Northern Europe

Overview

Nutritional information

In Northern Europe, there has been some progress towards achieving global nutrition targets. 7 countries are on course to meet the global target for low birth weight. 5 countries are on course for female diabetes. 4 countries are on course for male diabetes. However, no countries in Northern Europe are on course for each of under-five overweight, under-five stunting, under-five wasting, infant exclusive breastfeeding, anaemia in women of reproductive age, male obesity, and female obesity. 10 countries in Northern Europe have insufficient data to comprehensively assess their progress towards these global targets.

Northern Europe has no prevalence data available for under-five overweight, stunting, or wasting.
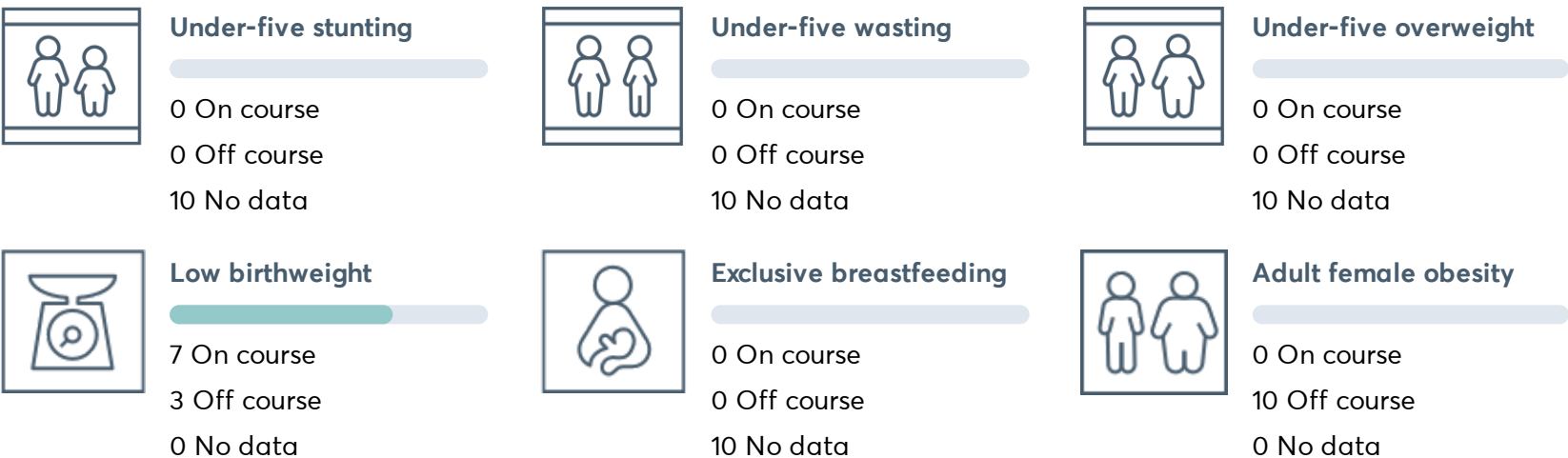
There is also insufficient data on exclusive breastfeeding among infants, while the subregion's average low birth weight prevalence of 5.9% is less than the global average of 14.6%.

Northern Europe's adult population face a malnutrition burden. An average of 16% of women of reproductive age have anaemia, and 6.6% of adult men suffer from diabetes, compared to 4.8% of women. Meanwhile, 25.9% of women and 25.6% of men suffer from obesity.

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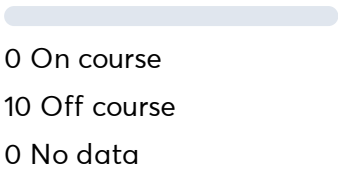
Notes: Thresholds for a country having the form or not: stunting in children aged under-five years >20%; anaemia in women of reproductive age >20%; overweight (body mass index >25) in adult women aged >18 years >35%.
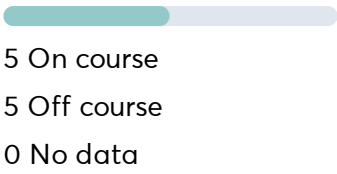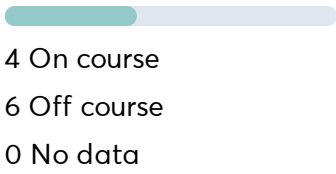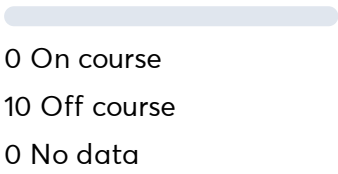
Progress against global nutrition targets 2018

Under-five stunting

0 On course
0 Off course
10 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

7 On course
3 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

5 On course
5 Off course
0 No data

Adult male diabetes

4 On course
6 Off course
0 No data

WRA anaemia

0 On course
10 Off course
0 No data

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

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.

Infant and child (under-five) status

Under-five coexistence of wasting, stunting and overweight

No data
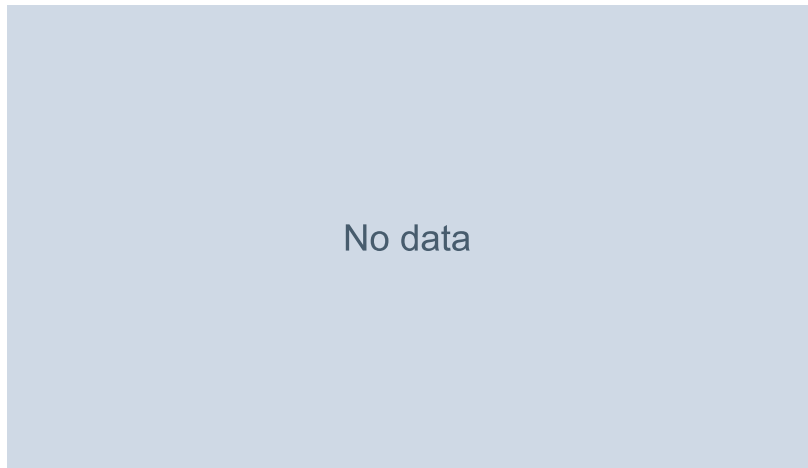
Sources: UNICEF, Division of Data Research and Policy (2019). UNICEF Global Databases: Overlapping Stunting, Wasting and Overweight, January 2019, New York.

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

Low birth weight (%)

6.3

5.9

Prevalence %

2000   2004   2008   2012
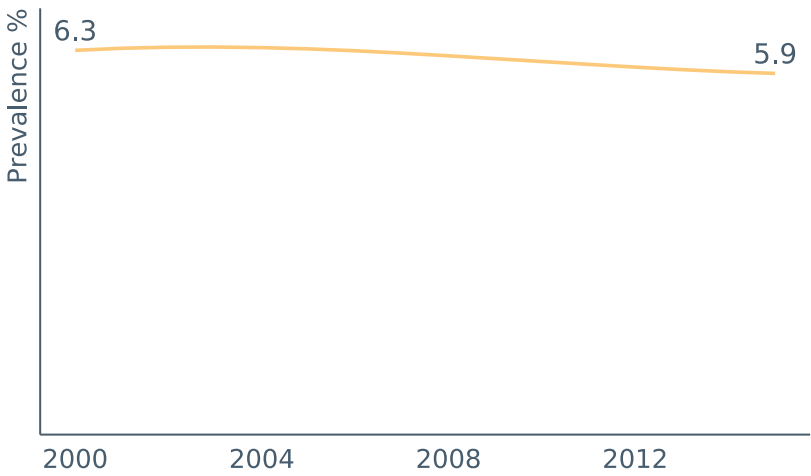
Source: UNICEF/WHO Low birthweight estimates, 2019 edition. 10 countries included in aggregates.

Children (under-five) nutrition status

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
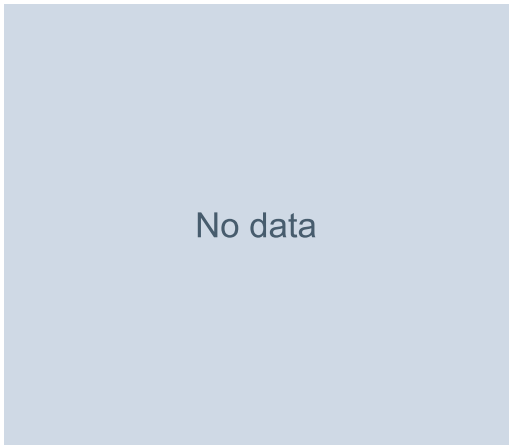
Stunting by income (%)

No data
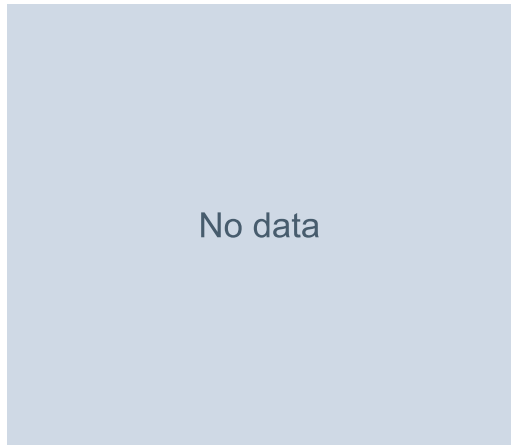
Overweight by income (%)

No data
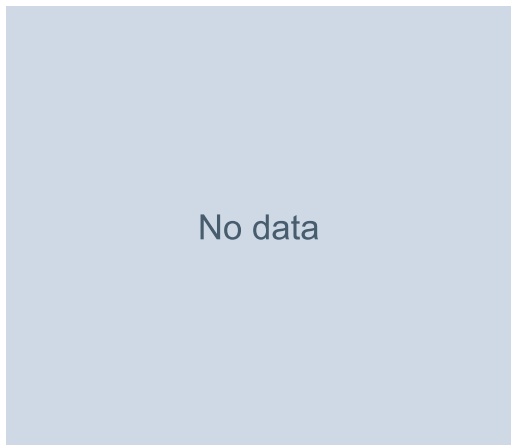
Wasting by education (%)

No data

Stunting by education (%)

No data

Overweight by education (%)
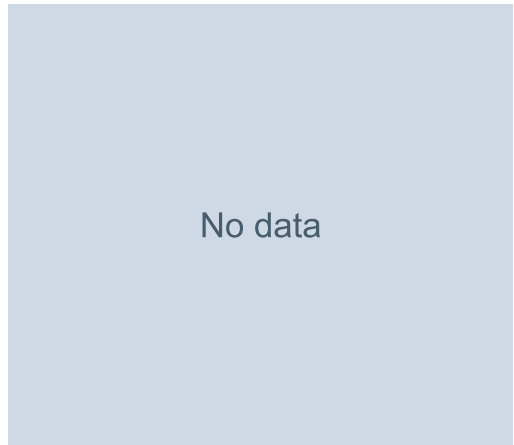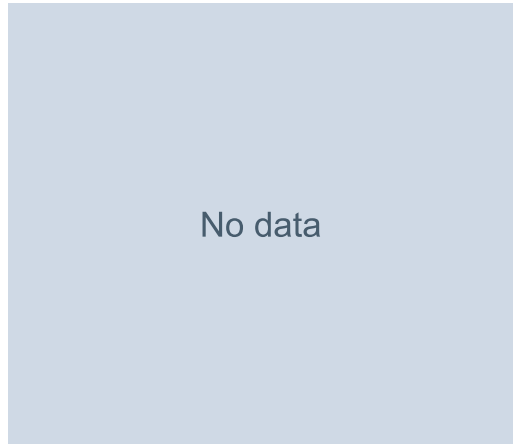
No data

Wasting by age (%)

No data

Stunting by age (%)

No data

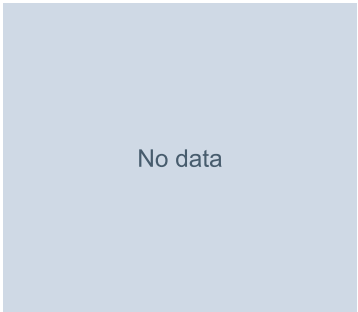## Overweight by age (%)

No data

Sources: UNICEF/WHO/World Bank Group: Joint child malnutrition estimates.
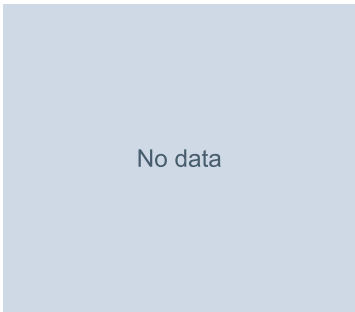
Infant and child (under-five) feeding over time
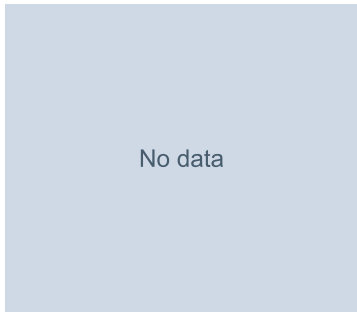
Exclusive breastfeeding by gender
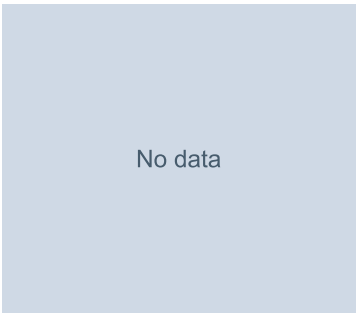
No data

Continued breastfeeding at 1 year by gender

No data

Minimum acceptable diet by gender

No data

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

No data

Exclusive breastfeeding by location

No data

Continued breastfeeding at 1 year by location

No data
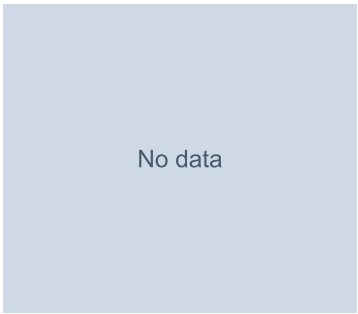
Minimum acceptable diet by location

No data
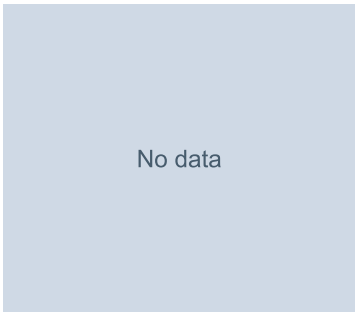
Introduction to solid, semi-solid or soft foods by location

No data

Exclusive breastfeeding by income

No data

Continued breastfeeding at 1 year by income

No data

Minimum acceptable diet by income

No data
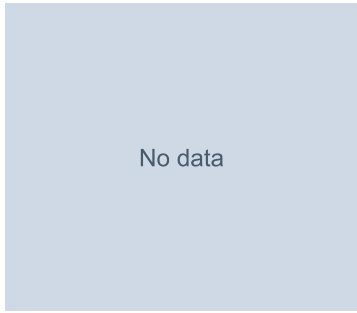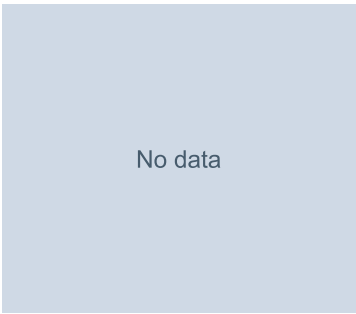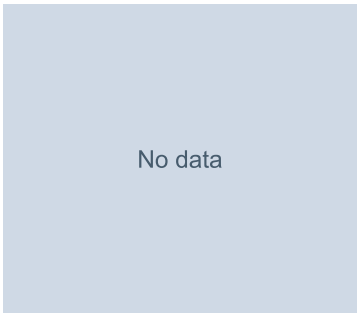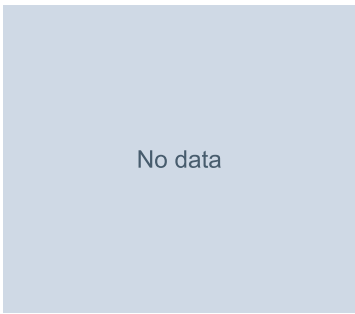
Introduction to solid, semi-solid or soft foods by income

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

Introduction to solid, semi-solid or 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
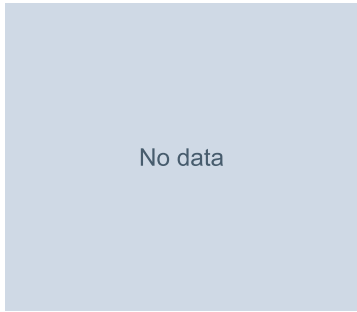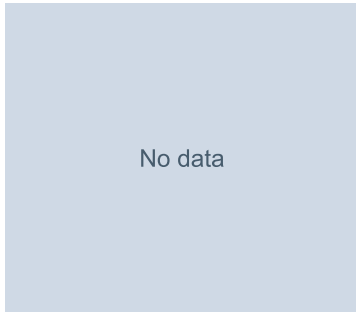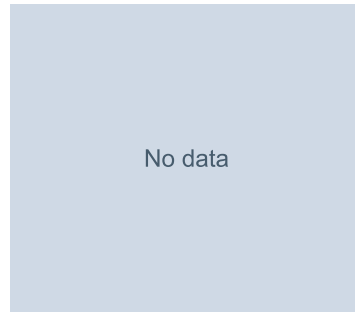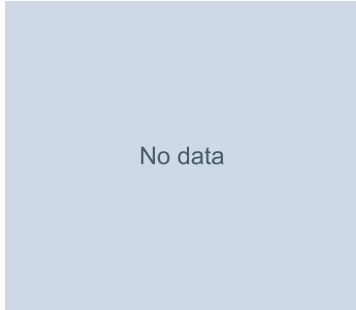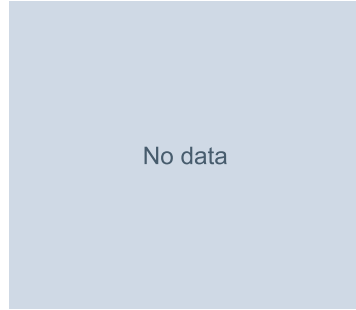
Introduction to solid, semi-solid or soft foods by age
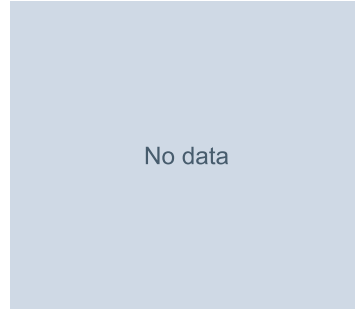
No data

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.

Infant and young child feeding
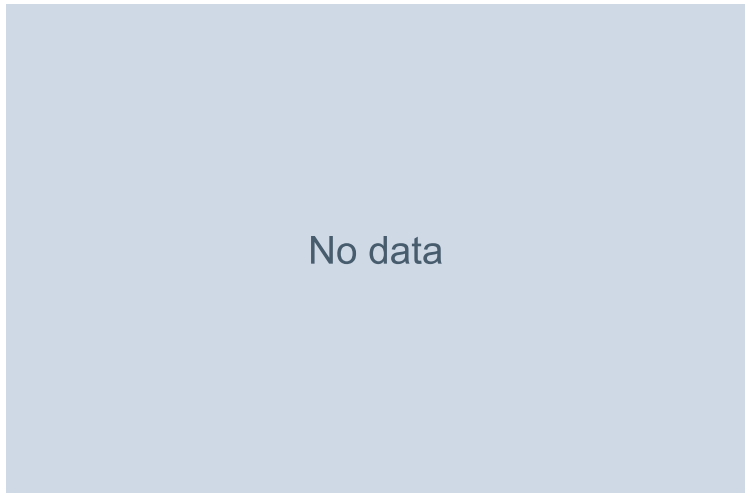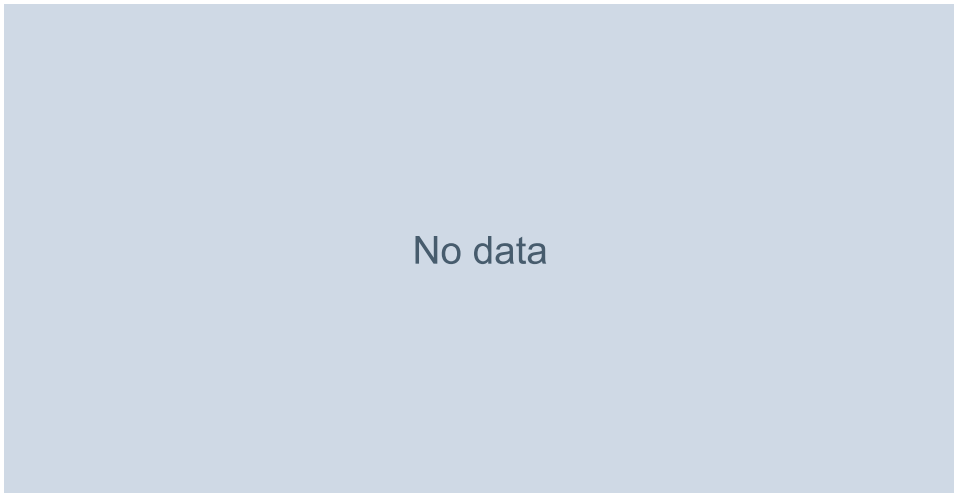
No data

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.

Children and adolescent (aged 5-19) nutrition status

Ages 5-19 by gender: underweight (%)

Boys
Girls

Prevalence %

10.1
8,6
9,2
7,8

2000 2004 2008 2012 2016

Ages 5-19 by gender: overweight (%)

Prevalence %

26
25.3
29.5
28.5

2000 2004 2008 2012 2016
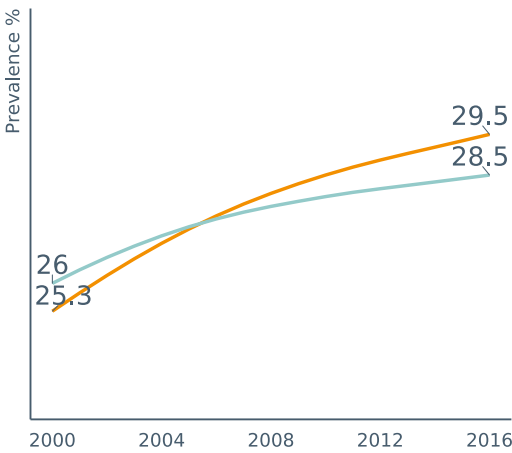
Ages 5-19 by gender: obesity (%)

Prevalence %

10.5
7,7
7
8.1

2000 2004 2008 2012 2016
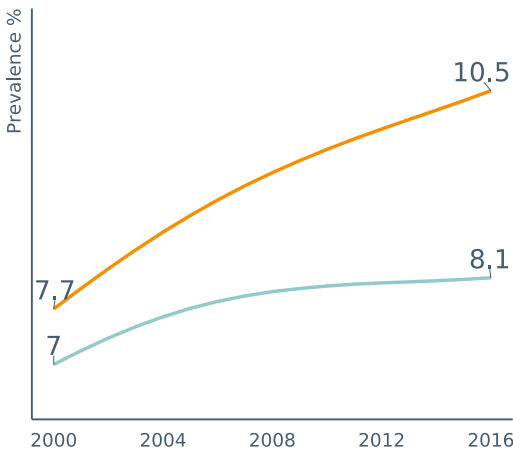
Adult nutrition status

Adult by gender: diabetes (%)

Male
Female

Prevalence %

6
6,6
4,8
4,8

2000 2004 2008 2012

Adult by gender: overweight (%)

Prevalence %

58.2
48.5
67
56

2000 2004 2008 2012 2016
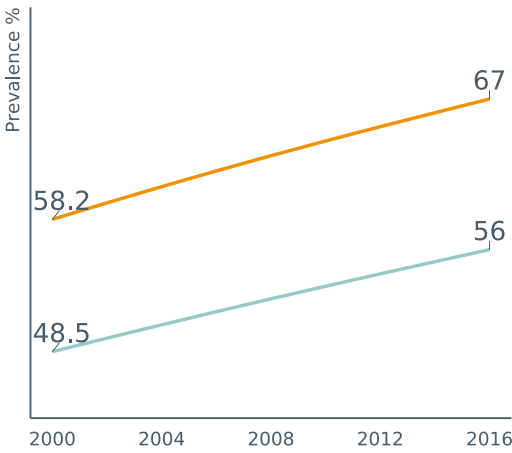
Adult by gender: obesity (%)

Prevalence %

18,8
16,5
25.9
25.6

2000 2004 2008 2012 2016
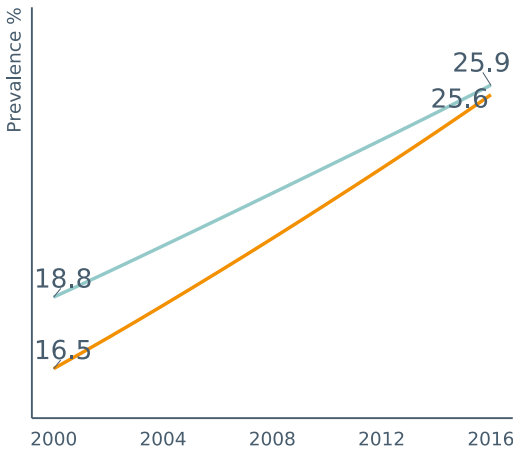
Adult by gender: raised blood pressure (%)
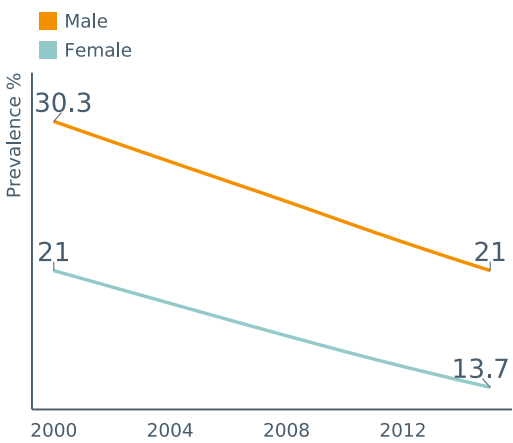
Sources: NCD Risk Factor Collaboration. 10 countries included in aggregates.

Adult: anaemia in WRA (%)
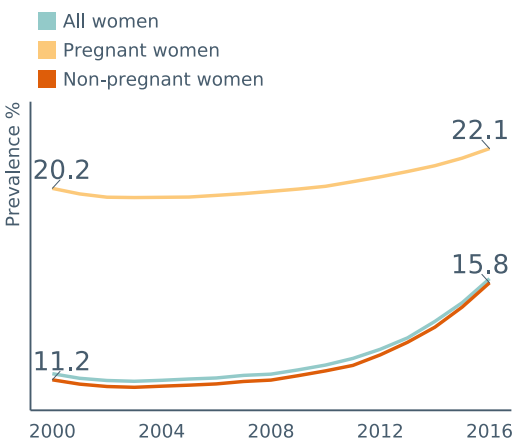
Source: WHO Global Health Observatory.

Notes: WRA = women of reproductive age. 10 countries included in aggregates.

Adult: sodium intake (grams per day)
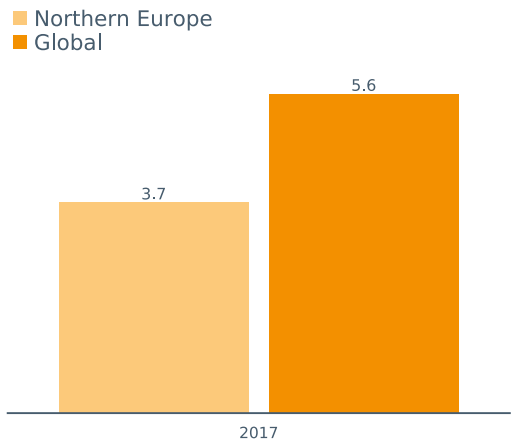
Source: Global Burden of Disease, the Institute for Health Metrics and Evaluation. 10 countries included in aggregates.

Dietary needs

Consumption of food groups and components, 2016
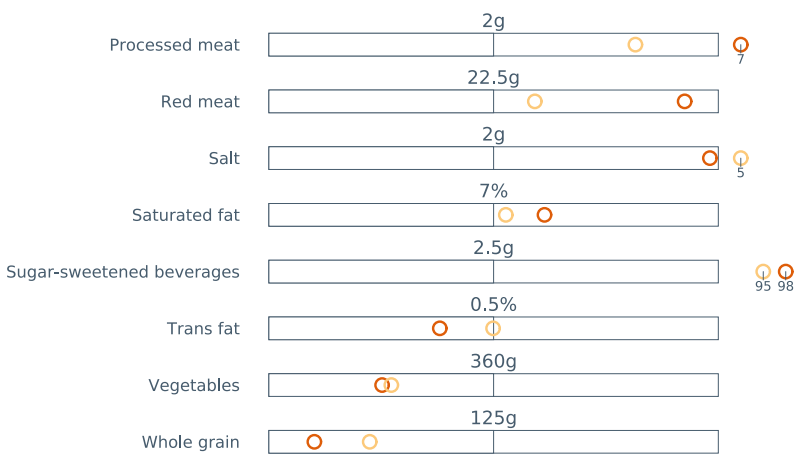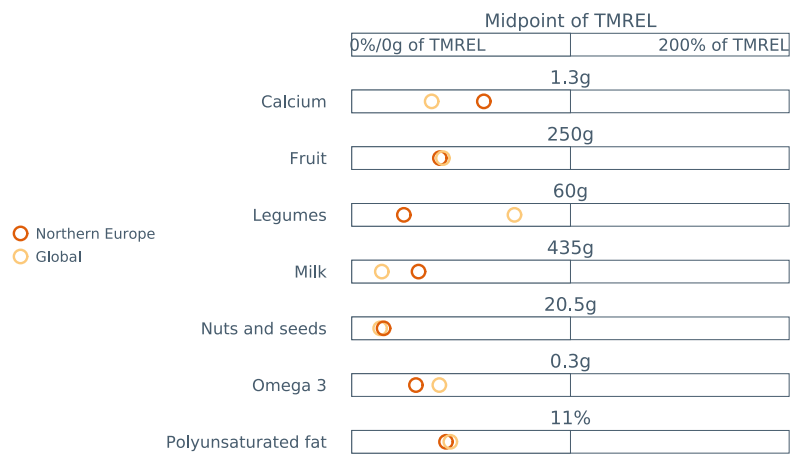
Sources: TMREL = theoretical minimum risk of exposure level. Global Burden of Disease, the Institute for Health Metrics and Evaluation.

Notes: Men and women aged 25 and older. 10 countries included in aggregates.

Intervention coverage

Coverage/practice indicator	Total (%)	Boy (%)	Girl (%)	Year
Children 0-59 months with diarrhoea who received zinc treatment	NA	NA	NA	NA

Coverage/practice indicator	Total (%)	Boy (%)	Girl (%)	Year
Children 6-59 months who received 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 live birth in the five years preceding the survey who received iron tablets or syrup during antenatal care	NA			NA
Household consumption of any iodised salt	NA	NA	NA	NA

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 (% population)
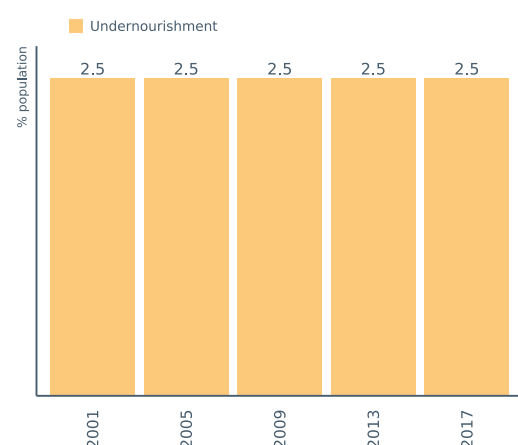
Source: FAOSTAT 2018.

Food supply
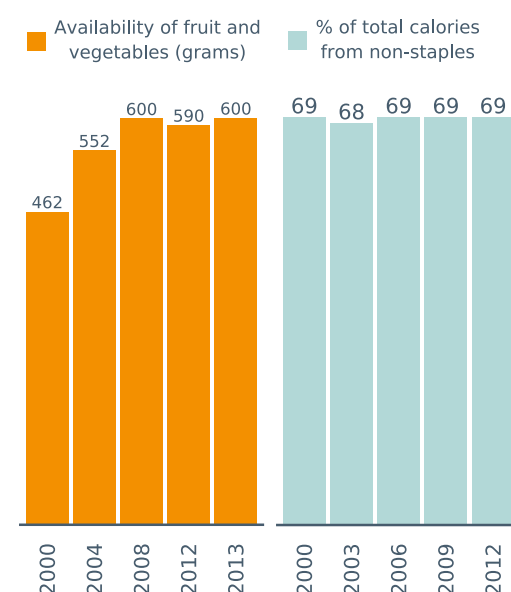
Source: FAOSTAT 2018.

Gender-related determinants

	Total	Year
Early childbearing: births by age 18 (%)[1]	NA	NA
Gender Inequality Index (score*)[2]	0.1	2017
Gender Inequality Index (country rank)[2]	20	2017

Sources: [1] UNICEF 2018; [2] UNDP 2018.

Notes: *0 = low inequality, 1 = high inequality. 10 countries included in aggregates.

Female secondary education enrolment (net, % population)

2014	2015	2016	2017
97	98	97	95
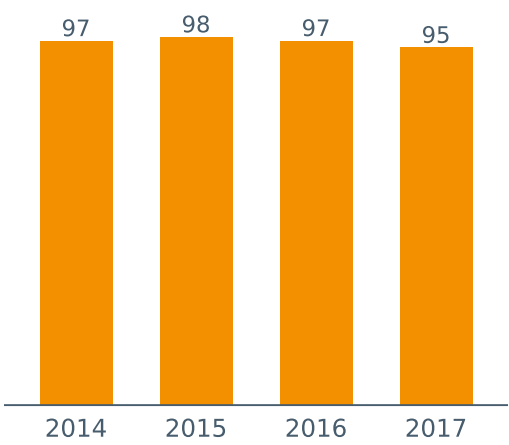
Source: UNESCO Institute for Statistics 2018. From 2 to 10 countries included in aggregates.

Drinking water coverage (% population)

Legend: Surface water · Unimproved · Limited · Basic · Safely managed

2000	2017
97	99
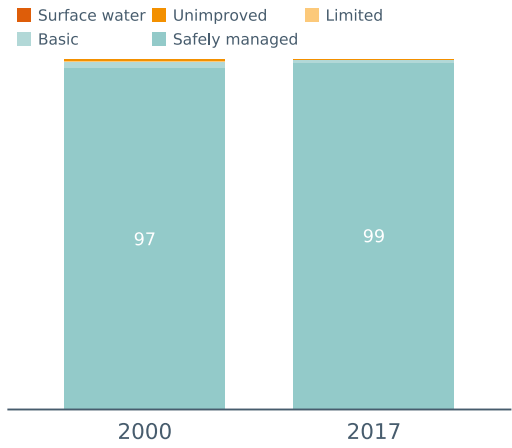
Source: WHO/UNICEF Joint Monitoring Programme 2019. 10 countries included in aggregates.

Sanitation coverage (% population)

Legend: Open defecation · Unimproved · Limited · Basic · Safely managed

2000	2017
5	
93	95
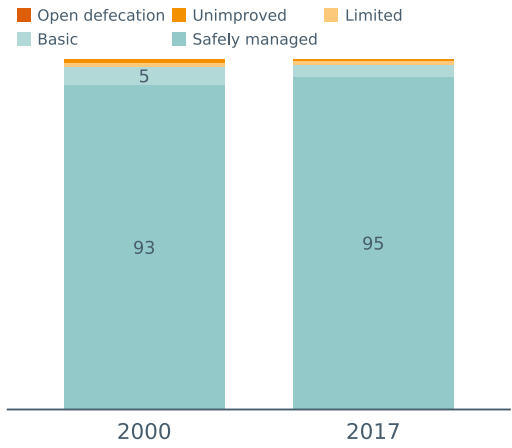
Source: WHO/UNICEF Joint Monitoring Programme 2019. 10 countries included in aggregates.

Resources, policies and targets

Development assistance

No data
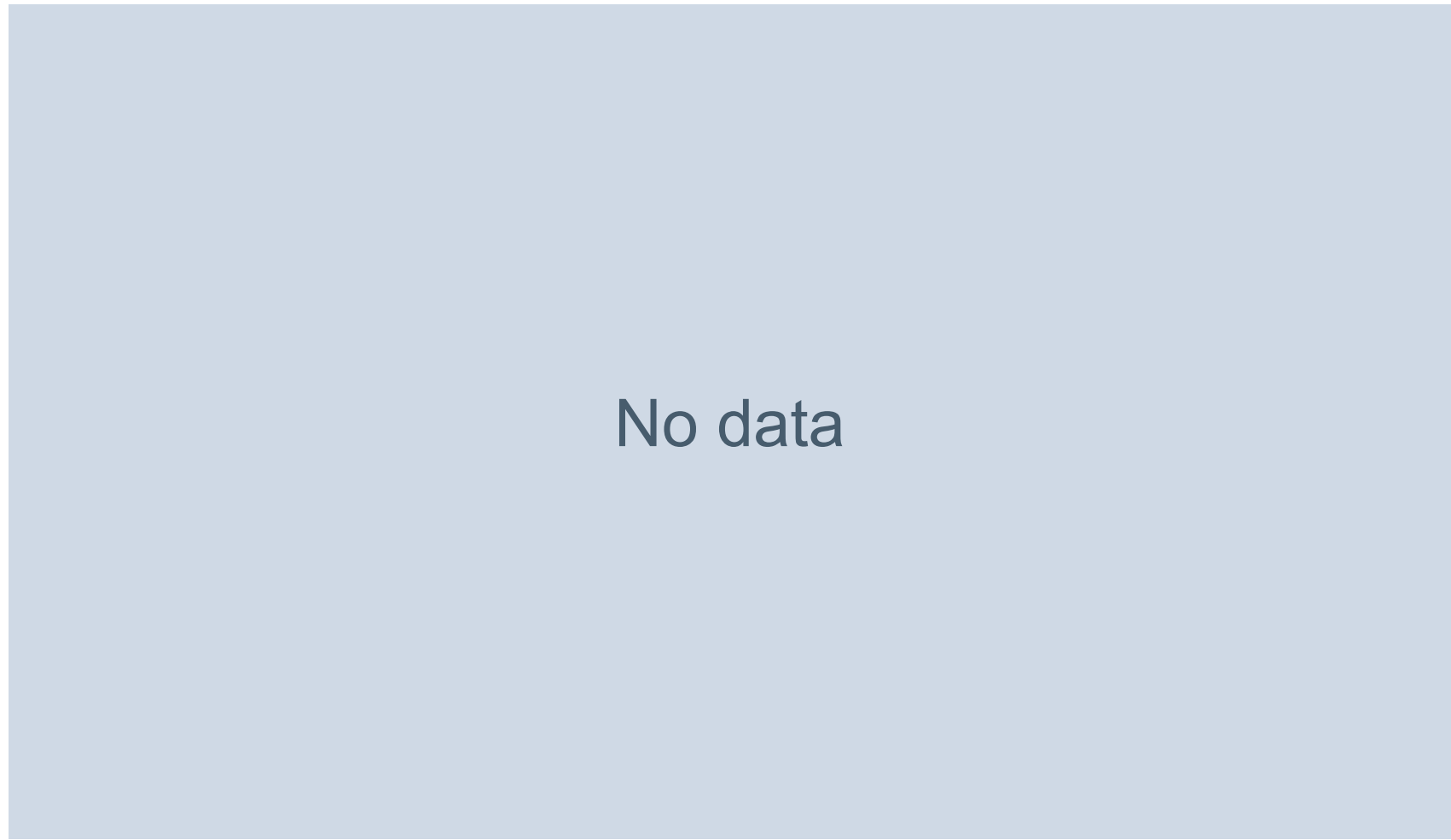
Sources: Development Initiatives based on OECD Development Assistance Commitee (DAC) Creditor Reporting System (CRS).

Notes: ODA = official development assistance. Amounts based on gross ODA disbursements, constant 2017 prices. Figure includes ODA grants and loans, but exlcudes other official flows and private grants.

National policies

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

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

Targets included in national (nutrition or other) plan

Stunting	Anaemia
NA	NA
Low birth weight	Child overweight
NA	NA
Exclusive breastfeeding	Wasting
NA	NA
Salt intake	Overweight adults and adolescents
NA	NA
Multisectoral comprehensive nutrition plan	
NA	

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

Economics and demography

Poverty rates (%) and GDP (PPP$)

Legend: $1.90/day, $3.20/day, GDP per capita
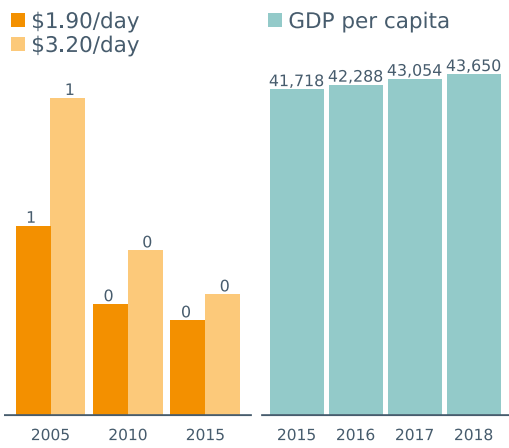
Sources: World Bank 2019, IMF World Economic Outlook Database 2019.

Notes: PPP = purchasing power parity. 10 countries included in aggregates.

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

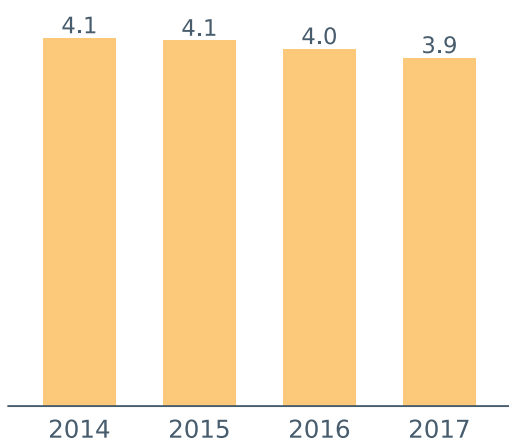| 2014	2015	2016	2017
4.1	4.1	4.0	3.9

Source: UN Inter-agency Group for Child Mortality Estimation 2018. 10 countries included in aggregates.

Government revenues ($m)

No data
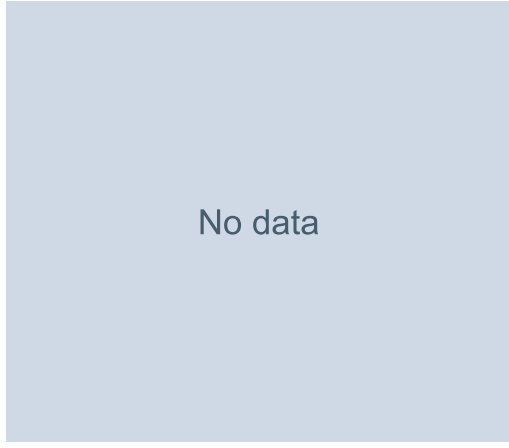
Sources: IMF Article IV staff reports (country specific) and IMF World Economic Outlook Database (April 2019).

Income inequality

Gini index score[1]	Gini index rank[2]	Year
32	39	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). From 1 to 9 countries included in aggregates.

Population

Population (000)	44,513,440	2018
Under-five population (000)	6,110	2019
Rural (%)	18	2018
>65 years (000)	19,845	2019

Sources: World Bank 2019, UN Population Division Department of Economic and Social Affairs 2019. 10 countries included in aggregates.

Population density of health workers per 1,000 people

Physicians	3.17	2016
Nurses and midwives	10.14	2016
Community health workers	0.03	2016

Sources: WHO's Global Health Workforce Statistics, OECD, supplemented by country data. From 1 to 10 countries included in aggregates.