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# Global Statistical Pocketbook 2015

2015

Food and Agriculture Organization of  
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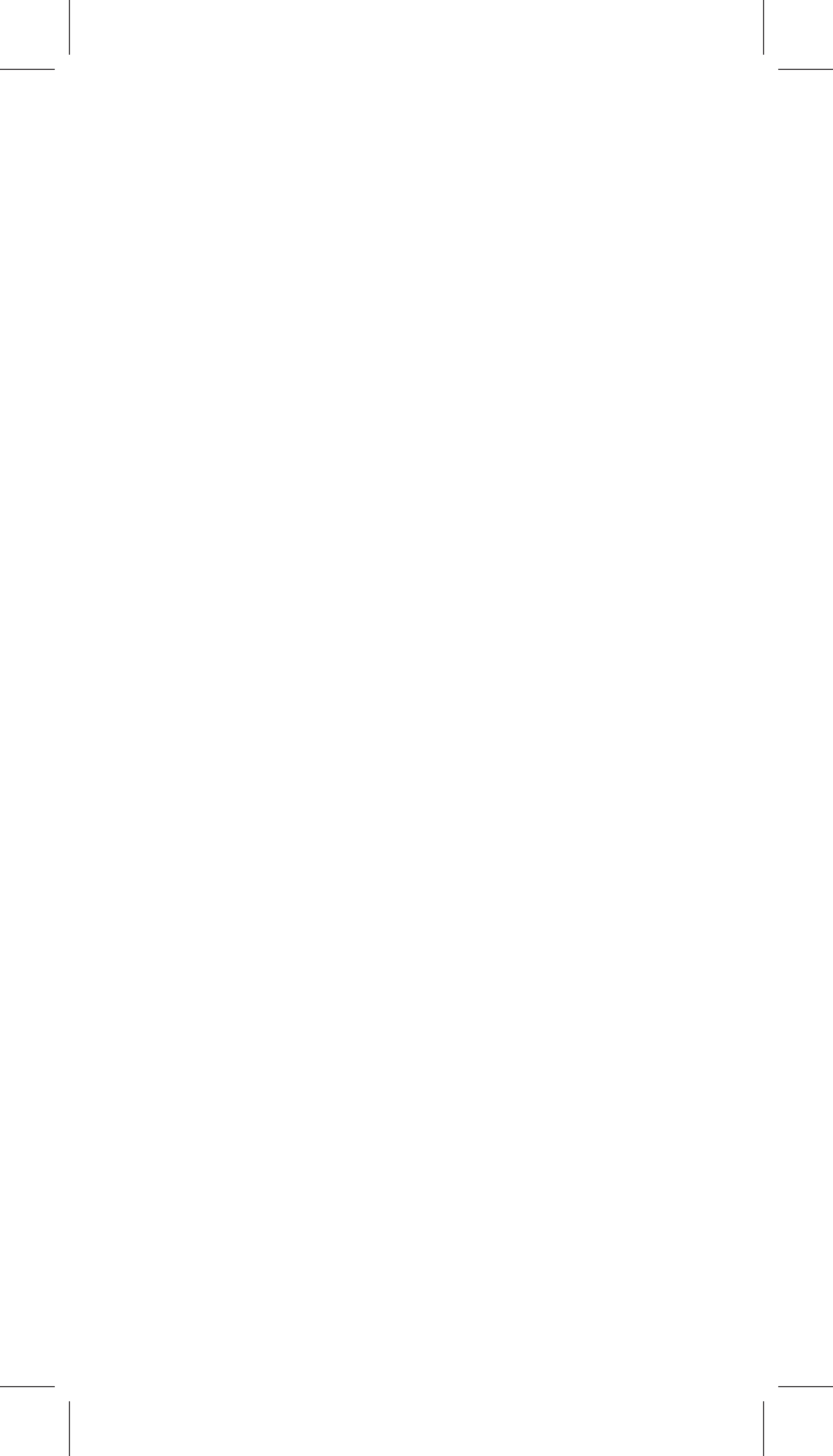
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## Foreword

At the first International Conference on Nutrition, held in 1992, global leaders pledged to “act in solidarity to ensure that freedom from hunger becomes a reality.”

Although great progress has been made in reducing the prevalence of hunger, over 800 million people are still unable to meet their daily calorie needs for living healthy lives. About one in nine people go to bed daily on an empty stomach. In cases where food is available, often the quality of the food does not meet micronutrient (vitamin and mineral) needs. More than two billion people continue to suffer from nutritional deficiencies such as vitamin A, iron, zinc and iodine. While the world is grappling with issues of undernutrition, there is also the growing problem of obesity, which now affects around 500 million people. Many countries are facing a triple burden of malnutrition, where undernourishment, micronutrient deficiency and obesity exist in the same community and household.

ICN2 presents another opportunity for the global community to make a commitment and take action to address this global menace. The two outcome documents of ICN2 - the Rome Declaration and the Framework for Action - will provide the basis for renewed commitment and focused action for addressing malnutrition within the coming decade. Experiences from the Millennium Development Goals indicate that, with a united commitment, we can achieve significant results. We must now move forward with the same determination as we address new global challenges through the Sustainable Development Goals.

Having clear indicators to measure progress is very important. Statistics are a fundamental tool in this process, necessary to identify problems and monitor progress. The better the data, the better policies can be designed to improve nutrition worldwide. Without good data, it is impossible to evaluate or determine the impact of policies, or hold stakeholders accountable for pledges they make. For statistics to effectively inform food and agriculture policies, they need to be accessible and clear to policymakers at global, regional and country levels. This publication presents selected key indicators related to food and nutrition outcomes that stakeholders can use to prioritise their actions.

This food and nutrition pocketbook was produced jointly by the FAO Statistics and Nutrition Divisions. It is part of the FAO Statistical Yearbook suite of products and is one of the tools that can be used as building blocks for evidence-based policy making. It includes data from FAOSTAT as well as from other partners in the organization and in the international community.

There are still gaps in the information. We hope that ICN2 will provide the forum for discussion on ways to improve the data to better monitor nutrition.

Pietro Gennari Chief Statistician and Director, Statistics Division



## Introduction

Overcoming malnutrition in all of its forms – caloric undernourishment, micronutrient deficiencies and obesity – requires a combination of interventions in different areas that guarantee the availability of and access to healthy diets. Among the key areas, interventions are required in food systems, public health systems and the provision of safe water and sanitation. This pocketbook not only focuses on indicators of food security and nutritional outcomes but also on the determinants that contribute to healthy lives.

The pocketbook is structured in two sections:

- Thematic spreads related to food security and nutrition, including detailed food consumption data collected from national household budget surveys,
- Comprehensive country and regional profiles with indicators categorized by anthropometry, nutritional deficiencies, supplementation, dietary energy supplies, preceded by their "setting".

*The setting* provides demographic indicators as well as health status indicators based on mortality patterns and the provision of safe water and sanitation.

*Anthropometry* indicators provide information not only on the prevalence of acute and chronic forms of under-nutrition but also on the prevalence of obesity. Their co-existence is often referred to as the double burden of malnutrition.

*Nutritional deficiency* indicators reveal food security issues at the national level based on the adequacy of energy supplies; they also reveal the prevalence of micronutrient deficiencies, often referred to as "hidden hunger". Combined with anthropometric measurements, they allow for the identification of the triple burden of malnutrition (under-nutrition, obesity and hidden hunger). Regarding hidden hunger, indicators concerning iodine and vitamin A have been selected.

*Dietary* indicators are based on national food supplies and inform on the overall quality of diets. Focus is also on the importance of diets during the first 1 000 days of an infant's life, with indicators selected on the quality of breastfeeding, dietary diversity and meal frequency.

The choice of indicators was guided by the following criteria: relevance to health, food security and nutrition, comparability over time, and availability, in particular for low-income countries. But the criteria were relaxed for several indicators given their importance and the lack of available substitutes. It is hoped that the presence of data gaps will bring about greater efforts to collect the necessary information because only with timely and reliable data can interventions be designed and targeted towards those in most need. Wherever available, disaggregated data by gender have been provided. Such data are indeed key to mainstreaming gender in policies and programmes.



### Undernourishment

Undernourishment refers to food intake that is insufficient to meet dietary energy requirements for an active and healthy life. About 805 million people are estimated to be chronically undernourished in 2012–14. This number has fallen by 100 million over the last decade, and by 209 million since 1990–92. Despite progress, the number is still high, and marked differences across regions persist. Latin America and the Caribbean have made the greatest overall progress, with modest progress in sub-Saharan Africa and Western Asia, which have been afflicted by natural disasters and conflict.

TABLE 1: Prevalence of undernourishment (percent, 1990–92 and 2012–14)

|                          | 1990–92 | 2012–14 |
|--------------------------|---------|---------|
| World                    | 18.7    | 11.3    |
| Developing countries     | 23.4    | 13.5    |
| Africa                   | 27.7    | 20.5    |
| Asia                     | 23.7    | 12.7    |
| Latin Am. and the Carib. | 15.3    | 6.1     |
| Oceania                  | 15.7    | 14      |
| Developed countries      | <5.0    | <5.0    |

CHART 1: Asian countries with the highest number of people undernourished in 2012–14 (1990–92 and 2012–14)

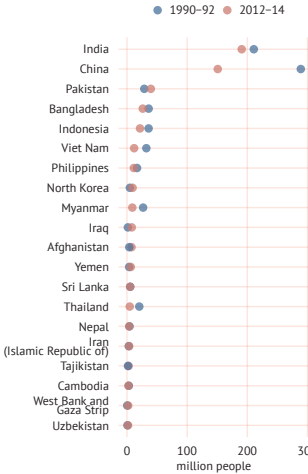


CHART 2: African countries with the highest number of people undernourished in 2012–14 (1990–92 and 2012–14)

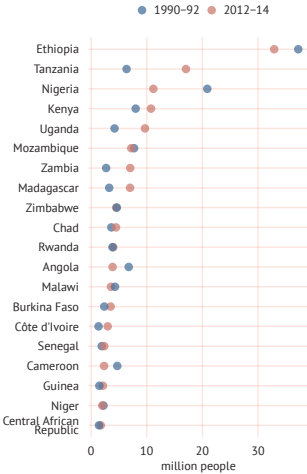


CHART 3: Number of people undernourished (1990–92 to 2012–14)

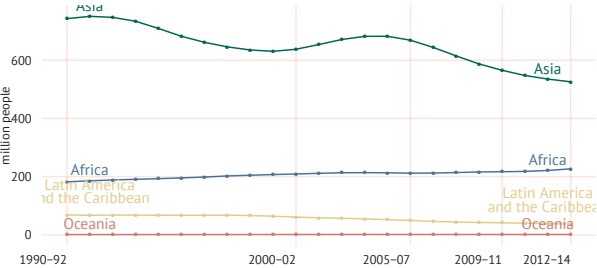
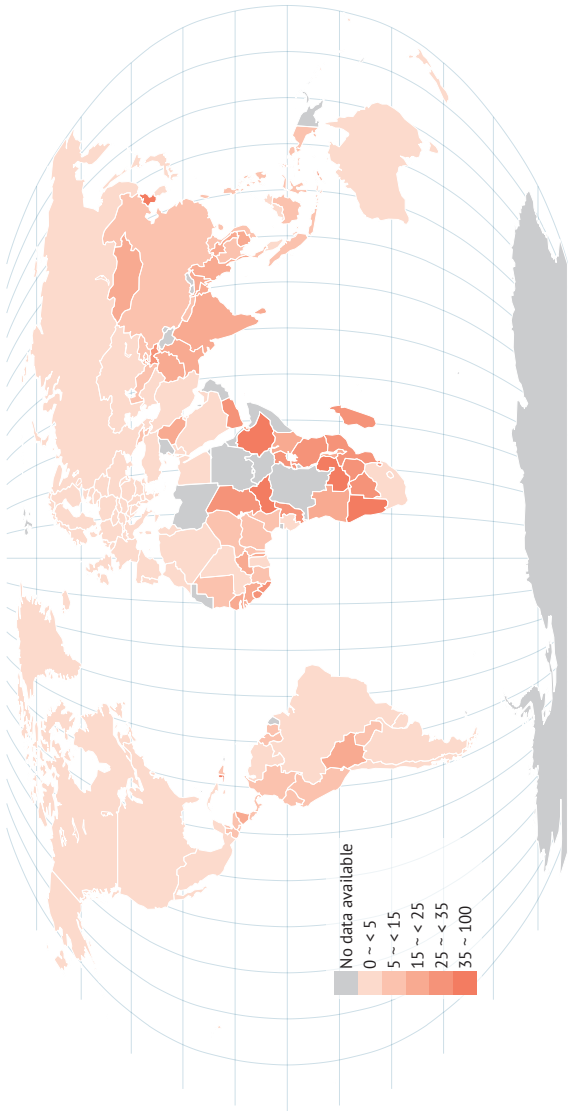


FIGURE 1: Prevalence of people undernourished (percent, 2014)



### Undernourishment2

Undernourishment refers to food intake that is insufficient to meet dietary energy requirements for an active and healthy life. About 805 million people are estimated to be chronically undernourished in 2012–14. This number has fallen by 100 million over the last decade, and by 209 million since 1990–92. Despite progress, the number is still high, and marked differences across regions persist. Latin America and the Caribbean have made the greatest overall progress, with modest progress in sub-Saharan Africa and Western Asia, which have been afflicted by natural disasters and conflict.

TABLE 2: Prevalence of undernourishment (percent, 1990–92 and 2012–14)

|                          | 1990–92 | 2012–14 |
|--------------------------|---------|---------|
| World                    | 18.7    | 11.3    |
| Developing countries     | 23.4    | 13.5    |
| Africa                   | 27.7    | 20.5    |
| Asia                     | 23.7    | 12.7    |
| Latin Am. and the Carib. | 15.3    | 6.1     |
| Oceania                  | 15.7    | 14      |
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CHART 4: Asian countries with the highest number of people undernourished in 2012–14 (1990–92 and 2012–14)

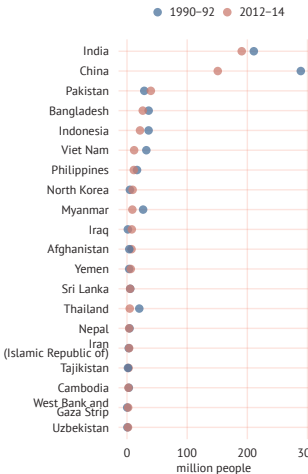


CHART 5: African countries with the highest number of people undernourished in 2012–14 (1990–92 and 2012–14)

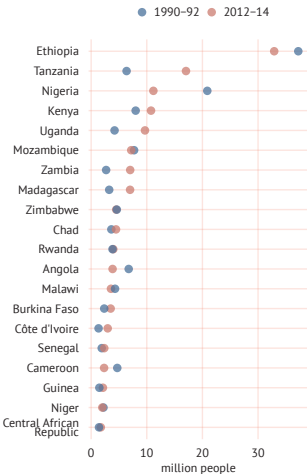


CHART 6: Number of people undernourished (1990–92 to 2012–14)

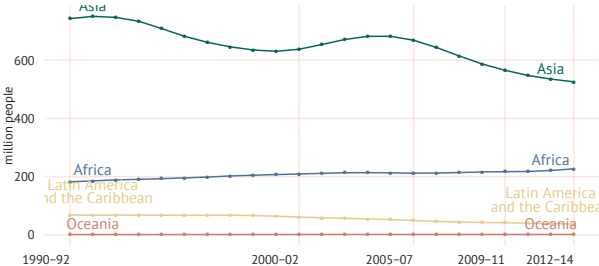
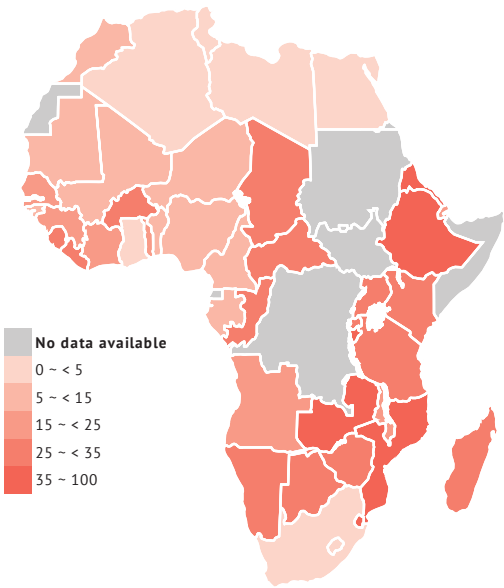


FIGURE 2: Prevalence of people undernourished (percent, 2014)



## Africa

|   | 1992    | 2002    | 2014    |
|---|---------|---------|---------|
| <b>Setting</b>                                  |         |         |         |
| Total population (mln)                          | 664.0   | 847.9   | 1 138.2 |
| Rural population (mln)                          | 445.5   | 540.5   | 675.5   |
| GDP per capita, PPP (const. 2011 \$)            | 3 137.4 | 3 457.7 | 4 622.5 |
| Mortality rate, under-5 (per 1 000 live births) |         |         |         |
| Life expectancy at birth (years)                | 53.5    | 53.8    | 58.8    |
| Improved water source (% pop.)                  | 56.1    | 62.4    | 68.7    |
| Improved sanitation facilities (% of pop.)      | 34.2    | 37.2    | 39.4    |
| Open defecation (%)                             |         |         |         |
| Cause of death (%)                              |         |         |         |
| <b>Anthropometry</b>                            |         |         |         |
| Low-birthweight babies (% of births)            |         |         |         |
| Wasting, children under-5 (M/F, %)              |         |         |         |
| Severe wasting, children under-5 (M/F, %)       |         |         |         |
| Stunting, children under-5 (M/F, %)             |         |         |         |
| Underweight, children under-5 (M/F, %)          |         |         |         |
| Underweight, adults (%)                         |         |         |         |
| Overweight, children (M/F, %)                   |         |         |         |
| Overweight and obesity, adults (M/F, %)         |         |         |         |
| Prevalence of food over-acquisition (%)*        | 19.7    | 21.2    | 26.6    |
| <b>Nutritional deficiencies</b>                 |         |         |         |
| Anemia, women (pregnant/non-pregnant, %)        |         |         |         |
| Anemia, children under-5 (%)                    |         |         |         |
| Vitamin A deficiency, total pop. (%)            |         |         |         |
| Iodine deficiency, children (%)                 |         |         |         |
| Prevalence of undernourishment (%)*             | 27.7    | 25.2    | 20.5    |
| Number of people undernourished (mln)*          | 182.1   | 209.0   | 226.7   |
| Depth of food deficit (kcal/cap/day)*           | 205     | 185     | 156     |
| <b>Supplementation</b>                          |         |         |         |
| Vitamin A suppl., children 6-59 mths. (%)       |         |         |         |
| Iodized salt consumption (% of households)      |         |         |         |
| <b>Diet</b>                                     |         |         |         |
| Exclusive breastfeeding, children < 6 mths.     |         |         |         |
| Min. dietary diversity, inf. and young child.   |         |         |         |
| Min. meal frequency, inf. and young child.      |         |         |         |
| Dietary energy supply (kcal/cap/day)*           | 2 320   | 2 414   | 2 558   |
| Average dietary energy supply adequacy (%)*     | 107     | 110     | 116     |
| Average protein supply (g/cap/day)*             | 59      | 60      | 65      |
| Average supply of animal protein (g/cap/day)*   | 13      | 12      | 14      |
| Average fat supply (g/cap/day)*                 | 49      | 48      | 53      |
| <b>Share of dietary energy supply</b>           |         |         |         |
| Cereals - excluding beer (%)*                   | 52.3    | 51.3    | 50.6    |
| Starchy roots (%)*                              | 11.9    | 12.9    | 13.5    |
| Sugar and sweeteners (%)*                       | 6.2     | 6.4     | 6.0     |
| Pulses (%)*                                     | 3.4     | 3.7     | 4.0     |
| Treenuts (%)*                                   | 0.3     | 0.5     | 0.6     |
| Oilcrops (%)*                                   | 1.6     | 2.2     | 2.6     |
| Vegetables (%)*                                 | 1.5     | 1.7     | 1.8     |
| Fruits - excluding wine (%)*                    | 3.7     | 4.0     | 4.2     |
| Alcoholic beverages (%)*                        | 1.9     | 1.8     | 1.8     |
| Stimulants (%)*                                 | 0.1     | 0.1     | 0.1     |
| Meat and offals (%)*                            | 3.4     | 3.4     | 3.5     |
| Vegetable oils and animal fats (%)*             | 9.4     | 9.2     | 9.3     |
| Fish, seafood and aquatic products (%)*         | 0.6     | 0.6     | 0.8     |
| Milk - excluding butter (%)*                    | 2.7     | 2.9     | 2.7     |
| Eggs (%)*                                       | 0.3     | 0.3     | 0.4     |



