Europe

Regional overview

Malnutrition burden

In the Europe region, there has been some progress towards achieving global nutrition targets. The global target for female diabetes has 17 countries on course to meet it, low birth weight has 11 countries on course, male diabetes has five countries on course, under-five wasting has three countries on course, while under-five overweight and under-five stunting each have two countries on course. However, not a single country in the region is on course to meet the targets for infant exclusive breastfeeding, anaemia in women of reproductive age, male obesity, and female obesity. 41 countries in the region have insufficient data to comprehensively assess their progress towards these global targets.

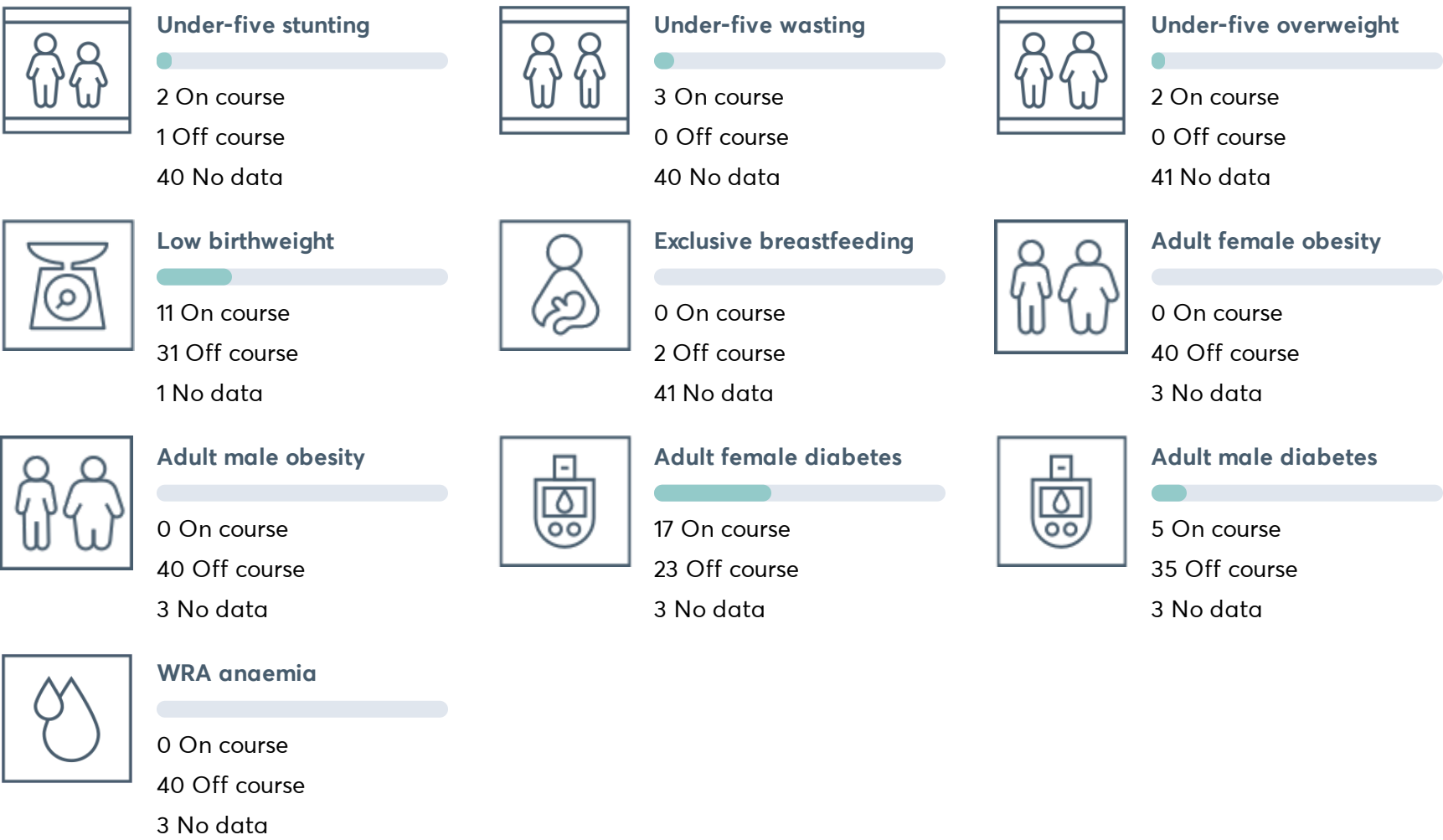The Europe region has no prevalence data available for under-five overweight, stunting, or wasting.

There is also insufficient data on exclusive breastfeeding among infants, while the region's average low birth weight prevalence of 6.5% is less than the global average of 14.6%.

The Europe region's adult population face a malnutrition burden. An average of 20% of women of reproductive age have anaemia, and 7.2% of adult men have diabetes, compared to 5.7% of women. Meanwhile, 23.3% of women and 22.2% of men have obesity.

Sources: UNICEF global databases Infant and Young Child Feeding, 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 2019

Under-five stunting
2 On course
1 Off course
40 No data

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

Under-five overweight
2 On course
0 Off course
41 No data

Low birthweight
11 On course
31 Off course
1 No data

Exclusive breastfeeding
0 On course
2 Off course
41 No data

Adult female obesity
0 On course
40 Off course
3 No data

Adult male obesity
0 On course
40 Off course
3 No data

Adult female diabetes
17 On course
23 Off course
3 No data

Adult male diabetes
5 On course
35 Off course
3 No data

WRA anaemia
0 On course
40 Off course
3 No data

Child (under-five) nutrition status

Coexistence of wasting, stunting and overweight

No data

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

Notes: Percentage of children under-five years of age who experience different and overlapping forms of malnutrition.

Low birth weight

No data

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

Prevalence of under-five stunting

Stunting at subnational level

Stunting at 5km level

No data

No data

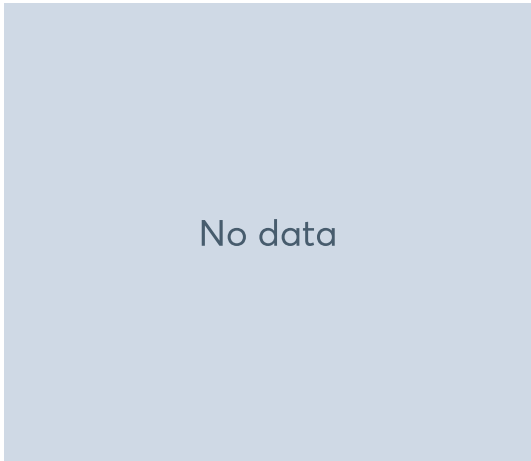**Stunting Prevalence (%)**

≥ 50

40

30

20

< 10

Source: Kinyoki, D.K. et al. Mapping child growth failure across low- and middle-income countries. Nature 577, 231–234 (2020) doi:10.1038/s41586-019-1878-8.
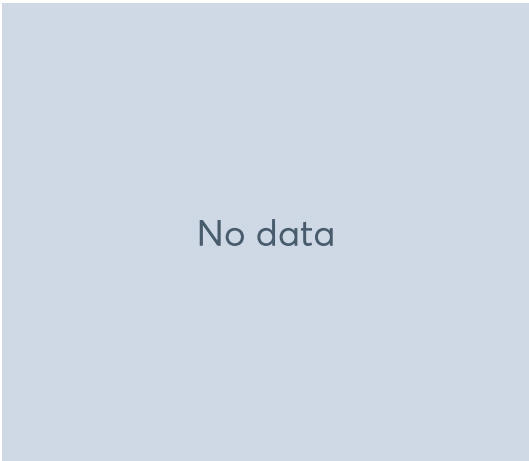
Notes: 5 km level map shows prevalence at the 5 x 5-km resolution. Prevalence is the 2017 estimated prevalence, based on a model using a range of surveys between 1998-2018. See source paper for full methods.
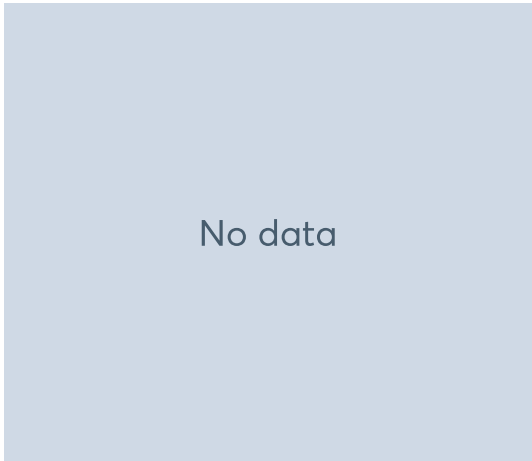
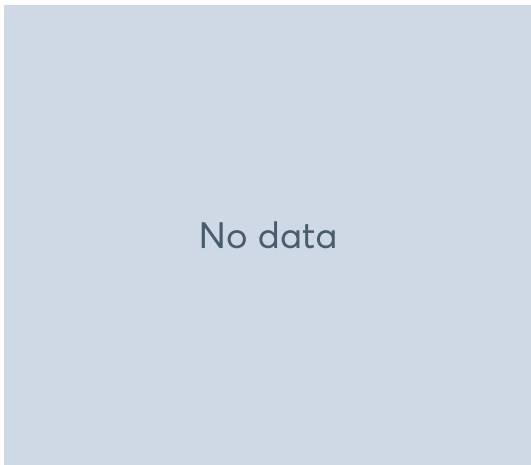# Child (under-five) nutrition status over time

Wasting by sex

No data

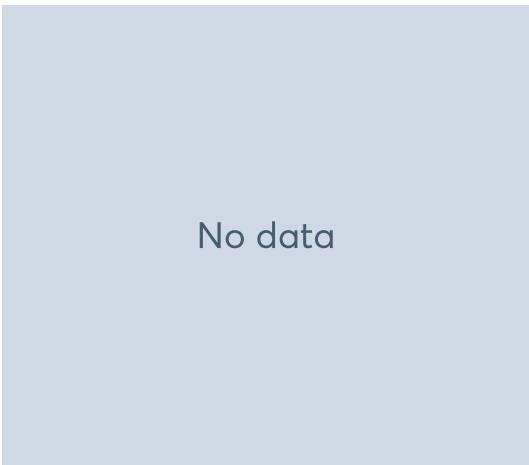## Stunting by sex

No data

Overweight by sex

No data

Wasting by location

No data

Stunting by location

No data

Overweight by location

No data

Wasting by income

No data

Stunting by income

No data

Overweight by income

No data

Wasting by mother's education

No data

Stunting by mother's education

No data

Overweight by mother's education

No data

Wasting by age

No data

Stunting by age

No data

Overweight by age

No data
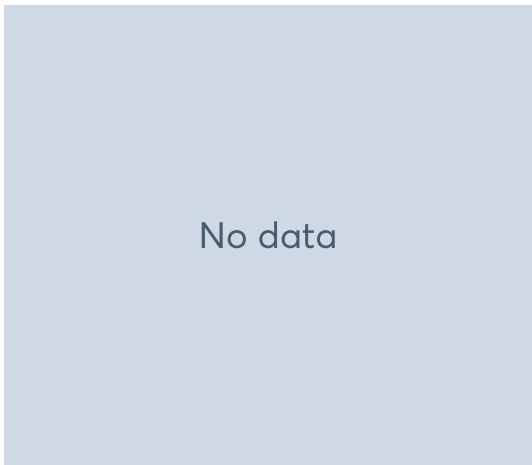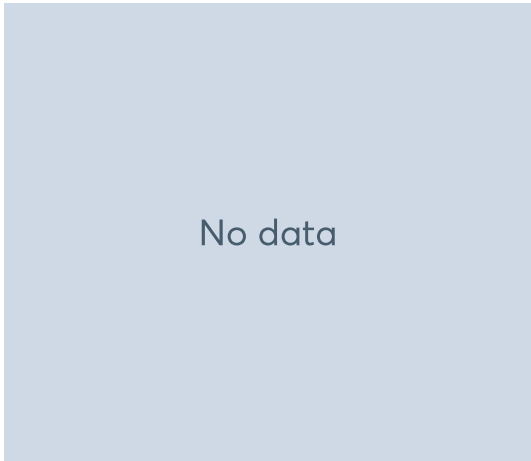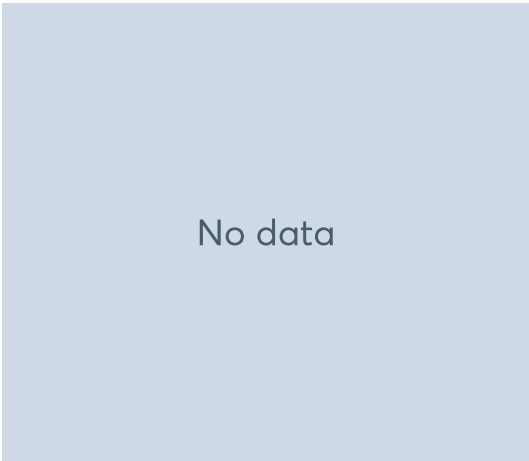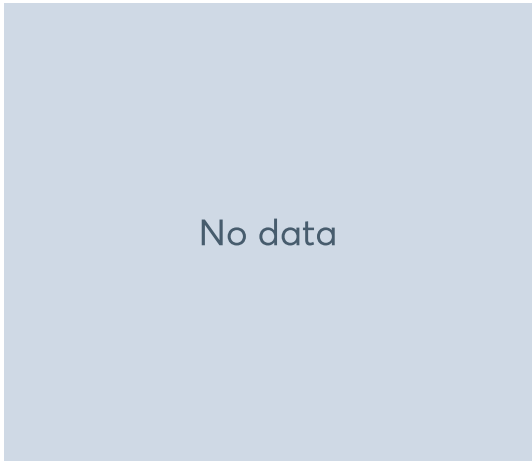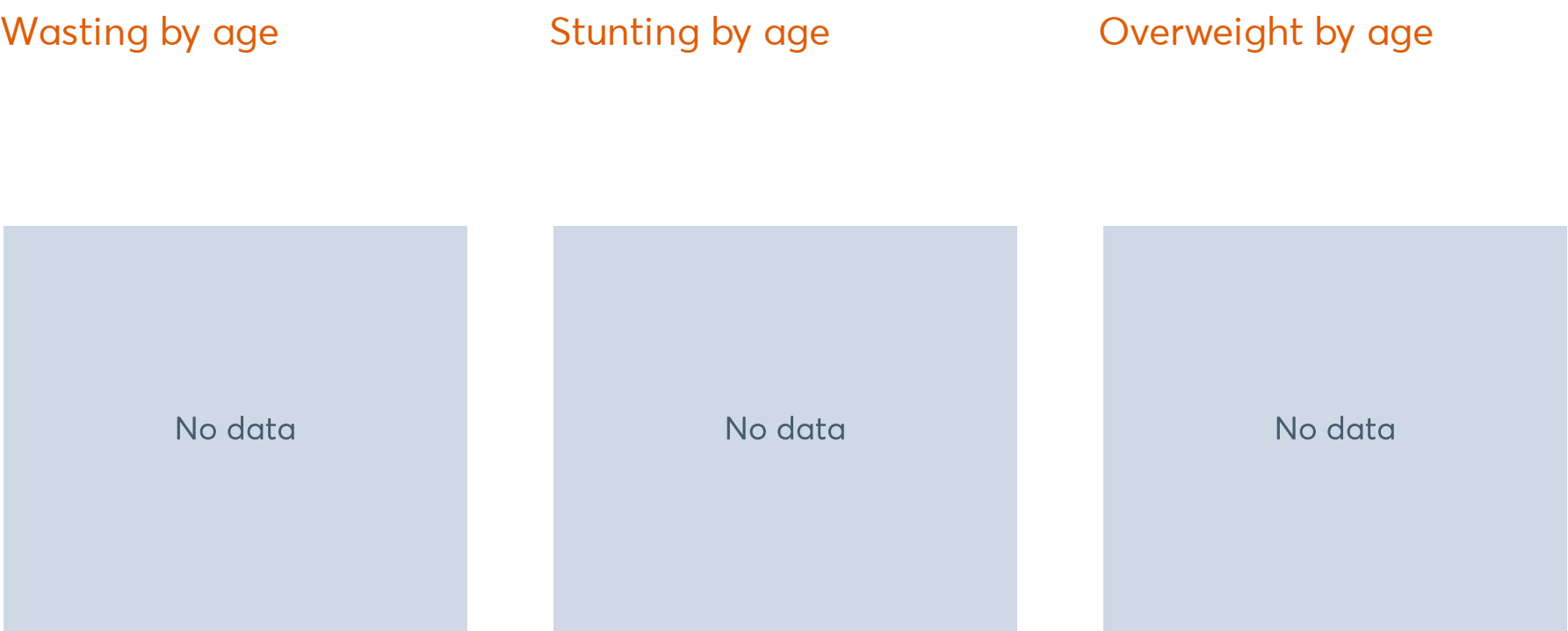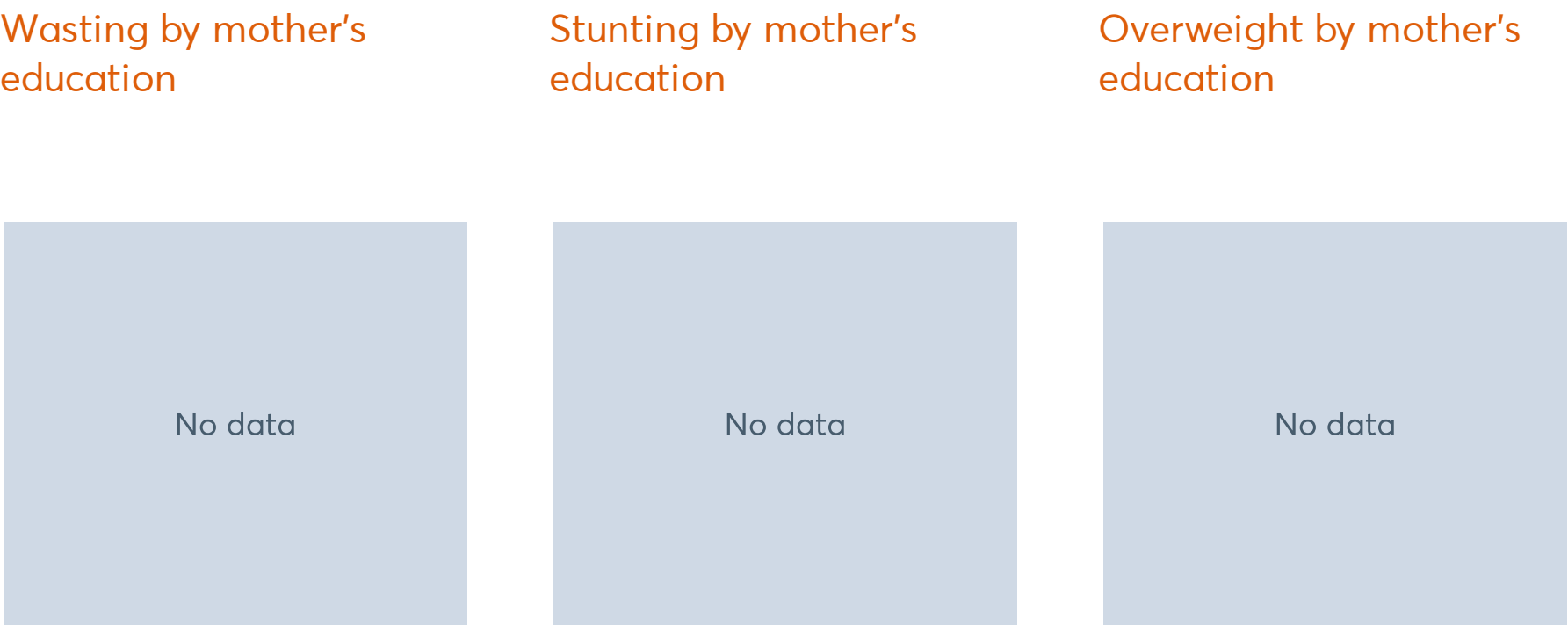
Sources: UNICEF/WHO/World Bank Group: Joint child malnutrition estimates.

Notes: Regional trends (grey line in charts) refer to estimates from UNICEF/WHO/World Bank Group: Joint child malnutrition estimates. 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 sex

No data

Continued breastfeeding at 1 year by sex

No data

Minimum acceptable diet by sex

No data

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

No data

Exclusive breastfeeding by location

No data

Continued breastfeeding at 1 year by location

No data

Minimum acceptable diet by location

No data

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

No data

Exclusive breastfeeding by income

No data

Continued breastfeeding at 1 year by income

No data

Minimum acceptable diet by income

No data

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

No data

Exclusive breastfeeding by mother's education

No data

Continued breastfeeding at 1 year by mother's education

No data

Minimum acceptable diet by mother's education

No data

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

No data

Exclusive breastfeeding by age

No data

Continued breastfeeding at 1 year by age

No data

Minimum acceptable diet by age

No data

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: 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.

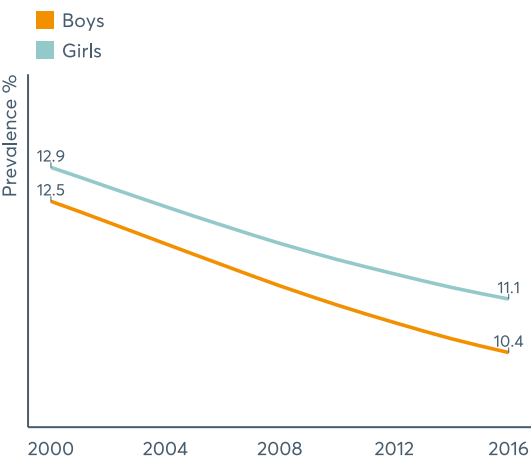# Infant and young child feeding

No data

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.

Child and adolescent (aged 5-19) nutrition status

Underweight by sex

Boys
Girls

Prevalence %

12.9
12.5

11.1
10.4

2000 2004 2008 2012 2016

Sources: NCD Risk Factor Collaboration.

Notes: Based on population weighted means of 40 countries.

Overweight by sex

Prevalence %

29.5

24.5

22.4

19.1

2000 2004 2008 2012 2016

Notes: Based on population weighted means of 40 countries.

Obesity by sex

Prevalence %

10.7

6.6

6.7

4.4

2000 2004 2008 2012 2016
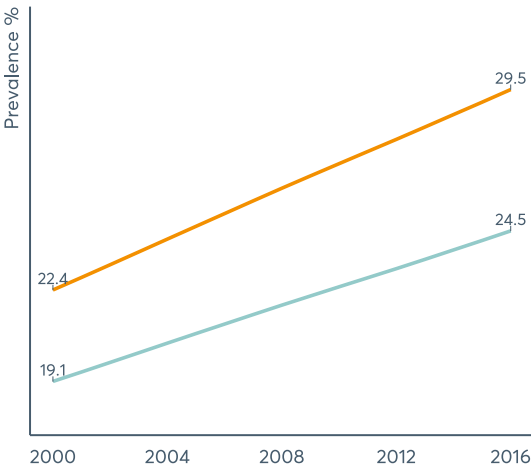
Notes: Based on population weighted means of 40 countries.

Adult nutrition status

Diabetes by sex
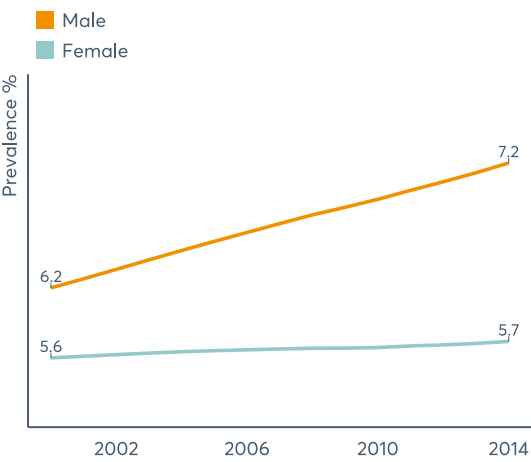
Prevalence %

Male
Female

6.2
5.6

7.2
5.7

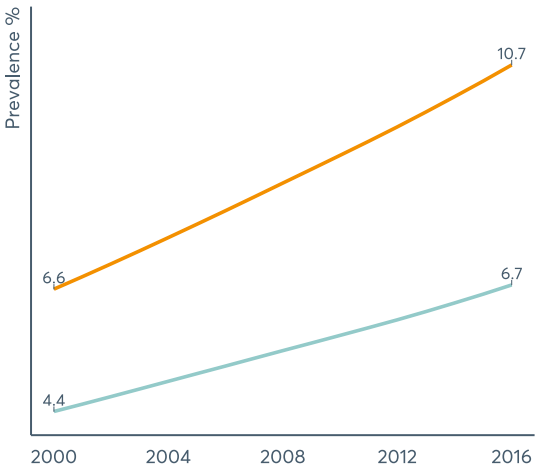2002   2006   2010   2014

Sources: NCD Risk Factor Collaboration.

Notes: Based on population weighted means of 40 countries.

Overweight by sex

Prevalence %

55.2
48.2

64.2
53.1

2000   2004   2008   2012   2016

Notes: Based on population weighted means of 40 countries.

Obesity by sex

Prevalence %

19.2
14.8

23.3
22.2

2000   2004   2008   2012   2016
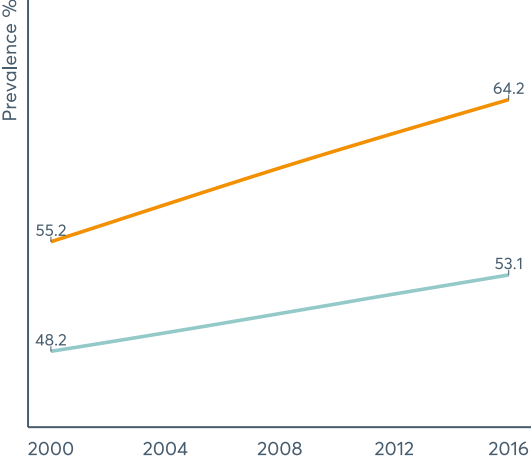
Notes: Based on population weighted means of 40 countries.

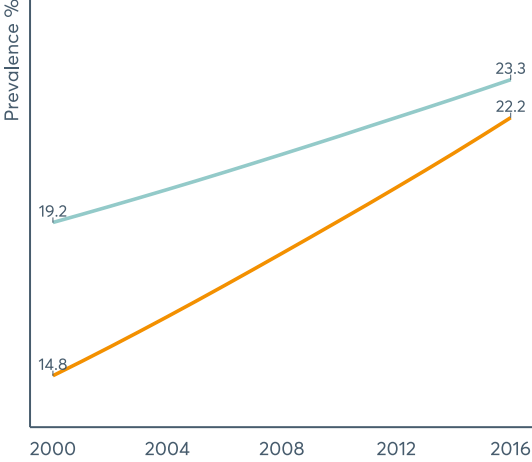## Raised blood pressure by sex
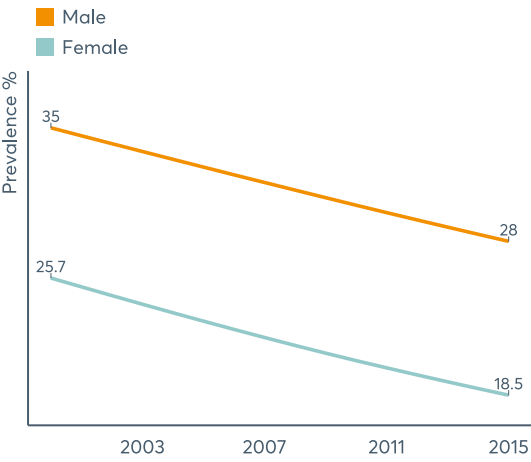
Prevalence %

Male
Female

35
25.7

28
18.5

2003   2007   2011   2015

Sources: NCD Risk Factor Collaboration.

Notes: Based on population weighted means of 40 countries.

Anaemia in WRA

Prevalence %

All women
Pregnant women
Non-pregnant women

24.8
17.3
17.1

24.4
20
19.9

2000   2004   2008   2012   2016
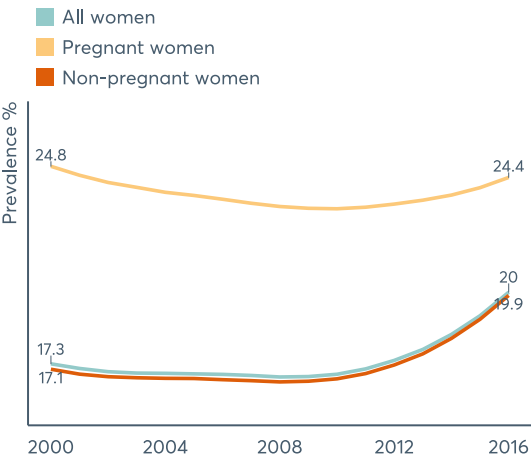
Source: WHO Global Health Observatory.

Notes: WRA = women of reproductive age. Based on population weighted means of 40 countries.

Sodium intake (grams per day)

Europe
Global

3.9
5.6

2017
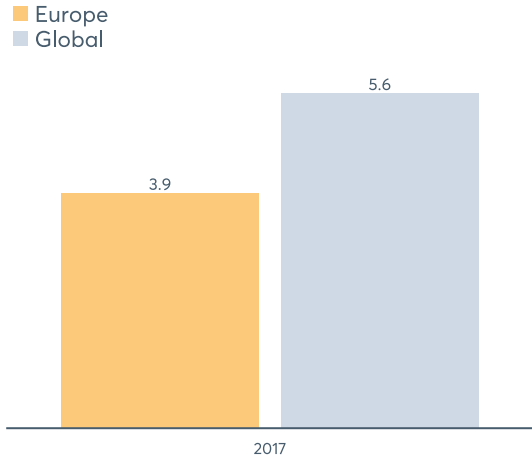
Source: Global Burden of Disease, the Institute for Health Metrics and Evaluation.

Notes: Based on population weighted means of 40 countries.

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%

○ Europe
○ Global

Processed meat — 2g — 7
Red meat — 22.5g
Salt — 2g — 5
Saturated fat — 7%
Sugar-sweetened beverages — 2.5g — 95 — 98
Trans fat — 0.5%
Vegetables — 360g
Whole grain — 125g

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

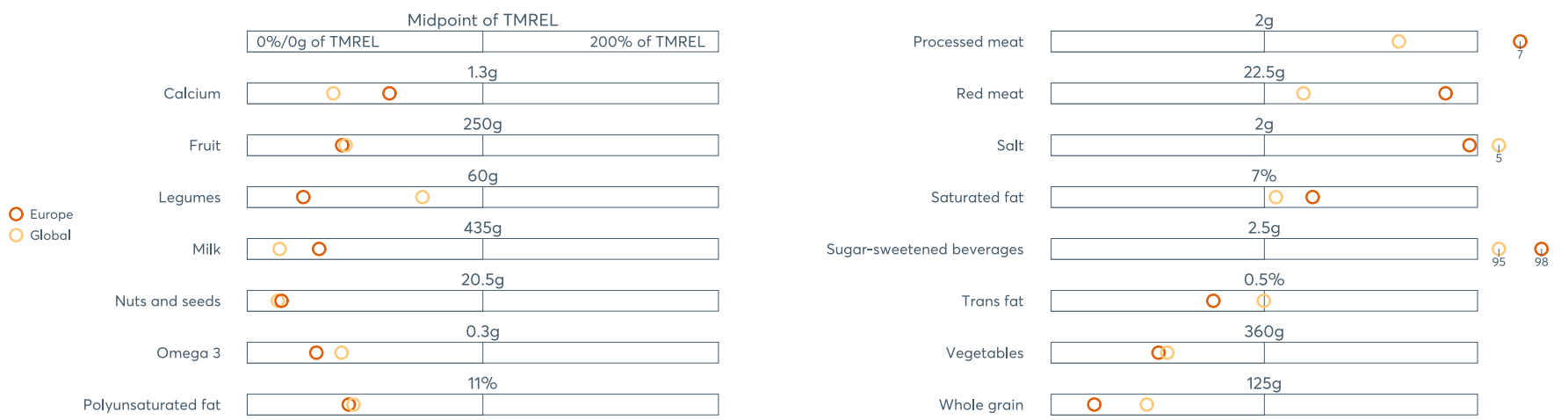Notes: TMREL = theoretical minimum risk of exposure level. Men and women aged 25 and older. Based on population weighted means of 40 countries.

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

Notes: NA = not applicable. Data is compiled using STATcompiler and taken from country Demographic and Health Surveys for 2005-2018.

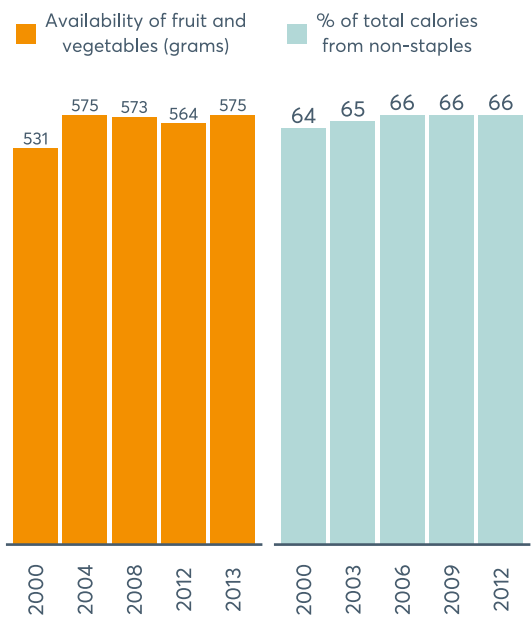# Determinants

Undernourishment

■ Undernourishment

% population

2.5	2.5	2.5	2.5	2.5
2001	2005	2009	2013	2017
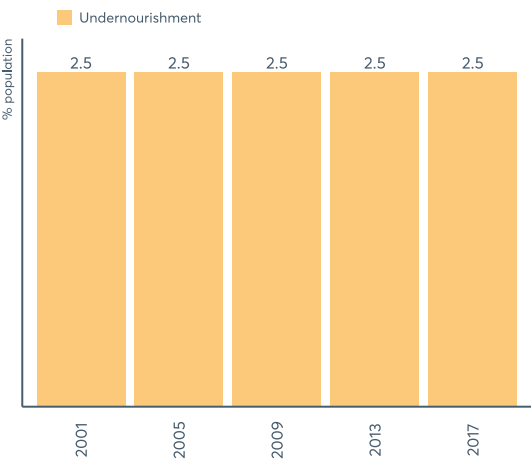
Source: FAOSTAT 2018.

Food supply

■ Availability of fruit and vegetables (grams)   ■ % of total calories from non-staples

| 531 | 575 | 573 | 564 | 575 | 64 | 65 | 66 | 66 | 66 |
| 2000 | 2004 | 2008 | 2012 | 2013 | 2000 | 2003 | 2006 | 2009 | 2012 |

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.
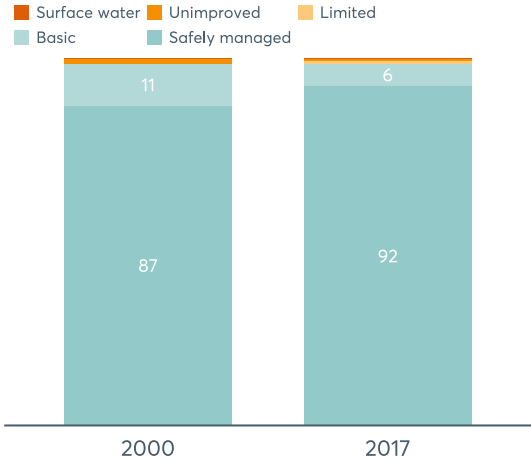
Notes: *0 = low inequality, 1 = high inequality.

Female secondary education enrolment (net, % population)

93	93	94	94
2013	2014	2015	2016
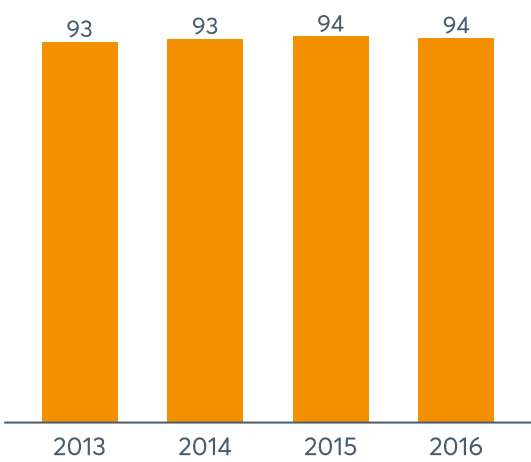
Source: UNESCO Institute for Statistics 2018.

Notes: Based on population weighted means of between 24 and 33 countries.

Drinking water coverage (% population)

■ Surface water ■ Unimproved ■ Limited ■ Basic ■ Safely managed

2000	2017
11	6
87	92

Source: WHO/UNICEF Joint Monitoring Programme 2019.

Notes: Based on population weighted means of between 40 and 43 countries.

Sanitation coverage (% population)
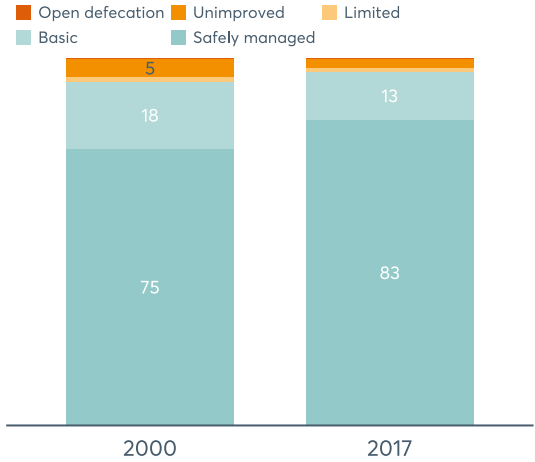
■ Open defecation ■ Unimproved ■ Limited ■ Basic ■ Safely managed

2000	2017
5	
18	13
75	83

Source: WHO/UNICEF Joint Monitoring Programme 2019.

Notes: Based on population weighted means of between 39 and 43 countries.

Resources, policies and targets

Development assistance

■ Basic nutrition ODA received

ODA, US$, per 1,000 people

10

5

0

2008   2011   2014   2017
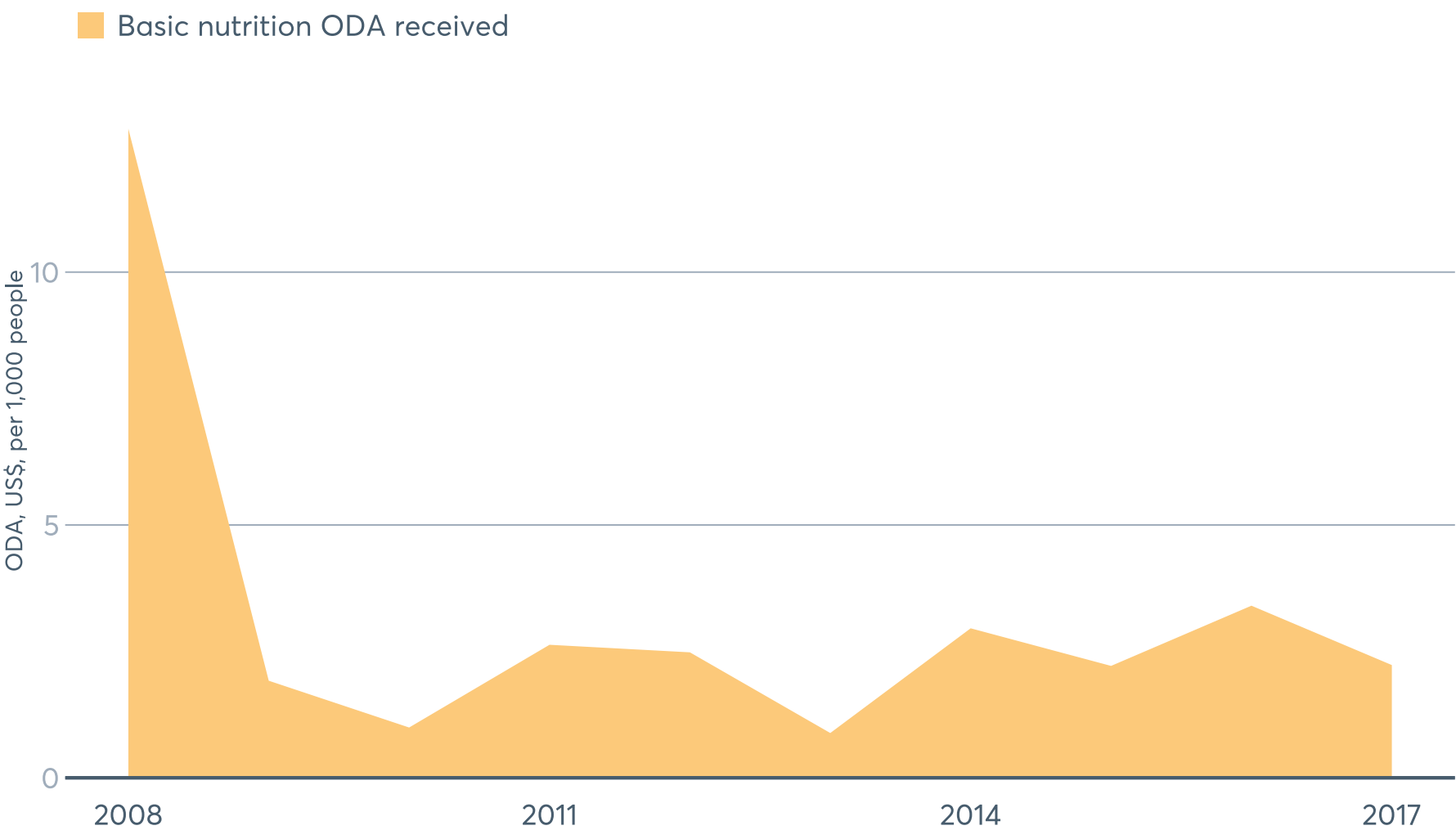
Sources: Development Initiatives based on OECD Development Assistance Commitee (DAC) Creditor Reporting System (CRS).

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	17/42
Sugar-sweetened beverage tax	11/42
Food-based dietary guidelines	29/42
Policy to reduce salt consumption	30/42
Operational policy, strategy or action plan to reduce unhealthy diet related to NCDs	39/42
Operational, multisectoral national NCD policy, strategy or action plan	27/42
Operational policy, strategy or action plan for diabetes	36/42
Policy to reduce the impact on children of marketing of foods and beverages high in saturated fats, trans-fatty acids, free sugars or salt	27/42
Policy to limit saturated fatty acids and virtually eliminate industrially produced trans-fats	25/42

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.

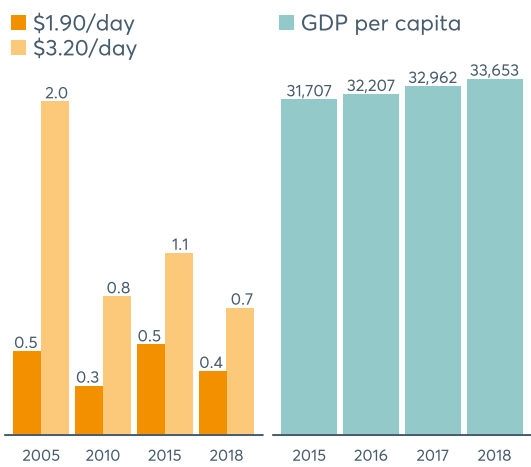# Targets included in national (nutrition or other) plan

Stunting	Anaemia
5/42	4/42
Low birth weight	**Child overweight**
7/42	36/42
Exclusive breastfeeding	**Wasting**
12/42	4/42
Salt intake	**Overweight adults and adolescents**
23/42	39/42
Multisectoral comprehensive nutrition plan	
18/42	

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$)

Legend:
- $1.90/day
- $3.20/day
- GDP per capita

Poverty rates:
- 2005: 0.5, 2.0
- 2010: 0.3, 0.8
- 2015: 0.5, 1.1
- 2018: 0.4, 0.7

GDP per capita:
- 2015: 31,707
- 2016: 32,207
- 2017: 32,962
- 2018: 33,653

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

Notes: PPP = purchasing power parity. Based on population weighted means of between 39 and 40 countries.
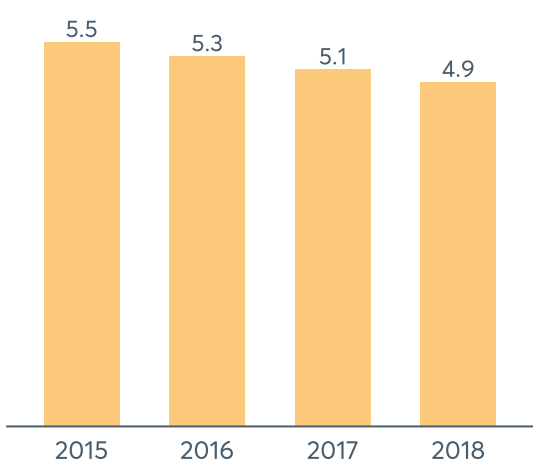
Under-five mortality (per 1,000 live births)

- 2015: 5.5
- 2016: 5.3
- 2017: 5.1
- 2018: 4.9

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

Notes: Based on population weighted means of 42 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 (159).

Population

Population (thousands)	744,405	2018
Under-five population (thousands)	39,393	2019
Rural (%)	25	2018
>65 years (thousands)	140,408	2019

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

Notes: Based on population weighted means of 43 countries.

Population density of health workers per 1,000 people

Physicians	3.6	2016
Nurses and midwives	8.76	2016
Community health workers	No data	No data

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

Notes: Based on population weighted means of 42 countries.