SAMOA
FOOD SECURITY PROFILE

DEMOGRAPHICS

195,979
Population (2016)

80% Rural population
- Sayaii: 22%
- Apia Urban area: 20%
- Rest of Upolu: 23%
- Northwest upolu: 35%

Life expectancy
- Crude birth rate: 24.7
- Under five years old mortality rate: 17 per 1,000 live births
- 97.4% of population have access to basic drinking water services (2017)
- Improved access to basic sanitation services: 97.8% in 2000, 98.2% in 2017

TOWARDS ACHIEVING FOOD SECURITY AND ENDING POVERTY

- Less than 5% of the population is undernourished
- 18.8% of people live below the national poverty line
- 26.8% of the population is suffering from moderate to severe food insecurity, of which 2.6% is suffering from severe food insecurity
ANALYSIS OF FOOD CONSUMPTION PATTERNS IN SAMOA\textsuperscript{1,2}

Average national consumption is about 2800 kcal/capita/day with some disparities at sub national level

<table>
<thead>
<tr>
<th>Expenditure Tercile</th>
<th>Average dietary energy consumption (Kcal/capita/day)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lowest 2069</td>
<td></td>
</tr>
<tr>
<td>Highest 3880</td>
<td></td>
</tr>
</tbody>
</table>

Average cost to acquire 1,000 kcal

<table>
<thead>
<tr>
<th>Source of acquisition</th>
<th>Samoa</th>
<th>Poorest</th>
<th>Richest</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total expenditures</td>
<td>WST 2.2</td>
<td>WST 1.7</td>
<td>WST 2.9</td>
</tr>
<tr>
<td>percentage (%)</td>
<td>68</td>
<td>21</td>
<td>6.5</td>
</tr>
</tbody>
</table>

Compared to richer households, poorer households spend less to acquire cheaper and higher energy foods.

Contribution of each source of acquisition to total dietary energy consumed (DEC) in Samoa and for richer and poorer households

A Samoan will spend on average WST 5.2 per day on food
Share of food expenditures in total expenditures

- Purchased foods consumed at home
- Food consumed from own production
- Food received for free and consumed at home

\textsuperscript{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.
\textsuperscript{2} Estimates are based on the food data collected in the 2018 Samoa Household Income and Expenditure Survey analyzed by FAO in collaboration with Samoa Bureau of Statistics.
## Percentage of food consumption by food groups

- **Cereals and products**: 29% mainly rice and bread
- **Oil crops**: 18% mainly brown coconuts
- **Meat (including canned, processed etc.)**: 10% mainly chicken quarters
- **Roots and tubers**: 10% mainly taro, common
- **Sugars and syrups**: 18% Mainly brown coconuts
- **Vegetables and products**: 29% Mainly rice and bread
- **Processed food (from recall/diary)**: 10%
- **Fish and fish products**: 5%
- **Fruits and products (excluding coconut brown)**: 3%
- **Vegetable oils and fats**: 3%
- **Milk and cheese**: 5%
- **Oils and fats**: 5%
- **Stimulants**: 5%

## Contribution of main food groups to the total dietary energy consumed

### Apia urban area
- Fruits and products: 7%
- Sugars and syrups: 7%
- Roots and tubers: 7%
- Oil crops: 7%
- Processed food: 10%
- Meat (including canned, processed etc.): 11%
- Cereals and products: 14%

### Northwest Upolu
- Fruits and products: 9%
- Sugars and syrups: 10%
- Roots and tubers: 10%
- Oil crops: 7%
- Processed food: 11%
- Meat (including canned, processed etc.): 11%
- Cereals and products: 11%

### Rest of Upolu
- Fruits and products: 8%
- Sugars and syrups: 27%
- Roots and tubers: 5%
- Oil crops: 8%
- Processed food: 3%
- Meat (including canned, processed etc.): 8%
- Cereals and products: 11%

### Savaii
- Fruits and products: 7%
- Sugars and syrups: 8%
- Roots and tubers: 13%
- Oil crops: 25%
- Processed food: 3%
- Meat (including canned, processed etc.): 8%
- Cereals and products: 11%
Diet too rich in fats and too low in carbohydrates

Consumption of fruits and vegetables

CONSUMED IN SAMOA
300 grams per capita per day

VS

RECOMMENDED BY WHO FOR A HEALTHY DIET
400 grams per capita per day

Nutrient contribution to dietary energy consumption

- Protein
  - Richer households: 10%
  - Poorer households: 15%
  - Lower limit of WHO recommendation: 14%
  - Higher limit of the WHO recommendation: 10%

- Fats
  - Richer households: 33%
  - Poorer households: 35%
  - Lower limit of WHO recommendation: 30%
  - Higher limit of the WHO recommendation: 55%

- Carbohydrates
  - Richer households: 57%
  - Poorer households: 51%
  - Lower limit of WHO recommendation: 55%
  - Higher limit of the WHO recommendation: 75%

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