

## Regional overview

### Malnutrition burden

In the Africa region, there has been some progress towards achieving global nutrition targets. The global targets for under-five overweight and infant exclusive breastfeeding each have twenty countries on course to meet them, under-five wasting has twelve countries on course, while under-five stunting has 8 countries on course. However, not a single country in the region is on course to meet the targets for anaemia in women of reproductive age, low birth weight, male diabetes, female diabetes, male obesity, and female obesity. Thirty five countries in the region have insufficient data to comprehensively assess their progress towards these global targets.

Although it performs relatively well against other regions, Africa still experiences a malnutrition burden among its under-five population. The average prevalence of overweight in under-fives is 4.9% - the second lowest across all regions. The prevalence of stunting in under-fives is 30%, this is greater than the global average of 21.9%. Conversely, The Africa region's prevalence of wasting in under-fives of 7.1% is less than the global average of 7.3%.

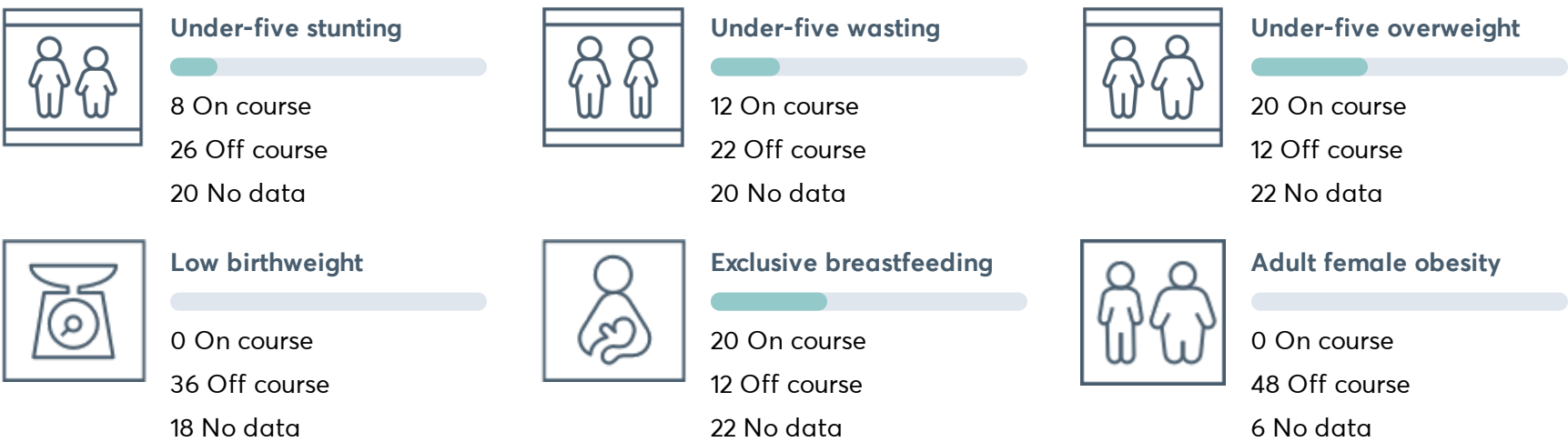
Some 42.7% of infants under 23 months in the Africa region are exclusively breastfed, while the region's average low birth weight prevalence of 13.7% is less than the global average of 14.6%.

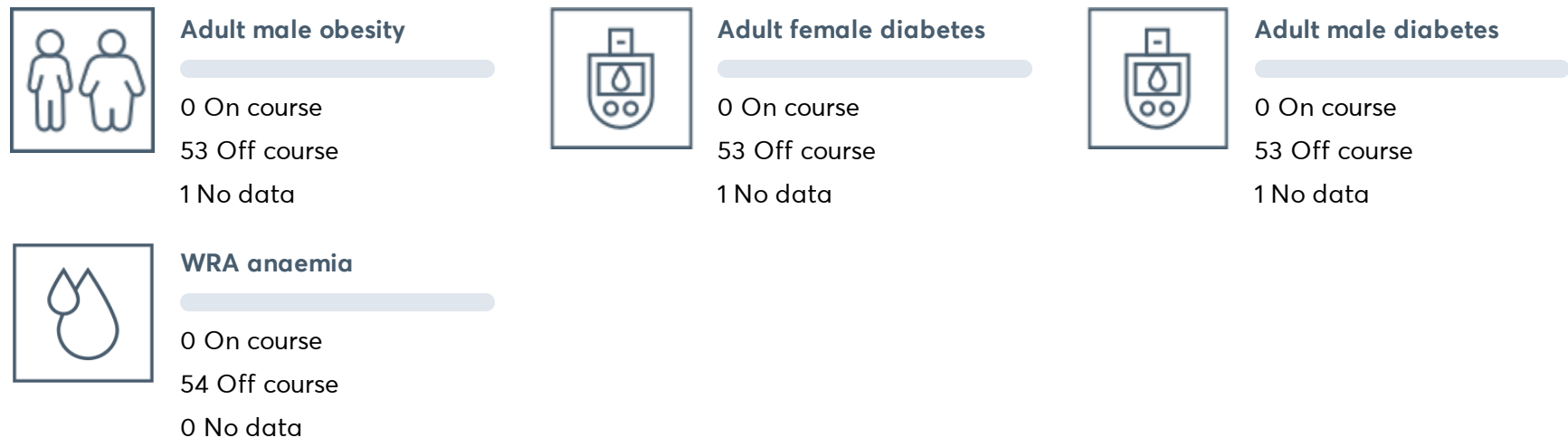
The Africa region's adult population also face a malnutrition burden. An average of 38.1% of women of reproductive age have anaemia, and 8.1% of adult women have diabetes, compared to 7.9% of men. Meanwhile, 17% of women and 7% of men have obesity.

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



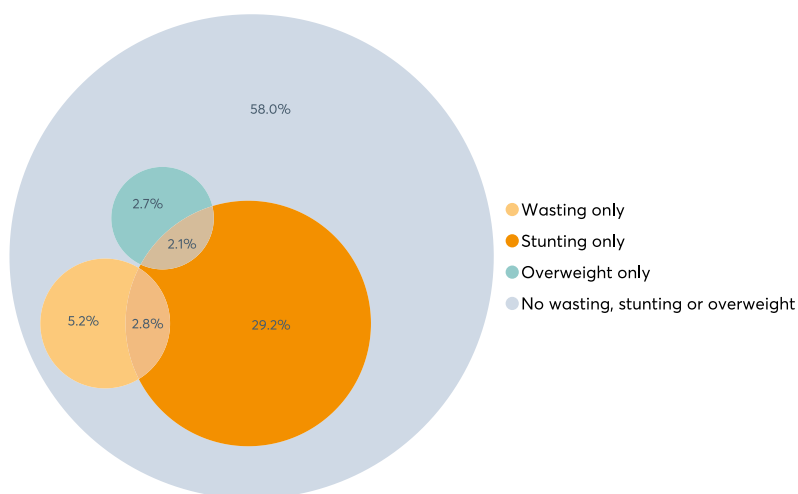


Sources: UNICEF global databases Infant and Young Child Feeding, UNICEF/WHO/World Bank Group: Joint child malnutrition estimates, NCD Risk Factor Collaboration, WHO Global Health Observatory and Global Burden of Disease, the Institute for Health Metrics and Evaluation.

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

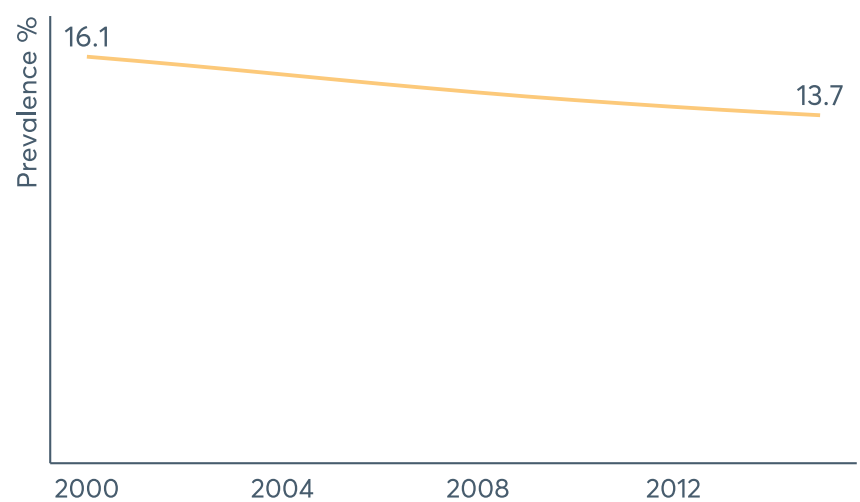
### Coexistence of wasting, stunting and overweight



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. Based on population weighted means of 50 countries.

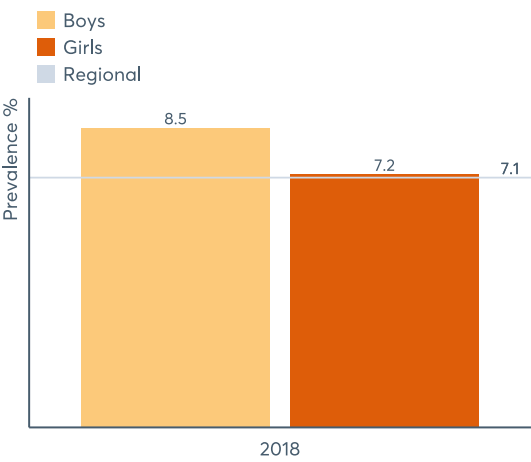
### Low birth weight



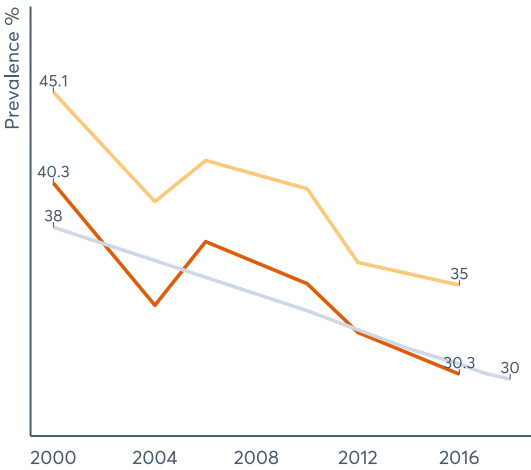
Source: UNICEF/WHO Low birthweight estimates, 2019 edition.

# Child (under-five) nutrition status over time

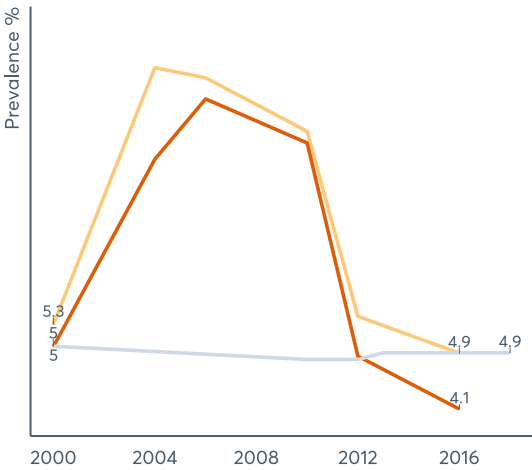
Wasting by gender



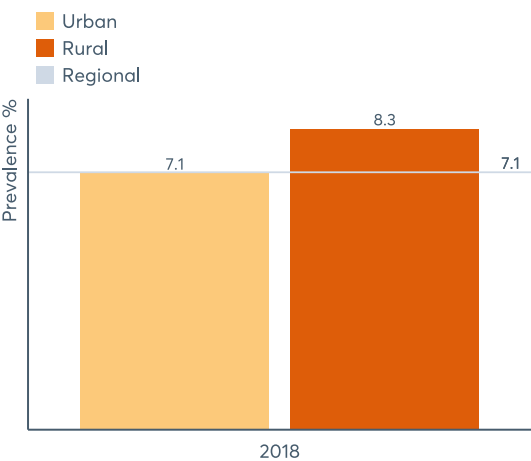
Stunting by gender



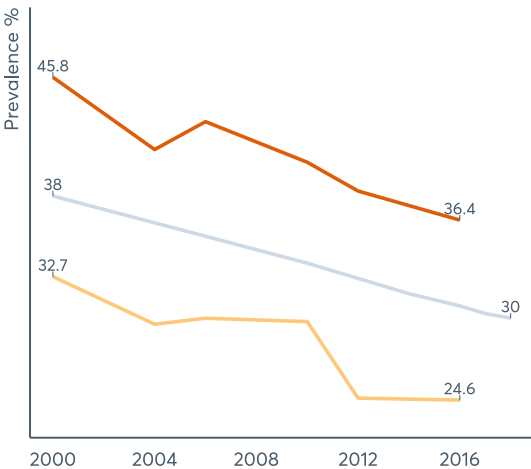
Overweight by gender



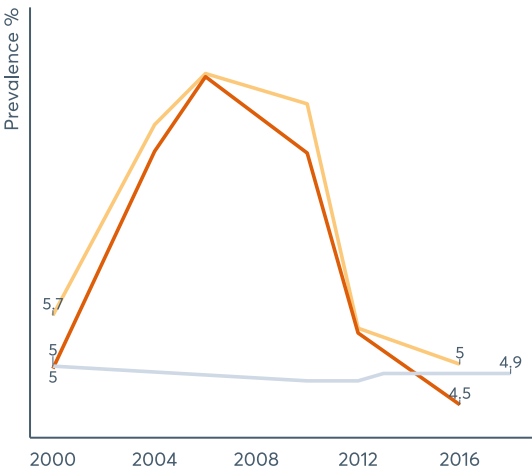
Wasting by location



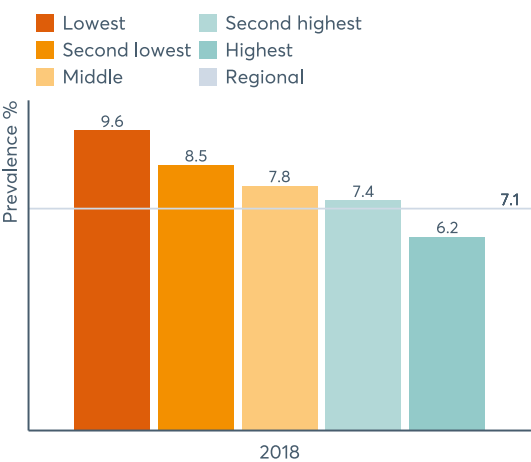
Stunting by location



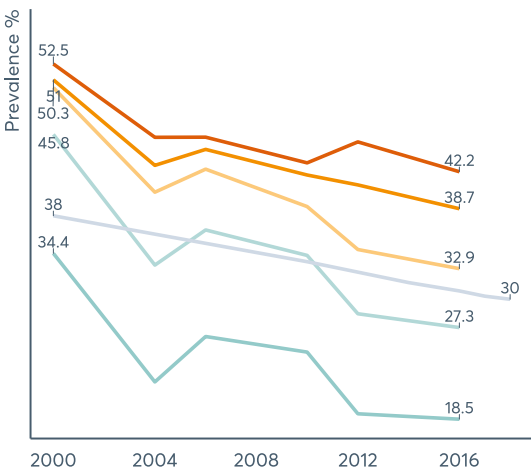
Overweight by location



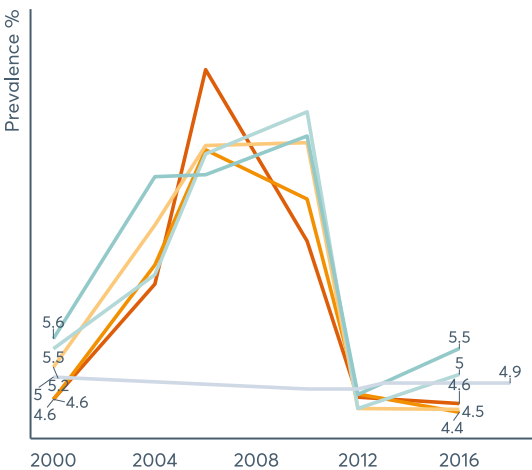
Wasting by income



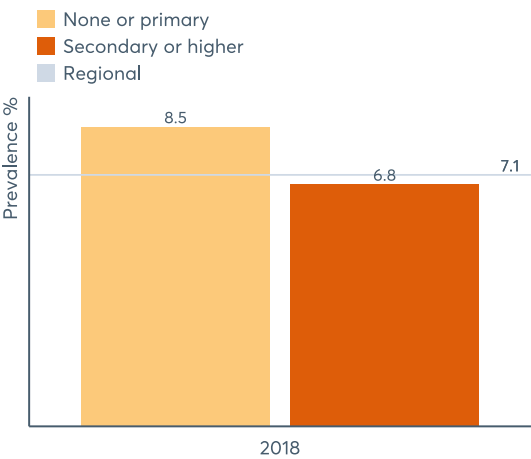
Stunting by income



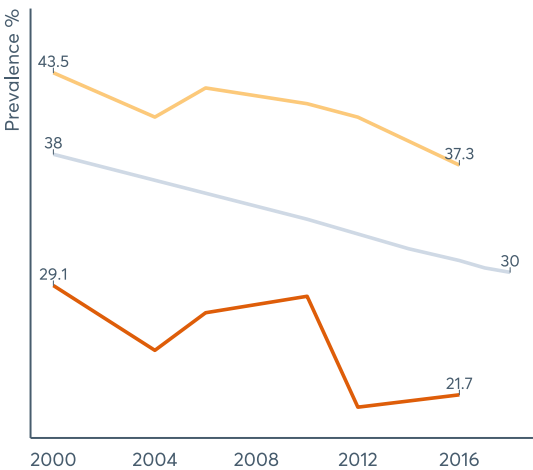
Overweight by income



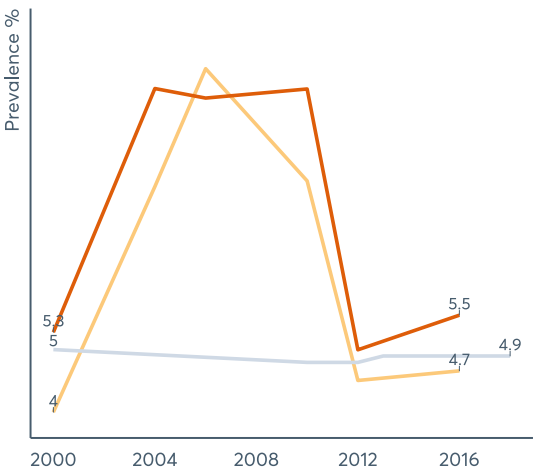
## Wasting by mother's education



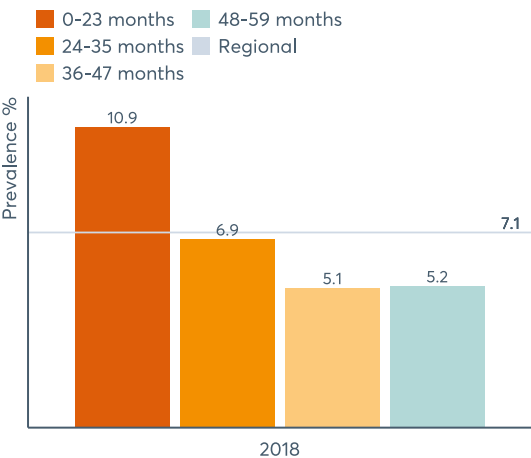
## Stunting by mother's education



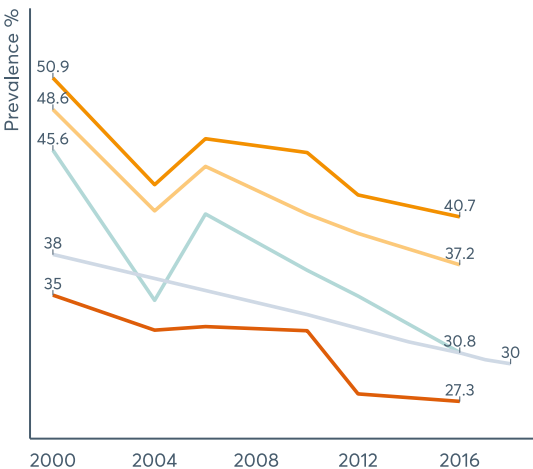
## Overweight by mother's education



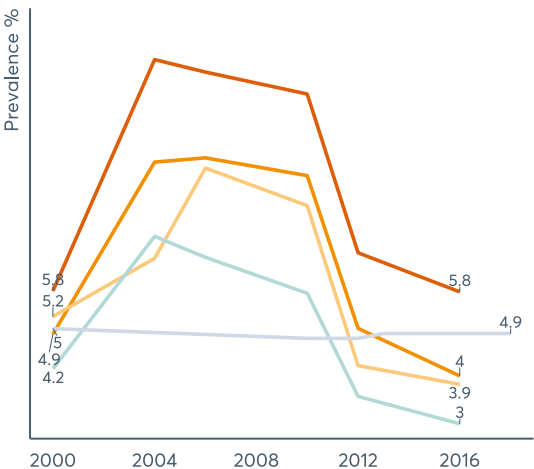
## Wasting by age



## Stunting by age



## Overweight by age

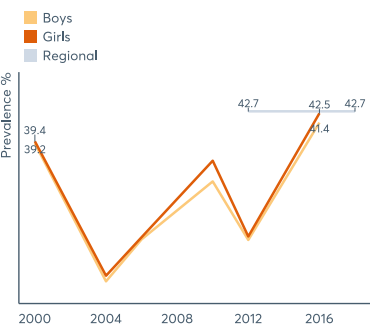


Sources: UNICEF/WHO/World Bank Group: Joint child malnutrition estimates.

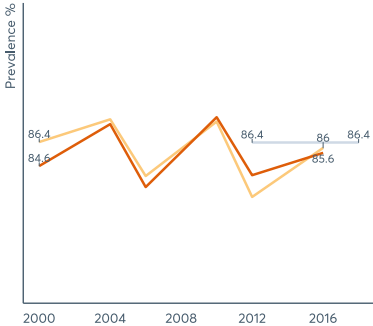
Notes: Regional figures are from UNICEF, Division of Data Research and Policy (2019) where available and are aggregated otherwise. Based on population weighted means of between 7 and 50 countries.

# Infant and young child feeding over time

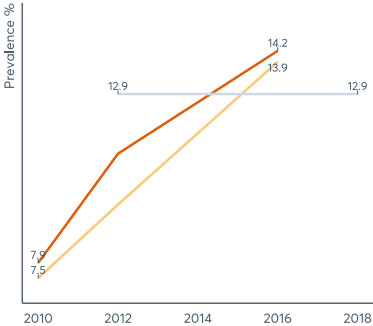
Exclusive breastfeeding by gender



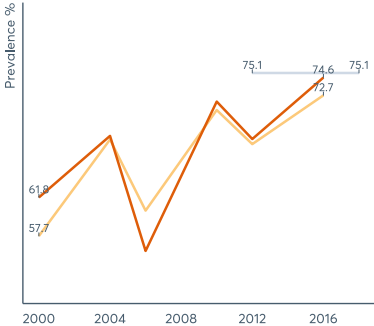
Continued breastfeeding at 1 year by gender



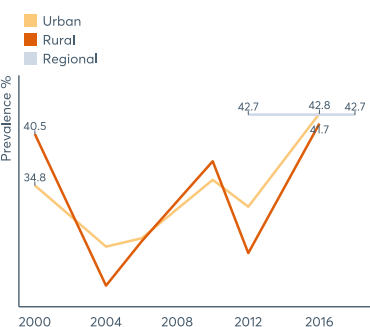
Minimum acceptable diet by gender



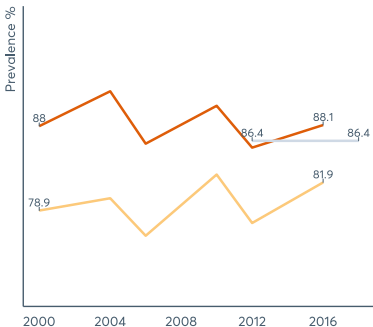
Intro. to solid, semi-solid, soft foods by gender



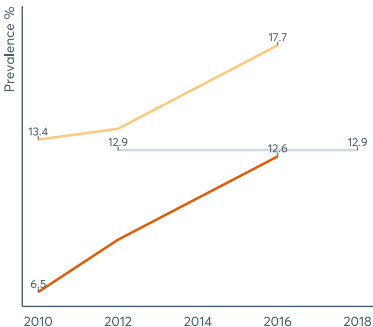
Exclusive breastfeeding by location



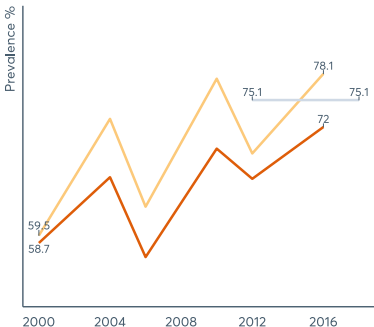
Continued breastfeeding at 1 year by location



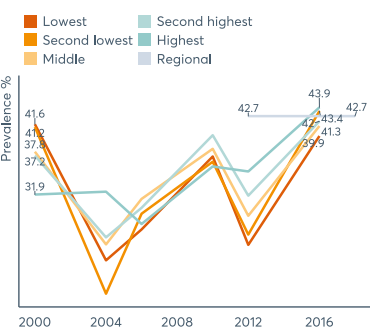
Minimum acceptable diet by location



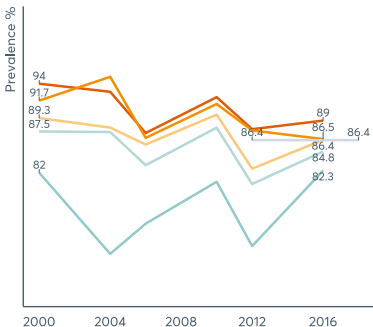
Intro. to solid, semi-solid, soft foods by location



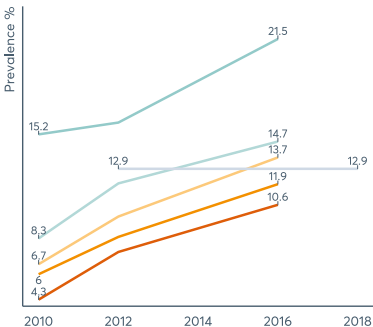
Exclusive breastfeeding by income



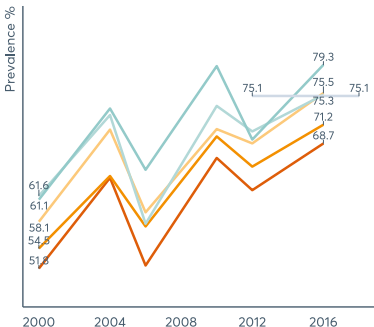
Continued breastfeeding at 1 year by income



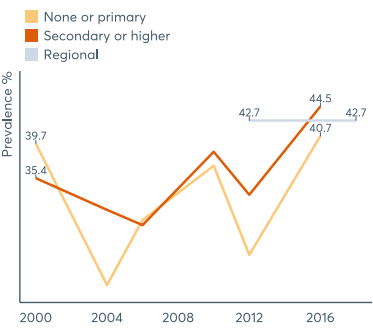
Minimum acceptable diet by income



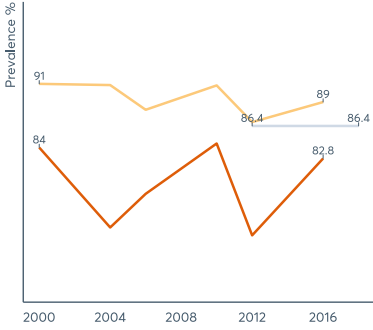
Intro. to solid, semi-solid, soft foods by income



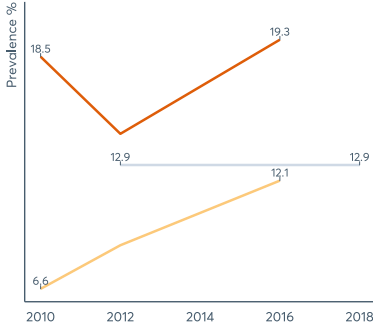
Exclusive breastfeeding by mother's education



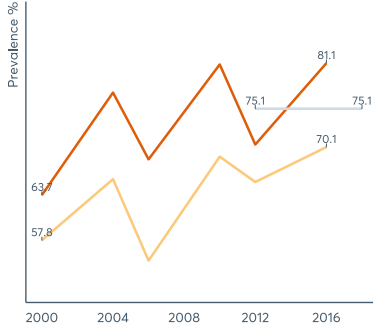
Continued breastfeeding at 1 year by mother's education



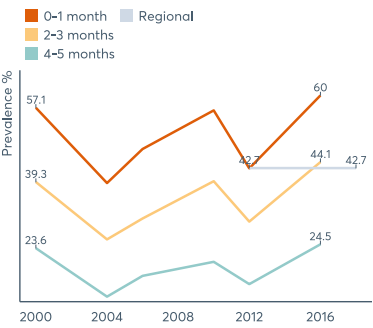
Minimum acceptable diet by mother's education



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



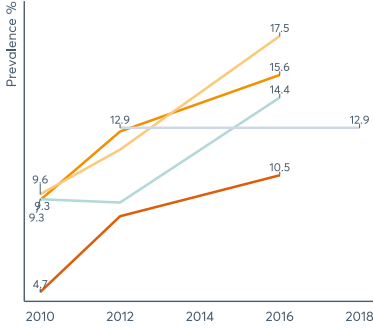
Exclusive breastfeeding by age



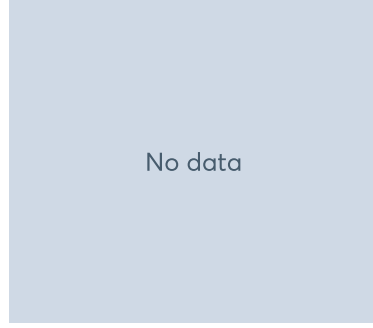
Continued breastfeeding at 1 year by age



Minimum acceptable diet by age



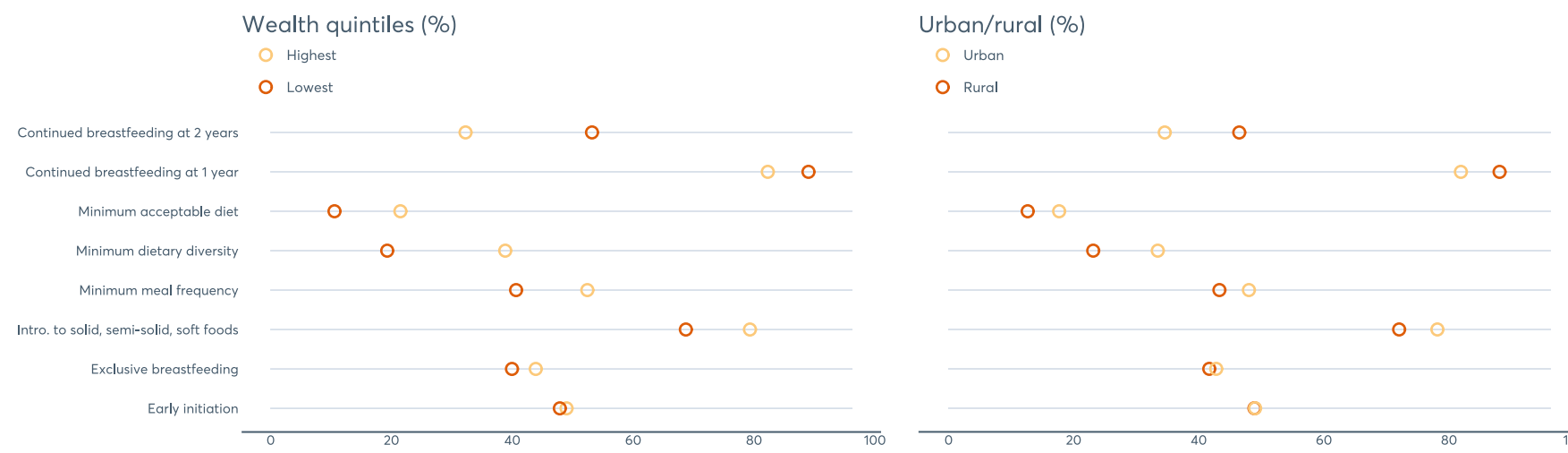
Intro. to solid, semi-solid, soft foods by age



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

Notes: Regional figures are from UNICEF, Division of Data Research and Policy (2019) where available and are aggregated otherwise. Based on population weighted means of between 1 and 30 countries.

Infant and young child feeding

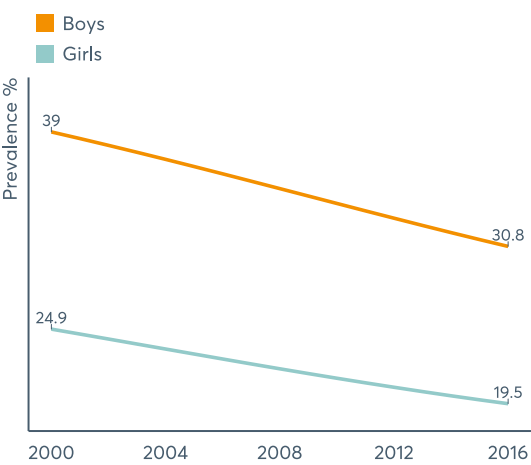


Sources: UNICEF, Division of Data Research and Policy (2019). Global UNICEF Global Databases: Infant and Young Child Feeding: Exclusive breastfeeding, Predominant breastfeeding, New York, May 2019.

Notes: Based on population weighted means of between 1 and 30 countries.

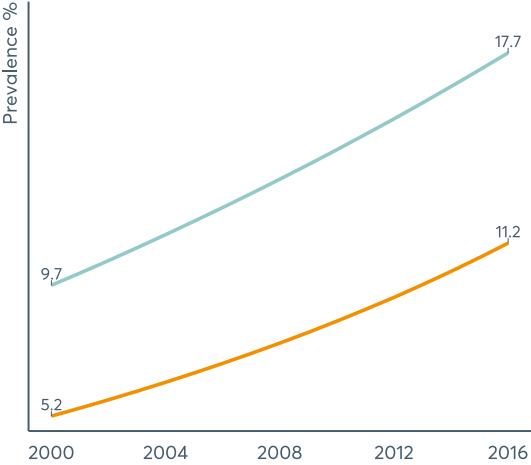
# Child and adolescent (aged 5-19) nutrition status

## Underweight by gender



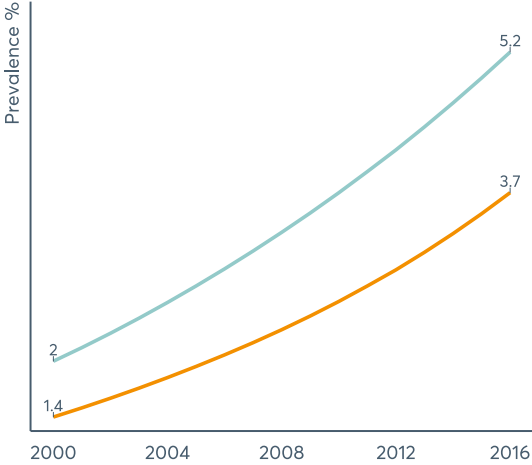
Sources: NCD Risk Factor Collaboration.  
Notes: Based on population weighted means of 53 countries.

## Overweight by gender



Notes: Based on population weighted means of 53 countries.

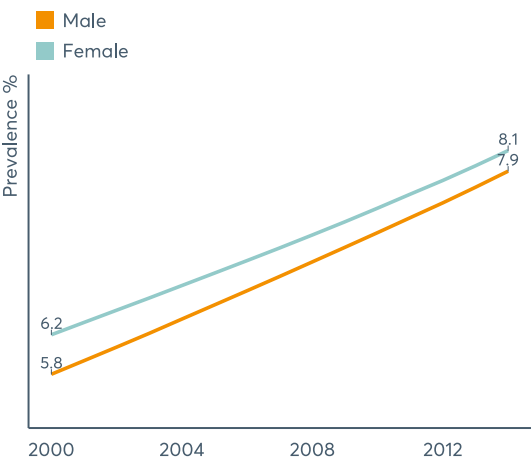
## Obesity by gender



Notes: Based on population weighted means of 53 countries.

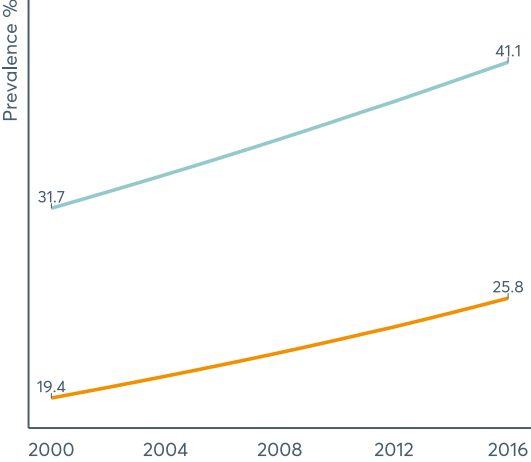
# Adult nutrition status

## Diabetes by gender



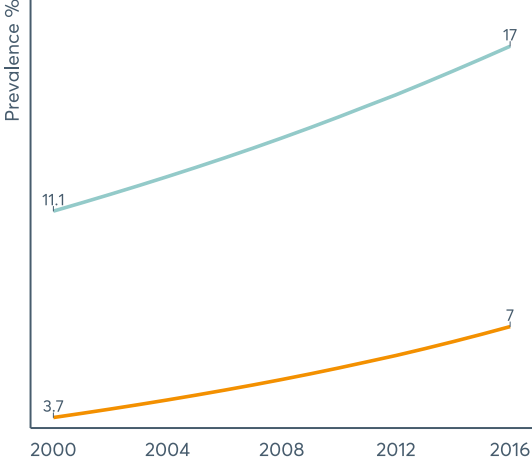
Sources: NCD Risk Factor Collaboration.  
Notes: Based on population weighted means of 53 countries.

## Overweight by gender



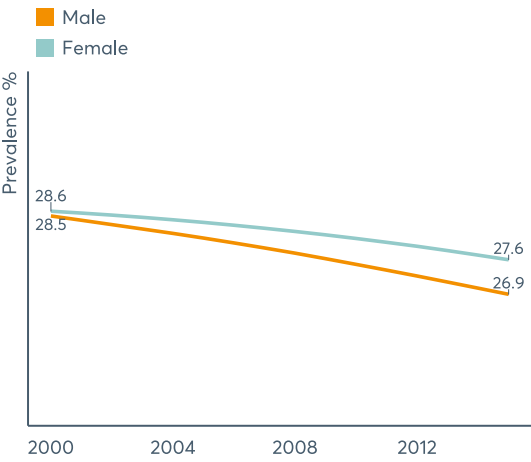
Notes: Based on population weighted means of 53 countries.

## Obesity by gender



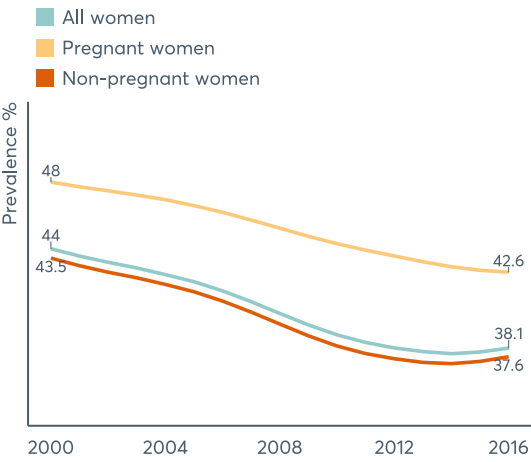
Notes: Based on population weighted means of 53 countries.

## Raised blood pressure by gender



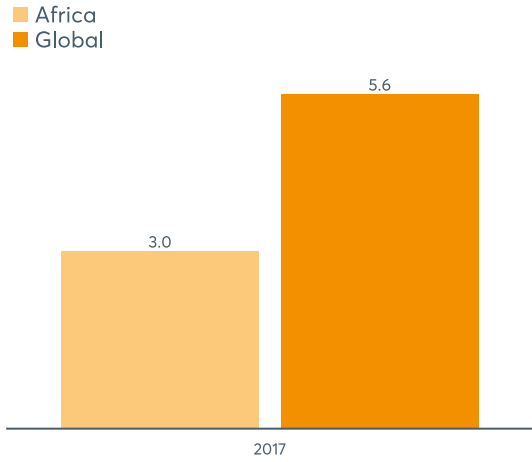
Sources: NCD Risk Factor Collaboration.  
Notes: Based on population weighted means of 53 countries.

## Anaemia in WRA



Source: WHO Global Health Observatory.  
Notes: WRA = women of reproductive age. Based on population weighted means of 54 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 54 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 54 countries.

# Intervention coverage

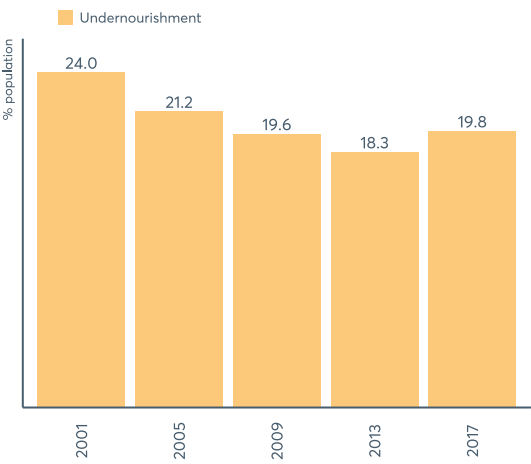
Coverage/practice indicator	Total (%)	Boy (%)	Girl (%)	Year
Children 0-59 months with diarrhoea who received zinc treatment	23	22	24	2017
Children 6-59 months who received vitamin A supplements in last 6 months	58	58	59	2017
Children 6-59 months given iron supplements in past 7 days	12	11	12	2017
Women with a live birth in the five years preceding the survey who received iron tablets or syrup during antenatal care	92	NA	NA	2017
Household consumption of any iodised salt	79	NA	NA	2017

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. Based on population weighted means of between 1 and 8 countries.

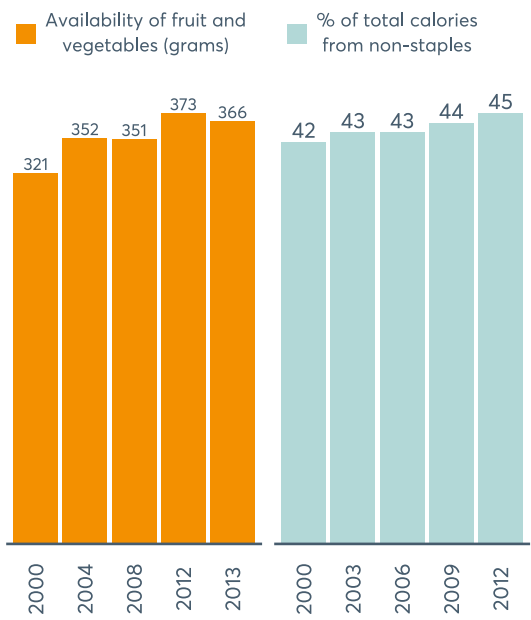
# Determinants

## Undernourishment



Source: FAOSTAT 2018.

## Food supply



Source: FAOSTAT 2018.

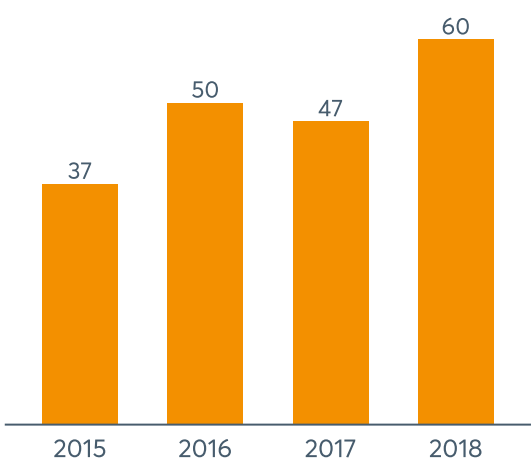
## Gender-related determinants

Early childbearing births by age 18 (%) <sup>1</sup>	NA	NA
Gender Inequality Index (score <sup>*</sup> ) <sup>2</sup>	NA	NA
Gender Inequality Index (country rank) <sup>2</sup>	NA	NA

Sources: <sup>1</sup> UNICEF 2018; <sup>2</sup> UNDP 2018.

Notes: <sup>\*</sup> 0 = low inequality, 1 = high inequality. Based on population weighted means of between 1 and 48 countries.

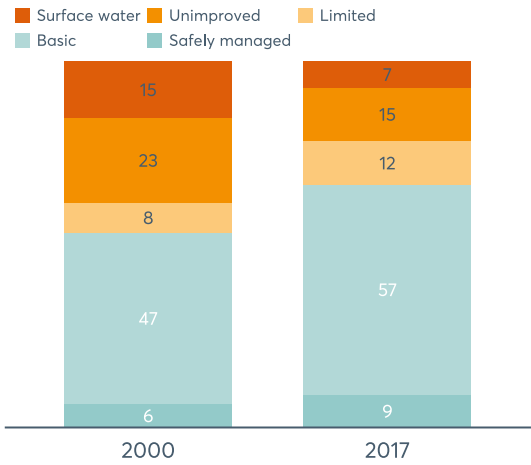
## Female secondary education enrolment (net, % population)



Source: UNESCO Institute for Statistics 2018.

Notes: Based on population weighted means of between 1 and 26 countries.

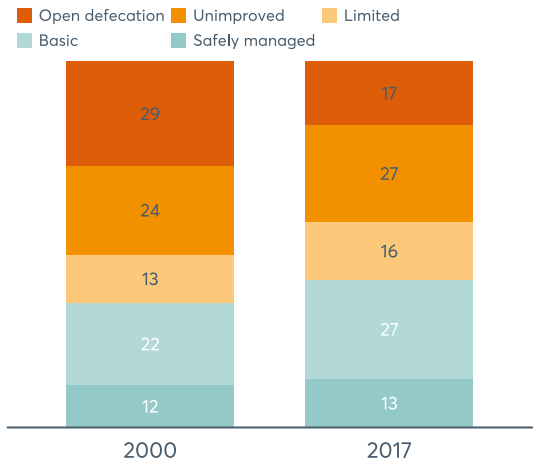
## Drinking water coverage (% population)



Source: WHO/UNICEF Joint Monitoring Programme 2019.

Notes: Based on population weighted means of between 9 and 54 countries.

## Sanitation coverage (% population)

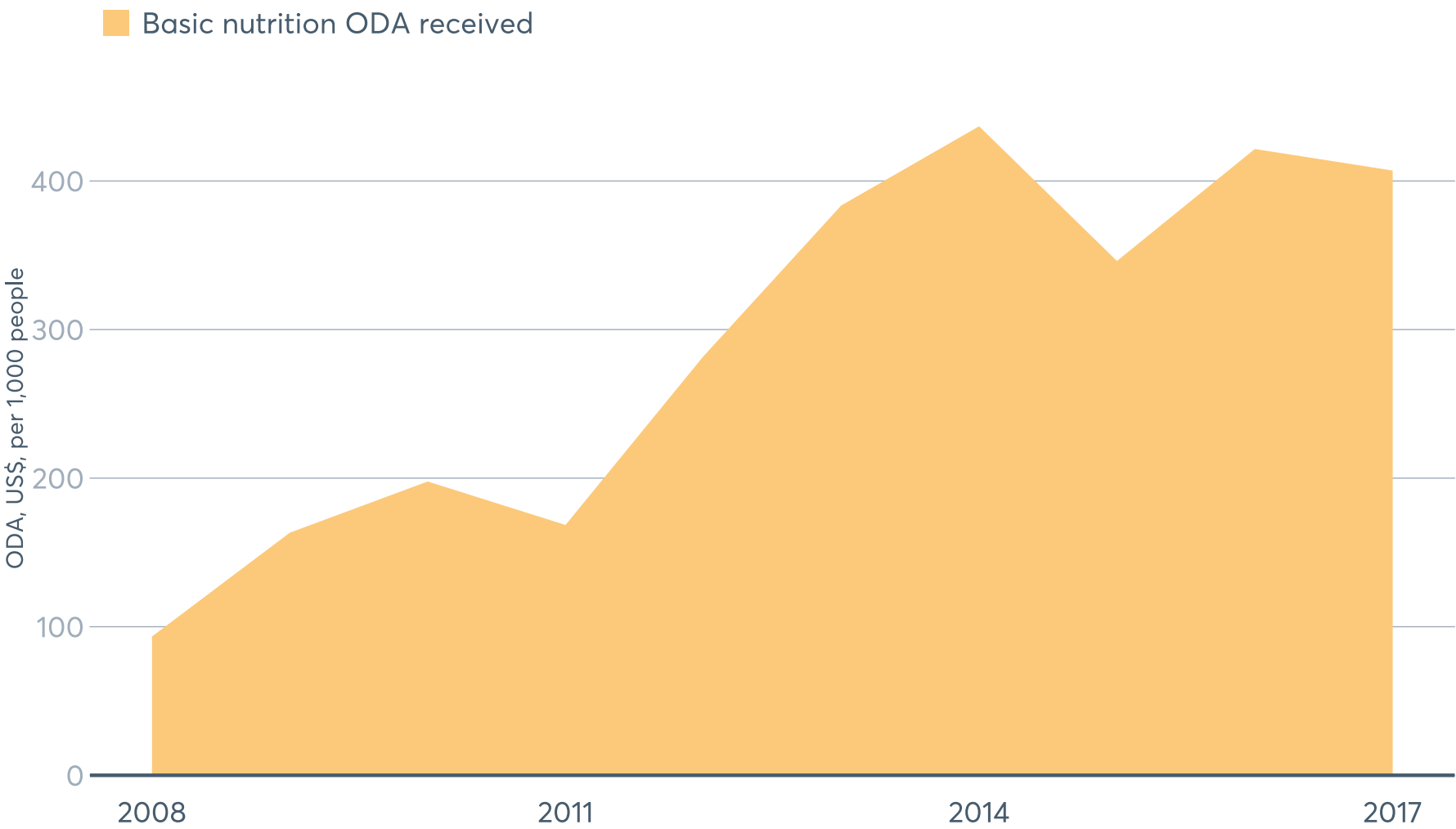


Source: WHO/UNICEF Joint Monitoring Programme 2019.

Notes: Based on population weighted means of between 12 and 54 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	40/54
Sugar-sweetened beverage tax	2/54
Food-based dietary guidelines	7/54
Policy to reduce salt consumption	13/54
Operational policy, strategy or action plan to reduce unhealthy diet related to NCDs	32/54
Operational, multisectoral national NCD policy, strategy or action plan	15/54
Operational policy, strategy or action plan for diabetes	33/54
Policy to reduce the impact on children of marketing of foods and beverages high in saturated fats, trans-fatty acids, free sugars or salt	6/54
Policy to limit saturated fatty acids and virtually eliminate industrially produced trans-fats	7/54

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

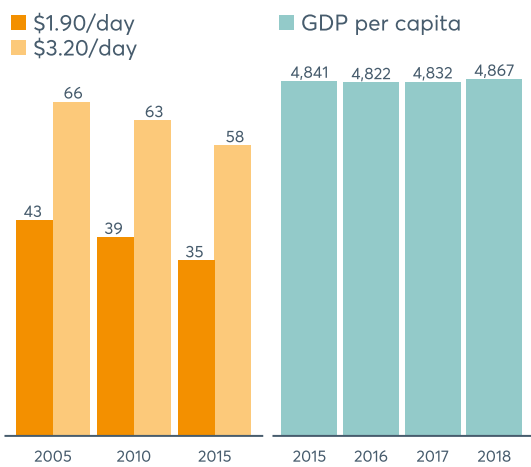
Stunting	Anaemia
47/54	35/54
Low birth weight	Child overweight
36/54	31/54
Exclusive breastfeeding	Wasting
46/54	46/54
Salt intake	Overweight adults and adolescents
21/54	37/54
Multisectoral comprehensive nutrition plan	
32/54	

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

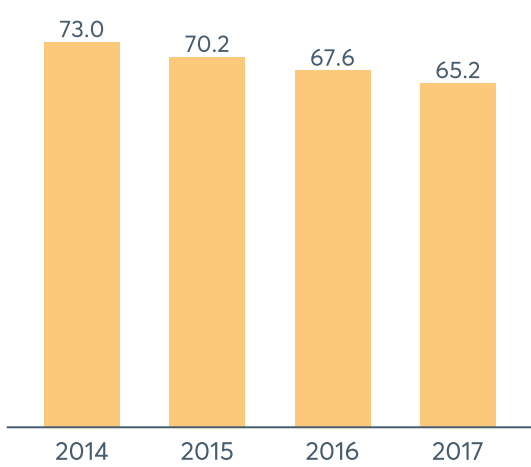
## Poverty rates (%) and GDP (PPP\$)



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

Notes: PPP = purchasing power parity. Based on population weighted means of between 48 and 53 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 54 countries.

## Government revenues (\$m)



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

## Income inequality

Gini index score <sup>1</sup>	Gini index rank <sup>2</sup>	Year
NA	NA	NA

Sources: World Bank 2019.

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

## Population

Population (thousands)	71,645	2018
Under-five population (thousands)	197,317	2019
Rural (%)	57	2018
>65 years (thousands)	45,526	2019

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

Notes: Based on population weighted means of between 53 and 54 countries.

## Population density of health workers per 1,000 people

Physicians	0.33	2016
Nurses and midwives	1.22	2016
Community health workers	0.23	2016

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

Notes: Based on population weighted means of between 28 and 53 countries.