



Food and Agriculture
Organization of the
United Nations



Pacific
Community
Communauté
du Pacifique

TONGA

FOOD SECURITY PROFILE

DEMOGRAPHICS

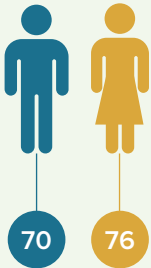


100 651
Population (2016)

Region	Percentage	Population
Tongatapu	51%	74 611
Vava'u	14%	13 738
Ha'apai	6%	6 125
Eua	5%	4 945
Niuas	1%	1 232

77% Rural population

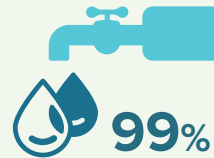
Life expectancy



Crude birth rate: **26.1**

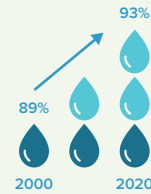


Under five years old
mortality rate: **16 per**
1 000 live births



99%

of the population is using
at least basic drinking
water services (2020)



improved access to
basic sanitation
services

TOWARDS ENDING POVERTY AND ACHIEVING FOOD SECURITY IN TONGA



Less than
5%
of people are
undernourished

23.2%
of the population is suffering
from moderate or severe
food insecurity

1 out of 5
people live below the
national poverty line

HOWEVER, FOOD INSECURITY IS MORE THAN UNDERNOURISHMENT

Children under five years old

1.1%

WASTING 2019
(Low weight for height)

2.6%

STUNTING 2020
(Low height for age)

12.6%

OVERWEIGHT 2020
(High weight for height)

18 years and older

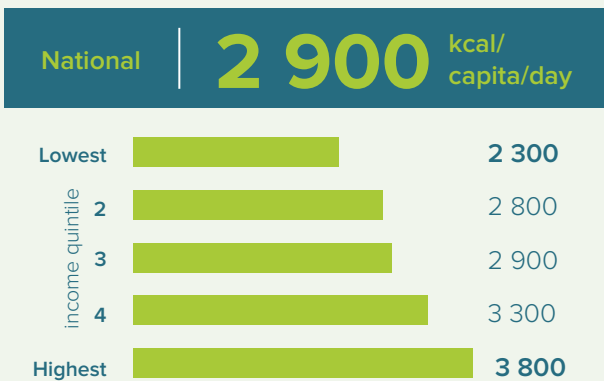
48.2%

**PREVALENCE OF OBESITY
IN ADULT POPULATION 2016**

Source: FAO FAOSTAT food security indicators 2021 (2020 are modelled estimates from WHO)

ANALYSIS OF FOOD CONSUMPTION PATTERNS IN TONGA^{1,2}

Average dietary energy consumption

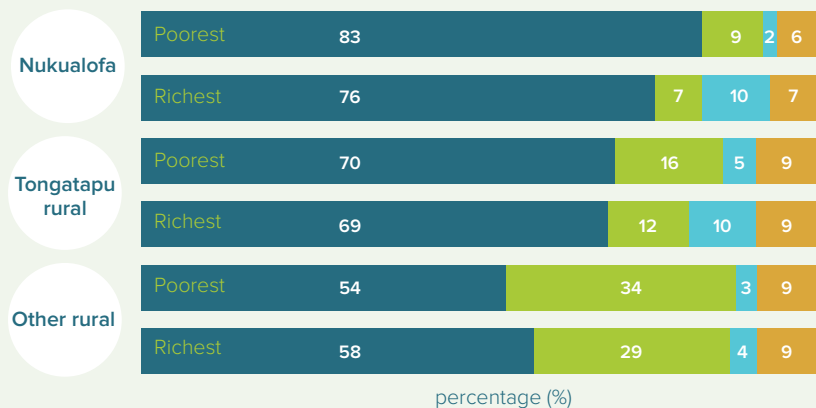
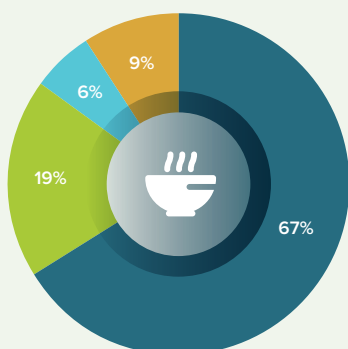


Average cost to acquire 1 000 kcal.



On average **poorer households spend 1.5 times less than richer households** to acquire 1 000 kcal.

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



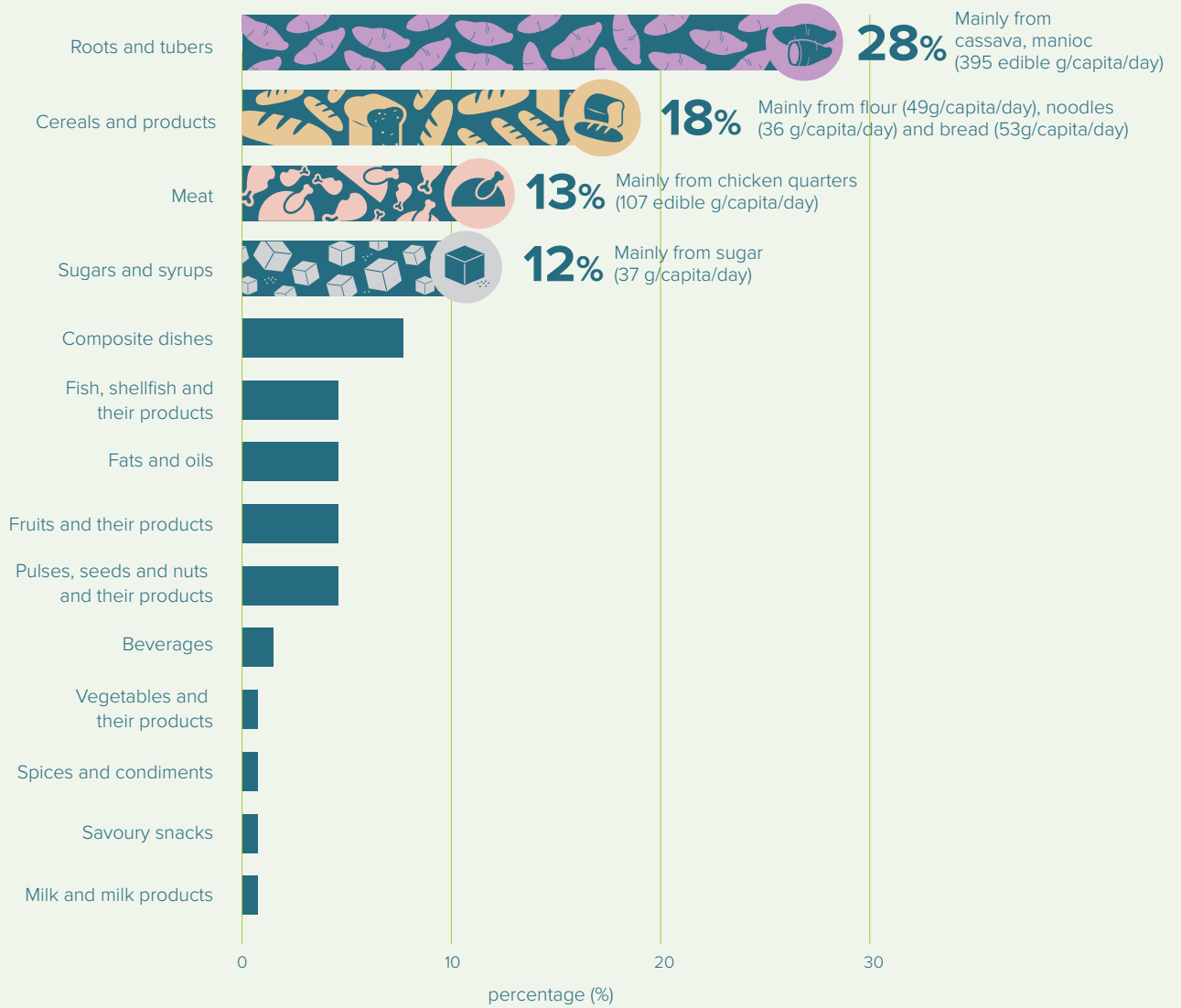
■ Purchased foods consumed at home
■ Food consumed from own production

■ Food consumed away from home purchased or received free
■ Food received for free and consumed at home

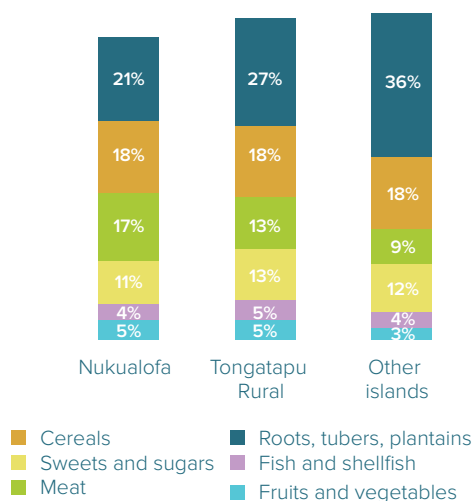
¹ Estimates refer to apparent consumption and are based on food quantities (edible amounts) available for consumption by the household, not on *actual intake of the individuals*.

² Based on the analysis of the food data collected in the 2015 Tonga Household Income and Expenditure survey. The analysis was performed by FAO in collaboration with Tonga Statistics Department and SPC.

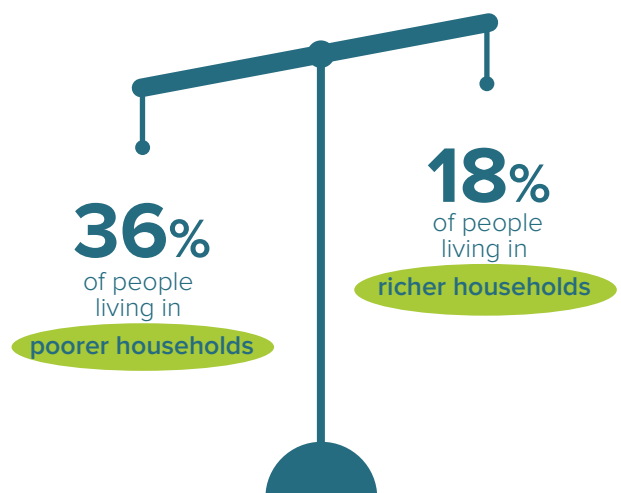
Percentage of food consumption by food groups



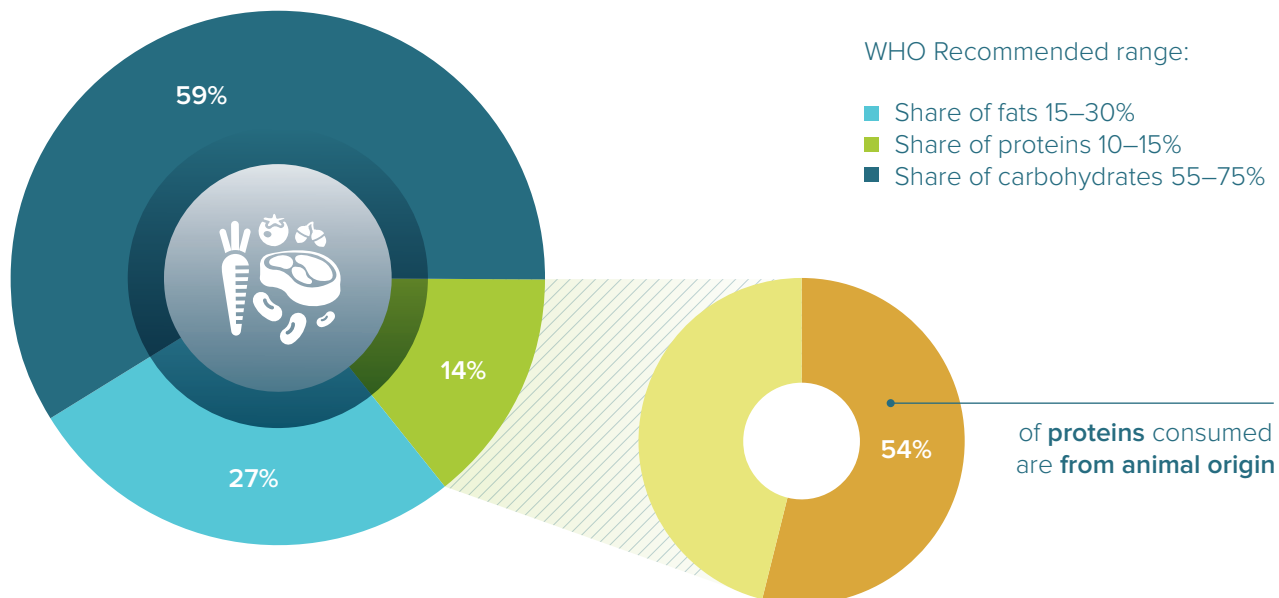
Percentage of food consumption by area of residence



Access to a more balanced diet



Nutrient contribution to dietary energy consumption



Average amount of **energy consumed is high** with contribution of **fats close to upper limit** for a balanced diet.

Consumption of fruits and vegetables



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