TONGA FOOD SECURITY PROFILE

DEMOGRAPHICS

Tongatapu 51% 74,611
Vava’u 14% 13,738
Ha’apai 6% 6,125
Eua 5% 4,945
Niutas 1% 1,232

Population (2016)

77% Rural population

Life expectancy

Crude birth rate: 26.1

Under five years old mortality rate: 16 per 1,000 live births

100% of population have access to basic drinking water services

Improved access to basic sanitation services

TOWARDS ENDING POVERTY AND ACHIEVING FOOD SECURITY IN TONGA

Less than 5% of people are undernourished

1 out of 5 people live below the national poverty line

1% of population living on less than USD 1.25 a day

Population data: Tonga Department of Statistics; Tonga Health Observatory data: WHO; Food security indicators: FAOSTAT
Children under five years old

- **WASTING** (Low weight for height): 5.2%
- **STUNTING** (Low height for age): 8.1%
- **OVERWEIGHT** (High weight for height): 17.3%
- **PREVALENCE OF OBESITY IN ADULT POPULATION**: 45.9%

HOWEVER, FOOD INSECURITY IS MORE THAN UNDERNOURISHMENT

Access to a more balanced diet

- **36%** of people living in poorer households
- **18%** of people living in richer households

Analysis of food consumption patterns in Tonga

**Percentage of food consumption by area of residence**

<table>
<thead>
<tr>
<th>Area of Residence</th>
<th>Cereals and products</th>
<th>Meat</th>
<th>Roots and tubers</th>
<th>Fruits and products</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nukualofa</td>
<td>8%</td>
<td>7%</td>
<td>22%</td>
<td>22%</td>
</tr>
<tr>
<td>Tongatapu Rural</td>
<td>17%</td>
<td>13%</td>
<td>28%</td>
<td>22%</td>
</tr>
<tr>
<td>Other islands</td>
<td>22%</td>
<td>22%</td>
<td>22%</td>
<td>6%</td>
</tr>
</tbody>
</table>

**Contribution of each source of acquisition to total dietary energy consumed (DEC)**

<table>
<thead>
<tr>
<th>Area</th>
<th>Purchased foods consumed at home</th>
<th>Food consumed from own production</th>
<th>Food consumed away from home purchased or received free</th>
<th>Food received for free and consumed at home</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nukualofa</td>
<td>83</td>
<td>9</td>
<td>2</td>
<td>6</td>
</tr>
<tr>
<td>Tonga Rural</td>
<td>76</td>
<td>7</td>
<td>10</td>
<td>7</td>
</tr>
<tr>
<td>Other rural</td>
<td>70</td>
<td>16</td>
<td>5</td>
<td>9</td>
</tr>
<tr>
<td>Poorest</td>
<td>69</td>
<td>12</td>
<td>10</td>
<td>9</td>
</tr>
<tr>
<td>Richest</td>
<td>54</td>
<td>34</td>
<td>3</td>
<td>9</td>
</tr>
<tr>
<td>Richest</td>
<td>58</td>
<td>29</td>
<td>4</td>
<td>9</td>
</tr>
</tbody>
</table>

1. Estimates refer to apparent consumption and are based on food quantities (edible amounts) available for consumption by the household, not on actual intake of the individuals.
2. Food data collected in the 2015/16 Household Income & Expenditure Survey of Tonga.
### Percentage of food consumption by food groups

- **Roots and tubers**: 29% (Mainly cassava)
- **Cereals and products**: 22% (Mostly bread, noodles and flour)
- **Meat**: 13% (Mainly chicken quarters)
- **Prepared food and food away from home**: 12%
- **Fruits and products**: 11%
- **Sugars and syrups**: 10%
- **Fish and fish products**: 7%
- **Oils and fats**: 5%
- **Vegetable oils and fats**: 4%
- **Non-alcoholic beverages**: 3%
- **Vegetables and products**: 3%
- **Stimulants**: 2%
- **Milk and cheese**: 2%
- **Spices and additives**: 1%

### Consumption of fruits and vegetables

- **Consumed in Tonga**: 260 grams per capita per day
- **Recommended by WHO for a healthy diet**: 400 grams per capita per day
Average cost to acquire 1 000 kcal.

National | TOP 2.20

Lowest income quintile | TOP 1.80

Highest income quintile | TOP 2.90

On average poorer households spend 1.5 times less than richer households to acquire 1 000 kcal.

Average dietary energy consumption

National | 2 900 kcal/capita/day

Quintile | Energy Consumption

Lowest | 2 300
2 | 2 800
3 | 2 900
4 | 3 300
Highest | 3 800

Nutrient contribution to dietary energy consumption

Average amount of energy consumed is high with contribution of fats close to upper limit for a balanced diet.

WHO Recommended range:
- Share of fats: 15–30%
- Share of proteins: 10–15%
- Share of carbohydrates: 55–75%

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