In Fiji, the Dietary Energy Supply is high but dietary diversity is poor. This is reflected in high overweight and obesity, as well as in high levels of anaemia. At the same time, Fiji is one of two countries in East Asia and the Pacific that have adopted legislation to promote breastfeeding.

Accurate and up to date trends in the prevalence of stunting, underweight, overweight and wasting are not discernible because recent data are not available. However, latest overweight prevalence among adults stands at 56.2%, signalling a need for awareness of patterns and changes over time in order to focus public health efforts effectively.

Disparities in access to improved sanitation and improved water sources have been reduced. Currently 81% of the population has access to improved sanitation (Fig. 3.1), and nearly 100% of people have access to improved water sources.

**Key Indicators**

- **Figure 1.1 Food Availability**
  - From 1990 to 2011:
    - Dietary Energy Supply (DES) increased 9%
    - Animal-origin supply increased 2%
    - Vegetal-origin products increased 11%

- **Figure 1.2 Undernourishment and Economic Growth**
  - From 1990-2012:
    - GDP increased 24%
    - Undernourishment declined significantly and since 2000 has not been significant

- **Figure 1.3 Child Malnutrition**
  - From 1993 to 2004:
    - Stunting increased 74%
    - Underweight decreased 23%
    - Wasting stood at 6.3% in 2004
    - Overweight has more than doubled, by 132%
    - Low Birth Weight is 10%

- **Figure 1.4 Child Mortality**
  - From 1990 to 2012:
    - Under-Smortality reduced 27% and will not achieve the Millennium Development Goal (MDG) target
    - Infant mortality reduced 25%
    - Neonatal mortality reduced 21%

- **Figure 1.5 Anaemia**
  - Anaemia represents a severe public health issue: high among pregnant women (44%), non-pregnant women (41%) and under-5 children alike (50%)
  - Deworming and iron supplementation can be effective for reducing anaemia in pregnant women as well as children.

**Anthropometry (Table 1.1)**

<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Underweight women (BMI &lt; 18.5 kg/m2)</td>
<td>5.6%</td>
<td></td>
</tr>
<tr>
<td>Overweight adults (BMI &gt; 25 kg/m2)</td>
<td>56.2%</td>
<td></td>
</tr>
<tr>
<td>Proportion of infants with low birth weight</td>
<td>10%</td>
<td></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.
Cereals are the most important source of food energy (38%), with wheat contributing to 21% of food intake.

- Fruits and vegetables increased 56%, vegetable oils increased 60%, starchy roots increased 64% and sugars and syrups increased 26%.
- Meat, milk, and eggs decreased 10%.

---

**Access to food**

*Figure 2.2 Economic access to food*

General and food inflation

<table>
<thead>
<tr>
<th>Year</th>
<th>General Inflation</th>
<th>Food Inflation</th>
</tr>
</thead>
<tbody>
<tr>
<td>2000</td>
<td>2.0%</td>
<td>2.0%</td>
</tr>
<tr>
<td>2001</td>
<td>4.0%</td>
<td>4.0%</td>
</tr>
<tr>
<td>2002</td>
<td>6.0%</td>
<td>6.0%</td>
</tr>
<tr>
<td>2003</td>
<td>8.0%</td>
<td>8.0%</td>
</tr>
<tr>
<td>2004</td>
<td>10.0%</td>
<td>10.0%</td>
</tr>
<tr>
<td>2005</td>
<td>12.0%</td>
<td>12.0%</td>
</tr>
<tr>
<td>2006</td>
<td>14.0%</td>
<td>14.0%</td>
</tr>
<tr>
<td>2007</td>
<td>16.0%</td>
<td>16.0%</td>
</tr>
<tr>
<td>2008</td>
<td>18.0%</td>
<td>18.0%</td>
</tr>
<tr>
<td>2009</td>
<td>20.0%</td>
<td>20.0%</td>
</tr>
<tr>
<td>2010</td>
<td>22.0%</td>
<td>22.0%</td>
</tr>
<tr>
<td>2011</td>
<td>24.0%</td>
<td>24.0%</td>
</tr>
<tr>
<td>2012</td>
<td>26.0%</td>
<td>26.0%</td>
</tr>
</tbody>
</table>

Source: ILOSTAT Database Consumer Price Indices 2014

- Food inflation trends follow that of general inflation.
- Cereals represent 41% of dietary energy consumption.

**Figure 2.3 Share of food expenditure**

(2009)

<table>
<thead>
<tr>
<th>Item</th>
<th>% Total expenditure per person per day</th>
<th>% Dietary energy Consumption</th>
</tr>
</thead>
<tbody>
<tr>
<td>Non food items</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cereals</td>
<td></td>
<td>41</td>
</tr>
<tr>
<td>Fruits and vegetables</td>
<td></td>
<td>20</td>
</tr>
<tr>
<td>Fish</td>
<td></td>
<td>12</td>
</tr>
<tr>
<td>Sugars</td>
<td></td>
<td>12</td>
</tr>
<tr>
<td>Veg oils</td>
<td></td>
<td>10</td>
</tr>
<tr>
<td>Meat, milk and eggs</td>
<td></td>
<td>21</td>
</tr>
<tr>
<td>Other</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Source: UN_FAO RAP based on national HIES, ECS, SES, HLSS_2013 Update, Fiji
Food Utilization

Food utilization refers both 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 Fiji, water and sanitation conditions have improved over the past 20 years.

Water and Sanitation

Figure 3.1 Access to Improved Sanitation
From 1990 to 2012:
• Access to improved sanitation increased 52% in 22 years, now covering 87% of the population
• Disparities between rural and urban areas have decreased significantly
Even so 18% of the population in rural areas does not have access to improved sanitation

Figure 3.2 Open Defecation
From 1990 to 2012:
• The practice of open defecation no longer is an issue

Figure 3.3 Access to Improved Water Sources.
From 1990 to 2012:
• Access to improved water sources increased 13% during 22 years
Disparities in access between urban and rural areas have been reduced

Food Safety

Figure 3.4 Diarrhoea

No Data

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 Diarrhea

Source:
**Nutrition and Health**

**Figure 3.5 Exclusive Breastfeeding**
From 1993 to 2004:
- Exclusive breastfeeding decreased from 52% to 40%
- Early initiation of breastfeeding stood at 57% in 2004

**Figure 3.6 Complementary Feeding**
No Data

**Figure 3.7 Duration of Breastfeeding**
No Data

**Figure 3.8 Child Malnutrition and Poverty**
No Data

**Micronutrient Status**

**Figure 3.9 Vitamin A**
- Vitamin A deficiencies in 14% of pre-schoolers indicate a public health issue and warrant ongoing attention to the quality of diet among preschool-aged children

* VAD is a severe public health problem if >20% of preschool children (6-71 months) have low serum retinol (<0.7 µmol/L)


**Iodine (Table 3.2)**

<table>
<thead>
<tr>
<th>Description</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Households consuming iodized salt (1994)a</td>
<td>31 %</td>
</tr>
<tr>
<td>Iodine deficiency (Urinary Iodine Concentration &lt;100µg/L) among school-age children</td>
<td>-</td>
</tr>
</tbody>
</table>

*Optimal UIE 100 - 195µg/L

Source: a/ WHO Global Database on Iodine Deficiency
### Enabling environment for Nutrition and Food security - Policy documents addressing nutrition issues

1. Ministry of Health Strategic Plan 2007-2011

2. Fiji National Food and Nutrition Policy 2008-2014

   National Food and Nutrition Centre is mandated by the Ministry of Health to facilitate, coordinate and monitor all food and nutrition activities in Fiji through the framework of the Fiji Plan of Action for Nutrition 2010-2014 and the Fiji Food and Nutrition Policy 2008-2014


3. Fiji Plan of Action for Nutrition 2010-2014


### Nutrition related issues covered in these policies

<table>
<thead>
<tr>
<th>Maternal and Child Undernutrition</th>
<th>Covered</th>
<th>Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>Child undernutrition</td>
<td>Yes</td>
<td></td>
</tr>
<tr>
<td>Low Birth Weight</td>
<td>Yes</td>
<td></td>
</tr>
<tr>
<td>Maternal undernutrition</td>
<td>??</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Obesity and diet related NCDs</th>
<th>Covered</th>
<th>Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>Child obesity</td>
<td>Adult</td>
<td></td>
</tr>
<tr>
<td>Adult obesity</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Diet-related non-communicable diseases (NCDs)</td>
<td>Yes</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Infant and Young Child Nutrition</th>
<th>Covered</th>
<th>Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breastfeeding</td>
<td>Yes</td>
<td></td>
</tr>
<tr>
<td>Complementary feeding</td>
<td>Yes</td>
<td></td>
</tr>
<tr>
<td>Int’l Code of Marketing of BMS</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Vitamins and Minerals</th>
<th>Covered</th>
<th>Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vitamin A children/women</td>
<td>??</td>
<td></td>
</tr>
<tr>
<td>Iron Folate children/women</td>
<td>??</td>
<td></td>
</tr>
<tr>
<td>Zinc children</td>
<td>??</td>
<td></td>
</tr>
<tr>
<td>Other vitamins &amp; min child/women</td>
<td>??</td>
<td></td>
</tr>
<tr>
<td>Food fortification</td>
<td>Yes</td>
<td>Mandatory: Salt, flour</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Underlying and contextual factors</th>
<th>Covered</th>
<th>Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>Food Safety</td>
<td>Yes</td>
<td></td>
</tr>
<tr>
<td>Food security</td>
<td>Yes</td>
<td></td>
</tr>
<tr>
<td>Food Aid</td>
<td>Yes</td>
<td></td>
</tr>
<tr>
<td>Nutrition and Infection</td>
<td>Yes</td>
<td></td>
</tr>
<tr>
<td>Gender</td>
<td>??</td>
<td></td>
</tr>
<tr>
<td>Maternal leave</td>
<td>12 weeks</td>
<td>Paid maternity leave at flat rate of 1.50 Fiji dollars per day</td>
</tr>
</tbody>
</table>

### Social Protection policies or legislation including food or nutrition component

*Fiji has one of the most developed social protection systems in the South Pacific including social transfers in the form of cash and food vouchers (Poverty Benefit scheme, Care and Protection Allowance: Food Voucher Programme: and Social Pension Scheme.)*


### Agricultural policies addressing food security

*In Fiji, agriculture is organized more along commercial lines, although the subsistence sector remains important. Large-scale agriculture consists mainly of palm oil, coconut, sugarcane, cocoa and coffee plantations, and beef cattle… It is estimated that only 40% of energy needs come from locally grown food. Even so, food imports are still relatively low when compared with other Small Island Developing States (UNDP)*

*Fiji held a National Food Summit in October 2009 to highlight the seriousness of the food security situation there. Outcomes of the meeting included resolutions to strengthen food control systems and enforcement, and to improve marketing of local foods.*
## Demographic Indicators (Table - 5.1)

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Value</th>
<th>Year</th>
</tr>
</thead>
<tbody>
<tr>
<td>Population size (thousands) /a</td>
<td>875</td>
<td>2012</td>
</tr>
<tr>
<td>Average annual population growth/a</td>
<td>0.78%</td>
<td>2012</td>
</tr>
<tr>
<td>Proportion of population urbanised/c</td>
<td>52.6%</td>
<td>2012</td>
</tr>
<tr>
<td>Number of children &lt;5 years (thousand) /a</td>
<td>89</td>
<td>2012</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></td>
<td></td>
</tr>
<tr>
<td>Male</td>
<td>66</td>
<td>2010</td>
</tr>
<tr>
<td>Female</td>
<td>71.9</td>
<td>2010</td>
</tr>
<tr>
<td>Agriculture population density (people/ha of arable land /b)</td>
<td>1.2</td>
<td>2006-2008</td>
</tr>
<tr>
<td>Employment in agriculture sector (% of total employment) /c</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>Women employed in agriculture sector (% of total female employment) /c</td>
<td>-</td>
<td>-</td>
</tr>
</tbody>
</table>

## Economic Indicators (Table - 5.3)

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Value</th>
<th>Year</th>
</tr>
</thead>
<tbody>
<tr>
<td>GDP annual growth rate /c</td>
<td>2.31 %</td>
<td>2012</td>
</tr>
<tr>
<td>GDP per capita (PPP) (constant 2011 international dollars) /c</td>
<td>7,552</td>
<td>2012</td>
</tr>
<tr>
<td>Gini index /f (100= complete inequality; 0= complete equality)</td>
<td>42.83</td>
<td>2008</td>
</tr>
<tr>
<td>Unemployment rate /c</td>
<td>8.4 %</td>
<td>2012</td>
</tr>
<tr>
<td>Population below US $ 1.25 (PPP) per day /c (%)</td>
<td>5.88</td>
<td>2009</td>
</tr>
<tr>
<td>Poverty gap ratio /e</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>Income share held by households /c</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Poorest 20%</td>
<td>6.2 %</td>
<td>2009</td>
</tr>
<tr>
<td>Richest 20%</td>
<td>49.59 %</td>
<td>2009</td>
</tr>
</tbody>
</table>

## Adolescents (Table - 5.2)

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Value</th>
<th>Year</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adolescent birth rate (number of births per 1,000 adolescent girls aged 15-19) /d</td>
<td>31</td>
<td>2004</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>

Sources:
- 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
- f/ Poverty and Household Incomes in Fiji in 2008-09

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.