Turkmenistan

Overview

Malnutrition status

Turkmenistan is on course to meet the global targets for under-five wasting and 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 Turkmenistan's progress for under-five overweight, under-five stunting, and infant exclusive breastfeeding.

Although it performs well against other developing countries, Turkmenistan still experiences a malnutrition burden among its under-five population. As of 2015, the national prevalence of under-five overweight is 5.9%, which has increased slightly from 4.5% in 2006. The national prevalence of under-five stunting is 11.5%, which is less than the developing country average of 25%. Turkmenistan's under-five wasting prevalence of 4.2% is also less than the developing country average of 8.9%.
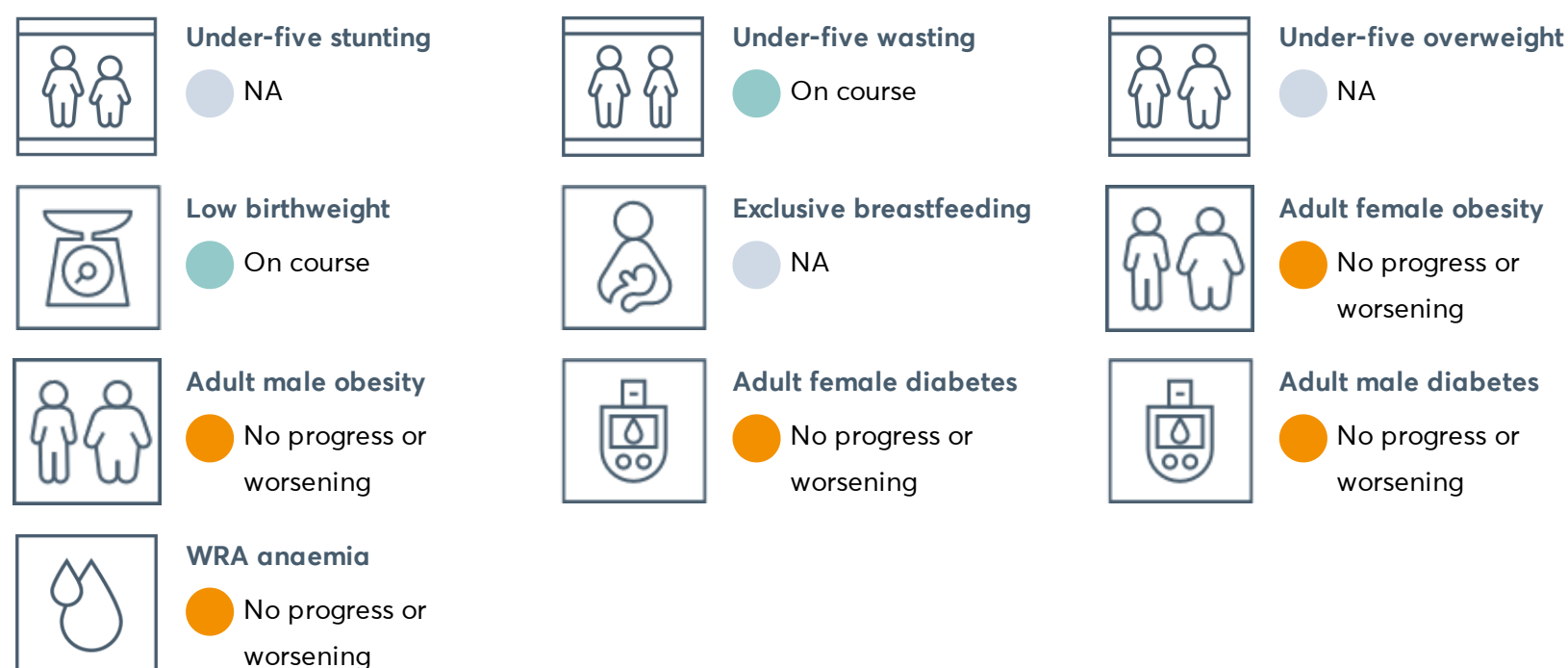
In Turkmenistan, 58.3% of infants under 23 months are exclusively breastfed. Turkmenistan's 2015 low birth weight prevalence of 4.9% has decreased slightly from 5% in 2014.

Turkmenistan's adult population also face a malnutrition burden. While there is no prevalence data available for anaemia among women of reproductive age, 12.4% of adult men suffer from diabetes, compared to 12% of women. Meanwhile, 20.9% of women and 15.9% 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

Under-five stunting
NA

Under-five wasting
On course

Under-five overweight
NA

Low birthweight
On course

Exclusive breastfeeding
NA

Adult female obesity
No progress or worsening

Adult male obesity
No progress or worsening

Adult female diabetes
No progress or worsening

Adult male diabetes
No progress or worsening

WRA anaemia
No progress or worsening

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.

Infant and child (under-five) status

Under-five coexistence of wasting, stunting and overweight

80.7%

3.9%

3.9%

9.3%

- Wasting only
- Stunting only
- Overweight only
- No wasting, stunting or overweight
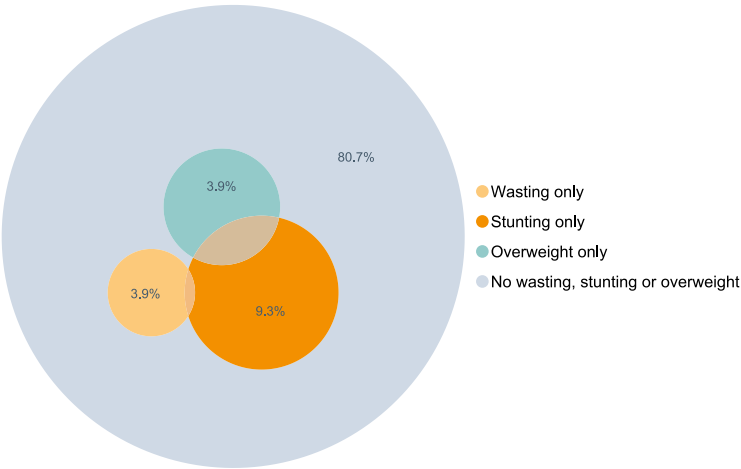
Sources: UNICEF, Division of Data Research and Policy (2019). UNICEF Global Databases: Overlapping Stunting, Wasting and Overweight, January 2019, New York.

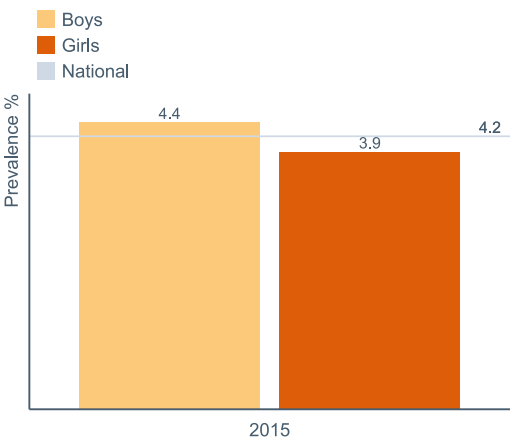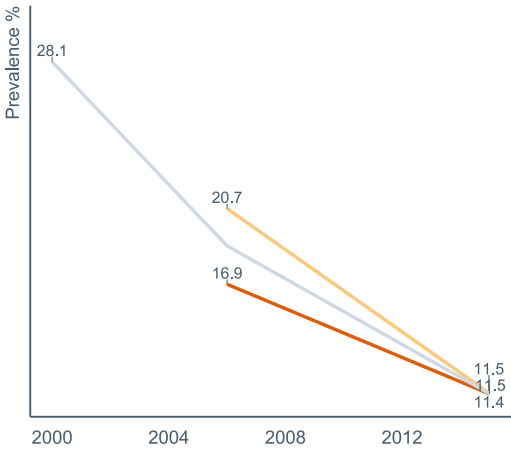Notes: Percentage of children under-five years of age who experience different and overlapping forms of malnutrition.

Low birth weight

Prevalence %

2000   2004   2008   2012
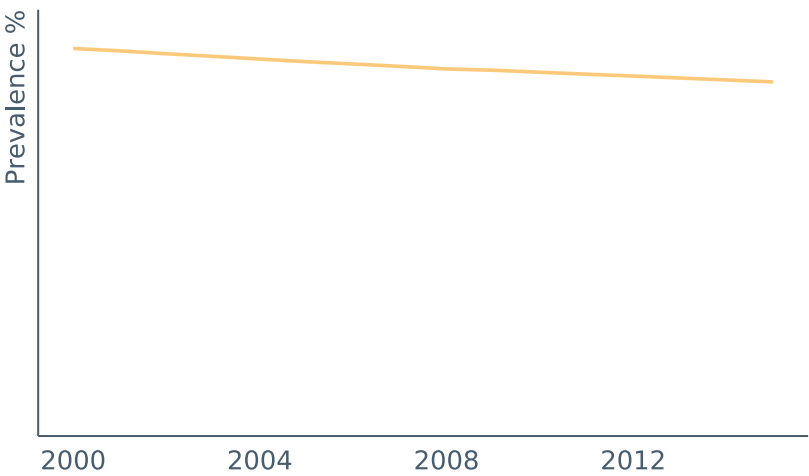
Source: UNICEF/WHO Low birthweight estimates, 2019 edition.

Children (under-five) nutrition status

Wasting by gender

Legend: Boys, Girls, National
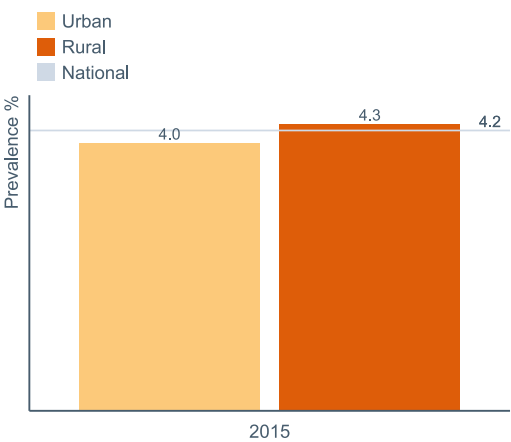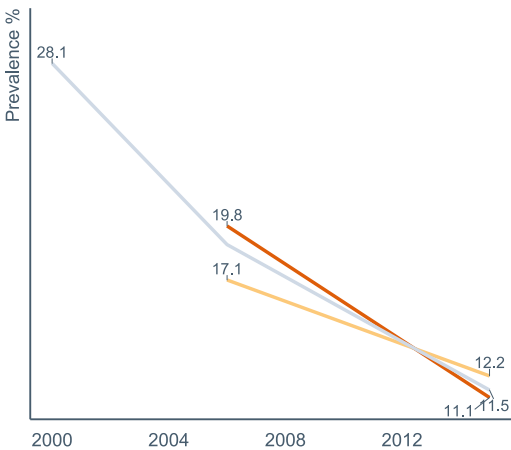
Boys: 4.4
Girls: 3.9
National: 4.2
2015

Stunting by gender

28.1
20.7
16.9
11.5
11.5
11.4
2000 2004 2008 2012

Overweight by gender

6
5.9
5.7
5,2
4,5
3,8
2006 2008 2010 2012 2014

Wasting by location

Legend: Urban, Rural, National

Urban: 4.0
Rural: 4.3
National: 4.2
2015

Stunting by location

28.1
19.8
17.1
12.2
11.1 11.5
2000 2004 2008 2012

Overweight by location

6,1
5,9
5,8
4,8
4,5
4,4
2006 2008 2010 2012 2014

Wasting by income

Legend: Lowest, Second lowest, Middle, Second highest, Highest, National

Lowest: 5.2
Second lowest: 3.2
Middle: 4.3
Second highest: 4.1
Highest: 3.8
National: 4.2
2015

Stunting by income

28.1
22.8
21
19.9
17.3
12.5
15.5
11.5
10.8 11.4
9.7 9.7
2000 2004 2008 2012

Overweight by income

7,3
6
6,1
5,9
5,7
5,4
4,8
4,8
4,6
4,5
4,5
2,8
2006 2008 2010 2012 2014

Wasting by education

Legend:
- None or primary
- Secondary or higher
- National

Values: 4.1, 4.2 (2015)

Stunting by education

Values: 11.7, 11.5 (2015)

Overweight by education
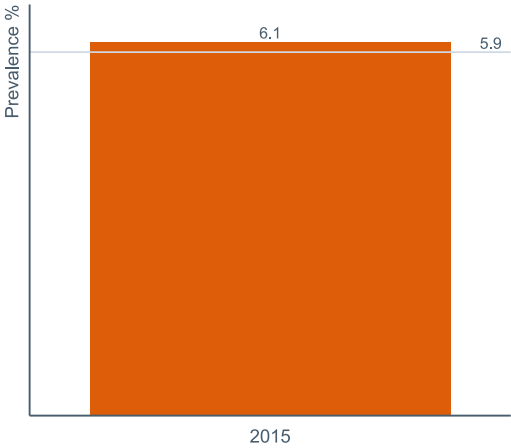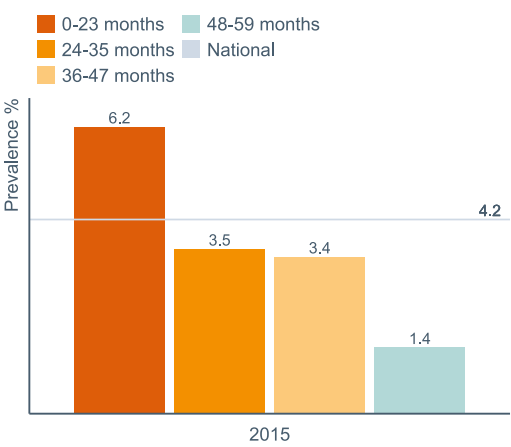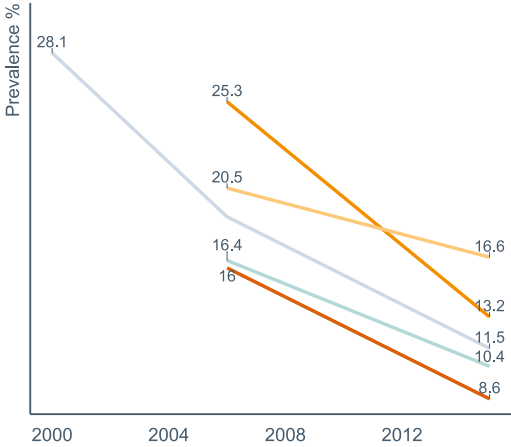
Values: 6.1, 5.9 (2015)

Wasting by age

Legend:
- 0-23 months
- 24-35 months
- 36-47 months
- 48-59 months
- National

Values: 6.2, 3.5, 3.4, 4.2, 1.4 (2015)

Stunting by age

Values: 28.1, 25.3, 20.5, 16.4, 16, 16.6, 13.2, 11.5, 10.4, 8.6

Overweight by age

Values: 5.5, 5.3, 4.5, 3.6, 2.5, 7.7, 5.9, 5.6, 5.4, 5
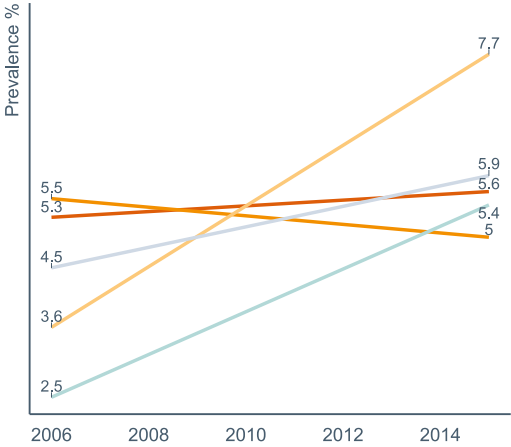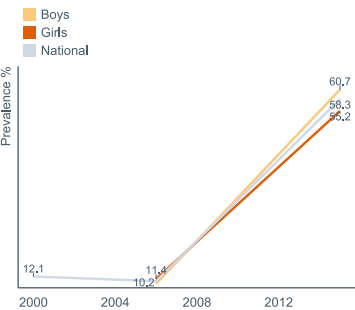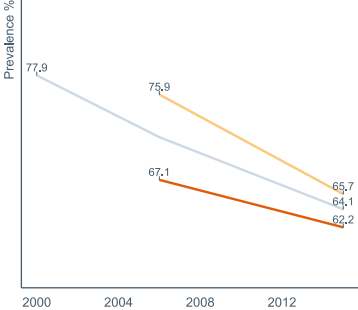
Sources: UNICEF/WHO/World Bank Group: Joint child malnutrition estimates.
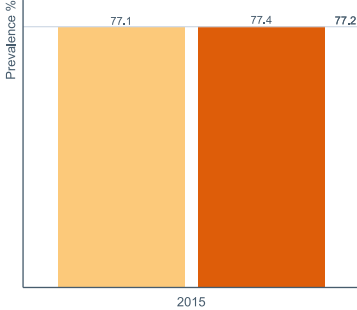
Infant and child (under-five) feeding over time

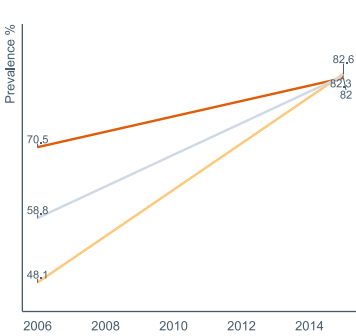## Exclusive breastfeeding by gender

Legend: Boys, Girls, National

Prevalence %

12.1, 11.4, 10.2 (2000–2006)
60.7, 58.3, 55.2 (2013)

X-axis: 2000, 2004, 2008, 2012

Continued breastfeeding at 1 year by gender

Prevalence %

77.9
75.9
67.1
65.7, 64.1, 62.2

X-axis: 2000, 2004, 2008, 2012

Minimum acceptable diet by gender

Prevalence %

77.1, 77.4, 77.2

X-axis: 2015

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

Prevalence %

70.5
58.8
48.1
82.6, 82.3, 82

X-axis: 2006, 2008, 2010, 2012, 2014

Exclusive breastfeeding by location

Legend: Urban, Rural, National

Prevalence %

12.1, 11.8, 9
60.5, 58.3, 54.7

X-axis: 2000, 2004, 2008, 2012
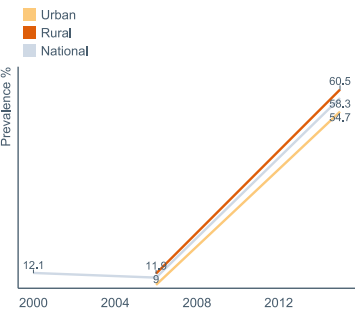
Continued breastfeeding at 1 year by location

Prevalence %

77.9
71.6, 71.3
69.7
64.1
54.3

X-axis: 2000, 2004, 2008, 2012
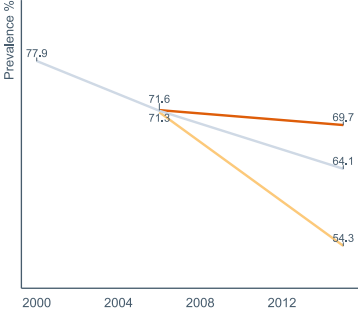
Minimum acceptable diet by location

Prevalence %

82.8, 74.3, 77.2

X-axis: 2015
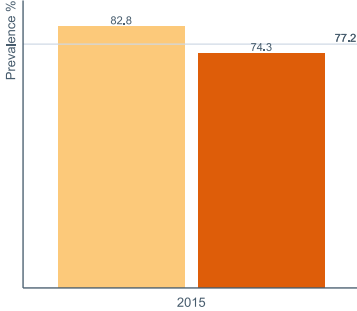
Introduction to solid, semi-solid or soft foods by location

Prevalence %

58.8, 58.8, 58.7
84.3, 82.3, 81.3

X-axis: 2006, 2008, 2010, 2012, 2014
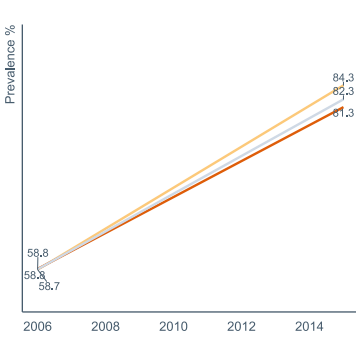
Exclusive breastfeeding by income

Legend: Lowest, Second lowest, Middle, Second highest, Highest, National

Prevalence %

12.1
19.8, 15.4, 10.4, 5.4, 1.2
64.8, 59.4, 58.3, 58.4, 56.5, 57.5

X-axis: 2000, 2004, 2008, 2012
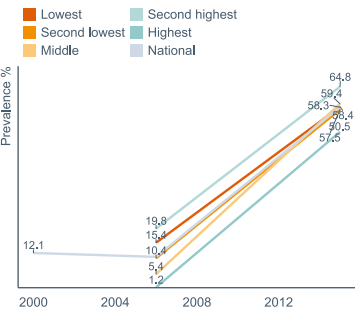
Continued breastfeeding at 1 year by income

Prevalence %

77.9
78.9
82
71
66.2, 69.1, 70.2
71.3
64.1
65.3, 61.9
40.3

X-axis: 2000, 2004, 2008, 2012
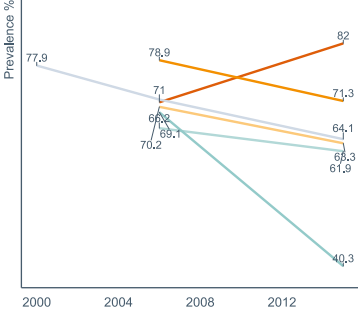
Minimum acceptable diet by income

Prevalence %

72.9, 75.0, 76.6, 78.6, 85.4, 77.2

X-axis: 2015
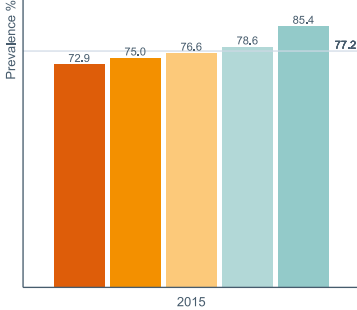
Introduction to solid, semi-solid or soft foods by income

Prevalence %

86.4, 88.0, 68.4, 78.8, 91.1, 82.3

X-axis: 2015
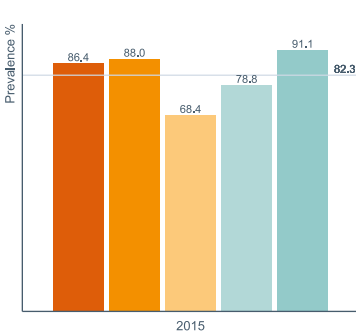
Exclusive breastfeeding by mother's education

Prevalence %

Legend: None or primary | National | Secondary or higher

58.0   58.3

2015
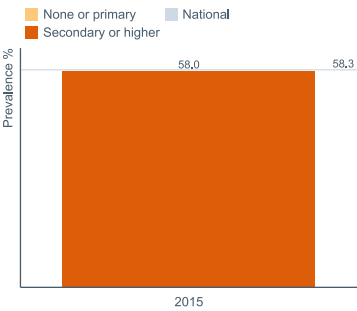
Continued breastfeeding at 1 year by mother's education

Prevalence %

64.3   64.1

2015
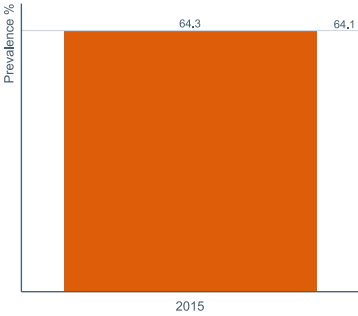
Minimum acceptable diet by mother's education

Prevalence %

77.3   77.2

2015
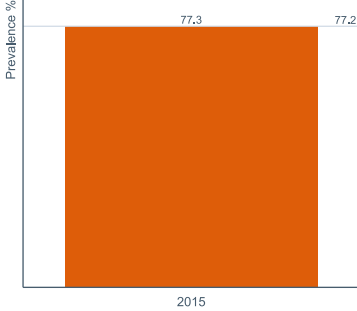
Introduction to solid, semi-solid or soft foods by mother's education

Prevalence %

82.9   82.3

2015

Exclusive breastfeeding by age

Prevalence %

Legend: 0-1 month | National | 2-3 months | 4-5 months

82.4
59.8
58.3
35.8
23.8
12.1
7.1
2.4

2000   2004   2008   2012
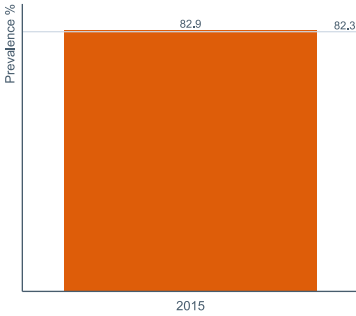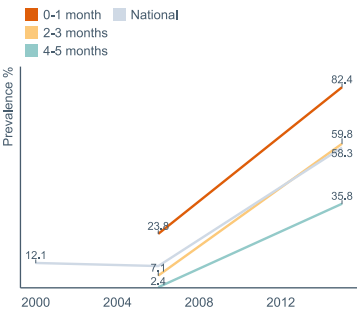
Continued breastfeeding at 1 year by age

No data

Minimum acceptable diet by age

Prevalence %

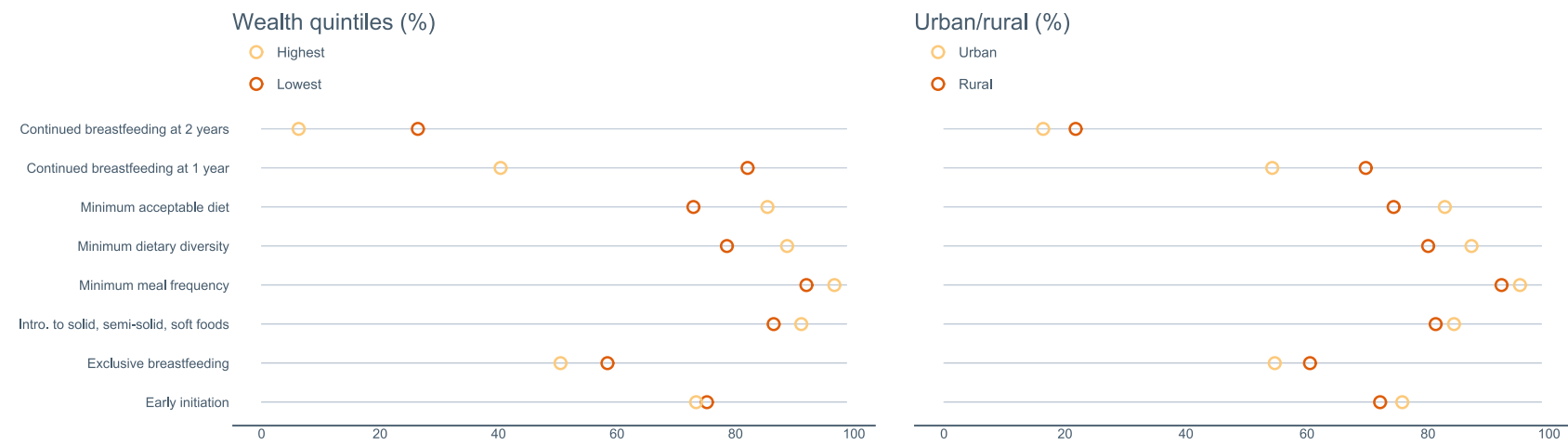59.8   82.9   86.9   87.7

77.2

2015
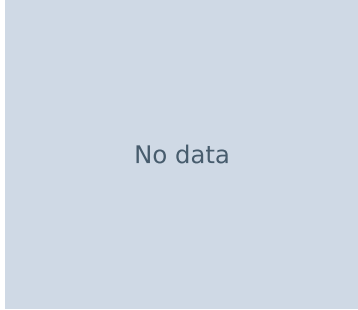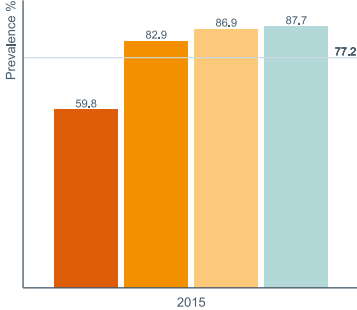
Introduction to solid, semi-solid or soft foods by age

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

Wealth quintiles (%)
○ Highest
○ Lowest

Urban/rural (%)
○ Urban
○ Rural

	Wealth quintiles (%)	Urban/rural (%)
Continued breastfeeding at 2 years		
Continued breastfeeding at 1 year		
Minimum acceptable diet		
Minimum dietary diversity		
Minimum meal frequency		
Intro. to solid, semi-solid, soft foods		
Exclusive breastfeeding		
Early initiation		

0   20   40   60   80   100

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.
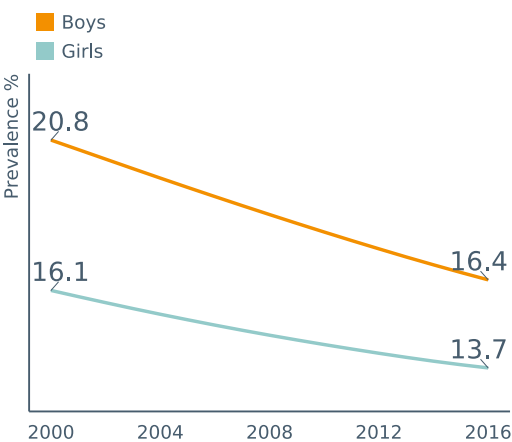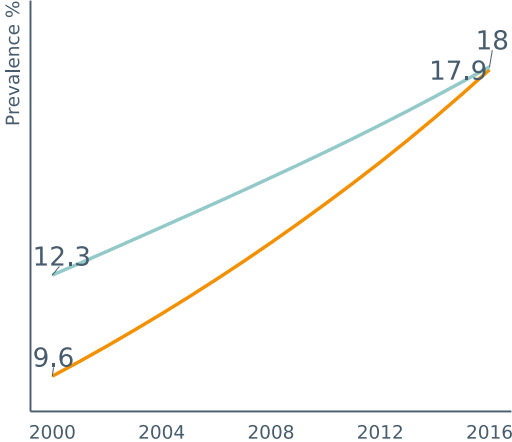
Children and adolescent (aged 5-19) nutrition status
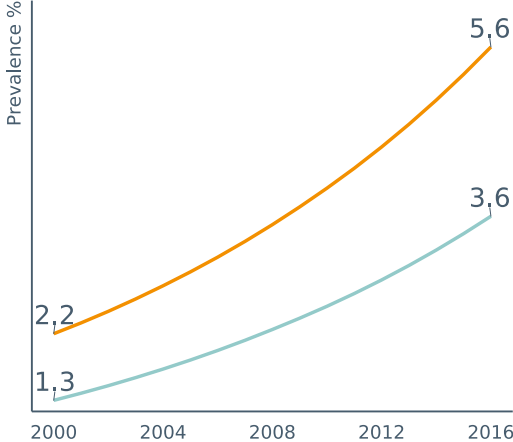
Ages 5-19 by gender: underweight (%)

Boys
Girls

20.8

16.1

16.4

13.7

2000 2004 2008 2012 2016

Prevalence %

Ages 5-19 by gender: overweight (%)

Prevalence %

18

17.9

12.3

9.6

2000 2004 2008 2012 2016

Ages 5-19 by gender: obesity (%)

Prevalence %

5.6

3.6

2.2

1.3

2000 2004 2008 2012 2016

Adult nutrition status

Adult by gender: diabetes (%)

Male
Female

Prevalence %

12.4

12

7.6

7

2000 2004 2008 2012

Adult by gender: overweight (%)

Prevalence %

52

51.5

41.2

40.5

2000 2004 2008 2012 2016

Adult by gender: obesity (%)

Prevalence %

20.9

15.9

13

8.6

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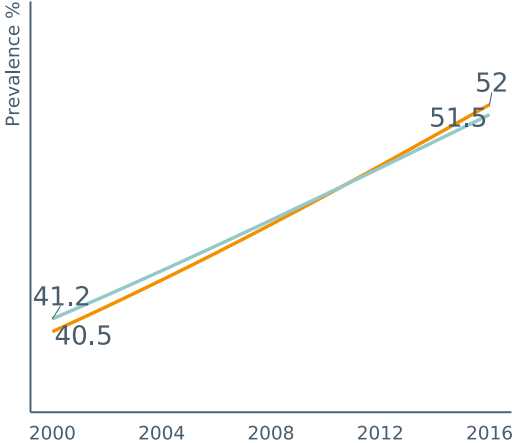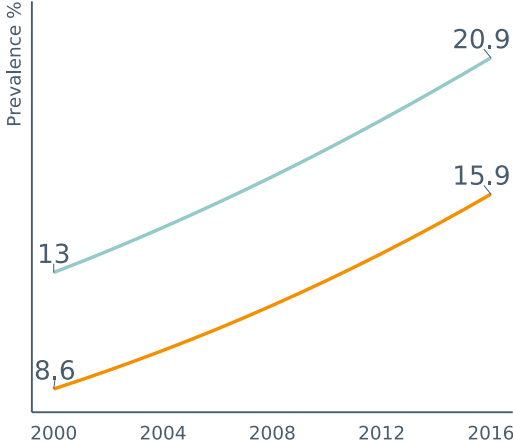
Adult by gender: raised blood pressure (%)
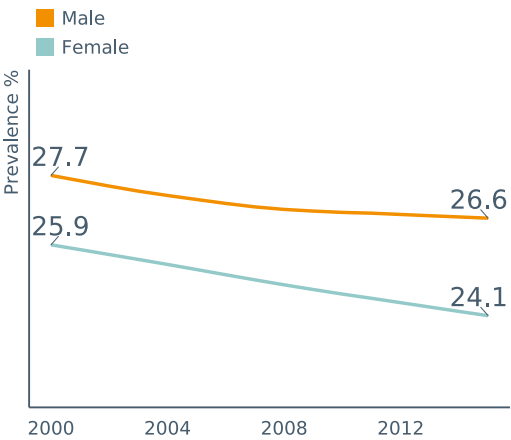
Sources: NCD Risk Factor Collaboration.

Adult: anaemia in WRA (%)

Source: WHO Global Health Observatory.

Notes: WRA = women of reproductive age.

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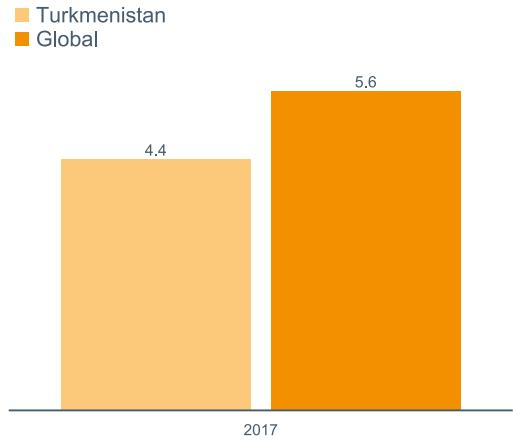
Source: Global Burden of Disease, the Institute for Health Metrics and Evaluation.

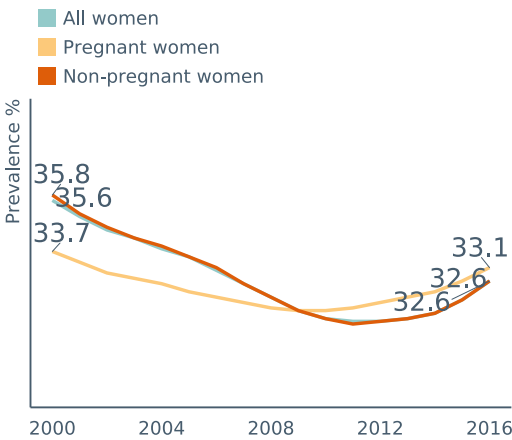# Dietary needs

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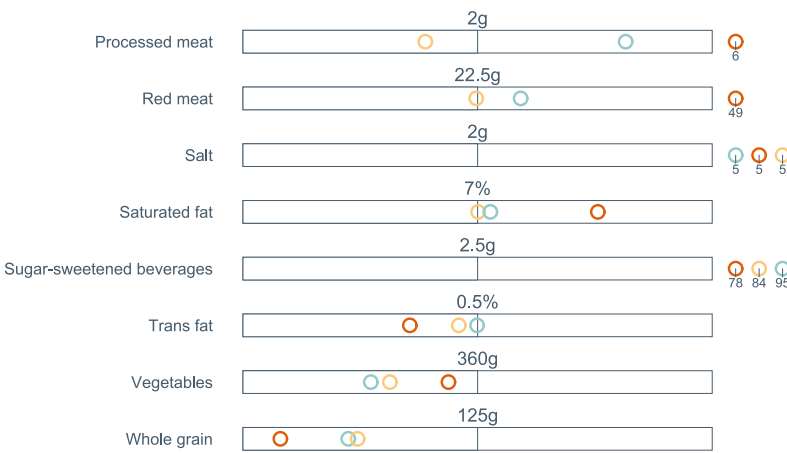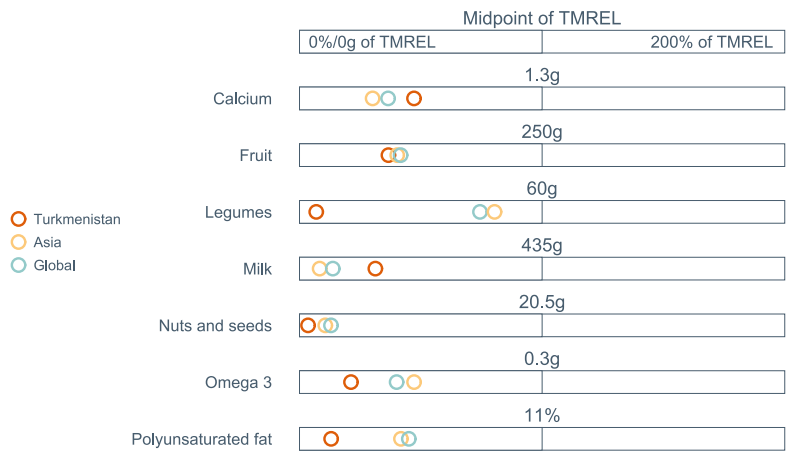
Sources: TMREL = theoretical minimum risk of exposure level. Global Burden of Disease, the Institute for Health Metrics and Evaluation.

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	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)
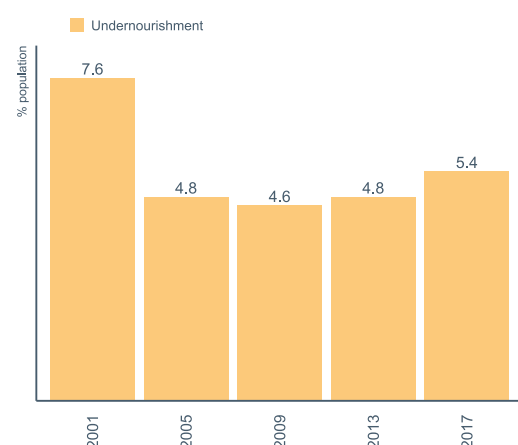
Source: FAOSTAT 2018.

Food supply
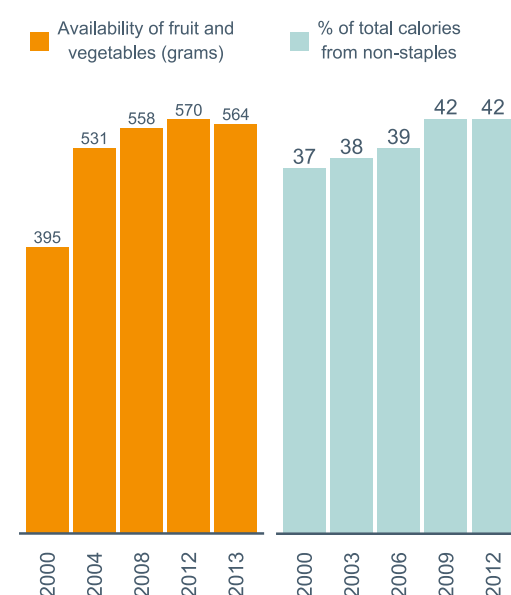
Source: FAOSTAT 2018.

Gender-related determinants

Early childbearing: births by age 18 (%)[1]	1	2016
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)

No data
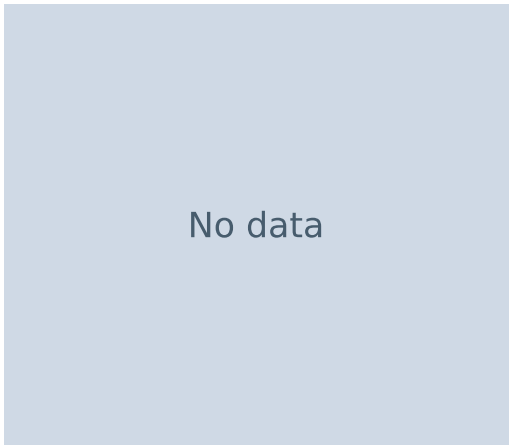
Source: UNESCO Institute for Statistics 2018.

Drinking water coverage (% population)

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

2000: 66, 21, 10
2017: 94
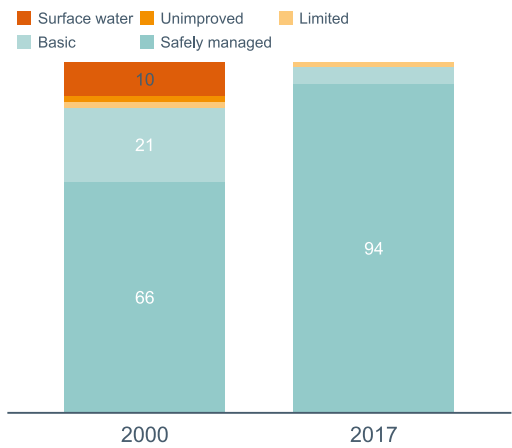
Source: WHO/UNICEF Joint Monitoring Programme 2019.

Sanitation coverage (% population)

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

2000: 93, 5
2017: 99
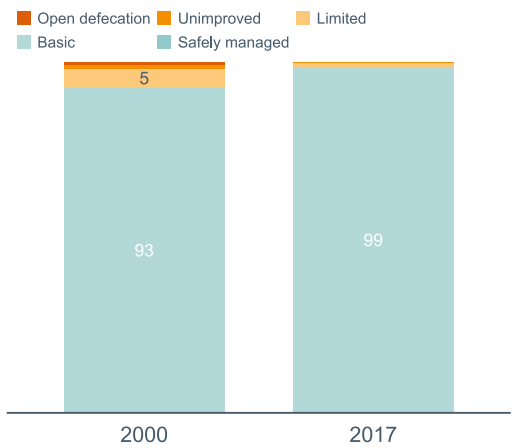
Source: WHO/UNICEF Joint Monitoring Programme 2019.

Resources, policies and targets

Development assistance

■ Basic nutrition ODA received

━━ % of total ODA
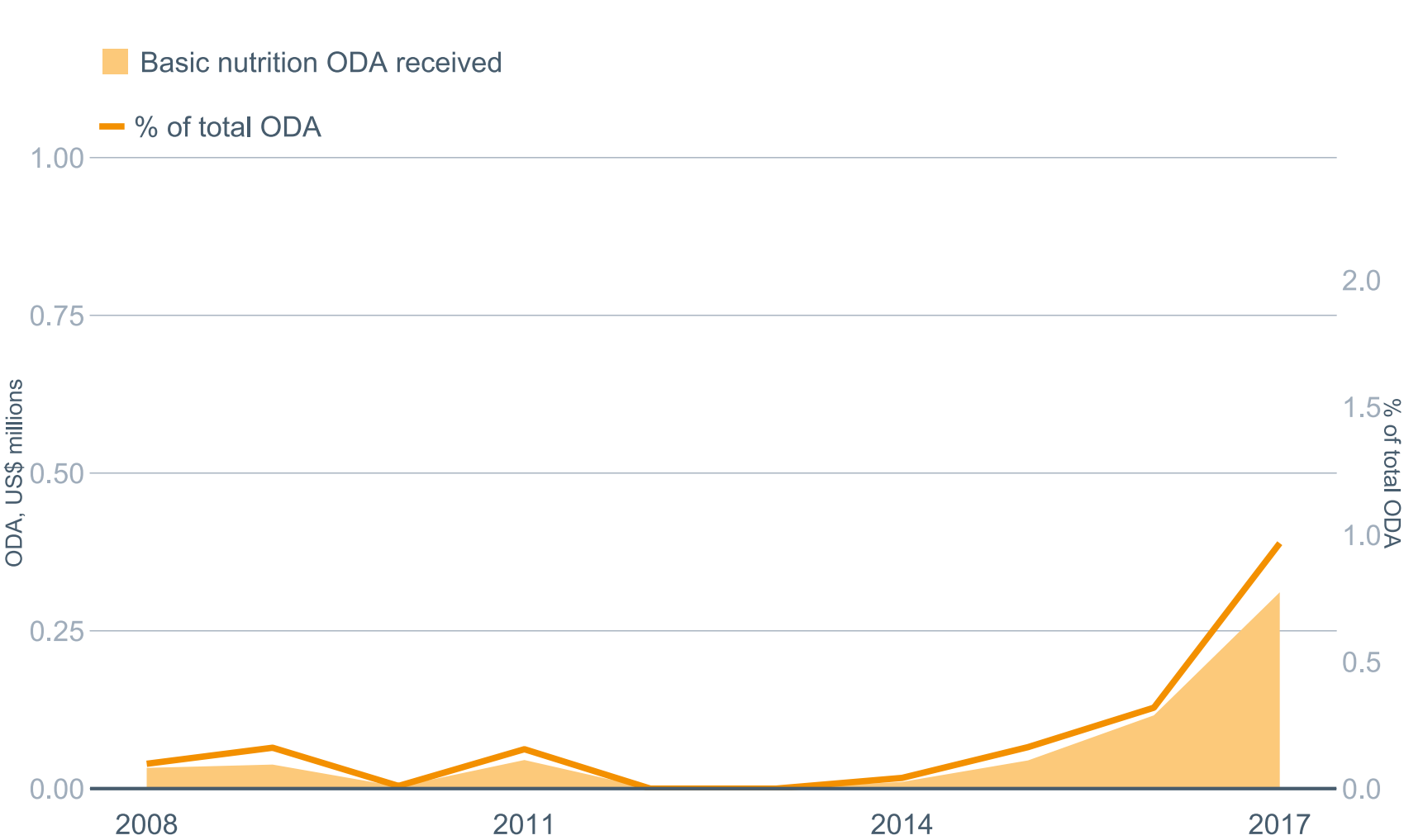
Sources: Development Initiatives based on OECD Development Assistance Commitee (DAC) Creditor Reporting System (CRS).

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	Yes
Sugar-sweetened beverage tax	No
Food-based dietary guidelines	NA
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	Yes
Operational policy, strategy or action plan for diabetes	Yes
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: Add note: 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	No
Exclusive breastfeeding	Wasting
No	No
Salt intake	Overweight adults and adolescents
Yes	No
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$)

Legend: ■ $1.90/day ■ $3.20/day ■ GDP per capita

Poverty bars:
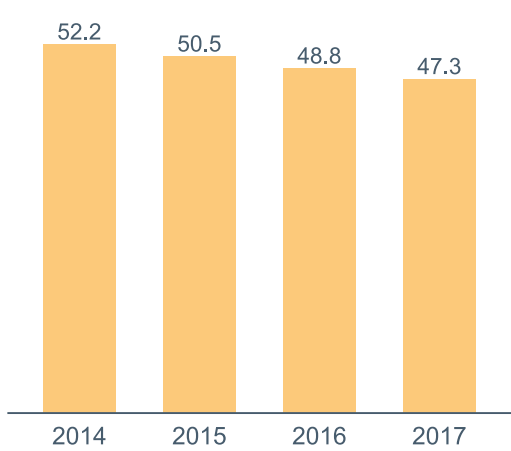- 2005: 31, 59
- 2010: 13, 36
- 2015: 3, 17

GDP per capita:
- 2016: 15,691
- 2017: 16,510
- 2018: 17,358
- 2019: 17,825
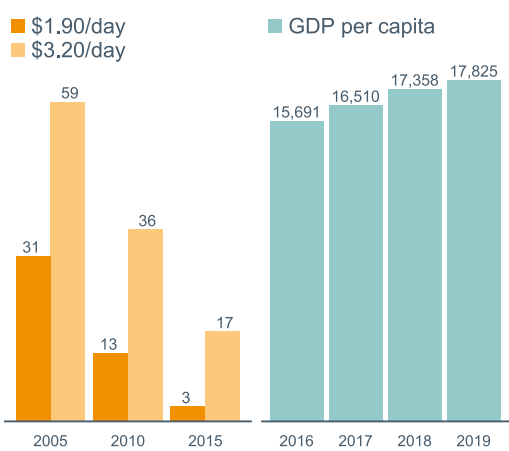
Sources: World Bank 2019, IMF World Economic Outlook Database 2019.

Notes: PPP = purchasing power parity.

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

- 2014: 52.2
- 2015: 50.5
- 2016: 48.8
- 2017: 47.3

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

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 (000)	5,850,908	2018
Under-five population (000)	676	2019
Rural (%)	48	2018
>65 years (000)	273	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	2.29	2014
Nurses and midwives	4.77	2014
Community health workers	NA	NA

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