

Overview

Nutritional information

In the world, there has been some progress towards achieving global nutrition targets.

Forty one countries are on course to meet the global target for under-five overweight. Forty countries are on course for under-five wasting. Thirty three countries are on course for infant exclusive breastfeeding. Thirty one countries are on course for under-five stunting. Twenty six countries are on course for female diabetes. Twelve countries are on course for low birth weight. 8 countries are on course for male diabetes. However, no countries in the world are on course for each of anaemia in women of reproductive age, male obesity, and female obesity.

The world experiences a malnutrition burden among its under-five population. The average prevalence of overweight in under-fives is 5.9%. The prevalence of stunting in under-fives is 21.9%. The world's wasting in under-fives prevalence is 7.3%.

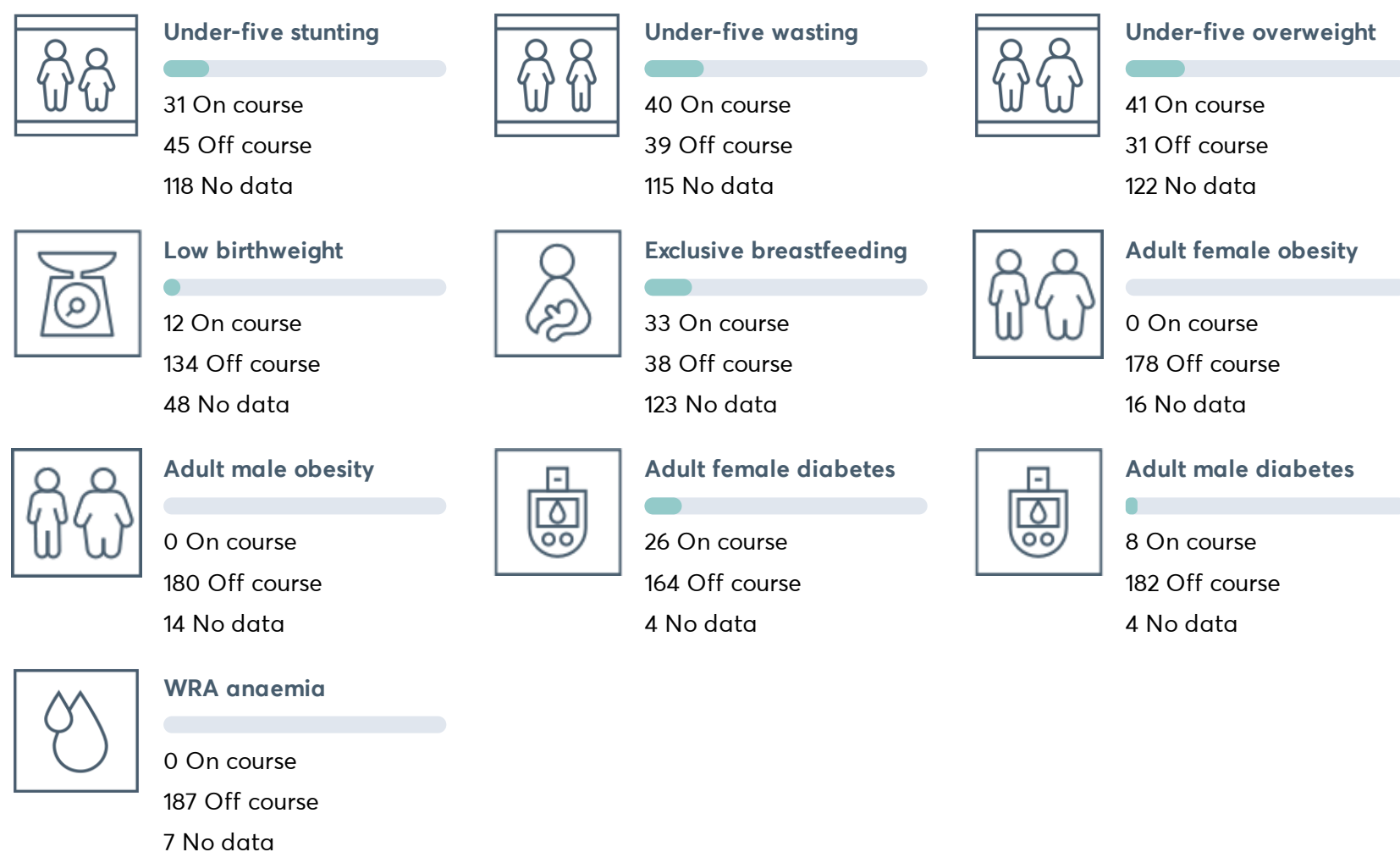
Some 46.4% of infants under 23 months in the world are exclusively breastfed, while the world's average low birth weight prevalence is 14.6%.

The world's adult population also face a malnutrition burden. An average of 32.8% of women of reproductive age have anaemia, and 9% of adult men suffer from diabetes, compared to 7.9% of women. Meanwhile, 14.7% of women and 10.5% of men suffer from obesity.

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

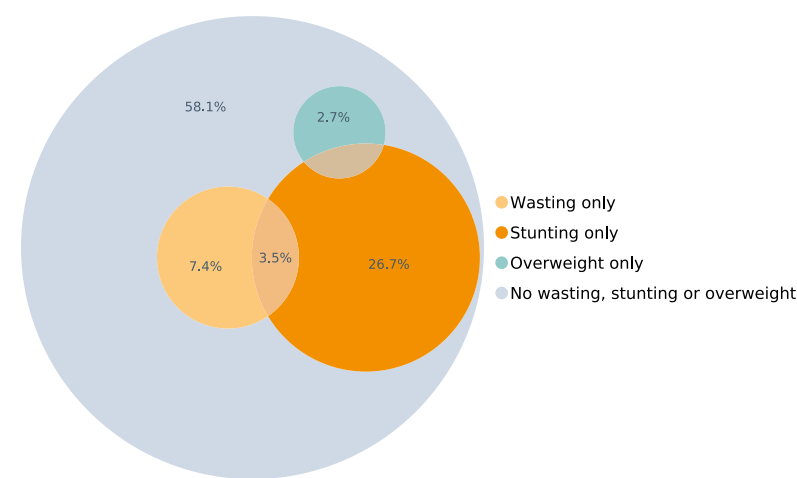
Notes: Thresholds for a country having the form or not: stunting in children aged under-five years >20%; anaemia in women of reproductive age >20%; overweight (body mass index >25) in adult women aged >18 years >35%.

Progress against global nutrition targets 2018



Infant and child (under-five) status

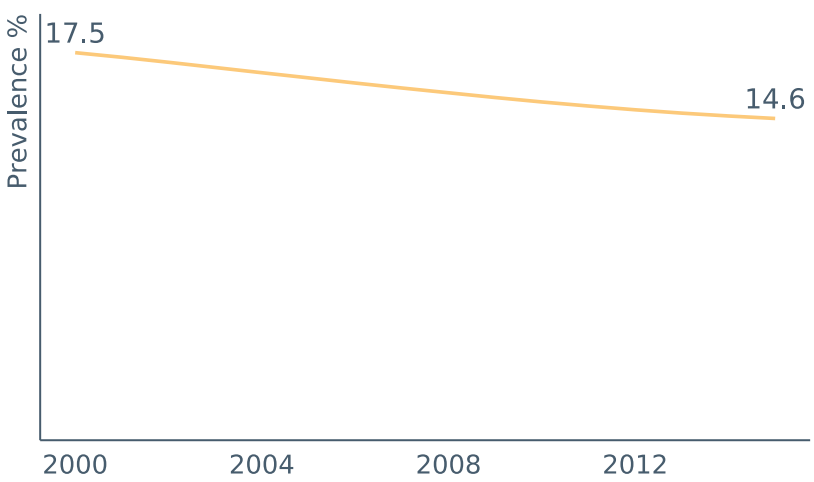
Under-five coexistence of wasting, stunting and overweight



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. 111 countries included in aggregates.

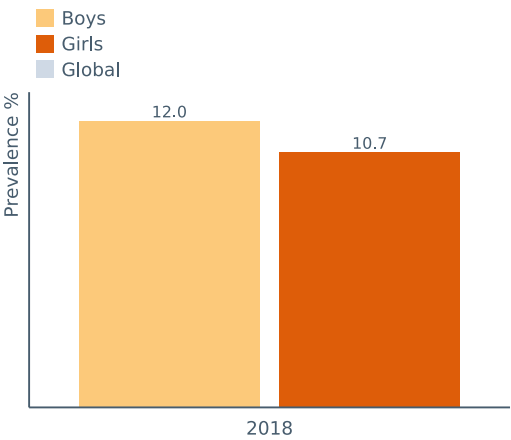
Low birth weight (%)



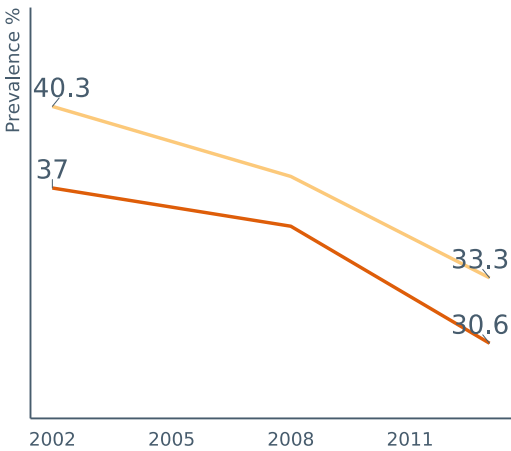
Source: UNICEF/WHO Low birthweight estimates, 2019 edition.

Children (under-five) nutrition status

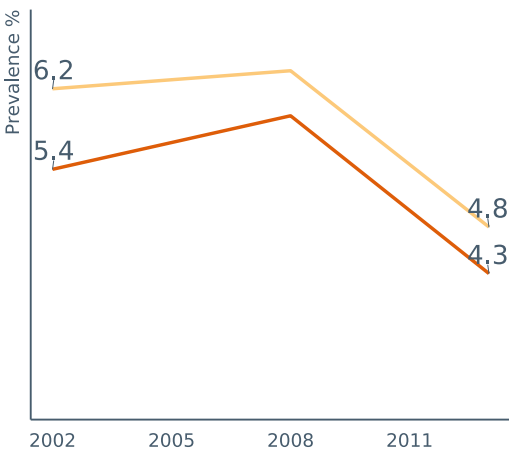
Wasting by gender (%)



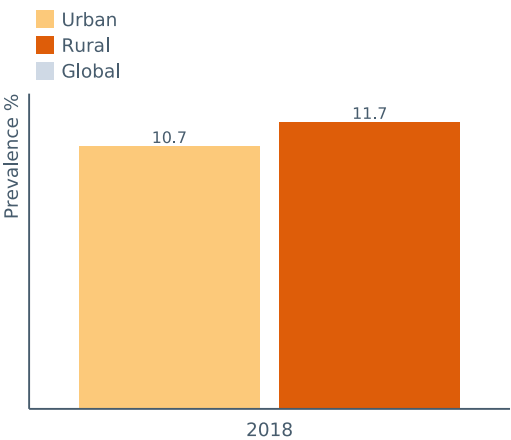
Stunting by gender (%)



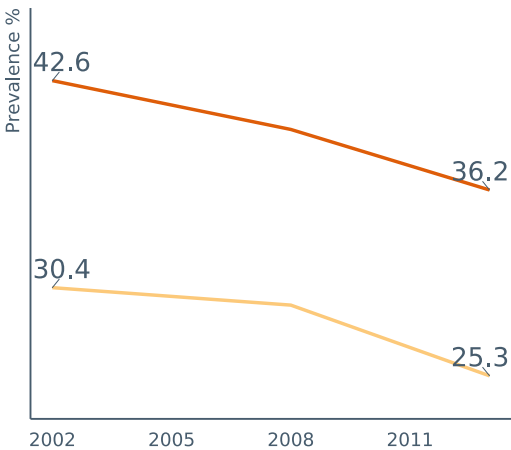
Overweight by gender (%)



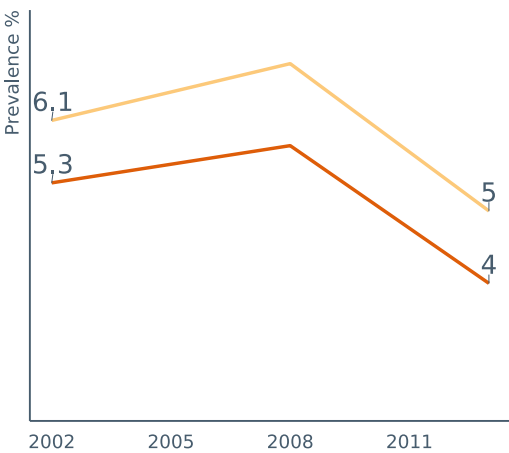
Wasting by location (%)



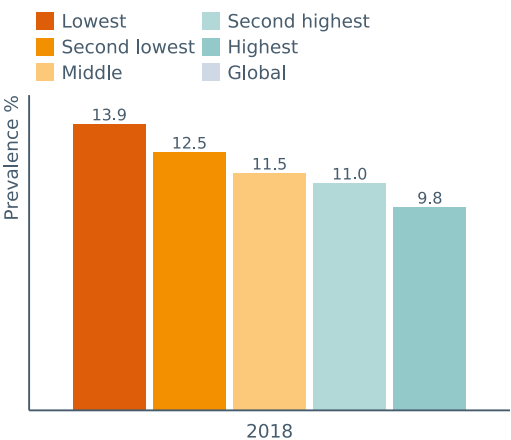
Stunting by location (%)



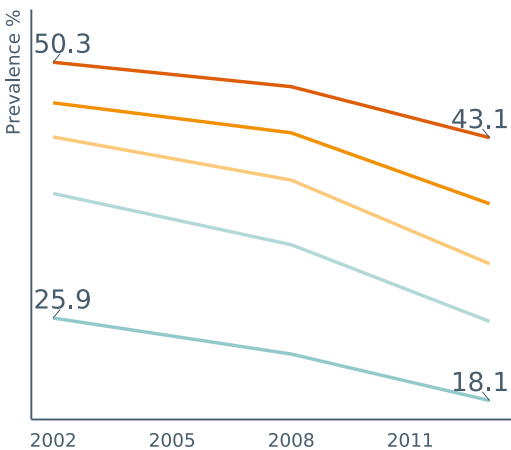
Overweight by location (%)



Wasting by income (%)



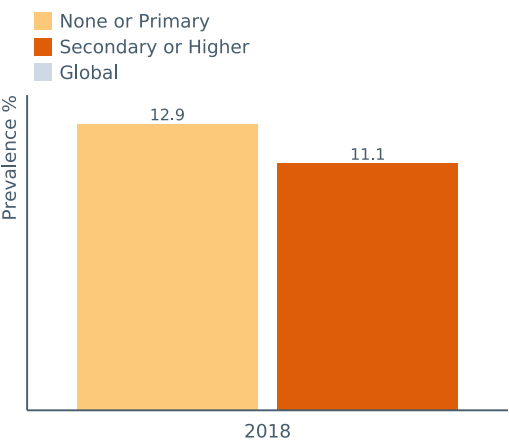
Stunting by income (%)



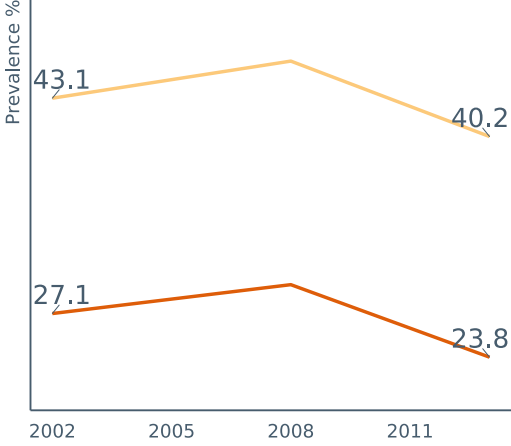
Overweight by income (%)



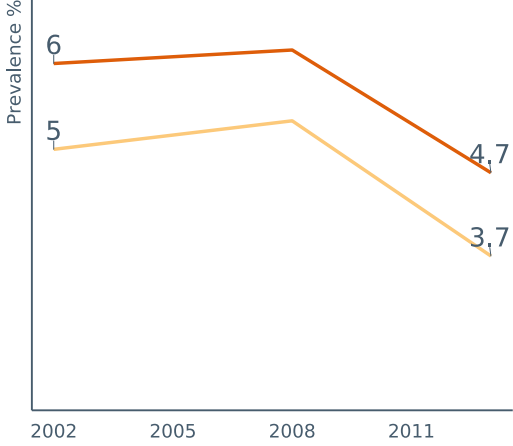
Wasting by education (%)



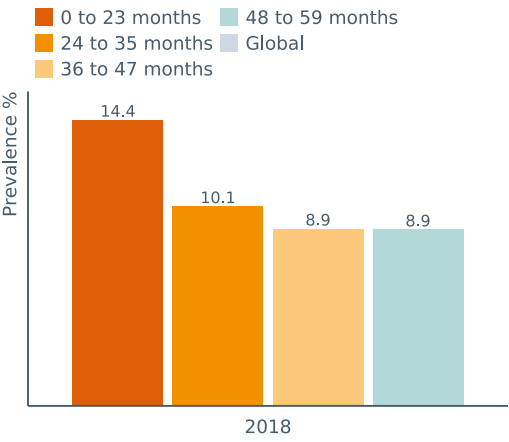
Stunting by education (%)



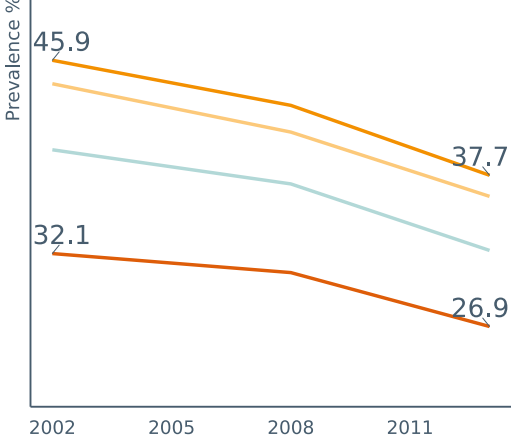
Overweight by education (%)



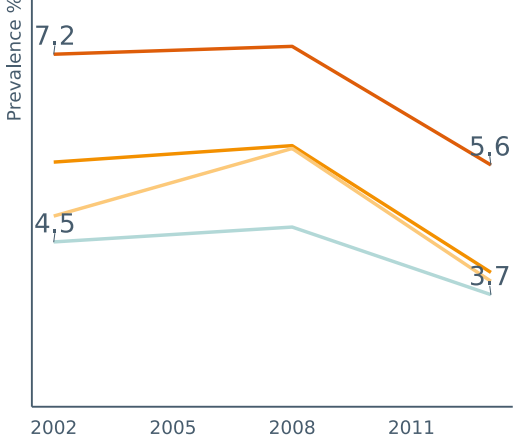
Wasting by age (%)



Stunting by age (%)



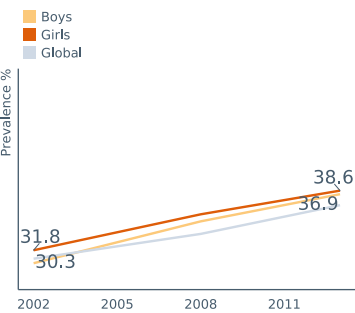
Overweight by age (%)



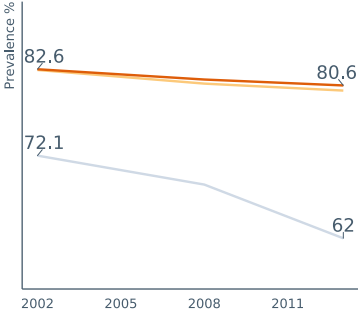
Sources: UNICEF/WHO/World Bank Group: Joint child malnutrition estimates. From 3 to 110 countries included in aggregates.

Infant and child (under-five) feeding over time

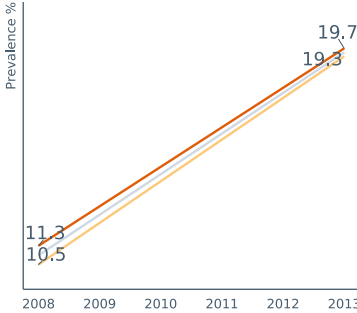
Exclusive breastfeeding by gender



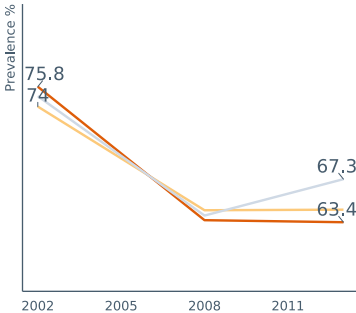
Continued breastfeeding at 1 year by gender



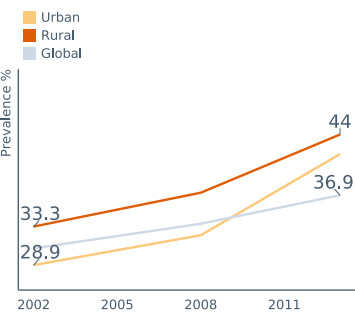
Minimum acceptable diet by gender



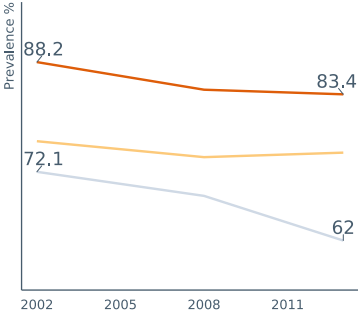
Introduction to solid, semi-solid or soft foods by gender



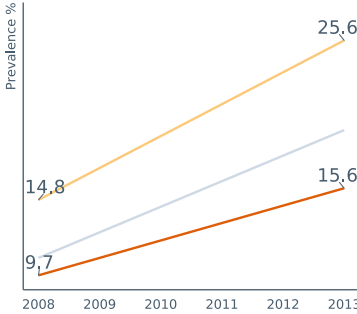
Exclusive breastfeeding by location



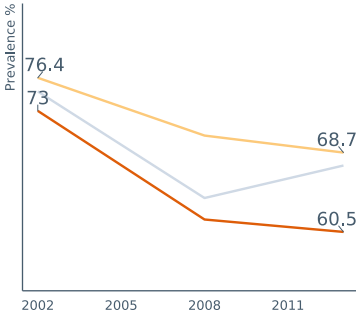
Continued breastfeeding at 1 year by location



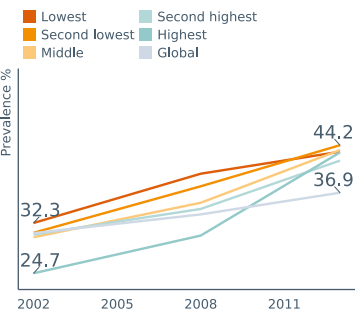
Minimum acceptable diet by location



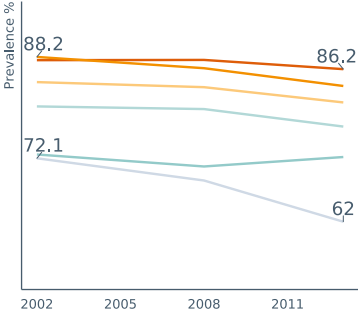
Introduction to solid, semi-solid or soft foods by location



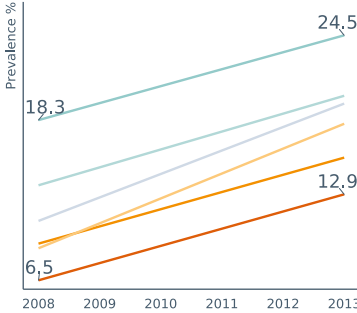
Exclusive breastfeeding by income



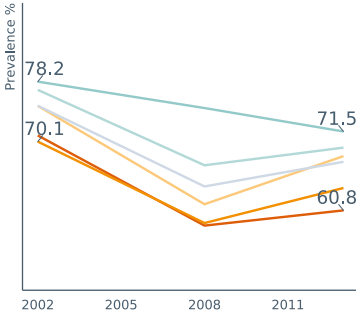
Continued breastfeeding at 1 year by income



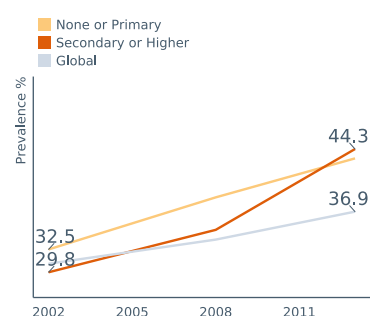
Minimum acceptable diet by income



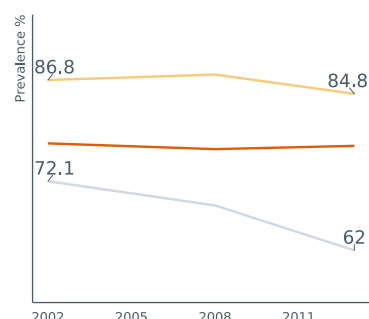
Introduction to solid, semi-solid or soft foods by income



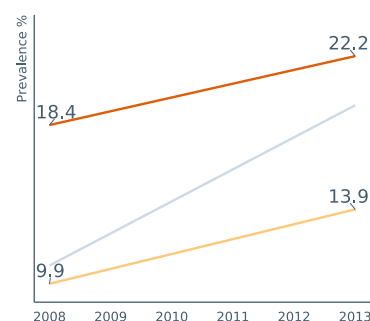
Exclusive breastfeeding by mother's education



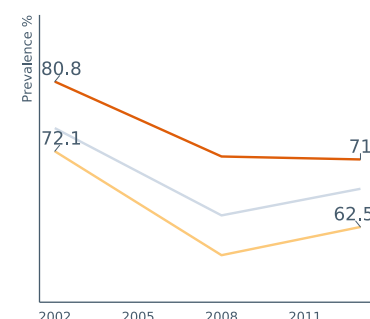
Continued breastfeeding at 1 year by mother's education



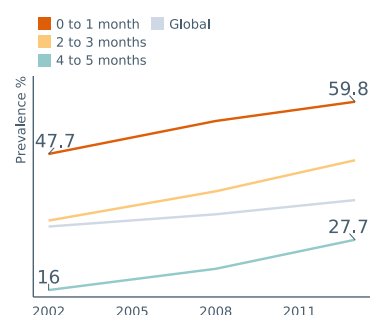
Minimum acceptable diet by mother's education



Introduction to solid, semi-solid or soft foods by mother's education



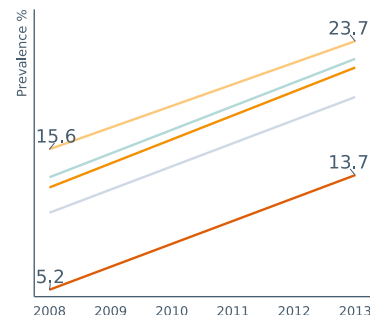
Exclusive breastfeeding by age



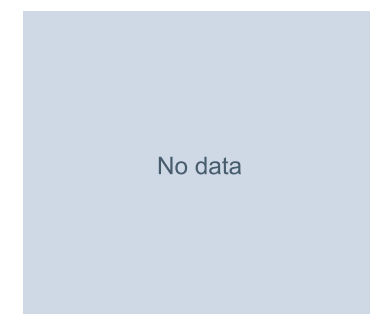
Continued breastfeeding at 1 year by age



Minimum acceptable diet by age

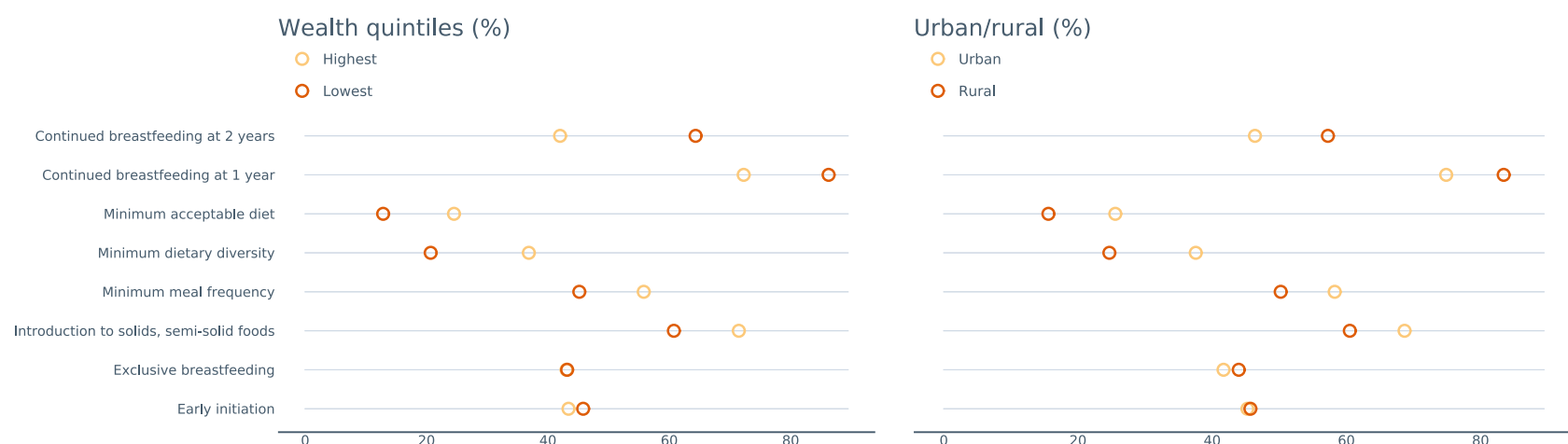


Introduction to solid, semi-solid or soft foods by age



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 112 countries included in aggregates.

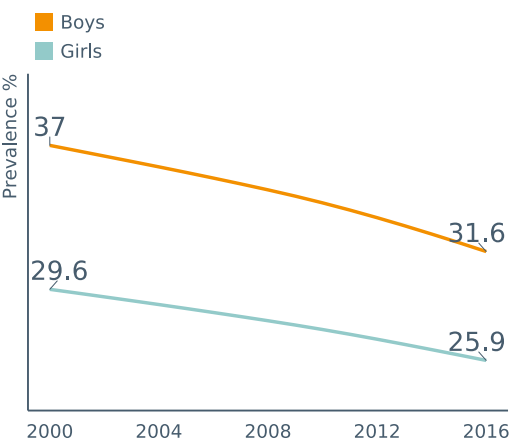
Infant and young child feeding



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. From 1 to 114 countries included in aggregates.

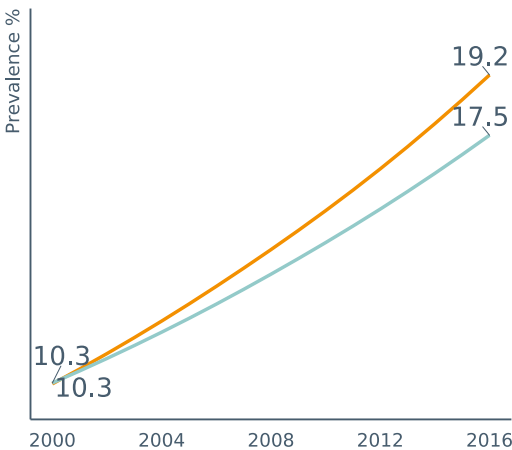
Children and adolescent (aged 5-19) nutrition status

Ages 5-19 by gender:
underweight (%)

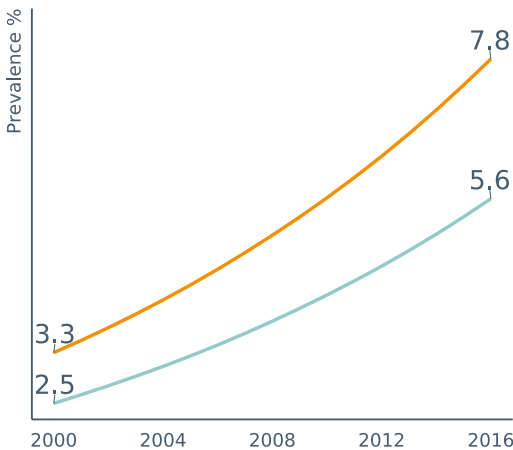


Sources: NCD Risk Factor
Collaboration.

Ages 5-19 by gender:
overweight (%)

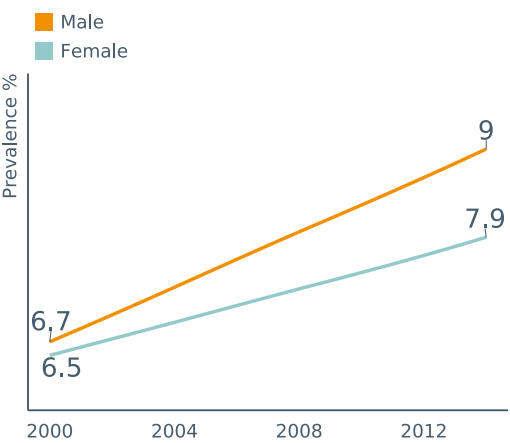


Ages 5-19 by gender:
obesity (%)



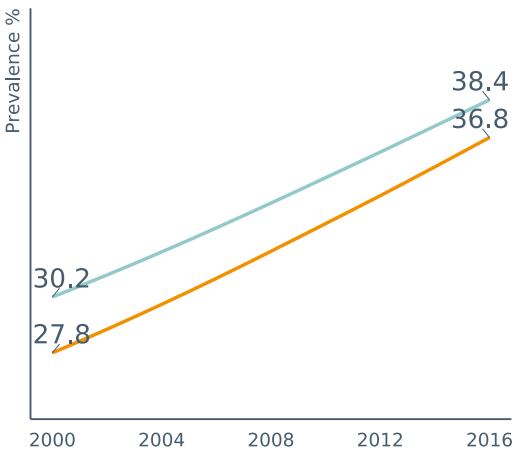
Adult nutrition status

Adult by gender:
diabetes (%)



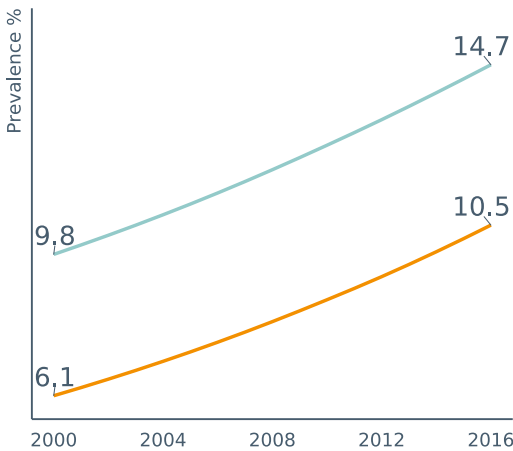
Sources: NCD Risk Factor
Collaboration.

Adult by gender:
overweight (%)



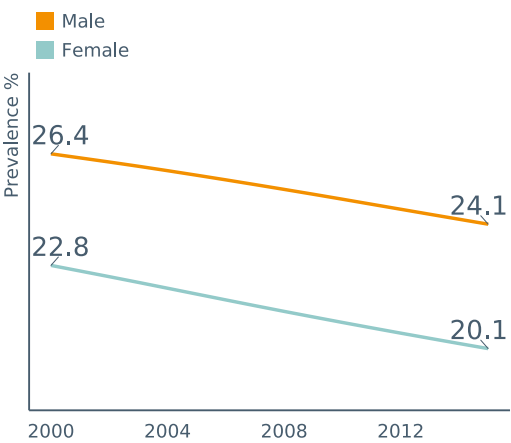
190 countries included in aggregates.

Adult by gender: obesity
(%)



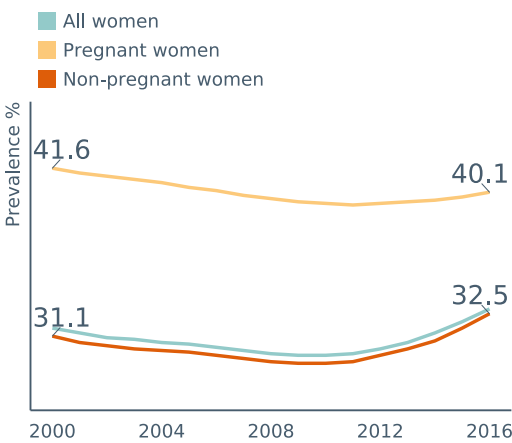
190 countries included in aggregates.

Adult by gender: raised blood pressure (%)



Sources: NCD Risk Factor Collaboration.

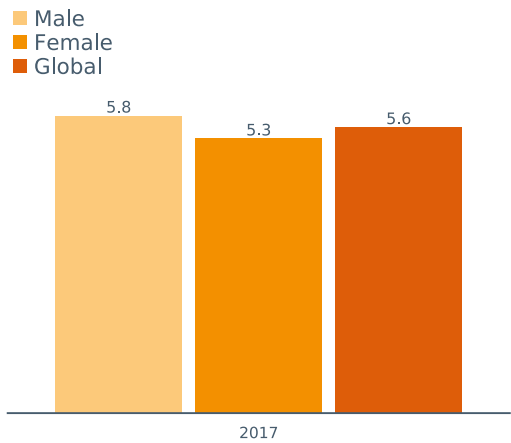
Adult: anaemia in WRA (%)



Source: WHO Global Health Observatory.

Notes: WRA = women of reproductive age.

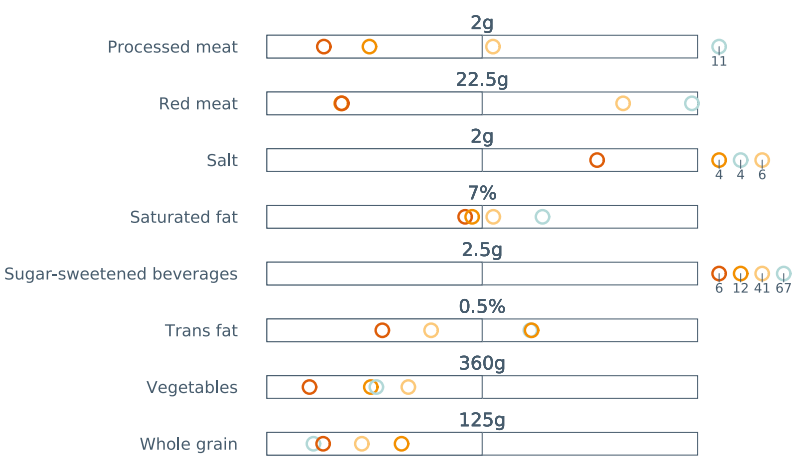
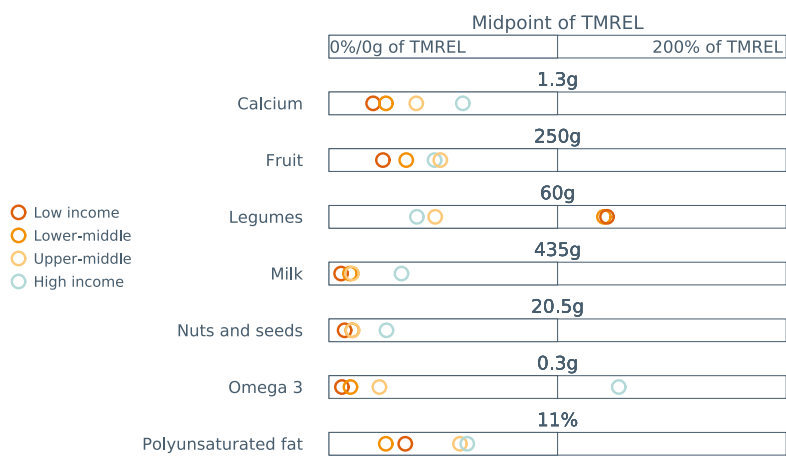
Adult: sodium intake (grams per day)



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

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.

Intervention coverage

Coverage/practice indicator	Total (%)	Boy (%)	Girl (%)	Year
Children 0-59 months with diarrhoea who received zinc treatment	17	17	16	2017
Children 6-59 months who received A supplements in last 6 months	58	58	58	2017

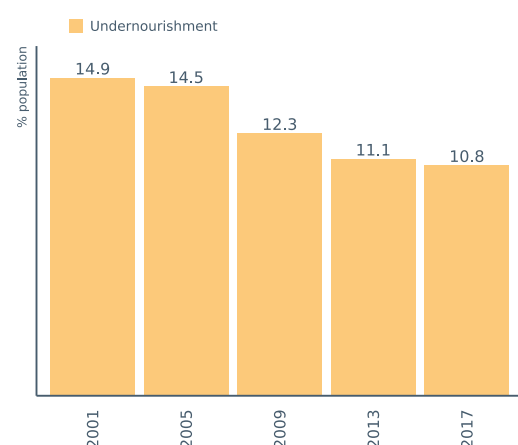
Coverage/practice indicator	Total (%)	Boy (%)	Girl (%)	Year
Children 6-59 months given iron supplements in past 7 days	17	17	17	2017
Women with a live birth in the five years preceding the survey who received iron tablets or syrup during antenatal care	73			2017
Household consumption of any iodised salt	89	NA	NA	2017

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. From 46 to 66 countries included in aggregates.

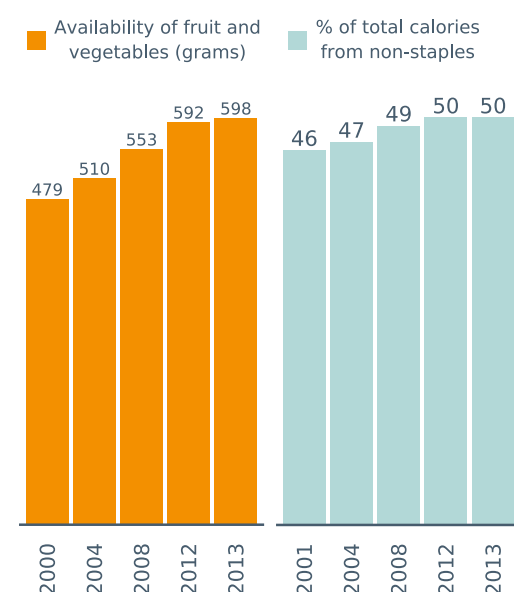
Determinants

Undernourishment (% population)



Source: FAOSTAT 2018.

Food supply



Source: FAOSTAT 2018.

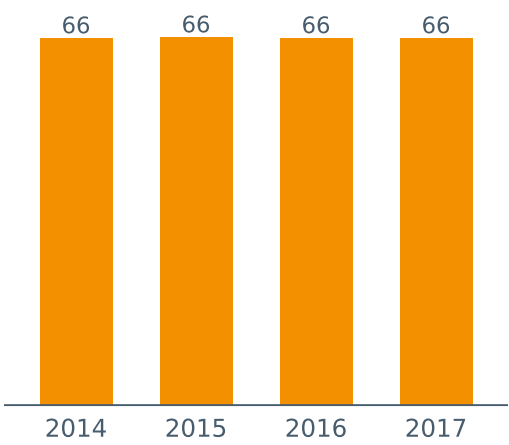
Gender-related determinants

Early childbearing: births by age 18 (%) ¹	18	2016
Gender Inequality Index (score [*]) ²	0.35	2017
Gender Inequality Index (country rank) ²	83	2017

Sources: ¹ UNICEF 2018; ² UNDP 2018.

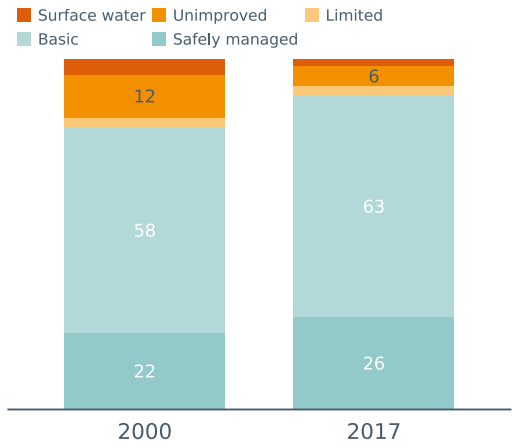
Notes: * 0 = low inequality, 1 = high inequality. From 1 to 157 countries included in aggregates.

Female secondary education enrolment (net, % population)



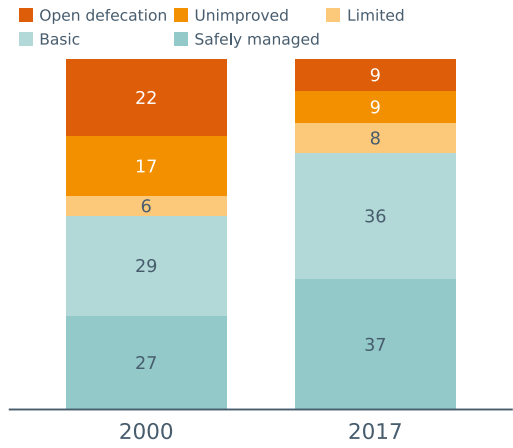
Source: UNESCO Institute for Statistics 2018.

Drinking water coverage (% population)



Source: WHO/UNICEF Joint Monitoring Programme 2019. From 93 to 194 countries included in aggregates.

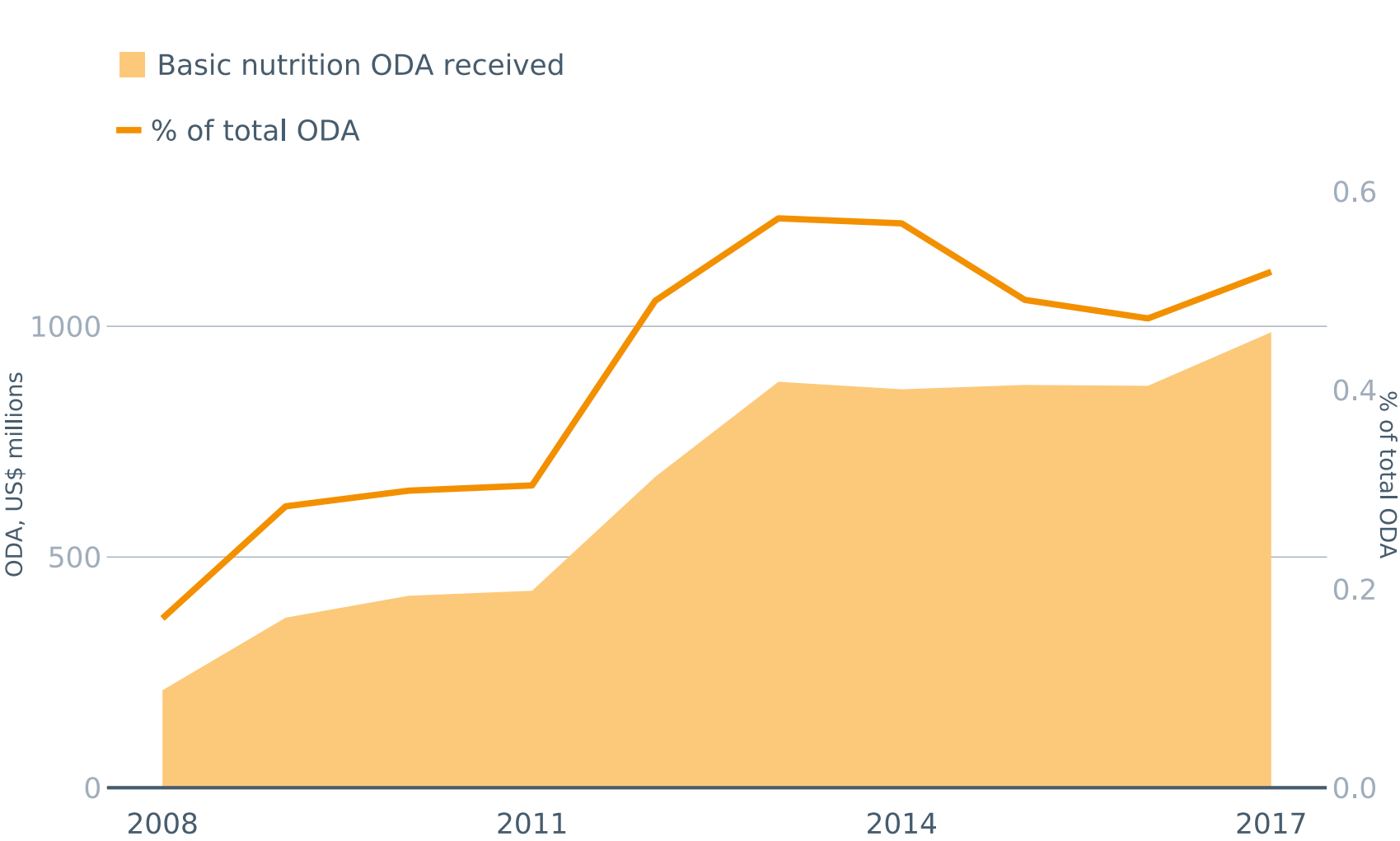
Sanitation coverage (% population)



Source: WHO/UNICEF Joint Monitoring Programme 2019. From 86 to 194 countries included in aggregates.

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 exlcudes other official flows and private grants.

National policies

Mandatory legislation for salt iodisation	115/194
Sugar-sweetened beverage tax	35/194
Food-based dietary guidelines	92/194
Policy to reduce salt consumption	91/194
Operational policy, strategy or action plan to reduce unhealthy diet related to NCDs	152/194
Operational, multisectoral national NCD policy, strategy or action plan	98/194
Operational policy, strategy or action plan for diabetes	148/194
Policy to reduce the impact on children of marketing of foods and beverages high in saturated fats, trans-fatty acids, free sugars or salt	58/194
Policy to limit saturated fatty acids and virtually eliminate industrially produced trans-fats	68/194

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.

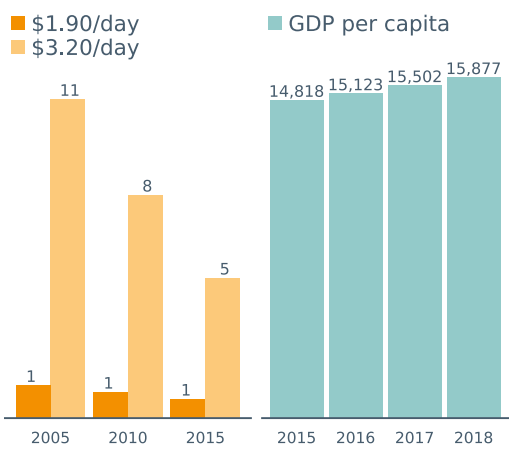
Targets included in national (nutrition or other) plan

Stunting	Anaemia
111/194	87/194
Low birth weight	Child overweight
100/194	139/194
Exclusive breastfeeding	Wasting
127/194	101/194
Salt intake	Overweight adults and adolescents
108/194	160/194
Multisectoral comprehensive nutrition plan	
100/194	

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

Economics and demography

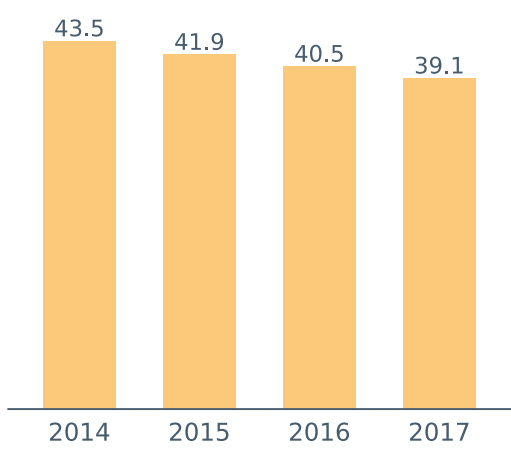
Poverty rates (%) and GDP (PPP\$)



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

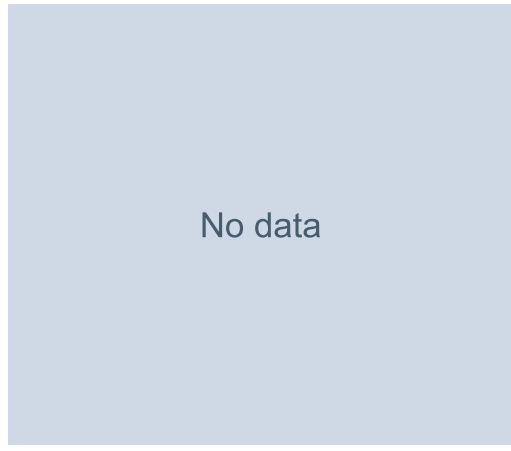
Notes: PPP = purchasing power parity. 186 countries included in aggregates.

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



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

Government revenues (\$m)



Sources: IMF Article IV staff reports (country specific) and IMF World Economic Outlook Database (April 2019). 61 countries included in aggregates.

Income inequality

Gini index score ¹	Gini index rank ²	Year
43	112	2017

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 49 countries included in aggregates.

Population

Population (000)	568,785,161	2018
Under-five population (000)	677,369	2019
Rural (%)	45	2018
>65 years (000)	702,933	2019

Sources: World Bank 2019, UN Population Division Department of Economic and Social Affairs 2019. From 193 to 194 countries included in aggregates.

Population density of health workers per 1,000 people

Physicians	1.5	2016
Nurses and midwives	3.41	2016
Community health workers	0.51	2016

Sources: WHO's Global Health Workforce Statistics, OECD, supplemented by country data. From 64 to 189 countries included in aggregates.