Oceania

Overview

Malnutrition status

In Oceania, there has been some progress towards achieving global nutrition targets. 3 countries are on course to meet the global target for infant exclusive breastfeeding. 2 countries are on course for each of male diabetes and female diabetes. 1 country is on course for under-five wasting. However, no countries in Oceania are on course for each of under-five overweight, under-five stunting, anaemia in women of reproductive age, low birth weight, male obesity, and female obesity. Fourteen countries in Oceania have insufficient data to comprehensively assess their progress towards these global targets.

Oceania experiences a malnutrition burden among its under-five population. The average prevalence of overweight in under-fives is 9.1% - the highest across all regions. The prevalence of stunting in under-fives is 38.2%, this is significantly greater than the global average of 21.9%. Oceania's prevalence of wasting in under-fives of 9.4% is also greater than the global average of 7.3%.
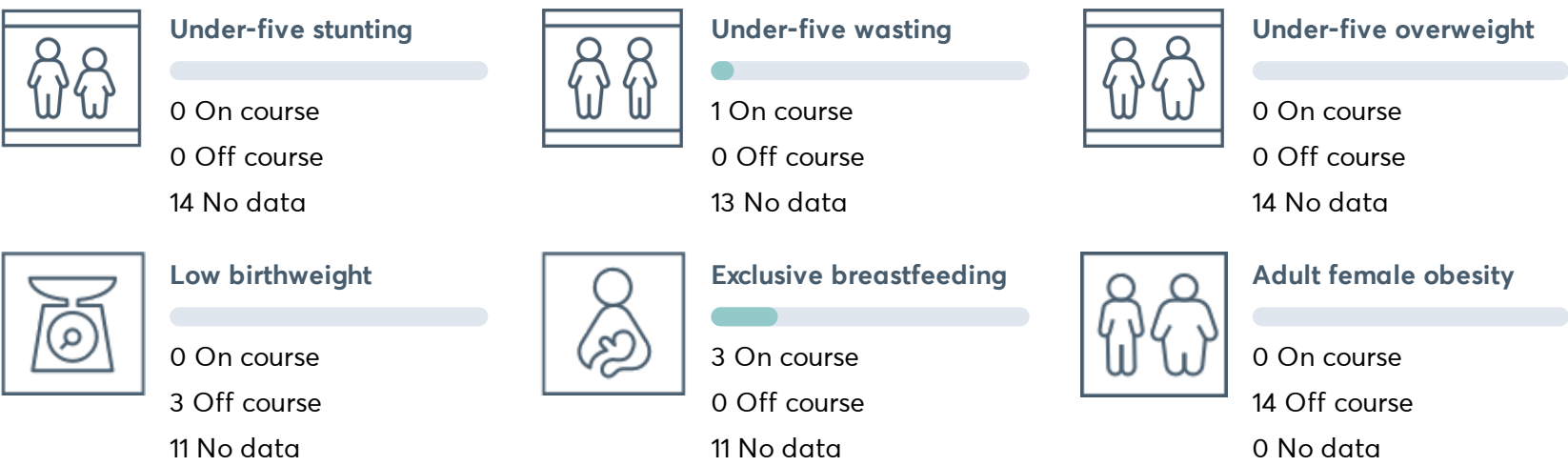
Some 66.8% of infants under 23 months in Oceania are exclusively breastfed, while the region's average low birth weight prevalence of 9.9% is less than the global average of 14.6%.

Oceania's adult population also face a malnutrition burden. An average of 16.5% of women of reproductive age have anaemia, and 9.3% of adult men suffer from diabetes, compared to 7.9% of women. Meanwhile, 28.7% of women and 26.8% 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

0 On course
0 Off course
14 No data

Under-five wasting

1 On course
0 Off course
13 No data

Under-five overweight

0 On course
0 Off course
14 No data

Low birthweight

0 On course
3 Off course
11 No data

Exclusive breastfeeding

3 On course
0 Off course
11 No data

Adult female obesity

0 On course
14 Off course
0 No data

Adult male obesity

0 On course
14 Off course
0 No data

Adult female diabetes

2 On course
12 Off course
0 No data

Adult male diabetes

2 On course
12 Off course
0 No data

WRA anaemia

0 On course
11 Off course
3 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

- 6.0%
- 6.6%
- 9.7%
- 3.4%
- 36.4%
- 37.8%

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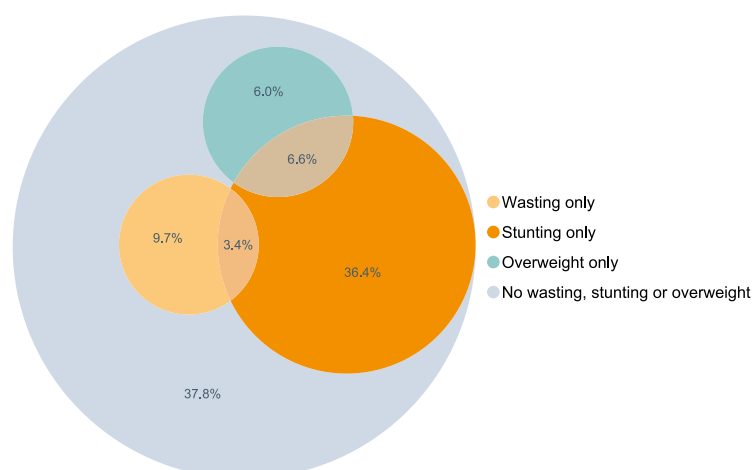
Sources: UNICEF, Division of Data Research and Policy (2019). UNICEF Global Databases: Overlapping Stunting, Wasting and Overweight, January 2019, New York.

Notes: Percentage of children under-five years of age who experience different and overlapping forms of malnutrition. 5 countries included in aggregates.
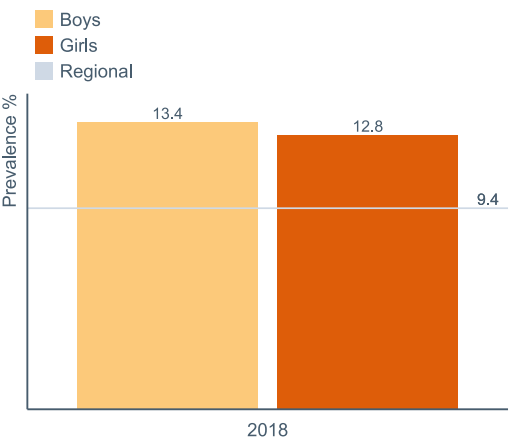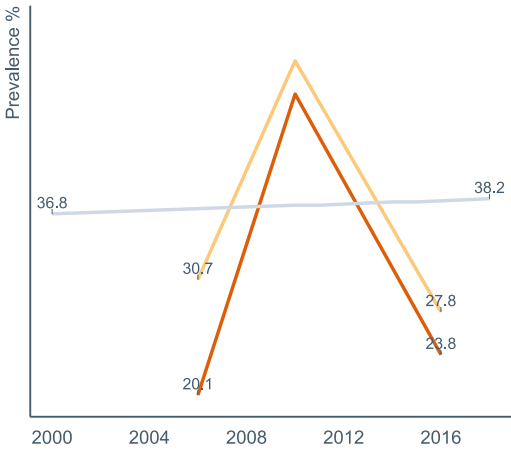
Low birth weight

Prevalence %

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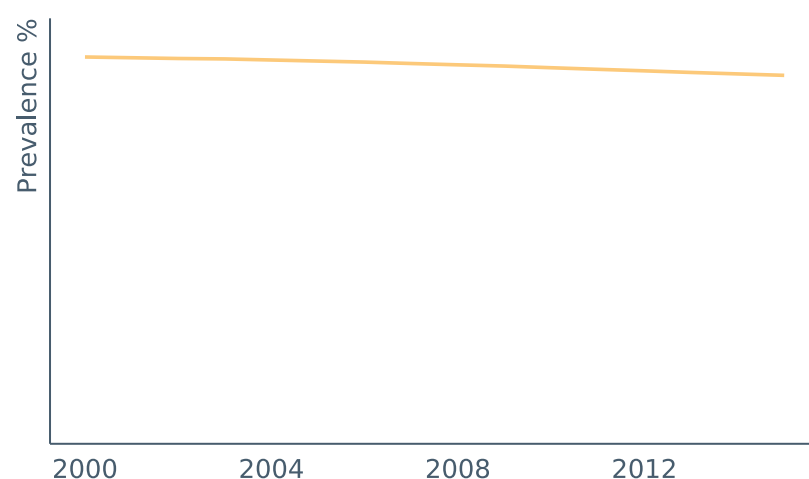
Source: UNICEF/WHO Low birthweight estimates, 2019 edition.

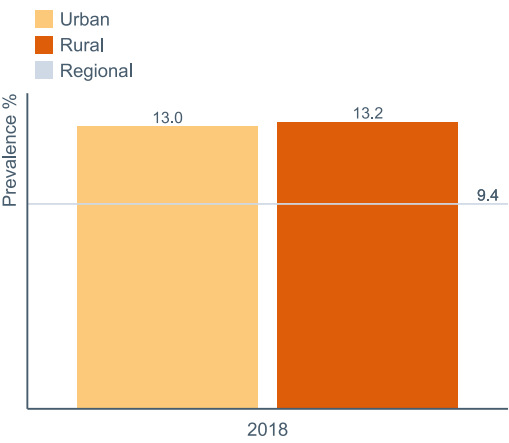# Children (under-five) nutrition status

Wasting by gender

Prevalence %

- Boys
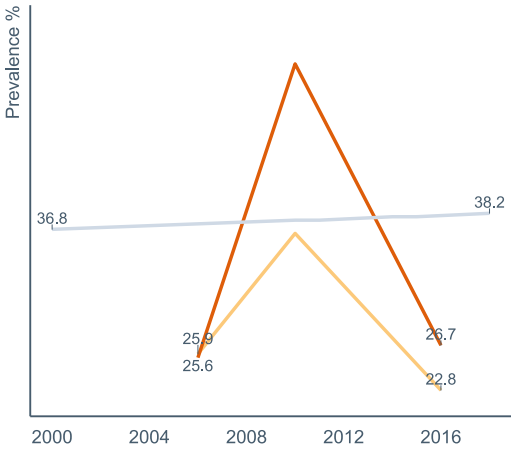- Girls
- Regional

13.4   12.8
9.4

2018

Stunting by gender

Prevalence %

36.8   38.2
30.7
27.8
23.8
20.1

2000   2004   2008   2012   2016

Overweight by gender

Prevalence %

9,1
5,4   5
4,7
4

2000   2004   2008   2012   2016

Wasting by location

Prevalence %

- Urban
- Rural
- Regional

13.0   13.2
9.4

2018

Stunting by location

Prevalence %

36.8   38.2
26.7
25.9
25.6   22.8

2000   2004   2008   2012   2016

Overweight by location

Prevalence %

9,1
8,3
5,5
4,7   4,3
4

2000   2004   2008   2012   2016

Wasting by income

Prevalence %

- Lowest
- Second lowest
- Middle
- Second highest
- Highest
- Regional

9.4
8.1
7.1
6.0   6.0   6.7

2018

Stunting by income

Prevalence %

36.8   38.2
30.3
28.3
26.4   27.3
24.8   26.2
23.7
24.1
23.9   19.3

2000   2004   2008   2012   2016

Overweight by income

Prevalence %

9,1
7,2   7,2
5,4   5,3
5,2   4,7
4,2
3,5
2,9   3,5

2000   2004   2008   2012   2016

Wasting by education
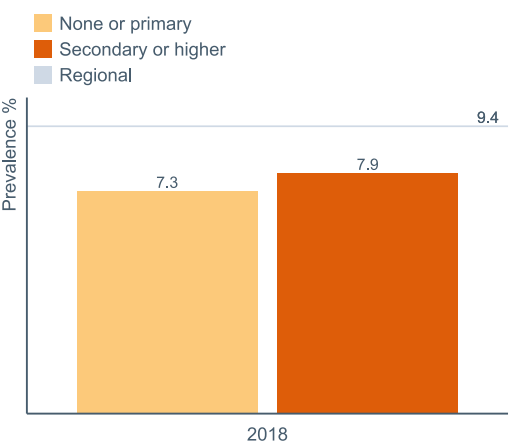
Stunting by education

Overweight by education

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

Prevalence %

9.4

7.3   7.9

2018
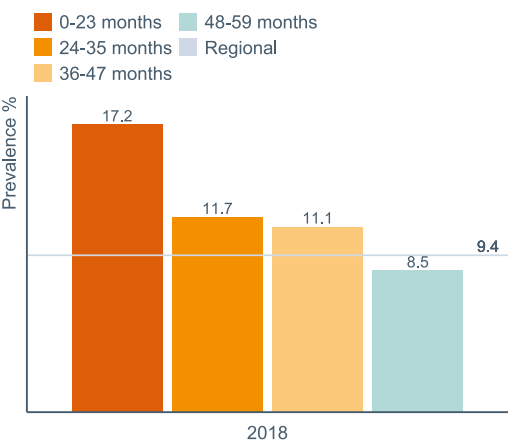
Wasting by age

Stunting by age
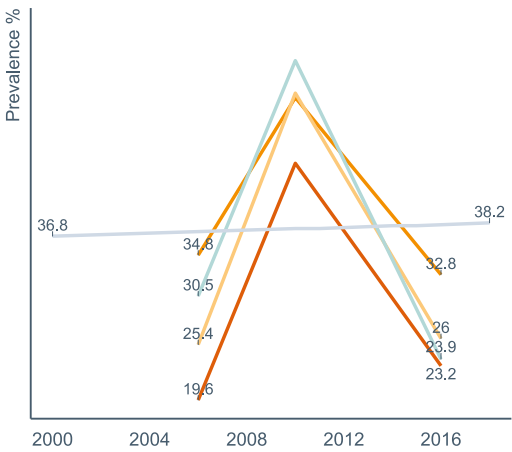
Overweight by age

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

Prevalence %

17.2   11.7   11.1   9.4   8.5

2018

Prevalence %

36.8   38.2

34.8
32.8
30.5
25.4   26
23.9
19.6   23.2

2000   2004   2008   2012   2016

Prevalence %

9.1

6
5.7   5.7
4.8   5.4
4.7   4   4.1
2.1

2000   2004   2008   2012   2016
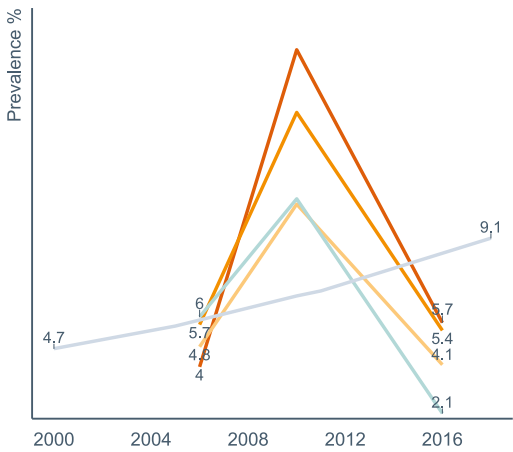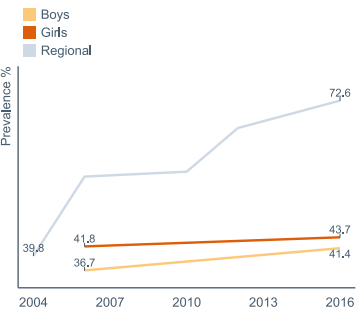
Sources: UNICEF/WHO/World Bank Group: Joint child malnutrition estimates. From 1 to 5 countries included in aggregates.
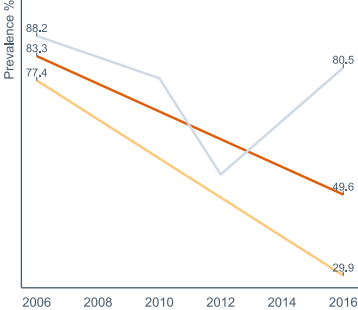
Notes: Regional figures are from UNICEF, Division of Data Research and Policy (2019) where available and are aggregated otherwise.

Infant and child (under-five) feeding over time

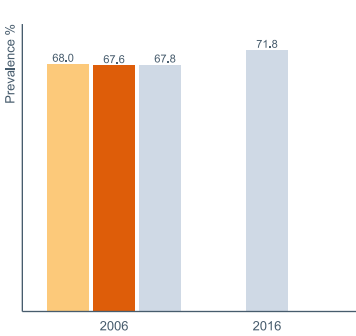## Exclusive breastfeeding by gender

Legend: Boys, Girls, Regional

- 39.8
- 41.8
- 36.7
- 43.7
- 41.4
- 72.6

X-axis: 2004, 2007, 2010, 2013, 2016

Continued breastfeeding at 1 year by gender

- 88.2
- 83.3
- 77.4
- 80.5
- 49.6
- 29.9

X-axis: 2006, 2008, 2010, 2012, 2014, 2016

Minimum acceptable diet by gender

No data

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

- 68.0
- 67.6
- 67.8
- 71.8

X-axis: 2006, 2016

Exclusive breastfeeding by location

Legend: Urban, Rural, Regional

- 39.8
- 39.6
- 38.5
- 51.6
- 39.6
- 72.6

X-axis: 2004, 2007, 2010, 2013, 2016
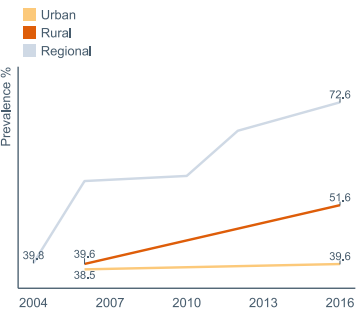
Continued breastfeeding at 1 year by location

- 88.2
- 82.4
- 67.6
- 80.5
- 38.4

X-axis: 2006, 2008, 2010, 2012, 2014, 2016
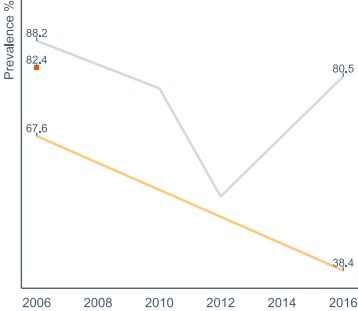
Minimum acceptable diet by location

No data

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

- 71.3
- 67.8
- 67
- 74.6
- 73.1
- 71.8

X-axis: 2006, 2008, 2010, 2012, 2014, 2016
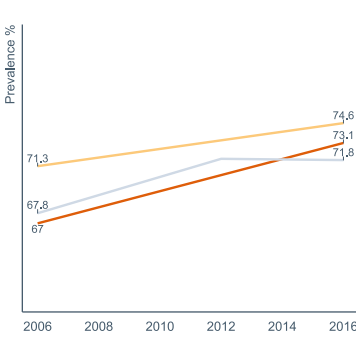
Exclusive breastfeeding by income

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

- 38.7
- 52.2
- 40.7
- 21.4
- 41.1
- 56.5
- 72.6

X-axis: 2006, 2016
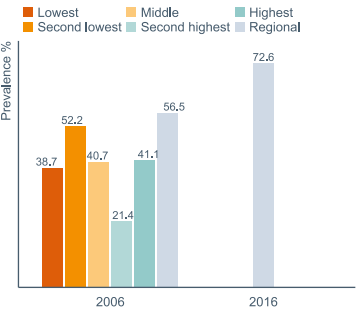
Continued breastfeeding at 1 year by income

- 79.1
- 76.0
- 88.2
- 80.5

X-axis: 2006, 2016
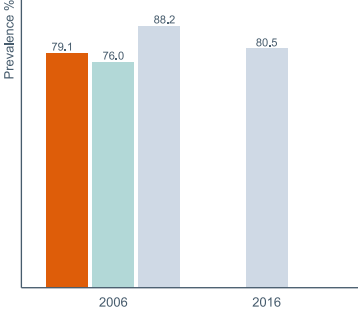
Minimum acceptable diet by income

No data

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

- 77.5
- 67.8
- 71.8

X-axis: 2006, 2016
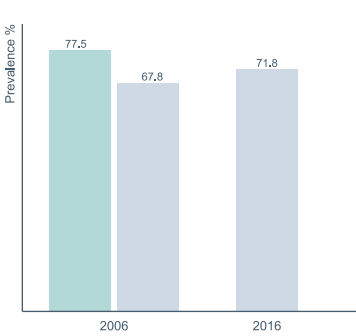
Exclusive breastfeeding by mother's education

Legend: None or primary, Secondary or higher, Regional

Prevalence %

2006: 41.2, 35.4, 56.5
2016: 72.6
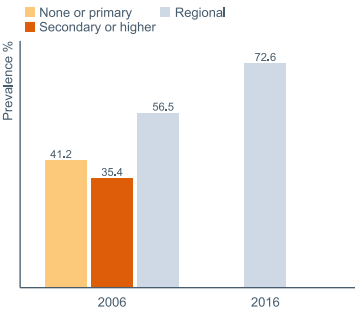
Continued breastfeeding at 1 year by mother's education

Prevalence %

2006: 78.0, 83.5, 88.2
2016: 80.5
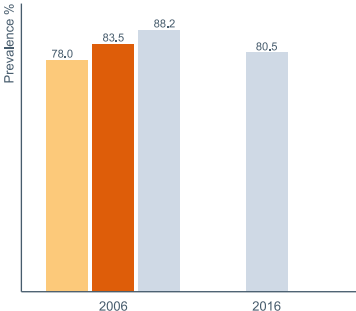
Minimum acceptable diet by mother's education

No data
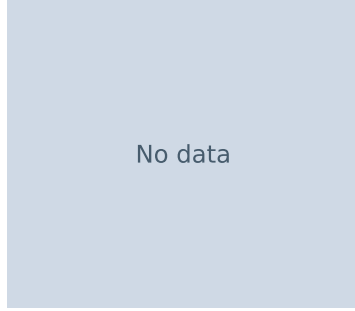
Introduction to solid, semi-solid or soft foods by mother's education

Prevalence %

2006: 65.9, 72.9, 67.8
2016: 71.8

Exclusive breastfeeding by age

Legend: 0-1 month, 2-3 months, 4-5 months, Regional

Prevalence %

2006: 53.4, 42.5, 26.6, 56.5
2016: 72.6
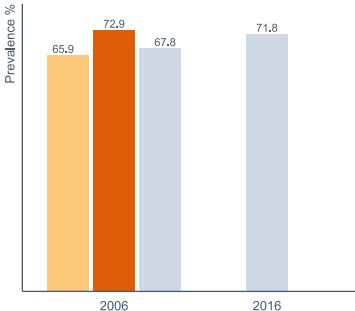
Continued breastfeeding at 1 year by age

No data
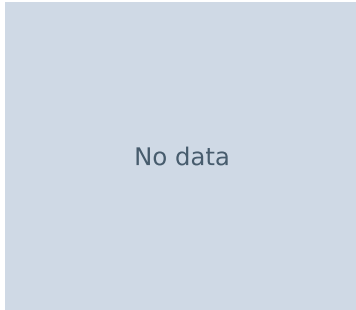
Minimum acceptable diet by age

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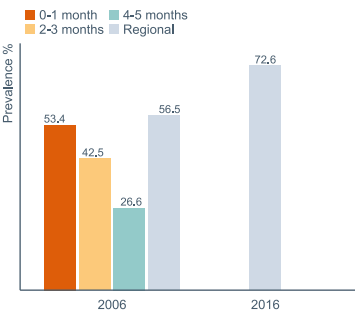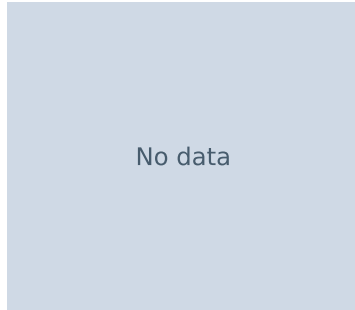
Introduction to solid, semi-solid or soft foods by age
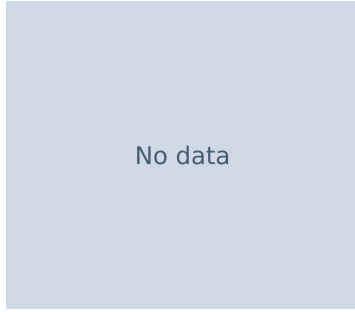
No data

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. From 1 to 6 countries included in aggregates.

Infant and young child feeding
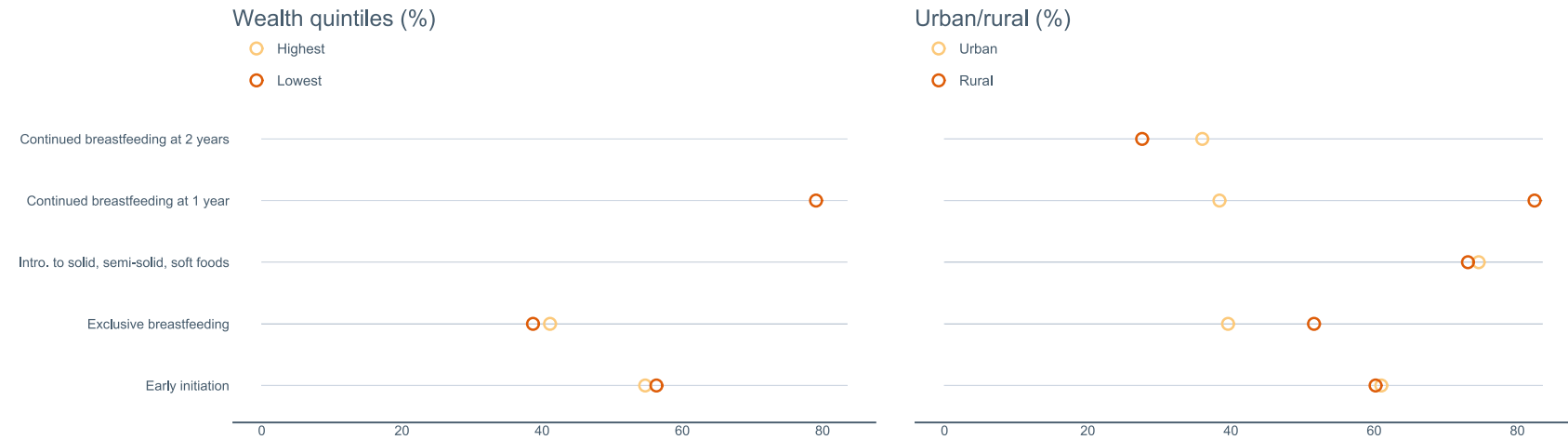
Wealth quintiles (%)
- Highest
- Lowest

Urban/rural (%)
- Urban
- Rural

Continued breastfeeding at 2 years
Continued breastfeeding at 1 year
Intro. to solid, semi-solid, soft foods
Exclusive breastfeeding
Early initiation

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. From 1 to 6 countries included in aggregates.

Children and adolescent (aged 5-19) nutrition status

Ages 5-19 by gender: underweight (%)

- Boys
- Girls

8,9
7,6
6,8
6

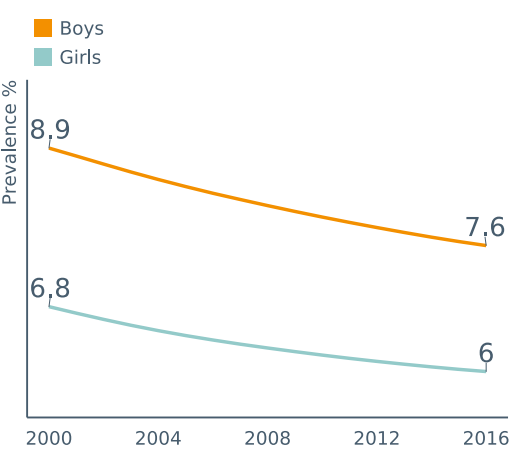Sources: NCD Risk Factor Collaboration. 14 countries included in aggregates.

Ages 5-19 by gender: overweight (%)

35
33.8
29
26,4
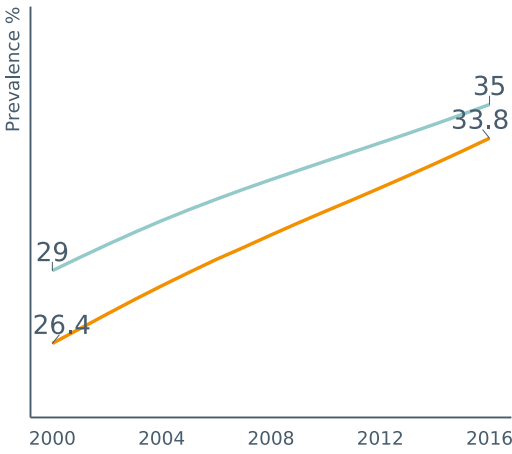
14 countries included in aggregates.

Ages 5-19 by gender: obesity (%)

13
11.5
8,5
7,9
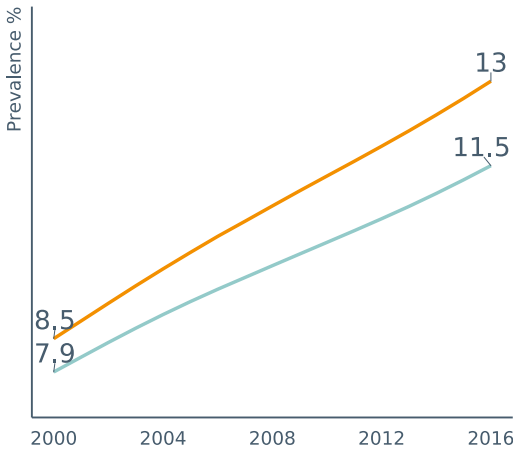
14 countries included in aggregates.

Adult nutrition status

Adult by gender: diabetes (%)
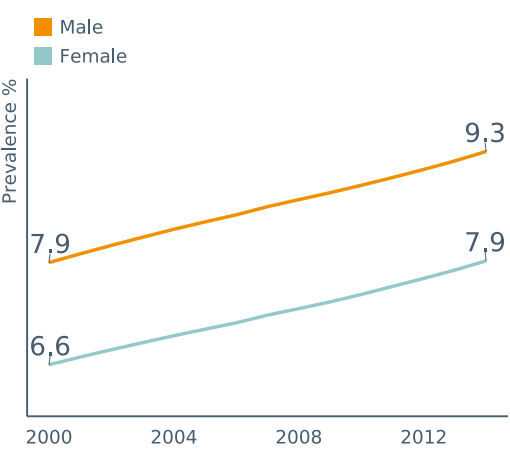
- Male
- Female

9,3
7,9
7,9
6,6

Sources: NCD Risk Factor Collaboration. 14 countries included in aggregates.

Adult by gender: overweight (%)

65.3
59
57,1
50.3
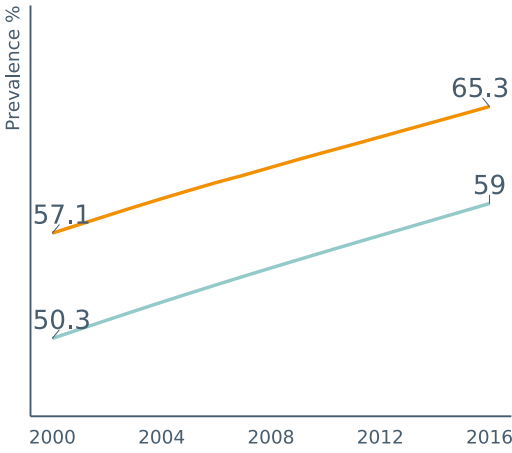
14 countries included in aggregates.

Adult by gender: obesity (%)

28.7
26.8
20,6
17,8

14 countries included in aggregates.

Adult by gender: raised blood pressure (%)

Prevalence %

- Male
- Female

25.9
19.5
20
15.8

2000 2004 2008 2012

Sources: NCD Risk Factor Collaboration. 14 countries included in aggregates.

Adult: anaemia in WRA (%)

Prevalence %

- All women
- Pregnant women
- Non-pregnant women

27.8
26.4
16.2
15.7
16.5
16

2000 2004 2008 2012 2016

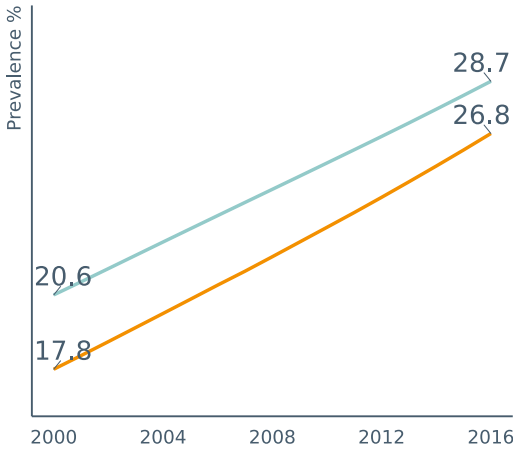Source: WHO Global Health Observatory.

Notes: WRA = women of reproductive age. 11 countries included in aggregates.

Adult: sodium intake (grams per day)

- Oceania
- Global

5.6
3.5

2017

Source: Global Burden of Disease, the Institute for Health Metrics and Evaluation. 11 countries included in aggregates.

Dietary needs

Consumption of food groups and components, 2016

Midpoint of TMREL

0%/0g of TMREL   200% of TMREL

Calcium	1.3g
Fruit	250g
Legumes	60g
Milk	435g
Nuts and seeds	20.5g
Omega 3	0.3g
Polyunsaturated fat	11%

- Oceania
- Global

Processed meat	2g
Red meat	22.5g
Salt	2g
Saturated fat	7%
Sugar-sweetened beverages	2.5g
Trans fat	0.5%
Vegetables	360g
Whole grain	125g

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. 11 countries included in aggregates.

Intervention coverage

Coverage/practice indicator	Total (%)	Boy (%)	Girl (%)	Year

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)
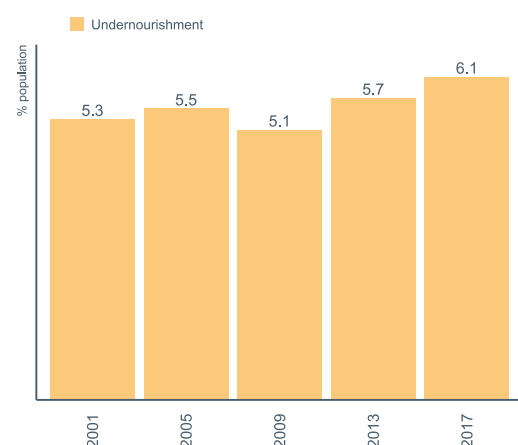
Source: FAOSTAT 2018.

Food supply
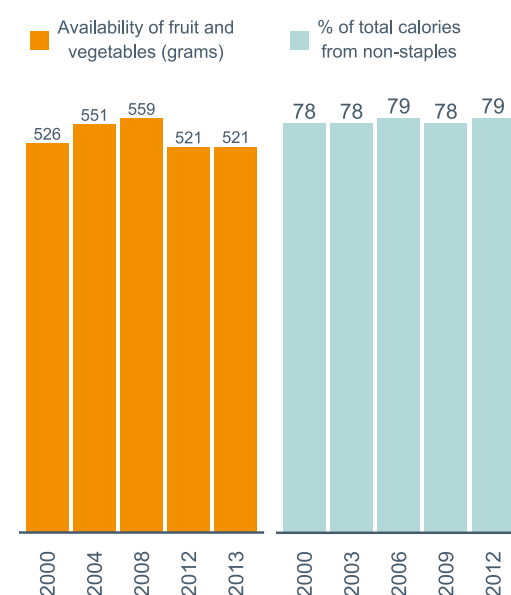
Source: FAOSTAT 2018.

Gender-related determinants

Early childbearing: births by age 18 (%)[1]	14	2016
Gender Inequality Index (score *)[2]	0.26	2017
Gender Inequality Index (country rank)[2]	56	2017

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

Notes: *0 = low inequality, 1 = high inequality. From 6 to 9 countries included in aggregates.

Female secondary education enrolment (net, % population)

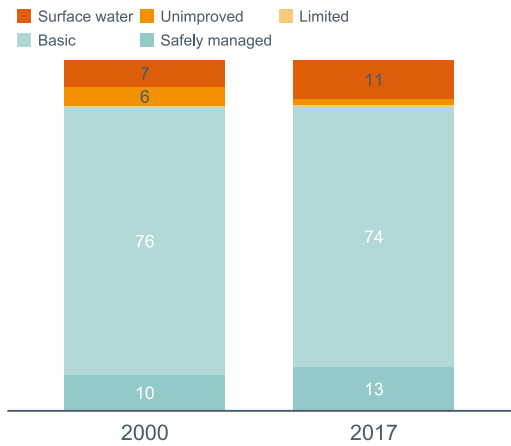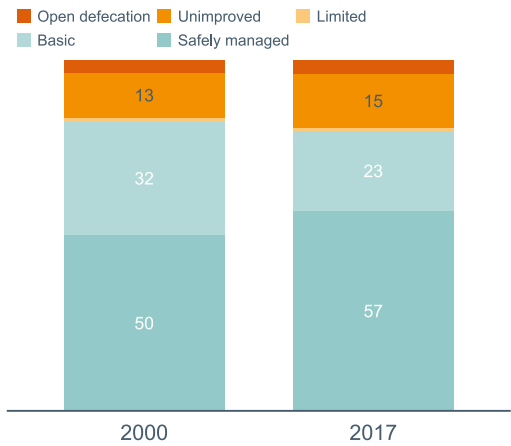| Year	Value
2014	95
2015	94
2016	80
2017	94
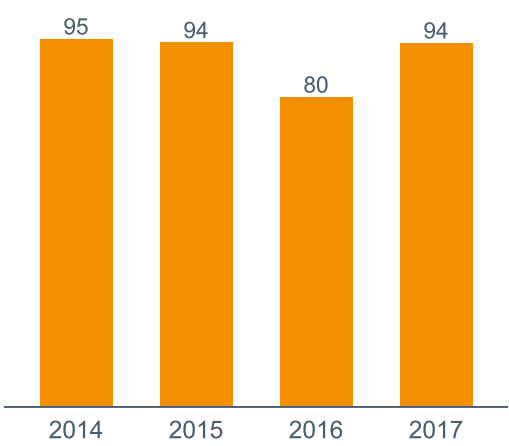
Source: UNESCO Institute for Statistics 2018. From 1 to 7 countries included in aggregates.

Drinking water coverage (% population)

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

Category	2000	2017
Surface water	7	11
Unimproved	6	
Basic	76	74
Safely managed	10	13

Source: WHO/UNICEF Joint Monitoring Programme 2019. From 3 to 14 countries included in aggregates.

Sanitation coverage (% population)

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

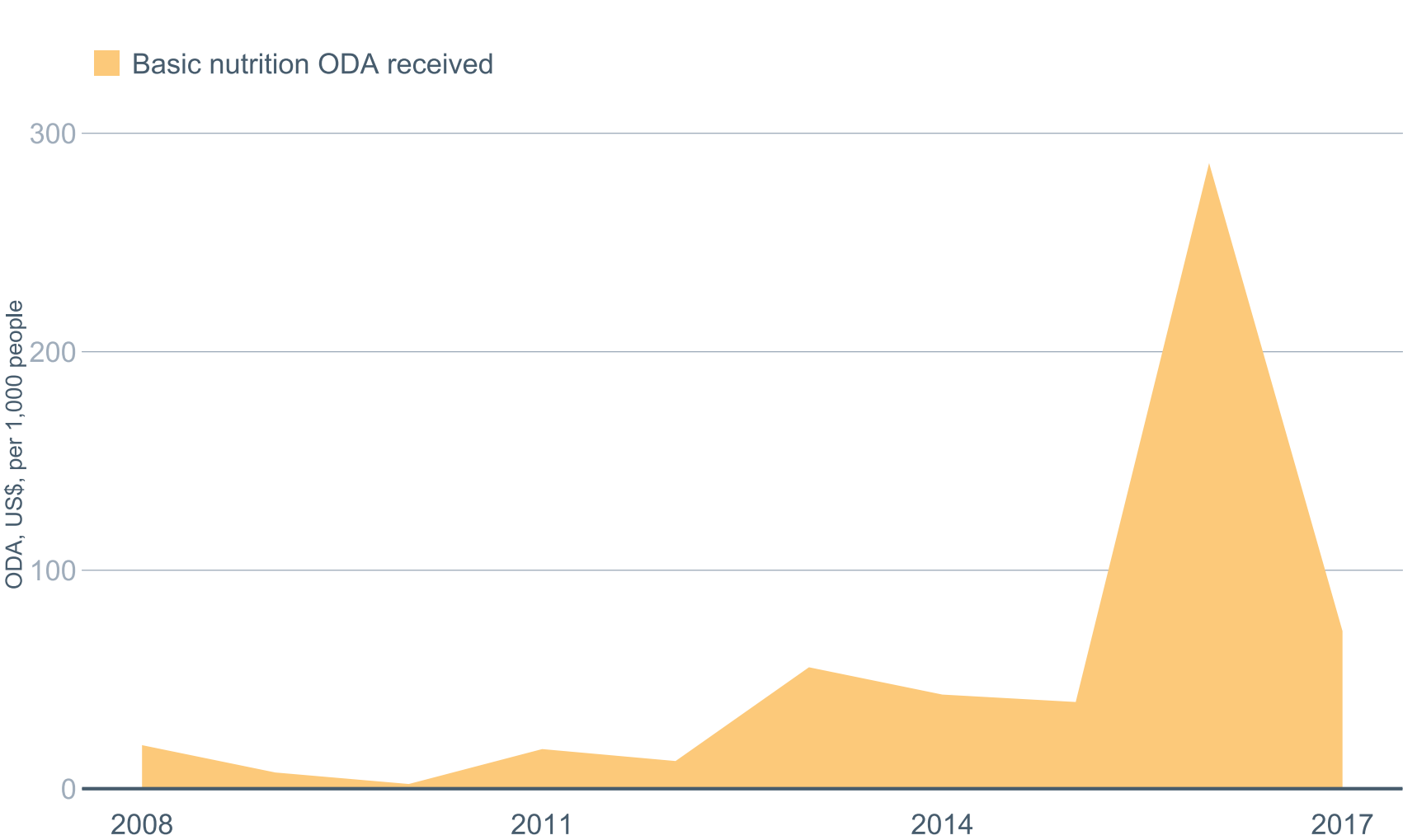| Category	2000	2017
Unimproved	13	15
Basic	32	23
Safely managed	50	57

Source: WHO/UNICEF Joint Monitoring Programme 2019. From 3 to 14 countries included in aggregates.

Resources, policies and targets

Development assistance

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	6/16
Sugar-sweetened beverage tax	9/16
Food-based dietary guidelines	3/16
Policy to reduce salt consumption	4/16
Operational policy, strategy or action plan to reduce unhealthy diet related to NCDs	13/16
Operational, multisectoral national NCD policy, strategy or action plan	5/16
Operational policy, strategy or action plan for diabetes	11/16
Policy to reduce the impact on children of marketing of foods and beverages high in saturated fats, trans-fatty acids, free sugars or salt	3/16
Policy to limit saturated fatty acids and virtually eliminate industrially produced trans-fats	2/16

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

Targets included in national (nutrition or other) plan

Stunting	Anaemia
5/16	6/16
Low birth weight	**Child overweight**
8/16	11/16
Exclusive breastfeeding	**Wasting**
11/16	6/16
Salt intake	**Overweight adults and adolescents**
8/16	15/16
Multisectoral comprehensive nutrition plan	
6/16	

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

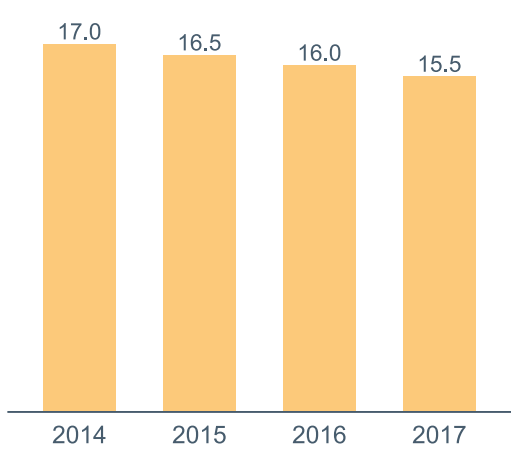| Year	$1.90/day	$3.20/day
2005	13	19
2010	10	18
2015	8	16

GDP per capita:
2015	2016	2017	2018
32,729	33,082	33,316	33,674
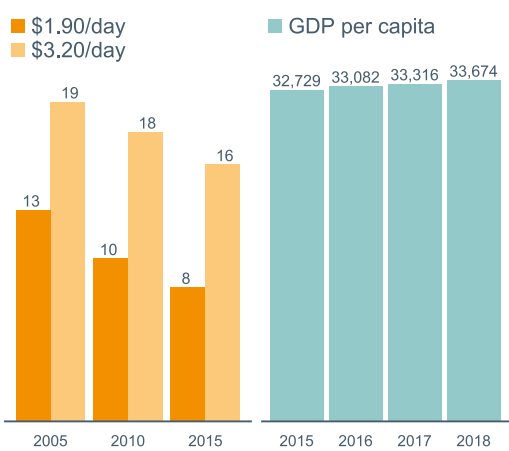
Sources: World Bank 2019, IMF World Economic Outlook Database 2019.

Notes: PPP = purchasing power parity. From 10 to 14 countries included in aggregates.

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

2014	2015	2016	2017
17.0	16.5	16.0	15.5

Source: UN Inter-agency Group for Child Mortality Estimation 2018. 14 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). 1 countries included in aggregates.

Income inequality

Gini index score[1]	Gini index rank[2]	Year
38	84	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 4 countries included in aggregates.

Population

Population (000)	17,681,962	2018
Under-five population (000)	3,427	2019
Rural (%)	32	2018
>65 years (000)	5,282	2019

Sources: World Bank 2019, UN Population Division Department of Economic and Social Affairs 2019. 14 countries included in aggregates.

Population density of health workers per 1,000 people

Physicians	2.61	2016
Nurses and midwives	9.52	2016
Community health workers	0.19	2016

Sources: WHO's Global Health Workforce Statistics, OECD, supplemented by country data. From 5 to 14 countries included in aggregates.