Caribbean

Overview

Malnutrition status

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

Although it performs relatively well against other subregions, Caribbean still experiences a malnutrition burden among its under-five population. The average prevalence of overweight in under-fives is 7%, this is greater than the global average of 5.9%. Conversely, Caribbean's prevalence of stunting in under-fives of 8.3% is significantly less than the global average of 21.9%. The prevalence of wasting in under-fives is 3%.

Some 25.6% of infants under 23 months in Caribbean are exclusively breastfed, while the subregion's average low birth weight prevalence of 9.9% is less than the global average of 14.6%.

Caribbean's adult population also face a malnutrition burden. An average of 32% of women of reproductive age have anaemia, and 10.5% of adult women suffer from diabetes, compared to 8.4% of men. Meanwhile, 30.5% of women and 18.6% 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

Under-five stunting
0 On course
2 Off course
11 No data

Under-five wasting
3 On course
0 Off course
10 No data

Under-five overweight
1 On course
1 Off course
11 No data

Low birthweight
0 On course
6 Off course
7 No data

Exclusive breastfeeding
0 On course
3 Off course
10 No data

Adult female obesity
0 On course
12 Off course
1 No data

Adult male obesity

0 On course
12 Off course
1 No data

Adult female diabetes

0 On course
13 Off course
0 No data

Adult male diabetes

0 On course
13 Off course
0 No data

WRA anaemia

0 On course
12 Off course
1 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

- Wasting only
- Stunting only
- Overweight only
- No wasting, stunting or overweight

78.5%
4.8%
2.6%
12.4%
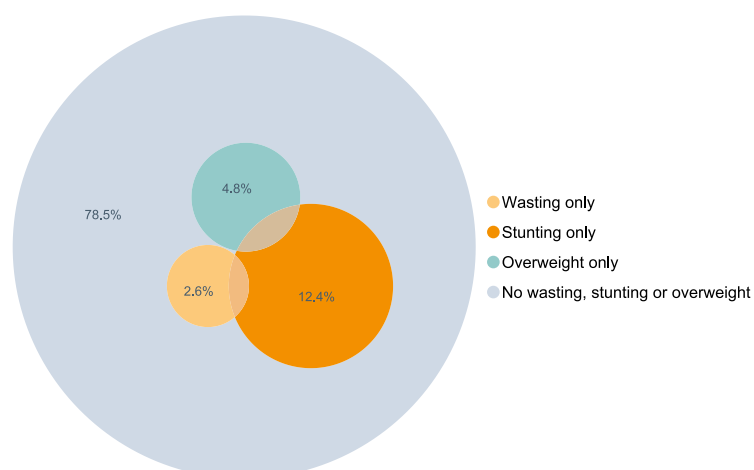
Sources: UNICEF, Division of Data Research and Policy (2019). UNICEF Global Databases: Overlapping Stunting, Wasting and Overweight, January 2019, New York.

Notes: Percentage of children under-five years of age who experience different and overlapping forms of malnutrition. 6 countries included in aggregates.
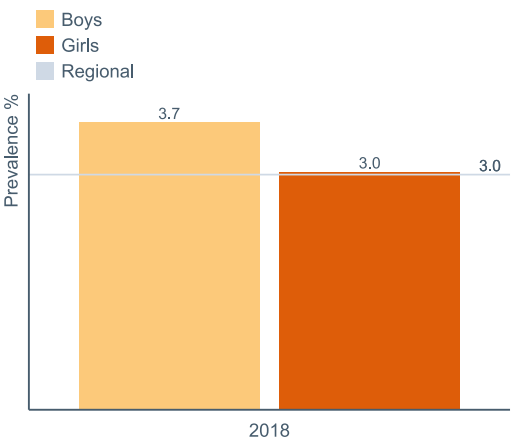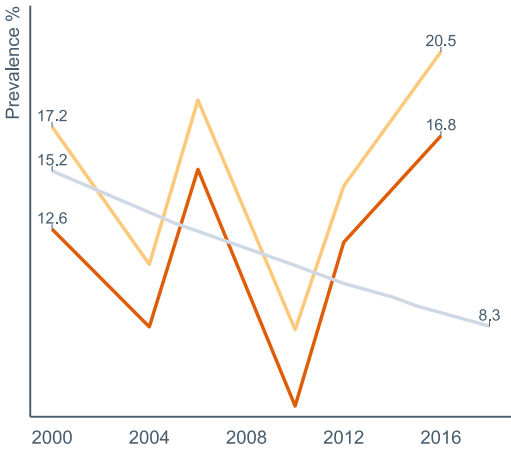
Low birth weight

Prevalence %

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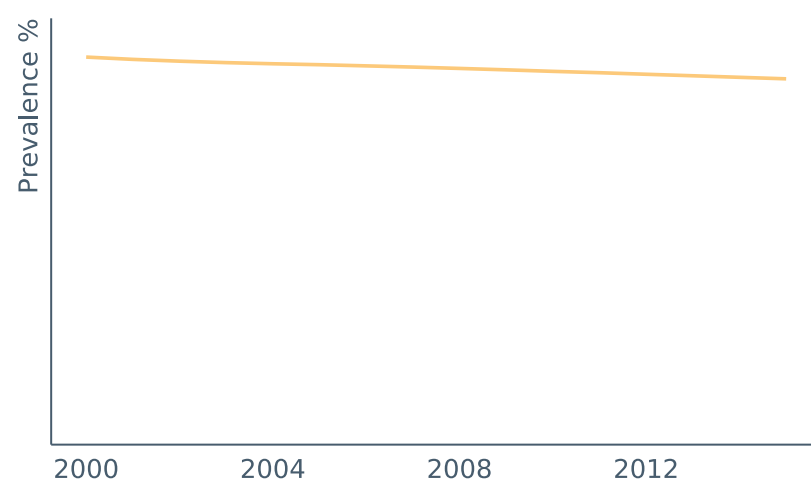
Source: UNICEF/WHO Low birthweight estimates, 2019 edition.

Children (under-five) nutrition status

Wasting by gender

Boys
Girls
Regional

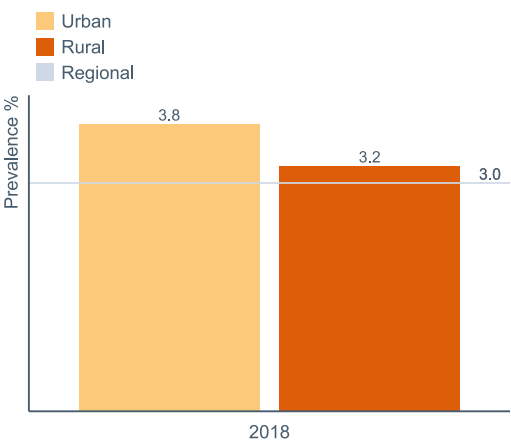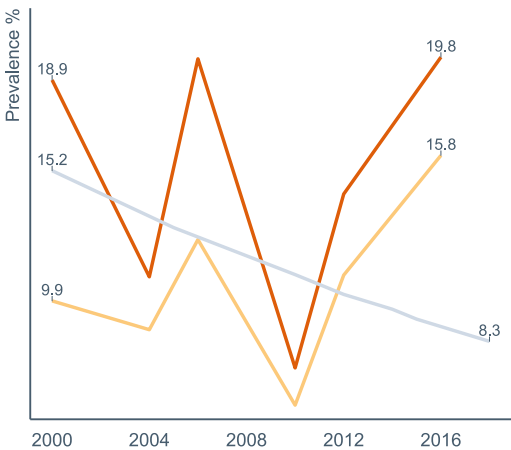Prevalence %

3.7
3.0
3.0

2018

Stunting by gender

Prevalence %

17.2
15.2
12.6
20.5
16.8
8.3

2000 2004 2008 2012 2016

Overweight by gender

Prevalence %

5.8
5.1
4.8
7
4.7
4.1

2000 2004 2008 2012 2016

Wasting by location

Urban
Rural
Regional

Prevalence %

3.8
3.2
3.0

2018

Stunting by location

Prevalence %

18.9
15.2
9.9
19.8
15.8
8.3

2000 2004 2008 2012 2016

Overweight by location

Prevalence %

6.2
5.1
4.8
7
5.1
3.7

2000 2004 2008 2012 2016

Wasting by income

Lowest
Second lowest
Middle
Second highest
Highest
Regional

Prevalence %

3.8
3.5
2.7
3.7
2.7
3.0

2018

Stunting by income

Prevalence %

25.7
21.4
16
15.2
12
6.6
34.1
24.1
17.6
16.7
9.4
8.3

2000 2004 2008 2012 2016

Overweight by income

Prevalence %

8.3
5.6
5.3
5.1
3.7
3.4
7
5.1
3.3
3.3
3
2.8

2000 2004 2008 2012 2016

Wasting by education

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

Prevalence %

3.3   3.0   3.0

2018

Stunting by education

Prevalence %

20
15.2
10.3

26.2
14
8.3

2000 2004 2008 2012 2016

Overweight by education
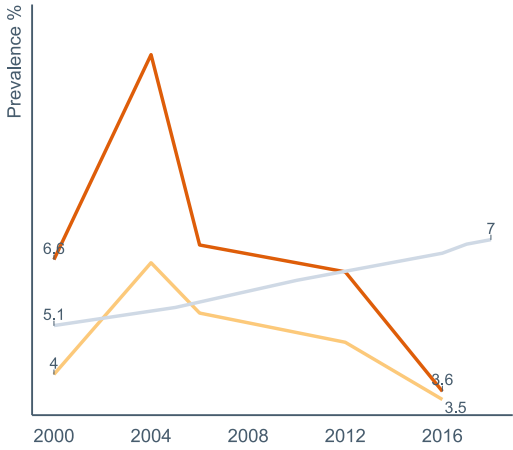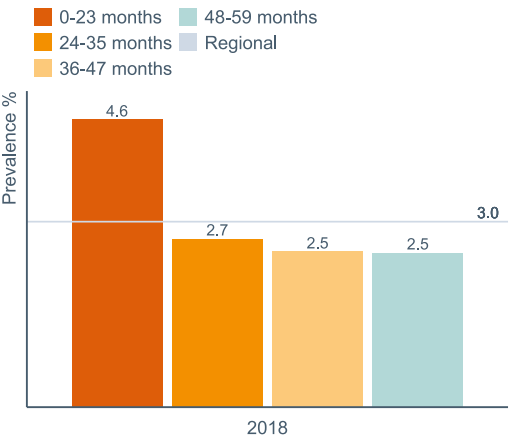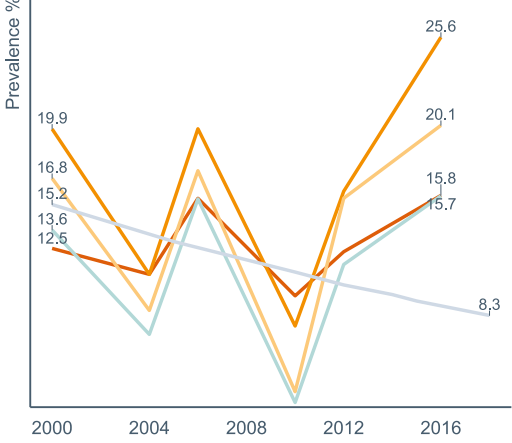
Prevalence %

6.6
5.1
4

7
3.6
3.5

2000 2004 2008 2012 2016

Wasting by age

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

Prevalence %

4.6   2.7   2.5   2.5   3.0

2018

Stunting by age

Prevalence %

19.9
16.8
15.2
13.6
12.5

25.6
20.1
15.8
15.7
8.3

2000 2004 2008 2012 2016

Overweight by age

Prevalence %

6.2
5.1
5.1
4.7
4.5

7
6.3
3.7
3.6
2.8

2000 2004 2008 2012 2016
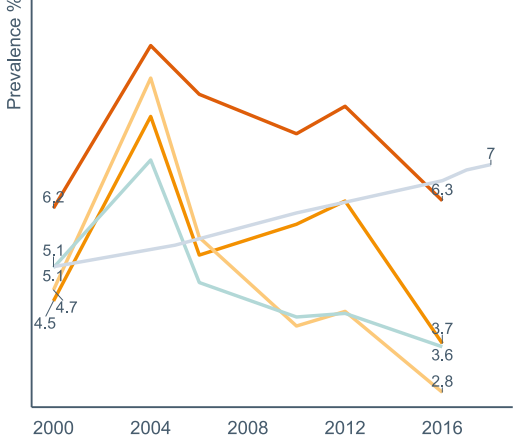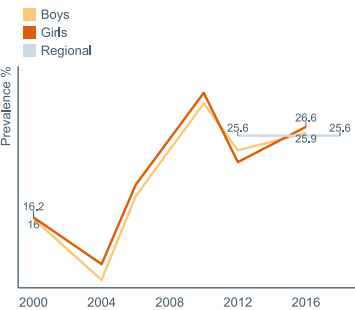
Sources: UNICEF/WHO/World Bank Group: Joint child malnutrition estimates. From 1 to 6 countries included in aggregates.
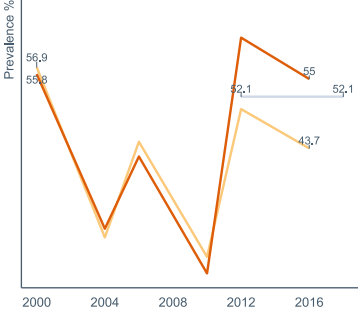
Notes: Regional figures are from UNICEF, Division of Data Research and Policy (2019) where available and are aggregated otherwise.
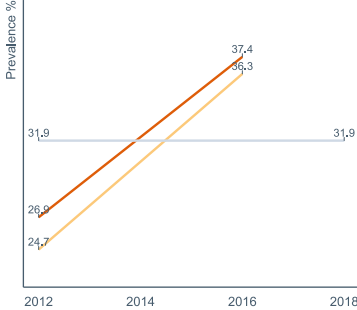
Infant and child (under-five) feeding over time
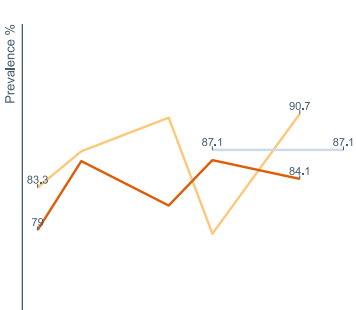
Exclusive breastfeeding by gender

Legend: Boys, Girls, Regional

Prevalence %
16.2, 16, 25.6, 26.6, 25.6, 25.9

2000, 2004, 2008, 2012, 2016

Continued breastfeeding at 1 year by gender

Prevalence %
56.9, 55.8, 52.1, 55, 52.1, 43.7

2000, 2004, 2008, 2012, 2016

Minimum acceptable diet by gender

Prevalence %
37.4, 36.3, 31.9, 31.9, 26.9, 24.7

2012, 2014, 2016, 2018

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

Prevalence %
83.3, 79, 90.7, 87.1, 87.1, 84.1

2004, 2008, 2012, 2016

Exclusive breastfeeding by location

Legend: Urban, Rural, Regional

Prevalence %
18, 14.4, 25.6, 30.4, 25.4, 25.6

2000, 2004, 2008, 2012, 2016
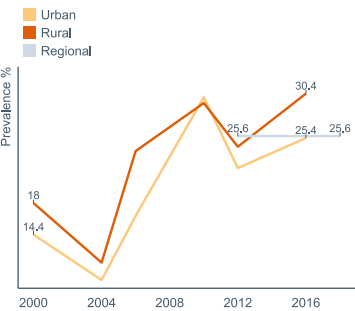
Continued breastfeeding at 1 year by location

Prevalence %
57.2, 53.5, 52.1, 59.4, 52.1, 45.8

2000, 2004, 2008, 2012, 2016
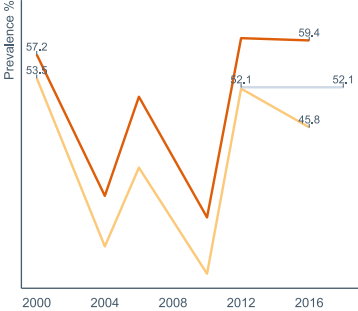
Minimum acceptable diet by location

Prevalence %
39.5, 31.9, 32.4, 31.9, 26.7, 25.5

2012, 2014, 2016, 2018
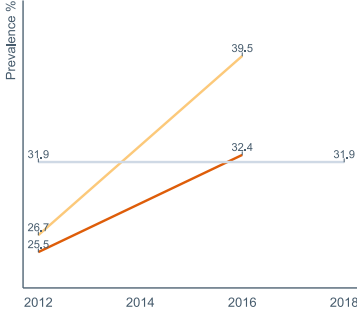
Introduction to solid, semi-solid or soft foods by location

Prevalence %
84.3, 74.9, 89.1, 87.1, 87.1, 83.5

2004, 2008, 2012, 2016
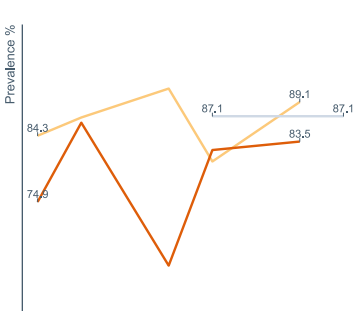
Exclusive breastfeeding by income

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

Prevalence %
21.5, 18.5, 18, 15.3, 13.6, 25.6, 25.7, 25.6, 23.9, 20.9, 21, 20.3

2000, 2004, 2008, 2012, 2016
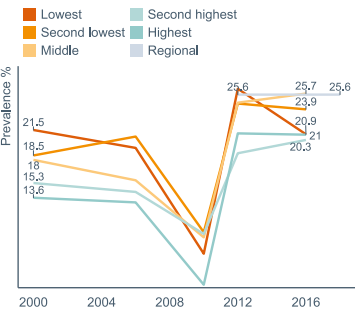
Continued breastfeeding at 1 year by income

Prevalence %
64.6, 62, 59.8, 57.6, 54.9, 52.1, 59.6, 56.8, 56.2, 52.1, 52.8, 46

2000, 2004, 2008, 2012, 2016
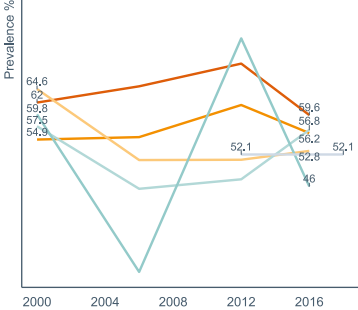
Minimum acceptable diet by income

Prevalence %
34.8, 31.9, 29.9, 38.7, 31.9, 28.1, 26.3, 25.6, 24.6, 25.8, 18.3, 20

2012, 2014, 2016, 2018
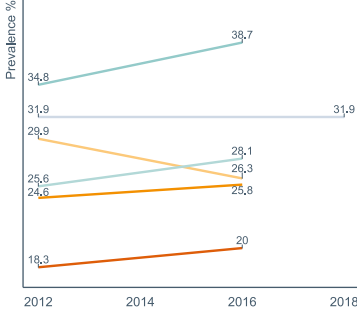
Introduction to solid, semi-solid or soft foods by income

Prevalence %
91.4, 89.7, 88.7, 87, 80.6, 92.7, 87.9, 87.1, 87.1, 85.1, 84.4, 82.4

2006, 2009, 2012, 2015, 2018
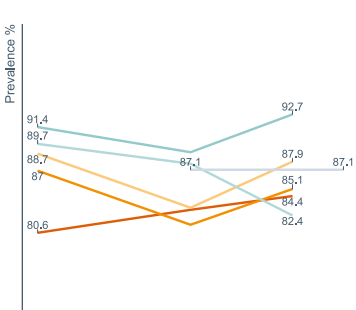
Exclusive breastfeeding by mother's education

Prevalence %

- None or primary
- Secondary or higher
- Regional

18.8
10.2
25.6
27
25.6
22.6

2000 2004 2008 2012 2016
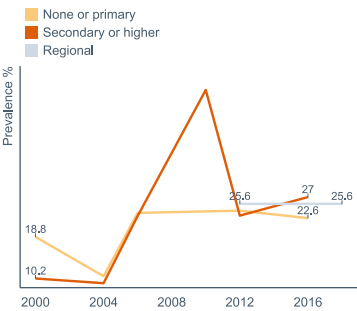
Continued breastfeeding at 1 year by mother's education

Prevalence %

58.1
45.4
52.1
52.1
48
59.1

2000 2004 2008 2012 2016
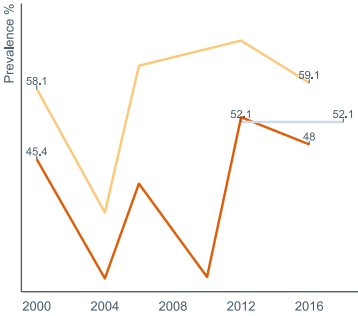
Minimum acceptable diet by mother's education

Prevalence %

39.7
31.9
30.7
31.9
20.3
21.6

2012 2014 2016 2018
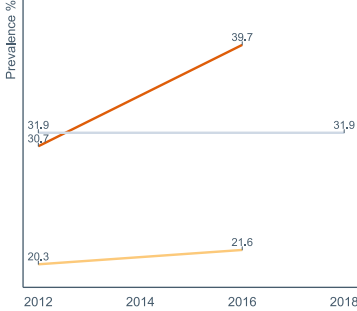
Introduction to solid, semi-solid or soft foods by mother's education

Prevalence %

85.4
76.9
87.1
87.8
87.1
84.9

2004 2008 2012 2016

Exclusive breastfeeding by age

Prevalence %

- 0-1 month
- 2-3 months
- 4-5 months
- Regional

32.5
16.3
4.8
57
25.6
22.3
25.6
8.5

2000 2004 2008 2012 2016
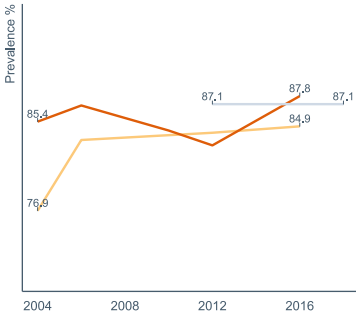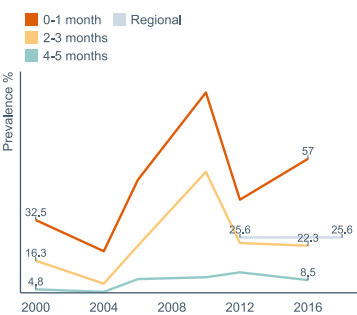
Continued breastfeeding at 1 year by age

No data

Minimum acceptable diet by age

Prevalence %

42.3
42.2
41.6
31.9
29.7
27.8
26.8
31.9
27.4
21.3

2012 2014 2016 2018
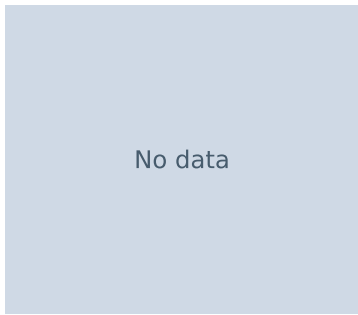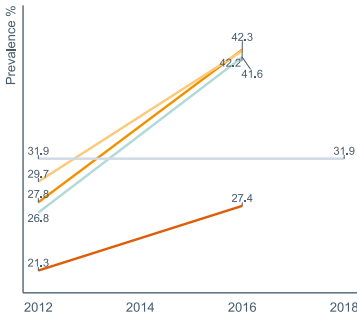
Introduction to solid, semi-solid or soft foods by age

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 5 countries included in aggregates.

Infant and young child feeding

Wealth quintiles (%)
- Highest
- Lowest

- Continued breastfeeding at 2 years
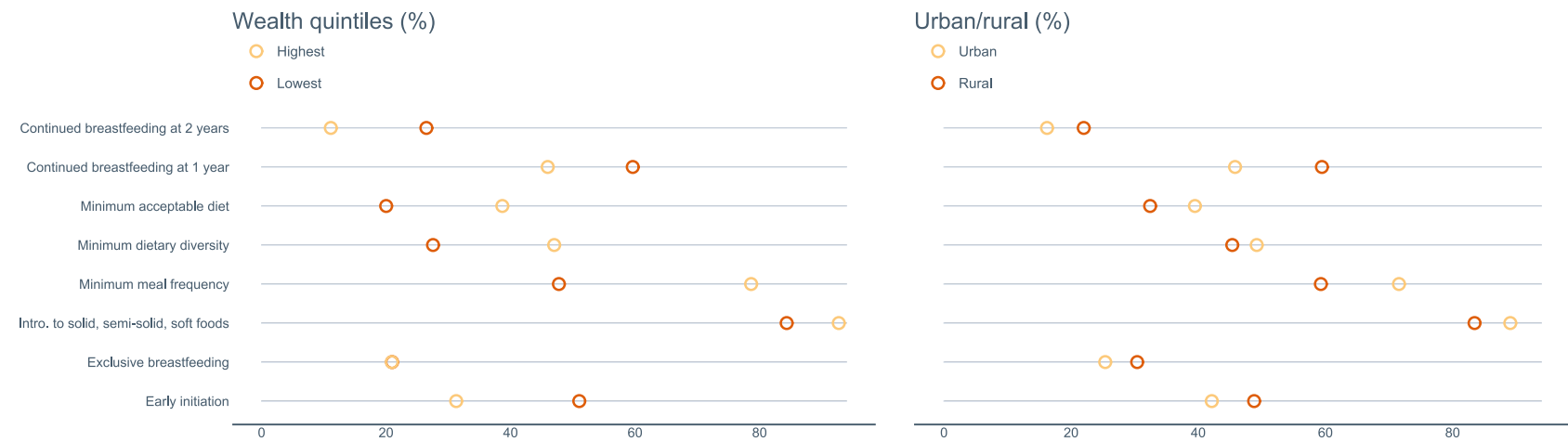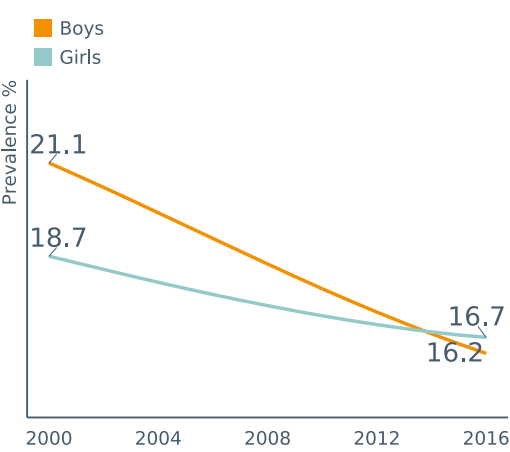- Continued breastfeeding at 1 year
- Minimum acceptable diet
- Minimum dietary diversity
- Minimum meal frequency
- Intro. to solid, semi-solid, soft foods
- Exclusive breastfeeding
- Early initiation

0 20 40 60 80

Urban/rural (%)
- Urban
- Rural

0 20 40 60 80

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 5 countries included in aggregates.
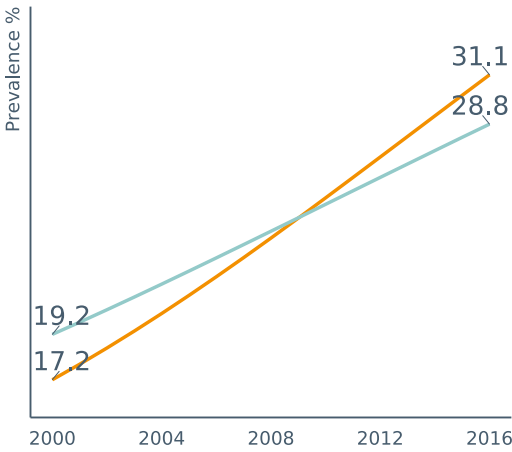
Children and adolescent (aged 5-19) nutrition status
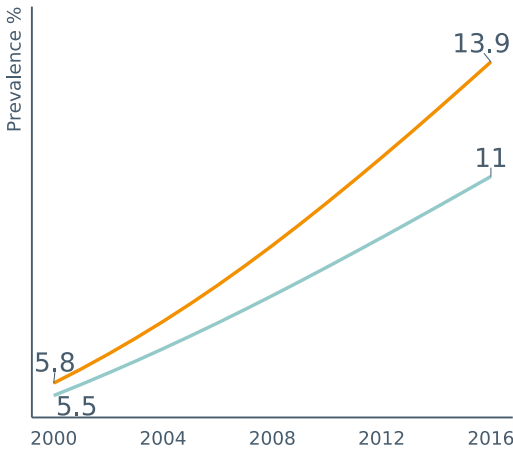
Ages 5-19 by gender: underweight (%)

Prevalence %

- Boys
- Girls

21.1
18.7
16.7
16.2

2000 2004 2008 2012 2016

Ages 5-19 by gender: overweight (%)

Prevalence %

31.1
28.8
19.2
17.2

2000 2004 2008 2012 2016

Ages 5-19 by gender: obesity (%)

Prevalence %

13.9
11
5.8
5.5

2000 2004 2008 2012 2016

Adult nutrition status

Adult by gender: diabetes (%)

Prevalence %

- Male
- Female

10.5
8.4
7.6
6.4

2000 2004 2008 2012

Adult by gender: overweight (%)

Prevalence %

61.8
52.8
50.6
37.7

2000 2004 2008 2012 2016
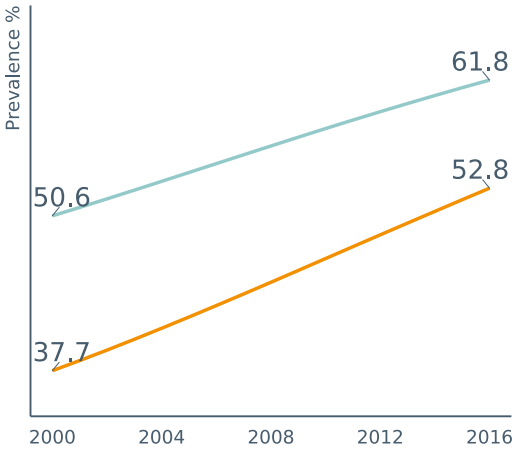
Adult by gender: obesity (%)

Prevalence %

30.5
20.5
18.6
9.2

2000 2004 2008 2012 2016
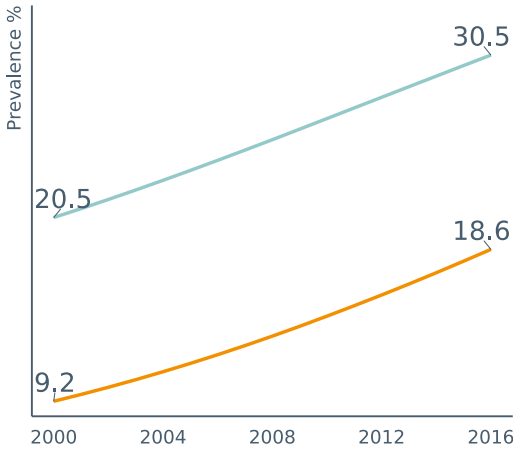
Adult by gender: raised blood pressure (%)
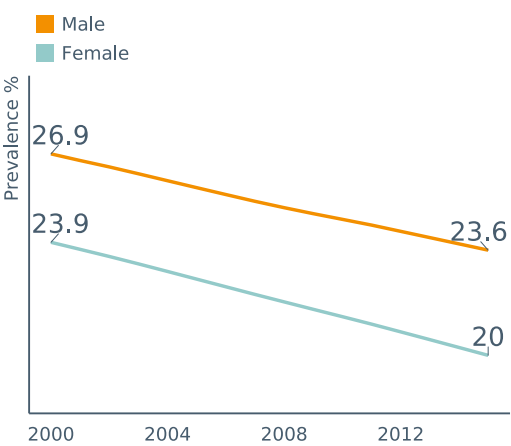
Sources: NCD Risk Factor Collaboration. 13 countries included in aggregates.
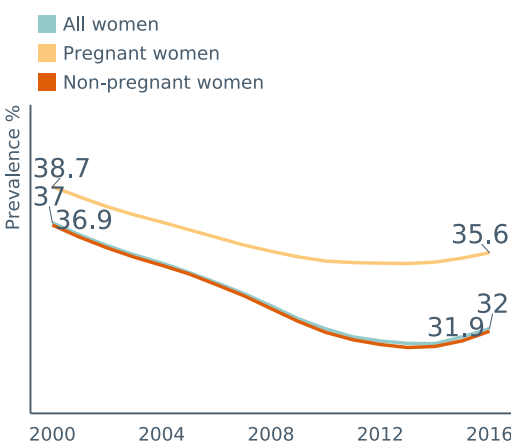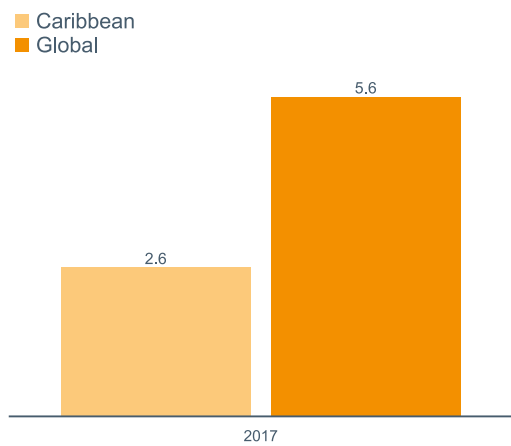
Adult: anaemia in WRA (%)

Source: WHO Global Health Observatory.

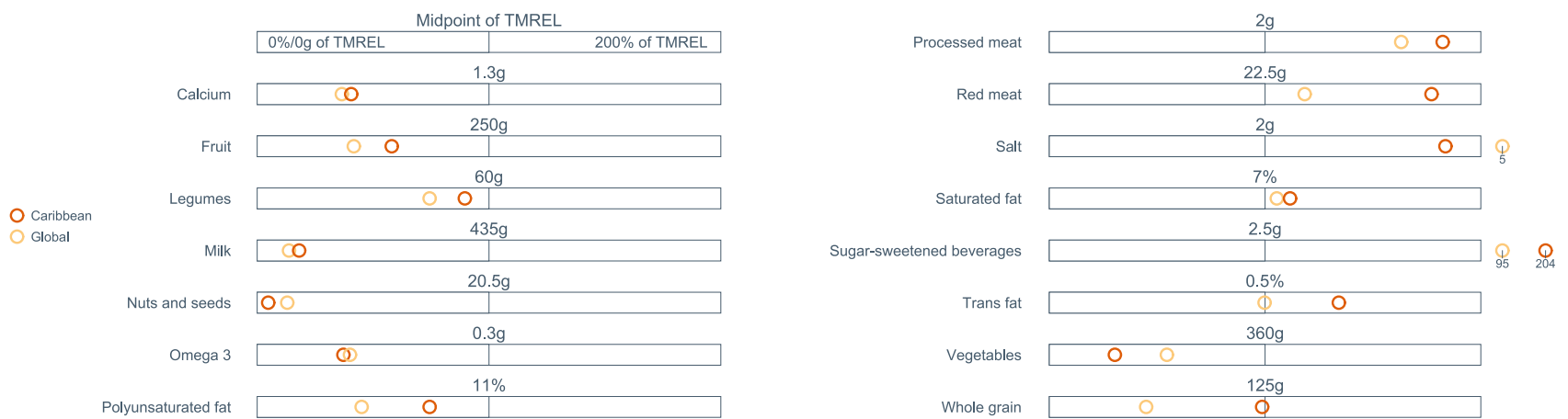Notes: WRA = women of reproductive age. 12 countries included in aggregates.

Adult: sodium intake (grams per day)

Source: Global Burden of Disease, the Institute for Health Metrics and Evaluation. 12 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. 12 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	6	7	6	2016
Children 6-59 months who received A supplements in last 6 months	30	30	30	2016
Children 6-59 months given iron supplements in past 7 days	7	8	6	2016
Women with a live birth in the five years preceding the survey who received iron tablets or syrup during antenatal care	78			2016
Household consumption of any iodised salt	8	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. 1 countries included in aggregates.
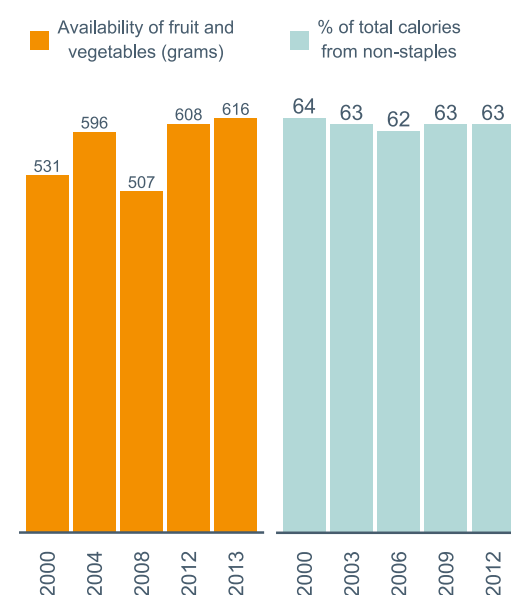
Determinants

Undernourishment (% population)
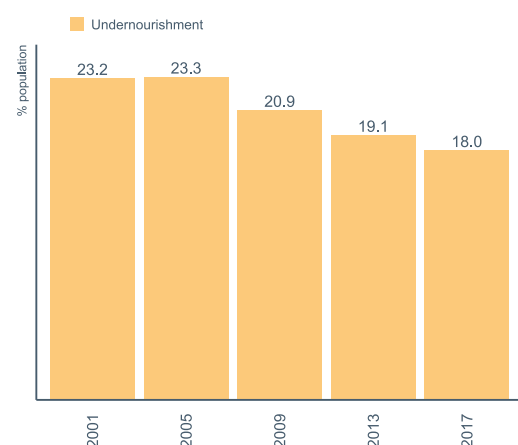
Source: FAOSTAT 2018.

Food supply

Source: FAOSTAT 2018.

Gender-related determinants

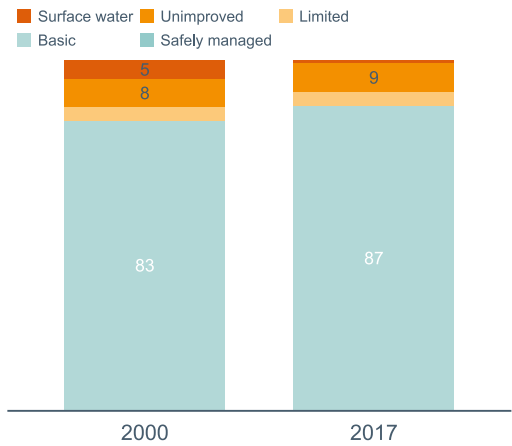|		
Early childbearing: births by age 18 (%)[1]	13	2016
Gender Inequality Index (score *)[2]	0.44	2017
Gender Inequality Index (country rank)[2]	101	2017

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

Notes: *0 = low inequality, 1 = high inequality. From 5 to 8 countries included in aggregates.

Female secondary education enrolment (net, % population)

Year	Value
2014	80
2015	80
2016	81
2017	82
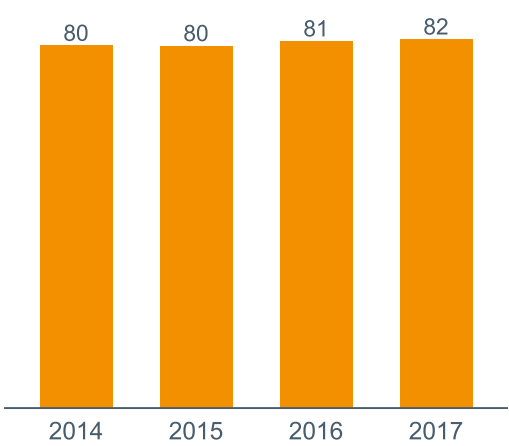
Source: UNESCO Institute for Statistics 2018. From 4 to 10 countries included in aggregates.

Drinking water coverage (% population)

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

Category	2000	2017
Surface water	5	
Unimproved	8	9
Basic	83	87

Source: WHO/UNICEF Joint Monitoring Programme 2019. From 1 to 13 countries included in aggregates.

Sanitation coverage (% population)

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

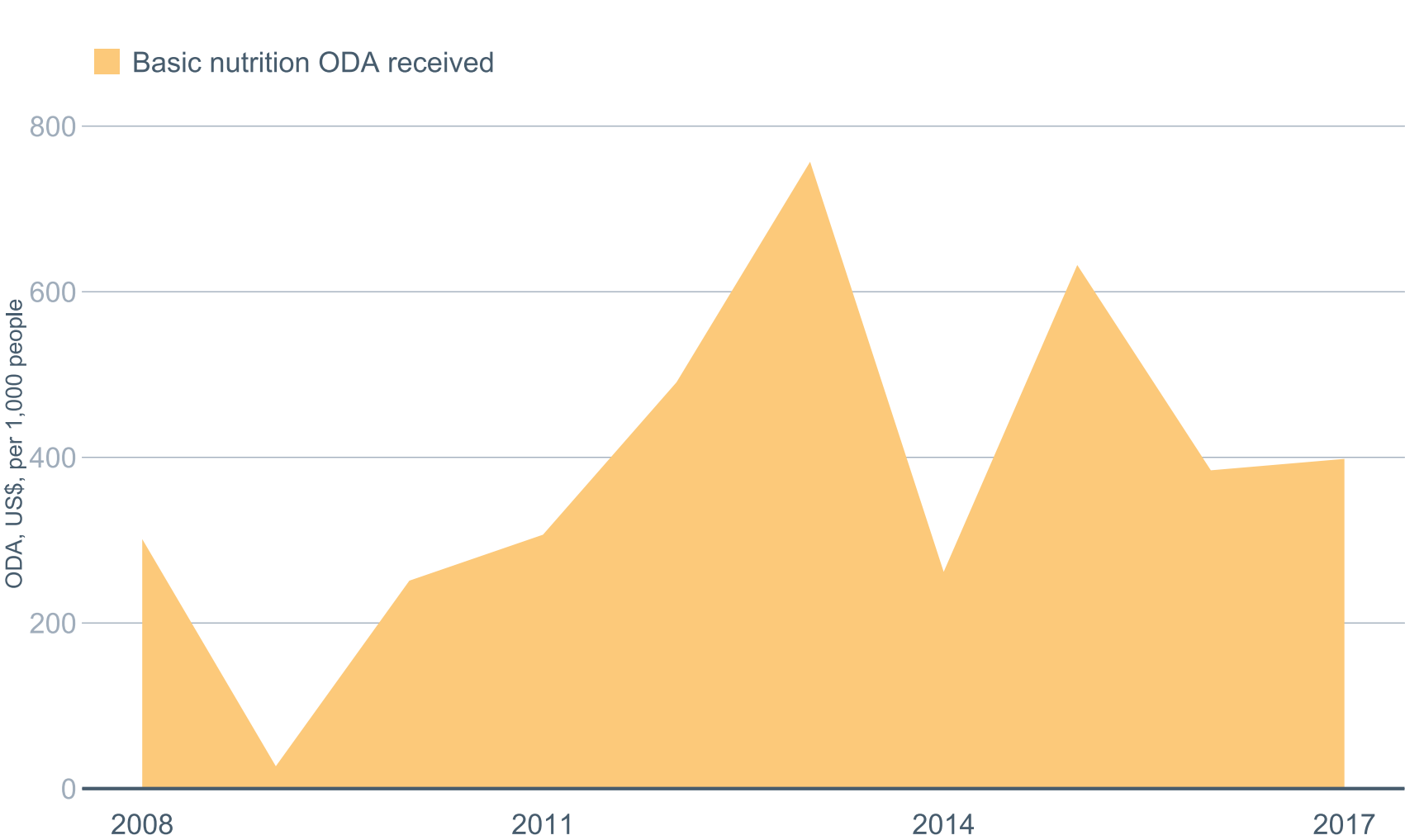| Category	2000	2017
Open defecation	12	7
Unimproved	11	7
Limited	12	13
Basic	55	60
Safely managed	11	13

Source: WHO/UNICEF Joint Monitoring Programme 2019. From 1 to 13 countries included in aggregates.

Resources, policies and targets

Development assistance

Basic nutrition ODA received

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	1/13
Sugar-sweetened beverage tax	2/13
Food-based dietary guidelines	11/13
Policy to reduce salt consumption	3/13
Operational policy, strategy or action plan to reduce unhealthy diet related to NCDs	8/13
Operational, multisectoral national NCD policy, strategy or action plan	6/13
Operational policy, strategy or action plan for diabetes	9/13
Policy to reduce the impact on children of marketing of foods and beverages high in saturated fats, trans-fatty acids, free sugars or salt	0/13
Policy to limit saturated fatty acids and virtually eliminate industrially produced trans-fats	1/13

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.

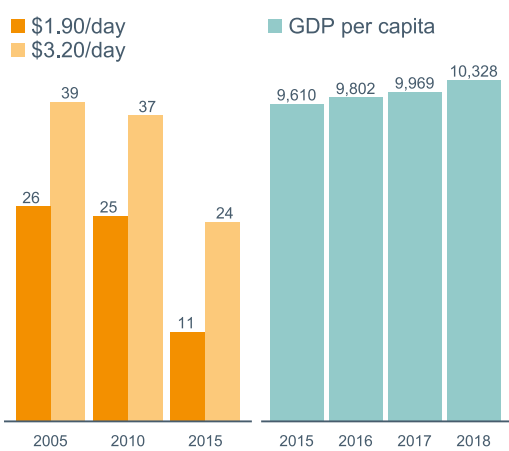Notes: Add note: NA = not applicable; NCD = non-communicable disease.

Targets included in national (nutrition or other) plan

Stunting	Anaemia
7/13	6/13
Low birth weight	**Child overweight**
6/13	9/13
Exclusive breastfeeding	**Wasting**
8/13	6/13
Salt intake	**Overweight adults and adolescents**
8/13	9/13
Multisectoral comprehensive nutrition plan	
7/13	

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	26	39
2010	25	37
2015	11	24

GDP per capita: 2015: 9,610; 2016: 9,802; 2017: 9,969; 2018: 10,328

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

Notes: PPP = purchasing power parity. From 5 to 12 countries included in aggregates.

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

Year	Value
2014	34.8
2015	34.2
2016	33.5
2017	32.8
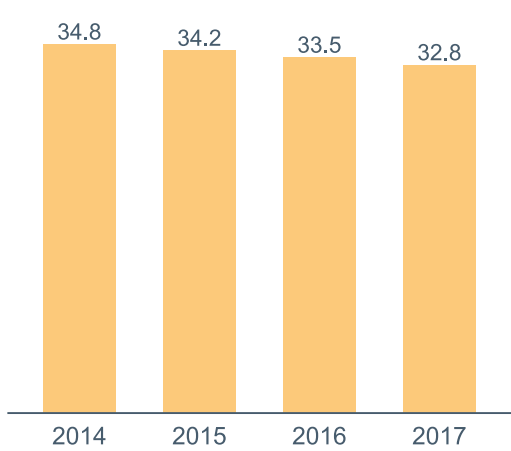
Source: UN Inter-agency Group for Child Mortality Estimation 2018. 13 countries included in aggregates.

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
46	133	2016

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 2 countries included in aggregates.

Population

Population (000)	9,715,109	2018
Under-five population (000)	3,442	2019
Rural (%)	32	2018
>65 years (000)	4,495	2019

Sources: World Bank 2019, UN Population Division Department of Economic and Social Affairs 2019. 13 countries included in aggregates.

Population density of health workers per 1,000 people

Physicians	4.4	2016
Nurses and midwives	4.42	2016
Community health workers	0.34	2016

Sources: WHO's Global Health Workforce Statistics, OECD, supplemented by country data. From 4 to 11 countries included in aggregates.