Turkmenistan

Country overview

Malnutrition burden

Turkmenistan is on course to meet the global targets for under-five wasting and low birth weight, but is off course to meet the targets for anaemia in women of reproductive age, male diabetes, female diabetes, male obesity, and female obesity. There is insufficient target data to assess Turkmenistan's progress for under-five overweight, under-five stunting, and infant exclusive breastfeeding.

Although it performs well against other developing countries, Turkmenistan still experiences a malnutrition burden among its under-five population. As of 2015, the national prevalence of under-five overweight is 5.9%, which has increased slightly from 4.5% in 2006. The national prevalence of under-five stunting is 11.5%, which is less than the developing country average of 25%. Turkmenistan's under-five wasting prevalence of 4.2% is also less than the developing country average of 8.9%.
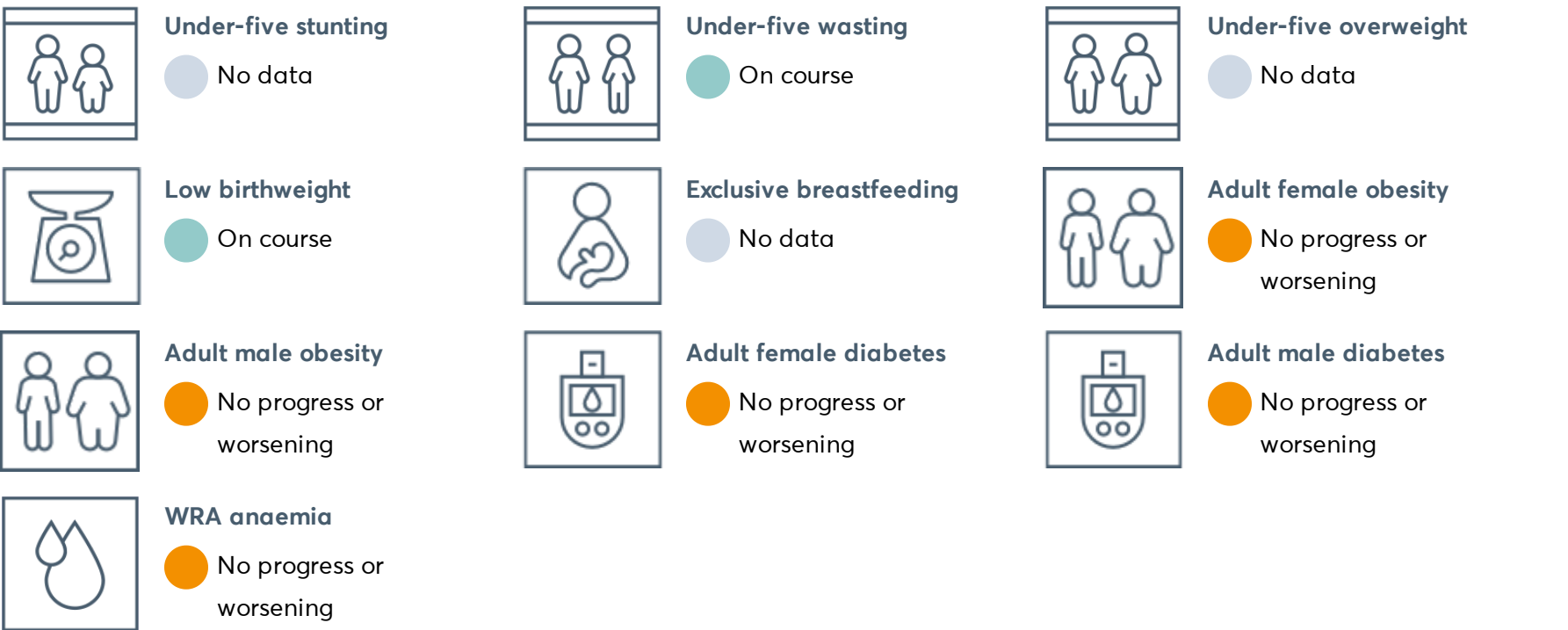
In Turkmenistan, 58.3% of infants under 23 months are exclusively breastfed. Turkmenistan's 2015 low birth weight prevalence of 4.9% has decreased slightly from 5.4% in 2000.

Turkmenistan's adult population also face a malnutrition burden. 32.6% of women of reproductive age have anaemia, and 12.4% of adult men have diabetes, compared to 12% of women. Meanwhile, 20.9% of women and 15.9% 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 — No data	**Under-five wasting** — On course	**Under-five overweight** — No data
Low birthweight — On course	**Exclusive breastfeeding** — No data	**Adult female obesity** — No progress or worsening
Adult male obesity — No progress or worsening	**Adult female diabetes** — No progress or worsening	**Adult male diabetes** — No progress or worsening
WRA anaemia — No progress or worsening		

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.
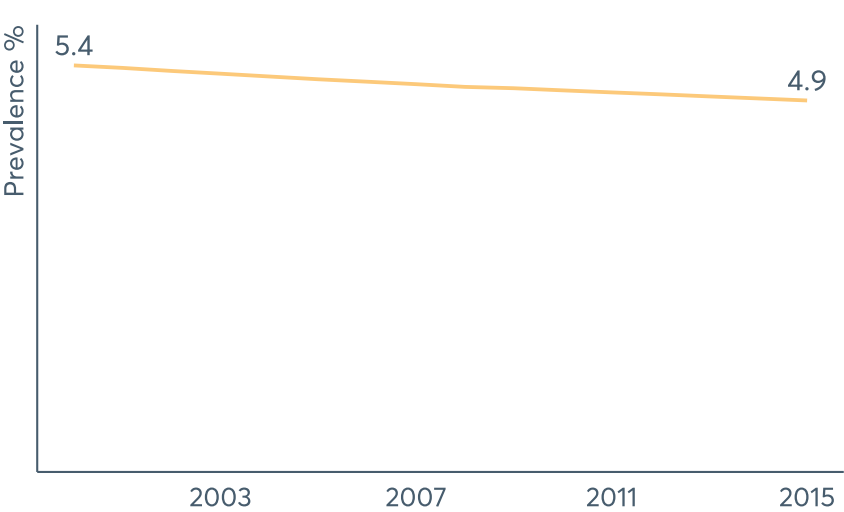
Child (under-five) nutrition status

Coexistence of wasting, stunting and overweight

80.7%

9.3%

3.9%

3.9%

- Wasting only
- Stunting only
- Overweight only
- No wasting, stunting or overweight
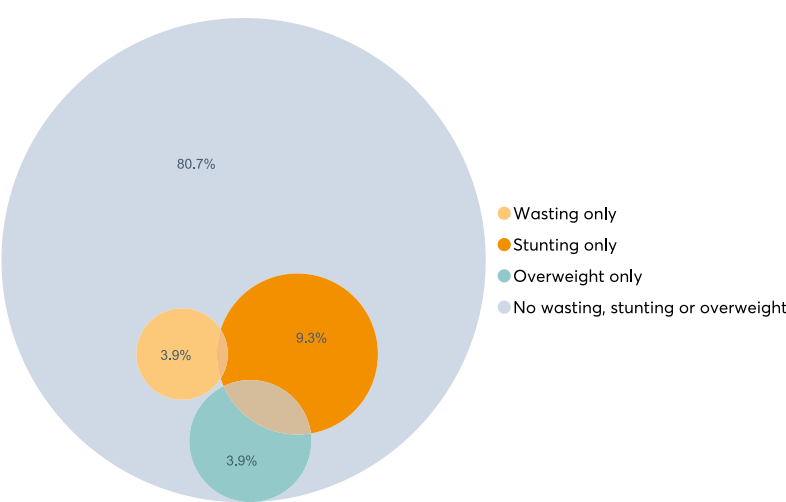
Sources: UNICEF, Division of Data Research and Policy (2019). UNICEF Global Databases: Overlapping Stunting, Wasting and Overweight, January 2019, New York.

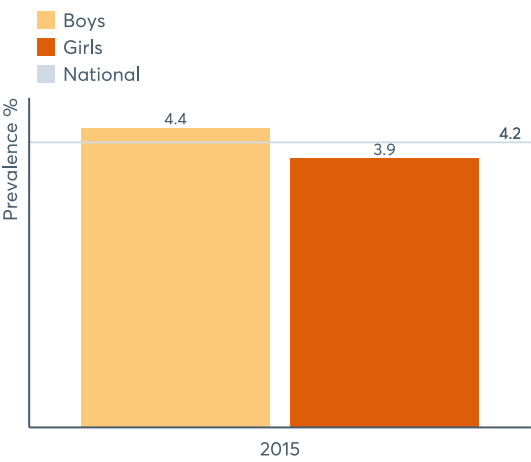Notes: Percentage of children under-five years of age who experience different and overlapping forms of malnutrition.
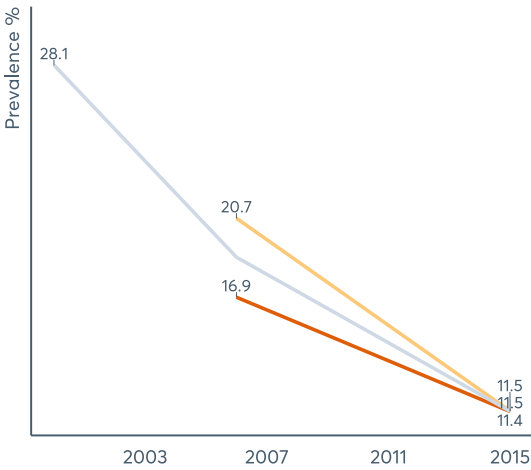
Low birth weight

Prevalence %

5.4

4.9

2003   2007   2011   2015

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

Child (under-five) nutrition status over time

Wasting by gender
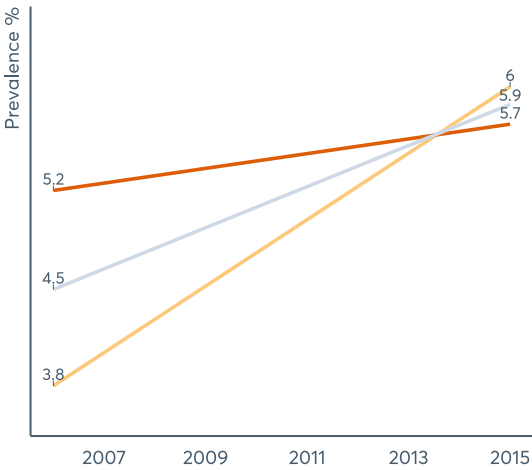
Boys: 4.4
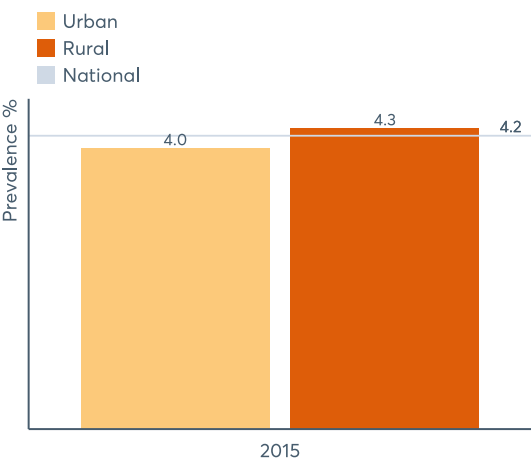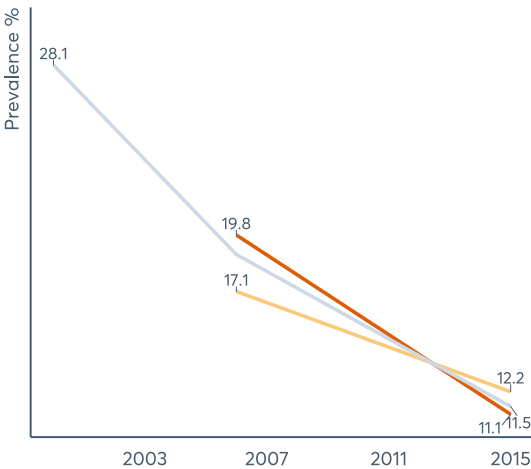Girls: 3.9
National: 4.2
2015

Stunting by gender

28.1
20.7
16.9
11.5
11.5
11.4
2003 2007 2011 2015

Overweight by gender

6
5.9
5.7
5.2
4.5
3.8
2007 2009 2011 2013 2015

Wasting by location

Urban: 4.0
Rural: 4.3
National: 4.2
2015

Stunting by location

28.1
19.8
17.1
12.2
11.1
11.5
2003 2007 2011 2015

Overweight by location

6.1
5.9
5.8
4.8
4.5
4.4
2007 2009 2011 2013 2015

Wasting by income

Lowest
Second lowest
Middle
Second highest
Highest
National

5.2
3.2
4.3
4.1
3.8
4.2
2015

Stunting by income

28.1
22.8
21
19.9
17.3
15.5
12.5
11.5
11.4
10.8
9.7
9.7
2003 2007 2011 2015

Overweight by income

7.3
6.1
6
5.9
5.7
5.4
4.8
4.6
4.5
4.5
2.8
2007 2009 2011 2013 2015

Wasting by mother's education

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

Prevalence %

4.1   4.2

2015

Stunting by mother's education

Prevalence %

28.1

11.7
11.5

2003   2007   2011   2015
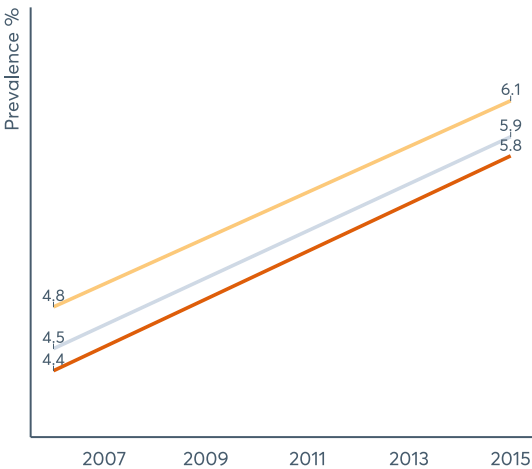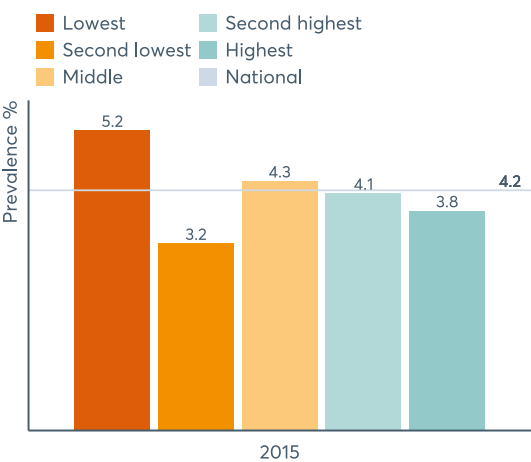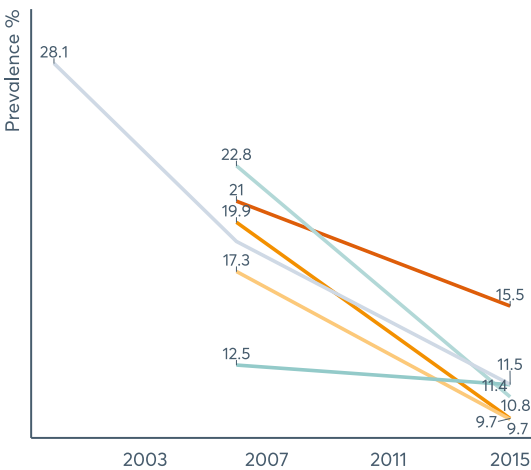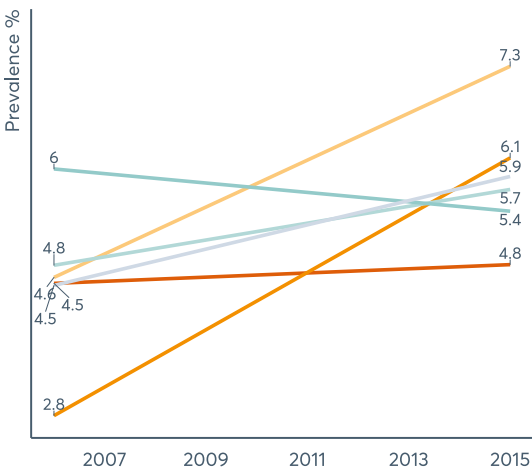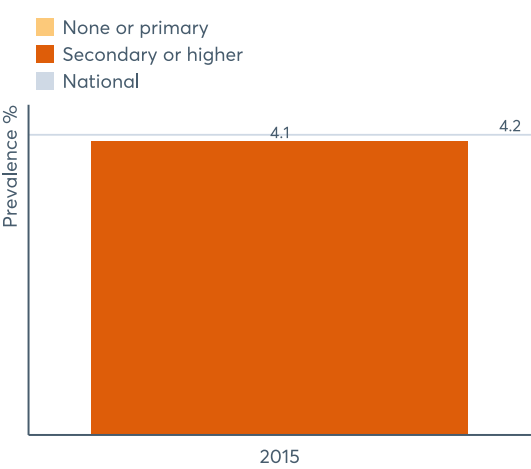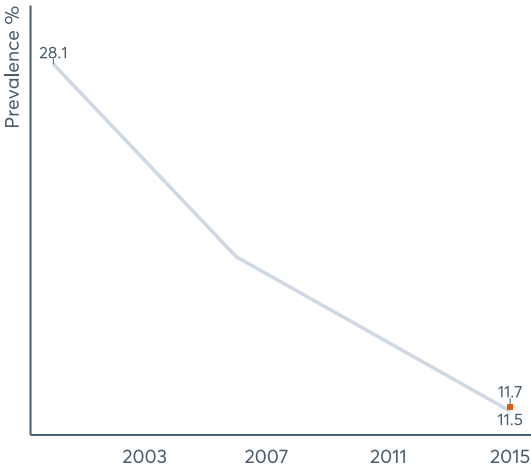
Overweight by mother's education
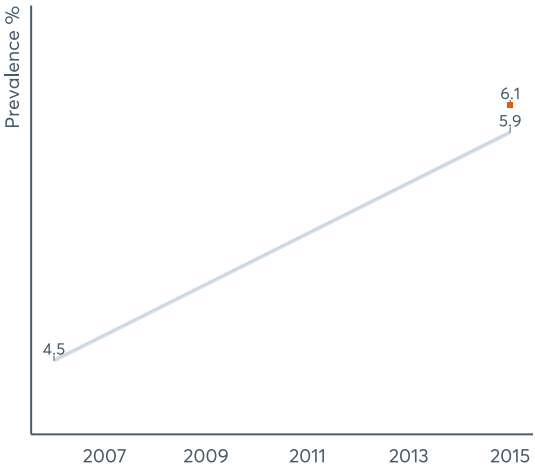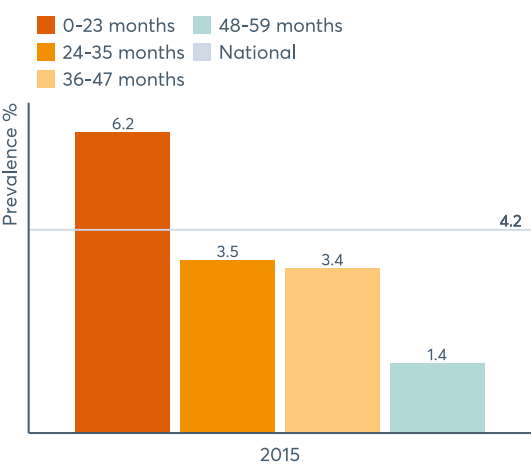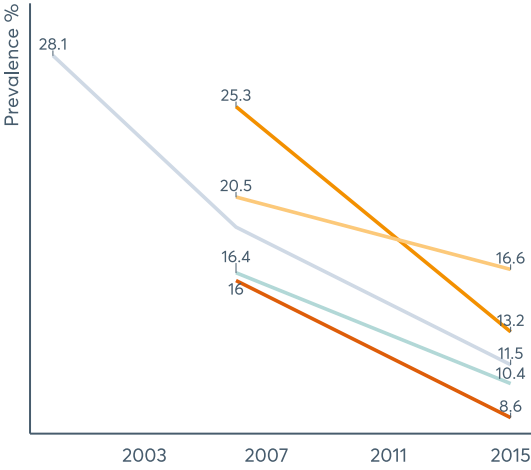
Prevalence %

6.1
5.9

4.5

2007   2009   2011   2013   2015

Wasting by age

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

Prevalence %

6.2

3.5   3.4

4.2

1.4

2015

Stunting by age

Prevalence %

28.1

25.3

20.5

16.4
16

16.6

13.2
11.5
10.4
8.6

2003   2007   2011   2015

Overweight by age

Prevalence %

7.7

5.5
5.3

5.9
5.6
5.4
5

4.5

3.6

2.5

2007   2009   2011   2013   2015
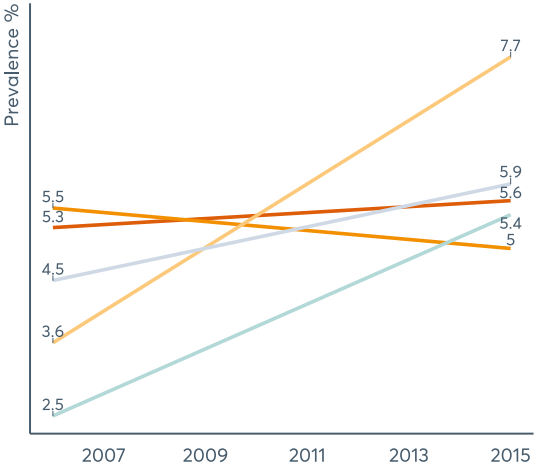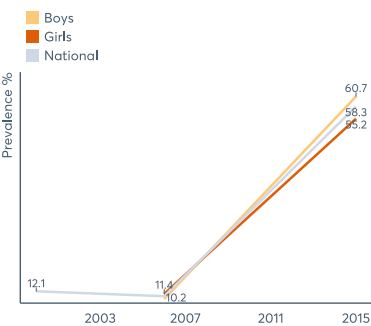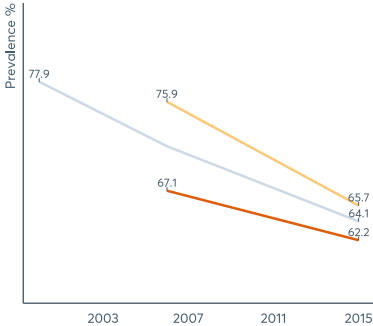
Sources: UNICEF/WHO/World Bank Group: Joint child malnutrition estimates.
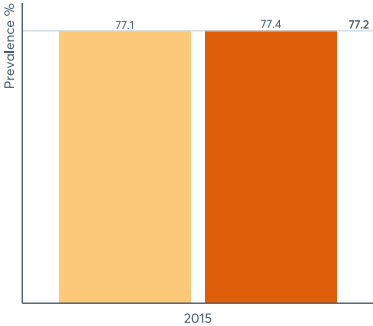
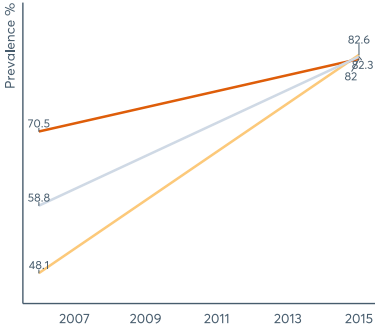# Infant and young child feeding over time

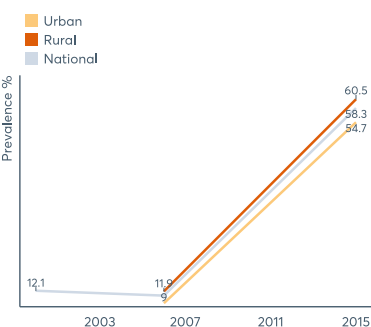## Exclusive breastfeeding by gender

Prevalence %

Legend: Boys, Girls, National

12.1, 11.4, 10.2, 60.7, 58.3, 55.2

2003, 2007, 2011, 2015

Continued breastfeeding at 1 year by gender

Prevalence %

77.9, 75.9, 67.1, 65.7, 64.1, 62.2

2003, 2007, 2011, 2015

Minimum acceptable diet by gender

Prevalence %

77.1, 77.4, 77.2

2015

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

Prevalence %

70.5, 58.8, 48.1, 82.6, 82.3, 82

2007, 2009, 2011, 2013, 2015

Exclusive breastfeeding by location

Prevalence %

Legend: Urban, Rural, National

12.1, 11.9, 9, 60.5, 58.3, 54.7

2003, 2007, 2011, 2015

Continued breastfeeding at 1 year by location

Prevalence %

77.9, 71.6, 71.3, 69.7, 64.1, 54.3

2003, 2007, 2011, 2015
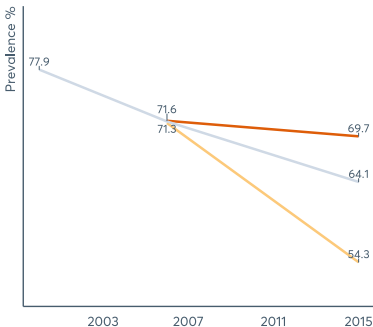
Minimum acceptable diet by location

Prevalence %

82.8, 74.3, 77.2

2015
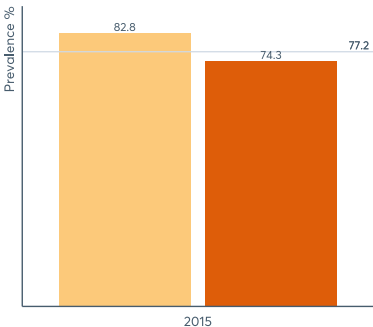
Intro. to solid, semi-solid, soft foods by location

Prevalence %

58.8, 58.8, 58.7, 84.3, 82.3, 81.3

2007, 2009, 2011, 2013, 2015
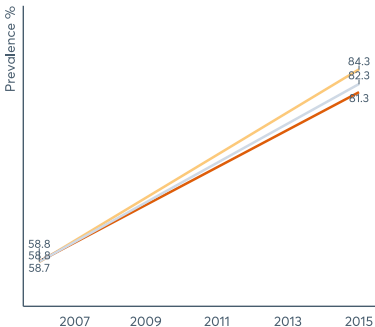
Exclusive breastfeeding by income

Prevalence %

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

12.1, 19.8, 15.4, 10.4, 5.4, 1.2, 64.8, 59.4, 58.4, 58.3, 57.5, 50.5

2003, 2007, 2011, 2015
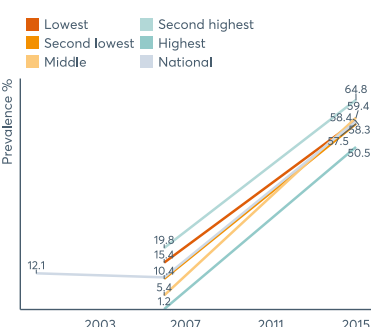
Continued breastfeeding at 1 year by income

Prevalence %

77.9, 78.9, 71, 69.1, 70.2, 60.2, 82, 71.3, 64.1, 63.3, 61.9, 40.3

2003, 2007, 2011, 2015
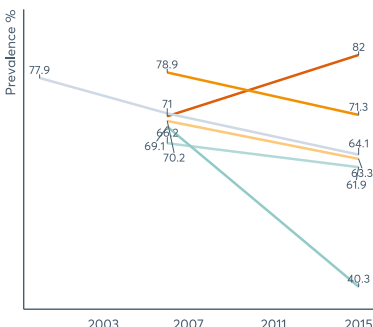
Minimum acceptable diet by income

Prevalence %

72.9, 75.0, 76.6, 78.6, 85.4, 77.2

2015
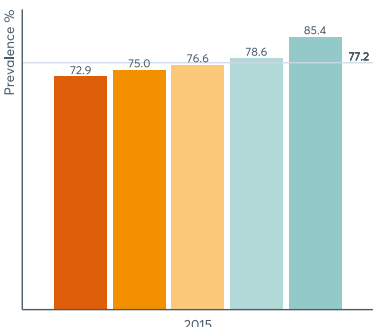
Intro. to solid, semi-solid, soft foods by income

Prevalence %

58.8, 91.1, 88, 85.4, 82.3, 78.8, 68.4

2007, 2009, 2011, 2013, 2015
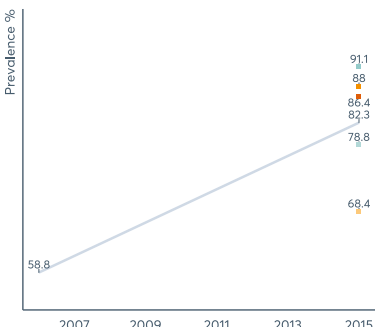
Exclusive breastfeeding by mother's education

Legend: None or primary, Secondary or higher, National

12.1
58.3
58

2003 2007 2011 2015
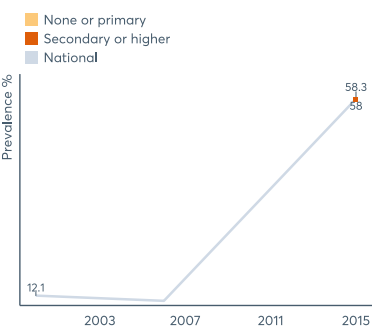
Continued breastfeeding at 1 year by mother's education

77.9
64.3
64.1

2003 2007 2011 2015
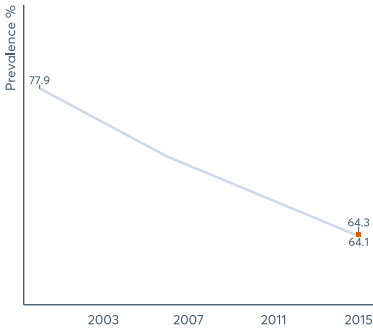
Minimum acceptable diet by mother's education

77.3   77.2

2015
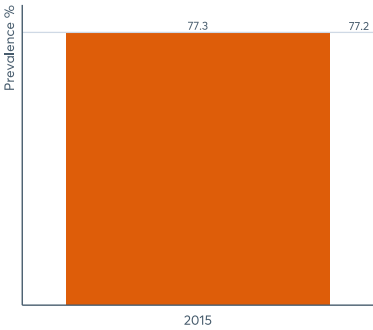
Intro. to solid, semi-solid, soft foods by mother's education

82.9
82.3
58.8

2007 2009 2011 2013 2015

Exclusive breastfeeding by age

Legend: 0-1 month, National, 2-3 months, 4-5 months

82.4
59.8
58.3
35.8
23.9
12.1
7.1
2.4

2003 2007 2011 2015
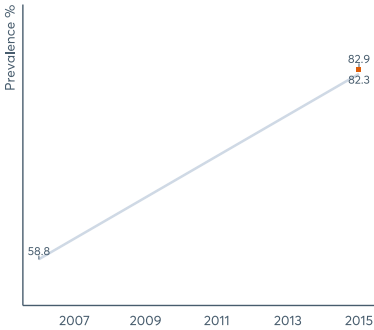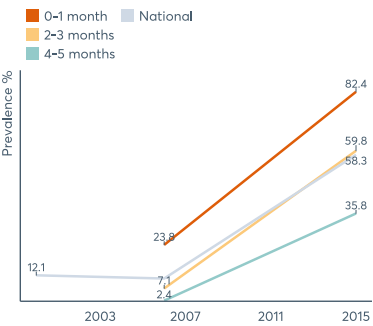
Continued breastfeeding at 1 year by age

No data

Minimum acceptable diet by age

Legend: 6-11 months, 16-19 months, National, 12-15 months, 20-23 months

59.8   82.9   86.9   87.7   77.2

2015
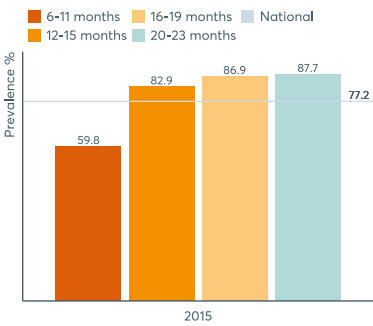
Intro. to solid, semi-solid, soft foods by age

No data

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

Infant and young child feeding
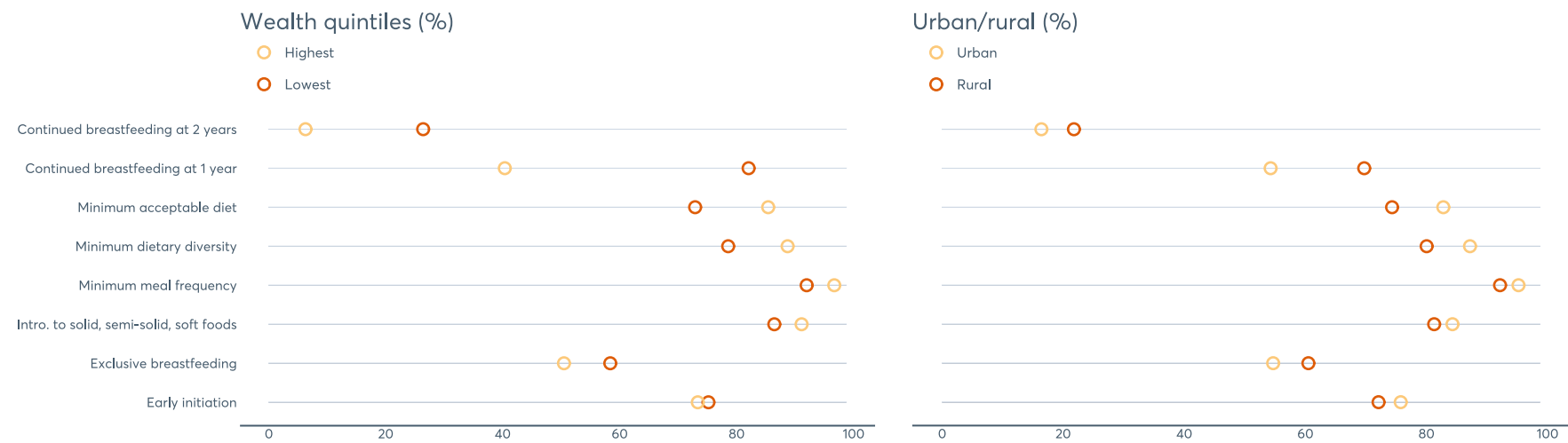
Wealth quintiles (%)

○ 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   100

Urban/rural (%)

○ Urban
○ Rural

0   20   40   60   80   100

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 gender
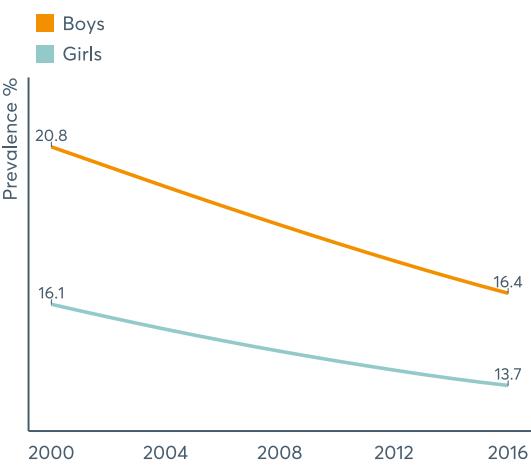
Prevalence %

Boys
Girls

20.8

16.1

16.4

13.7

2000 2004 2008 2012 2016

Sources: NCD Risk Factor Collaboration.

Overweight by gender

Prevalence %

18
17.9

12.3

9.6

2000 2004 2008 2012 2016

Obesity by gender

Prevalence %

5.6

3.6

2.2

1.3

2000 2004 2008 2012 2016
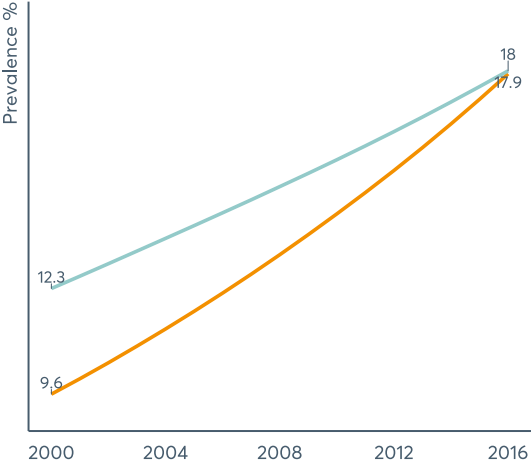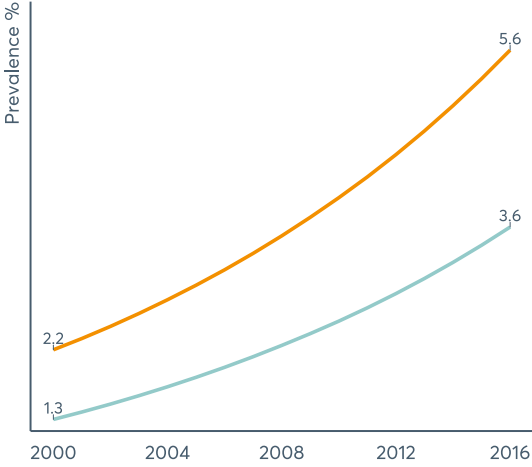
Adult nutrition status

Diabetes by gender
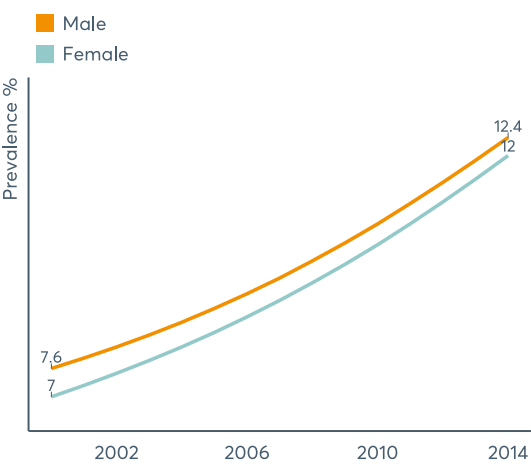
Prevalence %

- Male
- Female

7.6
7
12.4
12

2002 2006 2010 2014

Sources: NCD Risk Factor Collaboration.

Overweight by gender

Prevalence %

41.2
40.5
52
51.5

2000 2004 2008 2012 2016

Obesity by gender

Prevalence %

13
8.6
20.9
15.9

2000 2004 2008 2012 2016
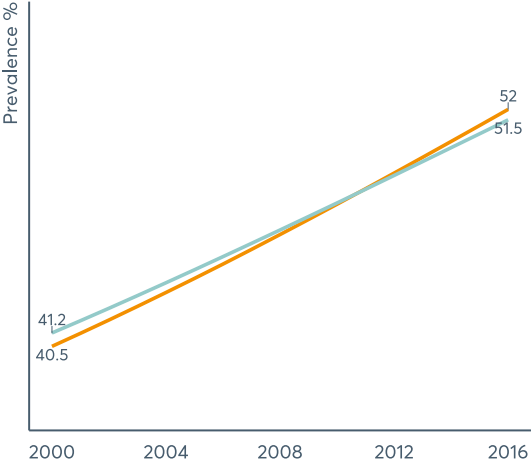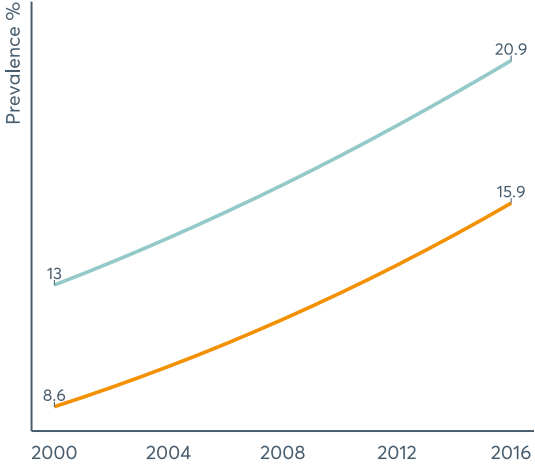
Raised blood pressure by gender

Prevalence %

- Male
- Female

27.7
25.9
26.6
24.1

2003 2007 2011 2015
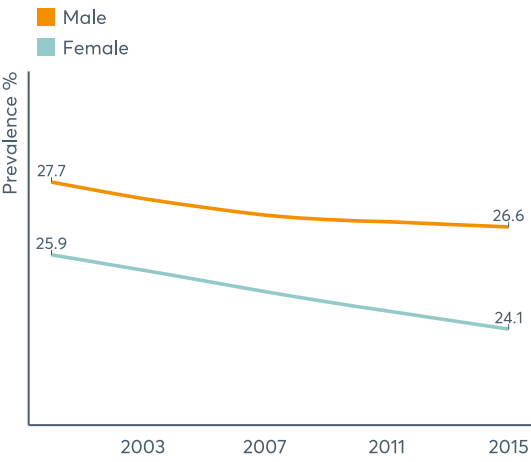
Sources: NCD Risk Factor Collaboration.

Anaemia in WRA

Prevalence %

- All women
- Pregnant women
- Non-pregnant women

35.8
35.6
33.7
33.1
32.6
32.6

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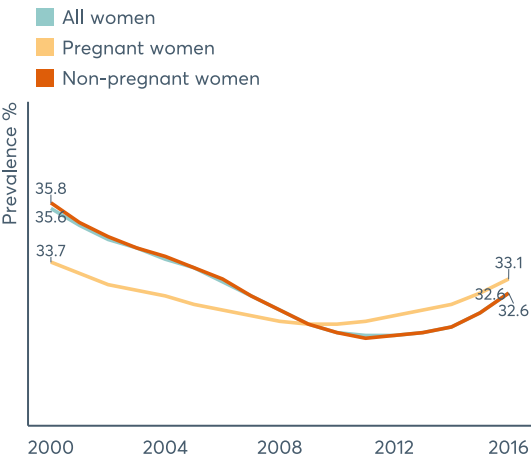
Source: WHO Global Health Observatory.

Notes: WRA = women of reproductive age.

Salt intake (grams per day)

- Turkmenistan
- Global

4.4
5.6

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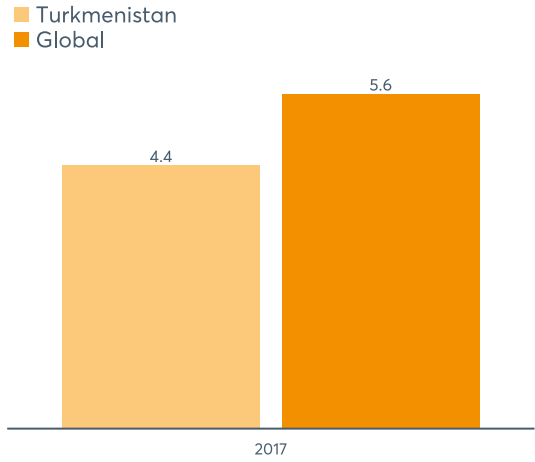
Source: Global Burden of Disease, the Institute for Health Metrics and Evaluation.

Dietary needs

Consumption of food groups and components, 2016

Legend:
- Turkmenistan
- Asia
- Global

Left chart (Midpoint of TMREL, 0%/0g of TMREL to 200% of TMREL):
- Calcium — 1.3g
- Fruit — 250g
- Legumes — 60g
- Milk — 435g
- Nuts and seeds — 20.5g
- Omega 3 — 0.3g
- Polyunsaturated fat — 11%

Right chart:
- Processed meat — 2g (6)
- Red meat — 22.5g (49)
- Salt — 2g (5 5 5)
- Saturated fat — 7%
- Sugar-sweetened beverages — 2.5g (78 84 95)
- Trans fat — 0.5%
- Vegetables — 360g
- Whole grain — 125g

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	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

Legend: Undernourishment

% population

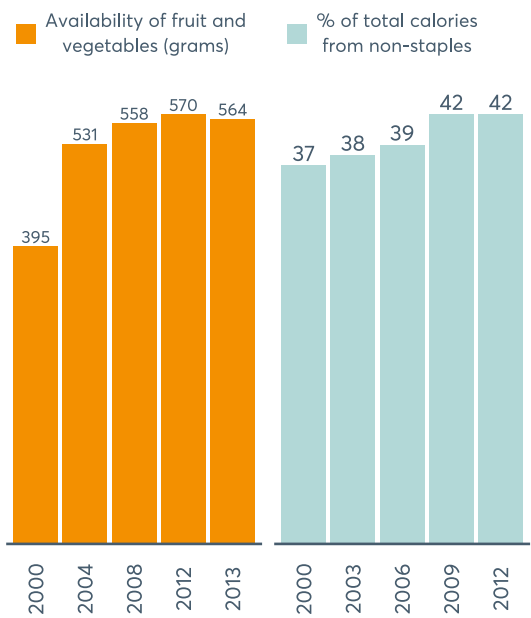7.6 (2001), 4.8 (2005), 4.6 (2009), 4.8 (2013), 5.4 (2017)
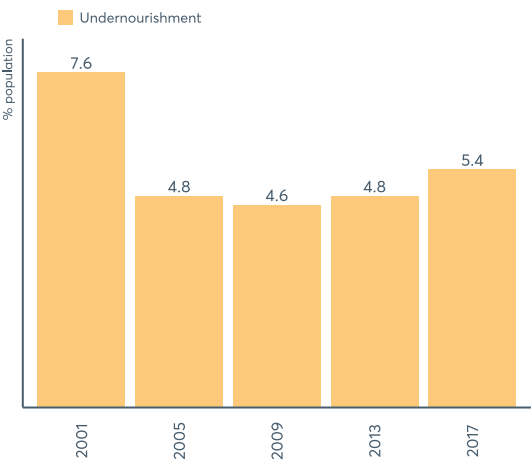
Source: FAOSTAT 2018.

Food supply

Legend: Availability of fruit and vegetables (grams); % of total calories from non-staples

395 (2000), 531 (2004), 558 (2008), 570 (2012), 564 (2013)

37 (2000), 38 (2003), 39 (2006), 42 (2009), 42 (2012)

Source: FAOSTAT 2018.

Gender-related determinants

Early childbearing births by age 18 (%)[1]	1	2016
Gender Inequality Index (score *)[2]	No data	No data
Gender Inequality Index (country rank)[2]	No data	No data

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

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

Female secondary education enrolment (net, % population)

No data

Source: UNESCO Institute for Statistics 2018.

Drinking water coverage (% population)

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

2000: 10, 21, 66
2017: 94
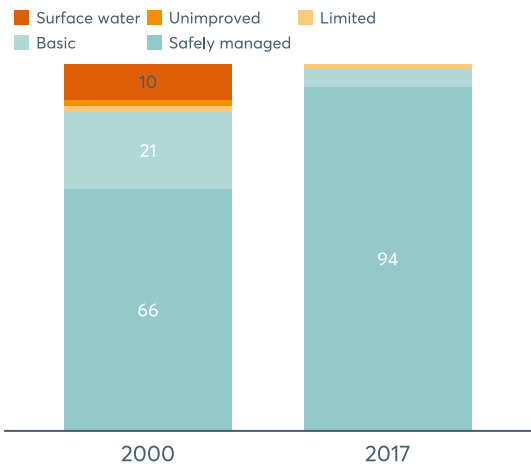
Source: WHO/UNICEF Joint Monitoring Programme 2019.

Sanitation coverage (% population)

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

2000: 5, 93
2017: 99
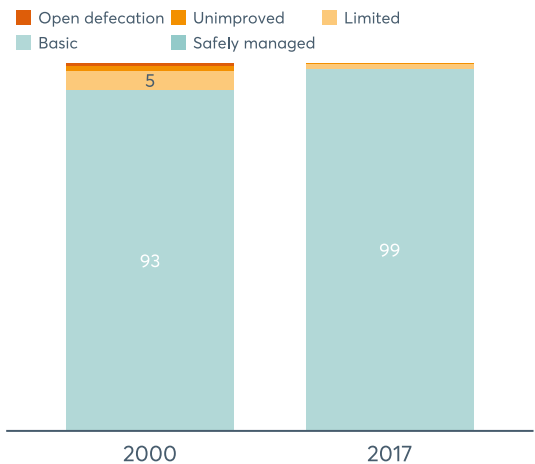
Source: WHO/UNICEF Joint Monitoring Programme 2019.

Resources, policies and targets

Development assistance
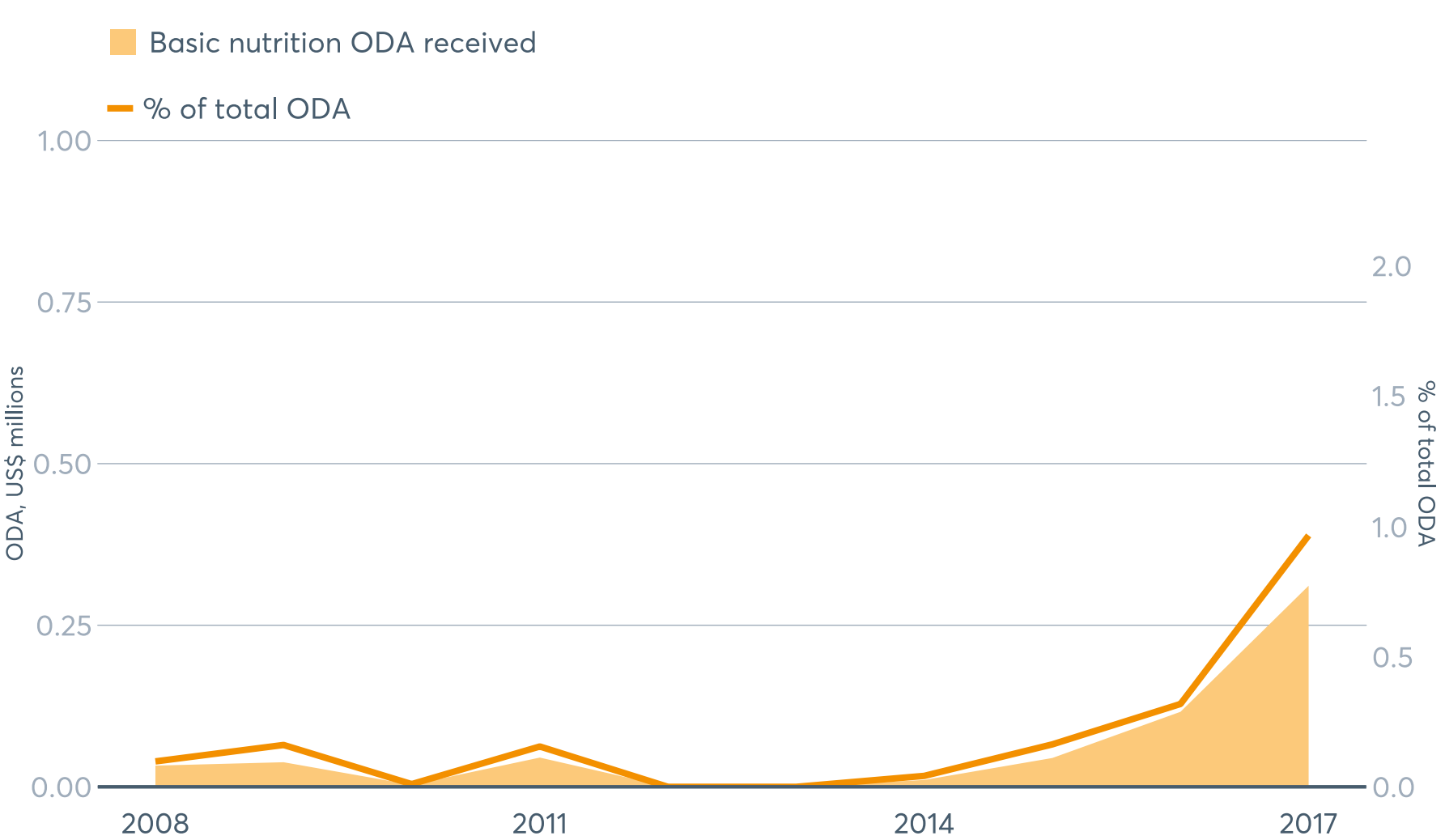
Sources: Development Initiatives based on OECD Development Assistance Commitee (DAC) Creditor Reporting System (CRS).

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	Yes
Sugar-sweetened beverage tax	No
Food-based dietary guidelines	No data
Policy to reduce salt consumption	Yes
Operational policy, strategy or action plan to reduce unhealthy diet related to NCDs	Yes
Operational, multisectoral national NCD policy, strategy or action plan	Yes
Operational policy, strategy or action plan for diabetes	Yes
Policy to reduce the impact on children of marketing of foods and beverages high in saturated fats, trans-fatty acids, free sugars or salt	Yes
Policy to limit saturated fatty acids and virtually eliminate industrially produced trans-fats	Yes

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

Targets included in national (nutrition or other) plan

Stunting	Anaemia
No	No

Low birth weight	Child overweight
No	No

Exclusive breastfeeding	Wasting
No	No

Salt intake	Overweight adults and adolescents
Yes	No

Multisectoral comprehensive nutrition plan
No

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

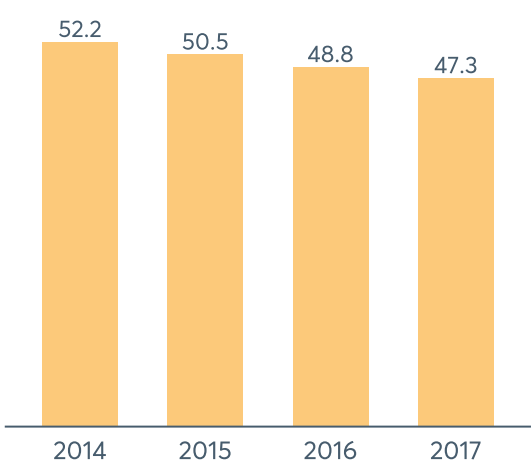| Year	$1.90/day	$3.20/day	GDP per capita
2005	31	59	
2010	13	36	
2015	3	17	
2016			15,691
2017			16,510
2018			17,358
2019			17,825
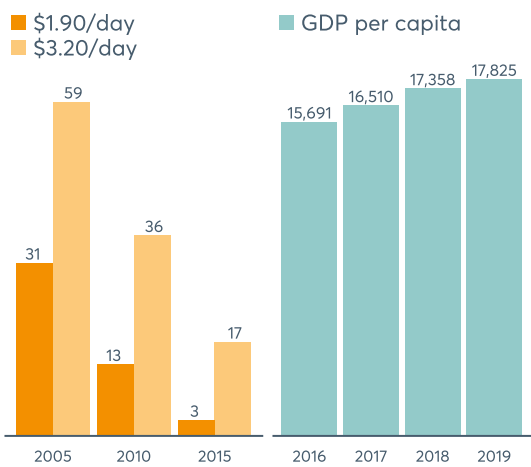
Sources: World Bank 2019, IMF World Economic Outlook Database 2019.

Notes: PPP = purchasing power parity.

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

2014	2015	2016	2017
52.2	50.5	48.8	47.3

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

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
No data	No data	No data

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)	5,851	2018
Under-five population (thousands)	676	2019
Rural (%)	48	2018
>65 years (thousands)	273	2019

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

Population density of health workers per 1,000 people

Physicians	2.29	2014
Nurses and midwives	4.77	2014
Community health workers	No data	No data

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