



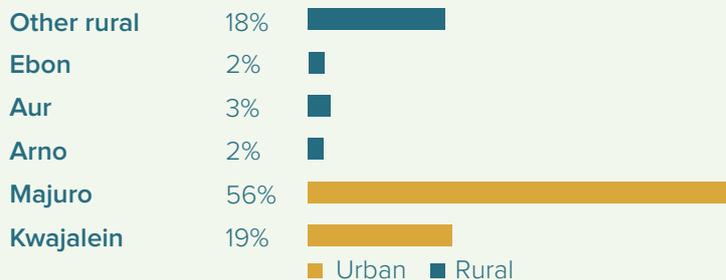
REPUBLIC OF THE MARSHALL ISLANDS

FOOD SECURITY PROFILE

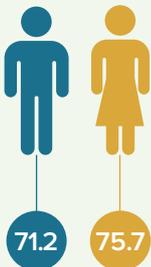
DEMOGRAPHICS



54 590
Population (2020)



Life expectancy



Crude birth rate: **24.4** (2017)



Under 5-years-old mortality rate: **31.0** per 1 000 live births (2019)



Increased access of households to basic drinking water service

83.5% of households are using at least basic sanitation services (2017)

ACCESS TO ENOUGH FOOD IN QUANTITY AND QUALITY REMAINS AN ISSUE IN THE MARSHALL ISLANDS

2 ZERO HUNGER



Around **5%** of people are undernourished



7.2% of people are living below the basic needs poverty line



1 in 3 households experience moderate or severe levels of food insecurity

CHILD MALNUTRITION AND ADULT OBESITY ARE THE MAIN ISSUES IN THE MARSHALL ISLANDS

Children under 5-years-old (2017)

3.6%

WASTING

(Low weight for height)

35.3%

STUNTING

(Low height for age)

11.7%

UNDERWEIGHT

(Low weight for age)



72.5%

of adults
(18-years and older)
are overweight
or obese

Source: Integrated child health and nutrition survey 2017. RMI 2017/18 Hybrid survey for prevalence of obesity

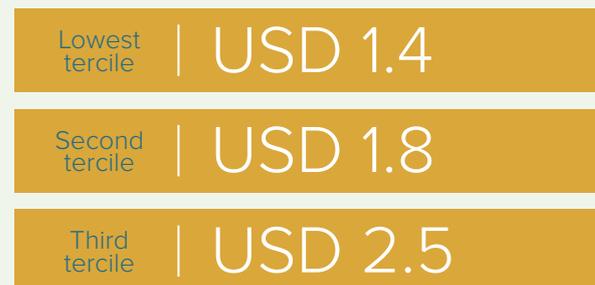
ANALYSIS OF FOOD CONSUMPTION PATTERNS IN THE MARSHALL ISLANDS^{1,2}

Average national dietary energy consumption is around
2 860 kcal/capita/day
with important disparities within the population



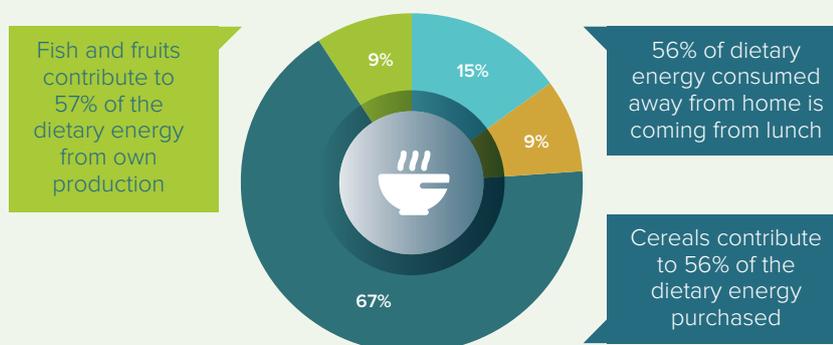
Average cost to acquire 1 000 kcal

A Marshallese spends on average USD 1.9 to acquire 1 000 kcal



The wealthier the household, the more expensive the calories consumed

Food consumed away from home alone brings more than 400 kcal/capita/day

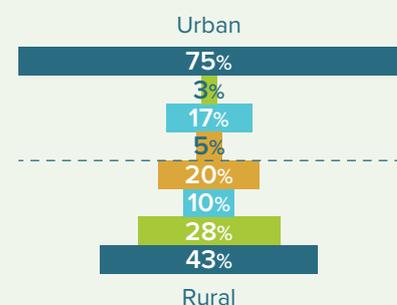


Fish and fruits contribute to 57% of the dietary energy from own production

56% of dietary energy consumed away from home is coming from lunch

Cereals contribute to 56% of the dietary energy purchased

Around one kcal in two consumed in rural areas is own produced or received for free (%)

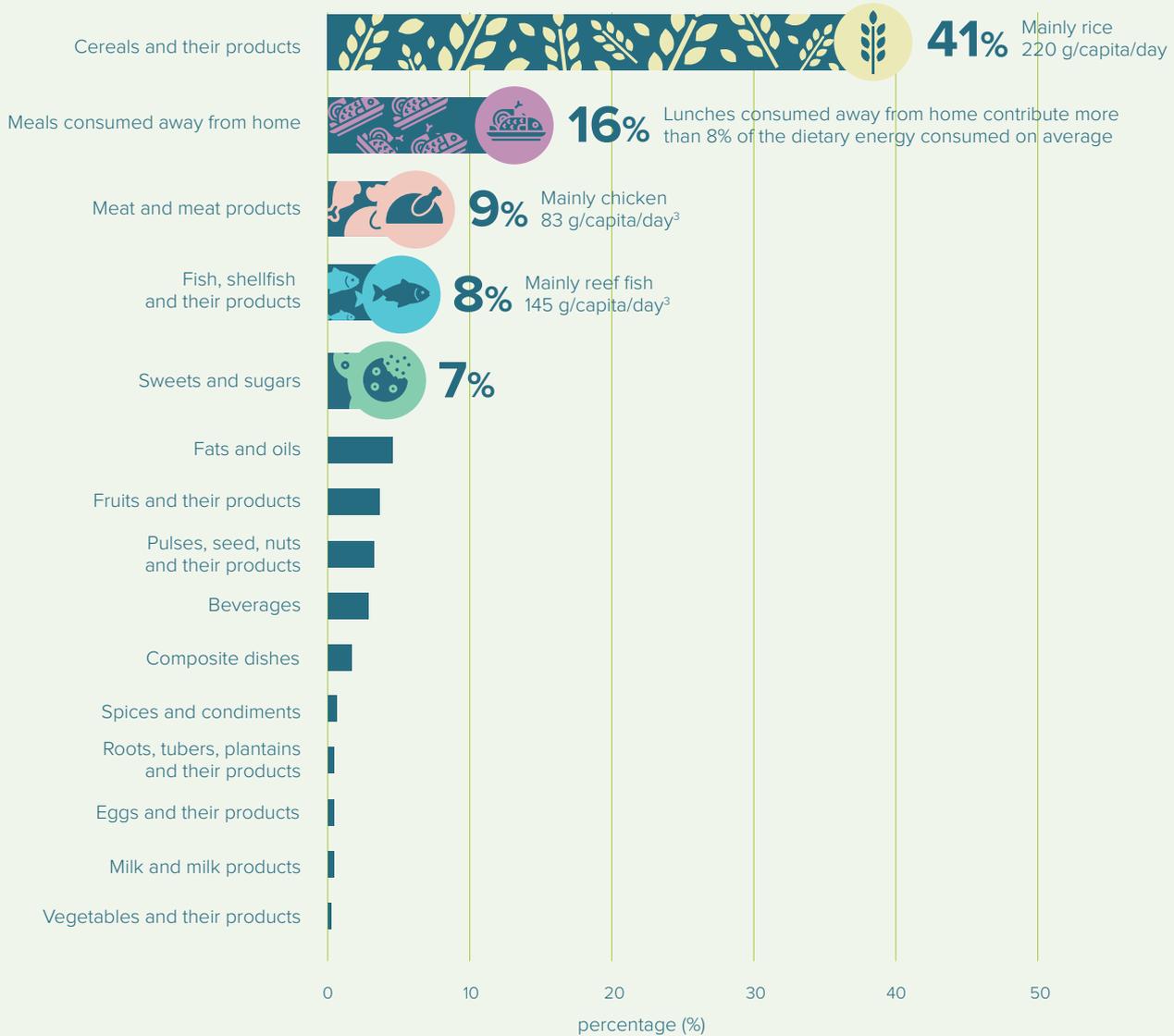


- Purchased foods consumed at home
- Food consumed away from home (paid cash or received for free)
- Food consumed from own production
- Food received for free or through exchange and consumed in the house

¹ Based on the analysis of the food data collected in the 2019/20 RMI Household Income and Expenditure survey. The analysis was performed by FAO and SPC in collaboration with EPPSO. 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



³ Edible quantity

Inadequate consumption of fruits and vegetables

CONSUMED IN MARSHALL ISLANDS

146 grams
per capita per day

VS

RECOMMENDED BY WORLD HEALTH ORGANIZATION FOR A HEALTHY DIET

400 grams
per capita per day



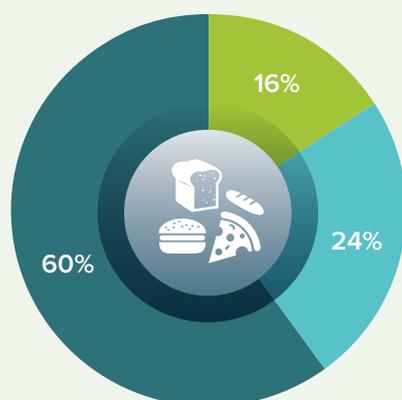
FOODS TO LIMIT OR AVOID CONTRIBUTE TO MORE THAN

60%

OF THE DIETARY ENERGY CONSUMED

MACRO NUTRIENT CONTRIBUTION TO DIETARY ENERGY CONSUMPTION

Diet rich in fats and proteins



- Proportion of energy consumed as fats (%)
- Proportion of energy consumed as protein (%)
- Proportion of energy consumed as carbohydrates (%)

49%
of the protein consumed
is from animal origin



Less than one household in three
has access to a balanced diet⁴



⁴ In terms of intake the three WHO recommended goals for energy supplying macro nutrients:
– protein intake goal: 10%-15%
– total fat intake goal: 15%-30%
– carbohydrates intake goal: 55%-75%

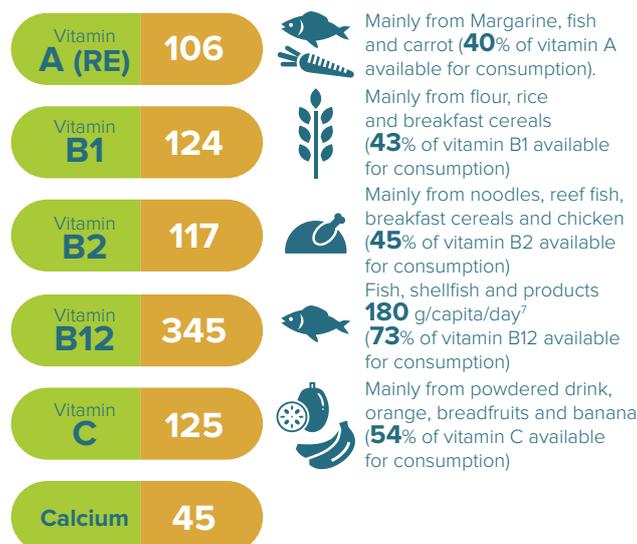
Some of the most consumed foods⁵

White rice is the most consumed food in urban and rural areas, but there are disparities between areas in accessing some food products

	Urban	Rural
White rice	96%	99%
Chicken	77%	34%
Noodles	73%	55%
Egg, chicken, fresh	71%	19%
Lunch away from home	65%	43%
Fish, canned in oil	63%	68%
Raw sugar	48%	73%
Cola flavour soft drink eg. Coca cola	46%	23%
Orange	44%	0%
Flour	36%	58%
Tuna, not further specified	24%	5%
Banana, common e.g. cavendish	32%	45%
Beer	26%	0%
Breadfruit	20%	53%
Fish, reef	33%	74%

⁵ Percentage of households who consumed the food the last 7 days

Nutritional adequacy⁶ Diet rich in vitamin B12 and poor in calcium



⁶ Average amount of nutrient available for consumption expressed as a percentage of the average nutrient requirements. A value higher than 100 means that the amount of nutrient available for consumption in the population is adequate with respect to the average requirements of the population

⁷ Edible quantity

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