TUVALU FOOD SECURITY PROFILE

DEMOGRAPHICS

10 645
Population (2017)

37% Rural population

Outer islands 3 929
Funafuti 6 716

Life expectancy

Crude birth rate (2018): 24.8
Under five-years-old mortality rate: 24 per 1 000 live births

99.3% of population have access to basic drinking water services (2017)

improved access to basic sanitation services

TOWARDS ACHIEVING FOOD SECURITY AND ENDING POVERTY

26.3% of people live below the national poverty line (2010)
OVERNUTRITION RATHER THAN UNDERNOURISHMENT IS A REAL ISSUE IN TUVALU

ONE PERSON IN 40 IS UNDERNOURISHED IN TUVALU

Children under five years old

| WASTING (2007) | 3.3% |
| STUNTING (2007) | 10% |
| OVERWEIGHT (2007) | 6.3% |

18 years and older

PREVALENCE OF OBESITY IN ADULT POPULATION (2016)

51%

ANALYSIS OF FOOD CONSUMPTION PATTERNS IN TUVALU

Average dietary energy consumption
National 2 800 kcal/capita/day

Average cost to acquire 1 000 kcal
Average dietary energy unit value
(Tuvalu (AUD)/1 000 kcal)

<table>
<thead>
<tr>
<th>Tuvalu</th>
<th>AUD 1.2</th>
</tr>
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<tbody>
<tr>
<td>First tercile of expenditures</td>
<td>AUD 1.0</td>
</tr>
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<td>Second tercile of expenditures</td>
<td>AUD 1.2</td>
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<td>Third tercile of expenditures</td>
<td>AUD 1.6</td>
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Poor households access less expensive, but more energy dense, food as they spend half less to acquire 1 000 kcal

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

On average a Tuvaluan will spend 2.9 AUD per day on food
Share of food expenditures in total expenditures

Tuvalu 46%
Poorest 47%
Richest 44%

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 Based on the results of the analysis of the food data collected in the 2015 Household Income and Expenditure Survey of Tuvalu using ADedPT-FSM. The analysis was performed by FAO in collaboration with Tuvalu National Statistics Office (NSO) and the Pacific Community (SPC). SPC was funded by the Australian Government through ACIAR project FIS/2018/155.
Consumption of fruits and vegetables

CONSUMED IN TUVALU
102 grams per capita per day

RECOMMENDED BY WHO FOR A HEALTHY DIET
400 grams per capita per day
**Number of kcal that we can buy with 1 AUD**

1 AUD = ? Kcal

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Lower limit WHO</th>
<th>Tuvalu</th>
<th>Upper limit WHO</th>
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<tr>
<td>Sugars and syrups</td>
<td>2,472</td>
<td></td>
<td></td>
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<tr>
<td>Cereals and products</td>
<td>1,945</td>
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<td>Vegetable oils and fats</td>
<td>1,426</td>
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<td>Fish and fish products</td>
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**More than 50% of the protein consumed is from animal origin**

But contribution of proteins from animal origin is higher for richer households

**Nutrient contribution to dietary energy consumption (%)**

- **Protein**
  - Lower limit WHO: 10
  - Tuvalu: 14
  - Upper limit WHO: 15

- **Fats**
  - Lower limit WHO: 15
  - Tuvalu: 29
  - Upper limit WHO: 30

- **Carbohydrates**
  - Lower limit WHO: 55
  - Tuvalu: 57
  - Upper limit WHO: 76

**Quantity of proteins, fats and carbohydrates (g/capita/day)**

- **Average protein consumption**
  - Total: 95
  - First tercile of expenditures: 62
  - Third tercile of expenditures: 151

- **Average fat consumption**
  - Total: 94
  - First tercile of expenditures: 72
  - Third tercile of expenditures: 151

- **Average carbohydrates consumption**
  - Total: 72
  - First tercile of expenditures: 122
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