



Fiji - Food and Nutrition Security Profiles

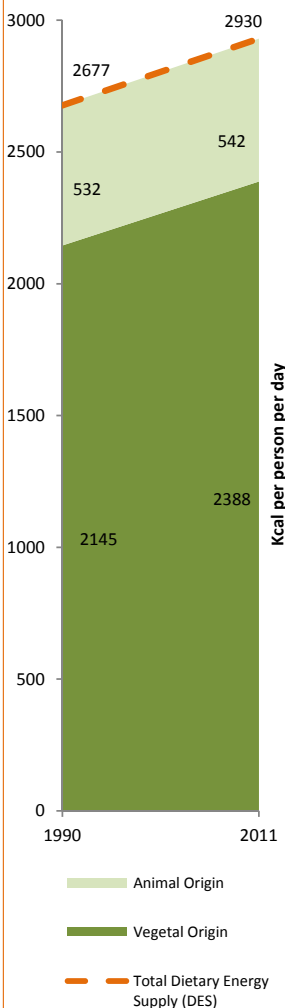


Key Indicators

- 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

Figure 1.1 Food Availability From 1990 to 2011:

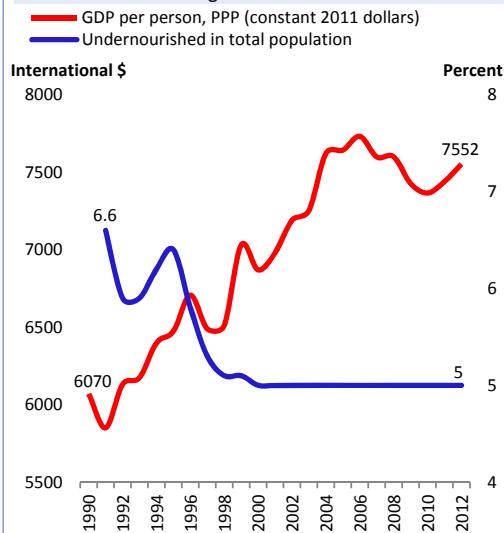
- Dietary Energy Supply (DES) increased 9%
- Animal-origin supply increased 2%
- Vegetal-origin products increased 11%



Source: FAOSTAT FBS: 2014 update

Figure 1.2 Undernourishment and Economic Growth From 1990-2012:

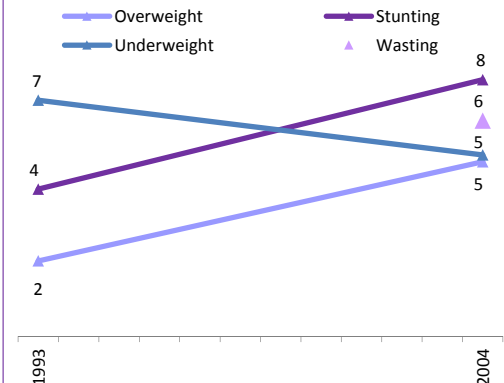
- GDP increased 24%
- Undernourishment declined significantly and since 2000 has not been significant



Source: GDP: WDI 2014 / Undernourished: FAO FSI 2013

Figure 1.3 Child Malnutrition From 1993 to 2004:

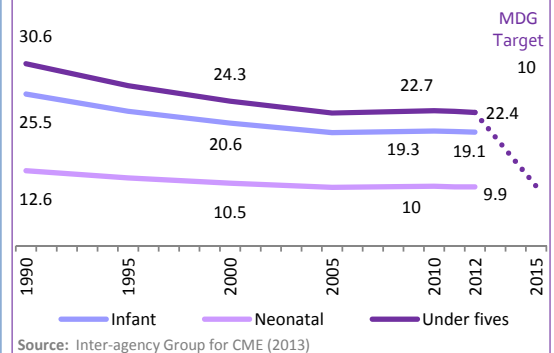
- Stunting increased 74%
- Underweight decreased 23%
- Wasting stood at 6.3% in 2004
- Overweight has more than doubled, by 132%
- Low Birth Weight is 10%



Source: WHO Global Database on Child Growth and Malnutrition 2013

Figure 1.4 Child Mortality From 1990 to 2012:

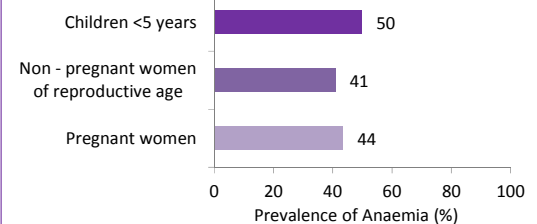
- Under-5 mortality reduced 27% and will not achieve the Millennium Development Goal (MDG) target
- Infant mortality reduced 25%
- Neonatal mortality reduced 21%



Source: Inter-agency Group for CME (2013)

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.



Source: National Nutrition Survey 2004

Anthropometry (Table 1.1)

Underweight women (BMI < 18.5 kg/m ²)	5.6 %	2004
Overweight adults (BMI ≥ 25 kg/m ²)	56.2 %	2004
* BMI values calculated using adult cut off points, population < 20 should be analyzed using WHO growth reference for school aged children and adolescents		
Proportion of infants with low birth weight	10 %	2004

Source: National Nutrition Survey 2004



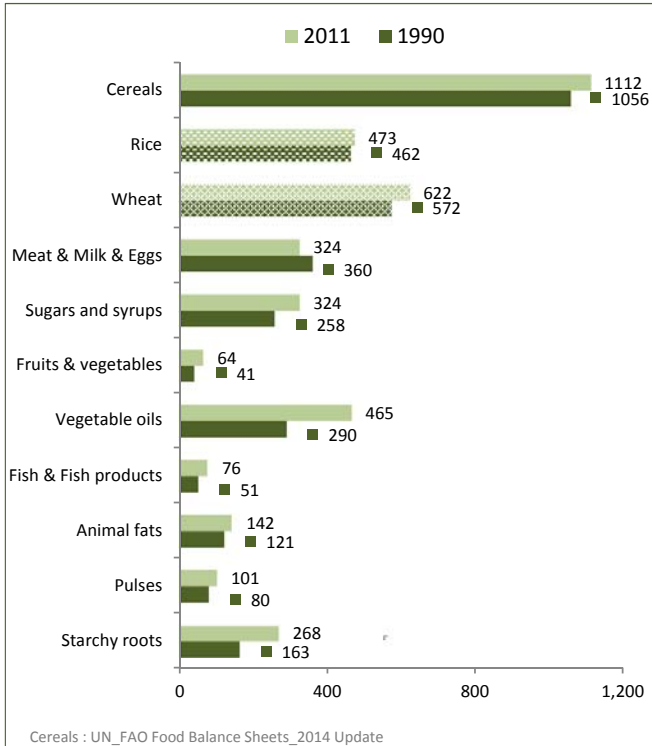
Food Availability / Food Access



Food Availability

Figure 2.1 Food Supply by Food Group

(kcal/person/year) Total dietary energy supply= 2,930 (2011)

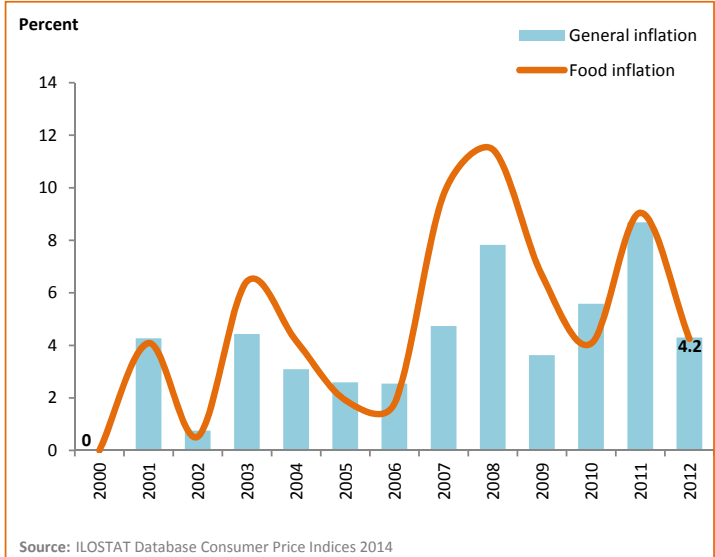


- Cereals are the most important source of food energy (38%), with wheat contributing to 21% of food intake
- Fruits and vegetables increased 56%, vegetable oils increased 60%, starchy roots increased 64% and sugars and syrups increased 26%
- Meat, milk, and eggs decreased 10%

Access to food

Figure 2.2 Economic access to food

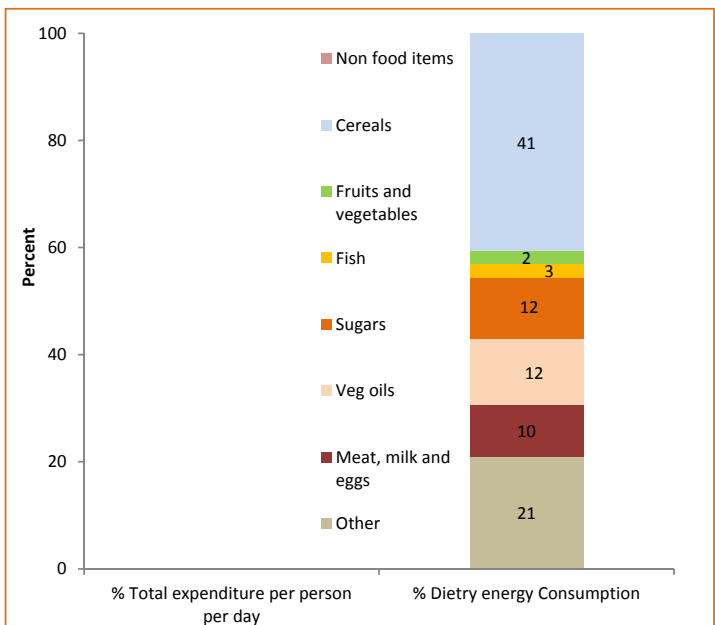
General and food inflation



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

Figure 2.3 Share of food expenditure

(2009)



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



Food Utilization

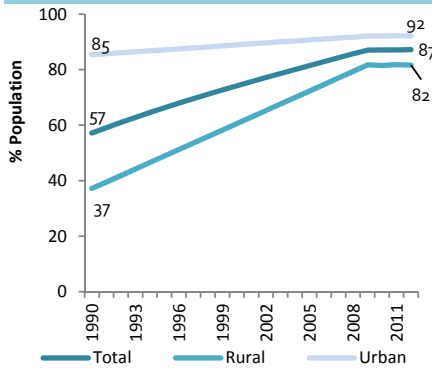
Food utilization refers both to household preparation practices of foods, which influence the nutrient content of consumed foods, and to the absorption of nutrients by the human body after consumption. Nutrient absorption in the gut is strongly influenced by health status, particularly the presence of 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

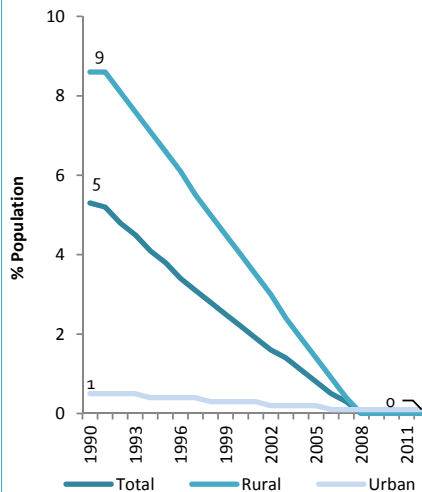


Source: WHO-UNICEF Joint Monitoring Programme, 2014

Figure 3.2 Open Defecation

From 1990 to 2012:

- The practice of open defecation no longer is an issue

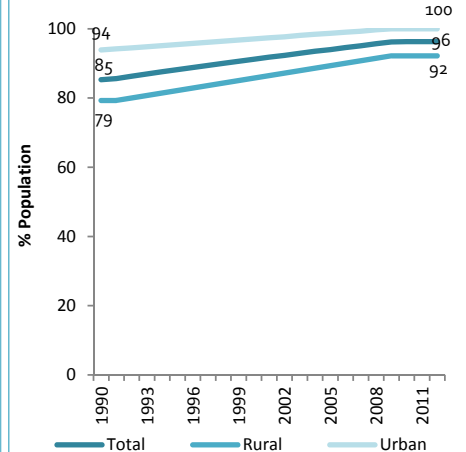


Source: WHO-UNICEF Joint Monitoring Programme, 2014

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



Source: WHO-UNICEF Joint Monitoring Programme, 2014

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:



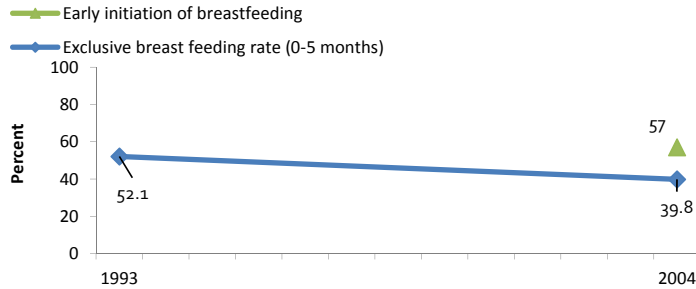
Food Utilization

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



Source: UN_WHO Global Data Bank on Infant and Young Child Feeding_May 2012

Figure 3.6 Complementary Feeding

No Data

Figure 3.7 Duration of Breastfeeding

No Data

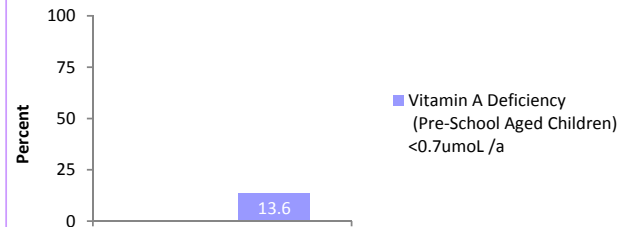
Figure 3.8 Child Malnutrition and Poverty

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 (<math><0.7\mu\text{mol/L}</math>)

Source: a/ WHO Global prevalence of vitamin A deficiency in population at risk 1995-2005 report.

Iodine (Table 3.2)

Households consuming iodized salt (1994)a	31%
Iodine deficiency (Urinary Iodine Concentration <math><100\mu\text{g/L}</math>) among school-age children	-
*Optimal UIE 100 - 199 $\mu\text{g/L}$	

Source: a/ WHO Global Database on Iodine Deficiency



Fiji - Food and Nutrition Security Profiles



Policy Table - 1

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 www.fiji.gov.fj/index.php?option=com_docman&task...			
3. Fiji Plan of Action for Nutrition 2010-2014 http://www.nutrition.gov.fj/pdf/9-12-2010/Fiji%20Plan%20of%20Action%20for%20Nutrition%202010%20-%202014.pdf			
Nutrition related issues covered in these policies		Covered	Comments
Maternal and Child Undernutrition	Child undernutrition	Yes	
	Low Birth Weight	Yes	
	Maternal undernutrition	??	
Obesity and diet related NCDs	Child obesity	Adult	
	Adult obesity		
	Diet-related non-communicable diseases (NCDs)	Yes	
Infant and Young Child Nutrition	Breastfeeding	Yes	
	Complementary feeding	Yes	
	Int'l Code of Marketing of BMS	Yes	
Vitamins and Minerals	Supplementation:		
	Vitamin A children/women	??	
	Iron Folate children/women	??	
	Zinc children	??	
	Other vitamins & min child/women	??	
	Food fortification	Yes	Mandatory: Salt, flour
Underlying and contextual factors	Food Safety	Yes	
	Food security	Yes	
	Food Aid	Yes	
	Nutrition and Infection	Yes	
	Gender	??	
	Maternal leave	12 weeks	Paid maternity leave at flat rate of 1.50 Fiji dollars per day
Social Protection policies or legislation including food or nutrition component			
<i>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.</i>			
•			
1 4. Fiji Islands Food Safety Act (2003) www.commm.gov.fj/pdfs/FoodSafetyAct2003(2).pdf			
Agricultural policies addressing food security			
<i>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...</i>			
<i>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)</i>			
<i>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</i>			



Demographic Indicators (Table - 5.1)		Year	Economic Indicators (Table - 5.3)		Year	
Population size (thousands) /a	875	2012	GDP annual growth rate /c	2.31 %	2012	
Average annual population growth/a	0.78 %	2012	GDP per capita (PPP) (constant 2011 international dollars) /c	7,552	2012	
Proportion of population urbanised/c	52.6 %	2012				
Number of children <5 years (thousand)/a	89	2012	Gini index /f (100= complete inequality; 0= complete equality)	42.83	2008	
Education level of mothers of under-fives: None (%)	-	-		46.81	2003	
Life expectancy at birth (Years) /c	Male	66	2010	Unemployment rate /c	8.4 %	2012
	Female	71.9	2010	Population below US \$ 1.25 (PPP) per day /c (%)	5.88	2009
Agriculture population density(people/ ha of arable land /b)	1.2	2006-2008				
Employment in agriculture sector (% of total employment) /c	-	-	Poverty gap ratio /e	-	-	
Women employed in agriculture sector (% of total female employment) /c	-	-	Income share held by households /c	Poorest 20%	6.2 %	2009
Adolescents (Table - 5.2)		Year		Richest 20%	49.59 %	2009
Adolescent birth rate (number of births per 1,000 adolescent girls aged 15-19) /d	31	2004	Sources: a/ World Bank, Health Nutrition and Population Statistics, 2013 update 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			
Adolescent girls aged 15-19 currently married or in union /d	-	-				
Women aged 20-24 who gave birth before age 18 /d (%)	-	-				

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.

