Eastern Africa

Subregional overview

Malnutrition burden

In the Eastern Africa subregion, there has been some progress towards achieving global nutrition targets. The global targets for under-five overweight and under-five wasting each have 6 countries on course to meet them, infant exclusive breastfeeding has 5 countries on course, while under-five stunting has one country on course. However, not a single country in the subregion is on course to meet the targets for anaemia in women of reproductive age, low birth weight, male diabetes, female diabetes, male obesity, and female obesity. Fourteen countries in the subregion have insufficient data to comprehensively assess their progress towards these global targets.

Although it performs relatively well against other subregions, Eastern Africa still experiences a malnutrition burden among its under-five population. The average prevalence of overweight in under-fives is 4.3% - the second lowest compared to other subregions in Africa. The prevalence of stunting in under-fives is 35.2%, this is significantly greater than the global average of 21.9%. Conversely, The Eastern Africa subregion's prevalence of wasting in under-fives of 6% is less than the global average of 7.3%.

Some 58.5% of infants under 23 months in the Eastern Africa subregion are exclusively breastfed, while the subregion's average low birth weight prevalence of 13.4% is less than the global average of 14.6%.

The Eastern Africa subregion's adult population also face a malnutrition burden. An average of 31.3% of women of reproductive age have anaemia, and 5.9% of adult men have diabetes, compared to 5.6% of women. Meanwhile, 10.1% of women and 2.8% of men have obesity.

Sources: UNICEF/WHO/World Bank Group: Joint child malnutrition estimates, UNICEF/WHO Low birthweight estimates, NCD Risk Factor Collaboration, WHO Global Health Observatory.

Notes: Data on the adult indicators are based on modelled estimates.

Progress against global nutrition targets 2018

Under-five stunting

1 On course
8 Off course
9 No data

Under-five wasting

6 On course
2 Off course
10 No data

Under-five overweight

6 On course
2 Off course
10 No data

Low birthweight

0 On course
12 Off course
6 No data

Exclusive breastfeeding

5 On course
5 Off course
8 No data

Adult female obesity

0 On course
13 Off course
5 No data

Adult male obesity

0 On course
17 Off course
1 No data

Adult female diabetes

0 On course
17 Off course
1 No data

Adult male diabetes

0 On course
17 Off course
1 No data

WRA anaemia

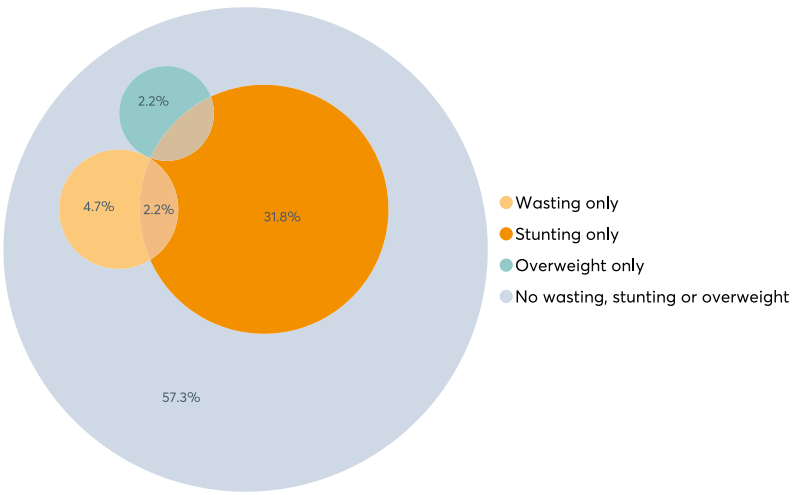
0 On course
18 Off course
0 No data

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.

Child (under-five) nutrition status

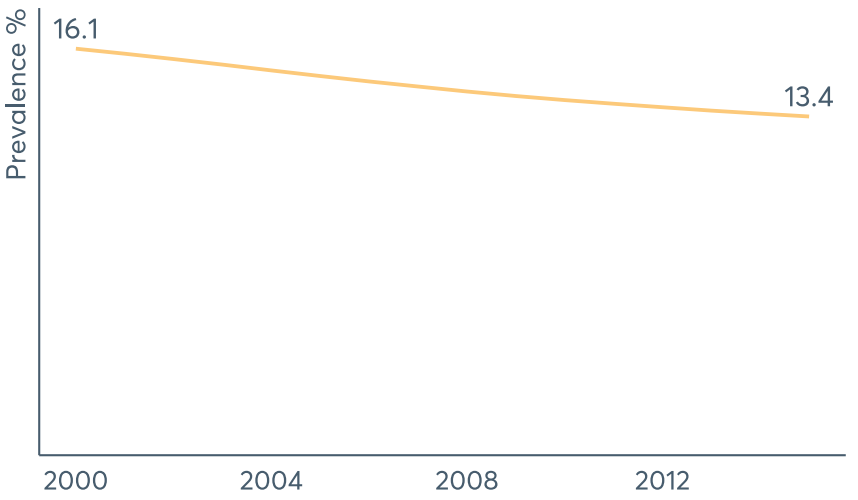
Coexistence of wasting, stunting and overweight



Sources: UNICEF, Division of Data Research and Policy (2019). UNICEF Global Databases: Overlapping Stunting, Wasting and Overweight, January 2019, New York.

Notes: Percentage of children under-five years of age who experience different and overlapping forms of malnutrition. Based on population weighted means of 16 countries.

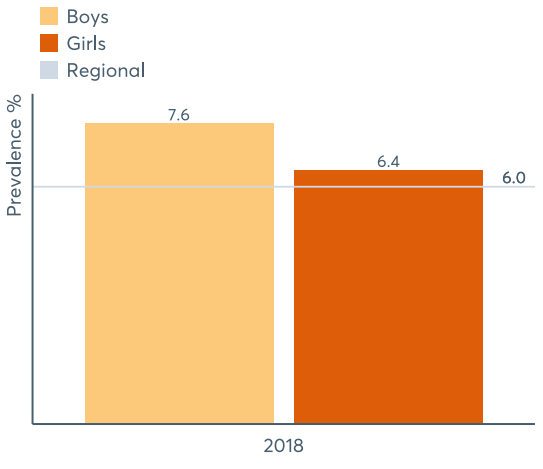
Low birth weight



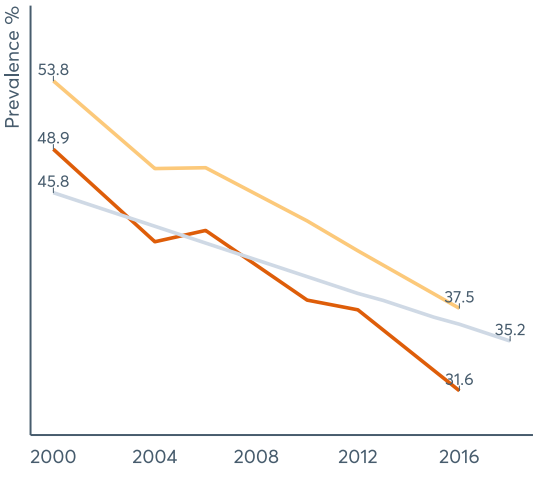
Source: UNICEF/WHO Low birthweight estimates, 2019 edition.

Child (under-five) nutrition status over time

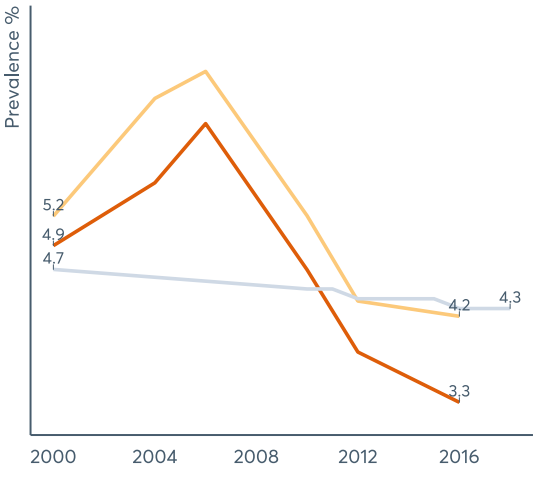
Wasting by gender



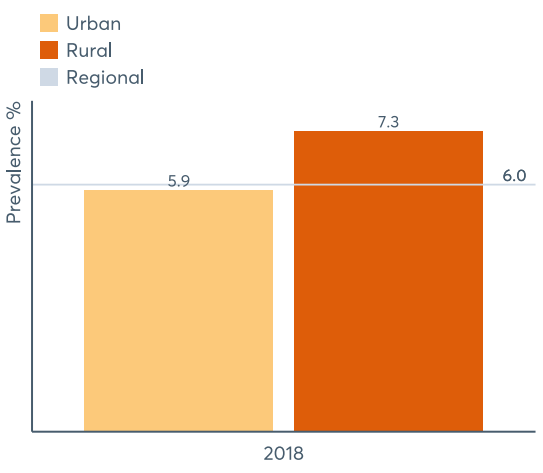
Stunting by gender



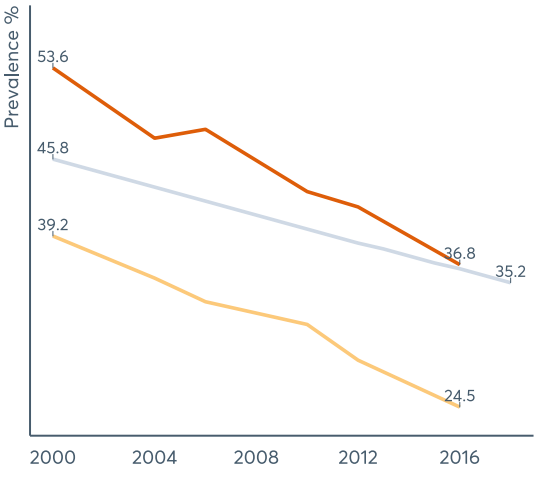
Overweight by gender



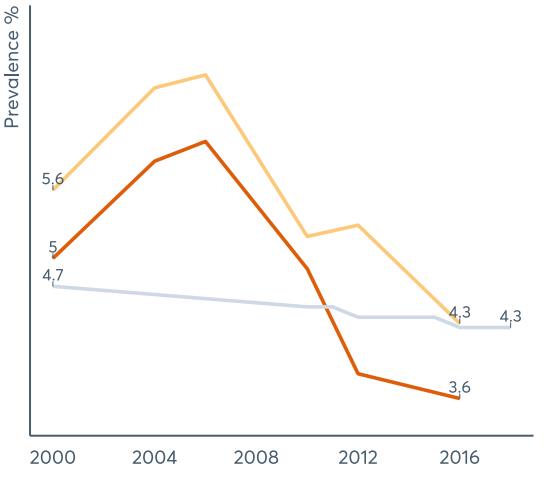
Wasting by location



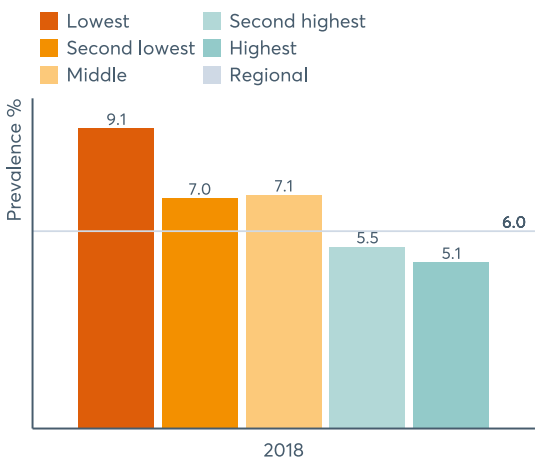
Stunting by location



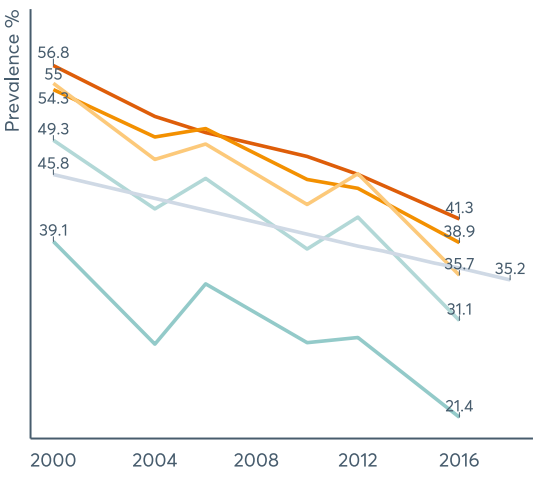
Overweight by location



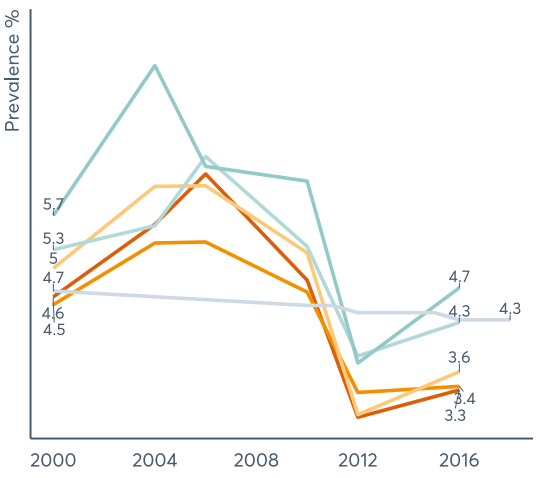
Wasting by income



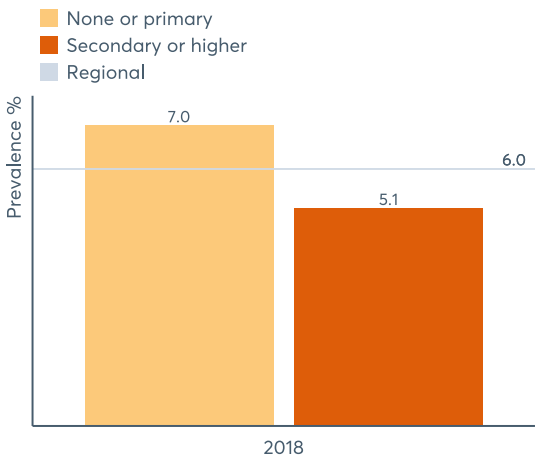
Stunting by income



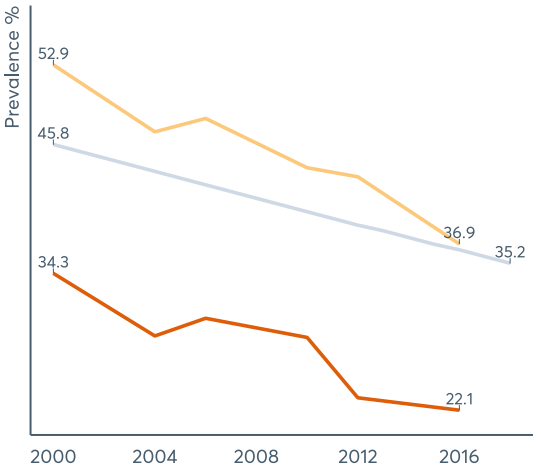
Overweight by income



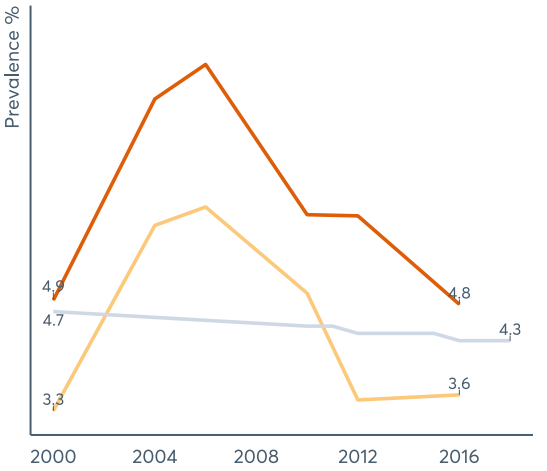
Wasting by mother's education



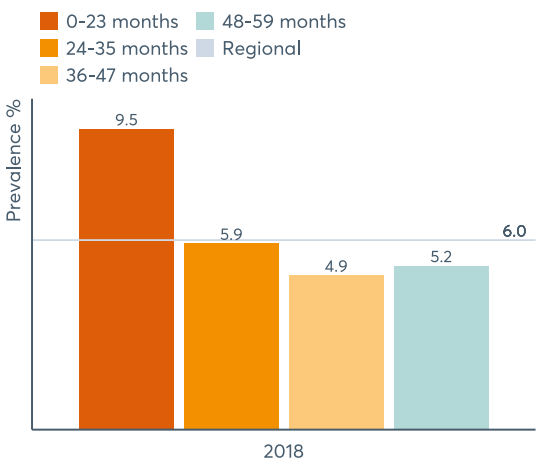
Stunting by mother's education



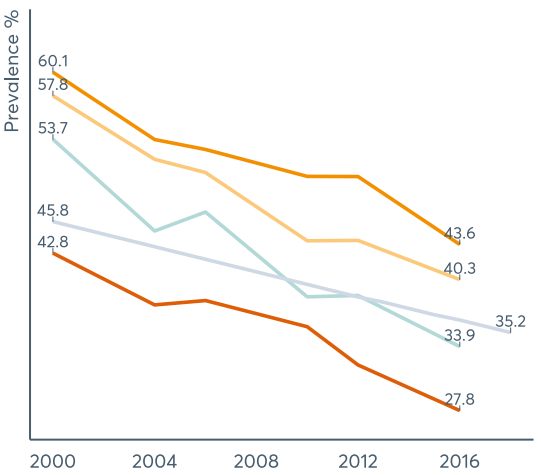
Overweight by mother's education



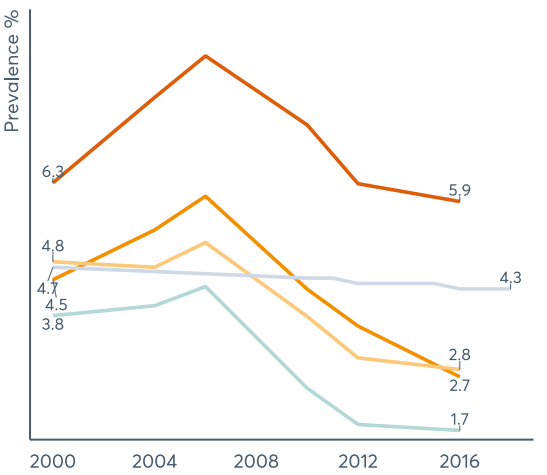
Wasting by age



Stunting by age



Overweight by age

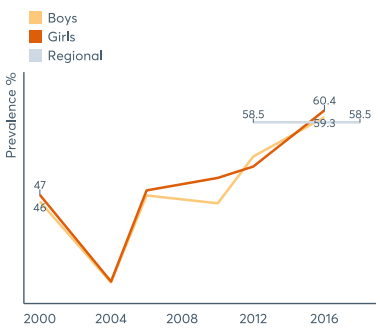


Sources: UNICEF/WHO/World Bank Group: Joint child malnutrition estimates.

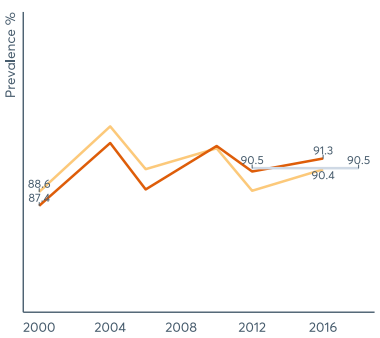
Notes: Regional figures are from UNICEF, Division of Data Research and Policy (2019) where available and are aggregated otherwise. Based on population weighted means of between 3 and 16 countries.

Infant and young child feeding over time

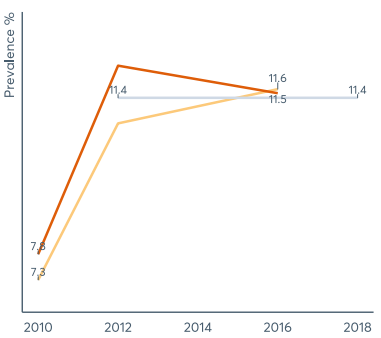
Exclusive breastfeeding by gender



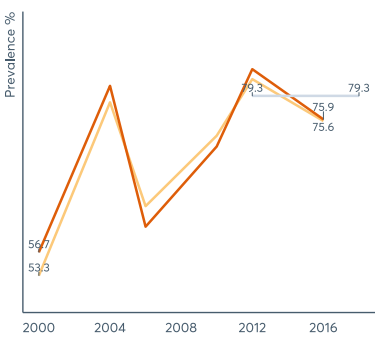
Continued breastfeeding at 1 year by gender



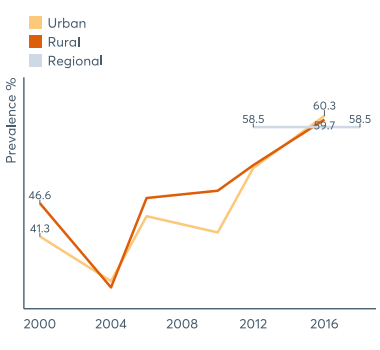
Minimum acceptable diet by gender



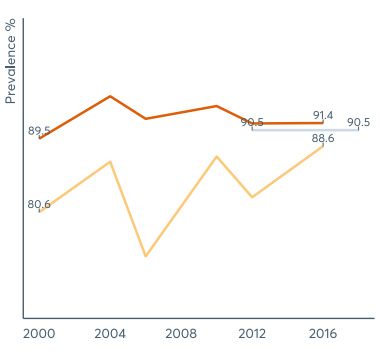
Intro. to solid, semi-solid, soft foods by gender



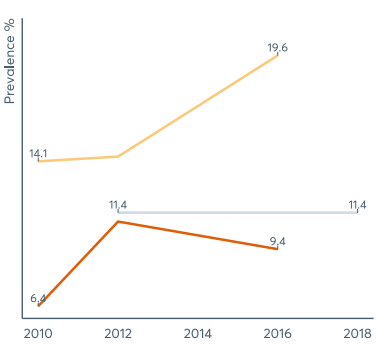
Exclusive breastfeeding by location



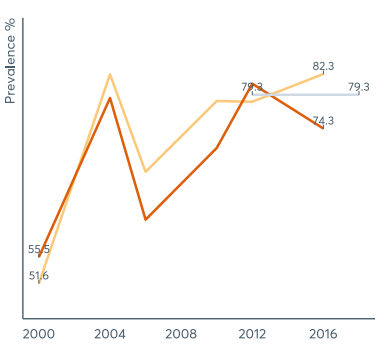
Continued breastfeeding at 1 year by location



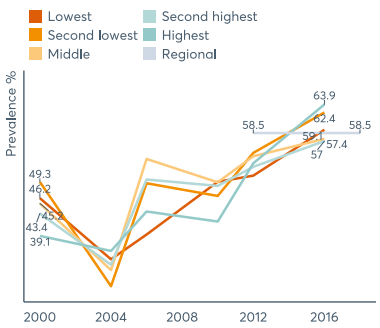
Minimum acceptable diet by location



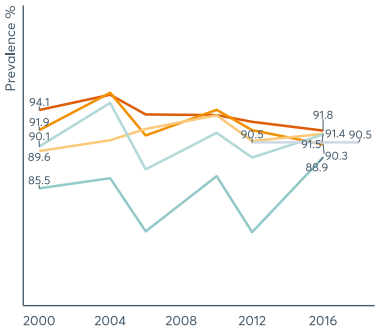
Intro. to solid, semi-solid, soft foods by location



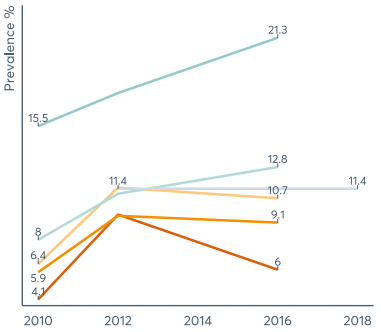
Exclusive breastfeeding by income



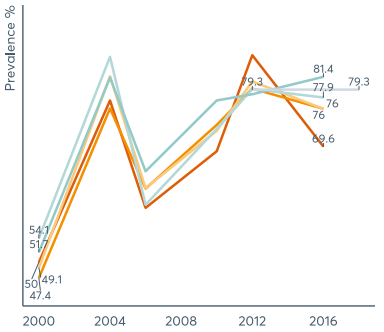
Continued breastfeeding at 1 year by income



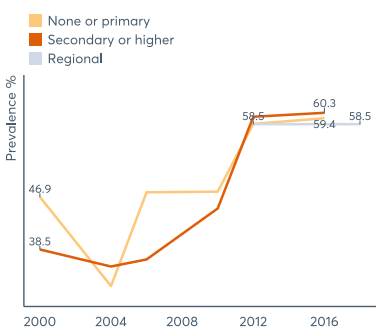
Minimum acceptable diet by income



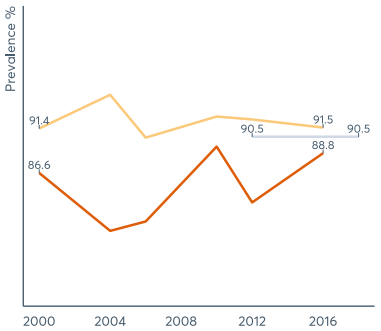
Intro. to solid, semi-solid, soft foods by income



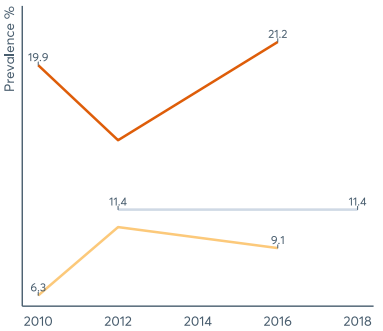
Exclusive breastfeeding by mother's education



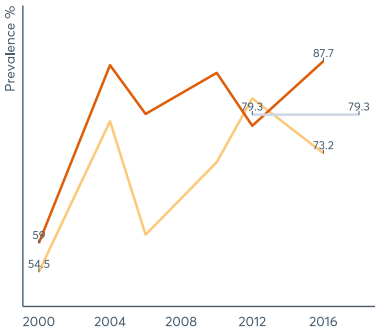
Continued breastfeeding at 1 year by mother's education



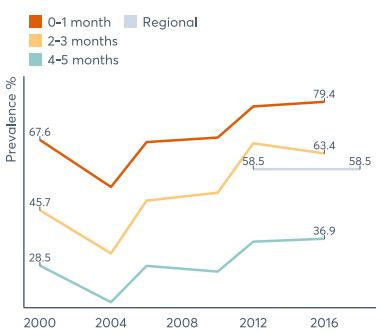
Minimum acceptable diet by mother's education



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



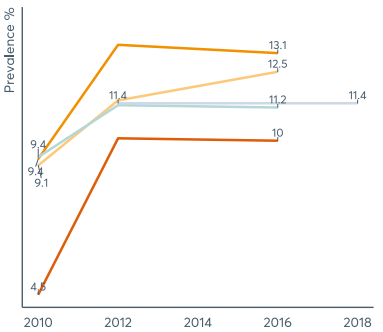
Exclusive breastfeeding by age



Continued breastfeeding at 1 year by age

No data

Minimum acceptable diet by age



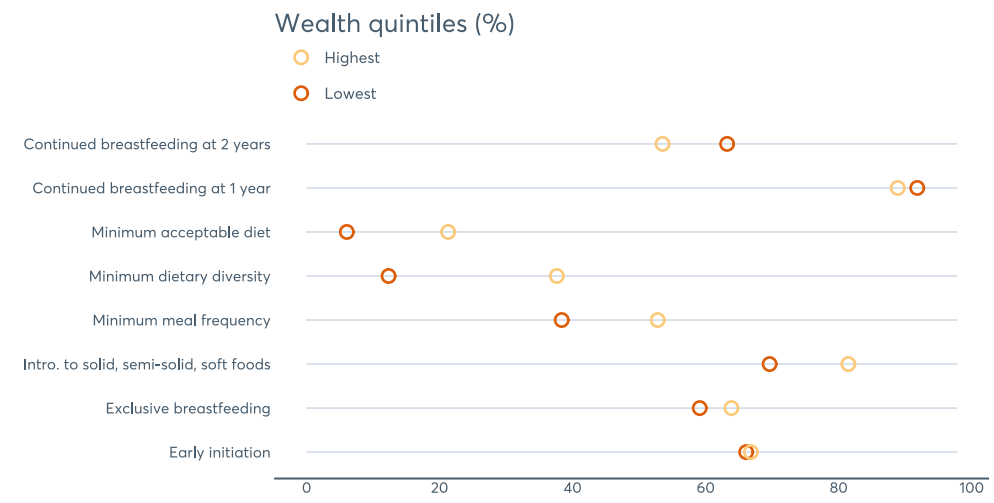
Intro. to solid, semi-solid, soft foods by age

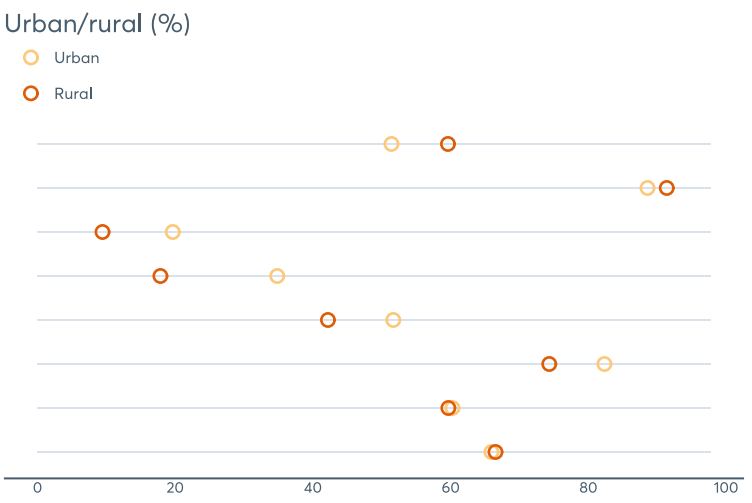
No data

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

Notes: Regional figures are from UNICEF, Division of Data Research and Policy (2019) where available and are aggregated otherwise. Based on population weighted means of between 1 and 10 countries.

Infant and young child feeding



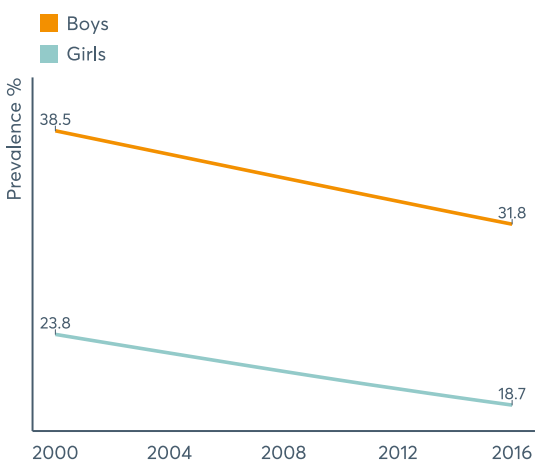


Sources: UNICEF, Division of Data Research and Policy (2019). Global UNICEF Global Databases: Infant and Young Child Feeding: Exclusive breastfeeding, Predominant breastfeeding, New York, May 2019.

Notes: Based on population weighted means of between 1 and 10 countries.

Child and adolescent (aged 5-19) nutrition status

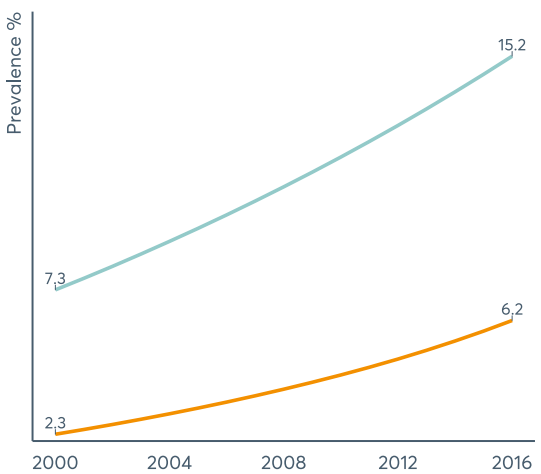
Underweight by gender



Sources: NCD Risk Factor Collaboration.

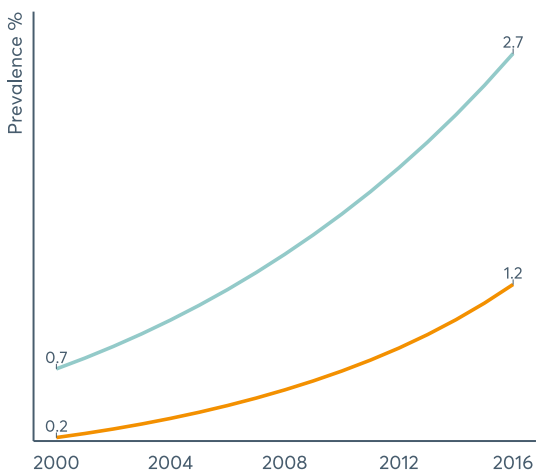
Notes: Based on population weighted means of 17 countries.

Overweight by gender



Notes: Based on population weighted means of 17 countries.

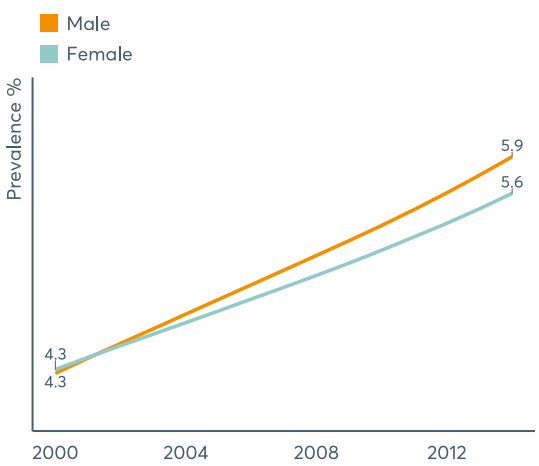
Obesity by gender



Notes: Based on population weighted means of 17 countries.

Adult nutrition status

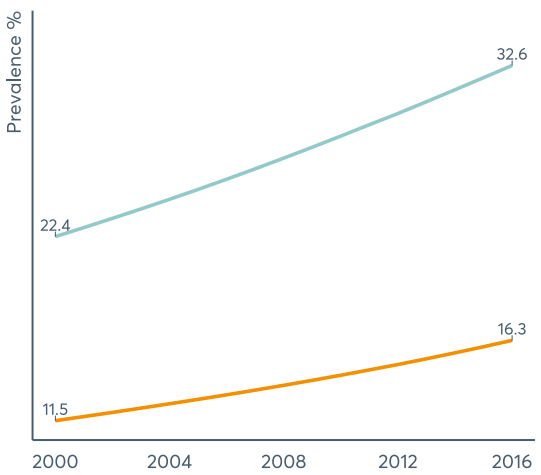
Diabetes by gender



Sources: NCD Risk Factor Collaboration.

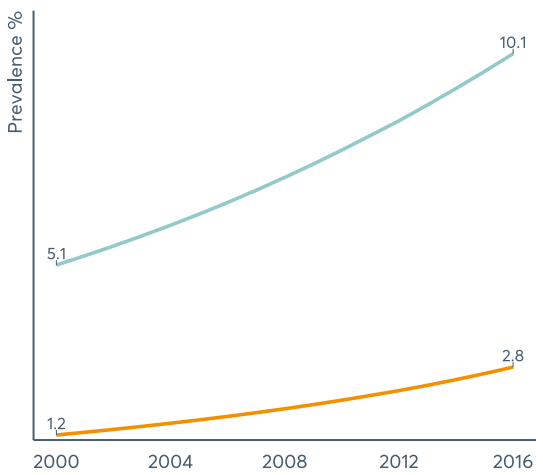
Notes: Based on population weighted means of 17 countries.

Overweight by gender



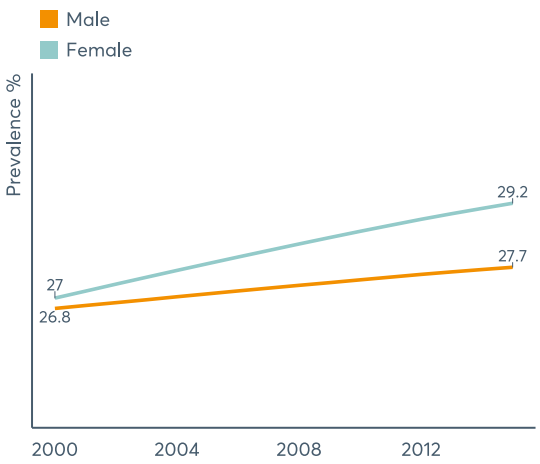
Notes: Based on population weighted means of 17 countries.

Obesity by gender



Notes: Based on population weighted means of 17 countries.

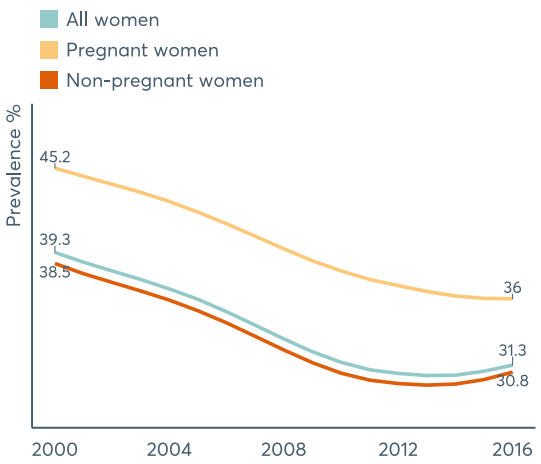
Raised blood pressure by gender



Sources: NCD Risk Factor Collaboration.

Notes: Based on population weighted means of 17 countries.

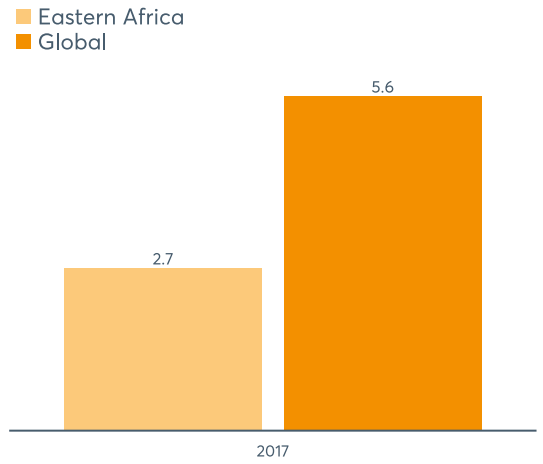
Anaemia in WRA



Source: WHO Global Health Observatory.

Notes: WRA = women of reproductive age. Based on population weighted means of 18 countries.

Salt intake (grams per day)



Source: Global Burden of Disease, the Institute for Health Metrics and Evaluation.

Notes: Based on population weighted means of 18 countries.

Dietary needs

Consumption of food groups and components, 2016

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

Notes: Men and women aged 25 and older. Based on population weighted means of 18 countries.

Intervention coverage

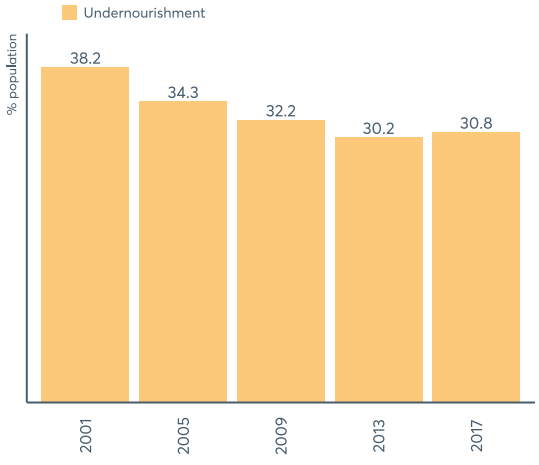
Coverage/practice indicator	Total (%)	Boy (%)	Girl (%)	Year
Children 0-59 months with diarrhoea who received zinc treatment	34	33	35	2016
Children 6-59 months who received vitamin A supplements in last 6 months	51	51	51	2016
Children 6-59 months given iron supplements in past 7 days	8	9	8	2016
Women with a live birth in the five years preceding the survey who received iron tablets or syrup during antenatal care	54	NA	NA	2016
Household consumption of any iodised salt	93	NA	NA	2016

Sources: Huestis A. and Kothari M., based on *2016 Global Nutrition Report* and UNICEF global databases, 2019.

Notes: NA = not applicable. Data is compiled using STATcompiler and taken from country Demographic and Health Surveys for 2005-2018. Based on population weighted means of between 1 and 4 countries.

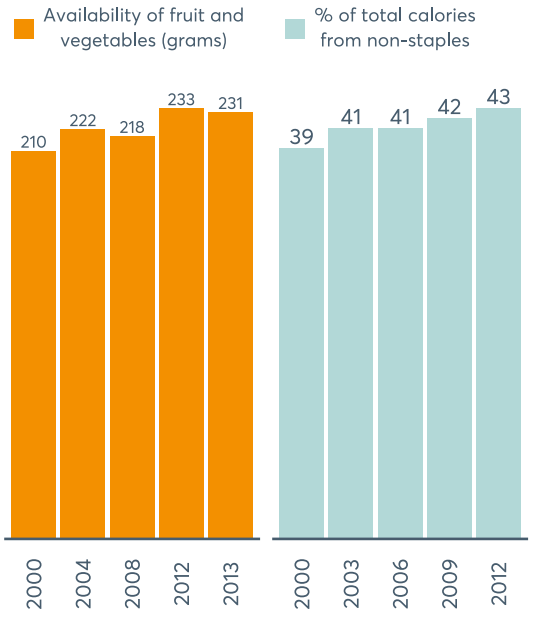
Determinants

Undernourishment



Source: FAOSTAT 2018.

Food supply



Source: FAOSTAT 2018.

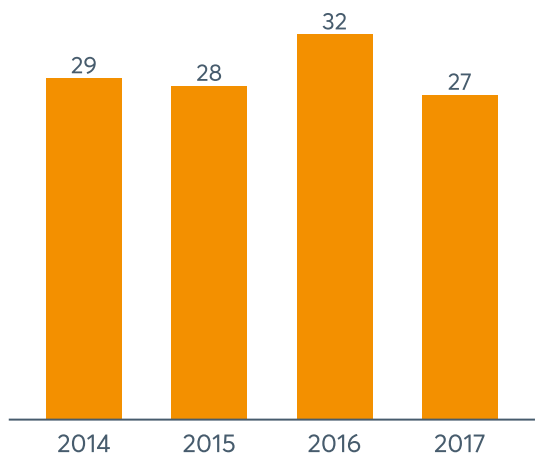
Gender-related determinants

Early childbearing births by age 18 (%)[1]	NA	NA
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. Based on population weighted means of between 11 and 14 countries.

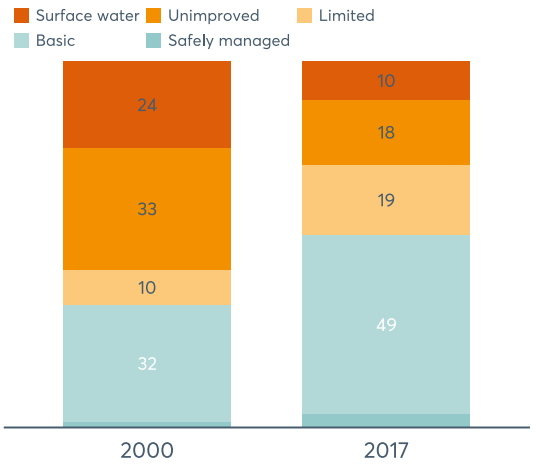
Female secondary education enrolment (net, % population)



Source: UNESCO Institute for Statistics 2018.

Notes: Based on population weighted means of between 4 and 11 countries.

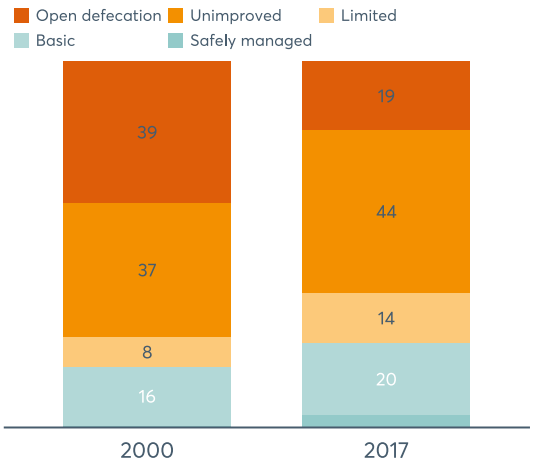
Drinking water coverage (% population)



Source: WHO/UNICEF Joint Monitoring Programme 2019.

Notes: Based on population weighted means of between 2 and 18 countries.

Sanitation coverage (% population)

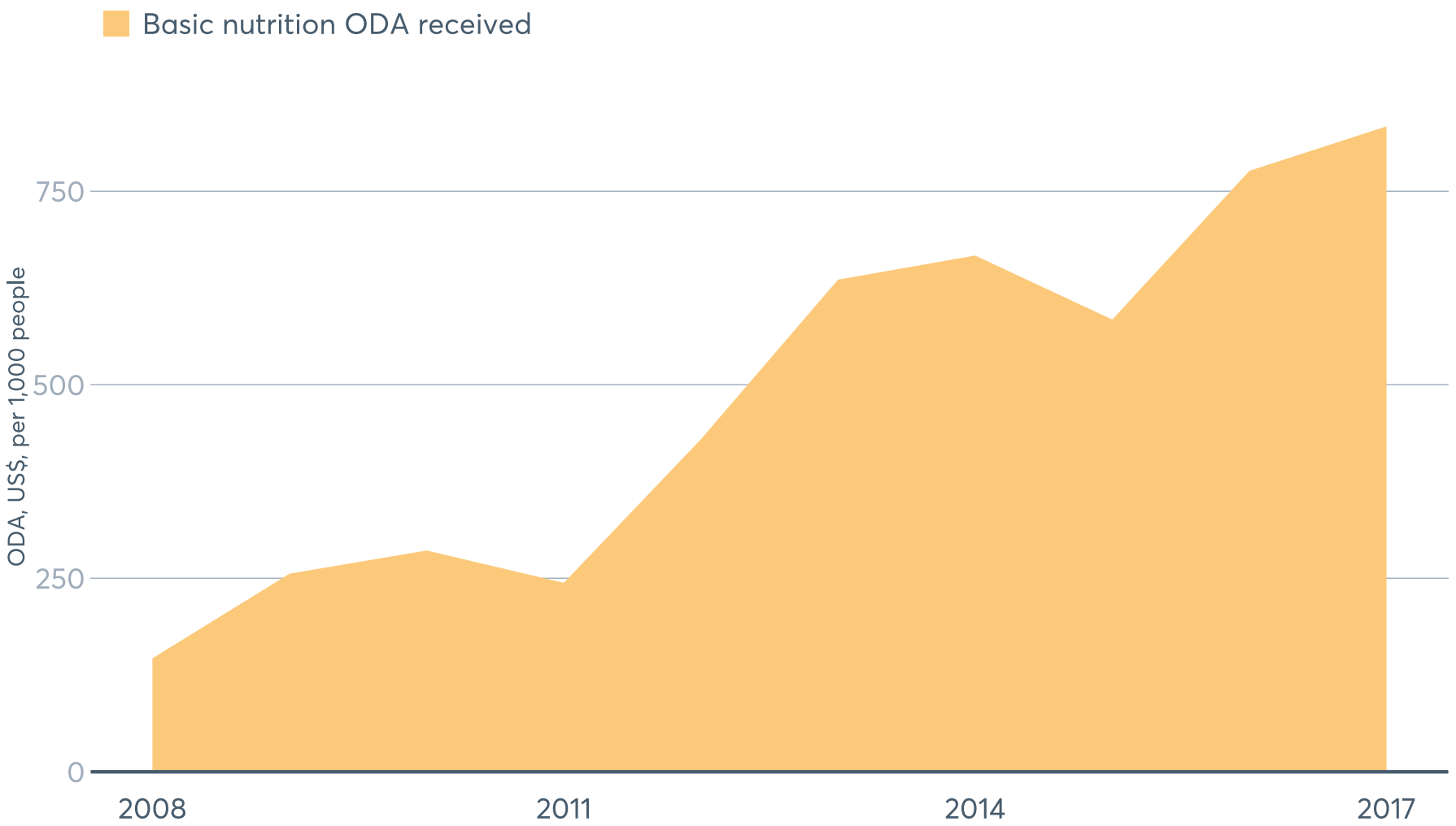


Source: WHO/UNICEF Joint Monitoring Programme 2019.

Notes: Based on population weighted means of between 2 and 18 countries.

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	10/18
Sugar-sweetened beverage tax	1/18
Food-based dietary guidelines	2/18
Policy to reduce salt consumption	2/18
Operational policy, strategy or action plan to reduce unhealthy diet related to NCDs	12/18
Operational, multisectoral national NCD policy, strategy or action plan	5/18
Operational policy, strategy or action plan for diabetes	11/18
Policy to reduce the impact on children of marketing of foods and beverages high in saturated fats, trans-fatty acids, free sugars or salt	1/18
Policy to limit saturated fatty acids and virtually eliminate industrially produced trans-fats	1/18

Sources: Global Fortification Data Exchange 2018; Sugar-sweetened data prepared using data from the NOURISHING database, academic references and market reports; FAO 2018; WHO Global database on the Implementation of Nutrition Action (GINA), 2nd Global Nutrition Policy Review, WHO Global Health Observatory.

Notes: Value refers to the number of countries with policy. NA = not applicable; NCD = non-communicable disease.

Targets included in national (nutrition or other) plan

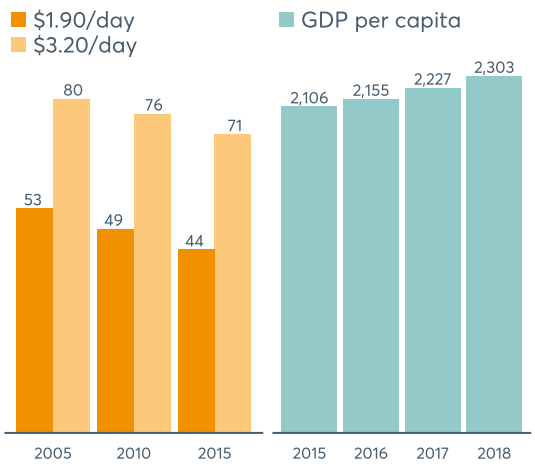
Stunting	Anaemia
15/18	12/18
Low birth weight	**Child overweight**
12/18	7/18
Exclusive breastfeeding	**Wasting**
15/18	14/18
Salt intake	**Overweight adults and adolescents**
6/18	9/18
Multisectoral comprehensive nutrition plan	
11/18	

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

Notes: Value refers to the number of countries with target.

Economics and demography

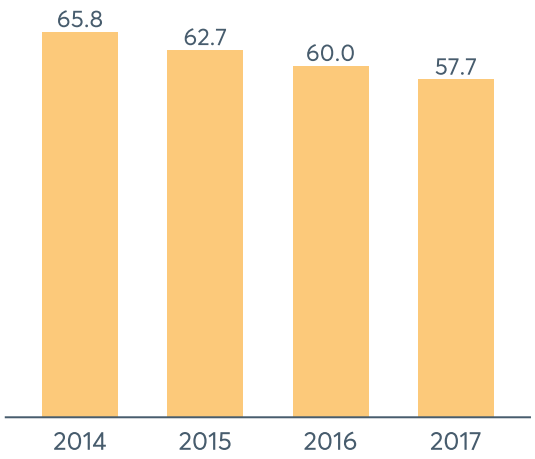
Poverty rates (%) and GDP (PPP$)



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

Notes: PPP = purchasing power parity. Based on population weighted means of between 15 and 17 countries.

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



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

Notes: Based on population weighted means of 18 countries.

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 (thousands)	53,367	2018
Under-five population (thousands)	66,973	2019
Rural (%)	72	2018
>65 years (thousands)	12,583	2019

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

Notes: Based on population weighted means of between 17 and 18 countries.

Population density of health workers per 1,000 people

Physicians	0.08	2016
Nurses and midwives	0.59	2016
Community health workers	0.35	2016

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

Notes: Based on population weighted means of between 8 and 17 countries.