• Huge diversity exists in China, and averages may not reflect the food and nutrition security situation in different parts of the country. China has experienced rapid growth in per-capita GDP and Dietary Energy Supply (DES), combined with a sharp decrease in undernutrition, but disparities between rural and urban areas remain high.

• Child mortality and undernutrition have consistently been reduced over the last decades and will achieve the desired Millennium Development Goal (MDG) target by 2015.

• Despite improvements in undernutrition, overweight and obesity have increased, while anaemia is high and will need to be addressed through public health interventions such as supplementation and food fortification.

**Figure 1.1 Food Availability**
*From 1990 to 2011:*
- DES increased 20%
- Animal-origin supply increased 125%
- Vegetal-origin products increased just 6%, but remain the major DES source

**Figure 1.2 Undernourishment and Economic Growth**
*From 1990-2012:*
- GDP increased 623%
- Undernourishment declined 50%, although 11% of people remain undernourished

**Figure 1.3 Children Malnutrition**
*From 1990 to 2010:*
- Stunting declined 71%
- Underweight declined 73%
- Overweight increased 5% to 7%
- Only 3% of infants are born with Low Birth Weight
- Wasting was estimated at 2% in 2010

**Figure 1.4 Child Mortality**
*From 1990 to 2012:*
- Under-5 mortality reduced 74% and already achieved the MDG target
- Infant mortality reduced 71%
- Neonatal mortality reduced 65%

**Figure 1.5 Anaemia prevalence**
- Anaemia remains a public health issue, for pregnant women (29%), non-pregnant women (20%) and children under 5 (20%)
- Deworming and iron supplementation can successfully reduce rates of anaemia among children and pregnant women

**Anthropometry (Table 1.1)**

<table>
<thead>
<tr>
<th>Category</th>
<th>Value (2015)</th>
<th>Reference Year</th>
</tr>
</thead>
<tbody>
<tr>
<td>Underweight women (BMI &lt; 18.5</td>
<td>8.5%</td>
<td>1996</td>
</tr>
<tr>
<td>kg/m2)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Overweight adults (BMI &gt;= 25 kg/</td>
<td>18.9%</td>
<td>2002</td>
</tr>
<tr>
<td>m2)</td>
<td></td>
<td></td>
</tr>
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</table>

Proportion of infants with low birth weight

<table>
<thead>
<tr>
<th>Value (2008)</th>
<th>Reference Year</th>
</tr>
</thead>
<tbody>
<tr>
<td>3%</td>
<td>2008</td>
</tr>
</tbody>
</table>

*BMI values calculated using adult cut off points, population < 20 should be analyzed using WHO growth reference for school aged children and adolescents.

**Food Availability**

**Figure 2.1 Food supply by food group**

(kcal/person/year) Total dietary energy supply = 3,074 (2011)

- **Cereals**
  - 2011: 1,440, 1990: 1,635

- **Rice**

- **Wheat**

- **Meat & Milk & Eggs**
  - 2011: 596, 1990: 264

- **Sugars and syrups**
  - 2011: 71, 1990: 73

- **Fruits & vegetables**
  - 2011: 314, 1990: 87

- **Vegetable oils**
  - 2011: 279, 1990: 147

- **Fish & Fish products**
  - 2011: 48, 1990: 17

- **Animal fats**
  - 2011: 40, 1990: 25

- **Pulses**
  - 2011: 28, 1990: 20

- **Starchy roots**

**Source:** UN FAO Food Balance Sheets, 2014 Update

- **Food inflation is consistently higher than general inflation**
- **Cereals contribute to 48% of total dietary energy consumption**

**Figure 2.2 Economic access to food**

General and food inflation (2009)

- General inflation: 4.8%
- Food inflation: 17.2%

**Source:** ILOSTAT Database Consumer Price Indices 2014

**Figure 2.3 Share of food expenditure** (2009)

- **Non food items**: 48%
- **Cereals**: 9%
- **Fruits and vegetables**: 7%
- **Fish**: 20%
- **Sugars**: 1%
- **Veg oils**: 12%
- **Meat, milk and eggs**: 20%
- **Other**: 12%

**Source:** UN: FAO RAP based on national HIES, ECS, SES, HLSS 2013 Update, China

**Access to food**

- Although cereals remain as the most important source of food energy, they decreased 12% in their contribution of total DES in 2011
- Dietary diversity has improved: Fruits and vegetables have notably increased availability of 261%, fish increased 182% and meat, milk and eggs 126%.
- Both rice and wheat have decreased their contribution, by 4% and 20% respectively
China - Food and Nutrition Security Profiles

Food Utilization

Food utilization refers to household preparation practices of foods, which influence the nutrient content of consumed foods, and to the absorption of nutrients by the human body after consumption. Nutrient absorption in the gut is strongly influenced by health status, particularly the presence of diarrhoea. Hygienic environmental conditions related to water and sanitation are important determinants of health and infection incidence and prevalence. In China, water and sanitation conditions have improved during the past 20 years. These improvements have contributed to the reduction in malnutrition among under-5 shown in Fig 1.3.

Water and Sanitation

Figure 3.1 Access to Improved Sanitation
From 1990 to 2012:
• Access to improved sanitation increased 176% in 22 years
• Disparities between rural and urban areas have decreased (from 33% to 18%), although access among rural populations still stands at only 56%.
• 35% of the overall population still does not have access to improved sanitation.

Figure 3.2 Open Defecation
From 1990 to 2012:
• Open defecation decreased 85% in 22 years
• The practice has disappeared in urban areas and remains prevalent among only 2% of rural populations.

Figure 3.1 Access to Improved Water Sources
From 1990 to 2012:
• Disparities in access to improved water sources between urban and rural areas have been reduced but remain significant.
• At least 92% of people have sustainable access to improved water.

Food Safety

Figure 3.4 Diarrhoea
• Diarrhoea among under 3 is not related to income in China, as no significant differences can be found between income levels and diarrhoea prevalence in children under 3.

Management of Diarrhoea (Table 3.1)

Zinc
Share of children under age 5 with diarrhoea receiving zinc treatment
- Existing policy framework
Zinc Supplementation and Reformulated Oral Rehydration Salt in the Management of Diarrhoea

Source:
Baseline Survey Integrated Maternal and Child Health Project 2011-2013
**Optimal UIE**

100 - 199 ug/L

---

**Micronutrient Status**

**Iodine (Table 3.2)**

- **Households consuming iodized salt (2011)\textsuperscript{a}**
  - 96.8 %

- **Iodine deficiency (Urinary Iodine Concentration <100ug/L) among school-age children (2011) \textsuperscript{b}**
  - 12.2 %

\textsuperscript{a}Optimal UIE 100 - 199ug/L

### Enabling environment for Nutrition and Food security - Policy documents addressing nutrition issues

1. National Strategic Plan for Food and Nutrition Improvement for 2010-2014
6. The 12th five year national plan of endemic diseases control and prevention Including elimination of iodine deficincy disorders
8. Strategies for Infant and Young Child Feeding 2007
10. Nutrition Improvement Programme for Rural Compulsory Education Students 2011

### Nutrition related issues covered in these policies

<table>
<thead>
<tr>
<th>Maternal and Child Undernutrition</th>
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<th>Comments</th>
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</thead>
<tbody>
<tr>
<td>Child undernutrition</td>
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<td></td>
</tr>
<tr>
<td>Low Birth Weight</td>
<td>yes</td>
<td></td>
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<tr>
<td>Maternal undernutrition</td>
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<td>Child obesity</td>
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<td>Diet related NCDs</td>
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<tr>
<td>Breastfeeding</td>
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<td>Complementary feeding</td>
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<td>Int’l Code of Marketing of BMS</td>
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<tr>
<td>Supplementation:</td>
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<td>Vitamin A children/women</td>
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<tr>
<td>Iron Folate children/women</td>
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<tr>
<td>Zinc children</td>
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<td></td>
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<td>Other vitamins &amp; min child/women</td>
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<td>Folic Acid(pregnant) Child</td>
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<table>
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<th>Underlying and contextual factors</th>
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<tr>
<td>Food Safety</td>
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<td>Food Aid</td>
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<tr>
<td>Nutrition and Infection</td>
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<tr>
<td>Gender</td>
<td>??</td>
<td></td>
</tr>
<tr>
<td>Maternal leave</td>
<td>13 weeks</td>
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</table>

### Food safety policies or legislation

1. Five-Year Plan to Upgrade Food Safety Regulations (2012)
14 government departments, including the Ministry of Health, the Ministry of Science and Technology and the Ministry of Agriculture, will be revamping outdated standards, reviewing and abolishing any contradicting or overlapping standards and working out new regulations

Aims to ensure food safety from the very base of the food chain to the way foods are advertised. It covers standards for the use of pesticides, fertilizers, feeding and breeding programmes in the agricultural production of food to stringent rules on the use of additives in manufactured foods. Food Safety Commission to be established that will coordinate and oversee the new food supervision apparatus. Nationwide significant health risk warning and early response system in place.

China does have a basic food hygiene law; however, its scope does not extend to the whole food chain (UN report 2008); the Eleventh Five-Year Plan (2006-2010) clearly recognized that improving food safety is a critical national task


### Agricultural policies addressing food security
China considers self-sufficiency the foundation of its food security strategy. However, it faces a severe shortage of land and water resources in per capita terms – 40% and 28% of world average respectively...
## Demographic Indicators (Table - 5.1)

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Year</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Population size (thousands) /a</td>
<td>2012</td>
<td>1,350,695</td>
</tr>
<tr>
<td>Average annual population growth /a</td>
<td>2012</td>
<td>0.49 %</td>
</tr>
<tr>
<td>Proportion of population urbanised /c</td>
<td>2012</td>
<td>51.8 %</td>
</tr>
<tr>
<td>Number of children &lt;5 years (thousand) /a</td>
<td>2012</td>
<td>87,100</td>
</tr>
<tr>
<td>Education level of mothers of under-fives: None (%)</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>Life expectancy at birth (Years) /c</td>
<td>Male</td>
<td>74</td>
</tr>
<tr>
<td></td>
<td>Female</td>
<td>76.5</td>
</tr>
<tr>
<td>Agriculture population density (people/ ha of arable land) /b</td>
<td>2006-2008</td>
<td>6.7</td>
</tr>
<tr>
<td>Employment in agriculture sector (% of total employment) /c</td>
<td>2011</td>
<td>34.8 %</td>
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<tr>
<td>Women employed in agriculture sector (% of total female employment)</td>
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## Economic Indicators (Table - 5.3)

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<tr>
<th>Indicator</th>
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<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>GDP annual growth rate /c</td>
<td>2012</td>
<td>7.8 %</td>
</tr>
<tr>
<td>GDP per capita (PPP) (constant 2011 international dollars) /c</td>
<td>2012</td>
<td>10,771</td>
</tr>
<tr>
<td>Proportion of population urbanised /c</td>
<td>2012</td>
<td>51.8 %</td>
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<tr>
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<td>-</td>
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</tbody>
</table>

## Adolescents (Table - 5.2)

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<tr>
<th>Indicator</th>
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<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adolescent birth rate (number of births per 1,000 adolescent girls aged 15-19) /c</td>
<td>2012</td>
<td>9</td>
</tr>
<tr>
<td>Adolescent girls aged 15-19 currently married or in union /d</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>Women aged 20-24 who gave birth before age 18 /d (%)</td>
<td>-</td>
<td>-</td>
</tr>
</tbody>
</table>

### Notes:

- b/ FAOSTAT 2014 Update;
- c/ World Bank, World Development Indicators Database, 2014 Update;
- d/ UNICEF, State of the World Children 2014 (data refer to the most recent year available during the period specified);
- e/ UN Statistics Division, MDG database 2013 Update.

The information included in this Food Security and Nutrition profile, is backed by recognized, validated and properly published information available until June 2014. Although updated information might be available at national level from different sources, until requirements of quality, validity and proper publication are met, it has not been included in this profile.