

# Northern Europe

## Overview

### Malnutrition status

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.

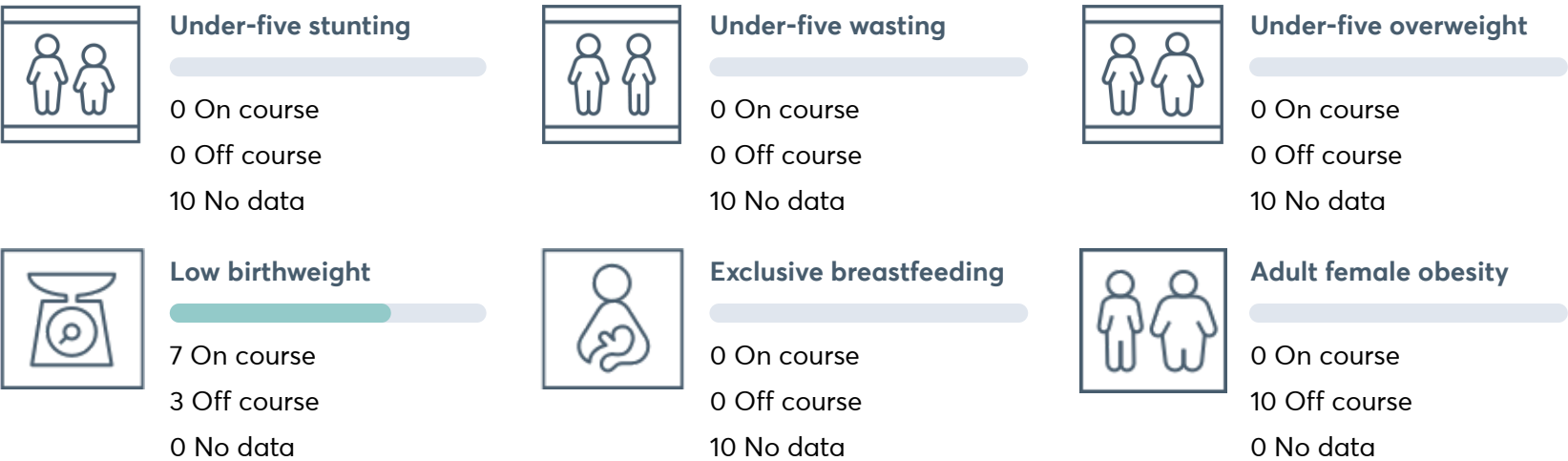
There is also insufficient data on exclusive breastfeeding among infants, while the subregion's average low birth weight prevalence of 5.9% is less than the global average of 14.6%.

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, 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





#### 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 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

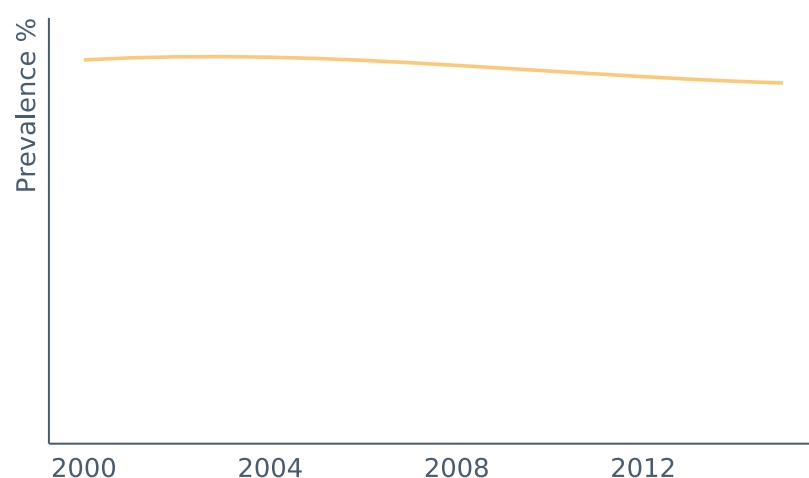
### Under-five coexistence of wasting, stunting and overweight

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. 10 countries included in aggregates.

# Children (under-five) nutrition status

Wasting by gender



Stunting by gender



Overweight by gender



Wasting by location



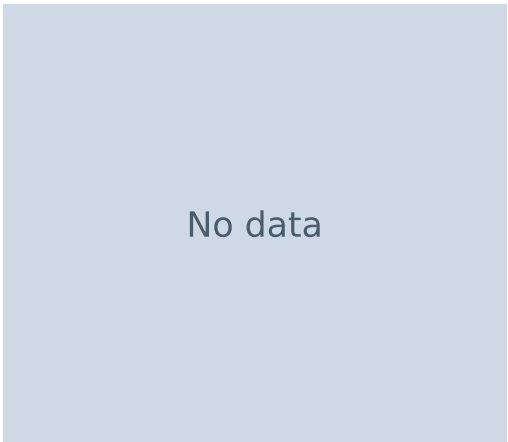
Stunting by location



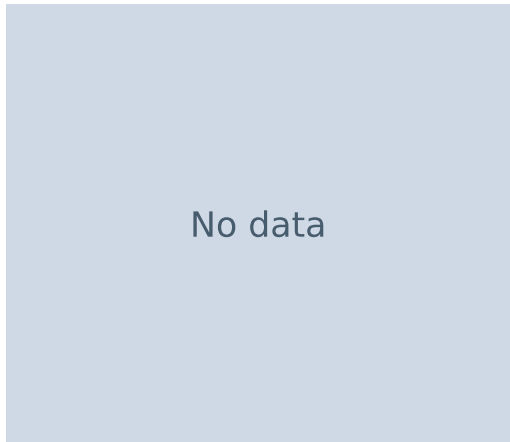
Overweight by location



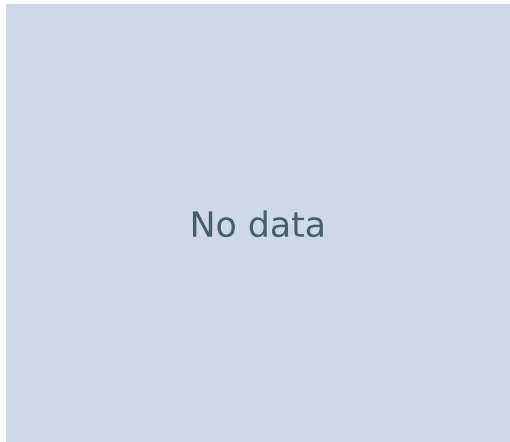
Wasting by income



Stunting by income



Overweight by income





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.

# 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



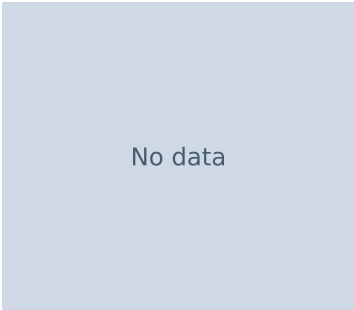
Minimum  
acceptable diet  
by location



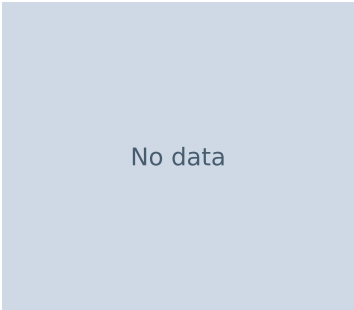
Introduction to  
solid, semi-solid  
or soft foods by  
location



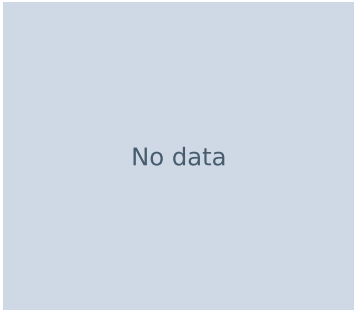
Exclusive  
breastfeeding by  
income



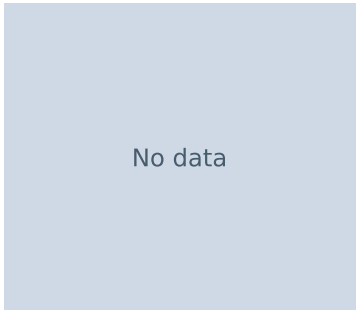
Continued  
breastfeeding at  
1 year by income



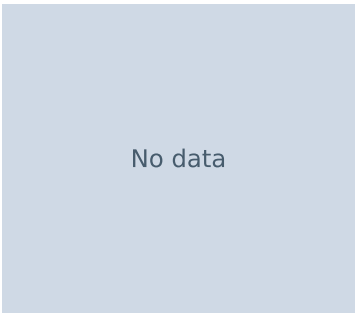
Minimum  
acceptable diet  
by income



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



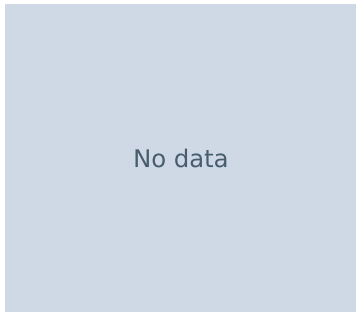
Exclusive  
breastfeeding by  
mother's  
education



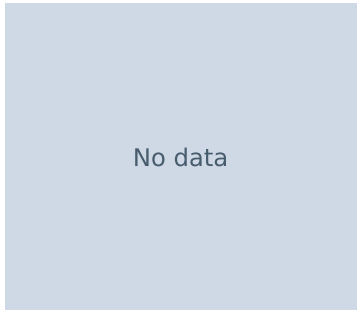
Continued  
breastfeeding at  
1 year by  
mother's  
education



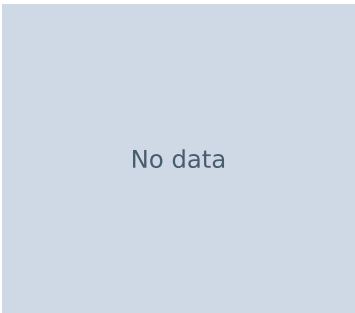
Minimum  
acceptable diet  
by mother's  
education



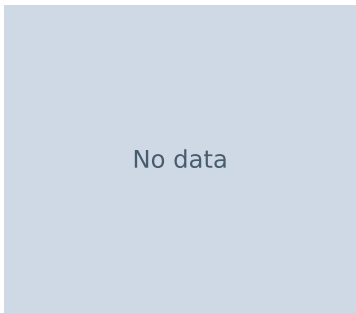
Introduction to  
solid, semi-solid  
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education



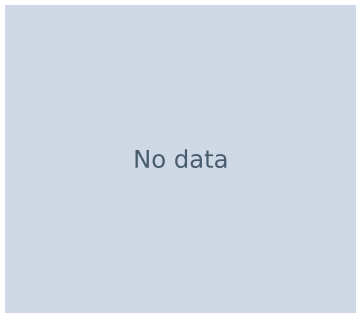
Exclusive  
breastfeeding by  
age



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.

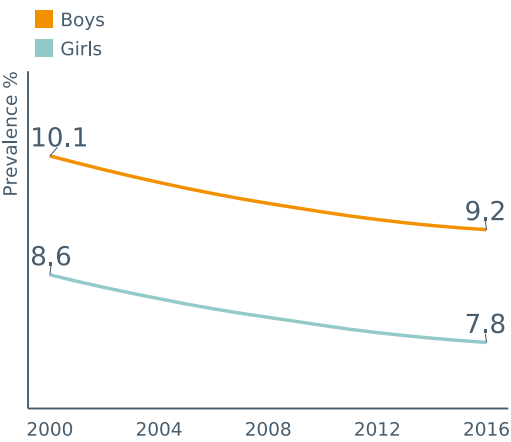
## Infant and young child feeding



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.

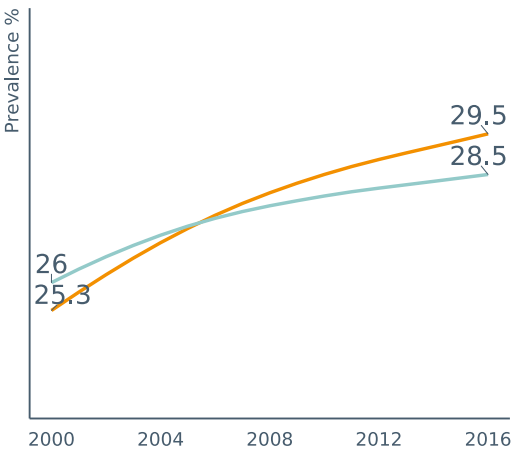
# Children and adolescent (aged 5-19) nutrition status

Ages 5-19 by gender:  
underweight (%)



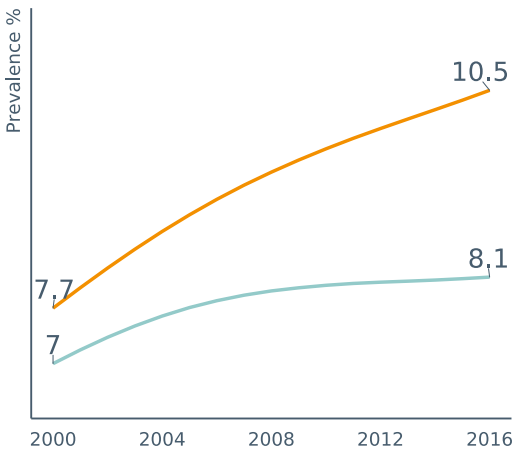
Sources: NCD Risk Factor  
Collaboration. 10 countries included in  
aggregates.

Ages 5-19 by gender:  
overweight (%)



10 countries included in aggregates.

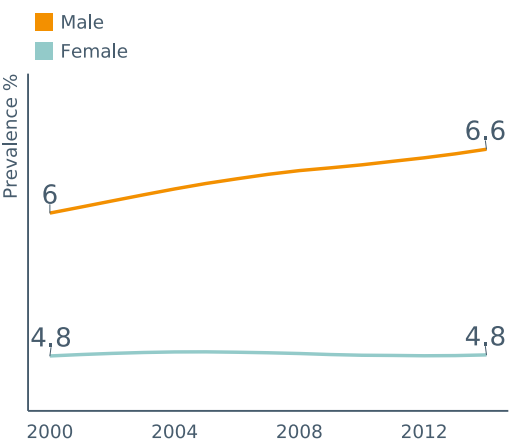
Ages 5-19 by gender:  
obesity (%)



10 countries included in aggregates.

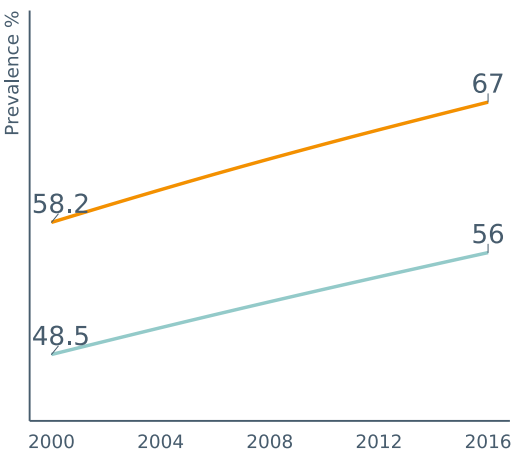
## Adult nutrition status

Adult by gender:  
diabetes (%)



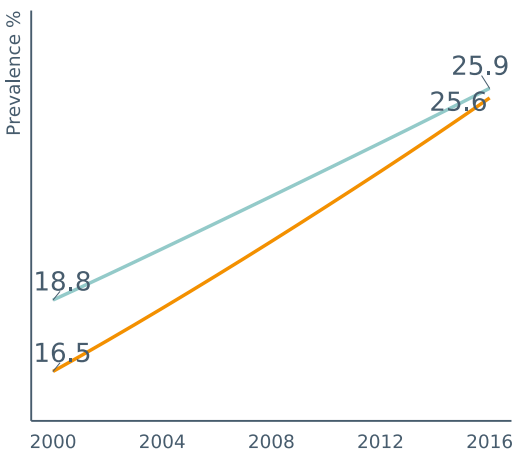
Sources: NCD Risk Factor  
Collaboration. 10 countries included in  
aggregates.

Adult by gender:  
overweight (%)



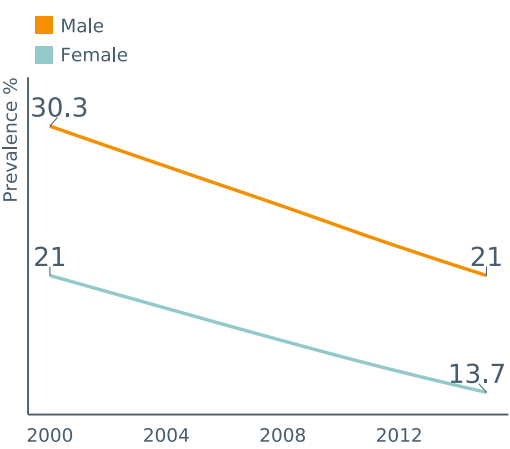
10 countries included in aggregates.

Adult by gender: obesity  
(%)



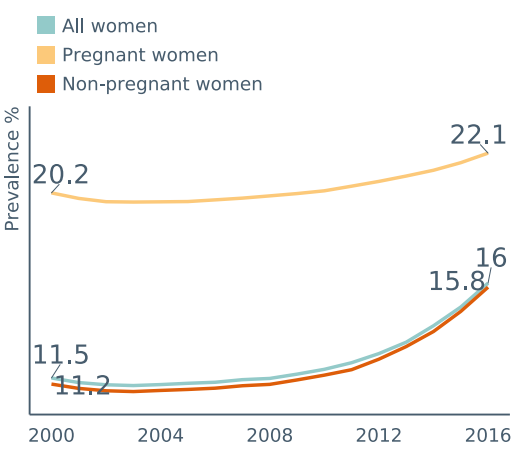
10 countries included in aggregates.

Adult by gender: raised blood pressure (%)



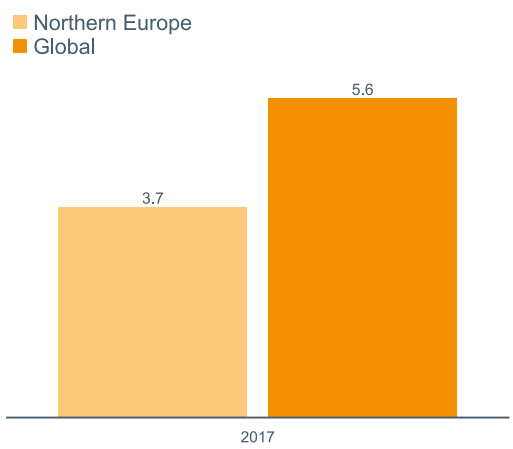
Sources: NCD Risk Factor Collaboration. 10 countries included in aggregates.

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
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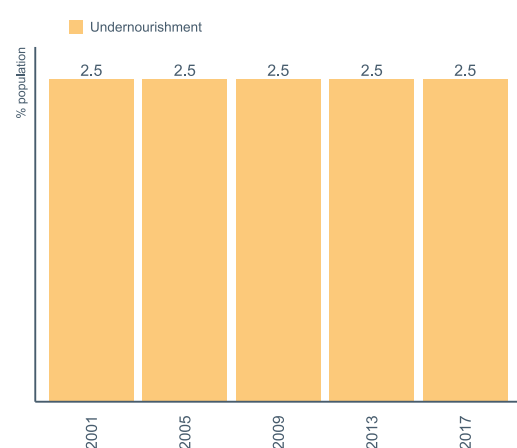
Coverage/practice indicator	Total (%)	Boy (%)	Girl (%)	Year
Children 0-59 months with diarrhoea who received zinc treatment	NA	NA	NA	NA
Children 6-59 months who received A supplements in last 6 months	NA	NA	NA	NA
Children 6-59 months given iron supplements in past 7 days	NA	NA	NA	NA
Women with a live 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.

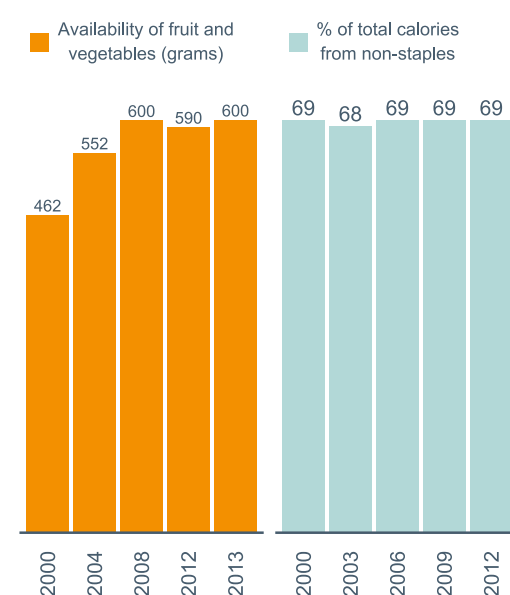
## Determinants

### Undernourishment (% population)



Source: FAOSTAT 2018.

### Food supply



Source: FAOSTAT 2018.

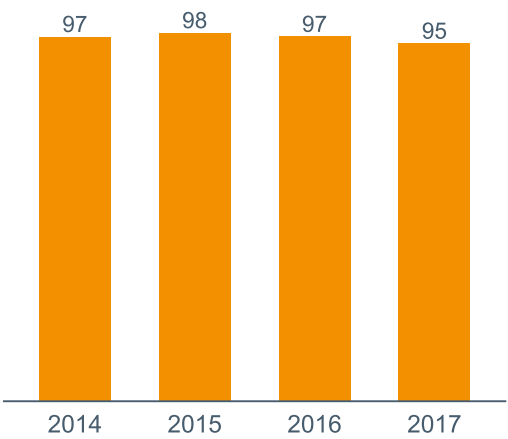
### Gender-related determinants

Early childbearing: births by age 18 (%) <sup>1</sup>	NA	NA
Gender Inequality Index (score <sup>*</sup> ) <sup>2</sup>	0.1	2017
Gender Inequality Index (country rank) <sup>2</sup>	20	2017

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

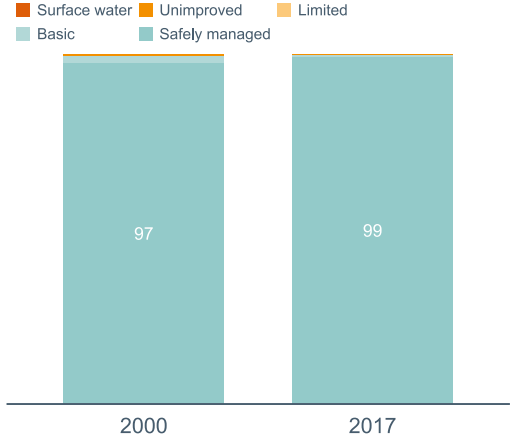
Notes: <sup>\*</sup> 0 = low inequality, 1 = high inequality. 10 countries included in aggregates.

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



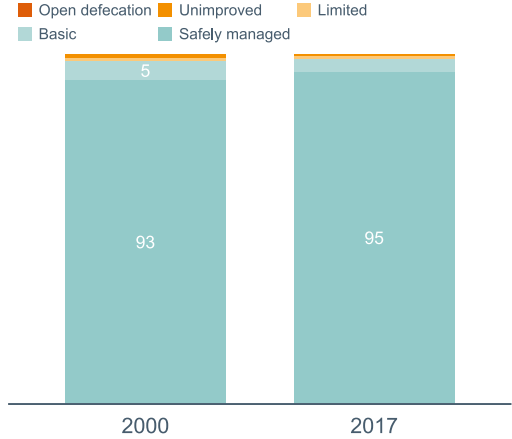
Source: UNESCO Institute for Statistics 2018. From 2 to 10 countries included in aggregates.

## Drinking water coverage (% population)



Source: WHO/UNICEF Joint Monitoring Programme 2019. 10 countries included in aggregates.

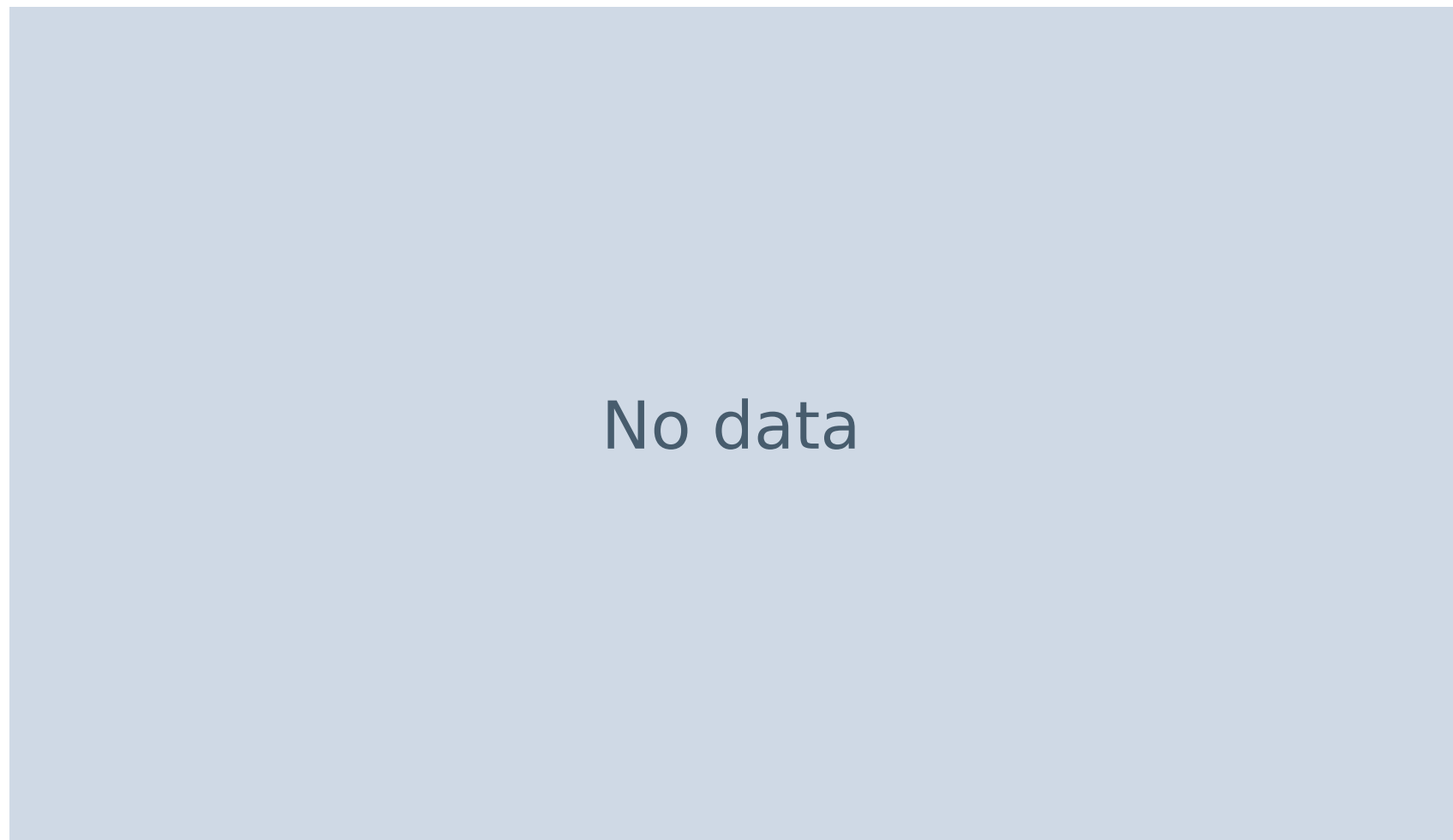
## Sanitation coverage (% population)



Source: WHO/UNICEF Joint Monitoring Programme 2019. 10 countries included in aggregates.

# 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	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.

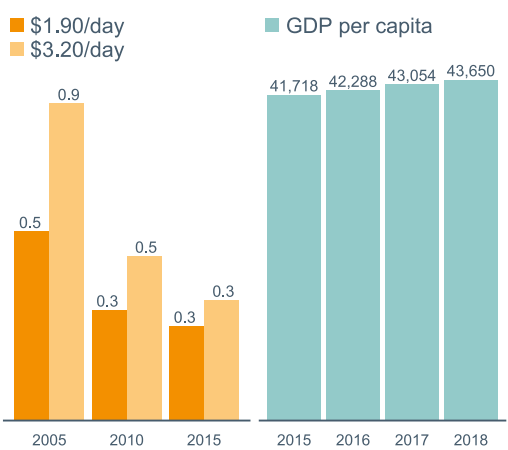
Targets included in national (nutrition or other) plan

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

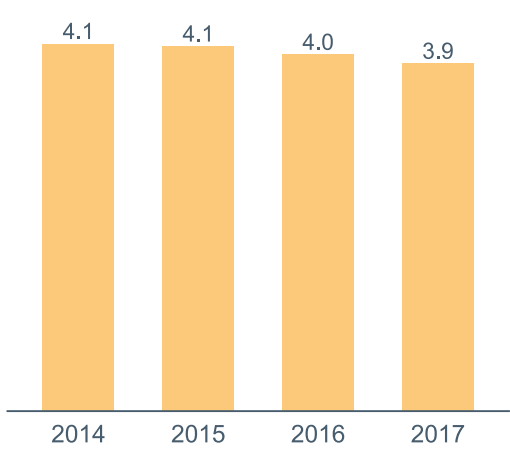
## Poverty rates (%) and GDP (PPP\$)



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

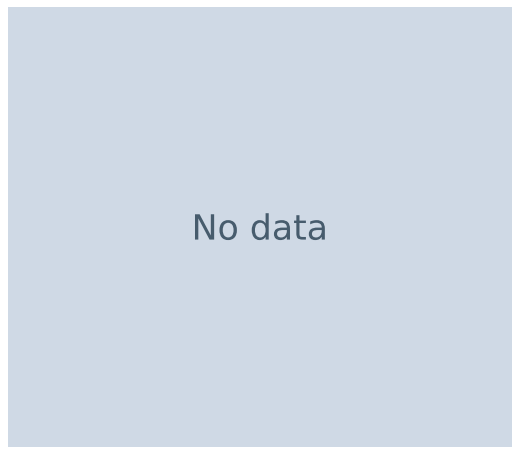
Notes: PPP = purchasing power parity. 10 countries included in aggregates.

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



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

## 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
32	39	2015

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). 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.