Eastern Europe

Subregional overview

Malnutrition burden

In the Eastern Europe subregion, there has been almost no progress towards achieving global nutrition targets. The global target for under-five stunting has one country on course to meet it. However, not a single country in the subregion is on course to meet the targets for under-five overweight, under-five wasting, infant exclusive breastfeeding, anaemia in women of reproductive age, low birth weight, male diabetes, female diabetes, male obesity, and female obesity. Ten countries in the subregion have insufficient data to comprehensively assess their progress towards these global targets.

Although it performs well against other subregions, Eastern Europe still experiences a malnutrition burden among its under-five population. The average prevalence of overweight in under-fives is 4.9% - the second highest compared to other subregions in Europe. The prevalence of stunting in under-fives is 6.4%, this is significantly less than the global average of 21.9%. The Eastern Europe subregion's prevalence of wasting in under-fives of 2.1% is also less than the global average of 7.3%.

Some 20.6% of infants under 23 months in the Eastern Europe subregion are exclusively breastfed, while the subregion's average low birth weight prevalence of 6.2% is less than the global average of 14.6%.

The Eastern Europe subregion's adult population also face a malnutrition burden. An average of 24.2% of women of reproductive age have anaemia, and 7.7% of adult men have diabetes, compared to 7.4% of women. Meanwhile, 25.3% of women and 20.7% of men have 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

Under-five stunting

1 On course
0 Off course
9 No data

Under-five wasting

0 On course
0 Off course
10 No data

Under-five overweight

0 On course
0 Off course
10 No data

Low birthweight

0 On course
10 Off course
0 No data

Exclusive breastfeeding

0 On course
0 Off course
10 No data

Adult female obesity

0 On course
10 Off course
0 No data

Adult male obesity

0 On course
10 Off course
0 No data

Adult female diabetes

0 On course
10 Off course
0 No data

Adult male diabetes

0 On course
10 Off course
0 No data

WRA anaemia

0 On course
10 Off course
0 No data

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

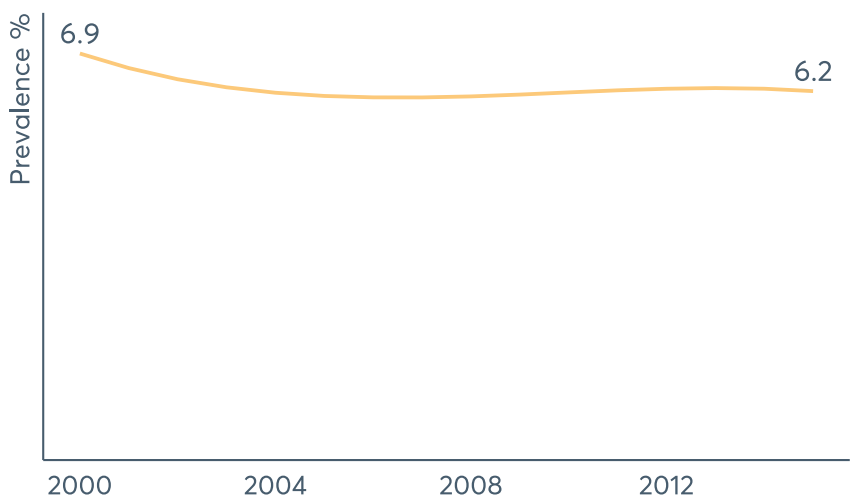
Coexistence of wasting, stunting and overweight

No data

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 10 countries.

Child (under-five) nutrition status over time

Wasting by gender

No data

Stunting by gender

No data

Overweight by gender

No data

Wasting by location

No data

Stunting by location

No data

Overweight by location

No data

Wasting by income

No data

Stunting by income

No data

Overweight by income

No data

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

No data

Continued breastfeeding at 1 year by gender

No data

Minimum acceptable diet by gender

No data

Intro. to solid, semi-solid, soft foods by gender

No data

Exclusive breastfeeding by location

No data

Continued breastfeeding at 1 year by location

No data

Minimum acceptable diet by location

No data

Intro. to solid, semi-solid, soft foods by location

No data

Exclusive breastfeeding by income

No data

Continued breastfeeding at 1 year by income

No data

Minimum acceptable diet by income

No data

Intro. to solid, semi-solid, soft foods by income

No data

Exclusive breastfeeding by mother's education

No data

Continued breastfeeding at 1 year by mother's education

No data

Minimum acceptable diet by mother's education

No data

Intro. to solid, semi-solid, soft foods by mother's education

No data

Exclusive breastfeeding by age

No data

Continued breastfeeding at 1 year by age

No data

Minimum acceptable diet by age

No data

Intro. to solid, semi-solid, soft foods by age

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

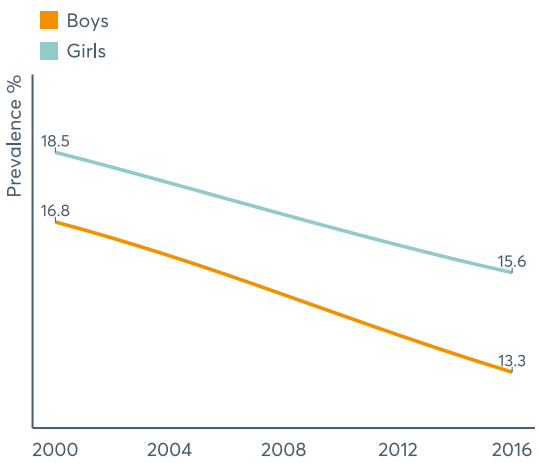
No data

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.

Notes: Based on population weighted means of 4 countries.

Child and adolescent (aged 5-19) nutrition status

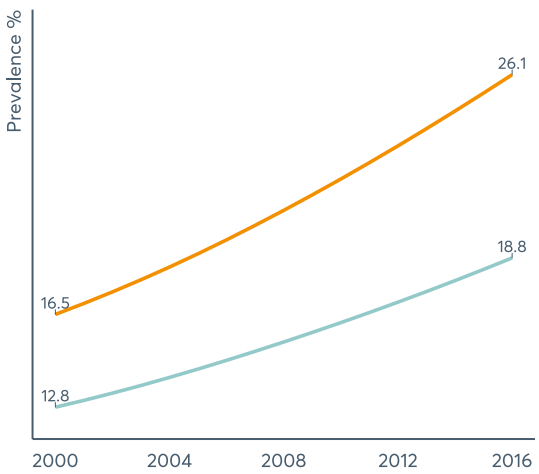
Underweight by gender



Sources: NCD Risk Factor Collaboration.

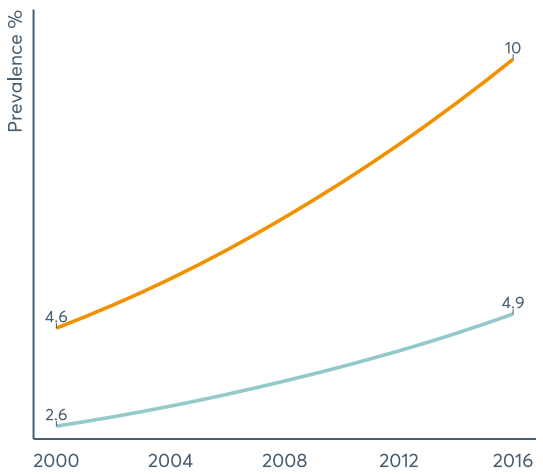
Notes: Based on population weighted means of 10 countries.

Overweight by gender



Notes: Based on population weighted means of 10 countries.

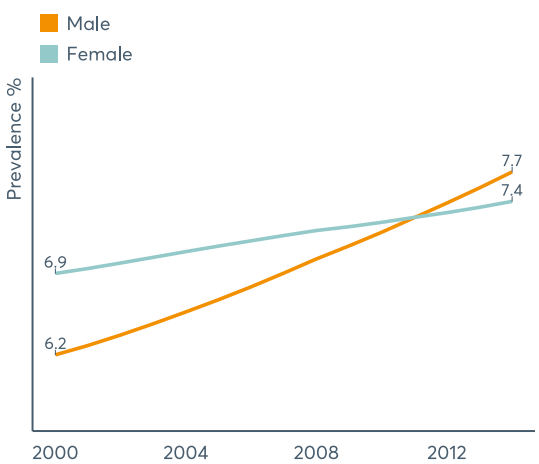
Obesity by gender



Notes: Based on population weighted means of 10 countries.

Adult nutrition status

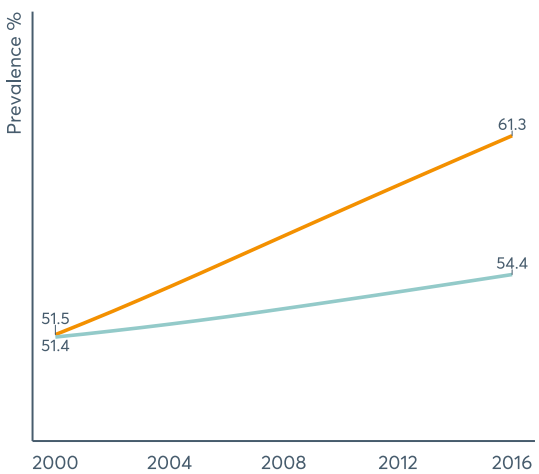
Diabetes by gender



Sources: NCD Risk Factor Collaboration.

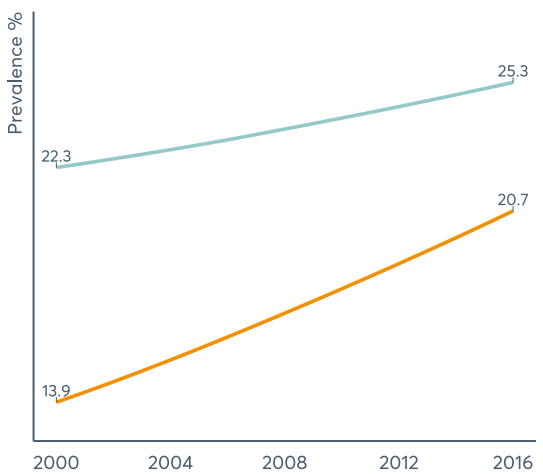
Notes: Based on population weighted means of 10 countries.

Overweight by gender



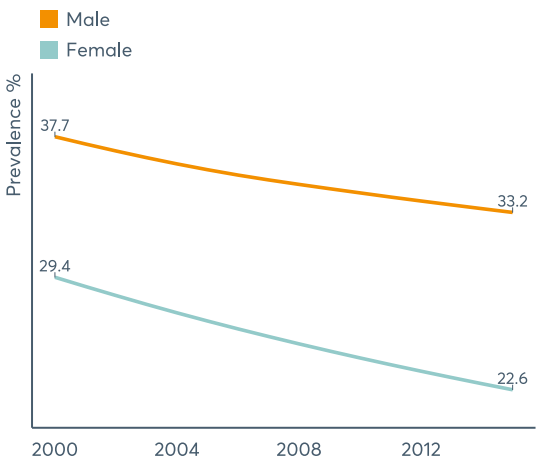
Notes: Based on population weighted means of 10 countries.

Obesity by gender



Notes: Based on population weighted means of 10 countries.

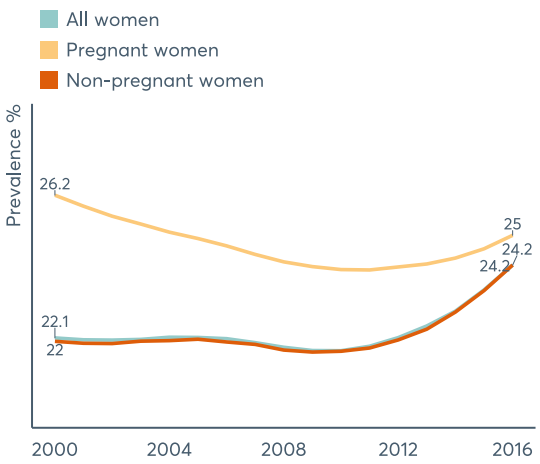
Raised blood pressure by gender



Sources: NCD Risk Factor Collaboration.

Notes: Based on population weighted means of 10 countries.

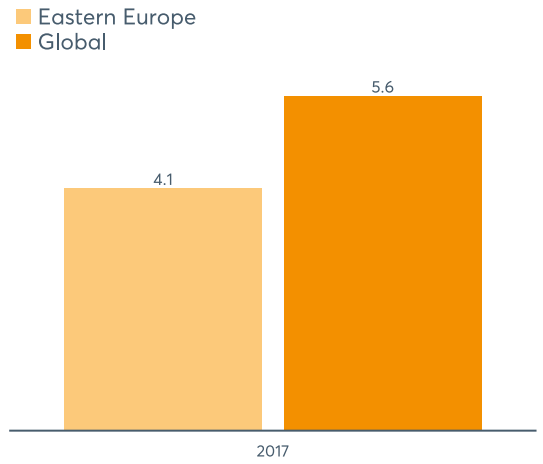
Anaemia in WRA



Source: WHO Global Health Observatory.

Notes: WRA = women of reproductive age. Based on population weighted means of 10 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 10 countries.

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. Based on population weighted means of 10 countries.

Intervention coverage

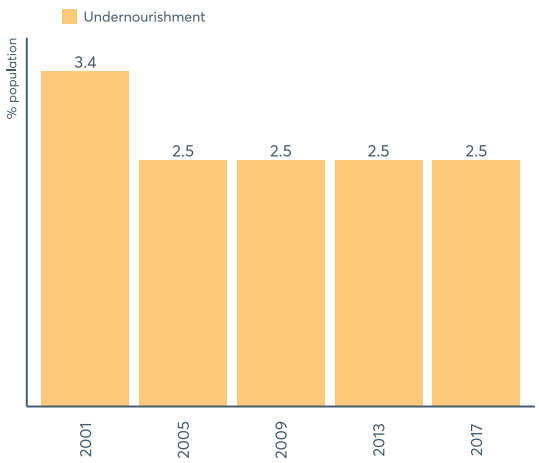
Coverage/practice indicator	Total (%)	Boy (%)	Girl (%)	Year
Children 0-59 months with diarrhoea who received zinc treatment	No data	No data	No data	No data
Children 6-59 months who received vitamin A supplements in last 6 months	No data	No data	No data	No data
Children 6-59 months given iron supplements 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

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.

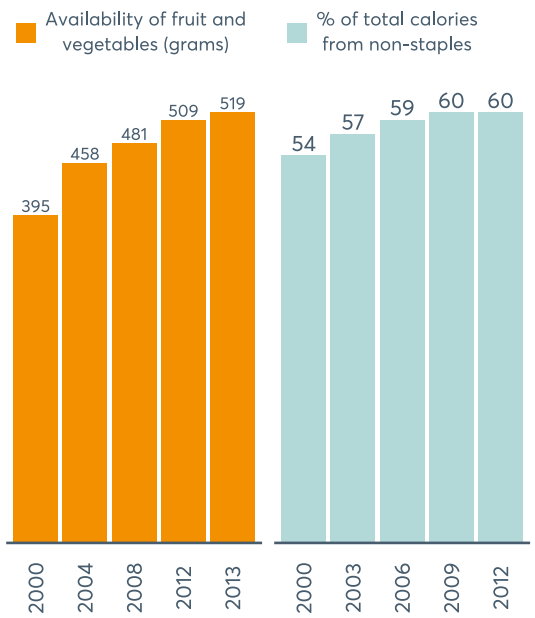
Determinants

Undernourishment



Source: FAOSTAT 2018.

Food supply



Source: FAOSTAT 2018.

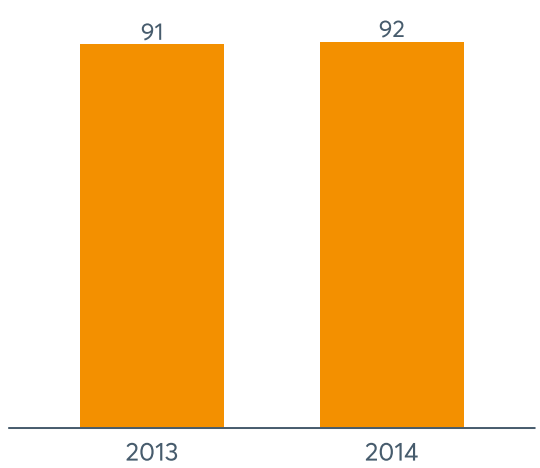
Gender-related determinants

Early childbearing births by age 18 (%)[1]	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.

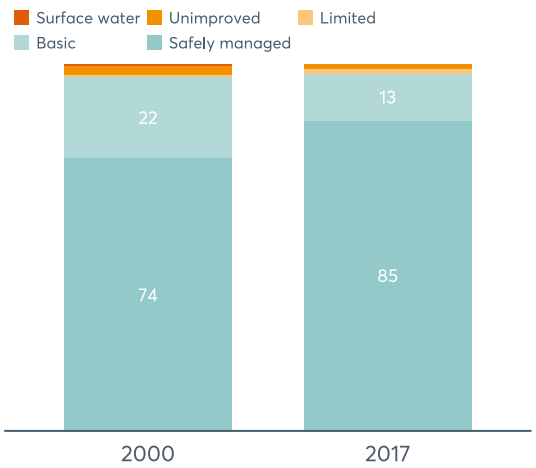
Female secondary education enrolment (net, % population)



Source: UNESCO Institute for Statistics 2018.

Notes: Based on population weighted means of between 9 and 10 countries.

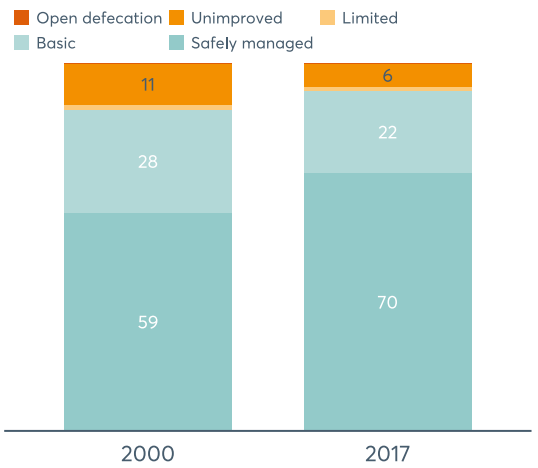
Drinking water coverage (% population)



Source: WHO/UNICEF Joint Monitoring Programme 2019.

Notes: Based on population weighted means of between 9 and 10 countries.

Sanitation coverage (% population)

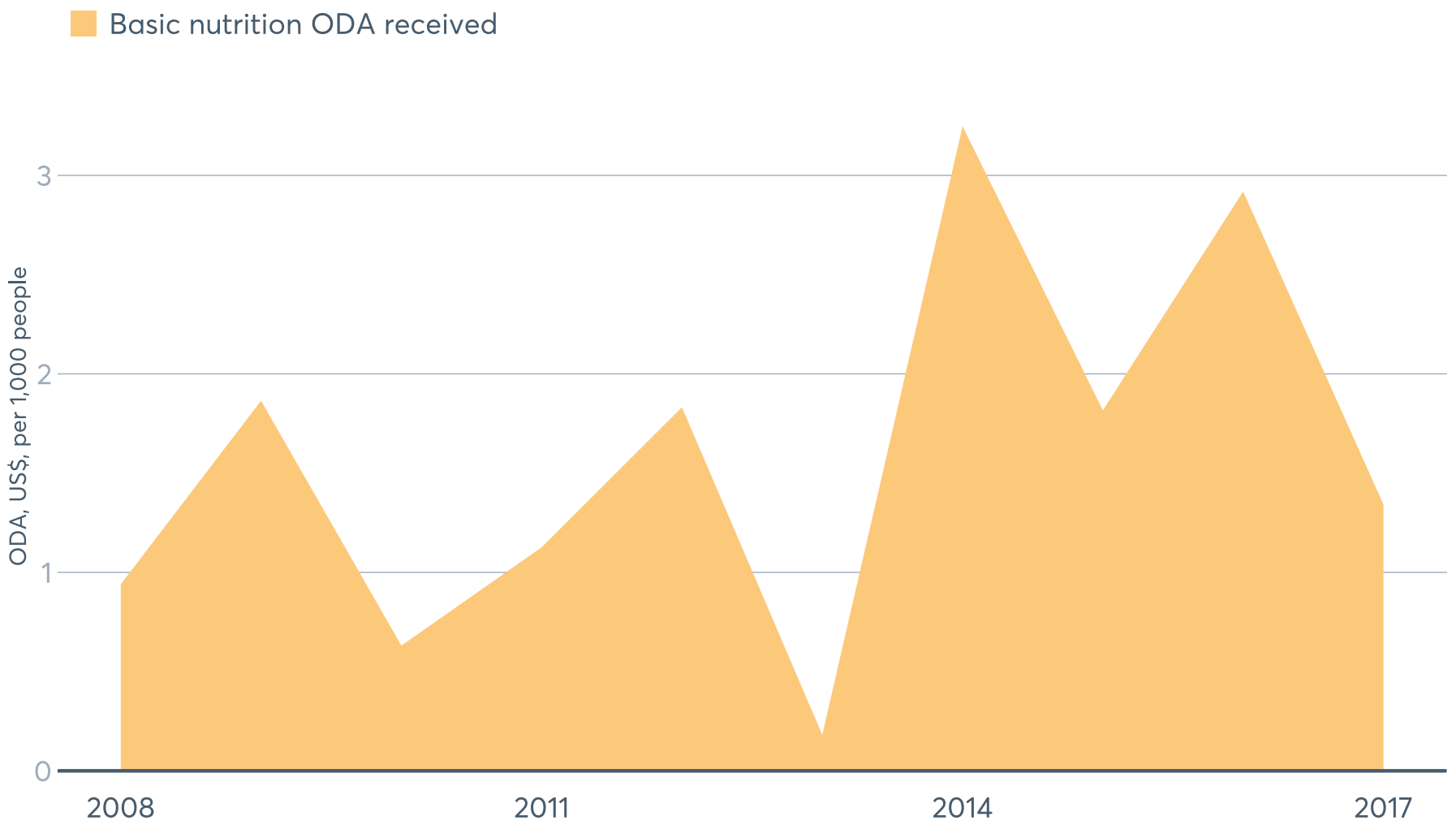


Source: WHO/UNICEF Joint Monitoring Programme 2019.

Notes: Based on population weighted means of between 8 and 10 countries.

Resources, policies and targets

Development assistance



Sources: Development Initiatives based on OECD Development Assistance Commitee (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	7/10
Sugar-sweetened beverage tax	1/10
Food-based dietary guidelines	4/10
Policy to reduce salt consumption	8/10
Operational policy, strategy or action plan to reduce unhealthy diet related to NCDs	9/10
Operational, multisectoral national NCD policy, strategy or action plan	7/10
Operational policy, strategy or action plan for diabetes	9/10
Policy to reduce the impact on children of marketing of foods and beverages high in saturated fats, trans-fatty acids, free sugars or salt	7/10
Policy to limit saturated fatty acids and virtually eliminate industrially produced trans-fats	5/10

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

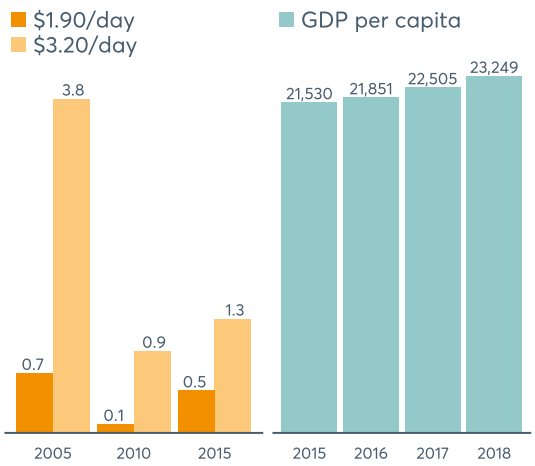
Stunting	Anaemia
3/10	3/10
Low birth weight	**Child overweight**
3/10	10/10
Exclusive breastfeeding	**Wasting**
3/10	3/10
Salt intake	**Overweight adults and adolescents**
7/10	10/10
Multisectoral comprehensive nutrition plan	
6/10	

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

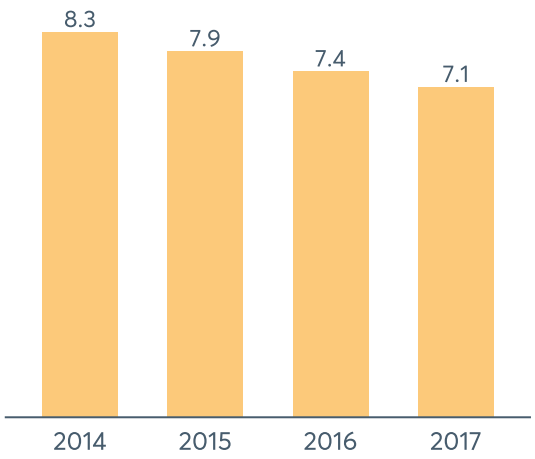
Poverty rates (%) and GDP (PPP$)



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

Notes: PPP = purchasing power parity. Based on population weighted means of 10 countries.

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 10 countries.

Government revenues ($m)

No data

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
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 (120).

Population

Population (thousands)	85,747	2018
Under-five population (thousands)	16,777	2019
Rural (%)	30	2018
>65 years (thousands)	48,187	2019

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

Notes: Based on population weighted means of 10 countries.

Population density of health workers per 1,000 people

Physicians	3.46	2016
Nurses and midwives	7.72	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 10 countries.