

Regional overview

Malnutrition burden

In the Asia region, there has been some progress towards achieving global nutrition targets. The global targets for under-five overweight and under-five stunting each have 12 countries on course to meet them, under-five wasting has 11 countries on course, infant exclusive breastfeeding has seven countries on course, female diabetes has six countries on course, while low birth weight and male diabetes each have one country on course. However, not a single country in the region is on course to meet the targets for anaemia in women of reproductive age, male obesity, and female obesity. 38 countries in the region have insufficient data to comprehensively assess their progress towards these global targets.

The Asia region experiences a malnutrition burden among its under-five population. The average prevalence of overweight in under-fives is 5.2%, this is less than the global average of 5.9%. The prevalence of stunting in under-fives is 22.7%, this is greater than the global average of 21.9%. The Asia region's prevalence of wasting in under-fives of 9.4% is also greater than the global average of 7.3%.

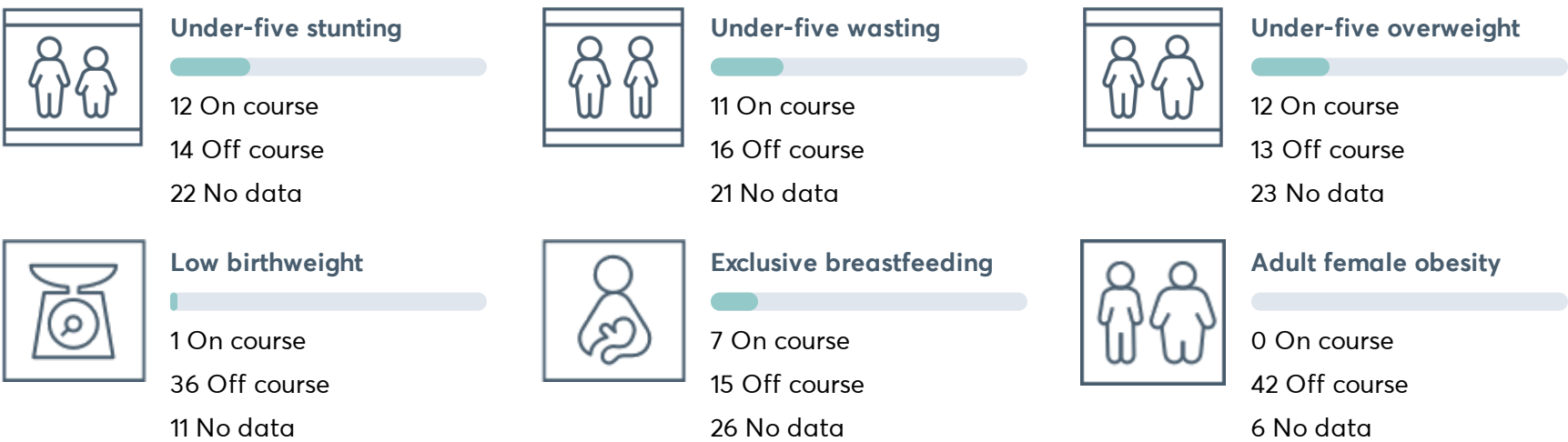
Some 41.1% of infants under 23 months in the Asia region are exclusively breastfed, while the region's average low birth weight prevalence of 17.3% is greater than the global average of 14.6%.

The Asia region's adult population also face a malnutrition burden. An average of 36.7% of women of reproductive age have anaemia, and 9.7% of adult men have diabetes, compared to 8.6% of women. Meanwhile, 8.8% of women and 6% 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





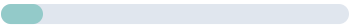
Adult male obesity



0 On course
39 Off course
9 No data



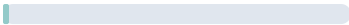
Adult female diabetes



6 On course
42 Off course
0 No data



Adult male diabetes



1 On course
47 Off course
0 No data



WRA anaemia



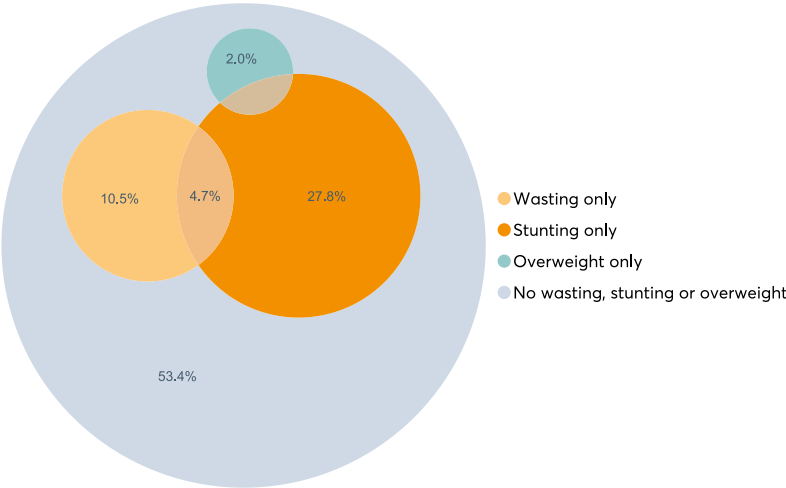
0 On course
48 Off course
0 No data

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

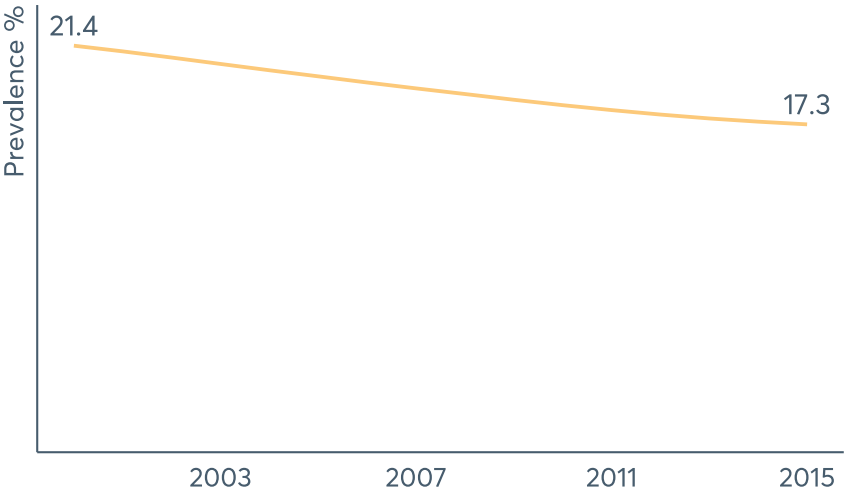
Coexistence of wasting, stunting and overweight



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.

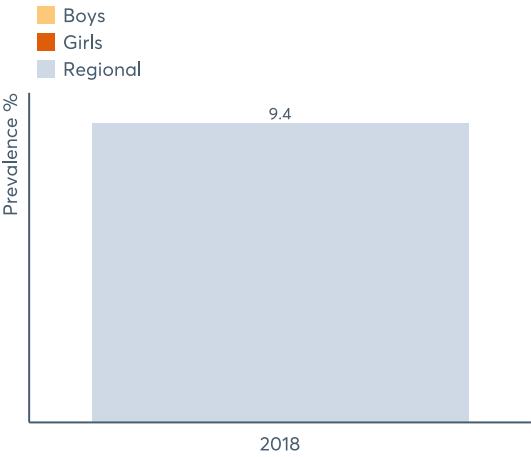
Low birth weight



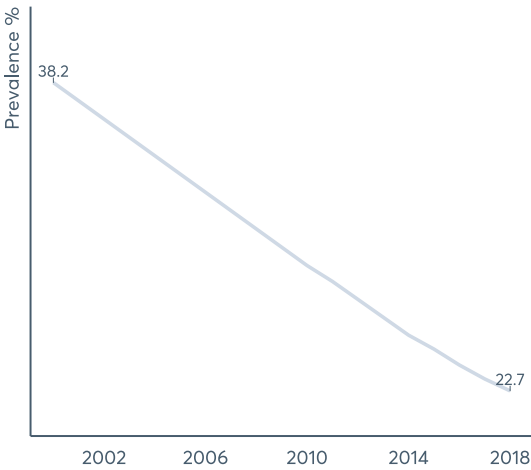
Source: UNICEF/WHO Low birthweight estimates, 2019 edition.

Child (under-five) nutrition status over time

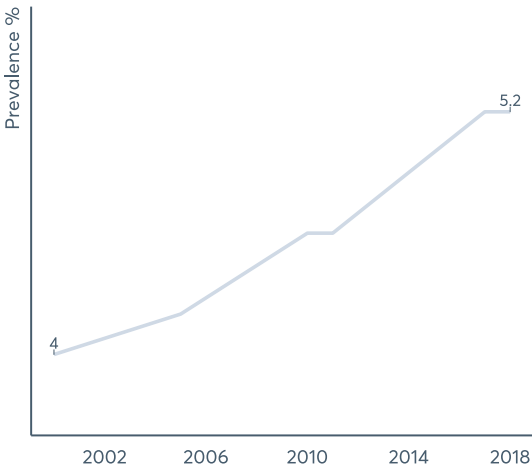
Wasting by gender



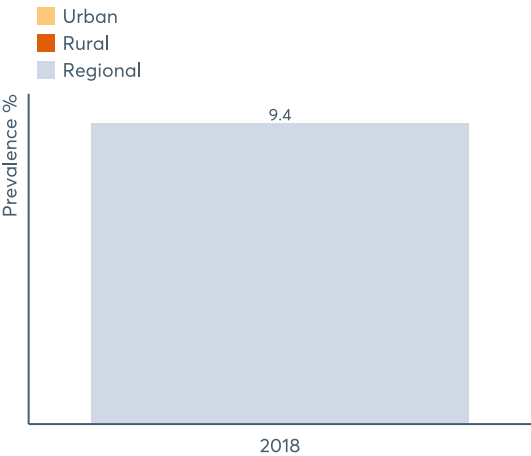
Stunting by gender



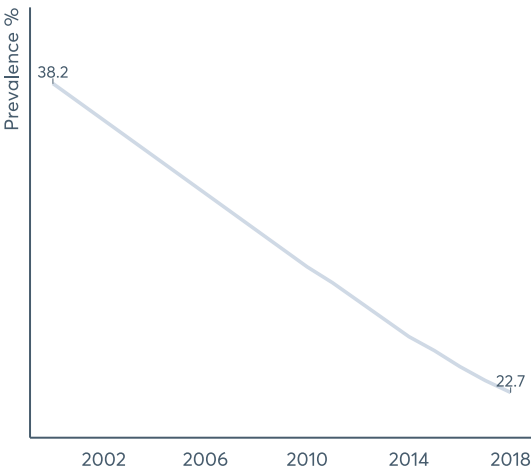
Overweight by gender



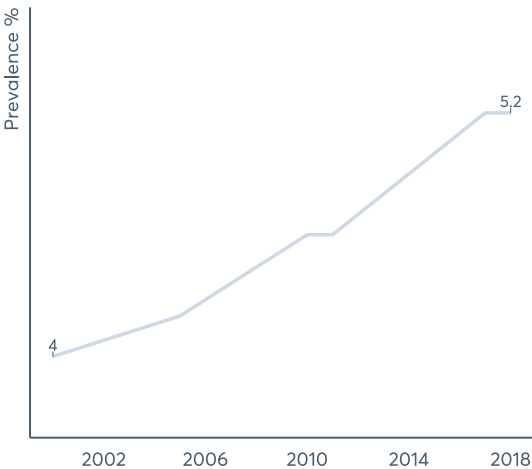
Wasting by location



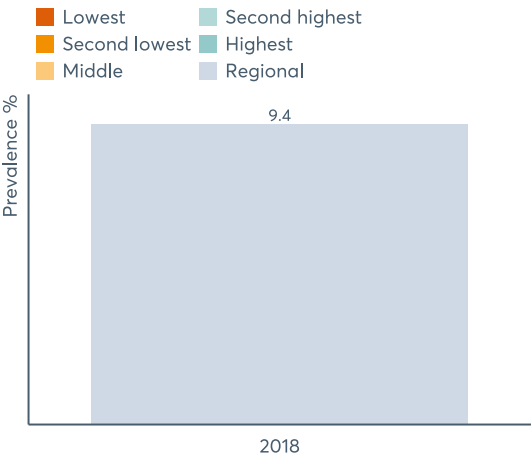
Stunting by location



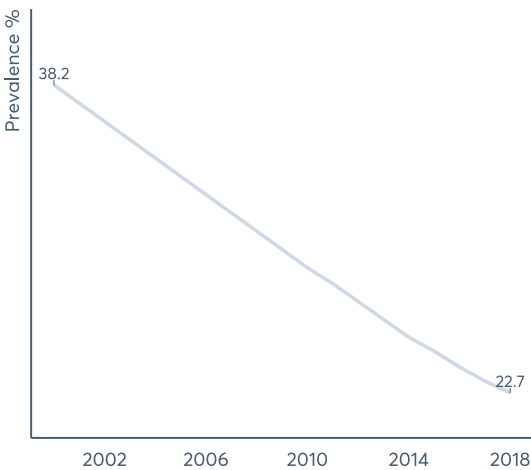
Overweight by location



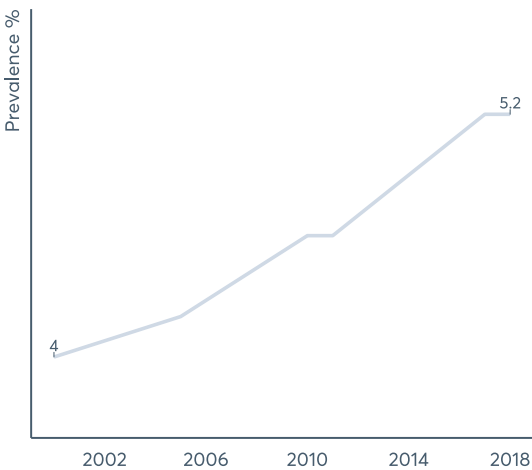
Wasting by income



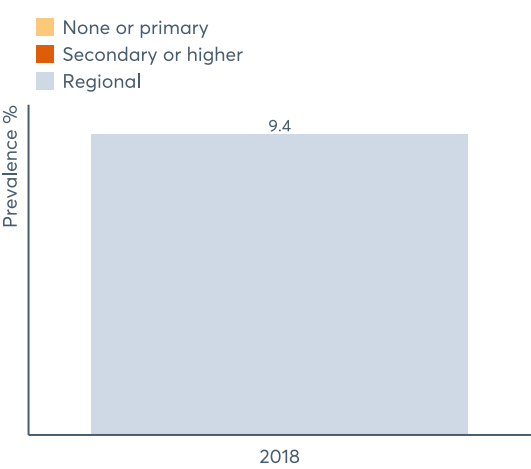
Stunting by income



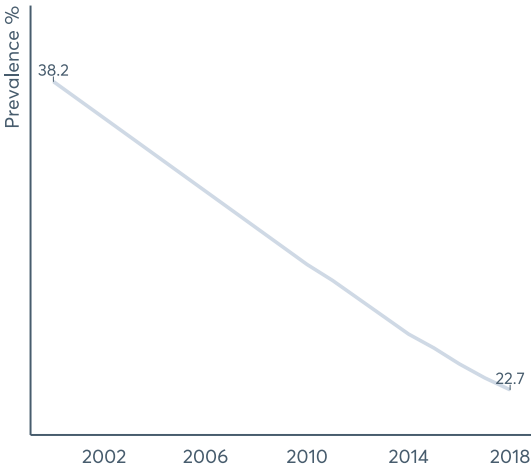
Overweight by income



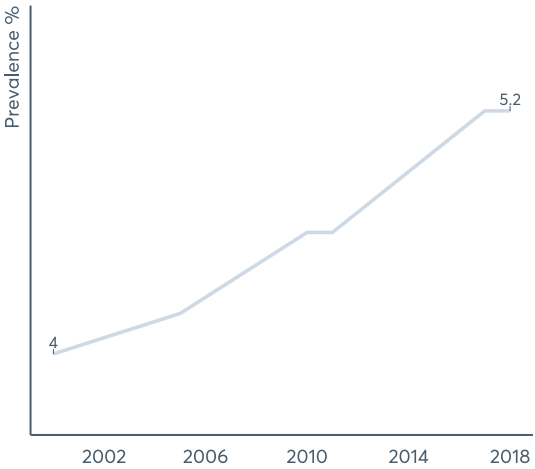
Wasting by mother's education



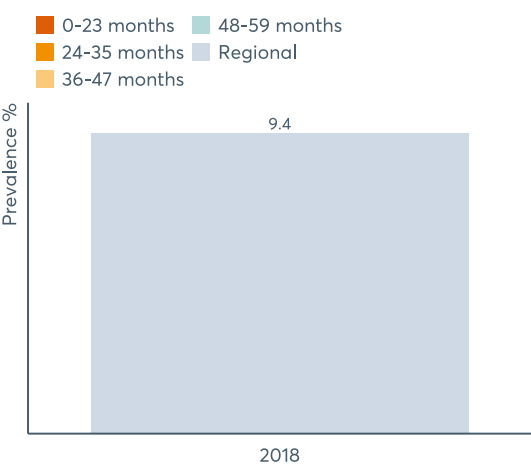
Stunting by mother's education



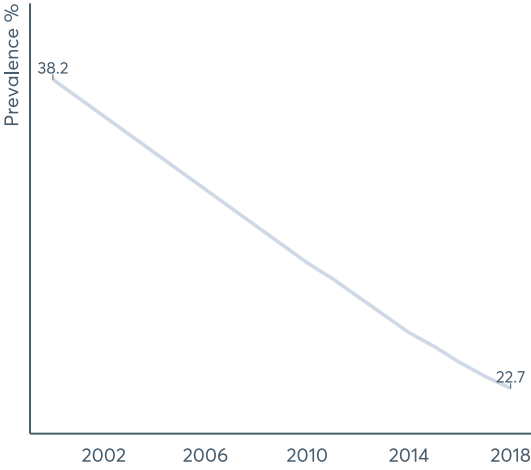
Overweight by mother's education



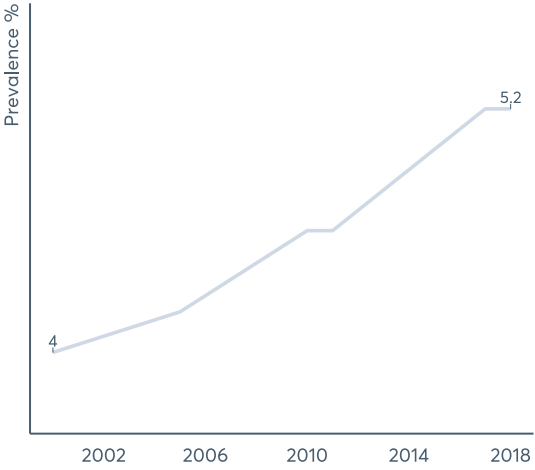
Wasting by age



Stunting by age



Overweight by age

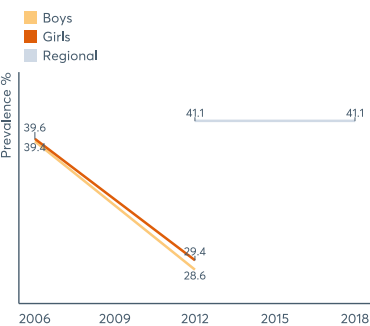


Sources: UNICEF/WHO/World Bank Group: Joint child malnutrition estimates.

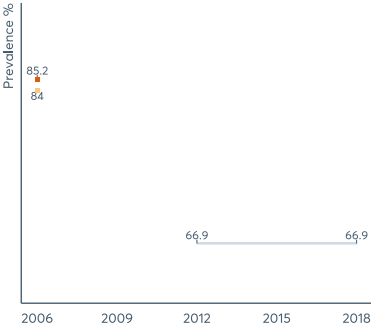
Notes: Regional trends (grey line in charts) refer to estimates from UNICEF/WHO/World Bank Group: Joint child malnutrition estimates. Excludes Japan. Disaggregated data (coloured lines/bars in charts) is based on population weighted means. Estimates are presented only where available data represents at least 50% of the regional population.

Infant and young child feeding over time

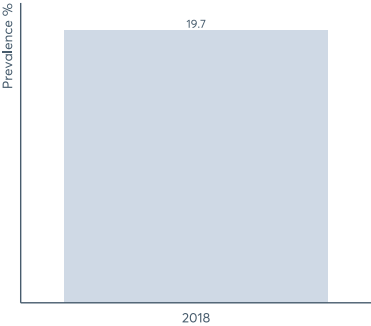
Exclusive breastfeeding by gender



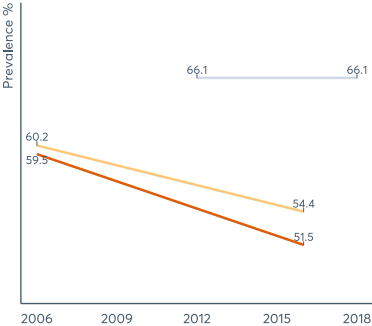
Continued breastfeeding at 1 year by gender



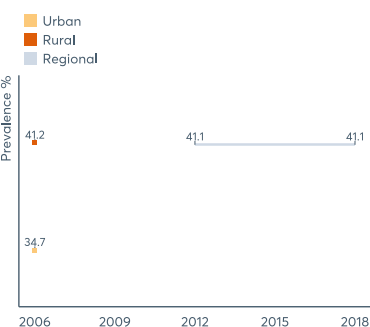
Minimum acceptable diet by gender



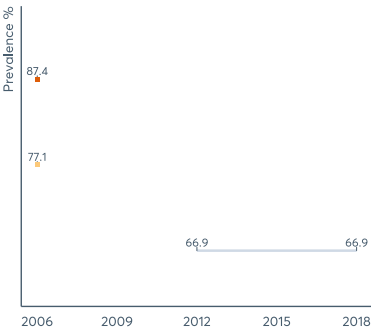
Intro. to solid, semi-solid, soft foods by gender



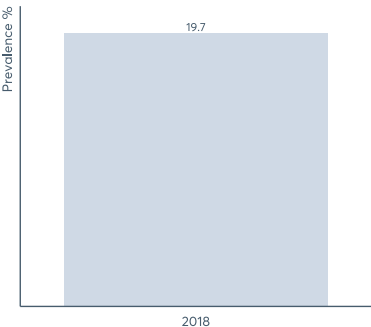
Exclusive breastfeeding by location



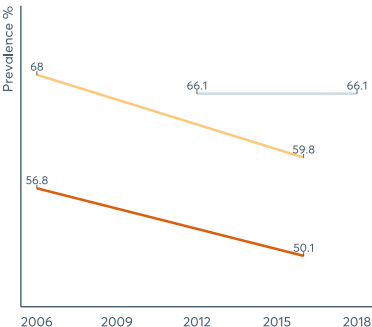
Continued breastfeeding at 1 year by location



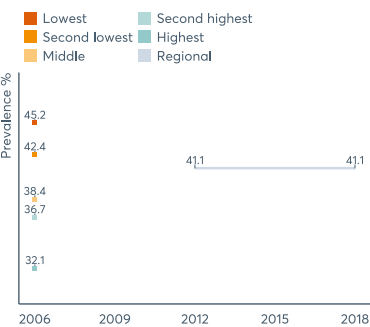
Minimum acceptable diet by location



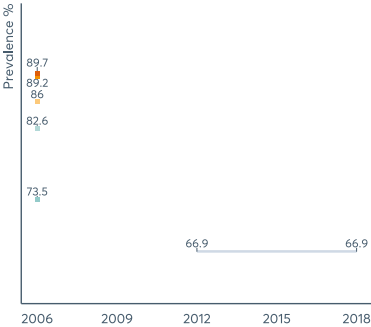
Intro. to solid, semi-solid, soft foods by location



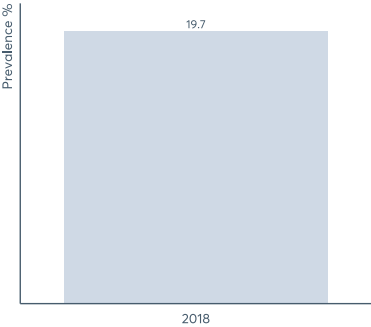
Exclusive breastfeeding by income



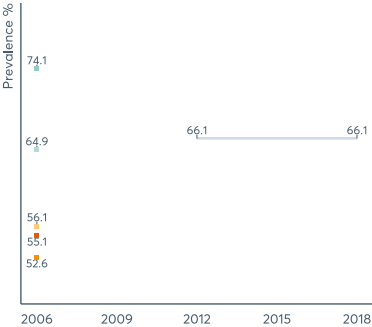
Continued breastfeeding at 1 year by income



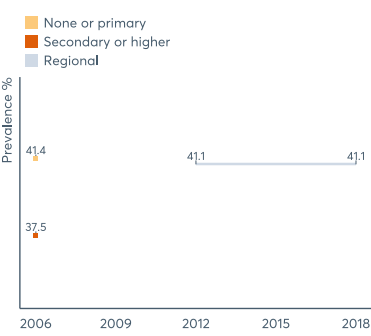
Minimum acceptable diet by income



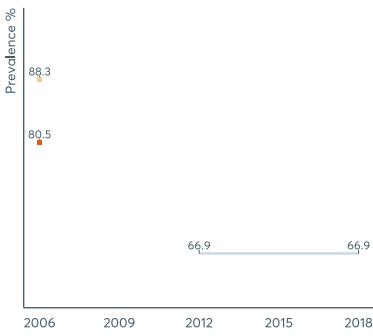
Intro. to solid, semi-solid, soft foods by income



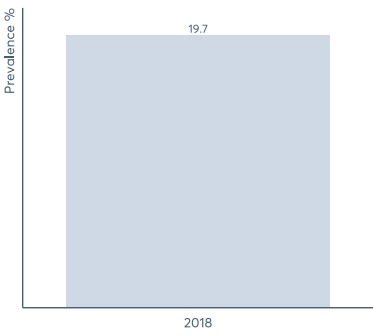
Exclusive breastfeeding by mother's education



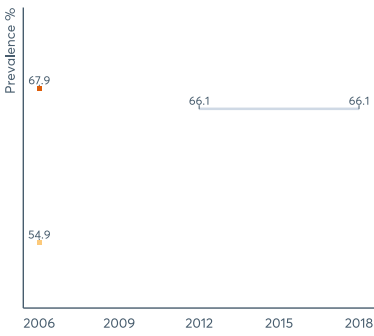
Continued breastfeeding at 1 year by mother's education



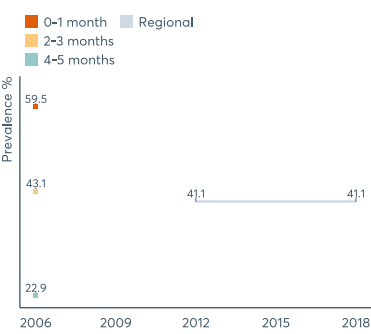
Minimum acceptable diet by mother's education



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



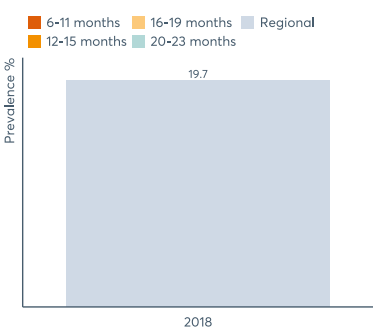
Exclusive breastfeeding by age



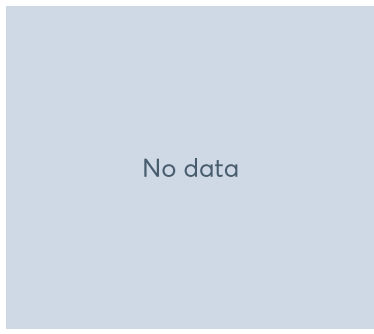
Continued breastfeeding at 1 year by age



Minimum acceptable diet by age



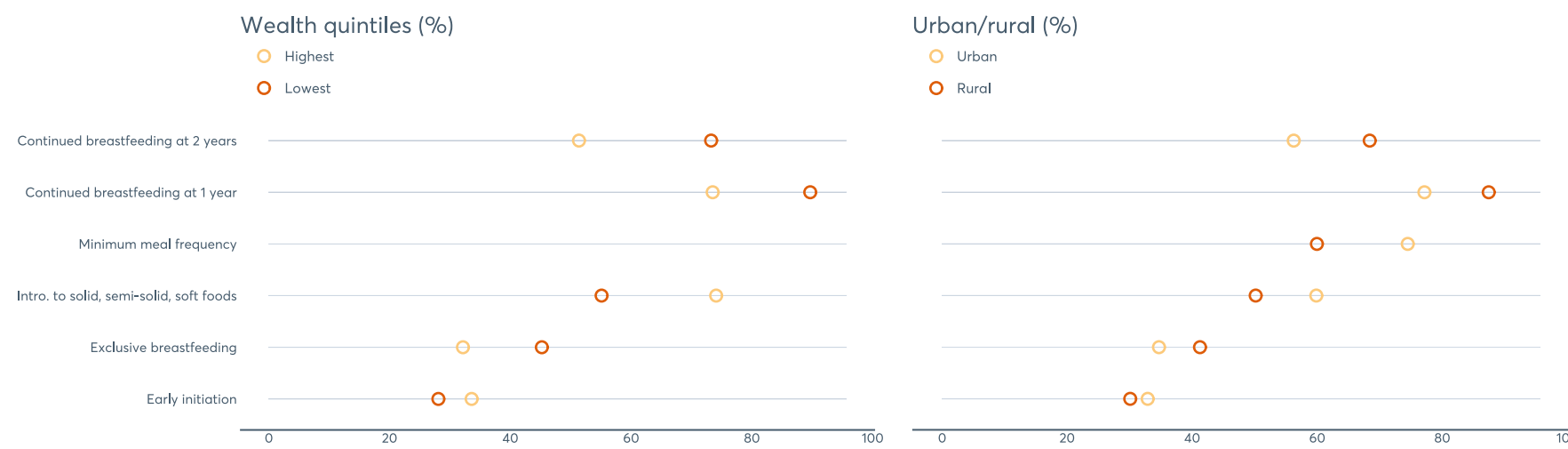
Intro. to solid, semi-solid, soft foods by age



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

Notes: Regional trends (grey line in charts) refer to estimates from UNICEF/WHO/World Bank Group: Joint child malnutrition estimates. Disaggregated data (coloured lines/bars in charts) is based on population weighted means. Estimates are presented only where available data represents at least 50% of the regional population. Based on population weighted means of between 12 and 21 countries.

Infant and young child feeding

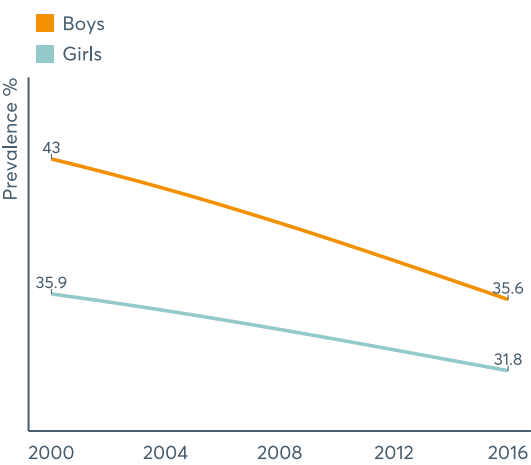


Sources: UNICEF, Division of Data Research and Policy (2019). Global UNICEF Global Databases: Infant and Young Child Feeding: Exclusive breastfeeding, Predominant breastfeeding, New York, May 2019.

Notes: Based on population weighted means of between 12 and 22 countries.

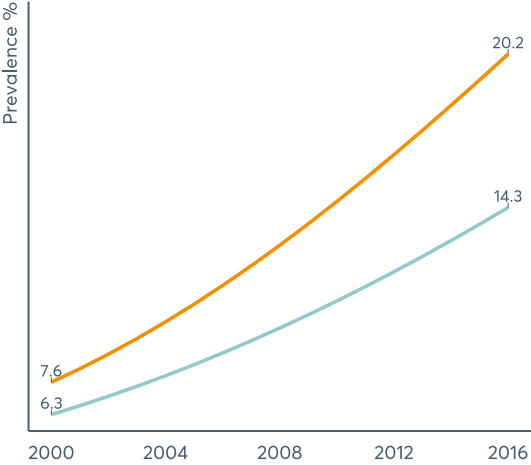
Child and adolescent (aged 5-19) nutrition status

Underweight by gender



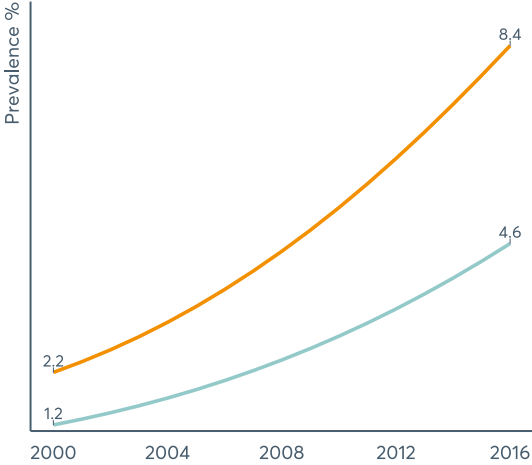
Sources: NCD Risk Factor Collaboration.
Notes: Based on population weighted means of 48 countries.

Overweight by gender



Notes: Based on population weighted means of 48 countries.

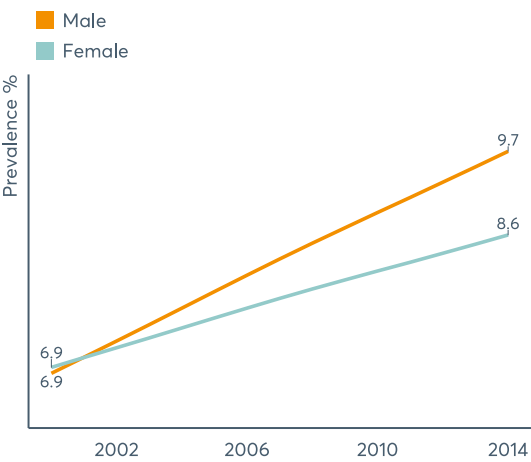
Obesity by gender



Notes: Based on population weighted means of 48 countries.

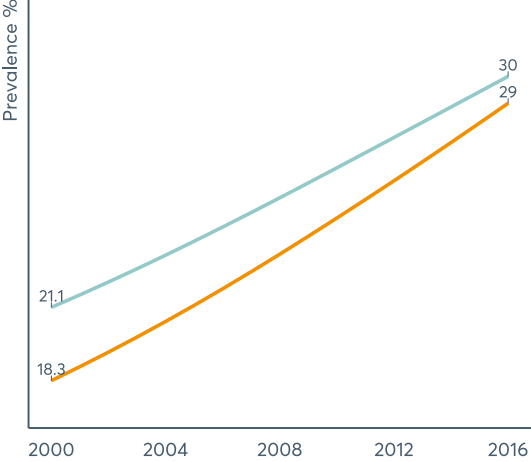
Adult nutrition status

Diabetes by gender



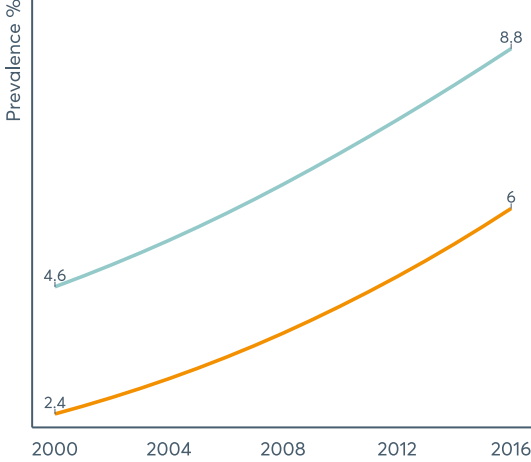
Sources: NCD Risk Factor Collaboration.
Notes: Based on population weighted means of 48 countries.

Overweight by gender



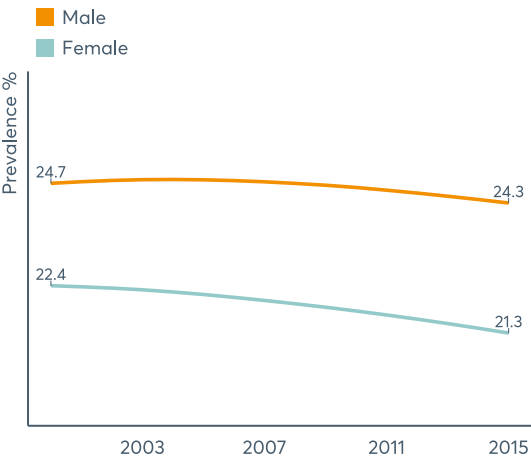
Notes: Based on population weighted means of 48 countries.

Obesity by gender



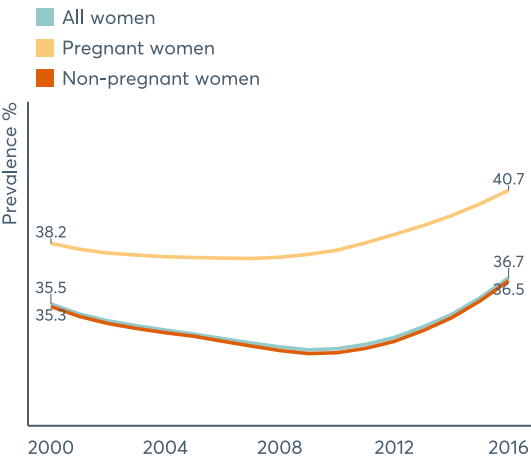
Notes: Based on population weighted means of 48 countries.

Raised blood pressure by gender



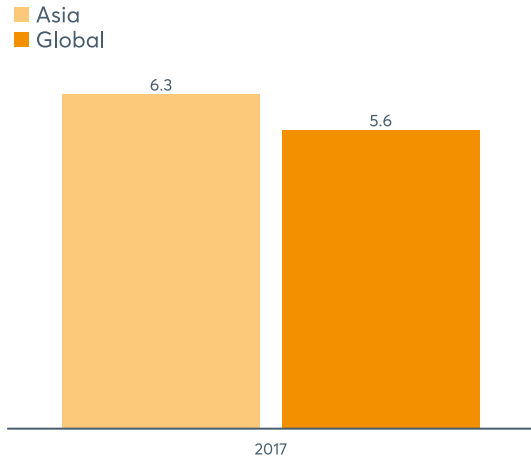
Sources: NCD Risk Factor Collaboration.
Notes: Based on population weighted means of 48 countries.

Anaemia in WRA



Source: WHO Global Health Observatory.
Notes: WRA = women of reproductive age. Based on population weighted means of 48 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 48 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 48 countries.

Intervention coverage

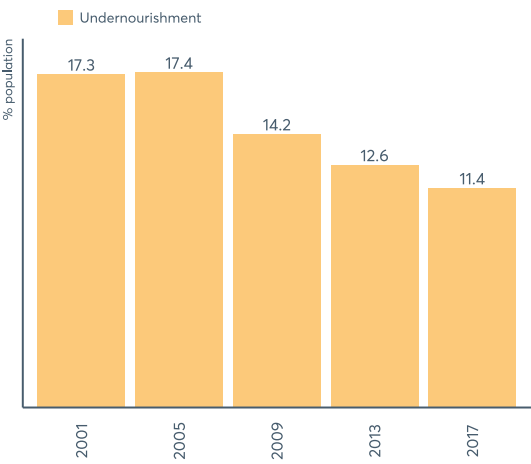
| Coverage/practice indicator | Total (%) | Boy (%) | Girl (%) | Year |
|---|-----------|---------|----------|---------|
| Children 0-59 months with diarrhoea who received zinc treatment | No data | No data | No data | No data |
| Children 6-59 months who received vitamin A supplements in last 6 months | No data | No data | No data | No data |
| Children 6-59 months given iron supplements in past 7 days | No data | No data | No data | No data |
| Women with a live birth in the five years preceding the survey who received iron tablets or syrup during antenatal care | No data | NA | NA | No data |
| Household consumption of any iodised salt | No data | NA | NA | No data |

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.

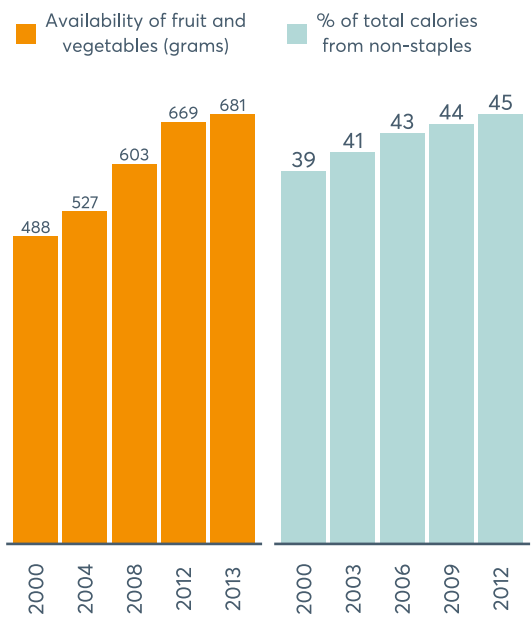
Determinants

Undernourishment



Source: FAOSTAT 2018.

Food supply



Source: FAOSTAT 2018.

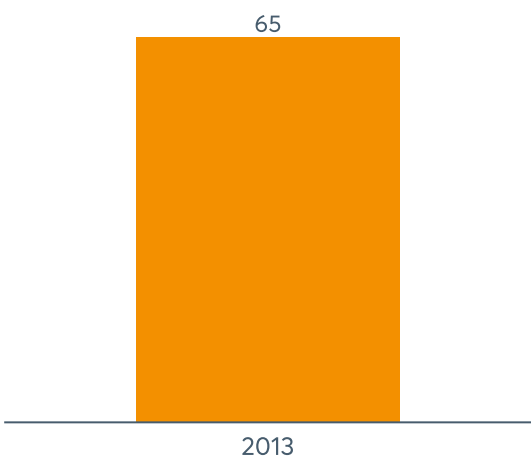
Gender-related determinants

| | | |
|--|----|----|
| 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.

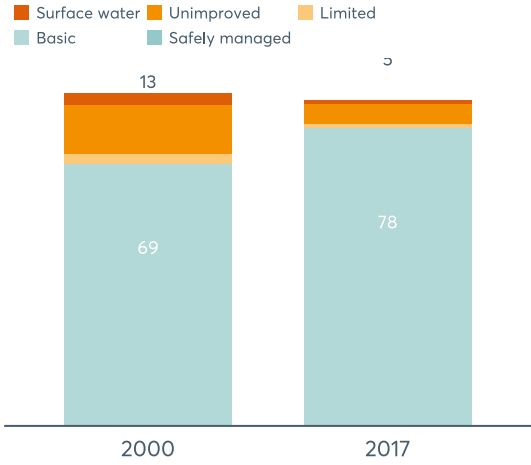
Female secondary education enrolment (net, % population)



Source: UNESCO Institute for Statistics 2018.

Notes: Based on population weighted means of 29 countries.

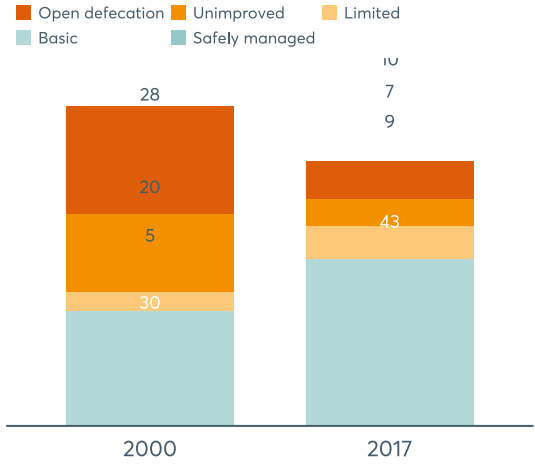
Drinking water coverage (% population)



Source: WHO/UNICEF Joint Monitoring Programme 2019.

Notes: Based on population weighted means of between 44 and 48 countries.

Sanitation coverage (% population)

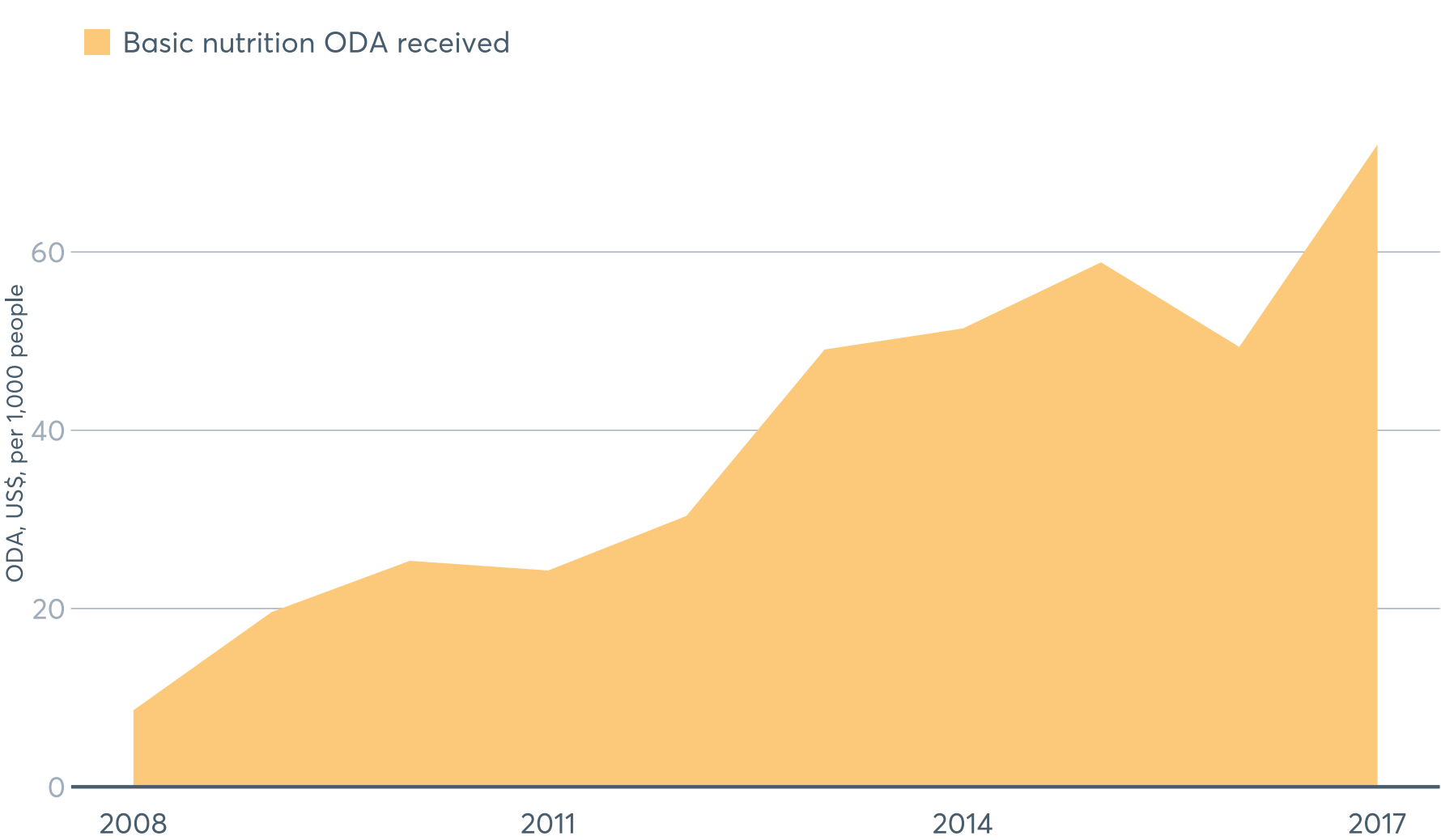


Source: WHO/UNICEF Joint Monitoring Programme 2019.

Notes: Based on population weighted means of between 43 and 48 countries.

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 | 32/47 |
| Sugar-sweetened beverage tax | 8/47 |
| Food-based dietary guidelines | 23/47 |
| Policy to reduce salt consumption | 30/47 |
| Operational policy, strategy or action plan to reduce unhealthy diet related to NCDs | 42/47 |
| Operational, multisectoral national NCD policy, strategy or action plan | 31/47 |
| Operational policy, strategy or action plan for diabetes | 41/47 |
| Policy to reduce the impact on children of marketing of foods and beverages high in saturated fats, trans-fatty acids, free sugars or salt | 13/47 |
| Policy to limit saturated fatty acids and virtually eliminate industrially produced trans-fats | 25/47 |

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

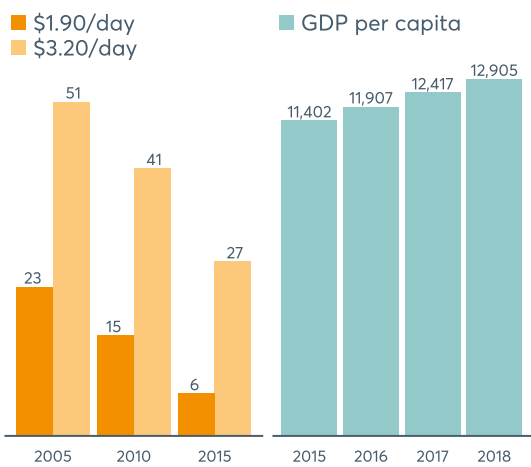
| | |
|--|-----------------------------------|
| Stunting | Anaemia |
| 30/47 | 27/47 |
| Low birth weight | Child overweight |
| 27/47 | 33/47 |
| Exclusive breastfeeding | Wasting |
| 31/47 | 25/47 |
| Salt intake | Overweight adults and adolescents |
| 32/47 | 41/47 |
| Multisectoral comprehensive nutrition plan | |
| 24/47 | |

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 37 and 45 countries.

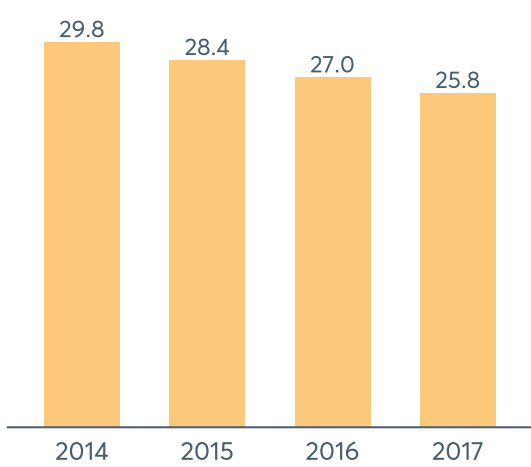
Income inequality

| 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 (159).

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 48 countries.

Population

| | | |
|-----------------------------------|---------|------|
| Population (thousands) | 886,175 | 2018 |
| Under-five population (thousands) | 363,670 | 2019 |
| Rural (%) | 50 | 2018 |
| >65 years (thousands) | 395,343 | 2019 |

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

Notes: Based on population weighted means of 48 countries.

Government revenues (\$m)



Sources: IMF Article IV staff reports (country specific) and IMF World Economic Outlook Database (April 2019).

Population density of health workers per 1,000 people

| | | |
|--------------------------|------|------|
| Physicians | 1.25 | 2016 |
| Nurses and midwives | 2.42 | 2016 |
| Community health workers | 0.57 | 2016 |

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

Notes: Based on population weighted means of between 20 and 48 countries.