# **Country Nutrition Profiles**

Explore the latest data on nutrition at global, regional and country level, with interactive charts that let you see what progress your country has made towards the global nutrition targets.

Image by Rudd Center for Food Policy & Health (https://uconnruddcenter.org/media-gallery/)

## Global



https://globalnutritionreport.org/resources/nutrition-profiles/

COPY

## The global burden of malnutrition at a glance

The world has made some progress towards achieving global nutrition targets. However, this progress is far too slow and malnutrition persists at high levels.

Few countries are on course to meet any of the targets for maternal, infant and young child nutrition (MIYCN). The latest available data shows that only one country is on course to reduce the prevalence of anaemia among women of reproductive age, with one in three (29.9%) women aged 15 to 49 years affected, particularly those who are pregnant. Globally, it is estimated that 14.6% of infants have a low weight at birth, with only 15 countries on course to meet the low birthweight target. Some progress has been made towards achieving the exclusive breastfeeding target, with 35 countries on course and 44.0% of infants aged 0 to 5 months worldwide exclusively breastfed. 53 countries are on course to meet the stunting target and 57 countries are on course to meet the wasting target, yet 22% of children under 5 years of age are still affected by stunting and 6.7% by wasting. Worldwide, 105 countries are on course to prevent an increase in the prevalence of overweight among children under 5 years of age, which currently affects 5.7% of children.

Very few countries around the world are on course to meet the targets for diet-related non-communicable diseases (NCDs). No country is on course to halt the rise of obesity, with 15.1% of adult (aged 18 years or over) women and 11.1% of adult men living with obesity globally. At the same time, diabetes is estimated to affect 8.9% of adult women and 10.5% of adult men, with very few countries on course to prevent these numbers from increasing.

The Global Nutrition Report brings together the latest data on <u>diet (#diet)</u>, the <u>burden of malnutrition (#nutrition-related-disease)</u>, <u>nutrition strategies and financing (#interventions-and-financing)</u>, <u>social determinants of nutrition (#social-determinants)</u> and <u>environmental impacts (#environmental-impacts)</u> to comprehensively assess the state of global nutrition.

#### Progress towards the global nutrition targets



Childhood stunting

53 On course

74 Some progress

28 No progress or worsening

39 No data



Anaemia

1 On course

29 Some progress

161 No progress or worsening

3 No data



Low birth weight

15 On course

49 Some progress

82 No progress or worsening

48 No data



Childhood overweight

105 On course

50 Off course

39 No data



**Exclusive breastfeeding** 

35 On course

28 Some progress

33 No progress or worsening

98 No data



Childhood wasting

57 On course

20 Some progress

23 No progress or worsening

94 No data



Sodium intake, women and men

(i)

Raised blood pressure,

women

45 On course

145 Off course

4 No data



Raised blood pressure, men

23 On course

167 Off course

4 No data



Obesity, women

184 Off course

10 No data

190 Off course



Obesity, men

190 Off course



Diabetes, women

19 On course 171 Off course



Diabetes, men

8 On course 182 Off course

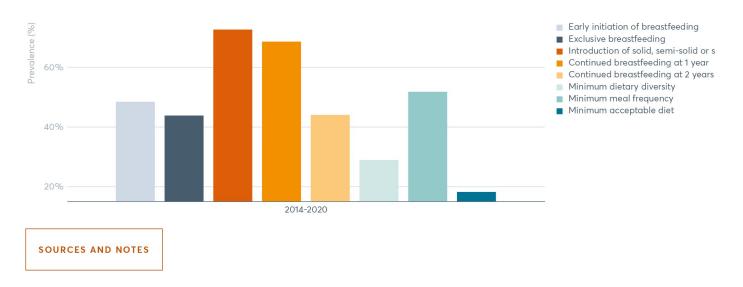
102 Off Course

SOURCES AND NOTES

#### **Diet**

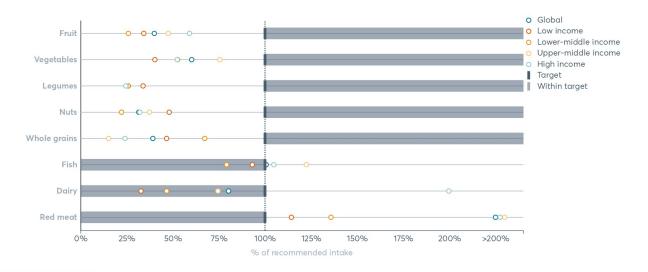
#### Infant and young child feeding

Prevalence of infant and young child feeding indicators



#### Dietary intakes

Dietary intakes of key foods and nutrients in adults aged 20 years and over compared against minimum and maximum targets

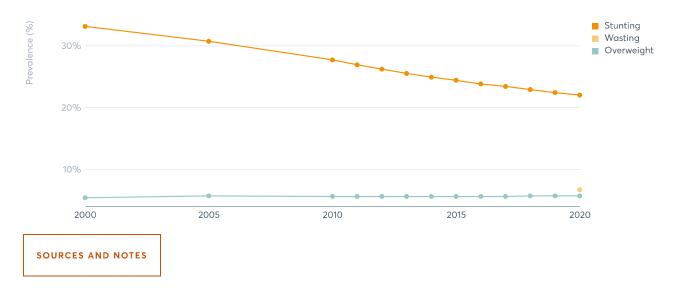


SOURCES AND NOTES

## **Burden of malnutrition**

#### Infant and young child nutrition status

Prevalence of stunting, wasting and overweight in children under 5 years of age



Prevalence of coexisting stunting, wasting and overweight in children under 5 years of age



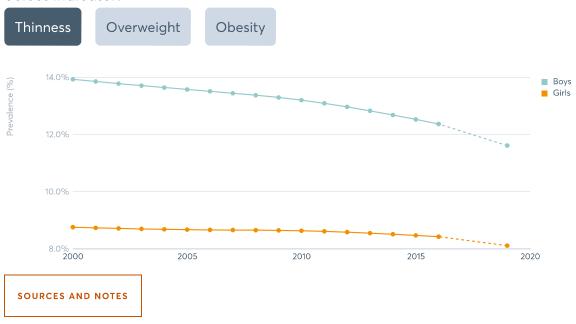
Prevalence of infants with low birth weight



#### Child and adolescent nutrition status

Prevalence of thinness, overweight and obesity in children and adolescents aged 5–19 years

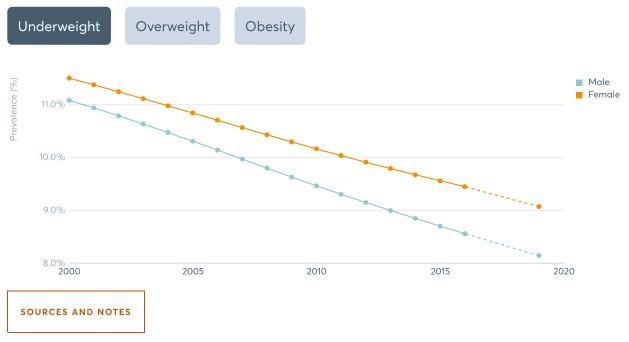
#### Select indicator:



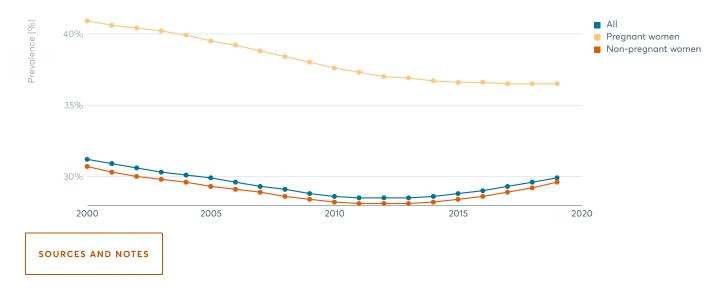
#### Adult nutrition status and disease

Prevalence of underweight, overweight and obesity in adults aged 18 years and over

#### Select indicator:

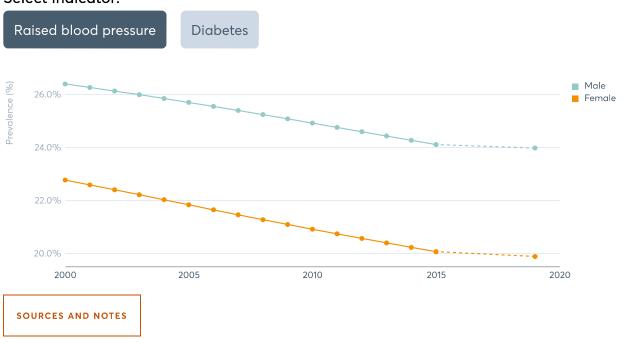


Prevalence of anaemia among women of reproductive age

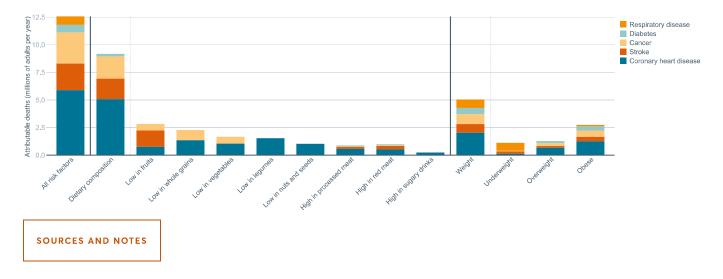


Prevalence of raised blood pressure and diabetes in adults aged 18 years and over

#### Select indicator:



## Mortality attributable to dietary composition and weight



## Nutrition strategies and financing

## National nutrition policies

Implemented national food and NCD policies

| Food-based dietary guidelines  | Legislation for mandatory salt iodisation  | Sugar-sweetened beverage tax   |  |
|--|--|--|--|
| 95/194   | 123/193  | 74/194   |  |
| Policy to reduce salt/sodium consumption   | Policy to limit saturated fatty acid intake  | Policy to eliminate industrially produced trans fatty acids                                    |  |
| 86/192   | 65/192   | 71/192   |  |
| Policy to reduce the impact of marketing<br>of foods and beverages high in saturated<br>fats, trans fatty acids, free sugars, or salt<br>on children | Operational policy, strategy, or action<br>plan to reduce unhealthy diet related to<br>non-communicable diseases | Operational, multisectoral policy, strategy<br>or action plan for non-communicable<br>diseases |  |
| 59/192   | 154/192  | 110/192  |  |
| Operational policy, strategy or action<br>plan for diabetes  |  |  |  |
| 141/192  |  |  |  |
| SOURCES AND NOTES  |  |  |  |

## National policy targets

Inclusion of targets related to the global nutrition targets in national policies

| Reduce anaemia among women                       | Reduce number of infants born with low<br>birth weight | Increase prevalence of exclusive<br>breastfeeding in infants 0–5 months |  |
|--|--|---|--|
| 88/192   | 100/192  | 128/192   |  |
| Reduce childhood stunting                        | Reduce childhood wasting                               | Reduce childhood overweight   |  |
| 111/192  | 101/192  | 138/192   |  |
| Reduce adolescent and adult overweight           | Reduce salt/sodium intake                              | Reduce raised blood pressure prevalence                                 |  |
| 159/192  | 159/192 112/192  |   |  |
| Reduce blood sugar levels/diabetes<br>prevalence | Multisectoral comprehensive nutrition plan             |   |  |
| 146/192  | 99/192   |   |  |
| SOURCES AND NOTES                                |  |   |  |

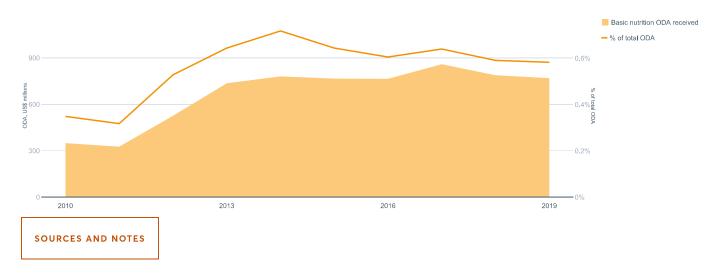
#### Nutrition intervention coverage

Population coverage of key supplementation and fortification interventions

⚠ Data is only available at the country level

## Official development assistance (ODA)

#### Allocation of ODA for nutrition



## Social determinants of nutrition

#### Population composition

| Total population, thousands   | 7,794,799 |
|-------------------------------|-----------|
| Under-5 population, thousands | 677,942   |
| Over-65 population, thousands | 727,606   |
| Rural population, %           | 44        |

SOURCES AND NOTES

#### Prevalence of undernourishment



Under-5 mortality rate per 1,000 live births



Source of drinking water

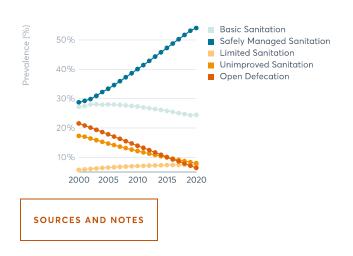
# Population density of health workers per 1,000 people

| Туре                     | Number  | Year |
|--------------------------|---------|------|
| Medical doctors          | 1.57    | 2017 |
| Nurses and midwives      | 3.82    | 2018 |
| Community health workers | No data | 2020 |

SOURCES AND NOTES

Type of sanitation facility

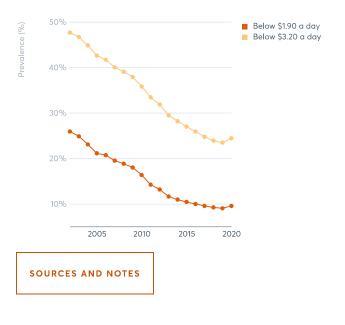




# Annual gross domestic product (GDP) per capita



## Population living below the poverty line



### Country income inequality index

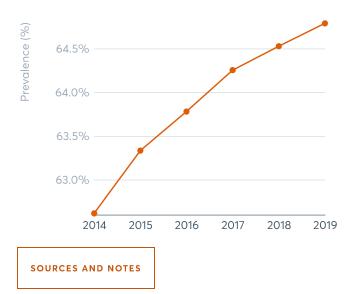


#### Gender-related determinants

| Early childbearing                     | NA | NA |
|--|----|----|
| Gender Inequality Index (score)        | NA | NA |
| Gender Inequality Index (country rank) | NA | NA |

SOURCES AND NOTES

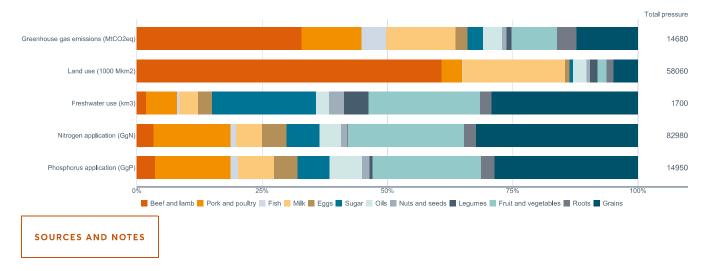
Prevalence of female secondary school enrolment



## **Environmental impacts**

### Environmental impacts of the food system

Pressure from the food system on environmental factors as a percentage of total pressure



#### Food system impact on planetary boundaries

