**TOWARDS ACHIEVING FOOD SECURITY AND ENDING POVERTY**

1 in 10 people are undernourished

9.9% of people live on less than USD 1.9 a day (2020) *

20.9% of Ni Vanuatu experienced moderate levels of food insecurity and an additional 2.4% of Ni Vanuatu experienced severe levels of food insecurity

* Provisional estimate

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**VANUATU FOOD SECURITY PROFILE**

**DEMOGRAPHICS**

Population (2020): 295,495

<table>
<thead>
<tr>
<th>Province</th>
<th>Urban</th>
<th>Rural</th>
</tr>
</thead>
<tbody>
<tr>
<td>Torba</td>
<td>11,024</td>
<td></td>
</tr>
<tr>
<td>Sanma</td>
<td>59,576</td>
<td></td>
</tr>
<tr>
<td>Penama</td>
<td>34,557</td>
<td></td>
</tr>
<tr>
<td>Malampa</td>
<td>42,884</td>
<td></td>
</tr>
<tr>
<td>Shefa</td>
<td>109,139</td>
<td></td>
</tr>
<tr>
<td>Tafea</td>
<td>38,315</td>
<td></td>
</tr>
</tbody>
</table>

**Life expectancy (2018)**

- Urban: 97%
- Rural: 84%

- Crude birth rate: 29.6 (2018)
- Under-five-years-old mortality rate: 26.6 per 1,000 live births (2018)

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* Provisional estimate
More than half of the dietary energy consumed is purchased

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

<table>
<thead>
<tr>
<th>Expenditure Tercile</th>
<th>Average Dietary Energy Consumption (kcal/capita/day)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lowest</td>
<td>1,930</td>
</tr>
<tr>
<td>Second tercile</td>
<td>2,870</td>
</tr>
<tr>
<td>Third tercile</td>
<td>3,790</td>
</tr>
</tbody>
</table>

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

Average cost to acquire 1,000 kcal

- Lowest tercile: VUV 108
- Second tercile: VUV 140
- Third tercile: VUV 183

On average a Ni-Vanuatu will spend VUV 400 per day on food.

Food represents an important share of the total household expenditure.

- Vanuatu 59%, First tercile: 66%, Second tercile: 58%, Third tercile: 50%.

There are multiple forms of malnutrition in Vanuatu:

- Wasting (Low weight for height): 4.4%
- Stunting (Low height for age): 28.5%
- Underweight (Low weight for age): 10.7%

Percentage of obese or overweight men and women aged 15 to 49:

- Men: 35.8%
- Women: 49.5%

1 Based on the analysis of the food data collected in the Vanuatu 2019 National Sustainable Development Plan Baseline Survey. The analysis was performed by FAO and SPC in collaboration with VNSO. SPC was funded by the Australian Government through Australian Centre for International Agricultural Research projects FIS/2016/300 and FIS/2018/155.

2 Statistics 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.
Contribution of food groups (and food products) to the average dietary energy consumption (%)

- Cereals and their products: 26% - Mainly rice 163 g/capita/day
- Roots, tubers, plantains, and their products: 23% - Mainly cooking banana 144 g/capita/day, kumara 135 g/capita/day, taro 120 g/capita/day
- Pulses, seeds, nuts, and their products: 10% - Mainly coconut brown 54 g/capita/day
- Sweets and sugars: 9% - Mainly crackers 30 g/capita/day and sugar 16 g/capita/day
- Fruits and their products: 7% - Mainly papaya 70 g/capita/day, banana 33 g/capita/day and breadfruit 26 g/capita/day
- Composite dishes: 6% - Mainly banana cooking boiled 66 g/capita/day
- Meat and meat products: 4% - Mainly chicken 30 g/capita/day
- Fats and oils: 3% - Mainly coconut oil 15 g/capita/day
- Breakfast/lunch/dinner consumed away from home: 2% - Mainly chicken 30 g/capita/day
- Fish, shellfish, and their products: 1% - Mainly fish 10 g/capita/day
- Vegetables and their products: 1% - Mainly vegetables 10 g/capita/day
- Beverages: 0% - Mainly water 0 g/capita/day

Foods to limit or avoid contribute to 47% of the dietary energy consumed.

On average a Ni-Vanuatu consumes more than 500 grams of fruits and vegetables which exceeds the 400 grams recommended by the World Health Organization (WHO).
**MOST AFFORDABLE SOURCES OF DIETARY ENERGY**

With VUV 100 it is possible to get five times more calories from sugar than from fish.

<table>
<thead>
<tr>
<th>Product</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Brown coconut</td>
<td>3 900 kcal</td>
</tr>
<tr>
<td>Flour, not further specified</td>
<td>2 900 kcal</td>
</tr>
<tr>
<td>Cassava/ tapioca/ manioc</td>
<td>2 700 kcal</td>
</tr>
<tr>
<td>Sugar, not further specified</td>
<td>2 000 kcal</td>
</tr>
<tr>
<td>Laplap (grated cassava, cooked)</td>
<td>1 800 kcal</td>
</tr>
<tr>
<td>Rice, not further specified</td>
<td>1 800 kcal</td>
</tr>
<tr>
<td>Breadfruit</td>
<td>1 700 kcal</td>
</tr>
<tr>
<td>Banana, cooking, raw</td>
<td>1 200 kcal</td>
</tr>
<tr>
<td>Bread, loaf, not further specified</td>
<td>1 200 kcal</td>
</tr>
<tr>
<td>Beef, not further specified</td>
<td>500 kcal</td>
</tr>
<tr>
<td>Fish, reef, not further specified</td>
<td>400 kcal</td>
</tr>
</tbody>
</table>

* Value represents the number of kcal it is possible to obtain from the product with VUV 100

### Nutrient contribution to dietary energy consumption (%)

- **Protein**
  - 10%
  - 11%
  - 15%

- **Fats**
  - 15%
  - 23%
  - 30%

- **Carbohydrates**
  - Lower limit WHO
  - Vanuatu
  - Upper limit WHO

### Nutritional adequacy

**Diet rich in Vitamins A and C and poor in calcium**

- **Vitamin A (RE)**: 960
- **Slippery cabbage**: 123 g/capita/day
- **Cooking banana**: 144 g/capita/day
- **Slippery cabbage**: 123 g/capita/day
- **Fish and products**: 70 g/capita/day
- **Papaya**: 70
- **Kumara**: 135
- **Cassava**: 73 g/capita/day
- **Milk and products**: 6 g/capita/day

### Percentage of households who have access to a balanced diet, by tercile

- **First tercile**: 16%
- **Second tercile**: 35%
- **Third tercile**: 41%

### Nutritional adequacy

- **Vitamin B1**: 175
- **Vitamin B2**: 155
- **Vitamin B12**: 185
- **Vitamin C**: 880
- **Calcium**: 95

* Ratio of nutrient available for consumption over average requirements. A ratio higher than 100 means that amount of nutrient available in the population is adequate with respect to the requirements of the population.

* Edible quantity

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