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Economic Commission for Africa

2021

A woman wearing a white lab coat and a yellow headscarf is shown in a market setting, handling several trays of brown eggs. She is looking down at the eggs with a focused expression. The background shows a wire mesh fence and a brick wall.

AFRICA REGIONAL OVERVIEW OF FOOD SECURITY AND NUTRITION

STATISTICS AND TRENDS

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Nancy Mungai, a commercial chicken farmer and member of a FAO trained Farmer Field School works getting fresh eggs in a chicken house at her farm near Gatundu, Kiambu County, Kenya.

2021
AFRICA

**REGIONAL OVERVIEW
OF FOOD SECURITY
AND NUTRITION**

STATISTICS AND TRENDS

Food and Agriculture Organization of the United Nations
Accra, 2021

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FOREWORD

Africa is not on track to meet the Sustainable Development Goal (SDG) 2 targets to end hunger and ensure access by all people to safe, nutritious and sufficient food all year round, and to end all forms of malnutrition. The most recent estimates show that 281.6 million people on the continent, over one-fifth of the population, faced hunger in 2020, which is 46.3 million more than in 2019. This deterioration continues a trend that started in 2014, after a prolonged period of improving food security.

The food security situation is determined by a number of key, often overlapping, drivers, including conflict, climate variability and extremes, economic slowdowns and downturns, and the unaffordability of healthy diets. The situation is often exacerbated by difficult underlying conditions, such as poverty and inequality, and sometimes by inappropriate policies. More recently, the national and global measures undertaken to contain the COVID-19 pandemic have disrupted economic and livelihood activities in service sectors such as tourism, remittances, commodity exports, markets and commodity value chains. Real gross domestic product in Africa fell by 2.1 percent in 2020, primarily due to the COVID-19 pandemic, and many governments rapidly expanded social protection measures to protect the most vulnerable.

In addition to hunger, millions of Africans suffer from widespread micronutrient deficiencies, while overweight and obesity are already significant public health concerns in many countries. Progress towards achieving the global nutrition targets by 2030 remains unacceptably slow.

The many challenges to improving food security and nutrition on the continent are considerable and it will take close collaboration across countries and at the international level to address them effectively. Together with interventions in health, water and education, the agrifood system plays an important role in achieving SDG 2. However, considerable efforts are needed throughout the agrifood system, involving many stakeholders, to transition to more efficient, inclusive, resilient and sustainable agrifood systems for better production, better nutrition, a better environment and for better lives for all, and to ensure that no one is left behind.

A common vision, strong political leadership and effective cross-sectoral collaboration, which includes the private sector, are essential to agree on trade-offs and to identify and implement sustainable solutions that transform agrifood systems so they can deliver healthy, affordable diets. Countries must engage in and leverage the outcomes of the United Nations Food Systems Summit, the Nutrition for Growth Summit and the 2021 United Nations Climate Change Conference (COP26).

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The report was produced under the overall leadership of Abebe Haile-Gabriel, FAO Assistant Director-General and Regional Representative for Africa, William Lugemwa, ECA Director, Private Sector Development and Finance Division, and Josefa Leonel Correia Sacko, AUC Commissioner for Agriculture, Rural Development, Blue Economy and Sustainable Environment. Andre Croppenstedt (FAO), Medhat El-Helepi (ECA) and Simplicie Nouala (AUC) led the report's technical coordination. The FAO-AUC-ECA collaboration was supported and facilitated by Kafkas Caprazli (FAO), under the guidance of Chimimba David Phiri, FAO Subregional Coordinator for Eastern Africa and Representative to the AUC and ECA.

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Zoie Jones and Samuel Creppy (FAO) coordinated the publishing process.

ACRONYMS AND ABBREVIATIONS

BMI	body mass index
FAO	Food and Agriculture Organization of the United Nations
FIES	Food Insecurity Experience Scale
IFAD	International Fund for Agricultural Development
PoU	Prevalence of undernourishment
SDG	Sustainable Development Goals
UNICEF	United Nations Children’s Fund
WFP	World Food Programme
WHA	World Health Assembly
WHO	World Health Organization

CHAPTER 1

SUSTAINABLE DEVELOPMENT GOAL 2.1: UNDERNOURISHMENT AND FOOD INSECURITY

Key messages

- Africa is not on track to meet the food security and nutrition targets of Sustainable Development Goal 2. After a long period of improvement between 2000 and 2013, hunger has worsened substantially and most of this deterioration occurred between 2019 and 2020.
- In 2020, 281.6 million Africans were undernourished, an increase of 89.1 million over 2014.
- There is significant variation in the levels and trends of hunger across the subregions. About 44.4 percent of undernourished people on the continent live in Eastern Africa, 26.7 percent in Western Africa, 20.3 percent in Central Africa, 6.2 percent for Northern Africa, and 2.4 percent for Southern Africa.
- In addition to the 346.4 million Africans suffering from severe food insecurity, 452 million suffer from moderate food insecurity.
- Conflict, climate variability and extremes, and economic slowdowns and downturns are the key drivers of food insecurity in Africa.
- By disrupting economic and livelihood activities, the COVID-19 pandemic has led to a dramatic economic downturn in Africa and contributed to the worsening food security situation.
- In the short term, countries need to provide humanitarian assistance and effective social protection measures to effectively improve food security and nutrition. Over the longer term, countries will need to invest in agriculture and related sectors, as well as in water, health, and in education services to reduce vulnerabilities and build capacities to withstand shocks from climate change and conflicts, as well as economic downturns and slowdowns.

1.1 PREVALENCE OF UNDERNOURISHMENT

The Food and Agriculture Organization of the United Nation's (FAO) prevalence of undernourishment (PoU) indicator is derived from official country data on food supply, food consumption and energy needs, while taking into consideration demographic characteristics such as age, sex and levels of physical activity. Designed to capture a state of energy deprivation lasting over a year, it does not reflect the short-lived effects of temporary crises or a temporarily inadequate intake of essential nutrients.

FAO strives always to improve the accuracy of the PoU estimates by taking into account new information; the entire historical series is updated for each report. For this reason, only the current series of estimates should be used, including for values in past years.¹

Hunger in Africa, as measured by the PoU, has worsened significantly since 2014 (**FIGURE 1**). In 2020, 21 percent of the population was undernourished, a rise of 4.3 percentage points since 2014. About 70 percent of the increase in the PoU between 2014 and 2020 occurred in the period from 2019 to 2020.

The continent is not on track to meet the Sustainable Development Goal (SDG) 2 targets to end hunger and ensure access by all people to safe, nutritious and sufficient food all year round and to end all forms of malnutrition. In part this is due to poverty and inequality, and to the underlying structural causes that amplify the main drivers of food insecurity and malnutrition such as conflict, climate variability and extremes, economic slowdowns and downturns and the unaffordability of a healthy diet. The past four editions of the Africa Regional Overview of Food Security and Nutrition covered these drivers in detail.² In 2020, the COVID-19 pandemic and the measures taken by many countries to contain it added to the already existing challenges, further undermining efforts to reduce hunger and malnutrition in the region.³

In 2020, 281.6 million Africans were undernourished, an increase of 89.1 million since 2014 (**FIGURE 3** and **TABLE 2**). Of the total number of undernourished, 125.1 million people live in Eastern Africa, followed by Western Africa (75.2 million), Central Africa (57.1 million), Northern Africa (17.4 million) and Southern Africa (6.8 million). Africa accounts for 55 percent of the global rise in the number of undernourished over the 2014 to 2020 period. In addition, Eastern and Western Africa account for 83 percent of the Africa-wide increase over the 2014 to 2020 period.

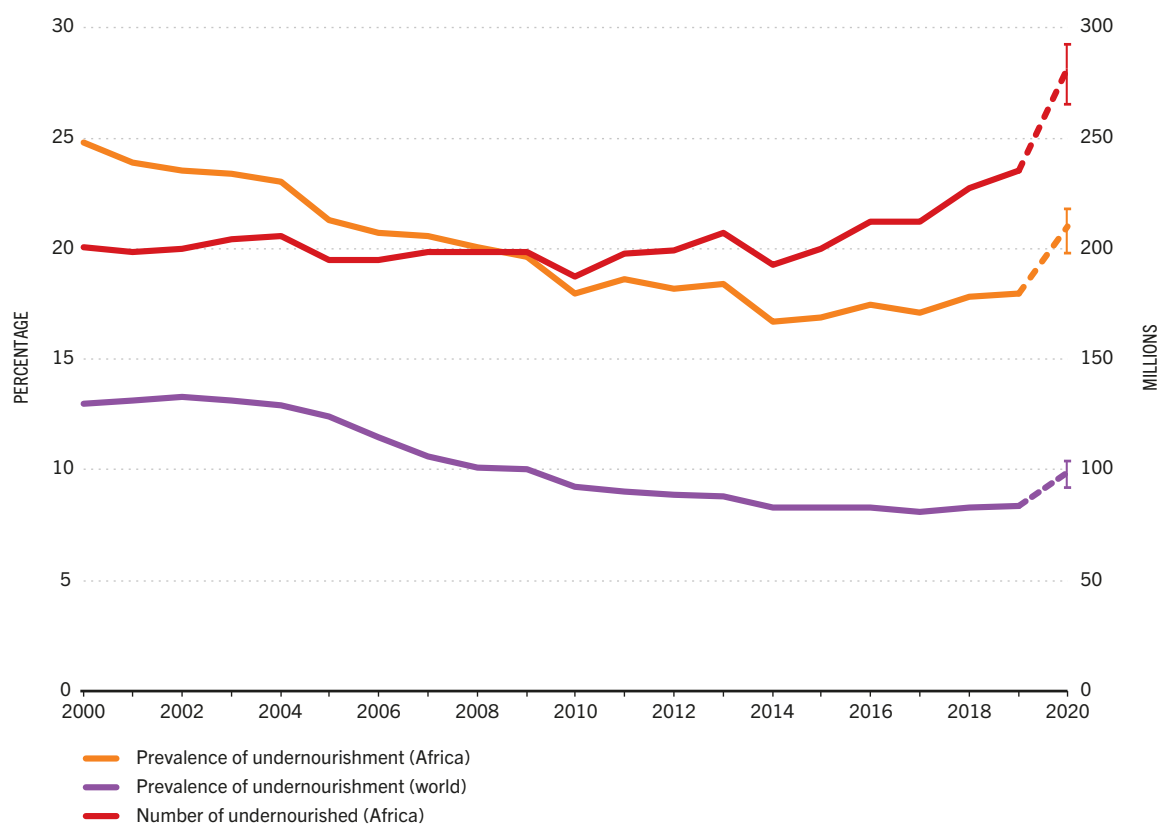
1 FAO, IFAD, UNICEF, WFP & WHO. 2019. *The State of Food Security and Nutrition in the World 2019. Safeguarding against economic slowdowns and downturns*. Rome, FAO.

2 For conflict see: FAO. 2017. *Regional Overview of Food Security and Nutrition in Africa 2017. The food security and nutrition–conflict nexus: building resilience for food security, nutrition and peace*. Accra (<http://www.fao.org/3/i7967e/i7967e.pdf>). For climate extremes and variability see: FAO & ECA. 2018. *Regional Overview of Food Security and Nutrition. Addressing the threat from climate variability and extremes for food security and nutrition*. Accra (<http://www.fao.org/3/ca2710en/CA2710EN.pdf>). For economic slowdowns and downturns see: FAO, ECA & AUC. 2020. *Africa Regional Overview of Food Security and Nutrition 2019. Containing the damage of economic slowdowns and downturns to food insecurity in Africa*. Rome (<http://www.fao.org/3/ca7343en/ca7343en.pdf>). For unaffordability of healthy diets, see: FAO, ECA & AUC. 2021. *Africa regional overview of food security and nutrition 2020: Transforming food systems for affordable healthy diets*. Accra, FAO (<http://www.fao.org/3/cb4831en/cb4831en.pdf>).

3 For a more detailed exposition on the impact of COVID-19 on hunger and malnutrition see: FAO, IFAD, UNICEF, WFP & WHO. 2021. *The State of Food Security and Nutrition in the World 2021. Transforming food systems for food security, improved nutrition and affordable healthy diets for all*. Rome, FAO (<http://www.fao.org/3/cb4474en/cb4474en.pdf>). Also see: FAO. 2021. *Assessing the impact of the COVID-19 pandemic on agriculture, food security and nutrition in Africa*. Accra, FAO.

FIGURE 1

Prevalence of undernourishment in the world and Africa, and the number of undernourished in Africa



SOURCE: FAO.

NOTES: Values for 2020 are projections. The bars indicate the range of the 2020 estimates.

<https://doi.org/10.4060/cb7496en-fig01>

TABLE 1

Prevalence of undernourishment (percent)

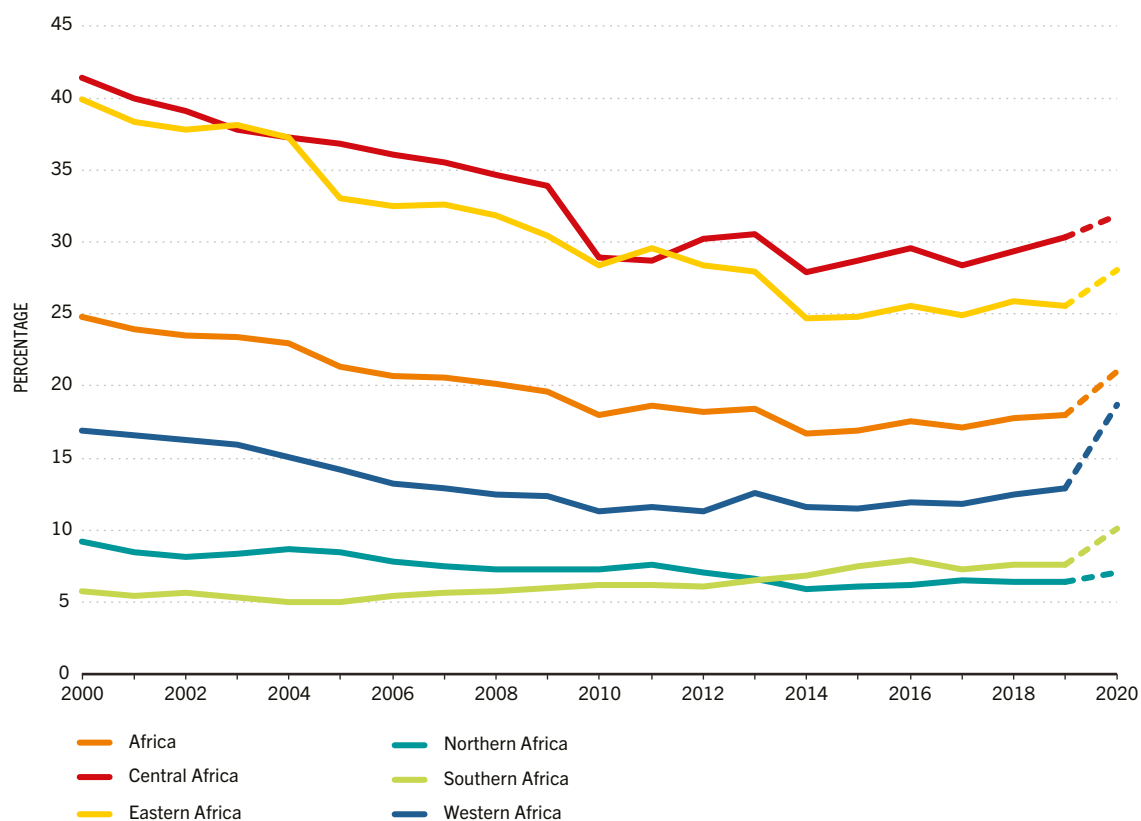
	2000	2010	2014	2015	2019	2020
World	13.0	9.2	8.3	8.3	8.4	9.9
Africa	24.8	18.0	16.7	16.9	18.0	21.0
Central Africa	41.4	28.9	27.9	28.7	30.3	31.8
Eastern Africa	39.9	28.4	24.7	24.8	25.6	28.1
Northern Africa	9.2	7.3	5.9	6.1	6.4	7.1
Southern Africa	5.8	6.2	6.8	7.5	7.6	10.1
Western Africa	16.9	11.3	11.6	11.5	12.9	18.7

SOURCE: FAO.

NOTE: Values for 2020 are projections.

FIGURE 2

Prevalence of undernourishment
in Africa by subregion



SOURCE: FAO.

NOTE: Values for 2020 are projections.

<https://doi.org/10.4060/cb7496en-fig02>

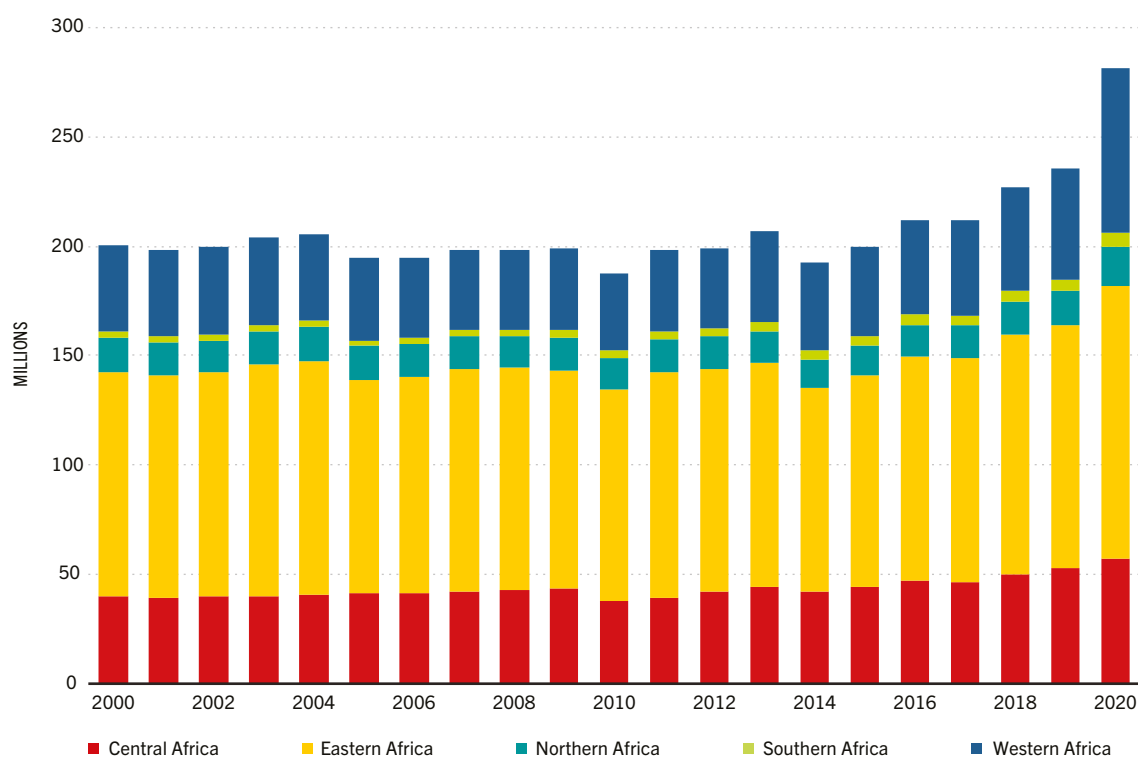
Tables 1 and 2 and **FIGURE 3** show a wide variation in the PoU and the number of undernourished at the subregional level, and this is also true at the country level (**FIGURE 4**). In addition, the changes in the PoU over time also vary, with most, but not all countries, registering a higher PoU for the 2018–2020 average, compared to 2013–2015.⁴

As already mentioned, the situation and trends in the PoU are determined by a number of key and often overlapping drivers, including conflict, climate variability and extremes, and economic slowdowns and downturns. The situation is often exacerbated by difficult underlying conditions, such as poverty and inequality, and, in some cases, inappropriate policies. However, it is difficult to ascribe precisely the degree of impact by driver.

⁴ Country-level estimates are reported as three-year moving averages, to control for the low reliability of some of the underlying parameters. Regional and global aggregates, on the other hand, are reported as annual estimates, as possible estimation errors are expected not to be correlated across countries. FAO, IFAD, UNICEF, WFP & WHO. 2021. *The State of Food Security and Nutrition in the World 2021. Transforming food systems for food security, improved nutrition and affordable healthy diets for all*. Rome, FAO. <https://doi.org/10.4060/cb4474en>

FIGURE 3

Number of people undernourished in Africa by subregion



SOURCE: FAO.

NOTE: Values for 2020 are projections.

<https://doi.org/10.4060/cb7496en-fig03>
TABLE 2

Number of people undernourished (millions)

	2000	2010	2014	2015	2019	2020
World	800.3	636.8	606.9	615.1	650.3	768.0
Africa	200.9	187.4	192.5	199.7	235.3	281.6
Central Africa	39.8	38.0	41.8	44.3	52.9	57.1
Eastern Africa	102.7	96.3	93.6	96.5	111.3	125.1
Northern Africa	15.7	14.8	13.0	13.6	15.5	17.4
Southern Africa	3.0	3.6	4.2	4.7	5.1	6.8
Western Africa	39.6	34.7	39.8	40.5	50.6	75.2

SOURCE: FAO.

NOTE: Values for 2020 are projections.

In many countries, including Burkina Faso, the Central African Republic, Chad, the Democratic Republic of the Congo, Ethiopia, Mali, the Niger, Nigeria and Somalia, conflict, by destroying livelihoods and displacing thousands of people, was a key contributor to food insecurity. In some countries, including Madagascar and Mozambique, adverse weather conditions were the key driver of food insecurity.

In Eastern and Southern Africa, many countries suffer regularly from arid or drought conditions. For example, in 2015/2016, El-Niño-related drought conditions affected many parts of Southern and Eastern Africa, leaving millions of people in need of urgent food assistance. Cyclone Idai, which hit Southern African countries in 2019, especially Malawi, Mozambique and Zimbabwe, exacerbated the already precarious food security situation.

In addition, economic slowdowns and downturns regularly affect many African countries, most of which are highly dependent on oil and other commodity exports for generating foreign exchange and tax revenue. Falling demand and prices for commodities negatively affected many countries and worsened food security between 2014 and 2016, with oil exporting countries worst affected.

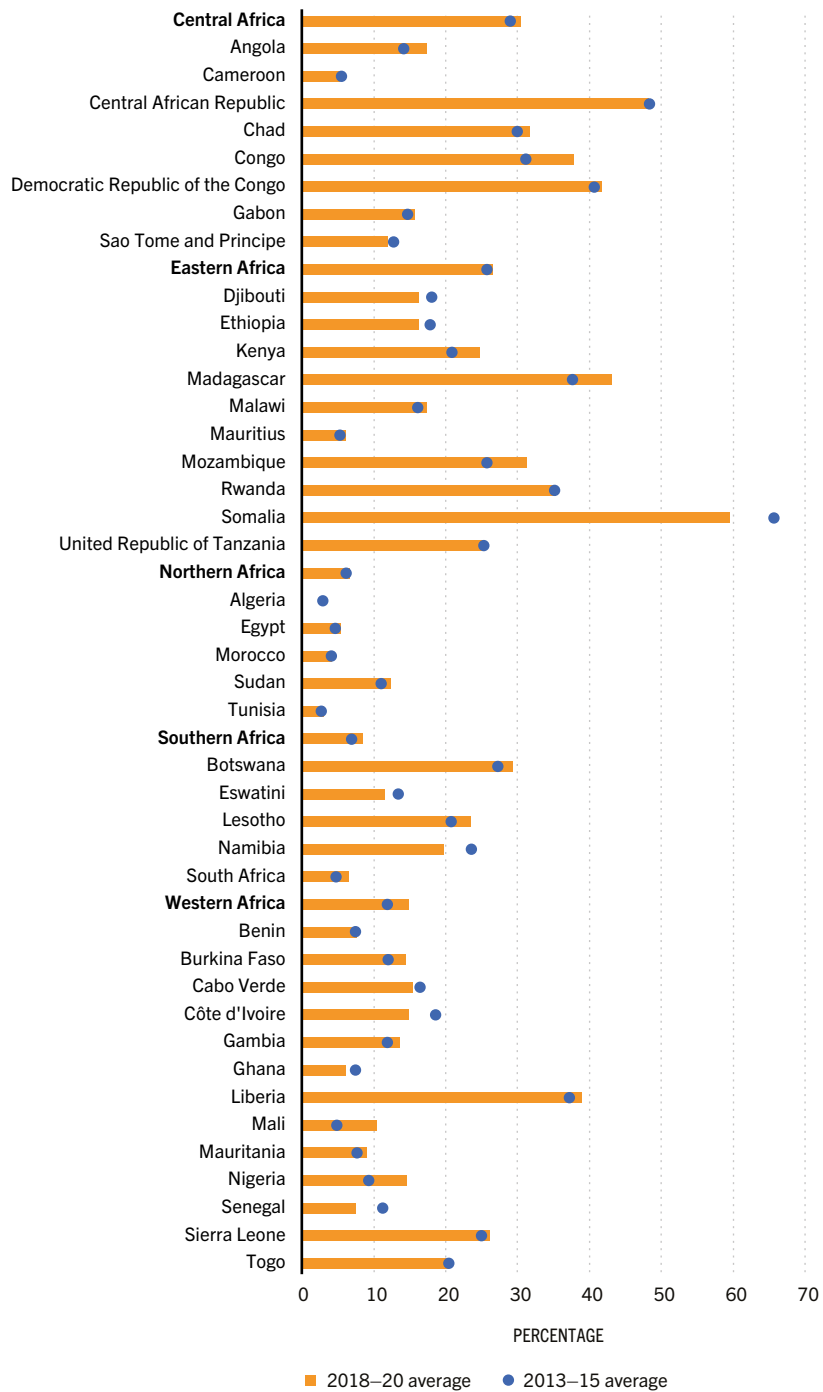
More recently, the different national and global measures undertaken to contain the COVID-19 pandemic have disrupted economic and livelihood activities in service sectors such as tourism, remittances, commodity exports, markets and commodity value chains. Real gross domestic product in Africa fell by 2.1 percent in 2020, primarily due to the COVID-19 pandemic.⁵

Quantifying the full impact of COVID-19 on food security is not yet possible. The economic downturn associated with COVID-19 containment measures has led to lower incomes while food prices, as measured by the FAO Food Price Index, has been rising since June 2020.⁶ Falling incomes and rising prices may not necessarily lower the intake of overall calories, but they may force households to switch to lower cost, less nutritious food, thus lowering the quality of the diet. In addition, households may reduce spending on health and education. The worsening food security situation is reflected in the PoU data as well as the prevalence of moderate or severe food security in the population figures presented below.

5 African Development Bank. 2021. African Economic Outlook 2021. *From Debt Resolution to Growth: The Road Ahead for Africa*. Abidjan, African Development Bank.

6 See FAO. 2021. FAO price data and analysis. In: *FAO Prices*. Rome. Cited 15 October 2021. <http://www.fao.org/prices/en/>

FIGURE 4
Prevalence of undernourishment
in Africa by country



SOURCE: FAO.
NOTE: Values for 2020 are projections.
<https://doi.org/10.4060/cb7496en-fig04>

1.2 PREVALENCE OF FOOD INSECURITY BASED ON THE FOOD INSECURITY EXPERIENCE SCALE

The Food Insecurity Experience Scale- (FIES) based prevalence of moderate or severe food insecurity is an estimate of the proportion of the population facing moderate or severe constraints on their ability to obtain sufficient food over the course of a year. People face moderate food insecurity when they are uncertain of their ability to obtain food and have been forced to reduce, at times over the year, the quality and/or quantity of food they consume due to lack of money or other resources. Severe food insecurity means that individuals have likely run out of food, experienced hunger and, at the most extreme, have gone for days without eating, putting their health and well-being at serious risk.

FIGURE 5
Prevalence of food insecurity
in Africa by subregion

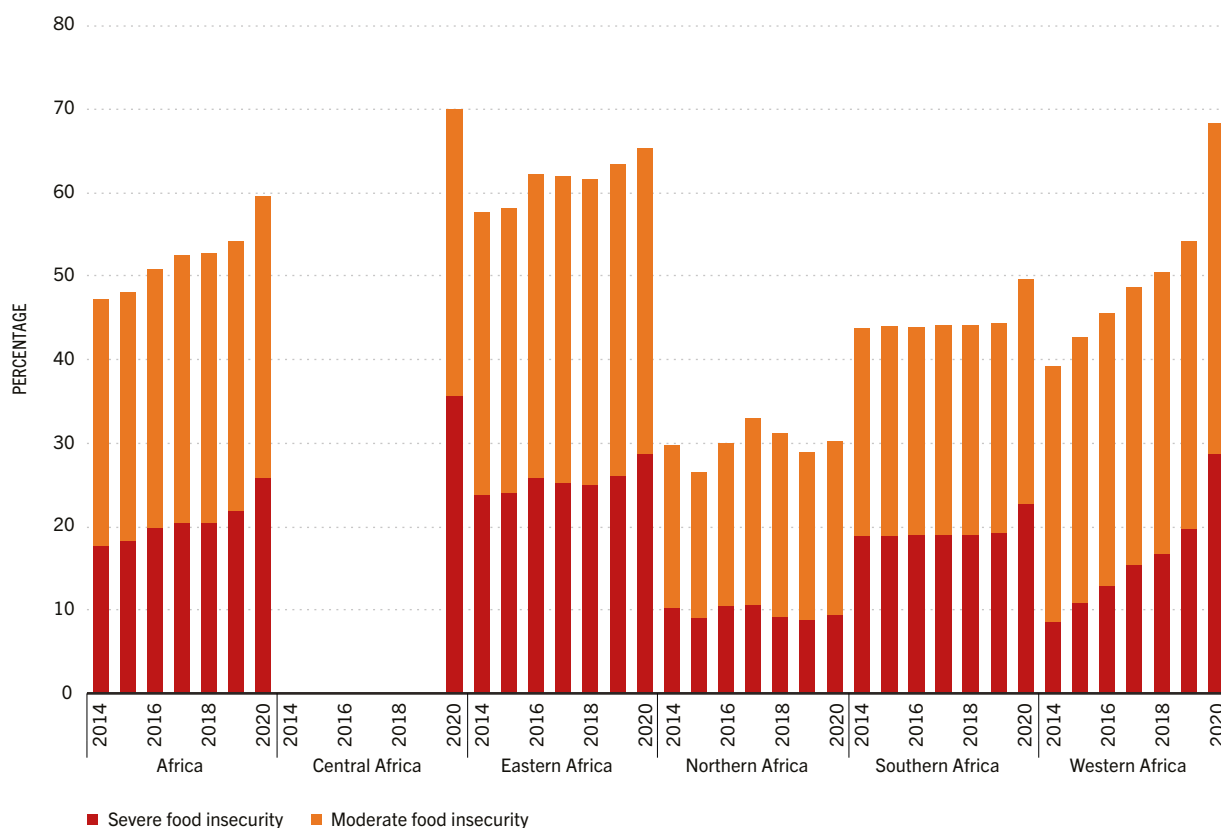


TABLE 3Prevalence of
food insecurity (percent)

	Moderate food insecurity			Severe food insecurity			Moderate or severe food insecurity		
	2014	2019	2020	2014	2019	2020	2014	2019	2020
World	14.3	16.5	18.5	8.3	10.1	11.9	22.6	26.6	30.4
Africa	29.6	32.3	33.7	17.7	21.9	25.9	47.3	54.2	59.6
Central Africa			34.2			35.8			70.0
Eastern Africa	34.0	37.4	36.6	23.7	26.0	28.7	57.7	63.4	65.3
Northern Africa	19.5	20.1	20.7	10.2	8.8	9.5	29.7	28.9	30.2
Southern Africa	24.9	25.1	27.0	18.9	19.2	22.7	43.8	44.3	49.7
Western Africa	30.6	34.6	39.5	8.6	19.6	28.8	39.2	54.2	68.3

SOURCE: FAO.

The prevalence of moderate or severe food insecurity within the population in Africa has, similarly to the PoU, risen over the 2014–2020 period (FIGURE 5). Although obtained using different data and methods, the prevalence of severe food insecurity is conceptually comparable to the PoU, and the estimates for the two indicators are similar at the continental level. At the subregional level, the two indicators are also close, but the PoU estimates indicate lower levels of hunger for Western Africa, and in particular, Southern Africa.

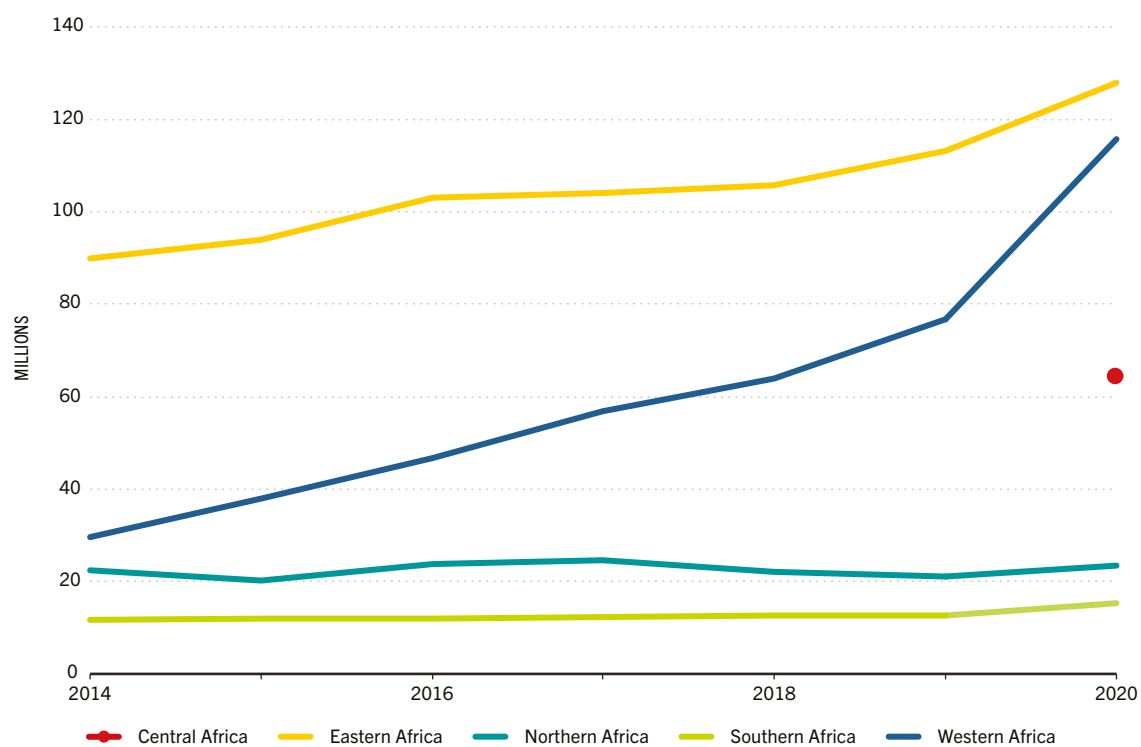
The prevalence of severe food insecurity is highest in Central Africa (35.8 percent), but for moderate food insecurity the prevalence is higher in Eastern and Western Africa (36.6 and 39.5 percent, respectively) (TABLE 3 and FIGURE 5). The latter two subregions account for 71 percent of the moderately food insecure on the continent.

More than one-quarter of the population of Africa, or 346.6 million people, suffer from severe food insecurity, with Central, Eastern and Western Africa worst affected (FIGURE 6 and TABLE 4). An additional 33.7 percent, or 452.2 million people (TABLE 5), suffer from moderate food insecurity (FIGURE 7 and TABLE 5).

Country level data for the prevalence of moderate or severe food insecurity is available for most, but not all countries (FIGURE 8). In nearly all cases for which two sets of observations are available, the food security situation deteriorated between 2014–2016 and 2018–2020.

FIGURE 6

Number of severely food insecure people in Africa by subregion



SOURCE: FAO.
<https://doi.org/10.4060/cb7496en-fig06>

TABLE 4

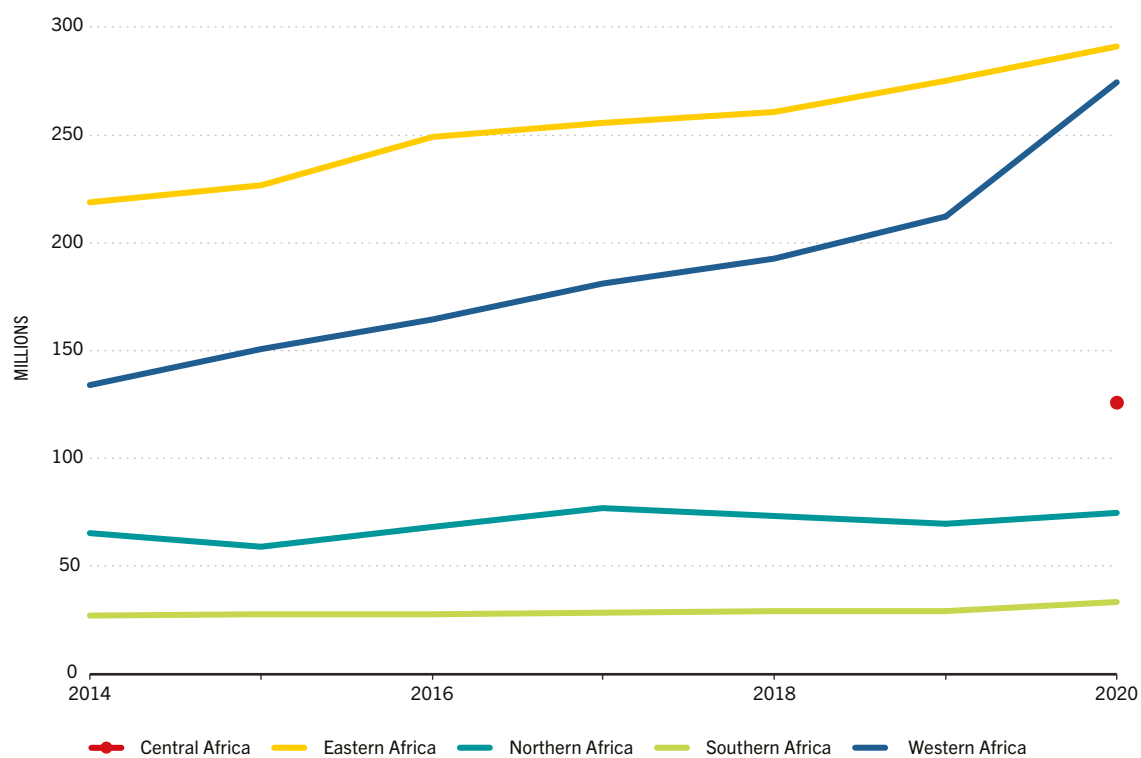
Number of severely food insecure people (millions)

	2014	2016	2018	2019	2020
World	604.5	620.2	731.3	779.9	927.6
Africa	203.5	240.1	262.9	286.7	346.6
Central Africa					64.3
Eastern Africa	89.9	103.2	105.6	113.0	127.9
Northern Africa	22.4	23.7	22.0	21.2	23.4
Southern Africa	11.7	12.1	12.6	12.8	15.3
Western Africa	29.6	46.8	63.9	76.7	115.7

SOURCE: FAO.

FIGURE 7

Number of moderately or severely food insecure people in Africa by subregion



SOURCE: FAO.
<https://doi.org/10.4060/cb7496en-fig07>

TABLE 5

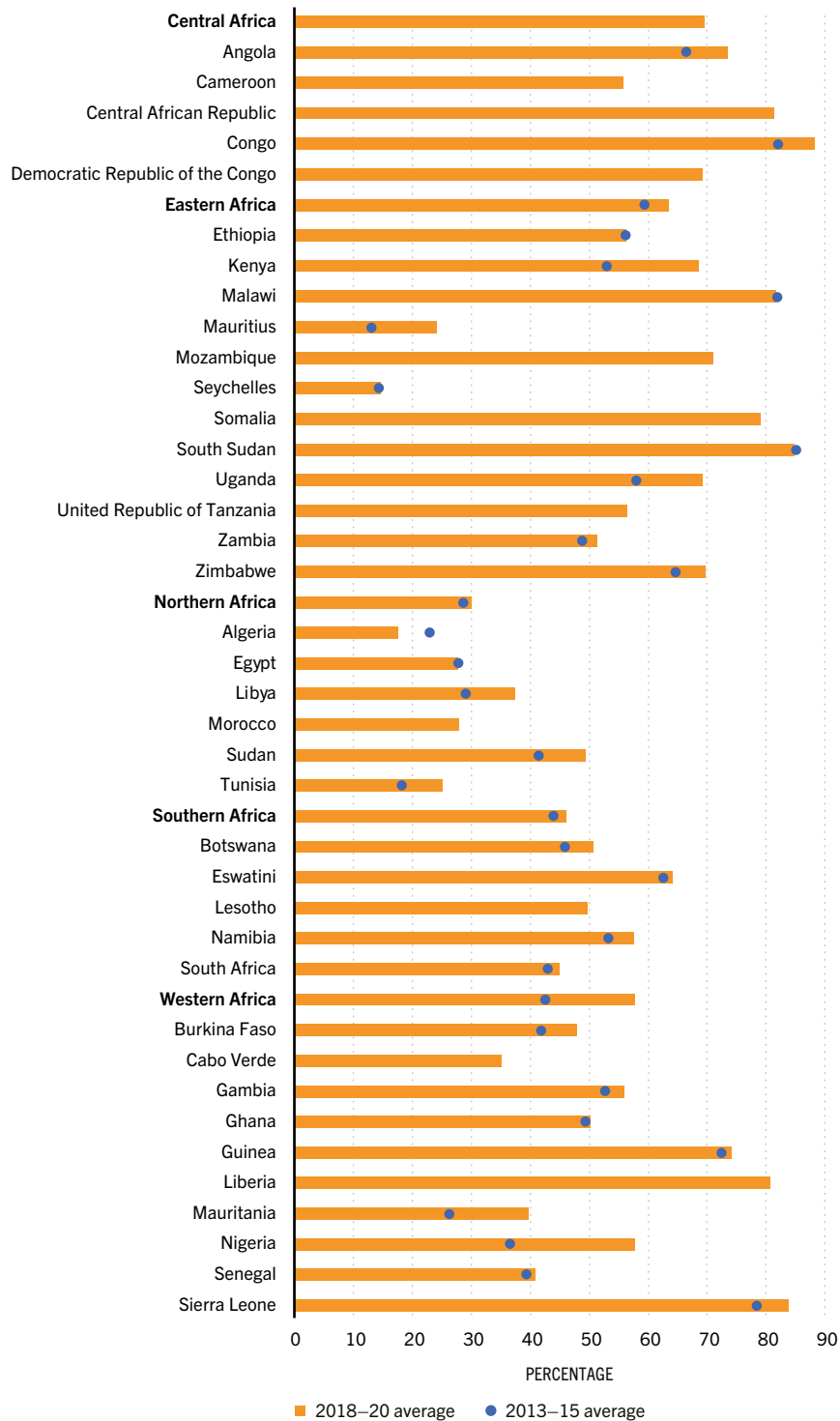
Number of moderately or severely food insecure people (millions)

	2014	2016	2018	2019	2020
World	1 645.5	1 762.9	1 978.7	2 049.9	2 368.2
Africa	545.0	617.8	671.8	708.6	798.8
Central Africa	-	-	-	-	125.7
Eastern Africa	218.7	248.9	260.5	275.0	290.9
Northern Africa	65.1	68.6	73.7	69.8	74.5
Southern Africa	27.2	28.1	29.0	29.5	33.5
Western Africa	134.0	164.4	192.8	212.0	274.3

SOURCE: FAO.

FIGURE 8

Prevalence of moderate or severe food insecurity in Africa by country



SOURCE: FAO.
<https://doi.org/10.4060/cb7496en-fig08>

CHAPTER 2

SUSTAINABLE DEVELOPMENT GOAL 2.2: MALNUTRITION

Key messages

- In Africa, the prevalence of stunting in children under five years of age has fallen gradually, but at 30.7 percent remains high, and the number of stunted children continues to rise. However, the prevalence of wasting in children in Africa remains just below the global average.
- The prevalence of overweight in children under five years of age in Africa is 5.3 percent, below the global average. However, in Northern and Southern Africa the prevalence is much higher at 13 and 12.1 percent, respectively. Despite progress over the 2000 to 2015 period, the 2015 to 2020 period has seen a rise in the prevalence of overweight in all subregions.
- About 122.7 million women of reproductive age are affected by anaemia. The prevalence has fallen over the last 10 years, but progress is much too slow to achieve the global nutrition targets.

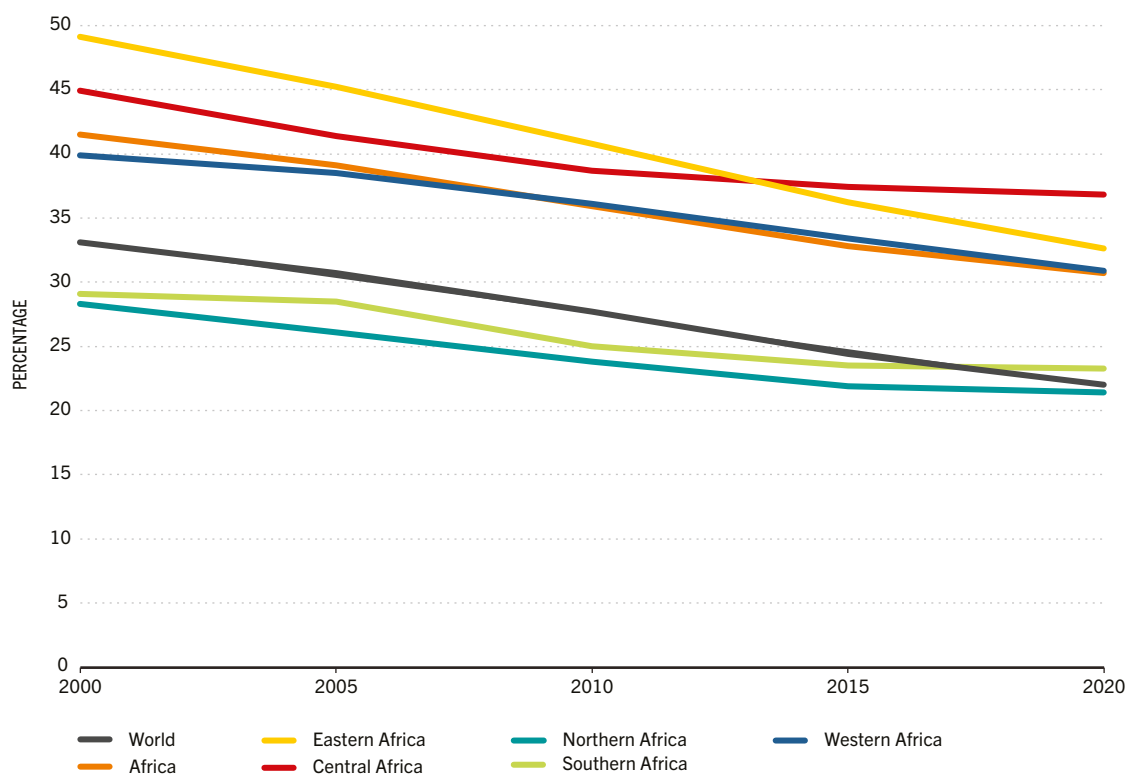
Nearly all countries in Africa experience the burden of malnutrition, mainly in the form of undernutrition and micronutrient deficiencies. Overweight and obesity are nonetheless emerging as significant health concerns in a number of countries. This section reports on four global nutrition indicators: stunting, wasting and overweight in children under the age of five, and anaemia in women of reproductive age.

■ 2.1 STUNTING AMONG CHILDREN UNDER FIVE

Globally, over one-in-five (149.2 million) children under five suffer from stunting. While Northern and Southern Africa are close to the global average, the prevalence is much higher in the other subregions (TABLE 6). Central Africa is the worst affected, followed by Eastern Africa. Though the level is still high, the prevalence of stunting has fallen in Africa and its subregions since 2000 (FIGURE 9). This fall has not been consistent across subregions, with Central, Northern and Southern Africa experiencing a slowdown in the rate of improvement in the past few years.

FIGURE 9

Prevalence of stunting among children under five in Africa by subregion



SOURCE: UNICEF, WHO and World Bank.
<https://doi.org/10.4060/cb7496en-fig09>

TABLE 6

Prevalence of stunting among children under five (percent)

	2000	2005	2010	2015	2020
World	33.1	30.7	27.7	24.4	22.0
Africa	41.5	39.1	35.9	32.8	30.7
Central Africa	44.9	41.4	38.7	37.4	36.8
Eastern Africa	49.1	45.2	40.8	36.2	32.6
Northern Africa	28.3	26.1	23.8	21.9	21.4
Southern Africa	29.1	28.5	25.0	23.5	23.3
Western Africa	39.9	38.5	36.1	33.4	30.9

SOURCE: UNICEF, WHO and World Bank.

Africa has 61.4 million stunted children, and while the prevalence has fallen between 2012 and 2020, overall numbers have risen over this period (although they have fallen in Eastern Africa and remained unchanged in Southern Africa).

Between 2000 and 2020, the prevalence of stunting has fallen in nearly all countries in Africa (FIGURE 10). In part this is due to economic growth, with higher incomes leading to greater spending on health care and better diets. However, while economic growth can be pro-poor this is not an automatic outcome. The experience of several countries, including Burkina Faso, Ghana, Kenya, Sao Tome and Principe, and Senegal, show that substantial reductions in the prevalence of stunting are possible with high level political commitment, effective nutrition governance, and a focus on maternal and child health and nutrition, particularly in the first 1 000 days. In addition, aligning with the Scaling Up Nutrition (SUN) movement and building partnerships have helped in planning and implementing nutrition sensitive and nutrition specific interventions using a multisectoral approach.⁷

In terms of stunting in children under the age of five, the progress made towards meeting the World Health Assembly (WHA) target for 2030 has been limited.⁸ No subregion is on track to meet the revised WHA stunting target by 2030, although all, except for Central Africa, have made some progress towards meeting the target.⁹

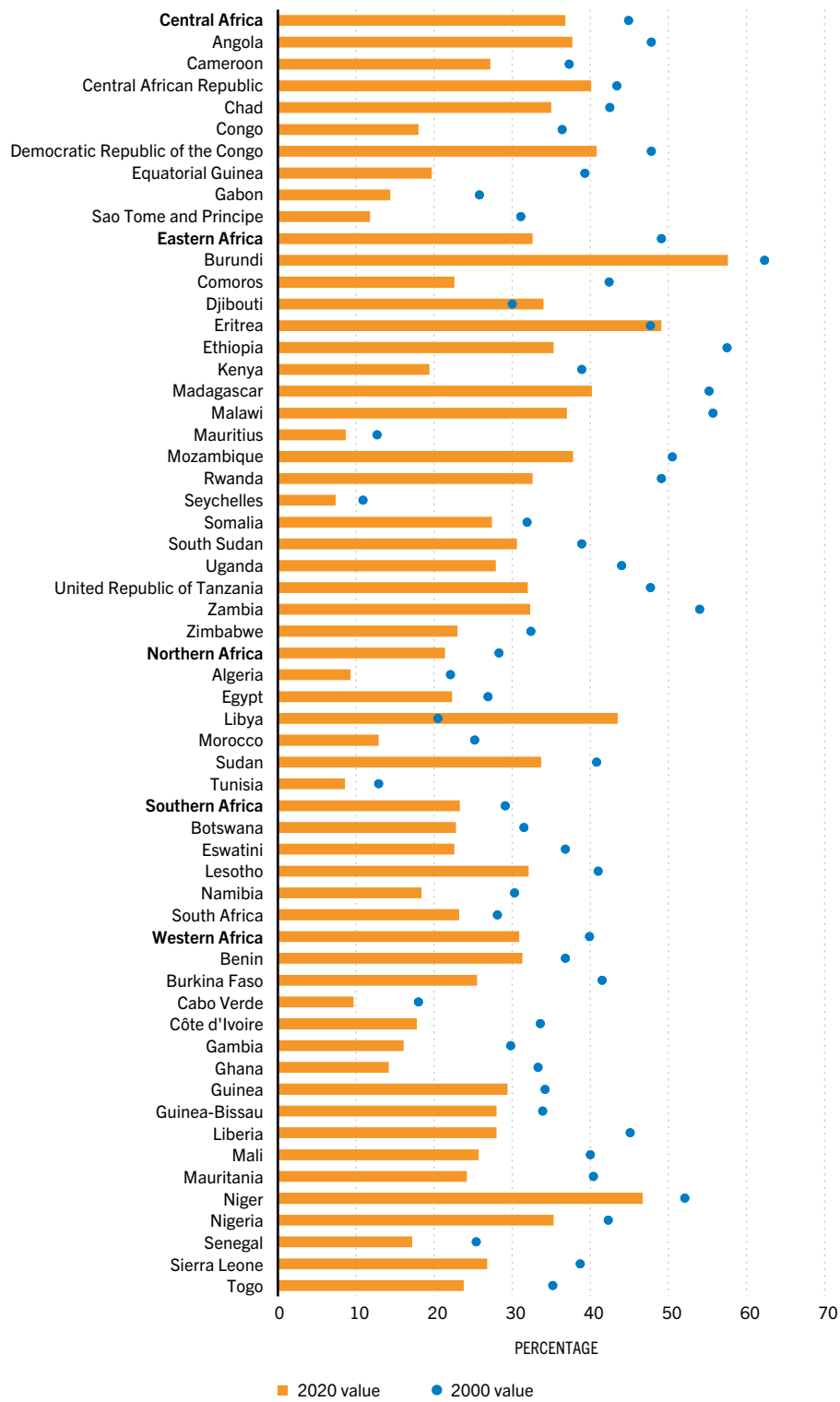
7 For more detail see: FAO, ECA & AUC. 2020. *Africa Regional Overview of Food Security and Nutrition 2019. Containing the damage of economic slowdowns and downturns to food security in Africa*. Rome. <https://doi.org/10.4060/CA7343EN>

8 Since 2014, the Global Nutrition Report has tracked the progress of countries towards the global nutrition targets (<https://globalnutritionreport.org/>). For the methodology of how countries are tracked see:

<https://globalnutritionreport.org/reports/2020-global-nutrition-report/appendix-2-assessing-progress-against-global-nutrition-targets/>

9 FAO, IFAD, UNICEF, WFP & WHO. 2021. *The State of Food Security and Nutrition in the World 2021. Transforming food systems for food security, improved nutrition and affordable healthy diets for all*. Rome, FAO. <https://doi.org/10.4060/cb4474en>

FIGURE 10
Prevalence of stunting among children under five in Africa by country

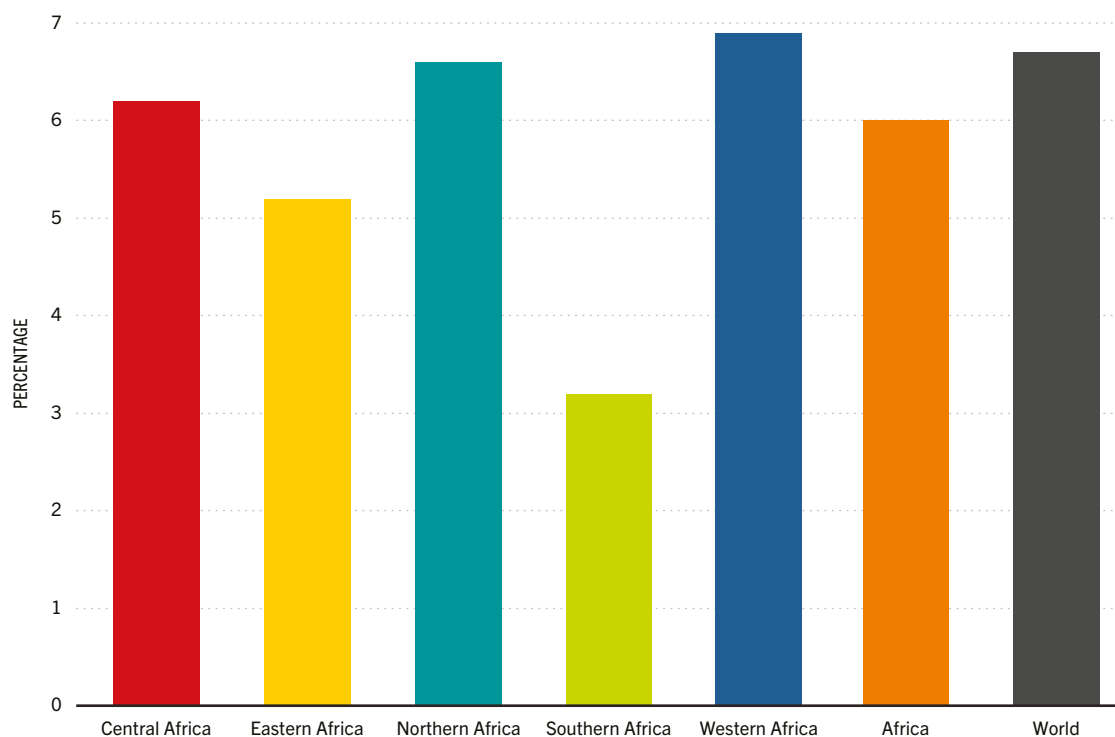


SOURCE: UNICEF, WHO and World Bank.
<https://doi.org/10.4060/cb7496en-fig10>

2.2 WASTING AMONG CHILDREN UNDER FIVE

Globally, 6.7 percent of children (45.4 million) are affected by wasting. The prevalence of wasting in Africa is below the global average and it is particularly low in Southern Africa (FIGURE 11 and TABLE 7). However, as shown in FIGURE 12, there is considerable variation across countries. There are 12.1 million children wasted in Africa, 8 million of whom are in Eastern and Western Africa.

FIGURE 11
Prevalence of wasting among children under five in Africa by subregion (2020)



SOURCE: UNICEF, WHO and World Bank
<https://doi.org/10.4060/cb7496en-fig11>

TABLE 7
Prevalence of wasting among children under five (percent)

	World	Africa	Central Africa	Eastern Africa	Southern Africa	Western Africa
2020	6.7	6.0	6.2	5.2	3.2	6.9

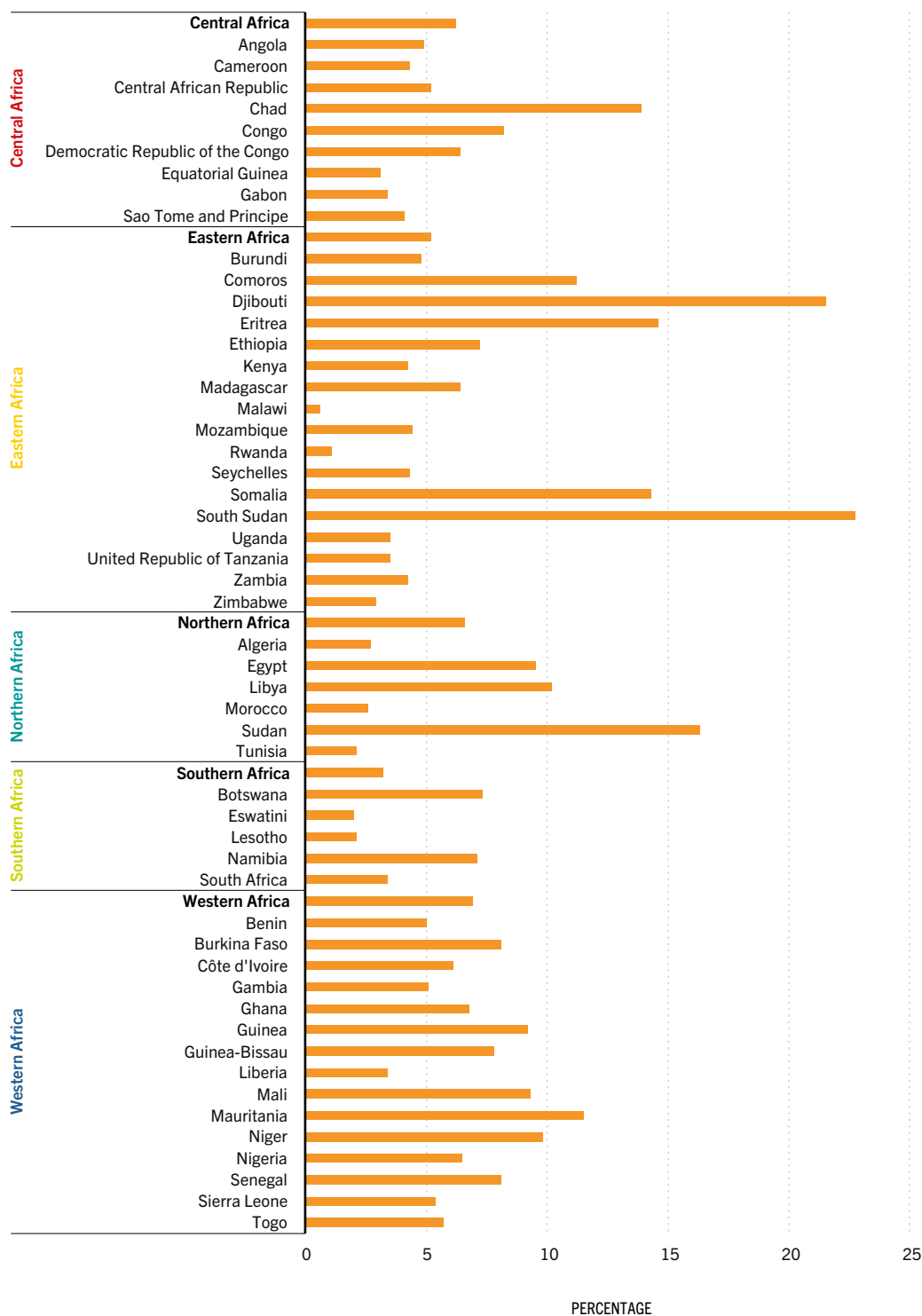
SOURCE: UNICEF, WHO and World Bank.

Prevention of wasting requires addressing the underlying causes of malnutrition. Breastfeeding support and nutrition counselling for families, particularly with regard to improving the quality of complementary foods and feeding practices alongside timely care for common childhood illnesses are essential. Collaboration with water, hygiene, and sanitation (WASH) programmes are needed to ensure access to safe drinking water and sanitation facilities.

For wasting in children under the age of five, progress towards meeting the WHA targets for 2030 has been very slow. No Northern African country is on track. Of all the subregions, only Southern Africa is on track towards meeting the revised WHA target for wasting for 2030. Eastern Africa is off track but has made some progress; however, all the other regions are not only off track but have also not made any progress towards meeting the target.¹⁰

¹⁰ FAO, IFAD, UNICEF, WFP & WHO. 2021. *The State of Food Security and Nutrition in the World 2021. Transforming food systems for food security, improved nutrition and affordable healthy diets for all*. Rome, FAO. <https://doi.org/10.4060/cb4474en>

FIGURE 12
Prevalence of wasting among children under five in Africa by country (latest year available)



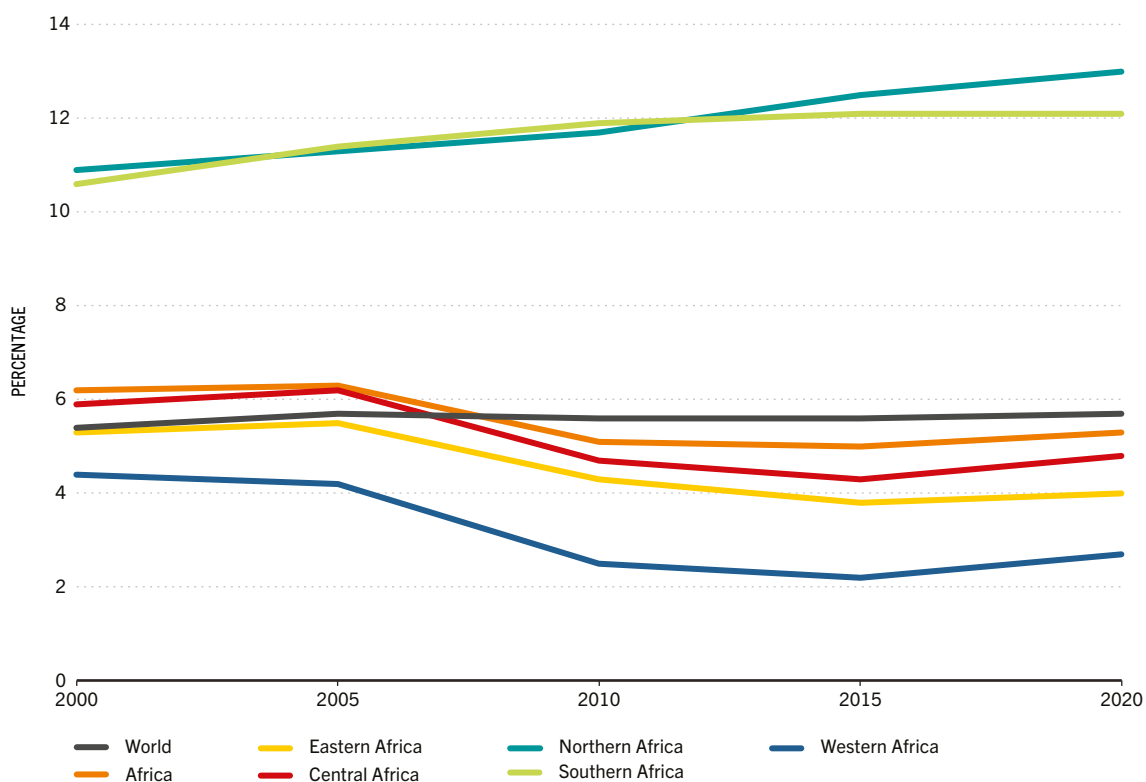
SOURCE: UNICEF, WHO and World Bank.
<https://doi.org/10.4060/cb7496en-fig12>

2.3 OVERWEIGHT AMONG CHILDREN UNDER FIVE

Globally, 5.7 percent (38.9 million) of children under five years of age were overweight in 2018. Of these, 10.6 million children are in Africa, and the continental prevalence, at 5.3 percent, is slightly below the global one. At the subregional level, the prevalence is below the continental average in Central Africa (4.8 percent), Eastern Africa (4 percent) and Western Africa (2.7 percent), but it is substantially higher than the average in Northern Africa (13 percent) and Southern Africa (12.1 percent) (TABLE 8). In Northern Africa, the trend is clearly upwards while in Southern Africa there has been no change in the last five years (FIGURE 13). The prevalence in Southern Africa is much higher than the global average, driven by the high prevalence in South Africa (12.9 percent) (FIGURE 14). There is nonetheless variability in the subregion as the prevalence in Namibia and Lesotho is much lower, at 5 percent and 7.2 percent respectively. The highest prevalence rates of child overweight are in Libya (25.4 percent), Egypt (17.8 percent) and Tunisia (16.5 percent).

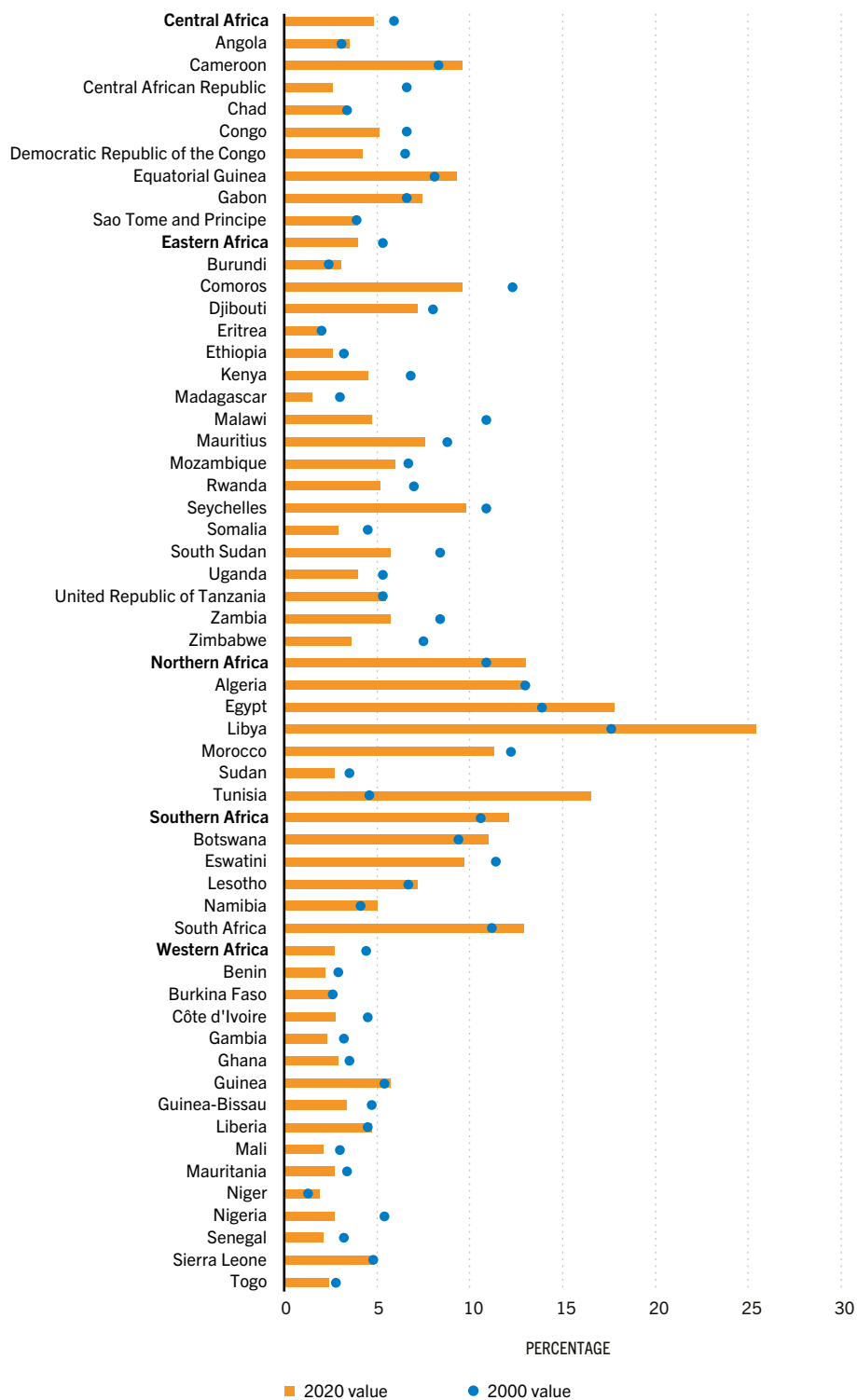
FIGURE 13

Prevalence of overweight among children under five in Africa by subregion



SOURCE: UNICEF, WHO and World Bank.
<https://doi.org/10.4060/cb7496en-fig13>

FIGURE 14
Prevalence of overweight among children under five in Africa by country



SOURCE: UNICEF, WHO and World Bank.
<https://doi.org/10.4060/cb7496en-fig14>

TABLE 8

Prevalence of overweight among children under five (percent)

	2000	2005	2010	2015	2020
World	5.4	5.7	5.6	5.6	5.7
Africa	6.2	6.3	5.1	5.0	5.3
Central Africa	5.9	6.2	4.7	4.3	4.8
Eastern Africa	5.3	5.5	4.3	3.8	4.0
Northern Africa	10.9	11.3	11.7	12.5	13.0
Southern Africa	10.6	11.4	11.9	12.1	12.1
Western Africa	4.4	4.2	2.5	2.2	2.7

SOURCE: UNICEF, WHO and World Bank.

Among the subregions, only Western Africa is on track towards meeting the WHA overweight target for 2030. All the other subregions are not only off track but have also not made any progress towards meeting the target.¹¹

Addressing childhood overweight requires healthy food environments and appropriate food and nutrition education, particularly school-based nutrition education, to promote practices and behaviours that prevent overweight, when combined with efforts to improve the diversity and nutritional quality of foods available. Breast milk, apart from providing essential nutrients for infant growth and development, also reduces the risk of overweight and obesity later in childhood or adolescence. Regulation of food and beverage marketing to children is important. Fiscal policies, such as taxes and subsidies, when carefully designed, have also been shown to be effective at changing consumer behaviour.¹²

2.4 ANAEMIA AMONG WOMEN OF REPRODUCTIVE AGE

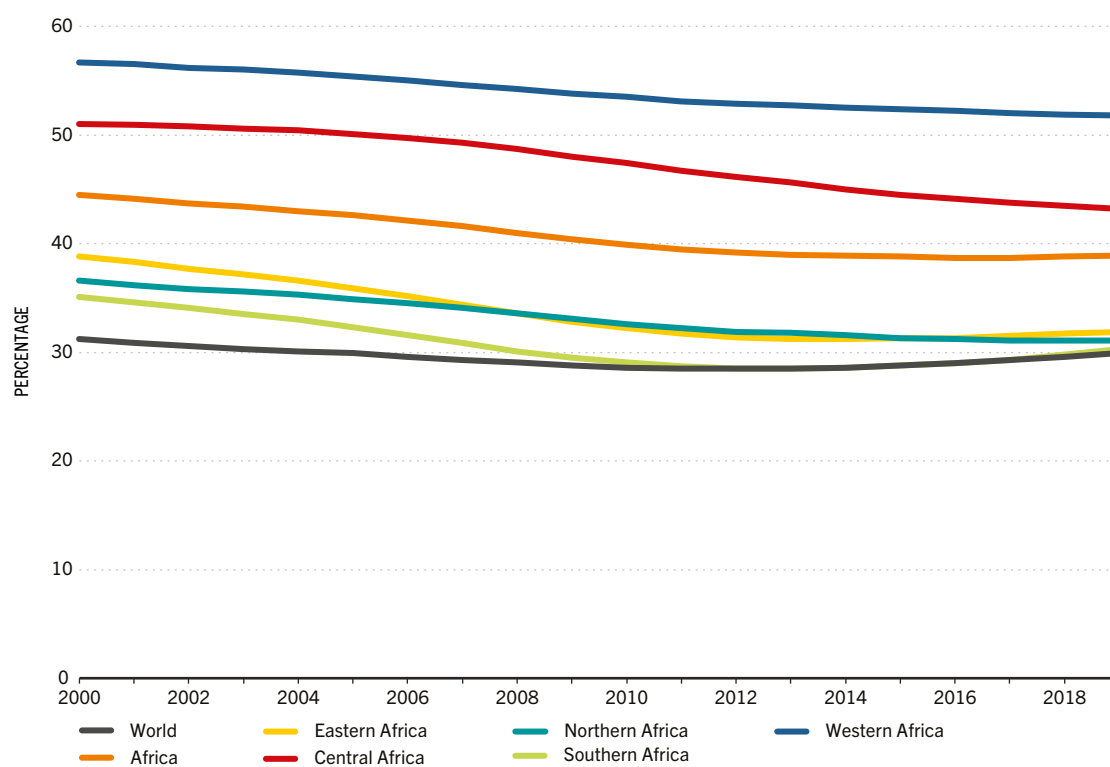
Globally, 570.8 million (29.9 percent) of women of reproductive age were still affected by anaemia in 2019, and no progress has been made since 2012. In Africa, the number is 122.7 million, or 38.9 percent. The prevalence of anaemia remains generally high and especially so in Western Africa (51.8 percent) and Central Africa (40.7 percent) (FIGURE 14 and TABLE 9). Nevertheless, many countries have made some progress during the past two decades (FIGURE 15).

11 FAO, IFAD, UNICEF, WFP & WHO. 2021. *The State of Food Security and Nutrition in the World 2021. Transforming food systems for food security, improved nutrition and affordable healthy diets for all*. Rome, FAO. <https://doi.org/10.4060/cb4474en>

12 For more detail see FAO, ECA & AUC. 2020. *Africa Regional Overview of Food Security and Nutrition 2019. Containing the damage of economic slowdowns and downturns to food security in Africa*. Rome. www.fao.org/documents/card/en/c/ca7343en/

FIGURE 15

Prevalence of anaemia among women of reproductive age (15–49 years) in Africa by subregion



SOURCE: WHO.
<https://doi.org/10.4060/cb7496en-fig15>

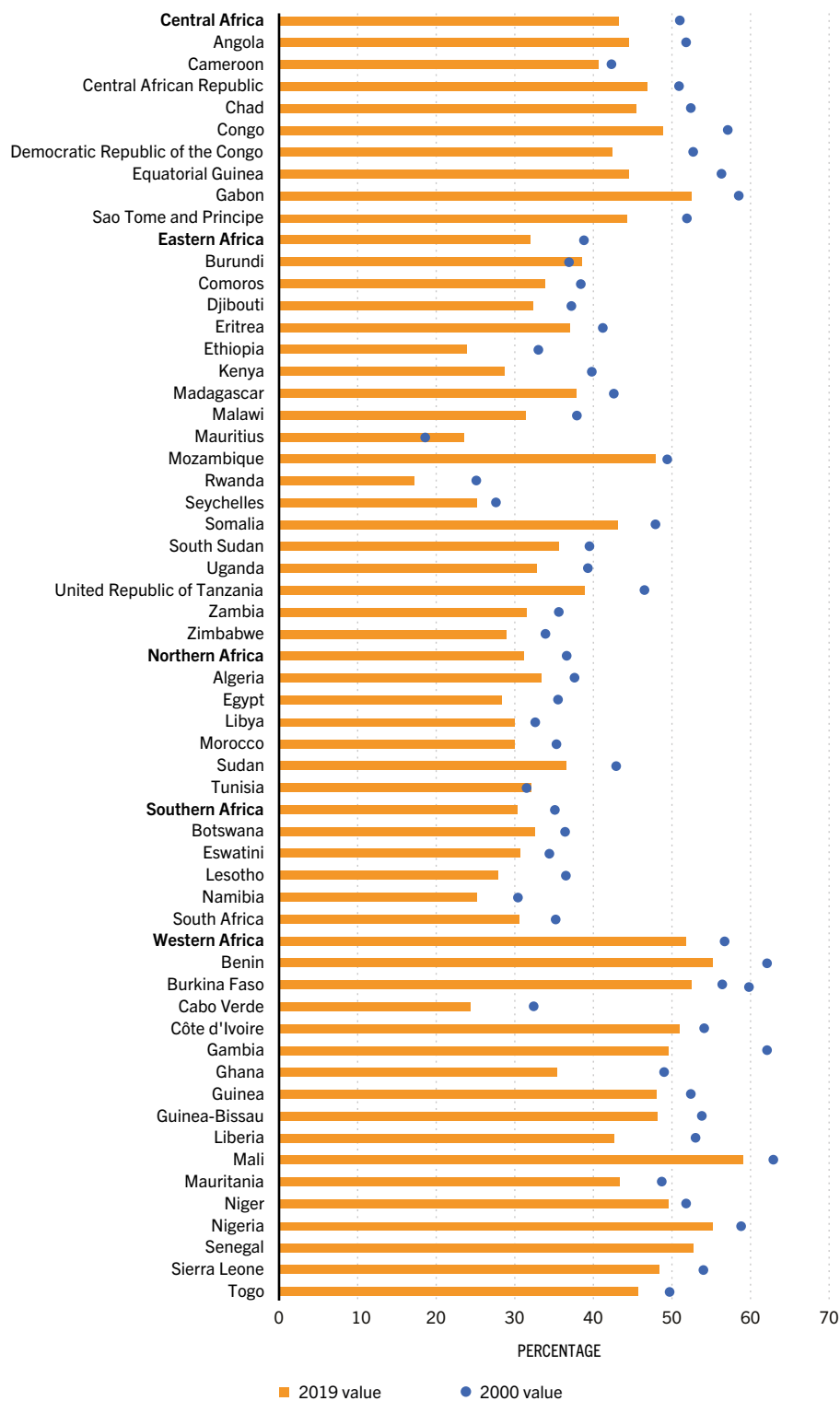
TABLE 9

Prevalence of anaemia among women of reproductive age (15–49 years) (percent)

	2000	2005	2010	2015	2019
World	31.2	29.9	28.6	28.8	29.9
Africa	44.5	42.6	39.9	38.8	38.9
Central Africa	51.0	50.1	47.4	44.5	43.2
Eastern Africa	38.8	35.9	32.2	31.3	31.9
Northern Africa	36.6	34.9	32.6	31.3	31.1
Southern Africa	35.1	32.3	29.1	28.8	30.3
Western Africa	56.7	55.4	53.5	52.4	51.8

SOURCE: WHO.

FIGURE 16
Prevalence of anaemia among women of reproductive age (15–49 years) in Africa by country



SOURCE: WHO.
<https://doi.org/10.4060/cb7496en-fig16>

For anaemia among women of reproductive age, no subregion in Africa (as in the rest of the world) is on track to meeting the WHA target for 2030. There are no countries missing data. Central Africa has made some progress, while Northern, Eastern and Western Africa have made no progress and Southern Africa has seen a deterioration.¹³

The World Health Organization's (WHO) recommended actions to reduce anaemia include iron and folic acid supplementation, with adjustments for, inter alia, pregnancy and malaria, fortification of major staple foods with iron, folic acid and other micronutrients, and exclusive breastfeeding of infants for up to 6 months of age. In addition, it is crucial that diets containing adequate amounts of bioavailable iron should be promoted, malaria control should be practiced, and deworming should be implemented in endemic areas.¹⁴

13 FAO, IFAD, UNICEF, WFP & WHO. 2021. *The State of Food Security and Nutrition in the World 2021. Transforming food systems for food security, improved nutrition and affordable healthy diets for all*. Rome, FAO. <https://doi.org/10.4060/cb4474en>

14 WHO. 2014. *Global nutrition targets 2025: anaemia policy brief (WHO/NMH/NHD/14.4)*. World Health Organization, Geneva, Switzerland.

CHAPTER 3

ADDITIONAL WORLD HEALTH ASSEMBLY NUTRITION INDICATORS

Key messages

- The prevalence of exclusive breastfeeding in Africa is 43.6 percent, very similar to the global average. Eastern Africa has achieved considerable progress with a prevalence of 60.7 percent in 2019. On the other hand, the prevalence is well below the global average in Southern and Western Africa.
- The prevalence of adult obesity is 12.8 percent in Africa, very similar to the global rate. However, it is lower in all subregions except for Northern and Southern Africa where the rate is about twice the global average. The trend is upward in all regions and growth is fastest in Northern and Southern Africa.

This section assesses progress towards three additional WHA endorsed global nutrition targets, i.e. exclusive breastfeeding, low birthweight, and adult obesity.

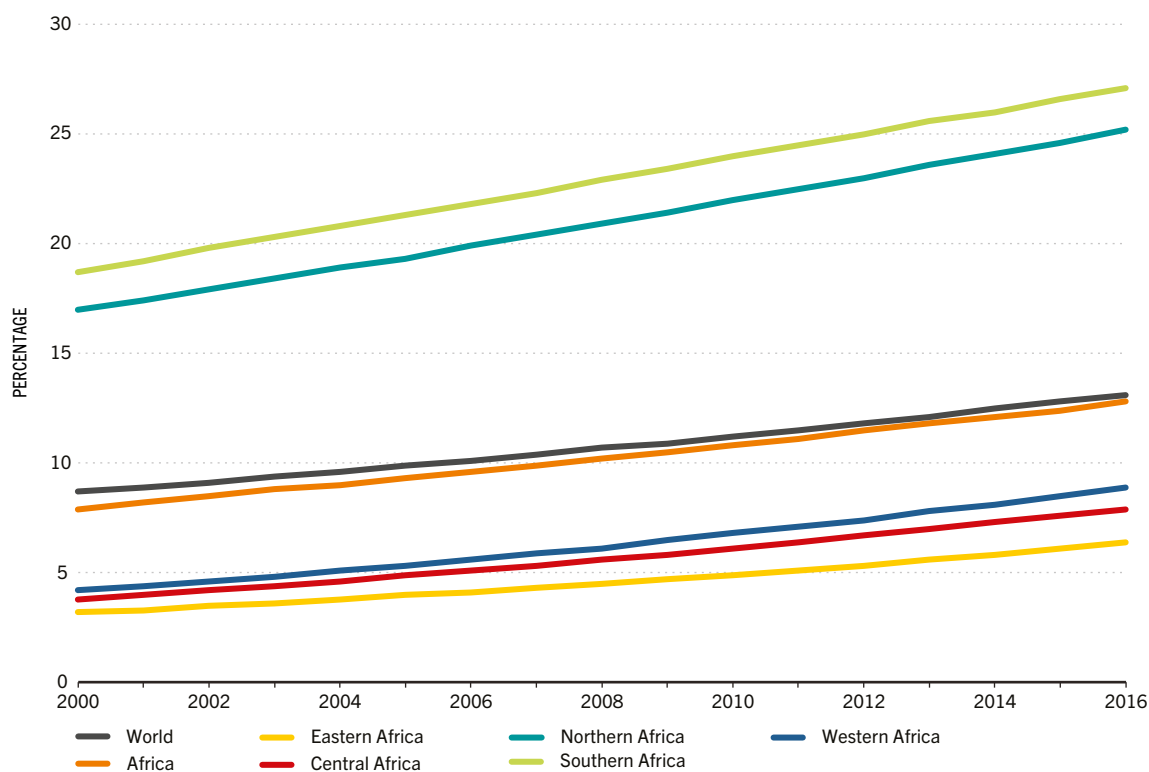
■ 3.1 ADULT OBESITY

In 2016, the prevalence of adult obesity was 12.8 percent in Africa, similar to the global rate of 13.1 percent. The increase in the prevalence over the 2000–2016 period was also similar in Africa (4.9 percent) compared to the global increase (4.4 percent) (FIGURE 17 and TABLE 10).¹⁵ As is the case for the prevalence of child overweight, the prevalence of adult obesity in Southern and Northern Africa, at 25.2 and 27.1 percent respectively, is significantly higher than in the other regions (7.9 percent in Central Africa, 6.4 percent in Eastern Africa and 8.9 percent in Western Africa). While the prevalence has risen in all subregions between 2010 and 2016, it has risen faster in Northern and Southern Africa (by 8.2 and 8.4 percent respectively) compared to the other subregions (3.8 percent for Central Africa, 3.2 percent for Eastern Africa and 4.7 percent for Western Africa).

15 Currently the latest data for adult obesity is for 2016. Updated adult obesity estimates will be released in late 2021.

FIGURE 17

Prevalence of obesity among adults in Africa by subregion



SOURCE: WHO.
<https://doi.org/10.4060/cb7496en-fig17>

TABLE 10

Prevalence of obesity among adults (percent)

	2000	2005	2010	2014	2015	2016
World	8.7	9.9	11.2	12.5	12.8	13.1
Africa	7.9	9.3	10.8	12.1	12.4	12.8
Central Africa	3.8	4.9	6.1	7.3	7.6	7.9
Eastern Africa	3.2	4.0	4.9	5.8	6.1	6.4
Northern Africa	17.0	19.3	22.0	24.1	24.6	25.2
Southern Africa	18.7	21.3	24.0	26.0	26.6	27.1
Western Africa	4.2	5.3	6.8	8.1	8.5	8.9

SOURCE: WHO.

The high prevalence of adult obesity in Southern Africa is driven entirely by the very high rate of adult obesity in South Africa (28.3 percent) (FIGURE 18).¹⁶ Even though rates in Egypt (32 percent) and Libya (32.5 percent) are higher, and are nearly as high in Algeria (27.4 percent), the average is lowered by the very low prevalence in the Sudan (not shown in FIGURE 18).

No subregion is on track towards meeting the WHA adult obesity target for 2030, and the situation has worsened in all subregions.¹⁷

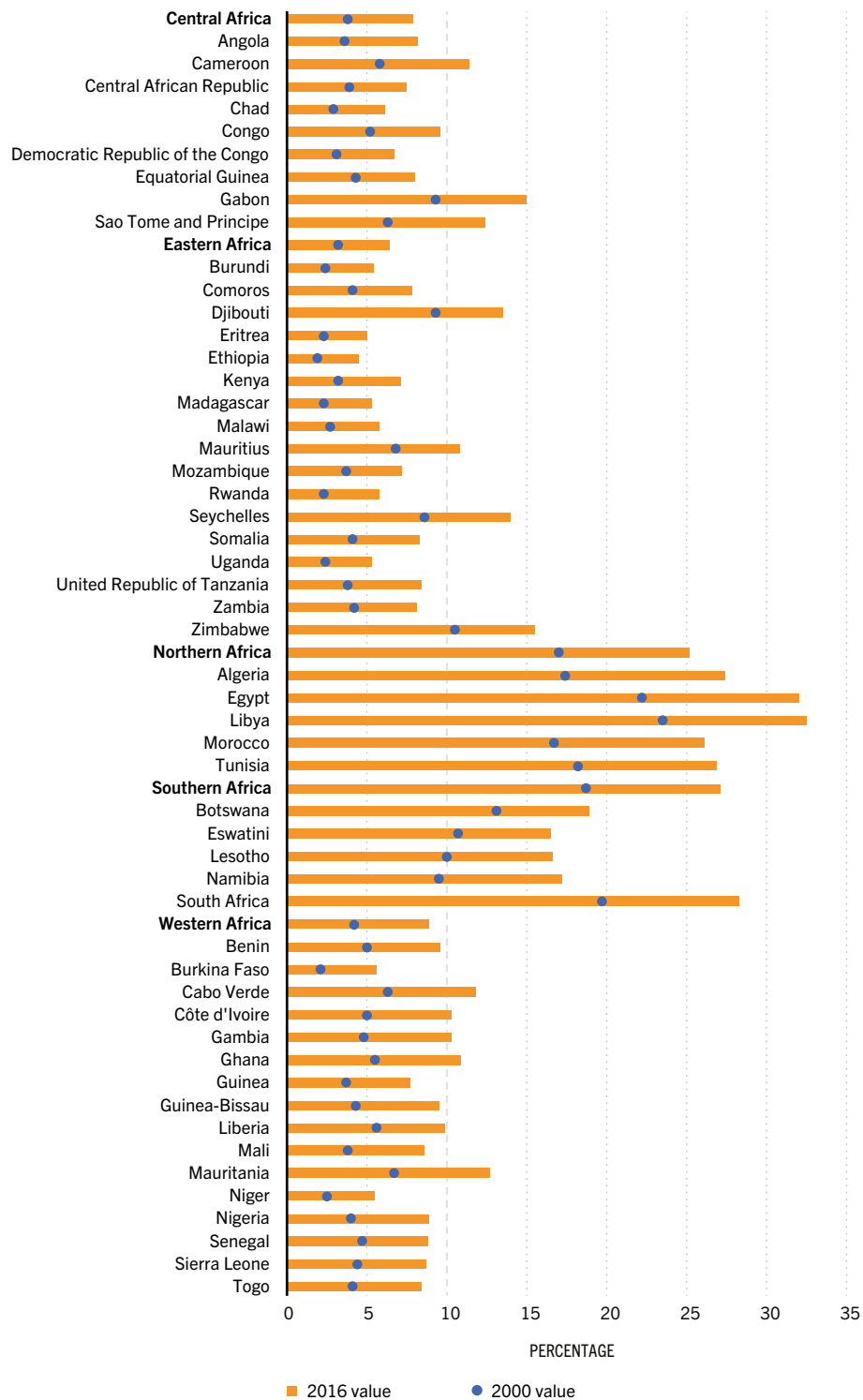
Addressing adult overweight and obesity starts with addressing child overweight, with some key approaches noted above. It is essential to promote and develop policies and interventions in the food system as well as in key sectors, such as health, transport and education. Such interventions can reduce the intake of energy-dense foods that are high in fat and sugars as well as increase physical activity in the population.¹⁸

¹⁶ It is perhaps of interest to note that while the prevalence of adult obesity is higher in Southern Africa than in Northern Africa, the reverse is true for the prevalence of childhood overweight.

¹⁷ FAO, IFAD, UNICEF, WFP & WHO. 2021. *The State of Food Security and Nutrition in the World 2021. Transforming food systems for food security, improved nutrition and affordable healthy diets for all*. Rome, FAO. <https://doi.org/10.4060/cb4474en>

¹⁸ See also: FAO, ECA & AUC. 2020. *Africa Regional Overview of Food Security and Nutrition 2019. Containing the damage of economic slowdowns and downturns to food security in Africa*. Rome (www.fao.org/documents/card/en/c/ca7343en/) and; FAO, ECA & AUC. 2021. *Africa regional overview of food security and nutrition 2020: Transforming food systems for affordable healthy diets*. Accra, FAO.

FIGURE 18
Prevalence of obesity among adults in Africa by country



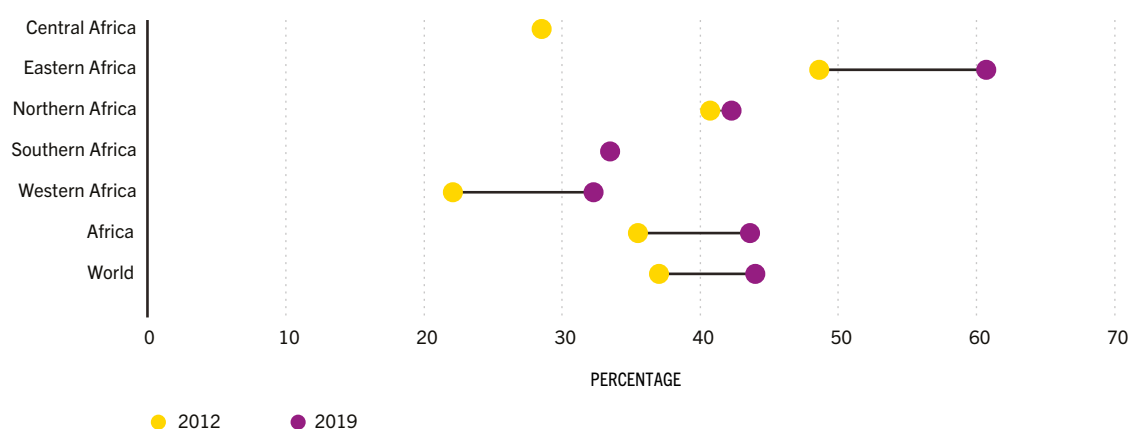
SOURCE: WHO.
<https://doi.org/10.4060/cb7496en-fig18>

3.2 PREVALENCE OF EXCLUSIVE BREASTFEEDING DURING THE FIRST SIX MONTHS OF LIFE

The prevalence of exclusive breastfeeding in Africa, at 43.6 percent, is just under the global rate of 44 percent, although it is much lower in Southern (33.5 percent) and Western Africa (32.3 percent) and substantially higher in Eastern Africa (60.7 percent). There is no data available for Central Africa for 2019. When data are available, most countries and all regions show improvement, although for Northern Africa the improvement is relatively marginal (FIGURE 19 and TABLE 11).

FIGURE 19

Prevalence of exclusive breastfeeding among infants 0–5 months of age in Africa by subregion



SOURCE: UNICEF.
<https://doi.org/10.4060/cb7496en-fig19>

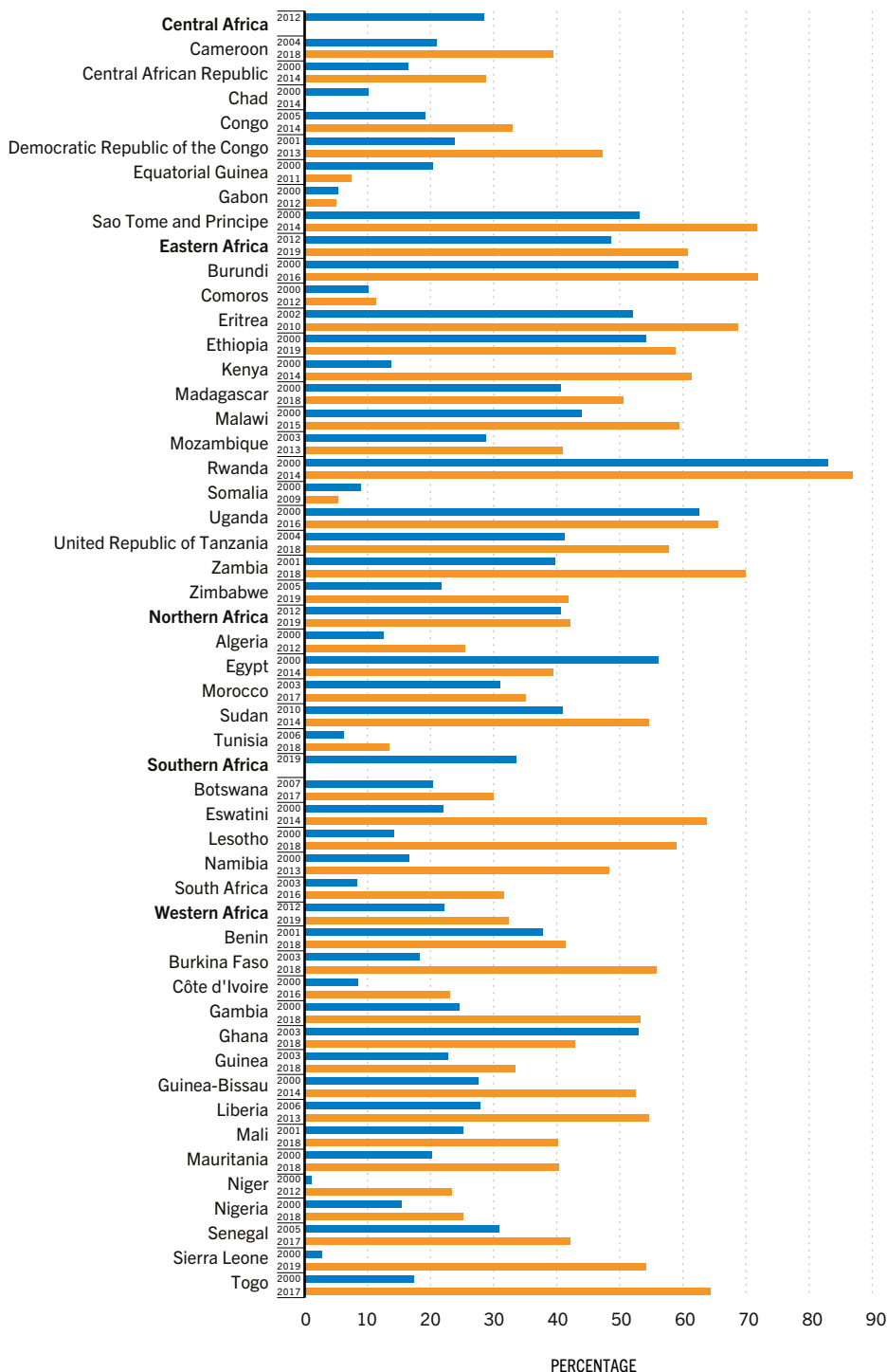
TABLE 11

Prevalence of exclusive breastfeeding among infants 0–5 months of age (percent)

	World	Africa	Central Africa	Eastern Africa	Norther Africa	Souther Africa	Western Africa
2012	37.0	35.5	28.5	48.6	40.7		22.1
2019	44.0	43.6		60.7	42.1	33.5	32.3

SOURCE: UNICEF.

FIGURE 20
Prevalence of exclusive breastfeeding among infants 0–5 months of age in Africa by country



SOURCE: UNICEF.
<https://doi.org/10.4060/cb7496en-fig20>

Of all the subregions, only Eastern Africa is on track towards meeting the WHA exclusive breastfeeding target for 2030. Northern and Western Africa are off course but have made some progress, while for Central and Southern Africa no assessment is possible.¹⁹

The Global Breastfeeding Collective, led by the United Nations Children’s Fund (UNICEF) and WHO, identified seven actions needed to enable women to breastfeed: adequately funded breastfeeding programmes, regulation of marketing of breast-milk substitutes, maternity protection in the workplace, compliance with the Baby-Friendly Hospital Initiative, access to breastfeeding counselling and training, availability of community support programmes, and consistent monitoring.²⁰

3.3 PREVALENCE OF LOW BIRTHWEIGHT

The prevalence of low birthweight is 13.7 percent in Africa, lower than the global average (FIGURE 20 and TABLE 12). Many countries achieved small improvements between 2000 and 2015 (FIGURE 21), but no subregion is on track towards meeting the WHA low birthweight target for 2030. However, all subregions have made some progress, except for Northern and Southern Africa, where the situation has worsened.²¹

Reducing the incidence of low birthweight requires improved access to and quality of care for mothers and infants. Context-specific, gender-sensitive interventions that help women achieve greater access to appropriate health and maternal care are essential. The health and nutritional status of girls, adolescents and women are key, as stunted and poorly nourished girls can become poorly nourished mothers at risk of giving birth to infants with low birthweights and other pre and postnatal challenges.²²

19 FAO, IFAD, UNICEF, WFP & WHO. 2021. *The State of Food Security and Nutrition in the World 2021. Transforming food systems for food security, improved nutrition and affordable healthy diets for all*. Rome, FAO. <https://doi.org/10.4060/cb4474en>

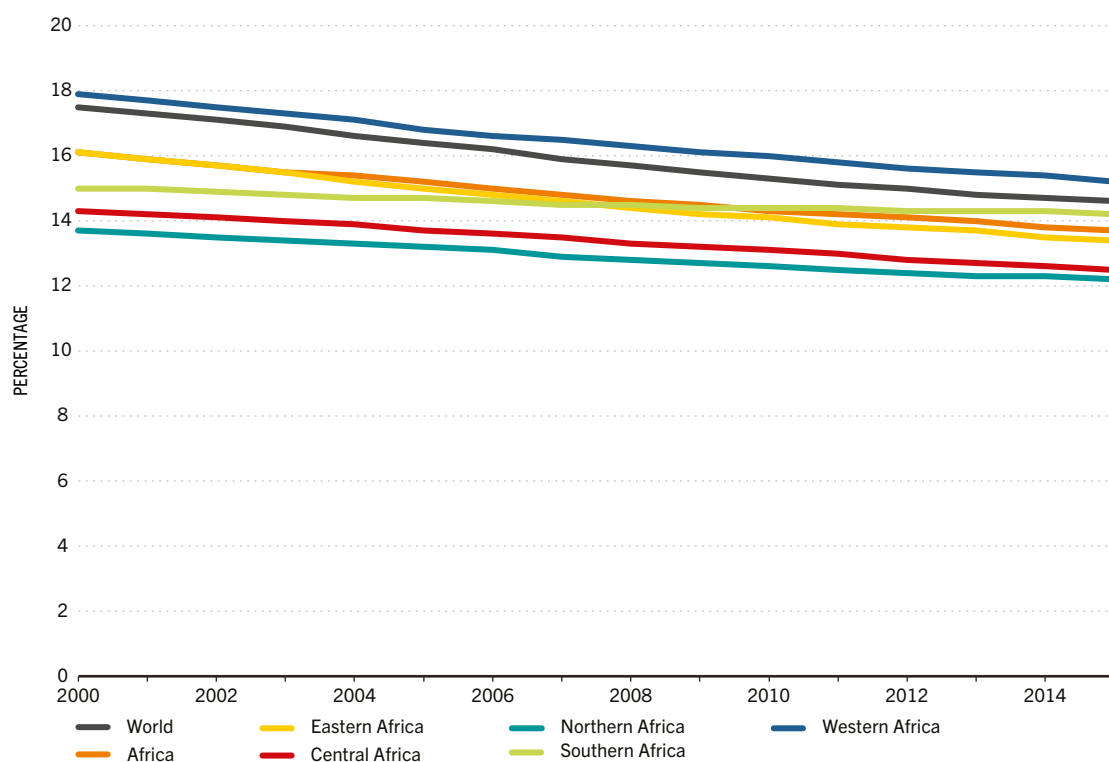
20 Global Breastfeeding Collective. 2017. *Global Breastfeeding Scorecard, 2018. Tracking Progress for Breastfeeding Policies and Programmes*. Available at: <https://www.who.int/publications/m/item/global-breastfeeding-scorecard-2018-enabling-women-to-breastfeed-through-better-policies-and-programmes>

21 FAO, IFAD, UNICEF, WFP & WHO. 2021. *The State of Food Security and Nutrition in the World 2021. Transforming food systems for food security, improved nutrition and affordable healthy diets for all*. Rome, FAO. <https://doi.org/10.4060/cb4474en>

22 WHO. 2014. *WHA Global Nutrition Targets 2025: Low Birth Weight Policy Brief*. Geneva, World Health Organization.

FIGURE 21

Prevalence of low birthweight
in Africa by subregion



SOURCE: UNICEF and WHO.
<https://doi.org/10.4060/cb7496en-fig21>

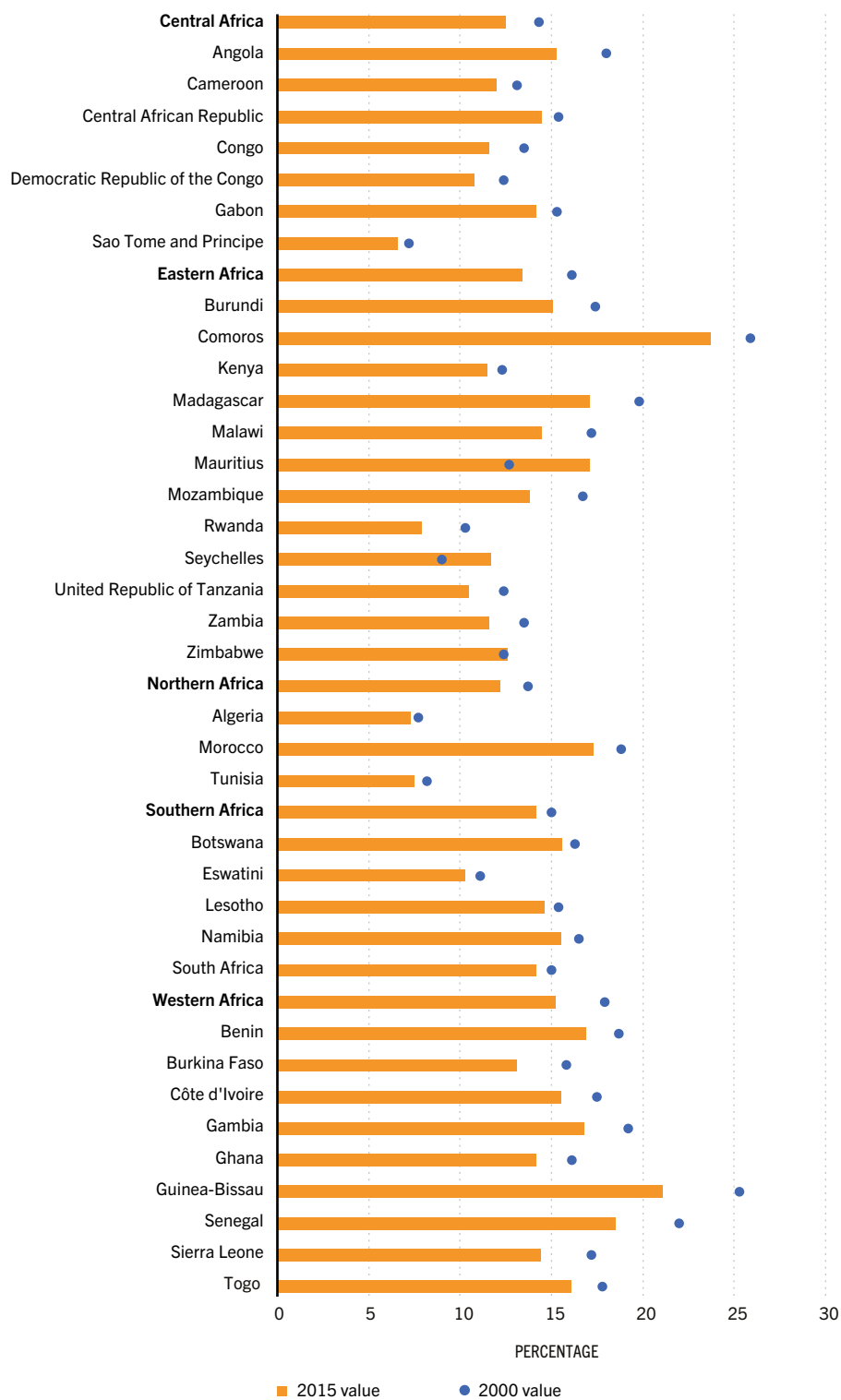
TABLE 12

Prevalence of low birthweight (percent)

	2000	2005	2010	2012	2014	2015
World	17.5	16.4	15.3	15.0	14.7	14.6
Africa	16.1	15.2	14.3	14.1	13.8	13.7
Central Africa	14.3	13.7	13.1	12.8	12.6	12.5
Eastern Africa	16.1	15.0	14.1	13.8	13.5	13.4
Northern Africa	13.7	13.2	12.6	12.4	12.3	12.2
Southern Africa	15.0	14.7	14.4	14.3	14.3	14.2
Western Africa	17.9	16.8	16.0	15.6	15.4	15.2

SOURCE: UNICEF and WHO.

FIGURE 22
Prevalence of low birthweight
in Africa by country



ANNEX 1

DATA TABLES

TABLE 13

Prevalence of
undernourishment (percent)

	2000–2002	2004–2006	2009–2011	2014–2016	2016–2018	2017–2019	2018–2020
WORLD	13.2	12.3	9.4	8.3	8.2	8.3	8.9
Africa	24.0	21.6	18.7	17.0	17.4	17.6	19.0
Central Africa	40.1	36.7	30.4	28.8	29.1	29.4	30.5
Eastern Africa	38.6	34.2	29.4	25.0	25.5	25.5	26.6
Northern Africa	8.6	8.3	7.4	6.1	6.3	6.4	6.6
Southern Africa	5.6	5.1	6.2	7.4	7.6	7.5	8.4
Western Africa	16.5	14.1	11.8	11.7	12.1	12.4	14.8
Algeria	8.0	6.7	4.6	2.8	2.7	<2.5	<2.5
Angola	67.5	52.2	24.4	14.5	15.4	15.5	17.3
Benin	17.2	12.0	8.5	7.3	7.2	7.3	7.6
Botswana	23.7	25.2	31.5	26.4	28.9	29.5	29.3
Burkina Faso	22.6	17.5	13.7	12.0	12.4	12.7	14.4
Burundi							
Cabo Verde	14.5	11.0	15.8	16.8	16.7	16.2	15.4
Cameroon	22.9	15.9	7.6	5.4	5.6	5.6	5.3
Central African Republic	39.2	39.6	29.1	49.9	46.1	46.7	48.2
Chad	38.8	37.8	36.3	28.0	29.1	30.4	31.7
Comoros							
Congo	27.0	34.0	36.5	34.1	36.0	36.8	37.7
Côte d'Ivoire	20.4	20.2	22.3	16.5	15.0	14.9	14.9
Democratic Republic of the Congo	38.2	38.4	38.8	40.1	40.2	40.4	41.7
Djibouti	42.0	31.3	22.9	17.5	16.4	16.0	16.2
Egypt	5.2	6.4	5.4	4.4	4.9	5.1	5.4
Equatorial Guinea							
Eritrea							
Eswatini	10.5	9.2	18.5	12.8	12.4	11.9	11.6
Ethiopia	47.0	37.1	27.6	14.8	14.0	14.4	16.2
Gabon	10.7	14.3	17.2	13.9	16.0	16.2	15.7
Gambia	17.8	21.7	13.1	11.3	11.9	12.4	13.6
Ghana	14.9	11.2	6.6	7.7	7.1	6.4	6.1
Guinea							

TABLE 13
(Continued)

	2000–2002	2004–2006	2009–2011	2014–2016	2016–2018	2017–2019	2018–2020
Guinea-Bissau							
Kenya	32.2	28.5	24.2	21.5	24.6	24.4	24.8
Lesotho	20.0	13.7	11.6	29.9	26.0	20.8	23.5
Liberia	36.6	35.8	34.6	36.4	36.6	37.5	38.9
Libya							
Madagascar	33.8	33.4	29.0	40.2	42.3	42.6	43.2
Malawi	23.6	22.5	16.4	16.0	16.5	16.8	17.3
Mali	16.2	13.3	6.0	5.0	6.3	7.7	10.4
Mauritania	8.3	9.4	7.3	8.3	8.6	8.7	9.1
Mauritius	5.7	5.1	4.7	5.6	5.9	5.7	6.2
Morocco	6.3	5.5	5.5	3.8	3.7	3.7	4.2
Mozambique	36.5	33.3	24.1	29.7	31.4	31.0	31.2
Namibia	13.5	18.2	32.7	21.0	20.0	19.9	19.8
Niger							
Nigeria	8.9	7.1	7.8	9.2	10.0	10.7	14.6
Rwanda	38.5	35.3	31.3	35.3	34.5	34.3	35.2
Sao Tome and Principe	14.7	9.0	14.1	12.8	11.8	11.8	11.9
Senegal	24.0	17.2	11.1	9.8	7.9	7.4	7.5
Seychelles							
Sierra Leone	50.7	46.7	28.8	25.8	26.2	25.7	26.2
Somalia	57.9	58.2	75.6	60.3	58.7	57.4	59.5
South Africa	3.9	3.4	3.6	5.2	5.5	5.5	6.5
South Sudan							
Sudan	21.5	18.9	16.5	11.2	11.8	12.0	12.3
Togo	31.3	27.7	21.2	20.9	21.2	20.9	20.4
Tunisia	4.4	4.3	3.4	2.5	<2.5	2.5	3.0
Uganda							
United Republic of Tanzania	33.0	31.6	29.5	24.4	24.1	24.2	25.1
Zambia							
Zimbabwe							

SOURCE: FAO.

TABLE 14

Number of undernourished people
(millions)

	2000–2002	2004–2006	2009–2011	2014–2016	2016–2018	2017–2019	2018–2020
WORLD	819.2	804.0	652.3	613.8	622.7	632.9	683.9
Africa	199.8	198.4	194.8	201.4	217.1	224.9	248.0
Central Africa	39.7	41.2	40.1	44.4	47.8	49.7	53.2
Eastern Africa	102.3	101.0	99.9	97.5	104.8	107.7	115.3
Northern Africa	15.0	15.5	15.0	13.6	14.8	15.2	16.0
Southern Africa	2.9	2.8	3.6	4.7	4.9	4.9	5.6
Western Africa	39.9	37.9	36.2	41.2	44.9	47.4	57.8
Algeria	2.5	2.2	1.6	1.1	1.1		
Angola	11.4	10.1	5.7	4.1	4.6	4.8	5.5
Benin	1.2	1.0	0.8	0.8	0.8	0.8	0.9
Botswana	0.4	0.5	0.6	0.6	0.6	0.7	0.7
Burkina Faso	2.7	2.4	2.1	2.2	2.4	2.5	2.9
Burundi							
Cabo Verde	<0.1	<0.1	<0.1	<0.1	<0.1	<0.1	<0.1
Cameroon	3.6	2.8	1.5	1.3	1.4	1.4	1.4
Central African Republic	1.5	1.6	1.3	2.2	2.1	2.2	2.3
Chad	3.4	3.8	4.3	3.9	4.4	4.7	5.1
Comoros							
Congo	0.9	1.2	1.6	1.7	1.8	1.9	2.0
Côte d'Ivoire	3.4	3.7	4.6	3.8	3.7	3.7	3.8
Democratic Republic of the Congo	18.5	21.1	25.1	30.6	32.7	34.0	36.2
Djibouti	0.3	0.2	0.2	0.2	0.2	0.2	0.2
Egypt	3.7	4.9	4.4	4.1	4.7	5.0	5.4
Equatorial Guinea							
Eritrea							
Eswatini	0.1	<0.1	0.2	0.1	0.1	0.1	0.1
Ethiopia	32.0	28.3	24.2	14.9	14.9	15.7	18.2
Gabon	0.1	0.2	0.3	0.3	0.3	0.3	0.3
Gambia	0.2	0.3	0.2	0.2	0.3	0.3	0.3
Ghana	2.9	2.5	1.6	2.1	2.1	1.9	1.8
Guinea							
Guinea-Bissau							
Kenya	10.6	10.4	10.2	10.3	12.4	12.5	13.0
Lesotho	0.4	0.3	0.2	0.6	0.5	0.4	0.5
Liberia	1.1	1.2	1.3	1.6	1.7	1.8	1.9
Libya							
Madagascar	5.5	6.1	6.1	9.7	10.8	11.2	11.7
Malawi	2.7	2.8	2.4	2.7	2.9	3.1	3.2
Mali	1.8	1.7	0.9	0.9	1.2	1.5	2.0
Mauritania	0.2	0.3	0.3	0.3	0.4	0.4	0.4

TABLE 14
(Continued)

	2000–2002	2004–2006	2009–2011	2014–2016	2016–2018	2017–2019	2018–2020
Mauritius	<0.1	<0.1	<0.1	<0.1	<0.1	<0.1	<0.1
Morocco	1.8	1.7	1.8	1.3	1.3	1.3	1.5
Mozambique	6.7	6.8	5.7	8.0	9.0	9.1	9.5
Namibia	0.2	0.4	0.7	0.5	0.5	0.5	0.5
Niger							
Nigeria	11.2	9.9	12.4	16.6	19.2	21.0	29.4
Rwanda	3.2	3.1	3.1	4.0	4.1	4.2	4.4
Sao Tome and Principe	<0.1	<0.1	<0.1	<0.1	<0.1	<0.1	<0.1
Senegal	2.4	1.9	1.4	1.4	1.2	1.2	1.2
Seychelles							
Sierra Leone	2.4	2.6	1.8	1.9	2.0	2.0	2.0
Somalia	5.3	6.1	9.1	8.3	8.6	8.6	9.2
South Africa	1.8	1.6	1.8	2.9	3.1	3.2	3.8
South Sudan							
Sudan	6.0	5.8	5.7	4.4	4.8	5.0	5.3
Togo	1.6	1.6	1.4	1.5	1.6	1.6	1.7
Tunisia	0.4	0.4	0.4	0.3		0.3	0.3
Uganda							
United Republic of Tanzania	11.3	12.1	13.1	12.5	13.2	13.6	14.5
Zambia							
Zimbabwe							

SOURCE: FAO.

TABLE 15

Prevalence of food insecurity (percent)

	Moderate or severe food insecurity				Severe food insecurity			
	2014–2016	2016–2018	2017–2019	2018–2020	2014–2016	2016–2018	2017–2019	2018–2020
WORLD	23.0	24.8	25.8	27.6	8.2	8.9	9.5	10.5
Africa	48.8	52.0	53.1	55.5	18.6	20.3	21.0	22.8
Central Africa				69.5				35.6
Eastern Africa	59.3	62.0	62.4	63.5	24.6	25.4	25.5	26.6
Northern Africa	28.7	31.4	31.0	30.0	9.9	10.1	9.5	9.2
Southern Africa	43.9	44.1	44.2	46.1	18.9	19.0	19.1	20.3
Western Africa	42.5	48.3	51.2	57.8	10.8	15.1	17.3	21.8
Algeria	22.9	19.7	17.6	17.6	13.0	11.4	9.3	6.9
Angola	66.5		70.1	73.5	21.0		24.0	26.9
Benin								
Botswana	45.9	48.3	49.5	50.8	19.6	20.9	21.5	22.2
Burkina Faso	41.8	42.9	42.8	47.9	10.0	11.7	12.6	15.4
Burundi								
Cabo Verde			36.4	35.1			8.6	7.6
Cameroon				55.8				26.7
Central African Republic				81.3				61.8
Chad								
Comoros								
Congo	82.0	87.9	88.2	88.3	42.6	49.7	51.1	51.7
Côte d'Ivoire								
Democratic Republic of the Congo				69.2				38.5
Djibouti								
Egypt	27.8	33.1	31.2	27.8	8.4	8.6	7.4	6.7
Equatorial Guinea								
Eritrea								
Eswatini	62.6	62.6	63.3	64.1	29.4	29.4	30.0	30.8
Ethiopia	56.2	59.4	57.9	56.3	14.5	14.8	14.1	16.4
Gabon								
Gambia	52.7	52.7	54.3	56.0	23.6	23.6	24.6	25.7
Ghana	49.3	49.8	50.0	50.2	7.6	8.1	8.3	8.6
Guinea	72.5	74.1	74.1	74.1	44.3	49.7	49.7	49.7
Guinea-Bissau								
Kenya	53.0	60.4	64.3	68.5	17.3	21.2	23.3	25.7
Lesotho				49.7				27.0
Liberia				80.6				37.3
Libya	29.1	33.2	35.7	37.4	11.2	14.3	16.7	18.6
Madagascar								
Malawi	81.9	81.8	81.8	81.8	51.8	51.6	51.5	51.4

TABLE 15
(Continued)

	Moderate or severe food insecurity				Severe food insecurity			
	2014–2016	2016–2018	2017–2019	2018–2020	2014–2016	2016–2018	2017–2019	2018–2020
Mali								
Mauritania	26.3	32.3	35.9	39.8	4.6	5.5	5.9	6.5
Mauritius	13.0	18.5	20.7	24.2	5.2	6.3	6.8	8.3
Morocco			26.7	28.0				
Mozambique			68.4	71.1			40.7	40.5
Namibia	53.2	55.3	56.4	57.6	28.9	30.5	31.3	32.1
Niger								
Nigeria	36.5	43.6	47.1	57.7	6.6	12.1	14.8	21.4
Rwanda								
Sao Tome and Principe								
Senegal	39.3	38.0	39.7	40.9	14.5	12.5	13.9	13.6
Seychelles	14.3	14.3		14.7	3.2	3.2		3.3
Sierra Leone	78.4	79.9	80.6	83.9	30.4	31.2	31.5	31.8
Somalia				79.1				43.0
South Africa	42.9			44.9	18.0			19.3
South Sudan	85.1	85.1	84.9	84.8	65.4	65.4	63.7	62.0
Sudan	41.4	46.4	48.9	49.4	13.4	15.4	16.4	16.8
Togo								
Tunisia	18.2	20.0	22.1	25.1	9.1	9.1	9.7	10.7
Uganda	58.0	63.4	66.3	69.2	17.5	19.5	20.6	21.7
United Republic of Tanzania		55	55	56.4		23.8	23.8	24.7
Zambia	48.8	50.1	50.8	51.4	21.8	22.5	22.8	23.2
Zimbabwe	64.7	67	66.7	69.8	35.5	35.9	34.2	32.1

SOURCE: FAO.

TABLE 16

Number of food insecure people (millions)

	Moderate or severe food insecurity				Severe food insecurity			
	2014–2016	2016–2018	2017–2019	2018–2020	2014–2016	2016–2018	2017–2019	2018–2020
WORLD	1 696.1	1 874.4	1 970.1	2 132.3	607.7	669.4	722.7	813.0
Africa	48.8	52.0	53.1	55.5	18.6	20.3	21.0	22.8
Central Africa	576.7	647.6	677.9	726.4	219.8	252.6	268.1	298.7
Eastern Africa				121.2				62.1
Northern Africa	231.3	254.9	263.6	275.5	95.7	104.3	107.6	115.5
Southern Africa	64.3	73.1	73.5	72.6	22.1	23.4	22.6	22.2
Western Africa	27.7	28.6	29.0	30.7	11.9	12.3	12.6	13.5
Algeria	149.7	179.3	195.2	226.4	38.1	55.9	65.9	85.5
Angola	9.1	8.2	7.4	7.6	5.2	4.7	3.9	3.0
Benin	18.5		21.6	23.4	5.9		7.4	8.6
Botswana								
Burkina Faso	1.0	1.1	1.1	1.2	0.4	0.5	0.5	0.5
Burundi	7.6	8.2	8.5	9.7	1.8	2.3	2.5	3.1
Cabo Verde								
Cameroon			0.2	0.2			<0.1	<0.1
Central African Republic				14.4				6.9
Chad				3.9				2.9
Comoros								
Congo								
Côte d'Ivoire	4.0	4.5	4.6	4.8	2.1	2.5	2.7	2.8
Democratic Republic of the Congo								
Djibouti				60.1				33.4
Egypt								
Equatorial Guinea	25.7	31.9	30.7	27.9	7.8	8.3	7.3	6.8
Eritrea								
Eswatini								
Ethiopia	0.7	0.7	0.7	0.7	0.3	0.3	0.3	0.4
Gabon	56.7	63.2	63.3	63.2	14.7	15.7	15.4	18.4
Gambia								
Ghana	1.1	1.2	1.2	1.3	0.5	0.5	0.6	0.6
Guinea	13.7	14.5	14.9	15.3	2.1	2.4	2.5	2.6
Guinea-Bissau	8.3	8.9	9.2	9.5	5.1	6.0	6.2	6.3
Kenya								
Lesotho	25.4	30.3	33.1	36.0	8.3	10.6	12.0	13.5
Liberia				1.1				0.6
Libya				4.0				1.8
Madagascar	1.9	2.2	2.4	2.5	0.7	0.9	1.1	1.3
Malawi								

TABLE 16
(Continued)

	Moderate or severe food insecurity				Severe food insecurity			
	2014–2016	2016–2018	2017–2019	2018–2020	2014–2016	2016–2018	2017–2019	2018–2020
Mali								
Mauritania	1.1	1.4	1.6	1.8	0.2	0.2	0.3	0.3
Mauritius	0.2	0.2	0.3	0.3	<0.1	<0.1	<0.1	0.1
Morocco			9.6	10.2				
Mozambique			20.2	21.6			12.0	12.3
Namibia	1.2	1.3	1.4	1.4	0.7	0.7	0.8	0.8
Niger								
Nigeria	66.1	83.2	92.4	116.0	11.9	23.1	29.0	43.0
Rwanda								
Sao Tome and Principe								
Senegal	5.7	5.9	6.3	6.7	2.1	1.9	2.2	2.2
Seychelles	<0.1	<0.1		<0.1	<0.1	<0.1		<0.1
Sierra Leone	5.6	6.0	6.2	6.6	2.2	2.3	2.4	2.5
Somalia				12.6				6.8
South Africa	23.7			26.3	10.0			11.3
South Sudan	9.1	9.3	9.3	9.4	7.0	7.1	7.0	6.9
Sudan	16.1	19.0	20.4	21.2	5.2	6.3	6.8	7.2
Togo								
Tunisia	2.0	2.3	2.6	2.9	1.0	1.0	1.1	1.2
Uganda	22.2	26.1	28.3	30.6	6.7	8.0	8.8	9.6
United Republic of Tanzania		30.1	31.0	32.7		13.0	13.4	14.3
Zambia	7.7	8.4	8.8	9.2	3.5	3.8	4.0	4.1
Zimbabwe	8.9	9.5	9.6	10.2	4.9	5.1	4.9	4.7

SOURCE: FAO.

TABLE 17

Prevalence of stunting among children under five (percent)

	2000	2005	2010	2015	2018	2019	2020
WORLD	33.1	30.7	27.7	24.4	22.9	22.4	22.0
Africa	41.5	39.1	35.9	32.8	31.6	31.2	30.7
Central Africa	44.9	41.4	38.7	37.4	37.3	37.1	36.8
Eastern Africa	49.1	45.2	40.8	36.2	34.0	33.3	32.6
Northern Africa	28.3	26.1	23.8	21.9	21.6	21.5	21.4
Southern Africa	29.1	28.5	25.0	23.5	23.2	23.2	23.3
Western Africa	39.9	38.5	36.1	33.4	31.9	31.4	30.9
Algeria	22.1	17.9	13.7	11.1	9.9	9.5	9.3
Angola	47.8	35.8	31.9	34.4	36.8	37.4	37.7
Benin	36.8	36.1	34.6	33.2	32.4	31.9	31.3
Botswana	31.5	28.9	25.9	23.5	23.5	23.2	22.8
Burkina Faso	41.5	42.0	37.1	29.3	26.7	26.1	25.5
Burundi	62.3	60.4	57.4	56.3	56.8	57.2	57.6
Cabo Verde	18.0	14.8	13.2	11.0	10.2	9.9	9.7
Cameroon	37.3	36.5	33.6	30.8	28.9	28.1	27.2
Central African Republic	43.4	43.1	41.8	41.7	41.0	40.5	40.1
Chad	42.5	41.5	39.6	37.4	36.0	35.5	35.0
Comoros	42.4	38.8	34.7	28.7	24.9	23.7	22.6
Congo	36.4	30.7	25.1	21.5	19.6	18.8	18.0
Côte d'Ivoire	33.6	34.0	31.4	25.3	20.6	19.1	17.8
Democratic Republic of the Congo	47.8	45.8	43.6	41.7	41.5	41.2	40.8
Djibouti	30.0	29.8	30.8	33.1	33.9	34.0	34.0
Egypt	26.9	25.1	23.7	21.9	22.2	22.3	22.3
Equatorial Guinea	39.3	33.9	27.8	23.4	21.2	20.5	19.7
Eritrea	47.7	47.0	49.4	50.4	49.9	49.5	49.1
Eswatini	36.8	34.5	31.1	26.4	24.1	23.3	22.6
Ethiopia	57.5	50.7	44.7	40.1	37.3	36.3	35.3
Gabon	25.8	23.8	18.8	15.9	15.1	14.8	14.4
Gambia	29.8	26.6	23.7	20.4	17.9	16.9	16.1
Ghana	33.3	30.0	24.8	18.9	16.1	15.1	14.2
Guinea	34.2	35.5	34.7	32.7	30.9	30.2	29.4
Guinea-Bissau	33.9	31.9	30.5	28.9	28.7	28.4	28.0
Kenya	38.9	36.8	30.7	24.3	21.5	20.4	19.4
Lesotho	41.0	41.8	39.7	34.4	32.9	32.4	32.1
Liberia	45.1	41.4	37.3	33.3	30.3	28.8	28.0
Libya	20.5	22.6	26.2	34.8	40.1	41.5	43.5
Madagascar	55.2	52.2	49.1	45.3	42.4	41.3	40.2
Malawi	55.7	52.8	46.8	40.2	38.5	37.8	37.0
Mali	40.0	36.3	32.2	29.1	27.0	26.3	25.7
Mauritania	40.4	32.3	27.9	26.0	25.1	24.7	24.2

TABLE 17
(Continued)

	2000	2005	2010	2015	2018	2019	2020
Mauritius	12.7	10.1	9.2	8.9	8.8	8.8	8.7
Morocco	25.2	20.3	17.4	15.1	13.8	13.4	12.9
Mozambique	50.5	45.9	43.1	41.7	39.2	38.4	37.8
Namibia	30.3	28.6	25.9	21.7	19.5	18.9	18.4
Niger	52.1	51.0	49.2	47.2	46.9	46.8	46.7
Nigeria	42.3	40.7	38.8	37.0	36.1	35.7	35.3
Rwanda	49.1	50.1	44.1	36.7	34.3	33.4	32.6
Sao Tome and Principe	31.1	24.5	20.1	15.6	13.1	12.4	11.8
Senegal	25.4	21.9	19.9	19.5	18.3	17.8	17.2
Seychelles	10.9	8.8	8.1	7.9	7.6	7.5	7.4
Sierra Leone	38.7	39.2	37.4	32.6	28.8	27.7	26.8
Somalia	31.9	32.6	31.9	29.7	28.3	27.9	27.4
South Africa	28.1	27.6	24.1	23.1	23.0	23.1	23.2
South Sudan	38.9	35.6	32.8	31.4	31.0	30.8	30.6
Sudan	40.8	38.6	36.7	35.3	34.4	34.1	33.7
Togo	35.2	32.0	28.6	26.0	24.8	24.3	23.8
Tunisia	12.9	11.1	9.5	8.8	8.7	8.6	8.6
Uganda	44.0	40.2	36.0	30.7	28.8	28.4	27.9
United Republic of Tanzania	47.7	43.6	40.6	35.3	33.6	32.8	32.0
Zambia	54.0	50.1	44.0	37.6	33.8	32.9	32.3
Zimbabwe	32.4	34.6	33.7	26.8	24.2	23.5	23.0

SOURCE: UNICEF, WHO and World Bank.

TABLE 18

Prevalence of wasting
among children under five (percent)

	2000	2005	2010	2015	2018	2019	2020
WORLD							6.7
Africa							6.0
Central Africa							6.2
Eastern Africa							5.2
Northern Africa							6.6
Southern Africa							3.2
Western Africa							6.9
Algeria	3.1					2.7	
Angola				4.9			
Benin					5.0		
Botswana	5.9						
Burkina Faso			15.5	10.2	8.4	8.1	
Burundi	8.1	9.0	6.0		4.8	4.8	
Cameroon					4.3		
Central African Republic	10.4		7.4		6.5	5.2	
Chad	13.9		16.3	13.3	13.5	13.9	
Comoros	13.3						
Congo		8.0					
Democratic Republic of the Congo			8.5				
Egypt		5.3					
Equatorial Guinea	9.2						
Eritrea			14.6				
Eswatini	1.7		0.8				
Ethiopia	12.4	12.4				7.2	
Gabon	4.2						
Gambia	9.1		9.5		6.2		5.1
Guinea		11.0			9.2		
Guinea-Bissau	11.8		5.9			7.8	
Kenya	7.4	6.9					
Lesotho					2.1		
Liberia	7.4		4.0			3.4	
Madagascar					6.4		
Malawi	6.8		4.0	2.8	1.3	0.6	
Mali			8.9	13.5	9.0	9.3	
Mauritania	15.3			14.8	11.5		
Mozambique				4.4			
Namibia	10.0						
Niger	16.2		15.8	13.6	14.1	9.8	
Nigeria				7.3	6.8		6.5
Rwanda	8.7	4.9	2.9	2.3	2.0		1.1

TABLE 18
(Continued)

	2000	2005	2010	2015	2018	2019	2020
Sao Tome and Principe						4.1	
Senegal	10.0	8.7		7.8	7.8	8.1	
Sierra Leone	11.6	10.2	7.5			5.4	
South Africa				3.5			
South Sudan			22.7				
Sudan			15.4				
Togo			4.7				
Tunisia	2.9				2.1		
Uganda	5.0						
United Republic of Tanzania			4.9	4.5	3.5		
Zambia					4.2		
Zimbabwe		7.2	3.2	3.3		2.9	

SOURCE: UNICEF, WHO and World Bank.

TABLE 19

Prevalence of overweight among children under five (percent)

	2000	2005	2010	2015	2018	2019	2020
WORLD	5.4	5.7	5.6	5.6	5.7	5.7	5.7
Africa	6.2	6.3	5.1	5.0	5.2	5.2	5.3
Central Africa	5.9	6.2	4.7	4.3	4.5	4.7	4.8
Eastern Africa	5.3	5.5	4.3	3.8	3.9	3.9	4.0
Northern Africa	10.9	11.3	11.7	12.5	12.9	13.0	13.0
Southern Africa	10.6	11.4	11.9	12.1	12.2	12.2	12.1
Western Africa	4.4	4.2	2.5	2.2	2.5	2.6	2.7
Algeria	13.0	13.7	13.6	13.2	13.0	12.9	12.9
Angola	3.1	3.4	3.0	3.0	3.2	3.4	3.5
Benin	2.9	2.8	1.7	1.7	2.0	2.1	2.2
Botswana	9.4	10.1	10.5	10.7	10.9	10.9	11.0
Burkina Faso	2.6	2.6	1.7	1.8	2.3	2.4	2.6
Burundi	2.4	2.6	2.3	2.5	2.8	3.0	3.1
Cameroon	8.3	9.7	7.1	7.4	8.6	9.1	9.6
Central African Republic	6.6	6.1	4.0	2.9	2.7	2.6	2.6
Chad	3.4	3.7	2.5	2.6	3.0	3.2	3.4
Comoros	12.3	14.2	11.7	10.1	9.8	9.7	9.6
Congo	6.6	6.9	5.4	4.9	4.9	5.0	5.1
Côte d'Ivoire	4.5	4.5	2.7	2.4	2.6	2.7	2.8
Democratic Republic of the Congo	6.5	6.7	5.0	4.3	4.2	4.2	4.2
Djibouti	8.0	9.0	7.6	6.9	7.1	7.2	7.2
Egypt	13.9	14.6	15.4	16.5	17.3	17.6	17.8
Equatorial Guinea	8.1	9.9	9.0	8.8	9.0	9.2	9.3
Eritrea	2.0	2.1	1.8	1.7	1.9	2.0	2.1
Eswatini	11.4	11.4	10.9	10.2	9.9	9.8	9.7
Ethiopia	3.2	3.3	2.6	2.4	2.5	2.6	2.6
Gabon	6.6	7.6	6.7	6.6	7.0	7.2	7.4
Gambia	3.2	3.2	2.0	1.9	2.1	2.2	2.3
Ghana	3.5	3.7	2.4	2.3	2.6	2.7	2.9
Guinea	5.4	6.1	4.3	4.4	5.1	5.4	5.7
Guinea-Bissau	4.7	4.7	2.9	2.7	3.1	3.2	3.4
Kenya	6.8	6.7	5.0	4.3	4.3	4.4	4.5
Lesotho	6.7	6.9	7.0	7.1	7.2	7.2	7.2
Liberia	4.5	4.9	3.3	3.5	4.1	4.4	4.7
Libya	17.6	21.4	24.8	26.0	25.9	25.8	25.4
Madagascar	3.0	2.9	2.0	1.6	1.5	1.5	1.5
Malawi	10.9	9.9	6.6	5.0	4.7	4.7	4.7
Mali	3.0	2.8	1.7	1.6	1.8	1.9	2.1
Mauritania	3.4	3.3	2.1	2.0	2.4	2.5	2.7
Mauritius	8.8	9.6	7.8	7.2	7.4	7.5	7.6

TABLE 19
(Continued)

	2000	2005	2010	2015	2018	2019	2020
Morocco	12.2	12.3	11.9	11.5	11.4	11.3	11.3
Mozambique	6.7	7.3	6.0	5.6	5.8	5.9	6.0
Namibia	4.1	4.1	4.2	4.5	4.8	4.9	5.0
Niger	1.3	1.2	0.8	1.0	1.5	1.6	1.9
Nigeria	5.4	5.0	2.8	2.4	2.5	2.6	2.7
Rwanda	7.0	7.7	6.1	5.3	5.2	5.2	5.2
Sao Tome and Principe	3.9	4.1	2.8	2.9	3.5	3.8	4.0
Senegal	3.2	2.8	1.6	1.5	1.8	1.9	2.1
Seychelles	10.9	12.2	10.2	9.3	9.5	9.7	9.8
Sierra Leone	4.8	5.2	3.5	3.6	4.2	4.4	4.7
Somalia	4.5	4.5	3.4	2.9	2.9	2.9	2.9
South Africa	11.2	12.0	12.6	12.9	12.9	12.9	12.9
South Sudan	8.4	9.0	7.0	5.9	5.7	5.7	5.7
Sudan	3.5	3.5	2.7	2.4	2.6	2.6	2.7
Togo	2.8	2.8	1.8	1.8	2.1	2.3	2.4
Tunisia	4.6	6.4	9.5	13.3	15.4	16.0	16.5
Uganda	5.3	5.4	4.2	3.8	3.8	3.9	4.0
United Republic of Tanzania	5.3	5.7	4.8	4.7	5.1	5.3	5.5
Zambia	8.4	8.8	6.8	5.7	5.6	5.7	5.7
Zimbabwe	7.5	6.5	5.1	4.2	3.8	3.7	3.6

SOURCE: UNICEF, WHO and World Bank.

TABLE 20

Prevalence of anaemia among women of reproductive age (15–49 years) (percent)

	2000	2005	2010	2015	2017	2018	2019
WORLD	31.2	29.9	28.6	28.8	29.3	29.6	29.9
Africa	44.5	42.6	39.9	38.8	38.7	38.8	38.9
Central Africa	51.0	50.1	47.4	44.5	43.8	43.5	43.2
Eastern Africa	38.8	35.9	32.2	31.3	31.5	31.7	31.9
Northern Africa	36.6	34.9	32.6	31.3	31.1	31.1	31.1
Southern Africa	35.1	32.3	29.1	28.8	29.3	29.8	30.3
Western Africa	56.7	55.4	53.5	52.4	52.0	51.9	51.8
Algeria	37.6	35.2	33.3	32.8	33.0	33.1	33.3
Angola	51.8	50.1	46.9	45.0	44.7	44.6	44.5
Benin	62.1	60.1	56.7	55.0	55.0	55.1	55.2
Botswana	36.4	34.2	31.7	31.6	32.1	32.3	32.5
Burkina Faso	56.4	54.9	53.5	53.1	52.8	52.6	52.5
Burundi	36.9	33.1	30.6	33.7	36.0	37.2	38.5
Cabo Verde	32.4	29.8	27.6	25.8	25.0	24.6	24.3
Cameroon	42.3	42.5	41.4	40.9	40.6	40.6	40.6
Central African Republic	50.9	50.1	48.5	47.7	47.2	47.0	46.8
Chad	52.4	52.3	50.3	47.6	46.4	45.9	45.4
Comoros	38.4	35.8	33.2	33.0	33.3	33.5	33.8
Congo	57.1	56.9	54.4	51.1	49.8	49.2	48.8
Côte d'Ivoire	54.1	53.5	52.5	51.7	51.3	51.1	50.9
Democratic Republic of the Congo	52.7	51.5	48.1	44.1	43.0	42.6	42.4
Djibouti	37.2	33.3	31.0	31.3	31.8	32.0	32.3
Egypt	35.5	34.5	31.9	29.7	28.8	28.5	28.3
Equatorial Guinea	56.3	52.7	48.7	45.8	45.0	44.7	44.5
Eritrea	41.2	39.1	36.7	36.3	36.6	36.8	37.0
Eswatini	34.4	31.4	30.5	29.8	30.1	30.4	30.7
Ethiopia	33.0	28.3	23.2	22.5	23.0	23.4	23.9
Gabon	58.5	57.9	56.3	54.0	53.2	52.8	52.4
Gambia	62.1	60.6	57.9	53.9	51.7	50.6	49.5
Ghana	49.0	49.3	46.3	40.7	37.8	36.6	35.4
Guinea	52.4	52.6	51.4	49.9	49.0	48.5	48.0
Guinea-Bissau	53.8	52.7	50.7	49.1	48.5	48.3	48.1
Kenya	39.8	34.3	29.3	28.1	28.2	28.4	28.7
Lesotho	36.5	32.6	29.4	27.5	27.3	27.5	27.9
Liberia	53.0	48.7	44.8	42.7	42.4	42.5	42.6
Libya	32.6	30.7	28.8	28.9	29.4	29.6	29.9
Madagascar	42.6	40.5	37.9	37.4	37.5	37.7	37.8
Malawi	37.9	36.0	31.5	30.4	30.8	31.0	31.4
Mali	62.9	61.0	58.6	58.3	58.6	58.8	59.0
Mauritania	48.7	47.7	45.9	44.2	43.7	43.5	43.3

TABLE 20
(Continued)

	2000	2005	2010	2015	2017	2018	2019
Mauritius	18.6	18.7	18.7	20.7	22.0	22.7	23.5
Morocco	35.3	33.2	30.5	29.5	29.6	29.7	29.9
Mozambique	49.4	50.3	49.2	48.3	48.1	48.0	47.9
Namibia	30.4	27.5	25.1	24.5	24.6	24.8	25.2
Niger	51.8	50.0	49.0	49.3	49.5	49.5	49.5
Nigeria	58.8	57.1	55.3	54.9	54.9	55.0	55.1
Rwanda	25.1	22.2	19.0	17.8	17.4	17.3	17.2
Sao Tome and Principe	51.9	49.3	46.4	45.0	44.5	44.3	44.2
Senegal	59.8	59.2	56.9	54.5	53.6	53.1	52.7
Seychelles	27.6	26.1	23.8	23.9	24.4	24.7	25.1
Sierra Leone	54.0	51.0	48.3	47.8	48.1	48.2	48.4
Somalia	47.9	46.6	44.6	43.5	43.3	43.2	43.1
South Africa	35.2	32.4	29.1	28.9	29.5	29.9	30.5
South Sudan	39.5	37.6	35.1	34.8	35.2	35.4	35.6
Sudan	42.9	40.2	37.4	36.3	36.4	36.4	36.5
Togo	49.7	49.3	48.0	46.7	46.1	45.9	45.7
Tunisia	31.5	30.9	30.3	30.8	31.4	31.7	32.1
Uganda	39.3	36.0	32.0	31.5	32.0	32.4	32.8
United Republic of Tanzania	46.5	45.1	41.4	39.7	39.1	39.0	38.9
Zambia	35.6	33.6	30.9	30.7	31.0	31.2	31.5
Zimbabwe	33.9	32.8	30.9	29.1	28.8	28.8	28.9

SOURCE: WHO.

TABLE 21

Prevalence of obesity
among adults (percent)

	2000	2005	2010	2013	2014	2015	2016
WORLD	8.7	9.9	11.2	12.1	12.5	12.8	13.1
Africa	7.9	9.3	10.8	11.8	12.1	12.4	12.8
Central Africa	3.8	4.9	6.1	7.0	7.3	7.6	7.9
Eastern Africa	3.2	4.0	4.9	5.6	5.8	6.1	6.4
Northern Africa	17.0	19.3	22.0	23.6	24.1	24.6	25.2
Southern Africa	18.7	21.3	24.0	25.6	26.0	26.6	27.1
Western Africa	4.2	5.3	6.8	7.8	8.1	8.5	8.9
Algeria	17.4	20.2	23.3	25.3	26.0	26.7	27.4
Angola	3.6	4.8	6.2	7.1	7.5	7.9	8.2
Benin	5.0	6.2	7.6	8.6	8.9	9.3	9.6
Botswana	13.1	15.1	16.9	17.9	18.2	18.6	18.9
Burkina Faso	2.1	2.9	4.0	4.7	5.0	5.3	5.6
Burundi	2.4	3.1	4.0	4.6	4.9	5.1	5.4
Cabo Verde	6.3	7.9	9.6	10.7	11.0	11.4	11.8
Cameroon	5.8	7.3	9.0	10.2	10.6	11.0	11.4
Central African Republic	3.9	4.8	5.9	6.6	6.9	7.2	7.5
Chad	2.9	3.7	4.7	5.3	5.6	5.8	6.1
Comoros	4.1	5.1	6.2	6.9	7.2	7.5	7.8
Congo	5.2	6.3	7.7	8.6	8.9	9.2	9.6
Côte d'Ivoire	5.0	6.3	7.9	9.0	9.4	9.8	10.3
Democratic Republic of the Congo	3.1	4.0	5.1	5.9	6.1	6.4	6.7
Djibouti	9.3	10.5	11.8	12.6	12.9	13.2	13.5
Egypt	22.2	24.9	28.0	30.0	30.6	31.3	32.0
Equatorial Guinea	4.3	5.2	6.3	7.1	7.4	7.7	8.0
Eritrea	2.3	2.9	3.7	4.3	4.5	4.8	5.0
Eswatini	10.7	12.4	14.1	15.3	15.7	16.1	16.5
Ethiopia	1.9	2.5	3.3	3.8	4.0	4.3	4.5
Gabon	9.3	11.1	12.8	13.9	14.3	14.6	15.0
Gambia	4.8	6.3	8.0	9.1	9.5	9.9	10.3
Ghana	5.5	7.0	8.7	9.8	10.1	10.5	10.9
Guinea	3.7	4.7	5.9	6.7	7.0	7.4	7.7
Guinea-Bissau	4.3	5.6	7.2	8.3	8.7	9.1	9.5
Kenya	3.2	4.2	5.4	6.2	6.5	6.8	7.1
Lesotho	10.0	11.9	14.1	15.3	15.7	16.2	16.6
Liberia	5.6	6.6	8.0	8.9	9.2	9.6	9.9
Libya	23.5	26.0	28.8	30.6	31.3	31.9	32.5
Madagascar	2.3	3.0	3.9	4.5	4.8	5.1	5.3
Malawi	2.7	3.4	4.4	5.0	5.3	5.5	5.8
Mali	3.8	5.0	6.5	7.5	7.9	8.2	8.6
Mauritania	6.7	8.4	10.3	11.4	11.8	12.3	12.7

TABLE 21
(Continued)

	2000	2005	2010	2013	2014	2015	2016
Mauritius	6.8	7.9	9.1	9.9	10.2	10.5	10.8
Morocco	16.7	19.2	22.1	24.1	24.7	25.4	26.1
Mozambique	3.7	4.6	5.7	6.4	6.7	6.9	7.2
Namibia	9.5	11.6	14.0	15.6	16.1	16.7	17.2
Niger	2.5	3.2	4.1	4.8	5.0	5.2	5.5
Nigeria	4.0	5.2	6.7	7.7	8.1	8.5	8.9
Rwanda	2.3	3.2	4.2	5.0	5.3	5.6	5.8
Sao Tome and Principe	6.3	8.0	10.0	11.2	11.6	12.0	12.4
Senegal	4.7	5.8	7.1	7.9	8.2	8.5	8.8
Seychelles	8.6	10.0	11.7	12.8	13.2	13.5	14.0
Sierra Leone	4.4	5.5	6.8	7.7	8.0	8.3	8.7
Somalia	4.1	5.2	6.4	7.3	7.6	7.9	8.3
South Africa	19.7	22.3	25.1	26.7	27.2	27.8	28.3
Togo	4.1	5.2	6.5	7.4	7.8	8.1	8.4
Tunisia	18.2	20.7	23.4	25.1	25.7	26.3	26.9
Uganda	2.4	3.1	3.9	4.5	4.8	5.0	5.3
United Republic of Tanzania	3.8	4.9	6.3	7.3	7.6	8.0	8.4
Zambia	4.2	5.1	6.3	7.1	7.4	7.7	8.1
Zimbabwe	10.5	12.2	13.8	14.6	14.9	15.2	15.5

SOURCE: WHO.

TABLE 22

Prevalence of exclusive breastfeeding among infants 0–5 months of age (percent)

	2000	2005	2010	2015	2017	2018	2019
WORLD							44.0
Africa							43.6
Eastern Africa							60.7
Northern Africa							42.1
Southern Africa							33.5
Western Africa							32.3
Algeria	12.6						
Angola				37.4			
Benin						41.4	
Botswana					30.0		
Burkina Faso			24.8		47.8	55.8	
Burundi	59.2		69.3				
Cabo Verde		59.6					
Cameroon						39.4	
Central African Republic	16.5		33.0				
Chad	10.1		3.2				
Comoros	10.2						
Congo		19.1					
Côte d'Ivoire	8.5						
Democratic Republic of the Congo			36.4				
Egypt	56.1	41.1					
Equatorial Guinea	20.3						
Eritrea			68.7				
Eswatini	22.0		43.8				
Ethiopia	54.1	48.8	52.0				58.8
Gabon	5.4						
Gambia	24.6	39.7	33.1			53.3	
Ghana						42.9	
Guinea		27.0				33.4	
Guinea-Bissau	27.5		38.3				
Kenya	13.8						
Lesotho	14.2					59.0	
Madagascar	40.7					50.6	
Malawi	44.0		70.8	59.4			
Mali				31.5	37.3	40.2	
Mauritania	20.2			41.1		40.3	
Morocco			27.8		35.0		
Namibia	16.6						
Niger	1.1		26.9				
Nigeria	15.4					25.2	

TABLE 22
(Continued)

	2000	2005	2010	2015	2017	2018	2019
Rwanda	83.0	88.4	83.8				
Sao Tome and Principe	53.1						
Senegal		30.9	39.0	33.3	42.1		
Sierra Leone	2.8	8.4	31.2		47.2		54.1
Somalia	9.0						
South Sudan			44.5				
Sudan			41.0				
Togo	17.4		62.1		64.3		
Tunisia						13.5	
Uganda	62.5						
United Republic of Tanzania				59.0		57.8	
Zambia						69.9	
Zimbabwe		21.7	31.3	47.1			41.9

SOURCE: UNICEF.

TABLE 23

Prevalence of
low birthweight (percent)

	2000	2005	2010	2012	2013	2014	2015
WORLD	17.5	16.4	15.3	15.0	14.8	14.7	14.6
Africa	16.1	15.2	14.3	14.1	14.0	13.8	13.7
Central Africa	14.3	13.7	13.1	12.8	12.7	12.6	12.5
Eastern Africa	16.1	15.0	14.1	13.8	13.7	13.5	13.4
Northern Africa	13.7	13.2	12.6	12.4	12.3	12.3	12.2
Southern Africa	15.0	14.7	14.4	14.3	14.3	14.3	14.2
Western Africa	17.9	16.8	16.0	15.6	15.5	15.4	15.2
Algeria	7.7	7.5	7.3	7.3	7.3	7.3	7.3
Angola	18.0	17.1	16.1	15.8	15.6	15.4	15.3
Benin	18.7	17.8	17.3	17.2	17.1	17.0	16.9
Botswana	16.3	16.3	16.0	15.9	15.8	15.7	15.6
Burkina Faso	15.8	14.8	13.8	13.5	13.4	13.2	13.1
Burundi	17.4	16.6	15.7	15.5	15.4	15.3	15.1
Cameroon	13.1	12.6	12.3	12.1	12.1	12.0	12.0
Central African Republic	15.4	15.3	15.0	14.8	14.7	14.6	14.5
Comoros	25.9	25.4	24.6	24.2	24.1	23.9	23.7
Congo	13.5	12.8	12.1	11.8	11.8	11.7	11.6
Côte d'Ivoire	17.5	16.9	16.1	15.8	15.7	15.6	15.5
Democratic Republic of the Congo	12.4	11.9	11.3	11.1	11.0	10.9	10.8
Eswatini	11.1	10.7	10.6	10.5	10.4	10.4	10.3
Gabon	15.3	15.0	14.6	14.4	14.4	14.3	14.2
Gambia	19.2	18.2	17.4	17.2	17.0	16.9	16.8
Ghana	16.1	15.3	14.8	14.5	14.4	14.3	14.2
Guinea-Bissau	25.3	23.9	22.4	21.8	21.5	21.3	21.1
Kenya	12.3	12.2	11.9	11.7	11.6	11.5	11.5
Lesotho	15.4	15.0	14.9	14.8	14.8	14.7	14.6
Madagascar	19.8	18.7	17.8	17.5	17.4	17.2	17.1
Malawi	17.2	15.8	15.2	14.9	14.7	14.6	14.5
Mauritius	12.7	14.7	16.5	17.0	17.1	17.1	17.1
Morocco	18.8	18.2	17.7	17.5	17.4	17.4	17.3
Mozambique	16.7	15.2	14.4	14.1	14.0	13.9	13.8
Namibia	16.5	16.0	15.8	15.7	15.6	15.6	15.5
Rwanda	10.3	9.2	8.4	8.2	8.0	8.0	7.9
Sao Tome and Principe	7.2	7.0	6.8	6.7	6.7	6.6	6.6
Senegal	22.0	20.6	19.3	18.9	18.7	18.6	18.5
Seychelles	9.0	10.3	10.8	11.0	11.2	11.4	11.7
Sierra Leone	17.2	16.4	15.3	14.9	14.8	14.6	14.4
South Africa	15.0	14.6	14.3	14.3	14.2	14.2	14.2
Togo	17.8	17.2	16.5	16.3	16.3	16.2	16.1
Tunisia	8.2	7.8	7.6	7.5	7.5	7.5	7.5

TABLE 23
(Continued)

	2000	2005	2010	2012	2013	2014	2015
United Republic of Tanzania	12.4	11.6	10.9	10.7	10.6	10.6	10.5
Zambia	13.5	12.6	12.1	11.9	11.8	11.7	11.6
Zimbabwe	12.4	12.7	12.9	12.8	12.7	12.7	12.6

SOURCE: UNICEF and WHO.

ANNEX 2

FOOD SECURITY AND NUTRITION INDICATORS DEFINITIONS

Undernourishment

Undernourishment is defined as the condition of an individual whose habitual food consumption is insufficient to provide, on average, the amount of dietary energy required to maintain a normal, active and healthy life. The indicator is reported as a prevalence and is denominated as “prevalence of undernourishment”, which is an estimate of the percentage of individuals in the total population who are in a condition of undernourishment.

Data source: FAOSTAT

Food insecurity as measured by the Food Insecurity Experience Scale

Food insecurity as measured by the FIES indicator refers to limited access to food, at the level of individuals or households, due to lack of money or other resources. The severity of food insecurity is measured using data collected with the FIES survey module (FIES-SM), a set of eight questions asking respondents to self-report conditions and experiences typically associated with limited access to food. For purposes of annual SDG monitoring, the questions are asked with reference to the 12 months preceding the survey.

FAO provides estimates of food insecurity at two different levels of severity: moderate or severe food insecurity and severe food insecurity. People affected by moderate food insecurity face uncertainties about their ability to obtain food and have been forced to reduce, at times during the year, the quality and/or quantity of food they consume due to lack of money or other resources. Severe food insecurity refers to situations when individuals have likely run out of food, experienced hunger and, at the most extreme, gone for days without eating. The prevalence of moderate or severe food insecurity is the combined prevalence of food insecurity at both severity levels.

Data source: FAOSTAT

Stunting, wasting and overweight in children under five years of age

Stunting (children under five years of age): Height/length (cm) for age (months) < -2 SD of the WHO Child Growth Standards median. Low height-for-age is an indicator that reflects the cumulative effects of undernutrition and infections since and even before birth. It may be the result of long-term nutritional deprivation, recurrent infections and lack of water and sanitation infrastructures. Stunted children are at greater risk for illness and death. Stunting often adversely affects the cognitive and physical growth of children, making for poor performance in school and reduced intellectual capacity.

Prevalence cut-off values for public health significance are as follows: very low < 2.5 percent; low 2.5 – < 10 percent; medium 10 – < 20 percent; high 20 – < 30 percent; very high ≥ 30 percent.

Wasting: Weight (kg) for height/length (cm) < -2 SD of the WHO Child Growth Standards median. Low weight-for-height is an indicator of acute weight loss or a failure to gain weight and can be the result of insufficient food intake and/or an incidence of infectious diseases, especially diarrhoea. Wasting indicates acute malnutrition and increases the risk of death in childhood from infectious diseases such as diarrhoea, pneumonia and measles.

Prevalence cut-off values for public health significance for wasting are as follows: very low < 2.5 percent; low 2.5 – < 5 percent; medium 5 – < 10 percent; high 10 – < 15 percent; very high ≥ 15 percent.

Overweight: Weight (kg) for height/ length (cm) $> +2$ SD of the WHO Child Growth Standards median. This indicator reflects excessive weight gain for height generally due to energy intakes exceeding children's energy requirements. Childhood overweight and obesity is associated with a higher probability of overweight and obesity in adulthood, which can lead to various non-communicable diseases, such as diabetes and cardiovascular diseases.

Prevalence cut-off values for public health significance for child overweight are as follows: very low < 2.5 percent; low 2.5 – < 5 percent; medium 5 – < 10 percent; high 10 – < 15 percent; very high ≥ 15 percent.

Data source: UNICEF, WHO & World Bank. 2021. Levels and Trends in Child Malnutrition. UNICEF/WHO/World Bank Group Joint Child Malnutrition Estimates. Key findings of the 2021 edition. <https://data.unicef.org/resources/jme-report-2021>, www.who.int/data/gho/data/themes/topics/joint-child-malnutrition-estimates-unicef-who-wb, <https://datatopics.worldbank.org/child-malnutrition>

Exclusive breastfeeding

Exclusive breastfeeding for infants under 6 months of age is defined as receiving only breastmilk and no additional food or drink, not even water. Exclusive breastfeeding is a cornerstone of child survival and is the best food for newborns, as breastmilk shapes the baby's microbiome, strengthens the immune system and reduces the risk of developing chronic diseases. Breastfeeding also benefits mothers by preventing postpartum haemorrhage and promoting uterine involution, decreasing risk of iron-deficiency anaemia, reducing the risk of various types of cancer and providing psychological benefits.

Data source: UNICEF. 2020. Infant and young child feeding. In: UNICEF. New York, USA. Cited 19 April 2021. <https://data.unicef.org/topic/nutrition/infant-and-young-child-feeding>

Low birthweight

Low birthweight is defined as a weight at birth of less than 2 500 g (less than 5.51 lbs), regardless of gestational age. A newborn's weight at birth is an important marker of maternal and foetal health and nutrition.

Data source: UNICEF & WHO. 2019. UNICEF-WHO joint low birthweight estimates. In: United Nations Children's Fund. New York, USA and Geneva, Switzerland. Cited 28 April 2020. www.unicef.org/reports/UNICEF-WHO-low-birthweight-estimates-2019, www.who.int/nutrition/publications/UNICEF-WHO-lowbirthweight-estimates-2019

Adult obesity

The body mass index (BMI) is the ratio of weight-to-height commonly used to classify the nutritional status of adults. It is calculated as the body weight in kilograms divided by the square of the body height in metres (kg/m²). Obesity includes individuals with BMI equal to or higher than 30 kg/m².

Data source: WHO. 2020. Global Health Observatory (GHO) data repository. In: World Health Organization. Geneva, Switzerland. Cited 28 April 2020. <https://apps.who.int/gho/data/node.main.A900A?lang=en>

Anaemia in women of reproductive age

Definition: percentage of women aged 15–49 years with a haemoglobin concentration less than 120 g/L for non-pregnant women and lactating women, and less than 110 g/L for pregnant women, adjusted for altitude and smoking.

Prevalence cut-off values for public health significance are as follows: no public health problem <5 percent; mild 5–19.9 percent; moderate 20–39.9 percent; severe ≥40 percent.

Data source: WHO. 2021. Vitamin and Mineral Nutrition Information System (VMNIS). In: WHO. Geneva, Switzerland. Cited 25 May 2021. www.who.int/teams/nutrition-food-safety/databases/vitamin-and-mineral-nutrition-information-system
WHO. 2021. Global anaemia estimates, Edition 2021. In: Global Health Observatory (GHO) data repository. Geneva, Switzerland. Cited 25 May 2021. [www.who.int/data/gho/data/indicators/indicator-details/GHO/prevalence-of-anaemia-in-women-of-reproductive-age-\(-\)](http://www.who.int/data/gho/data/indicators/indicator-details/GHO/prevalence-of-anaemia-in-women-of-reproductive-age-(-))

ANNEX 3 NOTES

For specific country notes, please refer to Tables A.1.1 and A.1.2 in FAO, IFAD, UNICEF, WFP & WHO. 2021. *The State of Food Security and Nutrition in the World 2021. Transforming food systems for food security, improved nutrition and affordable healthy diets for all*. Rome, FAO. <http://www.fao.org/3/cb4474en/cb4474en.pdf>

Prevalence of undernourishment

Regional estimates were included when more than 50 percent of the population was covered. National estimates are reported as three-year moving averages to control for the low reliability of some of the underlying parameters such as the year-to-year variation in food commodity stocks, one of the components of the annual FAO Food Balance Sheets, for which complete and reliable information is scarce. Regional and global aggregates are reported as annual estimates on account of the fact that possible estimation errors are expected not to be correlated across countries.

Food insecurity

Regional estimates were included when more than 50 percent of the population was covered. To reduce the margin of error, national estimates are presented as three-year averages.

FAO estimates refer to the number of people living in households where at least one adult has been found to be food insecure.

Country-level results are presented only for those countries for which estimates are based on official national data or as provisional estimates, based on FAO data collected through the Gallup® World Poll, for countries whose national relevant authorities expressed no objection to their publication. Note that consent to publication does not necessarily imply validation of the estimate by the national authorities involved and that the estimate is subject to revision as soon as suitable data from official national sources are available. Global, regional and subregional aggregates are based on data collected in approximately 150 countries.

Child stunting, wasting and overweight

The collection of household survey data on child height and weight were limited in 2020 due to the physical distancing measures required to prevent the spread of COVID-19. Only four national surveys included in the database were carried out (at least partially) in 2020. The estimates on child stunting, wasting and overweight are therefore based almost entirely on data collected before 2020 and do not take into account the impact of the COVID-19 pandemic.

For child wasting regional estimates, values correspond to the model predicted estimates for the year 2020 only. Wasting is an acute condition that can change often and rapidly over the course of a calendar year. This makes it difficult to generate reliable trends over time with the input data available – as such, this report provides only the most recent global and regional estimates.

Exclusive breastfeeding

Regional estimates are included when more than 50 percent of the population is covered.

ANNEX 4

COUNTRY GROUPINGS

FAO uses the M49 country and regional groupings, available at <https://unstats.un.org/unsd/methodology/m49>

In this report, Central Africa refers to the M49 Middle Africa grouping.

The groupings are:

- **Central Africa:** Angola, Cameroon, the Central African Republic, Chad, the Congo, the Democratic Republic of the Congo, Equatorial Guinea, Gabon, Sao Tome and Principe;
- **Eastern Africa:** Burundi, the Comoros, Djibouti, Eritrea, Ethiopia, Kenya, Madagascar, Malawi, Mauritius, Mozambique, Rwanda, Seychelles, Somalia, South Sudan, Uganda, the United Republic of Tanzania, Zambia, Zimbabwe;
- **Northern Africa:** Algeria, Egypt, Libya, Morocco, the Sudan, Tunisia;
- **Southern Africa:** Botswana, Eswatini, Lesotho, Namibia, South Africa; and
- **Western Africa:** Benin, Burkina Faso, Cabo Verde, Côte d'Ivoire, the Gambia, Ghana, Guinea, Guinea-Bissau, Liberia, Mali, Mauritania, the Niger, Nigeria, Senegal, Sierra Leone, Togo.

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