

## Overview

### Malnutrition status

**Paraguay is on course to meet the global targets for under-five stunting and under-five wasting, but is off course to meet the targets for all other indicators analysed with adequate data.**

Although it performs relatively well against other developing countries, Paraguay still experiences a malnutrition burden among its under-five population. As of 2016, the national prevalence of under-five overweight is 12.4%, which has increased slightly from 11.3% in 2012. The national prevalence of under-five stunting is 5.6%, which is significantly less than the developing country average of 25%. Paraguay's under-five wasting prevalence of 1% is also less than the developing country average of 8.9%.

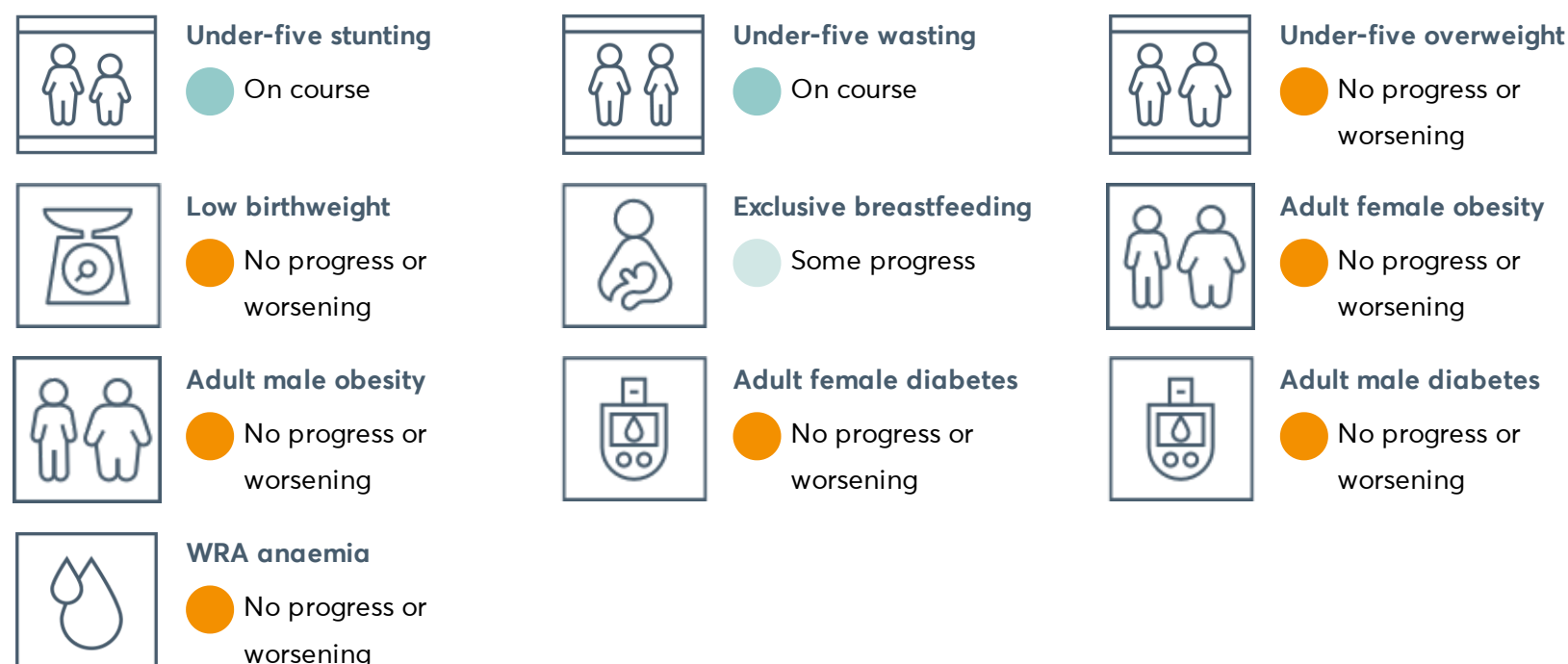
In Paraguay, 29.6% of infants under 23 months are exclusively breastfed, this is well below the South America average of 64.2%. Paraguay's 2015 low birth weight prevalence of 8.1% has remained constant since 2014.

Paraguay's adult population also face a malnutrition burden. While there is no prevalence data available for anaemia among women of reproductive age, 8.3% of adult women suffer from diabetes, compared to 8% of men. Meanwhile, 23.4% of women and 17.1% 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

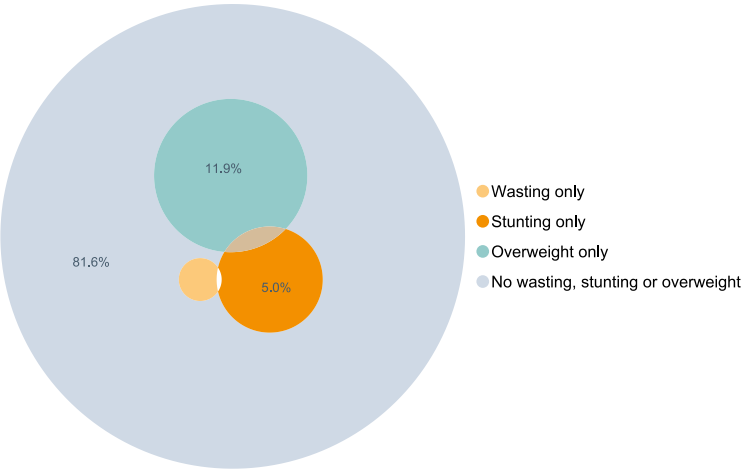


Sources: UNICEF global databases Infant and Young Child Feeding, UNICEF/WHO/World Bank Group: Joint child malnutrition estimates, NCD Risk Factor Collaboration, WHO Global Health Observatory and Global Burden of Disease, the Institute for Health Metrics and Evaluation.

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

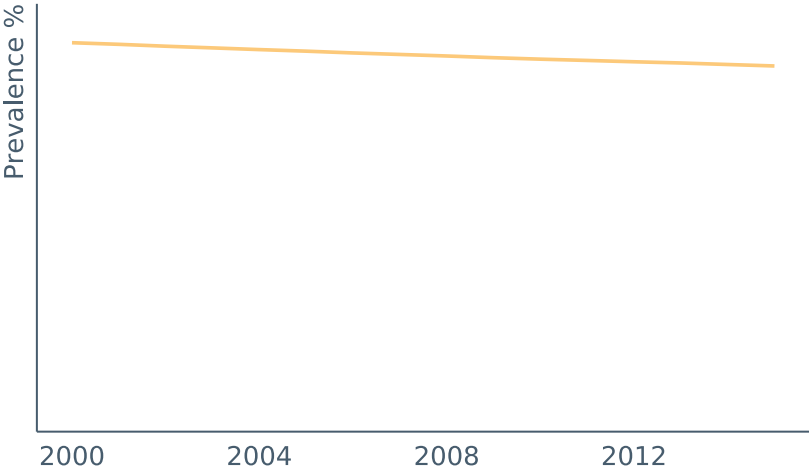
## Under-five coexistence of wasting, stunting and overweight



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.

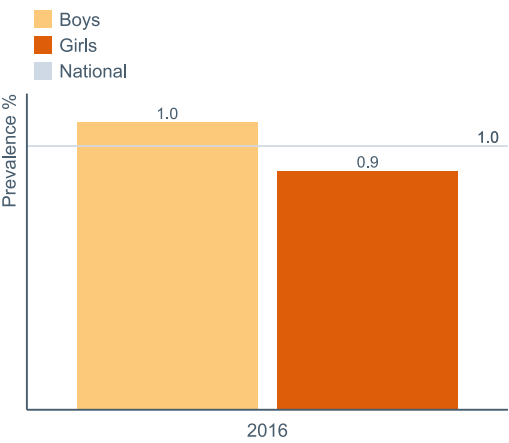
## Low birth weight



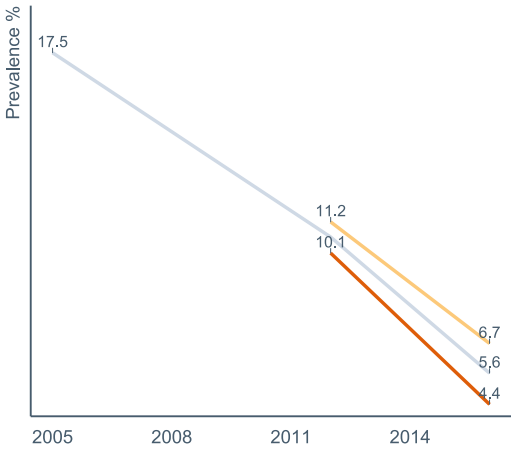
Source: UNICEF/WHO Low birthweight estimates, 2019 edition.

# Children (under-five) nutrition status

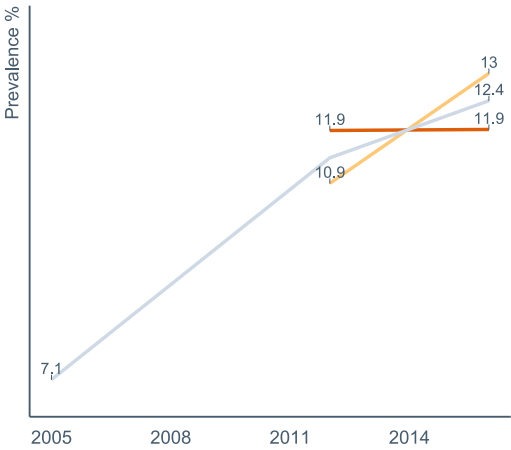
Wasting by gender



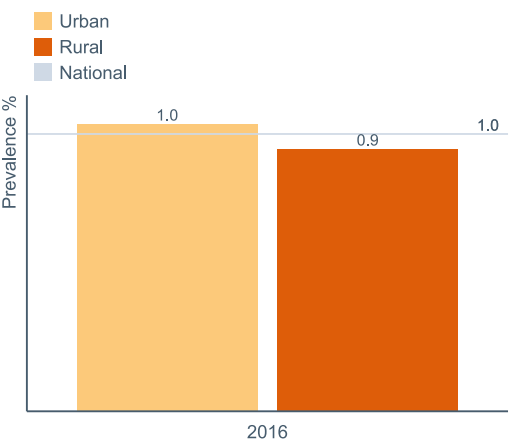
Stunting by gender



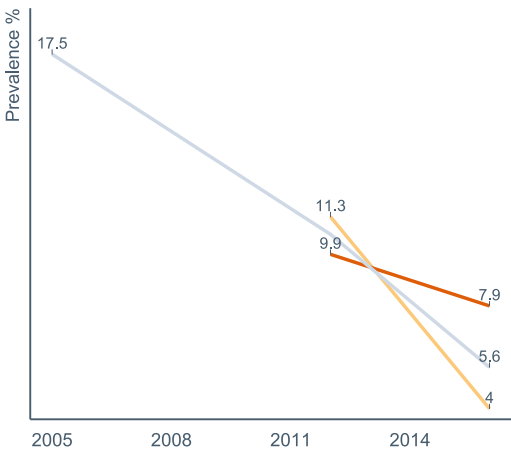
Overweight by gender



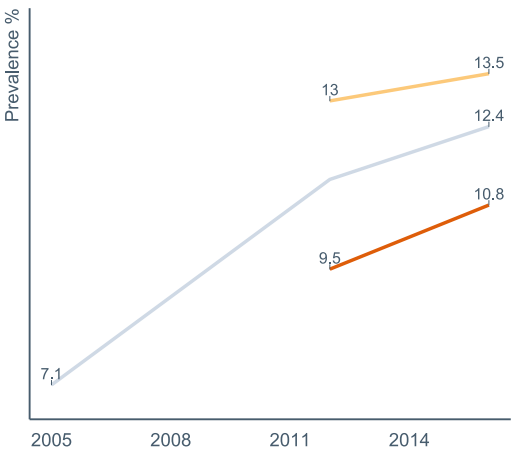
Wasting by location



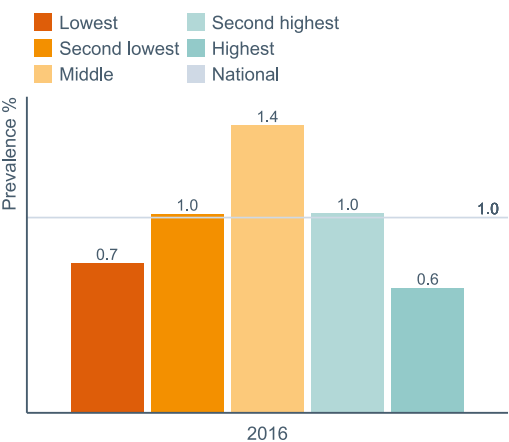
Stunting by location



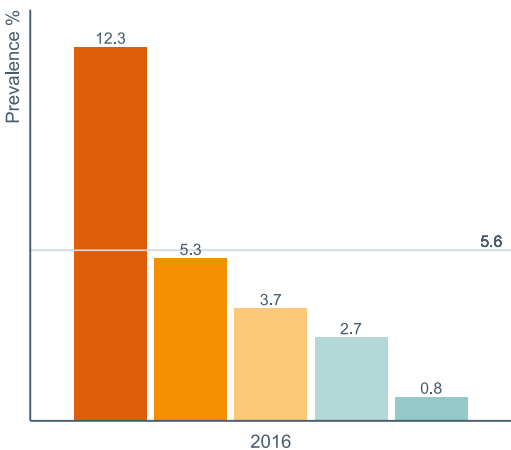
Overweight by location



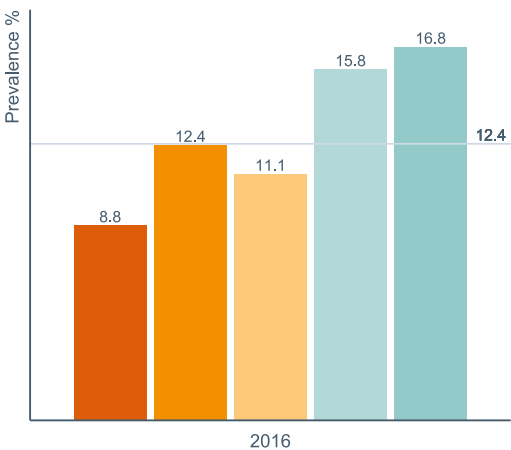
Wasting by income



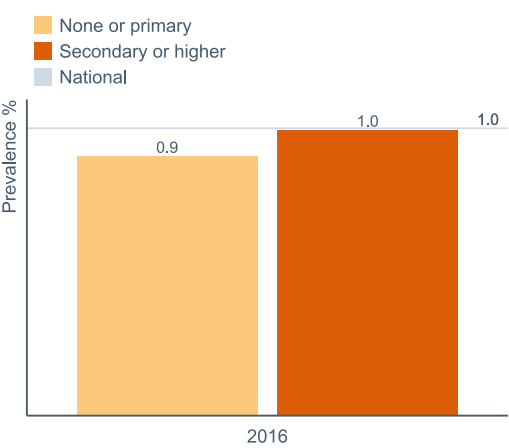
Stunting by income



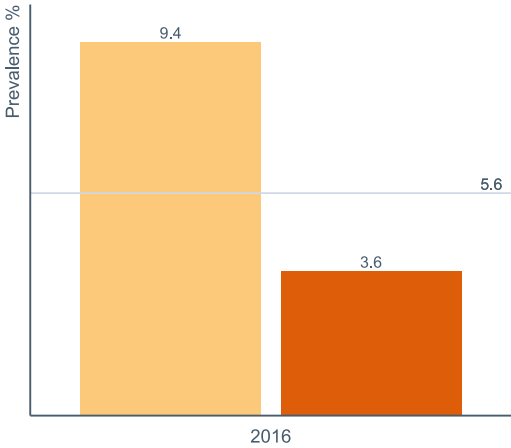
Overweight by income



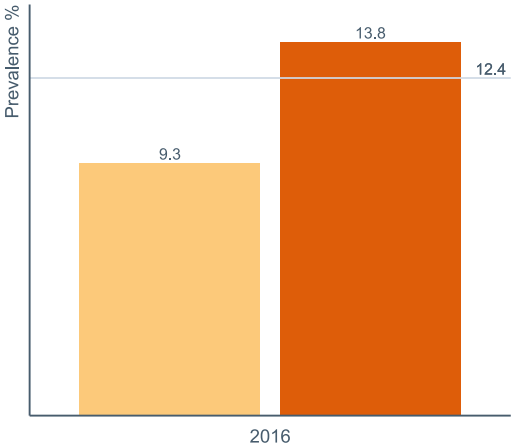
## Wasting by education



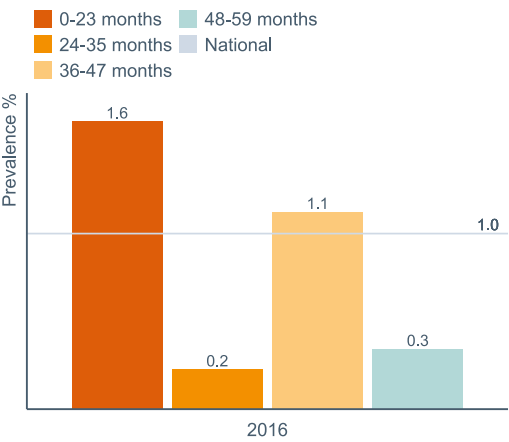
## Stunting by education



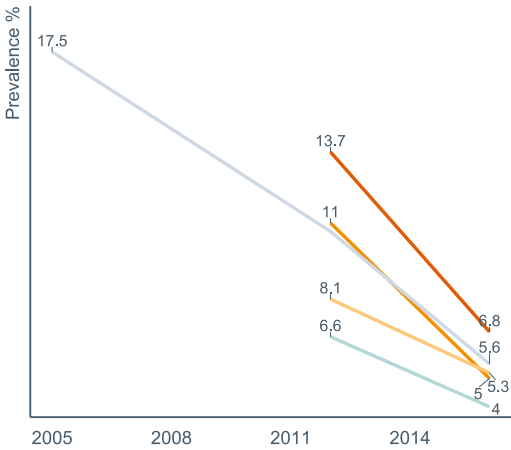
## Overweight by education



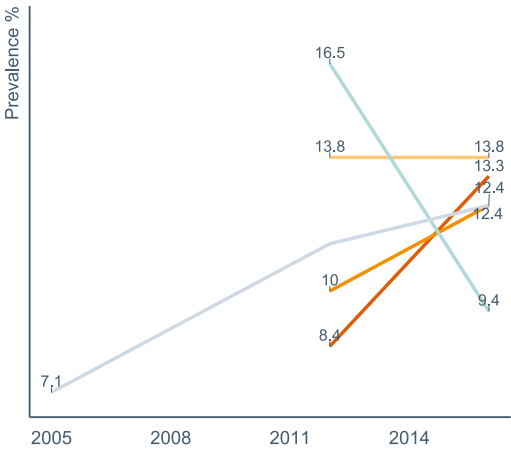
## Wasting by age



## Stunting by age



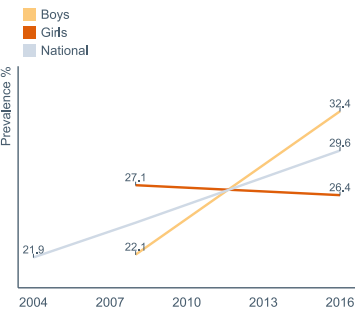
## Overweight by age



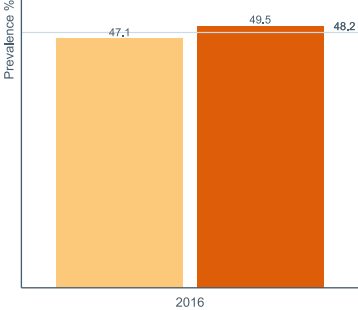
Sources: UNICEF/WHO/World Bank Group: Joint child malnutrition estimates.

# Infant and child (under-five) feeding over time

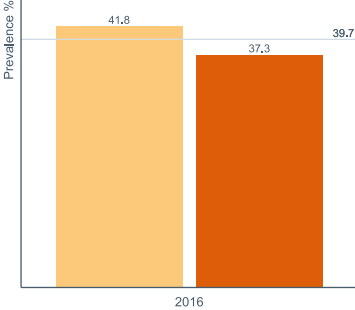
Exclusive breastfeeding by gender



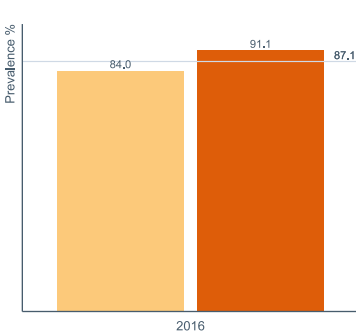
Continued breastfeeding at 1 year by gender



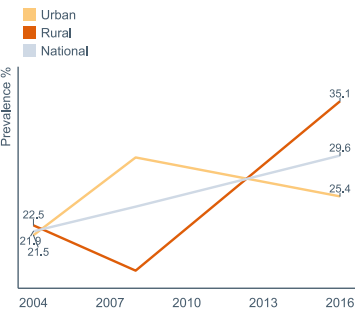
Minimum acceptable diet by gender



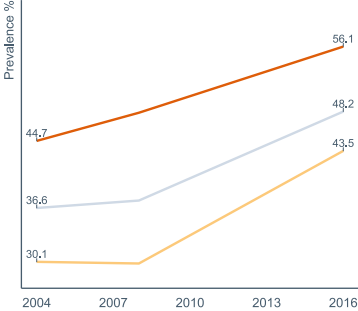
Introduction to solid, semi-solid or soft foods by gender



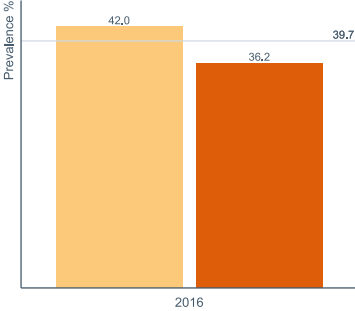
Exclusive breastfeeding by location



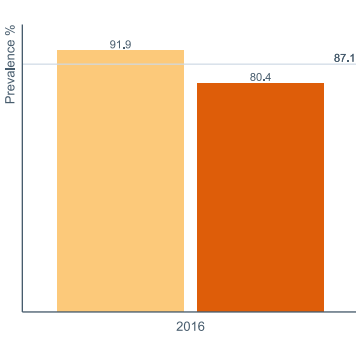
Continued breastfeeding at 1 year by location



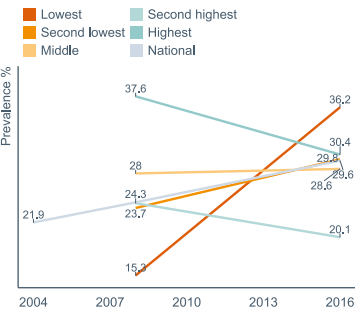
Minimum acceptable diet by location



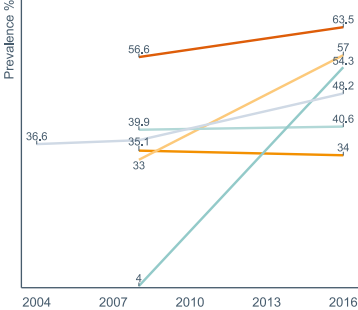
Introduction to solid, semi-solid or soft foods by location



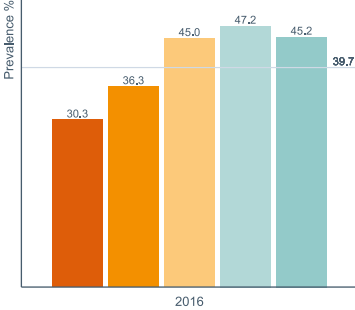
Exclusive breastfeeding by income



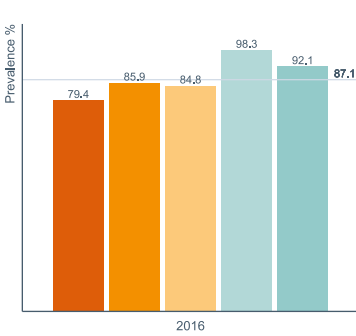
Continued breastfeeding at 1 year by income



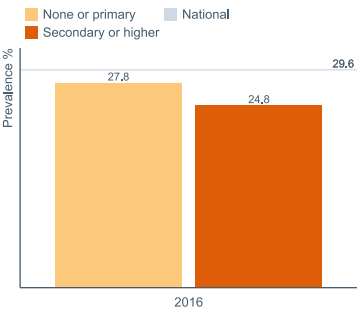
Minimum acceptable diet by income



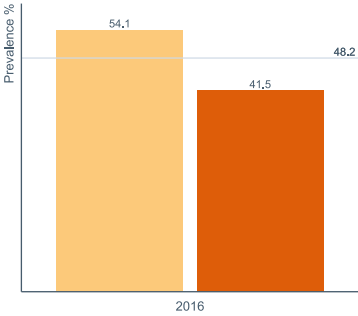
Introduction to solid, semi-solid or soft foods by income



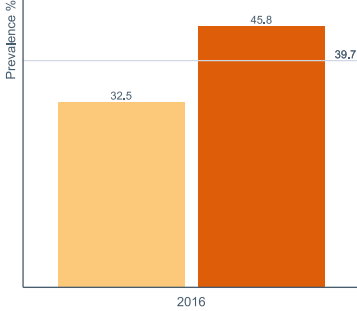
Exclusive breastfeeding by mother's education



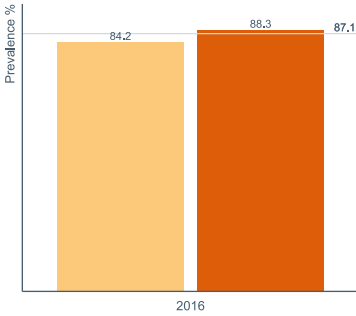
Continued breastfeeding at 1 year by mother's education



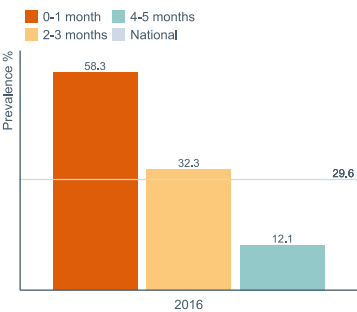
Minimum acceptable diet by mother's education



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



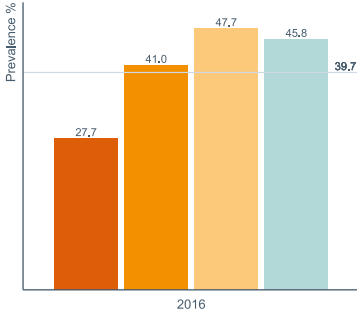
Exclusive breastfeeding by age



Continued breastfeeding at 1 year by age



Minimum acceptable diet by age

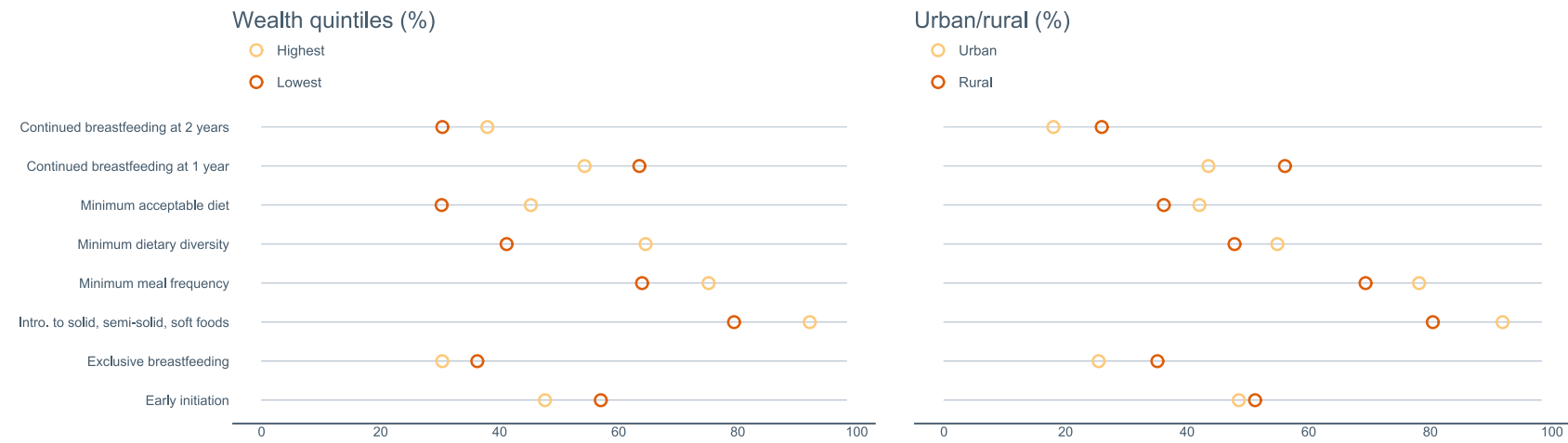


Introduction to solid, semi-solid or soft foods by age



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.

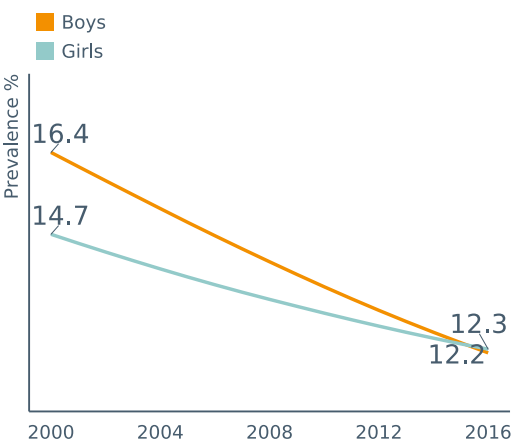
Infant and young child feeding



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.

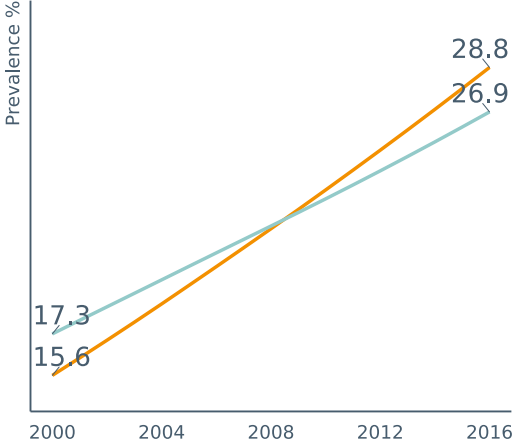
# Children and adolescent (aged 5-19) nutrition status

Ages 5-19 by gender:  
underweight (%)

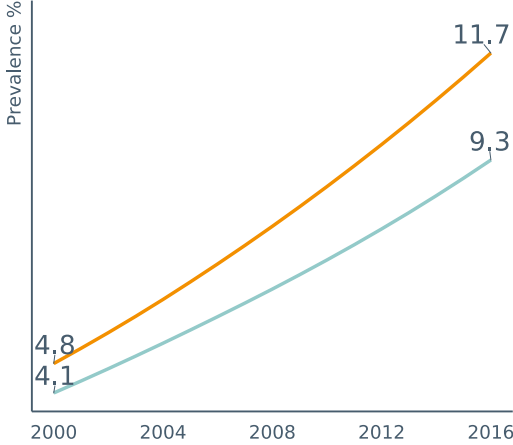


Sources: NCD Risk Factor  
Collaboration.

Ages 5-19 by gender:  
overweight (%)

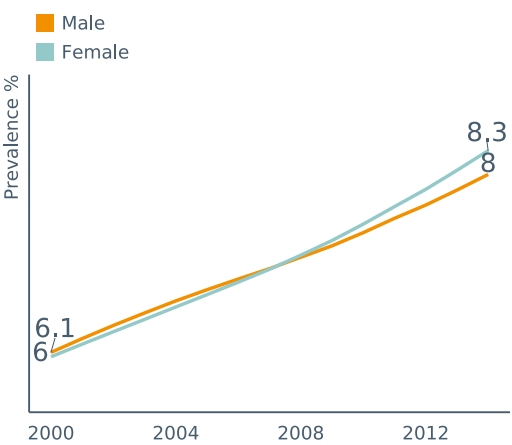


Ages 5-19 by gender:  
obesity (%)



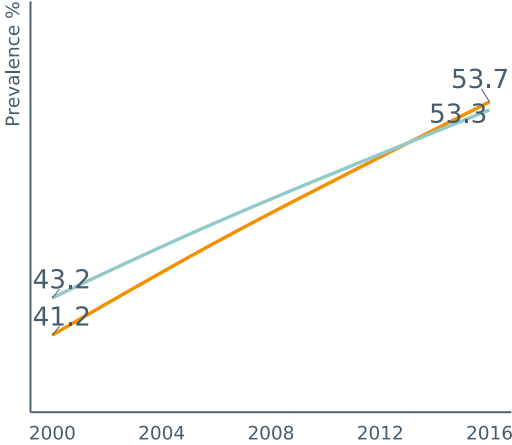
# Adult nutrition status

Adult by gender:  
diabetes (%)

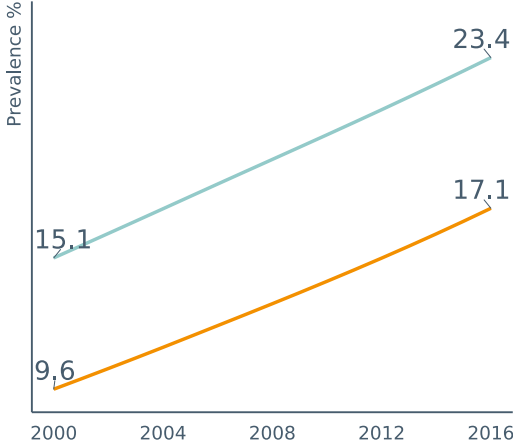


Sources: NCD Risk Factor  
Collaboration.

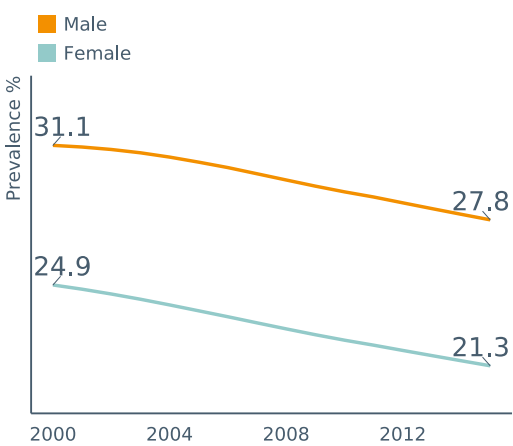
Adult by gender:  
overweight (%)



Adult by gender: obesity  
(%)

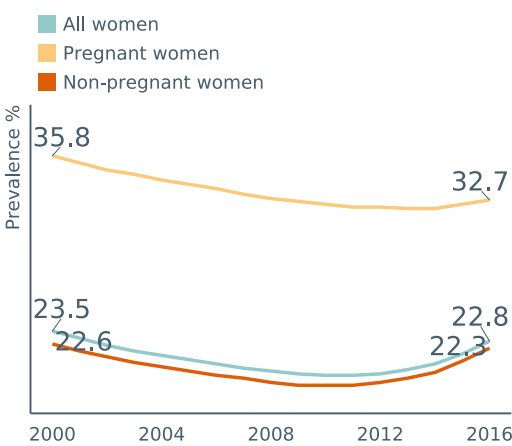


Adult by gender: raised blood pressure (%)



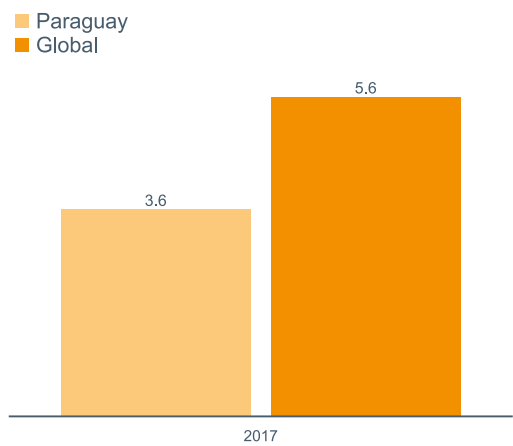
Sources: NCD Risk Factor Collaboration.

Adult: anaemia in WRA (%)



Source: WHO Global Health Observatory.  
Notes: WRA = women of reproductive age.

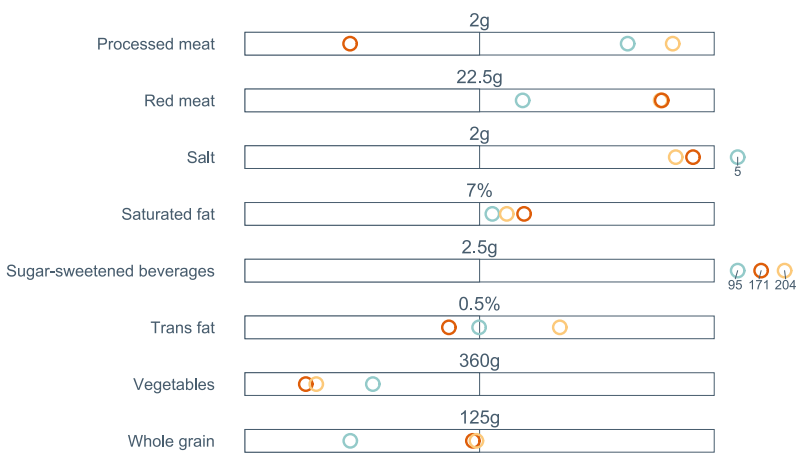
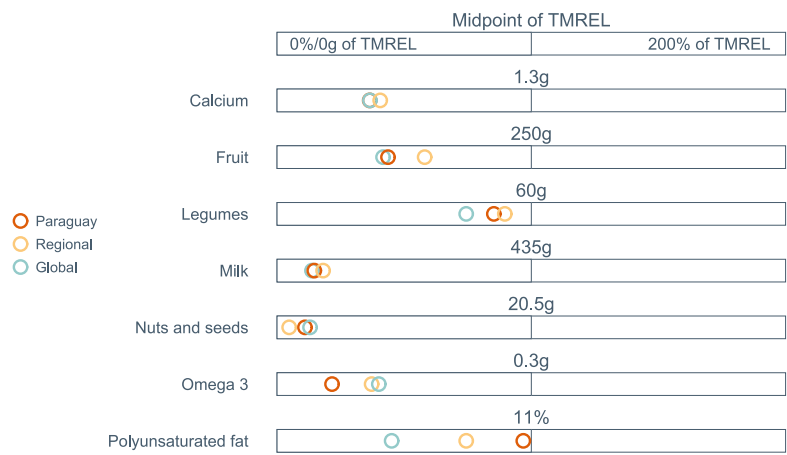
Adult: sodium intake (grams per day)



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   |



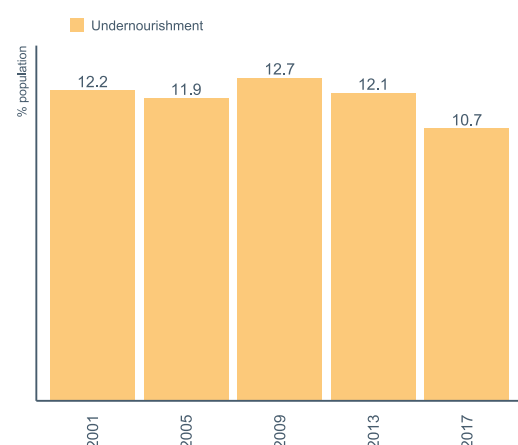
| Coverage/practice indicator   | Total (%) | Boy (%) | Girl (%) | Year |
|---|-----------|---------|----------|------|
| Children 6-59 months who received A supplements in last 6 months  | NA        | NA      | NA       | NA   |
| Children 6-59 months given iron supplements in past 7 days  | NA        | 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.

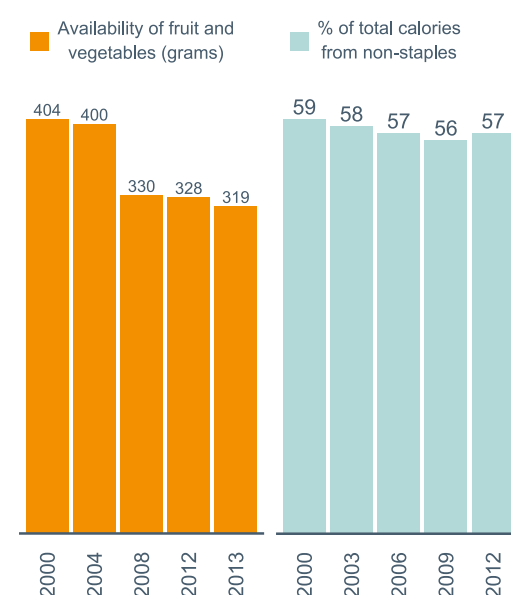
## Determinants

### Undernourishment (% population)



Source: FAOSTAT 2018.

### Food supply



Source: FAOSTAT 2018.

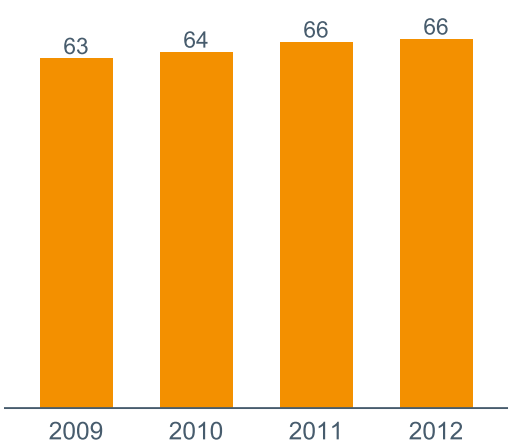
### Gender-related determinants

|  |      |      |
|--|------|------|
| Early childbearing: births by age 18 (%) <sup>1</sup>      | NA   | NA   |
| Gender Inequality Index (score <sup>*</sup> ) <sup>2</sup> | 0.47 | 2017 |
| Gender Inequality Index (country rank) <sup>2</sup>        | 113  | 2017 |

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

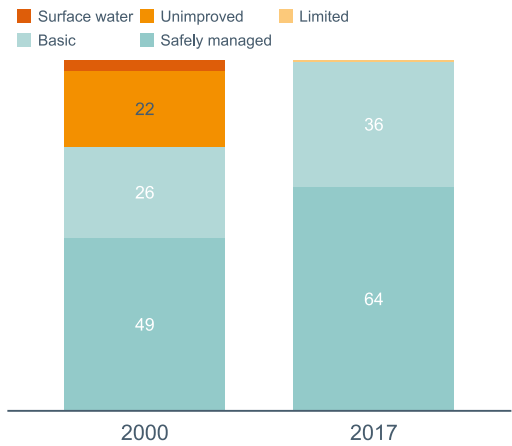
Notes: <sup>\*</sup> 0 = low inequality, 1 = high inequality.

Female secondary education enrolment (net, % population)



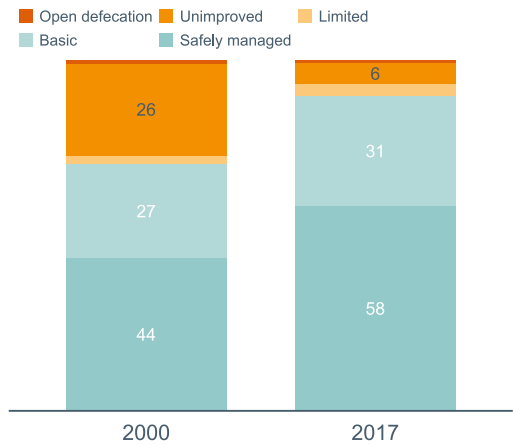
Source: UNESCO Institute for Statistics 2018.

Drinking water coverage (% population)



Source: WHO/UNICEF Joint Monitoring Programme 2019.

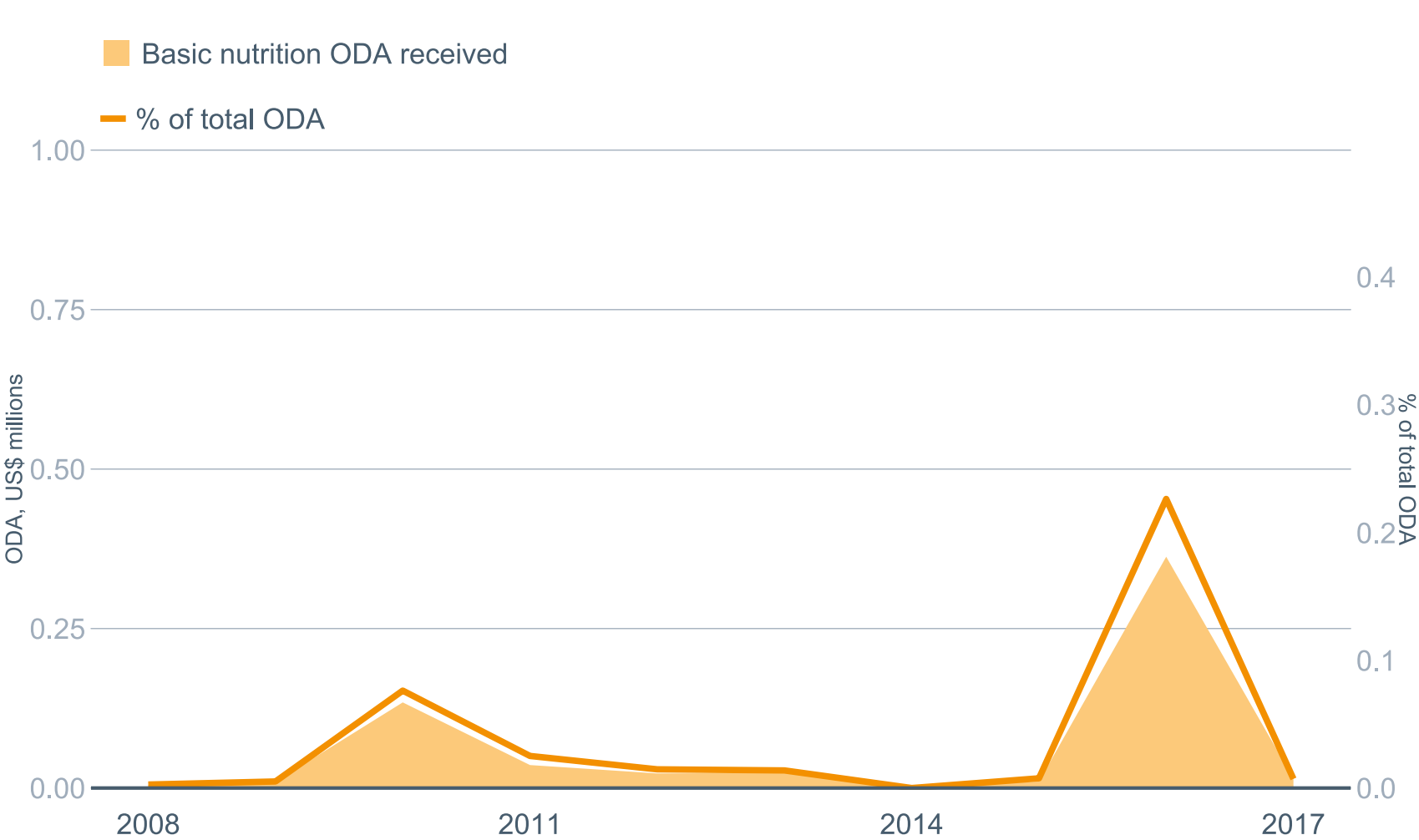
Sanitation coverage (% population)



Source: WHO/UNICEF Joint Monitoring Programme 2019.

# 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  | Yes |
| Sugar-sweetened beverage tax   | Yes |
| Food-based dietary guidelines  | Yes |
| 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 | No  |
| Policy to limit saturated fatty acids and virtually eliminate industrially produced trans-fats   | No  |

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.

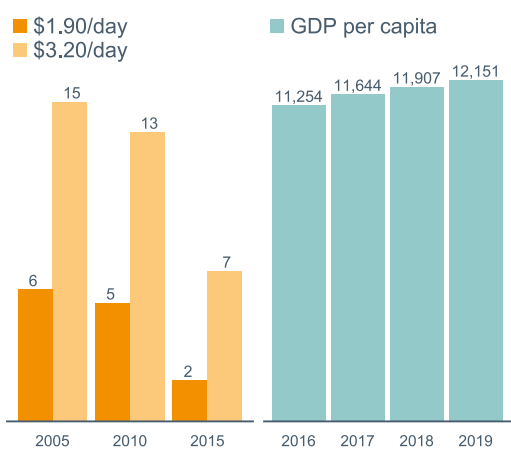
Targets included in national (nutrition or other) plan

|  |                                   |
|--|-----------------------------------|
| Stunting                                   | Anaemia                           |
| Yes  | No                                |
| Low birth weight                           | Child overweight                  |
| Yes  | Yes                               |
| Exclusive breastfeeding                    | Wasting                           |
| Yes  | Yes                               |
| Salt intake                                | Overweight adults and adolescents |
| Yes  | Yes                               |
| Multisectoral comprehensive nutrition plan |                                   |
| Yes  |                                   |

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

Economics and demography

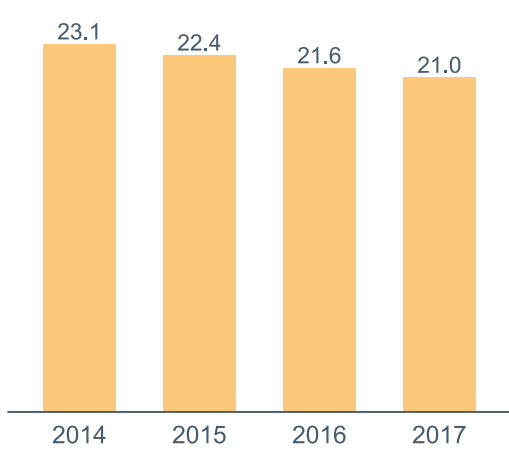
## Poverty rates (%) and GDP (PPP\$)



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

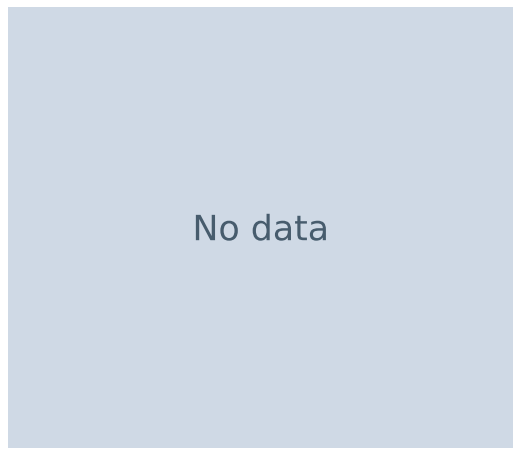
Notes: PPP = purchasing power parity.

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



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

## 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 |
|-------------------------------|------------------------------|------|
| 49                            | 144                          | 2017 |

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 (000)            | 6,956,071 | 2018 |
| Under-five population (000) | 698       | 2019 |
| Rural (%)                   | 38        | 2018 |
| >65 years (000)             | 466       | 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               | 1.29 | 2012 |
| Nurses and midwives      | 1.05 | 2012 |
| Community health workers | NA   | NA   |

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