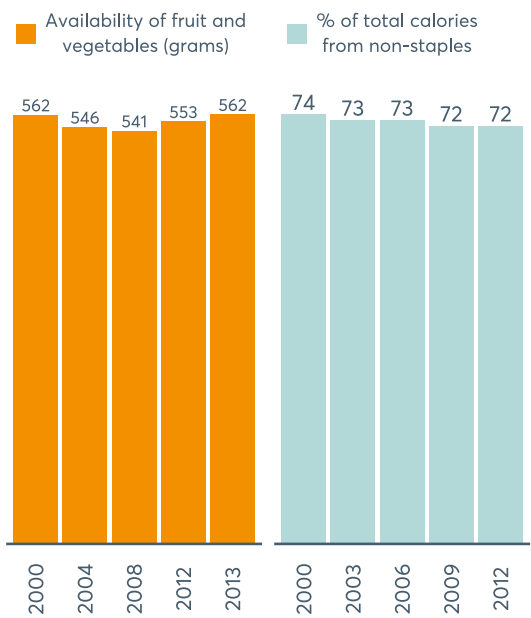
Determinants

Undernourishment



Source: FAOSTAT 2018.

Food supply



Source: FAOSTAT 2018.

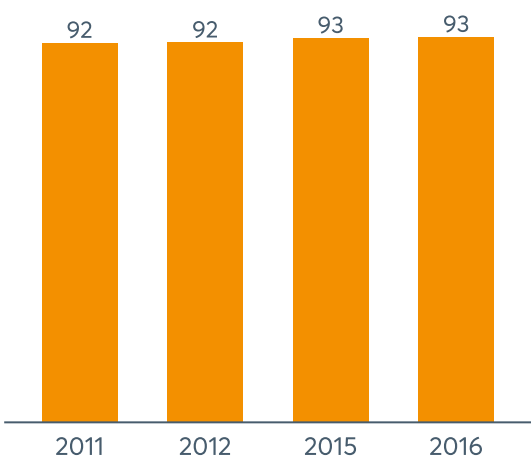
Gender-related determinants

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

Sources: ¹ UNICEF 2018; ² UNDP 2018.

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

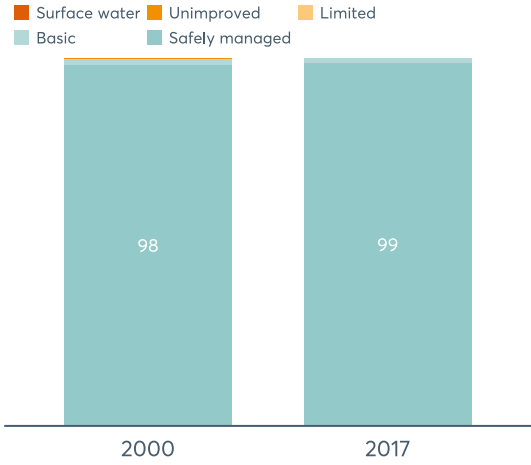
Female secondary education enrolment (net, % population)



Source: UNESCO Institute for Statistics 2018.

Notes: Based on population weighted means of between 6 and 7 countries.

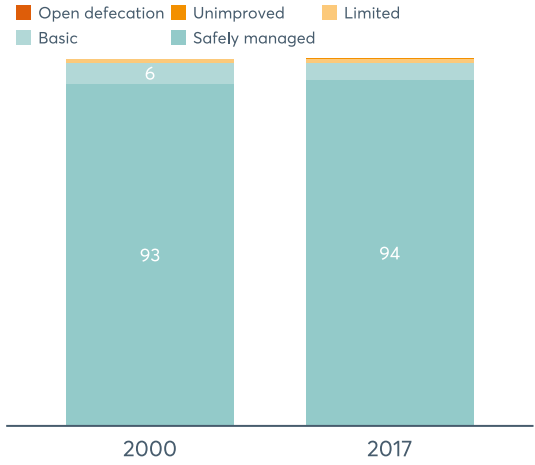
Drinking water coverage (% population)



Source: WHO/UNICEF Joint Monitoring Programme 2019.

Notes: Based on population weighted means of 9 countries.

Sanitation coverage (% population)



Source: WHO/UNICEF Joint Monitoring Programme 2019.

Notes: Based on population weighted means of 9 countries.

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 | 1/8 |
| Sugar-sweetened beverage tax | 3/8 |
| Food-based dietary guidelines | 6/8 |
| Policy to reduce salt consumption | 4/8 |
| Operational policy, strategy or action plan to reduce unhealthy diet related to NCDs | 8/8 |
| Operational, multisectoral national NCD policy, strategy or action plan | 4/8 |
| Operational policy, strategy or action plan for diabetes | 7/8 |
| Policy to reduce the impact on children of marketing of foods and beverages high in saturated fats, trans-fatty acids, free sugars or salt | 5/8 |
| Policy to limit saturated fatty acids and virtually eliminate industrially produced trans-fats | 6/8 |

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, WHO Global Health Observatory.

Notes: Value refers to the number of countries with policy. NA = not applicable; NCD = non-communicable disease.

Targets included in national (nutrition or other) plan

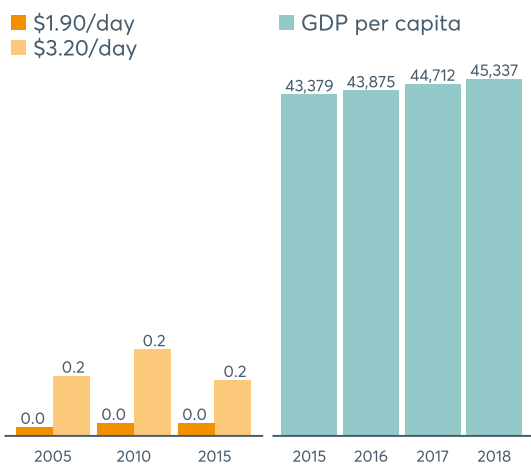
| | |
|--|-----------------------------------|
| Stunting | Anaemia |
| 0/8 | 0/8 |
| Low birth weight | Child overweight |
| 1/8 | 6/8 |
| Exclusive breastfeeding | Wasting |
| 1/8 | 0/8 |
| Salt intake | Overweight adults and adolescents |
| 2/8 | 7/8 |
| Multisectoral comprehensive nutrition plan | |
| 3/8 | |

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

Notes: Value refers to the number of countries with target.

Economics and demography

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



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

Notes: PPP = purchasing power parity. Based on population weighted means of 7 countries.

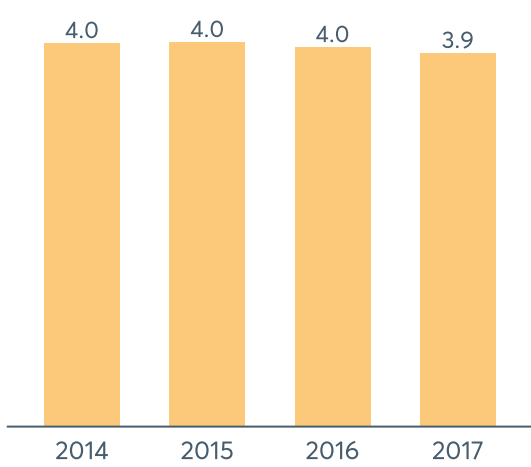
Income inequality

| Gini index score ¹ | Gini index rank ² | Year |
|-------------------------------|------------------------------|------|
| NA | NA | NA |

Sources: World Bank 2019.

Notes: ¹ 0 = perfect equality, 100 = perfect inequality.² Countries are ranked from most equal (1) to most unequal (159).

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



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

Notes: Based on population weighted means of 8 countries.

Population

| | | |
|-----------------------------------|--------|------|
| Population (thousands) | 60,742 | 2018 |
| Under-five population (thousands) | 10,084 | 2019 |
| Rural (%) | 20 | 2018 |
| >65 years (thousands) | 40,267 | 2019 |

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

Notes: Based on population weighted means of 9 countries.

Government revenues (\$m)



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

Population density of health workers per 1,000 people

| | | |
|--------------------------|---------|---------|
| Physicians | 3.78 | 2016 |
| Nurses and midwives | 12.2 | 2016 |
| Community health workers | No data | No data |

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

Notes: Based on population weighted means of 8 countries.