**KIRIBATI FOOD SECURITY PROFILE**

**DEMOGRAPHICS**

110,136
Population (2015)

47% Rural population

- Line Is. & Phoenix: 8%
- Southern: 14%
- Central: 7%
- Northern: 18%
- South Tarawa: 53%

**Life expectancy (2018)**

- Male: 64 years
- Female: 72 years

**Crude birth rate (2018): 26.9**

**Under five-years-old mortality rate: 61 per 1,000 live births (2018)**

**THERE IS A LONG WAY TO GO BEFORE ENDING FOOD INSECURITY AND POVERTY IN KIRIBATI**

- 8% of people are undernourished
- 22% of people live below the basic needs poverty line*
- 41% of people experience moderate or severe levels of food insecurity

The amount spent on average on food is AUD 3.5 per capita per day.

- WASTING (Low weight for height) 3.5%
- STUNTING (Low height for age) 15.2%
- UNDERWEIGHT (Low weight for age) 6.9%

Prevalence of obesity in adult population (18 years and older)

- Low weight for height (2016) 46%
- Low height for age (2000) 35%

Average dietary energy consumption is around 2 760 kcal/capita/day with some disparities at subnational level.

- Lowest tercile AUD 1.0
- Second tercile AUD 1.3
- Third tercile AUD 1.7

The wealthier the household, the more expensive the calories consumed.

Very low contribution of own produced foods to the average dietary energy consumption:

- Fish and brown coconut contribute 61% of the total dietary energy coming from own production.
- Cereals contribute 59% of the dietary energy purchased.

The amount spent on average on food is AUD 3.5 per capita per day.

- 60% of total expenditures are allocated to food.
Contribution of food groups (and food products) to the average dietary energy consumption

Cereals and their products: 44% mainly rice 250 g/capita/day
Sweets and syrups: 17% mainly sugar 95 g/capita/day
Food consumed away from home: 12% more than 50% of meals consumed away from home are consumed during lunch time
Fish, shellfish and their products: 8% mainly fresh fish more than 135 edible g/capita/day
Pulses, seeds and nuts and their products: 5% mainly brown coconut more than 30 edible g/capita/day

More than 130 grams/capita/day consumed in the form of kava, smokeless or smoking tobacco

Inadequate consumption of fruits and vegetables

Consumed in Kiribati: 130 grams per capita per day
Recommended by World Health Organization for a healthy diet: 400 grams per capita per day

Foods to limit or avoid contribute to 70% of the average dietary energy consumed

1 Edible quantity
2 These products are not considered as food
A diet rich in carbohydrates but within the WHO recommendations

Relative cost of food*

One gram of milk powder costs 14 times more than one gram of rice

<table>
<thead>
<tr>
<th>Food</th>
<th>Relative Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Coconut toddy, fresh</td>
<td>0.8</td>
</tr>
<tr>
<td>Pandanus</td>
<td>0.8</td>
</tr>
<tr>
<td>Rice, not further specified</td>
<td>1.0</td>
</tr>
<tr>
<td>Sugar, not further specified</td>
<td>1.4</td>
</tr>
<tr>
<td>Bread, loaf, all others</td>
<td>1.5</td>
</tr>
<tr>
<td>Pumpkin</td>
<td>1.8</td>
</tr>
<tr>
<td>Breadfruit</td>
<td>2.0</td>
</tr>
<tr>
<td>Fish, reef, not further specified</td>
<td>2.0</td>
</tr>
<tr>
<td>Fish, pelagic/ocean, not further specified</td>
<td>2.4</td>
</tr>
<tr>
<td>Chicken, not further specified</td>
<td>4.2</td>
</tr>
<tr>
<td>Mackerel, canned, not further specified</td>
<td>5.2</td>
</tr>
<tr>
<td>Egg, chicken, fresh</td>
<td>10.7</td>
</tr>
<tr>
<td>Milk, powdered, not further specified</td>
<td>14.8</td>
</tr>
</tbody>
</table>

Nutritional adequacy (percent)5

Diet rich in vitamins B12 and C but poor in calcium and vitamins B1 and B2

Vitamin A (RE) 119
Vitamin B1 93
Vitamin B2 87
Vitamin B12 321
Vitamin C 175
Calcium 39

<table>
<thead>
<tr>
<th>Food</th>
<th>Relative Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pumkin</td>
<td>36 g/capita/day6 (53% of vitamin A consumption)</td>
</tr>
<tr>
<td>Rice</td>
<td>250 g/capita/day6 (23% and 13% respectively of vitamin B1 and vitamin B2 consumption)</td>
</tr>
<tr>
<td>Fish, shellfish and fish products</td>
<td>170 g/capita/day6 (85% of vitamin B12 consumption)</td>
</tr>
<tr>
<td>Fresh coconut toddy</td>
<td>100 (34% of vitamin C consumption)</td>
</tr>
<tr>
<td>Breadfruit</td>
<td>60 g/capita/day6 (20% of vitamin C consumption)</td>
</tr>
<tr>
<td>Pumkin</td>
<td>36 g/capita/day6 (10% of vitamin C consumption)</td>
</tr>
<tr>
<td>Milk and milk products</td>
<td>2.7 g/capita/day6 (9% of calcium consumption)</td>
</tr>
</tbody>
</table>

National disparities in the distribution of macronutrients to dietary energy consumption

<table>
<thead>
<tr>
<th>Energy Source</th>
<th>Upper Limit of WHO Recommendation</th>
<th>Lower Limit of WHO Recommendation</th>
<th>Less Wealthy Households</th>
<th>Wealthier Households</th>
</tr>
</thead>
<tbody>
<tr>
<td>Protein</td>
<td></td>
<td></td>
<td>12%</td>
<td>14%</td>
</tr>
<tr>
<td>Fats</td>
<td></td>
<td></td>
<td>10%</td>
<td>15%</td>
</tr>
<tr>
<td>Carbohydrates</td>
<td></td>
<td></td>
<td>15%</td>
<td>19%</td>
</tr>
</tbody>
</table>

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5 Average amount of nutrient available for consumption expressed as a percentage of the average nutrient requirements. A value higher than 100 means that the amount of nutrient available for consumption in the population is adequate with respect to the average requirements of the population.
6 Edible quantity